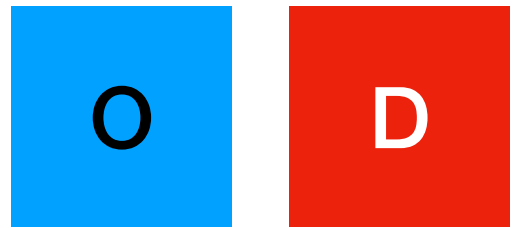


# **IOU Coaching Certification**

**Level 1: Casual Play**

**Section 3: Drills**

# Diagramming Drills



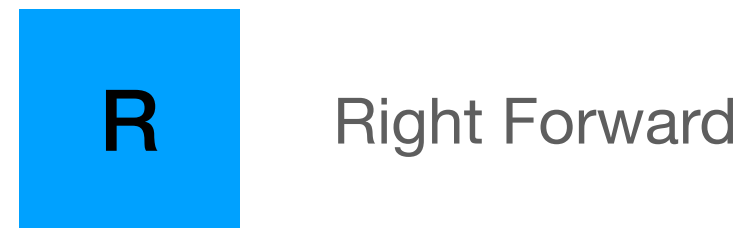
Offensive and defensive players



Fullback



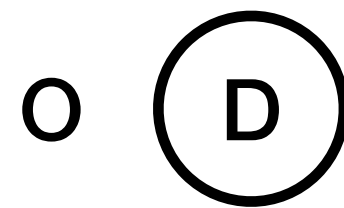
Halfback



Right Forward



Left Forward



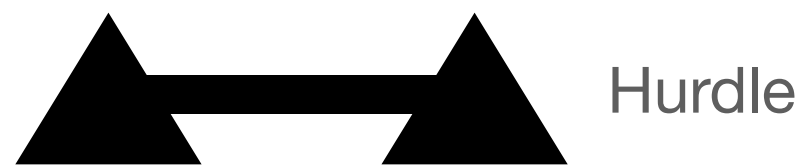
Whiteboard version



Ball



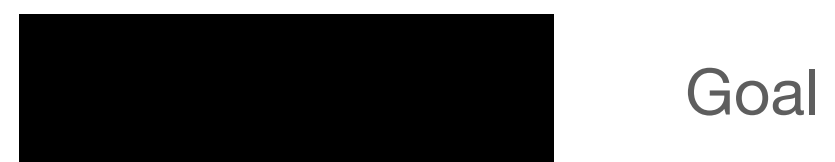
Cone



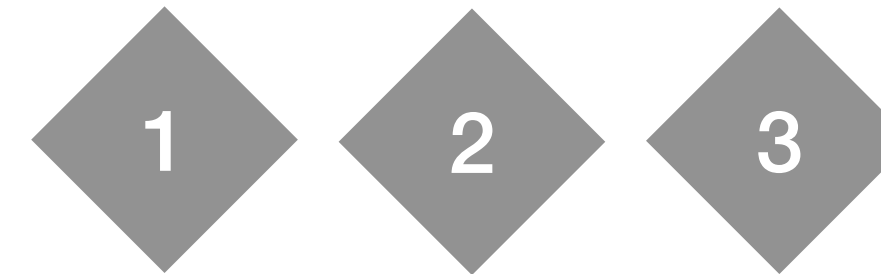
Hurdle



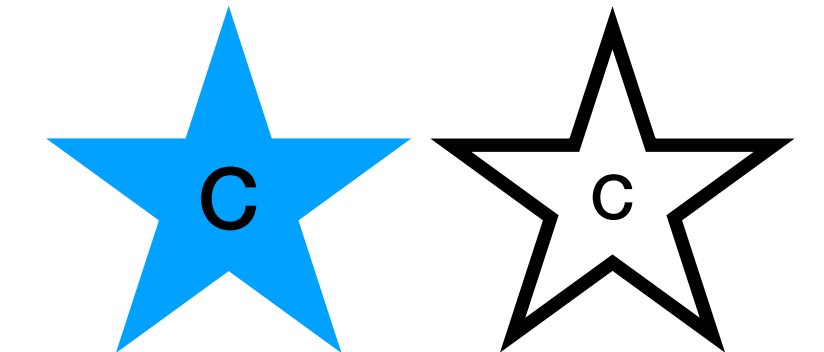
Stick as part of drill



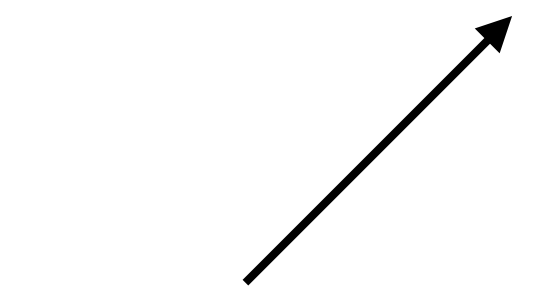
Goal



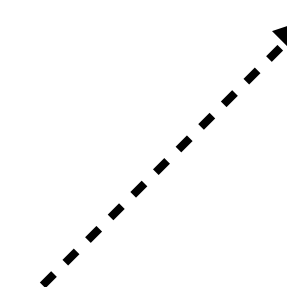
Drill station rotation



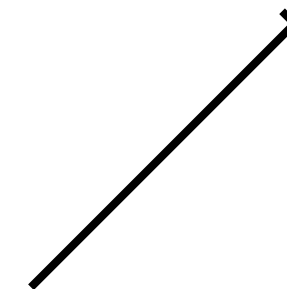
Coach



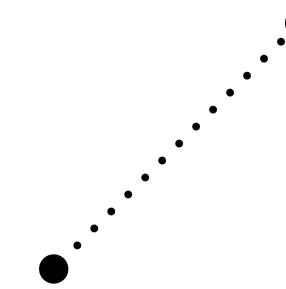
Player movement



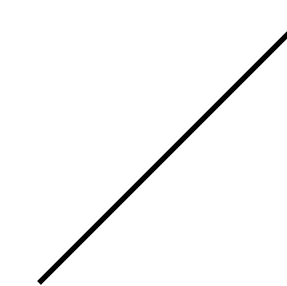
Ball movement



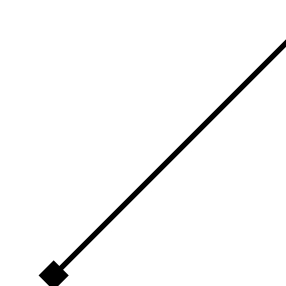
Player contact with another player



Man to man coverage



Drill boundary



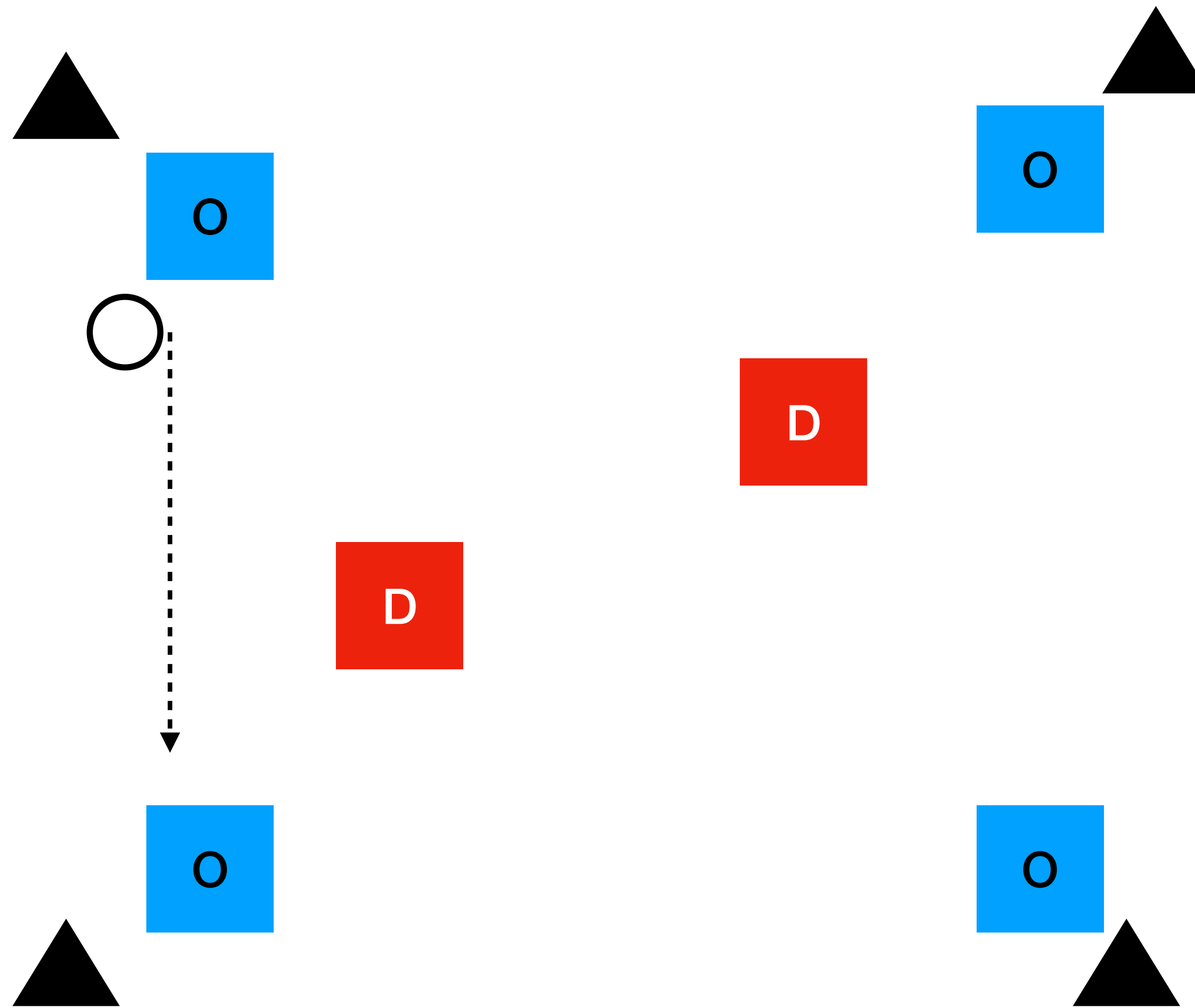
Line of players

# Technical Warmups

- Focus is to get players ready to play oarball
- Get players lots of ball touches

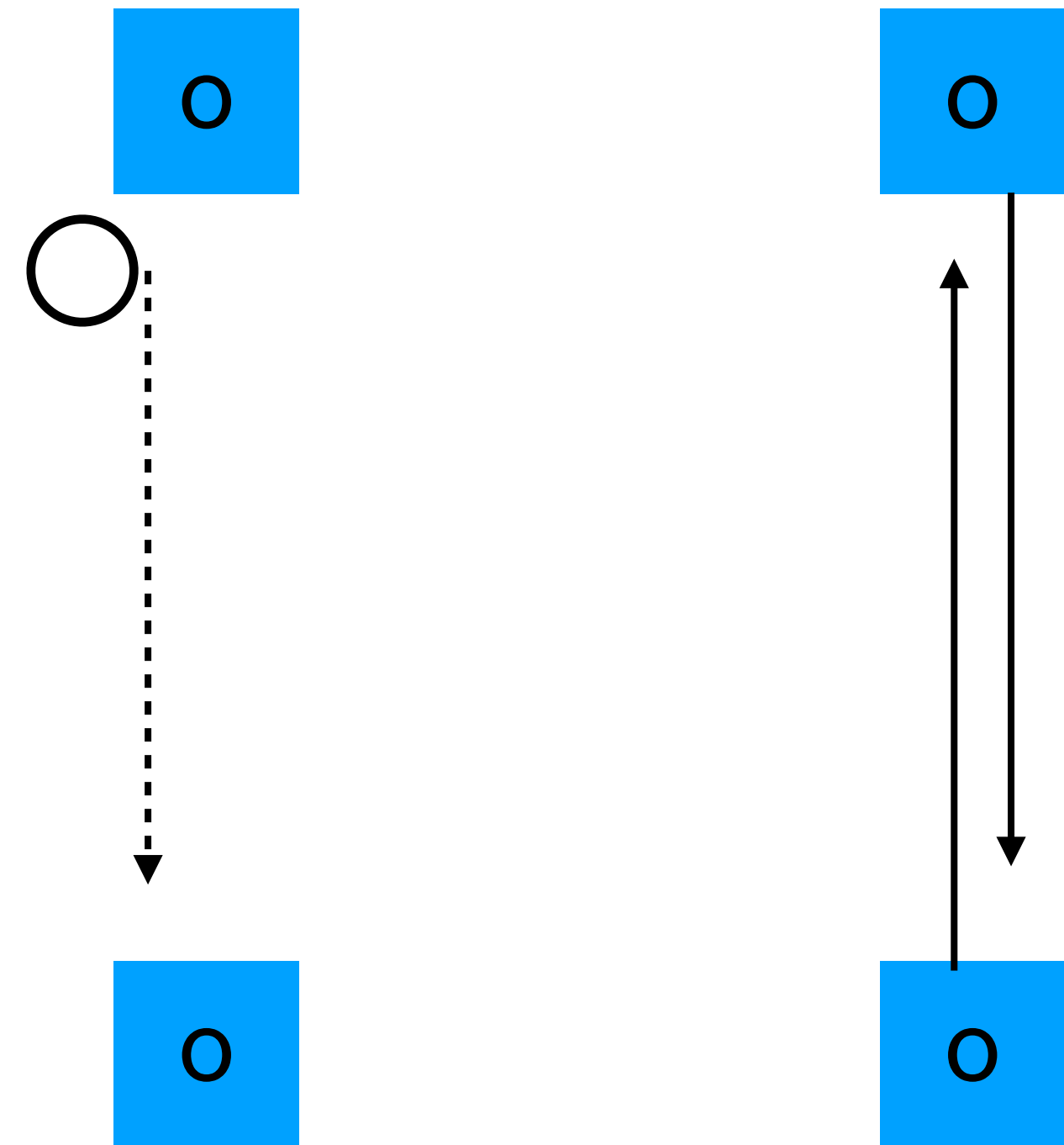
# El Rondo

- Continuous passing, ball handling, and ball winning drill
- Attackers play keep away from defenders
- Attackers must stay stick's length away from their cone
- If a defender steals the ball, they get to be an attacker
- If an attacker loses the ball (turnover, bad pass, or bad catch), they become a defender



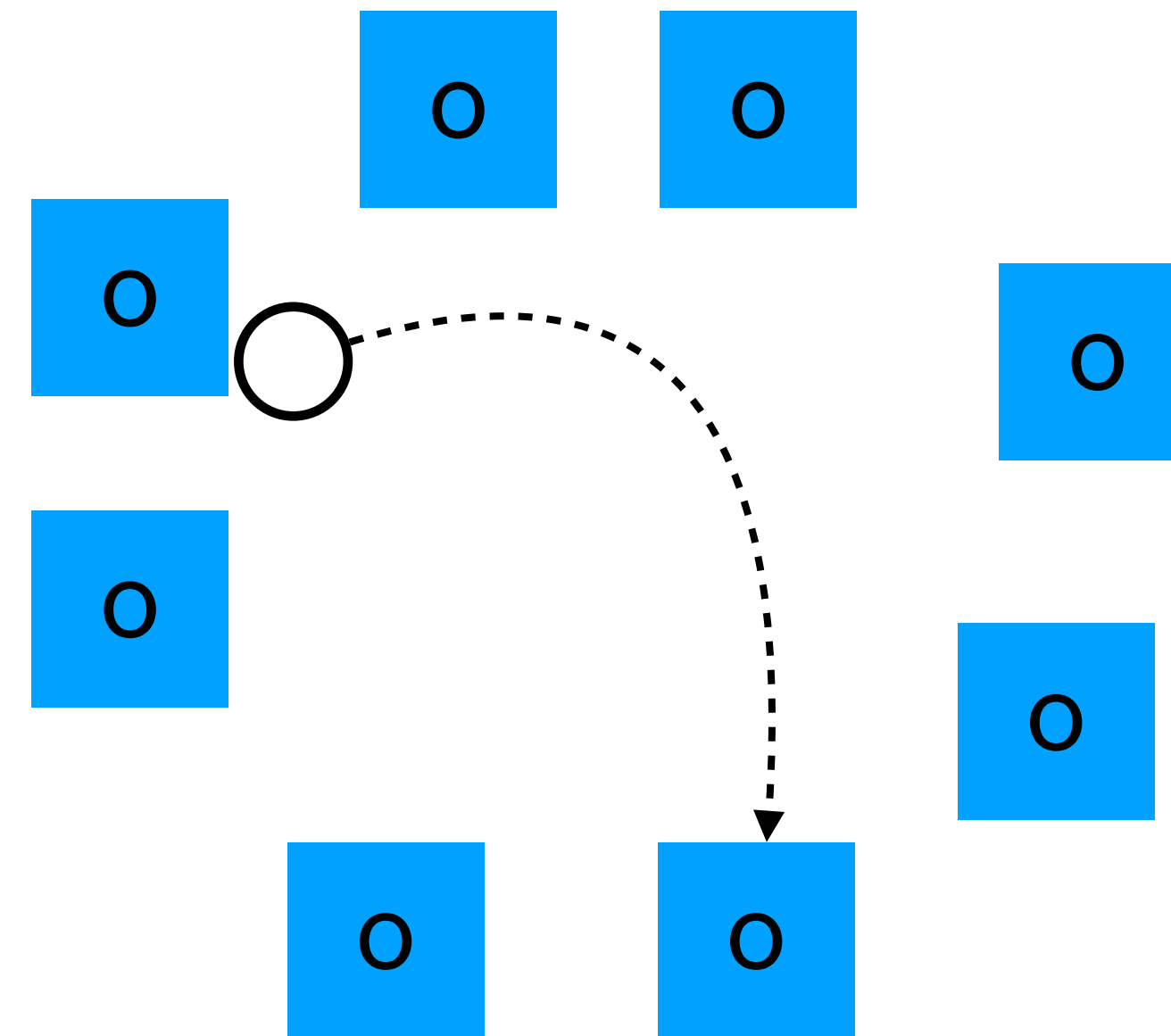
# Partner Passing

- Players pair up and spread the field
- Coach tells them a certain type of pass
- They pass back and forth
- When coach blows whistle, they run and switch positions
  - Player with the ball leaves the ball-running is for warming up
- Each position switch, the coach will suggest a new type of pass
  - Scoop pass
  - Ground pass
  - Kick pass
  - One-touch pass
  - Volley stick pass
  - Volley foot pass
  - Volley hand pass



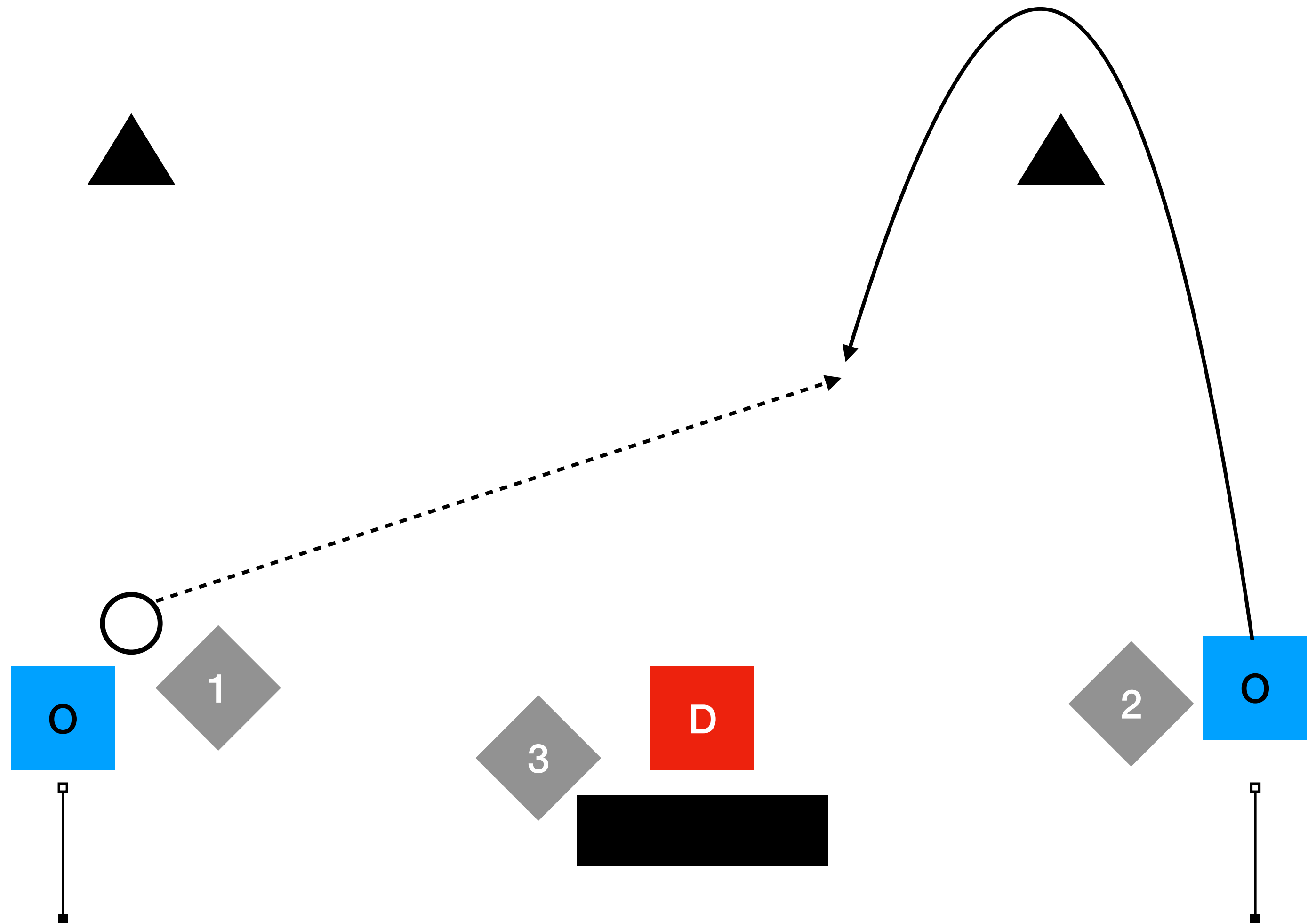
# Keepy-Uppy

- Players form a circle, one player “serves” the ball into play by scooping it to a teammate
- Players must keep the ball in the air
- Each player only gets two touches of the ball: one with the stick and one with the feet or legs
- A player who drops the ball or sends an unplayable pass gets “out” and runs a lap of the field



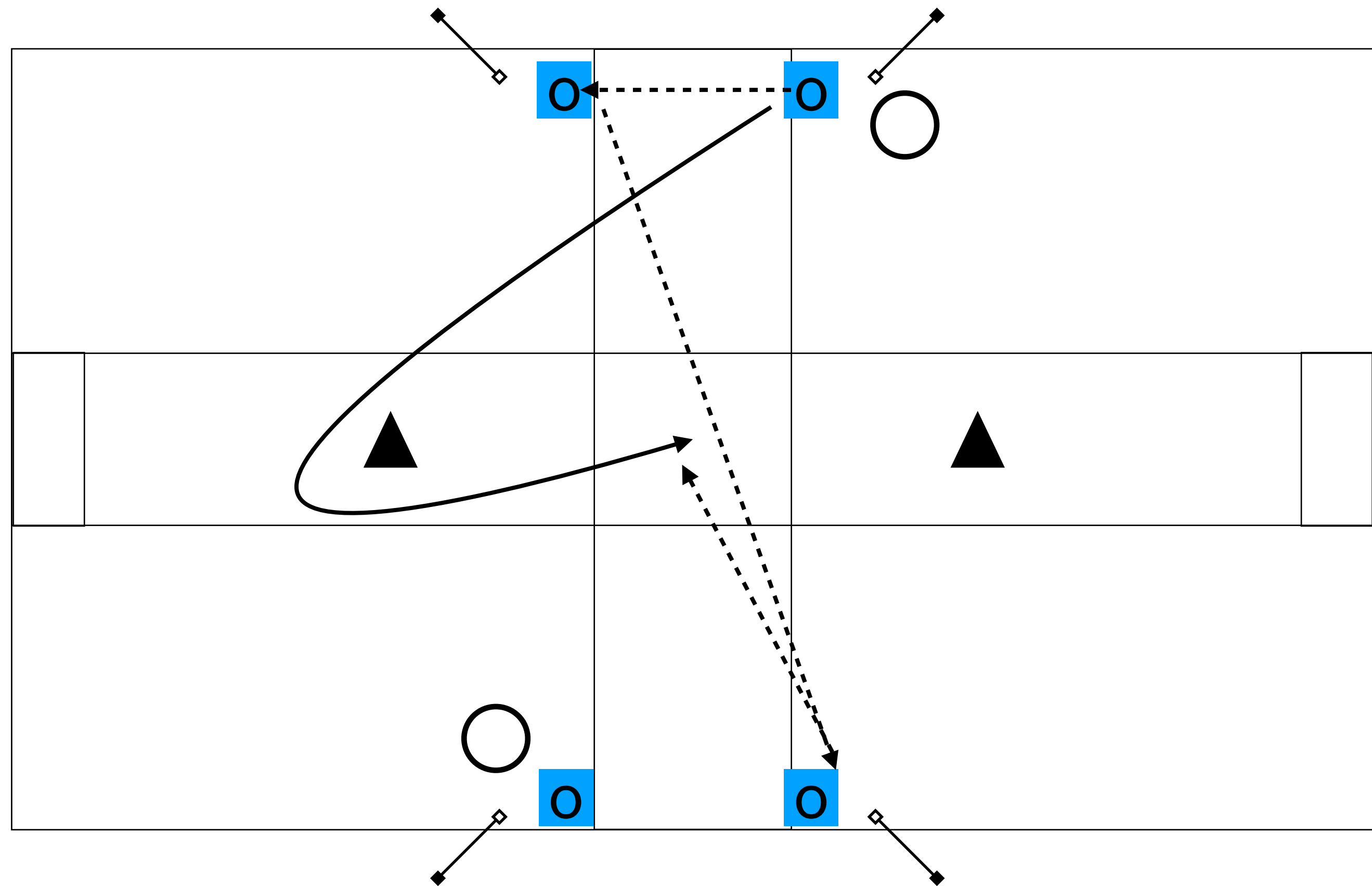
# Horse-shoe

- Continuous passing, shooting, shot blocking drill
- Two lines of players either side of the goal with balls
- One player runs around cone, receives pass, then shoots
- Passer takes off and runs immediately after passing
- Shooter becomes shot blocker immediately after shooting
- Players switch sides after being the shot blocker



# 4-Corners Drill

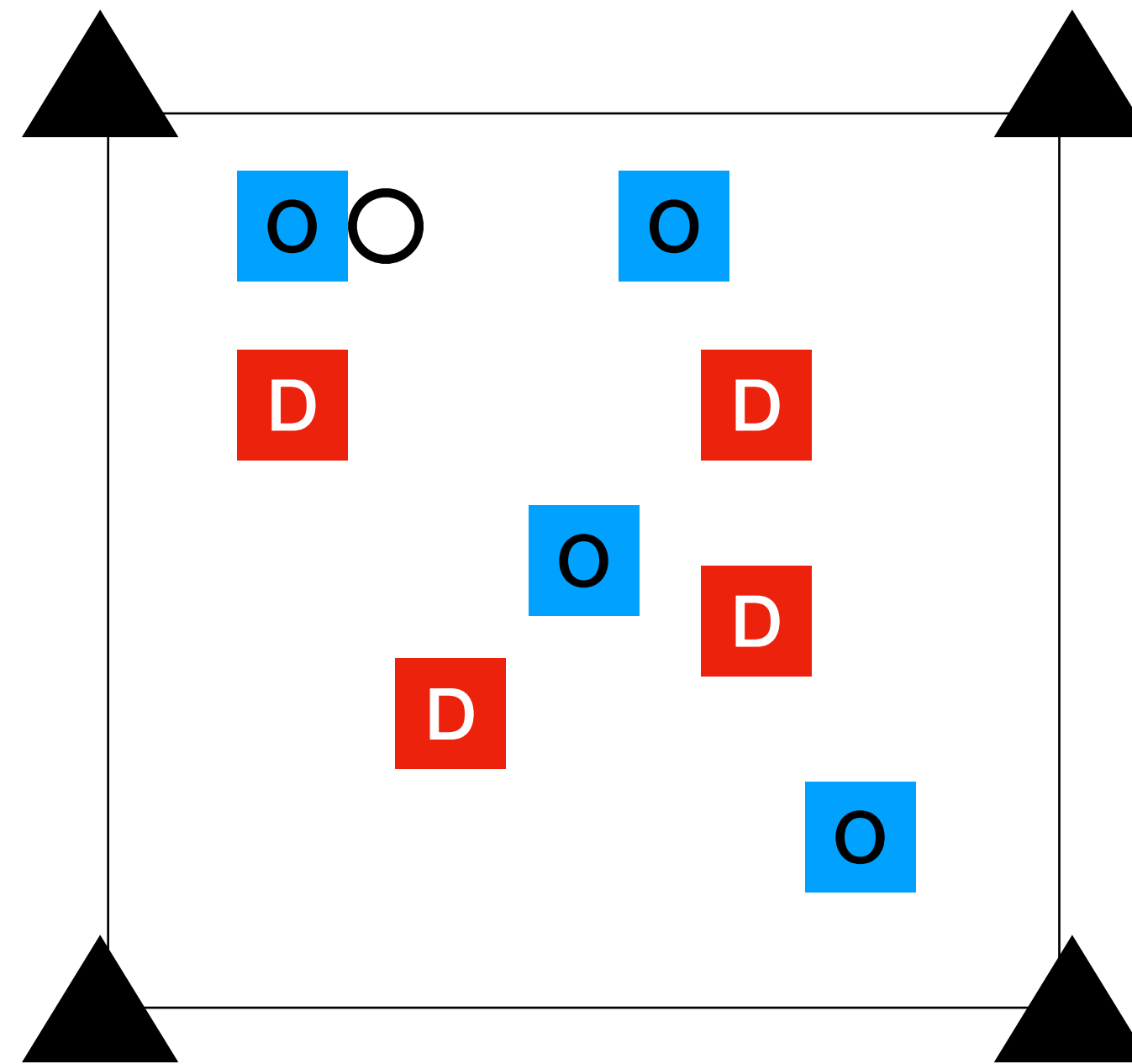
- 4 lines at the corners of the neutral zone, each with a ball, just inside the neutral zone lines
- Lines on opposite corners start at the same time
- Player with ball passes to near-side line, then run around cone
- Lines which receive ball pass diagonally to each other, then feed player rounding cone
- Player who receives ball takes a long shot as soon as they leave the central box
- Requires lots of communication and heads-up play





# 10-Pass Warmup

- Split team into two even teams
- If even teams aren't possible, coach joins drill
- A team wins the drill if they connect 10 consecutive passes and every player on the team has touched the ball
- Play must be confined into small area

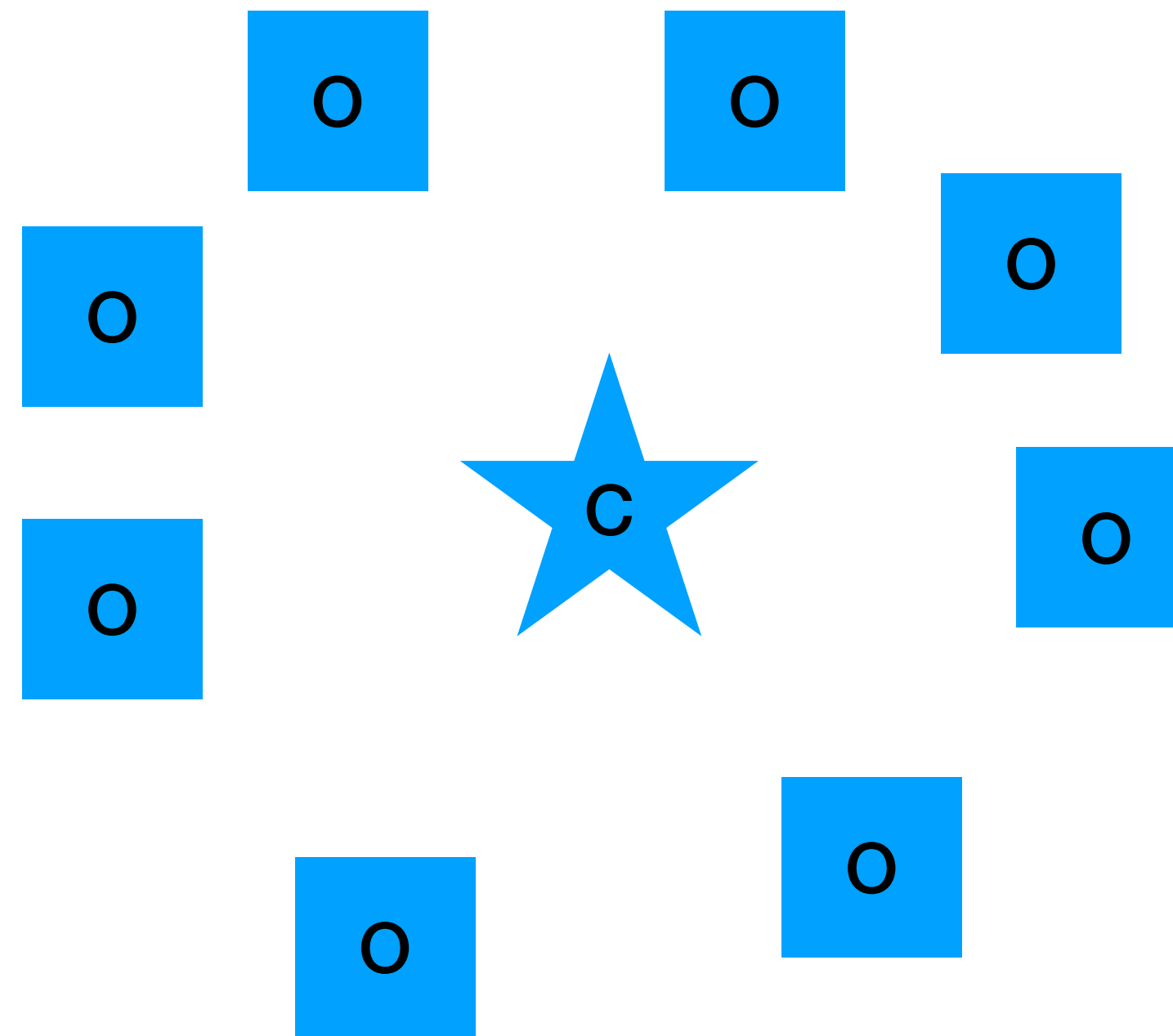


# Physical Warmups

- Focus is on preventing injury
- Chance to socialize with players, get to know them, and build camaraderie
- Good time to discuss plans for the upcoming practice. Players are more engaged if they know what they will be doing.

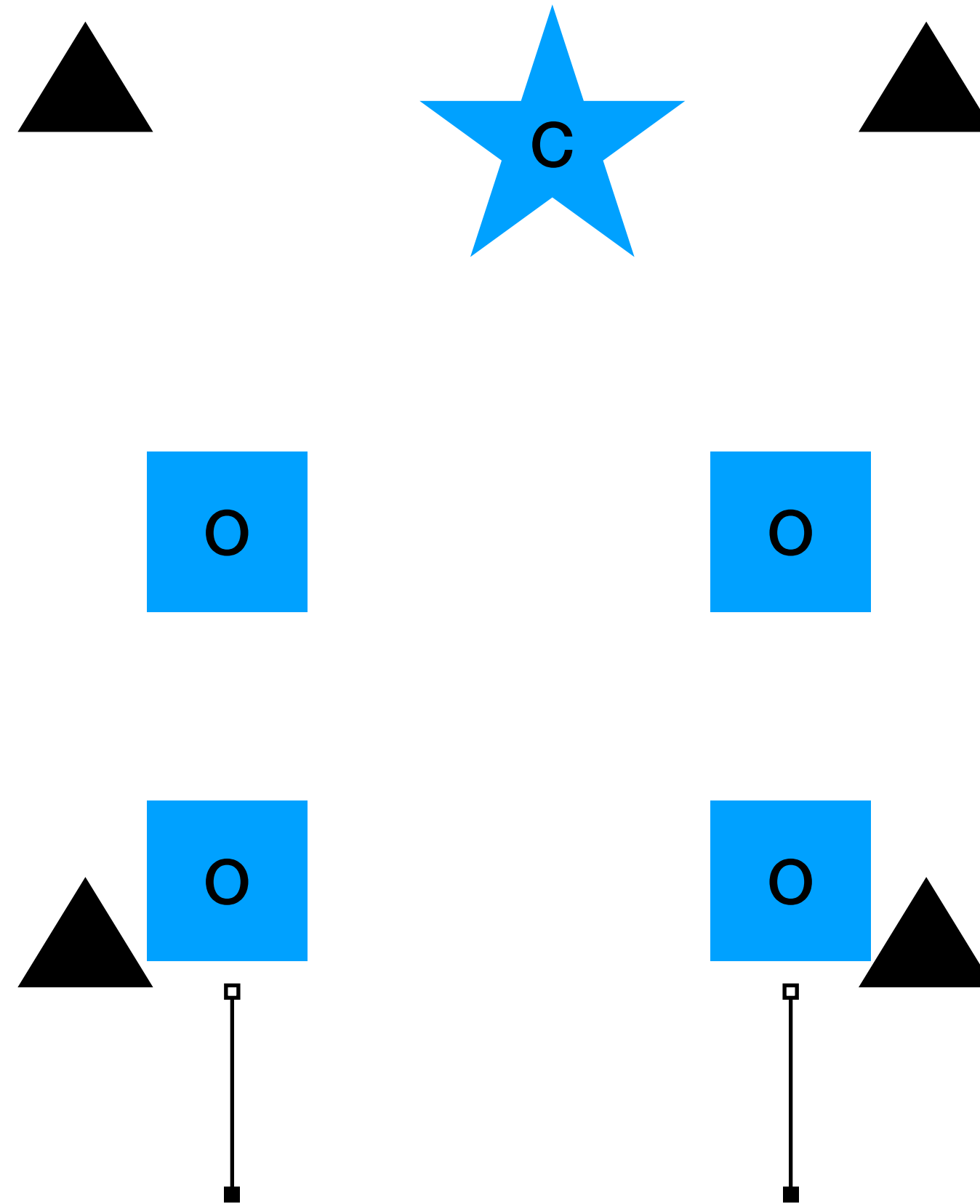
# Stretching Circle

- Coach (or senior player) stands in center of circle of players
- Players copy what coach does
- Coach leads team through series of static stretches
- Stretches should focus on lower body: calves, groin, hips, quadriceps, hamstrings, gluteus, lower back



# Warm-up Lines

- Players form 2 lines
- Coach leads players through ballistic stretches and movements
- Stretches should focus on lower body: calves, groin, hips, quadriceps, hamstrings, gluteus, lower back
- Once player in front is halfway through exercise, player behind in line goes

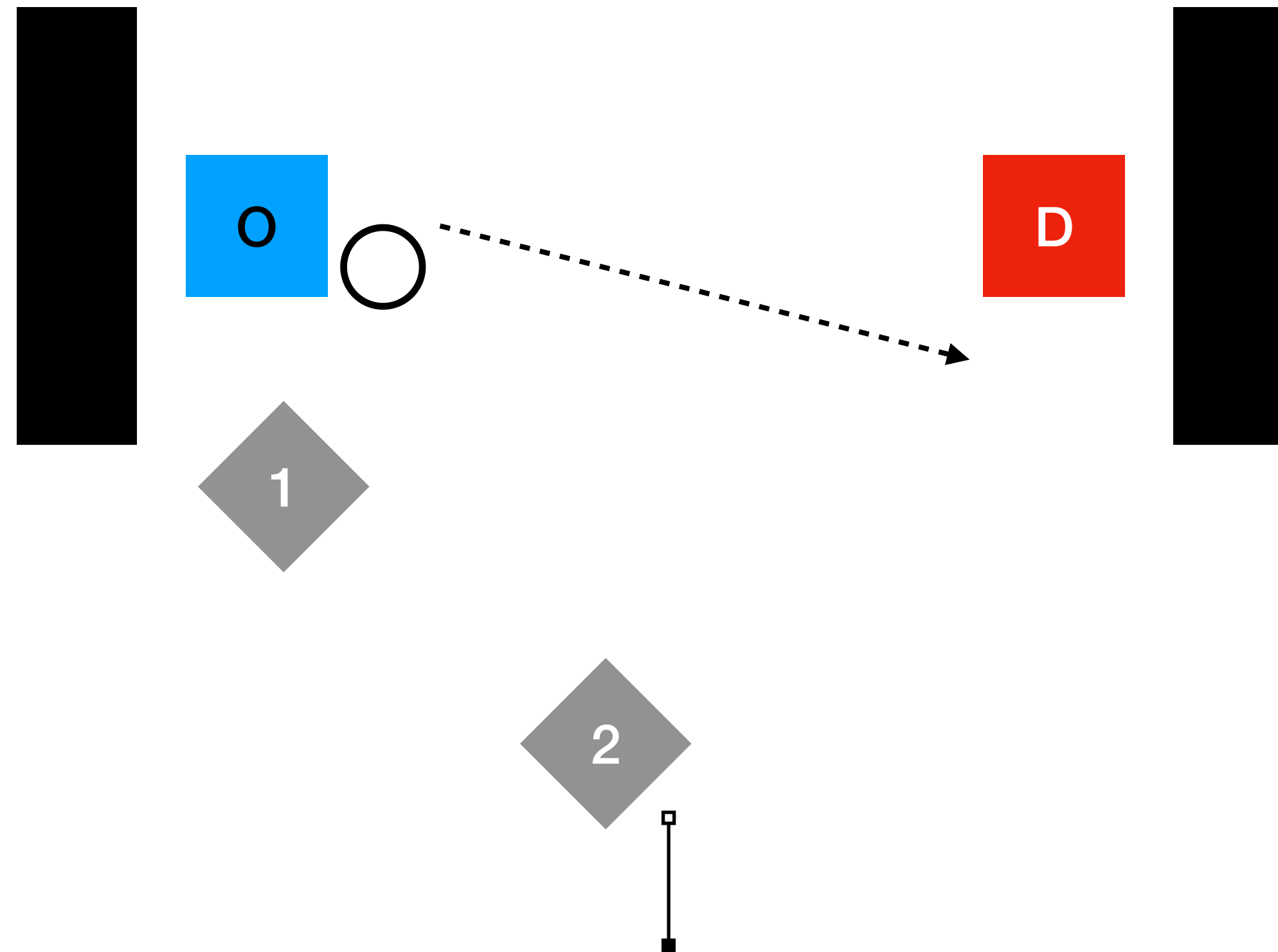


# Offense/Defense Skill Drills

- Phase of play relies heavily on individual skill and ball sense
- Drills focus in on scoring, shot stopping, 1v1, and chance creation skills

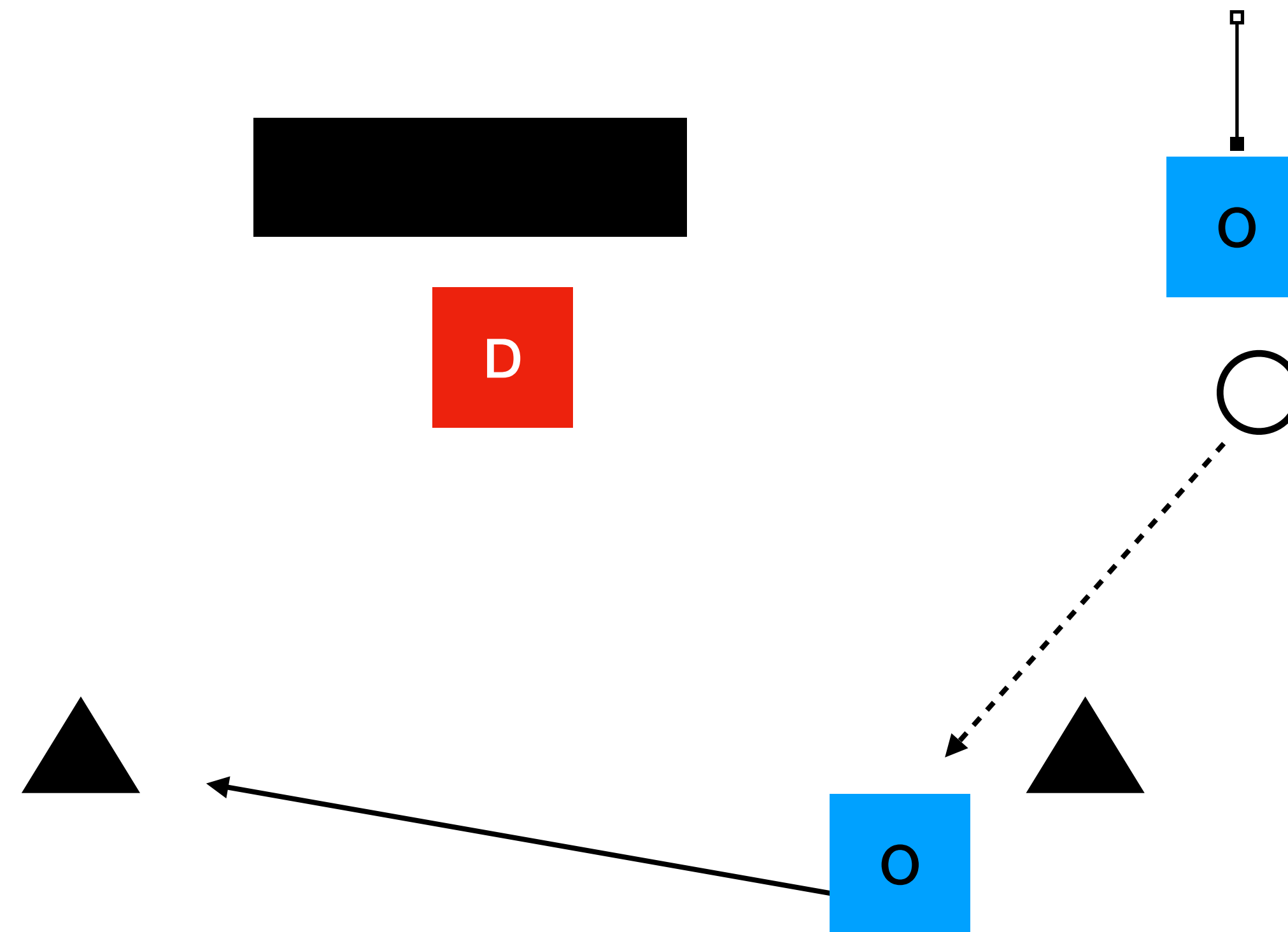
# Net vs Net

- Two nets brought facing each other at shooting range, one line of players
- One player in each net
- One side shoots at the other, other side tries to save
- After shooting and saving, player leaves net and switches with a player in line- one player should leave drill after every shot



# Shooter's Shift

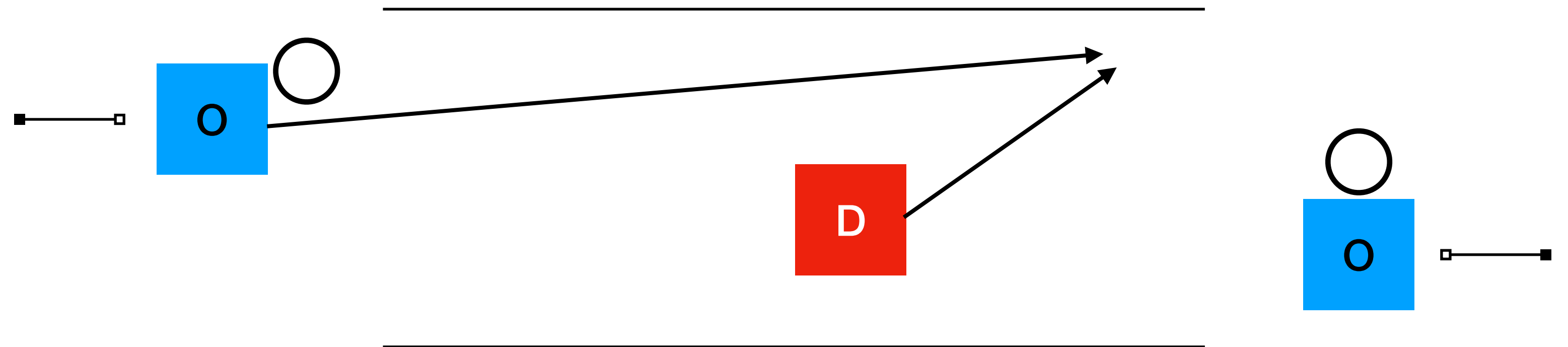
- One net with a defender in it
- Line of players with balls
- Shooter runs between cones, takes a pass, then shoots a shot.
- Shooter goes through all 6 different shots before completing the drill
- Shooter becomes defender after completing the course
- Passer becomes shooter, next player in line becomes passer



Shot 1: right foot kick  
Shot 2: left foot kick  
Shot 3: Vertical-stick shot  
Shot 4: Flat-stick shot  
Shot 5: Backhand scoop  
Shot 6: Volley

# Continuous 1v1

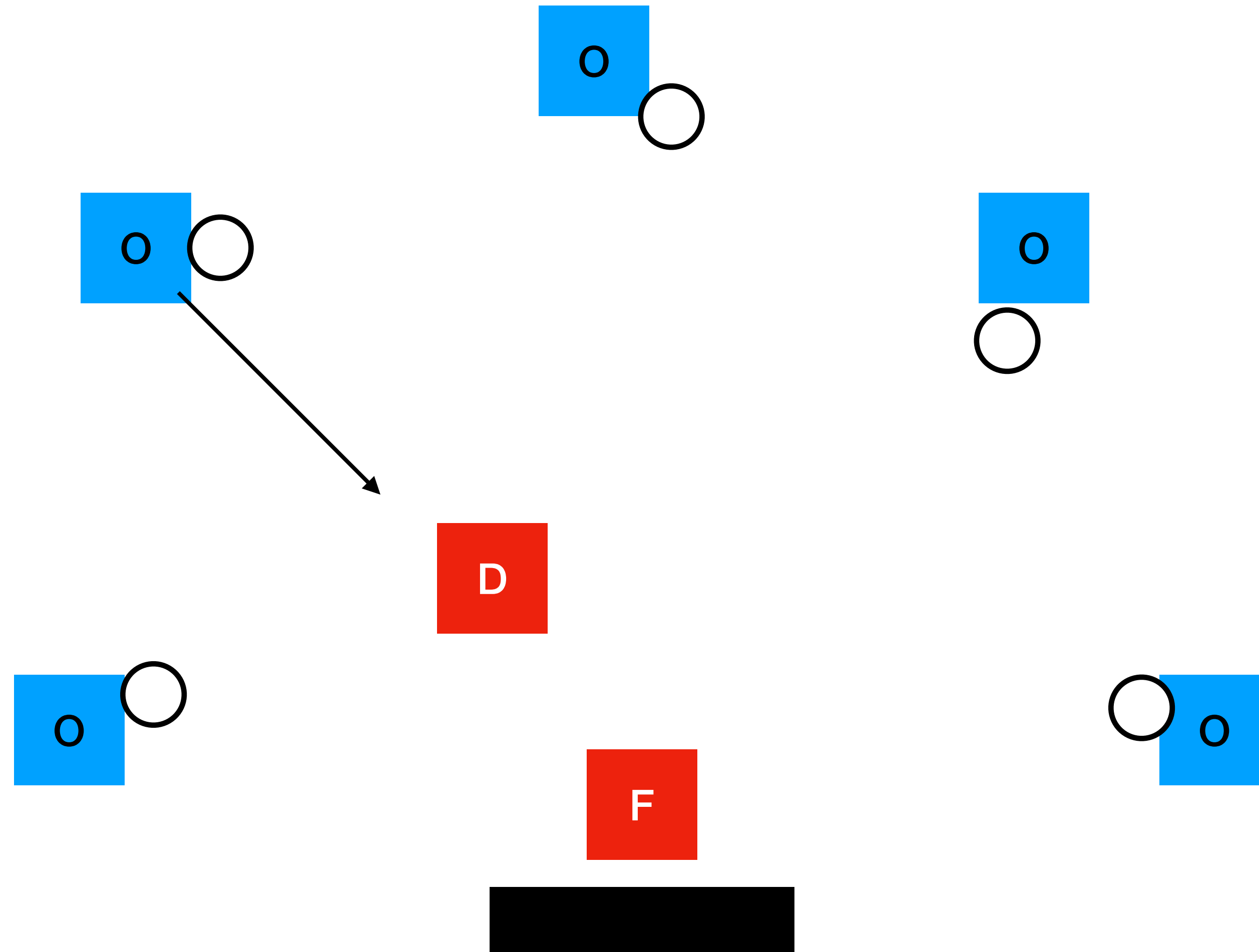
- Cones mark out small channel
- One defender in center of channel, two lines of attackers with balls
- Attackers should be offset, either to left or right side
- One attacker tries to carry around defender
- If ball goes out of bounds or attacker gets around, attacker from opposite side goes
- Should cycle through attackers quickly
- When defender is too tired (or after set number of attackers), stop drill and sub in a new defender





# 2vAll

- One defender plays in front of goal as a goalkeeper
- One defender plays 1v1s
- Offensive players spread out across the field in distinct positions (5 or 6, form lines if needed)
- Coach blows whistle, indicated which attacker is going, and play begins with a 1v1 where attacker tries to score
- Drill should be set up such that defenders face post-up, isolation, and long shot situations from both sides of the field



# Ball Skill Stations

- Team splits up into pairs, these pairs attend stations together
- Station 1: Short obstacle course, then shot on goal
- Station 2: Face-offs
- Station 3: H.O.R.S.E.
- Station 4: Long passing
- After set amount of time, coach blows whistle and players move to next station

Coach should attend the face-off station, giving "go" signal to players

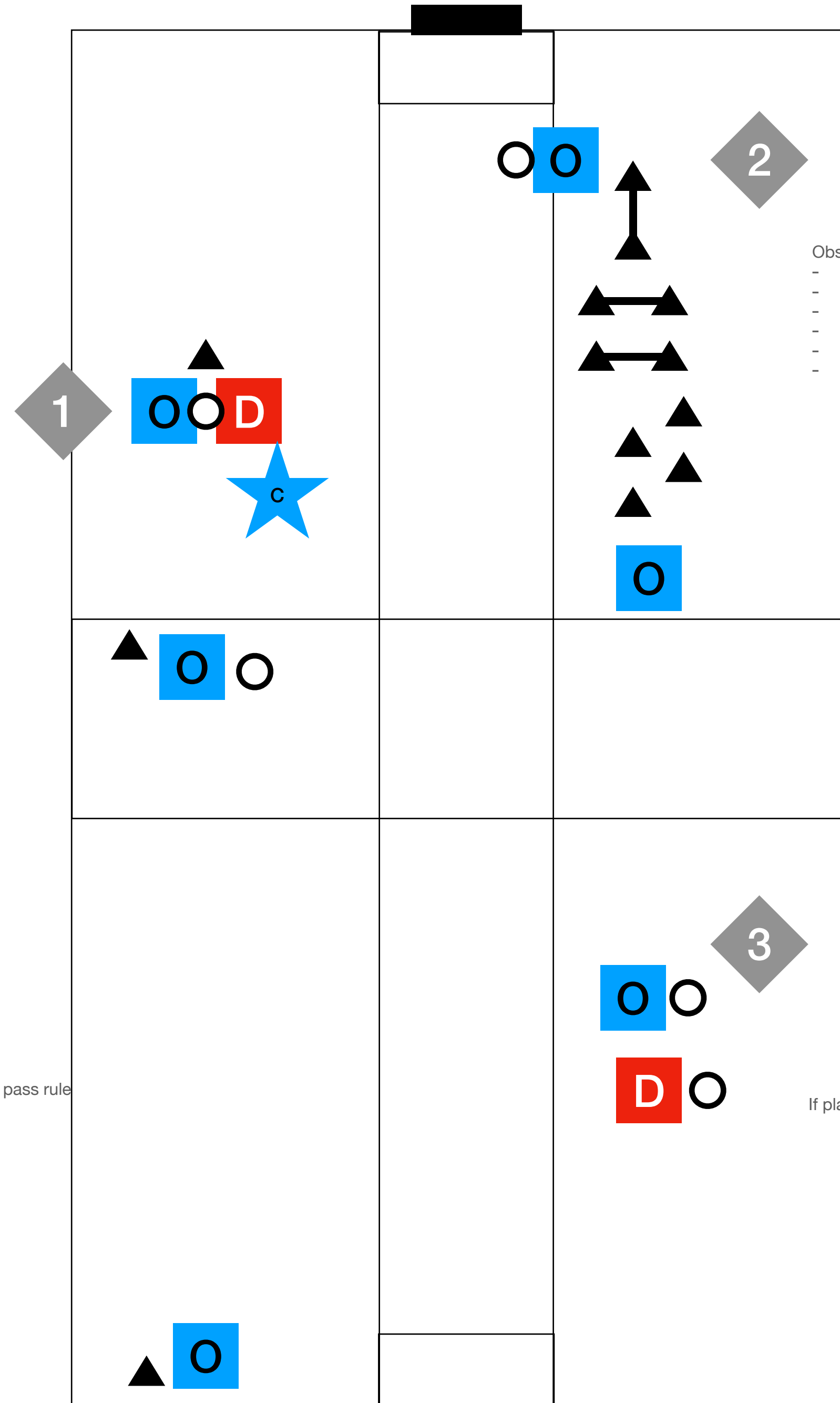
Players should be stationed as far apart as possible without breaking the 2-line pass rule  
Encourage players to try different types of passes

