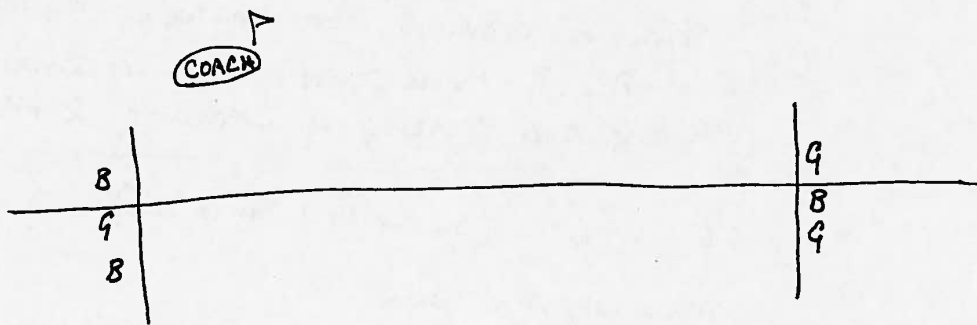


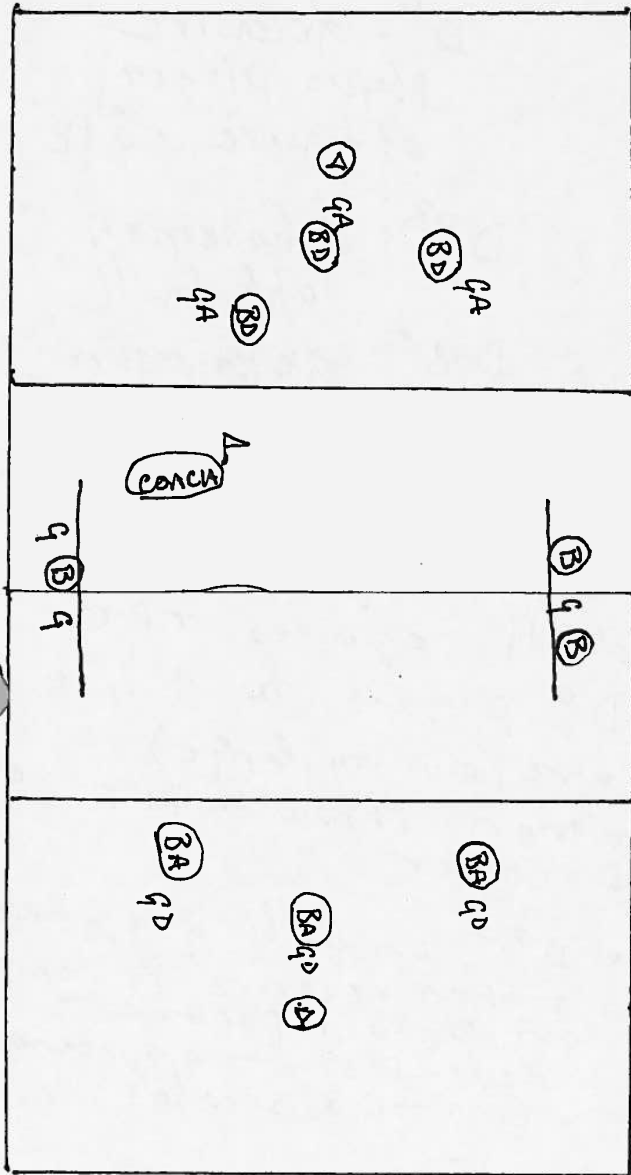
Hoya Drill

- FULL FIELD TRANSITION DRILL THAT ENCLOSES SOME
 - GROUND BALL WORK FOR MIDDIES
 - SPONTANEOUS AND UNPREDICTABLE UNSETTLED SITUATIONS
- DRILL BEGINS WITH A TWO ON ONE GROUND BALL AT MIDLINE



- 2 ON 1 GROUND BALL AT FACE-OFF WING, WINNING TEAM TURNS TO ATTACK THEIR GOAL (IF THE 1 BEATS THE 2 YOU CAN DOUBLE BALL)
 - THE 3 GUYS ON THE OTHER WING ARE RELEASED ON THE FIRST PASS, ALLOWING FOR HELP TO ARRIVE AFTER INITIAL TRANSITION PLAY.
- THIS DRILL OFFERS ALMOST INFINITE VARIETY IN THE SITUATIONS THAT OCCUR, WHILE AT THE SAME TIME GIVING YOU MULTIPLE REPETITIONS ON THE FUNDAMENTALS OF TRANSITION PLAY.

HOYA DRILL



• You Can Get:

4 v 3

5 v 3

5 v 4

6 v 4

6 v 5

• You ALSO GET WARM ON

THE TRANSITION FROM

UNSETTLED TO 6 v 6

• WE PLAY THROUGH THE

• INITIAL TRANSITION

• SUBSEQUENT 6 v 6

• DEFENSIVE STOP TO CLEAR

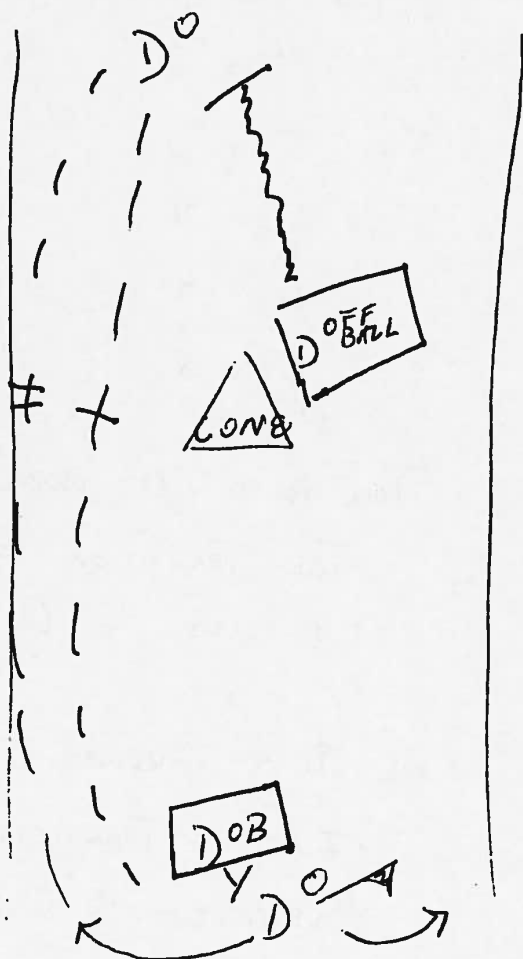
(UNLESS THE BALL GOES
OOB TO THE DEFENSE)

• DEPENDING ON WHAT YOU WANT OUT OF THE DRILL YOU
CAN STOP IT WHENEVER YOU WANT

• THIS IS A GREAT "COMPETITION DRILL", GIVING POINTS
FOR WHATEVER PHASE YOU ARE EMPHASIZING

TOPIC: ONBALL/OFFBALL

"Cylinder"



D^O = defensive
players playing
offensive role

D^{OB} = defenseman,
off ball

D^{OB} = defenseman
on ball

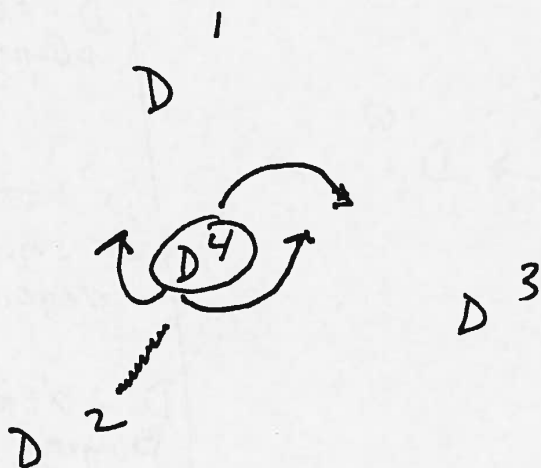
Executing The

- drill requires the D^O players to triple mine (dummy dodge) + men throw ball to D^O partner
- D^{OB}, on ball guy guard + then recovers to cone on pass + partner releases + approaches (run for 30 seconds)

Coaching Points / Drill Set up

- delineate a 20yd by 10yd area
- place a cone in the center
- identify the players in offensive roles/defense roles
- focus on technique, angle + speed of approach
- continue to create off ball triangle as dodge happens
- end with a slide to dodger's blind side.

"MIND FREAK"



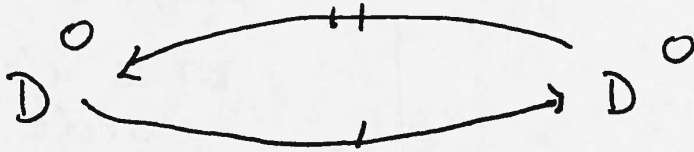
- D¹, D², D³ are the perimeter players
- D⁴ is alone inside
- D⁴ receives GB^s rolled/bounced to him within the triangle
- D⁴ scoops + escapes and the perimeter D^{1,2,3} demand the ball using our language + terms
- D⁴ reads the stick presentation (up = open, down = guarded) + listens for calls
- After 5 GB^s he escapes out side the triangle

COACHING POINTS/SETUP

- perimeter D/SSDM are 15 yds from each other
- goal is to teach our players to escape w/ GB^s to space and SEE/HEAR teammates before they deliver a pass
- NOT to throw to just a voice (regardless of a teammates call, you need to see + reach)

Topic: CREASE PLAY

"SHEDDING" Drill



D^{CA} : defenseman
playing crease
attack
role

D^S : sliding
or showing
defenseman

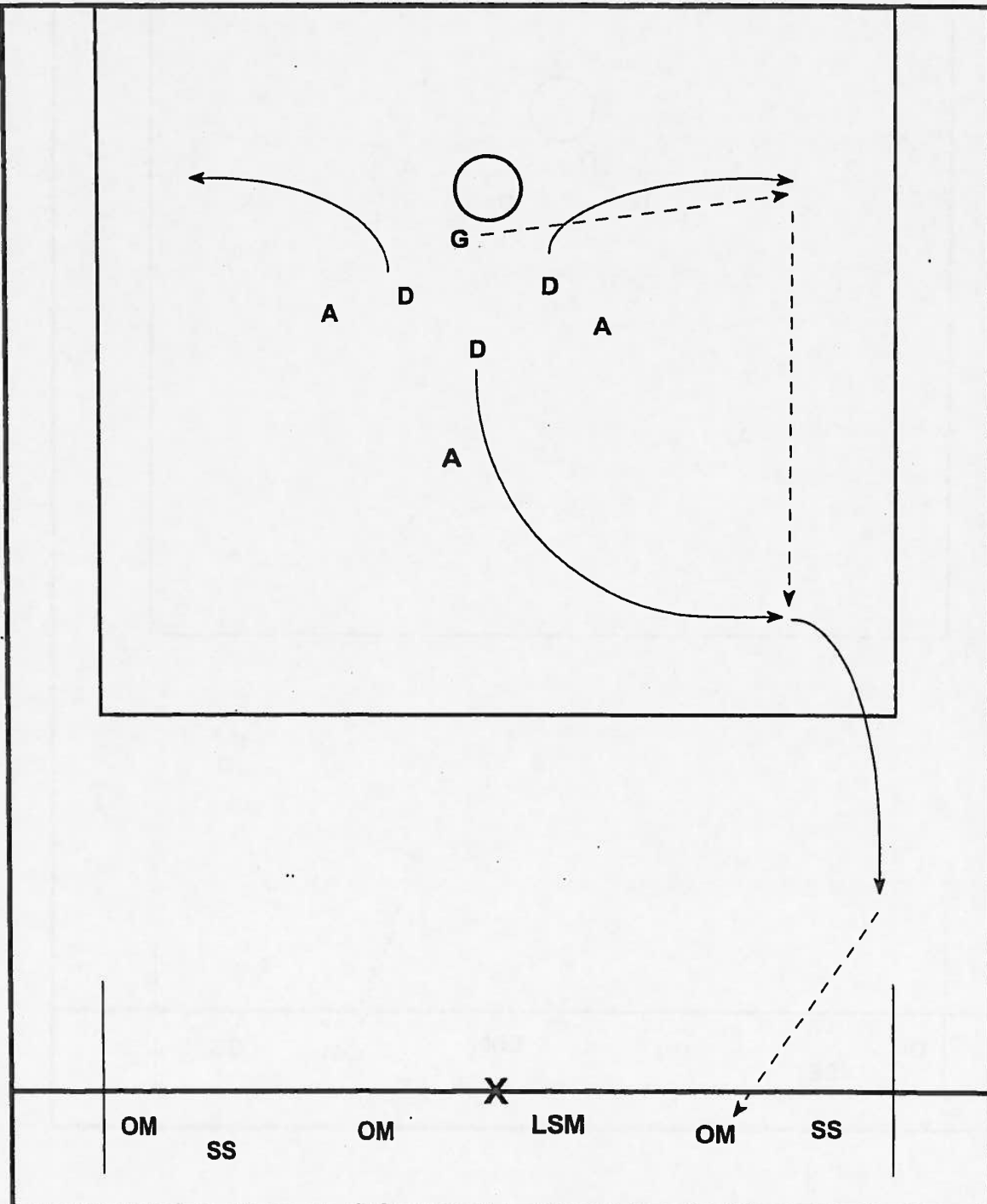
D^O : defenseman
playing offense
role (unguarded)

