



WOMEN'S THE PROGRAM 1-ONE TOUCH DRILL

AUTHOR INFORMATION:

Author Name:

Author School: Northwestern, Maryland, Penn, and Hopkins

DRILL SPECS:

Drill Theme: Stick Work

Field Position: Offense, Midfield, Defense

Time Needed: 5 Min

Drill Style: Skill

Field Location: Anywhere

Skill Level: Advanced

OBJECTIVE:

Develop smooth stick skills and self-confidence in handling the stick.

DRILL DESCRIPTION:

To be completed with partners approx. 5 yards apart. The stick is in the RIGHT HAND with partners facing each other. One partner tosses the ball to the other partner to begin the drill. The ball is caught and then thrown back to partner 1) Between the legs, 2) Behind the Back, 3) Over the shoulder. Continue to sequence for the allotted time. There is no cradle in this drill. It should be fluid and fast. Encourage hip and shoulder movement rather than moving their feet. *For over the shoulder toss, players need to take their right shoulder to their left knee and pop the ball over their shoulder to their partner.

SKILLS PRACTICED:

- Ball Movement
 - Supporting the Ball
 - Throwing accurately
 - Catching in close quarters
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VARIATIONS:

Practice the different sections of the program individually to start. Once players become comfortable with the sequence and more accurate with the different types of throws have competitions to see who can get through the program the greatest number of times in 2 minutes. This drill can also be done using the left hand.

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DRILL DIAGRAM:

