



## Entry Level Coaches Manual

### Skill Development for U8 & U10 Age Groups

# The Ready Position

The Ready Position is the way to hold the stick in preparation for catching or checking. These fundamentals can be performed more effectively from this basic stance. When players have two hands on their stick and are in the ready position, they will be able to react quicker to the movement of the ball and opposing players.

1. Place the top hand below the throat of the stick, about 1/3 of the way down the shaft.
2. Place the bottom hand near the butt end. (Hand spacing depends on the size of the person).
3. The top hand indicates whether the player is right or left-handed. Allow the players to experiment to determine which hand feels more comfortable.
4. Bend the arm of the top hand.
5. Position the head of the stick slightly in front of the shoulder and at eye level.

#### Common Faults

- Holding the stick with both arms hanging straight down, which results in the stick being parallel to the floor or the head pointing down.
- Holding the stick with one hand and the head of the stick resting on the floor.
- The Natural way to hold the stick is to let the arms hang. If this position becomes a habit, players find it very difficult maintaining the ready position while on the floor and end up missing many opportunities to maintain or gain possession of the ball.



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## Scooping

Scooping is the act of picking up the ball. Having both hands on the stick with the top hand at the throat of the stick will offer more stability and control when scooping.

1. Position the instep of the right foot beside the ball for right handers and left for left handers).
2. Bend the knees to get the butt of the stick as low as possible keeping head down and eyes on the ball. Both butts down!
3. Push off the back foot to accelerate through the ball.
4. Return to Ready position stick tucked into the body away from opponents.

#### Common Faults

- Not getting stick low enough
- Not accelerating through the ball



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## Trap and Scoop

1. Place the mouth of the stick on top of the ball.
2. Pull the stick back alongside the body, rolling the ball backwards.
3. Drop the mouth of the stick behind the rolling ball, allowing it to roll over the mouth of the stick.
4. Scoop as before and return to the ready position stick tucked into the body away from opponents.

#### Common Faults

- Not bending the knees.
- The handle of the stick being more vertical than it is parallel to the ground.
- Not pushing off the back leg to accelerate accelerating the stick head through the ball



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# Cradling & Carrying the Stick

When carrying the stick, the left arm (right handed players) is straight, thus positioning the head of the stick at shoulder height and the handle diagonally across the body. This is more comfortable and relaxed position then the ready position. When carrying the ball, the natural back and fourth movement of the arm will cause the ball to pop out of the stick. Cradling is the rolling of the wrists in sync, with the movement of the arms to keep the ball in the stick.

1. Keep the bottom hand loose to allow the shaft to rotate.
2. Place the top hand near the throat.
3. Place both thumbs along the shaft, not around it.
4. When the arm moves back, extend the wrist. When the arm moves forward flex the wrist, thereby creating a cradling or rocking movement.

#### Common Faults

- Moving the arm back and forth and not flexing the wrist.
- Tension in the wrist.
- Lack of coordination.



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## Catching

1. Start in the Ready Position and slide the top hand to the throat of the stick. As players become more comfortable catching they can gradually slide their top hand down.
2. Present a target by extending the stick head up and in the direction of the passer.
3. Move the head, like a glove into the path of the ball and watch the ball all the way until it enters the stick.
4. Cushion the incoming ball by bringing the stick back to the Ready Position as the ball enters the stick.

#### Common Faults

- Hitting at the ball instead of letting the ball fall into the pocket.
- Twirling your stick, instead of cushioning the ball.



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## Throwing

1. Turn so that the shoulder is facing the target.
2. Extend the arms straight back with the elbow pointing at the target.
3. Start the throwing action by rotating the hips and shoulders while stepping onto the front foot.
4. Follow through in the direction of the target.

#### Common Faults

- Hands too close together
- Hands too far apart
- Stepping with the wrong foot
- Not following through



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## Shooting and Throwing Long Passes

1. To exert the force required for shooting and for throwing longer passes, use the larger muscles of the legs and trunk.
2. For added speed, snap the hips around to face the target.
3. For added accuracy, keep the hands soft on the stick.

#### Common Faults

- Lining up with the chest facing the target.
- Pushing with the top hand.
- Using the arms and not the body to generate the force.
- Not transferring the weight from back to front.
- Throwing off the wrong foot



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### Games & Drills

#### RIVER BANK

Suggested Age Group: 4-12years

##### Skill Category

- dynamic balance
- coordination
- mental focus
- reaction time

##### Instructions:

1. Lay a lacrosse stick on the ground.
2. Designate one side of the stick as the “river”. The other side is the “bank”.
3. When the coach says “river” the athletes must jump with both feet together to the “river” side, and vice versa for “bank”.
4. Try to trick the athletes by saying “river” when they are already on the “river” side or vice versa. They should not jump.
5. Switch between “river” and “bank” faster and faster to make the game more challenging.
6. In small groups, make it an elimination game. Eliminate athletes if they jump to the wrong side. Continue until there is one athlete left.





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### CRAB WALK

Suggested Age Group:

5-12years

Skill Category

- balance
- coordination
- strength

Instructions:

1. Demonstrate how to crab walk.
2. Squat on ground, place hands behind you, and lift your hips off the ground.
3. Start “walking” using hands and feet.
4. Play follow the leader as you crab walk.
5. Gently lift one leg off the ground and hold while maintaining position, switch sides and repeat.
6. With hips off the ground, right hand reaches up and grabs the left foot at the highest position, release switch sides.
7. Have a crab walk race over a short distance.



