

# Practice Plan

011/013-8

Time	Drill	Pg.	Coaching Tips
00 to :10	Dodging, scooping and taking shots	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the field, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Inside out	18	Quick passes and moving in and out
:35 to :38	Water break	-	-
:38 to :45	Shooting gallery	21	Proper technique
:45 to 1:00	Pass and dodge	23	Good dodge technique
1:00 to 1:10	Dodge attack	24	The dodge gets a good shot
1:10 to 1:20	Attack the ball	8	Charging the ball
1:20 to 1:30	Combination drill	14	Put together all of the different skills
1:30 to 1:35	Water break	-	-
1:35 to 1:45	The Gauntlet	11	Quick sticks and good position
1:45 to 1:55	Four pair scramble	12	Fight for position on the ball
1:55 to 2:00	Cool down	-	Stretching, and taking a few shots



## Inside Out

Movement and passing are combined in this drill

**What you need** – Create an area that is about 20 yards by 20 yards, with 5 players (with balls) inside the square area, and 5 players (without balls) outside the square area.

**How this drill works** – Players must move around the square area maintaining good control of the ball. When the coach blows the whistle, the players inside the square must prepare to pass the ball to a player outside the square.

Once the players outside the square secure the pass, they must move inside the square, and the players inside must follow their pass outside the square. If two players pass to the same person, whichever person's pass doesn't get caught, that person is out of the drill.

It is important the coach watch for: good passing technique, good vision on the part of players and that they are moving around.

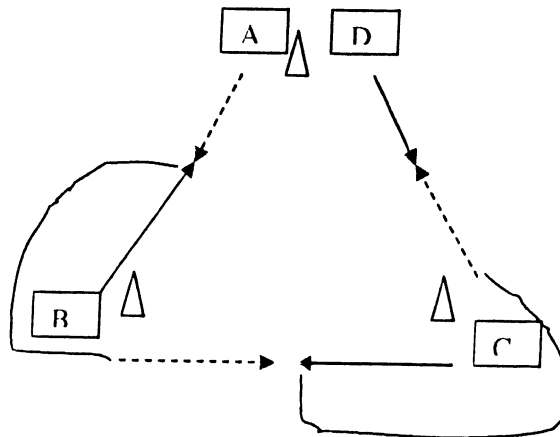
**Result** – Passers recognize players to pass to while moving around, and reinforcing passing skills.



## Passing Triangle

This is similar to the scoop triangle, but not it involves passing

**What you need** – Create a triangle area with the pylons 10 to 15 yards apart. Two players are at each pylon. You will see how the drill is set up below:





### Pass and quick shot

Passing off of a shot is a skill that can produce a great number of goals for a team

**What you need** – If you have more than one net, that will work best, because players can get in more repetition. In each group of players per net, you will need a group of passers and at least two balls.

**How this drill works** – Passing players will work out of the corner, and shooters will work out of the slot area (an area between the goal and about 10 yards out directly in front) between the circles.

Passers will hit the shooter in the slot area and immediately the shooter will gain control and take a quick shot on the net. At first, this can be done with no goalies, while the players just get in shooting practice, but after a while, goalies can be added.

**Result** – Passing and shooting are essential skills for the player to learn. This drill works on that aspect of the game.



### Shooting gallery

This helps players build their skills as shooters.

**What you need** – Once again you can separate into as many groups as possible. You will need five players per group, four will be passers and one will be a shooter. Four balls in each group will be required.

**How this drill works** – This is similar to the above drill, but only it is a quick shooting gallery for the players to build shooting skills. The players will be positioned four across the goal line with the shooter in the slot area. The first pass will come from the first player on the right, then the next player, etc. The shooter cannot shoot from the same place.

On each pass, the shooter must take a shot on the net. Once he or she is done all four passes then he or she takes a place in the passing row and lets another player be the shooter.

To make it more difficult, you can add a goalie.

