



Practice: _____ **Date:** _____

Checklist

Skills	
Cradling	
Throwing	
Catching	
Scooping	
Dodges	
Feeding	
Shooting	
Checking	

Team Play	
Transition Play Offense & Defense	
Settled Play Offense & Defense	
Clears	
Rides	
Man Down	
Extra Man Offense EMO	

1. Warm up / Stretch - 5 Minutes
2. Skills Stations - 1/3rd of Practice
3. Small Ball Games – 1/3rd of Practice
4. Team Play – 1/3rd of Practice



Skill Stations

	Station Set 1
1	
2	
3	
4	
5	
	Station Set 2
1	
2	
3	
4	
5	

Small Ball Games

	Small Ball Games
1	
2	
3	
4	
5	

Team Play

	Team Play
1	
2	
3	
4	
5	