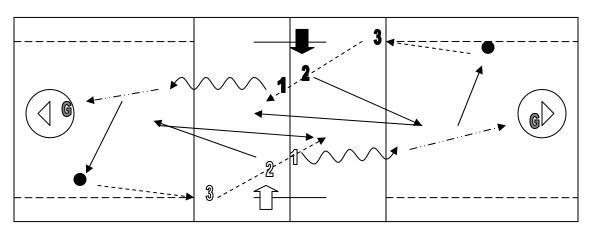
Chaser Drill



Set-Up

- 1. Goalies are in both nets.
- 2. Two lines of players along the wing lines at center, facing the middle of the field.
- 3. To start, 2 players will have a ball (The number 1 players).
- 4. To start, two players will be chasers (The number 2 players). They do not have a ball.
- 5. To start, two players are placed just outside of the restraining box (The number 3 players).
- 6. Balls are placed at the edge of the restraining box as shown above.

Instructions

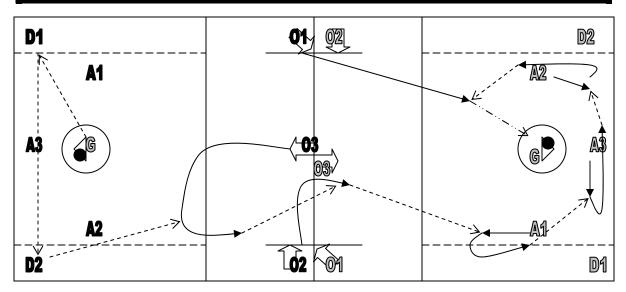
- 1. When the coach blows the whistle the number 1 players sprint towards the goal with a ball and take a shot about 15 yards away. At the same time the number 2 players chase the number 1s (Number 2s from the opposite line is the chaser). This is not a chase to check drill, but more of a sprint into the crease.
- 2. Once the shot is taken by the number 1s they will then sprint to the side and pick up a ground ball, turn up field and throw a pass to the number 3 players.
- 3. The number 2 players, who are now in the hole, begin to sprint up field and look to receive a pass from the number 3 players.

- 4. Once the number 2 players cross the centerline a chaser from the opposite line chases him and the drill continues.
- 5. The original chasers receive a pass, take a shot, pick up a GB and make a pass to the new number 3 player. This number 3 player is the player who just shot.

Coaching Tips

- 1. The kids tend to get confused as to who is the chaser. Remember that they are chasing the man from the opposite line, and then receiving a pass from the number 3 player in their own line.
- 2. Have the number 3 players really concentrate on throwing a pass to the streaking number 2 player. With a chaser involved they really have to lead the man. Usually, they have to throw an arched pass so it will not get knocked down.
- 3. Walk through this drill. The extra five minutes it takes you to explain it properly the first time will save you valuable minutes for future practices.
- 4. Be sure they are not shooting too close. Make them shoot down the alleys or sweep.

Super Clear



Set-Up

- 1. Divide the team up into two even groups with each group in different colors. The diagram above shows two teams, one black and one gray.
- 2. Start with a goalie in each net. The balls should be split evenly between them.
- 3. The long stick defensemen should be lined up at each of the four corners of the field (D1s and D2s).
- 4. Set up two attack units. One attack man should be at "X" (A3), and the other two should be along GLE close to the restraining box line.
- 5. Split the remainder of the players along the centerline. All of the blacks will be lined up on one side of center, and all of the grays will be on the other side. See diagram above for starting positions.

Instructions

- 1. The diagram above shows the pass sequence for one color. When this drill is being run, two balls are in play at all times.
- 2. The goalie starts with the ball. On the whistle he passes it to D1.
- 3. D1 then makes the over pass to D2.

- 4. As the ball is in the air O3 begins a low cut, as if he's coming back to help the ball carrier. When D2 catches the ball he passes to O3 cutting towards him.
- 5. When O3 catches the ball he turns up field. When D2 passed the ball, O2 should have cleared through recognizing that O3 is now in that lane. O3 will continue up field until O2 has crossed center. O3 will then pass to O2.
- 6. When O2 catches the ball A1 will break towards him for support. O2 passes to A1. A1 will then turn back.
- 7. A1 will make his pass to A3 who is running towards him for support. Once A3 catches the ball he will turn and sprint to the other side of the field looking to pass to A2 who is breaking towards him.
- 8. When A3 is running, O1 will begin to time his cut from center, imitating the late man. A2 will look to pass to O1 for a quick shot.
- 9. The goalies then begin a new ball.

Pass sequence is as follows:

G to D1, D1 to D2, D2 to O3, O3 to O2, O2 to A1, A1 to A3, A3 to A2, A2 to O1.

Super Clear

Change Lines as follows:

O1 becomes O3, O3 becomes O2, O2 becomes A1, A1 becomes A3, A3 becomes A2, and A2 becomes O1. Defense should substitute each time or have the defense sprint around the outside of the field corner to corner after each pass.

Coaching Tips

1. This drill is used to simulate the basic principles used when clearing the ball. Some points of emphasis that this drill incorporates are:

- Defensemen reverse the ball using the over pass.
- Middies come back to help the defensemen, as if a team were pressuring.
- Middies clear through to give dodging players' space to run. This prevents teams who ride well from doubling the ball.
- Middies learn to be patient on the opposite side of the field. How many times does your team go off side? How many of those times is the far middy responsible for the offside?
- Attack men give the middies support.
- Attack men understand how to reverse the field of play in a slow break situation.
- Finally, sprint hard on a cut as if you were beating a defenseman into the crease.

2. Be sure to explain these basic principles to your players especially those at the youth level and up to the high school level. Many players just do what they are told and do not really understand why they are doing something. The basic principles that this drill teaches from every position can be used in all aspects of the game from offense to defense.

3. Have fun and enjoy this drill. It is great way to keep your team thinking, running, passing, and catching.