

## **PASSING: Partner Passing / Wall Ball**

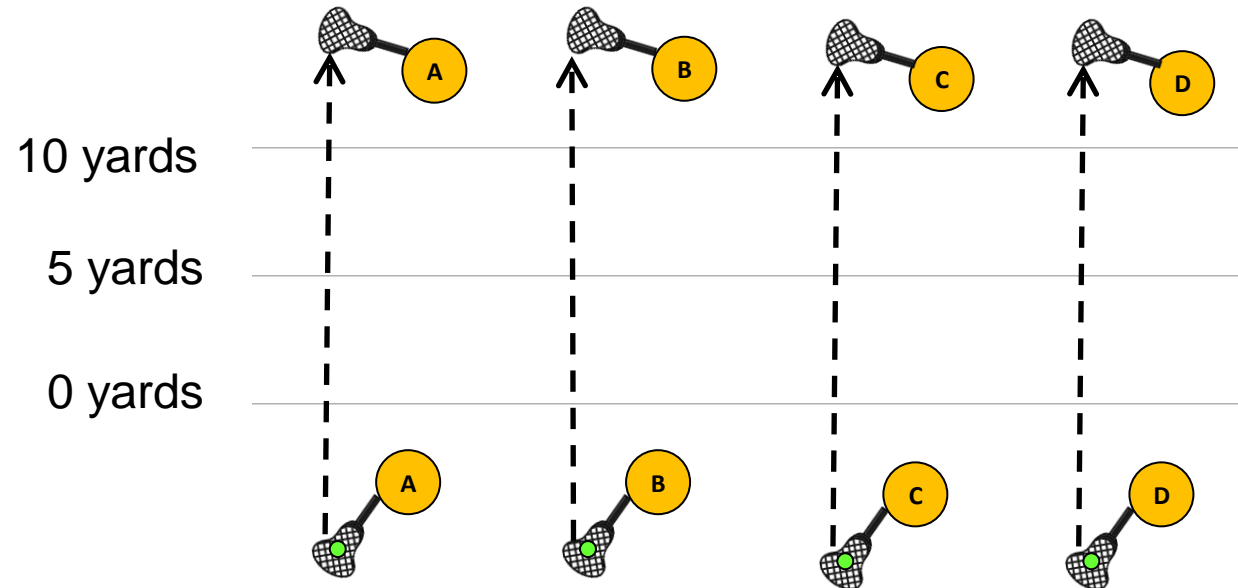
- 1) catch with top hand, pass with both hands
- 2) catch with bottom hand across body, pass with both hands

## **CATCHING**

“PRESENT YOUR STICK” - Stick head up and out in front, set up a target, top hand up on the plastic, top hand out front. “CUSHION CATCH” give with the flight of the ball, catch it deep and cushion the ball.

## **PASSING**

stick start on collarbone, point the laser, point elbow, PUSH PULL MOTION, snap bottom hand down, both hands finish same side, (stick head, top hand and bottom hand start and finish on the same side) step, move, transfer weight toward target. point stick head to target with top hand, Constant movement RUN until you catch and RUN until you pass. Clear stick to pass.



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## **PASSING: Partner Passing Downfield on the move**

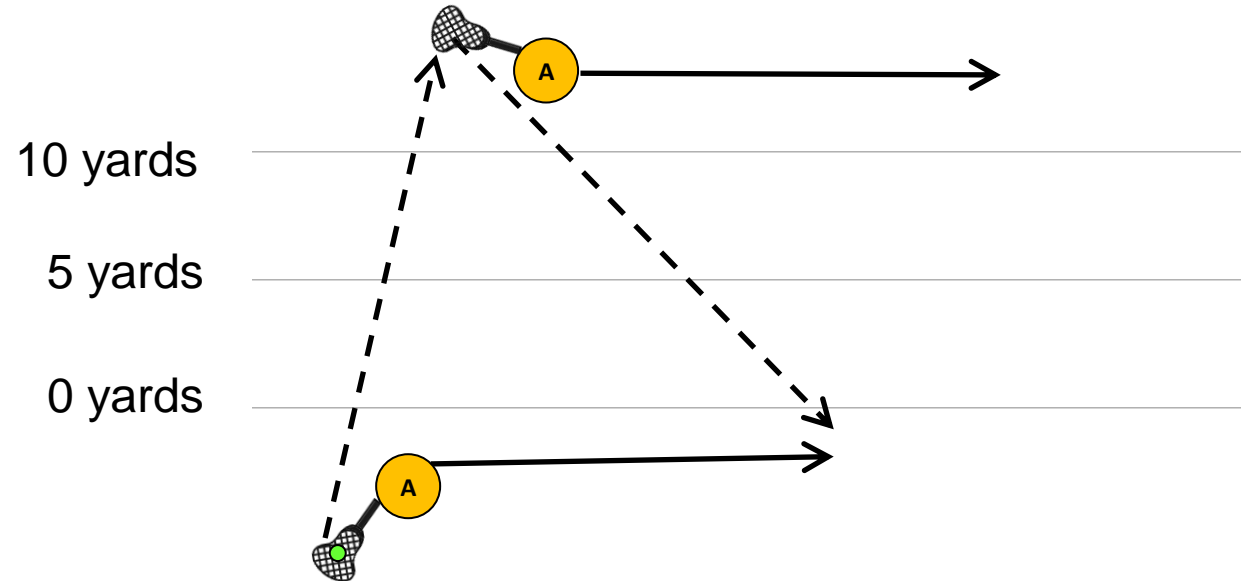
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## **GROUNDBALLS: Cross Field Groundballs**

