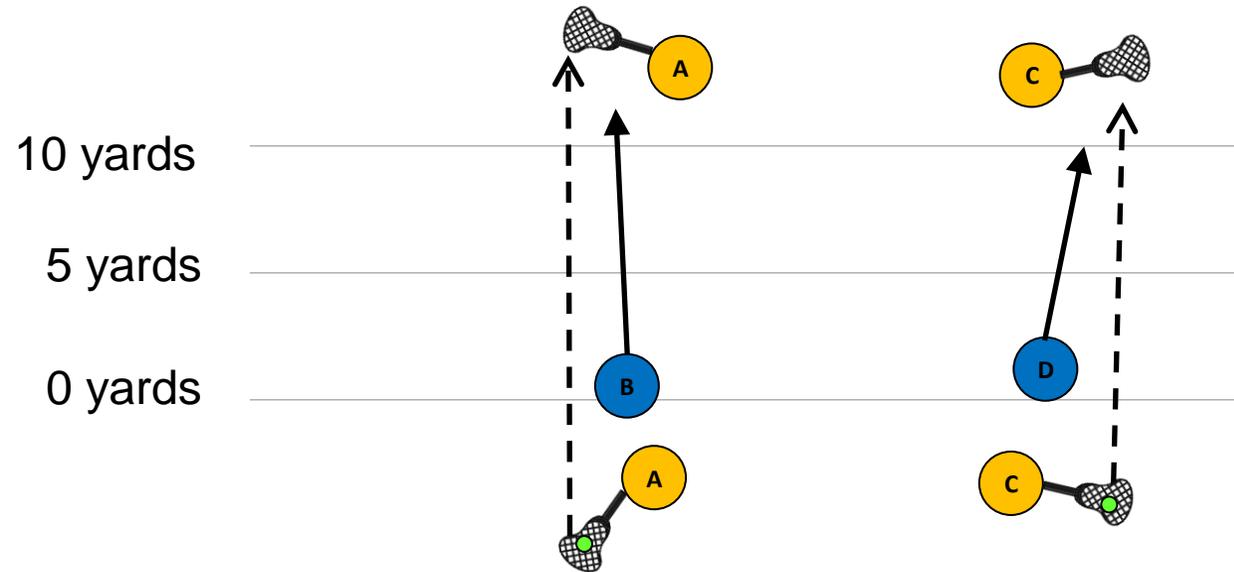


Pre Practice PASSING: 2 v 1 Keep Away

- 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
- 5) move your feet so that you can make an overhand pass
- 6) not only passing to your teammate, but you are also passing away from the defender
- 7) don't pass the ball over the defender, pass it around him
- 8) off ball offense got to get out of defender's shadow
- 9) use spot feed, area pass
- 10) pass your teammate open
- 11) switch defender on a turnover
- 12) Everyone goes at the same time - No lines, no waiting



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DODGING: Knock Down the cone

