

4-POINT 1 V 1 GAME

GAME DETAILS:

Theme: 1 v 1

Field Location: Offense or Defense

Field Position: Attack

Time Needed: 10 minutes

Athlete Development Stage: Foundations, Emerging Competition, Competitive, High Performance

OBJECTIVE:

This game is excellent for teaching players 1 v 1 tactics and skills on both offense and defense. The objective is to either beat your player to the goal for a shot, or to defend in proper form and cause a turnover or a low angle shot.

DESCRIPTION:

Set up 4 cones around the attack box or inside the 8-meter, one at X (Behind the cage) and one at the top or point. Then have 2 other cones out wide. Have a line of both offense and defense at each cone. The offensive player will be going 1 on 1 with the defender.

EXECUTION:

The coach starts each 1 on 1 by throwing the ball to the offensive player at each line. Coaches may also roll the ball to start with a ground ball. The player will gather the ball and go to goal, taking the defender 1 on 1. The coach should give each 1 on 1 4-5 seconds to develop into a shot or take away. After each 1 on 1, the coach will throw to another line and start that line. Have the players on offense rotate clockwise and the defense rotate counterclockwise, so that you get a different mix of players going 1 on 1 each time.

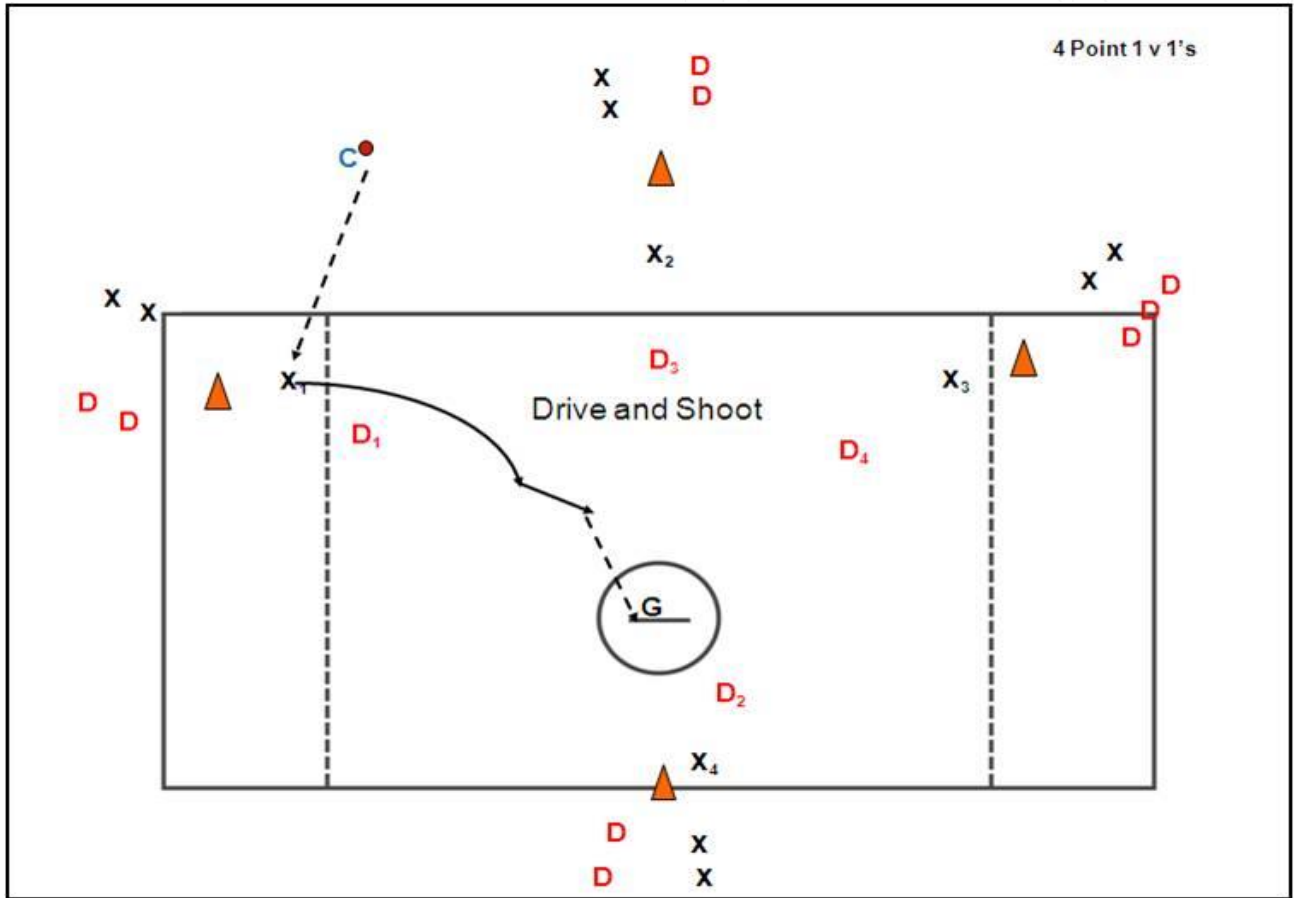
SKILLS PRACTICED:

- Dodging
- Cradling
- Defense Positioning
- 1 v 1

VARIATIONS:

Vary the locations where the 1 on 1 will start. You may also have the goalie clear out each save, or even clear each goal to a breaking defender. This can work on a re-break situation.

