

Standard to Start

- 1) Stretch (10 minutes)
- 2) Warmups (**5-10 minutes**)
 - i) **GBs (goalies warmup, attack 3 man plays)**
 - (1) Individual GBs with or without picks – or GBs over and back (pick up ball and dodge, put on ground)
 - (2) Shove the glove GBs or Syracuse GBs
- 3) Standard to Start (Individual / Unit Fundamentals) (**20-30 minutes**)
 - i) **Offense - Shooting / Passing**
 - (1) Shooting (pass or gb)
 - (a) Up Top, X dodges, Crease, Form Work (knee or statue passes, shot over cage), Perimeter passing
 - (b) Picking drills with 2 men (shadow offense)
 - (2) Skeleton the Offense
 - ii) **Defense stick work**
 - (1) Checks - Ws, Ms, individual circles and Figure 8s, - 5x each of 3 reps
 - (a) High steps, straight movement, zig zag movement
 - (2) Passing - Breakout up and over or Syracuse Defense Clearing.
 - (3) Individual Defense Positioning - Breakdowns (3 position breakdowns or 1v1 shadow dodges),
 - (4) T and Vs (run both sides of the cage)
 - (5) Lift drill)
 - (6) Recovery Drills –
 - (a) 3 v 2 (triangle with 2 inside) or 4 v 3
 - (b) Slides with Find One (Mid & Defense)
 - (7) Diamond passing with crease
 - (a) Work the ball around the perimeter 6 v 2. On whistle dodge and make crease slide. Goalie calls.
 - (8) Salisbury Slide drill
 - iii) **Faceoffs**
 - (1) Chops (5 to 6 of them in 3 sets) – warm up shoulders
 - (2) Side bends - a few of them
 - (3) Chops – while standing (no knee down)
 - (4) 3 snaps (Do 5 or 6 of each of them)
 - (a) Snap 1 – quick clamp (Do 5 – 6 of them)
 - (b) Snap 2 – Power clamp
 - (c) Pinch and pop
 - iv) Screw drill (forward/ offensive exit and backward/defensive exit) –
 - (1) Do 3 to 4 each way. then do 2-3 starting forward and reversing on 2nd whistle.
 - v) **Goalies (PAW (weak hand), Foot, close gate, Elbows (bottom of stick head on opponents elbows,)**
 - (1) Ladder
 - (2) Virginia
 - (3) Deck of Cards
 - (4) Warmups with small stick
 - (5) Tennis ball and racquet rapid fire
 - (6) Butt End Drill or D-Stick work
 - (7) Goalie Wars
- 1) **Unit Fundamentals (20 minutes – 2 drills)**
- 2) **Group Fundamentals (40 minutes - Pick 2 to 4 drills)**
- 3) **Team Fundamentals (40 minutes - Pick 2 drills)**
- 4) **Clear field / coaches talk (10 minutes)**

Unsettled / Dodging

- 4) 3:35 to 3:45 Stretch
- 5) 3:45 to 3:55 Warm-up (10 minutes)
 - i) **GBs**
 - (1) Individual GBs
 - (2) Shove the glove GBs
 - (3) Syracuse GBs
- 6) 3:55 to 4:25 Standard to Start (Individual / Unit Fundamentals) (30 minutes)
 - i) **Offense - Shooting / Passing**
 - (1) PT shooting
 - (2) X dodges
 - (3) Crease
 - (4) Form Work
 - (5) Perimeter passing
 - (a) W/2 on crease and 2 d
 - (i) Add d w/o sticks
 - (ii) Add off ball live but not on ball
 - (iii) Remove 1 defender run 6 on 5
 - ii) **Defense stick work**
 - (1) Checks - Ws, Ms, individual circles and Figure 8s, - 5x each of 3 reps
 - (2) Passing - Breakout up and over
 - (3) Individual Defense - Breakdowns (4 around 1), or T and Vs or Lift drill (all)
 - (4) Recovery Drills -3 v 2 (triangle with 2 inside) or Slides with Find One (Mid & Defense)
 - (5) Team Defense - 5 on a die
- 7) 4:25 to 4:30 **Water**
- 8) 4:30 to 5:10 Unit / Group work (40 minutes) – **divide team in to 2 teams and have them all work offense and defense until we get to fast breaks.**
 - a) 3 v 2 from left, top and right (20 minutes)
 - b) Continuous 3 v 2 (10 minutes)
 - c) 4 v 3 with GB to start or scramble from side or top (10 minutes) (figure out secondary drill)
- 9) 5:10 to 5:30 Team / Live work (20 minutes)
 - a) Broken (5 v 4) (**first choice**)
 - b) Tight 4 v 3 and Tight 5 v 4 (Circle of Doom)
 - c) 6 v 5 with chaser into settled offense/defense
- 10) 5:30 to 5:35 clear field / coaches talk

