

X-01

Man In the Middle

(2 cones/line, 2 balls/line)

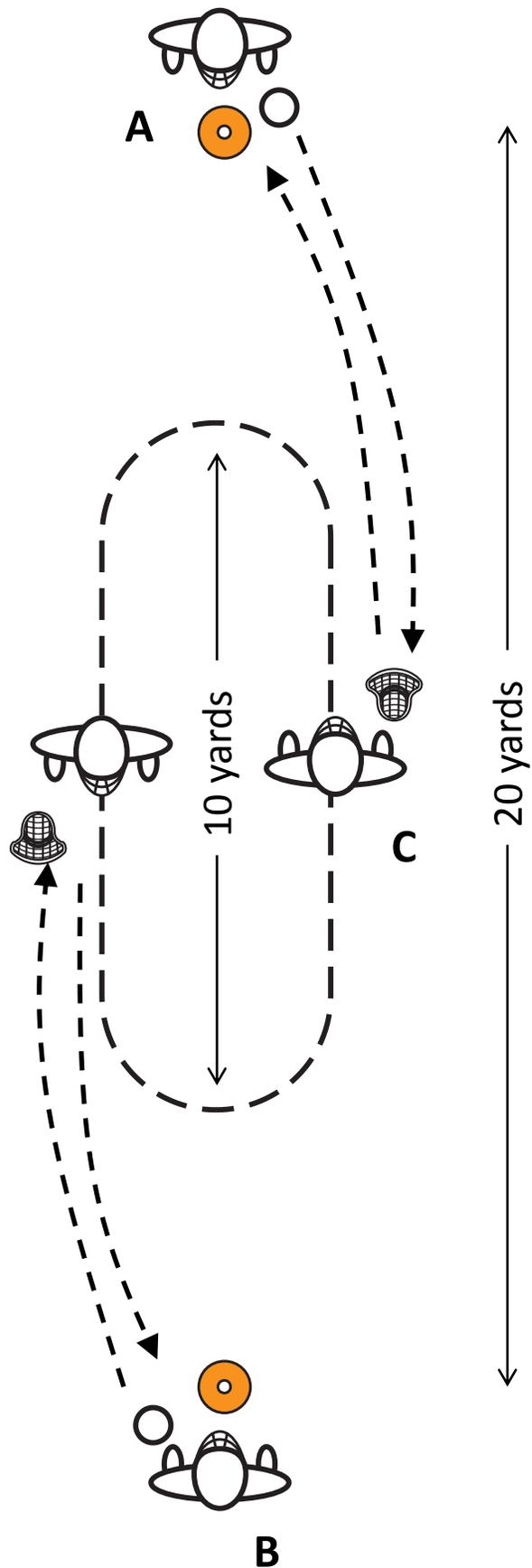
Goal: Quick catch and pass, conditioning

Set up drill as shown

Each outside man has a ball.

1. C "here's your help", stick in the box, running towards A.
2. A passes to C, C catches, cradles, passes back to A.
3. C turns around and runs towards B - "here's your help".
4. B passes to C, C catches, cradles, passes back to B.
5. Turns around and starts the rotation over again

Run for 90 seconds, then rotate.



X-02

Triangle Passing

(3 cones, 1 ball/group)

Goal: Improve passing/catching form

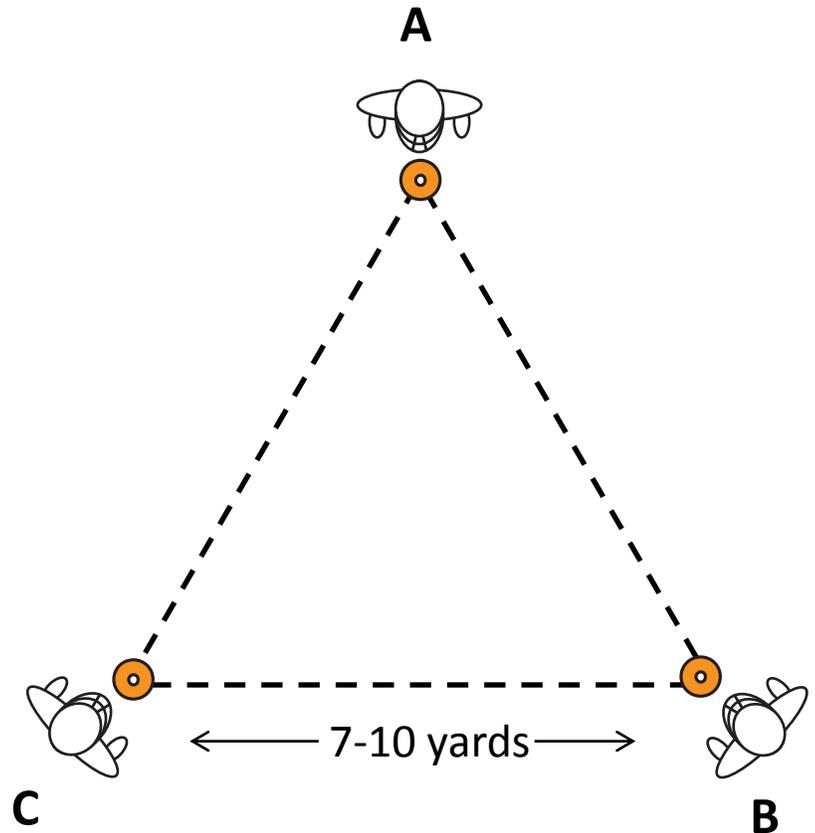
Set up drill as shown

Phase 1: Stationery passing.

Pass around the triangle, sticks to the outside. HERE'S YOUR HELP. Work both directions, both hands.

Phase 2: Follow your pass.

A passes to B and follows his pass. B catches and moves to C while passing. C catches on the move and passes to A on the move. Work both directions, both hands.



X-03

Star Passing or GBs

(5 cones, 1-3 balls)

Goal: Improve passing/catching form

Set up drill as shown

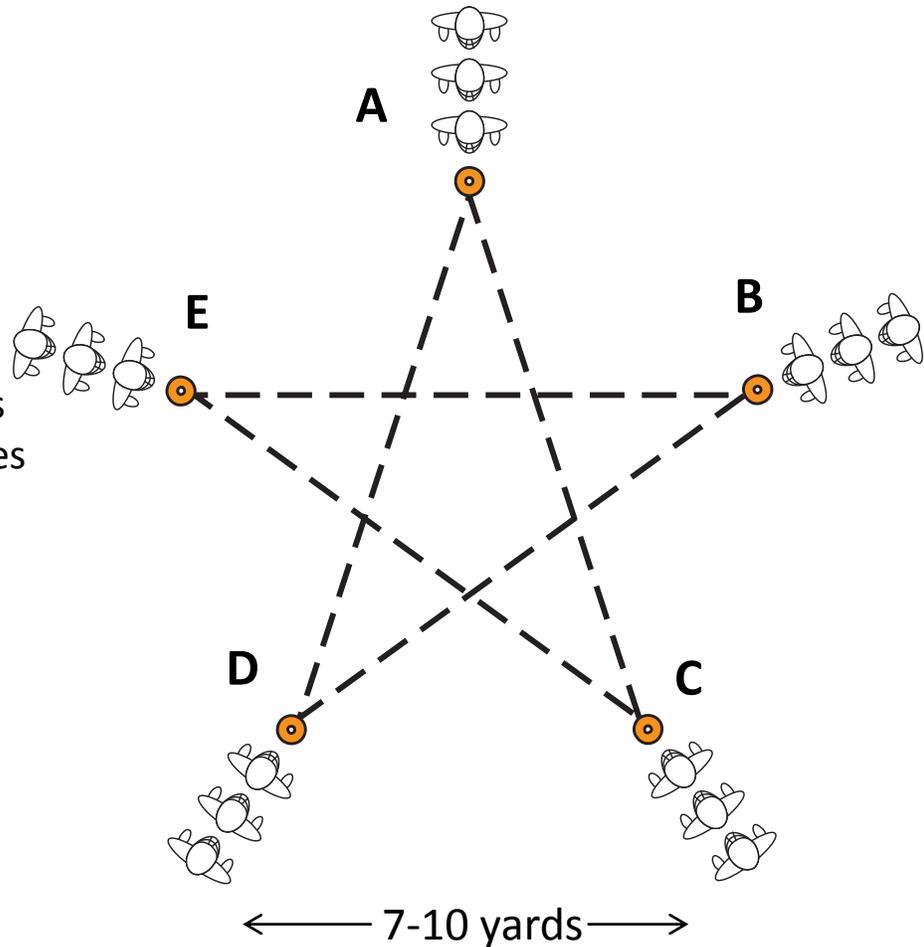
Phase 1: A starts with the ball, runs towards C. Half way there he passes to C, who then runs to E. Half way there, passes to E and E runs to B, etc.

