

Kudda Practice Plan 2

1st Q Focus Stick work Stretch

2nd Q Focus Pressure Box 1v1

3rd Q Focus Transitions, Shooting

4th Q Focus 7v7

Quarter	Activities/Drills	Brief Description
1st	Pairs "Jazzy" passing	Drop Step, w/ half turn, w/ full turn
	Stretch & Form Running	Go over plan, set the tone and reinforce fundamentals
	2 Pass Weave Drill	Pass & catch on the Run
2nd	Pressure Box Passing Drill	Get into groups of 8-10
	1v1 in 4 spots	Attack- work on spacing, communication and playing together. Defense- Force the correct way & communication
3rd	Transitions 4v3	Keep the ball moving while working on defensive slides
	Shooting	Balls start behind w/ attack
4th	7v7	Offense- working together, communicating and initiate w/ dodge Defense- communication, jumping to the ball & double team release

Kudda

Partner Passing Drop Step

As partners pair up to pass and catch, there are a series of drills that can be used to add “flavor” to these drills while working on footwork. The first is the Drop Step. When the player catches the ball, have them take 3-4 steps back in order to create space between her and her defender. This is particularly effective when they are looking to feed.



Partner Passing Drop Step w/ Half Turn

The next progression is to add a half turn after drop stepping. The right handed players drop with their right foot, turn their shoulders to protect the stick and then return the ball to their partner. After a few passes, make sure you also practice with the left hand, dropping the left foot and turning $\frac{1}{2}$ way.



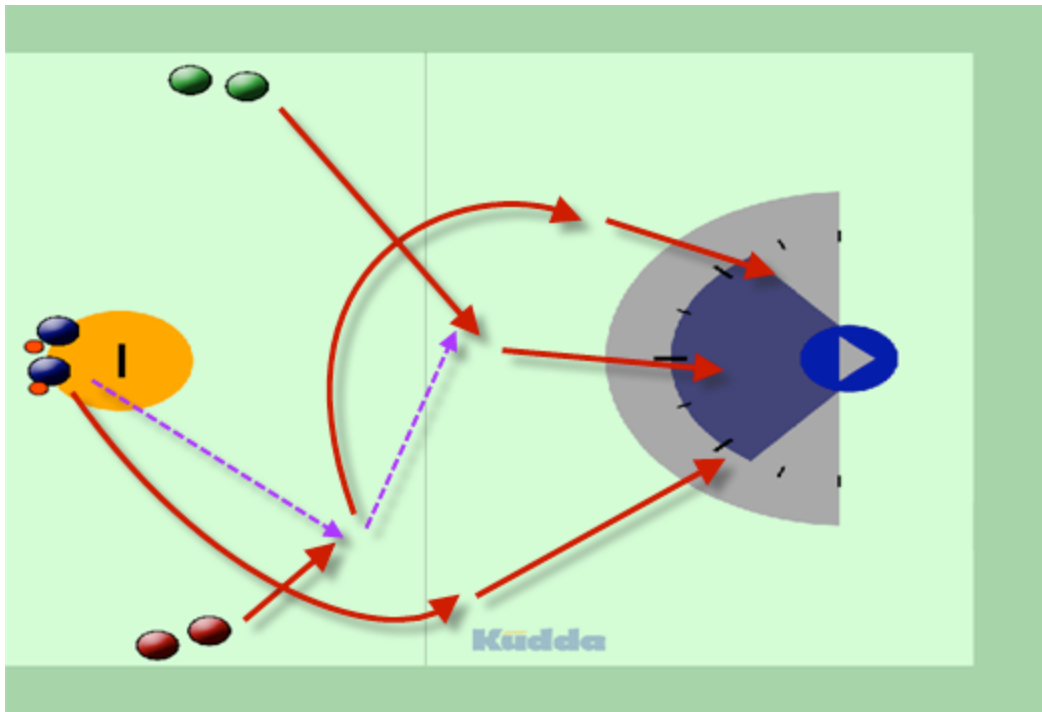
Partner Passing Drop Step w/ Full Turn

The next progression is to add a FULL turn after drop stepping. Players want to exaggerate the turn... really open the hips and be able to look at their partner. This helps to get the players to move their feet and get used to having the ball in their stick as they move around



2 Pass Weave Drill

This is a basic 3 man weave that finished with a shot. The player goes behind the person they just passed towards. It is important that you take good angles, cut into the middle of the field. Always catch the ball with the outside hands.



