



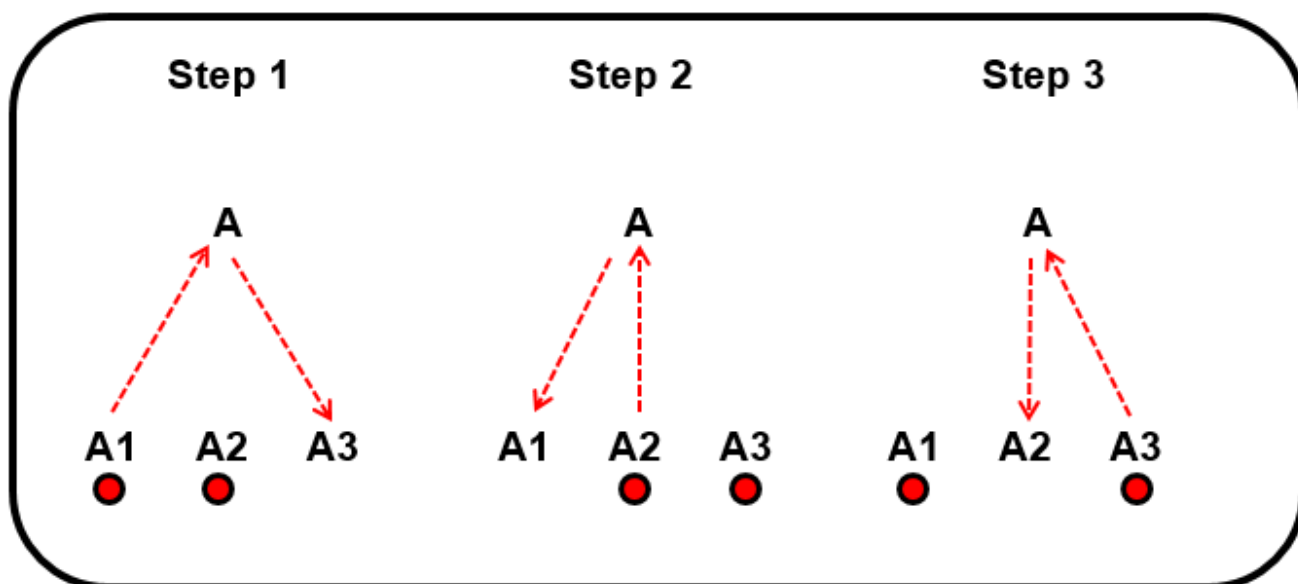
APPENDIX H:

DRILLS AND SKILLS OVER 12 YEARS

APPENDIX H: DRILLS AND SKILLS – OVER 12 YEARS

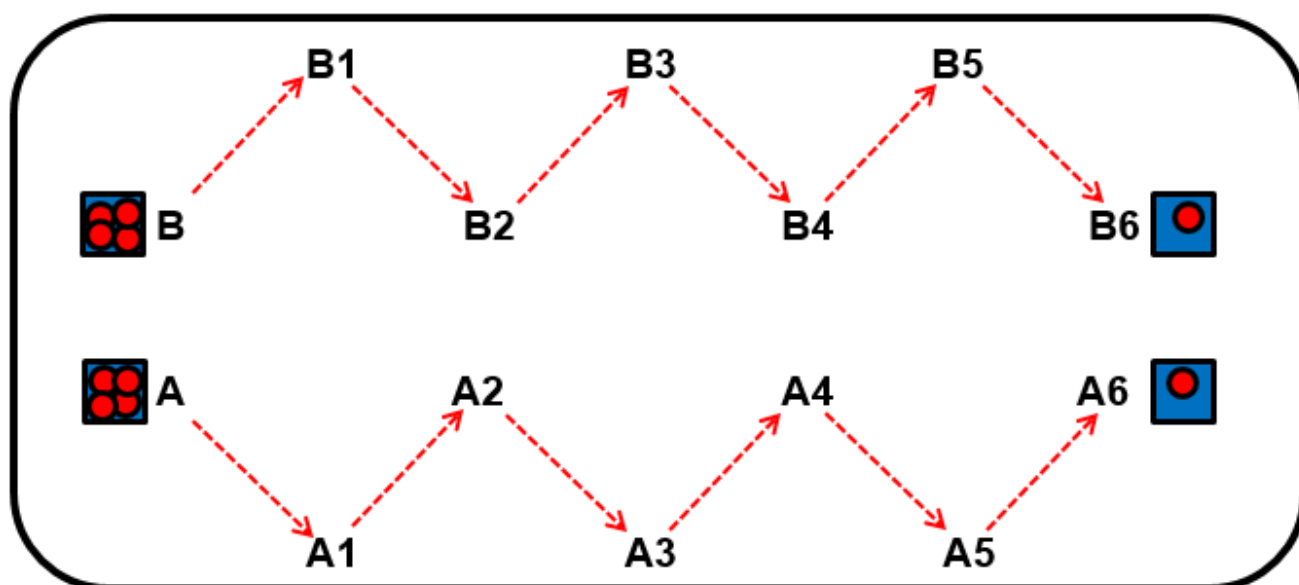
Drill Name: QUICK RELEASE PASS AND CATCH

Stage of Activity	FUNDamentals
Skills	Passing and Catching
Equipment	Two Ball per group, One Stick per Player
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into groups of four, 2 balls per group. • Line three players on one line and one player (A4) in front of them on another line (at least 10 feet away). • Player A1 and A2 start with the balls. • Player A1 passes to A4, A4 then passes to A3. • Player A2 passes to A4, A4 then passes to A1. • Player A3 passes to A4, A4 then passes to A2. • Repeat <p style="text-align: center;">Rules</p> <ul style="list-style-type: none"> • No using hands. • All athletes are at least 2m away from each other.
Modifications	<ul style="list-style-type: none"> • Time the groups. <p>Challenge - number of completed passes and quickest time (3-5 times through).</p>



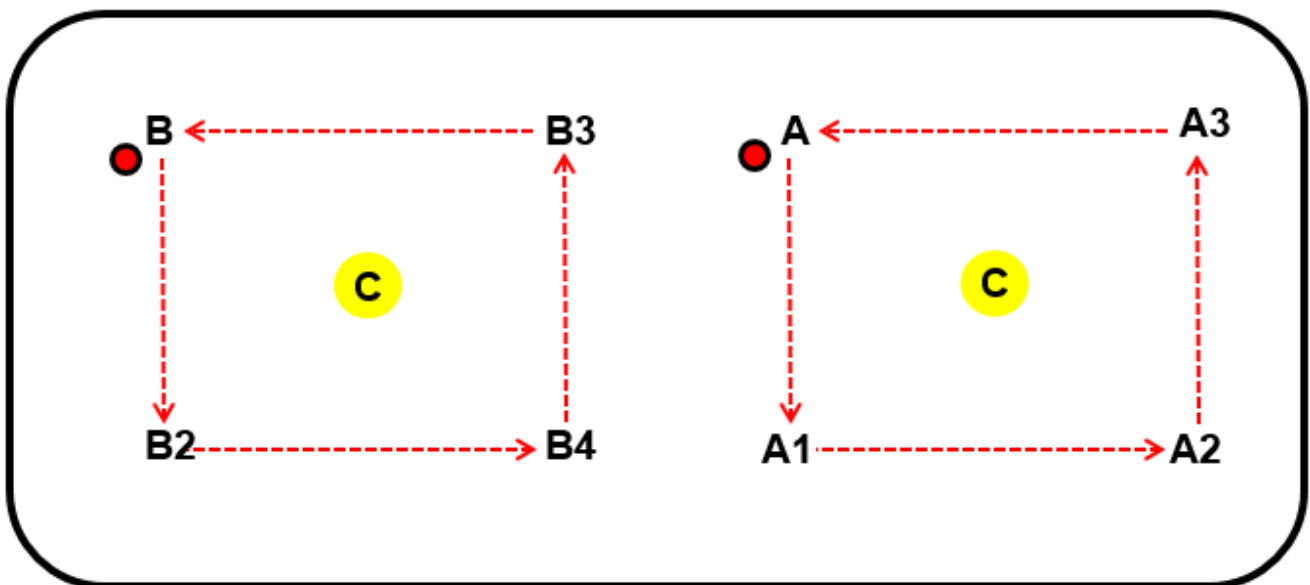
Drill Name: QUICK STICK

Stage of Activity	FUNDamentals
Skills	Passing and Catching
Equipment	Balls, One Stick per Player, Two Buckets per group
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into 2 to 3 groups. • Using the length of the floor/field, line the groups up in a zig zag fashion (standing in one spot). • First player scoops up a ball and passes to the next person in line. • Players pass down the zig zag line. • Last player catches the ball and places it into the bucket. • The most in the bucket wins. <p>Rules</p> <ul style="list-style-type: none"> • No using hands. • Any loose/dropped balls are counted as out. • All athletes are at least 2m away from each other.
Modifications	<ul style="list-style-type: none"> • Time the groups. • When the first bucket is empty, reverse the drill. • Vary the distance of the players depending on the age and skill level. <p>Challenge - most balls in the bucket and quickest time.</p>



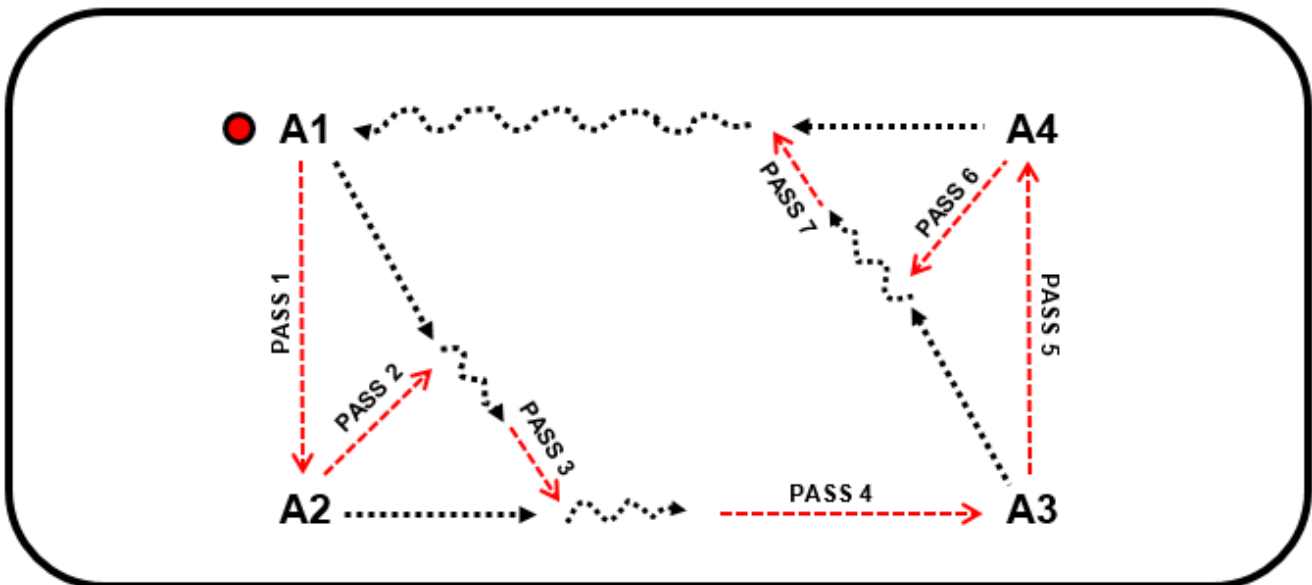
Drill Name: FOUR CORNER PASSING

Stage of Activity	FUNDamentals
Skills	Passing and Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into groups of 4. • Players form a rectangle. • One ball per group. • Players pass ball around the rectangle. • Ball should travel in both directions.
Modifications	<ul style="list-style-type: none"> • Time the groups on number of times around the rectangle. • Have players pass the ball to anyone in the drill WITHOUT looking at the player being passed to. • Vary the distance of the players depending on the age and skill level. <p>Challenge - number of completed passes and quickest around a select number of times.</p>



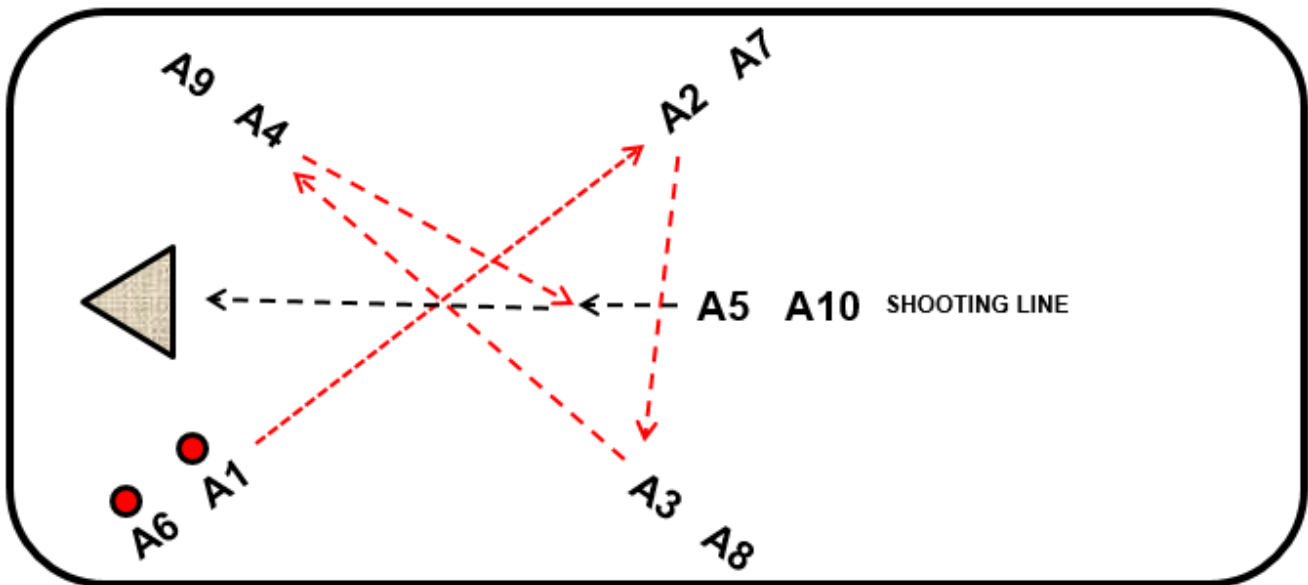
Drill Name: ADVANCED FOUR CORNER PASSING

Stage of Activity	Train to Train, Train to Compete
Skills	Passing, Catching and Cradling
Equipment	1 Ball, One Stick per Player
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into groups of 4. • Players form a rectangle. • One ball per group. • Player A1 passes to player A2, breaks and receives a return pass • Player A2 breaks after the return pass to player A1 and in return receives a return pass from player A1 (Player A1 now takes A2's previous corner). • Player A2 passes to player A3 and takes A3's previous corner. • Player A3 passes to player A4, breaks and receives a return pass • Player A4 breaks and receives a return pass from player A3. • Player A4 continues on to player A1's previous corner and player A3 moves into player A4's previous corner.
Modifications	<ul style="list-style-type: none"> • Time the groups on number of times around the rectangle. • Reverse direction. • Vary the distance of the players depending on the age and skill level. <p>Challenge - number of completed passes and quickest around a select number of times.</p>



