

# Practice Notes

- Water breaks—tell players they have 2 minutes to get water
- Get player input—what do you think we need to work on?
- Use competition
- Post practice plan
- Motivate concentration—The number of laps we run will equal the number of drops in this drill

# Tips

- OK to let beginners hold stick next to head (choke up)
- Run through drills without ball first (to get motion down)
- Pass with hip rotation
- Close cradle—between shoulders
- No more than 3 players in a line

# Goalie Warmup

- Goalies report 15-min before practice
- Need quickness and foot movement
- Jump rope—3, 1-minute sets
- Stick hops—jump forward and backward over stick

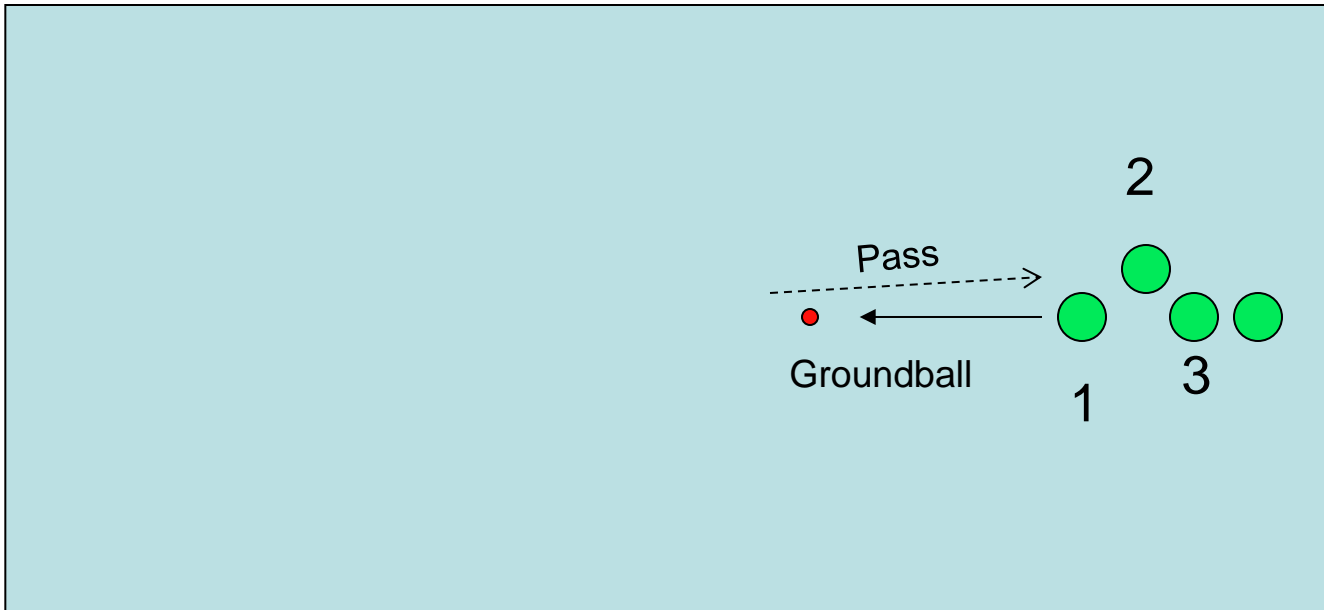
# Goalie Positioning

- Use 3 point arc in front of goal line. Rotate along this line.
- Step into shot—lead with foot toward shooter
- Hands on stick, shoulder width apart
- Keep stick out and away from body
- Hold position when shooter attempts deke
- Be a leader; be loud. Call out everything. Ball position, slides.

# Goalie Drills

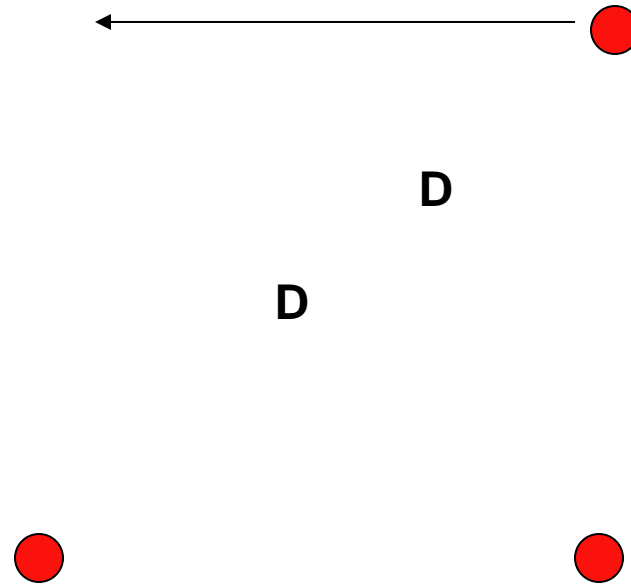
- Have two shooters pass ball back and forth in front and to back of net. Have goalie shift position to follow ball left-right, back-forward, etc.
- Draw an arc in front of goal. Take shots on goalie. After each shot, have goalie evaluate where feet located. Both feet should be in front of the line
- Paint different color dots on tennis balls. Have goalie call out color as ball is shot toward goal. Helps get eye on the ball!
- One on one shot drills

# GB-Turn-Pass (Small groups of 4)



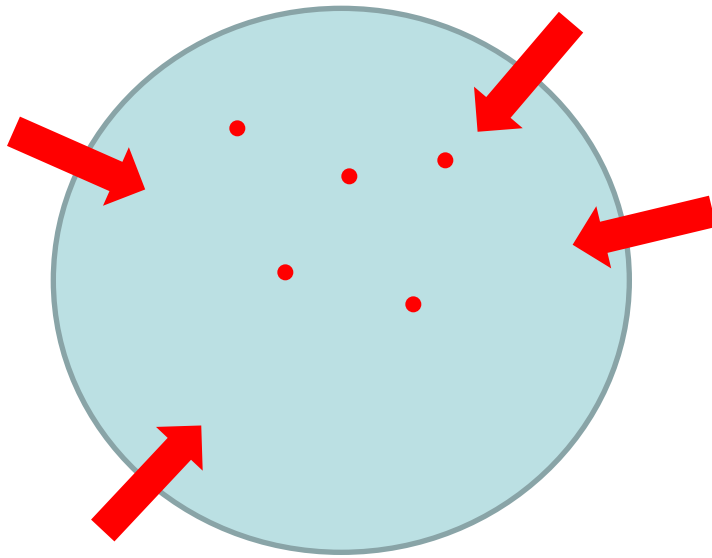
1 gets groundball, turns and passes to 2  
2 rolls ball out for 3 to scoup, repeat  
Small groups ensure lots of reps on some of  
most important basic skills

# Box Drill



- 2 Defenders vs. 3 Offense
- Defense back each other up—call man, got your back
- Offense pass to adjacent position not covered by D
- Must move to open ground

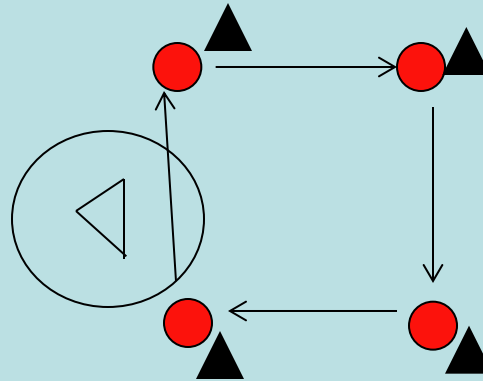
# Barrel of Monkeys



Put 1-2 fewer balls than players in circle. Players release on whistle and must fight to get ball outside of circle