Repeat each GB skill 4 times

Every player has a ball

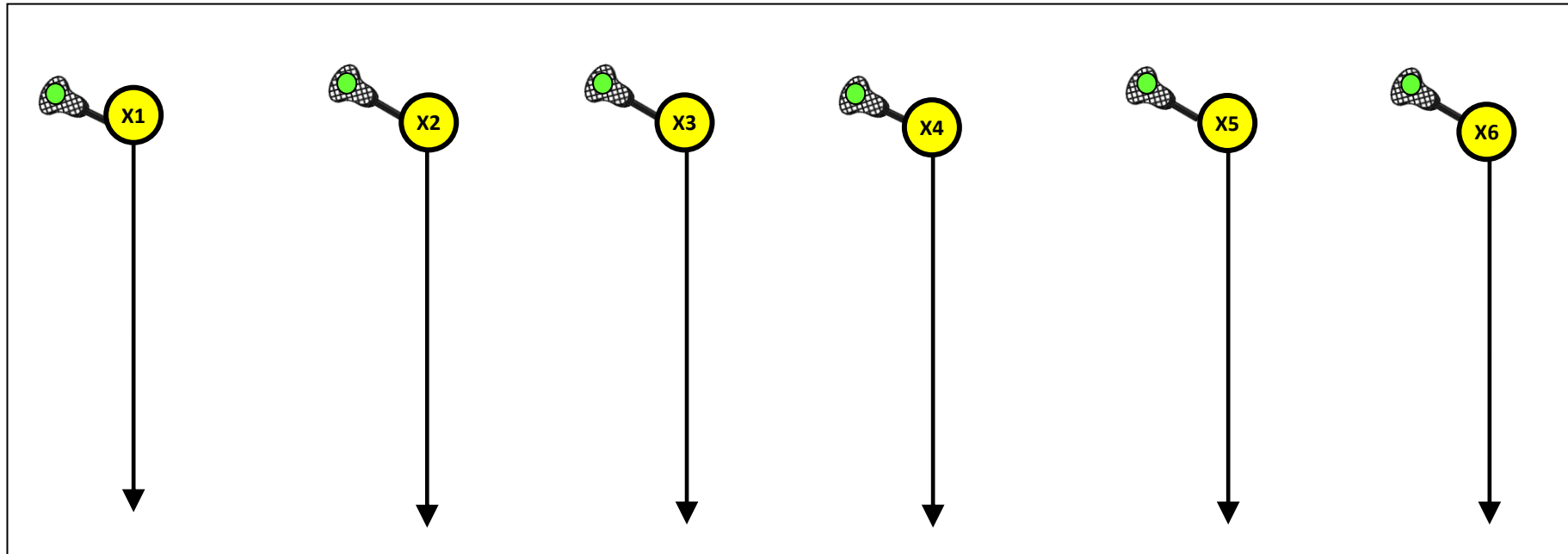
Everyone goes at the same time - No lines, no waiting

Sideline to Sideline

- 1) Put it down, pick it up
- 2) Put it down, kick it, pick it up
- 3) Put it down, hockey it, pick it up
- 4) Put it down, pick it up, roll away and split back
- 5) Put it down, pick it up, split and rollback
- 6) Put it down, pick it up, split, split
- 7) Alternating GB's with Pressure
- 8) Butt 2 Butt
- 9) Face Offs

## **SCOOPING GROUNDBALLS**

The ball is on the ground for large percentages of live games, it is extremely important that proper techniques are taught and executed. TOP HAND ON THE PLASTIC, BOTTOM HAND NEAR THE BOTTOM, BOTH HANDS BELOW YOUR KNEES.



