



Warm-up and Agilities - 10 min

As one group go through a running warm up, agilities that include footwork, lunges, active stretches and progressive accelerations.

Stations - 4 x 12 min

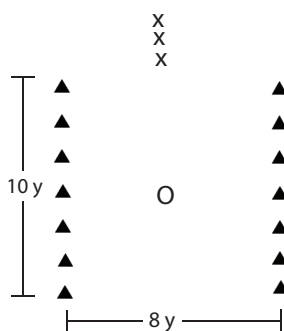
Set up all four stations at the beginning of the practice and groups will rotate through each station with water breaks in between. Each station should take 1/4 of the field.

Station #1 - Small Game

Possession scrimmage of 5 v 5 in a 40 x 25 yard space. Players should focus on moving off the ball to a space or to create space, spreading out, minimizing touches and footwork to stay in contention.

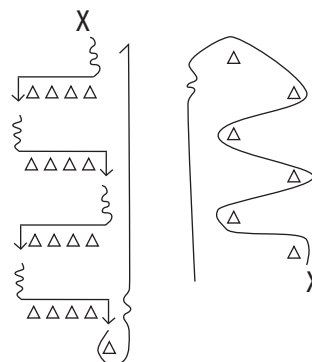
Station #2 - Defence "Flapper Drill"

- (i) No stick, no ball | Focus: Footwork & body position
 - "O" = creating space & change of pace. Use fakes.
 - "X" = closing time & space, forcing attacker into small space
- (ii) Progression to 1v1 (no tackling)
 - "O" = dribbling with ball out in front, open body position
 - "X" = work on footwork & keeping ball carrier in front



Stations #3 - Dribbling Skills

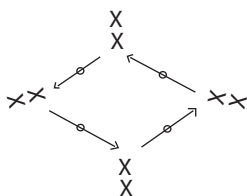
- (i) Draws LEFT & RIGHT, curl LEFT around single cone and push dribble back
- (ii) Forehand dribbling only, lifted dribble back



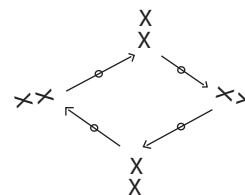
Station #4 - Passing

Pass and follow pass. Use 2 balls. Players should be 8-10 yards apart.

- (i - a) Passing to the RIGHT, let reception cross body
- (i - b) Passing to the RIGHT, first touch straight ahead - move feet around prior to pass



- (ii - a) Passing to the LEFT, use body as shield - receive and send
- (ii - b) Passing to the LEFT, first touch LEFT & reverse sweep pass - move feet to get pass off





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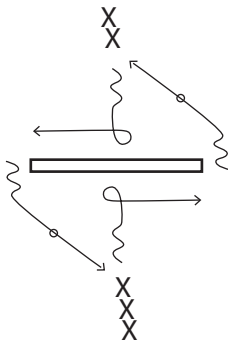
Station #1 - Small Game

Use 1/4 field and each team has two goals they defend and try to score in. Goals should be placed in the corners of the field.

Station #2 - Dribbling (Continuous)

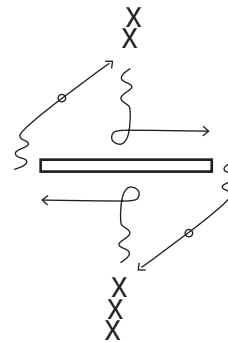
(i - a) Draw RIGHT - straighten the ball and snap pass on the run

(i - b) Fake LEFT, draw RIGHT - lifted pass



(ii - a) Draw LEFT - feet around and strong stick pass

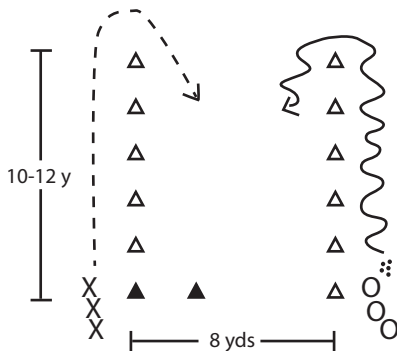
(ii - b) Fake RIGHT, draw LEFT - upright reverse stick pass



Station #3 - Defence Channeling "No tackling"

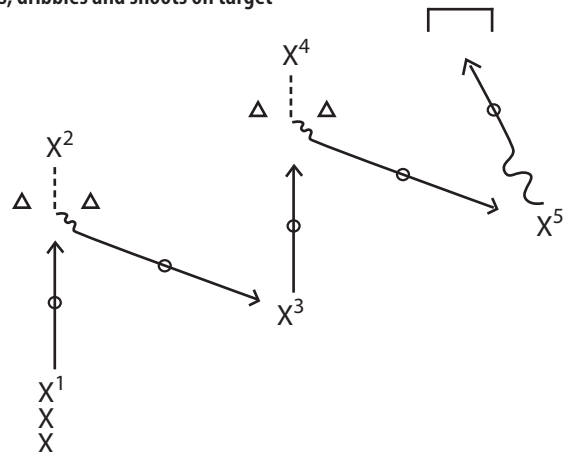
"O" - dribbling with the intent to score through a goal while keeping body open to goal

"X" - focus on keeping the ball carrier on your forehand, keeping feet behind ball and body close to ball carrier



Station #4 - Passing, Receiving & Shooting

- X1 sends a through ball to X2 who cuts back through the gate, receives the ball on the move and sends a diagonal ball back to X3
- X3 receives and sends a through ball to X4 who cuts back through the gate, receives the ball on the move and sends a diagonal ball back to X5
- X5 receives, dribbles and shoots on target





Warm-up and FMS - 10 min

As one group go through a running warm up and fundamental movement skills to ensure the players' body and heart rate are warmed up.

Stations - 4 x 12 min

Set up all four stations at the beginning of the practice and groups will rotate through each station with water breaks in between. Each station should take one quarter of the field.

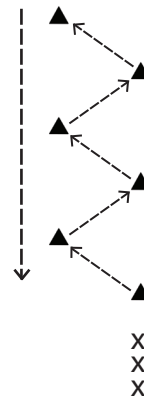
Station #1 - Small Game

Use 1/4 field and try different stipulations like limiting to 2-touch hockey, no dribbling or 3 passes equals a goal.

Station #2 - Dribbling Skills

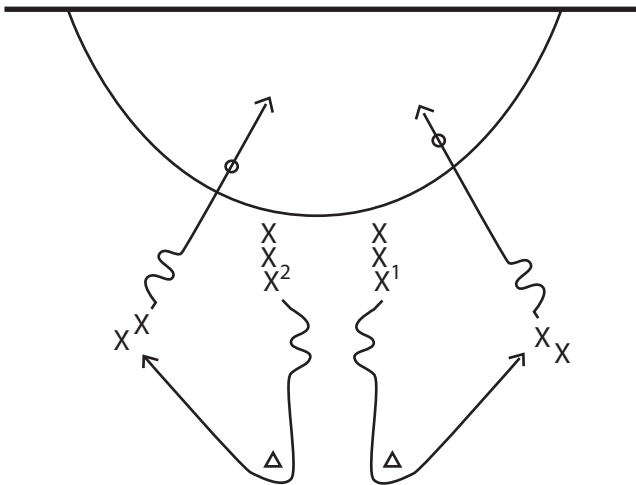
Set up 2 grids so 2 groups can go simultaneously.

- (i) weave strong stick only (move feet around the ball)
- (ii) weave strong and reverse stick
- (iii) plant and change direction at each cone (inside the lines of cones)
- (iv) figure 8's around the cone - stick loops the ball inside past the cone and back around it (feet stay inside the channel)



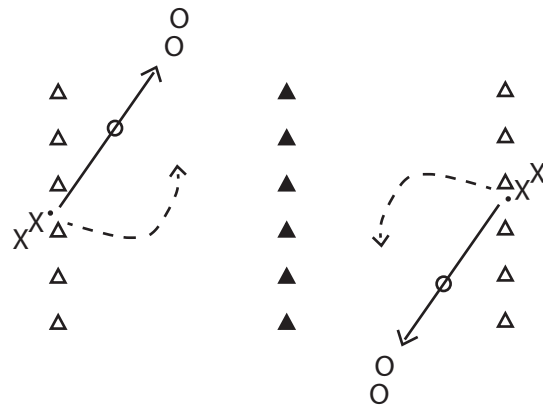
Station #3 - Dribbling, passing + shot on net

