

5/03/2015. 3:00-5:00pm

**Bring: Ball Bag. Stick. Whistle. Water. Music. PENS/PAPER for voting.**

**\* 3:00-3:02- Practice plan for the day. Get the girls focused. Voting on captains.**

**\* 3:02-3:10** Warm up.

- Team run, no sticks. Stretch. Wide circle. Hammies, Shoulders, calves, quads. Led by seniors.

**\*3:10-3:20** Ten minutes partner passing. 5 mins R 5 mins L.

- Must be different partner than practice before.

**\*3:20-3:45** Line drills. Three sets of lines. Running and passing/catching.

- Inside Right. Outside Right. Inside Left. Outside Left. Ground Balls.

**\*3:45-3:50** Quick water break. Explanation of next drill.

**\*3:50-4:10** STAR DRILL.

Very important to the game. Explain that. Jump in lines with them. Contest to see how high we can keep the drill going (50 is our goal).

**\*4:10-4:15** Team Indian Run. Twice around the gym/practice facility. Quick Drink.

**\*4:15-4:30** Star drill. Pick up the intensity. Wider points.

**\*4:30-4:32** Water break. Take off equipment.

**\*4:35-4:45** Set up lines for sprints. Freshman/Juniors. Sophomores/Seniors.

**\*4:45-5** Pass out paper and pens for voting on team captains. Express that it does not have to be seniors and that it does not have to be a certain position. I will make my decision off of the votes and decide that night/post it

\* Closing. Any equipment should be put away (goals/balls/etc.)

\* Break out as a team.

\* Take notes about what worked/what didn't work today.

Go home and add up captain votes – make my decision based off of them.

Announce them on the team website/twitter page for team THAT NIGHT.

2/04/2015. 3:00-5:00pm

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**\*3:20-3:45** Line drills. Three sets of lines. Running and passing/catching.

- Inside Right. Outside Right. Inside Left. Outside Left. Ground Balls.

**\*3:45-3:50** Quick water break. Jump right in to star drill. Break off team by 5's.

**\*3:50-4:00** STAR DRILL.

Jump in lines with them. Contest to see how high we can keep the drill going (50 is our goal).

**\*4:00-4:05** Team Indian run.

**\*4:10-4:20** Star Drill. Again. Dominant hand under pressure.

**\*4:20-4:30** Indian run. Water Break.

**\*4:30-4:45** Star Drill. Again. Non-Dom hand.

**\*4:45-4:50** Set up lines for sprints. Freshman/Juniors. Sophomores/Seniors. Ab workout.

**\*4:50**

\* Closing. Any equipment should be put away (goals/balls/etc.)

