

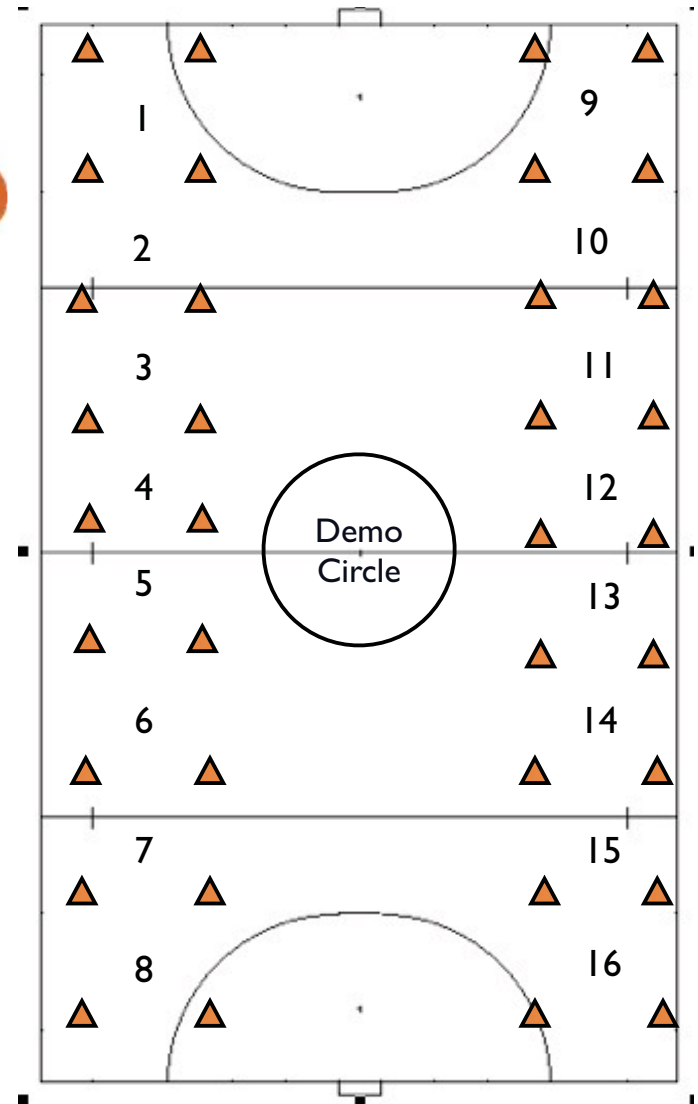
# Session I “The Basics”

## Session I “The Basics”



### Organization:

- Central clinic (all kids on field)
  - 16 Stations on field (10mx10m grids)
  - 1 training group per station
  - Goalie session
- 
- Demo Grid for exercise demonstration
  - TD leads demos
  - TD tracks time
  - 12 minute rounds
  - 6 Basic exercises:
    1. Australian X Basics Check
    2. Ball Handling Skills 1
    3. Ball Handling Skills 2
    4. Passing & Receiving 1
    5. Art of Defense 1
    6. Art of Defense 2



# Australian X



## Organization:

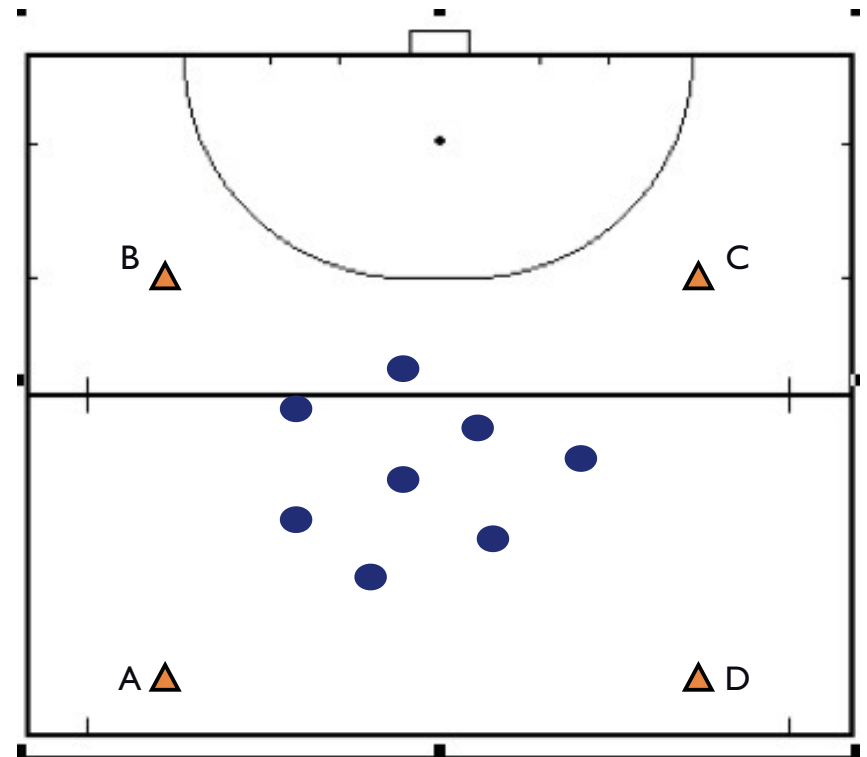
- Individual Skills
- All players with ball

## Goal of Skill / Exercise

- Ability to dribble ball with correct ball position and vision skills
- Ability to bring ball to all zones part of the Zonal system

## Emphasizes:

- Ball in line with Right foot
- Elbow out
- Stick in 45 degree angle
- Ball position outside of body to create vision



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# Ball Handling Skills I



## Organization:

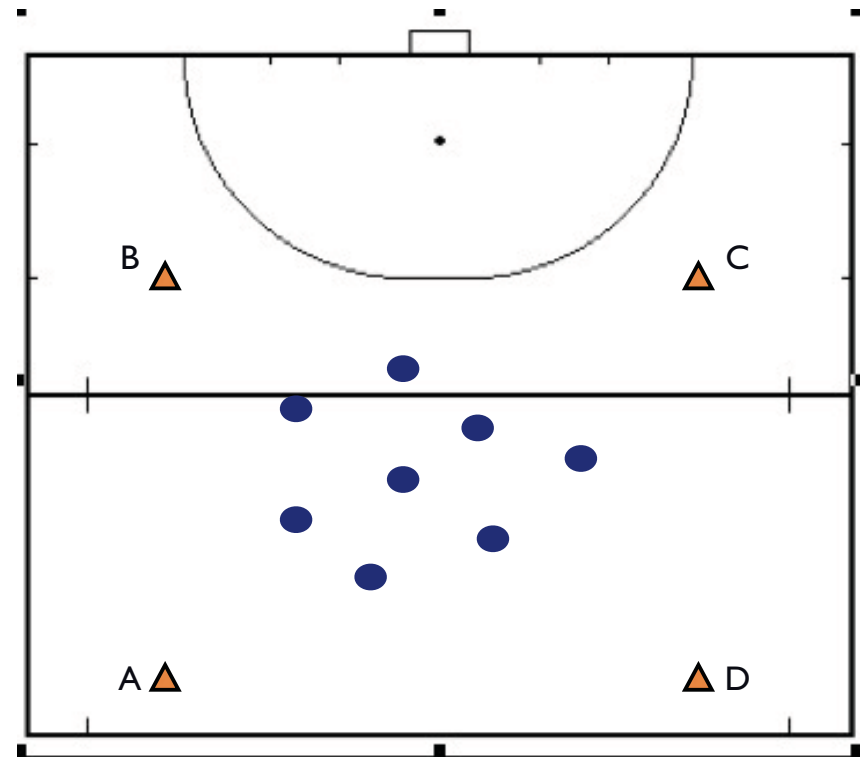
- Individual Skills
- All players with ball

