

Summer 2020

Practice #2



Arrival Protocols:

1. Place cones 4-6 feet apart for players to put their gear down in a spaced out manner around the field.
2. Parents should stay outside of the field to maintain our allowable number on the field.
3. Bring it in/circle it up **MUST** be socially distanced.
4. No high fives
5. Players should not touch equipment - coaches only to touch equipment with their hands. Players may pick up balls with their sticks, but should not touch equipment.

First 5 minutes:

Welcome players - Check in and send them to their warm up quadrant.

Group Leaders - Set the tone! Practice Focus Message: 1- Be a high performer = Be process driven (kids can say: I am performance driven! Coaches can encourage: "you got this keep working the process") 2 ways players can be performance driven: 1. Dial in on the details. 2. Rep out with max effort and focus **Be A Culture Keeper**: Connect with your teammates and coaches today! 2 ways players can be performance driven: 1. Give away kindness; smile and spread positivity. 2. Give a shoutout or compliment to a teammate or coach.

Don't forget that we are always working to get to the top pink box!

[The Lax Maniax Performance Culture Matrix](#)

As players arrive they will be sent to their quadrant in groups of approx 10. Leaders use the list of player groups and change as required based on attendance or skills. Please notify us of athlete moves.

Dynamic into Partner Stickwork

115	10	mins	Dynamic warm-up in with your first group
105	10	mins	Wrist Strength: Kneeling one hand @ end of stick POE - Ball control (if a player needs to move her hand up the stick to have better control, move her hand up)
95	10		Hopkins "The Program" Stickwork (build up 2 balls & Make competitive) one handed: toss, between the legs, btb, around the world, 2 hands: pass, pop to back side of stick and back. Drill up: add 1- pop it up to back side of your stick into btb 2- 2 balls POE - Soft hands, wrist snap release

Dynamic footwork/stickwork Rotations

80	10	mins	fast feet - Hips Open - into GB - POE - quick feet, athletic position, & reaction time / hand high & accelerate thru GB
70	10	mins	Dodging from X - Inside Roll or Question Mark POE Question Mark Dodge - Sell that you want to take the top side, aim low off-stick side on GK POE Inside Roll Dodge - Fake! Make space! Protect your stick
60	10	mins	Hidden Conditioning - Full field passing-ladder-cone touch

5 min Water

45	10	mins	Shake School Progression 1 - single leg bound and transfer -> fill the container -> the shoot.
35	10	mins	Shake School Progression 2 - Jab Step Ladder - violent jab steps (forward/out) -> shoot -> dodge right or left.
25	10	mins	Shake School Progression 3 - Slide non-dom and attack dom hand side into & Get Back-Reattack.
5 min Water			
10	15	mins	Competitive Gauntlet

Drill Bank

- [Oregon Wrist strength](#)
- [Hopkins Stickwork](#)
- [Fast Feet Hips Open](#)
- [Dodging From X](#)
 - [Question Mark Dodge](#)
 - [Inside Roll Dodge](#)
- Shake School - [drill sequence live](#) & [Drill Breakdown](#)
- [Competitive Gauntlet](#)