

# This week



**Situation(s):** Off ball defence positioning by being in the shortest point between three options. Cover the area a dodger may want to dodge into. This will allow defence to push out and pressure ball carrier and two adjacent players and create more knowing other defenders have recovered to help out and fill offence cutting lanes

**Objective(s):**

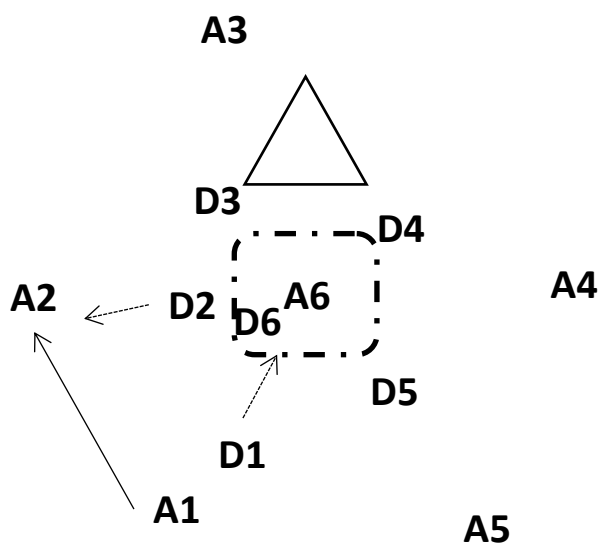
1. Off ball defence positioning by being in the shortest point between three options (1. your man 2. adjacent player with ball 3. crease / 2<sup>nd</sup> slide)
2. Look to prevent / limit the dodge while remaining aware of your man
3. Recovering to the crease places you in a position to pick up your man when they cut

**Set up:**

1. Create a box (3m x 3m) or circle of cones in front of goals (in the hole)
2. Set 6 attack players in specific offence formations (e.g. 1-3-2)
3. Defenders to play same player each time to understand positioning as ball moves around.

**Phase 1:**

1. D2 starts on the edge of the box facing the ball in seated position with stick on the inside
2. D2 and D5 are recovered into positioned in areas A1 may want to dodge which limits A1 appetite to dodge
3. As ball moves from A1 to A2, D2 quickly moves in a controlled approach to play and pressure A2, and D1 turns ball side to recover to edge of box with stick on the inside to cover A6 (crease attack)
4. As ball moves around D6 (crease defence and 1<sup>st</sup> slide) is to be ball side closer for and clearer path for 1<sup>st</sup> slide) of with stick in lane (intercept & free path to check) on A6
5. As D4 and D5 are furthest from the ball when A2 has ball, they are on the edge of the box to be 2<sup>nd</sup> and 3<sup>rd</sup> slides

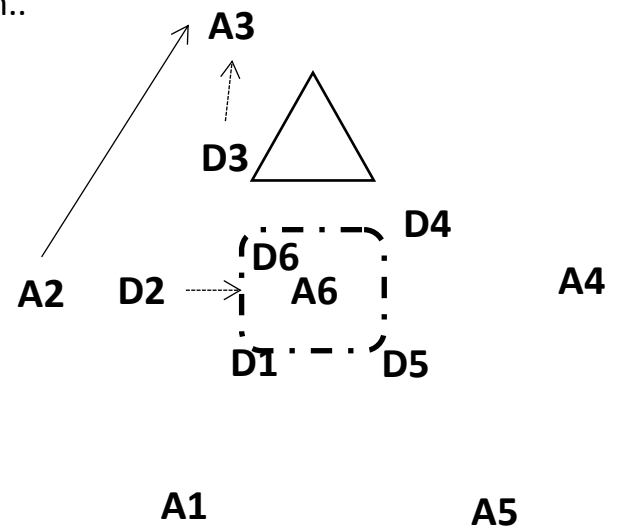


**Phase 2:**

1. D3 starts on the edge of the box facing the ball in seated position with stick on the inside
2. As ball moves from A2 to A3, D3 quickly moves in a controlled approach to play and pressure A3, and D2 turns ball side to recover to edge of box with stick on the inside to cover A6 (crease attack)
3. As ball moves around D6 (crease defence and 1<sup>st</sup> slide) moves to stay ball side of A6 and remain closer for and clearer path for 1<sup>st</sup> or 2<sup>nd</sup> "coma" slide) of with stick in lane (intercept & free path to check) on A6
4. As D1 and D5 are furthest from the ball when A3 has ball, they are on the edge of the box to be 2<sup>nd</sup> and 3<sup>rd</sup> slides

**Phase 3:**

And so on..



**Coaching points**

- Defence
  - 3 points off ball position
  - Quick and controlled approach to player with ball
  - Always turn ball side
  - Keep head moving (on swivel) between your man, ball and areas (don't ball or only watch your man)
  - Stick on inside to cover / down check crease, intercept and better balance / movement
- Offence
  - Find lanes
  - Cut and pick off ball

**Option(s):**

1. Have defence pressure the ball and next pass more
2. Use 5 on 6 so defence have to cover crease when furthest from the ball
3. Change offence structures to understand playing from and in different areas

# Defence

**Situation: NA**

**Objective(s):**

1. Regain / Improve use of feet and balance when playing defence
- 2.

**Set up:**

1. Lay out cones as outlined in diagram
2. Distance diagonal cones 3 to 5 metres apart & up and down cones 5 to 10 metres apart

**Phase 1:**

**Set up**

Zig zag – set cones in 4 to 5 metres apart with 45° angle to next cone

Up and back – set cones 5 to 10 metres apart

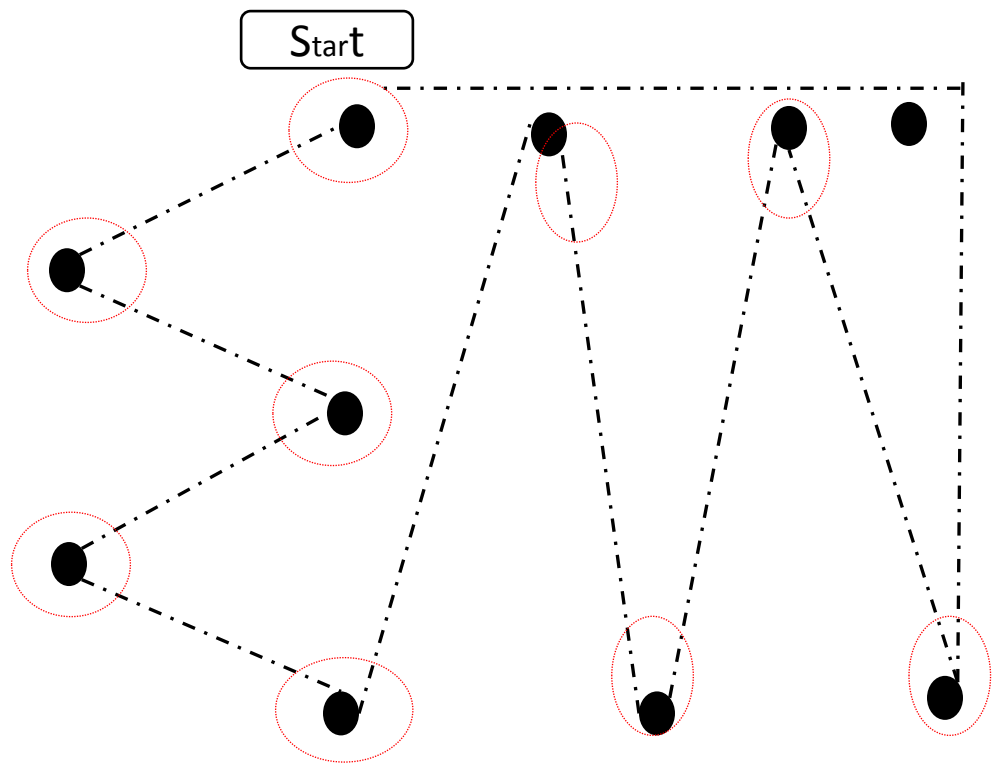
1. Bend knees to get into crouch and hold stick out (in poke position)
2. Facing backwards side step to cone
3. At cone side step to next cone and so on until at end of zig zag
4. Run forward to top cone then
5. Backwards to bottom cone

And so on

**Coaching points**

On side (zig zag) movements -, bend knees into “basketball” crouch; feet don’t cross when side  
Stick position – out (to lead / poke check), up (for intercept / push / half & half)

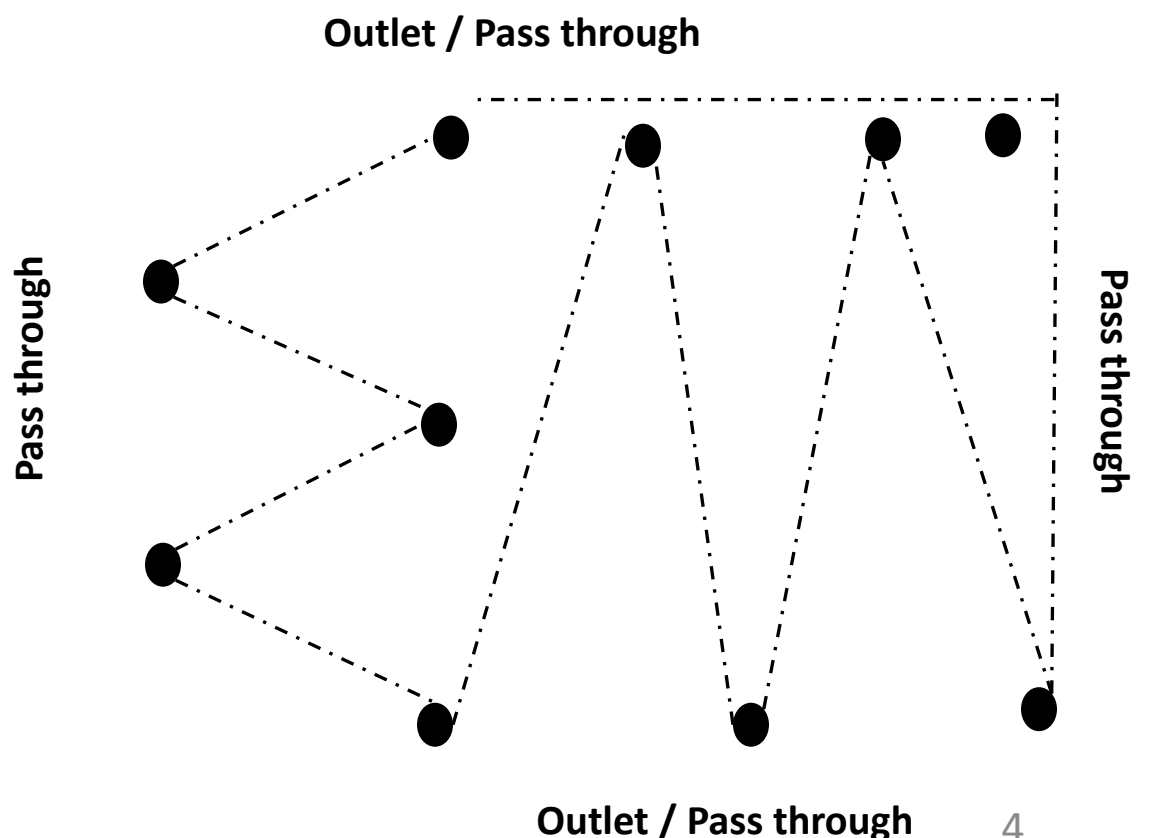
**Feedback / Lessons:**



= acceleration / power area

**Option(s):**

1. Add more cones
2. Add a ball carrier to practice using hands, maintain balance on push off and practice checks
3. Use same or adapt grid to use as a dodging drill to improve split dodging
4. Add players to outside so they pass or roll groundball through the grids
5. Players on outlet / pass through can move feet to create open lanes and present for pass (offence practice)



