

## Evaluation Drill Script

Bantam Boys/Bantam Girls

Day 1

### **5 min – transition time (wall ball/organize pinnies, etc.)**

- Use this time to organize as necessary
- If organized early, players may use time for wall ball

5 min – 5 star passing warm-up: 2 ball (out wide)

- Continuous passing (goalies can participate)
- Have players start wide, stretched out to boards and outside of blue line
- After 2.5 minutes, have players stop and change direction of passing rotation

### **10 min – 4 corner 2 shot drill**

- Start low lines on low corner of 24' zone
- Start high lines
- Balls start in low corners – first in line from each low line starts with a ball
- Left side low player passes ball up to high left player
- High left player passes to high right player. Now balls are at both high and low right players respectively
- Low left follows there pass up, and sets a pick for high left
- High left cuts outside of pick, down towards outside of the crease then receives a pass from low right player. Player may then shoot on net (no more than one move)
- Low left (who just set the high pick) then turns to receive pass from high right player and proceeds to take an outside shot
- Play is repeated from opposite side

**2 min – water**

**10 min – 1 on 1 (from low, from high)**

- Left starts with the ball, with a right defender lined up against them
- Once in the proper position, floor coach yells “go”
- 1 on 1, until ball is stripped, shot is taken, or 10 seconds has passed
- Once over, offensive player goes to play defense on opposite side
- Once set up and ready, floor coach starts by yelling “go”

**10 min – 2 on 2**

- Same as 1 on 1, but with 2 players

**16 min – scrimmage**

**2 min off**

## **Day 2**

### **5 min – transition time (wall ball/organize pinnies, etc.)**

- Use this time to organize as necessary
- If organized early, players may use time for wall ball

### **5 min – 5 star passing warm-up: 2 ball (out wide)**

- Continuous passing (goalies can do as well)
- Have players start wide, stretched out to boards and outside of blue line
- After 2.5 minutes, have players stop and change direction of passing rotation

### **8 min – 4 corner 2 shot drill**

- Start low lines on low corner of 24' zone
- Start high lines
- Balls start in low corners – first in line from each low line starts with a ball
- Left side low player passes ball up to high left player
- High left player passes to high right player. Now balls are at both high and low right players respectively
- Low left follows there pass up, and sets a pick for high left
- High left cuts outside of pick, down towards outside of the crease then receives a pass from low right player. Player may then shoot on net (no more than one move)
- Low left (who just set the high pick) then turns to receive pass from high right player and proceeds to take an outside shot
- Play is repeated from opposite side

### **2 min – water**

### **10 min – loose ball 1 on 1**

- Have players lined up outside the white line (Only next 2 players ready will come in)
- Ready players will line up side by side at the bottom corner of the 24 foot
- Coach will gently roll ball into corner, then yell “go”
- Players fight for ball – player who gets ball tries to score, while other player defends

### **10 min – 2 on 2**

### **18 min – scrimmage**

Day 3

**5 min – transition time (wall ball/organize pinnies, etc.)**

- Use this time to organize as necessary
- If organized early, players may use time for wall ball

**5 min – 5 star passing warm-up: 2 ball (out wide)**

- Continuous passing (goalies can use this time to stretch themselves out)
- Have players start wide, stretched out to boards and outside of blue line
- After 2.5 minutes, have players stop and change direction of passing rotation

**10 min – 4 corner 2 shot drill**

- Start low lines on low corner of 24' zone
- Start high lines
- Balls start in low corners – first in line from each low line starts with a ball
- Left side low player passes ball up to high left player
- High left player passes to high right player. Now balls are at both high and low right players respectively
- Low left follows there pass up, and sets a pick for high left
- High left cuts outside of pick, down towards outside of the crease then receives a pass from low right player. Player may then shoot on net (no more than one move)
- Low left (who just set the high pick) then turns to receive pass from high right player and proceeds to take an outside shot
- Play is repeated from opposite side

**38 min – scrimmage (15min play, 3min break, 20min play)**

**2 min off**

## **Day 4**

5 min – transition time (wall ball/organize pinnies, etc.)

- Use this time to organize as necessary
- If organized early, players may use time for wall ball

### **5 min – 4 corner 2 shot drill**

- Start low lines on low corner of 24' zone
- Start high lines
- Balls start in low corners – first in line from each low line starts with a ball
- Left side low player passes ball up to high left player
- High left player passes to high right player. Now balls are at both high and low right players respectively
- Low left follows there pass up, and sets a pick for high left
- High left cuts outside of pick, down towards outside of the crease then receives a pass from low right player. Player may then shoot on net (no more than one move)
- Low left (who just set the high pick) then turns to receive pass from high right player and proceeds to take an outside shot
- Play is repeated from opposite side

**48 min– scrimmage (15min play, 3min break, 15min play, 3min break, 12min play)**

**2 min off**