COACHING POINTS / Drill Setup

- D^O transfer the ball between each other every 3 seconds
- D^{CA} does best job to pick, interfere + jam up D^S as he frees himself to crease a slide/show angle as ball changes sides
- D^S sheds D^{CA} w/ feet + hands to place himself in slide position

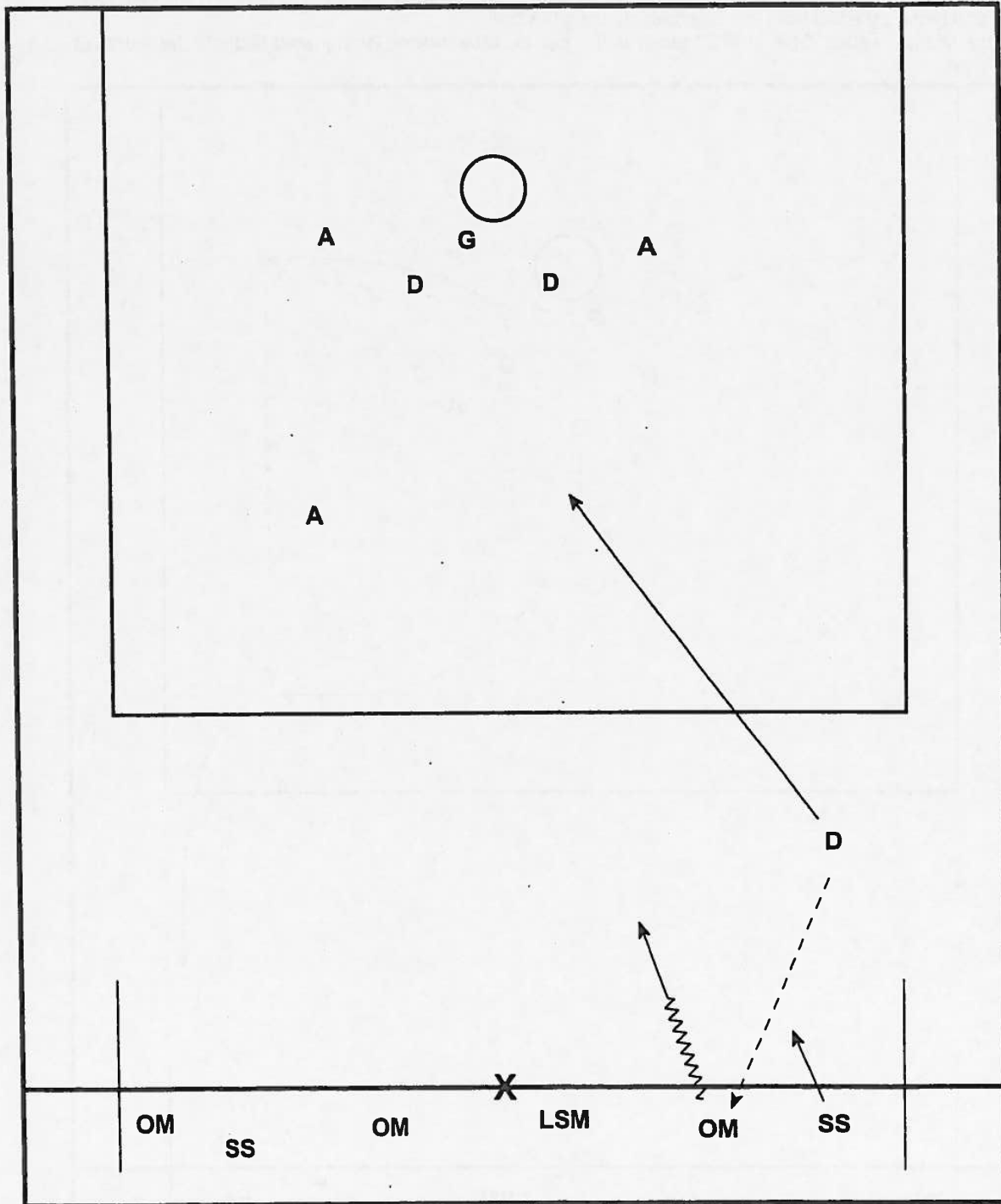
Cadet Drill - 1

- * The Cadet Drill begins with three defensemen and three attackman in play inside the box. An offensive & defensive midfielder will wait at midfield.
- * The goalie starts the drill with a shot from a coach or attack creating a save or rebound (everything is live from this point until the end of the drill). The defense must react/break appropriately and clear the ball to midfield. We always spread the field on an inbounds clear with two defensemen making banana type cuts to the left & right of the goalie. The third defenseman stages at himself at the top of the box as an outlet.
- * When the defense clears the ball to the midfield line one offensive Mid (unknown to the Def) will call "ONE MORE" and receive the ball from the defender clearing the ball.
- * Once the Mid who called "ONE MORE" receives the ball he attacks (one designated Midfield defender will also join the play).