- (i) X1 dribbles, curls left around cone and passes to X3 who receives strong and goes in to shoot; X2 dribbles, curls right around cone and passes to X4 who receives upright reverse and goes in to shoot
- (ii) X1 dribbles, LEFT foot pivot around cone and pass to X3 who receives strong and goes in to shoot; X2 dribbles, RIGHT foot pivot and passes to X4 who receives upright reverse and goes in to shoot



Stations #4 - Continuous 1v1s

"O" - look to eliminate the defender without turning back to the defender - try change of pace, stick fakes, dribbling diagonally
 "X" - always keep attacked in front of you, force to strong stick, use poke tackle, keep feet moving, don't square up to attacker



Rotate O to X to O on other side to X ...



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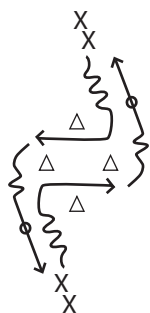
Station #1 - Small Game

Use 1/4 field and try different stipulations like limiting to 2-touch hockey, no dribbling or 3 passes equals a goal.

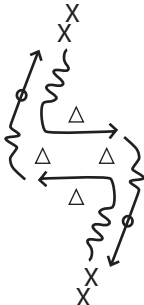
Station #2 - Elimination Skills

Two groups of 5 in shuttle format (pass and follow your pass). Each drills starts with 1 ball on each side.

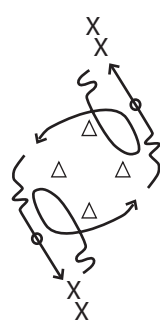
(i) draw RIGHT



(ii) draw LEFT



(iii) curl LEFT



(iv) curl RIGHT



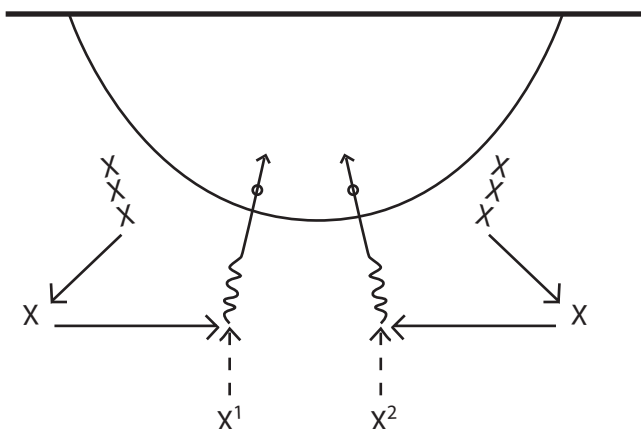
Station #3 - Passing & Receiving

All passes are push passes. Players should pass and follow their pass. Players should stay on the same side until all the balls are finished - then switch sides for another round.

X1 - makes forehand reception on the move

X2 - makes upright reverse reception on the move

Both end with a forehand shot on net



Stations #3 - 2v1s

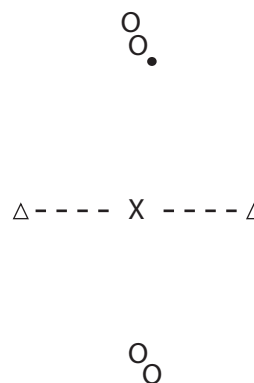
"X" - can only defend between the cones (can't step forward or back)

"O" - looking to get the ball to teammate who is behind "X"

- look to pass by left foot of defender

- use stick fakers, create space for pass

Rotation: "O" to "X" to "X" out





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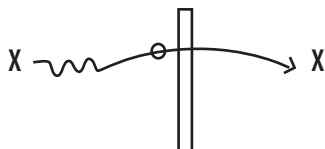
Station #1 - Small Game

Use 1/4 field and try different stipulations like limiting to 2-touch hockey, no dribbling or 3 passes equals a goal.

