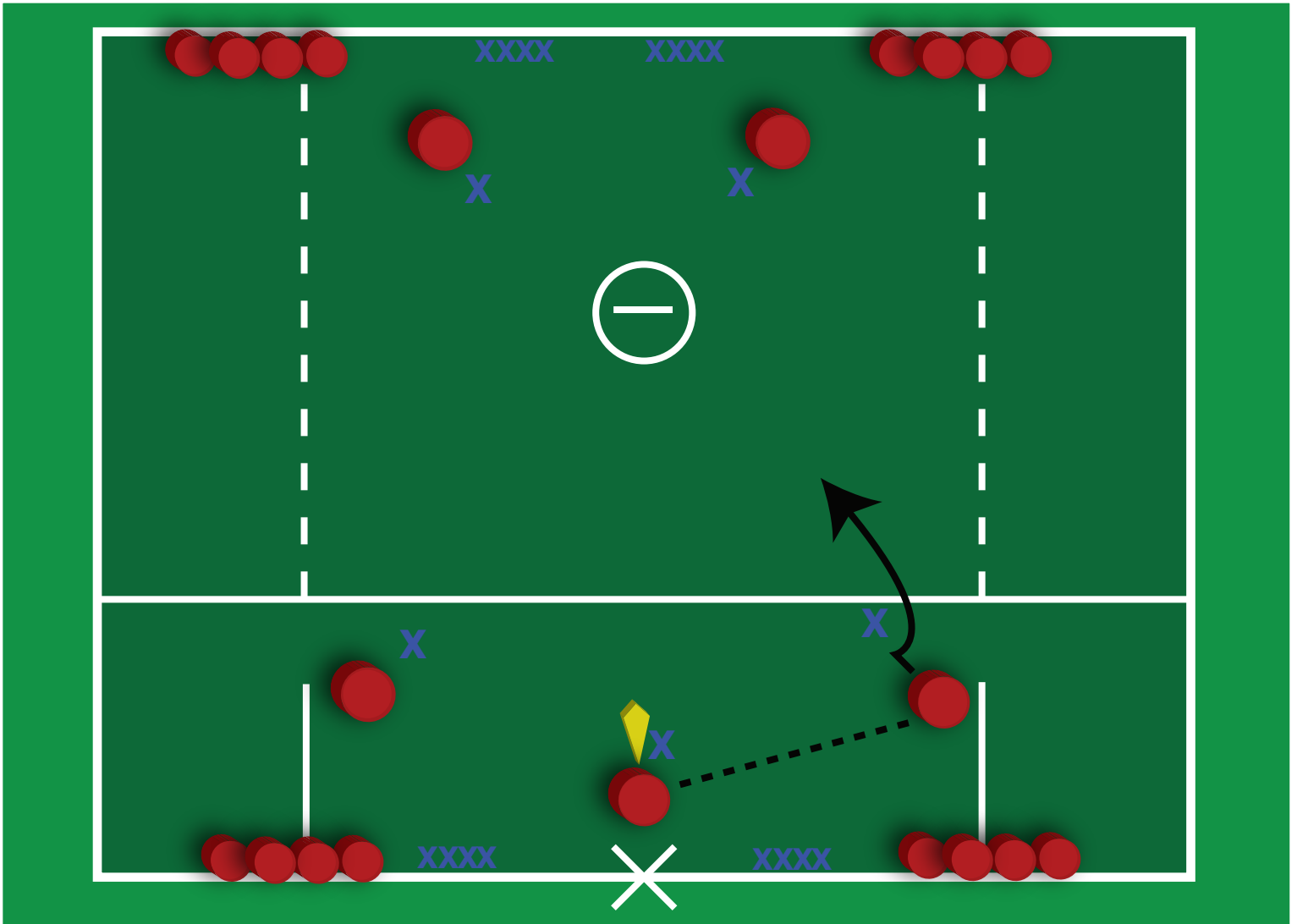




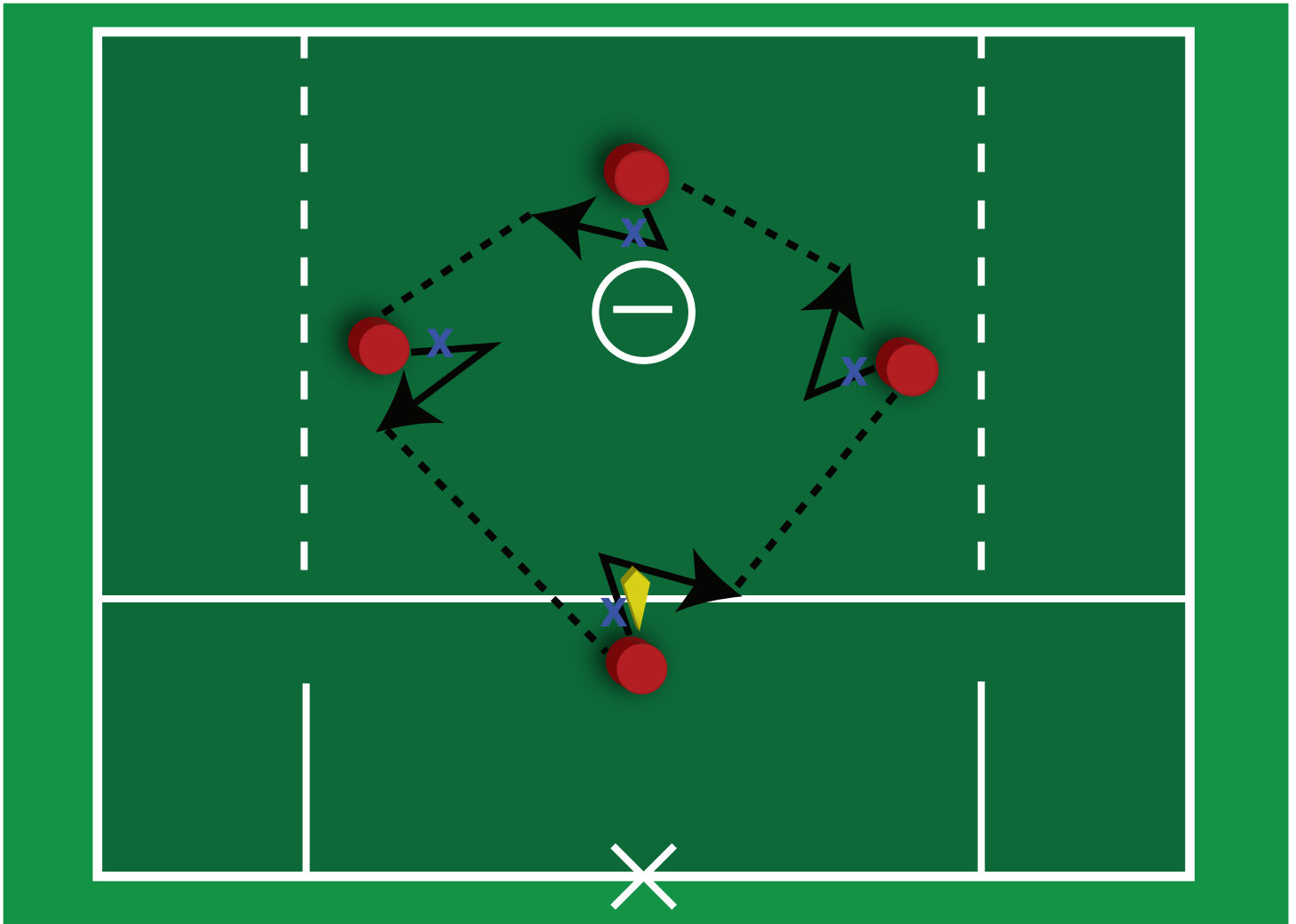
# 5 man 1 vs. 1's



- 5 lines of offense and 5 lines of defense
- 3 lines of middies up top
- 2 lines of attackmen below
- Pass comes from adjacent player to the left of each line (one pass/1v1 at a time)
- When player catches pass he dodges to score against his defender he is matched up against.



# V Cut With Pressure



-4 lines, one line at top center above restraining line, one line at x behind, one line on the wing, and one line on the other wing.

-A defenseman located at each line to cover the offensive man who is up