## Goal of Skill / Exercise

- Ability to dribble ball with correct ball position and vision skills
- Ability to change possession of the ball around the body
- Ability to control the ball with open and closed stick blades and different ball positions

## Emphasizes:

- loose wrists
- left hand controlling, right hand support



# Ball Handling Skills 2



## Organization:

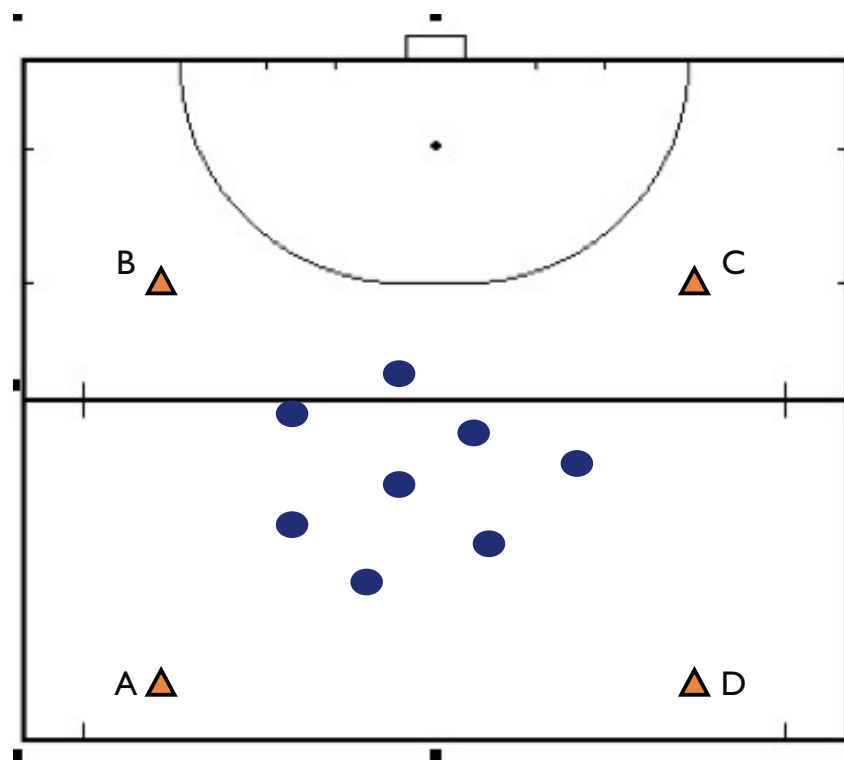
- Individual Skills
- All players with ball

## Goal of Skill / Exercise

- Ability to control the ball with open and closed stick blades and different ball positions
- Lifting the ball with control (ankle height)
- Shoulder movement for body fakes

## Emphasizes:

- loose wrists
- left hand controlling, right hand support
- ball outside of the body
- create space between feet and ball for easy lifts
- left hand low, close to ground



# Dribble & Pass to Left and Right



## Organization:

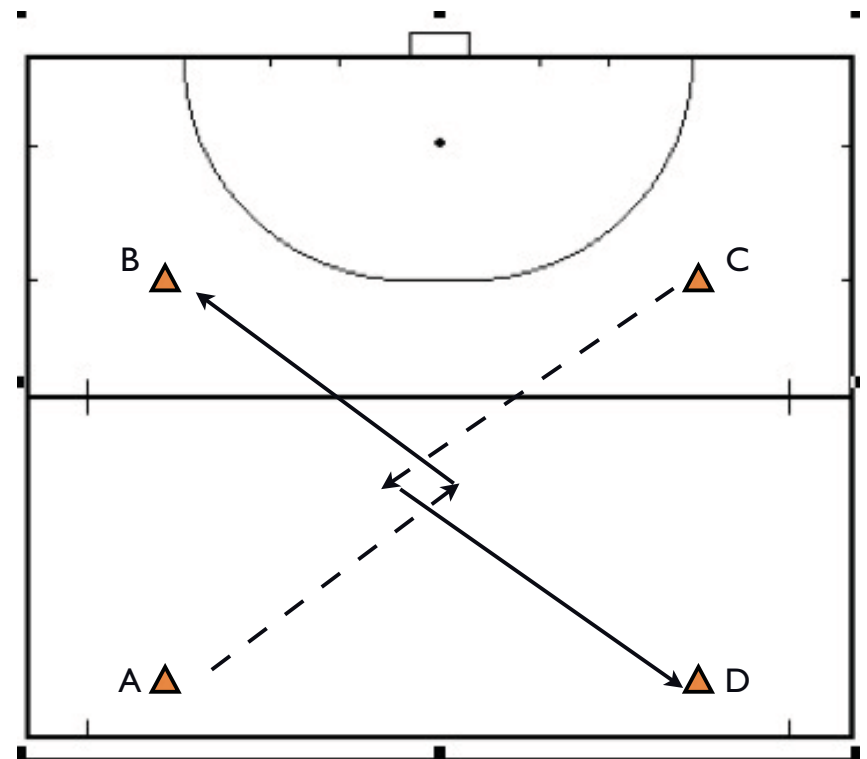
- Players on each corner of grid
- 2 sides (across sides) start at same time
- half way grid pass after they passed each other they pass to left
- when next player receives ball they start dribbling

## Variation

- pass to right

## Emphasizes:

- use push pass
- keep feet moving
- Ball position in front of right foot (not next to body)
- Elbow out
- stick in 45 degree angle on ground



# Defense / Channeling



## Organization:

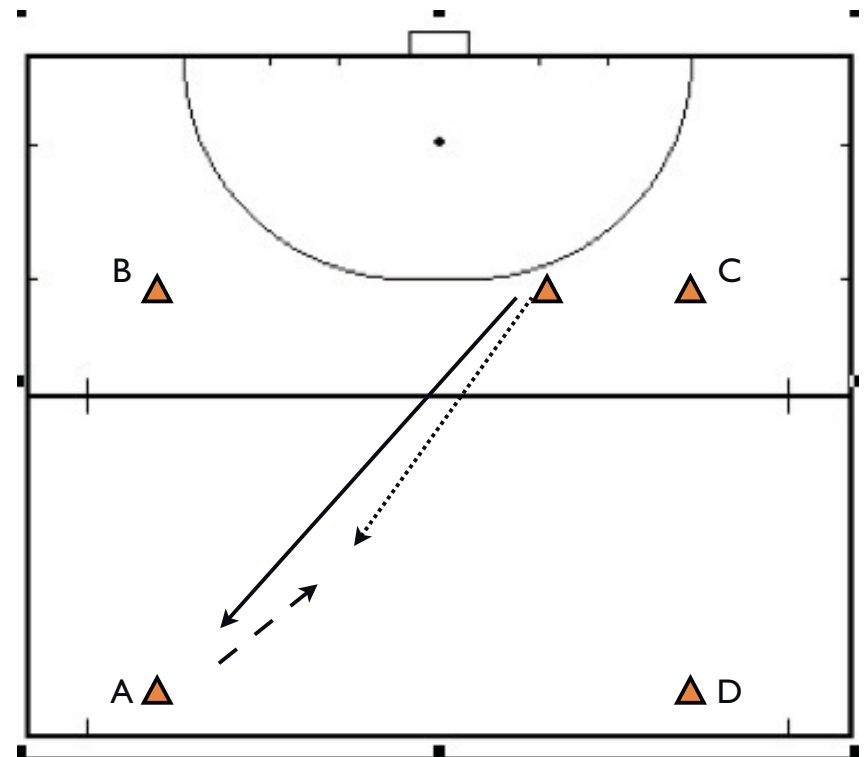
- Defense player passes ball from end line toward attacker starting at A.
- After ball is in play defense can apply pressure and play 1v1

## Variation

- Starting angles for defender

## Emphasizes:

- Use "banana" run
- close down weak side with body positioning
- do not overcommit (use physical space method)



# Defense / Full IvI



## Organization:

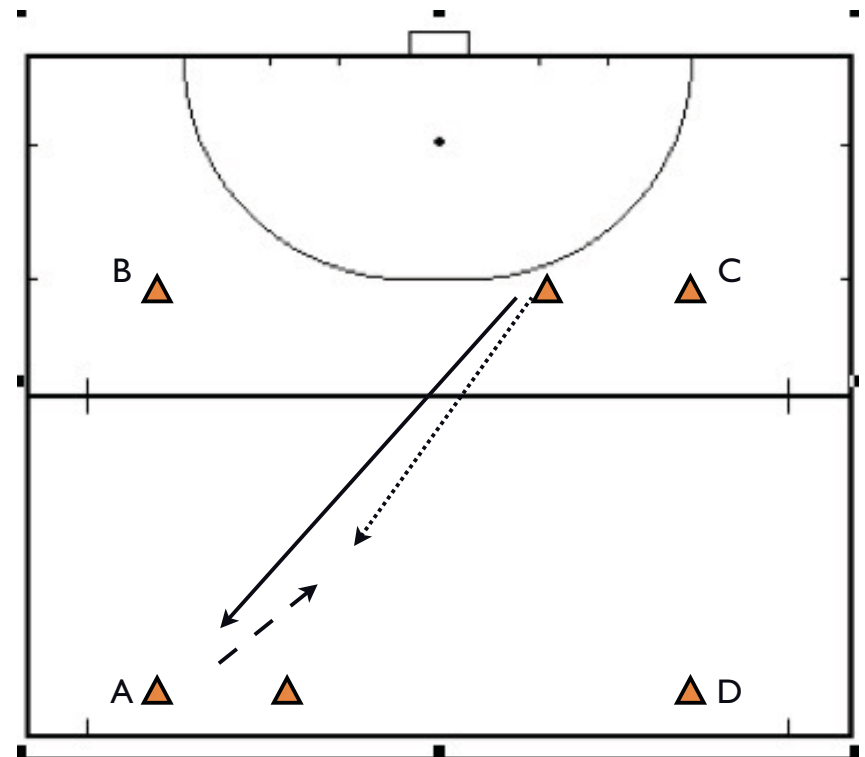
- Defense player passes ball from end line toward attacker starting at A.
- After ball is in play defense can apply pressure and play IvI

## Variation

- Starting angles for defender
- add goal on other side so either player can score! (competitive game)

## Emphasizes:

- Use "banana" run
- close down weak side with body positioning
- do not overcommit (use physical space method)
- Tackle back after losing ball
- Calculate risk vs outcome



# Session 2 “Scoring”

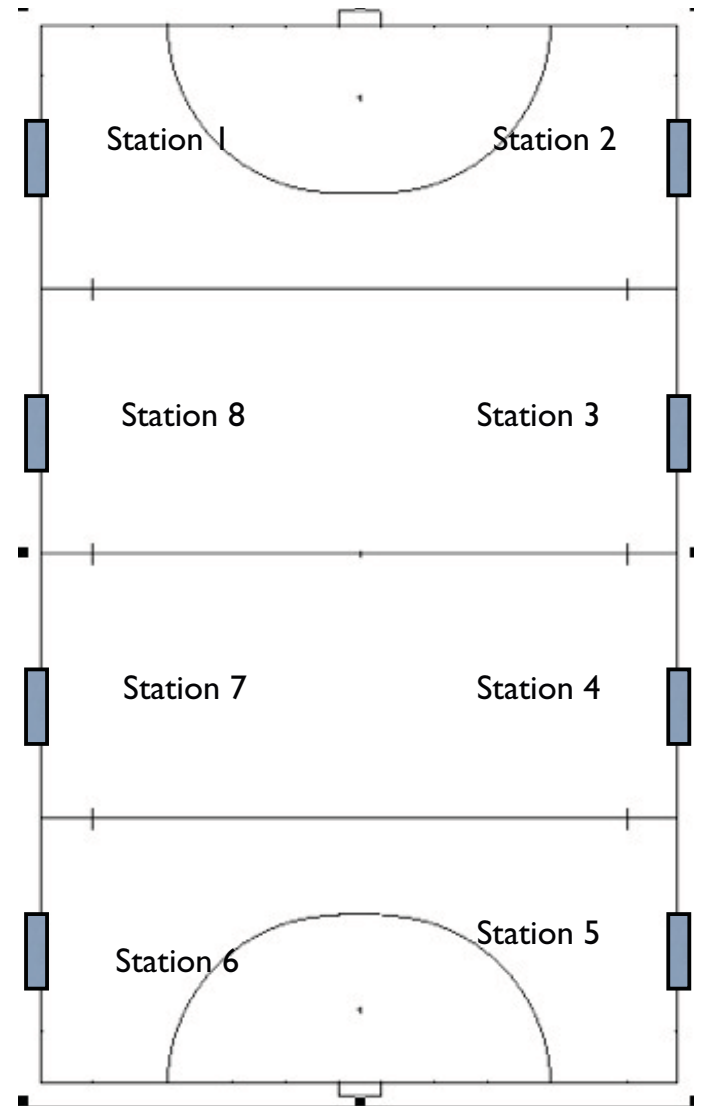
## Session 2 “Scoring”



