

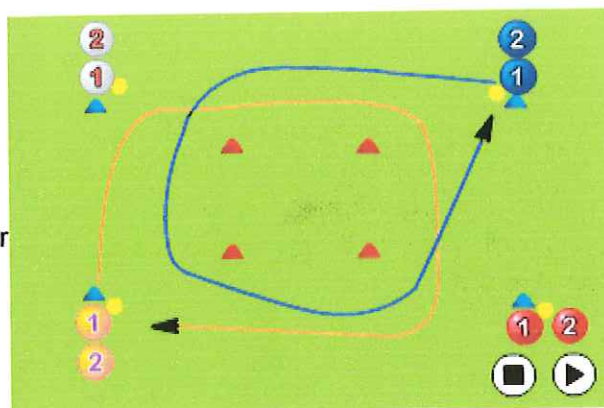
SPENCER COACH ED. PART 1



Cross over Relays

DESCRIPTION

4 Teams, ball in each team. 1st player in each team has to run around the outside of the inside square back to their starting cone. Then give the ball to the next player. Variation on running in the same direction is that 2 teams run clockwise, other 2 anti clockwise.



Dribble pass relay

DESCRIPTION

Player 1 starts by running with the ball to the right hand cone, keeping the ball in contact with the stick, before passing the ball to the next player (Red Player 1).

When the red number 1 receives the ball they mirror the move coming from either direction.

After the pass the players join the opposite queue.

COACHING POINTS

Stick and ball must stay in contact until the pass.

Keep a high left elbow to allow a more upright stick. Arms away from the body, keeping the ball away from the feet when running with the ball.

- You can introduce a second ball. (Both sides starting the practice at the same time).



Open Stick Drag

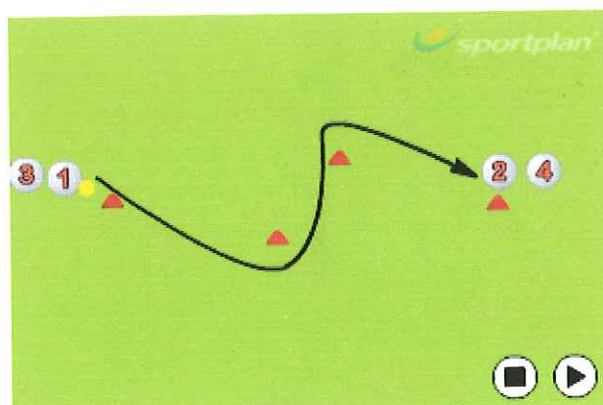
DESCRIPTION

- Setup the practice as shown.

Player runs up to the 2 cones then open stick drags (right to left) the ball and runs to the far cone. Then gives the ball to the next player in line.

COACHING POINTS

- The player should be running straight at the left cone and drag the ball transferring his/her weight from left foot to right foot.
- Before being able to drag the ball the player should transfer the ball from a forehand position on the right of the body, to in front of the left foot, then it is easy to reverse stick drag the ball across.



SPENCER COACH ED. PART 1**Stick Up or Down****DESCRIPTION**

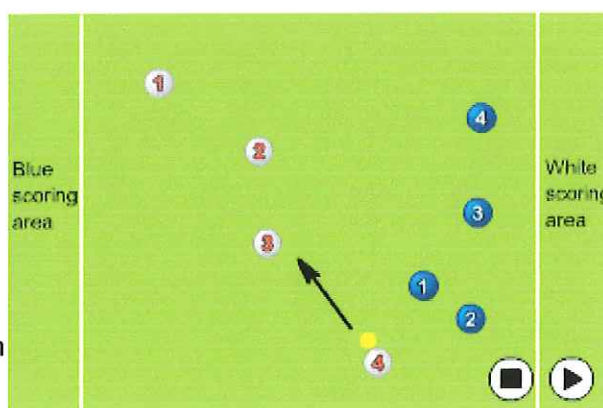
Player 1 starts by running with the ball to the right hand cone, keeping the ball in contact with the stick. The player opposite them holds their stick above their head. On lowering the stick to the floor the player must pass the ball to the next player (Red Player 1). When the red number 1 receives the ball they mirror the move coming from either direction.

**Hockey rugby****DESCRIPTION**

2 teams try and score by running the ball into the scoring zone.