Phase 2: Start with 2 balls at A.

Phase 3: Work it with 3 or more balls.

Work both directions, both hands.

Also work the same drill with ground balls.



X-04

Pass and Dodge

(6 cones, 1 ball/group)

Goal: Improve passing/catching while dodging

Set up drill as shown

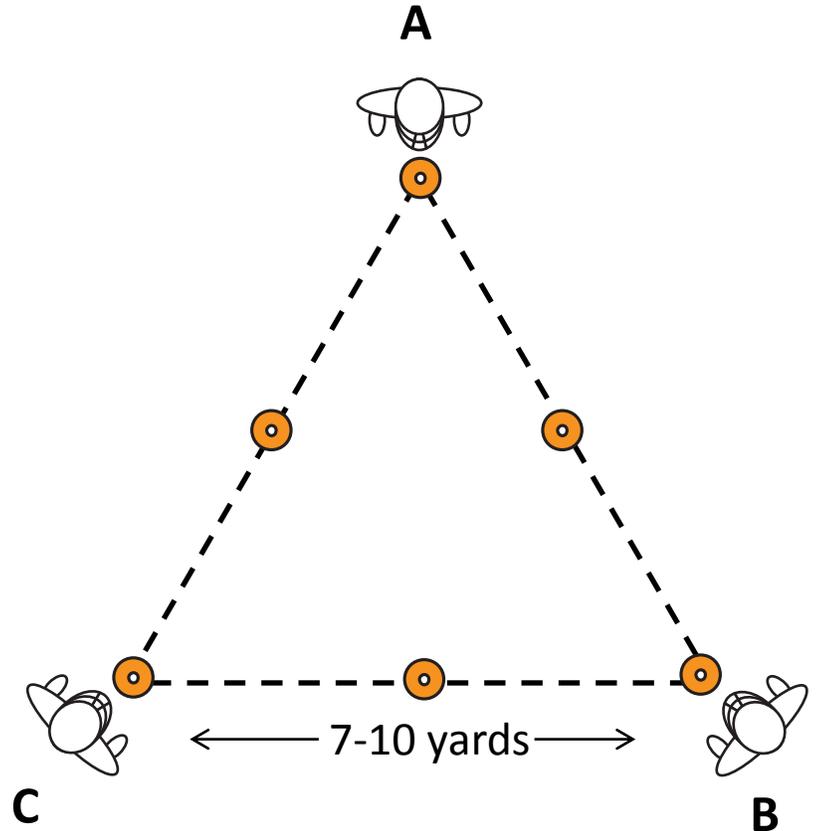
Phase 1: Face

A has ball and starts towards 2, B moves to 3, C moves to 1. A face dodges around center cone and passes to B at 3. B catches, cradles, moves to 1, face dodges center cone, and passes to C at 2.

Work in both directions.

Phase 2: Split

Same as above, ball carrier Split
Dodges their center cone.



