

Four-Corner Passing

Objective: To improve fundamental stick skills and to reinforce fundamental offensive principles.

Suggested space needed/equipment:

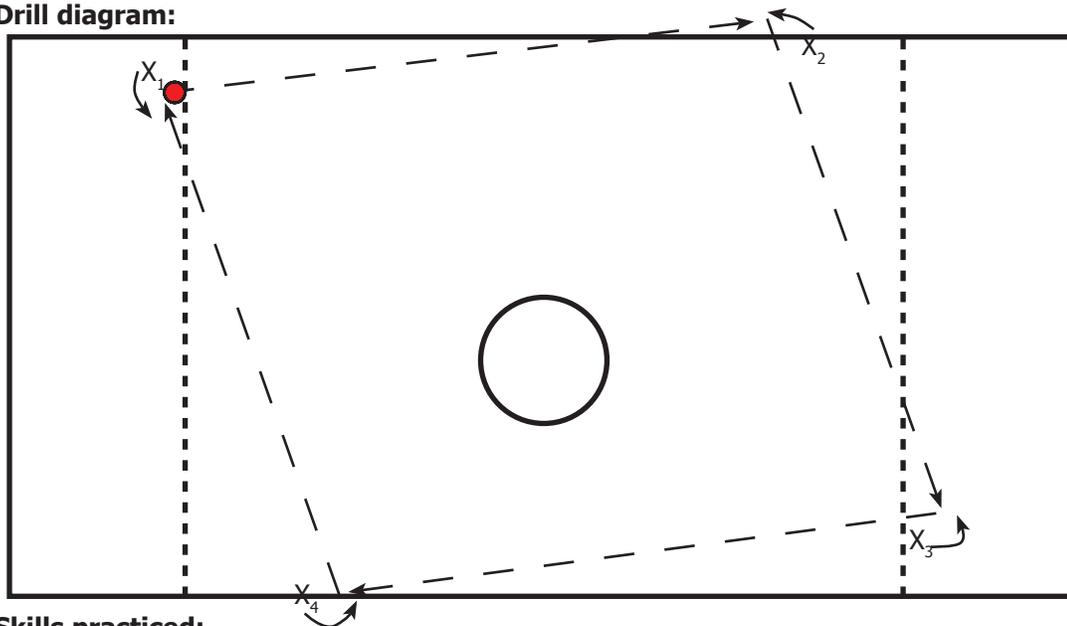
- Balls
- Cones

Players needed: All team players can participate in this drill simultaneously, but it works best if there are no more than three players in each line.

Description of Drill-Execution: Lay four cones approximately 15-20 yards apart in the shape of a square, and put a line of players behind each one. On a coach's whistle, the players will begin to work the ball around the perimeter of this square in one of the following manners. In both cases, players "follow their pass" and run to the end of the line to which they threw the ball:

- 1) Same hand – all players will have their sticks in the same hand. The player who starts with the ball will run towards the line immediately to his left (if the drill is right-handed) and throw the ball to the first person in that line. This second player comes to meet the ball, and then curl towards the line immediately to his left before throwing the ball to the first person in that line.
- 2) Switch hands – all players must keep their sticks on the outside (i.e., away from the center of the square) as they pass the ball around the perimeter. The first person in line heads towards the line immediately to his left with his stick in his left hand. The first player in that line makes a V-cut to the outside, and receives a pass in his right hand. He then curls away from the inside of the square (i.e., away from "pressure," where a defender would be), switches hands, and makes a left-handed pass to the first person in the next line.

Drill diagram:



Skills practiced:

- Throwing
- Catching
- Changing hands
- Moving to the ball
- V-cutting

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

This drill can – and should – be practiced with both hands and in both directions. For variety, it can also be practiced with groundballs instead of passes, or in a "catch it, roll it; scoop it, throw it" manner. To increase the difficulty, add a "dummy" defender inside of each cone to apply token pressure to players as they transfer the ball around the perimeter.

Goalie involvement: None

Related drills:

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|----------------|------------------|
| Star Drill | Watermelon Drill |
| 3-Man, 2-Ball | Give N' Go |
| Meatloaf Drill | |