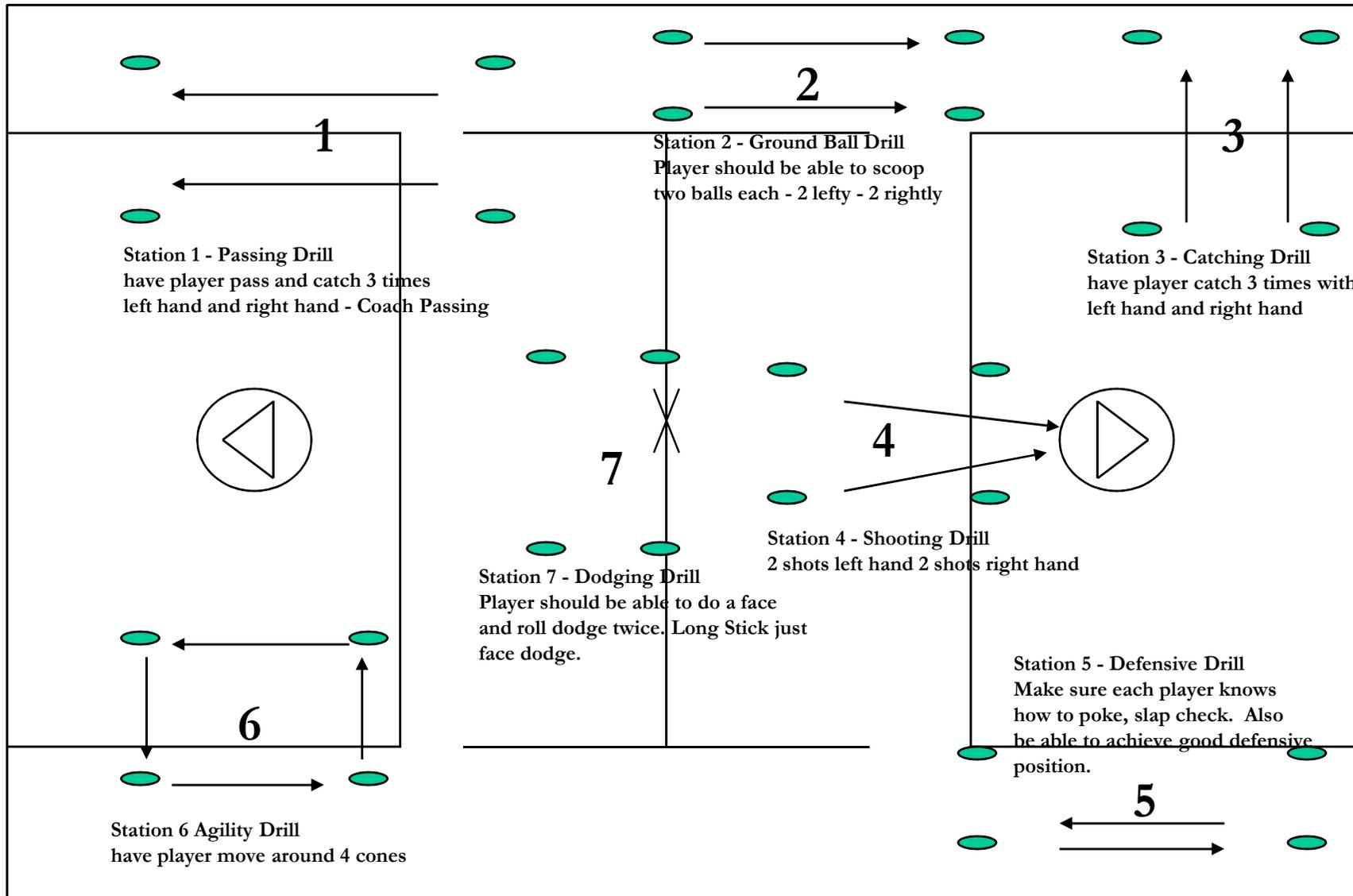




Drills and Plays

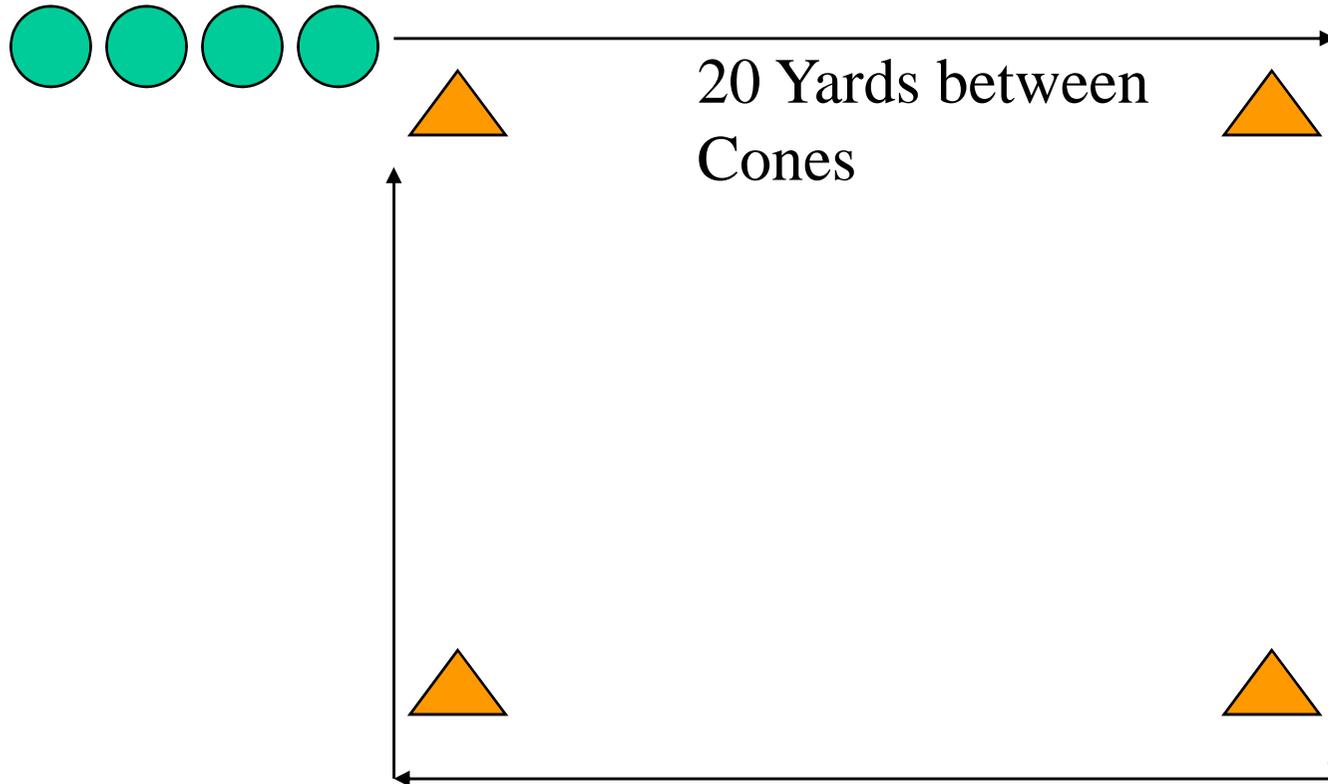


Skills Test

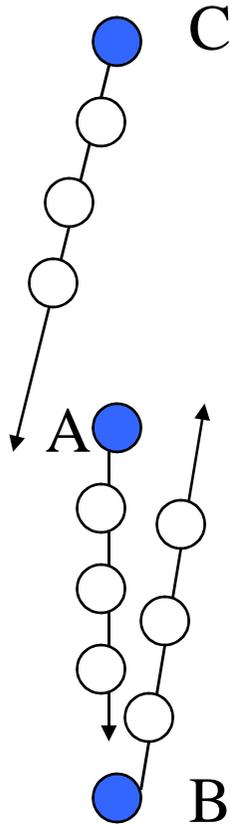
The Skills test will be made up of 7 Drills so we can determine if each player grasps the fundamentals.

Lacrosse Land - Great Drill for little kids

Players cradle around each cone - on a slow jog (dump truck speed), after two laps they go faster (Cars) for two laps. After two laps they become (Race cars) and they go full speed for 2 laps. They are all cradling a ball while doing this. Try to get them to change hands, face and roll dodge. You can mix it up and have them put it on the ground and scoop and cradle (calling Ball/Release). After they finish running you put them inside the cones and you add 2 or 3 (Car Thieves) who have to get the ball from the offensive players. When they lose the ball they have to sit down until all of the car thieves have taken all the balls.



3 Player Speed Drills



- Players A,B,C stand about 10 yards from each other.

- Ball starts with player A in the middle - he runs and passes to Player B. Player A replaces Player B - Player B runs and passes to Player C. Player B replaces Player C. Player C runs and passes to Player A. The players continue passing and catching and replacing each other. This is a very fast drill and it keeps the players moving.

You can also mix in Ground Balls and Flipping the Ball to each player.

Coaching Tip:

Make sure the players move to the ball.

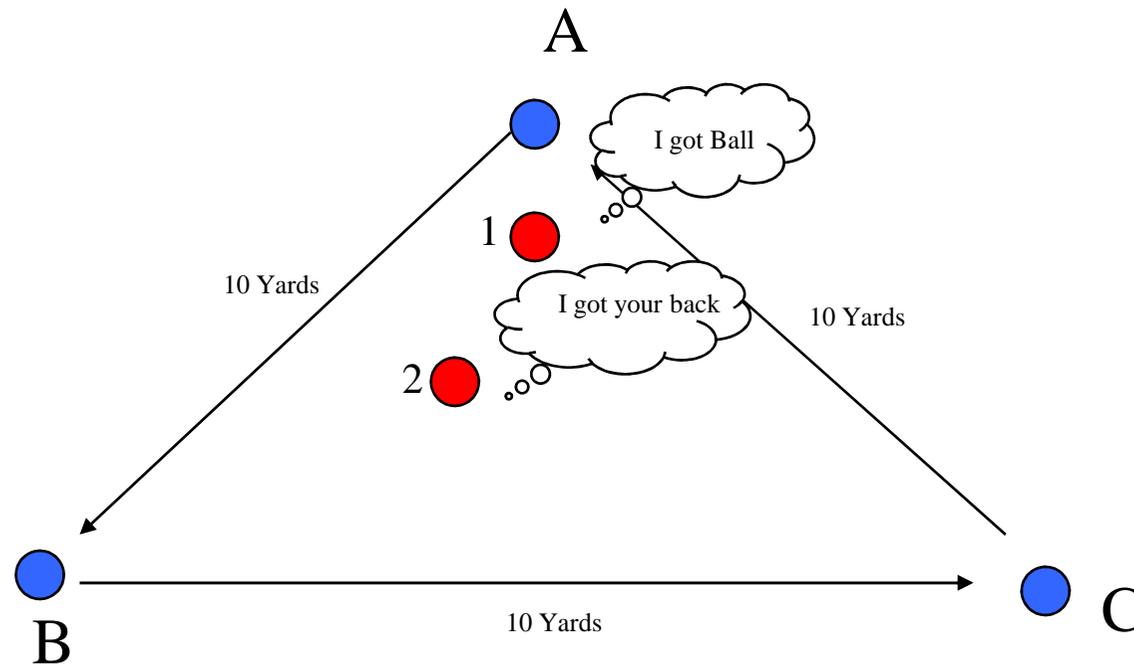
Keep their sticks Vertical and on their ear.

Make good passes, don't be caught flat footed.

Talk - Here is your help, Ball, Release.

