Practice Name: U13 Girls
Date: 5/22/2013
Coach:
Estimated Duration: 90 minutes

Drills:

☐ 10 Minute Active Stretch 10 minutes
☐ 2 Ball Passing Drill 5 minutes
☐ Canadian 2 v 2 Ground Balls 15 minutes
☐ 2v2 Earn Your Way Out 10 minutes
☐ Cutting to Ball - Seal off Defense Drill 15 minutes
☐ Defensive Transition Retreat Drill 15 minutes
☐ 12 v 12 Drill 20 minutes

Notes:

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
10 Minute Static Stretch

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

Objective

Static Stretching allows players to stretch specific muscle groups in a specific order directed by their coaching staff.

Drill Description

Have your players line up or circle up and give them a series of static stretches that they can do, examples are below:

Standing Stretch Down, Legs Apart, Down to the Right, Down to the Left
Seated Right Leg out, Left Leg Out, Butterfly’s, etc.

Skills Practiced

- Warm Up
- Conditioning

Variation

Vary the exercises to allow the players a change of pace.
2 Ball Passing Drill

Drill Specs

<table>
<thead>
<tr>
<th>Drill Theme: Ball Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Position: Offense, Defense, Midfield</td>
</tr>
<tr>
<td>Drill Style: Warm-Up</td>
</tr>
<tr>
<td>Time Needed: 5 Min</td>
</tr>
<tr>
<td>Field Location: Midfield</td>
</tr>
<tr>
<td>Skill Level: Intermediate</td>
</tr>
</tbody>
</table>

Objective

To work on individuals stick work and ball movement.

Drill Description

Start by dividing the team into groups of 4. Each group will need 2 balls. 3 members of the group will line up in a line across from X4 about 10-15 yards away. X1 and X2 have balls. The passing pattern begins with X1 throwing the ball to X4, X4 catches then passes the ball to the only open player, X3. X2 then throws the ball to X4, catches and passes to the only open player X1. The drill continues with the ball always moving through X4, who will always pass to the open player, X4 will never pass back to the player it received the ball from.

Continued on next page

2 Ball Passing Drill, Continued
Canadian 2 v 2 Groundballs

Drill Specs

<table>
<thead>
<tr>
<th>Drill Theme: Ground Balls</th>
<th>Drill Style: Game</th>
<th>Field Location: Attack Zone</th>
</tr>
</thead>
</table>

Objective

To focus players on ground balls in game like situations. The drill forces players to communicate, gain possession under pressure, and then go to goal.

Description of Drill

The coach will be at the top of the attack zone with a bucket of balls. (2) Lines of players in white will be behind the cage with (2) lines of dark players. The coach will roll out a ball and the first players in each line will go after the ground ball. Players use communications to indicate possession of the ball and then the team with the ball is on offense and the team without goes on defense. The drill ends with a shot, save, or clear.

Skills Practiced

- Ground Balls
- Communication
- Ball Movement
- Conditioning

Continued on next page

Canadian 2 v 2 Groundballs, Continued

Variations

Have the goalie clear all saves or goals back to the defensive team and work on re-breaking up the field after a player shoots.

Also, have the coach add players by yelling “plus 1” at random times to increase the 2 v 2, into a 3 v 3.
2v2 Earn Your Way Out

Author Name: Mike Maher   Author School: Berkshire School

Drill Specs
Drill Theme: Even Strength  Drill Style: Game, Conditioning
Field Position: Offense, Defense,  Time Needed: 10 Min
Midfield
Field Location: Attack Zone  Skill Level: Intermediate

Objective
To work on defensive strategies in causing turnovers and defending the 8-meter.

Drill Description
Start by dividing players into 2 teams. X will be offense and D will be defense. Begin with a 2v2, offense going to goal. If a goal is scored, the coach throws a ball into the next attacking group on offense (X), and the same defenders stay in and face the new group of attack. To earn their way out, the defense must cause a turnover and come up with the ball. When they do, the next set of defenders come in. After a set time, change which team is on offense and which is on defense.

---

Continued on next page

http://www.usmobilecoach.com/jkc-usl/PrintPlan.do
Cutting to Ball – Sealing off Defense

<table>
<thead>
<tr>
<th>Drill Specs</th>
<th>Drill Theme: Cutting, Feeds, Picks</th>
<th>Drill Style: Skills, Games</th>
<th>Field Location: Half Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Position: Offense</td>
<td>Time Needed: 15 Min</td>
<td>Skill Level: Basic</td>
<td></td>
</tr>
</tbody>
</table>

**Objective**
This drill is excellent for teaching players to time cuts, get open, as well as sealing off the defender, by getting them on your backside and keeping them in that position. In addition, this drill allows for an additional cut from the feeder that leads into a great 2v2 with an advantage.

**Drill Description**
Ball starts up top with an offensive player. They will dodge to the wing side and look to feed a cutting attack player. That attack player must cut and get the defender on the backside, and seal off the defender from ball side.

The feed will come from the player up top, and then both the attack player and feeder up top release to go to goal. A defender guarding the player up top will have to choose to double the ball with the trailing defender, or stay with her feeder, who is now cutting to goal.

---

*Continued on next page*
## Cutting to Ball – Sealing off Defense, Continued

<table>
<thead>
<tr>
<th>Skills Practiced</th>
<th>Variation</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cutting</td>
<td>Change the location on ball on the feed. Have players feed from the wing or down low. You may also want to mandate the type of cut the cutters makes, or how they work to get open. A final adjustment is the level of pressure you have the defender on the feeder play. This will increase into a 2v2 situation with a give and go, once the players are going game speed.</td>
</tr>
<tr>
<td>• Sealing off the Defender</td>
<td></td>
</tr>
<tr>
<td>• Off Ball Defense</td>
<td></td>
</tr>
<tr>
<td>• Even Strength Drills</td>
<td></td>
</tr>
</tbody>
</table>
Defensive Transition Retreat Drill

Drill Specs

<table>
<thead>
<tr>
<th>Drill Theme: Transitions</th>
<th>Drill Style: Games</th>
<th>Field Location: Half Field</th>
</tr>
</thead>
</table>

Objective

This drill is excellent for teaching defensive players to get back in the zone ahead of their players and the ball. The objective is to either beat your player to the hole to prevent the shot or the development of a fast break.

Drill Description

Set up 4 cones above the attack zone, 2 offense and 2 defense. Then add 2 cones off to the side of the field, one defense and one offense.

X1 and X2 will attack the zone from the top with the ball. D1 and D4 will rush as fast as possible to slow the ball down and prevent X1 and X2 from creating a fast break.

D2 and D3 will protect the middle of the 8 meter and slide to the ball or the pass as needed to prevent the fast break. The defense must focus on retreating into the zone and slowing the offense to stop the break and force an even number situation.

Have the players play out the play to a shot, goal, or clear.

Continued on next page
## Defensive Transition Retreat Drill, Continued

<table>
<thead>
<tr>
<th>Skills Practiced</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Double Teaming on Defense</td>
</tr>
<tr>
<td></td>
<td>Even Strength Drill</td>
</tr>
<tr>
<td></td>
<td>Defensive Positioning</td>
</tr>
<tr>
<td></td>
<td>Transition Defense</td>
</tr>
</tbody>
</table>

| Variation         | Vary the locations where the ball comes in from the point or the sides. You can also add players to make the break situation build into a 7 v 7. |

12 v 12 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 has players work 12 on 12 in the full field.

Drill Description
- Have 12 players on one team go against 12 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.