



**Coaches' Education Program
Level 1 Online Course Reference Section
Drill and Game Supplement**

Hi-Rep Partner Passing

Objective:

Improve catching and throwing with drills that can be done quickly at the start of each practice with a high number of repetitions for each player. These can be done in 10-15 minutes but not all need to be done each day.

Suggested space needed/equipment:

Full equipment, space for each player to catch with a partner at distances of 5 and 10 yards

Players needed:

Minimum of 2

Note to coaches:

The coach should reinforce Vince Lombardi's quote: "Practice doesn't make perfect. Perfect practice makes perfect". During the drills they should focus on the following fundamentals and coaches should correct errors during the drill, keeping in mind Level 1 coaching principles of giving feedback and filling the emotional tank.

There are three catching fundamentals: first, hold the stick next to the ear (Kevin Sheehan tells his players to call it the "third ear" to remind them where to position the stick. My players remembered this better than when the area over the shoulder is called the "box area".) Second, hold the stick like a pencil (thumb and forefinger), do *not* grip or "choke" the stick as if they were holding a hammer. Third, look the ball all the way into the pocket and move the top hand back to "absorb" the ball.

There are three throwing fundamentals: first, hands should be shoulder width apart. Second, top hand should be near the ear. Third, the stick should be parallel to the ground with the end cap pointing towards the target. Use terms like "big arms" or "big muscles" to remind them to get arms away from body.

Also, there are three drill fundamentals: first do with right hand, then the left. Second, there should be ten reps per hand. Then, Increase to twenty reps as the players improve. Third, you must remind them to focus on good form, accurate passes, and not to "fire" the ball at their teammate.

Description of Drill-Execution

Drill Set 1

Begin five yards away, and catch the ball one handed, with the hand high (near throat of stick), then throw in the usual way using two hands. The pass should be slow and a bit high so the player can absorb it. Then, catch the ball one handed, with the hand near the bottom of the stick (throw with two hands). You must focus on absorbing the ball, looking it in, and making good passes. This is also a drill for the thrower who must concentrate on throwing technique. The thrower must get his hands up (top near the ear, bottom of the stick pointing at target) and give a good soft pass to the 3rd ear (the stick next to the catcher's ear. The players also must practice the quick stick, where the top hand should be situated near the throat of the stick and the bottom hand near the middle of the stick. Players should throw to the third ear and absorb the ball and throw without cradling. Additionally, if the ball is going low, they must get the stick parallel to the ground before throwing. The opposite foot should be forward.

Drill Set 2

Begin ten yards away (all with two hands on the stick). Practice the front switch, which refers to the point after catching the ball where the player quickly moves the stick in front of his face to the opposite hand, and throws with the other hand. The head of the stick should stay high, that is moving from one ear to the other. For example: The player catches right, switches to his left, and throws left. Then he catches left, switches to his right, and throws right, etc. The players should practice the back switch, which refers to when a player catches right handed, absorbs the ball and brings the stick close to his chest, spins clockwise so his back is to the thrower, continues the spin, switches to the left hand and then throws with the left. Next time he catches left handed, absorbs the ball and brings the stick close to his chest, he spins counter-clockwise so his back is to the thrower, continues the spin, switches to the right hand and then throws with the right. This is the move that an attackman does when he changes directions behind the goal.

Player 1 is catching and stands with his back to Player 2. Player 1 turns his head to the right and looks over his right shoulder, with his stick in his right hand with his right hand near the throat and the pocket facing Player 2 (i.e. pocket facing the same direction as the catcher's back). Player 1 then catches

the ball right handed, turns his head to left and throws right handed back to the Player 2. Player 1 should catch it 10 times in each hand then become the thrower.

Skills practiced

1. Absorbing the ball when catching, looking the ball into the pocket, switching hands quickly.
2. When throwing they should focus on getting the top hand near the ear, stick parallel to the ground, throwing accurate passes, throwing touch passes.
3. Learning those skills with both hands.

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)

1. Throw with eyes closed. Reinforces getting the hands up, stick parallel to the ground, and bringing the stick over in a vertical plane.
 - o Be sure to tell them to catch with eyes OPEN
2. Throw and catch on one foot (kids can choose)
3. The kids can be given the responsibility to start these drills on their own once practice starts. Make an offer that if they're motivated and organized then you'll let them pick a drill or do more shooting at the end of practice.

Goalie involvement:

Same as the other players.