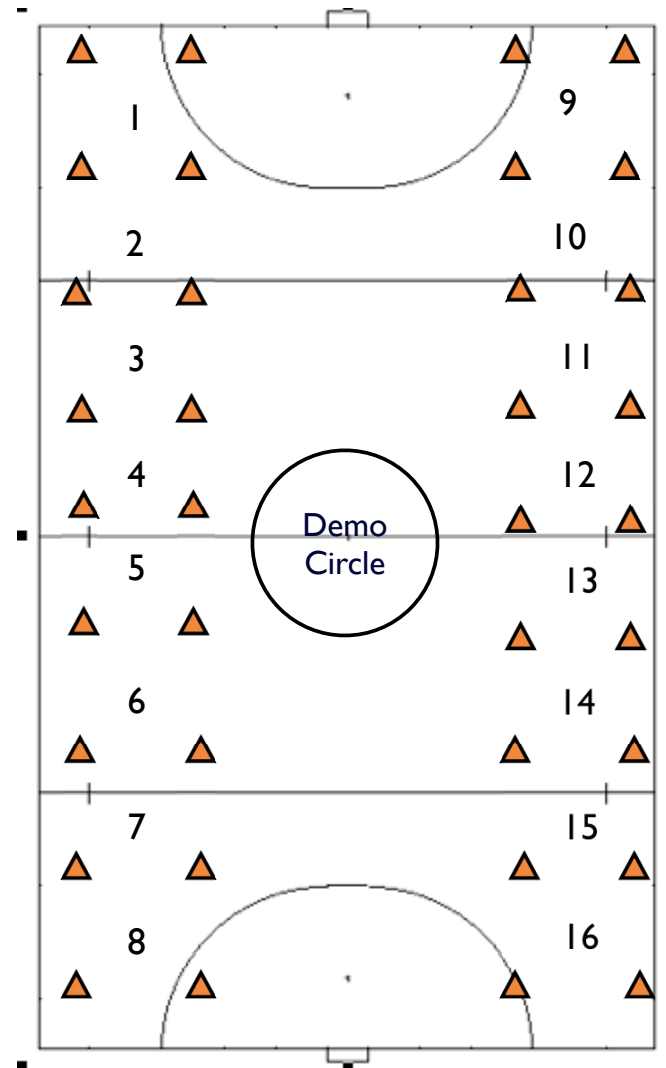


# Session I “Dribble & Self Starts”

## Organization:

- Central clinic (all kids on field)
- 16 Stations on field (10m x 10m grids)
- 1 training group per station
- **Each coach has 2 stations**
- Goalie session
  
- Demo Grid for central demonstrations
- TD leads demos
- TD tracks time
- 12 minute rounds
- 6 Basic exercises:
  1. Australian X Basics Check
  2. Australian X in motion
  3. Self start Angles I
  4. Self start Angles II
  5. Self start Decision Making I
  6. Self start Decision Making II





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### Organization:

- Individual Skills
- All players with ball

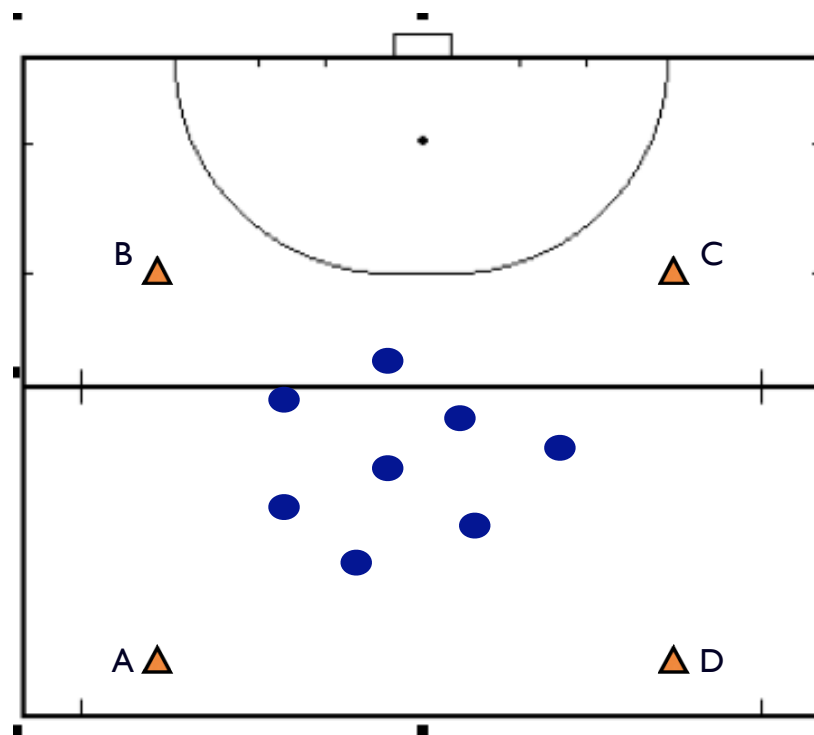
### Goal of Skill / Exercise

- Ability to dribble ball with correct ball position and vision skills
- Ability to bring to 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
- "Monkey on the shoulder"

## I. Australian X





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**Organization:**

- Individual Skills
- All players with ball
- Let players dribble and have direction changes (either through vision or coaches signal)

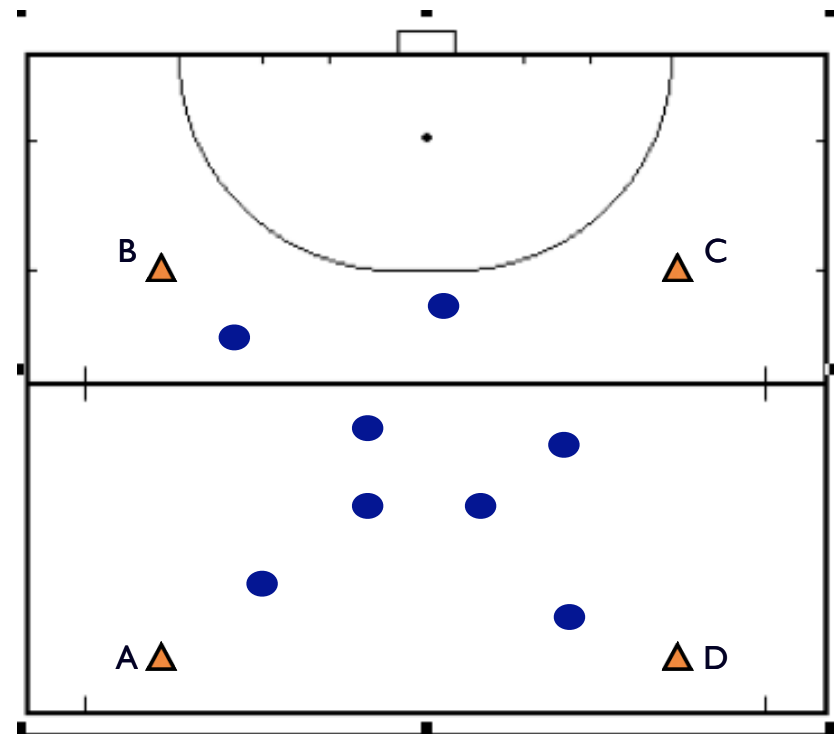
**Goal of Skill / Exercise**

- Ability to dribble ball with correct ball position and vision skills
- Ability to change possession of the ball around the body
- Ability to take the ball and have a “sharp change of direction”

**Emphasizes:**

- Ball position away from feet
- Stick in 45 degree angle
- Elbow out
- left hand controlling, right hand support

## 2. Australian X in Motion





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### Organization:

- Individual Skills
- All players with ball
- Players dribble diagonally and have a "90 degree angle change while stopping the ball and continue

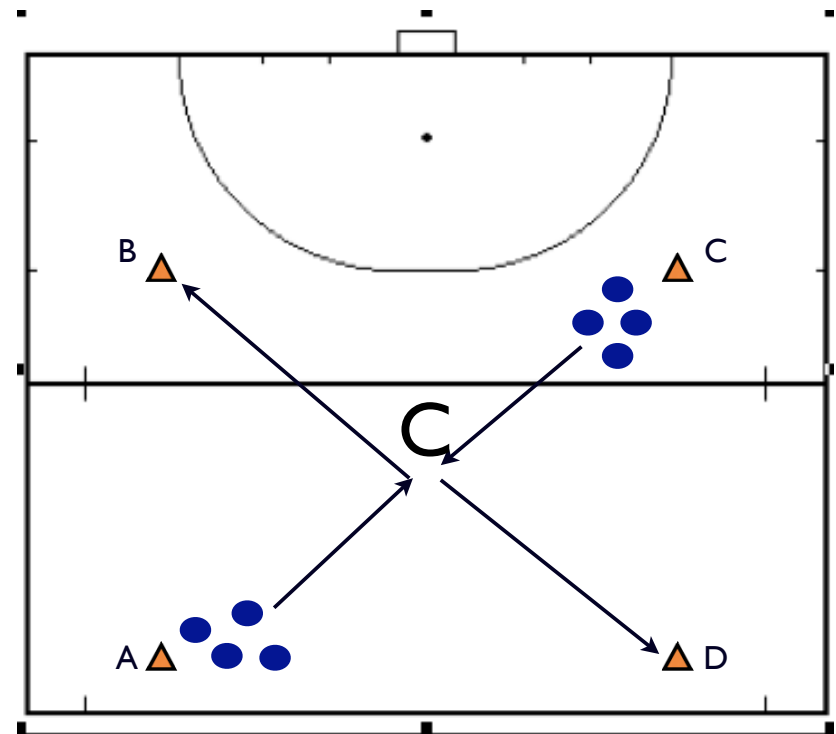
### Goal of Skill / Exercise

- Ability to control the ball from a dribble and stop the ball to restart with self start rule
- Shoulder movement for body fakes
- Intent to stop the ball (SELF START RULE)

### Emphasizes:

- left hand controlling, right hand support
- ball outside of the body (in front)
- create space between feet and ball for control and pick up
- Stick movement over ball to control

## 3. Self start Angles I





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**Organization:**

- Individual Skills
- All players with ball
- Players dribble diagonally toward C with ball. They leave the ball in Coaches box. Coach drops a ball random and player pick ups and continue dribble

- start with easy pick angles A to C, A to B
- Advance with turns A to A, A to D, etc

**Goal of Skill / Exercise**

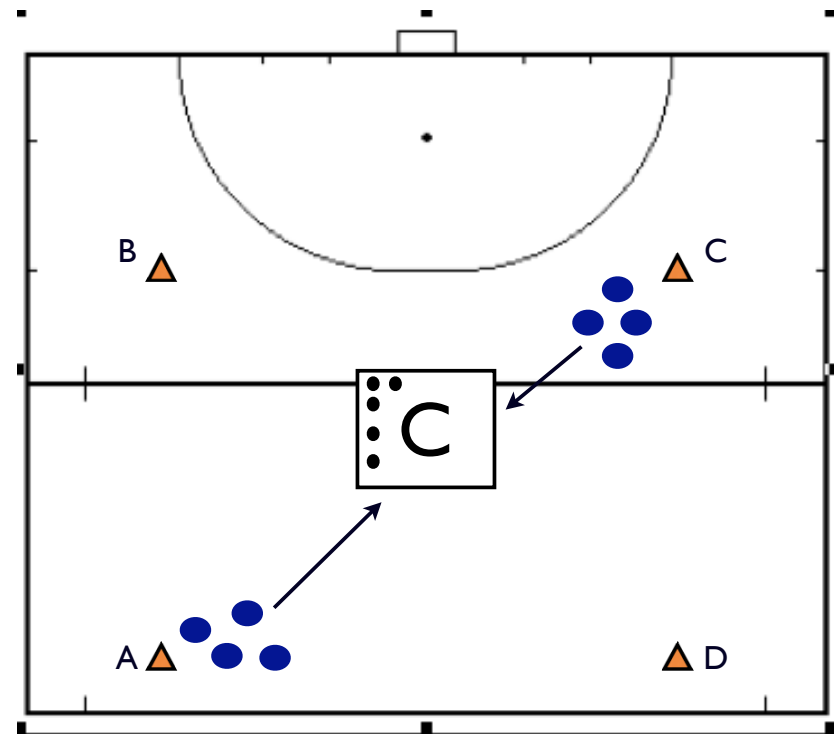
- Ability to control the ball from a dribble and stop the ball to restart with self start rule
- Shoulder movement for body fakes
- Intent to stop the ball (SELF START RULE)

**Emphasizes:**

- left hand controlling, right hand support
- ball outside of the body (in front)
- create space between feet and ball for control and pick up
- Stick movement over ball to control

## 4. Self start Angles II

### Quick and fun pick ups





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### Organization:

- Individual Skills
- All players with ball
- Players dribble into C box with ball. They leave the ball in Coaches box. Coach drops a ball random and player pick ups and continue dribble
- When ball is picked up Player 2 chooses side (B or C)
- Player 1 then makes decision and has a self start into open direction

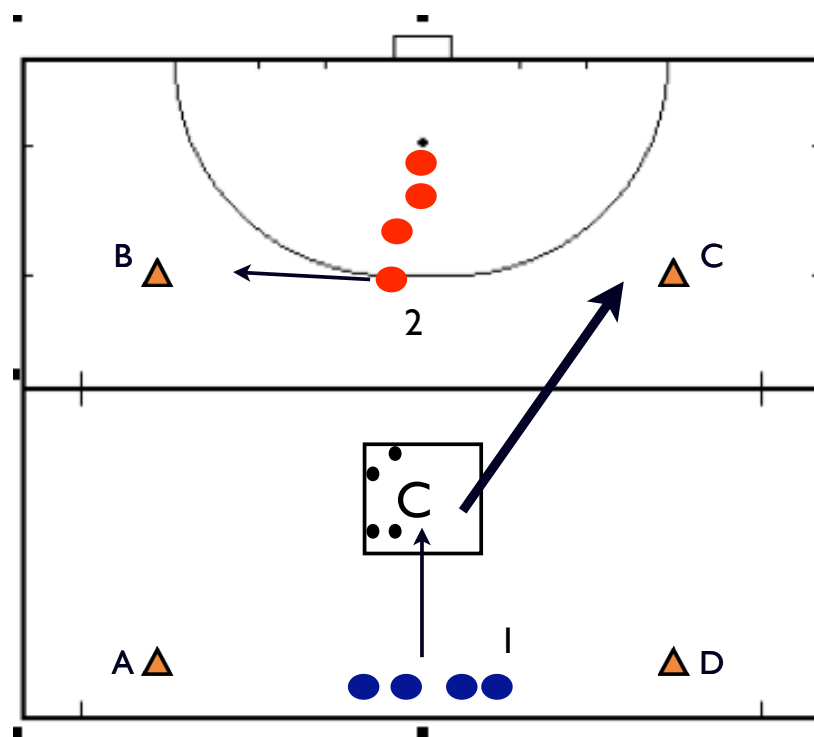
### Goal of Skill / Exercise

- Ability to control the ball from a dribble and stop the ball to restart with self start rule
- Shoulder movement for body fakes
- Intent to stop the ball (SELF START RULE)

### Emphasizes:

- Pre scan before pick up
- ball outside of the body (in front) for vision
- create space between feet and ball for control and pick up

## 5. Self start Decision Making I





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### Organization:

- Individual Skills
- All players with ball
- Players dribble into C box with ball. They leave the ball in Coaches box. Coach drops a ball random and player pick ups and continue dribble

- When ball is picked up Player 2 chooses side (B or C)
- a second player from 2 joins to close down a side
- Player 1 then makes decision and has a self start into open direction

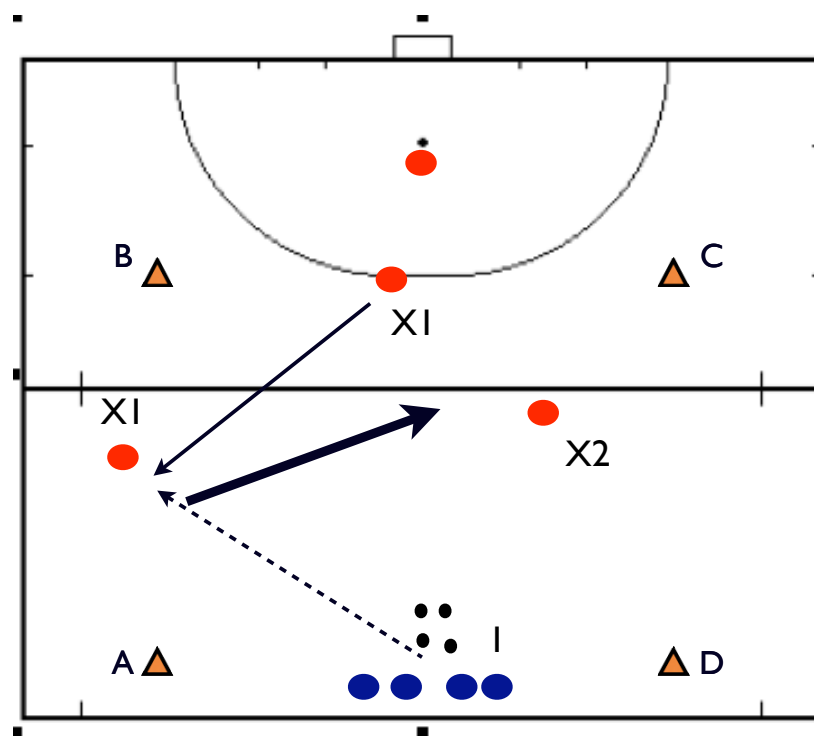
### Goal of Skill / Exercise

- Ability to control the ball from a dribble and stop the ball to restart with self start rule
- Shoulder movement for body fakes
- Intent to stop the ball (SELF START RULE)

### Emphasizes:

- Pre scan before pick up
- ball outside of the body (in front) for vision
- create space between feet and ball for control and pick up

## 6. Self start Decision Making II



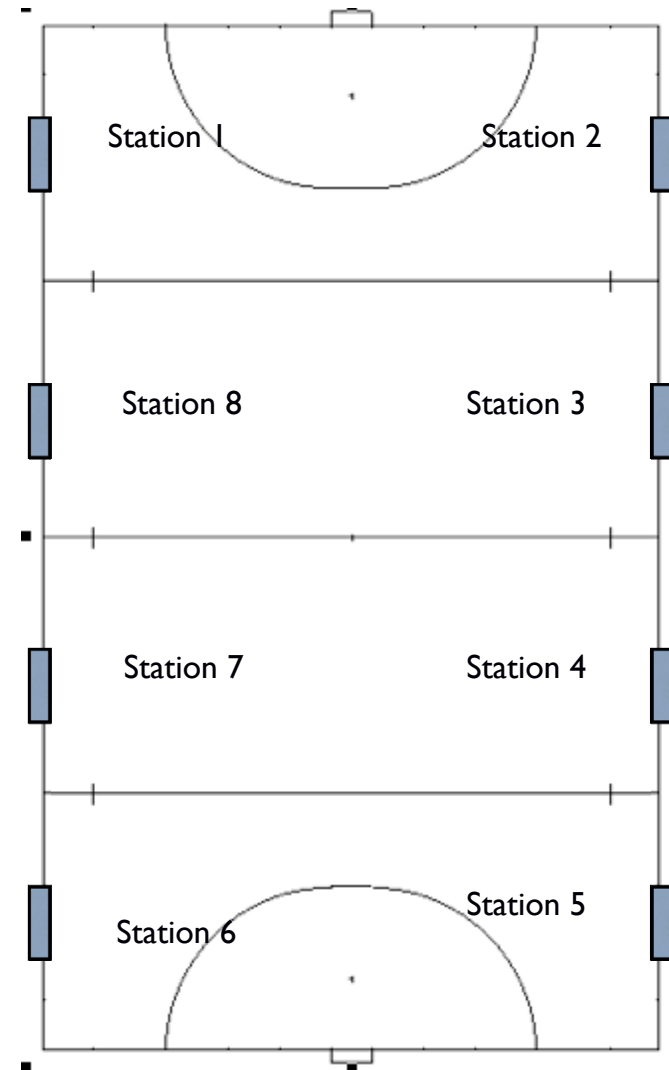
# Session 2 “Scoring” & “Art of defense”

## Organization:

- 8 station Split clinic (Split Camp Turf / Grass)
- 8 Stations on field with goals
- Double exercises, 1 & 2 are the same
- 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
- Break half way (Go from scoring to defense)
- Defensive drills to goal
- 12 minute rounds
- 8 Scoring
  1. Hitting
  2. The Reverse pass & reverse hit
  3. Backfacing the bounce
  4. Rebounds
  5. Jab & Pressure
  6. Tackling
  7. 1v1 Battle
  8. Double Teaming



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### Organization:

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

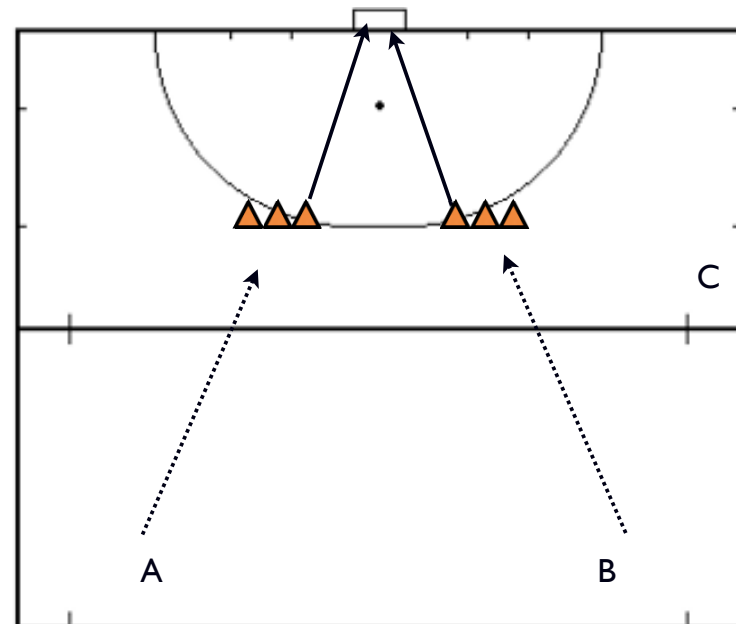
### Goal of Skill / Exercise

- 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

## I. The Hit





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### Organization:

- Players Start at A, dribbles pass cone for reverse pass to B
- B receive ball and dribbles along top circle to pass the cone for a reverse hit

### Goal of Skill / Exercise

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

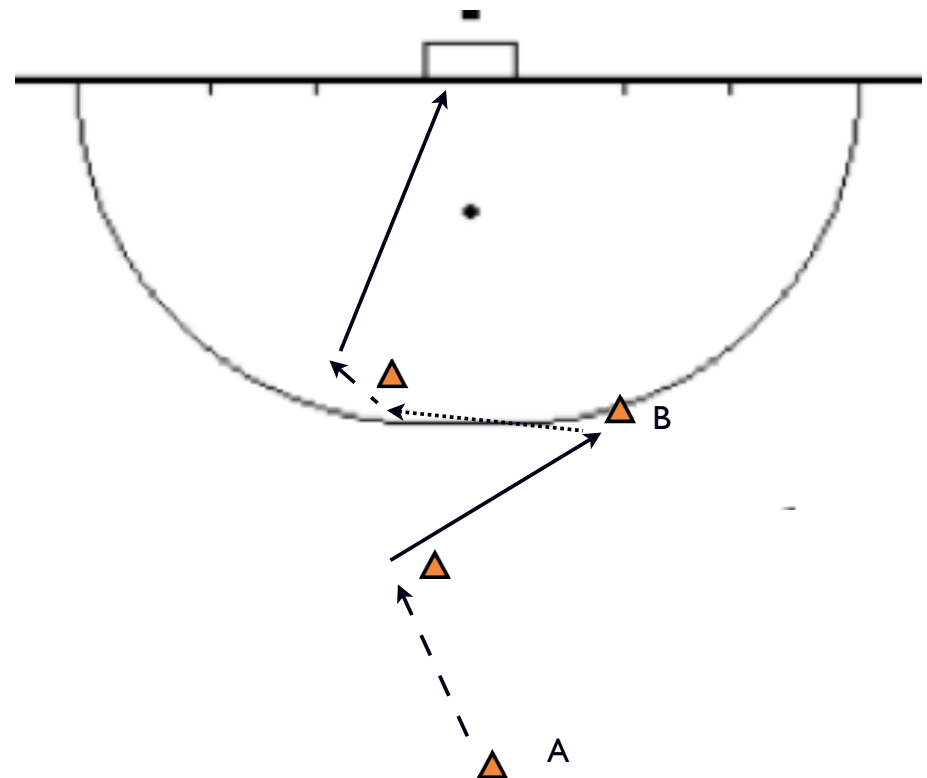
### Emphasizes:

- Start with reverse pass/ sweep with young, inexperienced 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
- Experience difference between hit and pass

### Variation;

- Speed of dribble
- Direction of circle entry

## 2. Reverse Pass & Hit





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### Organization:

Players on side of drill. Player 1 runs towards endline and gets back to stroke mark. Player gets around cone and can choose left or right. Coach throws ball towards player with bounce on ground. Player receives into open area and finishes. Player keeps back towards the goal.

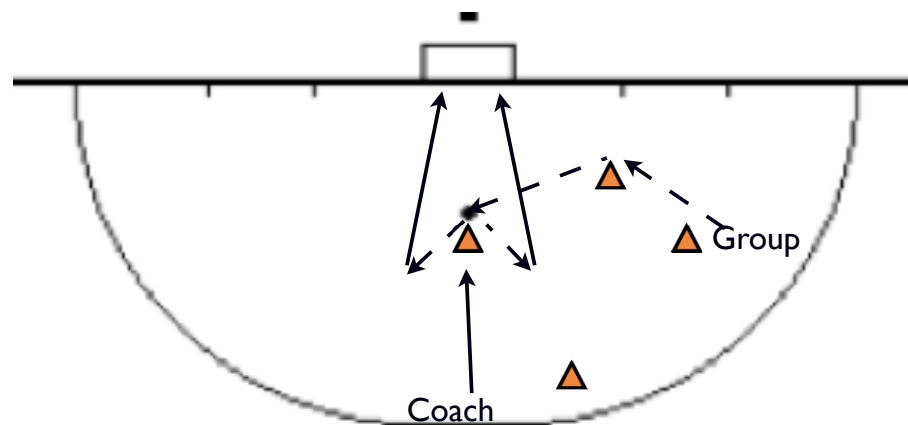
### Emphasizes:

- Body behind ball on the 1st touch
- Receive into open space
- prepare for quick shot, adjusting footwork

### Variation

- Pop hit on fh and bh.

## 3. Backfacing the Bounce





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### Organization:

- Divide group in 2 or 3
- Players man all cones (4) and 1 player on top with the balls
- Player X2 passes to X1. X1 starts with dribble to circle and hits on goal.
- After 1st shot rebounds are played by all players, becomes 5 players vs 1 goalkeeper.
- X1, X2 join along with C and B.
- Coach has 6 balls in hand and throws ball at goalkeeper or at players to simulate rebound situations.
- Players are allowed to hit the ball twice (hit or pass)