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### British Bulldog

#### Suggested Age group

5-12 years

#### Skill Category

- Reaction Time
- Speed/Agility
- Cradling
- Checking

#### Instruction

1. Every player lines up against the side boards with a ball.
2. Select one player or start with the coach as the bulldog to go in the middle
3. All players try to reach the other side boards without dropping the ball. The bulldog is trying to knock the ball out of the stick.
4. Any players that drop their ball join the bulldog in the middle to check the rest of the players that made it safely.
5. Continue until only one left or all have been checked.



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## Skill Development Drills

### Coach Hand Toss

(Tyke)

#### Objective

1. Practicing the fundamentals of catching while stationary and moving. Stick up, proper hand position, watching ball into stick, and cushioning ball once into the stick.
2. Catching a bouncing ball.

#### Instructions:

- In a small group 3-5 per coach have athletes form a semi-circle around the coach. The coach will have 1 ball per athlete and toss the ball to each athlete's stick by their ear. Athlete rolls ball back to coach.
- Have the same small group line up single file 8-10 feet away from coach. On command athlete will run towards the coach who will toss the ball for athletes to catch. Athletes roll ball back.
- In single file line 8-10 feet away from the coach. On command athlete will run towards the coach who will bounce the ball for athletes to catch.



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### 1 vs 1 LB (loose ball)

(Tyke, Novice, Peewee)

#### Objective:

- Scooping, rolling ball, cradling, agility, shooting, and catching.
- Scooping, use body to shield out opponent from ball, proper hand position, cradling, shooting, and safe stick/ trail checks.

#### Instructions:

1. Create 2 lines of athletes standing side by side.
2. The coach will roll a ball out in front of the two athletes who will race and compete to pick up the ball.
3. The athlete who picks up the ball will run towards the goal for a shot and the other athlete will try and dislodge the ball.



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### Bull in the Ring

(Tyke, Novice)

#### Objective:

- Practicing the defensive tactic of sliding towards ball carrier to close off a lane.
- Getting your body in front of ball carrier.

#### Instruction:

1. Place 5-6 athletes in a circle about 2-3 feet apart.
2. Place one athlete in the middle with a ball. This athlete will try and carry the ball outside of the circle.
3. Athletes in the circle will shuffle together and deny an exit lane for the athlete with the ball.
4. Switch athletes in the middle periodically.



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### Box Passing Drill

(Novice/Peewee)

#### Objective:

- to pass the ball while on the run
- work on catching ball from different angle.

#### Instructions:

1. Set up 4 equal lines. 2 in opposite corners of floor and 2 on the boards at the hockey blue line)
2. Start the ball in one line.
3. Athletes will run towards one line and pass the ball.
4. The pass reciever will run towards the next corner of the square and pass.
5. The shooter fills the line they passed two.
6. Continue this in a clockwise motion
7. Change directions to counter clockwise
8. Option to add a second ball

### Coach Give and Go

(Tyke, Novice, Peewee)

#### Objective:

- passing, catching and shooting

#### Instructions:

1. Athletes form two lines. One for left handers and one for right handers.
2. Athlete passes to coach, then runs towards goal, then receives pass from coach and then shoots on goal.



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### Don't Throw Your Junk In My Backyard

(Tyke, Novice)

#### Objective:

- Scooping, carrying the ball, and rolling the ball.

#### Instructions:

1. Split athletes into two equal teams and designate half a floor per team.
2. Distribute the same number of balls to each team.
3. In between the restraining lines will be a dead zone that no athlete can enter.
4. On command have athletes scoop and roll ball to the opposite end.
5. After 2 minutes of continuous play stop and count the number of balls at each end.



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### Pass Down Pick Down

(Novice, Peewee)

#### Objective:

- Work on the offensive principles of: passing the ball low, V-cuts, sealing defenders, shooting around the seal, opening to the ball when rolling off seals, passing to the roller.

1. Create two lines on the same side of the floor. One line up high and one line up low just off the increase in the offensive end.
2. Ball starts in the high line. Athlete with ball passes to the first athlete in the low line.
3. After passing low athlete v-cuts and seals for low line (athlete who received pass) to come around and shoot.
4. Sealer opens up to ball carrier and rolls to the net.
5. Athletes go to opposite line
6. Progression for Peewee:
  - Athlete who receives pass, then passes to sealer who has opened up to the ball





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### Shoot with Chaser

(Tyke, Novice, Peewee)

#### Objective:

- Shooting on the run
- Stick protection from chaser
- Practicing the timing of safe stick checks

#### Instructions:

1. Athletes form two lines. Outside line will start on their proper side of the floor with a ball in their stick.
2. The athletes in the inside line will be 2-3 feet behind the outside line without a ball in their stick.
3. The outside line will take off towards the goal attempting to get a shot on the net. The inside line reacts to the outside line taking off and attempt to dislodge the ball from the offensive players stick.



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### Shuttle Drills

(Tyke, Novice, Peewee)

#### Objective:

- Scooping, rolling ball, cradling, agility, shooting, and catching.