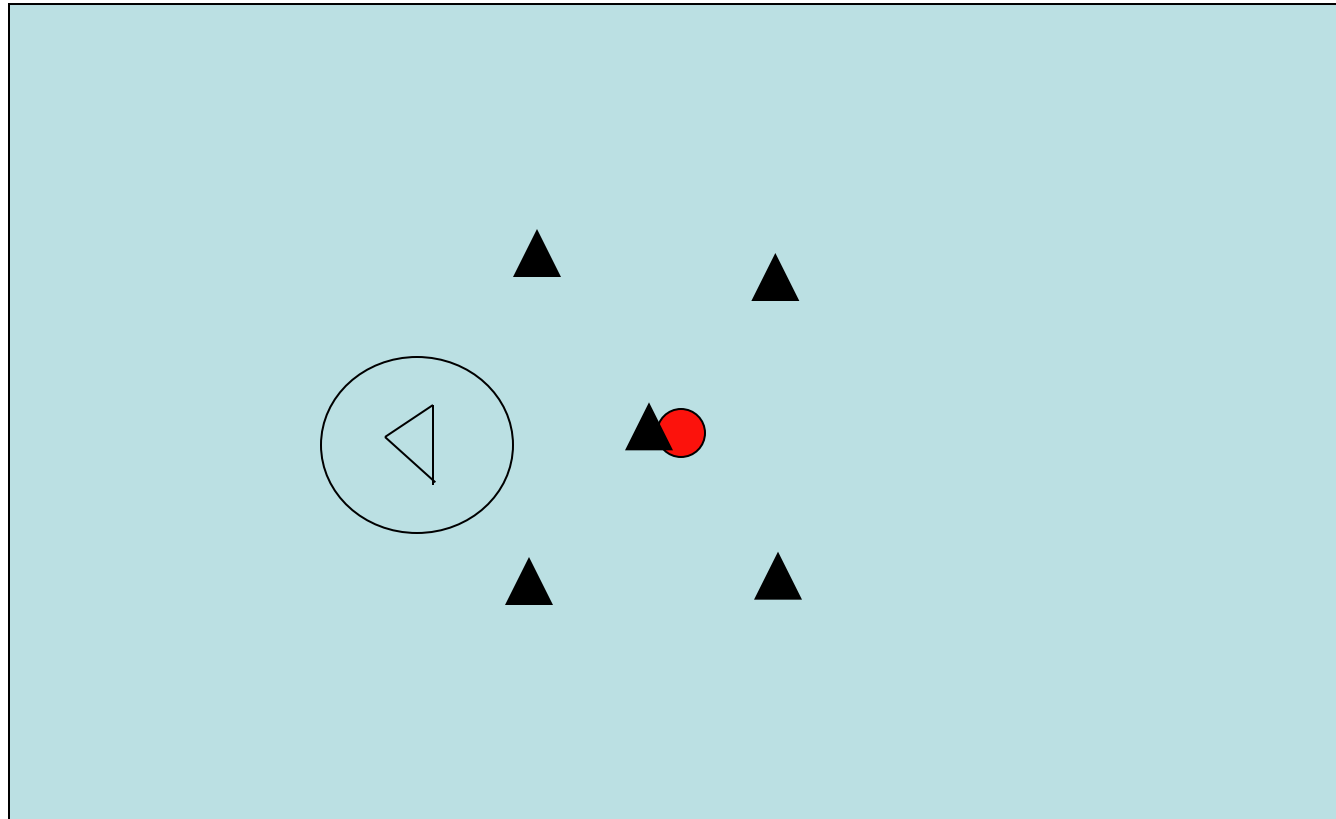
## Slide Speed Drill



Players maintain proper defensive form and switch to each cone on whistle. Switch out players after each cycle completed. Change direction of movement.

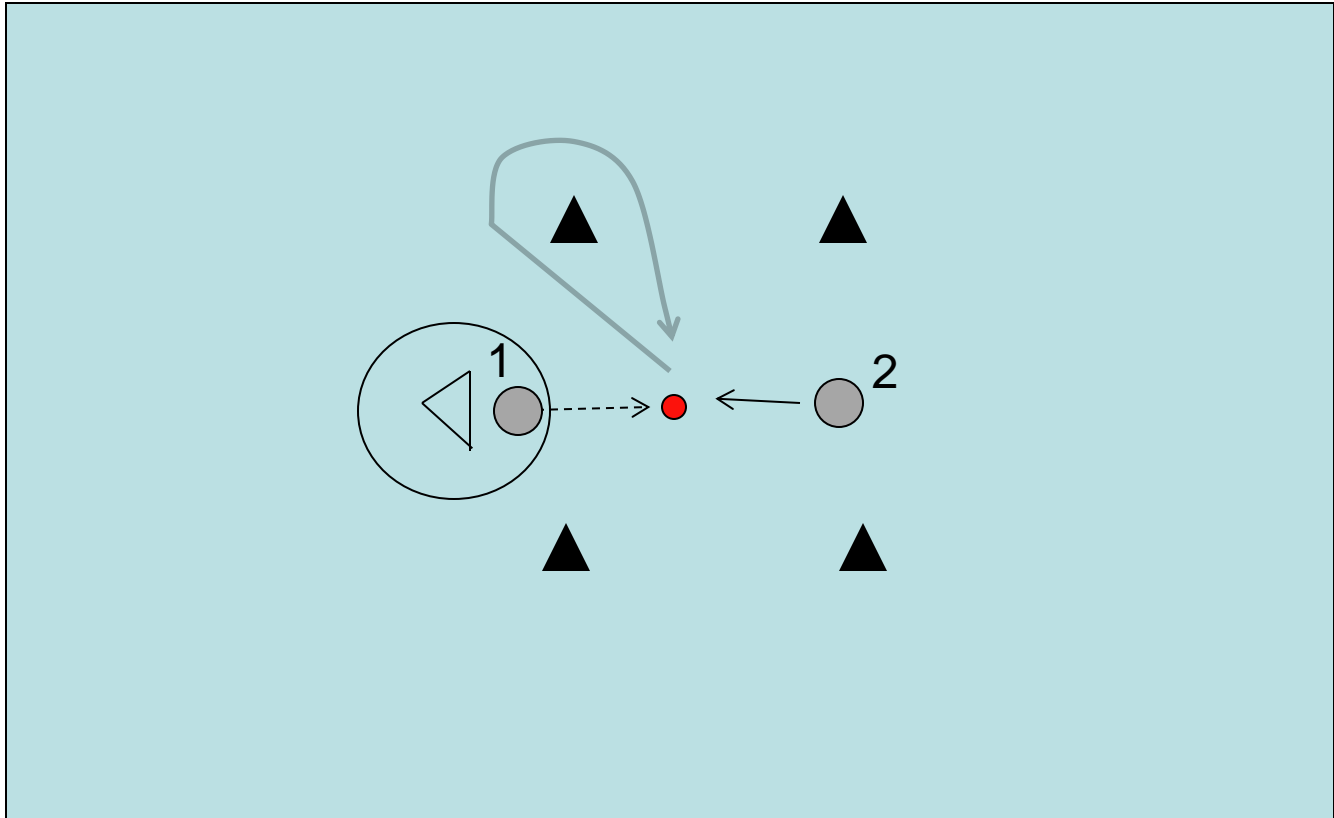
Variation—put goalie in crease and have him call slides—left/right

## Slide Speed Drill



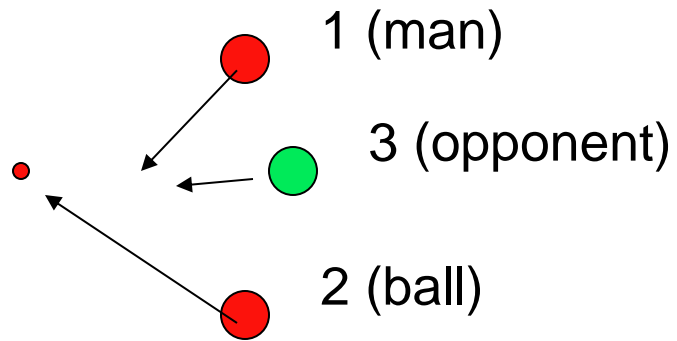
Player must tag each cone and return to center. Do this for time. Maintain proper defensive positioning.

# Groundball & Pass Drill

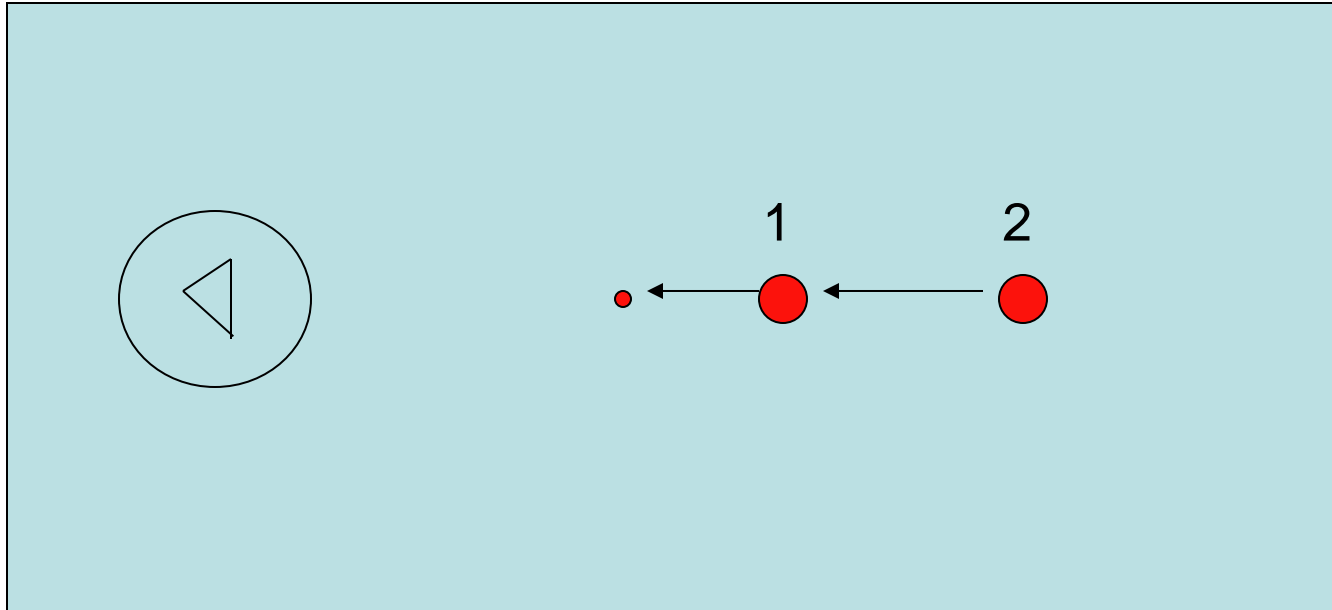


1 rolls out ground ball. 2 scoups ball and runs around pylon, passing ball back to 1. 1 tosses out another GB, 2 scoups ball and runs around another pylon. Etc.

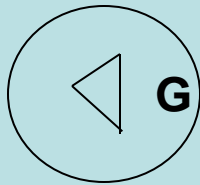
# Ground Ball Drill—Two on one



## Ground Ball Drill—two on one



- 1 goes for ground ball while being chased by 2
- 1 gets low to ground, scrapes knuckles
- 2 tries to stop by lifting stick from behind (lift back hand)
- This encourages moving fast and low to ground and teaches correct check defense
- Whoever gets ball takes shot