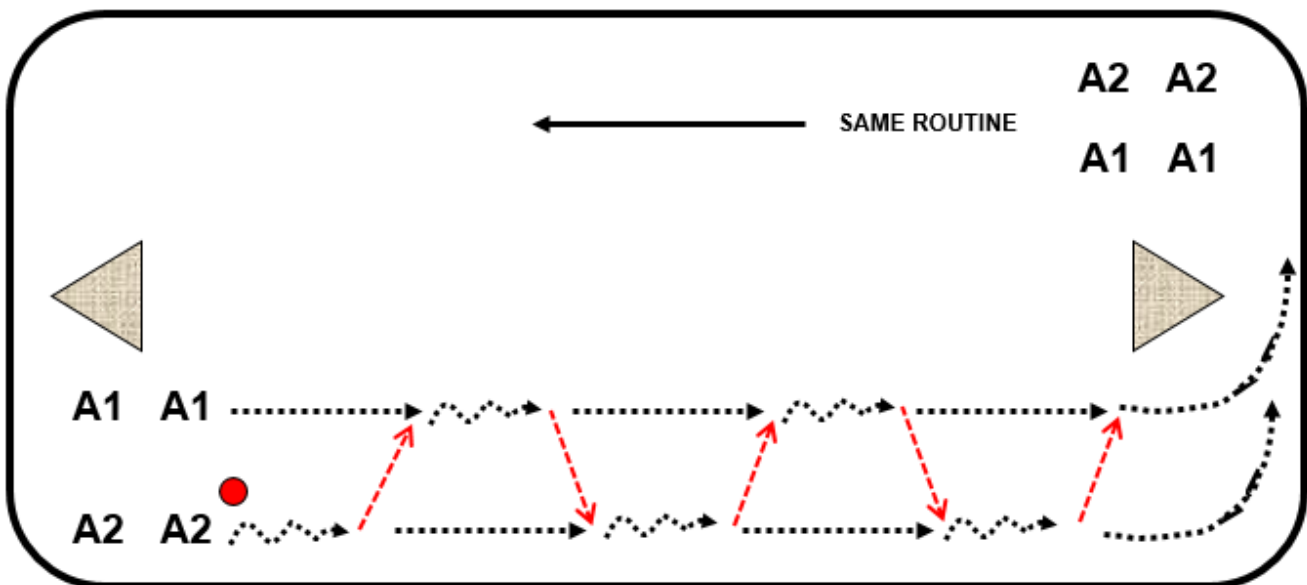
Drill Name: STAR DRILL

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Shooting
Equipment	Balls, One Stick per Player, Goal, Target
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Players stand in 1 of 5 post positions. • Player A1 passes to player A2 and then follows the pass. • Player A2 passes to player A3 and then follows the pass. • Player A3 passes to player A4 and then follows the pass. • Player A4 passes to player A5 and then follows the pass. • Player A5 receives the pass and breaks towards the goal for a shot. After the shot Player A5 moves into Player A1's original position. • Player A6 starts the passing again.
Modifications	<ul style="list-style-type: none"> • Add a goal and/or target. <p>Challenge - number of completed passes and quickest around so everyone shoots (group A, group B).</p>



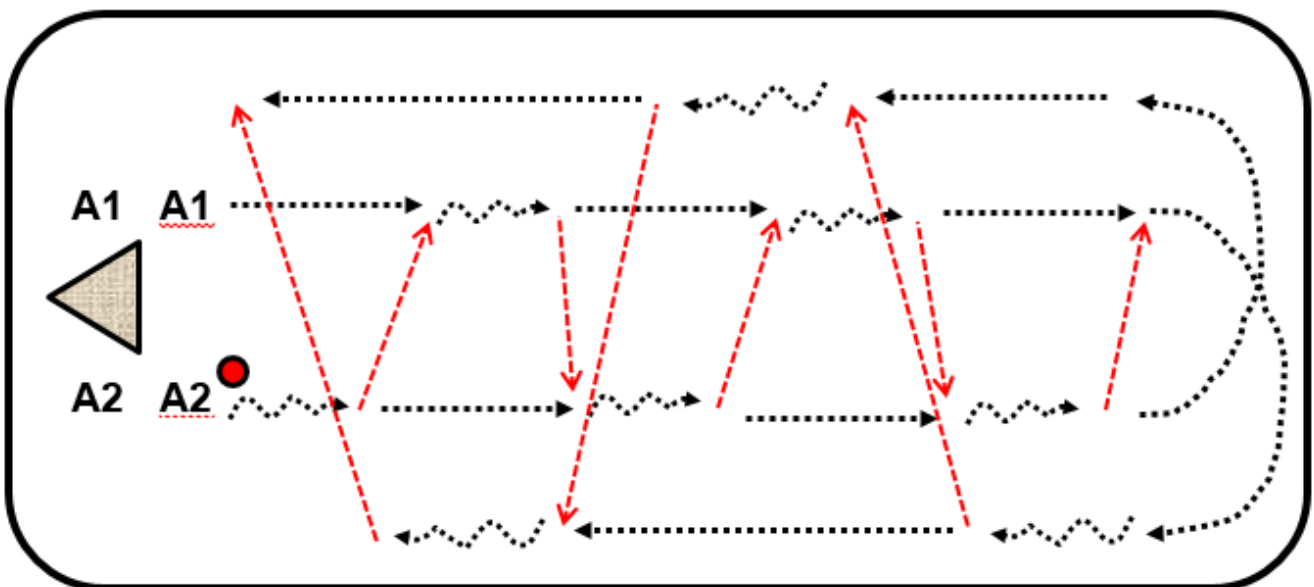
Drill Name: MOVING PAIRS

Stage of Activity	Learning to Train, Train to Train
Skills	Passing and Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Players divide into Righties (A1) and Lefties (A2). • Have the righties and lefties line up beside each other at one end (both ends can be used in this drill). • One ball per pair (Righties (A1) and Lefties (A2)). • Players run up the floor/field passing back and forth. • After one length of the floor/field, lineup with the next group to come back.
Modifications	<ul style="list-style-type: none"> • Have the Players run at game speed, sprinting down the floor/field. <p>Challenge - number of completed passes and quickest time down the floor and/or back.</p>



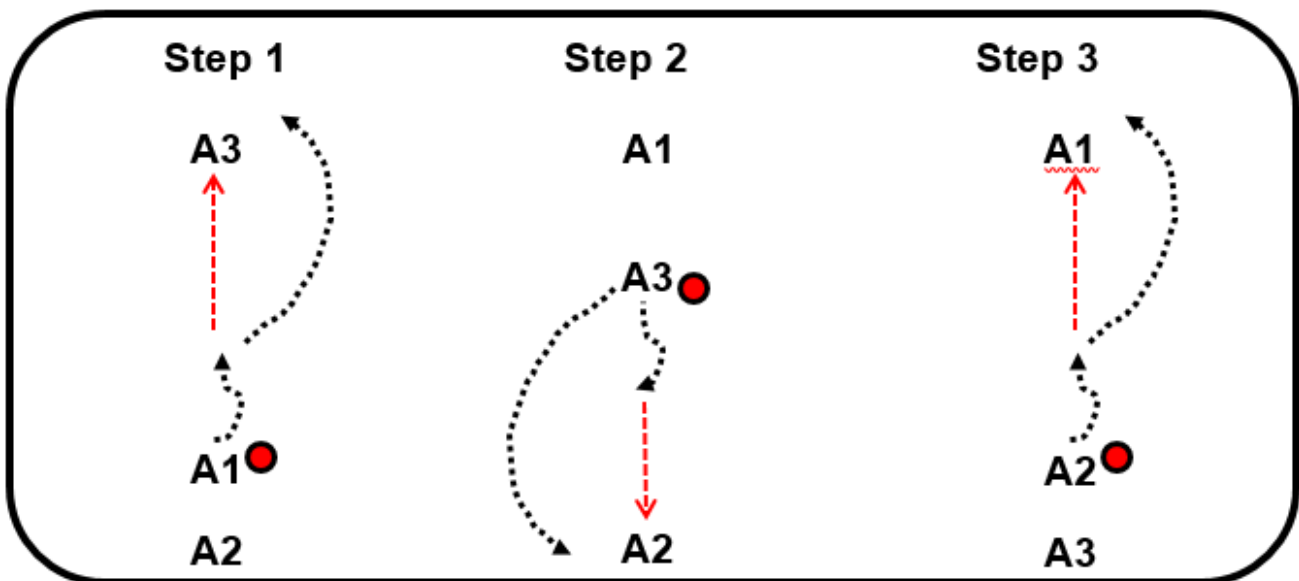
Drill Name: **ADVANCED MOVING PAIRS**

Stage of Activity	Train to Train, Train to Complete
Skills	Passing and Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Players divide into Righties (A1) and Lefties (A2). • Have the righties and lefties line up beside each other at one end (both ends can be used in this drill). • One ball per pair (Righties (A1) and Lefties (A2)). • Players run up the floor/field passing back and forth. • When the players arrive at the end of the floor/field, they cross over and continue passing back and forth out wide along the boards. • Crossover ensures players are on the correct side of the box.
Modifications	<ul style="list-style-type: none"> • Have the Players run at game speed, sprinting down the floor/field. <p><u>Challenge</u> - number of completed passes and quickest time.</p>



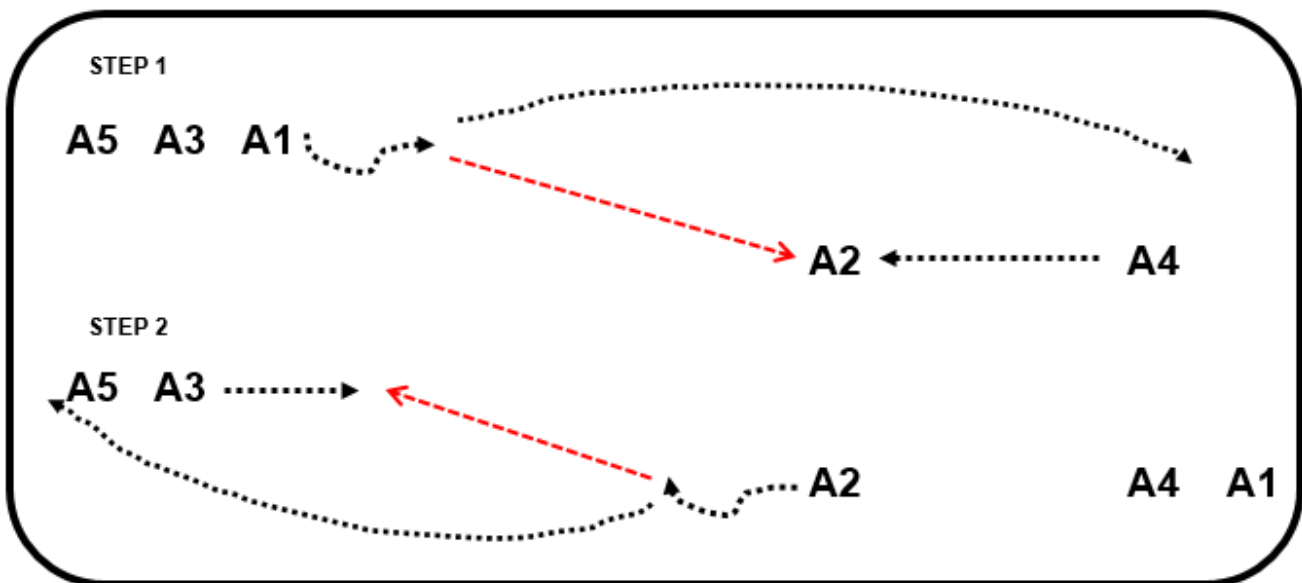
Drill Name: THREE PLAYER SHUTTLE PASSING

Stage of Activity	Learning to Train, Train to Train
Skills	Passing and Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Players divide into groups of three. • One ball per group. • Player A1 runs forward a few steps and passes to A3. • Player A1 then sprints to the far boards. • Player A3 receives the pass on the run and passes to player A2. • Player A3 then sprints to the far boards. • Player A2 receives the pass on the run and passes to player A1. • Player A2 then sprints to the far boards. • Repeat for a designated time.
Modifications	<ul style="list-style-type: none"> • Add more players in the lineup for the younger groups. <p>Challenge - number of completed passes during a chosen time limit.</p>



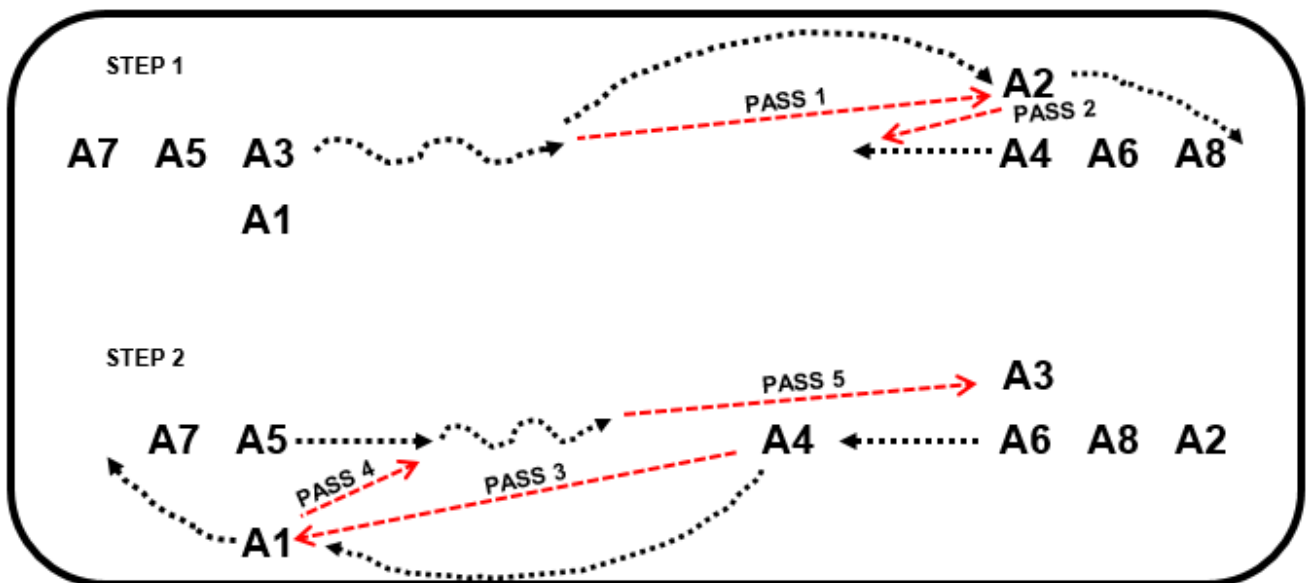
Drill Name: STAGGERED SHUTTLE PASS

Stage of Activity	Learning to Train, Train to Train
Skills	Passing and Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> • Players divide into groups of five. • Two lines, not directly in front of each other, but staggered. • Player A1 runs a few steps and passes to player A2 who has run towards A1. • Player A1 sprints to the end of the line behind Player A4. • Player A2 then passes to player A3 who has run towards A2. • Player A2 sprints to the end of the line behind Player A5. • Keep shuttling until whistle.
Modifications	<ul style="list-style-type: none"> • Add more players in the lineup for the younger groups. • Coach can encourage 5 group units to compete one against the other for most passes without an error. • Coach can introduce the “flip” pass to players. <p>Challenge - number of completed passes during a chosen time limit.</p>



