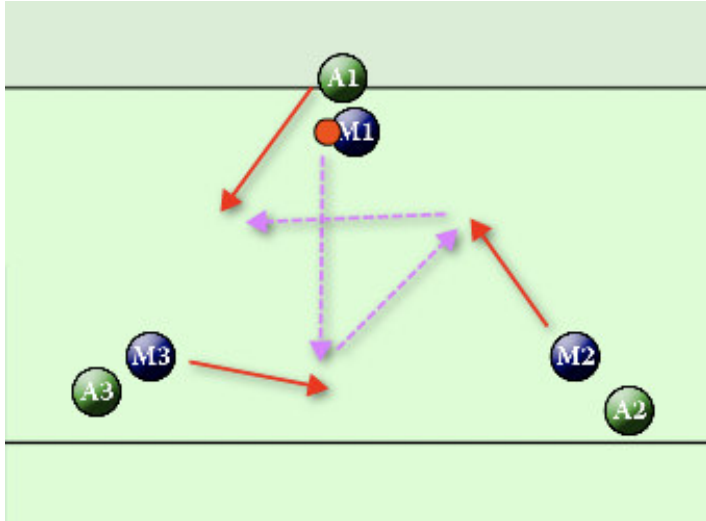


Andy Hilgartner

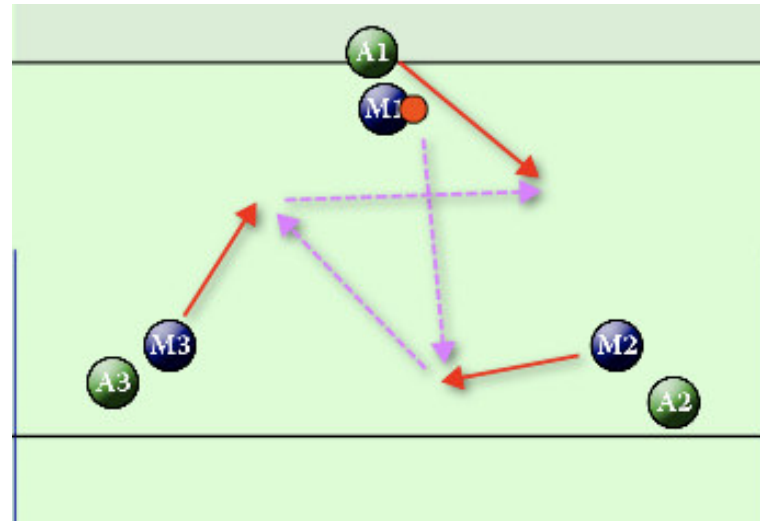
Stick Work Drills

Triangle Passing: Sticks Outside

Begin by passing to the right side of the player breaking away. **M1** passes to **M3** who has stick to the outside. **M3** catches and passes to a breaking **M2**. After 30 seconds, switch and go the opposite direction catching and throwing w/ the left hand. Work on communication. Work on catching and throwing w/out a lot of cradling.