X-05

Ground Balls: 2v1

(1 cone, 1 ball)

Goal: Improve GB technique, work BALL, MAN, RELEASE

O: Works alone

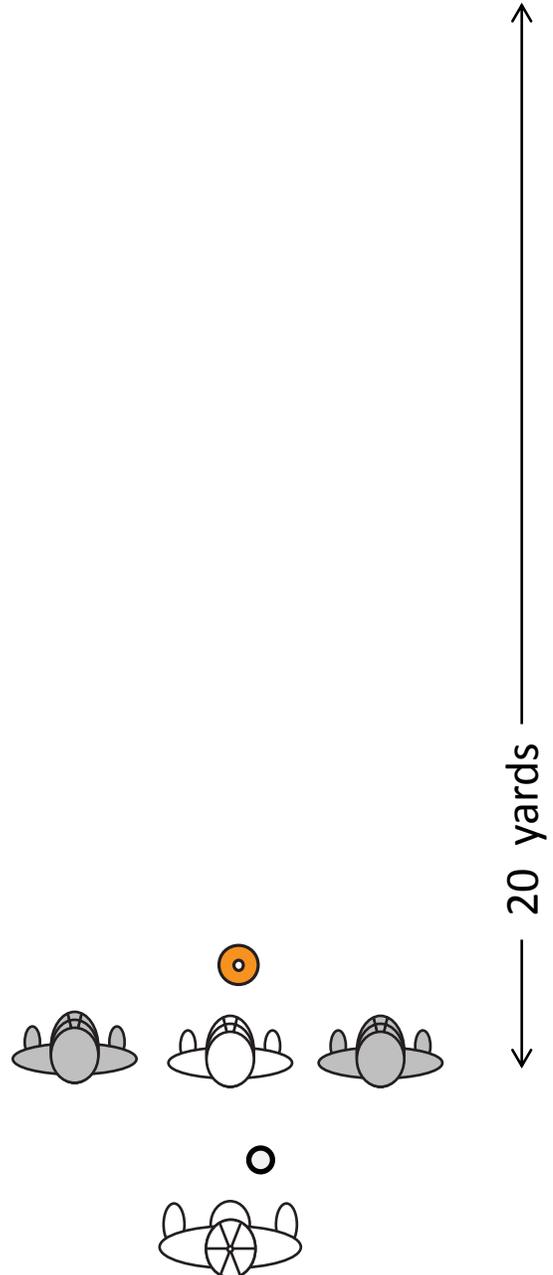
X: Works together

Coach has the ball, stands behind players so they can't see him. Rolls the ball.

If O gets GB, roll away from pressure and pass back to coach.

If X gets the ball, separate, roll away from pressure, pass to other X and then pass to coach.

One X should call BALL and go get it. Other X calls MAN and blocks out O. When X gets ball, he yells RELEASE, other X leaves O and goes for a pass.



X-06

Ground Balls: 2v3

(1 cone, 1 ball)

