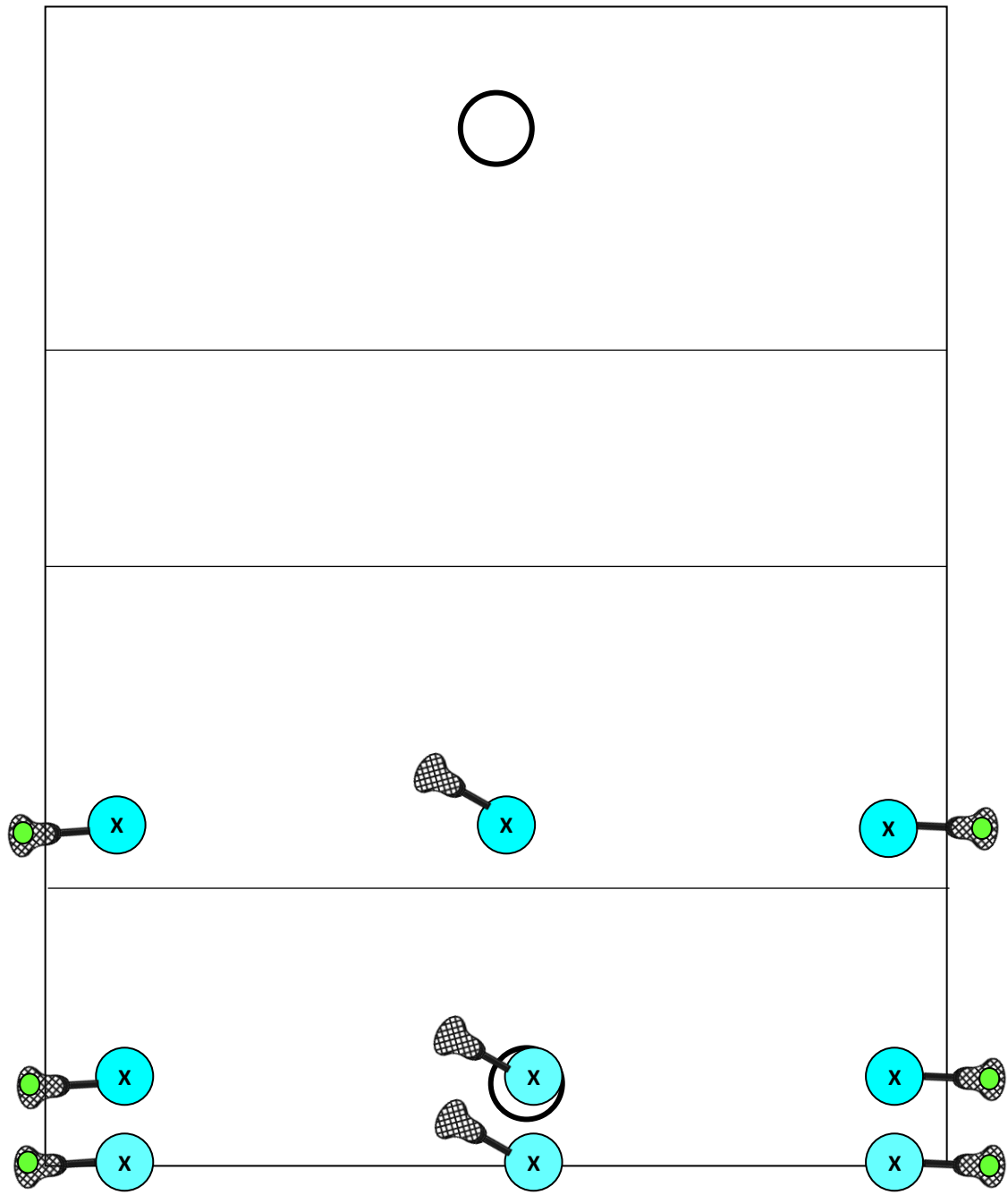
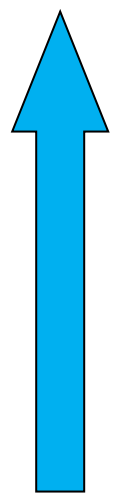


