

Practice Plan

U13/U15-3

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	One on one scoop drill	10	Protect the ball with the body
:35 to :38	Water break	-	-
:38 to :45	Perimeter pass and shoot	25	Quick passes to stretch the defense
:45 to 1:00	Passing Triangle	18	Keep the ball to the outside
1:00 to 1:10	3 on 2 to goal	29	Tactical passes are important
1:10 to 1:20	2 on 2 grid	29	Defenders can work together to stop the O
1:20 to 1:30	Around the world	32	Quick passing around and shot
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Five on four	34	You've got 10 seconds
1:45 to 1:55	Goalie to goalie	30	Get the ball quickly downfield
1:55 to 2:00	Cool down	-	Stretching, and taking a few shots



One on one scoop drill

This helps players prepare to battle for a loose ball

What you need – Two players of similar skill level should be paired together, and they should be in two separate lines, facing forward towards a coach, who will have a ball.

How this drill works – The coach has the ball about 15 yards ahead of the two players. When coach blows the whistle both players will burst toward the coach and the coach will toss the ball into the center of the players and the one with the advantage must use their body to shield the ball from the other player in order to make the scoop.

Coaches should instruct the proper technique for shielding, and when the drill first begins, keep the body contact (which almost always occurs in loose ball situations) to a minimum until players get the proper shielding and scooping techniques. You can always add the body contact in later (and we will have drills for it.)

Result – Players will begin to learn to use their body to help them gain position for scooping the ball.



Ball control drill

Keeping control of the ball through movement and pressure is important

What you need – Pair up players of similar skill level and give each pair a ball.

How this drill works – One player carries the ball and the other player tries to get the ball. While this shouldn't necessarily happen at full speed to start, players should attempt to get the ball from the one carrying it.

Coaches should teach the players the proper one-handed stick grip, and then shielding the player with from their stick with the non-holding hand. This is a basic skill that should be learned at this level of lacrosse.

Once a player gets the ball from another player, or 30 seconds have gone by, they should switch.

Result – Players not only get to practice keeping the ball from someone, they get to practice taking it away.



Midfield dodge and shot

This is similar to an earlier drill, only it is performed from the mid-field area.

What you need – Set up three pylons at the restraining line, where the midfielders might penetrate. At each pylon are a midfielder and a defender. You will need a goalie in the cage for this drill.

How this drill works – It is very similar to the above drill when the attackers would use the dodge technique to get in position to take a shot. Only this time, the midfielders have 5 seconds to take execute a maneuver and then take a shot.

The goalie will call out which side – left, center, right – starts first, and then the corresponding stations will follow.

Result – This is another dodge and shoot drill that will be very effective for you midfield players.



Perimeter pass and shoot

Quick passing to set up an open lane to shoot is crucial to gain good scoring opportunities.

What you need – Set up three attackers and three defenders in the offensive zone, with a goalie in the net. There is one ball in this drill.

How this drill works – Perimeter passing can help to open up holes in the defense to take a quick shot at the net.

In this drill, the three attacking players will stay on the perimeter and they will pass it quickly back and forth between one another while staying on the perimeter. The key to this drill is to make quick, accurate passes so the attackers can make the defenders stretch to the point they can open up a seam to make a quick dodge and take a shot.

Coaches should watch that the players are using proper technique in passes, catches and using good dodging techniques before taking the shot. The offense has 10 seconds to try and stretch the defense to the point where they are able to get a good shot on net. One point for a shot on net or a goal, or one point for a defensive play preventing a shot or goal.

Result – This is good one on one work for players, and it also work on a variety of other skills.



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.

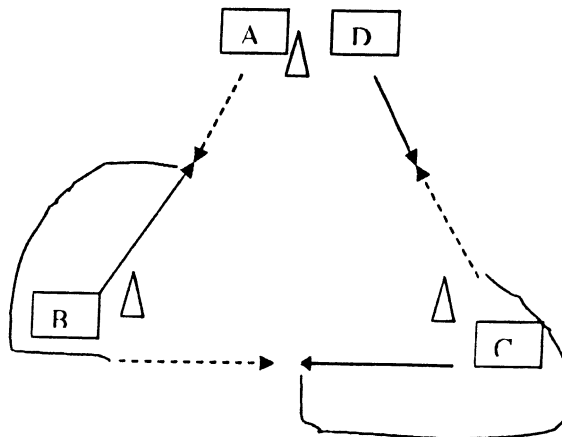
Result – Passers recognize players to pass to while moving around, and reinforcing passing skills.



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:





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.



Around the world

This is a quick passing drill that illustrates the importance of good movement off of a basic offensive situation.

What you need – The set up for this drill is as follows: one attacker behind the net, one on each side, and three midfielders across the restraining line.

How this drill works – The play begins with the first midfielder on the left. The middle midfielder moves forward in front of the net, and the drill begins with a pass from the left midfielder to the right midfielder.

Then, it is down to the right attacker, to behind the net, to the left attacker. After the first midfielder makes the first pass, he goes to set a screen for the far right midfielder, who uses it to cut through the middle to receive the final pass from the left attacker (after it has gone 'around the world'). The midfielder takes the shot, using the center midfielder (in front of the net) as a screen.

Result – Your players will understand and appreciate the need to move the ball quickly, and they get the experience of using a formation to create offense.



Slide stack drill

This helps defenders work together to put pressure on attackers that outnumber them.

What you need – Create a 10-yard by 10-yard square with two defenders in the middle and four attackers on each of the outside corners.

How this drill works – It starts with a single pass from one attacker to the other. At this point, the first defender takes up a position to pressure the attacker, while the other defender stays in the middle to protect against the pass across.

Then the pass goes down to the next corner and the roles are switched. The middle defender goes to the corner and the other defender shifts to the middle. The next pass goes and the defenders switch again.

To make it more difficult on the offense, you can add in a third defender.

Result – Quick passing and good defensive communication is created with work in this drill.



Five on four

Odd man rushes are a key part of lacrosse, learning to take advantage of them will make your team better.

What you need – Two midfielders and three attackers to go against three defenders and one midfielder for the defense.

How this drill works – This drill puts a lot of pressure on both the offense and defense to act quickly.

The goalies will pass it to one of the offensive midfielders to start the drill and then the players will have to react to where it goes. The offensive players have 10 seconds to come up with a passing play or screen pass that gets them in position to take a shot on net.

It is the defenses responsibility to prevent any shots and to try and steal the ball away from the offensive players.

Result – Players are going to get a better idea, both on offense and defense of what they need to do in odd man situations.



Rebound break

Grabbing a defensive rebound and turning it into an offensive chance at the other end.

What you need – Three defenders against three attackers to begin, with two midfielders, staggered on opposite sides of the restraining.

How this drill works - This drill will help defenders fight for control of a rebound and the offensive must also fight to get another shot on goal.

The midfielder will take a shot on net, and once the shot is released, the defenders collapse on the goal to try and get the rebound. They get position on the offensive players and they try to get the ball to make a quick pass to the midfielder at the restraining line.

Result – Your players will understand how important it is to get the rebounds on both offense and defense.



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.