



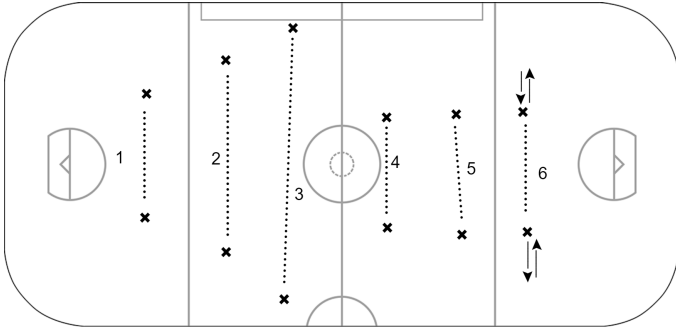
School Curriculum - Stick Skills - 7-9 & 10-12

Duration: 100 mins

Fundamental stick skill drills for grades 7-9 and 10-12

Partner Passing

10 mins



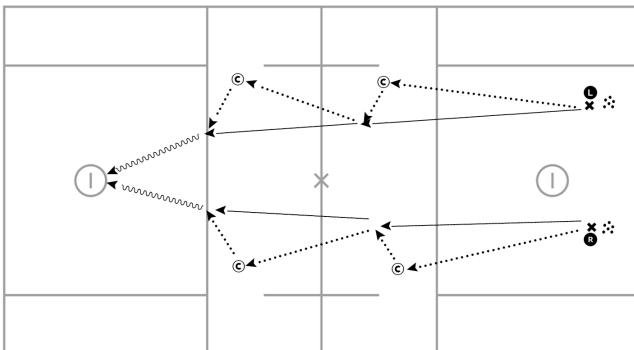
1. Start partners 6-10 feet apart, dependant on age/skill level
 2. Backup 2 steps on whistle
 3. Backup another 2 steps, or to the boards on whistle
 4. Move in to starting distance, quick sticks (no cradling)
 5. Off side catching. Throw passes at opposite side of partner, so they have to cross hands to catch
 6. "Push/pull" players move and pass. Run forwards with ball, backwards without (can also turn and do over the shoulder catching)
- *Can add variations as you see fit. These could include:
Ground balls. Backhands. Timed sets of quick sticks for competition. Quick stick bad pass for reaction time and competition, "dont drop it".

Key Points

- Proper form on passing. Opposite foot forwards from hand (left handed means right foot forward, right handed left foot). Step on pass.
- Proper form on catching. Give a target. Top hand near throat of stick. Look the ball in. Cushion ball "like an egg". Call for pass.
- Encourage players to choose different partners every practice.

Full floor ground balls and passing gauntlet

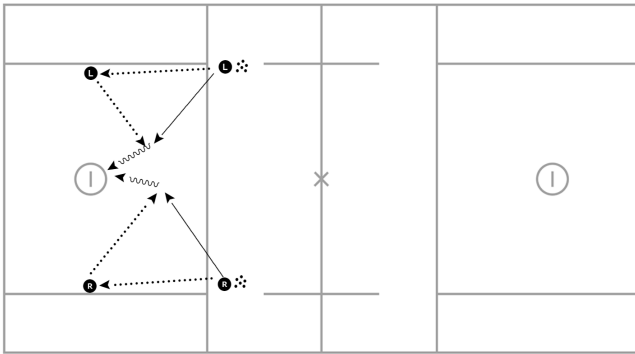
10 mins



- 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



- Set up with 4 lines, 2 right, and 2 left.
- First version will be same side give & go. Pass down, then cut for return pass.
- When we pass down, player who is cutting should wait until ball is secured down low, and when they cut, they want to fake (jab step) one direction, and cut other.
- Working on front and back cuts. 'Front' means towards middle, 'back' means towards outside