### Emphasizes:

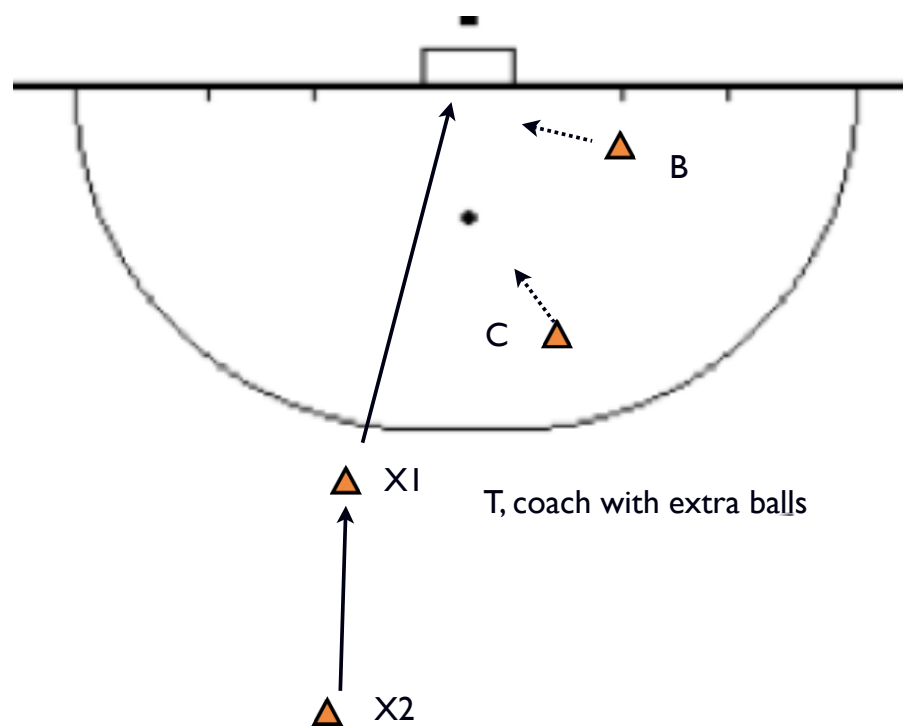
- All players be aware for balls at all times!!
- Move on forefeet and stay low to react quick
- find open shots or passes

### Variation;

- Apply verbal pressure

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

## 4. Rebounds





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### 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
- Defensive player can only apply pressure and force player to outside, no tackles
  
- Get in channeling position, keep attacker on the strong side.

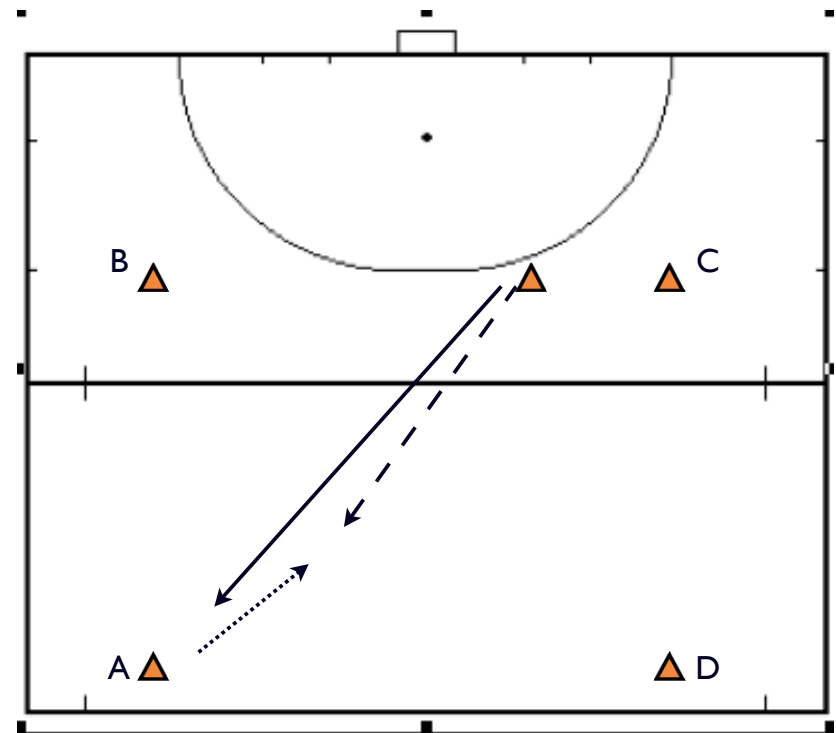
### Variation

- Starting angles for defender

### Emphasizes:

- Body positioning
- light on forefeet small steps, stay balanced
- Jab and retreat, no big steps and easy recovery

## 5. Footwork & Jabbing





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### Organization:

- Defense player passes ball from position D toward attacker starting at A.
- After pass player D applies pressure on ball carrier
- Player D makes the tackle when possible

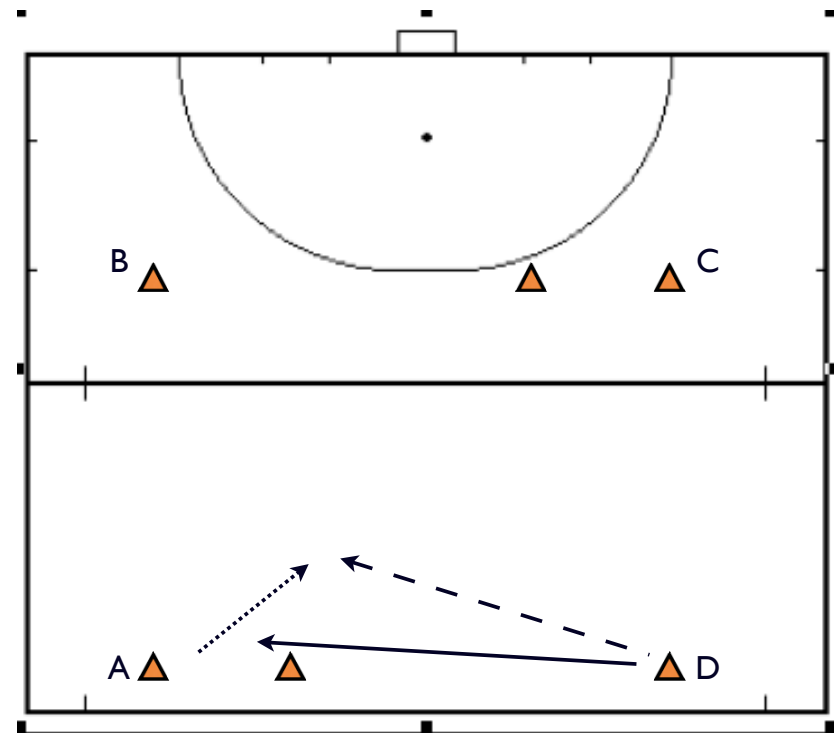
### Variation

- Starting angles for defender
- 2nd goal for competitive game in case of turnover

### Emphasizes:

- Physical space defense
- Channel into zone and use block tackle
- Pro active at moment of tackle
- close down weak side with body positioning
- do not overcommit (use physical space method)

