



# YOUTH LACROSSE SKILLS & DRILLS

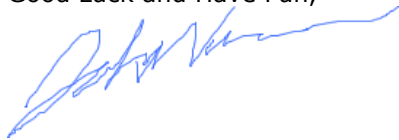
**45 Proven  
Lacrosse Drills  
for ages 6-18  
years old.**

# Introduction

This drills and skills book was designed specifically with the rookie youth lacrosse coach in mind. All of the drills included in this book have actually been tested and refined by our coaching staff thru actual game day experience. We know for a fact that these drills will work for ANY youth lacrosse team regardless of coaching experience, player experience or talent level.

We hope that you find success this season, but above all we hope that you enjoy your youth lacrosse coaching experience as much as we have. Coaching a youth lacrosse team can be a very rewarding experience and we hope that by using these "field-tested" youth lacrosse drills you are one step ahead and enjoy your season even more.

Good Luck and Have Fun,



John Wamer  
*CoachYouths Founder*



# 45 Youth Lacrosse Drills & Skills

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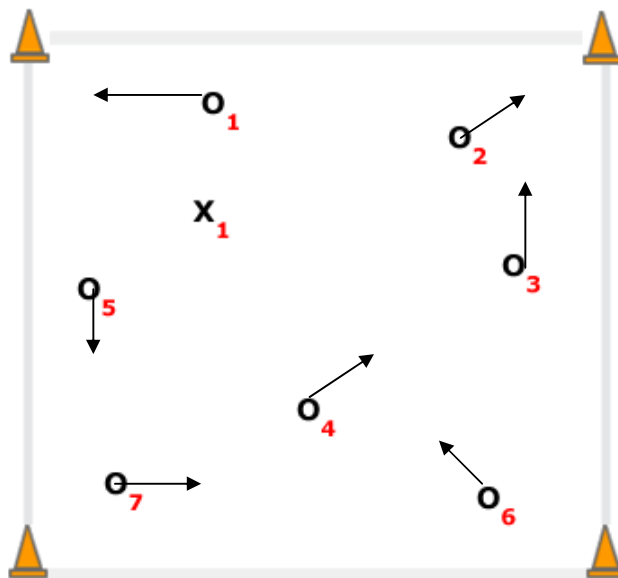
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# Grid Tag

1

<b>Purpose:</b>	Learn Fundamentals of space and movement and to build agility and quickness.
<b>Number of Players:</b>	8 (1 defensive/7 offensive)
<b>Equipment:</b>	4 Field markers (cones), 1-4 practice jerseys (red/yellow, bright solid color)
<b>Skill Level:</b>	Beginner - Intermediate



## Drill Execution:

- 1) Establish a 30-by-30 yard square grid.
- 2) Players should space themselves evenly around the square.
- 3) The defensive player (X1) holds a practice jersey and attempts to TAG any offensive player within the GRID.
- 4) The defender begins with a 5-second countdown. Basically the coach blows the whistle once and the offensive players (O1 – O7) begin moving to open space. The coach waits 5 seconds blows the whistle TWICE and the defender begins moving.
- 5) The offensive players must move around grid into open space to avoid being tagged.
- 6) If caught, the offensive player takes the jersey and becomes the defender.
- 7) The NEW defender cannot go after the original defender, but must catch another offensive player.
- 8) Modify by adding more than ONE defender (up to 4 defenders vs. 4 offensive players)
- 9) Players should wear full equipment and hold sticks in TWO hands.

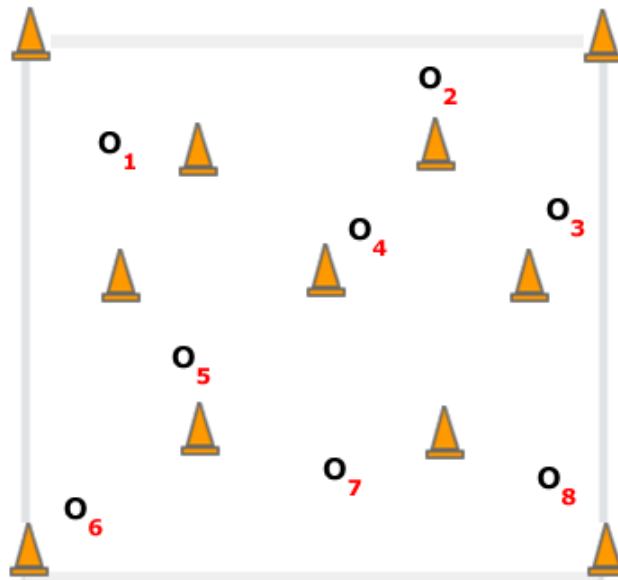
## Coaching Points

The game of tag is basic to the concept of understanding open and closed space. An offensive player needs to move to *open space*, an area without defenders or other offensive players, by scanning and making good decisions about where to move and how to get there without coming in contact with others. Helping players understand space and movement and giving them the opportunity to make decisions will make teaching the game of lacrosse considerable easier.

# Missing Marker

2

<b>Purpose:</b>	Improve ability to change speed and direction
<b>Number of Players:</b>	8
<b>Equipment:</b>	11 field markers (cones)
<b>Skill Level:</b>	Beginner



## Drill Execution:

- 1) Create a 20 by 20 yard grid with four of the field markers.
- 2) Place the remaining 7 field markers inside the grid, spacing them appropriately.
- 3) Space the 8 players in the grid.
- 4) Players begin on your signal.
- 5) Players move through the grid until the whistle.
- 6) On the whistle, players must move to a marker and remain there until you begin play again.
- 7) ONE player will not be able to find an unclaimed marker.
- 8) This player is eliminated, and must go outside the grid, where he picks up a stick and works on cradling the ball with BOTH hands and with one hand.
- 9) A marker is REMOVED and on your command the play restarts. The next player eliminated trades out with the previous player that was eliminated and play starts over.
- 10) The drill continues for 2-3 minutes with each player trying not to be eliminated.

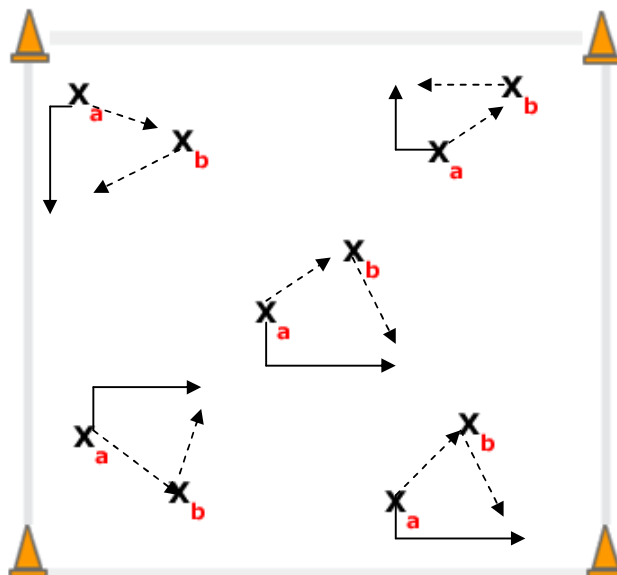
### Coaching Points

Coaches should not use elimination type games for LONG periods of time because if the same 1-2 players are always eliminated, they will get discouraged and lose motivation. To encourage fast-paced movement you can insist that each player must touch 4 different cones before the whistle blows.

# Changing Partners

3

<b>Purpose:</b>	To improve vision, communication, and decision making with the ball
<b>Number of Players:</b>	10 (2 groups of 5) Group A (moving) Group B (stationary)
<b>Equipment:</b>	4 cones, 5 balls, full equipment
<b>Skill Level:</b>	Beginner - Intermediate



## Drill Execution:

- 1) Create a 20 by 20 yard square grid
- 2) Assign partners, there will be 5 groups of 2. There will be a "A" player and a "B" player. The "A" players will MOVE and pass, the "B" Players stand still and catch and pass.
- 3) When the drill begins, the A will pass to B, then make a move, the B will pass back to A. All groups will be doing this at once, then the A players will start looking for other B players (not the starting partner) to make the next pass to.
- 4) A players will only pass to B players
- 5) B players will only pass to A Players.
- 6) A players are FREE to move around the grid, while B player MUST remain still and only catch and pass to A players.
- 7) Play continues for 4-5 minutes to allow plenty of touches and passes.
- 8) The players then switch positions (A's go to B's/B's go to A's)
- 9) Then run the drill again.

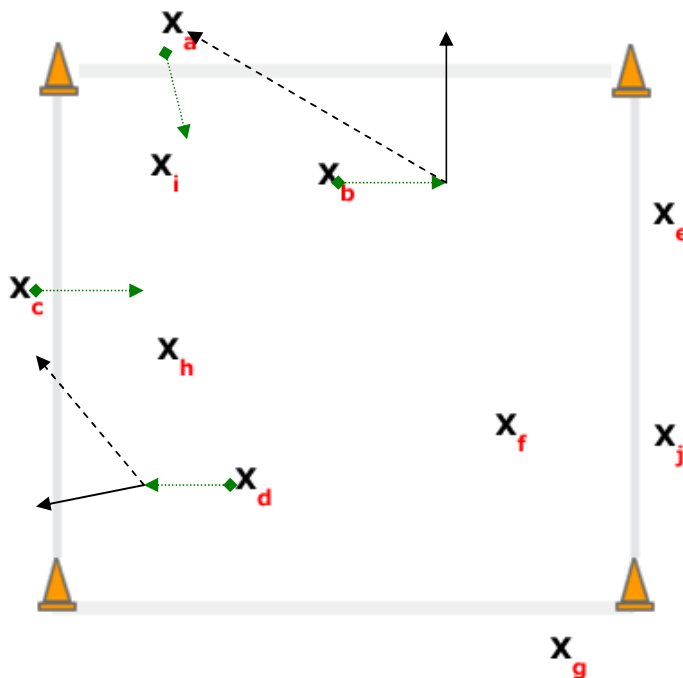
### Coaching Points

As the moving players go through the grid, they should remain aware of other players. They do this by scanning the field and all players, to find the open spaces and the open stationary players. Players should work hard to maintain grid balance and even spacing so that players do not get bunched in one area. This drill will help promote good communication.

# Inside-Out

4

<b>Purpose:</b>	Develop good habits of vision, communication and movement
<b>Number of Players:</b>	10
<b>Equipment:</b>	4 field markers, 5 balls
<b>Skill Level:</b>	Intermediate - Advanced



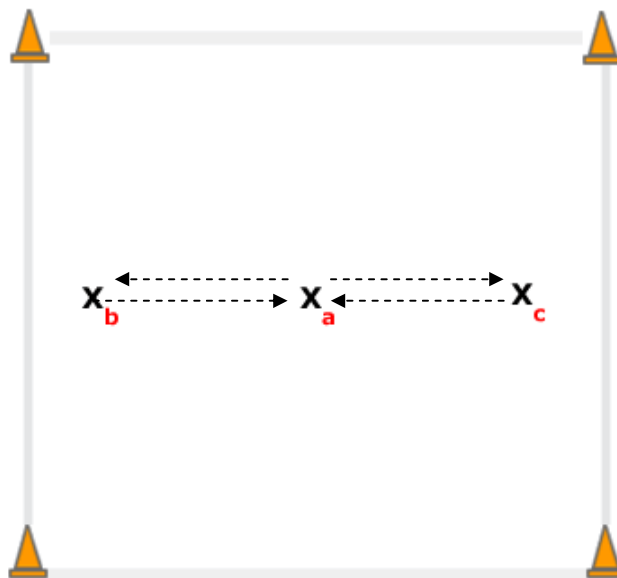
## Drill Execution:

- 1) Create a 20 by 20 yard square grid.
- 2) Five players begin inside the grid, each with a ball.
- 3) Five players begin outside the grid, without a ball.
- 4) Play begins with the players inside the grid moving with the ball toward a player outside the grid.
- 5) Each player inside the grid passes to a player outside the grid and then moves outside the grid.
- 6) Each player outside the grid moves into the grid with the ball and must pass to a player outside the grid other than the player who passed to him.
- 7) Play is continuous.

### Coaching Points

At first this drill looks rather simple. As the ball is dropped or players move in different directions and at different speeds, it becomes important for players to communicate effectively. Players discover that players and space become quickly closed.

<b>Purpose:</b>	To teach basic passing and catching technique
<b>Number of Players:</b>	3
<b>Equipment:</b>	4 cones (optional), 2 balls
<b>Skill Level:</b>	Beginner



## Drill Execution:

- 1) Setup a 10-by-10 yard square for the players to stay within. This is optional but helps reinforce the idea of staying in bounds while passing and catching. You can have multiple groups of three players doing this at the same time in separate squares.
- 2) Player Xb and Player Xc each start with a ball
- 3) Player Xb passes to Xa, who then returns the pass to Xb.
- 4) Player Xc passes to Player Xa who then returns pass to Xc.
- 5) Play continues for 3-5 minutes and then players rotate between the outside and the center.

### Coaching Points

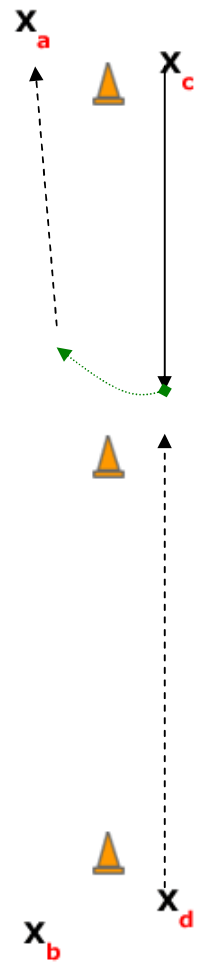
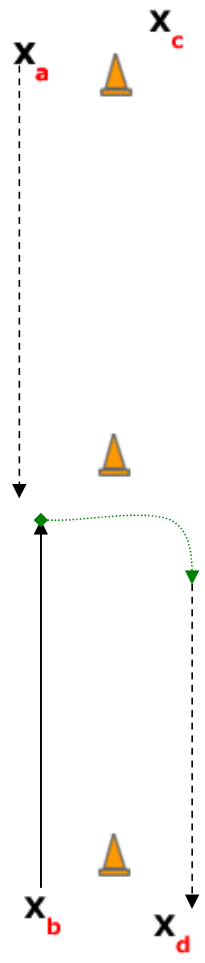
A good practice tip is to hold the stick head level with the helmet and about a foot outside and a bit forward for catching. When catching a player wants to cradle the ball and let the stick go back a bit to let the stick absorb the recoil. The player should also step into the catch and not stand flat footed.

### When throwing the player should:

Draw the shoulders and arms back to pass, and then snap the stick forward with an overhand motion. The low hand firmly grips the bottom of the shaft, while the top hand slides down the shaft as the stick comes forward. Follow through is critical for accuracy, the stick should complete a full range of motion; it should not suddenly stop once the ball is released.

# Catch and Turn Away

<b>Purpose:</b>	To catch and change direction
<b>Number of Players:</b>	4
<b>Equipment:</b>	3 field markers, 1 ball
<b>Skill Level:</b>	Intermediate - Advanced



## **Drill Execution:**

- 1)** Create a line of three field markers (cones) with 10-yards between each marker.
- 2)** Two players stand behind each outside field marker.
- 3)** The ball begins with player Xa (see left illustration)
- 4)** Player Xb cuts toward player Xa.
- 5)** Player Xa passes to player Xb. Player Xa returns to marker and goes behind player Xc.
- 6)** Player Xb catches the ball and turns back toward the marker he started from.
- 7)** Player Xb passes to player Xd.
- 8)** Player Xc cuts toward center marker and receives pass from player Xd (see right illustration)
- 9)** Player Xc turns and passes to Xa, Player Xc goes behind player Xa in line.
- 10)** Player Xa catches and passes to Xd who is cutting toward the center marker.
- 11)** Play is continuous.

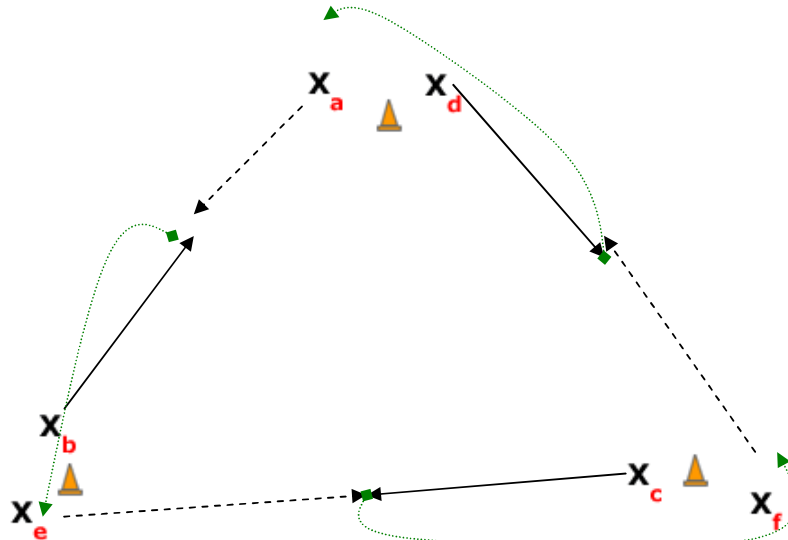
### **Coaching Points**

This simple passing and catching drill allows players lots of repetitions and teaches technique and the basic movements of cutting to the pass, catching, and changing direction. You should have your players perform this drills left and right handed.

