

Andover Youth Services

Lacrosse Coaches Handbook

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1. LACROSSE FUNDAMENTALS OVERVIEW

Lacrosse Scoop

The lacrosse scoop is a technique used to gain possession of the ball when it is on the ground. The scoop happens as a player moves toward the ball. It is the primary ball recovery technique when a ball is loose and on the ground. In order to perform it the player should drop the head of the stick to the ground and the stick handle should almost but not quite parallel with the ground only a few inches off the ground. The concept is similar to how you would scoop poop (pardon the expression) with a shovel off the concrete. With a quick scoop and then angle upward to keep the ball forced into the deep part of the pocket and from rolling back out. Once in the pocket the player will transition to a cradle, pass, or shot, and continue on the rake and scoop is usually done when several players are fighting for the ball. As the ball is on the ground a player will take the back of the net and place it on top of the ball while quickly pulling the ball toward them as the ball roll's off the end of the stick the player drops the head down to the ground and then let's the ball roll in using the momentum of the ball that was caused when they raked or pulled the ball back. This happens very quickly and in one fluid motion when done right. They drag the ball back toward them quickly and then quickly shift the head behind the ball to scoop it as it rolls toward them. They then scoop and transition once again to a cradle, pass, or shot, and continue on.

Demo: http://www.expertvillage.com/video/5927_lacrosse-ground-ball.htm

Lacrosse Cradling

Lacrosse Cradling is a technique for maintaining the lacrosse ball in the pocket of the lacrosse stick. The design of the stick head is such that the ball does not want to stay in the pocket and will fall out very easily. Imagine trying to run while holding an egg in a table spoon. It is a similar kind of thing when players are learning to run with a lacrosse ball. The technique that is used to keep the ball in the pocket is called a cradle. Cradling the ball is where a player twists his wrists and flexes his forearm back & forth as a way to cause the ball to stay in the pocket by the addition of centrifugal force. This is one of the most fundamental and important skills a player will need to master. Without the use of the cradle players will have an extremely frustrating time trying to maintain possession of the ball, but when mastered the ball will sit happily in the pocket as the player twists back and forth cradling the ball down the field. If done well a strong cradle can defeat very good stick checks. Cradling can be performed both with one hand or with two hands. Beginning players should learn how to cradle with two hands first as the foundation to good fundamental lacrosse technique, and as they gain in their stick skills the one handed cradle can be added as an additional skill.

- The two handed cradle can be done with the stick in an upright or vertical position, or a more relaxed horizontal position. The upright position is the more important of the two lacrosse cradling techniques to master because it offers the most protection of the ball. It can also be performed with the cradle hand on top or on the bottom. The top handed cradle is best to master because it offers the most protection.
- The Vertical top handed cradle is lacrosse cradling technique that is done with the lacrosse stick in an upright ready position. Lacrosse head about even with the players head about ear height. The palm of the top hand facing the player and fingers gripped around the shaft of the stick. The player uses the bottom hand as guide to keep the stick upright but only very loosely so that the stick can freely twist back and forth inside the bottom hand. With the top hand firmly grasping

the shaft the player rotates their wrist back and forth in a steady not to quick pace. They will add to that the movement of their forearm in and out as their wrist moves in and out in concert with each other in order to increase the centrifugal force. This will be awkward at first, but with practice the player will be able to confidently move and run down the field while protecting the ball from the opponent.

- The horizontal cradle is lacrosse cradling technique basically done in exactly the same manner but the head of the stick is allowed to drop down toward the players waist. This is a much more vulnerable position and should only be done when the player is in the open field and does not need the added protection of the vertical cradle.
- The bottom handed cradle is similar to the horizontal cradle in that it is best performed in the open field. It allows the player to relax the dominant hand and can be performed either upright or horizontally.
- The single handed cradle is performed upright with a single hand grasped near the head of the stick. The technique is the same in regards to the wrist and arm motion. It is used to allow a player to increase their running speed and ability to quickly change direction. It is much more vulnerable than the two handed cradle. Be carefully to teach the kids not to push away with the free hand or they will be penalized for Warding. The free hand should be held against the body.

Demo: http://www.expertvillage.com/video/5921_lacrosse-cradling.htm

Lacrosse Pass

The Lacrosse Pass is a fundamental lacrosse skill. Most successful teams have the ability to move the ball quickly, and effectively transition from defense to offense. Fast break and quick attacks can result when you have the ability to effectively -pass the ball around. Control type possession offenses also depend heavily on their ability to pass the ball without losing possession. By patiently passing the ball around the offense they create shooting opportunities. It is important to be able to deliver a precise pass to the desired shoulder of the player you are passing the ball to in order to set up that players next movement. A pass to the wrong side can twist and move the receiving player out of position and totally stall the attack, rotation, or clear, and allow your opponent to deliver a check or to intercept the pass from the receiving player.

Demo: http://www.expertvillage.com/video/5928_lacrosse-passing.htm

Breaking it down

1. The most important element to learning how to do an effective lacrosse pass, is just to do it. Repetition, repetition, repetition. Learning the correct technique is important, but there is no replacement for just doing it, OFTEN!! Work the wall, and work with teammates and throw and catch the ball over and over. You will develop the ability to direct and change the velocity angle and release, and you will do so subconsciously. Your brain is a diagnostic computer that stores information and controls every aspect of the throw. You should be throwing the ball a minimum of 20-30 minutes a day at least three days a week, but in my opinion every day is not too often
2. The lacrosse pass is very similar to launching a rock with a catapult. In effect that is exactly what it is. The lacrosse stick is a long lever that allows the user to add leverage to the force of the player which increases the velocity of the ball sitting in the head or net allowing the player to fire the ball just like a catapult.

