WOMEN’S THE PROGRAM
2-QUICK STICK DRILL

AUTHOR INFORMATION:
Author Name: 
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DRILL SPECS:
Drill Theme: Stick Work
Field Position: Offense, Midfield, Defense
Time Needed: 5 Min

Drill Style: Skill
Field Location: Anywhere
Skill Level: Advanced

OBJECTIVE:
Develop smooth stick skills and self-confidence in handling the stick.

DRILL DESCRIPTION:
To be completed with partners approx. 5 yards apart. The stick begins in the RIGHT HAND with partners facing each other. The ball is thrown to partner and caught with the RIGHT HAND. SWITCH to the left hand and catch/throw with the left hand. KEEP the stick in the LEFT hand and catch/throw reverse stick left. SWITCH the stick to the RIGHT hand and catch/throw reverse stick with the right hand. There should be NO cradling in this drill.

SKILLS PRACTICED:
• Ball Movement
• Supporting the Ball
• Throwing accurately
• Catching in close quarters

VARIATIONS:
Once players become comfortable with the motions of this drill, hold competitions between groups to see who can go the longest without dropping the ball.