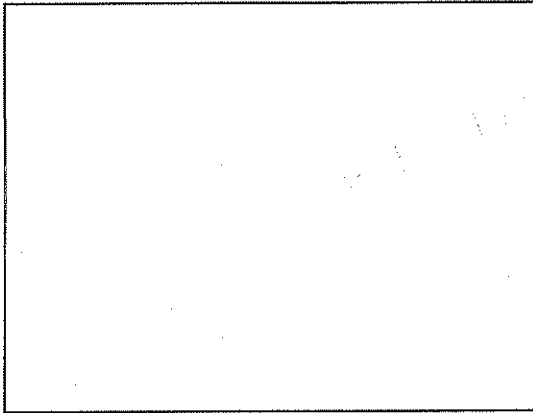
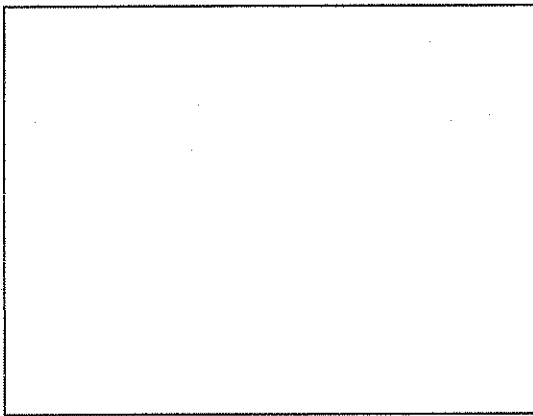


# Defense Routines (Lutterman & Evans)



## Ladder Work - see attached

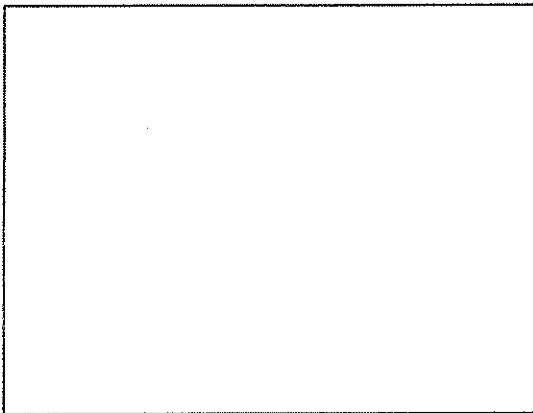
- set up ladders
- players perform each skill twice
- 10 yd sprint after each skill.