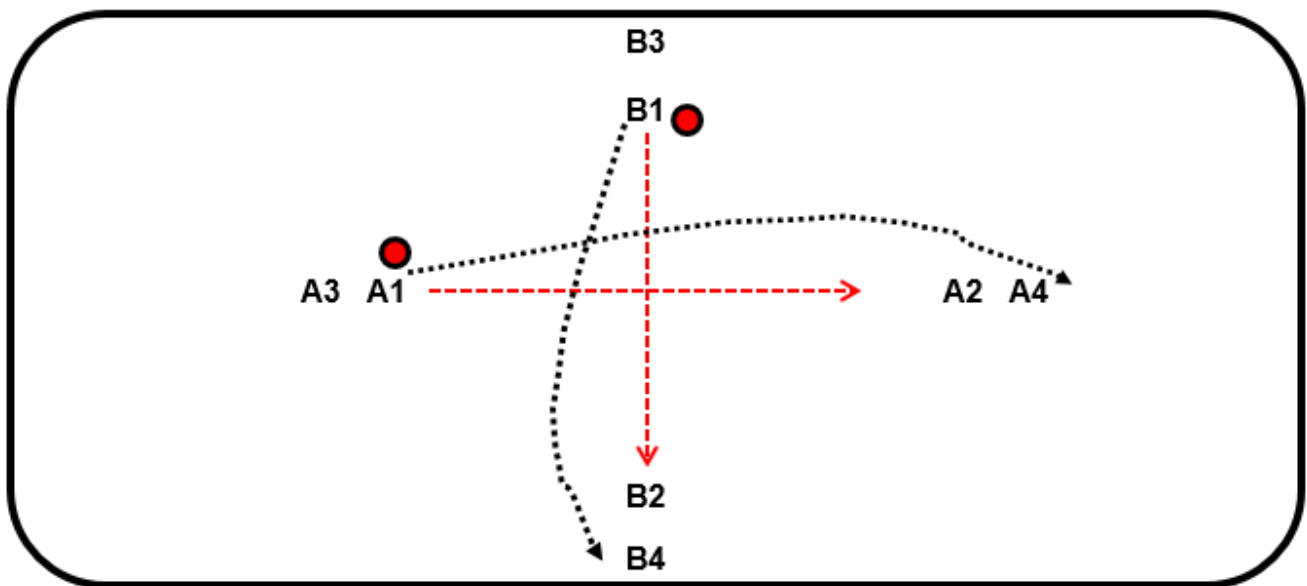
Drill Name: OVER THE SHOULDER SHUTTLE

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Cradling
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	8+
How It Works	<ul style="list-style-type: none"> • Players divide into groups of four or five. • Players A1 and A2 in opposite lines stand to the side of the lineup to receive the passes. • Player A3 starts the drill by moving up the floor/field with the ball, then passes to Player A2 then A3 sprints to the A2 position. • When Player A2 receives the ball, Player A4 breaks off and runs to receive the pass over the shoulder from Player A2. • Player A2 then moves to the end of the line. • Player A4 passes the ball to Player A1 and sprints to the A1 position. • When Player A1 receives the ball, Player A5 breaks off and runs to receive the pass over the shoulder from Player A1. • Player A1 then moves to the end of the line. • Keep shuttling until whistle.
Modifications	<ul style="list-style-type: none"> • Add more players in the lineup for the younger groups. • Coach can encourage 8 group units to compete one against the other for most passes without an error. <p>Challenge - number of completed passes during a chosen time limit.</p>



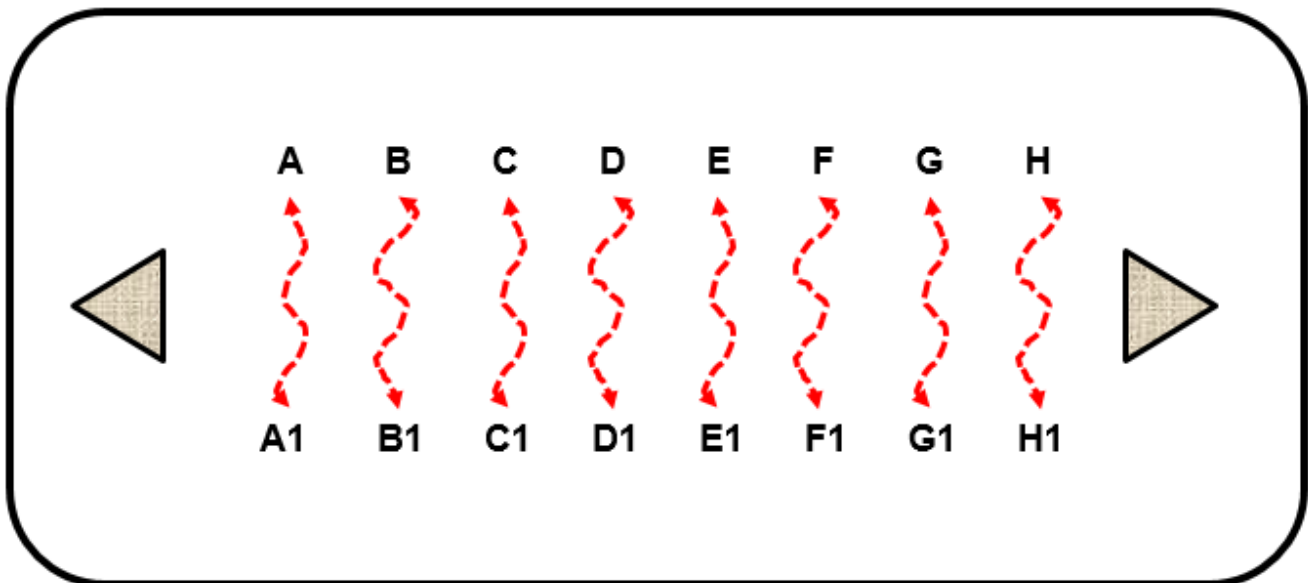
Drill Name: PASSING & CATCHING DRILL WITH TRAFFIC

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	8+
How It Works	<ul style="list-style-type: none"> • Players divide into two groups (each group divides and lines up on opposite ends from each other). • Player A1 passes to Player A2 in the opposite line and follows the pass and goes to the end of the opposite line. • Player B1 passes to Player B2 in the opposite line and follows the pass and goes to the end of the opposite line. • 1st time through, strong hand pass. • 2nd time through, weak hand pass. • 3rd time through, strong hand bounce pass. • 4th time through, roll the ball along the floor/field. • 5th time through, backhand pass.
Modifications	<ul style="list-style-type: none"> • To add a degree of difficulty, first player in each line passes to the second player in the opposite line, the first player in the opposite line breaks and takes an over the shoulder pass. This player then passes to the second player in the opposite line and the first player in this line breaks and takes an over the shoulder pass. <p>Challenge - number of completed passes during a chosen time limit.</p>



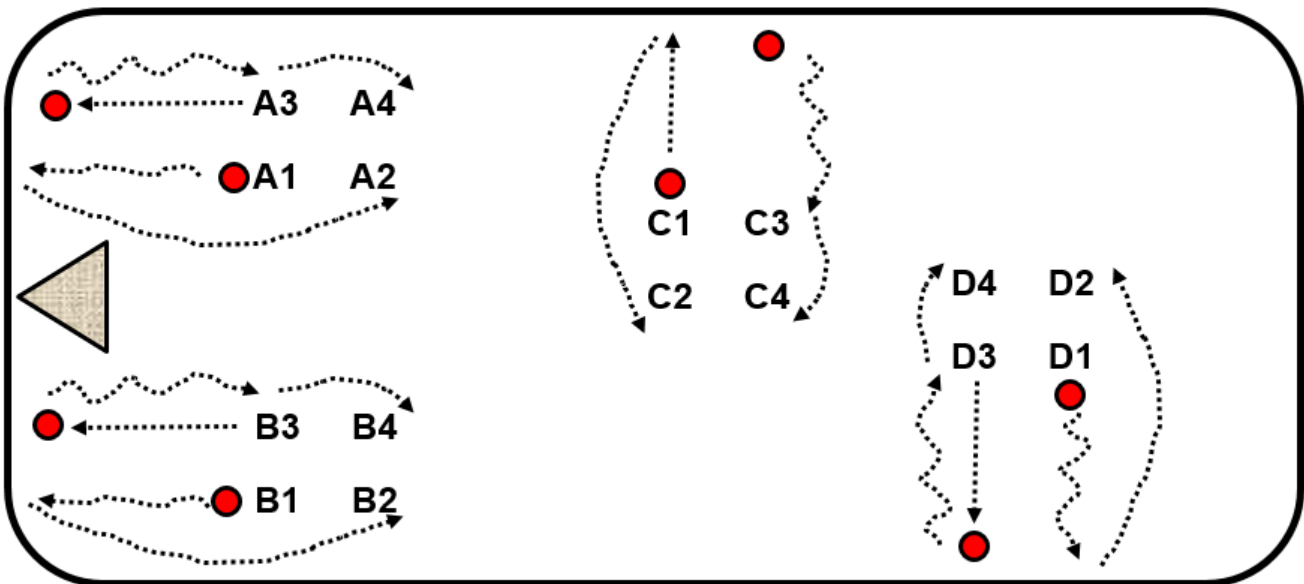
Drill Name: PARTNER ROLL

Stage of Activity	FUNDamentals
Skills	Scooping
Equipment	Balls, One Stick per Player
Time	5 Minutes
Number of People	2+
How It Works	<ul style="list-style-type: none"> Partners roll the ball back and forth to each other. Receiver scoops up the ball and then rolls it back. Ball may be rolled by hand if the players are not yet able to roll the ball accurately.
Modifications	<ul style="list-style-type: none"> Alter the distance between players for longer passes. One player rolls the ball, the other scoops and throws it back in the air – works on scoops, passes and catches. <p>Challenge - number of completed rolls and scoops during a chosen time limit.</p>



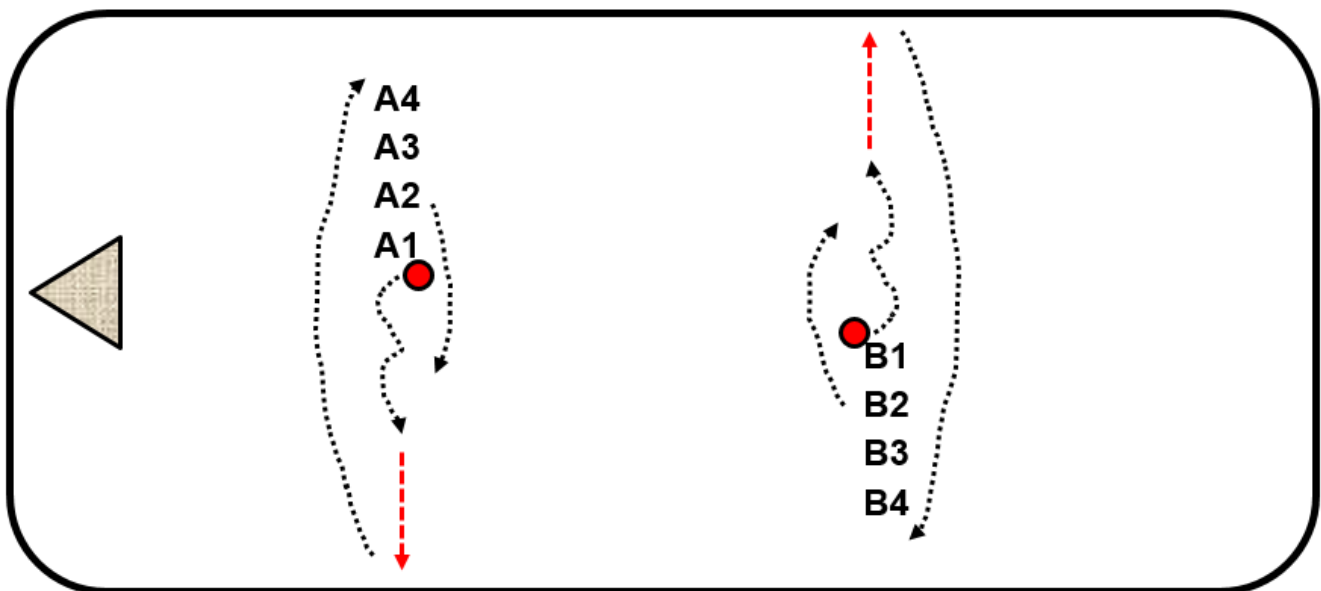
Drill Name: STATIONARY PICK-UP

Stage of Activity	FUNDamentals, Learning to Train
Skills	Cradling, Scooping
Equipment	Balls, One Stick per Player
Time	8 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> • Ball is placed on the floor/field in front of player A1 and at the boards/sideline in front of player A3. • On the whistle, player A1 picks up the ball and runs to the boards/sideline and puts it down. Player A2 runs to the boards/sideline and picks up the ball and runs back and places it in front of player A1. • Player A3 at the same time, runs to the boards/sideline, picks up the ball and returns it to front of player A4, who picks up the ball and runs to the boards/sideline and places it down. • Repeat until whistle. • After a short time, switching the positions of the players. • This is an excellent method of “teaching” and “correcting” and “re-enforcing” new and young players.
Modifications	<ul style="list-style-type: none"> • Change the distances of each player. <p>Challenge - number of completed rotations during a chosen time limit.</p>