Outlet / Pass through

# Keep away 1

## Defence pressure on ball receiver

**Situation:** Defence pressure on ball receiver

### Objective(s):

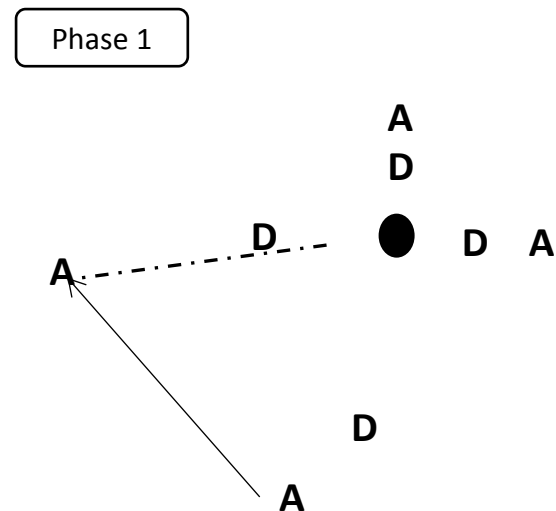
1. Keep ball and feet moving
2. Lead to receive, protect & pass
3. Accurate passing to outside under pressure
4. Control check and pressure on ball

### Phase 1:

#### Set up

Set a cone (or small box) for all players to start in the centre

1. Attacking player moves from middle (moving start) to receive ball on outside
2. Defender goes with and applies pressure with check on bottom hand
3. Attacker passes on
4. Attack and defender return to cone

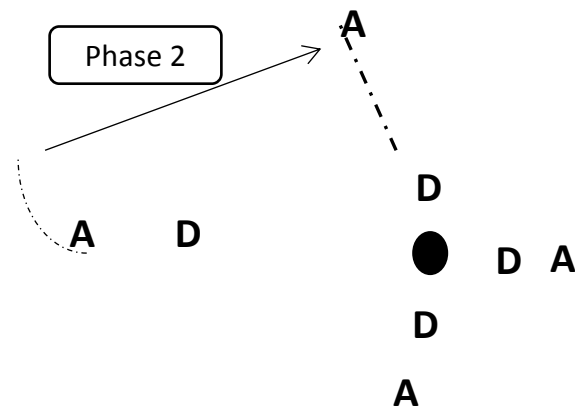


### Phase 2:

#### Set up

1. Next attacker and defender break from middle (moving start) to receive ball on outside
2. Attacker with ball circles keeps ball on outside and passes to next attacker
3. Defender on balls keeps applying pressure with check on bottom hand

And so on



### Coaching points

### Option(s):

- Change ball direction
- Rotate between attack and defence
- Alternate between ground ball and passing
- Use 3 or 4 points (pairs) depending on number of players. Will need at least 3 points

### Feedback / Lessons:

## Defence break out

### Situation(s):

- Breaking out and clearing from defence with a string of passes

### Objective(s):

1. Accurate ball movement
2. Stick and pass in front for player to run onto
3. Player movement to space
4. Communication
5. Initiative to create team plays in response to missed and dropped balls or out of sequence passes

### Set up:

1. Lay out cones to form 2 lines
2. Distance at 8 to 10 metres apart
3. Balls with outlet
4. If goalie available goal makes passes from an outlet

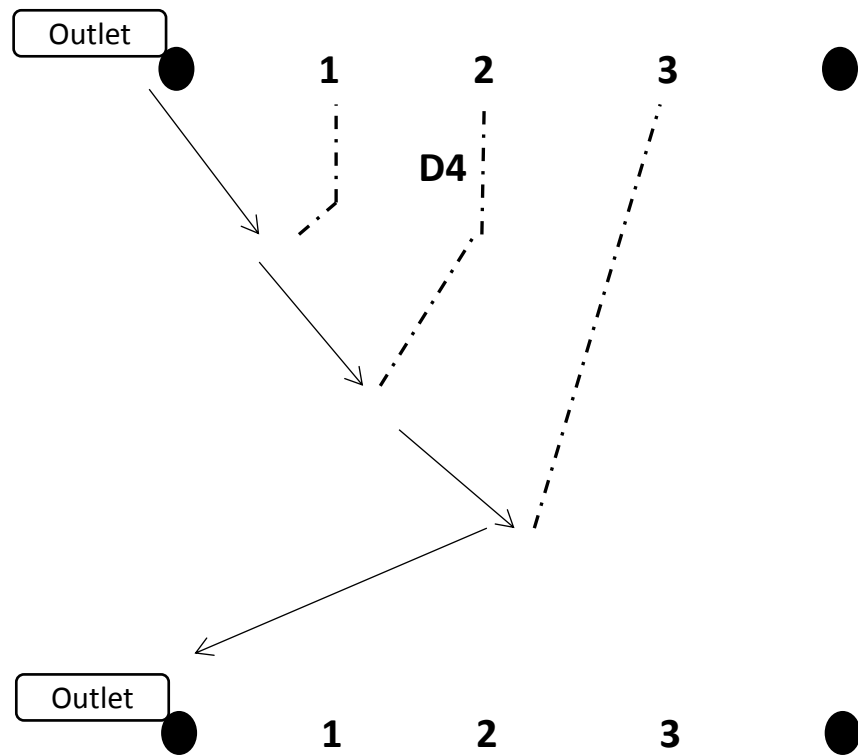
### Phase 1:

1. Players move into position on cones
2. Outlet calls break
3. Player 1 makes break up field then breaks across
4. Player 2 and 3 also make breaks upfield
5. Outlet passes to player 1
6. Then player 1 passes to player 3,
7. Then player 2 to player 3
8. Player 3 then passes to outlet (or rolls ball to outlet)

And so on

### Coaching points

- Catching – sticks out in front to be passing target and run onto it
- On possession - look inside and keep moving to space and down field
- Passing – looping pass in front of player to run onto it
- Next group – have organised to go to cones for next break out



### Option(s):

1. Add offence players to ride defence
2. Have defence players stand with heels on the crease to make breaks longer

### Feedback / Lessons:

## Defence break out

### Situation(s):

- Breaking out and clearing from defence after a saved shot

### Objective(s):

1. Accurate ball movement
2. Stick and pass in front for player to run onto
3. Player movement to space
4. Communication

### Set up:

1. Lay out cones in diamond in front of goal
2. Distance at 5 to 10 metres from goal
3. If goalie available goalie makes passes to D1
4. Place a far cone as a marker for all defence to sprint to for conditioning

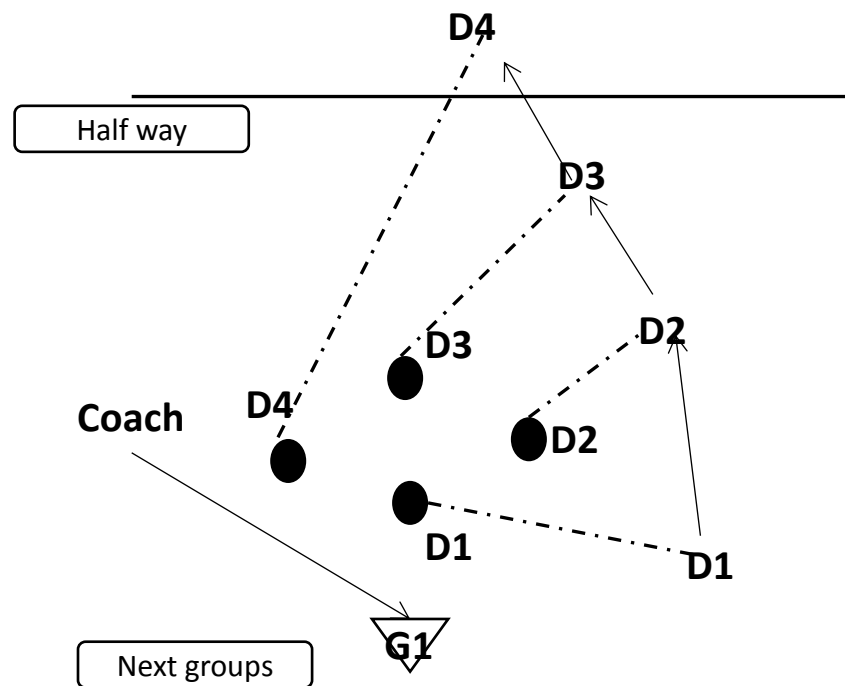
### Phase 1:

1. Players move into position on cones
  2. Coach takes easy shot on goal to goalie
  3. Goalie catches and calls break
  4. Players on cones break out over shoulder to space
  5. D1 receives from goalie and passes to D2
  6. D2 receives from D1 and passes to D3
  7. D1 goes to D2, D3 or D4 for next group
  8. Players to run back to group to keep drill going
- And so on

### Coaching points

- Catching – sticks out in front to be passing target and run onto it
- On possession - look inside and keep moving to space and down field
- Passing – looping pass in front of player to run onto it
- Next group – have organised to go to cones for next break out

- D2, D3 & D4 sprint to cone for conditioning. Then jog back to group.
- D1 goes to cone for next group

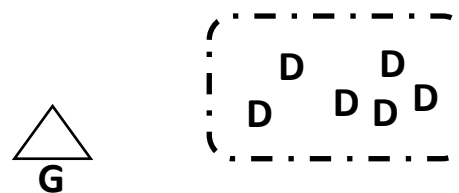


### Option(s):

1. Change side of first pass to work on opposite hands
2. Add offence players to ride defence
3. Have defence players stand with heels on the crease to make breaks longer

### Feedback / Lessons:

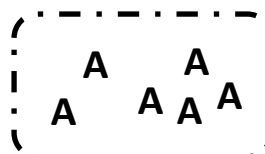
**Situation(s):** Defence identification and quickly “manning up” of players from unsettled or transition



Coach

**Objective(s):**

1. Defence - Quick recognition , organisation, communication and position of who to man up on, 1<sup>st</sup> & 2<sup>nd</sup> slide
2. Offence – recognition, utilisation and positioning of unsettled situation



**Set up:**

1. Allocate two groups into a defence and offence group
2. Offence at the top and defence behind GLE
3. Goalie

**Phase 1:**

1. Coach calls number of players to be involved from each group
2. Call offence first and defence second (or vice versa), eg 5 – 5 means 5 offence players and 5 defence players
3. Coach rolls or throws ball anywhere
4. Defence get into hole or after ball, quickly and clearly communicate match ups, and get into position
5. Players play situation for offence to score or defence to clear

**Option(s):**

1. Change location of groups to sides or other locations
2. Split into smaller groups (as outlined below) and call so same number come from all groups (e.g. 2 -2 means 2 from each group resulting in a 4 on 4)
3. Practice man up situations
4. Defenders face down in whole so have to organise and communicate
5. No sticks for defenders (only hands or short handles)
6. Line cones out to make a rectangle (about 12,m from goal at top) so defence have to keep attack out of

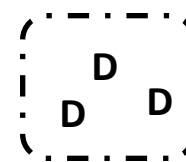
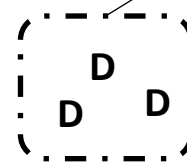
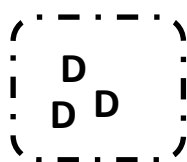
**Coaching points**

- Defence - quickly and clearly communicate and get into position for match ups; man up from crease / hole area (don't push out until match up is known as will over-extend defence)
- Offence – recognise and utilise situations
- Clear and ride



Face down on ground, facing goal

**Feedback / Lessons:**



Coach





**Situation(s):** Approaching attack to maintain body position and improve control (influence) of driving middle

**Objective(s):**

1. Quick first steps to start approach to player
2. Lower body position for quick small steps at final approach
3. Stick out in front to “funnel” (direct) dodger
4. Quick recovery back to the line (whole to be sliding help / release)

**Set up:**

1. Place cones (5 to 7 metres) from a field line
2. Players individually along line

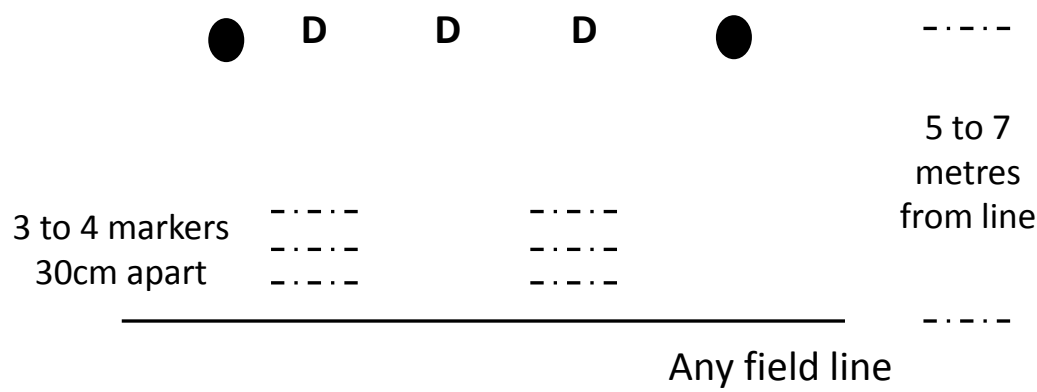
**Phase 1:**

1. On whistle players quick (out of the blocks) to approach
2. Drop body position (in seat / basketball defence stance) as go through markers
3. Place leading foot on line with stick out guiding middle
4. Turn ball side (coach calls or uses stick to indicate which side ball has been passed, and players turn