**Result** – Increased ability to create shooting opportunities.

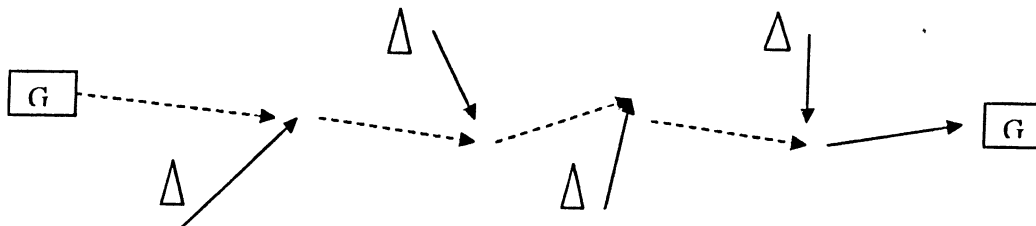


### Diagonal passing drill

This is a quick passing drill that will be a good one for players to master

**What you need** – Set up four pylons about 30 yards diagonally apart. (See diagram), two goalies should be at each end. The entire distance of this drill will be about 60 to 70 yards. Two players will be at each pylon in order to keep the drill going continuously.

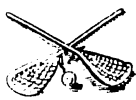
**How this drill works** – See diagram below and then corresponding explanation.



The goalie starts with the ball, and once the coaches whistle blows, the first players (at the first pylon on the left) breaks toward the center to receive a pass, then the player at the next pylon breaks to receive a pass from the first player. This goes on down the line.

Above, the receivers are marked with a solid line and the pass is denoted with a dotted line.

**Result** – This is a quick passing drill that works on a player's quick passing, catching and releasing skills.



### Pass and dodge

This is a great deal to continuously work the ball back and forth using a dodge technique.

**What you need** – Place two cones about 15 yards apart with two players behind each marker. You will need one ball for this drill.

**How this drill works** – This is a challenge drill that helps players work on their passing under pressure and their dodging to make the pass skills. Players A and B will be on one side and C and D will be at the other.

The drill starts with player A passing all of the way across to player C. Player C attacks forward to receive the pass, and player A, once completed the pass, charges into a defensive position against player C.

Player C executes a dodge maneuver on player A, then passes to player B. Player B then dodges player C to pass to player D. This rotation continues with each player following behind the player before them, providing defense and dodging around for a pass.

**Result** – Combining the dodge maneuvers and passing and catching for an increased skill set.



### Dodge attack

Using a dodge and quick movement will help set up shots on the net

**What you need** – Set up three areas, one behind the goal and two out front on either side of the net, about 10 yards away. Pair up players of even skill at each station, one attacker and one defender.

**How this drill works** – With a goalie in the net, this drill is designed to help teach players to use their quickness and the dodge technique against a defender to find a shooting lane and to drive to the net.

The coach will call out which station he wants to go: left, right or behind and with an attacker and a defender at each one, the battle begins. The attacker tries to make a quick move and drive (within 5 seconds) to take a shot. Score **one point** for a shot, **two points** for a goal, and give defenders **one point** for a stop or a steal.

**Result** – Working on this drill will help players learn dodge moves in order to get shots on the net.



### Rapid fire

This one will help the goalies the most.

**What you need** – Three stations right across, about 10 to 15 yards in front of the net – left, right and center.

**How this drill works** – Players are going to work on their shots in this order: 1,2,3,3,2,1. The goalie should follow this pattern and try to make the save.

**Result** – A quick and easy drill for shooting and goaltending practice.



### **Attack the ball**

One of the skills that should be taught is 'attacking' a loose ball or pass.

**What you need** – Line up players in two lines, with a pylon about 5 to 7 yards in front of them. Coaches will be about 10 yards away, preparing to roll the ball to the players.

**How this drill works** – The object of the drill is to teach players to attack the ball when it is being passed to them, or if it is a loose ball. In order to do this, they must understand how to attack the ball.

With the coach directly opposite, the ball is rolled towards the player and the player must charge forward and receive the ball before it crosses the line where the 5-yard pylon is.

You can vary this drill by placing the pylon to the right or left, forcing players to alter their footwork to get to the ball and to reinforce their pass reception and ball control skills.

**Result** – Attacking the ball is important, especially in game situations when players are fighting for control of the ball. This repetition will ingrain in players the need to move towards the ball to ensure that they secure a pass or a loose ball.



### **Alternate triangle**

This involves attacking, rolling a pass and scooping for control.

**What you need** – You need to set up a triangle area, with each pylon about 10 to 15 yards apart. Each cone will have two players at it, and there will be two ball put into play.

**How this drill works** – Attacking, scooping, moving and then passing are important skills to learn. This drill works on all of those areas by making a continuous pattern of it around the triangle.

