

Practice Plan

09/011-4

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	Shooting gallery	21	Proper technique
:45 to 1:00	Combination drill	14	Put together all of the different skills
1:00 to 1:10	Slide stack drill	32	Players need to know where to go
1:10 to 1:20	Four corner slide	33	Need to communicate
1:20 to 1:30	Four corner shooting	31	Quick shots and the goalie needs to get position
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on the different tactics
1:45 to 1:55			
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.



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.

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.



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.



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.



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.