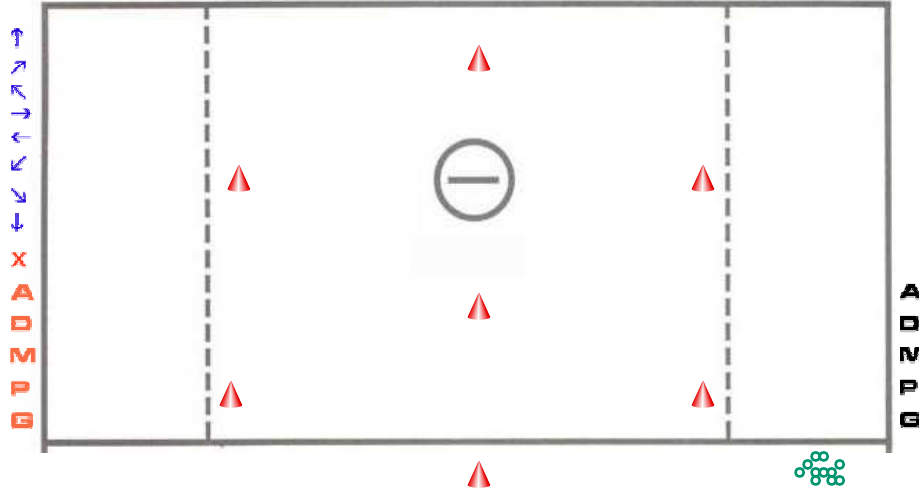
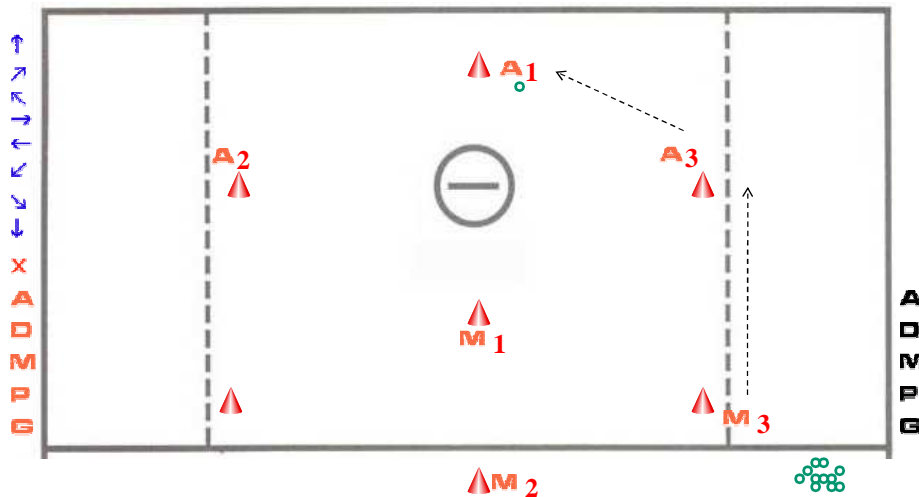


23 Motion: Warm Up Drill



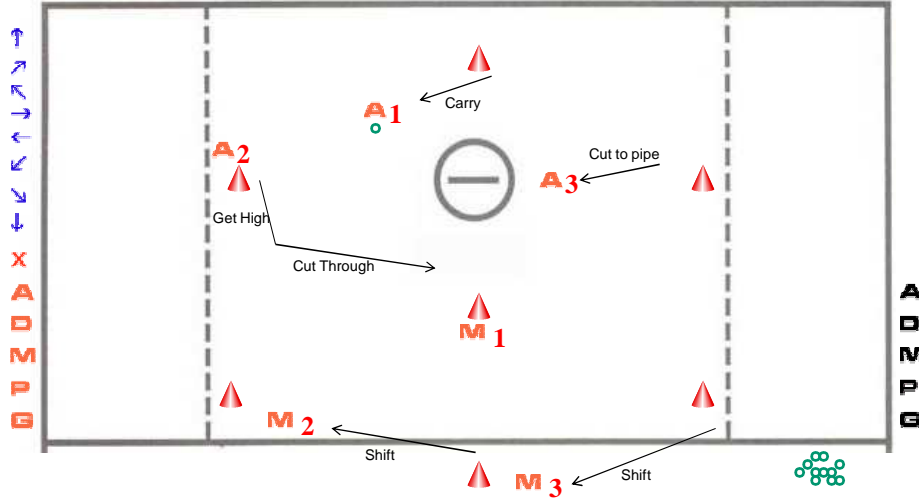
Place cones at these locations and a pile of balls at top left corner of box (from goalies perspective)

23 Motion: Warm Up Drill



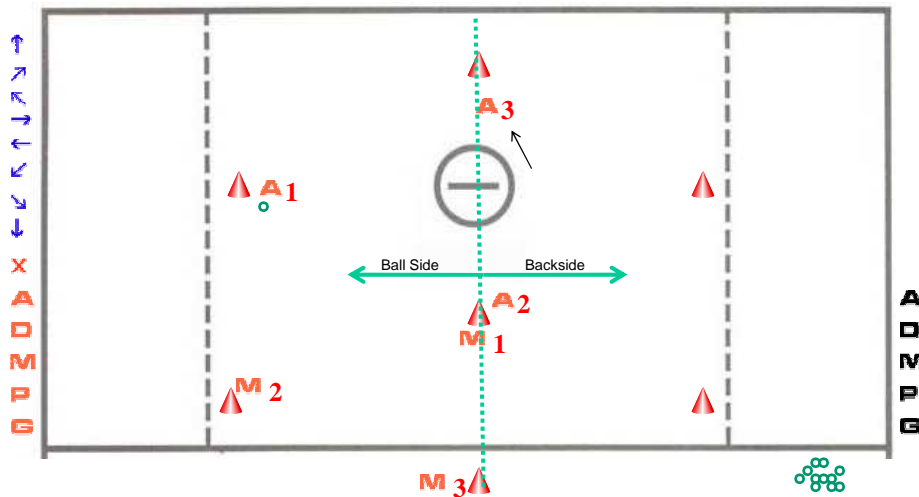
To begin, place the middies and attack (or shortsticks at 5/6<sup>th</sup> grade and below) as pictured above. Drill begins when M3 picks up a ball and (with his stick to the outside) passes to A3 (who catches with his stick to the outside) who turns to the outside (keeping his stick to the outside) and passes (with stick to the outside) to A1. Passing and catching players should be running towards each other to make the passes shorter.

### 23 Motion: Warm Up Drill



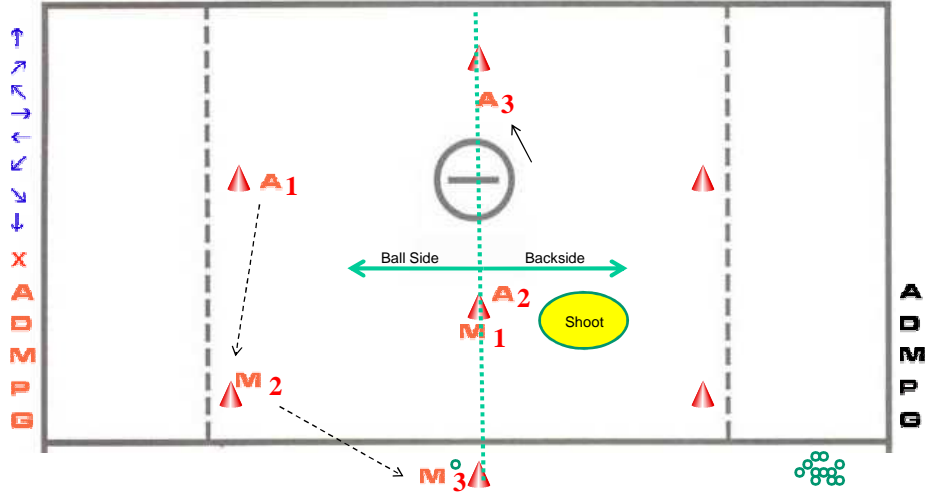
As A1 carries the ball towards A2, M2 and M3 have to shift towards the ball side of the field. A3 cuts for a give and go after passing to A1 and holds at the near pipe until A1 gets above GLE (Goal Line Extended) at which point he will go behind to X to fill the space A1 left. A2 cuts to the crease to open space for A1 to dodge into. The next slide will where everyone ends up when A1 carries the ball to the wing.

### 23 Motion: Warm Up Drill



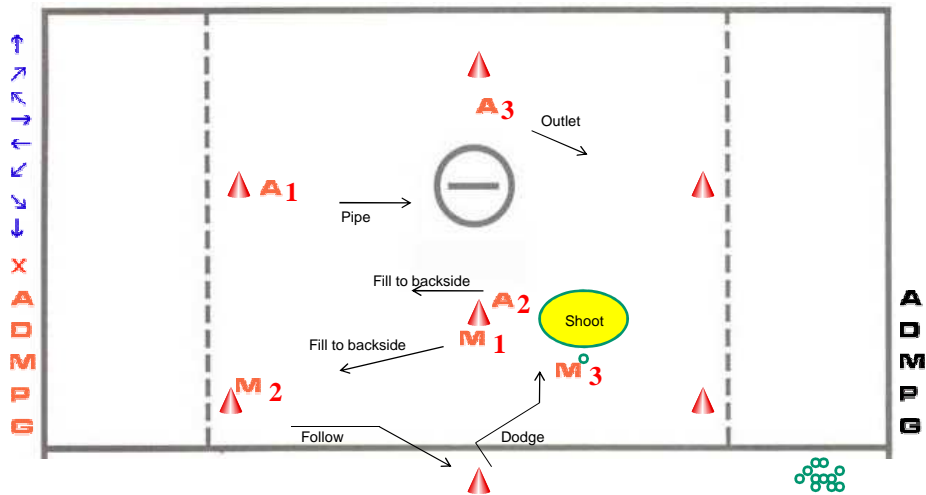
Notice all the open space on the opposite side from the ball. Offensively, we call that the "Backside". The dotted line down the middle shows the difference between ball side and backside. We want to create offense by attacking that open space on the backside. Either by finding an open man to feed back there or to dodge into that space.

