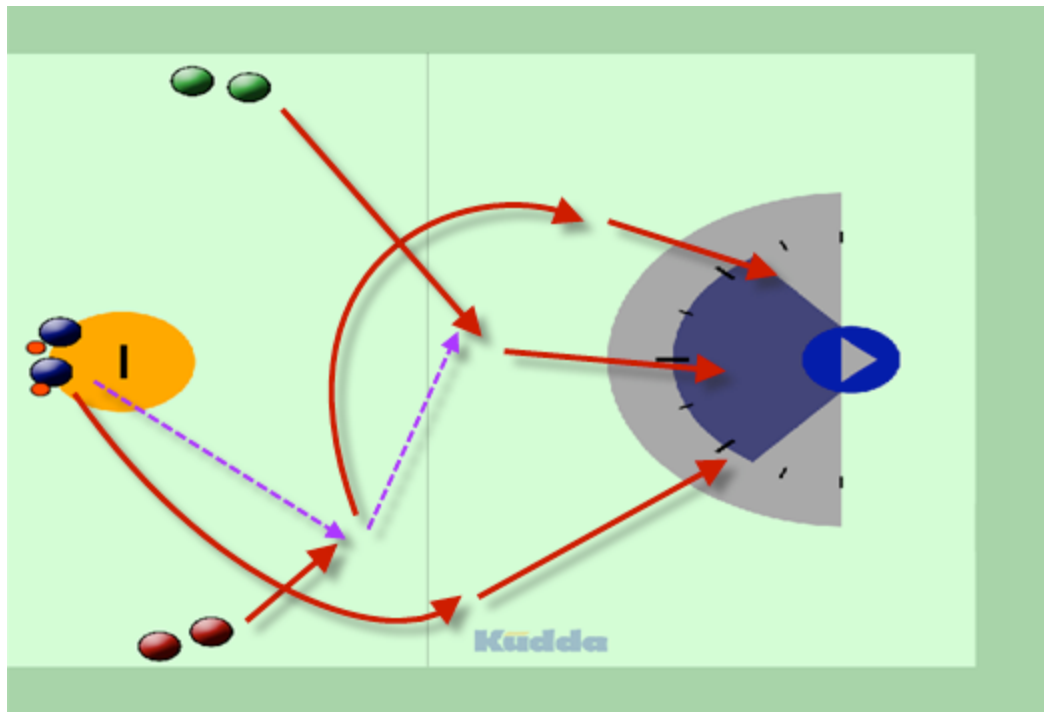


Janine Tucker

Stick Work Drills

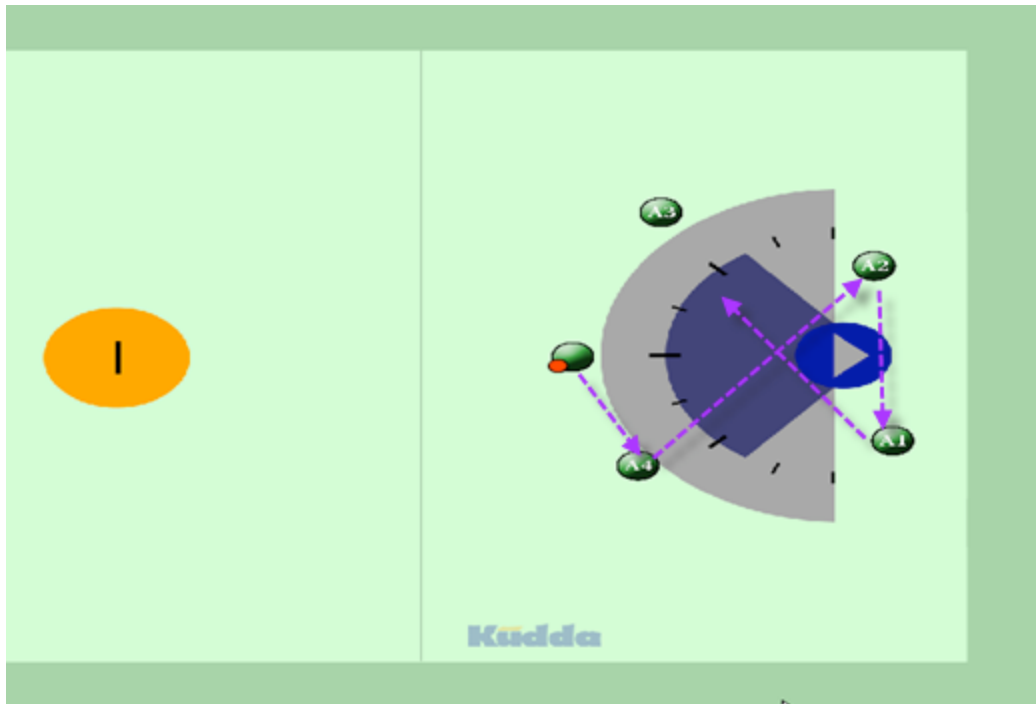
2 Pass Weave Drill

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.



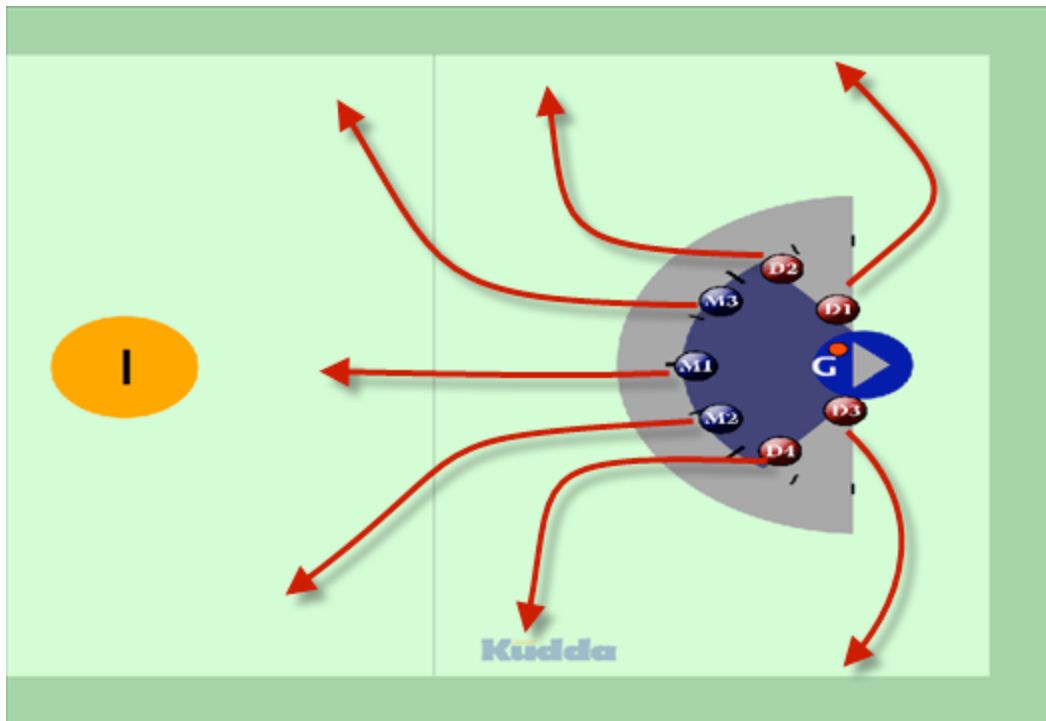
5 Point Passing Drill

This focuses on quick passing around the 8 M. The ball is quickly passed around with A3 finishing with a shot. Players need to follow their pass and go behind the person they just passed towards.



Breakout Drill

After the goalie makes a save, the players must “breakout” to provide proper passing lanes and options. The 2 down defenders, **D1** and **D3**, banana run below GLE. This allows them to see any pressure. The other defenders and middies breakout in curling runs as well. Communication is key so the field can stay balanced.



