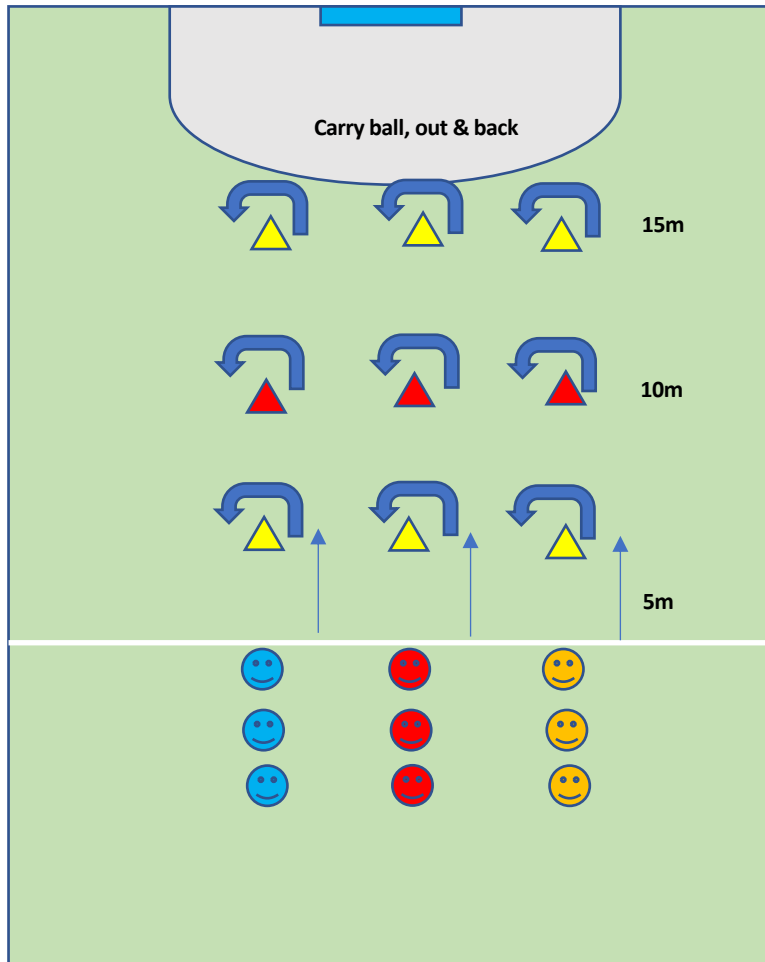


# UWA Minkey & 5/6's 2021

## Level 1: Training Manual



## TEAM EXERCISE: Ball Control



### Skill Criteria: Open and Closed Dribble

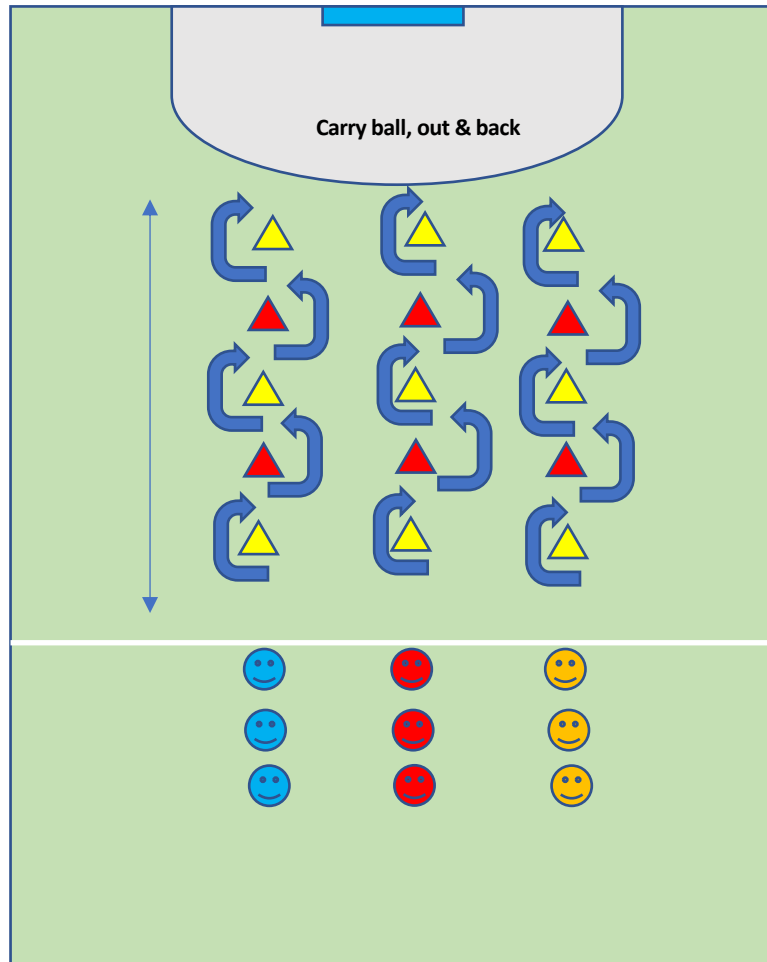
1. Teams carry ball out to 5m and back. Closed dribble
2. Teams carry ball out to 10m and back. Closed dribble
3. Teams carry ball out to 15m and back. Open dribble
4. Run up right side of cones to promote a strong side turn to left at the targeted length cone.

