

Boulder Valley Lacrosse Select Practice Plan | Midseason

500-507pm DYNAMIC WARMUP

507pm- 515pm MAZE DRILL— no goalie Players passing to line ahead in zig-zag fashion, then cutting from final cone down middle of field to shoot on cage

515pm-525pm FOUR CORNERS PASSING

525pm-535pm 2x2 PROGRESSION DRILL

535pm—545pm QUICK EMO/ MDD. Review “33” formation with high crease.

545pm—555pm CROSS CAGE SHOOTING with DEFENDERS.

555pm-600pm WATER BREAK

600pm-630pm DISCUSS PICK DEFENSE:

- 1) COMMUNICATION is key: “Pick left” “Pick right” “Stay with him” “Switch”
- 2) When possible, try to “Stay with him”
- 3) Responsibility lies with the man whose attacker is picking, not the guy being picked
- 4) It’s OK to get under a pick rather than over if you have to

2 SETS: 4v4 PASS DOWN, PICK DOWN. O sets up in 4 man box formation. 4 D covering man to man. A players passes down and follow pass to a pick. D must communicate through the pick, attempting to “stay with him” where possible.

THEN: 4v4 CARRY and SHALLOW CUT with D DOUBLETEAM: Have D drop sticks at first.

O sets up again in 4 man box formation. 4 D covering man to man. As carrier moves down the alley, and “low block” (A) player shallow cuts, defender on the cutter is required to double team the ball- he shows initially then doubles ball. This leaves the shallow cutter temporarily open as the ball is doubled. D MUST rotate to cover ball, and O must make one more pass across the topside, then just play.

Again, we are creating an artificial situation to teach real concepts including clearing through, flipping the field, and forcing/handling pressure through doubleteams.

- O players learning to pass out of double teams and moving the ball quickly across topside.
- D players learning to see double team opportunities and to slide & recover quickly—to recognize uncovered players and react immediately

630pm-635pm QUICK EMO/MDD. Start with “Scissors” play out of “Zero”, play into “33”

635pm-645pm DISCUSS “ZERO” OFFENSE— DROP OUT of PANTHER DEFENSE

645pm—700pm 6v6 SCRIMMAGE