

Practice Tips

Start on time.

Girls like to talk, give them time at the start of practice to chat with their friends (can be done during partner passing)

Don't be afraid to make it a competition. Add in consequences for the losing team- push ups, jumping jacks etc.

If one team dominates, switch it up. Encourage girls to play with someone they don't know.

Give water breaks every 15-20 mins.

Give more positive feedback than negative.

Do the drills with the girls, they love to show off or beat an adult at a challenge.

Try not to have girls standing around in lines, its no fun.

Don't have drills last longer than 10-15 minutes at the most, they lose focus.

Leave time at the end of practice for a game, a slow jog around the field and a static stretch.

And a CHEER!

Its ok to end 5 minutes early, and don't run over- parents don't like that!

Mountain Lax Girls Warm Ups

1-2 Laps around- stick and a ball cradling

Dynamic stretching- no sticks, about 10-15 yards down/across the field

1. Quad stretch -switching grabbing ankles.
2. Two steps reach down and touch left toes, two steps reach down touch right toes.
3. Lift knee hug to chest.
4. Lean forward touch ground, back leg out 90 angle.
5. Side stretch- lunge lean into front leg then back - groin stretch.
6. Frankenstein's kick leg up forward touch toes opposite hand.
7. High knees as many as you can, not a race.
8. Butt kicks. As many as you can, not a race.
9. Shuffle sideways low. Don't let feet touch together
10. Grapevine over and back.
11. Backwards run then sprint back forward.
12. Skip for height and distance.

Line girls up 5 yards apart, 10 yards between girls.

Slide in defense position- left or right, watch coach.

Yell- "Charge" lay down on back then pop up.

Yell- "Hit the deck" lay on belly, pop up. Go about 15-30 seconds, rest 10 seconds repeat.

Ladder Footwork

Great for goalies

Cradling Drills

Zig Zag relay race. Divide girls into equal lines, set up cones in front of lines so the players have to weave around the cones (or use other players or parents) down and back. If you drop the ball pick it up and keep going. Switch hands so cone is always the furthest from the ball.

Passing Drill- Partner Passing

Regular passes-

Right, Left. Catch Right, Throw Left, Catch Left Throw Right. Cradling in between catches.

Quick stick passes-

Hands two fists off bottom and middle. Ask for ball in front. Give back over shoulder. Stick parallel to ground. Soft hands. Catching a water balloon.

Switch hands, throw left.

Catch in back of crosse.

Switch catch left throw right visa versa.

Catch on back of stick pop up catch regular throw back.

Same thing throw behind back, keep eyes on target.

One hand throw and catch. Elbow out and away from body. Right and then left. Parallel stick, flick wrist.

Run the pattern all quick sticks- right left back of stick right left one hand right left. Then right hand helicopter.

Quick stick passes on the move, running down the field, shuffling sideways. Catch with lead hand in front. Then make them run backwards, with quick sticks. Run forwards, one cradle look up the field, then pass.

Shuttle/Line Drills

3-4 girls per line at a cone, two cones about 20 yards apart.

Ground balls towards

Ground balls away (pass to second girl in line who rolls out the GB away for first girl)

Passing

Passing, catching over the shoulder (pass to second girls in line, first girl runs/ cuts out catches over shoulder)

Shuttles

Passing, add in look back fake, add in pull to the right, wind up fake, rocker dodge.

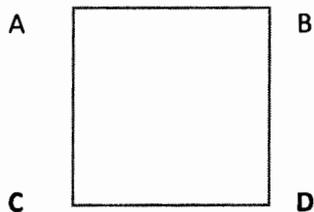
Split dodge, plant left foot run right or plant right run left.

All girls run same direction in a big circle, blow whistle, plant left foot look back say name of person behind, turn back and keep running.

Money Pass

Run, cradling up to defender, back pedal. look to side make a pass to open player.

Z Pattern Passing Set up girls in 4 lines at the corners of a box.



Player A starts with the ball, ground ball rolls toward center of box, runs to B. Player B sprints across at a diagonal to pick up ground ball, cradles, rolls it out between players C and D, follows to line C. Player C runs out scoops up ground ball, rolls it toward the center of the box, runs to D, Player D sprints out scoops up ball rolls it between A and B, next player at A runs out and starts again. Follow the pass, add in a second ball.

Star Drill in front of cage, around the 8 meter. A passes to B, who passes to C, who passes to D, who passes to E, E shoots on net, and goes to A. Each player follows their pass. Each player should be on the move to pass and receive. Can also be done with ground balls, only 2-3 girls per line or there is too much standing around. Add in a second ball.

One on One passes with the coach/feeder-

In a straight line- Hard pass to coach on the move (add in ladder for girl to run through) Coach gives ground balls back (like give and go) keep feet moving straight across.

Pass to coach, coach flicks to player on the move running past coach.

Give and go catch on the move.

Give and Go- with a fake, then shoot on goal.

Shooting

Bucket drill. Two lines on sides of the goal, rotate between lines. If on left side, play with left hand, right side right hand. Roll yourself a ground ball. Scoop round the cone, look up square hips, snap wrists. Hands in front don't drop stick back push pull, choke up hands inside the 8. Top hand down bottom hand up.

Add in a pump fake with shoulders.

Ground Balls

Butt to Butt drill- two players back to back but not touching. Blow whistle scoop ground ball make a pass to coach.

Clean up your room- divide girls into two groups, make a box/rectangle with a line down the middle. Each group is on one side of the box, with an equal number of balls. Blow a whistle, girls have to scoop up the ground ball, and roll it to the other team's side. After one minute team with less balls wins.

Circle (Musical Chairs) Ground Balls- one less ball than girls inside a circle, girls line up on outside of circle, blow whistle girls turn and scoop up a ball. Girl who doesn't get one is out. Remove another ball, go again until there is a winner.

Line girls up on a line, girls throw balls over their shoulder, blow whistle and run out and scoop ball then run/cradle back to line. Remove a ball each time.

Sharks and Minnows ground balls- girl without a ball is the shark, coach blows the whistle must drop your ball and pick up someone else's. If Shark gets a ball, get rid of it, girl who lost the ball becomes a shark.

Chase the Bacon- 1 v 1 ground balls.

Stick tricks

One hand top of stick pop ball up catch between legs pop up catch behind back.

Toss up lightly hit with butt of stick up again then catch.

Toss up

Defense

One player starts top of the 12 m or just outside, receives a pass from coach or another attack at X. She comes to top of 8m, meets a defender (GOT BALL) who pops up to push her out right or left. (don't mirror the stick, stick goes back side where attacker might think to roll too.) Second defender comes up to double team, yells JUMP. If she jumps then someone needs to side to cover the next open player.

Goalie Drills

Use regular stick or boys stick.

Twin dragons drill. Two attack passing back and forth can shoot whenever, goalie has to be ready.

Walk the line, goalie makes saves in the 6 areas while walking forward on a line.

Shapes on tennis balls, goalie has to catch with hands and call out the shape.

Blind arc, walk the arc with eyes close.

Tie string from helmet to stick have to follow stick with head.