- Volley
- Kick
- Scoop and throw
- Slap
- Forehand and backhand passes

Obstacle courses can be varied, and encourage players to use different skills

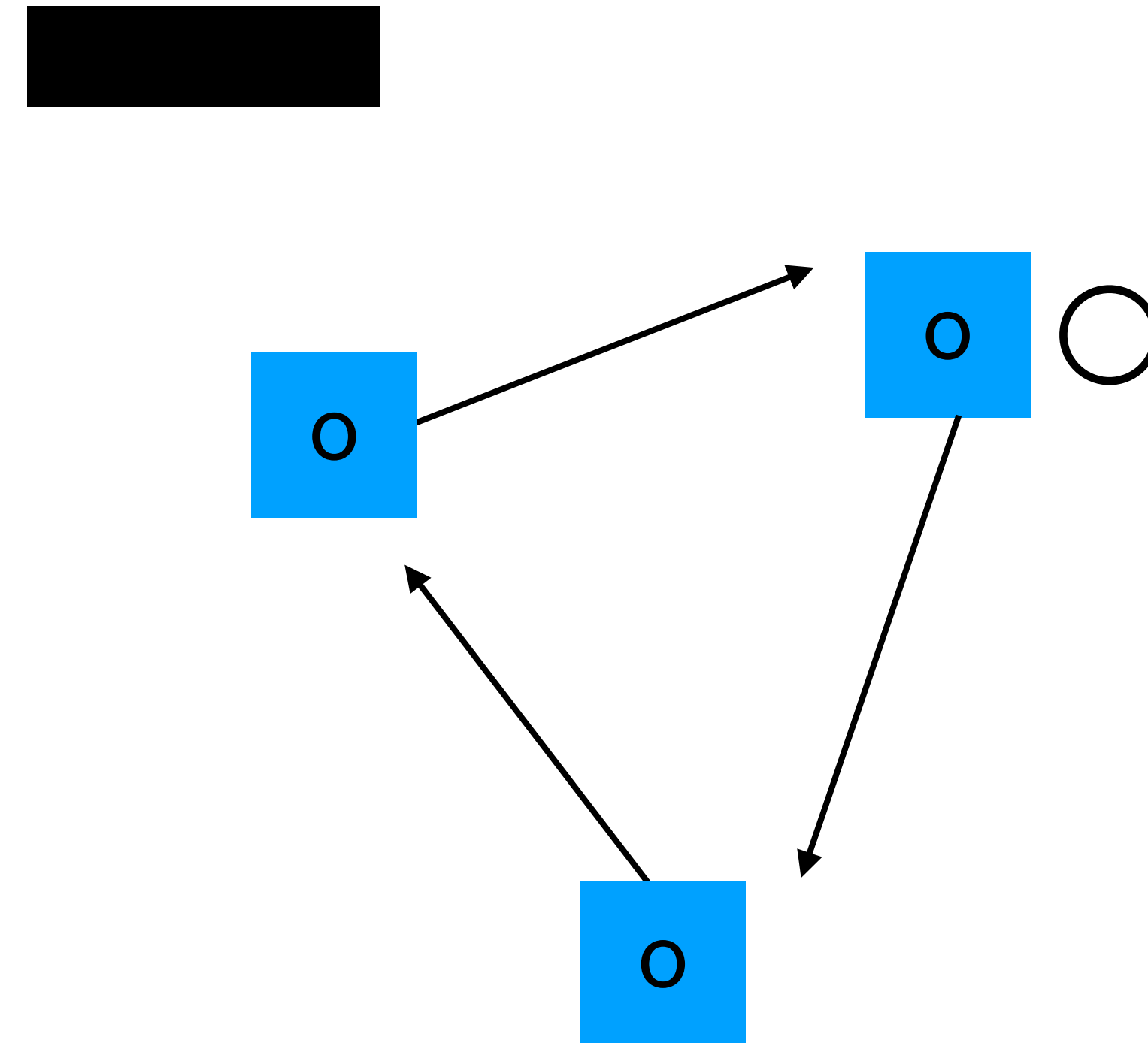
- lifting the ball
- Backhand shot
- Forehand shot
- Volley shot
- Deking around obstacles
- Post-ups and spin moves

Player 1 does a ball skill move, player 2 attempts to copy.  
If player 2 succeeds at copying, they demonstrate a move for player 1 to copy.  
If player 2 fails at copying, they are given a letter (H-O-R-S-E)  
A player who collects all 5 letters loses



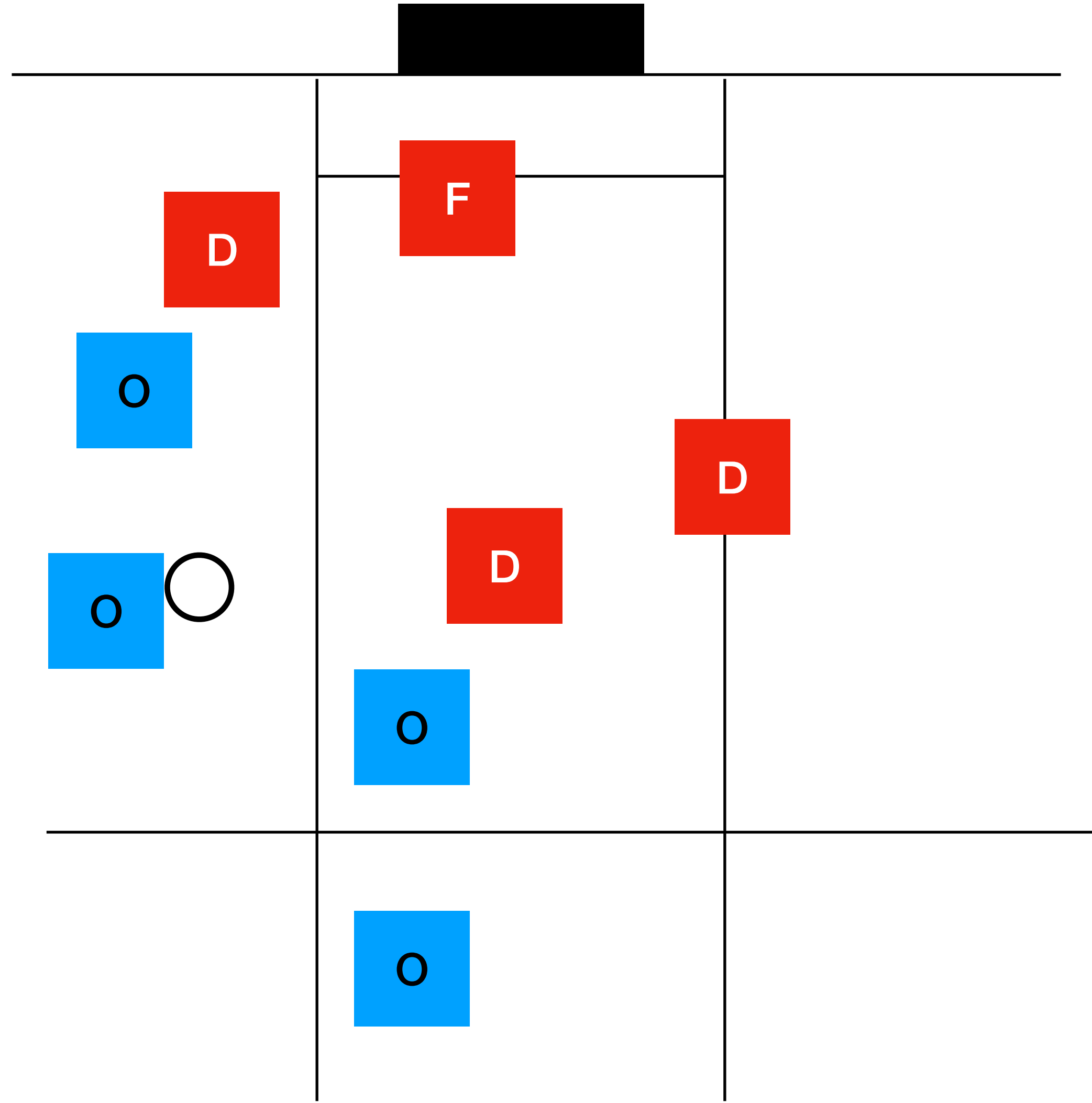
# 3v0 Cycling

- Players practice cycle without opposition
- Players run a continuous cycle: cut, screen, carry
- On whistle, players attack the goal: ball carrier passes to cutter or shoots, all 3 players crash the net
- Drill should be run from both left and right sides of field to give players practice in both scenarios



# Point Scrimmage

- 3v3 scrimmage turns in to 4v4 scrimmage. Starts with a face-off and neither team on offense
- If a team gets the ball and passes it to the point, they go on offense and have a 4v3
- If the defense gets the ball, they must pass the ball to the point in order to go on offense
- The point player is always on offense and cannot leave neutral zone
- The fullback is always on defense. If the fullback can pass to the point player, the teams switch who is on offense

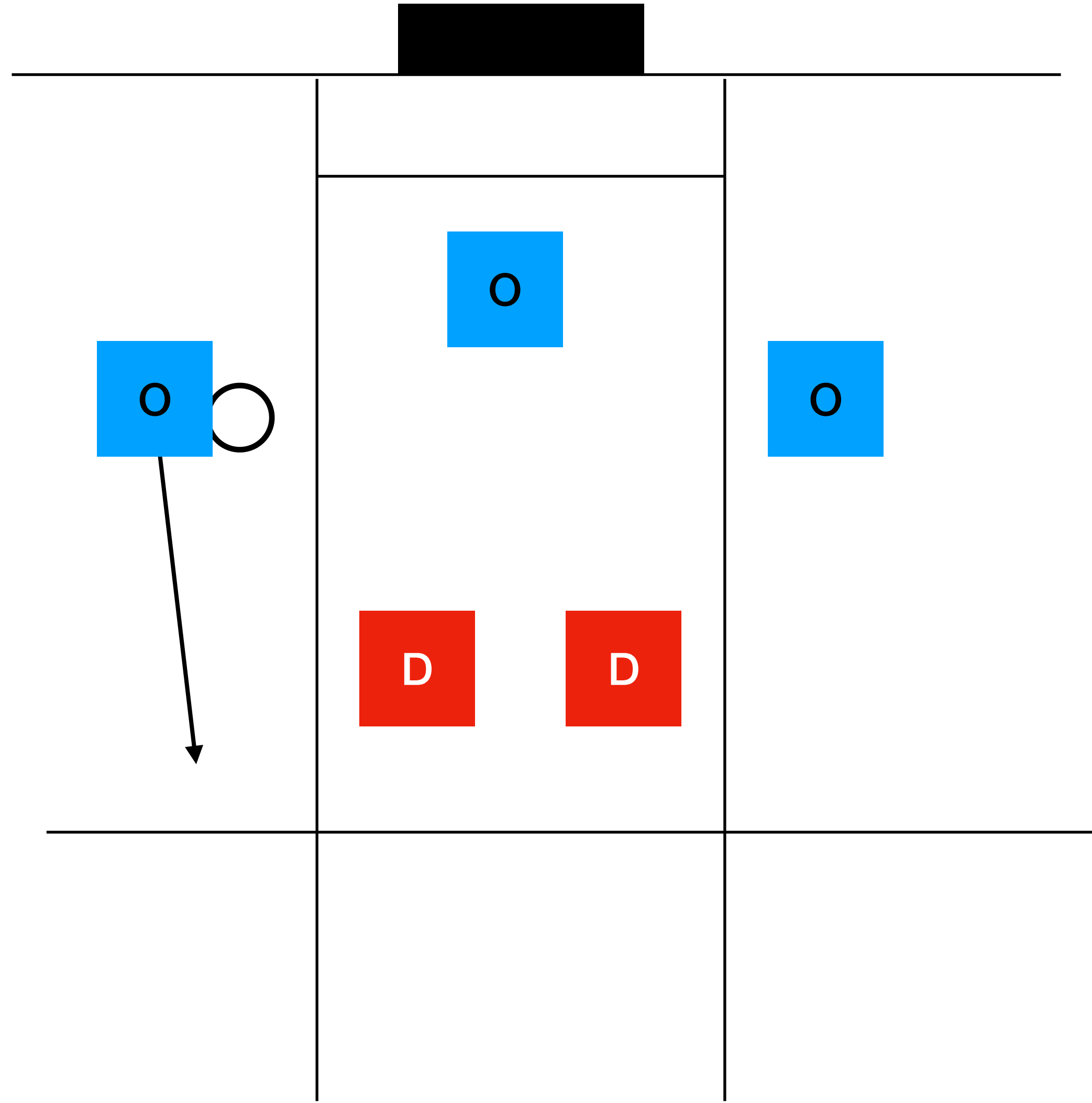


# Forecheck/Breakout Skill Drills

- This phase of play relies more on athleticism than creativity
- Drills designed to hone key skills for forechecking or breaking out

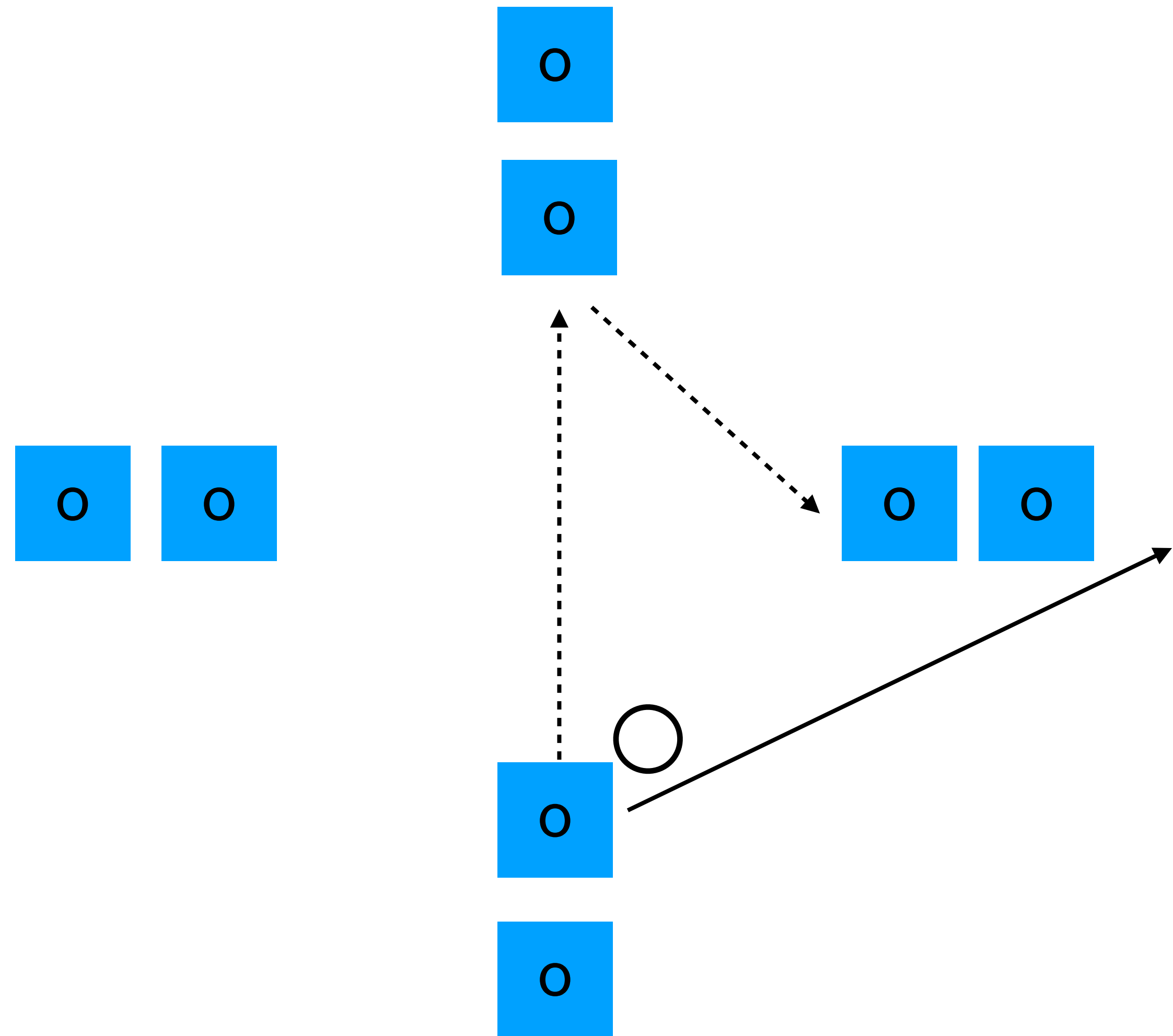
# 3v2 Carry-out

- Breakout has 3 players, forecheck has 2
- Breakout starts with the ball
- Forecheck wants to steal ball and score
- Breakout wants to carry the ball over the end line: they cannot pass into the neutral zone



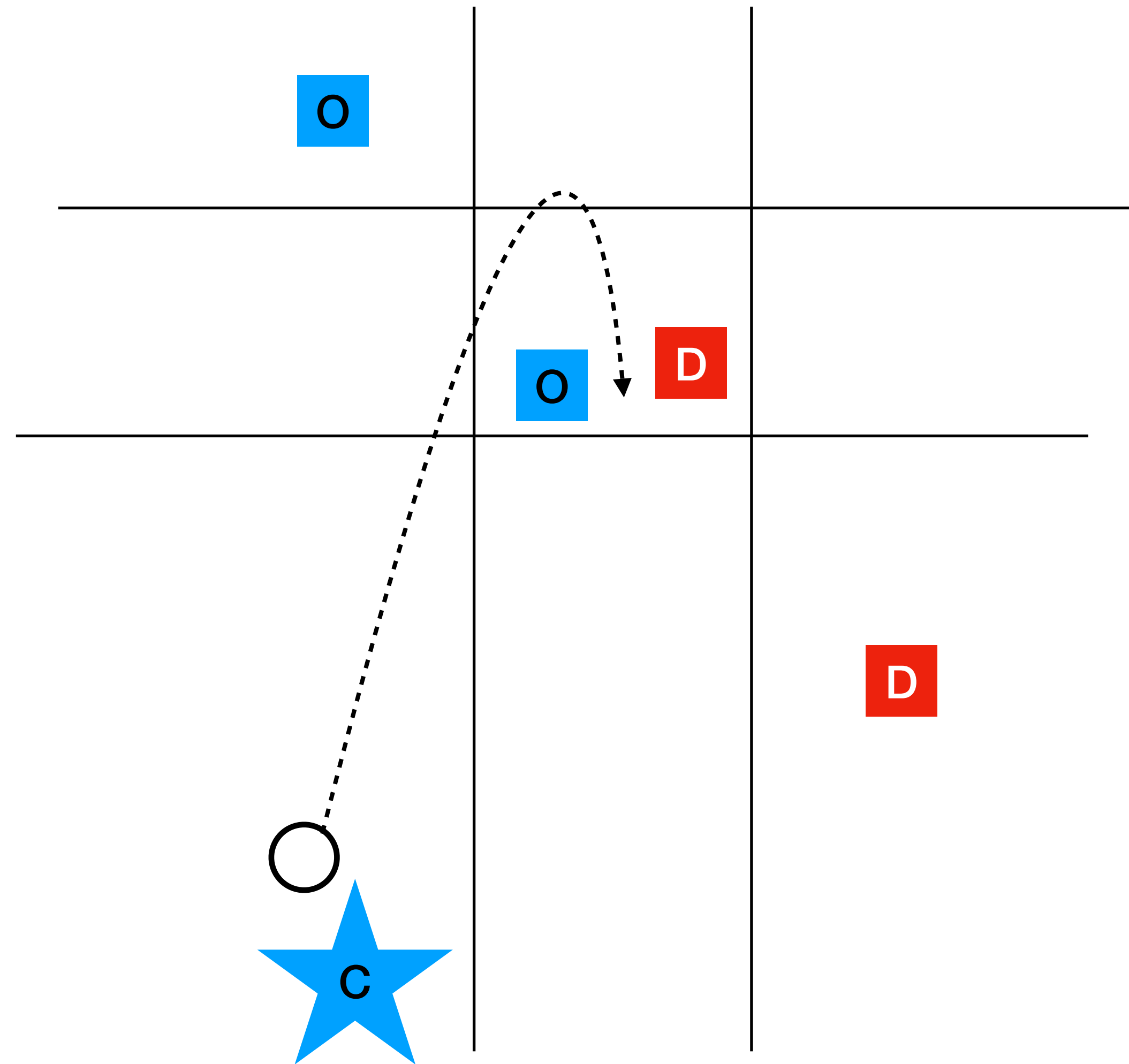
# Passing Box

- Players form box, passing to each other
- Two players at every corner of the box
- Ball goes across the box, then to the left
- Players run to the station to their right after every pass
- On whistle, drill switches: ball goes across then right, players run to the left
- To add difficulty: require one-touch passes, add a second ball, or set a goal of passes in a minute