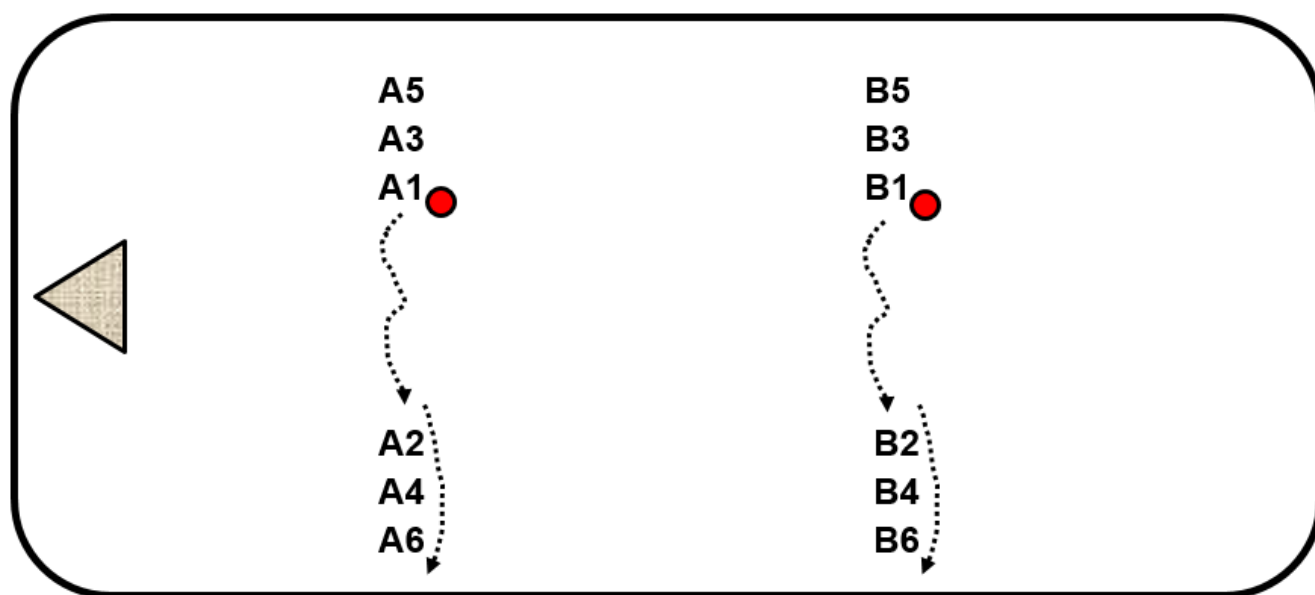
Drill Name: REBOUND DRILL

Stage of Activity	FUNDamentals, Learning to Train
Skills	Cradling, Scooping
Equipment	Balls, One Stick per Player, Wall
Time	8 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> • Player A1 runs full out towards the boards/wall and rolls the ball out of the stick onto the boards/wall. • On completion, player A1 runs forward or backward to the end of the line. • Player A2 runs towards the boards and picks up the “loose ball” rebound and repeats the roll of the ball against the boards and returns to the end of the line. • Excellent pre-practice or pre-game “warm up”. • Ensure players position the body in such a manner as the shield the defensive players from the loose ball.
Modifications	<ul style="list-style-type: none"> • Change the distances of the players (closer harder). <p>Challenge - number of successful pickups and group rotations during a chosen time limit.</p>



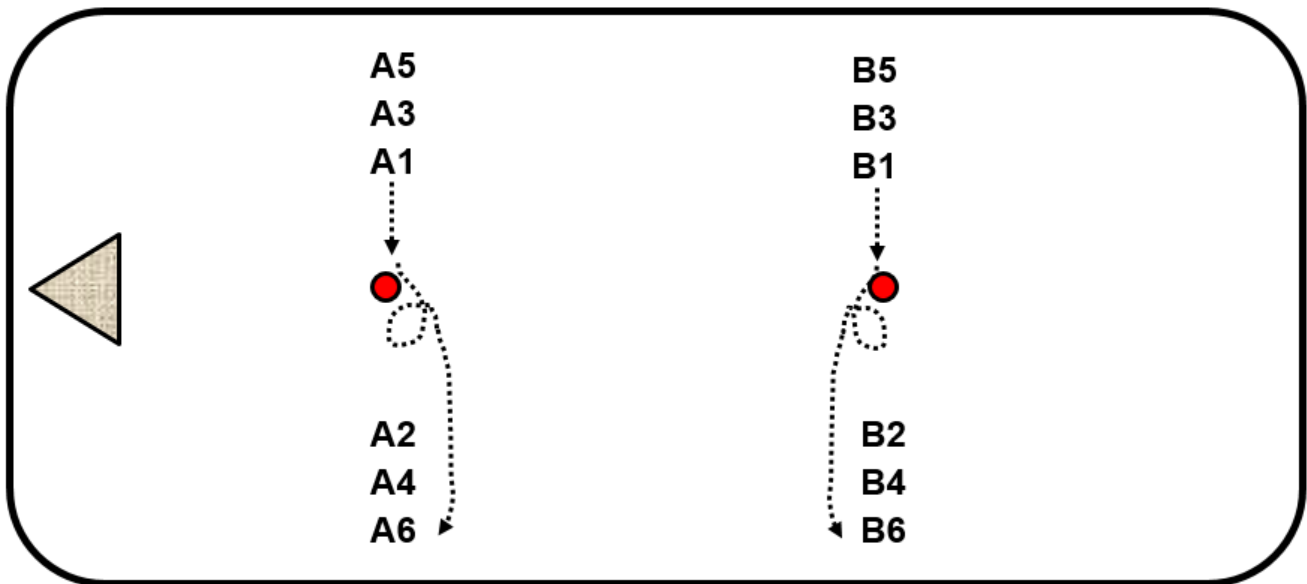
Drill Name: STATIONARY LOOSE BALL SHUTTLE

Stage of Activity	FUNDamentals, Learning to Train
Skills	Cradling, Scooping
Equipment	Balls, One Stick per Player
Time	8 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> • Place players in lines. • Place ball on the floor/field in front of player A1. • On the whistle, player A1 scoops up the ball and runs down and places the ball on the floor/field in front of player A2, then goes to the end of the line. • Player A2 scoops up the ball and runs down and places the ball on the floor in front of player A3 and goes to end of the line. • Keep repeating until the whistle. <p>Purpose</p> <ul style="list-style-type: none"> • Good drill for new or young players to hone their skill of quick pick-up of loose balls and cradling of the ball. • Stresses the position of placing the same foot as the top hand when scooping up the ball.
Modifications	<ul style="list-style-type: none"> • Change the distances of the players. <p>Challenge - number of group rotations during a chosen time limit.</p>



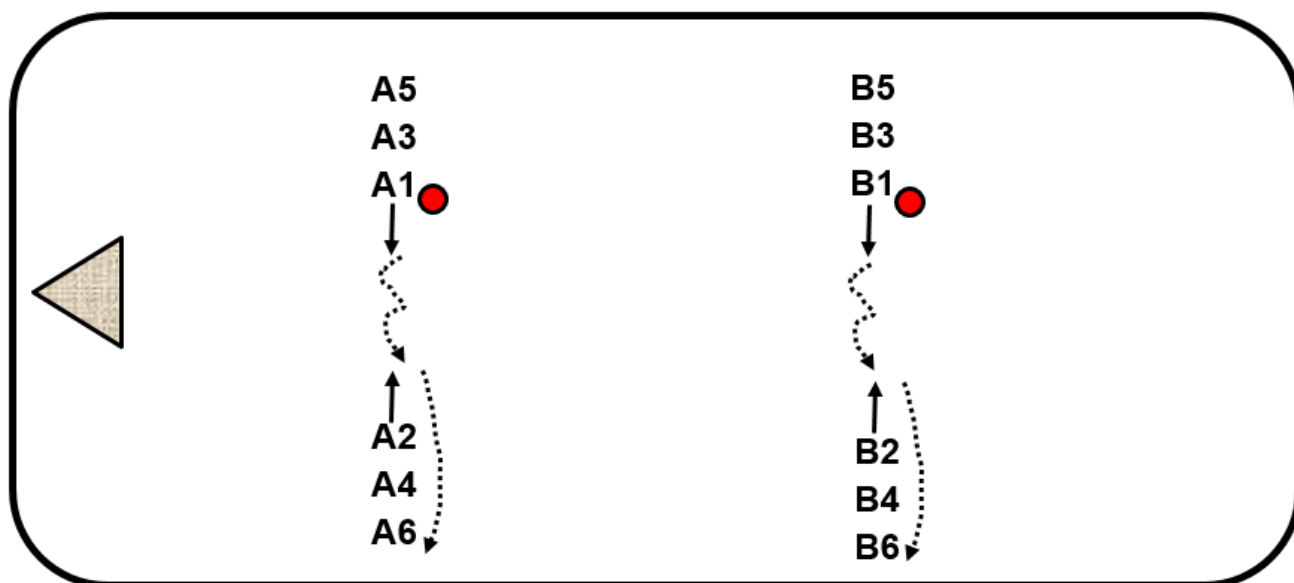
Drill Name: PIVOT SHUTTLE

Stage of Activity	FUNDamentals, Learning to Train
Skills	Cradling, Scooping
Equipment	Balls, One Stick per Player
Time	8 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> • Place players in lines. • Place ball in middle of the floor/field between two lines. • On the whistle, player A1 runs to the ball, scoops it up and pivots around (360 degrees) and places the ball on the floor/field and continues to the end of the line. • Player A2 runs out and repeats this action, then player three, etc. • Keep repeating until the whistle. <p>Note: coaches must ensure right handers and left handers turn correctly around an object or player to ensure the stick and ball are to the outside.</p>
Modifications	<ul style="list-style-type: none"> • Change the distances of the players. • Add cones to pivot around. <p>Challenge - number of group rotations during a chosen time limit.</p>



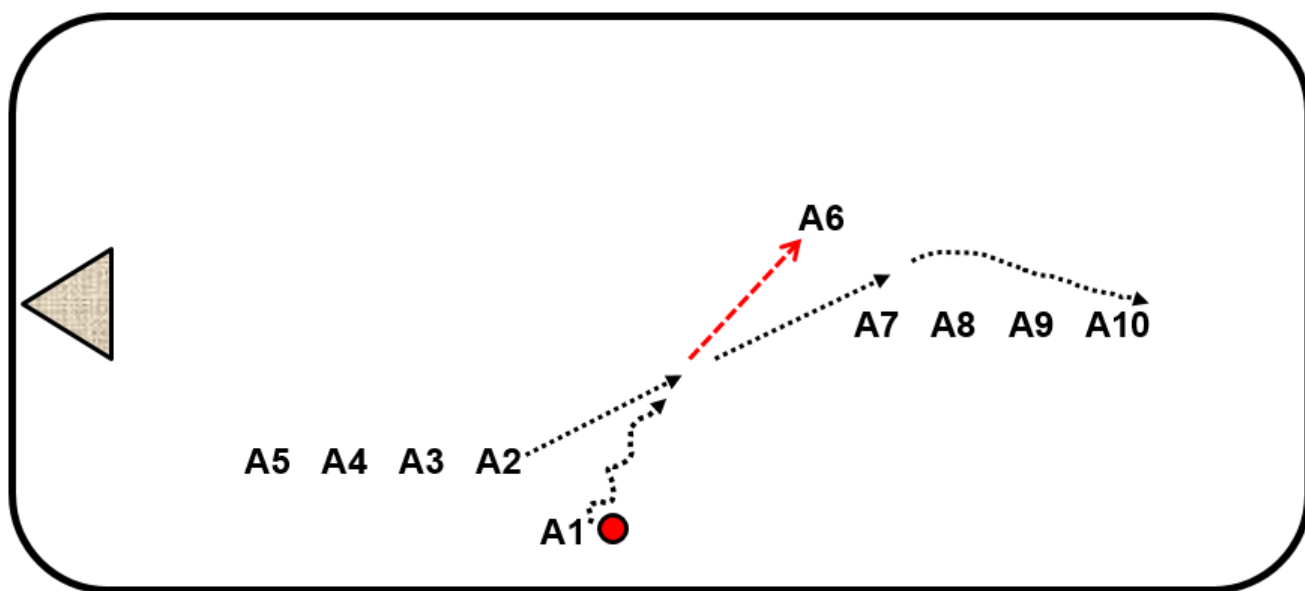
Drill Name: ROLLING SHUTTLE

Stage of Activity	FUNDamentals, Learning to Train
Skills	Cradling, Scooping
Equipment	Balls, One Stick per Player
Time	8 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> Place players in lines. Place ball on the floor/field in front of player A1. On the whistle, player A1 scoops up the ball and runs down and rolls the ball on the floor/field to player A2, then goes to the end of the line. Player A2 scoops up the ball and runs down and rolls the ball on the floor/field to player A3 and goes to end of the line. Keep repeating until the whistle. <p>Purpose</p> <ul style="list-style-type: none"> Good drill for new or young players to hone their skill of quick pick-up of loose balls and cradling of the ball. Ensure players scoop the ball up on the run. Show how loss of time occurs if players stop to trap the ball then attempt to pick it up.
Modifications	<ul style="list-style-type: none"> Change the distances of the players. <p>Challenge - number of group rotations during a chosen time limit.</p>



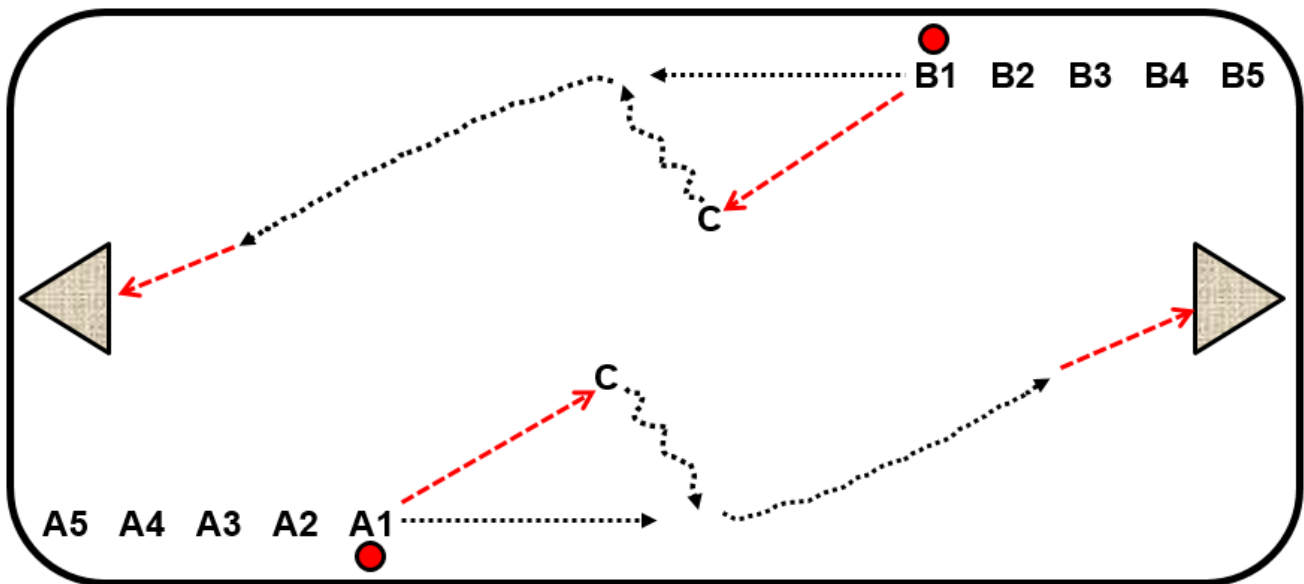
Drill Name: STAGGERED LOOSE BALL SHUTTLE

Stage of Activity	Learning to Train
Skills	Cradling, Scooping
Equipment	Balls, One Stick per Player
Time	8 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> • Two lines staggered across from each other. • Two other players or coaches stand to the side from each line. • Player A1 rolls the ball in front of player A2, who scoops up the ball on the run and in the same motion passes the ball to player A6 and goes to the end of the opposite line. • Player A6 then rolls the ball in front of player A7, who scoops up the ball on the run and in the same motion passes the ball to player A1 and goes to the end of the opposite line. • Ensure players A1 and A6 are rotated with other players often.
Modifications	<ul style="list-style-type: none"> • Change the distances of the players <p>Challenge - number of successful passes and group rotations during a chosen time limit.</p>



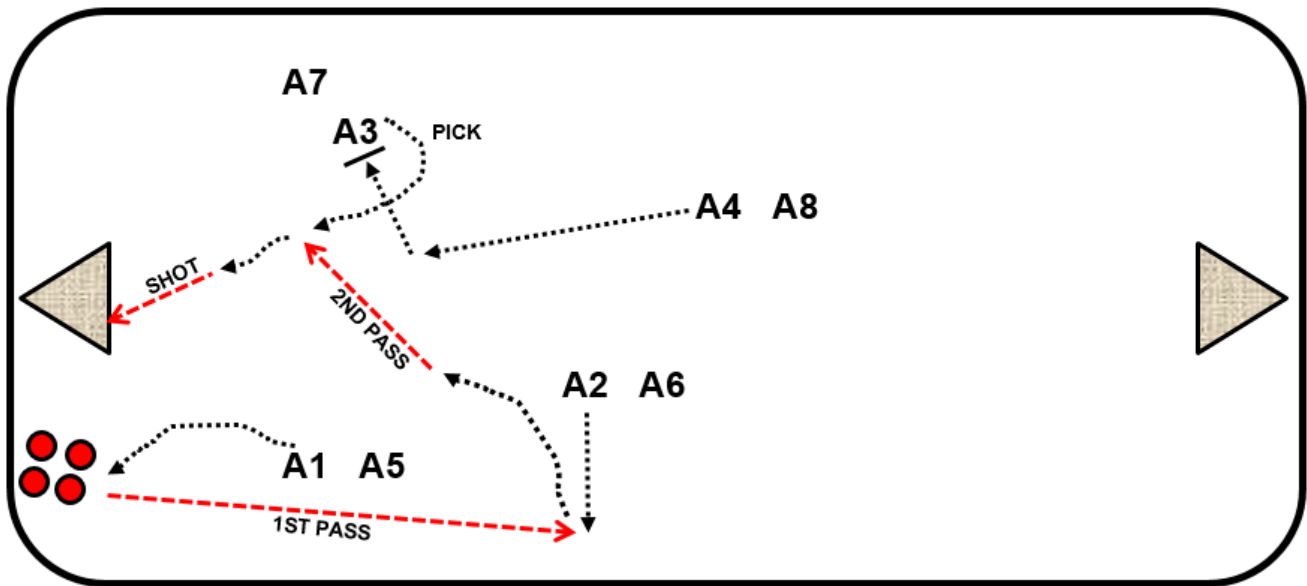
Drill Name: FULL FLOOR/FIELD LOOSE BALL DRILL

Stage of Activity	Learning to Train
Skills	Passing, Cradling, Scooping, Shooting
Equipment	Balls, One Stick per Player, Goal, Target
Time	10 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> • Two lines lined up close to the boards/end line in each end. • Player A1 passes to the coach and runs full out towards the opposite end. • Coach rolls the ball in the pathway of player A1. • Player A1 scoops up the ball and runs in on goal for a shot. • Player A1 then lines up at the end of the opposite line.
Modifications	<ul style="list-style-type: none"> • Add defensive players • Add a target or aim for post/crossbar. <p>Challenge - number of successful passes and targets hit during a chosen time limit.</p>



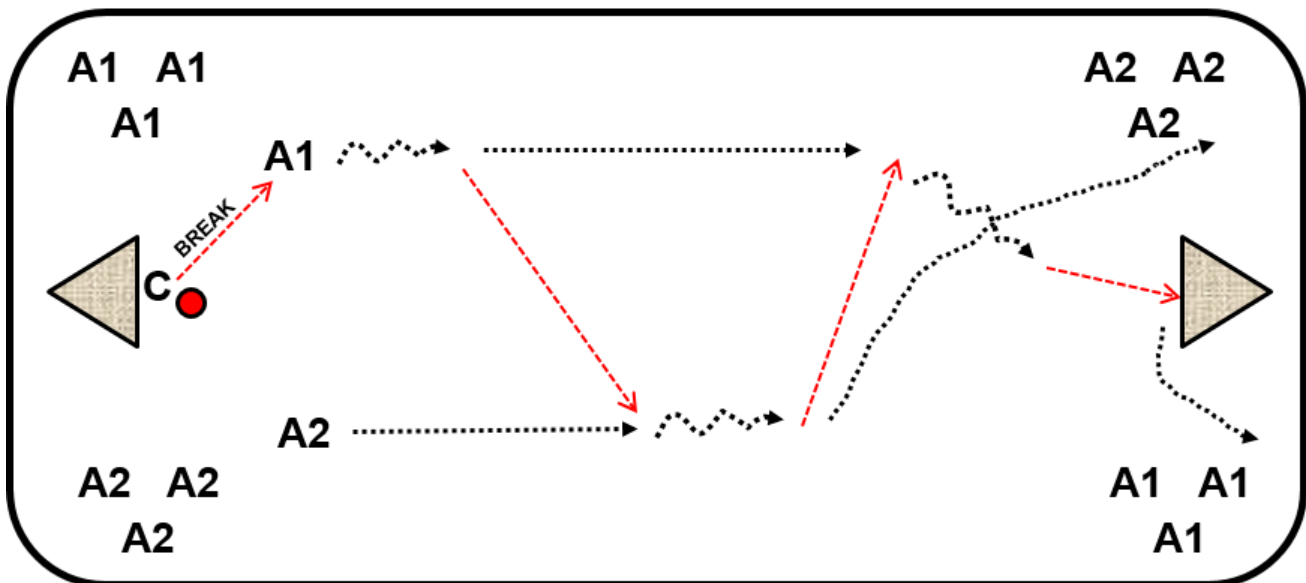
Drill Name: LOOSE BALL PICK & SHOOT DRILL

Stage of Activity	Learning to Train
Skills	Passing, Cradling, Scooping, Shooting
Equipment	Balls, One Stick per Player, Goal, Target
Time	10 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> • Four groups lined up as per the diagram. • Player A1 goes to the corner and scoops up a loose ball. • Player A1 then breaks up the boards and passes to player A2 • Player A2 breaks towards the boards/sideline to receive pass from player A1. • Once player A2 receives the pass, player A4 breaks into the passing lane and then out to set a pick for player A3. • Player A2 breaks towards the goal and passes to player A3 who has moved around the pick and is headed towards the goal • Player A3 shoots on the goal. • Players switch after each drill (A1 moves to where A2 started, etc.). • Part of Motion Offense.
Modifications	<ul style="list-style-type: none"> • Add targets or aim for post/crossbar. <p>Challenge - number of completed passes and quickest around so everyone shoots (group A, group B).</p>



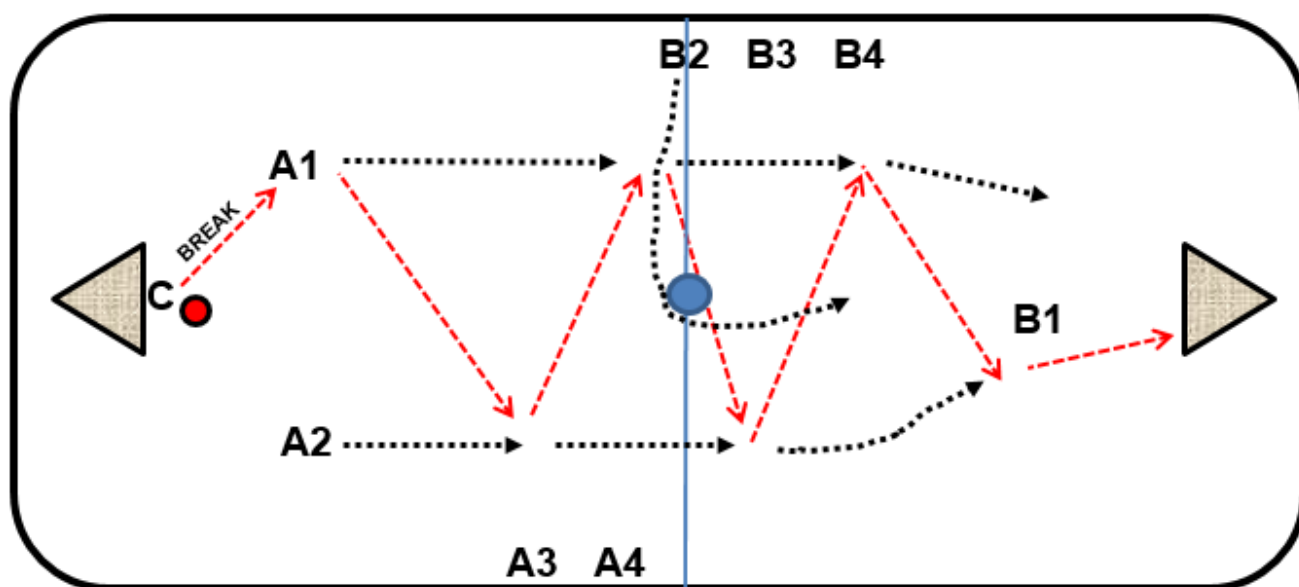
Drill Name: TWO ON ONE PREPARATION

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Fast Break
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Divide group into groups of four (righties and lefties together). • Groups go into each of the four corners of the floor/field. • First two up A1 (righty) and A2 (lefty). • Coach yells 'break'. • Coach sends a breakout pass to A1 (righty). • A2 (lefty) runs down the floor/field taking a pass from A1. • A1 runs down the floor/field and receives a return pass from A2 and goes in for a shot. • Play then starts with the next group in the end where the shot was taken. <p>Rules</p> <ul style="list-style-type: none"> • No using hands • Accurate passes or the next group goes. • All athletes line up at least 2m away from each other.
Modifications	<ul style="list-style-type: none"> • Add a goal and/or target. • Aim for the post/crossbar.



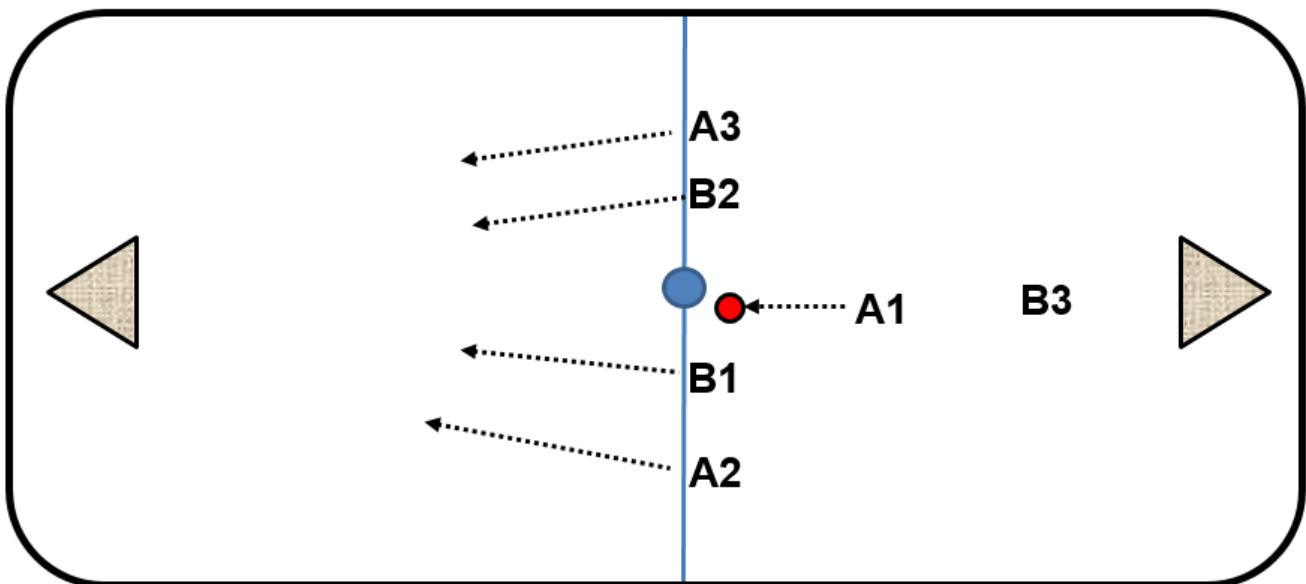
Drill Name: 2 ON 1 BREAKOUT DRILL WITH CHASER

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Fast Break and Defense
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Coach sets up two breakout players at one end of the floor. • One defensive player waits in the defensive zone (B1). • One other defensive player is lined up by the boards/sideline and is the 'Chaser' (B2). • The rest of the players are lined up along the boards/sidelines on both sides ready to participate. • Coach yells 'break'. • Coach sends a breakout pass to A1. • A1 and A2 pass the ball down the floor/field. • As soon as the ball crosses over centre, the defensive player (B2) runs and touches the centre circle and then tries to catch up to the play to help the defensive partner (B1). • After a shot on goal, the defensive pair (B1 and B2) become the breakout group and the coach restarts the play. • The next player in line A3, becomes the defensive player and player A4 becomes the Chaser. <p>Rules</p> <ul style="list-style-type: none"> • No physical contact. • Breakout players must pass the ball 3 – 4 times before attempting a shot on goal. • Any loose/dropped balls are challenged for.



