



COACHES
FORUM

TOOLS FOR YOUR TEAM'S SUCCESS

A dark blue circle containing the text "OUR MISSION" in white, bold, uppercase letters. The circle is positioned in the upper right corner of the slide. Behind it, several red, pointed rays emanate from the right side, similar to the Cannons logo.

OUR MISSION

- The "Process"
 - Success doesn't happen without process
 - Cousins
 - TJ
 - Cannons NPYLL
 - Northern



OUR
PROCESS

A dark blue circle containing the text "OUR PROCESS" in white, bold, uppercase letters. The circle is positioned in the upper right corner of the slide and is partially overlaid by red and orange rays that extend from the top right towards the center.

- Building Blocks for Success
 - Create a Culture of Ball Movement
 - Compete, Compete, Compete
 - Learn How to Play, Not Plays
 - The Gretzky Rule



Building Blocks

- Culture of Ball Movement
 - Increase touches in everything you do
 - Incorporate multiple balls as much as you can
 - Build advanced shooting drills off of ball movement

A dark blue circle with a white border, containing the text 'Move It!' in white. The circle is positioned in the upper right corner of the slide, overlapping with the red and orange rays of the 'Cannons' logo.

Move It!

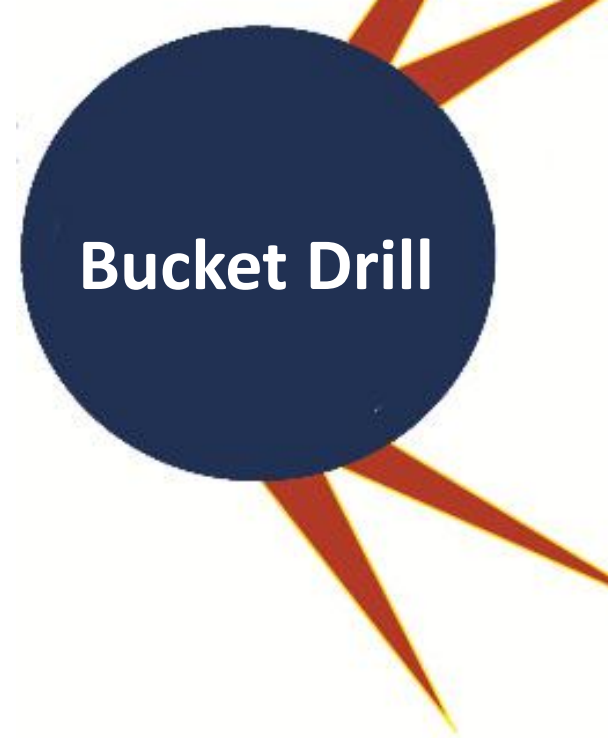
- Simple Rules

- Move it off the ground... two passes away
- East-West passes are the best to set up dodges
 - Don't step back to set a dodge!!!
- Hit singles, not home runs
 - We keep score watching film (Draw 2, GLFs, Hockey Assists)

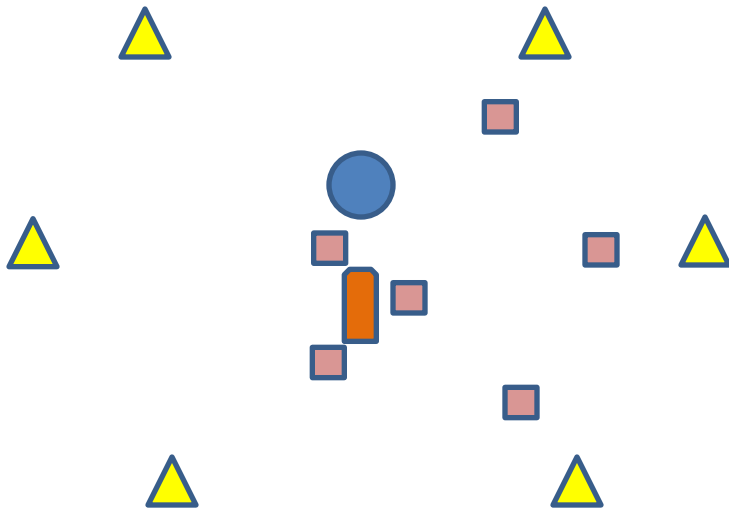
Cannons
SELECT

Move It!