- Ball starts at top center and moves clockwise or counter clockwise

-Assuming ball is moving clockwise, the player that is adjacent needs to cut into the crease into his defenseman and sprint back out creating space to receive the pass.

-And the drill continues to move around in a circle

-The defenseman should do his best to keep him from getting the ball

## SIDENOTE:

A good twist to put on this drill is to give an incentive to have good stickwork.

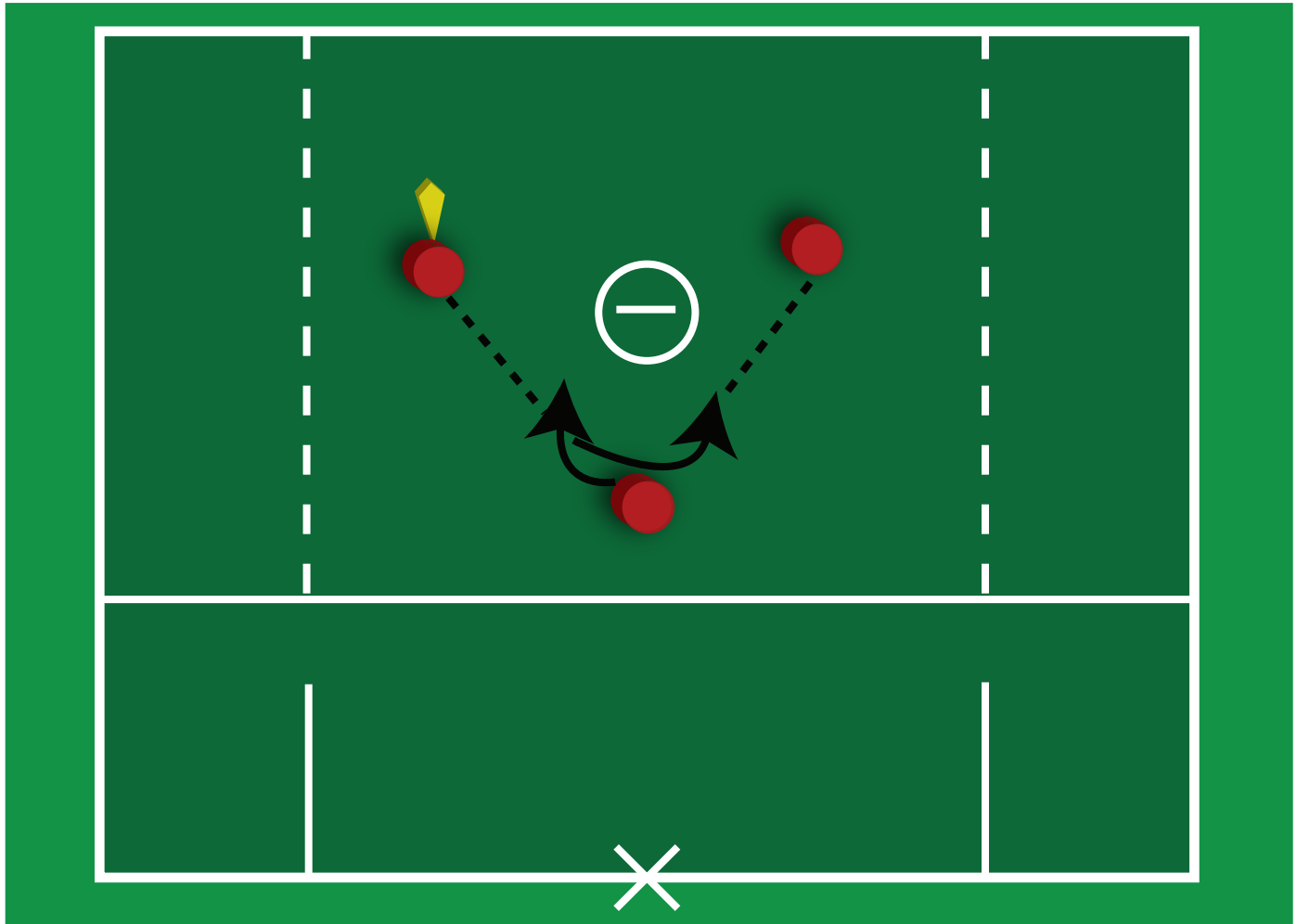
If the offense completes 10 passes in a row it knocks a sprint off at the end of practice

Or if they have more than 10 drops they owe you a sprint at the end of practice.

Obviously every team is different so use your own judgment and be creative.



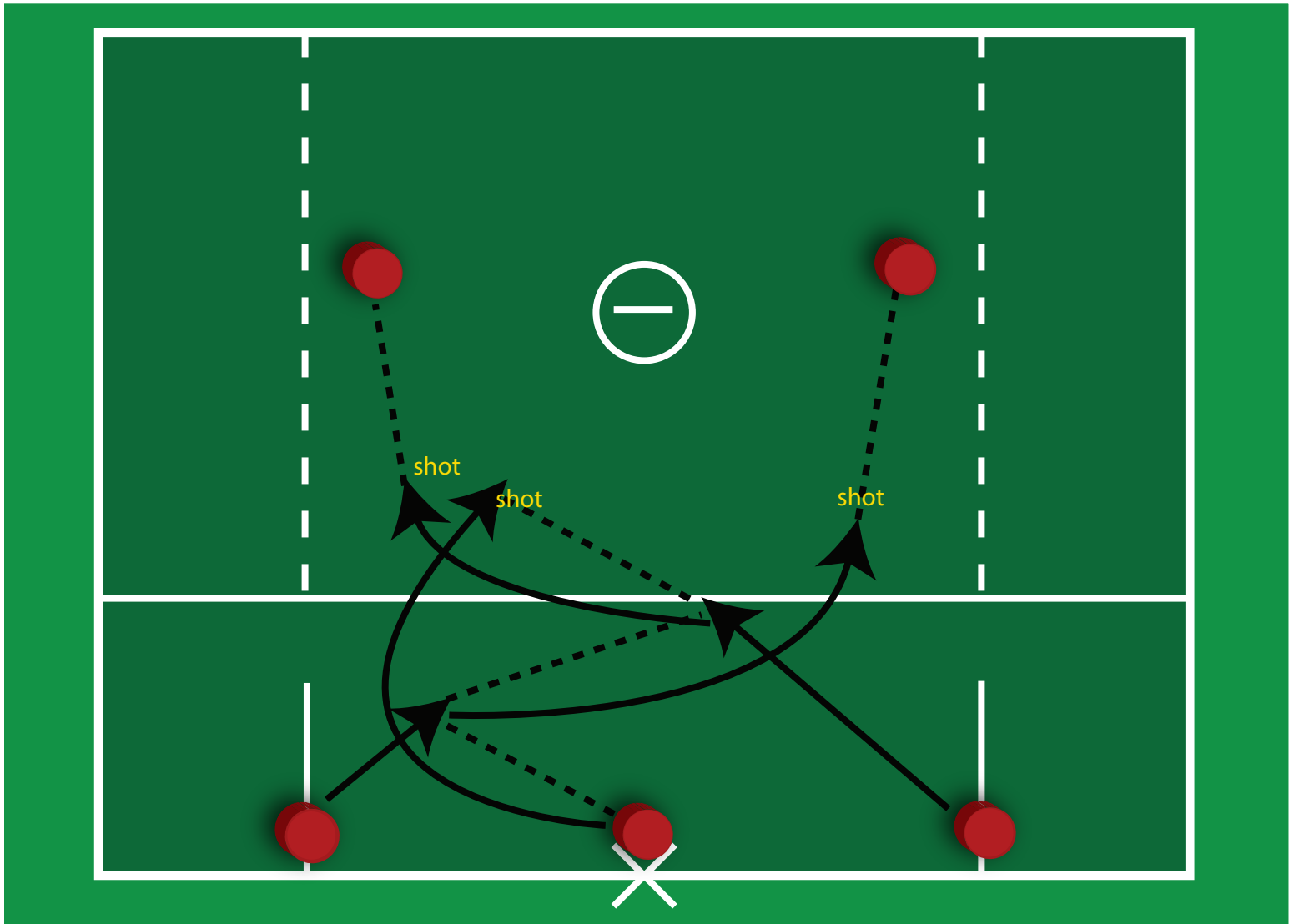
# Soft Hands Drill



- A great drill that only requires 3 players
- One player on each side of the goal just behind goal line extended
- The other player standing on the high crease position (put a cone there for him to cut around)
- The player on the crease should only have one hand on his stick
- Player on the crease should cut down towards the lefty attackman for a quick catch and shot for his right hand (only one hand on the stick!)
- Once he gets the shot off he should curl back around the cone with the stick in his left hand for a feed from the right hand attackman.
- Repeat this process for at least 5 shots on each hand then switch players.



# Half Field Weave



- 3 lines up top at the midfield lineHal

- 2 lines below at goal line extended

- Ball starts with top middle line at the X

- He passes the ball to his right side player, who then cradles towards the middle of the field, then passes to the far side player who is moving towards him. The far side player that now has the ball then passes to the Top middle player who should have curled around the right side player.

-When the Ball gets back to the Top Middle Player now on the right side he fires a shot.

-The other two players keeping curling around and take a feed from the players behind at goal line extended and they too take a shot.

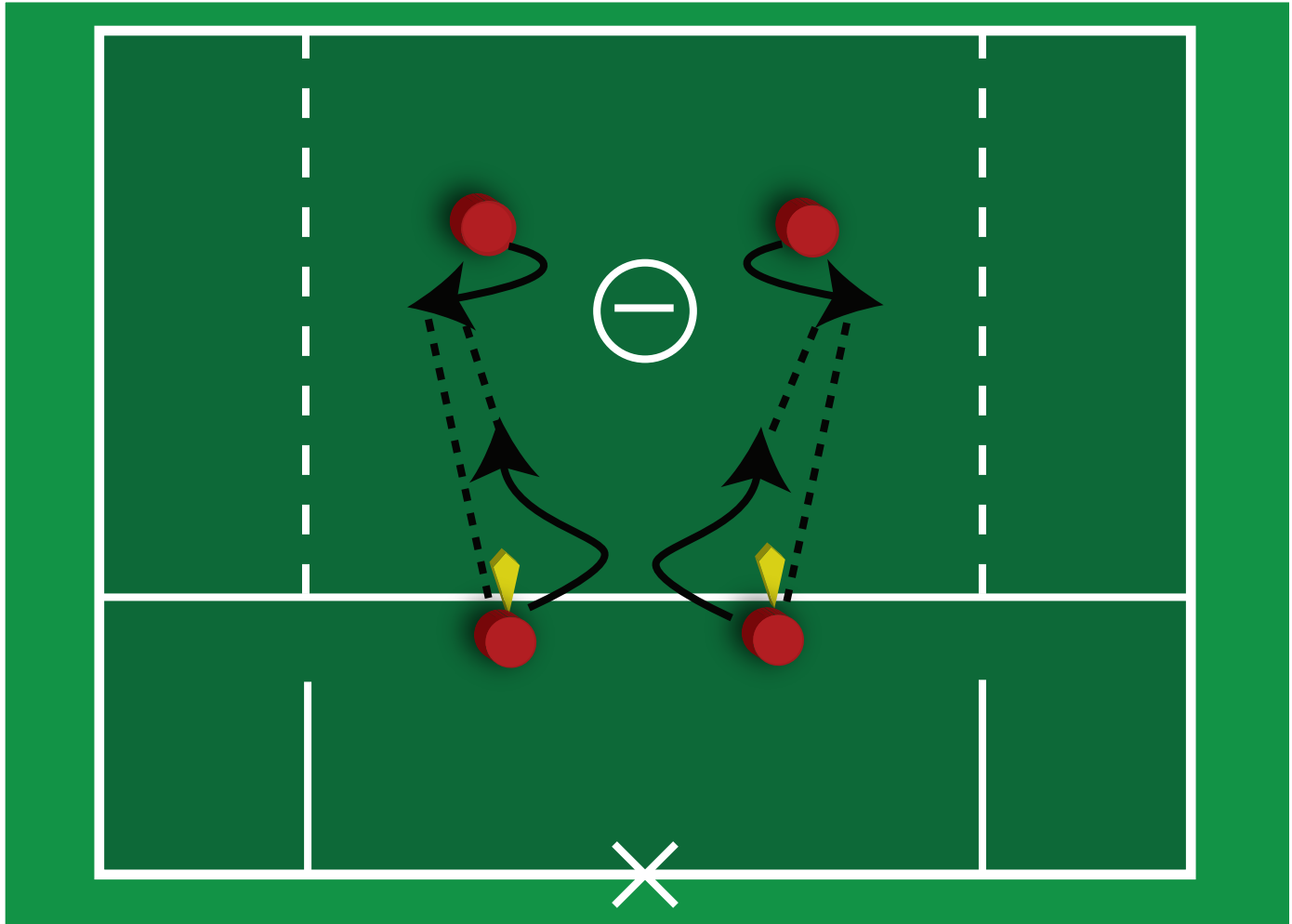
SIDENOTE:

Players up top that took shots take turns replacing the players behind that were feeding them.

Players behind that were the feeders now move to the top of the drill to take shots.



