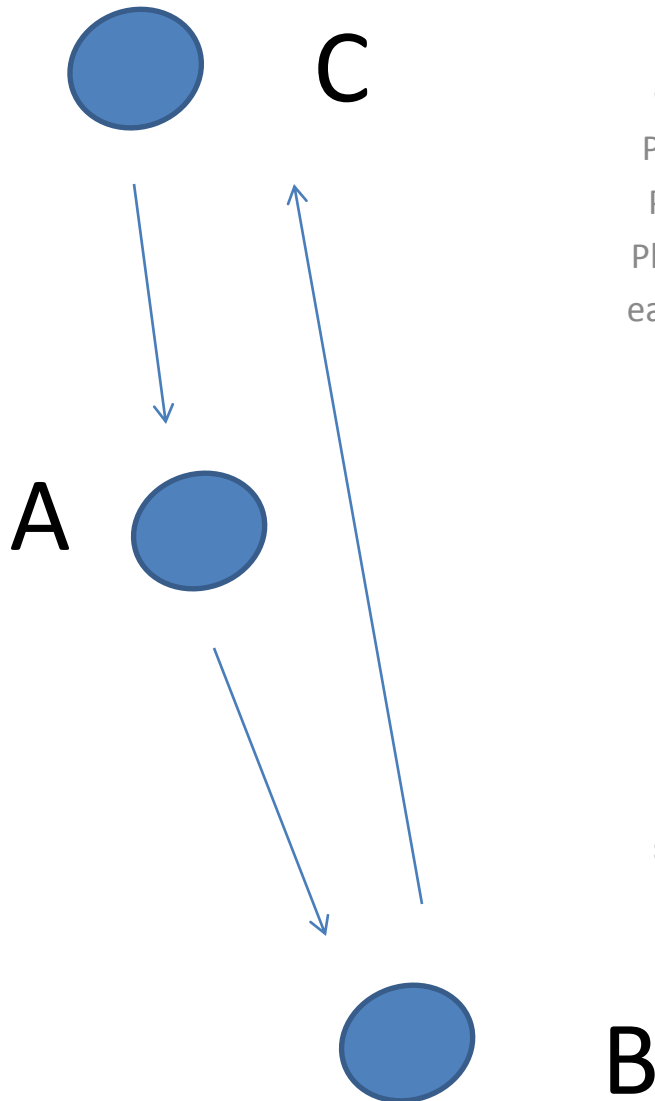


# 3 Player Speed Drill



Players A,B,C stand about 10 yards from each other.

- Ball starts with player A in the middle - he runs and passes to Player B. Player A replaces Player B - Player B runs and passes to Player C. Player B replaces Player C. Player C runs and passes to Player A. The players continue passing and catching and replacing each other. This is a very fast drill and it keeps the players moving.

You can also mix in Ground Balls and Flipping the Ball to each player.

B

**A Coaching Tip:**

**Make sure the players move to the ball.**

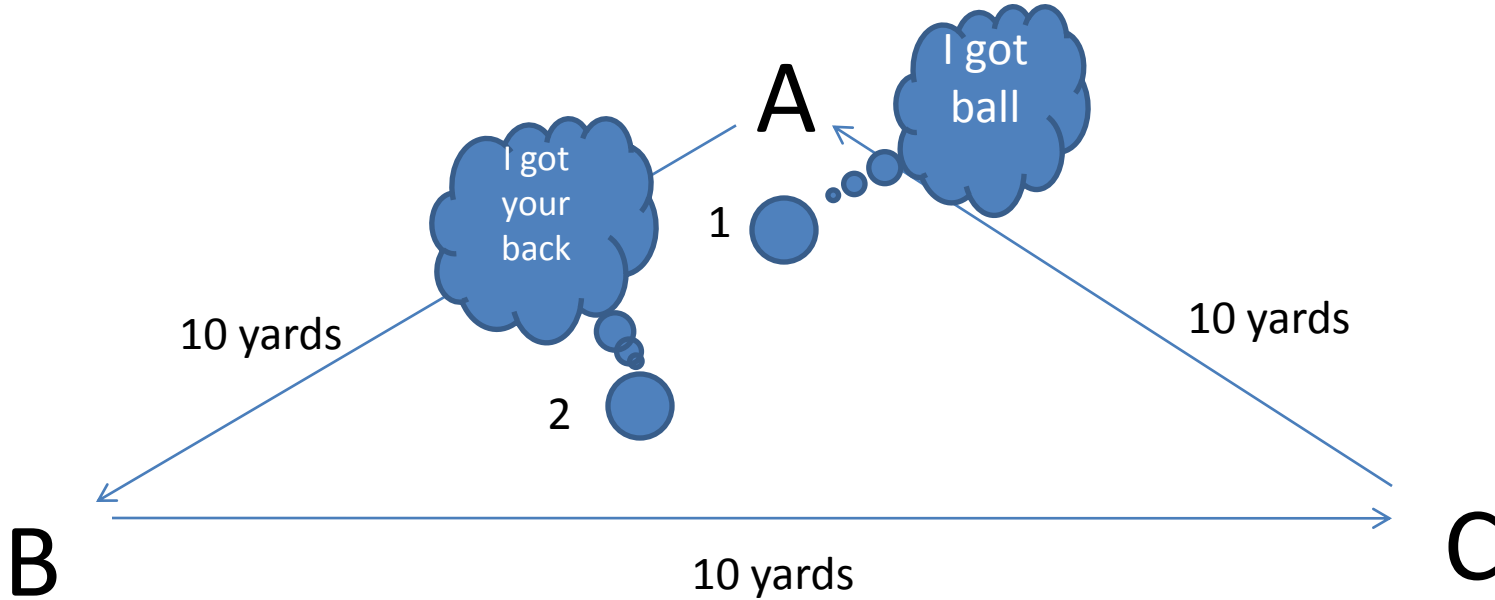
**Keep their sticks Vertical and on their ear.**

**Make good passes, don't be caught flat footed.**

**Talk - Here is your help, Ball, Release.**

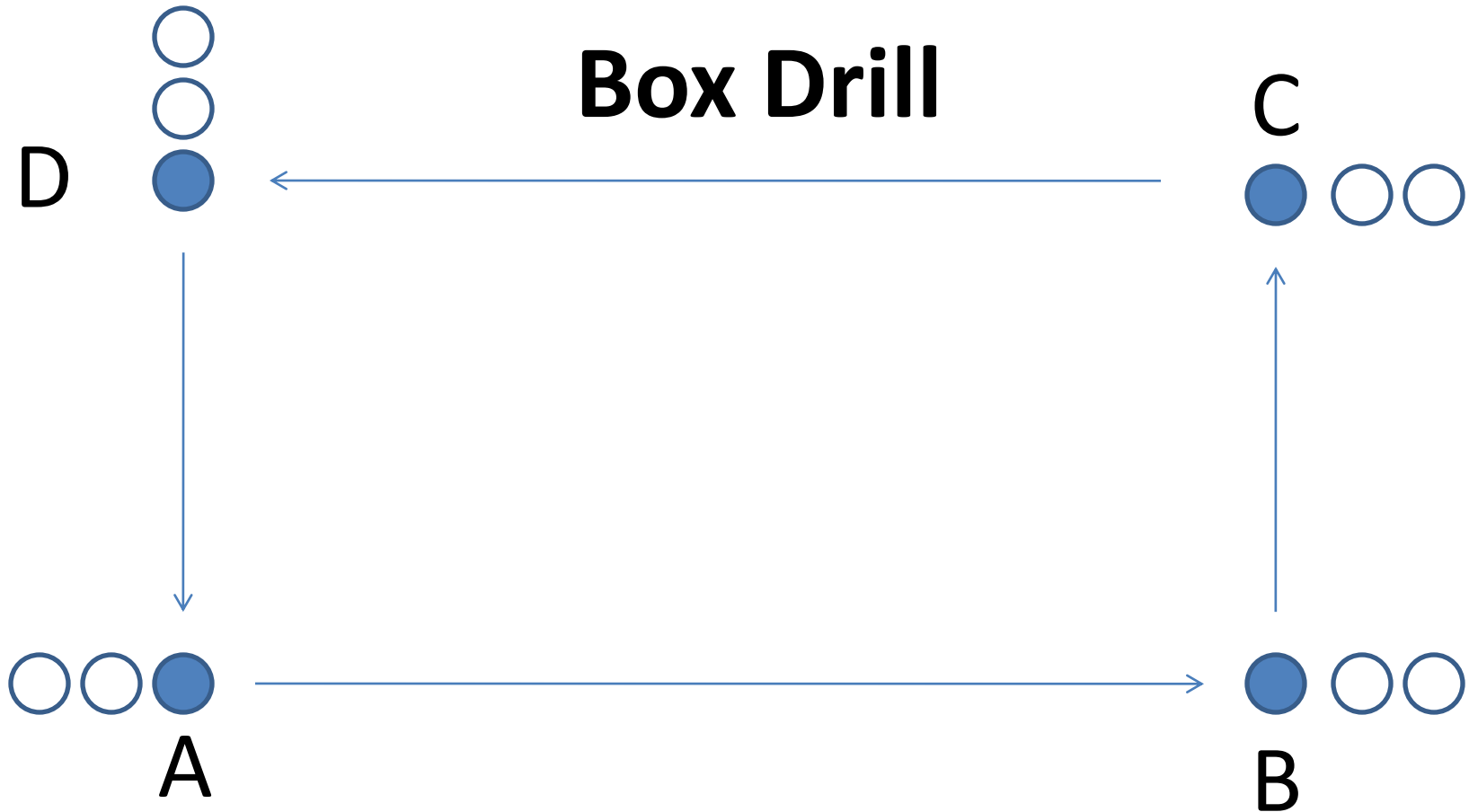
**Key to this drill is to make sure the players keep moving have sound fundamentals and keep their spacing (about 10 yards).**

# Triangle Motion Drills



- Players A,B and C move the ball in a triangle. Players 1 and 2 are on Defense. Players 1 and 2 must talk and maintain some distance between them and the ball. In this example player 1 has the ball or is HOT. Player 2 plays as his back up if the ball moves to Player B or C than Player 2 becomes HOT (he has the ball) and Player 1 becomes his back up. The purpose of this drill is to get the offensive players to move the ball not just pass it. The Defensive purpose is to play on the man and backup the man that is HOT. You can have several Triangle going at the same time.

# Box Drill

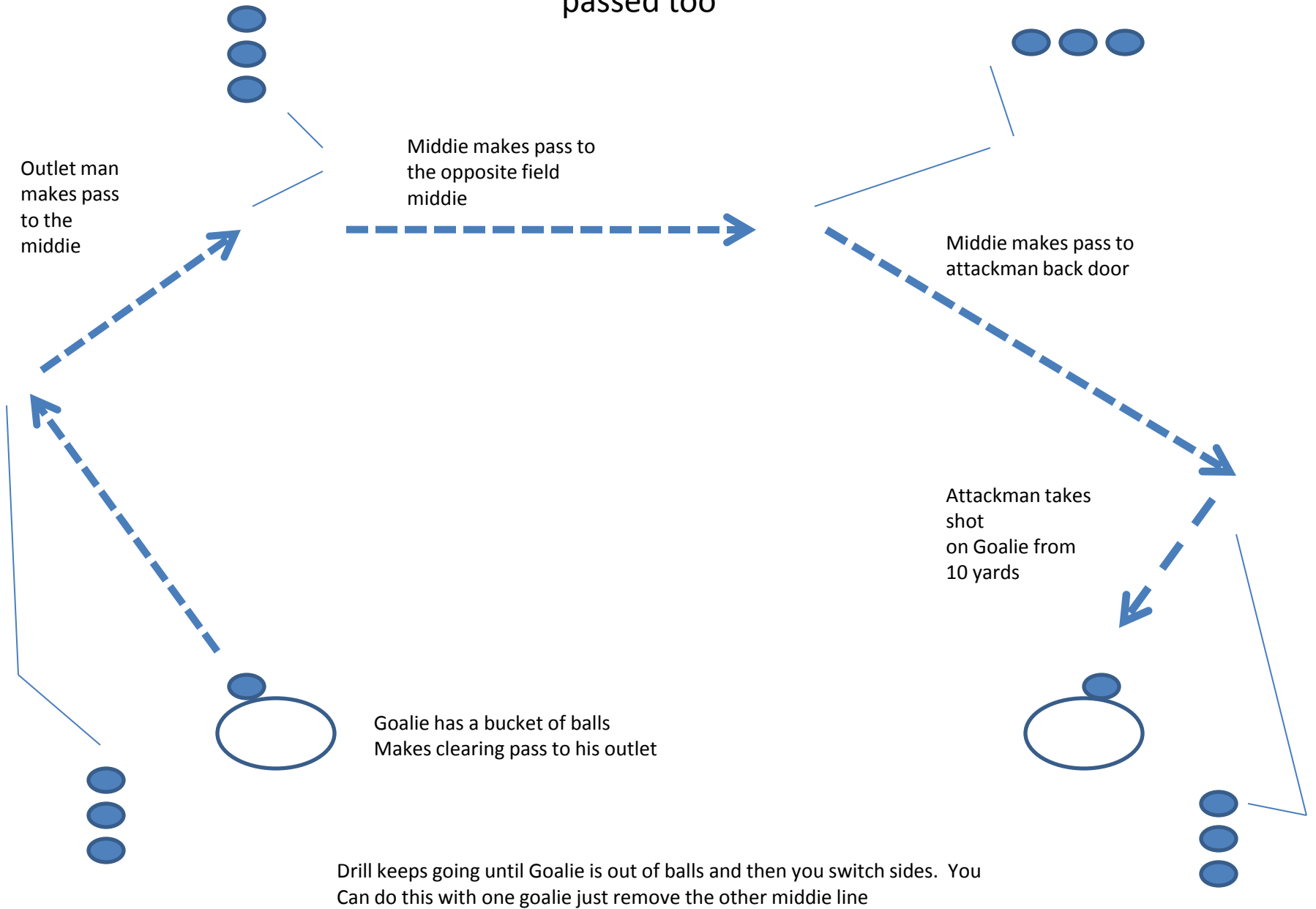


- Box Drill is a great drill to keep the players moving.
- They must have sound fundamentals on all aspects
- catching, throwing, scooping and cradling.
- Once they get the drill down you can throw in 2 balls.
- You can have several box drills going at the same time.

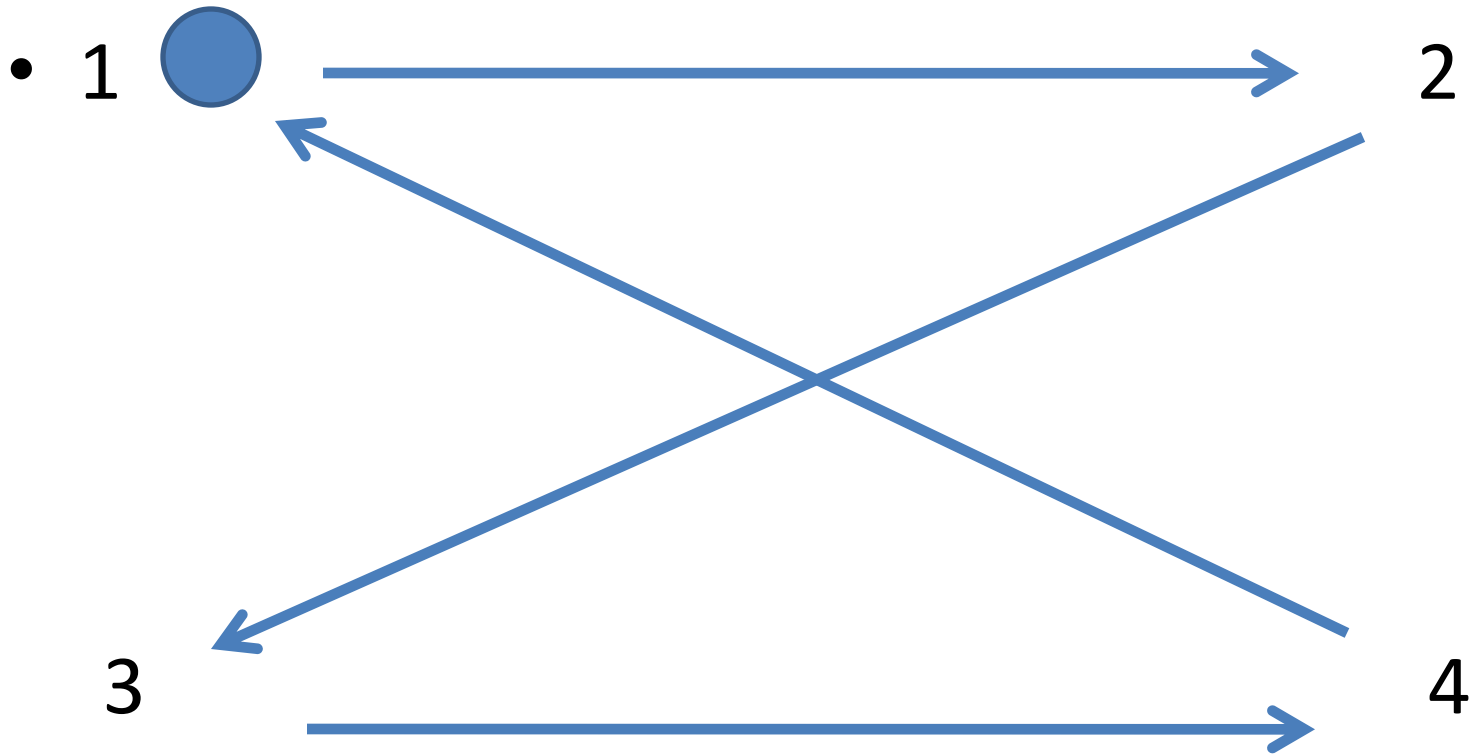
# Goalie Drills

- **Goalie Drills**
- **Color balls-** Three to four balls with large color circles on balls. Goalie faces back of goal. When coach yells "turn", goalie turns-coach shoots the ball and goalie makes save as he yells out the color of the ball. *Helps with concentration on the ball.*
- **Windshield stick-** Goalie windshields his stick from stick side to off-stick side as fast as possible. Coach can yell "stop", coach shoots ball, goalie makes save. To make this drill harder, coach does not have to yell "stop". Coach can just shoot ball during goalie windshield movement. *Works on hands speed and stick control.*
- **Backboard toss-** Coach tosses in ball, goalie makes save and uses backboard at other end of the gym as a throwing target. *Works on throwing accuracy.*
- **Crease run-** Goalie runs around the outside of the crease at full speed. While he is running he must concentrate on seeing the coach. At any point the coach can shoot the ball at the goal and the goalie must make a save. *Works on foot speed, conditioning and the tracking of the ball.*
- **Ski jumpers-** Goalie can use a line or stick to do two-footed jump over stick. Not trying to jump high but to jump as many times over the stick as possible in a given time frame. *Works on conditioning and body control*
- **Walking the line-** Line should separate body. Simulate making save in all 6 areas that goalies need to make saves. Slow down and practice good technique! I recommend that you have someone with some goalie background watch you do this because if you are doing something wrong you do not want to keep doing wrong! Somebody should be present to correct any technique mistakes.
- **Wall ball drills-** Using the wall, you can simulate shots off the wall to practice your technique. Also can help with stick work. Face wall; face coach-turn-make saves drills.
- **Star balls-** Coach shoots the star ball (bounce shot) to get a "crazy bounce" off of the floor. Star balls are more effective when bounced out in front of the goalie. *Works on getting goalie to attack the ball so that the "crazy" bounce will not occur.*
- **Pipe to pipe drill-** Two coaches on both sides of the goal about three yards away. Coaches use hands to toss balls just inside of the pipes one at a time. Goalie starts on one post, coach shoots, goalie makes save and works on "flat" step along goal line and leading with the stick to the far post. Other coach tries to beat the goalie to the inside. (Between goalie and post) Goalie works on post to post technique ("flat" step) and leading with the stick to the far post. *Works on the technique listed and conditioning drill.*
- **Chase and get back drill-** Coach rolls ball out to side. Goalie runs out of goal to get the ground ball throws ball to coach, and sprints back to goal. Coach can shoot to make goalie dive to make save or can wait until the goalie gets back and then shoots. *Works on composer after bad clearing pass and conditioning!*
- **End line chase-** Coach shoots ball wide (on purpose) and goalie sprints to chase ball to end line.
- **Deflection drill-** Put gloves, helmets, anything you can find in front of goal. Coach shoots at these "obstacles" to try and get a deflection. Goalie must react and make save.