### Skills ID

1. Hands apart for ball carry. Left hand at top of stick. Right hand halfway down stick
2. Closed dribble = Keep ball on the stick when carrying the ball.
3. Open dribble = Tap ball about 30 centimetres in front. As Players tap the ball, they need to lift their eyes to look forward (promoting better vision)



## TEAM EXERCISE: Passing in pairs



### Skill Criteria: Dribbling Race in Teams

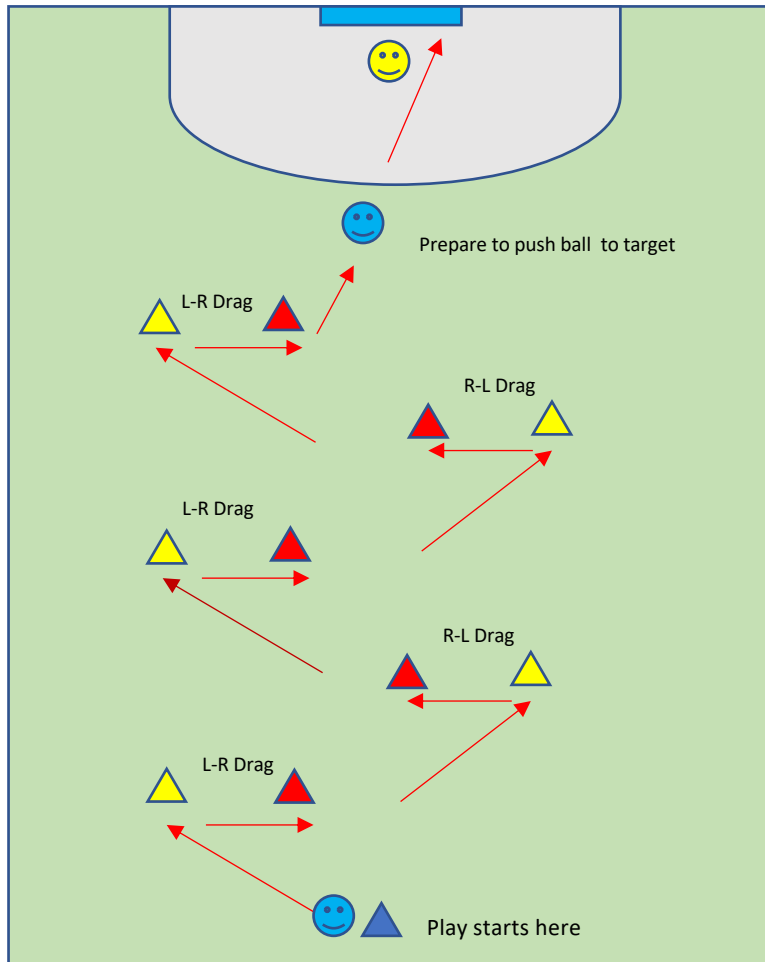
1. Teams weave in and out of cones (out and back)
2. Teams complete 3 times each.
3. Once complete, all players in team to be seated
4. Last team does 5 push ups
5. Repeat exercise.