Bucket Drill



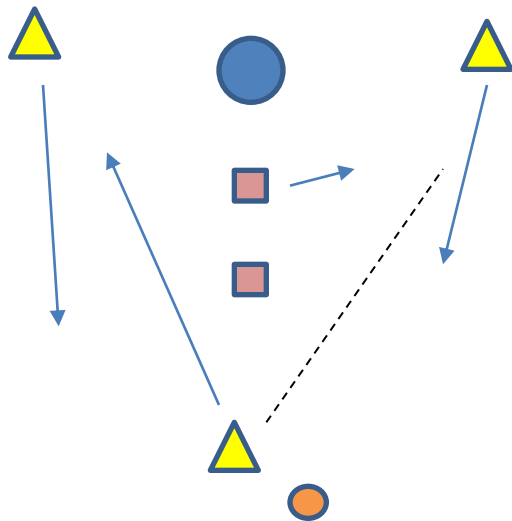
- Fast as we can ball movement
- Must defend ball and adjacents
- Three off ball – “in”, “triangle”



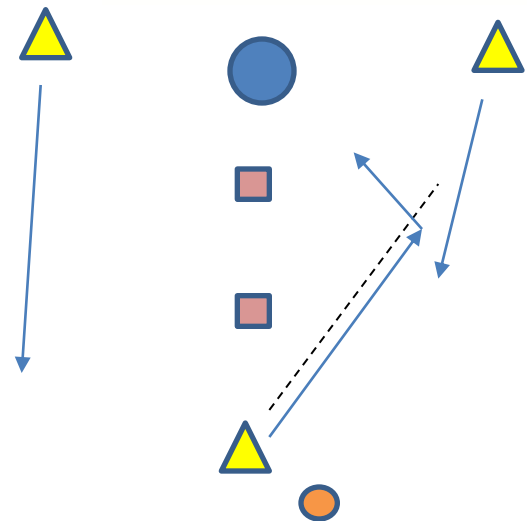
32 Pick A/D

- Traditional setup, but moves players
- Simulates real offense

PASS PICK AWAY

