



RLHC Cubs & Minkey Program

Week 1

Warm-Up- 5 minutes

Drill 1: How to hold a stick correctly- 5 minutes

- Left hand at the top of the stick with the 'v' at the top blade of the stick
- Right hand low down the stick at the bottom of the grip with the 'v' at the top blade of the stick



Drill 2: How to run with a ball correctly in a straight line- 10 minutes

- Ball outside right foot at 1 / 2 o clock
- Knees bent, back in a neutral position and head up at all times
- Stick stays stuck to the stick like glue



Drill 3: Running the ball around a cone and back race- 5 minutes

- Teams of 4/5 (dependent upon numbers)
- 2 cones 20 yards apart per team all in line
- One player runs with the ball around the opposite cone and then passes to the next person



Drill 4: Pushing the ball and receiving the ball- 15 minutes

Pushing

- Side on, knees bent, low right hand, left hip pointing in the direction you want the ball to go.
- Ball starts between your feet and explain the basic transfer of weight from the back foot to the front foot

Receiving

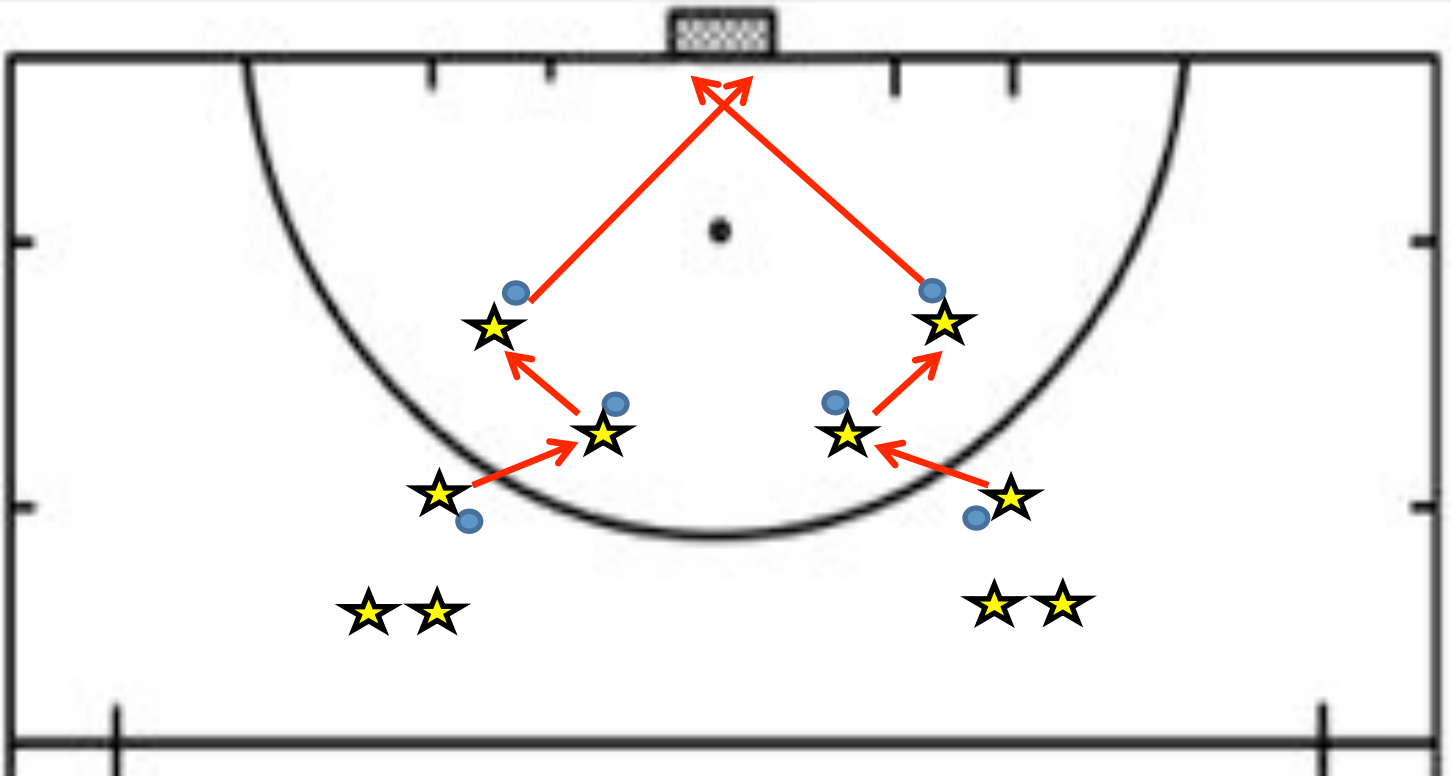
- Side on, knees bent, low right hand. Stick almost flat to the floor (to begin with)
- Where possible encourage more able individuals to receive the ball more upright

