

Title: **Basic Grip: Dribbling and Passing**



Date: 23/09/2016	Venue: RGS	Duration: 1 hour	No of Players: 8 - 16	Ability / Level: U12s
Equipment: Sticks. Balls. Cones	Purpose: Develop Core Skills: Basic Grip, Open Dribble, Indian Dribble, Push Pass (+on the move), Receiving from front (+on the move).			

Time	Task / Activity / Session Content
WARM UP	
5-10	Jog + Dynamic stretches + Warm up activity (see 'Warm up suggestions' for ideas)
BASIC GRIP, OPEN STICK DRIBBLE, INDIAN DRIBBLE	
15	<p>Demonstrate basic grip technique: Left hand at the top of the stick, right hand lower down handle of stick, hands comfortable distance apart, front of stick facing forward (!).</p> <p>Demonstrate open stick dribble: Basic grip, knees bent, back straight, 'toilet seat' position, ball out in front of right foot, aim to keep eyes up, stick always in contact with the ball.</p> <p>Practice: Set up basic open stick dribble practice E.g 2 cones 10 metres apart. Open dribble clockwise around far cone and return to start. Repeat in anti-clockwise direction. Point out incorrect technique to players based on key points above. Ensure players are always in 'Open Stick Dribble' position by working feet around when changing direction.</p> <p>Demonstrate Indian Dribble technique: Basic Grip, loose grip on left hand, turn stick with right hand.</p> <p>Practice: Set up basic indian dribble practice. E.g lay down 5 cones in a line roughly 1 metre apart. Dribble 'in and out' of cones to far cone and repeat on way back to starting cone.</p> <p>Progression: Increase difficulty if required by turning each practice into a race.</p>
PUSH PASS	
	Demonstrate technique for Push Pass: Basic Grip, stick in contact with ball (no backlift), push 'through' ball, follow through in direction you want the ball to travel.
PUSH PASS INTRODUCTION	
15	<p>Working in pairs players set up 3 'gates' approximately 1 stick length wide (i.e 6 cones laid out in a line). Players stand opposite each other either side of the middle gate.</p> <p>Using 1 ball pairs aim to complete as many passes as possible through the middle gate in a set time e.g 30 seconds.</p> <p>Progression: Players play one pass through the middle gate, move with the ball to another gate and play a pass before moving to the final gate to play a pass. This equals 1 circuit. How many circuits can they complete in 1 minute?</p> <p>Adaptions: Easier / Harder: 2 gates / 4 gates. Start closer together / further apart. Increase / decrease gate size.</p>
Small Sided Game	
15	Open play small sided game. Preferably 7v7 but adapt based on numbers available.
COOL DOWN + REVIEW	
5	JOG + STRETCHES + Discuss key points covered in the session. Ask questions to players. Ask what AND why! E.g What is it important to do when dribbling?... bend knees and back straight... Why? ... To help us to look up... Why is this important? ... so we can see what's happening around us...etc

