Practice Name: U13 Boys
Date: 5/20/2013
Coach: Joe Admin
Estimated Duration: 95 minutes

Drills:
☐ 10 Minute Active Stretch 10 minutes
☐ 4 Corner Over the Shoulder GB's and Passes Drill 10 minutes
☐ 2v1 Ground Balls 10 minutes
☐ 3 v 2 Drill 15 minutes
☐ Cut and Pick 10 minutes
☐ 6 v 6 Drill 20 minutes
☐ 10 v 10 Drill 20 minutes

Notes:

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## 10 Minute Active Stretch

<table>
<thead>
<tr>
<th>Drill Specs</th>
<th>Drill Style: Warm Up</th>
<th>Field Location: Midfield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drill Theme: Warm Up</td>
<td>Time Needed: 10 Min</td>
<td>Skill Level: Basic</td>
</tr>
<tr>
<td>Field Position: Offense, Defense, Midfield, Goalies</td>
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</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 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.
# 4 Corner Over-the-Shoulder GB’s and Passes

## Drill Specs

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

## Objective

Improve catching on the run and over the shoulder, practice switching hands, throwing to the “Box” area around the shoulders.

## Description of Drill

Mark 4 corners with cones and put at least 3 players in each corner. Start with one ball and rotate counterclockwise catching over left shoulder and passing with right hand. Change directions halfway through drill, add more balls as player skill will support. Players in line wait for “break” call then are rolled a ground ball while moving upfield. Be sure the players focus on leading their teammates on both passing and groundballs.

## Skills Practiced

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

## Variations

Have the players switch from passes to ground balls. In addition, have player sprint the sides and job the top of the attack box for added conditioning. Also, on a whistle you can reverse directions of the drill. Repeat this to keep the drill moving and to keep the players on their toes.
2v1 Ground Balls

Drill Specs

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

Objective

To develop skill and teamwork on ground balls

Drill Description

Three lines of players stand five yards apart. Roll out a ball between the middle player and either of the end lines. The players in the first two lines are teammates, and the players in the third line are their opponents. The players in the teammates’ line work together against a single opponent to win a ground ball. The player closest to the ball goes to scoop the ground ball, and the other player goes between the ball and the opponent’s body to body check him from the front or side and above the knees. Make sure teammates communicate clearly and correctly.
3 v 2 Drill

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

Objective
Drill that have players work 3 on 2 in the attack zone. You can work either 3 on 2 with the offense up a player or the defense up a player.

Drill Description
Have 3 players on offense go against 2 player 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
- Slides

Variation
Switch and have your defense go up with 3 players and the offense work with 2 player.
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.
Cut and Pick

Drill Specs
- Drill Theme: Cutting-Feeding-Picks
- Field Position: Offense, Defense, Midfield
- Drill Style: Game
- Time Needed: 10 Min
- Field Location: Attack Zone
- Skill Level: Intermediate

Objective
To learn proper cutting and picking when the ball is behind the goal.

Drill Description
Play 4v4 inside the box with a goalie in the cage. One attacker and one defender are behind the goal, and the other players are in front of the goal. The three offensive players in front of the goal pick for each other and cut to get open to receive a pass from the attacker behind, who is trying to get open to feed the ball. Restart play by throwing the ball to the attacker behind the goal.
6 v 6 Drill

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

Objective
Drill that have players work 6 on 6 in the half field.

Drill Description
Have 6 players on offense go against 6 players on defense.
The coach can start the ball from a ground ball 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.
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.