

Mother of all Lax drills (Give and Go)

- 1 5+ man Shuttle
- 2 Drop-p/u
- 3 With Spin or fake
- 4 Add defense (1 cross check)
- 5 3-man shuttle
- 6 speed
- 7 accuracy
- 8 good warm up
- 9 add defense
- 10 4 corner pass
- 11 5 corner pass – 1 ball
- 12 5 corner pass – 2 balls

- 13 Give and Go
- 14 2 lines – page 21+
- 15 3 line weave
- 16 Introduce Screen
- 17 Introduce Picks
- 18 Break-out Basic
- 19 Transition Basic

- 20 2 on 1
- 21 3 on 1
- 22 4 on 2
- 23 5 on 3
- 24 3 on 2
- 25 4 on 3
- 26 5 on 4 – Specialty Teams

Loose Ball

- 27 1 on 1
- 28 In the corner
- 29 along the boards (L and R)
- 30 open floor
- 31 2 on 2
- 32 winner on offence, loser on defense
- 33 winner on defense, loser on offence
- 34 games (defense/offence)
- 35 Gain the Circle
- 36 Clear the Circle
- 37 Run the Weave
- 38 Run the Weave with Steer Check

- 39 Run the Weave with cross check
- 40 Run the Gauntlet (supervise carefully)
- 41 Stick length from boards
- 42 Can't move feet
- 43 3 on 3
- 44 4 on 4
- 45 4 on 4 with transition
- 46 transition drill
- 47 defensive positioning
- 48 offensive drill

1 on 1 Defense Drill

- 49 position play
- 50 Floor position
- 51 1 on 1 defense drill
- 52 Zone
- 53 Checking inside the 24ft. vs. outside
- 54 get back
- 55 Man to Man
- 56 Sag Defense
- 57 Double Team Defence
- 58 Get back when to fore-check
- 59 Transition
- 60 Short man

Four Corner Passing

- 61 passing the ball around a square
- 62 2 players in each position . Pass , follow the ball and go to the end of the line
- 63 change direction

- 64 moved the square closer together , farther apart

- 65 hold on catch, sprint a short distance, quick pass Make them wait to catch the ball then sprint a short distance then pass.
- 66 catch on the run
- 67 Catch & Pass over the shoulder

Pick & Roll

- 68 here's what it looks like (introduce 24 variations)
- 69 pick at the top and roll
- 70 pick in a corner and roll

- 71 pick and roll and receive pass to shoot from all locations
- 72 3 on 2 pick and roll from all locations
- 73 pick and roll off the ball
- 74 loose ball in corner, pick and roll , shot
- 75 1 set motion offense

The Weave

- 76 run the gauntlet
- 77 run the gauntlet against the wall

- 78 run the line (slow jog weave through with all or over shoulder pass)
- 79 2 on 2 half floor
- 80 3 on 3 half floor
- 81 4 on 4 full floor

Shooting

- 82 combine with goalie coaching
- 83 overhand
- 84 bounce
- 85 stationery
- 86 on the run

Breaking Out / Transition

- 87 Goalie makes save and passes to player at face off circle who runs to the other end. Add defense? Passes?
- 88 Defense sets up the house. You walk then through where they go when the goalie makes a save.
 - 2 to the face off circles (1 on each side) one center of the defensive end half way to center of floor,
- 89 2 fast breaking. Goalie passes up the sides! To the face off circles. 2nd pass should hit the center face
- 90 off area. 3rd to one of the other players up floor. This is the 3 pass, fast break. By the end of the year your team should be doing this.
- 91 matching up
- 92 man on man

Special Situations

- 93 10 sec remaining
- 94 45 sec remaining
- 95 Pull Goalie

Conclusion

- 96 Aerobic running (with ball) upto 20 min
- 97 wind sprints (See Running Program)
- 98 stretching at center floor
- 99 talking about next game/practice
- 100 socialize