# Long Pass (Center Square Battle)

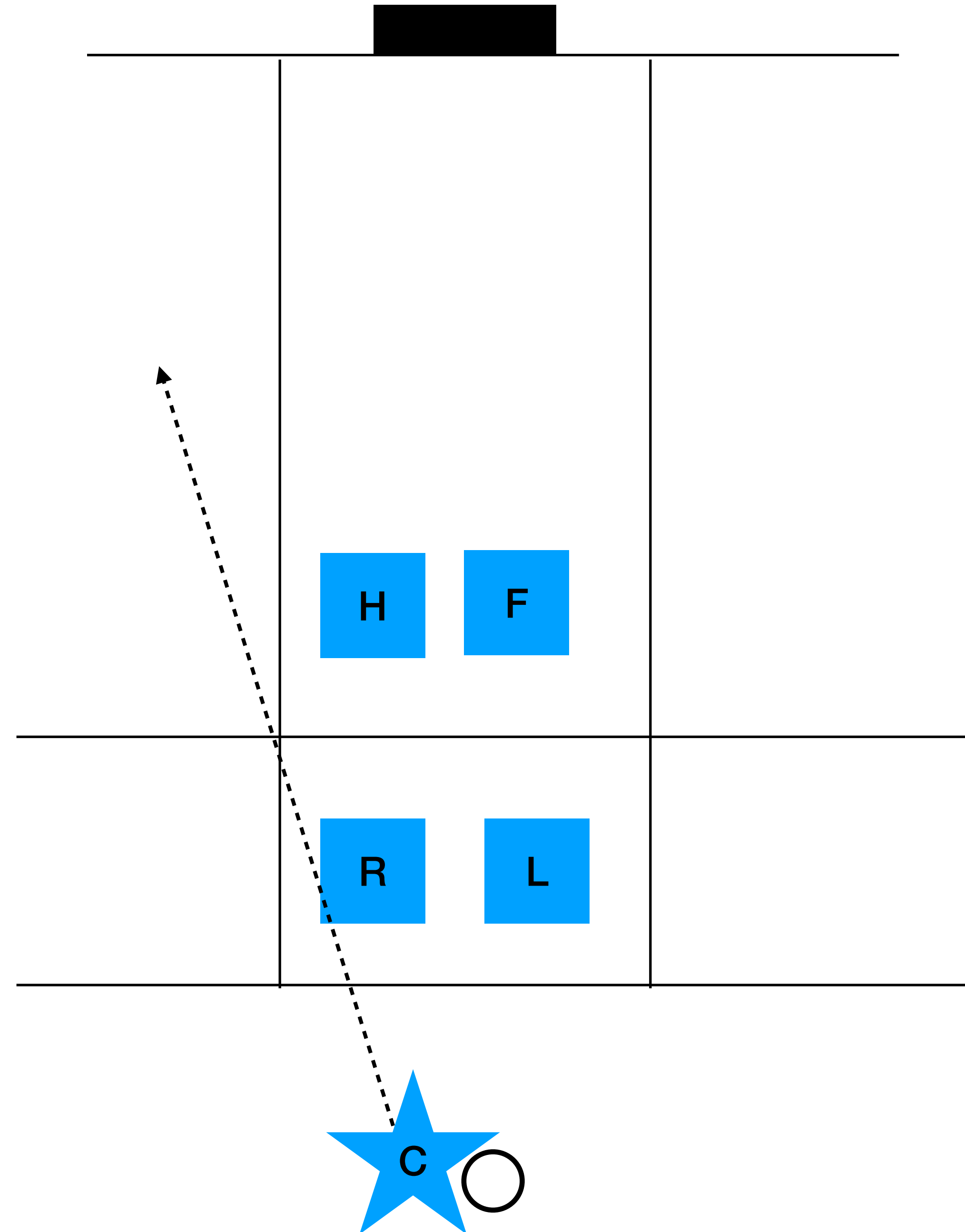
- Two players battle for position in center square
- Offense wants to get ball to attacking player in far zone
- Defense wants to get ball to defending player in near zone
- Coach lobs ball to center square, then they battle to pass ball to their teammate





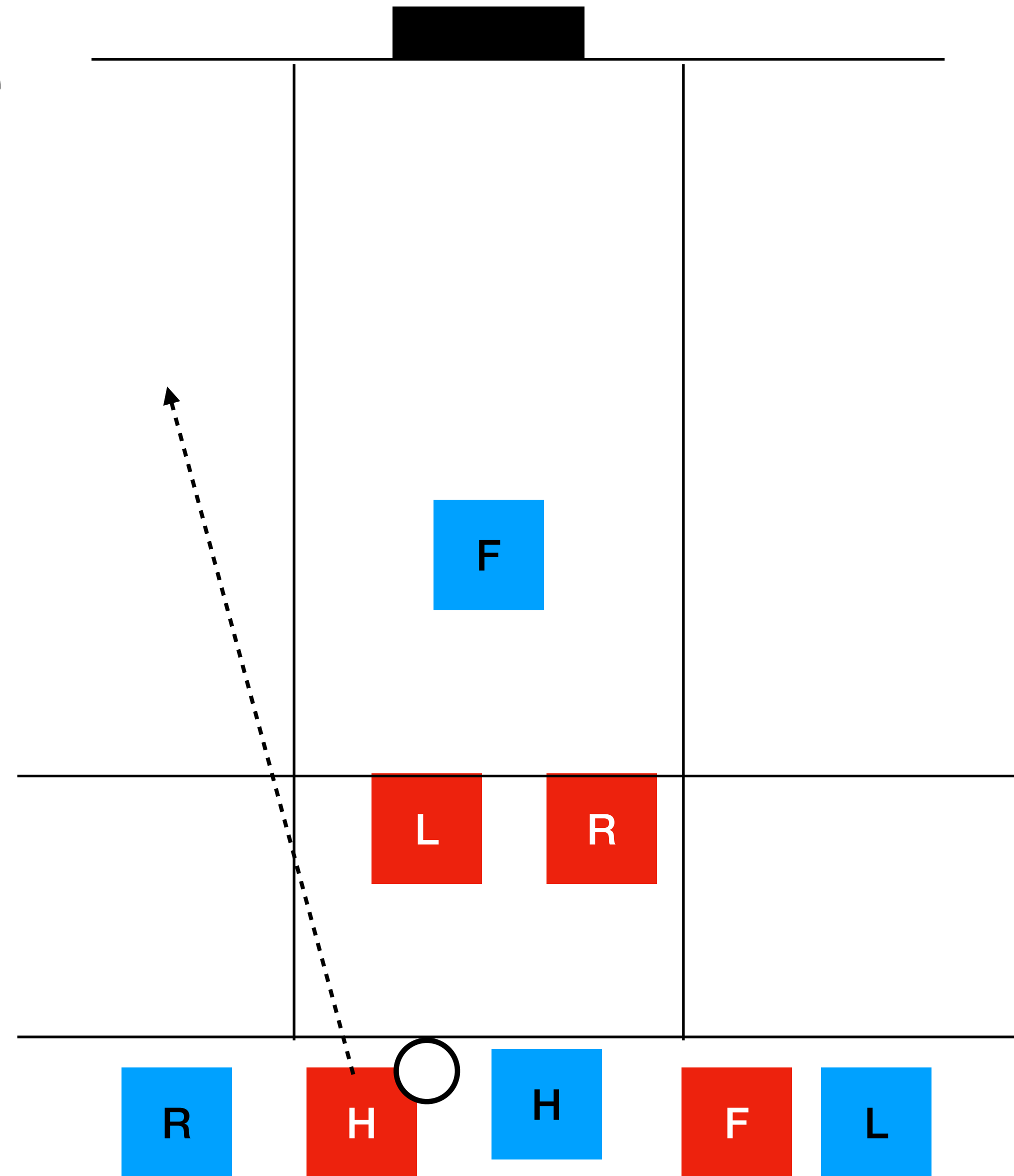
# 4v0 Breakout

- Coach dumps ball in, team runs through a breakout without any defensive pressure
- Team works ball up to forward, who gives ball to coach, who dumps ball in again, until the team has completed 3 breakouts
- On the final breakout, forward takes a long shot at goal



# 4v4 Dump and Chase

- Split team in half
- Players line up for a dump and chase situation: breakout fullback in the zone, forechecking forwards on the line, all other players in the other zone
- Forechecking team shoots ball into the zone, and ball is live: forechecking team wants to score goal, breakout team wants to break ball out
- 4-player units switch teams every few rounds so they get to forecheck and break out



# Athleticism skill stations

Players work on creating an explosive sprint after several different situations:

- Leaning forward until the player must catch themselves with a step
- Jogging
- Simple jockey left
- Simple jockey right
- Cross-over jockey left
- Cross-over jockey right
- Running backwards

This drill is for speed training, particularly the first 3 steps, not conditioning. Players should rest between sprints

- Players pair up into groups of 2, and travel to each station in pairs
- Station 1: turn and sprint
- Station 2: agility course
- Station 3: stick sumo
- Station 4: around-stick tag
- After set amount of time, coach blows whistle and players move to next station

Players place their sticks on the ground to form an obstacle.  
 Players can only tag when they are on the same side of the sticks, and cannot jump over the sticks  
 One player attempts to tag, the other attempts to dodge as long as possible



Agility courses can be varied, but should teach players different skills

- Hurdling
- Quick changes of direction
- Running and jockeying in different directions
- Stops and starts

Players choose one stick to use for wrestling  
 Both players grab the stick with both hands  
 On the coach's signal, both players attempt to wrestle  
 A player loses if:

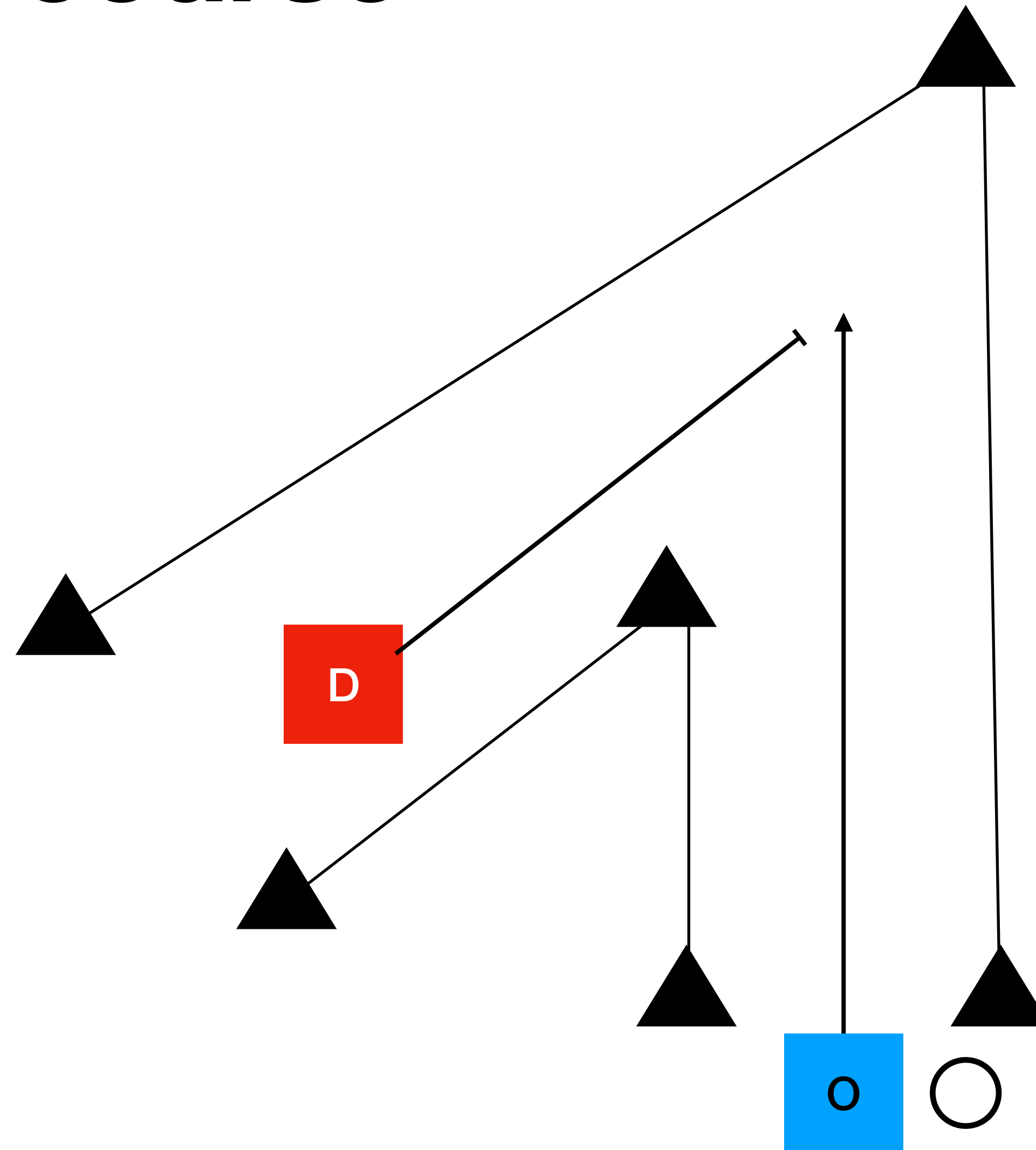
- they step outside the cone square
- they touch the ground with any body part except their feet
- They let go of the stick with either hand

# Contact Training Drills

- Players must be taught how to make contact safely in order to be safe and effective players
- Contact training drills are recommended for the under-12 age group

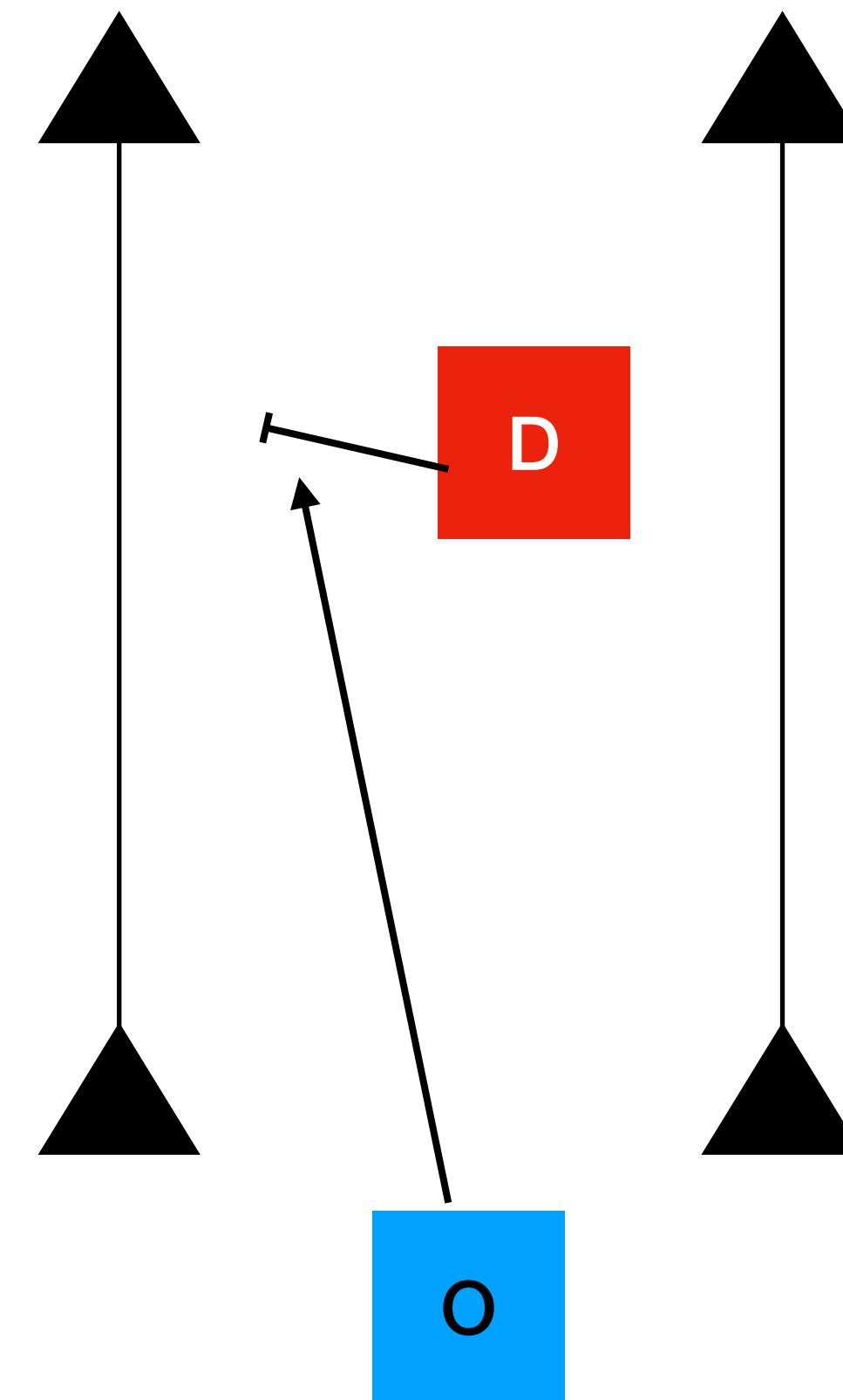
# Running hip crash course

- Ball carrier carries ball through channel at half-speed
- Defender has a separate channel they must stay inside, attempting to time contact where the channels intercept
- Defender must make safe, legal hip contact



# Standing Hip Crash Course

- “Ball carrier” has no stick and no ball, attempts to run past defender without leaving the channel
- Defender must lay a safe, legal hip check
- “Ball carrier” should try to land as safely as possible

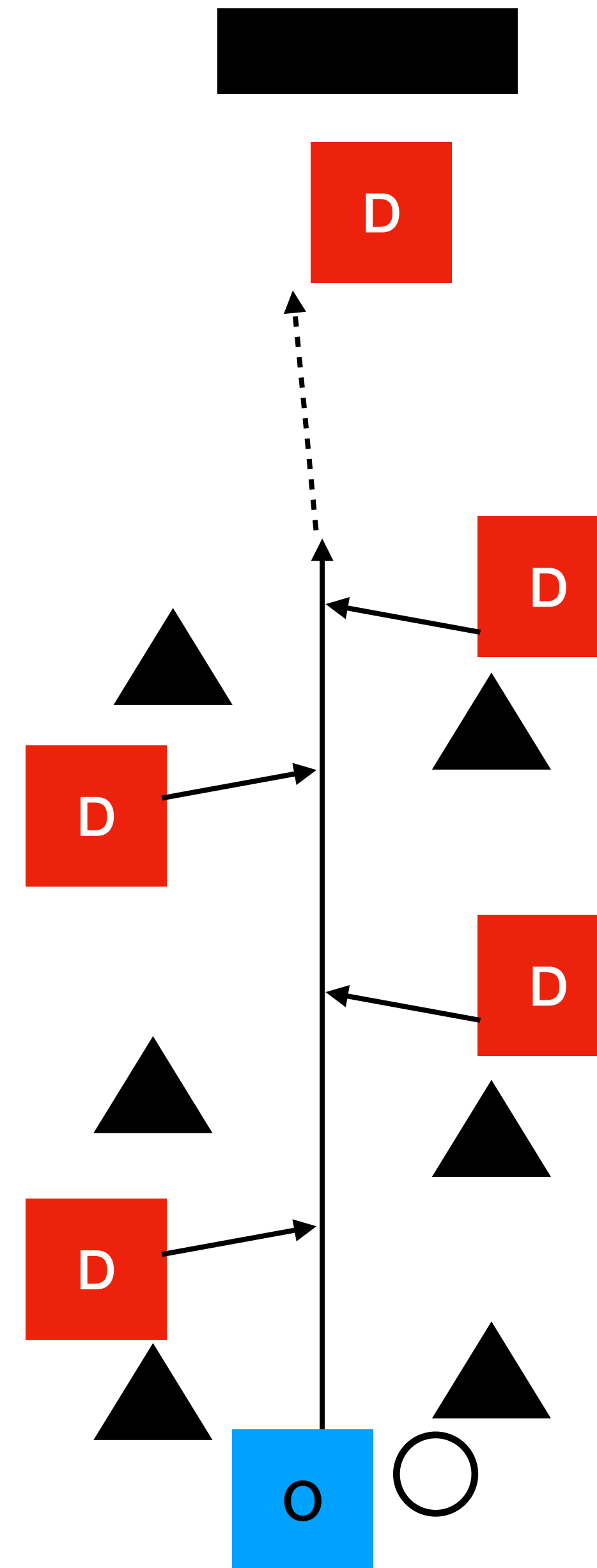


# Battle Drills

- Focus on parts of play which rely on toughness, tenacity, and small-area ball skills

