

Practice Plan
U9/U11 - 2

Time	Drill	Pg.	Coaching Tips
00 to :10	Dodging, scooping and taking shots	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the field, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Three zone shooting	22	Quick shots are key
:35 to :38	Water break	-	-
:38 to :45	The Gauntlet	11	Quick sticks and good position
:45 to 1:00	Four pair scramble	12	Fight for position on the ball
1:00 to 1:10	Diagonal passing	23	Got to keep your head up
1:10 to 1:20	Slide stack drill	32	Players need to know where to go
1:20 to 1:30	Four corner slide	33	Need to communicate
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Four corner shooting	31	Quick shots and the goalie needs to get position
1:45 to 1:55	Perimeter pass and shoot	25	Quick passes to stretch the defense
1:55 to 2:00	Cool down	-	Stretching, and taking a few shots



Inside out with defender

Similar to the drill in the last skill section, but this one has the added element of a defender.

What you need – Set up an area about 20 yards by 20 yards. Have 5 players on the outside, with 8 players on the inside. 5 players on the inside will be pass receivers, while three will be defenders.

How this drill works – There is going to be a lot more action in this drill, so it is important that players learn to keep their heads up and keep their minds in the action.

The three defenders will provide half resistance and will be more bothersome than anything else to start this drill. But, as players become more comfortable with the drill, then defenders should start to put increasing pressure on pass receivers and pass makers to come up with good moves and to use shielding techniques.

Each time a pass is made to the outside the players switch spots and then outside player (who is now inside) tries to do the same thing – pass it to a player on the outside.

Result – This drill will help players develop the skill to pass, carry and receive under defensive pressure.



Three zone shooting

Players should get used to shooting from more than just the slot area.

What you need – Set up three cones, each about 10 to 15 yards from the net. You can have players at all three cones, with a couple of balls at each cone. You can have a goalie for this drill if you like.

How this drill works – This is a basic drill, but it is extremely valuable in the development of the player – especially the attackers. At each pylon players will scoop up the ball and take a shot. Once they take a shot at one area, they will rotate to another area.

If you have two goalies, you can set up two groups to provide for more repetition for the player.

Result – Increased shooting skills.



Ball protection

Protecting the ball is essential in maintaining control.

What you need – Two defenders and an offensive player that will carry the ball toward the net.

How this drill works – The two defenders will line up in front of the net, but they will be facing each other, not the player that is carrying the ball. There is about 5 yards between them.

The player with the ball will attempt to run through the two of those defenders while keeping the ball under control. The defenders will make half attempts to disrupt the offensive player's control and to dislodge the ball. Stress the half-attempts as the drill is for the offensive player more than the defensive player.

Later, you can add a final defender (or even a goalie) to get past, while the player takes a shot.

Result – Players will build their resilience to outside interference from opposing players, allowing them to hold on to the ball better when pressured.



The Gauntlet

Scooping while running through traffic is a good skill to master

What you need – You will need 5 players and a couple of balls. We will illustrate the set up below.

How this drill works – It teaches players to scoop the ball while there are sticks in the area. The players should be set up as follows:

		C	
A B			E
		D	

The ball is placed between player C and D, with players A and B and C and D about 10 yards from each other, and then player E is about 15 yards away from C and D. C and D have their sticks crossed over the ball.

Here's how the drill works – Player B starts by running through the sticks of C and D and scooping the ball and he or she veers to the right (or left) and they will

pass it to E. Then E makes a quick move, runs with the ball and then passes to C.

E then replaces C and C goes down to the initial line to go behind A. So now, D and E are crossing sticks, A is going through them and B is where is started. You can continue running this drill until all of the players have had a few chances to go through.

Result – Player will learn to deal with stick traffic and they should build their ability to control the ball under pressure.



Four pair scramble

Offensive and defensive player will be matched in their ability to get the ball.

What you need – Match up four pairs of evenly matched players. You can include a goalie in this drill as well. They should be in the corners of a 20-yard by 20-yard square area.

How this drill works – All of the players will be in their respective corners, and the coach will be on the outside of the box. The drill begins when the coach rolls the ball to a certain corner.

At this point, the offensive and defensive players will battle for the ball until one player comes up with it. Once this happens then the following play ensues: If the defender get the ball, the rest of the defenders on the court will move the ball around until they can get the ball safely to the goalie and then clear the ball back to the coach.

If the offense wins, then they must try to move the ball around to get a shot on goal.

Result – This will aid players in developing the skill of fighting for the ball and gaining control of it while being pressured by other players.



Quick scoop drill

This drill works on agility and quickness for scooping the ball.

What you need – You should have four players, two on each side, with one player in the middle. The initial four players will be facing each other, staggered about 10 yards apart, with about 15 yards in between them. It should almost be like a zig-zag pattern.

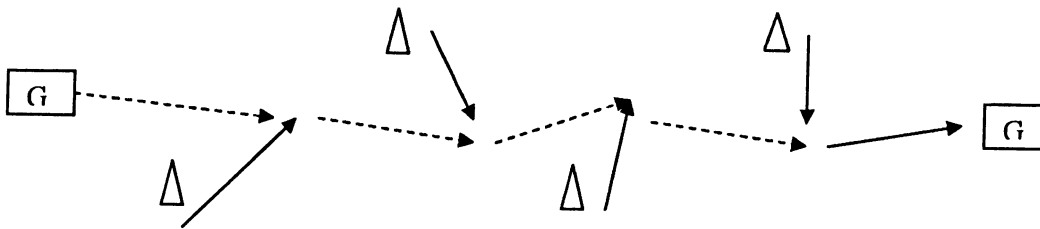


Diagonal passing drill

This is a quick passing drill that will be a good one for players to master

What you need – Set up four pylons about 30 yards diagonally apart. (See diagram), two goalies should be at each end. The entire distance of this drill will be about 60 to 70 yards. Two players will be at each pylon in order to keep the drill going continuously.

How this drill works – See diagram below and then corresponding explanation.



The goalie starts with the ball, and once the coaches whistle blows, the first players (at the first pylon on the left) breaks toward the center to receive a pass, then the player at the next pylon breaks to receive a pass from the first player. This goes on down the line.

Above, the receivers are marked with a solid line and the pass is denoted with a dotted line.

Result – This is a quick passing drill that works on a player's quick passing, catching and releasing skills.



Pass and dodge

This is a great deal to continuously work the ball back and forth using a dodge technique.

What you need – Place two cones about 15 yards apart with two players behind each marker. You will need one ball for this drill.

How this drill works – This is a challenge drill that helps players work on their passing under pressure and their dodging to make the pass skills. Players A and B will be on one side and C and D will be at the other.



Around the world

This is a quick passing drill that illustrates the importance of good movement off of a basic offensive situation.

What you need – The set up for this drill is as follows: one attacker behind the net, one on each side, and three midfielders across the restraining line.

How this drill works – The play begins with the first midfielder on the left. The middle midfielder moves forward in front of the net, and the drill begins with a pass from the left midfielder to the right midfielder.

Then, it is down to the right attacker, to behind the net, to the left attacker. After the first midfielder makes the first pass, he goes to set a screen for the far right midfielder, who uses it to cut through the middle to receive the final pass from the left attacker (after it has gone 'around the world'). The midfielder takes the shot, using the center midfielder (in front of the net) as a screen.

Result – Your players will understand and appreciate the need to move the ball quickly, and they get the experience of using a formation to create offense.



Slide stack drill

This helps defenders work together to put pressure on attackers that outnumber them.

What you need – Create a 10-yard by 10-yard square with two defenders in the middle and four attackers on each of the outside corners.

How this drill works – It starts with a single pass from one attacker to the other. At this point, the first defender takes up a position to pressure the attacker, while the other defender stays in the middle to protect against the pass across.

Then the pass goes down to the next corner and the roles are switched. The middle defender goes to the corner and the other defender shifts to the middle. The next pass goes and the defenders switch again.

To make it more difficult on the offense, you can add in a third defender.

Result – Quick passing and good defensive communication is created with work in this drill.



