

## STICK SKILL DRILLS

### DRILLS WITH A PARTNER (2'S)

#### PARTNER PASS SIDE TO SIDE RUNNING – STICKS IN FRONT

Form two lines of players about 5-7 yards apart. The first two players in line will be partners with each other. Players will have their sticks in front of them (to their outside). Thus, one player will have his stick in his right hand and the other the left hand. Players run up field passing the ball back and forth. After the first group gets a few yards ahead the second group will go. When all get down to the end they come back.

Note- This drill is done running. Create multiple lines of two so players aren't standing in line long.

#### PARTNER SIDE TO SIDE RUNNING – STICKS BEHIND

Form two lines of players about 5-7 yards apart. The first two players in line will be partners with each other. Players will have their sticks in behind them (to their inside). Thus, one player will have his stick in his right hand and the other the left hand. Players run up field passing the ball back and forth. After the first group gets a few yards ahead the second group will go. When all get down to the end they come back.

Note- This drill is done running. Create multiple lines of two so players aren't standing in line long.

#### PARTNER PASS – STICKS TO THE OUTSIDE RUNNING BACKWARDS

Form two lines of players about 5-7 yards apart. The first two players in line will be partners with each other. Players will have their sticks to their outside. Thus, one player will have his stick in his right hand and the other the left hand. Players run backwards up field passing the ball back and forth. After the first group gets a few yards ahead the second group will go. When all get down to the end they come back.

Note- This drill is done running. Create multiple lines of two so players aren't standing in line long.

#### PARTNER PASS – QUICK STICK –STICKS TO THE OUTSIDE

Form two lines of players about 5-7 yards apart. The first two players in line will be partners with each other. Players will have their sticks in front of them (to their outside). Thus, one player will have his stick in his right hand and the other the left hand. Players face each other. Players shuffle up field quick sticking the ball back and forth. After the first group gets a few yards ahead the second group will go. When all get down to the end they come back.

Note- This drill is done while shuffling (side stepping). Create multiple lines of two so players aren't standing in line long. Players should absorb the ball and pass it in one motion.

#### PARTNER PASS – QUICK STICK –STICKS TO THE INSIDE

Form two lines of players about 5-7 yards apart. The first two players in line will be partners with each other. Players will have their sticks behind them (to their inside). Thus, one player will have his stick in his right hand and the other the left hand. Players face each other. Players shuffle up field quick sticking the ball back and forth. After the first group gets a few yards ahead the second group will go. When all get down to the end they come back.

Note- This drill is done while shuffling (side stepping). Create multiple lines of two so players aren't standing in line long. Players should absorb the ball and pass it in one motion.

## PARTNER PASS – FACE DODGE

Form two lines of players about 5-7 yards apart. The first two players in line will be partners with each other. Players will have their stick in front of them. Thus, one player will have his stick in his right hand and the other the left hand. Players face each other. Players shuffle up field. Players shuffle up the field while doing a face dodge (bringing the stick ear to ear). After a player does a face dodge he brings the stick back to the ready position and he passes the ball to the other player. After the first group gets a few yards ahead the second group will go. When all get down to the end they come back.

Note- This drill is done while shuffling (side stepping). Create multiple lines of two so players aren't standing in line long.

## PARTNER PASS – WIND UP (SIDEWINDER) TO FACE DODGE TO SHOVEL PASS

Form two lines of players about 5-7 yards apart. The first two players in line will be partners with each other. Players will have their sticks in front of them (to their outside). Thus, one player will have his stick in his right hand and the other the left hand. Players face each other. Players shuffle up field while winding up, doing a face dodge to a shovel pass. After the first group gets a few yards ahead the second group will go. When all get down to the end they come back.

Note- This drill is done while shuffling (side stepping). Create multiple lines of two so players aren't standing in line long. Players will need to practice the face dodge to shovel pass motion in the stationary position before doing this drill on the move.

## PARTNER PASS – PUMP FAKE

Form two lines of players about 5-7 yards apart. The first two players in line will be partners with each other. Players will shuffle down the line. When a player catches the ball he will absorb it. He will then do one pump fake looking back and one pump fake to the front and then pass the ball to his partner. Repeat.

## DRILLS WITH 3 PLAYERS (3'S)

### THREE PLAYERS – ONE BALL

Three players do this drill. Two players are on the outside and one player is the player in the middle. Player on one end starts with the ball. He passes the ball to the player in the middle, who is running towards him. The player in the middle gives a return pass to the player on the end, and then runs around him. The player on the end passes the ball to the player on the other end, who passes the ball to the player in the middle, who is running towards him. The player in the middle gives a return pass to the player on this end, and runs around him. This pattern continues. Have the first player in the middle go for 30 seconds to one minute, and then switch.

Note- After all players in the middle go with their strong hand, the next time through they can use their off hand. Players on end should stay with their strong hands.

### THREE PLAYERS – ONE BALL- FIGURE 8

Three players do this drill. Two players are on the outside and one player is the player in the middle. Player in the middle starts with the ball. He runs around one player on the end and passes the ball to the player on the far end. The player in the middle then switches the stick into his left hand and gets a return pass from the player on the end. The player in the middle is running a figure eight pattern, so he runs around the player on the other end but creating a figure eight pattern. When he runs around the player on the other end he then passes the ball with his left hand and switches the stick to his right hand. He gets a return pass. This pattern continues. Players on the ends should use their strong hands. . Have the first player in the middle go for 30 seconds to one minute, and then switch.

Note- The key is for the player in the middle to switch hands in the middle.

#### THREE PLAYERS OVER THE SHOULDER-

Three players do this drill. Two players are on the outside and one player is the player in the middle. Player on one end starts with the ball. The player in the middle runs away from the player on the end with the ball. Player on the end throws the ball and player in the middle makes a target and catches the ball over his right shoulder. He then passes the ball to the player on the other end. Player in the middle circles back (staying between the players on the ends) and catches the ball over his shoulder from the player on the other end. This pattern continues. . Have the first player in the middle go for 30 seconds to one minute, and then switch.

Variation- Player in the middle runs a figure eight pattern so he catches over both shoulders.

Variation- The second time through the player in the middle catches the ball over his left shoulder.

#### THREE PLAYERS-2 BALLS - GROUND BALLS-

Three players do this drill. Two players are on the outside and one player is the player in the middle. Players on each end start with balls. Player in the middle faces a player on one end. Player on end rolls a ground ball to the player in the middle. Player in the middle scoops it up and passes it back to player on the end. Player in the middle then circles and receives a ground ball from the player on the other end. Player in the middle passes it back. This pattern continues. Player in the middle stays in between the players on each end. . Have the first player in the middle go for 30 seconds to one minute, and then switch.

Note- A player who scoops the ground ball should always pass the ball. This simulates scooping a ground ball in a game and passing it to the open man.

#### QUESTION MARK PASSING

Create a line of 3-5 players. The first player in line has a ball. He runs out 5-7 yards cradling and curls back towards the line while switching hands on the stick. He passes back to the next player in line, who then does the same thing. Players should think about proper ball protection as they run out cradling.

#### MONEY PASS DRILL

Create a line of 3-5 players. The first player in line has a ball. He runs out 5-7 yards cradling. He then cuts and backpedals off to one side a few yards and passes the ball back to the next player in line. He does not switch the stick to a different hand.

#### CIRCLE STICK WORK-CARRY/SIDEWINDER /PASS