

O-01

Face or Bull Dodge

(6 cones, bag of balls)

Goal: Simple dodge, body between ball and defender

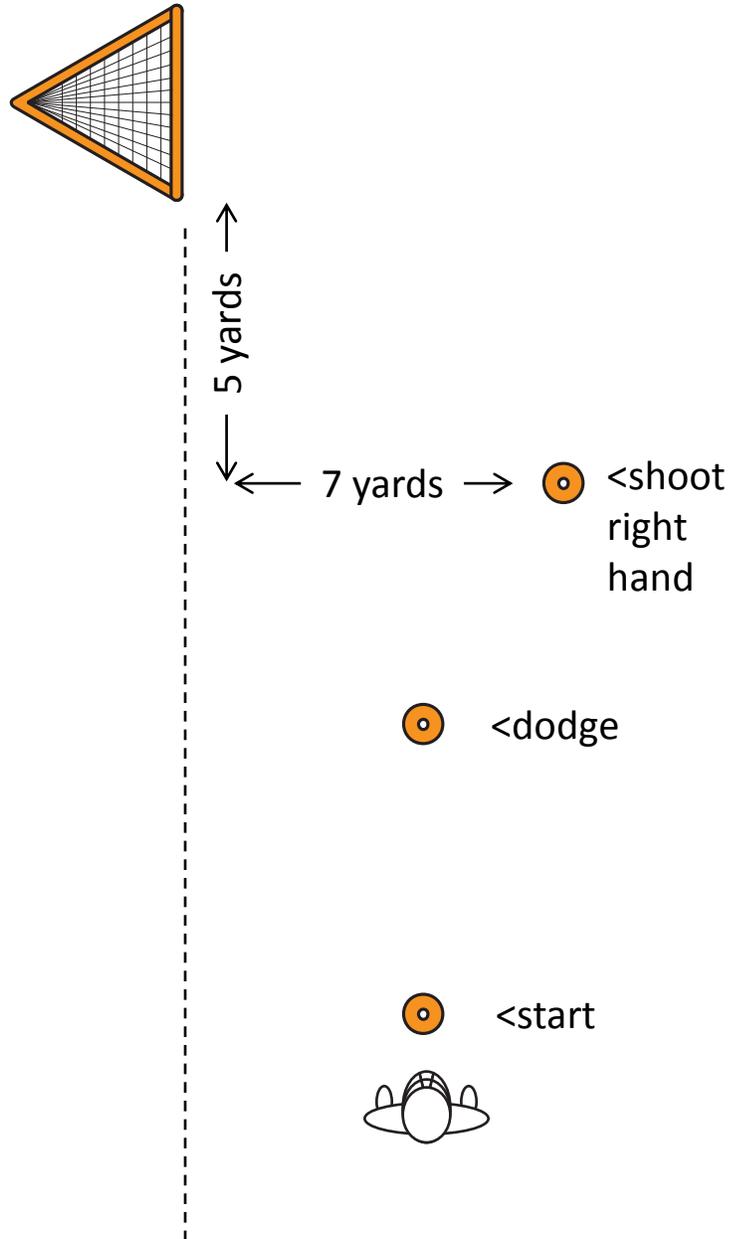
Right Attack: Stick in right hand. Approach the defender, fake like you're going right. Bring the stick close to your nose and across your face, turn your back to the defender. Sprint past to open some space, square your shoulders to the cage, shoot from the cone.

Left Attack: Stick in left hand. Start from other side

Shoot hard and low at the far corner first.

Phase 2: Practice bounce shots.

Phase 3: Place a coach with a stick at the dodge spot.



O-02

Split Dodge

(6 cones, bag of balls)

Goal: Switching hands on the dodge

Right Midfield: Fake right with your feet and right hand. Let the defender commit.