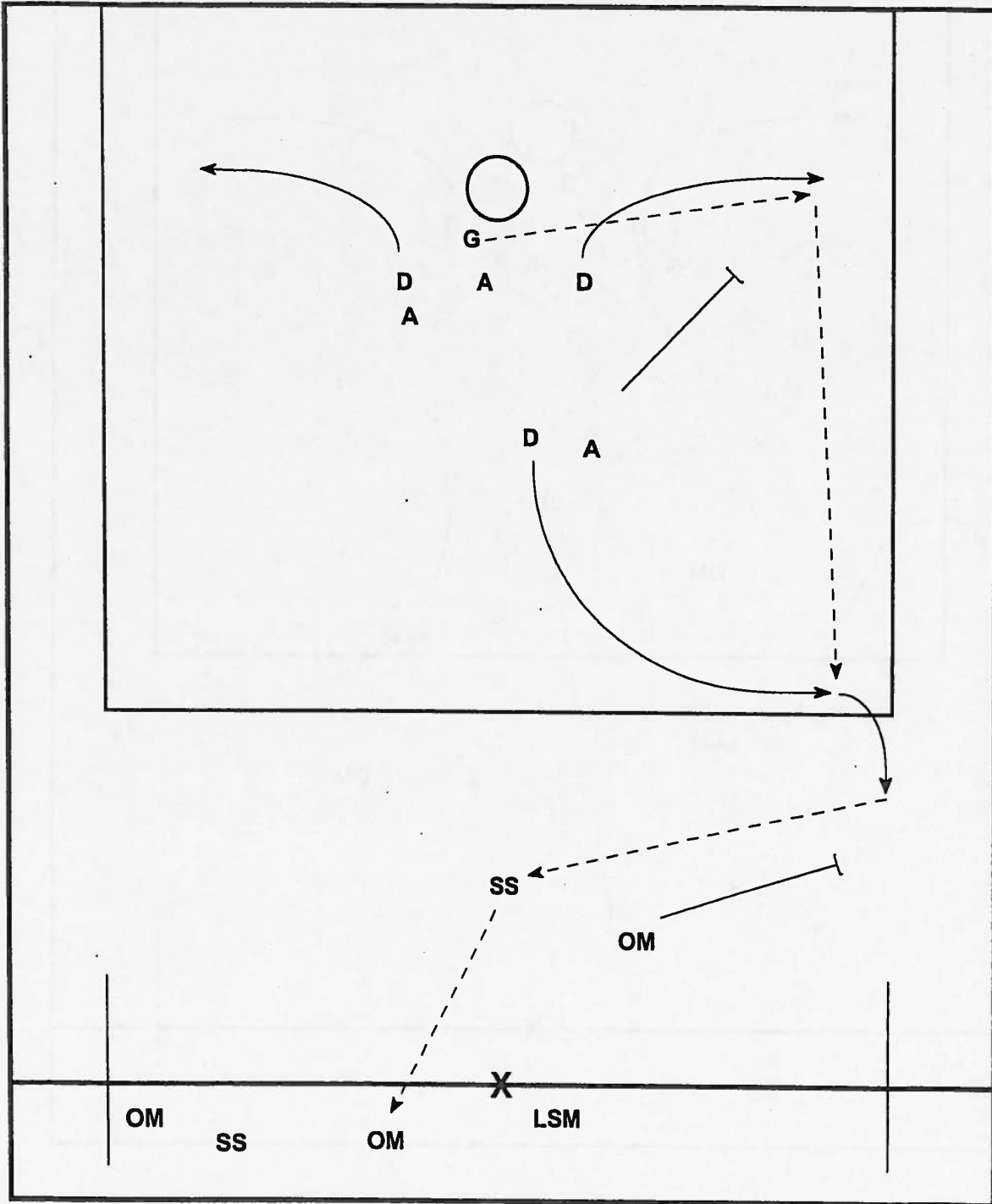
Cadet Drill - Cont. 2

- * When the Offensive Mid receives the ball he attacks immediately and gets the ball quickly back in play.
- * The designated Defensive Mid waiting at midfield becomes live once the 1st pass is made and the defender who made the pass to the Offensive Mid must immediately get back inside of the play and match up appropriately.
- * Conversely the Attack needs to react appropriately for a fast break.
- * The transition situation plays out until a turnover, save or shot out of bounds. Then defense clears the ball again.



