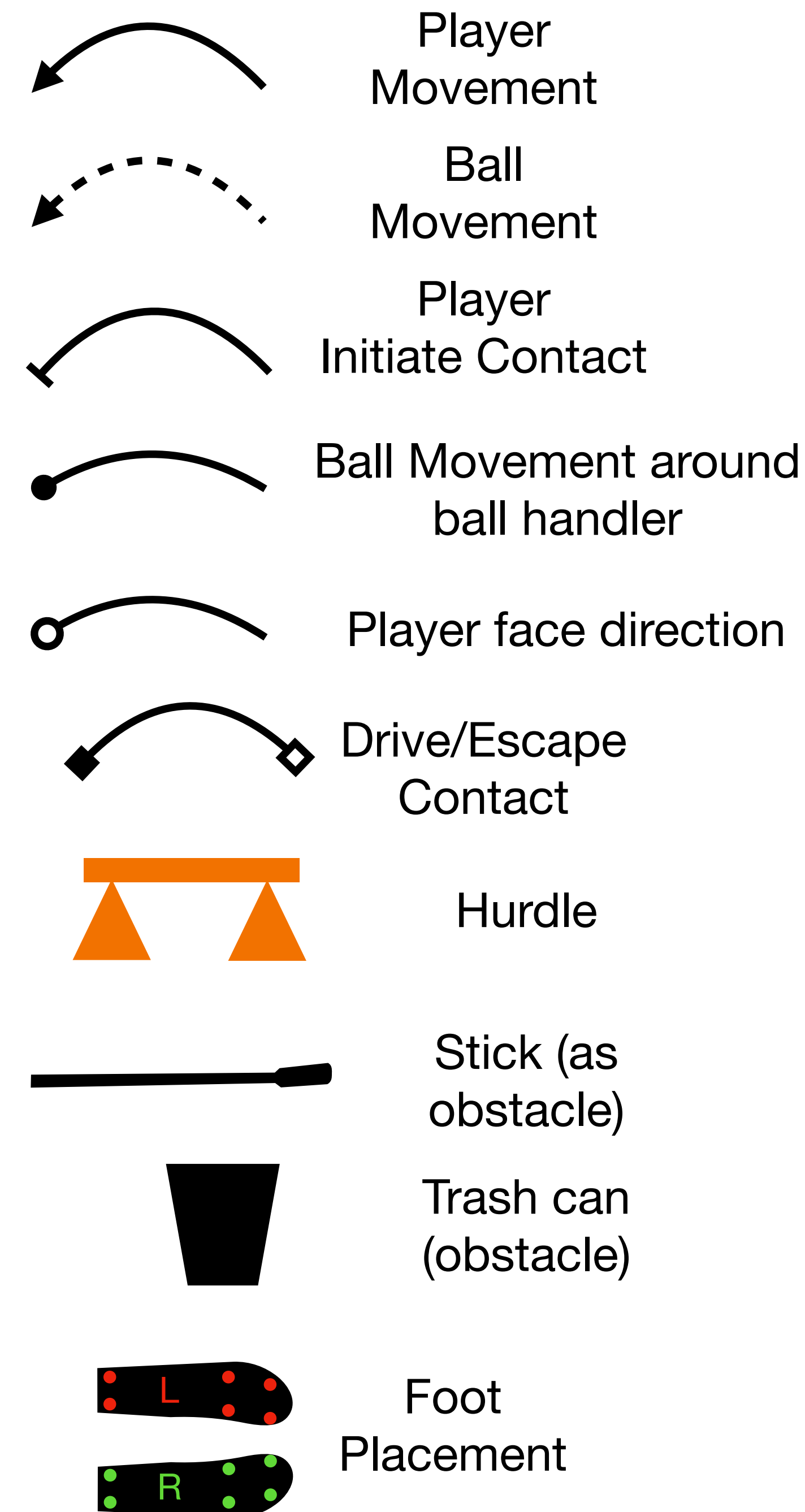
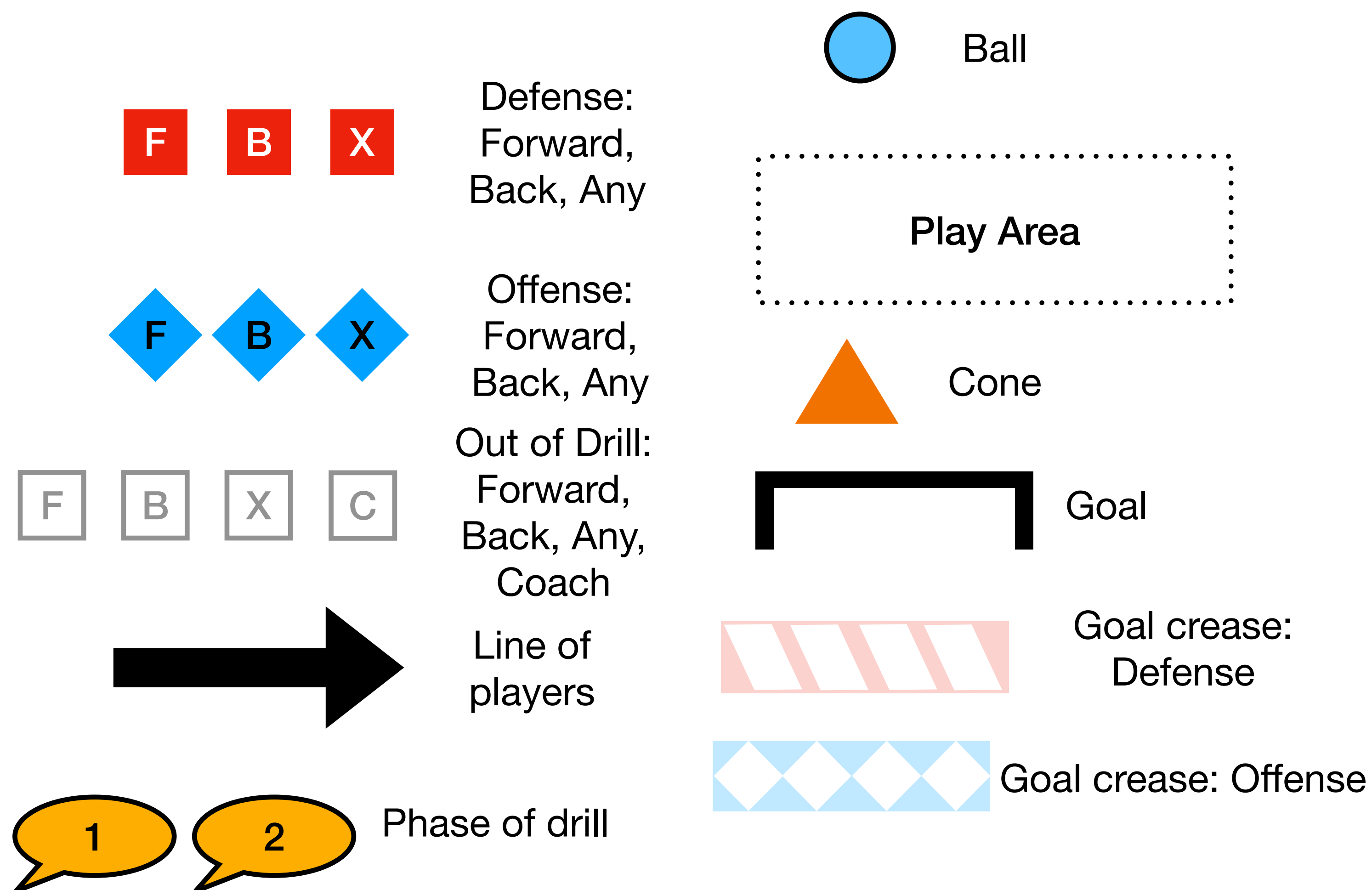


IOU Coaching Certification

Level 1: Casual Play

Section 3: Drills

Diagramming Practices



Standard Practice Design

Standard practice is a 60-minute session. Players who arrive early should be encouraged to play, practice, and experiment without structure.

Phase 1: Warm-up phase (10 minutes). Prepare players for practice and get them ready to move.

Phase 2: Stretching (5 minutes). Physically prepare players for more demanding phases of practice.

Phase 3: Structured (30 minutes). Work on specific skills, build strength and conditioning, and teach tactical concepts. At the under-12 level, assume that you will need 20 minutes of break and instruction, so

Phase 4: Scrimmage (15 minutes). Use what was learned in practice in a game-like situation.

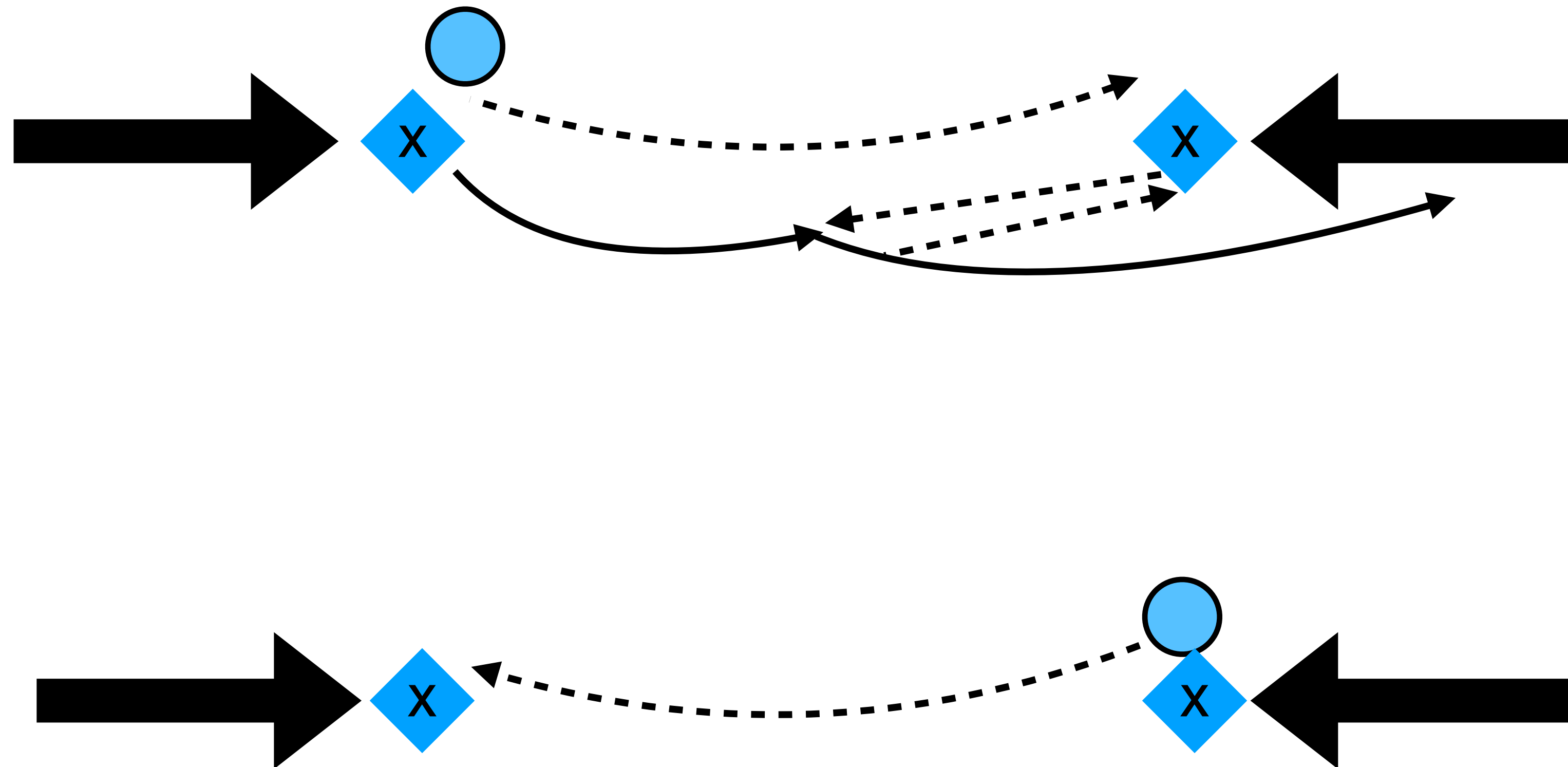
Warm-Up Phase

10 minutes

- 2 warm-up drills
- Senior and Scholastic: players should have drills memorized, both drills 5 minutes with no break/explanation
- U18 and selects: Drills are 4 minutes, 1 minute break/explanation each
- U12 and Learn to Play: Drills are 3 minutes, 2 minutes break/explanation each

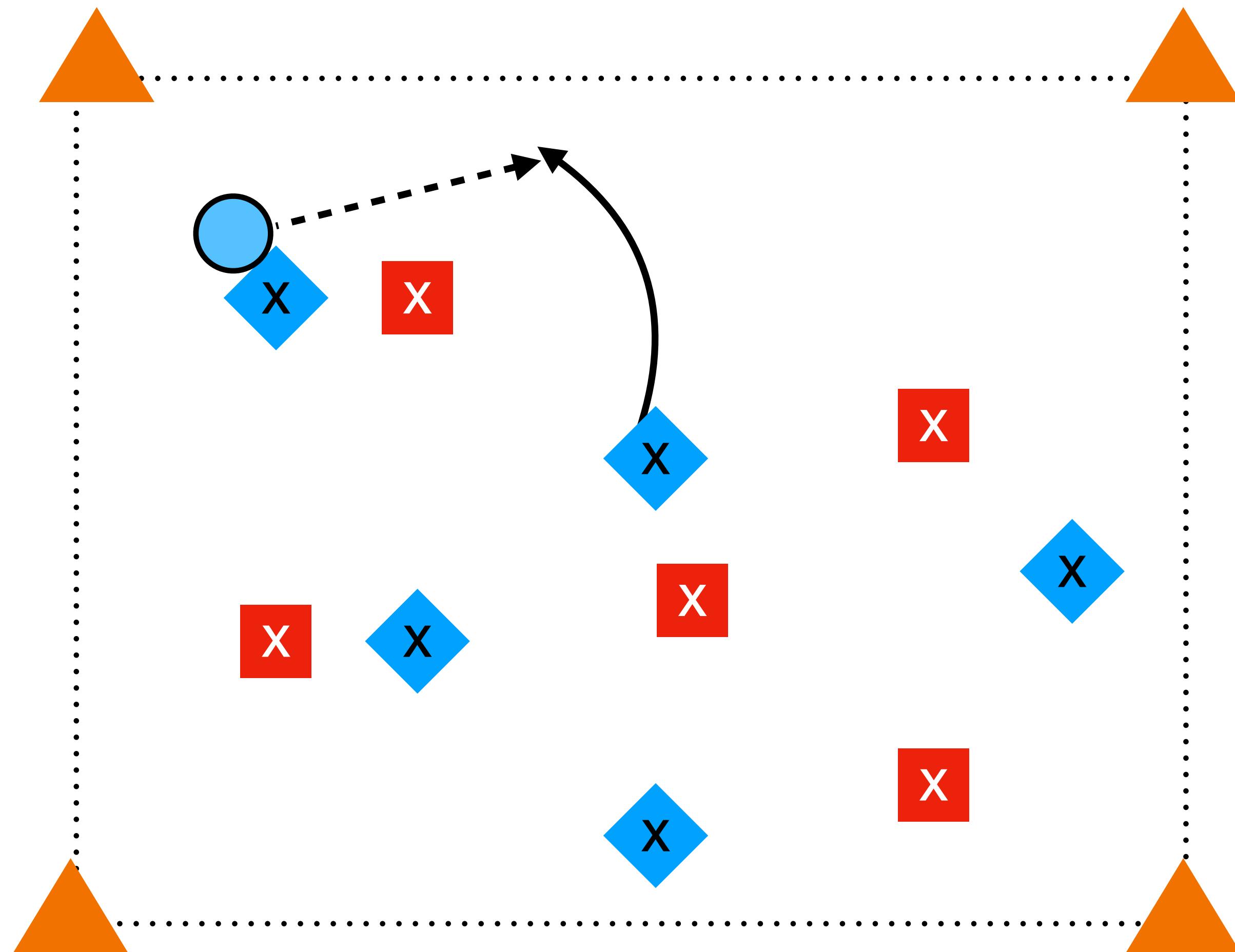
Line Drill

- Split the team into 4 equal groups and have them line up
- The player with the ball passes across to the other side, then runs
- The receiver gives a pass back. When the runner plays a final pass, the receiver becomes the runner
- Drill is continuous
- Pace should be high
- Challenge your players- force them to use specific pass techniques (ground strike, shovel pass, swat pass, hand pass, instep kick, outstep kick, scoop and volley)



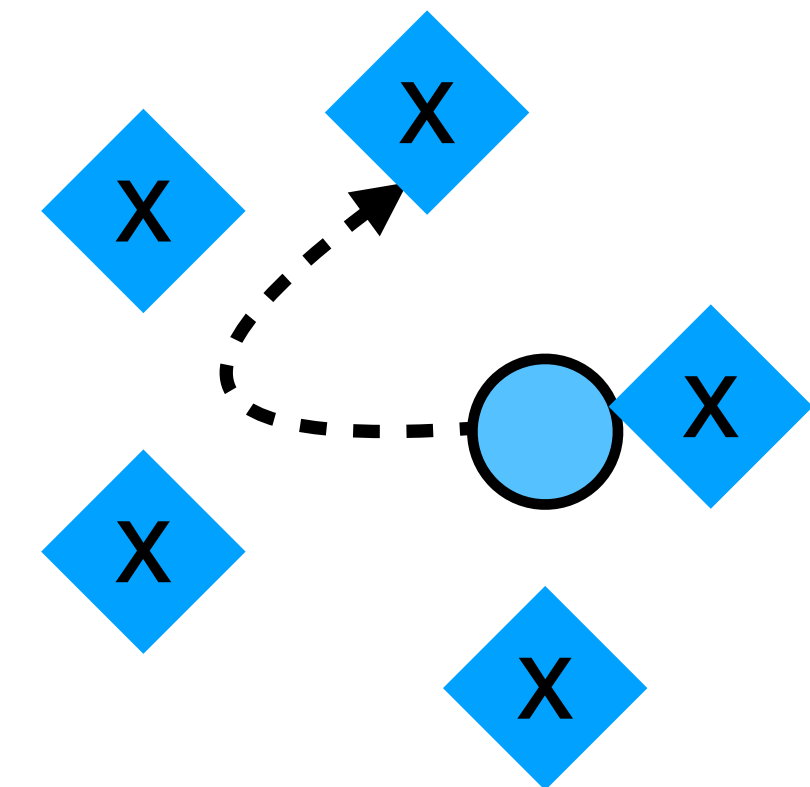
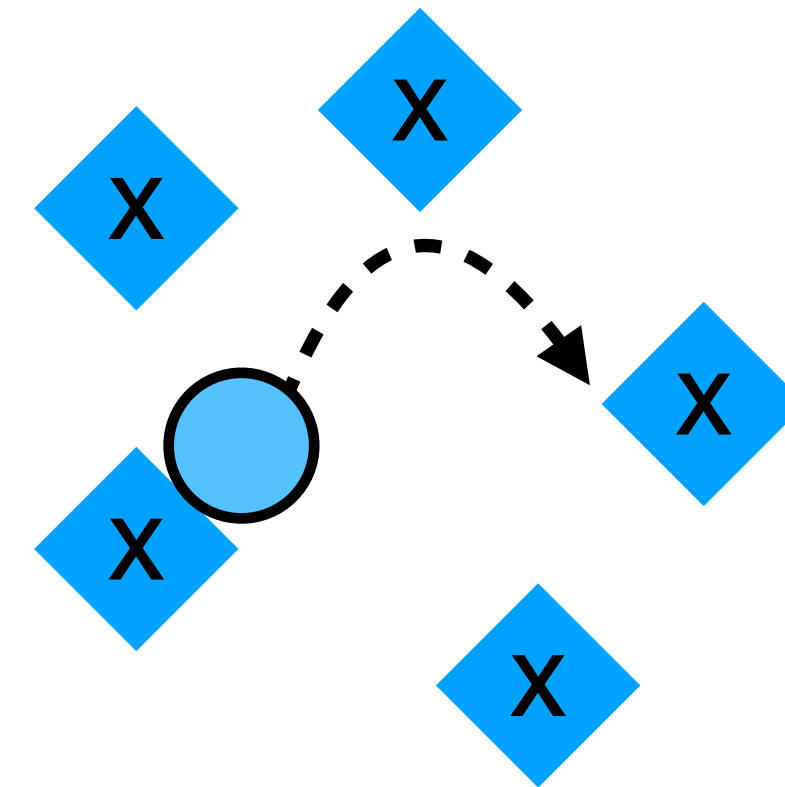
10 Pass Drill

- Split team into two teams
- Each team is trying to get 10 consecutive passes. The count re-sets if the other team steals the ball



Keepy Uppy

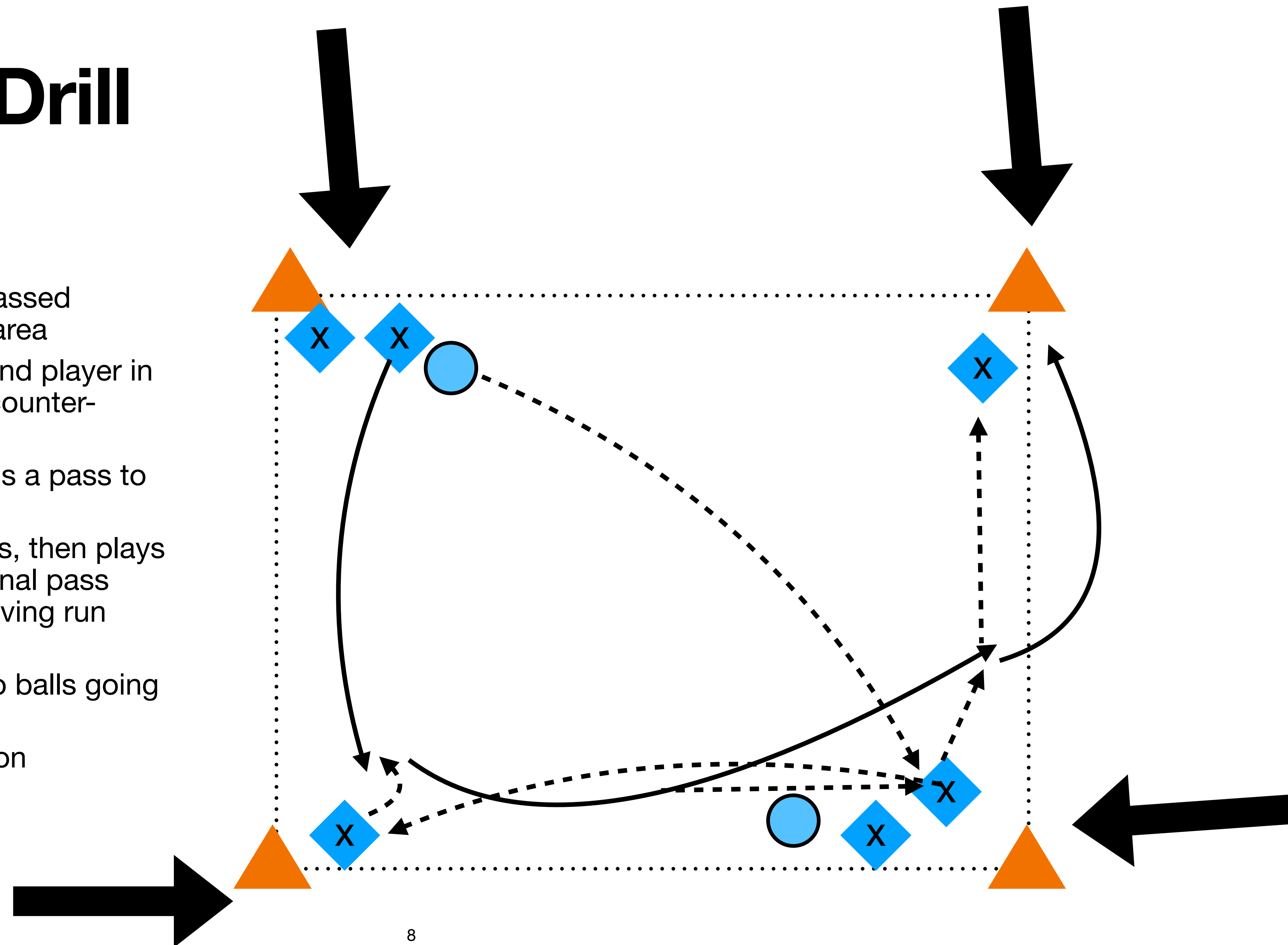
- Group players into small groups
- Players try to keep the ball in the air with two touches- one stick and one body or two stick
- Challenge your players- limit them to just stick touches, just foot touches, or just one touch



4 Corners Drill

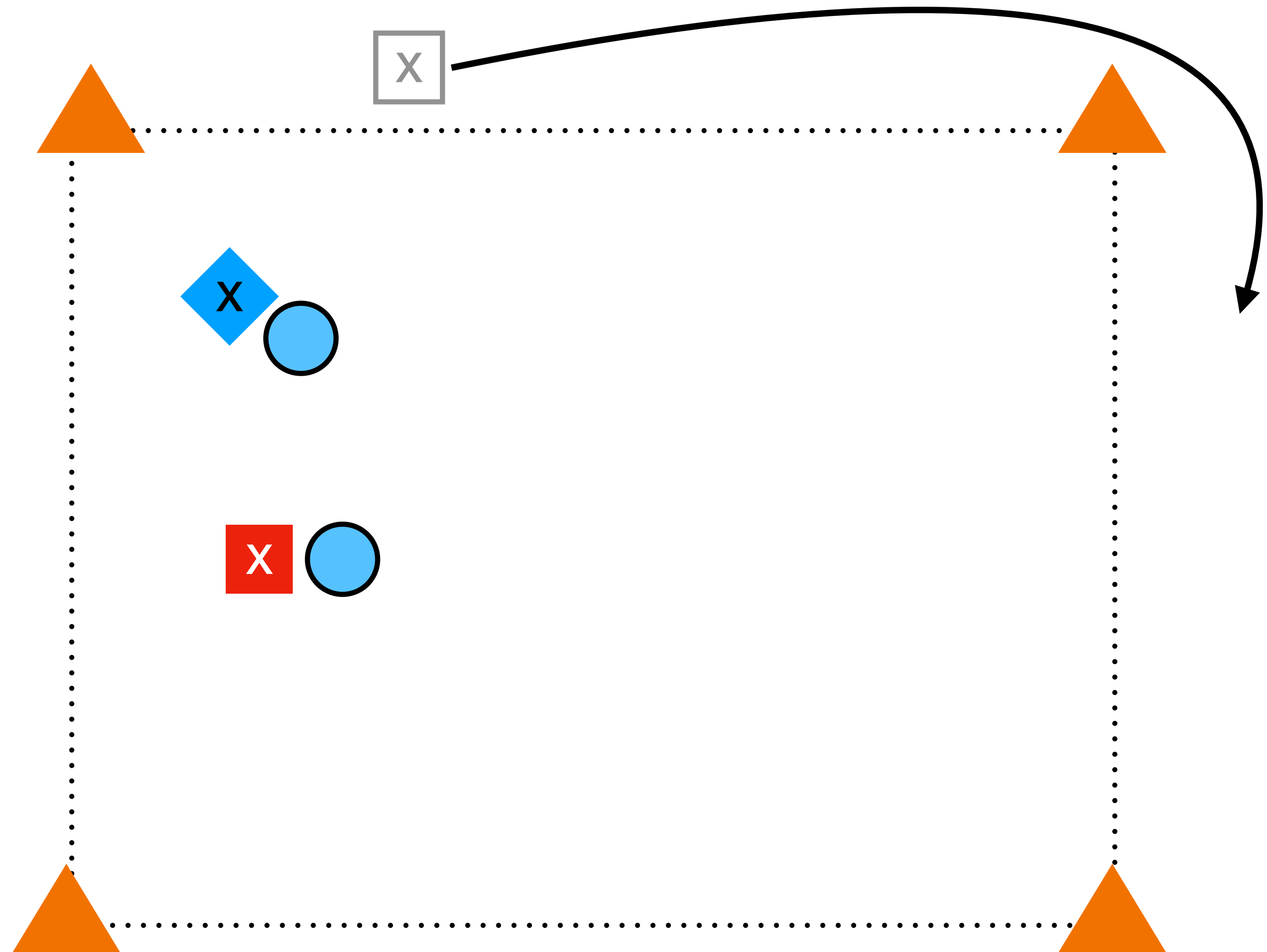
Shown Counter-Clockwise

- Drill starts with two balls passed diagonally across the box area
- “Going” player passes to 2nd player in line on far side, then runs counter-clockwise
- Receiving player then sends a pass to the left
- “Going” player takes a pass, then plays give and go, then plays a final pass before finishing the drill, having run 3/4th of a lap
- Drill is continuous, with two balls going at once
- Can be run in either direction



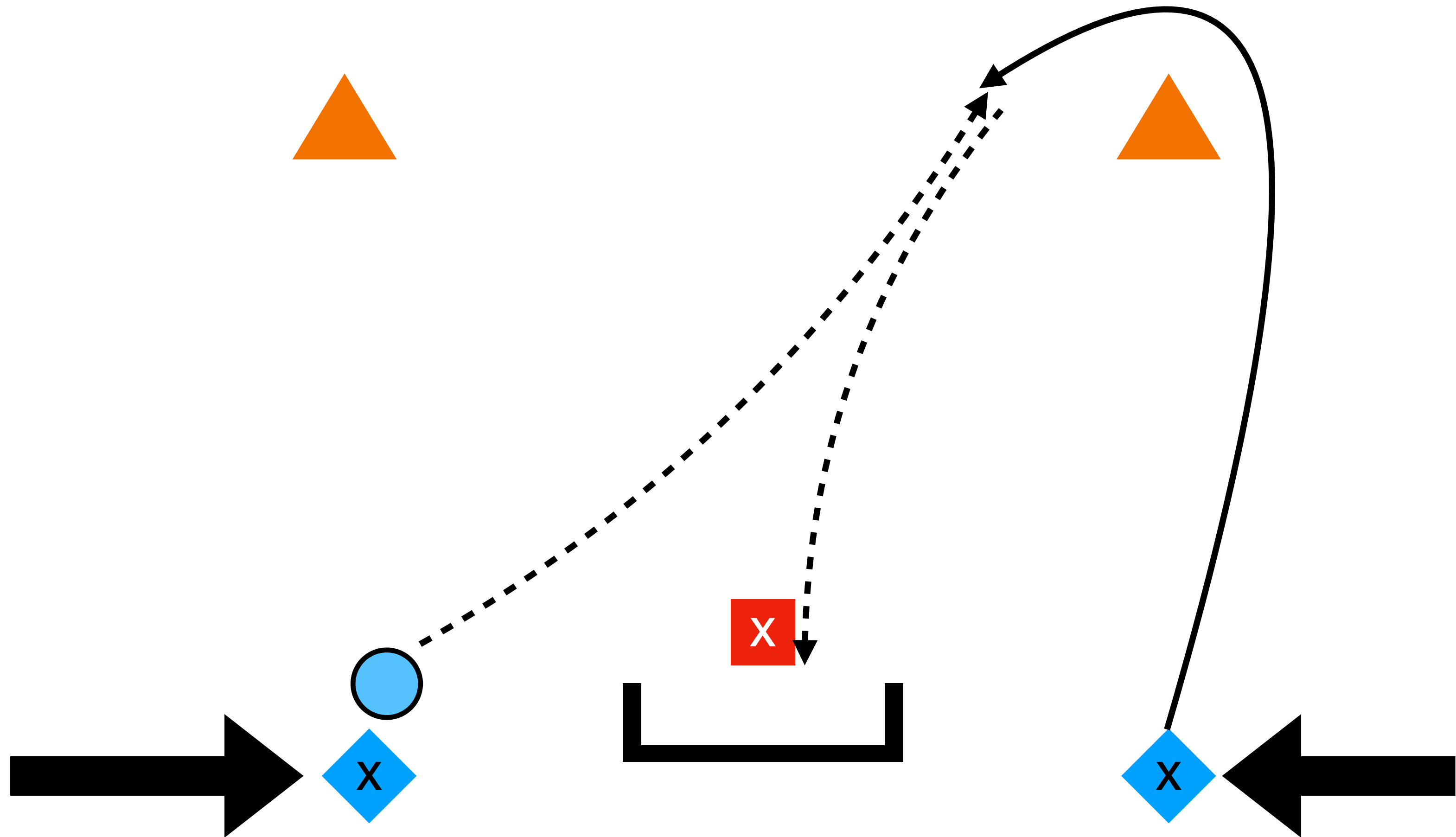
My Ball

- Every player gets a ball
- Every player wants to keep their ball and knock opponents' ball away and out of the area
- If your ball is knocked out of the area, run a lap, get your ball, and come back
- If your ball is knocked away again, run that number of laps (2 laps for 2nd time, 3 laps for 3rd time, etc)
- If a player has their ball while nobody else does, they win



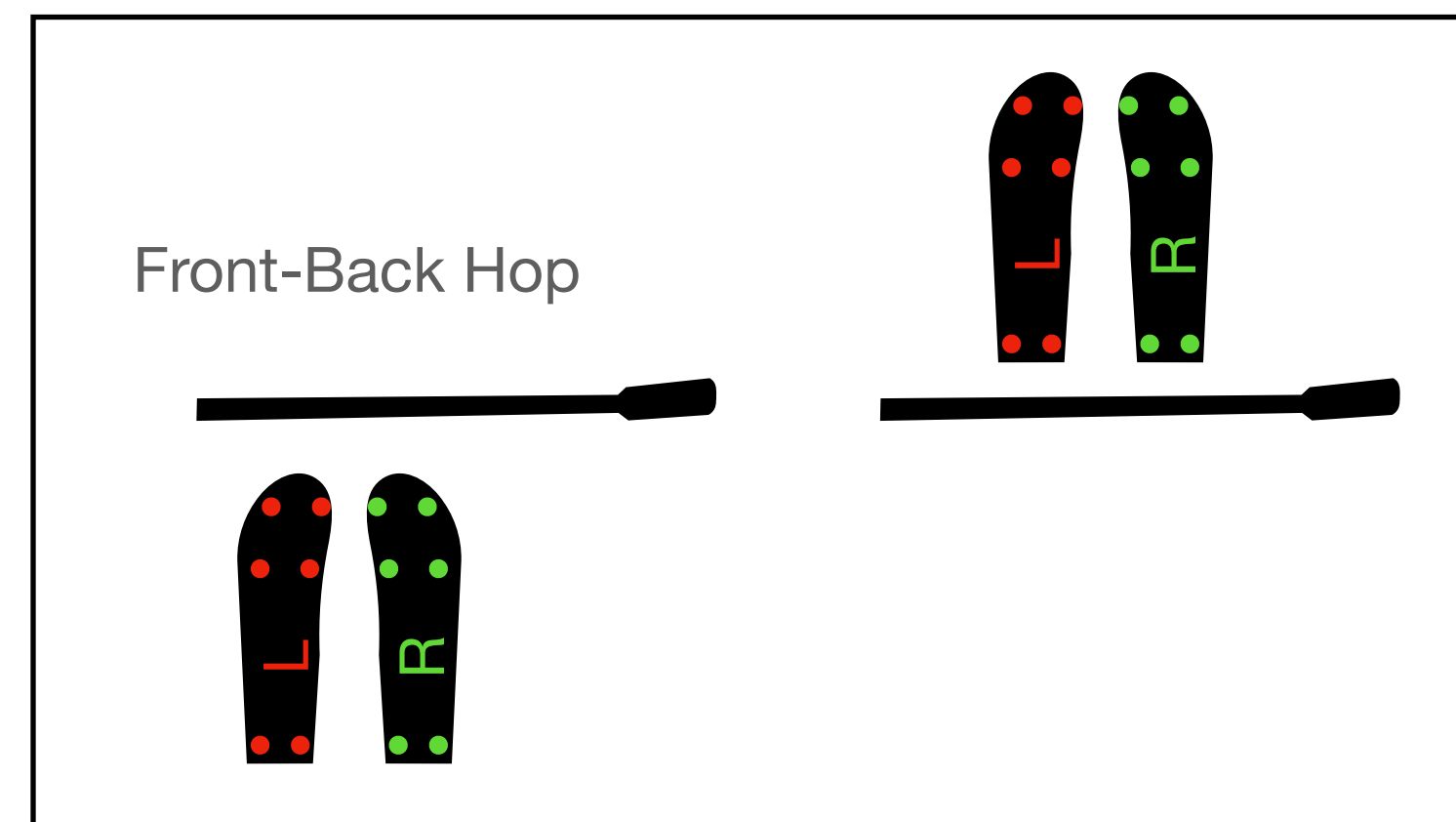
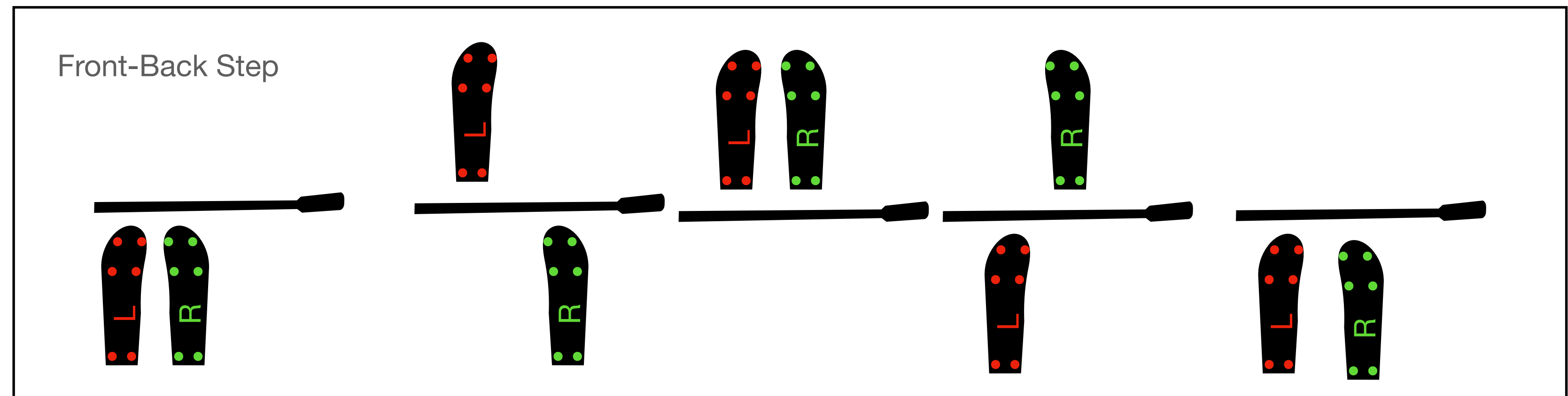
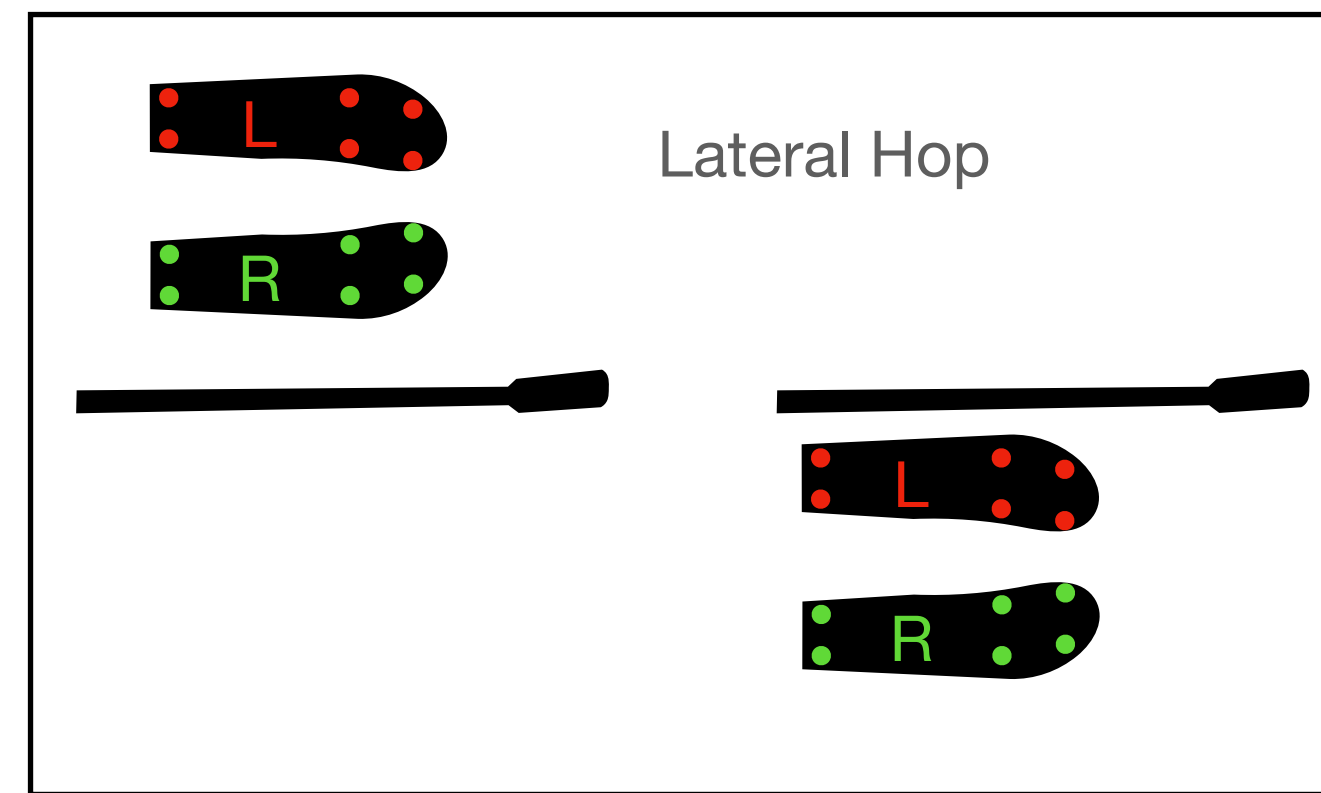
Horse Shoe

