

## March Break Stick Work Drills

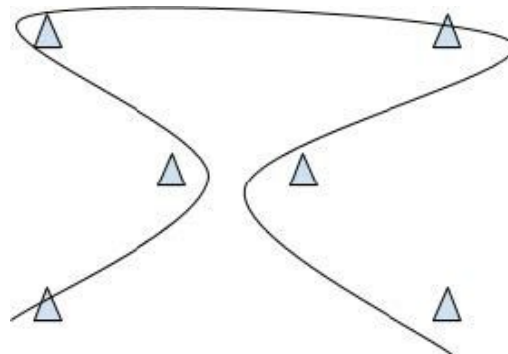
Below are some simple stick work/ball control drills you can do on your own or with a friend. For all of the stick work drills focus on having low hands that are away from your body, and actively getting your eyes up.

You are expected to complete at least a half an hour of stick work 3x a week. I would pick three drills for the day, and do them each for ten minutes. I would go for one minute, with a 30 second rest for those drills that do not give you time for the reps. I would do this 10 times - giving you a total of ten minutes of intense stick work!

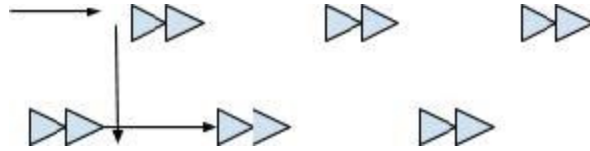
**1) Box Drills** (5 yards between each cone) Focus is on quick wrists! Goal is to control the ball in both directions around the box by keeping it as close to the parameters of the box as possible. Vary whether you allow yourself to use your reverse, or challenge yourself to turn the corner with a 3D skill. Finish with a shot or complete the box.



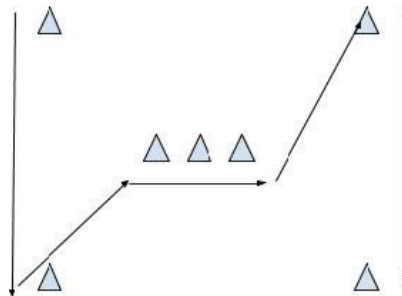
**2) Hour Glass** – Dribbling technique – get the ball away from your feet, eyes up field. Warm up by dribbling around each cone then mix up skills at the inside cone – spins, pulls, 3D skills, anything to quickly change your direction.



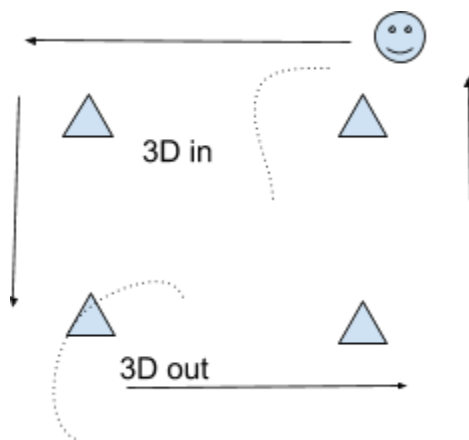
**3). Body Sway and ball sway-** Body sway- Start with keeping the ball on a straight line as you dribble down the tunnel. As you dribble move your body around the ball side to side so to run along the cones. Ball sway- protecting the ball on one side of your body and then use a hard pull to put the ball quickly onto the opposite side of your body - your feet should stay in the middle of the channel while you protect the ball outside away from the cones side to side.



**4). Eliminations at speed** - In a 10 x 10 yard box set up three cones in the middle to do whichever eliminations you choose. Work for one minute. In that minute complete as many eliminations as possible. You will start at one cone and dribble down one side of the square before quickly changing your direction to the middle of the square. In the middle complete an elimination, and dribble to the opposite cone. Then dribble one side of the square again and repeat from there.



**5). Box 3D-** create a 5x5 box with tape or whatever you have around. Use your wristwatch to set a repeating 10 second timer or guesstimate 10 seconds. Start by dribbling around the outside of the box in any direction you want, at 10 seconds use 3D to get into the box and work on quick wrists for 10 seconds. When you hear the next beep 3D skill to get out of the box and return to dribbling. Work for 1 minute then rest for 1 minute.



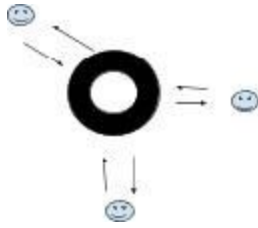
### Drills for 1-4 People

#### 6). Tire/Board/Concrete Wall Reception:

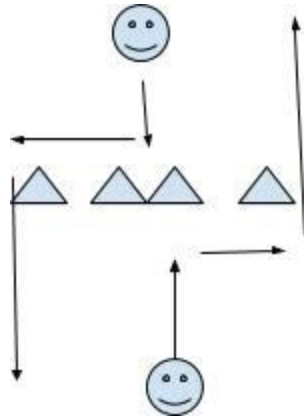
Can do with 1 - 3 people per tire!

Players will do specific receptions bouncing off the tire for ~ 45 seconds.

a. Types of receptions: Two-touch regular, bumps, pass strong receive reverse, reverse pass/reception, lifted pass/reception



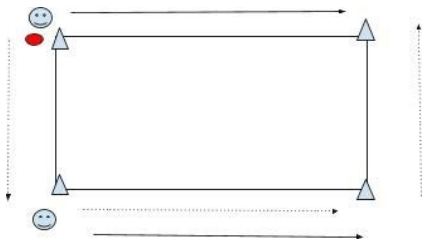
**7) Ball Control with vision:** With a partner, establish a leader and a follower. Both players will track at a set of cones at the same time, the leader will complete an elimination, and the follower will copy the leader to the opposite side. You can do a variety of skills including flat pulls, spins, 3D eliminations, etc.



**8). Make an 8x6 Rectangle or 8x8 Box**

Dotted = Ball movement Solid = player movement

1. Player passes to their Partner
2. Receiver traps the ball and explodes a new space with the ball, either flat or through.
3. Player without the ball must adjust and move flat or through for the next pass
4. 1 minute 5-8 rounds. \*\*Make the box bigger for fitness/ sweeps and hits



**9). Shooting/Shooting Space/ Last touch at cage: Can do with 2-6 players!**

1. One player is in the small box at the top of the circle, the other player is 5 yards away from them (towards the 25).
2. Players pass back and forth until whistle blows (or they call to take the shot)
3. If the player on the outside is in possession of the ball on the whistle, they accelerate to the top of the circle for a shot.
4. If the player in the box is in possession of the ball on the whistle, they must receive and find a way to receive and take the shot in the box (small shooting space)
5. Variations with your passes can include: two-touch, one-time bumps, lifted passes off bounces, etc.