# Give & Go Drill



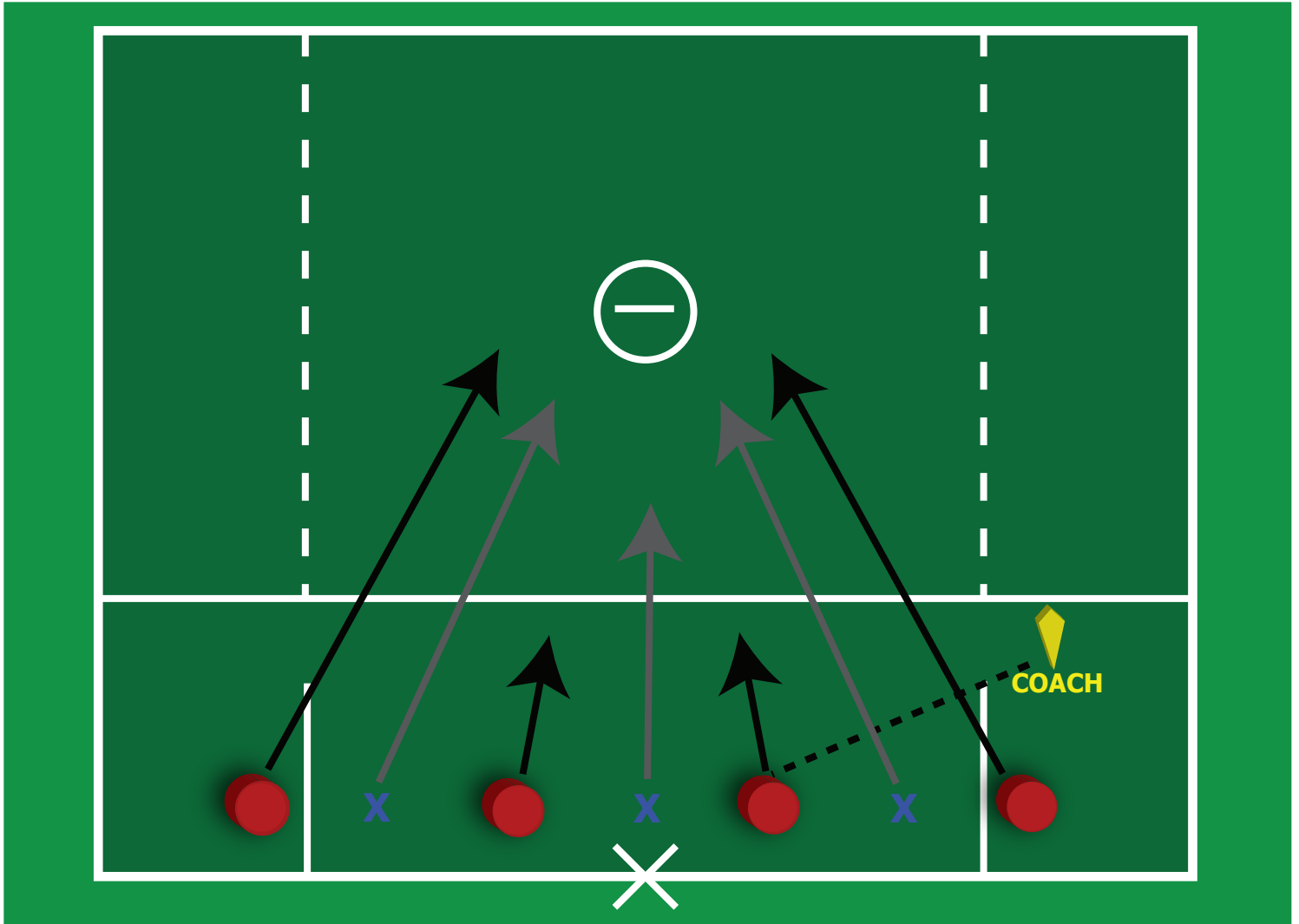
- 4 lines, two up top just above the restraining line and two down low just behind goal line extended. (the posts of the goal)
- Ball starts with the lines up top as if they were middies carrying the ball in transition or in half field offense.
- Player with ball throws down the side to the player below the goal
- Once he makes that pass, he should cut into the center of the field towards the crease, then full speed sprint back out diagonally to the man behind with the ball for a feed.
- The man making the pass behind the goal, should do a good job not telegraphing his pass.
- He should catch the ball and act like he is going to move it behind to the attackman at X then quickly turn back and deliver a crisp pass on the cutting players ear.

## SIDENOTE:

Player who cut and took the shot now goes behind the cage to feed.  
The feeder behind now moves up top to get in line for a cut and shot