 dodges  and must knock down the cone with his hand

If the dodger gets jammed and doesn't like his line, then just reset

If the dodger gets held up he can bounce out and re-dodge

Strong hand only



Off Hand only

GROUNDBALLS: Cross Field Groundballs

Repeat each GB skill 4 times

Every player has a ball

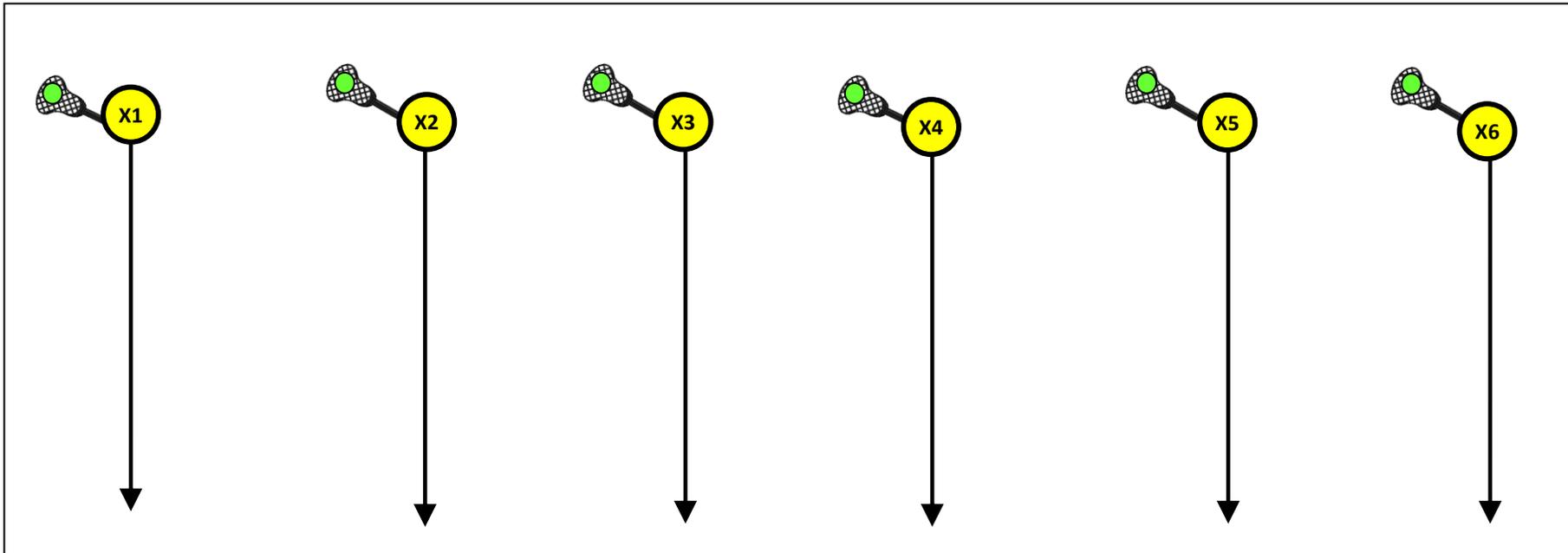
Everyone goes at the same time - No lines, no waiting

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

SCOPING 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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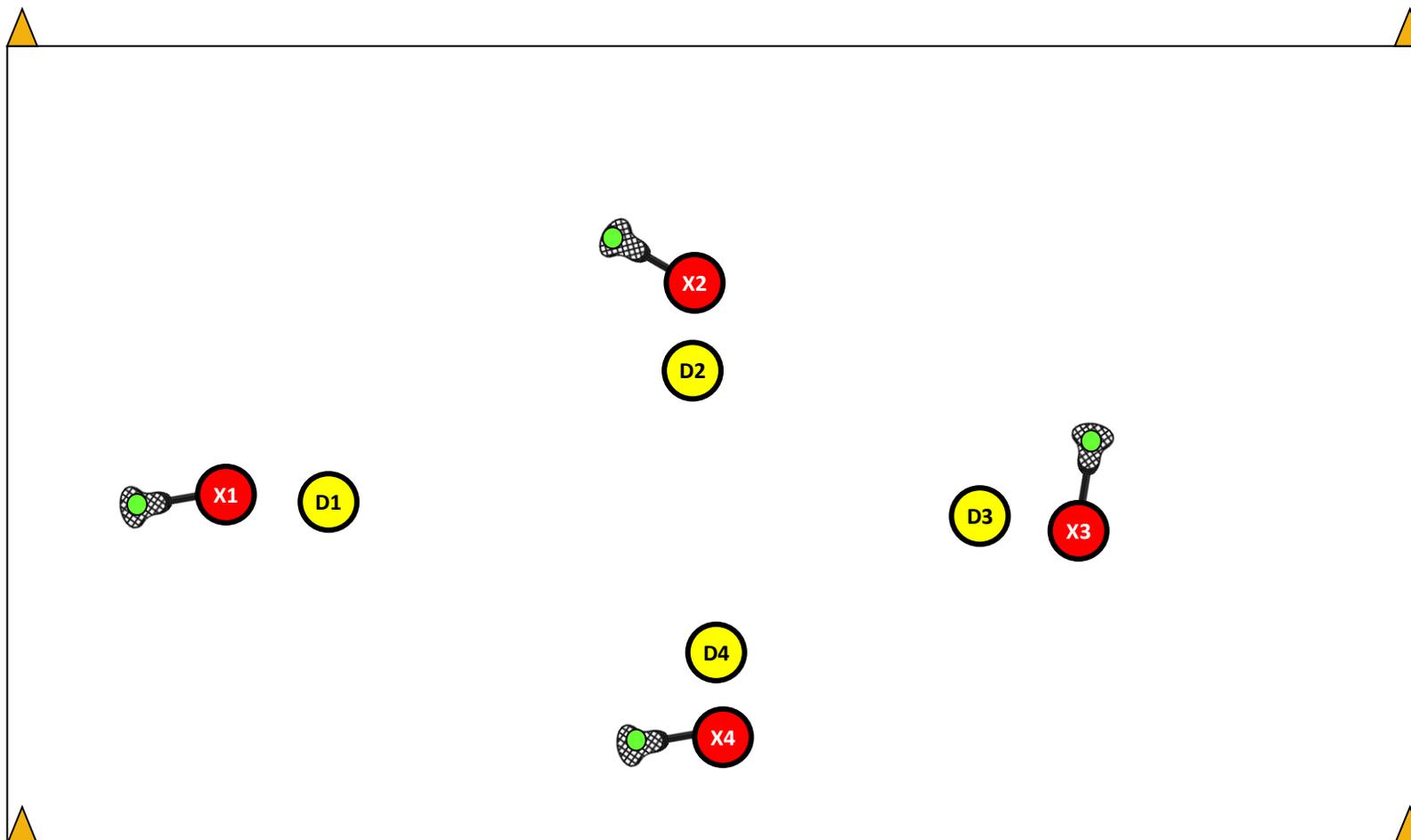
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1 v 1 Keep Away

