**Skill(s) to focus on in Activity/Drill: Name the Drill : Give and Go**

* Short passing drill
* Striking, catching, movement and handpassing skills required
* Used to get out of tight situations in match conditions

**Description of Skill Activity**

* Can be used for any number of players, min 5
* Setup three cones in a line, approx. 10m apart, One ball for each line
* One player in the middle at red cone, 2/3 at each end (yellow and white)
* Player A with the ball at white cone strikes a short pass to Player B (red), and runs towards yellow
* Red catches, lays off a short handpass to player A who should be in close to red at this point
* Player A catches the ball on the run and delivers a handpass to player C at the yellow cone.
* Player C now strikes a short strike pass to player B, who catches the ball.
* C runs towards the white cone, and collects a handpass from player B on the way
* Player C then handpasses to next player at the white cone
* **Variations and Progressions of Drill:**
* The final pass (orange line) can be a strike as well as a hand pass
* Looking for a short grip & wristy strikes. No long, loopy swings.
* Increase the speed for short intervals, before returning to normal pace
* Switch players in and out of red cone.

**Skill(s) to focus on in Activity/Drill: Name the Drill : Strike both sides**

* Short passing drill
* Striking left and right, catching,
* Short sharp, accurate strikes

**Description of Skill Activity**

* Setup three cones in a line, approx. 10m apart, One ball at each end
* One player at each cone.
* Player at white cone strikes to red. Red catches and strike back to white
* White catches and strikes back to red, using other side (ie one left, one right strike)
* Red catches and strikes back to white, using other side.
* Red turns to face yellow. Yellow strikes and now follow same steps as above
* Looking for a short grip & crisp wristy strikes, at head height.
* Hurley should not go below the hips (ie no lifting the ball into the air)
* Each player gets a turn in the middle

**Skill(s) to focus on in Activity/Drill: Name the Drill : In the square**

* Drill to test reaction and first touch control
* Need to concentrate, listen and react
* Great goalkeeping drill, also useful for outfield players

1

4

2

Player A

3

**Description of Skill Activity**

* Setup a square of cones, approx. 5m apart
* Put one cone a positions 1,2,3 & 4. These should be approx. 15m from the square
* The square forms four “goal posts”, each facing positions 1,2,3 & 4
* On player in the square (player A), one or more players a positions 1,2, 3 & 4
* 3/4 balls at each position (1,2,3 & 4)
* Mentor shouts a number (eg 4). Player 4 strikes at the cones facing them.
* Player A tries to stop the shot
* Mentor calls another number (eg 2)
* Player A needs to react, and turn towards 2. Player 2 strikes towards the goals facing them
* Player A tries to stop the shot
* Mentor calls another number (eg 3) and so on
* Switch players into the square
* First priority is to react and block the shot. Control and return is a bonus