

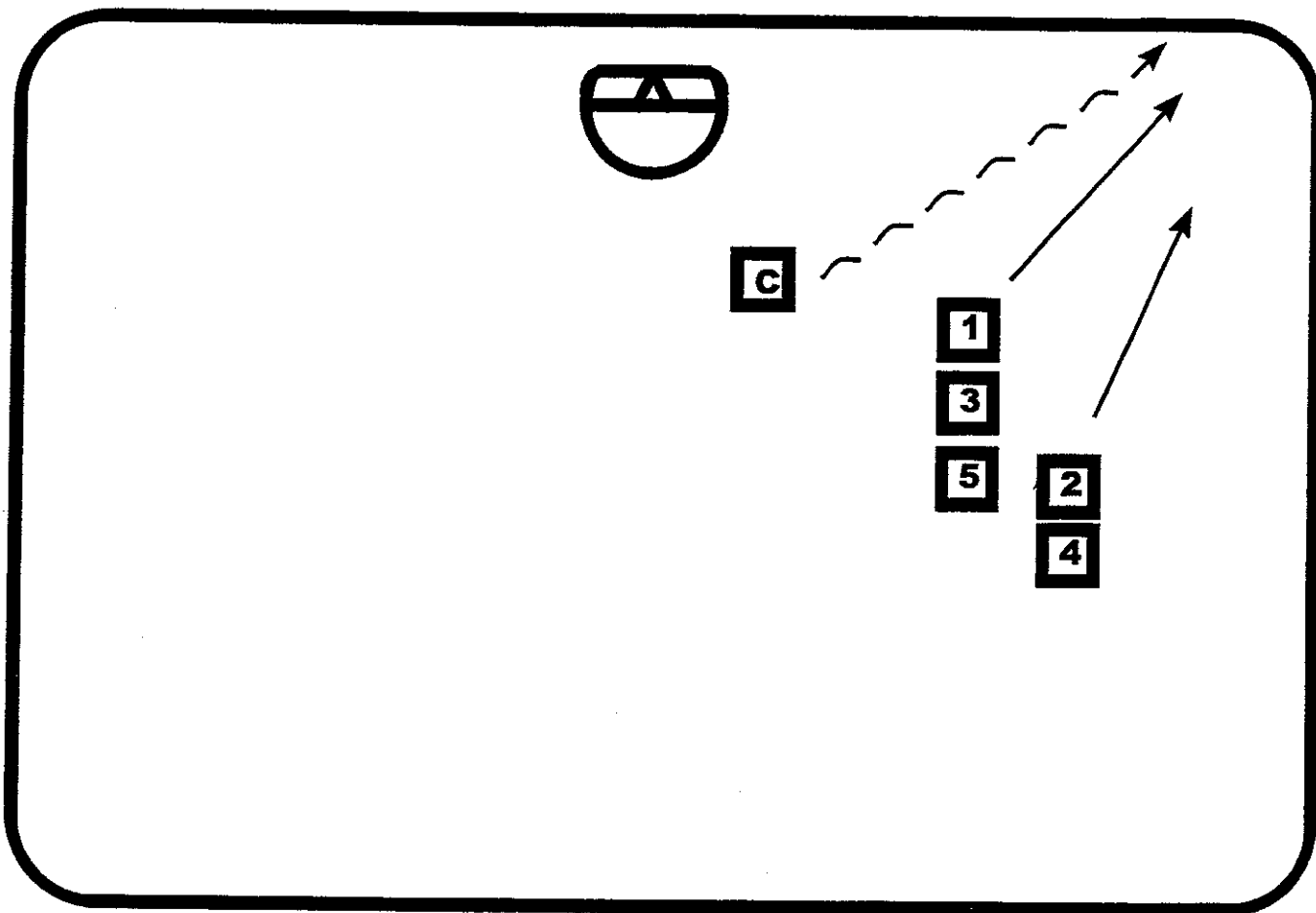


LOOSE BALL DRILLS



Cluster	Coordinate	Value
Left Cluster	1	0.1
	2	0.2
	3	0.3
	4	0.4
	5	0.5
	6	0.6
	7	0.7
	8	0.8
	9	0.9
	10	1.0
Right Cluster	1	0.1
	2	0.2
	3	0.3
	4	0.4
	5	0.5
	6	0.6
	7	0.7
	8	0.8
	9	0.9
	10	1.0

HEAD START



METHOD OF RUNNING DRILL

- coach rolls or bounces ball into corner area
- lines or units are set up to ensure player one [1] has a five (5) foot to six (6) foot head start on player number [2]
- both players race into corner area and attempt to play the loose ball
- on the whistle or completion of each attempt the participant players return to the end of the opposite line they left at the start of the drill

USE AND PURPOSE OF DRILL

- good concentration drill
- teaches "control" and "discipline" to ensure that "trailer" does not crash players into the boards
- excellent drill for power play units, when utilized for this purpose, add the second trailer, close to player number [1] and emphasize first player attack the stick and tie up opposition, second trailer attacks the ball