#### Instructions:

1. Split a small group of athletes (5-6) into two single file lines.
2. Have the first person in each group facing the opposite line.
3. The first person in line 1 starts the drill by scooping up a loose ball and rolling to first person in line 2 and then proceeds to the back of line 2. This cycle continues repeatedly between the two lines.
4. There are various progressions you can use for shuttle drills such as:
  - Scoop ball up and then set ball down. (stationary scooping)
  - Scoop ball up and roll ball to opposite line.
  - Scoop ball up and spin with ball in stick, set ball down or roll to opposite line.
  - Pass ball in the air.



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### Showdown

(Tyke, Novice, Peewee)

#### Objective:

- Practicing cradling and shooting on the run with proper technique.

#### Instructions:

1. Athletes form a line at centre.
2. Each athlete runs towards the goal and tries to score on the goaltender.
3. Emphasize that athletes should start out on their proper side and come across the net to get the goaltender moving side to side.
4. Create an elimination competition to declare a winner.



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### Three Person Weave

(Novice, Peewee)

#### Objective:

- passing, catching
- shooting while on the run

#### Instructions:

1. Create three lines at center floor. One line of left handed athletes (right side of floor), one line of right hand athletes (left side of floor), and a middle line (left and right-handed athletes).
2. Ball starts in the middle and pass to their natural side. (left hands pass to left handers)
3. Athlete will follow their pass.



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### Snake Shooting

(Tyke, Novice, Peewee)

#### Objective:

- shooting on the run
- reacting back to defence

#### Instructions:

1. Line athletes up on proper side at restraining line.
2. Each athlete has a ball.
3. First line one athlete after another will carry the ball down the boards and cut across to the middle at the top of the dotted line for a shot on the run.
4. After shot have athlete react/run back to restraining line
5. Opposite line goes.
6. Progression: line up athletes in the corner and follow steps 3-5



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### Practice Plans

#### Tyke Practice Plan 1

Duration	Activity or Drill	Key Elements
5 min	Coach Hand Toss <ul style="list-style-type: none"> <li>Stationary</li> <li>Moving towards coach</li> <li>Bouncing ball</li> </ul>	<ul style="list-style-type: none"> <li>Stick up in the air (present a target)</li> <li>Proper hand positioning (Top hand near throat)</li> <li>Keep eye on the ball</li> <li>Cushion stick back as ball enters.</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>High knees</li> <li>Butt Kicks</li> <li>Leg Kicks</li> <li>Lateral Shuffles</li> <li>Carioca</li> </ul>	<ul style="list-style-type: none"> <li>Model exercises</li> <li>Watch for good technique/ form</li> </ul>
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>Stationary pick up</li> <li>Roll to opposite line</li> <li>Moving pick up and add spin</li> </ul>	<ul style="list-style-type: none"> <li>Get low when scooping, spread hands wide</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>Step into benches</li> </ul>
5 min	Tidy Floor	<ul style="list-style-type: none"> <li>Scooping</li> <li>Cradling</li> </ul>
5 min	Coach Give and Go	<ul style="list-style-type: none"> <li>Stick up by ear when passing and catching</li> <li>Step with opposite foot</li> <li>Follow through</li> </ul>



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### Tyke Practice Plan 1

Duration	Activity or Drill	Key Elements
5 min	River Bank (Physical Literacy Activity)	<ul style="list-style-type: none"> <li>Stick on the floor</li> <li>Listen carefully for instructions</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>Step into benches</li> </ul>
5 min	1 vs 1 Loose Ball	<ul style="list-style-type: none"> <li>Body position</li> <li>Scooping technique</li> <li>Safe stick check</li> </ul>
5 min	Don't Throw Your Junk In My Backyard	<ul style="list-style-type: none"> <li>Proper techniques for scooping, rolling the ball, cradling</li> </ul>
5 min	Free Play	<ul style="list-style-type: none"> <li>Monitor for safety</li> </ul>
Things to work on:		



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### Tyke Practice Plan 2

Duration	Activity or Drill	Key Elements
5 min	Coach Hand Toss <ul style="list-style-type: none"> <li>Stationary</li> <li>Moving towards coach</li> <li>Bouncing ball</li> </ul>	<ul style="list-style-type: none"> <li>Stick up in the air (present a target)</li> <li>Proper hand positioning (Top hand near throat)</li> <li>Keep eye on the ball</li> <li>Cushion stick back as ball enters.</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>High knees</li> <li>Butt Kicks</li> <li>Leg Kicks</li> <li>Lateral Shuffles</li> <li>Carioca</li> </ul>	<ul style="list-style-type: none"> <li>Model exercises</li> <li>Watch for good technique/ form</li> </ul>
5 min	Relay Race <ul style="list-style-type: none"> <li>weave through cones</li> </ul>	<ul style="list-style-type: none"> <li>Work on power cradle</li> <li>Work on ready position cradle</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>Step into benches</li> </ul>
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>Stationary pick up</li> <li>Roll to opposite line</li> <li>Moving pick up and add spin</li> </ul>	<ul style="list-style-type: none"> <li>Get low when scooping, spread hands wide</li> </ul>





