

Title: **Receiving From Behind**



Date: 04/11/2016	Venue: RGS	Duration: 1 hour	No of Players: 8-16	Ability / Level: U12s
Equipment: Sticks. Balls. Cones.	Purpose: Develop Core Skills: Receiving open stick from behind. Receiving reverse stick from behind. Receiving reverse flat stick.			

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)

Reverse Flat Stick Stop and Receiving from Behind

30 Demonstrate technique for the reverse flat stick: Left hand at the top of the stick with knuckles on the ground, right hand providing extra support further down the handle, knees bent, head of the stick in contact with the ground and at an angle (so that the ball can't pass underneath the stick. The same technique is used for stopping the ball and reverse stick tackling.

Get each player to attempt the reverse flat stick without a ball. Go round the group and identify any incorrect techniques. Try to dribble a ball 'through' the stick to ensure players are angling their stick correctly with enough force being applied and also make sure players are maintaining their balance (i.e not leaning all of their weight onto their stick).

Practice: Stand in a circle and pass the ball around clockwise. Ball should be passed to the reverse stick each time and stopped using the reverse flat stick. It is important that once the ball has been stopped players return it to the standard open stick position (in front of the right foot) before passing to the next player. The accuracy of the pass is important to allow the reverse flat stick to be used.

Demonstrate techniques for receiving from behind (i.e with your back to the passer): Stick held with basic grip in an upright position, as the ball passes the receiver's feet the stick should be ready in position, turn head to watch ball from as early as possible and keep eyes on the ball until controlled. When receiving on the open stick the ball should be controlled outside of the right foot and therefore in a good starting position. When receiving on the reverse stick players should aim to get the ball under control and move the ball in front of the right foot as soon as possible.

Practice: In pairs about 5 - 10 metres apart (depending on ability: closer together for lower ability). The player without the ball stands with their back to the player with the ball and begins to move in a straight line away from them. The player with the ball passes to the other player to receive on their open stick (outside their right foot). The receiving player controls the ball and rolls strong (turns in an arc with the ball outside of the right foot) and then becomes the passing player. Repeat.

Practice for a set amount of time or to a set number of passes on the open stick. Perform the same exercise for the reverse stick receive (outside of the left foot) but ensure players move the ball to the open stick position before rolling strong and returning the pass.

Match

15 Small sided game

COOL DOWN AND REVIEW

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