- Two lines of players next to the goal
- One player runs around the nearest cone. The first player from the far line passes, and they take a shot
- After shooting, a player becomes the shot blocker
- After passing, a player runs and becomes a shooter
- After shot blocking, a player gets into line, making sure to switch sides from their starting position

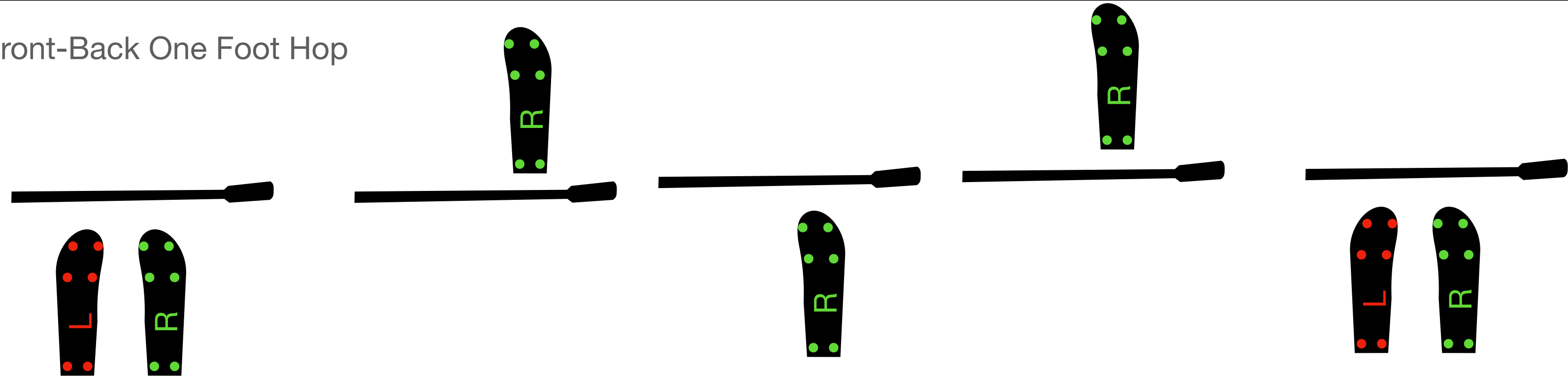


Stick Agility

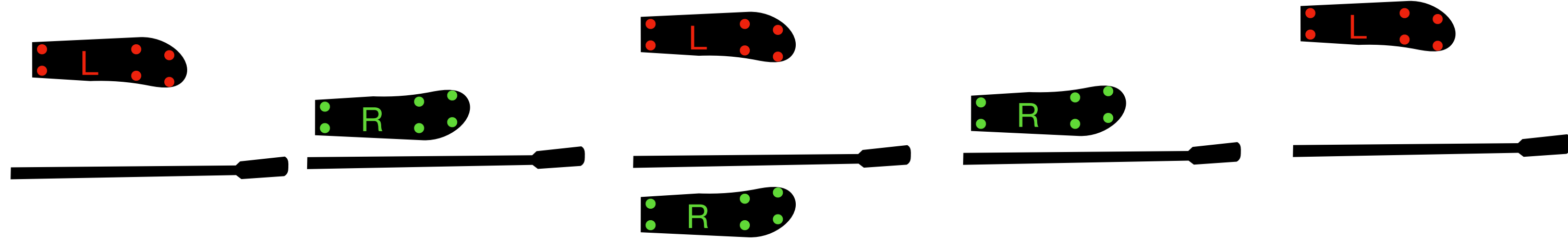
- Every player puts their stick on the ground in front of them
- Coach gives players directions for new agility moves to do with their stick
- Players perform agility at their own pace
- For one-footed exercises, make sure players are alternating feet
- Challenge your players, but give them time- it's better to do a movement right than fast



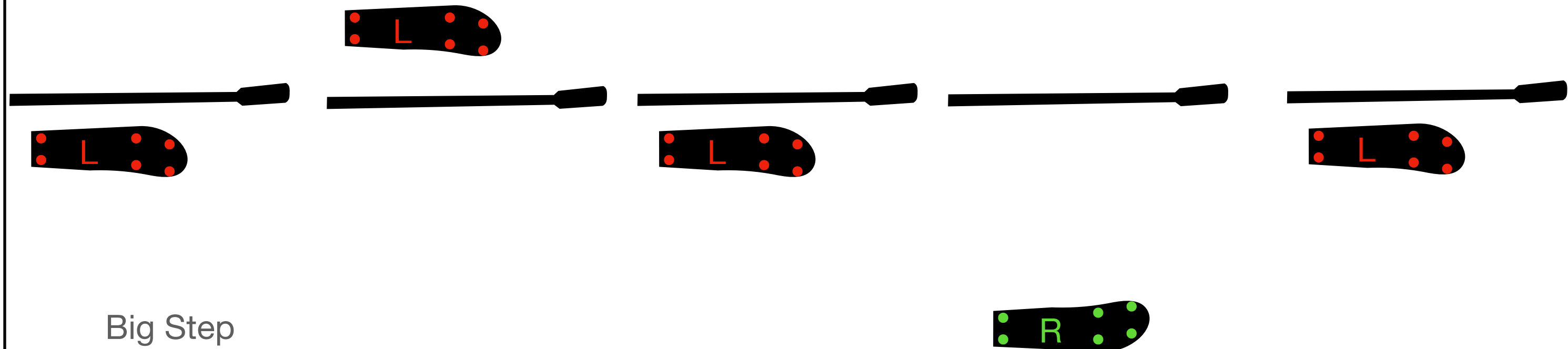
Front-Back One Foot Hop

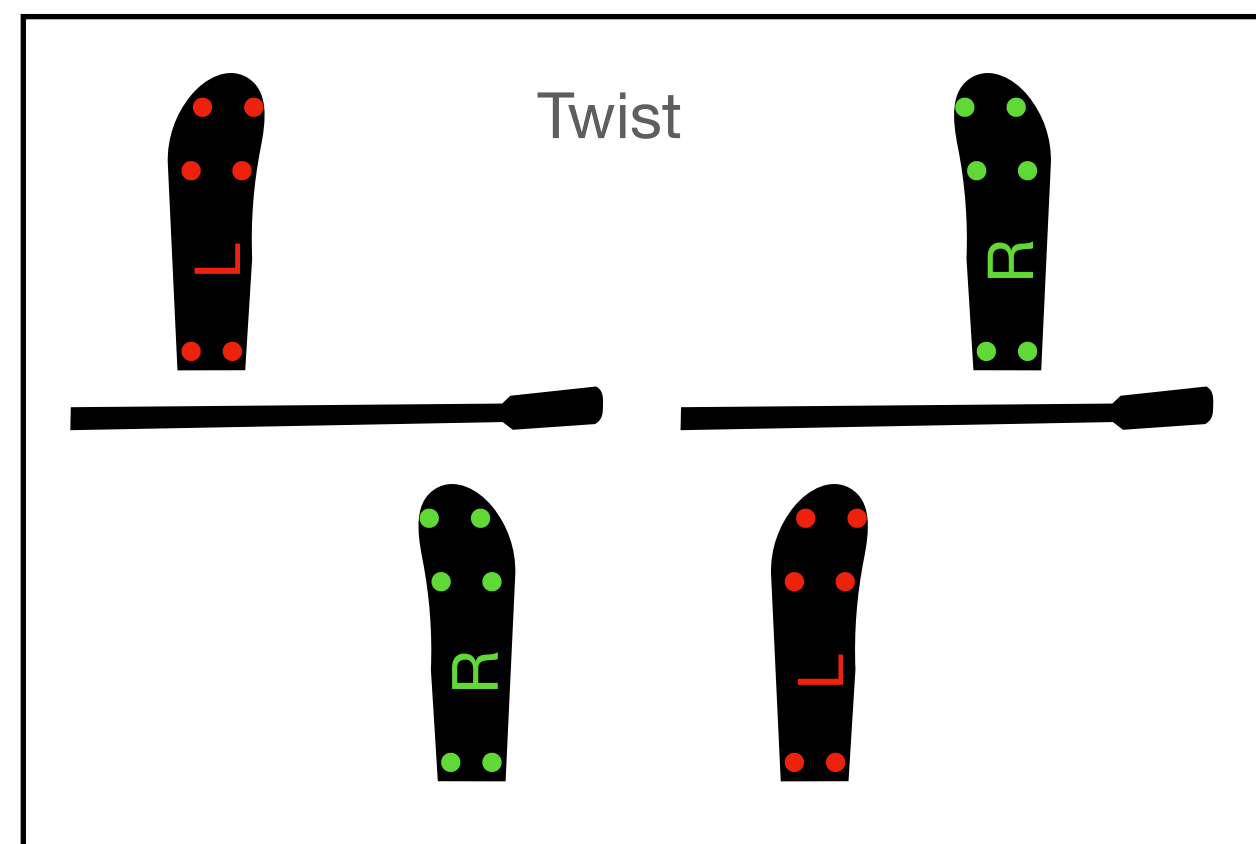
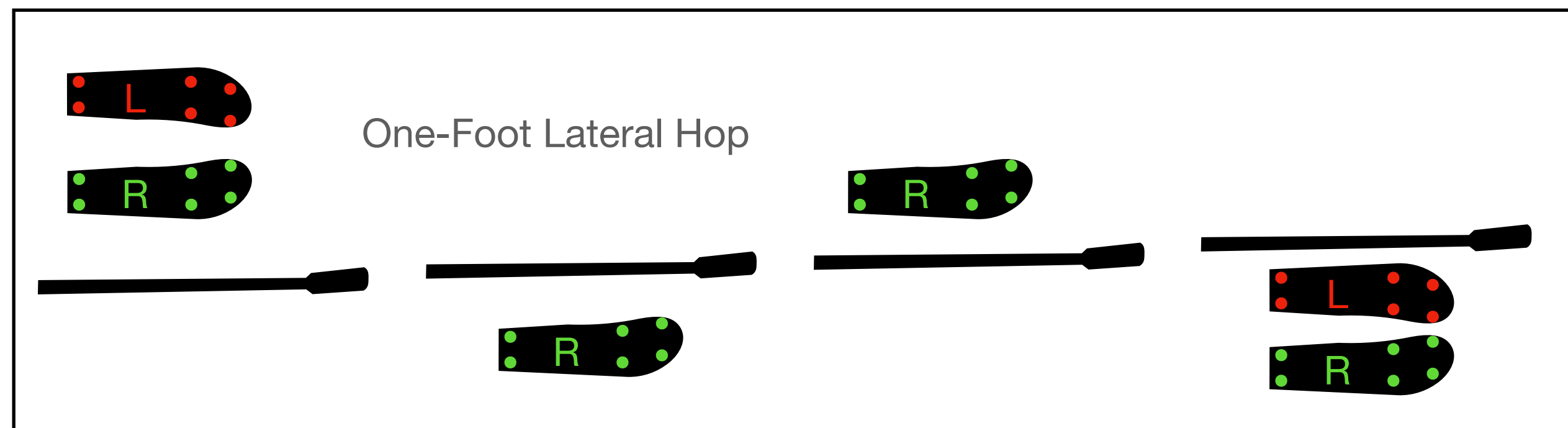
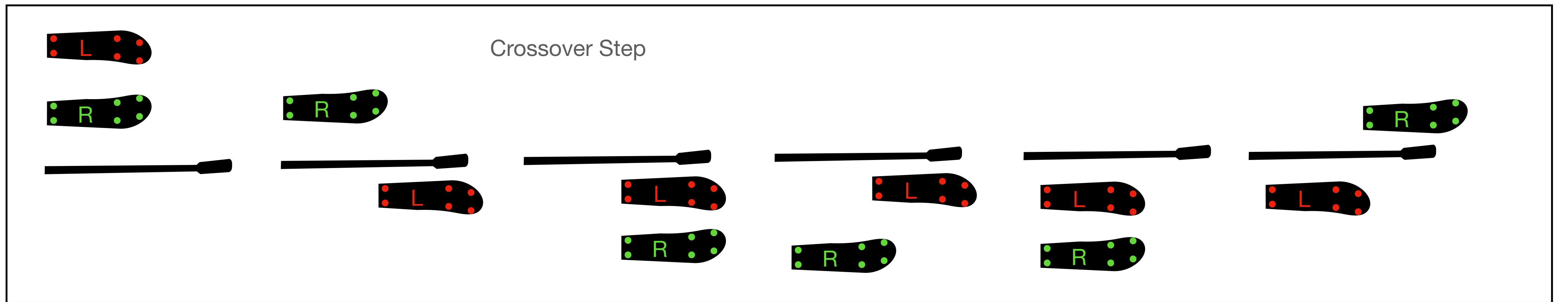


Jab Step



Big Step





Stretching Phase

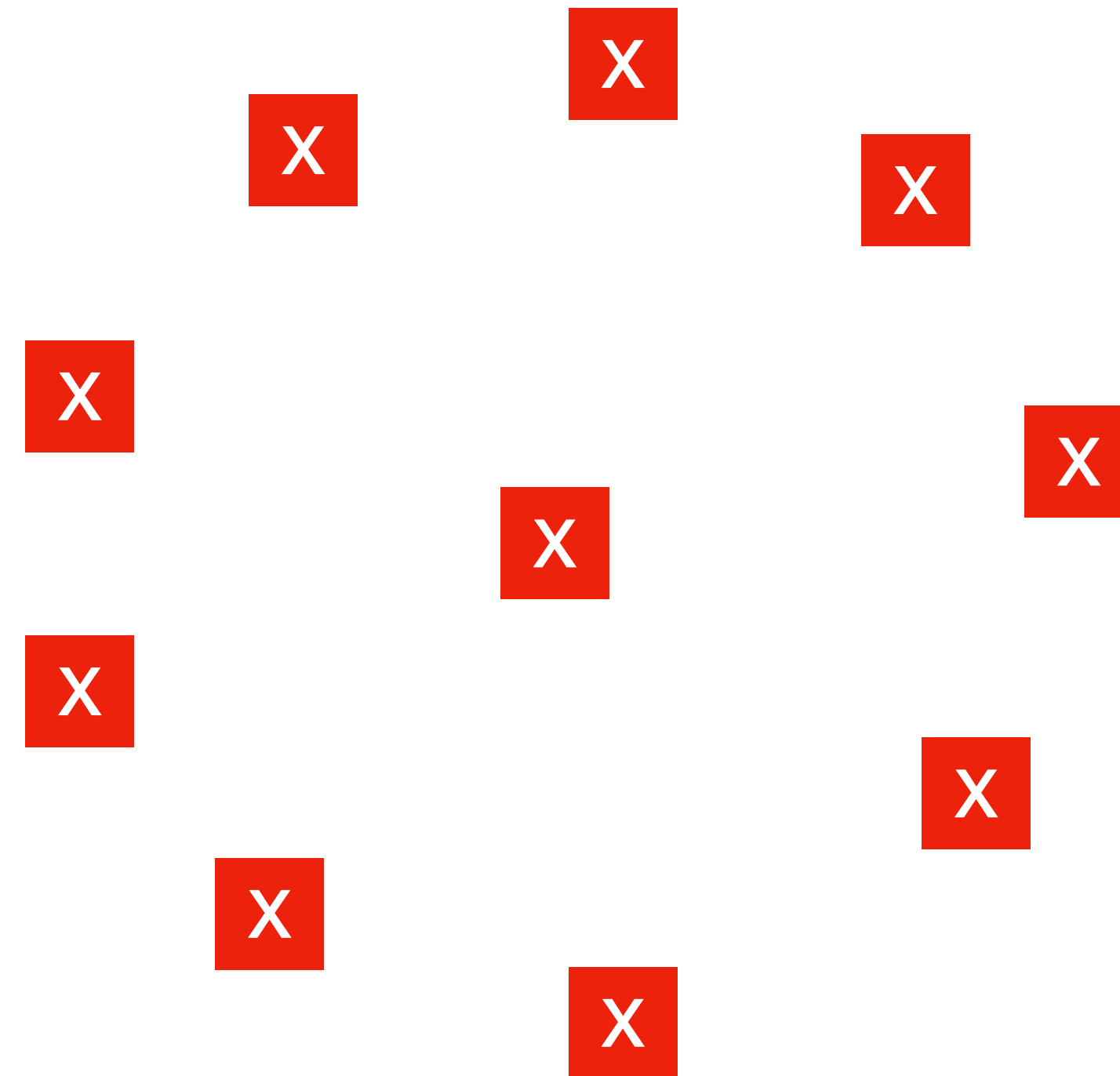
5 Minutes

- 5 minutes
- Can be static or dynamic
- Good time for players to drink water

Stretching Circle

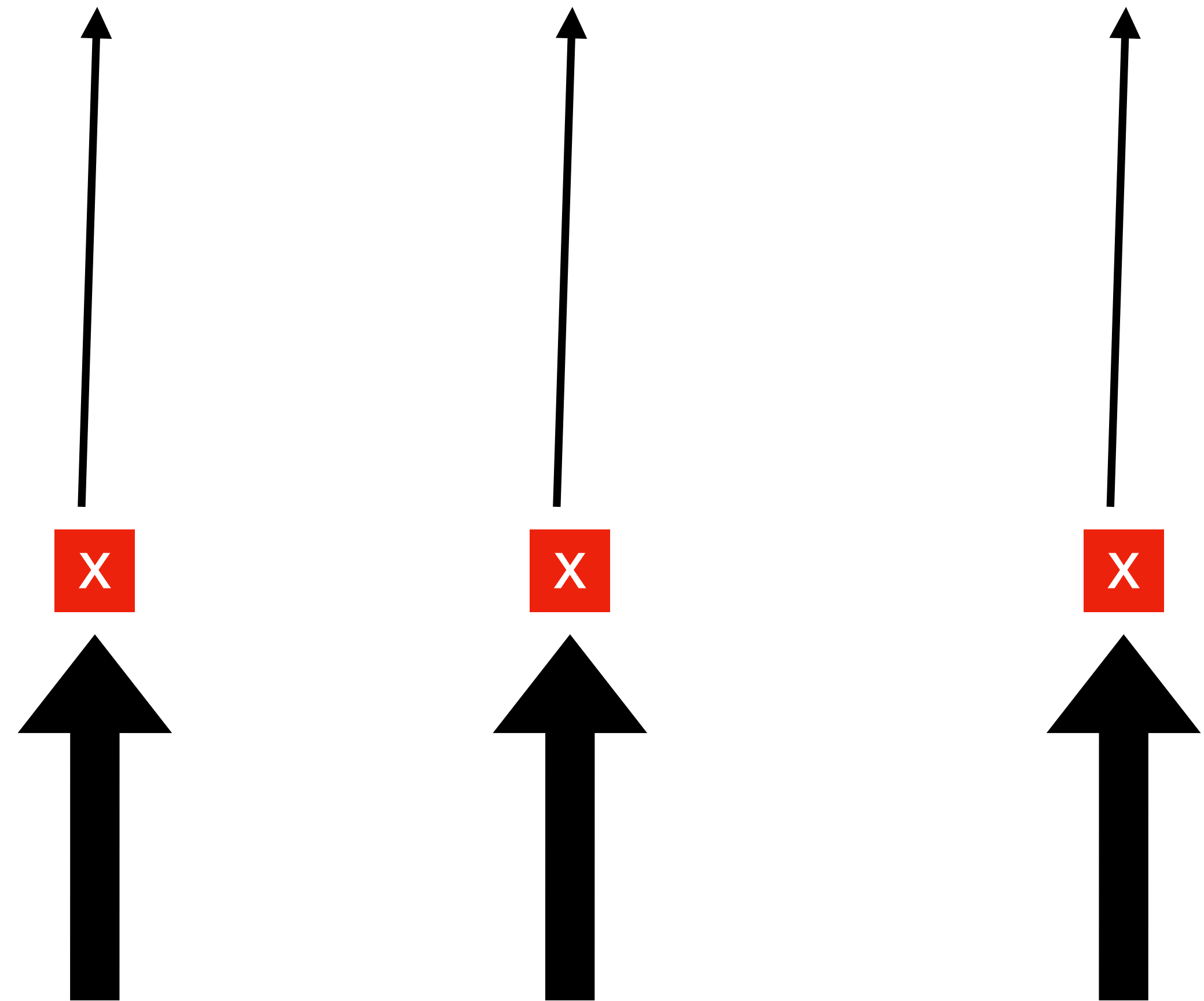
5 minutes

- Have a player lead the stretches
- Allows you to explain complex drills or tactical concepts while players stretch
- Good for making introductions or announcements
- Stretch calves, hamstrings, quadriceps, and groins



Stretching Lines

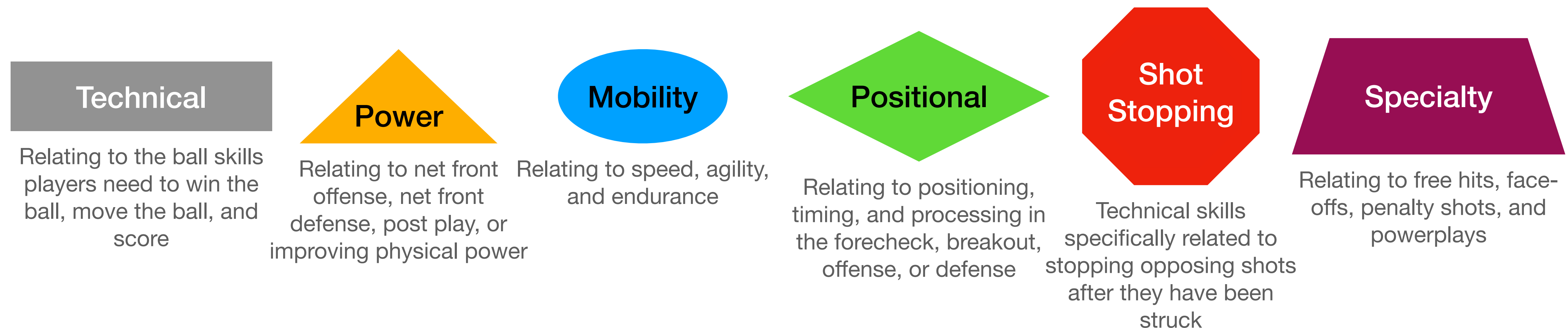
- Dynamic movements
- Good for preparing players for extremely physically demanding practices
- Helps enforce discipline by keeping players engaged- it's not a stretch break, it's a stretch drill
- Deep lunges, deep side lunges, high kicks, butt kicks, high knees



Structured Practice

30 minutes

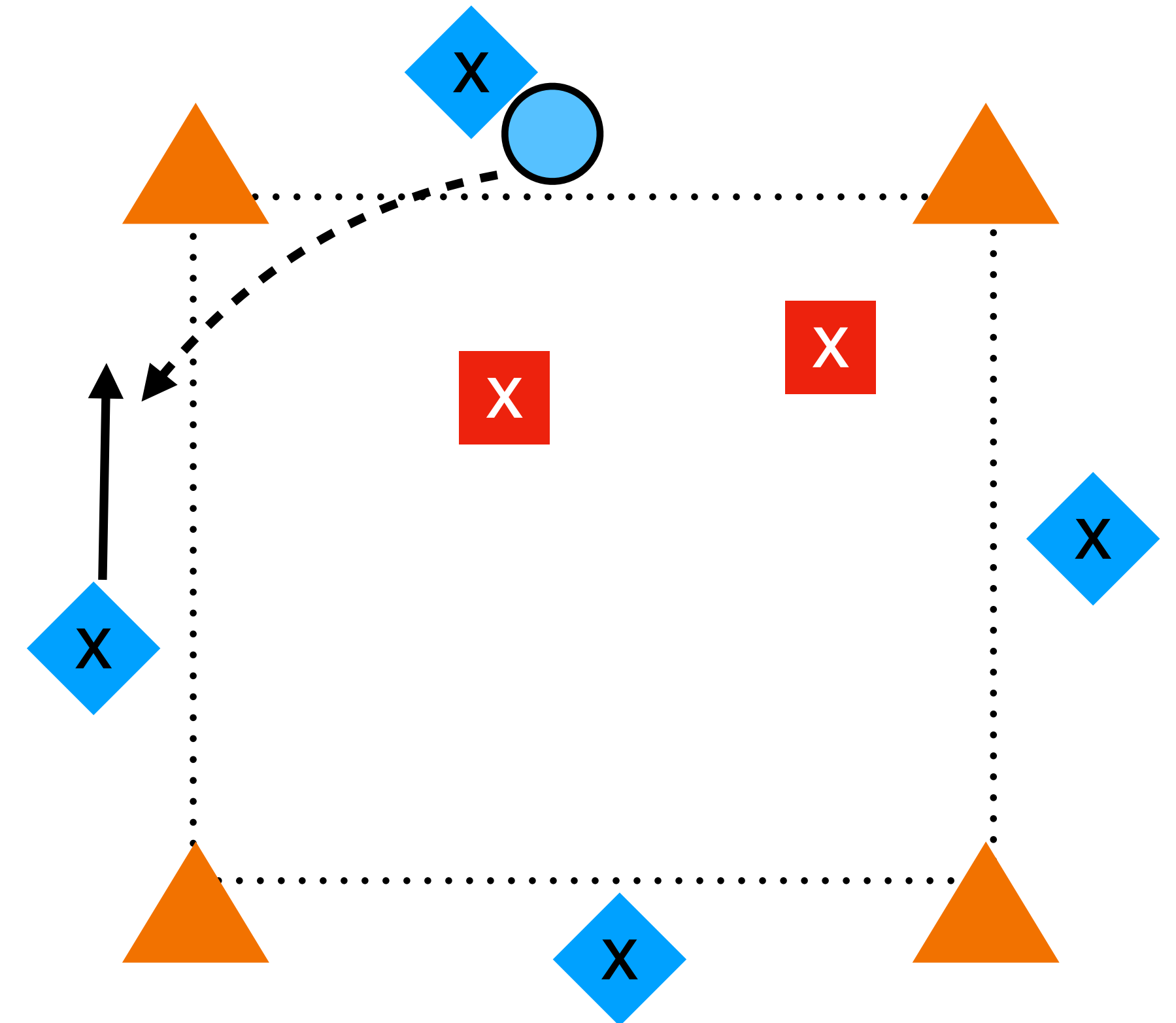
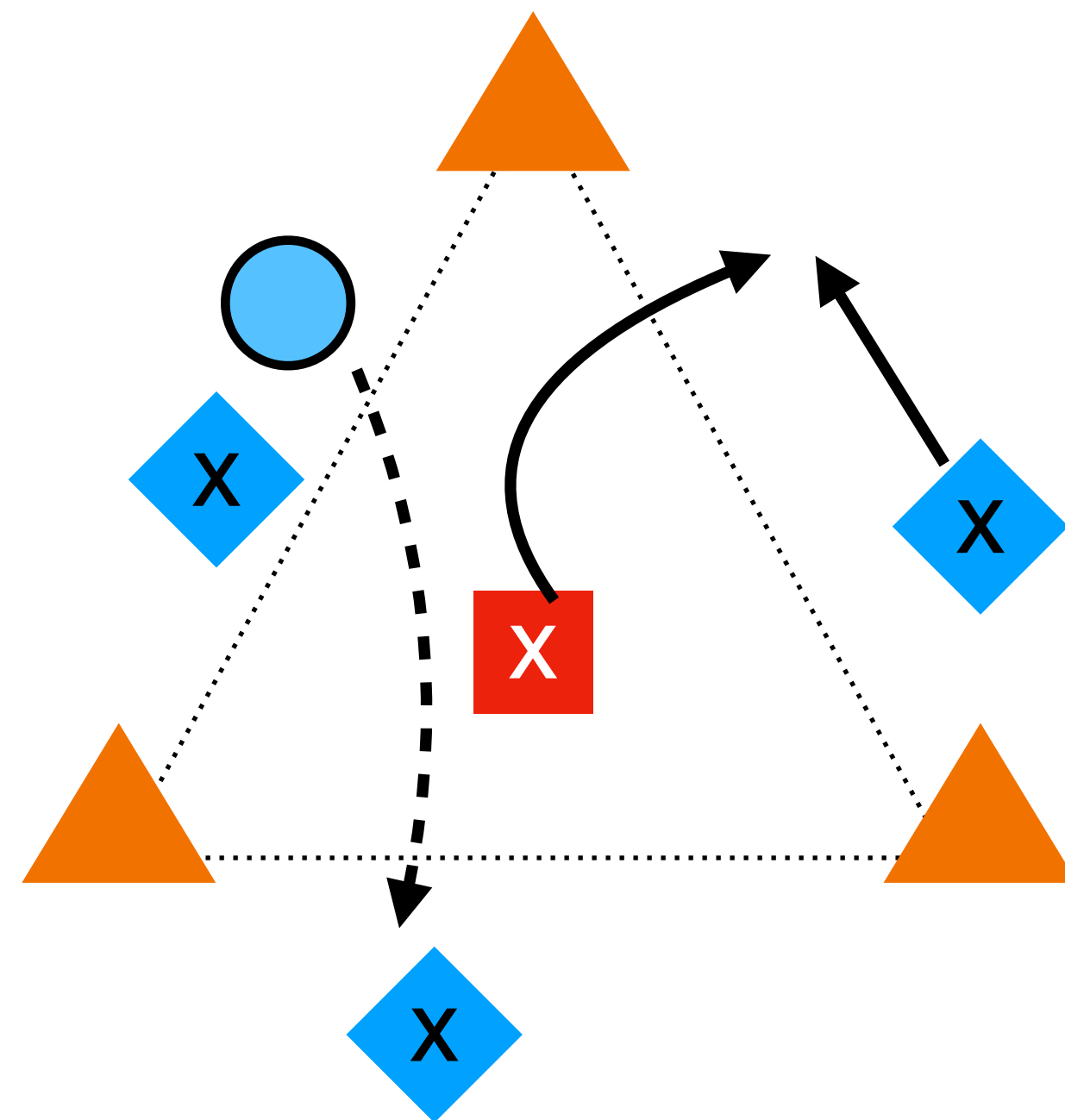
- 3 drills
- Senior and Scholastic: Drills are 8 minutes, 2 minutes break/instruction each
- U18 and Selects: Drills are 7 minutes, 3 minutes break/instruction each
- U12 and Learn to Play: Drills are 6 minutes, 4 minutes break/instruction each
- Drills focus on skills related to the subject of the practice
- Drills will be tagged with subjects which they support:



El Rondo

Technical

- Set up cones into a triangle (3v1) or square (4v2) depending on your numbers
- Offensive players are allowed to move between their cones
- Defensive players can intercept passes or steal the ball
- If an offensive player loses the ball or turns the ball over, they go on defense

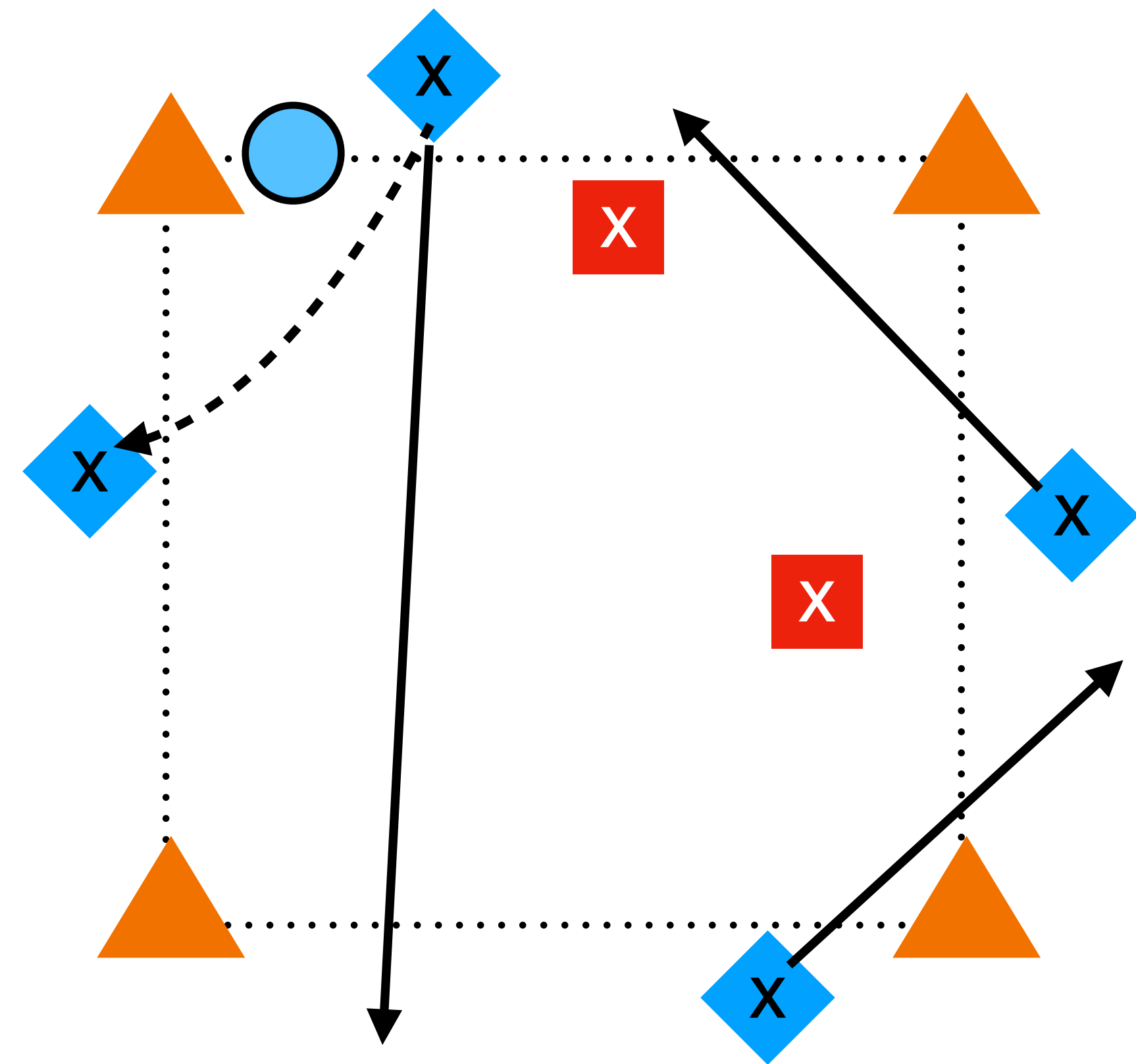


Pass-and-Go Rondo

Technical

Mobility

- After passing, the former ball carrier cuts across to another side of the drill
- Offball players shift over to “fix” the alignment
- Ball carrier can pass immediately or hold the ball and wait for players to get into their positions

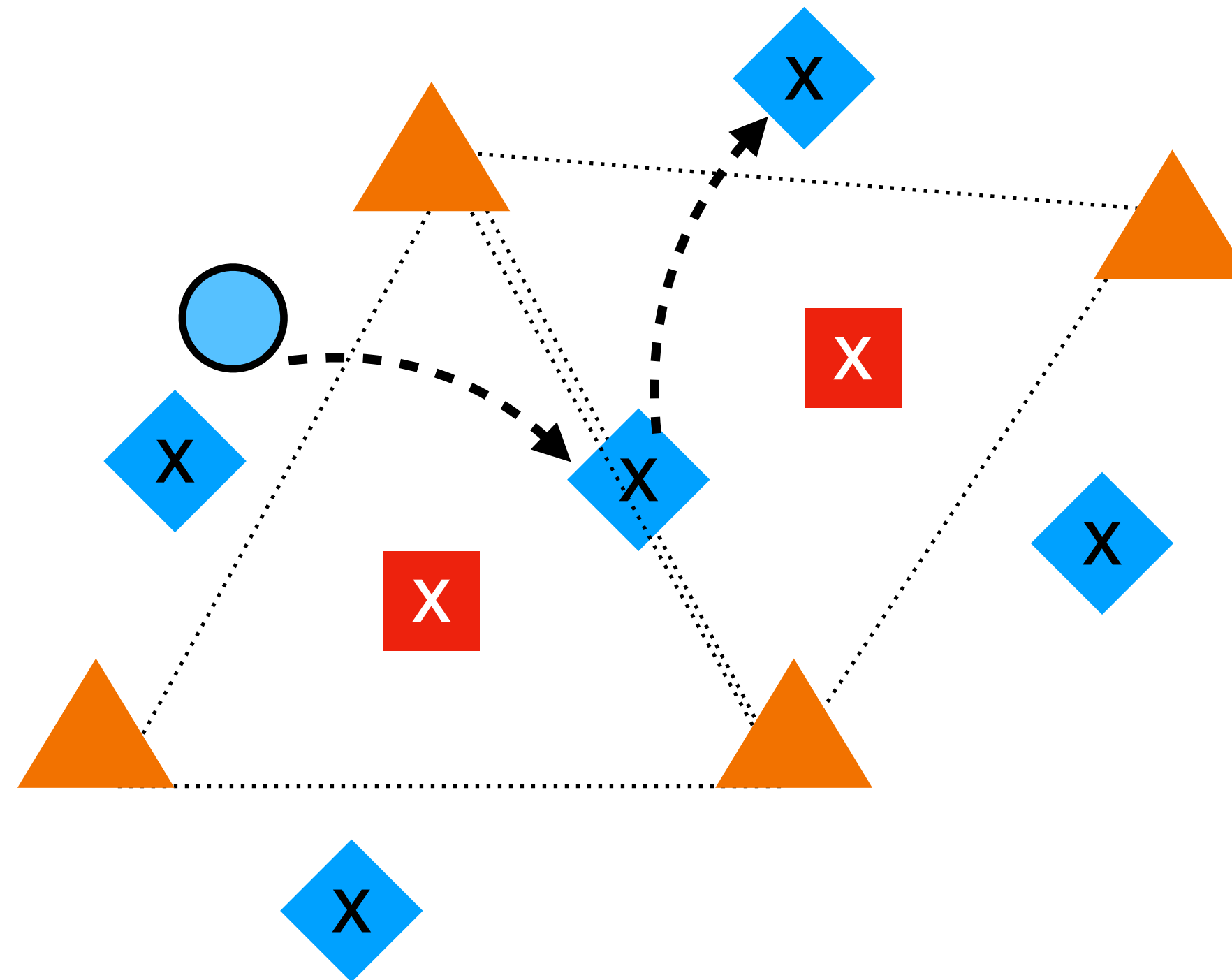


Double Rondo

Technical

Positional

- Two rondo drills pushed together such that one player is on offense in both drills
- Offense wants to work the ball across the drill to the other rondo as much as possible



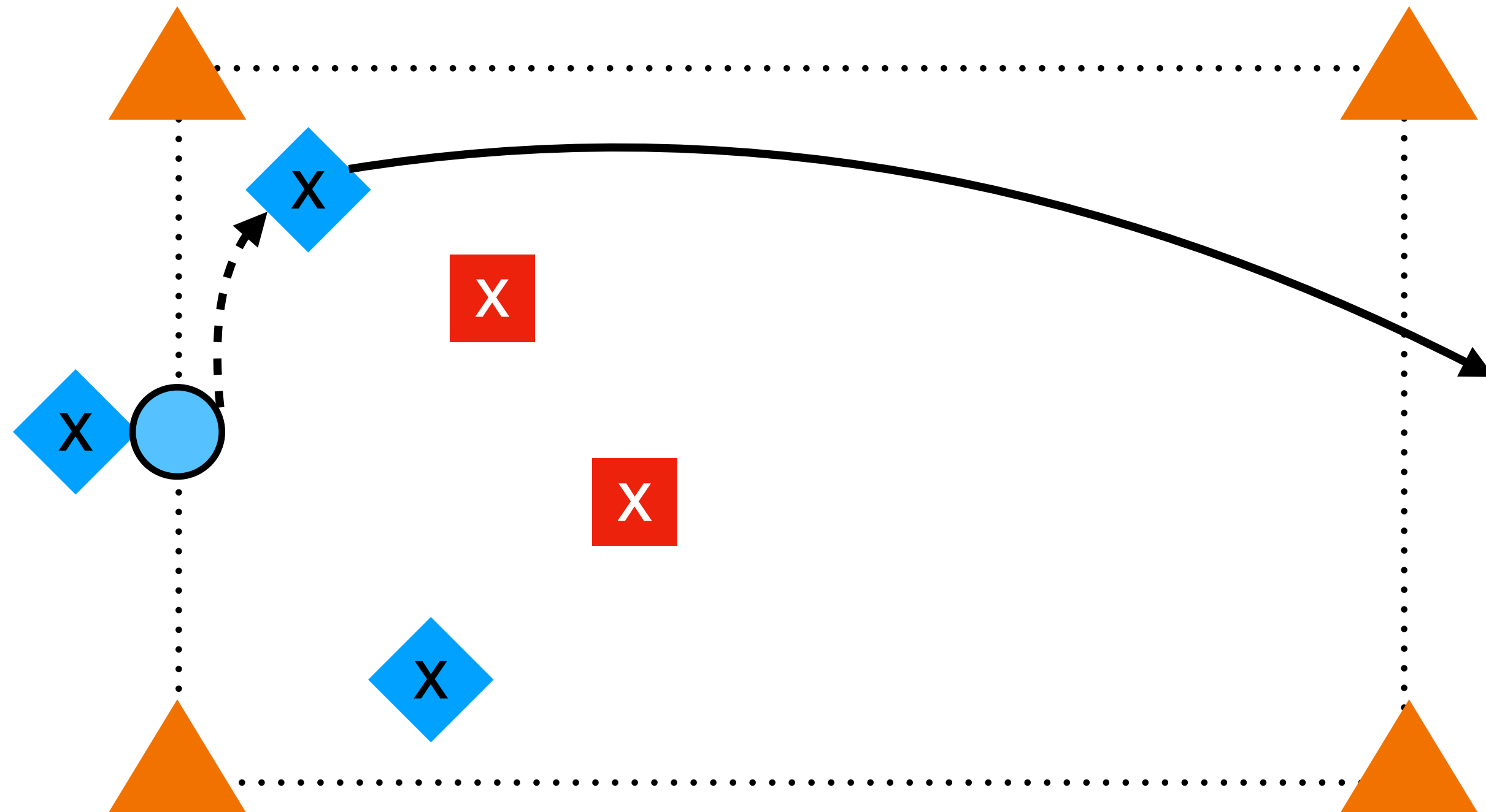
3v2 Back and Forth

10 Minutes

Technical

Positional

- Offense has 3, defense has 2
- Offense tries to get past the defense and to the other side of the rectangle
- Once the offense gets across, they turn around and go the other way



