



WARM UP

- tag game

EQUIPMENT

- mouthguards, t-shirts
- hand stamps
- balls (regular & large), cones, nets

HAND STAMPS

Put stamp on athletes's LEFT hand and have this hand always at the top of their stick.

SKILL DEVELOPMENT

1. Grip Positions - Shake Hand Drill

- In pairs, one participant holds toe of stick (toe facing the sky) at waist height. Other partner shakes stick with left hand (repeat 5x and switch)
- In small groups, all but one player is holding the toe of a stick as in a.) and lined up side by side (2 ft apart). The player without a stick faces the first player with a stick and shakes stick with left hand and continues with other kids holding sticks. At end of line, kid runs back to beginning and switches with first kid in line holding stick. Repeat x2.

2. Push Dribble (Closed or Silent Dribble)

- Without Ball** - In horizontal line, side by side, each player assumes dribbling position with no ball. On coaches cue, players can practice dribbling motion forward or follow the leader
- With Ball** - In pairs, first child dribbles to a cone (10-15 y away) and leaves the ball. Player returns back simulating dribbling and then tags partner, who then simulates dribbling to cone and then dribbles ball back. Repeat 2-4 times.

3. Push Dribble Game

- Scatter several balls in a small playing area and place 2 nets down
- In pairs, the first player of each pair runs to a ball, dribbles and pushes the ball into either net. First player returns to partner, tags them and partner repeats with a new ball
- This drill is continuous.

4. Footwork Drill

Note: Footwork drills can be done at any time during practice to re-engage players

- Over sticks (set up like a ladder on the ground)
- running, two legged hop, single legged hop, sideways hop, sideways step, silly option

1. COACH TIPS

- left hand at the top
- right hand at end of grip
- top hand shakes hands with the stick
- left hand does the turning of the stick
- right hand is a guide and lets the stick spin in it

2. COACH TIPS

- stick at 2 o'clock position, on right side of the body
- encourage the ball position to be a foot length distance ahead of the body
- encourage athletes to push left hand out away from body (straight elbow) to help ball position and keep stick angle towards turf

3. COACH TIPS

- As balls are pushed into the net, coaches should immediately remove them and re-scatter the balls safely.
- Remind players to keep their stick on the ground at all times and keep their heads up

MINI GAMES

- Intrasquad game: make two teams of 5 or 6 and play 4vs 4 and rotate athletes in.
- If athletes bunch together, stop them ("Freeze!") and throw a new ball into an open space to spread them out



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SKILL DEVELOPMENT

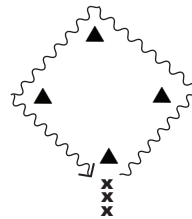
1. Grip Review

- See Coaching Tip #1

2. Push Dribble Review

In groups of 3-4, complete each drill WITHOUT a ball first. Next player can begin once player ahead of them has passed the first cone.

- (a) Counter clockwise - See diagram to right
- (b) Clockwise - Reverse direction having athletes dribble to their left first



3. Dribble and Check

In horizontal line, side by side, each player assumes dribbling position with a ball. Players dribble forward and on coaches cue ("Check!"), players will stop the ball by placing their stick over the ball. Progression: Allow players to let the ball roll forward into space (1-2 yards) and then runs up to it and "checks" it on coaches cue.

4. Footwork Drill

Note: Footwork drills can be done at any time during practice to re-engage players

- Over sticks (set up like a ladder on the ground)
- running, two legged hop, single legged hop, sideways hop, sideways step, silly option

5. Dribble Tag

- Coach is the tagger (no ball)
- Athletes each have a ball they are trying to keep away from tagger
- If tagger gets the ball, athlete runs to get a new one and re-joins

1. COACH TIPS

- left hand at the top
- right hand at end of grip
- top hand shakes hands with the stick
- left hand does the turning of the stick
- right hand is a guide and lets the stick spin in it

2a. COACH TIPS

- stick at 2 o'clock position, out to side
- just before getting to cone, move the ball to 12 o'clock position to turn around the cone more easily

2b. COACH TIPS

- in both directions (turning left or right) use strong stick only
- when turning to right, ensure ball is stopped so feet can move around and past the ball

MINI GAMES

Intersquad game (4 vs 4)

- Rotate athletes in
- If athletes bunch together, stop them ("Freeze!") and throw a new ball into an open space to spread them out



WARM UP

- tag game

EQUIPMENT

- mouthguards, t-shirts
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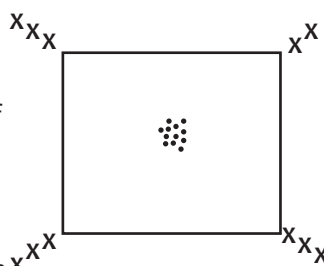
HAND STAMPS

Put stamp on athletes's LEFT hand and have this hand always at the top of their stick.

SKILL DEVELOPMENT

1. Rob the Nest Game

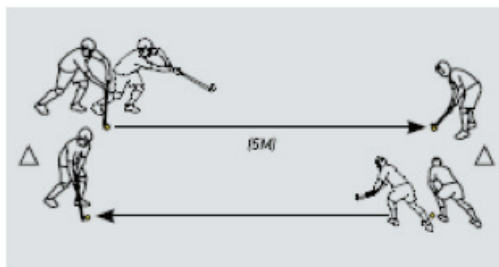
Four teams of up to 3-4 players each are positioned at a cone mapping out a playing area (circle or square 12y x 12y). A central 'nest' of balls is placed in the middle of the playing area. First player of each team runs to the nest and dribbles one ball back to their teams nest and then run around the perimeter of the playing area to join the line of the team directly across. Repeat with next player in line. When nest is empty, continue drill by dribbling ball back to center to refill the nest. Continue drill for as long as necessary. No tackling allowed.



2. Push Pass & Reception (Trap)

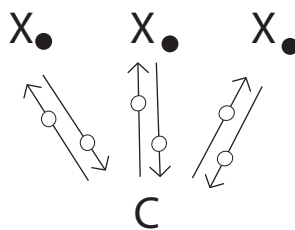
(athletes 5-7y apart)

- Encourage athletes to bend at their knees to generate power with their legs
- See coach tips



3. Push Pass & Reception Drill

- One Coach or adult volunteer per group of 3 players
- Each player will have a ball, first player push passes to coach and coach receives ball and push passes it back to same player.
- Second player repeats, etc. Continue drill for several minutes.



FOOTWORK CIRCUIT

- Weave through wide cones
- Jump sideways over Sticks
- Turn and hop over cones with two feet

MINI GAMES

Intersquad game (4 vs 4)

- Rotate athletes in
- If athletes bunch together, stop them ("Freeze!") and throw a new ball into an open space to spread them out

2. COACH TIPS

- **Passer:** you want your LEFT shoulder facing your partner. Have your feet shoulder width apart. Your hands will be 10-12" apart (top and bottom of stick grip). The ball will be in front of the RIGHT foot. Place stick on ball and transfer weight from Right to Left. Push ball towards partner. Follow through straight towards partner.

- **Receiver:** square up so both feet are facing towards partner. You want to receive with your body behind the ball. Ideally, you want to trap the ball in front of your right foot. Receiver has a staggered stance with left foot slightly in front of the other. You want to absorb the ball

3. COACH TIPS

As an option: after player pass ball to the coach/player, they run to cone behind them and performs footwork as determined by coach and returns to original starting position. Be creative.



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SPECIAL EQUIPMENT

- 2L pop bottles, 1L tetra juice box or tall cones for drill #1

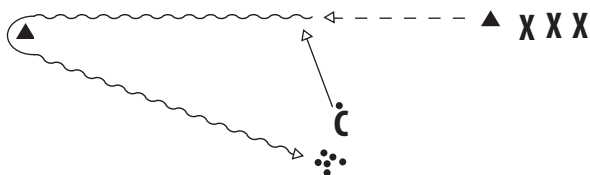
SKILL DEVELOPMENT

1. Passing Review (Hockey Bowling)

Set up bottles or tall cones like bowling pins. In pairs, first player tries to push pass the ball to knock over bottles. Second player, tries to knock over remaining bottles or coach can replace bottles.