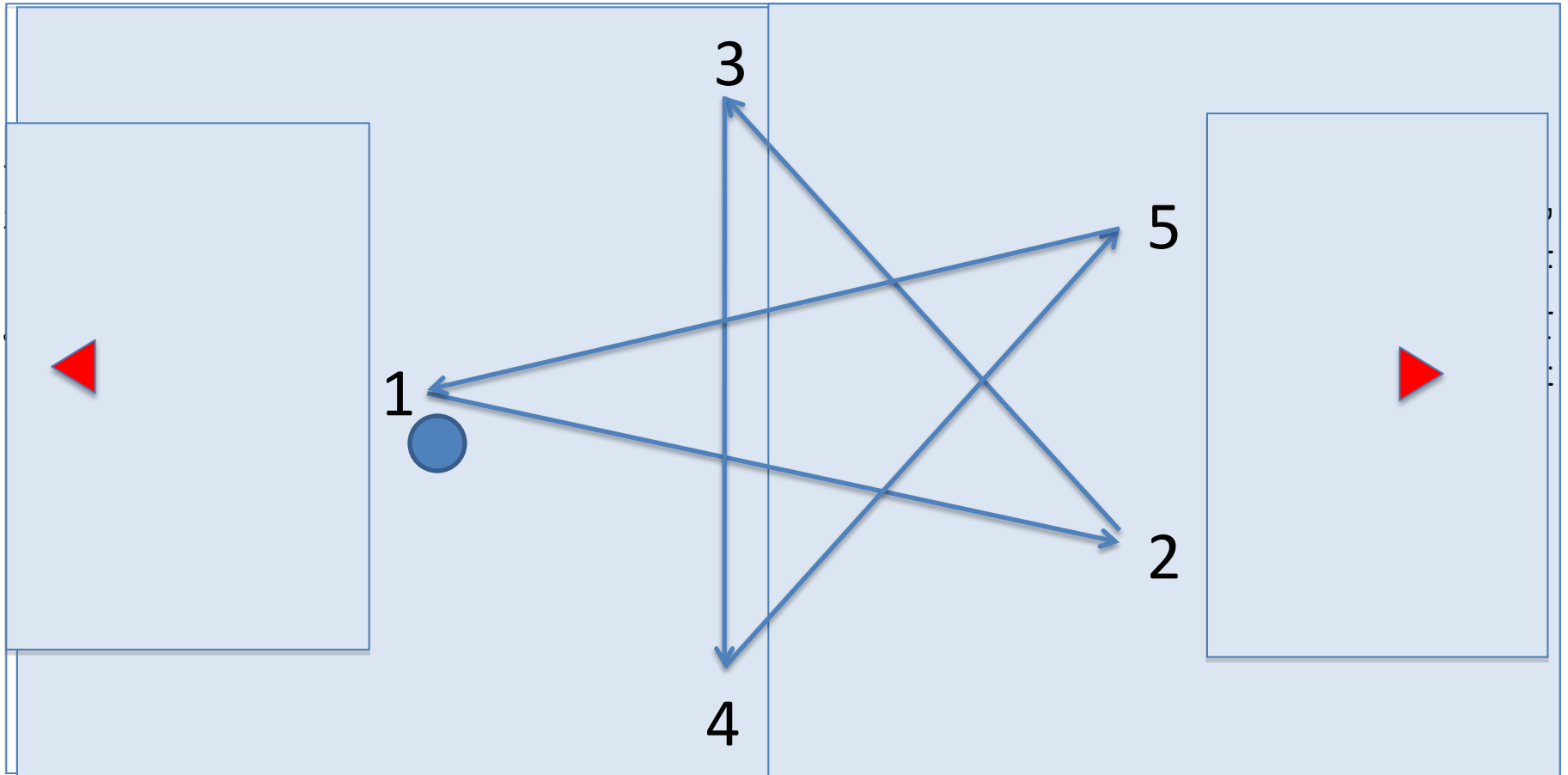
# Goalie Clear Drill – Follow the line you passed too



# 4 line weave

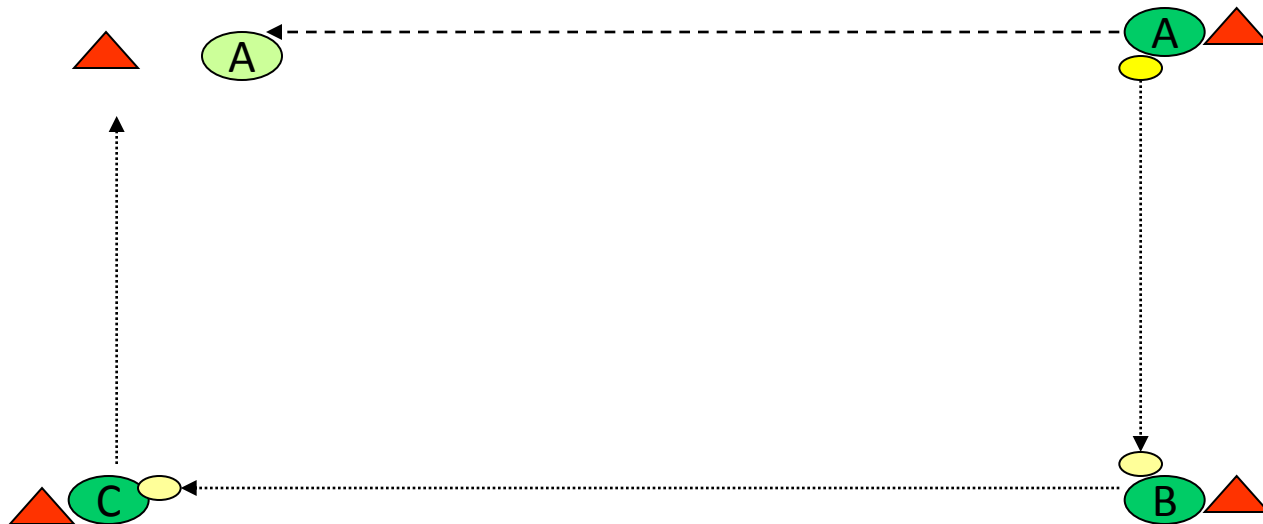


# Stick Skills - STAR



# 4 Corners, 3 Players

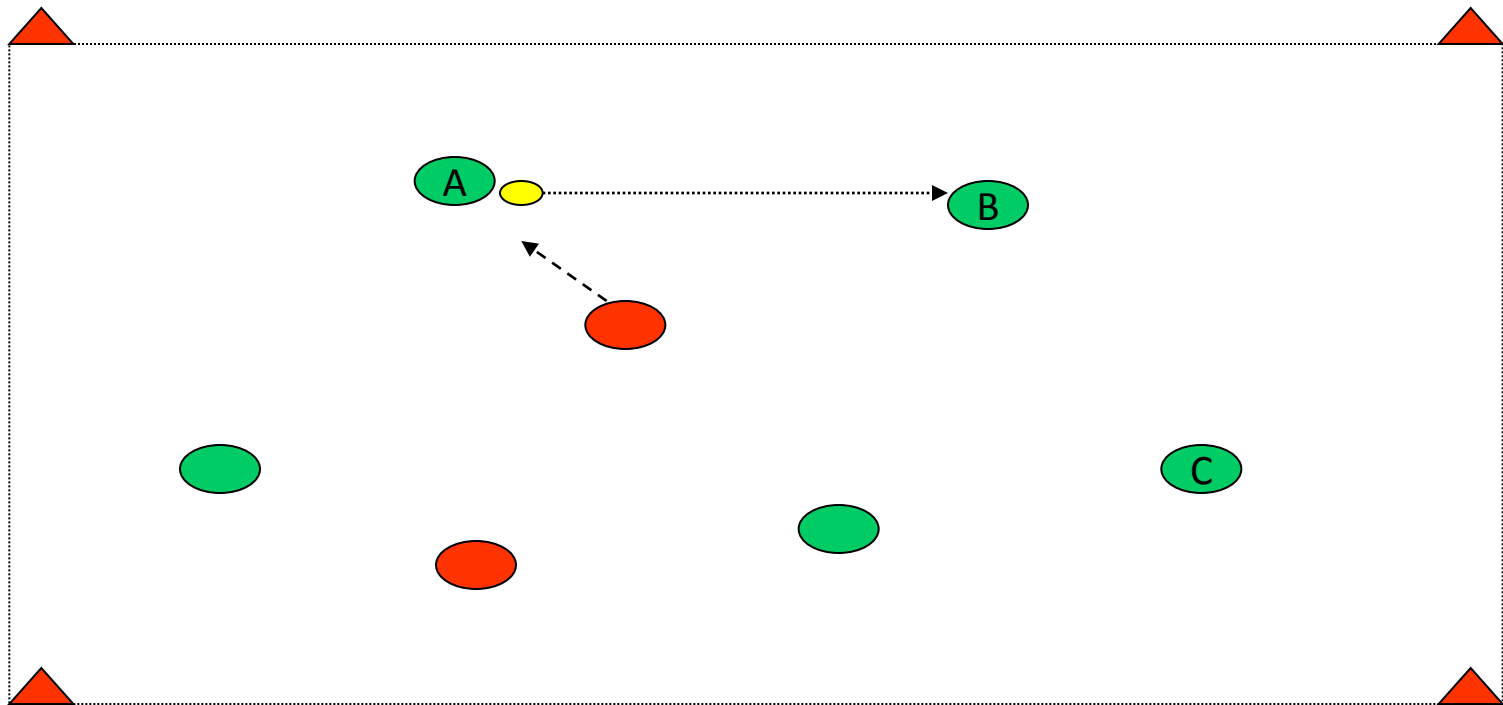
Four cones forming a square about 10 yards apart. Three Players occupy three cones and face center of square. Drill starts in a clockwise direction by Player A throwing a pass to Player B. Player B catches with outside hand, exchanges hands and throws a pass to Player C's outside hand. Player A moves to adjacent cone and receives a pass from Player C on his outside hand. Player A exchanges and throws to Player B who must move up to adjacent cone. Players continue moving to adjacent cones in counterclockwise direction. Reverse drill direction to get right and left hand practice.





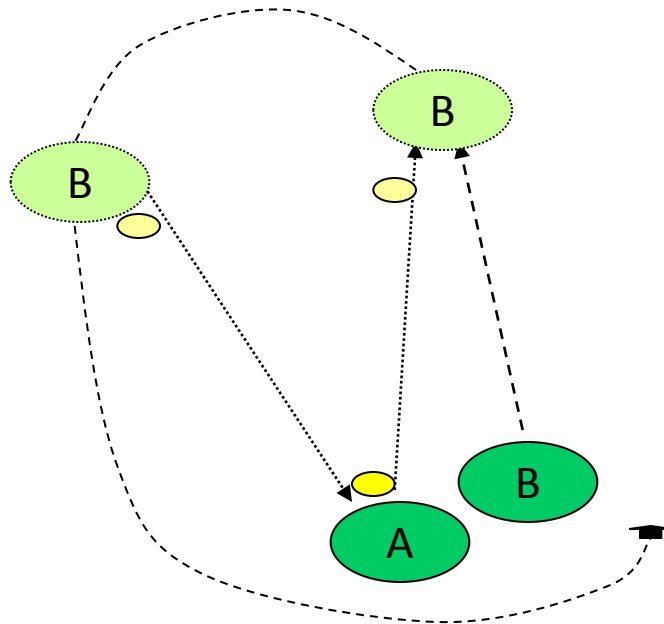
# Keep Away

Create a 30 x 30 yard square with cones. Five to Six offense players and two defense players. Offense Player A starts with ball. Objective is to pass the ball to all players and keep away from defenders. Drill can be done with ground balls and passing.