3. When throwing right handed the left hand should be secured around the base (bottom) of the stick and held firm. Speaking in terms of a catapult this is the fulcrum.
4. The Right hand is the force that moves the stick first back as you wind up, and then quickly snap your wrists forward as you slide your right hand down the shaft to guide the angle and direction of the shot.
5. As you motion from back stroke forward to fire your fulcrum hand (left) will move in toward your body while your Right hand will extend in the direction of the target. You should finish with the stick pointing at the target.
6. The lacrosse pass should be sharp and crisp so that ball travels with a good amount of velocity. A soft throw will tend to float and allow a defender to move into disrupt or intercept the pass. Quick, strong passes are much preferred to soft lobs.
7. When passing the ball to another player you should look to throw the ball to the shoulder away from the defender. This allows the receiving player to shield the ball away from the defender.
8. When making a lacrosse pass to a moving player you should throw the ball in front of the player as they run when possible. You want to lead the receiving player by passing to where they are going to be, so that they can maintain their speed without having to stop and come back to the ball allowing defenders time to close, and recover. Obviously this is not a hard rule. If there is a threatening defender in front of the player that you are throwing to, you should make your lacrosse pass to the side away from the defender, allowing the receiver to adjust to the ball and protect it from the defender.

NOTE: It is very important to learn how to throw with both hands. Initially it will be tough to do with just your strong hand, but as soon as you start getting the hang of it with one hand try the other side and work both hands equally. In the end you will want to work your weak hand more than your strong hand. The ability to catch and throw with both hands is very valuable. You will be limited as a player if you only throw with your strong hand. Wall Ball is a very valuable practice tool for players of all ability levels. Because you can do it alone is one of the great aspects of the wall. Get on the wall as often as possible. Throw and catch with someone, and finally set up drills to teach specific aspects of the game.

Lacrosse Catching

Lacrosse catching is a very basic lax skill that is not as easy as it is made to look by accomplished players. It is definitely a skill that takes regular practice, and is one of the fundamental stick handling skills to master first. Great Lacrosse programs all the way up to and including professional lacrosse teams spend plenty of time with repetitive throw and catch drills. Almost all teams spend time during every practice day and pre game throwing and catching. And players should also work on these skills alone on the wall as much as possible.

To catch a lacrosse ball takes concentration. You need to focus on the ball as it comes in, and watch it all the way into the pocket. Once the ball hits the net there has to be give in the stick, so that the ball doesn't bounce out when it hits the net. To do this you have to relax your grip on the stick and allow it to move in the direction of the ball, so that you cushion the blow of the ball into the pocket. If you keep your stick stiff, and do not allow it to move with the ball as you catch it, the chances are much better that it will bounce out.

If you are a player who is struggling with keeping your ball in the pocket when you catch it, make sure that you are not holding your stick rigidly when the ball impacts. Imagine trying to catch a

water balloon or an egg without it breaking. By catching it softly and trying not to let the balloon burst when it hits the net, players will find much more success. You can actually use water balloons to teach this by gently tossing small water balloons into the kids nets and telling them not to let them break. This is both fun for the players and effective in demonstrating the concept as long as the weather allows it, although I have to warn you that your drill may break down pretty quickly as it generally turns into a water balloon fight. But that's ok this is supposed to be about having fun, so make it fun.

Get Ready

Many people teach kids lacrosse catching from the ready position with the stick held at the ear in an area known as “the box,” facing the passer. If catching with the right hand their left foot should be forward and visa versa. This is fine for first week or two catching, but the common thought is that it almost never happens like that in a game. Players are in motion. Stationary targets get checked, so unless you are dealing with very young players, I recommend quickly moving them to catching while in motion. This allows them a better opportunity to adjust to the ball as it flies in, and it helps them to avoid their opponents.

Demo; http://www.expertvillage.com/video/5932_lacrosse-box.htm

The Stick Side Catch

Lacrosse catching to the stick side is the side where the top hand is near the head of the stick. The bottom hand will be on the off stick side. When lacrosse catching, ideally the ball is thrown to a high stick just to the stick side of the players face in front of the players ear, but slightly forward. The receiving player should start by facing the passing player and moving slightly toward the throwing player with their stick open almost vertical to the ground. As the ball is thrown the receiving player should adjust their motion toward the ball, so that they can receive it as close to the ideal location as is possible. Slightly in front of their ear, but always trying to keep the ball forward of their body to protect it. As the ball enters the pocket and the player begins to cushion the impact they should also relax their shoulders and twist slightly in the direction of the ball. By catching the ball in this position the player is then ideally positioned to make their next move whether it is a cradle, pass, or shot. Except in the case of taking a quick stick shot or pass, you should coach your kids to immediately cradle the ball as they make their move into position to run, dodge, pass, or shoot. By emphasizing the cradle first you will eliminate many loose ball situations caused by stick or body checking from your opponent.

Demo: http://www.expertvillage.com/video/5920_lacrosse-catching.htm

The Off Side Catch

The off stick side is the side away from the head of the stick. When lacrosse catching a ball that is thrown to the off stick side as the player moves toward the throw they should bring the head of the stick across their face, but still with the open net facing toward the ball. Watch the ball all the way in to the net and then begin to cradle the ball immediately as they bring it back a cross their face and in position to make their next move, run, pass, or shot.

The Over the Shoulder Catch

Over the shoulder lacrosse catching is typically done as a player breaks in transition to a fast break opportunity. It is very similar to a wide receiver or break away basketball player catching a pass in

stride. It is a much more difficult catch to make, but when done correctly can lead to explosively quick attacks as the player does not have to slow down to catch the ball. The key here again is to watch the ball all the way in to the pocket. As the ball comes the player will reach out with their stick and pluck the ball out of the air as it is trying to fly by. Again holding the stick softly helps to cushion the impact. The ball should then be brought back to the body and cradled so that the player can continue to run.

Some Lacrosse Catching Tips

Try to position your body in a way that blocks your opponent from the ball. I relate it to boxing out in basket. By using your body to shield your opponent you will have more success and keep more balls thrown to you. Never stab at the ball when you are trying to catch it. Some new players like to slap their stick at the ball as it comes in. This will more often than not result in a loose ball as the ball will often pop loose.