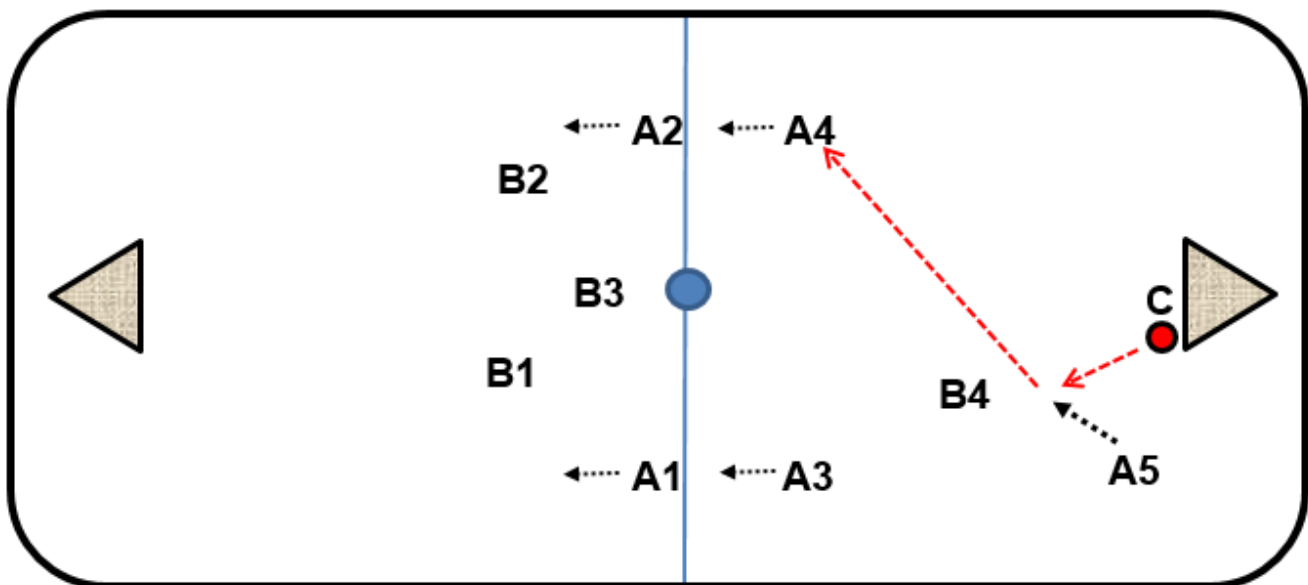
Drill Name: THREE ON TWO

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Offense and Defense
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Coach sets up three lines of offensive and defensive players as in diagram. • On the first whistle, A1 breaks and scoops up the ball. • Players A2 and A3 join in to attack vs players B1 and B2. • On the second whistle, player B3 sprints into the play to help out defensive partners (simulates a game situation). <p>Rules</p> <ul style="list-style-type: none"> • No physical contact. • Any loose/dropped balls are challenged for.
Modifications	<ul style="list-style-type: none"> • Add a goal and/or target for offense to shoot at.



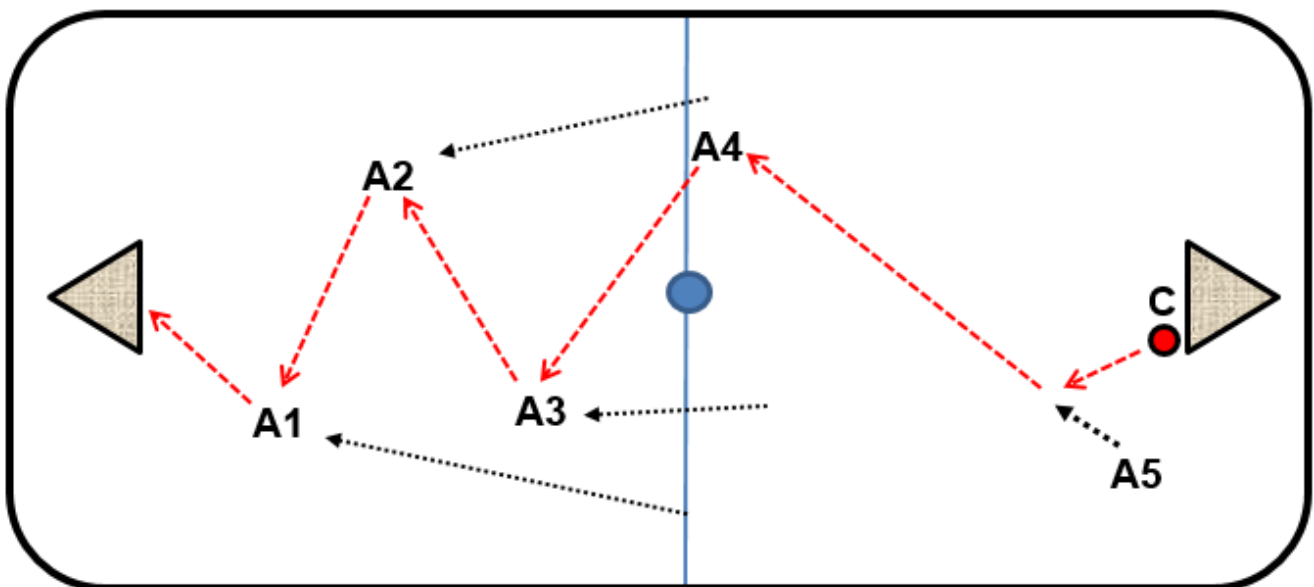
Drill Name: FOUR ON THREE SET-UP

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching and Offense
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<p>It is very difficult to simulate 4 on 3 or 5 on 4 drills. Coaches should take the time and set up different scenarios so that players are mentally alert to react to any defensive positioning. The main theme however, must be emphasized “Fast Break” produces odd man situations. This diagram shows initial set up. Always work your drills around the five player unit concept. In this case the fifth player (A5) is starting the breakout to produce the necessary 4 on 3 situation.</p>
Modifications	<ul style="list-style-type: none"> • Add a goal and/or target for offense to shoot at.



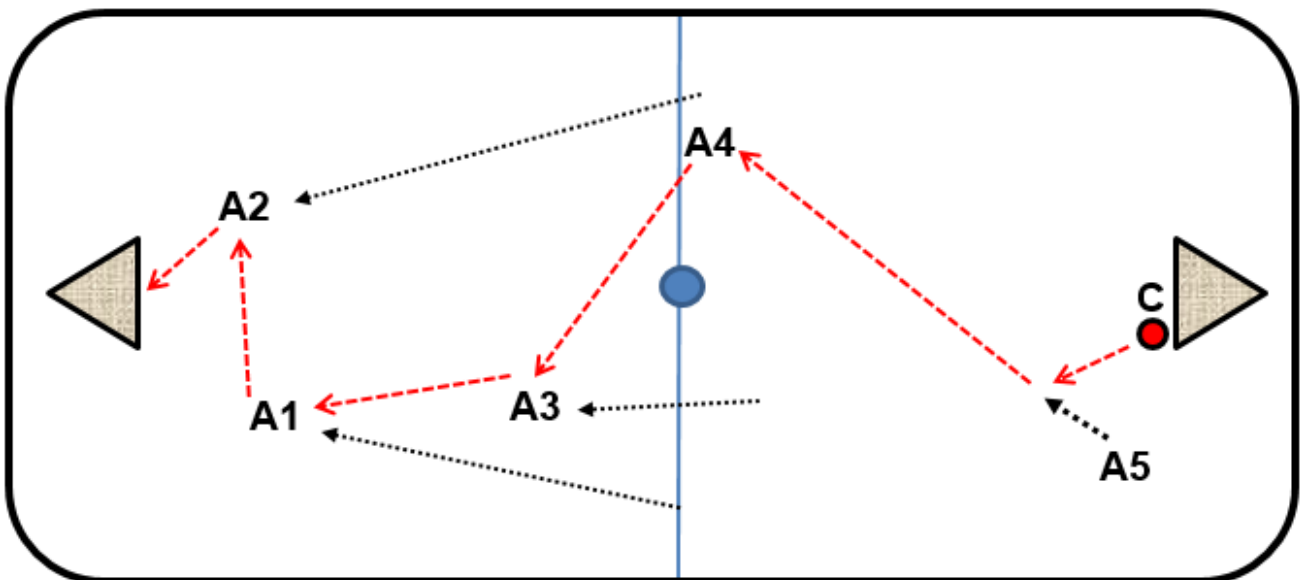
Drill Name: OFFENSIVE FOUR ON THREE – DRILL A

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Offense
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Position players as indicated in the “Set Up” diagram from 4 on 3 drills. • Coach starts off the drill by passing to player A5. • Player A4 receives fast break pass from player A5. • Player A4 passes to player A3. • Player A3 passes to player A2. • Player A2 passes to player A1 who attempts a shot. • Switch players around each time. <p><u>Purpose</u></p> <ul style="list-style-type: none"> • Mentally prepare the players for automatic reaction to the 4 on 3 situation. • Simulates game situations. • Combines a number of skills.



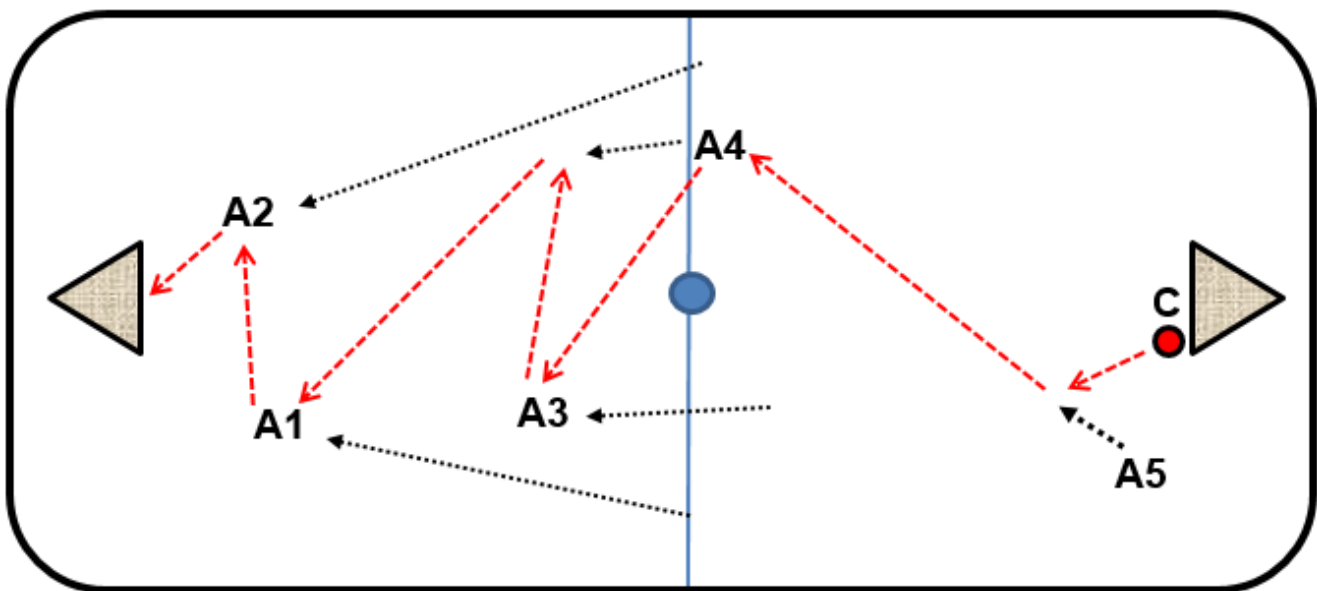
Drill Name: OFFENSIVE FOUR ON THREE – DRILL B

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Offense
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Position players as indicated in the “Set Up” diagram from 4 on 3 drills. • Coach starts off the drill by passing to player A5. • Player A4 receives fast break pass from player A5. • Player A4 passes to player A3. • Player A3 passes to player A1. • Player A1 passes to player A2 who attempts a shot. • Switch players around each time. <p><u>Purpose</u></p> <ul style="list-style-type: none"> • Mentally prepare the players for automatic reaction to the 4 on 3 situation. • Simulates game situations. • Combines a number of skills.



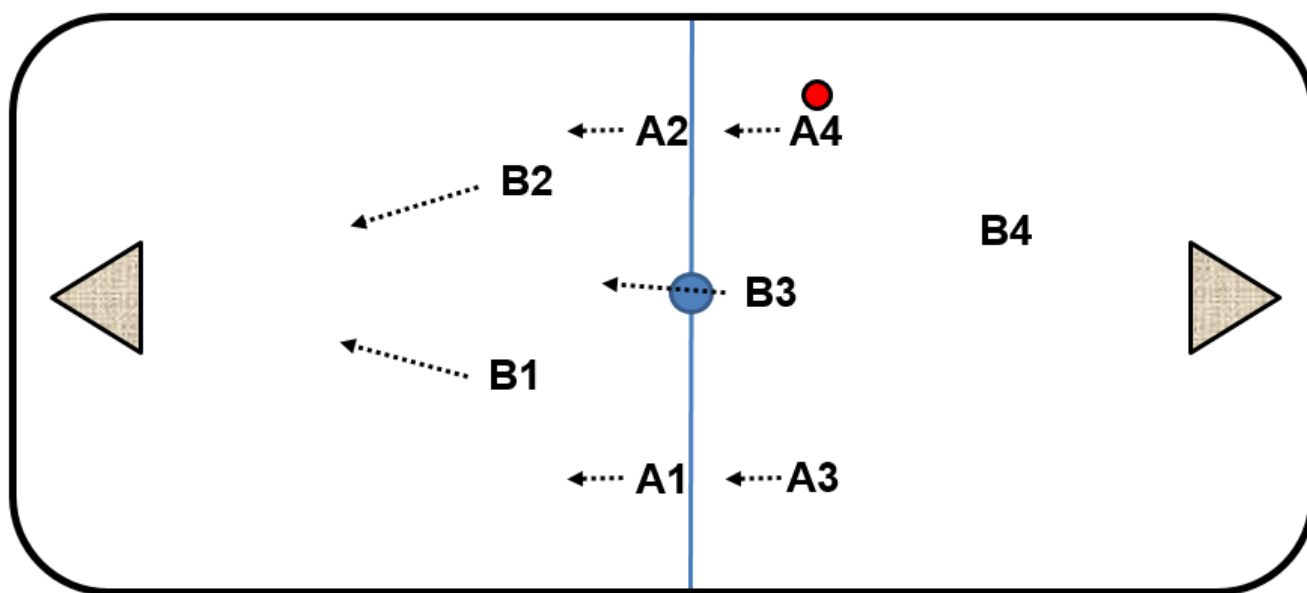
Drill Name: OFFENSIVE FOUR ON THREE – DRILL C

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Offense
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Position players as indicated in the “Set Up” diagram from 4 on 3 drills. • Player A4 receives fast break pass from player A5. • Player A4 passes to player A3. • A3 passes back to player A4 who is moving in. • Player A4 passes to player A1. • Player A1 passes to player A2 who attempts a shot. • Switch players around each time. <p><u>Purpose</u></p> <ul style="list-style-type: none"> • Mentally prepare the players for automatic reaction to the 4 on 3 situation. • Simulates game situations. • Combines a number of skills.



