

Practice Plan

011/013-4

Time	Drill	Pg.	Coaching Tips
00 to :10	Dodging, scooping and taking shots	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the field, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Perimeter pass and shoot	25	Quick passes to stretch the defense
:35 to :38	Water break	-	-
:38 to :45	Attack the ball	8	Charging the ball
:45 to 1:00	3 on 2 to goal	29	Tactical passes are important
1:00 to 1:10	2 on 2 grid	29	Defenders can work together to stop the O
1:10 to 1:20	The Gauntlet	11	Quick sticks and good position
1:20 to 1:30	Four pair scramble	12	Fight for position on the ball
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on the different tactics
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Stretching, and taking a few shots



Midfield dodge and shot

This is similar to an earlier drill, only it is performed from the mid-field area.

What you need – Set up three pylons at the restraining line, where the midfielders might penetrate. At each pylon are a midfielder and a defender. You will need a goalie in the cage for this drill.

How this drill works – It is very similar to the above drill when the attackers would use the dodge technique to get in position to take a shot. Only this time, the midfielders have 5 seconds to take execute a maneuver and then take a shot.

The goalie will call out which side – left, center, right – starts first, and then the corresponding stations will follow.

Result – This is another dodge and shoot drill that will be very effective for you midfield players.



Perimeter pass and shoot

Quick passing to set up an open lane to shoot is crucial to gain good scoring opportunities.

What you need – Set up three attackers and three defenders in the offensive zone, with a goalie in the net. There is one ball in this drill.

How this drill works – Perimeter passing can help to open up holes in the defense to take a quick shot at the net.

In this drill, the three attacking players will stay on the perimeter and they will pass it quickly back and forth between one another while staying on the perimeter. The key to this drill is to make quick, accurate passes so the attackers can make the defenders stretch to the point they can open up a seam to make a quick dodge and take a shot.

Coaches should watch that the players are using proper technique in passes, catches and using good dodging techniques before taking the shot. The offense has 10 seconds to try and stretch the defense to the point where they are able to get a good shot on net. One point for a shot on net or a goal, or one point for a defensive play preventing a shot or goal.

Result – This is good one on one work for players, and it also work on a variety of other skills.



Attack the ball

One of the skills that should be taught is 'attacking' a loose ball or pass.

What you need – Line up players in two lines, with a pylon about 5 to 7 yards in front of them. Coaches will be about 10 yards away, preparing to roll the ball to the players.

How this drill works – The object of the drill is to teach players to attack the ball when it is being passed to them, or if it is a loose ball. In order to do this, they must understand how to attack the ball.

With the coach directly opposite, the ball is rolled towards the player and the player must charge forward and receive the ball before it crosses the line where the 5-yard pylon is.

You can vary this drill by placing the pylon to the right or left, forcing players to alter their footwork to get to the ball and to reinforce their pass reception and ball control skills.

Result – Attacking the ball is important, especially in game situations when players are fighting for control of the ball. This repetition will ingrain in players the need to move towards the ball to ensure that they secure a pass or a loose ball.



Alternate triangle

This involves attacking, rolling a pass and scooping for control.

What you need – You need to set up a triangle area, with each pylon about 10 to 15 yards apart. Each cone will have two players at it, and there will be two ball put into play.

How this drill works – Attacking, scooping, moving and then passing are important skills to learn. This drill works on all of those areas by making a continuous pattern of it around the triangle.

Below is a diagram of how the drill works. Player A rolls the ball to a charging B, who then peels off around his or her cone and then rolls it to a charging C, who peels around behind his or her cone and then continues on. This drill is continuous.



Three on two to the goal

This drill will help both the offense and defense, as it allows the defense to learn how to defend an odd man rush and the offense on how to attack with an extra man.

What you need – You can set this up so it runs continuous back and forth across the field. You start with three players on offense and two on defense. Three offensive players are waiting at the defending end to begin the next phase of the drill. Two goalies are needed for this drill.

How this drill works – Three offensive players move up the floor against the two defenders. They have 15 seconds to make a quick play and get a shot on the net. If they are successful in getting a shot, and either a goal or a save, then the shooter and the two original defenders are done (head behind the first goal), and the next offensive unit comes in and attacks going the other direction.

If the play results in a steal, the attacker that lost the ball joins the defenders on a three on two the other way, against the two attackers that started. You can run this drill continuously with a groups of players waiting to get in at either end.

Result – This is a great game situation drill for both the offense and defense.



Two on two grid

This is a drill to help players with their even manned attack and defense situations.

What you need – Set up a 15-yard by 15-yard square, and you will have two attackers and two defenders with one ball in this area.

How this drill works – This drill is more for the defensive players than the offensive ones, in order to help them learn to pressure the players in order to get them to make a mistake.

Like the one on one drill, this one starts with the defender sending the ball to the attackers and then they close in. The offensive players try to get the ball across the back line where the defenders started.

Result – Greater understanding of defensive play and on offense the essence of teamwork to reach the other side.



Ball protection

Protecting the ball is essential in maintaining control.

What you need – Two defenders and an offensive player that will carry the ball toward the net.

How this drill works – The two defenders will line up in front of the net, but they will be facing each other, not the player that is carrying the ball. There is about 5 yards between them.

The player with the ball will attempt to run through the two of those defenders while keeping the ball under control. The defenders will make half attempts to disrupt the offensive player's control and to dislodge the ball. Stress the half-attempts as the drill is for the offensive player more than the defensive player.

Later, you can add a final defender (or even a goalie) to get past, while the player takes a shot.

Result – Players will build their resilience to outside interference from opposing players, allowing them to hold on to the ball better when pressured.



The Gauntlet

Scooping while running through traffic is a good skill to master

What you need – You will need 5 players and a couple of balls. We will illustrate the set up below.

How this drill works – It teaches players to scoop the ball while there are sticks in the area. The players should be set up as follows:

		C	
A B			E
		D	

The ball is placed between player C and D, with players A and B and C and D about 10 yards from each other, and then player E is about 15 yards away from C and D. C and D have their sticks crossed over the ball.

Here's how the drill works – Player B starts by running through the sticks of C and D and scooping the ball and he or she veers to the right (or left) and they will

pass it to E. Then E makes a quick move, runs with the ball and then passes to C.

E then replaces C and C goes down to the initial line to go behind A. So now, D and E are crossing sticks, A is going through them and B is where is started. You can continue running this drill until all of the players have had a few chances to go through.

Result – Player will learn to deal with stick traffic and they should build their ability to control the ball under pressure.



Four pair scramble

Offensive and defensive player will be matched in their ability to get the ball.

What you need – Match up four pairs of evenly matched players. You can include a goalie in this drill as well. They should be in the corners of a 20-yard by 20-yard square area.

How this drill works – All of the players will be in their respective corners, and the coach will be on the outside of the box. The drill begins when the coach rolls the ball to a certain corner.

At this point, the offensive and defensive players will battle for the ball until one player comes up with it. Once this happens then the following play ensues: If the defender get the ball, the rest of the defenders on the court will move the ball around until they can get the ball safely to the goalie and then clear the ball back to the coach.

If the offense wins, then they must try to move the ball around to get a shot on goal.

Result – This will aid players in developing the skill of fighting for the ball and gaining control of it while being pressured by other players.



Quick scoop drill

This drill works on agility and quickness for scooping the ball.

What you need – You should have four players, two on each side, with one player in the middle. The initial four players will be facing each other, staggered about 10 yards apart, with about 15 yards in between them. It should almost be like a zig-zag pattern.