DIAGRAM:



CAT AND MOUSE

GAME DETAILS:

Theme: Defensive body positioning
Field Location: Anywhere
Field Position: All
Time Needed: 5-10 minutes
Athlete Development Stage: Any

OBJECTIVE:

This game is played in groups of 3, reinforcing defensive body positioning and communication.

DESCRIPTION:

Coach sets up a 4 cone 5 x 5-yard box. 3 players are in each box. Assign each player a position: cat, mouse, or grandma/grandpa.

EXECUTION:

The cat tries to "catch" the mouse, while grandparent protects the mouse by staying in front of the cat. If the cat tags the mouse, then the three switch roles and play again. Play until each athlete has been in all roles.

SKILLS PRACTICED: S

- Defensive body positioning
- Vision
- Communication

VARIATIONS:

- Change the size of the box
- Add more players in different positions

DIAGRAM:



GO GET 'EM CIRCLE

GAME DETAILS:

Theme: Offense and Defense; Forcing a Turnover

Field Location: Goal Circle/Crease

Field Position: All

Time Needed: 5-10 minutes

Athlete Development Stage: Foundations, Emerging Competition, Competitive, High Performance

OBJECTIVE:

This game is played in two teams. Offense is trying to score while defense attempts to stop the ball.

DESCRIPTION:

Set up alternating lines of offense and defense around the crease or goal circle. Coach stands to the side with a pile of balls.

EXECUTION:

Two teams of players run in a circle around the goal. When the coach calls one of the players name, that player must run out and scoop the ground ball. Offense (O) will try to score, Defense (D) is trying to clear the ball. Each group of players gets 3 reps before substituting out.

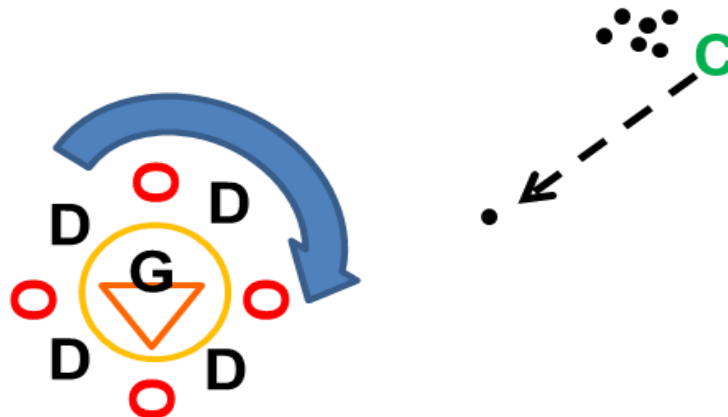
SKILLS PRACTICED:

- Ground Balls
- Passing, Catching, Shooting
- Off Ball Play

VARIATIONS:

- Add or subtract players to change the level of difficulty

DIAGRAM:



HAVE ONE – NEED ONE

GAME DETAILS:

Theme: Passing, Catching, Movement

Field Location: Anywhere

Field Position: All

Time Needed: 5-10 minutes

Athlete Development Stage: Foundations, Emerging Competition, Competitive, High Performance

OBJECTIVE:

This game is played in groups, providing a high number of repetitions, and reinforces passing, catching, communication and movement with multiple teammates.

DESCRIPTION:

- Start with slightly fewer balls than players
- Players with a ball must call, “Have 1”, while players without a ball must call, “Have 1”.
- When a player hears “Have 1”, they must locate the player and pass the ball.

EXECUTION:

- Coaches should stress constant movement.
- Game can be used to focus on options such as moving to the ball or moving away and working on over the shoulder passing/catching.
- Work on focusing on team communication and awareness in traffic.