## 6. Tackling





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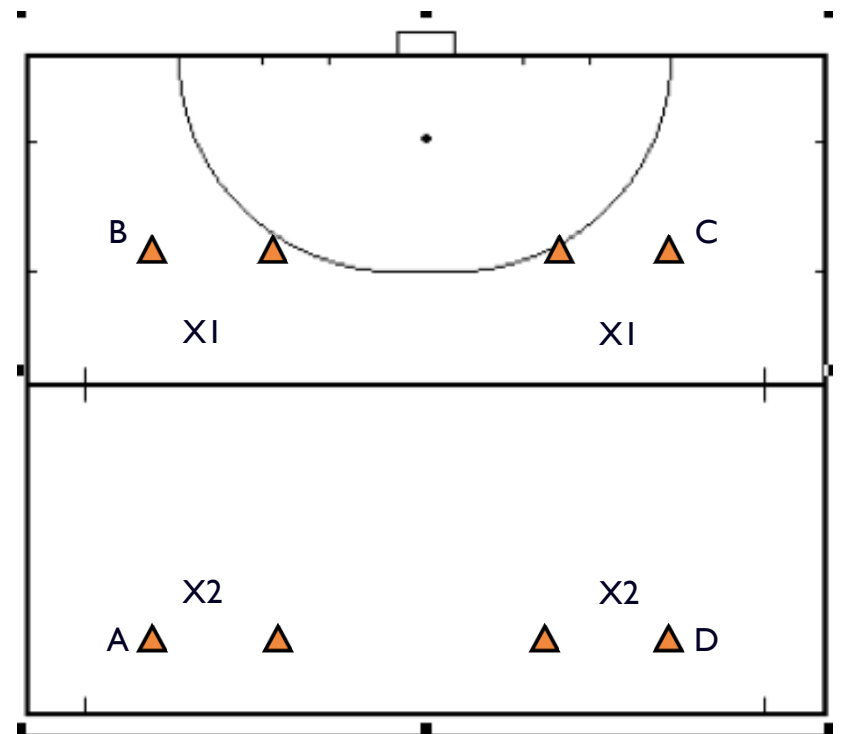
## 7. King's Court

### Organization:

- X1 & X2 play a 1 minute 1v1 game.
- Add points for competitive round between all players

### Emphasizes:

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





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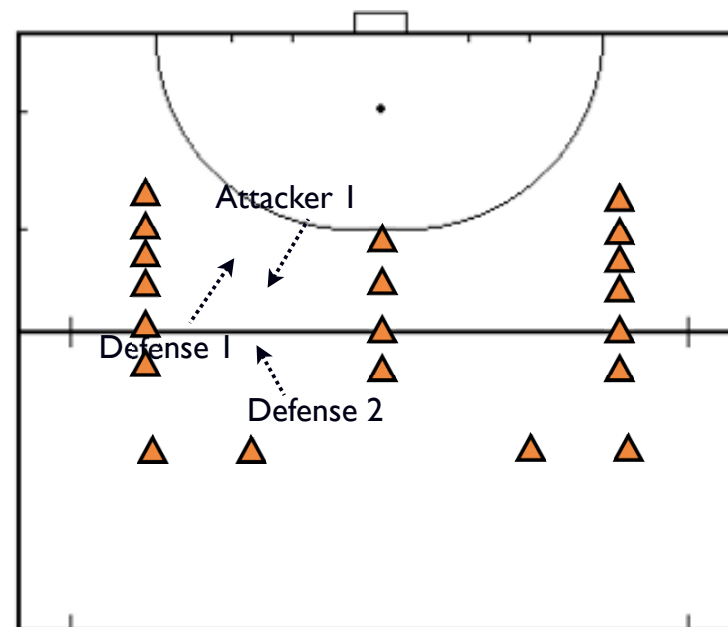
### Organization:

- Attacker start on circle edge with ball tries to dribble through goal.
- Defense structures a double team situation and go to goal after getting possession.

### Emphasizes

- Def 1 becomes the Channel Defender
- Def 2 is the tackle defender
- Positioning of defense is forehand - forehand
- Communication
- Pro active tackles on ball possessor
- Quick counter attack to goal

## 8. Double teaming to Goal



## Clinic: Elimination Skills



### Exercise: 1

Position – LB

Difficulty - Basic

Leftback uses bodyfake to deceive defender, exploits free space and cuts off defender.

- Start in normal position
- Turn body sideways to fake a pass to the centerback
- As soon as opponent steps out, quickly transfer ball and accelerate
- Cut-off opponent by running diagonally and shielding ball.

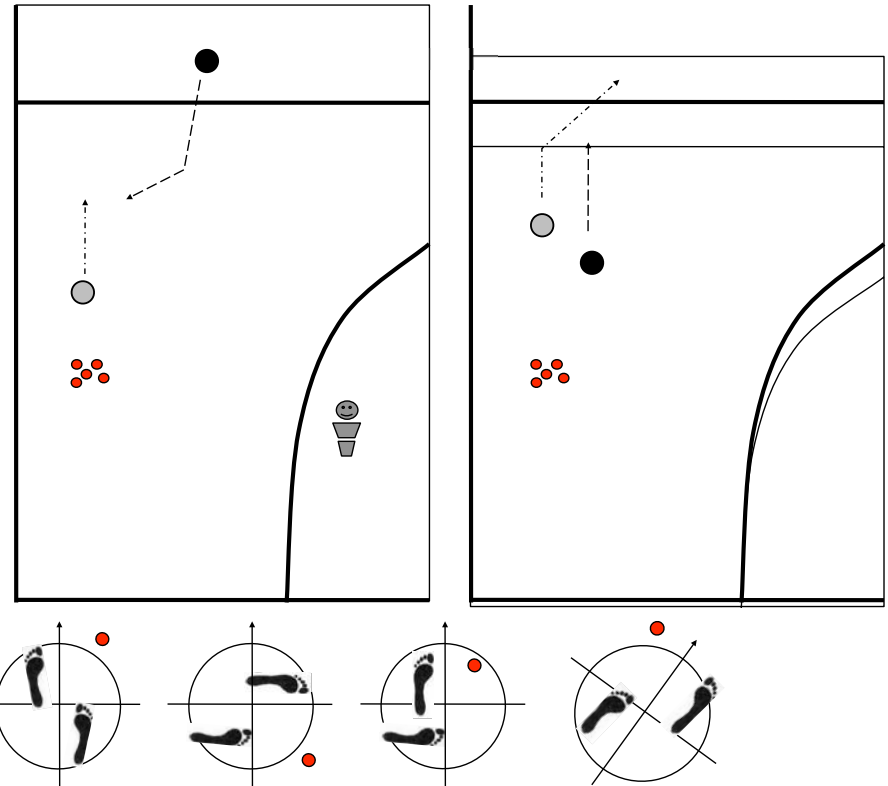
## POINTERS

1. Body fake must use shoulders and eyes to sell the fake.
2. Shield ball after accelerating

## DIFFERENTIATION

Easy – Perform technique from a **static** position

Hard – place a gate behind the opponent and one where the centerback would be, through which the player must dribble. The number of choices facing the opponent provides the player with the ability to dictate the play accordingly.



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## Clinic: Rules of Engagement



### Exercise: 2

Position – RB

Difficulty - Basic

Right back dribbles diagonally and meets opponent. He moves inward and fakes a pass to a centerback.

In stead of passing he drags the ball **through his legs** and turns away from his opponent and picks up the ball. This technique is called a 'Flop'.