Lacrosse Check

The lacrosse check is an essential element of the game. The game is very physical and contact is a big part of it. Being aggressive and physical is a very good quality to have for a lacrosse player especially for defensive and midfield players, but even attackers can benefit from good checking technique especially during a loose ball situation. Checking is not an attempt to injure or hurt an opponent and penalty's can be called for excessively violent or over aggressive checking. A check may never be below the waste (tripping), above the shoulder (slashing), or from behind for body checks.

A lacrosse check is basically an attempt to:

- Try to dislodge a ball from an opponent by attacking their stick with your stick
- Try to harass or disrupt an attacking player
- Try to block or move an opponent from picking up a loose ball

There are two different basic types of lacrosse check that can be employed:

Demo: http://www.expertvillage.com/video/5922_lacrosse-defensive-check.htm

Stick Checks

Stick checks are where a player harasses or attempts to dislodge the ball from an opponents stick, or when he uses his stick to gain position on an offensive player. Stick checks can be made as long as the attempt is to try to contact the opponents stick or glove which is considered part of the stick. Stick checks must be under control and not excessively Violent. You cannot swing the stick like a baseball bat or axe for example.

Poke Check - Is a type of lacrosse check used by Long pole defensemen who will very often poke check a player by jamming the net end of his stick into the offensive players gloved hand or stick. This is done by thrusting the stick much like a lance or spear. Using the net end to keep the offense away from the defensive player and to dislodge the ball if possible. As long as the defensive player can maintain position away from the offensive player they have a much better chance to defend the attack. As soon as the offensive player can get close it is easier for them to get by the defender to take a shot. Foot work is absolutely critical to playing good defense. Like in Basketball maintaining position between the offensive player and the goal is critical. The glove is considered to be part of the stick for purposes of checking so the defender will often aim for the glove and utilize the poke check to keep the offensive player away or to dislodge the ball.

Slap checks - are a lacrosse check where the defending player slaps at the opponents stick with his own stick and tries to jar the ball loose. It is important that the attempt is to contact the stick. If the slap check misses the stick usually they will not be called for a foul as long as the slap is on the glove or forearm and the force applied is not excessive. Slap checks are meant to dislodge the ball and harass the offensive player not to hurt them. If an overly aggressive slap is applied officials will likely flag the offender with a personal foul penalty even if the check was within the letter of the law so to speak. While officials tend to allow some latitude on slap checking, A slap check above the shoulder or below the waist is extremely dangerous and that will gain a slashing penalty every time. It is important that proper use of the slap check is being reinforced and that abuse is not tolerated. We encourage officials to establish firm slap check ground rules with teams early in the game so that abuses don't occur and games get out of hand. I have seen many officials allow way too much in the way of questionable or down right illegal checks and it can be first dangerous and second can totally turn a lacrosse match into a hockey game in a hurry, fights and all. Obviously the younger the players the more strictly the rules should be applied in the interest of safety. The crosse is no longer a weapon regardless of its roots.

Body Checks

The Body Check is the other basic type of lacrosse check. Body checks can only be performed against the ball carrier, or any player within 5 yards of a loose ball. A good example of that would be when a player does a stick check to a ball carrier and knocks the ball to the ground. As players converge to try to scoop the loose ball back up players can basically be blocked away from the ball in an effort to keep them from gaining possession. Except for those two situations body checking is not allowed. A body check is thrown with a players shoulder in a similar manner to how a football player would block for a runner. Tackling is not allowed. Body checks are not allowed at the younger age levels so make sure to check the rules on contact for the age bracket you are playing. Body checks can never be below the waist, above the shoulder, or from behind. Players are never to use their heads as weapons as severe injury can occur.

Cross checking - is a legal lacrosse check where the checker holds their stick in both hands with hands close together, and pushes an opponent with both hands. It is applied by holding the stick in both hands and pushing the offensive player away like if you were doing a bench press. The key to the cross check is that the stick should be held with both hands close together. If the hands are held shoulder width apart like they would be when you are bench pressing or like a soldier might carry a rifle in two hands, that is not legal. You can never check the player with the portion of the stick that is between the checkers hands. The idea is that the force should be delivered by the punching hands which are right next to each other and not by the stick. Crosse checks must be applied below the neck and above the waste, never from behind, and the contact point of the checker should be both hands. If the stick between the hands is touches the player being checked that is an illegal cross check and is a personal foul.

Wall Ball

Wall Ball is one of the best drills for practicing catching, throwing, and shooting a lacrosse ball. All you need is a wall, your stick, and a ball.

Drill: http://video.kudda.com/clinic/Wall_Drills_for_the_Beginners

Drill: http://video.kudda.com/clinic/Wall_Drills_for_the_Beginners/Wall_drills_intro

The Wall - Concrete or brick walls are preferred, as softer walls can be damaged. Lacrosse balls are very hard and heavy especially when fired with force. Unless your house has a concrete block or solid brick wall, don't blast the ball at the side of your house. Mom will not be happy with you. We joke about firing balls at the house, or the car, or even the little sister. PLEASE DON'T. A solid steel reinforced concrete wall however is perfect for wall ball. Most industrial buildings are now constructed with tilt up concrete walls. School yards are another good place to find a wall. Handball courts, the gym often are concrete. These are all perfect for wall ball. Just make sure you have permission from the owner of the wall first. If you can't find a good hard concrete wall, then you can also use a tennis ball on a good solid wall, but better to use a real lacrosse ball whenever possible to duplicate real weight and feel.

WARNING

- NO MATTER WHAT WALL YOU USE MAKE SURE THAT THE WALL IS STRONG ENOUGH TO SUPPORT THE WEIGHT & VELOCITY OF THE BALL
- START OFF THROWING VERY EASY AND MAKE SURE THE WALL IS SOUND BEFORE YOU START BLASTING THE BALL IN THERE.
- IF YOU DAMAGE A WALL, IT IS YOUR FAULT. BE SMART and BE CAREFULL!

Getting Started with Wall Ball

When playing wall ball, make sure every time you throw that you are aiming at something. This is a very important key to wall ball. Every shot needs to be at a specific target. Put some tape on the wall in a couple spots and shoot for the tape. It is important that you are focusing and aiming at a spot when you throw. When you miss your taped mark, your brain will register the miss, and on its own make small adjustments to the actions of your muscles and hands. This is called muscle memory. With constant repetition it is inevitable that you will learn from the mistakes you make. The visual mark that you are focusing on is a very key part of improving your muscle memory. Without that image of missing your mark, you won't get more accurate, and accuracy is the goal. Also for the best results and when possible practice with your gear on. **At least your gloves**. If you are going to play in your shoulder pads, helmet, arm pads, rib pads, and gloves, then you should practice with them on too. This gives you the best simulated experience both from a visual and weight perspective.

Make the period fun. Play music. Challenge yourself. Most importantly - DO IT OFTEN! 3-5 times a week minimum. The more you do it the better your results will be.

See appendix for more wall ball drills.

2 Lax Core Skills by Age Group

	Lucky 7s	U-9	U-11	U-13	U-15
Ground ball Scoop					
Strong side; uncontested	New	Emerging	Developing	Secure	Proficient
Weak side; uncontested		New	Emerging	Developing	Secure
Contested; boxing out		New	Emerging	Developing	Secure
Cradling with Vertical stick					
Strong side	New	Developing	Secure	Secure	Proficient
Weak side		New	Emerging	Developing	Secure
With brisk jog		New	Emerging	Developing	Secure
Catching and Throwing					
Strong side	New	Emerging	Developing	Secure	Proficient
Weak side		New	Emerging	Developing	Secure
Dodging					
Spilt Dodge	New	Emerging	Developing	Secure	Proficient
Face Dodge	New	Emerging	Developing	Secure	Proficient
Roll Dodge	New	Emerging	Developing	Secure	Proficient
Defense Skills					
Defensive Stance	New	Emerging	Developing	Secure	Proficient
Defensive Footwork	New	Emerging	Developing	Secure	Proficient
Stick Checks		New	Emerging	Developing	Secure
Off-Ball Defender			New	Emerging	Developing
Offense Skills					
Overhand Shot	New	Emerging	Developing	Secure	Proficient
Turn Away from Target		New	Emerging	Developing	Secure
Aim at Far Triangle			New	Emerging	Developing
'Gunslinger'			New	Emerging	Developing
Practice on Own; Wall Ball					
Basic		New	Developing	Secure	Proficient
Intermediate			New	Emerging	Developing
Advanced				New	Emerging
Team Play; Basic					
Communicate on Field	New	Emerging	Developing	Secure	Proficient
Ball travels faster in the Air	New	Emerging	Developing	Secure	Proficient
Give help to player with ball		New	Emerging	Developing	Proficient
Box out on Ground Ball		New	Emerging	Developing	Proficient
Creating time and space			New	Emerging	Developing

3 Finding Space: Teaching Youth Players the Secret of the Game

You have now succeeded in teaching your youth players the fundamentals and basic skills of lacrosse. You can only marvel at your players' ability to switch hands, roll dodge and pass and catch with both hands with proficiency. Thanks to Gary Gait, some of your players can now pass behind their backs, and with Casey Powell as inspiration, some of your players can toss a stick in the air and catch it without losing the ball.

Now, it is time to scrimmage. Much to your dismay, as the game progresses you continually witness seven to eight players struggling to pick up a ball in what looks more like a rugby scrum than the game you dreamed that these advanced stick skills might enable your players to enjoy. Even more sadly, when your player finally gets the ball on offense, his most difficult obstacle in getting to the goal may be the fact that his own players cut off his route to the goal or stand and watch as he tries to beat his defender. Tragically, when you insist that your players move the ball on, you may be permanently damaging their chances of scoring as there seems to be no one to pass to or worse yet, the only pass they can make is the one that moves your team further from the goal.

In this nightmarish apparition of the game you love, your frustration leads you to yell out coaching clichés that are contained in your own lacrosse memory bank. These stored memories are the words that you remember your own frustrated coaches screaming in desperate situations. Frantically, you exhort your kids to move without the ball, find a lane, or cut to the goal. These commands do not remedy the mess that the game has become. The players not only do not understand what you want them to do, but they have not been trained to do any of these very sophisticated techniques.

The problem is that you are speaking a language your players do not understand. You may as well be speaking Greek. The sophisticated individual stick and dodging skills that the players possess are not really able to be unleashed as their understanding of the larger team game trails far behind these advanced individual skills.

This article is an attempt to remedy that situation. You cannot expect your players to develop an understanding that you have not taught. Even more powerfully stated, you cannot expect your players to execute concepts that you have not instilled by drilling. Drilling so many times until they can be executed without thinking. The skill that you have not instilled is a skill that is referred to as *finding space*. Without this skill, it is not only difficult to run an offense; it is almost impossible to play the game. However with this skill any size player, can destroy an opponent.

B.J. Prager may have been one of the smallest players on the field for Princeton, but his ability to *find space* often made him the most dangerous player on the field. If you translate that to a team, the ability to *find space* may enable a team that is smaller and less talented physically to completely dismantle a physically superior team. This holds true for lacrosse at any level.

Teaching Players to Find Space

Coaches, begin to use the term "*find space*". Understand that unless you drill it to the point that it is instinctive the words will mean nothing. Once the understanding is in place, players will know exactly what you mean and move in ways that will always increase your team's effectiveness. If players can find space, your offense will work. If they can't find space, the best pattern or plays in the world will not help you. The way that you must teach youth players, and for that matter all players, is in a *progression*. The progression must;

- **teach the skill in isolation without pressure**

- **move to a situation with pressure that approaches game like intensity**
- **and, finally, the skill must be practiced with full intensity in a drill that totally simulates the game situation.**

The progression that you use to teach finding space must be practiced at every practice with the same effort that you practice individual skills with the ball. The good news for you is that this progression is often more fun and engages more players than your traditional one-on-one ball drills.

Progression One: Three-on-Two Drill

This first drill is the pivotal part of the progression that will teach your players to find space. Begin by lining three players up on three of four cones arranged in a square. The players are lined up in an “**L**”, three of the four cones or corners of the square, and must keep aligned in the “**L**”. They must always be adjacent. As player 1 passes to player 2, player 3 must run to keep the **L** and be adjacent to the ball. The game begins without defense and players learning to move adjacent and keep the **L**.

In youth lacrosse, you must always be covering multiple concepts. As you are teaching players to move adjacent to the ball, you are also reviewing the basic fundamentals of throwing and catching. Insist that the younger players catch with a tight stick (top hand on the plastic, bottom hand in the middle of the stick—lacrosse’s equivalent of choking up on a bat). When they throw, insist that they point their fist at the player they are throwing to and that they hold the stick with their top hand above their ear and that they pull on the bottom hand as they throw. They must understand that the stick is a lever and their top hand is the fulcrum.

Quickly add two players on defense. One player on the ball starts the drill by screaming “**BALL**” or “**I GOT BALL**”. The second player who is stacked behind the first player must call “**BACK**” or “**I GOT BACK**” before the pass is made. Once the pass is made the back player screams “**BALL**” and he moves to pass, as the **ball** player moves to the **back** position and screams “**BACK**”. In this drill, you are teaching players to move to the right offensive places in a rote way, but at the same time, you are teaching the basic defensive rotation, or slides, that will drive your player’s entire careers.

Players will not love this drill. It is too staged for them. However, just as you must master the alphabet before you can enjoy reading, you must master these movements and defensive reactions before you can enjoy the game. As soon as they master the drill with cones, remove the cones. Now they must make the adjustment to **finding space** without a cone to guide them. You can guide them by yelling “**FIND SPACE**” and exhorting them to “**STRETCH THE DEFENSE**”. You can guide your players even more by bringing a super soaker to practice and soaking them a little if they do not find enough space. They will like this drill better as they master the concept and they will love it if they get soaked!

The great part of this drill is that as your season progresses you can toss a ball to five players and tell them to **find space** in a corner of the field. If you have 25 players toss a ball to the other four groups of five tell them to **find space**. In a matter of minutes, the field is taken up with your entire team moving in a way that instills passing and catching on the run, defensive reaction and talk and **finding space**. We were given only two minutes to warm up before a tournament game and rather than a line drill we tossed out three or four balls and said the words, “**three on two drill**”. Players came in after those two or three minutes, warm, sweating and, most of all, ready to play the game.

Progression Two: Good Guys, Bad Guys: Three on Two Groundballs

Although the first progression drill will not be loved, most players will love this drill as they master the concepts driving it. Players love the competition that drives this drill and never want to leave the drill. The drill begins with five players lined up for a traditional groundball drill. Never balance the lines but insist the players do this for themselves. Simply say the words, “**five lines**”. Do not begin the drill, until the lines are balanced. Balancing their own lines allows leaders to emerge and fosters the understanding that the players are a team and responsible for each other. They must all be on the same page. Players one, three and five raise their stick and are identified as the **good guys**. The players two and four are identified as the **bad guys**.

For some reason, players love the concept of good guys and bad guys as much as they love playing cops and robbers. To pump them up, simply ask them who is going to win, good guys or bad guys? Ask them a second time and hold your ears. The only rule is that if the good guys get the ball, to win the game, they must successfully pass the ball to each of their good guy teammates. Bad guys have an advantage in that they need only pass it to their one other bad guy teammate. What you must now bring to life is the three-on-two drill you taught in the first progression. Insist that the drill does just that, or stop the drill and demonstrate to players that they must **find space** and play **ball-back** defense just as they did a few minutes ago with the cones. Stress the offensive and defensive talk. It takes no athletic ability to say “**here’s your help**” or “**I got ball**”. It does take understanding of what is going to happen next! To have some fun, and to avoid the cheating or ball jumping that often seeps into the drill, try having the players lay on their back or bellies to start. They will love this craziness in ways that will make them really enjoy the drill.

When the drill first begins you will probably find all five players chasing the ball. Be patient. Don’t lose your super soaker, as you may have to sprinkle a few players to keep them from ball chasing. The most amazing part is when the lagging good guys realize that they would be better off **finding space** than they would creating a rugby scrum on the ball. This understanding is the lacrosse equivalent of seeing two moves ahead in chess. When your players can see the next pass before it happens, they have learned the secret of the game. In order for the drill to work, players must **find space**. Even fourth grade teams can master this concept quickly if you do these drills every practice. We all have watched lacrosse at much higher levels where players do not have these skills.

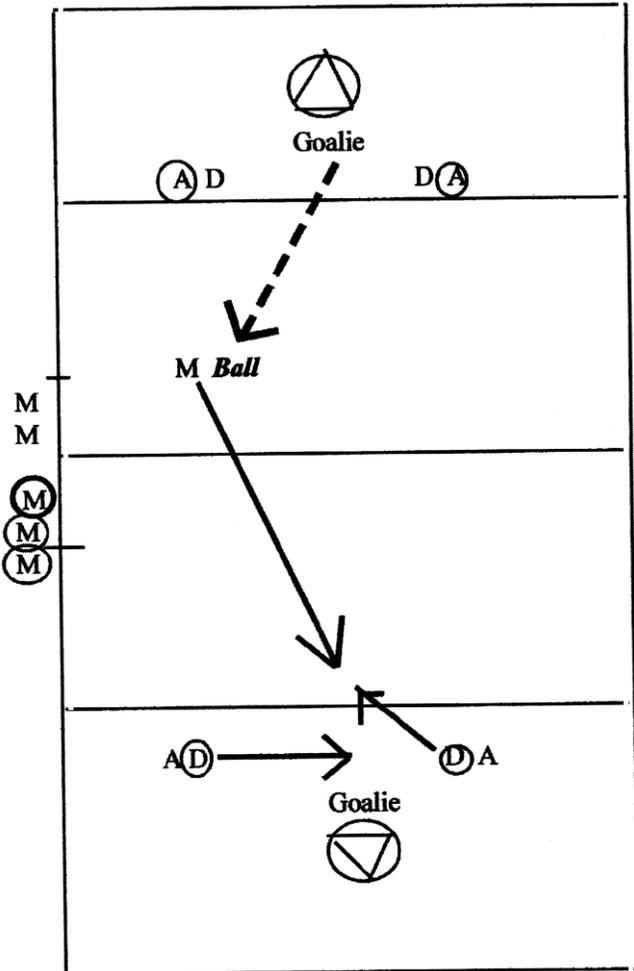
Progression Three: The Box Drill: Three-on-Two Fast break Drill

You are now ready to bring the skill to the game level. Probably the best drill for this concept is the **Box Drill**, because we want goalies and players to be conditioned to pass to the substitution box when they hear the word, **box**. This may be the best and most authentic fast break drill in the game. It is simple to teach, but a real test of endurance for players to execute.

First of all, in order to not confuse youth players, set up only two attackmen and two defensemen at each end of the field. Use two attackmen rather than three so that you build on the three-on-two drills that you have just conditioned in the first two stages of the progression. (As the kids get a bit more practiced at this, or for older players, you can do the four-on-three break.) At the midfield, line up three midfielders of a team on one side of the line and three midfielders of the other team on the other side of the line in opposite color pennies.

The drill (see diagram below) begins with a midfielder breaking back to the goalie yelling, “**BOX**”. Insist that the player yell loud enough for the goalie to hear. The goalie throws the outlet and the midfielder is off on a break to the other end of the field employing the same three on two fastbreak concepts you have conditioned when you began with the cones drill. As soon as that break

concludes, whether it be with a save, a goal or a turnover, the next midfielder in the other color going to the other end breaks onto the field and yells, “**BOX**”. The goalie throws the outlet to this midfielder and he is off to the races for another a three on two break at the other end. A variation of this drill that makes it game-authentic, messy and a real conditioner is having the first midfielder who started the drill chase back on defense. Each subsequent midfielder who joins the drill stays in the drill *throughout the entire drill* and must continue to chase back to the defense as the drill progresses. Stop the drill when you have 6 vs. 6 and start over. The midfielder who started the drill has run the field six times. Make sure to rotate the midfielders so that they share the drill and conditioning this drill provides. What happens is that your players learn to run the field, look up as they run, find space in the three-on-two at each end, not to mention stop the break and play in messy unsettled situations.



Just so that players on the attack and defense do not miss out on the fun, be sure to run the drill with positions switched. Attackmen will now learn firsthand what it means to a midfielder when they throw a thoughtless or hurried pass that requires the midfielders to run back on defense. As a coach, you will never need to run sprints at the end of a practice if your players run this drill with heart. Importantly, the skill of finding space will now become an integral part of how your team plays the game. To condition these instincts for younger players will take the whole year. Don't worry about teaching elaborate patterns or plays on offense, let them find space on their own.

4 Three Rules of Defense *from Lincoln Sudbury Lacrosse*

First Rule of Defense: Always stay between your man and the goal.

This is the basic tenet of defense whenever the other team has the ball. So many times our players play adjacent to, or in front of the man they are covering. Other times they are just plain out of position. The most basic fundamental of defense is that they should be positioned between the man they are covering and their own goal. Drill this into their head! I know it seems simple and obvious, but new players don't always know, and even if they do many have not developed a “field sense” yet and lose track of where they are on the field.

If we can get them to remember the First Rule of Defense, it will help them know where they need to be on the field. I think this rule is especially helpful in riding situations (so it is important that attackmen know it, too). How many times do you see a player positioned in front of his man on the ride, and while he is watching the ball, the opposing player he is “covering” quietly moves farther behind him into open space, takes a pass, and starts a fastbreak. If our players stay between their man and their goal, this will not happen.

Second Rule of Defense: Feet first, stick second.

Those guys just can't wait to swing that stick at the other player. But that only leads to bad defense and costly penalties. Defense is played effectively by moving your feet. We must teach young players to play defense with their feet, and prevent them from relying on their stick. Do this in practice by doing one-on-one dodges to the goal—but take the defenders' sticks away from them. Emphasize the ready position (knees bent, on your toes, squared up to your opponent, good balance, low center of gravity—just the same way you would defend the dribbler in basketball) and the drop step (take one step back as you move left or right mirroring the offensive player, allowing you to keep your body between your man and the goal and preventing him from blowing by you; the defender gradually gives up ground, but always stays between his man and the goal, again similar to guarding a driving player in basketball).

A nice bonus of this drill is that it gives young offensive players a chance to practice their dodging and carrying techniques more successfully when the defenders don't have a stick in their face. Emphasize to the offensive players keeping the stick tucked away and protected as they dodge, and having their hands positioned on the stick so that they can pass or shoot quickly. Once you are satisfied with your players' ability to defend by moving their feet, then you can give them their stick back (they really want to get those sticks back, so this is a good motivator in getting them to work hard at using their feet!)

When we give the sticks back, we must instruct the players how to use them wisely as defensive tools. A lacrosse stick is not a baseball bat and should not be used as one! A slash is defined as “swinging a crosse at an opponent's crosse or body with viciousness or reckless abandon... or striking an opponent in an attempt to dislodge the ball from his crosse, unless the player uses some part of his body...to ward off the thrust of the defensive player's crosse.” Any time a player hits another with his stick and it was not legitimately directed at the stick, it should be whistled by the referee as a slash. My own opinion is that referees at all levels—from youth and high school right up to Division I NCAA—allow defenders to get away with far too many reckless stick checks these days. I voice my opinion whenever possible, but in the meantime I instruct my players to play the games as the rules state.