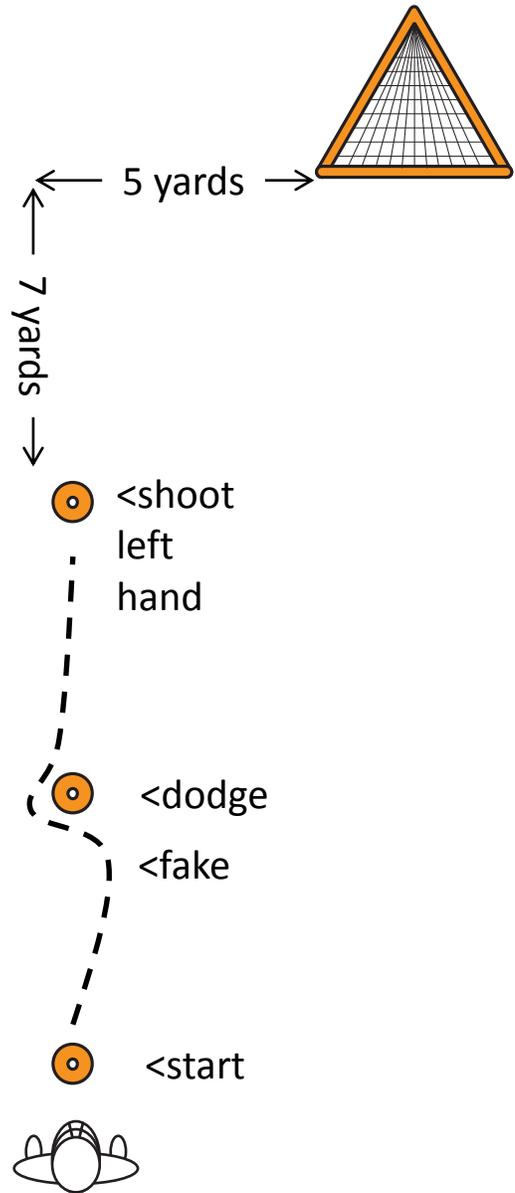
Bring the stick close to and across your body. Turn your back to the defender. Switch stick to left hand as you go by the defender. Recover on the same line, sprint hard out of the dodge, shoot with left hand.

Left Midfield: Same thing, reverse hands through each step.

Shoot hard and low at the far corner first.

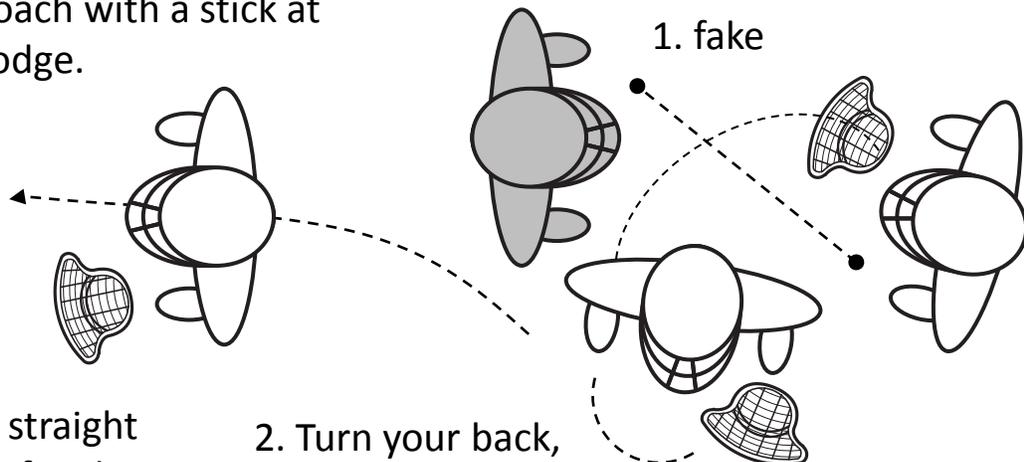
Phase 2: Practice bounce shots.

Phase 3: Place a coach with a stick at the point of the dodge.