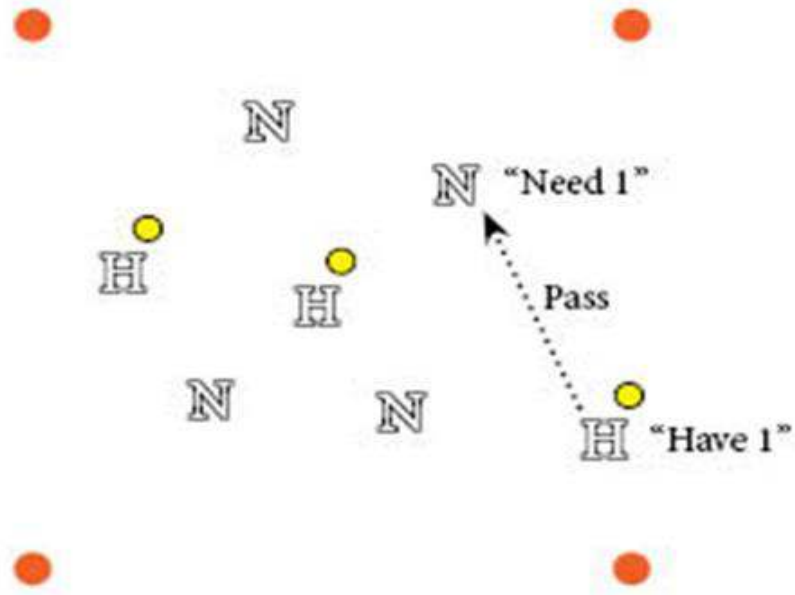
SKILLS PRACTICED:

- Passing/Catching
- Vision
- Communication
- Stick Protection

VARIATIONS:

- Have players make creative passes to focus on catching (potentially) bad passes. Also helps promote creativity.
- Use for ground balls and passing.
- Use constraints to increase intensity such as smaller spaces for more intensity, or larger spaces to incorporate more conditioning.
- Turn into a competition and see who can catch the most passes.

DIAGRAM:



HUNGRY HIPPOS

GAME DETAILS:

Theme: Reinforcement of Fundamentals (Ground balls, passing, catching)

Field Location: Anywhere

Field Position: All

Time Needed: 5-10 minutes

Athlete Development Stage: All

OBJECTIVE:

Athletes get the most balls for their team.

DESCRIPTION:

You will need a minimum of 3-4 balls per player and 5 cones. Set up cones in a "+" shape. Place all balls in the center. Players are positioned in equal lines at each end of the "+".

EXECUTION:

When the coach says "go", players run to the middle and pick up a ground ball.

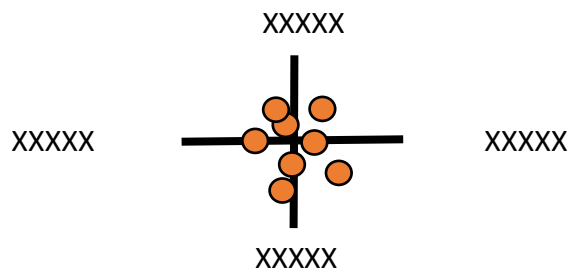
SKILLS PRACTICED:

- Scooping, passing, catching

VARIATIONS:

Pass to a teammate on the way back. Add a box; players must run through box and dodge a coach before returning to their team. Set up 4 cages (one per line facing the line) in the middle, and players must score instead of picking up a ground ball.

DIAGRAM:



KEEP AWAY

GAME DETAILS:

Theme: Ball Protection, Cradling

Field Location: Any

Field Position: All

Time Needed: 5+ minutes

Athlete Development Stage: All

OBJECTIVE:

Players keep the ball away from the opposing team.

DESCRIPTION:

Players gain (or maintain) possession of the ball for as long as possible (or a duration of the coach's choice).

EXECUTION:

Set up balls and multiple cones 10-15 yards apart. For one-minute intervals, the team with more players must keep possession of the ball. Defenders (D) may use any age-appropriate legal tactics to try and gain possession of the ball. The Offense (O) receives one point for keeping possession and the Defense receives a point for either forcing an O outside of the box or acquiring the ball.

SKILLS PRACTICED:

- Cradling, Dodging, Stick Protection, Defense

VARIATIONS:

Set up teams with odd number of players to work on man down/man up situations. Have players use different dodge types. Defense can check or use other age appropriate defensive tactics as necessary.

DIAGRAM:





MESSY BACKYARD

GAME DETAILS:

Theme: Ground Balls

Field Location: Any

Field Position: All

Time Needed: 5-10 minutes

Athlete Development Stage: Discovery, Foundations, Fundamentals

OBJECTIVE:

Players try to keep the balls away from their side of the field. The team with the fewest number of balls wins.

DESCRIPTION:

Players are divided into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls on each half of the field.

EXECUTION:

You will need a minimum of 3-4 balls per player. When the coach says "go", players run around, scoop a ball on their side and roll it onto the other side. After 1-2 minutes, stop play and have the players count the number of balls on their side.

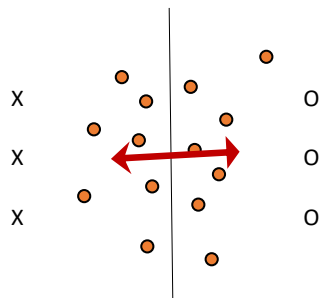
SKILLS PRACTICED:

- Scooping, Throwing, Cradling

VARIATIONS:

Change hands for pick up. Vary the field size and the number of balls available.

DIAGRAM:



Commented [DL1]: @Woizesko, Dara We should remove the whistle part. Say something like, "When the coach says, "Go",

PINNIE TAG

GAME DETAILS:

Theme: Dodging, Cradling, Stick Protection

Field Location: Any

Field Position: All

Time Needed: 5-10 minutes

Athlete Development Stage: All

OBJECTIVE:

Players protect their pinnie while working to take another player's pinnie.

DESCRIPTION:

Players are divided up into pairs by the coach and placed in a 5x5 yard box. Each partner will tuck a pinnie, flag, or similar into the waistband of their pants or shorts.

EXECUTION:

On the coach's whistle, they must try to take their partners pinnie. If they succeed, they get one point, give it back and restart the game.

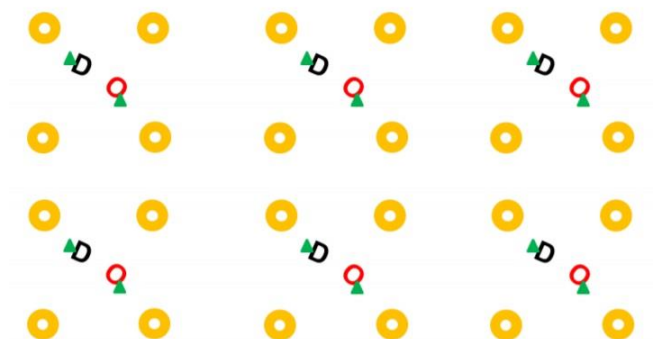
SKILLS PRACTICED:

- Dodging, Stick Protection, Agility

VARIATIONS:

Add a stick and have the opponent try to touch it. Hold a ball in their open palm to work on cradling motion. Keep one foot as a pivot only foot. Play the game as a whole team instead of in boxes.

DIAGRAM:



SHARKS AND MINNOWS

GAME DETAILS:

Theme: Dodging, Stick Protection, Cradling

Field Location: Any

Field Position: All

Time Needed: 5-10 Minutes

Athlete Development Stage: All

OBJECTIVE:

Minnows pass through the sharks to get to the other side of the "pond".

DESCRIPTION:

You will need one ball per minnow to play this game. The "pond" can be goals, hula hoops, or cones.

EXECUTION:

Players are divided up into two groups of either sharks or minnows. There are half as many sharks as there are minnows to start. All the minnows have a stick and ball. The sharks only have a stick. When the coach says "go", the minnows must pass through the sharks and get to the other side of the "pond". If they lose their ball, they become a shark. Play until all minnows are gone.

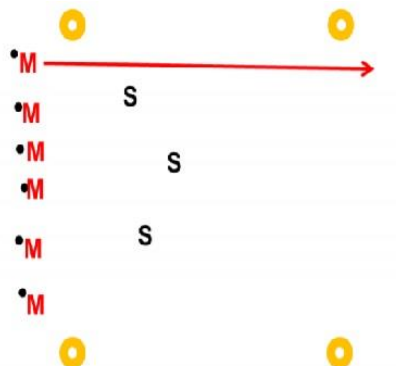
SKILLS PRACTICED:

- Dodging, Stick Protection, Cradling

VARIATIONS:

Alternate which hand is used to hold the ball.

DIAGRAM:



SQUIRRELS AND NUTS

GAME DETAILS:

Theme: Teaching Goal Orientation and Movement Patterns

Field Location: Any (recommendation: critical scoring area)

Field Position: All

Time Needed: 5-10 Minutes

Athlete Development Stage: Discovery, Foundations, Fundamentals

OBJECTIVE:

This game teaches basic movement anywhere on the field.

DESCRIPTION:

You will need hula hoops and 3-4 balls per athlete. The coach will scatter balls all over the field.

EXECUTION:

Players start at their “Nest” (a hula hoop) and on the coach's whistle run to a ball and pick it up while on the move. They then run back to their “Nest” and drop it in. Players continue picking up balls until the field is cleared. They should be trying to get as many balls as possible into their “Nest.” (Tip: Be strategic about where the hoops and balls are placed to adjust the difficulty level).

SKILLS PRACTICED:

- Movement and goal orientation

VARIATIONS:

Add a stick to layer in ground balls. Add a player or goal near the hula hoop to pass to or score.

DIAGRAM:

