

### Junior Girls Drills

<b>Drill Type</b>	<b>Drill Name</b>	<b>Explanation</b>	<b>Focus Points</b>	<b>Equipment</b>
Stick Skills	Star Drill	Set up 5 cones in a star formation with one player at each cone. Start with one ball. The ball is passed by skipping one cone (e.g., pass to the second player to the left), creating a star pattern. After passing, the player follows their pass to the next cone. Progression: add more balls or requiring non-dominant hand only.	Keep feet active on catch and release; Lead passes into space (don't pass to feet); Pass to the receiver's shoulder; Communicate early and clearly; Maintain spacing and flow	<ul style="list-style-type: none"> <li>● 5 cones</li> <li>● Balls</li> </ul>
Stick Skills	Line Drill	Two lines face each other. The first player runs forward, passes to the player opposite, then follows their pass to join that line. The receiving player repeats the pattern.	Pass and move immediately; Accurate passing under pressure; Call names; Catch on the shoulder where possible; Maintain speed and spacing	<ul style="list-style-type: none"> <li>● 2 cones</li> <li>● Balls</li> </ul>
Stick Skills	Triangle Drill	Three players form a triangle and pass the ball while following their pass. Start with leading passes, then progress to quick-stick or catch-and-switch hands. Progression: add a second ball for difficulty.	Lead the receiver into space; Quick hands (catch → move → pass); Constant feet movement; Strong communication	<ul style="list-style-type: none"> <li>● 3 cones</li> <li>● Balls</li> </ul>
Stick Skills	Stick Protection	Players pair up. One attacker protects the ball while pivoting on a spot, the defender applies pressure without checking (or light checks depending on level). Rotate roles. Progression: add vision (e.g., calling out numbers held by a third player behind the defender).	Shoulder-shoulder-stick positioning; Keep stick away from pressure; Strong cradle under contact; Stay low and balanced; Eyes up at all times	<ul style="list-style-type: none"> <li>● Balls</li> </ul>
Shooting	Cross Feeds	Two lines positioned at each elbow with balls. Players pass across from one side to the other for a catch-and-shoot opportunity. The passer immediately receives the next ball.	Catch on the move; Turn hips and shoulders to goal; Quick release; Aim for corners	<ul style="list-style-type: none"> <li>● Field markings</li> <li>● Balls</li> </ul>
Shooting	Feeders and Cutters	One line at goal line extended (feeder), one at cone on the fan (cutters). Cutters time their movement, receive a pass from the bottom, and shoot. Rotate roles.	Timing of cuts (don't go too early); Catch and shoot in one motion; Eyes up before passing; Communication between feeder and cutter	<ul style="list-style-type: none"> <li>● Field markings</li> <li>● Cones</li> <li>● Balls</li> </ul>
Shooting	Power and Finesse	Players take two types of shots: first a power shot from a cone outside the fan, then a	Power: full body rotation, follow through; Finesse: accuracy over speed; Hit	<ul style="list-style-type: none"> <li>● Field markings</li> <li>● Cones</li> </ul>

		placement/finesse shot that comes from a low feeder to shoot inside the fan. Progression: build it into a competition between 2 teams.	corners, not just the goalie; Balance before shooting	<ul style="list-style-type: none"> <li>• Balls</li> </ul>
Shooting	Butterfly Shooting	Two players start at the top of the fan on cones, with two feeding lines on either side of goal line extended. The first player feeds, sets a pick, and then comes off the pick to receive a pass from the second player, then shoots. Players then rotate into feeding lines.	Catch on the move; Turn hips and shoulders to goal; Quick release; Aim for corners	<ul style="list-style-type: none"> <li>• Field markings</li> <li>• Cones</li> <li>• Balls</li> </ul>
Shooting	Knee Shooting Power	Players are positioned across the fan and shoot from one knee (one knee on ground and one knee in front at 90-degree angle) to isolate upper-body mechanics. One player at a time. Practice with no ball first. Progression: build to a competition to hit targets in goal and then build to standing shooting with some movement.	Strong core rotation; Full follow-through to ground; Hands away from body; Focus on technique over power	<ul style="list-style-type: none"> <li>• Field markings</li> <li>• Balls</li> </ul>
Shooting	Pass and Pick	Player passes and sets a pick, the dodger comes off the pick hard to shoot. Progression: the pick rolls out for a return pass and shot.	Set strong, legal picks; Good spacing; Quick decision after pick; Defence communication (“pick left/right”)	<ul style="list-style-type: none"> <li>• Field markings</li> <li>• Balls</li> </ul>
Attack	L Drill	Players set up in an “L” shape. The ball starts at goal line extended and is passed to the elbow, then to the top of the fan, and across to the opposite top of the fan. After passing, the initial ball carrier runs to the opposite goal line extended, while the elbow player moves down to feed a cutter from the top of the fan, who receives the pass and shoots.	Sharp directional changes; Explosive first step; Catch and attack immediately; Eyes up	<ul style="list-style-type: none"> <li>• Cones</li> <li>• Balls</li> </ul>
Attack	V-cuts	Players cut downfield, plant hard, and push off defender to explode back up to receive a pass. Progression: receive pass then 1v1 to goal.	Sell the initial movement; Strong plant foot; Create separation; Present a clear target	<ul style="list-style-type: none"> <li>• Field markings</li> <li>• Balls</li> </ul>
Attack	2 Man games	Pairs work together using pick-and-rolls, give-and-go, and draw-and-dump scenarios. Progression: build to goal shooting.	Communication; Read defender positioning; Maintain spacing; Quick ball movement	<ul style="list-style-type: none"> <li>• Field markings</li> <li>• Balls</li> </ul>

Attack	Best Drill Ever	3 attackers (one high, two low in fan) receive ball from coach. Two defenders are released into drill. First defender goes to the ball; the second has to cover two. Attack must pass at least once, then attempt to shoot. Defenders rotate to cover 3 attackers.	High tempo; Decision making under pressure	<ul style="list-style-type: none"> <li>• Cones</li> <li>• Balls</li> </ul>
Defence	ABCD Defence	Focus on core defensive principles: Approach, Break down, Contact, Drive. Practice 1v1 scenarios in a confined space to start with. Progression: build to 1v1 to goal.	Stay low and balanced; Force attacker to weak side; Stick in passing lane; Controlled footwork	<ul style="list-style-type: none"> <li>• Cones</li> <li>• Balls</li> </ul>
Defence	Sideline Defence	1v1 drill where defender forces attacker toward either sideline and aims to trap them. Attacker tries to move from start line to end line without going out of bounds.	Angle approach correctly; Use sideline as an extra defender; Don't overcommit	<ul style="list-style-type: none"> <li>• Field markings</li> <li>• Cones</li> <li>• Balls</li> </ul>
Defence	No stick	1v1 drill where defender forces attacker toward sideline and aims to trap them. Attacker tries to move from start line to end line without going out of bounds. Defenders play without sticks to focus on footwork and positioning.	Body positioning; Staying between player and goal; Active feet; Discipline (no reaching)	<ul style="list-style-type: none"> <li>• Field markings</li> <li>• Cones</li> <li>• Balls</li> </ul>
Defence	Box drill sliding stick in lane	4 attackers on cones, 3 defenders on inside rotate, working on slides and covering passing lanes. Defenders try to intercept passes and apply pressure.	Quick, decisive slides; Recover after slide; Communication; Stick always in lane	<ul style="list-style-type: none"> <li>• Cones</li> <li>• Balls</li> </ul>
Defence	2 v 1 double	Two defenders double-team one attacker above the fan. Attacker tries to dodge and shoot and defenders aim to trap and block.	Timing of double; Trap without fouling; Sandwich attacker; Cut off passing lanes; Communication	<ul style="list-style-type: none"> <li>• Field markings</li> <li>• Balls</li> </ul>
Game Play	Build-up	Start with 1v1 to goal with a ground ball, and once an outcome happens (either score, goal save or turnover) a new 1v1 is released to build into a 2v2. Each round starts with a ground ball, and numbers continue to build until you get to a 6v6 to build into a full game scenario.	Transition awareness; Spacing; Decision making; Communication	<ul style="list-style-type: none"> <li>• Field markings</li> <li>• Cones</li> <li>• Balls</li> </ul>
Game Play	Box Drill with cones in middle	4 attackers on cones, 3 defenders on inside rotate, working on slides and covering passing lanes. Coach yells "middle" for defenders to	Quick, decisive slides; Recover after slide; Communication; Stick always in lane	<ul style="list-style-type: none"> <li>• Field markings</li> <li>• Cones</li> <li>• Balls</li> </ul>

