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U18 Regional Women 2005 Programming Notes

- Execution of these practice plans will require preparation on your part to ensure a smooth transition from one drill to another and to make the most of the limited time you have with your athletes
- The plans are to be treated as a working and evolving document. They will be continually improved based on your invaluable feedback
- A lot of time and effort have gone into preparing these plans. The skills have been periodized and each practice will build on the one before it. As a whole they will lay the foundation for our provincial program later on in the year. If modifications have to be made e.g. to accommodate restrictions on numbers and space please ensure that the technical and tactical focus of the drill or component are still being met
- Any questions or concerns can be directed to me at the office at any time
- Instruction on basic techniques and tactics is included with this package. This instruction will eventually be posted on the website. We will strive to add pictorial and video support as necessary, as soon as possible. The instruction is detailed for your benefit as coaches but take care not to overwhelm your athletes with instruction. Allow them to learn by doing and focus on just one or two key points at a time
- A priority for every practice is small games work…this allows for:
    - Reinforcement of basic skills
    - More touches on the ball
    - Tactical decision making
    - Fun

- Rules for games can always be modified slightly to reinforce a basic skill or increase a tactical component. Some examples include:
    - 4 goals instead of two (accommodates switching the play)
    - Passing only (works basics)
    - Two touch (first touch, control, off ball running)
    - Pass through goal to a teammate to score (forces leads in front of the ball)
    - Lifted passing and dribbling only

- Coaches should strive to develop intelligent athletes
    - Provide context at every stage to make sure athletes understand why they are doing what they are doing
    - Ask questions to promote discussion and thinking rather than simply providing the answers
    - As often as possible incorporate drills with decision making components

- Basic skills are isolated when initially introduced but are then incorporated into drills that reinforce the skills within the appropriate context. Try to avoid building on basic skills with static repetition
- Skill circuits have been used to build on basic skills in the right context. The patterns within the circuits are important as they will form the basis of attacking play introduced later in the cycle
- Athletes not involved in PC's can use the time to build on their technical skills base
- The level of difficulty of ALL the components of the practice can easily be modified by altering one or more of the following 3 elements:
    - Time
    - Space
    - Competition
- Thank you for your dedication and commitment to our athletes…please take advantage of the fact that we are here to support you. I look forward to working through any questions or concerns together.

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Key Components of the LTAD through the 7 Stages* of Late Specialization Sports

** Stage 7 is the Active for Life stage which is not the focus here*

STAGE	Active Start (1) Males and Females 0-6	Fundamentals (2) Males 6-9 Females 6-8	Learning to Train (3) Males 9-12 Females 8-11	Training to Train (4) Males 12-16 Females 11-15	Training to Compete (5) Males 16-23 +/- Females 15-21 +/-	Training to Win (6) Males 19 +/- Females 18 +/-
GENERAL	• FUN and part of daily life • Fitness and movement skills development • Focus on learning proper movement skills such as running, jumping, wheeling, twisting, kicking, throwing, and catching • Not sedentary for more than 60 min except while sleeping • Some organized physical activity • Exploration of risks and limits in safe environments • Active movement environment combined with well structured gymnastics and swimming programs • Daily physical activity • Focus on participation	• Overall movement skills • FUN and participation • General, overall development • Integrated mental, cognitive and emotional development • ABC's of Athleticism: Agility, Balance, Co-ordination and Speed • ABC's of Athletics: running, jumping, wheeling and throwing • Daily physical activity • Emphasize motor development to produce athletes that have better trainability for long term sport specific development	• Overall sport skills development • Major skills learning stage (accelerated adaptation to motor co-ordination): all basic sport skills should be learned before entering training to train • Integrated mental, cognitive and emotional development	• Sport specific skill development • Major fitness development stage: aerobic and strength. Onset of Peak Height Velocity (PHV) and PHV are the reference points • Integrated mental, cognitive and emotional development • Frequent musculoskeletal evaluations during PHV	• Integrated mental, cognitive and emotional development •	• Ages are sport specific based on international normative data • Modeling all aspects of training and performance • Frequent prophylactic breaks • Athletes training to peak for major competitions • Training is high intensity and relatively high volume • Individualized
		• Screening for talent	• Talent identification	• Selection	• Specialization	• High performance
PHYSICAL TRAINING		• Introduce basic flexibility exercises • Develop speed, power and endurance using games	• Medicine ball. Swiss ball and own body strength exercises • Introduce hopping and bounding exercises to	• Introduce free weights • Accelerated adaptation to aerobic, speed and strength training. • Make aerobic training a priority after onset of PHV while further developing speed,	• Sport, event, position specific physical conditioning	• Maintenance or improvement of physical capacities

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		• Develop linear, lateral, and multi-directional speed with the duration of repetitions less than five seconds • Medicine ball. Swiss ball and own body strength exercises • **First window of accelerated adaptation to speed: males 7-9 females 6-8**	help aid strength development • Further develop endurance (games and relays), flexibility (exercises), and speed (activities focusing on agility, quickness, and change of direction in warm-up)	strength, and flexibility • Emphasize flexibility training given the rapid growth of bones, tendons, ligaments, and muscles • 2 windows of accelerated adaptation to strength training in females: the first occurs immediately after PHV and the second begins with the onset of menarche • 1 window of accelerated strength training for males: it begins 12-18 months after PHV. • Learn to cope with the physical challenges of competition		
ANCILLARY CAPACITIES (mental training / nutrition education etc.)			• Introduce ancillary capacities	• Develop ancillary capacities	• Optimize ancillary capacities	• Maximize ancillary capacities
MENTAL		• Introduction to simple rules and ethics of sport	• Introduction to mental preparation	• Develop mental preparation • Learn to cope with the mental challenges of competition	• Advanced mental preparation	
VOLUME		• Once or twice a week in preferred sport as long as there is participation in many other sports 3-4 times/wk.	• Narrow focus to 3 sports • Sport specific training 3 times/wk; other sports 3 times/wk	• Narrow focus to 2 sports • Sport specific training 6-9 times/wk including complimentary sports	• Select 1 sport • Sport specific technical, tactical, and fitness training 9-12 times per week	• Sport specific technical, tactical, and fitness training 9-15 times per week
PERIODIZATION AND SPORT PARTICIPATION		• No periodization, but well structured programs	• Single or double periodization	• Single or double periodization	• Single, double, or triple periodization	• Single, double, triple or multiple periodization
COMPETITION RATIOS	• No specific ratios	• All activity FUN based	• 70% training:30% competition	• 60% training:40% competition	• 40% training:60% competition	• 25% training:75% competition
SPORT SPECIFICS		• Fundamental movement skills must be mastered before sport specific skills are introduced	• Major skills learning stage (accelerated adaptation to motor co-ordination): all basic sport skills should be learned before entering training to train	• Consolidate sport specific skills and tactics • Major focus of training is still on learning the basics not competing	• Sport, event, position specific technical and tactical preparation • **Sport, event, position specific technical and playing skills under competitive conditions**	• Further development of technical, tactical, and playing skills

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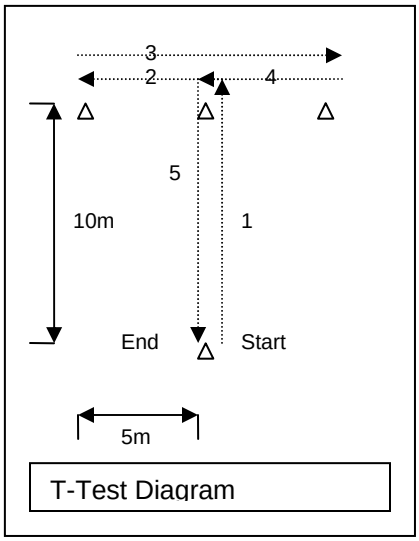
Physical Testing Components

Rationale:

- To determine baseline strengths and weaknesses of an athlete
- To determine the emphasis for physical training leading to competition
- To evaluate the effectiveness of the training program
- To provide a basis for modification of the training program
- To provide a basis for athletic screening within the program and in comparison to established norms at elite and international levels
- Currently used by our national teams as a basis for entry into the programs
- To expose our athletes to some of the protocol they are sure to face in their hockey careers and to lower the intimidation factor associated with physical testing

Testing Components:

- Beep Test (general aerobic / anaerobic capacity)
  - Australian version – available for sign out at FHBC
  - Max heart rate recorded immediately after beep test and used to judge relative work rate
  - Heart rate monitors are ideal but if unavailable take pulse for 10sec and multiply by 6 to get heart rate in beats per minute
  - Monitor intensity of training by taking a heart rate reading at various points during practice
  - Athletes in training should be at approx 80% of max rate when "working hard" and should be at approx 60% or above for a positive conditioning effect
- T-test* (agility)
  - Athletes sprint around circuit at max speed as shown in diagram
  - Foot needs to touch the line established by the cone between 2 and 3 and between 3 and 4 in diagram
  - Time stops when athlete runs past the start line
  - If possible the best of 2 repetitions can be recorded
- 20m sprint * (speed)
  - If possible split times at 5m and 10m need to be recorded
  - Athletes run one 20m sprint not three separate sprints of 5m, 10m, and 20m
  - If possible the best of 2 repetitions can be recorded
- Curl-ups (muscular strength/endurance)
  - Max number of repetitions in 1minute
  - Lying down, feet together, knees bent
  - Hands together, extend with each sit up and need to pass the plane of the bent knees for the repetition to count
- Push-ups (muscular strength – upper body)
  - Max number of reps possible without resetting the hands or feet (no time limit)
  - Hands should be shoulder distance apart, feet together, knees off the ground
  - Elbows need to break 90 degrees on the bottom and be fully extended at the top for each repetition to count
  - Athletes are allowed to rest at the top but cannot reset their hands, feet etc.
- Vertical jump (muscular strength/ power lower body)



T-Test Diagram

* Ideally done with "electronic eyes" to limit error associated with manual timing

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FHBC Skills List U18's 2005

OVERALL FOCUS

- **Reinforcement of basic skills at speed and under pressure**
- **Emphasis on technical skills off the ground**
- **Expansion and reinforcement of basic tactics**
- **Small games – 4 vs 4 and 7 vs 7 with goal keepers**
- **Game play**

TECHNICAL

Ball Distribution

- Passing (emphasis on consistent execution with power and accuracy on the move)
  - Forehand
  - Reverse
  - Lifted
- Sweep hitting (with accuracy and power)
- Hitting (main emphasis on forehand hitting)
  - Forehand
  - reverse blade
  - upright reverse
- Scooping
  - Attacking and defensive

Ball Control

- Running with the ball / possession skills
- Dribble
  - Indian
  - lifted
- Eliminations (Draws)
  - To the right
  - To the left
  - Lifted
    - Tap dribble (Right-Left)
    - Lifted Elimination (Left-Right)

Receiving (emphasis on receiving under pressure and quality of first touch)

- Forehand
  - Midfield, Moving, Through the body/slip, Reverse stick

Tackling

- Forehand
- Reverse stick
- shave
- poke

Shooting/ Goal scoring (emphasis on power and accuracy with a sense of urgency)

- Forehand
- Reverse stick
- Punch/squeeze
- Deflections/ tips
- Play close to the net

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TACTICAL

Defense

- Roles in defense
- Defend small spaces
- Dominate space around the ball
    - Ball pressure
    - Continual repositioning
- Channeling
- Ball side / help side
- Prioritizing in defense
    - Defending the middle
    - Pressure and cover
    - Assessment of danger
- 1 vs. 1
- 2 vs. 1
- Intro to 3 vs. 2
- Double defense (double teaming)
- Marking
- Defending inside the 25
- Pressing
- Intercepting
- Penalty corners (reinforcement and refining of roles)
    - 1st runner
    - Post play
    - Clearing the pads

Attack

- Roles in attack (reinforcement of AR1 and AR2 roles, intro to AR3 role)
- Support/ creating options for the ball carrier
    - Filing roles for support
    - Awareness of teammates and needs of the ball carrier
    - Continual repositioning
- Unbalancing the defense
    - Creating danger in front of the ball
    - Intro to Interchange
- Intro to Counter cover
- 1 vs. 1
- 2 vs. 1
- Intro to 3 vs. 2
- Defensive outletting
    - Trough/ bowl
    - Diamond
- Reinforcement of play up the sidelines
    - Support and creating options (depth and triangles)
- Play in the offensive 25
    - Support options
    - Danger in front
    - Interchange
- Penalty corners
    - Reinforcement and refinement of roles

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U18 Practice Content - Summary

Session 1	**Session 2**
Passing and Receiving Running with the ball Eliminations ▪ Draw Left and Right ▪ Tap dribble (Right-Left) ▪ Lifted Elimination (Left-Right) Small Games	Passing and Receiving Dribbling ▪ Indian ▪ Lifted Small games
Session 3	**Session 4**
Hitting ▪ Choke and upright Tackling ▪ Forehand ▪ Reverse stick 1 vs. 1's Small games	Sweep hitting Shooting – reverse stick 2 vs. 1's Small games
Session 5	**Session 6**
Play inside the offensive 25 Goal scoring Small games	3 vs. 2's Double defense (double teaming) Small games
Session 7	**Session 8**
3 vs. 2's Double defense (double teaming) Small games	Play up wide channels ▪ Wing defender wide No go zone game Penalty Corners ▪ Skills intro
Session 9	**Session 10**
Play up wide channels ▪ Wing defender infield No go zone game Penalty Corners ▪ Skills intro	Defensive Out-letting Press Penalty Corners ▪ Skills intro
Session 11	**Session 12**
Pressure and cover Defending the defensive 1/3 Penalty Corners	Scooping Ball movement under pressure 3 vs. 2's Small games Penalty corners

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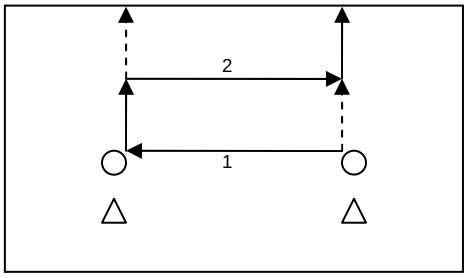
U18 Regional Program: Practice 1

FOCUS: Passing and receiving, running with the ball, Eliminations – draw left and right, lifted eliminations, tap dribble, Small Games
Time: 1.5 Hrs

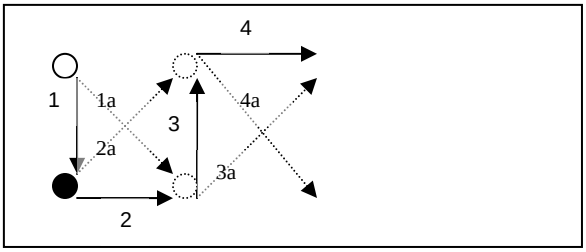
00-15 **Warm-up** – If possible explain basics for technical skill during this time
3 laps
5 min of static stretching
Agilities

15-30 **Passing in pairs**
Two player's approx 10 -12 yards apart passing back and forth while moving toward the net ending with a shot. If numbers are high, two additional lanes can be created on either side of the middle one.