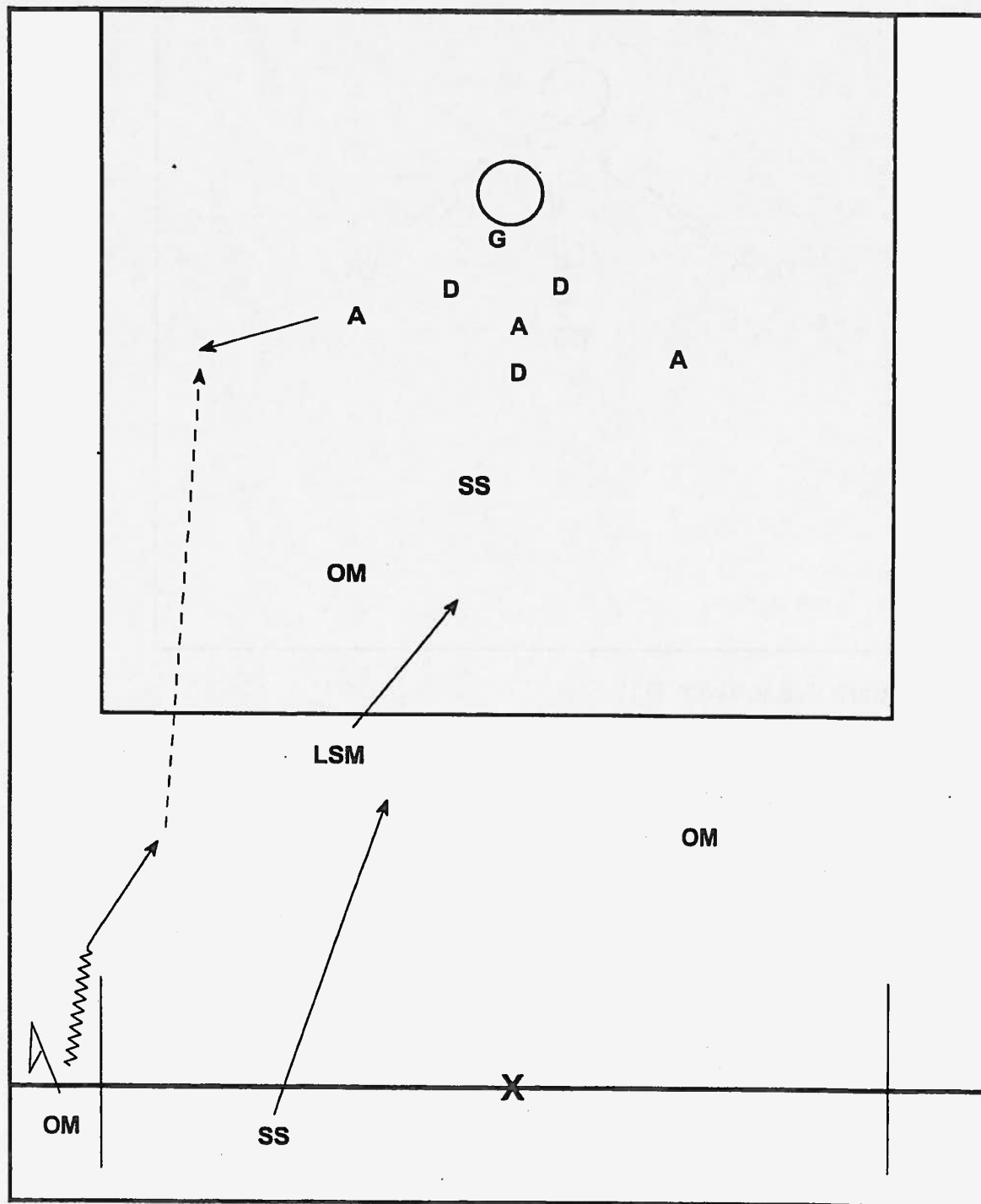
Cadet Drill - Cont. 3

- * The attack has the freedom to ride in a variety of ways so long as they force the defense to clear the ball by making several passes.
- * We want to eliminate an easy or one pass clear.

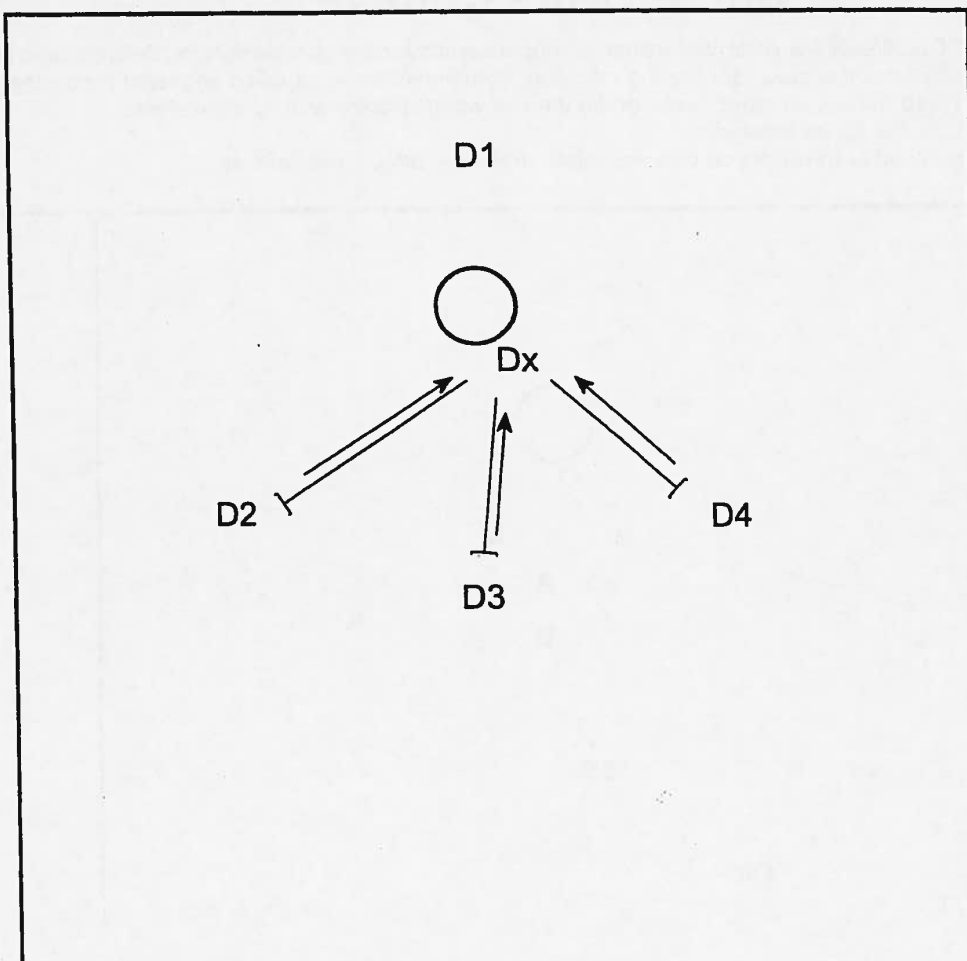


Cadet Drill - Cont. 5

- * The Cadet Drill creates a variety of transition opportunities for the offense with the defense always having to get back inside of the play, identify the situation, communicate the situation and react accordingly.
- * Cadet Drill also makes all defenders handle the ball when clearing with light pressure.
- * Great fitness drill for all involved.
- * After one midfield is through you can substitute midfields, attack and defense.



