



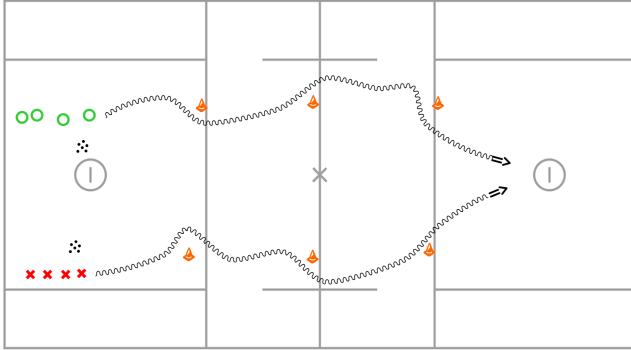
School Curriculum - Games - 7-9 & 10-12

Duration: 90 mins

Games and competition drills for grade 7-9 and 10-12

Full Floor Relay - Dodge & Shoot

10 mins



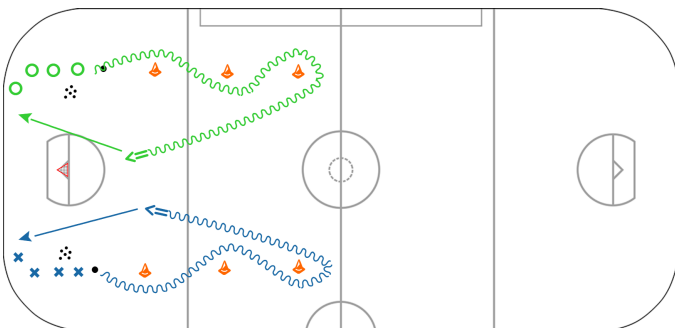
- Players start in one end and 3 cones are set up equal distance for the whole length of the floor.
- Start with the player picking up a loose ball (poop, scoop, protect)
- At the first cone do a split dodge, second cone roll dodge, third cone face dodge. Once the ball goes into the net the next player in line goes.
- IT IS A RACE. Cheer teammates after you finish!

Key Points

- Make the dodges believable, it is a race to make us learn to dodge at full speed
- Dodges should involve jab steps, stick protection, and speed coming out
- Split dodge keeps stick away from cone
- Roll dodge keeps stick away from cone using body to protect
- Face dodge brings stick across face to keep protected beside body

Obstacle Course Relay

10 mins



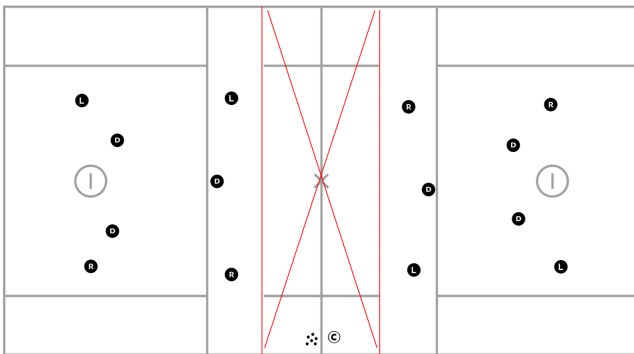
- Split into teams (no more than 10 per team)
- Set out cones for each team to run around. Every player needs a ball
- Ball must start on the ground for every player.
- On whistle, first player scoops ball, sprints around all cones while cradling, then back down to net and shoots ball in
- Next player goes once their team has scored into the net
- Once you score, return to line and sit and cheer. First team sitting, wins

Key Points

- If numbers are not even, have team with less nominate a player to go twice
- Be a good teammate, cheer on your team to victory
- Once players get around the last cone they can shoot whenever they want, but if they miss they have to chase the ball and score