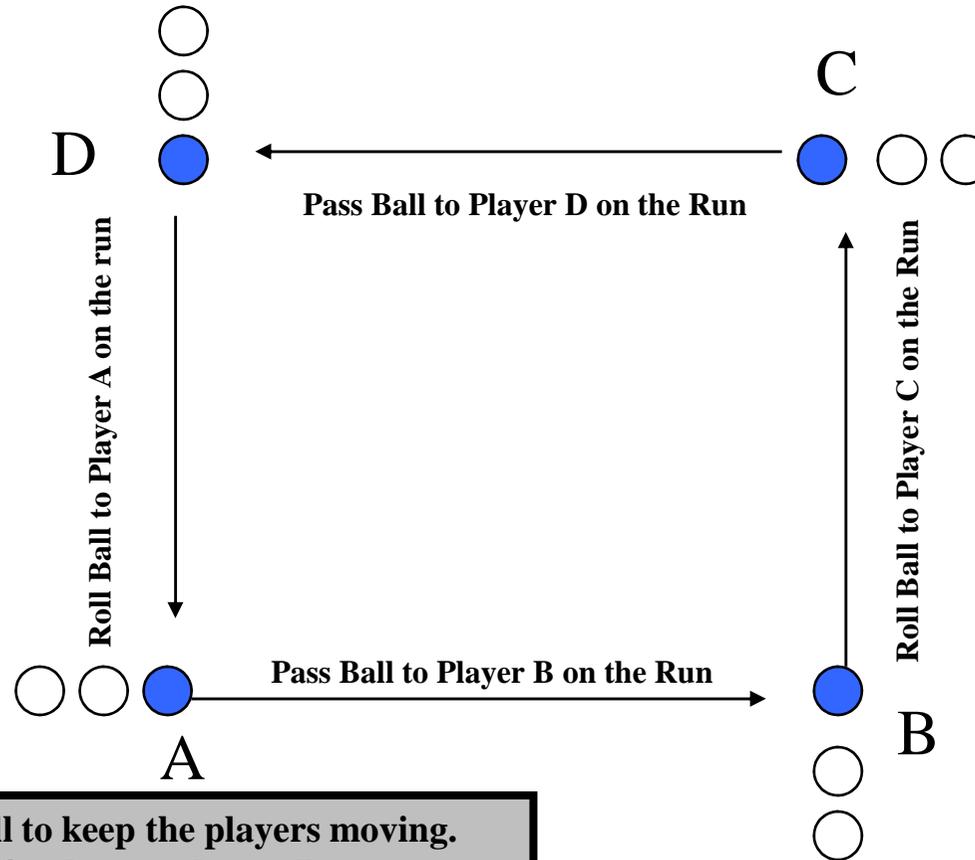
Key to this drill is to make sure the players keep moving have sound fundamentals and keep their spacing (about 10 yards).

Triangle Motion Drills



Players A,B and C move the ball in a triangle. Players 1 and 2 are on Defense. Players 1 and 2 must talk and maintain some distance between them and the ball. In this example player 1 has the ball or is HOT. Player 2 plays as his back up if the ball moves to Player B or C than Player 2 becomes HOT (he has the ball) and Player 1 becomes his back up. The purpose of this drill is to get the offensive players to move the ball not just pass it. The Defensive purpose is to play on the man and backup the man that is HOT. You can have several Triangle going at the same time.

Box Drill



Box Drill is a great drill to keep the players moving. They must have sound fundamentals on all aspects catching, throwing, scooping and cradling.

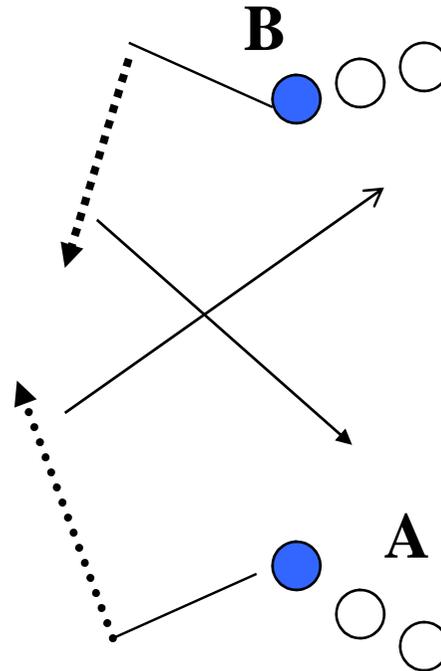
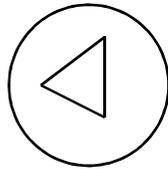
Once they get the drill down you can throw in 2 balls. You can have several box drills going at the same time.

Shooting on the Run

Back up



Back up



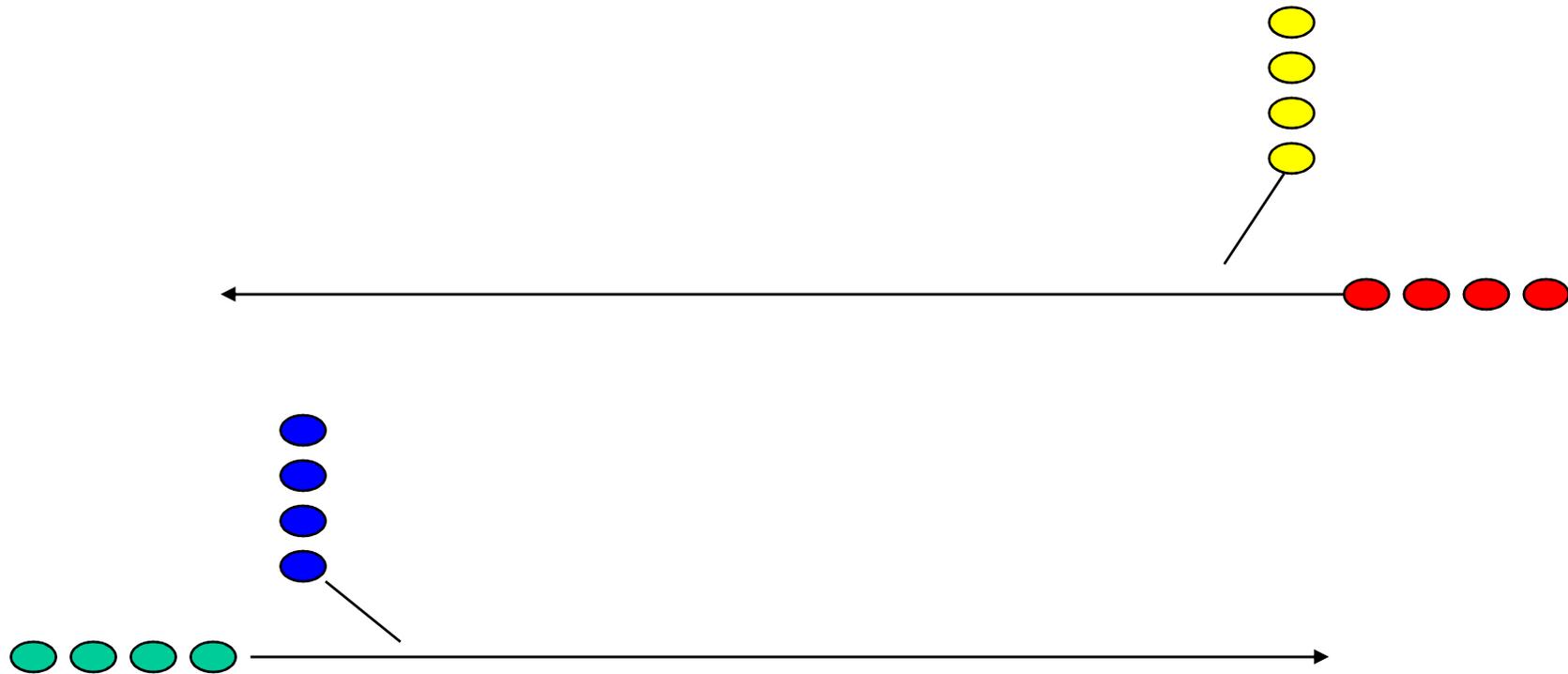
Coaches Hint:
You will need a lot of balls
Make sure the Back-up
players have helmets on

**Player A runs up field then cuts to the goal and takes a shot on the run.
Player B runs up field then cuts to the goal and takes a shot on the run.**

Change line after your shoot - Shoot from the both the left and right side.