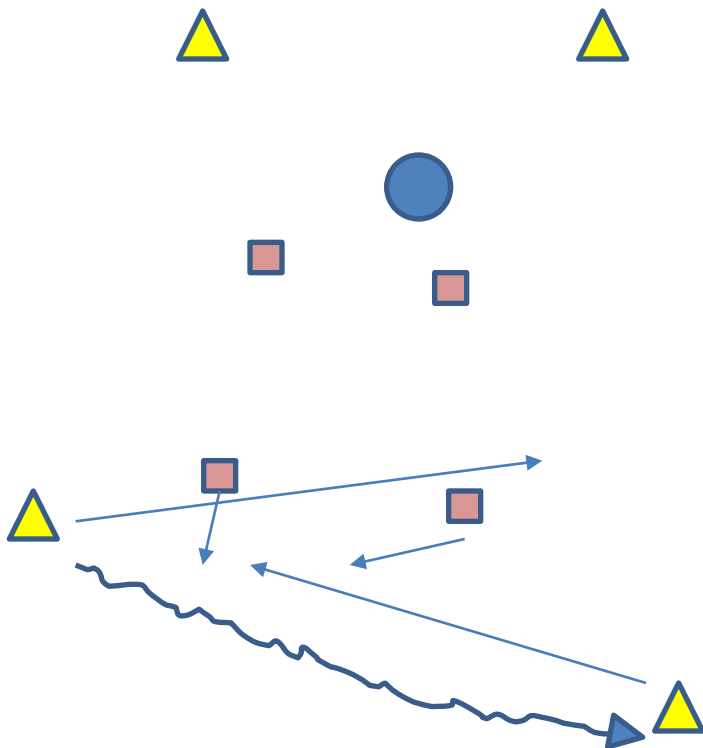


PASS PICK DOWN

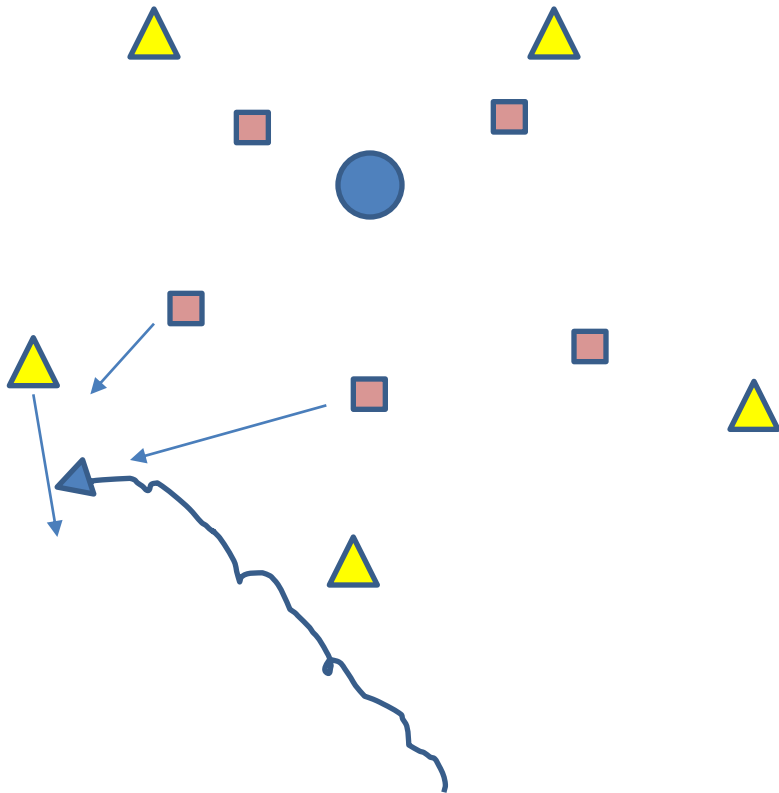
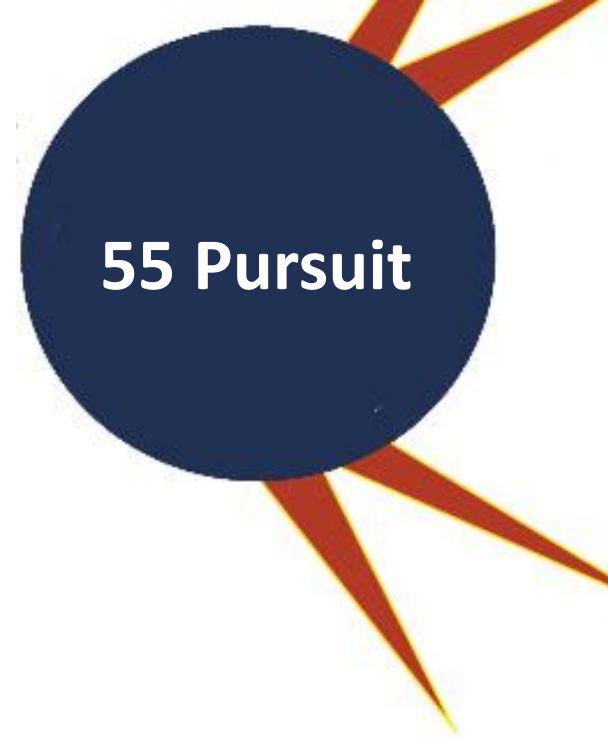




44 Escape



- Initiate with E-W
- Shallow cut with sweep over top
- Defenders double PROPERLY
- Offensive player has to escape pressure to make pass to teammate
- Becomes 3 v 2