PARTNER ROLL



1



2

3



4

5



6

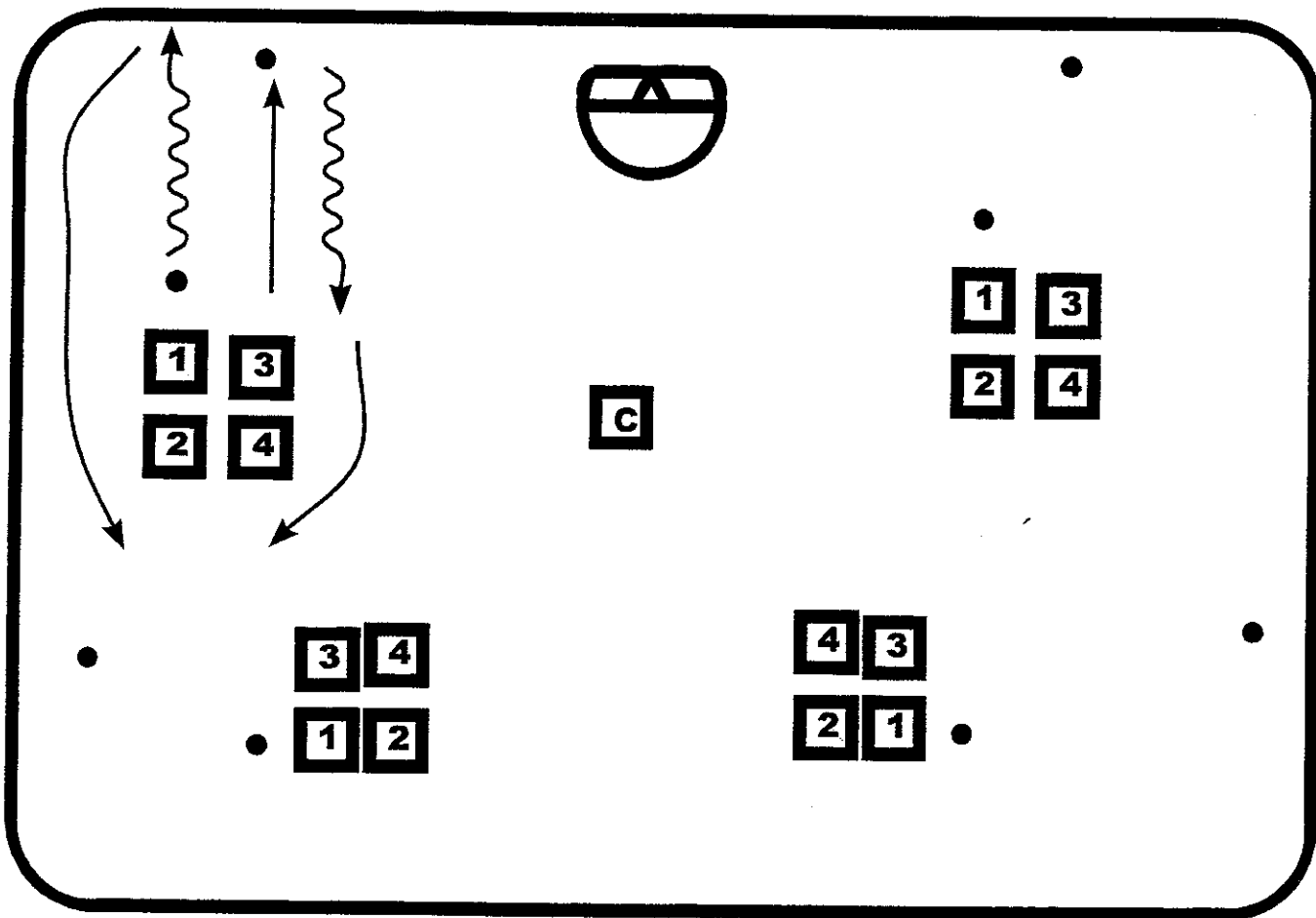
METHOD OF RUNNING DRILL

- partners roll ball towards each other, receiver picks up ball and rolls it back
- ball may be rolled by hand if the players are not yet able to roll ball accurately

USE AND PURPOSE OF DRILL

- only to be utilized with young new players
- coach to ensure sufficient coverage to enable "correction" and "re-enforcement" to occur
- time spent on drill to be of a short duration because of short concentration by players
- coaches to utilize the scoops and the trap & scope method of retrieval

