

Practice Plan

013/015-4

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	Inside out	18	Quick passes and moving in and out
:35 to :38	Water break	-	-
:38 to :45	The Gauntlet	11	Quick sticks and good position
:45 to 1:00	Four pair scramble	12	Fight for position on the ball
1:00 to 1:10	Combination drill	14	Put together all of the different skills
1:10 to 1:20	Passing Triangle	18	Keep the ball to the outside
1:20 to 1:30	Four corner shooting	31	Quick shots and the goalie needs to get position
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on the different tactics
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Stretching, and taking a few shots



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.

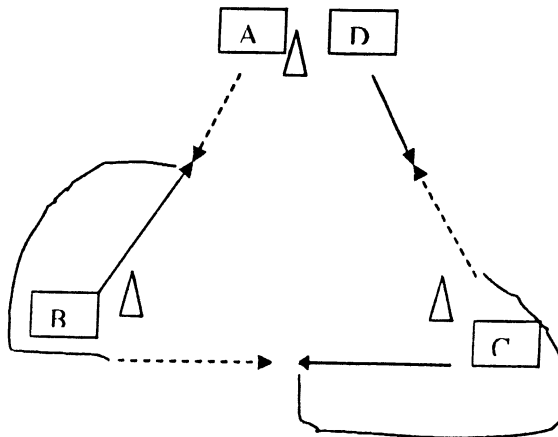
Result – Passers recognize players to pass to while moving around, and reinforcing passing skills.



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:





Ball protection

Protecting the ball is essential in maintaining control.

What you need – Two defenders and an offensive player that will carry the ball toward the net.

How this drill works – The two defenders will line up in front of the net, but they will be facing each other, not the player that is carrying the ball. There is about 5 yards between them.

The player with the ball will attempt to run through the two of those defenders while keeping the ball under control. The defenders will make half attempts to disrupt the offensive player's control and to dislodge the ball. Stress the half-attempts as the drill is for the offensive player more than the defensive player.

Later, you can add a final defender (or even a goalie) to get past, while the player takes a shot.

Result – Players will build their resilience to outside interference from opposing players, allowing them to hold on to the ball better when pressured.



The Gauntlet

Scooping while running through traffic is a good skill to master

What you need – You will need 5 players and a couple of balls. We will illustrate the set up below.

How this drill works – It teaches players to scoop the ball while there are sticks in the area. The players should be set up as follows:

A B C E
D

The ball is placed between player C and D, with players A and B and C and D about 10 yards from each other, and then player E is about 15 yards away from C and D. C and D have their sticks crossed over the ball.

Here's how the drill works – Player B starts by running through the sticks of C and D and scooping the ball and he or she veers to the right (or left) and they will

pass it to E. Then E makes a quick move, runs with the ball and then passes to C.

E then replaces C and C goes down to the initial line to go behind A. So now, D and E are crossing sticks, A is going through them and B is where is started. You can continue running this drill until all of the players have had a few chances to go through.

Result – Player will learn to deal with stick traffic and they should build their ability to control the ball under pressure.



Four pair scramble

Offensive and defensive player will be matched in their ability to get the ball.

What you need – Match up four pairs of evenly matched players. You can include a goalie in this drill as well. They should be in the corners of a 20-yard by 20-yard square area.

How this drill works – All of the players will be in their respective corners, and the coach will be on the outside of the box. The drill begins when the coach rolls the ball to a certain corner.

At this point, the offensive and defensive players will battle for the ball until one player comes up with it. Once this happens then the following play ensues: If the defender get the ball, the rest of the defenders on the court will move the ball around until they can get the ball safely to the goalie and then clear the ball back to the coach.

If the offense wins, then they must try to move the ball around to get a shot on goal.

Result – This will aid players in developing the skill of fighting for the ball and gaining control of it while being pressured by other players.



Quick scoop drill

This drill works on agility and quickness for scooping the ball.

What you need – You should have four players, two on each side, with one player in the middle. The initial four players will be facing each other, staggered about 10 yards apart, with about 15 yards in between them. It should almost be like a zig-zag pattern.

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.



Full field fast break

This will help players develop quick breakout and attack skills included in the fast break.

What you need – At each end, in front of the goal, you will have 3 attackers and two defenders. Staggered through the middle are four midfielders, with two on each side, separated by about 10 yards.

How this drill works – The goalie on one end starts the play by passing to the nearest midfielder. Then a tic-tac-toe type of play takes place, with the midfielders moving up the field with crossing passes, until it gets to the last midfielder at the opposite restraining line.

At this point, the midfielder brings the ball in, and he has three offensive options to pass to, with two defenders guarding those options. Play goes on until a shot, and save or goal happens.

Result – Experience with a fast break and then a quick attack off of the fast break.



Four corners shooting

This is a typical offensive situation that teams will run into and quick action will help players take advantage of the situation.

What you need – You need three defenders stationed in front of the net in a triangle formation. You will have one attacker in each corner of the offensive zone, and two midfielders at the restraining line.

How this drill works – One of the midfielders will start with the ball and will penetrate into the offensive zone. At this point one of the defenders will engage the midfielder, leaving him or her with three passing options.

The idea is to gain the zone quickly, and then make a pass once engaged in order to set up for a quick shot. The players will have 10 seconds from the start of the drill to get a shot on the goal. A goal scores one for the offense, a stop scores one for the defense.

Result – This is a good game situation drill for both the offense and the defensive players.