



## 1. WARM UP GAME / AGILITIES / FOOTWORK

## 2. STATIONARY PASSING: THE SWEEP HIT

Have players practice their sweep hit against the cement wall about 10 yards away

Break down of the sweep hit will be found on the attached “Notes Sheet”

If players have already had coaching and practice with this skill, they can skip the part where they are on their knees.

Make sure the ball is rolled straight ahead and the player’s learn the proper footwork

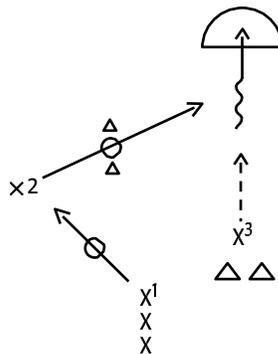
## 3. PASSING & RECEIVING

Passing the ball into space for a teammate

Encourage the player running into space to have their stick close to the ground but keep their toes facing forward

Pass and follow your pass

Encourage players to send a paced pass into space

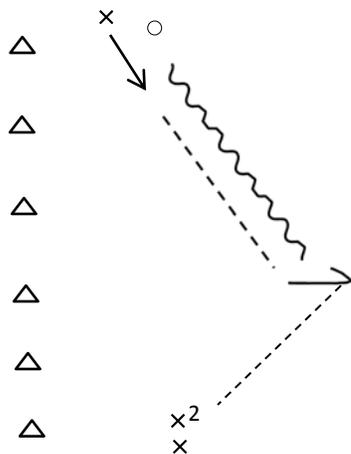


## 4. DEFENSE

Focus: Double Team

Same as the channeling drill, except another defender is added for the double team.

X2 will close time and space towards the RIGHT side of the cones when “0” is being channeled. X2 will make a low flat stick tackle with stick angle facing the turf. X2 should be yelling “double” so that X1 knows they have support coming.



Make sure X2 (defender) does not get in the double team position too early. The timing of the tackle is important

## 2. COACH TIPS

Ball position can help improve accuracy. If the ball is too far in front, the ball may travel too far left and if the ball is too far behind, the ball may travel too far right

## 3. COACH TIPS

Ensure that X2 sends a paced pass on an angle that is ahead of X3. X3 should keep toes facing forward and continue to be in motion as they receive the pass. They will then turn their feet around to make their pass or shot into the net.

## 5. SKILLS GAME

MINI GAME: make a field about 25 X 30 yards using two 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.