# Triangle Passing Drill

7

<b>Purpose:</b>	To teach the fundamentals of passing and catching
<b>Number of Players:</b>	6
<b>Equipment:</b>	3 field markers, 2 balls
<b>Skill Level:</b>	Intermediate - Advanced



## Drill Execution:

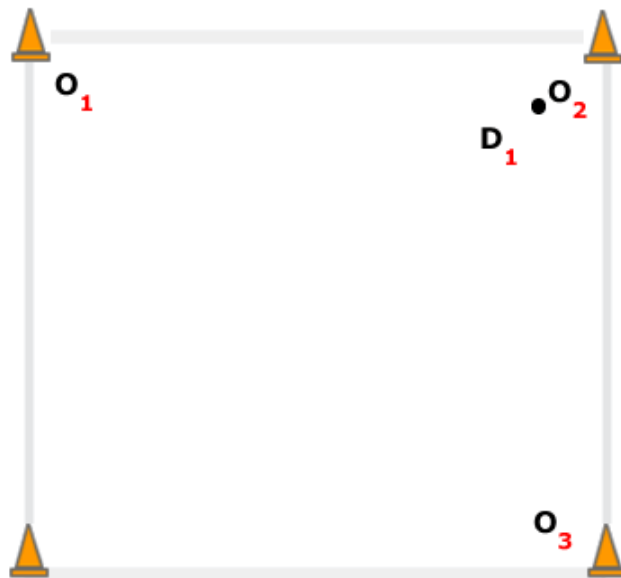
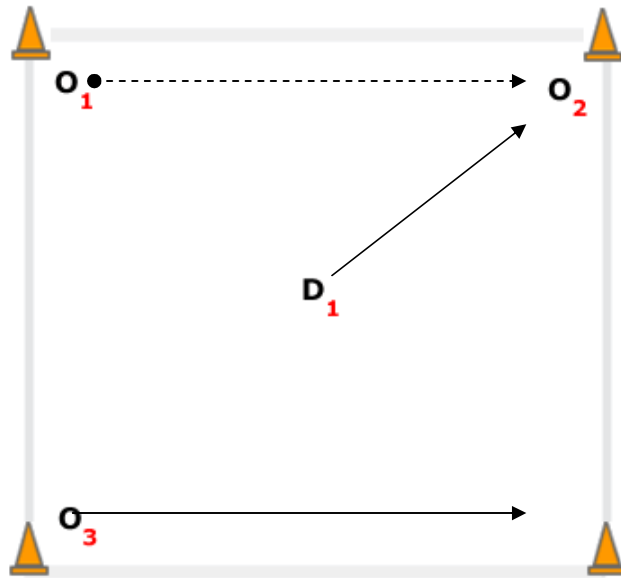
- 1) Create a triangle with the field markers 10 yards apart.
- 2) Have groups of 6 players work in a triangle with two players behind each marker.
- 3) The drill begins when player Xa passes to player Xb, who cuts to the pass and meets it halfway. Player Xa follows the pass and gets to the end of the line.
- 4) Player Xb catches the pass, changes direction, and turns to the outside.
- 5) Player Xb carries the ball around the marker at which he started and then passes to player Xc. Player Xb follows his pass and gets in the back of the line.
- 6) Player Xd moves to meet the pass, turns outside, carries around the marker, and passes to player Xe. Player Xd follows his pass and gets in the back of the line.
- 7) Play Continues

### Coaching Points

It is important for the players to catch the pass with the stick to the outside of the triangle. This keeps the stick away from defensive pressure in game situations. The turn to the outside simulates a change of direction. The carrying of the ball around the marker makes the passer feed while on the run, an essential of feeding.

# Four-Corner Hot Potato

<b>Purpose:</b>	To move the ball quickly and to move without the ball
<b>Number of Players:</b>	4
<b>Equipment:</b>	4 field markers, 1 ball
<b>Skill Level:</b>	Beginner - Intermediate



## **Drill Execution:**

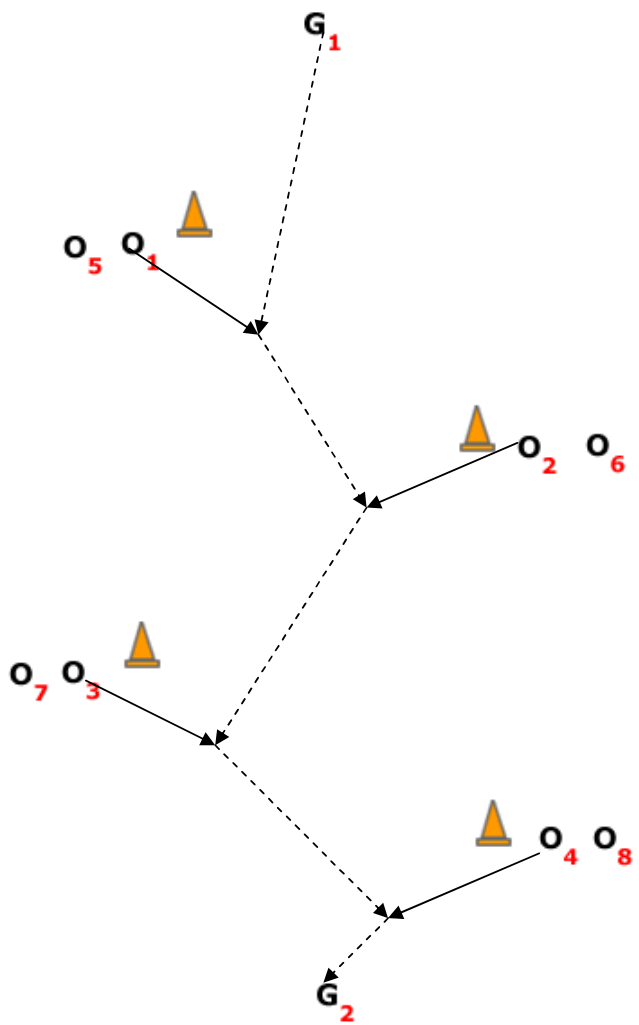
- 1)** Create a 15-by-15 yard square grid.
- 2)** One defensive player takes the middle
- 3)** The three offensive players take positions on the outside by the markers.
- 4)** Players O1, O2, and O3 work to play catch around the perimeter of the grid.
- 5)** The defender pressures the pass and tries to intercept.
- 6)** Player O1 begins with the ball and has player O2 to his left and O3 to his right, providing two passing options.
- 7)** Player O1 can pass to O2 or O3.
- 8)** If player O1 passes to O2, then player O3 must move to open field marker.
- 9)** If player O1 passes to O3, then O2 must move to open marker.
- 10)** Players pass and move for several minutes, then rotate defender and continue drill until everyone has been the defender.

### **Coaching Points**

Players begin to realize how important it is to move without the ball. When a player remains stationary this limits the ability of the offensive players to get a pass to him. The drill also allows the offensive players to see how passing lanes can be lost without movement and with the presence of a defender's stick in the passing lane.

# Team Diagonals

<b>Purpose:</b>	To cut on diagonals, creating space and opening passing lanes
<b>Number of Players:</b>	10
<b>Equipment:</b>	4 field markers, 10 balls
<b>Skill Level:</b>	Intermediate - Advanced



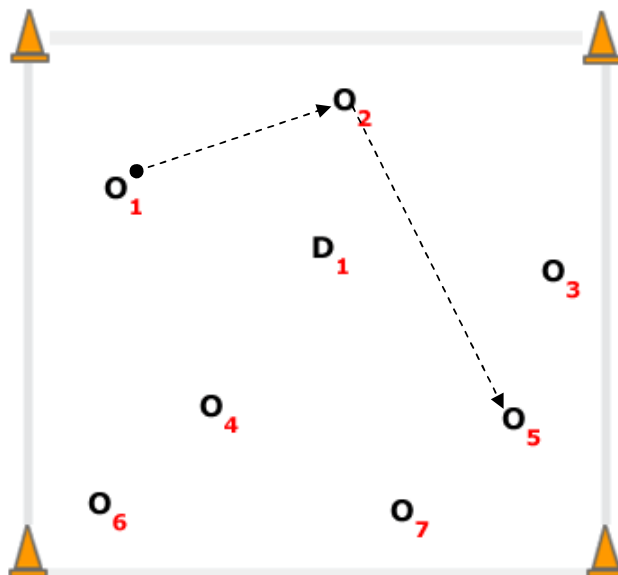
## **Drill Execution:**

- 1) Create four diagonally offset lines spaced 30 yards apart and covering a length of approximately 70 yards using 4 cones.
- 2) Place a goalie about 20 yards from each end.
- 3) Goalie G1 has all 10 balls and will start the drill.
- 4) Player G1 calls "clear" or "break" and player O1 cuts diagonally across field toward player O2.
- 5) Player O1 catches pass from G1, and looks to pass to O2 who is diagonally cutting.
- 6) Player O2 catches pass and immediately looks to pass to O3 who is diagonally cutting across field.
- 7) On this pass G1 begins a second ball by passing to O5.
- 8) Play continues with O3 passing to O4, who cuts diagonally.
- 9) Player O4 passes to Goalie G2.
- 10) All players return to line where they started.
- 11) Play continues until all balls are with G2.
- 12) G2 starts play in other direction.

### **Coaching Points**

The timing of the diagonal run is important. The receiving player should have full vision of the pass in front of him and should not have to catch over the shoulder. It's also important that players develop the ability to pass and catch on the run.

<b>Purpose:</b>	To practice scooping with defensive pressure and limited space
<b>Number of Players:</b>	8
<b>Equipment:</b>	4 field markers, 1 practice jersey, 3 balls
<b>Skill Level:</b>	Beginner - Advanced



## Drill Execution:

- 1) Create a 30-by-30 yard grid square.
- 2) Spread the offensive players across the grid.
- 3) Have ONE defender.
- 4) The offensive players move throughout the grid
- 5) The offensive players roll the ball to each other, scoop the ball and roll to another offensive player. The defensive player tries to defend against the player scooping the ball.
- 6) After a few minutes, rotate the defender with an offensive player and repeat until all players have been the defender.

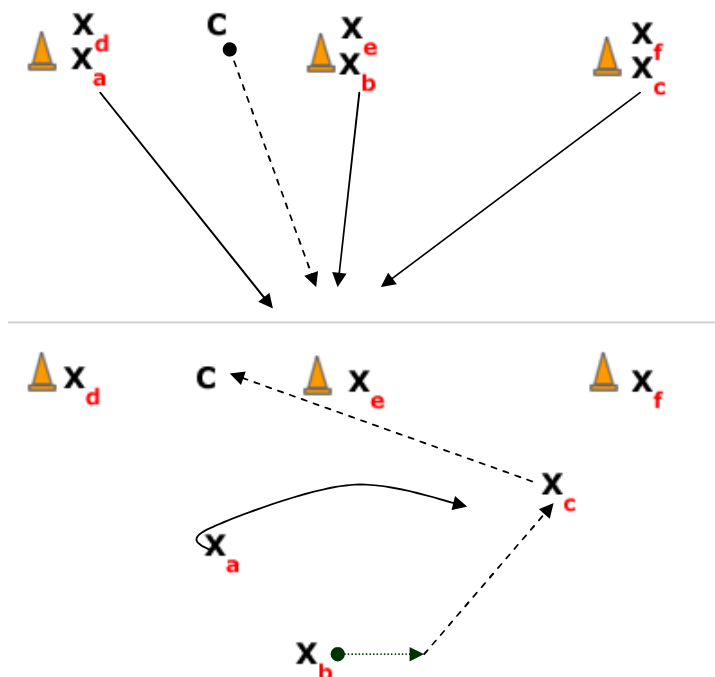
### Coaching Points

The role of the defender in this drill is to place enough pressure on the offensive player to force him to make a quick decision based on his vision of the field, rather than the defender trying to intercept the ball or take it away. Be sure the defender is moving toward the ground ball. The offensive player should scoop, tuck, and change directions before rolling the ball to another player who is in open space. Modify this drill by adding a defender, a ball or both.

# One-on-One Ground Balls

11

<b>Purpose:</b>	To develop the fundamentals of scooping a ground ball under pressure
<b>Number of Players:</b>	6
<b>Equipment:</b>	3 field markers, 2 balls
<b>Skill Level:</b>	Intermediate - Advanced



## Drill Execution:

- 1) Create three lines 5 yards apart.
- 2) Two players stand behind each line (see top illustration)
- 3) You start the drill by standing behind the lines and rolling a ball 10 yards in front of the line.
- 4) On your whistle or signal the first three players in line run to scoop the ground ball.
- 5) Each player is working alone to get the ball.
- 6) Once a player has scooped the ball, he passes to one of the other players. The third player becomes a defender.
- 7) The play continues back to you as a two-on-one play.
- 8) The drill ends with a successful pass to you.

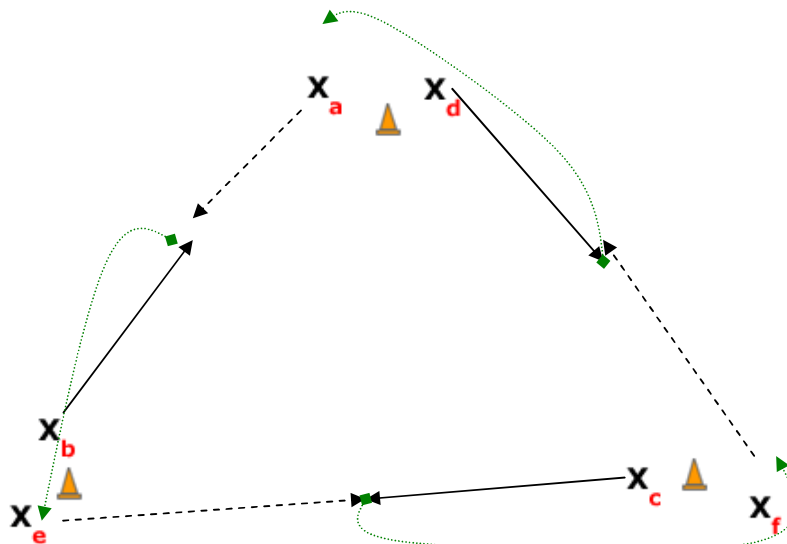
### Coaching Points

Players should attack the ground ball with speed, with each player trying to use his body to get between the ball and the other players. Once the ball has been scooped, emphasize movement without the ball and communication to receive a pass. This drill is great for teaching the importance of the ground ball. You can modify by having the two outside lines compete against the middle line.

# Triangle Scooping Drill

12

<b>Purpose:</b>	To learn proper techniques of scooping and finishing the scoop
<b>Number of Players:</b>	6
<b>Equipment:</b>	3 field markers, 2 balls
<b>Skill Level:</b>	Beginner - Advanced



## Drill Execution:

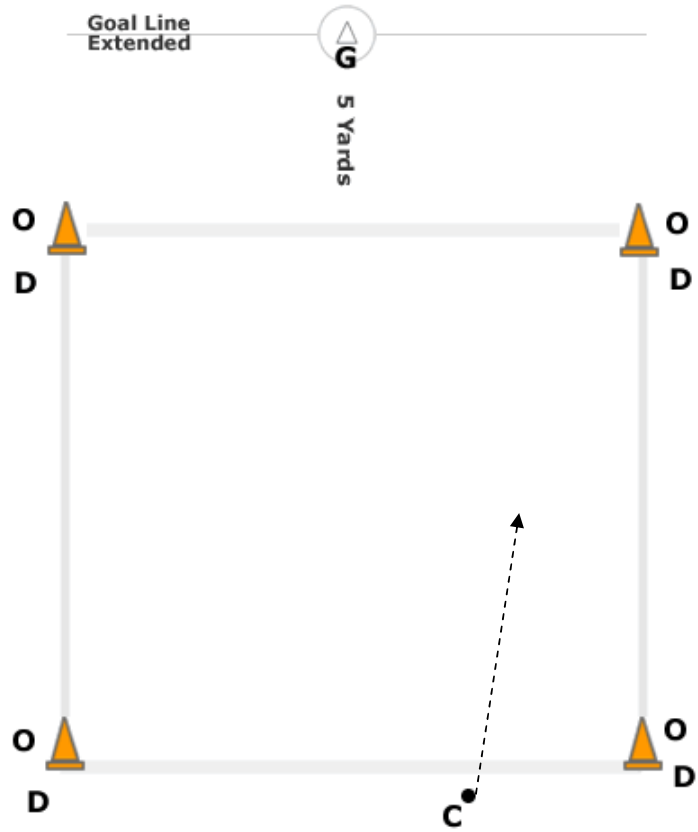
- 1) Create a triangle with the field markers 10 yards apart.
- 2) Have groups of 6 players work in a triangle with two players behind each marker.
- 3) Play begins with player Xa rolling ball to player Xb.
- 4) Player Xb begins his move with a V-cut and moves toward the ball, and then turns to the outside of the triangle.
- 5) He carries the ball around his marker and then passes to player Xc.
- 6) Player Xc begins with a V-cut and moves toward the ball, he catches it and then turns to the outside of the triangle.
- 7) Player Xc carries the ball around the marker and rolls it to player Xd.
- 8) Play continues with alternate passing and rolling of the ball.

### Coaching Points

The idea of alternating passing and rolling the ball is important because it forces the players to bring the stick into the "box area", complete the scoop with a tuck, and change direction. Players will develop lazy stick habits if they are allowed to simply roll the ball to the next player. All players should return to the end of the line where they started.

