

# CULVER CITY

## MIDDLE SCHOOL

### LACROSSE PRACTICE PLAN

March, 1<sup>st</sup>, 2016 (5:15 PM – 6:45 PM) CCHS Football Field

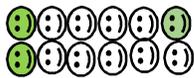
**Practice Leads:** Marcus Block, Ben Glick, Brendan O'Brien

*TEAM LEADS WILL ORGANIZE AND LEAD TEAM WARM UPS, STICK SKILL EXERCISES, AND SOME BREAKOUT DRILLS.*

**3/1/2016 practice (helmet sticks & gloves only)**

#### **WARM UP (5:15 – 5:25)**

Two single file lines, one lap around the football field at quarter speed. One Practice lead in the front of the line and one practice lead at the end of each line in the back. The group must stay together in a uniform line.



Six Lines of 6



1. High knee pull High knee pull 15 yards alternating legs



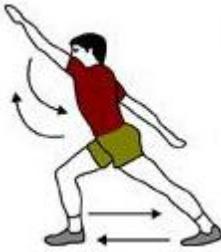
2. Open the Gate 15 yards alternating legs



3. Butt Kickers 15 yards



4. Lung Twists 15 yards alternating legs and twist direction



5. Reaching Lunges 15 yards alternating legs and arms

6. Breaking Down
- Whistle one Quick feet
  - Whistle two 5 yard jog to break down stance
  - Whistle three run the remaining 10 yards
  - Run three times

**Stick Skills Warm Up Line Drills (5:30 – 6:00)**

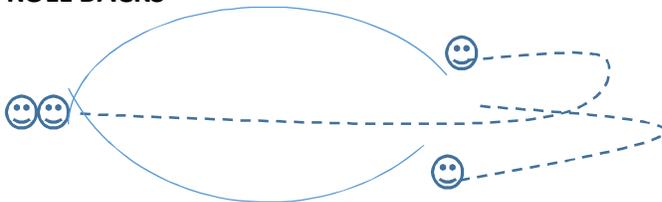
A Six lines of three B Six lines of three



## LINE DRILLS

1. **Basic ground ball line drill.** A rolls a ground ball to B, B scoops up the ground ball, runs forward and rolls a slow ball back to A. Each player who is picking up the ground ball should yell ball down and release.
2. **Scoop to Split** - A rolls the ball to B then advances, A breaks down, and plays defense on B. B scoops up the ball, does a Split dodge and throws to A.
3. **Scoop to Face** - A rolls the ball to B then advances, A breaks down, and plays defense on B. B scoops up the ball, does a Face dodge and throws to the A line.
4. **Scoop to Roll** - A rolls the ball to B then advances, breaks down, and plays defense on B. B scoops up the ball, does a Roll dodge and throws to A line.
5. **Scoop to Hitch** - A rolls the ball to B then advances, A breaks down, and plays defense on B. B scoops up the ball, does a Hitch and throws to A line.
6. **Passing Right to Right** - A passes to B right handed. B catches right handed and passes back to A.
7. **Passing Right to Left** - A passes Right handed to B's Left hand. B catches Left handed, switches hands and passes back to A Right handed.
8. **Passing Left to Left** - A passes to B Left handed. B catches Left handed and passes back to A.
9. **Passing Left to Right** - A passes Left handed to B's Right hand. B catches right handed, switches to Left and passes back to A.
10. **Passing Quick Stick** – A runs towards B and at the same time B is running towards A. While placing their hands closer together to get the ball out quickly, A passes to B. B catches the ball without cradling and quickly passes it back to A while moving the entire time.

## ROLL BACKS



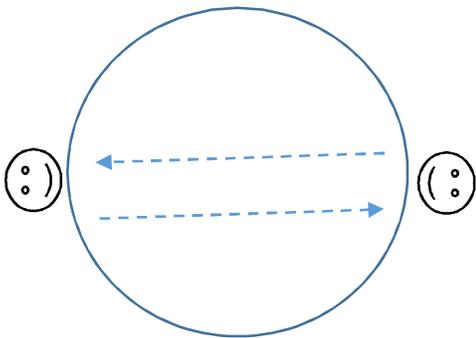
1. Roll Back Right – Stick in left hand while rolling with the stick staying in that hand. Throw a pass back to the line.
2. Roll Back Left – Stick in Right hand while rolling with the stick staying in that hand. Throw a pass back to the line.
3. Hitch Roll Back – Throw a fake then roll back and pass back to the line.
4. Split Roll Back Right – Stick in right then split your stick to your left just before you roll to the right and throw a pass back to the line.

5. Split Roll Back Left - Stick in Left then split your stick to your Right just before you roll to the Left and throw a pass back to the line.

