

Stickwork Drills (no Pressure)

4 MAN 2 BALL: in tight, lots of touches

Set-up: 2 post with 2 inside working (20 yards apart)

The outside posts pass to the girls in the middle. The middle girls do 4 reps of right, and 4 reps of left then they switch with outside players. Then the outside players work the middle. After they complete that round, you switch the next stick work drill and the girls that started the drill do 4 reps of each both right hand and left hand. (For example, 4 reps of off stick right, 4 reps of off stick left then switch, short-short-long)

*You can end drill with competitive 1v1 groundballs, whoever picks it up has to roll and hit opposite post.



PERFECT PASSING: hidden conditioning

Set-up 1 post player and 5-6 girls in a line 20 yards apart. (You can vary the distance)

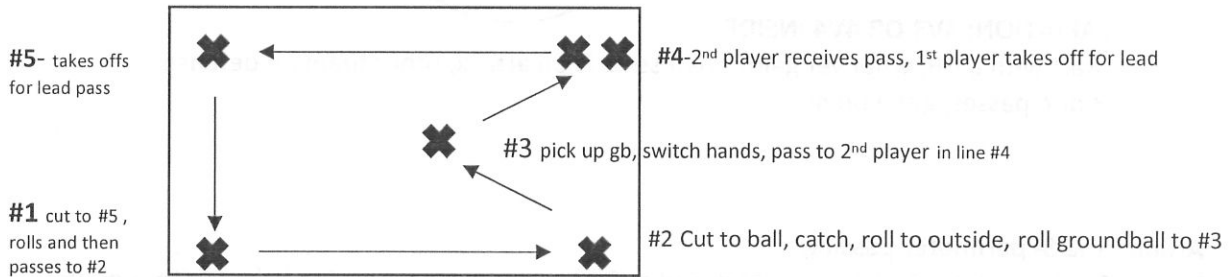
Drill starts with post player throwing out a pass, first girl in the line has to catch it on the run, pass it back and sprint to the end of the line. You switch the post player with each stickwork change. (right, left, off stick right, off stick left, ground balls, behind the backs, short-short-long, etc.)



"M" Passing Drill: works on longer transition passes

Set-up 5 lines in M shape

(30 yards and width of field- ie. goal line to restraining line)



DIAGONAL FULL FIELD PASSING: works on longer transition passes

Set-up: 5 lines on each side of field (5 yards in from sideline)

-2 balls start in opposite corners at same time (back-up balls in each line)

-pass on the diagonals full field

-switch directions