Key Points

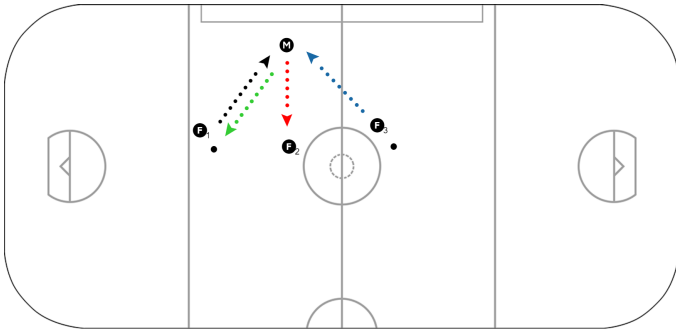
Always calling for the ball

Alternate between front cut and back cut

Finish our shots and make sure we are going across the crease

4 Player, 2 Ball Passing

10 mins

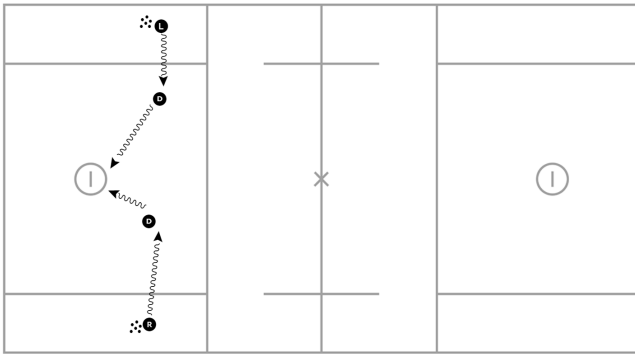


- Players in groups of 4. 1 player in "middle", other players line up 8 feet away in a fan shape.
- Fan players need 2 balls between them. First player passes into middle, middle passes to player who had no ball.
- Then second player passes ball in, and pass goes back out to first player who has no ball.
- Continue for 1 Minute then switch middle.

Key Points

As per diagram:

- F1 passes to M
- M passes to F2
- F3 passes to M
- M passes to F1
- Carry on in this pattern for 1 minute, then switch M out
- Proper passing fundamentals. Hand and foot position, point stick to target, follow through
- Proper catching fundamentals. Give a target, call for passes, hand and foot position

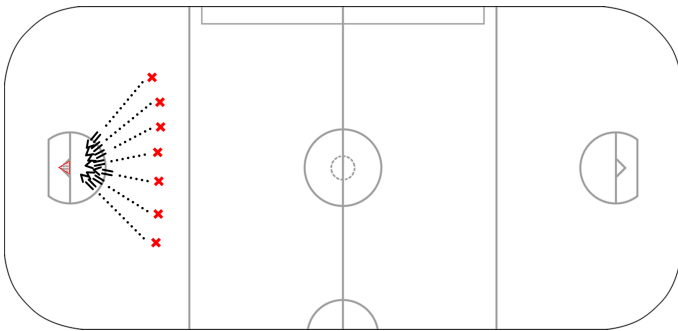


- Partner up with 1 ball. Players line up on side boards/lines. One player has ball facing middle, other player has no ball facing ball carrier (defender)
- On whistle, players slowly go across the floor. Defence focus is body position, stay between ball carrier and other side of field. Two hands on stick. Offence focus is keeping good stick protection while moving and under pressure (ball, body, D)
- If O drops ball, let them pick up and continue to other side. Rotate O and D each rep

Key Points

Defense just play position and try to not let the O player get top side
 O set up D for a spin, split or swim move and get top side
 Finish every shot
 If the ball is dropped, battle for looseball

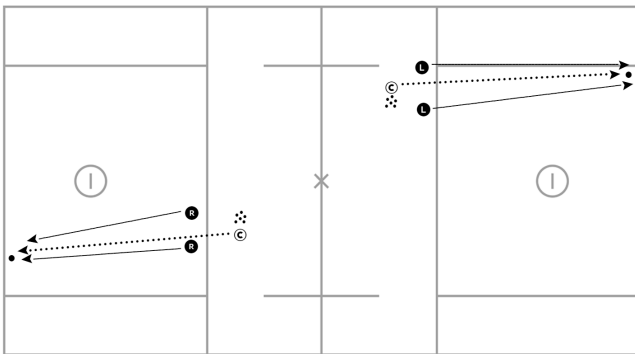
3 Step Outside Shooting



- Line up every player facing a net. On whistle, every player shoots at net
- Butt end is aimer, lead hip towards target. Follow through with head pointing towards target on release, then finish with head pointing low and away
- After all shots, players run to get their ball, and run back to line up again
- Players should line up in different spot each time
- As players advance, they should aim for the posts on the net, or coach can tape targets in net

Key Points

- Shooting fundamentals and mechanics
- Opposite foot forwards, hands in shooting position, step on front foot, then back, then third step with front foot should be when you release the ball
- Reach hands back, farthest arm back should be fully extended
- When shooting, rotate at core and waist to generate power, and follow through



- Two lines with first players in line facing coaches. Coach rolls the ball behind players and blows the whistle.

b. Players race to the looseball and the player who picks up the ball goes to net to score while the other player plays light defense.

