

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

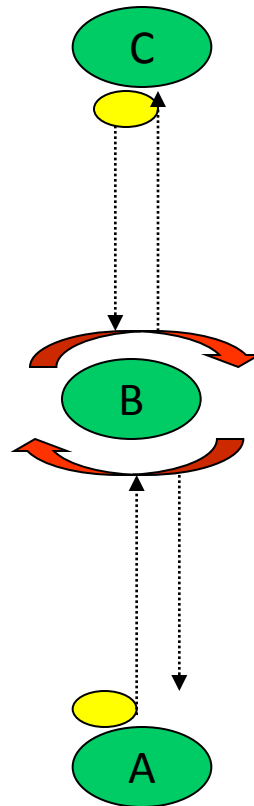
Basic Defense Skills

- 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

Three Player, Two Ball

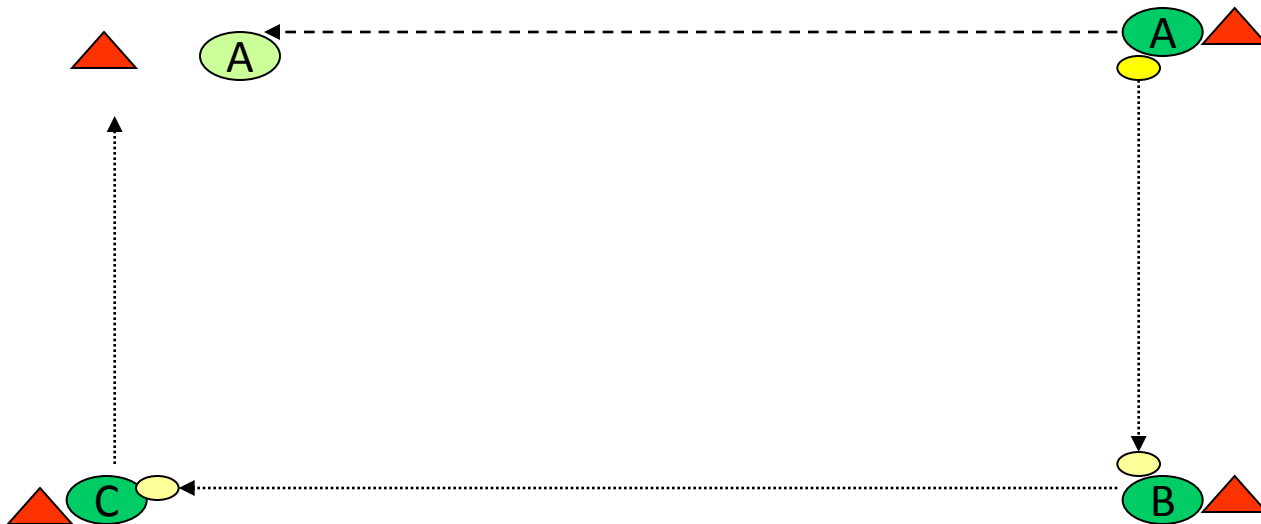
(aka Hamster drill or Monkey in the Middle)

Three players evenly spaced in a line about 10 yards apart. Player throws a pass to Player B in the middle. Player B returns pass and rotates to Player C. Player C with second ball throws pass to Player B. Player B throws a return pass. Player B rotates again to Player A and repeats drill. Switch players so all get a chance in the middle.



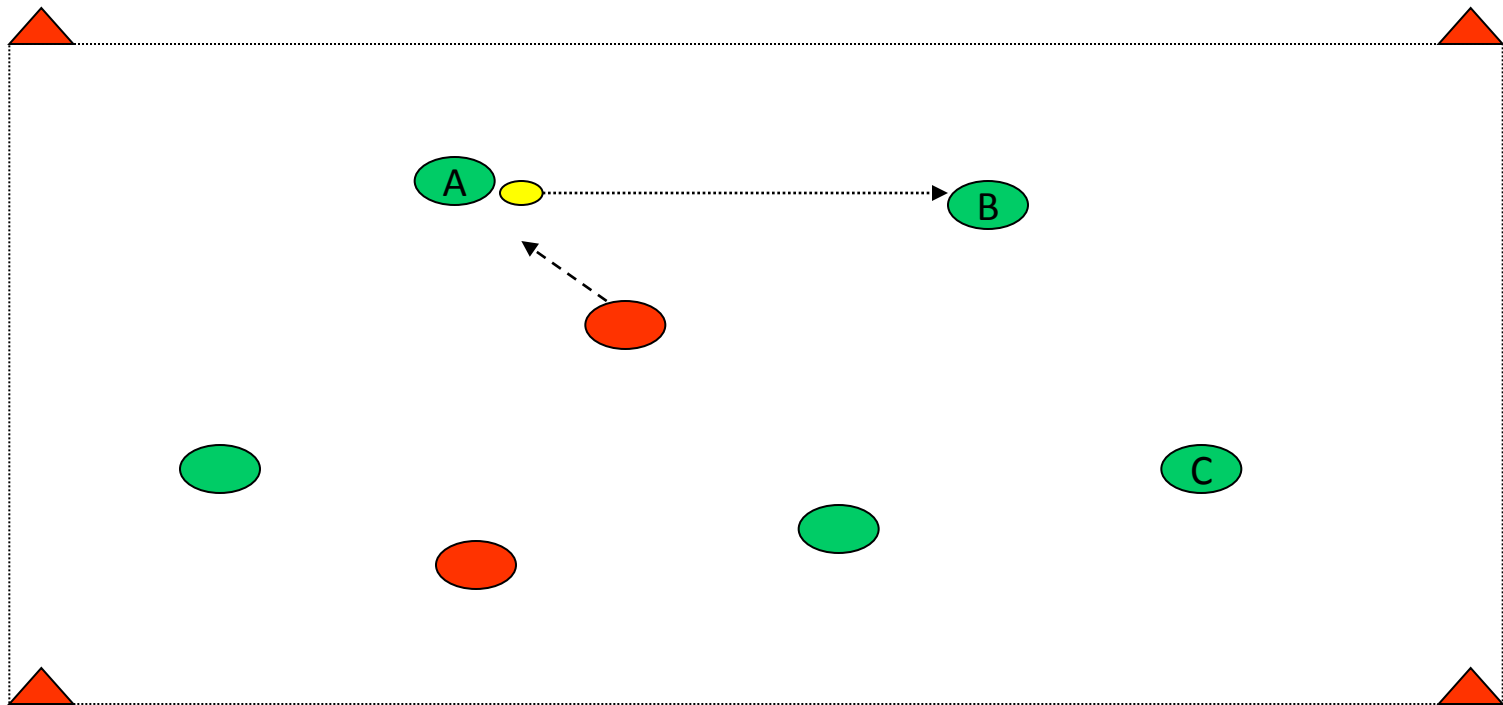
4 Corners, 3 Players

Four cones forming a square about 10 yards apart. Three Players occupy three cones and face center of square. Drill starts in a clockwise direction by Player A throwing a pass to Player B. Player B catches with outside hand, exchanges hands and throws a pass to Player C's outside hand. Player A moves to adjacent cone and receives a pass from Player C on his outside hand. Player A exchanges and throws to Player B who must move up to adjacent cone. Players continue moving to adjacent cones in counterclockwise direction. Reverse drill direction to get right and left hand practice.