No Weave

Full Field Stickwork on the run
3 man, 2 ball upfield
Sticks upfield

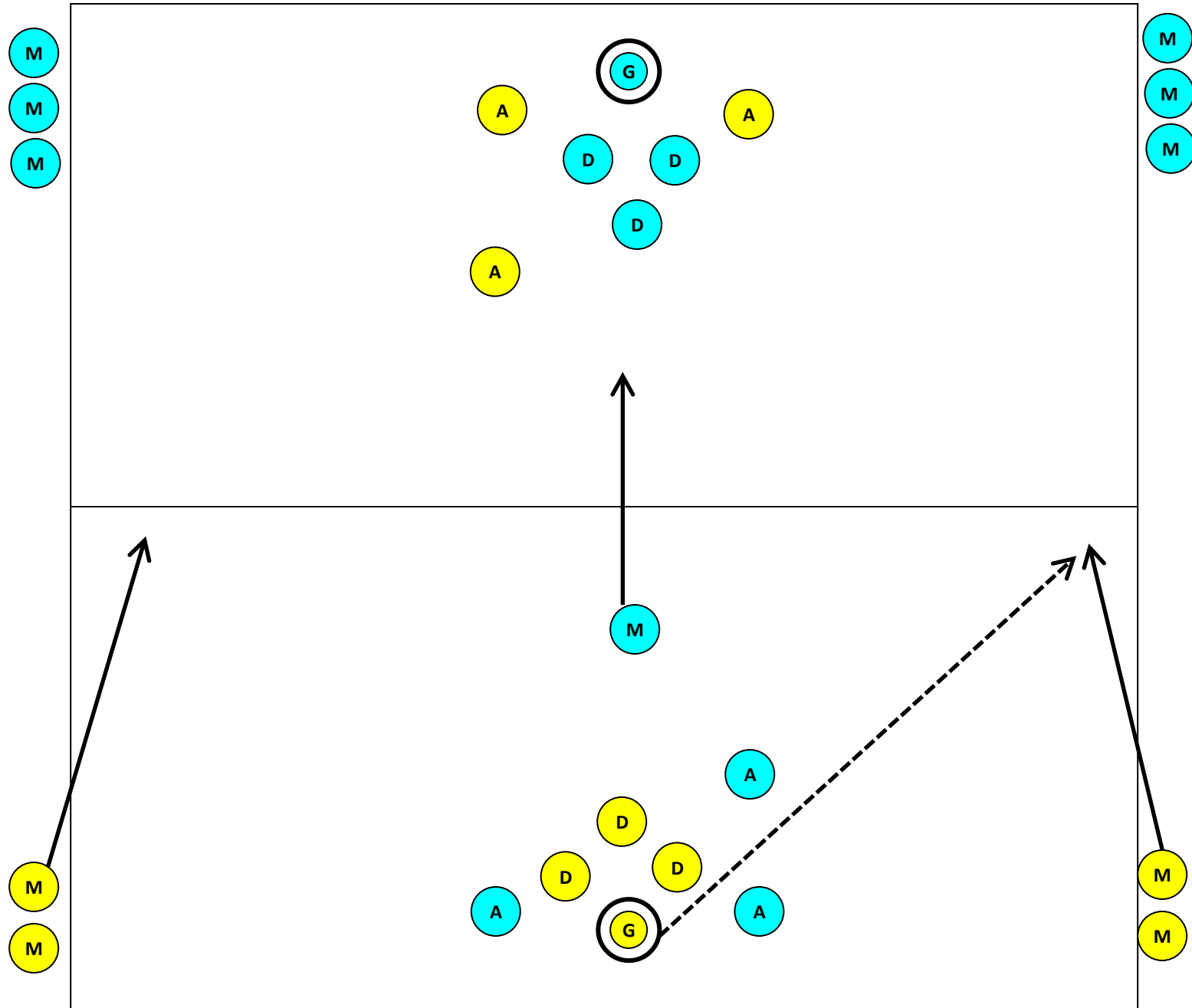


54 last touch (fixed transition)

Last middy to touch the ball is out and gets back and plays Defense

Middy's move it up field

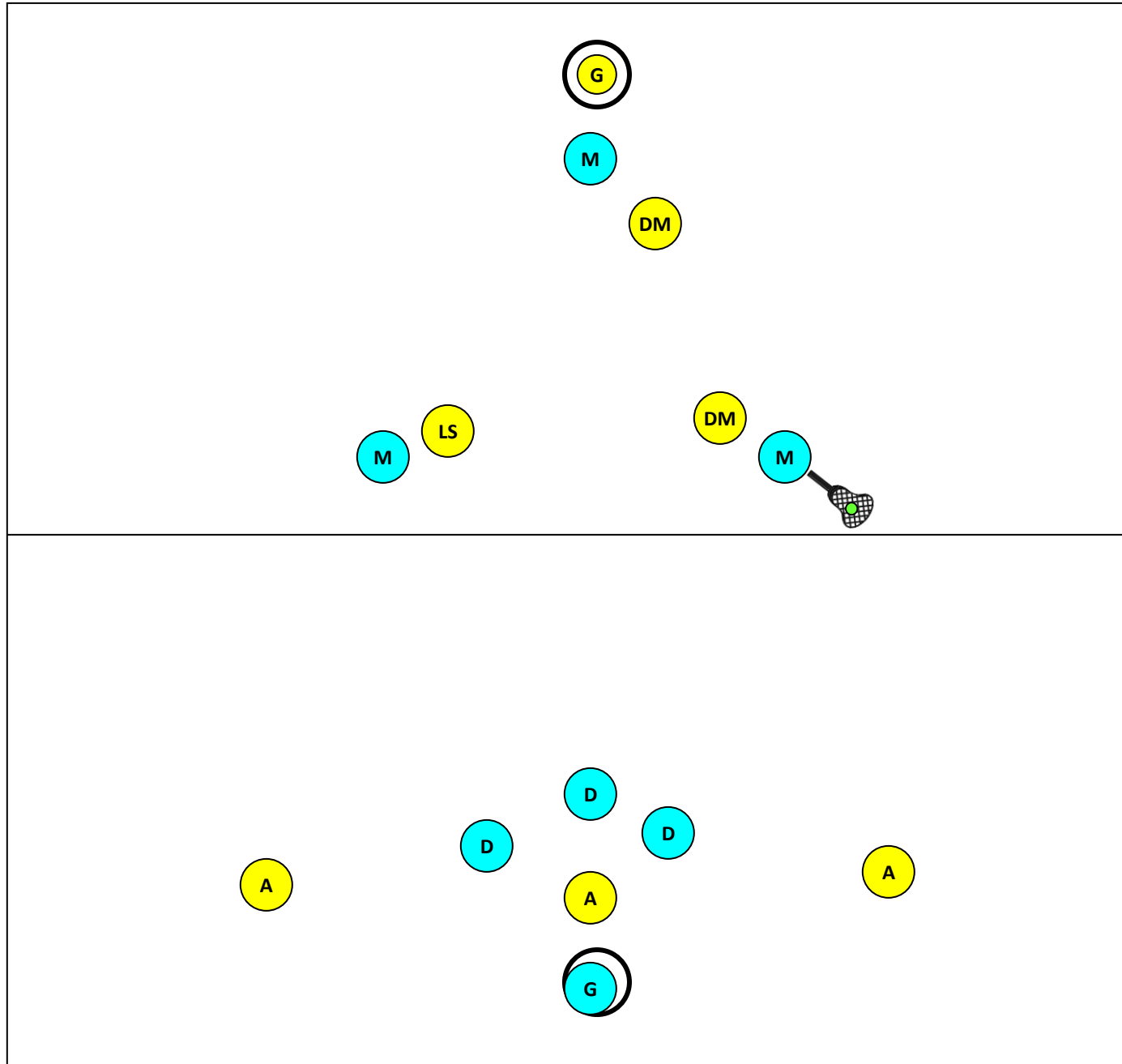
Can play with one cradle



MESA

3 v 3 midday break out to transition

(random transition)



