

Activity	Activity Description	Diagram	Coaching Points
<b>Partner "Passing"</b>  10 min	As players arrive: Partner "passing". Have cones set up approximately 5-6 yards apart, and have the girls throw the balls to each other. Explain to them to use the techniques used last week. Catch the ball softly and let them work on lining the stick up with the ball and attempting to catch. Do not expect a lot of them to actually catch.		Walk around and coach the triple threat position and a soft catch. Reinforce ground ball technique from week 1.  Introduce throwing and catching in a more formal way. <b>Throwing:</b> Players bring their stick to "triple threat" position (Top elbow and shoulder are at 90 degrees. See skills video <a href="#">HERE</a> (will link to video))
<b>Dodging Lines</b>  10 min	Set up 6 cones in a straight line, about 5 yards apart from each other. Players line up on cone 1. Each player will go through the line, dodging at each cone and cradling back to the end of their line. Dodges: <ol style="list-style-type: none"> <li>1. Pull Dodge (R/L)</li> <li>2. Split Dodge (alternating)</li> <li>3. Face Dodge (R/L)</li> <li>4. Re-dodge (R/L)</li> </ol>		Reinforce the players exaggerating the dodge, so that they learn the motion of the stick.  Reinforce them CRADLING back to the end of their line so that they get practice running and cradling.
<b>Coach Toss → Cradle and Dodge → Shoot HIGH</b>  12 min	Progression of drill from week 1. Coaches have the ball and toss it to the players. Cradle 2 or 3 steps. <ol style="list-style-type: none"> <li>1. Bring the stick up to "triple threat" position and <b>shoot high</b> on the goal. *Shooting high reinforces a similar follow through as a pass, so they are practicing a high release on the ball, which will help with both shooting and passing*</li> <li>2. Coach soft tosses the ball to the players sticks, building their confidence in the catch.</li> </ol>		<b>Catching:</b> Players want to keep their sticks open to the front and present them to the passer. The beginner players can catch the ball down low to start and get the feel for the soft landing of the ball in their stick. As they progress, reinforce the players catching the ball up by their shoulder and giving back.
<b>Give and go with coach and Shoot HIGH</b>  12 min	Players line up in front of the goal with a ball. <ol style="list-style-type: none"> <li>1. Girls cradle twice and pass the ball to their coach standing off to the side.</li> <li>2. The coach ROLLS the ball back/</li> <li>3. Player picks it up, bring it to "triple threat" position and shoots <b>HIGH</b> into the net</li> </ol>		Every time the player has to pass or shoot, reinforce them bringing it up to "triple threat" position prior to releasing the ball.  Reinforce a proper ground ball.
<b>Ground Ball Relay Races</b>  12 min	Set up 2-3 lines in front of the goal. Place a pile of balls 5 yards in front of each line. The first player in each line has to go pick up the ground ball, cradle to goal, and shoot. The ball must enter the goal prior to them running back and tagging the next player in line. First line to 5 goals wins.  MAKE IT FUN!		Relay Options: <ol style="list-style-type: none"> <li>1. Ground balls</li> <li>2. Players start with a ball and have to dodge a cone.</li> <li>3. Players have to start with a self toss and catch before they run to goal.</li> </ol>