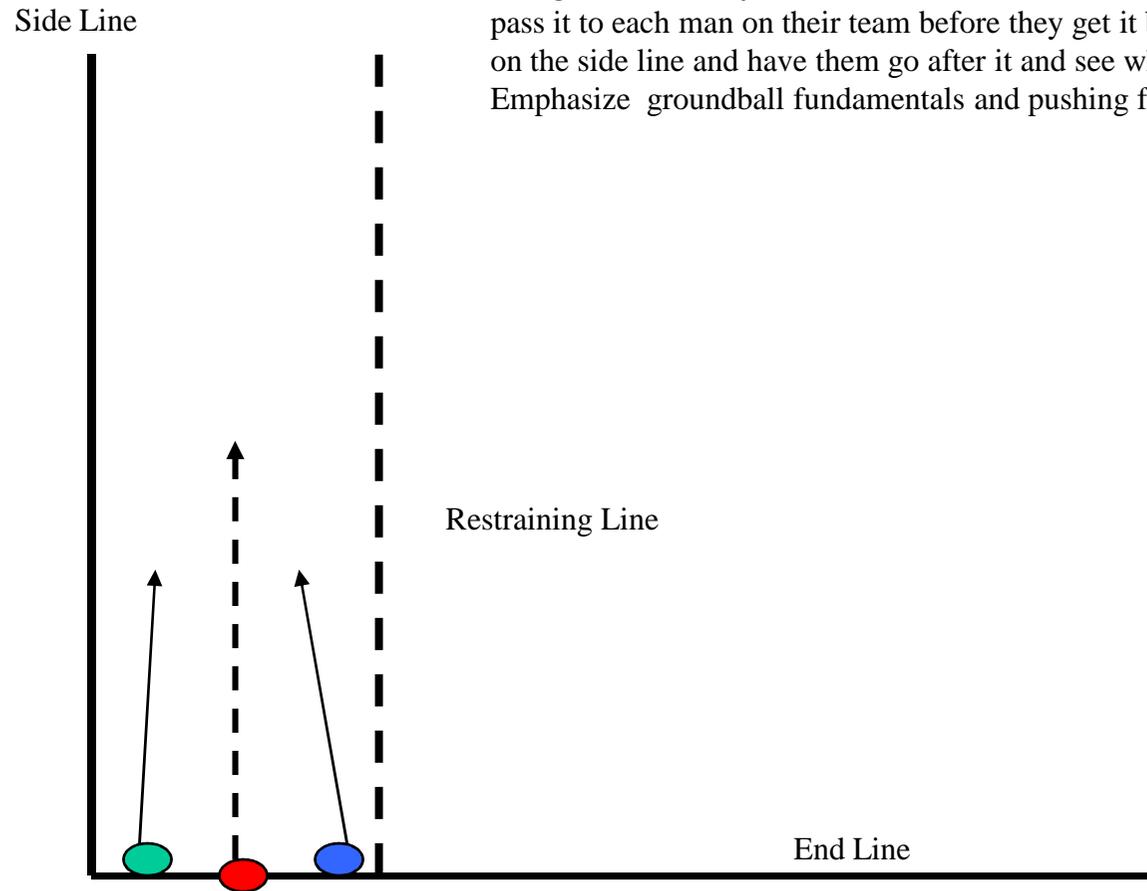
Stick Protection Drill

2 lines defense 2 lines offense - Offensive players run on a straight line to the other side of the field (Side-line to Side Line). They are trying to protect their stick (cradling with two hands on stick with their body turned from the defenseman. Defenseman is trying to poke and slap check the players gloves or stick (Emphasize the check on the gloves. Switch lines and come back the other way.



Alley/Ground Ball Drill

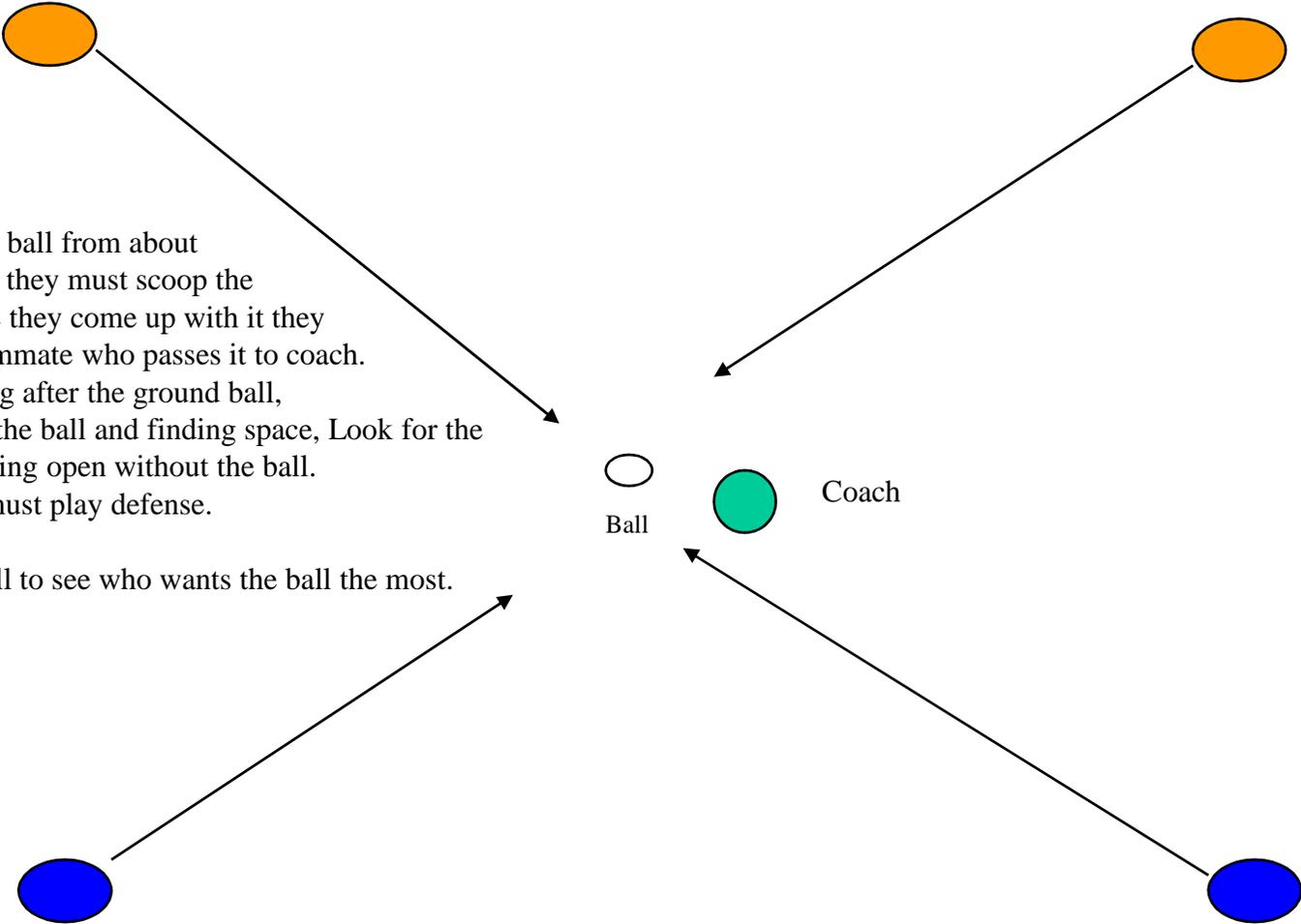
Coach rolls ball out players must get the ground ball and pass it back to the coach. They must stay in the alley (side-line to restraining line) if they don't they lost the ground ball. You can mix it up and have 2 on 1 and 3 on 2 ground balls. The concept is to get them to stay in the close confines of the Alley. If you have 2 on 1 or 3 on 2 they must pass it to each man on their team before they get it back to the coach. You can also put the ball on the side line and have them go after it and see what they do when the ball is 6 inches from the line. Emphasize groundball fundamentals and pushing from behind (why it is illegal).



Animal Drill

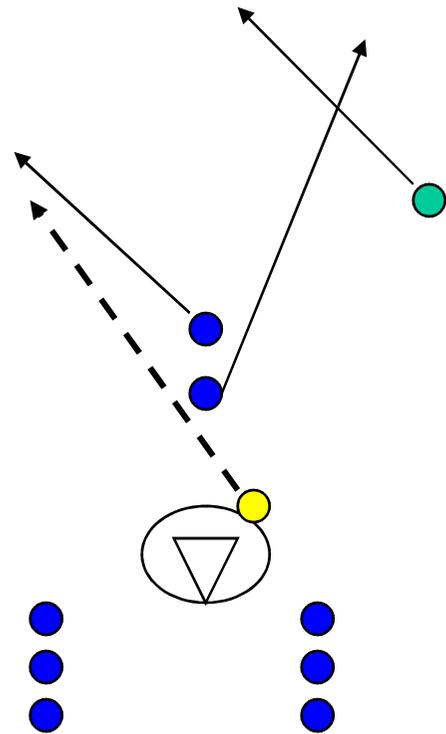
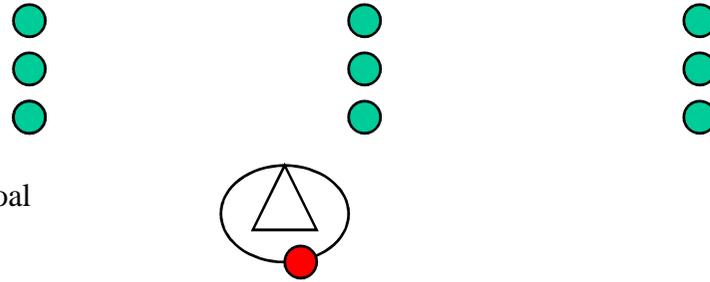
Players race to the ball from about 20 yards apart and they must scoop the ground ball. Once they come up with it they must pass to a teammate who passes it to coach. Emphasize hustling after the ground ball, scooping through the ball and finding space, Look for the open man and getting open without the ball. Players that lose must play defense.

This is a great Drill to see who wants the ball the most.



3 on 2 - 2 on 1

- Goalie Clears Ball
- Last player to touch ball, drop, shot on goal gets back on defense
- These players are on Offense and are on a 2 on 1 Fast break the other way



Last person to touch the ball must hustle back to play defense.

Defensive players are now on offense

Goalie Drills

Color balls- Three to four balls with large color circles on balls. Goalie faces back of goal. When coach yells "turn", goalie turns-coach shoots the ball and goalie makes save as he yells out the color of the ball. *Helps with concentration on the ball.*

Windshield stick- Goalie windscreens his stick from stick side to off-stick side as fast as possible. Coach can yell "stop", coach shoots ball, goalie makes save. To make this drill harder, coach does not have to yell "stop". Coach can just shoot ball during goalie windshield movement. *Works on hands speed and stick control.*

Backboard toss- Coach tosses in ball, goalie makes save and uses backboard at other end of the gym as a throwing target. *Works on throwing accuracy.*

Crease run- Goalie runs around the outside of the crease at full speed. While he is running he must concentrate on seeing the coach. At any point the coach can shoot the ball at the goal and the goalie must make a save. *Works on foot speed, conditioning and the tracking of the ball.*

Ski jumpers- Goalie can use a line or stick to do two-footed jump over stick. Not trying to jump high but to jump as many times over the stick as possible in a given time frame. *Works on conditioning and body control*

Walking the line- Line should separate body. Simulate making save in all 6 areas that goalies need to make saves. Slow down and practice good technique! I recommend that you have someone with some goalie background watch you do this because if you are doing something wrong you do not want to keep doing wrong! Somebody should be present to correct any technique mistakes.

Wall ball drills- Using the wall, you can simulate shots off the wall to practice your technique. Also can help with stick work. Face wall; face coach-turn-make saves drills.

