

CDLA coaching mentorship 2019

By Rockyview Knights

Novice age development

80% Basic skills in a fun, focused way

20% Basic game play, good habits

-Fun/competitive drills

-Primary focus: individual fundamental skills

-secondary focus: cuts and picks, basic checking

Novice Age practice plan

One hour practices should be broken down into a similar format

15 minutes passing and catching drills

15 minutes shooting drills

15 to 20 minutes game skills drills

5-10 minutes systems drills (coaches Picks)

5 minutes funs finish to practice

Warm up/Skill development

The warm up should be a consistent part of every practice. It should include 2 basic parts and should take approximately 30 minutes of each practice. We want players to have a chance to make sure their stick are working properly. 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 reduce the chance of injury during the activity. The second part 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, have players jog and stretch 10 minutes before practice this saves time on floor and increase the time with balls in the sticks.

-encourage players to fix sticks before practice or at home, so they are not wasting time on the floor.

-generally, keep the drills consistent so players can get started right away and are familiar with the drills (only change one or 2 drills every few practices)

-Encourage attention to detail and consistency in the proper execution of drills. Think of key points that players and coaches should pay attention to.

-adjust drills to the level of your players by encouraging specific outcomes or adding elements such as sprint to a line after a shot of a mock defender to work around.

Passing and catching 15 minutes

5 minutes wall ball every practice

Stationary 2 man passing

Stationary 3 man passing

Snake wall ball drill

Open floor Shuttle drill

4 corner passing

Shooting drills 15 minutes

Shoot around the 24

Snake shooting drill

Give and go (pass down pass across then shot on net)

Offside pick and role

4 corners pick and 2 shot drill Jerry drill high

4 corner pick and 2 shot drill Jerry drill low

Shoot over a pick/defender (pass and seal)

Run and swing

Game Skills drills 15 – 20 minutes

Loose ball in corner then shot

2 man loose ball battle, the one on one for shot

2 one 1 from center

Loose ball 4 stations no shots

One on one 4 corners

Face dogging one on one

2 on 2, on ball

2 On 2 off ball

Coaches pick 10 minutes

Defensive positioning

-man on man

-Zone defence

How to check properly

-cross check, elbows down and mid chest, never on the back/numbers

- No slashing

-Get in front of player

Offensive positioning

-lefties on right side floor, righties on left side floor/ IE sticks to the middle of the floor

-floor balance

Face-offs and positioning on floor

Short scrimmages

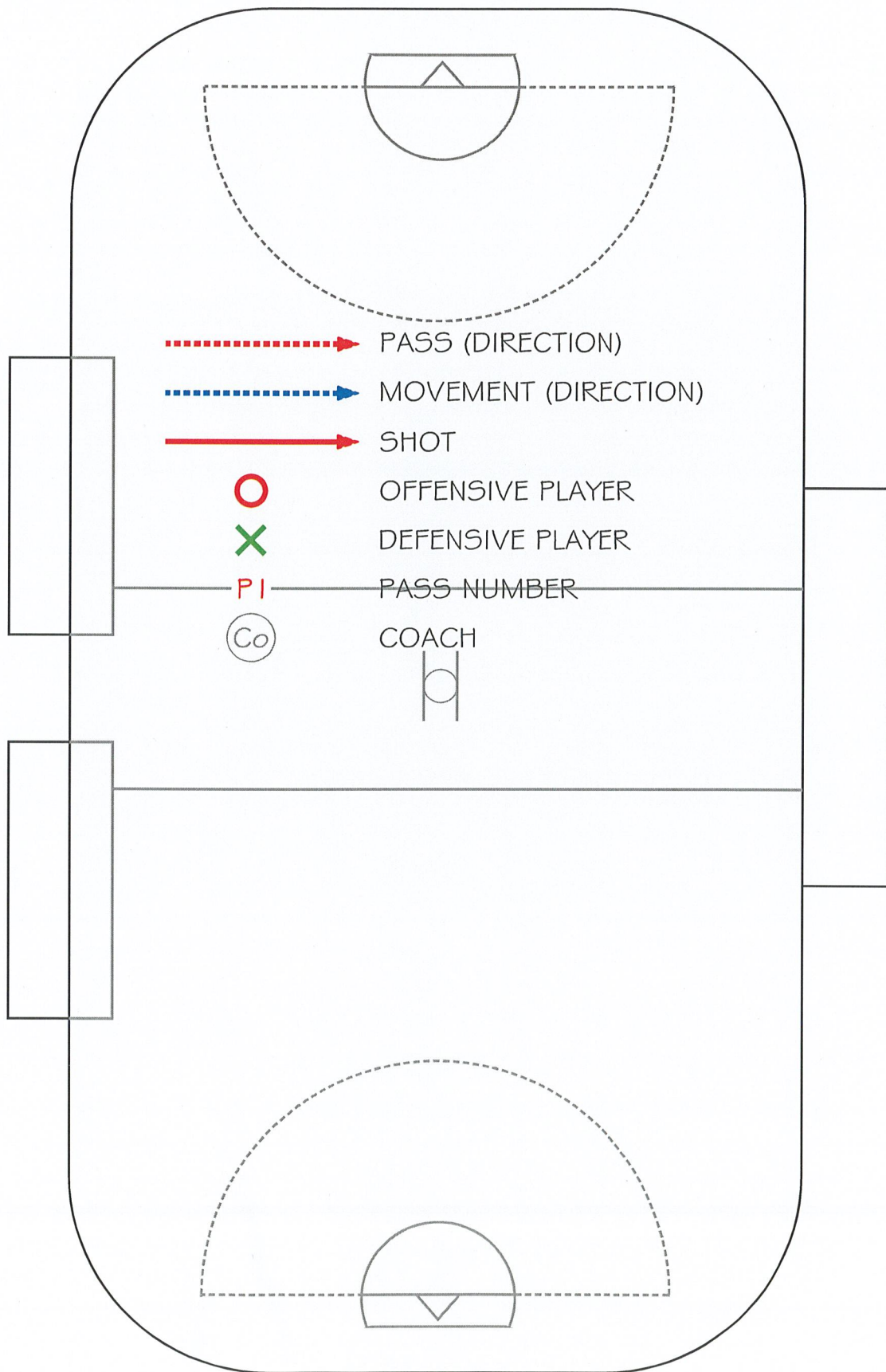
Finish practice with a fun drill

Break away challenge

Bull dog across the floor

6 pack shots

DRILL: LEGEND



DRILL:
WALL BALL

DRILL TYPE: FUNDAMENTAL PASSING AND CATCHING

LEVEL: BEGINNER

PURPOSE:

- TO IMPROVE PASSING AND CATCHING
- TO ENSURE PROPER TECHNIQUE

KEY POINTS:

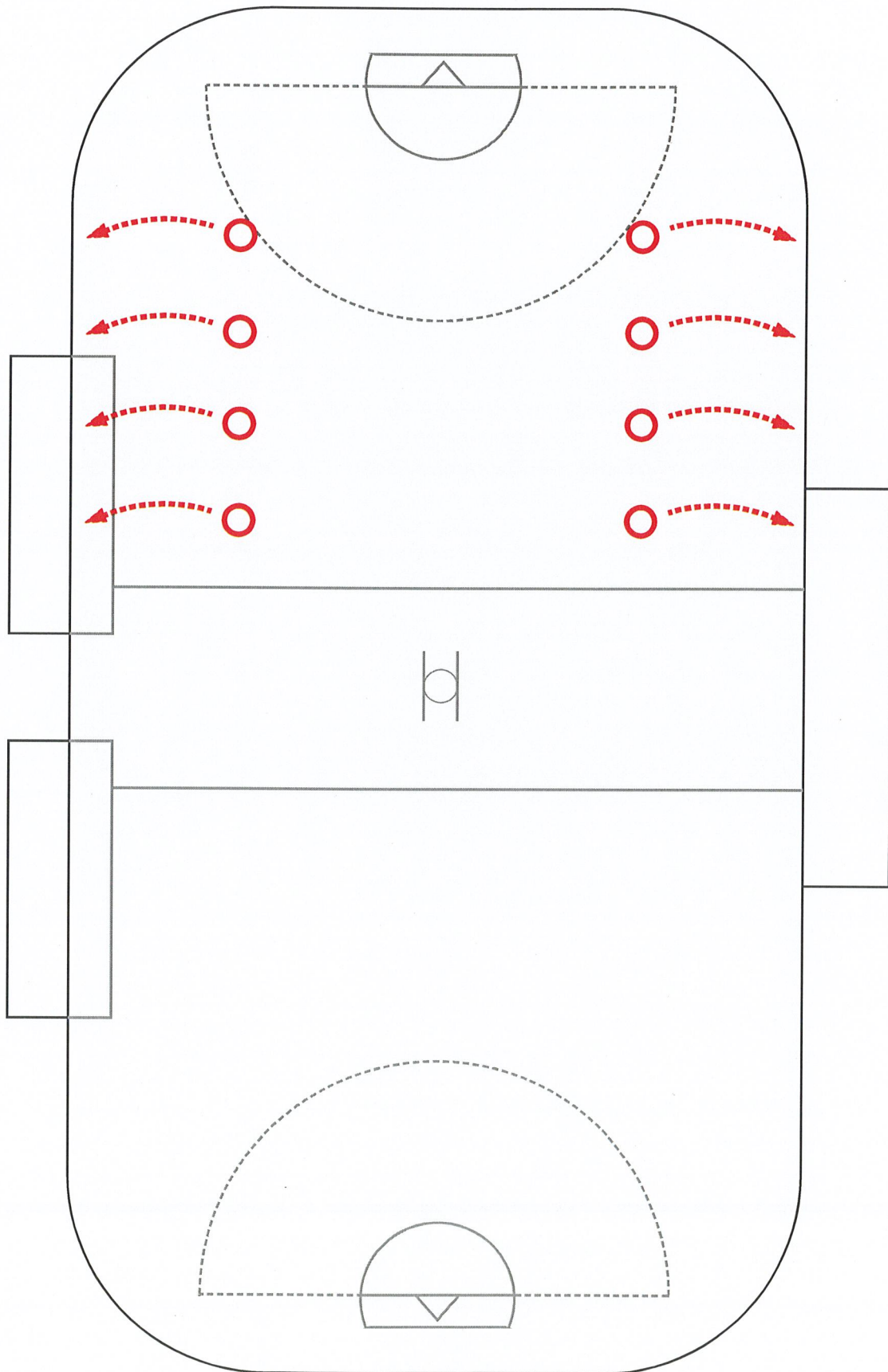
- AIM (PICK A SPOT ON THE WALL AND TRY TO HIT IT)
- FOLLOW THROUGH
- TURN BODY (LIKE THROWING A BASEBALL)
- KEEP STICK IN FRONT OF BODY
- CUSHION THE BALL WHEN RECEIVING

WHAT DRILLS TO DO NEXT:

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



DRILL: WALL BALL



NOTE: ENSURE PLAYERS USE SIDE BOARDS NOT END BOARDS

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

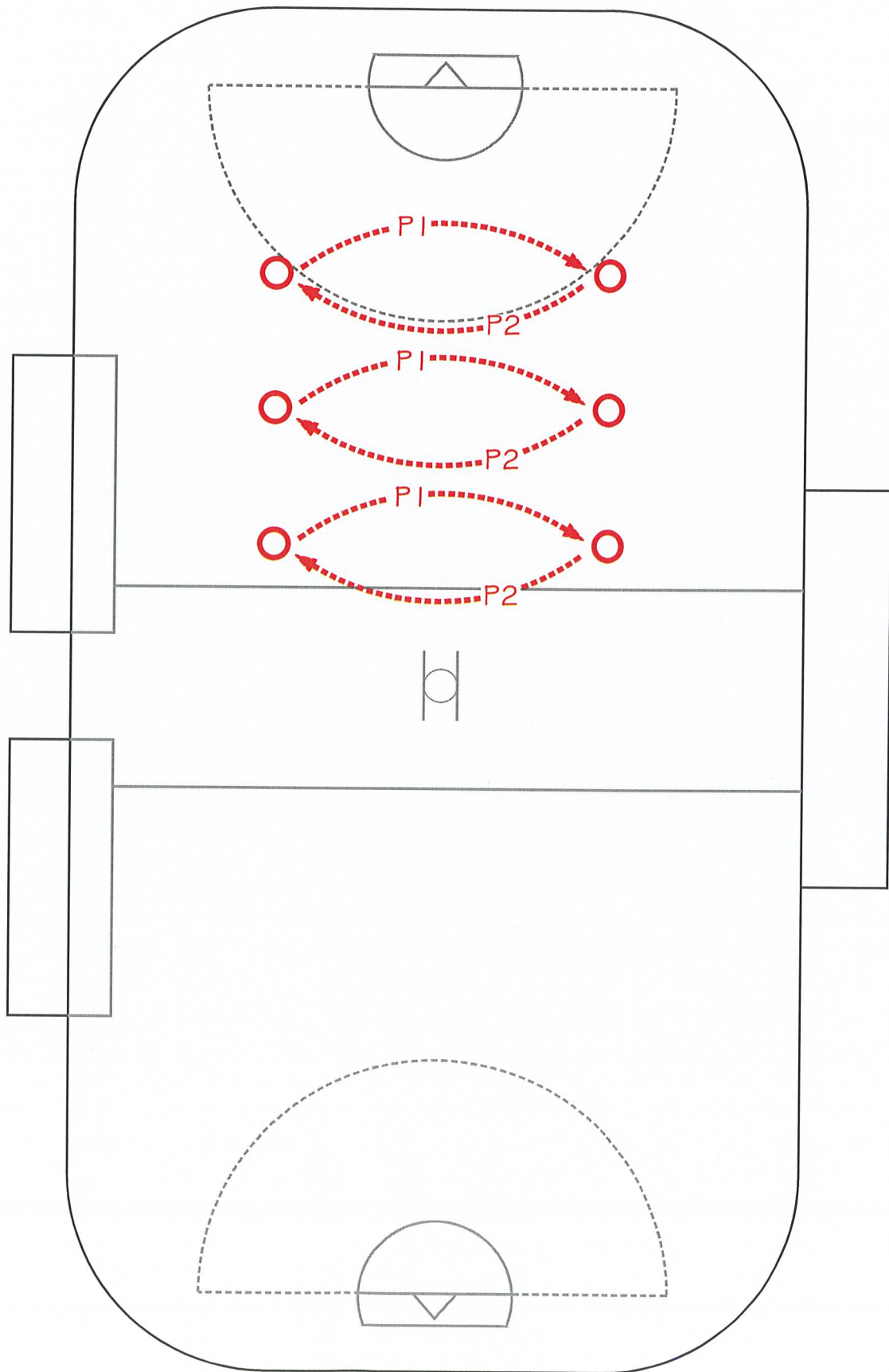
KEY POINTS:

- 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:
2-MAN PASSING



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

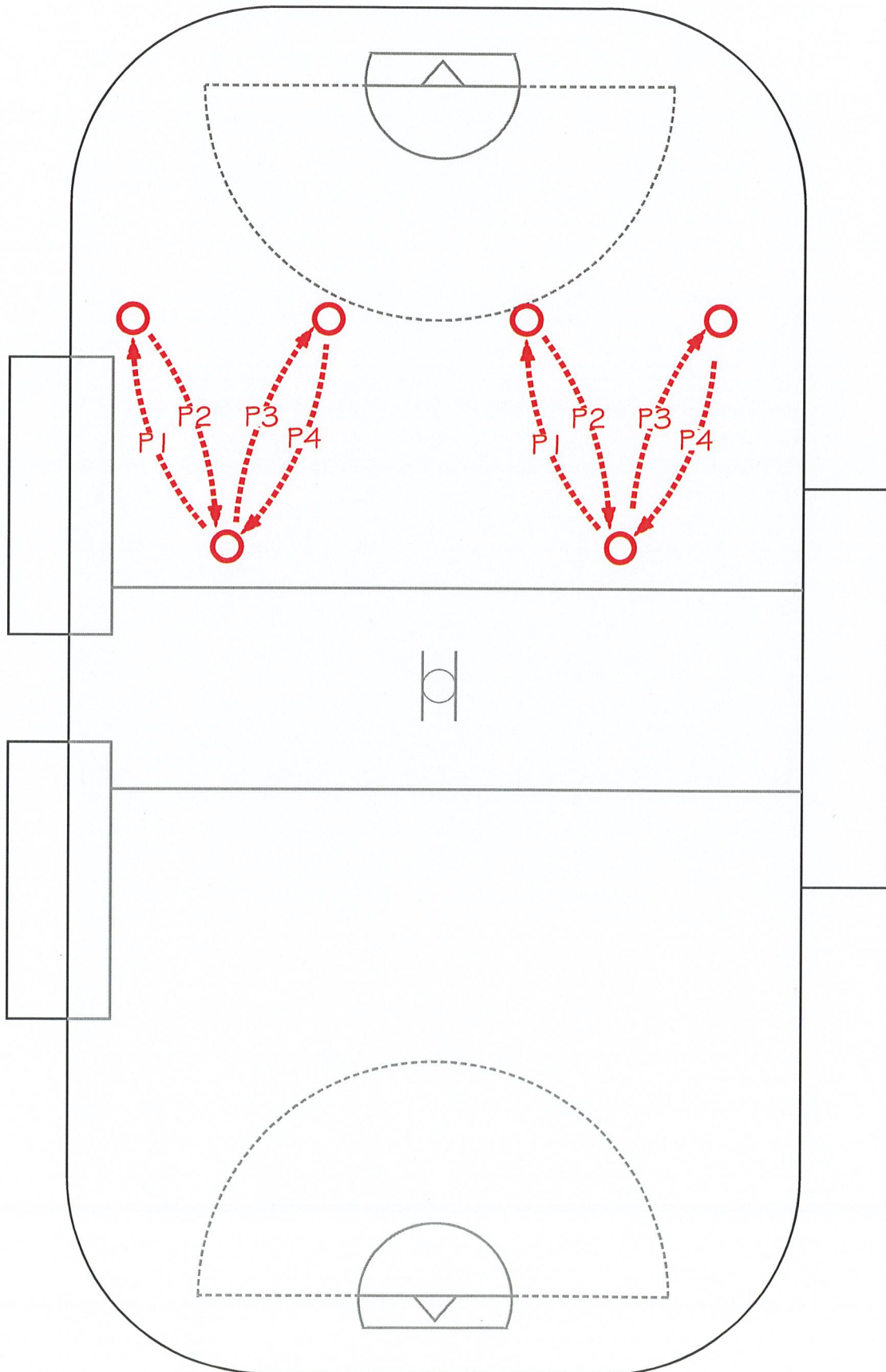
KEY POINTS:

- 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:
3-MAN PASSING



NOTE: ALTERNATE TOP PLAYER

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

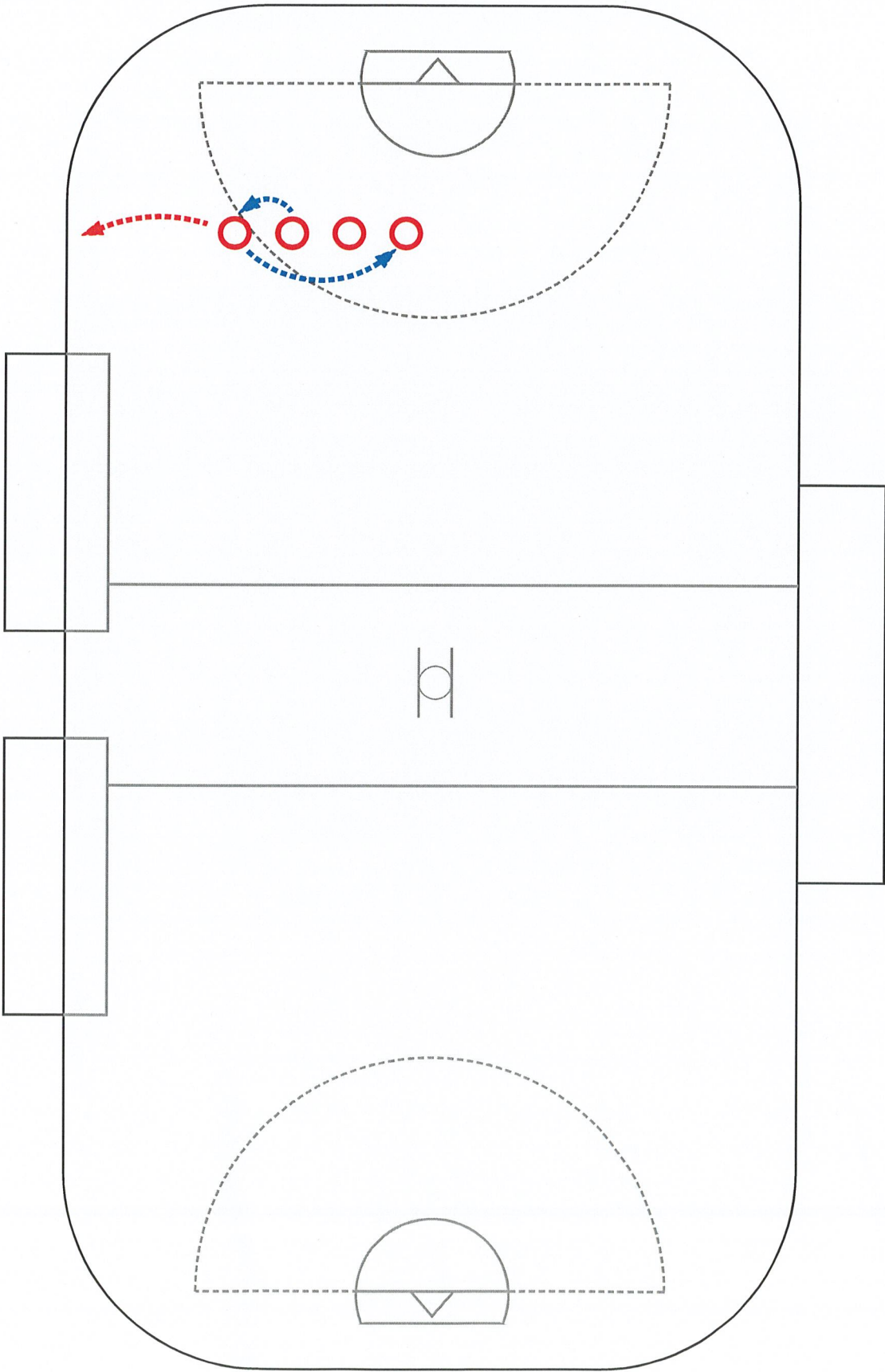
KEY POINTS:

- 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:
SNAKE WALL BALL



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

DRILL TYPE: PASSING AND CATCHING

LEVEL: BEGINNER/INTERMEDIATE

PURPOSE:

- TO PASS ON THE MOVE
- TO INCORPORATE MOVEMENT

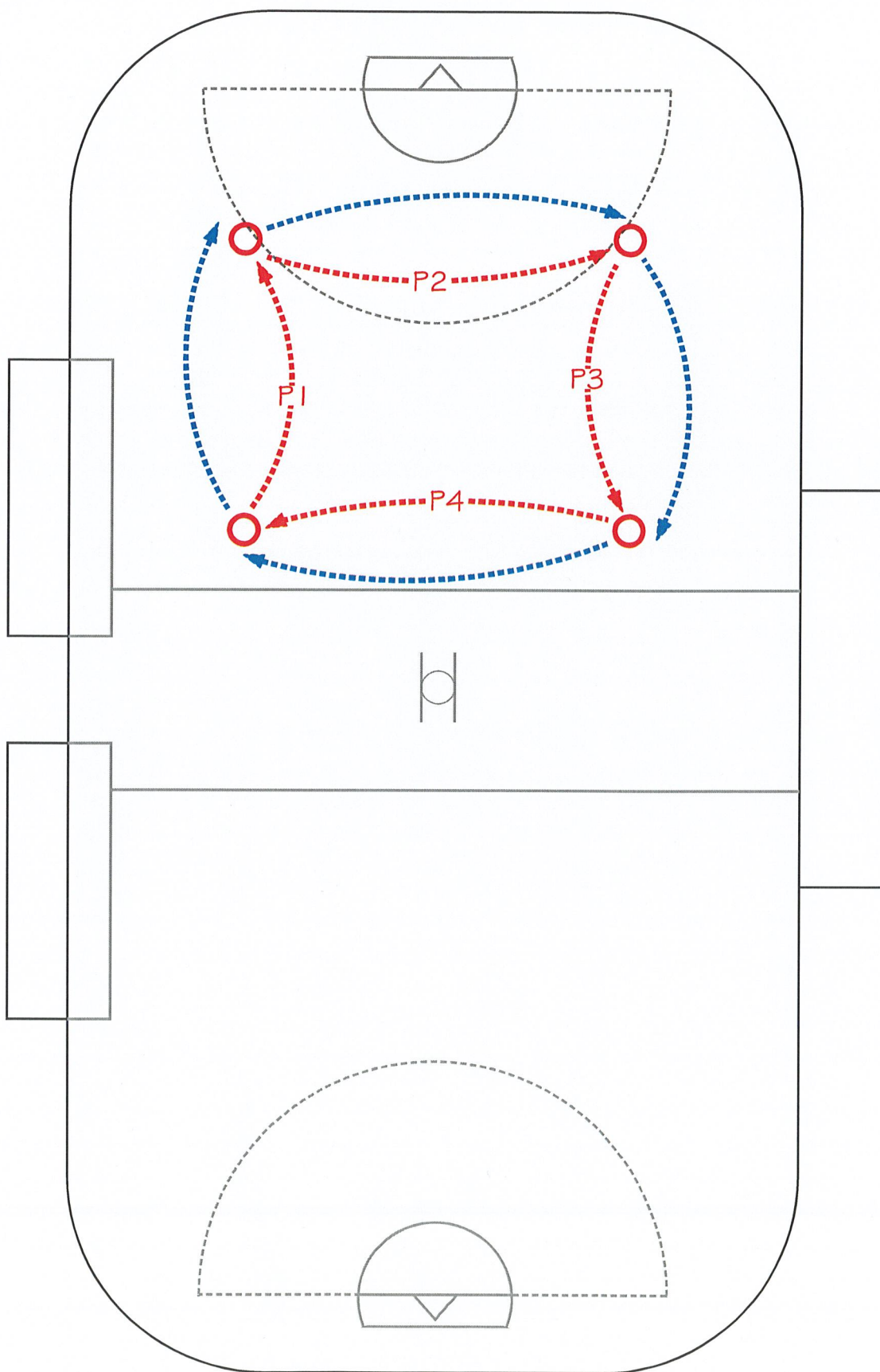
KEY POINTS:

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

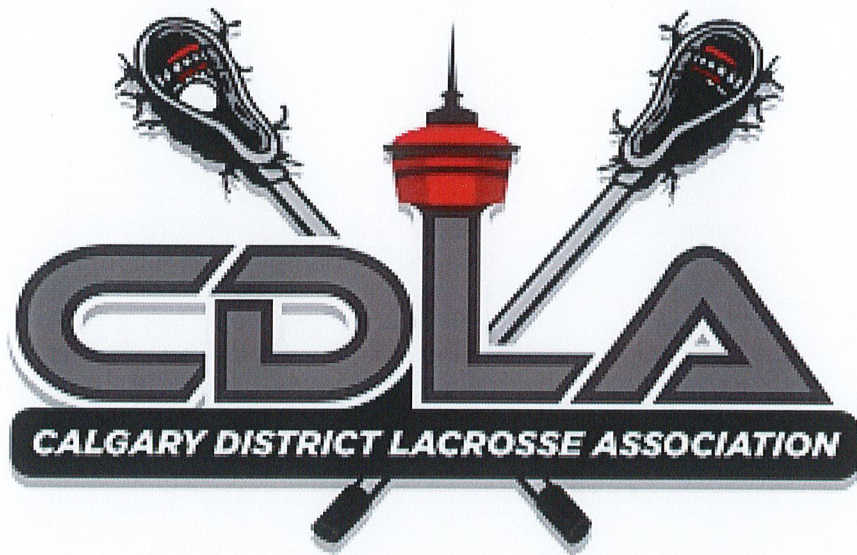
WHAT DRILLS TO DO NEXT:

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

DRILL: 4-CORNER PASSING



NOTE: REVERSE DIRECTION OCCATIONALLY



SHOOTING DRILLS

DRILL:
AROUND THE 24

DRILL TYPE: SHOOTING

LEVEL: BEGINNER

PURPOSE:

- TO SHOOT ON NET

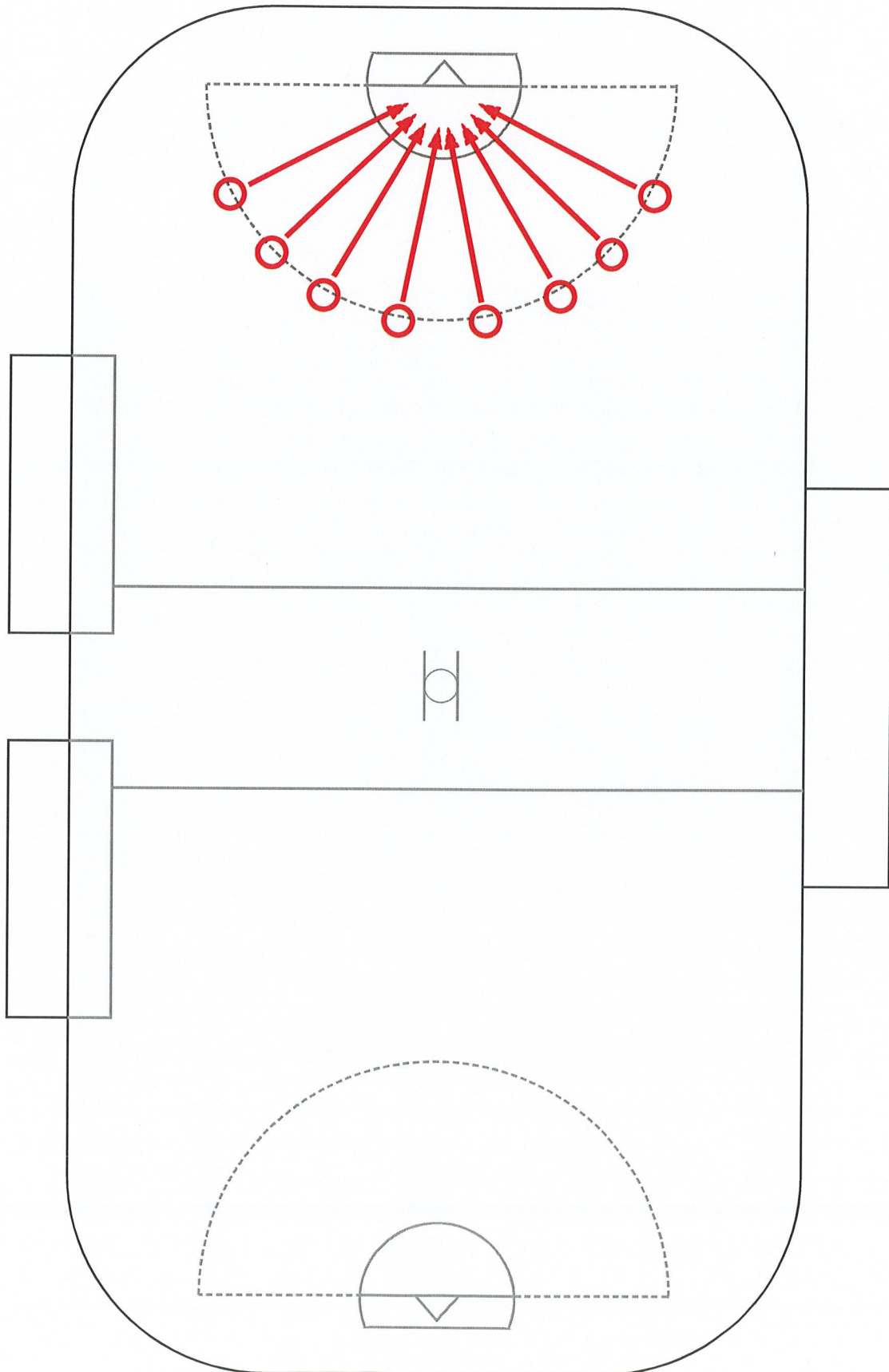
KEY POINTS:

- HIT THE NET
- SHOOT HARD
- SHOOT FROM DIFFERENT ANGLES

WHAT DRILLS TO DO NEXT:

- 5-STAR
- PASS DOWN – PASS ACROSS
- JERRY DRILL

DRILL:
AROUND THE 24



NOTE: START FROM ONE SIDE AND WORK AROUND

DRILL:
SNAKE SHOOTING

DRILL TYPE: SHOOTING AND GOALIE IMPROVEMENT

LEVEL: BEGINNER

PURPOSE:

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

KEY POINTS:

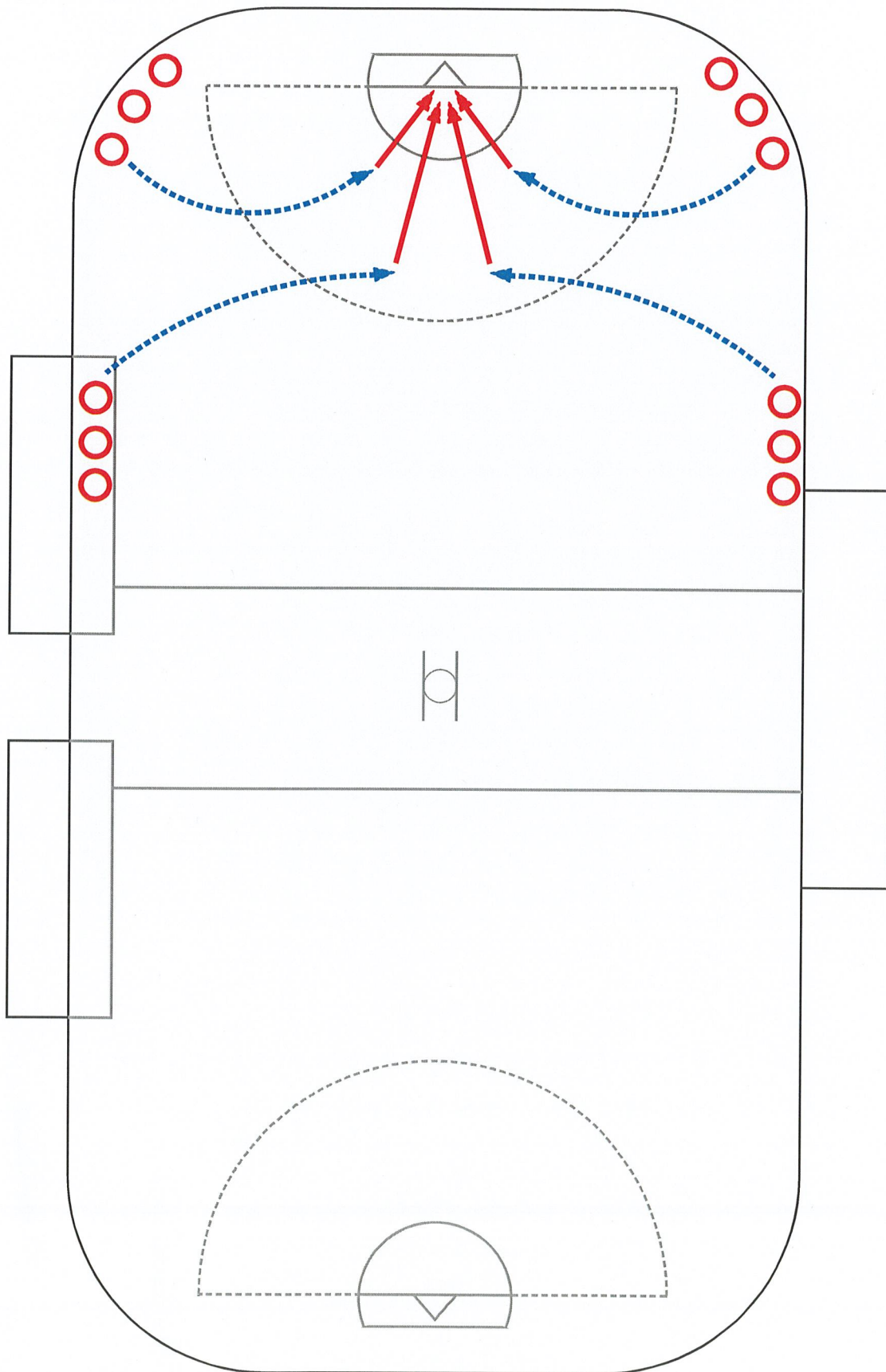
- CUT TO THE NET
- SHOOT
- GOALIE NEEDS TO ADJUST QUICKLY TO THE NEXT SHOOTER

WHAT DRILLS TO DO NEXT:

- OFFSIDE PICKS
- 1-ON-1



DRILL:
SHOOTING - SNAKE



NOTE: ALTERNATE SIDES OF THE FLOOR

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

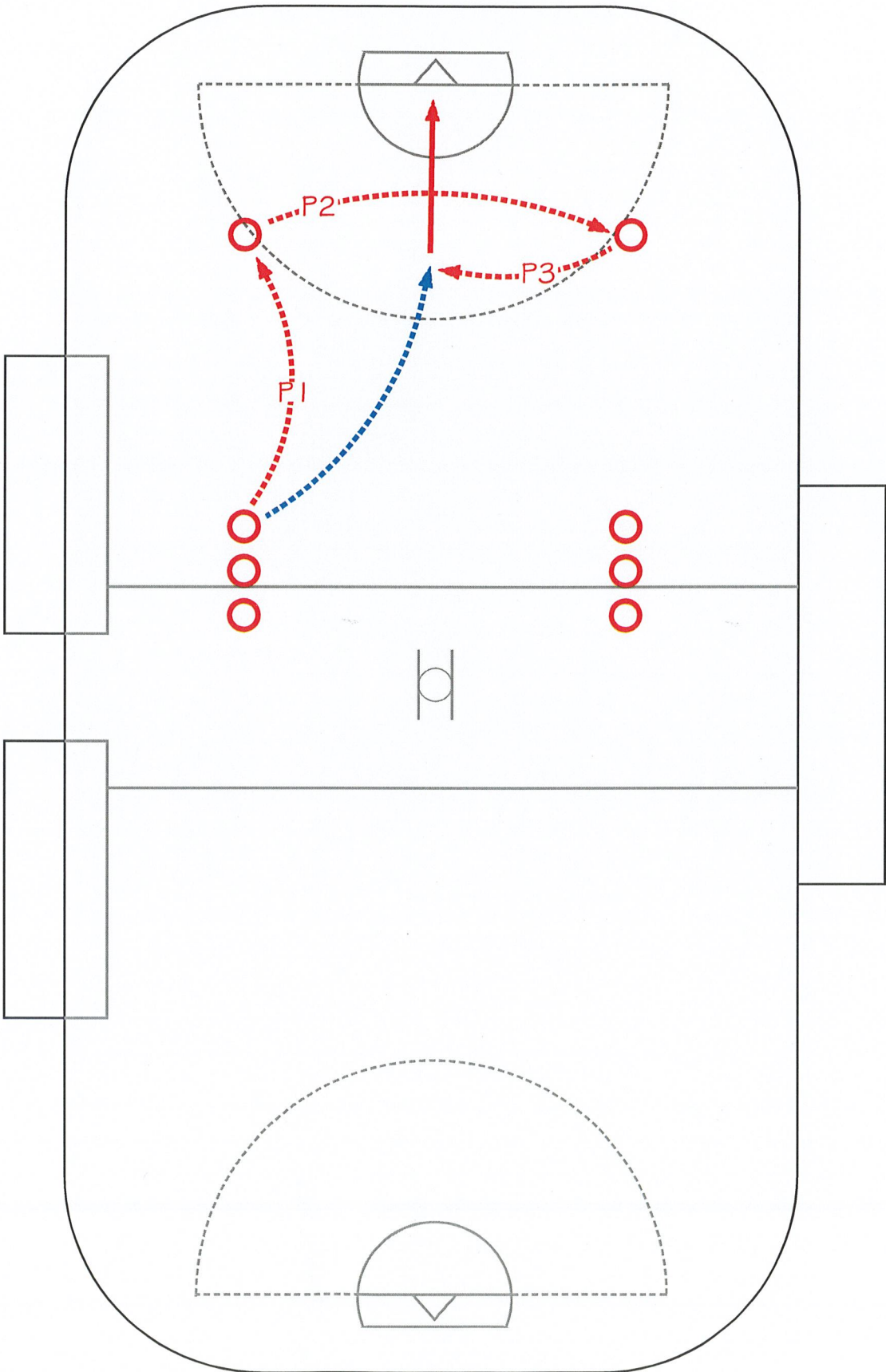
KEY POINTS:

- 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
- 1-ON-1

DRILL:
PASS DOWN - PASS ACROSS



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

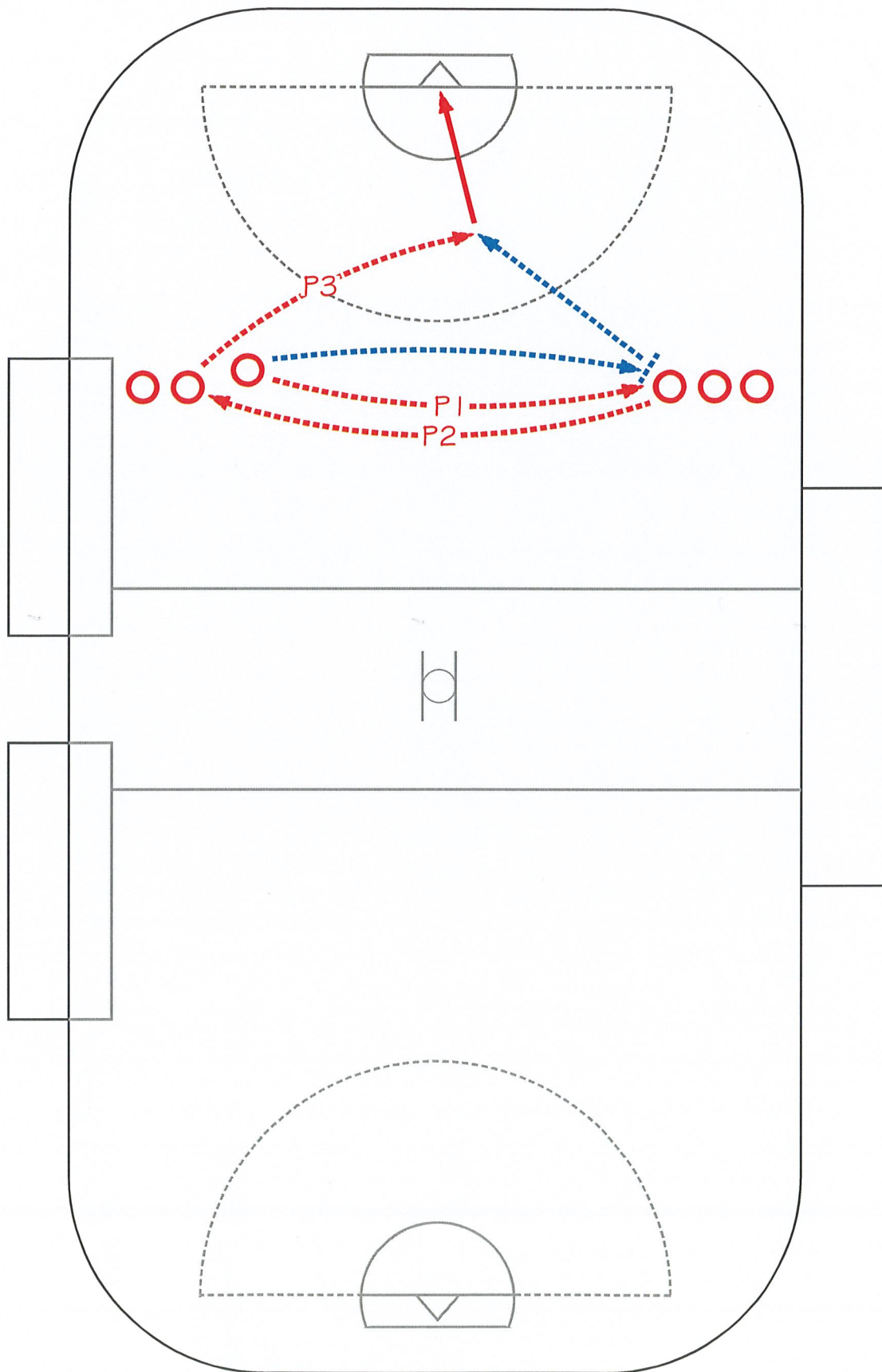
NOTE:

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: OFFSIDE PICKS



NOTE: ALTERNATE SIDES CONSTANTLY

DRILL:
JERRY DRILL (HIGH)

DRILL TYPE:
SHOOTING/PASSING/MOVEMENT

LEVEL:
INTERMEDIATE

PURPOSE:

- MIMICS A TYPICAL OFFENSIVE PATTERN
- LOTS OF BALL MOVEMENT
- OFFENSE FROM THE HIGH SIDE OF THE ZONE (SHOOTER)
- USING PICKS

KEY POINTS:

- MOVE QUICKLY
- TIMING
- ALTERNATE FROM SIDE TO SIDE

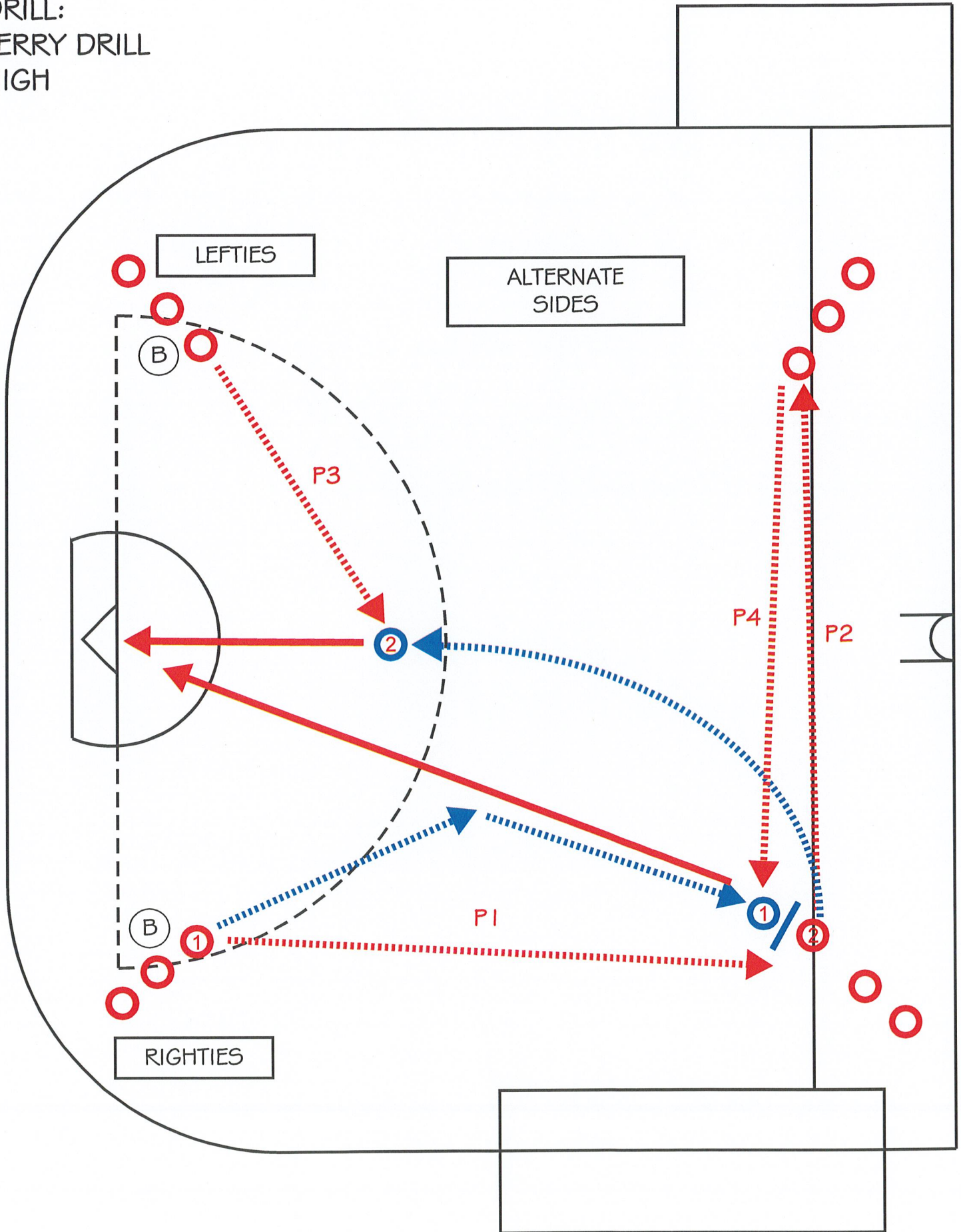
NOTE:

THIS DRILL IS A GOOD STARTING POINT FOR A LOT OF VARIATIONS. RUN THROUGH IT SLOWLY UNTIL PLAYERS LEARN MOVEMENTS AND THEN SPEED IT UP.

