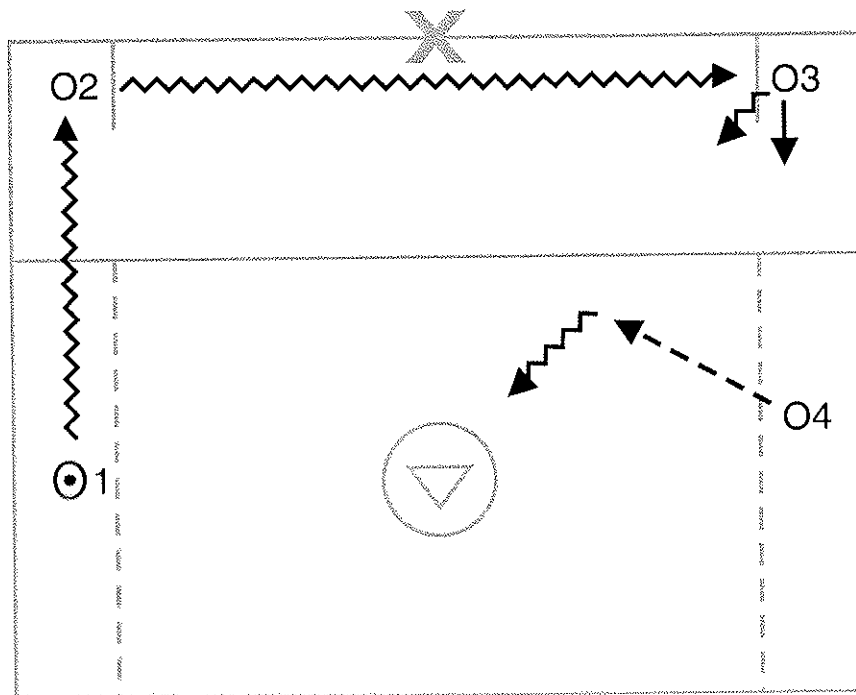


Pregame Drills

Four Corners Pass and Shoot

- O1 passes to O2 to O3, O4; O4 breaks to cage for shot;
- Each player follows his pass
- After 4-5 minutes; reverse rotation; that is O1 becomes the shooter



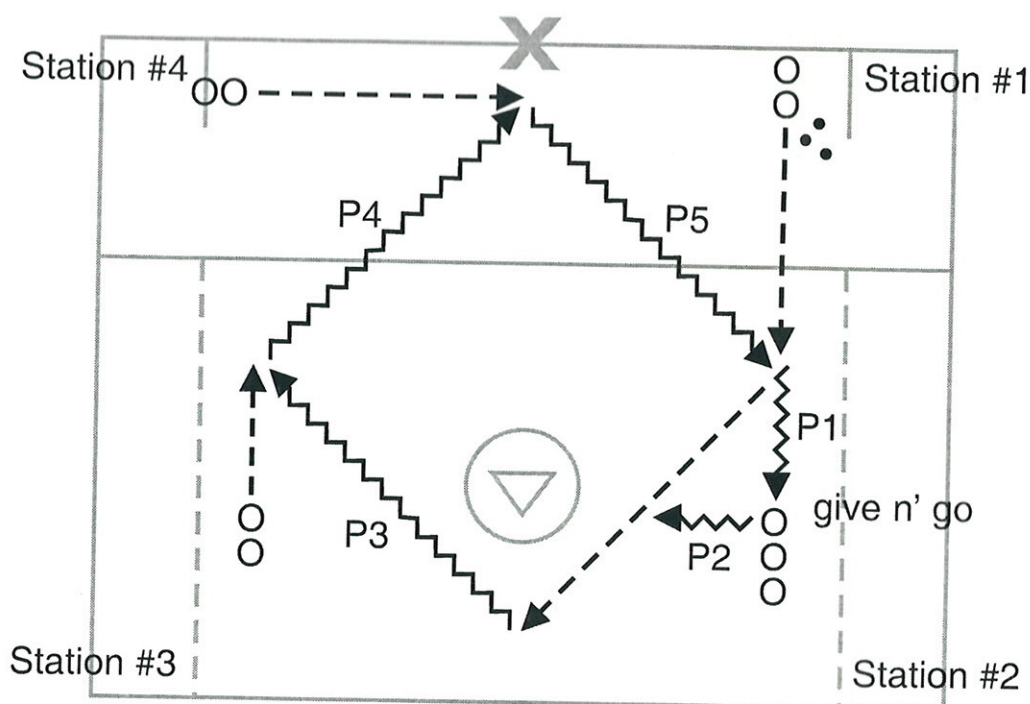
Pregame Drills

Four Corners

Concept: This drill is a half field pregame drill that stresses throwing and catching.

1. A box is developed with two corners at the bottom of the wing line and two corners 5 yards below the goal-line extended. This allows for a goalie to be warmed up with out interference.
2. Three players occupy station #2. The rest of the team is equally distributed to the other three corners.
3. Start the ball in station #1. The player runs at and throws to station #2 who quick sticks the ball back to the initial player. The starting player heads toward station #3 and throws the ball to player at station #3 who is breaking for station #4.
4. Player #3 throws to player #4 who is heading toward station #1.

- Notes:
- a. After a few times, bump players from station #2
 - b. Additional balls made be added
 - c. A groundball made be added for a pass at one of the corners. Best results are player #1 to player #3
 - d. Drill can be run clockwise and counter clockwise.



Pregame Drills

Stony Brook Pregame

Concept: The time before the actual game is often spent on line drills and shooting drills. Often there is little emphasis placed on full team pregame drills. Pregame drills should be efficient and precise. A well orchestrated full pregame drill can often promote team spirit and infuse a bit of mental fear in the psyche of the opponents. This is a ½ field set up that resembles actual play.

1. 5 lines with a goaltender in the cage
2. Midfield Line A scoops ball and tosses the ball to Attack Line C who is breaking for the ball. Midfielder A sets pick for Midfielder B
3. Attack Line C moves to X behind cage and tosses a pass to Attack Line D who is breaking for ball at goal line extended.
4. Attack Line D passes ball to Midfield Line B who is cutting off Midfield A's pick.
5. Midfield Line B receives pass from Attack Line D and tosses a ¼ speed overhand "shot" to goaltender.
6. Goaltender catches ¼ speed "shot", yells 'Break!' and tosses outlet pass to Defensive Line E
7. Defense Line E is located outside the box and catches the ball over the shoulder. The defenseman gives ball to last man in Midfield Line A who rolls ball for the next midfielder in Line A..

