

Pre-Practice Drills

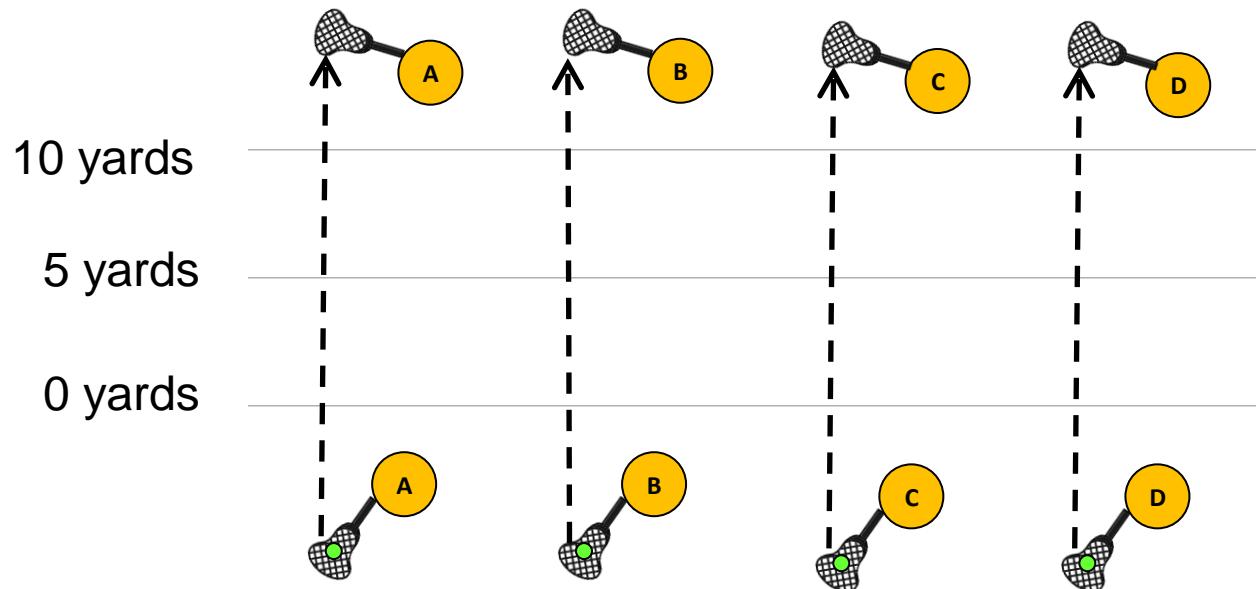
Pre-Practice is time before you start a practice, pre-practice is an important time because players can get a lot done in a small amount of time. Pre-practice gets the players reps and gets the players focused. No time is wasted.

Players arrive at the field and need something to do. Players coming back from a water break need something to do. Players at halftime need something to do. These drills are great because they

keep players busy and moving. These drills are designed so that all players can be active at the same time, there are no lines or waiting to play. Players can set up pre-practice drills on their own, just find a partner or partners and go!