- Players on the Left (L) and Right (R) pass and receive forehand
- L player receives on reverse and passes forehand
- L player receives forehand and make a reverse stick pass
- L player receives on reverse stick and passes with reverse stick
- Players can throw in some random dribbling in between passes.

30-45 **Square and Through**
- Light circle starts with the ball passes square (1) to dark circle.
- Light circle then leads diagonally (1a) to receive a through pass (2)
- After pass 2 dark leads diagonally (2a) to receive square pass (3).



- After pass 3 light leads diagonally (3a) to receive through pass (4).
- After pass 4 dark leads diagonally (4a) to receive square pass etc.
- Drill proceeds from the 50yard line to the circle ending with a shot.

This drill is often practiced but without explanation of context. It serves to teach:
- ❑ creating danger in front of the ball
- ❑ passing and supporting by defensive and midfield lines
- ❑ creating options for the ball carrier

45-50 **Water break**

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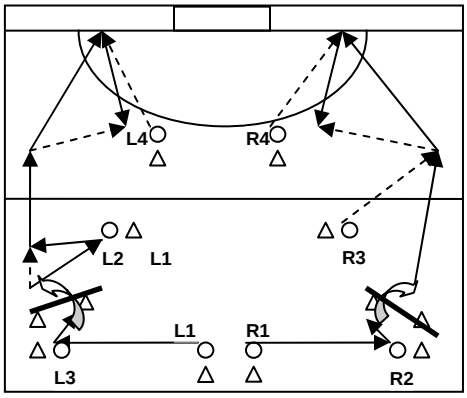
50-70 Basic skills circuit



Players rotate from R/L 1 to R/L 2 etc. Ball moves from 1 to 2 etc. Balls start at L1 and R1…coach can be in center of the field with more ball and feed as necessary to keep things going.

- R1 passes wide to R2
- R2 lifted draws L to R and passes up-field for R3 making a diagonal lead for a reverse stick reception
- R3 passes to R4 leading hard to baseline
- R3 leads hard to guard position to receive pass from R4 and takes shot at net.
- L1 passes wide to L3
- L3 tap dribble R to L and passes to L2 making short lead back to the ball for a give and go
- L2 executes give and go back to L3 who drives up the sideline with the ball
- L3 passes to L4 leading to baseline
- L3 leads to guard position at the top of the D for a shot on net.

70-90 Small Games (3 v 3)

Field size: 25 by 25 yards

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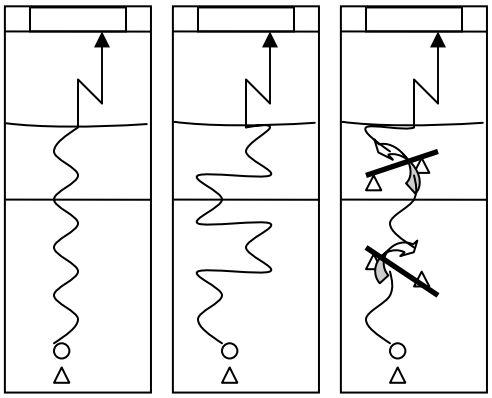
U18 Regional Program: Practice 2

FOCUS: Passing and receiving, dribbling – Indian and lifted, lifted eliminations, Small Games
Time: 1.5 Hrs

00-15 Warm-up – If possible explain basics for technical skill during this time
3 laps
5 min of static stretching
Agilities

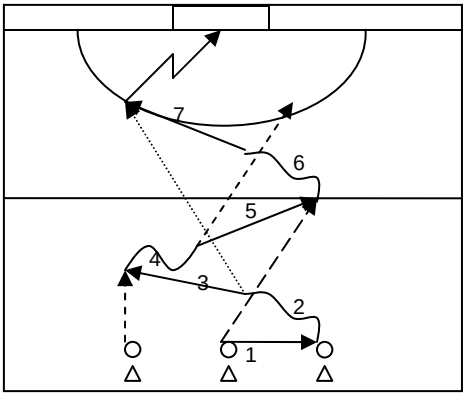
15-30 Dribbling
Depending on numbers set up to 4 lines of players leading from the 50 yard line to the net or up from the baseline toward the 50 yard line.



- Indian dribble with ball in front of body
- Indian dribble alternating with draw left and right
- Indian dribble with fake dribble over the ball before draw right or left
- Lifted dribble toward net
- Dribble leading to lifted eliminations
    - Lifted elimination left to right
    - Tap dribble from right to left

30-45 3 person weave

Standard 3 person weave – ball starts in the center and is passed out wide, center player leads out diagonally in front of the channel they just passes into. Player who receives the ball out wide traverses into the center, passes to the opposite wide player and make a similar diagonal lead into that channel. Drill repeats until ball carrier is in the circle and takes a shot.



45-50 Water break

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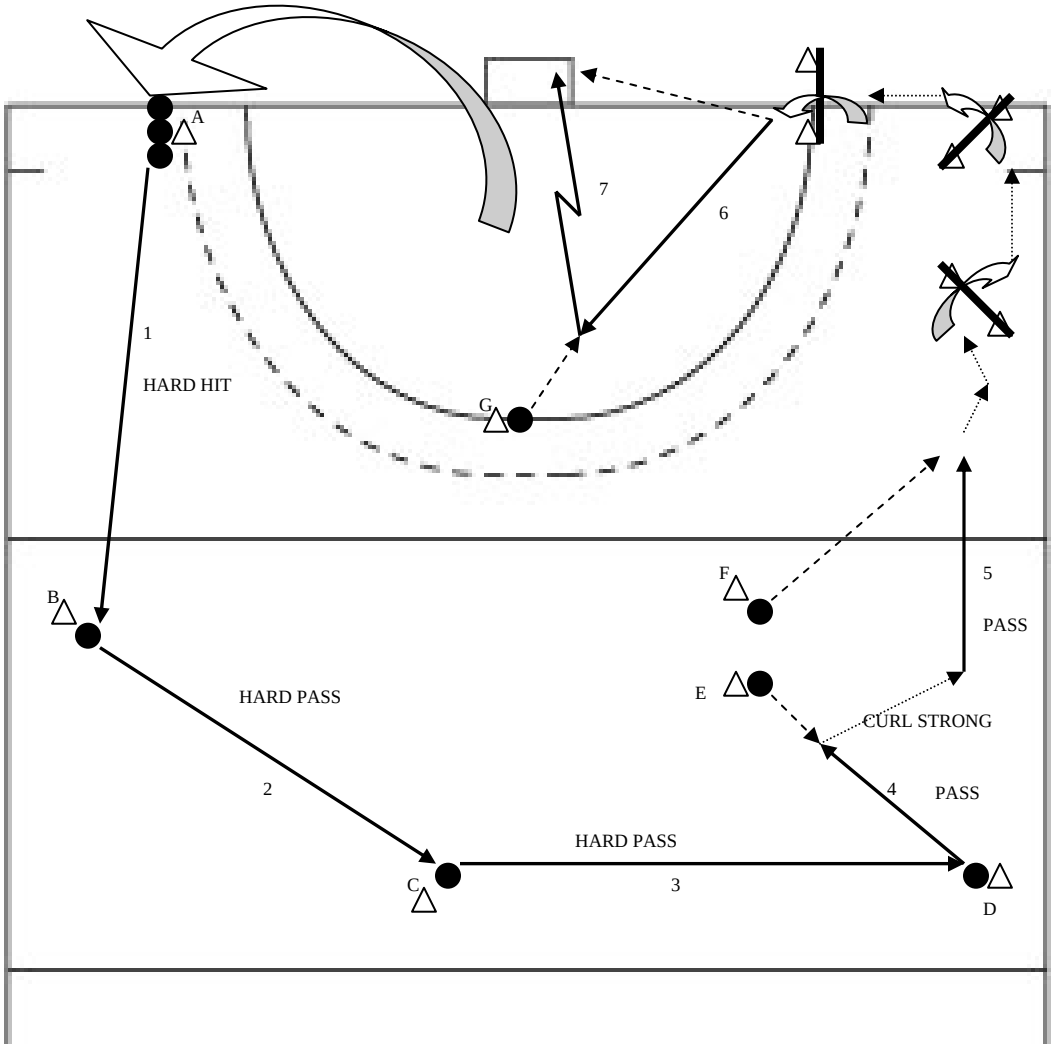
50-70 Skills circuit



1. Balls and players line up at cone A. One player on cones B-G.
2. Players follow their passes
3. Hard hit ball (1) from cone A-B
4. Receive and hard pass (2) to player at C
5. Hard pass (3) to D
6. Player at D receives and passes (4) to player at E making 2 yard lead.
7. After receiving the pass (4) player curls strong into the wide channel and makes pass (5) to player making hard diagonal cut from cone F (reverse stick reception).
8. Lifted draw to the Right.
9. Tap (pop) dribble/ lifted draw to the Left. Lift over flat stick to enter circle
10. Hard pass to top of the D for CF (at cone G) breaking toward the ball. After making pass player goes to the near post for a possible deflection.
11. Hard shot at net to score or for deflection
12. After taking shot player rejoins line at cone A.

70-90 Small Games (3 v 3)
Field size : 25 by 25 yards

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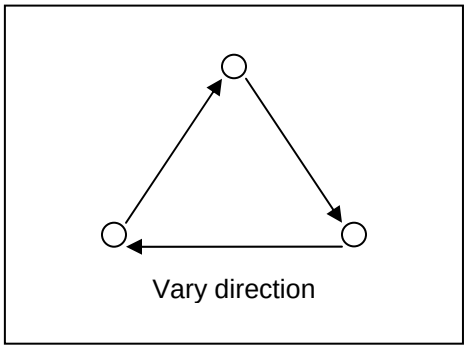
U18 Regional Program: Practice 3

FOCUS: Hitting the ball (choke hit and full drive), tackling (forehand and reverse stick), 1 vs. 1's, Small Games
Time: 1.5 Hrs

00-15 **Warm-up** – If possible explain basics for technical skill during this time / to allow for a quicker transition, also consider setting up the cones for the circuit during this time.
3 laps
5 min of static stretching
Agilities
Stick and ball

15-30 **Hitting in groups of 3 (triangles)**

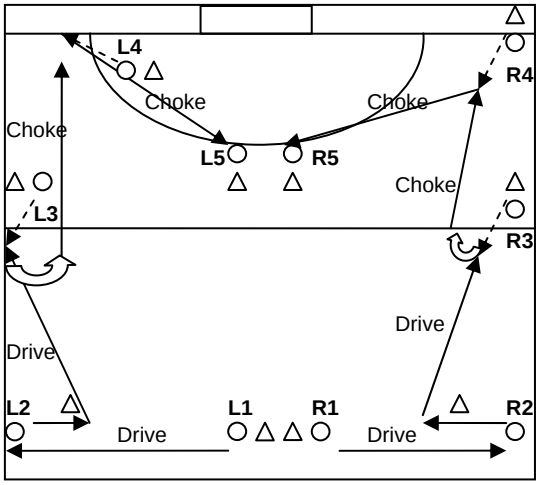
- first using the choked up grip over 15 yards
- progress to using the full but controlled drive over 20+ yards



- ❑ Get the head up and scan after each reception
- ❑ Keep the feet moving
- ❑ Receptions can vary according to position
- ❑ If technique is sound, emphasize quicker release

30-45 **Hitting Circuit**
Coach in the middle with extra balls feeding the circuit as necessary

- R1 drives the ball to R2 who receives on the sideline
- R2 runs around cone 3 -5 yards in from the sideline and drives to R3 leading back for the ball
- R3 curls after receiving and uses a choke hit to R4 who leads back to receive from the corner
- R4 receives uses choke hit to cross to R5.
- Alternate with similar movement on Left side as shown



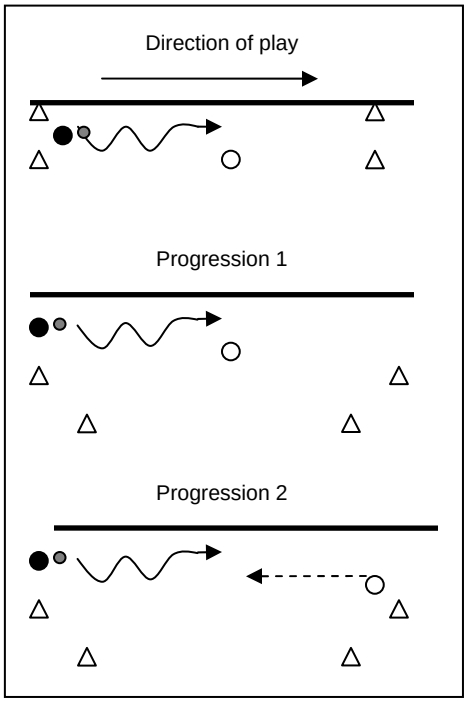
- ❑ Emphasize the propper execution of the skill, not completing the circuit with speed.
- ❑ Watch for appropriate ball position
- ❑ Watch for appropriate footwork especially for R2 and R3
- ❑ Shots on net can be low hard choke hits for the corners

45-50 Water break

50-65 Tackling - forehand and reverse stick

Players in pairs working along any 15-20 yard stretch of the field that had a line (side line, center line, 25 yard line) on it.

- Drill starts with goals on the line, fwd at one end with the ball and defender in the middle
- Objective is to keep the fwd wide (close to the line) and make a forehand or reverse stick tackle
- Forehand tackles in one direction and reverse stick tackles in the opposite direction
- Progression 1: Moving the goals infield will force the defender to work harder to keep the fwd wide and prevent them from going infield to score the goal
- Progression 2: start the defender at the other end and have them close the distance to the forward and then make the tackle (close the distance to the fwd, pick up their speed, make the tackle)



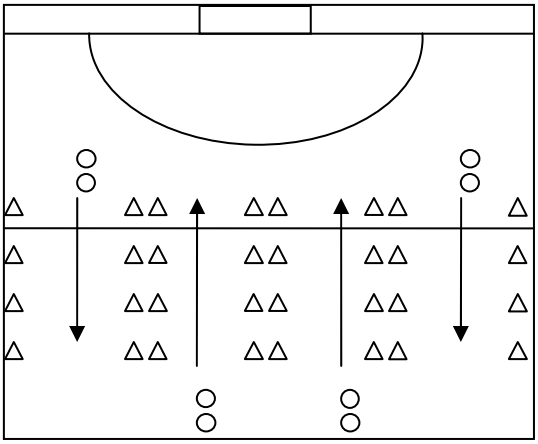
- ❑ Eyes on the ball
- ❑ Close the distance to the fwd and “pick up their speed”
- ❑ Footwork
- ❑ Maintain engaging distance
- ❑ Do not dive into the tackle…maintain a balanced position

65-80 1 vs. 1’s

Up to 4 channels (10 yards wide), depending on numbers, at least 1 (max 2) of which, lead to a shot on net.

- Defender starts at the back of the zone.
- Tackle has to be made before fwd goes past the final cones in the zone.

Placements of nets can vary along the field to accommodate safety



80-90 Small Games (3 v 3 with goalies if necessary)
Field size: 25 by 25 yards

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U18 Regional Program: Practice 4

FOCUS: Sweep hitting, reverse stick shooting, 2 vs. 1's, Small Games
Time: 1.5 Hrs

00-15 Warm-up – If possible explain basics for technical skill during this time / to allow for a quicker transition, also consider setting up the cones for the circuit during this time.

- 3 laps
- 5 min of static stretching
- Agilities
- Stick and ball

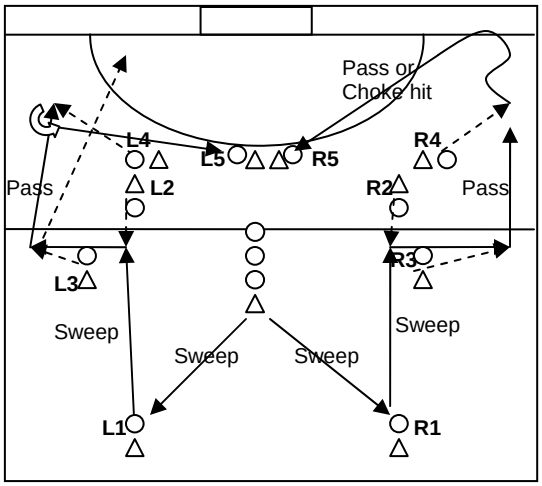
15-25 Sweep hitting in pairs

- 15 yards apart
- Start with athletes on one knee (already in the lunge position) and work on the upper body motion first
- Add the lunge portion of the skill once the first component is mastered (ball can be placed in position first so that lunge is to a stationary ball)
- Athlete can then progress to pushing the ball into position and then executing the entire skill.

- ❑ Ball position: a step and a stick length away
- ❑ Ball in line with L foot
- ❑ Lunge perpendicular to direction of ball travel
- ❑ Stay low with the body and the hands
- ❑ Drive the hands through the line of the ball
- ❑ Contact 0-6 inches above the blade
- ❑ blade is "open" on contact and remains "open" through the follow through

25-45 Skills Circuit

Coach in the middle with extra balls feeding the circuit as necessary



- Player rotation is from L/R 1-5, then back to line in the middle
- First player in line sweeps the ball to R1
- As R3 leads flat to the side line, R2 leads back to R1 and receives a sweep hit
- R2 then passes square to R3 who is now on the side line
- R3 passes up the line to R4 leading diagonally for a reverse stick reception
- R4 receives, drives the baseline and then crosses hard to R5 at the top of the D for a shot at net.
- Alternate with similar movement on Left side as shown
- NOTE: As with R3, L3 leads to side line as L1 receives the ball (pass however goes to L2 leading back to L1.
- Once L3 gets the ball on the sidelines L4 make a diagonal lead for an over the shoulder reception
- L3 passes to L4 and sprints to the baseline
- L4 curls with the ball and crosses square to L5 who shots on net.

- ❑ As an advanced progression L2 and R2 can execute a first time deflection over to the sideline for L3 and R3
- ❑ Emphasize the propper execution of the skill, not completing the circuit with speed.
- ❑ Watch for timing and urgency of leads
- ❑ Shots on net can be low hard choke hits for the corners or a reverse stick hit

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45-50 Water break

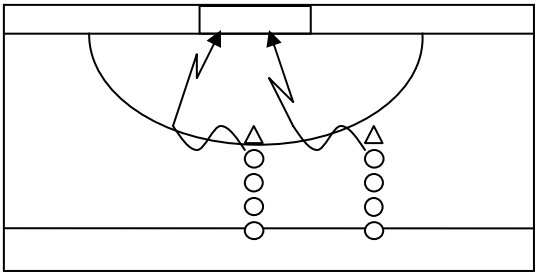
50-65 Shooting – Reverse Stick

A: players initially start by practicing technique against the fence.

- To judge ability first start with complete skill from a stationary position…if players are competent already do not hinder them with earlier progressions.
- Players can initially start on one knee to isolate the upper body action of the skill
- Progress to incorporation of the lunge step with a stationary ball
- Progress to complete skill execution from stationary start position
- Progress to complete skill execution at speed

- ❑ Ball step and a stick length away and in line with right foot
- ❑ Lunge out is perpendicular to the direction of the ball to the target
- ❑ Stick wraps around the body for the back swing
- ❑ Swing is low and along the turf (hands low…scraping the turf)
- ❑ Stay low on the follow through
- ❑ Technique for this skill is often poor
- ❑ Enough time, repetition, and patience is essential for success

B: Two lines can alternate shooting (reverse stick shots only) at net (continue to work on just the skill in isolation).

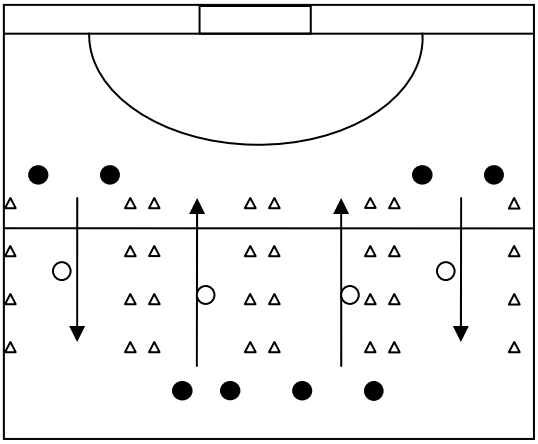


65-80 2 vs. 1's

Up to 4 channels (12 yards wide, 10 yards long), depending on numbers, at least 1 (max 2) of which, lead to a shot on net.

- Defender starts at the back of the zone.
- Tackle has to be made before fwds go past the final cones in the zone.

Placements of nets can vary along the field to accommodate safety



80-90 Small Games (4 v 4 with goalies if necessary)
Field size: 25 yards wide, 35 yards long

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U18 Regional Program: Practice 5

FOCUS: Shooting, Play inside the offensive 25, Small Games
Time: 1.5 Hrs

00-15 Warm-up – If possible explain basics for technical skill during this time / to allow for a quicker transition.

- 3 laps
- 5 min of static stretching
- Agilities
- Stick and ball

15-20 Punch/ Squeeze shot technique

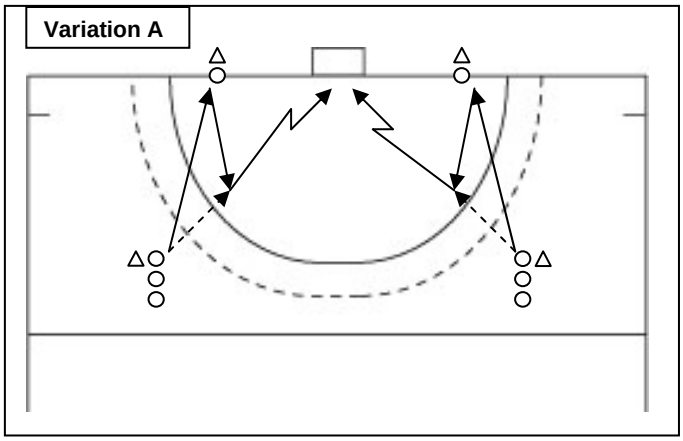
- Players practice the punch shot against the fence

- ❑ Hands: Together at the top, with the "V's" made between your thumb and forefingers going down the back face of the stick.
- ❑ Ball about a foot away from the body behind the back (right) foot to generate the stick angle
- ❑ Follow through "with the left elbow" … the angle of the stick to the turf remains roughly the same even on the follow through – this technique for follow through will get more height on the ball and can be used closer to the goal
- ❑ Bringing the head of the stick through similar to a conventional hit will result in more power but less height on the ball and can be used further away from the goal

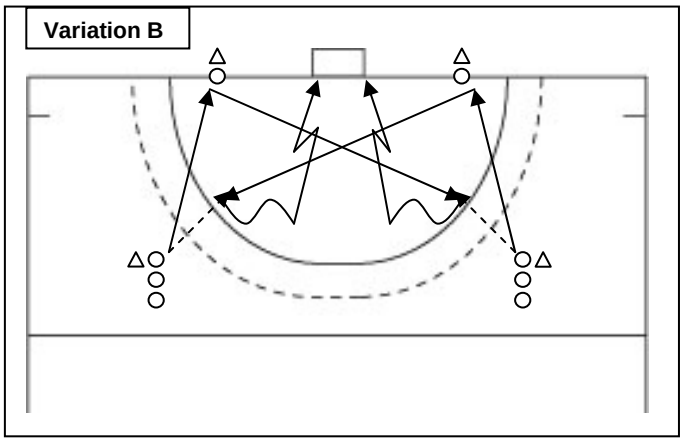
20-40 Shooting

Emphasis for this drill is on shooting and leading. Attack alternates from the L and R sides.

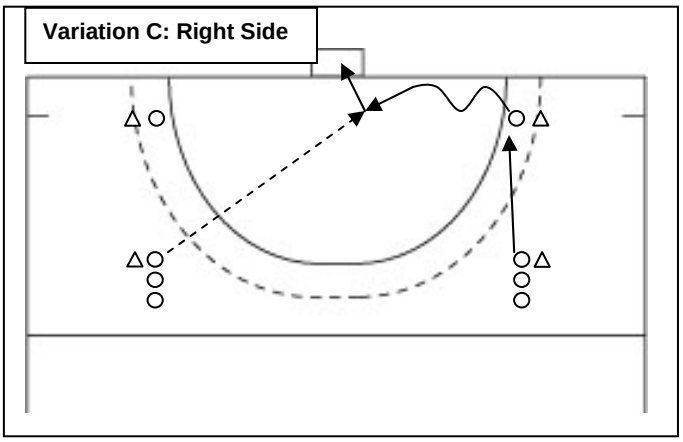
- **Variation A:** 5 min - hard choke hits – focus on quick release and controlled accurate hits

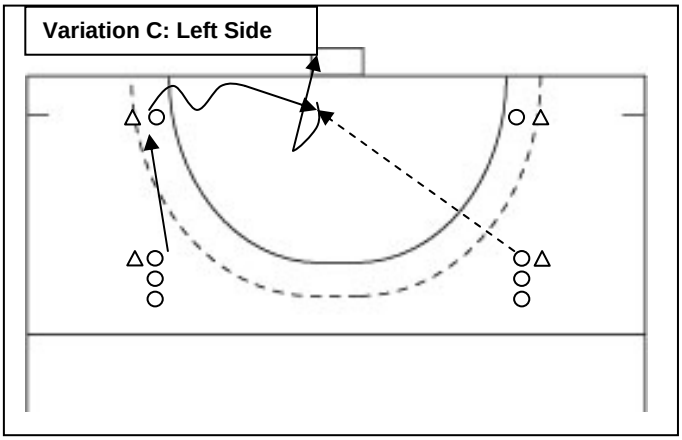


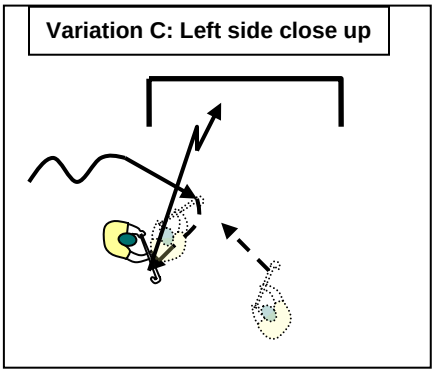
- **Variation B:** 5-7min - Hard forehand and reverse stick shots – focus on redirecting the ball into space on the reception, good contact and accuracy
  - Ball passed to base line then passed across to a player leading from the opposite line
  - Ball received and redirected toward the top of the D and shot is taken closer to the top



- **Variation C:** 5-7min – punch/squeeze shots and hard pushes within 8 yards from the net – emphasis on ball focus, low body position, early release.
  - Ball from Right Side – receive and quick push on net, or receive and redirect ball away from net for a punch shot
  - Ball from Left side – receives by redirecting the ball into space away from the net (as shown in close up), for a quick push or squeeze on net.