Pressure Box Passing Drill

The team is divided into two 5 person teams, red and green. The green team is on offense and will pass the ball quickly inside the box. (figure1) After 3 passes, a red defender enters and pressures the ball. After 3 more passes, a second red defender enters. After 3 more passes, a third defender enters. Repeats. Defenders must keep their sticks up!! If defense intercepts the ball or the ball is dropped, teams switch sides and now green would be on defense. (figure 2)

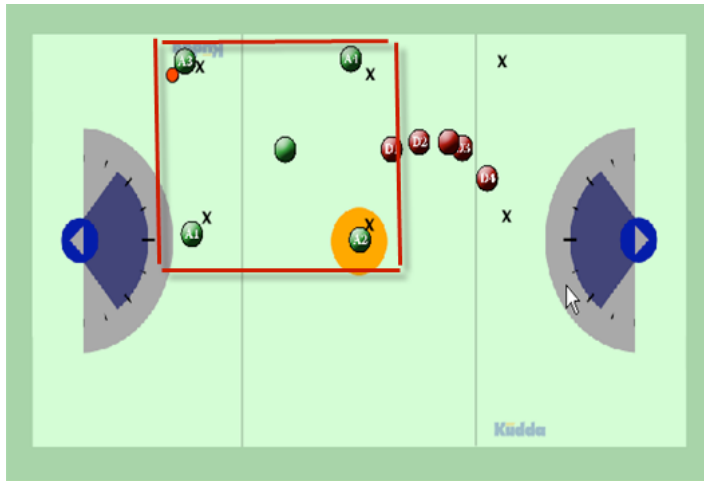


Figure 1

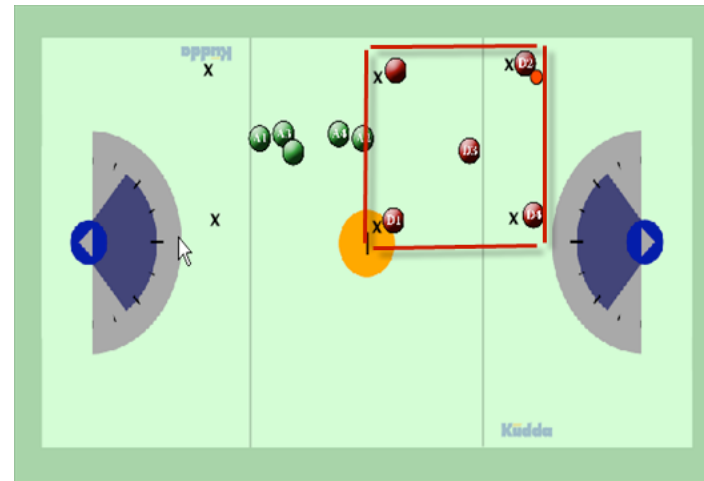


Figure 2

Shooting Drill 3

This shooting drill simulates a 4-3 situation for the offense. The defense starts out in a triangle and rotates as the attack move the ball around the perimeter in a box. Once the ball gets to the low corner(A3), the adjacent corner attackman(A1) flash cuts to the front of the goal to receive a feed on the crease.