# Gauntlet

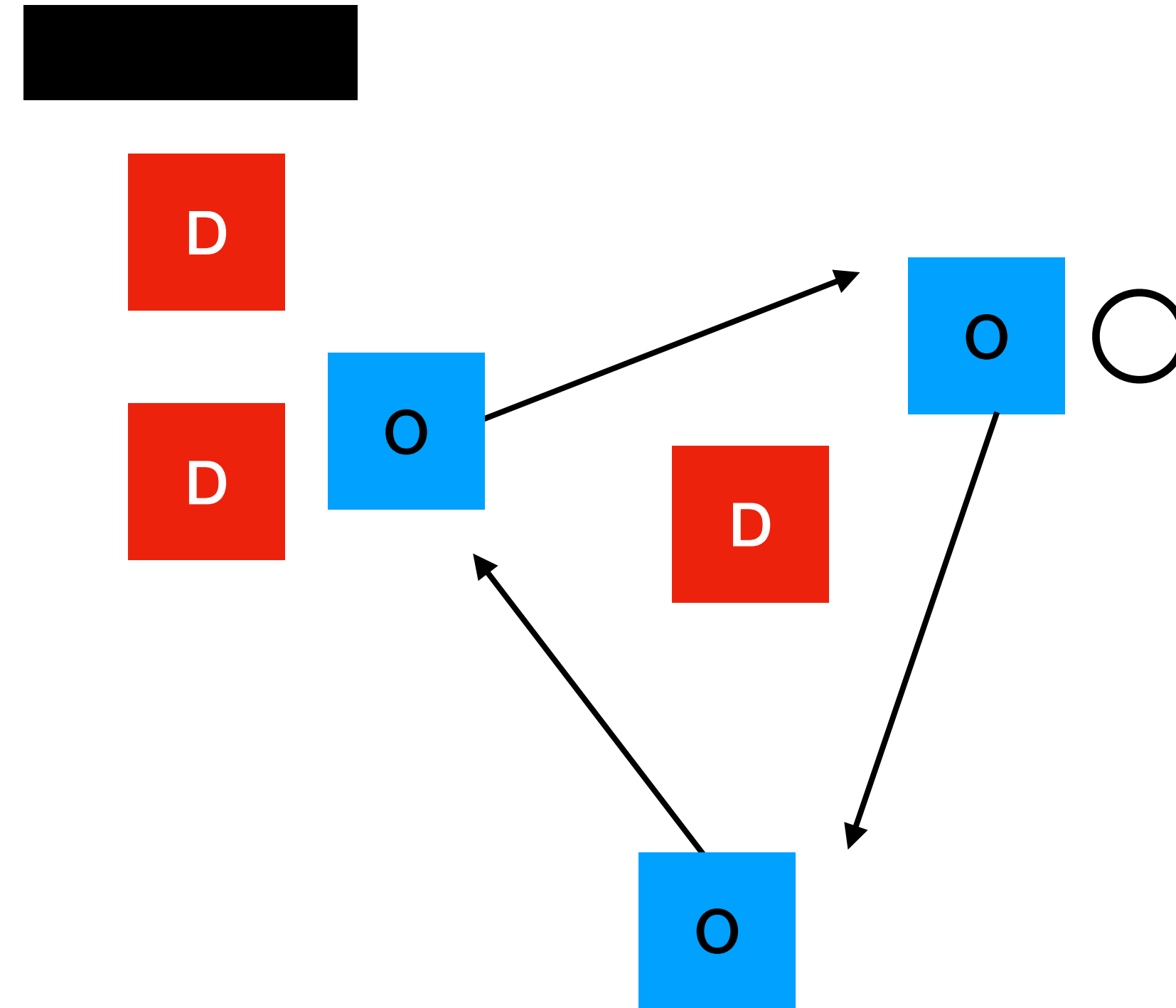
- One player has the ball, one player in the goal
- All other players spread out along a line
- Ball carrier runs to the goal
- As a defender gets passed, they attempt a hip or hand check on the ball carrier
- If the ball carrier loses the ball, they regather it and continue
- After finishing the gauntlet, ball carrier shoots, then goes into the goal, and every player rotates up one position





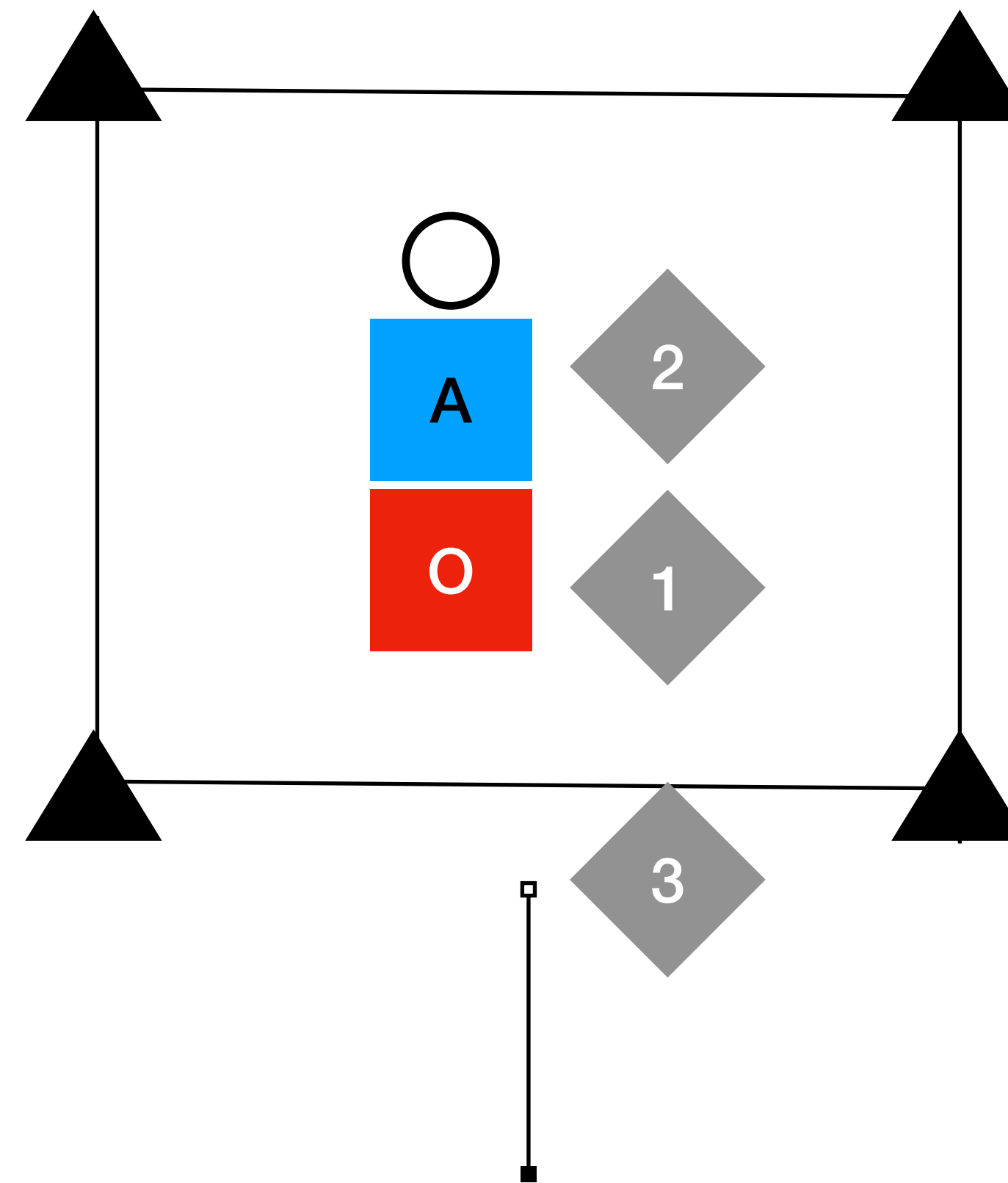
# 3v3 Cycling

- Attackers start with ball, attempt to cycle
- When they read an opportunity from the defense, they attack the goal
- Keep score, have teams switch sides every few rounds
- Goal scored from attackers is 1pt
- Defense breaking the ball out is 1pt
- Ball out of bounds is 0pt



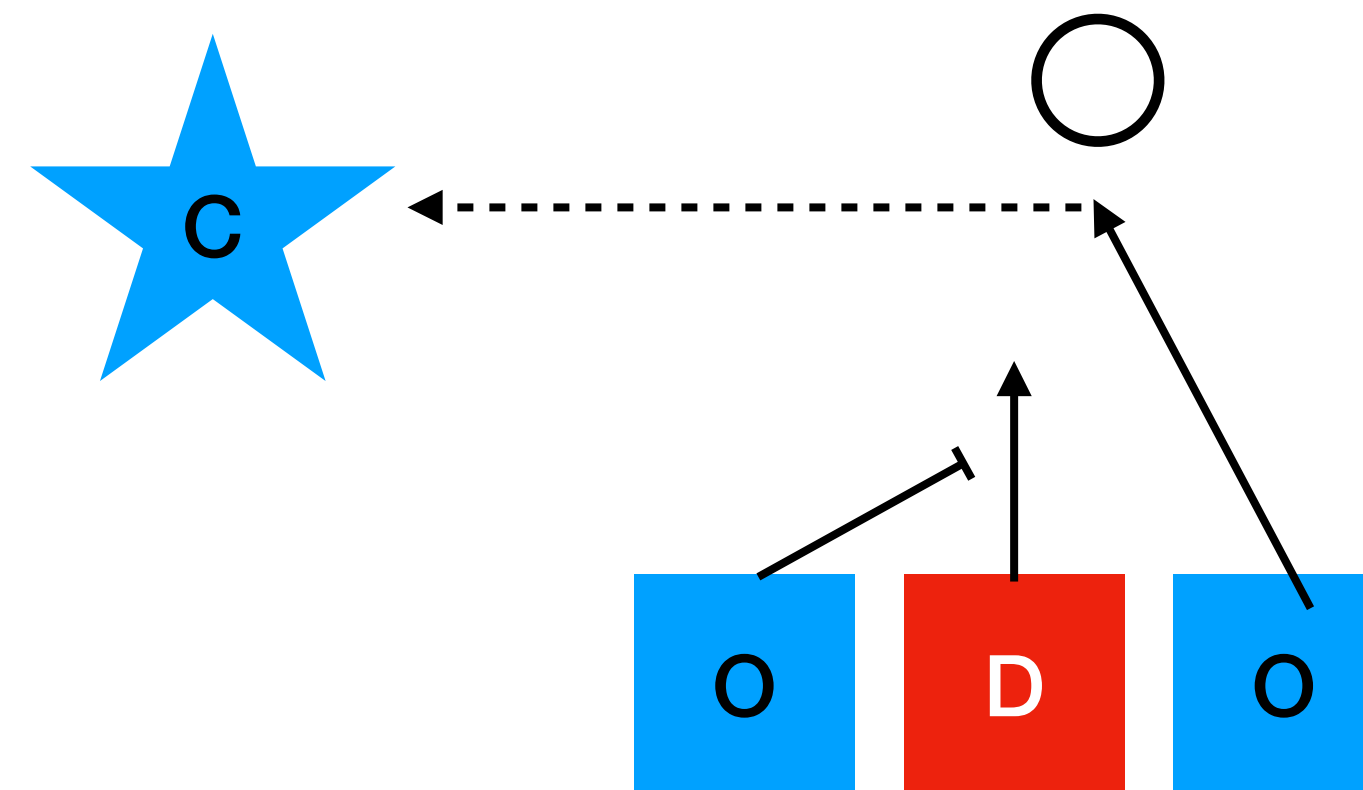
# Bear Pit

- One player starts inside a coned-off area with the ball, one defender starts behind them
- The attacker tries to hold the ball as long as possible, defender wants to wind the ball or send it out of bounds
- Players start on defense, then offense, then get back in line



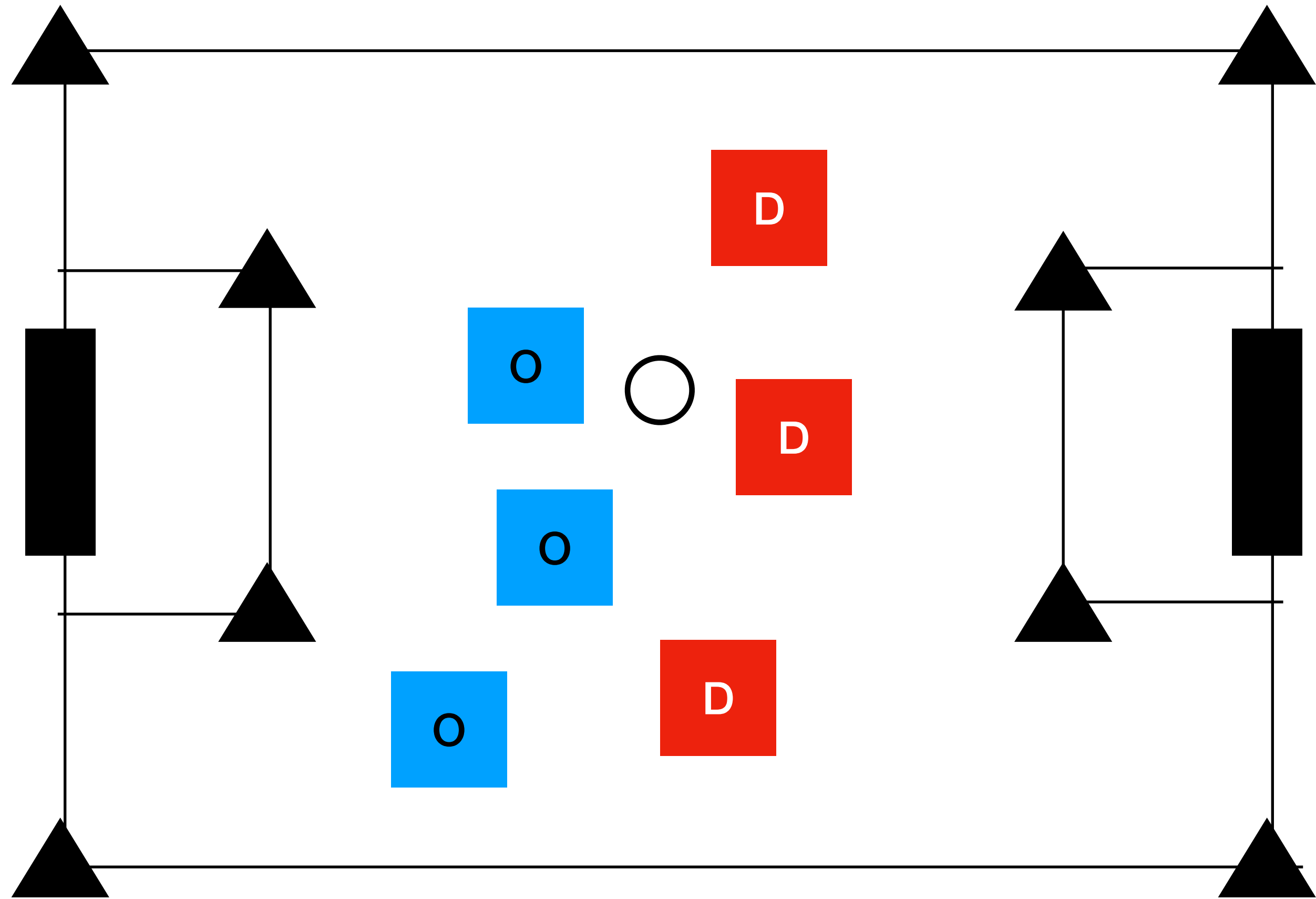
# Man-Ball

- Two players start on offense, one on defense
- Players start laying on the ground, unable to see where the coach puts the ball
- Coach sends the ball into play, then gives “go” signal
- On “go” all players stand up and try to win possession of the ball, then pass it back to the coach to re-start the drill
- Offense has an extra player, so one player should try to hip-check the defender (“man”), freeing up the other to take the ball (“ball”)



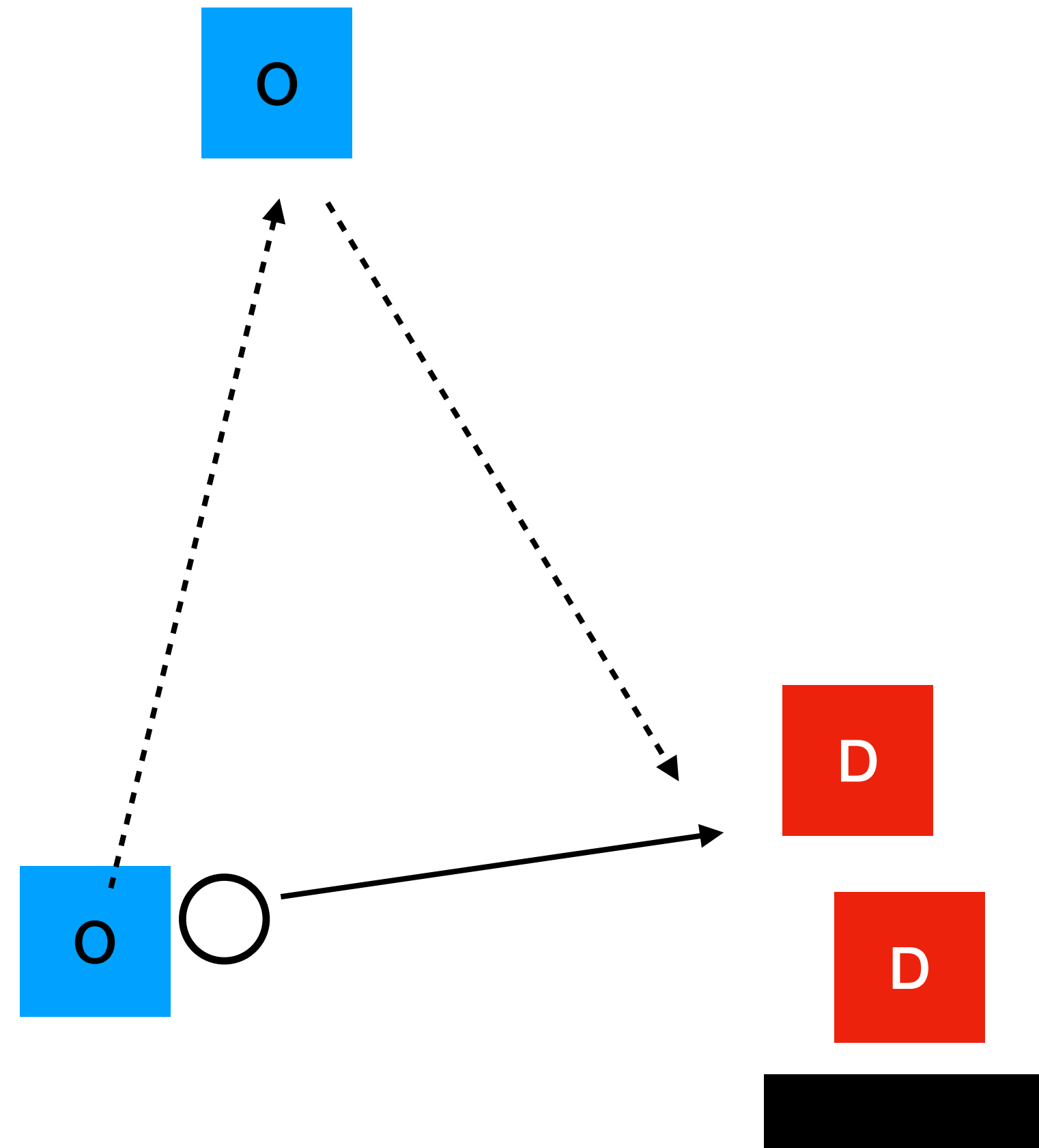
# 3v3 Close

- Goals are brought close together
- Cones mark out a shrunken field and goal creases. No two-line pass rule
- Each team tries to score on the opposite goal
- Variation 1 (“free flowing”): when ball goes out of play, coach sends a new ball in and play continues
- Variation 2 (“game situation”): when ball goes out of play, play re-starts with a free hit and face-off like it would in a real game



