**WMYLC - New Player Clinic Agenda**

**00:00 Introductions**

**00:02 History of the Game**

**00:03 Safety First – Participant instructions**

1. No Checking Pledge
2. You are responsible for the ball when it leaves your stick
   1. Soft Balls for Younger Players
3. Tell us if you don’t feel well
4. Know your coaches name
5. Don’t leave your group and wonder off alone.

**00:05 Break into groups – *Sort by Gender & Grade. Older players go to the other field.***

**Skills & Drills – *Use drills that keep a ball in each players stick when you can***

**USL Coaches Tip - IDEA Method**

1. **I** ntroduce the skill
2. **D** emonstrate how to perform it
3. **E** xplain the process
4. **A** ttend to participants practicing the skill

**00:10 Parts of the Stick & how to grip it**

1. Bottom hand on the butt of the stick
2. Top hand is the dominate hand to start – but learn both hands.
3. Shaft in fingers, not palm of hand.
4. Soft Hands – Like you are holding a banana – (*Don’t squish it, don’t drop it*)

**00:12 Cradling**

1. Top hand rotates with wrist in motion (*Knock-Knock motion*)
2. Bottom hand in OK symbol, steadies the cradle
3. Stick is in almost vertical position
4. Cradling while standing
5. Cradling while walking
6. Cradling while jogging – *Adjust speed of cradle as you go faster*.
7. Stick protection – *Shoulder- Shoulder- Ball Position*

**00:15 Scooping**

1. Butts low, grass knuckles
2. Scoop through the ball with a shoveling motion
3. Front foot near the ball when you scoop
4. Box out to protect the ball
5. Bring the stick up cradling position to protect it.

**00:25 Throwing vs shooting – Suggested drill “*Firing squad*” towards goal or wall - scoop & bring back.**

1. Start in triple threat position - Arms up away from body, feet position staggered.
2. Weight shifts from back foot to front foot, Bottom hand points to target
3. Rotate trunk of body for more power, Top hand follows through and stick head point at target.

**00:35 Water Break**

**00:40 Catching (Tip - Teach them to catch before you teach them to Pass)**

1. Soft Hands – Give with the ball as it enters the pocket
2. Provide a “Box” area for the passer
3. Younger players Partner pass – one player has ball, tosses to other with stick, roll ball back

**00:45 Passing (Partner passing – Adjust distance between players as a group)**

1. Arms up away from body, Bottom hand points to target, Top hand follows through and stick head point at target.
2. Target is to the stick side of the player – the “Box”
3. Adjust position of the top hand on the stick to gain power/speed of throw.

**0:55 Dodging – Be tricky & keep stick away from the defender (*Shoulder-Shoulder-Ball*)**

1. Dodge cones or stationary defenders first
2. Bull Dodge (Tuck stick – go to off stick side of defender)
3. Face Dodge (Tuck stick, bring back, go to Stick side of defender)
4. Roll Dodge (Tuck stick, Right foot forward, left foot backward, go to the right) (Or reverse)

**01:05 Defensive Position – Learn to play great defense without checking first**

1. Teach defense stance, then play 1v1.
2. Athletic Stance (*Bend your ankles)* & stick position (*Hug a Tree, stick in vertical position* )
3. Body Position – Take away a side to direct you opponent (*Banana Cut* to approach opponent)
4. Defender places stick at the point of release to block a pass or shot.

**01:15 Water Break**

**01:20 1v1 Scoop Battles (Older kids can progress to 2v2 etc.)**

1. One Ball two players - Win the scoop, go to goal / Lose the Scoop, play defense

**01:30 Wrap up as one big group – Collect all balls & loaner sticks. Big Cheer & Group Selfie!!!**