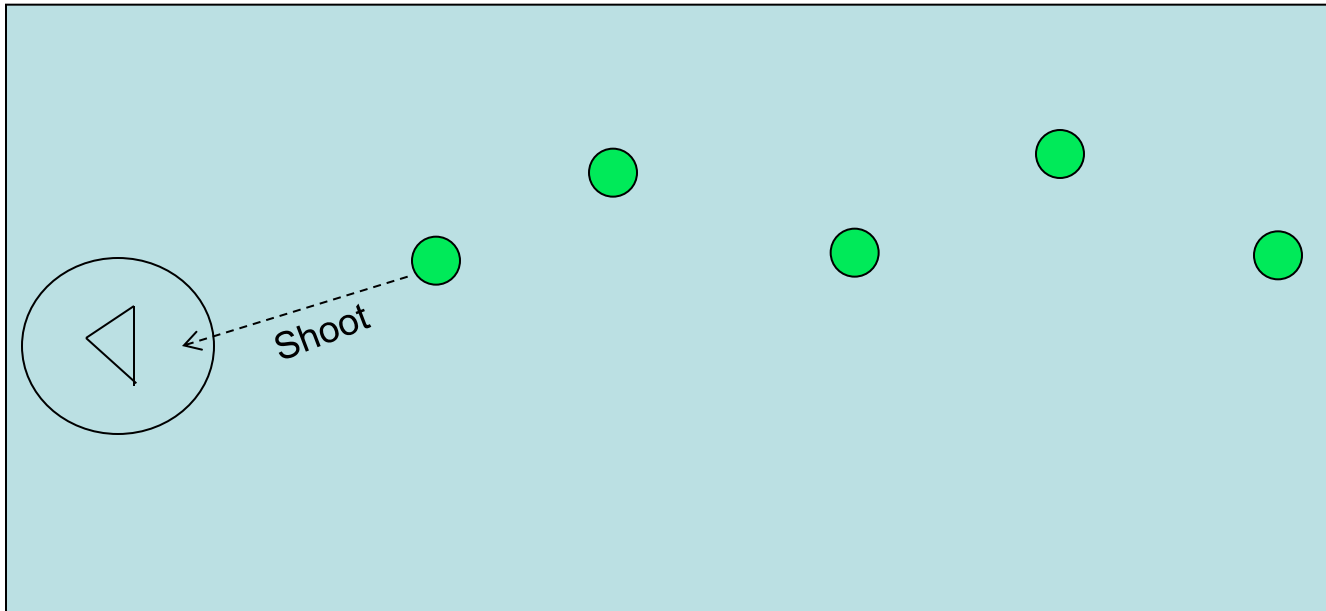


A D  
D A



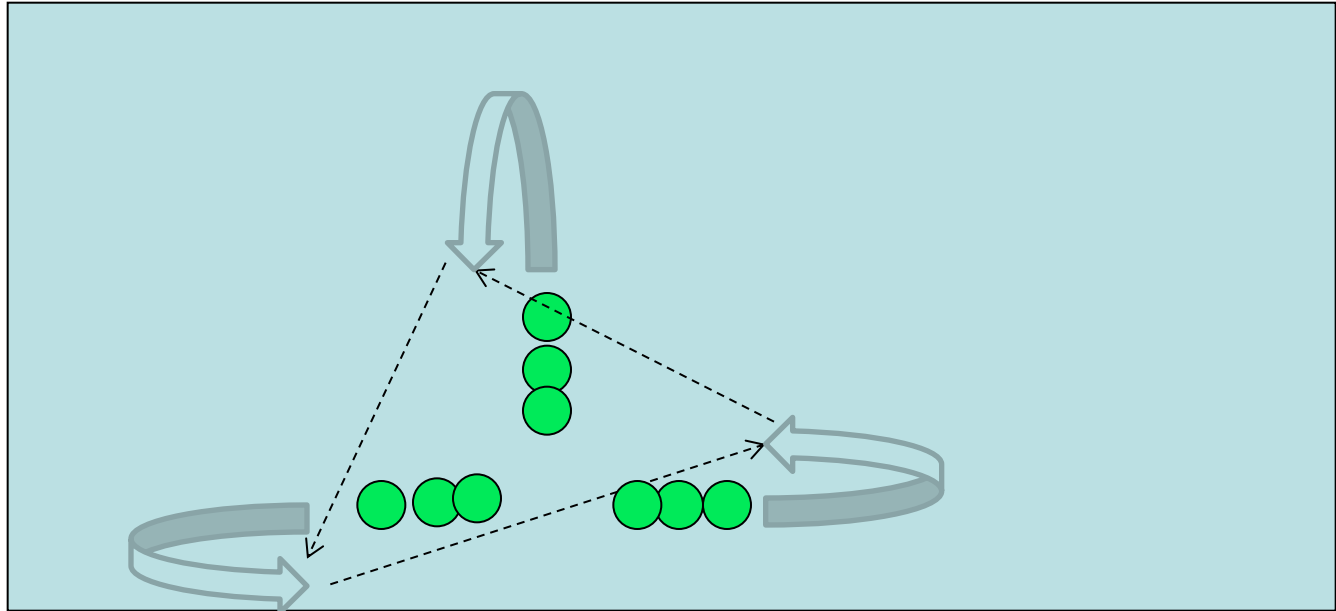
Man/ball drill—use  
Scrimmage vests  
Team A vs D. Players  
Stand back to back with  
Ball at center. Start on  
Whistle. Team that wins the  
ball becomes Offense—must  
make at least 1 pass prior  
to shooting

# Dodge Drill



1. Dodge on each cone
2. Switch hands at each cone
3. Shoot at end

# Pass Drill



Player cuts away from cone and receives pass

Next player does same and receives pass

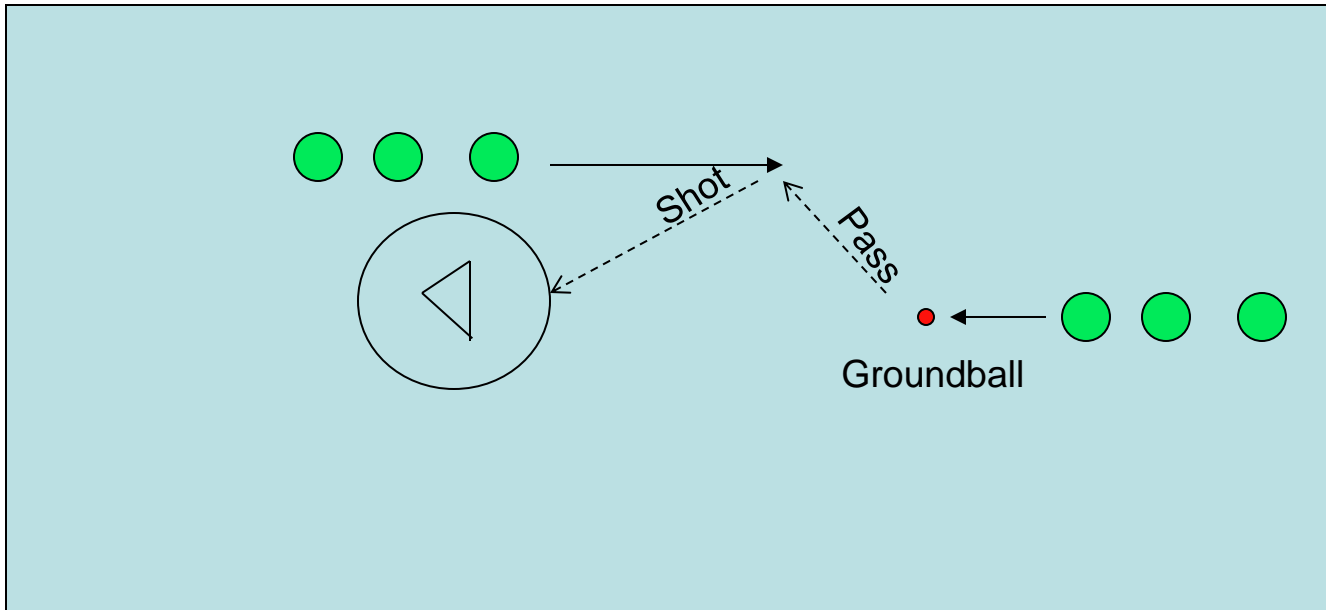
Etc.