Rules are:

- You can only pass the ball back of square.
- The defensive players are not allowed to go beyond the line of the ball.
- For the rest of the time, players can run with the ball and tackle.

**COACHING POINTS**

- - If this game is spoilt by too many tackles and lack of flow, then change rules to rugby league (6 tackles).
- It is important that players with the ball and space try and make as much movement forwards as possible to create the space for the back pass

Kabadi**DESCRIPTION**

2 Teams, each team has their own area in which they keep possession by passing the ball around.

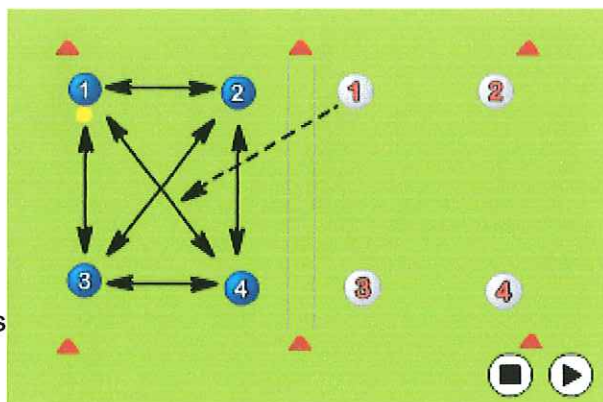
The other team can send one player across to try and win the ball for their side. If they manage to win possession the roles reverse and the other team passes the ball inside their own area.

The winning team is the first team to put 10 passes together without losing the ball.

COACHING POINTS

With beginners it is better that the player trying to win the ball back has no stick and has to tag the player in possession of the ball. This gives the players in possession more time on the ball.

With more advanced players allow 2 players in to try and win the ball back.

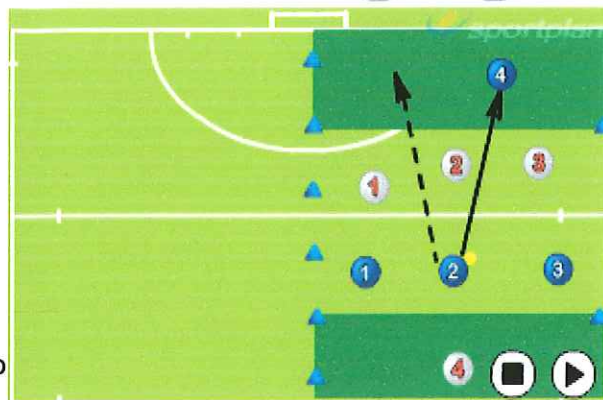


SPENCER COACH ED. PART 1**King Ball****DESCRIPTION**

This is a game where you learn to pass the ball beyond defenders, to players in space. No aerial ball allowed. Two teams positioned either side of the 23m line. One player from each team goes to the end zone behind the opposing team. The team with the ball has to try and pass the ball into the end zone behind the defence. Whoever makes the successful pass can join the player in the end zone. The aim of the game is to be the first team to have all their players in the end zone behind the opposition. The ball can only be won by the opposition intercepting a ball on the way to the end zone or back.

COACHING POINTS

- Be patient with this game, it will work, but the first player out may take time.
- To make the practice easier widen the area, then when the players understand the game, make the area smaller.
- No hitting allowed.
- It is important that the players react quickly when they intercept the ball. By looking to pass the ball immediately to their players in the end zone, because the other team will not be ready for it.

**Wide Goals****DESCRIPTION**

Game with 2 teams. Both teams have two goals to score in.

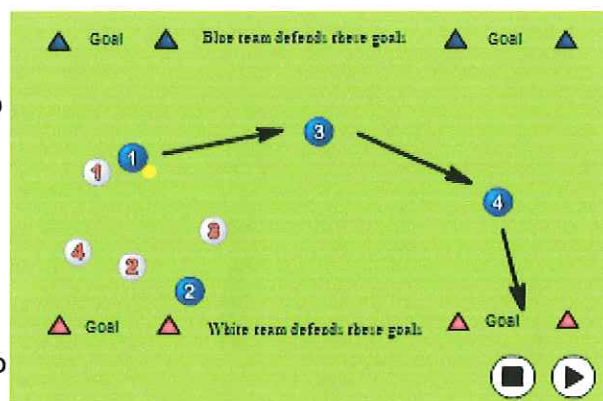
This is to encourage teams to get the ball out of congested areas into the open spaces.

