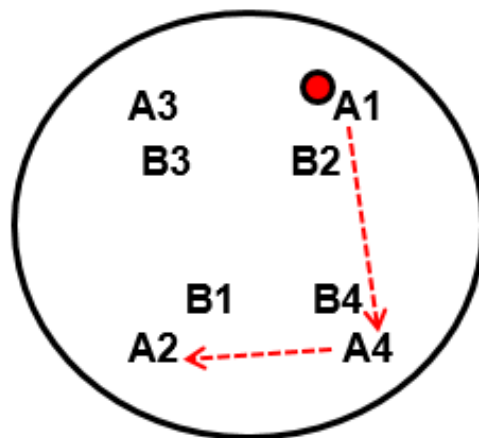


Drill Name: CENTRE CIRCLE CHAOS

Stage of Activity	Train to Train, Train to Compete
Skills	Ball Handling, Passing, Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	12+
How It Works	<ul style="list-style-type: none"> • Three teams of 4 players • Two teams will be playing 4v4 inside the centre draw circle at one time. • One team starts with the ball. The team that has possession must pass it as many times to their teammates without losing possession. • If the ball is dropped or intercepted, the offending team is out and the new team enters. • First team to five successful passes wins. <p><u>Purpose</u> – Quick accurate passing in a small space</p>
Modifications	<ul style="list-style-type: none"> • Could create uneven teams to mimic man up/man down scenarios 5v4, 6v5. • All players must successfully pass AND catch the ball. • Use dominant and non-dominant hands.



C1 C2 C3 C4