

What should be emphasized during the training/drills.

- correct grip
- shorter steps
- ball control
- keep the stick on the ball and ground
- keep the hands close to the legs
- keep the ball close to the feet
- look up with dribbling/passing
- watch the ball to the stick when receiving

IMPORTANT: CHECK FOR THE CORRECT GRIP BEFORE AND DURING ALL DRILLS

1. Use drills which use cones to define movements on the fields to learn specific skills:

- zigzag defense drill: learn how to tackle
 - cones 6 a side
 - 6 meters apart on the side
 - the sides are offset by 3 meters
 - /\/\/\/\
 - easy skill drill
 - players hold the stick with the strong left hand grip used for dribbling/stopping
 - have the players hold the stick out in front with the left hand flat
 - players runs wth the stick the stick to the left of their left leg
 - stick is 18 inches off of the ground for beginners
 - stick is 6 inches off of the ground for experienced players
 - expand the distance between the cones and the number of cones/repetitions as the players get stronger
 - advanced (both with left hand)
 - players run left with the stick on the left side with the strong forehand grip
 - players run right with the stick on the right side with the strong reverse grip
- grid dribbling drill: learn how to move the ball in all directions
 - a grid of cones is setup
 - cones are arranged in a grid 3-4 meters apart
 - one player coach calls out the direction to dribble
 - stick is always on the ground and ball
- diagonal dribbling drill (standard drill for learning-learn how to do attacking dribbling)
 - arrange cones diagonally in two columns
 - 3-6 meters apart
 - /\/\/\/\
 - variations
 - dribble with Indian dribble and no Indian dribble (no dribbling over the ball)
 - dribble by spinning around the cones
- running the thread through the grid dribbling drill (standard drill for learning-learn how to do attacking dribbling)
 - arrange cones parallel in two columns

-3-6 meters apart

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-variations

--dribble with Indian dribble and no Indian dribble (no dribbling over the ball)

--dribble by spinning around the cones

-rectangular grid (two columns of cones) passing (we did this drill a few times:

-cones in triangle passing dribbling drills

Note: we need figures from a computer with the layouts for the parents/kids to setup

One senior player must show them how to do the drills and how to hold the stick, ...

-it won't hurt the more experienced players and they will learn to appreciate how difficult coaching is

-the more experienced players will reinforce the skills in their heads when they have to teach the skills

2. Running with the ball drills with a one senior player who demonstrates

-run and dribble with one and two hands

--Indian dribble

--front stick

--reverse stick

--drag in curve left and pull straight right

-left hand only

--3 different ways to run with the ball (need to use 3 different grips)

--left

--right

--poke check

3. Standing and passing 1-5-10 meters apart

-front sticks

-reverse sticks

-vertical facing

4. both sticks on the ball at the same time

-front sticks

-reverse sticks

5. Running and passing (change the drill every two minutes)

-run 25 meters for the new/little kids and give feedback

-run 50 meters for the experienced players

The kids should learn how to run and pass the ball

-passing the ball with front and reverse sticks and off of both feet

-running slow/fast

-running 2/5/10 meters apart

-wall passing/first time passing (no stopping the ball)!!!!!!

-2 players in different positional relationships to one another

--parallel

--diagonal left/right

--one player runs backwards (passes ball back or stops ball on the spot)

--interchanges

-3 players

--all facing in the same direction

---no rotation/switching position

---rotation/switching position

5. Pushing/hitting the ball at the new goal/goalie

-the new kids can push/hit the ball at the new goalie for 15 minutes

-both the goalie and the kids can benefit as they go through the learning curve together

6. Running the ball into the circle and shooting

-3 person loop (one person runs diagonally right/left and shoots at the top of the circle and loops back to the end of the line)

-3 person loop with passer

-4-6 person loop (pass ball and shoot from left or right)

-baseline run and 90 degree pass back (shooter must start at the pflick spot and move right to receive and then shoot)

-5-6 person right/left side build up (the team needs to learn to attack down the left side)

-player stands 10 meters from the goal directly behind the pflick spot

--receives the ball from diagonally left and pulls back and shoots

-player runs from the top of the circle and pushes the ball from 5-7 meters out

-player runs in and shoots from 10 meters out just right of the right post

-there is more

--need to send diagrams

7. Goalie training

-kicking the ball at the other goalie who clears the ball

-hitting the ball at one goalie who kicks it at the other goalie or tried to score a goal

-2 people alternating hitting the ball at the goalie from the left and right of the goal at the top of the D

-shot, rebound, second shot from close range off of rebound

-hard hits from outside the D from the baseline

--goalie is on the outside of the post and clears straight back along the baseline

-throw bouncing balls (1-3 meters high) at the goalie from 10 meters away

-throw balls at the goalies hands from the pflick spot

8. Short corner practice

-practice the injection and the drag flick separately

--injection

---put a pile of balls to the right of the injector

---another player/coach/parent takes a ball and places it on the ground on the injection spot

---the injector drags/pushes the ball to the stick stopped who stops the ball and places it in a pile behind them, REPEAT!

