**Mini-Tyke Practice Plan**

5:30 – 5:35 Wall Ball – Ensure players are dropping top hand when throwing

5:35 – 5:40 Warm-up – form running, agility and ballistic stretching

**5:40 – 5:50 Ball roll and control**

A – Two lines with one ball for this drill split across the floor

B - Player rolls the ball across the floor and other players picks it up and cradles half the distance then run towards the other line and rolls to the next player in line when halfway across the floor. (**coaching points:** get back hand on stick lower to the ground with a strong base (Butt’s down stick and yours) and encourage cradling while running.)

**WATER BREAK**

**5:50 – 6:05 Loose ball drill in corner with outlet pass**

A – Two players line up 15 feet from corner facing center of the floor

B - Coach rolls the ball into the corner and says go. Players turn and run in to battle for the ball. Player who wins it passes it up to a player on the boards. The player who won the ball and passed it now stands against the boards for the next pass and the other player goes back inline. (**coaching point:** keep moving legs to drive through and body position block out with backside: ball, butt, bad guy.)

**6:05 – 6:20 Fall Back rule to Neutral zone**

* Use one end of the floor and have a 5 on 5 scrimmage. One team will be on defense and one team is on offense. Coach will have goalie stick in net. Once the goalie gets possession of the ball (or a goal is scored) offensive players need to clear the zone out to the blue line before they can come into the zone. (**Coaching points:** breakoutdo players understand they need to get space from the goalie and turn towards him with their sticks up. This is a game rule so players need to understand they cannot enter the zone until every player is out.)

**WATER BREAK**

**6:20 – 6:30 Relay races**

- 2 teams one ball per team. Each player runs from blue line to blue line and must place ball on the blue line in front of next teammate inline who scopes then does the same.

**CLOSE OUT AND TEAM CHEER**