Switch directions

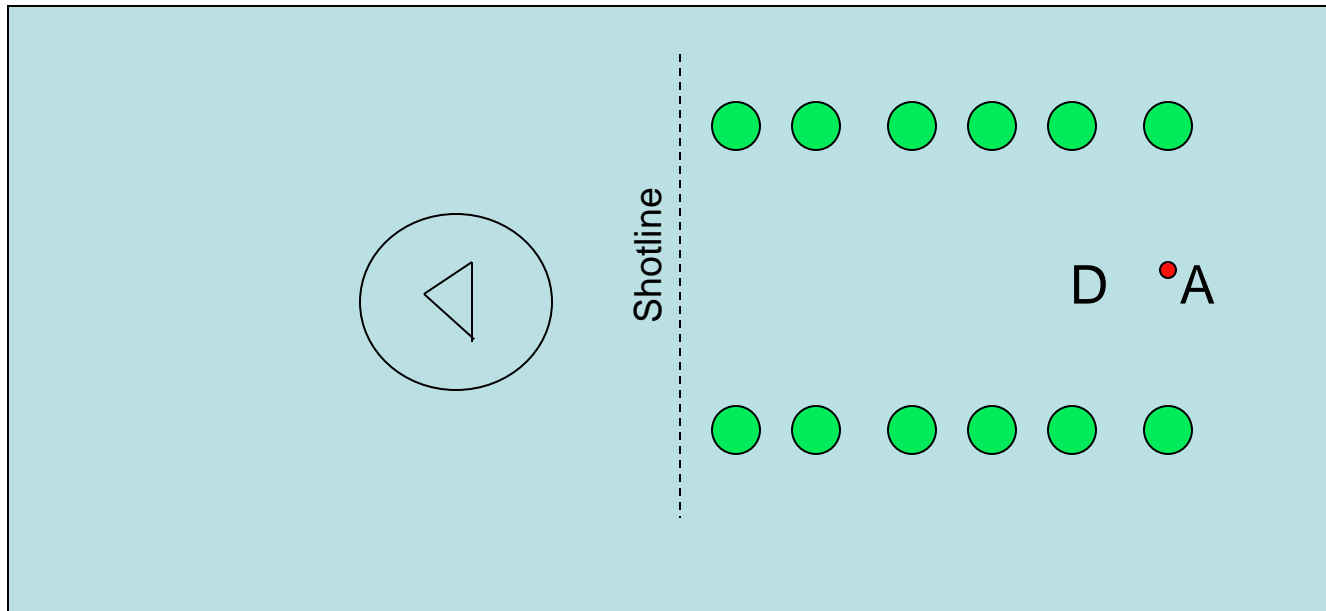
Rotation: Follow the pass to next line



# GB-Pass-Shoot Line Drill

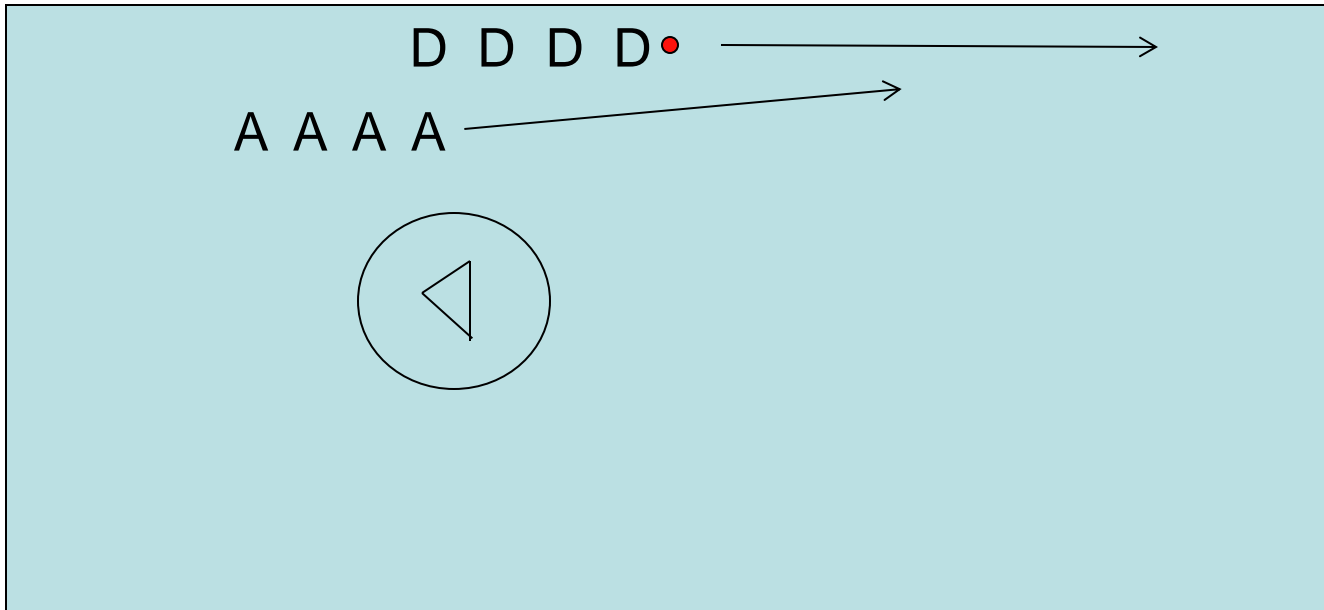


# 1-on-1 Gauntlet



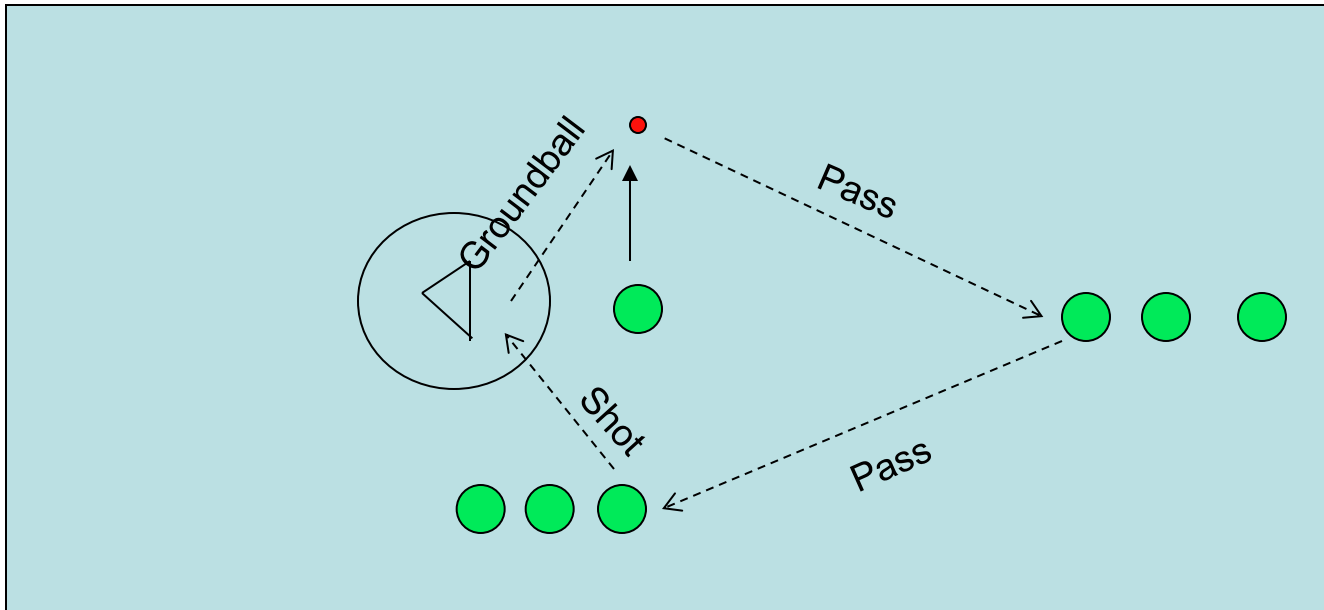
1-on-1 A drives to goal vs. D. Must stay within the gauntlet.  
D attempts to drive A to sideline. A attempts to reach line to shoot  
Variation—D with broom handle or with stick.

# 1-on-1 Sideline Challenge



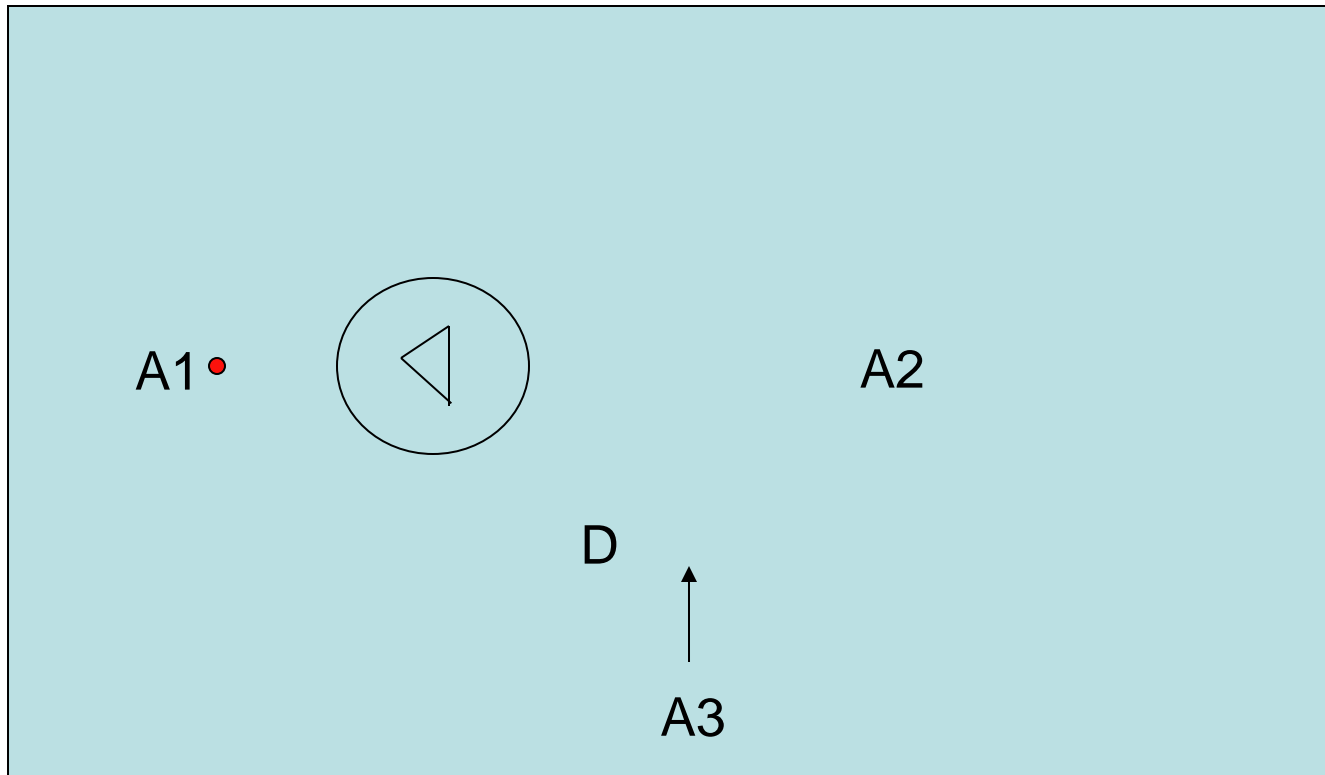
- D attempts to clear ball running along sideline
- A trails and attempts to force D out of bounds, or checks stick tail