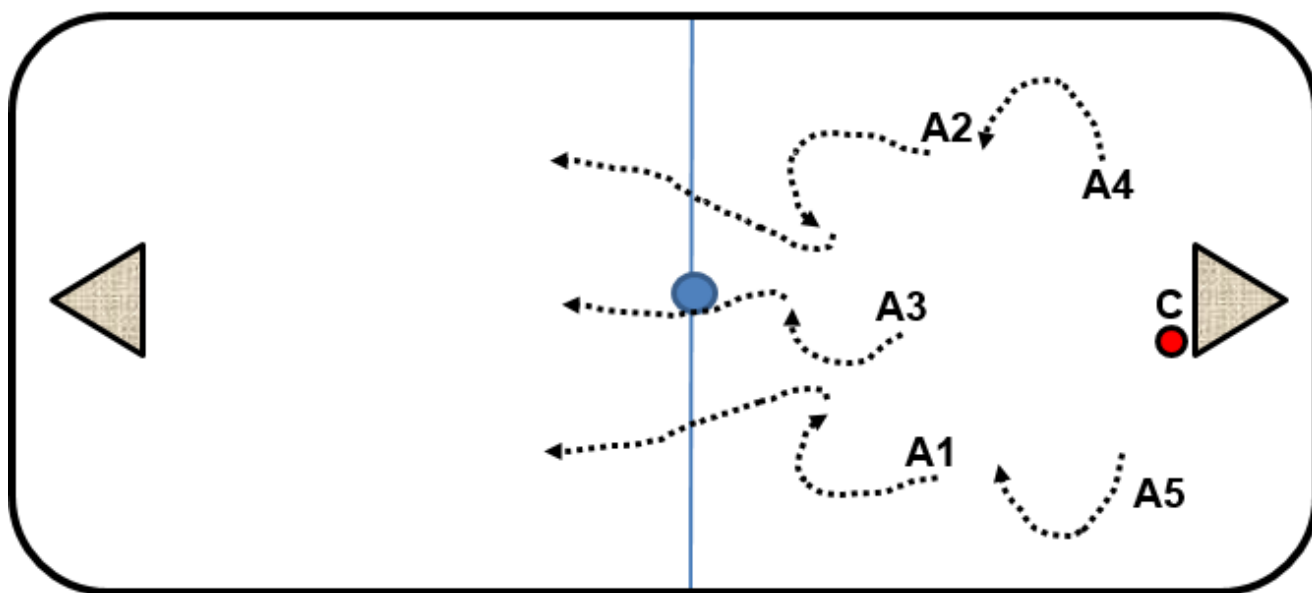
Drill Name: DEFENSE VS FOUR ON THREE

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Offense and Defense
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Position players as indicated in the “Set Up” diagram from 4 on 3 drills. • On the whistle, Player A4 scoops up the ball. • Player A1, A2, A3 and A4 attack players B1, B2 and B3 for a shot on goal. • On the second whistle, player B4 sprints into the play to simulate game situations. <p><u>Purpose</u></p> <ul style="list-style-type: none"> • Mentally prepare the players for automatic reaction to the 4 on 3 situation. • Simulates game situations. • Combines a number of skills.
Modifications	<ul style="list-style-type: none"> • Ball can start with a 5th player on attacking unit passing from back to the corner faceoff to player A3 or A4.



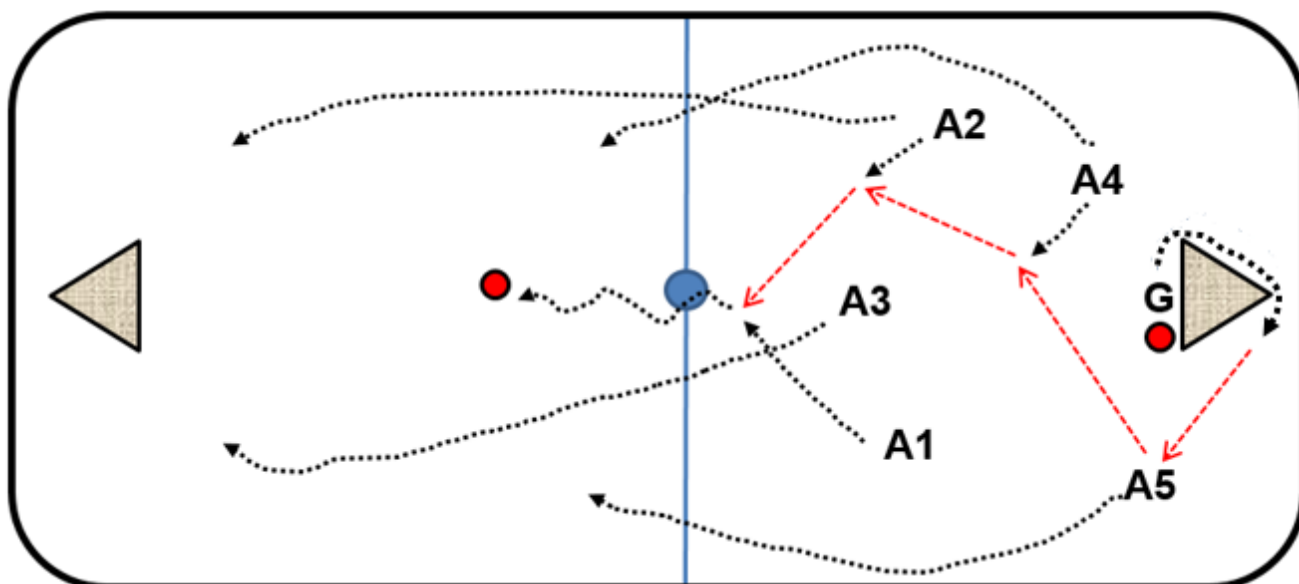
Drill Name: BREAKOUT DRILL

Stage of Activity	Learning to Train
Skills	Passing and Catching
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • This drill is to introduce “breakout” to young or inexperienced groups. • This drill ensures that the ball is started up the floor/field from the goalie position (use coach to start the drill). • All players break down the floor/field then hook back to receive an outlet pass. • When the ball is passed and caught, the other teammates run full speed down the floor/field into the offensive zone to set up. <p><u>Purpose</u></p> <ul style="list-style-type: none"> • Ball control. • Positioning for a breakout pass. • Clearing passes from the crease. • Stress passing down the sides of the floor/field not across.
Modifications	<ul style="list-style-type: none"> • Switch outlet players each time.



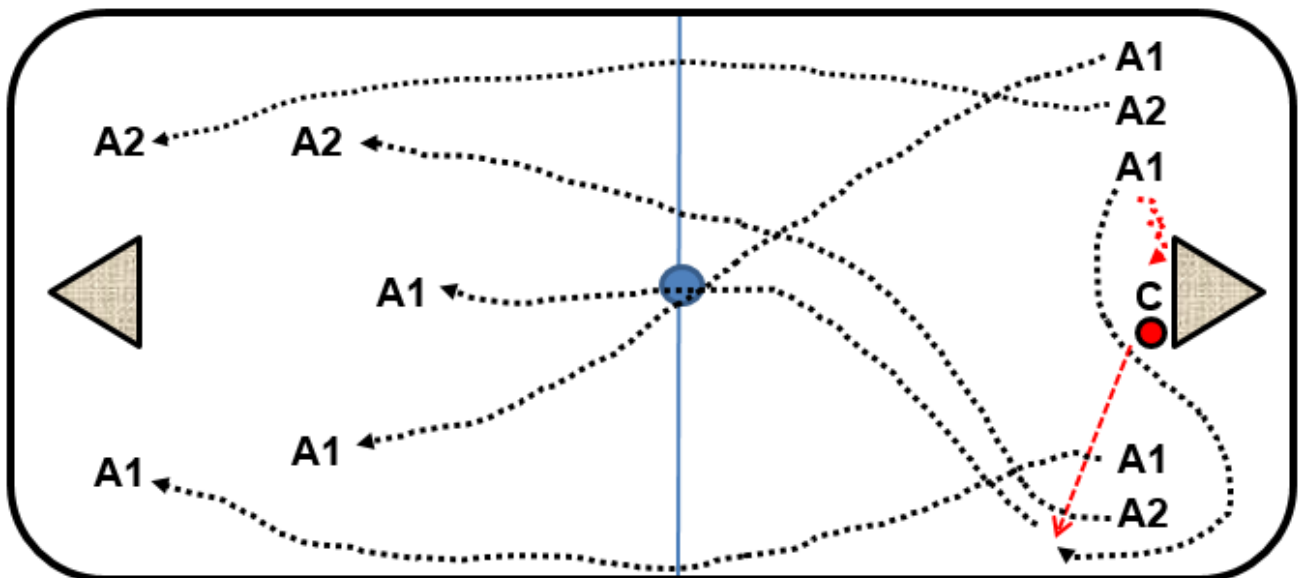
Drill Name: SIMPLE BREAKOUT DRILL

Stage of Activity	Learning to Train
Skills	Passing and Catching
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • After a shot, 30 second clock or turn over goalie yells “Break”. • The coach passes the ball to the deepest player (A5) or in younger groups, the player can pick up the ball in the crease and go. • Ensure player A4 stays back in case player A5 is covered. • If player A5 gets the ball, passes over to A4 who moves the ball up to player A2. • Player A2 then passes to A1 who takes the ball into the offensive zone. • Switch player positions each time the drill is run. <p><u>Purpose</u></p> <ul style="list-style-type: none"> • Ball control. • Positioning for a breakout pass. • Clearing passes from the crease. • Stress passing down the sides of the floor/field not across.



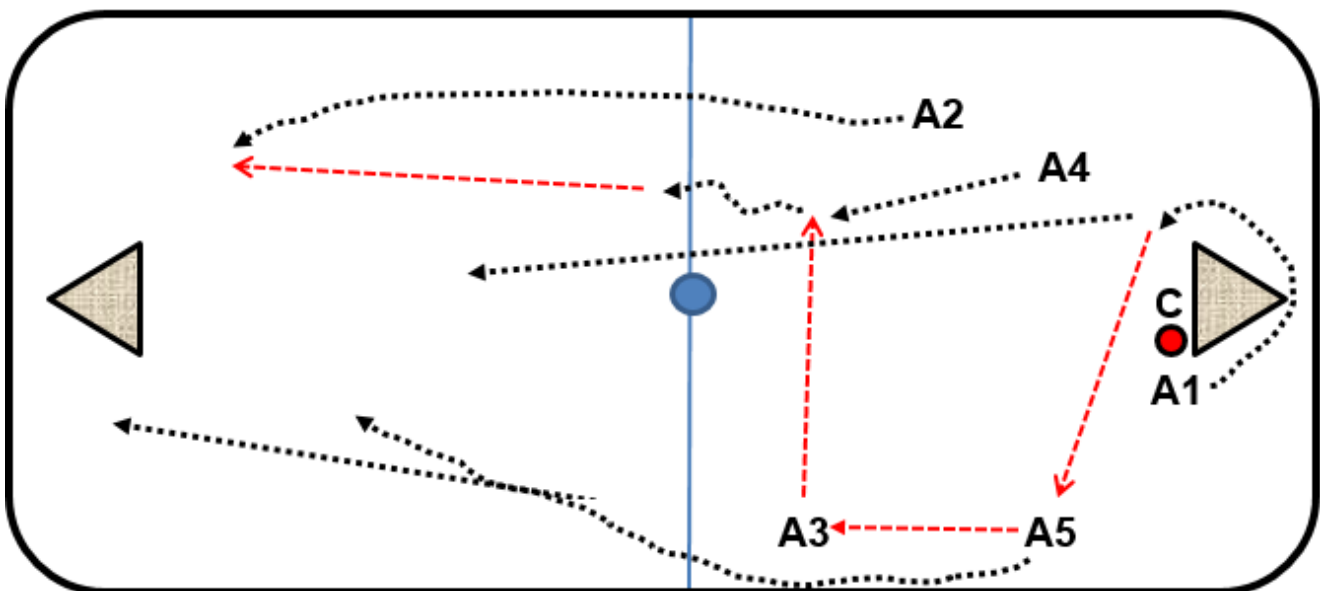
Drill Name: BREAKOUT FROM THE SHUTTLE

Stage of Activity	Learning to Train
Skills	Positioning and Conditioning
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Groups could be 3 righties (A1) and 2 lefties (A2) or 3 lefties and 2 righties. • Break out is an excellent drill to enforce correct side of the floor for right and left handed players. • Simulates game situation because players doing the shuttle drill could be on either side when the “break” is called. • Coach blows the whistle, A1 rolls the ball into the coach. A1 is a right hander, so A1 goes to the other side of the floor to receive an outlet pass. • Other players cut down the floor looking back for pass or to help outlet pass being. <p>Note</p> <ul style="list-style-type: none"> • During a game, if A1 is trapped then the next close player peels back to help. • First down the floor on each side is “Creasemen”, next two are the shooters and 5th player is up top. • On the way down, the unit captain yells out which number will shoot off the motion offense.



Drill Name: MINOR LACROSSE BREAKOUT

Stage of Activity	Learning to Train
Skills	Passing, Catching, Positioning and Conditioning
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Player A1 takes the ball from the coach or goal crease and runs out back behind the goal. • Player A1 then passes to player A5 who headman's the ball to player A3. • Player A4 moves towards the middle of the floor/field and receives a pass from player A3. • Player A3 passes across to player A4, who takes it over centre and passes down to player A2. • Get into Motion Offense positioning.



Adapted Ampe

Stage of Activity	All
Equipment	None
Time	5-10 minutes
Number of People	2+
How it Works	<p>Children form pairs and stand facing each other two meters apart. Players decide who is the “same” winner, and who is the “different” winner.</p> <p>Game begins with players jumping in place 6 times. On the sixth jump, both players randomly stick one foot forward when they land. If the feet match on the same side, the “same” player wins, if the feet are on opposite sides, the “different” payer wins.</p> <p>Game continues with the players jumping 6 times again. Play best 3 out of 5 and then find someone new to challenge.</p> <p>*In another traditional version, the children clap, then jump one time, putting one foot out when they land (as above).</p>
Applications	Strength, endurance, problem solving, opponent-awareness, cooperation, speed of movement, reaction time
Modifications	<p>Athletes can jump right or left on the sixth jump to train lateral movement and “reading” the intended motion of an opponent.</p> <p>Athletes keep eyes closed during the jumping to increase chance component.</p> <p>Athletes switch roles (i.e. from “same” to “different”)</p>

Build the Ladder

Stage of Activity	All
Equipment	None
Time	5 - 15 minutes
Number of People	10+
How it Works	<p>Participants divide into teams of 5 and each team lines up on a goal line or baseline and must remain two meters apart – identify a number of other lines (approx. 5 meters apart) across the field of play from the goal line (rungs on the ladder). The first player carries the ball to the first line, stops and passes the ball back to one of their team mates on the goal line. The second player carries the ball to the second line, stops, and passes the ball to the player on the first line who passes the ball back to one of their team mates on the goal line and so on. First team to have a player on each available line and the ball passed back to the goal line wins.</p>
Applications	Agility, passing, skating/running
Modifications	<p>Can be played in a variety of environments including on an ice pad using the hockey or ringette lines, on a field using soccer, rugby or football lines, or in a pool by identifying markers on the pool deck.</p> <p>Can keep the ball moving by reversing and “unbuilding” the ladder.</p> <p>Make the ladder larger or smaller to accommodate two equal teams.</p>

Dicey Challenge

Stage of Activity	All
Equipment	Dice
Time	10-15 minutes or more
Number of People	Unlimited
How it Works	<p>Create 6 exercises that correspond to each number on a die.</p> <p>Write exercises on a board or create posters.</p> <p>Athletes roll a die and complete the exercises for that number, then roll again and complete the next exercise. The goal is to complete as many dice rolls as possible in a specific time (e.g. 10 minutes). Athletes must maintain a distance of at least two meters from other participants during this exercise.</p>
Applications	Skill development, core activation / strength, fundamental movement skills
Modifications	Adapt skills to fit the needs of individual sports and environments.