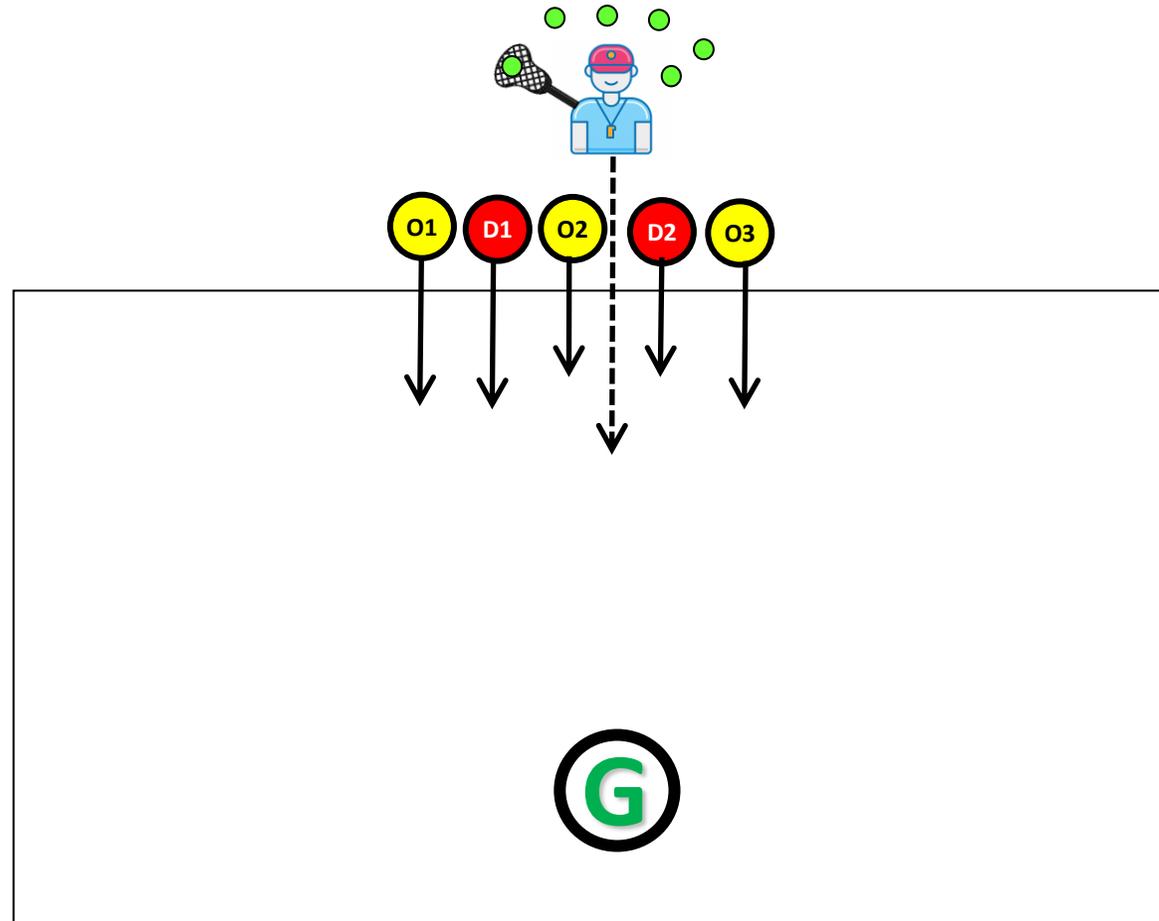
- 1) Players (X) with the ball must keep it away from his defender (D)
- 2) X's can move anywhere they want, they just have to stay in between their designated cones
- 3) If the ball hits the ground the X responsible exits the box and does 5 pushups
- 4) If X exits the box and goes out of bounds, he 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