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### Tyke Practice Plan 2

Duration	Activity or Drill	Key Elements
	Hydration break	<ul style="list-style-type: none"> <li>• Step into benches</li> </ul>
5 min	Coach Give and Go <ul style="list-style-type: none"> <li>• Out of the corner</li> </ul>	<ul style="list-style-type: none"> <li>• Stick up by ear when passing and catching</li> <li>• Step with opposite foot</li> <li>• Follow through</li> </ul>
5 min	Standing Broad Jump (Physical Literacy)	<ul style="list-style-type: none"> <li>• Demonstrate proper jumping technique</li> <li>• Show athletes how to land</li> <li>• Use Lacrosse Stick on the floor</li> </ul>
5min	Snake Shooting <ul style="list-style-type: none"> <li>• High</li> <li>• Out of corner</li> </ul>	<ul style="list-style-type: none"> <li>• Have stick up and ready</li> <li>• Step with proper foot</li> <li>• React out to restraining line</li> </ul>
5 min	Popcorn	<ul style="list-style-type: none"> <li>• Cradling</li> <li>• Stick protection</li> <li>• Safe stick checks</li> </ul>
5 min	Free Play	<ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>
Things to work on:		



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### Tyke Practice Plan 3

Duration	Activity or Drill	Key Elements
5 min	Coach Stick Toss <ul style="list-style-type: none"> <li>• Stationary</li> <li>• Moving towards coach</li> <li>• Bouncing ball</li> </ul>	<ul style="list-style-type: none"> <li>• Stick up in the air (present a target)</li> <li>• Proper hand positioning (Top hand near throat)</li> <li>• Keep eye on the ball</li> <li>• Cushion stick back as ball enters.</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>
5 min	Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Bear Walk (physical literacy) <ul style="list-style-type: none"> <li>• Work through progressions</li> <li>• End with a race</li> </ul>	<ul style="list-style-type: none"> <li>• Knees do not touch ground</li> </ul>



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### Tyke Practice Plan 3

Duration	Activity or Drill	Key Elements
5 min	Opposite Wall LB <ul style="list-style-type: none"> <li>From coach</li> </ul>	<ul style="list-style-type: none"> <li>Get low when scooping</li> <li>Keep hands wide</li> <li>Tuck in while running</li> <li>Keep stick high when shooting</li> </ul>
	Hydration break	Step into benches
5 min	Shoot with a Chaser	<ul style="list-style-type: none"> <li>Protect stick from chaser (shooter)</li> <li>Time safe stick checks (chaser)</li> </ul>
5 min	Don't Throw Your Junk In My Backyard	<ul style="list-style-type: none"> <li>Proper techniques for scooping, rolling the ball, cradling</li> </ul>
5 min	Duracell Drill	<ul style="list-style-type: none"> <li>Head up</li> <li>Ends when one athlete scores</li> </ul>
5 min	Free Play	Monitor for safety
Things to work on:		



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### Tyke Practice Plan 4

Duration	Activity or Drill	Key Elements
5 min	Coach Stick Toss <ul style="list-style-type: none"> <li>Stationary</li> <li>Moving towards coach</li> <li>Bouncing ball</li> </ul>	<ul style="list-style-type: none"> <li>Stick up in the air (present a target)</li> <li>Proper hand positioning (Top hand near throat)</li> <li>Keep eye on the ball</li> <li>Cushion stick back as ball enters.</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>High knees</li> <li>Butt Kicks</li> <li>Leg Kicks</li> <li>Lateral Shuffles</li> <li>Carioca</li> </ul>	<ul style="list-style-type: none"> <li>Model exercises</li> <li>Watch for good technique/ form</li> </ul>
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>Stationary pick up</li> <li>Roll to opposite line</li> <li>Pass in the air</li> </ul>	<ul style="list-style-type: none"> <li>Get low when scooping, spread hands wide</li> <li>Present target</li> <li>Stick high, aim for target</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Ladder Drills (physical literacy)	<ul style="list-style-type: none"> <li>Work on balance and coordination</li> </ul>



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### Tyke Practice Plan 4

Duration	Activity or Drill	Key Elements
10 min	Introduction to Line Changes 1 <sup>st</sup> & 3 <sup>rd</sup> Period <ul style="list-style-type: none"> <li>• Defence</li> <li>• Offence</li> <li>• All 5 run off</li> </ul> 2 <sup>nd</sup> Period <ul style="list-style-type: none"> <li>• Offence</li> <li>• Defence</li> <li>• Change</li> </ul>	<ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• Explain, model, athletes walk through it, practice live with an imaginary ball</li> </ul>
	Hydration break	Step into benches
5 min	Coach Give and Go <ul style="list-style-type: none"> <li>• Out of the corner</li> </ul>	<ul style="list-style-type: none"> <li>• Stick up by ear when passing and catching</li> <li>• Step with opposite foot</li> <li>• Follow through</li> </ul>
5 min	1 vs 1 Loose Ball	<ul style="list-style-type: none"> <li>• Body position</li> <li>• Scooping technique</li> <li>• Safe stick check</li> </ul>
5 min	Free Play	Monitor for safety
Things to work on:		



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### Tyke Practice Plan 5

Duration	Activity or Drill	Key Elements
5 min	Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>• Stationary pick up</li> <li>• Roll to opposite line</li> <li>• Pass in the air</li> </ul>	<ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	



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### Tyke Practice Plan 5

Duration	Activity or Drill	Key Elements
5 min	Review Line Changes	
5 min	Crab Walks (Physical Literacy Activity) <ul style="list-style-type: none"> <li>Practice</li> <li>Followed by race</li> </ul>	<ul style="list-style-type: none"> <li>Work on technique</li> <li>Challenge them to lift arm/leg</li> </ul>
10 min	House Defence <ul style="list-style-type: none"> <li>Players line up in 5 positions</li> </ul>	<ul style="list-style-type: none"> <li>See tactical skills for instructions</li> <li>Explain, model, athletes walk through it, practice live while coach has ball</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>Step into benches</li> </ul>
5 min	Show Down	<ul style="list-style-type: none"> <li>Run in hard</li> <li>Shoot ball hard</li> </ul>
5 min	Free Play	Monitor for safety
Things to work on:		