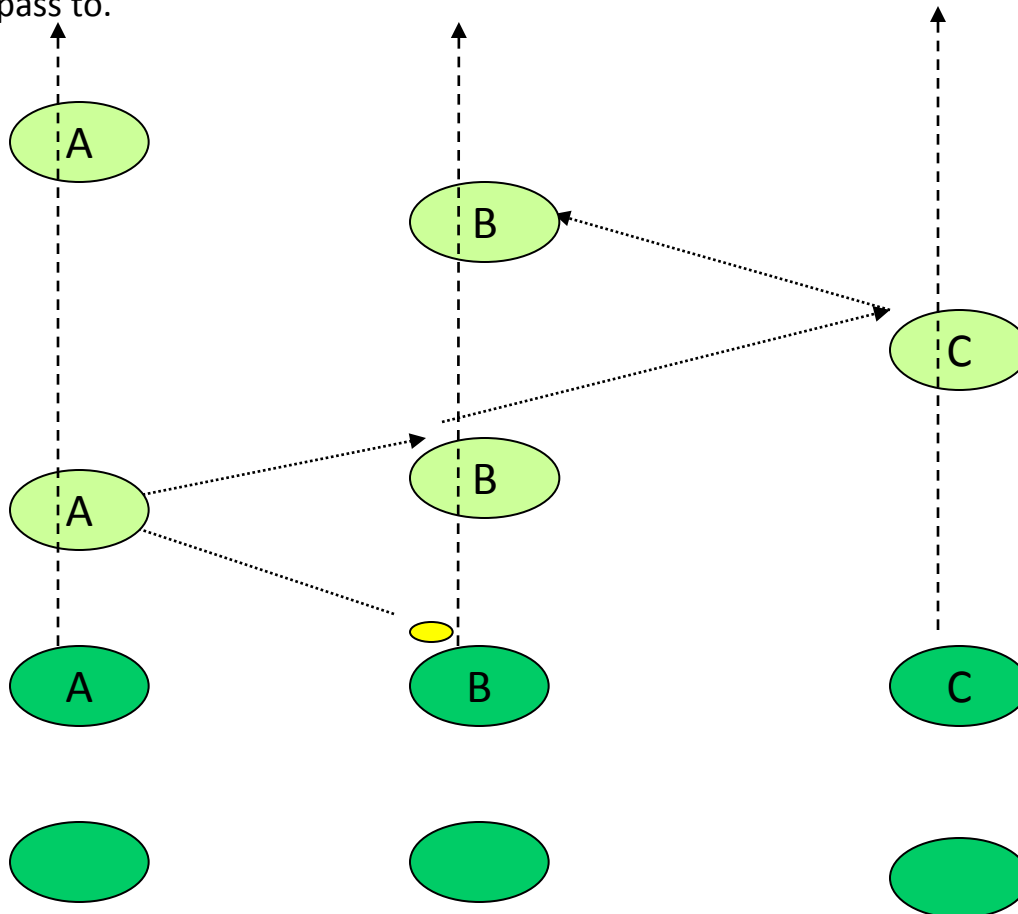
# Two Player Ground Ball Yo-Yo

Two players. Player A starts with ball and rolls a ground ball out in front of Player B. Player B scoops ground ball with back to Player A, curls and throws a 7-10 yard pass back to Player A. Player B then runs around Player A and Player A rolls another ground ball for retrieval. After 5 repetitions players switch rolls. Ensure that players work on curls in both directions. This requires that they perform an exchange and put the stick in the non-dominant hand for a pass.



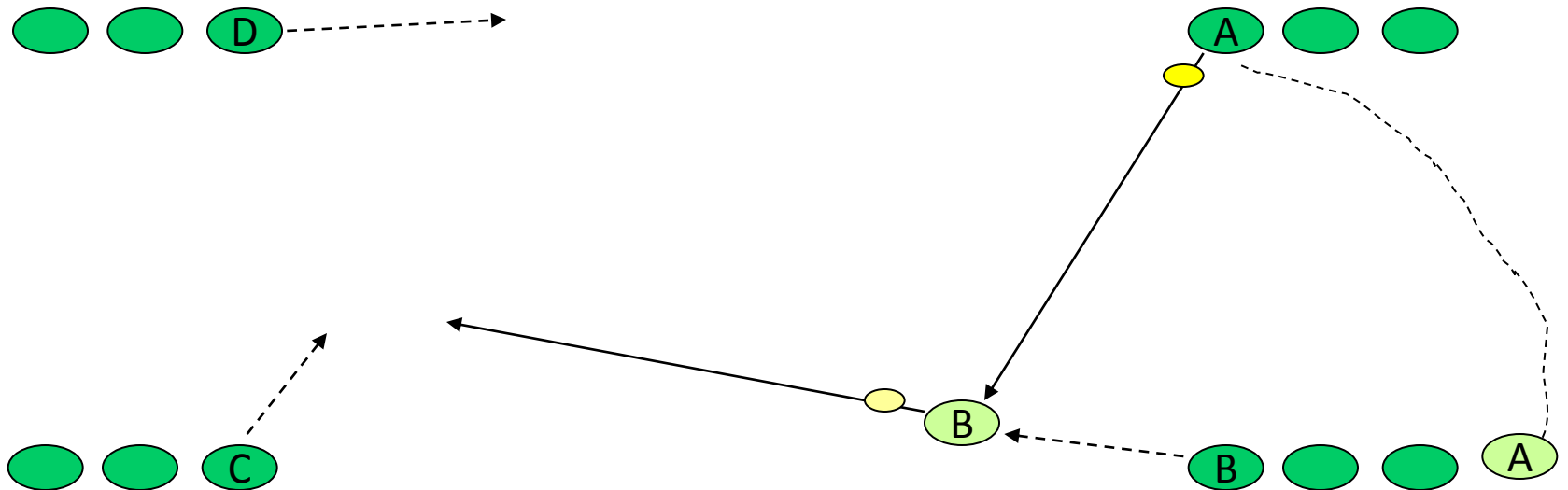
# Three Player Ground Ball

Three lines of players at one end of the field. Player in center (B), rolls ball out in front of Player A. Player A scoops and then rolls back to Player B. Player B rolls ball to Player C. Players continue in this manner to other end of field. Drill can be done by throwing passes instead of ground balls. A weave can be added to this drill by player running around player they roll or pass to.



# 4 Corners

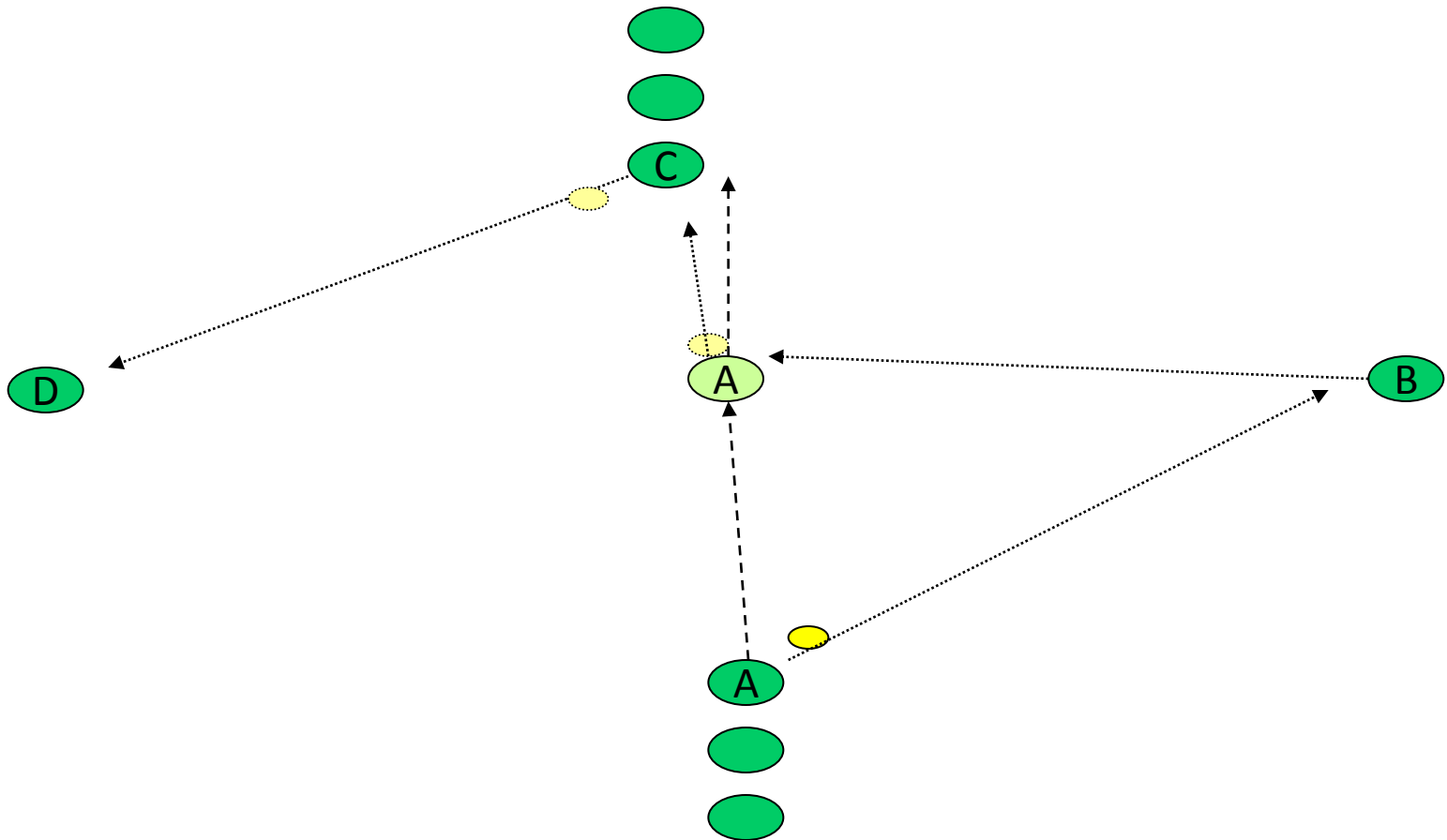
Four lines of players each 20 yards apart. Players face center of square. Drill starts in a clockwise direction by Player A rolling a ground ball out in front of Player B. Player B scoops and rolls out in front of Player C. Player A goes to end of line of Player B. Play continues until all Players have completed a ground ball in each line. Drill can be done with passing also. Reverse drill direction to get right and left hand practice. Players must catch pass over shoulder.





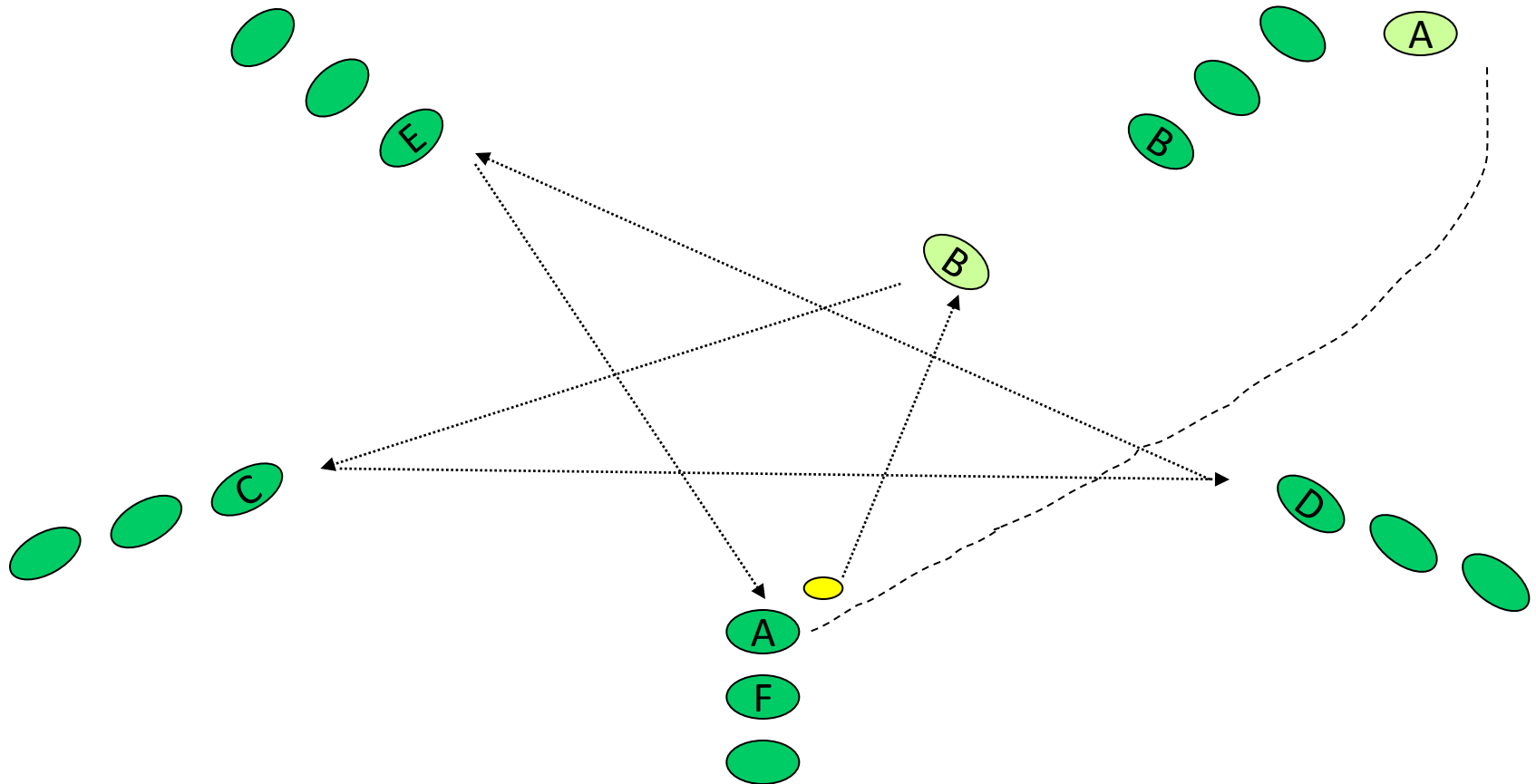
# Big Diamond

Two lines facing each other 30 yards apart. 2 Players on wing (B, D). Drill starts with Player A throwing a pass to Player B. Player A runs toward Player C line and receives a pass back from Player B. Player A catches pass and throws to Player C. Player C continues drill back by throwing ball to Player D. Player A goes to end of Player C line. Reverse direction to work both hands.



# Star

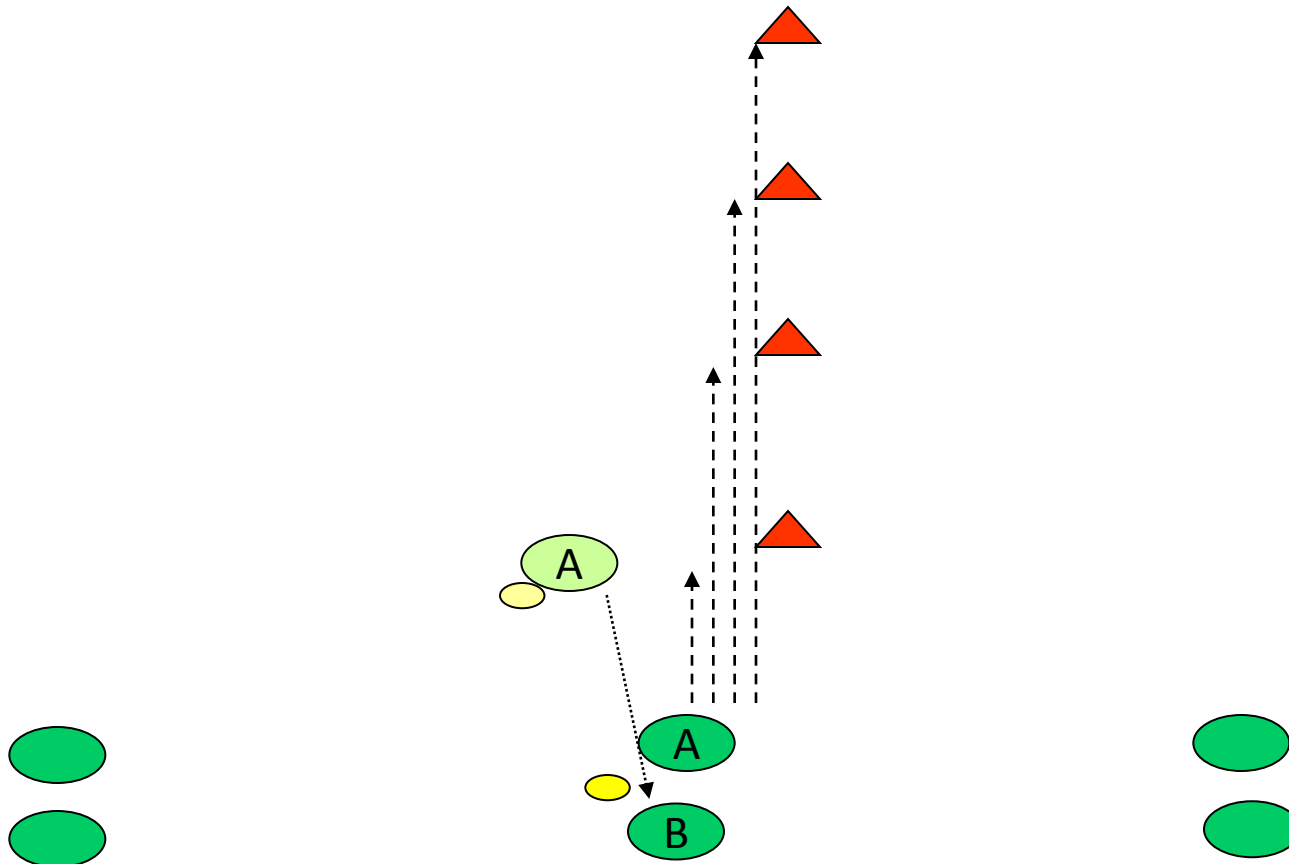
5 lines of players forming a star facing center. Drill begins with Player A skipping the line to his right and throwing a pass to Player B. Player B moves toward center of star, catches pass and throws pass to Player C. Player C throws to Player D. Player D throws to E. Player E throws to Player F to start another round of the drill. Players go to end of the line they threw to.



# Groundball Suicides

(Conditioning drill)

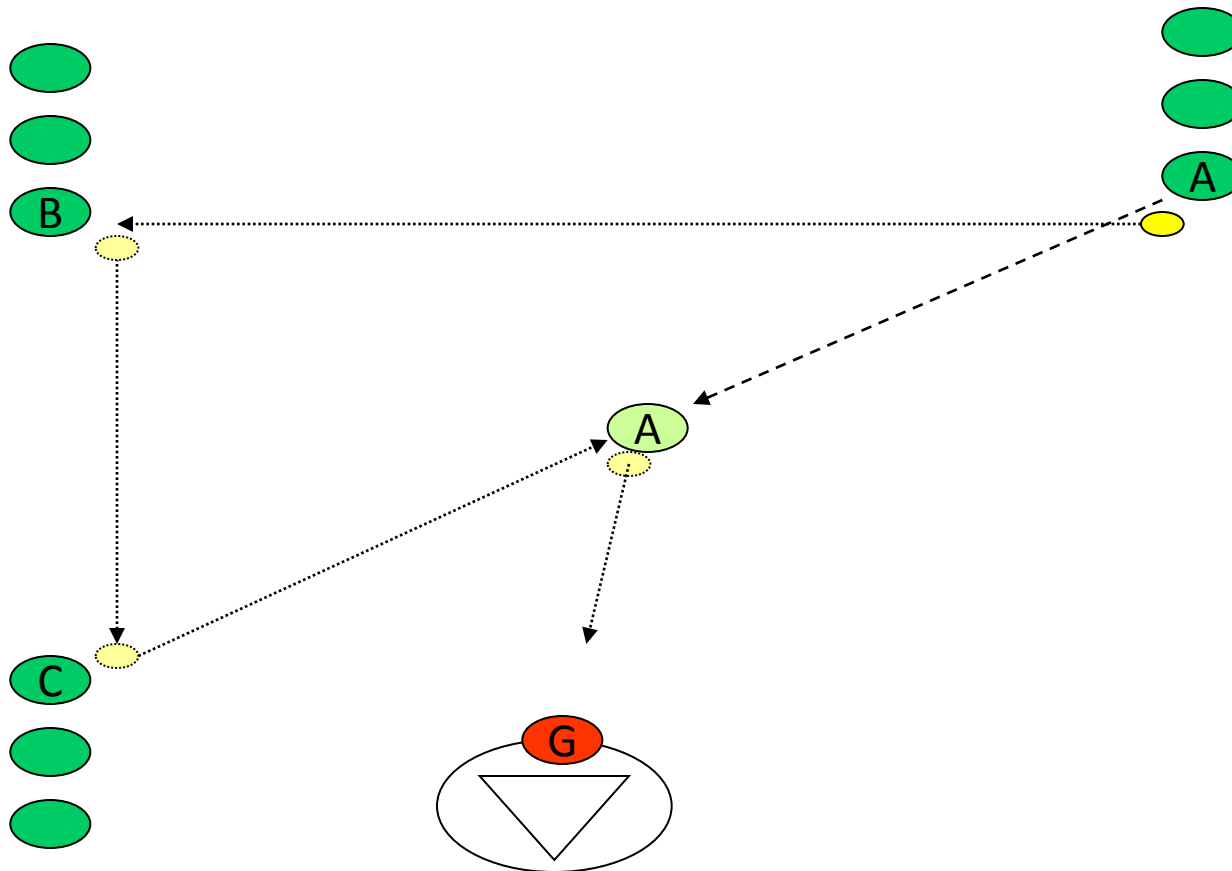
Multiple (4-5) lines of players at each end of the field. No more than 4 players in a line. Second Player in line rolls out a ground ball (half-way to first cone). Player A sprints to ball, scoops and continues sprint to first cone. Player A then curls and throws pass back to Player B. Player A sprints back to front of line. Player B rolls ball to first cone and Player sprints to ball, scoops and then sprints to second cone, curls and throws pass back to Player A. Player A sprints back to front of line. Continue drill for all cones.





# Cutter Shooting drill

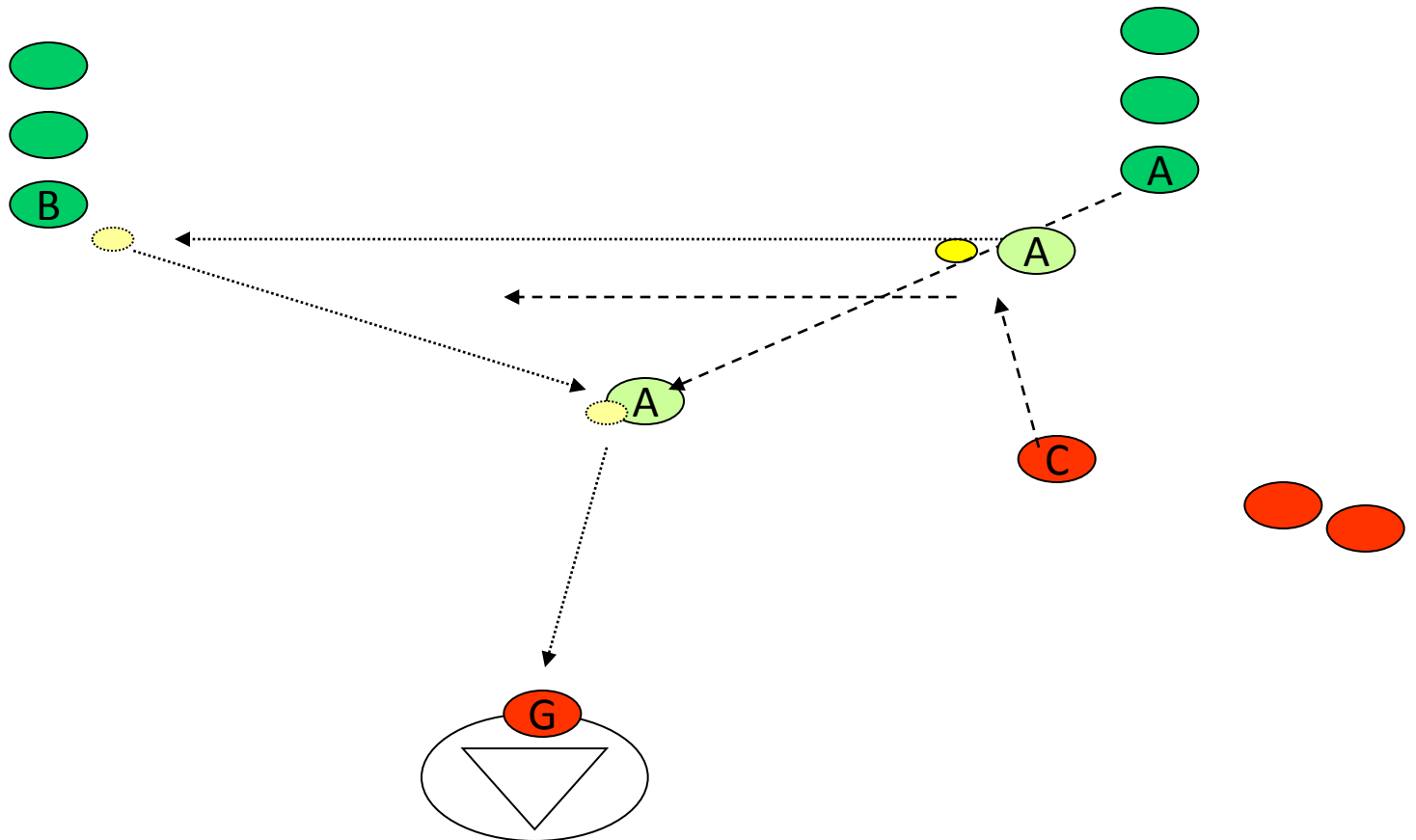
3 lines of players. Two at midfield position about 20 yards from goal. One in a feeding position to the left or right of goal. Player A passes to Player B who passes to Player C. Player A cuts to goal and Player C feeds back to Player A who shoots. Players go to end of line that they passed to. Move feeding line to other side of goal to work both left and right hand shooting.





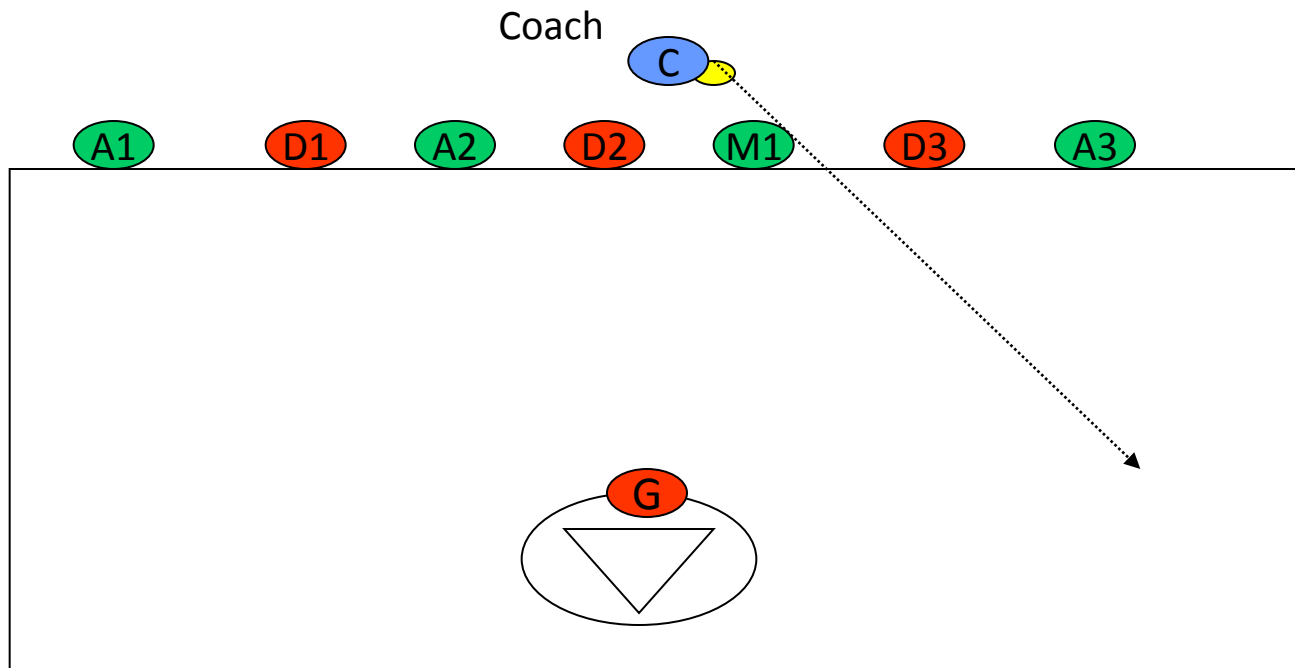
# Give and Go Shooting drill

3 lines of players. Two at midfield position about 20 yards from goal. One in a defense position to the right of goal. Player A starts with ball and makes a move toward goal. Player C, defender, moves to stop Player A progress. Player A passes to Player B. Player C then moves toward player B. Player A cuts backdoor to goal and Player B feeds back to Player A who shoots. Players move counter clockwise to switch lines.



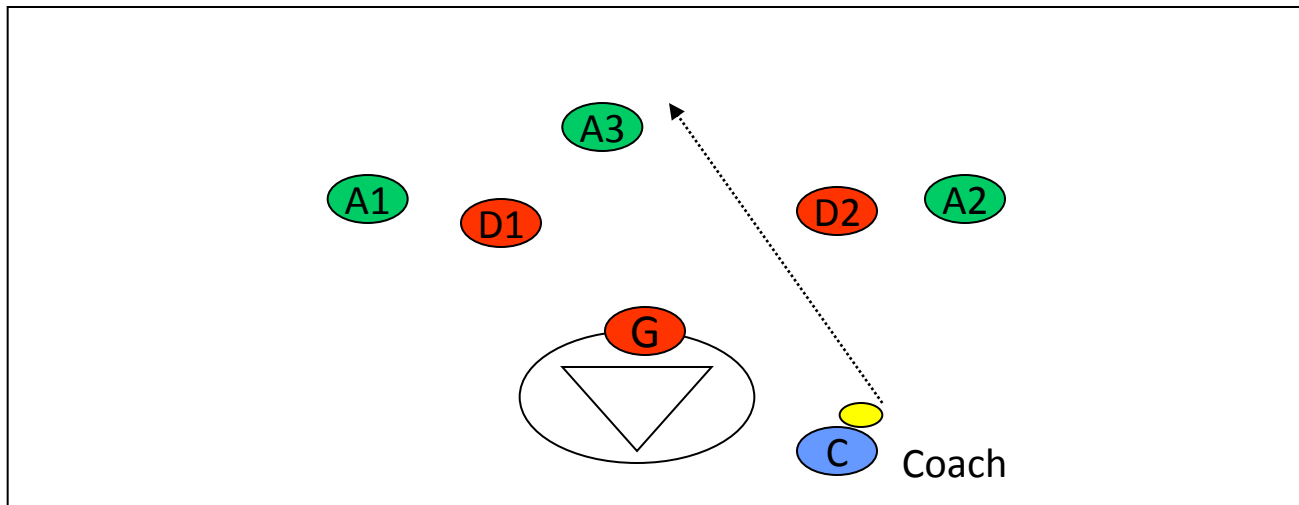
# 4 on 3

Seven lines of players. Four attackers, three defenders. Coach rolls a ground ball into the box area. Players fight for groundball. If attackers come up with the ball, they have 20 seconds to attack the goal and use their 4 on 3 advantage. Defenders try and clear using the goalie.



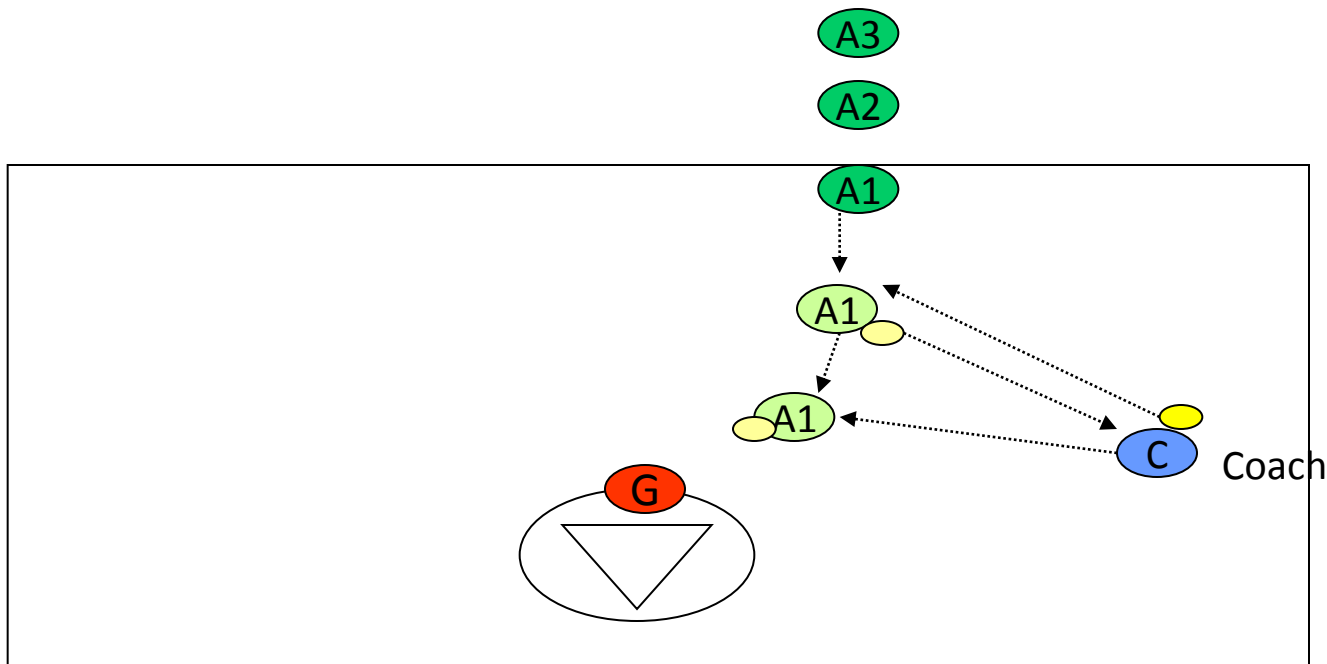
# 3 on 2 Quick Decisions

Five players. Three attackers, two defenders. Players have back to coach. Coach rolls a ground ball into the box area from behind the goal. Players fight for groundball. Free attacker A3 has advantage. If attackers come up with the ball, they have 10 seconds to attack the goal and use their 3 on 2 advantage. Defenders must slide to stop Attacker with ball. Defenders try and clear using the goalie. This is a short drill. Do not let play continue for more than 10 seconds after ground ball retrieved.



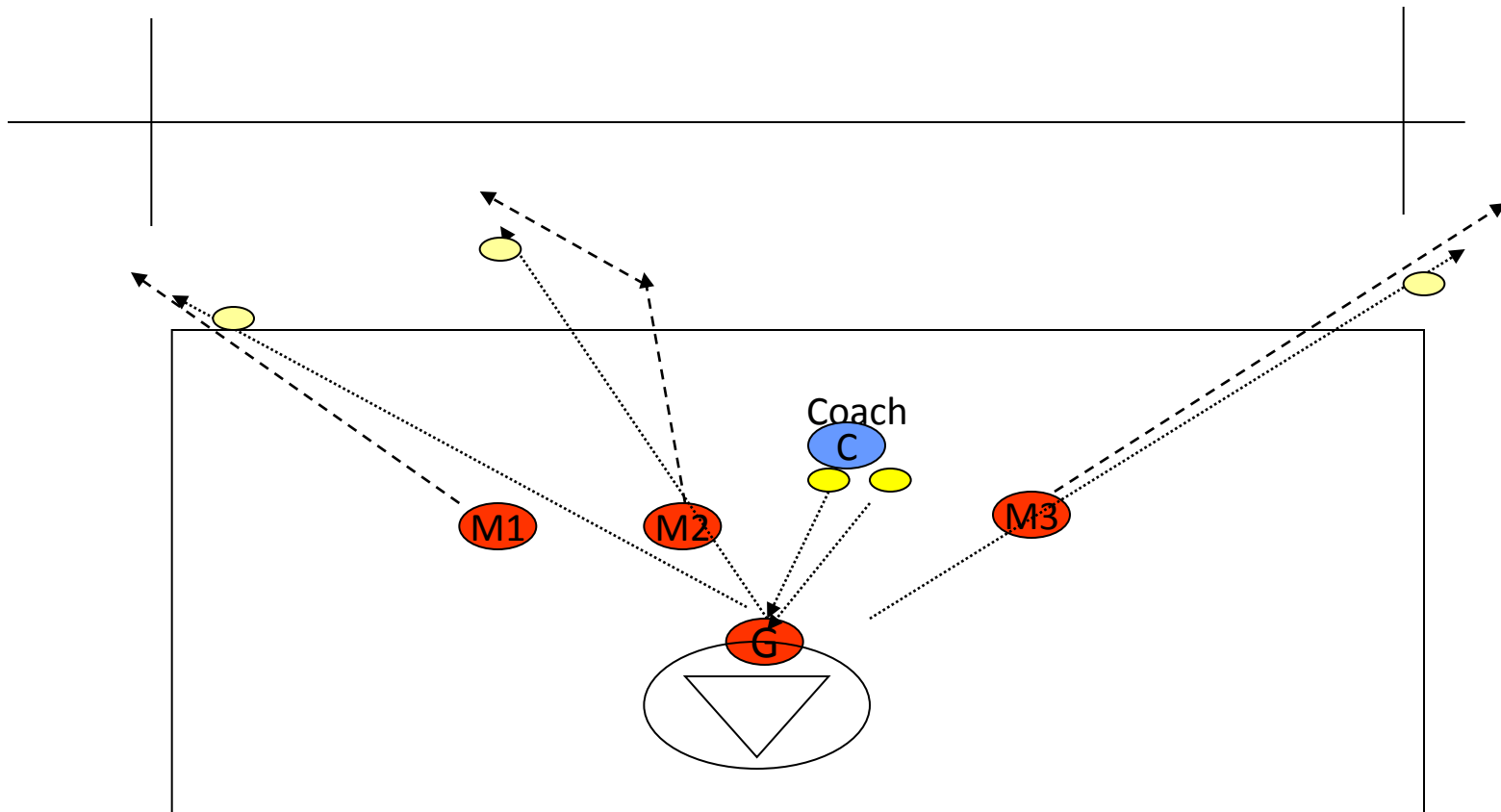
# Give & Go Drill

Line of attack and middies. Coach rolls ball toward A1 in line. Player A1 picks up ground ball and passes to coach. Player A1 then cuts toward goal, receives a pass from coach and shoots. A player can replace coach as the feeder. After player passes to A1, player goes to end of line. He is replaced by A1 who is now the feeder.



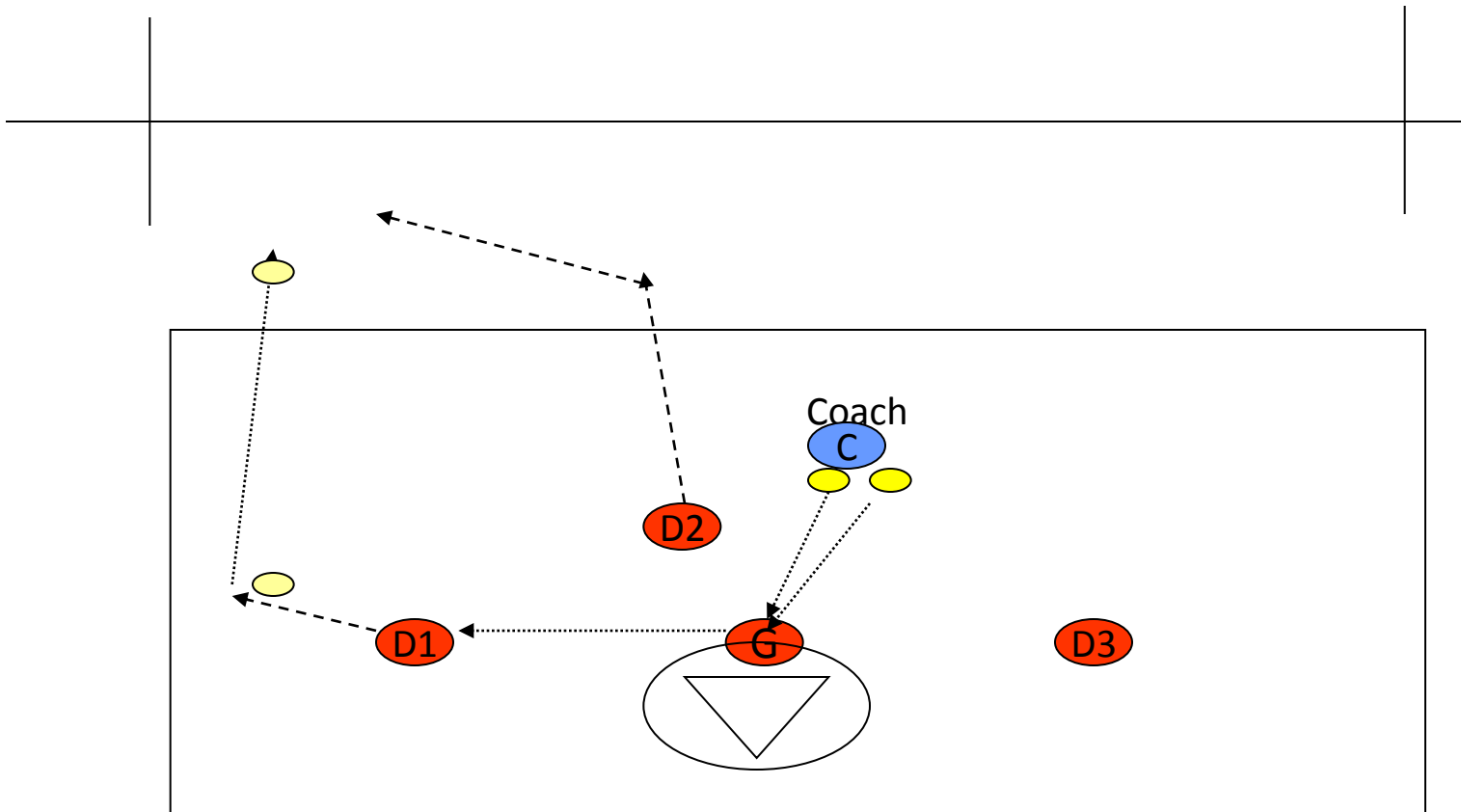
# Middie Clear Drill

Three middle lines in front of the goal. Coach throws shot at Goalie who catches, controls and yells “break”. Middie 1 breaks up and out toward faceoff wing line. After Goalie 1 throws pass repeat for Middie lines two and three. Middie brings ball back around sideline and behind goal.



# Defense Clear Drill

Three defense lines in front of the goal. Coach throws shot at Goalie who catches, controls and yells “break”. Defense 1 breaks up out toward sideline. Goalie throws pass to Defense 1 who catches over the shoulder and turns up-field. Defense 2 breaking up-field runs out toward wing faceoff line. Defense 1 throws pass to Defense 2. Repeat for other side with Defense 2 breaking out on same side as Defense 3 and out toward faceoff wing line.

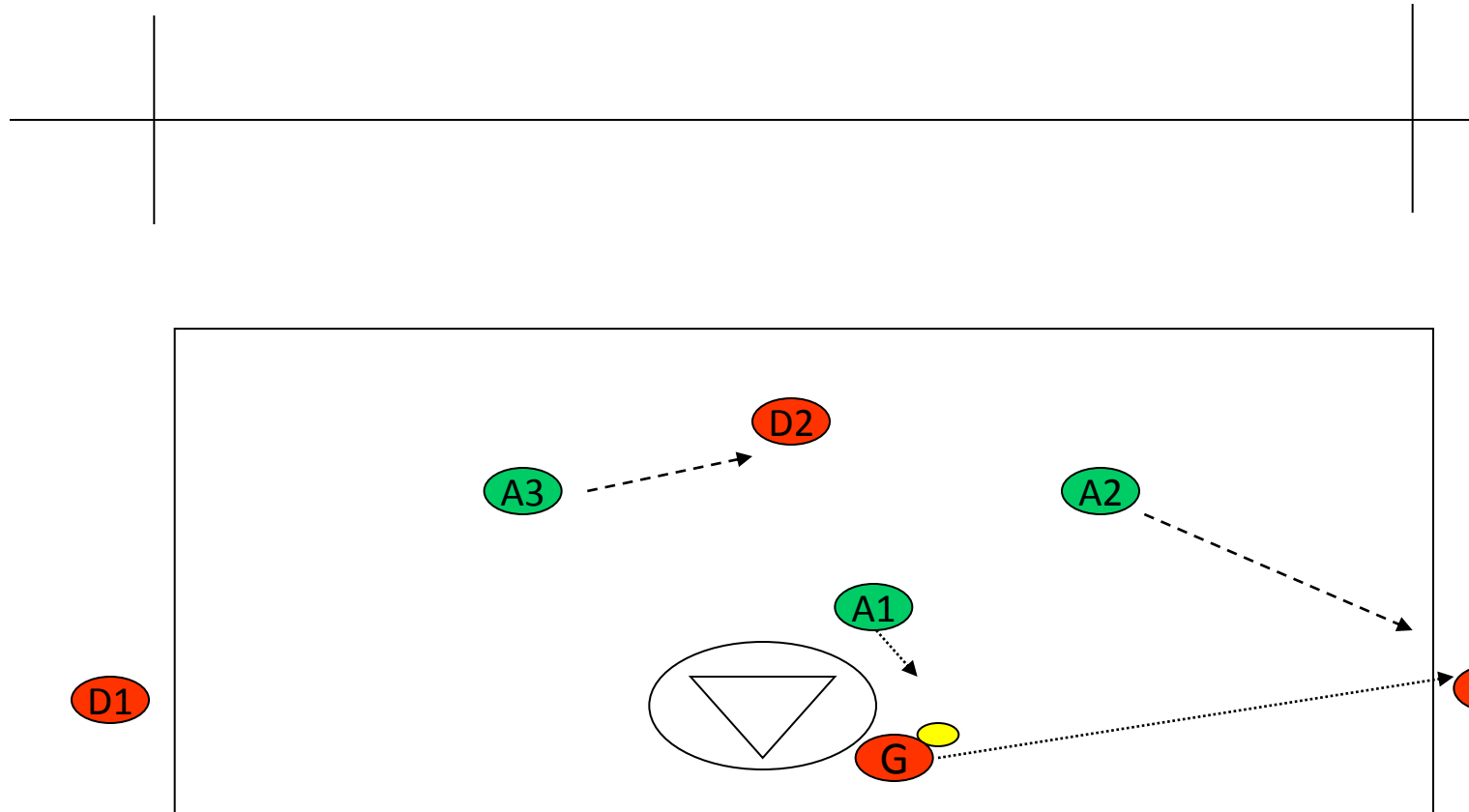




# Attack Ride Drill

## (Triangle Ride)

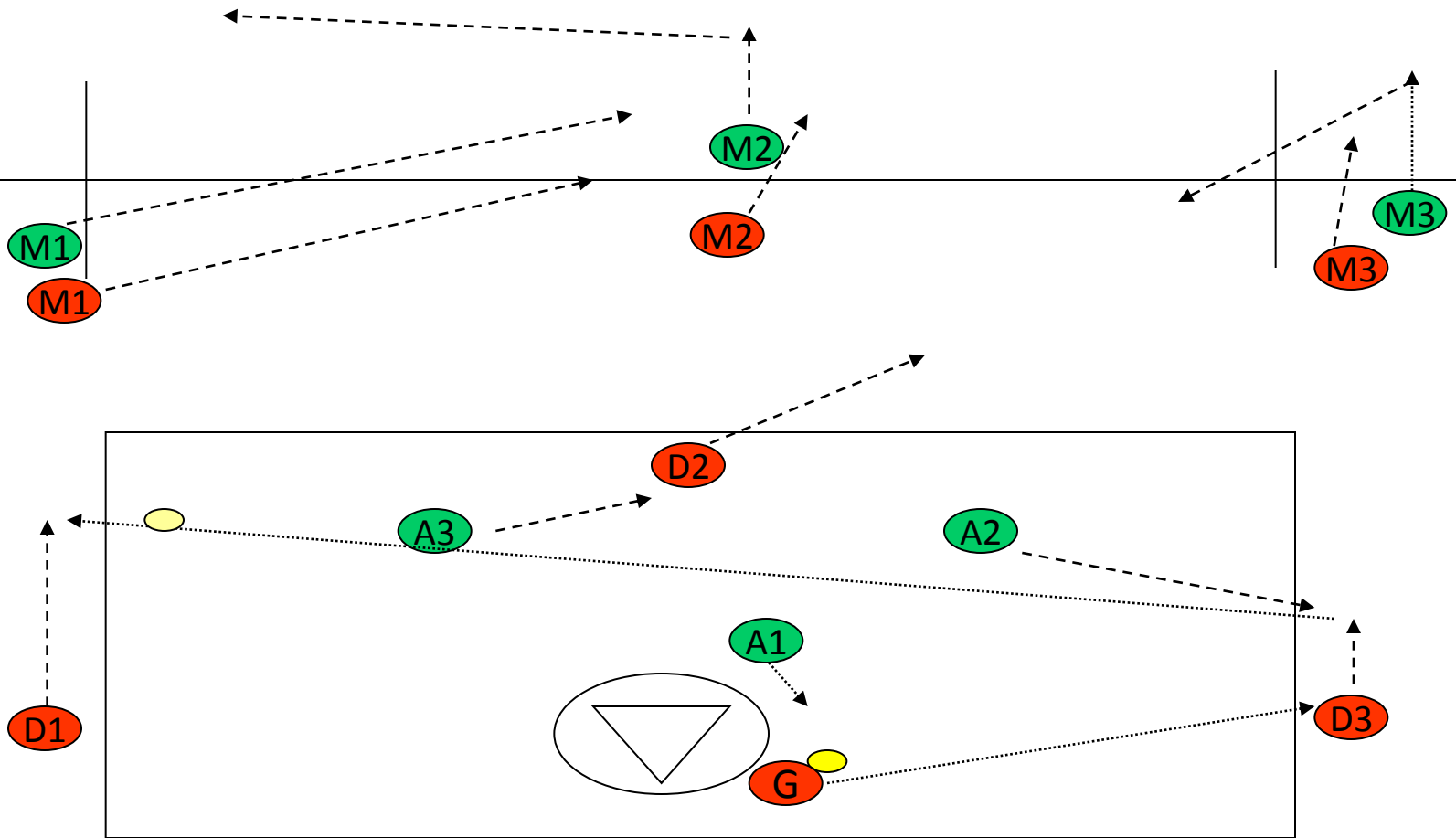
Three defensemen and a goalie. Three attackers. Ball starts with goalie behind the goal. Attack 1 pressures the goalie to pass to one of the wing defensemen, D3. Attack 2 pressures D3, Attack 1 stays with goalie to shut off the adjacent pass. Attack 3 covers the Defenseman in the middle of the field, D2. Objective is to make Defense3 throw the cross field pass to Defenseman 1. When this happens A3 slides to D1 and A1 moves up field to cover D2. A2 moves to center of field ready to jump the goalie if D1 pass back.



# Settled Clear Drill

## (Regular clear)

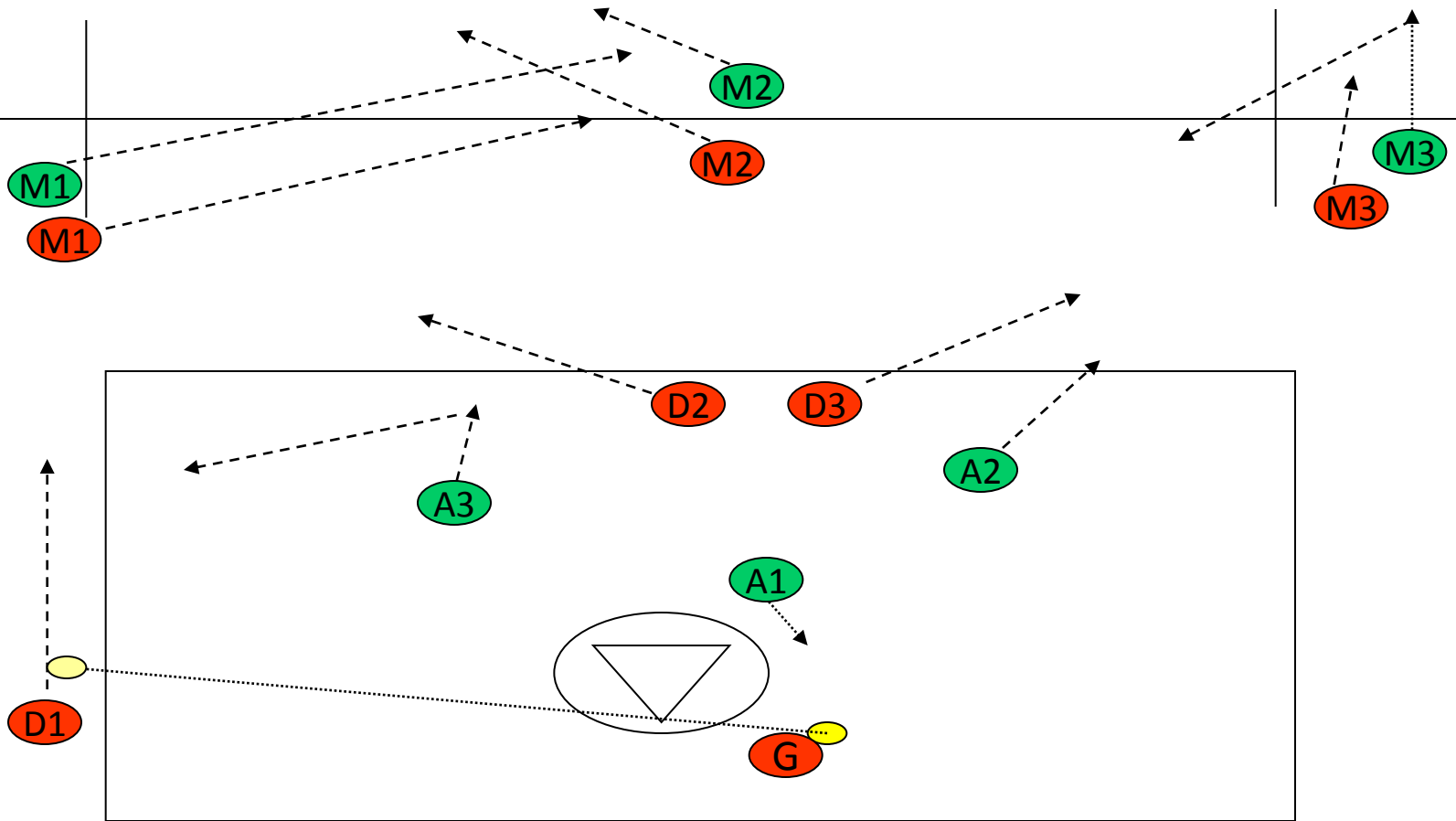
Ball starts with goalie behind the goal. Attack 1 pressures the goalie to pass to one of the wing defensemen, D3. Attack 2 pressures D3, Attack 1 stays with goalie to shut off the adjacent pass. Attack 3 covers the Defenseman in the middle of the field, D2. D3 has two options; a pass to D2 cutting up field if Attack 3 does not cover or a pass to D1 moving up field on opposite wing. D1 can carry over midfield or look to M2. M3 must come back to be onside should D1 carry across midfield.



# Settled Clear Drill

## (D Split clear)

Ball starts with goalie behind the goal. 2 Defense stack at restraining line. Goalie calls clear and defense split toward wing lines. Attack 2 and Attack 3 must stay with D2 and D3 on split. Attack 1 pressures the goalie to pass to one of the wing defensemen, D1. Attack 3 drops to pick up D1 heading upfield. D1 throws pass to D2. M3 must be aware to stay onside should D2 clear across midfield. D2 looks for M1 or M2.



# Settled Clear Drill (Four Across)

Ball starts with goalie behind the goal. Attack 1 pressures the goalie. Goalie has option to pass to wing defense man or close defenseman, D2. Ideally work the two on one on the side with both defenseman

