# Home Training for Forwards

# Universal Skills for Forwards and Backs

- Passing
- Shooting
- Ball Control

# Passing

- From the ground and from the air
- Stick, hand, and foot

# Bullseye Passing

- Set up a target on the ground. It can be anything: a bucket, a jacket, a shoe, a twig that you've stuck into the ground.
- Step away to a reasonable passing distance
- Pass and try to make the ball hit the target
- Work through a progression of passing types. Don't let yourself get bored-keep switching up the type of pass you attempt!

# Wall passing

- Find a vertical wall. It should be a hard, sturdy surface, like brick. There should be no windows nearby.
- Stand relatively close to the wall- closer than you would usually pass to a teammate.
- Flick the ball into the air at the wall with your stick. Wait for it to come back- it can bounce off the ground first, or you can get it out of the air. The goal is to have a consistent rhythm so that you can complete the drill for a long time
- See how long you can go

# Keepy-Uppy

- Keep the ball up in the air with your feet and legs
- If the ball gets away from you, use your hands or stick to control it and bring it back to your feet
- Try and see how many keep-ups you can do
- Try and practice to the point that you can do tricks- any trick is a good way to practice your kicking control, but a trick that follows the two-touch rule is one you could use in a game

# Shooting

- Face-up and post-up
- Stick, foot, and hand

# Accuracy Shooting

- Set up a goal. It doesn’t need to be regulation sized: a smaller goal is better for this drill than a bigger one.
- Choose a spot to aim for: a corner, a post, a target that you have set up in the goal

# Turn and Shoot

- Set up a goal
- Face away from the goal with the ball
- Practice different ways to elevate the ball, turn to be side-on to the goal, and shoot
- Be creative! What works for someone else may not be the thing which works for you

# Long shot on the run

- Set up a goal- ideally it is regulation size, but a smaller goal will make the drill harder and improve your skills more
- Place the ball some distance away from you and from the goal
- Run towards the ball, lift it, and shoot at the goal. Try lifting with your stick and kicking, lifting with your stick and striking with the stick, and lifting with the foot and striking with the stick.
- Try running at the ball from different angles and pushing yourself to shoot from farther and farther away

# In-Close Finishing

- This drill works best if you have more than one ball and a regulation goal.
- Place multiple balls at approximately crease distance from the goal in a line.
- Work your way down the line, shooting your balls quickly at a dangerous part of the goal
- Practice a shovel shot to the top of the goal, a kick with the inside of the foot at the low corner of the goal, lifting and swatting into the low corner, and lifting and spiking into the low corner of the goal
- If you don’t have multiple balls, try shooting the ball at a wall instead of a goal to give yourself multiple shots.

# Ball Control

- Receiving passes
- Lifting the ball
- Protecting the ball
- Carrying

# Sky control

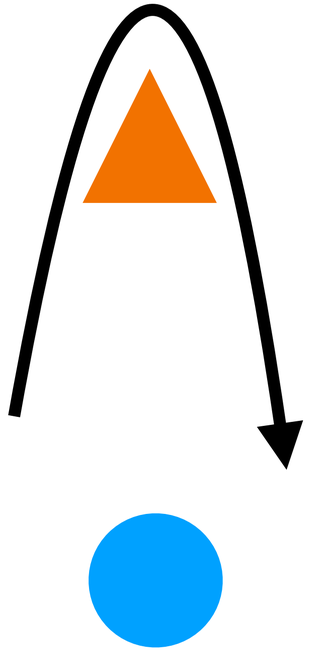
- Fling, throw, or kick the ball as high as you can
- Try and control the ball different ways
  - A soft touch with your foot that puts the ball into shooting position
  - Catching the ball directly with your stick
  - Deflecting the ball to the ground and catching it off the bounce with your stick
  - Slowing the ball with your hand and then catching it with your stick
  - Deflecting the ball to your foot with your stick

# Wall control

- Kick or throw the ball against a wall
- When it comes back, try to control it as it hits the ground
  - Trapping the ball with the bottom of your foot
  - Controlling the ball with the inside of your foot
  - Controlling the ball with the outside of your foot
  - Trapping the ball with your stick
  - Chopping the ball into the air with your stick

# Scoop on the run

- Set up an obstacle (cone, chair, garbage bin, etc) and a ball moderate distance from the ball
- Run around the obstacle, turning around to run at the ball
- As you run at the ball, scoop it up to carry it. Drop it, then turn and run around the cone again