Settled Clear 12

After the goalie makes a save, the players breakout as shown in figure 1. **M1** stays in the middle of the field and tries to get open, figure 2. **M1** will break to the goal and then away as she receives pass from the goalie. Once **M1** receives the pass, she breaks up the field with the other 2 middies. This gives the goalie a lot of space to see the field

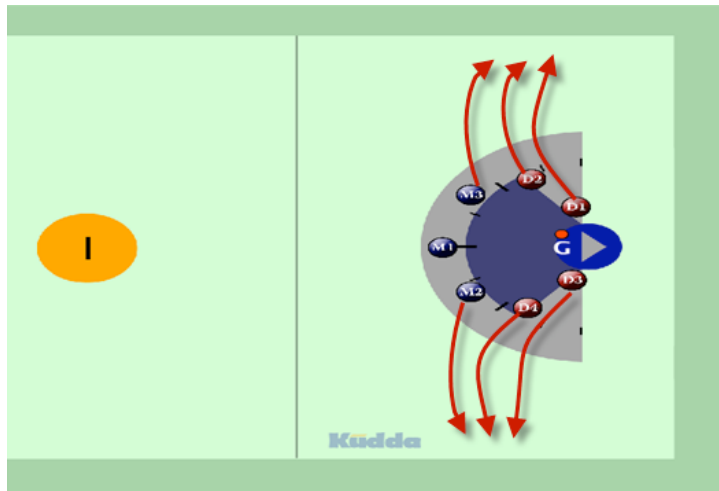


Figure 1

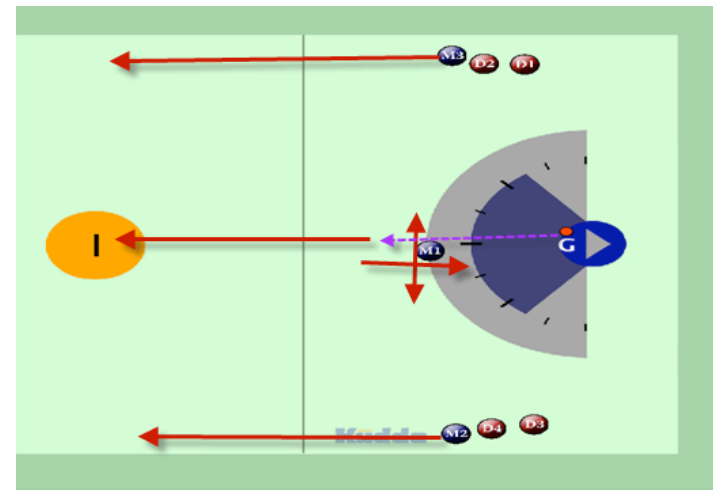


Figure 2

Settled Clear 50_1

After the goalie makes a save, the players breakout as shown in figure 1. The two groups run weaves and set picks for each other as the goalie walks the ball up the field with the middle wide open as shown in figure 2.

