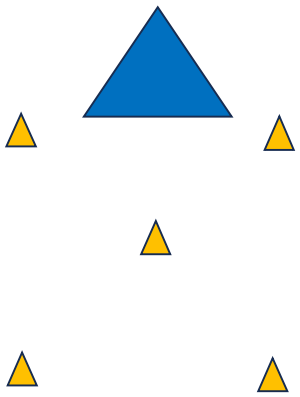
"PCLA Fall-Ball" Drills
Off ball Offense and Defense

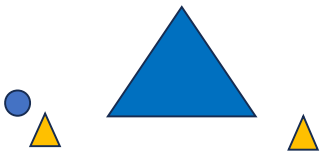
Player Runs
Pass or Roll the ball

Five on a Die

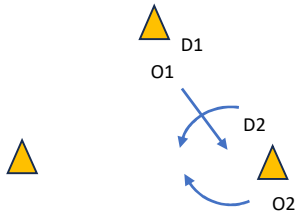
1. Five on Die Spacing for PLL Sixes
   Four corners of a square are in front of the goal
   The fifth player is in the middle
   This resembles how a five looks on a pair of dice



Pick Away



1. Setting a Pick - Offense
   The player in the middle (O1) sets a pick for the offensive player to use
   The pick is set away from the ball to another offensive player
   Girls rules the pick must be set in the defenders field of vision
   The pick must be stationary with the stick straight up and down
   The stick of the player setting the pick should be close to their body
   The picking player must not lean into the player being picked



2. Setting a Pick - Defense
   The defender on the player setting the pick (D1) should call to player being picked (D2)
   The call lets the defender know where the pick is "Pick on your right"
   The player being picked will attempt to go UNDER the pick
   Try to stay with the original match-ups
   Defender D1 should instruct the D2 player to GO UNDER or SWITCH

3. Re-balancing
   The offensive player that cut to the goal (O2) replaces the (O1) in the middle
   The player with the ball should always have a pass in front of them and behind them.
   When the ball is approaching clear out for the ball
   Offensive players adjust and fill the open area