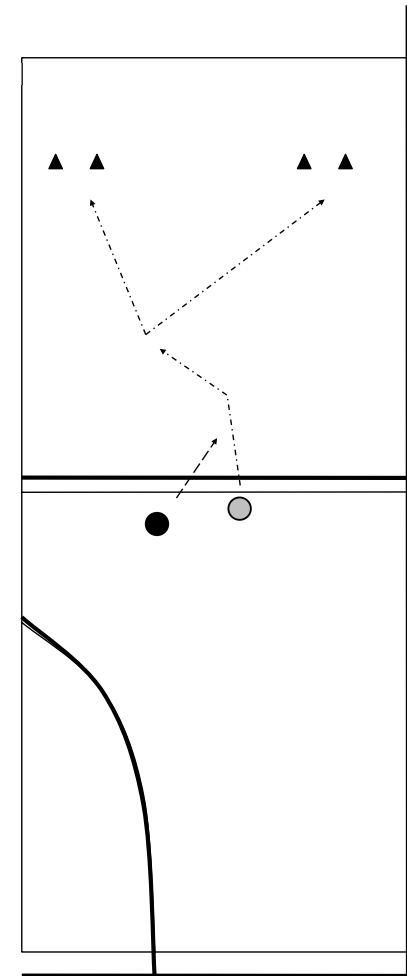
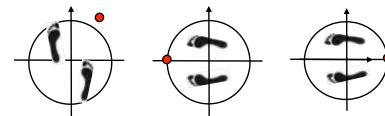
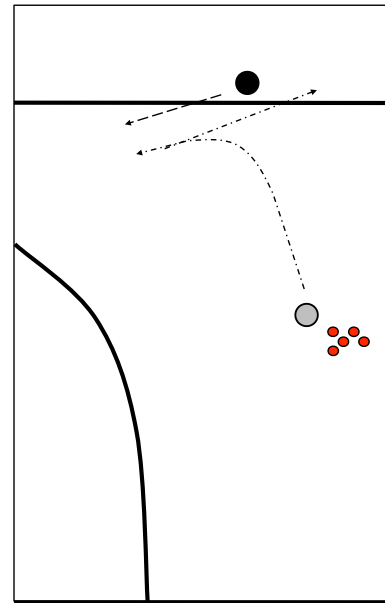
He accelerates away from opponent, cuts him off and scores by dribbling in one of the two goals.

## POINTERS

1. Stay far out of opponent's reach.
2. While bodyfaking, face goal
3. Shield the ball with your body, when you accelerate.

## DIFFERENTIATION

Hard – place a gate behind the opponent and one up the line. The player must carry the ball through a gate but bear in mind that the one behind the opponent offers more valuable pitch position.



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## Clinic: Rules of Engagement

### Exercise: 3



Position – LB

Difficulty - Complex

Similar to Green 1:

The organization of the exercise is the same, but instead of a quick ball transfer, the player does a swift turn, with the ball in the hook of his stick.

He proceeds as in Green 1.

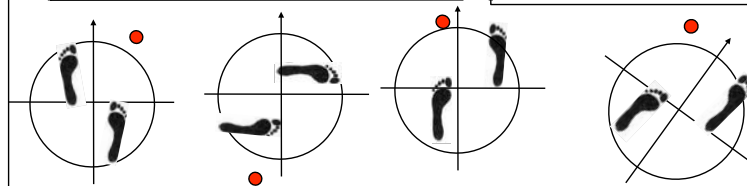
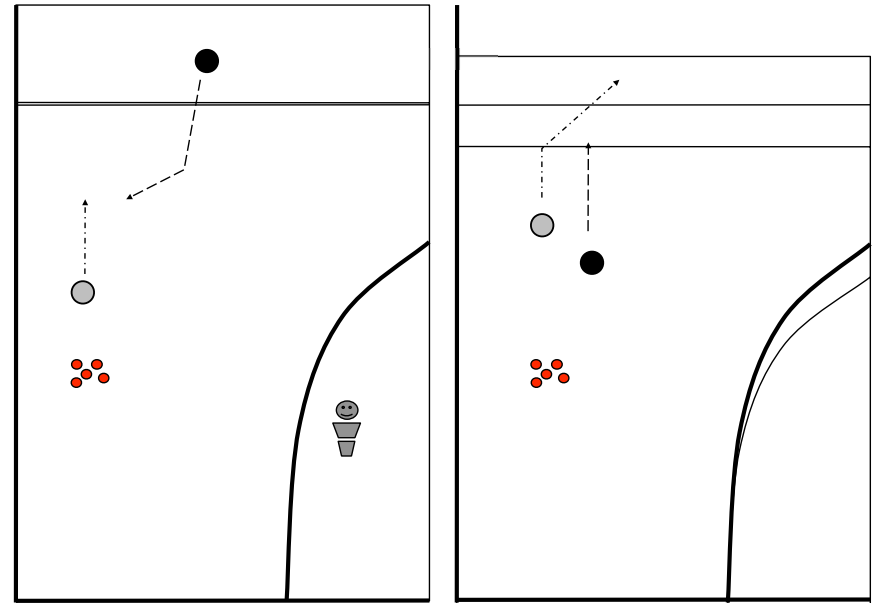
## POINTERS

1. Body fake must use shoulders and eyes to sell the fake.
2. Spin – high left elbow, ball and stick away from the body, left hand on stick closer to the ground, finish position in left frontal zone.
3. Shield ball after accelerating

## DIFFERENTIATION

Easy – Instead of trapping ball in hook, keep blade open and turn the ball using good footwork.

Hard – Instead of doing a turn, move the ball behind the back, while facing the open field and the opponent.



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## Clinic: Rules of Engagement



### Exercise: 4

Position – RB

Difficulty - Complex

Right back moves in diagonal line towards opponent but stays out of physical space. He turns inwards and, with closed shoulders, fakes a pass to centerback. (picture 1)

As soon as opponent steps along, a quick **pivot turn** follows. A pivot turn means that you move the ball to your left frontal zone and drag it in a straight line towards your left foot. **At the same time** lift your leg foot and accelerate towards free space, deceiving your opponent.

After this, the right back **cuts off** opponent and dribbles the line in 1 of the goals, preferably the one closest to the center of the pitch.

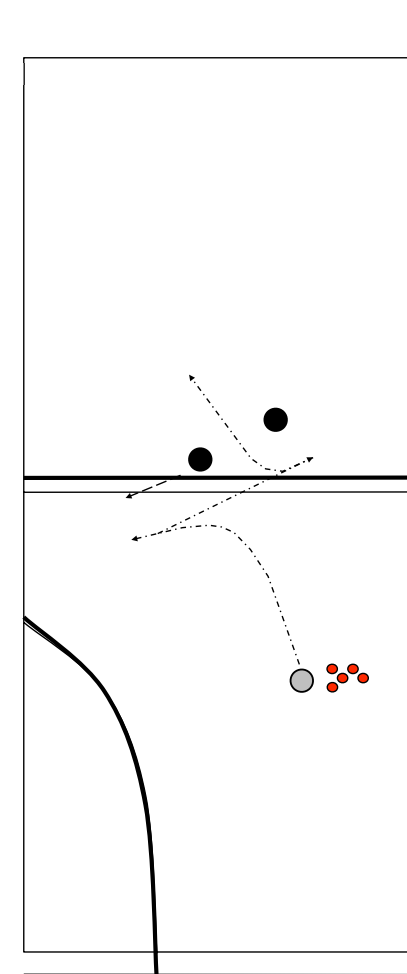
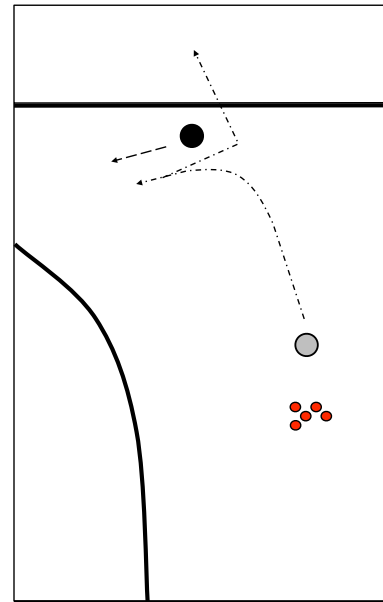
## POINTERS

1. Use body to shield ball during pivot turn and during the cut-off
2. **Accelerate** after turn!

## DIFFERENTIATION

Easy – Allow players to move their right foot which they pivot upon.