### Organization:

- 8 station Split clinic
- 8 Stations on field with goals
- Coaches stay at site, groups rotate
- 1 training group per station
- No Goalie session, goalies on goal in exercises

- Demo before warm up for whole camp
- TD leads demos
- TD tracks time and takes care of rotation
- 12 minute rounds
- 8 Scoring
  1. Hitting
  2. The Reverse pass & hit
  3. Strokes
  4. Endline Combo
  5. Footwork combo
  6. 3 Touch to score
  7. 1-touch plays
  8. 1v1 on the goalkeepers



# The Hit



## Organization:

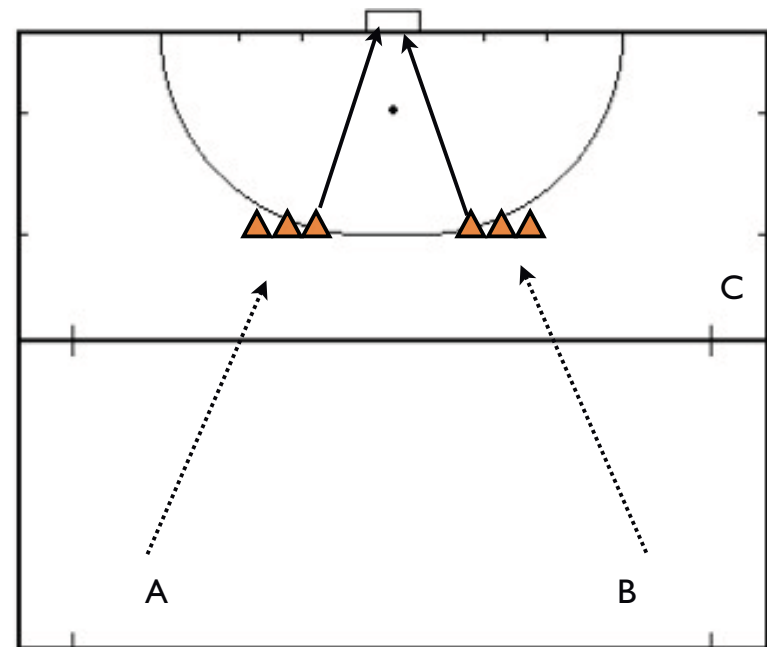
- A & B starting locations
- Simple Dribble towards cones to change direction and prepare hit

## Goal of Skill / Exercise

- Ability to have a consistent and accurate hit to goal

## Emphasizes:

- After change of direction position ball away from body
- Step into the ball with left leg, left knee needs to bend
- right foot stays on ground for body balance
- Move the stick back, not up for relaxed shot
- enough space in front of body for arm movement



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# Reverse Hit



## Organization:

- Players Start at A, dribbles into circle for reverse hit
- After 1st hit, 2nd ball is inserted and after cone, 2nd hit follows

## Goal of Skill / Exercise

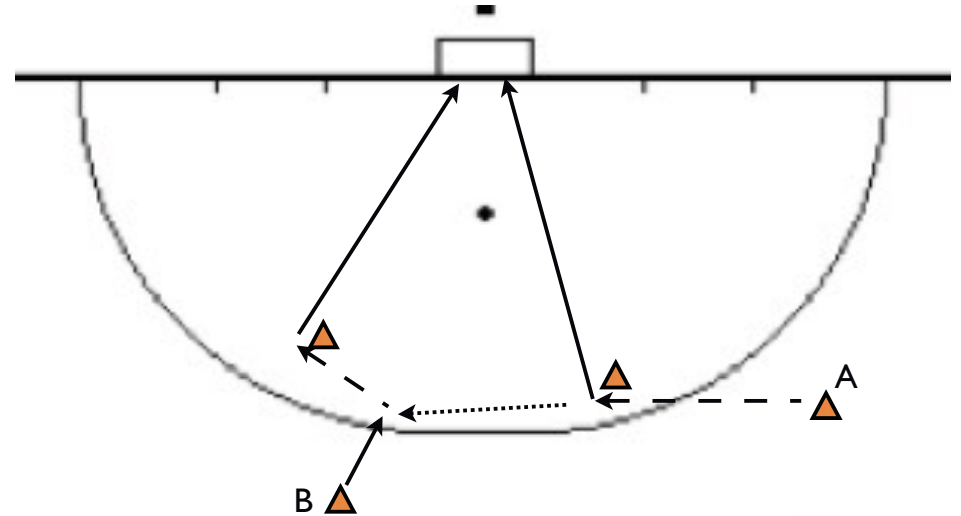
- Ability to have a basic concept of the reverse hit to goal

## Emphasizes:

- Start with reverse pass/ sweep with young, unexperienced players
- ball position in front of right foot
- both feet behind each other, not next!
- Pan cake grip
- Knees bend (90degrees) hips in
- Wrists at ankle height at moment of impact

## Variation;

- Speed of dribble
- Direction of circle entry



# Stroke

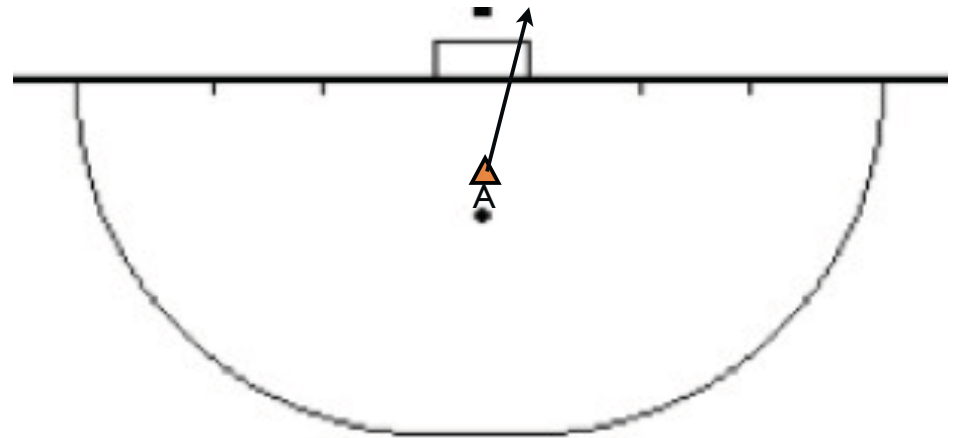


## Organization:

- Set up multiple stroke situations (3 to 4 players to practice)
- Stroke competition after practice

## Emphasizes:

- Shift body weight
- Aiming for corners
- General push technique



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# End-line Combo



## Organization:

- Player A passes to C on outside
- Player A gets around cone before getting in position
- Player C takes ball to the endline and gets inside with speed
- Player C finds player A with pass
- Player A finishes with a max 2 touch skill.

