Practice Name: U11 Boys
Date: 5/20/2013
Coach: Joe Admin
Estimated Duration: 75 minutes

Drills:
- 10 Minute Active Stretch 10 minutes
- Triangle line Drills 10 minutes
- 1v1 Ground Balls w/Outlet 5 minutes
- 1 v 1 with a Center Slide 15 minutes
- 3 v 3 Drill 15 minutes
- 10 v 10 Drill 20 minutes

Notes:
10 Minute Active Stretch

Drill Specs

<table>
<thead>
<tr>
<th>Drill Theme: Warm Up</th>
<th>Drill Style: Warm Up</th>
<th>Field Location: Midfield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Position: Offense, Defense, Midfield, Goalies</td>
<td>Time Needed: 10 Min</td>
<td>Skill Level: Basic</td>
</tr>
</tbody>
</table>

Objective

Active Stretching allows players to stretch while doing activity, which avoids stretching cold muscles. This warm up is suggested for players at the beginning of each practice and the end of each practice.

Drill Description

Have your players line up in a straight line and give them a a series of active stretches that they can do, examples are below:

Walking Stretches, Lunges, Walking Squats
Leaps, Bounds, Hops, Jumps, Twists

Skills Practiced

- Warm Up
- Conditioning

Variation

Vary the exercises to allow the players a change of pace.
## Triangle Line Drills

<table>
<thead>
<tr>
<th>Drill Specs</th>
<th>Drill Theme: Ball Movement</th>
<th>Drill Style: Warm Up, Skills</th>
<th>Field Location: Midfield</th>
<th>Skill Level: Basic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Position: Offense, Defense, Midfield</td>
<td>Time Needed: 10 Min</td>
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</tbody>
</table>

### Objective

Virtually all line drills can be run in triangles, use for passing and ground balls. Triangle drills are exhausting if run properly, constant motion, players well spread out, changing direction regularly. Triangles should not be run every day, great for variation from standard line drills (1.5 minutes each way, then switch, then rest).

### Description of Drill

Use cones to teach the distance you want the players to run and the triangle form that the players should keep (distances of 15-20 yards between points is ideal) Have the players move the ball in one direction and then follow the pass to then next cone or locations. The player receiving the pass should look to catch the ball on the run and get rid of the ball as soon as they can to the next player. All players should be moving constantly and should work on moving the balls as fast as they can.

![Diagram of Triangle Line Drills]

### Skills Practiced

- Ball Movement (Catching and Throwing)
- Strong and Weak Hand Play
- Ground Balls
- Conditioning

### Variations

Spread players out to increase conditioning and length of passes. You can also reverse directions on a whistle to keep the players moving both directions and reacting to the other players, the whistle, and the situations. Look to have your players do this drill at game speed.
**1v1 Ground Balls w/Outlet**

<table>
<thead>
<tr>
<th>Drill Specs</th>
<th>Drill Style: Skill, Game</th>
<th>Field Location: Midfield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drill Theme: Ground Balls</td>
<td>Time Needed: 5 Min</td>
<td>Skill Level: Basic</td>
</tr>
<tr>
<td>Field Position: Offense, Defense, Midfield</td>
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<td></td>
</tr>
</tbody>
</table>

**Objective**

To develop scooping up ground balls and passing skills under pressure.

**Drill Description**

Three lines of players stand 5 yards apart. One line is the outlet “help” line, and the other two lines compete for possession of the loose ball. Coach stands in between the two lines and roll out a ground ball. The player that scoops the ball passes to the outlet, while the opponent plays defense. Each player goes to the end of his line. Instruct players to scoop through the ball and run away from pressure. They should protect their stick after scooping the ball by keeping their body between the defender and the stick.
1 v 1 with a Center Slide

Drill Specs

Drill Theme: 1 v 1
Field Position: Offense, Defense
Drill Style: Games
Time Needed: 15 Min
Field Location: Attack Zone
Skill Level: Intermediate

Objective
This drill teaches players to dodge and recognize when to shoot and when to roll back and find the open player in a 1 v 1 situation. The drill also will allow your team to practice an inside slide towards a driving player.

Drill Description
Have a line of offense and defense at both the top of the attack box and behind at X. Then have a third line of long poles off to the side of the field.
The players at the point will go 1 v 1 from the top, while a long pole runs into the middle of the attack zone. If the coach yells slide the defender in the middle will try to slide on the 1 v 1, if there is no call the defender in the middle will stay at home.
After the players at the top go, the man in the middle will be replaced and the group at X will go.

Skills Practiced
- 1 v 1
- Slides
- Communication

Variation
Vary the locations where the 1 on 1 will start. Also, add a player on offense to the middle area and make the defender slide off that player, while the driving 1 v 1 player will look to dump to where the slide came from on the play.
3 v 3 Drill

Drill Specs
Drill Theme: Even Strength
Field Position: Offense, Defense
Drill Style: Games
Time Needed: 15 Min
Field Location: Attack Zone
Skill Level: Basic

Objective
Drill that have players work 3 on 3 in the attack zone.

Drill Description
Have 3 players on offense go against 3 players on defense.
The coach can start the ball from a ground ball or a pass into the players.
Player go until there is a goal, save, clear or whistle.

Skills Practices
- Stick Handling
- Ball Movement
- Defensive Positioning

Variation
Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.
10 v 10 Full Field Drill

Drill Specs
Drill Theme: Even Strength
Field Position: Offense, Defense, Midfield
Drill Style: Games
Time Needed: 20 Min
Field Location: Full Field
Skill Level: Basic

Objective
Drill that have players work 10 on 10 in the full field.

Drill Description
Have 10 players on one team go against 10 players on another team. The coach can start the ball from a ground ball, face off, or a pass into the players. Players go until there is a goal, save, clear or whistle.

Skills Practices
- Stick Handling
- Ball Movement
- Defensive Positioning

Variation
Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.