3 v 2 GB Offense vs Defense

- 1) 3 v 2 groundball thrown in by coach
- 2) If the Offense picks it up, they play 3 v 2 offense
 - Offense gets three balls or three chances to score unless the defense gets the ball and clears it
- 3) Defense picks it up, they clear it



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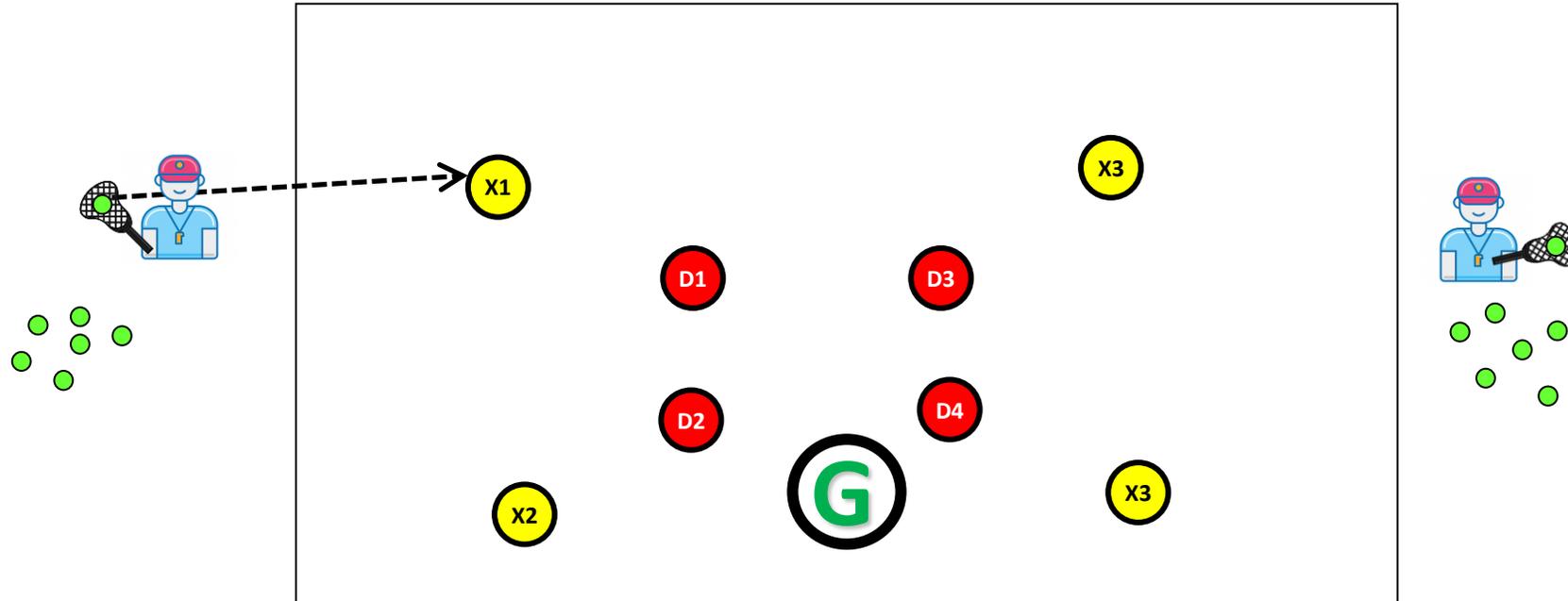
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4 v 4 Catch and Go's