# GB-Fast Pass to opposite side



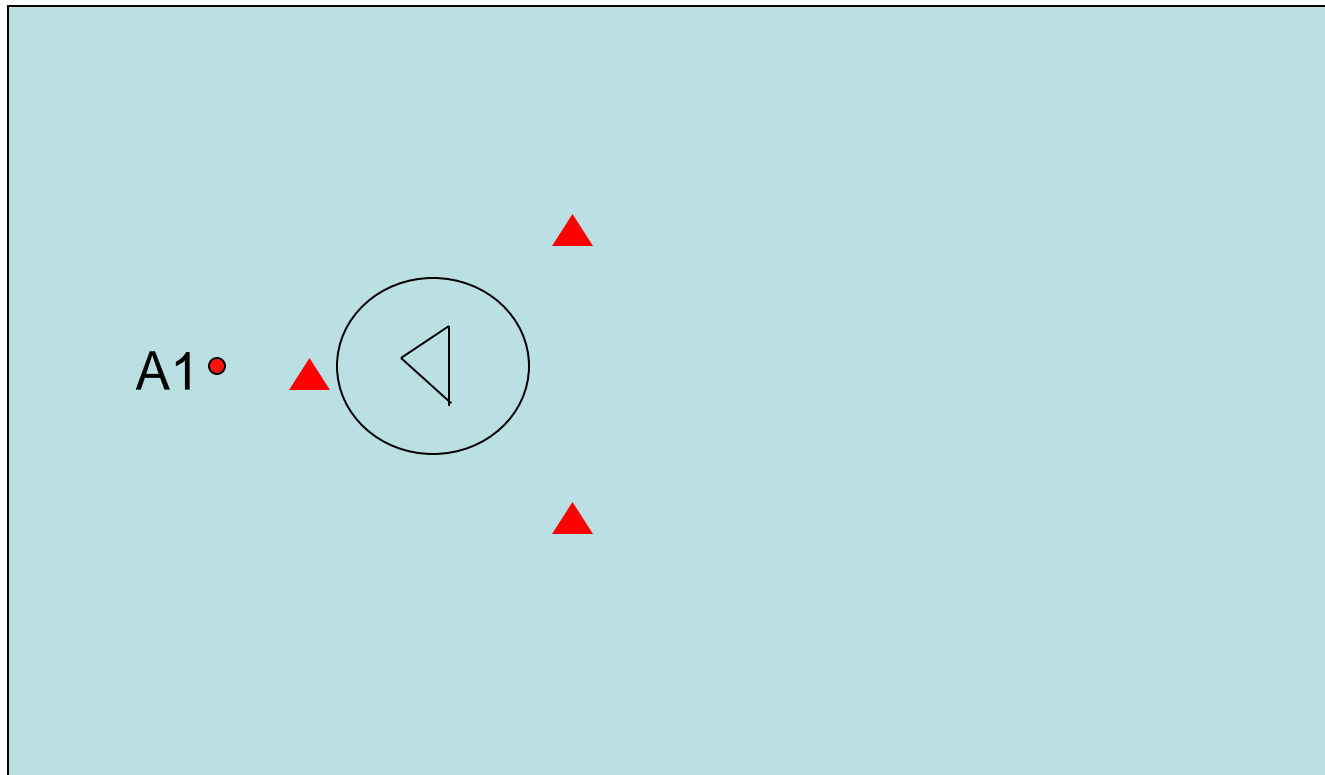
Goal: recover ball quickly and force to other side  
players have overloaded to chase ground ball so  
Move ball to where players have vacated

