



Week Four

Focus: #1 Putting it all together → Scoop, Cradle, Pass, Catch

#2 SHOOTING

Scoop:	Get low, two hands, scoop, protect (bring to chest)
Cradle:	Scoop/Protect, immediately cradle, top hand near plastic
Pass :	Bring top hand down to pass
Catch	Find open space, give a target, call for ball “help”

SHOOTING → Overhand (Top hand just below middle, same fundamentals as pass)

Key One:	Not about speed/power...it's about accuracy
Key Two:	Look at a spot on the net/goal...make a pass to it
Key Three:	Overhand, not sidearm or underhand
Key Four	Natural follow through, stick pointing to target
Key Five	As accuracy increases, focus on using legs/torso to gain power

DRILLS

1) Line Drills- (continuous, back and forth)

-2 single file lines, 20-30 yds apart facing each other.

GROUNDBALLS (Rolling towards) (5 minutes)

-once player with ball crosses midpoint, player from opposite line begins jogging

-player with ball lays it down,

-player coming from opposite line scoops and runs other way

PASSING TOWARDS

-once player with ball crosses midpoint, player from opposite line begins jogging towards, with stick up (target) calling for the ball (“Help”),

-pass is made, player catches and runs opposite way

**remind them to cradle as they carry the ball in between the lines

2) Scoop, Give & Go, Shoot

- one line 20 yds and slightly to the left of the face of the goal (A)
- second line at (B) (see diagram)
- have a coach back up this line (B) to keep drill moving
- coach rolls ball out from (A), player scoops, makes a pass to player at (B)
- player then cuts towards goal, gets a pass back, catches and shoots
- if ball goes in the goal leave it, if goes wide have player chase it down
- after shot, player rotates to line (B), passer from (B) rotates to (A)

coach
(B)

GOAL

(A)

coach (roll ball)

3) Triangle (Passing, Catching, Cutting, Shooting)

- Place cones A, B, C as in Diagram (each cone should be 10 yds apart)
- Line A passes to B, waits,
- Line B catches, then passes to Line C
- Line C catches, as the catch is made, player from Line A cuts to goal
- Line C feeds cutter, A catches, shoots
- ball goes in leave it, goes wide chase it
- Rotate clockwise –shooter (A) goes to (C), feeder (C) to (B), (B) goes to (A)

*Player receiving pass should come to the ball, calling for help

C

B

GOAL

A