7 Second game

10 mins



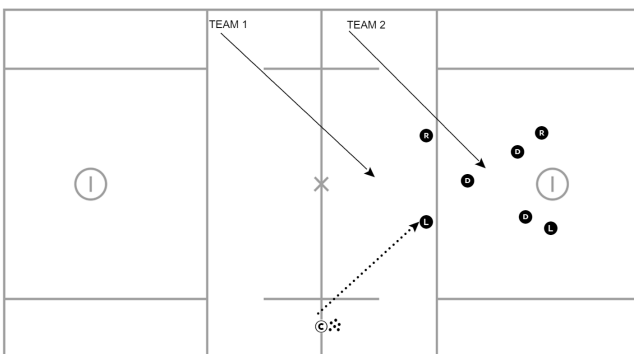
- Two teams, playing 4 on 3 at each end. The offence has 7 seconds to shoot the ball, then defence has 7 seconds to pass to their offence on the other side of centre.
- Great game for quick passing, but need to judge skill level first. Encourages us to move our feet and make quick passes.

Key Points

No going into the neutral zone (marked with red X)
 Be a threat everytime we touch the ball on O. Quick ball movement.
 Defensively, get in lanes. Fight for looseballs. Make good passes clearing the ball to offence.
 Game to 5

Numbers game

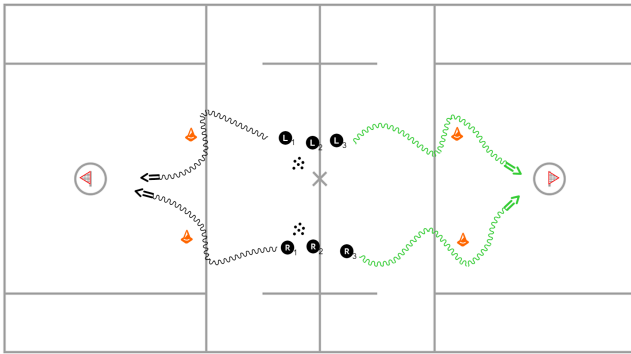
10 mins



- Two teams, one on each bench. Alternating which team is playing Offence and which is playing defence every possession. Coach yells a number up to 5. That's how many O players go out and 1 less D player comes out (if you yell 4 then O team sends out 4 and D 3). After each possession we switch which team is on offence!
- Play a fun game to 5.

Key Points

Example is yelling 4 with Team 1 on Offence. Next up coach would yell number for Team
 Ball carrier go to the net to force Defender to come. Then dish to the open player
 Defense, get in passing lanes and try to knock the ball down

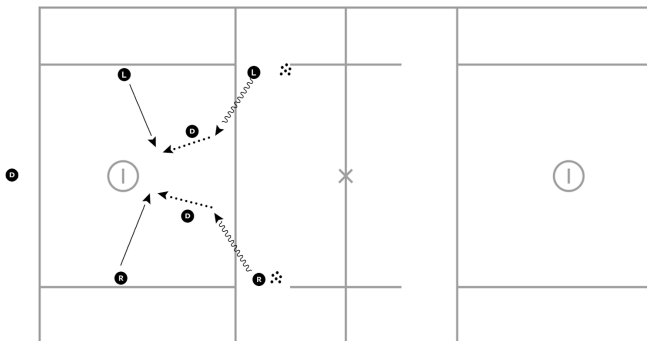


- Have dodges on pylons, coaches, other players, depending on numbers
- Work on three basics – Split strong hand, roll dodge, face dodge
- Split strong is top side dodge, roll and face dodge are back side dodges
- After each dodge important to get stick to triple threat and get ready to shoot

Key Points

- On Diagram - Black line is top/front side dodge (strong side split)
- On Diagram - Green line is backside/alley dodge (roll, face, split)
- Setting up dodges by faking opposite direction is key
- Take defender where you dont want to go, to get to where you want to go
- Keep stick protected while dodging
- Shoot from different points in the dodge as players advance, to teach shooting when open

