



League Philosophy

Player Assessment

- Passing, catching (wall ball routine)
- Ground Balls
- Dodging & Shooting
- Speed & Agility
- Game play (offense and defense)

Practice Planning

- Standard warmup
- Core set of stickwork drills
- Focus on 10 minute chunks with consistent cadence / format
- Build from skill work to game situations
- Conditioning hidden in drills, no set time for it
- Close with praise and hearing feedback from the team

Fundamentals

- Players will develop skill with both their right and left hand
- Stick skills: pass, catch, scoop, shoot, defend
- Athletic ability: warm-up, running, agility

Transition Offense

- The ball moves faster in the air than by the feet
- Draw a defender and pass
- Stay spread to force longer slides by the defense
- Understand when the transition opportunity has ended

Transition Defense

- Stop the ball and force the offense to make more passes
- Stay tight to the crease and slide inside out
- Know your “shape” for different transitions offenses
- Communicate

Offense

- Know your formation / shape
- Read your defender and react to their motion
- Attack your defender to cause a double-team or slide then move the ball
- Keep the field balanced and communicate with your teammates

Defense

- Communicate who is playing the ball and who is help
- Know your responsibility in relation to the ball
- Play defense with your feet first, not your stick
- Protect the hole first playing “inside out”

Clearing

- Get middies out for a quick outlet
- Switch the field to find the open player
- Be patient and have enough players onside

Riding

- Prevent a quick transition opportunity
- Attack players must hustle to force passes
- Force cross field / long passes
- Account for players closer to midfield first

Extra Man Offense

- Move the ball quickly to make the defense move
- Get the defense to rotate
- Find the 2 v. 1
- Be quick but don't hurry
- Have a backup for all shots

Man Down Defense

- Stay tight to the goal
- Communication is the most important factor in success
- Force the offense to make passes
- Keep sticks to the inside and in the passing lanes
- Pressure the ball and adjacent players
- Rotate in the opposite direction of the ball

Goalie

- Always see the ball
- Step to every shot
- Be ready at all times when the ball comes over midfield
- Communicate with the defense
- Be a threat in the clearing game

Faceoff / Draw

- Quick hands
- Anticipate the whistle
- Balance on your feet
- Communicate with the wing / players on the circle
- Best ground ball players

Parents

- Weekly update emails on practice and game progress
- Communicate changes as early as possible
- Start and stop practice at the communicated time
- Get parents involved in supporting off-field activities
- Use the resources for effective communication

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