STATIONARY PICK-UP



METHOD OF RUNNING DRILL

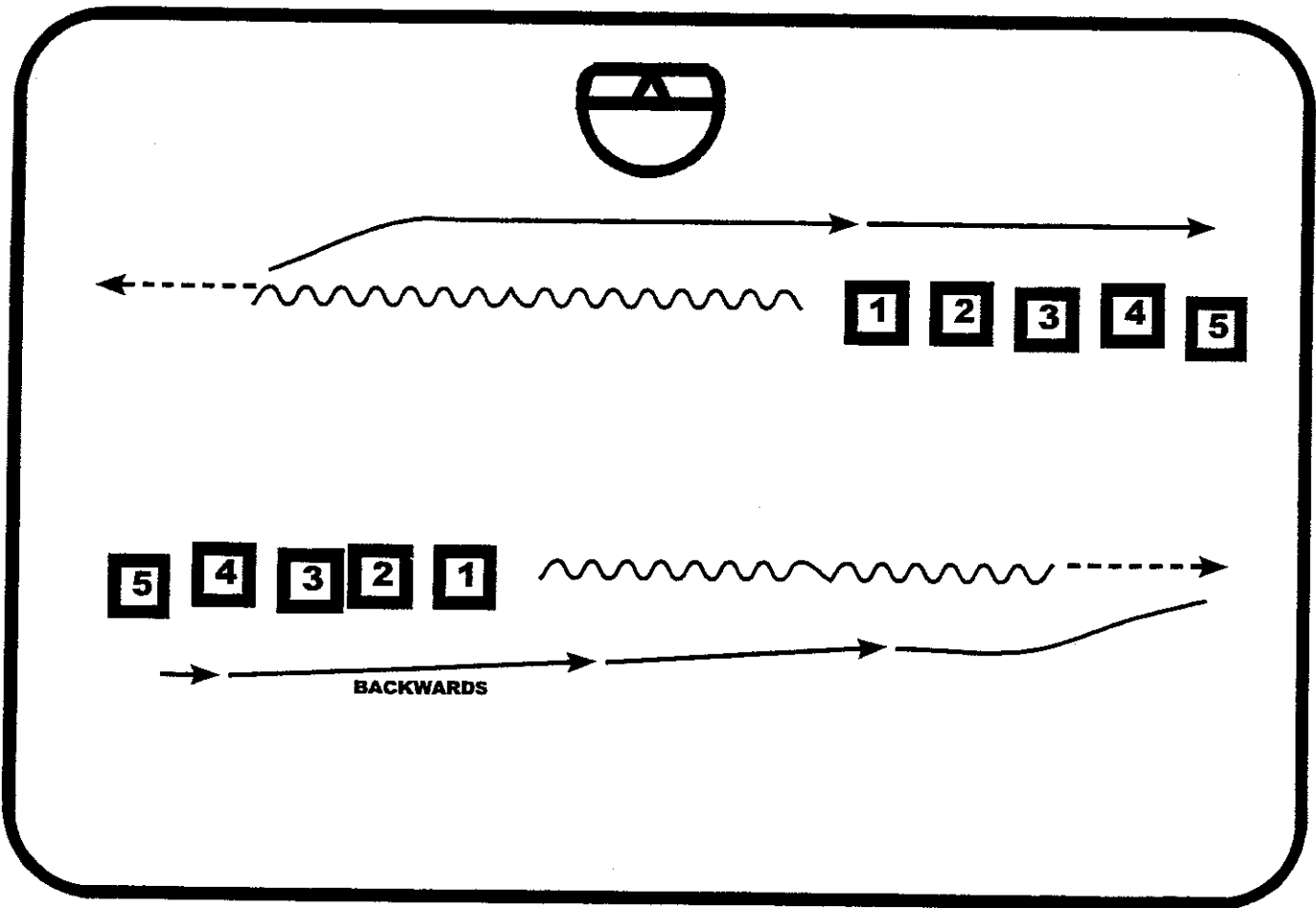
- ball is placed on floor in front of player one [1] and at the boards in front of player three [3]. On the start player one [1] picks up ball, runs to boards and puts it down. Player two [2] runs to the boards, picks up the ball, runs back and places it in front of player one [1]
- repeat until whistle
- player three [3] at the same time, runs to the boards, picks up ball and returns it to front of player four [4] who picks up ball runs to boards and places it down
- repeat until whistle
- after short time (1 to 2 minutes) "correct", "re-enforce" and re-start drill by switching position of the ball on each start

USE AND PURPOSE OF DRILL

- excellent method of "teaching", "correcting" and "re-enforcing" new and young players
- good utilization of floor space and number of players

