

INTRODUCTION TO PRACTICE PLANS

Introduction – How to Use this Guide!

Lacrosse is a game that has started to take off across North America. It is hard-hitting and fast paced like hockey, but it has the playmaking styling of a basketball offense. There is a lot to learn about lacrosse and there isn't a huge amount of information on the topic, but hopefully we can change that with this list of drills and practice plan advice.

Running lacrosse practices and building skills is a challenge for any coach. That's why we created this guide – to take the guesswork out of it, and to make your practices more effective, so you can build the skills of your players through drills and good practice techniques.

How this guide works:

In the first half of the book, we have drills for ball-handling (catching and scooping), passing and shooting and then different drills that will illustrate a few of the common game situations in lacrosse. These drills are separated into skill level, with three skill levels being used throughout the book. Each skill level will be represented by a picture, as you will see below:



- this will represent younger players (ages 6 to 8 years old)



- this will represent middle age levels (ages 8 to 12)



- this represents higher age levels (aged 13 to 18)

By separating these drills into skill levels and age groups, we have attempted to make sure that the drills you are instructing are appropriate for the kids you are coaching. You will, however, find that many of the drills can be used at the other skill levels.

In the second half of the guide... we have provided you with 25 different practice plans you can put into action. Now, instead of trying to keep your practice moving along, you will be able to run a tight ship with a minute-by-minute guide to your next practice.

That's how a practice should run. If you want to maximize your practice time, you need to go into it with a plan. Sometimes that plan is impossible to put together with everything else that is going on in your life. We have designed these

practice plans so you can print the ones you like off on your printer and take them to practice ready to roll.

If you want, you can take the ones that work the best for you and make small adjustments, to tailor the practice to your team and the skills they need to work on. If you want, you can have certain practice plans for certain days of the week, etc – the sky is the limit!

Lacrosse is an intense game, and building a player's skills is not always easy. Starting with the fundamentals and working your way up is the best way to coach a team. Strong fundamentals are the key to putting a winning team on the field – and we have put together a resource to help get you there!

Best of luck!