2. Receiving on the Move Drill

- Split players into two groups with one coach or adult volunteer per group
- Players begin to run forward towards cone with stick in front of body and on the ground
- Coach passes ball slightly ahead of player, who receives the ball and continues to dribble around the cone and returns the ball behind the coach.
- Player then runs to join the back of the line



FOOTWORK CIRCUIT

- Weave through wide cones
- Jump sideways over Sticks
- Turn and hop over cones with two feet

MINI GAMES

- Intersquad game (4 vs 4)
- Rotate athletes in
- If athletes bunch together, stop them ("Freeze!") and throw a new ball into an open space to spread them out

1. COACH TIPS

Progression: Vary the distance from the "bowling pins" and/or the size of ball (ie: beach ball or playground ball)

2. COACH TIPS

- Coaches should time their pass so the player is reaching forward to receive the ball
- Ensure players run with stick on ground
- Players should have their toes facing forward and should remain in motion as the ball is received
- On reception, encourage players to allow the ball to cross the midline of the body so the ball is immediately in dribbling position
- Remind players to bring the ball to 12 o'clock when dribbling around cone



WARM UP

- tag game

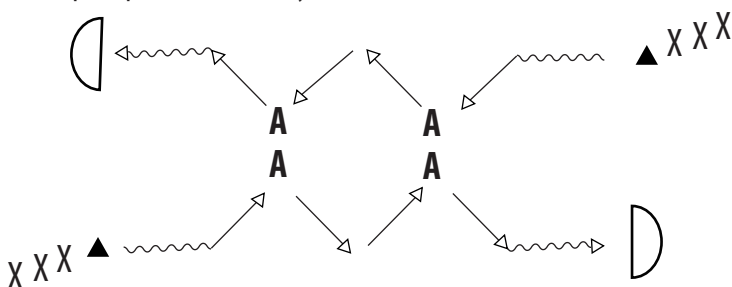
EQUIPMENT

- mouthguards, t-shirts
- hand stamps
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SKILL DEVELOPMENT

1. Receiving and Passing Continuous Drill

- Use 4 coaches or adult volunteers and split players into two groups, each with a pile of balls.
- First player in each line dribbles forward and push passes to first coach on a diagonal.
 - Player then continues to run forward and receives ball back, repeats with second coach and then dribbles forward and push passes on net. Players should not retrieve their ball from net.
 - Upon push passing ball into net, player will join opposite line and continue drill.



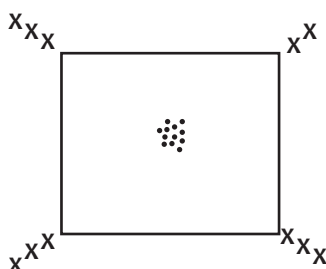
2. Tackling Drill

- In partners, one player with ball dribbles straight towards partner. Partner (tackler) moves towards dribbler with head of stick on ground (stick is upright) and makes contact with ball (no back swing). Dribbler lifts stick on ground, allowing tackler to take ball and complete a wide curl to their left (to retain possession) and dribble back to their starting position. Players should repeat in both roles multiple times.

SKILLS GAME

Rob the Nest Game

- Four teams of up to 3-4 players each are positioned at a cone mapping out a playing area (circle or square 12y x 12y). A central 'nest' of balls is placed in the middle of the playing area. First player of each team runs to the nest and dribbles one ball back to their teams nest and then run around the perimeter of the playing area to join the line of the team directly across. Repeat with next player in line. When nest is empty, continue drill by dribbling ball back to center to refill the nest. Continue drill for as long as necessary. No tackling allowed.



1. COACH TIPS

- Ensure players continue their run forward on a "straight line" and both passes are made and received on a slight angle
- On reception, encourage players to allow the ball to cross the midline of the body so the ball is immediately in dribbling position
- Players should not turn their body when passing to each coach (ie: keep toes pointing forward) but when push passing towards the net, player should turn body so left shoulder faces net

2. COACH TIPS

- tackler has stick angle slightly pointed down towards turf by straightening left elbow
- on tackle, low body position is key (knees bent and feet staggered)
- Remind players that only the head of the stick is on the ground.

FOOTWORK CIRCUIT

- Weave through wide cones
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MINI GAMES

- Intersquad game (4 vs 4)
- Rotate athletes in
 - If athletes bunch together, stop them ("Freeze!") and throw a new ball into an open space to spread them out



WARM UP / FOOTWORK

- tag game w/o stick and ball
- Over sticks: running, two legged hop, single legged hop, sideways hop, sideways step together, silly one

EQUIPMENT

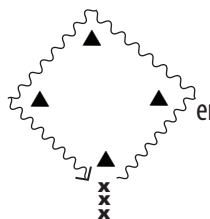
- Balls, Cones, Pop-up nets
- Hand stamps for left hand

SKILL DEVELOPMENT

1. Push Dribble Review

In groups of 3-4, complete each drill WITHOUT a ball first. Next play-can begin once player ahead of them has passed the first cone.