**Coaching points**

- Control speed and body position so don't over commit
- First steps are quick and long as stick gets out in front
- Short quick steps on approach as body position lowers and stick is in position to direct middle
- Foot on line is the opposite foot to which side middle is dodging to
- Turn head same direction as pass
- 90 degree turn with quick drop steps to quickly recover to whole
- Sharp turns with straight lines to take shortest route (no battleship turns)

**Feedback / Lessons:**



**Option(s):**

1. Have players turn and run back wards to another cone, then come forwards again
2. Side step along the line, then backwards to start

## Situation:

- Flat long passing and carrying over half way

## Objective(s):

1. Improve clearing success
2. Flat accurate long ball movement
3. Catching and throwing both sides
4. Judging distance and movement

## Set up:

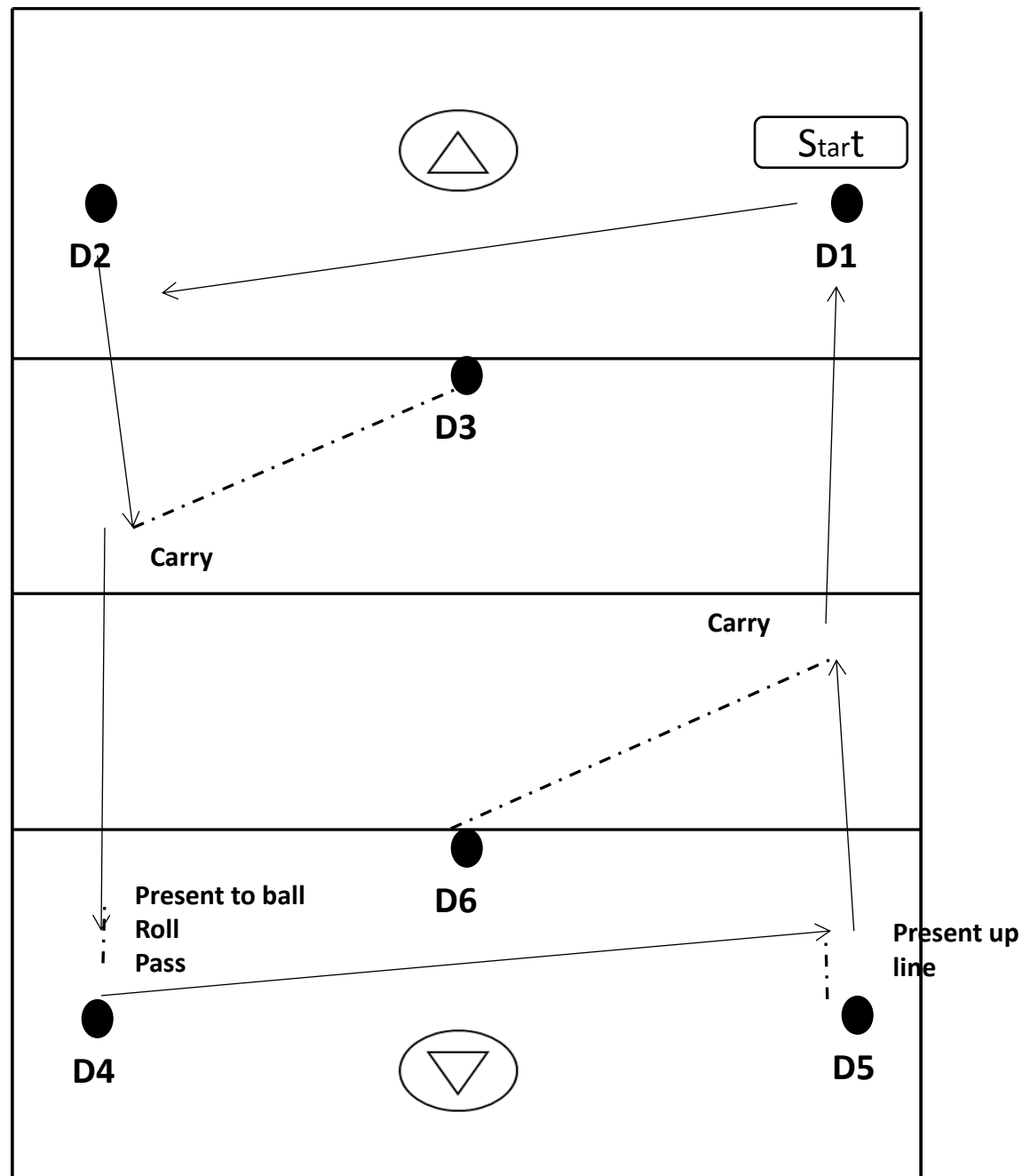
1. Lay out cones as outlined in diagram
2. Use different colour for middle cones at D3 and D6
3. Distance at 5 to 15 metres depending on length of passing required

## Phase 1:

1. D2 moves to present with stick to the outside to provide outlet
2. D1 makes flat accurate pass to D2 stick
3. D3 makes outlet break to receive ball from D1 (shortened stick in front of body)
4. D1 moves (run hard) to D2 maintaining view of ball.
5. D2 catches and makes flat pass to D3
6. D3 carries ball (accelerate to burst over line) to / over half way and passes to D4

And so on

Players follow their pass



## Coaching points

- Catching – shorten hands on pole to improve catching percentage and options
- Catching over the shoulder – break out with stick in front & back of top hand facing where ball is coming from
- Presenting – move toward ball (D1 & D4), along line for ball (D2 & D5) Or break out over shoulder (D3 & D6)
- Passing – long passing lengthen hands to increase leverage and speed of pass
- Carry – shorten or extend pole to suit pressure situation and preference
- Riding – always turn inside on same direction of ball

## Option(s):

1. Run harder to next spot
2. Change direction to work on opposite hands
3. Change player movement against direction of ball to present in space
4. Add more players and balls to create more movement and need for vision
5. At carry, add rider to make defender change direction, take on and beat rider
6. Add attackers to apply pressure and practice riding
7. Include goalie at each end to practice passing
8. Add rider on D3 & D6 to catch under pressure

## Feedback / Lessons:

# Offence

## Situation: NA

### Objective(s):

1. Correctly time cuts
2. Quick catch and shoot (1<sup>st</sup> low 2<sup>nd</sup> accurate 3<sup>rd</sup> power)
3. Best positions to feed from & how
4. Cutting options

### Phase 1:

#### Set up (run both sides at same time)

Set top cones to reflect high middle position to cut from; attack cone behind goal; picking cone (10 to 12 metres from goal)

1. Middie passes ball down side
2. Attacker moves from cone to receive and pass
3. Middie times hard cut to receive ball and quick release shot (quick stick)

### Option(s):

With Middle passing ball down side to same attack:

1. Stop and pop
2. Back side

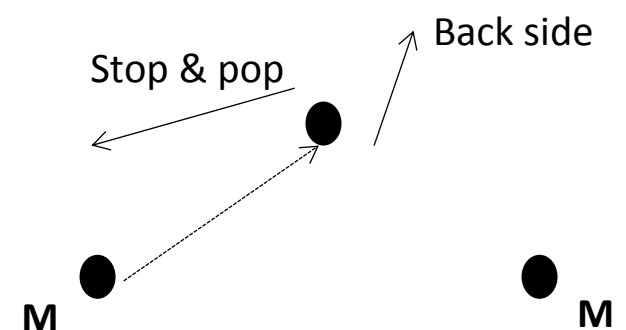
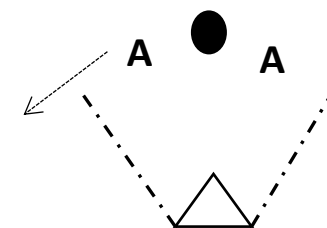
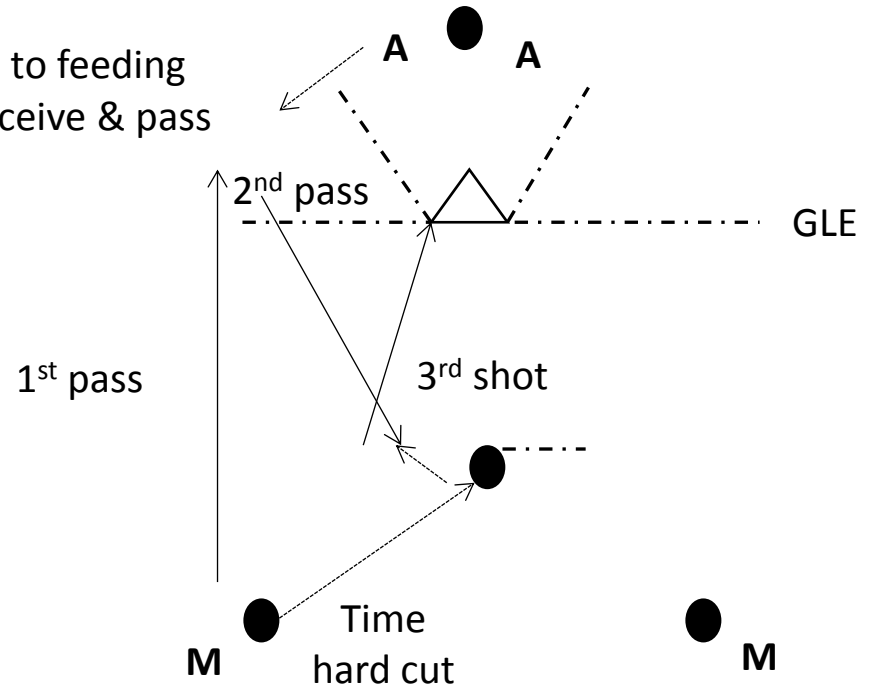
With middies working as a pair and passing across top side, then down side:

1. Picking and cutting
2. Double pick
3. Pick, fill & follow

Others

1. Attack receive one side and drive opposite
2. Defenders play middies and / or attack
3. Run group as an offence play (1 rotation) with offence to work as a pair

Move to feeding area receive & pass



### Coaching points

#### Cutting

- Time cuts to be arriving in best catching location when attack is ready to pass (when through dodge and ready to pass)

#### Picking

- Time pick so defence has less time to organise or get around
- Be strong and stationary, protect with stick in front
- Go under and up defence
- Fill behind cutter for back up and balance (stop fast break)

### Feedback / Lessons:

### Coaching points

#### Feeding

- Head up – going in and coming out of the dodge
- Passing - stick next to head ready to quickly feed or protect and pull out; pass to the space where cutter will be

#### Catching

- Stick head – on outside (away from defender); next to head (in corner of eye so don't need to turn head)
- Hands – top hand higher for strength and control

#### Shoot

- Shoot low (harder for goalie to save)
- Push top hand and pull bottom hand

## Keep away 2 Creating on crease

**Situation(s):** Working crease attack and defence

**Objective(s):**

1. Quick recognition of where to send the ball (midfield)
2. Quick recognition where to present for pass and redirection (offence)
3. Crease defence communication and position

**Set up:**

1. Lay out cones in a line past the half way line
2. Lines of players so will be 2 on 1 ground ball at midfield line
3. Allocate 2 offence and 2 defence in offence half