40-55 Attacking play – 3 attackers

Drill alternates between L and R side attack using 3 attackers for each side. The middle two positions in the drill could be the CF and LW if attacking down the R or the RW and CF if attacking down the L. However think about the different start positions as being roles that need to be filled not positions on the field.

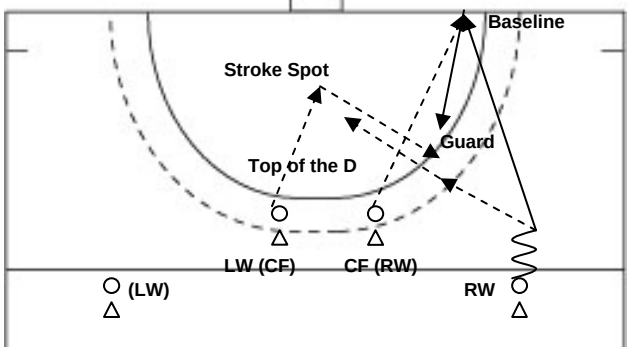
- RW starts with the ball and dribbles into the 25
- CF leads hard to the baseline to create danger in front of the ball
- LW leads hard to stroke spot
- RW passes ball to baseline
- As ball is passed LW leads from stroke spot to guard position (directly behind ball carrier on the baseline)

Support for the ball carrier in attack is critical to unbalancing the defense. This is accomplished by creating danger in front of the ball and interchange of attacking players off the ball.

The key roles that usually need to be filed are:

- Baseline: to create depth and danger in front of the ball
- Stroke spot: key goal scoring position in the middle of the circle
- Top of the D: to accommodate an early cross or for additional options from the baseline
- Guard: position directly back from the ball carrier, this position is usually poorly defended because the defense will prioritize defending the dangerous space between the ball and the goal

- RW **should initially look to support in the guard position** but can lead to the stroke spot if the LW makes themselves available for the guard pass.
- baseline player can pass to the guard position or to the stroke spot
- If ball is passed to the guard, player on the baseline can lead to the far post for a deflection opportunity.
- Drill is mirrored on the Left side
- **Progression: add a defender to make it a 3 v 1.**



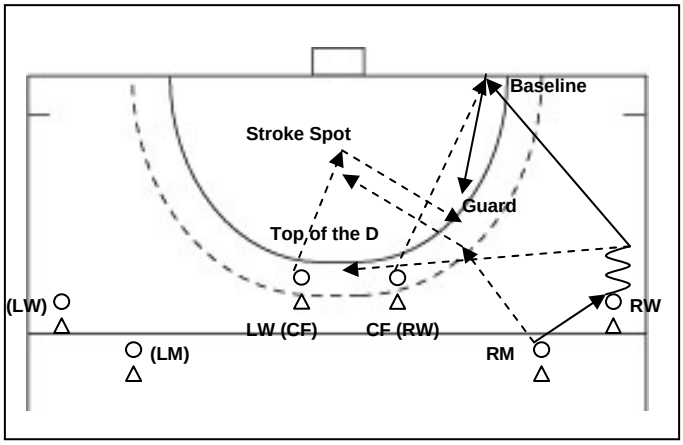
Defensive priorities in this case will be to defend the most dangerous option.

- As the ball enters the 25 this will mean cutting off the most direct paths to the net and allowing the ball to go wide and to the baseline.
- If the ball is passed to he baseline and there is no help the most dangerous option will be the centering pass to the stroke spot so this should be defended first.
- If in free play this option is covered by another defender then the ball carrier should be pressured in the line of the guard pass.
- Care should be taken to maintain the engaging distance to the attacker and not dive in giving up the easy penalty corners

55-60 Water break

60-75 Attacking play – 4 attackers

Drill alternates between L and R side attack using 4 attackers for each side. The middle two positions in the drill could be the CF and LW if attacking down the R or the RW and CF if attacking down the L.



- RM starts with the ball and pass to RW on the side line
- CF leads to baseline and LW to stroke spot
- Pass is made to baseline and LW re-leads to guard position
- RM initially leads to guard then re-leads to stroke spot LW becomes available for guard pass
- RW after passing looks to potentially fill the guard option but seeing it is already filed leads to the top of the D.
- Drill is mirrored on the L side. Progress by adding 1 then 2 defenders

The priority is to always provide support for the ball carrier. It is only when the most immediate support options are filled that a player can fill additional roles for support. It does not matter who goes where as long as the roles are all filled.

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75-90 Small Games (4 v 4 with goalies if necessary)
Field size: 25 yards wide, 35 yards long

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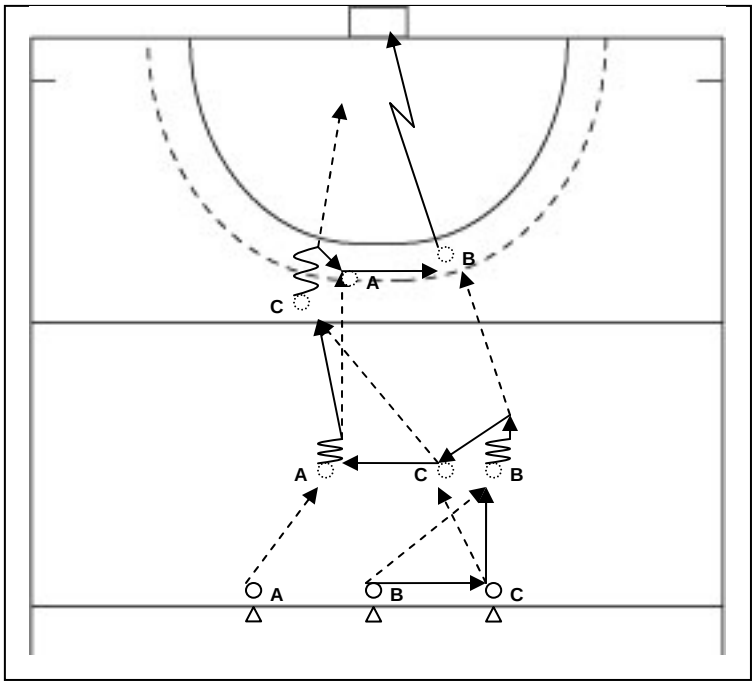
U16 Regional Program: Practice 6

FOCUS: 3 v 2's, Double Defense, Small Games
Time: 1.5 Hrs

00-15 **Warm-up** – If possible explain basics for technical skill during this time / to allow for a quicker transition.

- 3 laps
- 5 min of static stretching
- Agilities
- Stick and ball

15-30 **3 man support running in attack**

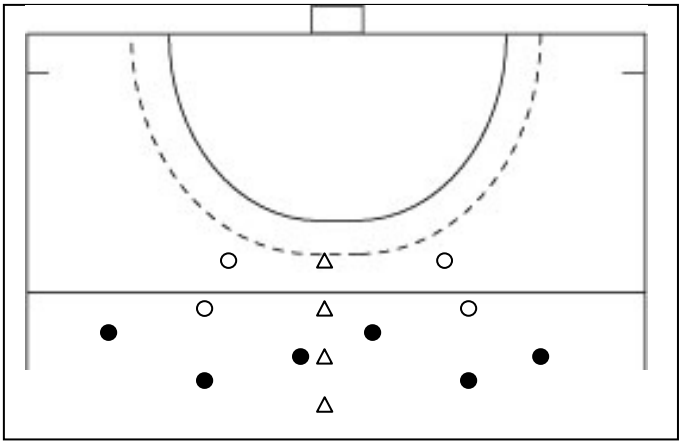


- Coaches have the option to try this without sticks (i.e. Players just run the pattern and throw the ball to each other)
- 3 players (A,B,C) line up at the 50, B has the ball
- B passes square to C and leads through
- C makes through pass and supports in the guard position (off B's left shoulder)
- B tucks the ball back to C who passes square to A who has lead up to support
- C then leads diagonally up-field for a through pass from A
- After making the pass A supports in the guard position (off C's right shoulder) for a drop pass from C
- A then passes to B who has moved up to support the play
- B then shoots on net while A and C prepare for rebounds

- ❑ Vary shot selection
- ❑ Focus on leading for depth to actually create danger in front of the ball

30-45 **3 v 2's toward net**

Can alternate left side and right side

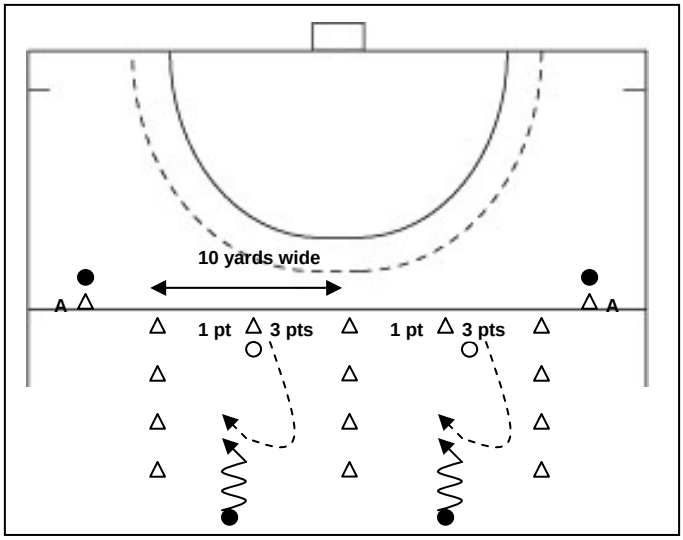


- Drill alternates L/R side
- Line at the middle cones
- Pass to wide player
- Initial support is square but when fwd makes elimination move the deep lead is made
- After making the through pass for an over the shoulder reception

passer make a support lead square for the return pass
- To advance the drill, a passive defender can be added to replace the elimination cones
- Vary the shot selection

45-50 Water break

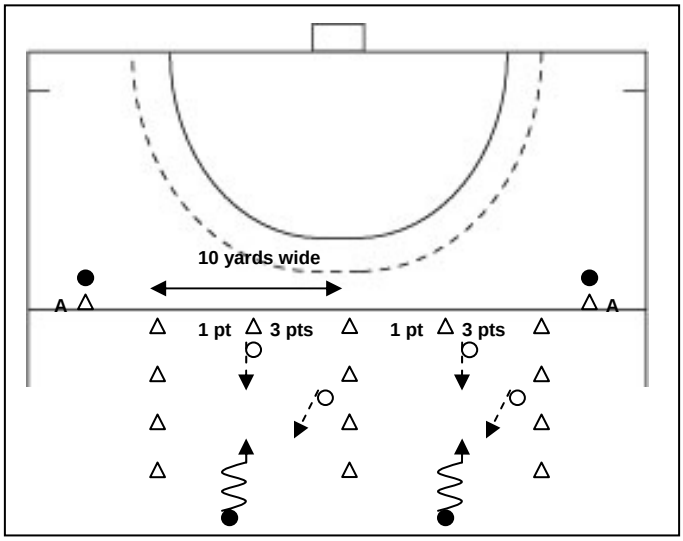
50-60 Double Defense A –the channeling defender



- Drill works on the role of the channeling defender
- Be sure to explain the context of the skill:
  - Based on defensive organization and assessment of danger
  - If not organized keep the player wide
- 2 channels 10 yards wide, alternating L/R side
- Balls are with the attackers and at wide cones (A)
- Attackers try to go through the right side lane for 3 pts and end with a shot on net
- Defenders try to channel attackers through the left side lane (defensive right side) for only 1 pt
- If attackers get tackled they keep going through the channel and receive ball from wide cone A for a shot on net
- After shooting, attacker becomes passer at cone A

- **This is not a 1 v 1 situation, the object is to establish and keep good channel position…DO NOT TRY TO MAKE THE TACKLE AT THE EXPENSE OF PROPPER CHANNEL POSITION!**
- see double defense attachment for teaching points

60-70 Double Defense B – Introducing the tackling defender



- Same as previous drill with the addition of a second defender.
- Channeling defender starts half way up on the offensive right side as shown
- All players should rotate into every position as this tactic will be executed by forwards and defenders alike
- Possible rotation:
  - Channeling defender
  - Tackling defender
  - Forward
  - Passer

- The ability to channel and double team effectively is arguably the most critical team defensive tactic available.
- Discipline with the details of the technique make a big difference

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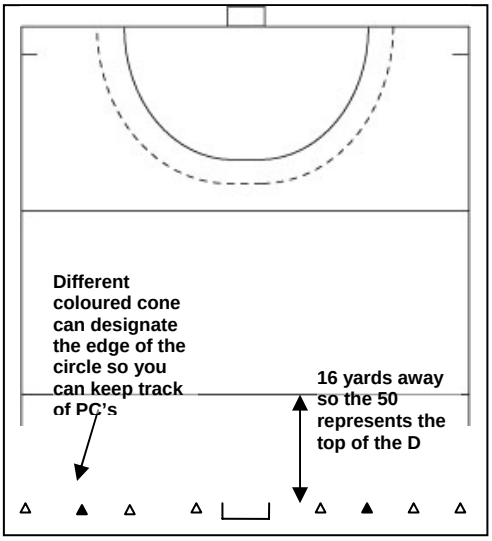
70-90 Small Games 7 v 7 (with goalies if necessary)
Full width and 66 yard length



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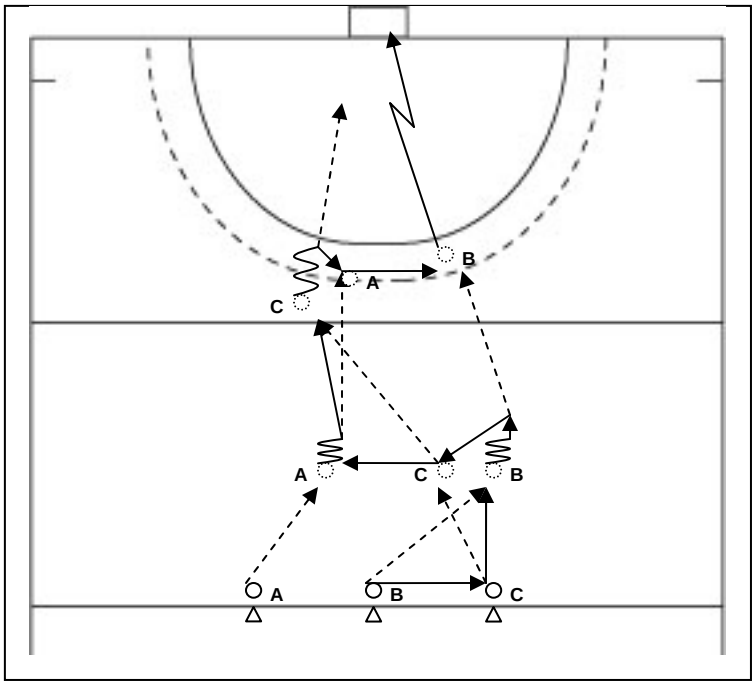
U18 Regional Program: Practice 7

FOCUS: 3 v 2's, Double Defense
Time: 1.5 Hrs

00-15 **Warm-up** – If possible explain basics for technical skill during this time / to allow for a quicker transition.

