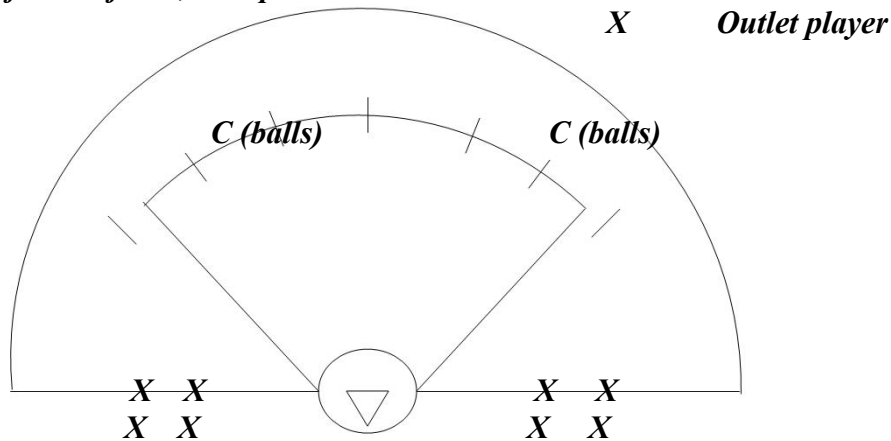


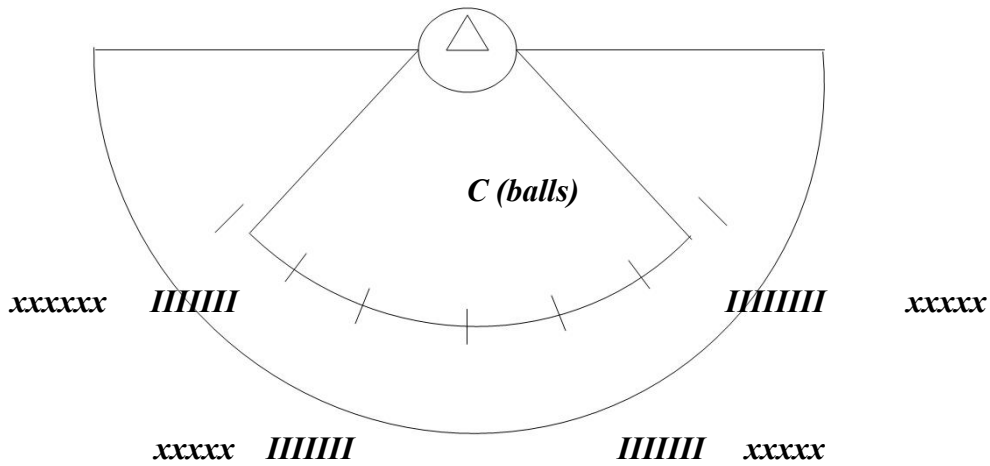
1. **“First Step” drill (working on first step quickness, boxing out, positioning)**
 - a. Using side line or a yard line. Players line up in pairs behind sideline.
 - b. Ex. 18 players; 6 lines; 3 sets of 3 players
 - c. Coach or player throws out ground ball, or ball in the air
 - d. Progression. 1. foot work with mountain climbers.
2. tennis balls with lunge forward. 3. Ground balls, 4. Balls in air 5. Pass to outlet

NOTES: *emphasize first step acceleration, teach body position, boxing out, switching hands to protect ball from defense, and quick release to outlet.*



2. **“Ladders 2v2 ” fitness, competitive ground balls, transition**
 - a. Place two ladders at 50 yard line and two ladders at the 30 y line.
 - b. 4 lines of players behind each ladder. Coach w/ balls in center.
 - c. On whistle, players race through ladders and compete for ground ball. Team with possession becomes attack, other team defends the 2v2. Require 1 pass to teammate before going to goal.