# Half-Field Team Scramble

<b>Purpose:</b>	To stress the importance of the ground ball to team success
<b>Number of Players:</b>	9 (1 goalie, 4 offensive, 4 defensive)
<b>Equipment:</b>	4 field markers, 4 practice jerseys (for the defense)
<b>Skill Level:</b>	Intermediate - Advanced



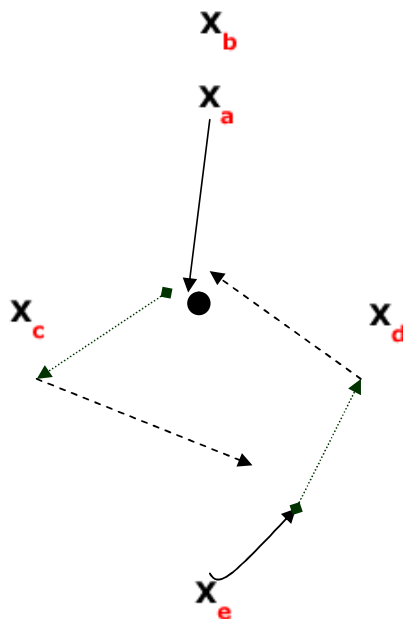
## Drill Execution:

- 1) Create a grid 5 yards away from the *goal line extended* (an imaginary extension of the goal line), with a goal centered at one end and the markers 20 yards apart.
- 2) Place an offensive and defensive player at each marker. All eight players are involved in the play and the goalie is in the goal.
- 3) Play begins with a ground ball from you toward one of the four markers.
- 4) The players at the marker battle for the ball.
- 5) If the offensive team wins the ground ball, play continues until a shot, a goal, steal, or save occurs.
- 6) If the defensive team wins the ground ball, play continues until the defense can pass to the goalie and clear the ball back to you.

### **Coaching Points**

Anticipation of the ground ball is vital. It's also important for a player to get to the ball as quickly as possible to win the scoop outright or to use his body to shield the other player. All players are encouraged to scoop, tuck, and change directions away from the pressure of the opponent. Younger players tend to turn back into the opponent, but this can be reduced by having the player peek over their shoulder and scan as they are moving with speed towards the ball. Once the scoop has been completed, vision becomes very important, because it allows the players to have information to help them decide what to do next.

<b>Purpose:</b>	To scoop under stick pressure and finish with a pass
<b>Number of Players:</b>	5
<b>Equipment:</b>	2 balls
<b>Skill Level:</b>	Intermediate - Advanced



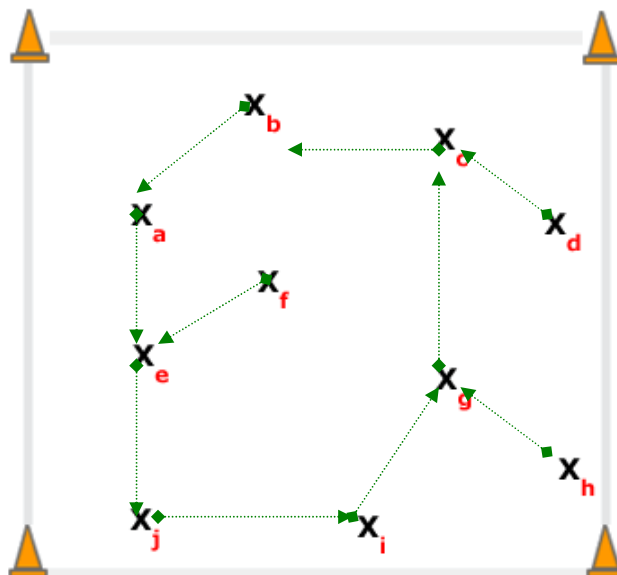
### Drill Execution:

- 1) Organize the players as shown. There should be about 10 yards between players Xa and Xb and players Xc and Xd, and about 15 yards between players Xc and Xd and player Xe.
- 2) The ball is between players Xc and Xd, who are standing 5 feet apart, with their sticks forming an X in front of the ball.
- 3) Player Xa runs and scoops the ball through the sticks of players Xc and Xd.
- 4) Player Xa finishes the scoop with a tuck, change of direction, and pass to player Xe.
- 5) Player Xe has cut on diagonal in opposite direction from player Xa's change of direction.
- 6) Player Xe passes to player Xd, replaces player Xc, joins player Xd with crossed sticks, and waits for the next player to scoop the ball through the sticks.
- 7) Player Xa replaces player Xe, player Xe goes behind player Xb, and player Xb continues the drill with a scoop.
- 8) Play is continuous, with each player getting ten to fifteen repetitions.

### Coaching Points

The scooping player needs to scoop through the sticks; this simulates the pressure of a stick check during a game. It's very important for a player to lower his body properly and allow the upper arms and shoulders to assist taking the crossed sticks out of play. The player should tuck and gain vision quickly so the pass can be executed.

<b>Purpose:</b>	To teach fundamental techniques of dodging
<b>Number of Players:</b>	10
<b>Equipment:</b>	4 cones, 5 balls
<b>Skill Level:</b>	Beginner - Intermediate



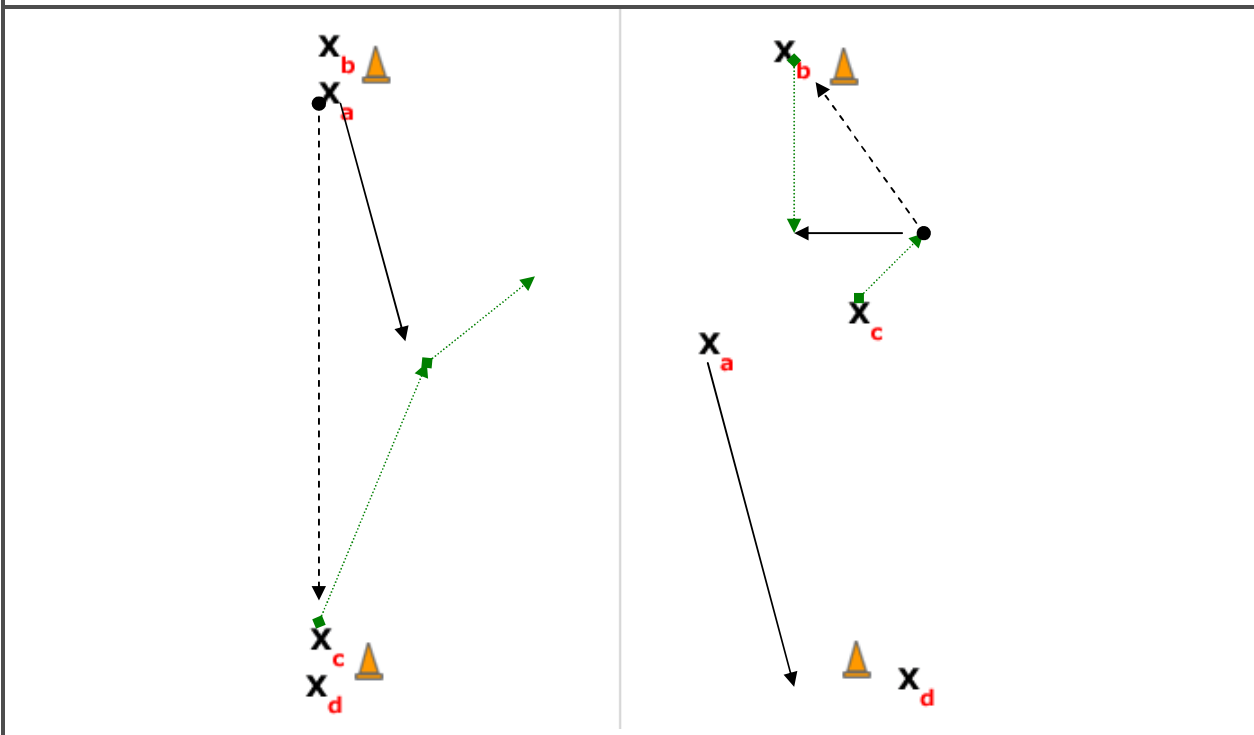
### Drill Execution:

- 1) Create a 20-by-20-yard grid square
- 2) Space FIVE players evenly throughout the grid. These players are the dodging obstacles.
- 3) Space the remaining five players in the grid, each with a ball.
- 4) Play begins on your command or whistle.
- 5) The player with a ball attacks a stationary player and performs a dodge.
- 6) The player with the ball changes direction and dodges another stationary player.
- 7) Play continues for 2 minutes then the players change roles.

### Coaching Points

Dodging is a technique used to create space when faced with defensive pressure. Dodging involves faking in one direction in an attempt to have the defender shift his position and then quickly changing direction to an open space. Players should approach a stationary player with as much speed as possible, making sure the dodge is executed properly. Once the dodge is executed the player should explode full speed out of the dodge into the open space. Focus on footwork, body balance and stick position. Modify the stationary players to allow them to give one check and take one backward or drop step.

<b>Purpose:</b>	To Develop Dodging Techniques under moderate pressure
<b>Number of Players:</b>	4
<b>Equipment:</b>	2 cones, 1 ball
<b>Skill Level:</b>	Intermediate - Advanced



**Drill Execution:**

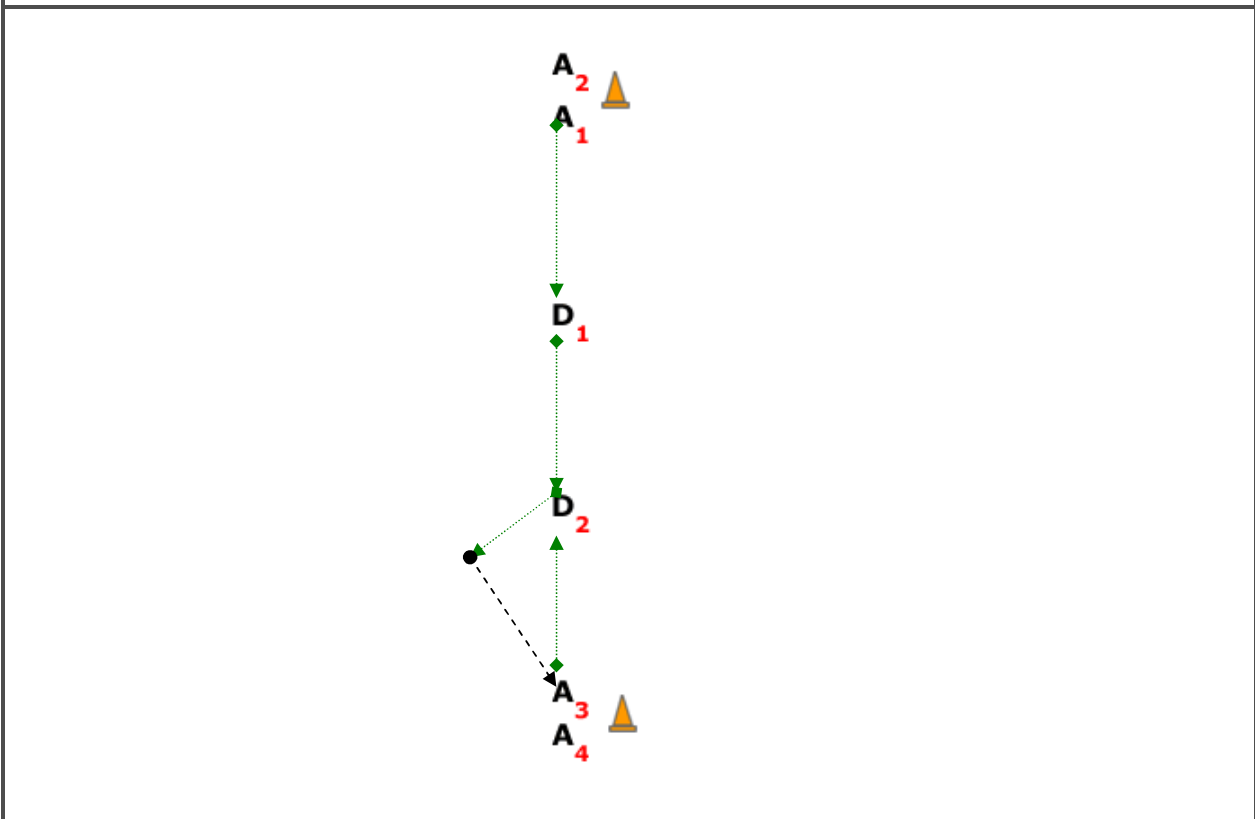
- 1) Place two cones 10 yards apart.
- 2) Two players are behind each cone (left illustration)
- 3) Play begins with player Xa.
- 4) Xa passes to player Xc and follows his pass to middle of field markers. (cones)
- 5) Player Xc catches the pass and attacks the middle of markers and player Xa.
- 6) Player Xc executes a dodge on player Xa.
- 7) Player Xc passes to player Xb, player Xa replaces player Xc and play continues with player Xb dodging player Xc. (right illustration)
- 8) Player Xb passes to player Xd and player Xd dodges player Xb.
- 9) Play is continuous.

**Coaching Points**

Players will need to read the center player to determine what type of dodge to execute (**See Dodging Tips**). Center players should vary their stick positions to encourage a variety of dodges. This drill forces players to complete the dodge and exit ready to feed, with their heads up for vision.

# Gauntlet Take a Check

<b>Purpose:</b>	To take a slap check and continue the attack
<b>Number of Players:</b>	6 (2 defenders, 2 attackers)
<b>Equipment:</b>	2 cones, 2 balls
<b>Skill Level:</b>	Intermediate - Advanced



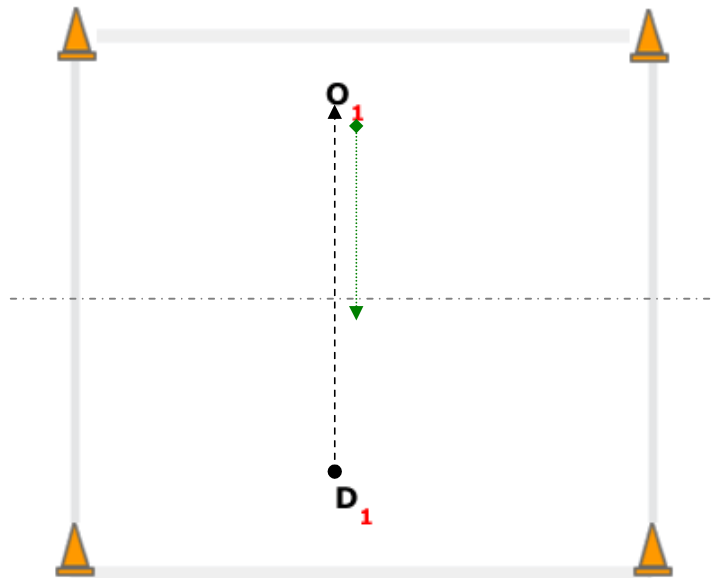
## **Drill Execution:**

- 1)** Place two markers (cones) 30 yards apart.
- 2)** Two players stand behind each cone. The two defenders stand 10 yards apart between the two cones, splitting the area evenly.
- 3)** Player A1 begins.
- 4)** Player A1 attacks toward opposite line.
- 5)** Player A1 approaches D1 and takes a slap check.
- 6)** Player A1 continues toward D2 and performs a DODGE.
- 7)** Player A1 completes the dodge by passing to A3.
- 8)** Player A1 goes to the back of the line.
- 9)** Player A3 attacks the opposite line, taking a slap check from player D2 and dodging player D1.
- 10)** Player A3 passes to player A2 and play continues.
- 11)** After FIVE runs switch defenders.

## **Coaching Points**

Many times players will begin attacking toward the goal because they have open space. When the defenders recover to close this space, they will lead with their sticks, and many times this is the only way they can make contact with the attacking player. Attackers need to learn to move through this desperation check in order to keep the attack moving. The slap by D1 should be a light check to the stick. Player D2 should start defending passively and should increase the level of defense as you see fit, depending on your attacker's proficiency.

<b>Purpose:</b>	Develop dodging technique will in limited space.
<b>Number of Players:</b>	2
<b>Equipment:</b>	4 cones, 1 ball
<b>Skill Level:</b>	Beginner - Intermediate



## Drill Execution:

- 1) Create a 10 yard by 10 yard grid square.
- 2) Place two players in the grid, one defender, and one offensive player.
- 3) Player D1 begins with ball and passes to player O1.
- 4) Player O1's objective is to dodge past D1 and cross the imaginary line between the two players and get to the defensive side.
- 5) Play continues until; player D1 steals the ball, player O1 scores by making it over the line, or player O1 is forced out the grid (out-of-bounds)
- 6) The game continues until one player scores 5 points. One point is give to player O1 if he crosses the line, one point is give to D1 if he steals the ball or forces O1 out-of-bounds.

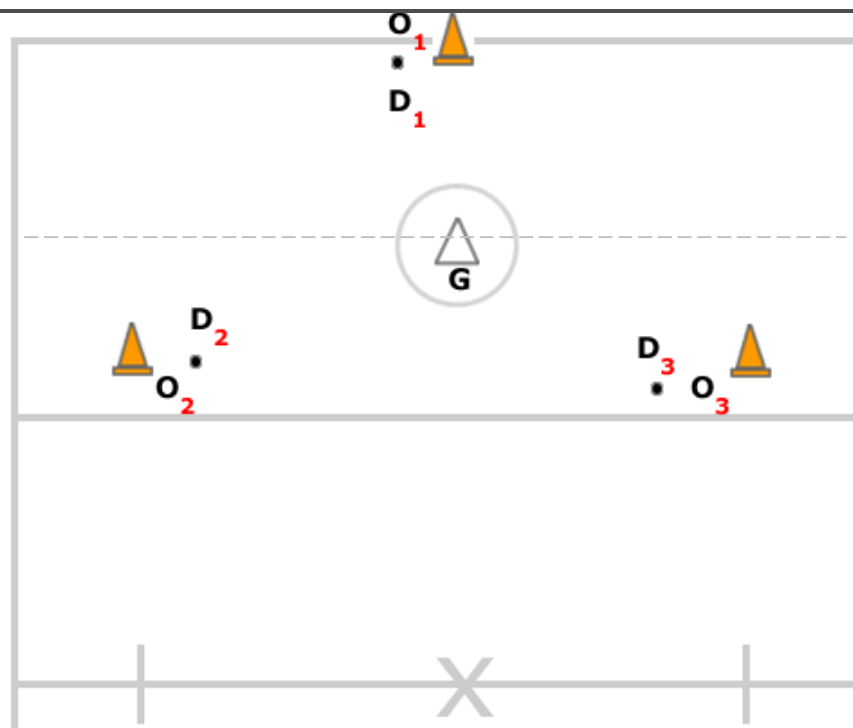
### Coaching Points

The offensive player needs to attack the defender and move side to side to cause the defender to lose his proper defensive stance. When this happens the offensive play has an advantage. The limited space forces the offensive player to keep a narrow line of attack to simulate game-type situations. As players get better you can make the grid a 8 yard or even 6-yard square. Rotate all players through both positions.

# Attack Dodge to Goal

19

<b>Purpose:</b>	Develop tactical awareness of how to use proper lines and angle to attack the goal
<b>Number of Players:</b>	7 (1 goalie, 3 offensive players and 3 defensive players)
<b>Equipment:</b>	1 goal, 3 cones, 3 balls
<b>Skill Level:</b>	Beginner - Advanced



## Drill Execution:

- 1) Place the cones as shown above, one at a point behind the end line, one about 10 yards above the goal extended left and one about 10 yards above the goal line extended right.
- 2) Position one offensive player and one defensive player by each cone and the goalie by the goal.
- 3) Play begins by the GOALIE calling for the players at the LEFT; RIGHT or CENTER station to begin play, only the TWO players at the called station will go at this time. The goalie calls these players to begin attacking the goal.
- 4) The offensive player works to score from the position called, the player has 5 seconds to score, because this drill has game like pressure.
- 5) Play continues from each cone, one at a time.
- 6) After three rotations you may rotate new players or switch offensive and defensive roles.

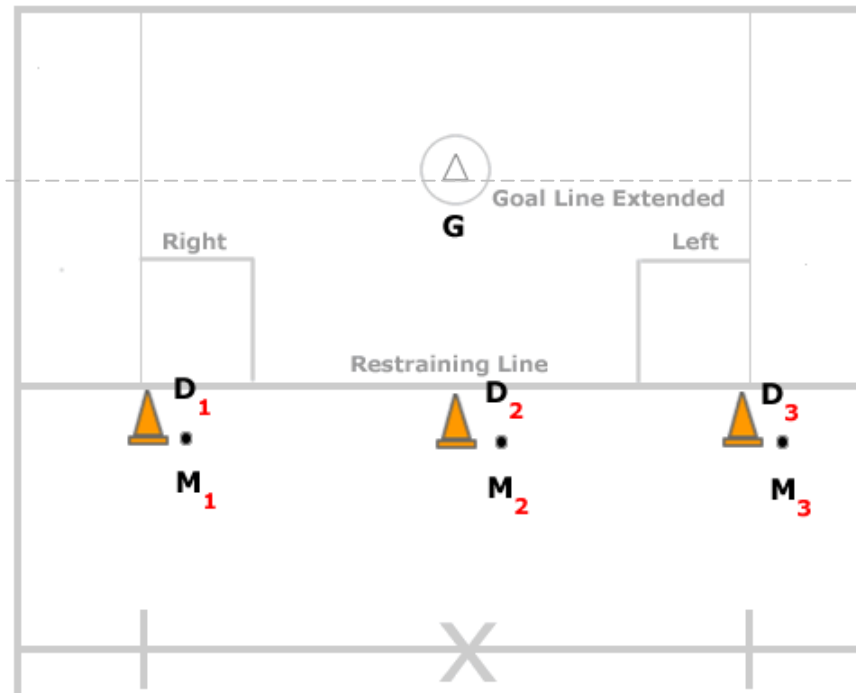
### Coaching Points

This drill can be played as a game by giving the offense 1 point for a shot and 2 points for a goal, and one point to the defense for a steal or stop. Emphasize a direct line to the goal and a change of speed and direction to set up the dodge.

# Midfield Dodging to Goal

20

<b>Purpose:</b>	Develop tactical awareness of how to use proper lines and angle to attack the goal
<b>Number of Players:</b>	7 (1 goalie, 3 midfielders and 3 defensive players)
<b>Equipment:</b>	1 goal, 3 balls and 3 cones
<b>Skill Level:</b>	Intermediate - Advanced



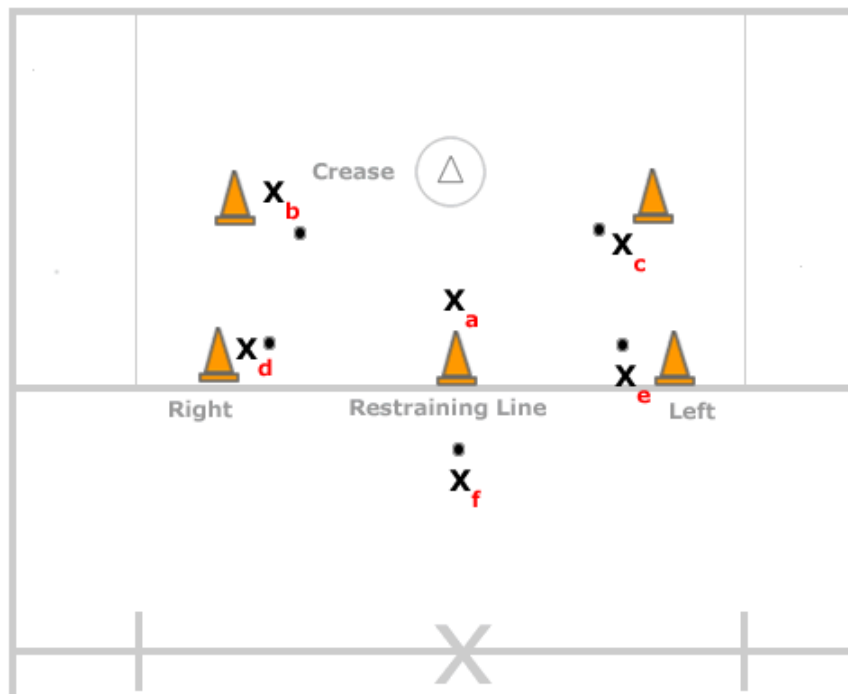
## Drill Execution:

- 1) Place cones as shown above, one at center front 5 yards above the restraining line, one about 5 yards outside the restraining line top left, and one 5 yards above the restraining line top right.
- 2) Position one defender and one midfielder by each cone.
- 3) Play begins by the goalie calling the players at Center, Right or Left to attack the goal.
- 4) The midfielder works to score from the position called out. This player has 5 seconds to score, this simulates game situations.
- 5) Play continues from each cone, one at a time.
- 6) After three rotations, midfielder players should switch cones. You may also rotate players and change roles between players.

### Coaching Points

This drill can be played as a game, giving midfielders one point for a shot and two for a goal, and one point to the defense for a steal or stop. Emphasize a direct line to the goal and a change of speed and direction to set up the dodge.

<b>Purpose:</b>	To develop the technique of catching and releasing a quick shot
<b>Number of Players:</b>	6
<b>Equipment:</b>	1 goal, 5 cones, 5 balls
<b>Skill Level:</b>	Beginner - Intermediate



## Drill Execution:

- 1) Cones are arranged in a five-pointed star-like pattern, with the bottom point at center front just inside the restraining line.
- 2) The other four cones are located at top left, and top right, just inside the restraining line, and low left and low right, 5 yards above the goal line and 10 yards from the crease.
- 3) Player Xa is the center of the star.
- 4) The other players are feeders and are located at each of the cones. Each player has a ball.
- 5) Play begins when player Xa calls to one of the other players for a pass.
- 6) Player Xa catches the ball and shoots on goal.
- 7) Player Xa continues until he's received a pass from all players.
- 8) Then a new player takes the center spot and play continues.

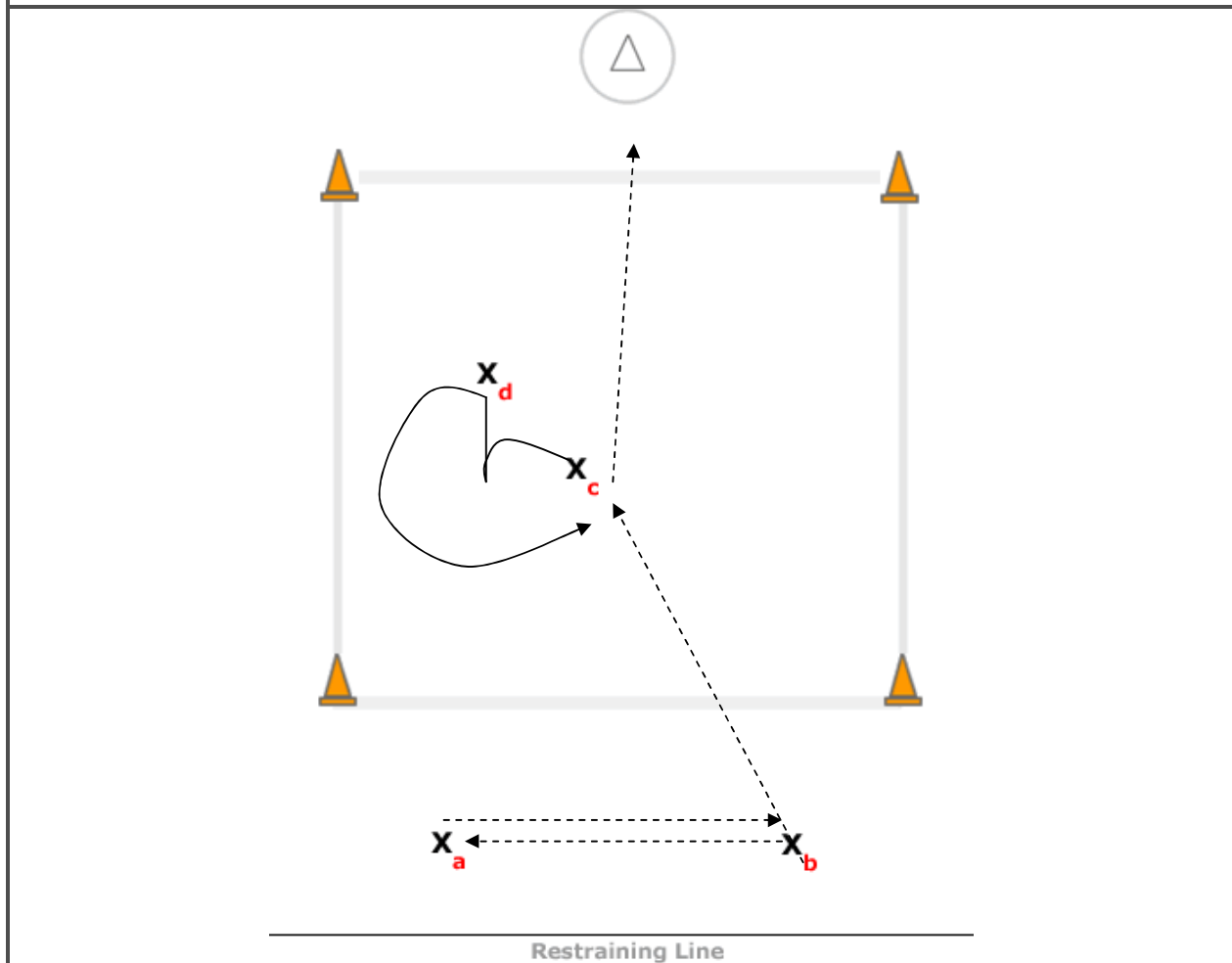
### Coaching Points

The shooter should be in motion and try to receive the pass on diagonal cuts. This allows him/her to keep the goal in sight. A player who stops moving will have difficulty in game like situations.

# Crease Attack

22

<b>Purpose:</b>	To develop the tactical use of the pick to create space for receiving a pass and shooting.
<b>Number of Players:</b>	4
<b>Equipment:</b>	1 goal, 4 cones, 5 balls
<b>Skill Level:</b>	Intermediate - Advanced



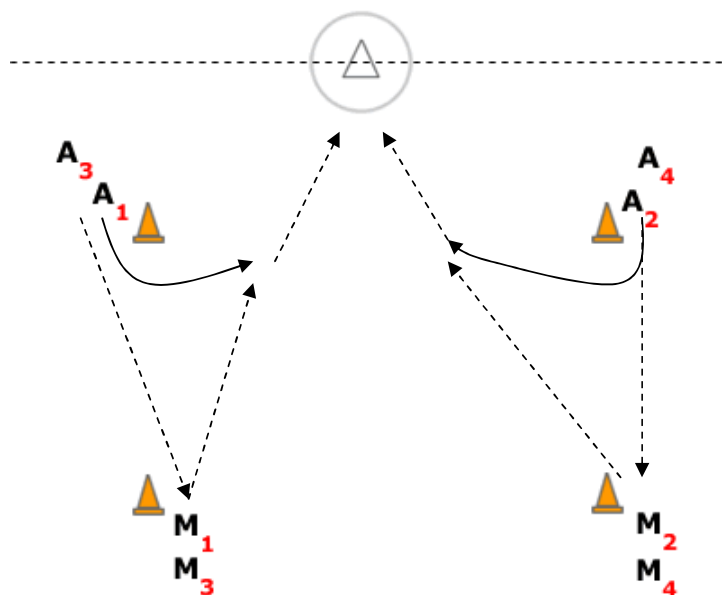
## **Drill Execution:**

- 1) Create a 10-by-10 yard grid centered on the goal 5 yards above the crease.
- 2) Two players Xa and Xb serve as feeders and begin 5 yards inside the restraining line. Two other players Xc and Xd take positions inside the crease grid.
- 3) Players Xa and Xb pass the ball back and forth, looking to feed to the attackers Xc and Xd in the grid.
- 4) Players Xc and Xd must execute a pick in order to receive the pass.
- 5) The pass comes from player Xa to Xc or Xd, or whoever is coming off the pick. The player in the grid who didn't get the pass follows to the goal for a rebound.
- 6) Play continues with players Xa and Xb passing to one another and waiting to pass to a crease grid player coming off a pick.

### **Coaching Points**

During the drill the crease players Xc and Xd should be at different levels, that is different distances from the goal. Players should also be opposite each other. For example if one player is in the low right of the grid, the other should be in the top left of the grid. Crease players keep their eyes on the top players and wait for them to be ready to feed before setting a pick. Once they realize the top player is a feeder, one player picks for the other. If the feed doesn't come the grid players work to different levels and begin again.

<b>Purpose:</b>	To develop the give-and-go tactic and finish with a shot
<b>Number of Players:</b>	8 (4 attackers, 4 midfielders)
<b>Equipment:</b>	1 goal, 4 cones, 10 balls
<b>Skill Level:</b>	Beginner – Intermediate



## Drill Execution:

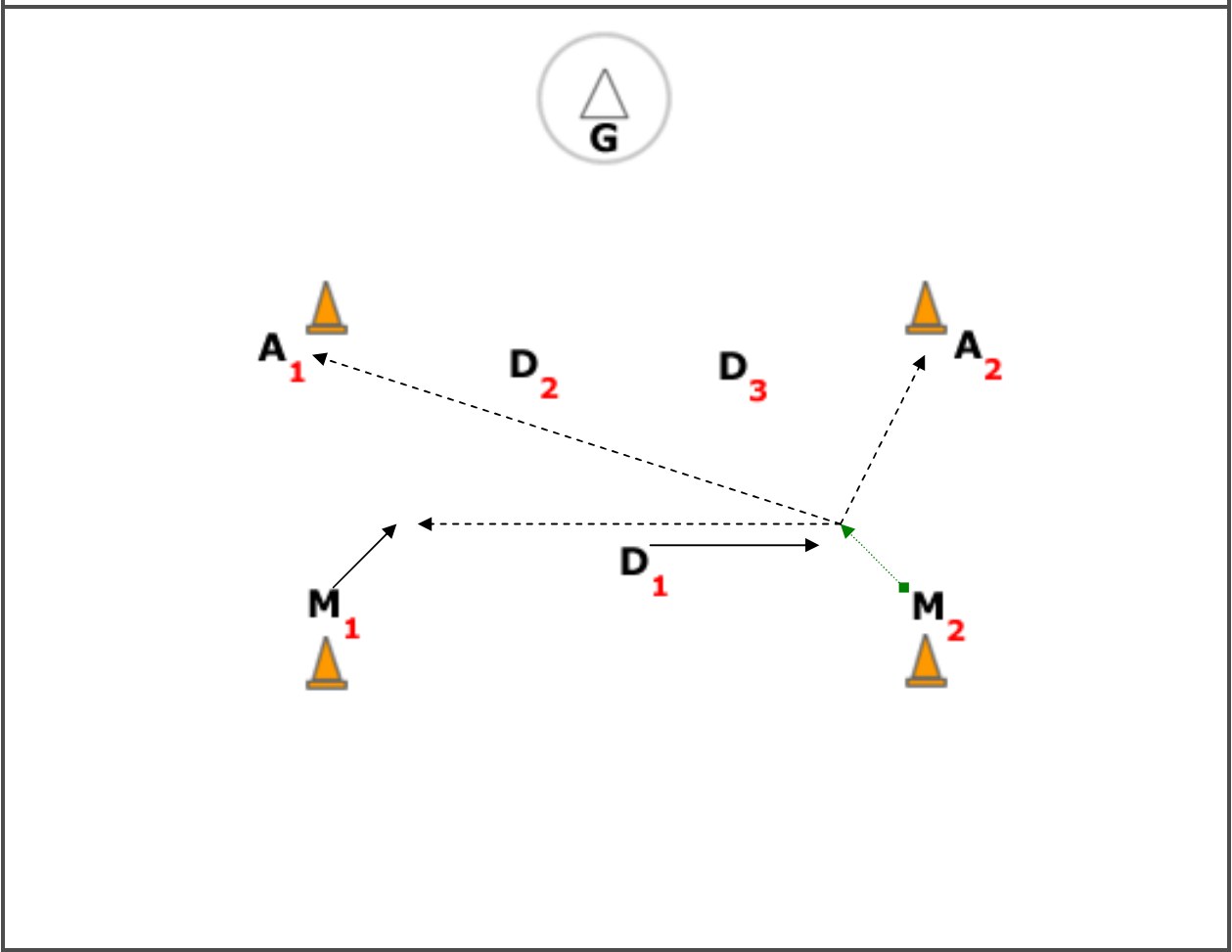
- 1) Set the playing field up as the illustration above. The square grid should be 10-by-10 yards and should be 10 yards from the goal line.
- 2) The drill begins with the attacking players with the ball.
- 3) The first attackers (A1 & A2) will pass the ball to the first midfielders in line (M1 & M2)
- 4) The attacker will then cut to the goal and receive the pass from the midfielder they just passed to, this will complete the give and go.
- 5) The attackers will finish with a shot.
- 6) The attackers and midfielders will rotate for 3-5 complete rotations and then you can switch in fresh players or rotate the attackers to the midfielder position and vice versa, depending on your number of players.