Station #2 - Shuttles with lifted passes

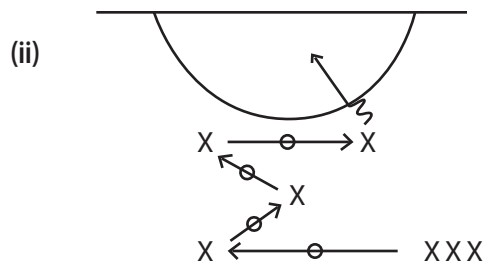
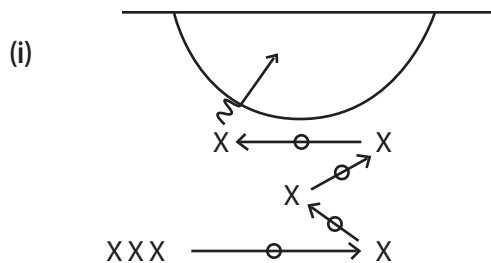
Two groups of 5 in shuttle format (pass and follow your pass). Each drill starts with 1 ball on each side.

- (i) Dribble & lifted snap pass
(toes point towards team mate on pass)
- (ii) Dribble & turn feet to send lifted pass
(left shoulder facing team mate on pass)



Station #3 - Shooting Drill

Pass and follow your pass. Focus on reception - first touch, minimize touches on the ball, move feet. Maintain low body position.



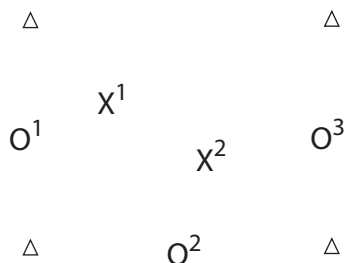
Station #4 - 3v3 in a grid

X1 and X2 are defenders - give every player an opportunity to defend (change defenders every 1-2 min)

- protect middle of grid and force attackers to pass around outside of square
- defend with feet one up and one back (avoid having feet square to one another)

O1, O2 and O3 can move around the square, outside of the cones, to receive passes.

- look to pass ball through square (1 point), otherwise pass laterally to a team mate





Warm-up and FMS - 10 min

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Stations - 4 x 12 min

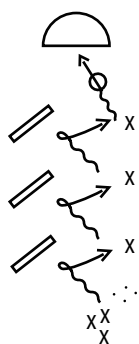
Set up all four stations at the beginning of the practice and groups will rotate through each station with water breaks in between. Each station should take one quarter of the field.

Station #1 - Small Game

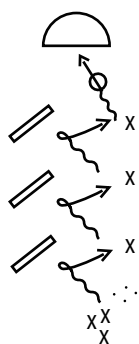
Use 1/4 field and try different stipulations like limiting to 2-touch hockey, no dribbling or 3 passes equals a goal.

Station #2 - Curls and Pivots

Two groups of 5 in shuttle format (pass and follow your pass). Each drill starts with 1 ball on each side.



(i) Curl LEFT - pass
(ii) LEFT foot pivot - pass



(iii) Curl RIGHT, feet around - push pass
(iv) RIGHT foot pivot, reverse stick pass

Station #3 - Receptions over left/right shoulder

(i) Reception over right shoulder

Reverse stick reception, dribble, draw right and shoot

(ii) Reception over left shoulder

Fore hand reception, dribble, draw left, get feet around and forehand shot

Station #4 - 3v2s with a shot on net

X1 and X2 = defenders

O1, O2 and O3 = attackers

- O1 sends a ball into X1

- X2 can either pass back to O1 or O2 to start the 3v2

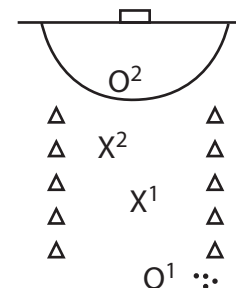
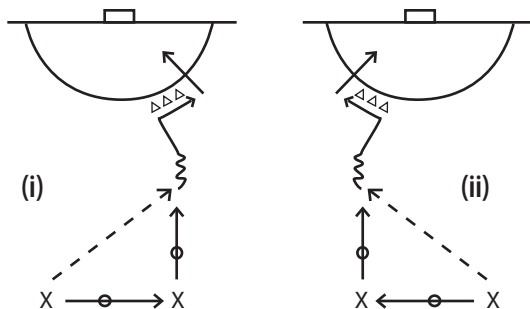
- Always keep one attacker "0"