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## Skill Development for U8 & U10 Age Groups

### Tyke Practice Plan 6

Duration	Activity or Drill	Key Elements
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>Stationary pick up</li> <li>Roll to opposite line</li> <li>Pass in the air</li> </ul>	<ul style="list-style-type: none"> <li>Get low when scooping, spread hands wide</li> <li>Present target</li> <li>Stick high, aim for target</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>High knees</li> <li>Butt Kicks</li> <li>Leg Kicks</li> <li>Lateral Shuffles</li> <li>Carioca</li> </ul>	<ul style="list-style-type: none"> <li>Model exercises</li> <li>Watch for good technique/ form</li> </ul>
5 min	Opposite Wall LB <ul style="list-style-type: none"> <li>From coach</li> </ul>	<ul style="list-style-type: none"> <li>Get low when scooping</li> <li>Keep hands wide</li> <li>Tuck in while running</li> <li>Keep stick high when shooting</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Bull in the Ring	<ul style="list-style-type: none"> <li>Slide together to close gaps</li> </ul>





# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Tyke Practice Plan 6

Duration	Activity or Drill	Key Elements
5 min	Review House Defence	<ul style="list-style-type: none"> <li>• Use bull in the ring to help review</li> </ul>
5 min	River Bank (Physical Literacy Activity)	<ul style="list-style-type: none"> <li>• Stick on the floor</li> <li>• Listen carefully for instructions</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>• Step into benches</li> </ul>
10 min	Offensive Concept: Give and Go	<ul style="list-style-type: none"> <li>• Stick high, Aim for target</li> <li>• Present target</li> </ul>
5min	Snake Shooting <ul style="list-style-type: none"> <li>• High</li> <li>• Out of corner</li> </ul>	<ul style="list-style-type: none"> <li>• Have stick up and ready</li> <li>• Step with proper foot</li> <li>• React out to restraining line</li> </ul>
5 min	Free Play	Monitor for safety
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Tyke Practice Plan 7

Duration	Activity or Drill	Key Elements
5 min	Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>
5 min	Opposite Wall LB <ul style="list-style-type: none"> <li>• From coach</li> </ul>	<ul style="list-style-type: none"> <li>• Get low when scooping</li> <li>• Keep hands wide</li> <li>• Tuck in while running</li> <li>• Keep stick high when shooting</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Review Give and Go	
5 min	Ladder Drills (physical literacy)	<ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Tyke Practice Plan 7

Duration	Activity or Drill	Key Elements
	Hydration break	<ul style="list-style-type: none"> <li>• Step into benches</li> </ul>
5 min	1 vs 1 Loose Ball	<ul style="list-style-type: none"> <li>• Body position</li> <li>• Scooping technique</li> <li>• Safe stick check</li> </ul>
5 min	Tidy Floor	<ul style="list-style-type: none"> <li>• Scooping</li> <li>• Cradling</li> </ul>
5 min	Shoot with a Chaser	<ul style="list-style-type: none"> <li>• Protect stick from chaser (shooter)</li> <li>• Time safe stick checks (chaser)</li> </ul>
5 min	Free Play	Monitor for safety
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Tyke Practice Plan 8

Duration	Activity or Drill	Key Elements
5 min	Partner Passing	<ul style="list-style-type: none"> <li>• Proper technique for passing and catching</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>• Stationary pick up</li> <li>• Roll to opposite line</li> <li>• Pass in the air</li> </ul>	<ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Standing Exercises (physical literacy)	<ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>
5 min	Review Line Changes	<ul style="list-style-type: none"> <li>• Live practice without ball</li> </ul>



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Tyke Practice Plan 8

Duration	Activity or Drill	Key Elements
	Hydration break	<ul style="list-style-type: none"> <li>• Step into benches</li> </ul>
5min	Snake Shooting <ul style="list-style-type: none"> <li>• High</li> <li>• Out of corner</li> </ul>	<ul style="list-style-type: none"> <li>• Have stick up and ready</li> <li>• Step with proper foot</li> <li>• React out to restraining line</li> </ul>
5 min	Duracell Drill	<ul style="list-style-type: none"> <li>• Head up</li> </ul>
5 min	Show Down	<ul style="list-style-type: none"> <li>• Run in hard</li> <li>• Shoot ball hard</li> </ul>
5 min	Free Play	Monitor for safety
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Tyke Practice Plan 9

Duration	Activity or Drill	Key Elements
5 min	Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>• Stationary pick up</li> <li>• Roll to opposite line</li> <li>• Pass in the air</li> </ul>	<ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Tag (physical literacy)	<ul style="list-style-type: none"> <li>• No sticks</li> </ul>
5 min	Review House Defence	<ul style="list-style-type: none"> <li>• Live practice coach with ball</li> </ul>



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## Skill Development for U8 & U10 Age Groups

### Tyke Practice Plan 9

Duration	Activity or Drill	Key Elements
	Hydration break	<ul style="list-style-type: none"> <li>• Step into benches</li> </ul>
5 min	Shoot with a Chaser	<ul style="list-style-type: none"> <li>• Protect stick from chaser (shooter)</li> <li>• Time safe stick checks (chaser)</li> </ul>
5 min	Tidy Floor	<ul style="list-style-type: none"> <li>• Scooping</li> <li>• Cradling</li> </ul>
5 min	Opposite Wall LB From coach	<ul style="list-style-type: none"> <li>• Get low when scooping</li> <li>• Keep hands wide</li> <li>• Tuck in while running</li> <li>• Keep stick high when shooting</li> </ul>
5 min	Free Play	Monitor for safety
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Tyke Practice Plan 10

Duration	Activity or Drill	Key Elements
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>• Stationary pick up</li> <li>• Roll to opposite line</li> <li>• Pass in the air</li> </ul>	<ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>
5min	Snake Shooting <ul style="list-style-type: none"> <li>• High</li> <li>• Out of corner</li> </ul>	<ul style="list-style-type: none"> <li>• Have stick up and ready</li> <li>• Step with proper foot</li> <li>• React out to restraining line</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>• Step into benches</li> </ul>
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Ladder Drills (physical literacy)	<ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>





# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Tyke Practice Plan 10

Duration	Activity or Drill	Key Elements
5 min	Review Give and Go	<ul style="list-style-type: none"> <li>• Live practice coach with ball</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>• Step into benches</li> </ul>
5 min	Shoot with a Chaser	<ul style="list-style-type: none"> <li>• Protect stick from chaser (shooter)</li> <li>• Time safe stick checks (chaser)</li> </ul>
5 min	Popcorn	<ul style="list-style-type: none"> <li>• Proper cradling technique</li> <li>• Stick protection</li> <li>• Safe stick checks</li> </ul>
5 min	Show Down	<ul style="list-style-type: none"> <li>• Run in hard</li> <li>• Shoot ball hard</li> </ul>
5 min	Free Play	Monitor for safety
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 1

Duration	Activity or Drill	Key Elements
5 min	Partner Passing	<ul style="list-style-type: none"> <li>Proper technique for passing and catching</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>High knees</li> <li>Butt Kicks</li> <li>Leg Kicks</li> <li>Lateral Shuffles</li> <li>Carioca</li> </ul>	<ul style="list-style-type: none"> <li>Watch for proper technique/ form</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>Step into benches</li> </ul>
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>Stationary pick up</li> <li>Roll to opposite line</li> <li>Moving pick up and add spin</li> </ul>	<ul style="list-style-type: none"> <li>Get low when scooping, spread hands wide</li> </ul>
	Hydration break	Step into benches
5 min	Coach Give and Go	<ul style="list-style-type: none"> <li>Stick up by ear when passing and catching</li> <li>Step with opposite foot</li> <li>Follow through</li> </ul>
5 min	Bear Crawls (Physical Literacy Activity)	<ul style="list-style-type: none"> <li>Work on technique</li> </ul>



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## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 1

Duration	Activity or Drill	Key Elements
5 min	Popcorn	<ul style="list-style-type: none"> <li>• Proper cradling technique</li> <li>• Stick protection</li> <li>• Safe stick checks</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>• Step into benches</li> </ul>
5 min	1 vs 1 Loose Ball	<ul style="list-style-type: none"> <li>• Body position</li> <li>• Scooping technique</li> <li>• Safe stick check</li> </ul>
5 min	Duracell Drill	<ul style="list-style-type: none"> <li>• Head up</li> </ul>
5 min	Free Play	<ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 2

Duration	Activity or Drill	Key Elements
5 min	Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in the air</li> <li>• Off the boards</li> </ul>	<ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Crab Walks (Physical Literacy Activity) <ul style="list-style-type: none"> <li>• Practice</li> <li>• Followed by race</li> </ul>	<ul style="list-style-type: none"> <li>• Work on technique</li> <li>• Challenge them to lift arm/leg</li> </ul>



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 2

Duration	Activity or Drill	Key Elements
10 min	Introduction to Line Changes 1 <sup>st</sup> & 3 <sup>rd</sup> Period <ul style="list-style-type: none"> <li>• Defence</li> <li>• Offence</li> <li>• All 5 run off</li> </ul> 2 <sup>nd</sup> Period <ul style="list-style-type: none"> <li>• Offence</li> <li>• Defence</li> <li>• Change</li> </ul>	<ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• Explain, model, athletes walk through it, practice live with an imaginary ball</li> </ul>
5 min	2 on 1 Half Floor	<ul style="list-style-type: none"> <li>• Stick up and draw the defender</li> <li>• Shoot on net if defender does not attack ball carrier</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>• Step into benches</li> </ul>
5 min	Snake Shooting <ul style="list-style-type: none"> <li>• High</li> <li>• Out of corner</li> </ul>	<ul style="list-style-type: none"> <li>• Have stick up and ready</li> <li>• Step with proper foot</li> <li>• React out to restraining line</li> </ul>
5 min	Free Play	<ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 3

Duration	Activity or Drill	Key Elements
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in the air</li> <li>• Off the boards</li> </ul>	<ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>
5 min	Shoot with a Chaser	<ul style="list-style-type: none"> <li>• Protect stick from chaser (shooter)</li> <li>• Time safe stick checks (chaser)</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Mirror Mirror (Physical Literacy) <ul style="list-style-type: none"> <li>• Side shuffles</li> <li>• Forward backwards</li> </ul>	<ul style="list-style-type: none"> <li>• Work on proper footwork</li> </ul>