R

REBOUND DRILL



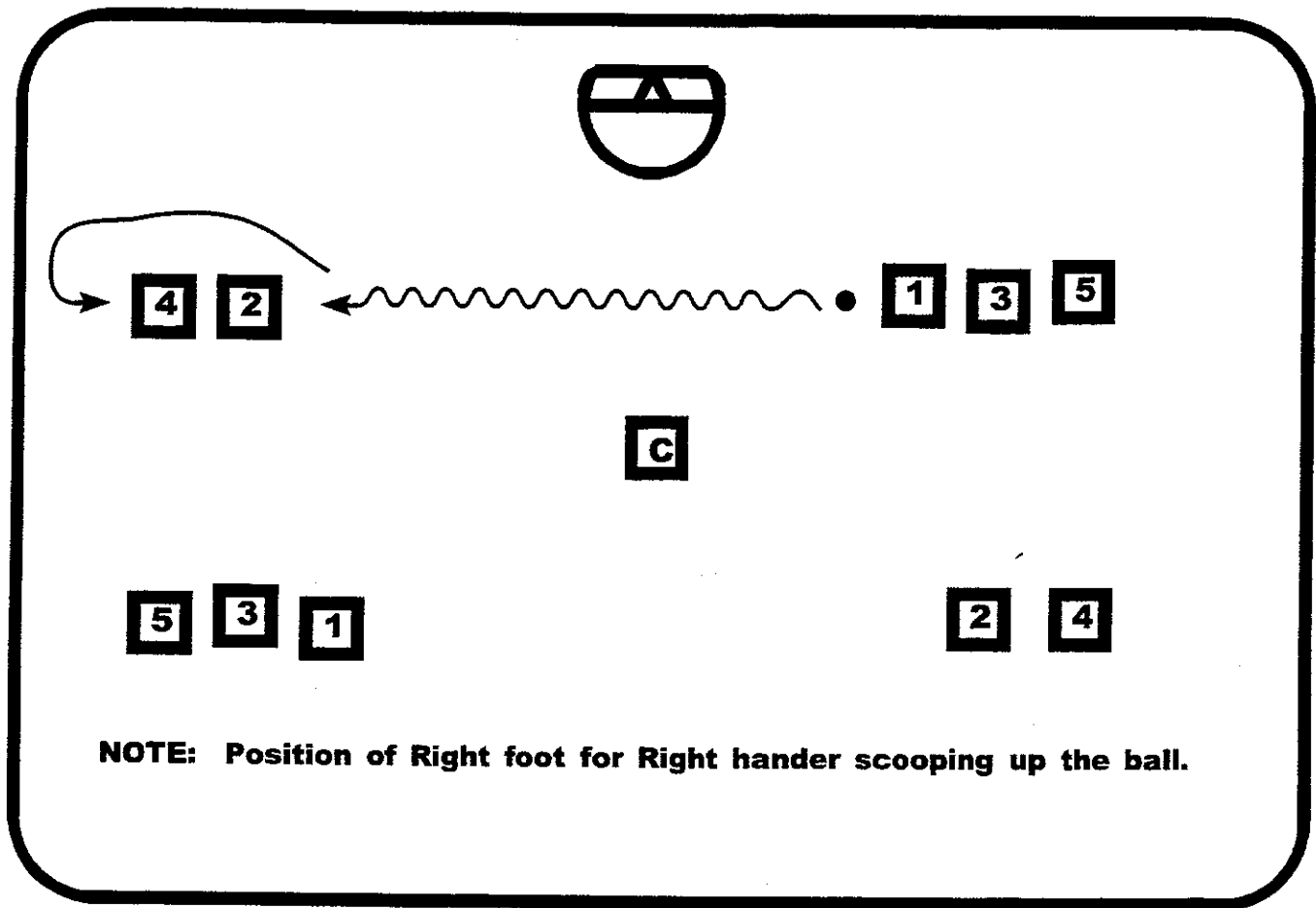
METHOD OF RUNNING DRILL

- player one [1] runs full out towards boards and rolls ball out of stick onto the boards. On completion player one [1] returns to end of line by running forward or backwards as designated by the coach or line/unit captain
- player two [2] runs towards boards, picks up "loose ball" and repeats the roll of the ball against the boards and returns to the end of the line by the designated method

USE AND PURPOSE OF DRILL

- excellent pre-practice or pre-game "warm up"
- players can experiment with "new" or "best" method of picking up - loose balls close to the board area
- ensure players use the "triple threat" grip on stick to control pick-up and retrieval of loose balls
- ensure players position the body in such a manner as to shield the defensive players from the loose ball

STATIONARY LOOSE BALL SHUTTLE



NOTE: Position of Right foot for Right hander scooping up the ball.

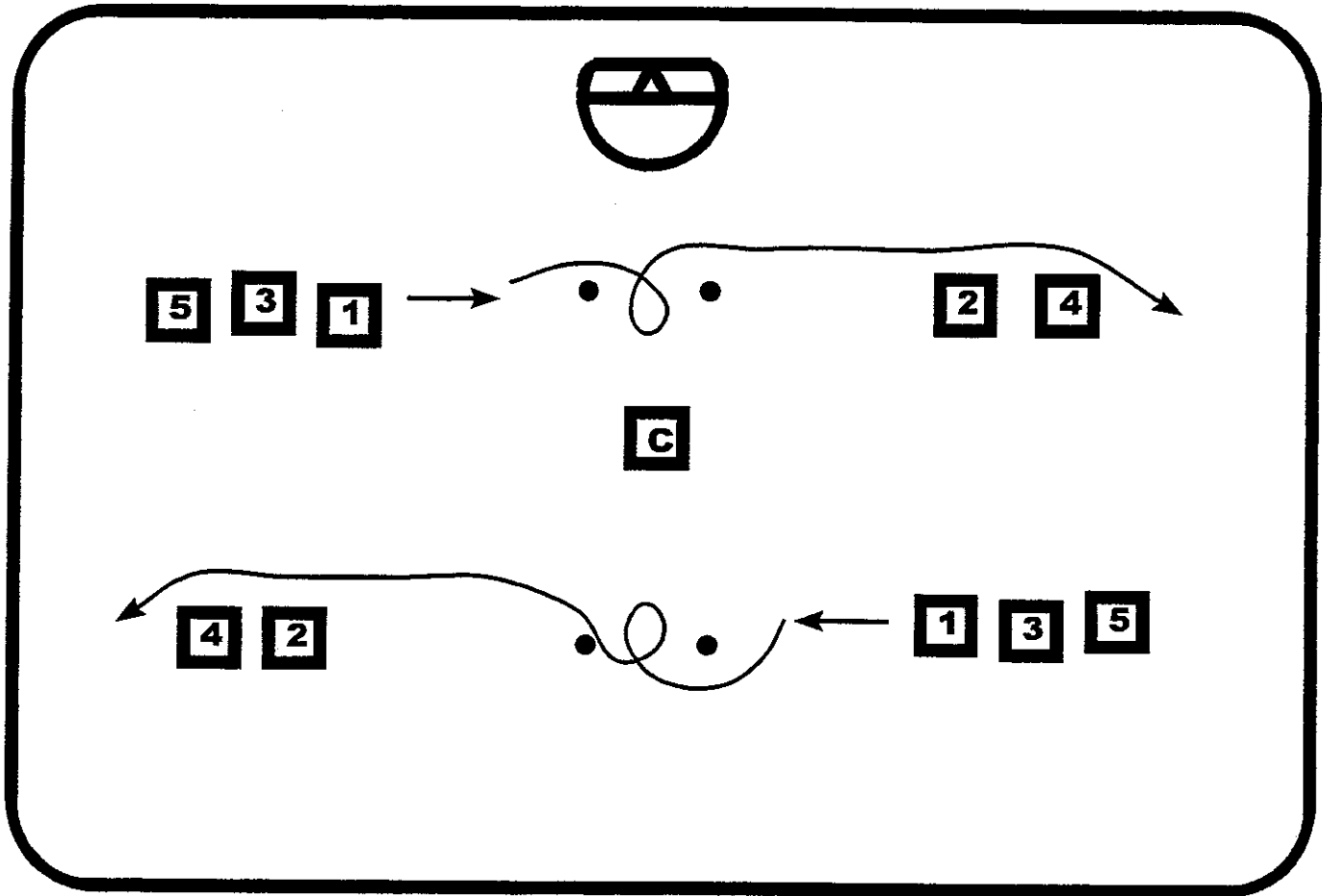
METHOD OF RUNNING DRILL

- position players in lines or units
- place ball on the floor in front of player number one [1]
- on the whistle player number one [1] scoops up the ball, runs down and places the ball on the floor in front of player number two [2], then goes to end of line
- player number two [2] scoops up ball and runs down and places the ball on the floor in front of player number three [3] and goes to end of line
- keep repeating until whistle stops
- ensure players scoop the ball up in one motion and always carry the stick in the "triple threat" position