high in the circle to create depth

- Look to create 2v1s within the 3v2

- Change defenders every 2 minutes

- Have everyone rotate through all positions





Warm-up and FMS - 10 min

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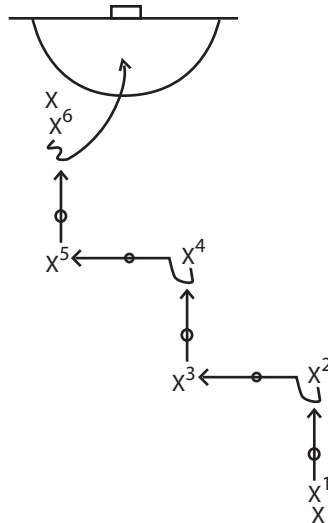
Set up all four stations at the beginning of the practice and groups will rotate through each station with water breaks in between. Each station should take one quarter of the field.

Station #1 - Small Game

Use 1/4 field for game.

Station #2 - Passing, receiving and shooting

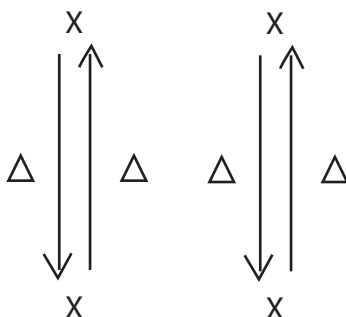
- X1 sends a through pass to X2
- X2 receives, curls RIGHT and sends a square pass to X2
- X3 sends a through pass to X4
- X4 repeats the same skill as X2 (passes to X5)
- X5 sends through pass to X6
- X6 receives, curls LEFT and shoots on net



Station #3 - Stationary Passing

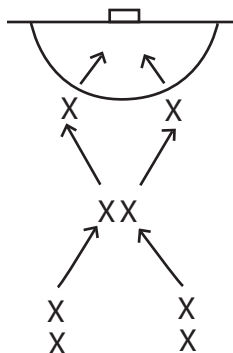
Working on accuracy and ball speed.

- (i) push passes 7 yards apart
 - (ii) push passes 12 yards apart
 - (iii) push passes 15 yards apart
 - (iv) sweep passes 20 yards apart
- FOCUS: to pass the ball between the set of cones
Cones are a stick length apart for all 4 drills.



Station #4 - X-Box Shooting Drill

- Stay on the same side until all the balls are finished (then switch)
- Minimize touches on the ball
- Sticks on the ground and low body positions
- Forehand hitting on net





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Station #1 - Small Game - "Box Game"

25 y x 40 y grid with a "no go zone" in the middle

Players must pass around and run around the zone. Put a goal at both ends.

Station #2 - Passing and Receiving (Forehand receptions)

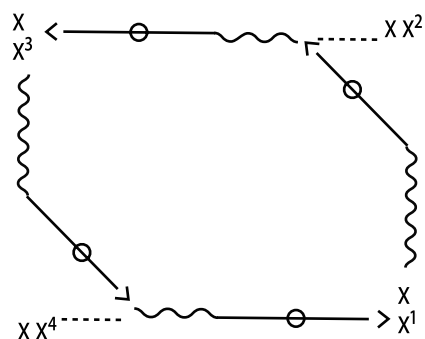
X1 and X3 each start with a ball simultaneously.