Play 5 vs 5 in a 23m area (width of the full pitch and the length of a 23 metre area).

COACHING POINTS

The team in possession should not be too eager to switch the ball for the sake of it. They should try and draw the defenders to one side of the pitch by holding possession, and then switch to the other goal.

It is very important for the team in possession to keep moving the ball.



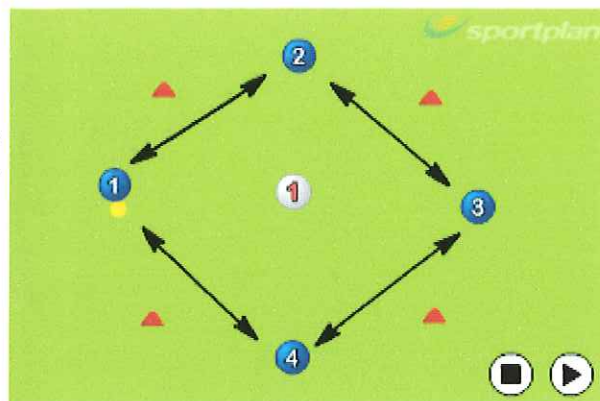
SPENCER COACH ED. PART 2



Interceptor

DESCRIPTION

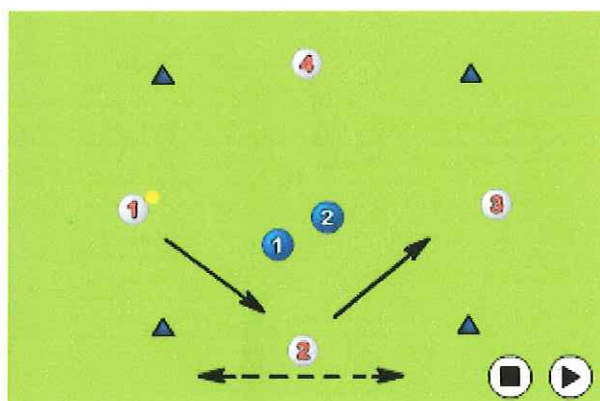
4 Players with one ball can only be outside the square of cones. A player is chosen to play inside the area. The players on the outside have to pass the ball through the square. The player in the middle tries to intercept the ball.



Move Along the Line

DESCRIPTION

4 players have to keep possession against 2 defenders with the restriction that the players in possession can only move on the line they are on. Swap players in the middle when they have taken the ball 5x.

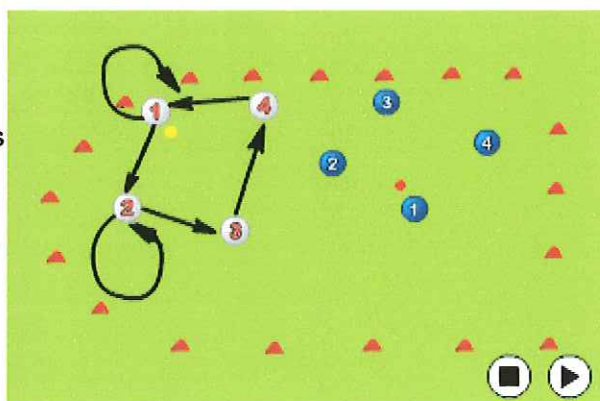


Numbers Fitness

DESCRIPTION

- Teams of 3 - 4 players.
- Each team numbers themselves 1-2-3-4 and has one ball.

The ball should be passed around the team in numerical order whilst moving around the set area. After each pass, the player should run around one of the cones on the boundary.



SPENCER COACH ED. PART 2**Support and Swap****DESCRIPTION**

The team with the ball must try and keep possession of the ball. Only 2 players from each team are allowed to be inside the area.