Goal: Improve GB technique, work BALL, MAN, RELEASE

O: Works alone

X: Works together

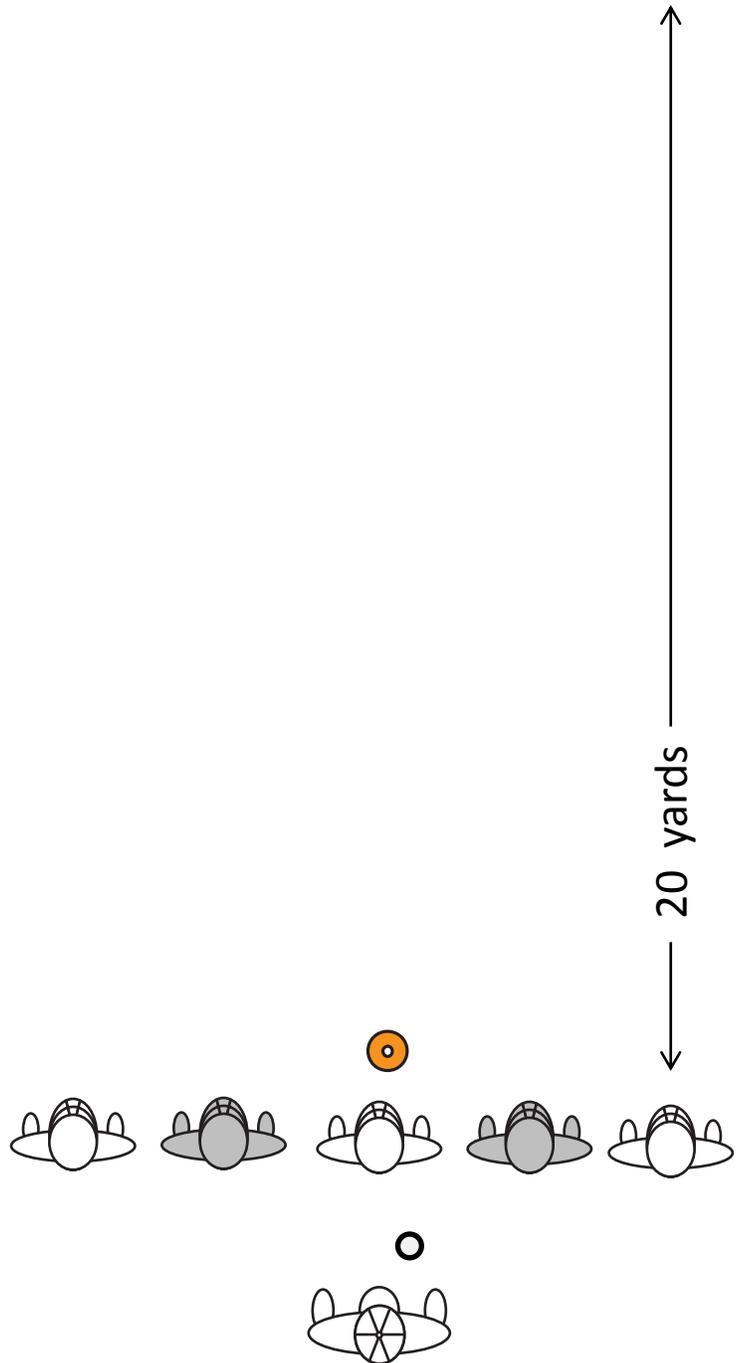
Coach has the ball, stands behind players so they can't see him. Rolls the ball.

Teams must work together.
Reinforce the MAN-BALL concept and communication.

When team gains possession, yell RELEASE and separate for a pass. Settle, complete one pass between them and then pass to coach.

Other team immediately plays defense.

Focus on rolling away from pressure, head up, good communication.



X-07

2v1 Shooters

(7 cones, 1 ball, 2 offense, 1 defense, 1 goalie)

Goal:

O: Create space, communicate

D: Sliding, recovering

Coach has the ball, stands to one side behind the cage.