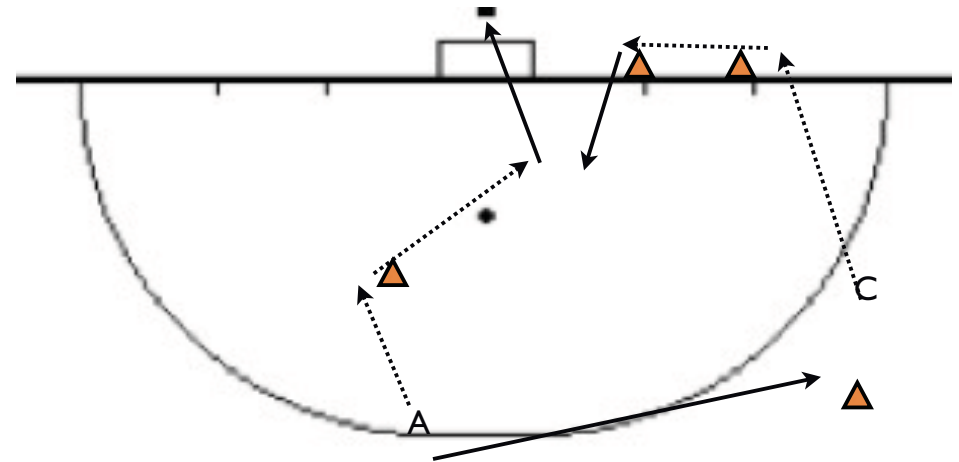
## Emphasizes:

- Right position to score, behind passer, no diagonal passes to goalscorer.
- Quality footwork and quick shots

## Variation;

- Apply verbal pressure

\* keep safety in mind for all players and especially the goalkeeper.



# Footwork Combo



## Organization:

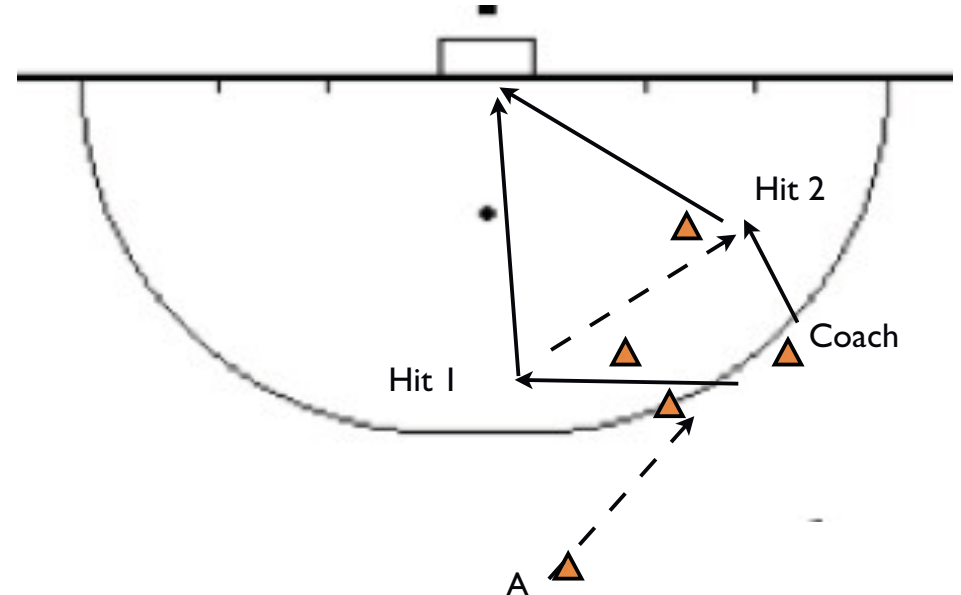
- Player Starts at A without ball. Gets around cone and gets a ball in into her feet. One touch hit to goal.
- After hit 1 she get to outside gets ball 2 into her feet for hit 2 to goal.
- Player A has a 1/2 touches to score, receive & shoot

## Emphasizes:

- Space between body and ball at moment of impact
- Start swing preparation in time
- Small steps on forefeet to get around ball

## Variation;

- Position of balls



# 3 Touch to Score



## Organization:

- Players A dribbles into circle and passes to player B or C.
- Players A, B and C need to combine 3 passes in circle before goal shot is taken.
- Play rebounds

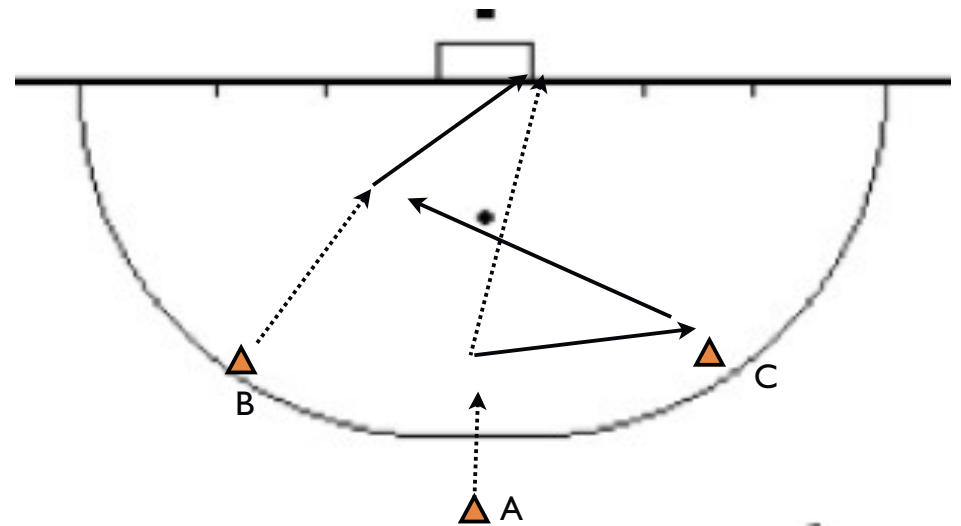
## Emphasizes:

- Change angles, create depth in passing
- Don't stay flat
- Footwork for quick passing options
- Stay low for deflections

## Variation;

- Give time limit (i.e. 8 seconds)
- add 1 defender

\* keep safety in mind for all players and especially the goalkeeper.



