



Level 2 Online Course

Skill School
Lesson 6: Feeding

One for all.



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Lesson 6: Feeding

Introduction

Feeding, which usually takes place in tight spaces around the cage, is a skill that requires a great deal of attention as players develop. Young players feed from all over the attacking area. As players mature and defending improves, feeding must be practiced and honed.



Skill Execution

Your feeder should first free his hands, which means he has gained enough separation between himself and his defender via a dodge or cut.

In the traditional hand positioning for feeding, the player brings his top hand closer to the throat of the stick, with the bottom hand about mid-way up the shaft for optimal control.

A feeder naturally works off his vision. His head should be up, scanning but not telegraphing where he is going to pass the ball.

Instruct players to feed someone who is in position to shoot. That is the difference between a feed and a pass. A feed's purpose is set up the shot.

Teach feeders the importance of pinpoint precision. A feed must be accurate, thrown to a cutter's target or box area around the head, to ensure a finish. Make sure your feeder's body is square to the target when he throws, and that he's following through with his top wrist. Accuracy takes precedence over velocity.

A feeder should possess the ability to "see the field." He needs to be able to predict the defensive slides and see the rotation to anticipate which targets might be open for a shot. Determine who amongst your players has good field vision - that's a likely feeder.

Some players at this level might not yet have such perspective. Slow the game down for them in six-on-six situations, using freeze frames to point out to them who's open, and what the defense is likely to do. Eventually, they'll start to see it for themselves.

Review with them where to feed from, how to handle the stick, where to look when feeding, reading the defense, and looking beyond their immediate defenders.

Error Detection and Correction

Error: The ball is checked out easily or deflected by a defender, and your feeder can't connect.

Correction: His stick is overextended. Use the short-stick technique. Have him choke up on his hand position to limit the required motion. Feeding should be succinct and does not involve the full range of throwing motion.

Error: His head is down, and he's missing potential feeds.

Correction: He's preoccupied with the one-on-one and the defender directly in front of him. Tweak his peripheral vision. Instruct him to look beyond that first defender.

Error: He too often looks to pass to the nearest player, as opposed to feeding a cutter or far-side teammate.

Correction: He may be uncomfortable seeing the big picture. Invent drills to combat tunnel vision, for example, using skip passes and three-to-five-man weaves.