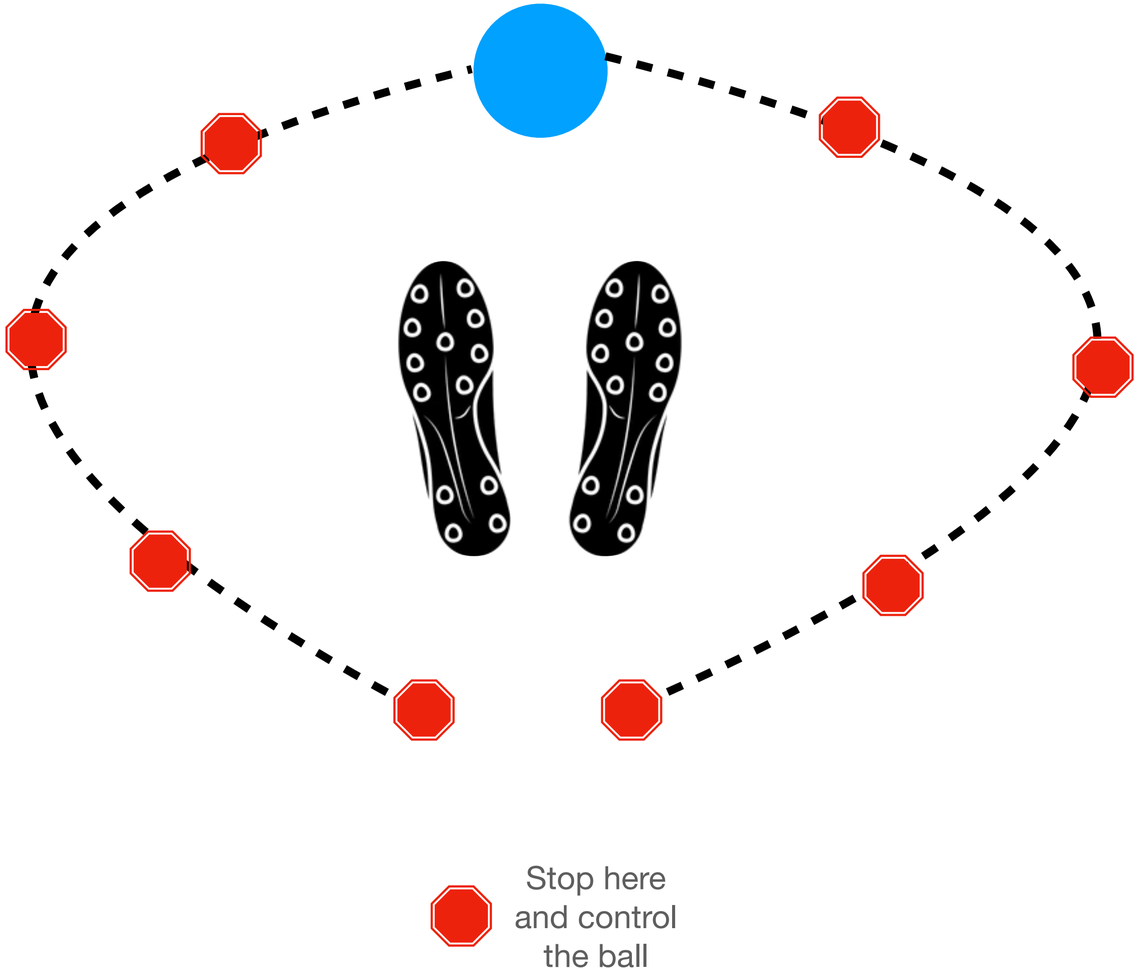


# Dog ball

- This only works if you have a dog who likes to play ball and a ball which you don’t mind if your dog will pop (consider using a different ball from your usual oarball)
- Play oarball with your dog, trying to keep the ball away as long as possible
- Be sure not to hurt your dog with your stick! Good practice for not fouling
- Dogs are not fooled easily by tricks- the best way to protect a ball from a dog is to put your body between the dog and the ball and shield it. This is also the best way to protect the ball against defenders!

