U10

Day 1

0-5 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

5-20 min – Shuttle: scoop, roll, throw (5 min each)

* \*Note: have extra balls ready at the start of each line so if there is a missed pass, players can just pick up and start from there rather than chasing and wasting time
* Creating equal lines of 3 to 4 players in each line have lines face each other boards to boards)
* Have lines spread back as close to the boards as possible
* Shuttle: first player scoops ball, runs it to other side while cradling and places it down for the first player in the next line
* Roll: first player picks up ball, cradles 3 times, then rolls it to other line (following up by running to other line)
* First player in other line lines up the ball, picks it up and repeats steps of first player

20-22 min – water

22-30 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

30-60 min – scrimmage

Day 2

0-5 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

5-20 min – Shuttle: scoop, roll, throw (5 min each)

* \*Note: have extra balls ready at the start of each line so if there is a missed pass, players can just pick up and start from there rather than chasing and wasting time
* Creating equal lines of 3 to 4 players in each line have lines face each other boards to boards)
* Have lines spread back as close to the boards as possible
* Shuttle: first player scoops ball, runs it to other side while cradling and places it down for the first player in the next line
* Roll: first player picks up ball, cradles 3 times, then rolls it to other line (following up by running to other line)
* First player in other line lines up the ball, picks it up and repeats steps of first player

20-22 min – water

22-30 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

30-60 min – scrimmage

Day 3

0-5 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

5-20 min – “X” Shuttle: scoop, roll, throw

* Same as previous shuttles, but passing to the line in the opposite corner

20-60 min – scrimmage (15 play, 5 for balance/water, 20 play)

Day 4

0-5 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

5-20 min – “X” Shuttle: scoop, roll, throw

* Same as previous shuttles, but passing to the line in the opposite corner

20-60 min – scrimmage (15 play, 5 for balance/water, 20 play)

U8/U6

Day 1

0-5 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

5-10 min – warm-up game

10-25 min – (2 min explain/organize, 6 min station, 1 min switch, 6 min station)

 - cradle shuttle

 - cradle, run, shoot (high2low and low2high)

25-30 min – water and organization

30-60 min – scrimmage

Day 2

0-5 min – throw balls on wall/get organized

5-10 min – warm-up game

10-25 min – (2 min explain/organize, 6 min station, 1 in switch, 6 min station)

 - cradle shuttle

 - cradle, run, shoot (high2low and low2high)

25-30 min – water and organization

30-60 min – scrimmage

Day 3

0-5 min – throw balls on wall/get organized

5-10 min – warm-up game

10-25 min – (2 min explain/organize, 6 min station, 1 in switch, 6 min station)

 - cradle rolling shuttle

 - loose ball pickup, run and shoot

25-30 min – water and organization

30-60 min – scrimmage

Day 4

0-5 min – throw balls on wall/get organized

5-10 min – warm-up game

10-25 min – (2 min explain/organize, 6 min station, 1 in switch, 6 min station)

 - cradle shuttle

 - loose ball battle, run and shoot

25-30 min – water and organization

30-60 min – scrimmage