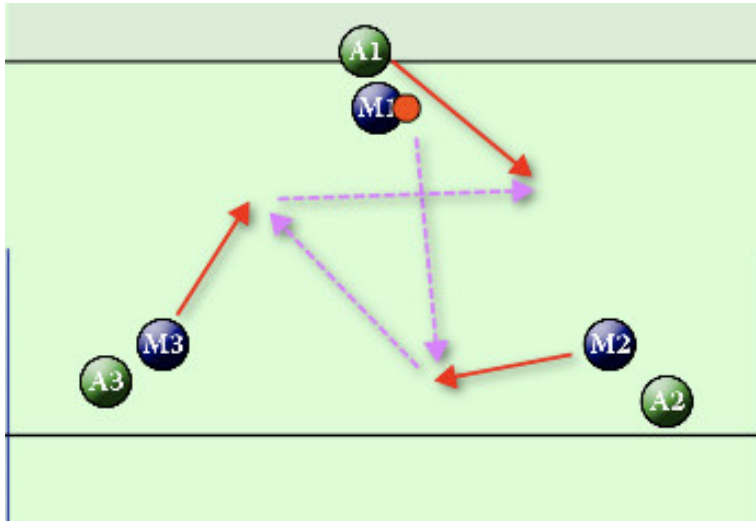
Right handed



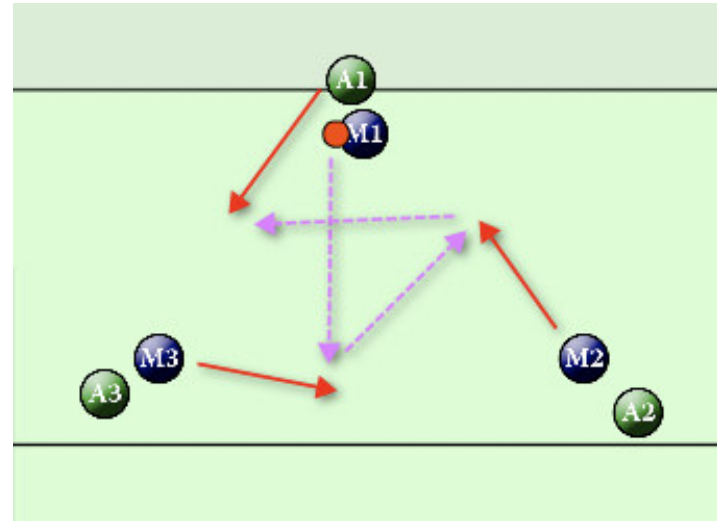
Left handed

Triangle Passing: Sticks Inside

Same drill as previous except now we keep the sticks to the inside.
(Coaches should have extra balls to keep the drill going)
Note that when catching and throwing right handed, players will be running to their left, opposite of the previous drill.



