

Drill Name: TURN AROUND

Stage of Activity	Train to Train, Train to Compete
Skills	Ball Handling, Fast Break
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	3+
How It Works	<ul style="list-style-type: none"> • Three lines of players, all parallel to the side-line. • Coach whistles and Player A1 attempts to run down the field with the ball. • At the same time, Player B1 attempts to ride the ball carrier towards the sideline. • Player C1 chases the ball carrier and is ready to stick check them when they (player A1) turn around or cuts sharply <p>Purpose - Forcing turnover as early as possible and before the ball carrier can hit full stride.</p>
Modifications	<ul style="list-style-type: none"> • Add a player to call for the pass and be an option to the ball carrier, but also adding an opponent to cover her.