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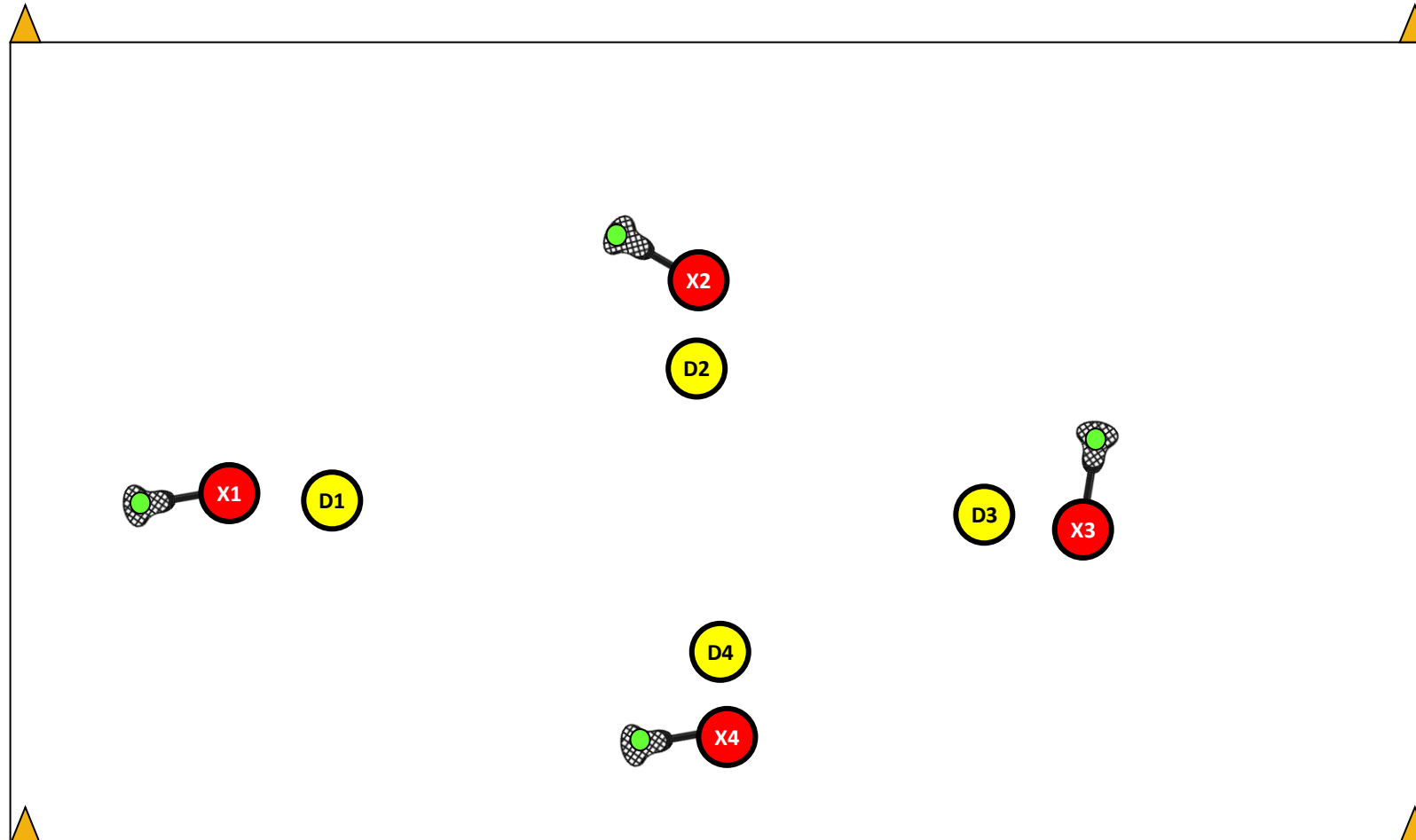
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## 1 v 1 Keep Away

- 1) Players (X) with the ball must keep it away from his defender (D)
- 2) X's can move anywhere they want, they just have to stay in between their designated cones
- 3) If the ball hits the ground the X responsible exits the box and does 5 pushups
- 4) If X exits the box and goes out of bounds, he must do 5 push ups
- 5) Everyone goes at the same time - No lines, no waiting
- 6) Go for a minute then the defender gets the ball and tries to keep it away

# MESA



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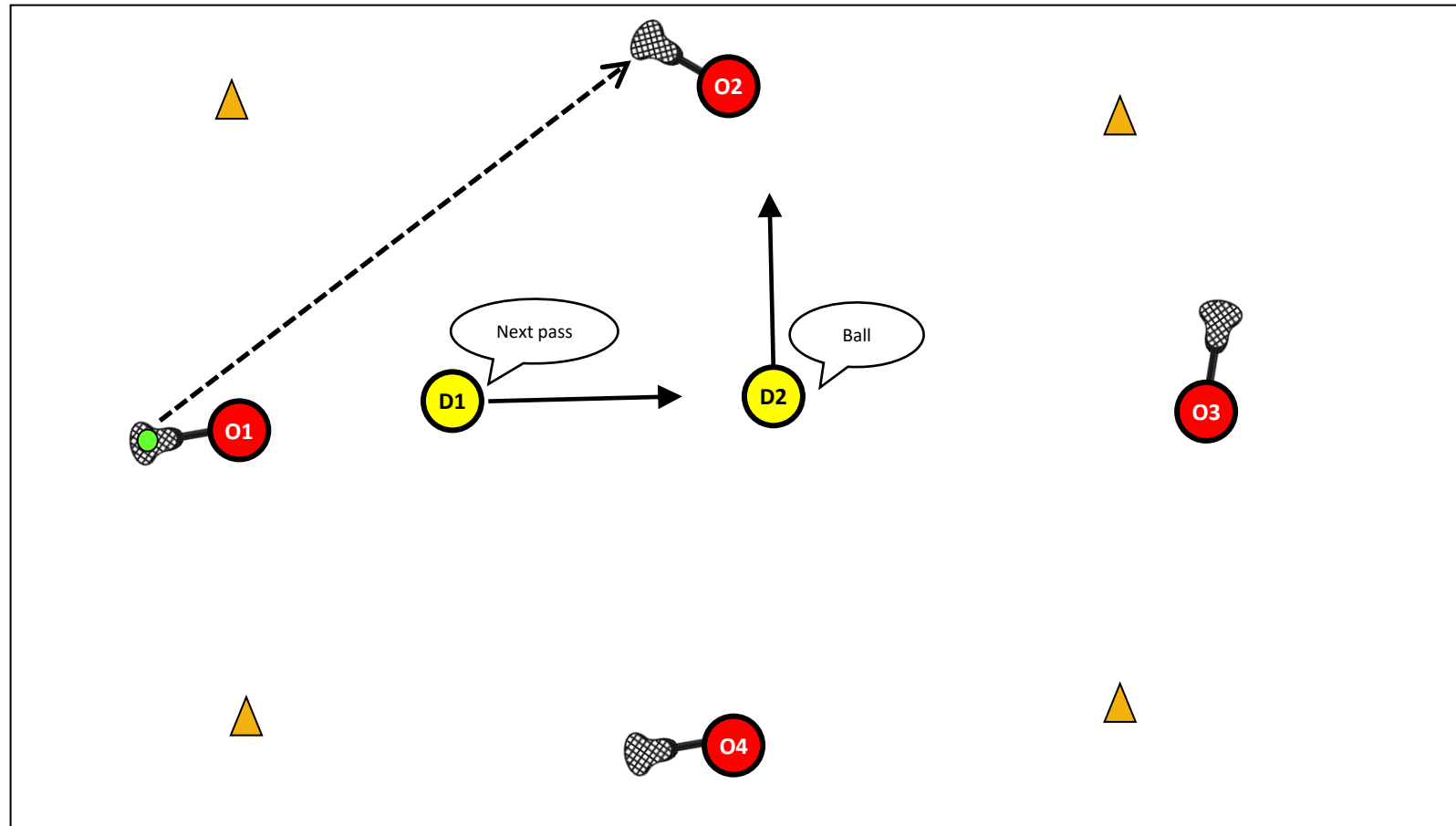
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## 4 v 2 Keep Away