Partner Passing / Wall Ball

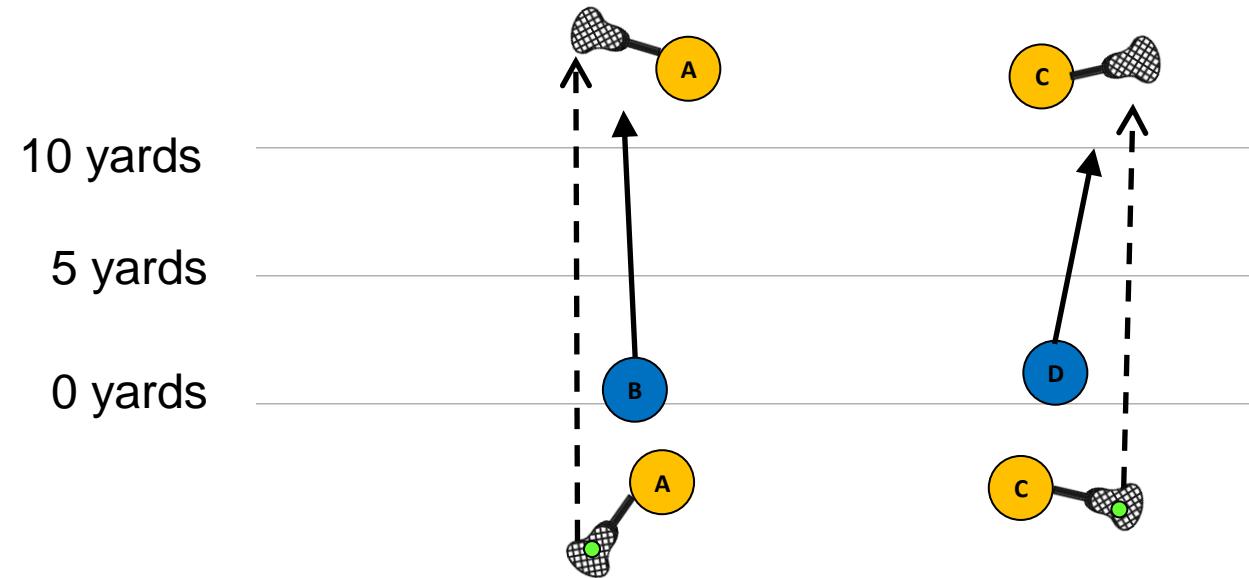
- 1) catch with top hand, pass with both hands
- 2) catch with bottom hand across body, pass with both hands
- 3) fake away and pass
- 4) behind the back
- 5) quick sticks (no cradles)
- 6) catch and switch
- 7) over the shoulder catch
- 8) two balls at a time
- 9) Everyone goes at the same time - No lines, no waiting



2 v 1 Keep Away

- 1) 2 offensive player pass around the defender
- 2) defender must play the ball
- 3) offensive sticks must be in the "mirror"
- 4) use fakes and move your feet
- 5) not only passing to your teammate, you are passing away from the defender
- 6) don't pass the ball over the defender, pass it around him
- 7) off ball offense got to get out of defender's shadow
- 7) use spot feed, area pass
- 8) pass your teammate open
- 9) switch defender on a turnover
- 10) Everyone goes at the same time - No lines, no waiting

MESA



Cross Field Groundballs

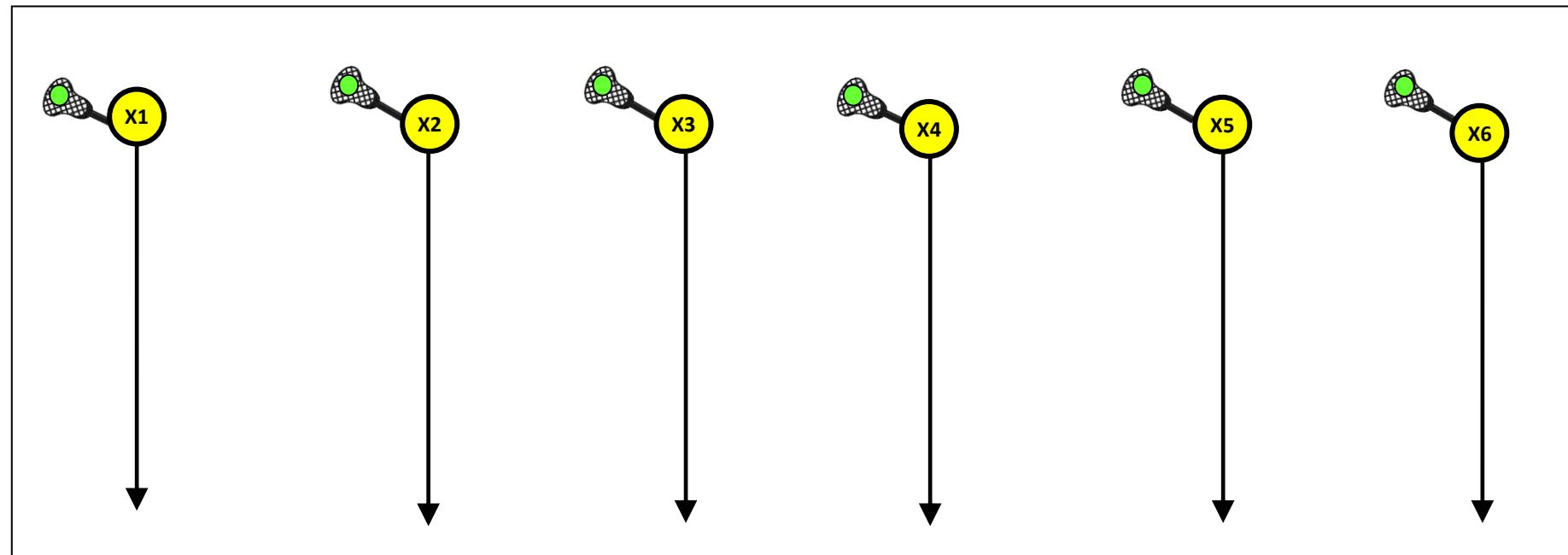
Repeat each GB skill 4 times

Every player has a ball

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

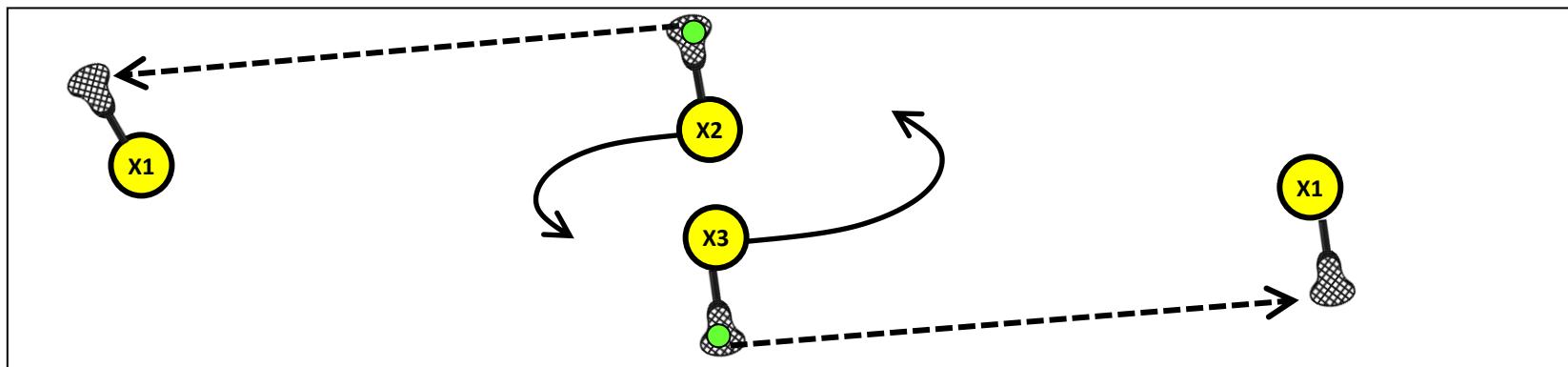
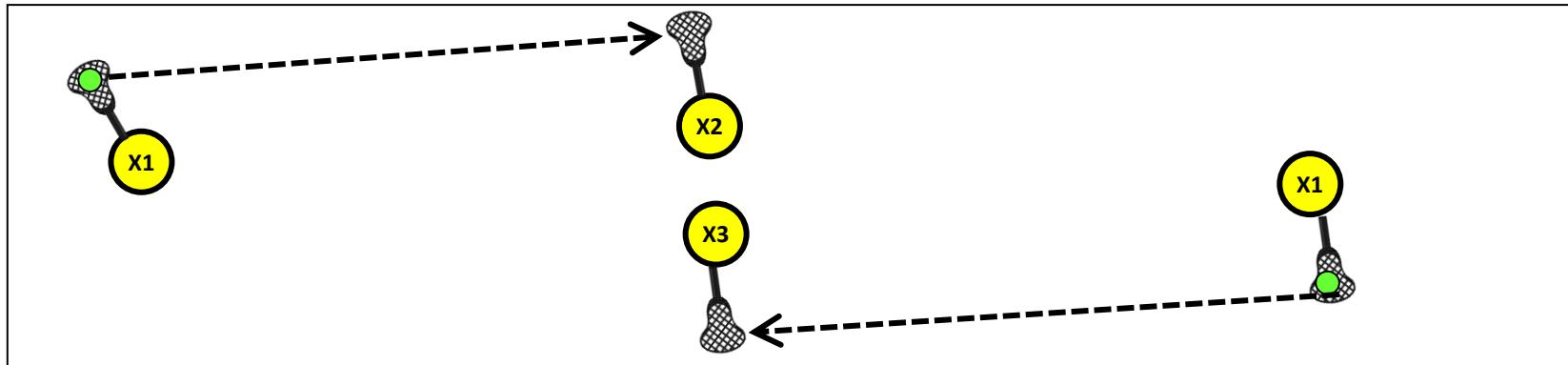
Sideline to Sideline

