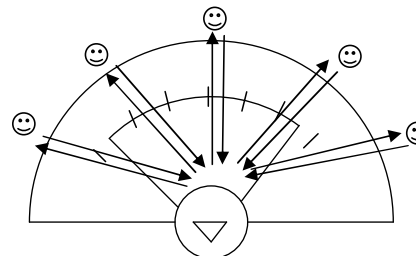


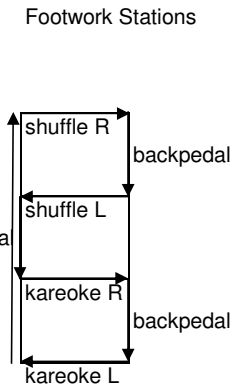
<b>Pracitice #</b>	<b>1 - Fundamentals</b>
<b>Date</b>	<b>2/14/2010</b>
<b>Time</b>	<b>8:00 PM</b>
<b>Location</b>	<b>NAHS Field House</b>

<b>Activity</b>	<b>Duration</b>	<b>Notes</b>
Bring it in	3	Roll Call, Review 5 fundamentals (P7 - 12)
Warm Up	2	Lap w/ ball
Drill 1	10	5 fundamentals review: cradle, GB, pass, catch, dodge
Drill 2	10	Shuttle passing only
Water Break	10	Box drill w/out sticks - defensive footwork, take away 1/2 lane
Drill 3	10	5 Player CRASH drill w/out sticks - race to cones in/out of 8 m in 3 seconds
Drill 4	10	5 player CRASH drill with sticks, converge on ball carrier
Water Break	5	head to head GB drill
Scrimmage		
Water Break		
Bring it in		
Notes		12 players in attendance due to winter vac



<b>Pracitice #</b>	<b>2 - Defense</b>
<b>Date</b>	<b>2/28/2010</b>
<b>Time</b>	<b>8:00 PM</b>
<b>Location</b>	<b>NAHS Field House</b>

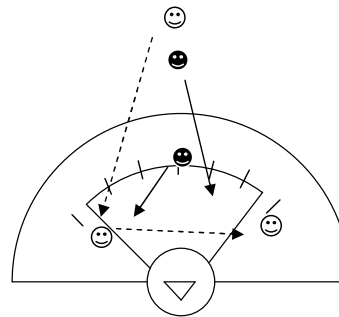
<b>Activity</b>	<b>Duration</b>	<b>Notes</b>
Bring it in	3	Roll Call, Fundamentals, Defense CRASH (P13 - 16)
Warm Up	2	2 Laps w/ ball
Drill 1	15	Shuttle passes, GB's To, dodge
Drill 2	5	Footwork stations - shuffle & kareoke - players rotate through 5 times
Water Break	5	
Drill 3	10	Box drill w/out sticks - defensive footwork, take away 1/2 lane
Drill 4	10	Box drill w/ sticks & balls
Drill 5	5	5 Player CRASH drill w/out sticks - race to cones in/out of 8 m in 3 seconds
Drill 6	5	5 player CRASH drill with sticks, converge on ball carrier
Water Break		
Bring it in		Need to get in and out of 8 M in 3 seconds on CRASH call
Notes		Bridgette Kitchen worked out 2 goalies durg drills 3 - 6. She remarked that the players should encourage one another more during drills



<b>Pracitice #</b>	<b>3 - Offense Settled &amp; Unsettled Play</b>
<b>Date</b>	<b>3/7/2010</b>
<b>Time</b>	<b>3:45 PM</b>
<b>Location</b>	<b>NAHS Upper Field</b>

<b>Activity</b>	<b>Duration</b>	<b>Notes</b>
Bring it in	3	Roll Call, Introduce offense - unsettled (more often) and settled. (P17-21)
Warm Up	2	2 Laps w/ ball
Drill 1	20	Shuttle drill - passes L & R, GB's To, dodge
Drill 2	5	Footwork stations - shuffle & karaoke
Water Break	5	
Drill 3	10	Unsettled Offense - 3 on 2's from midfield.
Drill 4	10	Unsettled Offense - 4 on 3's from midfield.
Drill 5	20	Settled Offense - motion offense walk through w/out sticks; player with the ball passes and cuts to goal; player receiving ball progressions: looks to goal, looks to cutter, passes to another player in 5 seconds. All other players 'exchange' positions. Use hand ball. See coah handout
Bring it in		Motion offense will take a while but the point is to keep it simple - 2 players involved, the rest exchange. Don't panic with the ball. Keep possession.
Notes		