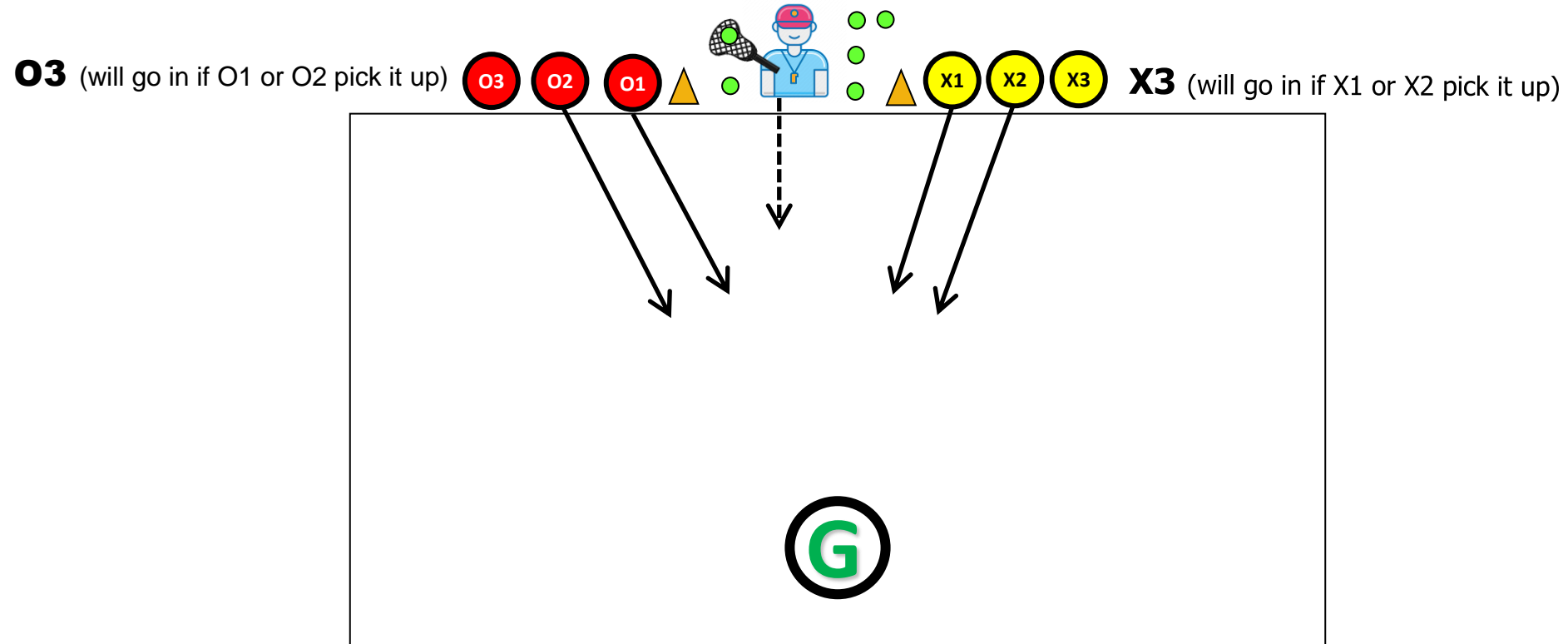
- 1) X's can move anywhere they want in between their designated cones ▲
- 2) If the ball hits the ground the X responsible becomes a D (yellow circle)
- 3) X's use their fakes and passing skills, they also have to move off the ball to get open
- 4) D's play in a tandem, one takes BALL and the other has NEXT PASS
- 5) Everyone goes at the same time - No lines, no waiting

# MESA



## 2 v 2 GB's to 3 v 2

- 1) 2 v 2 groundball thrown in by coach
- 2) Which ever team picks it up gets to add a guy from their third line and it becomes a 3 v 2 to the goal
- 3) Gotta make one pass before you shoot
- 4) If the ball exits the box the play is dead, throw in another ball
- 5) Every group gets 3 balls on offense
- 6) If the defense clears it, start a new group