# Cut-Feed-Defend

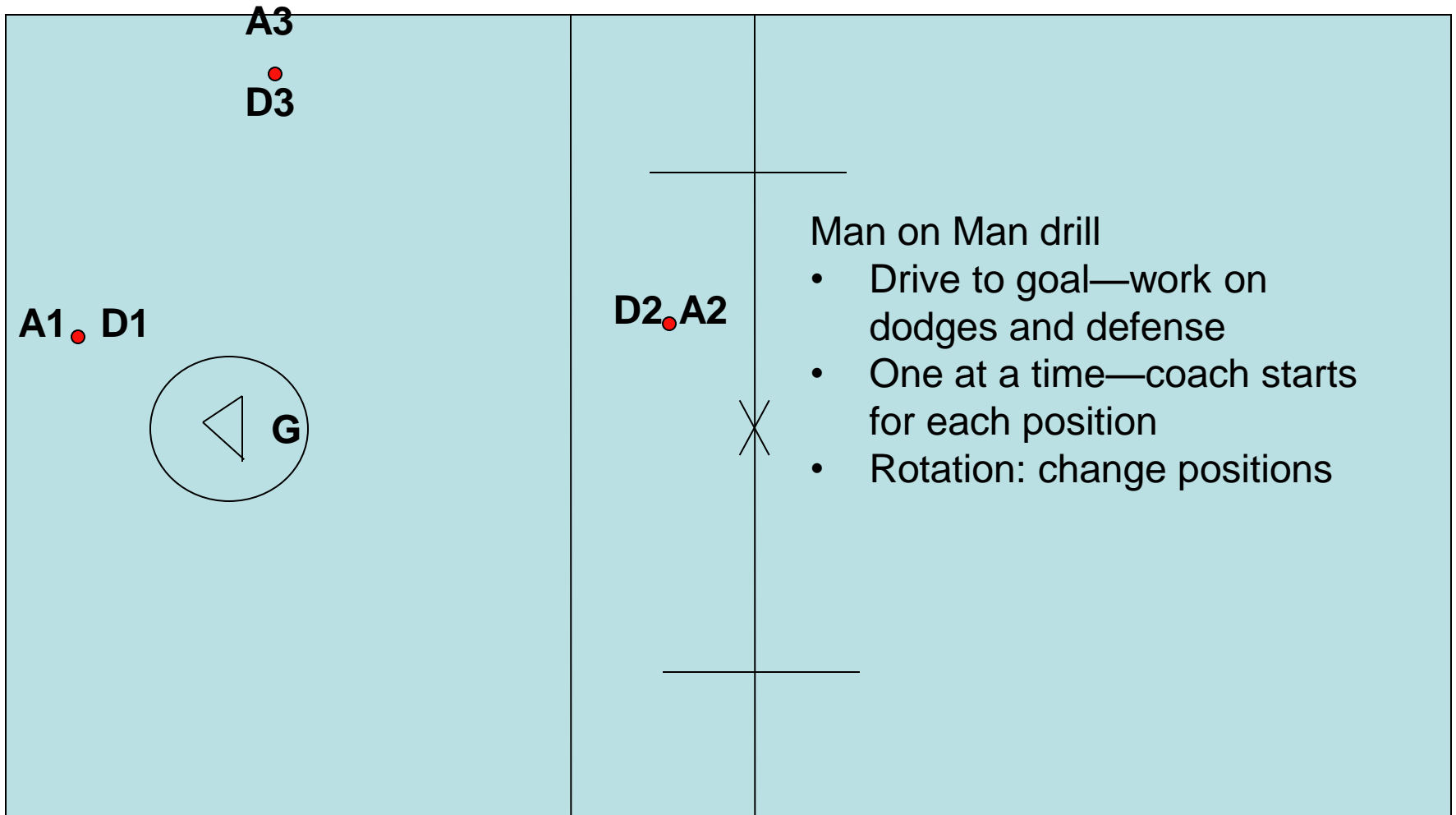


A3 cuts toward goal. D covers cutter  
A1 or A2 makes feed  
Continue until ball intercepted or goal

# Dodge and shoot



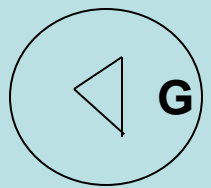
A1 starts with ball behind goal  
Makes dodge at cone and goes to right or left of goal for  
next dodge (coach calls out direction)  
Makes 2<sup>nd</sup> dodge and then shoots on goal



**A3**

**D3**

**A1, D1**



**D2, A2**

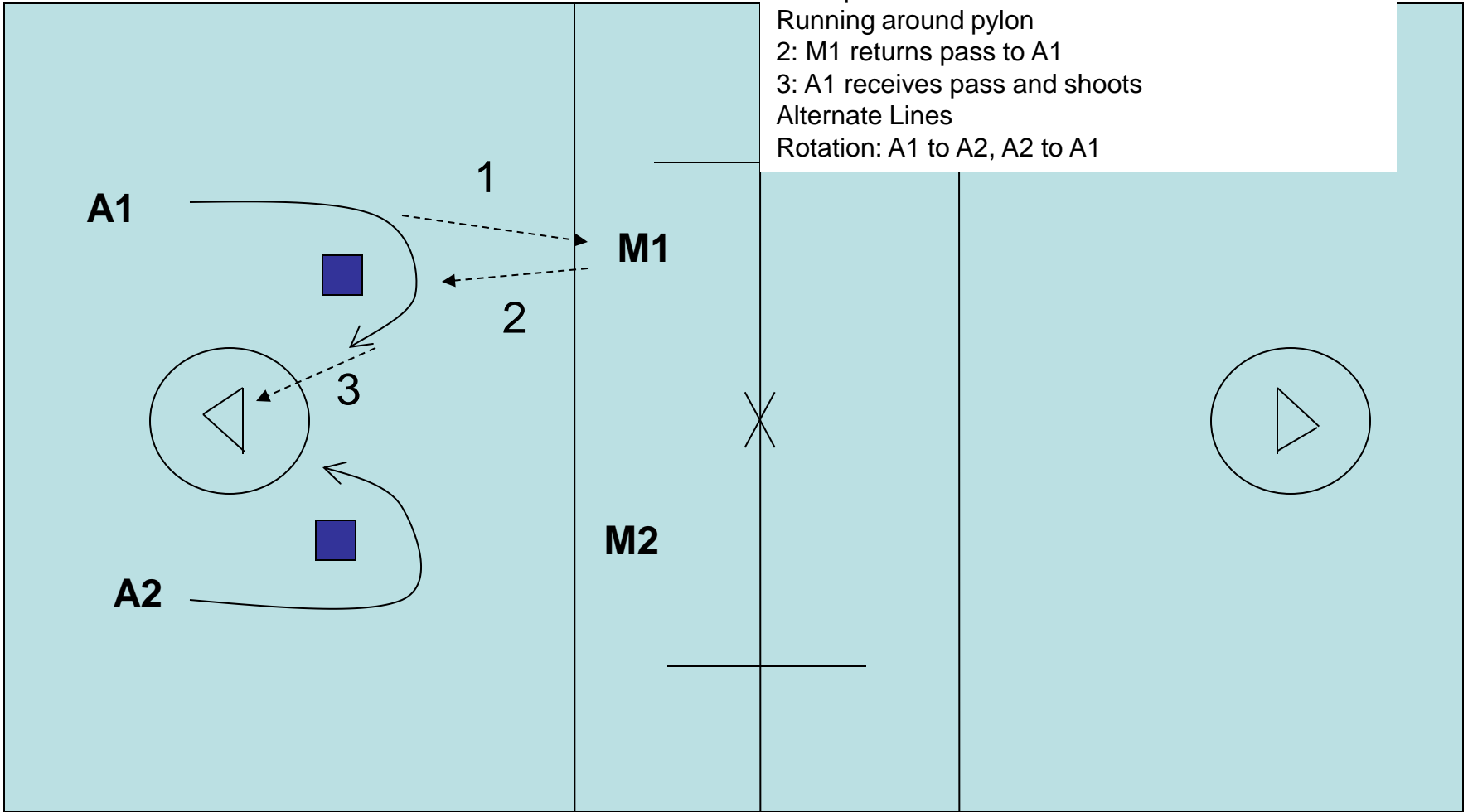


**Man on Man drill**

- Drive to goal—work on dodges and defense
- One at a time—coach starts for each position
- Rotation: change positions

# Give & Go Drill

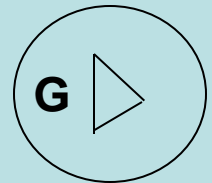
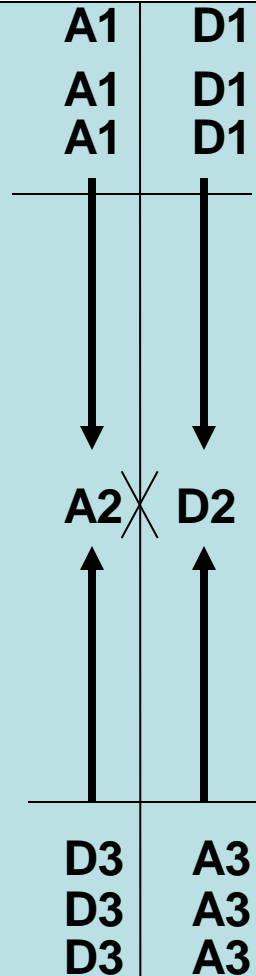
- 1: A1 pass to M1 while Running around pylon
  - 2: M1 returns pass to A1
  - 3: A1 receives pass and shoots
- Alternate Lines  
Rotation: A1 to A2, A2 to A1