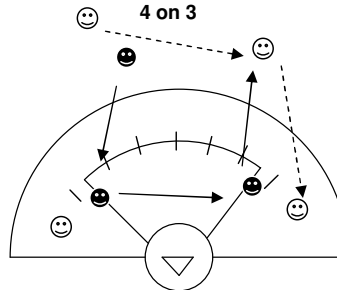
**3 on 2**



Defense forms 1 in front of goal, 1 player on ball the other defending 2 or space.  
Offense forms a triangle and opens a passing lane. Ball carrier draws defender and passes to open player

Defense rotates over and down

**4 on 3**

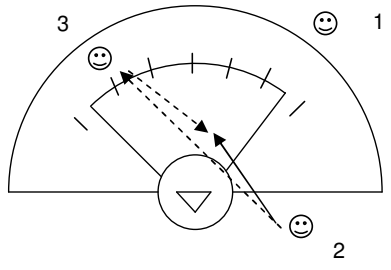
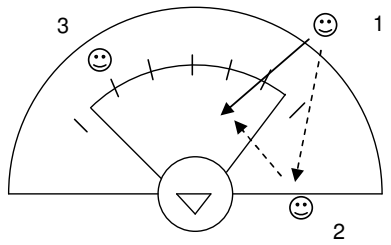


Defense forms triangle in front of goal, 1 player on ball the other 2 defending space; fronting the offensive player. Offense forms a box and opens passing lanes. Ball carrier draw and dish

<b>Pracitice #</b>	<b>4 - Offense Cuts and Motion Offense</b>
<b>Date</b>	
<b>Time</b>	
<b>Location</b>	

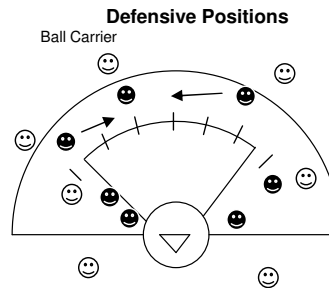
<b>Activity</b>	<b>Duration</b>	<b>Notes</b>
Bring it in	3	Roll Call, Practice offense build on practice 3 (P19 & 20)
Warm Up	2	2 Laps w/ ball
Drill 1	20	Shuttle drill - passes L & R, GB's To, dodge
Drill 2	5	Footwork stations - shuffle & kareoke
Water Break	5	
Drill 3	15	3 point passing/cutting/shooting - basic give and go fundamental to motion offense. Players rotate through lines 1 - 2 - 3. Run 2 stations at both ends of field. Flip over and run from the other side
Drill 4	10	Wing Cut walk through - front side and back side cuts
Drill 5	10	Settled Offense - motion offense walk through w/out stick-use hand ball
Drill 6	10	Settled Offense - motion offense with sticks and 5 second clock
Bring it in		Cuts are important to get open. Read the defense. Always be able to create space to receive feed
Notes		

**3 point passing drill**



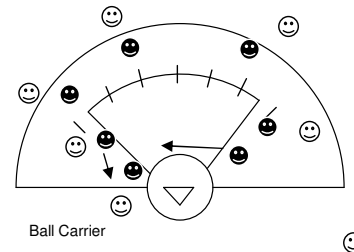
<b>Pracitice #</b>	<b>5 - Defensive Positioning</b>
<b>Date</b>	
<b>Time</b>	
<b>Location</b>	

Activity	Duration	Notes
Bring it in	3	Roll Call, Defense philosophy and postioning. (P 13-16)
Warm Up	2	2 Laps w/ ball
Drill 1	20	Shuttle drill - passes L & R, GB's To, dodge
Drill 2	5	Footwork stations - shuffle & kareoke
Water Break	5	
Drill 3	15	Defensive philosophy: mind set is not to get beaten 1 on 1; if beaten recover. Team defense: every player is responsible for players cutting to the goal. Must respond to <b>CRASH</b> calls; <b>3:1</b> defense to offense ratio on ball carrier; Sticks up and in passing lanes
Drill 4	15	Walk through settled defense and confirm on ball defender and 2 off ball defenders are in correct positions. Move ball around perimeter and confirm on ball/off ball
Drill 5	15	Describe roles of High and Low defenders. Essentially a zone defense around the net
Scrimmage	15	Full field 12 v 12
Bring it in		Defense wins games. Every player regardless of stick skills can play defense. Team defense - all 7 players help on the <b>CRASH</b> call. OK to leave your mark to help.
Notes		



