

5-7 Year Old Boys

PRACTICE: #1 (PAGE 1 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Parent Catching	Each child is paired with one adult . The adult will underhand toss the ball to the child in the "box" area, encouraging them to catch the ball by their ear. The child rolls the ball back to the adult.	Gives players an opportunity to catch more "passes" in a shorter time.	1 adult per child 3-4 balls per child	05:00
Parent Scooping	Each child is paired with one adult . The adult will roll the ball towards the child, encouraging them to drag both knuckles along the grass. The child rolls the ball back to the adult with their stick.	Gives players an opportunity to scoop more balls in a shorter time.	1 adult per child 3-4 balls per child	05:00
Dynamic Warm-Up	Coach leads players through a 4-5 exercise dynamic warm-up. <ul style="list-style-type: none"> • Hop on two feet • Hop on one foot • Carioca • Skips • Head, Shoulders, Knees and Toes 	Developing agility, balance, and coordination	Use lines on the field to organize the players into rows where you can see all kids and provide feedback.	05:00
No Stick Scooping	The coach scatters balls all around the field. Players line up without their sticks on the sideline and on the coaches whistle, the players run to a ball, pick it up while moving, run to any goal on the field and throw it in. Repeat until all balls are cleared from the field.	Teaches players to bend at the knees while moving to pick up a stationary object.	2 or more goals 3-4 balls per child	05:00
Laxmazing Race	Coach sets up a maze/obstacle course using cones, noodles, hula hoops, etc...then leads the players through the maze. 1x without a stick and ball and 1x with a stick and ball. End with a "shot" on goal.	Agility Balance Coordination Carrying the ball Scooping Throwing	1 ball per child Cones or other implements to mark the maze.	05:00

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Messy Backyard	Players are divided up into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls around each side of the field. On the whistle, the players are to scoop balls from their side of the field, run up to the center spot and roll them onto the other teams side. After 90 sec. stop the game, have the kids round up and count all the balls on their half of the field. Play this game 2x	Scooping Carrying the ball Rolling the ball	3-4 balls per child Cone(s) to mark the center spot.	05:00
Scarecrow Throwing	Players are lined up along a line on the field, shoulder to shoulder with space between them to allow for throwing. Coach demonstrates the scarecrow throwing technique. Players first try without a ball and the coach provides feedback to individuals. Players are then given balls and try throwing the ball to a target without a stick. 3-4x. Collect balls and repeat, but this time them throw balls into a goal/target using their stick 3-4x.	Proper throwing mechanics. Coordination Balance	3-4 balls per child 2 Goals or other targets to throw towards.	10:00
Hungry Hippos	Players are divided up into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls around each side of the field. On the whistle, the players are to scoop balls from the opposite side of the field, run back to the goal on their side and throw the ball in. Players must chase any throws that miss the goal. Go until all balls are cleared on both sides of the field. Play this game 2x	Scooping Carrying the Ball Dodging Throwing the ball	3-4 balls per child Cone(s) to mark the center spot. 2 Goals	05:00