



DRILL SHEET

Date: WEEK 1-2 Team: TYKES Practice Time: N/A

LEGEND:

© - Coach

F - Forwards

D - Defense

G - Goalie

--> Passing

~> Stickhandling

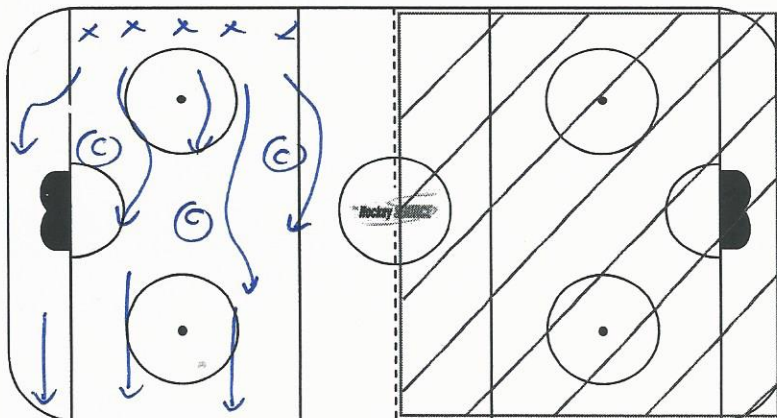
||||| Cross-overs

→ Forward Skating

~> Backward Skating

—|| Stopping

⇒ Shooting



Drill Name WARM-UP

Description

(1) 3 RULES; HAVE FUN!

; TRY HARD

; LISTEN TO COACHES

REMINDED
FIRST FEW
PRACTICES

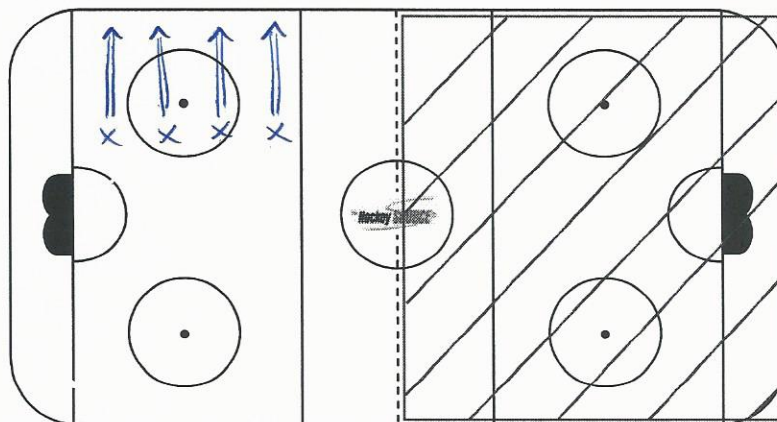
(2) 'BRITISH BULLDOG'

Key points

↳ © ARE BULLDOGS, CALL 'B.B.'

↳ PLAYERS RUN W/O GETTING TAG!

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



Drill Name STATIONS

Description 'SHOOTING' AGAINST BOARDS

(1) SWEEP SHOT; BALL IN BACK OF STANCE,

↳ SWEEPING MOTION, HAND POSITION, STANCE,

FOLLOW THROUGH AIM (PICK SPOT ON BOARDS)

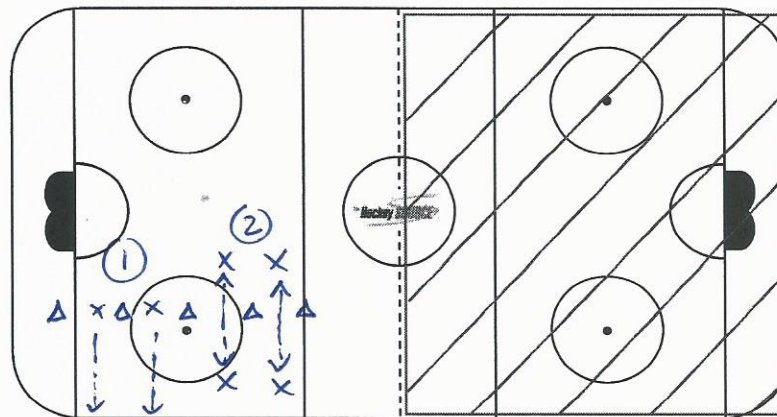
Key points FOCUS ON TECHNIQUE NOT HARDNESS

OF SHOT 'HEADS UP' WHERE POSSIBLE, STAND

PERP. TO BOARDS

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

*WATER
BREAK



Drill Name STATIONS

Description 'PASSING'

(1) PASS TO BOARDS (SOLO)

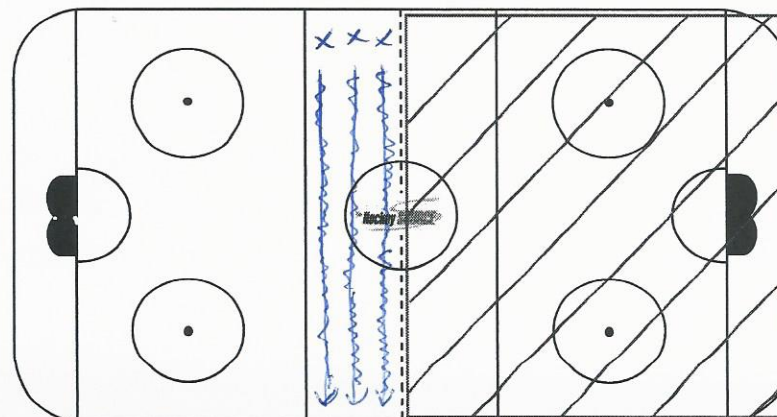
↳ STANCE, HAND POSITION, SWEEP MOTION,
FOLLOW THROUGH, NO 'HITTING' BALL

(2) PASSING IN PAIRS (ADVANCED)

↳ SET-UP CONES TO SPACE OUT PAIRINGS

Key points AIM TO LH/RH, NO 'HITTING'

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



Drill Name STATIONS

Description 'STICKHANDLE/BALL CONTROL'

(1) STATIONARY BALL CONTROL

↳ FRONT; SMALL MOVEMENTS

↳ FRONT; WIDE MOVEMENTS

(2) BALL CARRY; PUSH BALL TO OTHER SIDE

↳ GO BACK.

Key points HAND POSITION, TOP HAND CONTROL

BOTTOM HAND LOOSE, ROLL WRISTS

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



DRILL SHEET

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

LEGEND:

© - Coach

F - Forwards

D - Defense

G - Goalie

--> Passing

↔ Stickhandling

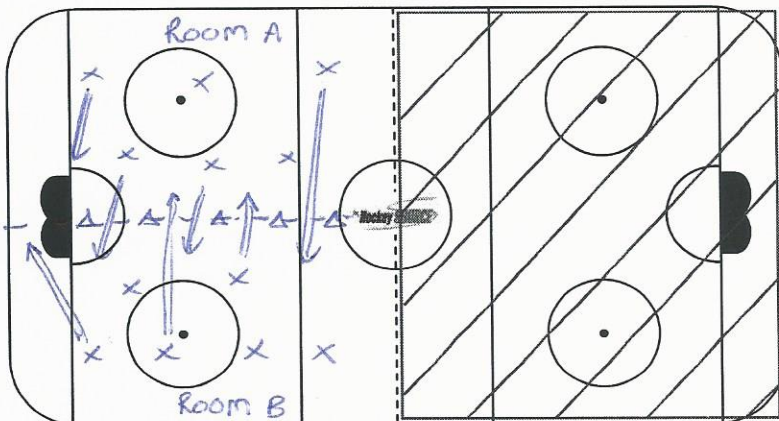
||||| Cross-overs

→ Forward Skating

↔ Backward Skating

—|| Stopping

⇒ Shooting



Drill Name WARM-UP

Description

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

② 'CLEAN YOUR ROOM'

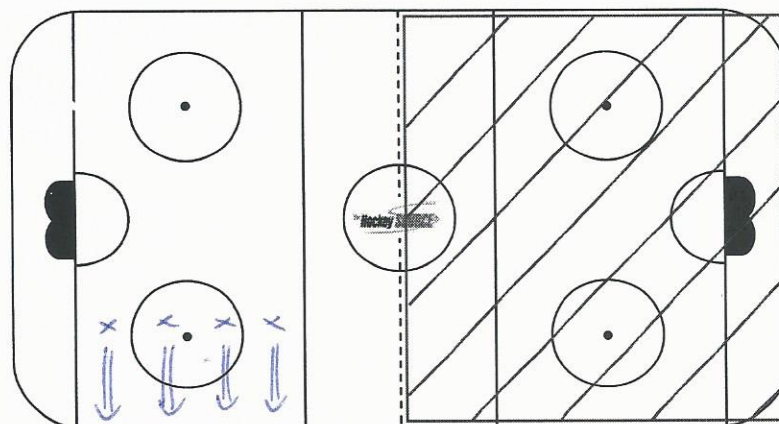
↳ PUT CONES IN A LINE TO SPLIT FLOOR

↳ 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

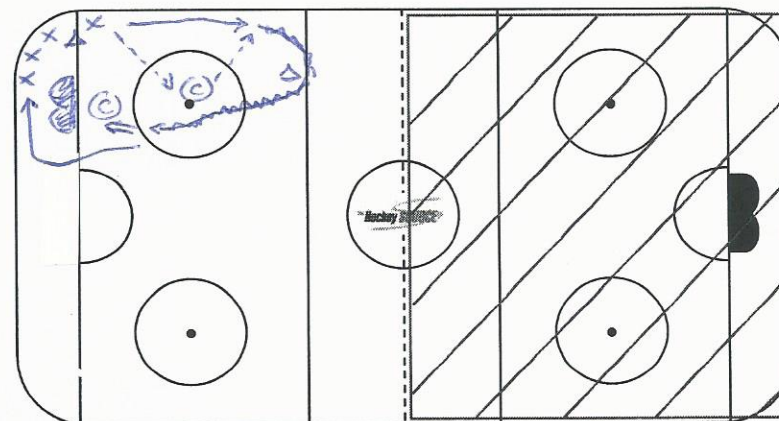
BACK TO FRONT FOOT, RELEASE POINT ON FRONT

↳ '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 ©

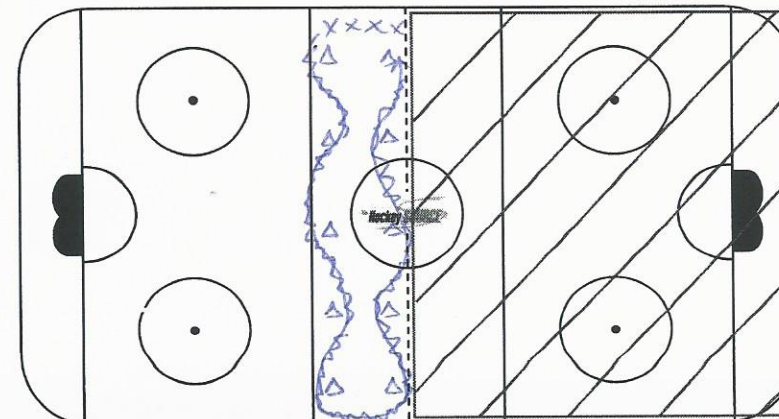
① X PASSES TO ©, THEN MOVES TO CONE

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.

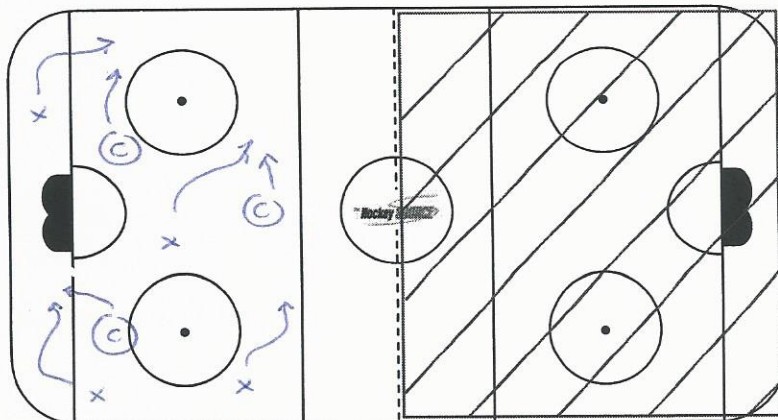
Duration (min): 5 Running time (min) 20



DRILL SHEET

Date: WEEK 5-6 Team: TYKES 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 _____