# Footwork & I Touch



## Organization:

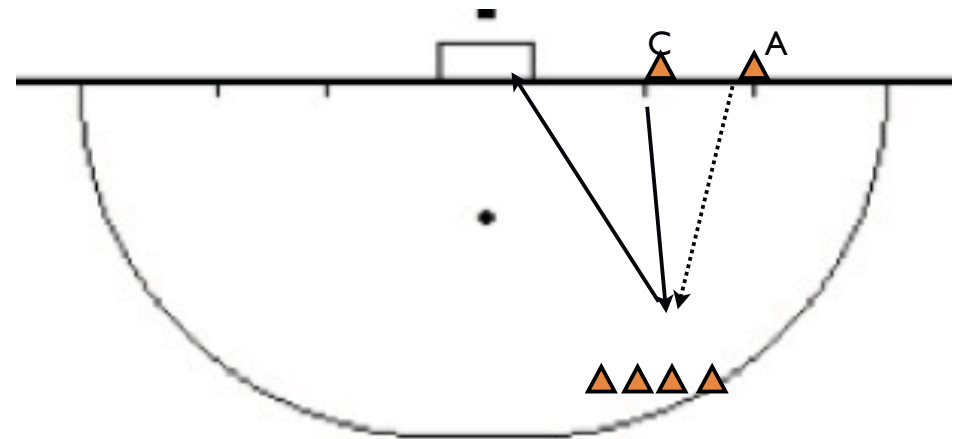
- Players Start at A, round the cones to get in circle
- When player rounds last cone C (coach) inserts ball towards feet of incoming player
- Players has a 1 touch to goal

## Emphasizes:

- Space between body and ball at moment of impact
- Start swing preparation in time
- Small steps on forefeet to get around ball (Footwork)

## Variation;

- Angles of pass from coach
- Allow reverse hit with experienced groups



# IvI on Goalkeeper



## Organization:

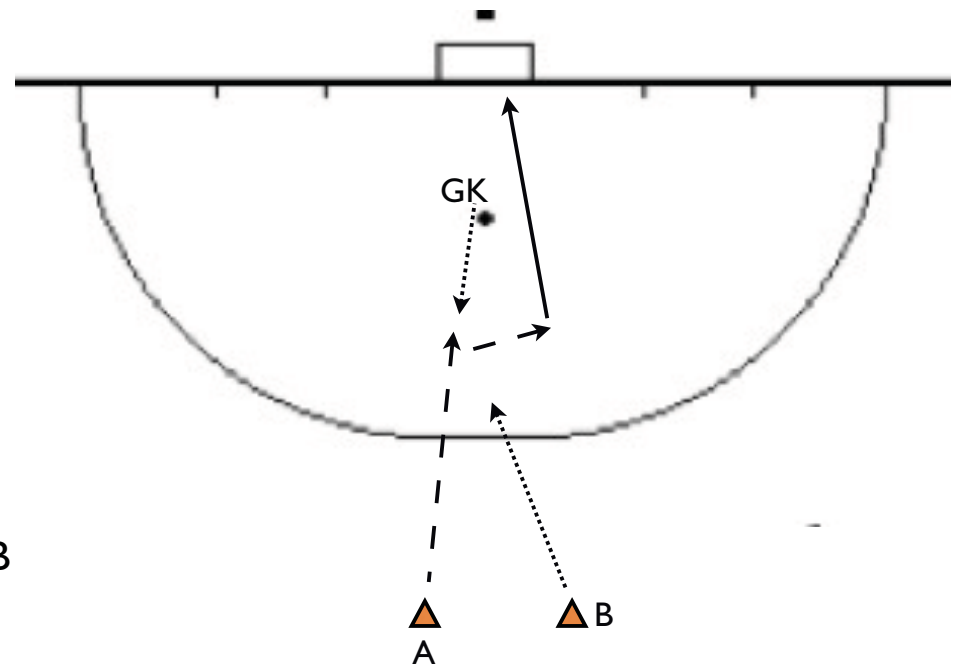
- Players Start at A
- Goalkeeper starts when player starts
- IvI on circle

## Emphasizes:

- Get goalkeeper moving
- use body fakes
- Start move in time

## Variation;

- Limit time
- Get recovering defender in play starting at B
- Keep scores (competitive game)



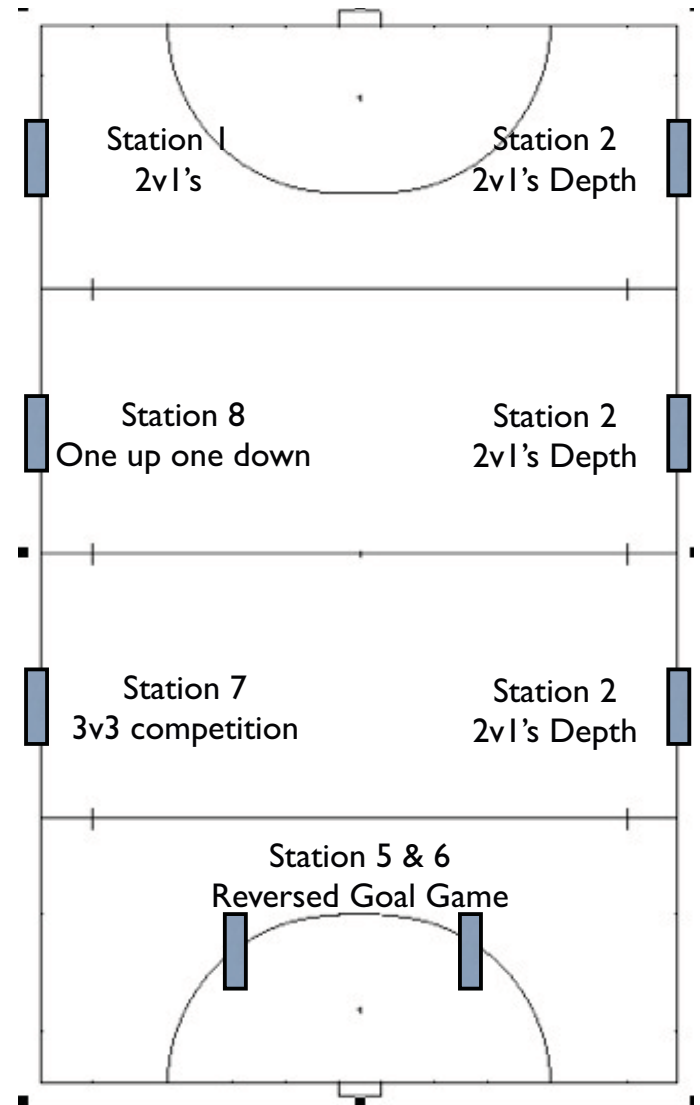
# Session 3 “Team Workout”