Umbrella Approaches - Defense Technique Drill

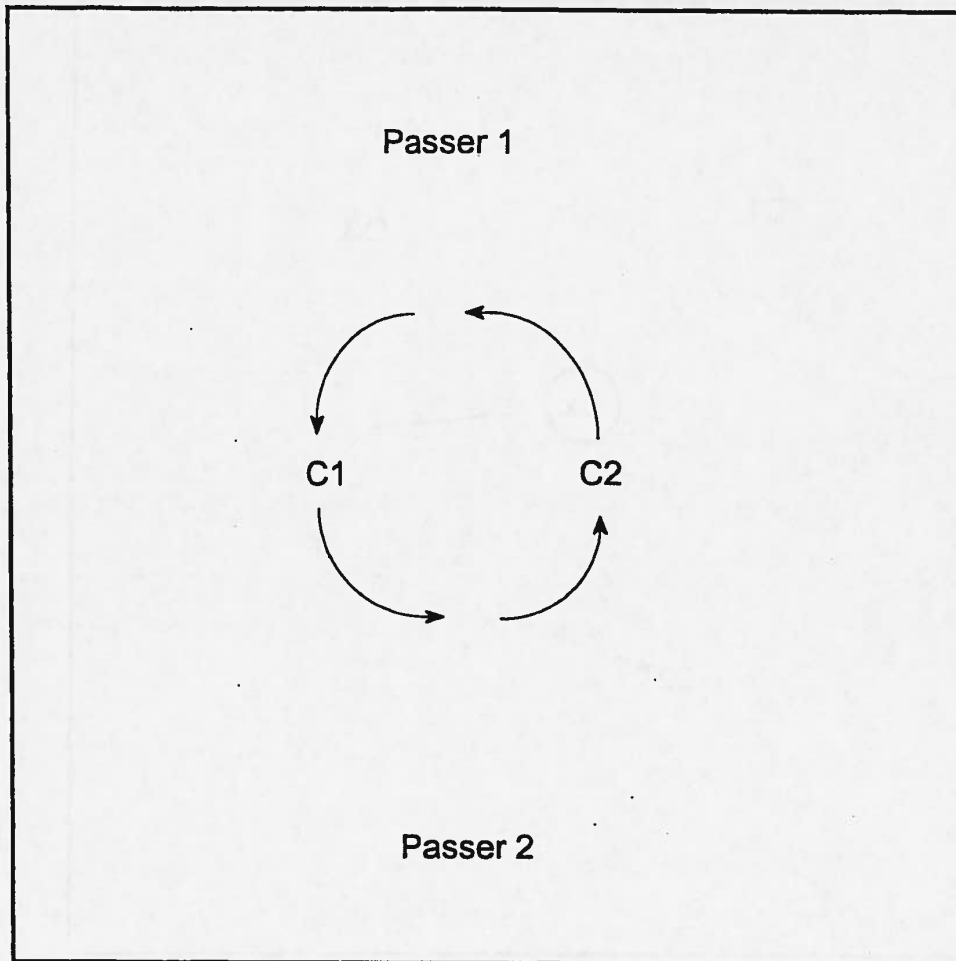


- * Ball starts & ends with D1
- * Dx starts in an off ball stance & positioning in relation to D1
- * D1 throws a series of passes to D2, D3 & D4 as Dx approaches each of the D2, 3, 4 who double move before Dx recovers to the cone
- * After Dx approaches each he gets a ground ball and escapes past D2, 3 or 4

Teaching Points -

1. Approach Technique
2. Double Moves Technique
3. Drop Technique

Dynamo - Defense Technique Drill

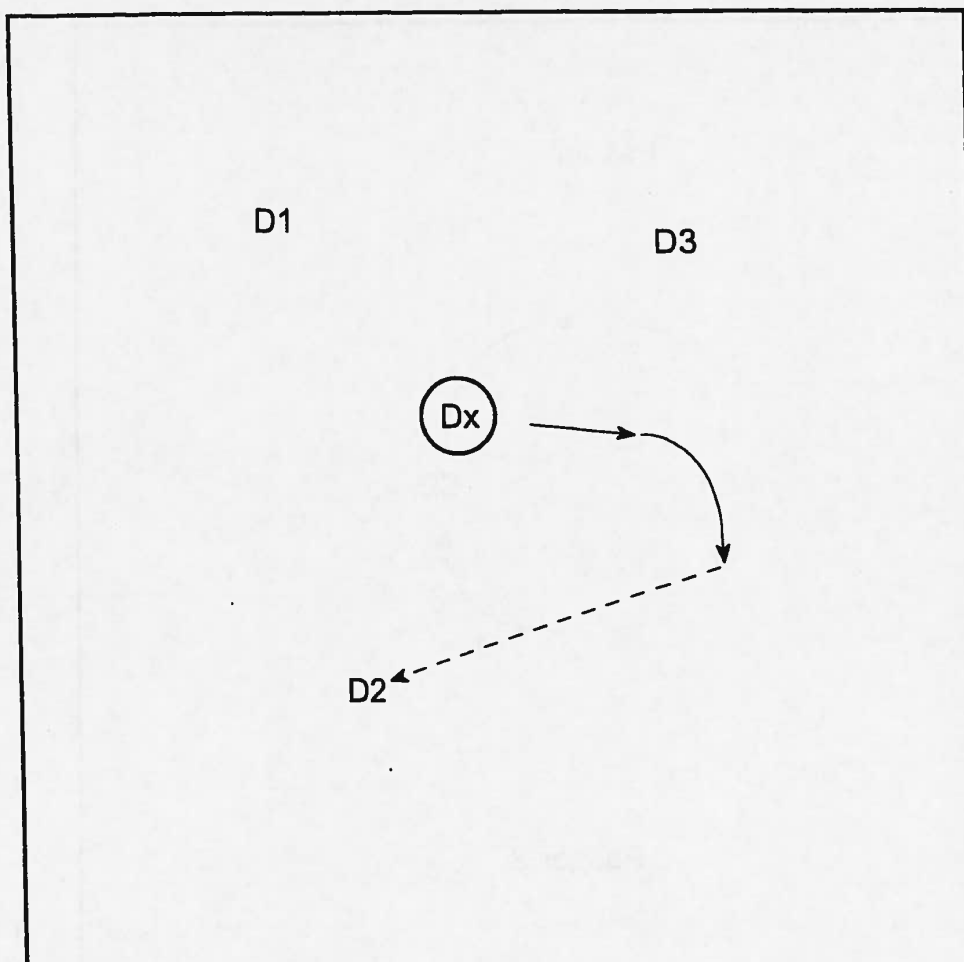


- * Groups of 4 D-Men, 2 passers & 2 cutters
- * Continuous pass to cut away over the shoulder catch

Teaching Points -

1. Catch & quick release in tight space
2. Asking / deliver the ball over the shoulder

Mind F*!# - Defense Technique Drill

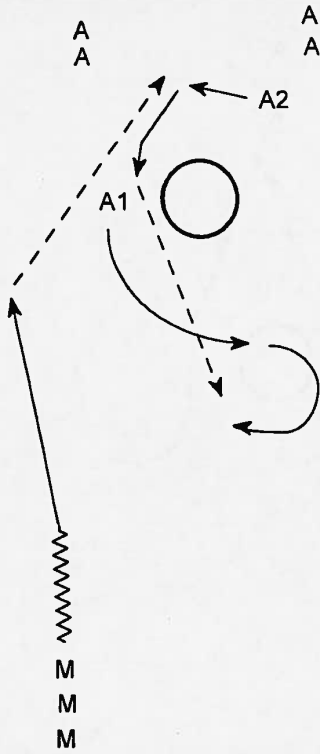


- * Continuous ground ball drill of scoop & big turns
- * Continuous calling for the ball flip by perimeter D-Men
- * As Dx makes turn to find teammate he reads if the man is open or not by the placement of his stick (up = pass, down = covered & not open)
- * Dx is on for 20/30 seconds then switch. After the last GB escape past the perimeter D-Men

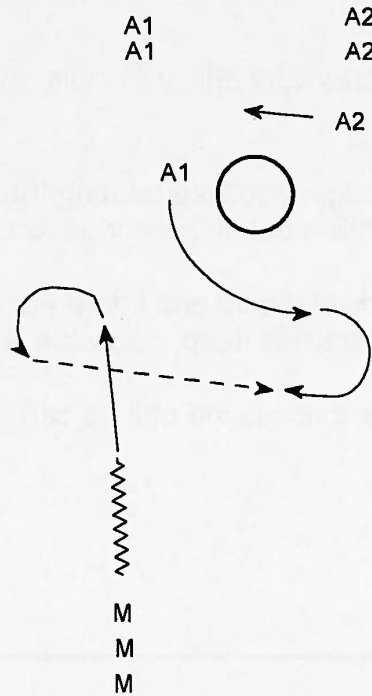
Teaching Points -

1. Scoop & Accelerate
2. Big Turn
3. Escape
4. Not throwing to a voice

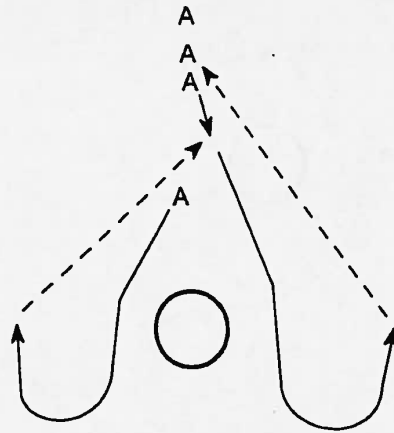
Push/Rollback Option Shooting



The Midfielders have the option to dodge & push the ball forward to A2 who comes ballside to hit A1 on the clear & curl or roll back to feed A1 as he clears ballside and curls.

