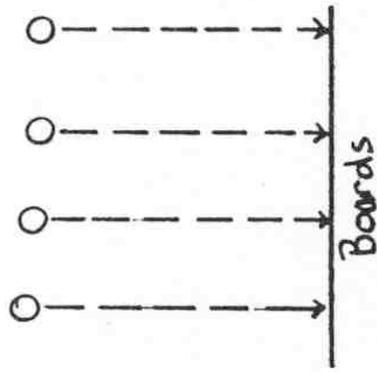
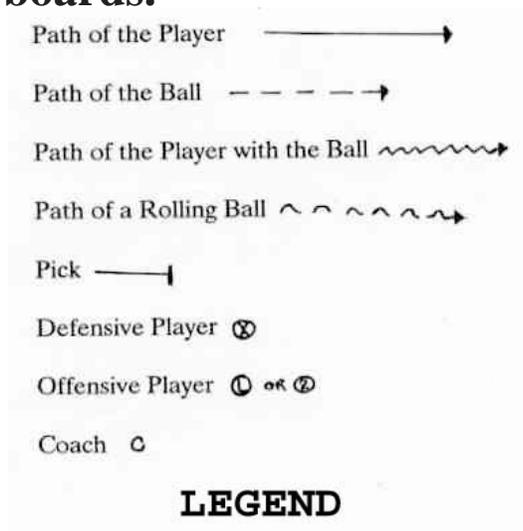


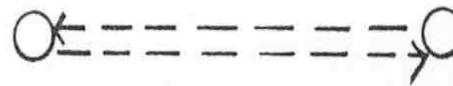
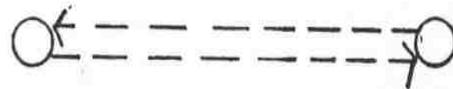
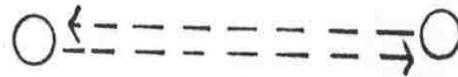
WALL DRILL



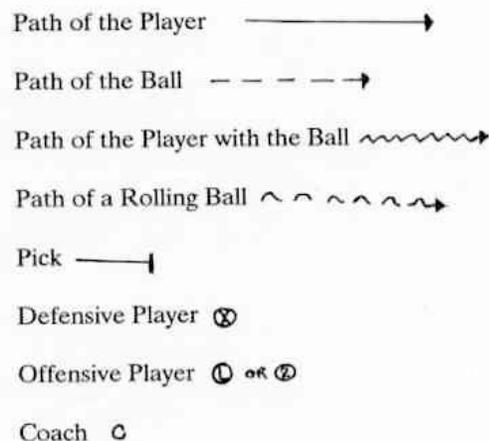
- **Players with a ball stand approximately 10' from the boards.**
- **Players throw the ball to the boards and catch the rebounds.**
- **This drill improves concentration and eye-hand coordination.**
- **Players can do this drill on their own at home.**
- **Coaches look for proper hand position on the stick for throw and catch.**
- **Make sure players are leading with the proper foot for the throw, and have stick in front for the catch.**
- **Make this drill fun and improve accuracy by pinning a target to the boards.**



STATIONARY PAIRED PASSING AND CATCHING

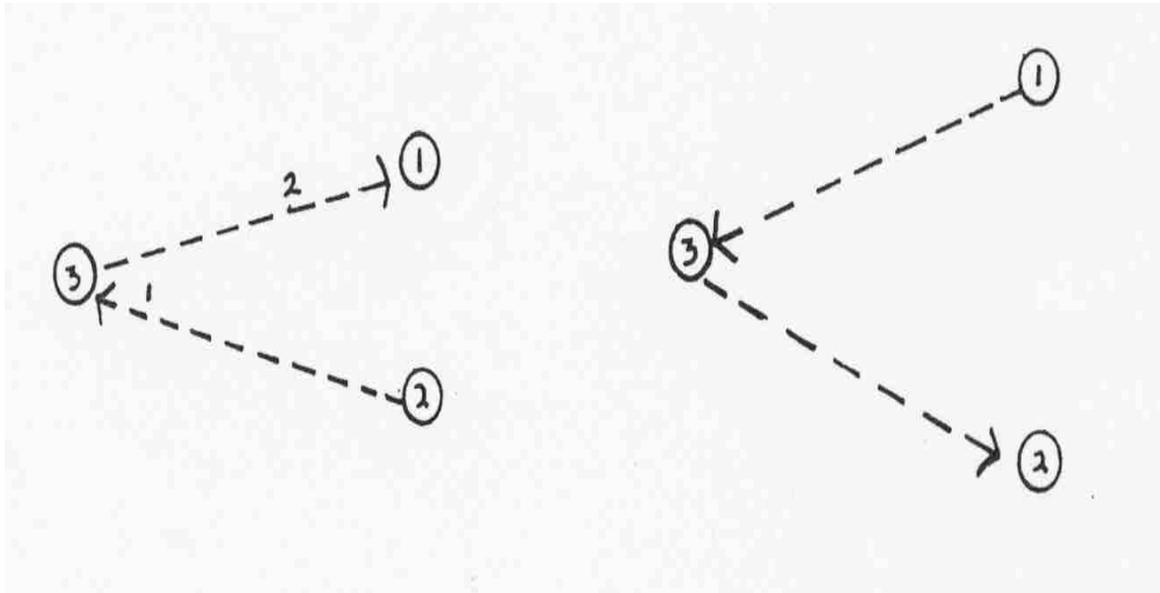


- Each pair with a ball.
- In order to improve accuracy, receiving players should present a target while the passer attempts to hit it.
- In order to improve adeptness in catching, the passers can be asked to move the location of the pass, throwing to the left, right, high and low.
- Coaches look for proper hand position on the stick for throw and catch.
- Make sure players are leading with the proper foot for the throw, and have stick in front for the catch.



LEGEND

STATIONARY DIAGONAL PASSING AND CATCHING

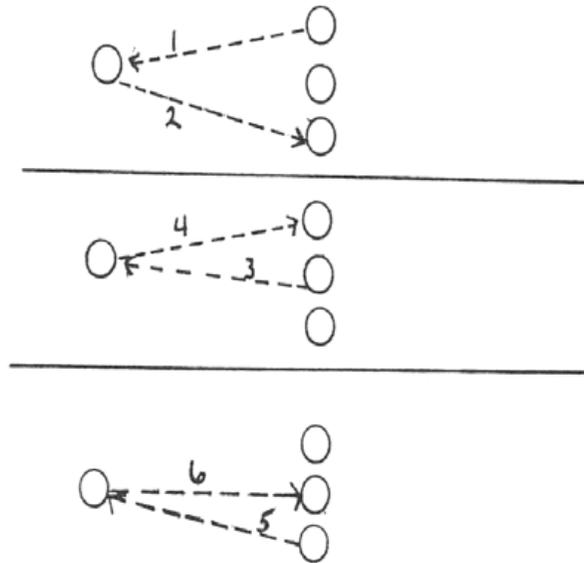


- Players form groups of three in a triangle as shown.
- Players 1 and 2 have a ball.
- Start with Player 1 passing the ball to Player 3.
- Player 3 receives the pass and immediately returns the pass back to Player 1.
- Player 3 then looks for a pass from Player 2.
- Players 1 and 2 alternate passing to Player 3.
- Each player should have a turn assuming the Player 3 position.

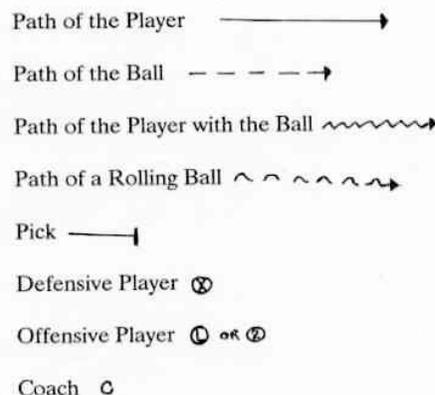
Path of the Player	—————→
Path of the Ball	- - - - -→
Path of the Player with the Ball	~~~~~→
Path of a Rolling Ball	^ ^ ^ ^ ^→
Pick	———
Defensive Player	⊗
Offensive Player	⊙ or ⊚
Coach	○

LEGEND

QUICK RELEASE PASSING AND CATCHING



- Two balls for each group of four.
- Players 1 and 2 have a ball.
- Start with Player 1 passing the ball to Player 4.
- Player 4 receives the pass and immediately returns the pass back to Player 3.
- Player 2 then passes the ball to Player 4.
- Player 4 receives the pass and immediately returns the pass back to Player 1.
- Player 3 passes to Player 4 and Player 4 throws to Player 2.
- This rotation should continue for approximately 3 minutes and then have players switch position.



LEGEND