### Coaching Points

All passes or feeds should be done with the players in motion. The player should receive the pass on the run to simulate game-like situations. Run this drill ½ to ¾ speed until players become proficient enough to go full speed. Try a variety of passes, such as bounce passes as players get more comfortable. Also encourage attackers to “paint the post”, which refers to shooting overhand. This is important because it protects the ball from checking.

# Four Corner Shooting

<b>Purpose:</b>	To develop the use of vision to find the best shot possible
<b>Number of Players:</b>	8 (1 goalie, 2 attackers, 2 midfielders, 3 defenders)
<b>Equipment:</b>	1 goal, 4 field markers, 4 practice jerseys, 4 balls
<b>Skill Level:</b>	Intermediate - Advanced



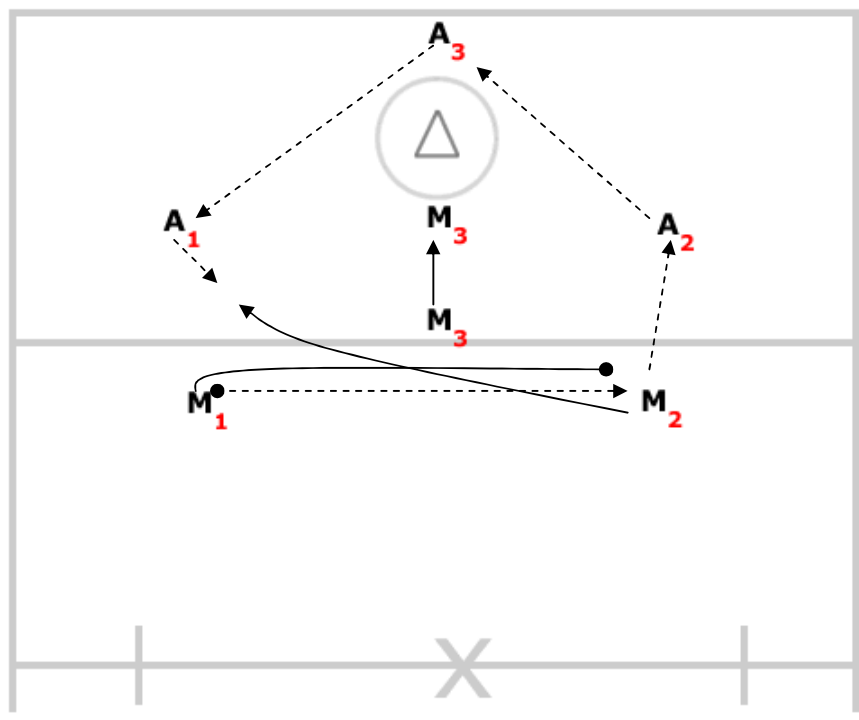
## **Drill Execution:**

- 1)** Create a 20-by-20 yard grid square 5 yards from the goal. Place your players and cones as illustrated above.
- 2)** Begin by placing balls with M2.
- 3)** The three defenders play in a triangle and slide to prevent offense from scoring.
- 4)** M2 begins play by attacking toward goal.
- 5)** M2 attacks until defended, if he can attack close enough to take a good shot then M2 should take it. Otherwise M2 should draw in the defenders and then pass off to a teammate.
- 6)** Play continues until a shot, goal, steal or save occurs.
- 7)** Play restarts with M2, players can rotate positions and you can send in fresh players depending on the depth of your roster.

### **Coaching Points**

Offensive players are encouraged to work for the lay-up, a shot taken close to the goal which usually is the easiest shot to make. Defenders work triangle slides and rotate to the recovery position; rotation is away from the ball. Players need to communicate with each other about who has the ball and who is sliding to the ball.

<b>Purpose:</b>	To add shooting to a team offensive formation
<b>Number of Players:</b>	6 (3 attackers and 3 midfielders)
<b>Equipment:</b>	1 goal, 5 ball
<b>Skill Level:</b>	Advanced



**Drill Execution:**

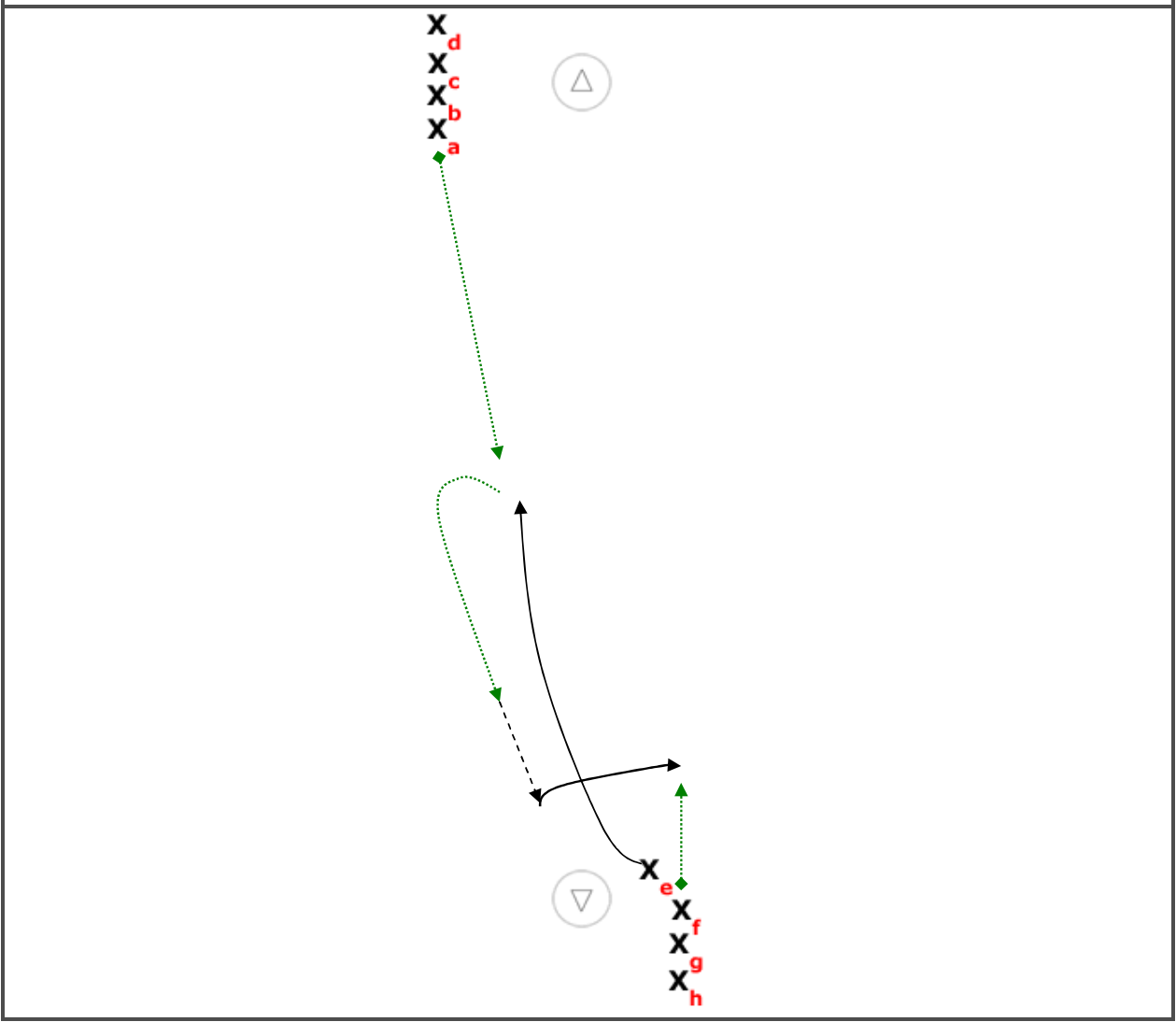
- 1) Arrange your players as illustrated above in a 2-3-1 formation.
- 2) Balls with midfielder M1.
- 3) M1 passes to M2.
- 4) M2 passes to attacker A2
- 5) Attacker A2 passes to attacker A3
- 6) Attacker A3 passes to A1, who is the feeder.
- 7) Attacker A1 enters the feeding zone.
- 8) Midfielder M1 picks for M2 who cuts to the goal toward attacker A1 on a diagonal cut.
- 9) Attacker A1 passes to midfielder M2, who shoots.
- 10) Midfielder M3 stands about 2 feet off the crease and screens the shot.
- 11) Players rotate positions and play continues.

**Coaching Points**

This drill provides a model for adding shooting to a team offensive formation. The shooter should shoot low so that the crease midfielder can screen the shot to allow the ball to pass next to or between his/her legs. The pick should occur 2 feet outside the goal to allow a better shooting angle.

# One-on-One to Goal

<b>Purpose:</b>	To develop the courage to take on defenders in a one-on-one situation
<b>Number of Players:</b>	8-10 players (8 field players, 2 goalies are optional)
<b>Equipment:</b>	2 goals, 10 balls
<b>Skill Level:</b>	Beginner - Advanced



### **Drill Execution:**

- 1) Set up two goals facing each other 20 yards apart.
- 2) Have half of the players stand 5 yards beside each goal, each with a ball. Have your goalies with the goal.
- 3) Play begins with the first player from goal 1 attacking with a ball toward the opposite goal.
- 4) The first player in the opposite line becomes the defender.
- 5) The attacker goes toward the goal until a shot, goal, steal, or save occurs.
- 6) If a shot, goal, or save results, the shooter becomes the defender, and the next player from the line at goal 2 begins his attack on goal 1.
- 7) If the original play results in a steal, the defender goes toward goal 1 and tries to score. The original attacker now defends.
- 8) Play is continuous.

### **Coaching Points**

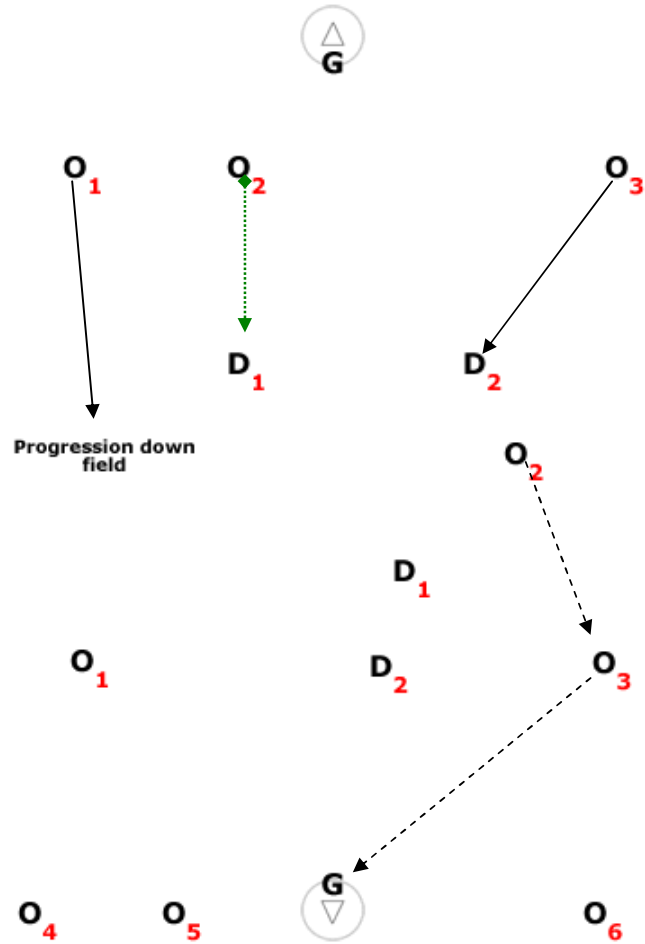
The use of goalies in the drill is optional. Set up specific rules if your team does the drill without goalies. For example, make the players cross the halfway point before they can shoot. Place a time limit on the attacking run (even if you use goalies) this helps pick up the tempo of the drill. Use a shooting net if available. The attacker should be encouraged to attack the middle of the goal. Players who are least comfortable with the drill will tend to drift to the sides and lose their shooting angle. Defenders need to approach the attacker with speed, angle, and distance. The drill emphasizes the role of the first attacker to penetrate, in this case with a dodge and shot.

This drill can be modified and run as a two-on-two to goal. The role of both the second attacker and the second defender is to give support by being in a helping position.

# Three-on-Two to Goal

27

<b>Purpose:</b>	To recognize the extra attacker and numerical advantage.
<b>Number of Players:</b>	8-10 (8 field players, 2 goalies are optional)
<b>Equipment:</b>	2 goals, 4-6 balls
<b>Skill Level:</b>	Intermediate - Advanced



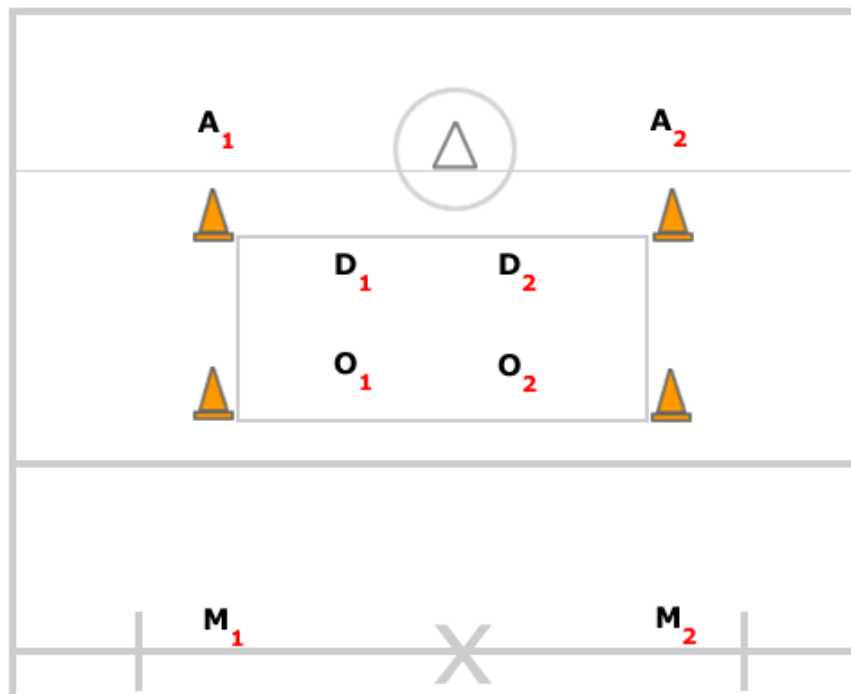
### **Drill Execution:**

- 1) Setup two goals 30 yards apart, facing each other.
- 2) Players O1, O2, and O3 start from behind goal 1 and attack with the ball toward goal 2. D1 and D2 are the defenders.
- 3) O1, O2, and O3 continue down field until a shot, save, steal or goal occurs.
- 4) If a shot, goal or save occurs the shooter (O3) and defenders (D1 and D2) are done.
- 5) Play continues with players O4, O5, and O6, starting from behind goal 2, beginning their attack on goal 1 against the two original attackers who didn't shoot (O1 and O2).
- 6) If the original play results in a steal, the defender who retrieved the ball (D1 or D2) goes toward goal 1 and tries to score. The original attacker who lost the ball joins the two defenders. All three attack against the remaining two original offensive players (O1 and O2), who now become defenders.
- 7) Play is continuous.

### **Coaching Points**

The effectiveness of the three-on-two relates to spacing. The attackers should have vision of each other at all times and should avoid being in position where they are in the shadows of the defense, a position that places the defender between them and the ball. In addition, the two players without the ball should be at different levels and in different areas of play so that they aren't easily defended. The player with the ball should be reminded of his role to penetrate the defense. Emphasize that diagonal runs create space for the player with the ball and usually force defenders to make marking decisions. Lateral runs make space for others. It is generally a good idea to setup three offensive players in a triangle formation with two down low near the goal. This creates the ideal spacing and passing/shooting situations. Since the balls are often shot wide or out of bounds you should have extra balls to throw into play.

