

## **Ironcross Familiarization Practice – Facilitator’s Guide**

*This is an experimental sport. The author of this program waives any liability for any damages caused by participating in any activities described in this program, in whole or in part, including but not limited to injury, illness, death, property damage, and fines or imprisonment.*

Before playing in an ironcross game, it is recommended that all players be required to participate in a familiarization practice session. This is a basic guide for facilitators to run a familiarization practice. It should be adapted as appropriate.

It is recommended that the facilitator ensure the following is in place:

- Facilitator is familiar with the rules of the game.
- Facilitator is familiar with the drills being conducted.
- Facilitator is Standard First Aid qualified.
- Facilitator has reviewed how to respond to potential injuries, such as unconsciousness, head/neck injuries, broken bones, and commotio cordis.
- Facilitator is familiar with [concussion](#) symptoms and protocol for dealing with concussions.
- There is an [emergency action plan](#) in place.
- There is a first aid kit present.
- All participants have signed [waivers](#) and provided [emergency contact information](#) and any relevant medical information.

### **Sequence of the Familiarization Practice:**

#### **Rules Brief (5 min)**

- Explain the rules of the game to the participants.
- Allows participants to ask questions about the rules.

#### **Safety Brief (5 min)**

- Explain safety procedures to be followed in the event of an emergency.
- Ask participants if they have any concerns (such as injuries) that they would like to raise about participating. Give participants a chance to raise concerns in private as well.
- Remind participants that they are participating voluntarily, and may withdraw at any time.
- Emphasize that safety comes first, especially in practice sessions.

#### **Warm Up (10 min)**

- The warm-up should be cardio-focused with light stretching activities.

#### **Drill #1: Simple Pass (10 min)**

- In this drill, participants pair up, and pass the ball back and forth.
- The purpose of this drill is to get participants comfortable with the ball.
- As participants get more comfortable, they can move further apart.

#### Drill #2: Pass Under Pressure (10 min)

- In this drill, participants form groups of four including two passers and two defenders.
- The purpose of this drill is to get participants used to moving the ball around in a game situation.
- The passers pass the ball to each other, while each defender screens one of the passers.
- The defender screening the person with the ball moves around in front of him, so that the passer has to move around to be able to get a pass away.
- The defender screening the receiver moves around in front of him, so that the receiver has to move around to be able to receive the pass.
- Once the receiver receives the pass, the receiver should immediately run to make space between himself and the defender (this simulates avoiding being restrained after receiving a pass).
- The defenders should not be making it too difficult for the passers, but just adding enough pressure so that they cannot just make a simple pass.
- Halfway through, the passers and defenders switch roles.

#### Drill #3: Throwing (5 min)

- The purpose of this drill is to introduce players to throwing the ball.
- Players throw the ball at the net.

#### Drill #4: Checking (10 min)

- In this drill, one player holds the ball, while the other stands directly in front of the ball holder and repeatedly shoves the ball holder.
- The purpose of this drill is to get the participants used to light contact against each other.
- The ball holder should occasionally move his throwing arm as if he's trying to throw the ball.
- The checker should be both shoving the ball holder in the chest to keep the ball holder off balance and using his hands to keep the ball holder from being able to throw the ball.
- The ball holder should eventually start moving side to side, forcing the checker to move side to side while checking.

#### Break (5 min)

#### Drill #5: Basic Restraining (10 min)

- In this drill, one player holds the ball, while the other player wraps his hands around the ball holder's upper torso to immobilize the ball holder.
- The purpose of this drill is to practice restraining.
- The restrainer needs to hold on tightly enough such that the ball holder cannot break free.
- The restrainer needs to have a firm stance and must force the ball holder to take a step backwards.
- The ball holder should offer some resistance.

#### Drill #6: Mobile Restraining (10 min)

- In this drill, the basic restraining drill is performed, but the ball holder tries to run past the defender.

- The purpose of this drill is to introduce complexity to restraining.
- The ball holder should start off running slowly and making minimal effort to avoid being restrained, and slowly increase speed and effort.
- The defender should offset himself to the side of the ball holder's throwing hand.
- If the ball carrier gets past the defender, then the defender should remain in contact to prevent the ball carrier from being able to throw the ball.

#### Drill #7: Ground Ball Retrieval (10 min)

- In this drill, players pick up the ball from the ground.
- The purpose of this drill is to practice picking up a ground ball.
- The player must start a certain distance away and run towards the ball.
- A dummy player should be standing near the ball. Once the player gets to the ball, he should kick the ball away from the dummy player before he picks it up.
- The participant must bend his knees to pick up the ball, not lean over.
- The participant must keep running once he has the ball, as if he would be tackled if he stood still.
- The participant should barely reduce his speed in order to kick then grab the ball.

#### Drill #8: Ground Ball Race (10 min)

- The purpose of this drill is to practice competing for a ground ball.
- In this drill, the ball is thrown between two players, and they race towards the ball to try gaining possession.
- The players need to be reminded that they cannot pick up a contested ground ball, and must move it so that it is uncontested before picking it up.

#### Scrimmage (10 min)

- The scrimmage can be played on half the field, with possession changing teams whenever a team carries or passes the ball across the centre line.
- The scrimmage is played at minimal intensity.
- Score should not be recorded.
- Remind players to be focused on conducting plays safely at minimal intensity, as there is no equipment.
- In lieu of a goalie, the objective could be to hit the ball off of the goal post.

#### Cool Down (10 min)

- Conduct stretching activities.

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