



Shoulder, Shoulder, Stick

Appropriate Age Group: 5-12

Skill(s) Practiced: Dodging, Stick Protection, 1v1 Defense

Drill Duration: 5 minutes

Resources: Cones, Sticks, Balls,

Description: Just like Pinnie Tag, except now the player will hold a ball in their stick, trying to maintain Shoulder, Shoulder, Stick protection. If they drop the ball and their partner picks it up the partner gets a point. If the partner can tap their stick with their hand, the partner gets a point. Once a partner reaches 3 points, they switch roles.

Progression(s): Alternate top hands on the stick. Alternate player roles.

Drill Diagram:

