

Drill Name: FIRE DRILL

Stage of Activity	Train to Train, Train to Compete
Skills	Offense – Passing, Catching, Stick Work Defense – Communication, Breaking Down, Anticipation, Off Ball Def
Equipment	One Ball, One Stick per Player, 4 Pylons per group
Time	10 Minutes
Number of People	5
How It Works	<ul style="list-style-type: none"> • Set-up pylons in a square shape. • This is a game of ‘Keep Away’ • Three offensive players (A) start on a cone and have the two defensive players (B) start in the middle of the box, side by side. • The Coach passes a ball to one of the offensive players. • The Defensive player closest to the ball, goes towards the ball carrier calling out “I’ve got ball”. • The remaining defender calls out “I’ve got two” • The defender approaching the ball carrier should approach as BIG as they can to limit the vision of the ball carrier. • Once this defender gets within a stick length of the ball carrier, they should start to break down the steps and get into a good athletic position (hips low) and make contact with the ball carriers elbows, forcing the ball carrier to use weak hand. • Once the ball is passed, the second D player, attacks the new ball carrier and calls out “I’ve got ball” and the first defender who was checking the original ball carrier, gets back into the middle of the box and calls “I’ve got two”. • Defenders are looking for knockdowns or takeaways and forcing the offensive players to make poor decisions and poor passes. • Offensive players without the ball can move to an open cone, looking for the pass. Offense can not run or pass diagonally to a cone. • Offensive players must always be ready to move to an open cone as the ball carrier needs two passing options. Offensive players are looking to move the ball quickly, protect the stick with body and ensure the hands are free to make a good quality pass.
Modifications	<ul style="list-style-type: none"> • Adjust the size of the box/square. • Bigger box – Defensive players get lots of cardio and have to really communicate to get any knockdowns or takeaways. • Smaller box – Offensive players have less time to move the ball and react as the D players are able to get on the ball faster and are able to cover the other two easier.