On Ball defender - both hands on stick in good defensive position takes away (over plays) strong hand  
 2 Off Ball defenders '**Flash**' immediately over on both sides in position for triple team. One hand on stick, ball side in passing lanes. Do not wait for on ball defender to get beat to flash

Move the ball to each offensive player and identify the 3:1 defense to offense



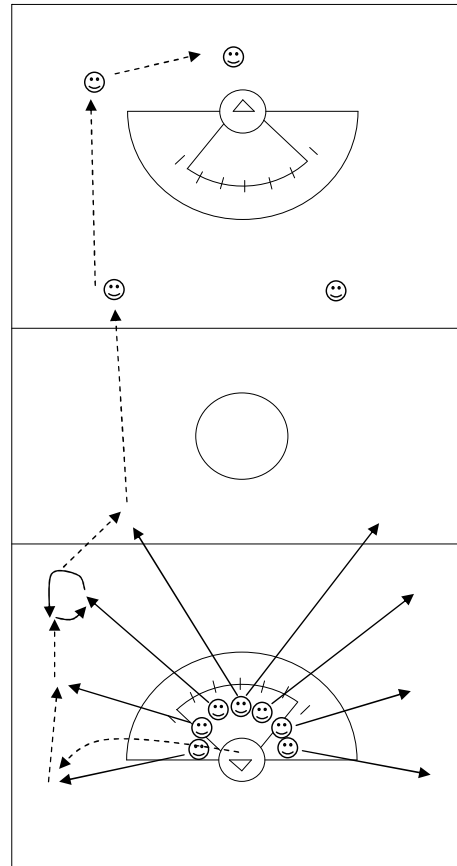
Low defenders stay in the pizza slice and defend the crease roll and the fornt of the net. They do not play the ball behind unless instructed by coach

High Defenders are the 'help' for both the low defender and wing middies and 1st responders to CRASH call

<b>Practice #</b>	<b>6 - Clears</b>
<b>Date</b>	
<b>Time</b>	
<b>Location</b>	

<b>Activity</b>	<b>Duration</b>	<b>Notes</b>
Bring it in	3	Roll Call, Clears and Rides (P21-22)
Warm Up	2	2 Laps w/ ball
Drill 1	20	Shuttle drill - passes L & R, GB's To, dodge
Drill 2	5	Footwork stations - shuffle & kareoke
Water Break	5	
Drill 3	10	Clear walk through, objective is to advance the ball up the field and get the ball to attack behind opponents goal or create fast break opportunity
Drill 4	15	Run the clear drill
Drill 5	15	Ride walk through, sticks up and in passing lanes, 2 attackers automatic double team on first pass, attackers ride all the way to opposing restraining line
Scrimmage	15	Full field 12 v 12
Bring it in		Transition from D to O will result in more possessions. Teams that can not clear the ball are in big trouble. Run it out when in doubt
Notes		

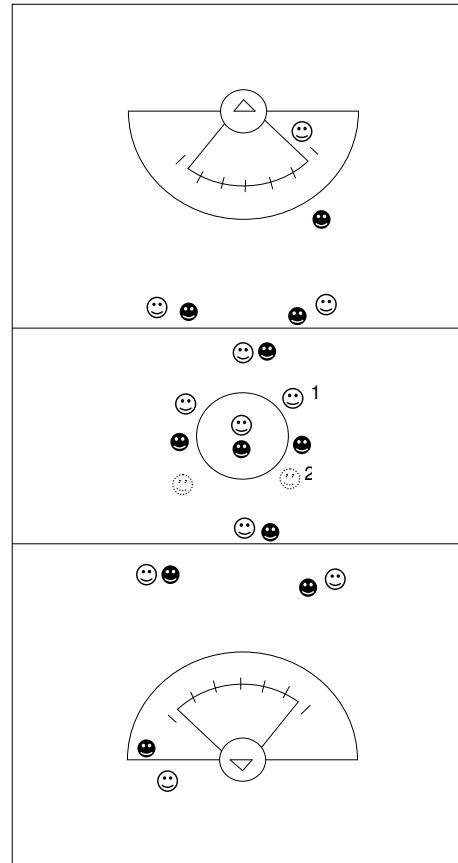
### Full Field Clear



Players flare out from in front of goal. Goalie reads the ride and makes pass out of goal. Players cut back toward the goal and **'show for the ball'**. Receive pass then cut up field looking for the next pass. Players in the mid field continue to run 'curl' patterns until ball comes up to them. Must time the curl for the passer