# Rotating control

- Start with the ball on the ground in front of you.
- Use your stick to move the ball all the way around your body to one side
- Then control the ball all the way around your body to the other side
- Try to have good control of the ball- be able to manipulate it in any direction no matter where it is. This is easier if you keep your hands away from your body.
- Add in extra stick-handles or tricks at each point to make sure you're still in control of the ball and to challenge yourself



# Carry course

- Set up an obstacle course for yourself- cones to go around, obstacles to step over, whatever you can think of
- Scoop the ball up onto your stick and try to keep it there while you go through the course
- Go through the course once walking, just trying to keep the ball. If you can do that, try again running. If you can do that, make the course harder and start again

# Dribble course

- Make an obstacle course for yourself- cones to go around, hoops to put the ball through, walls or trees to bounce the wall off of
- Control the ball along the ground through the course. Follow the two-touch rule- count it as a pass if you send the ball off a wall, tree or other rebounding obstacle
- Try different ways to challenge yourself
  - keep the ball on your forehand
  - only use the outside of your foot
  - run very fast through the course

# Core Phases of Forward Play

- Net Front
- Square-Off
- Counterattack
- Forecheck

# Net Front Play

- Screening and Deflections
- Rebounding
- Harassing (offense) and Clearing (defense)

# Off-Wall Deflections

- Find a wall . Set up a goal, and stand between the goal and the wall
- Kick the ball hard off of the wall. When it bounces back, try to deflect it into the goal behind you
- Practice deflecting in different places relative to your body: left, right, and between your legs
- Practice deflecting the ball upwards and downwards

# Rebound and Finish

- Set up a goal near an obstacle (tree, heavy chair, etc). Ideally, the obstacle will make the ball bounce irregularly
- Kick the ball off of the obstacle
- Be ready to pounce on the ball and strike it with your stick
- Challenge yourself!
  - Find obstacles which cause the ball to bounce very erratically
  - Give yourself a target for shooting the ball into the goal

# Disengage and Shove

- Set up an obstacle you want to shove- you want it to be heavy enough to challenge you. It can be something you move (like a trash bin on wheels) or something you tip over (like a chair with weights sitting on it)
- Put the obstacle near a wall and weigh it down. Start with a wall-sit: lean against the wall and squat down until your knees are bent ninety degrees
- Hold the wall sit, then shove away from the wall. Take three hard steps, then plant your feet and shove over your obstacle.

# Square-Offs

- Hand Speed
- Face-off Techniques

# Chops

- Start in your square-off stance with a ball in front of you
- Move your stick over the top of the ball and touch it to the ground behind the ball. Try to move your stick as close as possible without touching and as quickly as possible.
- Do this repeatedly: front and back as well as left and right

# Reaction Drill

- Start with a ball in front of you in your square-off stance
- Find a YouTube video with noise randomly spaced throughout
- When the sound goes, win the ball back. Then re-set it and continue.

# Technique Repetitions

- Start with a ball in front of you in your square-off stance.  Practice the movements you need to win square-offs:
  - Directions to win the ball: backward, forward, to the wing
  - Hand grips: “kayak” grip (both hands down), “hockey” grip (bottom hand up), “canoe” grip (top hand up)
  - Techniques to move the ball:
    - Direct (swipe the ball, kick the ball)
    - Knock away opponent’s stick (then stick, then kick)
    - Tie up opponent’s stick (then kick, then hand)
    - Tie up the ball and hold it there (pin with stick, trap it under cleat
    - Spin and block your opponent with your back (then stick, then kick, then hand)
    - Deliberately lose and run towards loose ball

# Counterattack

- Area Passing
- 1v1 Face-Up
- 1v1 Post-Up

# Rapid Area Pass Drill

- Set up with two or three oarballs in front of you. Mark out target areas on the ground (rope, hula-hoops, cones, sticks, etc).
- In quick succession, pass one ball to a target area, then the next
- You will never have to pass multiple balls in a game, but being able to make accurate area passes quickly moves the counterattack along faster

# Face-Up Moves

- Use a chair or similar obstacle
- Start 3-5 meters away from the chair with a ball
- Run at the obstacle and pass around it with a skill move
  - Practice knock and run moves (around the chair, under the chair, over the chair)
  - Practice misdirection moves (fake left go right, fake right go left, double fake)
  - Practice power moves (stiff-arm against hip check, egg-and-spoon carry drive)

