

Newburyport Youth Lacrosse Girls Curriculum

March 10, 2016

U9 GIRLS LACROSSE

COACHES GOALS FOR THE SEASON

INTRODUCE BASIC KNOWLEDGE OF LACROSSE

- Focus on positions and rules

SKILL SET - TOTAL EMPHASIS ON BASIC SKILLS

- Cradling - keep both arms working together - no scissors
- Catching - have soft hands - make a soft landing for the ball
- Follow through to target - no pushing
- Ground Balls - keep opposite foot next to ball - cradle and move immediately
- Defense - stay with your girl and be goal side

ADVANCED SKILL SET

- Dodging - face dodge, roll dodge, split dodge, rocker dodge
- Cutting - cut directly to the ball
- Throwing, catching & shooting all on the move

REMEMBER: REPETITION IS GOOD

U9 DRILLS

- **KEEP DRILLS CONTINUOUS, COMPETITIVE AND GAME LIKE:**
- **Box Passing Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=417>
- **4 Corner Passing Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=5>
VIDEO-<http://cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/6970f784c5824905b7c01f1aab4af98a-904d3b4725ea475c93e6ed25fbfce5a5/4-corner-over-the-shoulder-gb-s-or-passes.mp4>
- **3v3 Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=153>
VIDEO-<http://s1.cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/beb75a6e3564427cab991694ba720750-a6e3b4856e5142299caffaa4c8623b2e/3-v-3-drill.mp4>
- **Dodging Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=441>
VIDEO--<http://s1.cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/4e7220afa9da420f9f88bd29e2470f58-b49b0ee01564474c8e68536e0f6a9849/slalom-dodge-drill.mp4>
- **Give and Go Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=91>
VIDEO--<http://cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/6188533dfc4b46f489e112a60d18ef1d-6fc1c79d527a4f3b9799be4a02163fe6/give-and-go-drill.mp4>

U9 SKILL DAY PRACTICE PLAN

SKILLS

FUNDAMENTALS!!!

- **CATCHING**- Don't basket catch
--Stick is up and ready
- **CRADLING**- Arms working together
- **PASSING**- Good teammates throw good passes!

CONCEPTS

OFFENSE-

- Field Awareness
- Stay Spread Out
- Use behind the goal

DEFENSE-

- Stay with your girls AT ALL TIMES
- Always be goal side

STATIONS

1. **Catching**- Contests, How Many in : 30 etc
2. **Cradling**- On the move, through cones
3. **Ground Balls**- Scoop don't push
4. **Shooting**- On the move

GAME IDEAS

- Steal the Bacon
--Implement Pass Rule when using multiple numbers
- Relay Races
- Cradle Tag- players are "OUT" if they drop the ball, stop cradling or are tagged

SAMPLE PRACTICE PLAN

5-10 Minute Warm Up

-- Tag or Running Game

Stations- 10-15 Minutes each

1. Catching Station- how many on :30
2. Cradling- through cones; obstacle course
3. Ground balls- relay races
4. Shooting- on the move with a catch or ground ball; follow through

WATER BREAK

Game- 10 Minutes

Steal the Bacon or Cradle Tag

GOALS FOR MOVING UP TO U11

- CATCHING-Consistently catching 8/10 balls
- PASSING- Accurate passes to teammates- takes care of the ball
- CRADLING- Ball is not dropped when not defended
- DODGING- Understanding and some usage of dodges

U11 GIRLS LACROSSE

COACHES GOALS FOR THE SEASON

SKILL SET

- BEGIN TO EMPHASIZE IMPORTANCE WITH BOTH HANDS
- PROFICIENCY WITH CATCHING AND THROWING
- EMPHASIZE 1V1 MOVES WITH FAKES & DODGES
- DODGES- FACE, SPLIT, ROLL & ROCKER DODGE

CONCEPTS

- ALWAYS BE A THREAT- 1V1 MOVES ALL OVER FIELD
- CONTINUE TO EMPHASIZE STAYING WITH YOUR GIRL
- UNDERSTAND STAYING GOAL SIDE
- INTRODUCE HELP DEFENSE (SEEING BALL AND GIRL)
- BEGINNING OF TEAM OFFENSE/ DEFENSE

U11 DRILLS

WARM UP STICK DRILLS:

- **Star Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=35>
- **2 Ball Passing-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=414>
- **Chaos-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=420>

GAME LIKE DRILLS: KEEP DRILLS CONTINUOUS, COMPETITIVE AND GAME LIKE:

- **Box Passing Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=417>
- **4 Corner Passing Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=5>
VIDEO--<http://cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/6970f784c5824905b7c01f1aab4af98a-904d3b4725ea475c93e6ed25fbfce5a5/4-corner-over-the-shoulder-gb-s-or-passes.mp4>
- **3v3 drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=29>
VIDEO--<http://s1.cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/beb75a6e3564427cab991694ba720750-a6e3b4856e5142299caffaa4c8623b2e/3-v-3-drill.mp4>
- **Give and Go Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=91>
VIDEO--<http://cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/6188533dfc4b46f489e112a60d18ef1d-6fc1c79d527a4f3b9799be4a02163fe6/give-and-go-drill.mp4>
- **Dodging Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=10>
VIDEO--<http://s1.cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/4e7220afa9da420f9f88bd29e2470f58-b49b0ee01564474c8e68536e0f6a9849/slalom-dodge-drill.mp4>

U11 SKILL DAY PRACTICE PLAN

SKILLS

FUNDAMENTALS!!!

- CATCHING- Introduce both hands. Catching consistently.
- CRADLING- No Drops!!
- PASSING- Accurate Passes
- DODGES and FAKES

CONCEPTS

OFFENSE-

- Field Awareness and Spacing
- Always Be a Threat
- Give and Go

DEFENSE-

- Stay with your girls AT ALL TIMES
- Develop “help” defense

STATIONS

1. Catching- Contests
2. Cradling- Cradle Tag
3. Ground Balls- Competitive
4. Dodging- Practice each dodge
5. Shooting- On the move

GAME IDEAS

- Steal the Bacon
--Implement Pass Rule when using multiple numbers
- Relay Races
- Box Drills- 10x10 Boxes
3v3; 4v4 or 5v5- Keep Away rules; use out of bounds

SAMPLE PRACTICE PLAN

5-10 Minute Warm Up

-- Tag or Running Game

Stations- 10-15 Minutes each

1. Catching Station- how many on :30
2. Dodging- Practice dodges at a cone and to goal.
3. Ground balls- relay races
4. Shooting- on the move with a pass or ground ball from the coach.

WATER BREAK

Game- 10 Minutes

Box Drill- 4v4

GOALS FOR MOVING UP TO U13

- CATCHING- Using both hands consistently
- PASSING- Accurate passes to teammates- takes care of the ball
- DODGING- Consistent use of dodges for passing and to goal
- DEFENSE- Understands how to “help” and “Drop”

U13 GIRLS LACROSSE

COACHES GOALS FOR THE SEASON

SKILL SET

- STRONG PROFICIENCY WITH BOTH HANDS
- EXPAND CATCH AND RELEASE POINTS & CRADLE POINTS
- PROFICIENCY WITH FAKES, DODGES AND 1V1 MOVES
- DODGES INCLUDE: FACE, ROLL, SPLIT & ROCKER DODGE

CONCEPTS

- ALWAYS BE A THREAT- USE YOUR DODGES
- UNDERSTAND HELP DEFENSE
- CREASE DEFENSE
- BEGINNING OF TEAM OFFENSE/ DEFENSE
- SETTING AND DEFENDING PICKS

U13 DRILLS

BEGIN TO ESTABLISH A ROUTINE OF WARMUP:

- **PARTNER PASSING:** RIGHT HAND CATCH, LEFT HAND CATCH,
- CATCH R; THROW L, CATCH L; THROW R,
- CATCH R; THROW OPPOSITE SHOULDER, CATCH L; THROW OPPOSITE SHOULDER,
- ONE HAND CATCH BOTH SIDES
- FEET ARE ALWAYS MOVING

KEEP DRILLS CONTINUOUS, COMPETITIVE AND GAME SPEED:

KEEP AWAY IN A CONFINED SPACE 10x10 BOX- CHANGE THE RULES AND GOALS:

- EX. 3 PASSES IN A ROW, LEFT HAND ONLY, SWITCH HANDS TO PASS ETC
- CONTINUOUS MAN UP/ DOWN DRILLS- EXPLAIN SITUATION
- EX -3V2, 4V3, 6V4
- CONTINUOUS 3V3, 4V4, 5V5 TOWARDS GOAL
- SCRAMBLED EGGS

SETTLED DRILLS:

- OFFENSE- PATIENCE AND MOVING WITHOUT THE BALL (PASS AND GO OPPOSITE)
- CREATE THE DRAW AND DUMP
- DEFENSE- COMMUNICATION, SEEING BALL AND GIRL, STOPPING BALL