**Phase 1:**

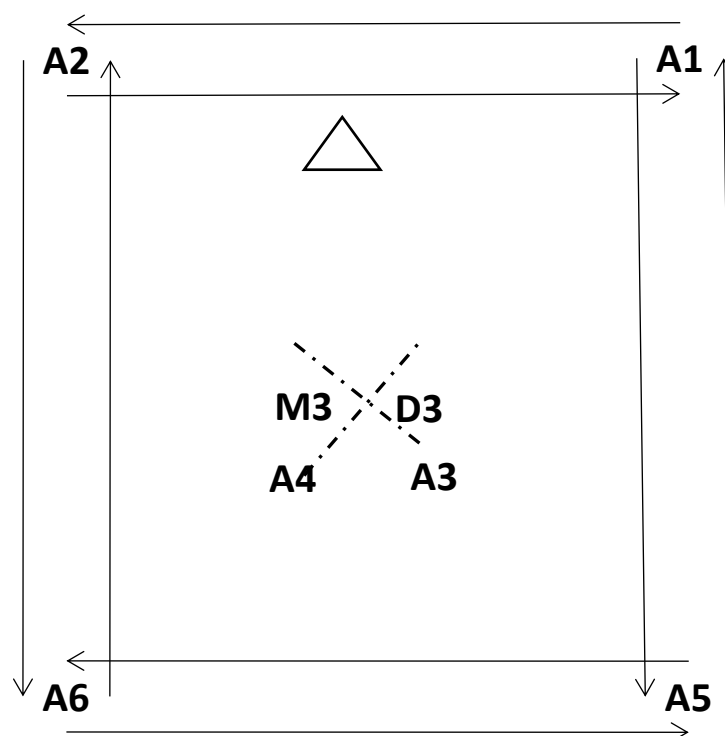
1. Roll out ground ball for 2 on 1
2. If A gets ground ball, make plays to get ball down nearest side
3. A1 or A2 presents to receive ball from M1 or M2
4. Depending on side ball goes down, A1 or A2 moves quickly to feeding zone to receive and feed M1 or M2 maintaining view of ball.
5. D3 plays ball to create turn over or gets into hole to man up there
6. Defence communicate break and slides

And so on

**Coaching points**

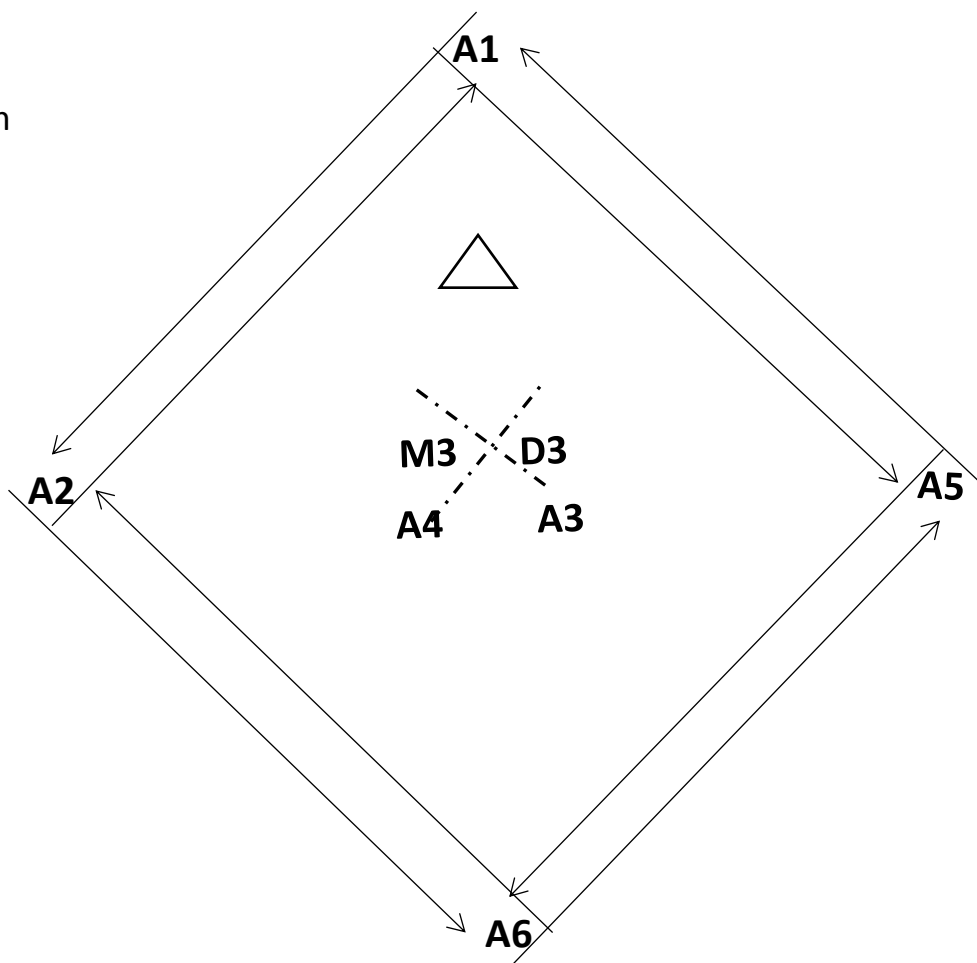
- Crease attack – timing to create, set pick, present and shoot ball quickly under pressure
- Crease defence – body position to be ball side, face to face; upright stick (for intercept and downward check), communicate ; work through / around pick; switch on picks
- Quick accurate passing around perimeter

**Feedback / Lessons:**



**Option(s):**

1. Replicate short stick middies defending behind - add short stick defence midfield to defend A1 and A2; A1 and A2 to drive
2. Rotate offence 90 degrees to be in 1-4-1



## Situation: NA

### Objective(s):

1. Improve 1 on 1 dodging to beat defender
2. Improve 1 on 1 defence

When expanded beyond 1 on 1 additional objectives include:

3. Give and go
4. Defence sliding & communications
5. Offence awareness of outlets and movement

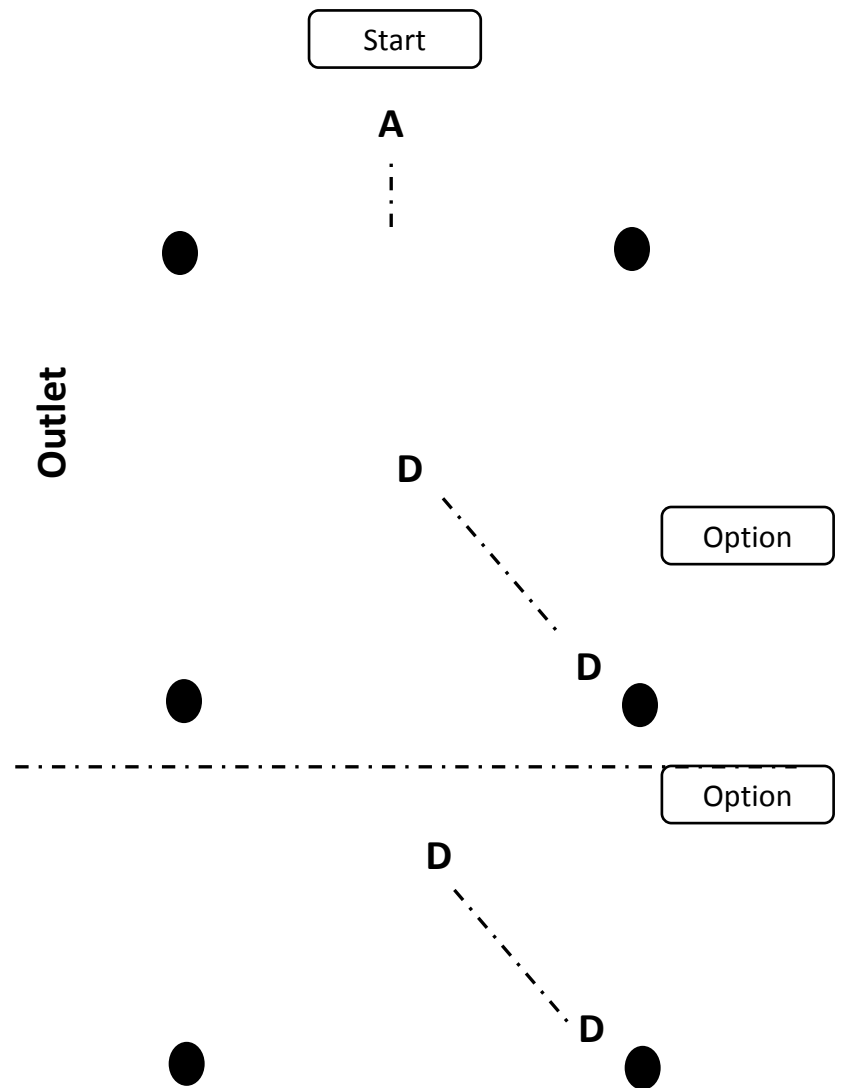
### Phase 1:

#### Set up

Set the distance between cones (2 to 5 metres) to reflect the intensity, repetitions, amount of running, size of acceleration area

1. Attacking player (with stick and ball) approaches box (moving start) and dodges to beat defender
2. Defender plays defence to prevent attacker from making it to other side

And so on



### Coaching points

As per coaching points in Split & Roll Dodging drill  
 Defence – move up and get low and balanced, stick out to have player dodge at stick, drop step with dodger and push (don't over commit or lunge and get off balance)

### Option(s):

1. Increase or decrease the dimension of the box
2. Have a minimum 1 on 1 time (e.g. 5 to 30 seconds) in the box to increase higher intensity, repeat effort fitness
3. Increasing time will allow defender to practice checks
4. Replace defender (with only short handle) to practice position, balance and strength
5. Allow another defender to enter to double team
6. Provide an outlet for "give & go"
7. Break box into two zones so attacker has to beat one then another
8. Increase attacker and defender numbers (with some points above) to create 2 on 2, 3 on 3, 2 on 3, 3 on 2 etc)
9. Use two different coloured cones and call a colour which the attacker needs to get to

### Feedback / Lessons:

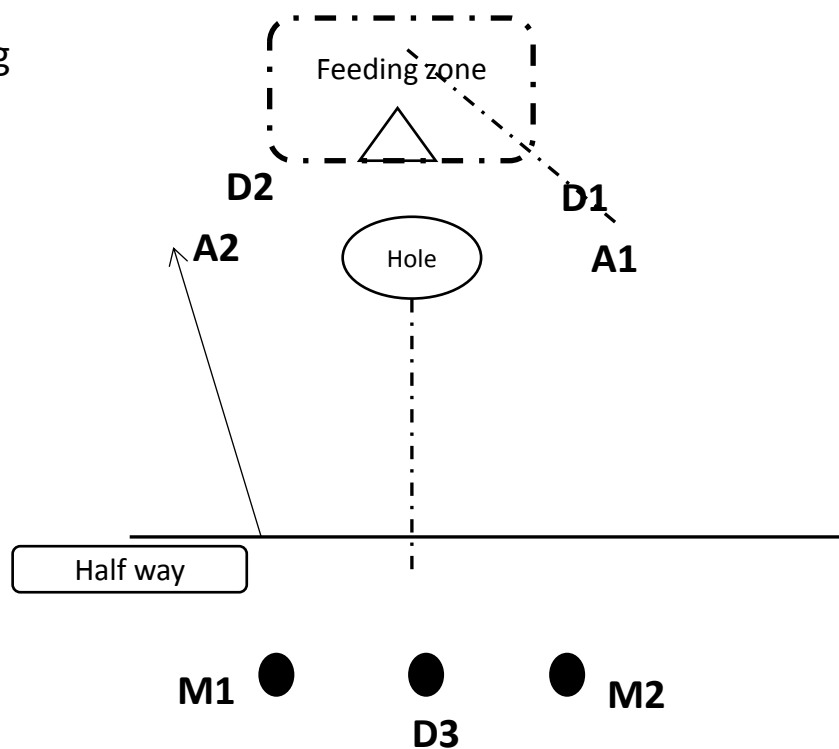
**Situation(s):** Slow extra man break redirecting ball behind to make space in front of goal by turning defence and goalie

**Objective(s):**

1. Quick recognition of where to send the ball (midfield)
2. Quick recognition where to present for pass and redirection (offence)
3. Defence communication

**Set up:**

1. Lay out cones in a line past the half way line
2. Lines of players so will be 2 on 1 ground ball at midfield line
3. Allocate 2 offence and 2 defence in offence half



**Phase 1:**

1. Roll out ground ball for 2 on 1
2. If A gets ground ball, make plays to get ball down nearest side
3. A1 or A2 presents to receive ball from M1 or M2
4. Depending on side ball goes down, A1 or A2 moves quickly to feeding zone to receive and feed M1 or M2 maintaining view of ball.
5. D3 plays ball to create turn over or gets into hole to man up there
6. Defence communicate break and slides