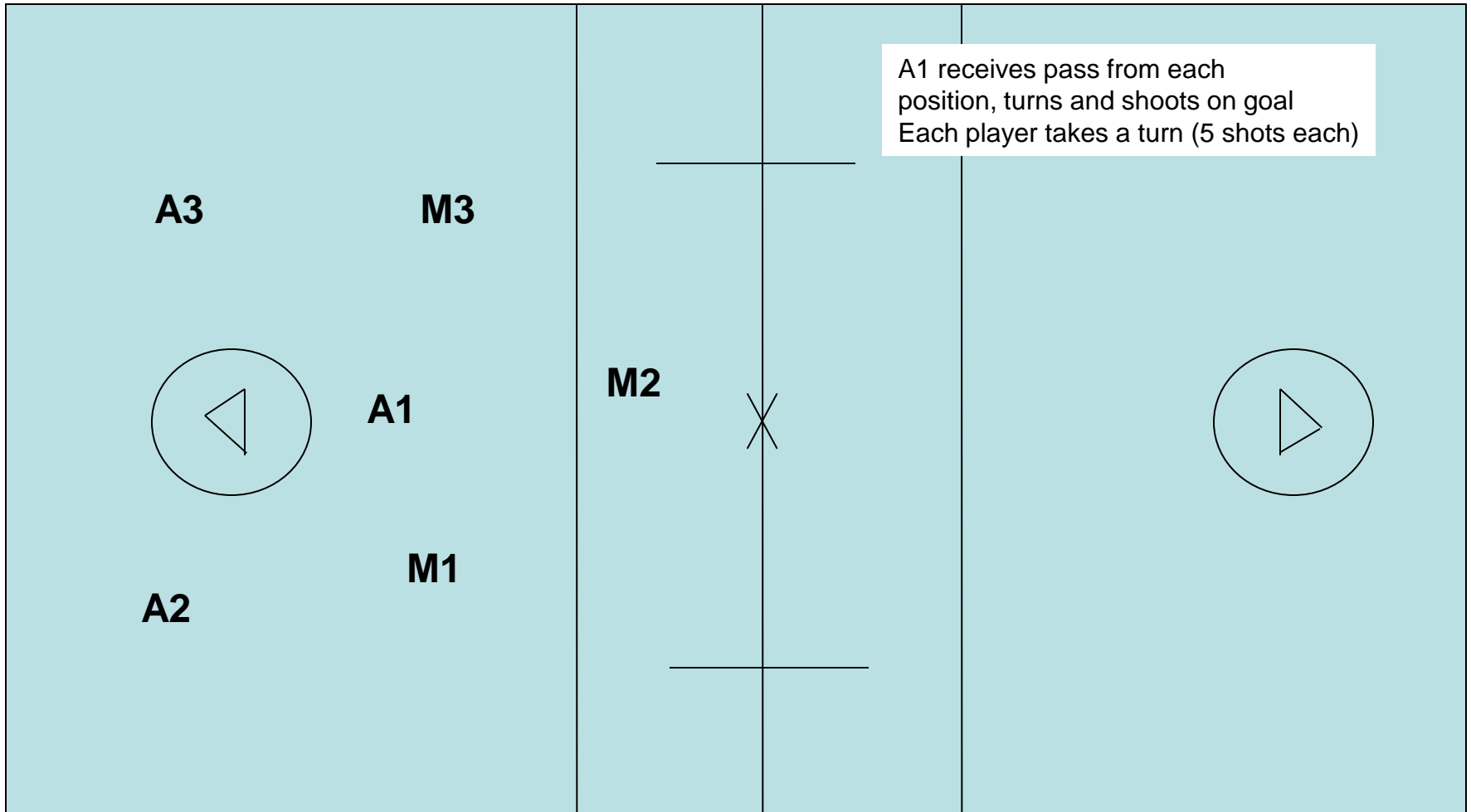


# Middie Faceoff Drill

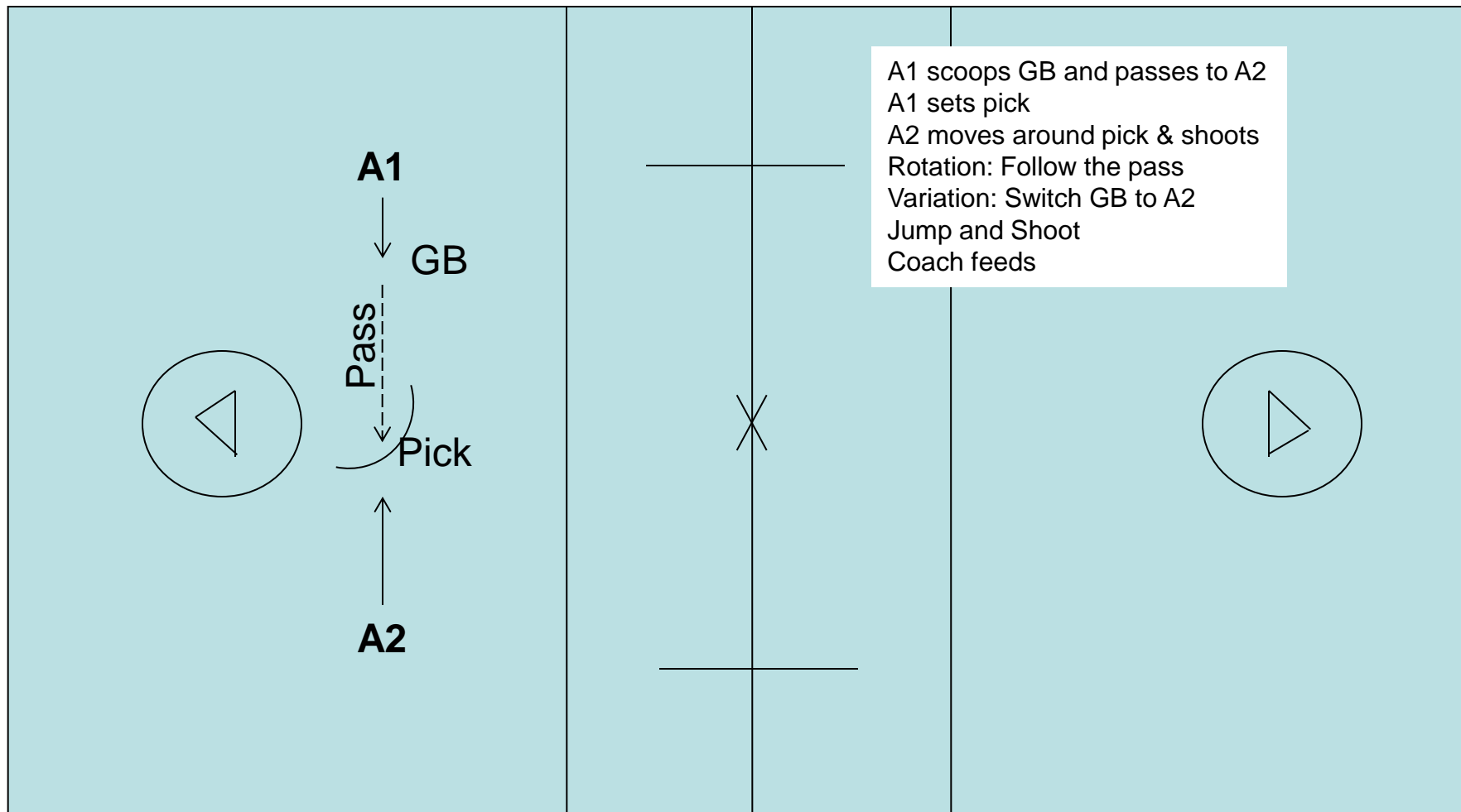
1. Set up faceoff
2. Ground-ball drill—goal is to gain possession after faceoff
3. Different colored jerseys for A and D
4. Team that gains possession drives to goal with other team on defense
5. If one team dominates on faceoff, have coach toss ball to one side or other after players do a “fake” faceoff



# Shooting Drill



# Pass, Pick & Shoot Drill



# Pick, Pass, & Shoot Drill