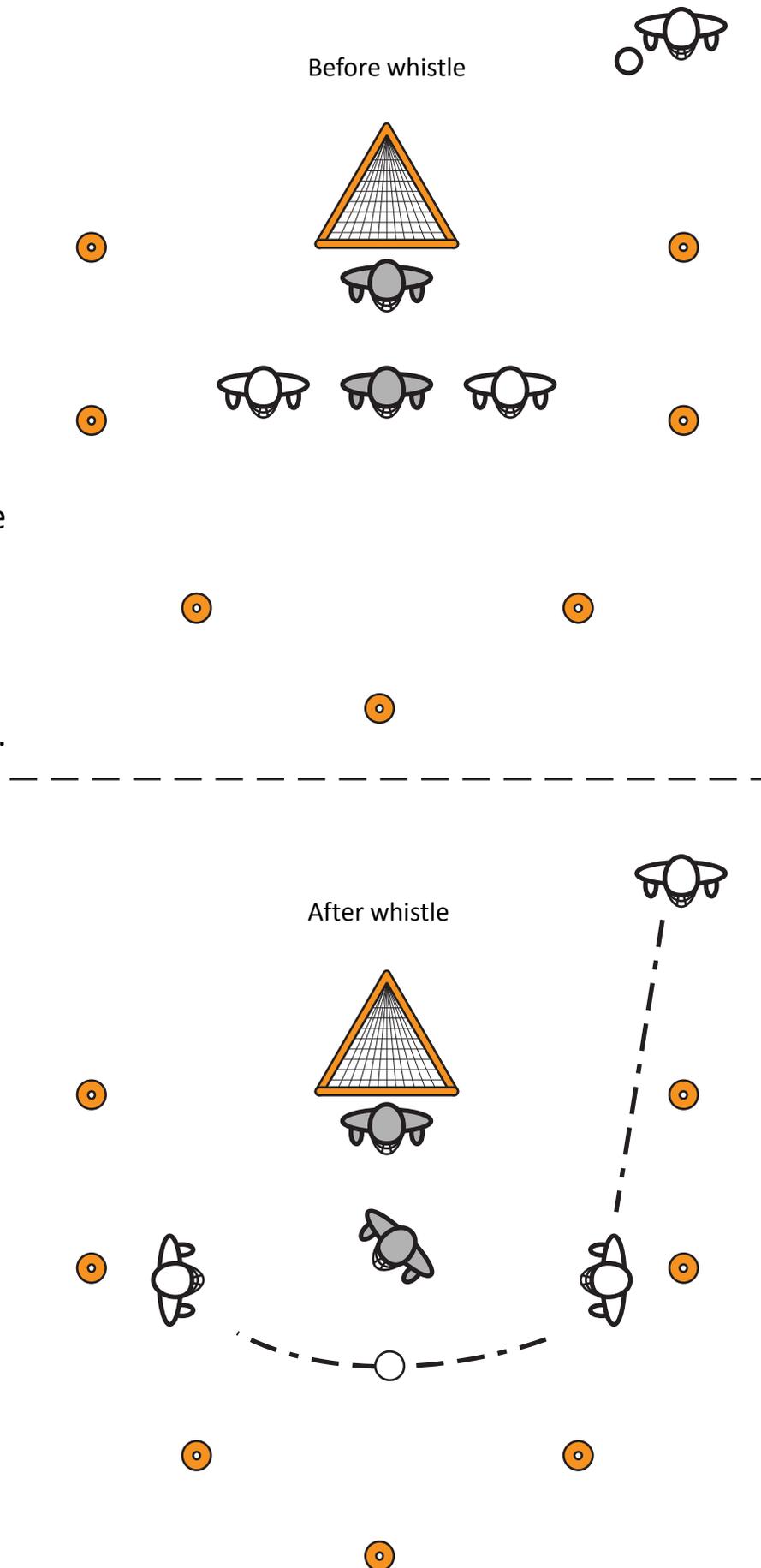
1. On the whistle, each player must touch their stick outside the horseshoe and then get into position.

2. Coach passes to one of the offensive players.

3. O works with his partner to score.

D tries to disrupt and gain control of the ball. Head on a swivel, stick up and in the passing lanes.

Drill is over when a goal is scored or when the defender gains control and passes back to coach.



X-08

2v3 Shooters

(7 cones, 1 ball, 3 offense, 2 defense, 1 goalie)

Goal:

O: Create space, communicate

D: Sliding, recovering

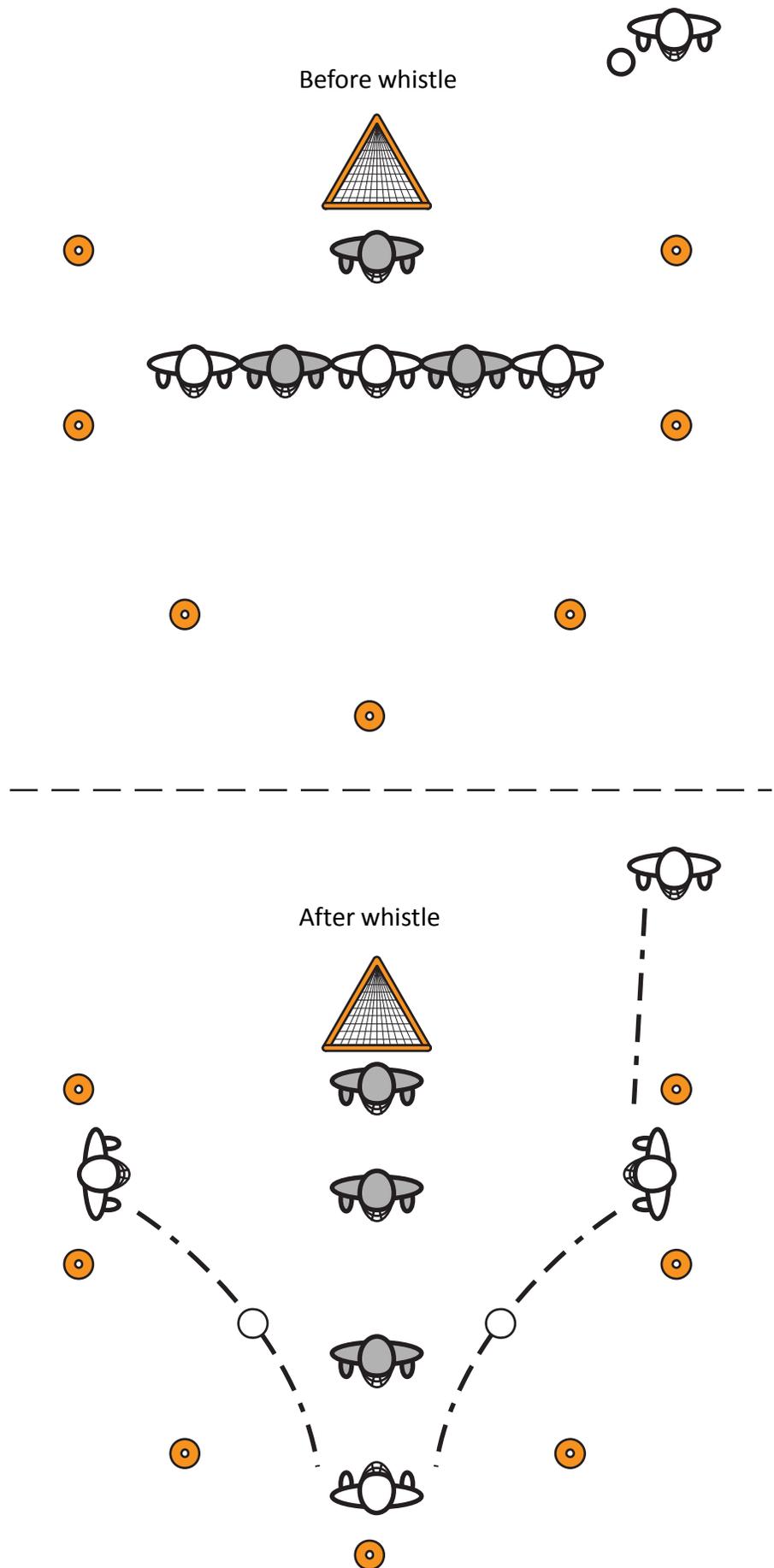
Coach has the ball, stands to one side behind the cage.

Defenders need to form an 'I' and call BALL or BACK. Front defender goes to ball to force pass. Once pass is made, back defender goes to the ball, front defender recovers to back position. They keep rotating.

O needs to create space, make effective passes and score. **PASS ALWAYS GOES THROUGH THE MIDDLE MAN.**

D tries to disrupt and gain control of the ball. Slide, recover, sticks up, head on a swivel

Drill is over when a goal is scored or when the defenders gains control and passes back to coach.



X-10

West Genny – ½ Field

(1 goalie, 2 defense, 3 offense, bag of balls)

Goal: Work all aspects of the game

Offense:

O2 has the ball, tries to draw D1.
O1 and O3 sprint to an open spot and turn to O2 for the pass.
They either take a quick shot or draw D2 and pass to the open man.

Defense:

D1 forces the pass and recovers to middle
D2 follows the pass, forces a pass and recovers to middle.
D1 follows the next pass, etc.

Rotation: (after turnover or shot)
Defenders jog back to team lines.
Last offensive player to touch the ball (turnover or shot) jogs back to team lines.
Remaining 2 offensive players play defense.

