

# Practice Plan

## U11/U13 - 3

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	Three zone shooting	22	Quick shots are key
:45 to 1:00	Perimeter pass and shoot	25	Quick passes to stretch the defense
1:00 to 1:10	Passing Triangle	18	Keep the ball to the outside
1:10 to 1:20	Combination drill	14	Put together all of the different skills
1:20 to 1:30	Around the world	32	Quick passing around and shot
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Shooting gallery	21	Proper technique
1:45 to 1:55	Midfield dodge and shot	25	Good dodge and quick shot
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.



### **Inside out with defender**

Similar to the drill in the last skill section, but this one has the added element of a defender.

**What you need** – Set up an area about 20 yards by 20 yards. Have 5 players on the outside, with 8 players on the inside. 5 players on the inside will be pass receivers, while three will be defenders.

**How this drill works** – There is going to be a lot more action in this drill, so it is important that players learn to keep their heads up and keep their minds in the action.

The three defenders will provide half resistance and will be more bothersome than anything else to start this drill. But, as players become more comfortable with the drill, then defenders should start to put increasing pressure on pass receivers and pass makers to come up with good moves and to use shielding techniques.

Each time a pass is made to the outside the players switch spots and then outside player (who is now inside) tries to do the same thing – pass it to a player on the outside.

**Result** – This drill will help players develop the skill to pass, carry and receive under defensive pressure.



### **Three zone shooting**

Players should get used to shooting from more than just the slot area.

**What you need** – Set up three cones, each about 10 to 15 yards from the net. You can have players at all three cones, with a couple of balls at each cone. You can have a goalie for this drill if you like.

**How this drill works** – This is a basic drill, but it is extremely valuable in the development of the player – especially the attackers. At each pylon players will scoop up the ball and take a shot. Once they take a shot at one area, they will rotate to another area.

If you have two goalies, you can set up two groups to provide for more repetition for the player.

**Result** – Increased shooting skills.



### **Midfield dodge and shot**

This is similar to an earlier drill, only it is performed from the mid-field area.

**What you need** – Set up three pylons at the restraining line, where the midfielders might penetrate. At each pylon are a midfielder and a defender. You will need a goalie in the cage for this drill.

**How this drill works** – It is very similar to the above drill when the attackers would use the dodge technique to get in position to take a shot. Only this time, the midfielders have 5 seconds to take execute a maneuver and then take a shot.

The goalie will call out which side – left, center, right – starts first, and then the corresponding stations will follow.

**Result** – This is another dodge and shoot drill that will be very effective for you midfield players.



### **Perimeter pass and shoot**

Quick passing to set up an open lane to shoot is crucial to gain good scoring opportunities.

**What you need** – Set up three attackers and three defenders in the offensive zone, with a goalie in the net. There is one ball in this drill.

**How this drill works** – Perimeter passing can help to open up holes in the defense to take a quick shot at the net.

In this drill, the three attacking players will stay on the perimeter and they will pass it quickly back and forth between one another while staying on the perimeter. The key to this drill is to make quick, accurate passes so the attackers can make the defenders stretch to the point they can open up a seam to make a quick dodge and take a shot.

Coaches should watch that the players are using proper technique in passes, catches and using good dodging techniques before taking the shot. The offense has 10 seconds to try and stretch the defense to the point where they are able to get a good shot on net. One point for a shot on net or a goal, or one point for a defensive play preventing a shot or goal.

**Result** – This is good one on one work for players, and it also work on a variety of other skills.



## Inside Out

Movement and passing are combined in this drill

**What you need** – Create an area that is about 20 yards by 20 yards, with 5 players (with balls) inside the square area, and 5 players (without balls) outside the square area.

**How this drill works** – Players must move around the square area maintaining good control of the ball. When the coach blows the whistle, the players inside the square must prepare to pass the ball to a player outside the square.

Once the players outside the square secure the pass, they must move inside the square, and the players inside must follow their pass outside the square. If two players pass to the same person, whichever person's pass doesn't get caught, that person is out of the drill.

It is important the coach watch for: good passing technique, good vision on the part of players and that they are moving around.

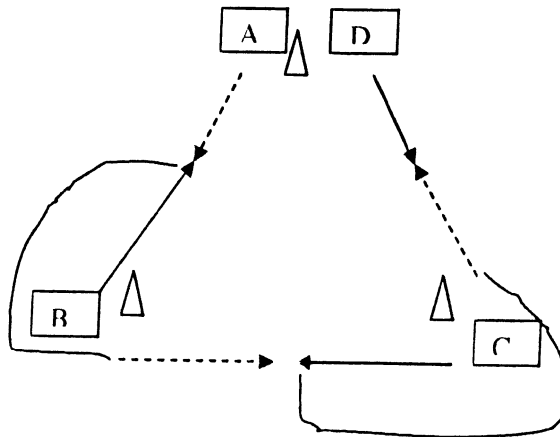
**Result** – Passers recognize players to pass to while moving around, and reinforcing passing skills.



## Passing Triangle

This is similar to the scoop triangle, but not it involves passing

**What you need** – Create a triangle area with the pylons 10 to 15 yards apart. Two players are at each pylon. You will see how the drill is set up below:



**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.



### 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.