### Skills ID

1. Hands apart for ball carry
2. Body and feet movement as they go around cones
3. Keep ball on the stick when weaving.



## SINGLE DRAG SLALOM DRILL



### Skill Criteria: Ball Control, Indian Drags and Hit

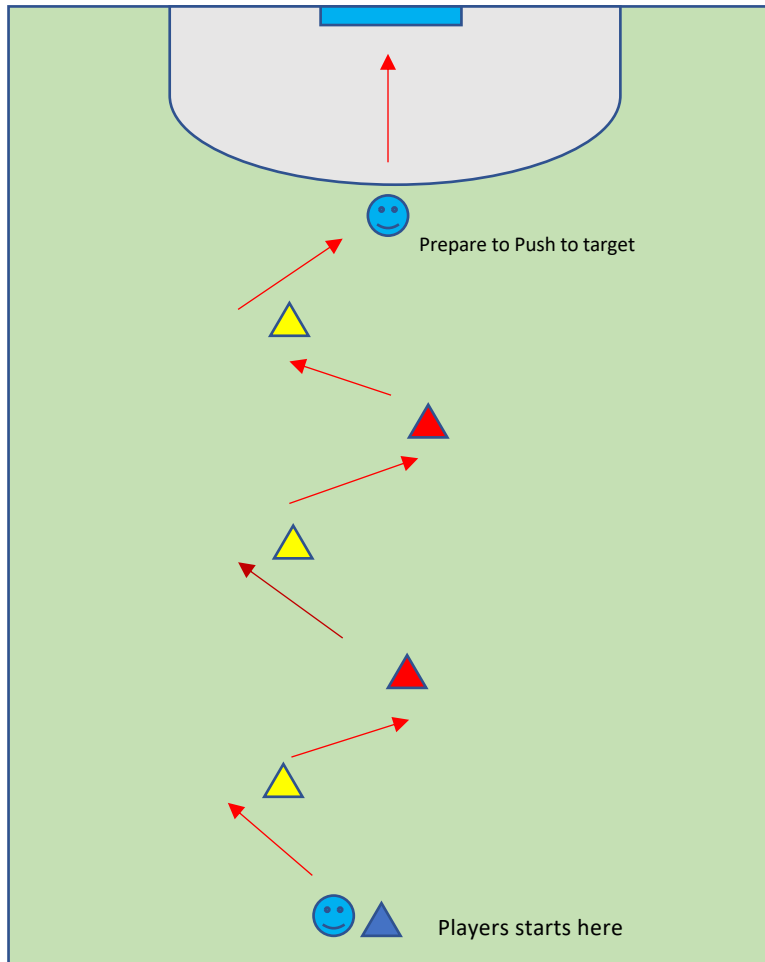
1. Blue Player carries the ball on stick to the yellow marker. (It needs to be the outside marker)
2. Players drag the ball from yellow to red marker. Only one movement L-R. or R-L
3. Player must control ball (catch with stick) after drag to show competency of ball handling skill.
4. Player then proceeds to next set of markers.
5. At final pair of markers, player prepares to push ball to target.
6. Player pushes ball to target.

### Skills ID

1. Ball Carry skill and body position
2. Elimination skill: Focus on weight transfer. (like ice skating)
3. Hit to target inside goal.