USE AND PURPOSE OF DRILL

- introduces young players to 5 man lines or units
- good drill for new or young players to hone their skill of quick pick-up of loose balls and cradling of the ball
- stresses the position of placing the same foot as top hand when scooping up the ball, especially right hander places right foot beside the ball on the right side

PIVOT SHUTTLE



METHOD OF RUNNING DRILL

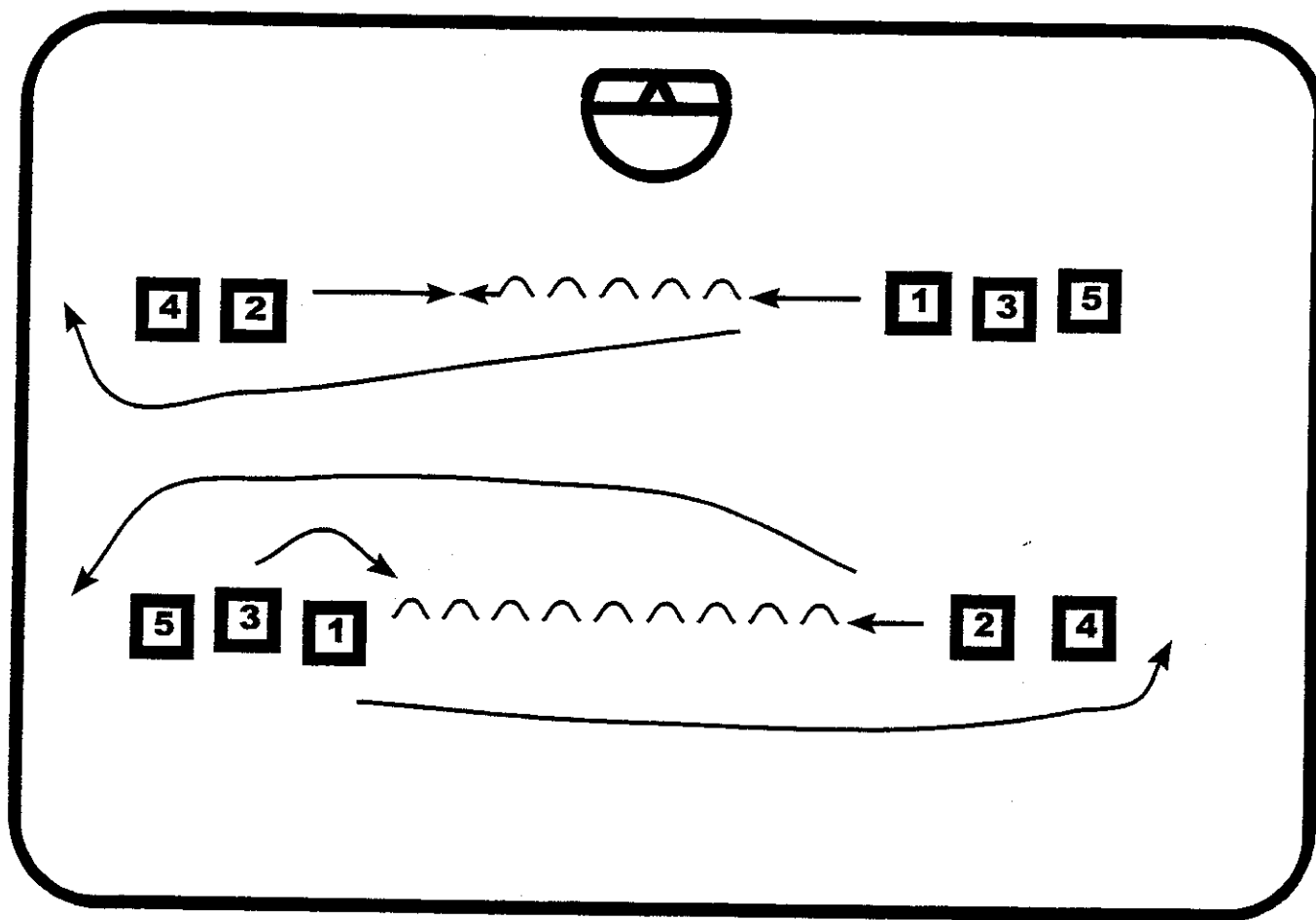
- line up players in 5 man lines or units
- place ball in middle of the floor
- player number one [1] runs out, scoops up ball and pivots around 360°, places ball back on the floor and continues on to the end of the line
- player number two [2] runs out and repeats this action, then player three [3] and so on

NOTE: coaches must ensure right handers and left handers turn correctly around an object or players to ensure the stick and ball are to the outside.

USE AND PURPOSE OF DRILL

- way of practicing and "re-enforcing" the correct method of pivoting along with loose ball drill
- ensuring control of ball when quickly scooping up and pivoting