## Session 2 “Team Work Out”

### Organization:

- 8 station Split clinic (Split Camp Turf / Grass)
  - 8 Stations on field with goals
  - 2 x 4 training, exercise 1 - 4 on opposite sites after 4th round switch to exercise 5 - 8
  - Coaches stay at site, groups rotate
  - 1 training group per station
  - No Goalie session, goalies on goal in exercises
- 
- Demo before warm up for whole camp
  - TD leads demos
  - TD tracks time and takes care of rotation
  - 15 minute rounds
  - 8 Team Work Out
    1. Elimination Skills
    2. Lifts and Accelerations
    3. 2v1's
    4. 2v2's (recovering defender)
    5. Reversed Goal Game
    6. Reversed Goal Game
    7. 1v1 to 2v2 Game
    8. 2v2 to 3v3 Game



# Elimination Skills

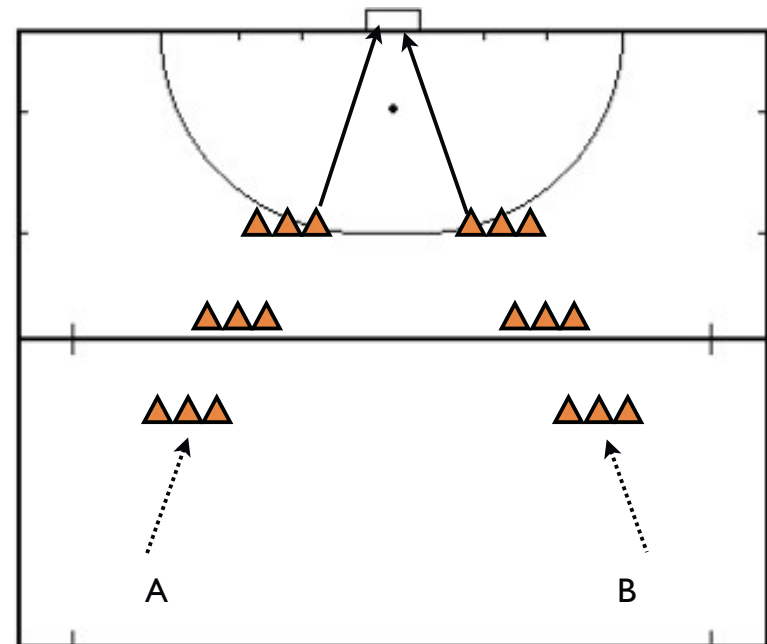


## Organization:

- A & B starting locations
- 3, 4 cone line as defenders
- Each Cone starts elimination skill
- Dummy
- Staircase
- Drag left & right

## Emphasizes:

- Start move in time
- Keep ball away from feet
- Stay low and accelerate after move
- Use legs & shoulders for fake movements



# Forehand & Backhand Lifts



## Organization:

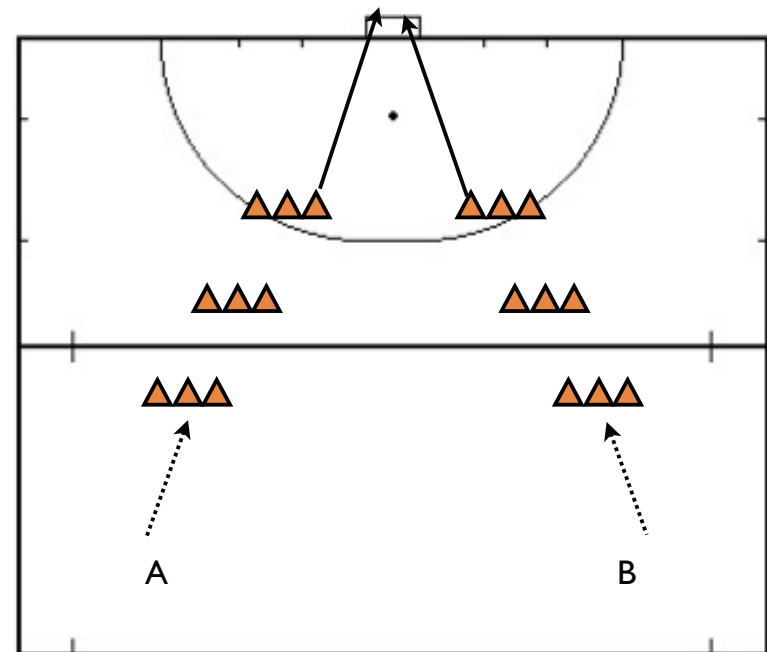
- A & B starting locations
- 3, 4 cone line as defenders
- Left side bh lifts / Right side fh lifts

## Emphasizes:

- Start move in time
- Keep ball away from feet, get stick under ball
- stay low and accelerate after move
- move ball sideways before lift (roll onto stick)

## Variation;

- Bouncing lifts
- Pop



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# 2v1



## Organization:

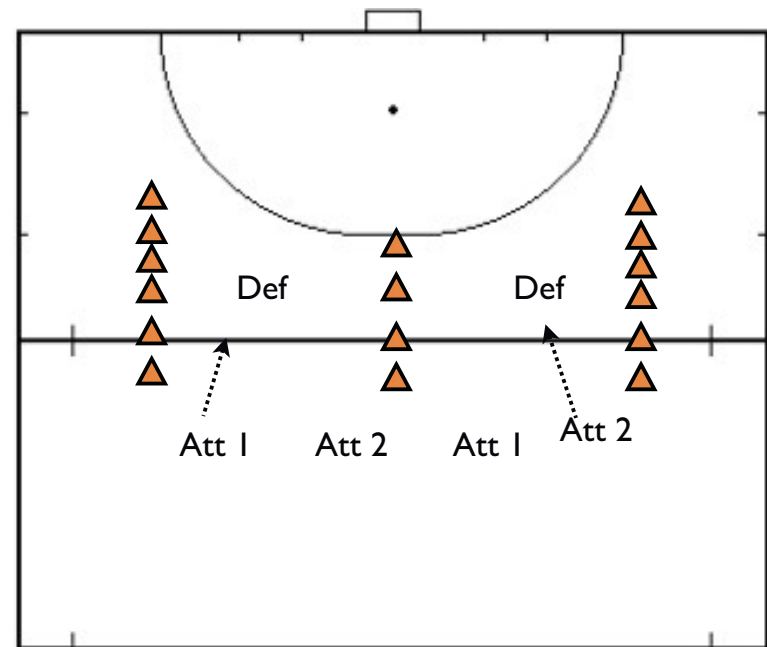
- 2 sides (squares in front of goal)
- Set defenders in square and defense rotation