And so on

**Option(s):**

1. Add extra midfielder and defender to be 3 on 2 in midfield (and 5 on 4 overall)

**Coaching points**

- Midfield transition – move ball quickly down nearest side (not back across top), keep moving to cut and get back
- Offence – present and move ball quickly to feeding zone (x)
- Defence – play good position and communicate slides

**Feedback / Lessons:**

**Situation(s):** Transition offence and defence.  
Clearing and riding if turned over.

**Objective(s):**

1. Recognising transition (fast or slow) situation
2. Defence breaking to clear ball, and recovering after clearing
3. Offence riding and pressure to turn ball over
4. Midfield off ball movement)

**Set up:**

1. Lay out 4 cones in a line past the half way line
2. M1 or M3 is the outlet for defence when they are clearing

**Phase 1:**

1. Coach throws ball out for contested ball on midfield line
2. If midfield possession, transition down side through x
3. If defence possession, clear

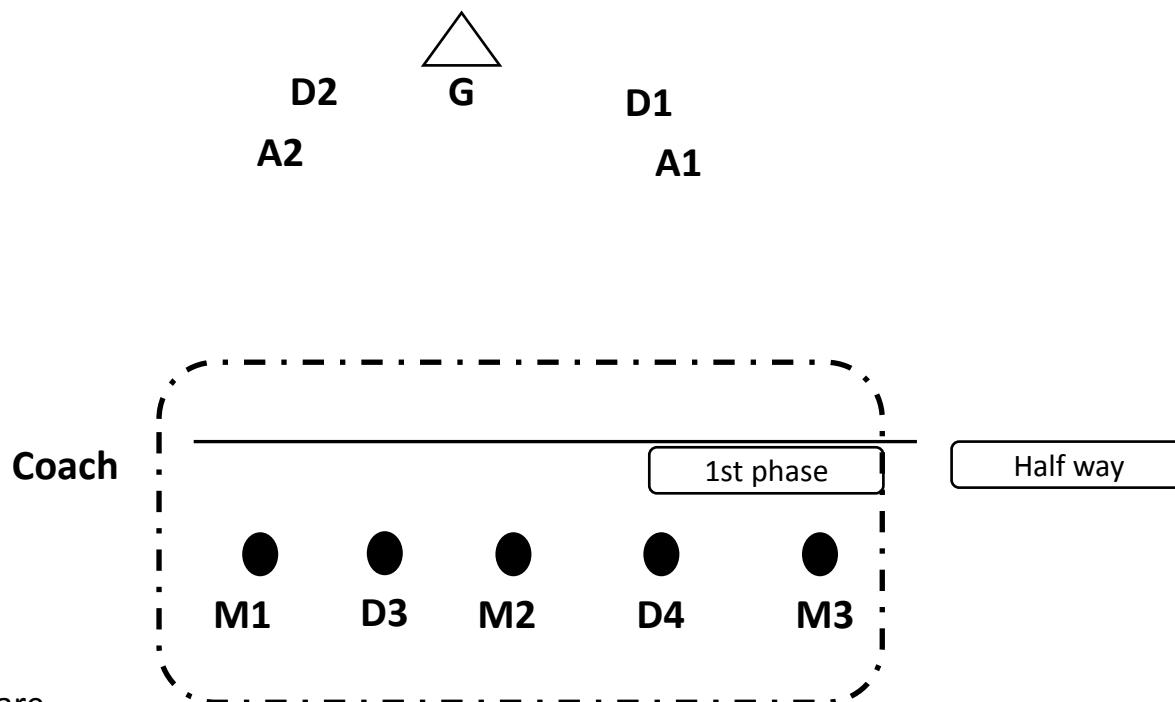
**Phase 2**

1. Depending on side ball is passed to (M1 or M3), other middies break for ball and pass in transition
2. D3 and D4 defends upfield to turn ball over in midfield
3. M1, 2 & 3 make passes to create fast or slow transition, or dodge to create
4. Play on in 5 on 4

**Coaching points**

- Midfield transition – move ball quickly down nearest side or back across top, keep moving to cut and get back
- Midfield offence - (timing cuts, setting picks, not all cutting at same time
- Offence – present and move ball quickly to feeding zone (x)
- Defence – play good position and communicate slides
- Defence break out – spread and present with stick upfield, make flat accurate passes
- Offence riding – ride defence to pressure ball and create turn over

**Feedback / Lessons:**



**Option(s):**



## Situation(s):

- Presenting, passing & off ball movement
- Needing to maintaining possession through motion offence
- Rest defence
- Set up offence into preferred / set play positions
- Rotate defence (e.g. to dodge short stick behind, long sticks up high to slow transition)

## Objective(s):

1. Quick accurate ball movement
2. Player movement off & to ball
3. Rotate defence

## Set up:

1. Lay out cones in diamond with one in the middle
2. Distance at 5 to 15 metres depending on length of passing required

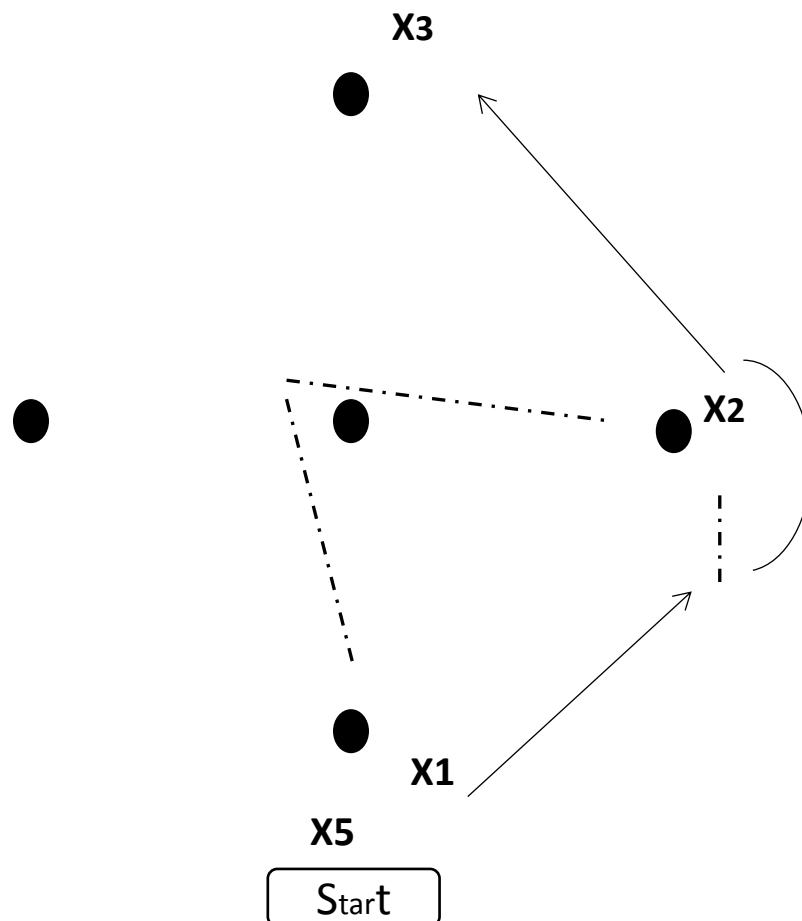
## Phase 1:

1. X2 moves to present with stick to the outside to provide outlet
  2. X1 makes flat accurate pass to X2 stick
  3. X1 moves to X2 via cut to middle cone and maintaining view of ball.
  4. X2 catches, turns and makes flat pass to X3
  5. X2 moves to X3 via middle cone
- And so on

## Coaching points

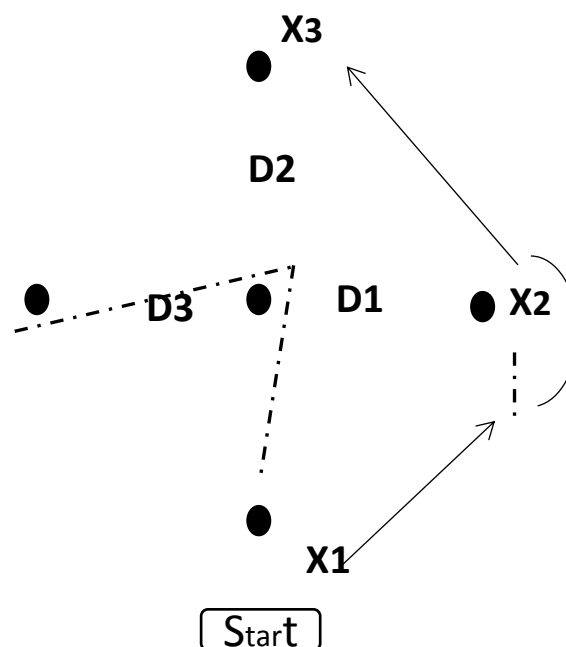
- Catching – sticks to the outside to be target for pass and limit unnecessary pressure by pass going inside;
- On possession - look inside and around to observe situation, opportunities and defender position / weakness
- Passing – flat passing to stick, over the shoulder pass with hard follow through
- Carry – shorten or extend pole to suit pressure situation and preference
- Riding – always turn inside on same direction of ball
- Defence – rotate against ball direction; move in and out via the cone, talk and get low when playing the ball

## Feedback / Lessons:



## Option(s):

1. Change direction to work on opposite hands
2. Change player numbers (reduce) and movement against direction of ball to present in space
3. Player movement is zig then zag to middle and becomes faster
4. Add more players and balls to create more movement and need for vision
5. Add defenders to engage with so offence players need to push pass and defence need to slow down. Include goal and then when ball reaches designated point, becomes shot (this maybe better when player movement is against direction of the ball so moving into space for quick shot)
6. Add extra defender to replicate “doubling” the ball



**Situation: NA**

**Objective(s):**

1. Improve shooting to score percentage through high repetition
2. Improve accurately feeding a shooter
3. Quick release shooting
4. Develop other (non preferred) shooting positions and hand

**Set up:**

1. Lay out cones in diamond with one in the middle
2. Distance at 5 to 15 metres depending on length of passing required

**Phase 1:**

1. A1 makes a moves to feed A2
  2. A2 times movement to be open to receive feed
  3. A2 makes quick hard accurate shot
- Repeat 5 to 20 times then change

**Coaching points**

**Shooter**

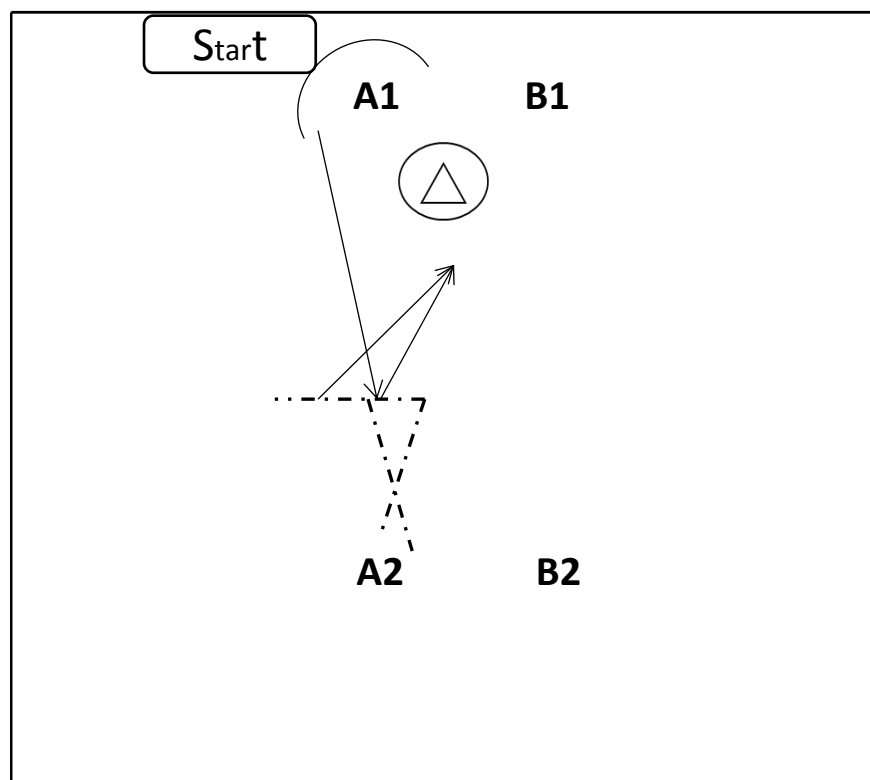
- Hip rotation to increase power through shoulders
- Plant front foot with toe facing where player wants ball to go to improve accuracy and hip rotation
- Shot from high to low
- No under hand as don't have time and space

**Coaching points**

**Feeder**

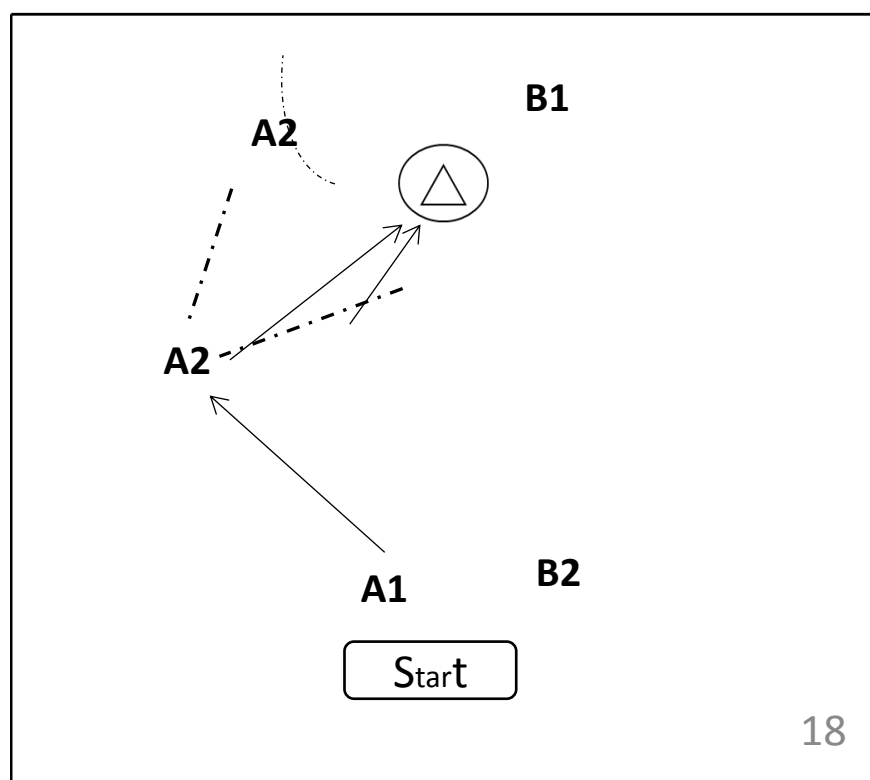
- Always head up to know where shooter is and will be
- Maintain balance to beat defender, accurate and hard passing
- Accelerate on movement
- Throw with stick in straight and hard follow through (not across body)

**Feedback / Lessons:**



**Option(s):**

1. A1 feeder varies movements to feeding location
2. A2 varies cutting pattern and shooting location
3. Swap sides to feed and shoot with opposite hands
4. A2 becomes feeder to release A1 to shoot from side
5. Swap up combinations or locations so B1 feeds A2 cutting to other side
6. Include a B group to improve awareness of others and allow more players to practice
7. Include defenders (with dummy pole or with stick) to apply pressure on feeder and shooter
8. Allow players to develop their own "play / shooting options"



**Situation:** NA

**Objective(s):**

1. Increase dodging options
2. Improve change of speed through dodge
3. Improve change of direction off both feet
4. Know your dodge before going into it

**Phase 1:**

**Set up**

Set the distance between cones (3 to 10 metres) to reflect the intensity, repetitions, amount of running, size of acceleration area

1. Player (with stick and ball) approaches acceleration area
2. At acceleration area, increases foot speed
3. Executes dodge (split / roll / face / other)
4. Continues at same speed through acceleration area
5. When out of acceleration area, reduces speed then accelerate going into the next one

And so on

**Coaching points**

**All -- know where your going and options before going in; keep head up, accelerate going and through the dodge, when doing to shoot run at goal (not away from it)**

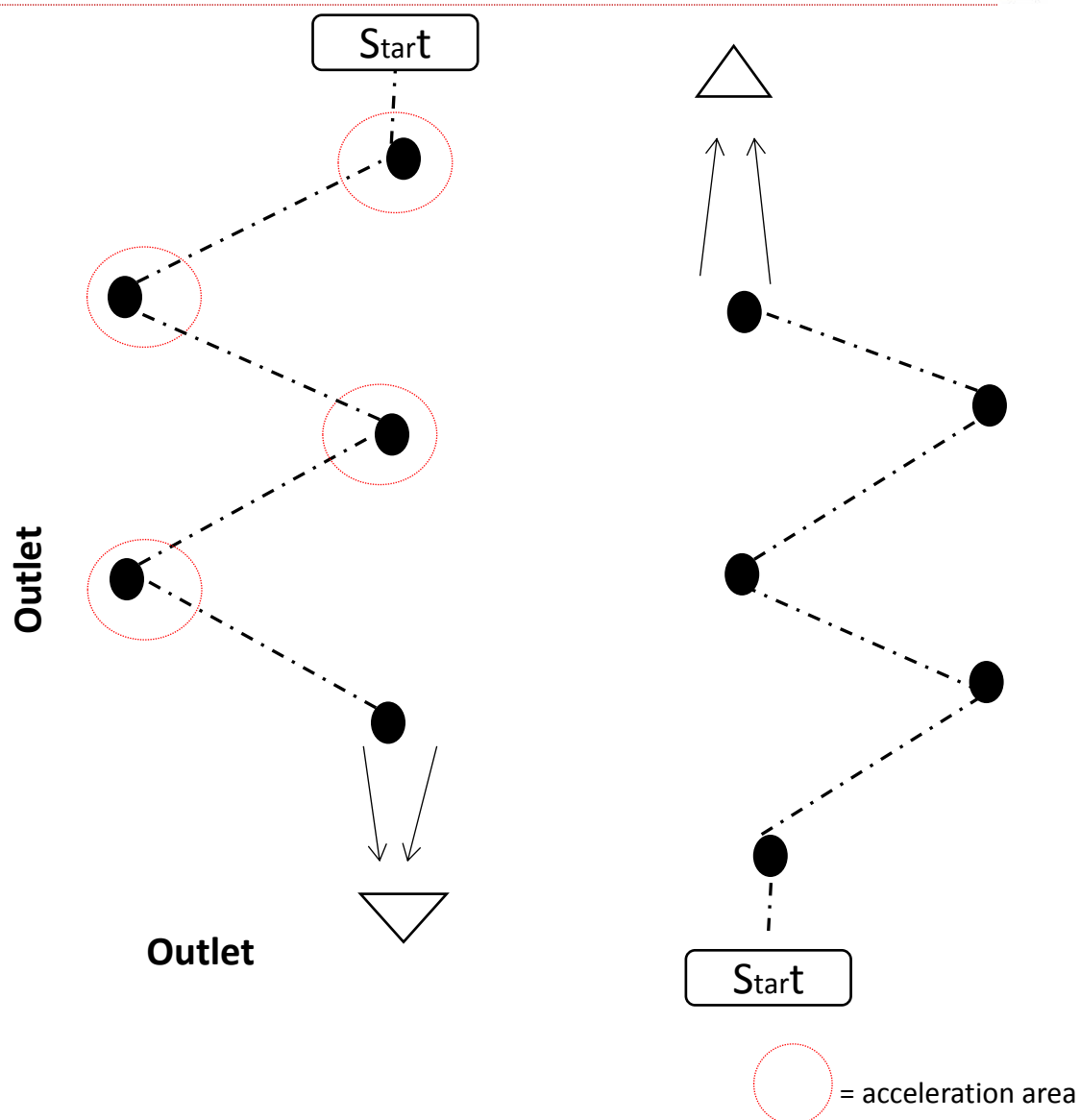
Split dodge - plant toes of lead foot to spring to other foot as perpendicular (i.e. 90°) as possible, bring stick across body to change other hand (quickly move top hand down through bottom hand while bringing bottom hand up to top hand position)

Roll dodge - body balanced and body between defender and players stick, head up coming out of dodge to shoot or pass off.

Face dodge – fake shot or pass to bring defence forward (to lunge), bring stick and foot across body (can change hand or keep in same hand), get head and stick up to shoot or pass

Using outlet – outlet needs to present and pass quickly, dodging player to maintain awareness of outlet and getting pass back

**Feedback / Lessons:**



**Option(s):**

1. Add more cones
2. Add an outlet(s) in some areas to pass & receive ball back
3. Outlet can continue to move around and call for ball
4. Change locations of outlets around the grid
5. Add defender to dodge off / beat
6. Give defender short handle to play hands and push defence
7. Add a goal at the end of the sequence

## Dodging to get middle of field / run straight at goal

**Situation:** Dodging to go drag defender and defence away from shooting location / middle of the field

### Objective(s):

1. Improve dodging to get middle of field / best location
2. Get defender back peddling and off balance
3. Run straight at goal

### Phase 1:

#### Set up

Set the distance between cones (3 to 5 metres) to reflect the intensity, repetitions, amount of running, size of acceleration area

1. Player (with stick and ball) approaches acceleration area
2. At acceleration area, increases foot speed
3. At 1<sup>st</sup> cone, executes first dodge (split / roll / face / other) to take defender (about two to three steps) toward 2<sup>nd</sup> cone
4. At 2<sup>nd</sup> cone, dodges back toward 3<sup>rd</sup> cone
5. At 3<sup>rd</sup> cone, runs straight (e.g. at goal)
6. When out of acceleration area, reduces speed then accelerate going into the next one

And so on

### Coaching points

**All -- look to take defender and defence away from where you actually want to go; keep head up, accelerate going and through the dodge, when doing to shoot run at goal (not away from it)**

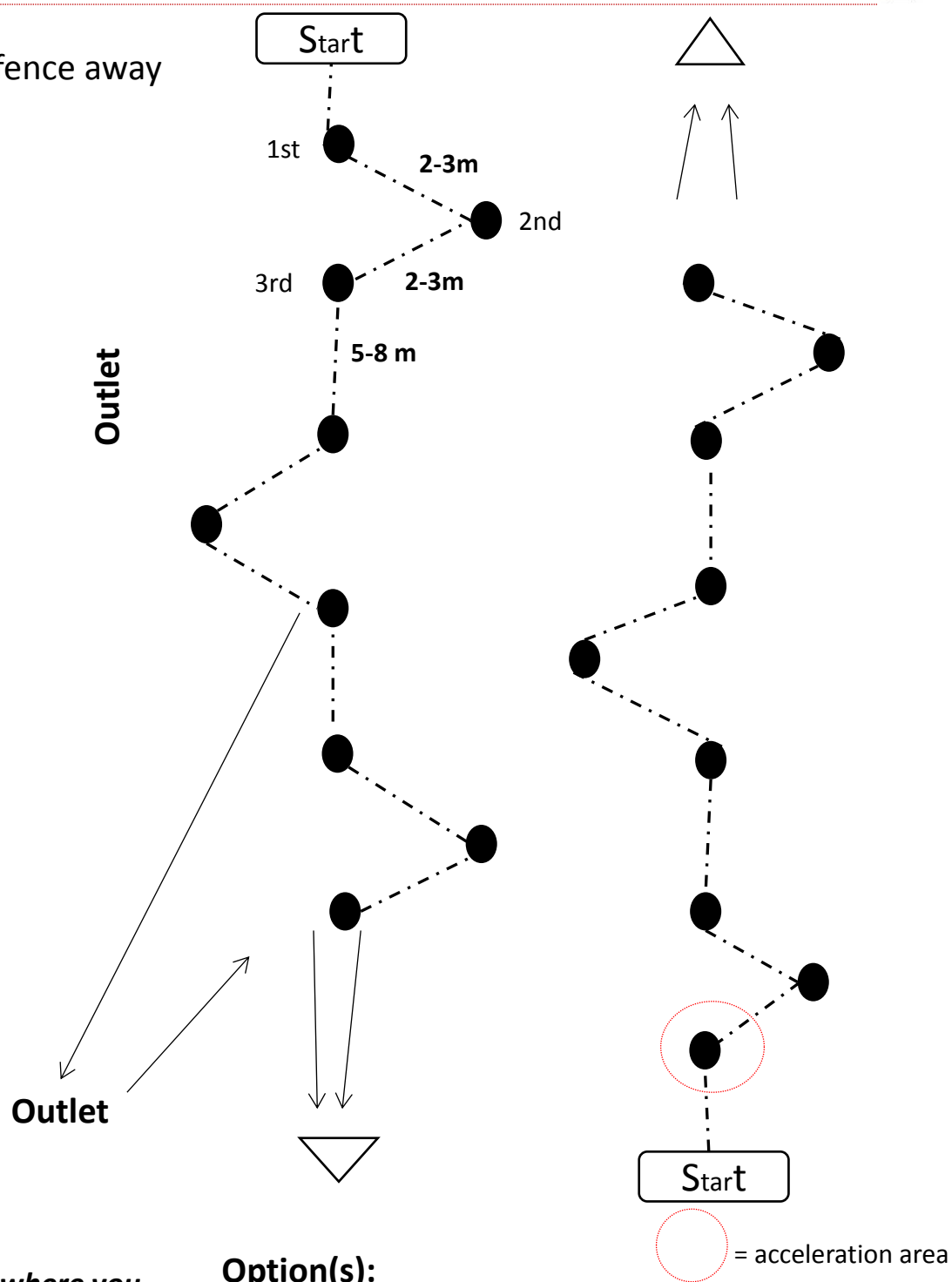
Split dodge - plant toes of lead foot to spring to other foot as perpendicular (i.e. 90°) as possible, bring stick across body to change other hand (quickly move top hand down through bottom hand while bringing bottom hand up to top hand position)

Roll dodge - body balanced and body between defender and players stick, head up coming out of dodge to shoot or pass off.

Face dodge - fake shot or pass to bring defence forward (to lunge), bring stick and foot across body (can change hand or keep in same hand), get head and stick up to shoot or pass

Using outlet - outlet needs to present and pass quickly, dodging player to maintain awareness of outlet and getting pass back

### Feedback / Lessons:



### Option(s):

1. Add more cones
2. Add an outlet(s) in some areas to pass & receive ball back
3. Outlet can continue to move around and call for ball
4. Change locations of outlets around the grid
5. Add defender to dodge off / beat
6. Give defender short handle to play hands and push defence
7. Add a goal at the end of the sequence

All

**Situation:** Multi-skilled longer distance line drill

**Objective(s):**

1. Incorporate key skills into one drill
2. Preparing for and beating pressure
3. Fitness through speed & distance (repetitions)

**Set up:**

1. Lay out cones as outlined in diagram
2. Place a middle marker to indicate where player should finish all moves by

**Phase 1:**

1. Set two small groups half a field apart
2. Player presents (stick ball side), catches, protects stick, changes direction and speed, carries then passes to presenting player

And so on

Players follow their pass

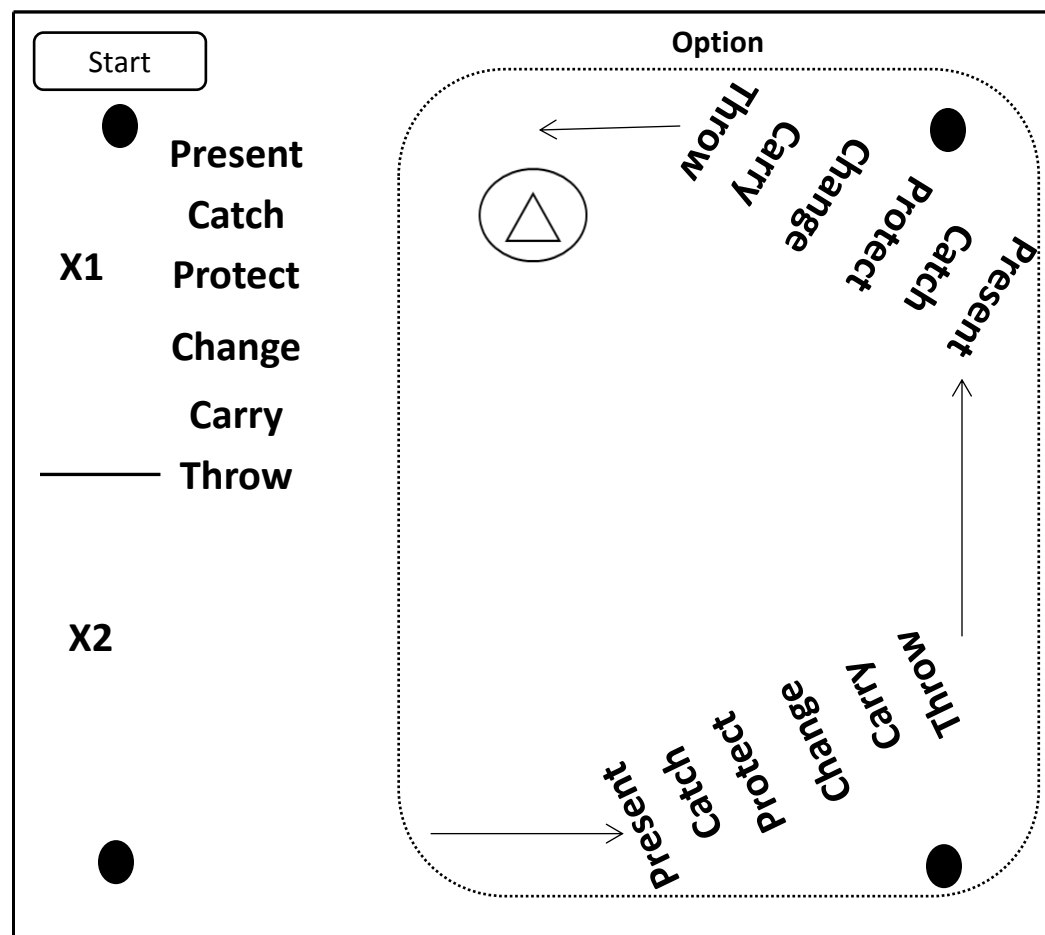
**Coaching points**

Present – stick in from where want ball

Protect – stick and ball so can't be checked

Change – change of direction with head up to know options and make move

Throw – put ball out in front for player to run on to



**Option(s):**

1. Add chaser
2. Add man in the middle to defend
3. Add defender at each end so player needs to engage and break past defender
4. Use four points to incorporate greater change direction on catch & change direction of ball
5. With four points only have four players with ball and three riders to apply pressure, practice riding and increase fitness
6. Use more than one ball to increase repetitions, intensity, communication, movement

**Feedback / Lessons:**

## Situation: NA

### Objective(s):

1. Improve 1 on 1 dodging to beat defender
2. Improve 1 on 1 defence

When expanded beyond 1 on 1 additional objectives include:

3. Give and go
4. Defence sliding & communications
5. Offence awareness of outlets and movement

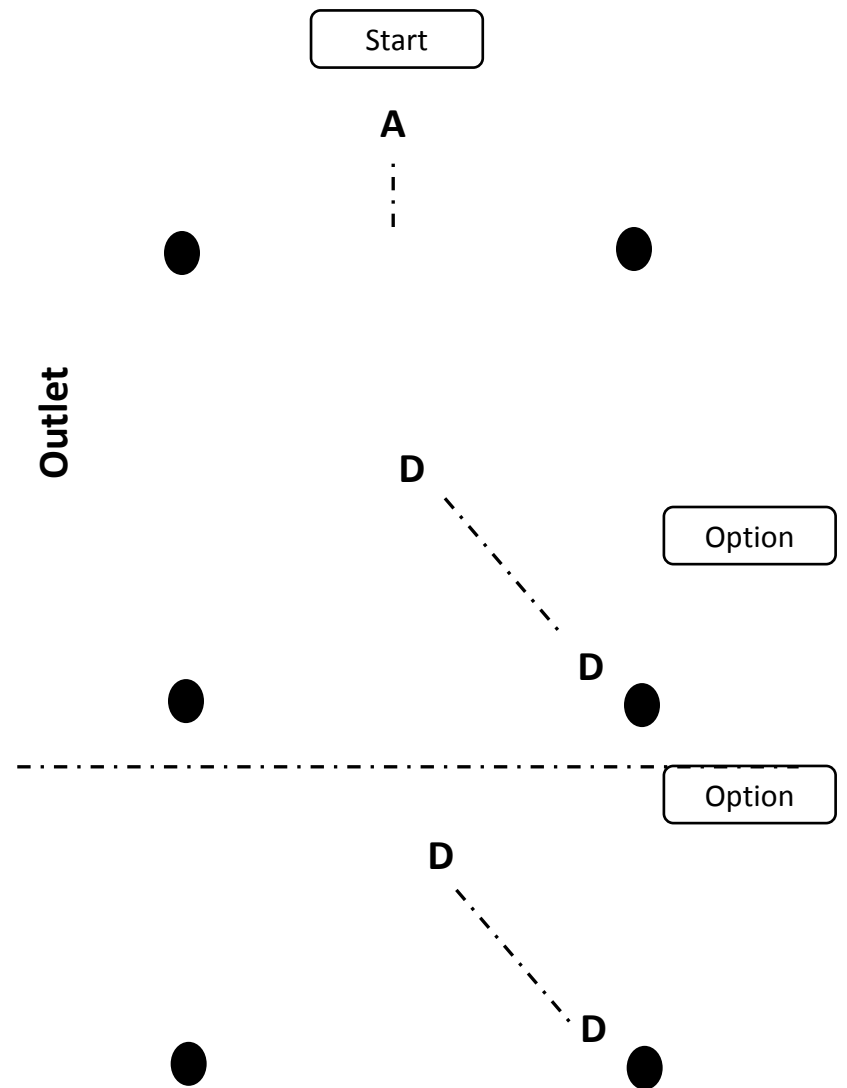
### Phase 1:

#### Set up

Set the distance between cones (2 to 5 metres) to reflect the intensity, repetitions, amount of running, size of acceleration area

1. Attacking player (with stick and ball) approaches box (moving start) and dodges to beat defender
2. Defender plays defence to prevent attacker from making it to other side

And so on



### Coaching points

As per coaching points in Split & Roll Dodging drill

Defence – move up and get low and balanced, stick out to have player dodge at stick, drop step with dodger and push (don't over commit or lunge and get off balance)

### Option(s):

1. Increase or decrease the dimension of the box
2. Have a minimum 1 on 1 time (e.g. 5 to 30 seconds) in the box to increase higher intensity, repeat effort fitness
3. Increasing time will allow defender to practice checks
4. Replace defender (with only short handle) to practice position, balance and strength
5. Allow another defender to enter to double team
6. Provide an outlet for "give & go"
7. Break box into two zones so attacker has to beat one then another
8. Increase attacker and defender numbers (with some points above) to create 2 on 2, 3 on 3, 2 on 3, 3 on 2 etc)
9. Use two different coloured cones and call a colour which the attacker needs to get to

### Feedback / Lessons:

**Situation:** Game play with varying numbers and game situations.

**Objective(s):**

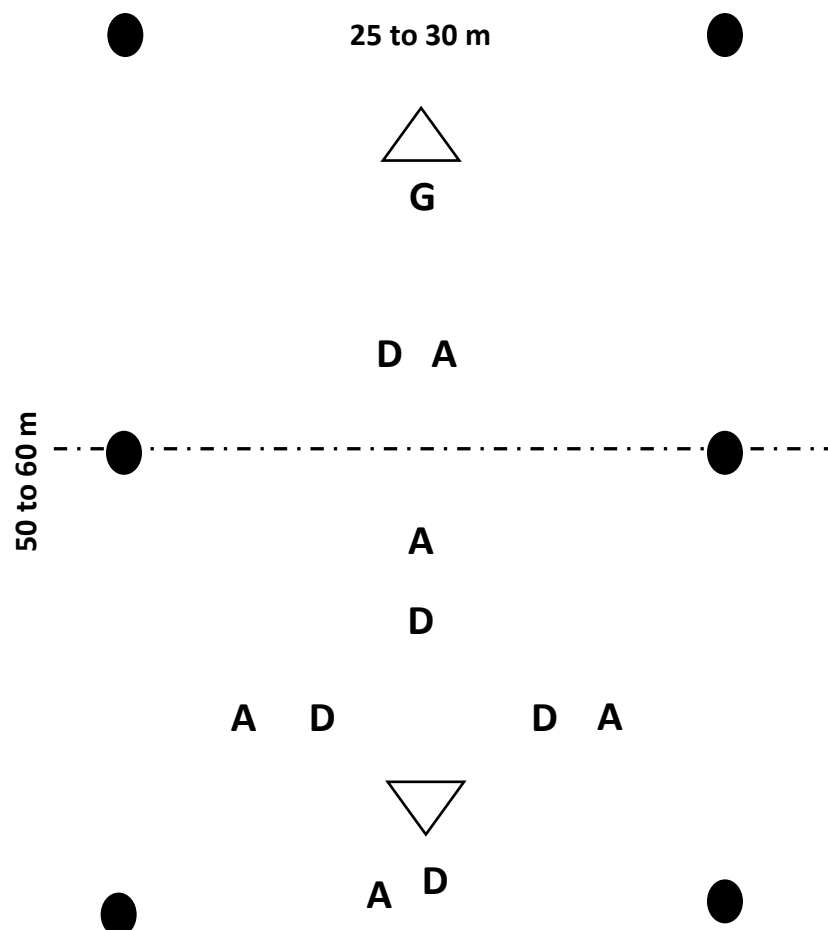
1. Quick and accurate ball movement
2. Dodging to create / score
3. Offence movement off ball after passing / to provide outlet
3. One on one and team defence
4. Defence sliding & communications

