



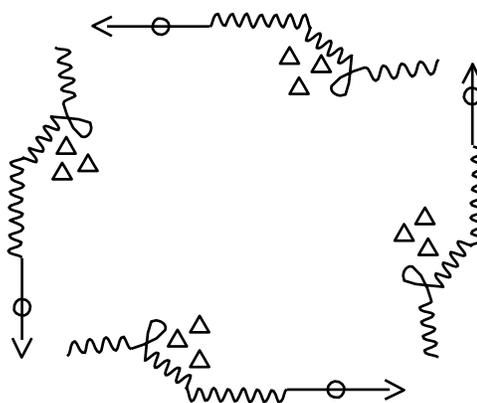
1. WARM UP GAME / AGILITIES / FOOTWORK

- i. Single steps
- ii. Double steps (change leading leg)
- iii. Crossovers (face sideways, LEFT leg leads)
- iv. Crossovers (face sideways, RIGHT leg leads)
- v. In, in, out, out
- vi. Hopscotch – double out, double in
- vii. Hopscotch – double out, single in

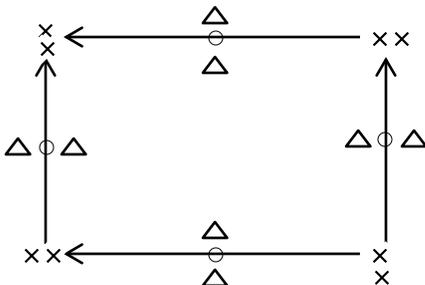
2. DRIBBLING SKILLS–CURLS LEFT/STRONG STICK

Continuous drill. The first person in each line will start with a ball

As players progress, minimize the number of steps they take while curling.



3. PASSING & RECEIVING



Focus: Receptions from left to right (pass and follow your pass)
There will be 2 balls going at once. They will start in opposite corners

The players receiving the ball will watch the ball onto their stick, letting the ball cross their body on the reception. Make sure that the player receiving the ball is facing towards the passer and their feet are facing straight ahead.

4. DEFENSE

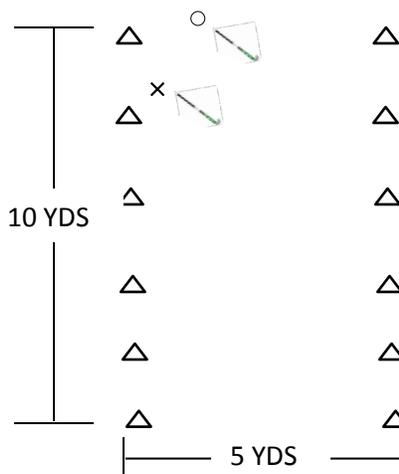
Focus: Stay in contention

“X” = DEFENDER

-always keep themselves between ball carrier and the goal

-works on a quick defensive footwork & low body position

“O” = ATTACKER



1. COACH TIPS

Use player sticks on the ground set up like a ladder on the ground. Use each space between the sticks like a rung of a ladder for each agility. See coach tips attached.

2. COACH TIPS

Make sure the players start dribbling to the left of the cone and change the ball position from 2 o'clock (dribbling position) to 12 o'clock so the ball is out in front and it is easier to curl.

5. SKILLS GAME

MINI GAME: Make a field about 25 X 30 yards using 2 cones (1 yard apart) per goal. Have multiple goals spread randomly throughout the grid. Teams can score in any goal just not the same goal twice in a row.

Variations: (1) Goal = “shoot” through the cones (2) goal = pass to teammate through cones (3) goal = dribble with control through cones