WHAT DRILLS TO DO NEXT:

- JERRY DRILL WITH PRESSURE
 - HIGH
 - LOW
- MOTION OFFENSE
- 2 ON 2
- DOUBLE PASS & CUT

DRILL:
JERRY DRILL
HIGH



DRILL:
JERRY DRILL (LOW)

DRILL TYPE:
SHOOTING/PASSING/MOVEMENT

LEVEL:
INTERMEDIATE

PURPOSE:

- MIMICS A TYPICAL OFFENSIVE PATTERN
- LOTS OF BALL MOVEMENT
- OFFENSE FROM THE LOW SIDE OF THE ZONE (CREASE)
- USING PICKS

KEY POINTS:

- MOVE QUICKLY
- TIMING
- ALTERNATE FROM SIDE TO SIDE

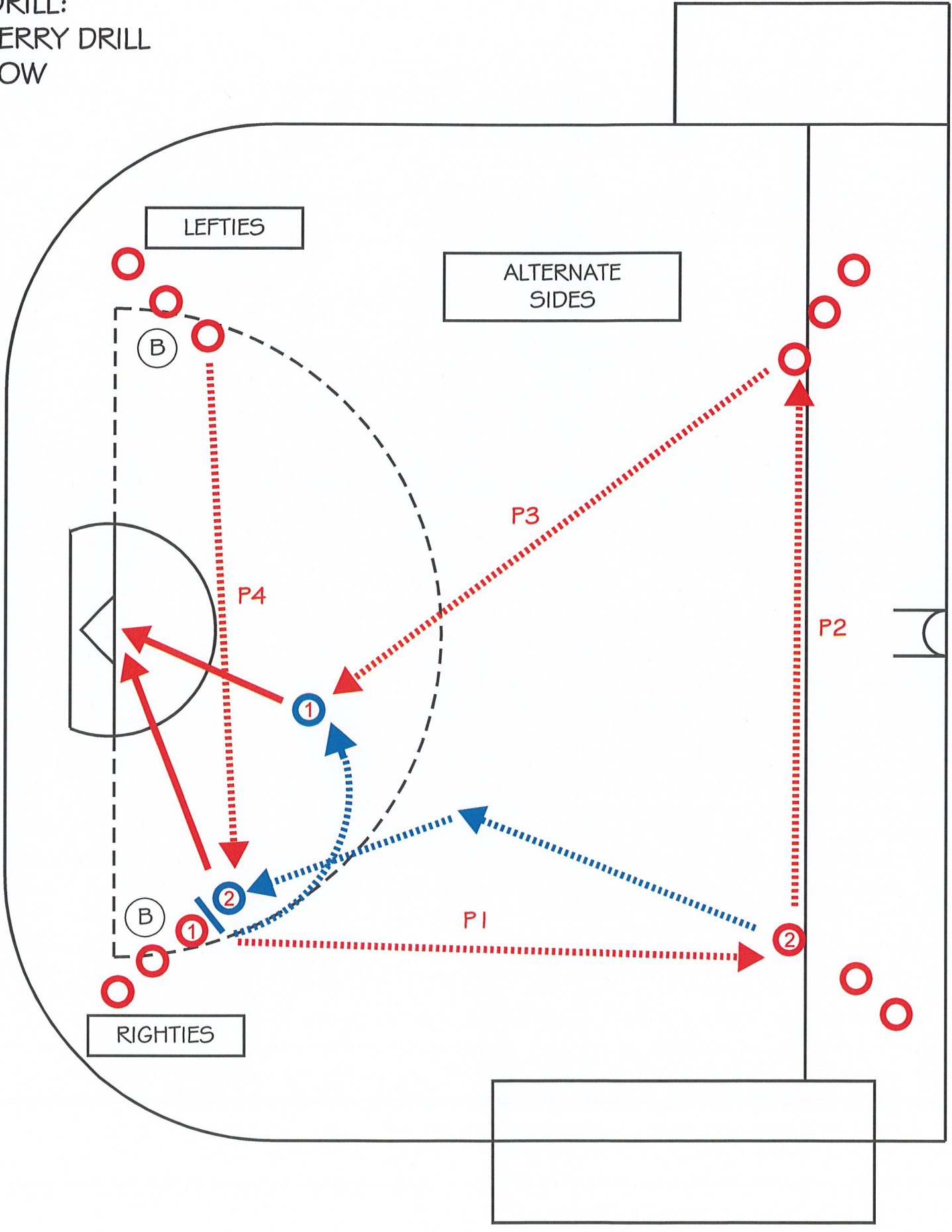
NOTE:

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WHAT DRILLS TO DO NEXT:

- JERRY DRILL WITH PRESSURE
 - HIGH
 - LOW
- MOTION OFFENSE
- 2 ON 2
- DOUBLE PASS & CUT

DRILL:
JERRY DRILL
LOW



DRILL:
PASS AND SEAL

DRILL TYPE:
POWERPLAY

LEVEL:
BASIC

PURPOSE:

- PASS AND PICK
- OUTSIDE SHOT

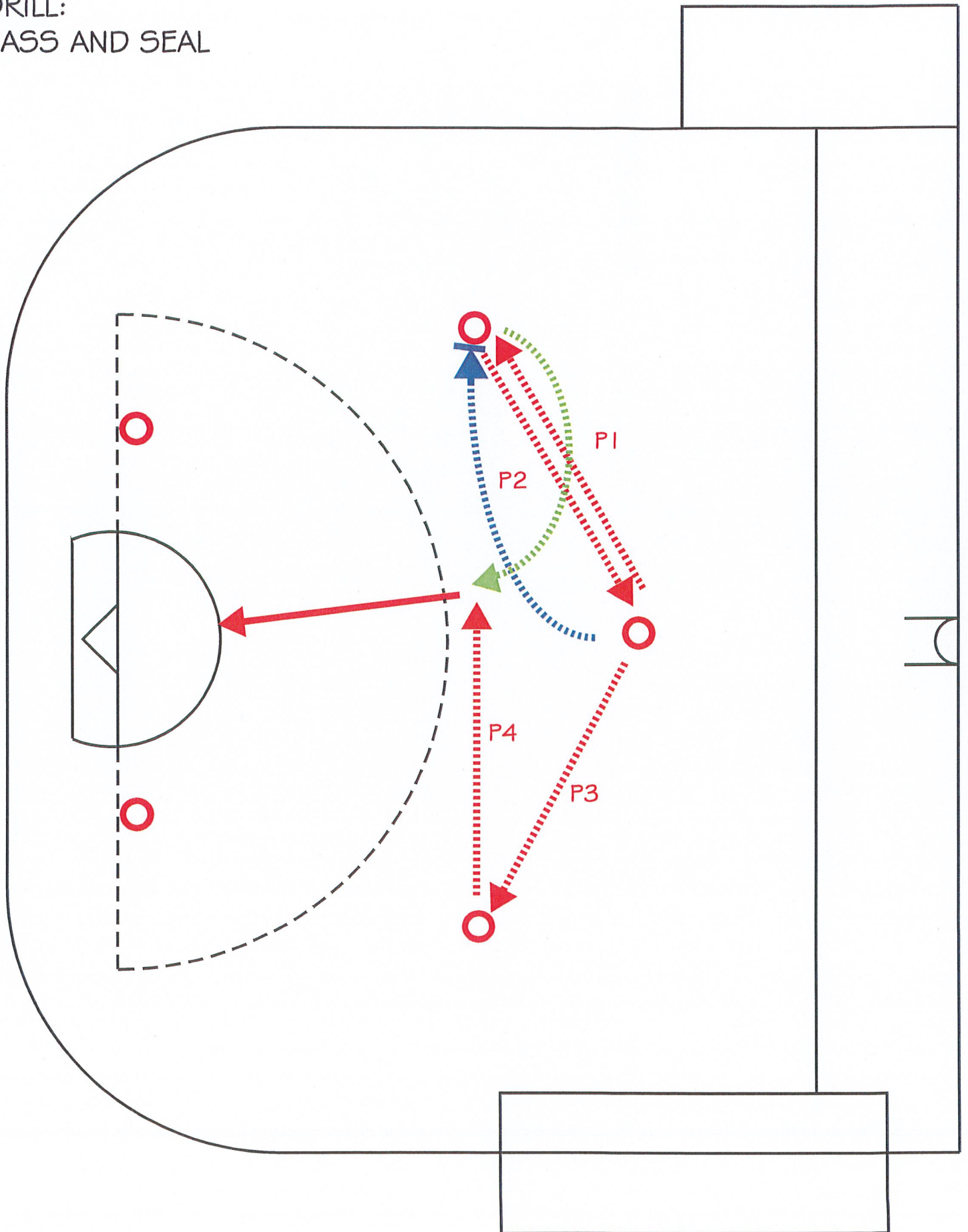
KEY POINTS:

- FAKE PICK AND CUT HARD TO OPPOSITE SIDE TO SET PICK
- QUICK CATCH AND SHOT

NOTE:

BASIC CROSS TOP PICK, SET SEAL PICK TO OPEN SHOOT FOR A SHOT FROM THE TOP.

DRILL:
PASS AND SEAL



DRILL:
RUN AND SWING

DRILL TYPE:
OFFENSIVE

LEVEL:
INTERMEDIATE

PURPOSE:

- SWINGING THE BALL
- PLAYER MOTION
- MOVING BALL FROM SIDE TO SIDE

KEY POINTS:

- QUICK PASSES
- QUICK TURNS
- GOOD PASSES

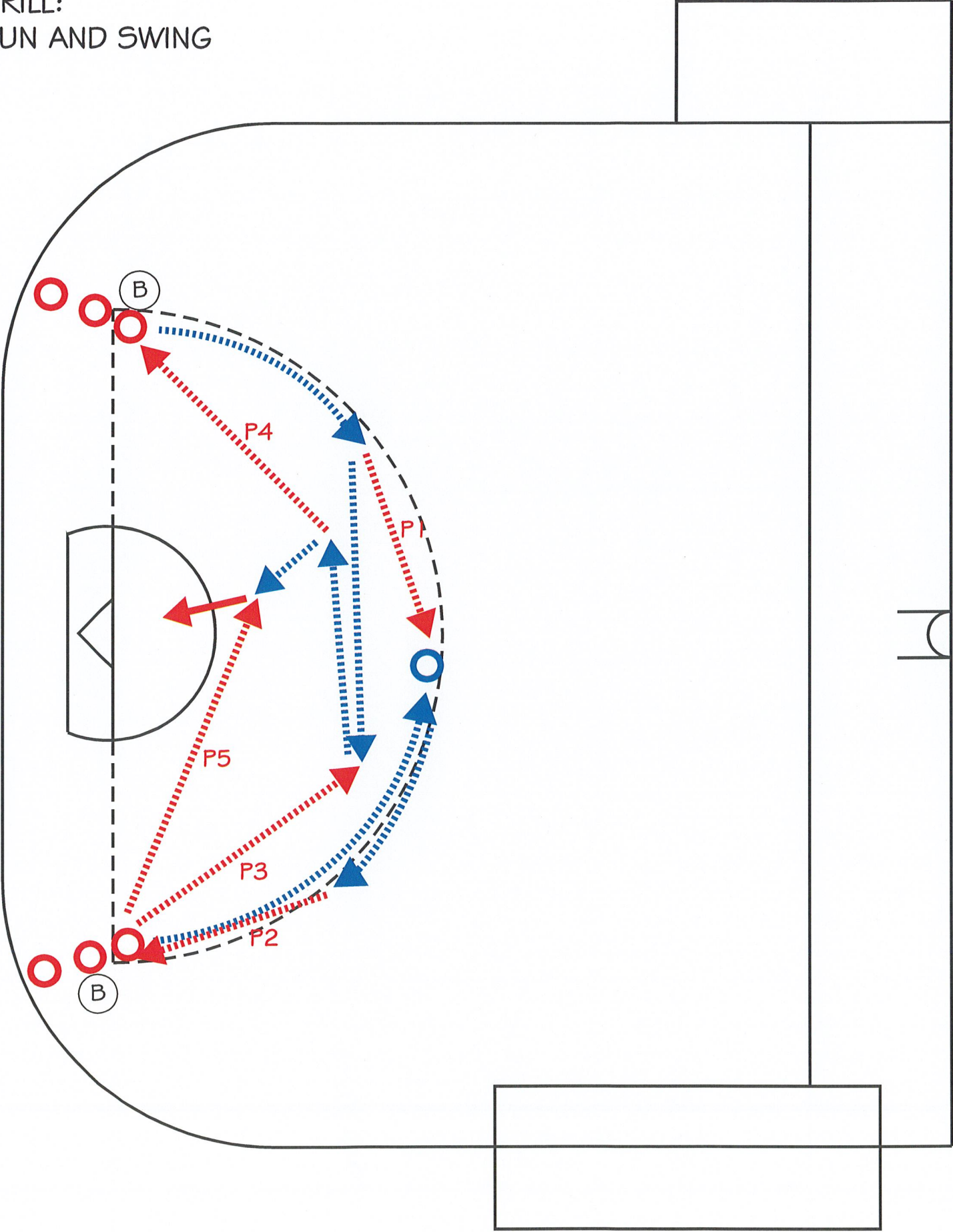
NOTE:

BASIC DRILL TO INTRODUCE SWINGING THE BALL OVER THE TOP.

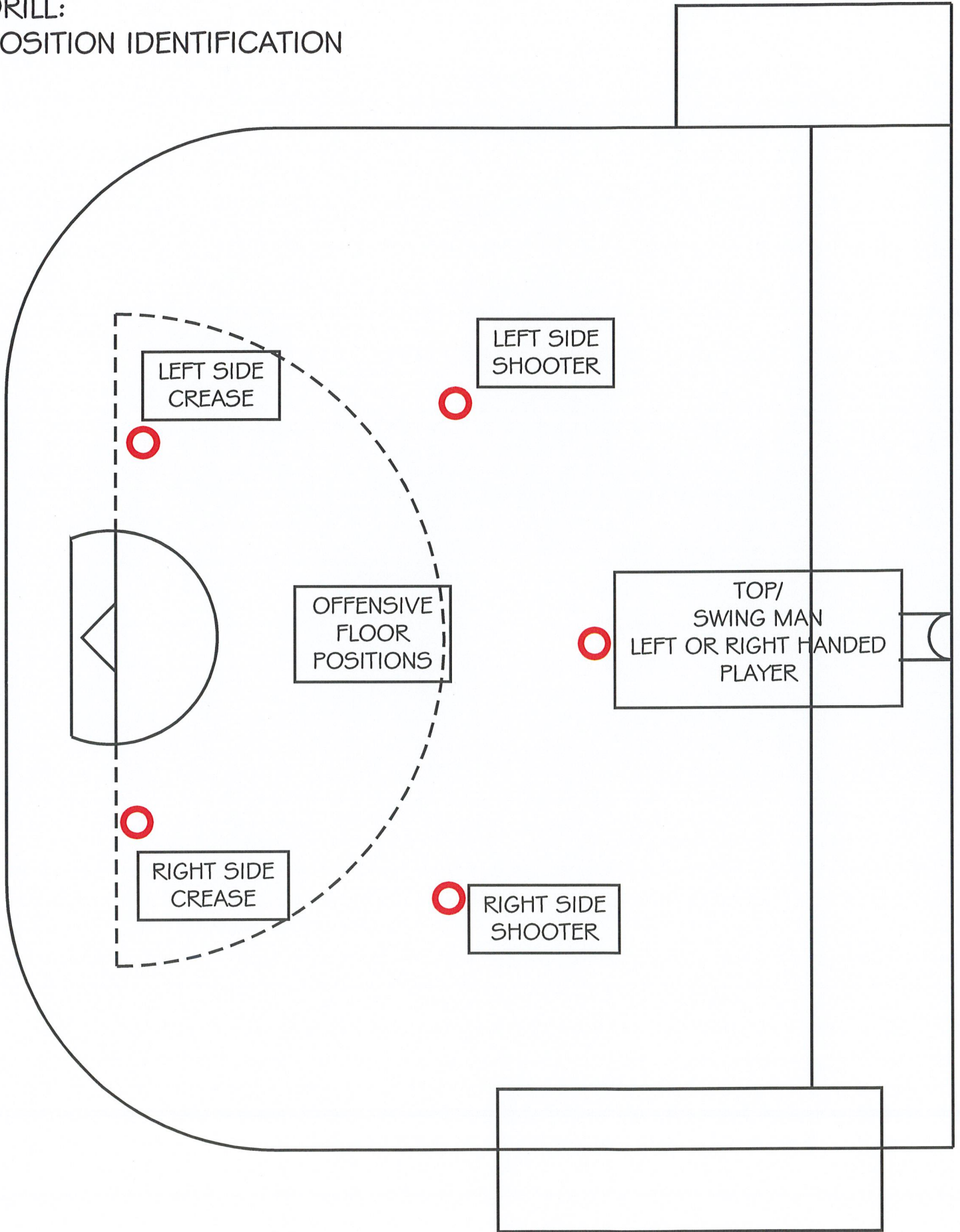
WHAT DRILLS TO DO NEXT:

- MOTION OFFENSE - WALK THROUGH
- JERRY DRILL WITH PRESSURE
 - HIGH
 - LOW

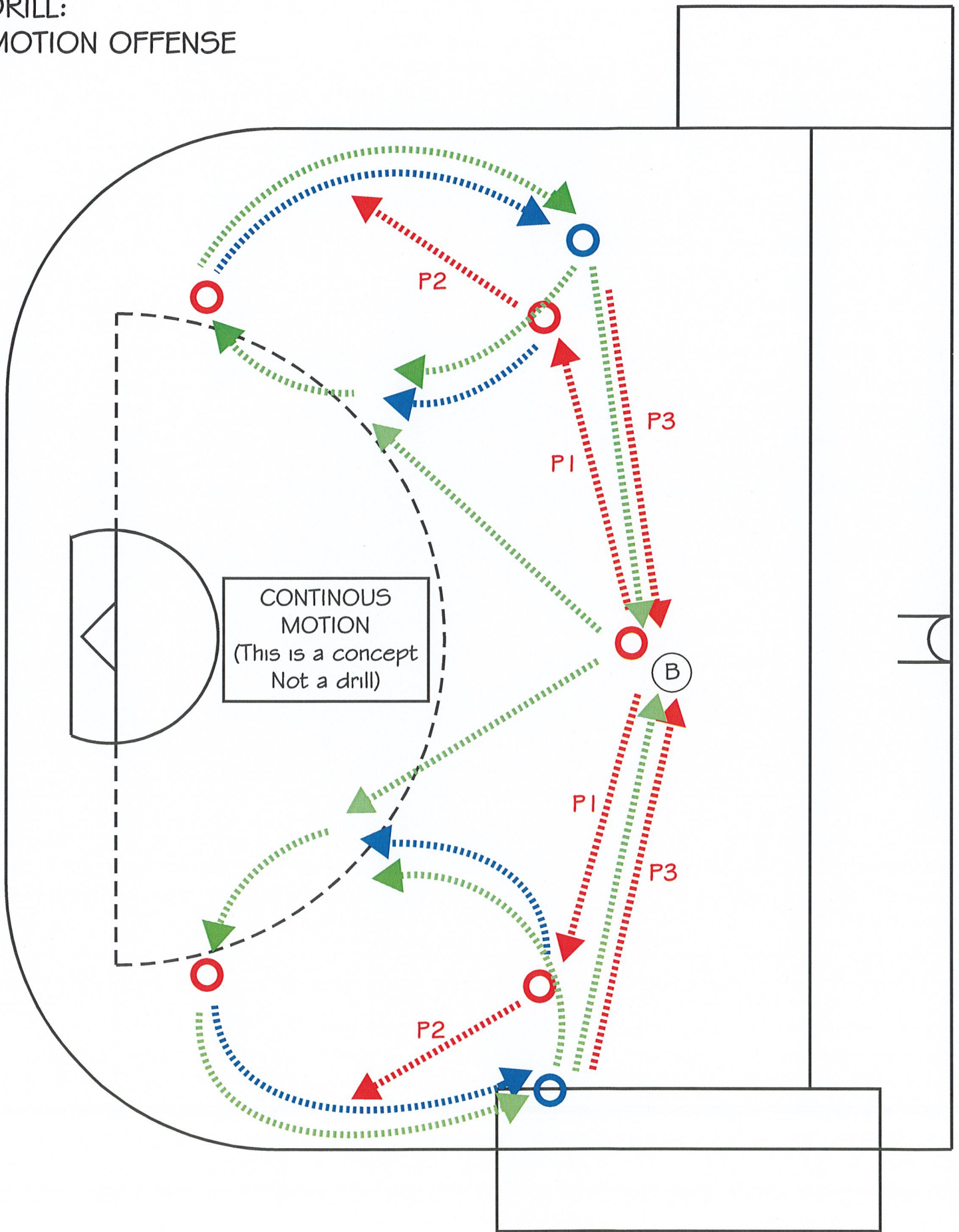
DRILL:
RUN AND SWING



DRILL:
POSITION IDENTIFICATION

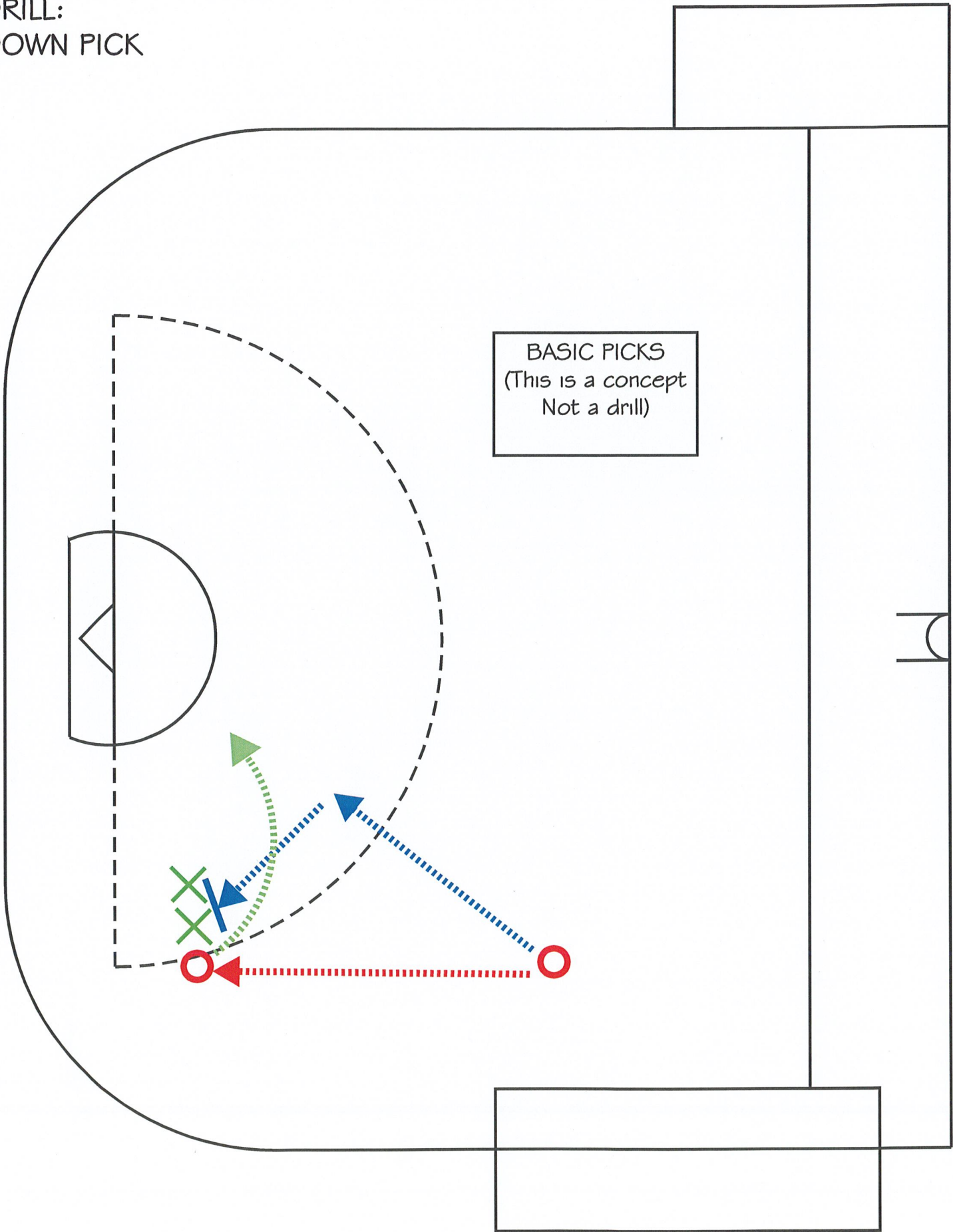


DRILL:
MOTION OFFENSE

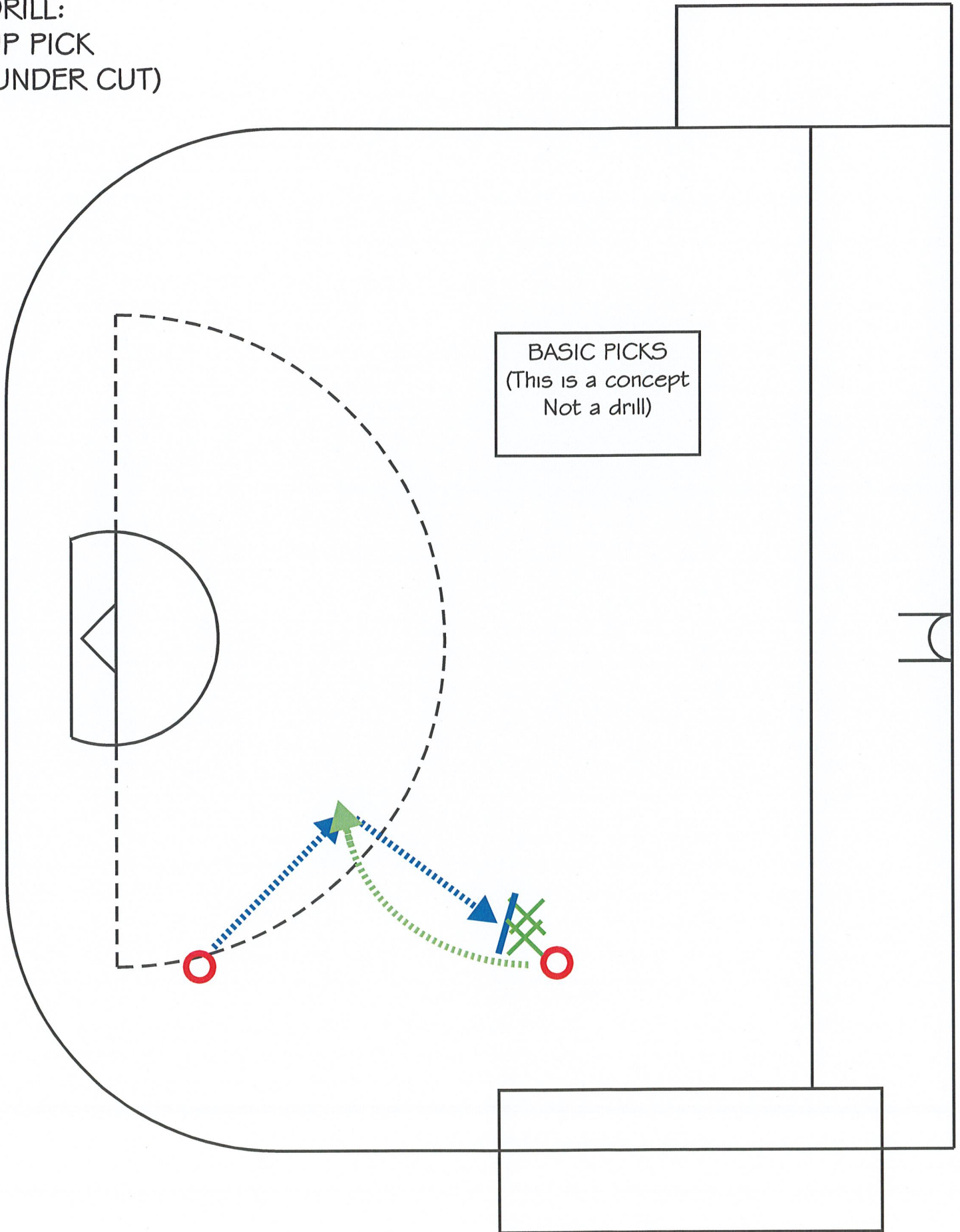


DRILL:
DOWN PICK

BASIC PICKS
(This is a concept
Not a drill)



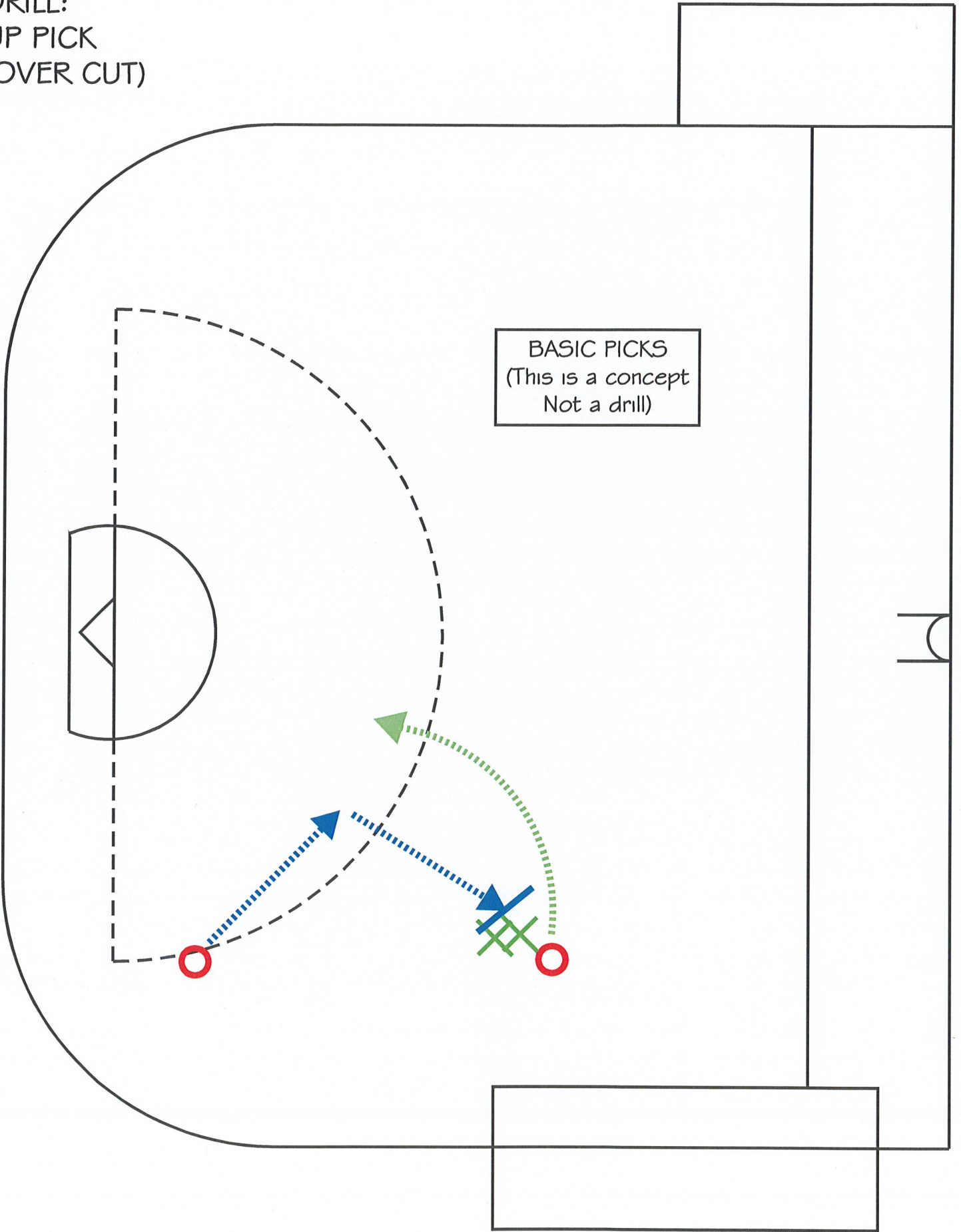
DRILL:
UP PICK
(UNDER CUT)