ROLLING SHUTTLE



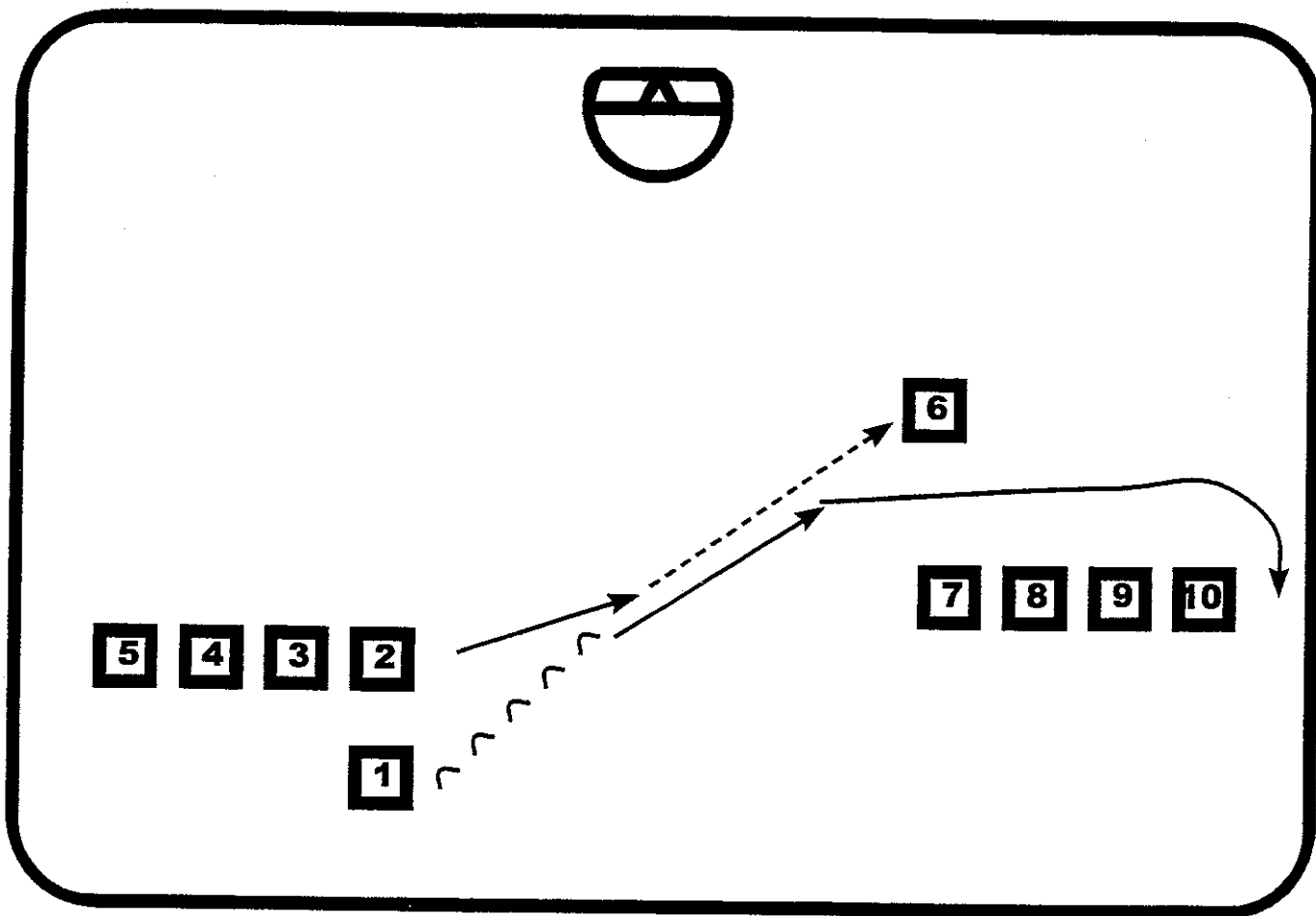
METHOD OF RUNNING DRILL

- set players up in lines or units
- player number one [1] proceeds forward and rolls ball towards player number two [2], then goes to end of line
- player number two [2] scoops up ball and in turn rolls it towards player number three [3] then goes to end of line
- player number three [3] scoops up ball and in turn rolls it towards player number [4] then goes to end of line
- repeat until whistle

USE AND PURPOSE OF DRILL

- good warm up
- run competition between lines or units
- ensure players pick or scoop ball up on the run
- show how loss of time occurs if players stop to trap the ball then attempt pick-up
- ensure players return to "triple threat" position while in motion with or without the ball