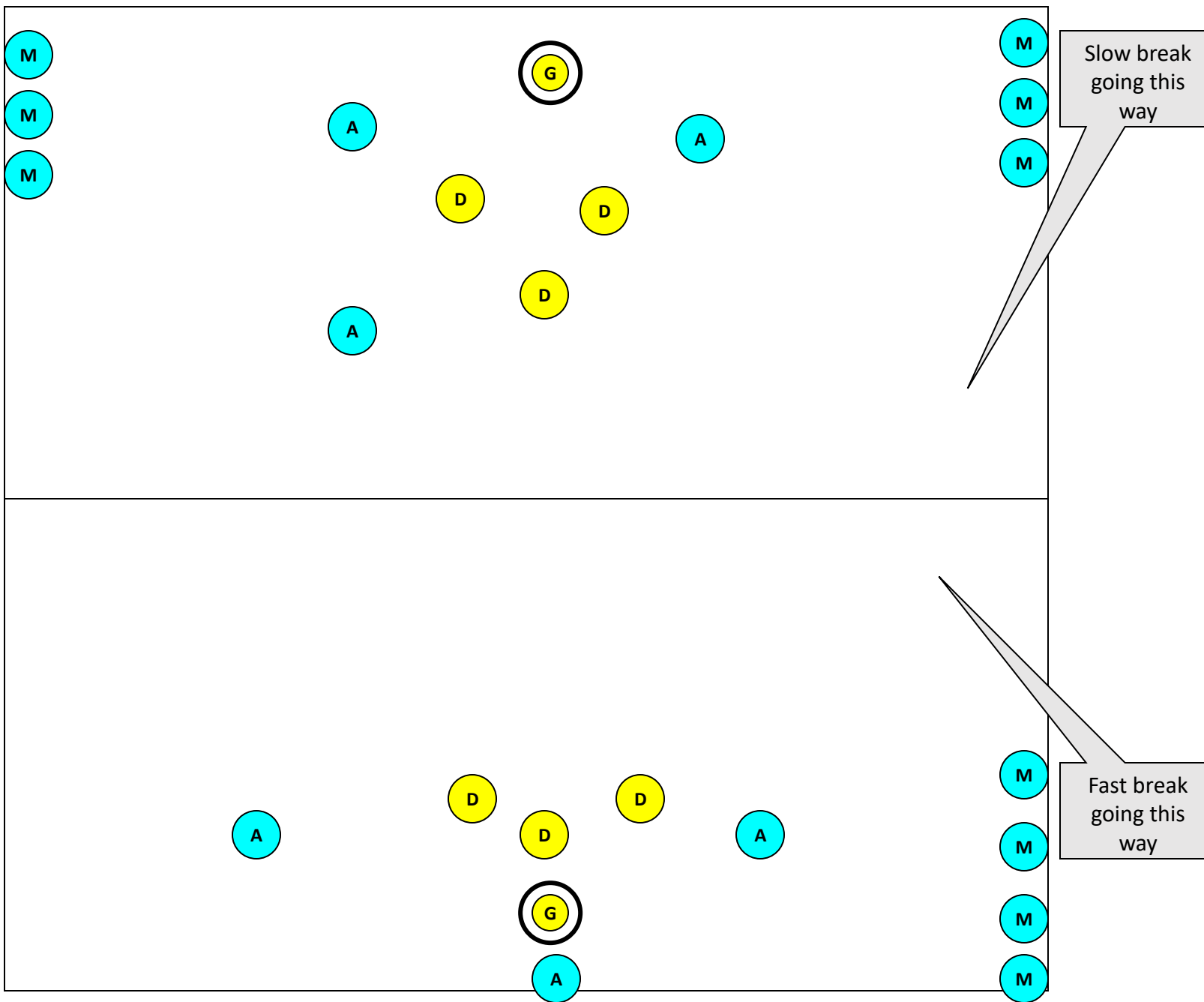
Play 3 v 3 on this end with the middys. Whatever happens happens and then the middys turn the over way for transition

Any transition situation you want depending on how many middys go over

Fast break / slow break

(fixed transition)

The mid that goes down on the fast break, comes back to be the D-mid on the SLOW BREAK the other way.



Red/ White Drill 54

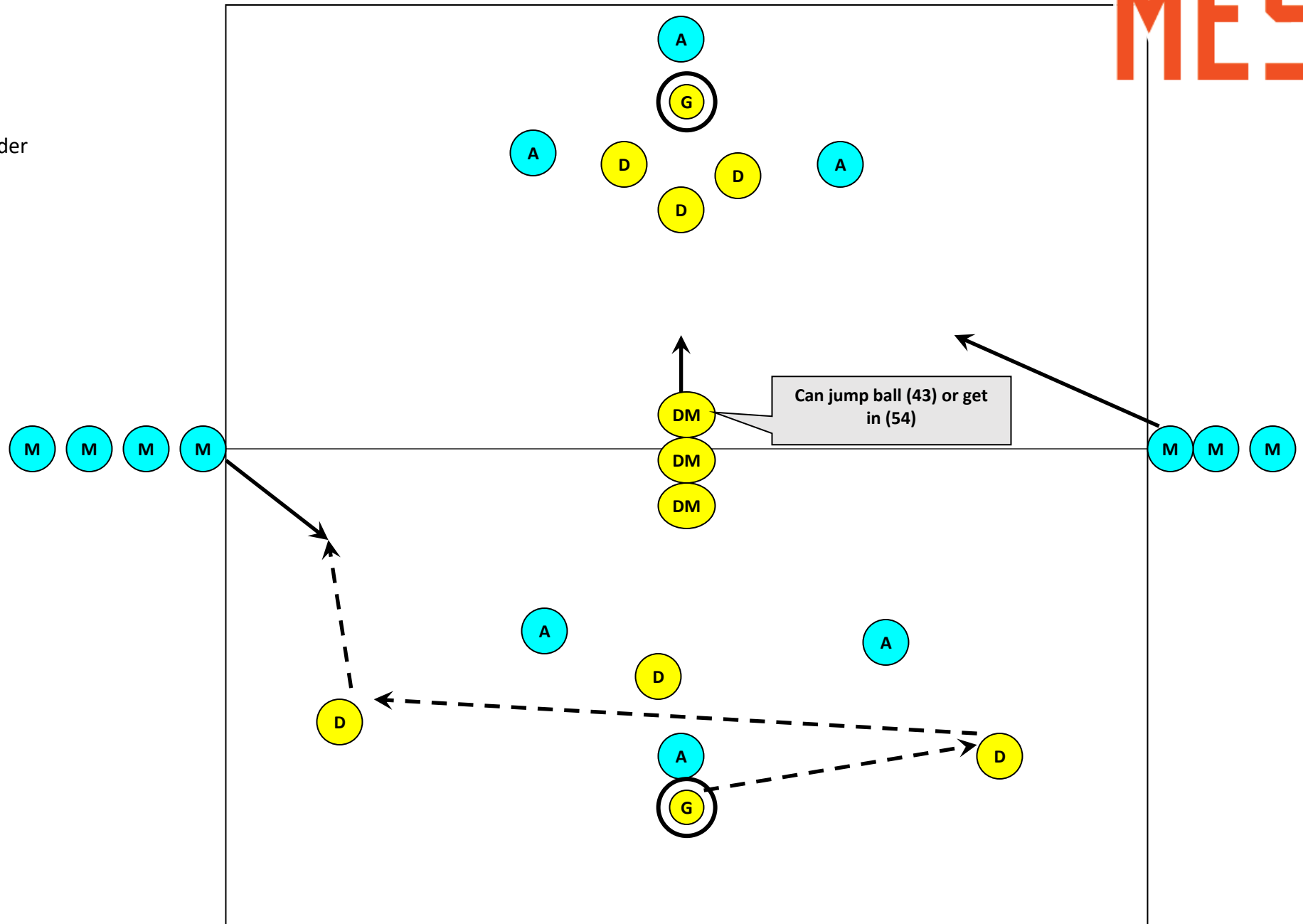
Random Transition

Fast break/Slow Break

With riding and clearing.

The goalies first pass has to be to a defender
Than middy's get ball for a 54 break.

Middy's move he ball upfield quickly.

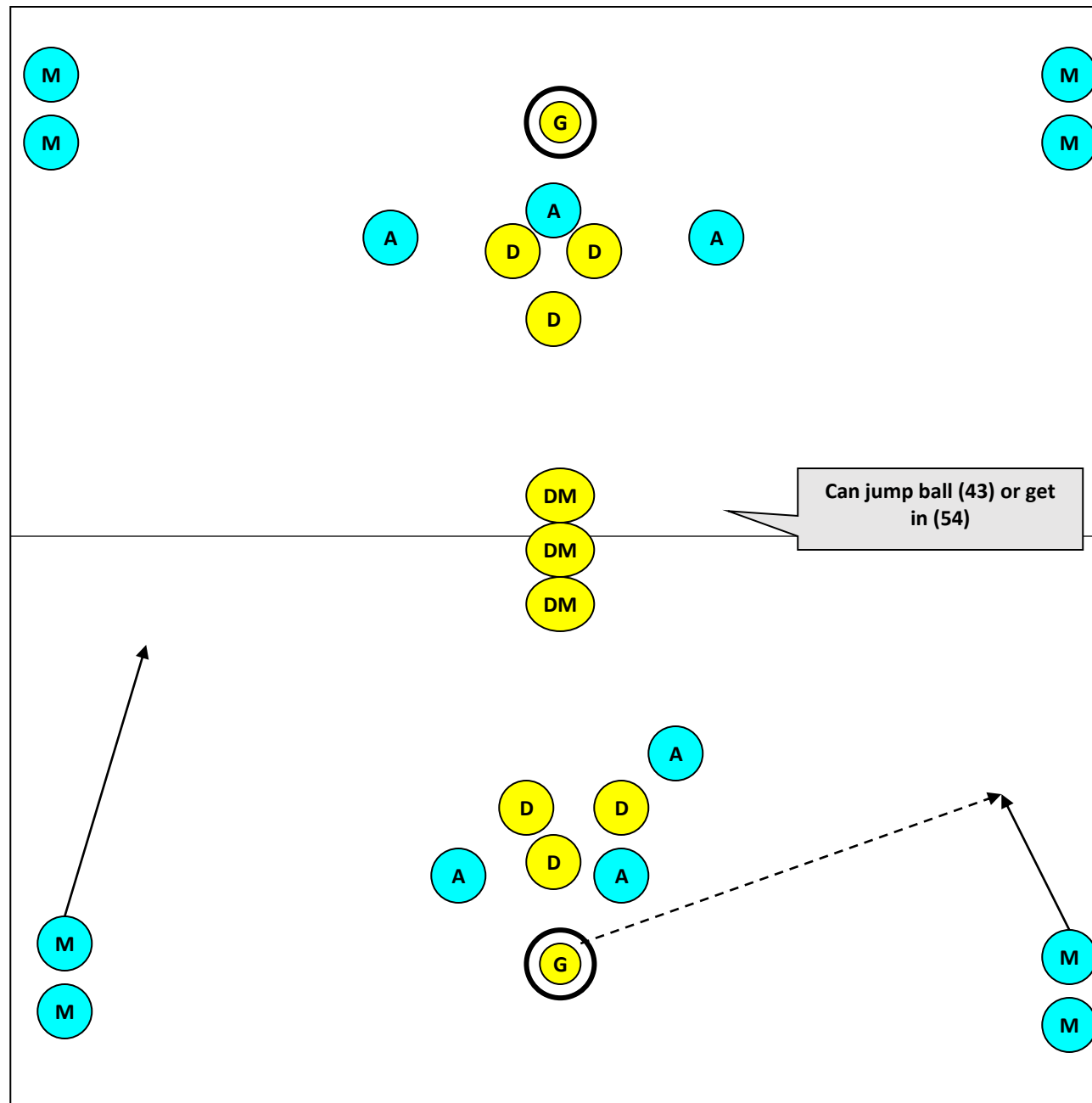


Red/ White Drill

Random Transition

Fast break/Slow Break

Middy's move it up field

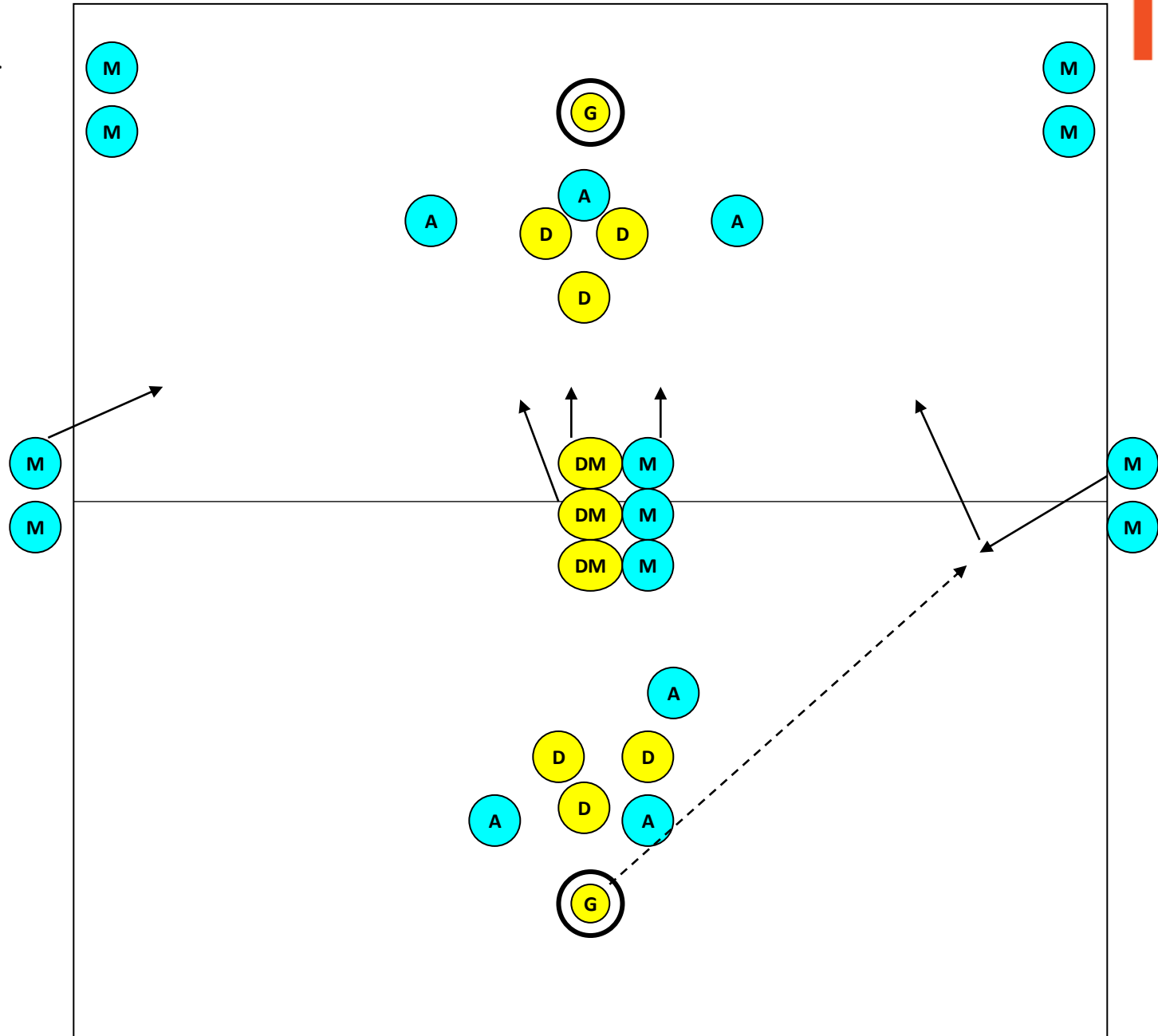


Red/ White Drill Modified

65 break – 2 DM go, 3 Mids go

*Can give all out pressure (DM to M's) or no pressure.

