

VII C - Hand-out II

"Corch Card"

April 2012

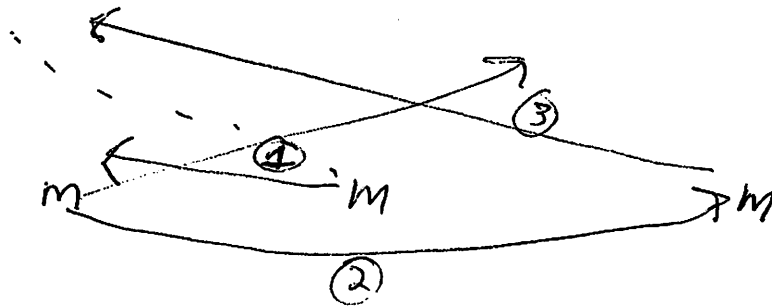
"Never Under Estimate the Heart
of A
Champion"

Drill 4 - "The Weave"

Teaches Throwing & running,
moving the ball down the
field fast.

Sequence

1. middle midie has the ball.
2. throws to left midie,
runs behind for next
pass, throw & run behind player that throw
to you.
3. ONCE gets to other side,
get ready to weave back



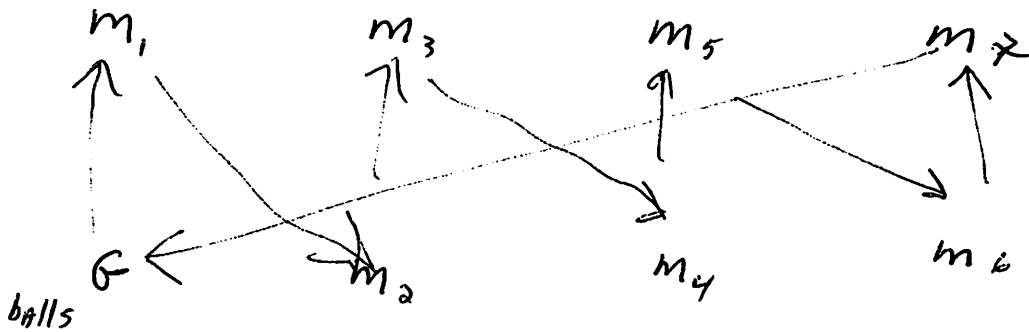
M	d	M
m	A	m
m	m	A
A	m	d
d	m	G
G	m	A

Drill 5 - "Eagle Eye"

Teaches throwing AND
CONCENTRATION

Sequence

1. Goalie starts with one ball, on the whistle throws to m_1 , second whistle m_1 to m_2
2. work up to all players having a ball, throw on the whistle
3. m_7 throws back to goalie, break team up into 2 groups

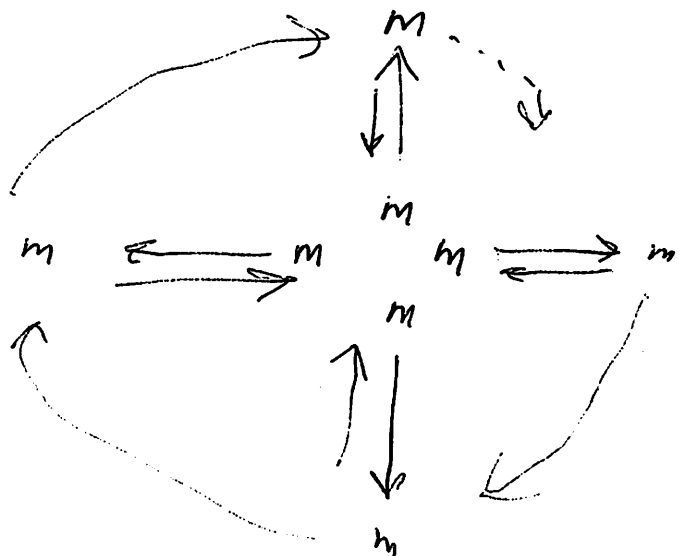


Drill 6

"Pin Wheel" Teaches throwing, catching & running.