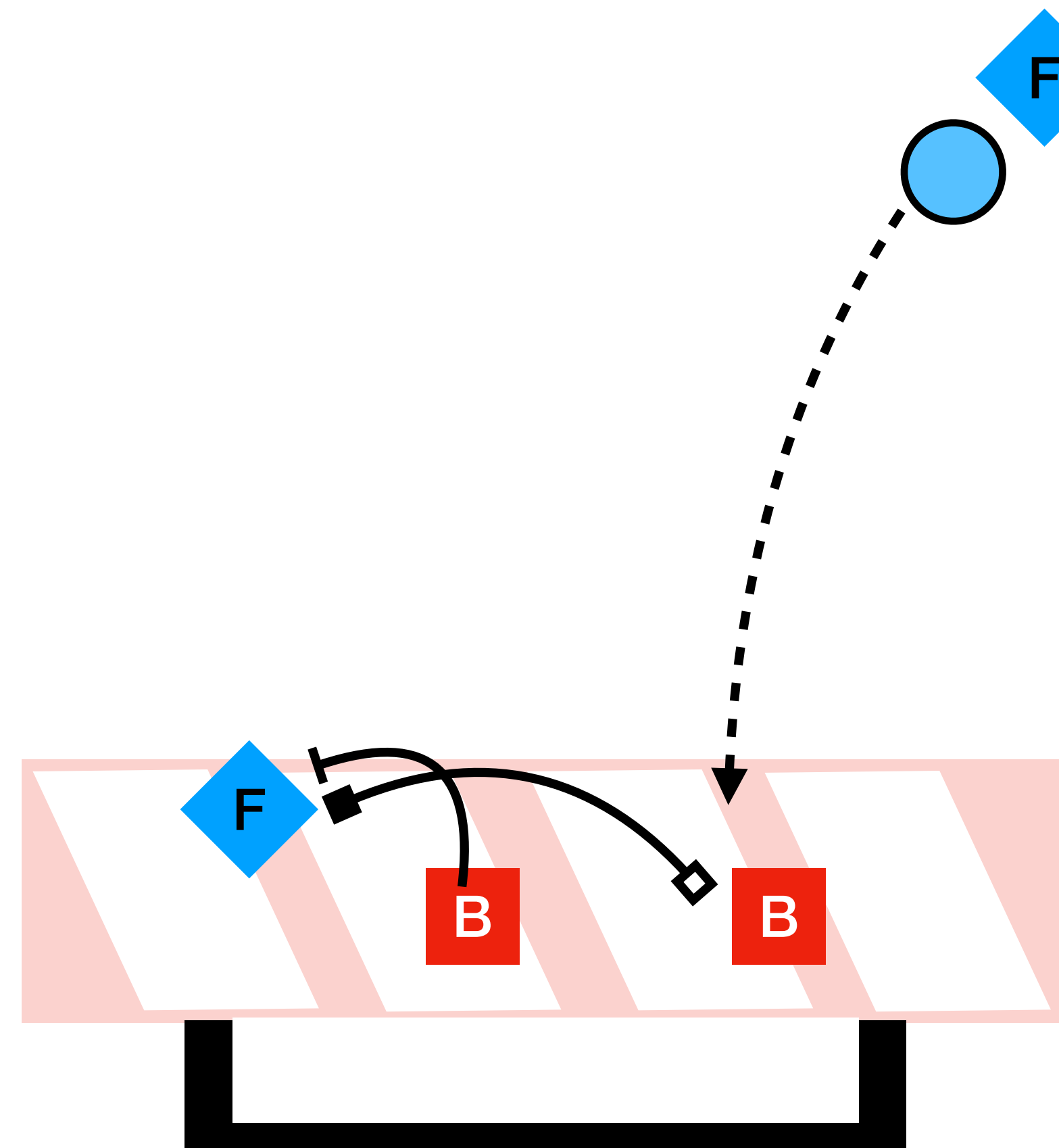
Man-Ball Shooting 2v2

Technical

Power

Shot
Stopping

- Offense has one player with the ball and one in the goal crease
- Defense has two defenders in the goal crease
- Offense takes a shot from distance. Crease forward tries to break free to harass, screen, deflect, and rebound
- Can be run on a timer (30 seconds), or a certain number of shots (ie- shoot 5 balls) before rotating through positions or switching out
- To mix up the drill, incorporate movement from the shooter or have them take a particular kind of shot



Man-Ball Shooting 3v3

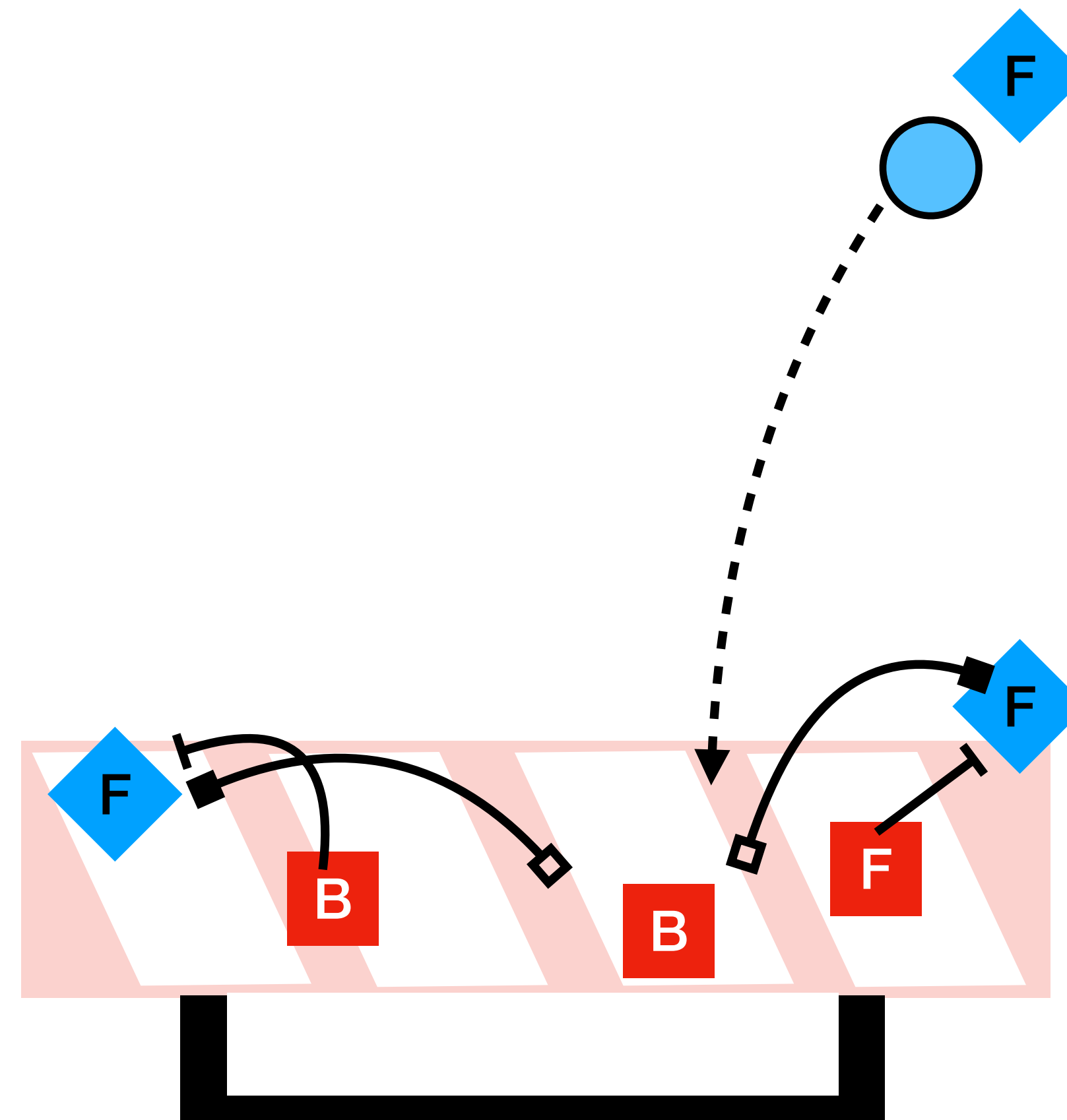
10 minutes

Technical

Power

Shot
Stopping

- Same as 2v2 version, but with an extra attacker and defender in the crease
- Gets more players in contact, but shots are less likely to get through



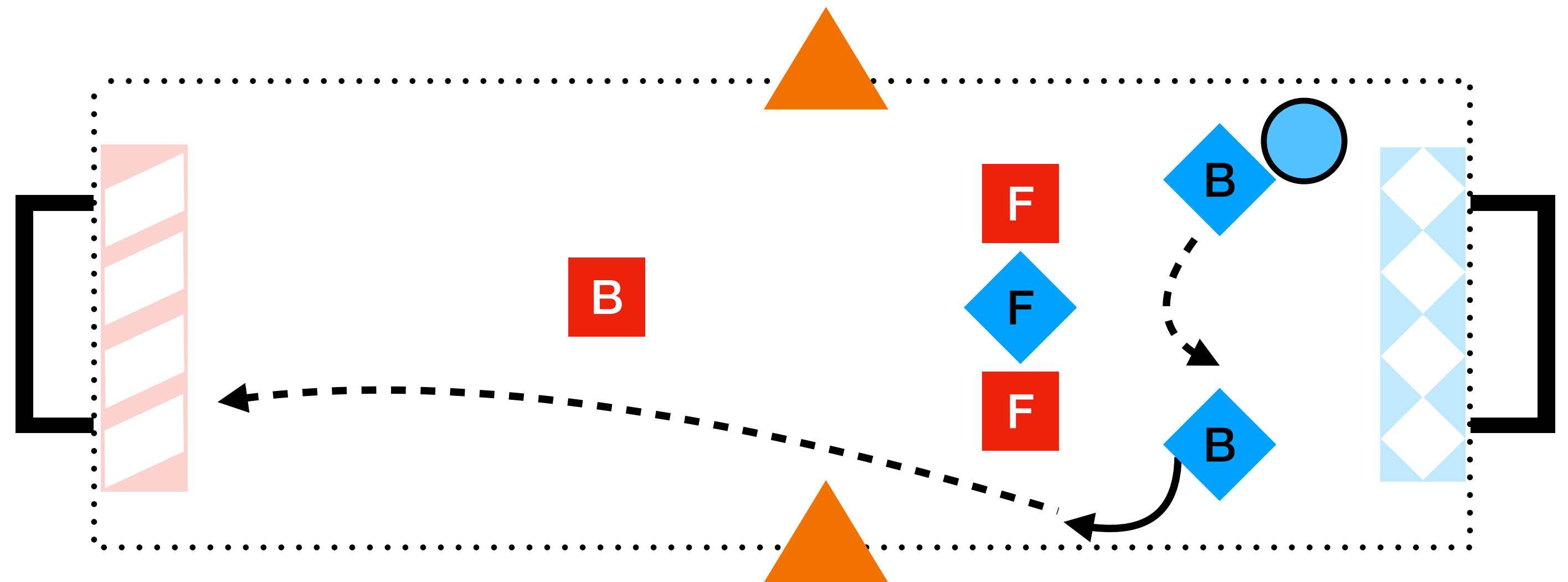
Long Shot 3v3

10 minutes

- Set up in a vertical channel
- Offense wins if they can carry between the cones or if they can score a long goal
- Defense has to pressure the ball enough to restrict the ball and also defend the long shot

Technical

Positional

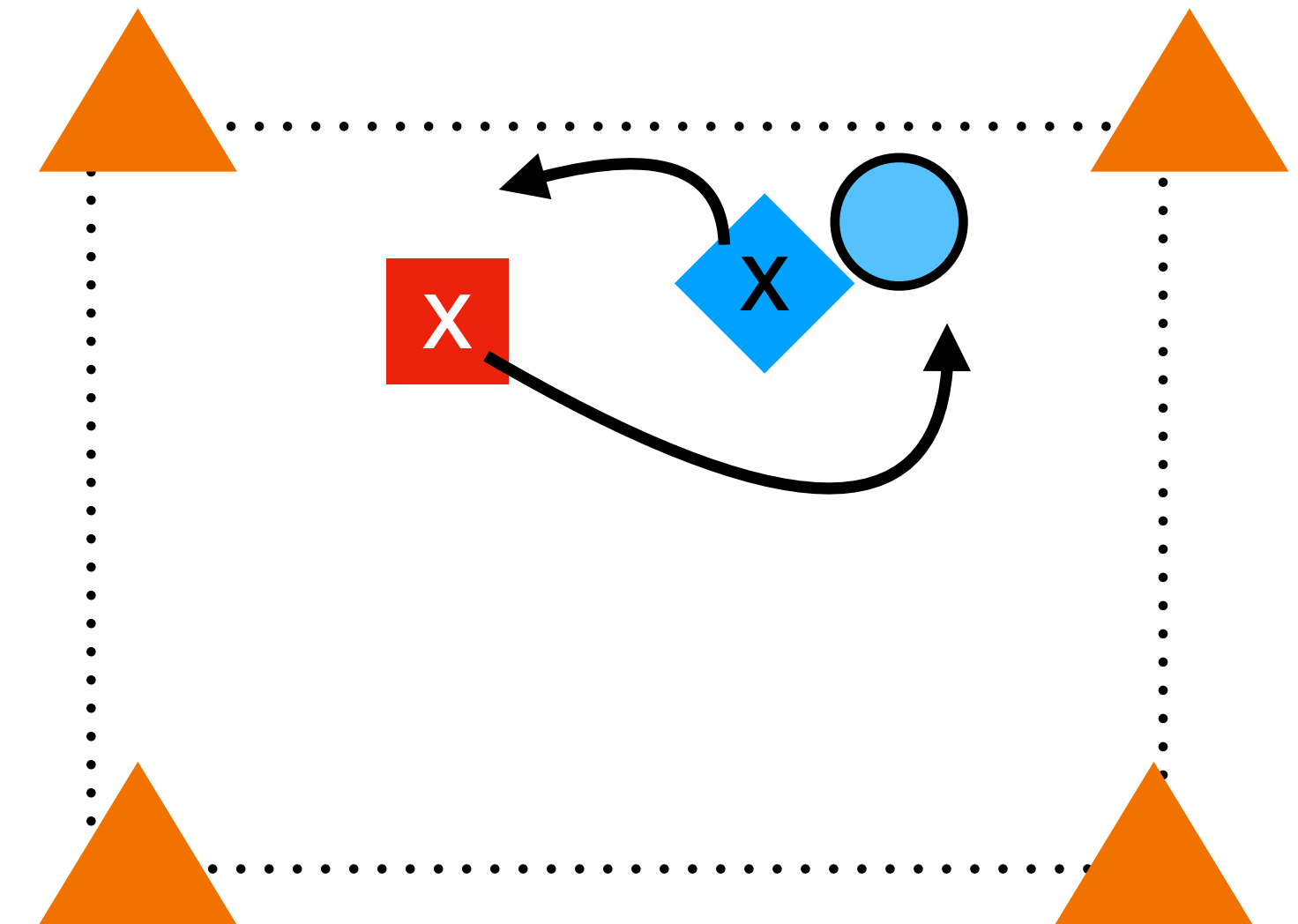


Bear Pit

Technical

Power

- Two players go into the “pit” with one ball
- The ball carrier tries to keep the ball as long as possible, the defense tries to steal the ball or push it out of play
- If the defense wins, they get the ball and the drill continues
- Play in short bursts. Rotate players so that they start on offense first, then start on defense, then rest

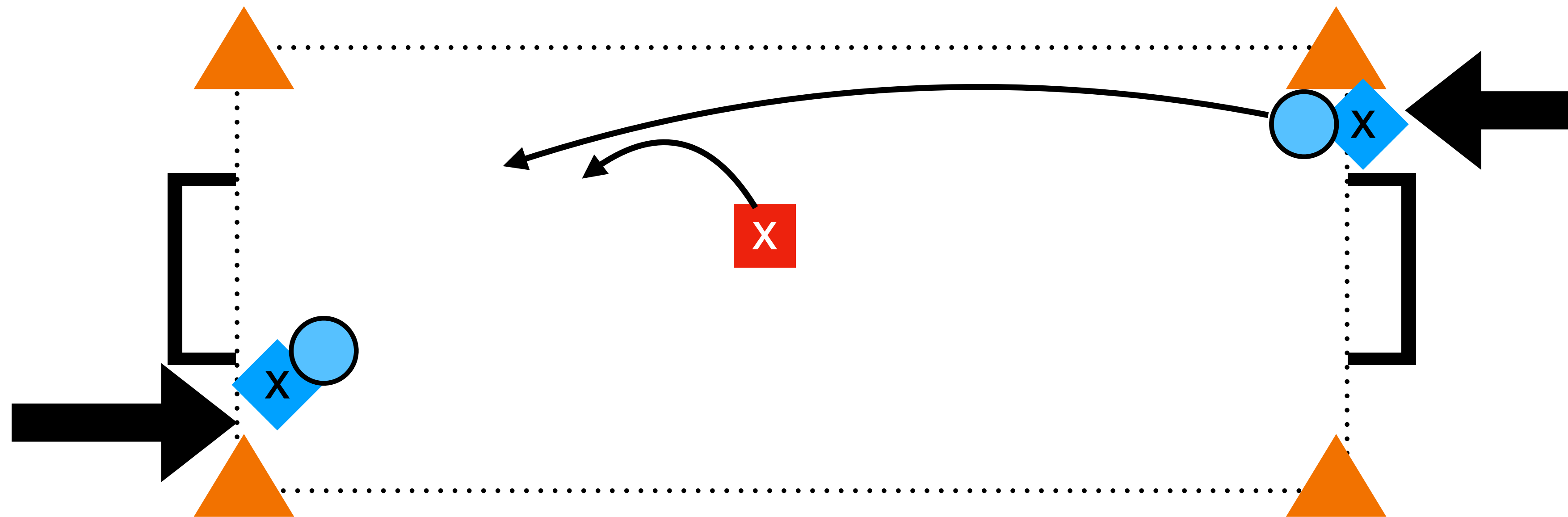


Continuous 1v1

Technical

Shot
Stopping

- One defender stays in the drill
- Lines of offensive players on either side of the drill
- One attacker goes at a time, the defender tries to stop them from scoring
- Once a goal is scored, the defender steals the ball, or the ball goes out of the confined area, the next attacker goes at the other goal
- Attackers continuously filter into their line. Give the defender a set number of rep

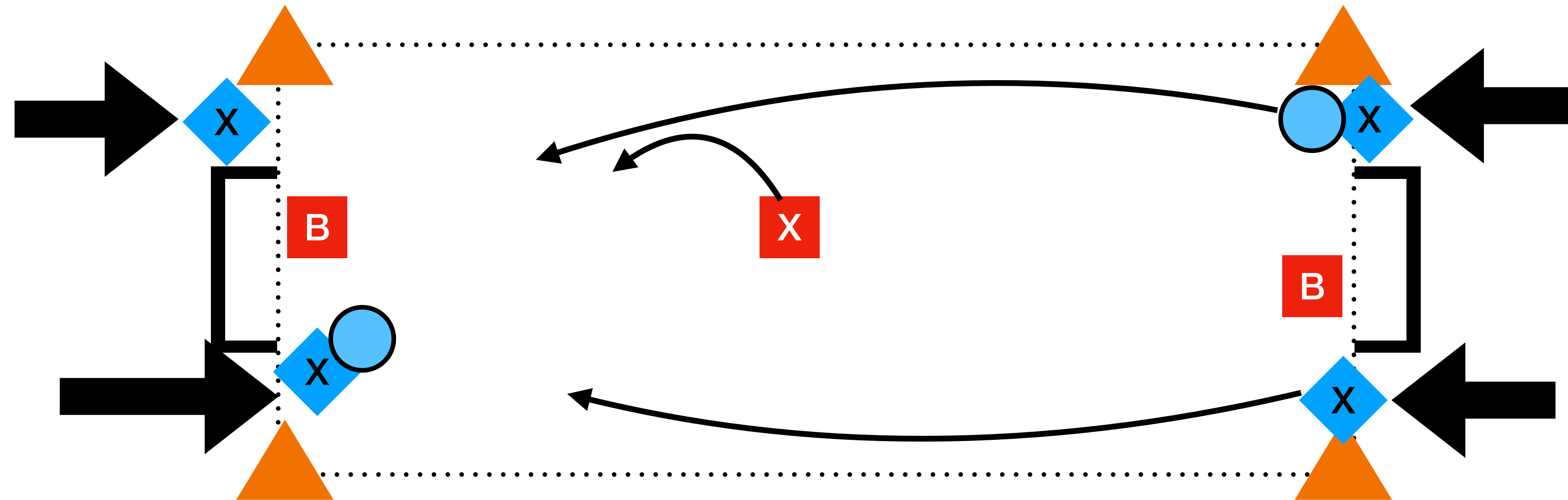


Continuous 2v2

Technical

Shot
Stopping

- Just like the continuous 1v1, except there is a back in each goal and the attacker has a teammate

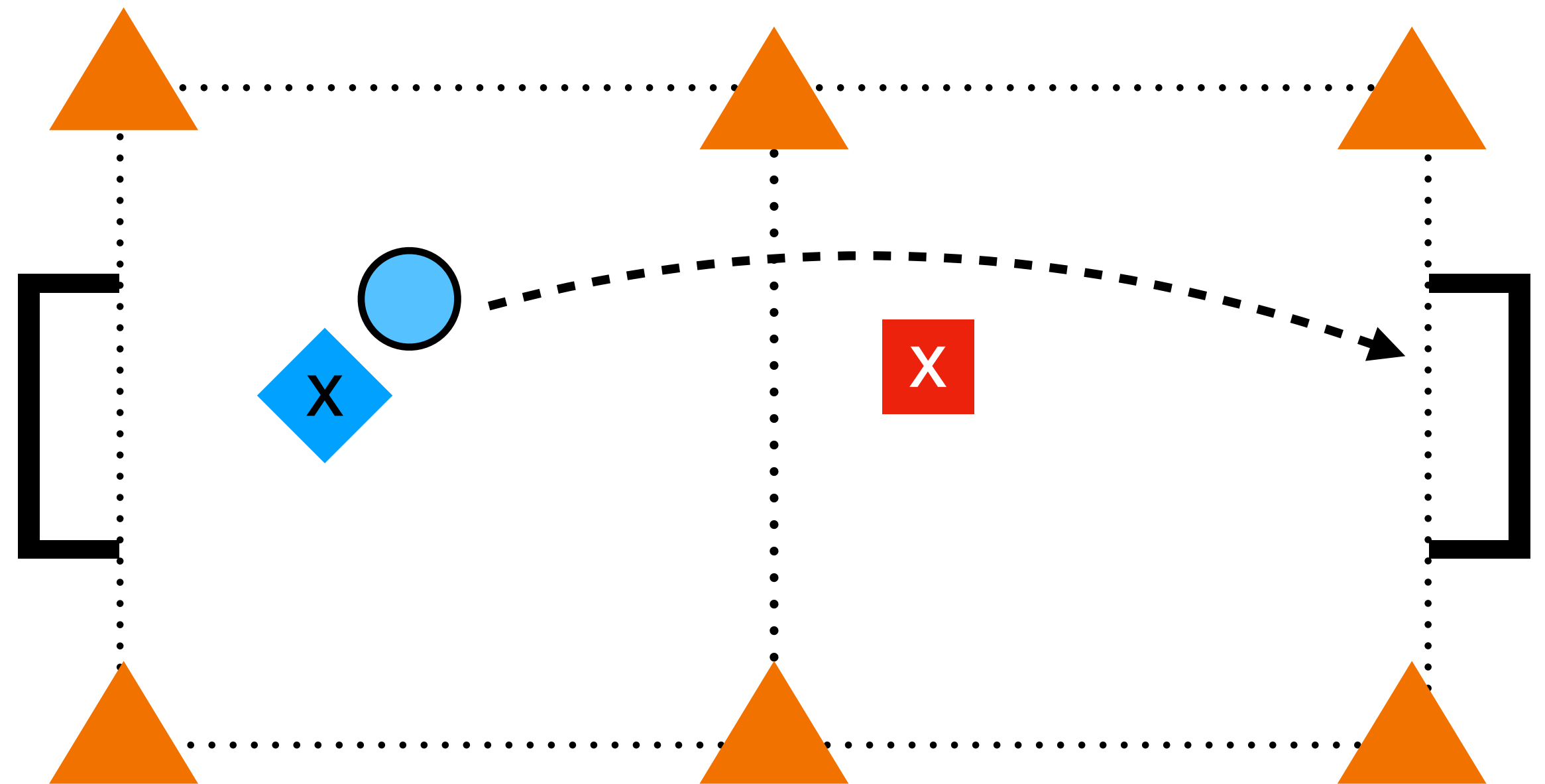


Double Net 1v1

Technical

Shot
Stopping

- Each player is constrained to their own half
- The players have 3 seconds to take a shot on the opposing goal
- On a stoppage, throw a new ball into play for the player who didn't put the ball out of play or didn't take too long



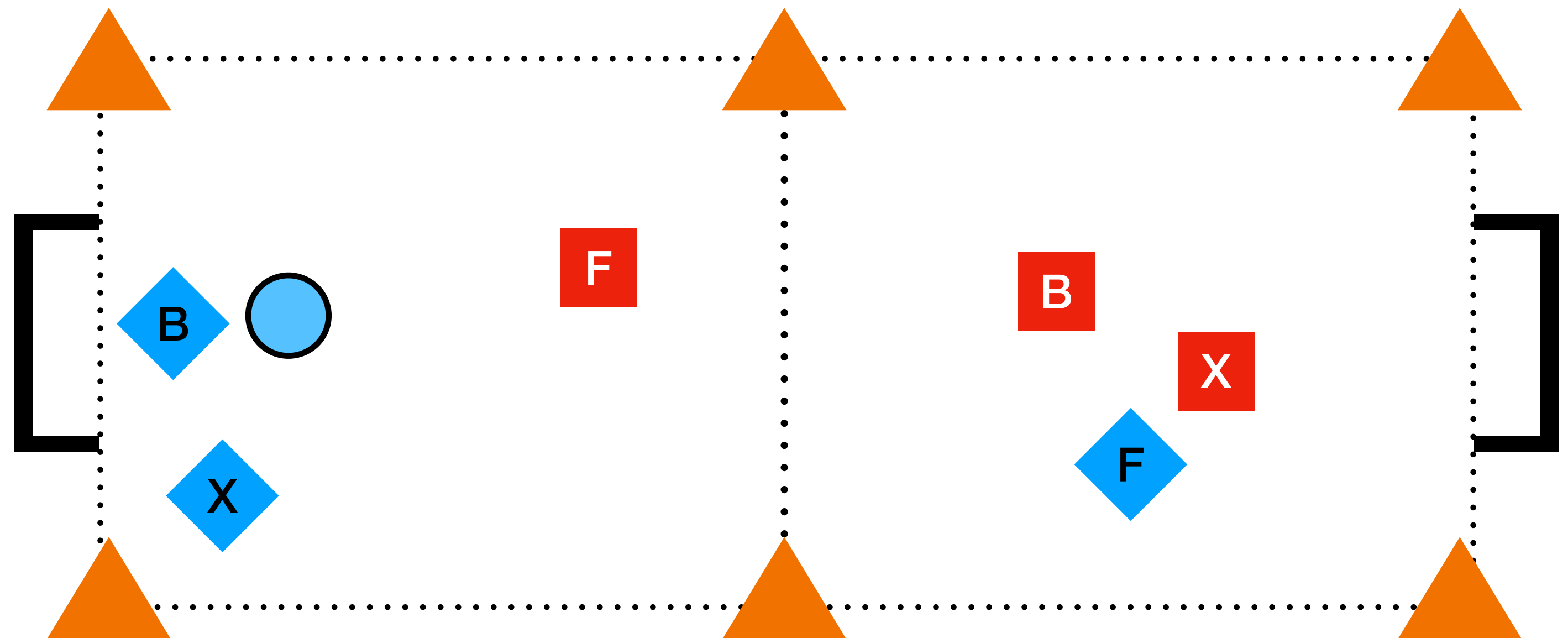
Double Net 3v3

Technical

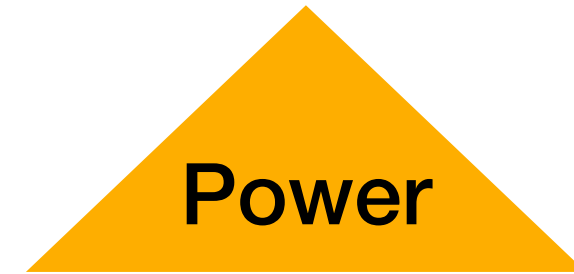
Power

Shot
Stopping

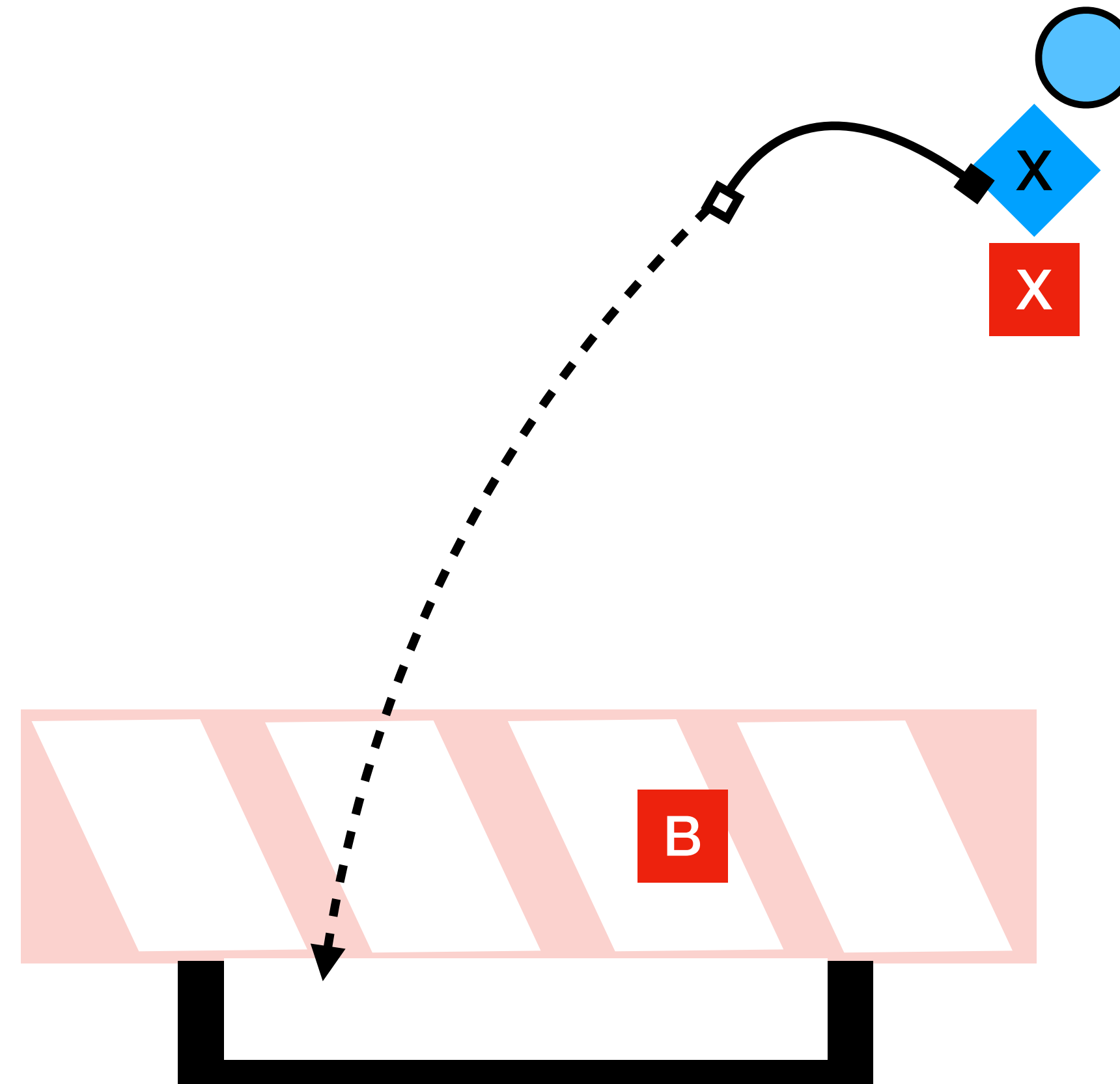
- Field is split in half and players cannot cross
- No time limit
- On a stoppage, just throw a new ball into play- no free kicks and face-offs



Post 1v2



- 1v1 in the post with a back defending the goal
- Drill starts with offensive player back to goal and in contact with defender
- Go on whistle

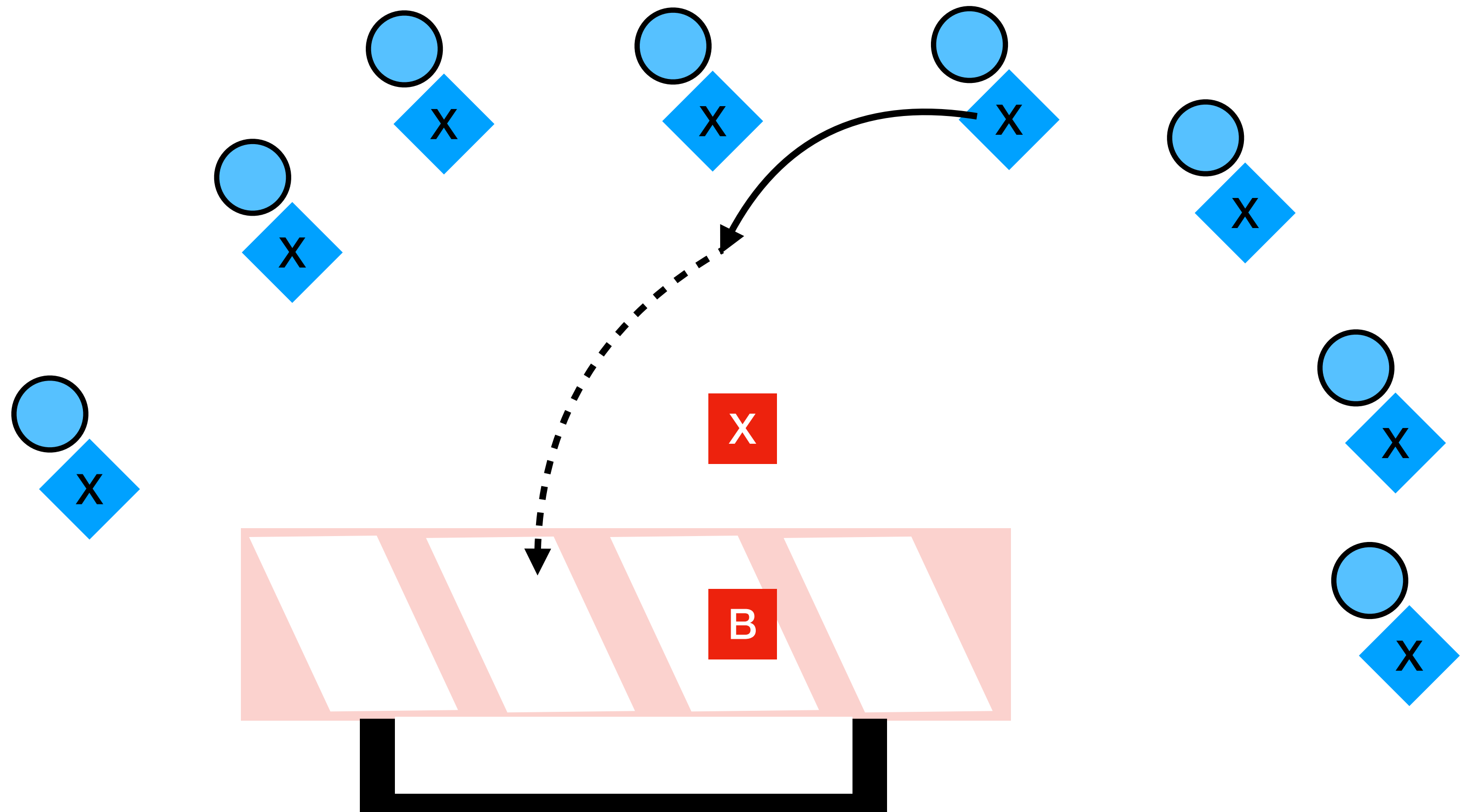


2vAll

Technical

Shot
Stopping

- One defender defends the goal
- One defender defends space
- Coach blows whistle and indicates which offensive player goes
- Offensive player plays a 1v2 and tries to score
- After a goal or a stop, coach gives next offensive player signal to go
- Drill should be set up such that defense has to defend isos, post-ups, and long shots from both sides of the field



Ball Skill Stations

- Team splits up into pairs, these pairs attend stations together
- Station 1: Short obstacle course, then shot on goal
- Station 2: Face-offs
- Station 3: H.O.R.S.E.
- Station 4: Long passing
- After set amount of time, coach blows whistle and players move to next station

Players should be stationed as far apart as possible without breaking the 2-line pass rule

Encourage players to try different types of passes

- Volley
- Kick
- Scoop and throw
- Slap
- Forehand and backhand passes

Coach should attend the square-off station, giving "go" signal to players

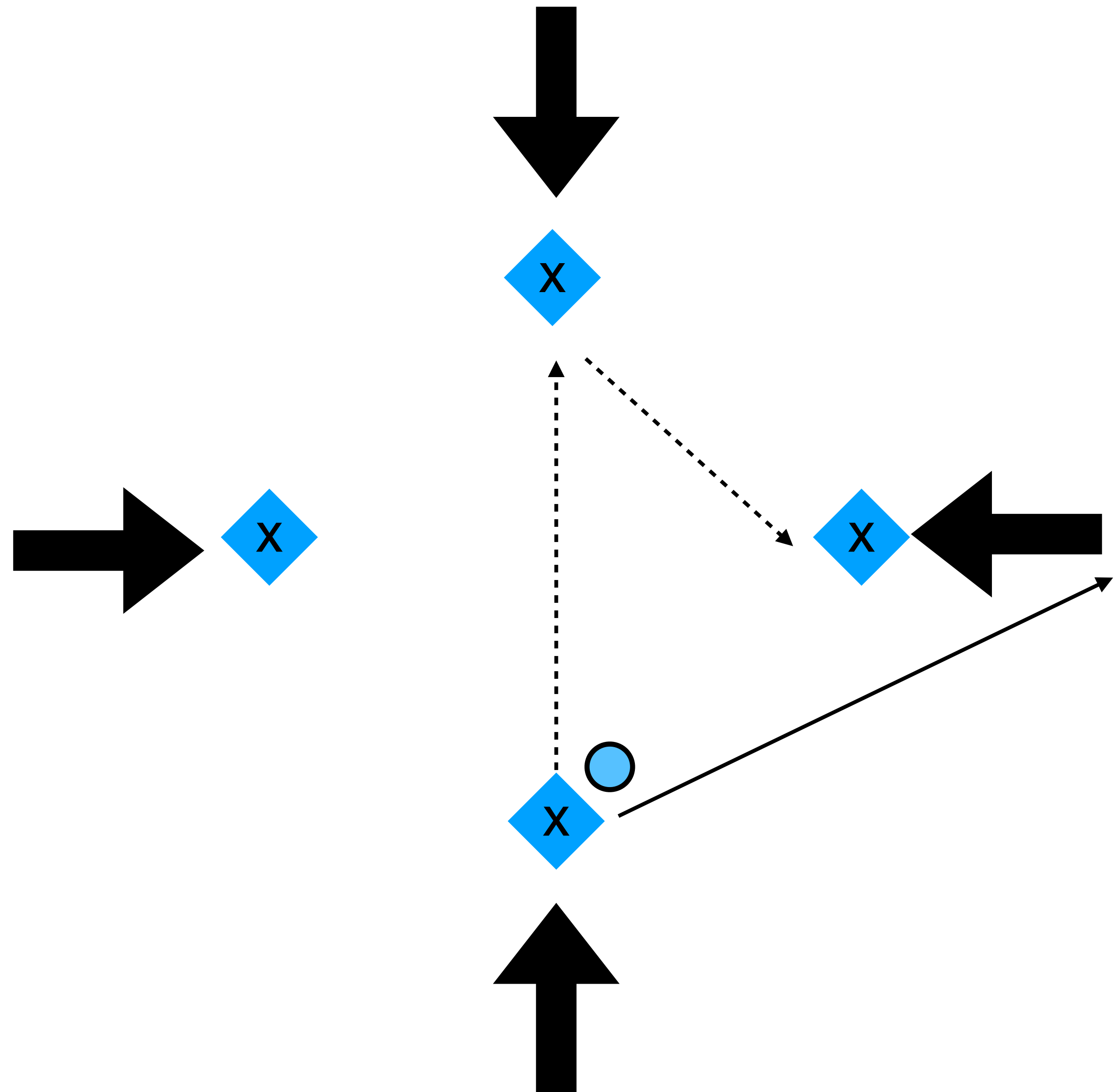
Obstacle courses can be varied, and encourage players to use different skills:

- lifting the ball
- Backhand shot
- Forehand shot
- Volley shot
- Deking around obstacles
- Post-ups and spin moves

Player 1 does a ball skill move, player 2 attempts to copy. If player 2 succeeds at copying, they demonstrate a move for player 1 to copy. If player 2 fails at copying, they are given a letter (H-O-R-S-E) A player who collects all 5 letters loses

Passing Box

- Players form box, passing to each other
- Two players at every corner of the box
- Ball goes across the box, then to the left
- Players run to the station to their right after every pass
- On whistle, drill switches: ball goes across then right, players run to the left
- To add difficulty: require one-touch passes, add a second ball, or set a goal of passes in a minute



Iso 1v2

Technical

Mobility

Shot
Stopping

- 1v1 in space with a back defending the goal
- Drill starts in the corner (not a shooting position) with the attacker far away from the defender

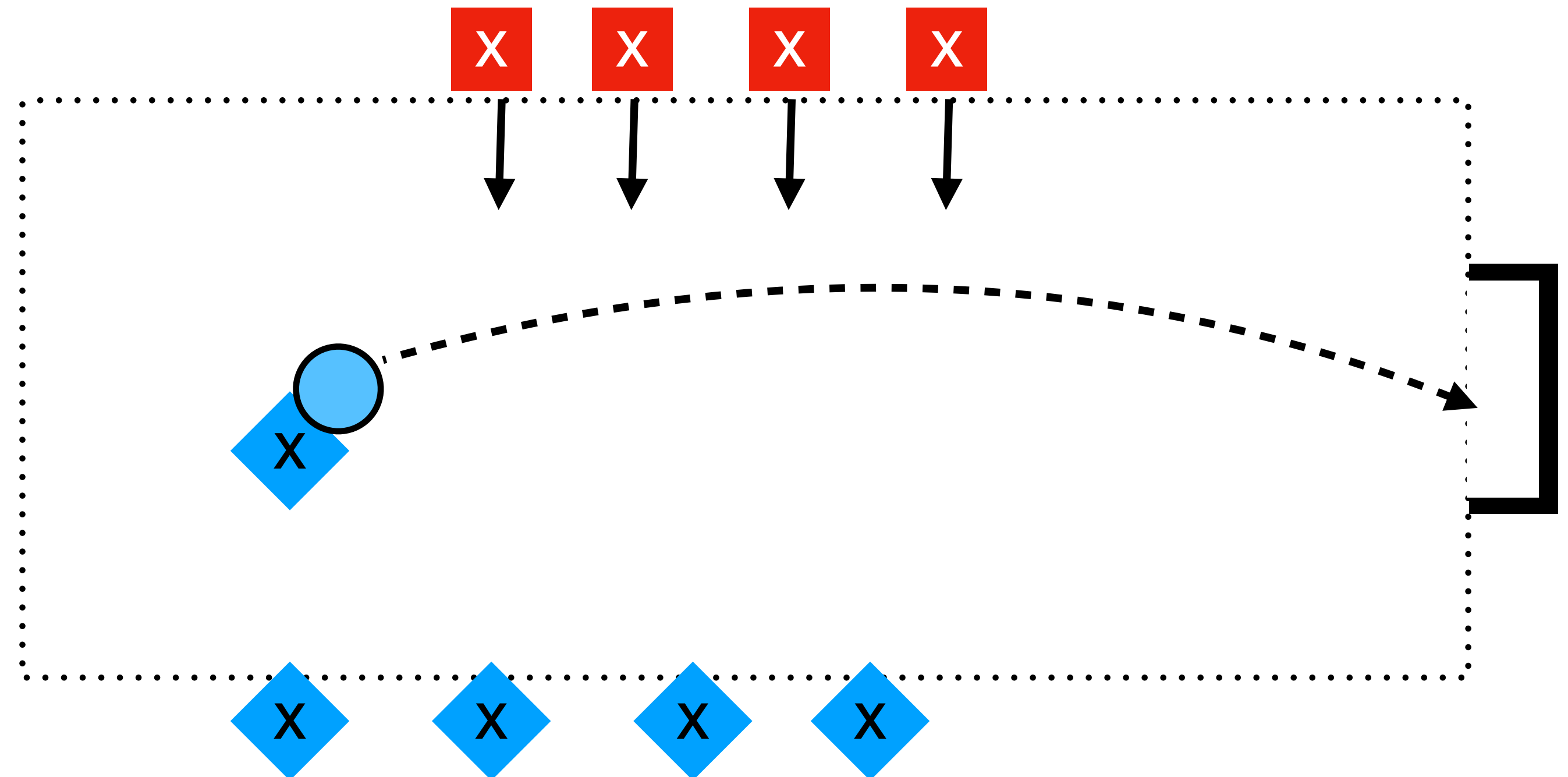


Trust Shot

Mobility

Specialty

- Choose one player to take a long shot at goal
- Players choose to “trust” teammate or “doubt” teammate. Doubters walk across the width of the field to the “doubt” side
- If the shooter makes the shot, doubters sprint the width of the field there and back
- If the shooter misses the shot, the trusters sprint the width of the field there and back
- After each make, move the ball farther away from the goal
- After each miss, change who shoots

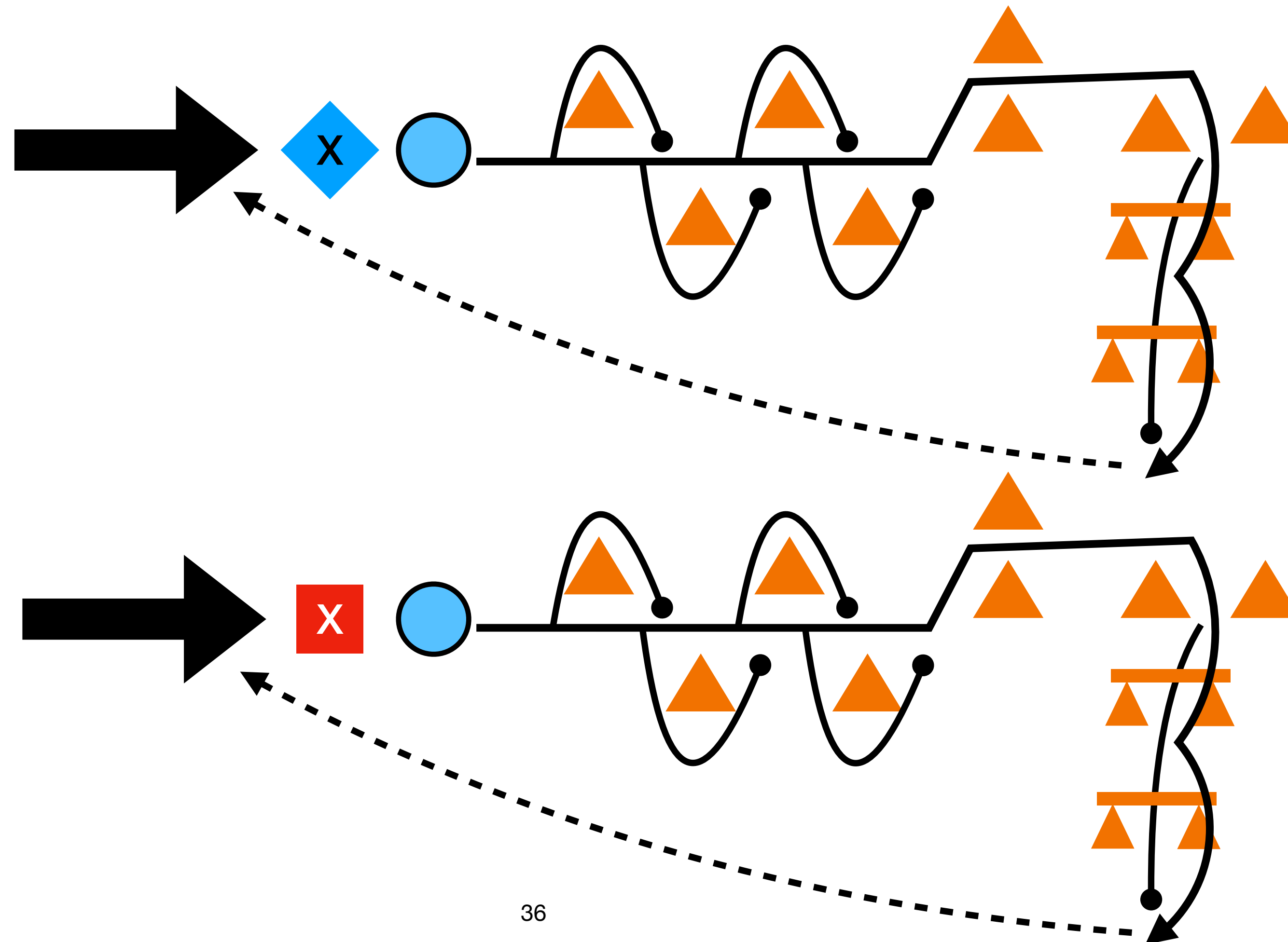


Relay Race

Technical

Mobility

- Set up cones and obstacles to force players to use their stick skills at speed
- Cone zig-zag: run between, stick handle around
- Cone gate: carry ball between
- Hurdles: ball goes under, player goes over

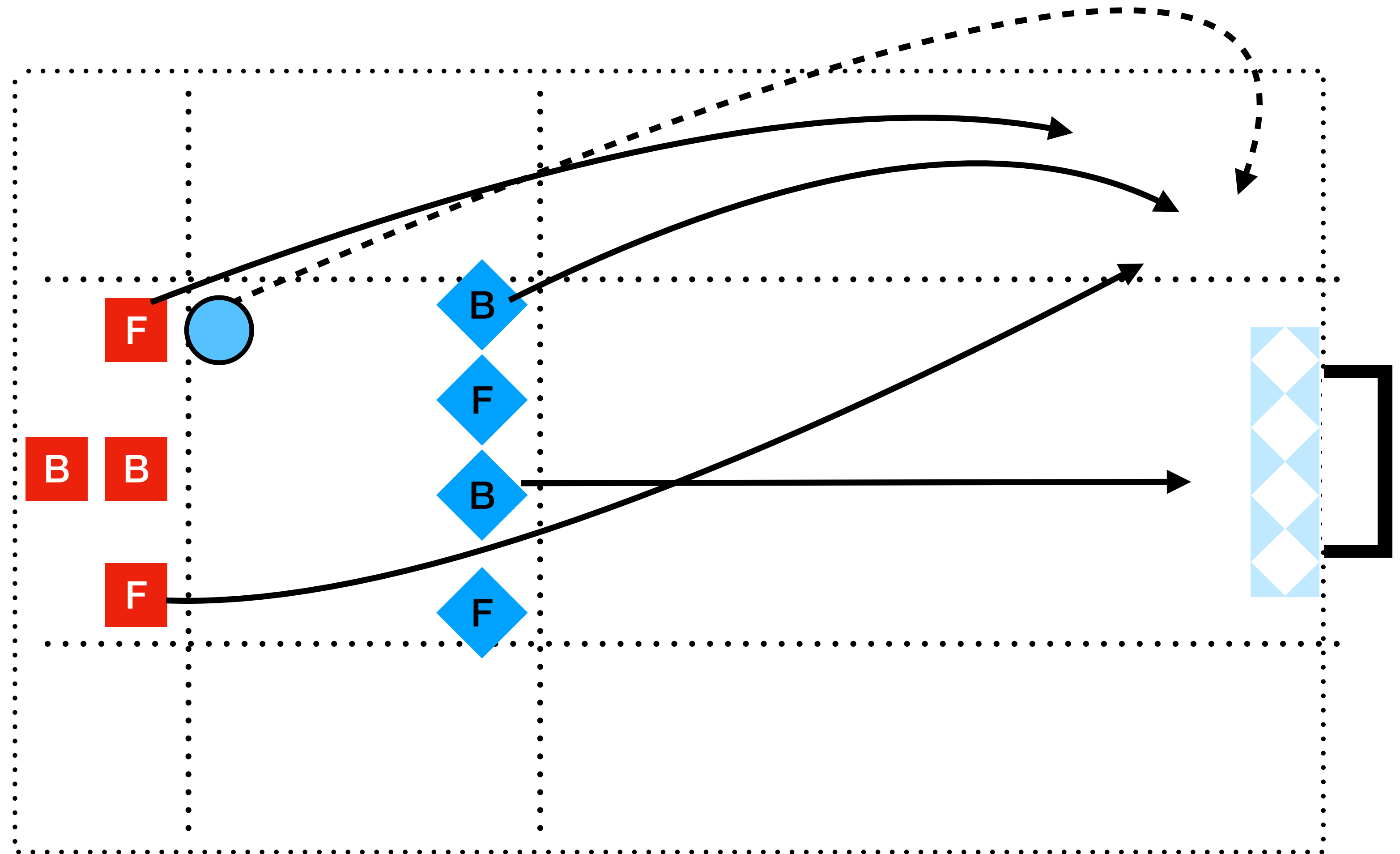


Dump and Breakout

Technical

Positional

- Players line up in the neutral zone
- Defense lobs a dump-in into the offensive zone. Once the ball is in the air, every player is free to move wherever they want
- Offense wins if they can carry the ball into the neutral zone
- Defense wins if they can steal the ball and score
- Give the defense different forechecks to practice each time
- Enforce the two line pass rule

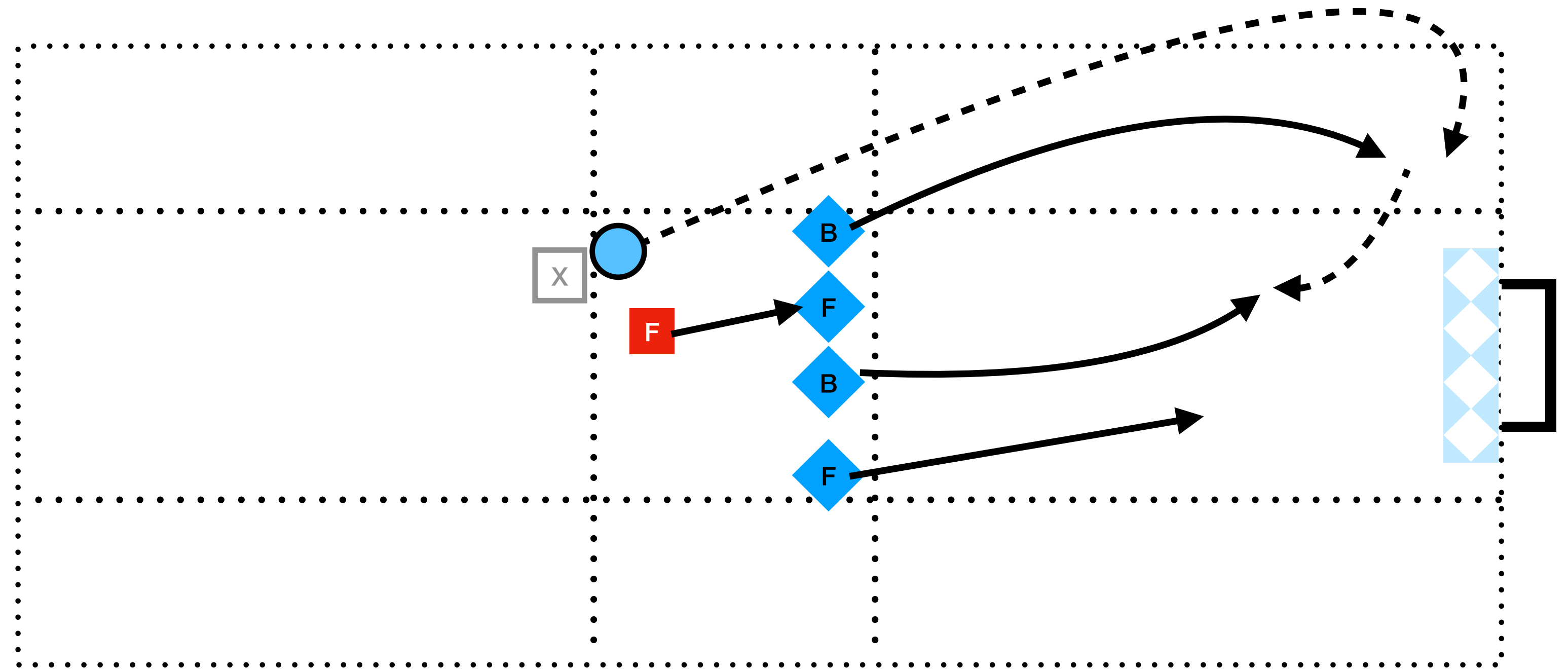


Timed Multiple Breakout

Mobility

Positional

- Ball is dumped in by a player not in the drill or by a coach
- Offense breaks the ball out. Once they reach the offensive zone, they give the ball to the player/coach who dumps the ball back in
- Defense has one player pressuring to prevent offense from just doing the same thing each time
- Unit breaks out 4 times. Ball is randomly dumped 2 times to each corner (left and right)
- Push players to improve the time it takes to finish the drill



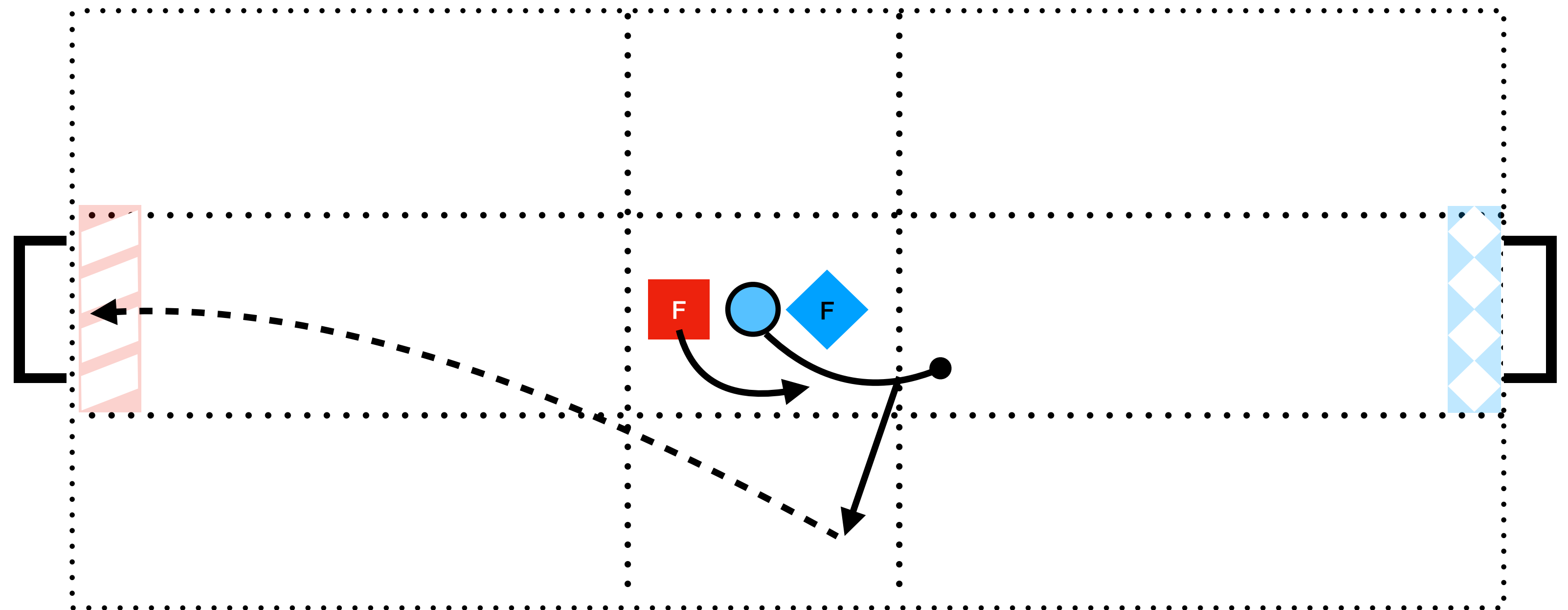
Braveheart

Technical

Specialty

Mobility

- Players face off
- After the face off, they play 1v1 full field
- The 1v1 is played with normal rules-ball goes out, other team gets a free hit

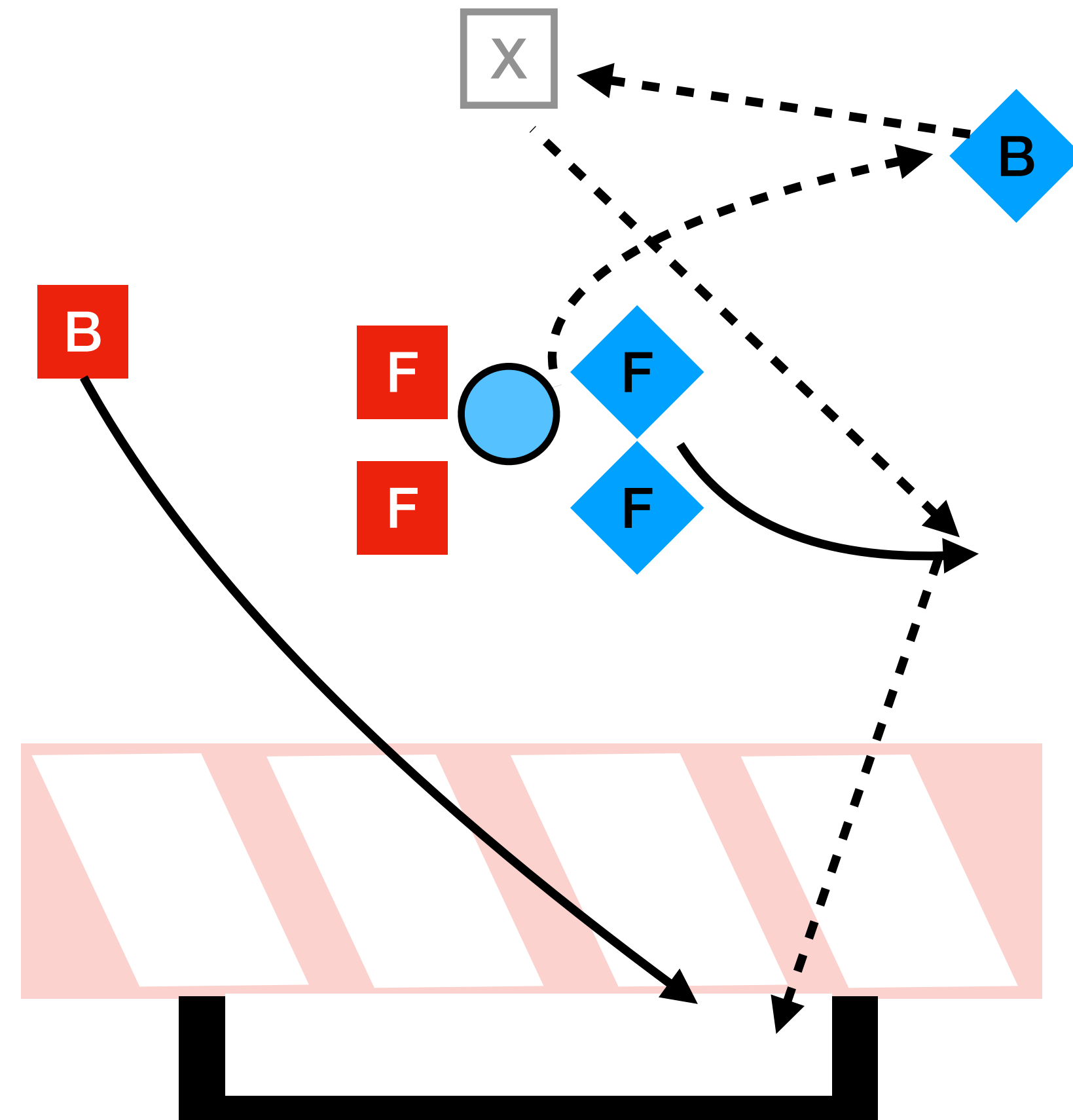


Square-Off and 3v3+1

Positional

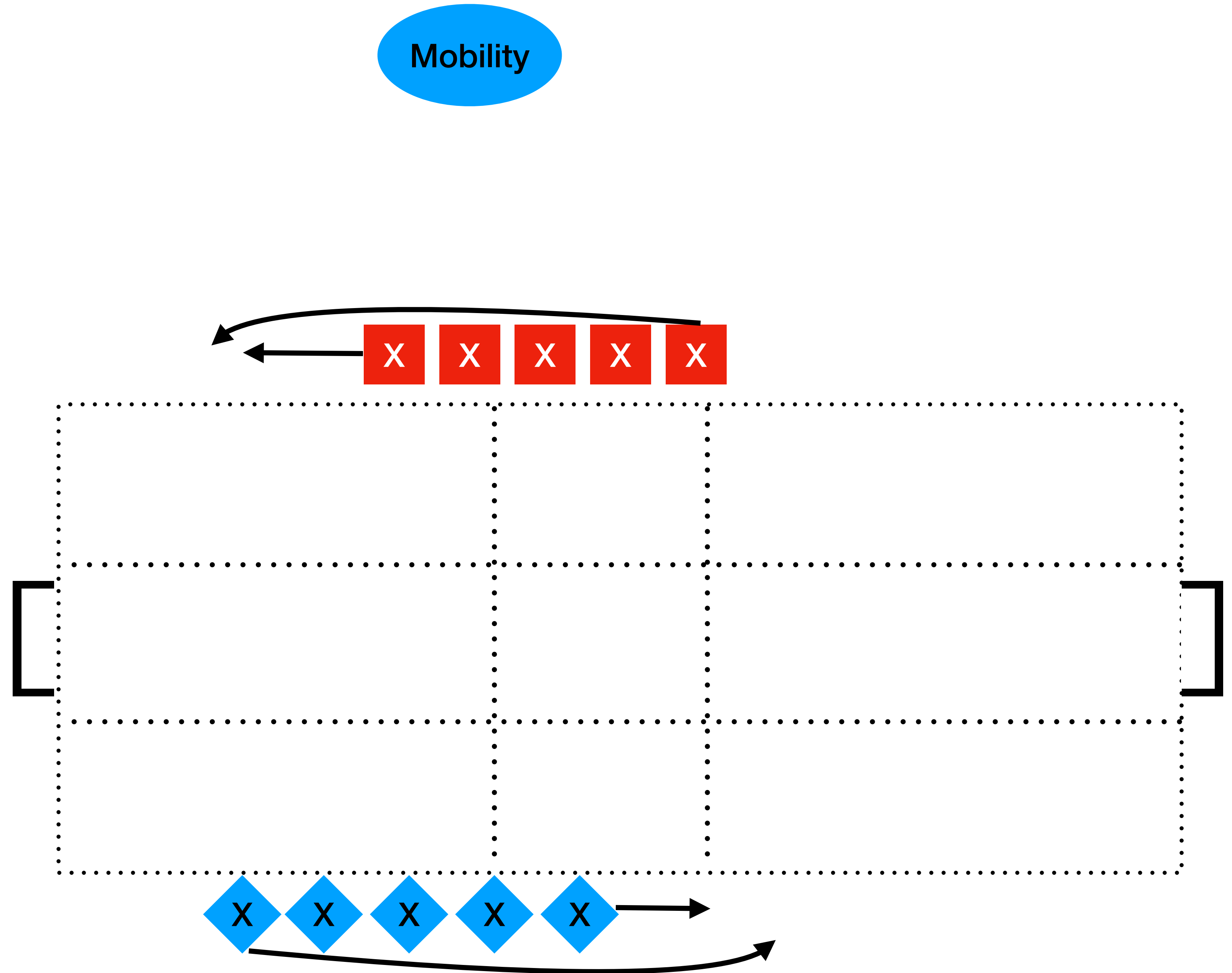
Specialty

- Play starts with a square-off
- If a team gets the ball and can pass to the coach, they go on offense and can attack the goal



The Railcar

- Split the team in two. They each do a “caboose run” where the line of players jogs and the player at the back of the line sprints up to the front to set the pace
- If the front player from one side passes the back player from the other, they get to take a break while the other side does an extra lap of caboose running

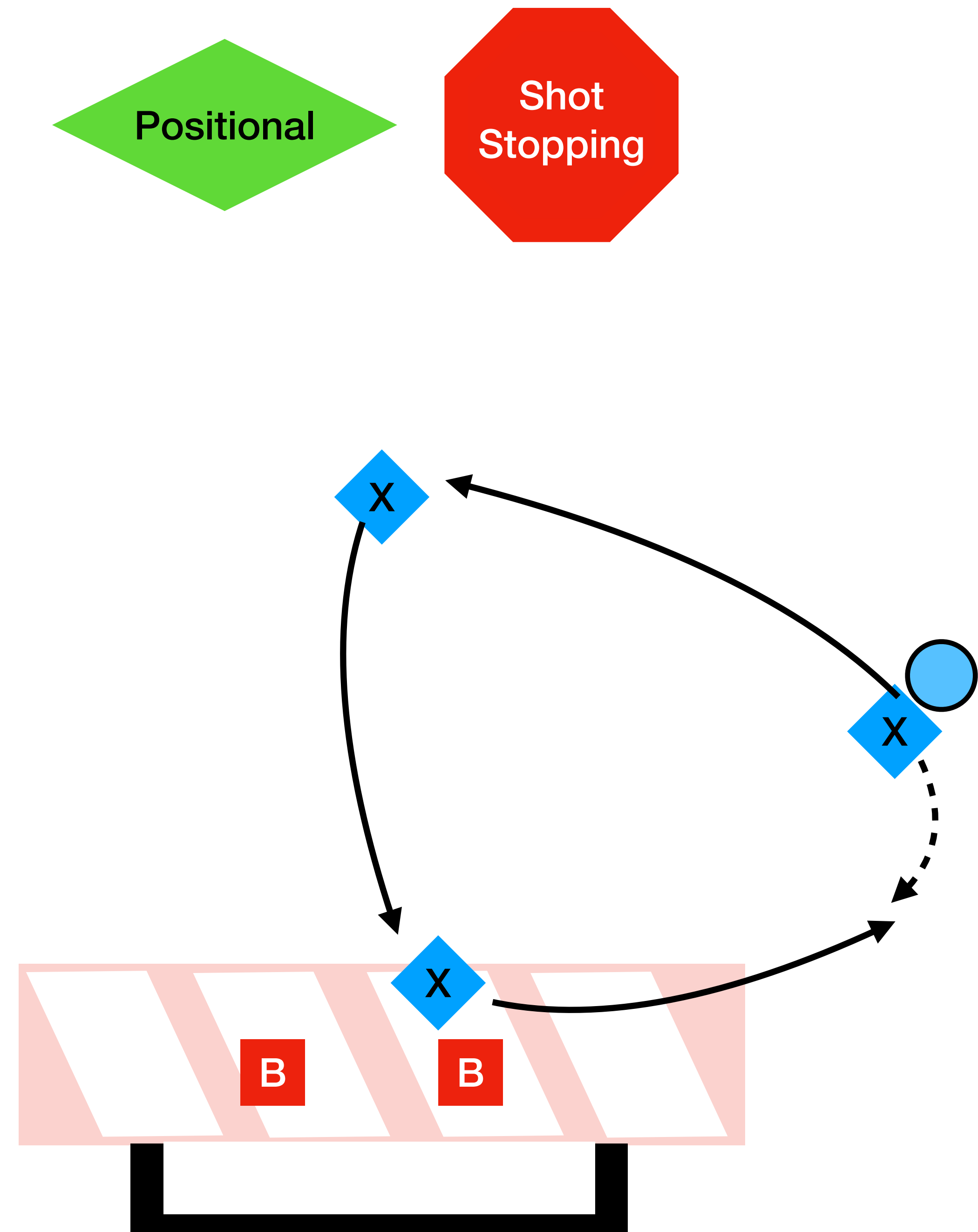


A diagram with two shapes side-by-side. On the left is a blue oval containing the word "Mobility" in black text. On the right is a red octagon containing the words "Shot Stopping" in white text.

-

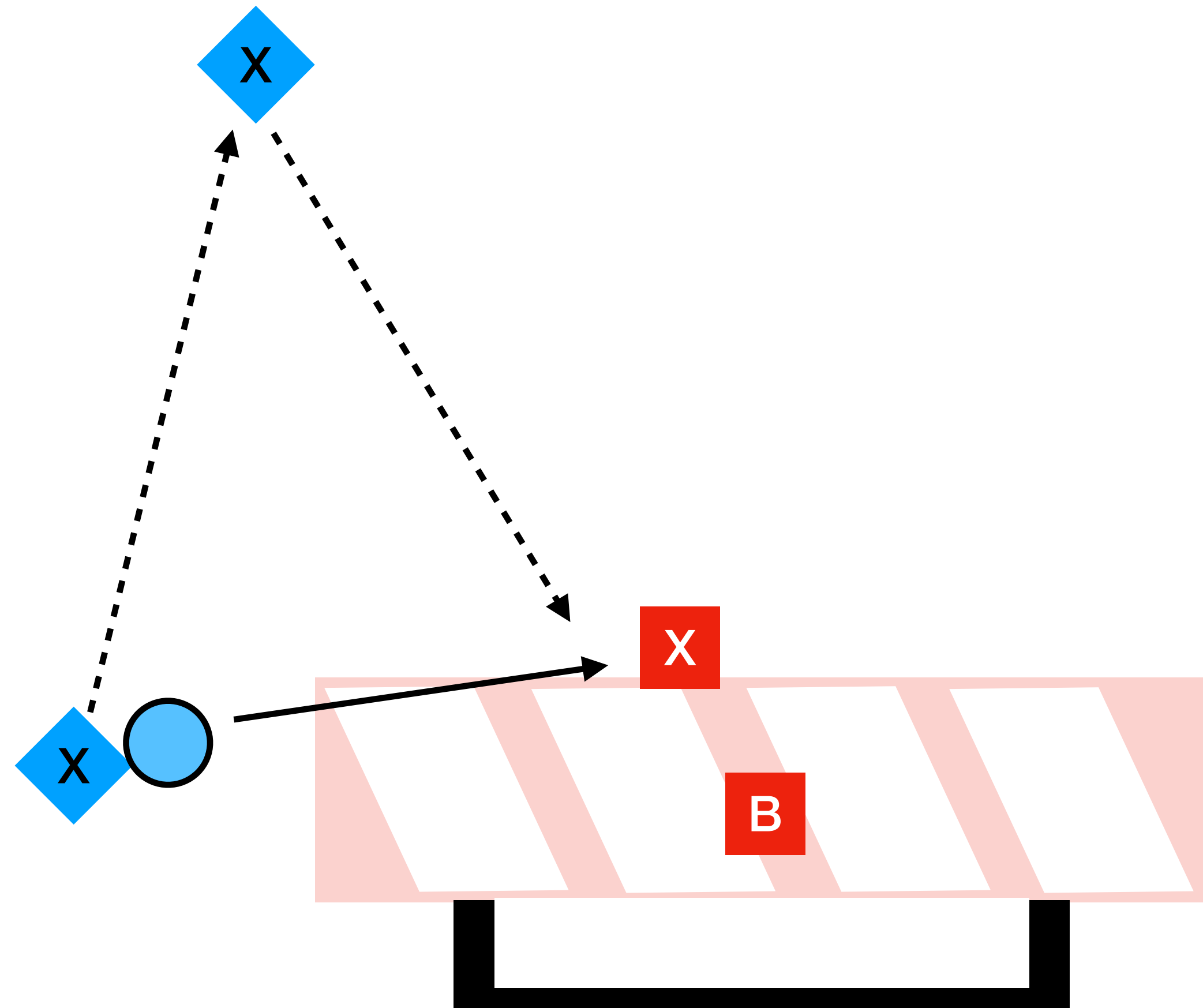
Cycle and Break

- 3 offensive players work a cycle.
- Ball carrier holds and looks, then high player cuts to the goal, goal player cuts wide, and ball carrier lays ball off before filling high position
- On a whistle from the coach, the players stop cycling and attack the goal. Two backs defend the goal



Net Front Battle

- Goal is defended by a goalkeeper and a defender
- Attacker starts drill by passing up to “point,” then runs to front of the net
- Point player shoots- low attacker tries to deflect or screen to score. If not, battles for the rebound and plays 1v2 until coach blows whistle



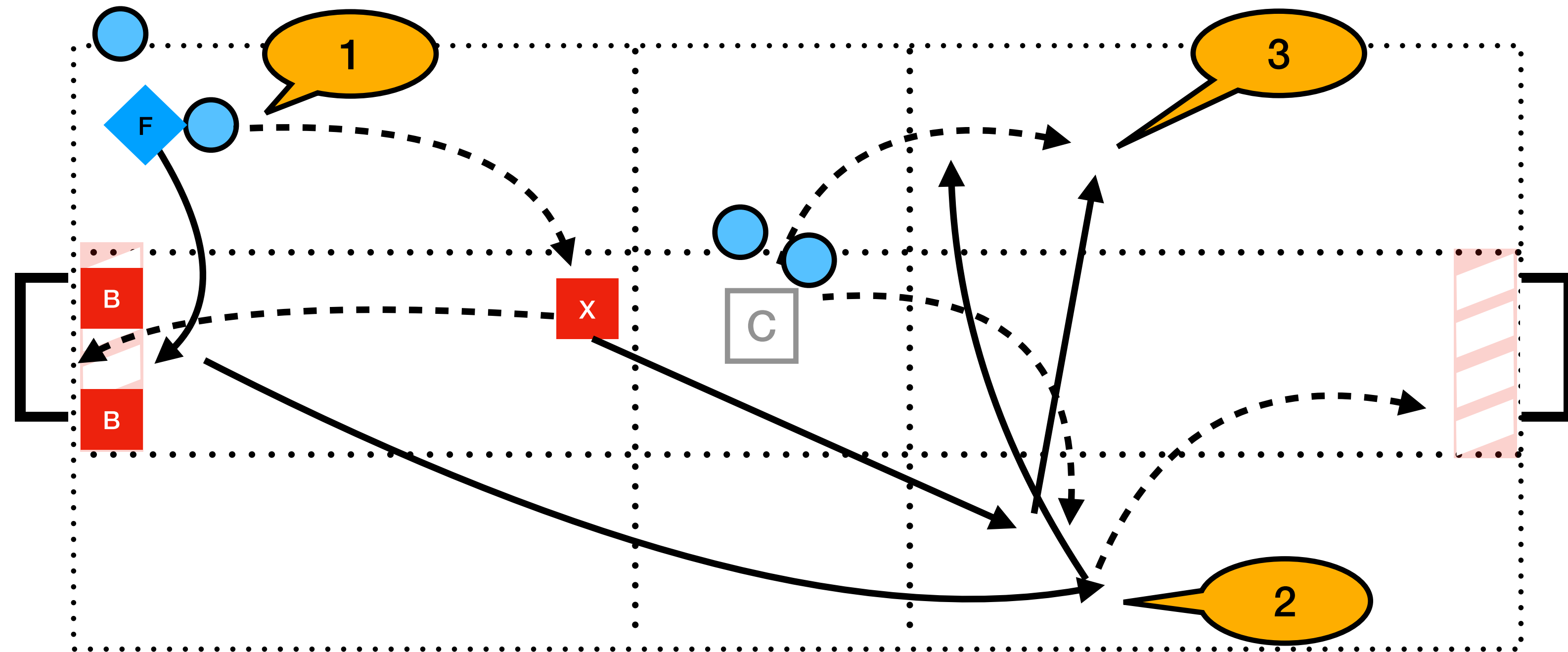
Forward Offensive Shift

Technical

Mobility

Positional

- Phase 1: Forward passes to pointman and cuts to the goal to screen, deflect, harass, and rebound on shot from point
- Phase 2: Forward gets upfield to play 1v1 against pointman, gets open or posts up to play 1v1 at goal
- Phase 3: Forward and pointman race for loose ball, forward tries to clear it away or block the shot, defender tries to take long shot on goal



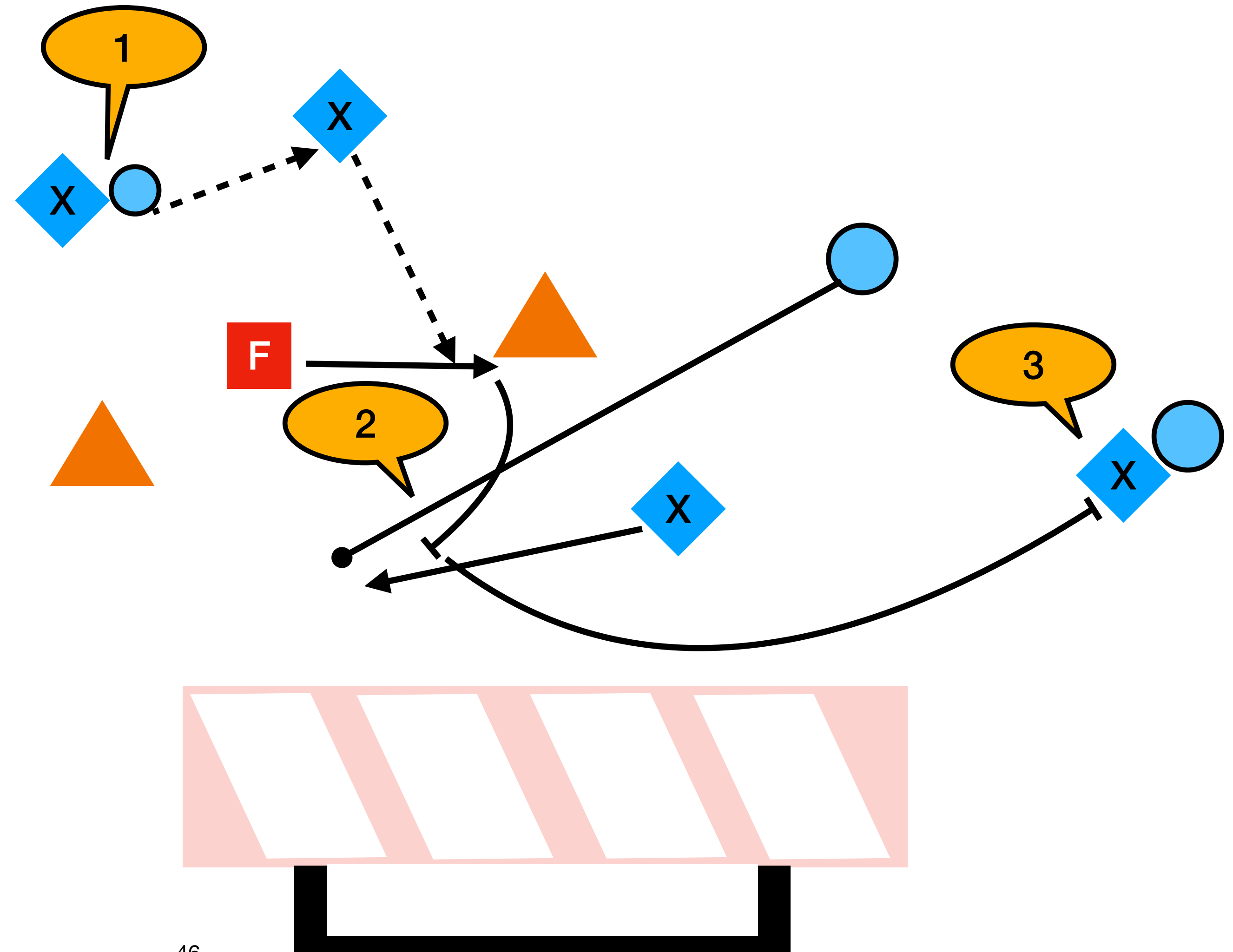
Forward Defensive Shift

Technical

Shot
Stopping

Positional

- Phase 1: Forward defends shooting lane 2v1. Attackers can pass up to 3 times, forward has to stay between cones and block the shot
- Phase 2: Angle and hip check. Ball is rolled into area behind forward, have to hip-check opponent and win the ball
- Phase 3: Defend 1v1 post-up



The diagram illustrates three types of stops, each represented by a distinct shape and color:

- Mobility**: Represented by a blue oval.
- Shot Stopping**: Represented by a red octagon.
- Positional**: Represented by a green diamond.