Key Points

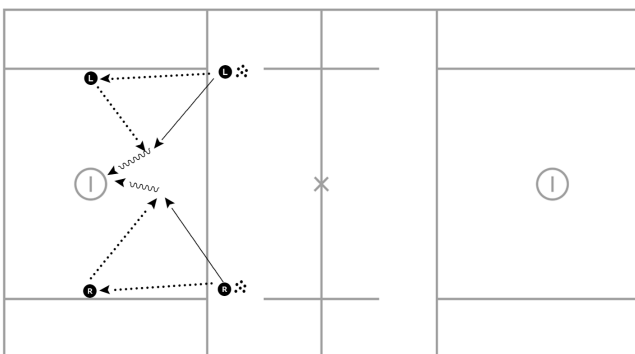
Scoop through the ball!

Get body position and in front of your opponent.

Once ball is picked up, other player get back in and play D

Remember our moves we can use on O. Spin, Roll, Swim

Finish with a shot



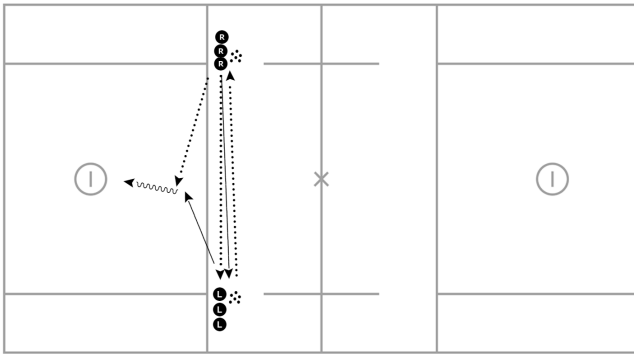
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Key Points

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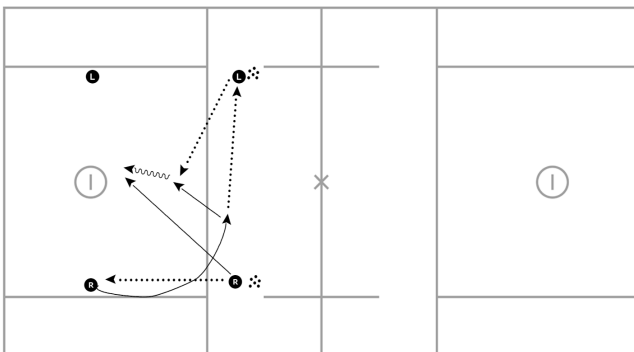
Finish our shots and make sure we are going across the crease



- Players in lines 10 feet above the 24 foot dotted lines. Players start on their wrong side of the floor (Lefties on the left side of the goal and righties on the right side).
- Balls in both lines on the ground, everyone needs to be ready to have a ball in their sticks! First righty in line passes ball to the lefty. They follow their pass across to the lefty line. The lefty immediately passes the ball to the next righty in the line. The righty who followed their pass is now setting a pick on the lefty line and rolling to the net to receive a pass from the righty line.
- Now lefties go and we continue alternating!
- Follow through on our shots!
- End with a competition. If there are goalies, first side to score 5 goals. If no goalies, first to hit a post (Righties vs lefties).

Key Points

Shows drill starting with Rightys
Quick passes



- Same setup as other give & go offence. Same start. Pass down, cut.
- We assume first cut is not open, ball carrier carries the ball up high, then passes across floor to opposite high spot (right to left, or left to right)
- After pass across, passer cuts and gets ball back for give and go swing cut (front or back).
- After one side goes, opposite goes.

Key Points

Drill example shows Right side. Alternate to Left side right after.
Make sure we are calling for the ball and presenting a target every pass.
Every cut done at game speed!
Finish with a goal