# Post-up moves

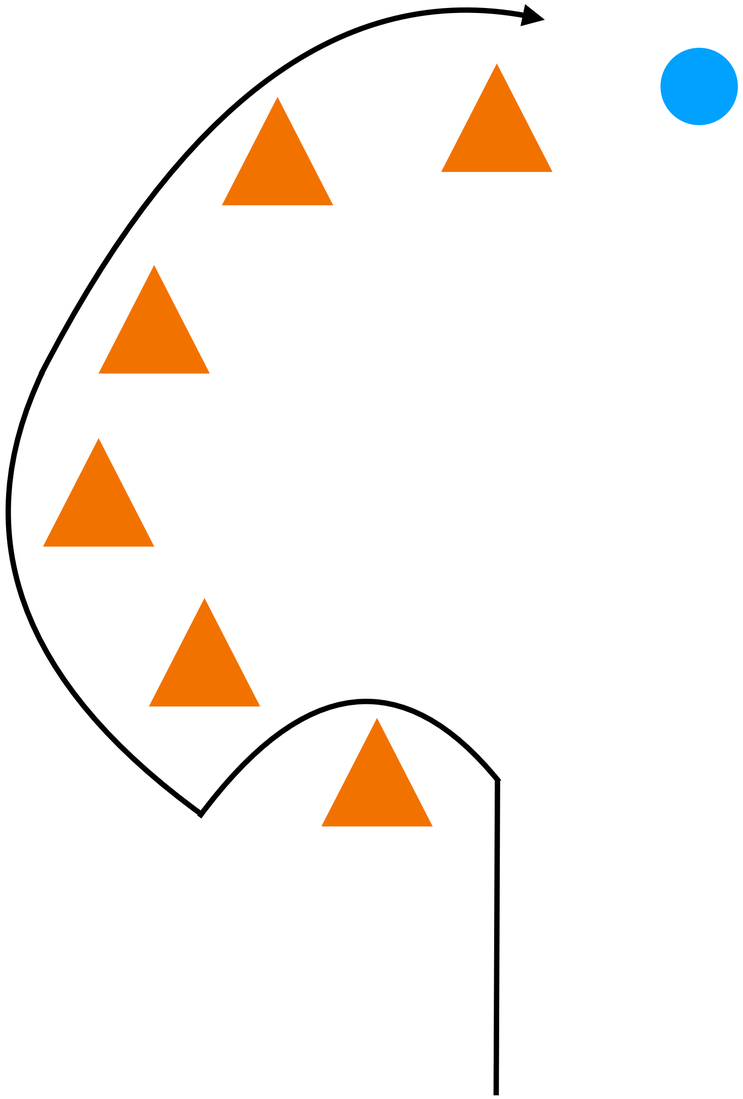
- Start with a ball and put your back to a tree, light post, or similar obstacle.
- Apply pressure to the obstacle with your back, leaning into it and driving with your legs
- Practice escaping the post and going around it
  - Rolling step, wrapping your foot around the obstacle and making a half spin
  - Driving off, pushing hard enough against the obstacle to push yourself away and create separation
  - Faking- fake a roll or drive, then do the other

# Forecheck

- Angling
- Interceptions
- Contact Area

# Question-Mark Drill

- Set up a series of cones or obstacles that force you to change direction twice, then run in a curved path
- At the end of the path, place a ball. Practice tackling away the ball with various techniques at the end of your footwork



# Wall Ball

- Find a wall.
- Flick the ball against the wall with your stick. When the ball comes back, try to strike it out of the air with your stick. This can be off the bounce or directly out of the air.
- Try to continue this as long as possible
- Challenge yourself!
  - Limit yourself to just striking out of the air
  - Try facing different directions (front to wall, shoulder to wall, back to wall) and different stick orientations (straight, flat)

# Run, Hip, Stop, and Hip

- Set up a soft obstacle at hip height (soft chair, cushion attached to a tree, punching bag, etc). Have cones (or similar) a moderate distance away on either side.
- Start at one cone. Run past the obstacle, delivering a running hip check as you go. Stop at the cone, turn around, and come back.
- On the way back, deliver a hip check with the opposite hip. Run past, stop at the cone, and turn around.
- Run to the obstacle, stop, and deliver a standing hip check. Run to the second cone.
- Repeat these three steps (left running hip, right running hip, stopped hip) until tired.