U13 DRILLS

- **Warm Up Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=11>
- **X Drill Weave-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=443>
- **Competitive Ground Ball Drill- Canadian Ground Balls**
VIDEO-<http://cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/db031159dc144ba8b0d72a16feaa89e6-e4dfc823d561463080636c059583bd74/canadian-2-v-2-groundballs.mp4>
- **Slalom Dodge Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=441>
VIDEO-<http://s1.cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/4e7220afa9da420f9f88bd29e2470f58-b49b0ee01564474c8e68536e0f6a9849/slalom-dodge-drill.mp4>
- **Change of Direction/ Dodging Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=10>
VIDEO-<http://cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/a458320a618f49b4b93fc9fafc880787-699339818d6140c2960d6037db8ecd21/change-of-direction-drill.mp4>
- **Defensive Footwork Drill- Crossing the English Channel-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=445>
- **Clear Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=431>
VIDEO-<http://s1.cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/b0b35777cd454d328beaa457240784ae-9dc8e46565ee43b893ffc71f55c775f1/8-meter-to-clear-out-drill.mp4>
- **Draw and Dump-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=442>
VIDEO-<http://s1.cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/c326ec1126d94fb8ad56a88e376a696a-dc368228499f4c18981b0033ecc7cb2a/draw-and-dump-drill.mp4>
- **Crease Defense Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=444>
VIDEO-<http://s1.cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/035d1538101242f5baa43ac4805914dd-9e9b9d08e6a644e98c794231f930afbc/crease-defense-drill.mp4>

U13 SKILL DAY PRACTICE PLAN

SKILLS

- Consistently Using both hands
- Consistently using different catch and release points.
- Using dodges and fakes.
- Shot Placement and shot fakes
- Proper 8 Meter Free Positions

CONCEPTS

OFFENSE-

- ALWAYS be a Threat!
- Draw and Dump Concept
- Pick- Correctly Set and Use Picks

DEFENSE-

- Crease Defense- footwork
- Help defense and Double teams
- Defending Picks

STATIONS- **See Drill page**

1. **Partner passing-** Routine
2. **Ground Balls-** Competitive!!
 - Canadian Ground Ball Drill
3. **Dodges-** practice all dodges
 - Slalom Dodge Drill
4. **Defensive footwork-**
 - Crossing the English Channel
5. **Draw and Dump**

GAME IDEAS

- Scrambled Eggs
- Box Drills- 10x10 Boxes
3v3; 4v4 or 5v5- Keep Away rules; use out of bounds
- Continuous 3v3, 4v4 5v5
also 3v2 and 5v4

SAMPLE PRACTICE PLAN

5-10 Minute Warm Up

-- Partner Passing Routine

Stations- 10-15 Minutes each

1. Competitive Ground balls- 1v1, 2v2, 3v3 to goal. Canadian Ground ball Drill
2. Dodges- Slalom Dodge Drill or Using Dodges with defenders to goal
3. Shooting- Use Passers and targets
4. Defensive Footwork Drill- Crossing the English Channel

WATER BREAK

Game- 10 Minutes

Scrambled Eggs

GOALS FOR MOVING UP TO U15

- CATCHING- Proficiency with both hands.
- PASSING- Accurate passes to teammates- takes care of the ball
- DODGING- Create space with dodge; create offense to goal
- DEFENSE- Team Defense- Understands how to “help” and “Drop” and “Slide”

U15 GIRLS LACROSSE

SKILL SET

- PROFICIENCY WITH BOTH HANDS
- PROFICIENCY OF DODGES: FACE, ROLL, SPLIT AND ROCKER
- HIGH SCHOOL LEVEL INTENSITY/ GAME SPEED

CONCEPTS

- PLAYER DOWN/ PLAYER UP
- “HELP” DEFENSE/ DOUBLE TEAMS
- SLIDES AND SECOND SLIDES
- SETTING PICKS AND DEFENDING PICKS

U15 DRILLS

BEGIN TO ESTABLISH A ROUTINE OF WARMUP:

- **PARTNER PASSING:** RIGHT HAND CATCH, LEFT HAND CATCH,
- CATCH R; THROW L, CATCH L; THROW R,
- CATCH R; THROW OPPOSITE SHOULDER, CATCH L; THROW OPPOSITE SHOULDER,
- ONE HAND CATCH BOTH SIDES
- FEET ARE ALWAYS MOVING

KEEP DRILLS CONTINUOUS, COMPETITIVE AND GAME LIKE:

KEEP AWAY IN A CONFINED SPACE 10x10 BOX- CHANGE THE RULES AND GOALS

- EX. OFF HAND ONLY, SWITCH HANDS TO PASS, DOUBLE TEAMS ETC
- CONTINUOUS MAN UP/ DOWN DRILLS- EXPLAIN SITUATION
- EX 3V2, 4V3, 6V4- QUICK PASSES ON OFFENSE; SLIDES AND TALKING ON D
- CONTINUOUS 3V3, 4V4, 5V5 TOWARDS GOAL- FOCUS ON QUICK TRANSITION
- SCRAMBLED EGGS

SETTLED DRILLS:

- OFFENSE- PATIENCE AND MOVING WITHOUT THE BALL- PASS AND GO OPPOSITE
- DRAW & DUMP
- DEFENSE- COMMUNICATION, SEEING BALL AND GIRL, STOPPING BALL

U15 DRILLS

- **2 Ball Passing Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=414>
- **Warm Up Keep Away-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=418>
- **X Drill Weave-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=443>
- **Competitive Ground Ball Drill-** Canadian Ground Balls
VIDEO-<http://cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/db031159dc144ba8b0d72a16feaa89e6-e4dfc823d561463080636c059583bd74/canadian-2-v-2-groundballs.mp4>
- **Pass and Pick Away Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=95>
- **Draw and Dump-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=442>
VIDEO-<http://s1.cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/c326ec1126d94fb8ad56a88e376a696a-dc368228499f4c18981b0033ecc7cb2a/draw-and-dump-drill.mp4>
- **Slalom Dodge Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=441>
VIDEO-<http://s1.cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/4e7220afa9da420f9f88bd29e2470f58-b49b0ee01564474c8e68536e0f6a9849/slalom-dodge-drill.mp4>
- **Defensive Numbers Situation-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=447>
VIDEO-<http://s1.cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/27da99f0a54d47e38dcfeb0f6b7abf53-26e398ff3db443d790ec0d176df4911e/defensive-numbers-situation.mp4>
- **Crease Defense Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=444>
VIDEO-<http://s1.cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/035d1538101242f5baa43ac4805914dd-9e9b9d08e6a644e98c794231f930afbc/crease-defense-drill.mp4>
- **Clear Drill-** <http://www.uslmobilecoach.com/nsm-usl/USL/viewDrill.jsf?udid=431>
VIDEO-<http://s1.cpl.delvenetworks.com/media/360ba636a51e49c5a8c967c104d9a20a/b0b35777cd454d328beaa457240784ae-9dc8e46565ee43b893ffc71f55c775f1/8-meter-to-clear-out-drill.mp4>

U15 SKILL DAY PRACTICE PLAN

SKILLS

- All catch and release points from both sides.
- All dodges and fakes - Face, Split, Roll and Rocker dodge.
- Shot placement and shot fakes
- Proper 8-meter free positions

CONCEPTS

OFFENSE:

- Setting and Using Picks Correctly
- Give and Go; Draw and Dump
- Man Up Offense

DEFENSE:

- Double Teams/Slides
- Re-Defending after a Shot

STATIONS - ****See Drill page****

1. **Partner passing** - Routine
2. **Ground Balls** - Competitive!!
 - *Canadian Ground Ball Drill*
3. **Dodges** - practice all dodges
 - *Slalom Dodge Drill*
4. **Defensive footwork** -
 - *Crossing the English Channel*
5. **Draw and Dump**
6. **Shooting Drill** - On the Move

GAME IDEAS

- Scrambled Eggs
- Box Drills - 10 x 10 Boxes
 - 3v3; 4v4 or 5v5 - Keep Away rules; use out of bounds
- Continuous 3v3, 4v4, 5v5
 - also 3v2 and 5v4

SAMPLE PRACTICE PLAN

5-10 Minute Warm Up

Partner Passing Routine

Stations- 10-15 Minutes each

1. Competitive Ground balls - 1v1, 2v2, 3v3 to goal. *Canadian Ground Ball Drill.*
2. Dodges - Practice all on cones then defense. Keep body in a straight line. *Slalom Dodge Drill.*
3. Defensive Footwork Drill - *Crossing the English Channel*
4. Shooting - Use Passers, Cutters and Targets

WATER BREAK

Game - 10 Minutes

Scrambled Eggs or Box Drills

GOALS FOR MOVING UP TO HIGH SCHOOL

- CATCHING & PASSING- Proficiency with both hands and all release points
- DODGING- Create space with dodge; create offense to goal
- OFFENSE- Team Offense- Understand motion and how to correctly set and use picks
- DEFENSE- Team Defense- Understands how to “help” , “double” , “Drop” and “Slide”