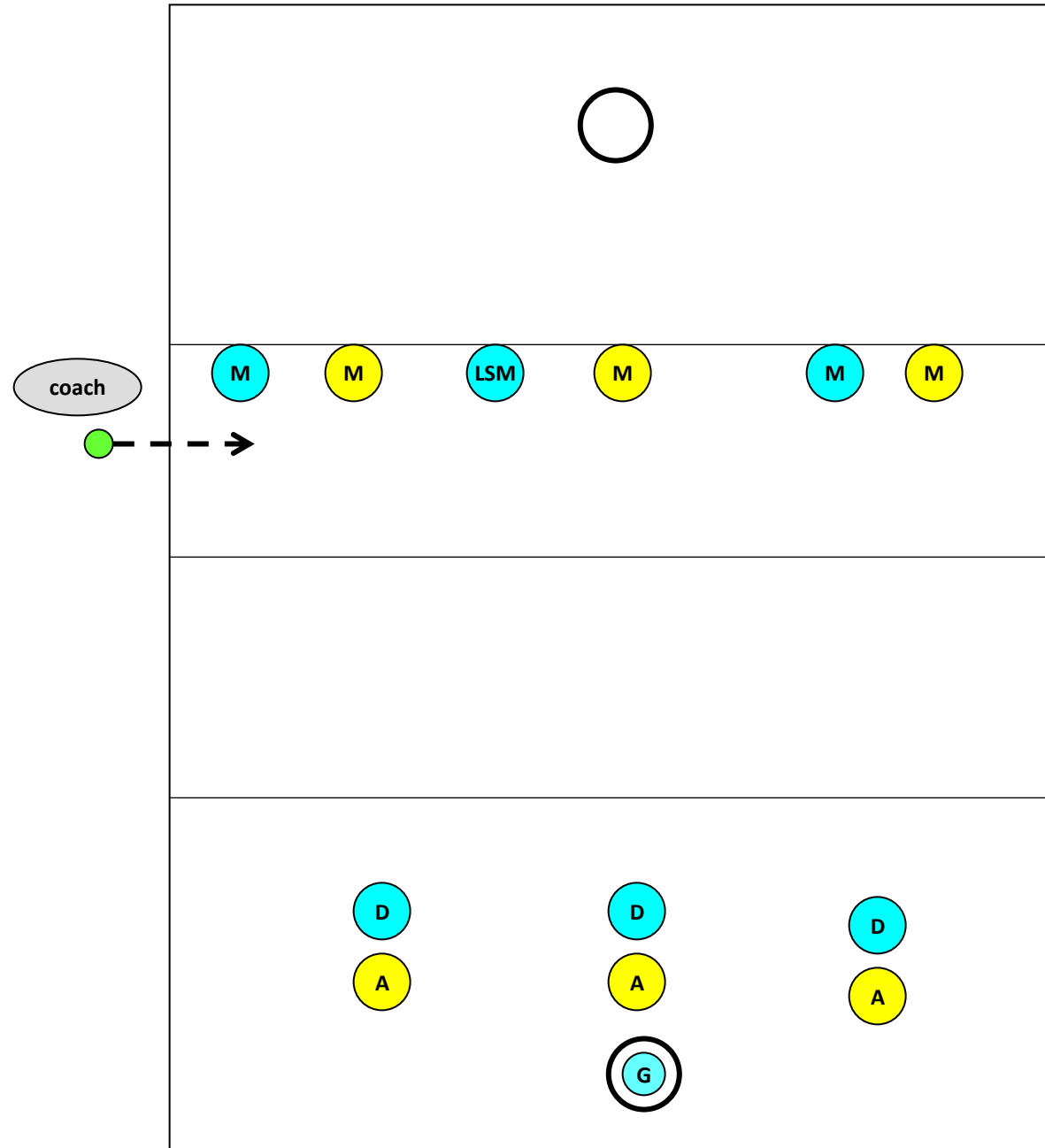
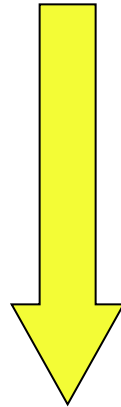
Middy's move it up field