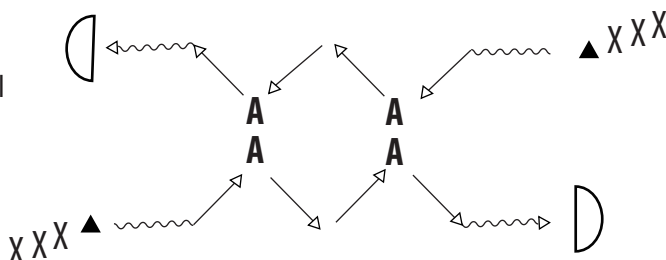
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2. Receiving and Passing Continuous Drill

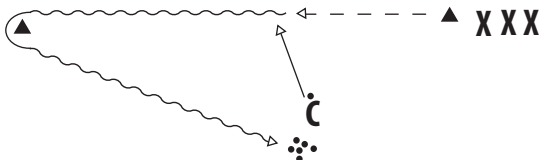
Use 4 coaches or adult volunteers and split players into two groups, each with a pile of balls.

- First player in each line dribbles forward and push passes to first coach on a diagonal.
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- Upon push passing ball into net, player will join opposite line and continue drill.



3. Receiving on the Move Drill

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1a. COACH TIPS

- stick at 2 o'clock position, out to side
- just before getting to cone, move the ball to 12 o'clock position to turn around the cone more easily

1b. COACH TIPS

- in both directions (turning left or right) use strong stick only
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2. COACH TIPS

- Ensure players continue their run forward on a "straight line" and both passes are made and received on a slight angle
- On reception, encourage players to allow the ball to cross the midline of the body so the ball is immediately in dribbling position
- Players should not turn their body when passing to each coach (ie: keep toes pointing

3. COACH TIPS

- Coaches should time their pass so the player is reaching forward to receive the ball
- Ensure players run with stick on ground
- Players should have their toes facing forward and should remain in motion as the ball is received
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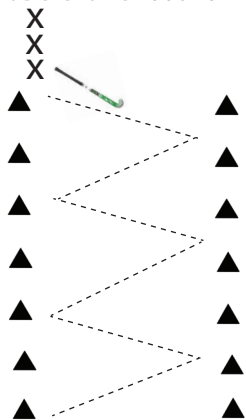
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EQUIPMENT

- Balls, Cones, Pop-up nets
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SKILL DEVELOPMENT

1. Defensive Footwork - Player's begin with back facing the grid



* Run through first with NO stick, then add stick

a.) Side Shuffles (x3)

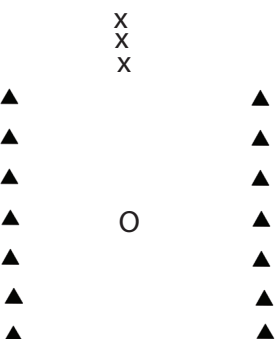
- always facing same direction

b.) Cross-overs (x3)

- to the right: cross left foot in FRONT of right foot
- to the left: cross right foot in FRONT of left foot

c.) Running (x3)

- make sure stick stays in the same position even though your running direction changes.
- toes point in the direction you are going



2. Flapper Drill (Played without sticks and balls)

"o" = defense

- responsible for closing time and space (minimize distance between "o" and "x" quickly)
- must keep elbows tucked in and touching side of body at all times
- remind defender to keep low body position and use defensive footwork (from above)
- working on footwork to prevent "x" from getting by. Can touch "x" with hands (without extending arms)

"x" = offense

- trying to run past "o" without getting tagged
- attempt to draw "o" to one side of grid quickly instead of dancing around at the top of the cones
- use change of pace to create space (take "o" to one side then exploit other side)

1. COACH TIPS

- stick angle faces down towards the turf
- make sure their body position is very low (bent knees) and their LEFT hand is 6-10 inches from the turf **keeping head of stick on the turf at all times**
- At each cone, outside foot is planted and weight shifts to that foot and opposite foot drop steps in direction of next cone creating a quarter turn

SKILLS GAME

Rob the Nest Game

Four teams of up to 3-4 players each are positioned at a cone mapping out a playing area (circle or square 12y x 12y). A central 'nest' of balls is placed in the middle of the playing area. First player of each team runs to the nest and dribbles one ball back to their teams nest and then run around the perimeter of the playing area to join the line of the team directly across. Repeat with next kid in line. When nest is empty, continue drill by dribbling ball back to center to refill the nest. Continue drill for as long as necessary. No tackling allowed.