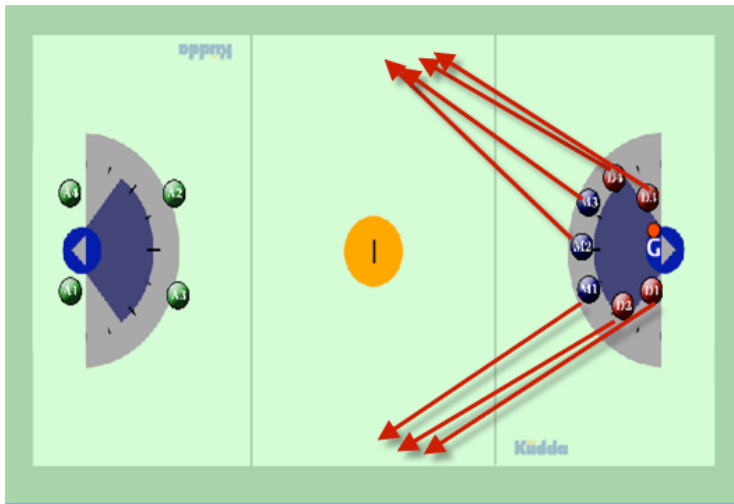


Figure 1

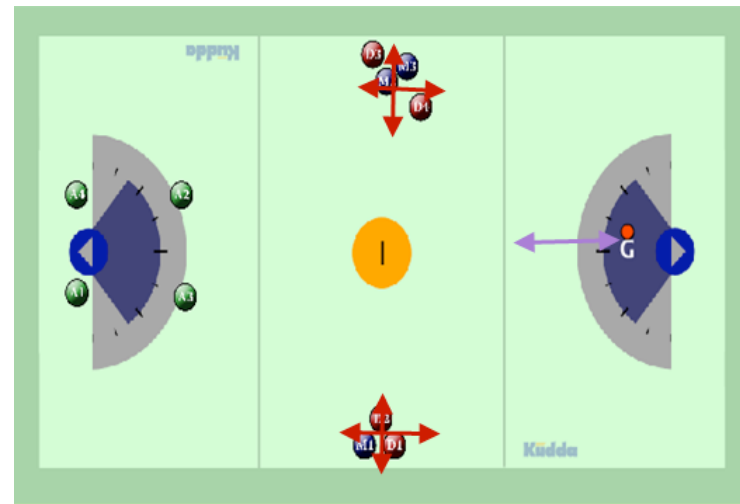


Figure 2

Settled Clear 50_2

A middle breaks into the open center. Option 1 is to cut towards the goalie and receive a pass, figure 3. Or in Option 2, the middle can cut towards the goalie and then break away to receive a pass over the shoulder, figure 4.

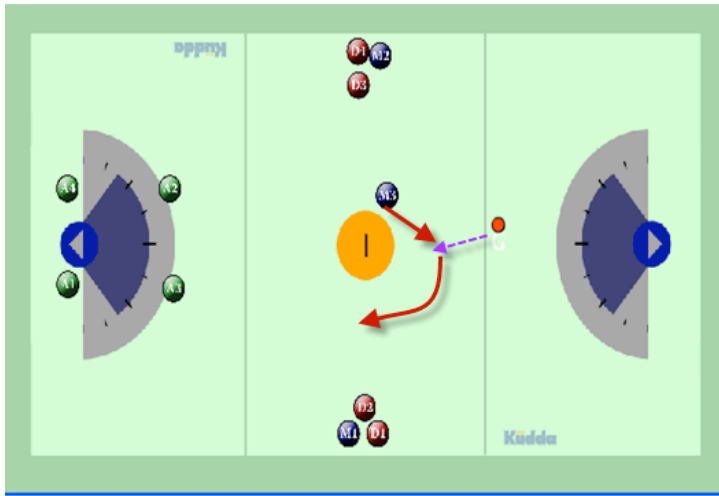


Figure 3

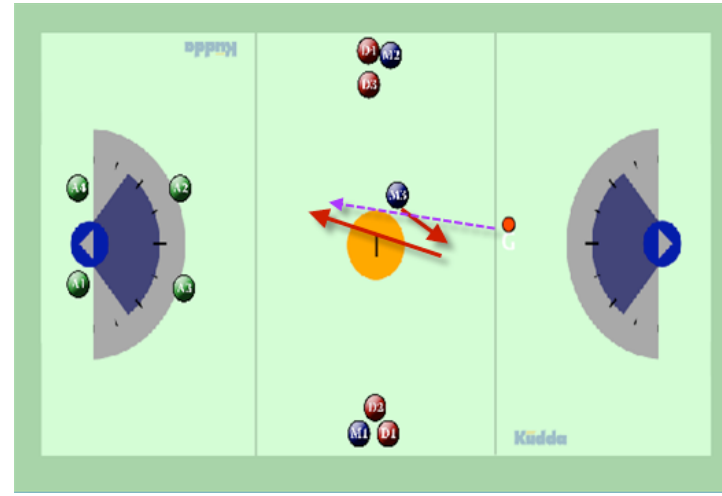


Figure 4

Work the Middie Drill_1

This drill starts with 4 attack and 4 defenders at each goal. The coach rolls out a ball and M2 picks it up. M2 now has to beat the other 2 middies (figure 1). Once she beats the 2 middies, M2 takes the ball and forces a slide from the defense. The ball is quickly passed to open attack for a shot.