-
- The diagram illustrates a sequence of events and transitions. It features several nodes: three blue diamonds labeled 'F', one red square labeled 'B', one blue diamond labeled 'X', and four yellow ovals labeled '1', '2', '3', and '4'. Solid black arrows indicate direct transitions, while dashed black arrows indicate indirect or delayed transitions. A red and white striped rectangular area is located at the bottom, with a black bar below it. The transitions are as follows: a solid arrow from 'F' (top left) to 'F' (middle left); a solid arrow from 'F' (middle left) to 'F' (bottom left); a solid arrow from 'F' (bottom left) to 'B' (bottom left); a solid arrow from 'B' (bottom left) to '1' (bottom right); a solid arrow from '1' (bottom right) to '3' (middle right); a solid arrow from '3' (middle right) to '2' (top left); a solid arrow from '2' (top left) to 'X' (top right); a solid arrow from 'X' (top right) to '4' (middle right); a dashed arrow from 'X' (top right) to '3' (middle right); a dashed arrow from '3' (middle right) to '1' (bottom right); a dashed arrow from '2' (top left) to 'X' (top right); and a dashed arrow from '4' (middle right) to 'X' (top right).

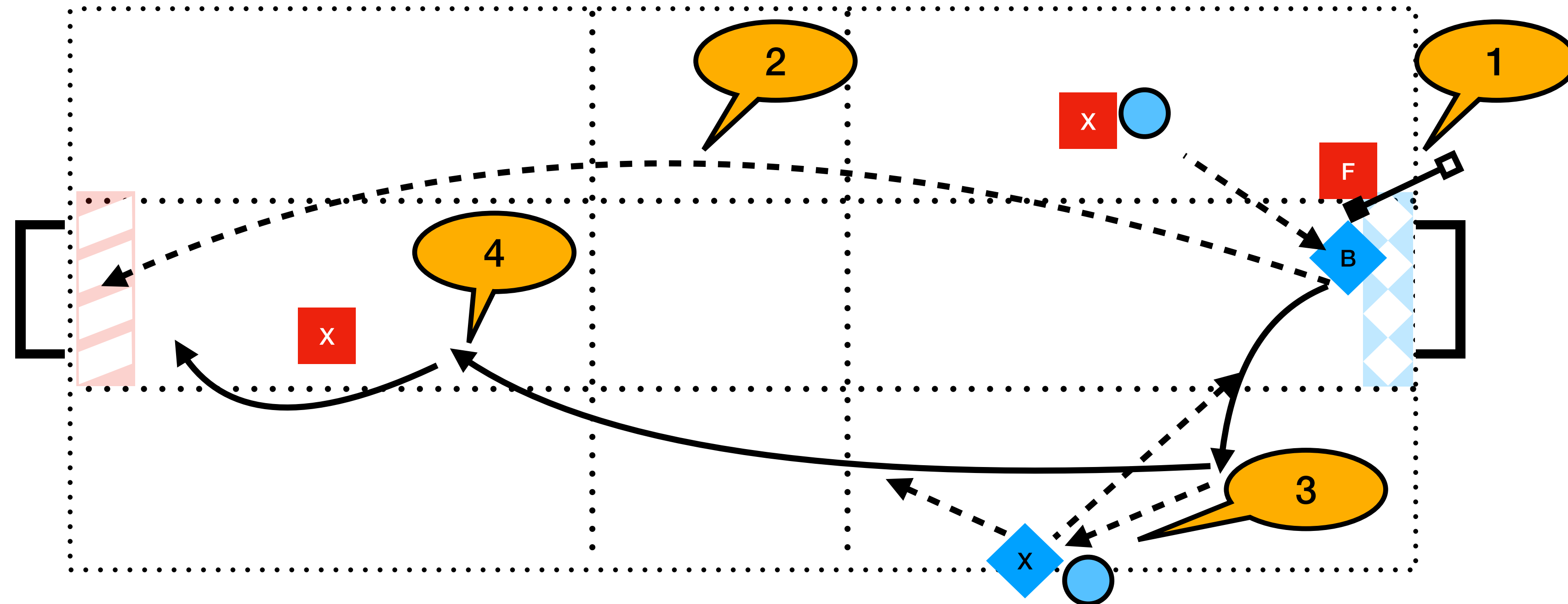
Back Offensive Shift

Technical

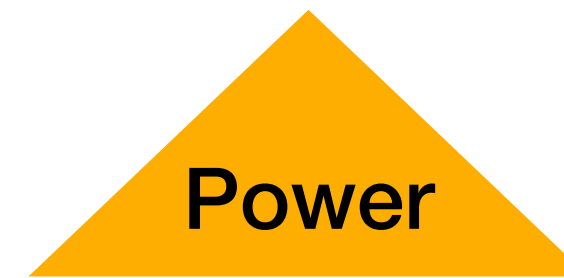
Power

Positional

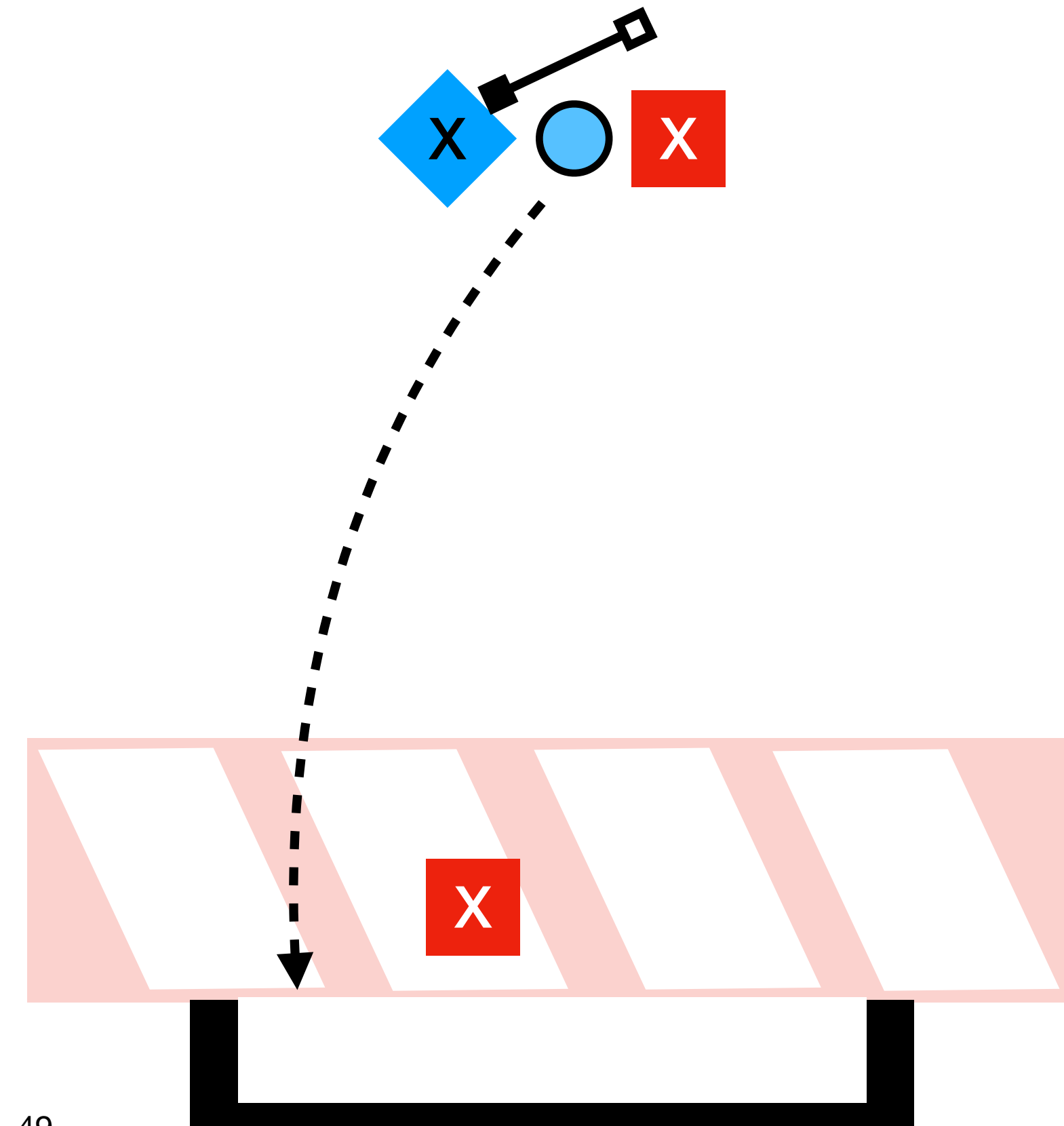
- Phase 1: Clear out opponent
- Phase 2: Stop easy shot, take long shot
- Phase 3: Catch a pass, then give and go
- Phase 4: 1v1 Iso



Back to Back Battle



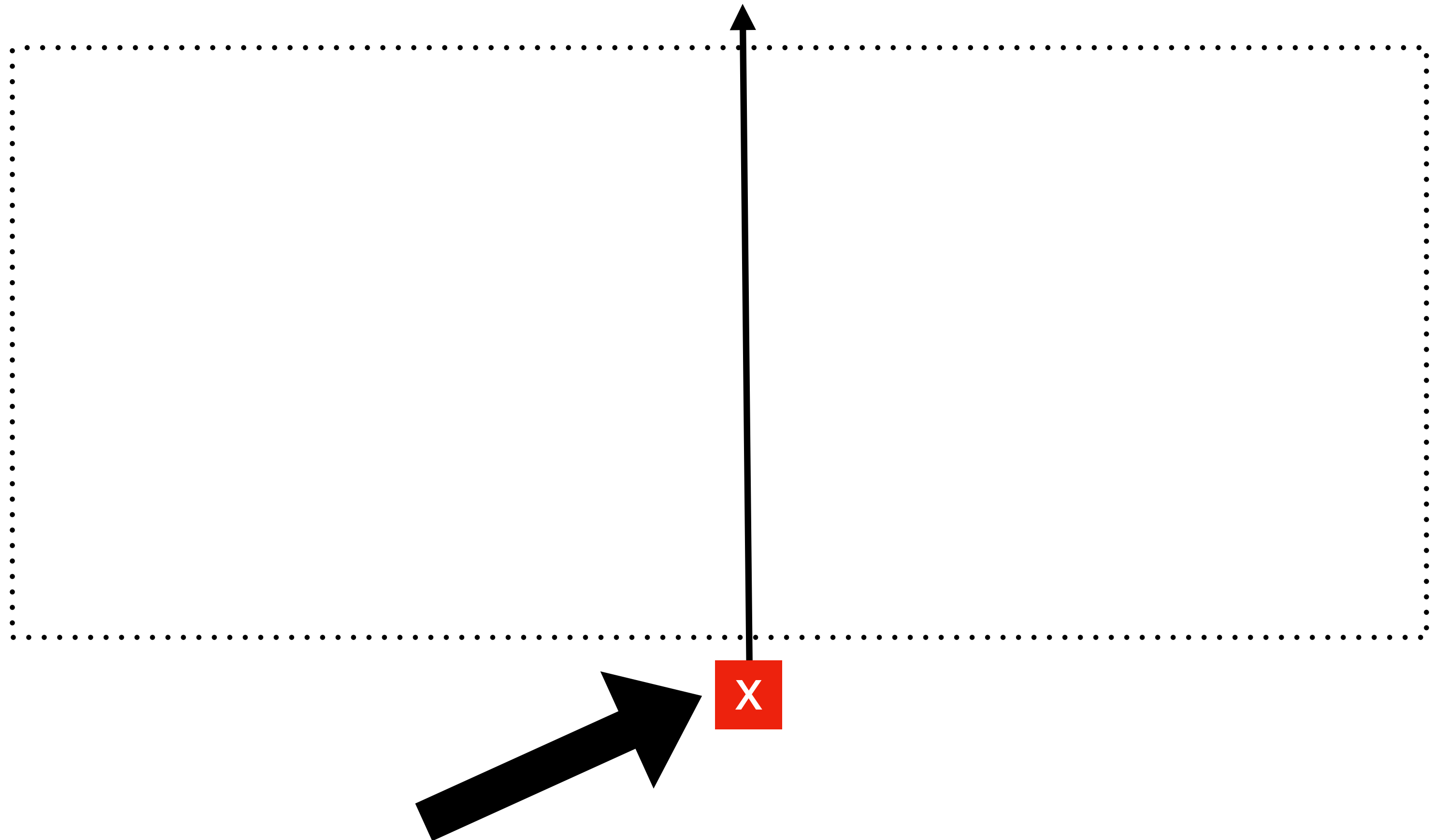
- Players start with their backs to each other and the ball under their feet between them
- On “go” signal, they drive the opponent back to try and win the ball
- Player who wins the ball takes a shot at goal



Speed Sprints

Mobility

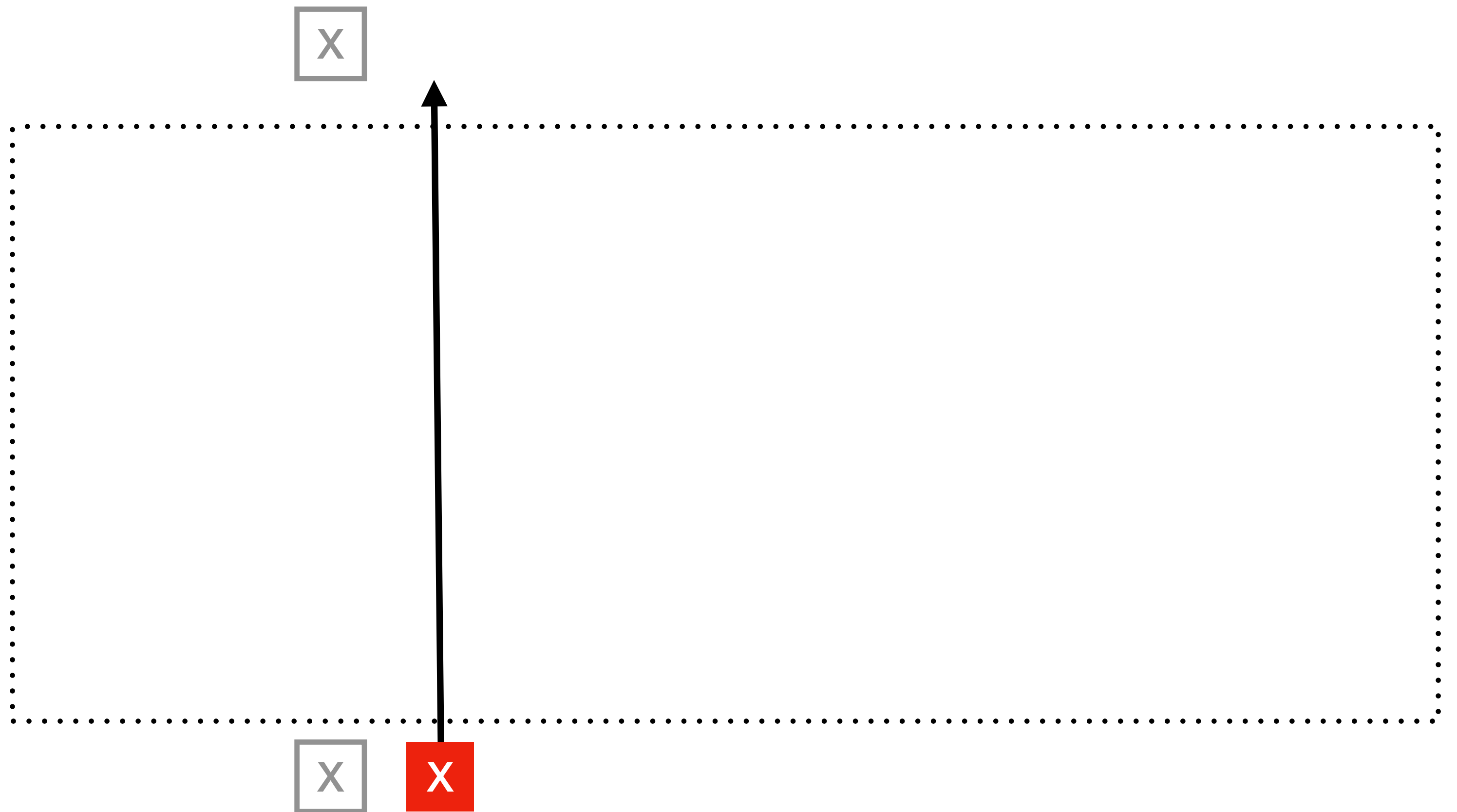
- Players do not have their sticks
- One player at a time goes to the front of the line
- The player at the front of the line gets into a 3-point stance, and once ready, sprints the width of the field
- After sprinting, the player walks back to the line
- The focus is on increasing speed, not on endurance!



Wind Sprints

Mobility

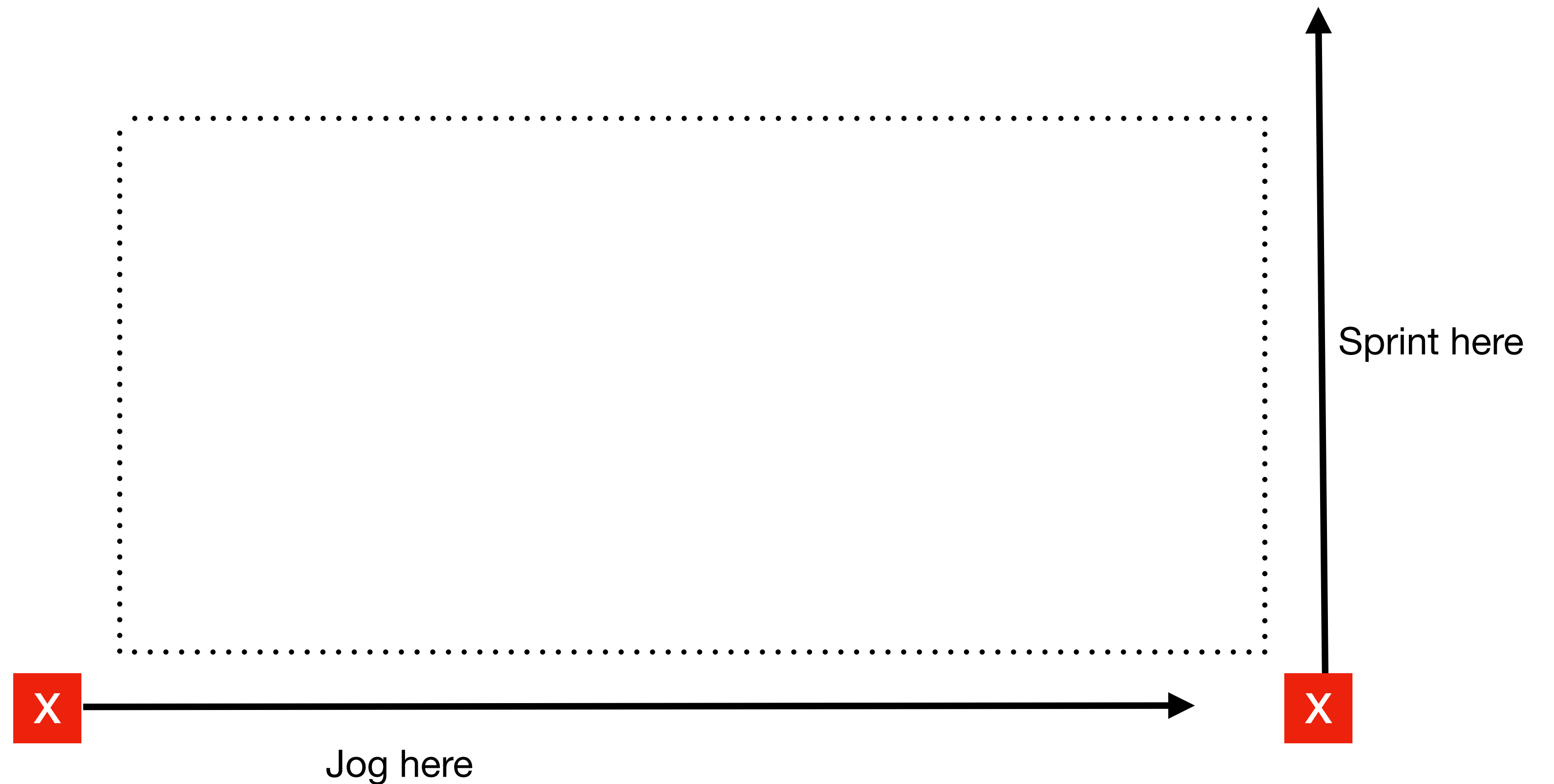
- Split your team into groups of 3
- Each group has 2 players on one sideline and 1 on the other
- On “Go” whistle, one player from each group sprints the width of the field
- When a player reaches the far side, the player on that side sprints the other way



Sprint and Jogs

Mobility

- Players run laps at their own pace
- On the end lines, players sprint at top speed
- On the sidelines, players jog

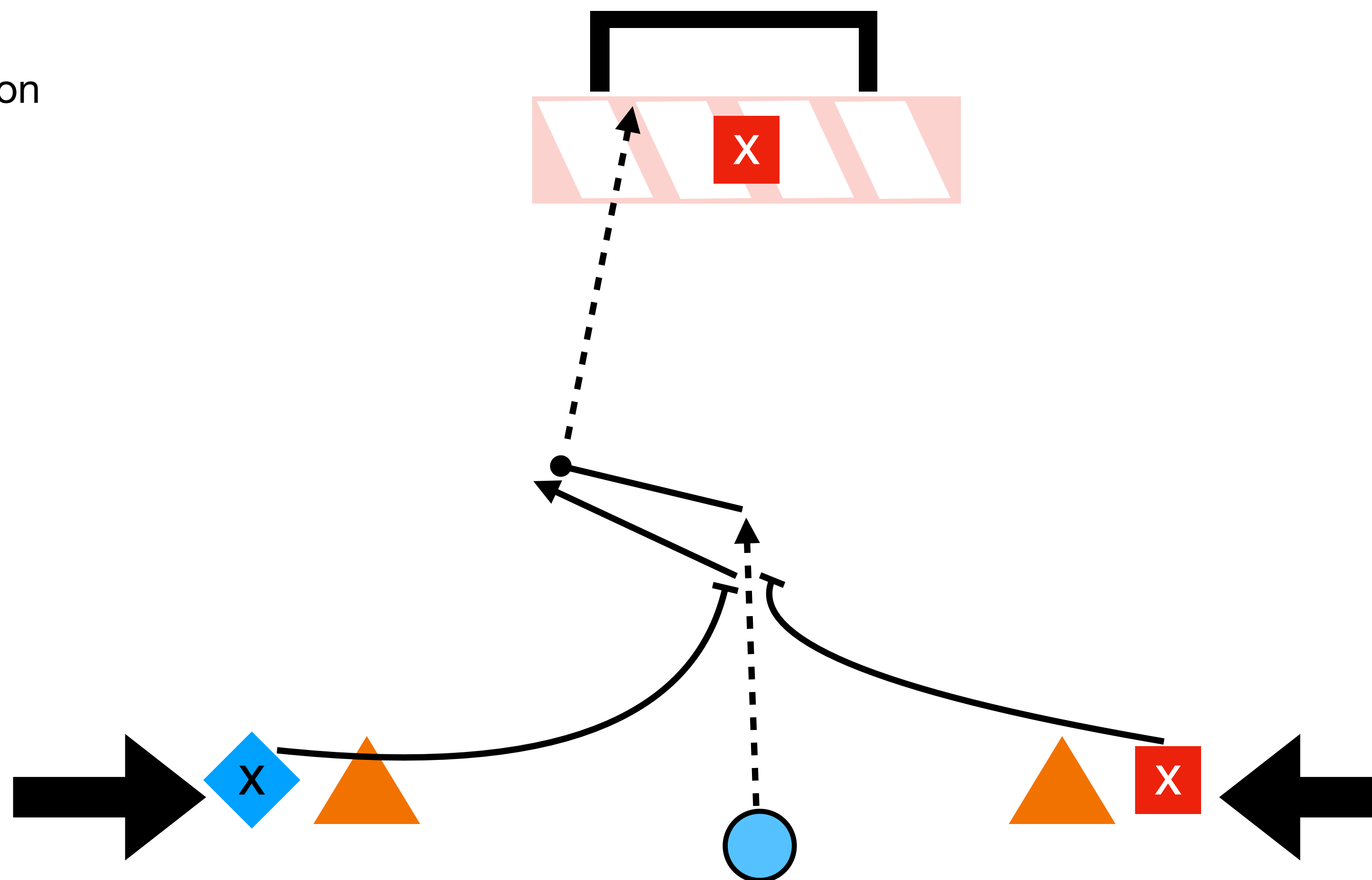


1v1+1 Hip Check Drill

Technical

Power

- Loose ball put into play between players
- Players hip check each other to win possession
- Winner shoots at goal

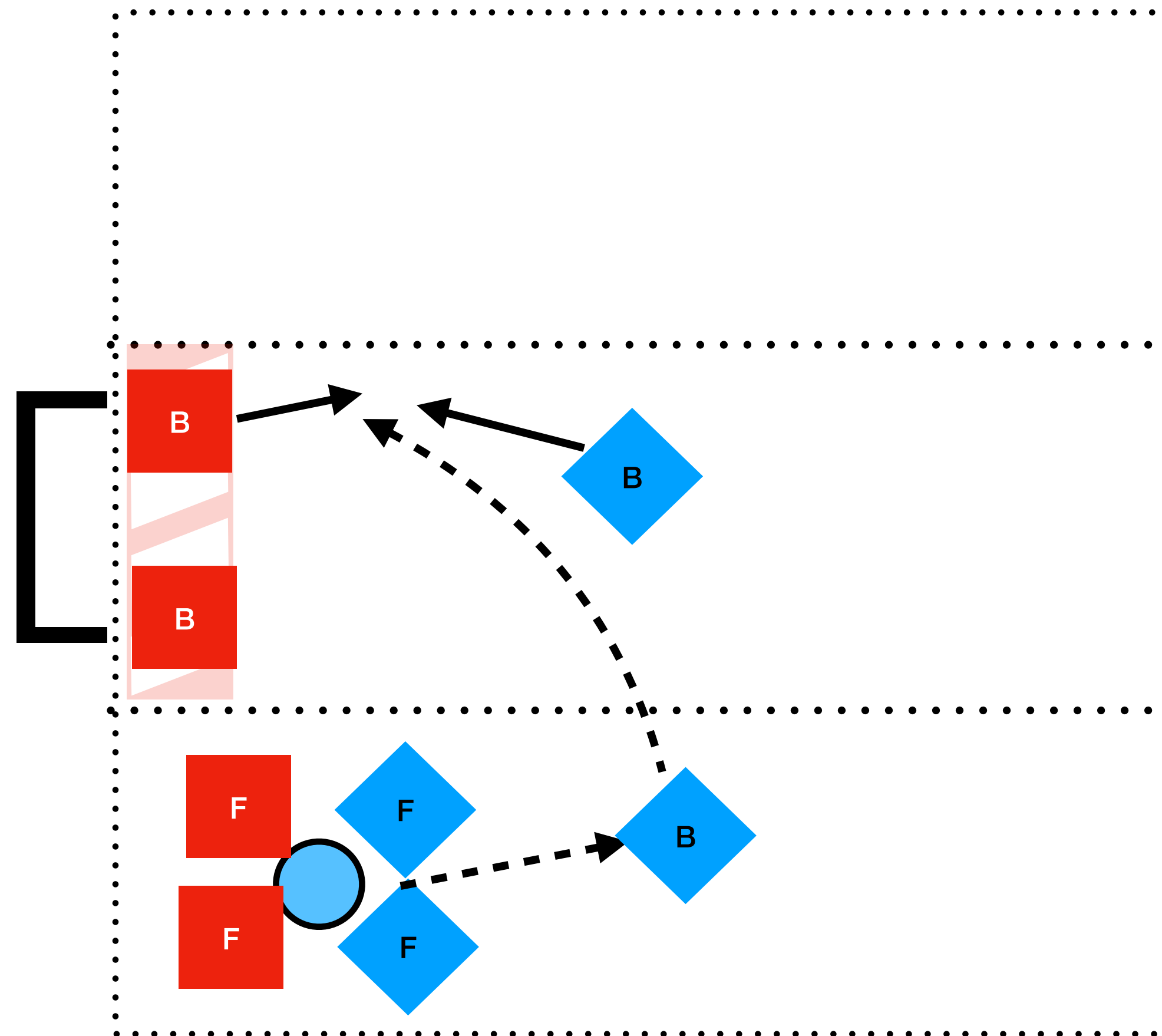


Dead Ball Cross 4v4

Positional

Specialty

- Square-off from corner area.
- Forward wins ball to back, who crosses ball into the middle.
- Middle is 2v1 for defense, wing is 3v2 for offense
- If defense gets the ball or the ball leaves the middle channel, there is another face-off



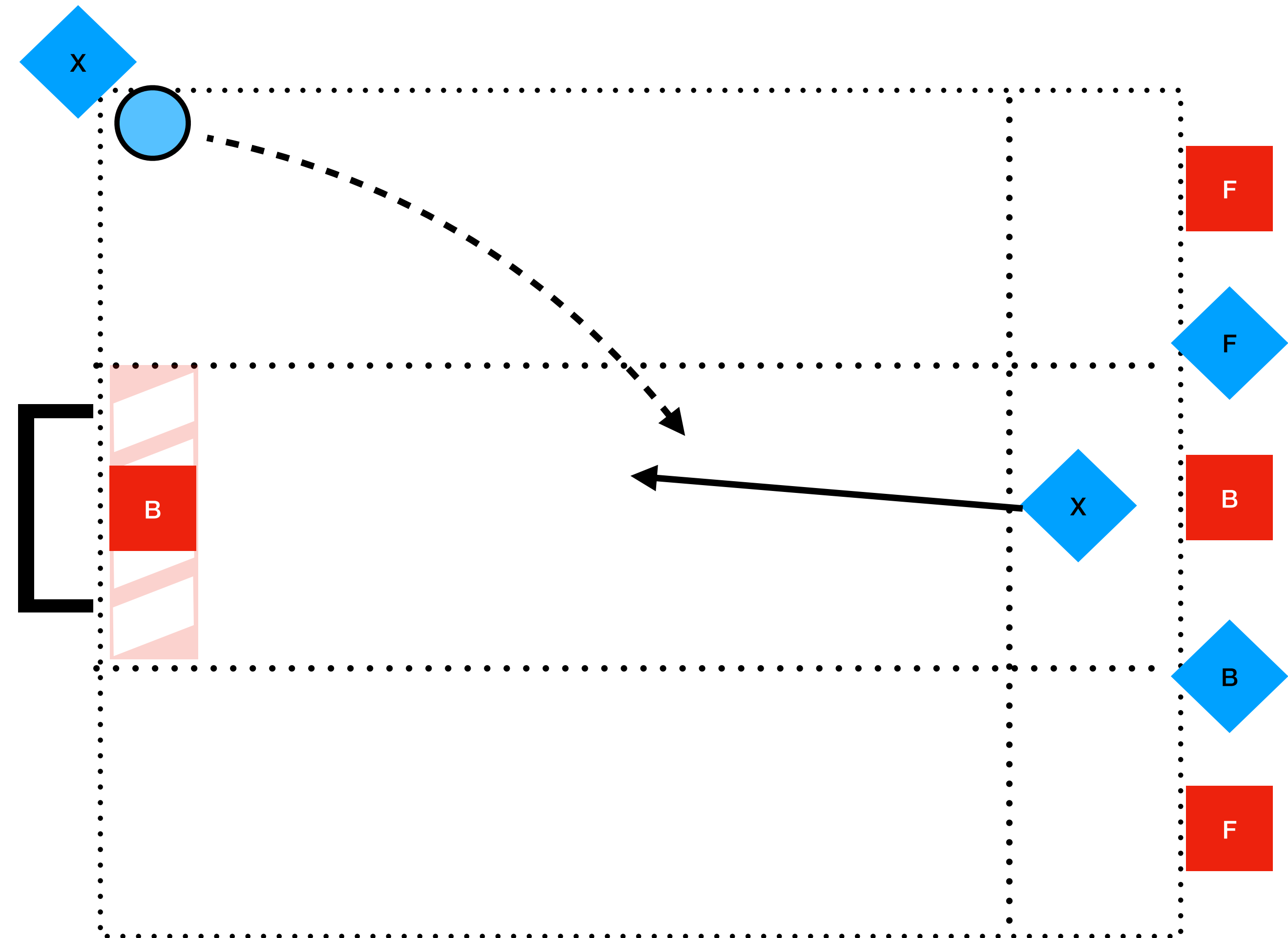
Penalty Shots

Technical

Shot
Stopping

Specialty

- Players line up for a penalty shot
- When the ball is rolled into play, play becomes a 4v4
- Play goes until a goal or the defense takes the ball
- Use variants to simulate the variety in real games: 1v1, 2v1, 3v1, and 4v1

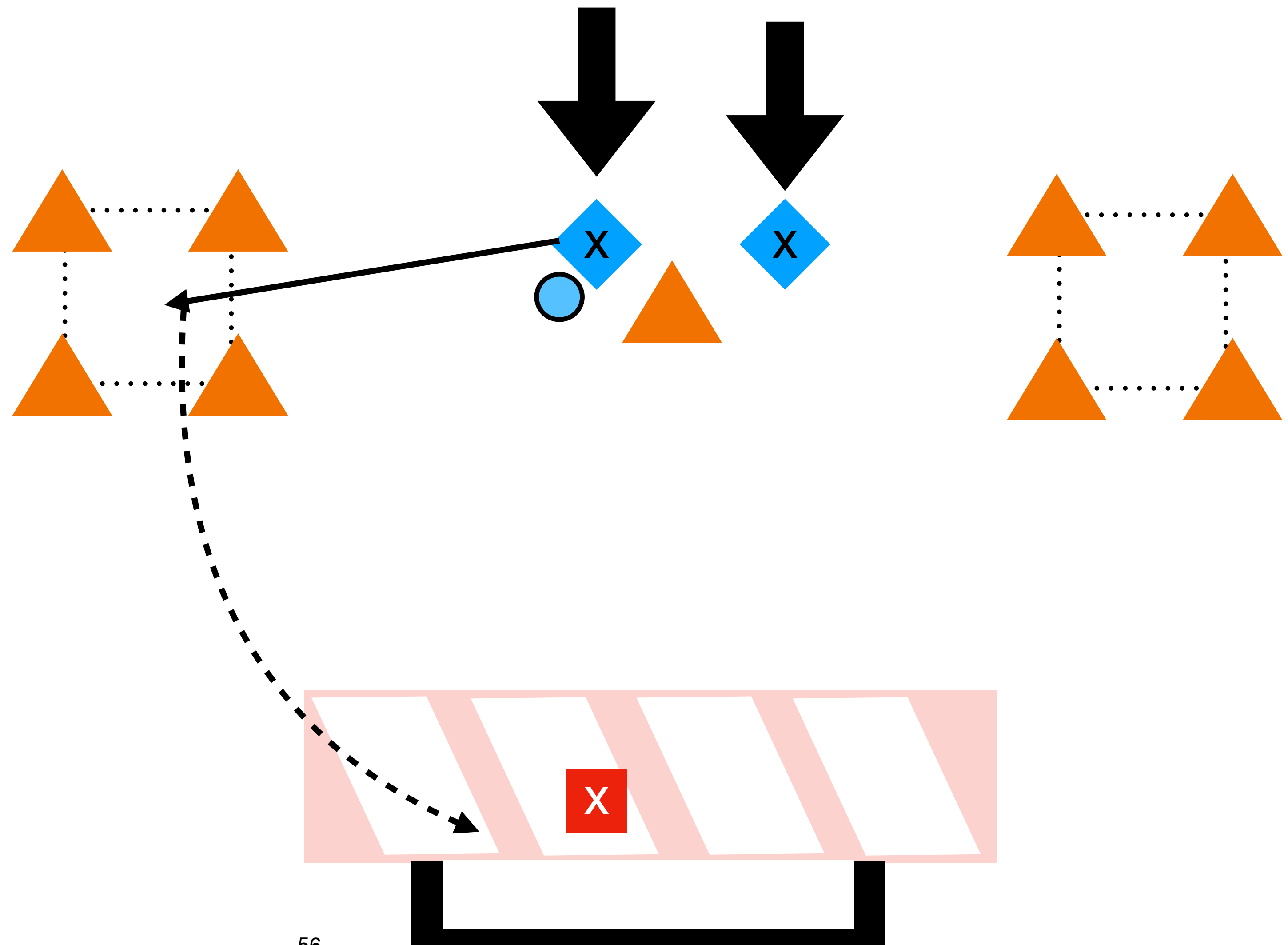


Post-to-Post Saving



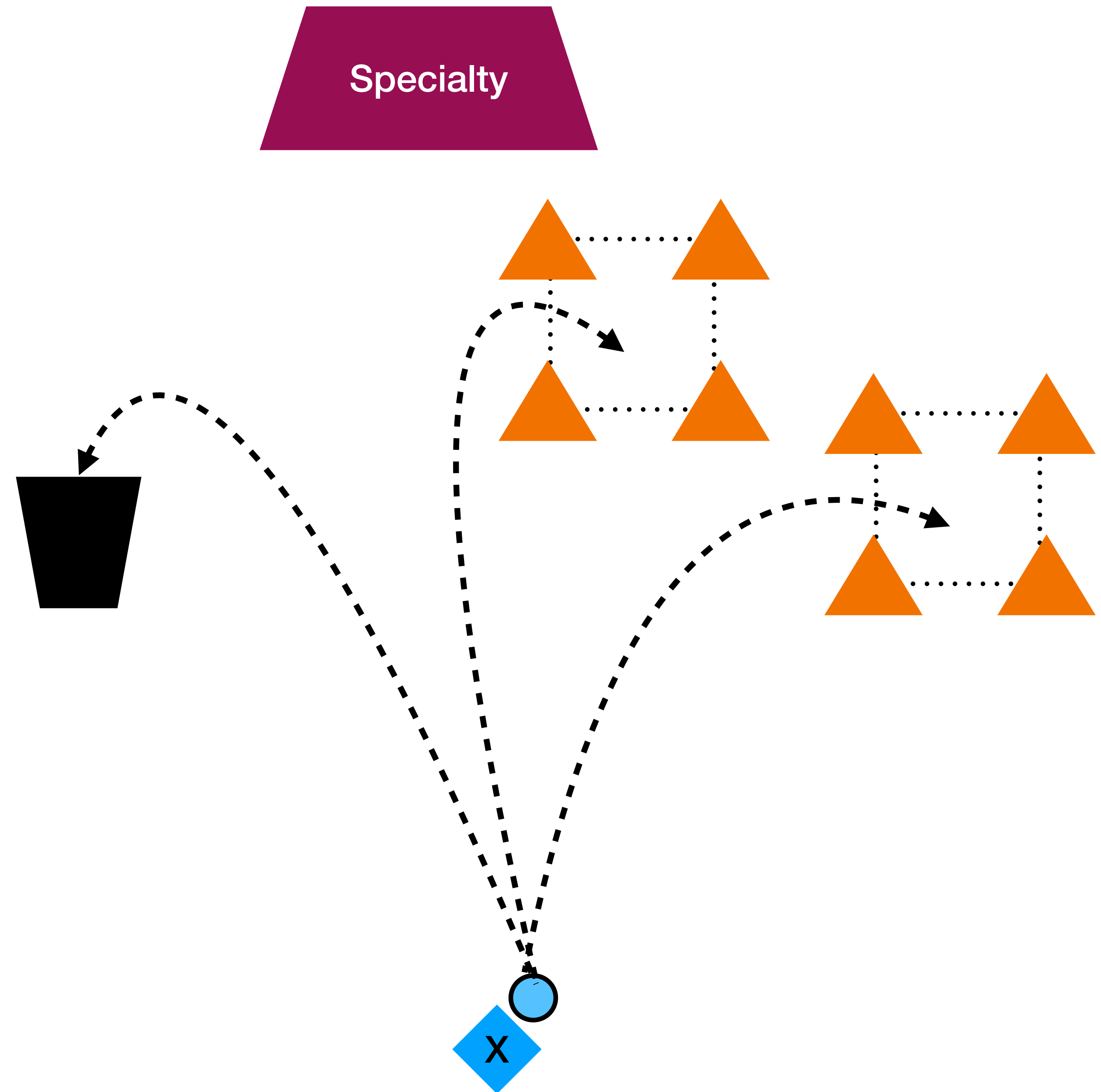
Technical

- Two lines of shooters
- Once a shot gets saved or goes into the goal, the shooter from the other line takes off from their starting cone
- Shooters shoot from inside a cone square



