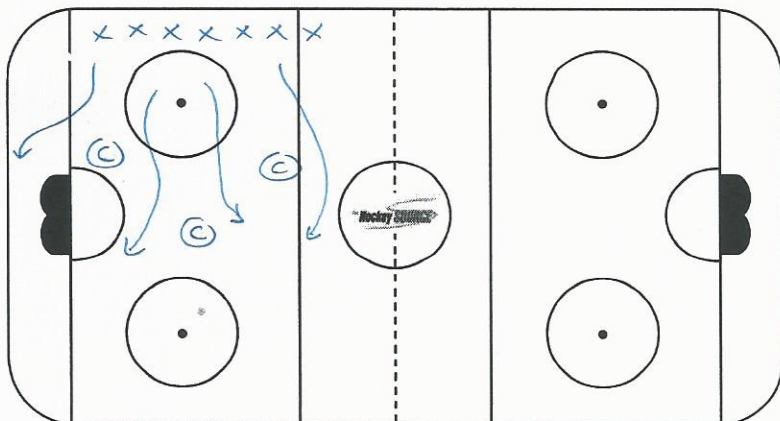


DRILL SHEET

Date: WEEK 1 Team: PRE-NOVICE Practice Time: N/A

LEGEND:
 © - Coach
 F - Forwards
 D - Defense
 G - Goalie
 ---> Passing
 <--- Stickhandling
 || Stopping
 ==> Shooting
 ||||| Cross-overs
 --> Forward Skating
 <-- Backward Skating

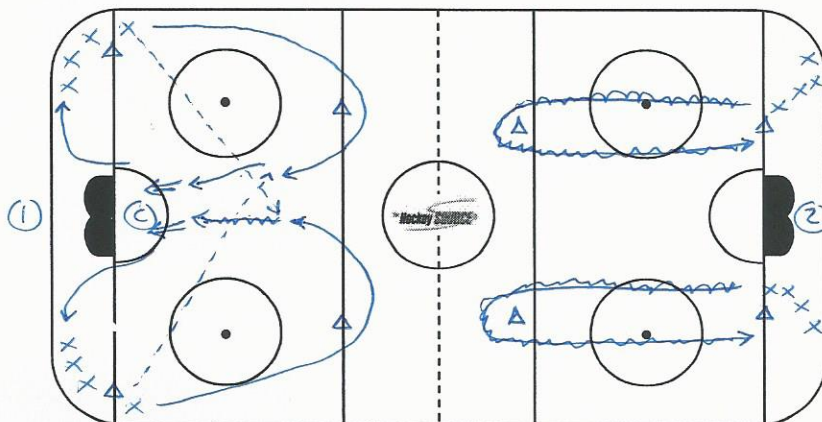


Drill Name WARM-UP

Description

- (1) 3 RULES; HAVE FUN, TRY HARD, LISTEN!
 - (2) LINE SPRINTS (FULL FLOOR)
 - (3) 'BRITISH BULLDOG' (CROSS FLOOR)
 ↳ (C) YELLS 'B.B.' X RACE TO OTHER SIDE
 ↳ IF CAUGHT, JOINS (C) AS A BULLDOG.
- Key points WARM UP, HAVE FUN

Duration (min): 10 Running time (min) 10



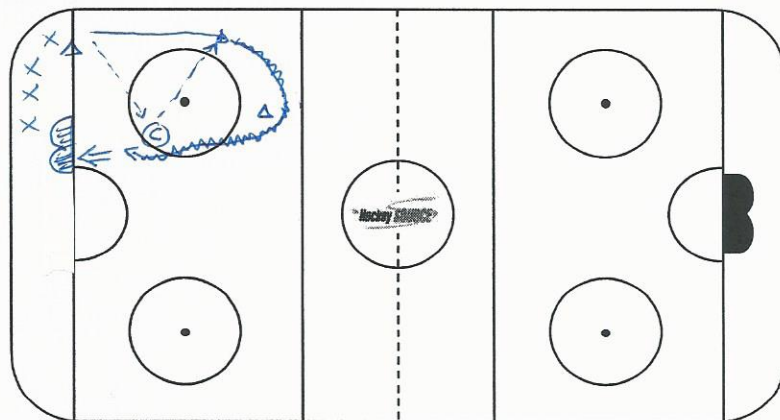
Drill Name HORSESHOE / BALL CARRY RELAY

Description (SPLIT TEAM INTO 2 GROUPS)

- (1) HORSESHOE
 ↳ X PASSES, THEN GOES AROUND CONE TO SLOT
 ↳ RECEIVES PASS, SHOOTS ON (C)
- (2) BALL CARRY RELAY
 ↳ OPEN CARRY TEAM RELAY

Key points SWITCH AFTER 5 MINS.

Duration (min): 10 Running time (min) 20



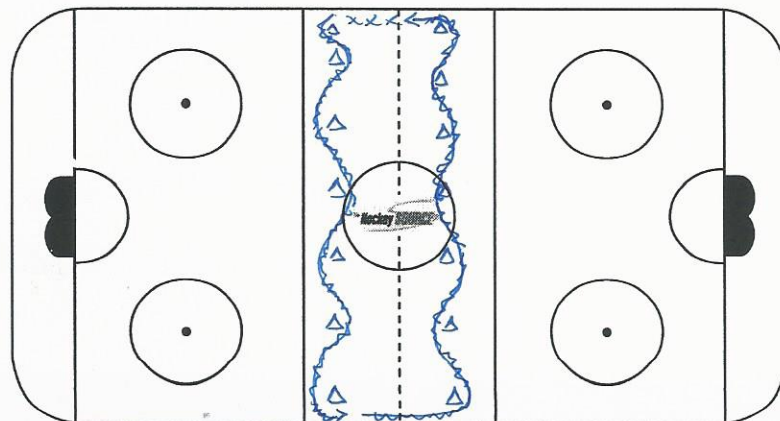
Drill Name STATIONS

Description 1 VS. (C)

- X GIVE N' GO W (C)
- X GOES AROUND CONE; DRIVES TO NET
- X SHOOTS ON NET

Key points (C) TO 'OPEN LANE', X TO LOOK FOR 'OPEN LANE'.