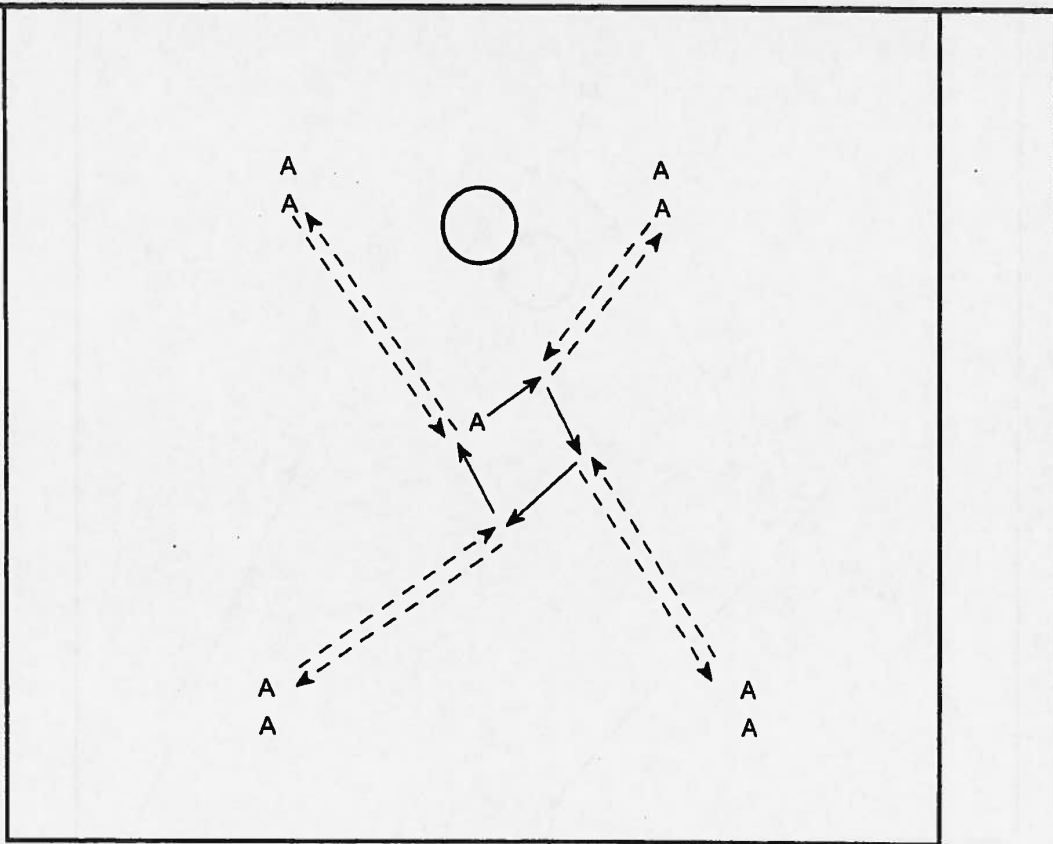


Continuous - Attack Stickwork Drill



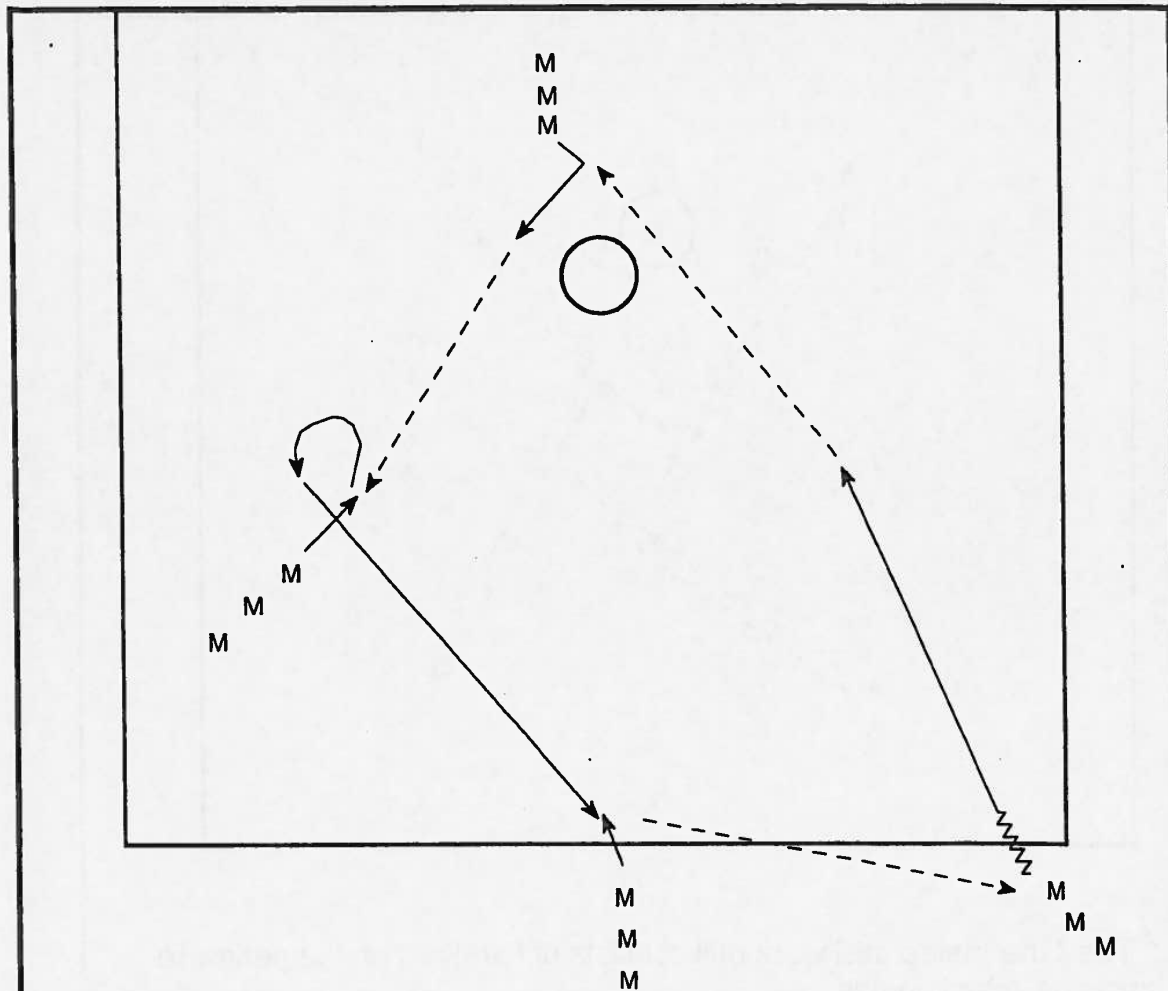
- * The Continuous Attack Stickwork drill starts with all attack in one line behind the goal.
- * The drill begins with a dodge, visualize beating the defender topside, drawing a slide, rolling out of the dodge and moving the ball.
- * The next attackman in line steps up and into a position where he wants to receive the ball(backside deep, backside X, etc)
- * Once the backside attack catches the ball he can dodge in either direction.

One Inside - Attack Stickwork Drill



- * The One Inside stickwork drill consists of four lines on the perimeter and one attack inside.
- * Each line needs plenty of balls to keep the action moving.
- * Every player rotates inside. The rotation can be every 30 seconds to 1 minute or after a certain number of passes are made.
- * This drill can be done with Attackmen or Midfielders.

Four Outside - Midfield Stickwork Drill



- * The four outside stickwork drill consists of four lines of Mids stationed around the goal.
- * Each line has a different type of designated action.

Top Center line - is a ball transfer line. The idea is to get the ball transferred to the backside as quickly as possible. Catch with the head of the stick to the outside, change hands & deliver the ball to the next line.

Corner Dodge line - just outside the top of the box is a catch and attack/dodge skinny. Here we visualize cutting off our defender, drawing a slide & pushing the ball to the backside.

Behind the goal - is a catch and test line. We need to present ourselves just on the backside of X and find a lane for the skinny dodge to be able to push the ball. Here we catch and take a couple of steps upfield testing our defender before moving the ball.

OOBM Corner/Wing - The Out Of Ball Movement line catches the ball a little closer to the goal and attacks immediately upon receiving the ball. The dodge attacks the goal hard drawing a slide, rolling back and moves the ball.