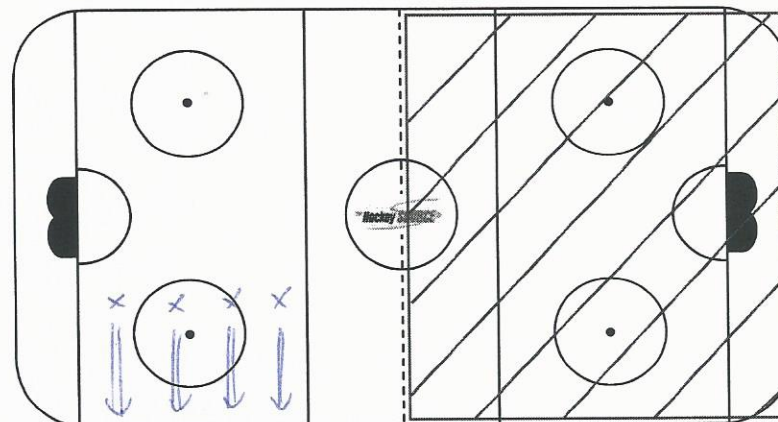
① 3 RULES; HAVE FUN, TRY HARD, LISTEN!!

② 'TOILET TAG'

↳ WHEN TAGGED BY ©, PLAYER KNEELS LIKE A TOILET & HOLDS OUT HAND AS HANDLE. WAITS 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 POSITION

↳ BALL @ MID-STANCE

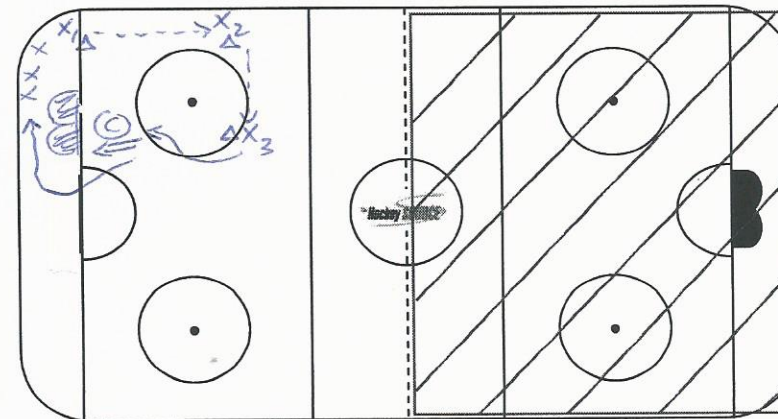
↳ BLADE HITS FLOOR 1-2" BEHIND BALL

↳ 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

*WATER BREAK



Drill Name STATIONS

Description 'PASS-PASS-SHOOT'

