



COACHING NOTES: Review the following coaching notes prior to the day of practice. Use these tips throughout the drills to help kids progress.

## STATIONARY PASSES: SWEEP HIT

Progressions:

- (i) Players begin on knees: LEFT should facing the cement wall. The ball is in front of the LEFT knee, about a stick length (2.5 feet). Two hands are at the top of the stick, together. The stick remains on the ground at all times with the exception of the follow through. Sweep the stick along the ground making contact with the ball with the shaft of the stick – avoid contact with the head of the stick
- (ii) Players stand up. LEFT shoulder facing the cement wall, about one step away from the ball also, diagonally back from the ball. Players can place stick on the ground. Step towards the ball with LEFT foot, keeping the stick on the ground. Sweep stick along ground, bending at the knees (low body position), contacting the ball with shaft of stick.
- (iii) Same as above – except add a slight roll of the ball straight ahead (towards cement wall or partner) before contact will the ball. Use the footwork sequence of L/R/L. Left foot straight ahead, right foot behind (it pulls you away from the ball). Left foot towards the ball. Keep stick on the ground.

## PASSING AND RECEIVING: RECEPTIONS OVER LEFT & RIGHT SHOULDER

Focus: Sending a pass into space

X1 will send a push pass to X2. X2 will send a paced pass through the cones into space for X3. X3 will receive the ball on the move, dribble and then take a shot at goal

Rotation → players will follow their pass: X1 to X2, X2 to X3, X3 to X1

To challenge the players, only have one athlete start in the X3 spot. Set up double cones, have X2 run and touch the cones prior to becoming X3. Once X3 touches the cone, she picks up the space pass.

You will want to set up two groups for this drill. They will get more repetitions. Set up the drill over 25 yards.

## DEFENSIVE SKILLS

Focus: The Double Team

X1 needs to channel “0” right to X2. X1 and X2 need to form a  around “0”

Make sure all players get to perform in all three positions. You may need to have two grids going at once.