

Practice Plan

013/015-5

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	Shooting gallery	21	Proper technique
:35 to :38	Water break	-	-
:38 to :45	Combination drill	14	Put together all of the different skills
:45 to 1:00	Pass and dodge	23	Good dodge technique
1:00 to 1:10	Dodge attack	24	The dodge gets a good shot
1:10 to 1:20	Passing Triangle	18	Keep the ball to the outside
1:20 to 1:30	Diagonal passing	23	Got to keep your head up
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Inside out	18	Quick passes and moving in and out
1:45 to 1:55	Three zone shooting	22	Quick shots are key
1:55 to 2:00	Cool down	-	Stretching, and taking a few shots



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.

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.

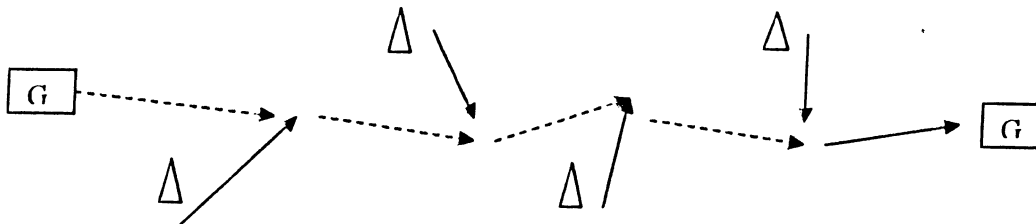


Diagonal passing drill

This is a quick passing drill that will be a good one for players to master

What you need – Set up four pylons about 30 yards diagonally apart. (See diagram), two goalies should be at each end. The entire distance of this drill will be about 60 to 70 yards. Two players will be at each pylon in order to keep the drill going continuously.

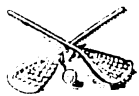
How this drill works – See diagram below and then corresponding explanation.



The goalie starts with the ball, and once the coaches whistle blows, the first players (at the first pylon on the left) breaks toward the center to receive a pass, then the player at the next pylon breaks to receive a pass from the first player. This goes on down the line.

Above, the receivers are marked with a solid line and the pass is denoted with a dotted line.

Result – This is a quick passing drill that works on a player's quick passing, catching and releasing skills.



Pass and dodge

This is a great deal to continuously work the ball back and forth using a dodge technique.

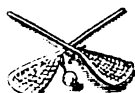
What you need – Place two cones about 15 yards apart with two players behind each marker. You will need one ball for this drill.

How this drill works – This is a challenge drill that helps players work on their passing under pressure and their dodging to make the pass skills. Players A and B will be on one side and C and D will be at the other.

The drill starts with player A passing all of the way across to player C. Player C attacks forward to receive the pass, and player A, once completed the pass, charges into a defensive position against player C.

Player C executes a dodge maneuver on player A, then passes to player B. Player B then dodges player C to pass to player D. This rotation continues with each player following behind the player before them, providing defense and dodging around for a pass.

Result – Combining the dodge maneuvers and passing and catching for an increased skill set.



Dodge attack

Using a dodge and quick movement will help set up shots on the net

What you need – Set up three areas, one behind the goal and two out front on either side of the net, about 10 yards away. Pair up players of even skill at each station, one attacker and one defender.

How this drill works – With a goalie in the net, this drill is designed to help teach players to use their quickness and the dodge technique against a defender to find a shooting lane and to drive to the net.

The coach will call out which station he wants to go: left, right or behind and with an attacker and a defender at each one, the battle begins. The attacker tries to make a quick move and drive (within 5 seconds) to take a shot. Score **one point** for a shot, **two points** for a goal, and give defenders **one point** for a stop or a steal.

Result – Working on this drill will help players learn dodge moves in order to get shots on the net.



Rapid fire

This one will help the goalies the most.

What you need – Three stations right across, about 10 to 15 yards in front of the net – left, right and center.

How this drill works – Players are going to work on their shots in this order: 1,2,3,3,2,1. The goalie should follow this pattern and try to make the save.

Result – A quick and easy drill for shooting and goaltending practice.



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.

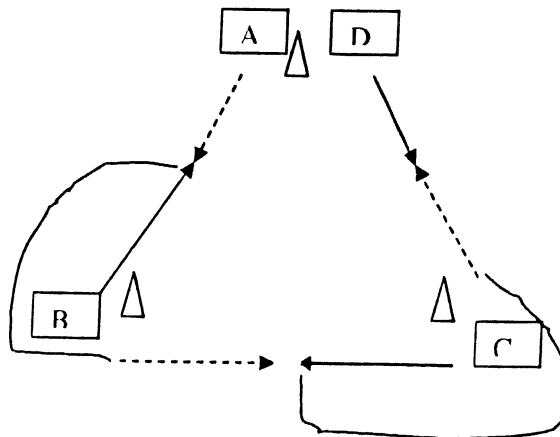
Result – Passers recognize players to pass to while moving around, and reinforcing passing skills.



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 – Very similar to the scoop triangle drill, but the major difference is that the passer follows their pass (dotted line A passes to B to start) to the next marker and gets at the back of that line.

So the drill looks something like this – A passes to B, who meets the pass half way; A follows his or her pass and B peels to the outside of the triangle, around their pylon and then passes to a charging C. B follows the pass and gets to the back of the line, C peels to the outside and around the cone to pass to D.

The play continues as each pass is followed so there should almost always be two people behind each pylon.

Coaches should watch that passes are received to the outside of the triangle area, as this simulates protecting the ball from defenders with the body.

Result – Work on passing, catching and movement with the ball.

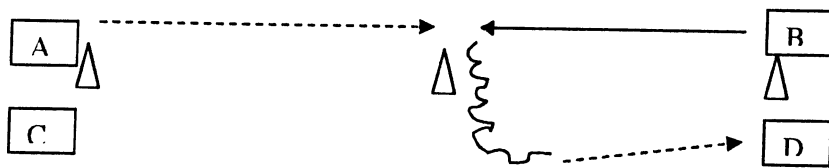


Catch and turn

Another drill that works on movement, passing and catching

What you need – Set up three pylons, each about 10 yards apart – in a straight line. Two players should be at each of the outside pylons.

How this drill works – See the diagram below:



So, the first pass starts from player A to player B. Player B charges toward the center cone and receives the pass from player A. Player B then peels around (squiggled line) and passes the ball to player D. Player A moves to the back of the line (behind C).

Player C then charges to the center, and player D makes the pass to them. Player C peels around and passes to player A and so on. This drill continues. After two or three times around, players can switch up the positions.

Result – More development of passing and catching skills.



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.