Duration (min): 8 Running time (min) 45



Drill Name STATIONS

Description BALL CONTROL

- (1) STATIONARY CONTROL
 - STANCE, SIMPLE STATIONARY STICKHANDLING
 - SIDE-FRONT-SIDE
- (2) NAVIGATE CONES W BALL

Key points HAND POSITION, TOP HAND CONTROL, BOTTOM HAND LOOSE/SLIDING, ROLL WRISTS

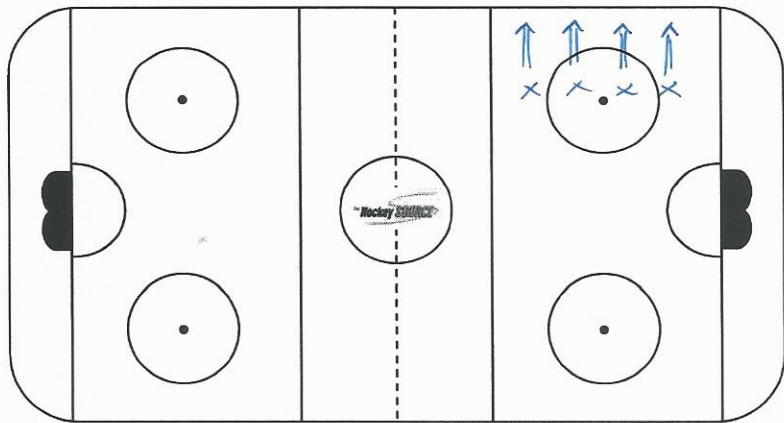
Duration (min): 8 Running time (min) 45



DRILL SHEET

- LEGEND:
- © - Coach
 - F - Forwards
 - D - Defense
 - G - Goalie
 - > Passing
 - Stickhandling
 - ||||| Cross-overs
 - Forward Skating
 - Backward Skating
 - Stopping
 - Shooting

Date: WEEK 1 Team: PRE-NOVICE Practice Time: N/A



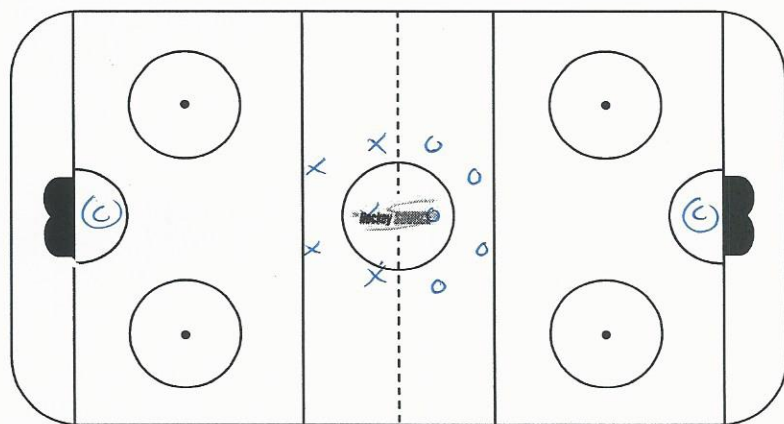
Drill Name STATIONS
Description SHOOTING

- (1) SWEEP SHOTS ;
 - (2) WRIST SHOTS ;
 - (3) SLAP SHOTS ;
- SHOW TECHNIQUE
- SHOOT AGAINST BOARDS

Key points POSITION/STANCE, AIM, FOLLOW THROUGH

Duration (min): 8 Running time (min) 45

*WATER BREAK

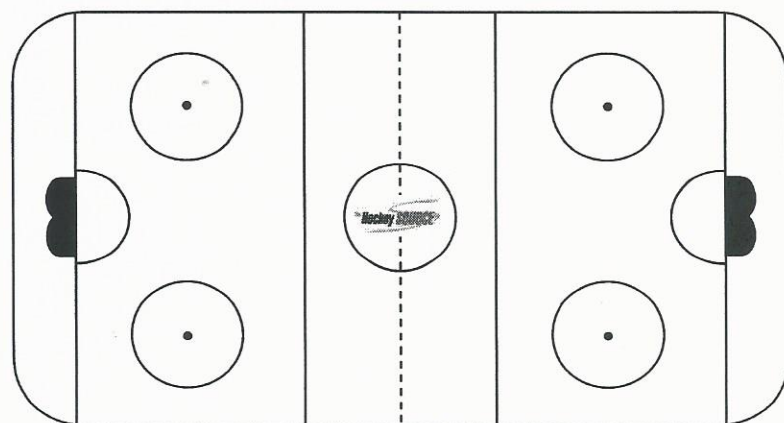


Drill Name SCRIMMAGE / GAME

- Description
- > 5 ON 5 w SUBS
 - > 2 MIN SHIFTS
 - > (C)'S ARE GOALIES

Key points

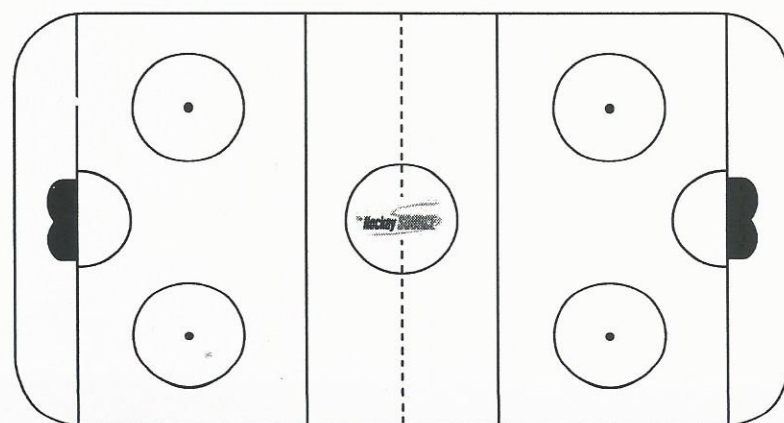
Duration (min): 15 Running time (min) 60



Drill Name
Description

Key points

Duration (min): Running time (min)



Drill Name
Description

Key points

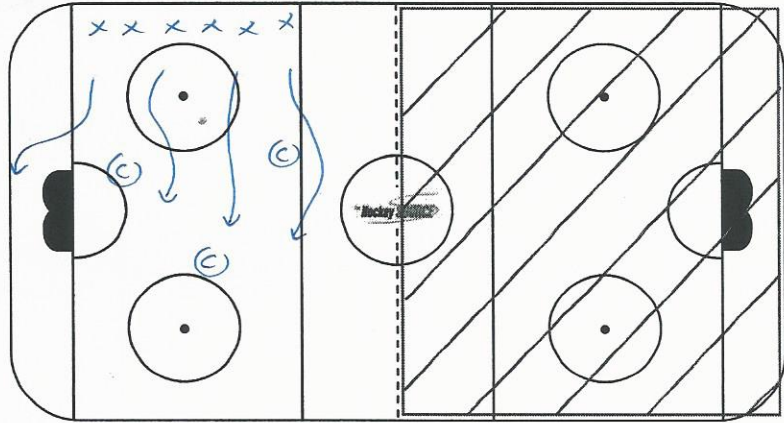
Duration (min): Running time (min)



DRILL SHEET

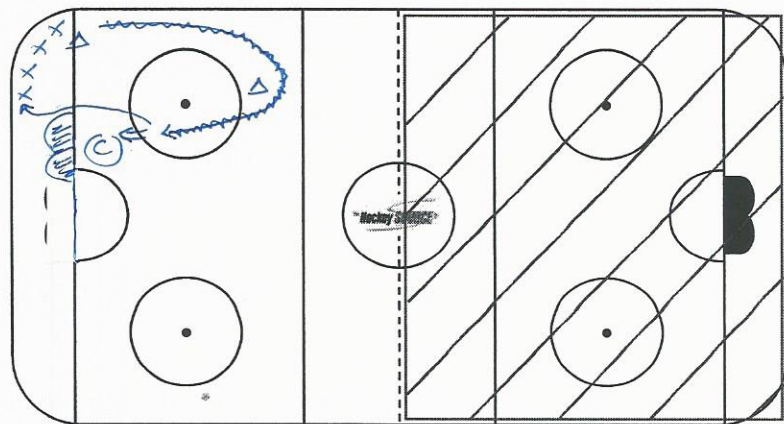
- LEGEND:
© - Coach
F - Forwards
D - Defense
G - Goalie
---> Passing
Stickhandling
Cross-overs
Forward Skating
Backward Skating
|| Stopping
Shooting

Date: WEEK 2 Team: PRE-NOVICE Practice Time: N/A



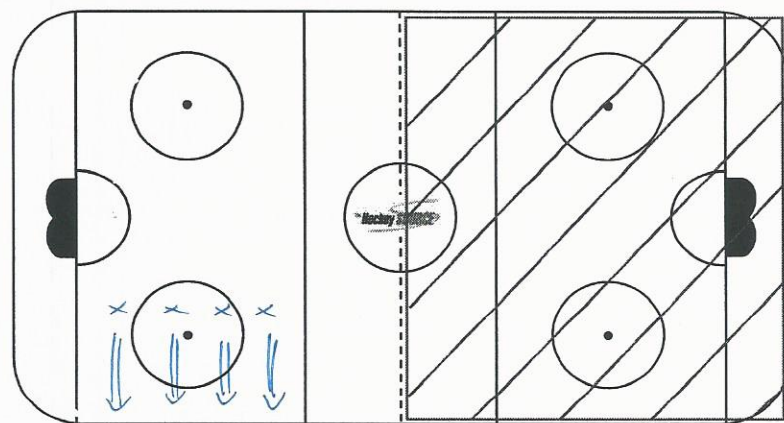
Drill Name WARM-UP
Description _____
(1) 3 RULES; HAVE FUN, TRY HARD, LISTEN!
(2) BRITISH BULLDOG
↳ (C) ARE BULLDOGS; X RUN TO OTHER SIDE
↳ IF CAUGHT, X JOINS (C)'S.
Key points _____

Duration (min): 5 Running time (min) 5



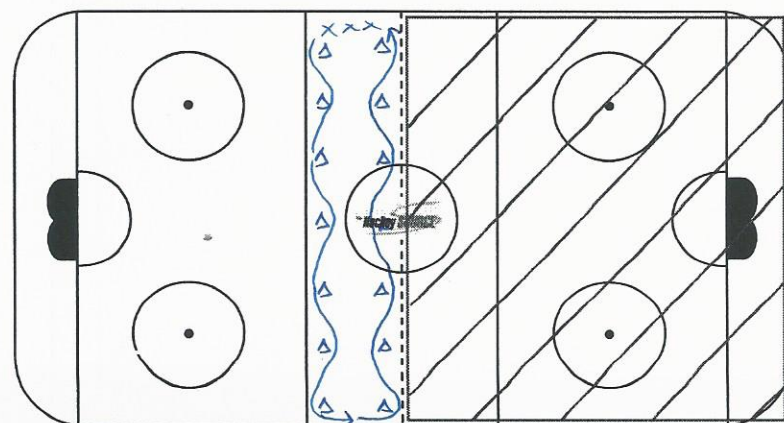
Drill Name STATIONS
Description BALL CARRY + SHOT
- X CARRIES BALL AROUND CONE INTO SLOT
- X SHOTS ON (C)
Key points _____

Duration (min): 5 Running time (min) 20



Drill Name STATIONS
Description SHOOTING PRACTICE
* AGAINST BOARDS *
(1) WRIST SHOT
↳ AIM, WEIGHT TRANSFER, RELEASE PT. ON FROM FOOT
↳ DRAW & FIRE (or) 'DRAGON FIRE!!'
Key points _____

Duration (min): 5 Running time (min) 20



Drill Name STATIONS
Description BALL CONTROL / STICKHANDLING
(1) STATIONARY
↳ HAND POSITION, SIDE-SIDE (NARROW / WIDE)
(2) NAVIGATE CONES W BALL
↳ HAND POSITION, ROLL WRISTS, CUP BALL
Key points _____

Duration (min): 5 Running time (min) 20



DRILL SHEET

Date: WEEK 3-4 Team: PRE-NOVICE Practice Time: N/A

LEGEND:

© - Coach

F - Forwards

D - Defense

G - Goalie

--> Passing

~> Stickhandling

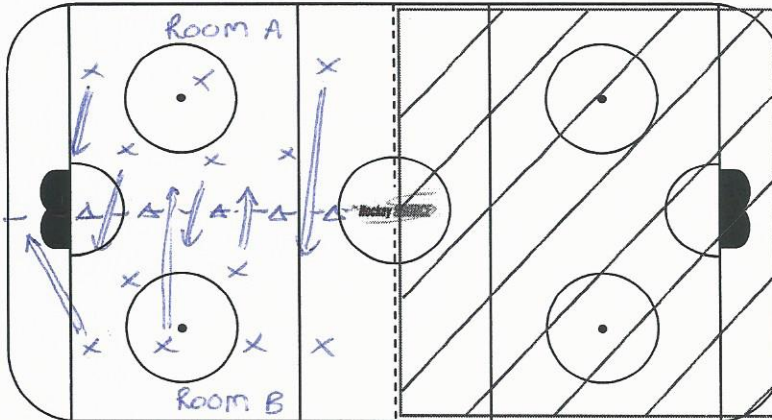
||||| Cross-overs

→ Forward Skating

↔ Backward Skating

—|| Stopping

⇒ Shooting



Drill Name WARM-UP

Description

① 3 RULES, HAVE FUN, TRY HARD, LISTEN!

② 'CLEAN YOUR ROOM'

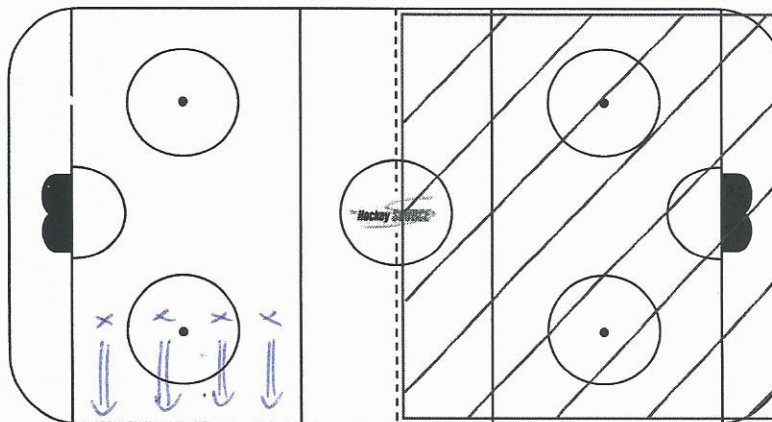
↳ PUT CONES IN A LINE TO SPLIT FLOOR

↳ SPLIT INTO 2 TEAMS, GOAL IS TO 'CLEAN YOUR ROOM' AND HIT BALLS INTO OTHER ROOM.

Key points

'HAVE FUN!', WARM-UP ☺

Duration (min): 5 Running time (min) 5



Drill Name STATIONS

Description WRIST SHOT

① WRIST AGAINST BOARDS

↳ STANCE PERP. TO BOARDS, WEIGHT TRANSFER

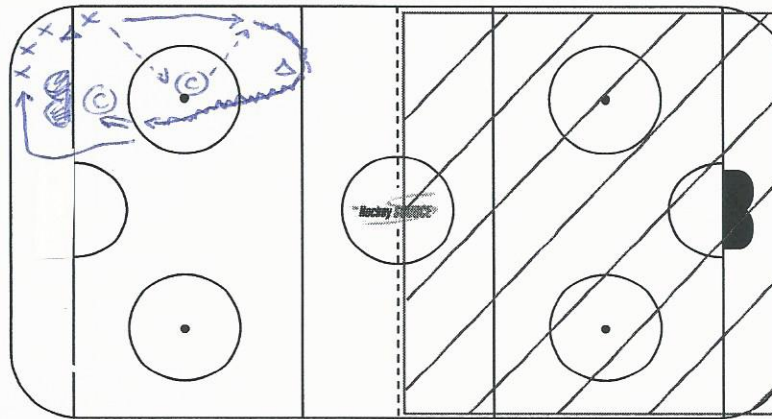
BACK TO FRONT FOOT, RELEASE POINT ON FRONT

↳ 'DRAG AND FIRE' or 'DRAGON FIRE!!!'

Key points AIM, RELEASE POINT, FOLLOW THROUGH

HAVE FUN W 'DRAGON FIRE!!!'

Duration (min): 5 Running time (min) 20 *WATER BREAK



Drill Name STATIONS

Description GIVE N' GO W ©

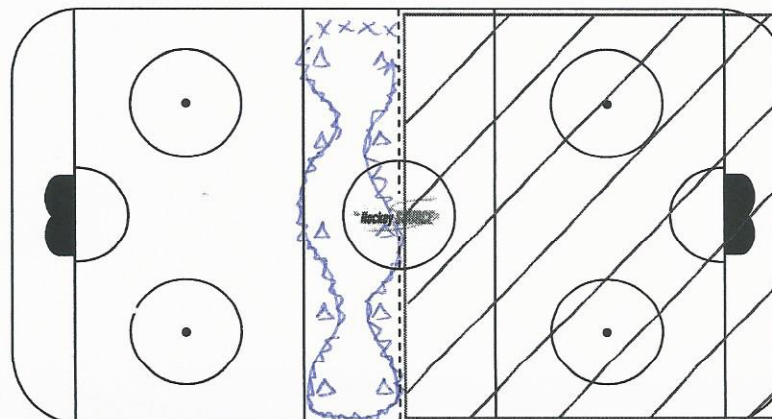
① X PASSES TO ©, THEN MOVES TO CONE

② © PASSES (GIVE N' GO) BACK TO X

③ X TAKES BALL AROUND CONE FOR SHOT ON NET.

Key points

Duration (min): 5 Running time (min) 20



Drill Name STATIONS

Description BALL CARRY/CONTROL

① BALL CARRY

↳ SIMPLE CARRY BACK/FORTH (x2)

② BALL CONTROL

↳ NAVIGATE CONES W BALL

Key points BEGINNER; JUST CARRY BALL W

BLADE, DON'T WORRY ABOUT STICKHANDLING.

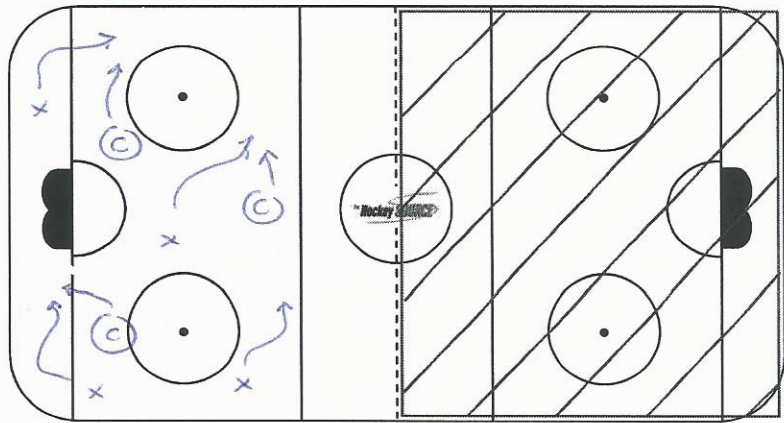
Duration (min): 5 Running time (min) 20



DRILL SHEET

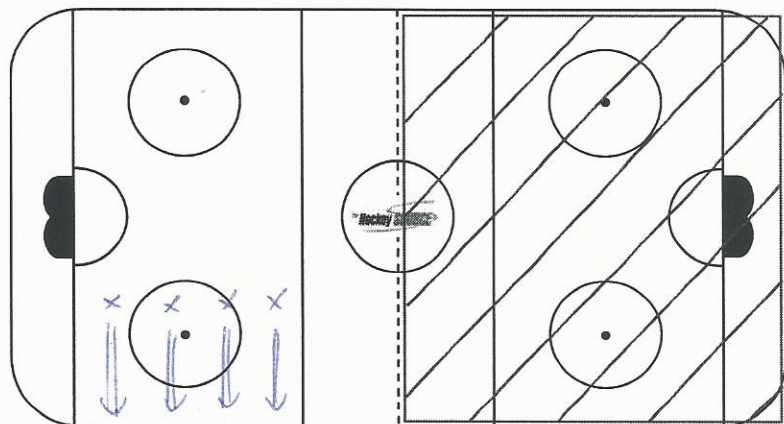
- LEGEND:
© - Coach
F - Forwards
D - Defense
G - Goalie
---> Passing
Stickhandling
||||| Cross-overs
Forward Skating
Backward Skating
Stopping
Shooting