↳ X₁ PASSES TO X₂, X₂ PASSES TO X₃

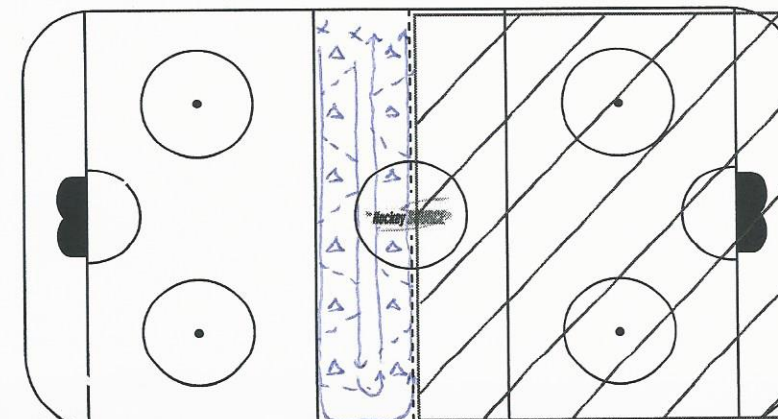
↳ X₃ DRIVES TO NET THEN SHOOTS

↳ 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

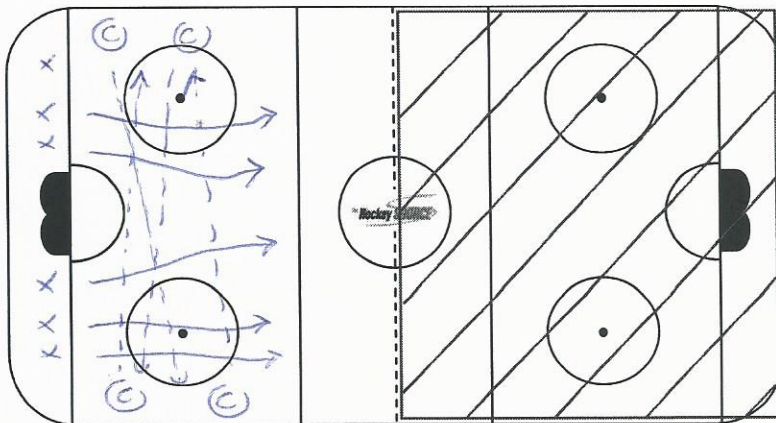
Duration (min): 5 Running time (min) 20



DRILL SHEET

Date: WEEK 7-8 Team: TYKES 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

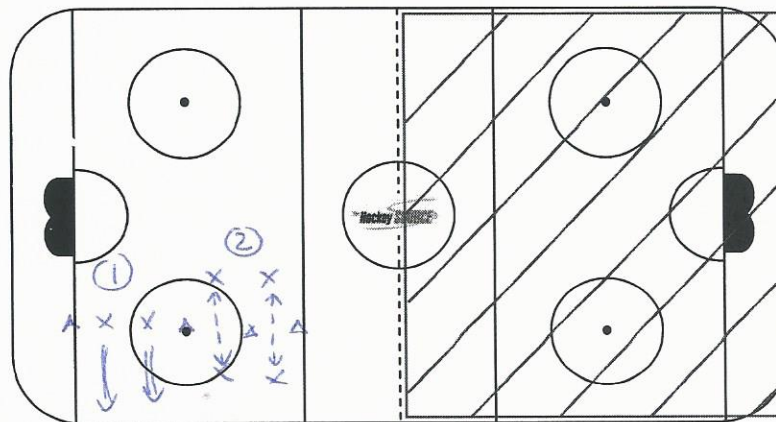
↳ ©'S PASS BALLS BACK/FORTH.