Star balls- Coach shoots the star ball (bounce shot) to get a "crazy bounce" off of the floor. Star balls are more effective when bounced out in front of the goalie. *Works on getting goalie to attack the ball so that the "crazy" bounce will not occur.*

Pipe to pipe drill- Two coaches on both sides of the goal about three yards away. Coaches use hands to toss balls just inside of the pipes one at a time. Goalie starts on one post, coach shoots, goalie makes save and works on "flat" step along goal line and leading with the stick to the far post. Other coach tries to beat the goalie to the inside. (Between goalie and post) Goalie works on post to post technique ("flat" step) and leading with the stick to the far post. *Works on the technique listed and conditioning drill.*

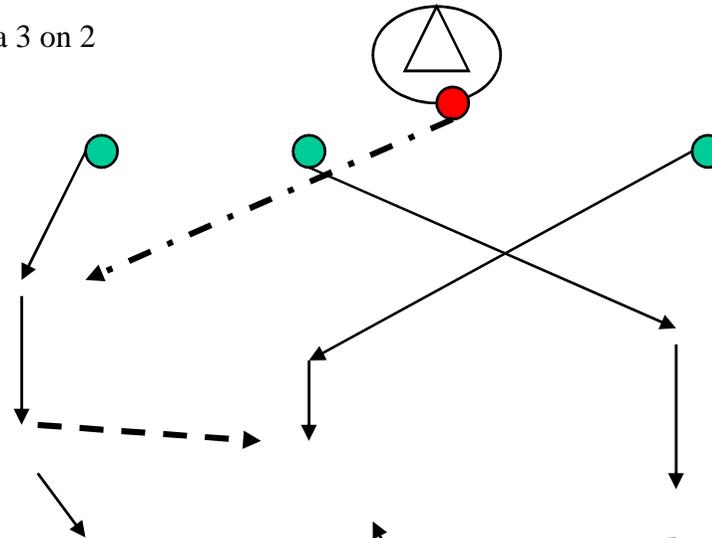
Chase and get back drill- Coach rolls ball out to side. Goalie runs out of goal to get the ground ball throws ball to coach, and sprints back to goal. Coach can shoot to make goalie dive to make save or can wait until the goalie gets back and then shoots. *Works on composure after bad clearing pass and conditioning!*

End line chase- Coach shoots ball wide (on purpose) and goalie sprints to chase ball to end line.

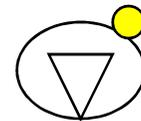
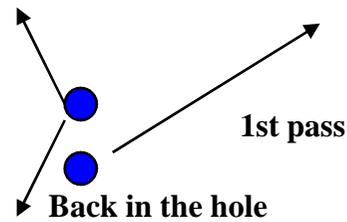
Deflection drill- Put gloves, helmets, anything you can find in front of goal. Coach shoots at these "obstacles" to try and get a deflection. Goalie must react and make save.

3 on 2 - 2 on 1

- Goalie Clears Ball
- Players move up the field in a 3 on 2 Fast Break

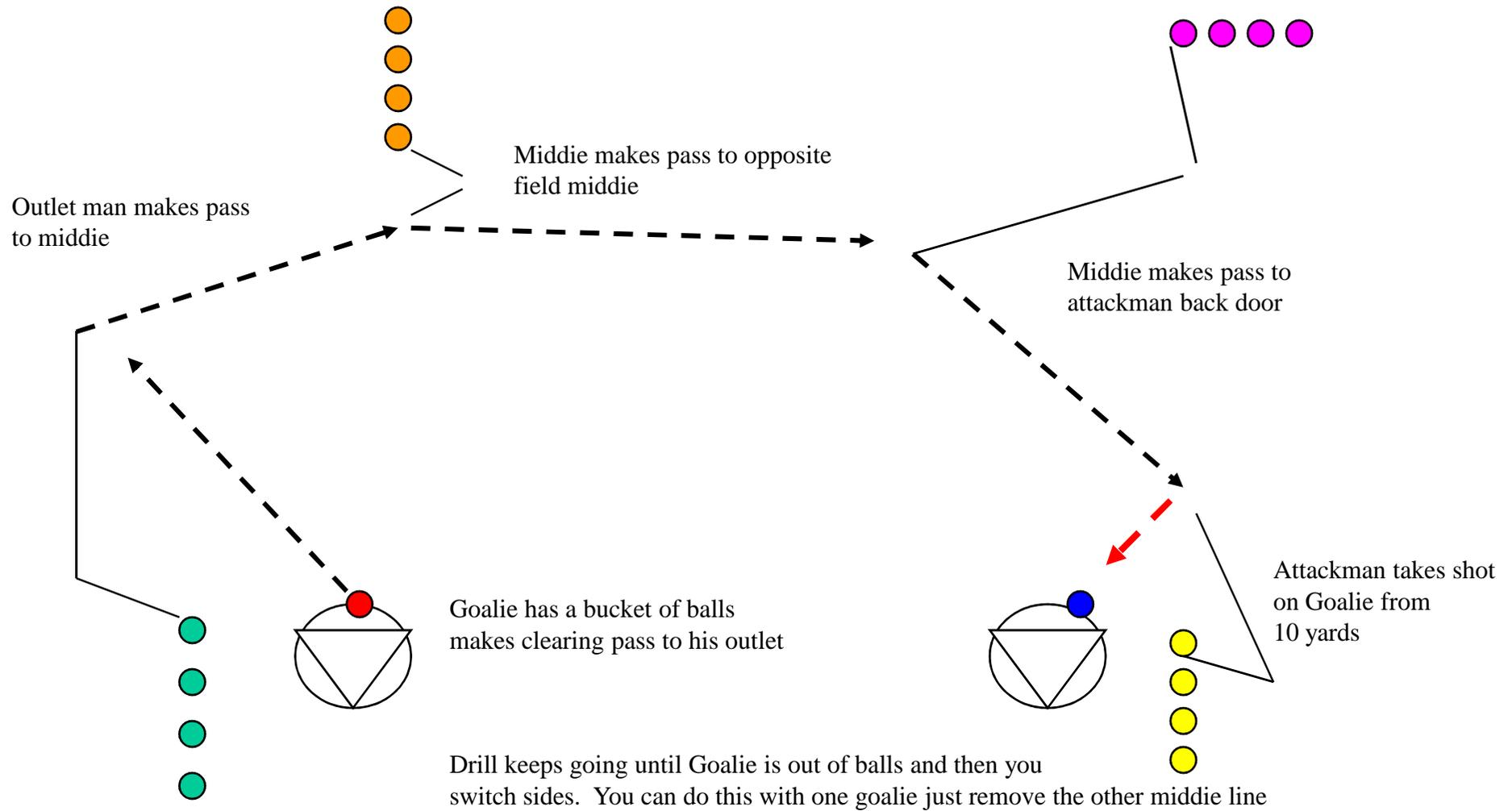


- Defenders are in a Tandem or Stack
Top play waits until his goalie says get ball.
The Other defender gets 1st pass.