Date: WEEK 5-6 Team: PRE-NOVICE Practice Time: N/A



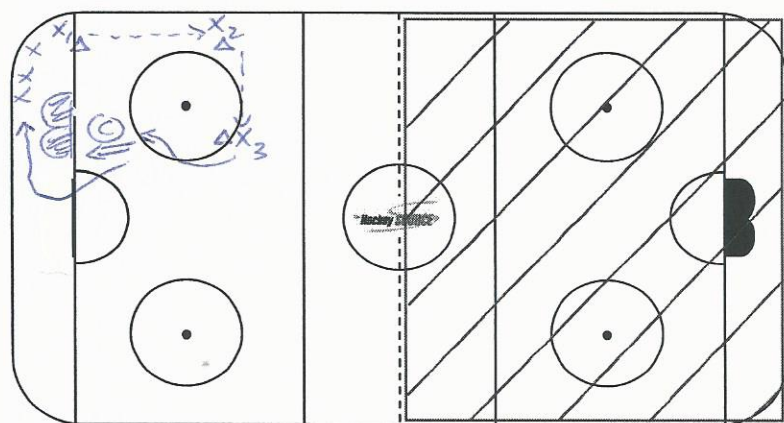
Drill Name WARM-UP
Description _____
(1) 3 RULES; HAVE FUN, TRY HARD, LISTEN!!
(2) 'TOILET TAG'
↳ WHEN TAGGED BY ©, PLAYER KNEELS
LIKE A TOILET & HOLDS OUT HAND AS HANDLE
WANTS TO BE 'FLUSHED' BY OTHER PLAYER
Key points _____
VARIATION OF 'FREEZE TAG' BUT MORE FUN!

Duration (min): 5 Running time (min) 5



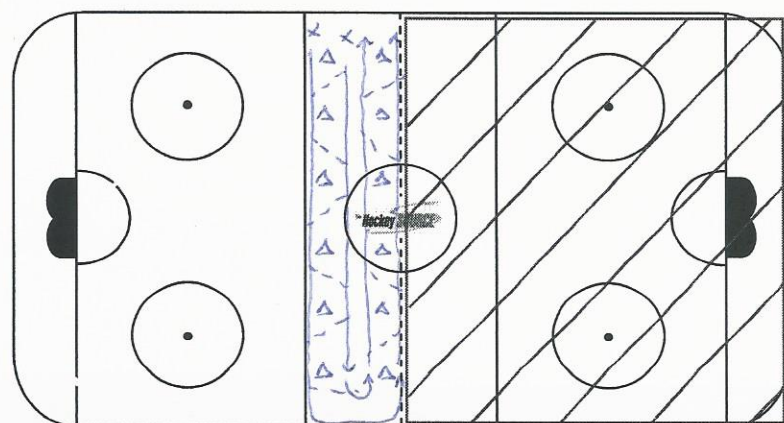
Drill Name STATIONS
Description SLAPSHOTS!! (AGAINST BOARDS)
↳ STANCE PERP. TO BOARDS, HAND POSITIO
↳ BALL @ MID-STANCE
↳ BLADE HITS FLOOR 1-2" BEHIND BALL
↳ USE STICK FLEX, FOLLOW THROUGH TO AIM
Key points DON'T SWING LIKE A GOLF CLUB,
SHOULD HEAR BLADE CONTACTING FLOOR

Duration (min): 5 Running time (min) 20



Drill Name STATIONS
Description 'PASS-PASS-SHOOT'
↳ X₁ PASSES TO X₂, X₂ PASSES TO X₃
↳ X₃ DRIVES TO NET THEN SHOOTS
↳ ROTATE; X₁ → X₂, X₂ → X₃, REPEAT
↳ © IS GOALIE
Key points KEEP LINE MOVING, EMPHASIS ON
PASSING THEN MOVING

Duration (min): 5 Running time (min) 20



Drill Name STATIONS
Description 'PAIRS PASSING'
↳ SET UP 2 LINES OF CONES
↳ PAIR UP PLAYERS AND HAVE THEM PASS
BACK/FORTH
↳ COME BACK TO START THE SAME WAY.
Key points DEMO FIRST, MOVE SLOW TO START,
RUN STRAIGHT, EASY PASSES TO START

Duration (min): 5 Running time (min) 20

* GAME *

DRILL SHEET

Date: WEEK 7-8 Team: PRE-NOVICE Practice Time: N/A

LEGEND:

© - Coach

F - Forwards

D - Defense

G - Goalie

--> Passing

~> Stickhandling

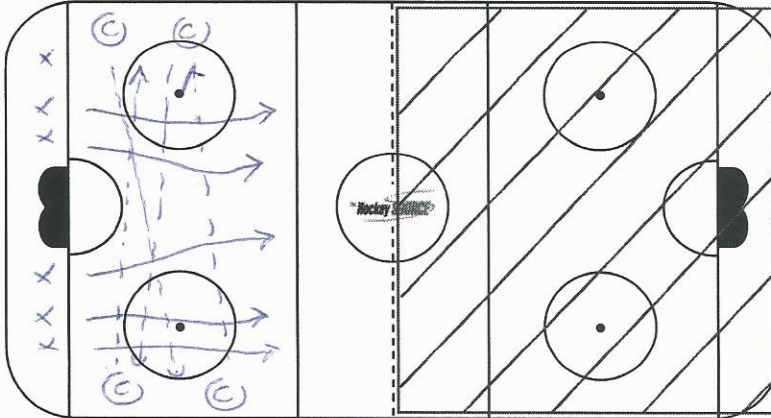
||||| Cross-overs

→ Forward Skating

~> Backward Skating

—|| Stopping

⇒ Shooting



Drill Name WARM-UP

Description

① 3 RULES; HAVE FUN, TRY HARD, LISTEN!!