- 3 laps
- 5 min of static stretching
- Agilities
- Stick and ball

15-25 **3 man support running in attack**

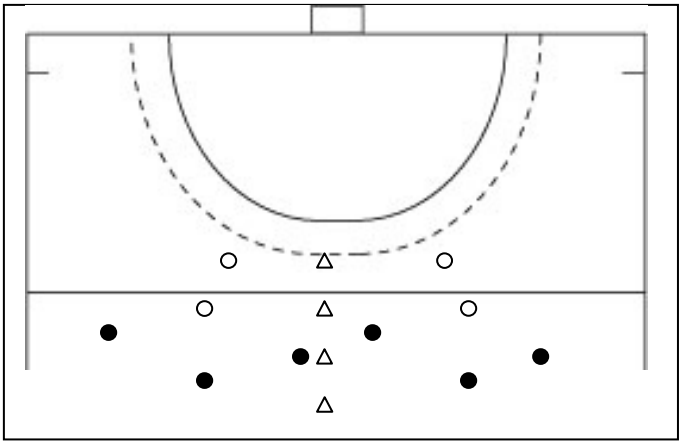


- Coaches have the option to try this without sticks (i.e. Players just run the pattern and throw the ball to each other)
- 3 players (A,B,C) line up at the 50, B has the ball
- B passes square to C and leads through
- C makes through pass and supports in the guard position (off B's left shoulder)
- B tucks the ball back to C who passes square to A who has lead up to support
- C then leads diagonally up-field for a through pass from A
- After making the pass A supports in the guard position (off C's right shoulder) for a drop pass from C
- A then passes to B who has moved up to support the play
- B then shoots on net while A and C prepare for rebounds

- ❑ Vary shot selection
- ❑ Focus on leading for depth to actually create danger in front of the ball

25-40 **3 v 2's toward net**

Can alternate left side and right side



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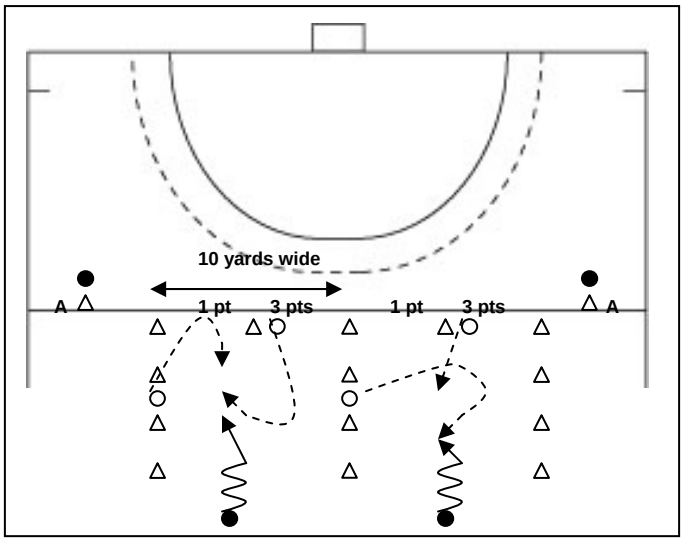
40-45 Water break

45-65 Double Defense Continued- varying roles and the position of the channeling defender



- Be sure to explain the context of the skill:
  - Based on defensive organization and assessment of danger
  - If not organized keep the player wide
- 2 channels 10 yards wide, alternating L/R side
- Balls are with the attackers and at wide cones (A)
- Attackers try to go through the right side lane for 3 pts and end with a shot on net
- Defenders try to channel attackers and use the double team to make a tackle
- If attackers get tackled they keep going through the channel and receive another ball from wide cone A for a shot on net
- One defender starts half way up on the offensive left side as shown, the other starts at the cone at the bottom of the channel…decision now has to be made based on the speed of the attacker which of the defenders takes on the channeling role and which takes on the tackling role.
- Possible rotation:
  - Channeling defender
  - Tackling defender
  - Forward
  - Passer

- ❑ The ability to channel and double team effectively is arguably the most critical team defensive tactic available.
- ❑ Discipline with the details of the technique make a big difference

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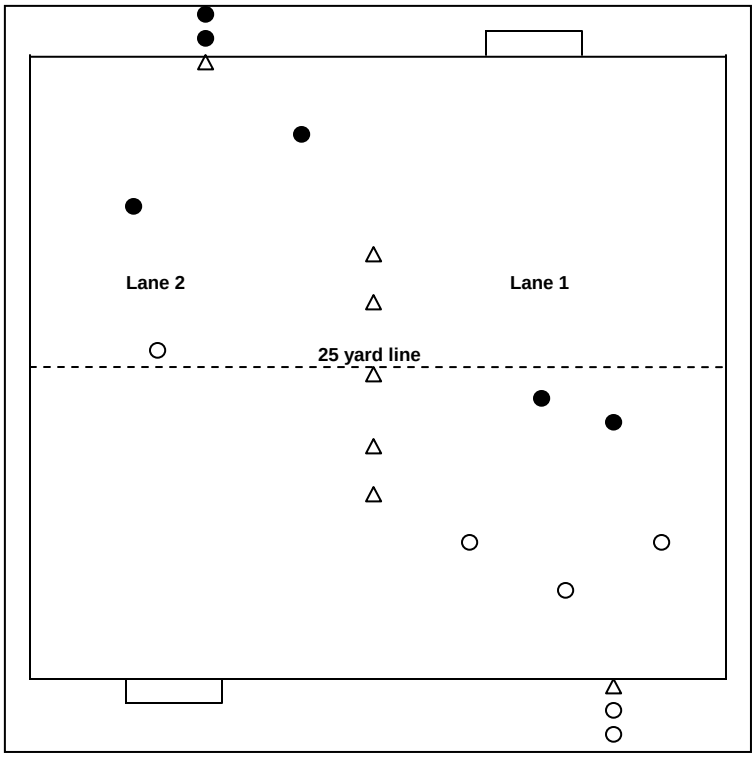
65-90 Continuous 3 v 2 drill



- two teams over 50 yards
- Drill runs continuously
- Both teams attack right side first (12 min) then both teams attack Left side (12 min)
- Depending on numbers drill can be very intense…be sure to monitor athletes for a quick water break every 5 min if necessary
- Extra players on each team line up behind end-line cones as shown
- White starts on attack vs 2 black defenders (lane 1)
- If a tackle is made the ball has to be switched to a black attacker on the other side (lane 2)and one of the black defenders has to join the attack for a 3 man attack
- One of the white attackers also has to hustle to the other side to become the second white defender.
- While attack proceeds up lane 2, 2 new white attackers and 1 black defender fill lane 1 in preparation for the next attack
- Cones dividing the field in half can end 16 yards from the net to designate the top of the D for shooting purposes

Focus is on:

- ❑ effective 3 v 2 attack and defense
- ❑ quick switches of play (transition)
- ❑ quick counter attack and recovery

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U18 Regional Program: Practice 8

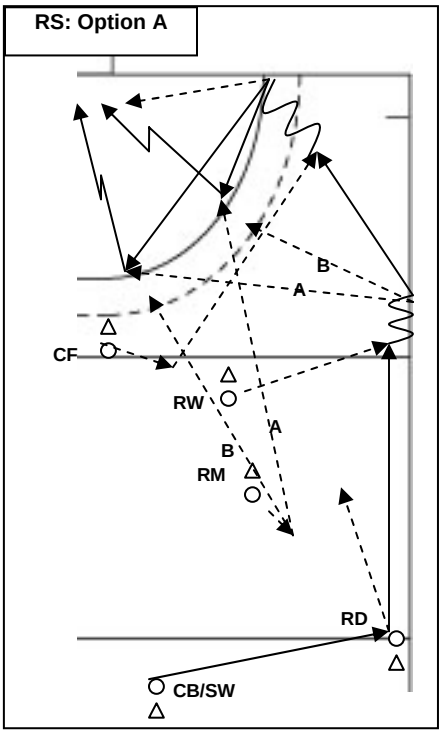
FOCUS: Play up the wide channels (wing defenders wide), PC's
Time: 1.5 Hrs

00-15 Warm-up – If possible set up cones for left and right channels to save time
- 3 laps
- 5 min of static stretching
- Agilities
- Stick and ball

15-35 Channel play Right Side – Wing Defenders wide

- ❑ Focus on awareness and needs of the ball carrier
- ❑ Pre-scan for options
- ❑ Fill the role required, do not think about positions
- ❑ React off other players in the area
- ❑ These patterns can be executed of 16 yard situations as well
- ❑ It sometimes helps to think about the support positions as triangles that you need to create around the ball

Right Side Option A
- CB/SW passes to RD on the sideline
- RM leads short toward RD
- RW initially holding inside to keep channel open now leads wide into space
- CF leads into space vacated by RW
- RD plays ball into space for RW and moves up to support play
- RM sprints up to support as ball is played to RW
- CF now leads deep to create danger in front of the ball and unbalance the defense
- Ball is played deep to CF who turns the corner at the baseline (Note: this lead to create depth can also be made by the off ball forward – in this case the LW)
- RM and RW now fill the guard and top of the D positions as needed (each can make run A or B as indicated)
- Pass goes to RW or RM for a shot on net or to CF who goes to the near post for a deflection opportunity



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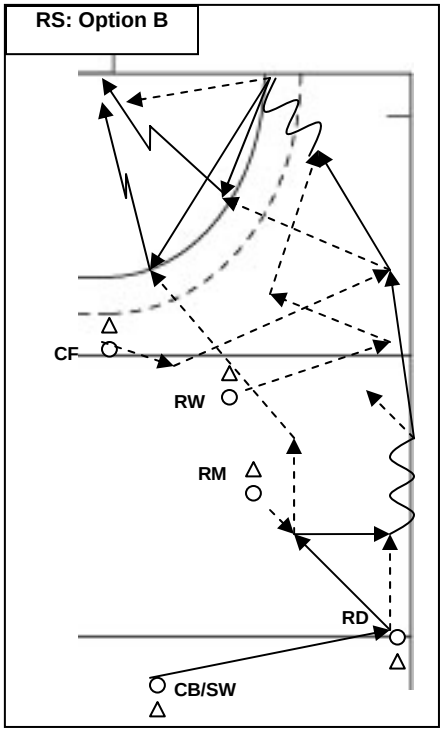
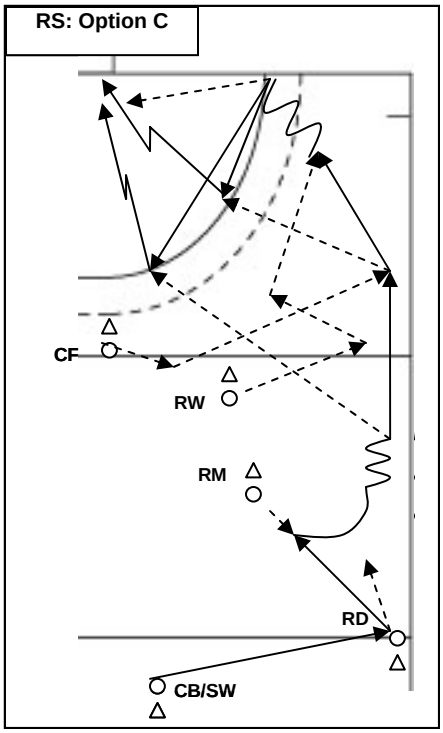
Right Side Option B

- CB/SW passes to RD on the sideline
- RM leads short toward RD
- RW initially holding inside to keep channel open now leads wide into space
- CF leads to space vacated by RW
- RD passes to RM for a give and go and then drives up the line
- RM moves up to support
- RW now leads back infield to clear the lane for RD who is advancing
- CF leads into wide channel to receive pass from RD
- RW now re-leads deep to create danger in front of the ball and receives a pass from the CF
- RM and CF complete support runs to the guard and top of the D positions
- RD follows the play in support
- RW drives the baseline and looks to pass to RM or CF for shot at net
- After passing, RW leads to near post for possible deflection opportunity