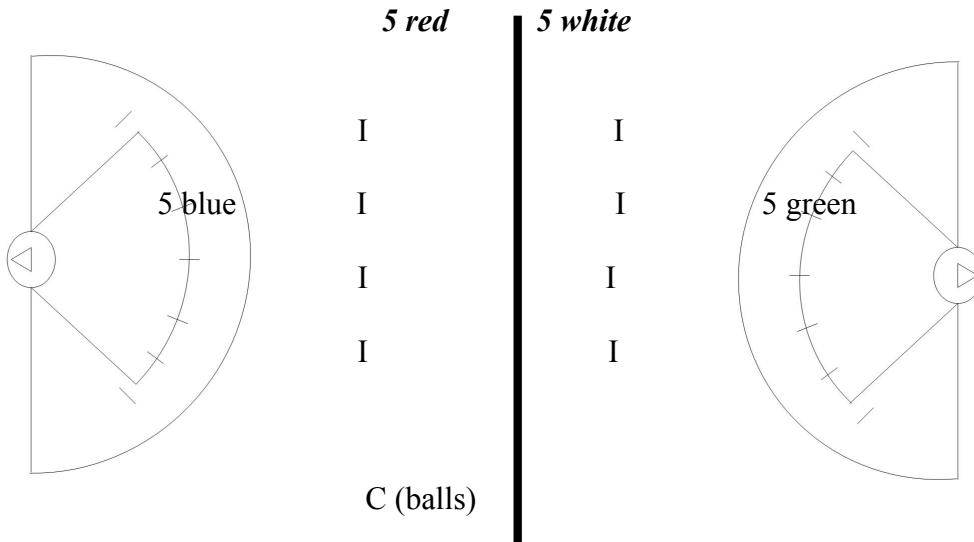
NOTES: *progress to 3v3 add ladders behind the cage.*



3. “5v5 v 5v5”

- a. Shortened field. 5- 6 teams of 5 in different colors. 5 players in front of each cage. other teams of 5 in center of field. Create a 30 yard grid in center of field.
- b. Coach throws out a ground ball. Two teams of 5 compete. Must complete 3 passes in grid then attack one side of the field. Repeat. Team that gets scored on comes out and heads back to center.

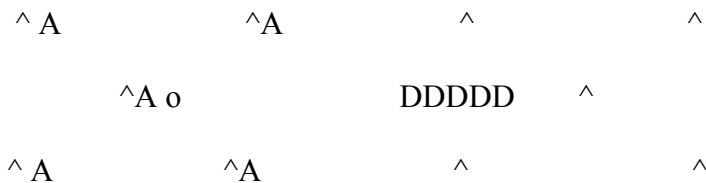
NOTES: emphasize spacing in possession. Competition, fast moving, fun!



4. “Pressure Box Drill”

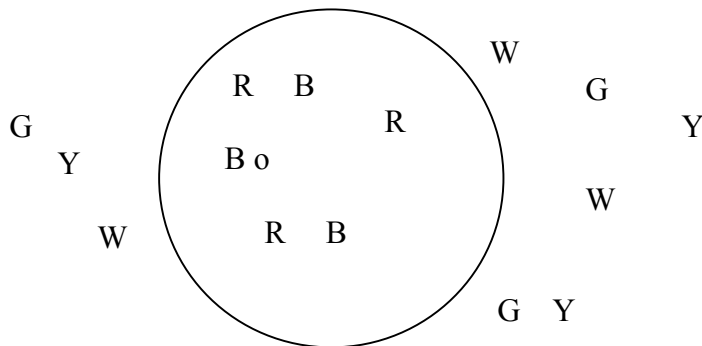
- a. Set up 4 cones in a 10 x 10 yard box, one cone in middle.
- b. Two teams of 5 (extras will sub in) one player on each cone.
- c. Progression: passing around the 5 cones, random passing patterns
- d. 1 set of 5 players on cones starts passing, other team of 5 waits alongside box
- e. as team1 (offense) starts on their “box” each time they make 3 passes a defender from team 2 is added. 5v1, 5v2...5v5 until there is a turnover. Then teams switch and team 2 plays offense.

Notes: emphasize communication on defense, quick passes by attack.

