



## 2009 Drills

### General

#### Practice flow

- Warm-up
- Dynamic stretching
- Conditioning run – full field relay
- Core skills
- Focus skills
- Tricks/contests/shooting

#### Warm up

- Small partner passing
  - 5-10R, 5-10L (one handed then two handed), overhand, looping, creative
- Bounces, ground balls, etc.

#### All drills

- Play on! Next player always ready to pick up new ball and go. Missed girl goes to get ball and rejoin line
- BYOW – bring your water with you to stations; use it when you need it. Left it at the start? Sprint and go get it!

#### Rookie camp

- Catching
  - Quick toss; 2 hands up. Coach/partner just tosses to girl; she tosses back. Both hands. Small passes
  - Demo “giving” with ball w/out stick; 1 partner hand-tosses ball; other partner catches; rolls back. 5 each person R&L.
- Ground ball pick-up – Solo near wall for backboard; pick-up and to triple threat; R&L
- Cradling – in place, walking, jogging; R and L
- Throwing – motion w/out ball; like throwing baseball

### Practices

#### Warm-up/conditioning/cutting

- Huggie bear
  - Run to form groups of “n;” odd girl out to center.
  - Change direction, skipping, etc.
- Keep away
  - If out, on outside of circle; can pull pinnies off also
  - Keep away with just balls. But once catch it, must freeze. Team must cut to get open.
- Relays down field & around crease

- Flag-tag

### **Cradling**

- Initial demo including just running w/ crosse back; not cradling.
- Music playing; when stop, switch hands. If drop it, out. Last 1 wins
  - Or, back in by asking for pass, catching and giving back. Then pick up down ball.
- Mirror – L, R, Hi, Lo
- Relay races
- Obstacle course

### **Passing**

- 2 line egg toss. All together, throw over and back. Miss? You're out. Catch? Keep going. Last standing? Each gets 1 point. One line rotates by 1 to switch up partners. Keep track of own points. Most points wins.
- Circle passing
  - ½ w/ balls, ½ w/out. Cut & get pass, change sequence (L/R/receive & switch)
  - add 2 to eliminate balls that drop or intercepted

### **Passing/cutting**

- Classic shuttle
  - 2 lines opposite. 1 ball. Follow your pass.
  - 1 line; everyone w/ ball except first girl. X1 runs to cone; pivots; cuts back to ball; receives pass from X2; cradles to end. R&L
- 5-Star
  - Follow your pass
  - Competitive between 2 stars for push-ups/sit-ups
  - Variation: add 5 ladders. Through ladder; time pass.
- 7W
  - Box + Z (Westwood drill);
  - Move by 1 line
  - (for 7/8) Catch w/ outside hand
- Team of 3
  - End1 to Middle; Middle back to End1; End 2 to Middle; Middle to End 2. Ends must touch/explode off end line before receive pass. Middle to time throw.
  - Middle to End 1; Middle runs around End1; End 1 throws over shoulder pass to Middle. Repeat with other end. Switch positions.
  - Long = short/long
- Slide open
  - Box of 4 corner cones; X1, 2, 3 on cones. D in center. X can slide to open corner. Passes only along sides. D tries to intercept.
- Sandwich triangles: HR, HL, LR, LL (behind cage), Top cutter; move by 1
- Inside-out-chaos
  - 6 lines in a rectangle, across 2 diagonals & across center; move 1
- Full-field pass/cuts
  - Clear low D, outside D, inside M, inside A, outside A
- Combinations with multiple coaches (Babson)
  - Cut, get pass from Coach 1, cradle, throw to Coach 2, get ground-ball, cradle, shoot

### **Clear/transition**

- Full-field clear
  - Goalie clear low D, outside D, inside M, inside A, outside A, shoot
  - Competitive 2 lines
- Timed full-field shuttle
- Clear and shot back
  - LL, HR, HL, LR shot *or* re-feed to HL for shot

### **Feed**

- Box of Hell
  - 9 girls on arc; 5 with balls/4 without.
  - 1 A/D in center.
  - A gets feed from 1 of 5; Can use 4 without ball to help shake defender; shoot. 5 shots. Switch.
- Diagonal feed from behind cage to shot
- Post passing (gtd b8)
  - 4 cones, 1 post feed at each end, 2 A/D pairs
  - Work across rectangle
- Tandem cuts

### **Ground balls**

- 1 partner holds stick out; other must pick-up ground balls under stick
- Hunt & gather
  - 2 teams with all the balls in the center
  - Run out, pick-up 1 ground ball, back to base. Go out again.
- Classic shuttle: ground balls to
  - 2 sides with equal players
- Ground balls away
  - 1 line; everyone w/ ball except first girl. X1 runs, gets ground ball away from X2. Picks-up, controls, pivots, cradles back to line. R&L
- Team of 3 with ground balls
  - Middle to End 1; Middle runs around End1; End 1 rolls ball away; Middle picks up. Repeat with other end. Switch positions.
- 1v1 competitive back to line
- 1v2 competitive
  - Coach feeds from top of 12M to groups of 3 on either side of arc. Winner = 1v2 w/ double team
  - D1 on left of cage; D2 on right of cage. A @ top of fan. Coach roll into center. If A gets it, D double teams; if D gets it, make 1 pass out.

### **Dodging**

- On center circle, split group in 2. ½ walks clockwise and dodges each girl; ½ walk counterclockwise and do cool D
- During classic shuttle, passer becomes defense. Receiver must dodge around. Cool → Hot D.
- Back-to-back; go on whistle. A must dodge D

## Shooting

- Lock & load
  - Girl on knee; stick back. Partner loads ball. As soon as feel it, shoot. Take 2-4 shots.
- Long rope around waist and cage pipes to show shooting angles as move around fan
- Feed, turn, shoot
- Diagonal catch & shoot
- 8M shots
- “Tennessee” (from Babson)
  - 2 lines at top of arc – L and R
  - Line L throws to Line R. R goes to goal and shoots. Feeder goes to back of Line R
  - Next in Line R throws to Line L. L goes to goal and shoots. Follow pass.
  - Left line = left hand; right line = right hand

## Defense

- General defense
  - (watch girl and ball) Monkey-in-the-middle: 2v1 w/out sticks; just balls – 5 tosses
  - (sticks up) All girls face 1 leader; mirror leader with stick and body motion.
- Set defense
  - Body position 1v1 w/out sticks
    - across cone box or basketball key
    - D hand on A back – in gym, in paint
- Riding Defense (no cross body)
  - Pair on end line. Attack cradling; defense on stick side. Just run hip-to-hip in good defensive positioning. Other end, switch cradle hands; run back
- Shooting space
  - X1 @ restraining line; X2/D on top of fan off to side. D must pick-up X1 on diagonal with stick up. X1 tries to shoot.

## Double team

- Ground ball or pass
  - Coach feeds from top of 12M to groups of 3 on either side of arc. Winner = 1v2 w/ double team
- Ground ball
  - D1 on left of cage; D2 on right of cage. A @ top of fan. Coach roll into center. If A gets it, D double teams; if D gets it, make 1 pass out.

## Settled offense

- Hot spots, balance the boat

## Advantage drills

- 3v2
  - 2 pair of A/D; 1 coach. Coach can catch/pass but not shoot. 3 passes. If turnover, done. D becomes A; A off. New D pair. Alternate pinnies on pairs @ sideline.

## Scrimmage drills

- Steal the bacon
  - 3 on cones next to each other near restraining line. Roll it out. Team who picks up is A; 3 passes before shot. If turnover, pass count resets. Play-on.
- Secret shooter – only 1 can score
- 5v5 -> 8v8 in ½ field
  - 3 passes to shoot. Turnover is change of possession.
  - Cannot take more than 5 steps before passing
  - If defense in arc w/out girl (3 second violation), in quicksand. Run around crease (or 5 push-ups) before returning.
- Babson numbers game
  - “n” players on each side. Each time, send out 1->n girls. Can only send each # of girls once. Will end up mis-matched. Go to goal. If >2 girls, must have a pass (or 2).