Sequence

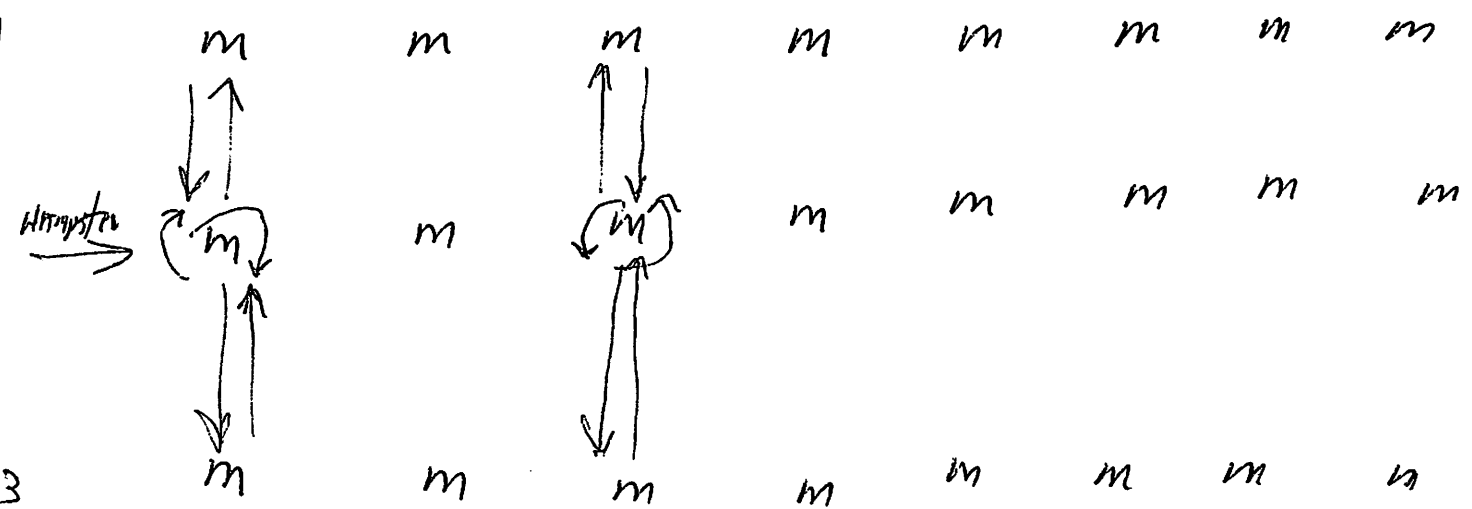
1. 4 players line up backs to each other (inner circle)
2. Each inner player matches up with a player 5 feet away.
3. On the whistle, ^{All} players run to the left, throwing & catching.
4. Eventually run right to teach left-handed throwing.



Drill 3 - Hamster - Teaches throwing, gets more rep's than line drills

Sequence:

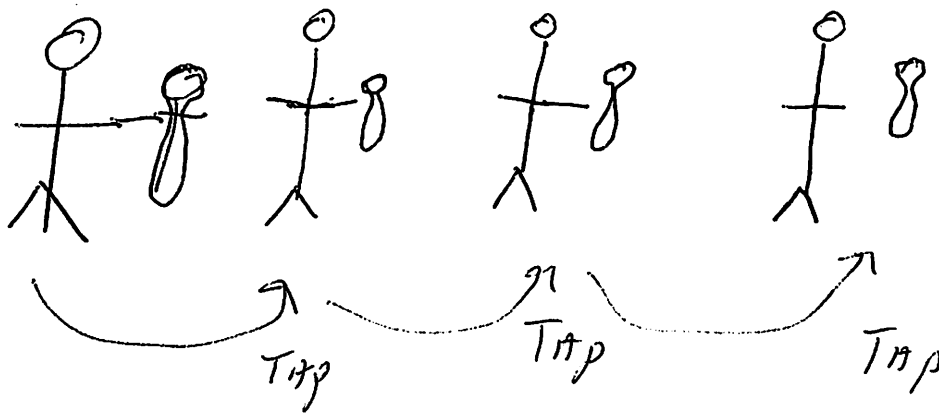
1. All players line up on white line
2. Count off by 3's
3. "If you are a two, take five steps & face player one to your right."
4. Take player 3 & put them on other side of 2.
5. Player two has a ball, all players should be lined-up like MARINES.
6. Player 2 is the "Hamster", throws to one, 1 to 2, 2 to 3, 3 to 2. switch after a while



Drill 2 - "Foke check drill"

Teaches proper way to play defense.

1. All players line up, next to each other, on a white line.
2. Players spread-out, left arm, until touching shoulder of left player.
3. Players cross (stick) is perpendicular to ground, see diagram
4. First player, far left, goes down the line, tapping each shaft.
5. Legs do not cross, needs bent.



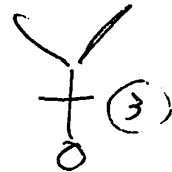
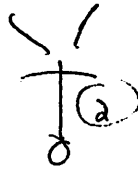
Drill 7

- "MAN", "BALL", "Release"
- Teaches to play "man" ball,
- Teaches "release" - "I'm ready for a pass"
- Teaches ~~to~~ two offensive players spreading out defense.

Sequence:

1. Three lines, first player lays down, back to field. Each line has a number
2. Coach whistles & yells a number
3. whatever number is called is defense, the other 2 players must win the GB and run back to the coach, splitting the defense & passing back & forth.
4. The two offensive players must decide who will play "man" & who will play "Ball".
5. "man" means I am going to block the defensive player so he can not win the GB ^{check}
6. "Ball" means I am going for the GB
7. "Release" means I am ~~running~~ ready to pass, the second offensive player should be running wide.
8. Two offensive players run to the coach
9. Coach yells "Here's your help"
10. If defensive player wins GB they need to run opposite of where players on lined-up. Run to opposite side, you are on offense now.
11. Play stops w/ Coach's whistle.

First row players are laying down, facing next player →



Line 1

M
M
M
M
M

Line 2

coach w/ the balls

M
M
M
M
M

Line 3

M
M
D
A
P
M