Random Numbers Down field

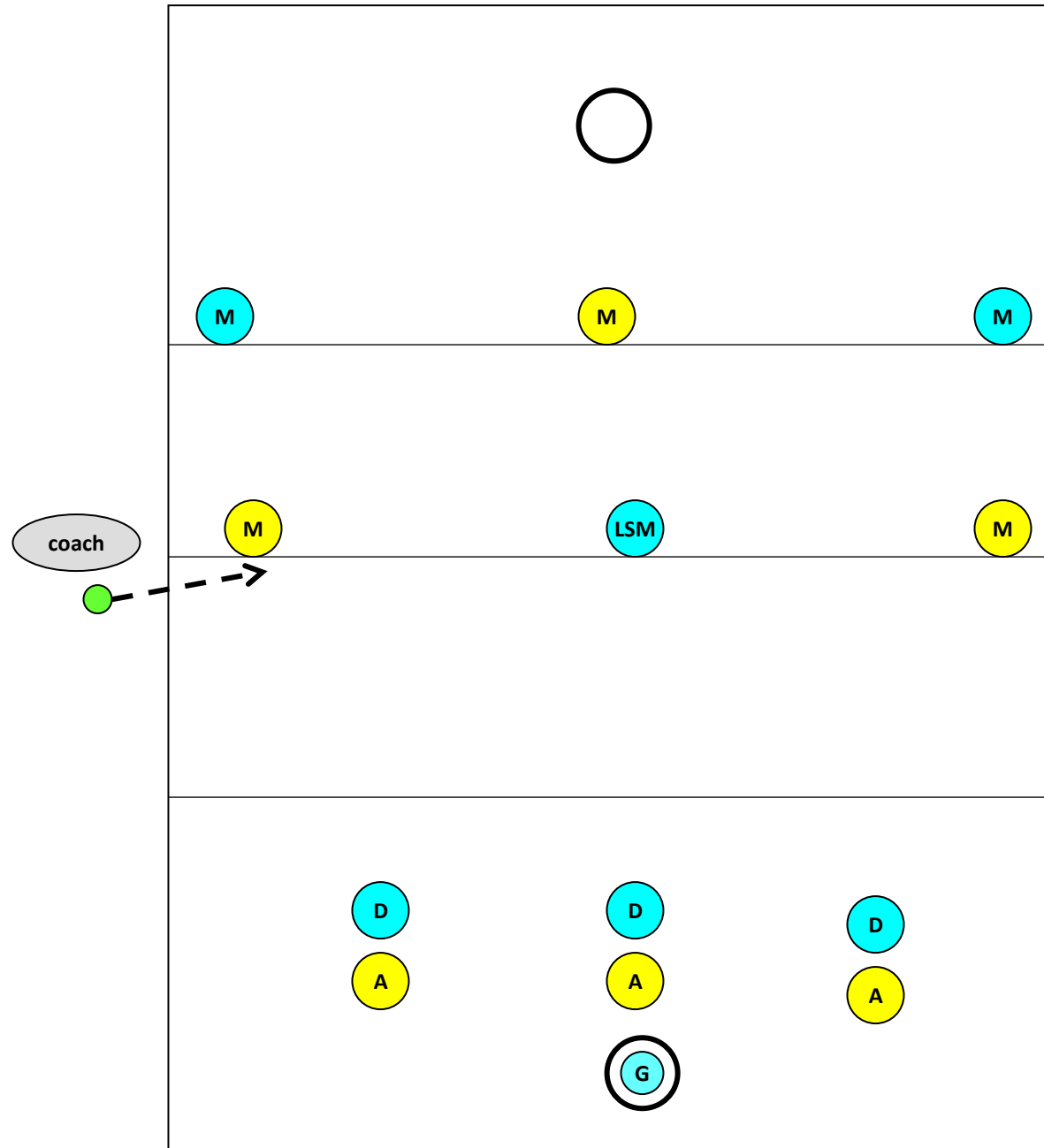
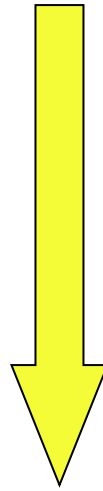
like POPCORN with just the middies

- 1) Coach rolls ball out and calls out a number (1,2,3,all)
- 2) O mids send out that number, D mids send out one less.
- 3) Can add guys to make it 6 v 6 and add subbing, Red and Yellow.
- 4) One or no cradles.



Numbers Down – RECOVERY (Random transition)

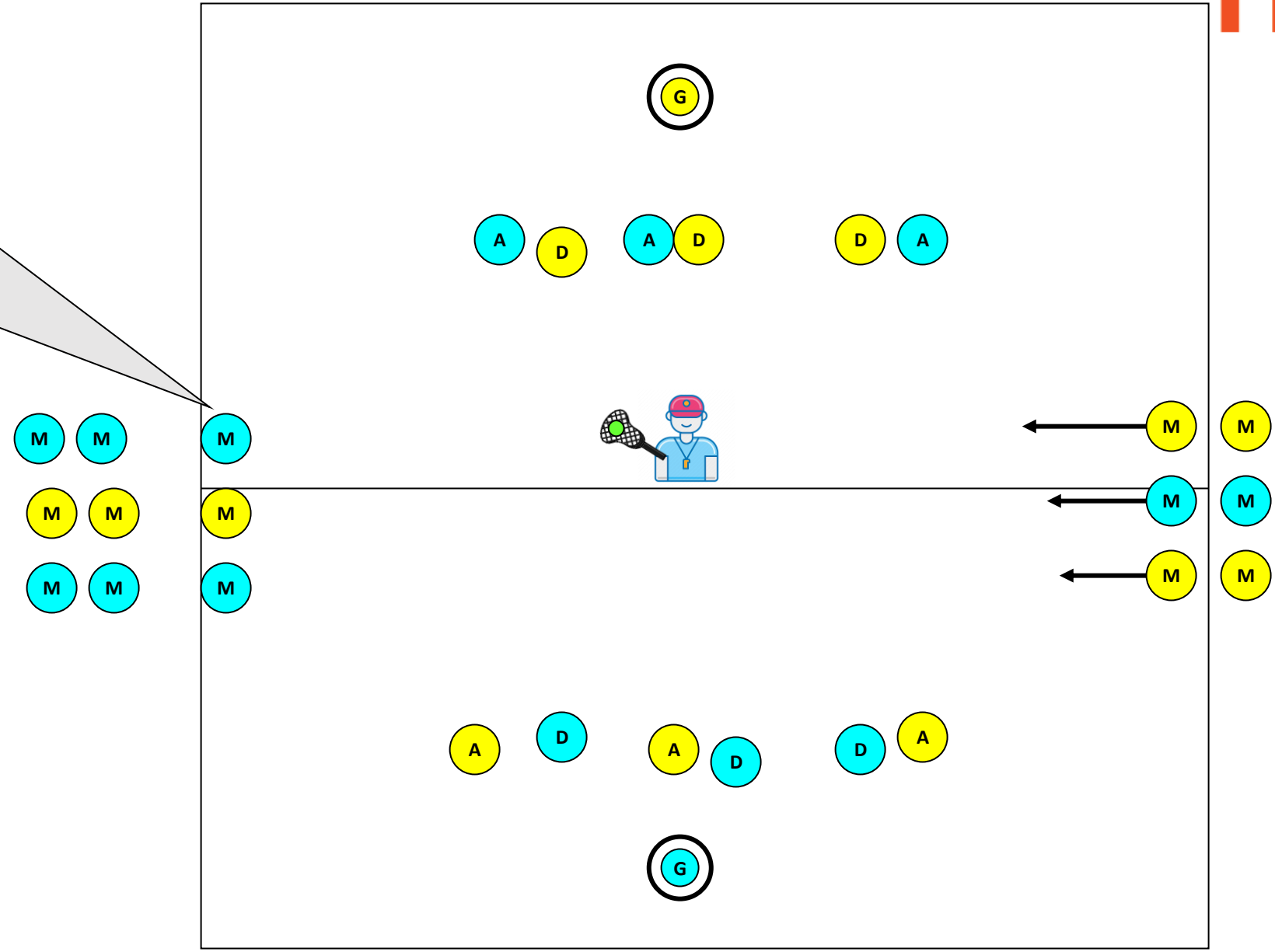
- 1) Coach rolls ball out
- 2) Pick it up and play it. One or no cradles.
- 3) Short advantage situation into settled 66
- 4) Can also practice subbing, Red and Yellow out of this drill.



MESA

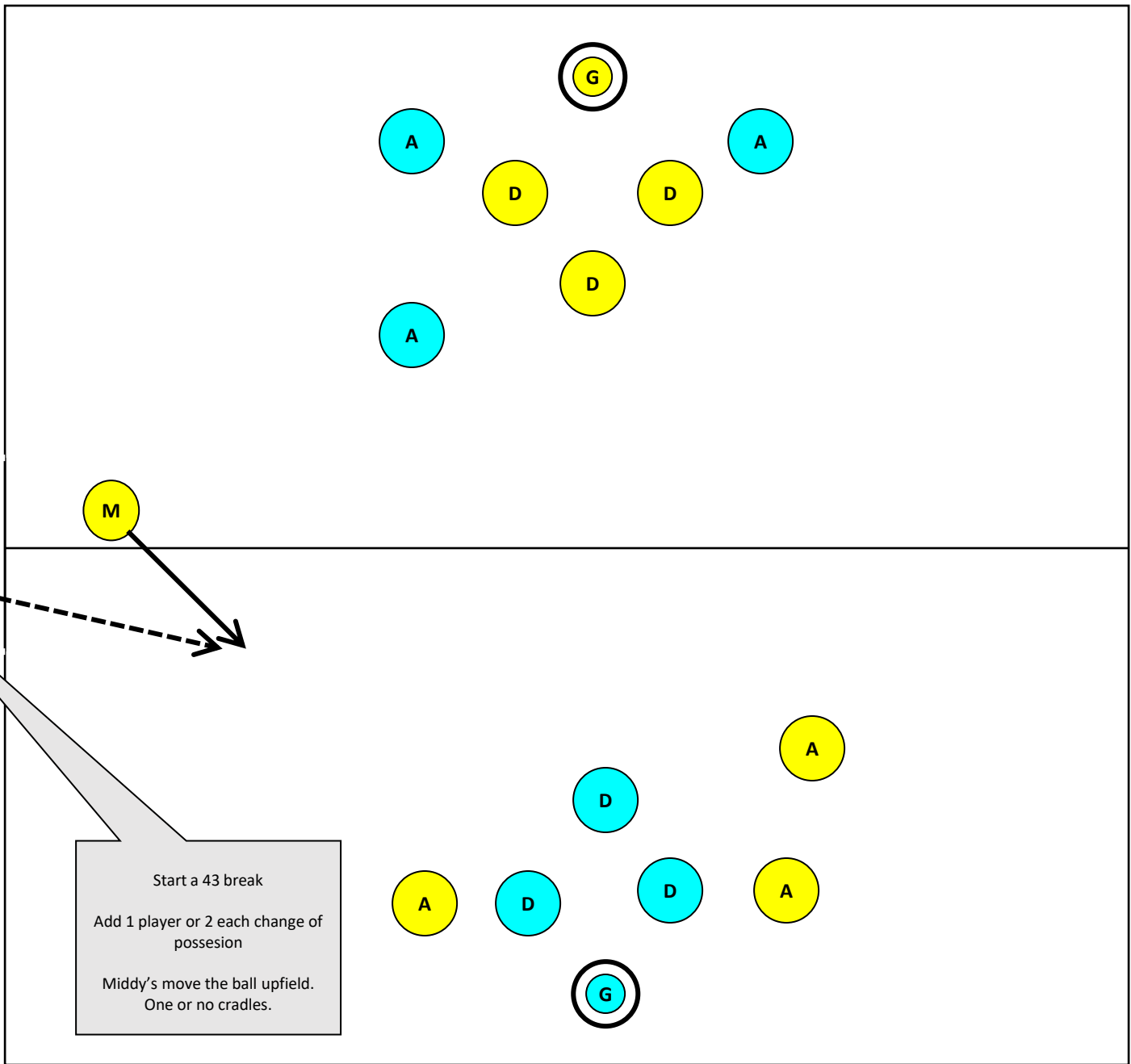
Wing Transition
Random Transition

Can play it 2 different ways –
If you can play one side of the field or both simultaneously
-
If you play both sides:
If the 2 guys get it they go 54 break. If the 1 guy gets it he throws to goalie and clears.
-
If you play one side:
If the 2 guys get it, they go 54 break. If the single gets it he goes the other way and adds the 2 guys in his color from the other side for a 65 break.



Maryland Drill

MESA



Start a 43 break
Add 1 player or 2 each change of possession
Middy's move the ball upfield.
One or no cradles.

If you add ONE everytime it will go
43, 44, 54, 55, 65, 66

If you add TWO everytime it will go
43, 54, 65

ODO

- 1) Short sticks Mids stay on and play offense defense than offense.
- 2) Works on offense, riding after save, defense, than offense when they are tired.