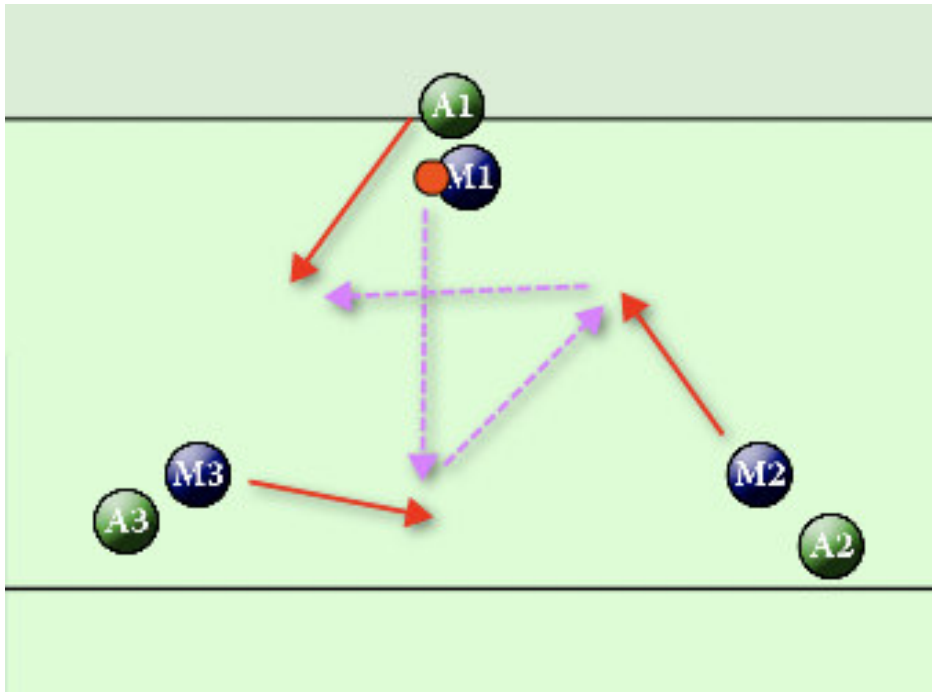
Right handed



Left handed

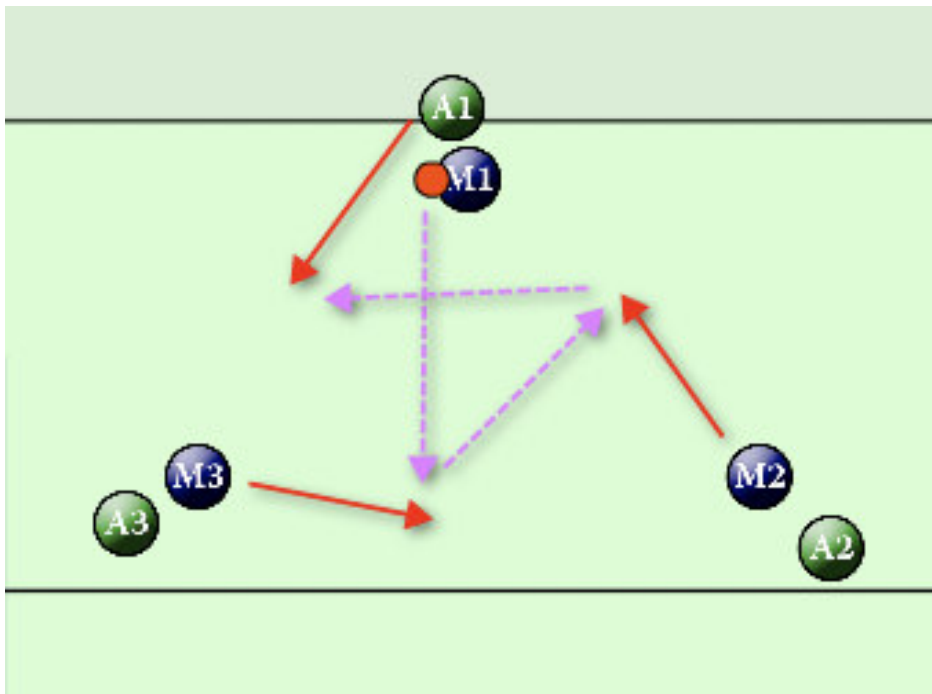
Triangle Passing 1 up 1 Down

This will help teams work on scooping, communicating, throwing and catching. If you catch the ball, player rolls it. If you scoop the ball you throw it. Coaches should emphasis calling for the ball as well as “release”.
M1 rolls the ball to M3. M3 scoops and passes to M2 who rolls to A1.



Triangle Passing: Switching Hands

The players will now catch the pass with their sticks to the inside, switch and then pass with their sticks to the outside. After 30 seconds reverse the direction, still catching sticks inside and passing sticks outside.

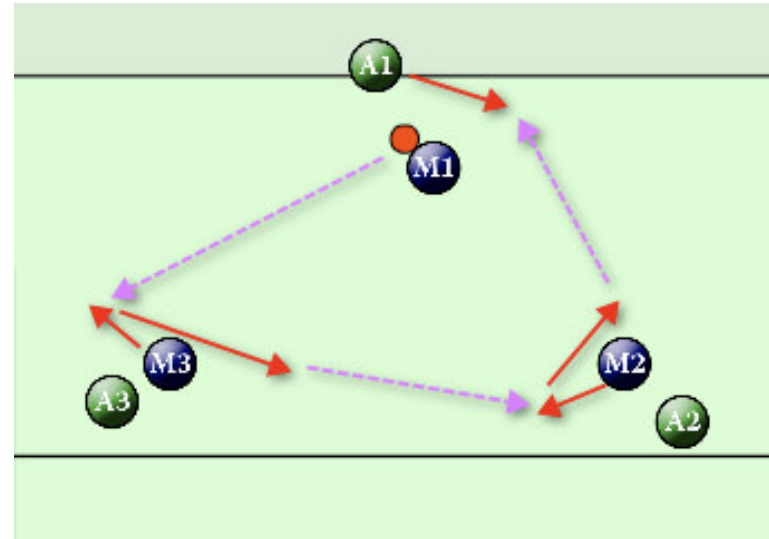
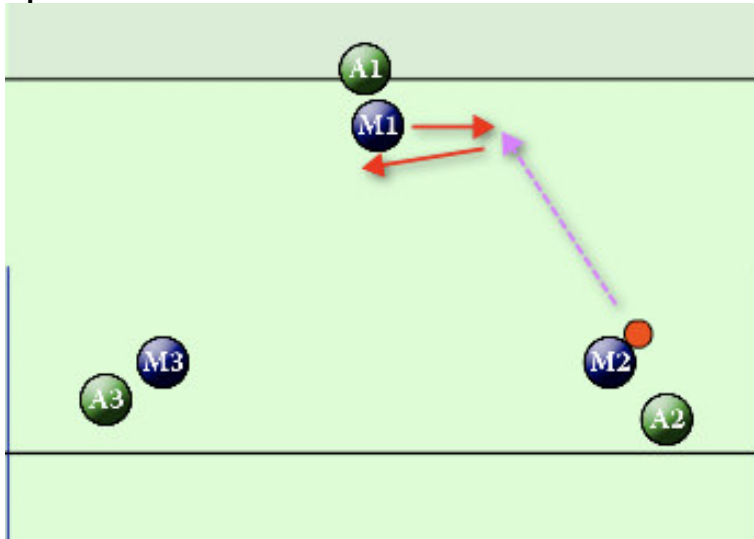


