

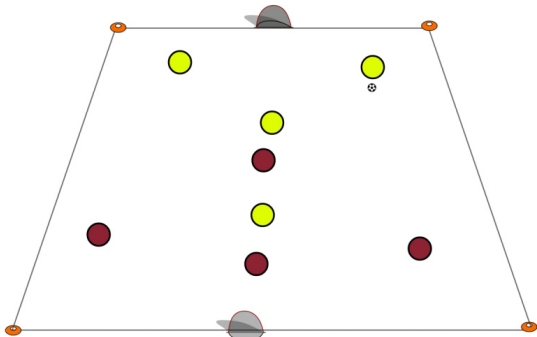
Select a Date

Week 3 - Grade 1 Clinic

Select team

Theme: Shielding & Turning

Time:80 minutes



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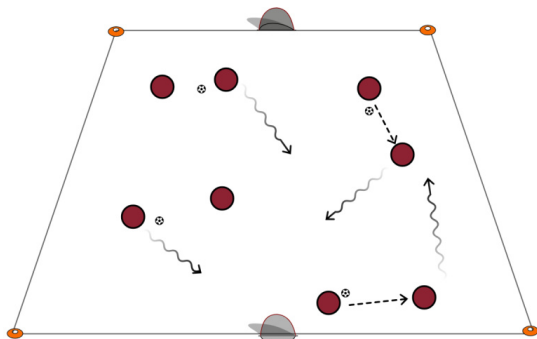
Intentional Free Play

OBJECTIVE: 10 Minutes

As players arrive, put them into an intentional free play game. This will get players engaged immediately with no coaching input.

ORGANIZATION: As players arrive split them into 2 teams. It can start as small as a 1v1, to 2v1 to 2v2 etc. You can play to pugg nets or you can play to end zones. Be creative but there is no coaching during this phase.

COACHING POINTS: N/A



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OBJECTIVE: Keep the ball away from your partner for as long as possible.

ORGANIZATION: 15 Minutes

Players split into pairs with one ball in their pair.

When the coach shouts 'Share it' the players have to pass the ball to each other, moving around the area.

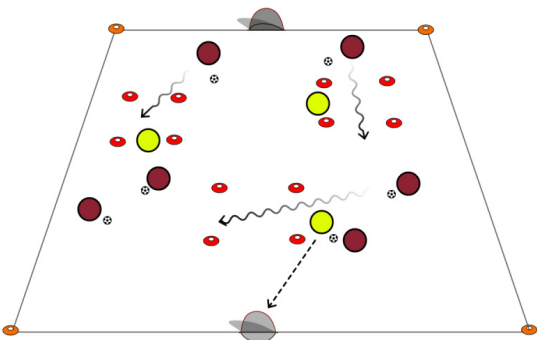
When the coach shouts 'Keep it' the player with the ball has to try and keep it away from their partner for as long as they can. Play for 1 minute, then go back to sharing.

COACHING POINTS:

Using the body to keep the ball away from defender/ partner.

The ball should be kept on the foot that is the furthest away from partner.

Low center of gravity to keep balance.



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OBJECTIVE: Players have to try and get through the squares in order to shoot at goal and scores points without getting their ball stolen.

ORGANIZATION: 15 Minutes

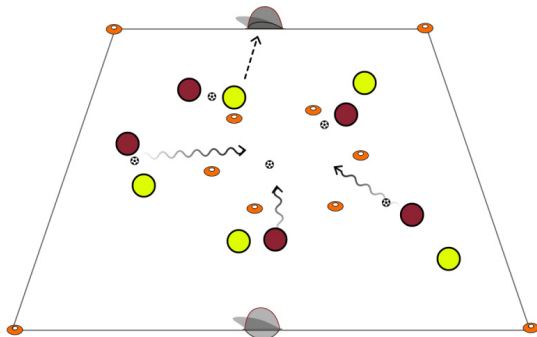
Set up 3 squares on the field.

Choose 3 guards that will try and protect their square. The remaining players have a ball each.

The players with the ball have to try and dribble through all three zones in order to be able to shoot and score a goal and score one point.

If the guard steals the ball, they can shoot at goal and scores one point. After 3 minutes, choose 3 new guards.

COACHING POINTS: Using different turns to avoid the defender e.g. drag back



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OBJECTIVE: Attackers have to try and keep their ball away from their partner and dribble into the safe zone (circle in the center).

ORGANIZATION: 15 Minutes

Set up a circle in the center of the playing field which acts as the safe zone.

Players are in pairs, one is the attacker, one is the defender.

Attackers have to try and get their ball into the circle to score a point.

Defenders have to try and win the ball back before it goes in the circle. If they win it back they can go and score.

The winning team is the team with the most points at the end of the playing time.

3 minute intervals. Swap attackers and defenders after 3 minutes.

COACHING POINTS:Using your body to shield the ball.