



Zig Zag Run and Pass Stix awards



What you need

- Sticks for players completing the test



6 balls at G1



10 cones



5 ball boys



1 coach / scorekeeper

1 Clipboard & 1 pencil / pen

Stix Awards - National Standards	
skill 1	Points Required
Gold	32pts or more
Silver	28-31pts
Bronze	24-27pts
Cub	Below 24pts

Test Two - Zig Zag Run and Pass (one minute)

Player collects a ball from G1 and dribbles along the slalom course of cones to G2, before passing the ball through G2 and G3.

Player returns to the start by sprinting from G2 around the final offset cone ZZ4, and back to G1 to collect a ball and repeat the sequence until time runs out.

Points

2 points - For each slalom cone successfully negotiated. (ZZ1 to ZZ4)

0 points - If the player's feet, stick or ball touches the slalom

Coaching Points

This exercise is designed to test the ability of an attacking player to

1. move a defender sideways to create space while running with the ball
 2. deliver an accurate pass at the end of the run
- Players may use either open stick or reverse stick skills to change direction when dribbling through the slalom
 - Attacking players should be encouraged to make angled runs while being chased / shadowed by a defender. This move will create the 'space' in which to beat the opponent.
 - At the end of a run, with the opponent beaten, the attacking player will need to accurately pass the ball,

cones.

2 bonus points if the end pass goes through G3.

1 bonus point - if the ball hits either of the cones at G3

typically across the face of the goal before the ball crosses the back line.

- This exercise is typically of an attack down the right, but the exercise could be used in reverse to create a coaching exercise for left attacking play.