Start off about 5-10 yards apart with clear demonstration of the skill reinforcing the key skills points.

For the last 5 minutes add competition to it and see how many passes they can get in a minute then repeat.

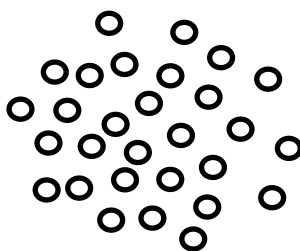
Drill 5: Pass & Follow Zig Zags with push on goal- 10 minutes

- 2 Adjacent 3 cone zig zags each side of the goal
- Players pass and follow finishing with a push on goal
- Both queues can go at the same time if there is no gk as cones are a safe distance apart.
- Emphasise a shot across the goal and after the shot run to the back of the queue



Drill 6: Dribbling game- 10 minutes

- All the balls start in the middle of a 20x20 yard square and the group are divided into 4 teams all queuing on a cone of the square.
- One at a time a player races to the middle and collects a ball and brings it back and then the next one goes.
- Once all the balls have been collected the next player is allowed to run to another teams balls and take one and bring it back
- Run this drill twice and highlight awareness of looking which team has the most balls whilst reinforcing the importance of the ball carry position



SUMMARY OF KEY POINTS (Basic skills above)



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Week 2

Warm-Up- 5 Minutes

Drill 1: Reinforce how to hold a stick correctly- 5 minutes

- Left hand at the top of the stick with the 'v' at the top blade of the stick
- Right hand low down the stick at the bottom of the grip with the 'v' at the top blade of the stick

Drill 2: How to run with a ball correctly in a straight line- 10 minutes (reinforce last week)

- Ball outside right foot at 1 / 2 o clock
- Knees bent, back in a neutral position and head up at all times
- Stick stays stuck to the stick like glue
- Races like last week to finish

Drill 3: How to run with the ball in and out of cones (strong only)- 10 minutes

- Preparation: A row of 5/6 cones 3 yards apart
- Ball stays outside the right foot at 1 / 2 o clock at all times and run round the cones then dribble down the side on the way back so the next player can start
- Emphasis on moving the feet around the ball on the left cone

Drill 4: Running the ball in and out of cones and back race- 5 minutes

- Teams of 4/5 (dependent upon numbers)
- 2 cones 20 yards apart per team all in line
- One player runs with the ball around the opposite cone and then passes to the next person