## Emphasizes

- Use skills from earlier sessions
- Commit defender, force her to make a decision
- Pass or eliminate
- use fake to set off defender
- play with change of speed and direction

## Variation

- Narrow space
- add time limit for extra pressure



# 2v2 with Recovering Defender



## Organization:

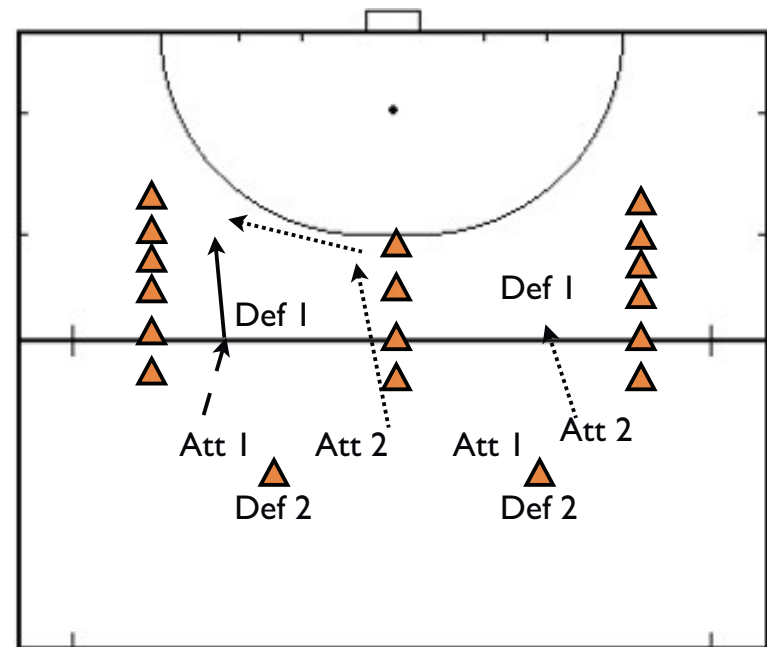
- 2 sides (squares in front of goal)
- Set defenders in square and defense rotation
- get non ball possessor in deep zone behind defender

## Emphasizes

- Use skills from earlier sessions
- Commit defender, force her to make a decision
- Pass or eliminate
- use fake to set off defender
- play with change of speed and direction

## Variation

- Narrow space
- add time limit for extra pressure
- starting distance for recovering defender



# Reversed Goal Game



## Organization:

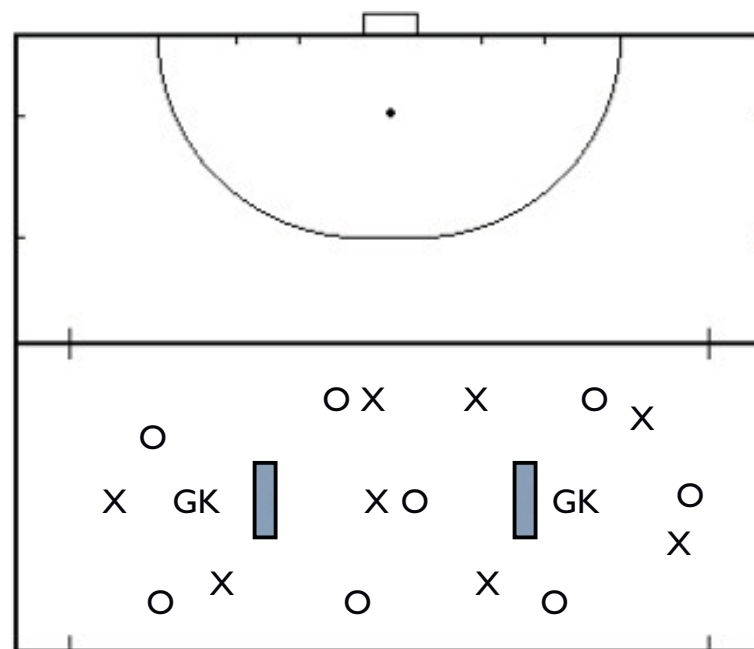
- 2 Groups
- 2 Goals in middle of field with open side to sideline
- Each coach, coaches 1 team
- 8 players + 1 GK on the field.

## Emphasizes

- Position in deep zones
- Controlling the center

## Variation

- Narrow space
- add time limit for extra pressure
- starting distance for recovering defender



# 2v1 Competition



## Organization:

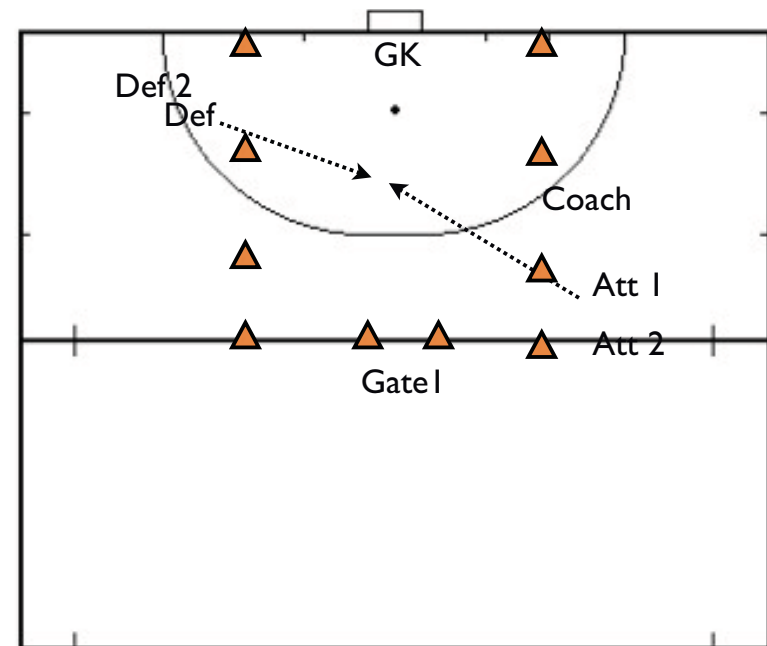
- Split team in 2
- Half of team starts as Defense (position Def)
- Half of team starts as Attack (position Att)
- Coach enters balls in neutral area.
- 1 player of team runs out to get the ball
- Whoever touches the ball gets a 2nd player to support (max 1 player joining!!)
- Att scores on GK
- Def score at Gate 1
- Switch Att & Def after 5 minutes

## Emphasizes

- Use skills from earlier sessions
- Commit defender, force her to make a decision
- Pass or eliminate
- use fake to set off defender
- play with change of speed and direction

## Variation

- Narrow space
- add time limit for extra pressure



# 2v2 Competition



## Organization:

---- now 2 players of each team starts, 1 touch gets a 3rd player on the field.

- Make field bigger for 3v3 play

## Emphasizes

- Locate 2v1's