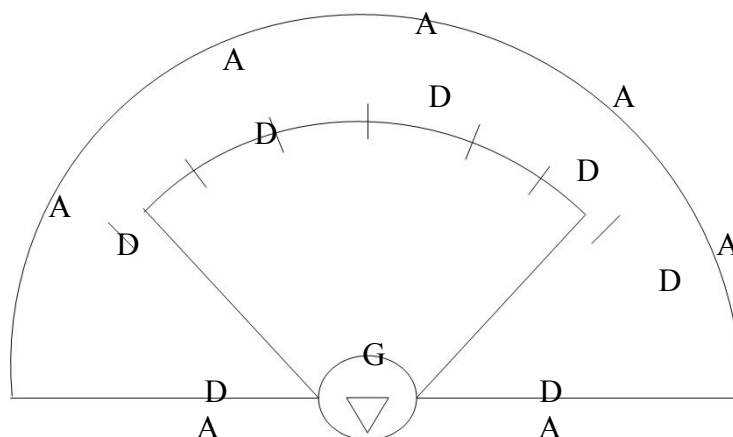


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5. **“Center Circle Knock Out”** competitive possession drill
- Teams of 3’s or 4’s in as many different colors as teams. The center circle is a hard boundary. Two teams start in the circle, 3-4 teams are spread out around the circle.
 - Starts with a draw and 2 teams in the center circle, team that wins possession plays keep away until the ball is turned over or lost out of bounds (the center circle)
 - On a turnover inside the circle, the team that loses the ball leaves the circle and next team comes in.
 - If ball goes out of the center circle, teams outside the circle fight for possession and enter the circle with the ball, the team that lost the ball goes out.



6. **“Double Teams drill”** teaching slides and double teams.
- 7 attack players pass around the perimeter, 7 defenders shadow and mark.
 - Goalie clears to each attack player in random order, defenders double the ball, and slide to fill open attacker. Teach defensive communication.
 - progress to live 7v7 settled play and stop to adjust slides.



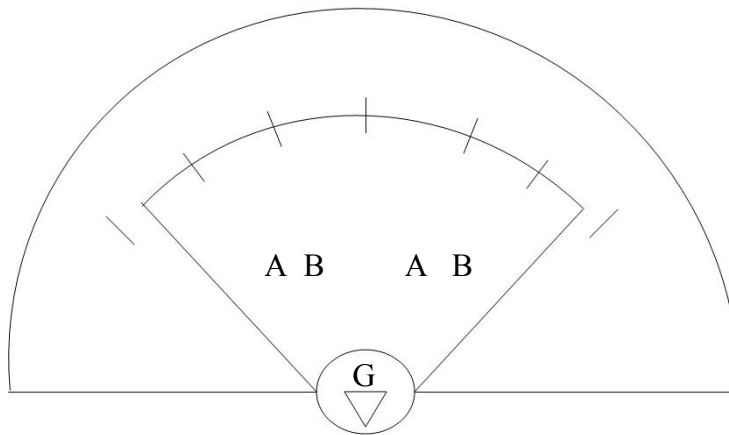
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7. "Add In Drill" teaching how to adjust to man up or man down.

- divide players into 2 equal teams. players from each team line up on restraining line on either side of the coach facing the cage where 2 players from each team will start the drill.
- start with 2 v 2 in the 8 meter competing for a ground ball for possession.
- coach calls out random "add in" numbers to add to the 2v2 as she tosses ground ball towards goal and 2v2 players.

Note: create uneven numbers and teach players to double if #'s up on defense, find open player if #'s up on attack. On a save or defensive turnover, defense must clear the ball beyond the restraining line, and attack must Re-defend and ride the clear.

AAAAAAAA C (balls)BBBBBBBB



8. "Skip Pass Attack" passing sequence for ball movement and timing cuts.

- 4 lines around cage; 2 behind, 2 inside the restraining line
- goalie clears to low line (1) on right side of cage as player cuts wide and away.
- skip pass to diagonal line (3), line (2) cuts to goal, line (3) passes to player cutting.
- repeat on left side, clearing to player in line (4), skip pass to (2), shooter from line (3)
- after 10 minutes of good reps, add a crease roll, shooting line now feeds the opposite crease roll. Line (1) rolls crease when clear is to line (4) left side of cage, and line (4) rolls crease when clear is to (1) or right side of cage.