- 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 pressure
- 5) Put it down, pick it up, split



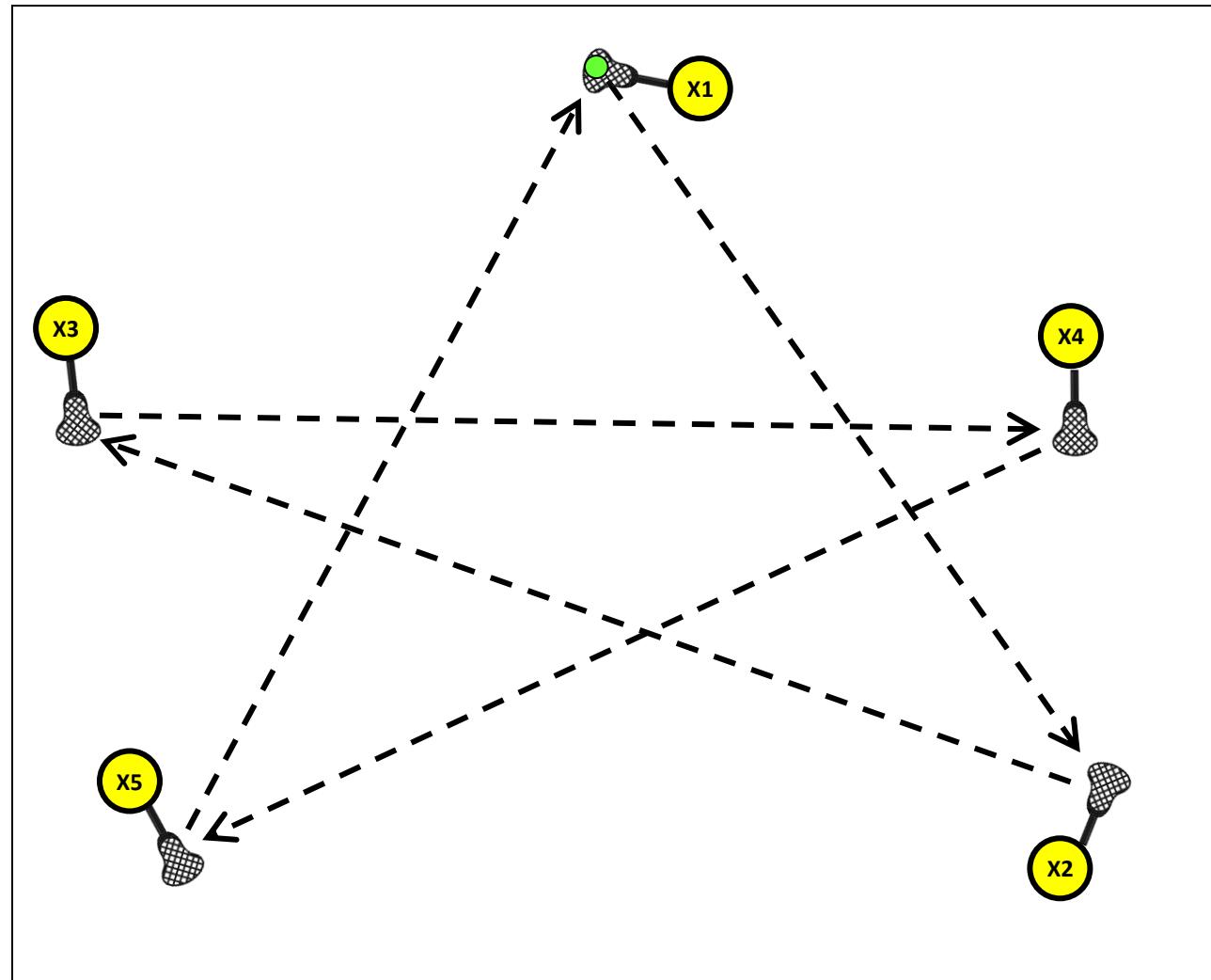
4 man 2 ball

- 1) Outside man throws to insideman
- 2) Insideman throws back to outside man
- 3) Insidemen switch partners
- 4) Throw and catch and Groundballs
- 5) Run til u catch, run til u throw
- 6) Outside guys has to move a little bit
- 7) Sticks always up by ear, ready to catch



Star Drill

- 1) Don't leave until he throws it
- 2) Skip one pass to your right (and left)
- 3) Can back it up and extend and use the whole field
- 4) One or no cradles.