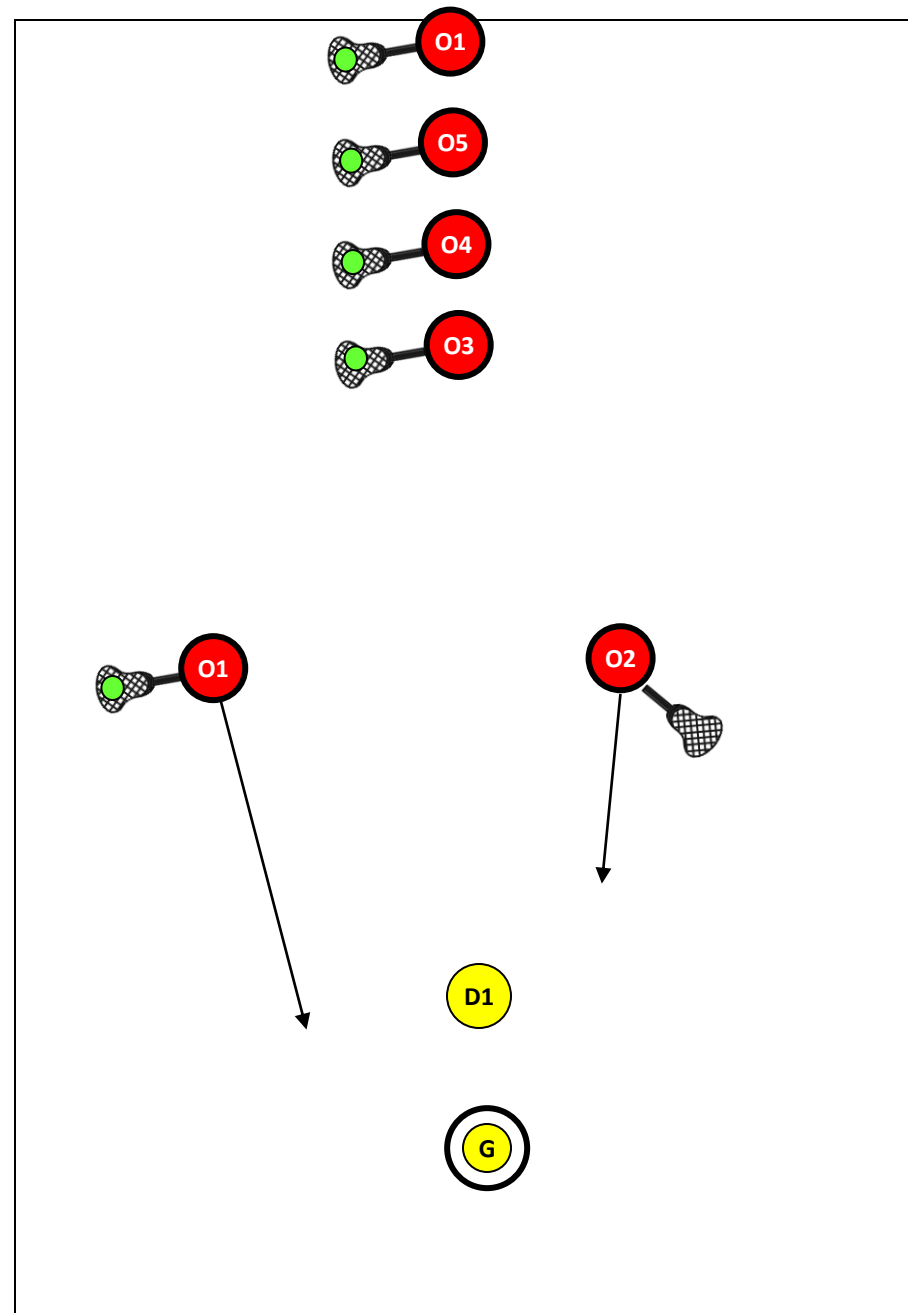
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## England Drill

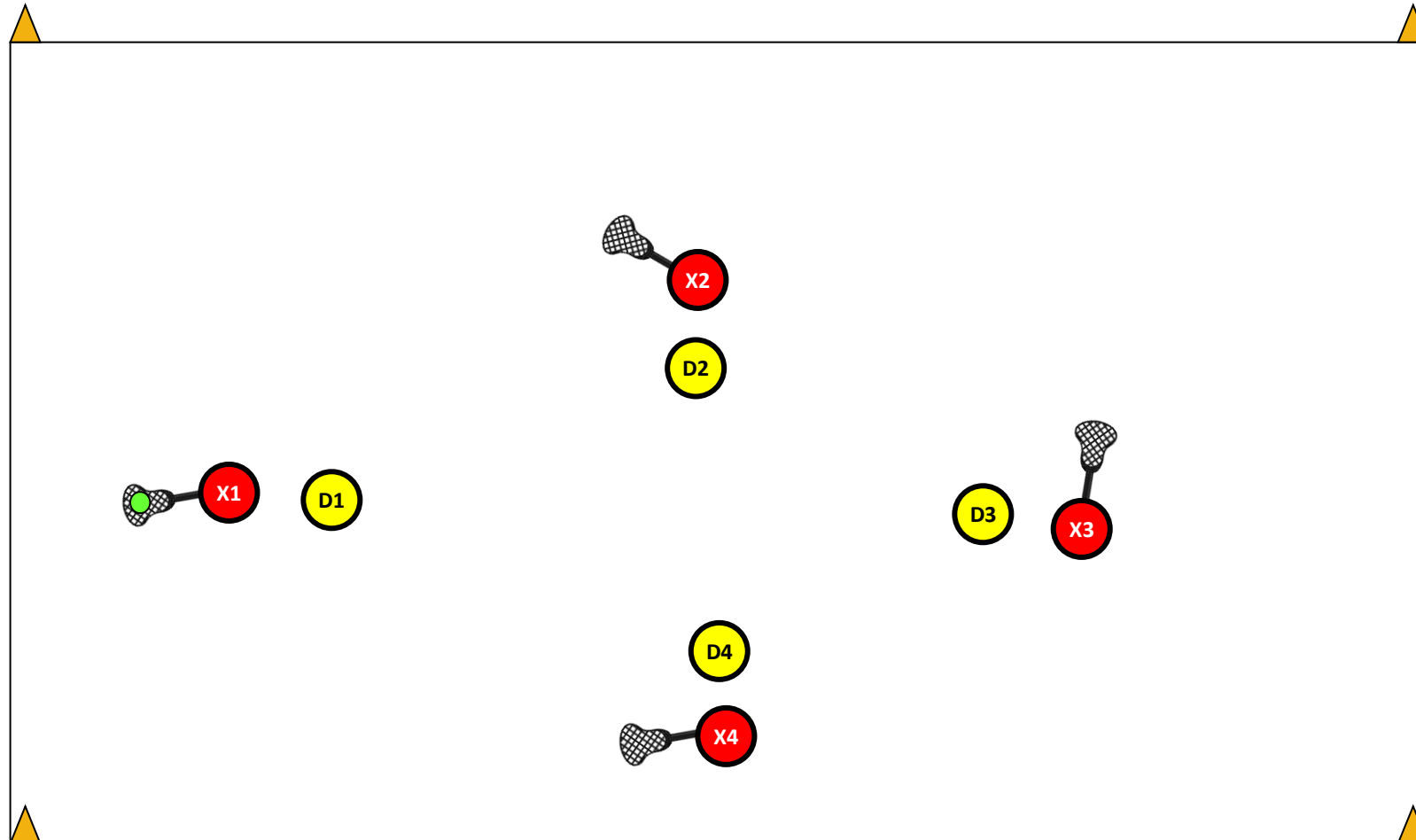
- 1) Start 2 v 1 – drive to pipe
- 2) Add an offensive player with a ball and a defender every whistle. Offense throw the ball up field, don't run it up.
- 3) Coach can whistle whenever he wants
- 4) Can let defense clear it out or not
- 5) One or no cradles