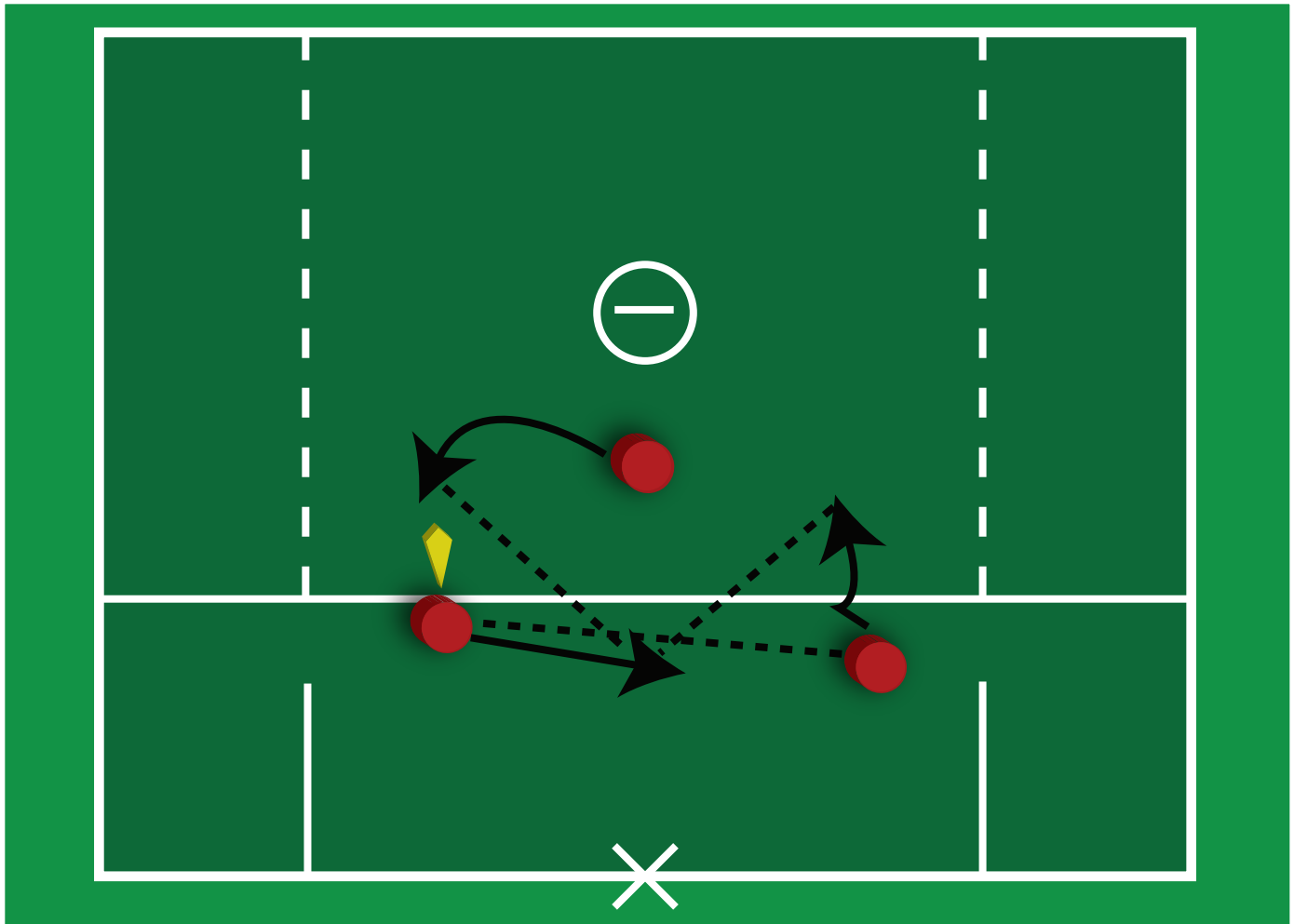
# 7 Lines Drill



- 7 lines at the midfield line, 4 offensive lines, 3 defensive lines
- Coach throws the ball out to any of the offensive players up in line
- Once the coach throws out the ball, the first defenseman in each of the three defensive line sprints down to the cage to play man down defense.
- The 4 offensive players that are up in each line, work together to move the ball quickly and precisely to get a great easy shot off.
- Once shot is taken all seven players run to the sidelines and back up to the midfield and get back in line.



