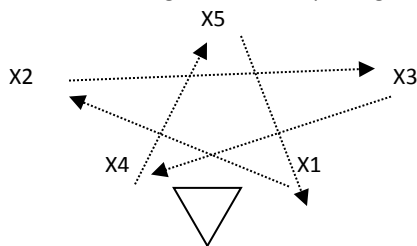


Boulder Valley Lacrosse Practice Plan 3

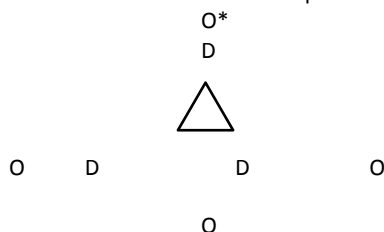
0:00—0:10 GOALIE WARMUP Warm up goalies during this period—emphasis on goalie seeing the ball. COACHES always warm up goalies with the intent of building confidence—players should NEVER warm up a goalie. Work on “LATERAL STEPPING”— we do not tell our goalies to “step to the ball”.

0:00-0:10 STAR DRILL: Players arranged at five points in the shape of a star. Player passes ball to two points away, then follows his pass by running to the end of the next line. Players rotate through standard passes include catch R, throw R, then catch L, throw L, then catch L, throw R, then catch R, throw L, then groundballs. This drill emphasizes greater awareness than standard line drills, as players must be alert to flying balls as they pass through the star. Once players understand the drill, add in a second ball. Variation: X5 finishes with a shot on goal instead of passing back to X1.



0:10-0:25 DIAMOND 7 LINE GBs. One player must go to X and ball must go through X before O can attack. Organize according to practice numbers (4v3 preferred). 4 lines of White, 3 lines of Green. Coach rolls out GB. If white possesses, play to a shot. If green possesses, pass to goalie and clear ball to midfield. Switch offense & defense after 8 mins. Coaches focussing on "SHAPES" Offensively & Defensively.

For 7 line GBs: 4 O always spread out into BOX (HERE, “DIAMOND” shape around the cage), 3 D forming Triangle. O stays spread out, D rotates opposite to ball movement. D must cover and pressure ball below GLE.



0:30-0:45 “FRANCE” DRILL: Reverse the “England” drill to create a clearing drill for the D. Start with 1 D in the hole.

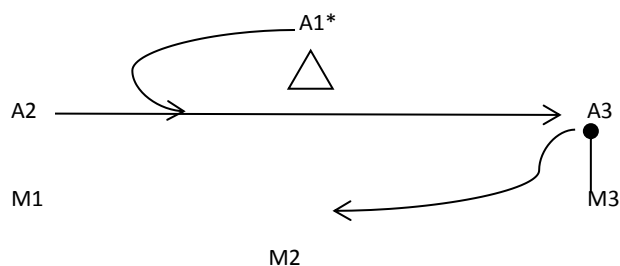
- Then 1 O and 1 D initiate the drill with a GB. If O wins, 2 D double-team until a shot or turnover. If a turnover, D must clear to the goalie and then break out to cones designating the positions on a Basic Clear.
- Add 1 O and 1 D each rep to build up: 1v2, 2v3, 3v4, 4v5, 5v6.
- On D: send in longpoles first (4) then 2 SS mids. On O: send in fastest players with most stamina first.
- Also prepares O to face heavy defensive pressure

0:45-1:00 WEST GENNY DRILL: 3v3 WITH MANDATORY PICK. O must set at least one pick before taking a shot.

Divide players into two teams, green and white at separate ends. Players A1, A2, and A3 attacking 3 defenders B1, B2, B3. After shot on cage or errant pass, defenders step off and players A1, A2, A3 sprint back into the hole to play D vs new B players.

1:00-1:15 REVIEW “ZERO” CIRCLE OFFENSE WITH RULES. All short sticks participating & observing. See below for D-poles.

- Every offensive player must understand other player’s strong hand.
- When the coach initiates a GREEN dodger, or someone starts a dodge independently, the adjacent player to the strong hand of the dodger CLEARS THROUGH OPPOSITE.
- One player opposite makes a BACKSIDE cut. Offense can incorporate a down pick before the cut.
- Defense learning to SLIDE “ADJACENT” because there is no crease. Packing it in, playing “FLAT” to dodger.
- Here, A1 is a right handed dodger from X. A2 clears through, M3 picks down, and A3 makes a backside cut.



1:00-1:15 “HOCKEY” for d-poles. Longsticks learning to bat ball into space without scooping. Use 2 mini-goals.

1:15-1:30 CONTROLLED 6v6 SCRIMMAGE WITH CLEARING. Alternate “ZERO” and “13” offenses.