

Fundamental Skills for Success at Any Level

Erica Bamford, Yale

STICK SKILLS	POINTS OF EMPHASIS	DRILL
Proper Grip & Hand Placement	Two types of grips: Inside and outside grips Shoulders/hips will be turned for outside; square for inside	Partner Passing
Cradling	Stick horizontal Bottom hand is more of a pivot point Loose grip Ball control is key	360 cradling Stick work circles/Cs Stick work protection
Catching & Throwing	Avoid the wrap catch Stickwork is only as good as your footwork Not a big fan of wall ball Eliminate shuttles Eliminate unnecessary cradles	Tennis Ball Partner Passing Box passing
DEFENSE	POINTS OF EMPHASIS	DRILL
Basic Lateral Footwork	Hide your hip Slide without crossing or clicking	Two cone drill
Closing the Space & Making Contact	Approach as the ball is in flight Breakdown feet and establish angle Defensive schemes may vary Play to your personnel's strengths Take something (not everything) away- PROMOTES TEAM DEFENSE Avoid the flip flop	1v1s with three cones
Defending a cutter	Similar to 1v1 on ball defense Classic triangle: Defender, ball, attacker Redirect the cutter Take something (not everything) away	Start small with 5v5 attackers passing Build to a 2v2, 3v3 in a small space
Double Teams	CONTAIN, CONTAIN, CONTAIN Do not get beat to the outside Do not get beat to the inside Check mark technique The days of body and stick are long gone	DAD Drill, Must GO Drill

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Frontside defender gets the roll, backside protects the goal

OFFENSE	POINTS OF EMPHASIS	DRILL
Dodging	Catch with hips to the cage Find the open space Evaluate the defender (is she on an angle, is she flat? How far is she extended) Set up the dodge Change speed, change direction Lean to the cage	Dodging at the cones
Cutting	Evaluate the defender (is she on an angle, is she flat? How far is she extended) Back door, front door, X cut, flash, S cut Cutters should have their eyes on the feeder and be an option at all times	4v4 around the crease 2v2s
Feeding	Footwork is critical Create a consistent lane with your hands and feet Drive and feed (Driving hands v feeding hands) Quick release of the ball is critical Feed the ball to space for the cutter to run on to	Feeding at the cones Feeding from X to one unmarked cutter
Shooting	Evaluate the distance of the shot from the goal Determine inside or outside shot Adjust grip and body Evaluate the goalie (how far out is she? Is she easily baited by fakes?) Place the shot based on the goalie evaluation	Sweep shooting drill 3v2s around the cage 3s on half
KEYS	There are many different schemes and strategies. They are not right or wrong. No two situations are exactly alike. The better the athlete's fundamental skills, the better she will be at adapting the game	