-drag flicking practice

--2-3 three drag flickers or hitters loop through the position at the top of the circle

-another player/coach places a ball on the spot where the stopped will put the ball

-the shooter shoots at goal and loops left to the back of the line

-practice with the injector, stopper and the shooters

-practice with the injector, stopper and the shooters and a defensive unit

- practice defensive short corners with the defensive unit in goal and the offensive unit at the top of the circle (not shot or drag click injection/drag flick). the purpose is to practice handling rebounds

- practice handling rebounds and clearing the ball/protecting the goalie

- place a pile of balls at the top of the D

- hit or throw the ball at the goalies pads.

- the goalie lets the ball rebound back in front of the goal

- the defensive unit clears the ball to the sides or to the men running baack from the 50 yard line

- put players on the 50 yard line and simulate game situations in short coners

- need computer diagrams of the short corner plays

9. Defensive training with 2 lines 1 meter apart at the right or the middle or left on the 25 yard line

- zigzag (see above)

- shoulder to shoulder

- one player has the ball and the other is the defender

- players start at the 25 yard line and run straight ahead into the D

- defender can't tackle until the ball reaches the circle

- the ball carrier attempts to get a foot

- 1 vs 1 ball carrier attempts to lift/push/drag the ball onto the players foot

- 1 vs 1 one player dribbles the ball side to side and the other poke checks the ball when the player rotates their stick over the ball or with a reverse stick poke with the stick rotated 45 degrees facing up when the ball is dragged left to right (I have to show you this one)

- Carsten Fischer backwards diagonal running

- no ball carrier

- with a ball carrier

- no tackle

- David Bell quadrants

- Mark Knowles.Mathew Wells baseline flat stick tackle

- left/right sidelines channeling to a seond player who makes a tackle (very advanced)

- pressure box training

- one player in a box (size depends on players abilities 5-10 meters on a side)

- two lines of players

- one player from one line runs the ball down the left side of the box.

- the defender makes the tackle

- immediately after making the tackle the player int he other line runs down the other side of the box with the ball

- the defenders should last 30-60 seconds and should make 6-12 tackles

- defending the baseline run on the left and right baselines

Different grips and footwork for the different types of tackles.

- make a box 3 meters from the baseline
- the ball is run into the box
- stationary position in the box
- run from behind the box into the box
- a line of players 7 yards back of the box on the baseline runs into the box and the defender tackles
- the players should use drag and 3D dribbles
- this drill can be repeated at the 45 degree angles at the top of the D and directly at the top of the D

-Bruce Lee/Muhammad Ali/Roger Federer foot work training

- run backwards in both directions with both feet while putting the stick down on the ground each time you change direction
- use fakes/feints

Fencing training

- assume a fencing position
- back foot 90 degrees to the line of travel
- forward foot parallel to the line of travel
- move backwards and forward with both hands on the stick, on the balls of the feet, head between the feet, drop the hands down along the legs and not out to push the stick away from the body

Star training

make a box 5 meters on each side and put a cone in the middle

- the defender goes in the middle of the box
- four dribblers are on the outside cones
- the attacker has to run to an outside cone and poke check a dribbler and then retreat to the center and then repeat
- this drill should only be done by experienced, serious players otherwise it is a complete waste of time

10. Hitting

Correct grip

- palms face each other 90 degrees to the ground

Correct timing

- swing the arms and turn the shoulders and then step to hit the ball

Correct backswing

- pivot off of the left little finger
- keep the hands near the right knee
- cock the wrist to greater than 90 degrees
- the toe is 90 degrees to the ground when the stick is horizontal

Downswing

- turn the hips not the shoulders
- shoulders are parallel to the hitting line at impact

Follow through

- point the arms and stick at the target
- the toe is 90 degrees to the ground when the stick is horizontal
- do not cup the wrists/arms

11. hitting into the circle while running with the ball

- hit from the right/left sides
- hit from the baseline/20/16/25 yards from the baseline
- players deflect the ball into the goal with small volleys (no big swings) or sticks flat on the ground
- with and without defenders