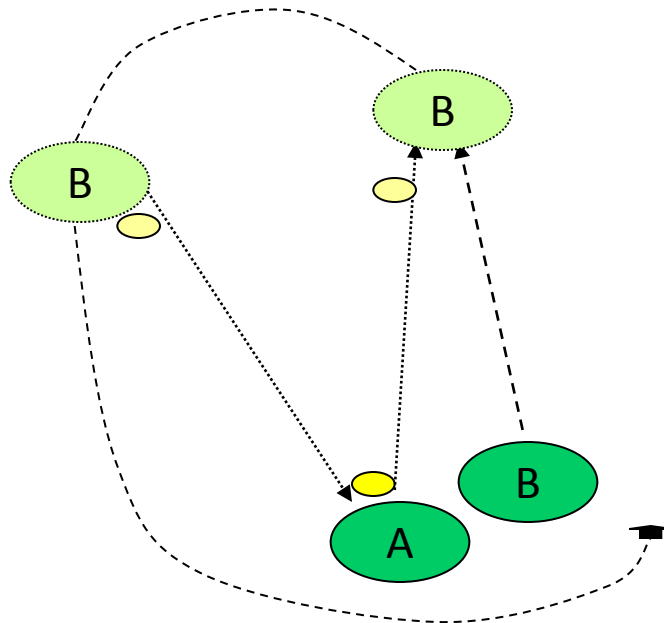
Keep Away

Create a 30 x 30 yard square with cones. Five to Six offense players and two defense players. Offense Player A starts with ball. Objective is to pass the ball to all players and keep away from defenders. Drill can be done with ground balls and passing.



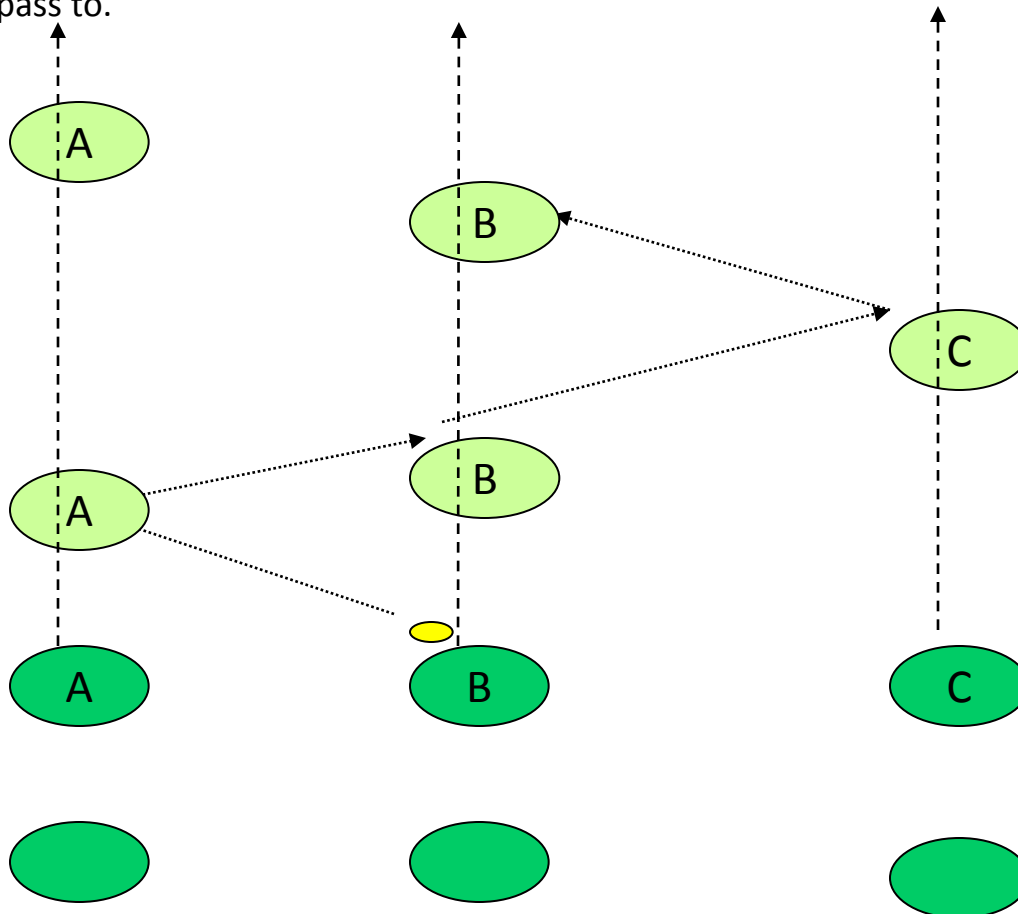
Two Player Ground Ball Yo-Yo

Two players. Player A starts with ball and rolls a ground ball out in front of Player B. Player B scoops ground ball with back to Player A, curls and throws a 7-10 yard pass back to Player A. Player B then runs around Player A and Player A rolls another ground ball for retrieval. After 5 repetitions players switch rolls. Ensure that players work on curls in both directions. This requires that they perform an exchange and put the stick in the non-dominant hand for a pass.



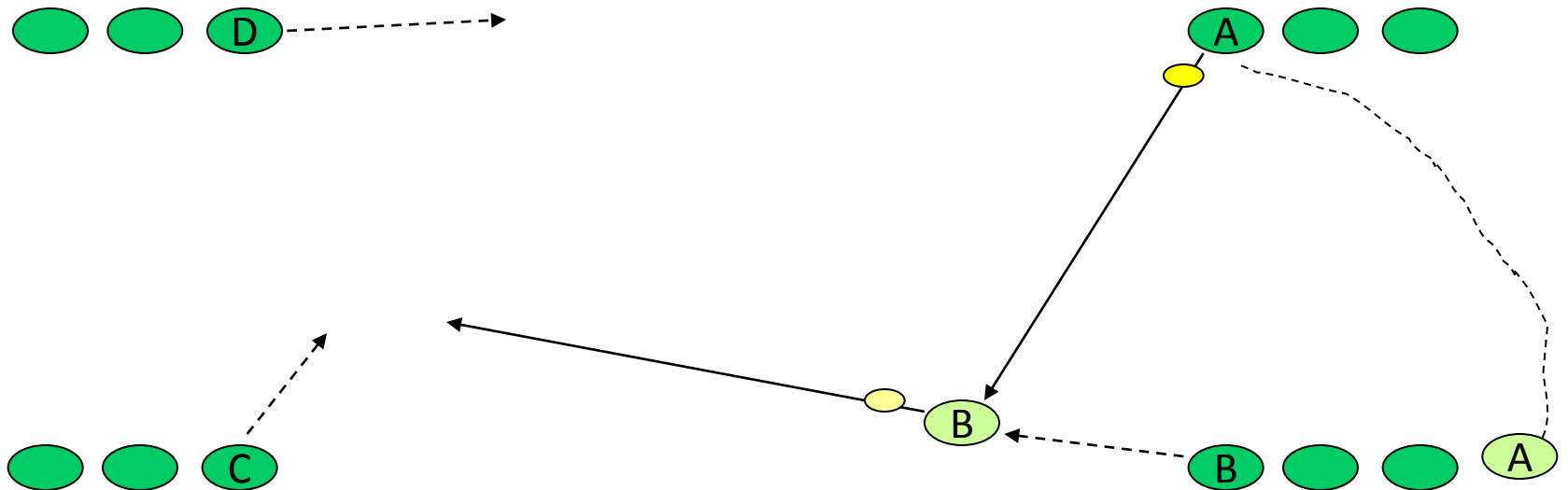
Three Player Ground Ball

Three lines of players at one end of the field. Player in center (B), rolls ball out in front of Player A. Player A scoops and then rolls back to Player B. Player B rolls ball to Player C. Players continue in this manner to other end of field. Drill can be done by throwing passes instead of ground balls. A weave can be added to this drill by player running around player they roll or pass to.



4 Corners

Four lines of players each 20 yards apart. Players face center of square. Drill starts in a clockwise direction by Player A rolling a ground ball out in front of Player B. Player B scoops and rolls out in front of Player C. Player A goes to end of line of Player B. Play continues until all Players have completed a ground ball in each line. Drill can be done with passing also. Reverse drill direction to get right and left hand practice. Players must catch pass over shoulder.



Full Field Diagonals

Six groups of players (3 lines facing each other at sides of field). Center line at center of field. Other lines at restraining line markers. One goalie starts play by throwing a pass to Player A. Player A moves to catch pass and passes diagonally to Player B. Player A goes to end of Player B line. Player throws to Player C and goes to end of Player C line. Player C throws to goalie. Goalie starts drill back by throwing to Player D. Players continue in this manner to other end of field. Drill can be done by rolling ground balls instead of passes.