Dodge the Duck

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	1+
How it Works	<p>This game is excellent for training reaction time to stimulus. Set up a start line and finish line (50-150 metres apart depending on the sport).</p> <p>Place two different coloured rubber ducks (or other colored objects) about two thirds of the way down the track.</p> <p>The coach stands 1-2 metres from the ducks (toward the start line).</p> <p>On “GO” one athlete sprints toward the ducks.</p> <p>Just before the athlete approaches the ducks, the coach calls out one of the colours and the athlete tries to dodge to the side of the designated duck, then continue sprinting to the finish line.</p> <p>Call the colour earlier for novice athletes and later for more advanced athletes. Athletes awaiting their turn to run, must maintain a distance of at least two meters from other participants.</p>
Applications	Speed, agility, reaction time, lateral movement, dodging
Modifications	<p>Adaptable to many sports, particularly those involving gliding at fast speeds where reacting to external factors is a critical component of performance (e.g. cycling, skating, canoeing, kayaking).</p> <p>Use different animals or coloured “dodging tools” depending on the community.</p>

Fire Feet

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	Unlimited
How it Works	<p>Participants spread out around the playing area, at least two meters away from each other. Make sure each participant can see the coach clearly from where they are standing. The coach has five different instructions they will call out and the players will do the action as fast as possible. Begin by getting the participants to lightly jog on spot. They will call out: up, down, left, right, or fast feet.</p> <p>Instructions: Up: jump and reach high with their hands. Down: get down and touch the floor. Left: pivot or shuffle your body to the left. Right: pivot or shuffle your body to the right. Fast feet: pedal your feet very quickly while on your toes.</p>
Applications	Warm up, jumping, agility.
Modifications	Can be used in many environments by updating the agility activities associated with each instruction.

Follow your Leader

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	2+
How it Works	<p>Athletes make groups of 4 to 5 or complete activity as a full team. Each athlete takes a turn leading a 1 minute adventure through the playing facility.</p> <p>They must use a minimum of 3 different locomotor movements EXCEPT walking or running forward. All team members must copy whatever the leader does. Athletes must remain at least two meters apart throughout this activity.</p> <p>This activity works best when there is access to a playground or outdoor area with variable terrain, but can also be done inside gyms, rinks, or community centres if safety guidelines are followed.</p>
Applications	Multi-movement challenges, team work, warm-up or cool-down
Modifications	Use chorus as a marker of speed. E.g. move as quickly as possible during chorus then resume regular speed when song continues.

Follow Your Pass

Stage of Activity	All
Equipment	1 Ball per group
Time	10 - 15 minutes
Number of People	5+
How it Works	Participants are divided into groups of 5 and stand in a zig zag pattern at least 5 meters apart. One participant will start with the ball and pass it to the next person across from them. That participant will then follow their pass and take the place of the person that they passed to. Once they get to the last person in line they will continue the pattern going back the other way. This can be continued until the coach calls the activity to an end.
Applications	This activity develops the participants' hand-eye coordination, passing, awareness and running skills.
Modifications	The equipment can vary depending on the sport. To make this activity more difficult make the space between the participants larger and then smaller to make it easier. This activity can be placed on a court, ice, field or gym. This activity can be done as a whole group as well.

Friends and Favs

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	2+
How it Works	<p>Athletes find a group of 2, 3, or 4 people. Coach designates a warm-up loop of 100 to 300m. Each loop the group must find out a different set of "fav's" from their partners. Athletes must be at least two meters apart as they jog around the loop.</p> <p>EXAMPLES: Loop 1: Favourite colour, favourite animal, favourite food Loop 2: Favourite vacation spot, favourite books to read, favourite video game Loop 3: Favourite sport to play, favourite subject at school, favourite TV show Repeat with the same group OR switch partners each loop to encourage team building.</p>
Applications	Warm-up, recovery, cool-down, team building, pacing
Modifications	To inspire more discussion, ask athletes to solve a riddle or create something as a group while they warm-up / cool down. E.g. invent a new Olympic sport that can be played or participated in by anyone from any country. Can be used in many environments (court, field, ice, pool, etc.).

Give and Go

Stage of Activity	All
Equipment	Balls
Time	10 - 15 minutes
Number of People	1+
How it Works	The participants will line up evenly at both ends of the playing field. There will be a coach $\frac{1}{2}$ of the way to each end. Participants will then travel with the ball towards the far side. Once the participant nears the coach they will make a quick pass off to the coach and the coach will instantly pass the ball forward back to them. The participant will receive the pass and go in and pass to the next person in line. Once the participant has completed their pass the next person in line can go in the opposite direction. Participants waiting on the ends must remain at least two meters apart as they await their turn.
Applications	This activity will develop the participants passing, shooting and hand-eye coordination skills.
Modifications	The equipment will vary depending on the sport. This activity can be played on a court, ice, field and gym.

Line Jumping

Stage of Activity	All
Equipment	Chalk, tape
Time	5 - 10 minutes
Number of People	Unlimited
How it Works	Draw two lines on the floor with chalk or tape so that the lines are close together at one end and farther apart at the other. Children do a two-foot take-off jump across the lines, starting at the end where they are closer together, and if they are successful, they move farther along the lines and try again where the lines are farther apart. As a variant, children can estimate the widest point they think they can jump and then try to jump at that point.
Applications	Jumping, agility, balance, coordination
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.

Multiply Your Power

Stage of Activity	All
Equipment	Dice (1-2 per athlete)
Time	10 - 20 minutes
Number of People	2+
How it Works	<p>Write out a list of drills, core exercises, or other regular training activities.</p> <p>Athletes pair up and roll two dice.</p> <p>They multiply the numbers rolled and do that many reps of the first exercise.</p> <p>Repeat with the second exercise.</p> <p>E.g. if athletes rolled a 5 and a 3 they would both complete 15 reps each.</p> <p>Goal – try to complete all exercises in a certain amount of time.</p> <p>*If athletes finish early (e.g. if they roll low numbers) then have them choose 3 or 4 of their favourite exercises and repeat the activity until the time is up.</p>
Applications	Personal choice, core stability or sport specific skills; shorter athletic abilities (e.g. speed intervals)
Modifications	<p>Make groups of 3 and add dice or multiply 3 for higher totals.</p> <p>Record numbers and compare totals. Which teams did more?</p> <p>Which team is likely to improve based on the amount of practice they did on each skill?</p>

Owl Hop

Stage of Activity	All
Equipment	None
Time	5-10 Minutes
Number of People	2+
How it Works	<p>Everyone spreads out in the playing area, finding their own space at least two meters from other participants.</p> <p>On ‘Ready’, all players stand on one foot, hooking the other foot around their leg that is on the ground.</p> <p>On “GO!” athletes hop as long as possible on the one leg.</p> <p>When they put the other leg down, their time is up.</p> <p>Once everyone has stopped, switch legs and repeat.</p>
Applications	Strength, endurance, power, hopping
Modifications	<p>Alternatively, when they are done, they can assume a different strength exercise (e.g. plank position) until everyone is finished, in order to maximize “playing” time for all participants.</p> <p>Add music or a drum for players to maintain a jumping rhythm.</p>

Relay Races

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	Unlimited
How it Works	Relay Races: Races in which players have to stop and start rapidly and change direction. Have a small number of people on each team, with team members changing so that everyone has a chance to be on a winning team. Avoid relays where children run to a wall, touch it, and run back — there's too much danger of running into the wall with an arm out in front and injuring the arm or wrist. Relays in which players pick up a lacrosse ball and put it down in a small receptacle is excellent, as they force players to stop completely and very rapidly.
Applications	Agility, keeping athlete's head and eyes up, decision-making.
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.

Spider Ball

Stage of Activity	All
Equipment	One ball per pair
Time	5 - 10 minutes
Number of People	6+
How it Works	Have participants divide into pairs, assign each pair a number and give each pair a ball. Have the group stand in a circle where everyone is directly across from their partner and at least two meters from anyone adjacent. Identify the action that you'd like each pair to complete (throw the ball to your partner, roll the ball to your partner). The coach calls out a variety of numbers (the more numbers you call the harder the activity will be) and has the players move the ball to their partners as described. For example of you call 2 & 4 then pair 2 and pair 4 throws the ball to their partner at the same time.
Applications	Throwing, rolling, spatial awareness
Modifications	To make the activity harder have each player have a ball – when their number is called, they need to exchange balls as described. This game can be played in a variety of environments with a variety of sport-specific equipment and skills.

Spot Ball

Stage of Activity	All
Equipment	Balls, Spots on field of play
Time	10 - 15 minutes
Number of People	8+
How it Works	Split the participants into 2 teams and place them two meters apart in a straight line on opposite ends of a playing surface. Designate a marked “spot” at opposite sides of the playing field. One player from each team goes to the opposite side and stands on the “spot”. A center line is established in the middle of the playing field. All players have a ball in their stick Each player, in turn and from both sides, approaches the center line and throws the ball to their team mate on the “spot”. This player cannot move off the spot to catch the ball. If the player on the spot catches the ball, the player who threw the ball then goes and sits on the ground in line with their team mates. If the player on the spot misses the ball, the thrower must retrieve the ball and go back to their position in line to await another throwing opportunity. The first team to have all their players seated wins. The “spot” must be at least two meters from all other players.
Applications	Works on hand-eye coordination, balance, throwing, catching and awareness.
Modifications	This game can be played on a court, field, and gym.

Throwing and Catching – ULTIMATE

Stage of Activity	All
Equipment	Sport-specific balls
Time	5 - 10 minutes
Number of People	Unlimited - two teams
How it Works	ULTIMATE: Use a sport specific ball. Two teams of 3 players each, with a small end zone at each end of a marked out play area. End zone should be at least 2 meters x two meters. One team has the ball. The player with the ball is not allowed to run, walk, or move with the ball, but must throw it to a teammate. Team members pass the ball to one another, and the other team tries to intercept the passes. The aim is to catch the ball inside the other team’s end zone to score. If a team misses the target or is intercepted, the other team gets the ball and play continues.
Applications	Teaches FUNdamentals of throwing and catching, keeping athlete’s head and eyes up, decision-making.
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym. Play with one extra player on one team.

Tic-Tac-Toes Relay

Stage of Activity	All
Equipment	10 balls of different colors (2 colors)
Time	5 - 10 minutes
Number of People	3 per team x2 = 6 per game (up to 5 per team for a total of 10) Based on number of participants.
How it Works	Set up a tic tac toe grid using the hula hoops or the cones. Each team starts the same distance away from the grid. One player from each team runs to the grid and places a colored ball into a square. They return and tag the next person with their stick, to take the second ball of the same color and place it in the grid. This process repeats until one team gets 3 squares in a row. Once all nine squares are filled (and neither team has 3 in a row), the team with 5 colored balls wins the round.
Applications	Great for warm-up, keeping athlete's head and eyes up, agility, quickness, decision-making.
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.

Wepi Sakan

Stage of Activity	All
Equipment	Socks with intercrosse ball tied inside at the toe
Time	5 – 10 minutes
Number of People	2+
How it Works	Traditionally, this activity was played with rawhide, swung overhead and the thrown as far as possible. This version is modified. Athletes complete activity in pairs and all participants must remain at least 2 meters apart. Designate a starting line. One athlete lines up, swings sock overhead and then throws it as far as possible. Both athletes run to the sock, and the second athlete throws from the landing position. The goal is to complete a designated distance (e.g. length of a field) in the least number of throws. Once athletes reach the end of the goal line, they run back and repeat the activity, trying to reduce the number of throws.
Applications	Throwing, spinning, running, teamwork
Modifications	Line up players along the edge of the field and all throw at one time, trying to get their sock the furthest. https://www.sfu.ca/lovemotherearth/08classroom/papers/aboriginal_sports.pdf

Weaving

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	3+
How it Works	<p>All athletes line up single-file, with at least 3 meters between them.</p> <p>On “GO” the team starts moving jogging very slowly, maintaining the distance between each person. The last person moves faster, weaving in and out of the players ahead until they reach the front of the line.</p> <p>Once the back person is at the front, they slow the group down, decide on the direction, and resume the lead while the “new back person” weaves through the team.</p>
Applications	Teamwork, aerobic endurance, agility, body and space awareness, pacing
Modifications	<p>The back “weavers” start sooner, for example after the person has dodged through two or three people. This reduces time between each athlete’s turn to weave, therefore allowing for more repetitions per player.</p> <p>Pass an implement when weaving.</p>

Win the Prime

Stage of Activity	All
Equipment	None (unless sport specific equipment is required)
Time	5 - 10 minutes
Number of People	3+
How it Works	<p>Athletes start in a line along a field at least two meters apart. They close their eyes, as the coach walks behind the line and secretly taps one person on the shoulder. When ready, the coach will say begin.</p> <p>Athletes are instructed to stay together as a group during the interval until the person who was tapped decides to “kick” for the finish.</p> <p>When the athlete kicks, then everyone races them to the finish. The first one to the line gets a point.</p> <p>The person who was tapped must decide whether to sprint immediately or wait until closer to the finish, depending on their speed and the speed of others in the group. For endurance events, this activity can be done on a track or longer course (1 to 3 minutes long). For speed-based events, the distance can be very short (e.g. 10 to 30 seconds long).</p>
Applications	Speed, reaction time, decision making, energy conservation, strategy
Modifications	<p>Athletes can move in a pace line for sports that require drafting.</p> <p>Athletes can also be stagger started, to spread out the field.</p>

World Cup

Stage of Activity	All
Equipment	Variable (ball, net)
Time	5 - 25 minutes
Number of People	6+
How it Works	<p>Participants pair up and select a country for their team name (ie. Canada, Portugal, Germany).</p> <p>Identify a playing area in close vicinity of the net about the size of the attack zone. The coach throws balls into the identified playing area – a smaller number of balls than teams. Each pair works together to put the ball in the net. Every country is against every country. When someone shoots at the post, they must yell their country’s name for their shot to count. When a team hits the post or crossbar, they go off to the sideline as they have made it into the next round. The round is over when there is only one pair left and they are eliminated. To ensure that everyone continues to play, you can play the game where there is no elimination and you keep score instead.</p>
Applications	Passing, shooting, communication, spatial sense
Modifications	<p>If there is no keeper, you can play “post” where hitting a post or cross bar is considered a goal.</p> <p>The game can also be played where no one is eliminated for a set period of time, and team’s keep score of how many goals they score.</p> <p>By modifying the playing surface (larger) you can make the game easier, or smaller to make the game harder. You can also make the game harder by putting less balls into the field of play for the team’s to try and score with.</p> <p>This game can be modified to play in many different environments using different sport-specific skills and playing surfaces.</p>

Zim Zam Zoom

Stage of Activity	All
Equipment	None
Time	5 minutes
Number of People	Unlimited
How it Works	<p>Have athletes stand in a semi-circle around you (the coach) about 2 meters apart.</p> <p>Name game; throw a ball to someone in the group and say “zim”, “zam” or “zoom”. If you say “zim” they have to say the name of the person on their left, “zam” they have to tell their own name, “zoom” they have to say the name of the person on their right.</p> <p>Switch positions after a short time.</p>
Applications	Ice breaker, focus
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.