3. Recover on straight line and sprint for shot

2. Turn your back, switch hands



O-03

Roll Dodge

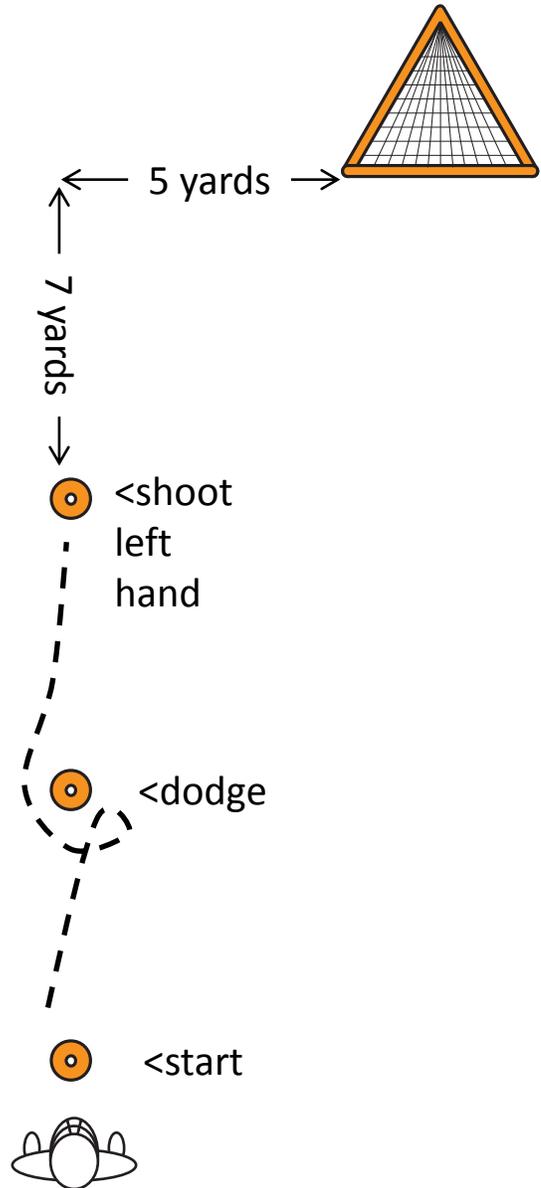
(3 cones, bag of balls)

Goal: What is the purpose of the drill

Right Midfield: Stick in right hand, fake right, step HARD across the defender with the left foot, show your back. As you roll around them, switch hands on the stick, keeping the head close to your chest and the shaft between you legs. Recover on the same line and accelerate away.

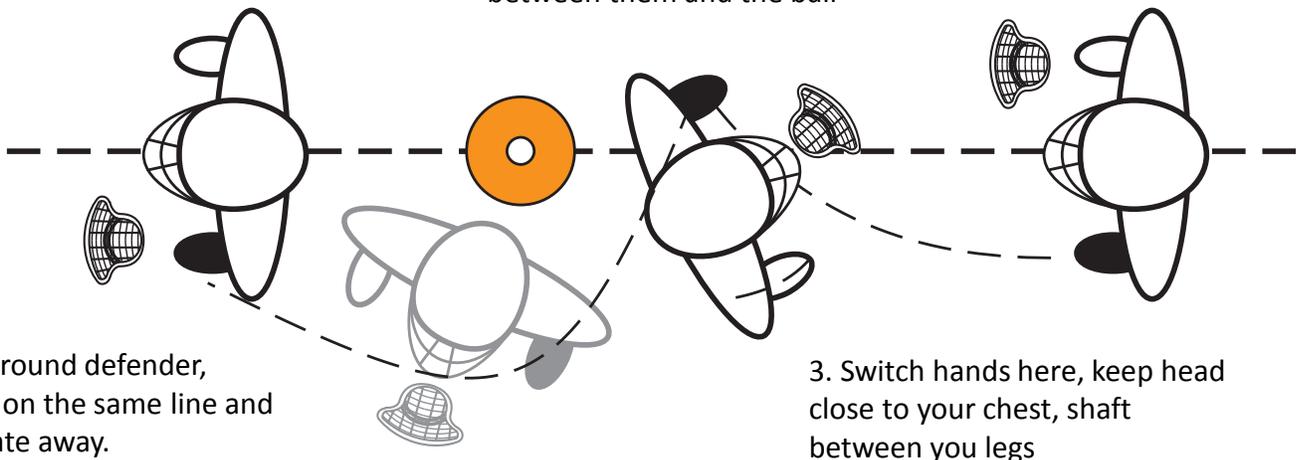
Left Midfield: Same thing, reverse hands through each step.

Phase 2: Practice shooting after the dodge.