Coaches alternate passing the ball in

Coach passes the ball to a player and he must dodge immediately

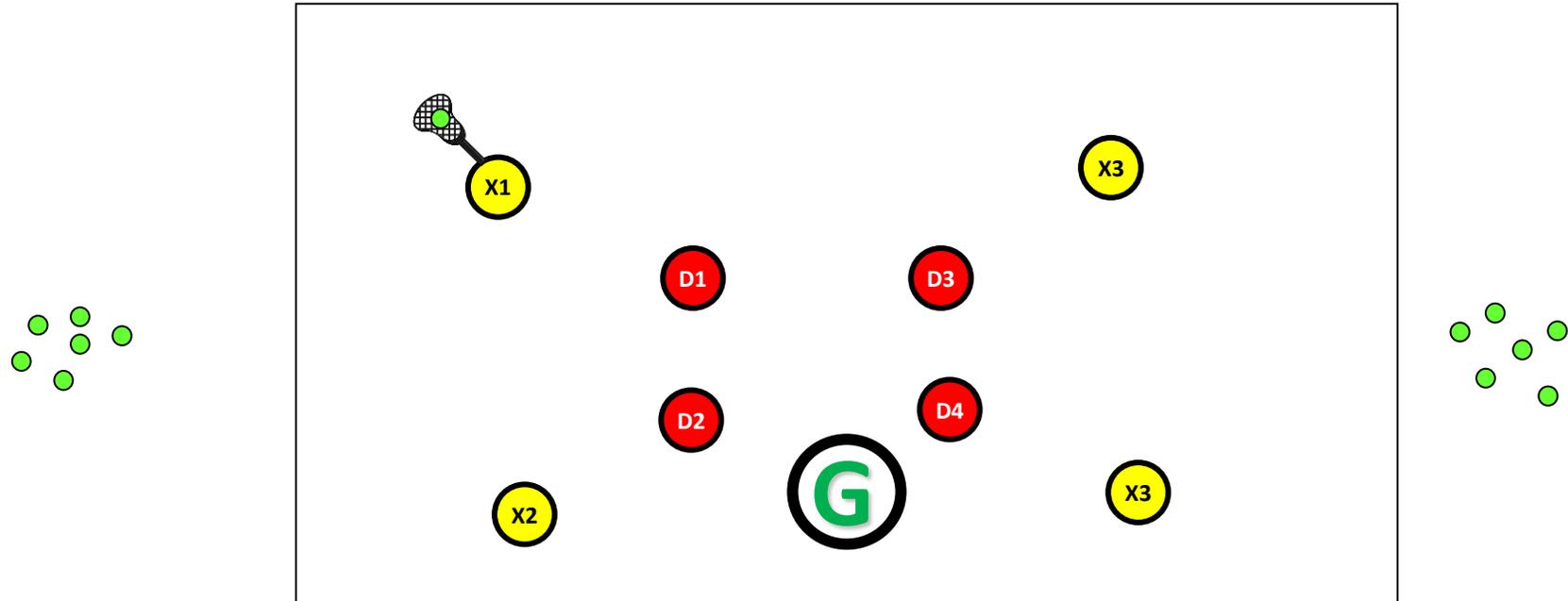
Every offensive player gets a chance to dodge off the catch



4 v 4 Can Only Shoot off a pass

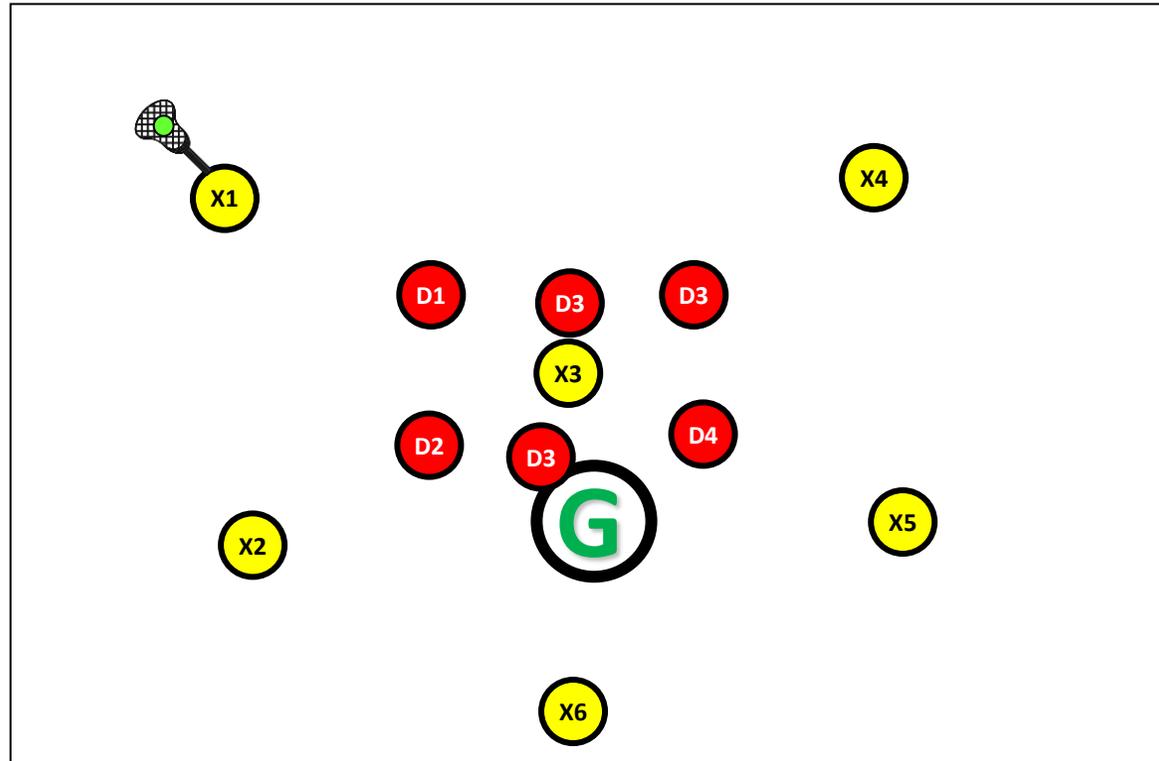
Coaches alternate passing the ball in

Coach passes the ball to a player and he must dodge immediately



6 v 6: straight reps

- 1) Try different formations
- 2) Advantage / Disdvantage
- 3) Can only shoot off a pass



6 v 6: for Offense – get it around once and go

- 1) Red
- 2) 30 vs defense
- 3) PSC vs defense
- 4) Pairs vs defense
- 5) Weave vs defense
- 6) 141 vs defense
- 7) Trips vs defense
- 8) Invert vs defense

6 v 6: for Defense – reach out and touch someone

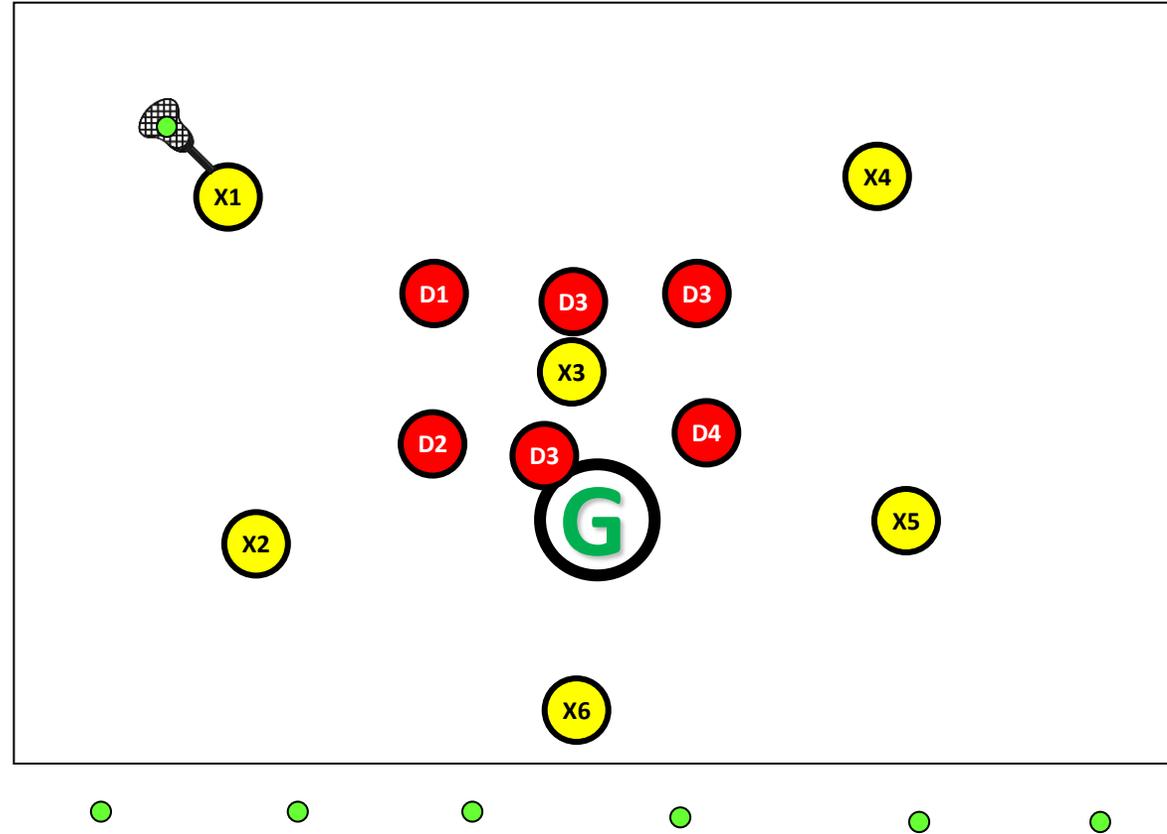
- 1) Army defense
- 2) Panther defense
- 3) Red Dog Defense

Advantage / Disdvantage

- 1) Can only shoot off a pass
- 2) Defense nubs

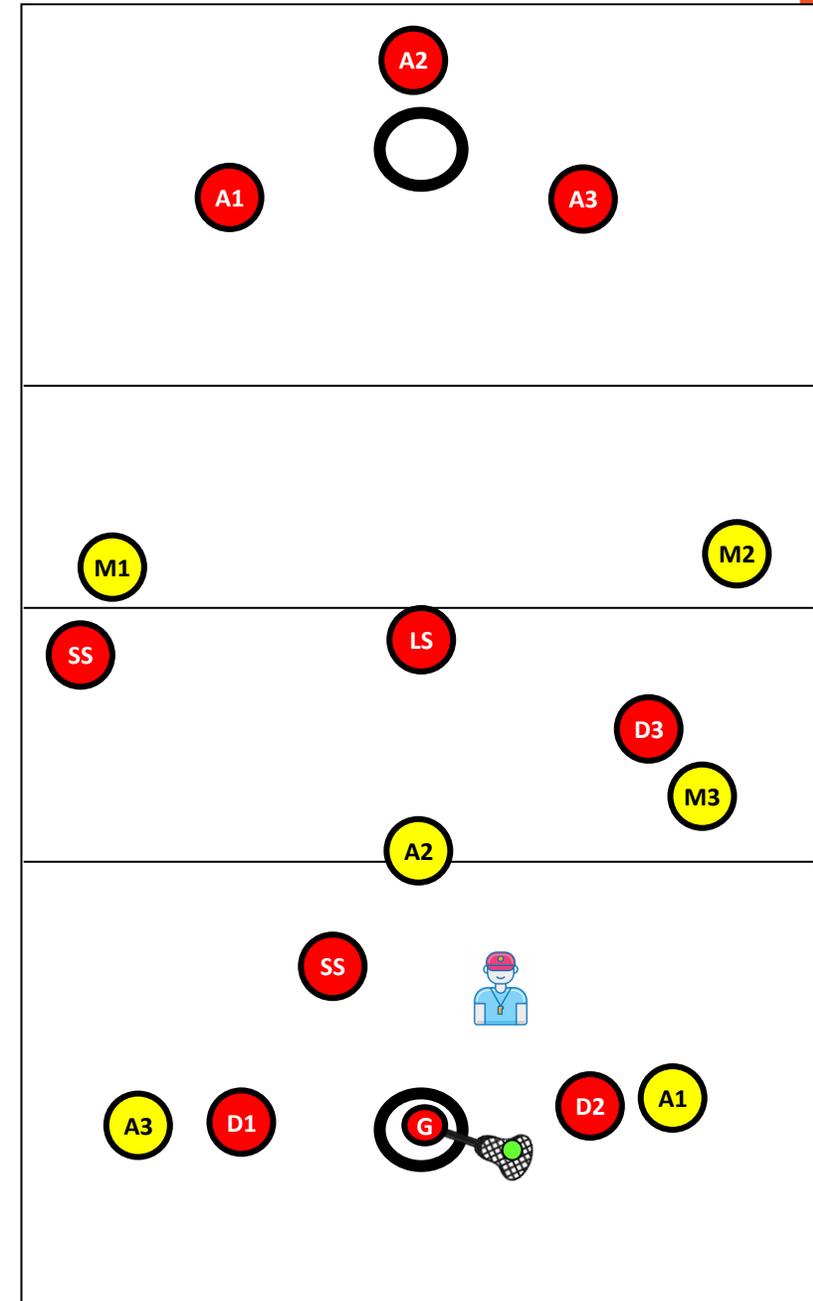
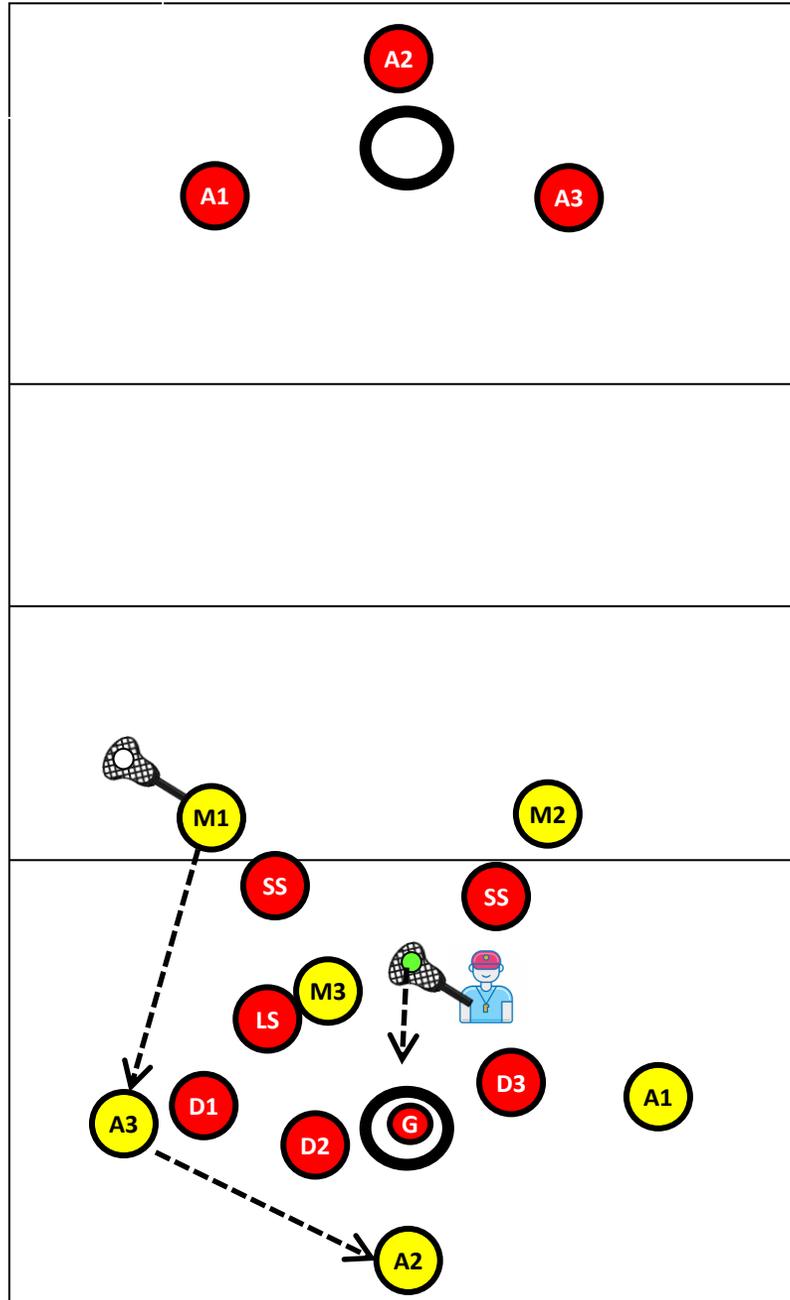
Add Riding / Clearing

- 1) Every shot is a save



Air Ball to Clear

Offense passes a pretend ball around the perimeter
Coach shoots on goalie and yells "Break"
Defense breaks into clearing pattern
Clear it live to a shot



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

