**Novice Practice Plan 1**

**NOTES:** Put red stickers on helmets of Left handed shots for easier ID.

**Pre- practice discussion:** A) man defense B) using space and taking better shots C) running

**6:30 – 6:35** Wall Ball

**6:35 - 6:40** Warm-up – All players start at the bench in exchange box. Run down to offensive house do 5 burpees then run back on defense set up house (make sure lefties are on correct side) fast feet for 15 seconds then yell change and they run back to bench. Rest and Repeat.

**6:40 – 6:55 Passing Drills (goalie goes 1 on 1 with a Coach)**

Line passing - Divide players into lines: Progression as follows: Roll the ball, Bounce pass, Pass in the air, through legs and behind the back.

(**Coaching points:** Always in ready for position. After the pass run and hustle to end of line.)

**6:55 – 7:10 Shuttle - 4 Pass Drill or Weave** (See diagram on page 2)

Progression: Walk, slow jog, jog and run

(**Coaching points:** Pass and catching on the run. If a pass is missed go get the loose ball.)

**WATER BREAK**

**7:10 – 7:25 Man Defense -** 5 on 5 (one end of the floor only)

5 on 5 only in one end. Defense will be set up in the house and offensive 5 will take the ball in with 30 seconds to score. On change of possession or time is up offensive group goes on defense and new group goes on offense. (**Coaching points:** *DEFENSE* -Call out your check, point at him or touch him with your stick. Make contact and drive opponent hard out of the house. Chase him all over the floor. *OFFENSE* – shorter passes, cut through house. If defender comes out beat them 1 on 1)

**WATER BREAK**

**7:25 – 7:40 Cross Face Dodge with a shot on goal**

Divide players by shot and have them line up at the restraining line. One coach stands as creaseman on defense and the other is at top of crease. Players run down cradling then cross face dodge and run around low coach and shot over high coach. Sprint hardback to the restraining line. Repeat other side with left hand shots. Coaches collect balls (**Coaching points:** ball protection, shooting over hand and aim low.)

**7:40 – 7:45 Shoot-out (Celebration each time)**

