

Core Fundamentals

1v1 Attack Moves
Set-up move and make it early (not on top of defender)
JAB step, quick change of speed (explosive)
Redodge- take one step back and dodge again
Dodges with head up
Dodges with correct hand up & protects stick
Gets in directly (vs curling into space)
Face Dodge
Split Dodge (switch)
Roll Dodge
Attack Concepts
Throws and catches with outside hand
Does not cut into space with ball carrier
Knows when to clear space
Knows when to cut
Recognizes when you are a scoring threat
Does not cut behind attacker with ball (unless it's a play)
Takes good angle shots
Talk through your role in the offense (sweep, driver, cutter, feeder)
Defense 1v1 Footwork
Understands how to match up 1v1 up top
Understands how to match up 1v1 at crease
Stays low- bend knees
Quick feet (moves feet to stay with attacker)
Use proper backpedaling vs opening hips
Stick up and shadows attackers
Team Defense Concepts
Offball- in a "V" can see ball and my attacker
Marking up- stays tight on player
How to mark up crease attackers
Understands concept of 8 M
Understands how to follow player in 8M
Awareness of help defense
Awareness of double teaming
Knows where to go after doubling
CRASH- collapsing inside to protect 8
Defensive Transition: RIDE
Finds a player to mark
Gets back on goal side of player
Attackers need to double ball side in ride
Midfielders- need to get back and find mark
Defenders- stay tight on attacker (no easy passes)
Fast break- get in - protect 8, be ready to slow ball down
Attacking Transition : Clearing (getting ball up the field)
Breaking out and getting into lanes
Keep space open for ball carrier
Keep head up, scan for passes
Know when to run vs pass
Hitting trail and opposite side

Practice
2 Stickwork Drills: Catching/Throwing Stationary/ or on Move
Dodging into Shooting or Feeding with a shot
2 concepts- attack focus/defense focus
Or Transition focus- like clear and fastbreak/ draws
Play live
CONCEPTS TO COVER
Fastbreak/Slowbreak- attacking focus
Stopping fastbreak/Slowbreak for defenders
Ride: Marking up
Clearing- getting ball down field
Draws- when to put an extra defender behind the line
8 Meters
Free Movement
practice transition fouls in midfield
Practice fouls outside critical scoring area
Know fouls when there is a whistle start
Spread field out quickly on change of possession
Player who is fouled- practice pause and go
Player who is fouled- when to go or when to scan for pass