## SLALOM BALL CARRY



### Skill Criteria: Slalom Ball Control and Push

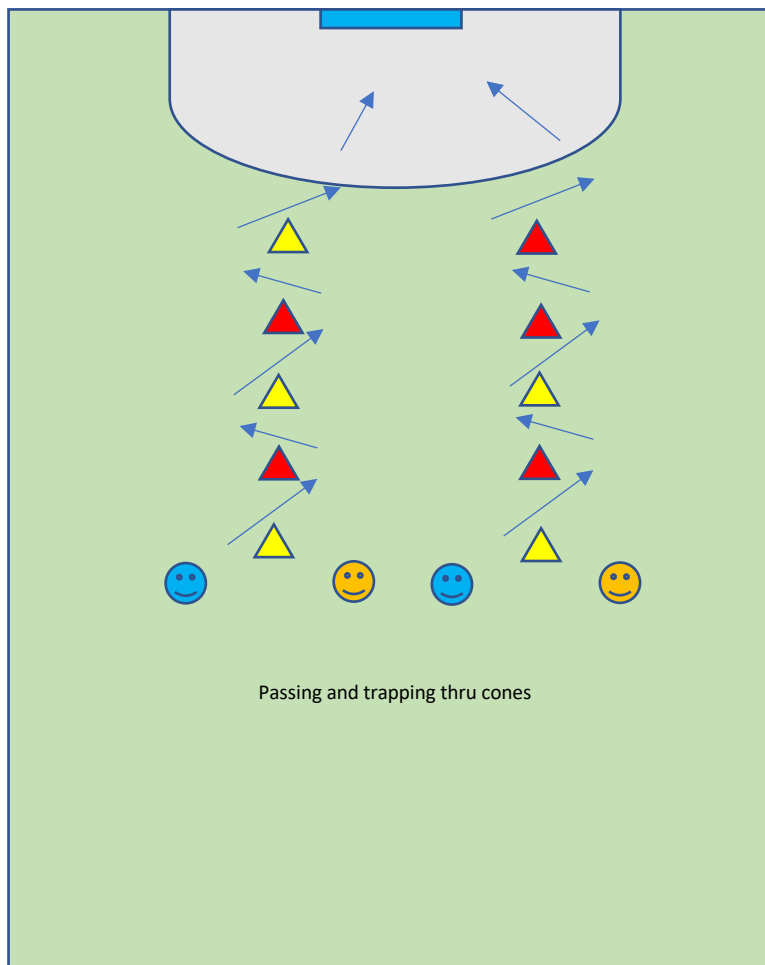
1. Blue Player carries the ball on stick around each cone (including feet and body)
2. At final pair of markers, player prepares to push ball to target.

### Skills ID

1. Ball Carry skill and body position
2. Elimination skill
3. Hit to target inside goal.



## TEAM EXERCISE: Passing in pairs



### Skill Criteria: Passing and trapping thru cones, (In pairs)

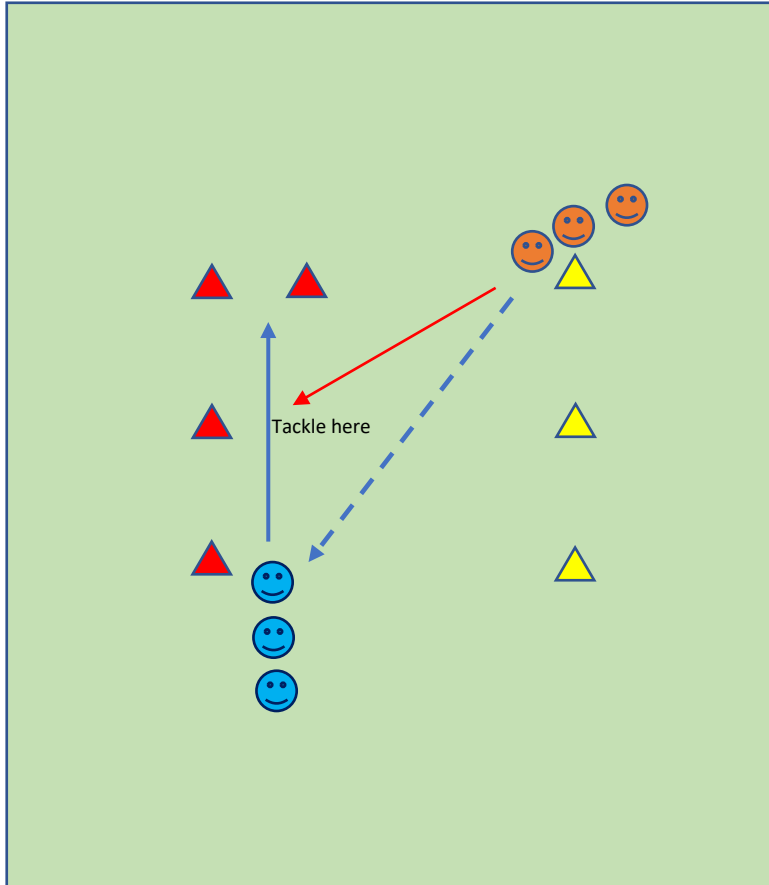
1. Blue Player and orange player pass thru cones
2. Focus on 2-3 touch passing
3. Stay in low position
4. At end of cones, last player to receive ball to push into goals.

### Skills ID

1. Hands apart for trapping and passing
2. Push skill at end of drill to goal target
3. Staying low during exercise.



## FLAT & JAB TACKLE DRILL



### Skill Criteria: Flat tackle & Jab Tackle

1. Orange Player passes ball to Blue Player
2. In sync, Blue Player carries ball as fast as they can to the two red markers.
3. At the same time, Orange player moves across and attempts a flat stick tackle.
4. Blue Player not to attempt to eliminate Orange Player. Designed for tackle assessment.
5. Repeat for Jab tackle assessment

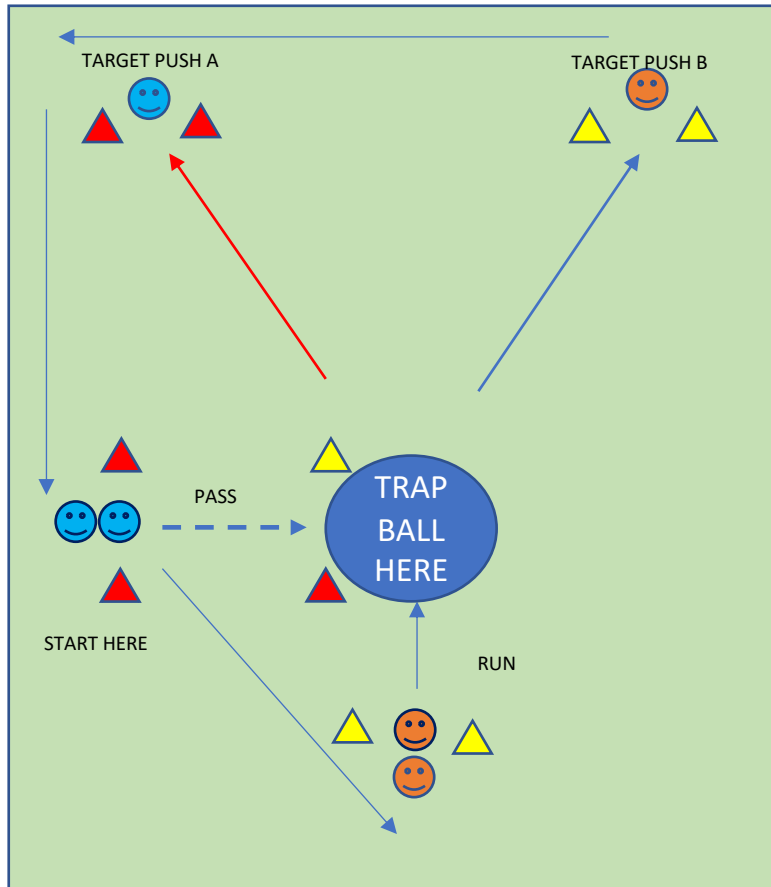
### Skills ID

1. Flat stick tackle
2. Jab tackle
3. Optional: 1 v 1 exercise: live play.

**TIP : TACKLING IS ABOUT WINNING THE BALL BACK, NOT TO HIT THE BALL AWAY**



## RECEIVE ON MOVE



### Skill Criteria: RECEIVE ON MOVE: PUSH TO TARGET A OR B

1. Blue passes ball through cones.
2. At same time, Orange runs to meet ball in passing area.(TRAP BALL HERE)
3. Once orange traps ball, Coach tells Orange Player to pass to either Target Push A or B.
4. Orange player required to move body and feet into position to make accurate pass.
5. The Player at either Target takes ball back to Start position.

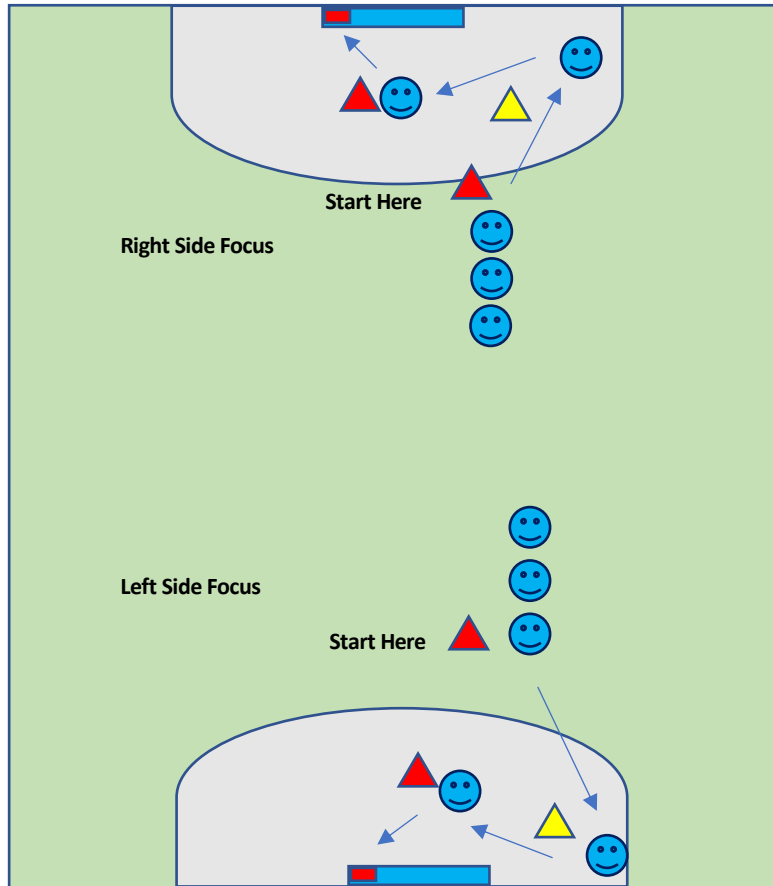
### Skills ID

1. Passing accuracy
2. Receiving on Move
3. Body and feet position for directional passing





## Goal Scoring: Pass/Pass/Score



### Skill Criteria: Goal Scoring: Pass/Pass/Score

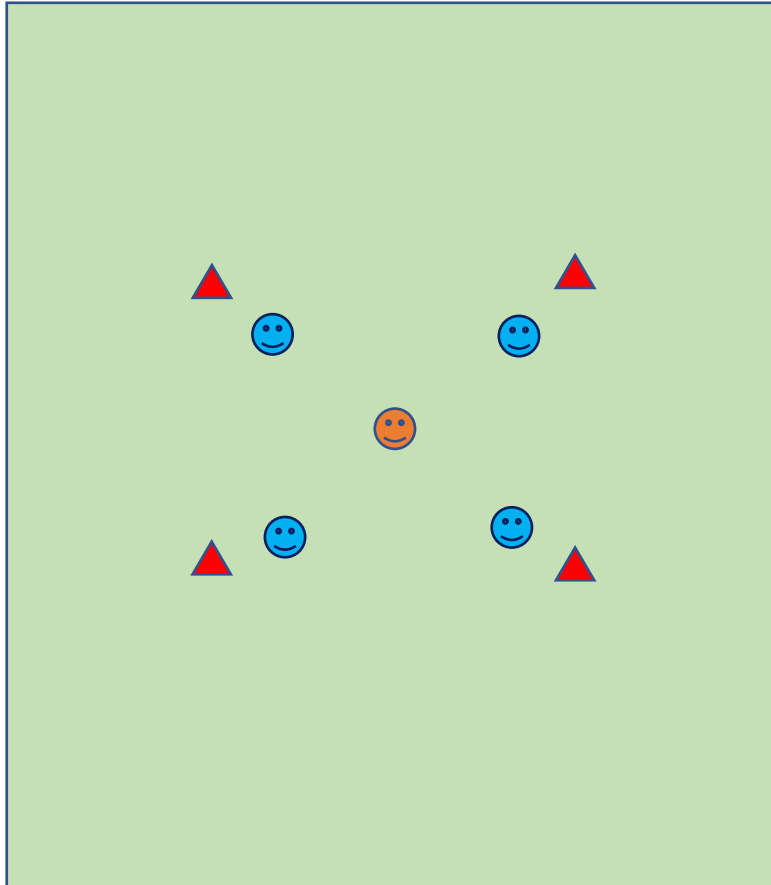
1. Players pass ball to baseline player- Follow your pass
2. Baseline Player makes pass in front of goal.
3. Front of goal player, traps and scores goal.
4. Front of goal player to aim for corner of the goal (red Box)
5. All players follow their pass.

