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POINTS OF EMPHASIS:

- ✓ Be sure that your players are getting their bottom hands OUT when they catch and before they throw. This will provide more power on their passing, because they are able to pull the bottom hand in while they throw
- ✓ Be sure that they are following through across their body, and not bringing their bottom hand into their stomach or underneath their top hand.
- ✓ Try to address the mental issues with your players as you go through drills. Do drills that challenge them, but be sure to include drills that give them confidence as well. Keeping their head up during stickwork drills promotes confidence!

DRILLS:

- **Figure 8 passing**- Two stationary post players about 10 yards apart each with a ball. Third player is making a figure 8 motion around two posts. As she comes off one post's shoulder, she receives the pass and gives it right back to her. Then repeats around the second post. Passers put the ball in the air as she is coming off, feed early. Cutters, don't round about off the post cut, it is a sharp cut up to the ball off the post. After three passes, the girl in the middle switches places with a post.
- **Protection drill**- get a partner, one on attack and one on defense. Attacker has to stand still, protect their stick and pivot while the defense tries to check the ball out of it. You can advance the drill by letting the partners move across field while protecting and being covered. **Look out for:** Eyes going down to the ground... be sure they keep their heads up!!!
- **2v2 box**- 4 lines in a box formation, 2 next to each side of the crease, and 2 directly in front of them at about the 12 meter. Defense is in the 2 low lines, attack are in the 2 high lines. Looking at the cage, the low left defender passes straight up, high left attacker passes down to low right D, low right D passes to high right A and high right attacker goes hard. After the passing, it turns into a 2v2 to cage, with the 2 defenders coming up quickly to play the 2 attackers. You can encourage the attackers to go 1v1 to ensure that the defense is getting a chance to double team the ball.
- **World Cup Drill:** Create a box around the cage with a 1v1 inside the box. Each person that makes up the box has a ball, and is a feeder. The 1v1 gets a ball from one feeder and then challenges to goal. After a goal or errant ball, the 1v1 cuts to the next feeder in the box. Repeat until all 4 people in the outer box have fed, then switch the 1v1 players. You can move this up to 2v2, 3v3 etc....
- **Groundball game**- Split the team up into 2 equal teams. Each team lines up on the endline outside the 12 meter. 2 people from each team line up right on each side of the

crease. The coach rolls a groundball out into the 8meter, so the 2v2 can fight for it. Whichever team gets the ball is on attack. As soon as there is a shot or turnover, a second ball is rolled out from the top. Once that ball is finished (shot or turnover), the next 2v2 comes out. Goalies compete against each other, getting a point for a save.

- ***3 team circle keep-away*** Split up the team into three even teams. Inside the center circle there is a 5v5 with subs and off team standing around the outside of the circle. 5 passes within a team is a point. if the ball goes out of bounds or is turned over the team that turned it over goes out and the defense becomes offense and the new team comes in to play defense. Game continues either for time or for points. Keep balls available right outside the circle.