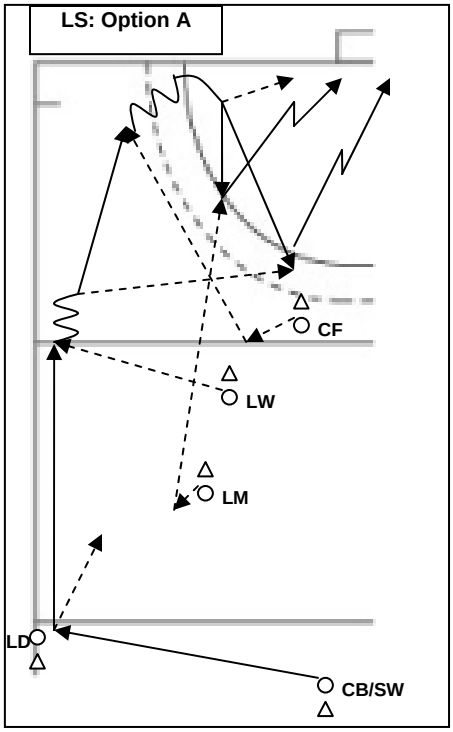


Right Side Option C

- CB/SW passes to RD on the sideline
- RM leads short toward RD
- RW initially holding inside to keep channel open now leads wide into space
- CF leads to space vacated by RW
- RD passes to RM who curls strong and then drives up the line
- RD moves up to support the play
- RW now leads back infield to clear the lane for RM who is advancing
- CF leads into wide channel to receive pass from RM
- RW now re-leads deep to create danger in front of the ball and receives a pass from the CF
- RM and CF complete support runs to the guard and top of the D positions
- RD follows the play in support
- RW drives the baseline and looks to pass to RM or CF for shot at net
- After passing, RW leads to near post for possible deflection opportunity

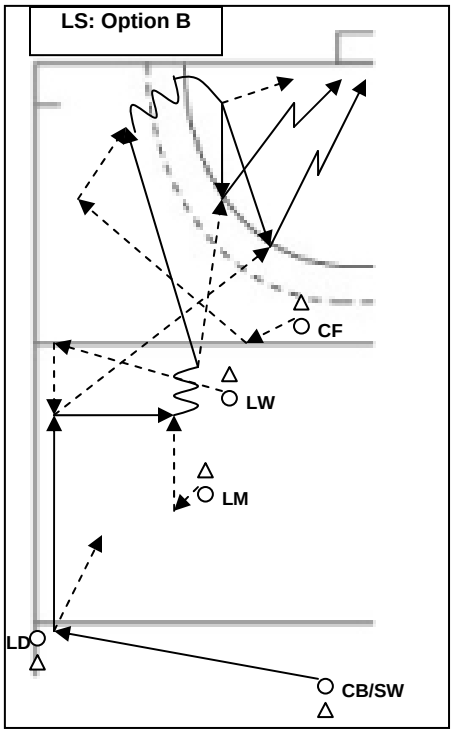


35-55 Channel play Left Side



Left Side Option A

- CB/SW passes to LD on the sideline
- LM leads short toward LD
- LW initially holding inside to keep channel open now leads wide into space
- CF leads into space vacated by LW
- LD plays ball into space for LW and moves up to support play
- LM sprints up to support as ball is played to LW
- CF now leads deep to create danger in front of the ball and unbalance the defense
- Ball is played deep to CF who turns the corner at the baseline (Note: this lead to create depth can also be made by the off ball forward – in this case the RW)
- LM and LW now fill the guard and top of the D positions as needed
- Pass goes to LW or LM for a shot on net or to CF who goes to the near post for a deflection opportunity

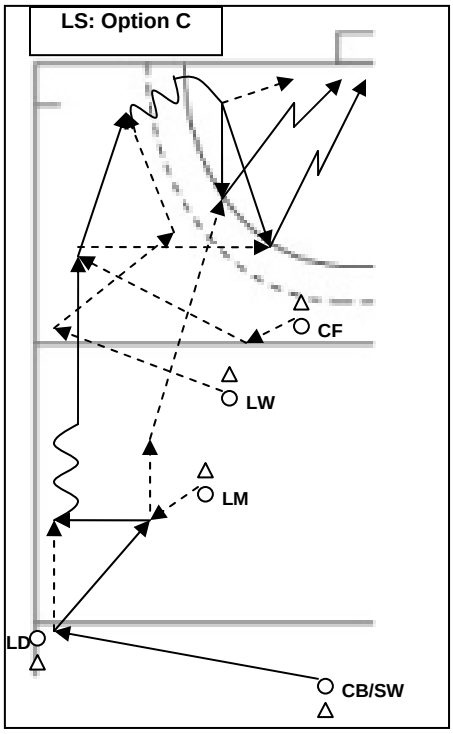


Left Side Option B

- CB/SW passes to LD on the sideline
- LM leads short toward LD
- LW initially holding inside to keep channel open now leads wide into space
- CF leads into space vacated by LW
- LW gets to the sideline and leads back to create a safer pass for the LD
- LD plays ball to LW and moves up to support play
- CF now leads deep to create danger in front of the ball and unbalance the defense
- LM leads up to support and receives a square pass from LW
- LM runs the ball up-field and looks for CF re-leading deep toward the baseline
- LW leads up-field to support the play
- Ball is played deep to CF who turns the corner at the baseline (Note: this lead to create depth can also be made by the off ball forward – in this case the RW)
- LM and LW now fill the guard and top of the D positions as needed
- Pass goes to LW or LM for a shot on net or to CF who goes to the near post for a deflection opportunity

Left Side Option C

- CB/SW passes to LD on the sideline
- LM leads short toward LD
- LW initially holding inside to keep channel open now leads wide into space
- CF leads to space vacated by LW
- LD passes to LM for a give and go and then drives up the line
- LM moves up to support
- LW now leads back infield to clear the lane for LD who is advancing
- CF leads into wide channel to receive pass from LD
- LW now re-leads deep to create danger in front of the ball and receives a pass from the CF (as stated earlier this lead can be made by the off ball winger)
- LM and CF complete support runs to the guard and top of the D positions
- LD follows the play in support
- LW drives the baseline and looks to pass to LM or CF for shot at net
- After passing, LW leads to near post for possible deflection opportunity



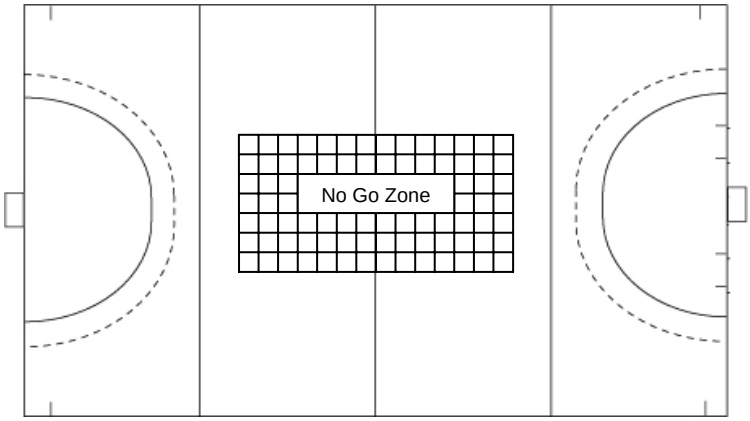
55-60 Water break

60-75 "No Go Zone" Game.

- game can be played over any size field depending on numbers (e.g. 7v7 over 66 yards…second net is 16 yards back from the 50 yard line)
- field is set up with a rectangular "no go zone" in the middle of the playing area through which neither ball nor player can pass
- The length and width of the zone will be approximately 1/3 of the playing area

The game has the following outcomes:

- ❑ Discourages dangerous diagonal passes across the middle of the field
- ❑ Forces play up wide channels
- ❑ Forces anticipation and early off ball running from high and off ball forwards
- ❑ Rewards quick switching



75-90 Penalty Corners

Isolate training for push outs, stick stops, hits and deflections (tips)

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U18 Regional Program: Practice 9

FOCUS: Play up the wide channels (wing defenders infield), PC's
Time: 1.5 Hrs

00-15 Warm-up – If possible set up cones for left and right channels to save time

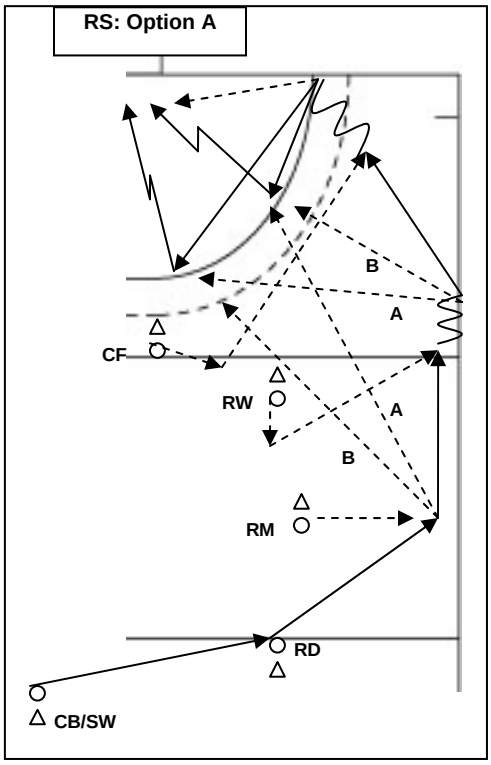
- 3 laps
- 5 min of static stretching
- Agilities
- Stick and ball

15-35 Channel play Right Side – Wing Defenders infield

- ❑ Focus on awareness and needs of the ball carrier – fill those needs first
- ❑ Pre-scan for options
- ❑ Fill the role required, do not think about positions
- ❑ React off other players in the area
- ❑ These patterns can be executed of 16 yard situations as well
- ❑ It sometimes helps to think about the support positions as triangles that you need to create around the ball

Right Side Option A

- Context: Ball has just been switched from L to R and the RD has been caught infield in their cover position. With the ball on the L side the RM is also infield in a cover position
- CB/SW passes to RD infield
- RM sprints to the sideline to create a wide passing option for the RD
- RW initially leads back to RD
- CF leads toward space vacated by RW
- RM receives the ball on the sideline and plays it up the line to RW who makes a diagonal lead to the line
- RM moves up with the play
- CF now leads deep to create danger in front of the ball and unbalance the defense(Note: this lead to create depth can also be made by the off ball forward – in this case the LW)
- Ball is played deep to CF who turns the corner at the baseline
- RM and RW now fill the guard and top of the D positions as needed (each can make run A or B as indicated)
- Pass goes to RW or RM for a shot on net or to CF who goes to the near post for a deflection opportunity



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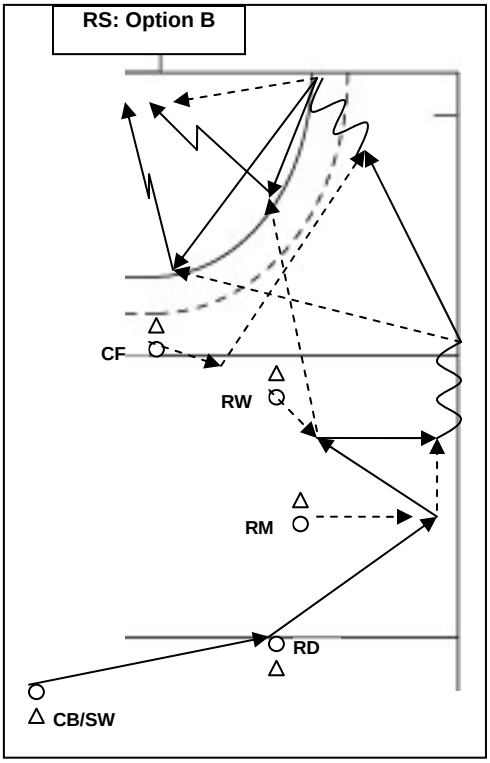
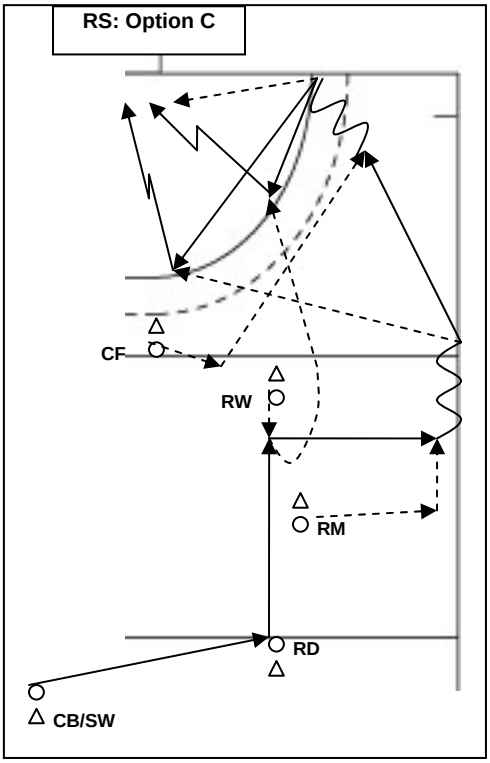
Right Side Option B

- Context: Ball has just been switched from L to R and the RD has been caught infield in their cover position. With the ball on the L side the RM is also infield in a cover position
- CB/SW passes to RD infield
- RM sprints to the sideline to create a wide passing option for the RD
- RD passes to RM on the sideline
- RW leads toward RM on the sideline
- CF leads toward space vacated by RW
- RM passes infield to RW and then receives return pass up the line (give and go)
- RM moves up with the ball
- CF now leads deep to create danger in front of the ball and unbalance the defense(Note: this lead to create depth can also be made by the off ball forward – in this case the LW)
- Ball is played deep to CF who turns the corner at the baseline
- RM and RW now fill the guard and top of the D positions as needed
- Pass goes to RW or RM for a shot on net or to CF who goes to the near post for a deflection opportunity