## Box Jumps

- 3x10 Lt foot
- 3x10 Rt foot
- 3x10 2 foot

done on bleachers



## Jump Ropes

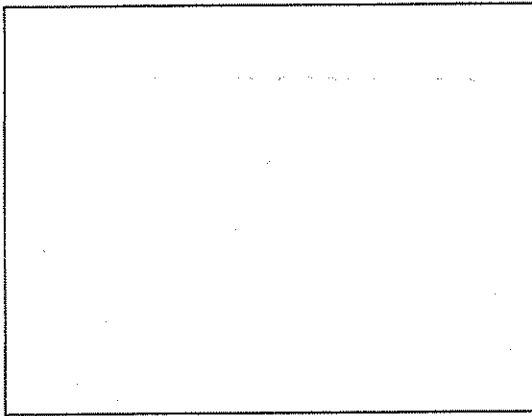
Lt • 3x25

Rt • 3x25

2 foot 3x25

Cross 3x20

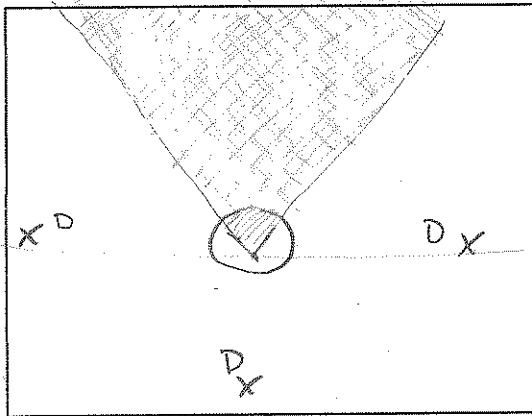
double jump 3x20



### Poke Line and Slaps Up/Down

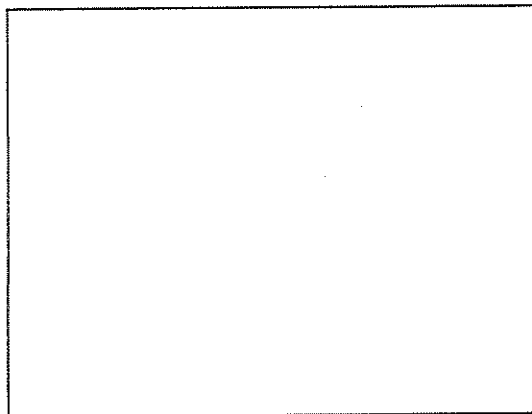
#### Slap, Slap, Lift

- w/ partner each performs skill twice
  - poke
  - slap up
  - slap down
  - Slap, Slap Lift



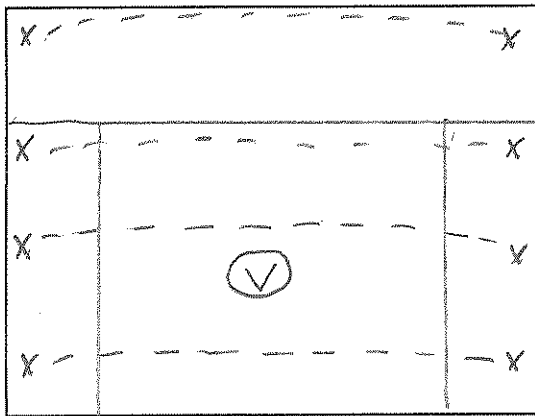
#### Man containment without stick.

- on field w/ partner
- w/o stick
- 30 seconds @ a time
- keep offense out of middle (shaded area)



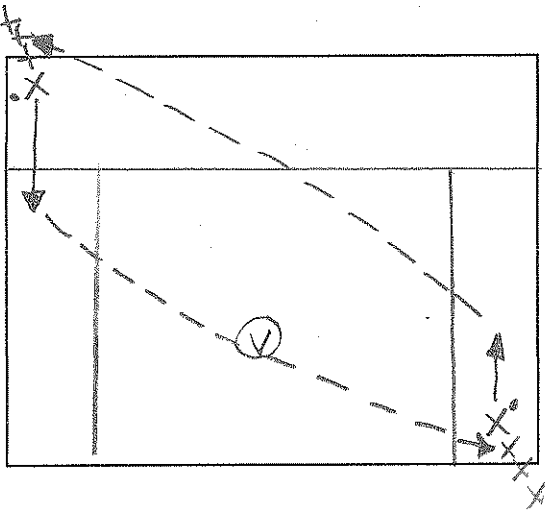
#### Ground Balls

- man ball drill
- 3 players
- Variations ground ball drills



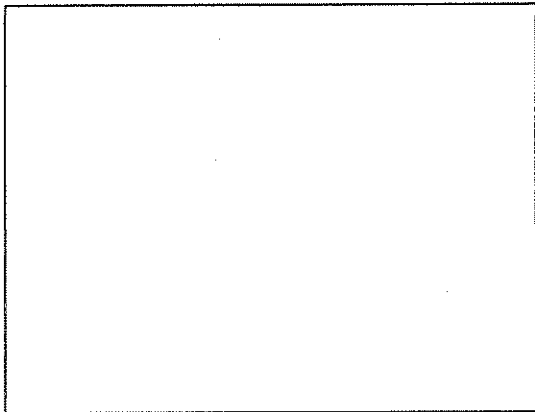
### Long Passes

- stationary partner passing
- sideline to sideline



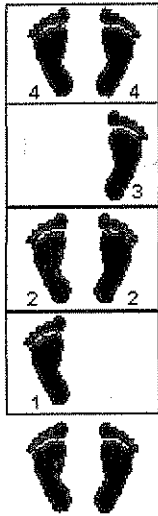
### Pass on the Run "up and over"

- 2 balls @ a time
- run up alley & pass while running to opposite corner.
- change drill by moving lines to opposite corners. (using left hand)