② 'ASTEROIDS'

↳ PLAYERS RUN GL TO BL AVOID GETTING HIT

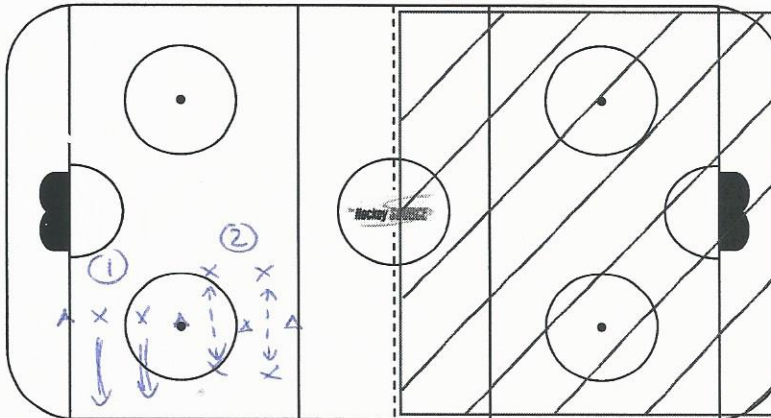
↳ ©'S PASS BALLS BACK/FORTH.

↳ PLAYERS HIT JOIN ©'S.

Key points

HAVE FUN! LAST PLAYER HIT WINS!!

Duration (min): 5 Running time (min) 5



Drill Name STATIONS

Description 'BACKHAND PASS/SHOT'

① SHOT AGAINST BOARDS

↳ SWEEP TECHNIQUE

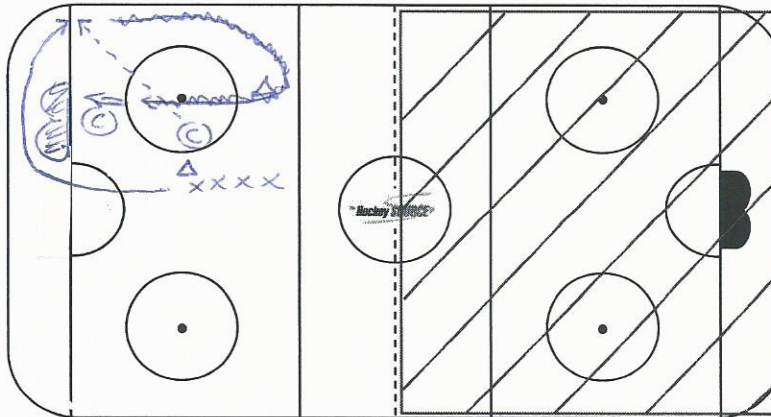
② B.H. PASS

↳ SAME AS F.H., USE BACK OF BLADE, AIM THEN FOLLOW THROUGH.

Key points

'NO HITTING' or 'SMACKING' BH'S.

Duration (min): 5 Running time (min) 20 *WATER BREAK



Drill Name STATIONS

Description DUMP N' CHASE

↳ © DUMPS BALL INTO CORNER

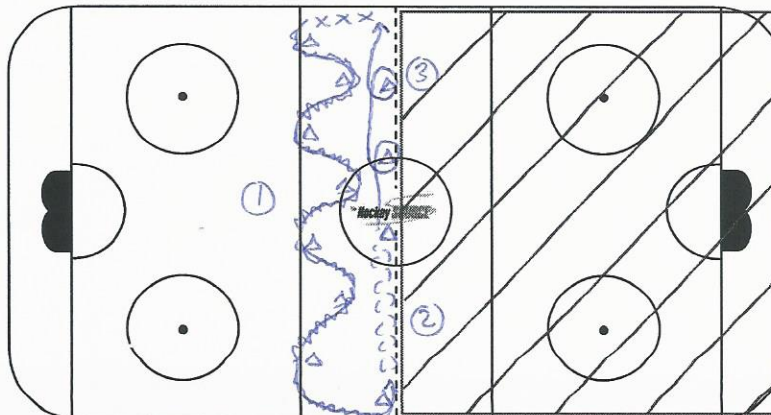
↳ X RUNS AROUND NET, PICKS UP BALL

↳ X CARRIES BALL AROUND CONE, SHOTS!

↳ © IN NET

Key points PICKING BALL OFF BOARDS, DRIVING TO THE NET, USE 2 ©'S FOR DRILL.

Duration (min): 5 Running time (min) 20



Drill Name STATIONS

Description 'OBSTACLE COURSE'

① NAVIGATE CONES W BALL

② BWDS W BALL

③ FULL 360° AROUND CONES

↳ TIGHT TURNS

Key points ROLL WRISTS, CUP BALL W BLADE

Duration (min): 5 Running time (min) 20



DRILL SHEET

Date: WEEK 9-10 Team: PRE-NOVICE Practice Time: N/A

LEGEND:

© - Coach

F - Forwards

D - Defense

G - Goalie

--> Passing

~> Stickhandling

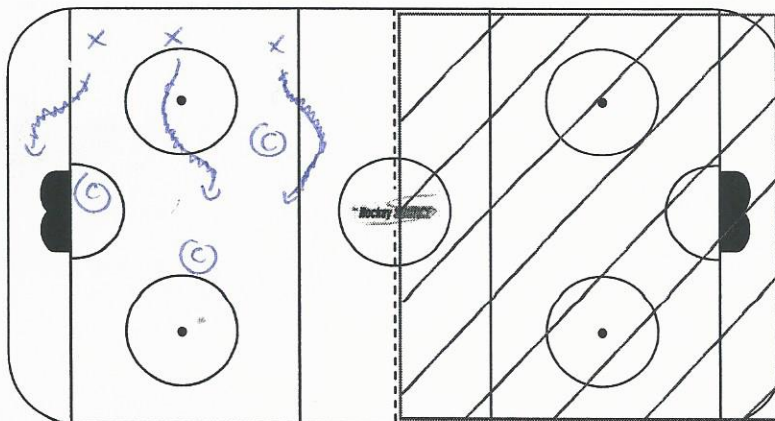
||||| Cross-overs

→ Forward Skating

~> Backward Skating

—|| Stopping

⇒ Shooting



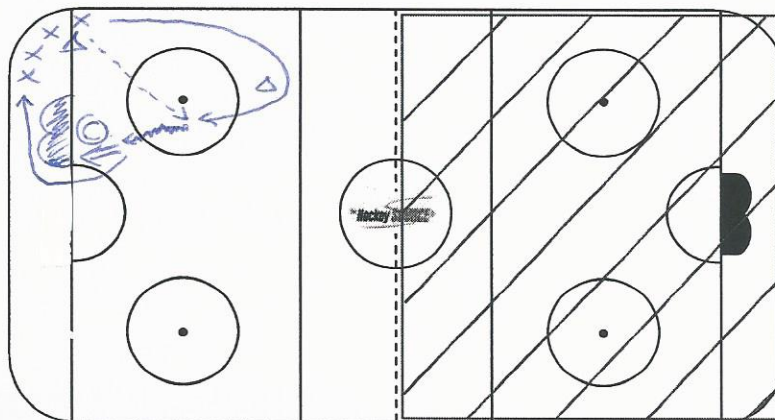
Drill Name WARM-UP

Description

(1) BRITISH BULLDOG' W BALLS
↳ SAME AS B.B., JUST CARRY BALL
TO OTHER SIDE W/O LOSING IT

Key points HAVE FUN!!

Duration (min): 5 Running time (min) 5



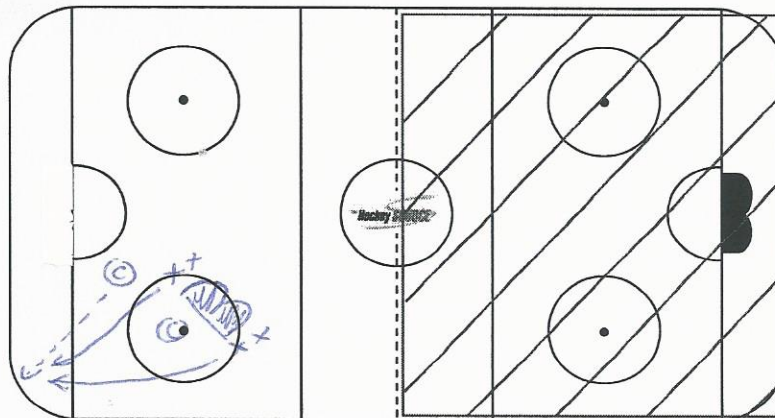
Drill Name STATIONS

Description HALF HORSESHOE

(1) X RUNS AROUND CONE INTO SLOT
↳ NEXT PLAYER PASSES TO X
↳ X SHOTS ON ©
↳ USE CONES FOR NET (NEED NET FOR 1 vs. 1)

Key points PASS AHEAD OF X, SLOW PASSES TO START, DEKE (or) SHOOT ON ©

Duration (min): 5 Running time (min) 20 *WATER BREAK



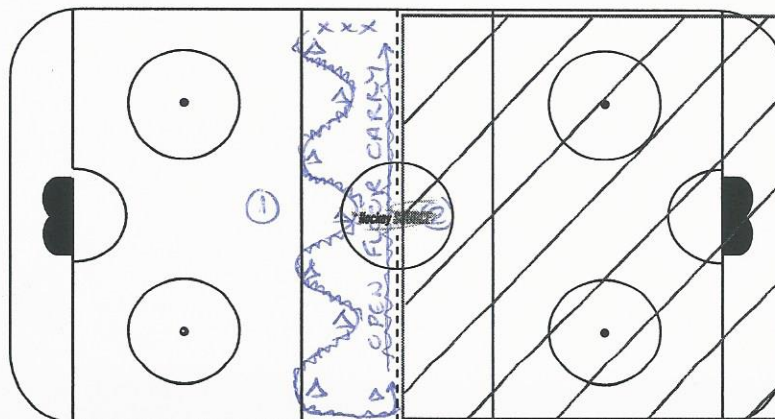
Drill Name STATIONS

Description 1 vs. 1 BATTLE!!

(1) © DUMPS BALL TO CORNER
(2) X₁ & X₂ RACE TO BALL FOR 1 vs. 1
↳ OFF: SHIELD BALL, PEEL OFF D, DRIVE TO NET
↳ DEF: STAY CLOSE, USE STICK TO GUIDE.
STAY BTWN OFF & NET.

Key points GET PLAYERS COMPETING FOR BALL!

Duration (min): 5 Running time (min) 20



Drill Name STATIONS

Description 'OBSTACLE COURSE'

(1) NAVIGATE CONES W BALL
(2) OPEN FLOOR CARRY W ONE HAND
↳ PUSH BALL FWD
↳ FULL SPEED

Key points SHOW SPEED DIFFERENCE W 2 HANDS ON STICK

Duration (min): 5 Running time (min) 20