

Drill Name: SETTLE DRILL

Stage of Activity	Learn to Train, Train to Train
Skills	Passing, Catching, Cutting
Equipment	Balls, One Stick per Player, Goals, Target or Goalie
Time	10 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> • Offensive squad (Team A) works the ball around the front and behind the net. • Defensive squad (Team B) mirrors and looks for turnover opportunities. • If goaltender wins possession, clears to the defenders and then the defenders become the offensive team. • Always keep the body between the defender and the ball
Modifications	<ul style="list-style-type: none"> • Use targets in the goals • Have players aim for the post or crossbars