# Net Front Battle

- Goal is defended by a goalkeeper and a defender
- Attacker starts drill by passing up to “point,” then runs to front of the net
- Point player shoots- low attacker tries to deflect or screen to score. If not, battles for the rebound and plays 1v2 until coach blows whistle



# Scrimmage Drills

- A chance for players to implement the skills they have practiced
- Can be focused in on specific parts of play to go along with practice theme

# Simple Scrimmage

- Play scrimmage with normal game rules
- Few limitations allows players to focus in on what they would do in game situations

# Score and Leave Scrimmage

- After scoring a goal, the player who scored leaves the scrimmage and relaxes, leaving their team a player down
- This continues until the winning team has only one player and that player scores
- Works on fitness, special teams, and positional flexibility



# Conversion Scrimmage

- After a goal is scored, the scoring team gets a penalty shot
- The goal only counts if the penalty shot is scored
- Works on penalty shot skills

# 2-Ball Scrimmage

- Game is played with 2 balls
- Free hits and face-offs only involve one ball, the other can be live
- Penalty shots stop play for both balls
- Encourages creativity, reactions, and individual ball skills

# No forward pass scrimmage

- Players are only allowed to pass the ball laterally or towards their own goal, not forwards
- Players can dump and chase to themselves or bounce forward passes off of defenders (such as shooting for a rebound)
- Encourages close support, coming back on defense, forechecking, and individual ball skills

# No Stick Pass Scrimmage

- Players can control the ball with the stick as much as they like, but can only pass or shoot with their body
- Two-touch rule still applies
- Works on passing and shooting with the body, ball skills, and managing the two-touch rule

# All face-off scrimmage

- After 10 seconds of play, coach blows whistle
- Wherever ball was at stop, play resumes with a face-off
- Works on winning face-offs, battling, and post-face-off plays

# Fun Activities

# My Ball

- Cones mark out a zone
- Every player gets a ball
- If a player's ball goes out of bounds or they commit a foul, they are "out"
- If there is too much space, coach pauses drill to shrink area

# Penalty Shootout

- One player defends the goal
- One player attacks the goal
- If a shooter does not score, they are “out”
- All players who are not “out” get another shot in the next round, this continues until there is a winner
- If all players in a round do not score, the goalkeeper wins
- If one shooter scores and no other players score, they are the winner



# Sharks and Minnows

- One player defends, all other players get a ball
- Ball carriers (“minnows”) try to cross area marked by cones
- If a ball carrier loses the ball, they become a defender in the next round (“shark”)
- Last “minnow” with a ball wins

# World Cup

- Players split into teams of two, are encouraged to name their team after a country
- One ball, half-field scrimmage. If a team scores, they advance to the next round
- Once only two teams are left and one team scores, the team which does not score is “out.” This continues until one team is the winner
- In order to score, both players on a team must touch the ball- no own-goals
- If ball goes out of bounds, coach puts a new ball in play

# Oarball-Tennis

- Teams split onto either side of a short “net”
- One team serves the ball by kicking it or hitting it to opposite side (like free hit)
- Teams score if they can get the ball to bounce twice (once in opposing area), opponents hit ball out, or opponents fail to hit ball back
- Ball is allowed to bounce one time between teammates
- Each player can have two touches of the ball (ball cannot touch ground), and 3 players can touch ball before it has to cross the net

# Oarball-Tetherball

- Requires tetherball
- One player on each side of tetherball
- Players play tetherball, but must use their sticks

# Wrong-Handed Scrimmage

- Players play scrimmage, but hold the stick the opposite way from how they would comfortably hold it (left handed players hold right handed, right handed players hold left handed)

# Relay Race

- Split into two or more teams
- Parallel obstacle courses. Players must complete course with ball, then turn around and pass ball to next player in line
- In the event of unequal teams, teams with fewer players must have player(s) complete course twice

# Oarball-Dodgeball

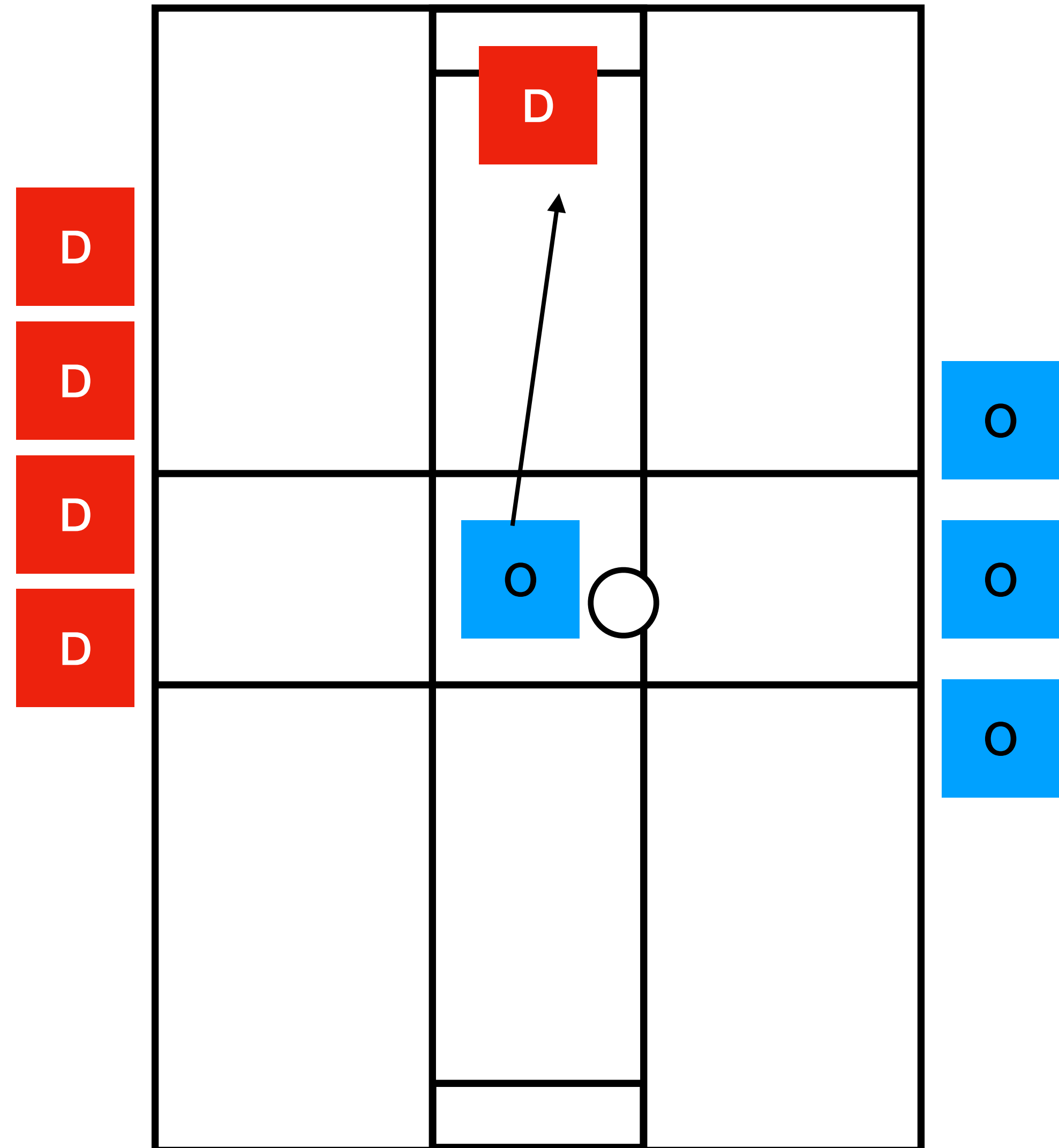
- Oar balls placed in a central line
- Players cannot cross center line, and must adhere to two-touch rule
- Players hit by a ball sent by opponent are “out”
- If one team has every ball, they have 3 seconds to send a ball to the other side, or lose a player
- Once one team runs out of players, other team wins

# Fitness Drills



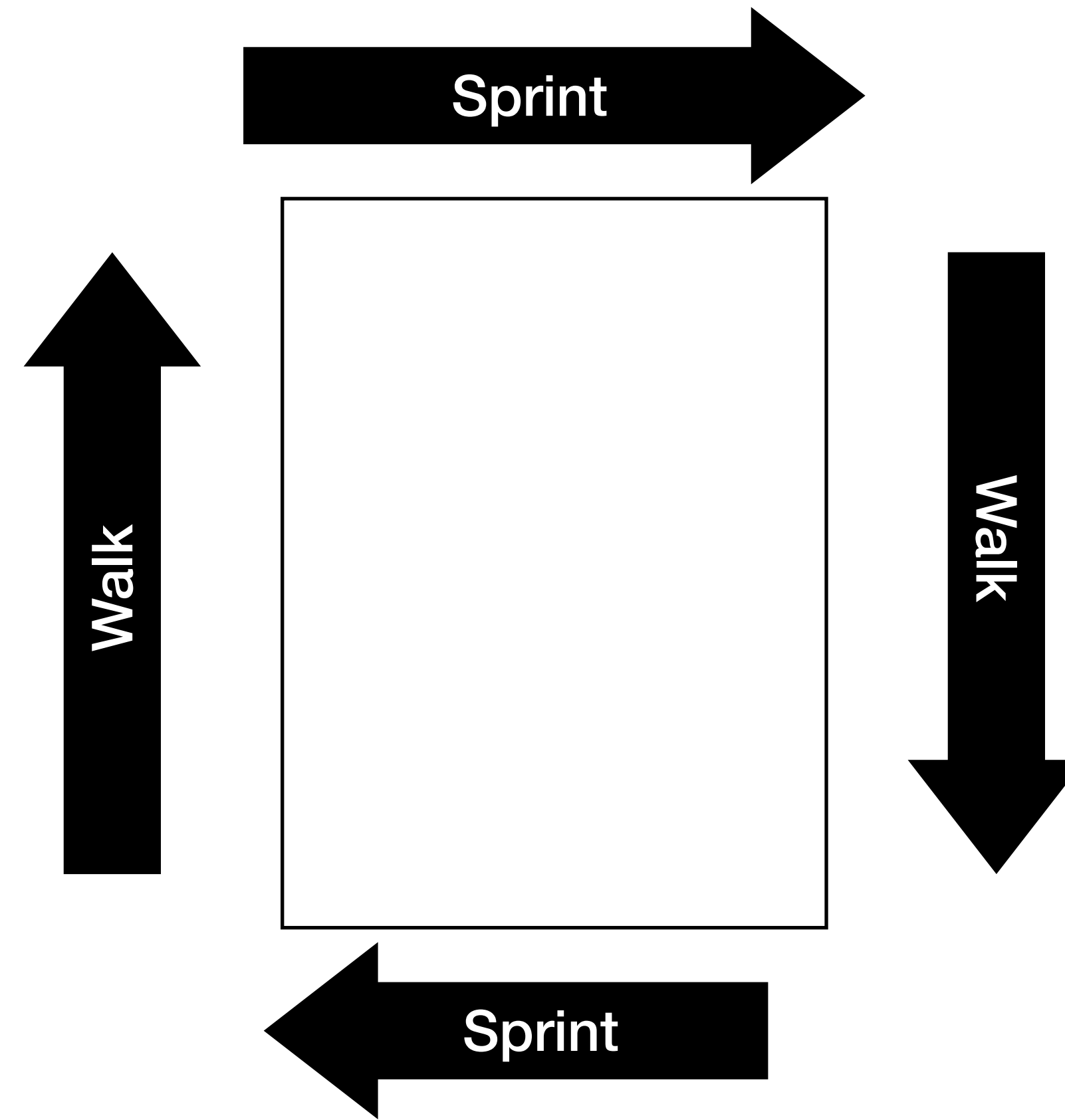
# Gambler's Shootout

- Coach chooses one shooter and one defender
- Players line up on one side of the field if they think the shooter will score, and on the other if they think the shooter will miss
- All of the players who are wrong have to sprint the width of the field and back
- If the shooter scores, they stay and the defender switches. If the shooter misses, the defender stays and the shooter switches



# Sprint and Walk Laps

- Players sprint the short sides of the field, then walk or jog the length



# Plyometrics

- Can use leader-and-follower system like stretching, or circuits
- Should be done in timed sets: a set number of movements will not be right for every player, but a time is the same for everyone
- Exercises should be
  - Arm exercises
    - Push-up
    - Lateral arm raise
    - Shoulder push-up
  - Leg exercises
    - Squat
    - Lunge
    - Lateral lunge
    - Pistol squat (very hard)
    - Calf raise
    - Hip raise
  - Core exercises
    - Crunch
    - Leg raise
    - Side hip raise
    - Russian Twist

# Caboose Run

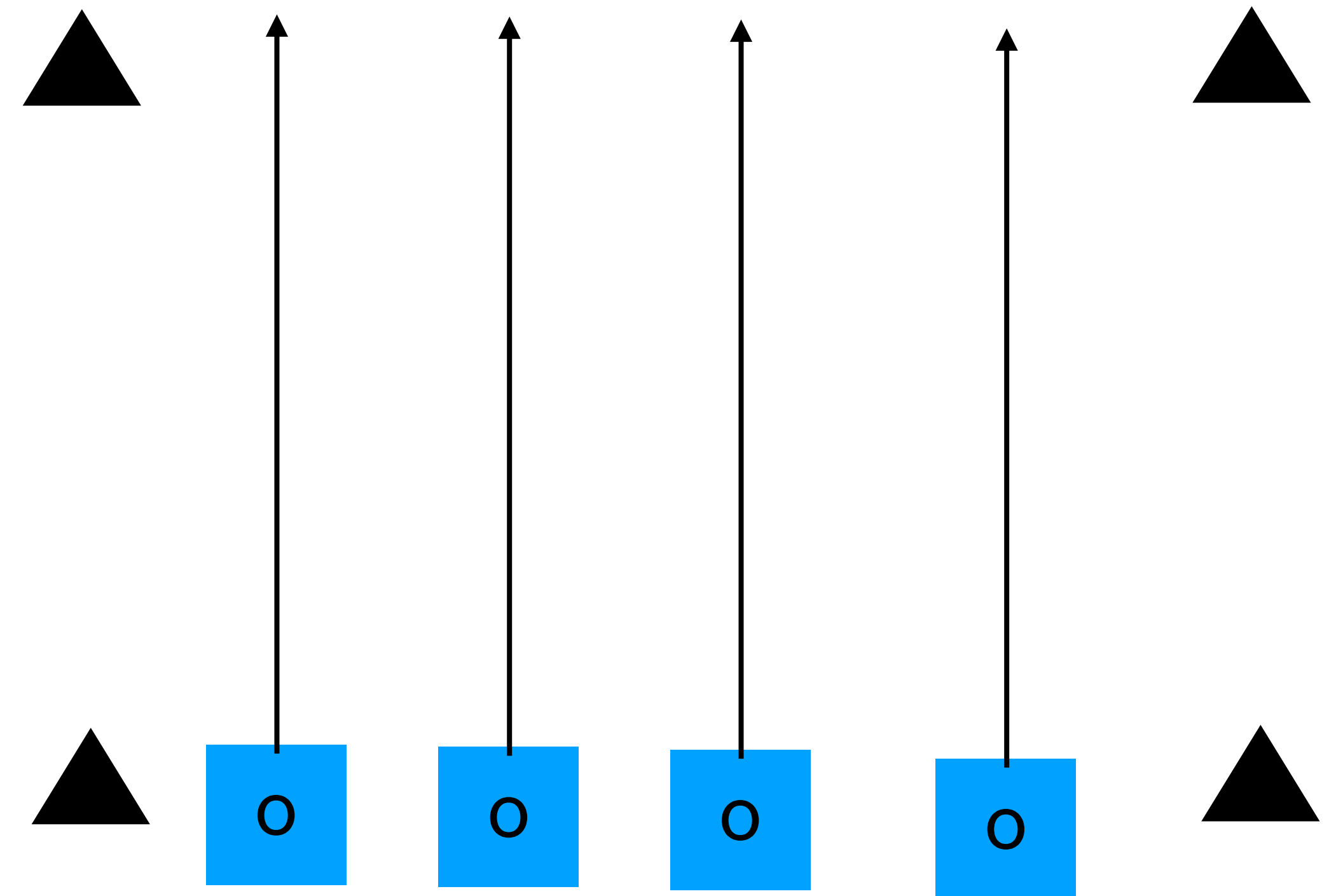
- Line of players jog laps
- Last player in line sprints ahead to front of line

# Lap Lunge

- At their own pace, players lunge a lap of the field
- If tired, players must stand. Players who use their hands to assist in lunging, or who walk, must go back to where they were before they cheated

