



School Curriculum - Stick Skills - K-3 & 4-6

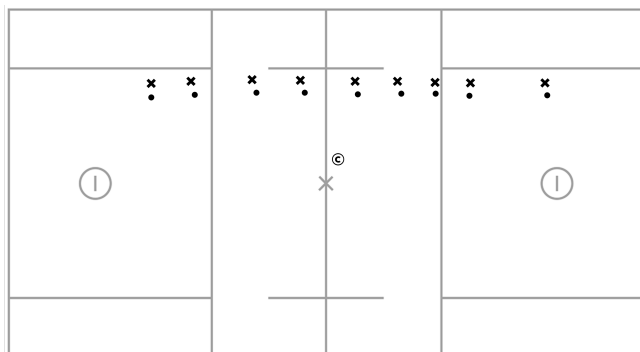
Duration: 70 mins

All passing/catching/ground ball/shooting fundamental drills.

0 mins

Stationary Ground Balls

10 mins



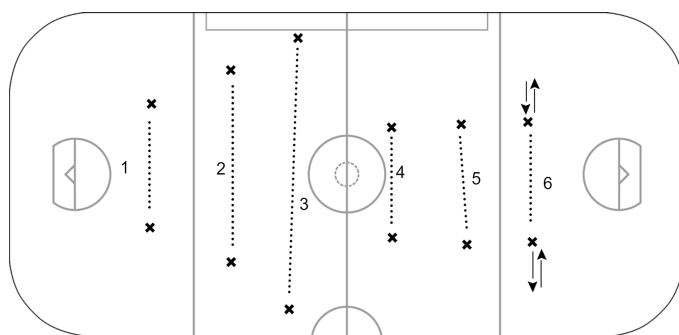
- Players line up all facing coach with ball and stick
- Players will place ball on the ground in front of them and continuously practice the method poop, scoop, protect
- Poop means we get into an athletic position, with our knees bent down low, stick parallel to the ground
- Scoop is the motion of our stick starting behind the ball, and advancing through to pick up the ball
- Protect is where we position the stick once we have control of the ball, this position is called "triple threat"
- Optional to teach players to yell "ball down", "ball up" when it is loose, and then scooped
- Should be short drill that is very introductory, and leads into teaching how to cradle

Key Points

- Get low, both stick and body
- Scoop through ball aggressively
- Position stick so you will not be checked and lose ball
- Communicate ball has been picked up
- Pick head up after scooping, looking to make play
- Have a plan once you scoop ball

Partner Passing

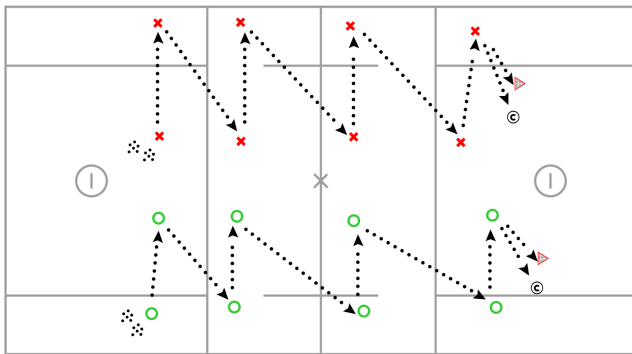
10 mins



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

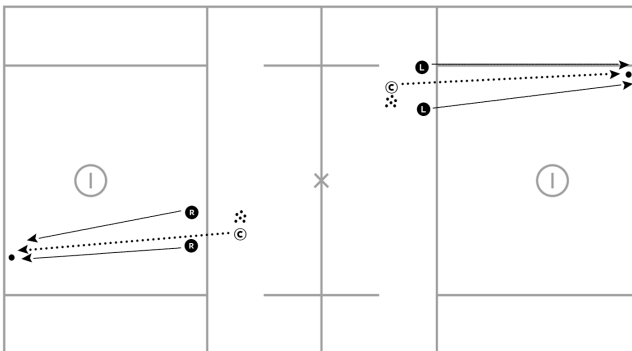
- Proper form on passing. Opposite foot forwards from hand (left handed means right foot forward, right handed left foot). Step on pass.
- Proper form on catching. Give a target. Top hand near throat of stick. Look the ball in. Cushion ball "like an egg". Call for pass.
- Encourage players to choose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



- 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



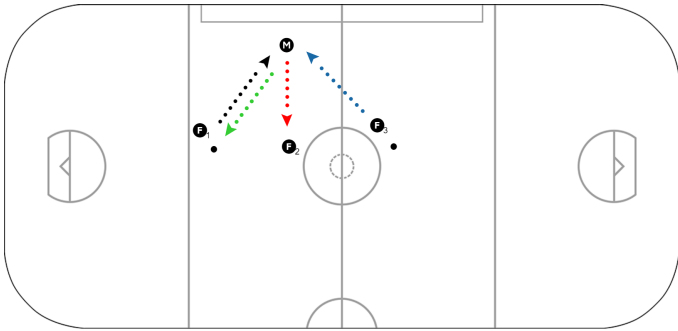
- Two lines with first players in line facing coaches. Coach rolls the ball behind players and blows the whistle.
- b. Players race to the looseball and the player who picks up the ball goes to net to score while the other player plays light defense.

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

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.

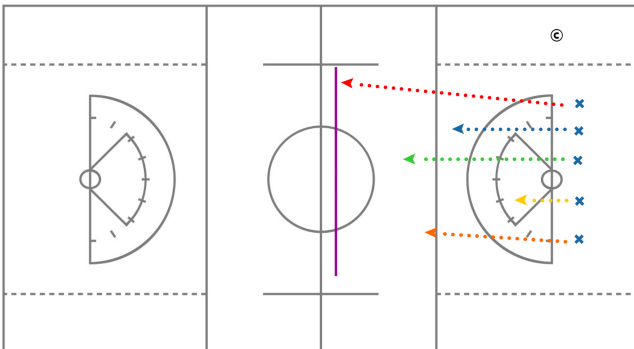
Key Points

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

Long Toss

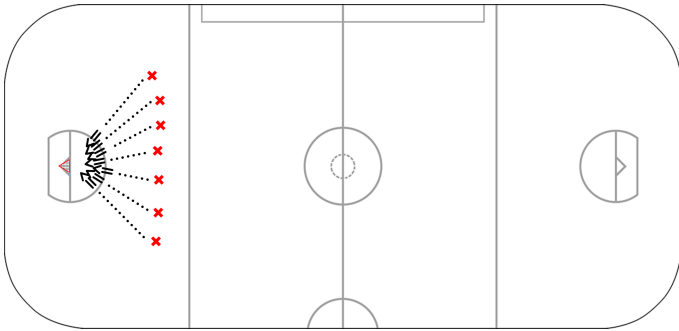
10 mins



- Working on overhand throwing. Everyone has a ball
- Everyone lines up facing same direction, on whistle, they throw the ball as far as the can
- Once everyone throws, sprint to get your ball, then we sprint up to the farthest throw and line up again
- On whistle, throw again, and continue until other side of field, then come back other way.
- Can be hectic, make sure they only throw the ball on the whistle

Key Points

- Keep everyone in line when throwing so no one gets hit with ball
- Throw the ball as far as you can, accuracy will come with practice
- Extend arms back with top hand in middle of shaft, bottom hand at bottom of shaft
- Second throw in diagram should be at purple line for all players



- 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