<b>Purpose:</b>	To develop moves to create passing lanes and to attack the goal
<b>Number of Players:</b>	9-13 (1 goalie, 2-4 defenders, 6 offense, including 2-4 attackers and 2-4 midfielders)
<b>Equipment:</b>	4 cones, 10 balls, 6 practice jerseys, 1 goal
<b>Skill Level:</b>	Intermediate - Advanced



## Drill Execution:

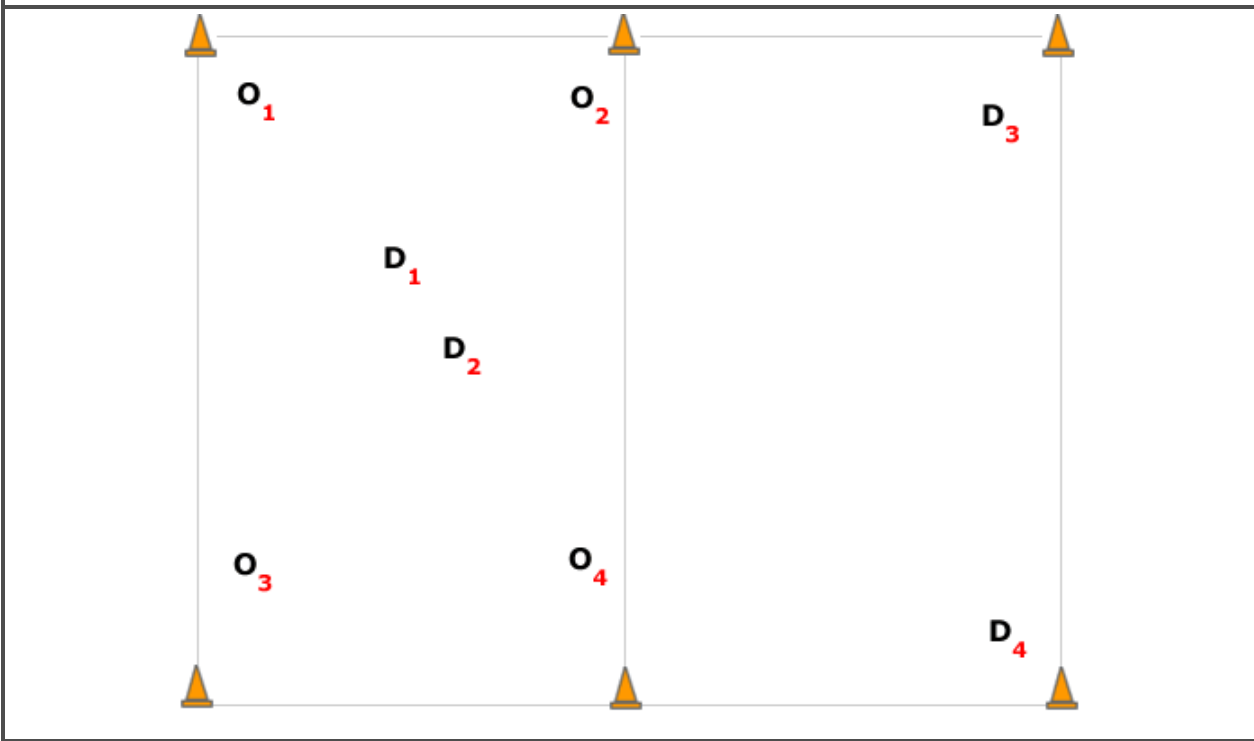
- 1) Create a 20-by-20 yard grid. Place a goal centered on one side and 5 yards outside the grid.
- 2) Inside the grid are two defenders (D<sub>1</sub> and D<sub>2</sub>) and two offensive players (O<sub>1</sub> and O<sub>2</sub>).
- 3) Outside the grid on the low left of the goal and the low right of the goal but above the goal line extended are two attackers, A<sub>1</sub> and A<sub>2</sub>.
- 4) Opposite the goal and 5 yards outside the grid are two midfielders, M<sub>1</sub> and M<sub>2</sub>. They are 10 yards apart.
- 5) Play begins with players M<sub>1</sub> and M<sub>2</sub>. They are 10 yards apart.
- 6) Players O<sub>1</sub> and O<sub>2</sub> use V-cuts to get open. One of the outside midfielders feed one inside player. The other outside midfielder moves into the grid and helps attack the goal three on two.
- 7) Play continues until a shot, goal, save, or steal occurs.
- 8) The three offensive players inside the grid then balance the grid and look for a feed from the left low offensive player, attacker A<sub>2</sub>.
- 9) Play continues until a shot, goal, save or steal occurs.
- 10) The three players inside the balance the grid and look for a feed from the right low offensive player, attacker A<sub>1</sub>.
- 11) Play continues until a shot, goal, save, or steal occurs.
- 12) Once each of the three feeding positions has taken a turn, play begins at the top with the two feeders.

## Coaching Points

It's important for the top feeding players to catch the ball, change direction and maintain vision with the inside offensive players. The feed should come on a diagonal pass. This allows the greatest vision for the offensive player receiving the ball and also allows him to shield the ball more effectively. The receiving player is able to rotate his shoulders so that his stick is protected. Inside offensive players should focus on the timing of their cuts to the ball. The feeder must be ready to feed before the run is executed. Low players should be in motion when feeding. They should maintain vision and communicate with the player to help maintain balance inside in the grid. Defenders must play behind the inside offensive players until the first pass from the top. This helps the offense work on their cuts. Emphasize to the offensive players inside the grid to work at different levels and distances above the goal. This helps them maintain open spaces and places them in better help positions.

This drill can be modified by adding defenders to pressure A1 and A2 and M1 and M2.

<b>Purpose:</b>	To develop transition skills
<b>Number of Players:</b>	8 (4 defenders and 4 offensive players)
<b>Equipment:</b>	6 cones, 4 practice jerseys, 1 ball
<b>Skill Level:</b>	Intermediate - Advanced



**Drill Execution:**

- 1) Create a 40-by-40 yard grid and divide it in half with a center line.
- 2) Four players from one team begin with the ball on their side of the center line. Two players from the other team go across centerline to play defense.
- 3) The four offensive players pass the ball between them on their side of the grid until they throw the ball out of the grid, or the defense touches or steals a pass. The offense gets 1 point for every 5 successful passes.
- 4) Once the offense losses possession, one defender passes across the centerline to his tow remaining teammates, then they cross centerline and pass back and forth. The defense now becomes the offense; the first offensive group becomes the defense and sends two player back across the centerline. The remaining two try to block or steal a pass.
- 5) Play is continuous.

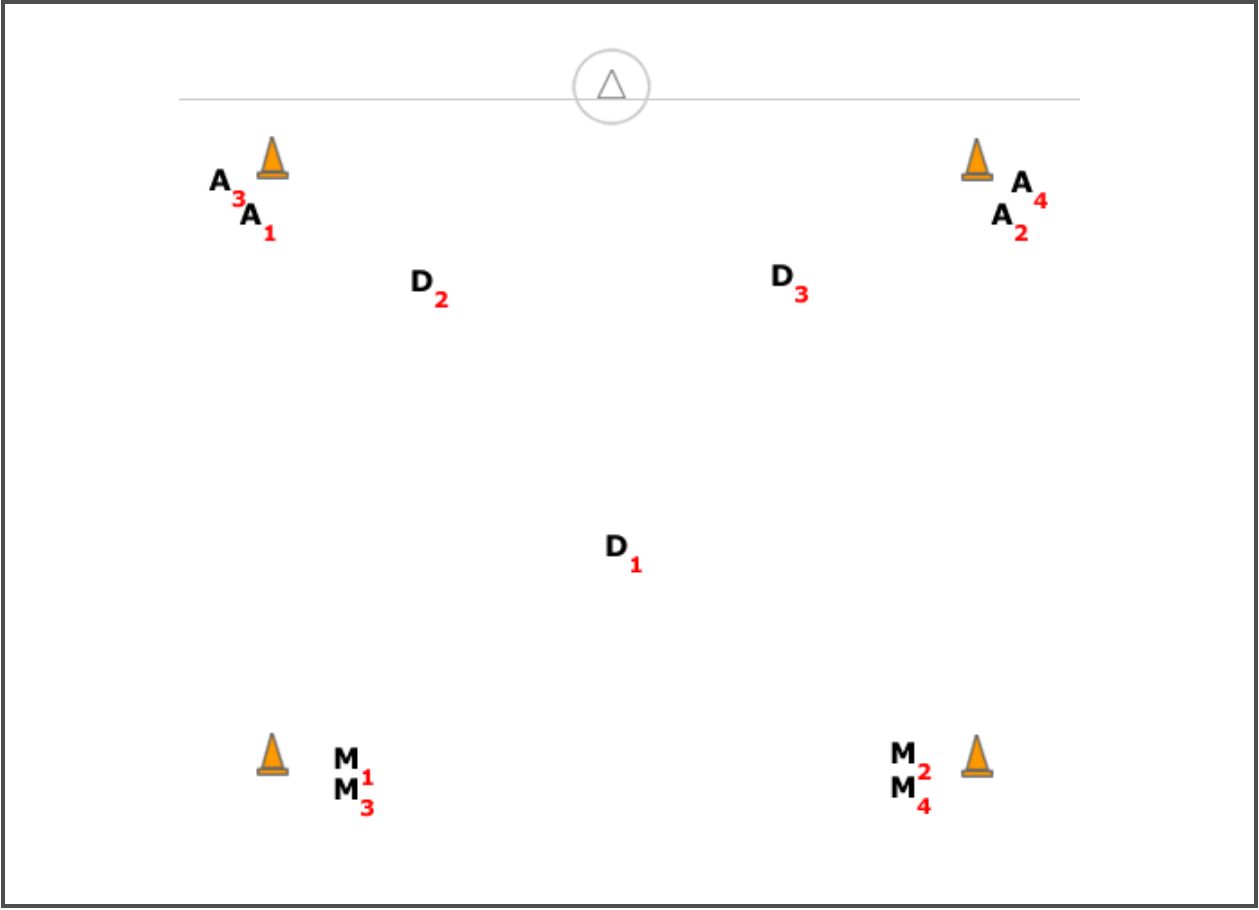
**Coaching Points**

This drill helps with communication, vision, movement, passing, catching, field balance, and transition. Players are encouraged to make quit decisions regarding the transition from offense to defense. Players should be thinking: Who is going to play defense? How quickly can we get our passes for points? How can I move to help the team? Use situations like these to help players learn to make better decisions especially related to movement, possession, and field balance.

# Four on Three Field Balance

30

<b>Purpose:</b>	To maintain field balance in order to create shooting opportunities
<b>Number of Players:</b>	8-12 (1 goalie, 2-4 midfielders, 2-4 attackers and 3 defenders)
<b>Equipment:</b>	1 goal, 4 cones, 3 practice jerseys, 6 balls
<b>Skill Level:</b>	Intermediate - Advanced



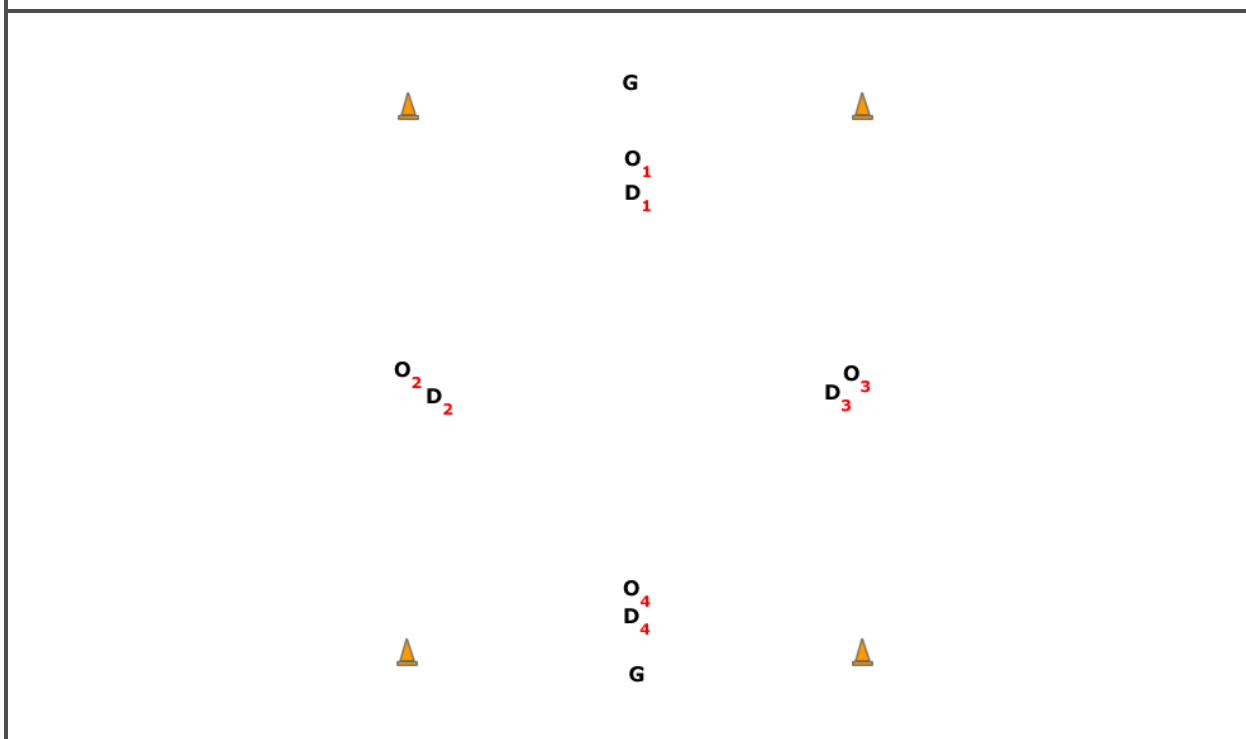
## **Drill Execution:**

- 1)** Create a 20-by-20 yard grid, with the goal centered on one side about 5 yards outside the grid.
- 2)** All balls should begin play at one of the four cones.
- 3)** Play begins with the player with the ball attacking the goal and then passing or shooting depending on how the defense reacts. The purpose is for the offense to maintain possession and pass until the best shot possible is available.
- 4)** Play continues until a shot, goal, steal or save occurs.
- 5)** Play resumes from the same cone for four additional attempts.
- 6)** Then rotate the ball to a different cone and begin play. Play will occur from all 4 cones.

### **Coaching Points**

The player with the ball should attack the goal aggressively to draw the defender and then make the best pass or best shot possible, depending on the reaction of the defense. One attacker should backup any shot taken. By attacking from all cones players will learn to play from different angles on the field and will recognize different shooting angles and how they differ in different offensive zones. Should have extra balls available since some will get shot wide, this will prevent interruption in play.

<b>Purpose:</b>	To develop offensive decision making and movement skills
<b>Number of Players:</b>	10 (2 goalies, 4 defenders, 4 offensive players)
<b>Equipment:</b>	4 cones, 10 practice jerseys (2 colors) and 1 ball
<b>Skill Level:</b>	Intermediate - Advanced



## Drill Execution:

- 1) Create a 20-by-40 yard grid.
- 2) Two teams of four players are inside the grid, and two goalies are outside the grid at opposite ends of the field.
- 3) The object is to move the ball from one end to the other by passing the ball inside the grid.
- 4) Play begins with one goalie passing to one team.
- 5) This team works to move the ball from the first goalie to goalie at the other end.
- 6) If possession is lost, the defending team passes to their goalie and play begins the other direction.
- 7) Play is continuous.

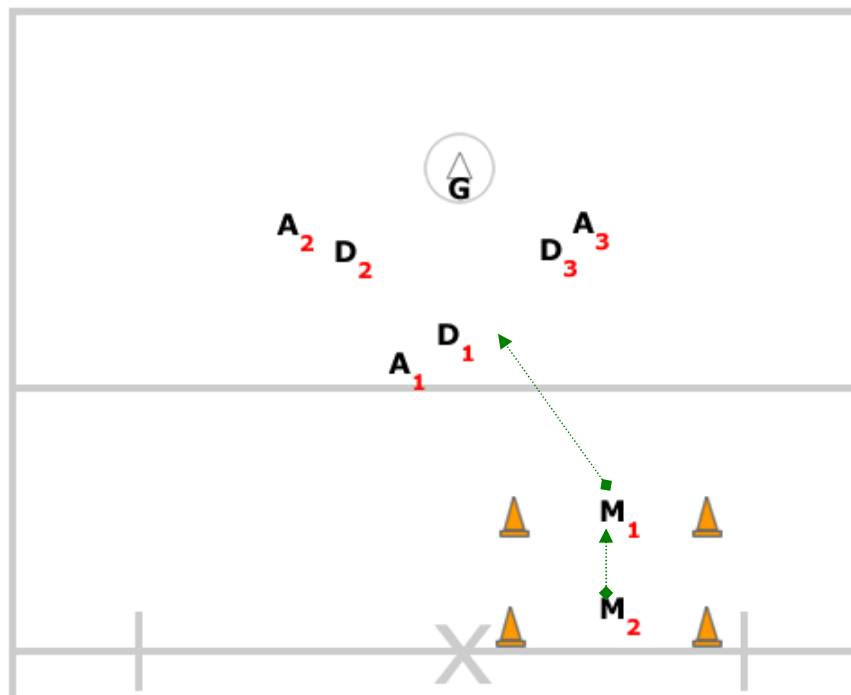
### Coaching Points

Offensive players inside the grid should maintain a diamond shape. Players should stay wide and maintain depth, stretching the space the defenders must cover. Focus on diagonal and lateral movement to open up spaces and create opportunities to move the ball forward. Defensive players should prevent penetration and should be in a position to help each other if one defender gets beat.

