

Practice Plan

U13/U15-6

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	Slide stack drill	32	Players need to know where to go
:45 to 1:00	Four corner slide	33	Need to communicate
1:00 to 1:10	Passing Triangle	18	Keep the ball to the outside
1:10 to 1:20	The Gauntlet	11	Quick sticks and good position
1:20 to 1:30	Four pair scramble	12	Fight for position on the ball
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Midfield dodge and shot	25	Good dodge and quick shot
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



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.



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.



Four corner slide

This is another communication drill for defensive players

What you need – Create a 30-yard by 30-yard square area, with an attacker and defender at each one of the pylons outlining the area. You can have a goalie in this situation if you want to add in shots later.

How this drill works – Each offensive player has a ball to start, but only one offensive player moves to start this drill.

The offensive player makes a quick move to attack the goal. The first attacker provide a little bit of resistance, but the drill is more intended for the other defenders that are to communicate their sliding over to help their fellow defender.

The defenders should protect passing lanes, but also try to provide resistance against shots on net. The defenders must try to prevent passes or shot – and this drill continues until any shot, goal, save or steal takes place.

Result – It gives defenders an opportunity to learn to communicate with one another.



Off-side screen pass

This is a basic tactic that a team will incorporate into many offensive plays.

What you need – This can be set up as a three on two for the offense, with three attackers and two defenders.

How this drill works – This is a simple screen play. One attacker brings the ball into the offensive zone on the right or left side of the field. A defender will typically engage this first attacker, so then a screen is set by one attacker, for the other (without the ball), and then the pass is made for the shot.

Defenders should try to fight through the screens and provide resistance to the attackers. This can be a good drill for both sides as it gives each side the opportunities to face real game-like situations.

Result – The more game-situations you put your players in, the better their chance of being successful in those situations.



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.

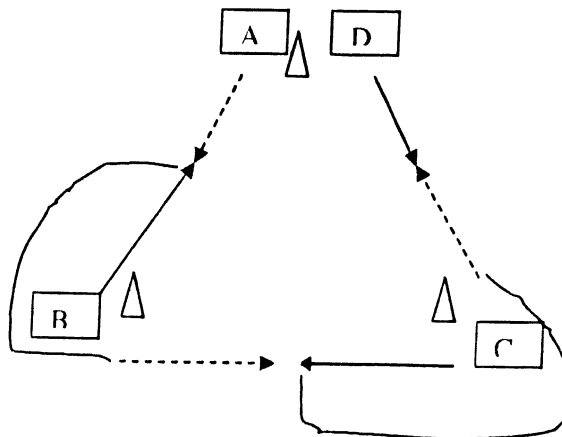
Result – Passers recognize players to pass to while moving around, and reinforcing passing skills.



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:

		C	
A B			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.

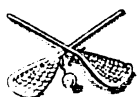
What you need – Match up four pairs of evenly matched players. You can include a goalie in this drill as well. They should be in the corners of a 20-yard by 20-yard square area.

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.



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 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.