STAGGERED LOOSE BALL SHUTTLE



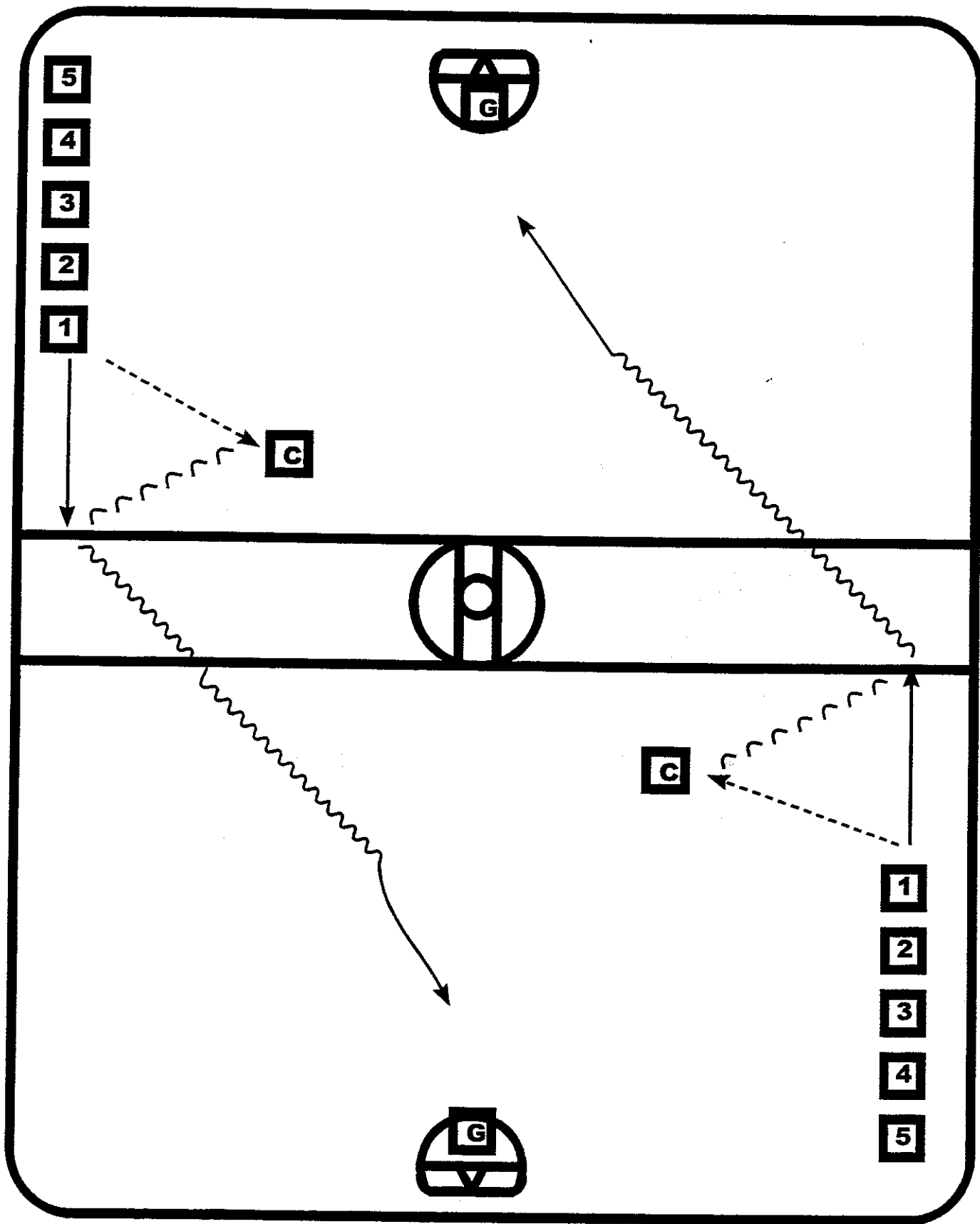
METHOD OF RUNNING DRILL

- this advanced drill can be run as shown with two 5 man lines or units or with one 5 man unit and a coach. Either way the coach should ensure he or she is on hand to "correct" and re-enforce
- player number one [1] rolls ball in front of player number two [2] who scoops up the ball on the run and in the same motion passes to the stick side of player number six [6] and goes to the end of opposite lines
- player number six [6] rolls ball in front of player number seven [7] who scoops up the ball on the run and in the same motion passes to the stick side of player number one [1] and runs to end of opposite line
- repeat as shown to all players
- ensure players number one [1] and six [6] are rotated with other players Often

USE AND PURPOSE OF DRILL

- possible warm up drill while third unit is warming up the goaltender
- enhances quick pick up and accurate quick pass
- enforces the rule that players making pass carry through with follow up towards player receiving the pass in case of loose ball or need to set a Pick

