

Boy's Lacrosse Instruction Manual

The Seven Basic Stick Skills

- The Exchange:
 - Critical to all other skill development-First skill taught
 - Place ball in players stick. Teach proper technique of the exchange from left to right hand and back
- The Cradle
 - Teach proper cradling technique with two hands-right side
 - Player executes an exchange and cradles with two hands-left side
- The Pass
 - Start by giving the player the feel of the top hand release and the ball gliding off the throwing strings
 - Player holds stick with ball in top hand.
 - Player turns and points opposite shoulder toward player to receive pass.
 - Player lays hand back (cock wrist), then release a one hand pass
 - Player executes an exchange and repeats with other hand
 - Player puts bottom hand on stick and repeats one hand drill, but adds a little pull with bottom to execute a two handed pass
 - Add weight transfer and shoulder turn to complete the pass technique
 - Player executes an exchange and repeats with other hand
- The Catch
 - Teach catching with both hands
 - “Soft” hands (a giving motion).
 - Lock the ball in with a little cradle
 - Incorporate the exchange in passing and catching so players work both hands

The Seven Basic Stick Skills

- The Scoop
 - Two handed scoop
 - Allow the player to use their dominant hand scooping
 - Get the players body low to the ground
 - Stick should be almost parallel to the ground. (Butt end low)
 - Drive through the ball and lock in with a little cradle
 - Explode out of the pack
 - Quickly bring the stick up to protect from a check (stick to ear). Get the player “tall” again.
 - Turn away from pressure with head up looking to pass
- The Protection
 - Errors: “Hanging your lunch”, not cradling (centrifugal force keeps ball in pocket of stick)
 - Keeping the stick “vertical”-stick to ear
 - Using the body to protect stick
 - Turning the upper body away from pressure
 - “The exchange” to move stick away from pressure
- The Shot
 - Time and Room Overhand Bounce Shot
 - Hands away from body
 - Weight shift
 - Cock and release
 - Follow through

Basic Offense Skills

- The Dodge
 - Face
 - Pull stick across body and hold until past defender
 - Split
 - Split step
 - Exchange
 - Accelerate
 - Roll
 - Plant foot
 - Turn tight
 - Exchange
- The Shot on the run
 - Catch and shoot off a cut
 - Shoot on a sweep
 - Quick stick
- The Draw and pass
 - Finding the open player in a 2 on 1, 3 on 2, 4 on 3
- The Two on One Ground Ball (not for u11)
 - Man-ball
 - Vocal
 - “help” call
 - Give and go

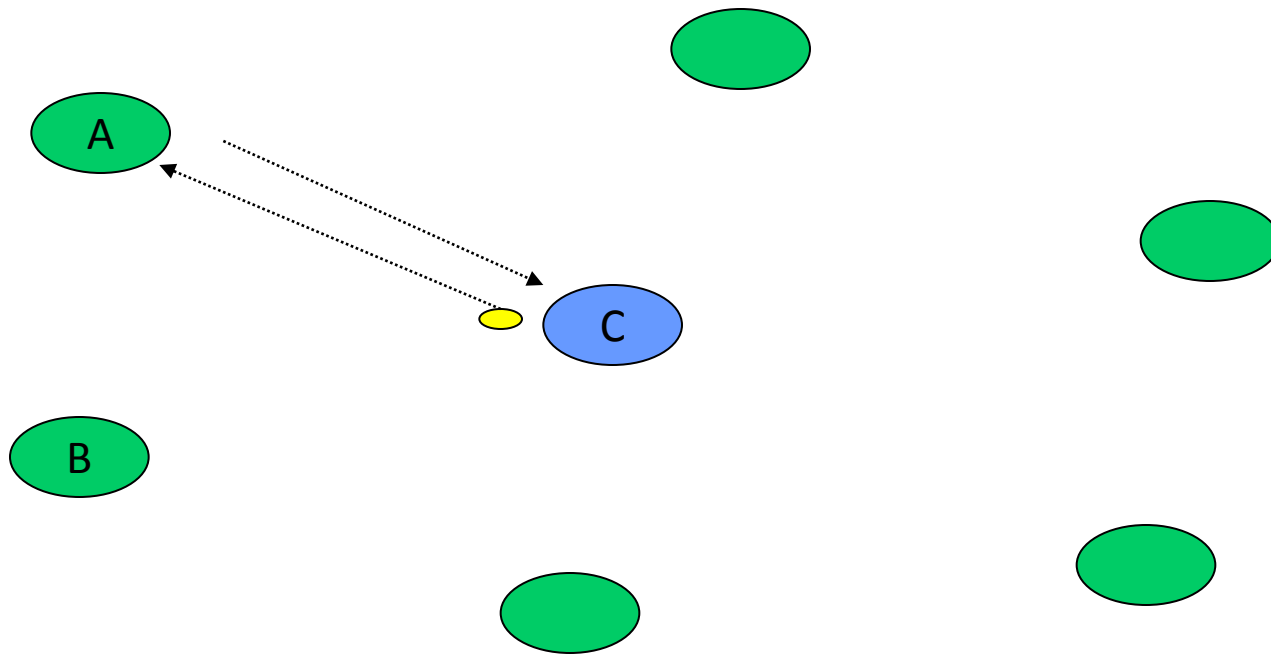
Basic Defense Skills

- The position defense
 - Using the feet
 - Drop step
 - Guiding the opponent away from goal
- The Check
 - Poke check
 - Rap check
- The Off ball defense and help
 - See man and ball, angles
 - In a position to help
- The Slide
 - Slide with body (except u11)
 - Vocal

Circle Passing

(For Beginners)

Form a circle of players with a coach in the middle. Coach starts with ball and passes around the circle to players helping them with their technique. Work both hands with an exchange. Drill can be done with groundballs also.



Two Player Catch and Throw with an Exchange

Two players spaced no more than 10 yards apart. Player A throws a pass to Player B. Player B catches, performs an exchange and returns pass. Player B catches, performs an exchange and returns a pass.