Target Kicking

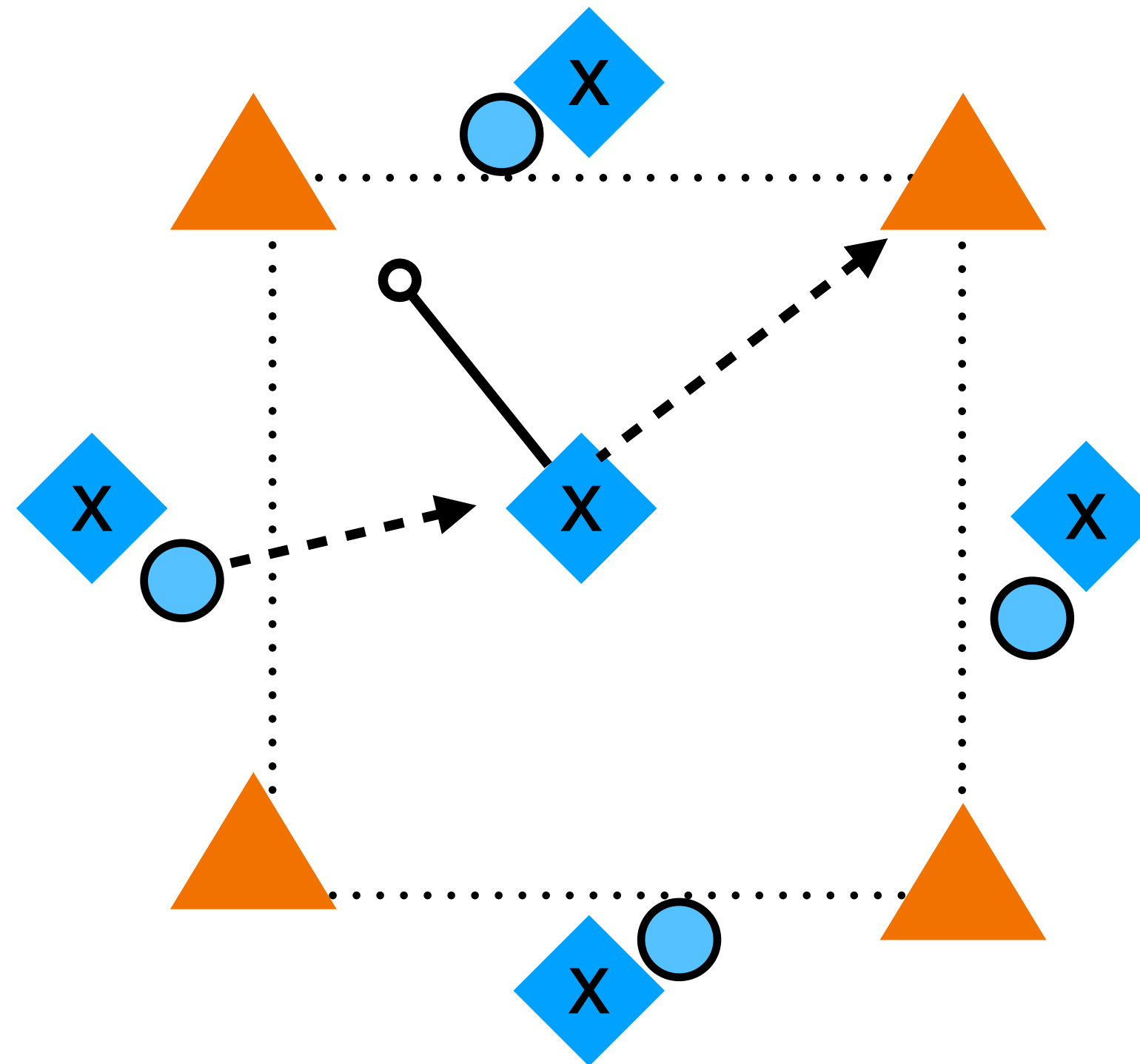
- One player goes at a time
- Try to land kicks into different targets: cone squares, trash cans,
- 1 point for hitting a trash can, 2 points for landing in a square, 5 points for landing in a trash can
- Can't go to the same target twice
- Three misses, drill over



Redirect Passing

Technical

- Player starts in middle of square of cones, facing one cone
- Players with balls start at each side of the square
- Each player passes in rapid succession
- coach tells player which cone to try and hit (front, back, left, right)
-

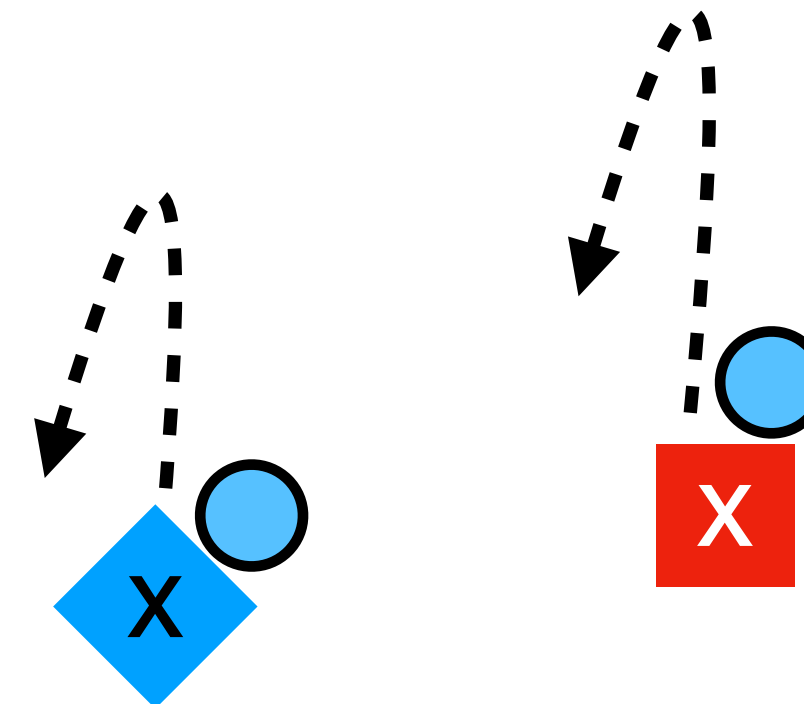


H.O.R.S.E.

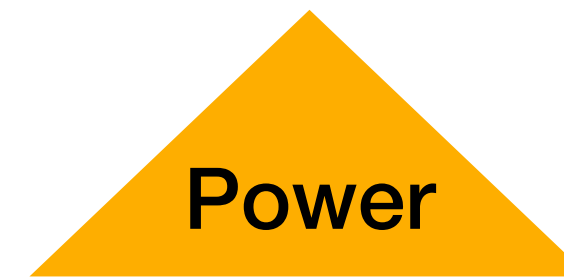
Technical

Power

- Player pair up
- One player is the leader, can choose to do a ball trick OR a plyometric
- The other player, the follower tries to copy the trick or reach the same number of repetitions
- If the leader does a trick and the follower can't copy, the follower gets a letter
- If the leader does a plyometric and the follower can't reach the number of repetitions, the follower gets a letter
- If the leader tries a trick and can't do it, or if the follower does 2 more repetitions, they switch roles
- This goes until one player reaches 5 letters (HORSE)



Plyometric Circuit



- Set up stations and explain exercises at each
- Each station is 45 seconds long, then a 15 second break, then they go to the next 30 second section
- Stations rotate body parts worked: arms, core, legs
- Players do as much as they can in 30 seconds, then rest, drink water, move to next station
- Have 6 stations, prefer to have even numbers at each even if it means leaving one empty

Arm Exercises

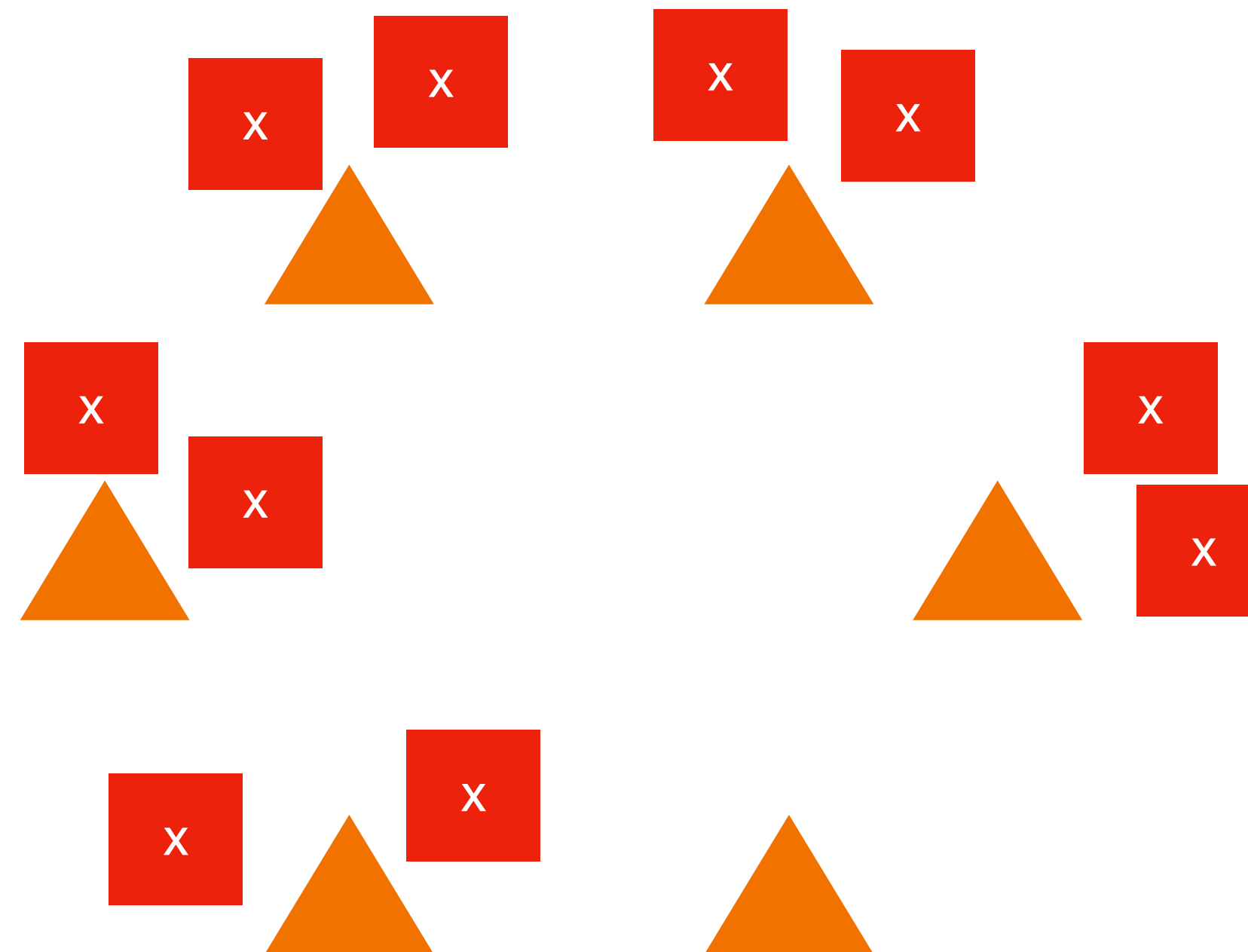
- Push-ups
- Lateral arm raises
- Partner stick curls (hold stick in bicep curl position, partner pushes on it)
- Shoulder push-ups (bend hips so torso is upside down)

Core Exercises

- Crunches
- Crunch heel touches
- Side hip raises
- Back leg raises
- Ball foot-hand passes lay on back, hand ball between hands and feet, then extend to touch ball to ground)
- Russian Twists

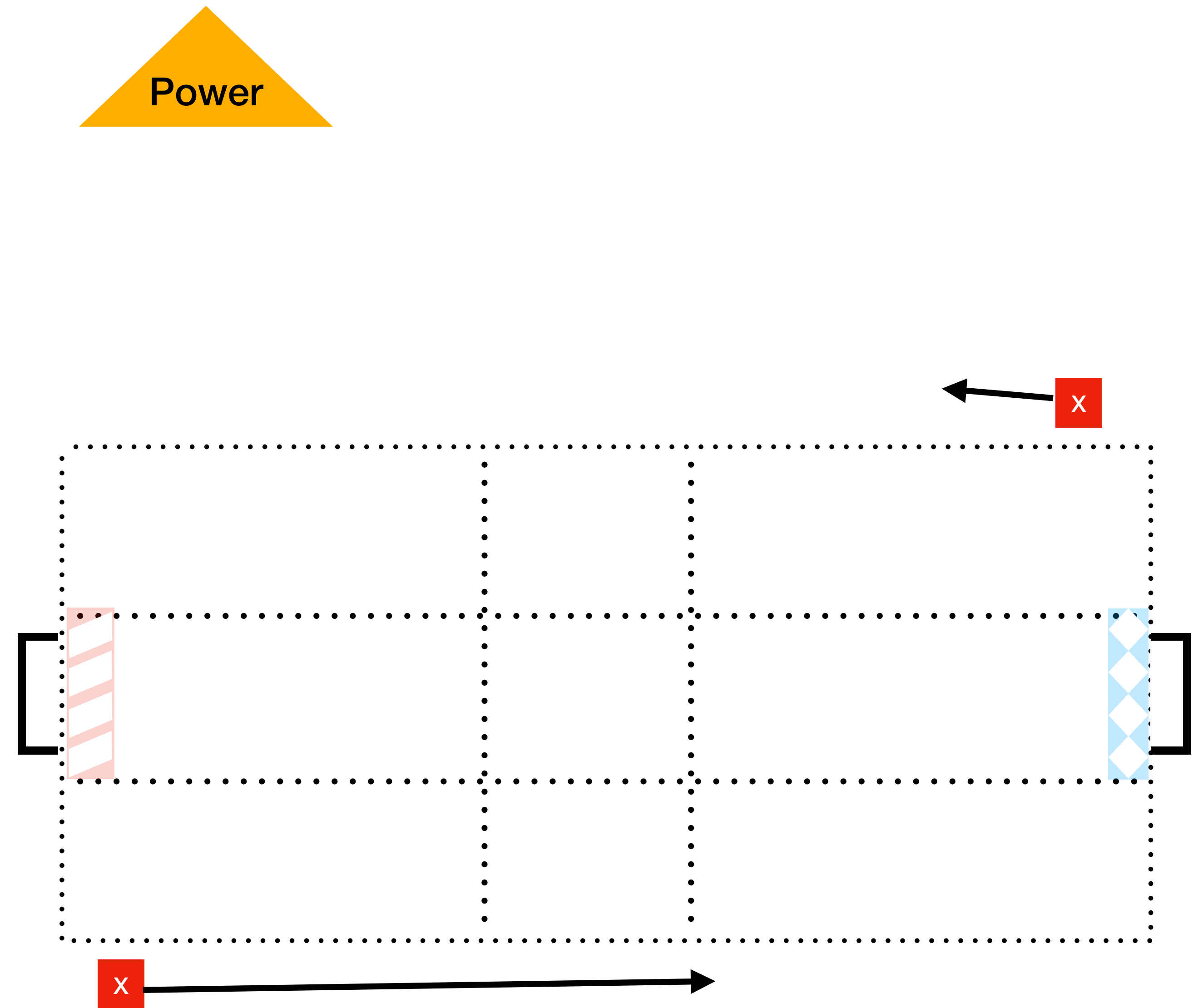
Leg Exercises

- Squats
- Pistol Squats (very hard!)
- Invisible chair/wall sit
- Calf raises
- Side leg raises
- Lunges
- Lateral Lunges



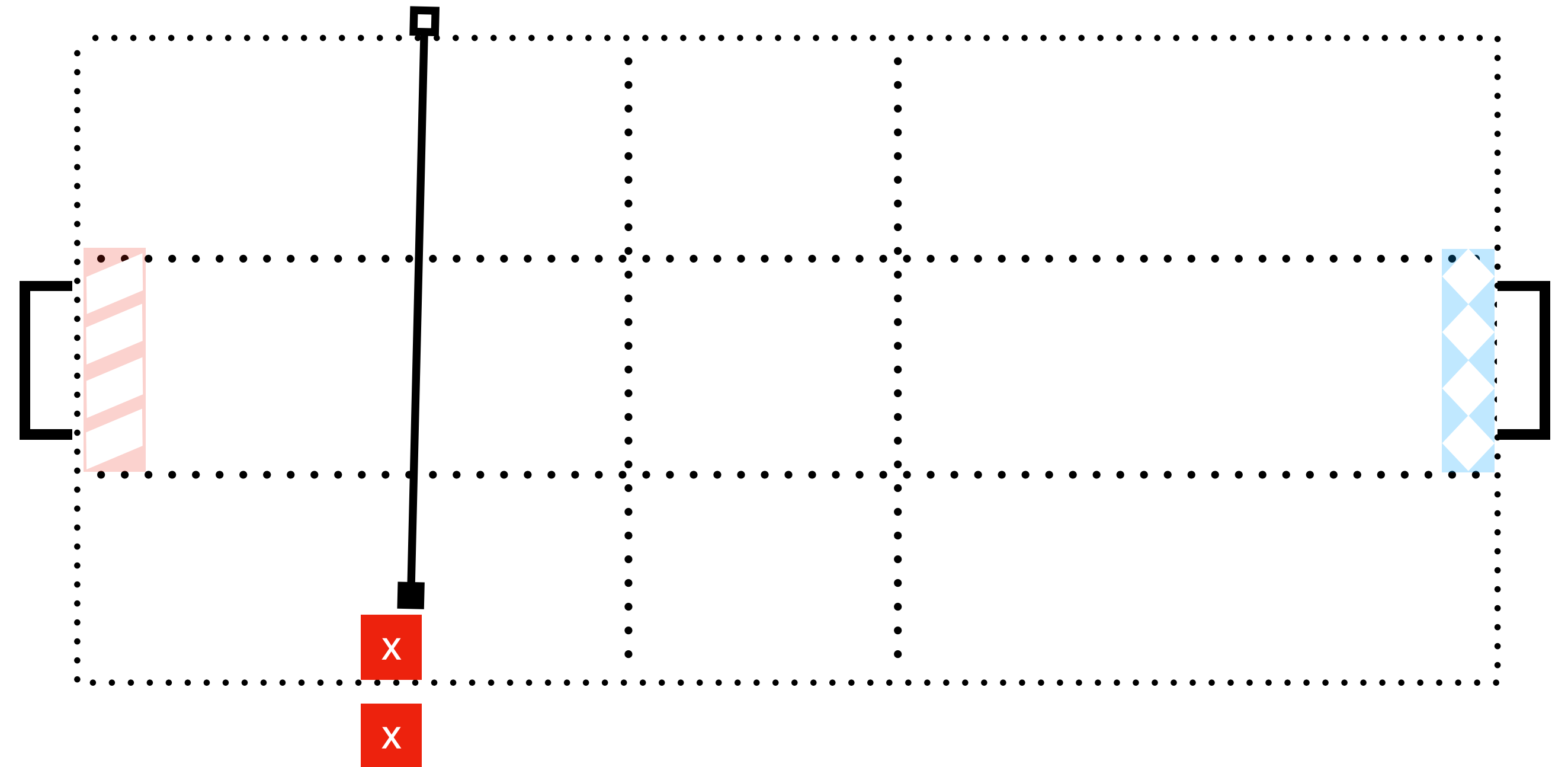
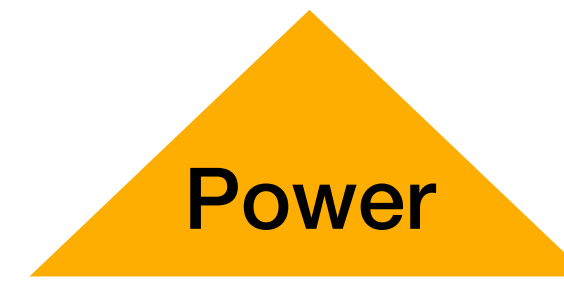
Distance Lunging

- Measure your field and determine how many laps are appropriate for your players based on their level.
- Do not push players beyond their current level!
- 1/10 mile: not in playing shape yet
- 1/8 mile: beginner
- 1/6 mile: intermediate
- 1/4 mile: advanced
- 1/2 mile: elite
- Players lunge the required distance at their own pace. They may rest by standing in place, but walking is cheating.
- Enforce proper lunge technique- no pushing off the legs with the hands, lead knee must bend
- Players will be sore for up to a week- don't use this before a game!



Teammate Drag

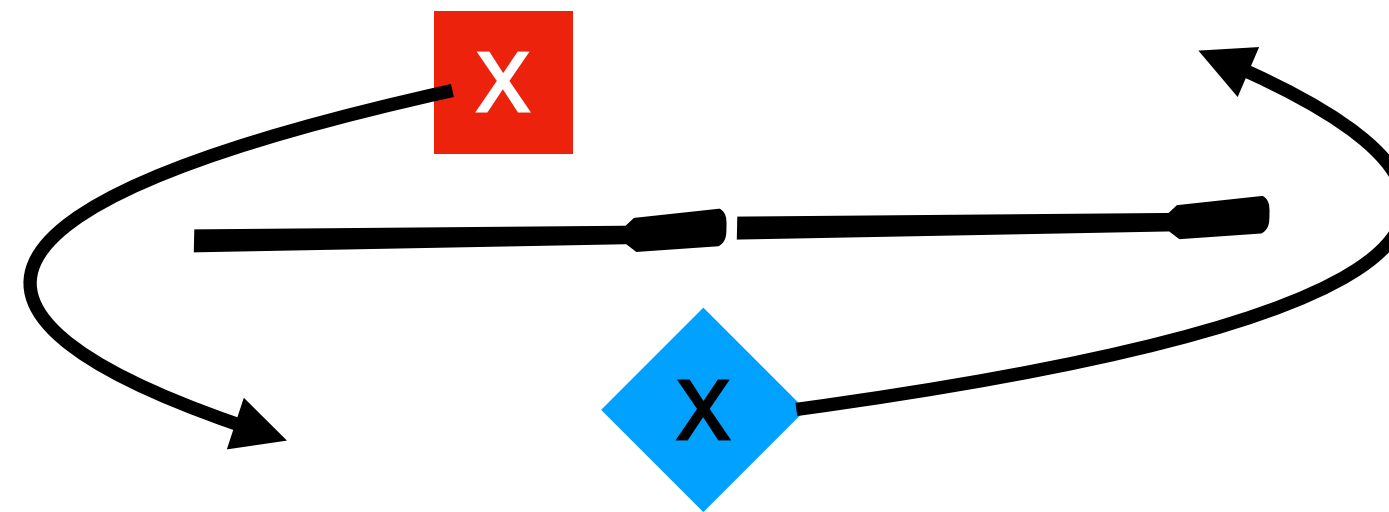
- Pair players of similar size
- Player holds teammate under the arm pits, then run backwards- teammate drags feet on the ground
- Go width of the field, then switch



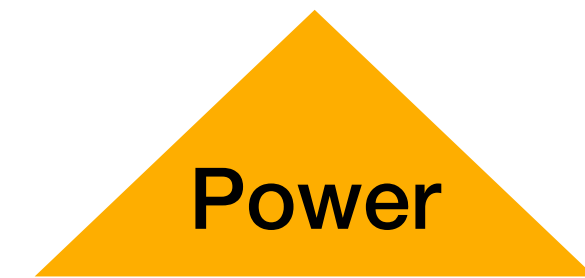
Around Stick Tag

Mobility

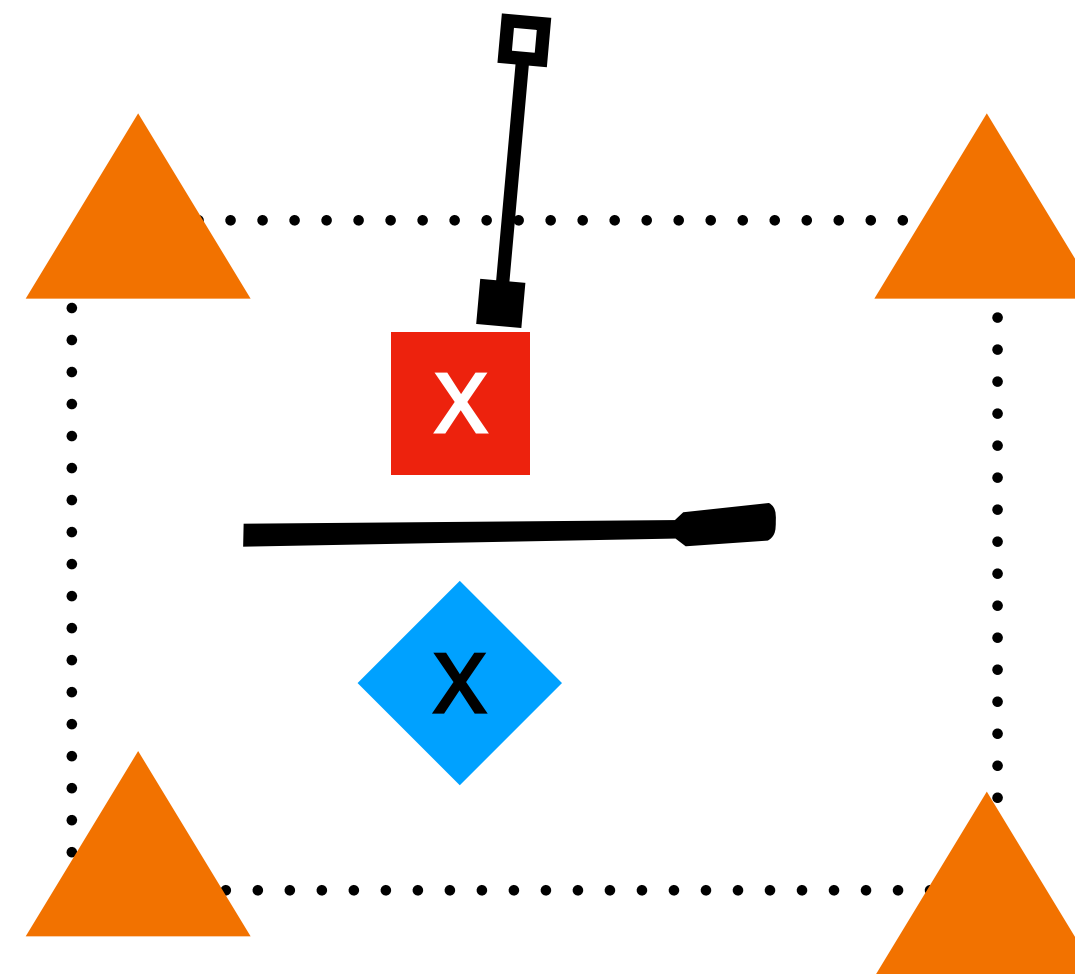
- Pair up players with equivalent mobility
- Players place their sticks on the ground
- One player has to tag the other- they must be on the same side of the sticks to tag them
- Players must go around, not over, the sticks to tag or escape being tagged



Stick Sumo

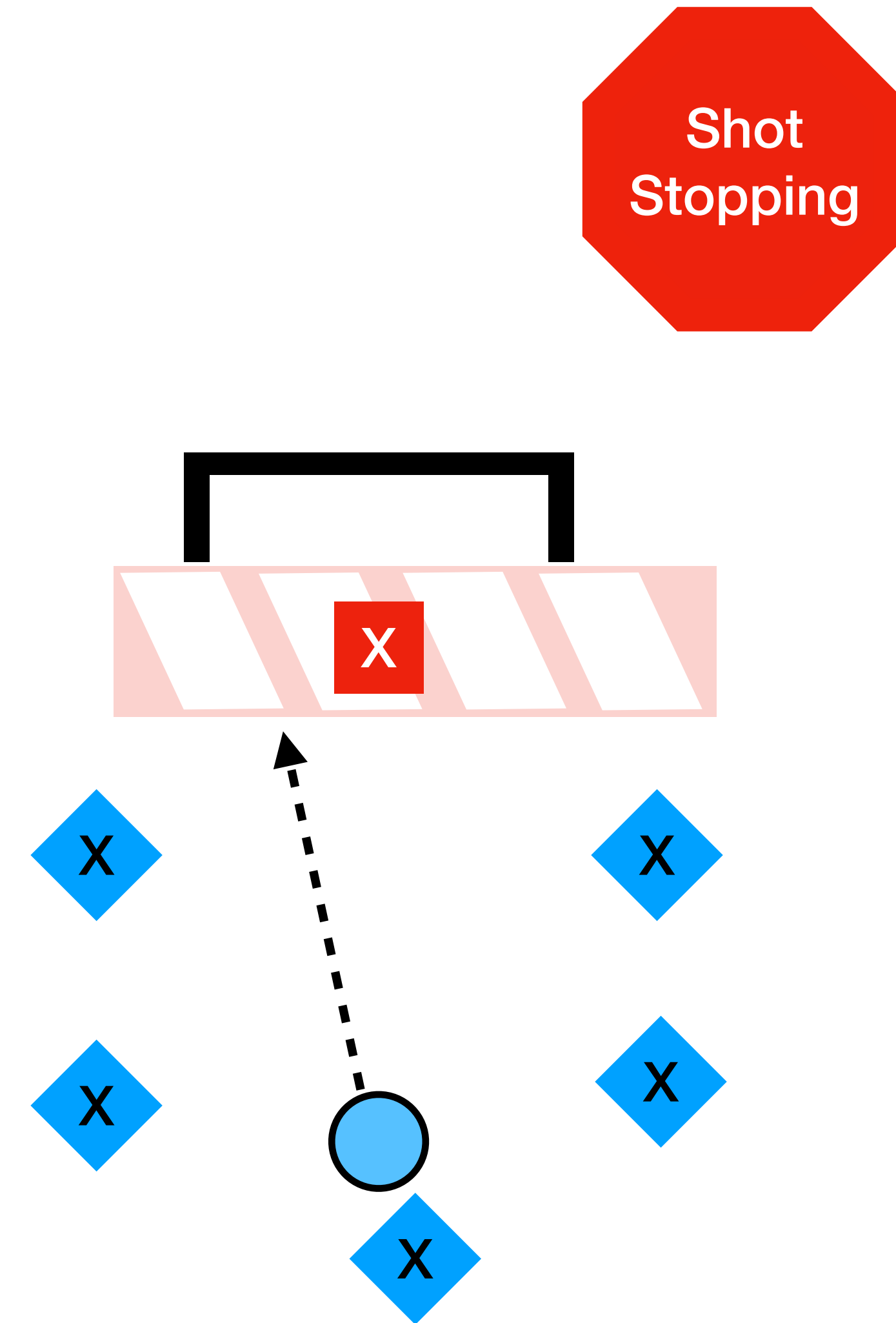


- Partner players with equivalent size and power
- One player puts down their stick
- Both players hold the same stick with two hands
- On “go” signal, players start wrestling
- Player wins if their opponent lets go of the stick, steps outside the square, touches the ground with any body part except their foot, or fouls them



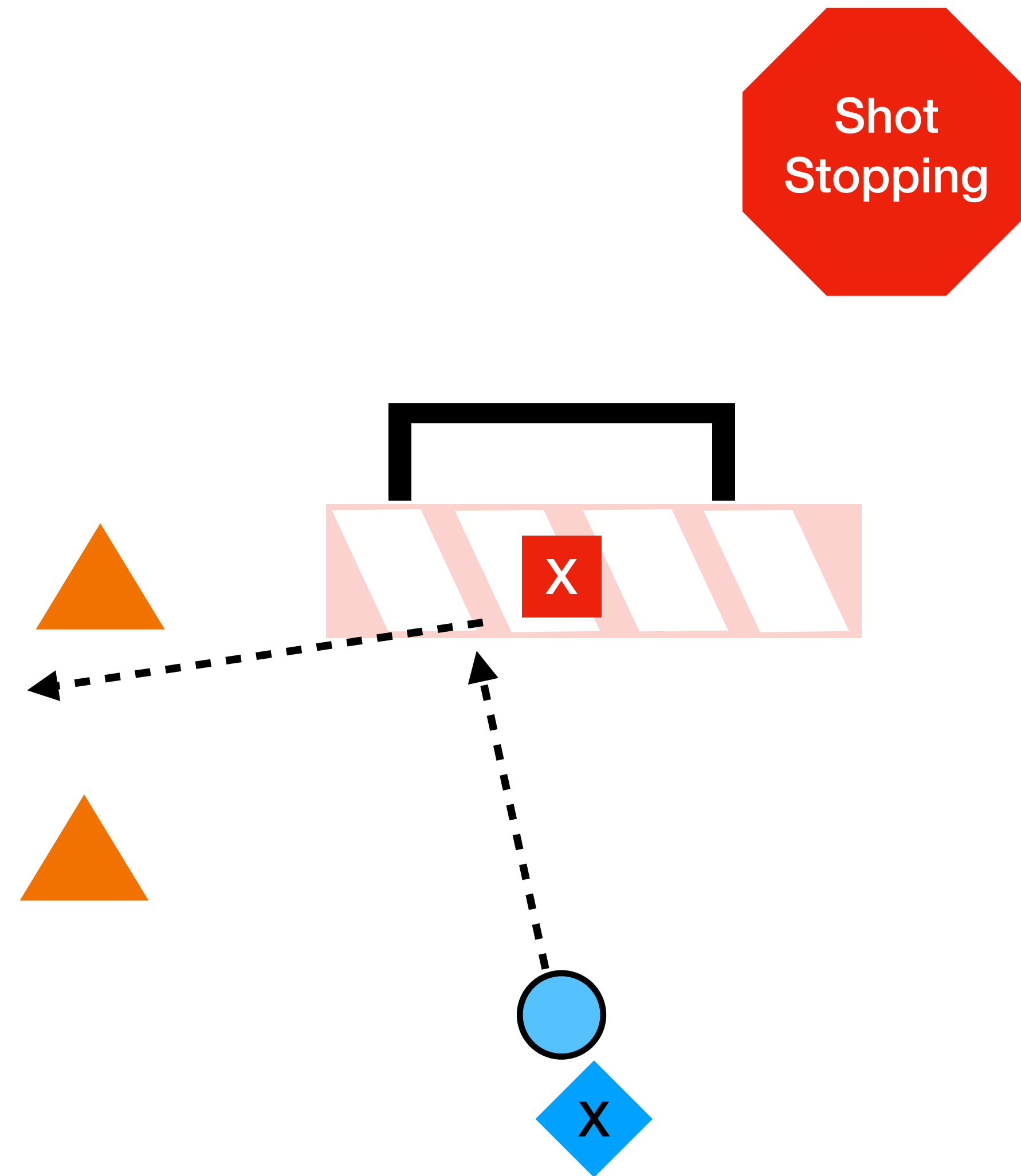
Rebound Game

- One defender starts in the goal, one attacker starts with the ball, other players line up around the sides of the central channel
- Shooter takes a shot. If they score, they get the ball and get to shoot again.
- If the defender blocks the shot, an attacker can get the ball and play it (off of the rebound). Wherever they get it, they can pass it or shoot it, but not run with it. If they pass, the next player can only shoot (one pass per rebound)
- If the offense scores, they get a point. If the ball goes out of bounds or a shot doesn't reach the goal, the defense gets a point, the attackers rotate positions, and play re-starts with a new shot
- Sides play to 11



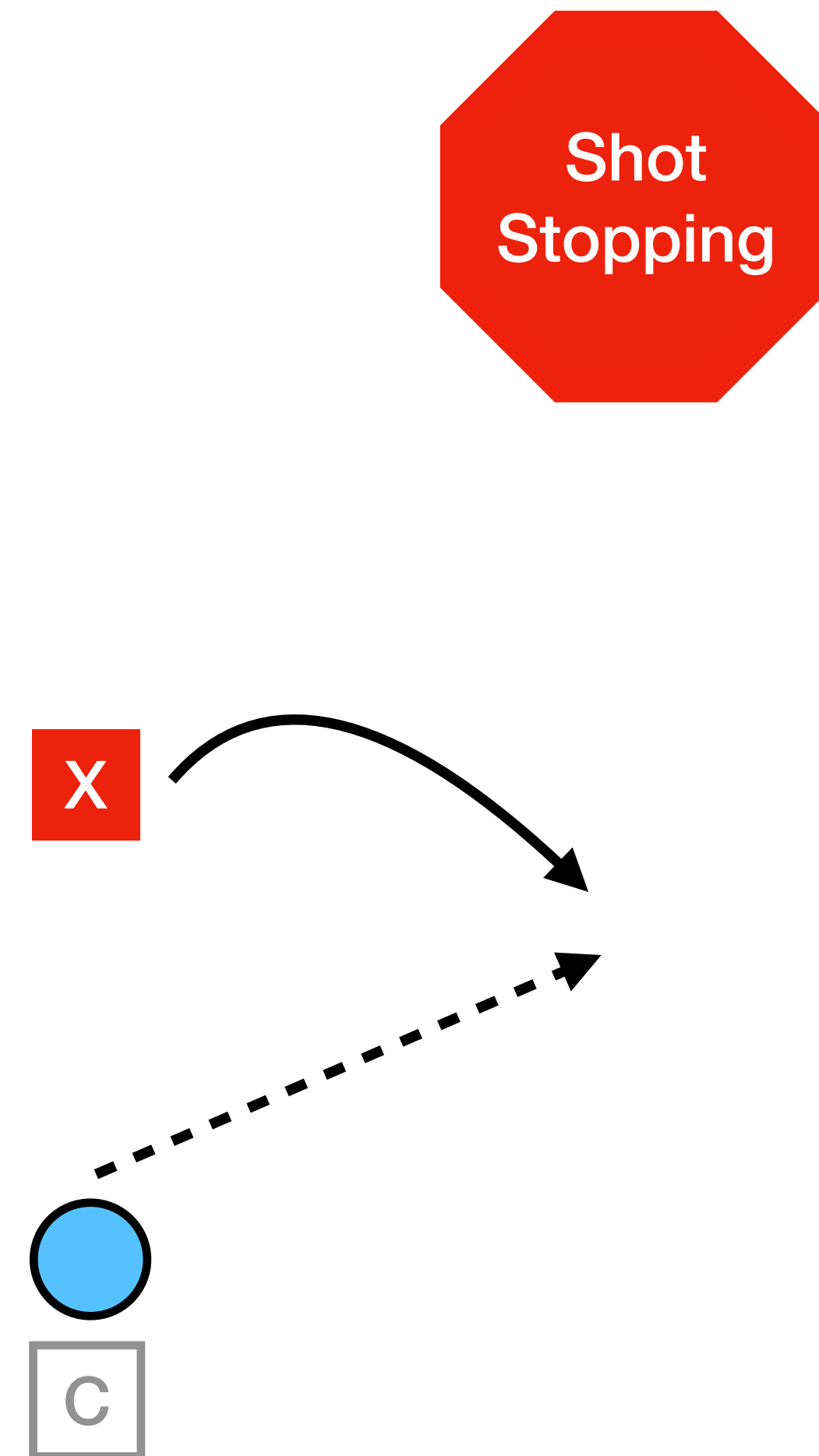
Rebound Control

- Set up a pair of cones as a “goal” for the defender
- Attacker shoots, and the defender tries to deflect the shot through the cones
- Use a variety of shot types, shot locations, and target locations