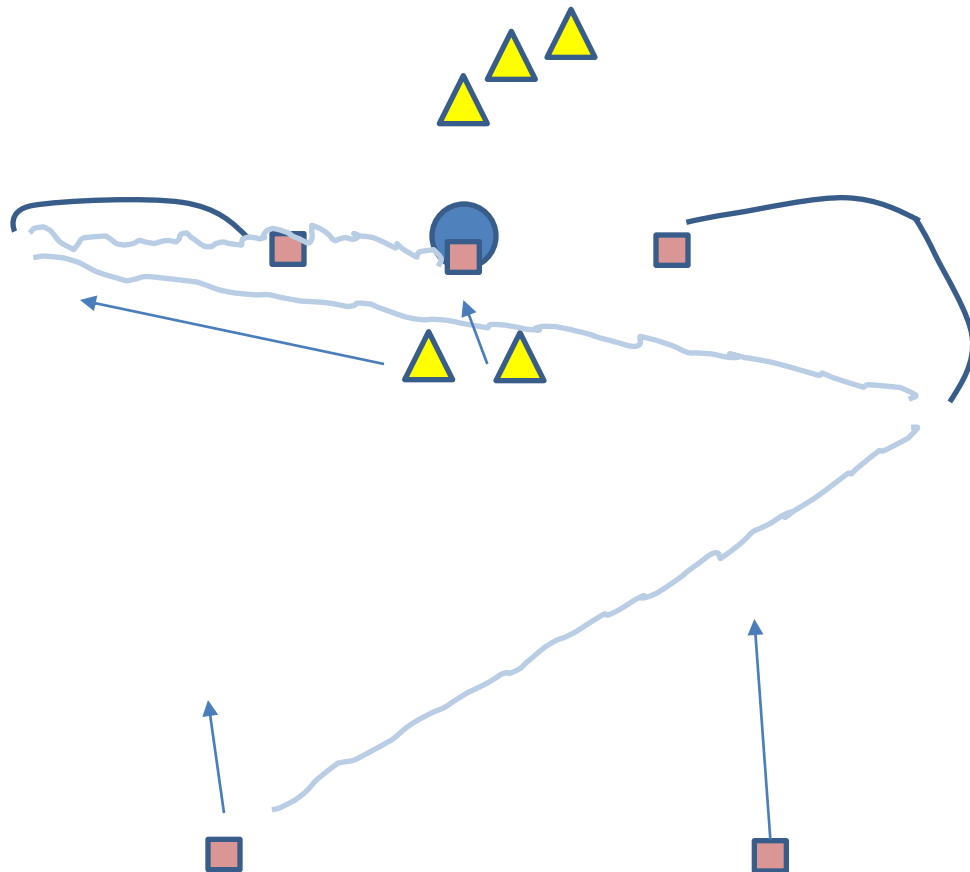


- Roll out a gb...
- Two closest defenders pursue the ball and can't stop until offensive player moves it
- Now in a transition and defensive recovery drill



Cannons

SELECT



32 Clear to 43 Fast Break

- Once goalie has ball, D banana cuts out – attack have to cover ball and goalie
- Over Pass by D to trap attack... diagonal pass
- Add a pole and return in 4 v 3 break (or leave it 4 v 2)

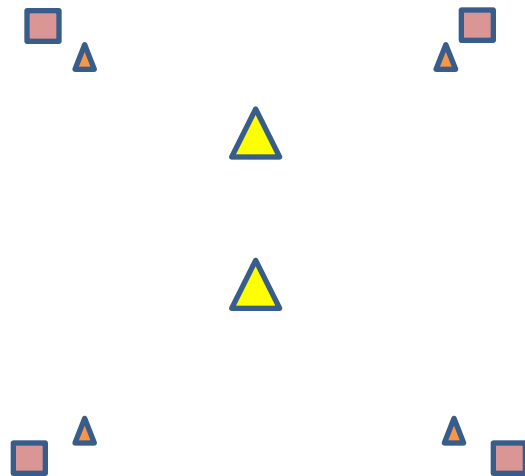


Skeleton Shooting

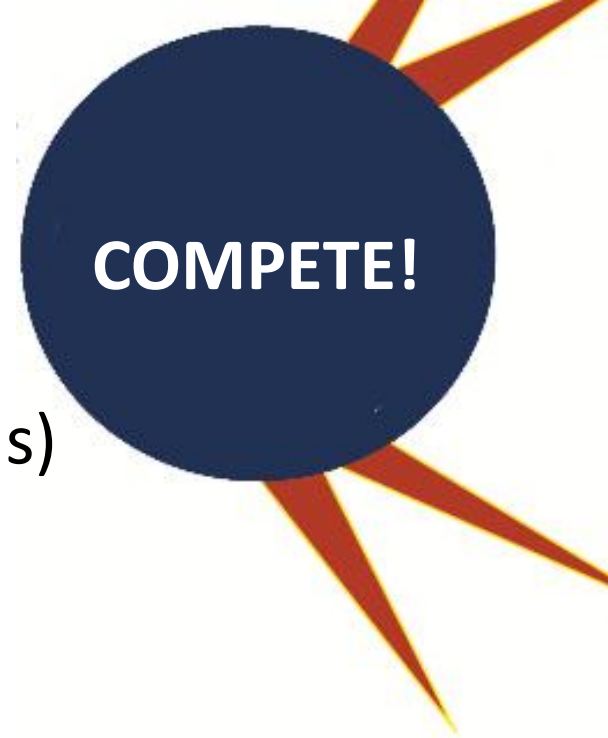
- Shooting Drills to Mimic Offense
- Whirlpool Shooting
- 6 Man Crease Finishing
- 2/3 Ball Offensive Skeleton



- Keeping kids motivated is tough in youth, high school and college
 - Competition is the only thing that matters to them
 - Everything... EVERYTHING... can be measured
 - Be creative!



- 30 seconds
 - 2 points for a skip pass (no lobs)
 - 2 points for an interception
 - 1 point for a caused drop ball



- 60 Second 1 v 0s (consider tennis balls)
- 32 Greyhound
- Hoplite League
- Change the Rules
 - FF 10 Seconds to Shoot
 - GB to start any 6 v 6 or FF
 - 65 Cone Recover





- Implementations for You?
- Questions?