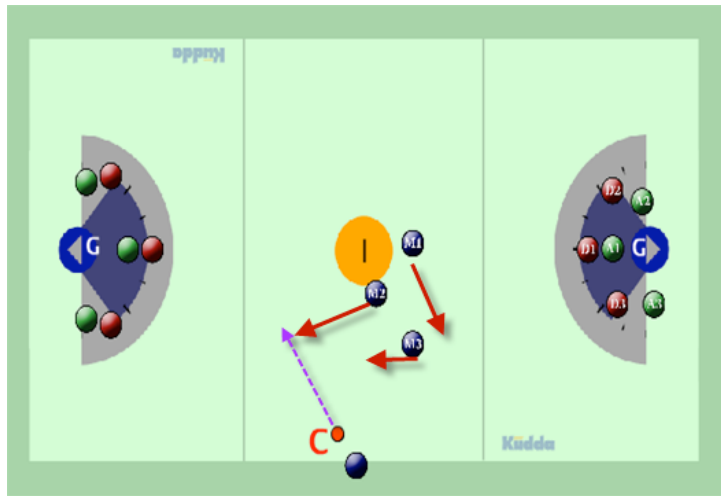


Figure 1

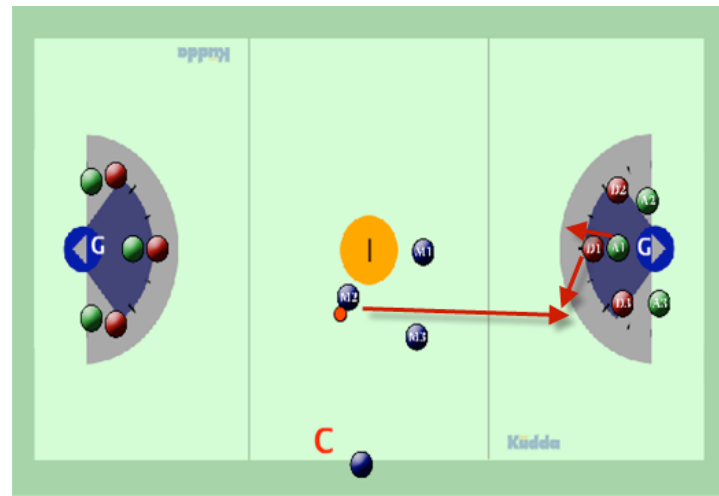


Figure 2

Work the Middie Drill_2

The goalie then clears the ball to **M2** who now has to beat the same two middies as she brings the ball to the other goal for a fast break transition (figure 3). The goalie then passes to **M1** who now has to beat two other middies and the drill repeats (figure 4).

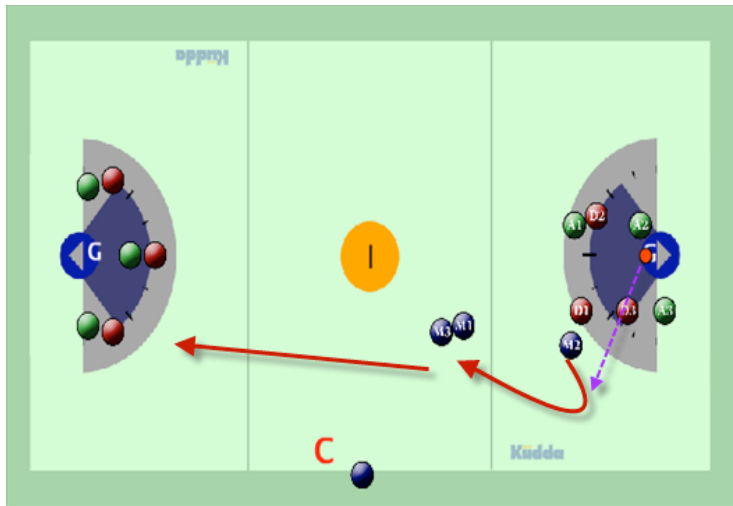


Figure 3

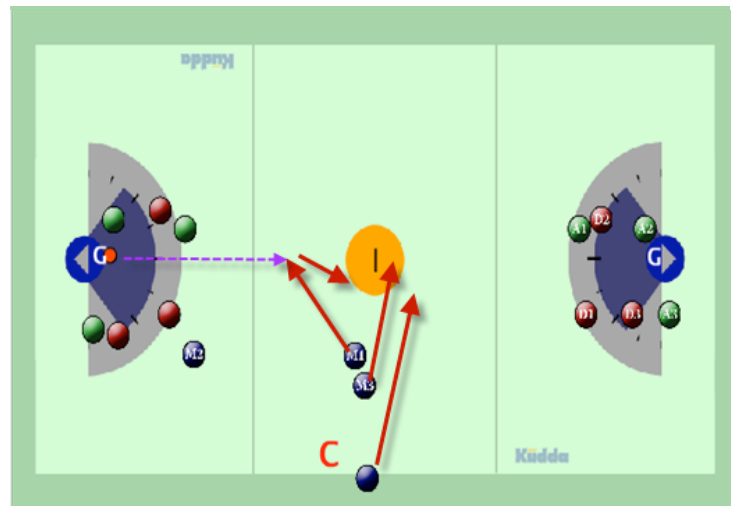


Figure 4

Pass Back Weave_1

This is a great drill to help the defenders work the ball away from pressure. Goalie passes to defender going up sideline. (figure 1) When that defender feels pressure, they turn to the outside and pass behind to defender who immediately passes cross field to opposite defender who takes the ball up. (figure 2)