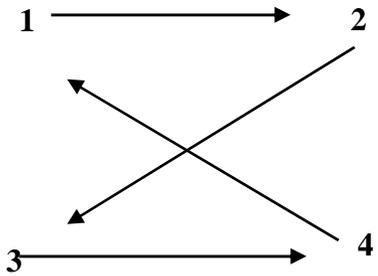


- The purpose of the drill is to
1. Get the Goalies to clear the ball
 2. Get the offensive players to catch an outlet pass and move up the field on a fast break
 3. Get the defenders to be patient and slow down the fast break
 4. Communication by Goalies is key

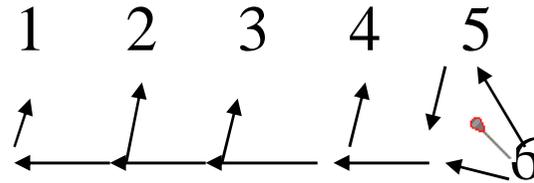
Goalie Clear Drill - follow the line you passed too



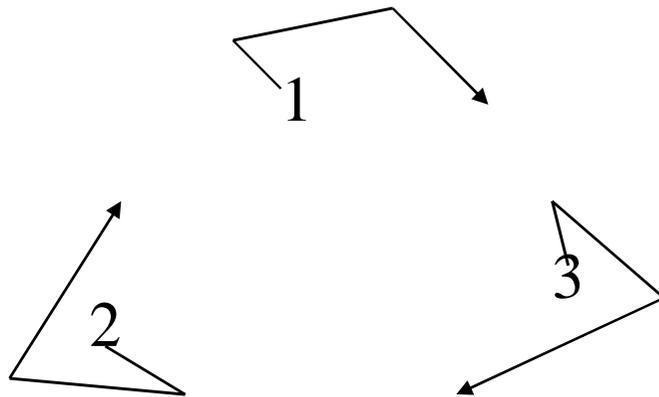
4 Line Weave



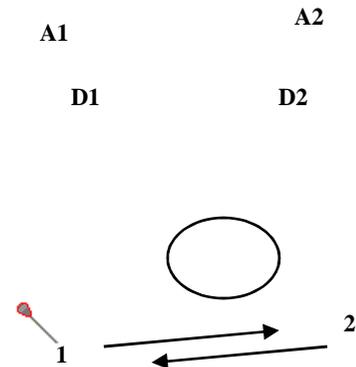
Single Line Quick Stick



Triangle Passing

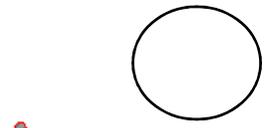


