

**Drill Bank – Carrying the Ball 2 – Drag Dribbling, Aerial Jinking & Tight control (Indian)**

**Purpose:** When in relatively CLOSED space the Indian dribble allows players to maintain possession and eliminate players with good vision and safely.

**Structure of exercises**

**Drill 1: Indian Dribbling** In groups of 4 to 6 carry the ball over 15m with ball out from feet and working the ball from left to right in front of the body. Coach focuses on player bringing the ball with the hook of stick from the forestick to the reverse stick and then using the tip, back to the forestick. Make sure that the stick turns OVER the ball, i.e. across the front of the ball and not behind it. The players running pattern is independent from the dribbling pattern. Keep the ball in front and looking up at all times – vision. Once competent at carrying the ball in straight line then set up drill with Indian dribbling and changing directions.

**Drill 2: Drag Dribbling** – similar to Indian dribbling when working the ball, but only move the ball from left to right and right to left when actually having to eliminate a player. Drag dribble is first stage of elimination skills. Set up grid of cones at approx one meter apart (length of dribble) and have players work on drag dribbling.

**Drill 3: Aerial Jinking.** With defenders using the flat tackle it is important that players learn to “Jink” the ball over the flat stick tackle. This is achieved by working the bottom half of the ball and lifting it in the direction and height over the stick. Start with players working a ball on their own to get the skill of lifting the ball over a team mates stick laying on the ground.

Then progress to mini game where half players have a ball each and move in the area with the ball and the other players are passive defenders and they lay their sticks to do passive flat stick tackle and the attacker jinks the ball over the stick. Coach only allows this exercise when players are competent at jinking ball over stick on ground as per start of this drill.