Our first priority is to remind players to play with their feet first, stick second. It's amazing the memory loss that occurs sometimes when they get that stick back in their hand. If this happens, take the stick away from them until they regain their good defensive footwork. Next, the stick should be out in front of the defender's body, pointed towards the offensive player. Too many times the defender holds the stick close to his body with the head pointing towards the side. The only thing he can do with the stick in this position is earn a cross check penalty. Make sure they keep those sticks out front.

The proper hand positioning on the stick is important, too. If the offensive player is driving to his right (the defender's left), the right hand should be higher on the stick closer to the head. If the offensive player is driving to his left (the defender's right), the left hand should be higher on the stick. By positioning the hands this way you can drop step to stay between the man and the goal and still keep your stick in front on his hands. This also creates a V-hold (it is called a V-hold because the defenders forearm and the stick form a V angle in front of the offensive player) which gives the defender the optimum leverage to push the offensive player out. Ideally the defender will switch hands as the dodger switches directions, but this is difficult moving at full speed. It takes practice!

Finally, we teach our players to focus on their opponents' hands. If they can harass their opponents by poke checking their hands, or lifting the hands and arms with their stick, the offensive player will be stymied. They cannot catch, pass, or shoot if a defender is keeping pressure on their hands. And

by poking and lifting, we avoid the potential slashing penalties that could put us in a man-down situation. Don't forget FEET FIRST, STICK SECOND. It is easy for a player to get so focused on poking and lifting that he gets off balance and lets the man get past him. Then we're in trouble.

Third Rule of Defense: Always protect the hole.

The hole is the area on the field inside the restraining box roughly within an 8-10 yard radius in front of the goal. Probably over 80 percent of scoring in youth and high school games occur in that area. Players must understand this, and defend the hole intensely. In an unsettled situation, defenders must get back inside the restraining box, defend the hole, and play defense from inside out. In other words, get back into the hole as quickly as possible first, then "mark up" on defense by finding an uncovered opponent, calling out his number so your teammates know you have him covered, and employ Rules #1 and #2!

Once the ball crosses the midline, I want my midfielders to sprint back inside the restraining box to the hole. They will want to contest the ball, or cover their man out there in the middle of the field, but my feeling is that it's better teaching them to get back and play solid fundamental defense rather than potentially having a fastbreak goal scored against us because our middies are caught out there behind the play. If the ball is down on the ground and my player is near it, certainly that player should go for the ball. But if the ball is down on the far side of the field, the player is better off getting to the hole and being ready to defend.

Again, if a middle is near the ground ball he should go after it, but the others should sprint—not jog—back into the box. I also call out "to the hole" any time I have the players run sprints in practice. I want them to associate that sprint with getting back on defense, instead of just getting to the goal to try to score. If your team has a fastbreak goal scored against them, you can use it as an opportunity to really illustrate the importance of Rule #3. Ask your defenders to think about where they were on the field when the goal was scored. If they were covering their man way outside of the box or away from the hole, it should be clear to them how they took themselves out of the play by being too far away. They need to follow Rule #1 and be between their man and the goal, but they also need to be in a position where they can help out if the hole area is assaulted.

I constantly ask my players "What's the First Rule of Defense?!" "What's the Third Rule of Defense?!" My expectation is that every player answer loudly in unison. I ask them over and over, five or six times over the course of practice, before games, during time outs. Sometimes even in one-on-one conversations about how their parents are, or how school is going, I'll interject "What's the Second Rule?!" Making them say it out loud constantly really helps it to sink in. No matter how many games we win or lose this season, or how many goals our team scores, I know these guys will come away at the end of the season with perhaps the most valuable lesson of all ingrained in them—how to play sound, fundamental defense.

5. Practice Planning 2009

Andover Boys Lacrosse - Practice Plan Assumptions

- Returning players and 30% new to lacrosse
- Teams with balanced experience
- 90 minute sessions twice weekly for 10 weeks
- Clinic format with kid group rotations

Focus equally on:

- Fundamental skills
- Offense / Defense tactics
- Small Ball / Full field scrimmages
- Demonstration / Drills needed

Fundamental Skills

- Cradling
- Scooping
- Passing / Catching
- Dodging
- Shooting
- Cuts
- Checks

Offense / Defense tactics

Offense Tactics

- Field spacing
- Formats; Use simple format; 1-3-2,
- Transfer / Carry ball around perimeter
- Cuts for open passes
- Off Ball / Crease play
- Defensive Tactics
- Slides and Rotations

[http://video.kudda.com/clinic/Lacrosse Ground Ball Drills/Ground ball drill: 3v2 breakdown](http://video.kudda.com/clinic/Lacrosse_Ground_Ball_Drills/Ground_ball_drill:_3v2_breakdown)

[http://video.kudda.com/clinic/A Series of 1v1 Drills](http://video.kudda.com/clinic/A_Series_of_1v1_Drills)

Clearing

[http://video.kudda.com/clinic/Defense Stickwork Drills Kuddamation](http://video.kudda.com/clinic/Defense_Stickwork_Drills_Kuddamation)

[http://video.kudda.com/clinic/Defense Stickwork Drills Kuddamation/Defense stick drill 2](http://video.kudda.com/clinic/Defense_Stickwork_Drills_Kuddamation/Defense_stick_drill_2)

90 minute practice plan

Arrive / Huddle;	5 min
Warm-up / Stretch;	10 min
Fundamental skills;	15 to 25 min*
Offense / Defense tactics;	10 to 20 min*
Offense / Defense comb.;	10 to 25 min*
Small / Full field scrimmage;	20 min
Collect balls/ Huddle;	5 min