Hard – Introduce a reverse pivot following the initial forehand pivot, in order to move away from the approaching left midfield opponent. (picture 2)



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## Clinic: Rules of Engagement



### Exercise: 5

Position – CM

Difficulty - Basic

The player carries the ball left. As the opponent nears and lowers his body and stick position the player lifts the ball and cuts him off.

As he accelerates across the opponent, he moves the ball to his left frontal zone, using his body for protection.

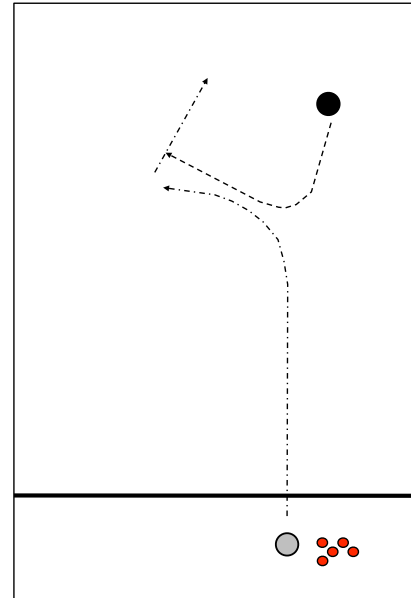
## POINTERS

1. Stay out of physical space opponent, until he enters yours.
2. Accelerate as soon as you turn to lift, surprising your opponent.
3. When lifting, move the ball from the right frontal zone to the left frontal zone and lift using the forehand.

## DIFFERENTIATION

Harder - Instead of an open stick lift, do a backhand lift.

Extreme - Instead of a two-handed lift, let players use their left hand only.



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## Clinic: Rules of Engagement



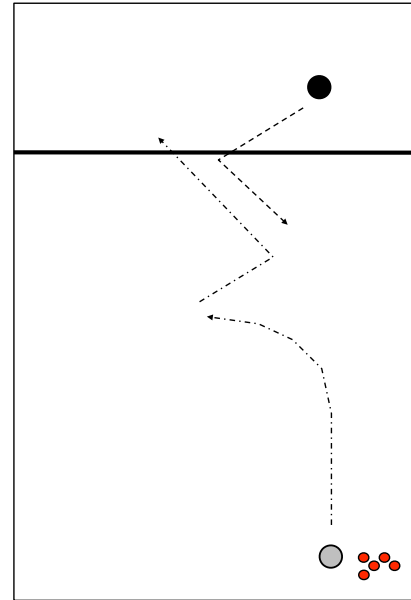
### Exercise: 6

Position – RM

Difficulty - Basic

The player approaches the opponent's strong stick side. Prior to entering his personal zone, the player makes a stick fake by moving the ball to the left frontal zone and then continuing to dummy a pass left.

After selling a half convincing dummy, the player moves the ball back into the right frontal zone before moving it well passed the left frontal zone.



## POINTERS

1. Exaggerate and overact the dummy so the opponent is not completely deceived.
2. There is a small window of opportunity so: high speed accelerating after the tap!

## DIFFERENTIATION

Easy – Swap the turn and fake with an Indian dribble

Harder – make the second movement in the air.



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## Clinic: Rules of Engagement



### Exercise: 7

Position – RM

Difficulty - Complex

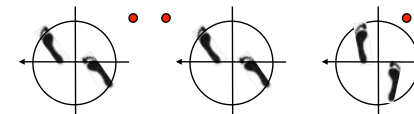
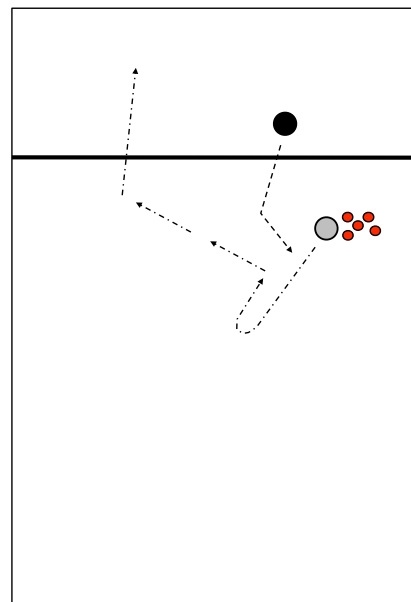
The player moves towards his own goal carrying the ball. Using a backhand v-drag the player moves the ball back into the area from which he has just come. The player then moves the ball to the farthest part of his left frontal zone and stops it dead. While the ball is dead his feet pass it and he repeats the technique to move the ball a long distance from the defender.

## POINTERS

1. While the v-drag moves the ball back into the zone the player has come from, it is not a great enough to movement to place it in the opponent's personal zone.
2. The body fake requires the ball to be dead and the body to be diagonal to field.
3. Maximize the distance in order to move the ball away from the opponent.

## DIFFERENTIATION

Easy – remove the defender and allow players to make a single movement following the v-drag.



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## Clinic: Rules of Engagement



### Exercise: 8

Position – RM

Difficulty - Basic

Right midfielder dribbles along the line, using his body to shield the ball from the opponent.

As the opponent approaches, the player turns his body towards the line and pulls the ball back from left frontal zone to his centre frontal zone and fakes a backhand sweep to the leftback.

After the fake is made and the opponent deceived, the player quickly pulls the ball back to his left frontal zone and accelerates inside.

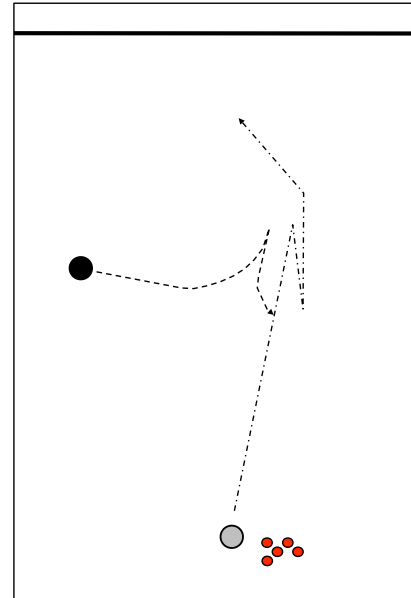
## POINTERS

1. The ball should be far away from the feet so that the opponent recognizes the movement (planting the right foot will aid this).
2. Use a fake backhand slap to exaggerate the direction you intend to place the ball and so moving the opponent.
3. As soon as the stick moves over the ball during the fake, accelerate away to cut off the opponent.

## DIFFERENTIATION

Easy – remove the fake backhand slap.

Hard - remove the fake backhand slap and encourage players to keep moving up the pitch but backwards when using the bodyfake towards their own goal.



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