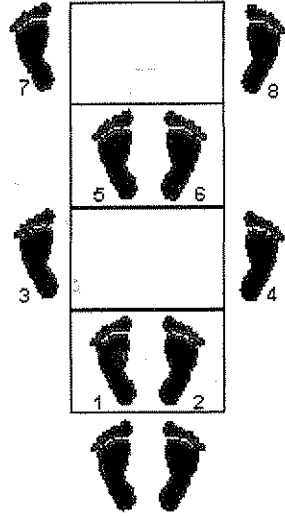


# Ladder Drills

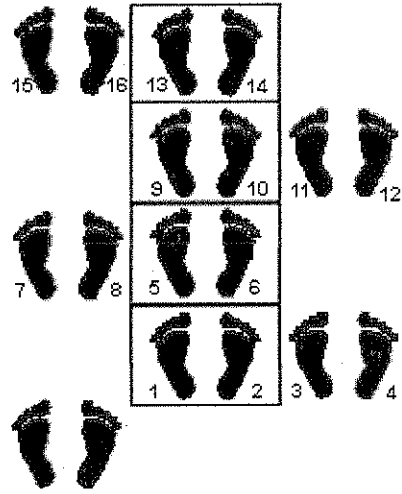
## Hop Scotch



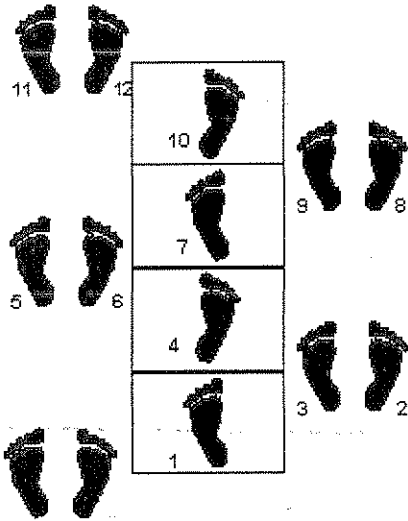
## In-Out



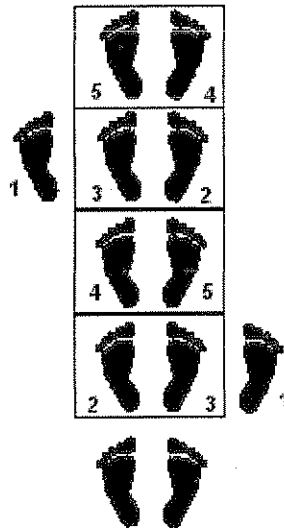
## Lateral Feet



## Tango

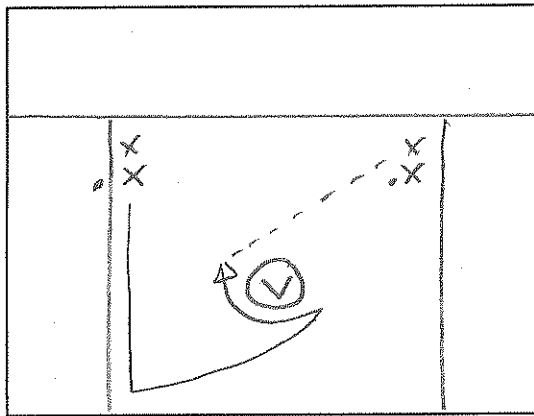


## Five Count



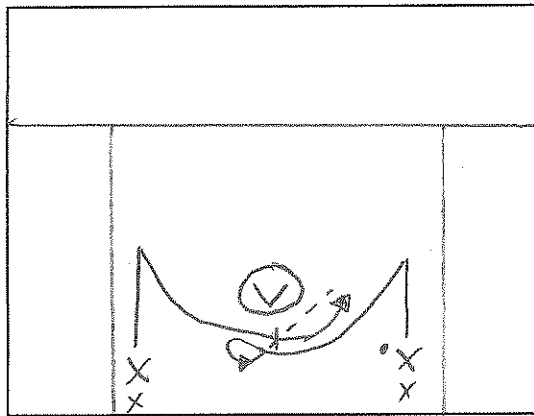
Lateral 2 in 2 out  
Carioca

# Attack Routines Magrin



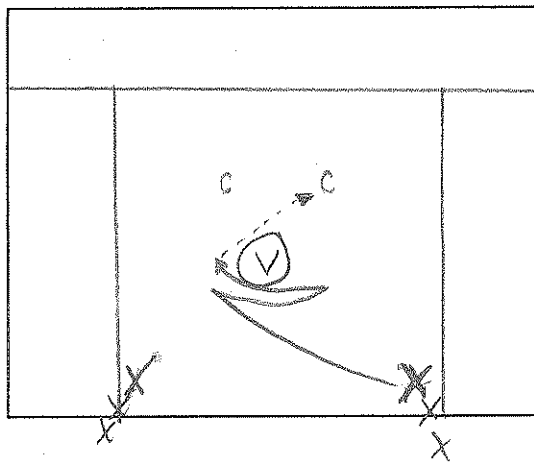
## Dodge to X

- 2 lines @ same time w/ balls
- proper stick protection
- 1 hand cradle down side
- 2 hand to X
- pass to opposite side.



