

## Defense

### Day 1

Wall ball (500 throws)

-Strong hand 100x

-Weak hand 200x

-Behind the back, strong hand 50x, weak hand 50x -Quick Sticks, strong hand 50x, weak hand 50x Ground balls (50 gb's)

- Roll the ball in front of you, chase it and pick it up on the run, work on getting low and maintain good form. After you pick it up bring the stick up to you face to protect it and get your eyes up ready to pass.

Long Throws (25 Minutes)

-Strong hand (5 min)

-Weak hand (10 min)

-Behind the back (5 min)

-1 Hops (5 min)

### Day 2

Wall ball (500 throws)

-Strong hand 100x

-Weak hand 200x

-Bad passes, strong hand 50x, weak hand 50x \*Throw the ball with your right hand so it bounces off the wall to the left side of your body. Catch the ball by keeping your stick in the right hand and bring it across the body. Try to catch it and bring it across your face in such a way that no cradle is needed before you throw again.

-Around the worlds, strong hand 50x, weak hand 50x \*Right handed: bring the stick in front of your face and around your back so that when you release the ball the stick is behind your back but on the right side of your body.

Ground balls (50 gb's)

- Roll the ball in front of you, chase it and pick it up on the run, work on getting low and maintain good form. After you pick it up bring the stick up to you face to protect it and get your eyes up ready to pass.

Long Throws (25 Minutes)

-Strong hand (5 min)

-Weak hand (10 min)

-1/4 throws (5 min)

\*1/4 throws are performed by throwing the ball with the head of your stick below your knees and above your ankles.

-On the move (5 min)

### Day 3

Wall ball (500 throws)

-Strong hand 100x

-Weak hand 200x

-Below the waist, 50 strong hand, 50 weak hand

\*catch and throw everything below the waist -Flips, 50 strong hand, 50 weak hand

\* put your back to the wall and flip the ball underhand to the wall and catch it.

Ground balls (50 gb's)

- Roll the ball in front of you, chase it and pick it up on the run, work on getting low and maintain good form. After you pick it up bring the stick up to you face to protect it and get your eyes up ready to pass.

Long Throws (25 Minutes)

-Strong hand (5 min)

-Weak hand (10 min)

-Ground balls (5 min)

-Joe Montanas (5 min)

\*Joe Montana's are preformed by backpedaling as if away from pressure and throwing the ball over the pursuing attackman to your partner.

Day 4

Wall ball (500 throws)

-Strong hand 100x

-Weak hand 200x

-Switch hands after every throw, 100 total -Fake across body then throw, 50 strong hand, 50 weak hand Ground balls (50 gb's)

- Roll the ball in front of you, chase it and pick it up on the run, work on getting low and maintain good form. After you pick it up bring the stick up to you face to protect it and get your eyes up ready to pass.

-At the end of each week we are giving the defensemen a choice, shots or more long throws. If you choose long throws decide on a few drills and carry them out, if you choose shots follow the instructions below. I would recommend that each day you end with shots if you would like to do extra work. Feel free to extend the time on the long throws if you don't feel like you are getting enough work.

Shooting

-Fake pass then shoot, 25 strong hand, 25 weak hand -shooting on the run, 25 strong hand, 25 weak hand -catch and shoot on the run, 25 strong hand, 25 weak hand