

Practice Plans

U13/U15-10

0 to :10 - Warm up, scoops, passes, ball control, shooting on goalies

:10 to :15 - Stretching

:15 to :20 - Warm up jog around the field

:20 to :35 - 3 on 2 to goal (29) - This is a great team drill

:35 to :40 - Water break

:40 to :50 - Four corner passing (20) - Great heads up drill

:50 to 1:10 - Four corner slide (33) - Great for communication

1:10 to 1:20 - Rapid Fire (24) - Good for shooting and goaltending

1:20 to 1:30 - Circle dodge drill (30) - works on dodges to the net

1:30 to 1:45 - Full field fast break (31) - Great for passing and seeing who can get the ball going down field.

1:45 to 1:55 - Passing triangle - (18) watch for good technique, outside catch and good ball control

1:55 to 2:00 - Coach wrap up and cool down



Three on two to the goal

This drill will help both the offense and defense, as it allows the defense to learn how to defend an odd man rush and the offense on how to attack with an extra man.

What you need – You can set this up so it runs continuous back and forth across the field. You start with three players on offense and two on defense. Three offensive players are waiting at the defending end to begin the next phase of the drill. Two goalies are needed for this drill.

How this drill works – Three offensive players move up the floor against the two defenders. They have 15 seconds to make a quick play and get a shot on the net. If they are successful in getting a shot, and either a goal or a save, then the shooter and the two original defenders are done (head behind the first goal), and the next offensive unit comes in and attacks going the other direction.

If the play results in a steal, the attacker that lost the ball joins the defenders on a three on two the other way, against the two attackers that started. You can run this drill continuously with a groups of players waiting to get in at either end.

Result – This is a great game situation drill for both the offense and defense.



Two on two grid

This is a drill to help players with their even manned attack and defense situations.

What you need – Set up a 15-yard by 15-yard square, and you will have two attackers and two defenders with one ball in this area.

How this drill works – This drill is more for the defensive players than the offensive ones, in order to help them learn to pressure the players in order to get them to make a mistake.

Like the one on one drill, this one starts with the defender sending the ball to the attackers and then they close in. The offensive players try to get the ball across the back line where the defenders started.

Result – Greater understanding of defensive play and on offense the essence of teamwork to reach the other side.



Four corner passing

This is a speed passing drill to develop quick passing and catching skills

What you need – Set up four players in a square, with each of the players at a corner about 10 to 15 yards apart. There is one player in the middle.

How this drill works – The person in the middle is going to be on the hot seat as the ball is passed between the players around the outside, only to then have it passed quickly to them.

The players on the outside have no set pattern of where they need to pass it, as it is random. The player on the inside must be alert as the passes can come from all directions. The player on the inside, once receiving the pass, must quickly pass it to one of the outside players.

To make this drill more complicated, you can add two balls. One that travels around the outside, and one that gets bounced in and out of the square.

Result – Players are going to develop exceptional passing and catching agility with this drill.



Give and Go

This illustrates a basic pass play that will be used often in lacrosse

What you need – Match players up with partners and each one has a pylon that will simulate a defender.

How this drill works – It is a simple passing drill that illustrates one of the basic plays in lacrosse. The player starting with the ball passes it to the right of the pylon, where the other player is. Then the first player bursts past the other side of the pylon where he or she receives a return pass from the player.

At some point, you can add an actual standing defender that will sit in the middle of the two offensive players and they take give a little resistance to the passes being made.

Result – Players will get a good idea of the first basic passes they will execute in a game situation.



Four corner slide

This is another communication drill for defensive players

What you need – Create a 30-yard by 30-yard square area, with an attacker and defender at each one of the pylons outlining the area. You can have a goalie in this situation if you want to add in shots later.

How this drill works – Each offensive player has a ball to start, but only one offensive player moves to start this drill.

The offensive player makes a quick move to attack the goal. The first attacker provide a little bit of resistance, but the drill is more intended for the other defenders that are to communicate their sliding over to help their fellow defender.

The defenders should protect passing lanes, but also try to provide resistance against shots on net. The defenders must try to prevent passes or shot – and this drill continues until any shot, goal, save or steal takes place.

Result – It gives defenders an opportunity to learn to communicate with one another.



Off-side screen pass

This is a basic tactic that a team will incorporate into many offensive plays.

What you need – This can be set up as a three on two for the offense, with three attackers and two defenders.

How this drill works – This is a simple screen play. One attacker brings the ball into the offensive zone on the right or left side of the field. A defender will typically engage this first attacker, so then a screen is set by one attacker, for the other (without the ball), and then the pass is made for the shot.

Defenders should try to fight through the screens and provide resistance to the attackers. This can be a good drill for both sides as it gives each side the opportunities to face real game-like situations.

Result – The more game-situations you put your players in, the better their chance of being successful in those situations.

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.



Circle one on one dodge drill

This is a fast-paced intense drill that pits the offensive players against the defensive players.

What you need – You can set this up with two nets as long as you have enough players. One goalie, and 6 defenders and 6 attackers are at each station.

How this drill works – Match up similar skilled players in an offensive and defensive role. The players are going to be in pairs and the six pairs are going to circle the net. When the coach blows the whistle, a first pair of players will start the drill.

The object is for the offensive player to make one move and then take a shot on the net. The defensive player is supposed to defend against a shot. The offense has 5 seconds to take a shot before the next pair does the same thing.

Result – This is a great one on one drill that teaches game like situations. Sometimes shot opportunities come in a moment, so players need to take advantage of those chances.



Goalie to goalie

This drill moves the ball from one end of the field to the other, forcing players to make good offensive decisions to move the ball.

What you need – Create a 20-yard by 40-yard grid, with paired up offense and defense at each end, and two pairs in the middle.

How this drill works – The object of the drill is to get the ball from one end to the other, without the defense breaking up the play. The defense will be tasked with trying to prevent the ball from getting to the other end.

The players at the ends must stay near the end, and the midfield players must stay at the midfield. This game involves passing and communication on the field to get the ball from goalie to goalie. The team who can keep getting it from goalie to goalie stays on the field.

Result – This will help both offensive and defensive players begin to work with a larger area when passing and defending.



Full field fast break

This will help players develop quick breakout and attack skills included in the fast break.

What you need – At each end, in front of the goal, you will have 3 attackers and two defenders. Staggered through the middle are four midfielders, with two on each side, separated by about 10 yards.

How this drill works – The goalie on one end starts the play by passing to the nearest midfielder. Then a tic-tac-toe type of play takes place, with the midfielders moving up the field with crossing passes, until it gets to the last midfielder at the opposite restraining line.

At this point, the midfielder brings the ball in, and he has three offensive options to pass to, with two defenders guarding those options. Play goes on until a shot, and save or goal happens.

Result – Experience with a fast break and then a quick attack off of the fast break.



Four corners shooting

This is a typical offensive situation that teams will run into and quick action will help players take advantage of the situation.

What you need – You need three defenders stationed in front of the net in a triangle formation. You will have one attacker in each corner of the offensive zone, and two midfielders at the restraining line.

How this drill works – One of the midfielders will start with the ball and will penetrate into the offensive zone. At this point one of the defenders will engage the midfielder, leaving him or her with three passing options.

The idea is to gain the zone quickly, and then make a pass once engaged in order to set up for a quick shot. The players will have 10 seconds from the start of the drill to get a shot on the goal. A goal scores one for the offense, a stop scores one for the defense.

Result – This is a good game situation drill for both the offense and the defensive players.



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.

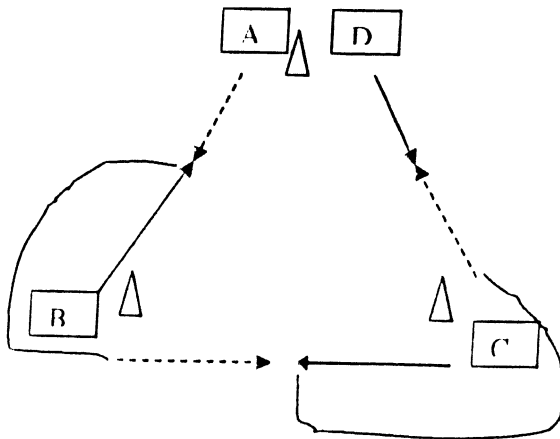
Result – Passers recognize players to pass to while moving around, and reinforcing passing skills.



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:



How this drill works – Very similar to the scoop triangle drill, but the major difference is that the passer follows their pass (dotted line A passes to B to start) to the next marker and gets at the back of that line.

So the drill looks something like this – A passes to B, who meets the pass half way; A follows his or her pass and B peels to the outside of the triangle, around their pylon and then passes to a charging C. B follows the pass and gets to the back of the line, C peels to the outside and around the cone to pass to D.

The play continues as each pass is followed so there should almost always be two people behind each pylon.

Coaches should watch that passes are received to the outside of the triangle area, as this simulates protecting the ball from defenders with the body.

Result – Work on passing, catching and movement with the ball.

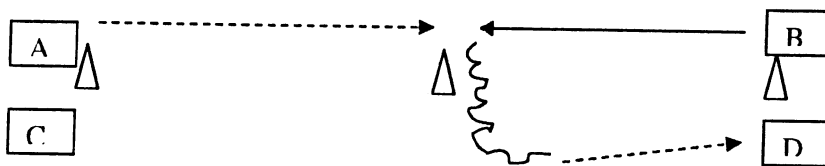


Catch and turn

Another drill that works on movement, passing and catching

What you need – Set up three pylons, each about 10 yards apart – in a straight line. Two players should be at each of the outside pylons.

How this drill works – See the diagram below:



So, the first pass starts from player A to player B. Player B charges toward the center cone and receives the pass from player A. Player B then peels around (squiggled line) and passes the ball to player D. Player A moves to the back of the line (behind C).

Player C then charges to the center, and player D makes the pass to them. Player C peels around and passes to player A and so on. This drill continues. After two or three times around, players can switch up the positions.

Result – More development of passing and catching skills.