Crease Survivor



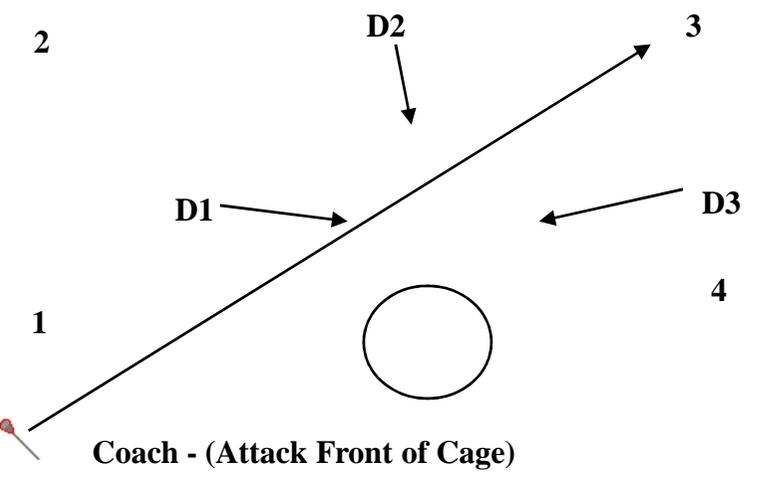
3 v 3 - 10 Second Drill

A1 A2 A3
D1 D2 D3

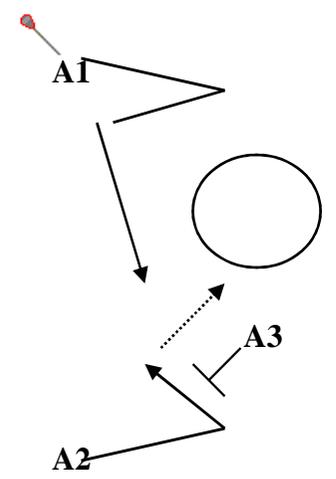


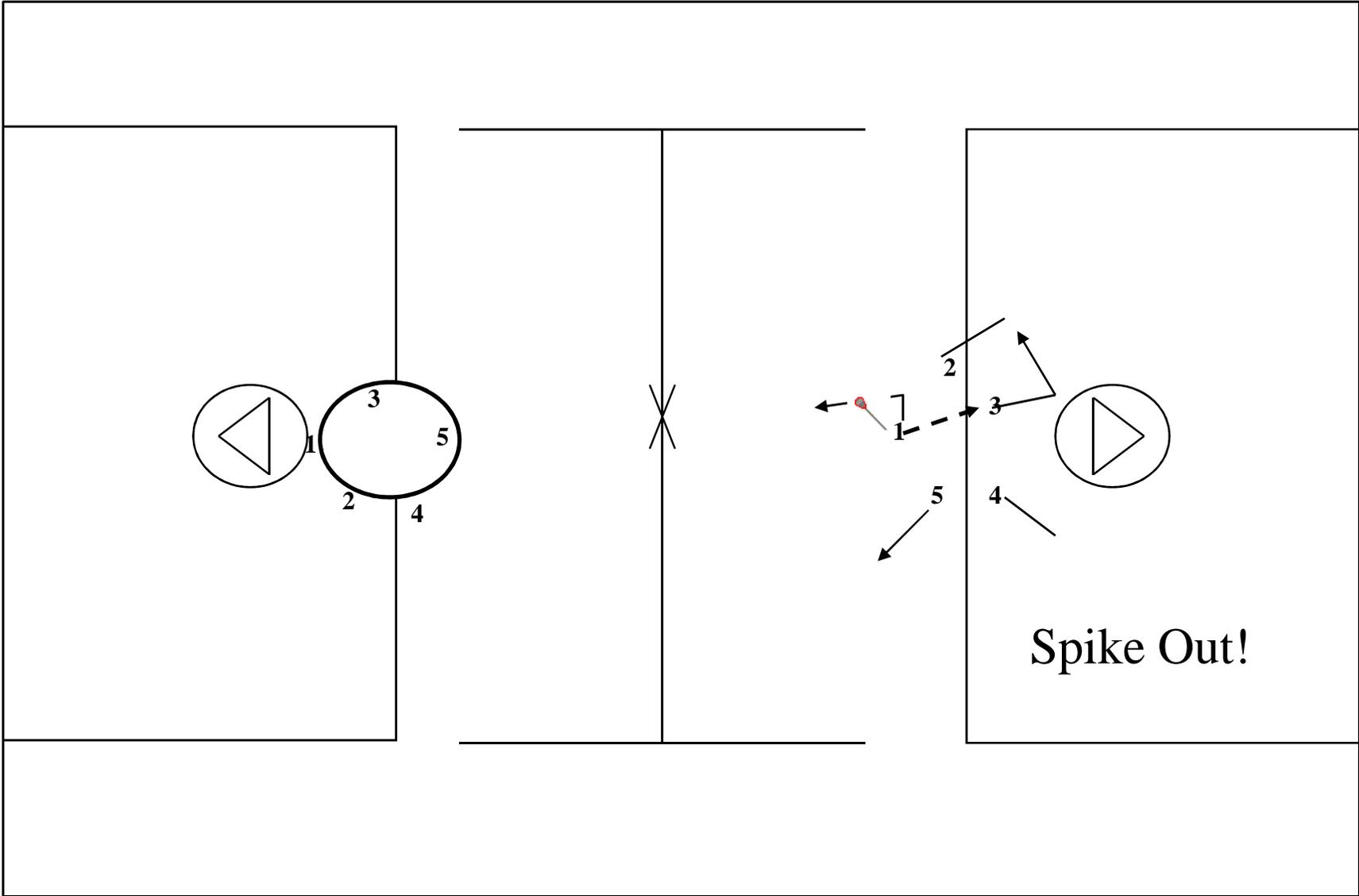
COACH - Coach has ball, work/pick to get open - 10 seconds to go to cage

4 v 3 Unsettled from Perimeter



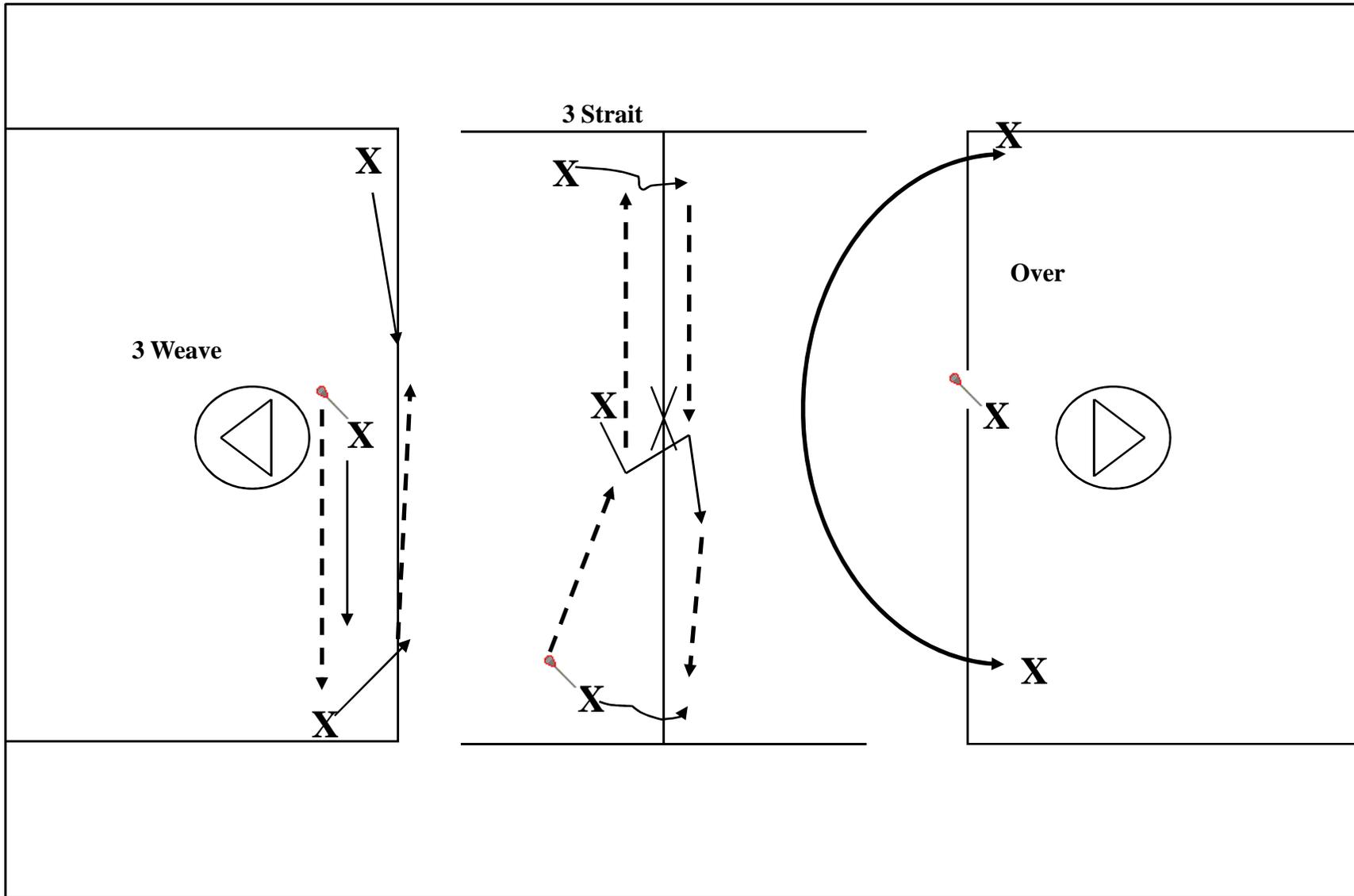
Drive X - roll back - feed crease





Stick Skills - Circle

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Denotes Pass



Stick Skills - 3 Weave

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Denotes Pass