Continuous Dive

- Defender starts in standing position
- Coach sends ball diving distance away from defender
- Defender dives, saves, and recovers
- Coach continues to send ball in same direction, trying to challenge but not beat defender

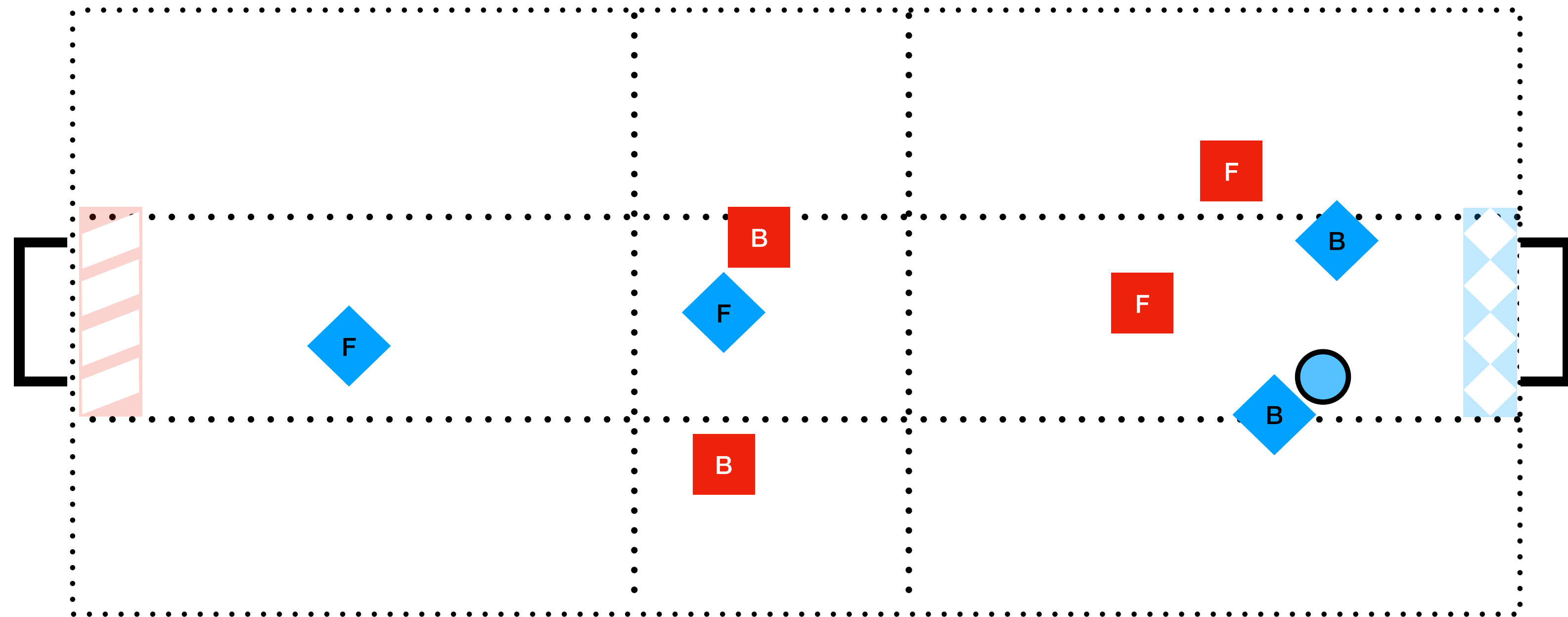


Scrimmage Phase

- 1x 15-minute drill
- Open ended, meant to simulate some or all of a game situation and encourage players to use skills they have practiced in the rest of practice
- Good for building confidence and ending practice on a fun note

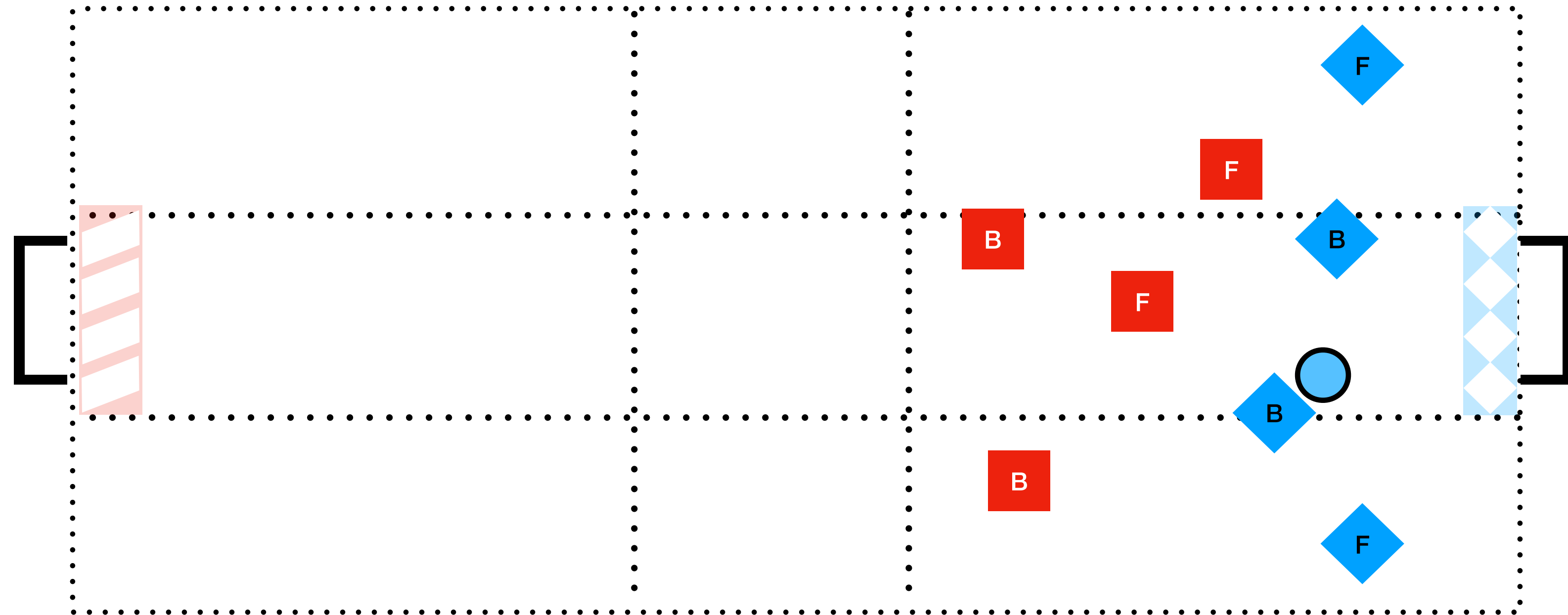
Full-Field Scrimmage

- Standard full-field 4v4 scrimmage with match rules
- Useful for building chemistry, evaluating players at tryouts, and ending a tactically-focused session



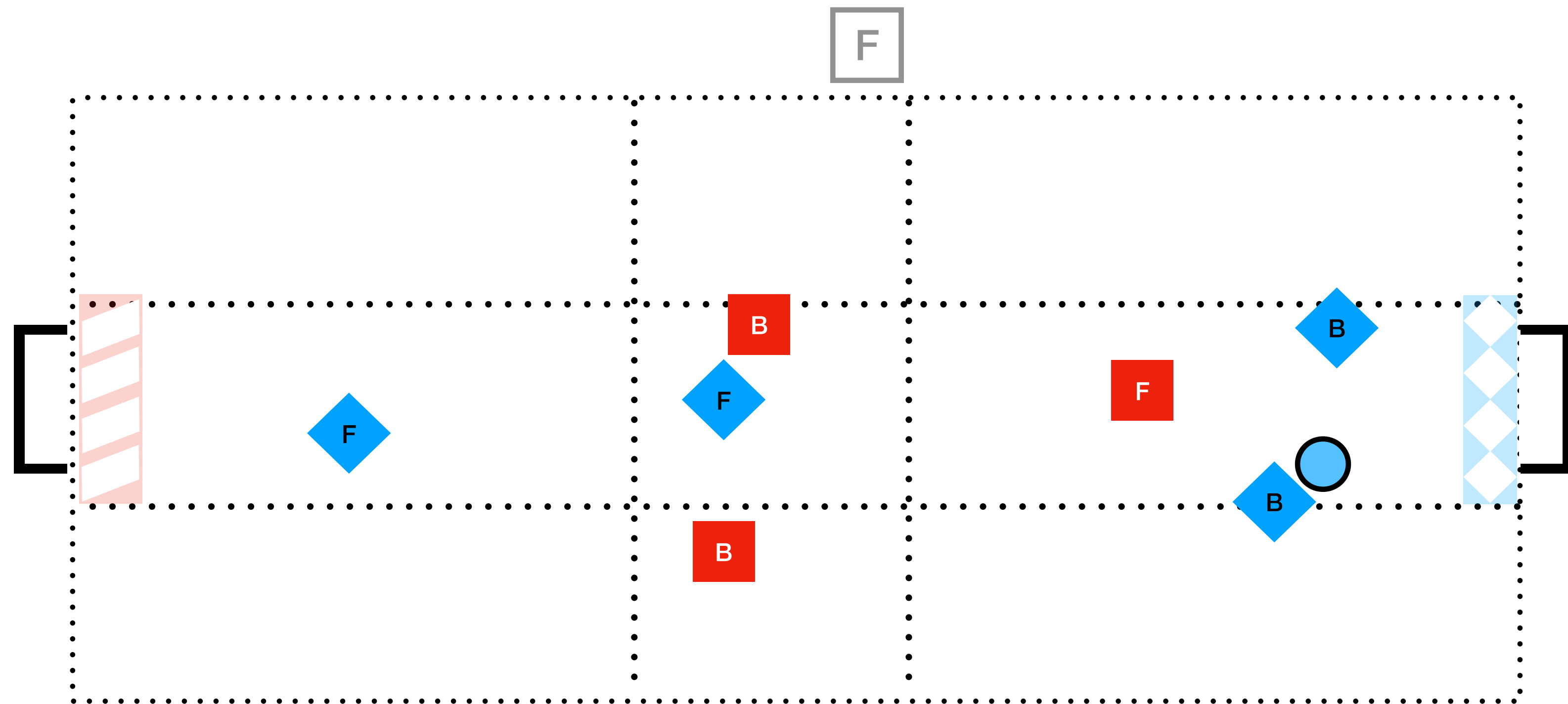
No Forward Pass Scrimmage

- 4v4 Scrimmage
- Players can pass the ball laterally or towards their own goal, but not forwards
- Players can dump and chase to themselves or bounce forward passes off of opponents, like shooting for a rebound
- Helps players focus on getting back on defense, supporting the ball, forechecking, and carrying



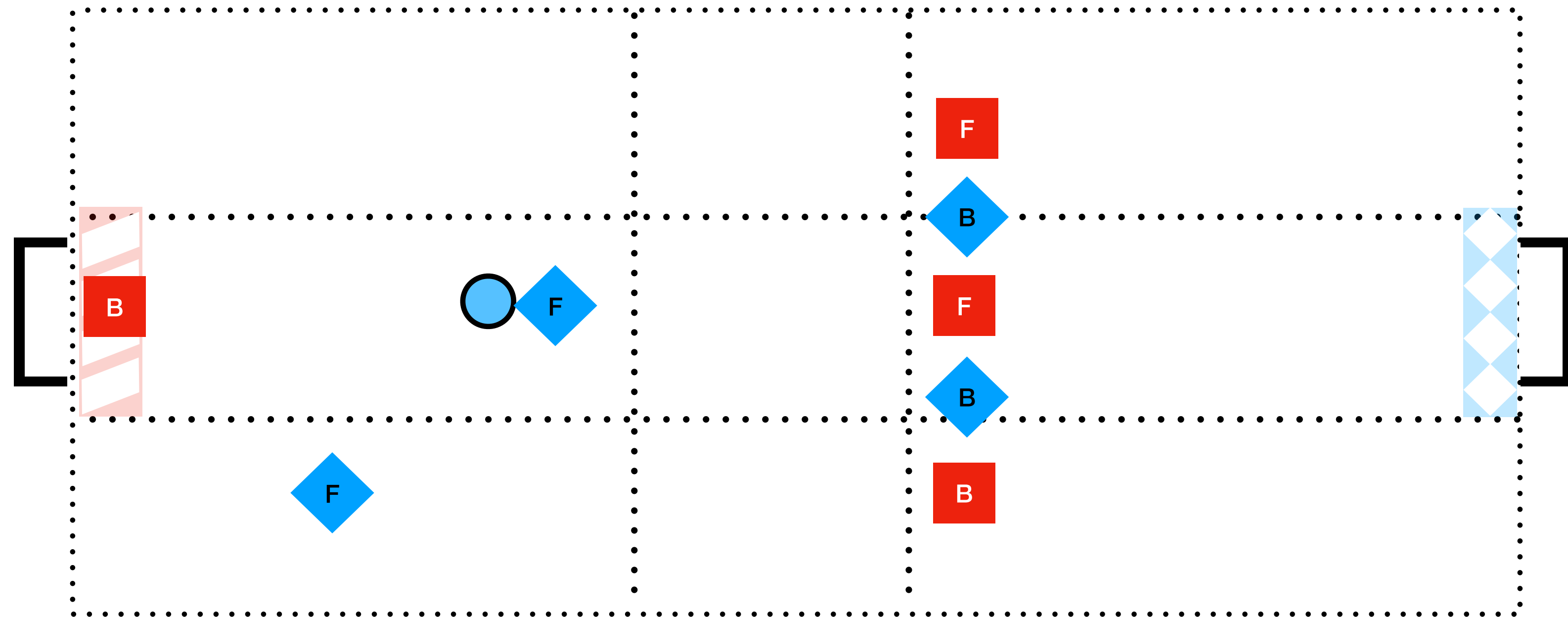
Score and Leave Scrimmage

- Standard 4v4 scrimmage to start
- If a player scores, they get off the field and their team plays one player down
- One team wins when they run out of players
- Useful for working on powerplay, penalty kill, and endurance



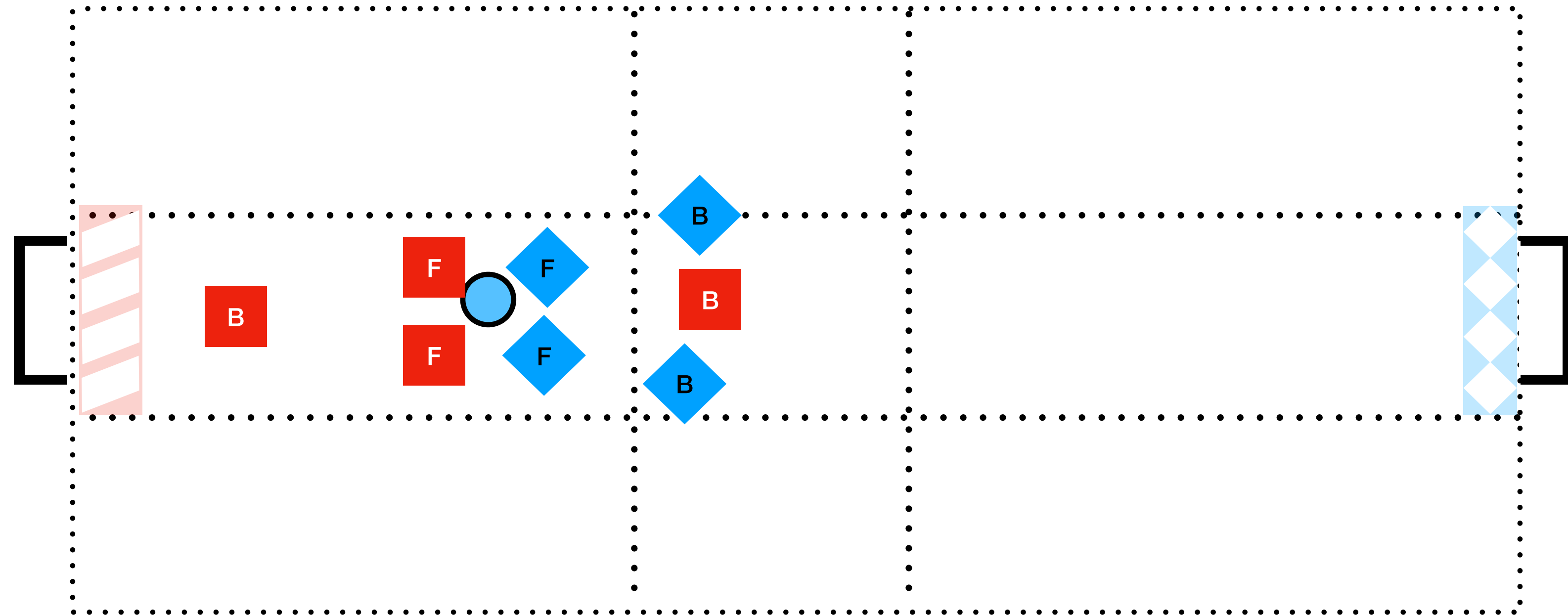
Conversion Scrimmage

- Standard 4v4 scrimmage to start
- If a player scores, the goal doesn't count, but their team gets a penalty shot
- Only goals scored from penalty shots count for the scrimmage



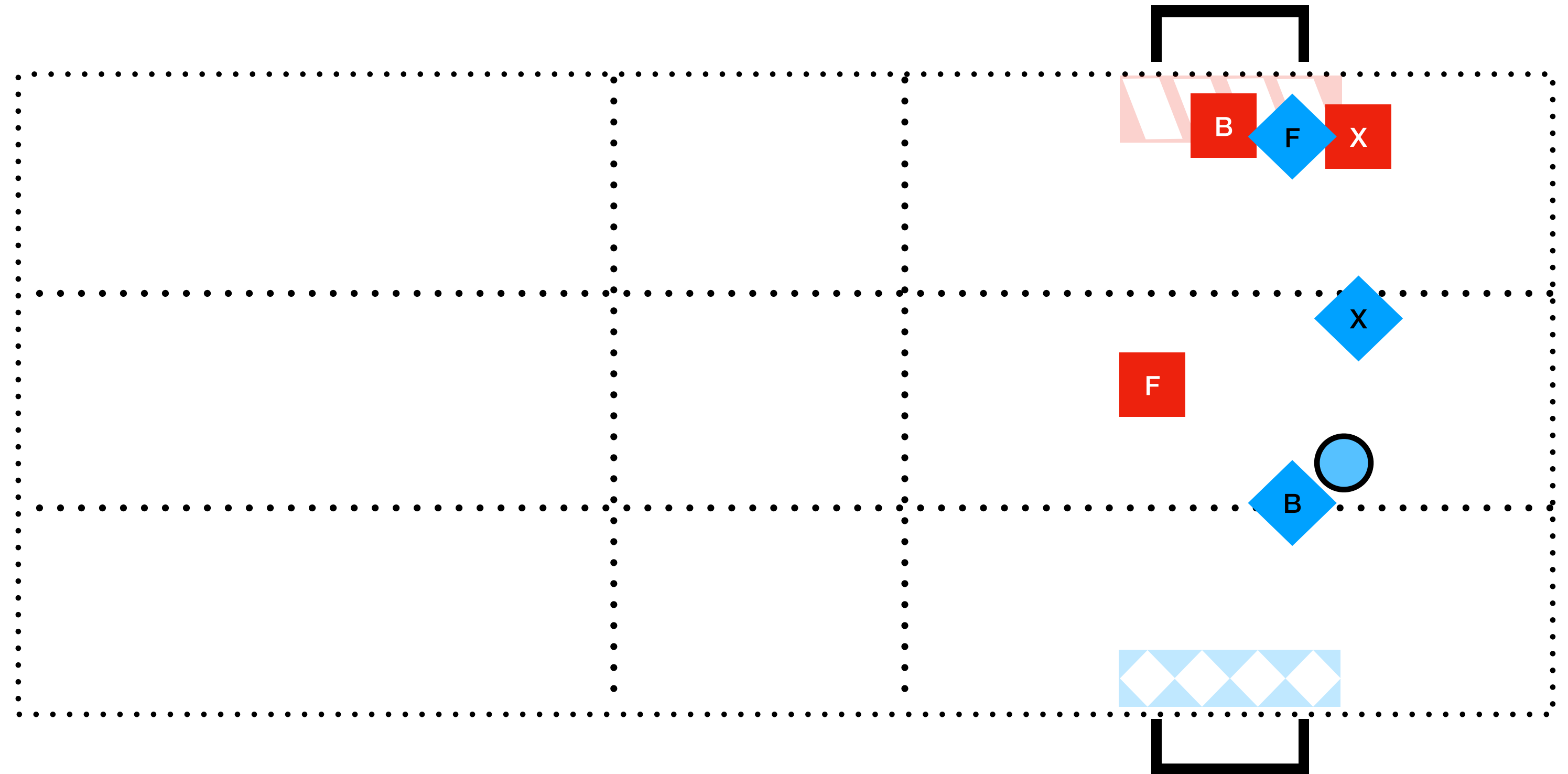
All Square-Off Scrimmage

- 4v4 Scrimmage
- Every 10 seconds, play stops and there is a square-off wherever the ball was
- Forces players to work on square-off plays



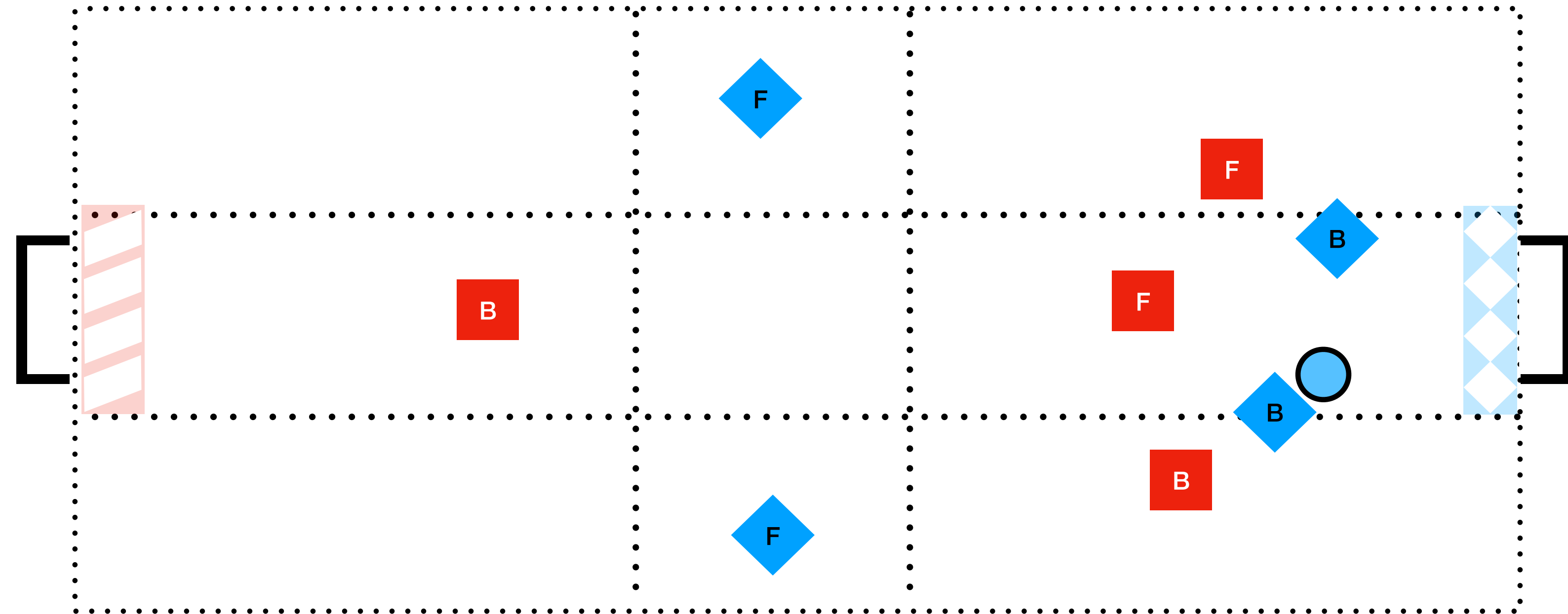
Small-Field Scrimmage

- Instead of playing the length of the field, the match is played 3v3 over the width of the field
- 2-line pass vertically but not laterally (zones but no channels)
- Good for working on close-quarters technical skill, net front power, and improvisation



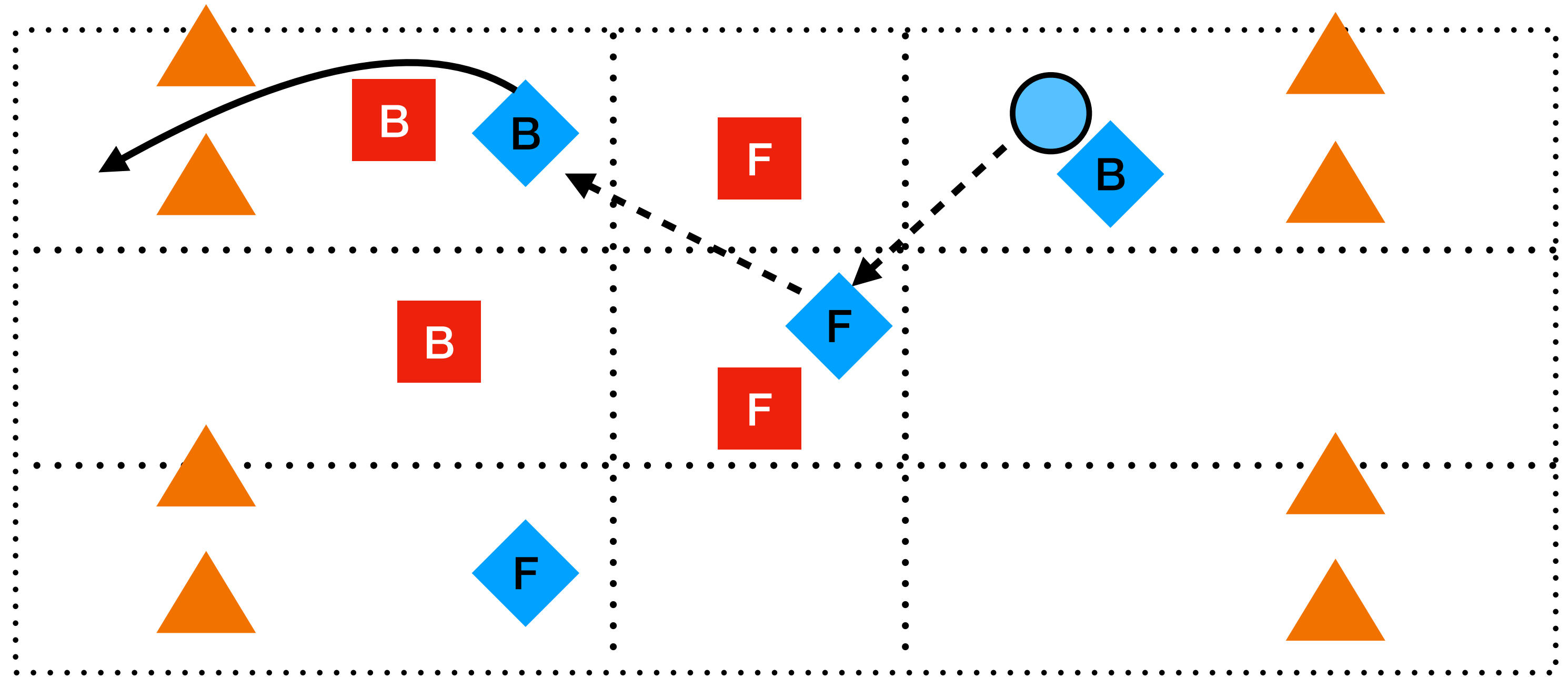
No Stick Scrimmage

- Full-field 4v4 scrimmage
- Players have no sticks- they are still only allowed one touch
- Good for working on team play, technical skills, off-ball movement, and creativity



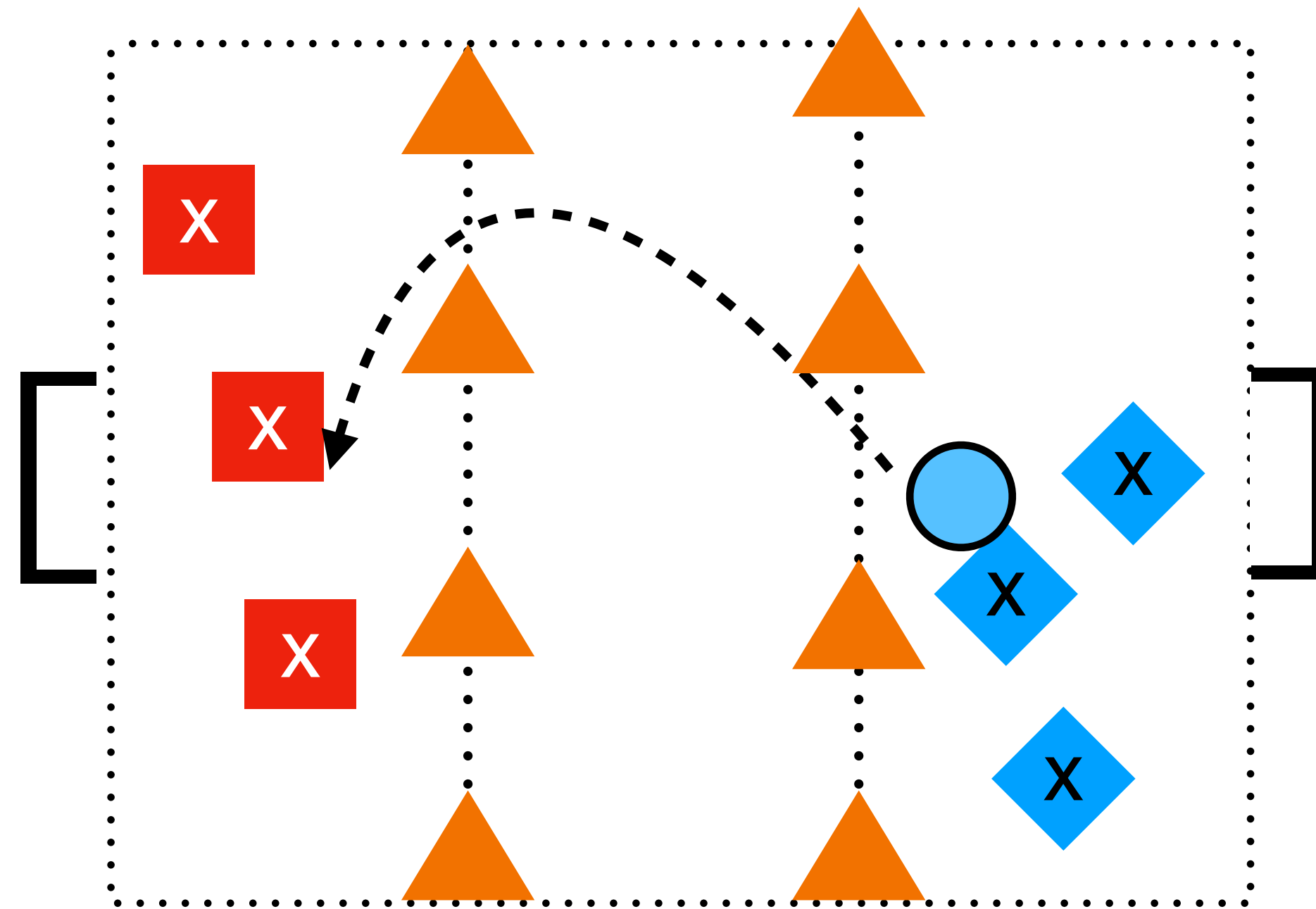
Carry Through the Gates

- 4v4 scrimmage, but instead of trying to score on opposing goal, the teams try to carry the ball between one of two opposing cone gates
- Improves players' ball carrying ability and focuses effort on forechecking and breakout more than on finishing



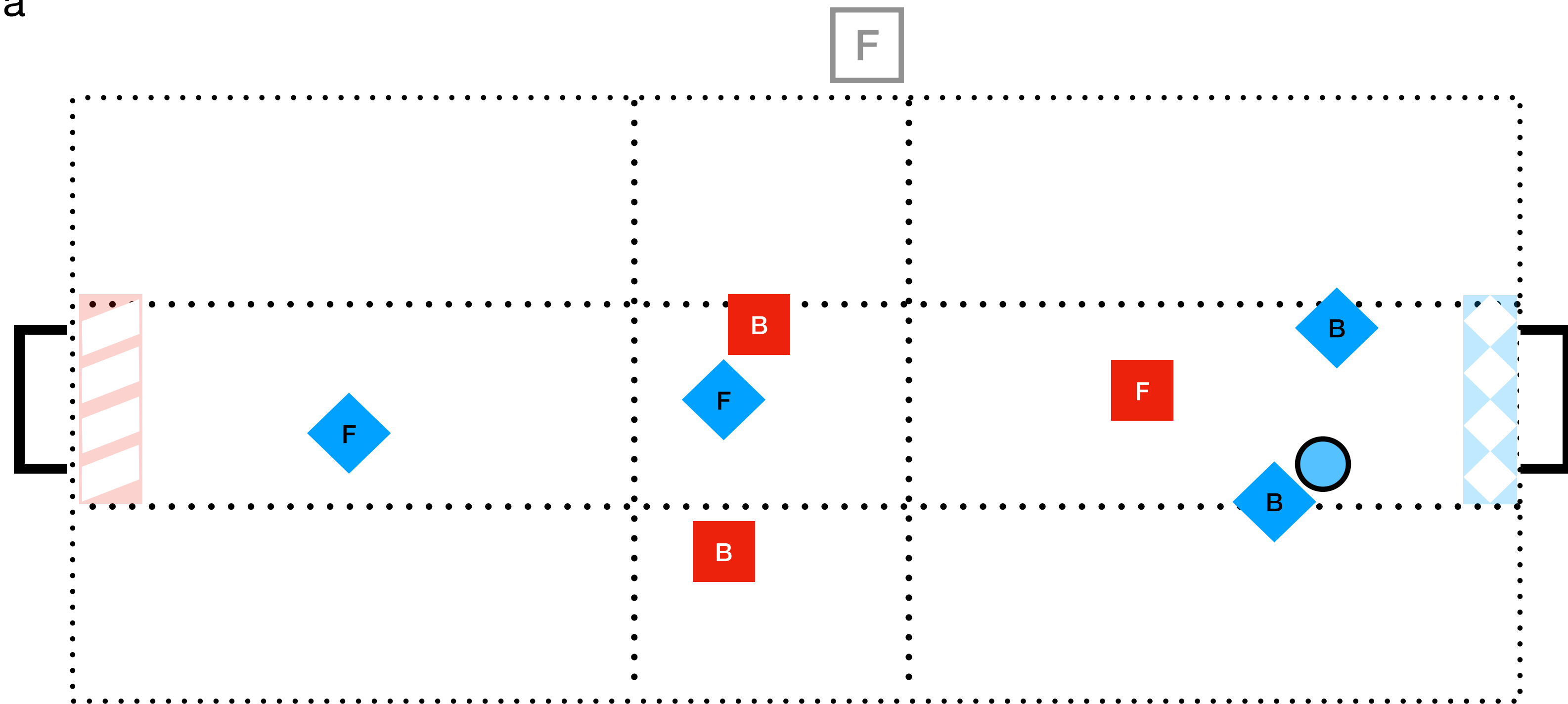
Oarball Tennis

- 3 players to a side
- Ball has to land past the neutral area of cones on the ground, the “net”
- Players can’t cross the neutral area
- Team scores if:
 - Ball bounces two times in a row in opposing half
 - Score an “ace” from a serve
 - Opponent drops the ball on the ground
 - Opponent puts ball out of play
 - Opponent goes into neutral zone
- Play starts with “serve” where offense kicks ball at opposing goal to try and score
- Players can handle the ball as much as they like, pass between each other, but can’t let it touch the ground two times in a row (it can bounce one time per touch)
- Make it take it-scoring team serves
- No two line pass rule
- Works extensively on technical skills and creativity



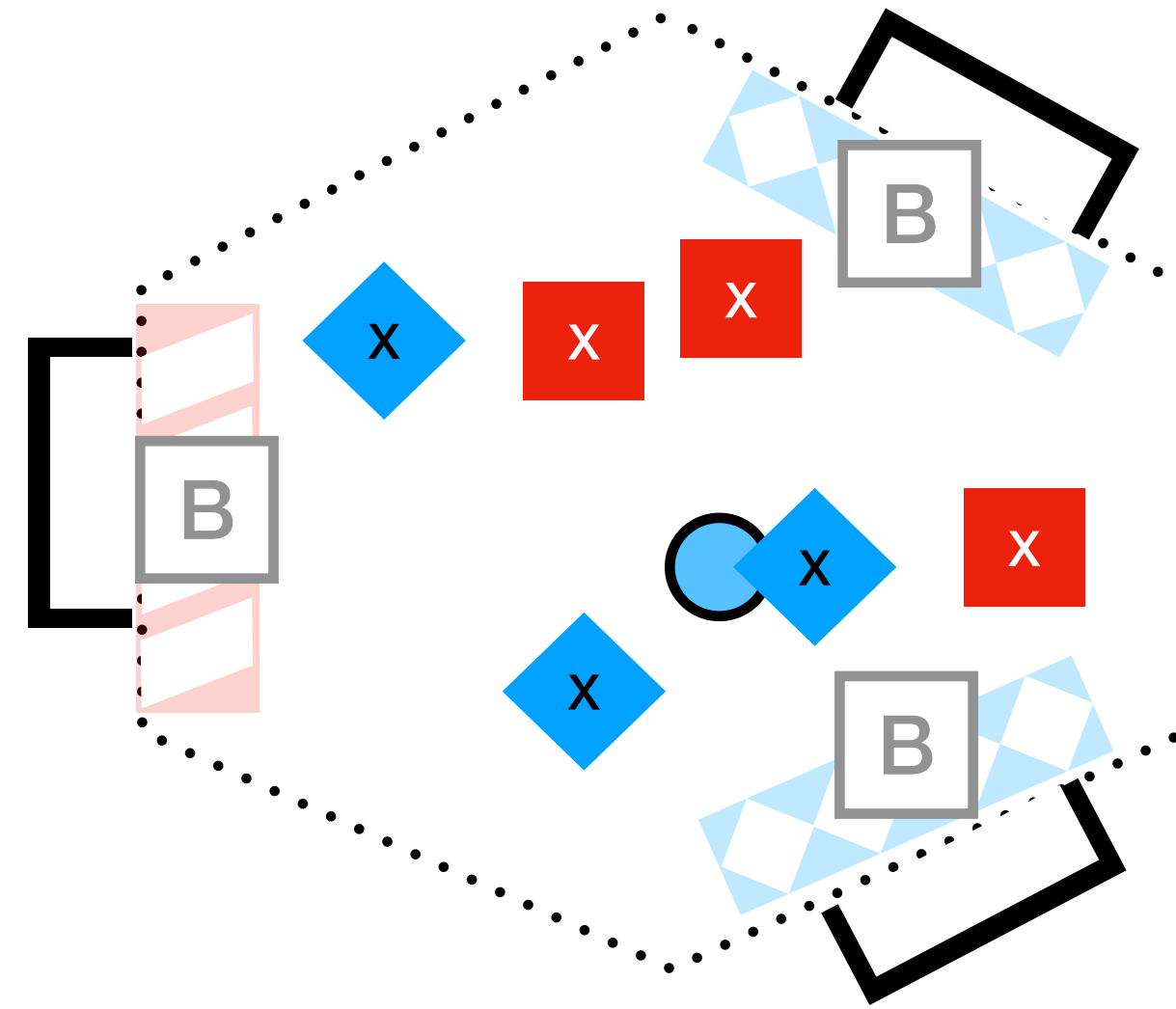
Timed Powerplay Scrimmage

- One team starts with a penalty shot and a powerplay
- Teams will switch- powerplay team will become the penalty kill and the pk gets the powerplay
- If the PK scores or 3 minutes expire, teams switch
- Works specifically on the powerplay and penalty kill