2. Step hard across the defender with opposite foot, keep yourself between them and the ball

1. Stick in right hand



4. Roll around defender, recover on the same line and accelerate away.

3. Switch hands here, keep head close to your chest, shaft between you legs

O-04

'?' or 'J' Dodge

(2 cones, bag of balls)

Goal: Make effective dodges from X

X Attack, no defender:

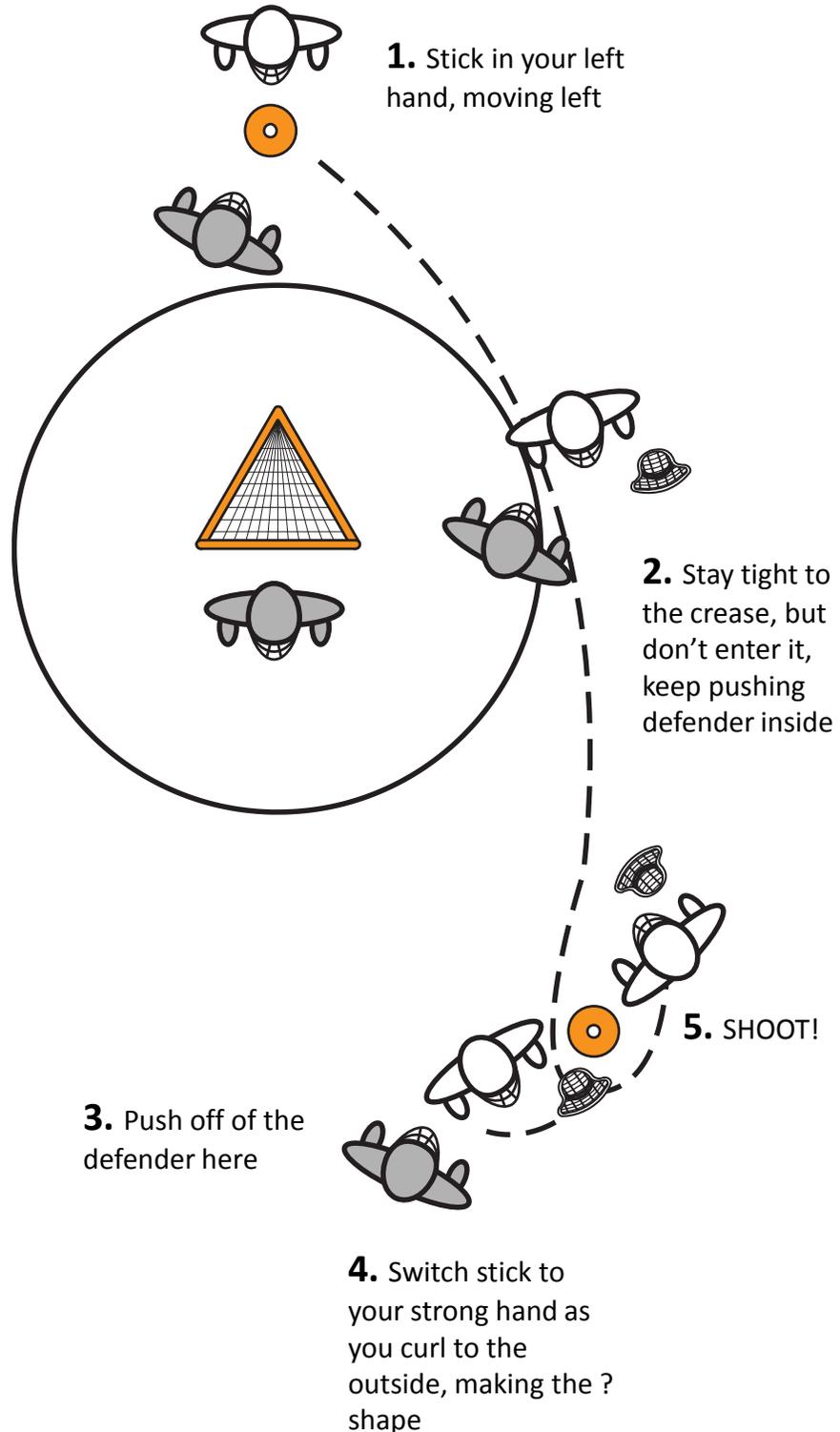
1. Cradle and move to your weak hand side. Keep the defender inside of you.
2. Stay tight to the crease
3. Get to a point 7 yards top-side of the cage, push off the defender
4. Curl to the outside, switch to your power hand...
5. Jump and shoot

DO NOT HANG YOUR STICK OUT AFTER YOU SWITCH HANDS!

It's an easy back check. This is why we do the jump shot.

Shoot for the far corners.