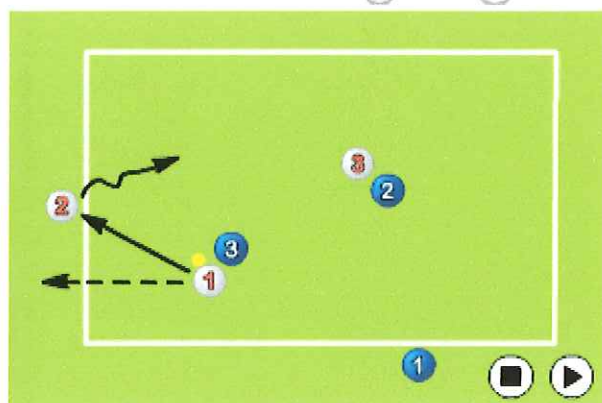
1 player can move anywhere on the outside of the area. To involve this player, the players inside the area have to pass the ball to the outside player.

On doing so, the outside player can come into the area and the player that passed the ball becomes the new outside player.

COACHING POINTS

The key in this game is for players to make use of the outside player as they are the only player who won't be marked.

After passing to the outside players must ensure that they swap over quickly in order to try and maintain possession!

**1 v 1 - Channelling****DESCRIPTION**

Channelling is the action of a defending player preventing an attacker entering space, usually a direct line to goal

- Setup as shown.
- Split the group into two teams - defenders and attackers.

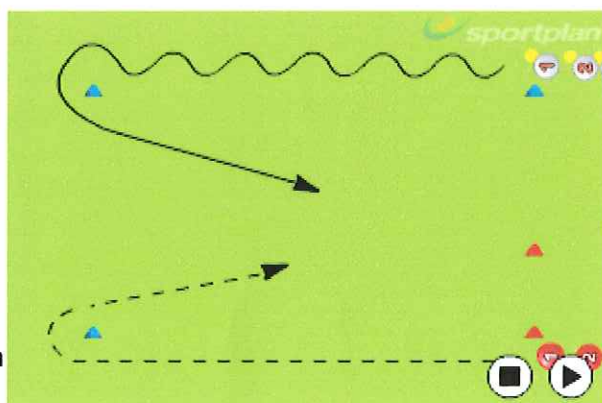
Players with ball have to run around the cone and try and score. Players without ball also have to run around the cone, and then try and stop the other player scoring.

Progressions

- Important that the ball starts on the right.
- (Defenders should avoid over running the attacker, allowing the attacker to come round their reverse).
- Place the cone further away, to avoid the defender getting to the ball too early.

COACHING POINTS

- Important that the ball starts on the right.
- (Defenders should avoid over running the attacker, allowing the attacker to come round their reverse).
- Move the cone round which the defender has to run, further away, to avoid the player getting to the ball too early.



SPENCER COACH ED. PART 2



1 v 1 corner goals

DESCRIPTION

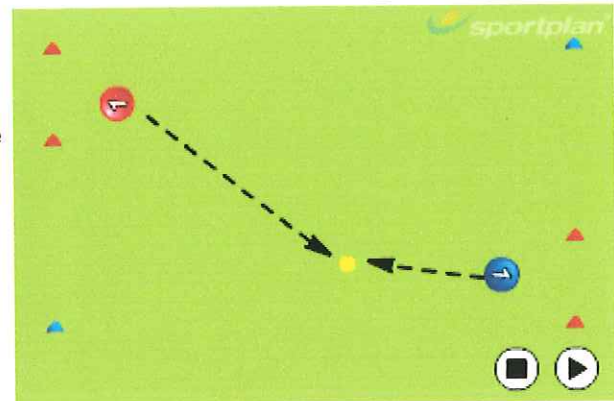
- Setup as shown in the diagram.

The coach puts the ball in different locations in the box and on the command players run towards the ball before then playing a one v one.

Players have to learn to gauge their speed and reach and ask themselves are they going to get the ball first? If not they have to take on the role of defender and adjust and protect their goal.

COACHING POINTS

- Encourage the players to make decisions - ask them what they thought when deciding whether to go for the ball or adopt a more defensive position.



Offset Goals

DESCRIPTION

Two teams play a game against each other with offset goals.

COACHING POINTS

- If a player tackles with the reverse, the penalty could be to send them off for 1 - 2 minutes.



Terminator

DESCRIPTION

The players each have a ball. On the coaches command the defending team comes in to the area and tries to hit all the balls out. If a player gets his ball hit out then they can stay in and help their team mates by finding space to receive a pass.

Progression: Change the numbers for this drill to 3 defenders with 8 attackers with 8 balls.

COACHING POINTS

The coach should be looking to see if the defending players work as a team or individually