Triangle Passing V Cut

The players will now V Cut to their left, catch with ball to outside, square up while switching hands, and then pass with their stick to the outside. Note that they don't rotate lines for this drill.

M1 cuts to his left and catches pass with his left hand from **M2**. **M1** then squares up while switching hands and passes right handed to **M3** who has cut to his left. **M3** catches left handed, cuts back and passes right handed to **M2**.

After a minute or so, switch directions. Cut right, catch, square up and pass left handed.



Triangle Passing Over the Shoulder

Move the lines in and now pass to the outside player. Catch and throw right handed. Players will catch over the shoulder, roll back and throw right handed to the next player breaking outside. After 60 seconds reverse direction and catch and throw left handed.

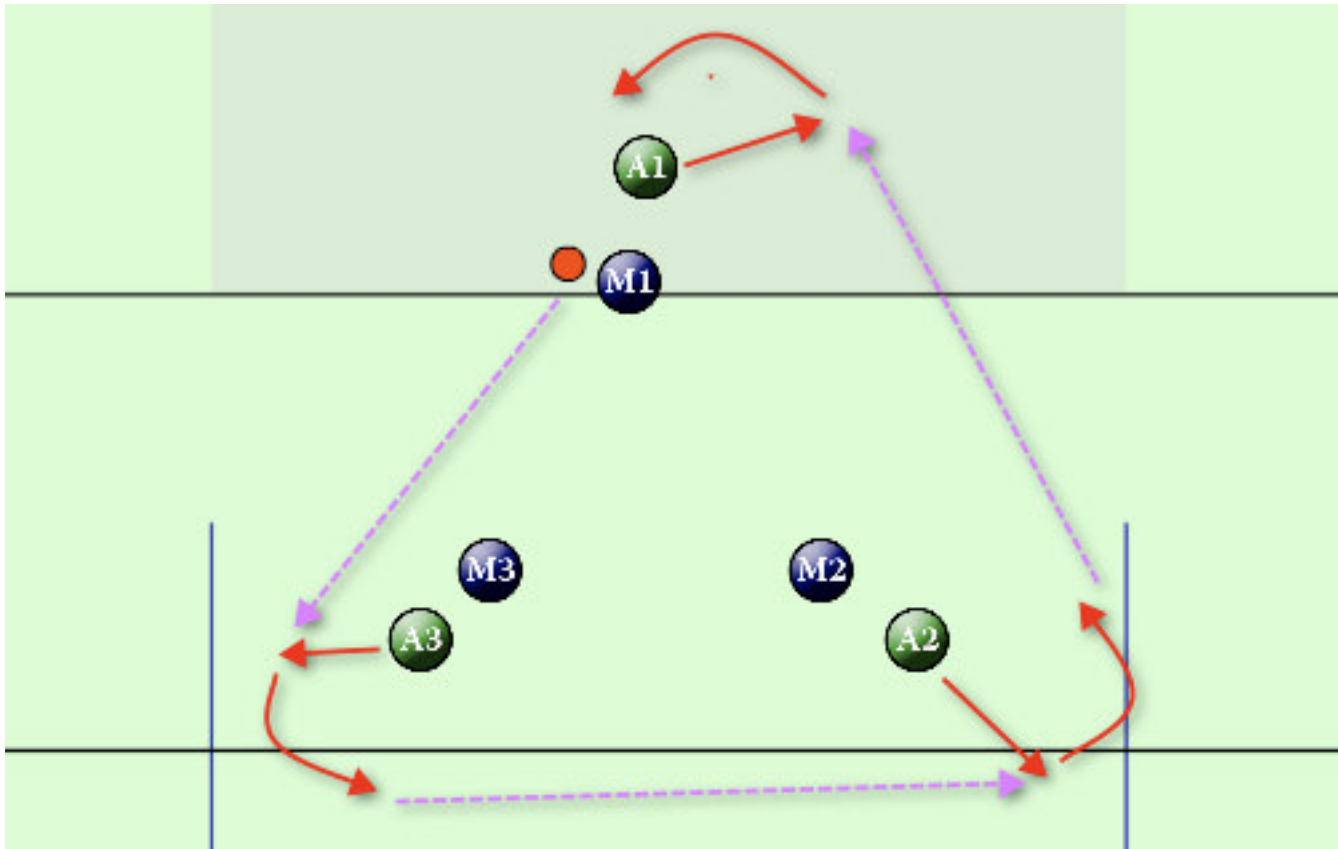


Figure 8 Drill Carry

In groups of three, player in the middle has the ball and will run around the 2 outside players. When the player gets to the middle, he will split dodge, switch hands. After 30 seconds rotate the next player into the middle.

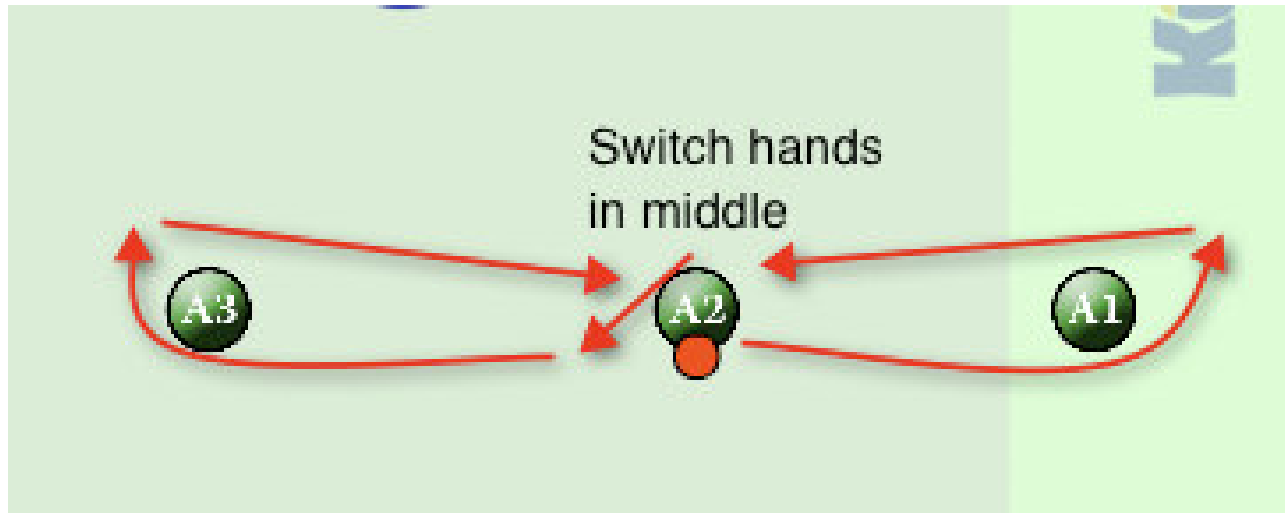
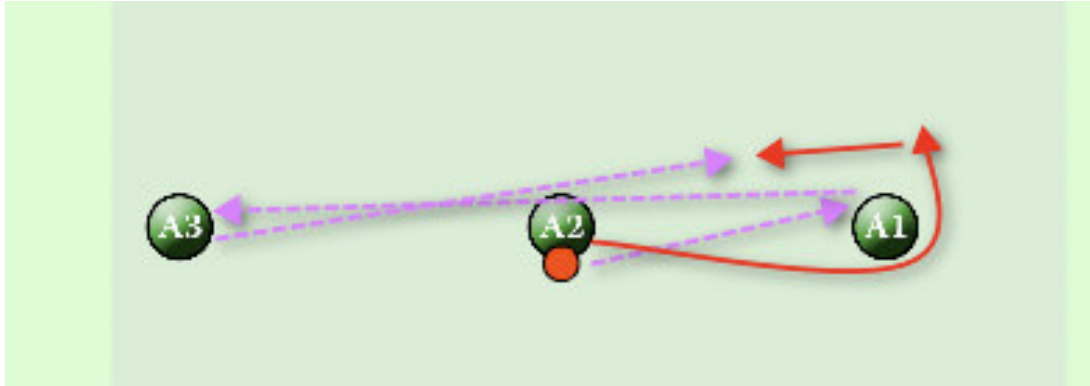