(i) Strong stick reception on the move (see diagram)

- X1 and X3 need to send a lead pass to X2 and X4

- X2 and X4 keep stick on the ground, receive on the move and snap pass straight ahead

(ii) Same except all passes are lifted passes

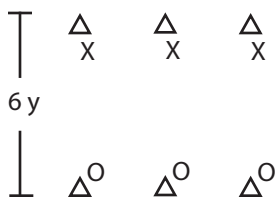


Station #3 - 1v1s

45 seconds work : 15 seconds rest

- Goal: to score by touching the ball to the opponent's cone

- Partner switches every 45 seconds - "O" rotates to the right



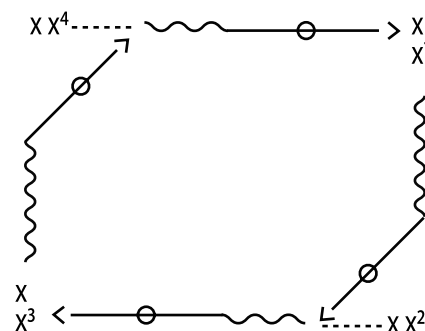
Station #4 - Passing and Receiving (Upright Reverse Receptions)

(i) Upright reverse stick reception on the move

- X1 and X3 dribble, get feet around and send a lead pass to X2 and X4

- X2 and X4 receive on the move and send a snap pass straight ahead

(ii) Same except all passes are lifted passes





Warm-up and FMS - 10 min

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Station #1 - Scrimmage

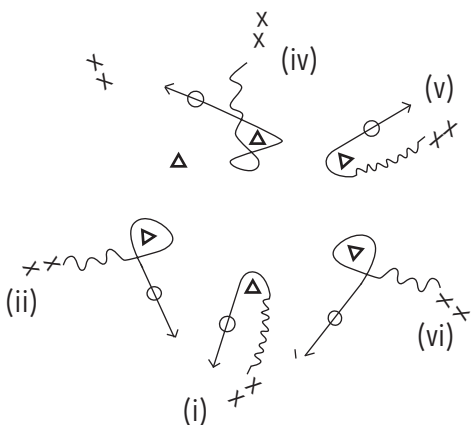
Have four goals - two in each end.

Team 1 = scores in A and D

Team 2 = scores in B and C



Station #2 - Dribbling Skills - This drill is done in pairs. You may need to add more cones as necessary.



- (i) Dribble to the right of the cone, curl around it and PUSH PASS back to partner
- (ii) Dribble to the right of the cone, curl around it but this time SNAP PASS to next line (drill moves counter-clockwise)
- (iii) Practice the LEFT FOOT PIVOT stationary in pairs (30 seconds)
- (iv) Dribble to right of cone, LEFT FOOT PIVOT and pass to next line
- (v) Dribble to the left of the cone, curl around strong stick only & getting feet around and push pass back to partner
- (vi) Dribble to the left of the cone, curl around it and push pass to next line (clockwise)

Station #3 - Receiving over LEFT & RIGHT shoulder

Encourage a change of pace on leads. Practice both an open and closed pivot around the cone. SEE NOTES on next page.

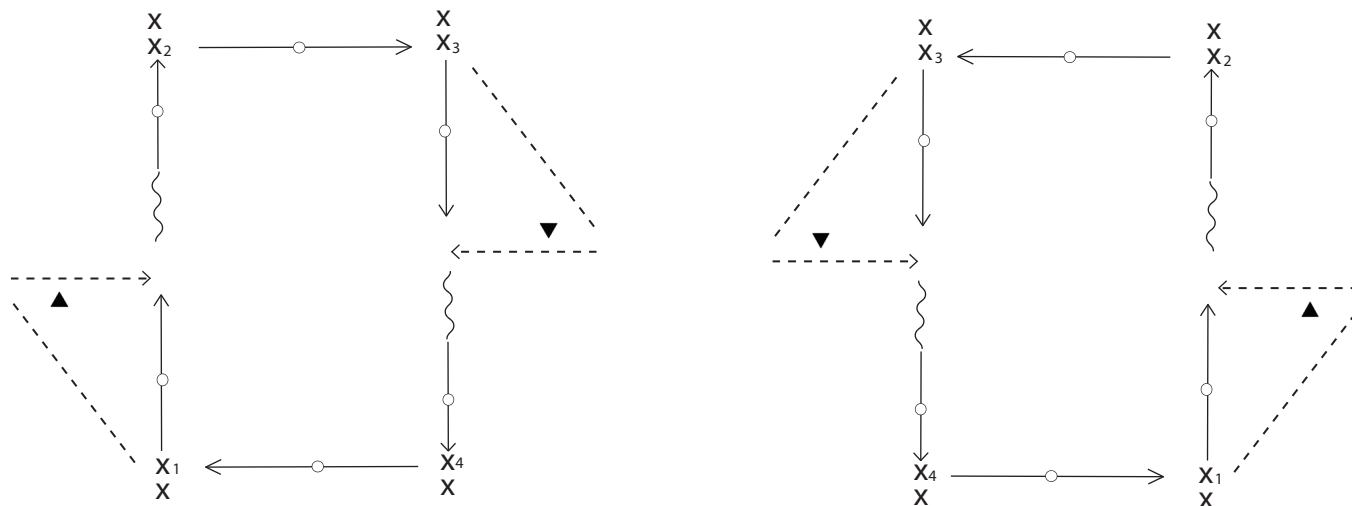
OPEN pivot --> you can always see the passer