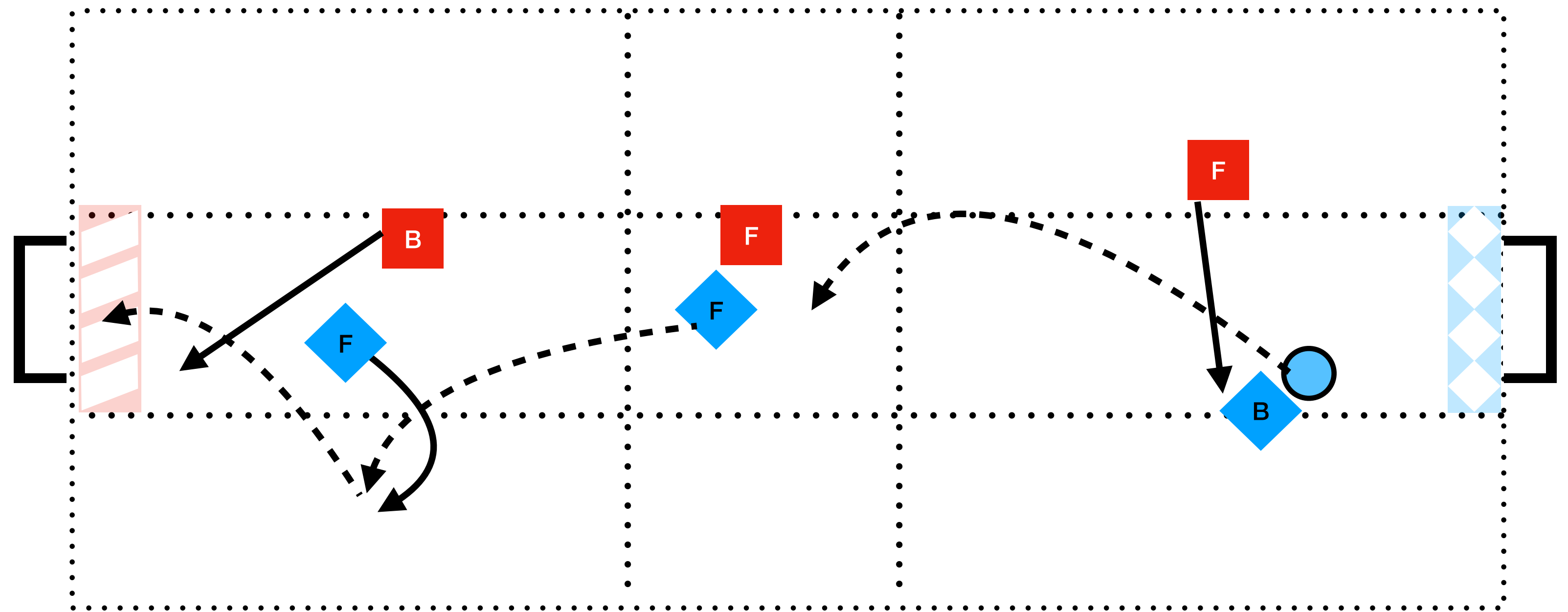
3 Goals, 2 Balls

- Split into 2 equal teams. Any extra players become all-time shot stoppers and stay at their assigned goal
- Place goals in a triangular setup and put two balls on the field
- Each team is trying to score on any goal. In order to score, every player on their team must touch the ball, but they can attack any goal
- Heavily encourages technical skill development and creativity



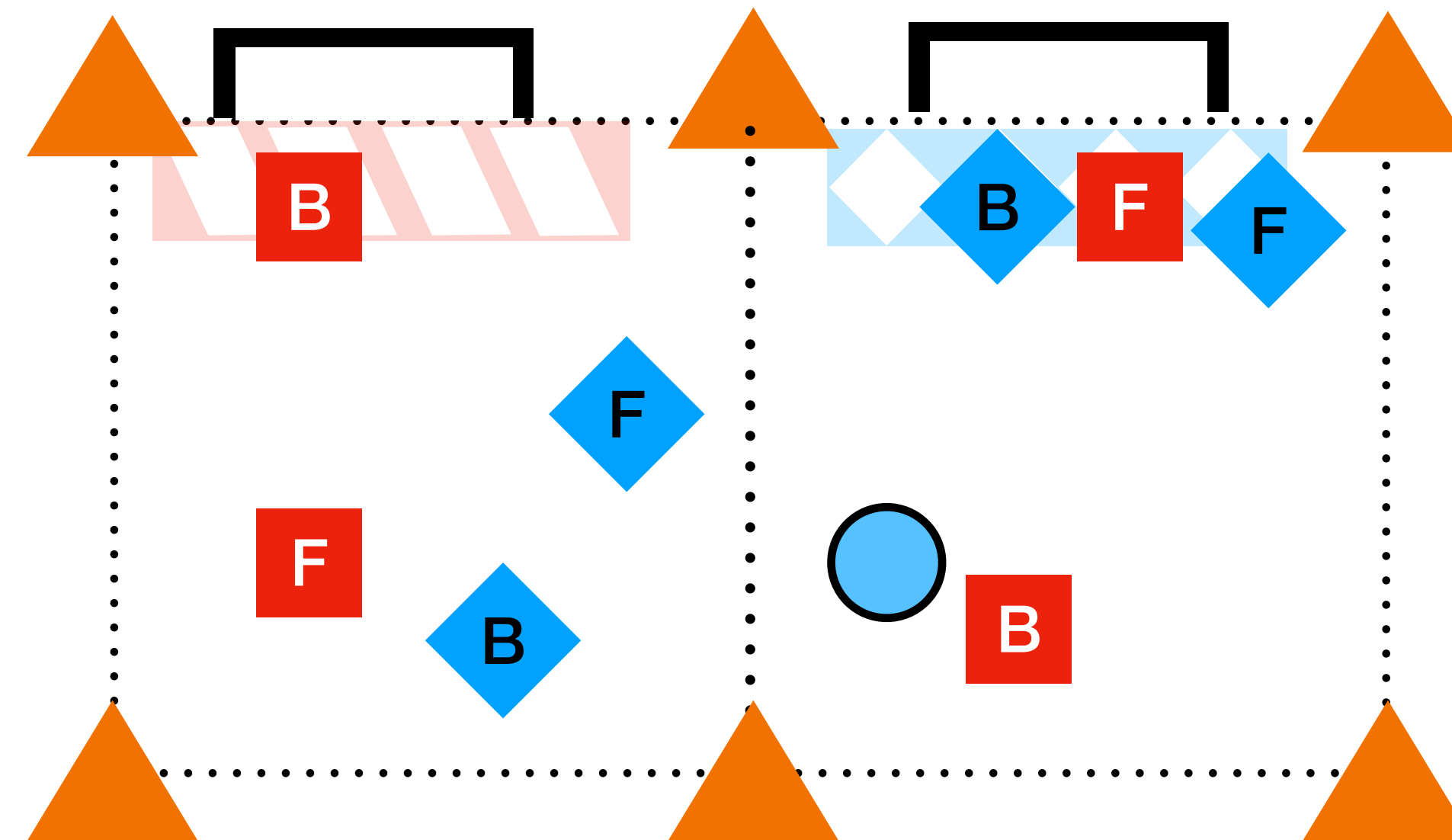
Center Square 3v3

- Team with ball sends ball into center square
- Back with ball starts on one side of the center channel, back on the other. On “go” signal, forward rushes across to pressure the back. Back can carry and move, but has to pass the ball into the square
- Forwards in center square battle for possession, then pass the ball upfield to their teammate
- Forward in upfield position tries to get open and time their run to score with just two touches
- Backs defend the forward man to man and/or defend the goal
- Teams take turns passing the ball up to the square
- Works on center square play, offside offense, long passing, and man to man defense



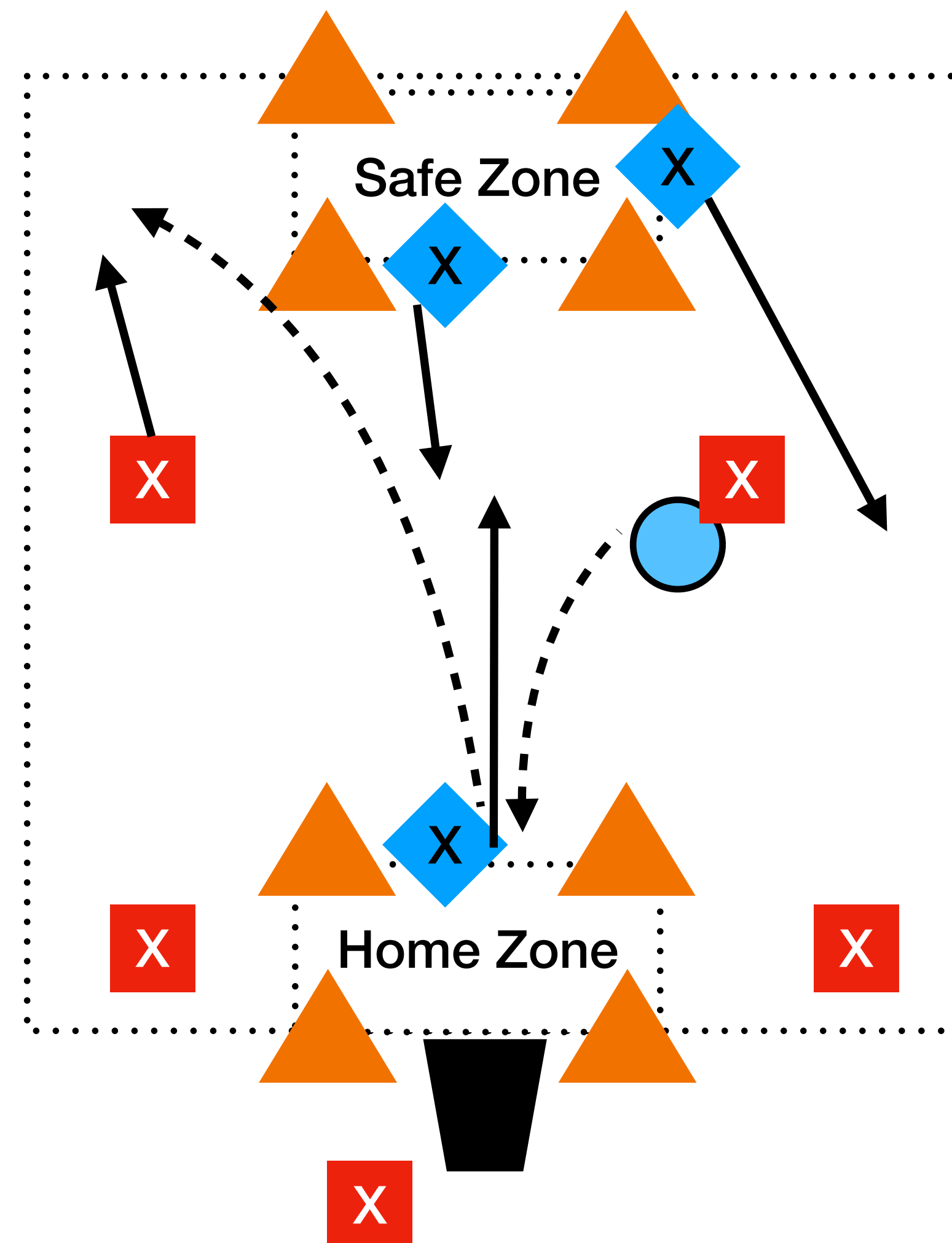
Split-Field Scrimmage

- Place both goals on the same side of the field in the corners
- Line of cones across the middle of the field, players can pass across but not run across
- Each team has 2 players in their half and 2 players in the other half
- Focuses on net front play



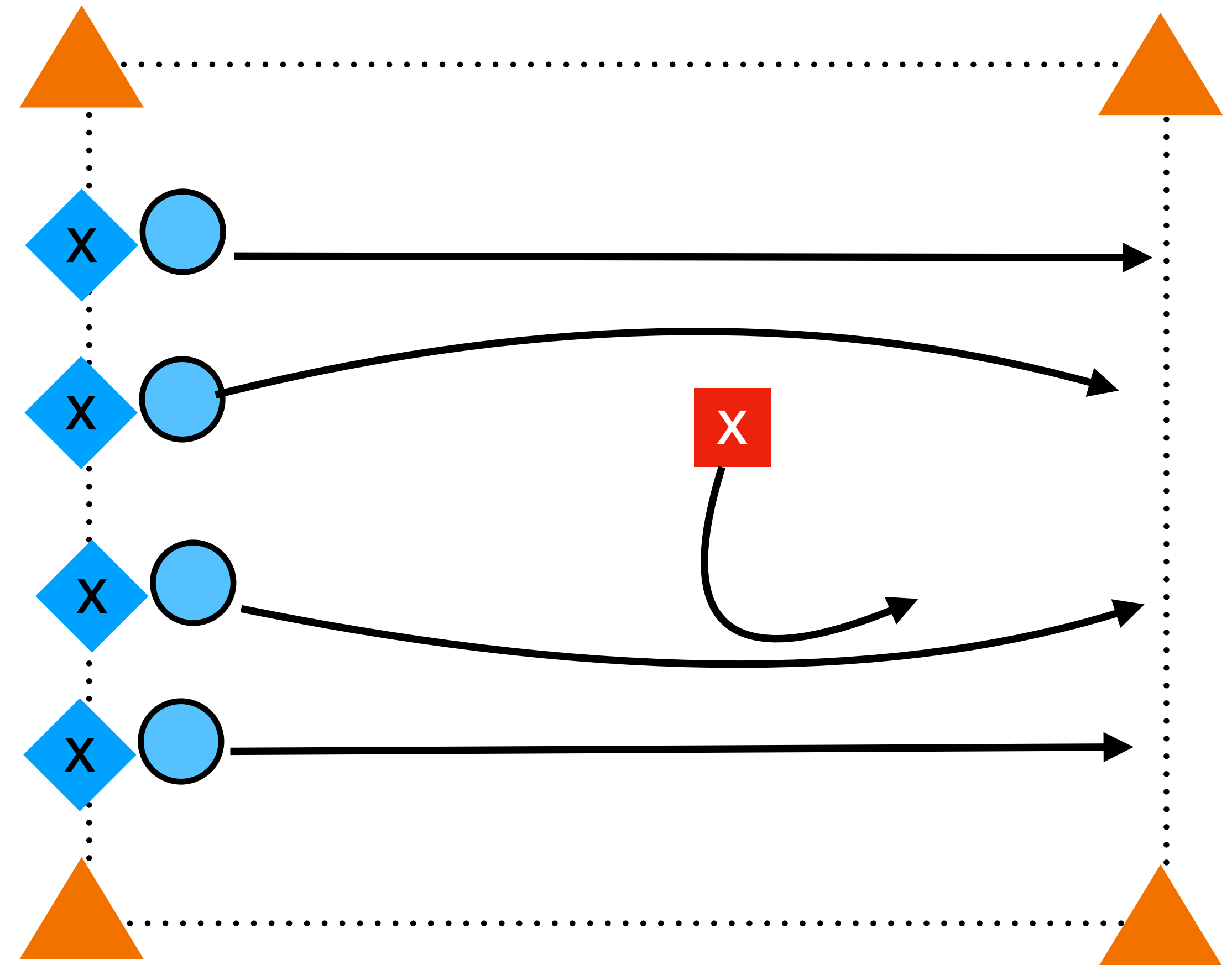
Longball

- Similar to baseball or softball
- Defense has no sticks
- Offense has sticks.
- Defense pitches ball to a batter standing in the home zone, who can kick or bat the ball
- After hitting, the player tries to run to the safe area and then run home for a point
- Defense can touch a player with the ball or throw the ball at them while they are outside of the safe zone to get them out
- Players in the safe zone can try to run home at any time
- Offensive players can hit a thrown ball with their stick to protect themselves, but can't hit it away from a defender's hands or prevent them from picking it up
- A player is out if the defense tags them with the ball outside the safe zone, catches their hit ball before it bounces (even if they catch it out of play!), or the ball hits the trash can behind the hitter (strikeout)
- If the pitcher throws/rolls the ball wide, the play is still live and players can run home
- If an attacker hits the ball out of play, all of the players in the safe zone get to come home
- Offense gets 1 point per player who goes to the safe zone and comes home
- Teams switch sides once defense gets 3 outs



Sharks and Minnows

- Lots of players start with their own ball
- Players have to control the ball from one side of the field to the other
- One player defends
- Any player who is dispossessed by the defender plays defense next round
- Last player standing with a ball wins



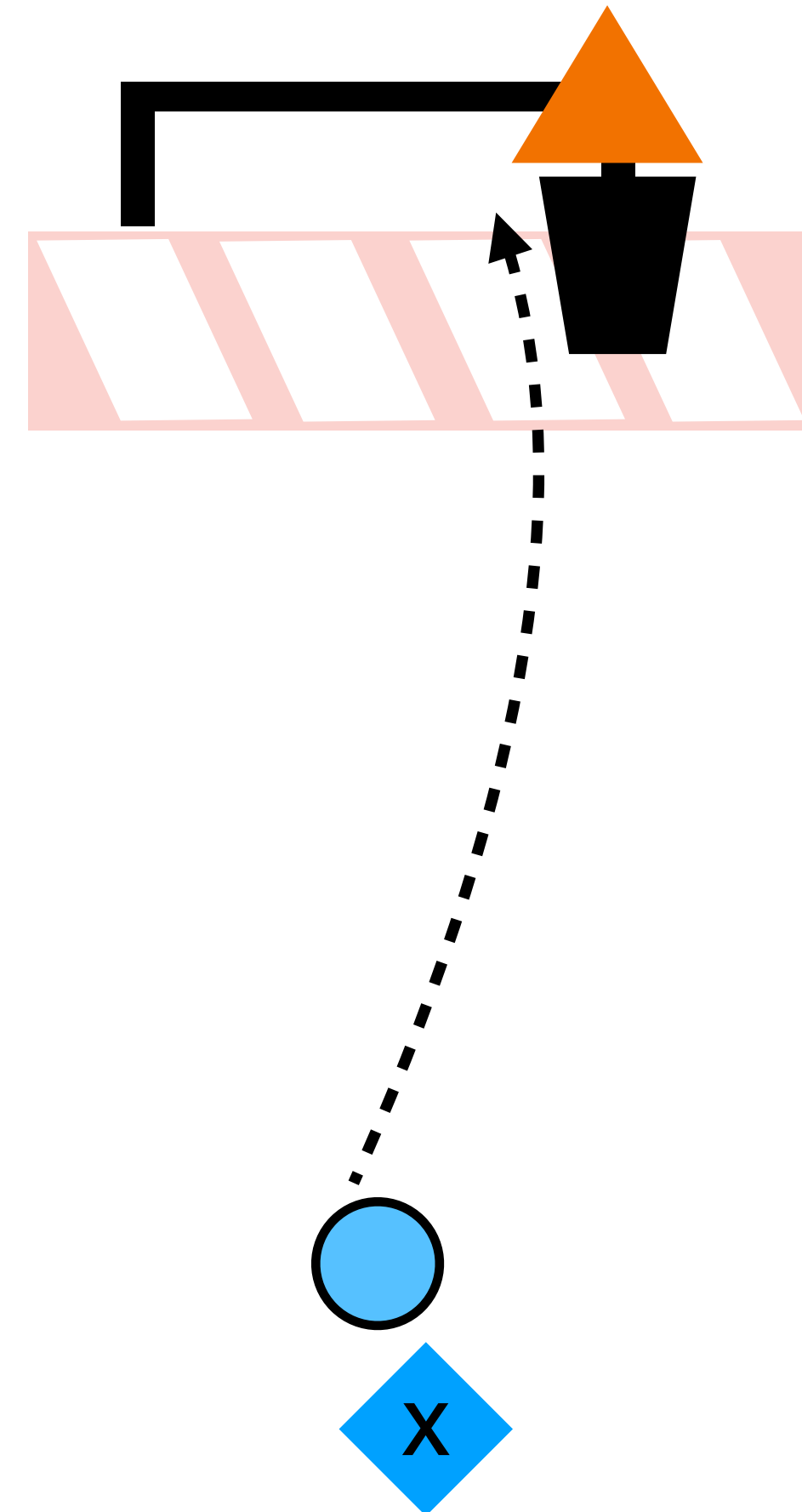
Post-Practice

- If players want to stay late, help them with individual skills
- Low-intensity work designed to be doable even for exhausted players or for positional or individual practices where there are not many players so breaks are limited

Target Practice

- Set up small targets at various heights, such as cones or water bottles
- Take shots at targets
 - Volley
 - Swat
 - Shovel
 - Vertical stick strike
 - Horizontal stick strike
 - Kick
 - Hand

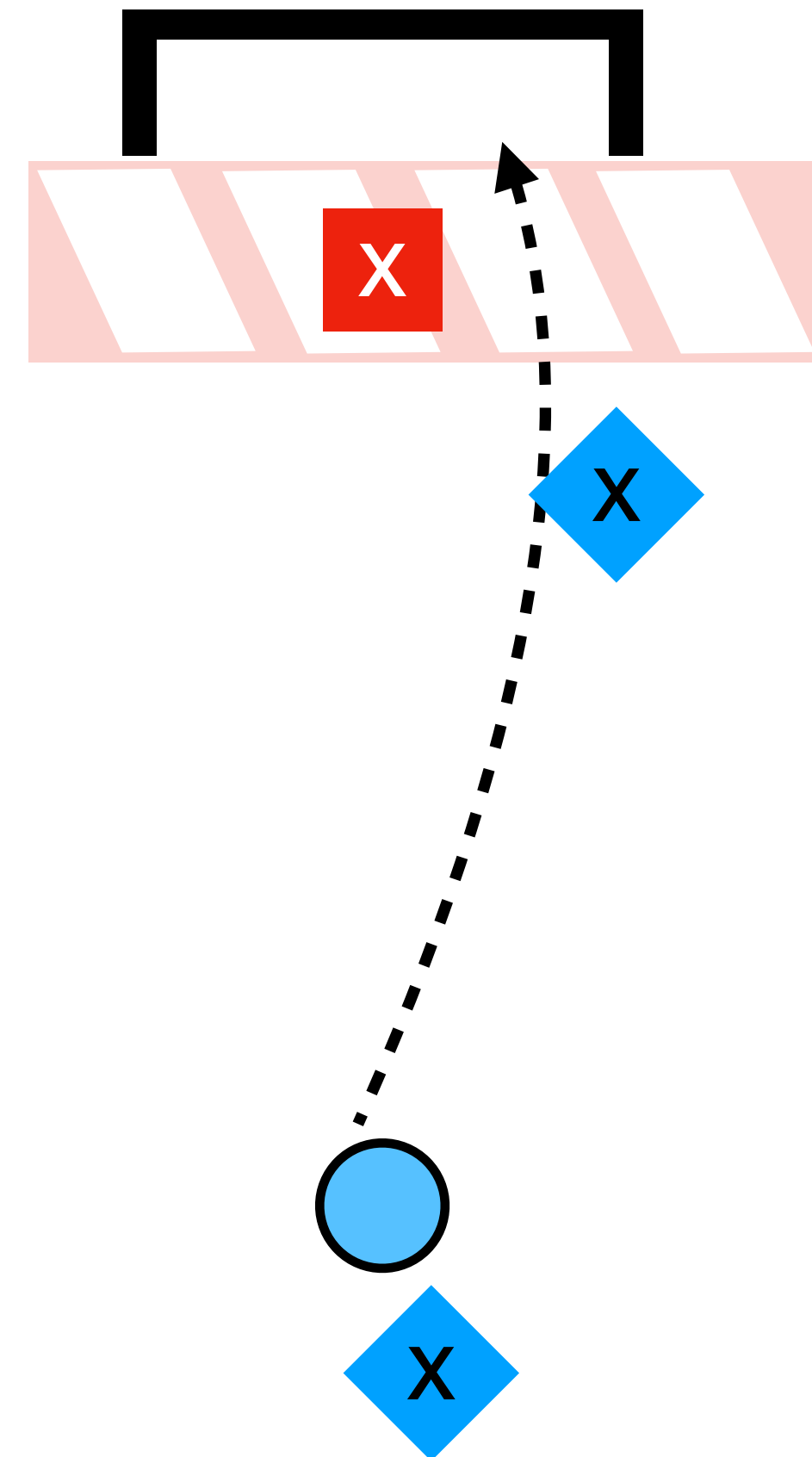
Technical



Served deflections

- One player lines up with back to goal
- One player has a ball and faces goal
- Ball carrier shoots, other player attempts to deflect the ball into the goal
- Use a variety of shots, but must have power
- Use variety of deflection techniques
 - Ramp
 - Swat
 - Hand

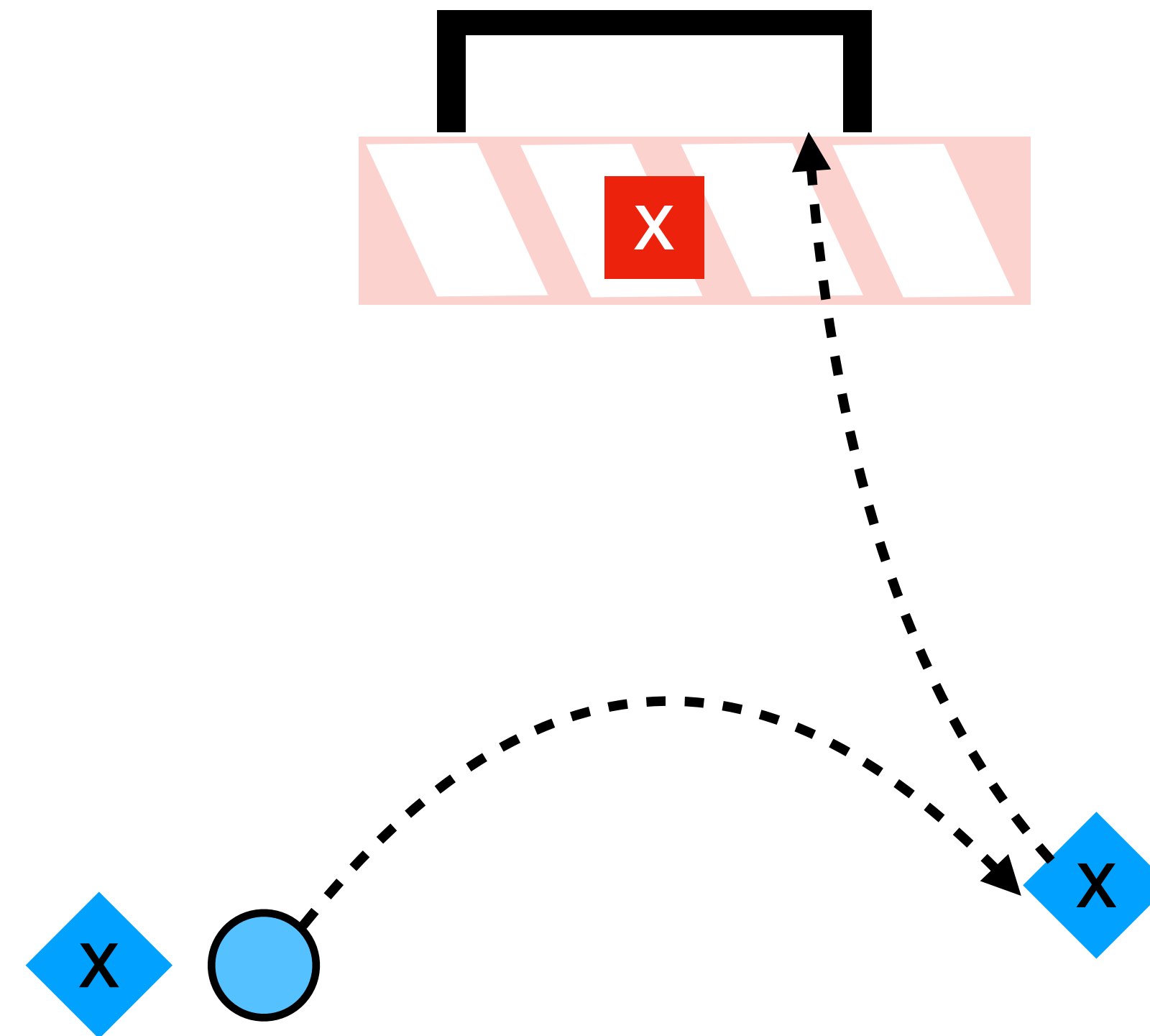
Technical



Served volleys

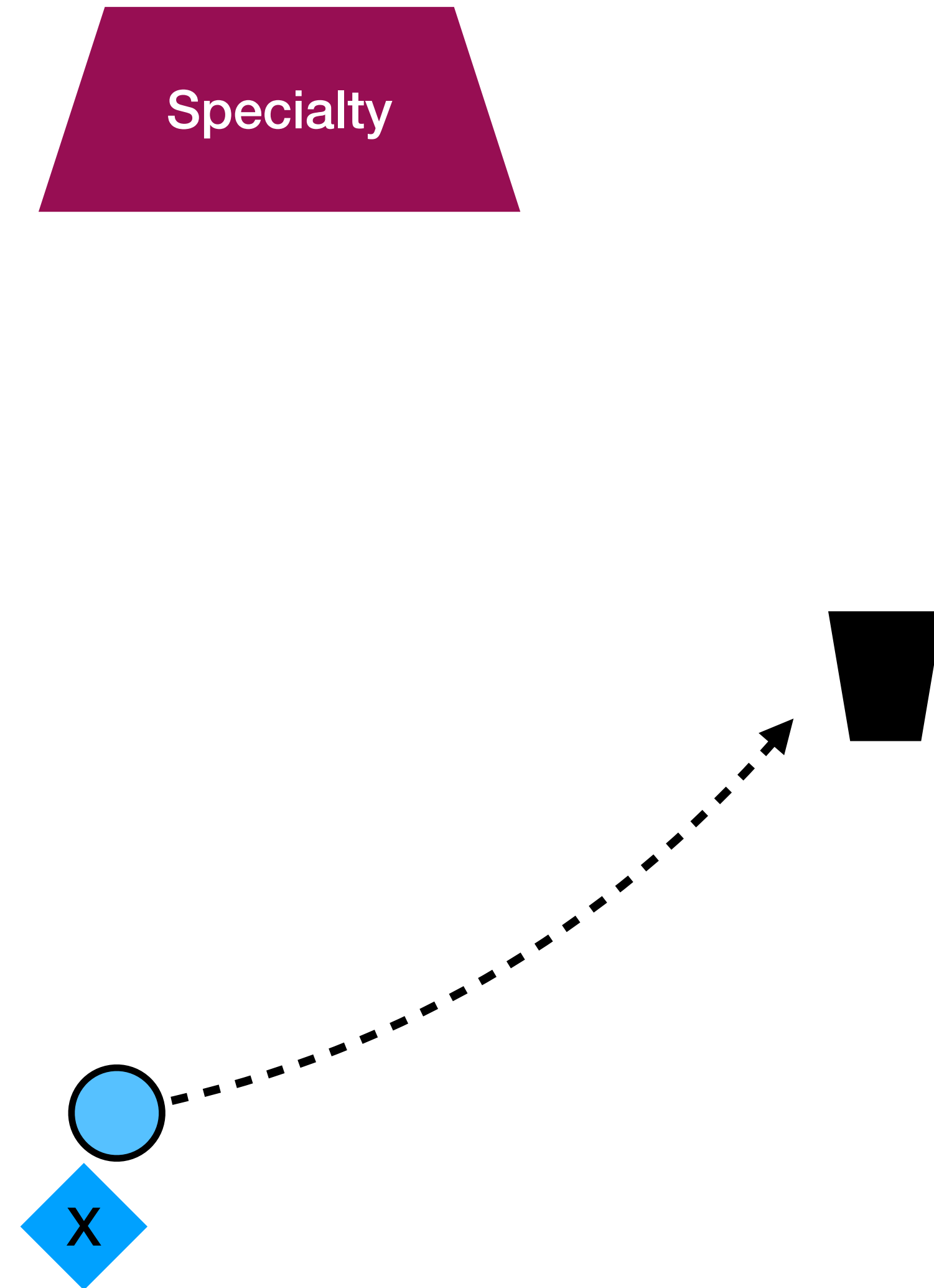
Technical

- One player sends aerial pass to teammate who shoots
- Take shots from both sides (forehand and backhand) and on both sides of the field (left and right)
- Practice different types of volley
 - Horizontal stick shot
 - Vertical stick shot
 - Kick



Free hit practice

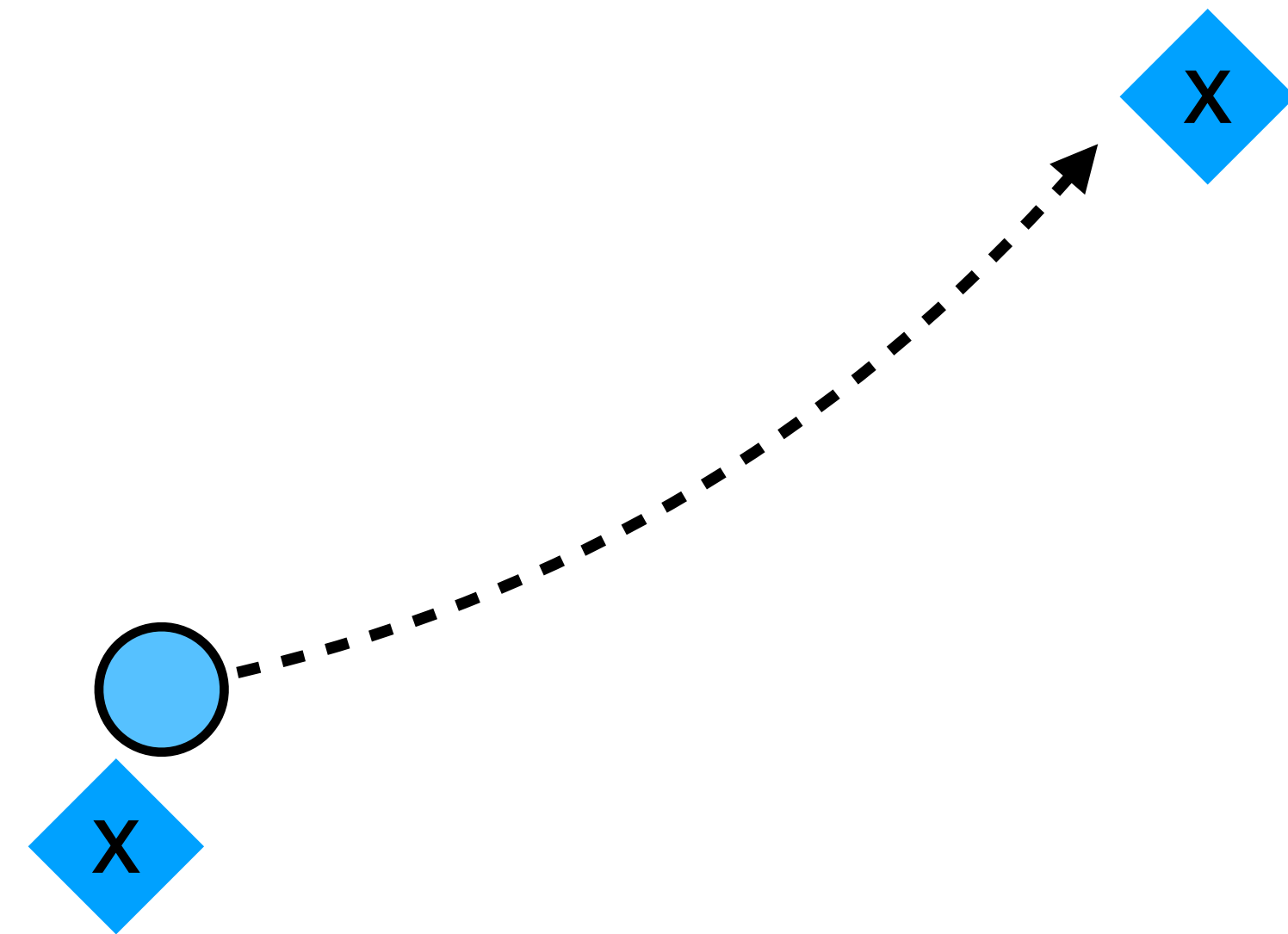
- Set up a target on the field. Can be a cone, a ball, a water bottle, anything.
- Take free hits from a specific place on the field, trying to get as close as possible to the target
- Use different techniques
 - Laces kick
 - Inside foot kick
 - Vertical stick strike
 - Horizontal stick strike
 - Scoop



Long Passing

Technical

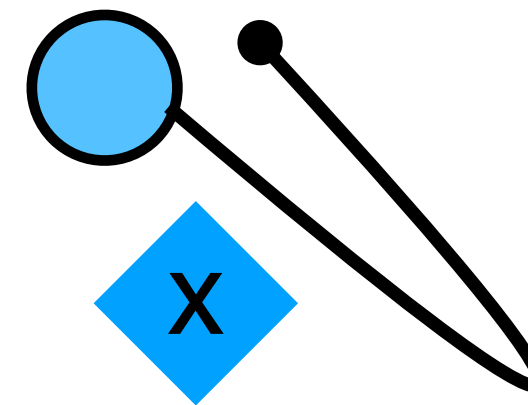
- Two players line up long distance from each other and pass back and forth
- Use different techniques
 - Scoop and Volley
 - Scoop and Swat
 - Ground Kick



Individual stick handling

Technical

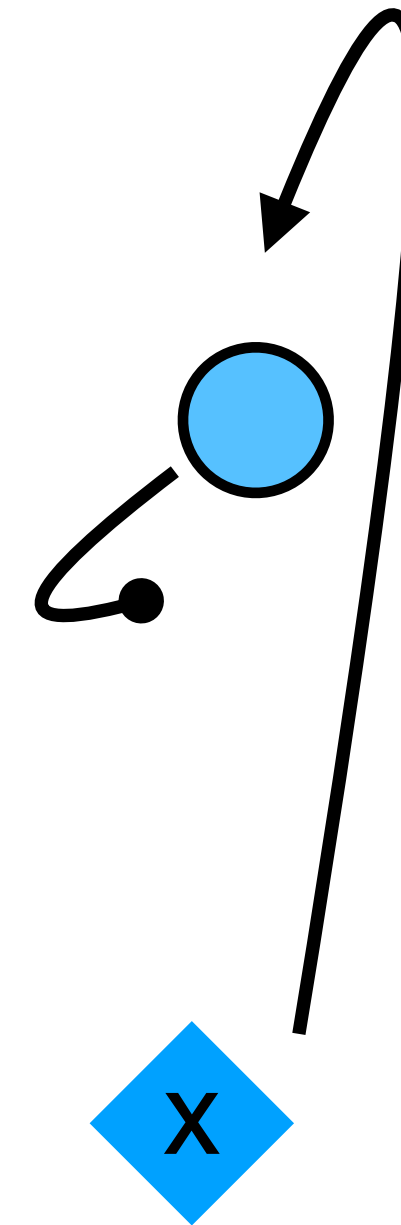
- Work on controlling ball through tight spaces and at speed
- Work on different scenarios
 - Post-up
 - Face-up
 - Dump and chase
 - Penalty shot
 - 1v1 battle



Turn and Lift

Technical

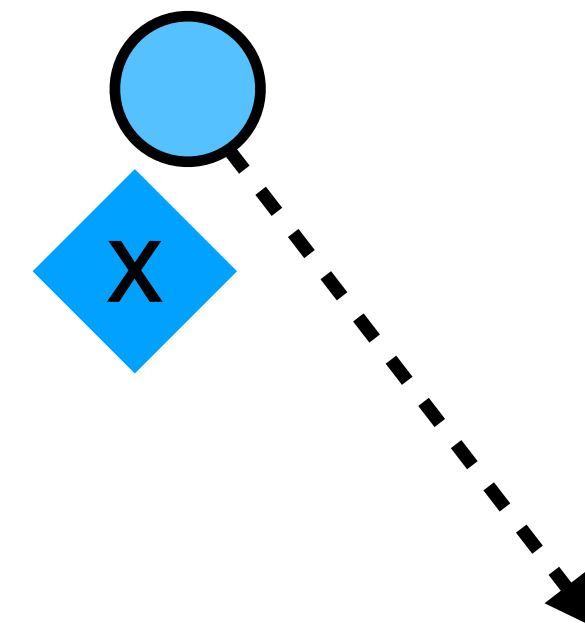
- Player runs with ball, stops, turns around, and lifts the ball
- Use variety of techniques to turn the ball around
- Use variety of lifts: scoop, strike down, chop, one handed scoop, kick
- Try to work at top speed



Individual Square-off training

Specialty

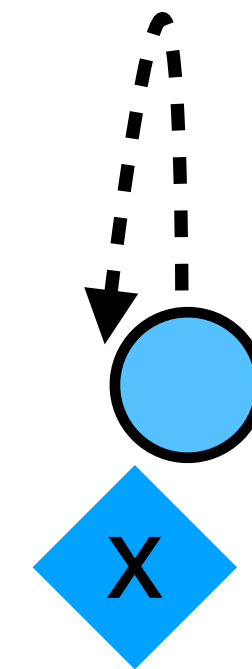
- One player lines up alone at ball for square-off
- Practice movements of winning the ball
 - Pull (ball through)
 - Push (opponent's stick) and pull (ball through)
 - Drive (opponent back)
 - Kick (the ball forwards)
 - Pin (the ball to the ground)



Juggling

Technical

- Practice lifting the ball and keeping it in the air
- Can be helpful to ignore two-touch rule to get better feel for the ball, but should also practice keeping the ball up legally
- Try to keep ball in the air as long as possible
- Try controlling a ball which goes very high into the air
- Try doing tricks to challenge ball control ability
- Try re-creating game situations where the ball would need to be kept in the air



Kneeling dive

- Defender starts on knees
- Coach or teammate sends ball to one side or the other, defender dives to save it, then sends it back
- Helps defender develop reactions and dive technique with minimal impact on the body