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 3

Duration	Activity or Drill	Key Elements
10 min	House Defence <ul style="list-style-type: none"> <li>Players line up in 5 positions</li> </ul>	<ul style="list-style-type: none"> <li>See tactical skills for instructions</li> <li>Explain, model, athletes walk through it, practice live while coach has ball</li> </ul>
5 min	1 vs 1 Loose Ball	<ul style="list-style-type: none"> <li>Body position</li> <li>Scooping technique</li> <li>Safe stick check</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>Step into benches</li> </ul>
5 min	Coach Give and Go <ul style="list-style-type: none"> <li>From the corner</li> </ul>	<ul style="list-style-type: none"> <li>Stick up by ear when passing and catching</li> <li>Step with opposite foot</li> <li>Follow through</li> </ul>
5 min	Free Play	<ul style="list-style-type: none"> <li>Monitor for safety</li> </ul>
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 4

Duration	Activity or Drill	Key Elements
5 min	Partner Passing	<ul style="list-style-type: none"> <li>• Proper technique for passing and catching</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>
5 min	3 person Weave <ul style="list-style-type: none"> <li>• Start without ball</li> <li>• Add in ball</li> </ul>	<ul style="list-style-type: none"> <li>• First pass goes to proper side</li> <li>• Have athletes shorten pass by running towards one and other</li> <li>• Stick up, be ready to receive pass</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Ladder Drills (physical literacy)	<ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>
10 min	Offence <ul style="list-style-type: none"> <li>• Pass down</li> <li>• Seal down</li> </ul>	<ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• V-cut on seal</li> </ul>





# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 4

Duration	Activity or Drill	Key Elements
5 min	Opposite Wall LB <ul style="list-style-type: none"> <li>From coach</li> </ul>	<ul style="list-style-type: none"> <li>Get low when scooping</li> <li>Keep hands wide</li> <li>Tuck in while running</li> <li>Keep stick high when shooting</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>Step into benches</li> </ul>
5 min	Popcorn	<ul style="list-style-type: none"> <li>Proper cradling technique</li> <li>Stick protection</li> <li>Safe stick checks</li> </ul>
5 min	Free Play	<ul style="list-style-type: none"> <li>Monitor for safety</li> </ul>
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 5

Duration	Activity or Drill	Key Elements
5 min	Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>
5 min	Relay Race <ul style="list-style-type: none"> <li>• weave through cones</li> </ul>	<ul style="list-style-type: none"> <li>• Work on power cradle</li> <li>• Work on ready position cradle</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Standing Exercises (physical literacy)	<ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>
5 min	Review Line Changes	<ul style="list-style-type: none"> <li>• Live practice without ball</li> </ul>



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 5

Duration	Activity or Drill	Key Elements
10 min	Offence <ul style="list-style-type: none"> <li>• Pass down</li> <li>• Seal down</li> <li>• Roll to the middle</li> </ul>	<ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• V-cut on seal</li> <li>• Roll to middle, open up to ball</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>• Step into benches</li> </ul>
5 min	Duracell Drill	<ul style="list-style-type: none"> <li>• Head up</li> </ul>
5 min	Show Down	<ul style="list-style-type: none"> <li>• Curl out to proper side</li> <li>• Run in hard</li> <li>• Shoot ball hard</li> </ul>
5 min	Free Play	<ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 6

Duration	Activity or Drill	Key Elements
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in the air</li> <li>• Off the boards</li> </ul>	<ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>
5 min	2 on 1 Half Floor	<ul style="list-style-type: none"> <li>• Stick up and draw the defender</li> <li>• Shoot on net if defender does not attack ball carrier</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	1 vs 1 Loose Ball	<ul style="list-style-type: none"> <li>• Body position</li> <li>• Scooping technique</li> <li>• Safe stick check</li> </ul>



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 6

Duration	Activity or Drill	Key Elements
5 min	Bear Crawls (Physical Literacy Activity)	<ul style="list-style-type: none"> <li>• Work on technique</li> </ul>
5 min	Review House Defence <ul style="list-style-type: none"> <li>• Coach passes around the outside</li> </ul>	<ul style="list-style-type: none"> <li>• Identify where help comes from</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>• Step into benches</li> </ul>
5 min	Offence <ul style="list-style-type: none"> <li>• Pass down</li> <li>• Seal down</li> <li>• Roll to the middle</li> </ul>	<ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• V-cut on seal</li> <li>• Roll to middle, open up to ball</li> </ul>
5 min	Coach Give and Go	<ul style="list-style-type: none"> <li>• Stick up by ear when passing and catching</li> <li>• Step with opposite foot</li> <li>• Follow through</li> </ul>
5 min	Free Play	<ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 7

Duration	Activity or Drill	Key Elements
5 min	Partner Passing	<ul style="list-style-type: none"> <li>• Proper technique for passing and catching</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in the air</li> <li>• Off the boards</li> </ul>	<ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Mirror Mirror (Physical Literacy) <ul style="list-style-type: none"> <li>• Side shuffles</li> <li>• Forward backwards</li> </ul>	<ul style="list-style-type: none"> <li>• Work on proper footwork</li> </ul>
5 min	Shoot with a Chaser	<ul style="list-style-type: none"> <li>• Protect stick from chaser (shooter)</li> <li>• Time safe stick checks (chaser)</li> </ul>