CLOSED pivot --> you can not see the passer until the last second

If the continuous drill is too difficult, make two sets and have them "shoot" between two cones instead of passing to the next line.

(i) Receiving over the RIGHT shoulder

(ii) Receiving over the LEFT shoulder





CONTINUED...

PASSING & RECEIVING OVER THE SHOULDER ON THE MOVE

This is a continuous drill, allowing the players to get maximum touches in a short period of time.

(i) OVER RIGHT SHOULDER

X1 and X3 will start at the same time. They will make their lead around the cone. As soon as they get to the cone, the next person in line will send a paced through pass so X1 and X3 are able to make an upright reverse stick reception over their right shoulder. X1 and X3 will then dribble two steps and send a through pass to X2 and X4. X2 and X4 will send a square pass to the next person in line. Players will follow their pass and repeat the drill.

OPEN PIVOT --> Plant **RIGHT** foot at the cone, open up towards passer (turn to your left) and continue your lead. Should always see the passer.

CLOSED PIVOT --> Plant **LEFT** foot at cone. Body is closed to passer. Look over **RIGHT** shoulder for eye contact.

(b) OVER LEFT SHOULDER

Same but X1 and X3 will make a reception on their forehand over their left shoulder (feet should face the direction they are going to go not the

Station #4 - Defence "BLOCK tackle"

- X1 is somewhat of a passive ball carrier to allow O1 to work on the timing of the tackle

- Keep the drill continuous X1 to O1, O to X, etc.

- X1 is trying to dribble through the goal

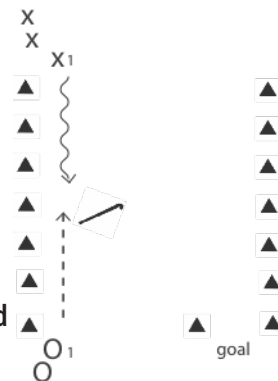
- O1 is closing time and space on the ball carrier

- X1: somewhat of a passive ball carrier to allow O1 to work on the timing of the tackle.

- Keep the drill continuous X1--> O1, O--> X, etc.

- X1 is trying to dribble through the goal on the opposite side of the grid

- O1 is closing time and space on the ball carrier and makes the tackle as X1 changes the angle of their dribble toward the goal.





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Station #1 - Scrimmage

Station #2 - Passing & Receiving

- X1 weaves around cones, gets feet around and sends square pass to X2
- X2 receives and sends a through pass to X3 who is cutting into the grid
- X3 receives, gets feet around and sends square pass to X4
- X4 receives forehand (on back foot) and shoots on net

Players follow their pass for the rotation.

Station #3- Passing & Receiving

Same as above except X1 and X3 make upright reverse stick passes and X4 receives upright reverse - gets ball back on forehand quickly and ends with a shot on net

Station #4- Ladders (Agility and Footwork)

- (i) single steps in each rung
- (ii) double step in each rung
- (iii) in, in, out, out (start beside the first rung)
- (iv) LEFT shoulder facing ladders - cross overs (right over left)
- (v) RIGHT shoulder facing ladders - cross overs (left over right)
- (vi) scissors
- (vii) hopscotch
- (viii) etc...

TIP: use two ladders simultaneously or a row of sticks laid down. Add a cone 3 yards after the ladder for players to accelerate to.