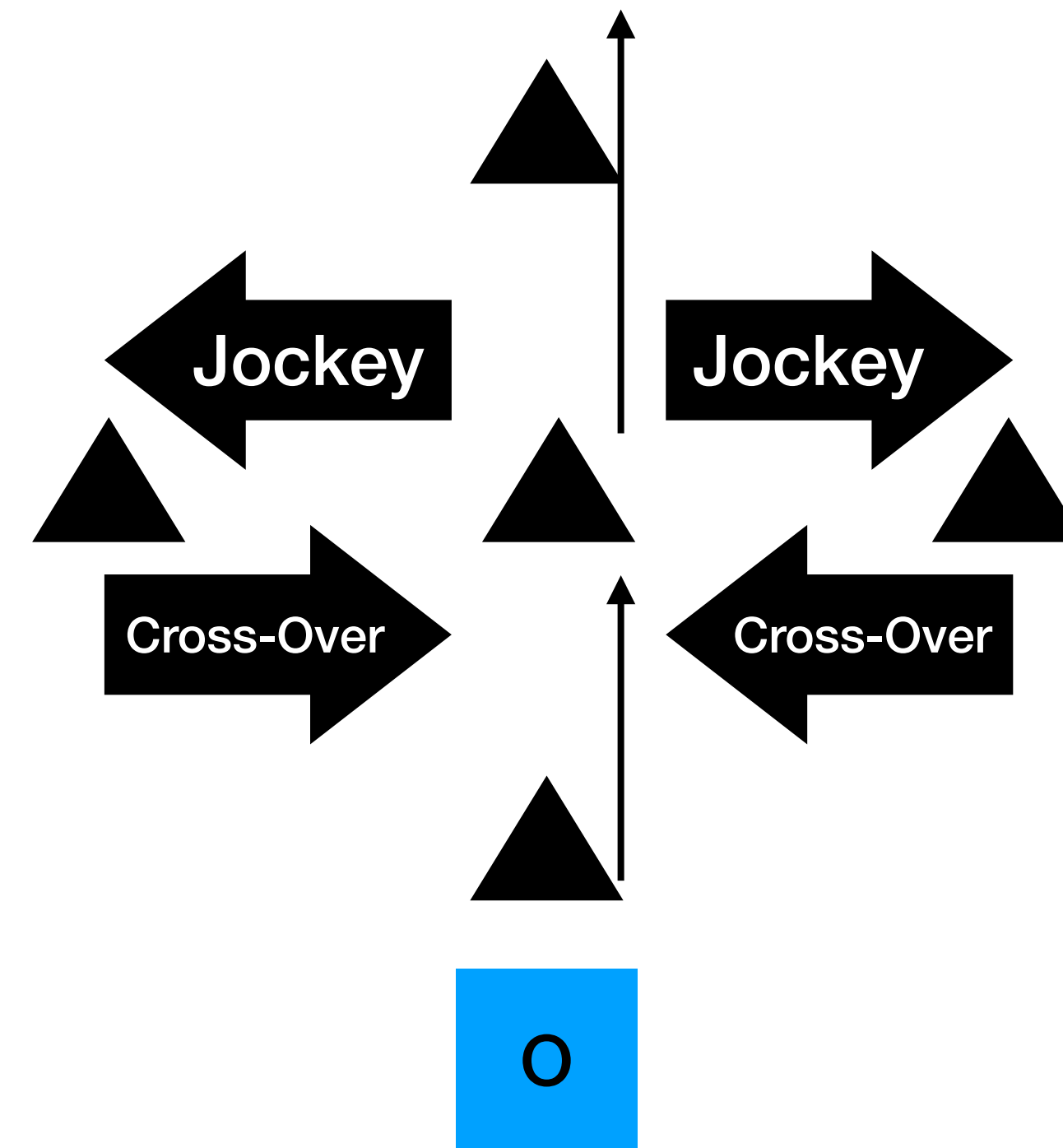
# Beep Test

- Set up lines of cones 20 yds apart
- Play beep test:
- Players must reach far side before section expires, or they are late
- Players who are late twice are done with the test, whichever number they failed on is their score



# Iron Cross

- Four cones arranged in a square with a fifth cone in the center
- Player starts at corner of square
- Sprints to center, closed foot jockeys to cone on right, then crossover jockeys back to center
- Closed-foot jockeys to cone on left, then cross-over jockeys back to center
- Sprints to far cone



# Teammate Drag

- Players of similar size pair up
- Lines of cones are placed 20yds apart
- Player A holds player B by under the arm pits, then runs backwards, dragging



# Individual Skill Drills

- Reserved for learn to play sessions, competitive practice, or at-home practice

# Target Practice (scoring)

- Set up small targets at various heights
- Take shots at targets
  - Volley
  - Scoop
  - Vertical stick strike
  - Horizontal stick strike
  - Kick
  - Hand

# Served deflections (scoring)

- One player lines up with back to goal
- One player has a ball and faces goal
- Ball carrier shoots, other player attempts to deflect the ball into the goal
- Use a variety of shots, but must have power
- Use variety of deflection techniques
  - Ramp
  - Swat
  - Hand

# Served volleys (scoring)

- One player sends aerial pass to teammate who shoots
- Take shots from both sides (forehand and backhand) and on both sides of the field (left and right)
- Practice different types of volley
  - Horizontal stick shot
  - Vertical stick shot
  - Kick

# Free hit practice (ball)

- Set up a target on the field. Can be a cone, a ball, a water bottle, anything.
- Take free hits from a specific place on the field, trying to get as close as possible to the target
- Use different techniques
  - Laces kick
  - Inside foot kick
  - Vertical stick strike
  - Horizontal stick strike
  - Scoop

# Long Passing (ball)

- Two players line up long distance from each other and pass back and forth
- Use different techniques
  - Volley
  - Scoop and throw
  - Kick

# Individual stick handling (ball)

- Work on controlling ball through tight spaces and at speed
- Work on different scenarios
  - Post-up
  - Face-up
  - Dump and chase
  - Penalty shot
  - 1v1 battle

# Turn and Lift (ball)

- Player runs with ball, stops, turns around, and lifts the ball
- Use variety of techniques to turn the ball around
- Use variety of lifts
- Try to work at top speed



# Individual Face-off training (ball)

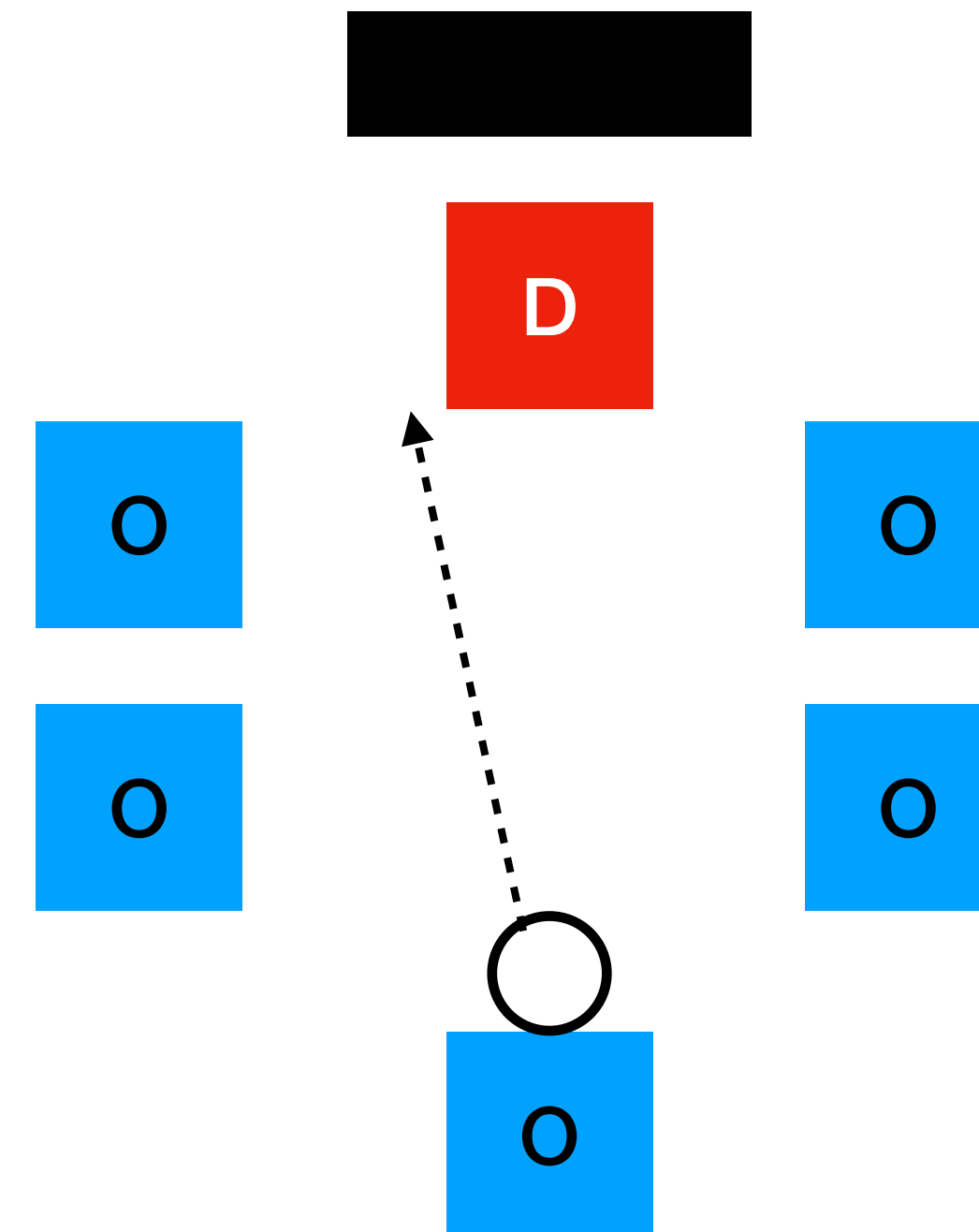
- One player lines up alone at ball for face-off
- Practice movements of winning the ball
  - Pull (ball through)
  - Push (opponent's stick) and pull (ball through)
  - Drive (opponent back)
  - Kick (the ball forwards)
  - Pin (the ball to the ground)

# Juggling (ball)

- Practice lifting the ball and keeping it in the air
- Can be helpful to ignore two-touch rule to get better feel for the ball, but should also practice keeping the ball up legally
- Try to keep ball in the air as long as possible
- Try doing tricks to challenge ball control ability
- Try re-creating game situations where the ball would need to be kept in the air

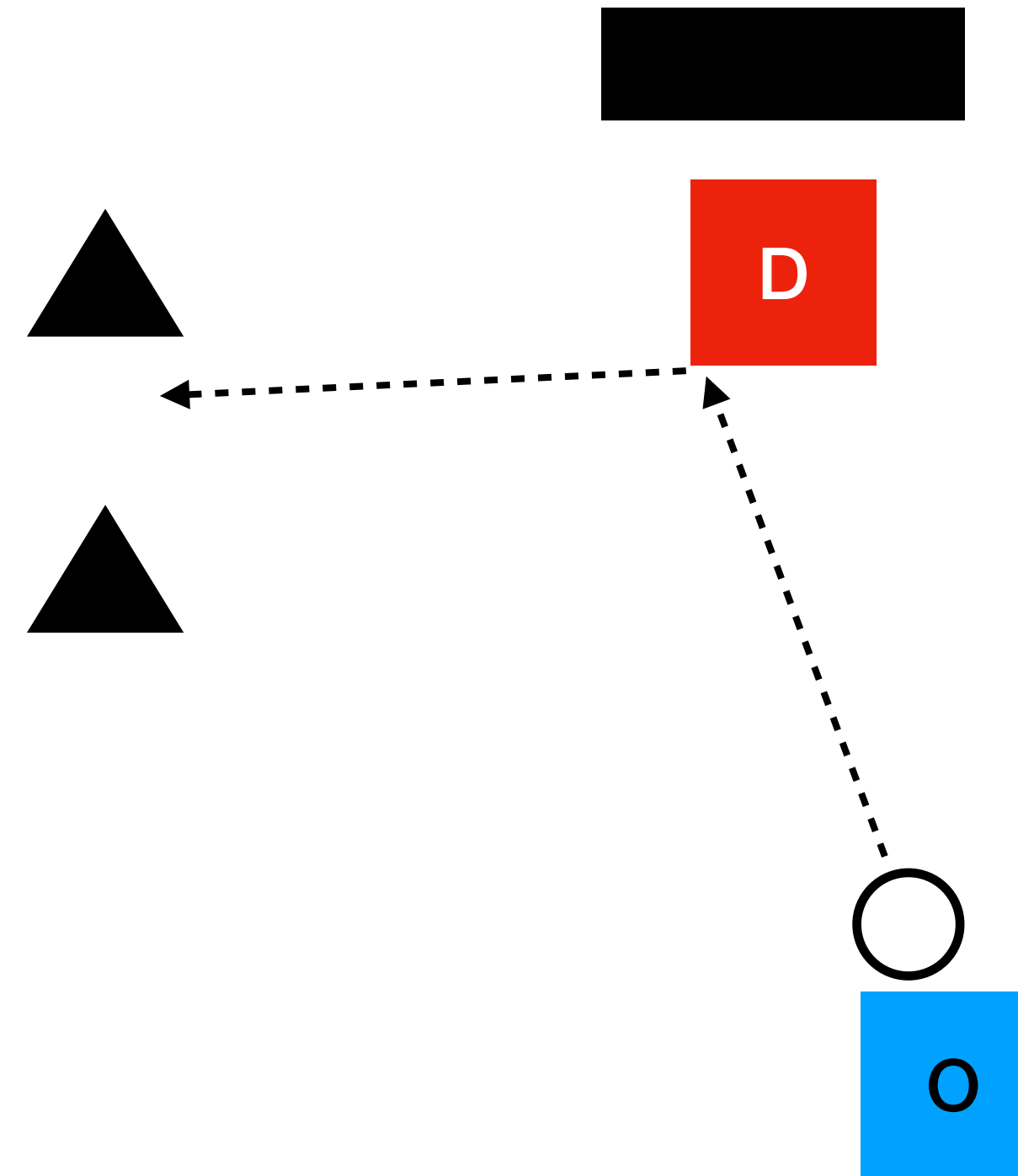
# Rebound Game (shot blocking)

- One defender starts in the goal, one attacker starts with the ball, other players line up around the sides of the central channel
- Shooter takes a shot. If they score, they get the ball and get to shoot again.
- If the defender blocks the shot, an attacker can get the ball and play it (off of the rebound). Wherever they get it, they can pass it or shoot it, but not run with it. If they pass, the next player can only shoot (one pass per rebound)
- If the offense scores, they get a point. If the ball goes out of bounds or a shot doesn't reach the goal, the defense gets a point, the attackers rotate positions, and play re-starts with a new shot
- Sides play to 11



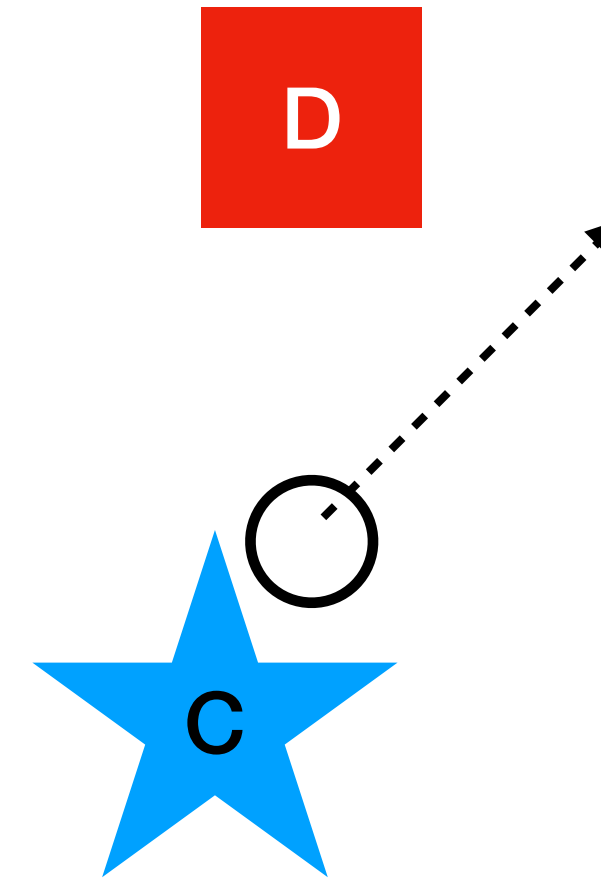
# Rebound Control (shot blocking)

- Set up a pair of cones as a “goal” for the defender
- Attacker shoots, and the defender tries to deflect the shot through the cones
- Use a variety of shot types, shot locations, and target locations



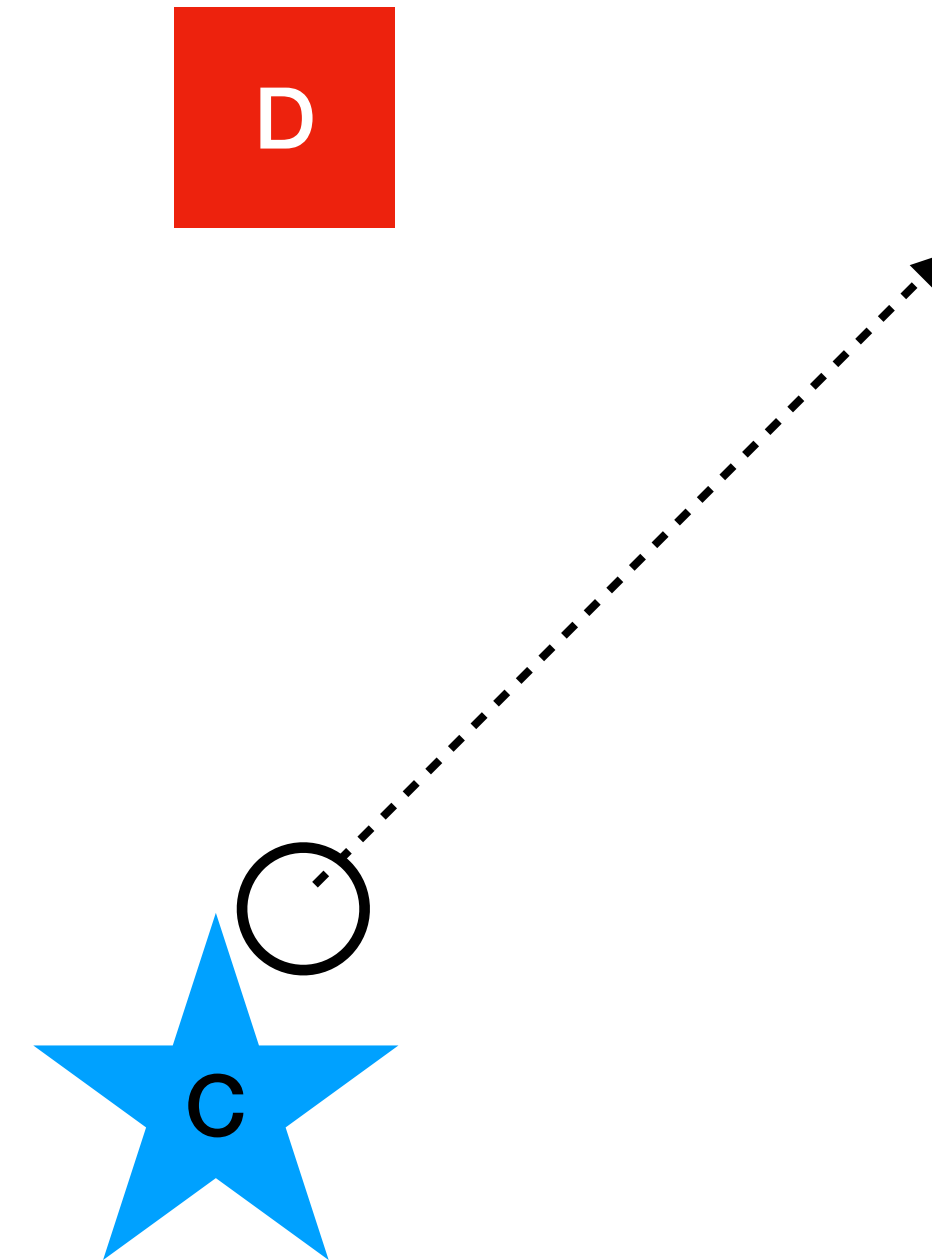
# Kneeling dive (shot blocking)

- Defender starts on knees
- Coach sends ball to one side or the other, defender dives to save it, then sends it back
- Helps defender develop reactions and dive technique with minimal impact on the body



# Continuous Dive (Shot blocking)

- Defender starts in standing position
- Coach sends ball diving distance away from defender
- Defender dives, saves, and recovers
- Coach continues to send ball in same direction, trying to challenge but not beat defender



# Practice Planning

## Under-12

- Technical Warm-Up (5)
- Physical Warm-Up (5)
- O/D or B/F drill (10)
- Second O/D or B/F drill OR Contact training (10)
- Fun Activity or scrimmage (10)

## Under-18

- Technical Warm-Up (5)
- Physical Warm-Up (5)
- Two O/D or B/F drills (10)
- One battle drill (10)
- Scrimmage or fitness (10)

## Youth Learn to Play

- Technical Warm-Up (5)
- Physical Warm-Up (5)
- Three individual skill drills (10)
- One O/D or B/F drill (10)

## Adult Learn to Play

- Technical Warm-Up (5)
- Physical Warm-Up (5)
- Three individual skill drills (10)
- Fitness (10)