

# Practice Plan

## U13/U15-8

- 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 – Diagonal Passing (23) – Passing skills are key**
- :35 to :40 – Water break**
- :40 to :50 – Shooting Gallery (21) – Work for shooters and goalies**
- :50 to 1:10 – Perimeter pass and shoot (25) – Great quick shooting and passing drill**
- 1:10 to 1:20 - Conditioning**
- 1:20 to 1:30 –Combination drill (14) You get a lot of different looks at players in this drill**
- 1:30 to 1:45 – Five on four (34) – A good drill to see player combinations**
- 1:45 to 2:00 – Cool down and end of tryout practice talk**

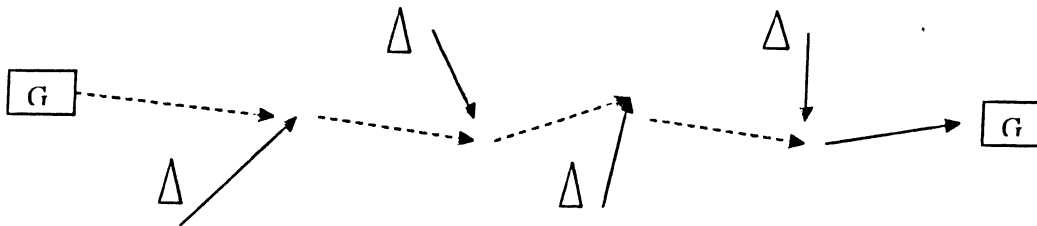


### Diagonal passing drill

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.

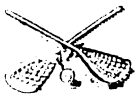
**How this drill works** – See diagram below and then corresponding explanation.



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.



### **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.



### **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.

**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.



### **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.