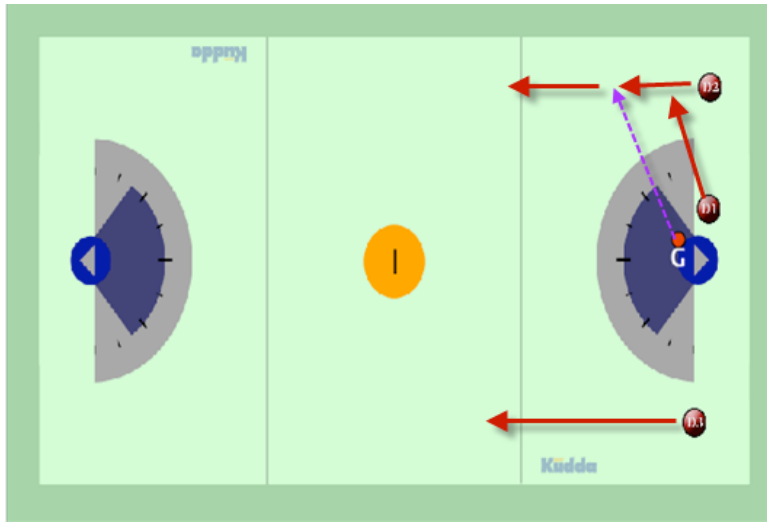


Figure 1

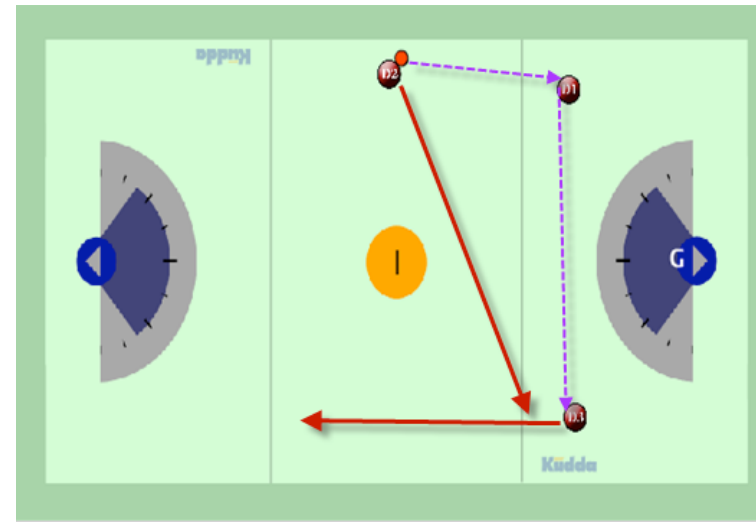


Figure 2

Pass Back Weave_2

The defender now feels the pressure, turns to the outside and passes back to trail defender who catches and immediately passes cross field to opposite defender. (figure 3) After passing back, **D3** makes cross field run to be behind **D1**.

