

SAMPLE DAILY SCHEDULE

MORNING SESSION:

1. Attendance and Stretch and Warm-Up
2. Scooping and Cradling
3. Stations:
 - Body Position and Scooping
 - Passing and Catching with Movement
 - 1 on 1 moves (Dodges)
 - Facing Off
 - Moving without the ball
 - Shooting
 - Individual Defense
 - Goalie Training
4. Team or Group Practice and/or games

AFTERNOON SESSION

1. Skill of the Day
2. Position Stations:
 - Attack, Midfield, Defense
3. Afternoon team games
4. Stick Tricks and Campers of the Day