Figure 8 Drill Passing

A2 passes to A1 who passes to A3 as A2 runs around A1. A3 passes to A2 who has the stick to the outside, right hand.



A2 passes to A3 who passes to A1 as A2 switches hands and runs around A3. A1 passes to A2 who passes right back to A1. Rotate players into middle every 30-45 seconds.

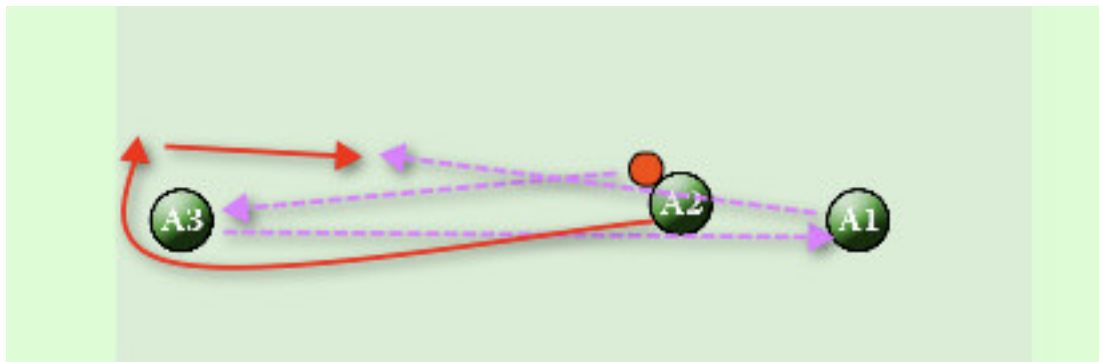
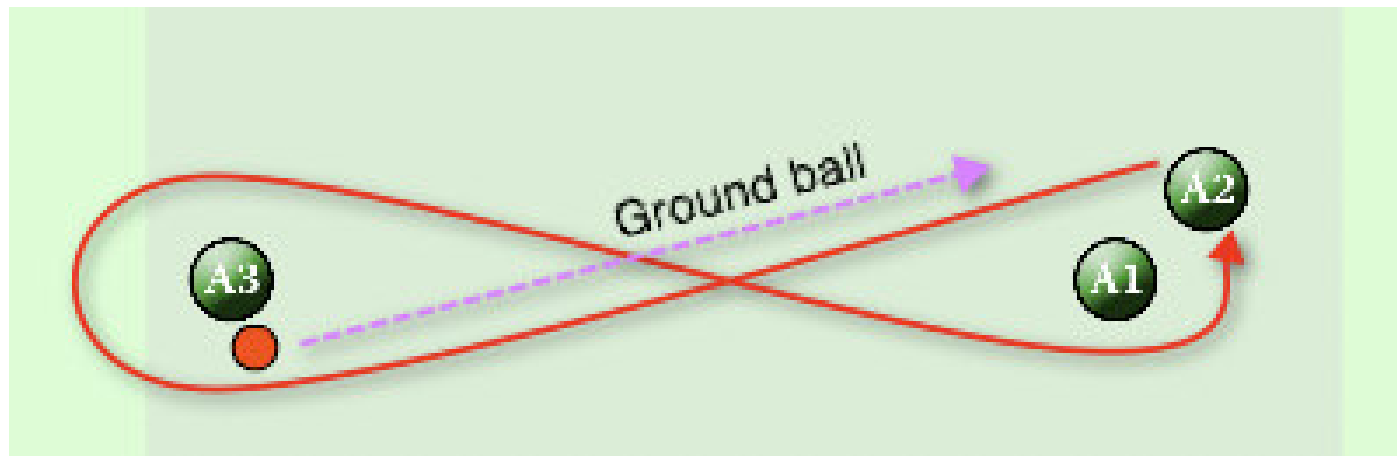


