



Cone Smashers

Age Group: 6-10

Skill(s) Practiced: Dodging, Stick Protection

Drill Duration: 5 minutes

Resources: Cones, Sticks, Balls

Description: The coach will set up several sets of flat cones, mimicking the footwork patterns of a right and left handed face dodge. The players will be divided up into groups of no more than 3 players per set of cones and will go through the footwork pattern, smashing the cones as they go. Make it a relay race to see which group can get done first.

Progression(s): Switch top hand on the stick. Add a ball and a shot. Change dodge types used.

Drill Diagram:

