

**YOUTH LACROSSE FUNDAMENTALS  
USL CONVENTION 2008**

**TEAMS THAT WIN                      CATCH  
    THROW  
    SHOOT  
    MOVE                      BETTER THAN OPPONENTS**

**½ OF YOUTH PRACTICES SHOULD BE SPENT ON FUNDAMENTALS**

**SHOREHAM PROGRESSION**

1. SCOOP TO SELF
  - a. 1 Ball, 2 players
  - b. Roll ball out, scoop
  - c. Across field and back
  
2. BOX OUT, SCOOP, OUTLET PASS
  - a. Roll ball out 10yds
  - b. 1<sup>st</sup> whistle, player 1 boxes out Player 2
  - c. 2<sup>nd</sup> Whistle, Player 1 scoops ball and makes outlet pass to Player 2
  
3. OUTLET LEFT, OUTLET RIGHT
  - a. Player 2 rolls ball out 10 yds
  - b. Player 1 scoops, outlet pass to Player 2, right handed
  - c. Player 2 rolls ball out again
  - d. Player 1 scoops, outlet pass to Player 2, left handed
  - e. Switch
  
4. SCOOP, SPRINT, DODGE
  - a. Line drill with facing lines
  - b. Scoop, sprint, dodge

**CATCH AND THROW**

2 Balls, 4 players

P1                      P2              P3                      P4

P1 and P4 pass to center  
P2 and P3 catch, switch positions and pass back to P1 and P4

Right Hand  
Overshoulder  
Left Hand

**TRIANGLE PASSING**

3 v 1  
3 v 2

**PARTNER PASSING**

Passing while moving downfield  
Increase distance  
10/15/20 yds

## **SHOOTING**

- Shoot at every practice!
- Focus on shooting form
- Make the goalie make saves
- Shooting region – use girls arc
- Shoot for net!
- Overhand, overhand overhand!

## **MIDFIELD SHOOTING**

- Diagonal
  - 2 Lines down low (GLE)
  - 2 Lines high
  - Diagonal cut

- Diagonal Rollback
  - Add rollback
  - Switch hands

- Same side split

- Same Side Rollback

## **ATTACK SHOOTING**

- Dodging
- Shooting – start behind cage, V cut to cage, roll around crease then:
  - Inside roll, shot
  - Question mark, shot
  - Outside roll, shot
  - Rocker, shot

## **FOOTWORK**

- Shuffle
- Carioca
- Wave drill
- Zig zag w/stick protection and dodging