



Week Two

Focus: CRADLING (Carrying the ball)

Horizontal cradle → move to vertical to protect in tight spaces

- Step One: Top hand near plastic, bottom hand shoulder width apart
- Step Two: cock wrist, let stick lay loosely in fingers (don't choke stick)
- Step Three: fingers/wrist curl up as elbow and arm slowly rock forward
- Step Four: bring stick head from HIP to EAR and let it fall back naturally

Make sure stick head is up (let gravity help keep the ball in the pocket)

Motion corresponds to naturally running motion

DRILLS

1) Standing Cradle

- Spread them into a line (width wise), put in 2-3 waves if not enough room
- Each should have a ball, have them cradle
- if having trouble, tell them to hold the stick and you (the coach) move the stick head in the motion it should follow
- Have them switch hands and do it with their opposite hand as well

2) Cradling on the Run

- Keep them Spread, most likely 2 or 3 waves.
- Have them jog 20 yds cradling the entire jog, stop...after all waves, jog back
- Make it a contest → Who can reach other side without dropping
- Do it with their opposite hand

3) Groundball and Zig-Zag

- 1 single file line and set up cones in a zig-zag pattern
- ball starts on the ground, scoop it up and weave through the cones
- switch hands at every cone → moving to right, right hand...moving left, left hand
- wait until previous runner is far enough ahead before starting next one

4) Sharks and Minnows

- Go from sideline to sideline on your field, set up boundary with cones if needed
- Coach (or select one player) is the Shark (I recommend coach do it)
- Every player has a ball, spread out on sideline, run on whistle
- Goal is to reach the other side without dropping
- If they drop it, they become "Coral" and must freeze, become another obstacle
- Sharks job is to run around and force minnows to change directions
(Trying to teach them to protect and to switch hands)

- Get the one that aren't cradling (if you know they can)
- Go back and forth 2-3 times, Clear the Ocean and start again

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Finish

Start