

- 1) **SAFETY FIRST** - be alert in case of lightning, beware of excessive heat, give water breaks, check field conditions and check players' equipment
- 2) Use entire time allotted - **MAXIMIZE ALL** the times you are together **WISELY** – Before, during and after practice; before, during, after and in between games **DESIGNATE** a coach to work with the offense and defense, spread out and coach that group with your best effort
- 3) Use drills that produce **HIGH REPETITIONS** and your practices will be run at a **HIGH PACE - NO LINES, NO STANDING, NO WAITING TO PLAY**
- 4) Every **DRILL** we do, we do for a reason, everything you do at practice should relate to building **SKILLS** or developing your team's **SCHEMES**
- 5) Make it **FUN** for you and for the players , teach **PROPER TECHNIQUE**, provide **HIGH REPETITIONS**, coach **GAME LIKE** scenarios and situations
- 6) **KEEP THE BALL HOT - ONE CRADLE and OUT** – do not let players hold the ball, force players to make passes in every drill
- 8) **PART / WHOLE METHOD** - break down skills and schemes in small parts and build up
- 9) **HOLD YOUR WHISTLE**, refrain from stopping drills, let the players play out situations: throw in another ball, ride and clear it out
- 10) Make drills **COMPETITIVE** and **GAME LIKE**: Play for Points, play for rewards
- 11) Give **ADVANTAGES** and **DISADVANTAGES** to your offense or defense to prepare them for high speed, game like conditions
- 12) Scrimmage **INTELLIGENTLY**, with a **PURPOSE** - Ride and Clear scrimmage, Groundball scrimmage, Face Off scrimmage
- 13) Use coaching aids: Whistles, Whiteboards, Cones, Tennis Balls, Hula Hoops, Dots, Nubs,
- 14) **PUMP TIRES**: don't deflate your players, **PUMP** them up!
- 15) Know who is going to be there, use **TEAM SNAP**, plan your practices for the number of players attending. Know who is coming on **GAMEDAY**
- 16) Set **GAMEDAY** lines and **SUBSTITUTIONS** in advance - Alternate starting lines by game – Give players an equal chance with equal playing time

- 17) **COMMUNICATE** about what is **NEXT**, the next game, the next practice: the next field, meeting time, game time and adjustments
- 18) **FOCUS** on **COACHING** your **PLAYERS** and **MAKING THE NEXT PLAY** - Adjustments, sub box, pre-game, halftime, next game
- 19) Act like an **ADULT**, No foul language or inappropriate behavior - Boys and Girls need positive role models
- 20) Always look for **SPORTSMANSHIP LESSONS** to teach boys and girls how to compete with respect and honor the game
- 21) Practice **ALL ASPECTS** of the game, we practice offense, defense, riding, clearing, face off and game situations **EQUALLY**
- 22) Check players' equipment for **SAFETY**, check each player's stick to make sure it is **STRUNG PROPERLY** and can pass easily and efficiently