GBs

11) 3:35 to 3:45 Stretch

12) 3:45 to 3:55 Warm-up (**10 minutes**)

i) GBs

- (1) Individual GBs
- (2) Shove the glove GBs

13) 3:55 to 4:25 Standard to Start (Individual / Unit Fundamentals) (**20-30 minutes**)

a) Offense - Shooting / Passing

- (1) PT shooting
- (2) X dodges
- (3) Crease
- (4) Form Work
- (5) Perimeter passing
 - (a) W/2 on crease and 2 d
 - (i) Add d w/o sticks
 - (ii) Add off ball live but not on ball
 - (iii) Remove 1 defender run 6 on 5

ii) Defense stick work

- (1) Checks - Ws, Ms, individual circles and Figure 8s, - 5x each of 3 reps
- (2) Passing - Breakout up and over
- (3) Individual Defense - Breakdowns (4 around 1), or T and Vs or Lift drill (all)
- (4) Recovery Drills -3 v 2 (triangle with 2 inside) or Slides with Find One (Mid & Defense)
- (5) Team Defense - 5 on a die

14) 4:25 to 4:30 **Water**

15) 4:30 to 4:50 Conditioning

- a) Painstorm with 300s or middies

16) 4:50 to 5:30 Unit / Group Fundamentals (**40 minutes**).

i) Syracuse 1 v 1 GB (10 minutes)

ii) 2 v 1 GB with mystery advantage (15 minutes)

- (1) Focus (on second man in calling to his teammate.

iii) 3 v 2 GB starting from 1 v 1 (15 minutes)

- (1) Focus (on calling to teammate.

17) 5:30 to 5:50 Team / Live work (**20 minutes**)

- d) Fallons (3 v 2) both sides
- e) Full field GBs

18) 5:50 to 5:55 clear field / coaches talk

Rides / Clears and Face-offs

- 19) 3:35 to 3:45 Stretch
- 20) 3:45 to 3:55 Warm-up (**10 minutes**)
- i) **GBs**
 - (1) Individual GBs
 - (2) Shove the glove GBs
- 21) 3:55 to 4:25 Standard to Start (Individual / Unit Fundamentals) (**20-30 minutes**)
- i) **Offense - Shooting / Passing**
 - (1) PT shooting
 - (2) X dodges
 - (3) Crease
 - (4) Form Work
 - (5) Perimeter passing
 - (a) W/2 on crease and 2 d
 - (i) Add d w/o sticks
 - (ii) Add off ball live but not on ball
 - (iii) Remove 1 defender run 6 on 5
 - ii) **Defense stick work**
 - (1) Checks - Ws, Ms, individual circles and Figure 8s, - 5x each of 3 reps
 - (2) Passing - Breakout up and over
 - (3) Individual Defense - Breakdowns (4 around 1), or T and Vs or Lift drill (all)
 - (4) Recovery Drills -3 v 2 (triangle with 2 inside) or Slides with Find One (Mid & Defense)
 - (5) Team Defense - 5 on a die
- 22) 4:25 to 4:30 **Water**
- 23) 4:30 to 4:50 Conditioning
- a) Painstorm with 300s or middies or Fisher Fun
- 24) 4:50 to 5:35 Unit / Group work – Rides/Clears and Faceoffs (**45 minutes**).
- i) **1 v 1 Clears v Rides in the alleys (10 minutes)**
 - ii) **3 v 2 Clears v Rides (10 minutes)**
 - (1) Middies work on faceoffs
 - iii) **4 v 3 Clears v Rides (10 minutes)**
 - (1) Middies work on faceoffs
 - iv) **5 v 4 Clears v Rides (15 minutes)**
 - (1) Middies work on faceoffs
- 25) 5:35 to 5:55 Team / Live Work - (**20 minutes**)
- i) **Full Field Rides and Clears**
- 26) 5:55 to 6:00 clear field / coaches talk

Settled

27) 3:35 to 3:45 Stretch

28) 3:45 to 3:55 Warm-up (**10 minutes**)

i) GBs

- (1) Individual GBs
- (2) Shove the glove GBs
- (3) Syracuse GBs

29) 3:55 to 4:25 Standard to Start (Individual / Unit Fundamentals) (**30 minutes**)

i) Offense - Shooting / Passing

- (1) PT shooting
- (2) X dodges
- (3) Crease
- (4) Form Work
- (5) Perimeter passing
 - (a) W/2 on crease and 2 d
 - (i) Add d w/o sticks
 - (ii) Add off ball live but not on ball
 - (iii) Remove 1 defender run 6 on 5

ii) Defense stick work

- (1) Checks - Ws, Ms, individual circles and Figure 8s, - 5x each of 3 reps
- (2) Passing - Breakout up and over
- (3) Individual Defense - Breakdowns (4 around 1), or T and Vs or Lift drill (all)
- (4) Recovery Drills -3 v 2 (triangle with 2 inside) or Slides with Find One (Mid & Defense)
- (5) Team Defense - 5 on a die

30) 4:25 to 4:30 **Water**

31) 4:30 to 4:50 Conditioning

- a) Painstorm with 300s or middies or Fisher Fun

32) 4:50 to 5:35 Unit / Group work (**45 minutes**).

i) Lift & slide Drills (15 minutes)

ii) 1 v 1 Dodging X and Pt (10 minutes)

iii) 2 v 2 or 3 v 3 Dodging X and Pt (10 minutes)

iv) 4 v 4 Dodging X and Pt (10 minutes)

- (1) Focus on clearing out

• 5:35 to 5:55 Team / Live work (**20 minutes**)

v) Live 6 on 6

33) 5:55 to 6:00 clear field / coaches talk