		practice getting their sticks in the lane, they have to touch the middle cone with their foot before recovering back out to their players.		
Game Play	Netball Drill	3 to 4 separate boxes with 1v1 in each. Players cannot run with the ball and must pass to move the ball forward into the next box. Defence tries to intercept passes and play good defence. Unsuccessful passes from one box to the other means the ball must go back to the previous box and start again from there. Aim is to get the ball from the first box to the last box.	Off-ball movement; Quick passing; Finding space; Vision	<ul style="list-style-type: none"> <li>• Cones</li> <li>• Balls</li> </ul>
Game Play	3 v 2 from top	3 attackers start at top of the fan against 2 defenders and must create scoring opportunities.	Use the extra player; Quick ball movement; Draw defender before passing; Finish efficiently	<ul style="list-style-type: none"> <li>• Field markings</li> <li>• Balls</li> </ul>
Game Play	Competitive GB Build-up to cage	Players compete 1v1 for a ground ball, then transition immediately to an attacking play. Progression: build to 2v2 and 3v3 ground ball scenarios.	Win the ground ball cleanly; Protect stick under pressure; Quick transition to offence; Finish strong	<ul style="list-style-type: none"> <li>• Field markings</li> <li>• Cones</li> <li>• Balls</li> </ul>
Agility	Ladders	Footwork and conditioning drills using ladders (e.g. one foot, two feet, lateral side shuffle, in-in-out-out, single leg hops, grapevine).	Quick feet; Stay light on toes; Body control; Acceleration and deceleration	<ul style="list-style-type: none"> <li>• Ladders</li> </ul>
Agility	Cones	Players weave, sprint, and change direction around cones (e.g. L-drill, T-drill, 4 cone box drill, figure 8 drill).	Sharp cuts; Acceleration/deceleration; Body control	<ul style="list-style-type: none"> <li>• Cones</li> </ul>
Agility	Sidelines	Sprint-based drills using field lines for intervals and directional changes.	Sprint technique; Quick turns; Effort and conditioning	<ul style="list-style-type: none"> <li>• Field markings</li> </ul>
Agility	Jumps	Plyometric exercises (e.g., two-foot jumps, bounds).	Explosive power; Soft landings; Balance	<ul style="list-style-type: none"> <li>• Cones</li> </ul>
Dodging	1v1	Attacker vs defender in a confined space working on beating their opponent.	Change speed and direction; Attack top foot; Protect stick; Head up after dodge	<ul style="list-style-type: none"> <li>• Cones</li> <li>• Balls</li> </ul>
Dodging	2v2	Small-sided play focusing on dodging and support play.	Use teammate effectively; Spacing; Decision making	<ul style="list-style-type: none"> <li>• Cones</li> <li>• Balls</li> </ul>
Ground Balls	Competitive GB 1v1	2 players compete for a loose ball and attempt to gain possession then pass ball back to coach.	Get low and through; Box out opponent; Explode after pickup	<ul style="list-style-type: none"> <li>• Cones</li> <li>• Balls</li> </ul>

Ground Balls	Competitive GB 2v2	4 players compete for a loose ball and attempt to gain possession, get 1 pass between them and then pass ball back to coach.	Communication; Support play; Quick decisions	<ul style="list-style-type: none"> <li>• Cones</li> <li>• Balls</li> </ul>
Ground Balls	Competitive GB build-up	Players compete for ground balls, then transition to attack.	Low body position. "Get low, go through", Box out opponent, Quick transition after pickup	<ul style="list-style-type: none"> <li>• Cones</li> <li>• Balls</li> </ul>
Clearing	Cut and Clear (4 points)	The ball starts with the goalie. 2 players begin on either side of the goal line extended and make a wide, low banana cut to receive the outlet pass. As the pass is made to either player, 2 additional players at the top of the fan and the restraining line are released. The first of these players runs wide toward the side of the ball, receives the pass, turns, and then passes to the second player who has mirrored the same movement.	Spread the field; Lead passes; Communication; Quick decision making	<ul style="list-style-type: none"> <li>• Cones</li> <li>• Balls</li> </ul>
Clearing	Over the Shoulder	Players receive passes over their shoulder while running from a feeder. Progression: build to shot on goal.	Turn head early; Soft hands on catch; Maintain speed; Accurate long passing	<ul style="list-style-type: none"> <li>• Cones</li> <li>• Balls</li> </ul>
Clearing	Box Clearing	The drill starts with the goalie clearing the ball to a 3v2 setup in a box above the fan. Once an attacker gains possession, they play out the 3v2 to goal. Progression: add a 1v1 near the goal line and once the attackers secure the ball, the extra players enter to play.	Communication; Maintain spacing; Quick ball movement	<ul style="list-style-type: none"> <li>• Field markings</li> <li>• Cones</li> <li>• Balls</li> </ul>
Fun Games	Stick Game	Players stand in a circle, each holding the head of the stick next to them. On the coach's call of "left" or "right," players release their current stick and quickly move in that direction to catch the next one before it falls. Start with a few practice rounds. Then any player who drops a stick is out. Continue until one player remains.		
Fun Games	Bump	Players work in pairs, with each pair assigned a position in a ladder (bottom to top). The bottom		<ul style="list-style-type: none"> <li>• Cones</li> </ul>

		<p>pair must complete 5 passes, the next pair 10, then 15, 20, and so on. The goal is to progress up the ladder by reaching your target passes before the pair above you. If a pair completes their required passes before the group ahead, they call “bump” and swap positions, then add 5 more passes to their new target. Continue competing to reach the top with the highest number of passes.</p>		
Fun Games	Dog and Bone	<p>2 teams on either side of the field in a line facing each other. Number each team. Coach rolls ball and calls a number. Players with that number sprint for the ball, 1v1 to goal. Do a few rounds. Progression: Build to 2v2 and 3v3</p>		<ul style="list-style-type: none"> <li>• Cones</li> <li>• Balls</li> </ul>