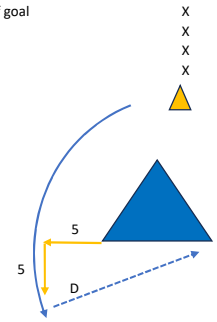
"PCLA Fall-Ball" Drills
On ball Offense and Defense

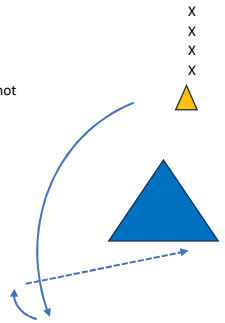
Player Runs
Pass or Roll the ball

Skeleton Dodging from Behind

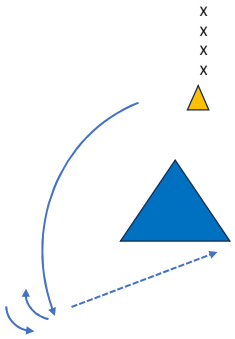
Change Speeds while dodging
Get to Five and Five in front of goal



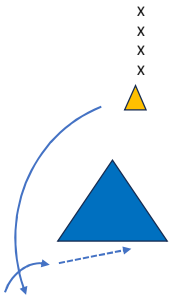
1. Turn the Corner
   Move from behind the goal in a arc
   Use speed to get stick in front for a shot



2. Question Mark
   Move from behind the goal in a arc
   Plant inside foot and turn from pressure
   Throw your stick to the sideline
   Change hands
   Shoot at open net

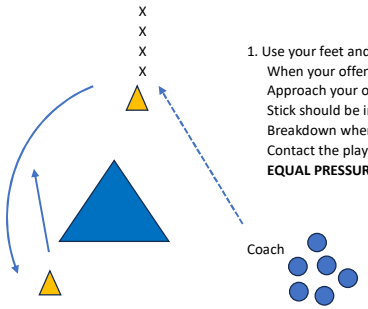


3. Rocker
   Move from behind the goal in a arc
   Plant inside foot and turn from pressure
   When defender moves to cover
   Plant inside foot again turn and shoot



4. Inside Roll
   Move from behind the goal in a arc
   Plant inside foot and wrap around the defender
   Stick remains in one hand
   Turn and shoot

Approach Dodger Behind



1. Use your feet and mouth. Stick is always last.
   When your offense player receives a pass behind
   Approach your offenisve player one foot in front of the other from the goalside
   Stick should be in the same hand as offensive player to give you your forearm.
   Breakdown when you are stick length away and shuffle.
   Contact the player with your forearm and provide resistance at the pipe.
   EQUAL PRESSURE ONLY IS ALLOWED. PREVENT MOVEMENT TO THE GOAL.

1v1 Drill- Have offensive players attempt a shot, Defenders prevent a shot.