

CDLA COACHES MANUAL



MINI-TYKE, TYKE, NOVICE

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- CRADLING
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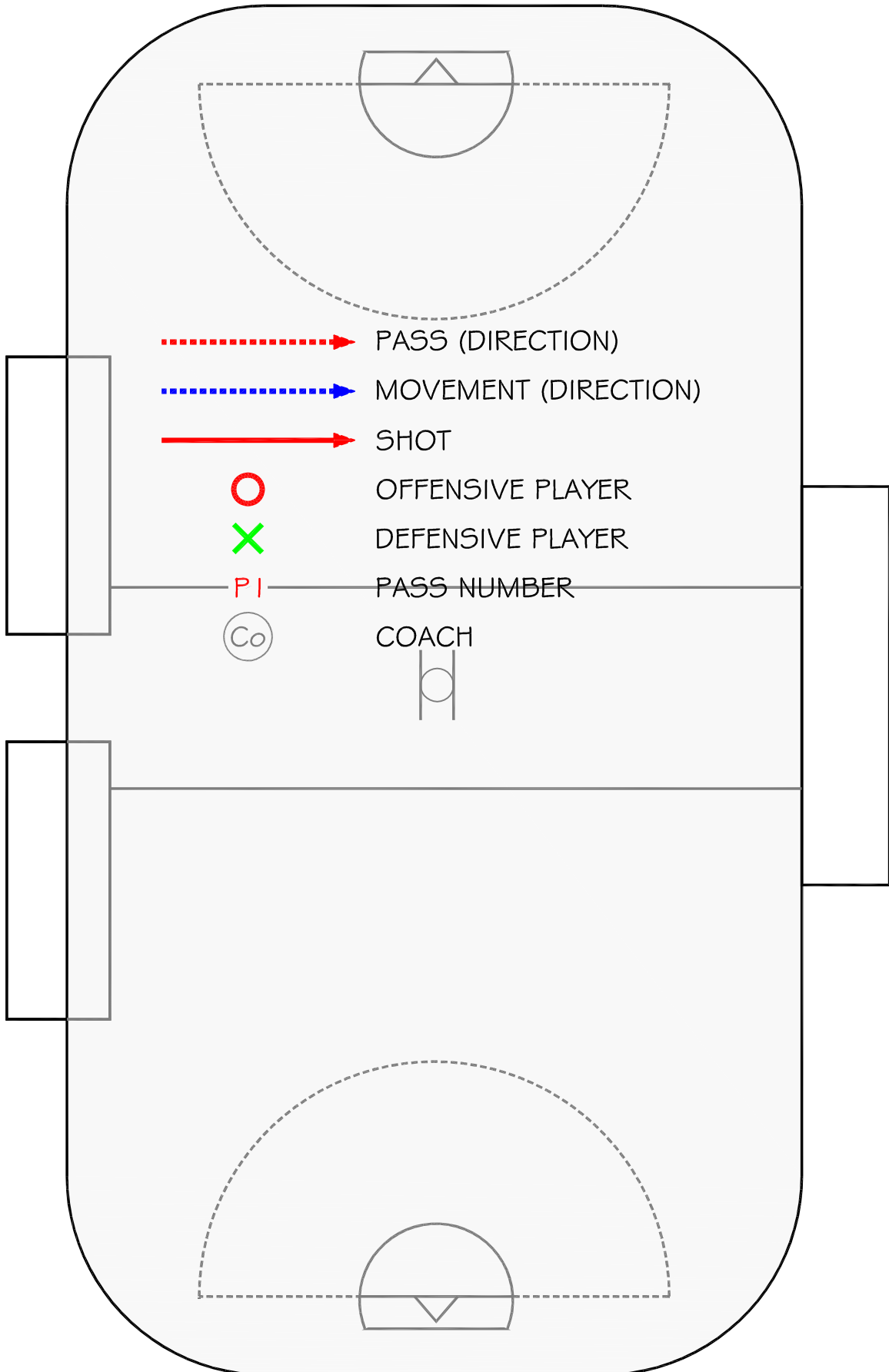
- SNAKE SHOOTING
- AROUND THE 24

GAME SKILL DRILLS

- LOOSE BALL – 1 ON 1
- ONE ON ONE
- OFFSIDE PICKS
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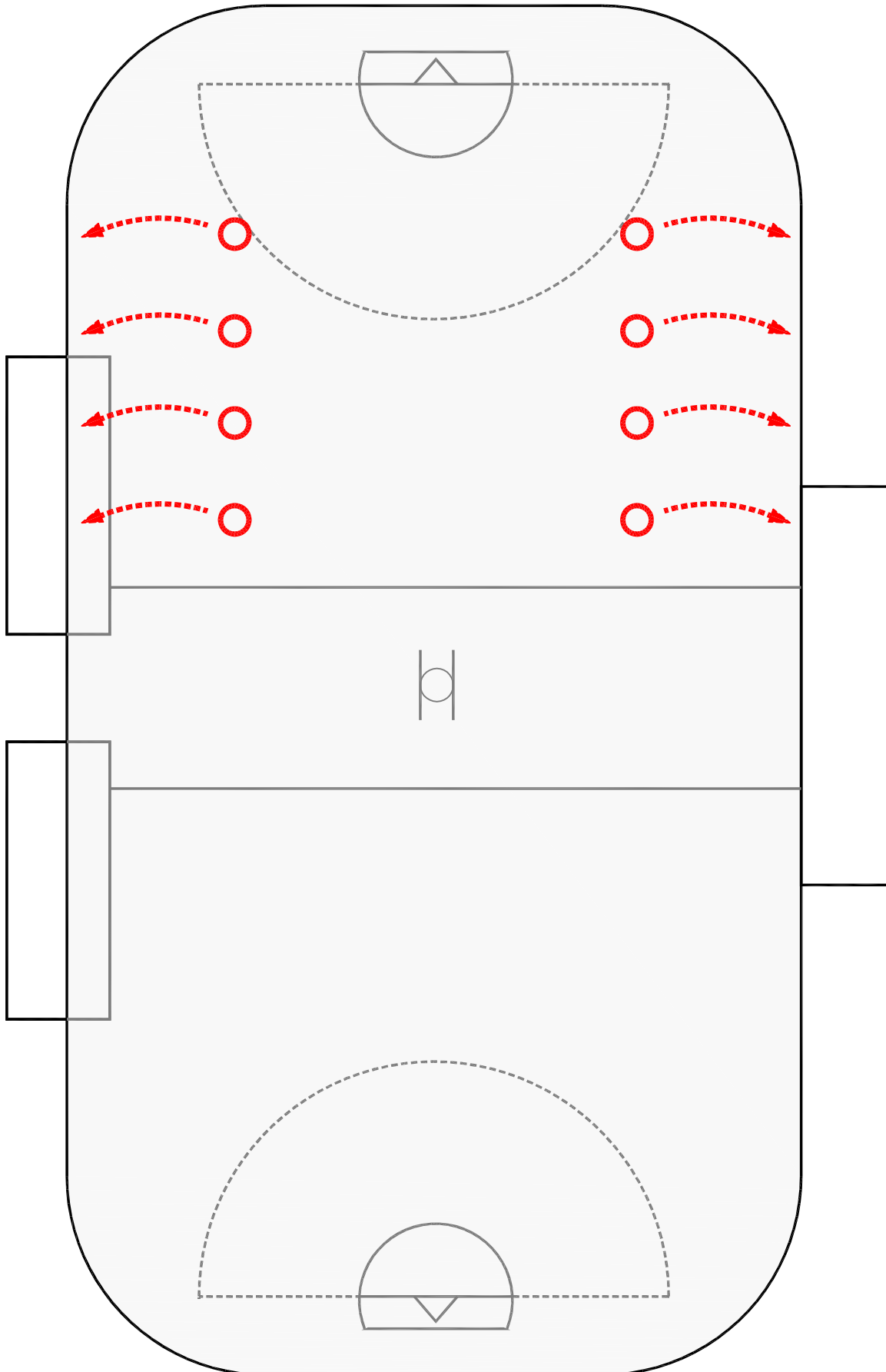
DRILL: LEGEND



PASSING DRILLS



DRILL: WALL BALL



NOTE: ENSURE PLAYERS USE SIDE BOARDS NOT END BOARDS

DRILL:
WALL BALL

DRILL TYPE: FUNDAMENTAL PASSING AND CATCHING

LEVEL: BEGINNER

PURPOSE:

- TO IMPROVE PASSING AND CATCHING
- TO ENSURE PROPER TECHNIQUE

KEY POINTS:

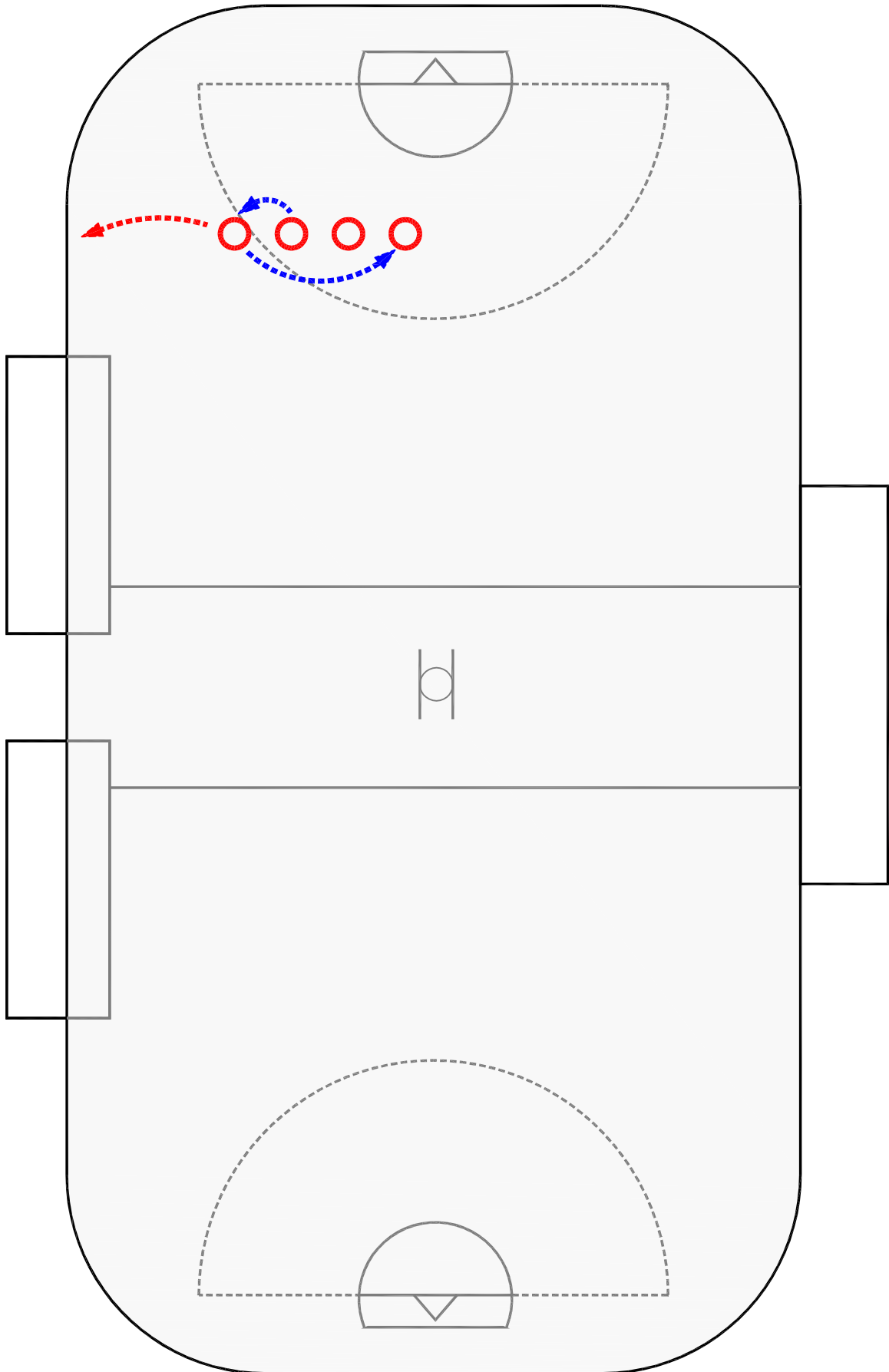
- AIM (PICK A SPOT ON THE WALL AND TRY TO HIT IT)
- FOLLOW THROUGH
- TURN BODY (LIKE THROWING A BASEBALL)
- KEEP STICK IN FRONT OF BODY
- CUSHION THE BALL WHEN RECEIVING

WHAT DRILLS TO DO NEXT:

- SNAKE WALL BALL
- 2-MAN PASSING
- 3-MAN PASSING
- SHUTTLE



DRILL:
SNAKE WALL BALL



DRILL:
SNAKE WALL BALL

DRILL TYPE: FUNDAMENTAL PASSING AND CATCHING

LEVEL: BEGINNER

PURPOSE:

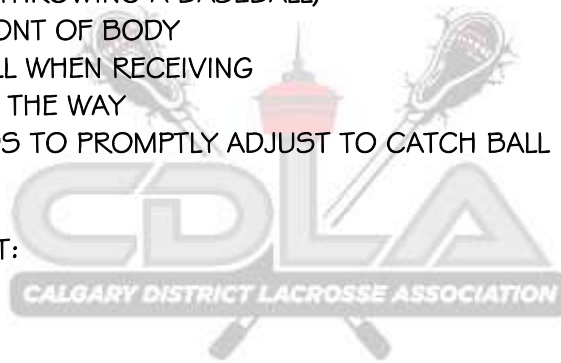
- TO IMPROVE PASSING AND CATCHING
- TO INTRODUCE MOVEMENT
- TO IMPROVE HAND-EYE COORDINATION
- TO ENSURE PROPER TECHNIQUE IS USED

KEY POINTS:

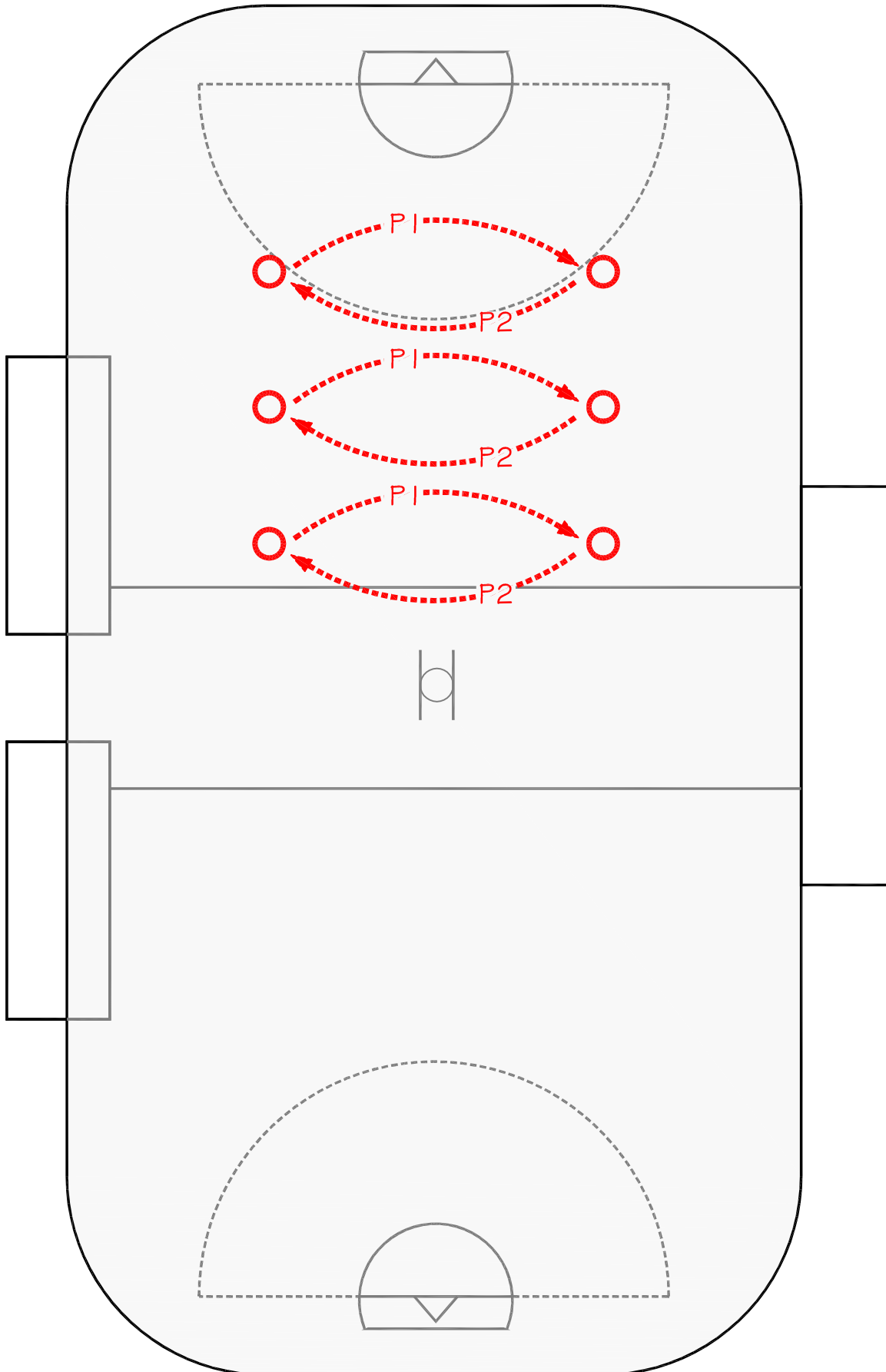
- AIM (PICK A SPOT ON THE WALL AND TRY TO HIT IT)
- FOLLOW THROUGH
- TURN BODY (LIKE THROWING A BASEBALL)
- KEEP STICK IN FRONT OF BODY
- CUSHION THE BALL WHEN RECEIVING
- QUICKLY GET OUT THE WAY
- 2ND PLAYER NEEDS TO PROMPTLY ADJUST TO CATCH BALL

WHAT DRILLS TO DO NEXT:

- 2-MAN PASSING
- 3-MAN PASSING
- SHUTTLE



DRILL: 2-MAN PASSING



DRILL:
2-MAN PASSING

DRILL TYPE: FUNDAMENTAL PASSING AND CATCHING

LEVEL: BEGINNER

PURPOSE:

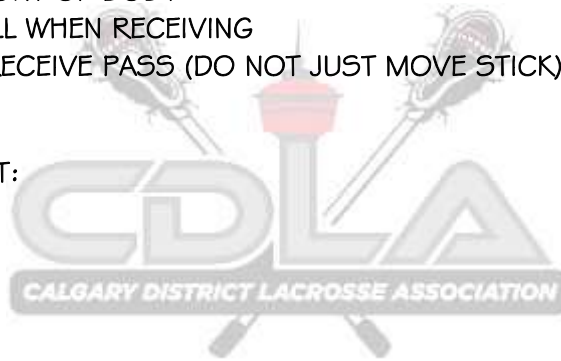
- TO IMPROVE PASSING AND CATCHING
- TO PRACTICE PASSING TO OTHER PLAYERS
- TO ENSURE PROPER TECHNIQUE IS USED

KEY POINTS:

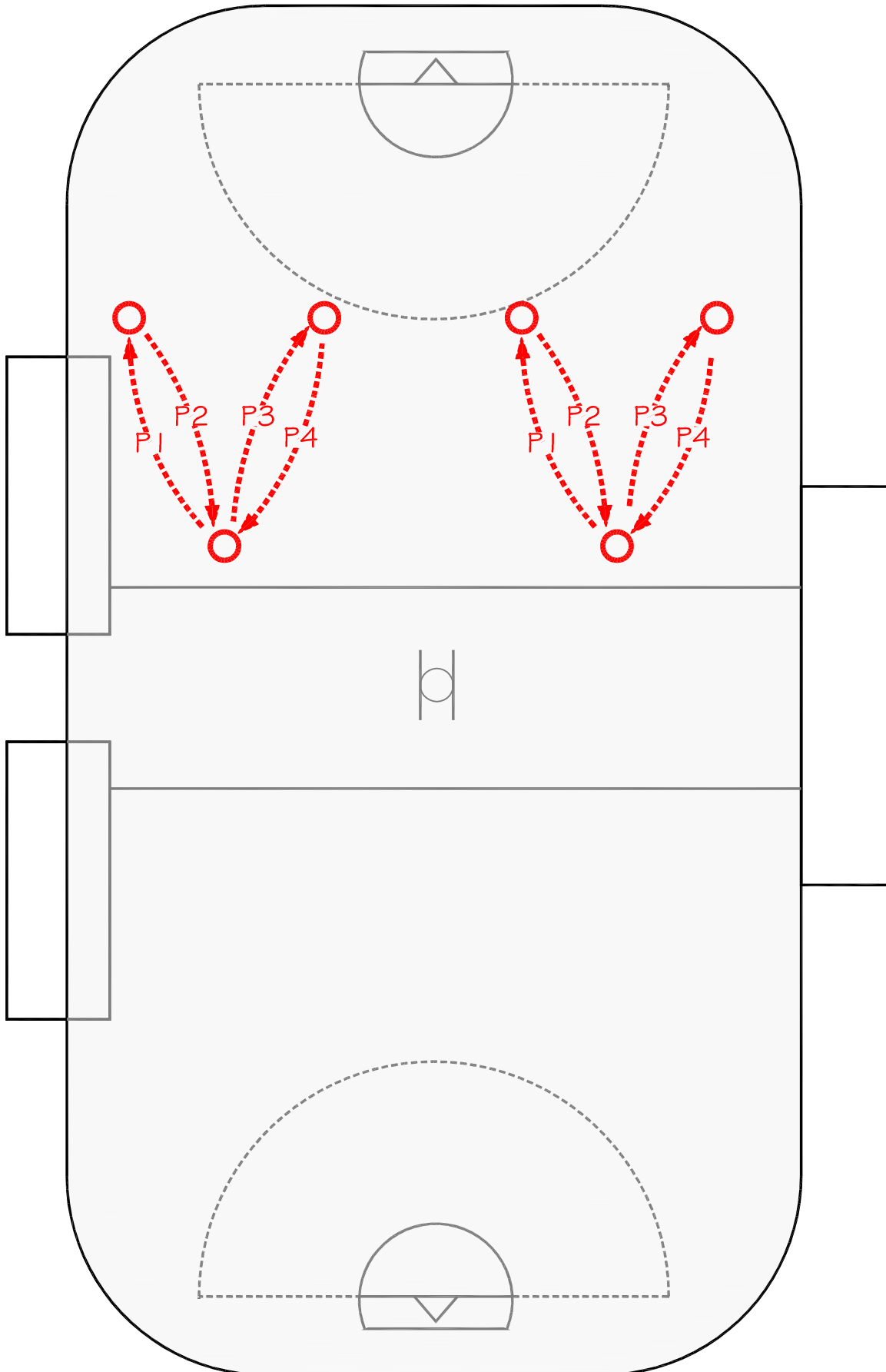
- AIM (THROW TO A SPOT THAT IS CATCHABLE)
- FOLLOW THROUGH
- TURN BODY (LIKE THROWING A BASEBALL)
- KEEP STICK IN FRONT OF BODY
- CUSHION THE BALL WHEN RECEIVING
- MOVE BODY TO RECEIVE PASS (DO NOT JUST MOVE STICK)

WHAT DRILLS TO DO NEXT:

- 3-MAN PASSING
- SHUTTLE



DRILL: 3-MAN PASSING



NOTE: ALTERNATE TOP PLAYER

DRILL:
3-MAN PASSING

DRILL TYPE: FUNDAMENTAL PASSING AND CATCHING

LEVEL: BEGINNER

PURPOSE:

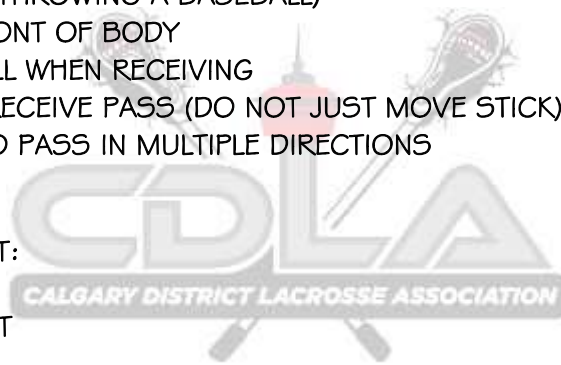
- TO IMPROVE PASSING AND CATCHING
- TO PASSING TO OTHER PLAYER
- TO QUICKLY PASSING (HAVING MORE THAN ONE OPTION)
- TO ENSURE PROPER TECHNIQUE IS USED

KEY POINTS:

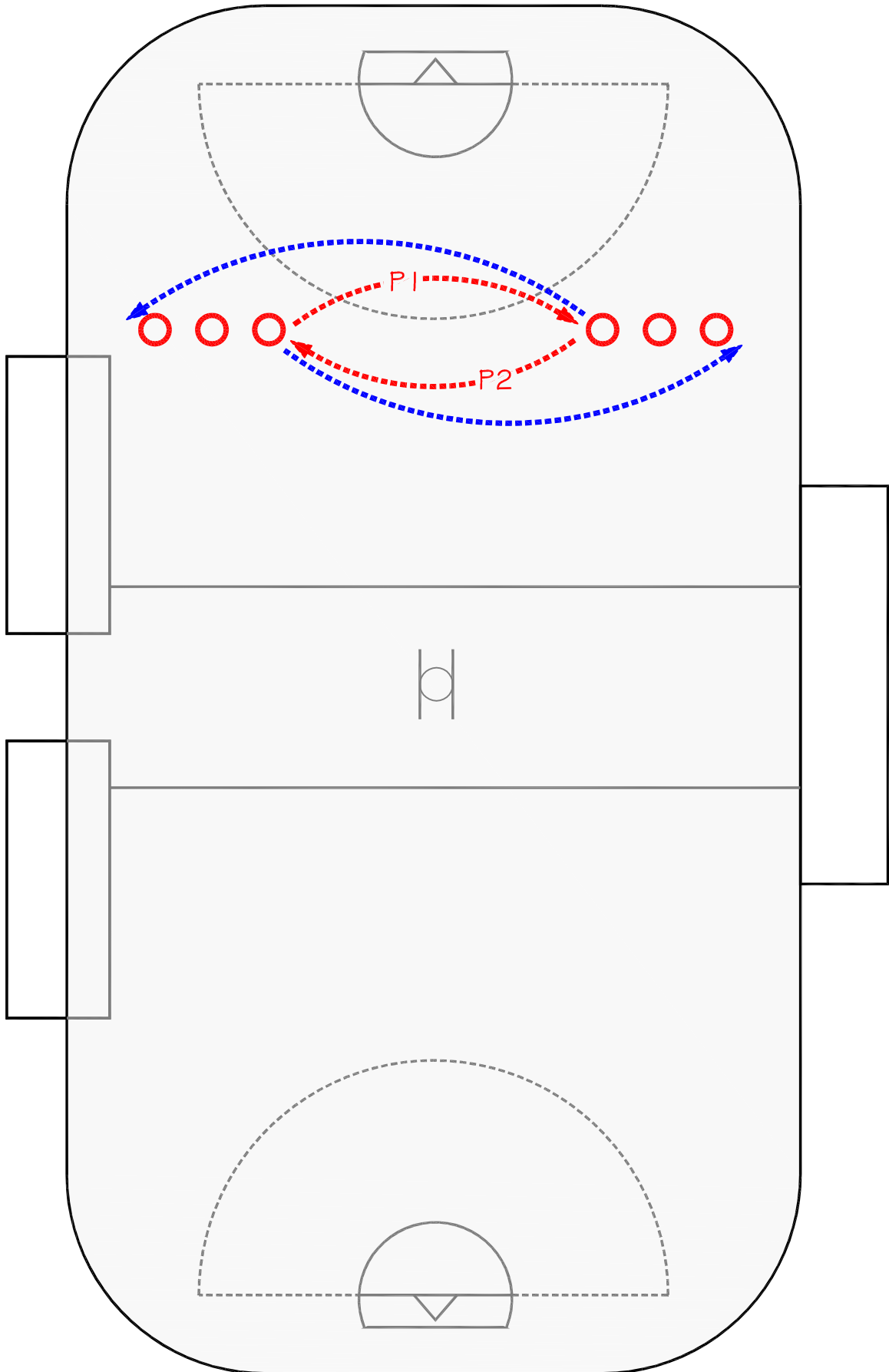
- AIM (THROW TO A SPOT THAT IS CATCHABLE)
- FOLLOW THROUGH
- TURN BODY (LIKE THROWING A BASEBALL)
- KEEP STICK IN FRONT OF BODY
- CUSHION THE BALL WHEN RECEIVING
- MOVE BODY TO RECEIVE PASS (DO NOT JUST MOVE STICK)
- TURNING BODY TO PASS IN MULTIPLE DIRECTIONS

WHAT DRILLS TO DO NEXT:

- SHUTTLE
- SHUTTLE MAN-OUT



DRILL: SHUTTLE



DRILL:
SHUTTLE

DRILL TYPE: PASSING AND CATCHING

LEVEL: BEGINNER/INTERMEDIATE

PURPOSE:

- TO IMPROVE PASSING AND CATCHING
- TO PRACTICE PASSING TO OTHER PLAYER
- TO INTRODUCE MOVEMENT
- TO ENSURE PROPER TECHNIQUE IS USED

KEY POINTS:

- AIM
- FOLLOW THROUGH
- BEING ALERT
- QUICKLY MOVING TO THE NEXT LINE
- MOVING TOWARDS PASSER
- MOVING BODY Laterally TO LIMIT CATCHING ACROSS THE BODY

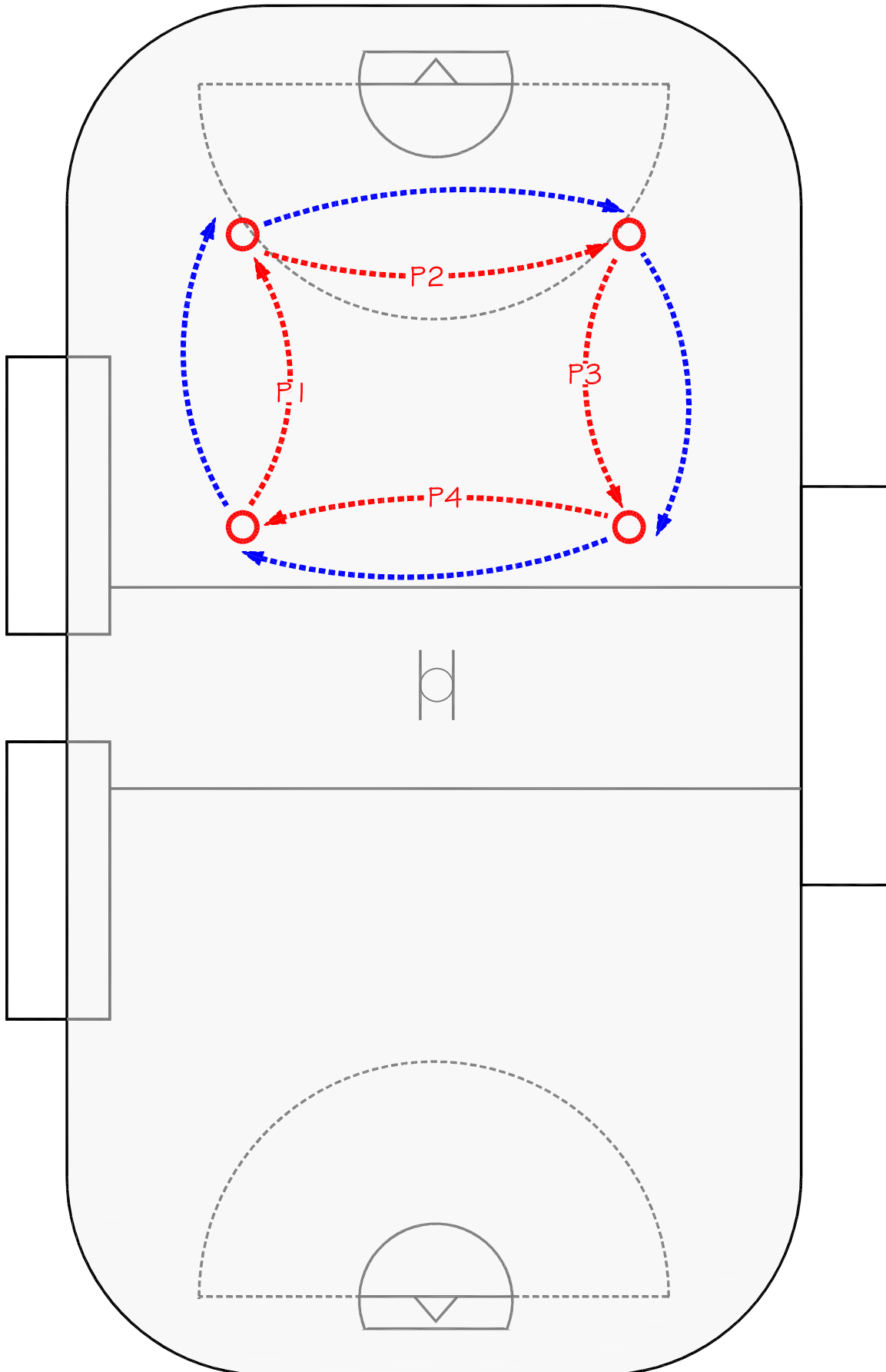
NOTE:

ONCE BASIC UNDERSTANDING AND EXECUTION OF DRILL IS COMPLETED, SPREAD LINES FURTHER APART AND HAVE PLAYERS CATCH AND PASS WHILE IN MOVEMENT – START WITH WALKING AND PROGRESS TO RUNNING.

WHAT DRILLS TO DO NEXT:

- 4-CORNER PASSING
- 5-STAR
- SHUTTLE MAN-OUT

DRILL: 4-CORNER PASSING



NOTE: REVERSE DIRECTION OCCATIONALLY

DRILL:

4-CORNER PASSING

DRILL TYPE: PASSING AND CATCHING

LEVEL: BEGINNER/INTERMEDIATE

PURPOSE:

- TO PASS ON THE MOVE
- TO INCORPORATE MOVEMENT

KEY POINTS:

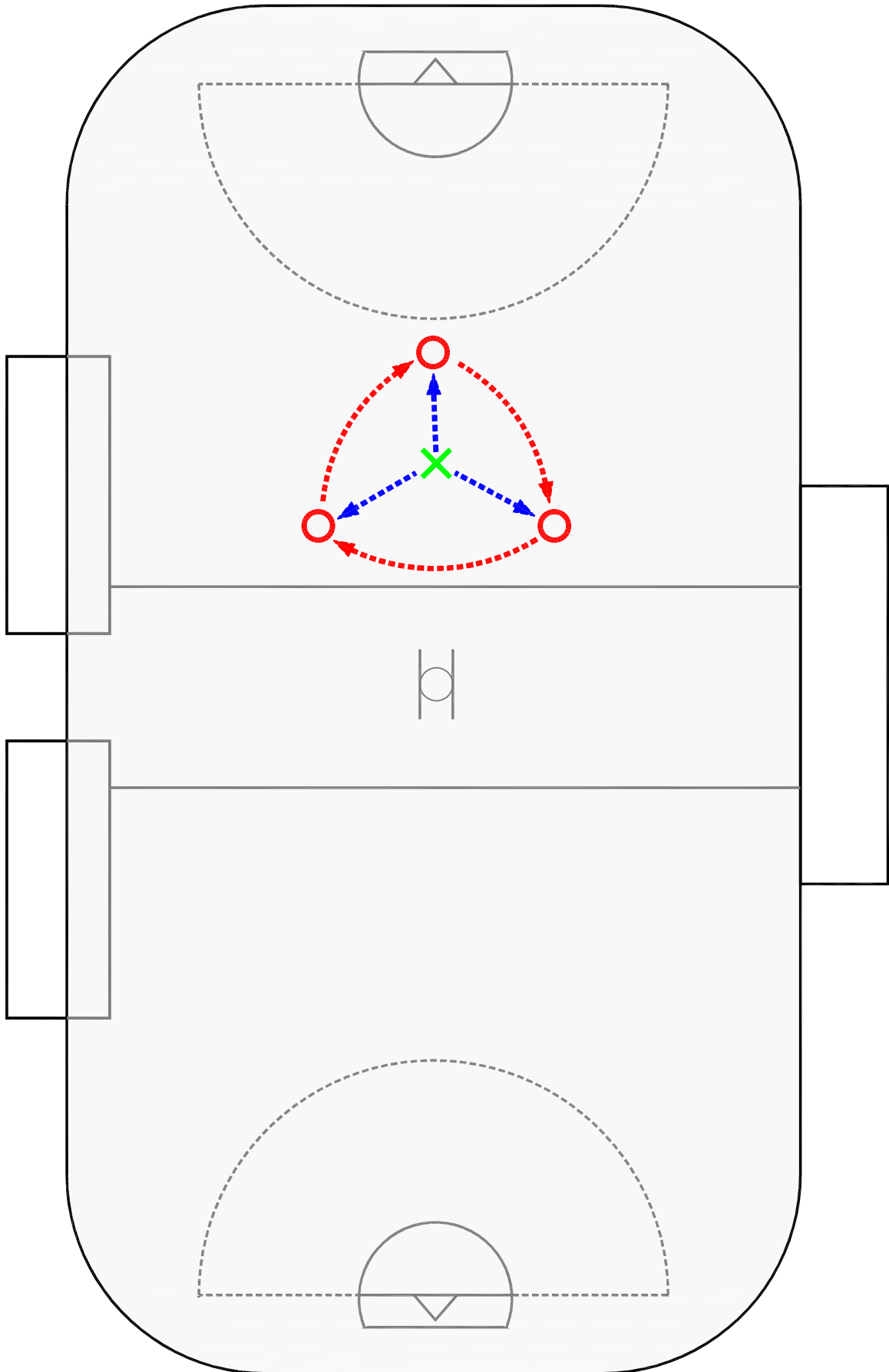
- CALL FOR THE BALL
- BE ALERT
- STAY SPREAD OUT
- MOVE TOWARDS THE PLAYER WHEN PASSING
- MOVE QUICKLY TO THE NEXT LINE

WHAT DRILLS TO DO NEXT:

- 5-STAR
- PASS DOWN – PASS ACROSS
- SHUTTLE MAN-OUT



DRILL:
PIG IN THE MIDDLE



DRILL:
PIG IN THE MIDDLE

DRILL TYPE: PASSING AND CATCHING

LEVEL: BEGINNER/INTERMEDIATE

PURPOSE:

- TO PASS AROUND A DEFENDER
- TO CATCH AROUND THE DEFENDED

KEY POINTS:

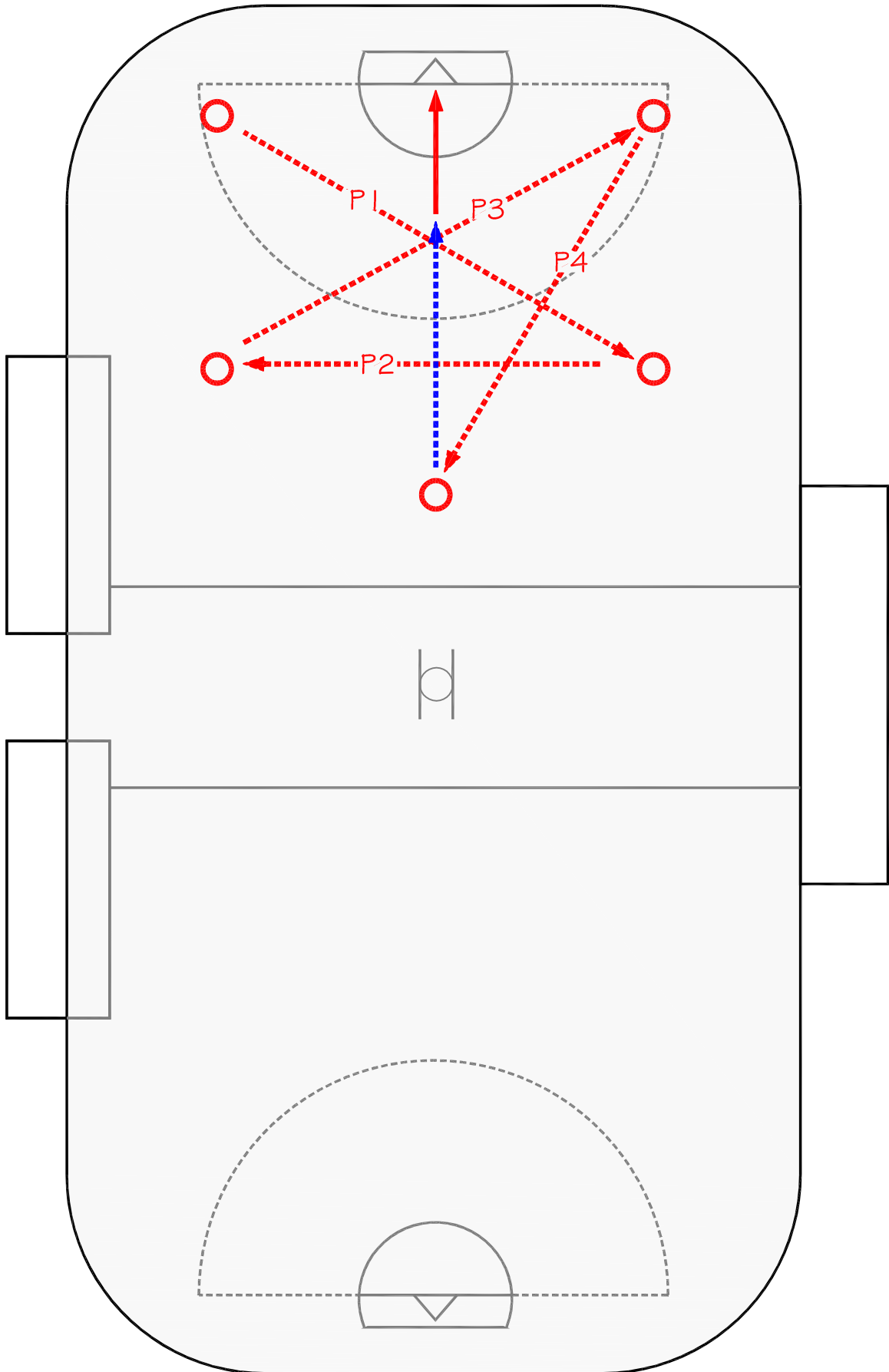
- GET OPEN FOR THE PASS
- MOVE FEET AND BODY WHEN PASSING AND CATCHING
- ANTICIPATE WHERE THE PASS IS GOING

WHAT DRILLS TO DO NEXT:

- COME AROUND PASSING
- LOOSE BALL – 1-ON-1



DRILL:
5-STAR



DRILL:
5-STAR

DRILL TYPE: PASSING AND CATCHING

LEVEL: INTERMEDIATE

PURPOSE:

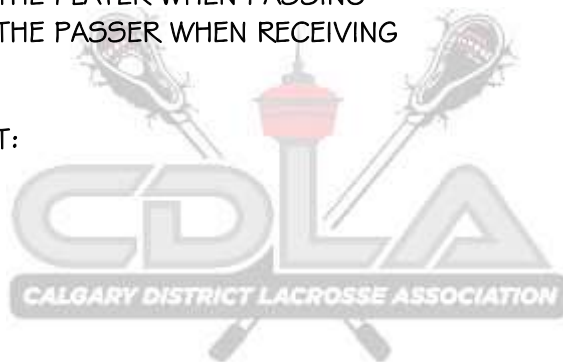
- TO PASS ON THE MOVE
- TO CATCH ON THE MOVE
- TO INTRODUCE WARM-UP DRILL

KEY POINTS:

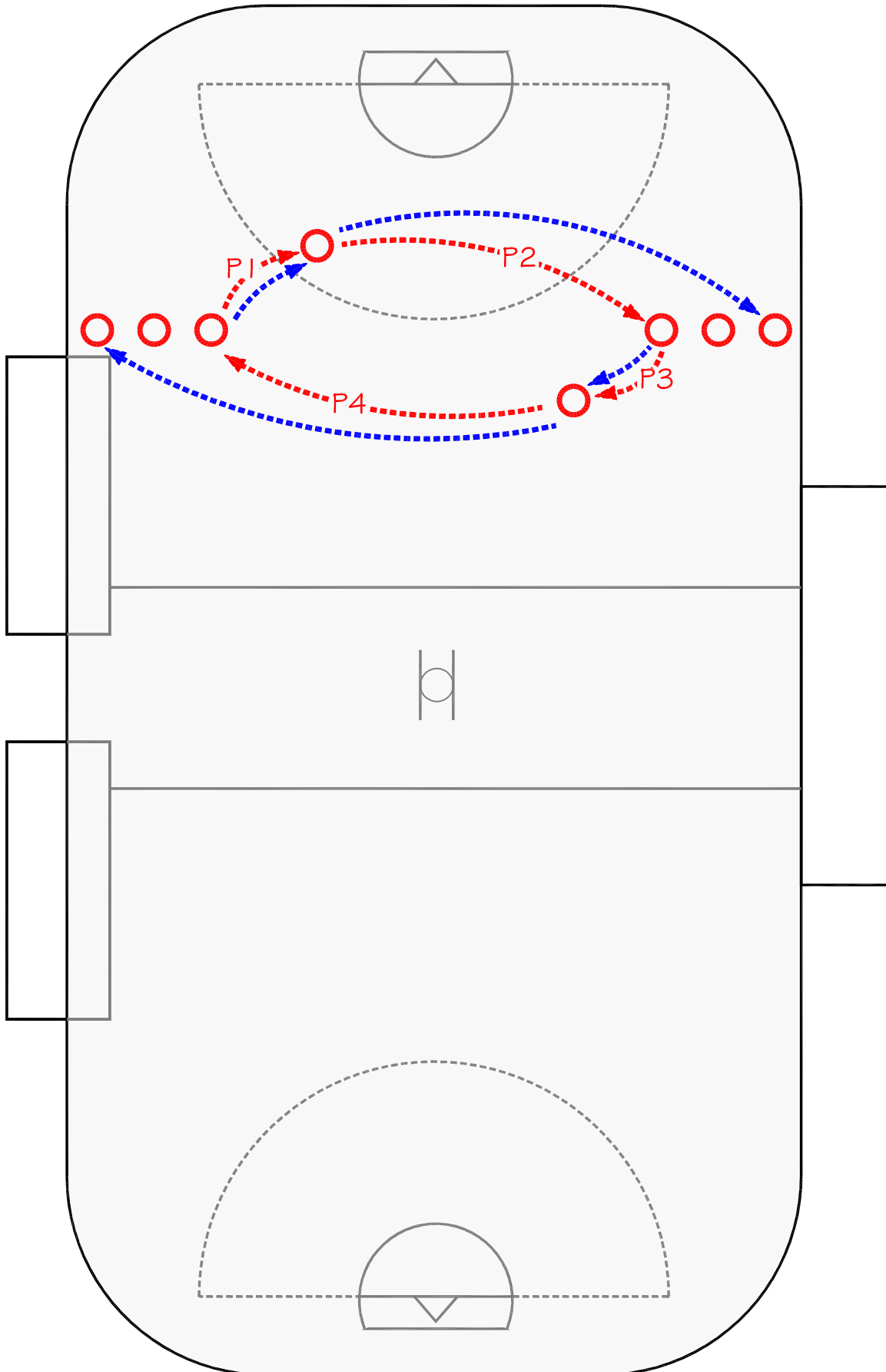
- CALL FOR THE BALL
- BE ALERT
- STAY SPREAD OUT
- MOVE TOWARDS THE PLAYER WHEN PASSING
- MOVE TOWARDS THE PASSER WHEN RECEIVING

WHAT DRILLS TO DO NEXT:

- JERRY DRILL



DRILL: SHUTTLE MAN-OUT



DRILL:
SHUTTLE MAN-OUT

DRILL TYPE: PASSING AND CATCHING

LEVEL: INTERMEDIATE

PURPOSE:

- TO IMPROVE PASSING AND CATCHING
- TO CATCH ON THE MOVE
- TO CATCH OVER THE SHOULDER
- TO INTRODUCE CALLING FOR THE BALL

KEY POINTS:

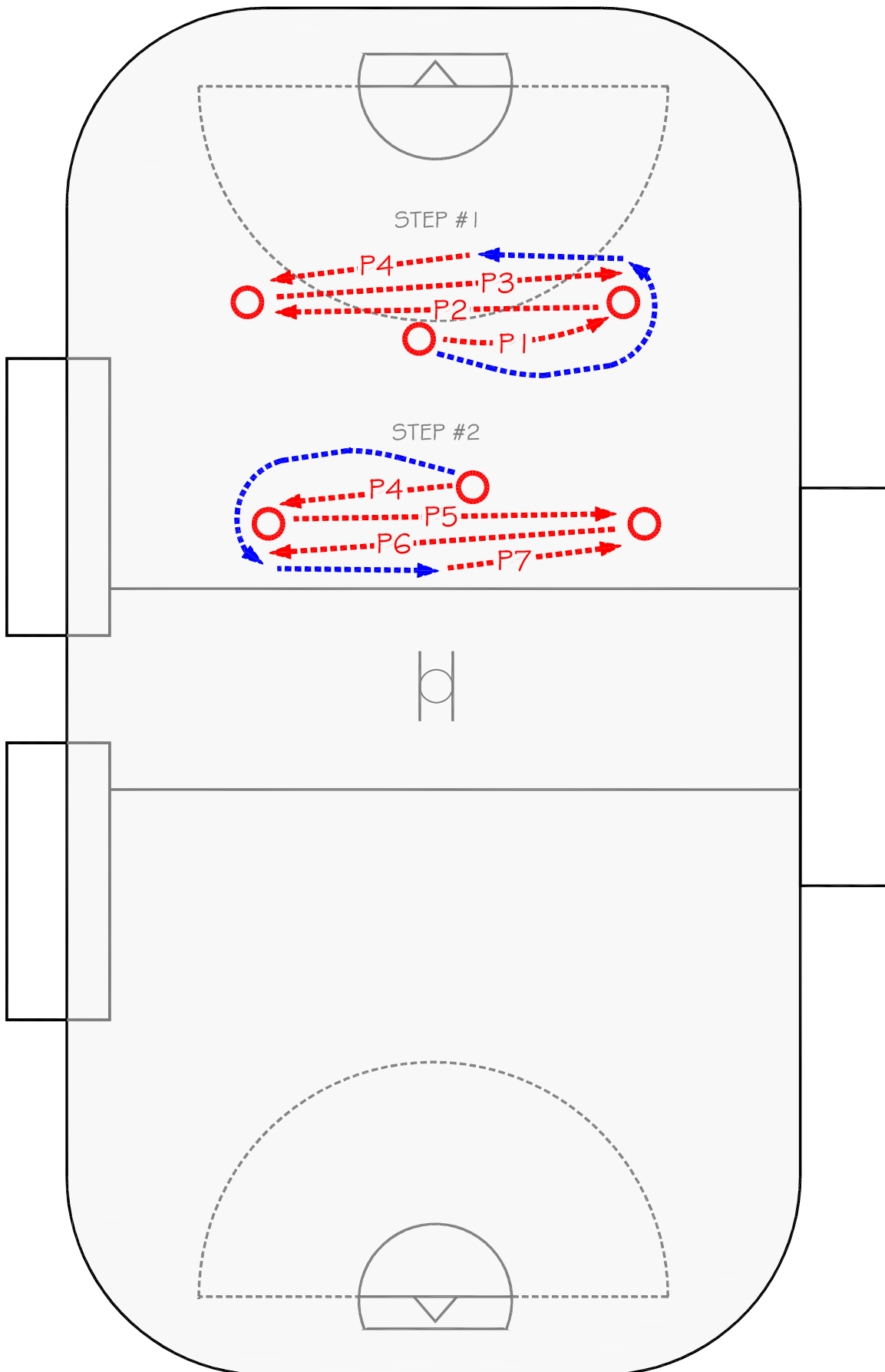
- CALL FOR THE BALL
- BE ALERT
- DO NOT TURN AROUND TO CATCH
- MOVE WITH STICK TO THE INSIDE

WHAT DRILLS TO DO NEXT:

- 2-MAN OUTS
- BASIC BREAKOUT



DRILL: COME AROUND PASSING



NOTE: ALTERNATE PLAYER IN THE MIDDLE

DRILL:
COME AROUND PASSING

DRILL TYPE: PASSING

LEVEL: INTERMEDIATE

PURPOSE:

- TO CATCH AND PASS ON THE MOVE
- TO CATCH AFTER COMING AROUND A PLAYER
 - LOSING SIGHT OF THE BALL
- TO IMPROVE QUICK PASSING AND CATCHING

KEY POINTS:

- CATCH AND PASS QUICKLY
- BRING STICK UP TO THE READY POSITION
- BE ALERT

WHAT DRILLS TO DO NEXT:

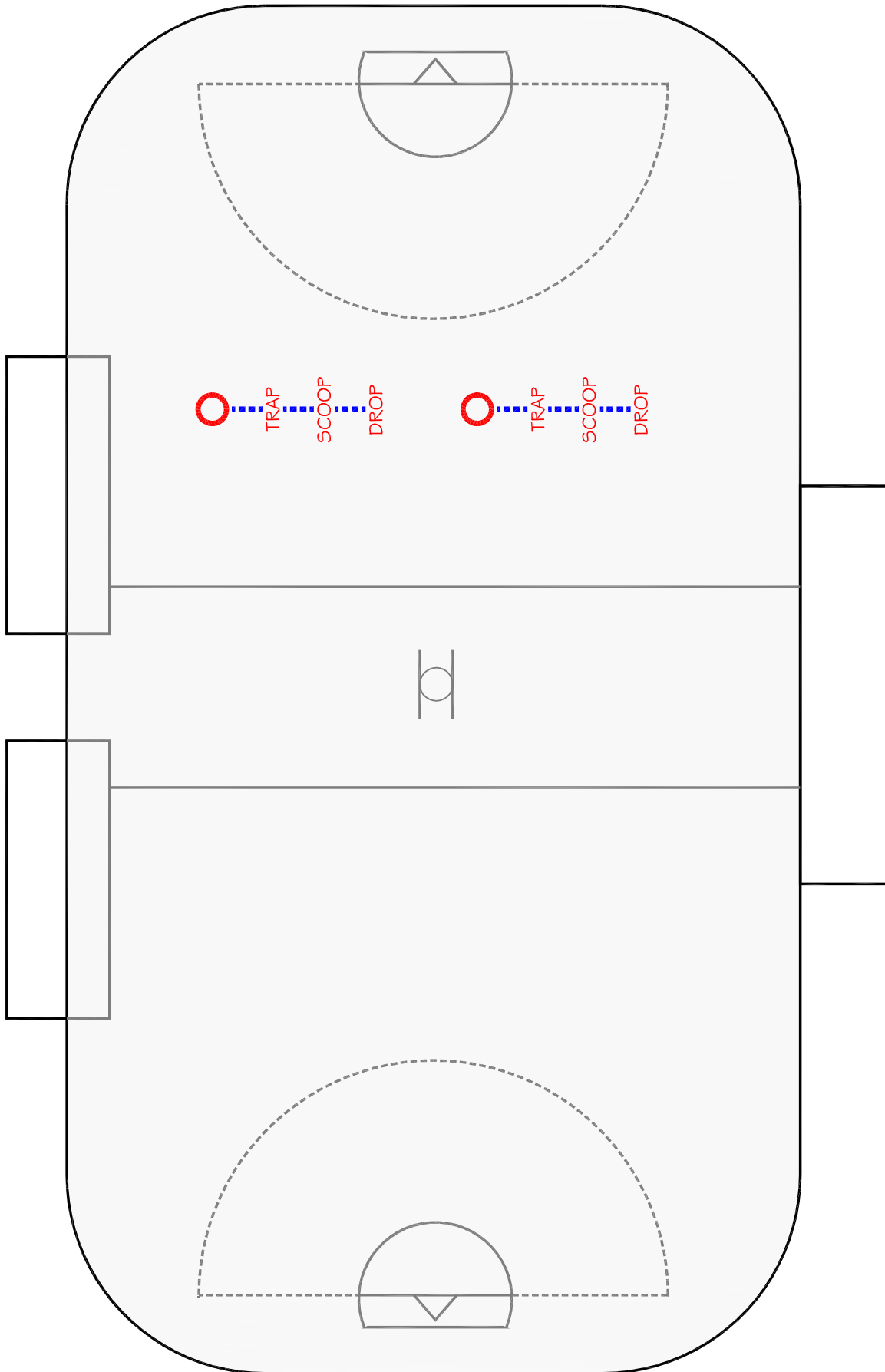
- 5-ON-5
- OFFSIDE PICKS



SCOOPING DRILLS



DRILL:
TRAP & SCOOP



DRILL:
TRAP AND SCOOP

DRILL TYPE: SCOOP

LEVEL: BEGINNER

PURPOSE:

- TO PICK UP THE BALL

KEY POINTS:

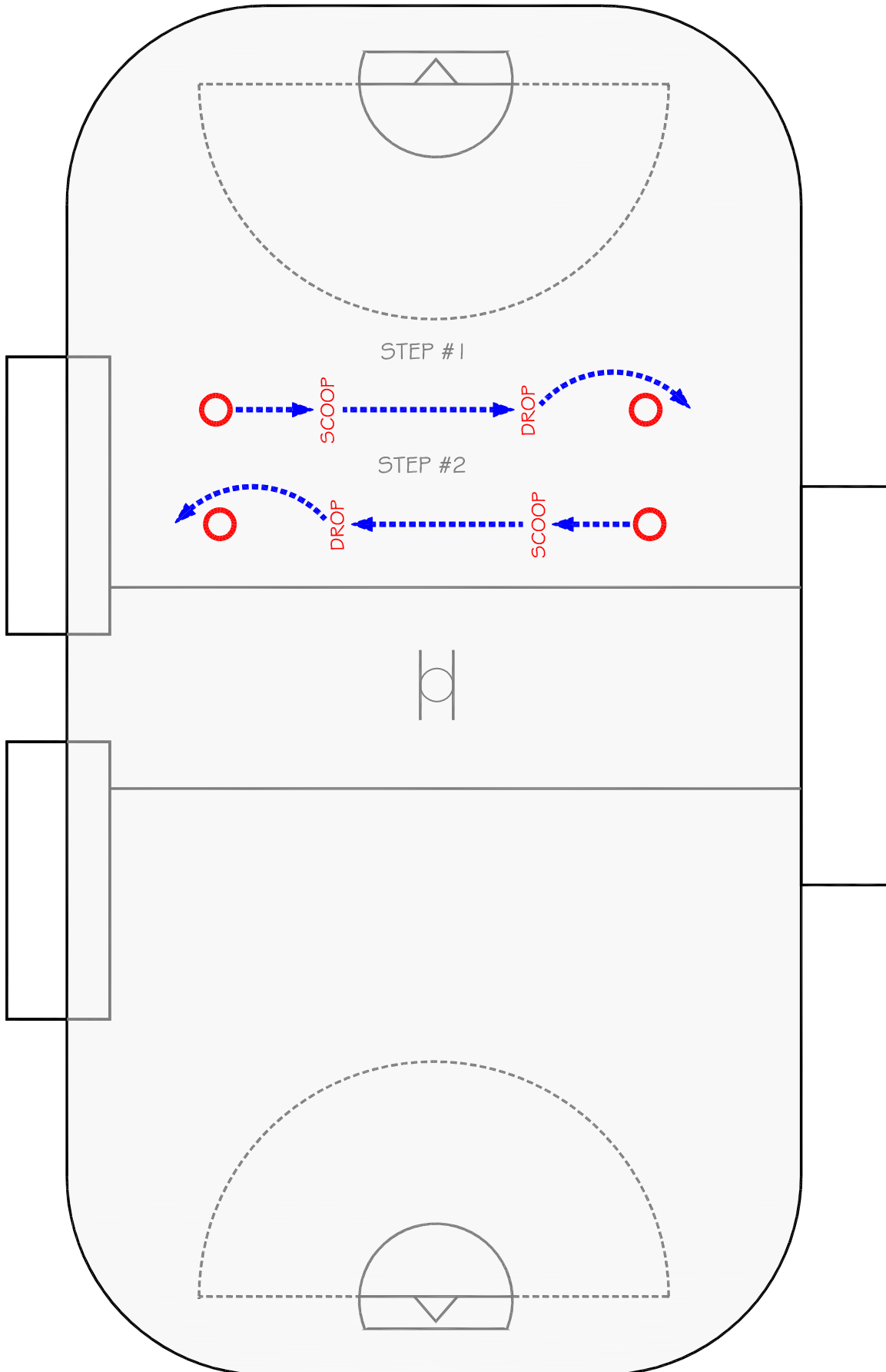
- TRAP TO STOP THE BALL
- GET LOW
- SCOOP THROUGH THE BALL
- BRING STICK UP TO THE READY POSITION

WHAT DRILLS TO DO NEXT:

- MOVING SCOOP
- LOOSE BALL – 1-ON-1



DRILL: MOVING SCOOP



DRILL:
MOVING SCOOP

DRILL TYPE: SCOOP

LEVEL: BEGINNER/INTERMEDIATE

PURPOSE:

- TO PICK UP THE BALL WHILE MOVING

KEY POINTS:

- GET LOW
- SCOOP ON THE MOVE
- SCOOP THROUGH THE BALL
- BRING STICK UP TO THE READY POSITION

WHAT DRILLS TO DO NEXT:

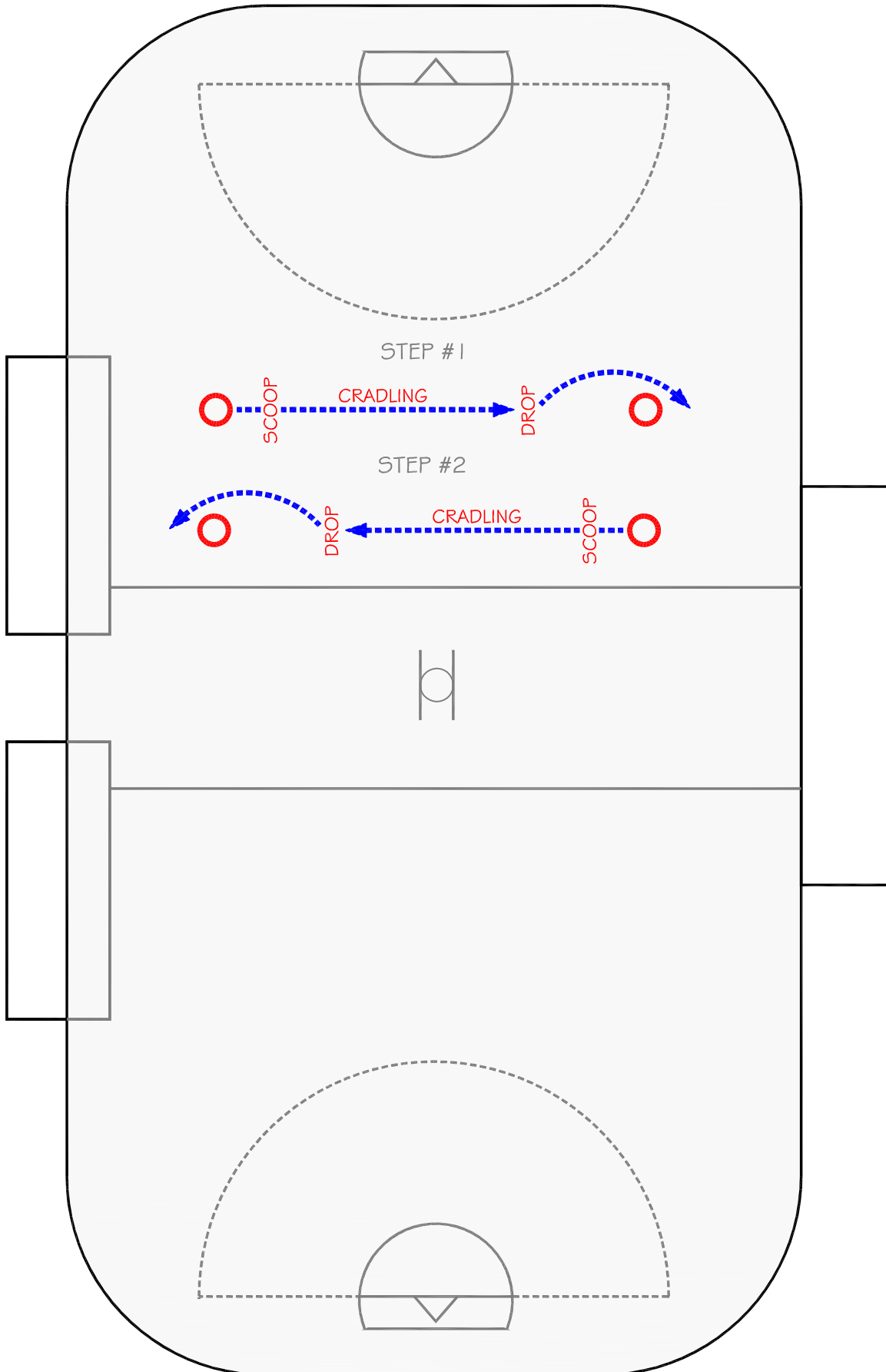
- LOOSE BALL – 1-ON-1
- CRADLING



CRADLING DRILLS



DRILL: CRADLING



NOTE: EITHER DROP ON FLOOR OR INTO PLAYERS STICK

DRILL:
CRADLING

DRILL TYPE: CRADLING

LEVEL: BEGINNER

PURPOSE:

- TO DEVELOP CORRECT CRADLING TECHNIQUE

KEY POINTS:

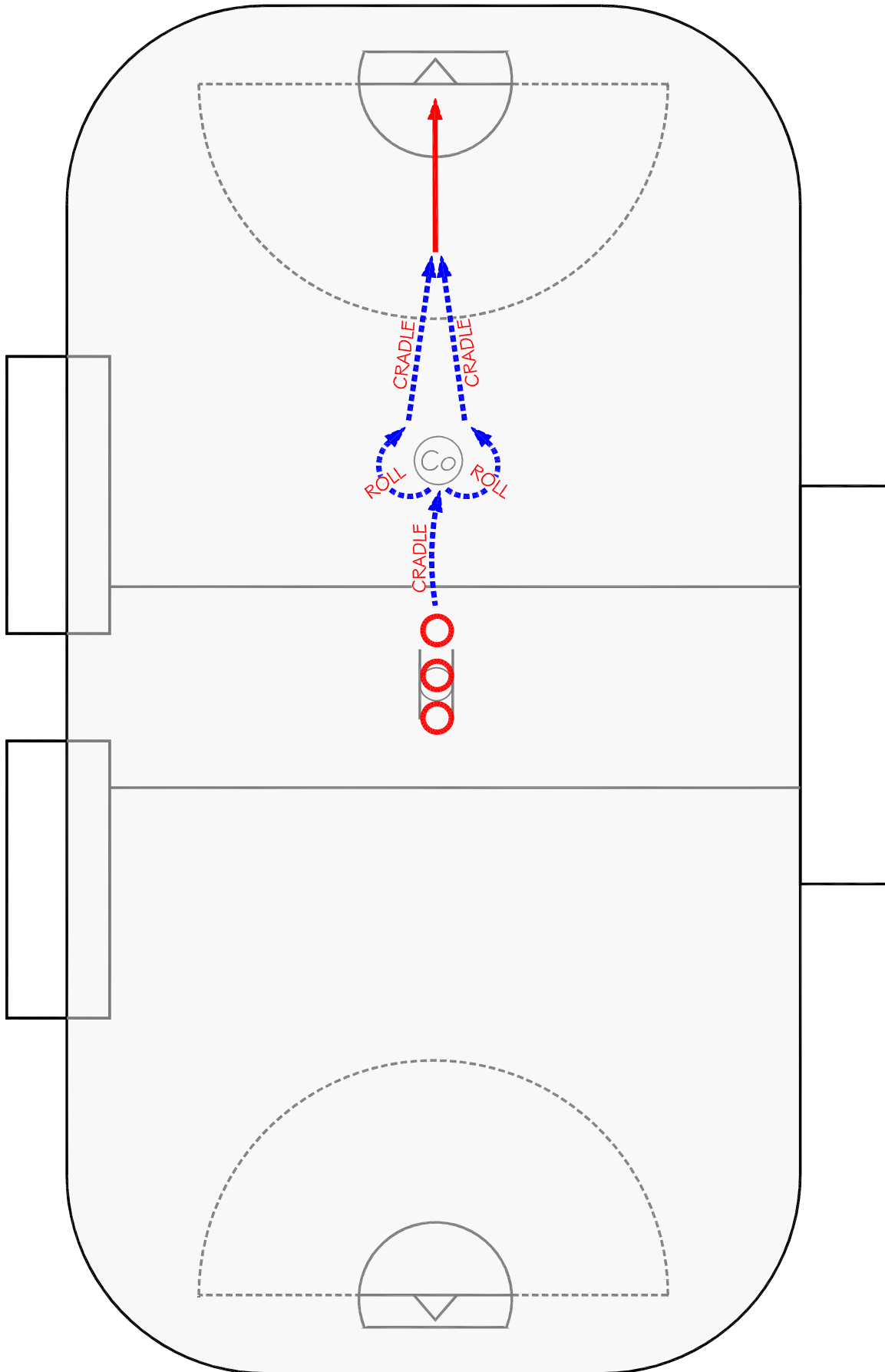
- GET LOW
- SCOOP
- TOP HAND DOES THE WORK
- BOTTOM HAND MAKES 'O' SHAPE
- LOOSE ARMS

WHAT DRILLS TO DO NEXT:

- CRADLE-ROLL
- I-ON-I



DRILL: CRADLE-ROLL



NOTE: ROLL WITH STICK HEAD AWAY FROM DEFENDER

DRILL:
CRADLE-ROLL

DRILL TYPE: CRADLING

LEVEL: BEGINNER/INTERMEDIATE

PURPOSE:

- TO DEVELOP CORRECT CRADLING TECHNIQUE
- TO ROLL TO THE CORRECT SIDE

KEY POINTS:

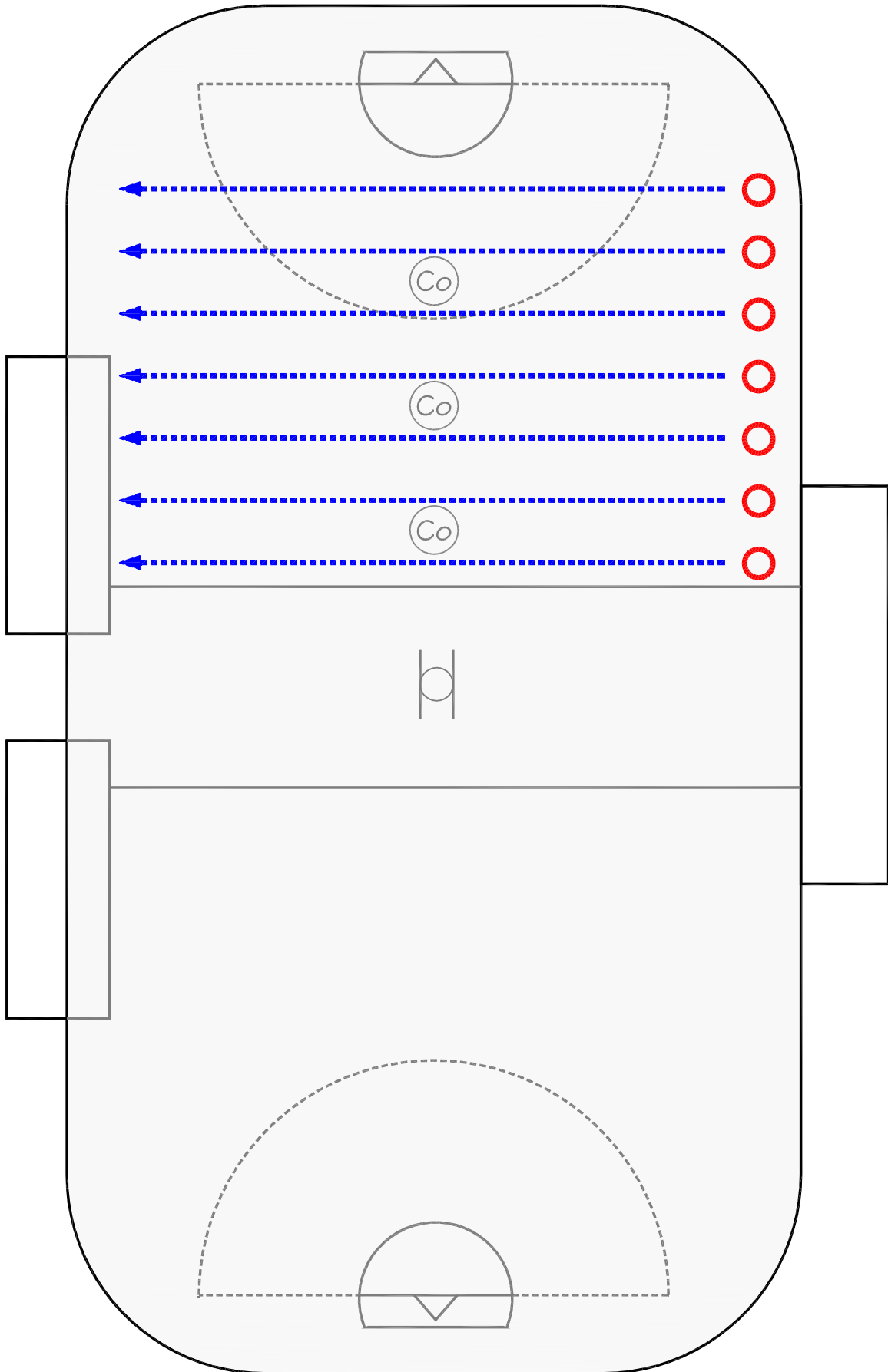
- CRADLE
- INITIATE CONTACT
- ROLL WITH STICK HEAD TO THE OUTSIDE
- CRADLE AND SHOOT

WHAT DRILLS TO DO NEXT:

- 1-ON-1



DRILL:
BRITISH BULLDOG



DRILL:
BRITISH BULLDOG

DRILL TYPE: CRADLING

LEVEL: BEGINNER

PURPOSE:

- TO MOVE WITH THE BALL WHILE AVOIDING CHECKS

KEY POINTS:

- CRADLE
- USE ROLL TO AVOID CHECKS
- RUN

WHAT DRILLS TO DO NEXT:

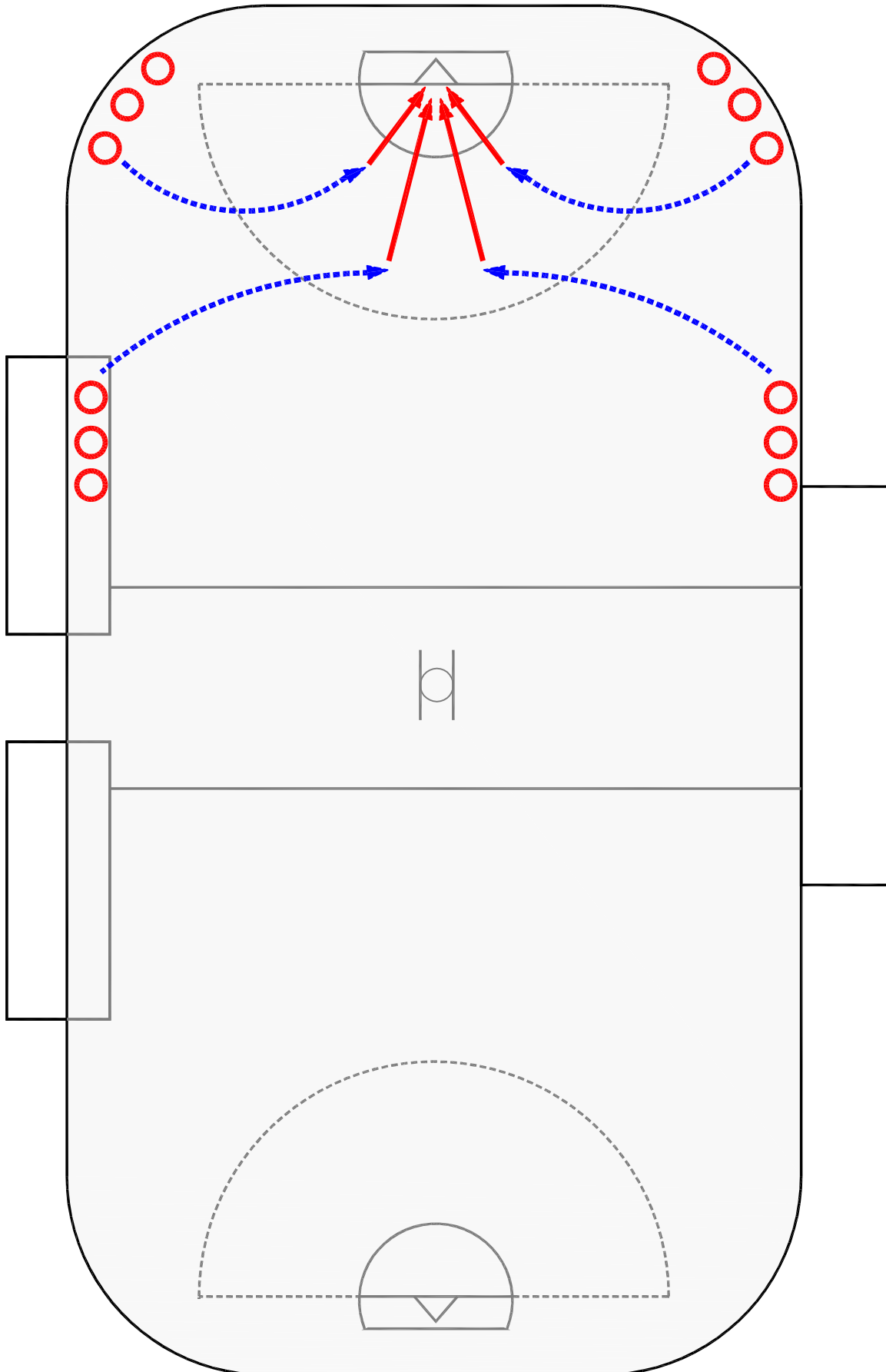
- LOOSE BALL – 1-ON-1
- 1-ON-1



SHOOTING DRILLS



DRILL: SHOOTING - SNAKE



NOTE: ALTERNATE SIDES OF THE FLOOR

DRILL:
SNAKE SHOOTING

DRILL TYPE: SHOOTING AND GOALIE IMPROVEMENT

LEVEL: BEGINNER

PURPOSE:

- TO CUT
- TO SHOOT
- TO PROMOTE GOALIE REACTION AND ADJUSTMENT

KEY POINTS:

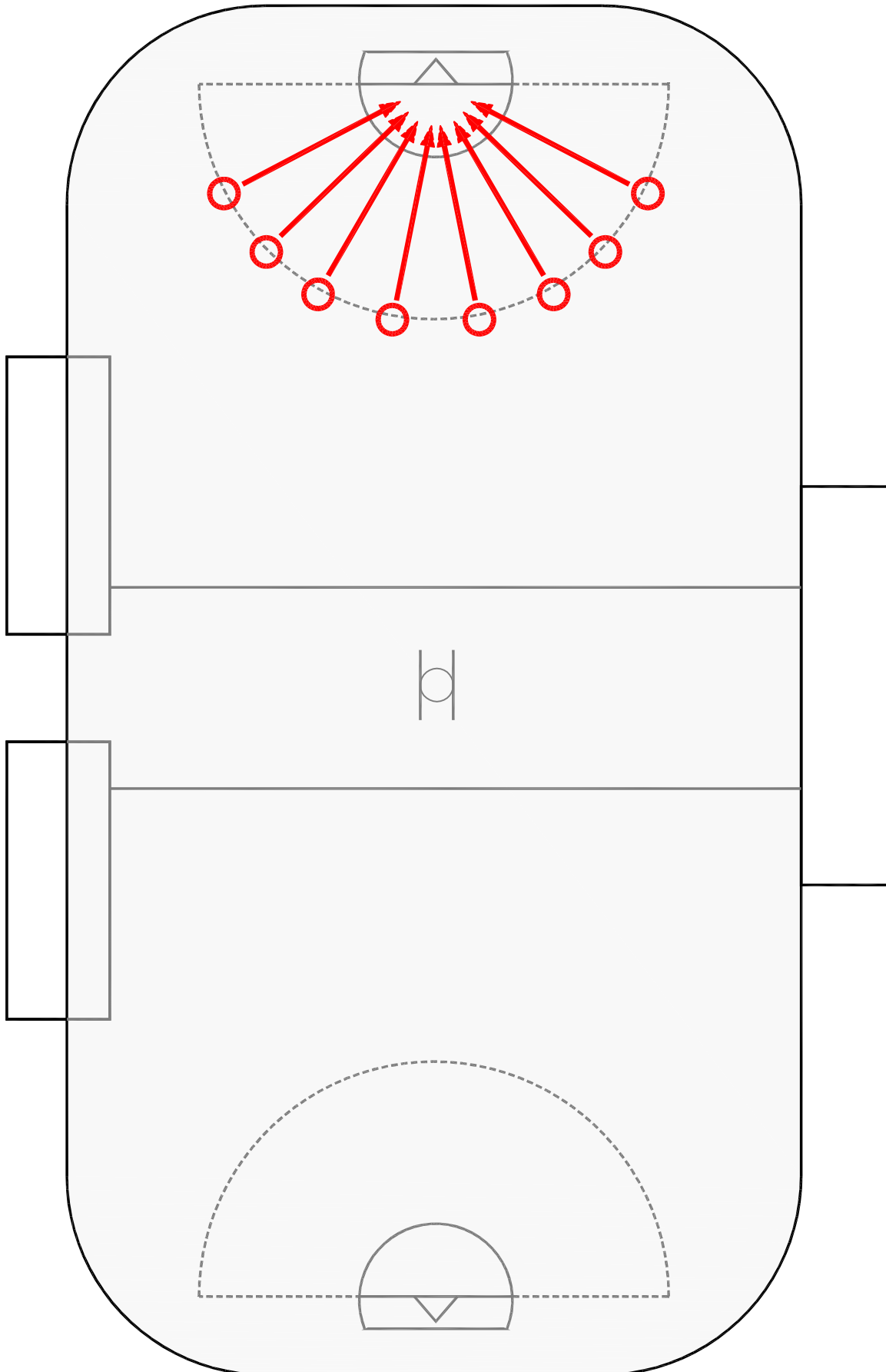
- CUT TO THE NET
- SHOOT
- GOALIE NEEDS TO ADJUST QUICKLY TO THE NEXT SHOOTER

WHAT DRILLS TO DO NEXT:

- OFFSIDE PICKS
- 1-ON-1



DRILL: AROUND THE 24



NOTE: START FROM ONE SIDE AND WORK AROUND

DRILL:
AROUND THE 24

DRILL TYPE: SHOOTING

LEVEL: BEGINNER

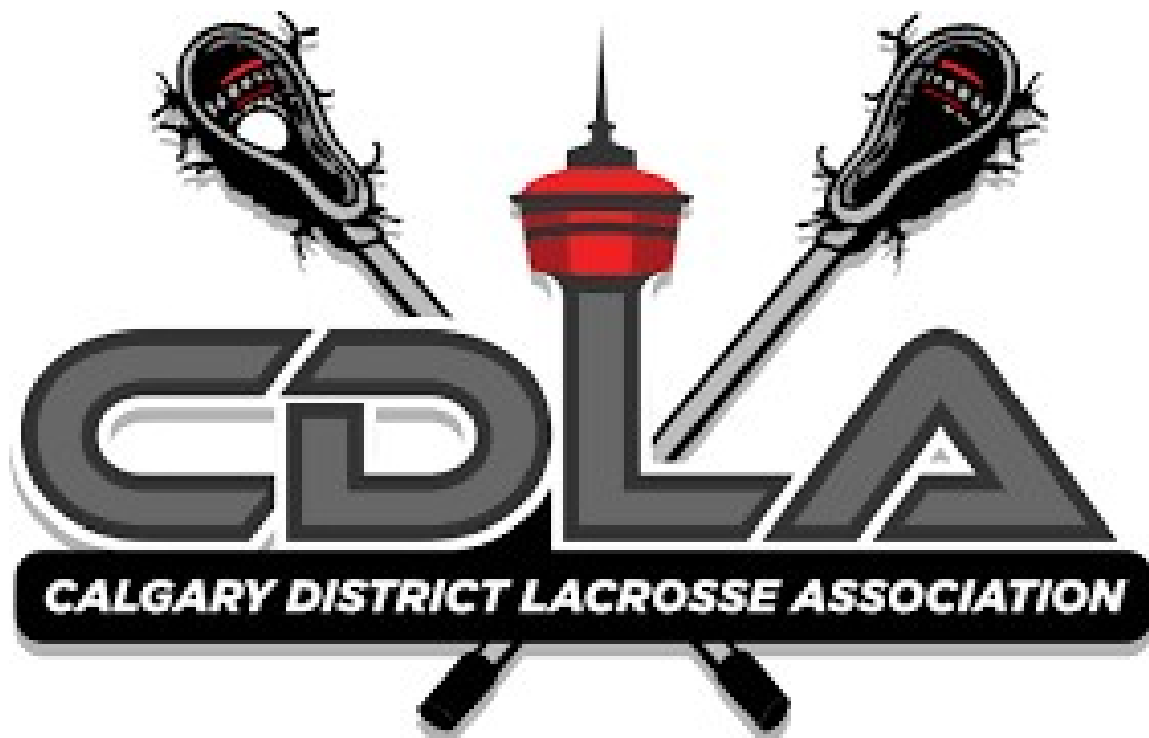
PURPOSE:
• TO SHOOT ON NET

KEY POINTS:
• HIT THE NET
• SHOOT HARD
• SHOOT FROM DIFFERENT ANGLES

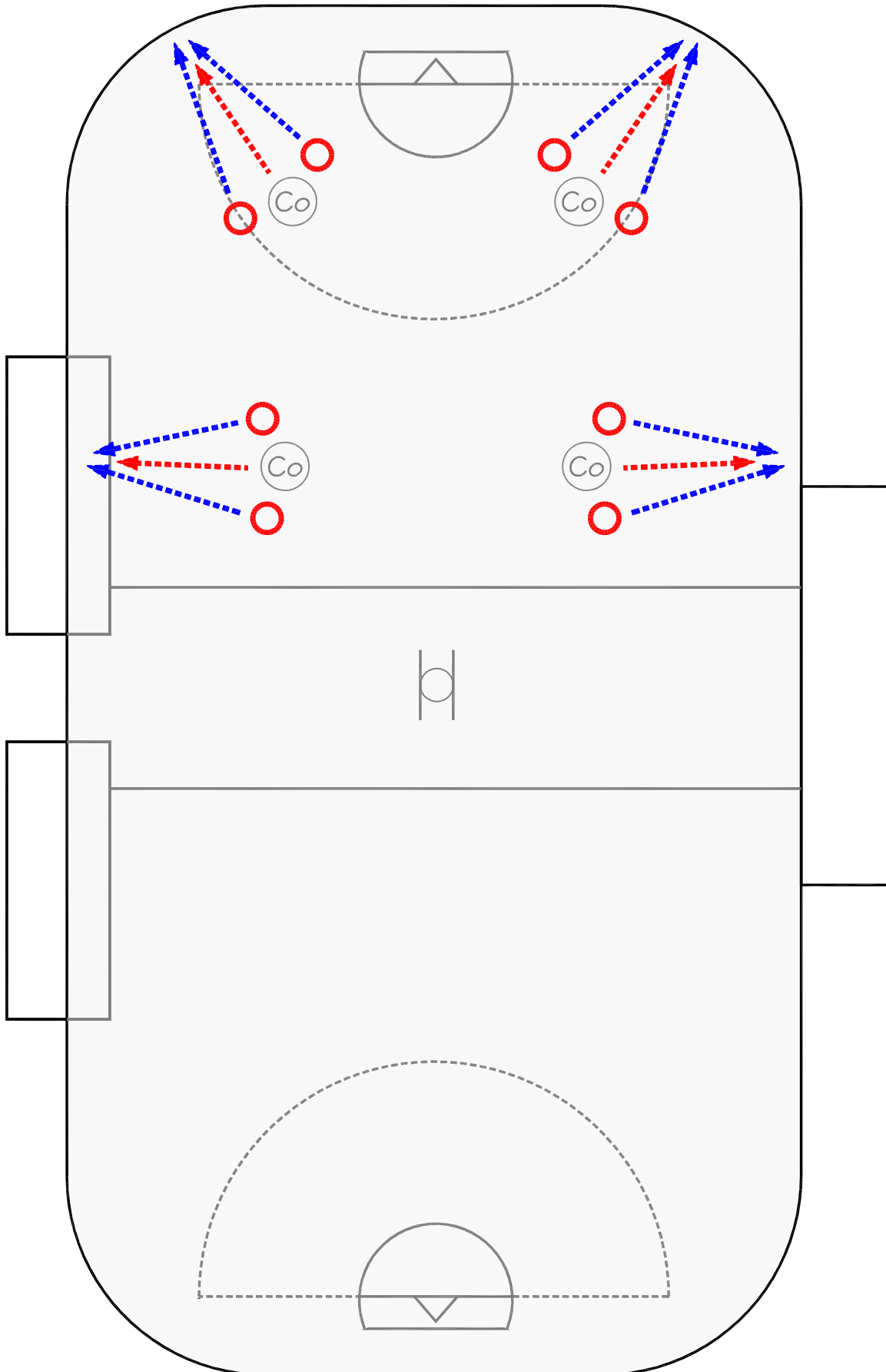
WHAT DRILLS TO DO NEXT:
• 5-STAR
• PASS DOWN – PASS ACROSS
• JERRY DRILL



GAME SKILLS DRILLS



DRILL:
LOOSE BALL - ONE ON ONE



NOTE: ALTERNATE STARTING LOCATIONS ON FLOOR

DRILL:
LOOSE BALL 1 ON 1

DRILL TYPE: OFFENSIVE/DEFENSIVE

LEVEL: INTERMEDIATE

PURPOSE:

- TO DEVELOP BALL RETRIEVING SKILLS
- TO BATTLE WITH OTHER PLAYERS FOR LOOSE BALLS

KEY POINTS:

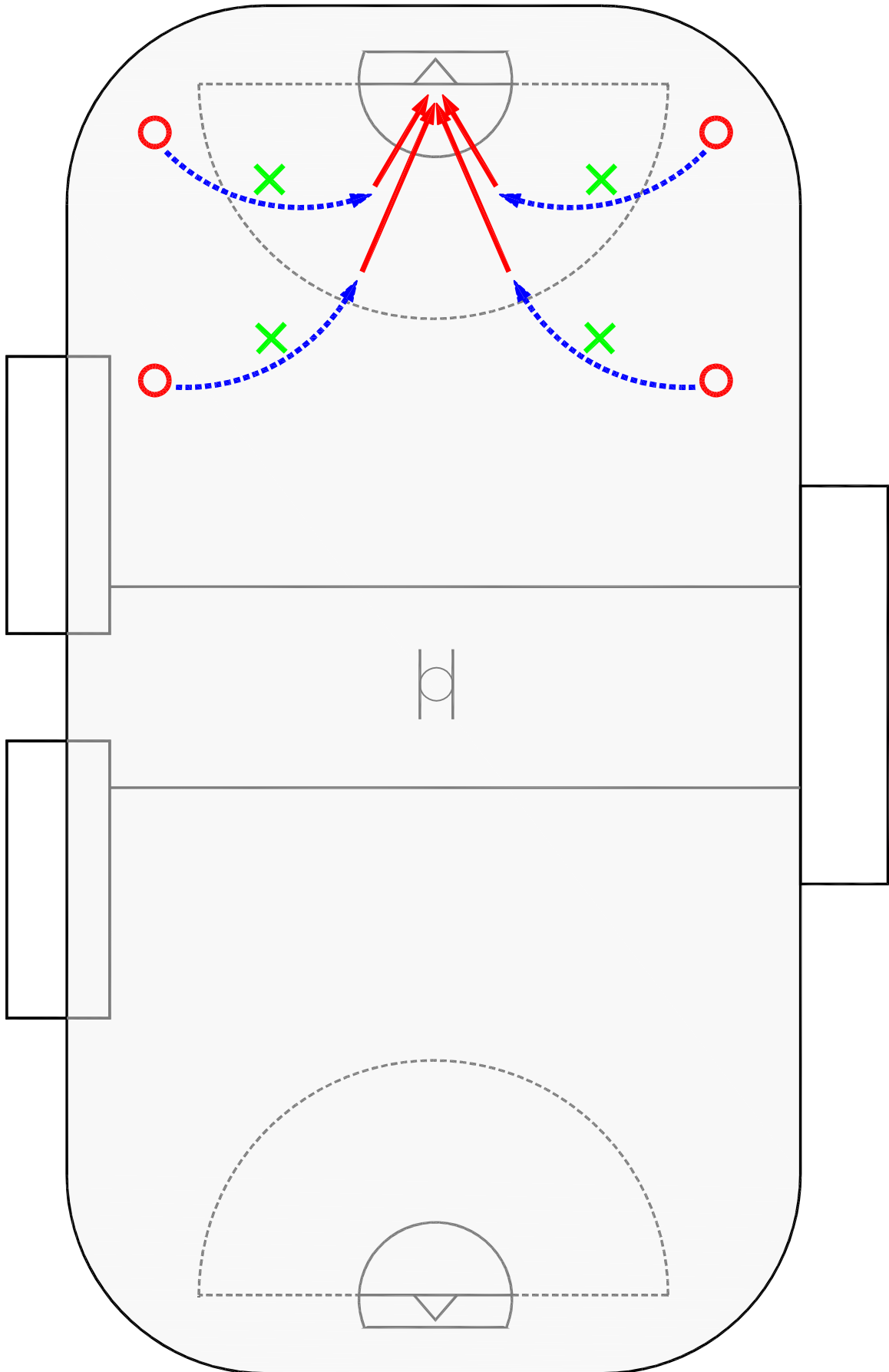
- USE THE BODY TO PROTECT THE BALL
- SCOOP AND RUN
- EITHER PASS TO THE COACH OR TAKE A SHOT ON THE NET
- PLAY THE BALL (DO NOT CROSS-CHECK OTHER PLAYER)
- MOVE TO DIFFERENT SPOTS ON THE FLOOR
- 2-ON-2 IS ALSO AN OPTION

WHAT DRILLS TO DO NEXT:

- 1-ON-1
- 2-ON-2
- 3-ON-2-ON-1



DRILL:
ONE ON ONE



NOTE: ALTERNATE STARTING LOCATIONS ON FLOOR

DRILL:
1 ON 1

DRILL TYPE: OFFENSIVE/DEFENSIVE

LEVEL: INTERMEDIATE

PURPOSE:

- TO ATTACK THE NET
- TO STAY BETWEEN AN OFFENSIVE PLAYER AND THE NET

KEY POINTS:

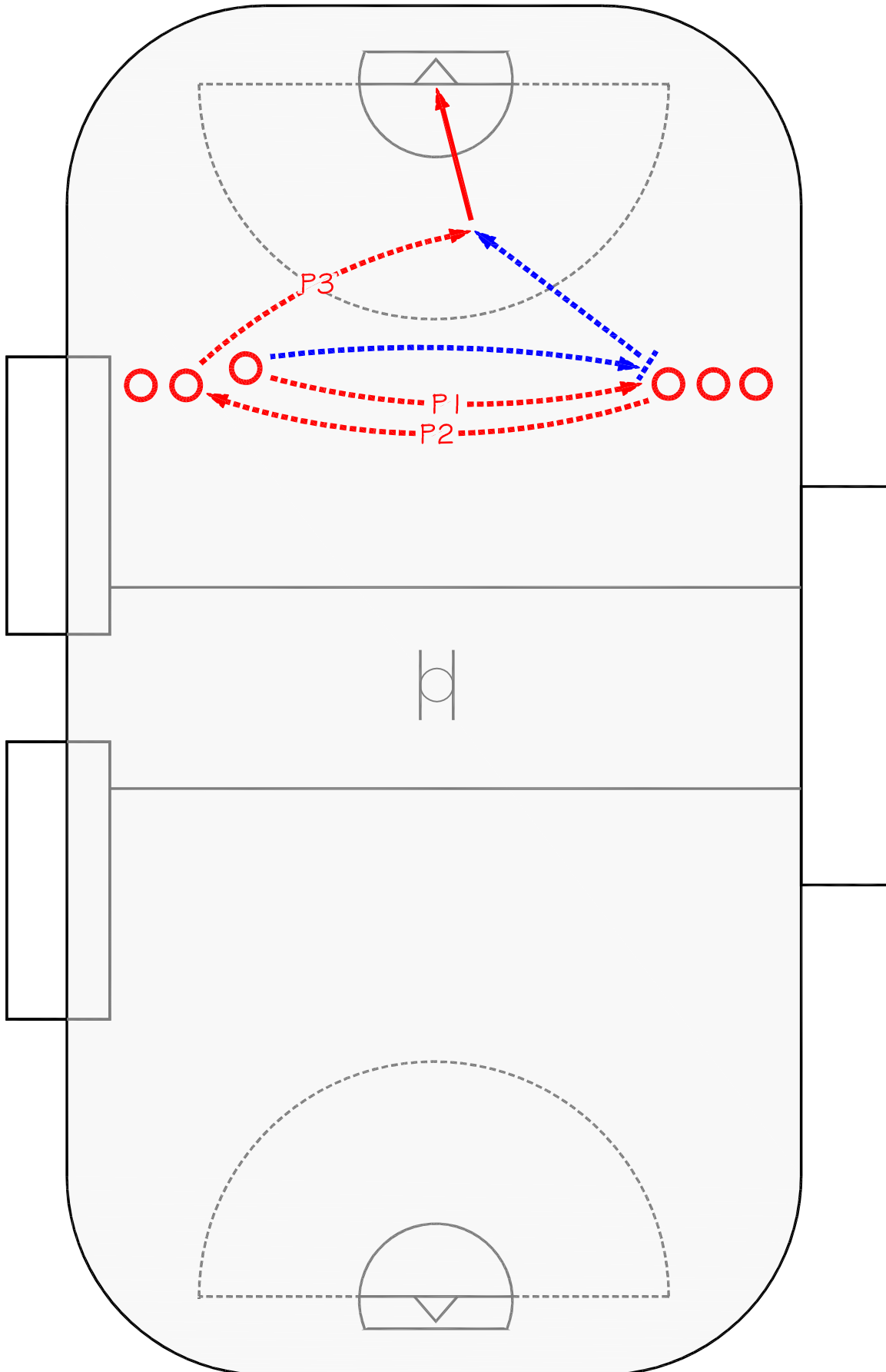
- QUICKLY DRIVE TO THE NET
- NO STOPPING
- NO LUNGING OUT
- USE FOOT SPEED AND BODY TO STOP OFFENSIVE PLAYER
- STAY ON THE PROPER SIDE OF THE FLOOR

WHAT DRILLS TO DO NEXT:

- 2-ON-2 (ON-BALL)
- 2-ON-2 (OFF-BALL)



DRILL: OFFSIDE PICKS



NOTE: ALTERNATE SIDES CONSTANTLY

DRILL:
OFFSIDE PICKS

DRILL TYPE: OFFENSIVE

LEVEL: INTERMEDIATE

PURPOSE:

- TO WORK ON PICK AND ROLLS
- TO SWING THE BALL FROM SIDE-TO-SIDE
- TO SHOOT QUICKLY AFTER CATCHING A PASS

KEY POINTS:

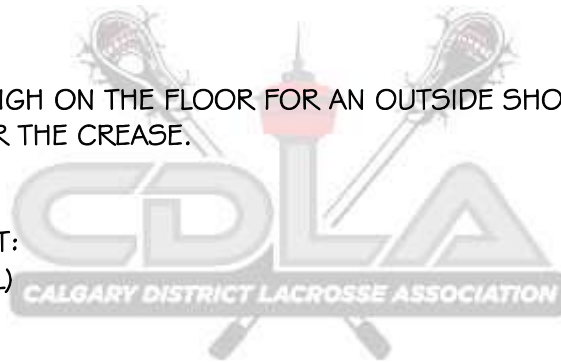
- MAKE SLIGHT CONTACT WHEN SETTING PICK
- ROLL WITH STICK HEAD COMING OVER THE TOP
- QUICK PASSES
- QUICK SHOTS

NOTE:

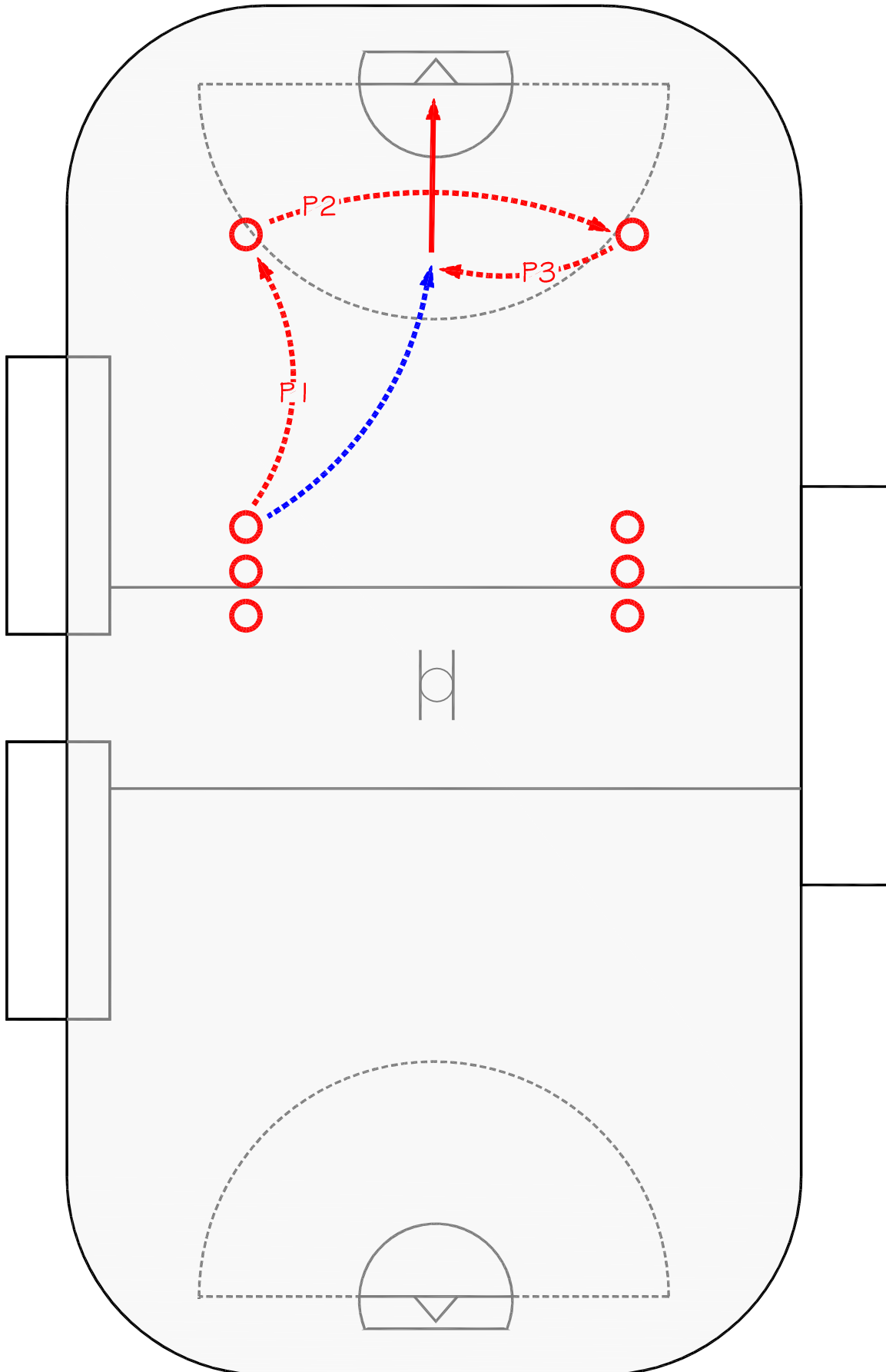
THE DRILL CAN BE RUN HIGH ON THE FLOOR FOR AN OUTSIDE SHOT OR LOW ON THE FLOOR FOR A QUICK STICK NEAR THE CREASE.

WHAT DRILLS TO DO NEXT:

- 2-ON-2 (OFF-BALL)
- JERRY DRILL
- 5-ON-5



DRILL:
PASS DOWN - PASS ACROSS



NOTE: ALTERNATE SIDES CONSTANTLY

DRILL:

PASS DOWN – PASS ACROSS

DRILL TYPE: PASSING, CATCHING, AND SHOOTING

LEVEL: BEGINNER/INTERMEDIATE

PURPOSE:

- TO PASS ON THE MOVE
- TO CATCH ON THE MOVE
- TO INTRODUCE CUTTING
- TO INCORPORATE SHOOTING INTO DRILL

KEY POINTS:

- CALL FOR THE BALL
- MOVE TOWARDS THE PLAYER WHEN PASSING
- CATCH ON THE MOVE
- CUT TO THE NET
- SHOOT

WHAT DRILLS TO DO NEXT:

- OFFSIDE PICKS
- I-ON-I