### 23 Motion: Warm Up Drill



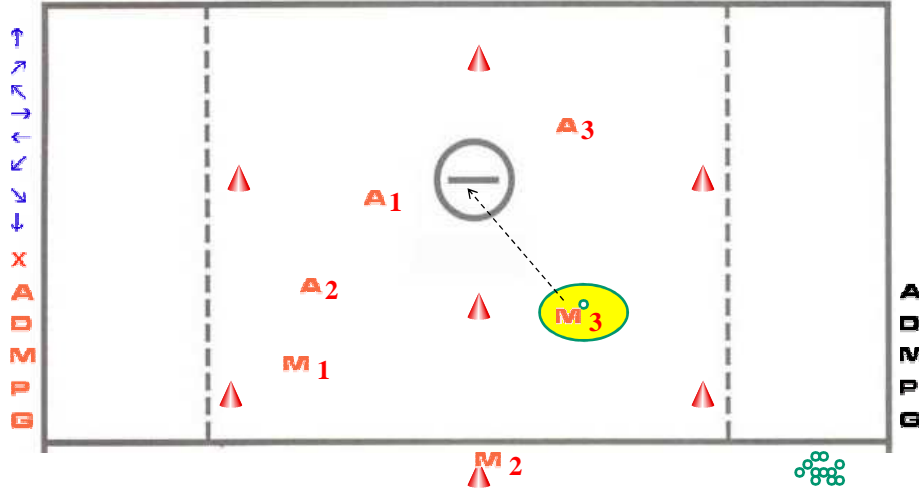
For this drill, we want to move the ball quickly from A1 through M2 to M3 who is in a perfect position to dodge into that open space on the backside. M3 should be positioned 10 yds up from the box when he receives the pass from M2. We call that “climbing the ladder”. This is important because he will build up his speed going “down the ladder” on his dodge to the right. We want M3 to get a full head of steam and then use magic hands to dodge to his right into open space and then shoot the ball on the run from 10 yds. All the players have to move on M3’s Dodge. Seen on next slide

### 23 Motion: Warm Up Drill



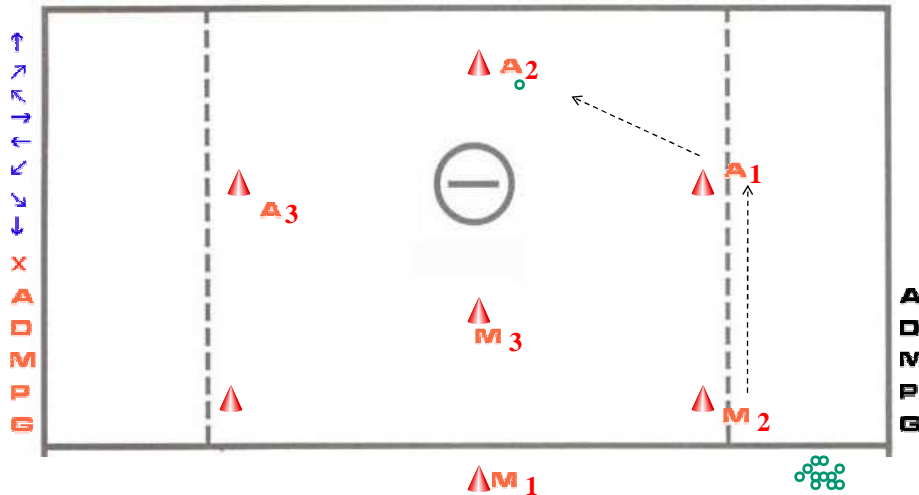
M3 make his dodge into space and M2 follows to the cone M3 left. M1 Finds space on the backside and will fill M2’s space. Players should never take their eyes off the ball while moving to space which may require backpedaling. A2 also moves opposite the dodge to backside low to fill A1’s space. A1 cuts to pipe to become a diagonal layup for M3 if that pass is there in the game. A1 would continue to X to fill A3’s spot if M3 were to pass to A3... but for this drill M3 shoots. A3 moves to the ball side but stays low to be an outlet for M3. If A3 were to get it, he looks to feed A2 or M1.

### 23 Motion: Warm Up Drill



This is how it looks at completion. Now, all the players reset on different cones and repeat, until all the middies have started with the ball. And all the attack have started at a different cone (wing, wing, x). We have had success practicing this by putting shortsticks in groups of threes and starting them in the attack triangle and then moving them up to the middle triangle after 3 rotations and moving the middle triangle out. New group comes in at the attack triangle. Next slide shows the new starting position.

### 23 Motion: Warm Up Drill



New Starting position with M2 bringing the ball into play. Just repeat rotations till each player gets a different starting position in each triangle. Always ending with a dodge into space and shot from the middle up top. As you get better at this, you can pass to the outlet and get another rotation or you can have the middle make the diagonal look to the attackman on pipe. You just keep adding to it throughout the season. This is how we develop understanding of our offense in a non pressure situation.