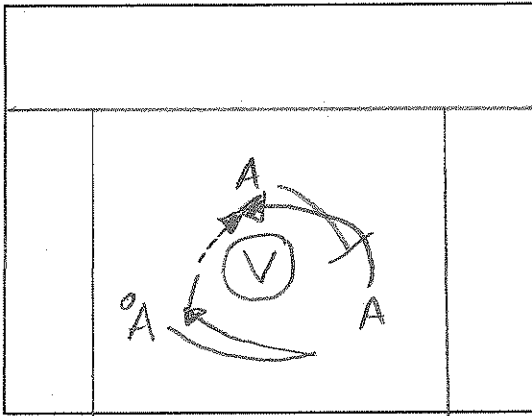
## Pick n' Roll @ X

- 1 line @ a time w/ balls

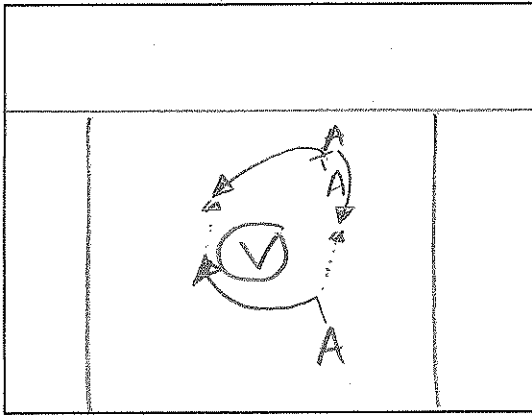


## Ankle Breakers

- coaches at crease w/ balls
- coach rolls ball to Attack
- Attack "z" dodge, pass to opposite crease.

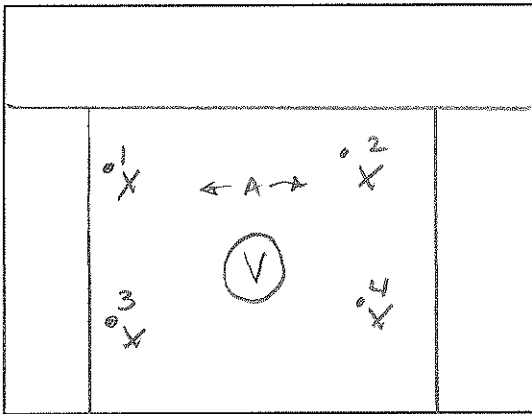


### OffBall Picks



### Crease Pick N Roll Stacked

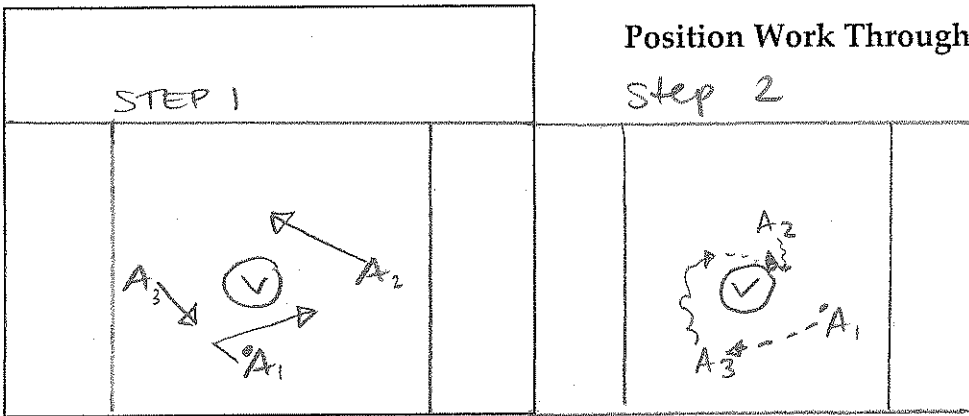
- done w/ defense
- bottom crease sets pick on top defender, 3 rolls



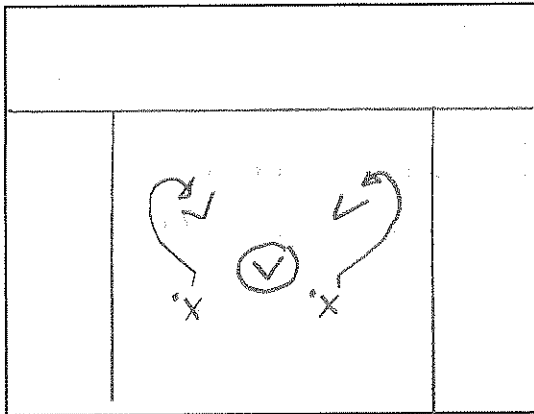
### Inside Work

- crease attack is fed balls from 4 corners twice.
- 8 total shots.

Position Work Through X Attack Backside

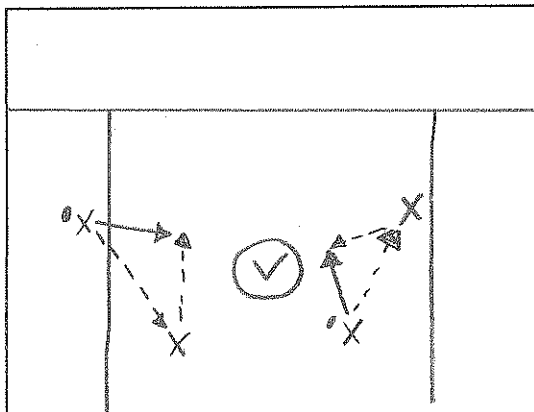


Shoot over goal

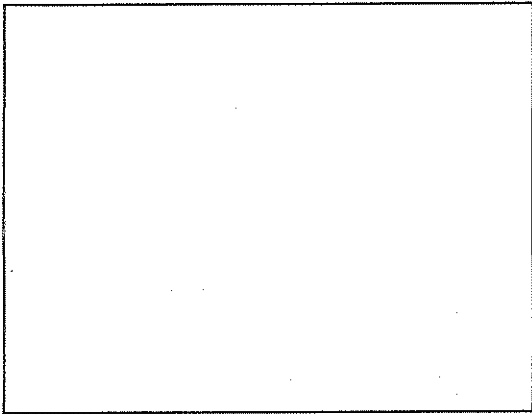


- ? dodge
- shoot over hand over goal into net.

Give n' Go's

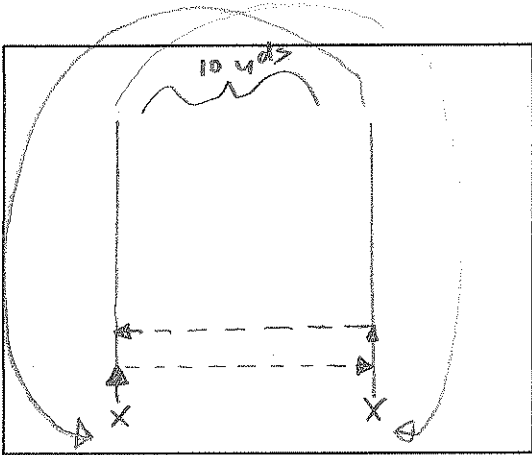


# Midfield Routines



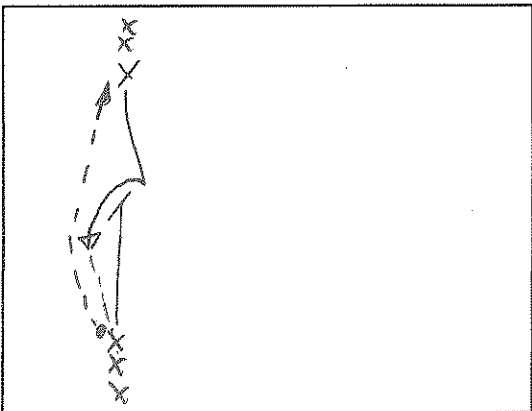
## Three Man Weave

Tight weave.  
Accurate passes.  
Don't hold onto ball.



## Across Body Passing

Two steps up field, pass across body.  
*quick ball movement*  
*@ end go to opposite*  
*lines to use opposite hand.*

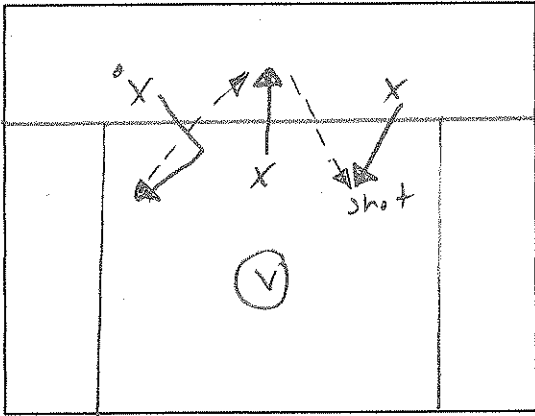


## Dodging Lines

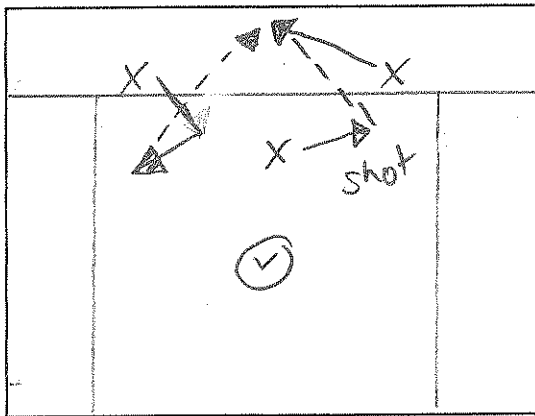
Set up like line drills. Man with ball passes to opposite side. Man who catches ball performs dodge on skeleton defender.

Split Dodge  
Face Dodge  
Roll Dodge

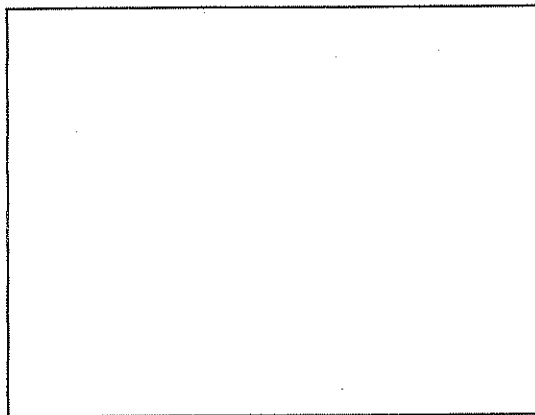




Dodge, Crease to Point, Wing Space

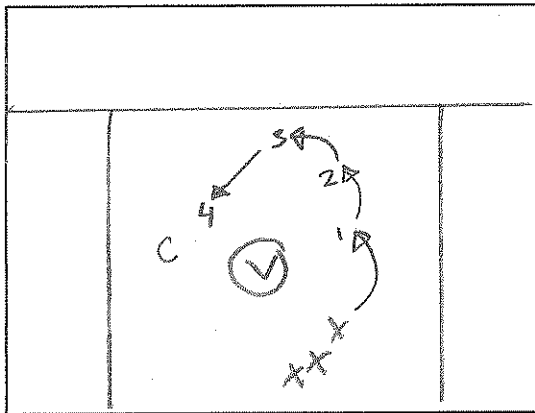


Dodge, Wing to Point, Crease to space



various 1 v 1

shootings



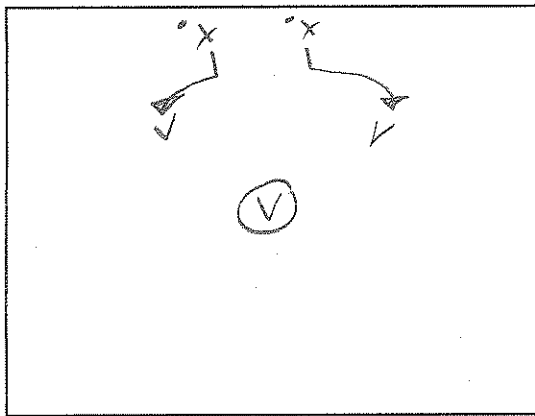
3 Set, 1 run

Coach feed player

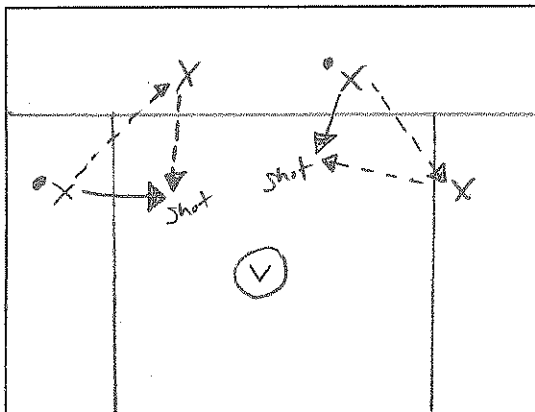
4 times

3 set shots

1 on the run



Shoot over goal



Give n' Go's

## GOALTENDING DRILLS

### DRILLS 1

- **110 yd Open Field Surges:** All **WEAK** side then all **STRONG** side
- **Six Foot Drill:** Two cones six feet apart. Work on footwork side to side.
- **Late to the Party:** Ball moves within four points around the goal as goalie focuses on **FORWARD TIME** rule.
- **Pipe Drills:** Goalie remains at his X feed point until ball carrier is within 1 yard of GLE.
- **Quadrant Shooting:** 25 shots from **ONLY** top right then **ONLY** top left to teach **PERFECT POSITIONING**
- **Point of the Bounce:** Each shot must land just inches inside the crease and the goalie must surge forward to the “point of the bounce” for the shortest hop.
- **Stance and Arc Drill:** Provide goalie with stick with no mesh and shoot tennis balls at highest speed.
- **Teach Goalie to Count:** Chalkboard session with goalie and **CONFIRM** “temporary zone” formation calls.
- **Face Me Wall Drills:** Turn faster than the path of the ball, locate and attack. Incorporate “check” call.
- **Diamond Drill:** One feeder behind with three shooters above GLE. All shots  $\frac{3}{4}$  speed only. Focus on body control and balance.
- **Frozen Rope Drill:** Two goaltenders with exaggerated forward steps and overhand only strikes to each other 20 yards apart.
- **Redirect Drill:** Three across with deepest man rule for goalie and emphasize **SWING IT** using frozen rope technique.
- **Goalie Sprints:** All goalie sprints take place between the GLE and the “end line” to emphasize the value of chasing shots for possession.
- **Rejection Drill:** Goalie and shooter are back to back at any two points on the crease. Goalie calls “check” two players turn to score and reject shot. Not a full speed drill placement shots.

- **Double Save Drill:** Two shooters opposite each other both 5yds above GLE, one side shoots, FRACTIONAL DELAY, then the opposite side shoots. Reset. 10 shots per side.
- **Equipment Review:** No cross bar problems, deep “legal pocket”, no loose fitting chest protector, useful elbow or kneepad for opposite stick side protection.
- **Tennis Ball Machine:** Converts ALL STICK goalies into great stoppers! Also breaks the fear factor and the “speed myth”. Turn up the speed and practice “no flinch” drills. How many can you save in a row.
- **Clamp it and Clear it Drill:** Place 10 ball all 1 yard inside or outside the crease. Goalie must fully clamp one ball at a time “LOOK UP” then rake and throw 20 yd frozen Rope to back up goalie on the R-line.
- **Film your goaltender:** Use the tennis ball machine to see multiple shots in a short period of time for best analysis of stance, arc, and surge.
- **3 Color Ball Drill:** Shooter switches the color of the ball shot. Goalie yells out the color as he sees it.
- **Short Stick Warm up:** Tennis ball shot to goalie with a field stick. Goalie must focus on seeing the ball into the stick.
- **Wall Drills:** Focus on finding the ball, quickness reaction time. The goal of this is for the goalie to see the ball shot and through the save.
- **Egg Toss from a shooter:** Watch for the release point and the ball into the stick.

## GOALTENDING FUNDAMENTALS / WARM UP

### Keys to success with your goalie:

- Time
- Repetition
- Patience

### Footwork Fundamentals 1

- **Egg Toss**
    - Stepping at a 45o angle
    - Catching the ball in the middle of body
    - Catching the ball away from the body
    - Reinforce the good habits
      - “Step to the car keys” (place some car keys on the ground a few feet away so the goalie has a visual of where he needs to step to)
- \*Step to the side you made the save. Right side, right foot leading step, Left side, left foot leading step
- Freeze after the save focus on body positioning

### Footwork Fundamentals 2

- Stepping to the ball
  - explode to the ball
  - drive with the back leg
  - two-step motion
- Bouncing ball drill
  - drive with back leg
  - finishing the save

### Footwork Fundamentals 3

- Key to improvement is repetition
- Goal: instinctual movements

### See the ball – Save the ball 1

- Making a save
  - see the release point
  - watch the ball into your stick
  - catch the ball
- 3 Color Ball Drill
  - shooter switches the color of the ball shot
  - goalie yells out the color when he can see it
  -

### See the ball – Save the ball 2

- Egg Toss from a shooter
  - tennis ball shot from stick
  - focus on seeing the release
- Short Stick Warm-up
  - tennis ball shot to a goalie with a field stick
  - focus on seeing the ball into the stick

## See the ball - Save the ball 3

- Wall Drills
  - Focus on finding the ball
  - Quickness reaction time
- Goal: Have the goalie see the ball shot and through the save

## Mental Benefits of the Drill Set

Lowering the fear factor  
Focusing on fundamental techniques  
Multiple repetitions  
Ability to do the drills anywhere

---

## Warming-up the Goalie 1

- Pre warm-up
  - 5 step arc drill
    - minimize movement
    - know where he is in the cage
    - get feet set for shot
  - egg toss
  - colored ball drill

## Warming-up the Goalie 2

- Warm-up
  - break the shots up into 4 groups
    - high
    - hips
    - feet
    - bouncers
  - eliminate "guessing"
  - focus on correct movements
  - end by mixing it up
  - short stick warm-up

## Warming-up the Goalie 3

- Post Warm-up Drills
  - Replicate game situations
    - feeds from behind
    - shots on the run
    - pipe play
    - outlet passing
    - 1 on 1's
  - Identify one aspect that you want your goalie to work on for his next warm up

## **Increase Your Speed and You'll Beat The Feed 1**

### **Forward Time Rule:**

- **ALWAYS** arrive in position **BEFORE** the ball.
- "How quick are you really?" **TURN, LOCATE** and **ATTACK** from the proper stance and proper arc.
- Can you stop 50 shots? Better train for it, it's exhausting! (**Late to the party drill**)

## **Increase Your Speed and You'll Beat The Feed 2**

### **Helpful Hints:**

- **NEVER** drop the stick. Match the height of the feed. A shot will follow your turn.
- (No chicken stepping) relax and **ONLY** attack the release.
- We have a 150% no flinch policy or play another position.
- No fear equals no goals also referred to as **THE ZONE**. The ball gets very big here.

## **Increase Your Speed and You'll Beat The Feed 2**

- The higher you advance in the game, the more feed you will see. Train for it.
- Drills:
  1. Six foot Drill
  2. Face me wall drill
  3. Diamond drill exhaustion
- Ask yourself this question before every game... "HOW QUICK AM I REALLY?"
- The answer will dictate the outcome.

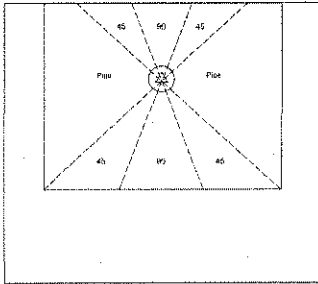
## **"Frozen Rope Outlets" 1**

- **EXAGGERATE** step overhand strike style
- Over 80% of all our outlet passes go to the midfield.
- Count to at least 2 before you throw the overhand strike.
- Snap fake. It will pull and freeze riders.
- Take full advantage of the legal pocket advantage, it's where your offense begins. Check that pocket!

### “Frozen Rope Outlets” 2

- The rules of the crease allow for the goalie to consistently execute untouched accurate overhand strikes up field in an exaggerated step style. This results in a dramatic increase of offensive fast breaks and goals for our team.
- DRILLS: 25 yard hit the box wall drill fully emphasizing technique, no arc passing with archer like accuracy.
- Goalie must throw with nothing other than this technique and they will get it.

### 5 Spot Arc



### “Stances and Arcs 1”

- Short kids should play high arcs.
- Tall kids should crouch uncomfortably low.
- Why? Because it works!
- There is a huge downside to an “**inconsistent stance and out of position goalies**,” especially in the fourth quarter or overtime...we lose.

### “Stances and Arcs 2”