



Week Five

FOCUS: Fundamentals, Fundamentals, Fundamentals

We have covered the 4 basic fundamentals: SCOOP, CRADLE, PASS, CATCH
Continue to stress fundamentals in every drill! Work on opposite hand!

Here are some of the better drills we have done that the kids enjoy and/or are simple and focus on fundamentals.

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) 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

3) Box Out Drill

- pair up, 1 ball per pair
- ball starts on the ground
- 1 player is the boxer, other is behind
- first whistle, player must box out, 2nd whistle (5-10) seconds later, pick up ball

4) 2 v1 groundballs

- 3 lines
- man in middle is on his own, 2 outside lines work together
- get ball and run it back past line
- Man, Ball, Release

5) 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

NEW DRILL

3v2 on goal

- set up 5 cones, evenly spaced, 20 yards from and facing the goal
- outside line and middle line are blue
- two inside lines are white
- roll a ball out, teams fight for groundball
- if white (defense) comes up with it, they must run it back across the line of cones
- if blue (offense) comes up with it, they look to attack 3v2 on goal

(Blue) (White) (Blue) (White) (Blue)
 Δ Δ Δ Δ Δ

GOAL