Right Side Option C

- CB/SW passes to RD infield
- RM sprints to the sideline to create a wide passing option for the RD
- RW leads back toward RD
- CF leads toward space vacated by RW
- RD passes up to RW
- RM moves up to receive square pass from RW (note: at this level the pass from RW to RM can be a one time deflection/ redirection)
- RM advances with the ball
- CF now leads deep to create danger in front of the ball and unbalance the defense(Note: this lead to create depth can also be made by the off ball forward – in this case the LW)
- Ball is played deep to CF who turns the corner at the baseline
- RM and RW now fill the guard and top of the D positions as needed
- Pass goes to RW or RM for a shot on net or to CF who goes to the near post for a deflection opportunity



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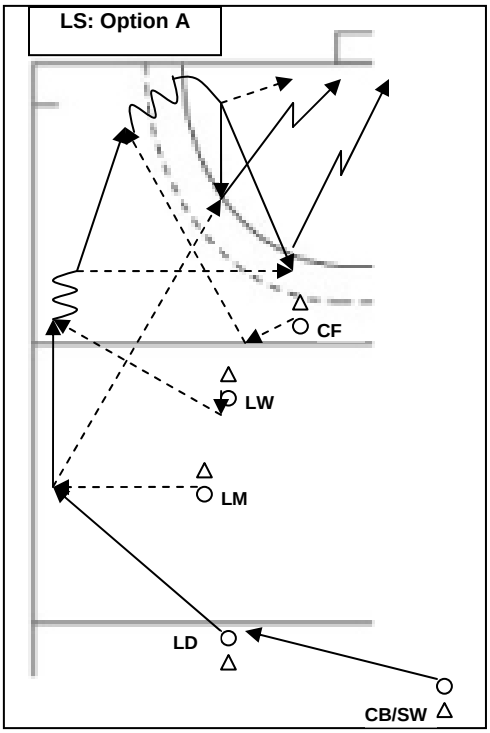
FHBC

35-55 Channel play Left Side

Left Side Option A

- Context: Ball has just been switched from R to L and the LD has been caught infield in their cover position. With the ball on the R side the LM is also infield in a cover position
- CB/SW passes to LD infield
- LM sprints to the sideline to create a wide passing option for the LD
- LW initially leads back to LD
- CF leads toward space vacated by LW
- LM receives the ball on the sideline and plays it up the line to LW who makes a diagonal lead to the line
- LM moves up with the play
- CF now leads deep to create danger in front of the ball and unbalance the defense(Note: this lead to create depth can also be made by the off ball forward – in this case the RW)
- Ball is played by LW deep to CF who turns the corner at the baseline
- LM and LW now fill the guard and top of the D positions as needed
- Pass goes to LW or LM for a shot on net or to CF who goes to the near post for a deflection opportunity



Left Side Option B

- CB/SW passes to LD infield
- LM sprints to the sideline to create a wide passing option for the LD
- LD passes to LM on the sideline
- LW leads toward LM on the sideline
- CF leads toward space vacated by LW
- LM passes infield to LW and then receives return pass up the line (give and go)
- LM moves up with the ball
- CF now leads deep to create danger in front of the ball and unbalance the defense(Note: this lead to create depth can also be made by the off ball forward – in this case the RW)
- Ball is played deep to CF who turns the corner at the baseline
- LM and LW now fill the guard and top of the D positions as needed
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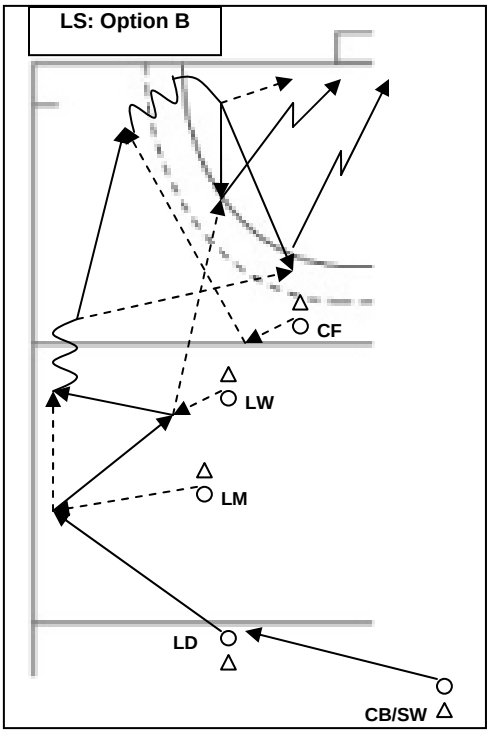
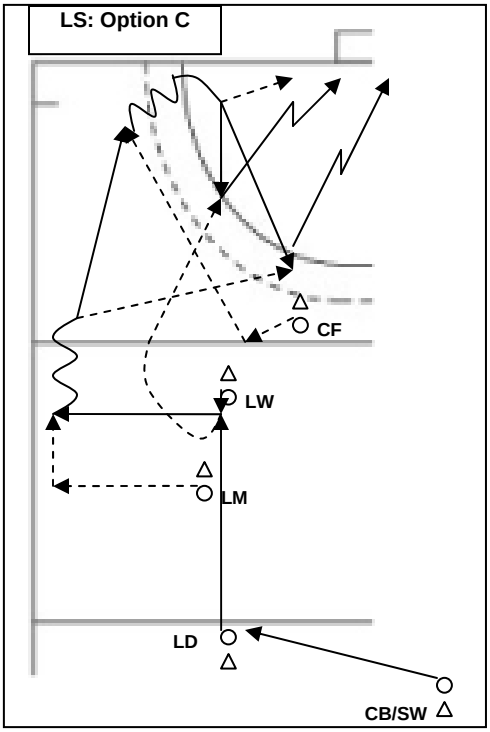


Left Side Option C

- CB/SW passes to LD infield
- LM sprints to the sideline to create a wide passing option for the LD
- LW leads back toward LD
- CF leads toward space vacated by LW
- LD passes up to LW
- LM moves up to receive square pass from LW (note: at this level the pass from LW to LM can be a one time deflection/ redirection)
- LM advances with the ball
- CF now leads deep to create danger in front of the ball and unbalance the defense(Note: this lead to create depth can also be made by the off ball forward – in this case the RW)
- Ball is played deep to CF who turns the corner at the baseline
- LM and LW now fill the guard and top of the D positions as needed
- Pass goes to LW or LM for a shot on net or to CF who goes to the near post for a deflection opportunity



55-60 Water break

60-75 "No Go Zone" Game.

- game can be played over any size field depending on numbers (e.g. 7v7 over 66 yards…second net is 16 yards back from the 50 yard line)
- field is set up with a rectangular "no go zone" in the middle of the playing area through which neither ball nor player can pass
- The length and width of the zone will be approximately 1/3 of the playing area

The game has the following outcomes:

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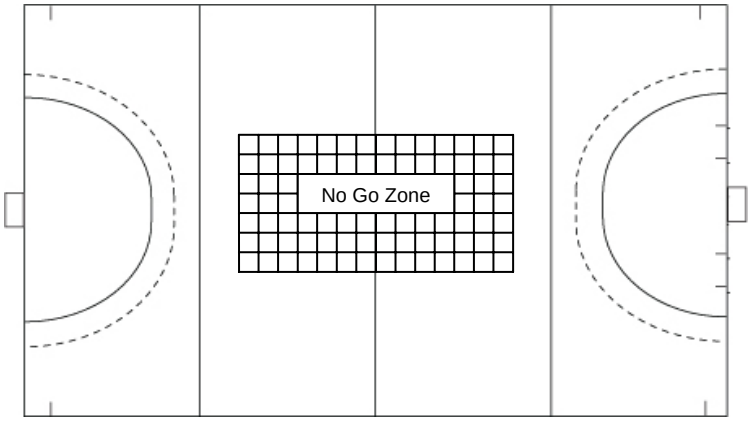
- ❑ Rewards quick switching



75-90 Penalty Corners

Isolate training for push outs, stick stops, hits and deflections (tips)

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U18 Regional Program: Practice 10

FOCUS: Defensive movement variations, press, PC's
Time: 1.5 Hrs

00-15 Warm-up – If possible set up drills and explain relevant technical coaching points at this time

- 3 laps
- 5 min of static stretching
- Agilities
- Stick and ball

15-35 Defensive movement variations (only midfielders and defenders involved – see below for forward drills that can be run at the same time.

Practice moving the ball around the back with the 4 defenders and the 3 midfielders. Simulate free play situations as well as static 16 yard and sideline plays.

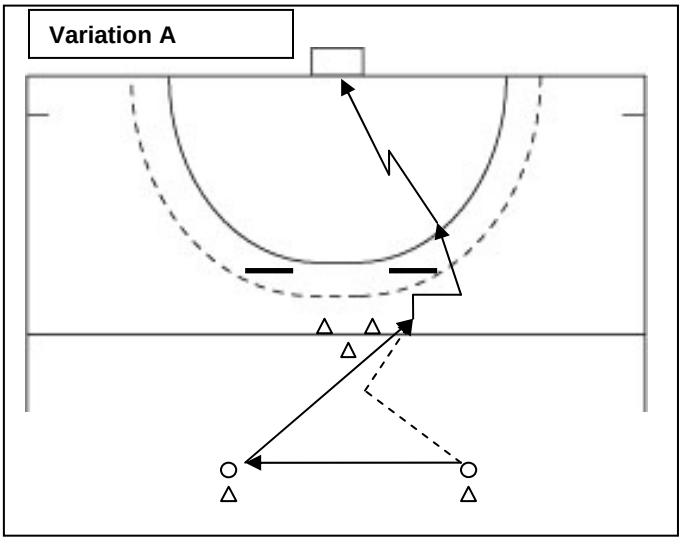
- Movement in the backfield is usually guided by the following three objectives:
  - Support to create a distinct passing option for the ball carrier (**this usually involves repositioning after every pass!**).
  - Positioning to accommodate the transfer of the ball to another part of the field.
  - Positioning to provide weak side/ off ball cover in case of a turnover.

  Roles are usually filled in the above order based on how close the defenders are to the ball i.e. defenders closest to the ball will fill the support role for passing options, next closest defenders will fill the role for transfer, and off ball defenders will fill the cover role
- Focus on basic skill execution and quick transition from receive to pass
- Pre-scan for options before receiving
- Pay attention to receiving stance…make sure it accommodates making the next pass quickly.

15-35 Leading and shooting (Forwards only – for defenders and midfielders see above)

Variation A

- Drill works on deceptive leading timing and receiving through the body
- All leads should be explosive
- Option to have all passes lifted over a potential flat stick
- Forwards line up behind the cones in midfield
- Pass square and begin explosive through lead
- Forward will change direction on the lead as they approach the top of the D
- The pass and lead are then mirrored on the opposite side
- Pass should be made on the cut
  - Leads over short distances - the stick is the target

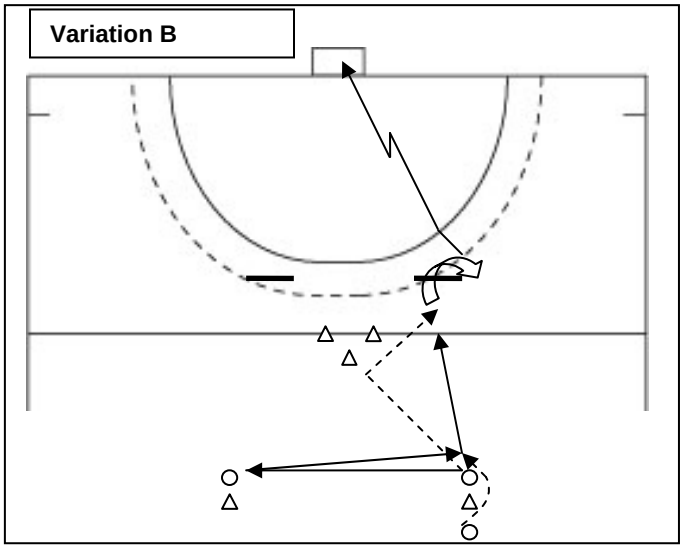


- Leads over med distances
  - the body the target
- Leads over longer distances - the space is the target

- The quality of the first touch is emphasized by forcing an elimination move immediately after the reception (draw or lifted elimination)
- Shot selection can be varied
- Drill can be progressed to Variation B as shown.

Variation B

- Pass goes across and initial lead is made similar to Variation A
- As the initial cut is being made the ball is switched back to the next person in line
- The forward leading re-leads for a reverse stick reception
- Ball is now passed from initial line to the forward on the reverse stick
- Drill is mirrored on the opposite side



35-55 16 yard outlets and Press
Defenders and one or two midfielders can be tacked with getting the ball out and rest of the team can work on the full press in dead ball situations.

- See accompanying information on the press etc.

55-60 Water break

60-75 7 v 7 Game + Goalkeepers – 66 yard field (2nd net placed 16 yards back form the 50 yard line)

75-90 Penalty Corners
Training in isolation or in combination as required.

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U18 Regional Program: Practice 11

FOCUS: Pressure and cover, defending the bottom 1/3 of the field, PC's
Time: 1.5 Hrs

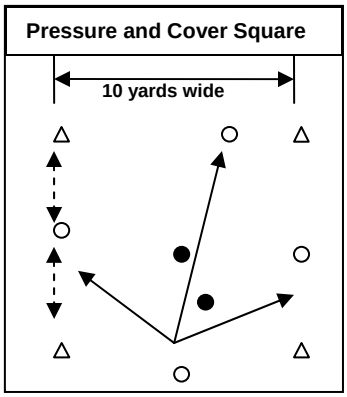
00-15 Warm-up – If possible set up drills and explain relevant technical coaching points at this time

- 3 laps
- 5 min of static stretching
- Agilities
- Stick and ball

15-25 Pressure and Cover Drill

Drill is executed within a 10 yard square. 6 players are active in each square, 4 forwards keeping possession along the perimeter of the square and 2 defenders in the middle.