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 7

Duration	Activity or Drill	Key Elements
5 min	Opposite Wall LB <ul style="list-style-type: none"> <li>• From coach</li> <li>• Progression: scoop and pass to cutter</li> </ul>	<ul style="list-style-type: none"> <li>• Get low when scooping</li> <li>• Keep hands wide</li> <li>• Tuck in while running</li> <li>• Keep stick high when shooting</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>• Step into benches</li> </ul>
5 min	Offence <ul style="list-style-type: none"> <li>• Pass down</li> <li>• Seal down</li> </ul> Roll to the middle	<ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• V-cut on seal</li> <li>• Roll to middle, open up to ball</li> </ul>
5 min	Snake Shooting <ul style="list-style-type: none"> <li>• High</li> <li>• Out of corner</li> </ul>	<ul style="list-style-type: none"> <li>• Have stick up and ready</li> <li>• Step with proper foot</li> <li>• React out to restraining line</li> </ul>
5 min	Free Play	<ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 8

Duration	Activity or Drill	Key Elements
5 min	Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in the air</li> <li>• Off the boards</li> </ul>	<ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Ladder Drills (physical literacy)	<ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>
5 min	Review Line Changes	<ul style="list-style-type: none"> <li>• Live practice without ball</li> </ul>





# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 8

Duration	Activity or Drill	Key Elements
5 min	Shoot with a Chaser	<ul style="list-style-type: none"> <li>Protect stick from chaser (shooter)</li> <li>Time safe stick checks (chaser)</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>Step into benches</li> </ul>
5 min	Offence <ul style="list-style-type: none"> <li>Pass down</li> <li>Seal down</li> <li>Roll to the middle</li> </ul>	<ul style="list-style-type: none"> <li>See tactical skills for instructions</li> <li>V-cut on seal</li> <li>Roll to middle, open up to ball</li> </ul>
5 min	2 on 1 Half Floor	<ul style="list-style-type: none"> <li>Stick up and draw the defender</li> <li>Shoot on net if defender does not attack ball carrier</li> </ul>
5 min	Free Play	<ul style="list-style-type: none"> <li>Monitor for safety</li> </ul>
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 9

Duration	Activity or Drill	Key Elements
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in the air</li> <li>• Off the boards</li> </ul>	<ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>
5 min	Partner Passing	<ul style="list-style-type: none"> <li>• Proper technique for passing and catching</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Standing Exercises (physical literacy)	<ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 9

Duration	Activity or Drill	Key Elements
5 min	Popcorn	<ul style="list-style-type: none"> <li>• Proper cradling technique</li> <li>• Stick protection</li> <li>• Safe stick checks</li> </ul>
5 min	Coach Give and Go	<ul style="list-style-type: none"> <li>• Stick up by ear when passing and catching</li> <li>• Step with opposite foot</li> <li>• Follow through</li> </ul>
	Hydration break	<ul style="list-style-type: none"> <li>• Step into benches</li> </ul>
5 min	3 man Weave	<ul style="list-style-type: none"> <li>• First pass goes to proper side</li> <li>• Have athletes shorten pass by running towards one and other</li> <li>• Stick up, be ready to receive pass</li> </ul>
5 min	Show Down	<ul style="list-style-type: none"> <li>• Curl out to proper side</li> <li>• Run in hard</li> <li>• Shoot ball hard</li> </ul>
5 min	Free Play	<ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 10

Duration	Activity or Drill	Key Elements
5 min	Partner Passing	<ul style="list-style-type: none"> <li>• Proper technique for passing and catching</li> </ul>
5 min	Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>	<ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>
5 min	Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in the air</li> <li>• Off the boards</li> </ul>	<ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>
	Hydration break	Step into benches
5 min	Coach to choose a skill/ tactic that athletes need to work on based on last practice/game	
5 min	Mirror Mirror (Physical Literacy) <ul style="list-style-type: none"> <li>• Side shuffles</li> <li>• Forward backwards</li> </ul>	<ul style="list-style-type: none"> <li>• Work on proper footwork</li> </ul>
5 min	Review Changes	



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Novice Practice Plan 10

Duration	Activity or Drill	Key Elements
5 min	Review House Defense	
	Hydration break	<ul style="list-style-type: none"> <li>• Step into benches</li> </ul>
5 min	3 man Weave	<ul style="list-style-type: none"> <li>• First pass goes to proper side</li> <li>• Have athletes shorten pass by running towards one and other</li> <li>• Stick up, be ready to receive pass</li> </ul>
5 min	Offence <ul style="list-style-type: none"> <li>• Pass down</li> <li>• Seal down</li> <li>• Roll to the middle</li> </ul>	<ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• V-cut on seal</li> <li>• Roll to middle, open up to ball</li> </ul>
5 min	Free Play	<ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>
Things to work on:		



# Entry Level Coaches Manual

## Skill Development for U8 & U10 Age Groups

### Positive Coaching Qualities

It is important for coaches to create a positive environment for athletes to learn physical literacy, to develop fundamental skills, to understand how to work in a team environment and to develop character in sport and life.

1. Coaches should be positive and smile a lot
2. Compliment each athlete by name at each station
3. Give out lots of high fives/ fist bumps between coaches and athletes
4. Model/participate
5. Have multiple ways to praise success
6. Focus on how to improve rather than weaknesses
7. Use positive language
8. Be approachable
9. Be kind
10. Promote self esteem
11. Communicate using age appropriate words
12. Get down to athletes' eye level to communicate
13. Show respect to your athletes, opponents, officials and parents