



1. WARM-UP GAME, AGILITIES OR FOOTWORK)

2. PASSING & RECEIVING

Receiving over the LEFT and RIGHT shoulder. *See Diagram right

- i. Receive over (R) shoulder X2
- ii. Same but increase pace X2
- iii. Same but draw (R) after reception X2
- iv. Receiver over (L) shoulder X2
- v. Same but increase pace X2

*Have feet facing forward on pass and reception. Make sure ball is passed away from the receiver's feet

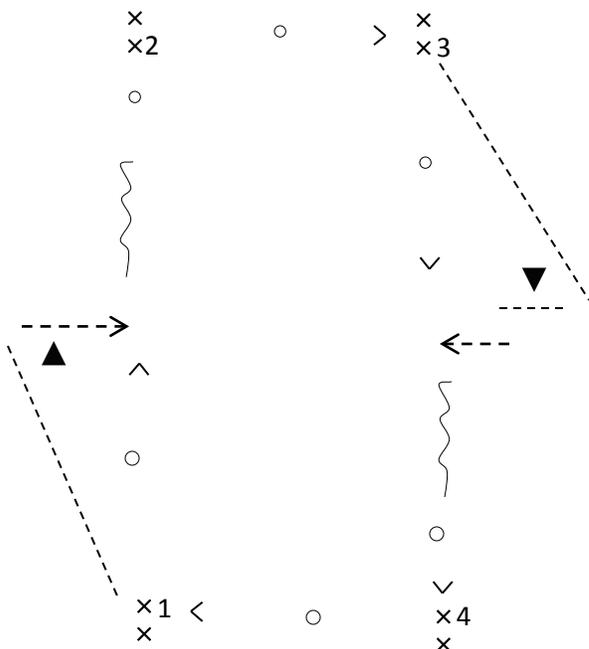
3. PASSING & RECEIVING

Focus: Receptions over the right shoulder

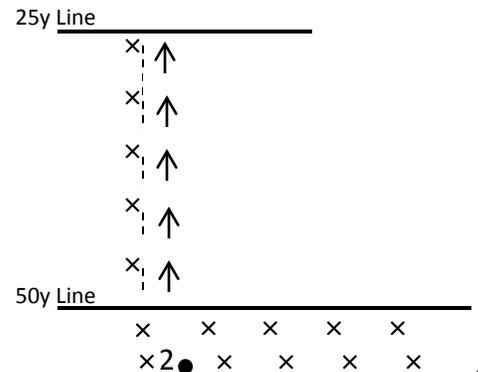
- Encourage a change of pace on leads
- Practice both an open and closed pivot around the cone

OPEN: you can always see the passer

CLOSED: You cannot see the passer until the last second



2. DRILL DIAGRAM

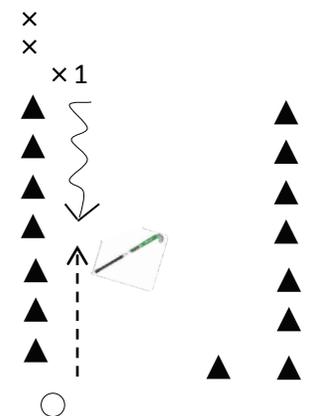


3. COACH TIPS

Encourage the players to watch the ball once it is passed all the way on to their stick. Lead with head of stick low to the ground to help with reception.

4. DEFENSE: BLOCK TACKLE

- i. Stationary block tackle (aka flat stick tackle)
 - 20 seconds on/20 seconds off (repeat 3 times)
- ii. See Drill to the right →
 - X1: somewhat of a passive ball carrier to allow O1 to work on the timing of the tackle
 - Keep the drill continuous X1 → O1, O1 → X1
 - X1 is trying to dribble through the goal on the opposite side of the grid
 - O1 is closing time and space on the ball carrier and makes the tackle as X1 changes the angle of their dribble



5. SKILLS GAME

MINI GAME: Make a field about 25 X 30 yards using 2 cones (1 yard apart) per goal. Have multiple goals spread randomly throughout the grid. Teams can score in any goal just not the same goal twice in a row.

Variations: (1) Goal = "shoot" through the cones (2) goal = pass to teammate through cones (3) goal = dribble with control through cones