Below is a diagram of how the drill works. Player A rolls the ball to a charging B, who then peels off around his or her cone and then rolls it to a charging C, who peels around behind his or her cone and then continues on. This drill is continuous.

**How this drill works** – This is more of a skill-based drill that players should work on in order to develop the different dodging skills in lacrosse.

The different dodges the players can work on are: **Roll dodge, Face dodge and Split dodge**. Once the coaches go through each of these types of dodges, and giving players the proper instruction, then they should complete the same drill as above without the scooping.

This drill is not about the actual scoop, but rather the dodge and the dodge technique.

**Result** – Players need to know all of the dodge techniques in order to round out their skills as players.



### **Combination drill**

This drill is more advanced as it adds different elements of many of the previous drills. Make sure that players are familiar with all of the skills before they partake in this drill.

**What you need** – You can run two lines of attackers with the coaches at the other end. In between the coaches and the attackers are a pylon (5 yards), a defender (10 yards) and then another defender (15 yards).

**How this drill works** – When the coach blows the whistle, the player must first run to the pylon to attack and scoop the rolling ball. Then, they must drop that ball, then execute a dodge move before scooping another ball, dropping it and then battling the last defender to gain position and then get the ball on another pass.

You can add numerous variations to this drill:

- You can add two defenders and have the attacker scoop through sticks
- You can have the defenders try to compete for the ball
- You can have a player move to the right or the left to accept a pass moving in a different direction.

The purpose of this drill is to continue to reinforce many of the basic lacrosse skills, but to put it all together to try to increase their overall skill set by making the repetition more like a game situation, having to do a variety of things at once.

**Result** – Skill level, dexterity and familiarity with situations.



## Ball protection

Protecting the ball is essential in maintaining control.

**What you need** – Two defenders and an offensive player that will carry the ball toward the net.

**How this drill works** – The two defenders will line up in front of the net, but they will be facing each other, not the player that is carrying the ball. There is about 5 yards between them.

The player with the ball will attempt to run through the two of those defenders while keeping the ball under control. The defenders will make half attempts to disrupt the offensive player's control and to dislodge the ball. Stress the half-attempts as the drill is for the offensive player more than the defensive player.

Later, you can add a final defender (or even a goalie) to get past, while the player takes a shot.

**Result** – Players will build their resilience to outside interference from opposing players, allowing them to hold on to the ball better when pressured.



## The Gauntlet

Scooping while running through traffic is a good skill to master

**What you need** – You will need 5 players and a couple of balls. We will illustrate the set up below.

**How this drill works** – It teaches players to scoop the ball while there are sticks in the area. The players should be set up as follows:

		C	
A B			E
		D	

The ball is placed between player C and D, with players A and B and C and D about 10 yards from each other, and then player E is about 15 yards away from c and D. C and D have their sticks crossed over the ball.

Here's how the drill works – Player B starts by running through the sticks of C and D and scooping the ball and he or she veers to the right (or left) and they will



pass it to E. Then E makes a quick move, runs with the ball and then passes to C.

E then replaces C and C goes down to the initial line to go behind A. So now, D and E are crossing sticks, A is going through them and B is where is started. You can continue running this drill until all of the players have had a few chances to go through.

**Result** – Player will learn to deal with stick traffic and they should build their ability to control the ball under pressure.



### Four pair scramble

Offensive and defensive player will be matched in their ability to get the ball.

**What you need** – Match up four pairs of evenly matched players. You can include a goalie in this drill as well. They should be in the corners of a 20-yard by 20-yard square area.

**How this drill works** – All of the players will be in their respective corners, and the coach will be on the outside of the box. The drill begins when the coach rolls the ball to a certain corner.

At this point, the offensive and defensive players will battle for the ball until one player comes up with it. Once this happens then the following play ensues: If the defender get the ball, the rest of the defenders on the court will move the ball around until they can get the ball safely to the goalie and then clear the ball back to the coach.

If the offense wins, then they must try to move the ball around to get a shot on goal.

**Result** – This will aid players in developing the skill of fighting for the ball and gaining control of it while being pressured by other players.



### Quick scoop drill

This drill works on agility and quickness for scooping the ball.

**What you need** – You should have four players, two on each side, with one player in the middle. The initial four players will be facing each other, staggered about 10 yards apart, with about 15 yards in between them. It should almost be like a zig-zag pattern.