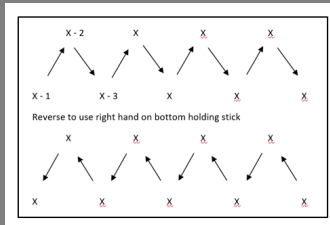




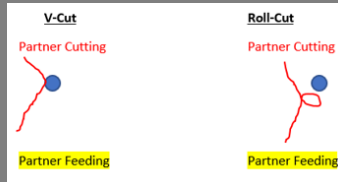
# LET'S TEACH THE BASICS!

## SOME OF COACH HOLLY'S FAVS...



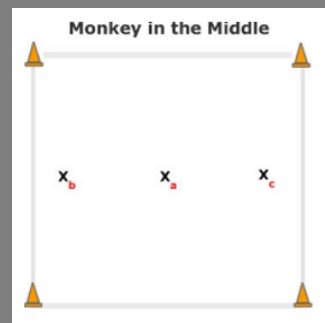
**Triple Threat Cradle** (have multiple rows of cones zigzagging)

- 1 - Sprint from x-1 to x-2 working righty triple-threat
  - 2 - At x-2 break down footwork and begin back peddling triple-threat position to x-3
  - 3 - At x-3 sprint forward righty triple-threat and repeat until end
- \*Reverse direction on return for left hand (3 times each hand)



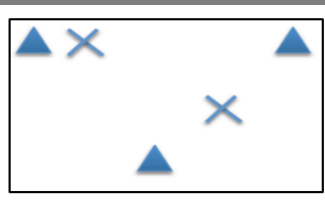
**V, Roll-Cut** (girls working with a partner, 10 yds apart)

- 1 - Partner 1 follows the red line working on V or Roll-cut pattern
- 2 - Partner 2 feeds when Partner 1 cuts, flashes with stick, and asks for ball
- 3 - 5 repetitions each and switch. Repeat mirror image for left hand



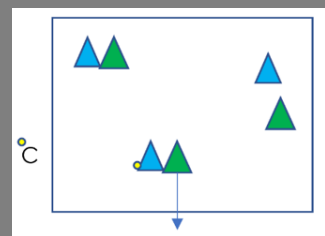
**Monkey in the Middle Passing** (groups of three in 10x10 yd box)

- 1 - Players **b** and **c** are "bookends" working to control the ball with fakes and quick ball movement. Player **a** is the monkey trying to intercept and block with a BIG stick
- 2 - Monkey is in the middle for 30 seconds and gets a point for every touch on the ball



**Triangle Passing Drill** (3 attackers on cones and 2 defenders inside)

- 1 - A variation of the 4v3 box, the 3v2 triangle increases repetitions
- 2 - Attackers focus on moving the ball around the triangle using their outside hand (hand away from defender). Defenders focus on BIG stick and communicating "ball" and "got two"
- 3 - Attackers aim for 15-20 passes (7/8th grades), 10-15 passes (2-6th grades). Attackers stay within a stick's length of their cone



**Popcorn Woman-up Drill** (Create two teams; use center circle or 10x10 yd box for playing space)

- 1 - Coach throws ball in; if blue team gains possession, one player on green drops creating a 3v2. Two passes and clear to coach for a point for blue. If during play, green regains possession, clear to coach for point
- 2 - Reset to 3v3 after possession for next ball

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