Phase 2: Add a defender



O-05

Faceoff-Quick Chop

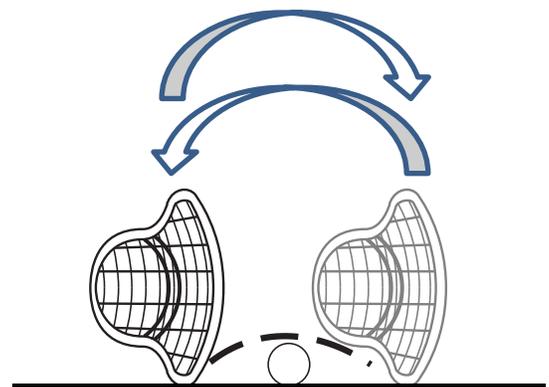
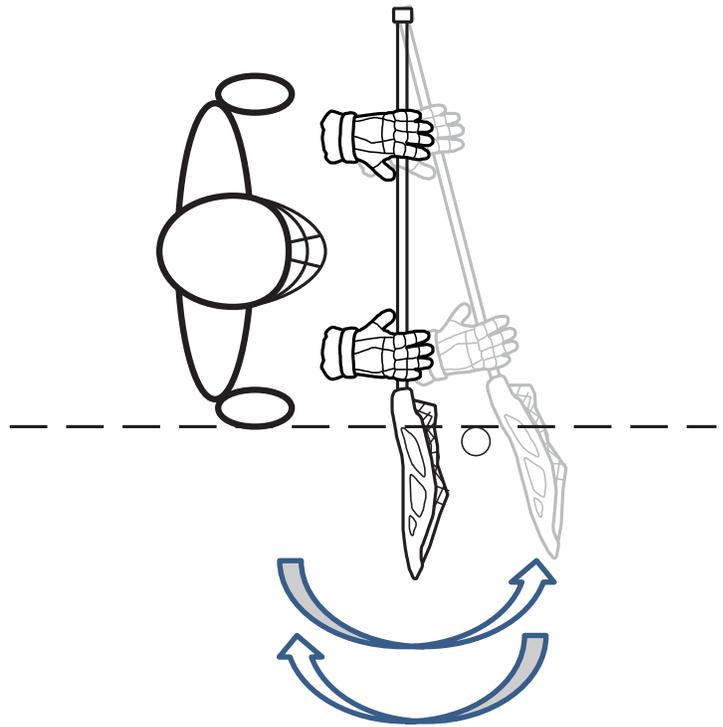
(1 ball/player)

Goal: Grow muscle memory, quick reaction time

1. Get down into faceoff position as shown. Feet wide apart, elbows INSIDE your knees, hold the stick in a motorcycle grip. Tuck your strings into the back of the stick head.

2. On the whistle, start chopping the stick over the ball. Keep the butt of the stick on the ground. Go back and forth as fast and as low as you can without hitting the ball.

Run for 15 seconds, rest, repeat.



O-06

Faceoff-Quick Chop

(1 ball/player)

Goal: Grow muscle memory, quick reaction time

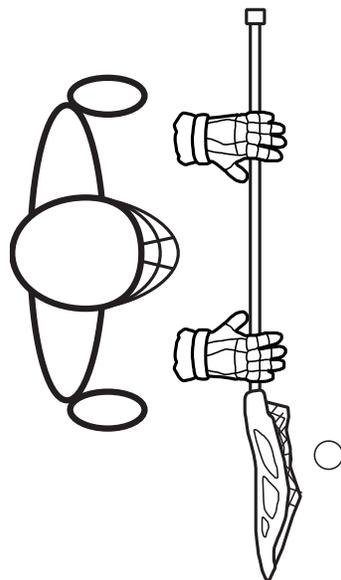
1. Say "DOWN", player gets down into faceoff position, stick level and on the ground, feet apart, elbows INSIDE the knees, hands in a motorcycle grip, strings tucked in.

2. Say "GO" or blow the whistle. Player quickly rolls his stick forward and clamps the ball.

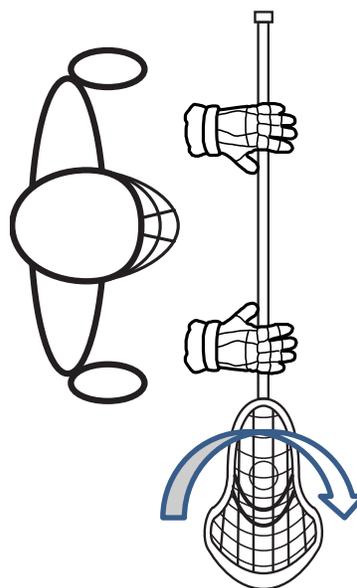
3. Immediately return to ready position with the head of the stick off the ground.

