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## **Flow Drills with Yale Assistant Coach Jess Barnett**

**CHANDLER, Ariz.** – Yale assistant coach Jess Barnett has provided a breakdown of flow drills for the National Field Hockey Coaches Association (NFHCA).

Barnett played collegiately at Iowa from 2009-12, where she was an All-American and helped her school to the NCAA Tournament as both a junior and senior. She played internationally for the Canadian National Team, helping her squad to a bronze medal at the Pan American Cup in Argentina. Barnett worked as a volunteer assistant at her alma mater before joining the Yale staff last fall.

### **Flow Drills – By Jessica Barnett, Yale Assistant Coach**

Flow drills serve as a great way to incorporate many different fundamental aspects of the game into a larger-scale situation. At the end of the day, if you strip this flow drill down to its basics, the drill is passing, receiving, and timing your leads appropriately. However, when you put it all together it becomes a little more complicated. The idea behind creating complexity is to get your athletes to simulate taking information in the way they may have to in a game. We want our athletes to think more on their own, and get away from the habit of treating a drill like a drill.

To note, things will break down if people don't know what they are doing, if the leads are off, and if the fundamentals are poor. Therefore, it's important that athletes are focusing on every aspect of the drill.

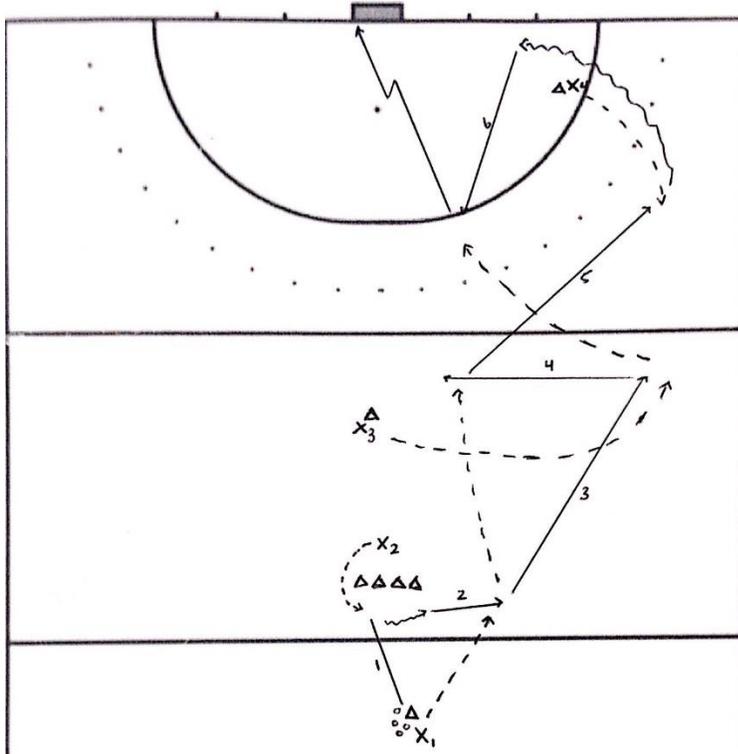
### **Right Side Flow Drill:**

Requires: 10 Balls, 4 Cones, and 8 players

The objective of the drill is:

- Movement into the play after passing

- Leading to open spaces
- Fundamentals



\*X2 makes a lead in front of the cones to receive the ball from X1 on their forehand

\*X1 makes a forward lead while X2 curls to face up field

\*X3 starts to make a timed lead out wide to the right-side line –get feet facing forward for an over the shoulder reception

\*X2 sends a small shave pass to X1 on the move

\*X2 follows the play, and is beginning to make a timed lead to receive pass 4 from X3

\*X1 sweeps the ball ahead to X3, X3 then gives a square pass to X2 who has joined the play

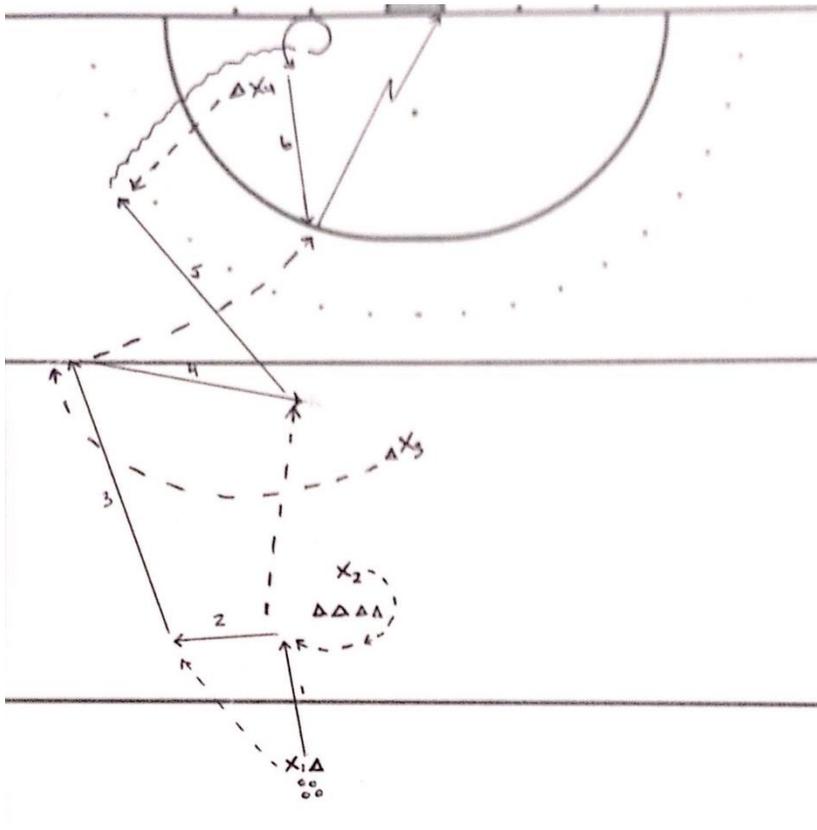
\*X4 makes lead back towards the play, receives pass from X2 and begins to drive baseline

\*X3 joins the play and times lead to be at the top of the circle as X4 is ready to release a dogleg pass to X3

\*X3 finishes with a shot on goal

Rotation: X1 goes to X2, X2 goes to X3, X3 goes to X4, X4 goes to back of the line

## Left Side Flow Drill



X2 makes a lead in front of the cones to receive the ball from X1 on their forehand

X1 makes a forward lead while X2 faces up field

X3 starts to make a timed lead out wide to the left side line –get feet facing forward for an over the shoulder reverse reception

X2 sends a small pass to X1 on the move

X2 follows the play, and is beginning to make a timed lead to receive pass 4 from X3

X1 sweeps the ball ahead to X3, X3 then gives a square pass to X2 who has joined the play

X4 makes lead back towards the play, receives pass from X2 and begins to drive baseline

X3 joins the play and times lead to be at the top of the circle as X4 curls strong and is ready to release a dogleg pass to X3

X3 finishes with a shot on goal

Rotation: X1 goes to X2, X2 goes to X3, X3 goes to X4, X4 goes to back of the line



X1 receives the ball from X2 in the middle of the field

X3 has made a lead wide to the left side of the field

X1 completes the transfer to X3

X5 makes a lead ahead of the ball carrier, and receives the ball on the move going forward

X5 drives the baseline, while X3 is joining the play to be a dogleg pass at the top of the circle

X5 curls strong, and passed the ball back to x3

X3 finishes the drill by scoring

The drill is then replicated on the other side of the field.

