

1. Defensive Positioning

1. Warm Up (Ends 7:20)
2. Sprint Set 1 (Ends 7:25)
3. **This week we will introduce the hockey stop before we do our introduction drill**
4. Swiss Drill (Ends 7:40)

Aims:

- Bettering our Footwork (Week 1)
- Setting a Buffer
- Hip Commitment

Hockey Stops

Why? Safer, faster, Easier to recover when you make a mistake

Extra Warm Up!

- Skater Jumps
- Cross Over Skater Jumps

Building the Mechanics

- Get comfortable in the position
 - 90° bend in front leg ~120° bend in the back leg
 - Outer has a flat foot facing away from line of motion
 - Low Centre of Mass
- Walk into position
 - Leading with the inside leg
 - Engaging the glutes
 - Increase speed
- Jump into position
 - Add Knee Drive away cross step

- Flat Foot
 - Even Weight across foot
 - Perpendicular
- Athletic Position
 - Allow Glutes to take most of the force

Mechanics Drills

- **5-10-5** Hockey Stops- Building speed (Cancelled)
- **Slalom** Hockey Stops- Building Speed (Cancelled)

Defence

- **Slalom w/Defence** Focus on neutral hip commitment (Cancelled)
- **5-10-5 w/Defence** Focus on neutral hip commitment (Cancelled)

Setting Buffers

What is a buffer?

Minimum distance you need to be able to maintain a winning position on the player you are guarding.

Early reacting to maintain buffer. Don't set a buffer if you are going to give it up straight away

Thoughts:

- Play into your own strengths
- How would you set up in the stack?
- Dictating the movement of the cutter

Getting D's

- Overtaking
 - Travel Less Distance
 - Travel Faster

When are Buffers bad?

We can take away an option from the person we are guarding by being a physical barrier. When we set larger and larger buffers we remove our ability to do this and expose other weakness in our defence

Drills:

Footwork Drill: Hip Guarding

Offence: May change direction at any time between the cones

Defence: Focus on correct footwork and No Hip Commitment

Drill 1- Open Side Buffer Drill

Offence: Establish Dominance before the cone gate. No Dancing. Firm decision

Defence: Maintaining your Buffer, Neutral Commitment

Cancelled- Slalom Open-Side Defence Drill (Lack of time)

Offence: Dictate the play

Defence- Maintain Buffer, Sheppard don't follow, Neutral hips

Drill 2- Deep Strike and Turn

Defence: Maintain openside position, No early hip commitment, Touch Tight

Offence: Heads Up Cutting, take any freebies, Cut at the moment of commitment, Choose when not to turn, ALWAYS Check for disc up

Thrower: Wait and see commitment, Throw your cutter into the 'Empty' space