**Skill Development Exercises (6:00 – 6:30)**

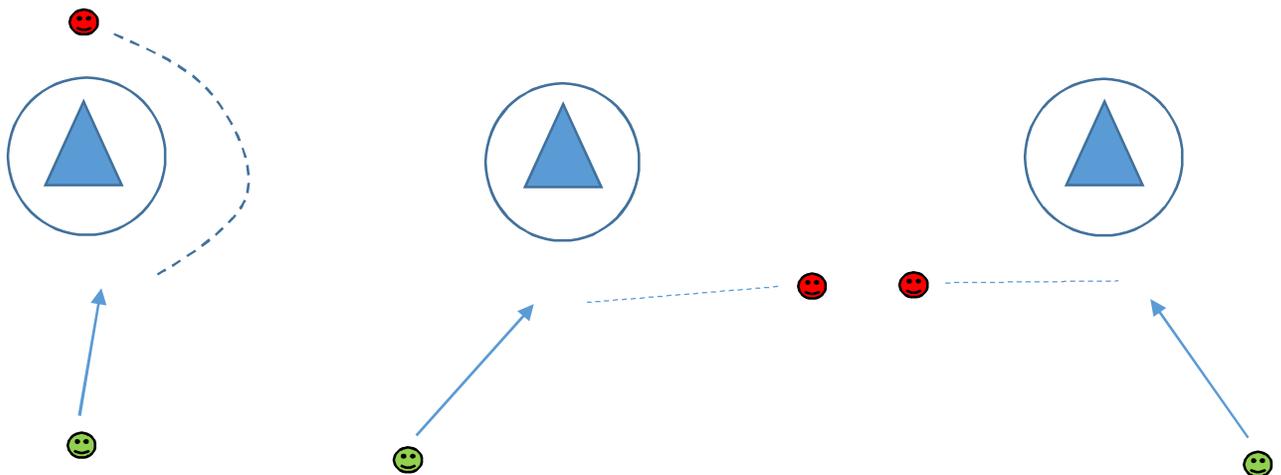
1. Quick Stick Collar Bone passing circle

Everyone from the A line picks a B line passing partner. Line up on an imaginary circle apposing each other maintaining approximately 5 yards apart. On the whistle start passing back and forth while shuffling to either your right or left. After 30 seconds blow the whistle to make them go in the opposite direction. Have each pair count how many passes they complete in one minute.

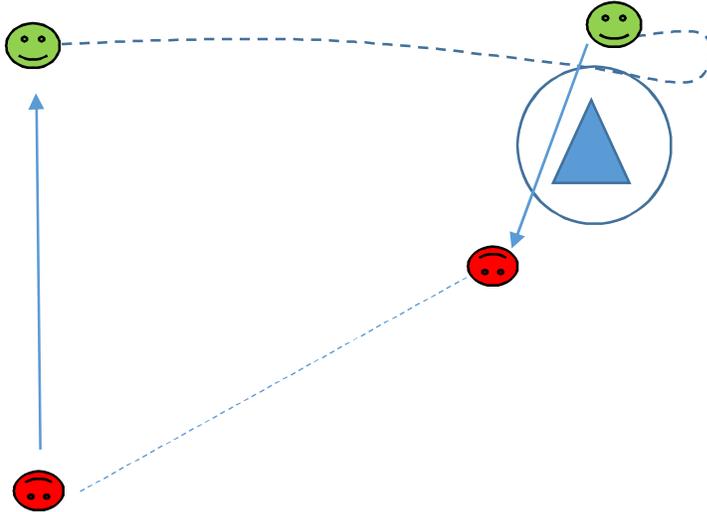


2. Doorstep catch and shoot (From X, Left Wing, Right wing)

Red is the person receiving the pass, green is the feeder. Red catches the pass from green on the run and quickly takes a shot on goal. Red goes to green, green goes to the next goal. Emphasize keep the stick tight to the body to prevent a stick check after receiving the pass.



3. Dodging from the wing behind GLE then throwing a feed pass to a cutter above GLE. Ball starts with wing attackman throwing a pass to the X attackmen. The X attackmen dodges toward the other side of the crease as if he's going to come up above GLE on the far side to score a goal. He then rolls back and as he rolls back the opposite side attackmen cuts towards the crease for a feed pass. After throwing the feed pass, the X attackmen gets back behind cage to chase a possible missed shot. Run this on both the right and left wing. Red goes to green and green goes to the next goal. Throw a defender in after a few reps or put goalies in cage.



4. Football Line Run (6:30 – 6:40)
5. Pictures for those that missed the last team picture day (6:40 – 6:45)