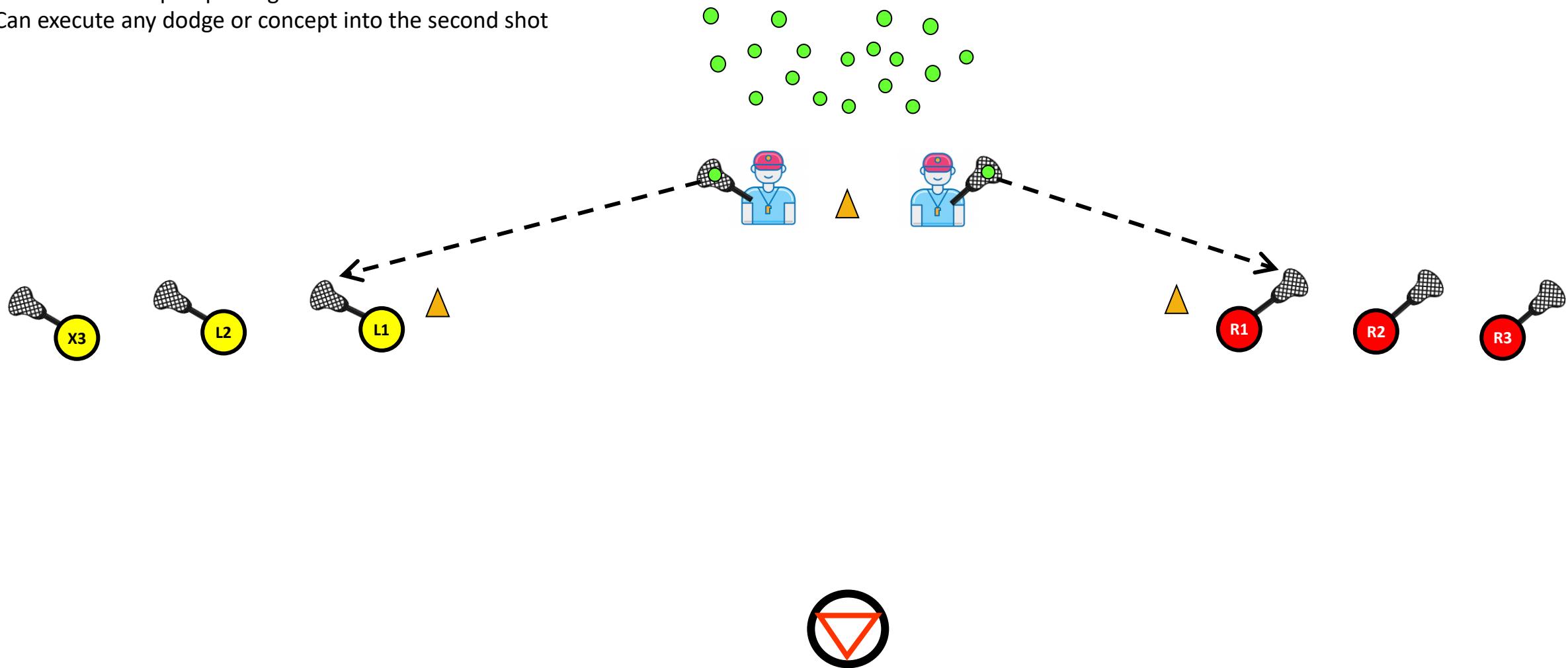
1st shot set shot, 2nd shot pump and go

Every shooter gets 2 shots, coaches or players can feed

First shot is a set shot

Second shot is a pump and go shot

Can execute any dodge or concept into the second shot



Rapid Fire Shooting

Diagonal cutting – high reps

Balls start in the low lines

make sure feeders are a safe distance and angle away from errant shots

Feeders use outside hand – one cradle and feed

Shooters use inside hand – one cradle and shoot

