

Axemen Practice Planning Package

General Planning

In order to promote optimal and consistent skill development, Axemen would like to promote a 30/30 policy for practices this season. The 30/30 policy means each practice should consist of roughly 30 minutes of consistent skill development drills that promote Axemen's ideals for optimal player development followed by 30 minutes of "Coach Choice" drills.

In the following package, you will find an outline of the 30-minute Warm-Up/Skill Development that Axemen would like each coach to use for the beginning of each practice. Please note that (especially for experienced coaches) small adjustments may be made as long as drills reinforce similar outcomes. The Warm-Up/Skill Development section includes a separate set of drills for various team levels. Full drill descriptions can be found in this package. Drill plans and video descriptions of drills can be found on the Axemen Coaching Website. <http://calgaryaxemenlacro.wixsite.com/coaching/drill-package>

The other 30 minutes of practice time is considered "Coach Choice". During this time, coaches will have a chance to plan whatever they see fit. Included in this package is a description of which skills, strategies and drills are appropriate for each respective level. For further details on specific drills, please check out the coaching website. <http://calgaryaxemenlacro.wixsite.com/coaching/drill-package>

The Coaches Choice time is a great time to work on the following:

- Team strategy/game play
 - o/d set ups
 - transitions
 - special teams

- Team needs
 - Additional skill development
 - Work on weaknesses
 - "hustle/hard work/tempo practice"

Warm-Up/Skill Development

The “warm-up” should be a consistent part of every practice. For our purposes, the warm-up will consist of 2 basic parts and should take up approximately 30 minutes of each practice. In the first portion is a chance for players to actually warm-up their sticks and their bodies. We want players to have a chance to make sure their sticks are working as they should as sticks and strings have a tendency to loosen or tighten when left alone between floor times. Players also need a chance to start moving their bodies to provide blood flow to their muscles and help loosen up their joints. Once warm, a dynamic warm-up and stretch will help to reduce the chance of injury during activity. The second portion is basic skills. During this time, players will reinforce their stick skills through a set of drills specific to each level.

Tips:

- To save floor time, you can have players warm up in a safe location off floor prior to the start of practice time. A jog and stretch in the field along with some passing can save 5-10 minutes of floor time.
- Encourage players to “fix their sticks” before getting to practice so they are not wasting floor time adjusting strings.
- Generally, keep things consistent so players can get started right away and are familiar with these drills.
- Encourage attention to detail and consistency in the proper execution of drills. Think of key points that players should pay attention to.
- Adjust drills to the levels of your players by encouraging specific outcomes or adding elements such as a sprint after shots or a mock defender.

Warm-Ups by Level

Level A

Boys - PW A, Bantam A/B, Midget A/B/C

Girls - Midget, Bantam

5 min – 5 star (2 ball or with shot)

5 min – dynamic stretch

10 min – 4 corner (emphasize quick release shots)

10 min – swing drill (one fake coming across)

Level B

Boys - PW B, Bantam C, [Midget C-maybe]

Girls – PW

5 Min – Wall Ball

5 min – X-shuttle passing (in close, out wide)

5 min – dynamic stretch (quick water)

10 min – pass, pick shot (outside drive/inside dish)

10 min – top 3 pick n roll (top shot/outside dish)

Level C

Boys - Novice, PW C,

Girls Novice [PW-maybe]

5 Min – Wall Ball

15 min – shuttle drill – 3 basics

10 min – pick shot (low to high, high to low)

10 min – loose ball, drive the net (corner to around coach, high drive around coach)

Level A Warm-Up

5 min – 5 star (2 ball or with shot)

- See video “5-Star Shuttle”
- Try alternating starting position and rotational direction of passing
- Try in tight and out wide passing

5 min – dynamic stretch

- Set up 3-4 lines of players
- Each drill is executed up to the white line, and then jogged back to the end board
- Each drill is repeated twice
- High knees, butt kicks, side shuffle, grape vine, walking lunge, squats, toe touches

10 min – 4 corner (emphasize quick release shots)

- See video “4 Corner Shooting”
- Low drive - encourage no or minimal handling – aim for quick stick – no fakes
- High shot – encourage quick release – wait for low drive to finish before giving target

10 min – swing drill (one fake coming across)

- Encourage bringing first pick high
- Ball handler has “good habits” (no lazy play)
- Drive net and give 1-2 fakes

Level B Warm-Up

5 Min – Wall Ball

- See link “Wall Ball Passing”
- Keep stick level and back
- Aim, follow through and step towards target
- Consistency first!

5 min – X-shuttle passing (in close, out wide)

- Shuttle drill in an X pattern, causing players to be “heads up”
- Precursor to the “5 Star Passing”

5 min – dynamic stretch

- Set up 3-4 lines of players
- Each drill is executed up to the white line, and then jogged back to the end board
- Each drill is repeated twice
- High knees, butt kicks, side shuffle, grape vine, walking lunge, squats, toe touches

10 min – pass, pick shot (outside drive/inside dish)

- See video “Pass Pick Shot”
- 5 minutes on outside shooter driving the net
- 5 minutes on dishing to the inside “pick n roll”

10 min – top 3 pick n roll (top shot/outside dish)

- See video “Top 3 Pick N Roll”
- 5 minutes on top player shooting around pick
- 5 minutes on driving to top and dishing to outside “pick n roll”

Level C Warm-Up

5 Min – Wall Ball

- See link “Wall Ball Passing”
- Keep stick level and back
- Aim, follow through and step towards target
- Consistency first!

15 min – shuttle drill – 3 basics

- See video “basic Shuttle Drill”
- Goalies can do these too
- Spend 5 minutes on each skill
- Keep players/lines wide

10 min –pick shot (low to high, high to low)

- 4 corner set up (keep players on their side)
- have coaches be “stand still” defender
- 5 mins - low player sets pick on coach (high), top player runs around pick and drives net
- 5 mins - high player sets pick on coach (low), low player runs around pick and drives net

10 min – loose ball, drive the net (corner to around coach, high drive around coach)

- have coaches be “stand still” defender at top shot position
- lines low – loose ball on side boards- player picks it up, runs around coach and drives net
- lines mid line – pick up loose ball, make move around coach and drive net

Coaches Choice Guidelines

*Drills and skills mentioned can be referenced in the Drill Package found here:

<http://calgaryaxemenlacro.wixsite.com/coaching/drill-package>

Division	(% of focus) – SKILLS (% of focus) - STRATEGY	PROGRESSION LEVELS AND DRILL FOCUS
Mini Tyke	(90-95) – BASIC SKILLS IN A FUN WAY (5-10) – VERY BASIC GAME PLAY AND SET UP • Fun/competitive drills • Primary Focus: scooping and cradling • Secondary Focus: throw and catch	*Many “pre-progression drills” focusing on very basic fundamentals and lots of fun Offense: • Shuttle (very basic skills) Defense: • Safe 1 on 1 stick checks and place/push
Tyke	(90-95) – BASIC SKILLS IN A FUN WAY (5-10) – VERY BASIC GAME PLAY AND SET UP • Fun/competitive drills • Primary Focus: scooping and cradling • Secondary Focus: throw and catch	*Many “pre-progression drills” focusing on very basic fundamentals and lots of fun Offense: • Shuttle (very basic skills) Defense: • Safe 1 on 1 stick checks and place/push
Novice	(85-90) – BASIC SKILLS IN FUN, FOCUSED WAY (10-15) – BASIC GAME PLAY, GOOD HABITS • Fun/competitive drills • Primary Focus: Fundamental Skills • Secondary Focus: Cuts and Picks, basic checking	Offense: • Shuttle drill • Basic cuts and picks (pass, pick, shot) • Some 2 on 2 and 3 on 3 Defense: • Safe 1 on 1 stick checks and place/push • Zone – 5 spots Transition: • Shuttle • Shuttle Break Out • Intro basic breakout – positions Power Play: • General movement • Some basic set ups Penalty Kill: • Basic box set up

<p>PeeWee</p>	<p>(80-85) – STRONG “USABLE” SKILLS (15-20) – INTRO GAME REPLICATIONS AND SPECIAL TEAMS</p> <ul style="list-style-type: none"> • Fine tuning of skills • Primary Focus: Fundamental Skills, Cuts and Picks, Basic Checking • Secondary Focus: Introducing Team Concepts such as special teams, and general team concepts 	<p>Offense:</p> <ul style="list-style-type: none"> • Lots of cuts and picks (pass, pick, shot) • Lots of 2 on 2 and 3 on 3 • Introduce swing/motion offense (A) <p>Defense:</p> <ul style="list-style-type: none"> • Man 2 man control • Zone – 5 Spots • Wall Defense (Possible Man 2 Man defense) <p>Transition:</p> <ul style="list-style-type: none"> • Shuttle Break Out • Basic breakout – positions <p>Power Play:</p> <ul style="list-style-type: none"> • General Movement • Simple Set plays • Getting the ball back <p>Penalty Kill:</p> <ul style="list-style-type: none"> • Basic Box set up • Rotations/help • Intro to ragging the ball
<p>Bantam</p>	<p>(75-80) – SKILLS IN GAME SCENARIOS (20-25) – INTRODUCE ADVANCED STRATEGIES</p> <ul style="list-style-type: none"> • Challenge skills with high tempo/pressure • Primary Focus: Mastering Cuts and Picks and basic checking • Secondary Focus: Clear Understanding of Team Concepts 	<p>Offense:</p> <ul style="list-style-type: none"> • Mastering cuts and picks (pass, pick, shot) • Lots of 2 on 2 and 3 on 3 • Establish strong swing/motion offense <p>Defense:</p> <ul style="list-style-type: none"> • Wall Defense (Possible Man 2 Man defense) • Wall and Sag (Possible Man 2 Man variation) <p>Transition:</p> <ul style="list-style-type: none"> • Break out under pressure/confusion <p>Power Play:</p> <ul style="list-style-type: none"> • Complex movement and plays • Getting the ball back <p>Penalty Kill:</p> <ul style="list-style-type: none"> • Box/Diamond and rotations • 3 man • Ragging

<p>Midget</p>	<p>(75-80) – MASTERING SKILLS (20-25) – MASTER ADVANCED STRATEGIES • Mastering skills with high tempo/pressure • Primary Focus: Advanced Skills with high execution rate • Secondary Focus: Advanced Team Concepts</p>	<p>Offense:</p> <ul style="list-style-type: none"> • Mastering cuts and picks (pass, pick, shot) • Lots of 2 on 2 and 3 on 3 • Mastering strong swing/motion offense <p>Defense:</p> <ul style="list-style-type: none"> • Wall Defense (Possible Man 2 Man defense) • Wall and Sag (Possible Man 2 Man variation) <p>Transition:</p> <ul style="list-style-type: none"> • Break out under pressure/confusion <p>Power Play:</p> <ul style="list-style-type: none"> • Mastering complex movement and plays • Mastering getting the ball back <p>Penalty Kill:</p> <ul style="list-style-type: none"> • Box/Diamond and rotations • 3 man • Ragging
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