<b>Pracitice #</b>	<b>7 - Center Draws</b>
<b>Date</b>	
<b>Time</b>	
<b>Location</b>	

Activity	Duration	Notes
Bring it in	3	Roll Call, Center Draws (23)
Warm Up	2	2 Laps w/ ball
Drill 1	20	Shuttle drill - passes L & R, GB's To, dodge Alternative: Partner Passing quick sticks
Drill 2	5	Footwork stations - shuffle & kareoke
Water Break	5	
Drill 3	15	Center Draws: Center body position, hand position, block-out stance. Wing Middies need to support the draw - most likeley coming to one of them. Attack and D Wings are first options/line of defense
Drill 4	15	Walk through settled defense and confirm on ball defender and 2 off ball defenders are in correct positions. Move ball around perimeter and confirm on ball/off ball
Drill 5	15	Contested ground balls
Scrimmage	15	Full field 12 v 12
Bring it in		Center draws win possession for your team. Win the draws and dominate time of possession.
Notes		



Keep one Low Defender down for help

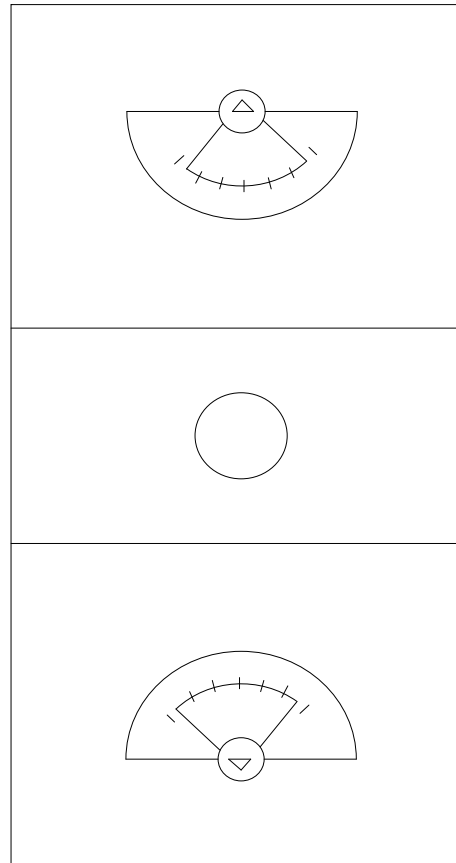
1. If our center draws 'back', position wing middies behind her.

2. If our center draws up or forward, position wing middies in front

Keep one Attack down low for fast break

<b>Pracitice #</b>	<b>8 - Goal Play</b>
<b>Date</b>	
<b>Time</b>	
<b>Location</b>	

Activity	Duration	Notes
Bring it in	3	Roll Call, Goal Play (P 24)
Warm Up	2	2 Laps w/ ball
Drill 1	20	Shuttle drill - passes L & R, GB's To, dodge      Alternative: Partner Passing quick sticks
Drill 2	5	Footwork stations - shuffle & kareoke
Water Break	5	
Drill 3	10	Goal Play
Drill 4	10	Deputizing
Drill 5	10	Goalie as quarterback of the defense
Scrimmage	15	Full field 12 v 12
Bring it in		Goalie play critical to defense and transition to offense
Notes		



Crease rules: 10 seconds for goalie with possession; no players or players sticks (youth) allowed in cylinder;

goalie can rake (cover) if not other player around; goalie can play ball with hand in crease

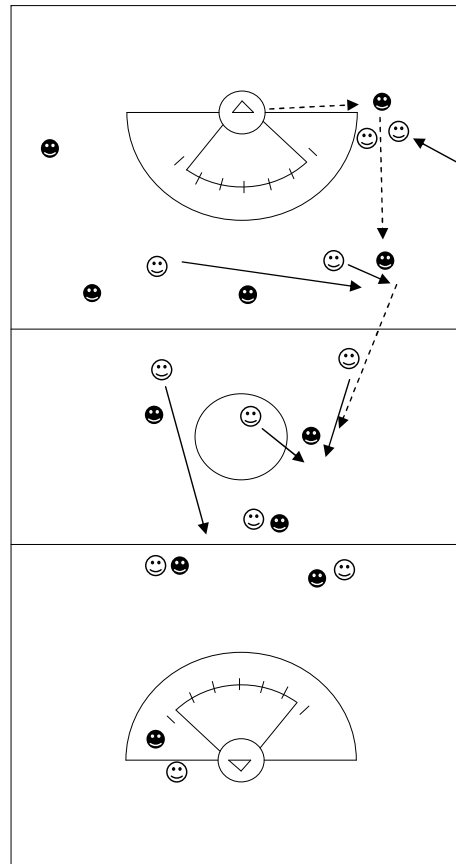
Walk through deputizing the ball; key point is goalie must leave ball in good position in back of goal; only 1 player allowed in the crease at one time; can not leave and re-enter crease with the ball;