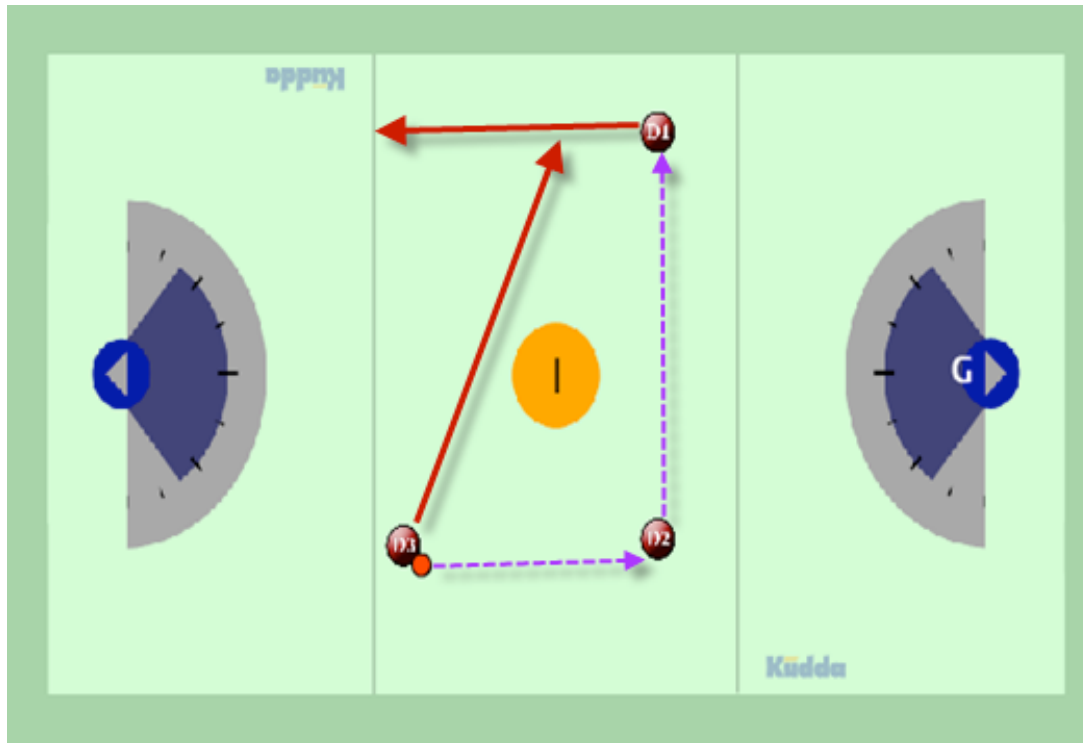


Figure 3

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)

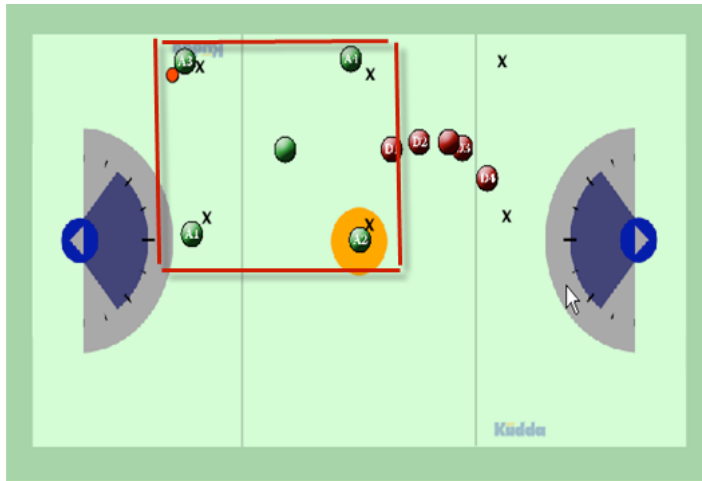


Figure 1

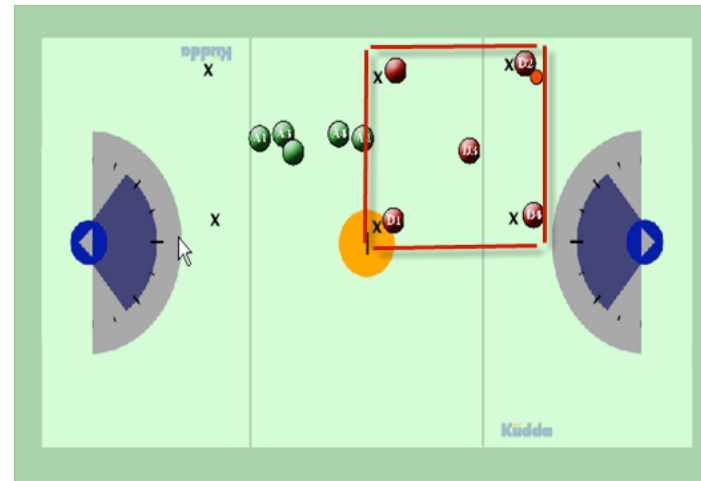


Figure 2