

## DRILLS

### Grounders

Individually work on picking up the ball

\*remember 2B \* head over ball

Team up "London Bridge" drill, one stands with stick out to side and the other goes under her arm and scoops up ball and places back in place for next person

\* add a defender

Pile sticks on top of ball, run and scoop up ball

\* teaches to keep the stick down and to dig for the ball

\* use a mud puddle instead of sticks on top

### Cradle

Balance stick with one hand, that is where your top hand should be placed when cradling

Practice cradling across body with ball in stick

Practice cradling back to back with someone else and touch each other's sticks

Cradle with one hand

Cradle with only tips of top fingers

Cradle on your back on the ground in big arc motion

Walk the dog cradle

Practice non-dominant cradle

Inside square drill playing tag

\* one person no stick, the rest cradling, 1<sup>st</sup> walking, 2<sup>nd</sup> jogging, 3<sup>rd</sup> running

\* drop ball become "it" and help tag others

### Throwing

Throw stick with one hand ,like a javelin as far as you can

Throw ball as hard as you can at the coach

Feeding the ball to a player who is holding the stick( holding stick parallel to the ground) \* use both right and left hands

Follow through with the butt end of the stick that is aimed at the goal/target

### Shooting

Focus on a square in the goal

Does the shot make a swishing noise?

Have pie plates, wedding dress, wheel rims hung in the goal...use as a target

Use a penny for a target in front of the goal for practicing bounce shots

Can't remember anything else??

### Catching

Progression...have a partner toss by hand the ball

\*low to partner

\*medium throw

\* high ball...catch by exaggerating, like you are catching an egg and cradle  
try and catch the ball in the fat spot of your stick

Wall ball

### Defense

Remember it is about body positioning, forcing a bad pass, or interception...checking is last resort

Everyone plays defense in the game!

Bring out 2, 100 yd ropes and attach to bottom ends of goal and run it out...make a triangle (also highlights shooting space)

Play keep away with the middle person on their knees holding up their stick  
\*Then the middle person stands and holds stick up and tries to block or intersect the pass

One on one defense

\* remember belly to hip for positioning when running along side, make sure your feet are positioned for running ahead

\*" be the closed door"

\* get big, hold out arms and sticks up

### **Shooting**

penalty shots - bowling step to aid in winding up and getting a 1/2 step away from the most dangerous defender.

### **Defense**

double teams - ask for help and wait to be released from the second player over to make sure the most dangerous player stays guarded.

### **Dodging**

3 cones with the defender in the middle

face dodge - right foot step right then cradle left and step left

roll dodge - left foot step right then roll to the right

try to practice on a line and teach to come back to the line to keep your progression in a straight path to the goal.