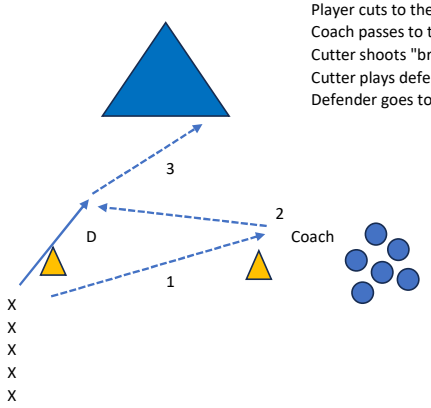
"PCLA Fall-Ball" Drills
Off ball Offense and Defense

Player Runs
Pass or Roll the ball

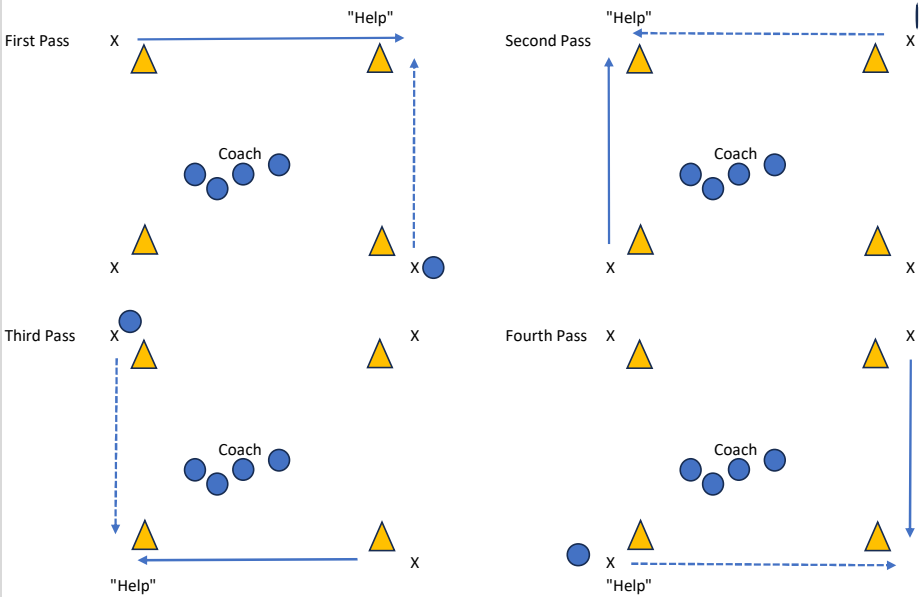
1. Give and Go

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   - Player passes the ball to the coach
   - Player cuts to the goal if defender "ball watches"
   - Coach passes to the cutter
   - Cutter shoots "bread and butter"
   - Cutter plays defense
   - Defender goes to the end of the line

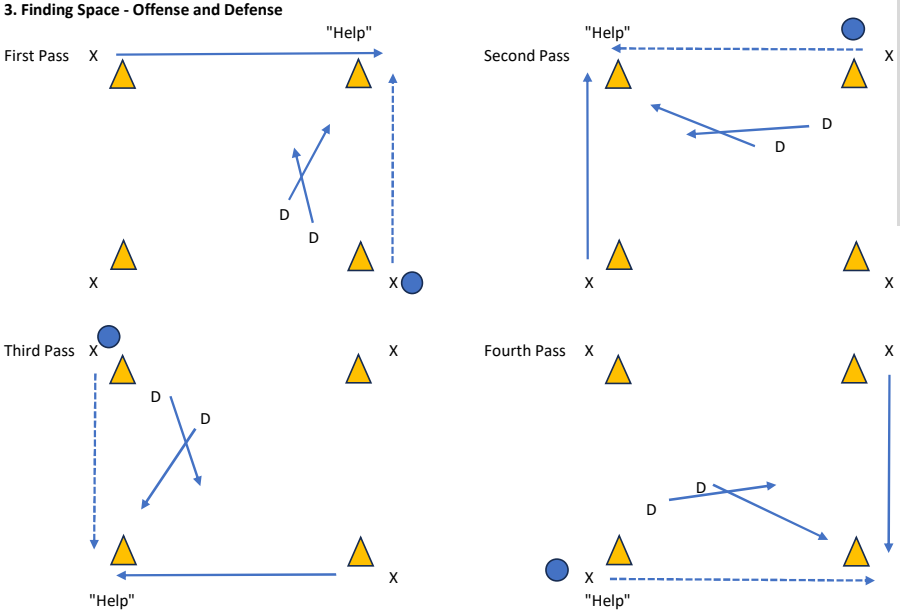


2, Finding Space - Offense

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   - Player furthest from ball cuts to open cone
   - Player calls "help" when he is close to the cone
   - Player cuts clockwise, pass is counter clockwise
   - This creates a right handed pass
   - Young players may catch with their strong hand
   - Older players should "mirror the passer"



3. Finding Space - Offense and Defense



3. Finding Space - Offense and Defense
   - Heads and tails defenders are added
   - Player closest to the ball calls "I got the ball"
   - Player behind calls "I got your back""
   - Once the pass defenders switch. Heads becomes tail, tails becomes heads
   - Players approach the offense player with stick in front
   - Top hand the same as offensive player to provide forearm to stop progress