Run 10 times, rest, repeat

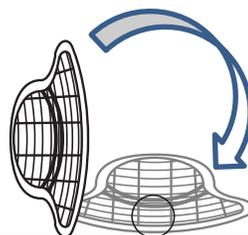
1.



2.



Clamp hard >



O-07

Faceoff-Steps

(1 ball/player)

Goal: Grow muscle memory, quick reaction time

1. Say "DOWN", player gets down into faceoff position, stick level and on the ground.

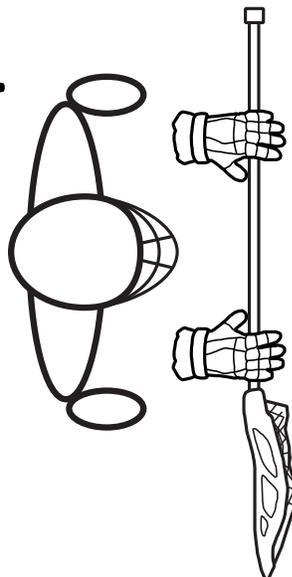
2. Say "GO" or blow the whistle. Player quickly rolls his stick forward and clamps the ball while stepping forward with their LEFT foot, angling their body and stick as shown.

This gives you leverage over your opponent and keeps them off-balance.

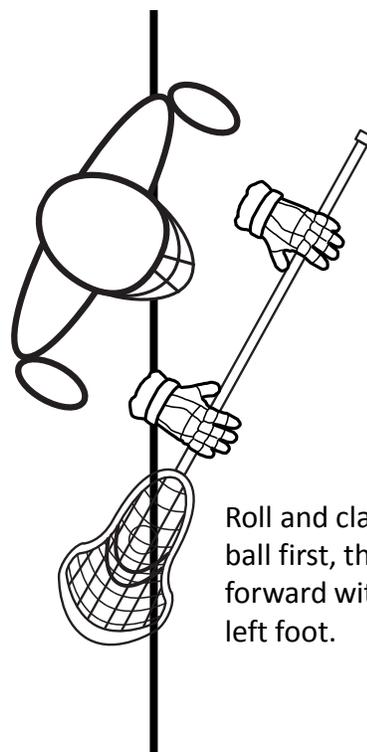
3. Return to ready position with the head of the stick off the ground.

Run 10 times, rest, repeat

1.



2.



Roll and clamp the ball first, then step forward with your left foot.

O-08

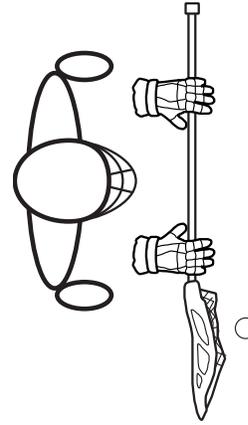
Faceoff-Ball Direction Backward (1 ball/player)

Goal: Grow muscle memory, quick reaction time

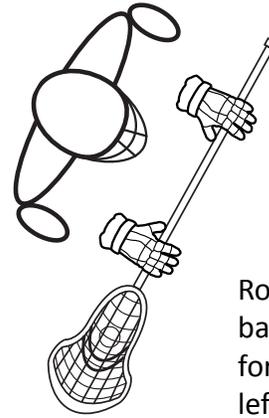
1. Say "DOWN", player gets down into faceoff position, stick level and on the ground.
2. Say "GO" or blow the whistle. Player quickly rolls his stick forward and clamps the ball while stepping forward with their LEFT foot, angling their body and stick as shown.
3. Slide the ball under your legs and release it at a 45° angle BEHIND you.

Run 10 times, rest, repeat

1.

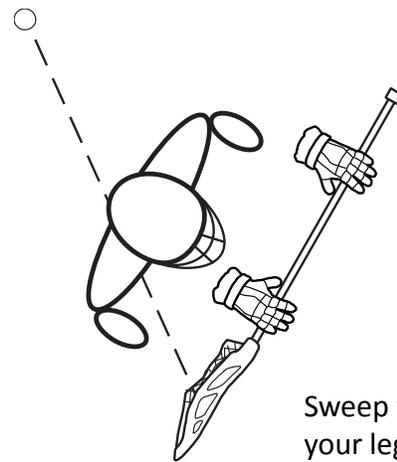


2.



