

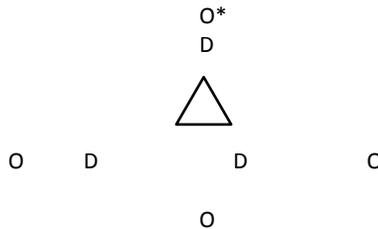
# Boulder Valley Lacrosse Practice Plan 2: Short practice, early season

0:00—0:15 **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”.

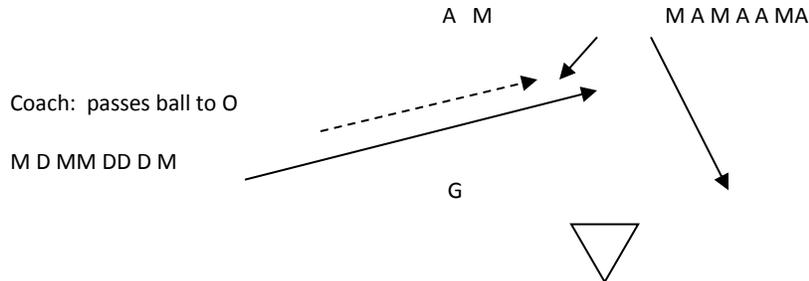
0:00-0:15 **FOUR CORNERS PASSING:** players set up in a 30yd box format at 4 corners. Players begin by rolling to the right, catching pass in left hand and throwing with right hand to player in the line ahead of them. Then reverse direction: Roll left, catch right, and throw left. Then “Throwbacks”: player rolls to right, catches right, and throw right to player in line FOLLOWING behind.

0:15-0:30 **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.

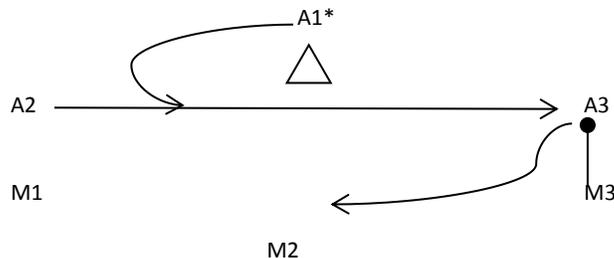


0:30-45 **ENGLAND DRILL:** Transition/progression drill building from 2v1 to 6v5. Add in 1 O and 1 D player simultaneously to progress through odd man situations which teach offense how to find the open man and defense how to slide. Line up Attack and Mids at midfield line. Line up Defense and Mids along sideline. Two offensive players start on field against one defensive player. After shot or turnover, one player from O line and one player from D line sprints into drill, building from 2v1 to 3v2 to 4v3 to 5v4 to 6v5.



0:45-1:00 **INSTALL “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.
- Here, A1 is a right handed dodger from X. A2 clears through, M3 picks down, and A3 makes a backside cut.



0:45-1:00 **“HOCKEY” for D-poles.** Set up 2 goals opposite each other, approximately 20-30 yds apart. Make 2 even teams. Defensemen using their longpoles to bat the ball into the opponent’s goal, they are not allowed to scoop it.

- Longpoles practicing to control the ball on the ground with their poles and direct the ball into open space.

1:00-1:15 6v6 with FACEOFFS, using the ZERO Offense.