## Team Keep Away

- 1) Players (X) with the ball must keep it away from his defender (D)
- 2) X's can move anywhere they want, they just have to stay in between their designated cones
- 2) If the ball hits the ground, the other team can get it
- 3) If the player with the ball is double teamed he has to pass it to an open player that says "ONE MORE"

# MESA

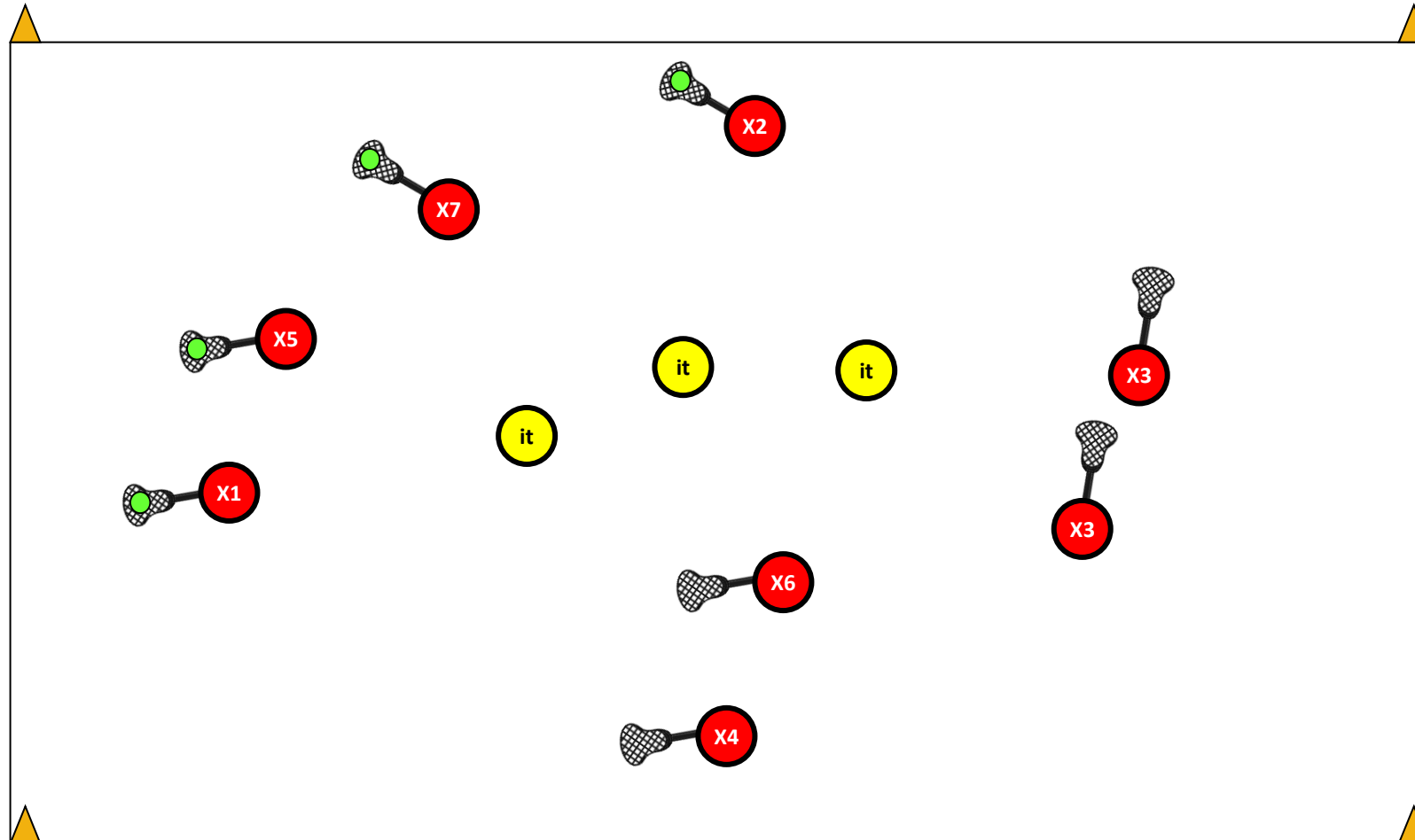




## **"ONE MORE" FREEZE TAG**

3 players are "IT" and do not have sticks, they have to tag and freeze players  
Half of the offensive players have a ball, the other half do not have a ball  
If you have a ball you can't get tagged, you can unfreeze players by giving them your ball  
If you don't have a ball, you can get tagged  
If you get tagged you must freeze  
The only way to get unfrozen is to get a ball from a player with a ball  
You have to yell "ONE MORE" to get the players with the balls attention  
"ONE MORE" call alerts players with the ball to help you and give you a ball to get unfrozen

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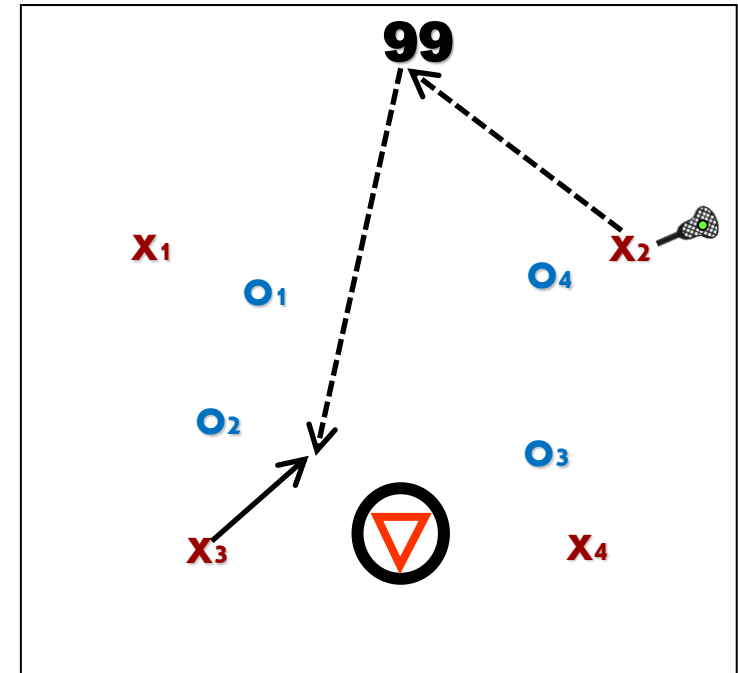
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## Gretzky

- Both sides play offense and defense
- Gretzky is a steady offensive player or a coach
- Every time there is a goal, a change of possession or a groundball:  
the ball must be passed to Gretzky before you go on offense or continue offense  
Players must move their feet and clear their stick to get the ball to Gretzky
- Once you have passed to Gretzky your team is on Offense
  
- When you are on **Offense**
- When someone on your team has passed to **Gretzky** your team is on offense
- Off-ball players must either **Pop** or **Cut** to get the ball
- Off ball players must call for the ball with a loud **“One More”** call
  
- When you are on **Defense**
- The defense can't shut off or cover Gretzky
- Defensive players must play the ball hard (ball pressure) to stop the offense from getting the ball to Gretzky
- Defense must check up quickly to prevent easy dunks
  
- **Variations**
- Gretzky up top
- Gretzky at X
- Gretzky up top and at X
- Gretzky on wings
- 1 v 1, 2 v 2, 3 v 3, 4 v 4, 5 v 5, 6 v 6
- Gretzky can be a coach or a player

# MESA



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