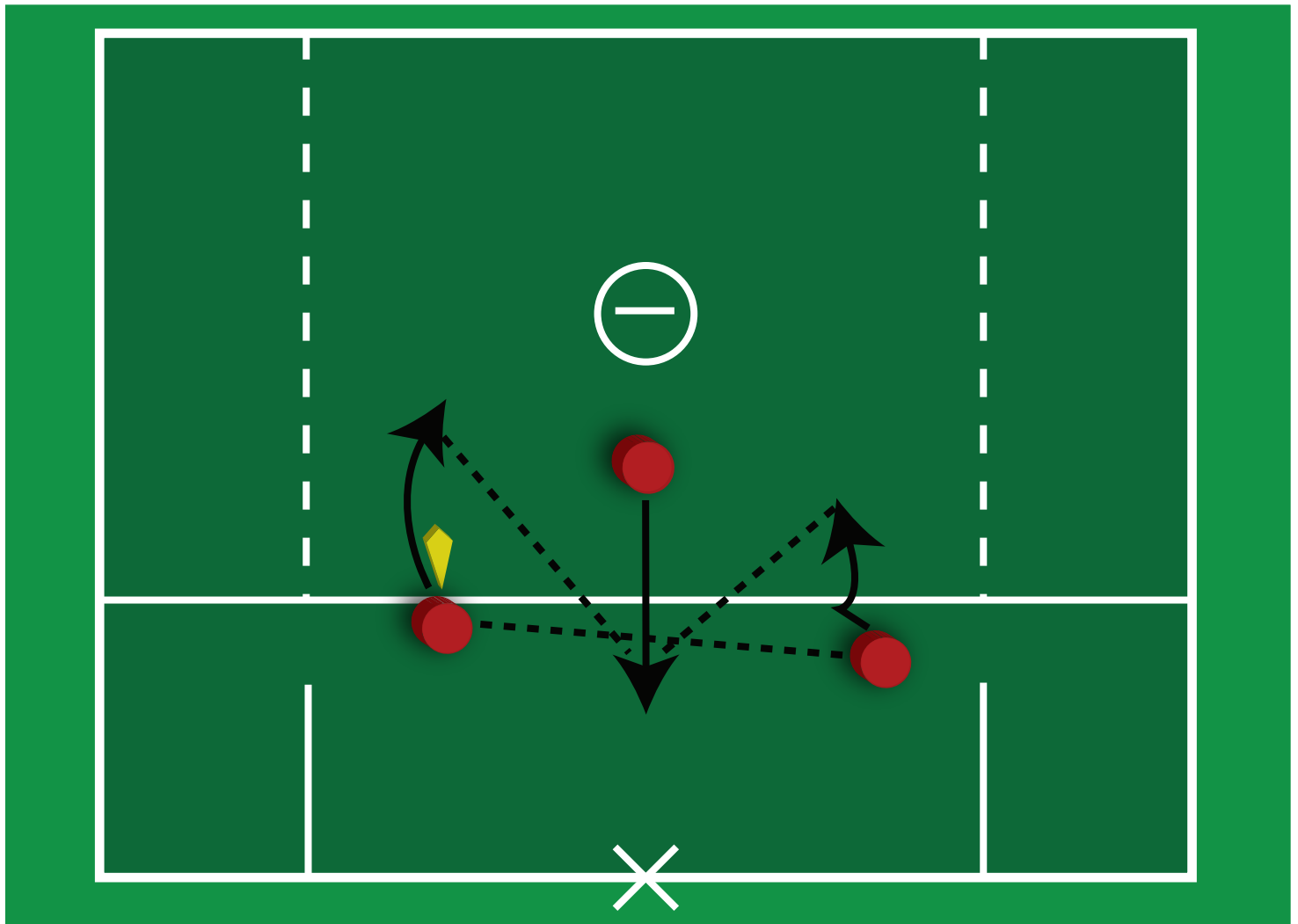
# 3 Man Fade



- There should be 3 lines above and across the restraining box facing the cage
- The first up in the middle line should jog down to the high crease position
- The other two lines on the wings should each be just above the restraining box and one of them should have a ball
- The player with the ball throws across the top to the player on the other wing
- The player now with the ball dodges hard down the side/alley then throws back, either across his body or rolling away and switching hands, to the other wingman that moved to the top center of the restraining box when the dodge was happening.
- As the dodge from the wing was happening the crease player should have been fading out of the crease to the low wing shooting spot.
- The player that now is in the top center catches the pass and quickly moves it to the other side of the field to the creaseman who just faded out to the low wing shooting position for a hard shot.



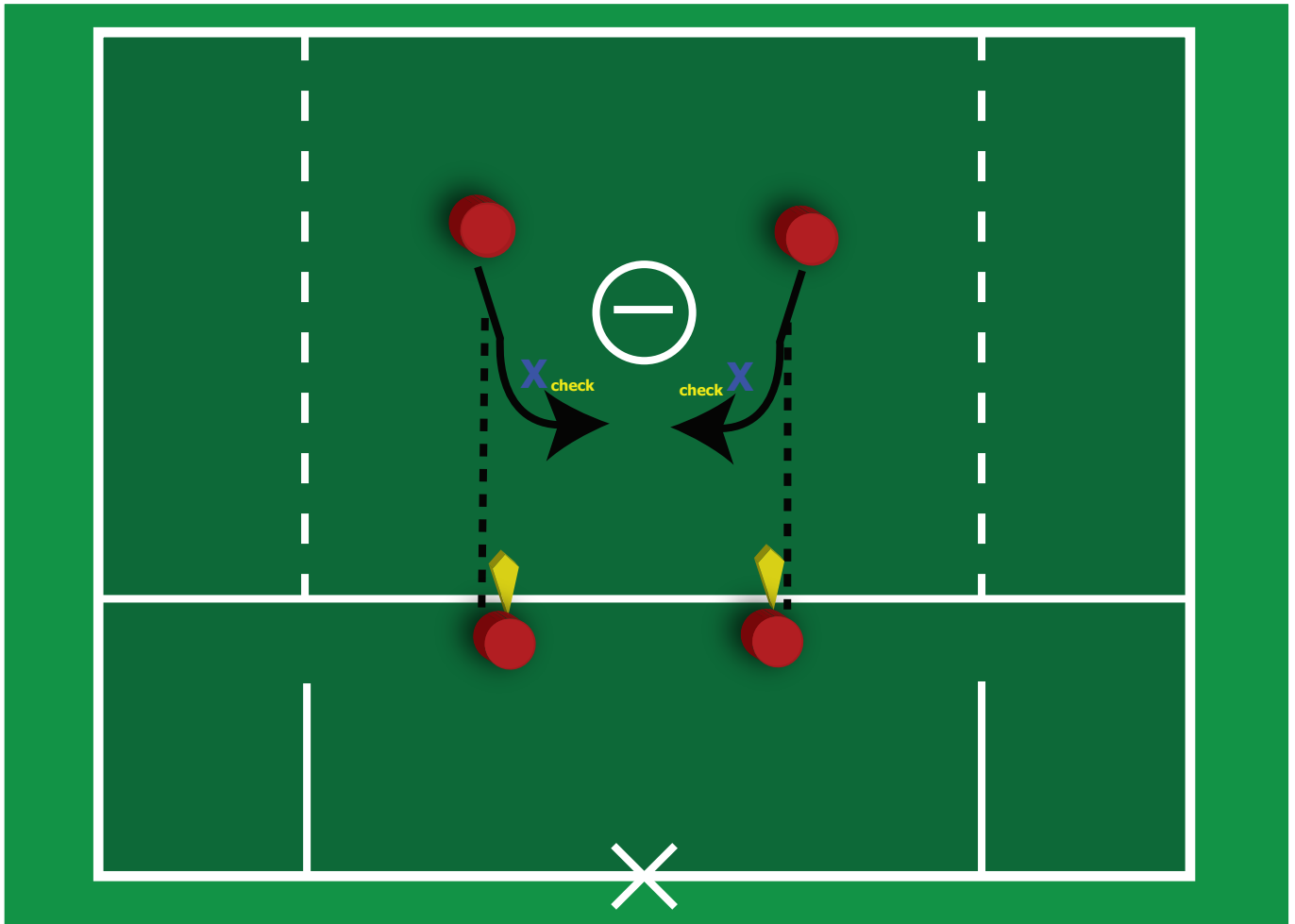
# 3 Man POP



- There should be 3 lines above and across the restraining box facing the cage
- The first up in the middle line should jog down to the high crease position
- The other two lines on the wings should each be just above the restraining box and one of them should have a ball
- The player with the ball throws across the top to the player on the other wing
- The player now with the ball dodges hard down the side/alley then throws back, either across his body or rolling away and switching hands, to the crease man who popped up from the crease to the top center of the restraining box.
- As the dodge from the wing was happening the crease player pops up and the other wing player should slide down to a low wing shooting spot
- The crease man who just popped up, quickly moves the ball down to the other player who should have been sliding in takes the shot.



