

Transfer & Changeit

GameFocus/ObjectivesTransition/ResetProgression

Description

Good pile of balls placed with outside halves (2 and 3) who initiate each new movement.

Unopposed drill to start with.

Cycle 1

1. Player 3 plays the ball to Player 1
2. Player 1 slaps the ball at pace to Player 2.
3. Player 2 receives and immediately slides the ball at an angle down the outside right channel to 4.
4. 4 receives on front stick and rolls strong outfield.
5. 4 then hits to 6 who receives and shoots.

Cycle 2

1. Player 2 passes to Player 1
2. Player 1 slaps ball at pace to 3.
3. Player 3 receives and slides ball down outside left channel to 5.
4. Player 5 leads in a “hooked-shaped” manner to receive the ball going forward.
5. On receiving the ball, 5 dribbles to cones in the top left and plays 2 options:
 1. a reverse dribble or
 2. a double dummy.
6. Player 5 then hits the ball to 6 who receives and shoots.

The next ball is already moving down the right side.

1. High ball tempo and movement down channels. Emphasis on power play
2. Proper execution of rolling out, hook-shaped lead and double dummy.
3. Quality pass= accuracy / pace of pass
4. Quality receipt = appropriate receipt

Ball/stick control

Pass from 2 could be:

1. Trap inside right foot and roll hard to space to attack Defenders left foot
Or
2. Weighted pass down the line for receipt on reverse to face forward

Pass from 3 (to 5)

- Receive across the body to face forward and attack the circle.
- Connection with player in the circle (6)

Player 6

1. Has to make a double movement (lead) to receive and finish with a shot at goal.

1. Reset if ball lost etc

Once the game becomes opposed then swop the players out if they lose the ball

1. "4" and "5" players are marked and it becomes 3 vs 3 to goal.
2. If Defenders win the ball they have to move the ball over 25 yard line to encourage attackers to jump back and defend.