Figure 8 Drill Groundballs

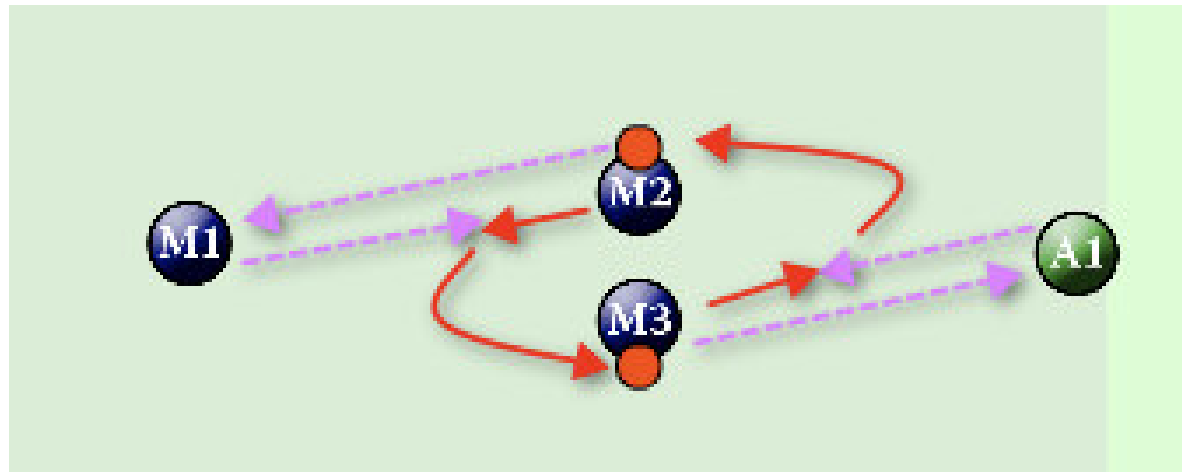
Building off of the passing drill, now when the player comes around, he will receive a groundball from the opposite player. After throwing to **A1** who has thrown to **A3**, **A2** comes around and receives a groundball from **A3**. **A2** passes back to **A3**, runs around **A3** and receives a groundball from **A1**. Coaches should emphasis communication, calling “Ball” and “Release”. Coaches should also emphasis the importance of moving the ball off of the ground.



4 Man 2 Ball Passing Drills

Two players on the outside with 2 players in the middle with balls. **M2** passes to **M1** and **M1** passes right back as **M2** moves towards **M1**. Make sure that **M2** moves through the ball as he catches it. After **M2** catches, turns and throws to **A1**. Meanwhile, **M3** is throwing and receiving with **A1**, turning and passing to **M1**. After 30 seconds switch players. Repeat but go left handed passing.

Make sure that players are moving through the passes and that their heads are always up.



5 Star Passing Drill

Players line up in 5 lines. Pass to the line across to your right and then follow and go to that line. You can start with 1 ball but add another 1-2 balls depending on the skill level of your team.