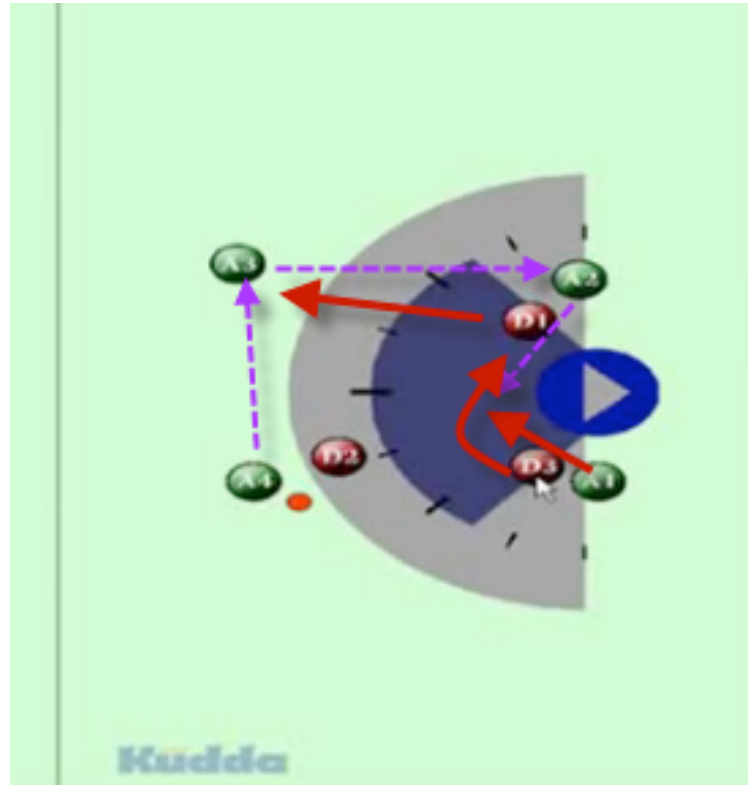


Figure 3

Shooting Drill 4

This drill starts with the balls and feeds coming from behind the goal. **A1** does picks up a ground ball and starts the drill by carrying to the left left-handed. **A1** passes the ball across the middle to a diagonally cutting **M3** who then has a shot on goal. The next feeder(**A2**) picks up a groundball and carries the ball to the right right-handed. **A2** passes the ball to a diagonally cutting **M1** who has a shot. The drill goes back and forth with the feeds and shots alternating sides.

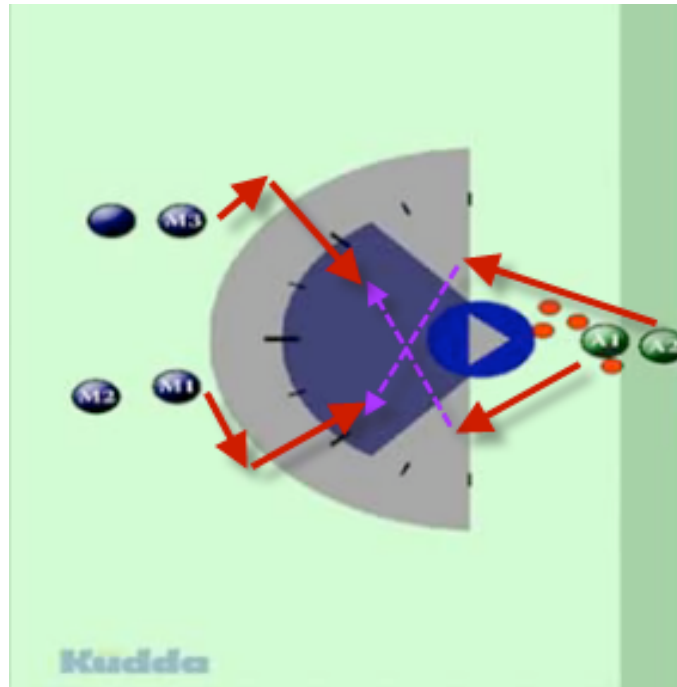


Figure 4