Run clear drill and deputizing. When deputizing, still want to run our clear (don't want one player running the ball up the field)

Goalie QB: Calls out ball position, CRASH; Holds, Release, and unmarked players. Instructs defense when to double or overplay weak hand. Calls out mismatches and switches

<b>Practice #</b>	<b>9 - Rides</b>
<b>Date</b>	
<b>Time</b>	
<b>Location</b>	

<b>Activity</b>	<b>Duration</b>	<b>Notes</b>
Bring it in	3	Roll Call, Rides and mid field Defense (P22-26)
Warm Up	2	2 Laps w/ ball
Drill 1	20	Shuttle drill - passes L & R, GB's To, dodge      Alternative: Partner Passing quick sticks
Drill 2	5	Footwork stations - shuffle & kareoke
Water Break	5	
Drill 3	10	Ride Concepts covered in practice 5. Essentially start playing defense in the offensive ends but with more pressure and risks. Run a pressure ride through the midfield. Practice double teaming the first second and third passes
Drill 4	10	Walk through the ride. Run a clear/ride drill with one team trying to clear and the other riding.
Drill 5	10	
Scrimmage	15	Full field 12 v 12
Bring it in		We can get a lot of goals off a pressure ride. All riding players have one hand on sticks up and in passing lanes
Notes		



Turn-over in offensive end of field does not require 3 passes. Playes can immediately shoot

All riding players have one hand on sticks up and in passing lanes

Low Attackers double team the first pass  
High Attackers split the field and double team the second pass. Force ball carrier to turn back into double team

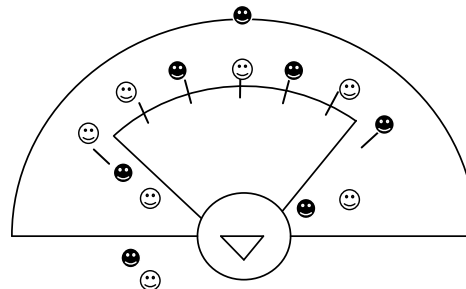
Middies split field and double team the third pass

Do Not allow one player to run the ball up the field.  
Trap that player with double or triple and force them to turn back

If the opponent clears the ball over restraining line, then settle into defense

<b>Pracitice #</b>	<b>10 - Rules &amp; Penalty Administration</b>
<b>Date</b>	
<b>Time</b>	
<b>Location</b>	

Activity	Duration	Notes
Bring it in	3	Roll Call, Rules Review and Free Position Shooting (27-36)
Warm Up	2	2 Laps w/ ball
Drill 1	20	Shuttle drill - passes L & R, GB's To, dodge Alternative: Partner Passing quick sticks
Drill 2	5	Footwork stations - shuffle & kareoke
Water Break	5	
Drill 3	10	Rules review: major fouls/minor fouls. Review new rules for 2010 and points of emphasis: cross-check, charging, and stick checks, uncontrolled sticks
Drill 4	10	Review penalty administration and penalites inside the 8M
Drill 5	10	Free Position shooting drill - both ends
Scrimmage	15	Full field 12 v 12, call infractions, practice free positions
Bring it in		We can get a lot of goals off a free position. DO NOT Stick check inside 8M. Hold good defenseeive stick position instead
Notes		



Penalty Administration: 4 meters behind fouled player. This creates a unsettled situation - take advantage on offense

Penalty Administration inside 8M: Free position shot on the 8M, fouling player on 12 M  
Positioning for free position: Clear the 8M as instructed by umpire. Players must move in-line with their poistion at whistle

Low defenders move to pizza slice if they had that position

Defenders sticks straight up and run in and attempt to block free position shots on the whistle

Shooter has stick cocked in ready position to shoot. Shooter takes 1 - 2 steps and shoots bounce shot. Follow through - bottom hand in hip pocket

Review slow whislte on scoring play

Review indirect free position on 12 M