LOOSE BALL DRILL



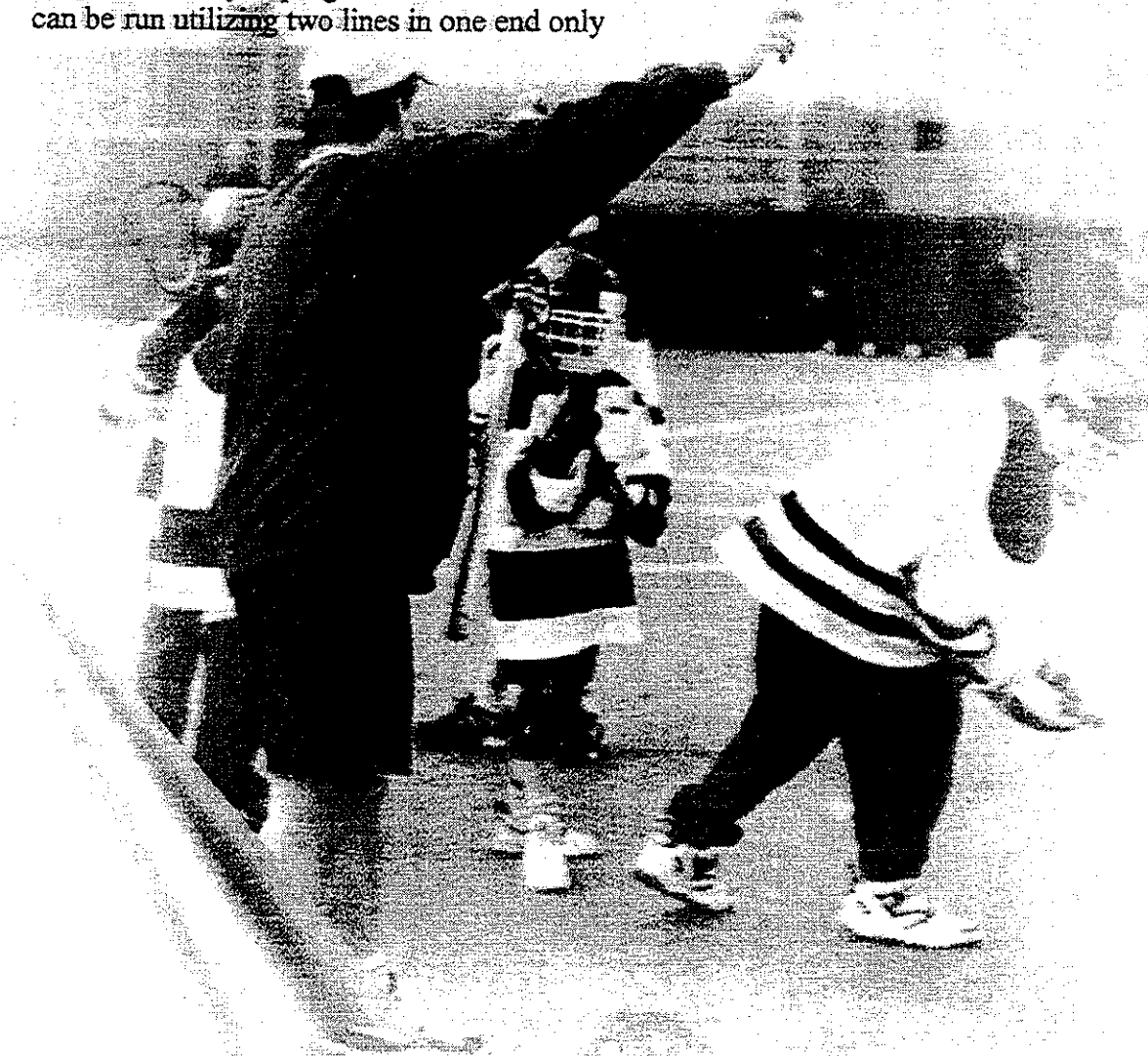
LOOSE BALL DRILL

METHOD OF RUNNING DRILL

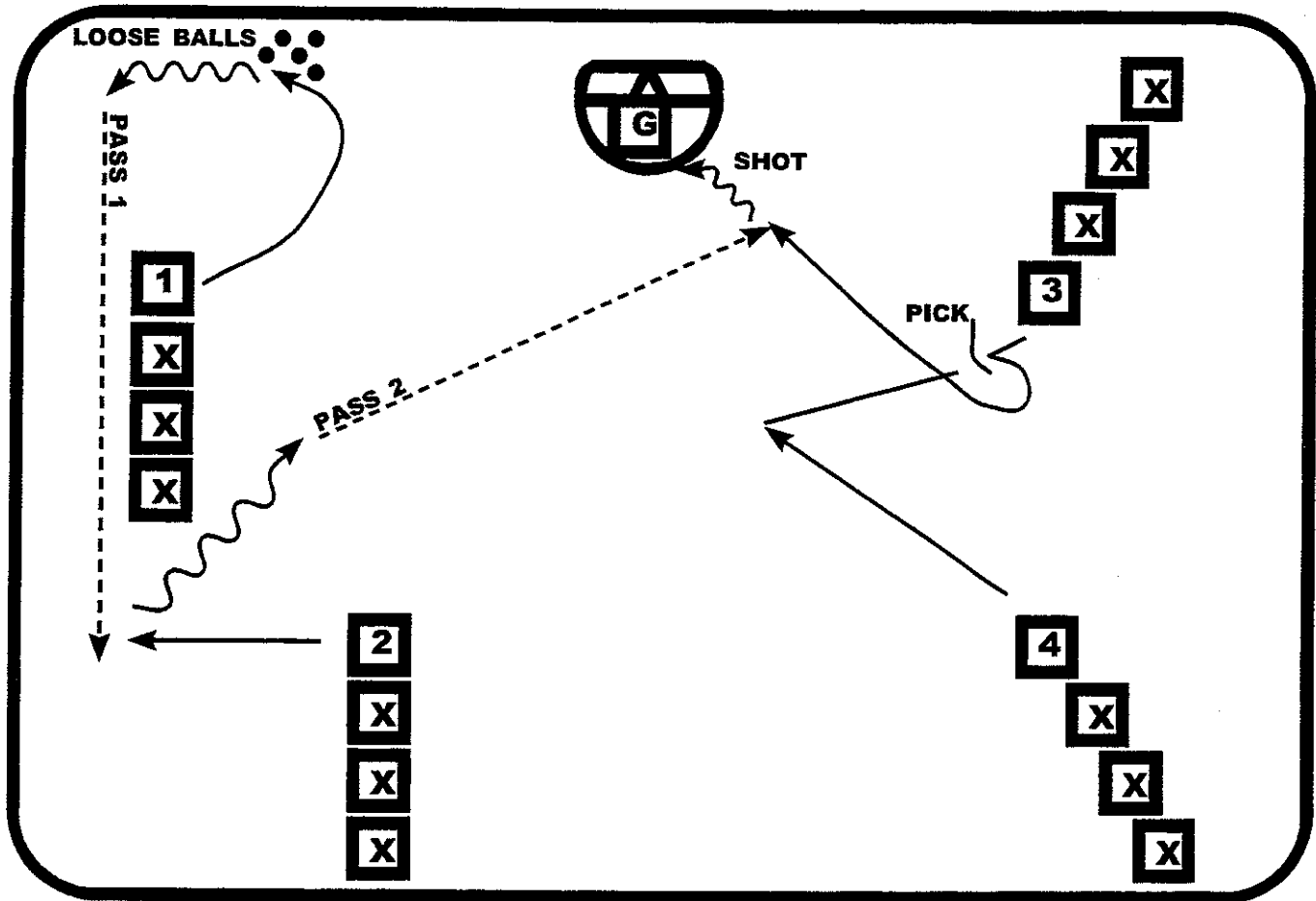
- line up units close to boards;
- player number one [1] passes to coach and runs full out towards the opposite end, the coach [C] rolls the ball in his path, the player scoops up the ball and runs in on net for a shot. Player lines up at end of opposite line.

USE AND PURPOSE OF DRILL

- the coach can correct faults
- good drill for new young players
- add defense as you progress
- can be run utilizing two lines in one end only



LOOSE BALL PICK & SHOOT DRILL



METHOD OF RUNNING DRILL

- [1] goes to corner, retrieves loose ball, breaks up boards and passes to [2]. Player [2] breaks towards boards to receive the outlet pass
- [2] starts towards net, player [4] holds position until pass completed then breaks into passing lane and then out to set pick for [3]
- [3] ties up defensive player till pick set then breaks for pass and shoots
- emphasize that during a game scoring opportunities may occur anytime
- coach can add defense for defensive drill
- players switch after each drill eg: 1 to 2, 2 to 1, etc.

USE AND PURPOSE OF DRILL

- good offensive and defensive drill
- completely game orientated
- part of motion offense.

