

Session ###	Month/Day/Year – Program XXXX	Staff
Start Time – End Time  Location XXX	<b>Demographics</b> Attack - ## Midfield - ## Defense - ## Goalie - ##	John Doe - JD
5 Minutes	<b>Introductions</b> <ul style="list-style-type: none"> <li>- Use this time to “touch base” with players and to communicate with them the plan for the day</li> <li>- Give them an idea of what to expect and also ask them if they have any questions before you start</li> </ul>	Staff
10 minutes	<b>Active / Dynamic Stretch</b> <ul style="list-style-type: none"> <li>- Get all of the players “blood flowing” and get their legs warm – 3 to 4 players in a line</li> <li>- This time could be used for goalie warm-up if necessary</li> <li>- The coaches that <i>are not</i> leading the active stretch should either be participating in the stretch, warming up a goalie <i>or</i> setting up their drill</li> </ul>	
15 to 30 minutes	<b>Position Specific Skills or General Stickwork / Fundamentals</b>  <i>* Feel free to use “stations” as a tool to diversify this section of practice for your players *</i> <ul style="list-style-type: none"> <li>- Ground balls</li> <li>- Passing Drills</li> <li>- Attack shooting Drills (Dodging progressions)</li> <li>- Midfield Shooting Drills (on the run, time and room)</li> <li>- Goalie Training (<b>NOT</b> further warm-up / this should work on technique / knowledge development)</li> <li>- Defensive training (footwork, approaches, clearing)</li> <li>- Challenge yourself to use “special” equipment for these drills, i.e. a football for the goalies, a “hector rejector” for the shooting drills, weighted sticks for the defense, etc.</li> </ul>	Make sure that each coach is <i>fully</i> prepared for their respective drill, etc.
15 to 30 minutes	<b>Competitive Drills / Odd man or Even Man Drills that are enjoyable <i>and</i> still teach concepts</b> <ul style="list-style-type: none"> <li>- This section should be high rep / high intensity</li> <li>- If you have enough players you can do full field transition drills or fast breaks, etc.</li> <li>- Whatever the drill is, try to make it enjoyable for the players, i.e. they aren’t standing around <i>and</i></li> </ul>	

	<p>they are able to find <i>success</i> in the drill. It should be challenging but they should get something out of it</p>	
30 to 45 minutes	<p><b>Team Concepts</b></p> <ul style="list-style-type: none"> <li>- Riding / Clearing</li> <li>- Man Up / Man Down</li> <li>- Regular offense</li> <li>- Regular defense</li> <li>- Two minute drill</li> <li>- Subbing through the mid-line</li> <li>- Special situations</li> </ul> <p>Make sure that you are intentional about how you set up the situation. Things to think about: does the play end on a whistle? What should the defense do if they get the ball? What should happen if the goalie makes a save? Make sure you think through the scenarios that could happen. Also, be sure to include <i>all</i> players in your scenarios somehow. I like to make the players who aren't in the drill to stand by me, so that they can listen to me talk about the scenario and what is going well and what needs work. I'll ask them to point out these things as well.</p>	
5 Minutes	<p><b>Ball Hunt / Clean Up / Breakdown</b></p> <ul style="list-style-type: none"> <li>- Make sure that all balls are collected</li> <li>- Make sure nets are properly stored</li> <li>- Make sure you've collected all equipment, i.e. cones, etc.</li> <li>- Talk to the players in a huddle and ask them what they learned today</li> <li>- Tell them what you liked, tell them where you think they left room for improvement, etc.</li> <li>- Remind them of their next team meeting, game, etc.</li> <li>- Cheer it up!</li> </ul>	