### Skills ID

1. Body position on receive and pass or shot on goal.
2. Passing accuracy
3. Passing to the players right foot
4. Target goal scoring area, inside the goal.



## Possession Game: "Piggy in the Middle"



### Skill Criteria: Possession Game

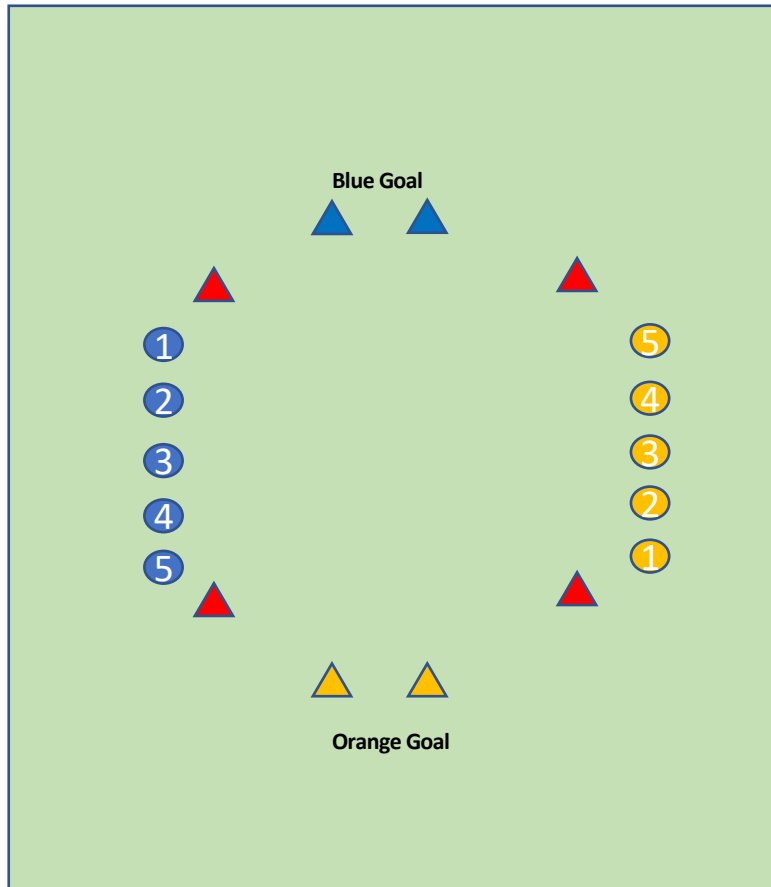
1. Blue Players have the ball.
2. Blue Players need to make 5-8 passes without Orange touching the ball.
3. Orange Player attempts to win the ball or force an error.
4. Which ever player misses trap, that player replaces the one in the middle.
5. If Blue players make 5-8 passes (set by coach depending on level) orange player needs to do 5 push ups.

### Skills ID

1. Body position on receive and pass
2. Tackling pressure
3. Passing to the players right foot
4. Quickness of passing.



## Game: "Dog & Bone"



### Skill Criteria: Dog and Bone Game

1. 5 x Blue Players , 5 x Orange Players
2. Each team is numbered 1-5.
3. Players need to be behind the line and leave the game space open
4. Coach calls out a number and each team member with that number come into game area.
5. Object is for each team to score a goal at their designated goal. (Blue or Orange goal, indicated in diagram
6. Coach can call two numbers at a time, or as many as they want
7. Ensure everyone has their mouthguards in and shin pads on.
8. Once goal is scored, or ball goes outside game area, players return to their line and coach starts again.