Four corner slide

This is another communication drill for defensive players

What you need – Create a 30-yard by 30-yard square area, with an attacker and defender at each one of the pylons outlining the area. You can have a goalie in this situation if you want to add in shots later.

How this drill works – Each offensive player has a ball to start, but only one offensive player moves to start this drill.

The offensive player makes a quick move to attack the goal. The first attacker provide a little bit of resistance, but the drill is more intended for the other defenders that are to communicate their sliding over to help their fellow defender.

The defenders should protect passing lanes, but also try to provide resistance against shots on net. The defenders must try to prevent passes or shot – and this drill continues until any shot, goal, save or steal takes place.

Result – It gives defenders an opportunity to learn to communicate with one another.



Off-side screen pass

This is a basic tactic that a team will incorporate into many offensive plays.

What you need – This can be set up as a three on two for the offense, with three attackers and two defenders.

How this drill works – This is a simple screen play. One attacker brings the ball into the offensive zone on the right or left side of the field. A defender will typically engage this first attacker, so then a screen is set by one attacker, for the other (without the ball), and then the pass is made for the shot.

Defenders should try to fight through the screens and provide resistance to the attackers. This can be a good drill for both sides as it gives each side the opportunities to face real game-like situations.

Result – The more game-situations you put your players in, the better their chance of being successful in those situations.



Full field fast break

This will help players develop quick breakout and attack skills included in the fast break.

What you need – At each end, in front of the goal, you will have 3 attackers and two defenders. Staggered through the middle are four midfielders, with two on each side, separated by about 10 yards.

How this drill works – The goalie on one end starts the play by passing to the nearest midfielder. Then a tic-tac-toe type of play takes place, with the midfielders moving up the field with crossing passes, until it gets to the last midfielder at the opposite restraining line.

At this point, the midfielder brings the ball in, and he has three offensive options to pass to, with two defenders guarding those options. Play goes on until a shot, and save or goal happens.

Result – Experience with a fast break and then a quick attack off of the fast break.



Four corners shooting

This is a typical offensive situation that teams will run into and quick action will help players take advantage of the situation.

What you need – You need three defenders stationed in front of the net in a triangle formation. You will have one attacker in each corner of the offensive zone, and two midfielders at the restraining line.

How this drill works – One of the midfielders will start with the ball and will penetrate into the offensive zone. At this point one of the defenders will engage the midfielder, leaving him or her with three passing options.

The idea is to gain the zone quickly, and then make a pass once engaged in order to set up for a quick shot. The players will have 10 seconds from the start of the drill to get a shot on the goal. A goal scores one for the offense, a stop scores one for the defense.

Result – This is a good game situation drill for both the offense and the defensive players.



Midfield dodge and shot

This is similar to an earlier drill, only it is performed from the mid-field area.

What you need – Set up three pylons at the restraining line, where the midfielders might penetrate. At each pylon are a midfielder and a defender. You will need a goalie in the cage for this drill.

How this drill works – It is very similar to the above drill when the attackers would use the dodge technique to get in position to take a shot. Only this time, the midfielders have 5 seconds to take execute a maneuver and then take a shot.

The goalie will call out which side – left, center, right – starts first, and then the corresponding stations will follow.

Result – This is another dodge and shoot drill that will be very effective for you midfield players.



Perimeter pass and shoot

Quick passing to set up an open lane to shoot is crucial to gain good scoring opportunities.

What you need – Set up three attackers and three defenders in the offensive zone, with a goalie in the net. There is one ball in this drill.

How this drill works – Perimeter passing can help to open up holes in the defense to take a quick shot at the net.

In this drill, the three attacking players will stay on the perimeter and they will pass it quickly back and forth between one another while staying on the perimeter. The key to this drill is to make quick, accurate passes so the attackers can make the defenders stretch to the point they can open up a seam to make a quick dodge and take a shot.

Coaches should watch that the players are using proper technique in passes, catches and using good dodging techniques before taking the shot. The offense has 10 seconds to try and stretch the defense to the point where they are able to get a good shot on net. One point for a shot on net or a goal, or one point for a defensive play preventing a shot or goal.

Result – This is good one on one work for players, and it also work on a variety of other skills.