Roll and clamp the ball first, then step forward with your left foot.

3.



Sweep the ball under your legs and go get it.

O-09

Faceoff-Ball Direction

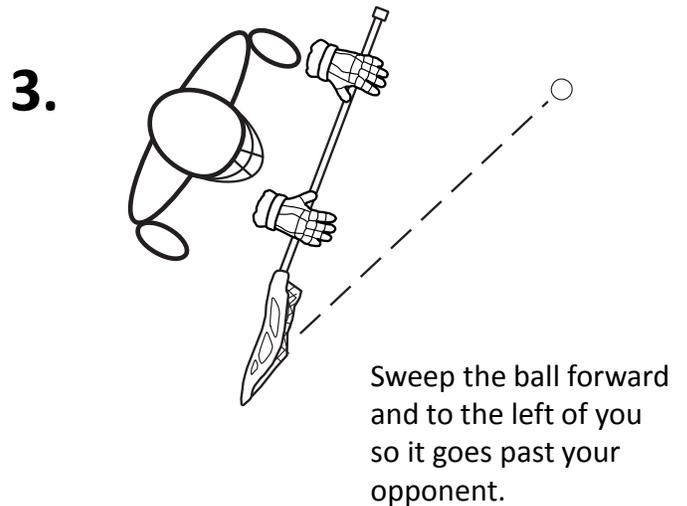
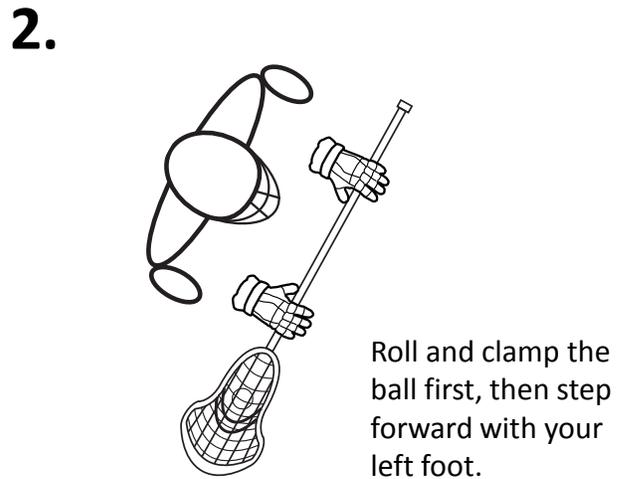
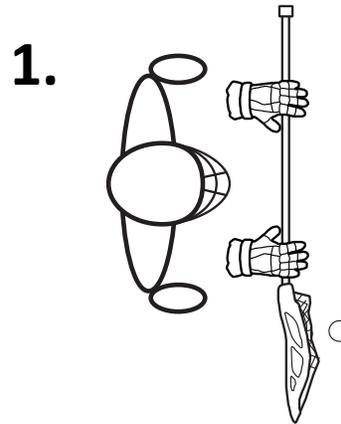
Forward

(1 ball/player)

Goal: Grow muscle memory, quick reaction time

1. Say "DOWN", player gets down into faceoff position, stick level and on the ground.
2. Say "GO" or blow the whistle. Player quickly rolls his stick forward and clamps the ball while stepping forward with their LEFT foot, angling their body and stick as shown.
3. Sweep the ball forward and release it at a 45° angle IN FRONT and to the LEFT of you so it goes past your opponent.

Run 10 times, rest, repeat



O-10

Pass from X

(4 cones, Attack, Middies, Goalie, bag of balls)

Goal: Reinforce catching a pass from X, Dodging and Shooting

Start with the line on the coach's RIGHT.

1. Coach says 'GO', right X passes to the 1st man in the right line.
2. "HERE'S YOUR HELP", Player catches and cradles to 2nd cone.
3. Shoots for corners or bounce shot.
4. Jogs around to back of other line.

Coach says 'GO' and left X passes to 1st man in the left line, etc.

No passes made until coach says GO to protect the goalie.

4. Jog around the drill and to the back of the opposite line