# Four-on-Three Triangle Fast Break

32

<b>Purpose:</b>	To develop an understanding of how to finish a standard fast break.
<b>Number of Players:</b>	9 (1 goalie, 3 attackers, 3 defenders, 2 midfielders)
<b>Equipment:</b>	1 goal, 4 cones (for modification)
<b>Skill Level:</b>	Intermediate - Advanced



## Drill Execution:

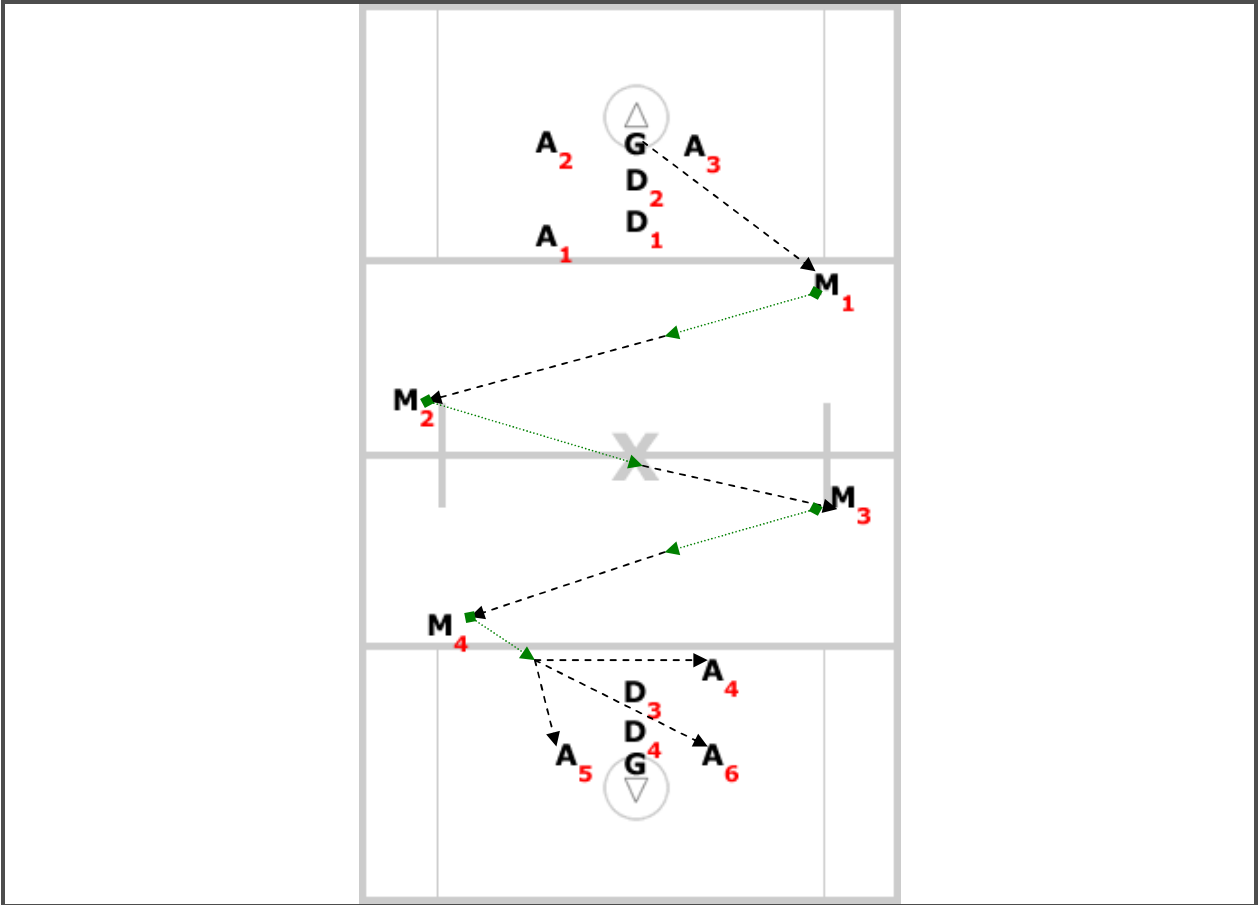
- 1) Play begins at midfield.
- 2) Place a goalie in the goal, and three defenders and three attackers inside the restraining line.
- 3) Two midfielders will be at the midline or center circle. Play begins with one midfielder scooping a ground ball and creating a fast break.
- 4) The midfielder attacks the goal either top left or top right and continues to the goal until one defender slides and takes him.
- 5) Once the defender has stopped the penetration by the midfielder, the midfielder passes to the point attacker, A<sub>1</sub>. This is important for maintaining possession and keeping a numerical advantage.
- 6) The point attacker must decide to shoot or pass. Play continues until a goal, save, steal, or throwaway (out-of-bounds pass/shot) occurs.
- 7) Begin with a new midfielder.

### Coaching Points

The midfielder must attack top left or top right to keep the field balance. Point attacker must be 3-5 yards inside the restraining line. You could have the attackers and defenders start at the top of the restraining box and move into position when play begins to simulate game type situations.

# Full Field Fast Break

<b>Purpose:</b>	To develop the concept of a fast break
<b>Number of Players:</b>	10 (2 goalies, 4 defenders, 4 midfielders, 6 attackers)
<b>Equipment:</b>	10 balls (5 at each goal) 2 goals, 5-10 practice jerseys
<b>Skill Level:</b>	Intermediate – Advanced



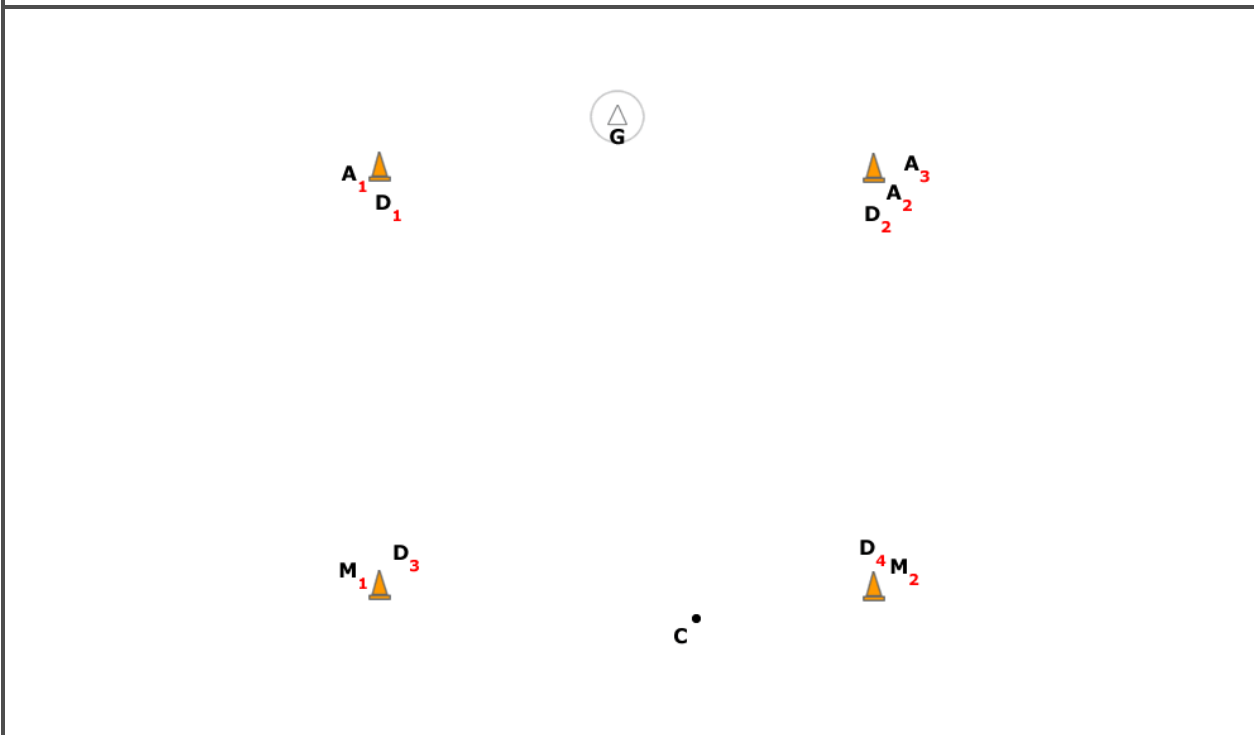
### **Drill Execution:**

- 1) Place a goalie in a goal on a full-size field. Each team has two defenders and three attackers. Other players occupy the midfield positions.
- 2) Set four lines of midfielders between the restraining lines, with at least 2 per line. Each line is at a different level and about 10 yards from the sideline.
- 3) Play begins with the goalie passing to a midfielder who is breaking to the ball.
- 4) The receiving midfielder passes diagonally to the next midfielder. This sequence continues until the last midfield line has a four-on-two fast break.
- 5) Complete the fast break. Once a shot is taken, the midfielder breaks for a clear pass and begins play in the other direction.
- 6) Midfielders follow their passes to the next line to maintain balance.

### **Coaching Points**

This drill creates fast paced full-transition model. The object is to execute a fast transition to the offensive zone and finish with a four-on-two. Midfielders are aligned on diagonals. This type of cutting or motion is best for creating attacking lanes and moving the ball quickly up the field. All midfielders are encouraged to make a v-cut in order to gain space and position before they make the diagonal cut. The defense is then forced to make a difficult play. The advantage is with the offense in order to encourage finishing in transition. The defense must use a stack slide: Defensive players begin in a stack. The first defender picks up the midfielder 5 yards inside the restraining line. The second player remains in the middle, splitting the offensive players and waiting for the first pass. Once the pass is made, the second defender goes to the pass, and the first defender replaces him. The object is for the defense to recover to the middle as quickly as possible and force an outside shot.

<b>Purpose:</b>	To develop attacking techniques and tactics in an extra-player offense
<b>Number of Players:</b>	10 (1 goalie, 2 midfielders, 3 attackers, 4 defenders)
<b>Equipment:</b>	1 goal, 5 balls
<b>Skill Level:</b>	Intermediate - Advanced



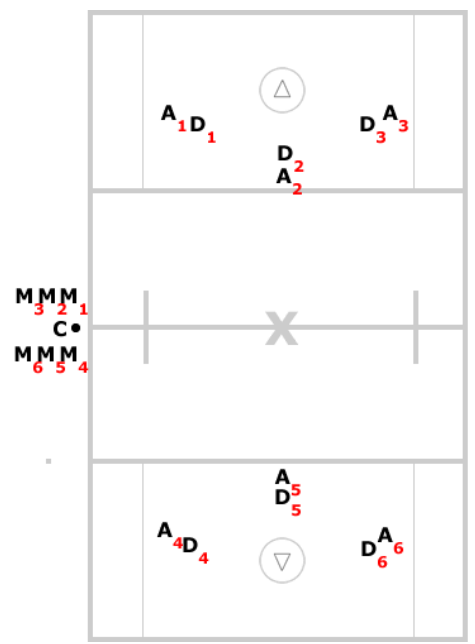
**Drill Execution:**

- 1) Create a 30-by-30 yard grid as illustrated above. Goal centered on one side about 5 yards outside the grid.
- 2) All offense and defensive players begin play outside the grid. The crease player (A3), begins at any marker.
- 3) You start play from any location with a thrown in ground ball to any offensive player.
- 4) Play goes 5-on-4 to goal, or 5-on-5 with a clear to you if the defense steals the pass or gets a ground ball.

**Coaching Points**

- One offensive player occupies the crease and should move between the high and low post. When the ball is high he should play low. The crease player can serve as a screen and then work the diagonals to receive a pass. Outside players can move and exchange with crease player or set a pick for him.
- Maintain balance, don't allow two players to occupy the same area.
- Players should read their defender. Explain that if the defender turns their back, it's a great time to cut.

<b>Purpose:</b>	To develop the conditioning needed to make the transition from offense to defense and to quickly recognize the quickly changing conditions of a transition game.
<b>Number of Players:</b>	20 (2 goalies, 6 attackers, 6 midfielders, 6 defenders)
<b>Equipment:</b>	2 goals, 20 practice jerseys (2 sets of 10, 2 colors), 10 balls
<b>Skill Level:</b>	Advanced



**Drill Execution:**

- 1) Start with a full-size field with a goalie in each goal, three defenders and three offensive players at each end, a coach and six midfielders at midfield line.
- 2) The drill starts with a one-on-one ground ball from you or an assistant coach. The players battle for the loose ball and the player who gains possession continues and leads a 4-on-3 fast break.
- 3) Play continues until a steal or a shot occurs. On a steal, the ball goes to the goalie, on a save the goalie begins play in the opposite direction by calling "clear"
- 4) Two midfielders are then released from the midfield and move back to the goal to aid in the clear. The goalie is free to play the ball to a defender or midfielders cutting to the ball. The midfielders must cut below the restraining line before getting the pass.
- 5) Play continues in the opposite direction with a 5-on-4 fast break.
- 6) Play continues again until a goal, save or steal occurs, goalie then issues "clear", and two players from the original fast breaking team are released from the midfield and must cut below the restraining line before receiving a pass.
- 7) Continue until the drill reaches 6-on-6 for one full field in each direction.

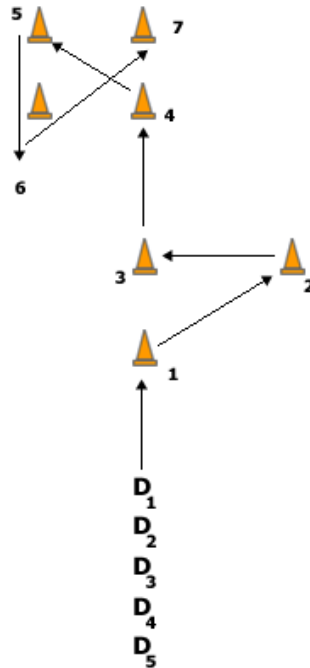
**Coaching Points**

- Each team will have 3 attackers, 3 defenders, and 3 midfielders, 1 goalie (10 players)
- The focus of the drill is on the diagonal pass and spacing. Players need to use the diagonal cut to create lanes for pushing the ball quickly up the field.
- Goalies are encouraged to "clear" quickly and pass to the first open defender, particularly the defender guarding the offensive player who took the shot.

# Shuttle Run Drill

36

<b>Purpose:</b>	Develop defensive player footwork
<b>Number of Players:</b>	5
<b>Equipment:</b>	7 field markers (cones)
<b>Skill Level:</b>	Beginner - Advanced



## Drill Execution:

- 1) Begin by setting up the field as diagrammed above. Set the cones 5-8 yards apart at the various angles illustrated above.
- 2) The drill will begin at marker #1 and will be run in sequential order.
- 3) Player D1 begins by running diagonally from marker #1 towards marker #2.
- 4) The player then moves laterally from #2 towards #3 by shuffling his/her feet while maintaining a proper defensive stature.
- 5) Once at marker #3 the player will execute a drop-step and backpedal towards #4 in a low stance with head up and shoulder stance square.
- 6) From marker 4 to #5 the player will again move diagonally.
- 7) Once the player has reached marker #5 he/she will sprint forward to marker 6.
- 8) The player completes the drill by moving diagonally to marker 7.
- 9) Rotate all players thru drill.

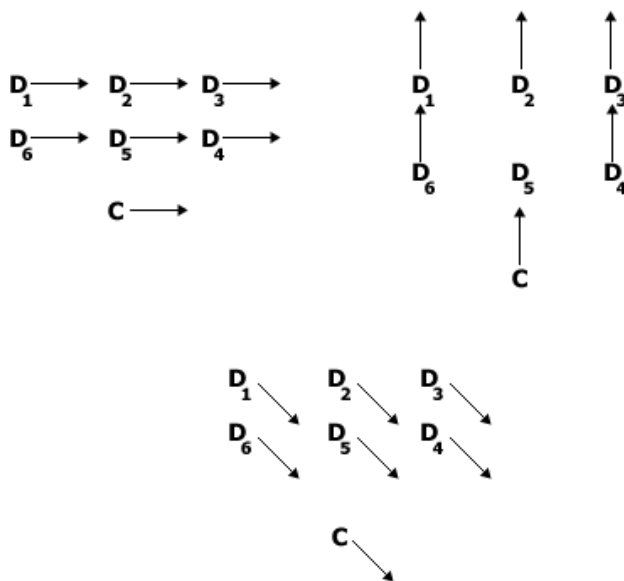
### Coaching Points

Diagonal movement should occur with shoulders squared towards the starting position.

# Foot Fire Drill

37

<b>Purpose:</b>	Develop proper body and stick position and the ability to change direction effectively.
<b>Number of Players:</b>	6
<b>Equipment:</b>	None
<b>Skill Level:</b>	Beginner - Advanced



## Drill Execution:

- 1) Start by placing two rows of defenders with at least a stick length of space between each player in all directions.
- 2) When you give the "FIRE" command players react by moving their feet rapidly as if running in place.
- 3) On the "BREAK DOWN" command players assume a proper defensive stance with stick in front, and eyes up scanning.
- 4) All players will move in the direction you point.
- 5) You can also have players face each other; you would stand behind one row and give the signals. The other row would mirror the movement of the row you signal, this increases difficulty.

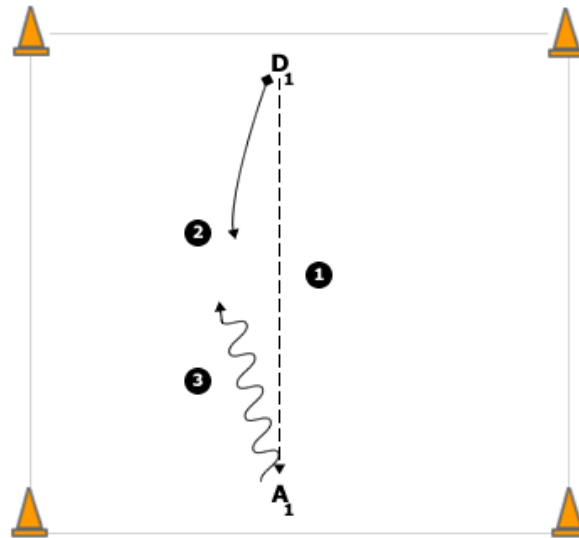
## Coaching Points

Developing quickness and reaction time is very important as your defenders will often be going against the fastest players on the field. Emphasize proper position and footwork to help your players build "muscle-memory".

# One-on-One Grid Drill

38

<b>Purpose:</b>	Develop individual defense fundamentals
<b>Number of Players:</b>	2 (1 defensive/1 offensive)
<b>Equipment:</b>	4 Field markers (cones), 1- ball
<b>Skill Level:</b>	Beginner - Advanced



## Drill Execution:

- 1) Establish a 10-by-10 yard square grid with the four cones.
- 2) The defensive player begins with the ball and passes to the offensive player. The defender's job is to prevent the offensive player from dodging or running the ball across the defender's grid line.
- 3) Once the offensive player has possession of the ball, the defender may leave his line and start defending.
- 4) Drill ends when the attacker crosses the line with the ball, or the defender forces the attacker away or checks the ball away.
- 5) Rotate all players 1-2 times.

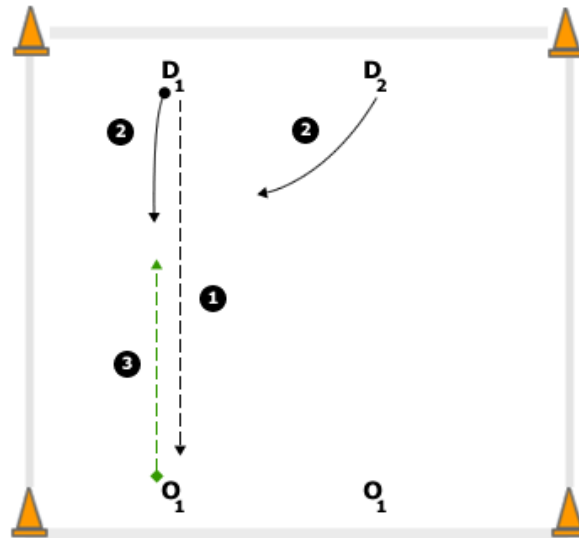
### Coaching Points

The defender needs to be aggressive but exercise some degree of patience. The defender should allow the attacker to make a mistake before making his move. The defender should utilize his stick length to his advantage.

# Two-on-Two Grid Drill

39

<b>Purpose:</b>	Develop the role of the second defender
<b>Number of Players:</b>	8 (2 defensive/2 offensive)
<b>Equipment:</b>	4 Field markers (cones), 1 ball
<b>Skill Level:</b>	Intermediate - Advanced



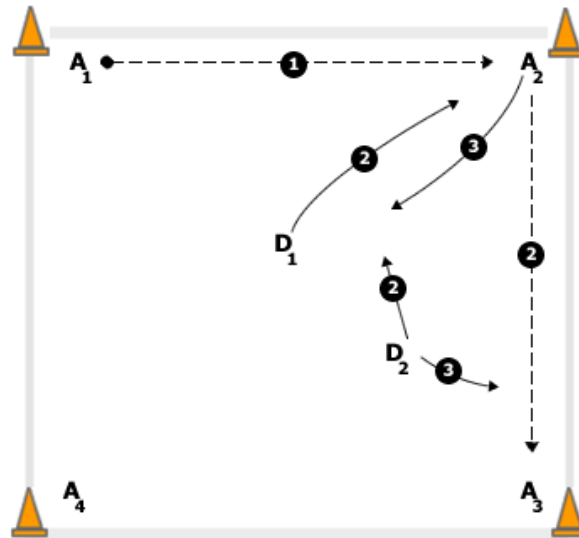
## Drill Execution:

- 1) Establish a 15-by-15 yard square grid.
- 2) Drill begins with defensive pair making a pass to the offensive pair.
- 3) Once the offensive pair has possession of the ball the defenders leave their line and work together to prevent the offensive pair from dodging or passing across the defenders back line.
- 4) One defender assumes the role of 1<sup>st</sup> defender (D1) and closes with speed and angle. The other defender assumes a support role (D2) and gives support at an angle.
- 5) Drill ends when attacker crosses the line with the ball, or the defender forces the attacker away or checks the ball away.
- 6) Rotate all players 1-2 times.

## Coaching Points

The role of the first defender is to stop offensive penetration. The role of the second defender is to support by being in a position to cover a passing lane and to slide if the first defender is beaten by a dodge. The second defender should be at a 45 degree angle behind the first defender.

<b>Purpose:</b>	Develop the technique of the stack slide and recovering to the hole.
<b>Number of Players:</b>	6 (2 defensive/4 offensive)
<b>Equipment:</b>	4 Field markers (cones), 1 ball
<b>Skill Level:</b>	Intermediate - Advanced



### Drill Execution:

- 1) Establish a 10-by-10 yard square grid.
- 2) Attacker A1 begins with the ball and makes a pass to A2. The two defenders being in the middle of the grid in a proper defensive stance and react to the first pass to begin play.
- 3) The first defender begins by closing on the ball with speed and proper angle. The second defender remains near the middle with stick up, ready to block a pass.
- 4) The second attacker passes to any other attacker to continue the drill.
- 5) The defenders respond by changing roles and position as need to continue defending the attacker with the ball.
- 6) The drill continues for several passes so that the defenders switch roles a few times each.

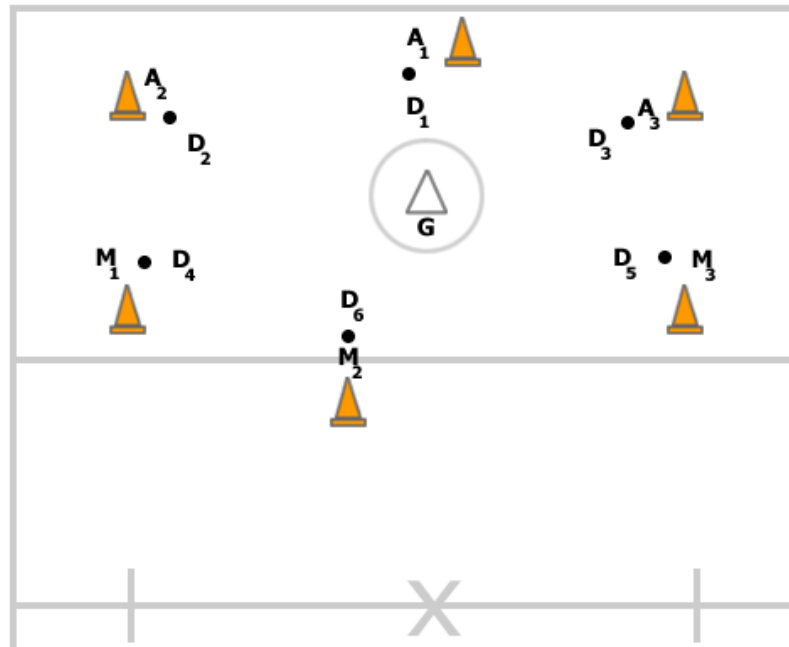
### Coaching Points

Communication between defenders is crucial so that each defender knows the role he/she should provide, whether as the first defender or second defender. Switching roles quickly prevents the offense from creating gaps in the defensive protection.

# One-on-One to Goal Drill

41

<b>Purpose:</b>	Develop the concept of defensive positioning according to the location of the ball.
<b>Number of Players:</b>	13 (6 defensive/6 offensive, 1 goalie)
<b>Equipment:</b>	6 Field markers (cones), 1 goal, 6 balls, 6 practice jerseys
<b>Skill Level:</b>	Beginner - Advanced



## Drill Execution:

- 1) Establish the field markers and player groupings at the dodging stations located on the diagram.
- 2) Play begins on the coaches whistle or command from a designated station.
- 3) One group goes at a time.
- 4) The offensive player with the ball is given 5 seconds to dodge the defender to the goal.
- 5) The defender is to prevent the offensive player from dodging and taking a shot at the goal.
- 6) Play ends after 5 seconds, a shot, a goal, or a steal.
- 7) Rotate thru all groups 1-2 times.

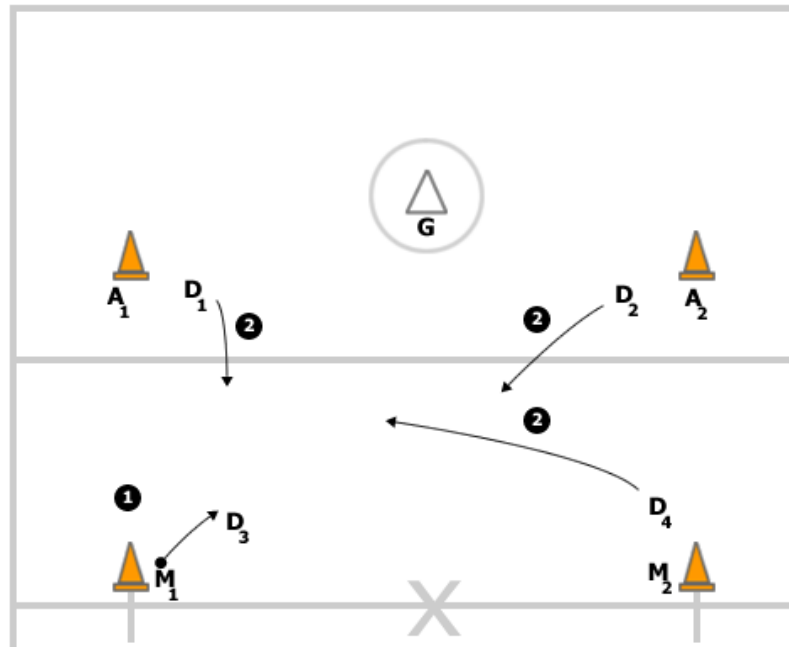
## Coaching Points

Defenders need to maintain good defensive position during the drill as well as choosing a proper angle to defend. Utilize stick length as well as the crease to the defenders advantage. The goal is to not allow a shot, however at least force the offense to take very difficult shots.

# Four Corner Slide Drill

42

<b>Purpose:</b>	Develop sliding techniques and communication between defenders
<b>Number of Players:</b>	9 (4 defensive/4 offensive, 1 goalie)
<b>Equipment:</b>	4 Field markers (cones), 1 goal, 5 balls
<b>Skill Level:</b>	Intermediate - Advanced



## Drill Execution:

- 1) Establish a 30-by-30 yard square grid as illustrated above.
- 2) The markers serve as the beginning points of the drill. The offensive player at each cone should have a ball.
- 3) Play begins with the offensive player you designate; the offensive player attacks the goal.
- 4) The defender plays passively, but is allowed one check.
- 5) The offensive player continues to dodge towards the goal.
- 6) The remaining defenders and goalie must communicate the slides that are needed to prevent a score or passing to another offensive player.
- 7) Play continues until a shot, goal, save or steal occurs.
- 8) Play restarts at another position of your choice.

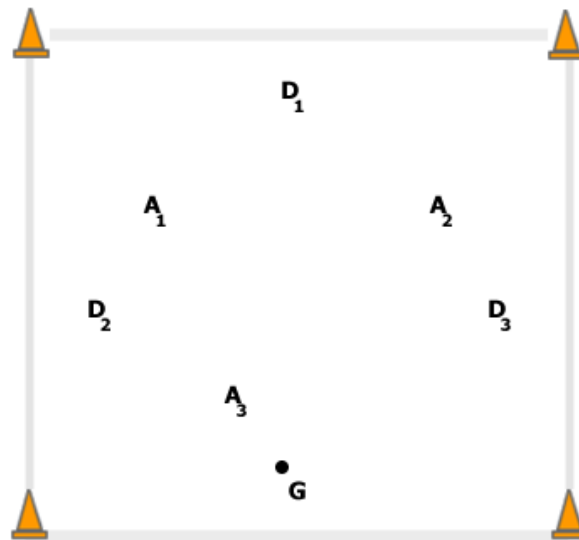
## Coaching Points

Communication, anticipation and proper fundamentals are vital to successful sliding. It's very important that defenders slide with their sticks up in the passing lanes.

# Four-on-Three Possession Drill

43

<b>Purpose:</b>	Develop passing and movement skills need for starting the transition game on the defensive end.
<b>Number of Players:</b>	7 (3 defensive/3 offensive, 1 goalie)
<b>Equipment:</b>	4 Field markers (cones), 3 practice jerseys, 2 balls
<b>Skill Level:</b>	Beginner - Advanced



## Drill Execution:

- 1) Establish a 30-by-30 yard square grid.
- 2) In the grid are three attackers and three defenders as well as a goalie.
- 3) Play starts with the goalie passing to one of his defensive teammates; this simulates a save by the goalie and the start of the transition. The attackers now become the defenders.
- 4) The clearing team (D1-D3) focuses on moving to open space and making passes.
- 5) Play continues until 3-4 good passes have been made, then rotate your players.
- 6) Play is restricted to the grid.

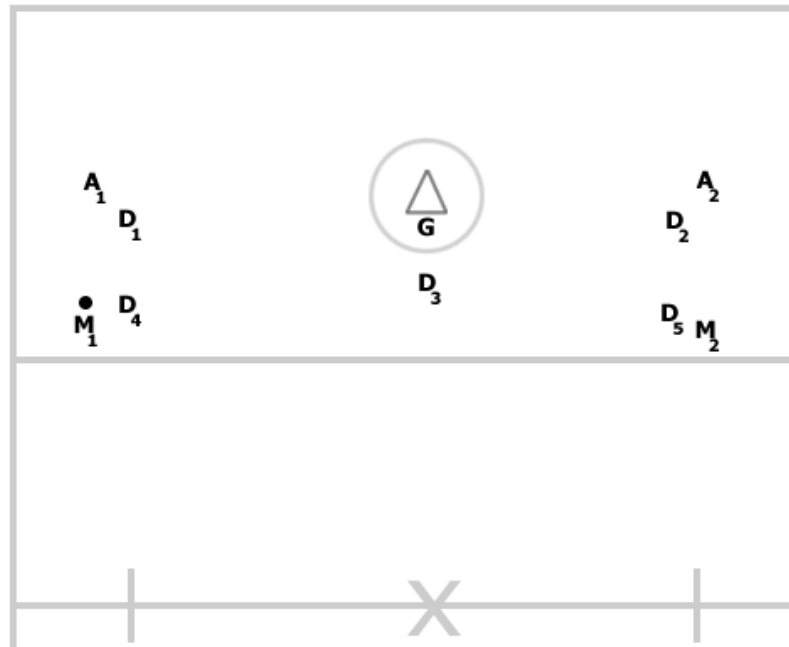
### Coaching Points

Emphasize how important the transition game is to your defenders. Explain to them that no matter how good they play defense it means nothing if they cannot move the ball out to their own offensive teammates. Communication and good stick skills are required, especially in the limited space.

# Five-on-Four Defense

44

<b>Purpose:</b>	Develop the help and recovery defensive tactics used in double team situations.
<b>Number of Players:</b>	10 (5 defensive/4 offensive, 1 goalie)
<b>Equipment:</b>	1 goal, 5 balls
<b>Skill Level:</b>	Advanced



## Drill Execution:

- 1) Organize your players as illustrated above.
- 2) Begin with one offensive player in possession of the ball. A defender marks all offensive players, playing in proper ball-side and goal side position.
- 3) The offense works to maintain possession and score.
- 4) The defenders, in a 2-1-2 formation work together to prevent the offense from scoring.
- 5) The crease defender (D3) has no offensive player to mark, he is free to double team the player with the ball as well as block passing lanes.
- 6) Play continues until a shot, save or goal occurs.
- 7) Restart the drill with the ball position of your choice.

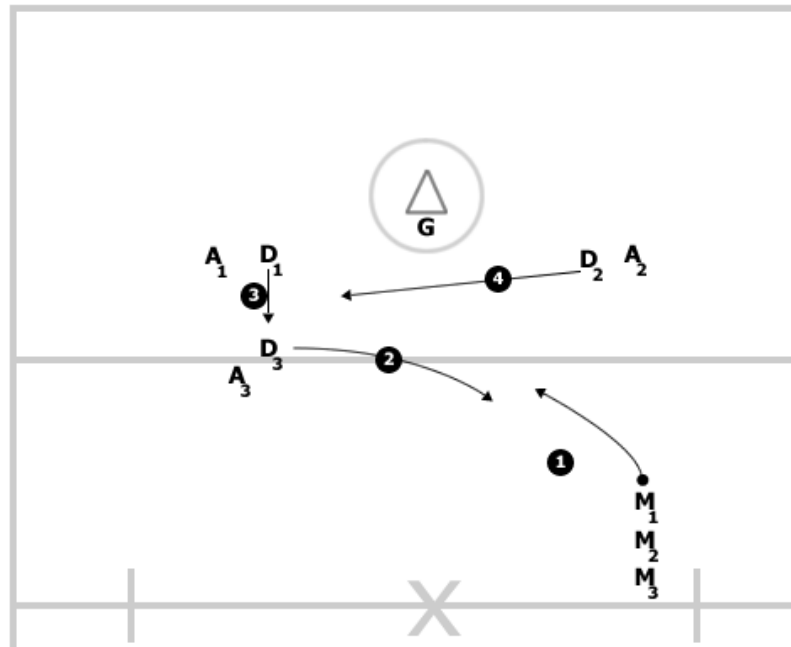
## Coaching Points

Maintaining proper position is very important, however players are encouraged to play very aggressive defense since the potential extra defender is available. The extra defender should be paying close attention to the ball and checking to see if the covering defender needs help, or if he should block the pass lanes. Defensive communication is also a must.

# Triangle Slides Fast Break Drill

45

<b>Purpose:</b>	Develop the slide technique used while defending.
<b>Number of Players:</b>	10 (3 defensive/6 offensive, 1 goalie)
<b>Equipment:</b>	1 goal, 5 balls
<b>Skill Level:</b>	Beginner - Advanced



## Drill Execution:

- 1) Offensive plays will be setup in a traditional fast break form: A1 is the point, A2 low right and A3 low left.
- 2) Defenders begin in a marking position.
- 3) The play begins with a midfielder (M1) attacking the goal from 10 yards outside the restraining line.
- 4) When the midfielder attacks a side the defenders are forced to leave the attackers they are marking and cover the midfielder to prevent a score.
- 5) D1 becomes the point defender, and D2 and D3 complete the triangle.
- 6) D1 plays the midfielder about 5 yards inside the restraining line and D2 and D3 slide accordingly to react to the next pass.
- 7) Play continues until a shot, save or goal is made.
- 8) Rotate midfielders. Repeat.

## Coaching Points

It is important for the defense to stay compact in its triangle. Expanding the triangle creates larger passing lanes and will spread out the defense. Make sure defenders utilize their stick length advantage and keep their sticks in the passing lanes.