**Phase 1:**

**Set up**

Set a mini field with two goals. About the width of the field between restraining lines or end line and restraining line

And so on



**Coaching points**

Bring in focuses from drills and objectives  
 Offence – move to space to provide outlet, dodge to create or score, dodge or pass (don't hold onto it for too long), move off ball (touch the cone)  
 Defence – one on one defence, communication, positioning first and second slides, short or long slides

**Option(s):**

1. Increase or decrease the dimension of the field so suit numbers and length of transition
2. Allow another defender to enter to double team
3. Increase attacker and defender numbers (with some points above) to create 2 on 2, 3 on 3, 2 on 3, 3 on 2 etc)
4. Use two different coloured cones and call a colour which the attacker needs to get to

**Feedback / Lessons:**



# Other

# 1 on 1 dodging and defending

## Get to your spot

### Situation:

Attack - Beating a defender to get to preferred shooting location

Defence – Stopping an attacker from getting to shooting location

### Objective(s):

1. Setting defender up to beat
2. Improve 1 on 1 defence
3. Developing individual dodging options
4. Dodging to a specific location

### Set up:

1. Place cones (scatter or strategic locations (in field or offence)
2. Organise players into pairs
3. Allocate to cone(s) with ball
4. Determine time that attacker can go to cone(s) or must try to get to cone(s) in



### Drill:

1. One player in each pair will start as the Attacker, the other as the Defender.
2. Each time the Attacker touches the cone during their 30 seconds, count it as one point
3. Change roles

### Coaching points

As per coaching points in Split & Roll Dodging drill

### Option(s):

1. Add extra cone so that defender can't defend one location
2. Increase or decrease the time
3. Introduce 2 on 2 (or more) to encourage passing / give and go / defence communication / defence sliding / doubling

### Feedback / Lessons:

## Situation:

Attack – face paced setting up of the play to get their Defenders off balance and drawing the Defence to one side of the field so that they can move the ball and attack the back side of the field

Defence – approaching / playing the player and ball and quick recovery to play ball after helping cover middle of the field / double

## Objective(s):

1. Defence - to get back to play Defence "from inside out." Cover the middle of the field first, then come out to guard the ball.
2. Attack - **knowing when it is a good time to dodge (i.e. against a Defender coming out at you is much opposed a Defender that is in position)**
3. Developing individual dodging options, capabilities & moves
4. Dodging to a specific location

## Set up:

1. Start your cones in positions where attack would be dodging from in games based on your team's Offense. Field spacing is important.
2. Set up the lines in the classic 2-3-1 Formation: Two lines of Midfielders at the top corners of the box and two lines of Attackmen on the wings at Goal Line Extended (GLE) (to keep things simple, initially ignore dodging from behind)
3. Defenders in a line up top.

## Drill:

1. An attack player starts with a ball or is passed the ball during a quick ball movement drill
2. On whistle, the first Defender (Red 1) will drop into the hole then play the ball carrier or coach calls attack player number and defender plays this man
3. Player with ball will dodge and drive 1 on 1 to score

## Coaching points

Defence – know area and locations to defend; move their feet and Drop Step (**don't lunge**) to stay in front of the man with the ball when their weight and momentum are going forward; move feet to stay in between the ball, goal and slide or slide release

Attack – recognise and exploit out of position / lunging defence,



## Option(s):

1. Attack to pass play offence with quick ball movement around the box, then player with ball on whistle needs to dodge and drive 1 on 1
2. Attack can pass once dodge has been made
3. Coach rolls ball to player while defender approaches to replicate ground ball pressure and defender positioning (off balance / out of position)
4. Add equal, more or less defenders to create other to practice the same Dodging and Defensive Approach in a 2-on-2, 3-on-3 or 4-on-4 situation

## Feedback / Lessons:

## Situation: NA

### Objective(s):

1. Give every player work on Dodging, individual man-on-man Defence and experience carrying the ball under pressure.
2. Develop parts of the Clear and Ride
3. **"Revenge"** gives each player the chance to carry the ball against 1-on-1 pressure, and Defend another player carrying the ball.
4. Conditioning and dodging, defensive positioning and footwork, and stick skills and protection

### Set up:

1. Set up a goal at one end of the field.
2. Split players into two lines and place a line in each "Alley" outside the box, facing up from the end line.
3. Give balls to both lines.

### Drill:

1. Start with two players from each line. The first player in each line (Blue 1 & 2) will turn around and Ride against the second player in each line (Red 1 & 2) who are trying to Clear the ball past the restraining line.
2. Only one side of the field goes at a time.
3. On the whistle, Defender Red 1 will run the ball past the restraining line and past Attacker Blue 1.
4. All your players should be comfortable carrying the ball against 1-on-1 coverage.
5. Blue 2 and Red 2 will wait for the second whistle.



### Option(s):

1. Both lines go on the same whistle
2. Use goalie for outlet
3. Play both lines (include or exclude goalie) as one group with need to clear over restraining line or ride to create turn over

### Coaching points

Every player on your team needs to know how to play with good defence position  
Riding players create and maintain pressure and don't stop and chop

### Feedback / Lessons:

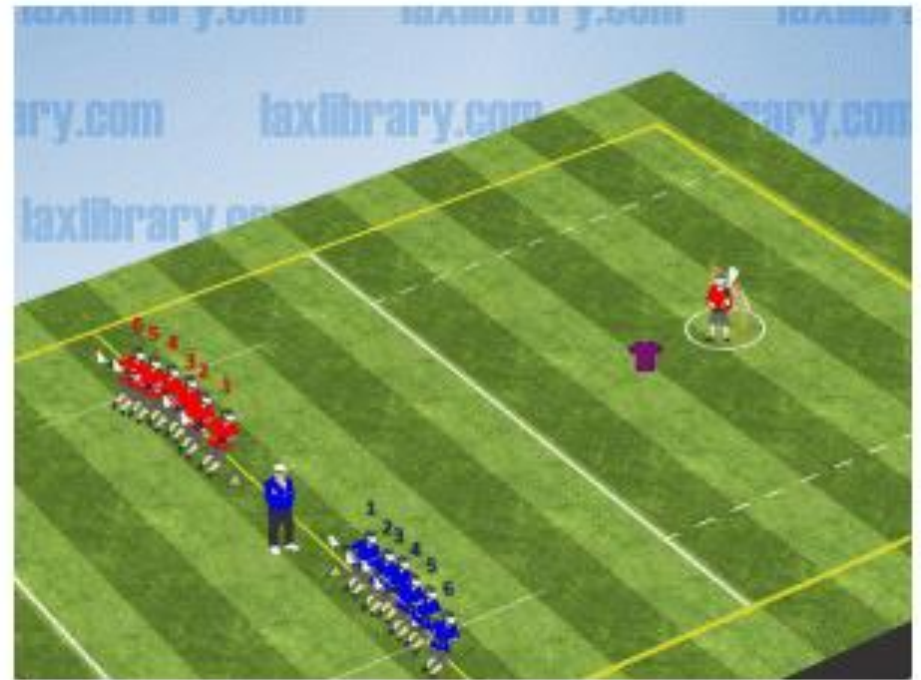
**Situation:** Stopping transition by players getting back in the hole and playing defence from inside-out

## Objective(s):

1. Stop extra man offence transition by getting back in the hole and play defence
2. Position between goal and ball carrier
3. Awareness of ball carrier and other middies

## Set up:

1. Set up a goal
2. Place a cone (or shirt so that players don't roll ankle on cone) to mark the hole about 5 metres in front of the goal
3. Set two cones on half way for two lines



## Drill:

1. Split your players into two teams, one for offense and one for defence
2. On first whistle, defender runs to the hole while looking back over shoulder (to always remain aware of ball carrier)
3. On second whistle, offence goes to make one drive and shot on goal
4. Goalie to talk to defender

## Option(s):

1. Set an offence and defence to replicate transition through behind, and then pass back to middle
2. Send extra mddie to create extra man
3. Play to whistle so offence has to ride and defence to clear

## Coaching points

Defence – get in hole early; don't chase ball carrier in midfield and over commit on ball carrier between the restraining line (creates offence); listen to goalie (and defence) and talk to acknowledge and inform

## Feedback / Lessons:

**Situation:** Quick observation, reaction and response to unsettled situations

**Objective(s):**

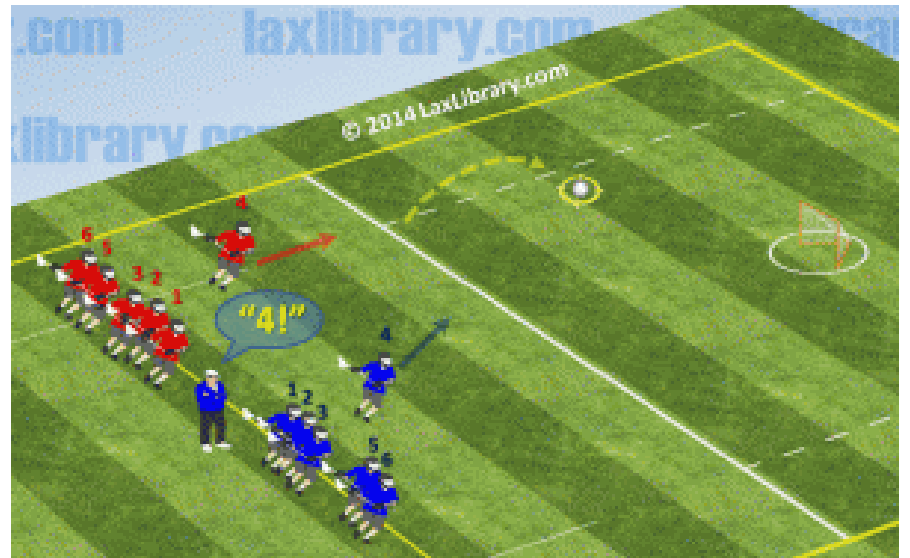
1. Competing for the ball and quickly attacking / defending the goal

**Set up:**

1. Split your team into two squads.
2. Assign each player a number so that both squads have a player 1, player 2, 3, 4, and so on.
3. Mix your long poles so they carry, drive and go to goal / shoot

**Drill:**

1. Coach throws out a loose ball and call a number.
2. Throw the ball far away, or drop it close to where the players started. Throw it out to one side or the other, or right down the middle. Throw from behind them, in front of them, from the side, etc.
3. If Coach calls out "4!", for example, the two 4's from each team will battle 1-on-1 for the ground ball.
4. One of these two players need to get the ball, get away to get the goal



**Option(s):**

1. Run it with any number of players and anywhere on the field.
2. Add game situations (e.g. 2 v 3, face off, overload from box)
3. Remove goal and have players pass ball back to the coach to increase repetitions

**Coaching points**

Defence – get in hole early; don't chase ball carrier in midfield and over commit on ball carrier between the restraining line (creates offence); listen to goalie (and defence) and talk to acknowledge and inform

# Blanks – for drawing new or own drills

---

Defence drill ideas

<https://www.youtube.com/watch?v=TAH3J50zbEE>