



1. WARM UP GAME / AGILITIES / FOOTWORK

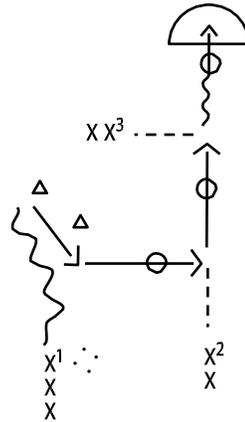
2. DRIBBLING AND PASSING

- (i) Review stationary draws left and right (approx.. 2 minutes)
- (ii) Lateral draws between the 25 yard lines. Players will use the cross-over footwork
 - a) Drawing LEFT → leading with LEFT shoulder
 - b) Drawing RIGHT → leading with RIGHT shoulder
- (iii) Diagonal draws LEFT and RIGHT backwards → 3 draws LEFT. 3 draws RIGHT, repeat over 25 yards (making zig-zag shapes)

3. PASSING & RECEIVING

Pass and follow your pass

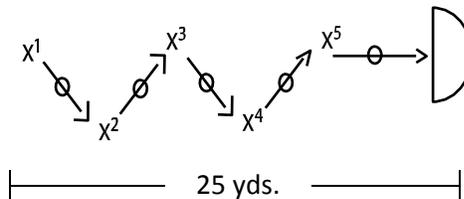
X1 dribble and diagonal pull back to strong stick and then sends a square pass to X2. X2 runs on the ball, timing their lead, and gets their feet around to shield the ball and send a through pass to X3. X3 holds and times their run to pick up the ball over RIGHT shoulder.



4. PASSING & RECEIVING

- (i) Passing in pairs (about 12-15 yards apart for 2 minutes)
- (ii) See drill diagram below. Follow your pass.
 - Minimize touches on the ball
 - Low body position
 - Passes are about 7 yards in length

** Keep stick on the ground during pass!



5. SKILLS GAME

MINI GAME: make a field about 25 X 30 yards using two 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.

2. COACH TIPS

When going to the reverse stick, the stick should roll in the right hand so that the right wrist does not turn over. The stick spins in the right hand.

3. COACH TIPS

On the drawback, remember to drop step with the right foot to be able to open up the stance and see the space the pass is going to go into.

X2 should be in motion on reception and pass. X3 needs to time their lead and get their shot off in as few touches as possible.

4. COACH TIPS

Players should pass and follow their pass. Sweep hits should be hard and accurate – more important is accuracy over power. Remind players that the ball position must be right in front of them and in the middle of their body or slightly forward.

This drill works on receptions as well!