↳ 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

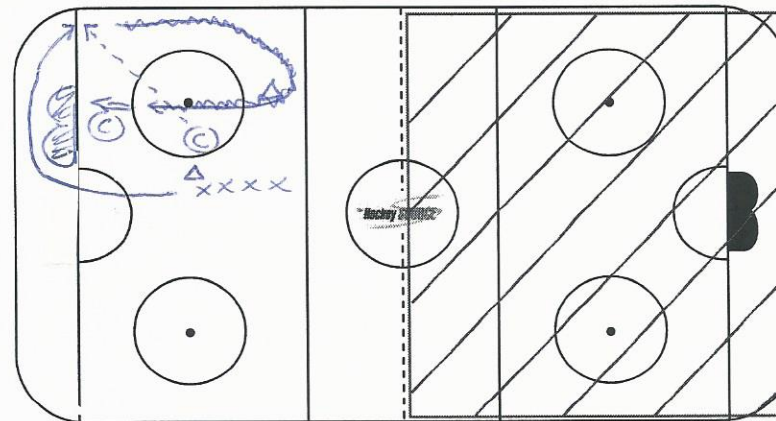
② B.H. PASS

↳ 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

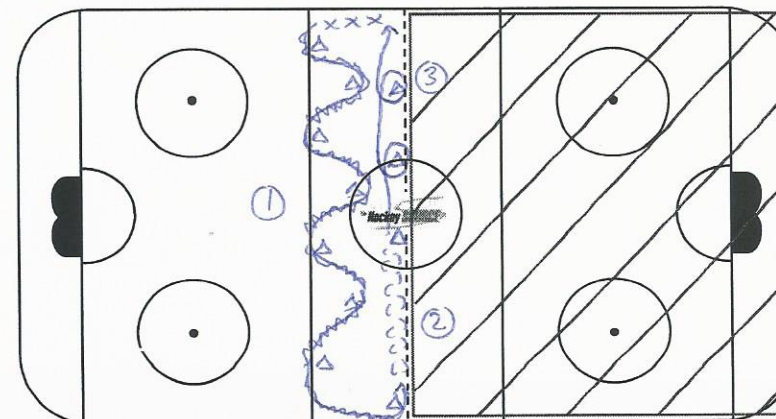
↳ X RUNS AROUND NET, PICKS UP BALL

↳ 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

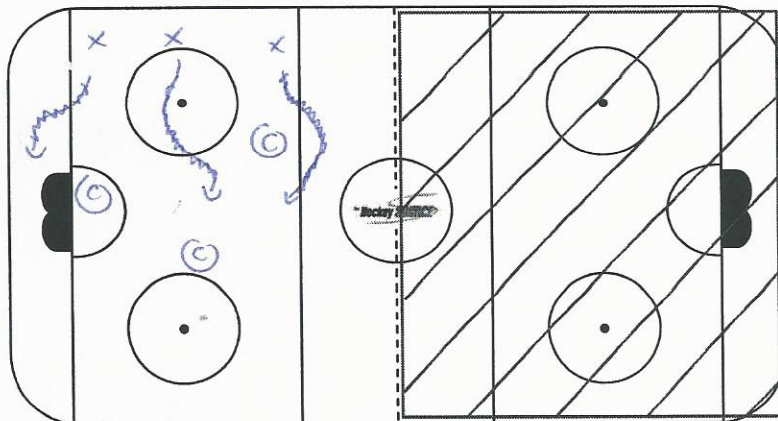
Duration (min): 5 Running time (min) 20



DRILL SHEET

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

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

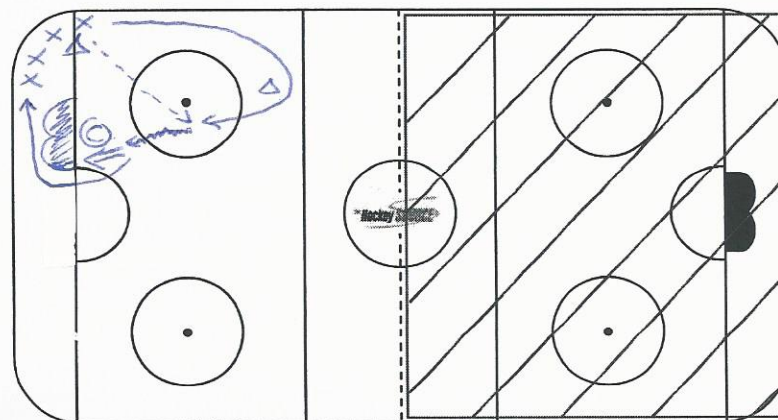


Drill Name WARM-UP

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

Key points HAVE FUN!!

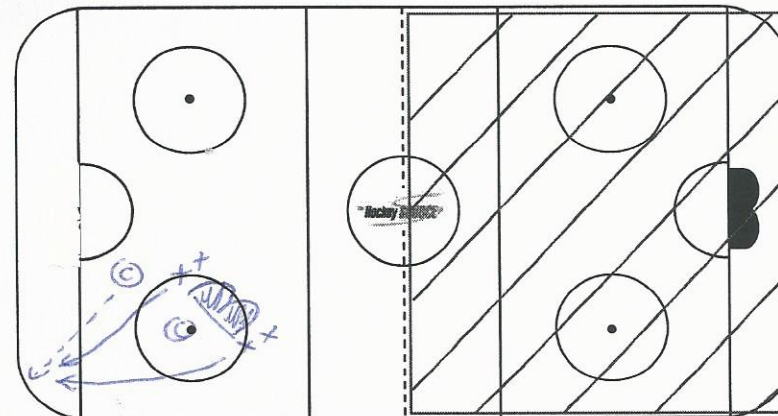
Duration (min): 5 Running time (min) 5



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 FER 1 VS. 1)
 (AIM)
 Key points PASS AHEAD OF X, SLOW PASSES TO START, DEKE (M) SHOOT ON ©

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

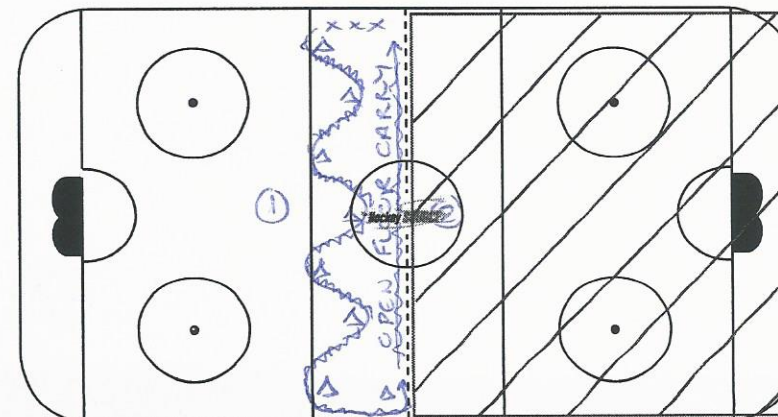


Drill Name STATIONS

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