# Key Elements of Forward Fitness

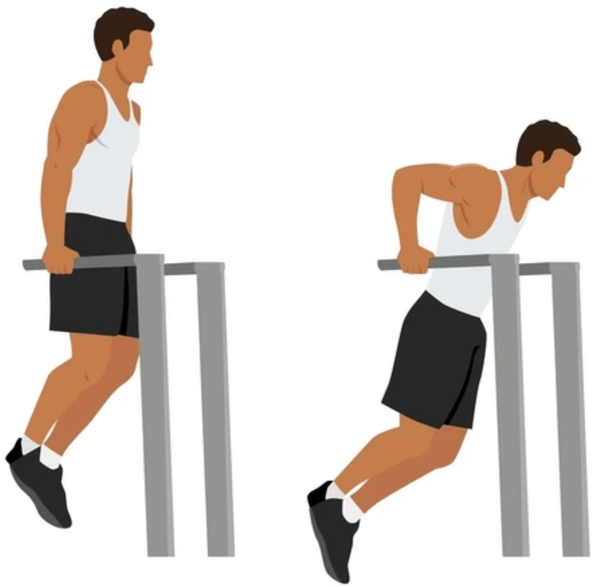
- Strength
- Balance
- Explosiveness

# Strength

- Upper Body Strength
- Leg Strength
- Core Strength

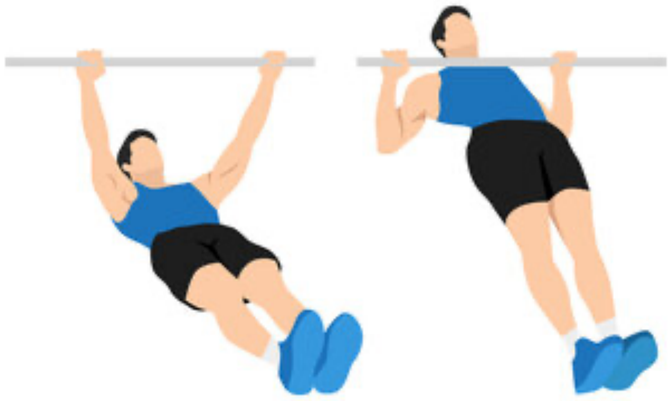
# Dips

- Find a pair of parallel bars. They should be between waist level and armpit level when you start the exercise. Your local park is a good place to find them.
- Grasp the bars and hold yourself in the air above them
- Bend your elbows to lower yourself down, then straighten your arms to raise yourself up again
- Don’t let your feet touch the ground.
- Dips build the muscles in your pectoralis (moving your arms forward) and triceps (straightening your arms)
- Challenge yourself!
    - Try to do as many repetitions as you possibly can in a “set,” then rest and try again up to 5 times
    - Add weight to yourself through a weighted vest, heavy backpack, or by tying weights onto a belt



# Inverted Rows

- Find a single low bar which is low enough to reach with your feet on the ground and still be in a near-horizontal position
- Grasp the bar in both hands and bend your arms to pull yourself towards it
- Inverted rows improve strength in the latissimus (moving your arms back) and biceps (bending your arms)
- Challenge yourself!
  - Try to do as many repetitions as you possibly can in a “set,” then rest and try again up to 5 times
  - Try to hold the “up” position for an extended period of time. Start with one second per



# Long-Distance Lunges

- Find a local running track. If there isn't one nearby, measure out distances at your local sidewalk or practicing field.
- To perform a lunge, step forward and bend your leading leg until your trailing leg almost touches the ground. Do not press your hands off of your legs to help you
- If you do not need to rest, stand up from your lunge and immediately start the next one, just like you're walking. If you need to rest, stand in place between lunges.
- The first time you lunge, start with just 40 meters (130 ft). If you feel comfortable at that distance, wait at least two "off" rest days and lunge again, adding 20 meters.
- If you are too sore to be comfortable the next day, do not increase the distance for your next lunge. If you are comfortable, keep adding distance until you can reach 400 meters (1/4 mile)
- Lunging builds the quadriceps (straightening your leg) which improves your power in the contact area

# Invisible Chair

- Start with your feet should width apart and your toes pointing forwards
- Squat down until your knees are bent at 90 degrees and hold the squat as long as you can. Your hands should not be used to assist in any way.
- Try to hold the squat for as long as possible. Each time, challenge yourself to add at least one more second over last time. Try to last until two minutes!
- Squatting builds the quadriceps (straightening your leg) which improves your power in the contact area

# Russian Twists

- Sit on the ground and hold your feet in the air
- Reach across your body and touch the ground to your left, then to your right. Move quickly, and finish after a set amount of time (20, 30, or 45 seconds).
- Twists build the obliques and abdominals, which improve your balance and the power in your shots
- Challenge yourself!
  - When finished, rest and try another set, up to 5
  - Aim for a certain number of twists in each timed session
  - Hold a small weight in your hands to make the exercise more difficult

