

10U/12U PHASE I - PASSING, RECEIVING & SHOOTING

MONKEY IN THE MIDDLE

① SETUP

- Players form a circle with one player in the middle.
- The player in the middle (monkey) attempts to intercept passes made between the outside players.
- If the monkey steals the ball they move to the outside and new player becomes the monkey.

5-6 players works best. Make players move feet, position hands correctly and make good passes by receiving only on forehand or backhand. If they catch the ball on the wrong side of the stick they become the monkey.

PASSING TECHNIQUE

- Begin with ball behind the back foot on the heel of the blade.
- Sweep the ball toward partner, using the push/pull action with the hands and a low follow through pointing stick at target.
- Transfer weight from back leg to front leg as the ball is swept.

RECEIVING TECHNIQUE

- Cup the ball and pull the ball across the front of the body on the forehand.
- Keep arms free away from the body, rotate upper body.
- Receiver presents a full target with the stick blade.
- Reduce grip tension in the bottom hand to cushion the ball with a short catch using the hands and wrist.

Backhand-use same technique.

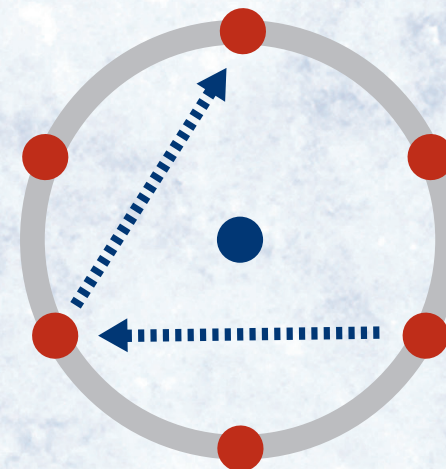
ADVANCED

Add agility-touch one knee, 360 spin...before ball is passed.



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● ● PLAYERS

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