2 on 1's – Same Side, O Zone



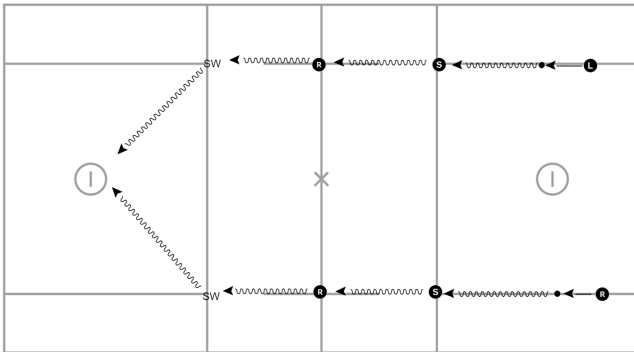
- Set up with 4 lines of offence, and 2 lines of defense (1 on each side).
- 2 rights or 2 lefts go at the same time, with 1 defender (shooter goes to D line)
- Same rules of 2 on 1. Defense force tough passes. Ball carrier attack and move ball if D comes. Off ball player get to spot they can score, and spot they can catch a pass

Key Points

On Offence, ball carrier be a threat and go to cage. Once defender commits to you, then pass to the open guy. Cutter needs to find a lane and make sure they get across the crease. Defender switch up if you are going to ball carrier or not. Make sure stick is in the passing lane.

Full floor relay

10 mins



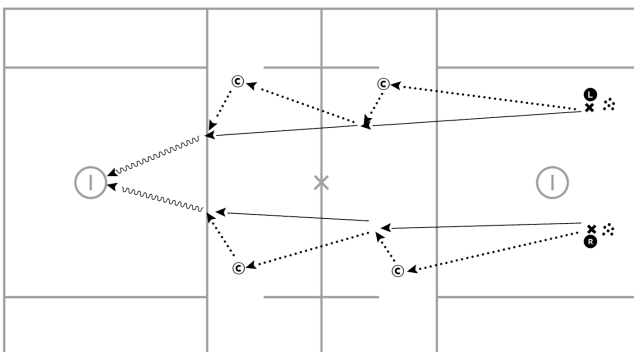
- Players start in one end and 3 cones are set up equal distance for the whole length of the floor.
- Start with the player picking up a loose ball (get low and scoop through the ball)
- At the first cone do a split dodge, second cone roll dodge, third cone swim. Pass to coach after, they pass back and then you have to score on the net. Once the ball goes into the net the next player in line goes.
- IT IS A RACE

Key Points

Work on fundamentals of spin, roll and swim.
Make sure we finish our shots!

Full floor ground balls and passing gauntlet

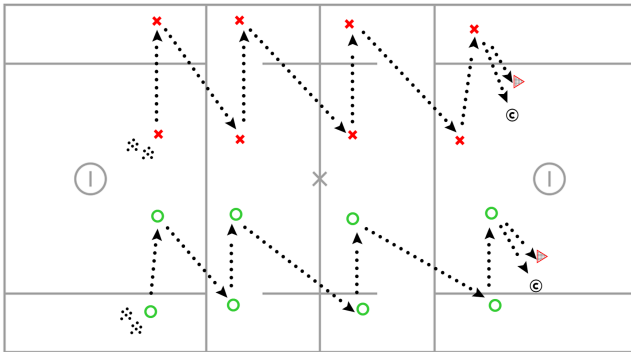
10 mins



- Need 4 individuals (coaches and a couple players) to line up at restraining lines. The rest of the players in both corners with balls.
- Players start with a ball and roll the ball (second time through we progress to passing) to coach at first restraining line who rolls/passes back to the players, after getting ball back they give it to coach at far restraining line, get it back and shoot on goal. Use players to feed if limited number of coaches. Make sure feeders rotate.
- Focus is on retrieving ground balls and passing and catching with feet moving!
- If they are getting the hang of it, they can go up the middle and pass to left coach first and right coach second (or vice versa)

Key Points

After every loose ball, bring stick up to ear into passing position.
Call for ball!
Can do it in middle of floor or on board side



- Split into 2 teams. Split balls evenly and put at start of line. Players line up across from each other in zig zag pattern
- On whistle, start of line starts passing balls to next player in line, and so on
- Balls need to get all the way to the other end of line and placed on ground, passed to coach, or shot in net
- First team to get all balls to other end, wins

Key Points

- Coach choice on whether to end with just dropping on the ground, passing to coach, or shooting
- Players should be calling for passes when they are ready, since multiple balls will be flying around
- If player misses a pass, they must chase it and pass it on, or it leave it til end, for most completed balls wins variation