

Title: **Receiving Reverse Stick**



Date: 04/11/2016	Venue: RGS	Duration: 1 Hour	No of Players: 8-16	Ability / Level: U10s
Equipment: Sticks. Balls. Cones.	Purpose: Developing Core Skills: Receiving reverse stick from the front, from the left, from the right.			

Time	Task / Activity / Session Content
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WARM UP

5-10 | Jog + Dynamic stretches + Warm up activity (see 'Warm up suggestions' for ideas)

Introduction to Reverse Stick Receiving

30 | Demonstrate basic technique for reverse stick receiving from the front (i.e if the ball is passed wide of the receiver's left foot): Turn side on to the passer and when the ball is level with your left foot use the head of the stick to stop it dead. It is important to watch the ball the whole time and to have your stick ready in position as early as possible. Explain that once the ball is under control we should move it to the standard open stick position (in front of right foot) as this is much stronger and more flexible than the upright reverse position.
Practice: Divide group into pairs. Stand 5m apart. Push pass to the reverse stick (outside of the left foot). Stop the ball with the reverse stick, move ball to standard open stick position and return the pass (to the reverse stick). Repeat. Progression: (If required) Race to 20 passes.
Demonstrate technique for receiving a pass on the reverse stick from left to right and from right to left (i.e when players are standing side on to each other):
When receiving from right to left: The ball should be passed in front of the player and stopped in front of the left foot. There are 2 options for the return pass: 1) Move the ball to the open stick position (outside the right foot) before returning the pass. 2) Use the reverse pass (as shown in Session 2 and below) to pass the ball back from where it has been stopped. *For 'reverse stick push' use frying pan grip with hands apart, get as low down as possible by bending knees, use the reverse edge of the stick to make contact with the ball. A 'clean' contact with the ball indicates good technique.*
When receiving from left to right: When the ball is played behind the player, use the reverse stick receive to control the ball and return the pass. Receiver will have to turn body slightly to allow them to position themselves properly, however, feet should still be facing forward as far as possible (to allow forward movement). Receiver has the same 2 options as above for the return pass.
Note: It is important to explain that the techniques for receiving reverse stick from left to right / right to left (particularly left to right) are to be used when a pass hasn't been played accurately. Players should not usually be aiming their passes to the reverse stick but it is useful to know how to control the ball in this case.
Practice: In pairs, 5m apart, standing side on to each other, facing the same direction. 1) Static passing: Pass the ball to the reverse stick of your partner. Practice for a few minutes / set number of passes facing one direction before turning around and passing from the other direction. Perform a set number of passes using each of the 2 return pass techniques described above. 2) Passing on the move: Perform the same exercise as above whilst travelling forward between 2 cones. When the far cone is reached, turn around and repeat the exercise in the other direction. Perform a set number of passes (or allocate an amount of time) using each of the 2 return pass techniques described above.

Match

15 | Small sided game

COOL DOWN + REVIEW

5 | JOG + STRETCHES + Discuss key points covered in the session. Ask questions to players. Ask what AND why!