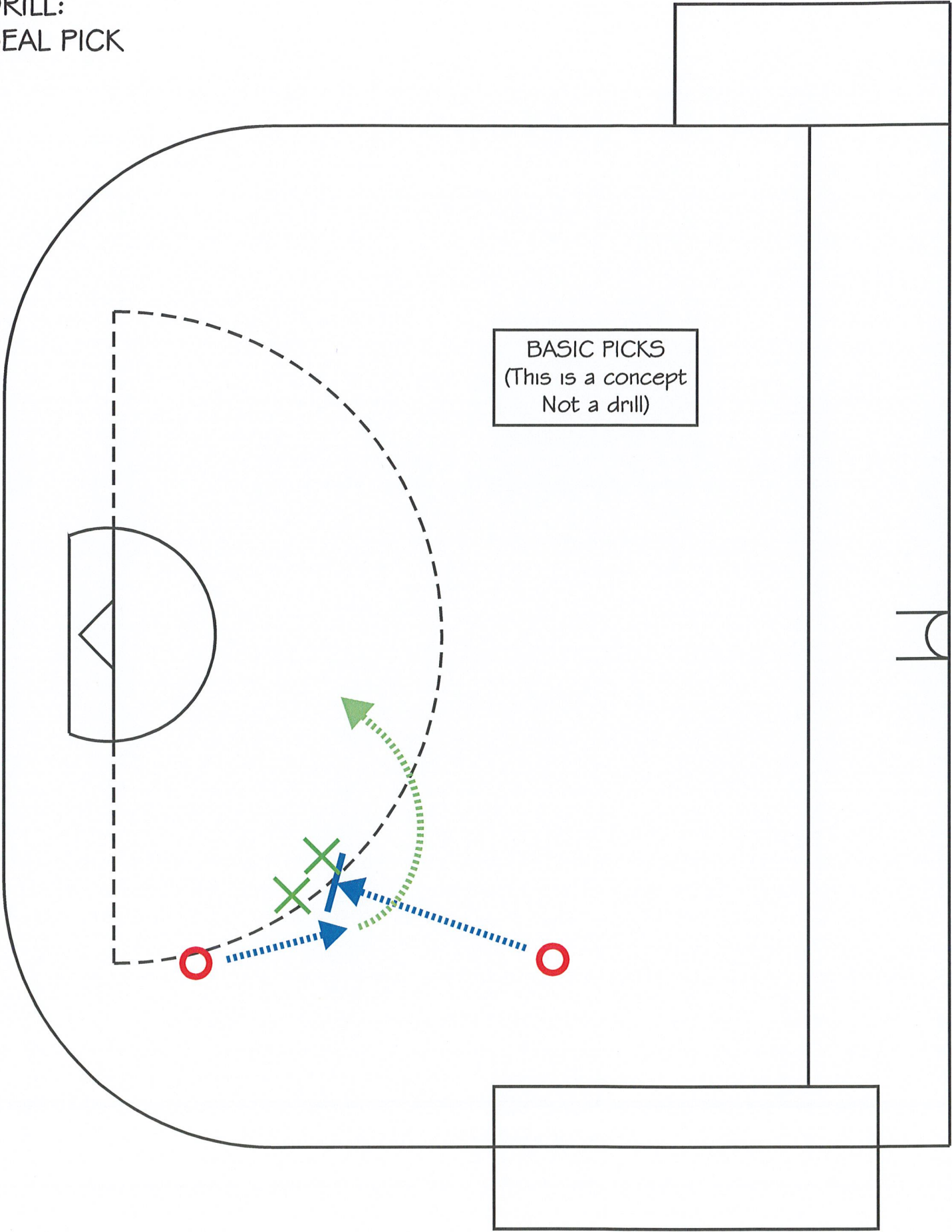
BASIC PICKS
(This is a concept
Not a drill)

DRILL:
UP PICK
(OVER CUT)

BASIC PICKS
(This is a concept
Not a drill)

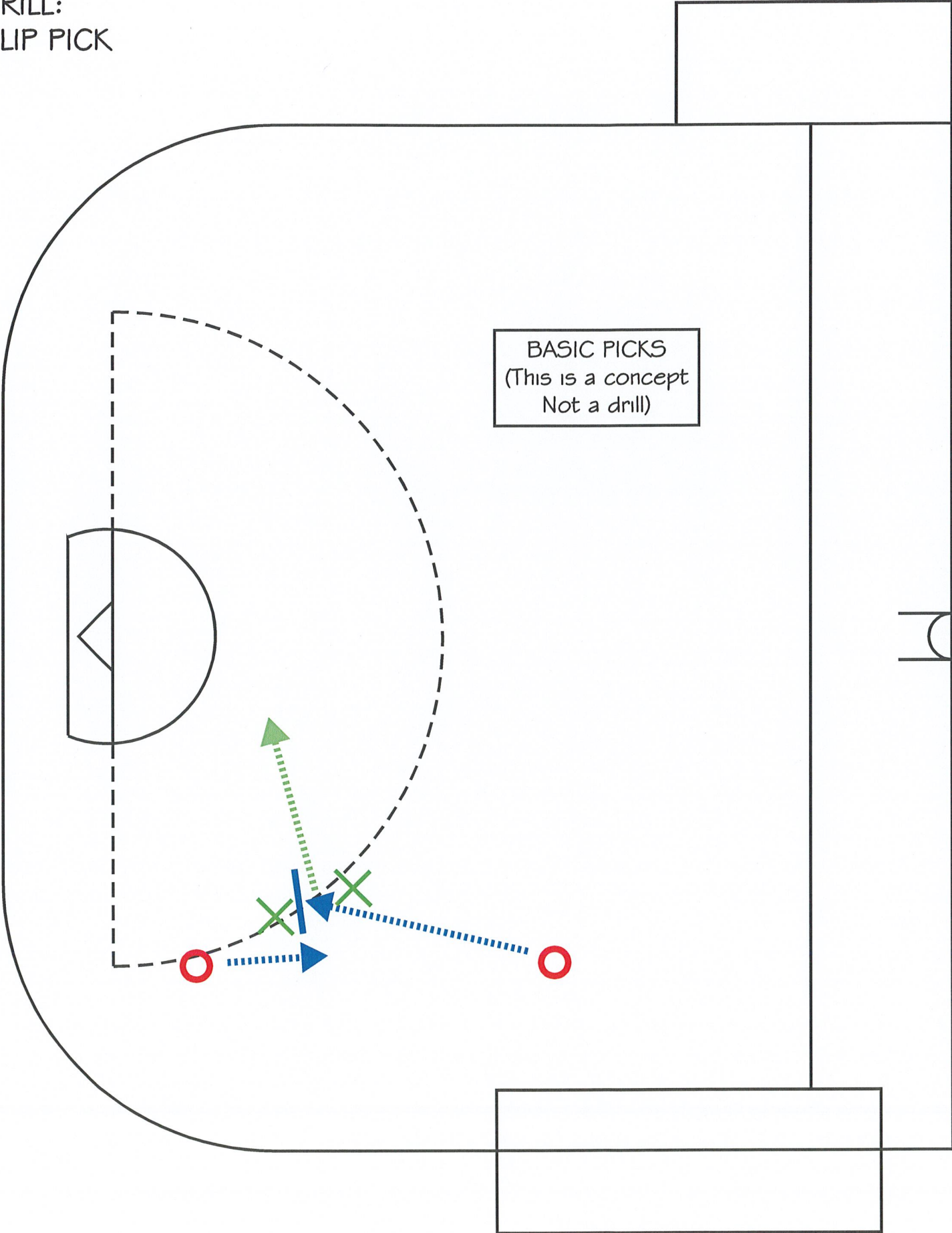


DRILL:
SEAL PICK



BASIC PICKS
(This is a concept
Not a drill)

DRILL:
SLIP PICK



BASIC PICKS
(This is a concept
Not a drill)

DRILL:
PASS AND SEAL

DRILL TYPE:
POWERPLAY

LEVEL:
BASIC

PURPOSE:

- PASS AND PICK
- OUTSIDE SHOT

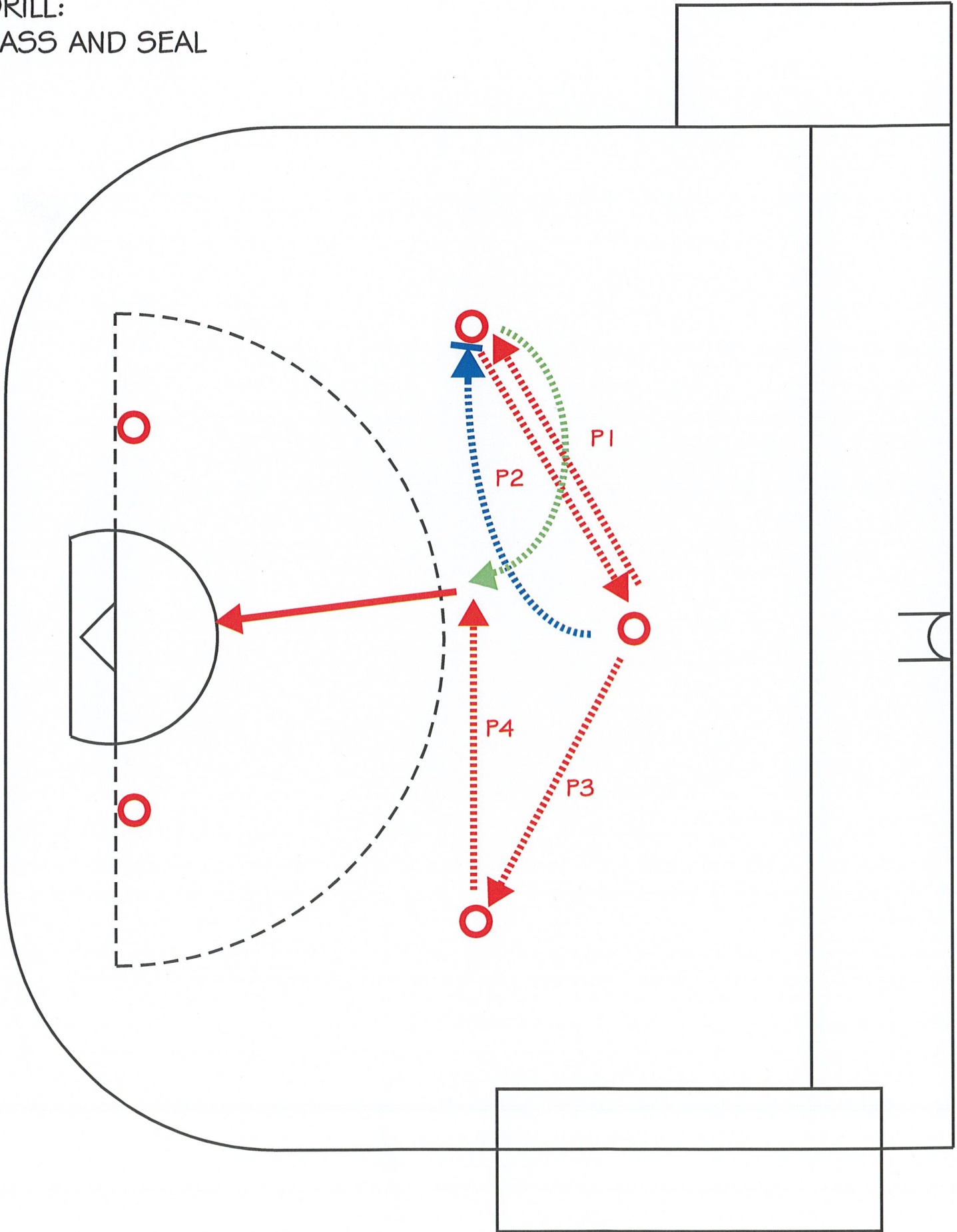
KEY POINTS:

- FAKE PICK AND CUT HARD TO OPPOSITE SIDE TO SET PICK
- QUICK CATCH AND SHOT

NOTE:

BASIC CROSS TOP PICK, SET SEAL PICK TO OPEN SHOOT FOR A SHOT FROM THE TOP.

DRILL:
PASS AND SEAL



DRILL:
LOOSE BALL (1 ON 1)

DRILL TYPE:
LOOSE BALL, BATTLE

LEVEL:
BEGINNER (CONTACT)

PURPOSE:

- RETRIEVING A LOOSE BALL
- 1 ON 1 BATTLE TO THE GOAL

KEY POINTS:

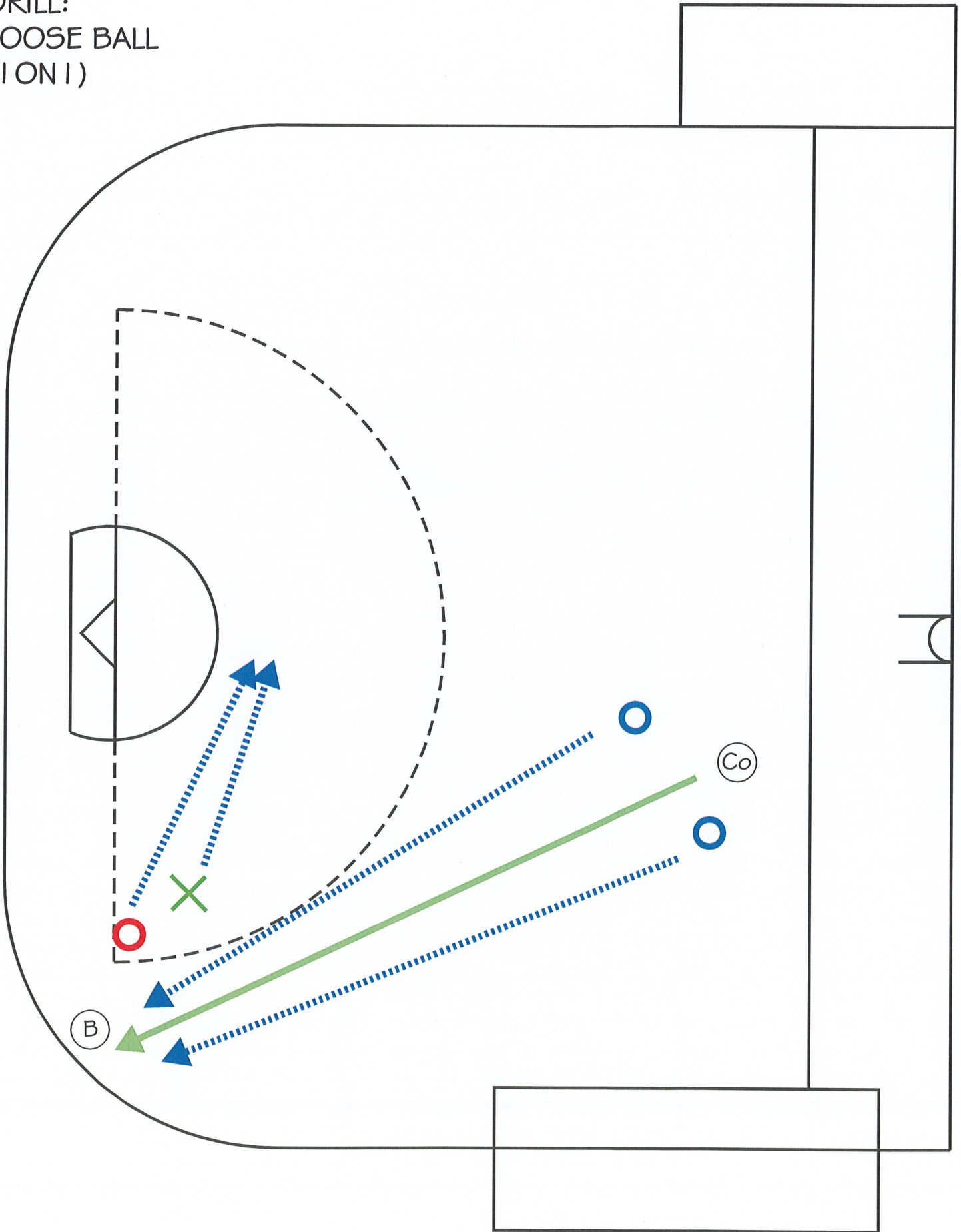
- USING BODY TO PROTECT LOOSE BALL
- SCOOPING AND MOVING
- STRONG ON THEIR STICK

NOTE:
THIS IS A BATTLE DRILL THAT DEVELOPS INTO A 1 ON 1 SITUATION. PLAYERS NEED TO QUICKLY MOVE TO THE BALL AND USE THEIR BODY TO STAY BETWEEN THE BALL AND THE OPPOSING PLAYER UNTIL THEY CAN PICK UP THE LOSE BALL THEN IT IS A BATTLE TO THE NET.

WHAT DRILLS TO DO NEXT:

- LOOSE BALL 2 ON 2
- CROSS FLOOR WALL TOUCH
- 3 ON 2 ON 1

DRILL:
LOOSE BALL
(1 ON 1)



DRILL:
LOOSE BALL (2 ON 2)

DRILL TYPE:
LOOSE BALL, BATTLE

LEVEL:
BEGINNER (CONTACT)

PURPOSE:

- RETRIEVING A LOOSE BALL
- 2 ON 2 BATTLE TO THE GOAL
- START SETTING PICKS
- WORKING TOGETHER

KEY POINTS:

- COMMUNICATION
- PLAYERS NEED TO READ EACH OTHER
- SET PICKS
- PLAYERS NEED TO WORK TOGETHER

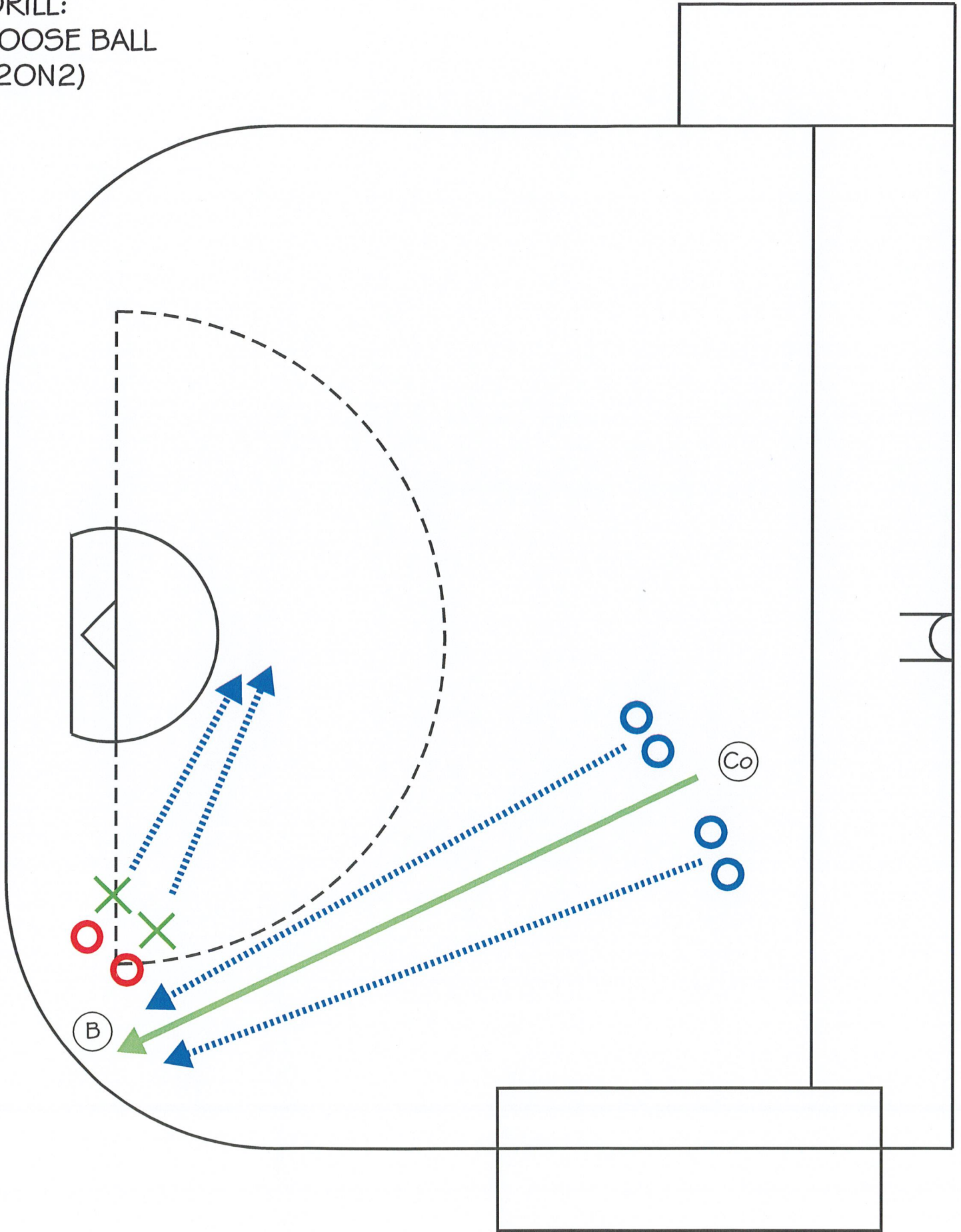
NOTE:

THIS IS A BATTLE DRILL THAT DEVELOPS INTO A 2 ON 2 SITUATION. PLAYERS NEED TO COMMUNICATE WHEN RETRIEVING THE BALL. OFFENSIVE AND DEFENSIVES PARTNERS NEED TO WORK TOGETHER. PICKS SHOULD BE ENCOURAGED

WHAT DRILLS TO DO NEXT:

- 6 PASS 2 ON 1
- JERRY
- 3 ON 2 WITH CHASER
- 2 ON 2 – ON BALL

DRILL:
LOOSE BALL
(2ON2)



DRILL:
2 ON 1 FROM CORNER

DRILL TYPE:
WARM UP

LEVEL:
INTERMEDIATE

PURPOSE:

- FAST BREAK WARM UP DRILL
- BASIC PASSING AND CATCHING
- BASIC CONTACT

KEY POINTS:

- QUICK PASSES ACROSS THE FLOOR
- HARD TO THE NET 2 ON 1
- DEFENSE TO JUMP HARD OR TAKE AWAY PASS
- MAKE SURE OFFENSIVE PLAYERS GET OUT HIGH BEFORE ATTACKING THE ZONE

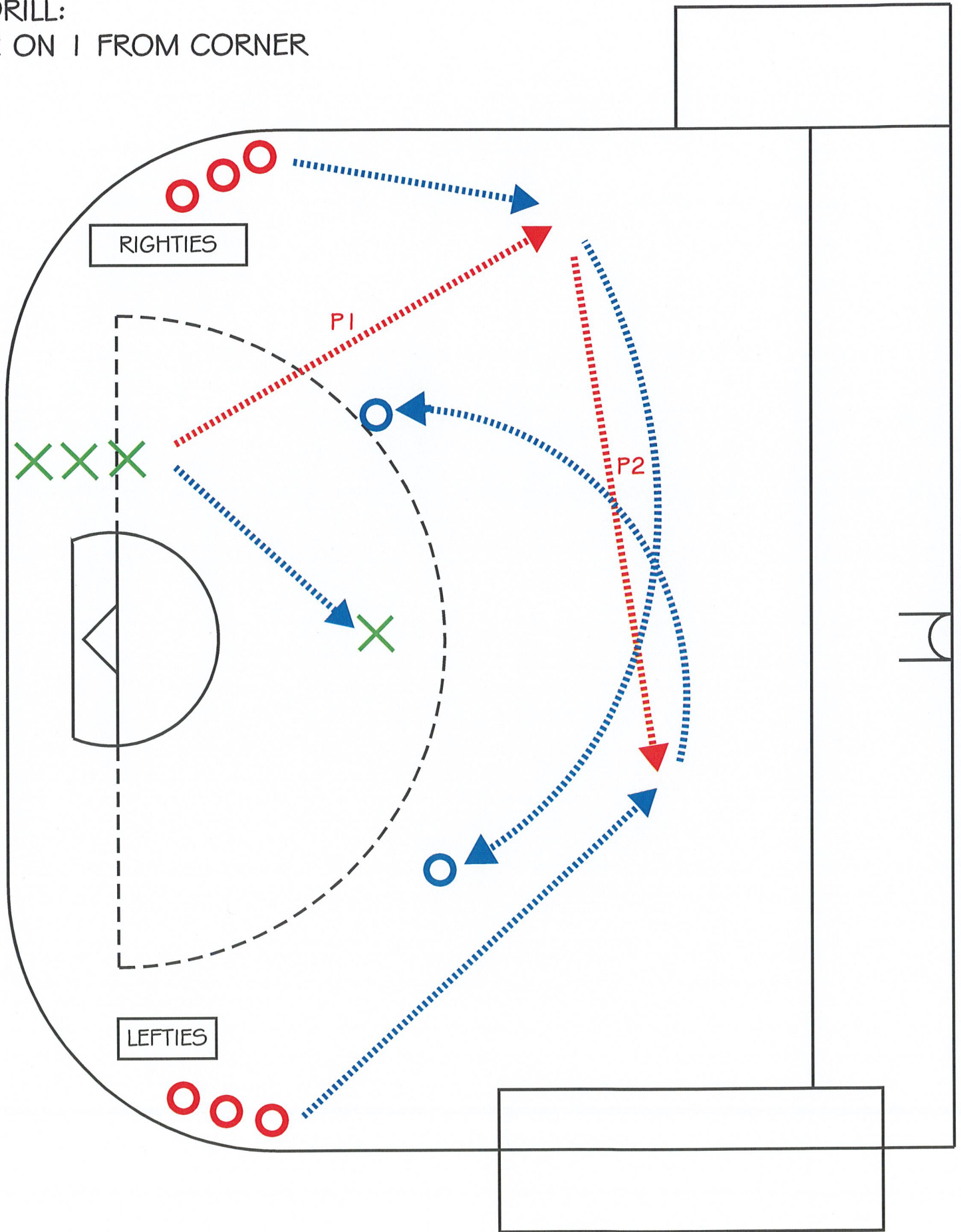
NOTE:

ONCE BASIC UNDERSTANDING AND EXECUTION OF DRILL IS COMPLETED IT CAN BE TURNED INTO A 3 ON 2. THIS IS A GREAT WARM UP DRILL FOR GAMES, AS IT HAS A LITTLE BIT OF EVERYTHING.

WHAT DRILLS TO DO NEXT:

- 3 ON 2 ON 1
- 2 ON 2
- JERRY (WITH PRESSURE)

DRILL:
2 ON 1 FROM CORNER



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

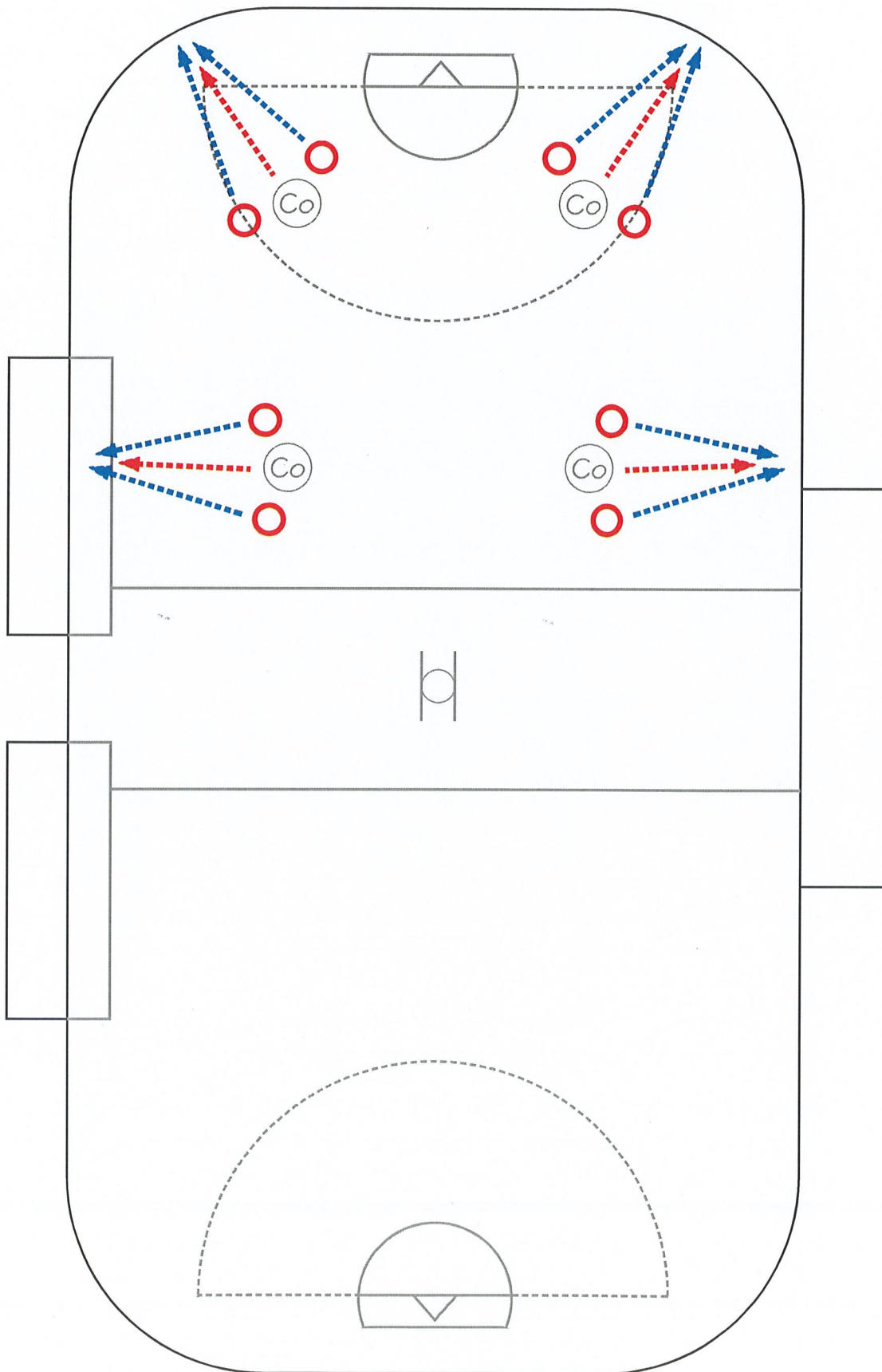
KEY POINTS:

- 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:
LOOSE BALL - 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