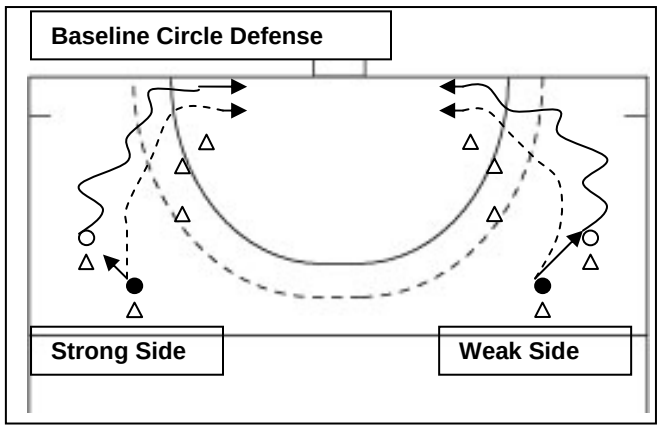
- All players along the sides can only move back and forth along the edge of the square
- Forwards are trying to:
  - Keep possession
  - Whenever possible exploit the space through the defenders
- Defenders are trying to:
  - Protect the middle first
  - Organize their timing and angles for pressure to effectively dispossess the ball carrier



Focus of the drill is:
- ❑ Possession under pressure and deceptive passing for the forwards
- ❑ Learning to defend the dangerous space in the middle first
- ❑ Timing and organization of pressure by defenders

25-55 Def of the Circle

Ball passed from defender to forward as indicated. Forward attacks the circle at full speed and is initially restricted by the cones to penetrating at the baseline. Defender has to work hard to catch up with the forward.



<u>Strong Side</u>

- first priority is to keep the forward wide
- Forwards will be looking to pull the ball back inside so maintain discipline to not dive into the tackle
- Ideally tackle should be made outside the circle but NOT at the expense of giving up your angles and getting beaten with an easy pull inside
- If forward gains the baseline it becomes even more important to not dive into a tackle… be patient and protect the most dangerous passing lane

- If you have help from teammates with picking up the other forwards in the circle then protect the guard lane (directly up toward the top of the circle, from the ball carrier)
- If you do not have help the most dangerous lane is probably the lane to the stroke spot

Weak Side

- Keep forward wide
- Ideally try to get to the baseline first (before the forward) and try to channel forward out and away from the circle
- If forward gains the baseline, block/ defend the lane to the most dangerous option
  - If you have help from teammates with picking up the other forwards in the circle then protect the guard lane (directly up toward the top of the circle, from the ball carrier)
  - If you do not have help, the most dangerous lane is probably the lane to the stroke spot

Progressions:

- Eliminate all the cones at the circle edge so that the defender now has to work harder to keep the forward wide. Forward can cut in at any time.
- Introduce a second attacker in the circle that become active once the forward has penetrated the circle… goalie will need to communicate to the defender what lane is the more dangerous to defend
- Introduce a third attacker and another defender and make it a 3 v 2

55-60 Water break

60-80 Defending the bottom 1/3 of the field – 6v4

6 attackers (3 fwds. and 3 mids.) vs. 4 defenders play over the full width of the field and up to the 35 yard line.

- Attackers are free to pass the ball and attack at will
- Defenders practice:
  - Putting direct pressure on he ball carrier as they enter the bottom 1/3 (pressure is applied in the line between the ball carrier and the net as you the hitting lane into the circle needs to be blocked).
  - Using the concepts of pressure and cover as the ball is passed from one attacker to another
  - Deciding between protecting the dangerous space/and or the man as attackers move into and out of the circle

- defenders do not chase the ball if passed wide to another atacker, instead they cover and the next closest defender to the attacker sprints up to put direct pressure on the ball carrier
- With the above roles in mind the defenders have to dispense with the burden of playing their position and simply fill the role that needs the most immediate attention
- Defenders can be aware of attackers leading out of the circle but need not get sucked out to mark them as this leave the dangerous space to the net undefended

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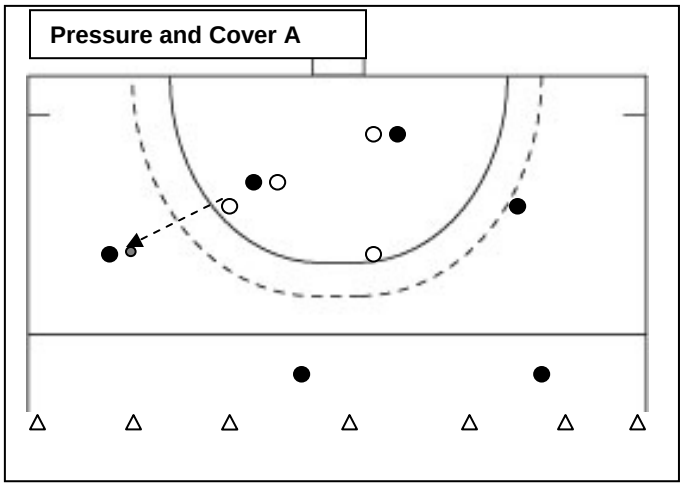

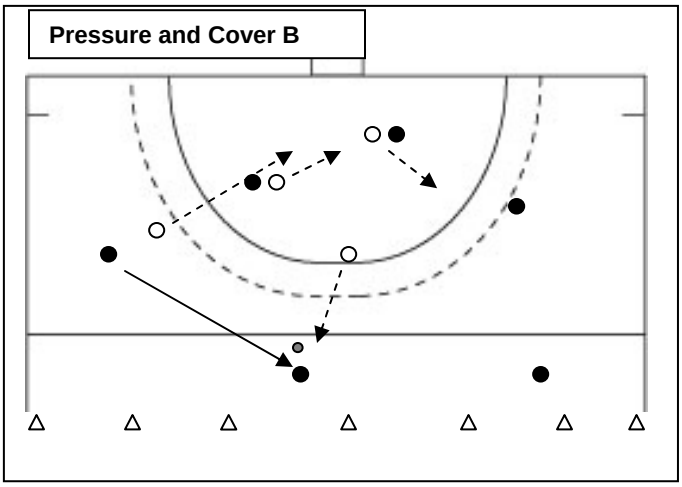

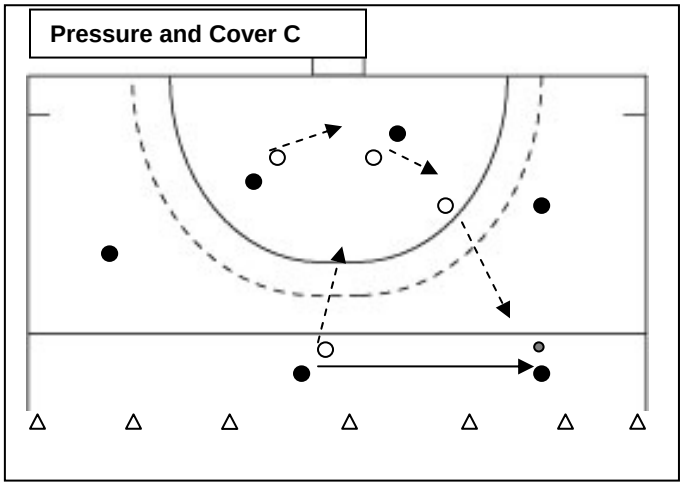

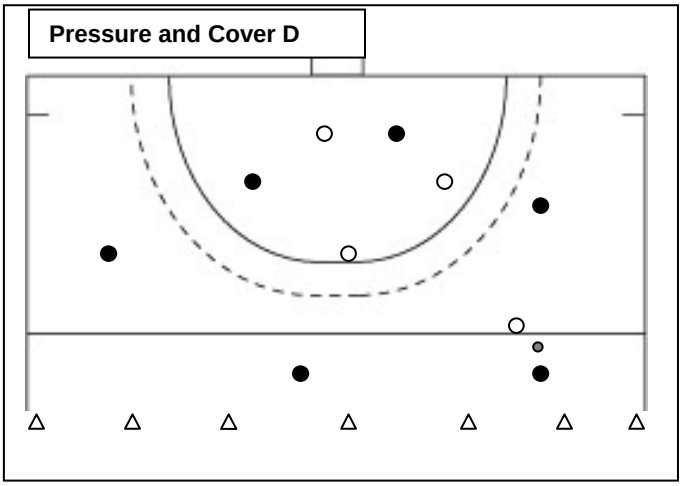

80-90 Penalty Corners
Training in isolation or in combination as required.

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U18 Regional Program: Practice 12

FOCUS: Scooping, ball movement under pressure, attacking play (3v2), PC's
Time: 1.5 Hrs

00-15 **Warm-up** – If possible set up drills and explain relevant technical coaching points at this time

- 3 laps
- 5 min of static stretching
- Agilities
- Stick and ball

15-30 **All 3 components for this timeline should be running at the same time.**

A: Scooping instruction for defenders
Athletes can initially work against the fence or net to refine technique and then progress to scooping to each other

Please see attachment for technical instruction on the scoop

B: Forwards can work on 3v2 play inside the circle.

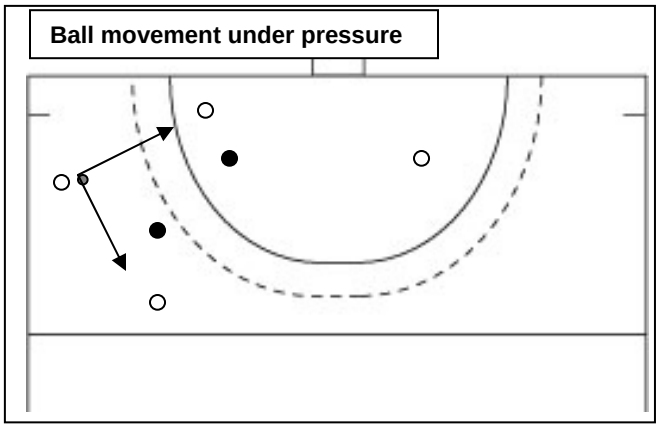
- 1 player is designated as always being on offense – defenders switch to attackers when a goal is scored or when the ball is worked safely outside the D

C: Midfielders can work the same 3v2 play for possession in a 15 yard square zone

30-45 **Ball movement under pressure**

Drill is executed within the 25 yard zones. 4 defenders can play against 2 high forwards pressuring them.

- Defenders can move in a diamond or bowl formation as necessary to create options for the ball carrier within the zone.
- Progress the drill by adding a third forward to increase the pressure on the defenders
- Same basic setup can be used in a second 25 yard zone for midfield movement of the ball (4 midfielders can be pressured by 2-3 other midfielders)



Focus of the drill:
- ❑ Off ball movement to create options for the ball carrier
- ❑ Awareness of options before receiving ball
- ❑ Early effective passes around the defensive/midfield area

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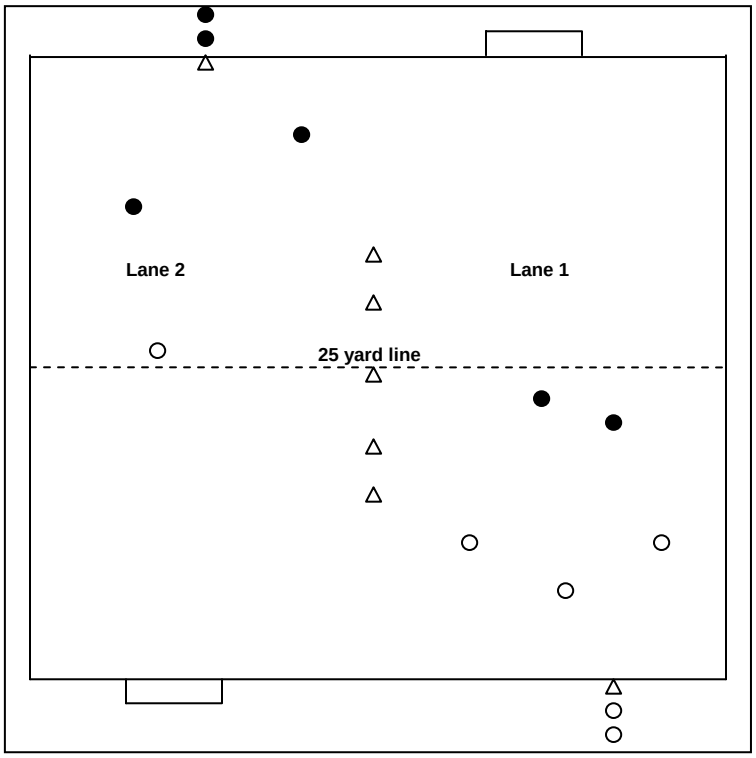
45-50 Water Break

50-65 Continuous 3 v 2 drill



- two teams over 50 yards
- Drill runs continuously
- Both teams attack right side
- Depending on numbers drill can be very intense…be sure to monitor athletes for a quick water break every 5 min if necessary
- Extra players on each team line up behind end-line cones as shown
- White starts on attack vs. 2 black defenders in lane 1
- If a tackle is made the ball has to be switched to a black attacker on the other side (lane 2) and one of the black defenders has to join the attack for a 3 man attack
- One of the white attackers also has to hustle to the other side to become the second white defender.
- While attack proceeds up lane 2, 2 new white attackers and 1 black defender fill lane 1 in preparation for the next attack
- Cones dividing the field in half can end 16 yards from the net to designate the top of the D for shooting purposes

Focus is on:
- ❑ effective 3 v 2 attack and defense
- ❑ quick switches of play (transition)
- ❑ quick counter attack and recovery

65-80 6v6/7v7 Game

80-90 Penalty Corners
Training in isolation or in combination as required.