# Ball Passes

- Start laying on your back with an object held in your hands (an oarball is good, but a larger ball is easier to start)
- Keeping your arms and legs straight, pull your hands and feet together to meet above you and “hand off” the object, gently lowering it to the floor as you stretch out. Repeat
- This exercise builds the abdominals, which improve your balance and stability
- Challenge yourself!
    - Try to do as many repetitions as you possibly can in a “set,” then rest and try again up to 5 times
    - As the exercise becomes easier, try using a smaller and smaller ball. Eventually, start using a weighted medicine ball

# Balance

- Lateral Balance
- Longitudinal Balance
- Core Balance

# Leg Swing

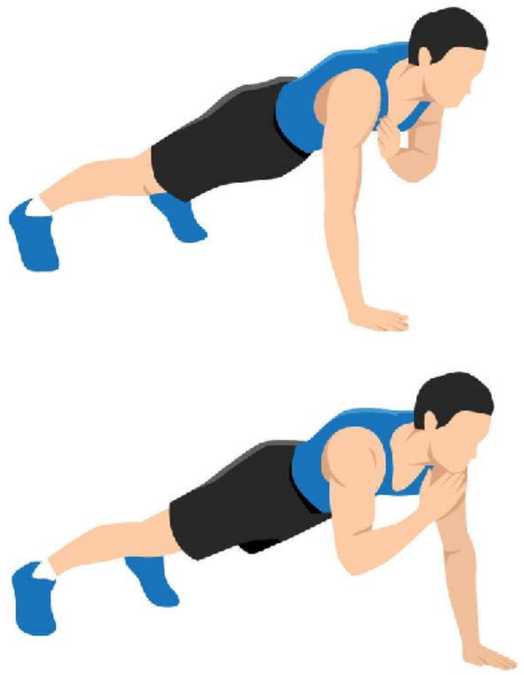
- Stand on one foot, holding the other in the air
- Take your aerial foot and raise it to your side. Then lower it back down
- Practice on both sides of your body
- Challenge yourself!
    - Try with your eyes closed

# Line Walking

- Find a line to balance on. It can be a curb, a painted line, or anything else.
- Place your feet along the line
- Walk forwards along the line, keeping your feet on the line and holding your balance.
- When you get to the end, do the same thing backwards
- Challenge yourself!
    - Only go backwards, and when you get to the end, turn around to keep going backwards

# Shoulder Taps

- Start on the floor in a push-up position with your arms straight
- Take one of your hands and touch it to your shoulder. Then place it back on the floor and do the same with the other hand



# Pistol Squats

- Extend one foot out in front of you
- Bend your standing leg as far as you can in a one-legged squat. Then push yourself back up
- Practice on both sides

# Explosiveness

- First Step
- Top Speed
- Interval Endurance

# Uphill Sprints

- Find a hill that has a consistent, steep elevation
- Measure out 20 meters (65 ft)
- Sprint uphill the 20 meters
- Rest adequately between sprints
- Sprinting uphill improves your acceleration, allowing you to reach top speed faster

# Downhill Sprints

- Find a hill that has a consistent, steep elevation
- Measure out 20 meters (65 ft)
- Climb up the hill and then sprint down the 20 meters
- Rest adequately between sprints
- Sprinting downhill improves your foot speed, allowing you to run faster at top speed

# Pool Runnings

- Go to a pool or beach
- Go into the water until it is waist high to chest high. Higher water will be more challenging
- Run a moderate distance at a time (50-100m). Use only your legs- do not pull yourself along with your arms
- Running with water resistance improves the power in

# Beep Test

- Set up cones 15 meters (50 feet) apart.
- Play this video: https://www.youtube.com/watch?v=7YhHg1wwa1I
- Run from one cone to the next before your time runs out
- If you fail once, keep going. The test ends when you fail two times.
- Try to reach the highest possible number

# Good Cross-Training Sports for Forwards

- Hockey (ice or inline): stick skills, tactics
- Lacrosse: lifting the ball, defending 1v1
- Football/Soccer as an outfielder: foot skills, endurance
- Basketball: post-up play, explosiveness
- Rugby: strength, balance
- Gridiron Football: balance, explosiveness
- Rock Climbing: endurance, balance
- Handball: hand skills, post-up play
- Weight Lifting: strength
- Bicycling: strength
- Sprinting: explosiveness
- Skateboarding: balance
- Inline skating: strength