

Plant and Pivot

Objective: To improve the cradling, stick protection, and body positioning of all offensive players.

Suggested space needed/equipment: At least one ball for every two players

Players needed: All team members can participate simultaneously.

Description of Drill-Execution:

Players are paired up, given a ball, and spaced out around the field. One player in each pair is designated as the offensive player, and the other as the defensive player. On a coach's whistle, the offensive player picks up the ball, shields his stick from the defensive player, and establishes a pivot foot (right foot if his stick is in his left hand, and left foot if his stick is in his right hand). On a coach's whistle, the defensive player begins to run around the offensive player, making checks to try to dislodge the ball, and the offensive player must rotate on his established pivot foot to protect his stick. On the second coach's whistle, the players stop and switch roles, and the drill begins again.

Skills practiced:

- Cradling
- Stick protection
- Body positioning

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...):

This drill can – and should – be practiced using both right and left hands. For more specific work, mandate that offensive players must keep two hands on their sticks (or only one hand). To make the drill more competitive, challenge offensive players to possess the ball for 30 seconds (or 45 or 60).

Goalie involvement: None

Related drills:

Zipper Drill
The Gauntlet