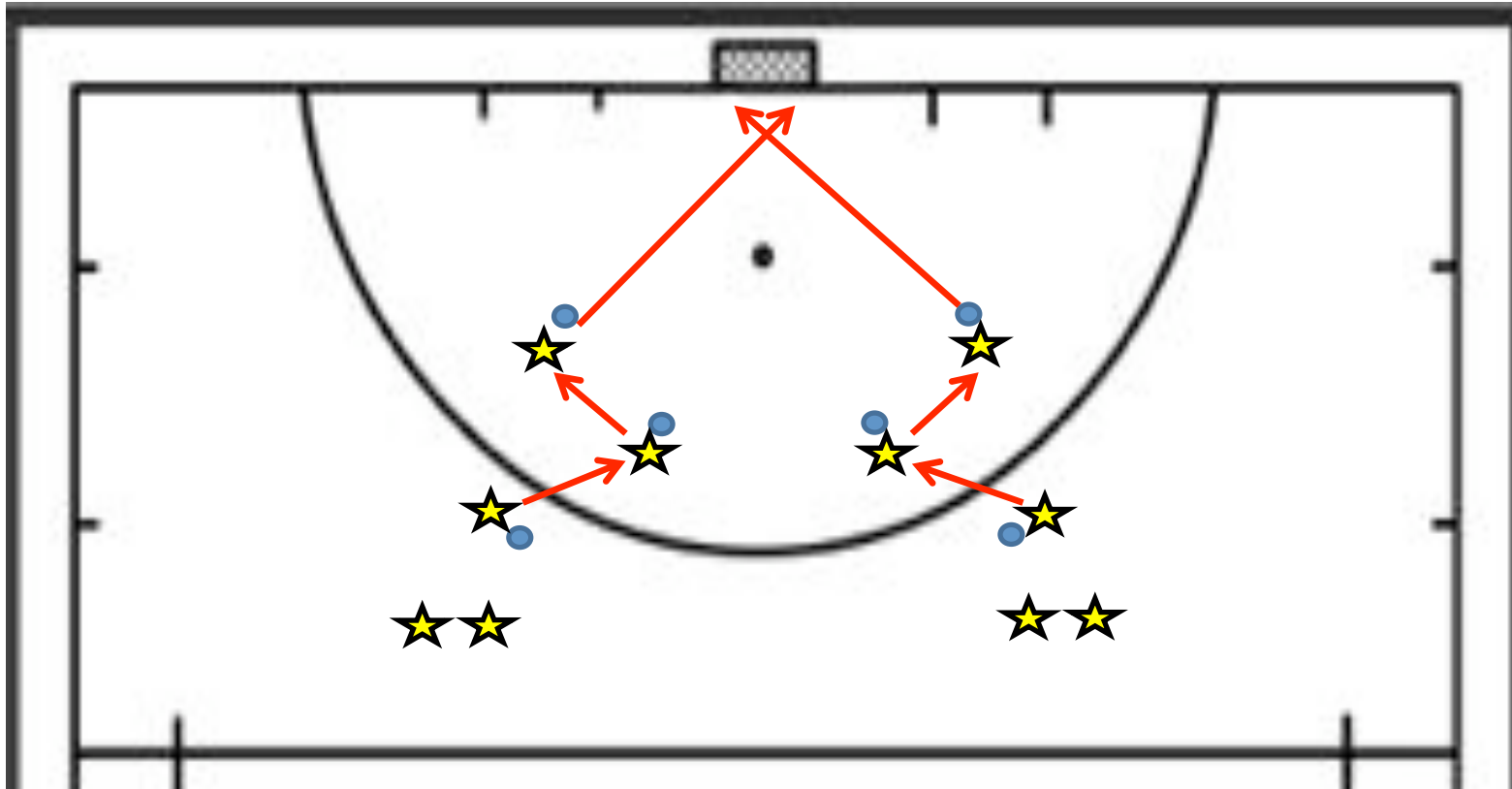


Drill 5: How to hit the ball from stationery- 15 minutes

- Knees bent, side on, shoulder and hip pointing the direction of the receiver. Hands on the stick together
- Chin, knee and toe all vertically parallel with the ball just in front of the left foot
- Relaxed and controlled swing through the ball with head down until contact has been made with the ball
If this does not happen the ball is generally topped or missed. Players hitting into the ground check their stick length is correct and that they are hitting the ball inline with their left foot
- Compare hitting to a pendulum and encourage a full and controlled swing

Drill 6: Pass and follow zig-zag followed by hitting the ball on goal- 10 minutes

- 2 Adjacent 3 cone zig zags each side of the goal
- Players pass and follow finishing with a hit on goal (reinforce key points throughout the drill, particularly staying low and keeping head down when striking the ball)
- Both queues can go at the same time if there is no gk as cones are a safe distance apart



SUMMARY OF KEY POINTS