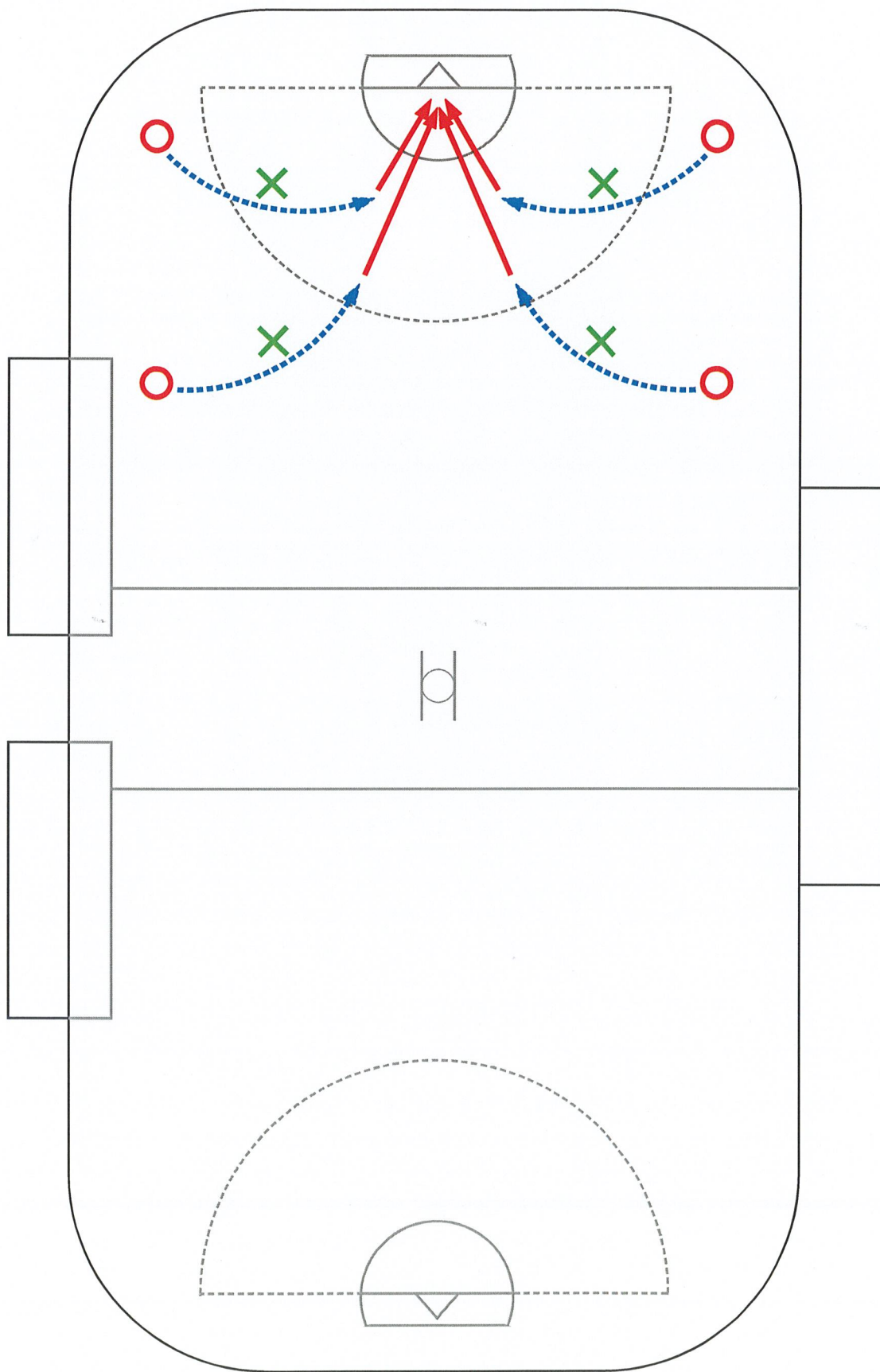
KEY POINTS:

- 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:
ONE ON ONE



NOTE: ALTERNATE STARTING LOCATIONS ON FLOOR

DRILL:
CRADLE-ROLL

DRILL TYPE: CRADLING

LEVEL: BEGINNER/INTERMEDIATE

PURPOSE:

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

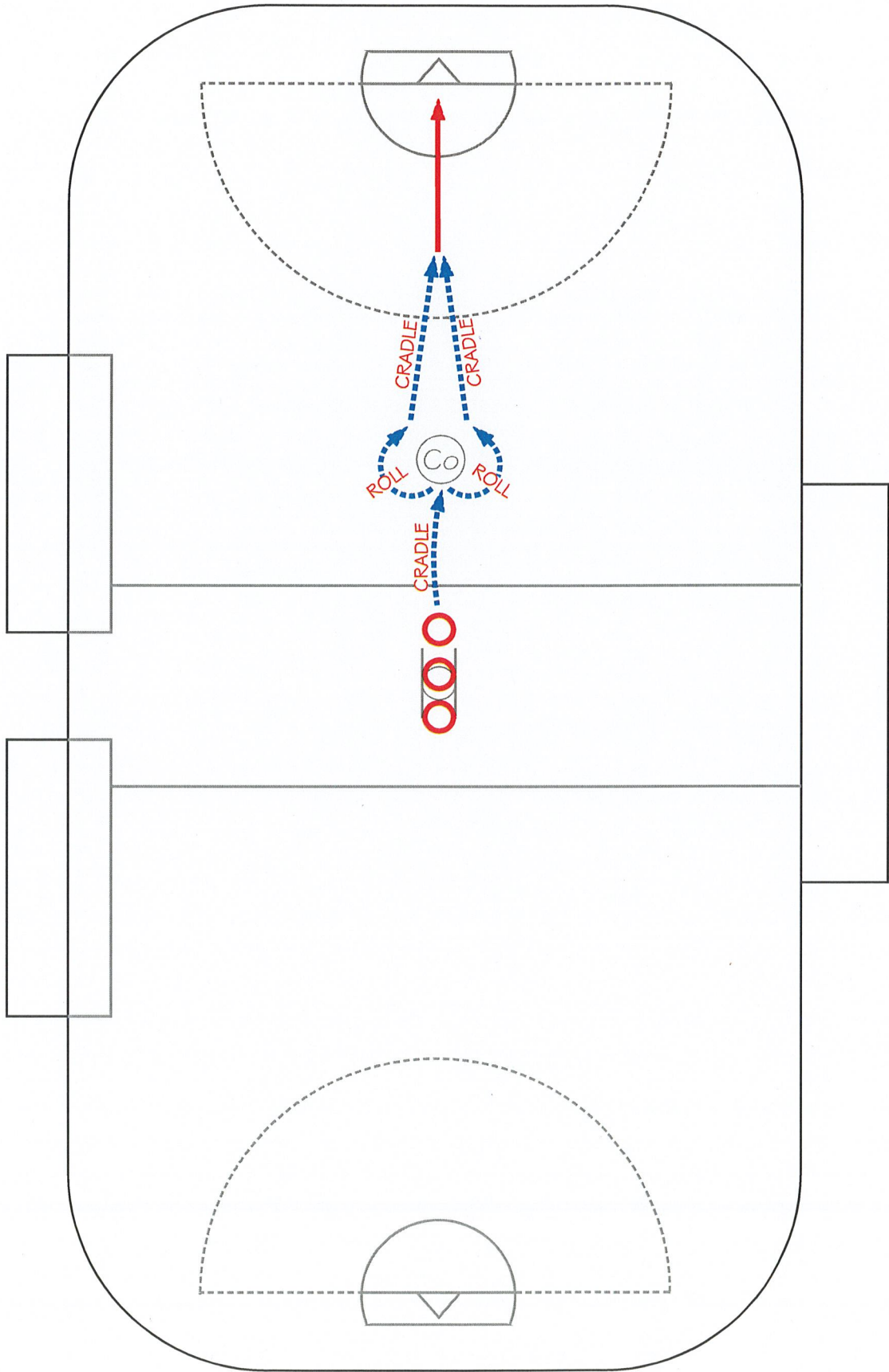
KEY POINTS:

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

WHAT DRILLS TO DO NEXT:

- I-ON-I

DRILL:
CRADLE-ROLL



NOTE: ROLL WITH STICK HEAD AWAY FROM DEFENDER

DRILL:
2 ON 2 (ON BALL)

DRILL TYPE:
OFFENSIVE

LEVEL:
INTERMEDIATE/ADVANCED

PURPOSE:

- 2 ON 2 BATTLE
- BASIC 2 MAN OFFENSE

KEY POINTS:

- SETTING PICKS
- MOVING TOGETHER
- ALTERNATE SIDES
- OFFENSE GOES TO DEFENSE

NOTE:

BASIC OFFENSE DRILL TO ENCOURAGE A 2 MAN GAME, PLAYERS SHOULD MOVE TOGETHER WITH PURPOSE. PLAYERS SHOULD BE ENCOURAGED TO PULL THE BALL OUT AND RESET IF FIRST MOVEMENTS DO NOT WORK.

WHAT DRILLS TO DO NEXT:

- 2 ON 2 (OFF BALL)
- JERRY DRILL (WITH PRESSURE)
- 5 MAN SET

DRILL:
2 ON 2 (OFF BALL)

DRILL TYPE:
OFFENSIVE

LEVEL:
INTERMEDIATE/ADVANCED

PURPOSE:

- 2 ON 2 BATTLE
- BASIC 2 MAN OFFENSE
- WORKING WITHOUT THE BALL

KEY POINTS:

- SETTING PICKS
- MOVING TOGETHER
- GETTING OPEN FOR A PASS
- ALTERNATE SIDE
- OFFENSE GOES TO DEFENSE

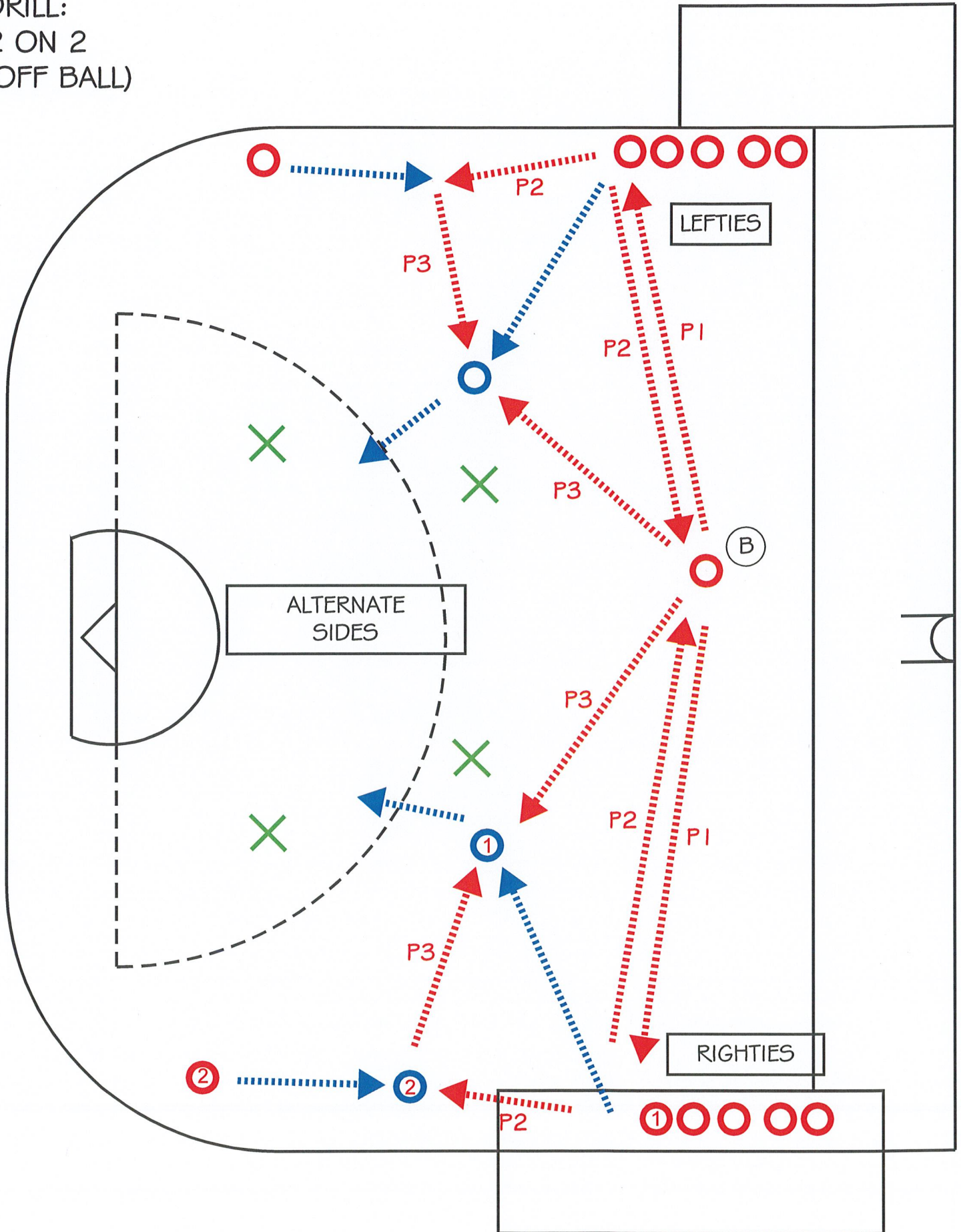
NOTE:

BASIC OFFENSE DRILL TO ENCOURAGE A 2 MAN GAME, PLAYERS SHOULD MOVE TOGETHER WITH PURPOSE. PLAYERS SHOULD BE ENCOURAGED TO PULL THE BALL OUT AND RESET IF FIRST MOVEMENTS DO NOT WORK. BALL SHOULD COME FROM THE OPPOSITE SIDE. TOP OR SWING MAN IS LIVE, CANNOT CUT OR MOVE BUT SHOULD BE INVOLVED WITH THE PASSING.

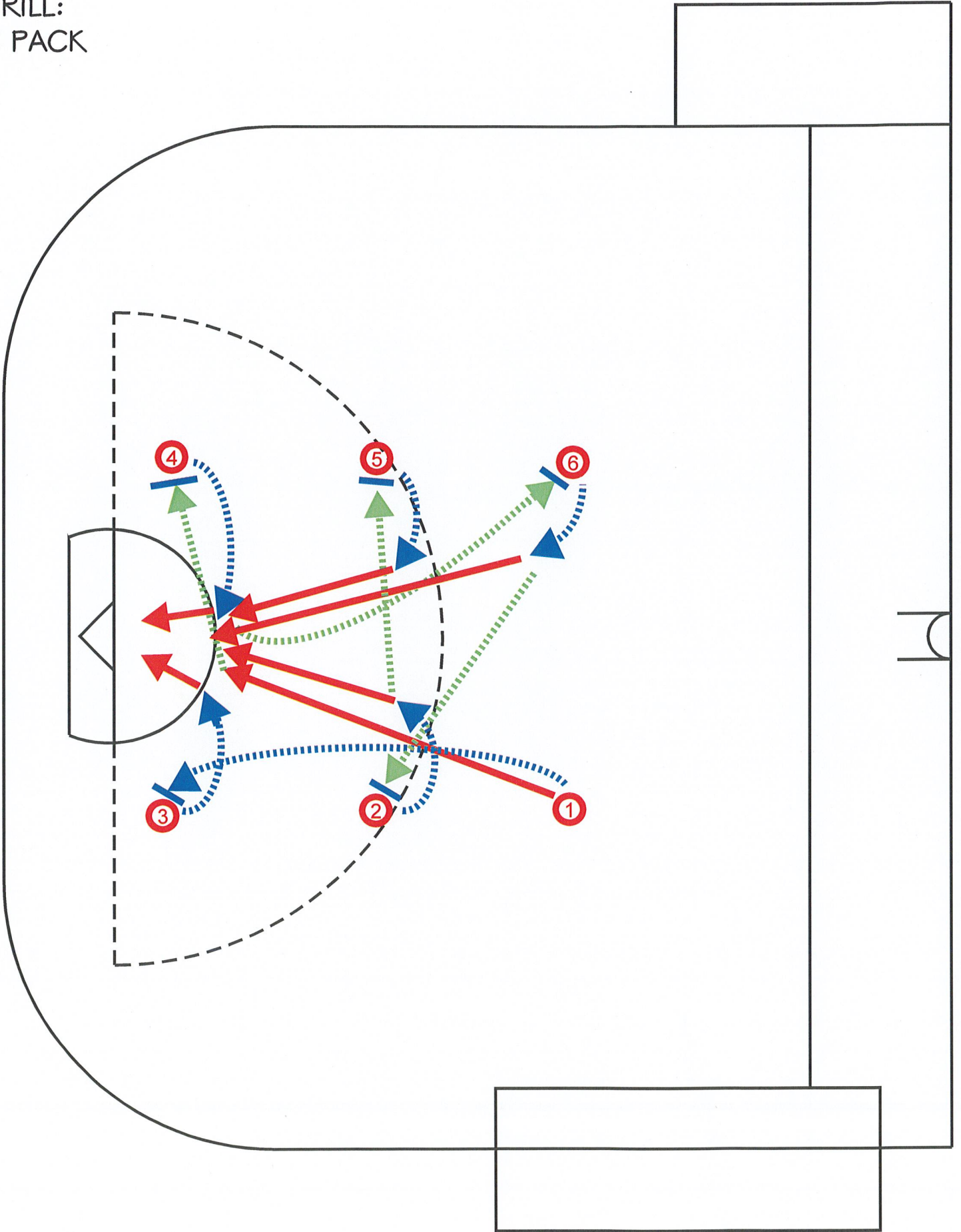
WHAT DRILLS TO DO NEXT:

- JERRY DRILL (WITH PRESSURE)
- 5 MAN SET
- DOUBLE PASS & CUT

DRILL:
2 ON 2
(OFF BALL)



DRILL:
6 PACK



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



DRILL:
BRITISH BULLDOG