# Shoot Through Check



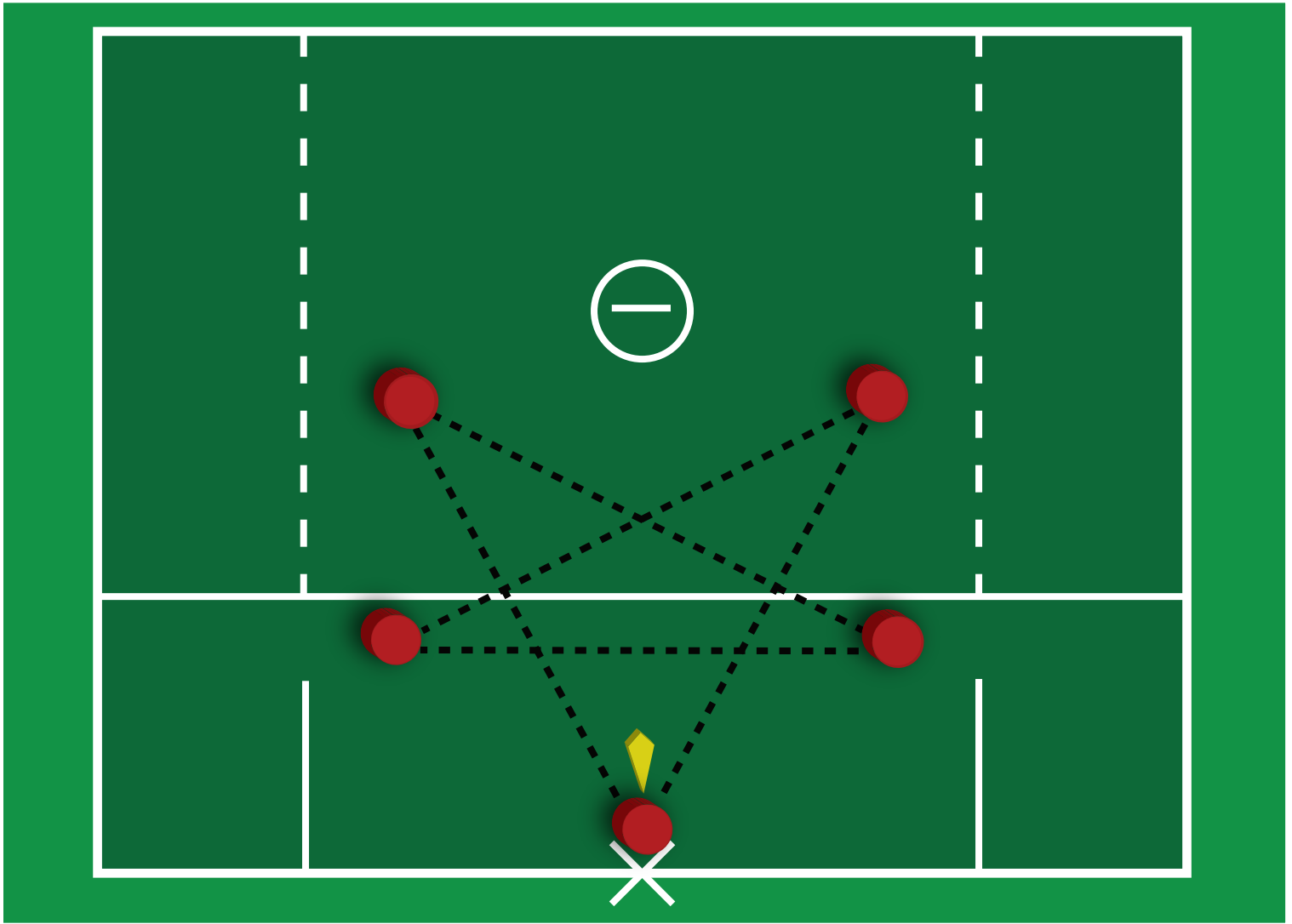
- 4 lines, two up top just above the restraining line and two down low just behind goal line extended. (the posts of the goal)
- Ball starts with the lines up top as if they were middies carrying the ball in transition or in half field offense.
- 2 players serving as defensemen stand above and to the sides of the cage
- The ball is passed from the players up top to the players down low
- The players down low catch the pass moving towards the cage
- As he comes around the cage for a shot he should power through a light check from the defenseman and stick a hard shot.

## SIDENOTE:

Player up top who passed the ball down now becomes the defensemen.  
The defensemen now goes to the back of the line of the shooter behind  
The Shooter now goes up top to become the passer



# Star Drill



- Players line up in a box with one person at the top serving as the point (should look like a house)
- Ball starts at the point (at least 2 people have to be in this spot)
- Point throws diagonal to bottom left corner
- Bottom left corner passes to top right corner
- Top right corner straight across to top left corner
- Top left corner passes diagonal to bottom right corner
- Bottom right corner throws diagonal back to the point

## SIDENOTE:

Once you make a pass you follow your pass and go to the back of that line  
The passing lanes should look like a star