* focus shifts during season

Other topics to be covered

- Fast break
- Goalie work
- Riding
- Clearing
- Man up and Man down special teams
- Face-off team play

Drills – Menu of Drills for Practices & Links to videos

Cradling

- Horizontal
- Vertical
- Two v One hands

http://video.kudda.com/clinic/Fundamentals_of_Attack_Play_Dodging/Protecting_your_stick

Using the ‘Box’ and stick protection

<http://www.youtube.com/watch?v=liexAOV-y24>

Scooping

- Two butts down, punch the ground to bring the ball up
- Run through
- Hold close to the body
- (Un) contested

Drills: One v Zero

http://video.kudda.com/clinic/Lacrosse_Ground_Ball_Drills/Ground_ball_drill:_one_on_0

One v Zero; roll away

http://video.kudda.com/clinic/Lacrosse_Groundball_Drills_for_Youth_Lacrosse/Grounball_drill_roll_away

One v Zero; roll towards

http://video.kudda.com/clinic/Lacrosse_Groundball_Drills_for_Youth_Lacrosse/Grounball_drill_roll_towards

Two vs Zero

http://video.kudda.com/clinic/Lacrosse_Ground_Ball_Drills/Ground_ball_drill:_two_on_0

One vs One

http://video.kudda.com/clinic/Lacrosse_Ground_Ball_Drills/Ground_ball_drill:_one_on_one

One vs One in a Corner

http://video.kudda.com/clinic/Lacrosse_Groundball_Drills_for_Youth_Lacrosse/Groundball_drill_in_the_corner

One vs One with token pressure

http://video.kudda.com/clinic/Lacrosse_Groundball_Drills_for_Youth_Lacrosse/Groundball_drill_with_token_pressure

Two vs One

http://video.kudda.com/clinic/Lacrosse_Ground_Ball_Drills/Ground_ball_drill:_two_on_one

Sumo

http://video.kudda.com/clinic/Lacrosse_Ground_Ball_Drills/Ground_ball_drill:_butt_to_butt

One vs One with Outlets

http://video.kudda.com/clinic/Lacrosse_Groundball_Drills_for_Youth_Lacrosse/Groundball_drill_one_on_one_with_outlets

Magic Balls (musical chairs)

http://video.kudda.com/clinic/Lacrosse_Groundball_Drills_for_Youth_Lacrosse/Groundball_drill_magic_balls

One vs Zero with a Dodge

http://video.kudda.com/clinic/Lacrosse_Groundball_Drills_for_Youth_Lacrosse/Groundball_drill_with_dodge

Drills - 2 person up the field drill

http://video.kudda.com/clinic/Passing_and_Stickwork_drills_Kuddamation

3 person passing line drill

http://video.kudda.com/clinic/Lacrosse_Sample_Practice_Plan_1

http://video.kudda.com/clinic/Passing_and_Stickwork_drills_Kuddamation/Robinson_Passing_drill_4K

Over the shoulder passing line drill

http://video.kudda.com/clinic/Passing_and_Stickwork_drills_Kuddamation/Robinson_Passing_drill_5K

3 person weave with a shot

http://video.kudda.com/clinic/Passing_and_Stickwork_drills_Kuddamation/Robinson_Passing_drill_2K

3 person triangle changing directions

http://video.kudda.com/clinic/Passing_and_Stickwork_drills_Kuddamation/Robinson_Passing_drill_3K

http://video.kudda.com/clinic/Middie_Shooting_Drills_2/Rodeo_Passing_Drill

3 person triangle 1up / 1 down

http://video.kudda.com/clinic/A_Series_of_Triangle_Passing_Drills/Triangle_Passing_1_up_1_down

Drills

North / South Dodging;

http://www.expertvillage.com/video/5930_lacrosse-dodges.htm

Face

http://www.expertvillage.com/video/5925_lacrosse-face-dodge.htm

Roll

East / West Dodging

http://www.expertvillage.com/video/5930_lacrosse-dodges.htm

Spilt

Bull

http://video.kudda.com/clinic/Fundamentals_of_Attack_Play_Dodging

Drills Shooting

http://video.kudda.com/clinic/Lacrosse_Shooting_Drills

http://video.kudda.com/clinic/Lacrosse_Shooting_Drills/Shooting_on_the_run

http://video.kudda.com/clinic/Lacrosse_Shooting_Drills/Shooting_in_tight_space

http://www.expertvillage.com/video/5931_lacrosse-shooting.htm

http://video.kudda.com/clinic/Lacrosse_Team_Shooting_Drills/Two_vs_one_shooting_drill

Areas and angles / Corners and bounces / Overhand

http://video.kudda.com/clinic/Lacrosse_Shooting_Drills_Over_the_Goal/Shooting_over_goal_into_a_2nd_goal

http://video.kudda.com/clinic/Navy_Shooting_Drill/Navy_Drill_On_the_Run

http://video.kudda.com/clinic/Navy_Shooting_Drill/Navy_Drill_Split_Dodge

http://video.kudda.com/clinic/Navy_Shooting_Drill/Navy_Drill_Roll_Backs

Cuts, Picks and Screens

http://video.kudda.com/clinic/Team_Shooting_Drills_Boys_in_Kuddamation

http://video.kudda.com/clinic/Team_Shooting_Drills_Boys_in_Kuddamation/2_Line_Shooting_Drill_with_Diagonal

http://video.kudda.com/clinic/Team_Shooting_Drills_Boys_in_Kuddamation/Reed_Shooting_drill_3

http://video.kudda.com/clinic/Lacrosse_Team_Shooting_Drills

http://video.kudda.com/clinic/Lacrosse_Team_Shooting_Drills/Four_corners_shooting_drill

http://video.kudda.com/clinic/Lacrosse_Team_Shooting_Drills/Train_shooting_drill

http://video.kudda.com/clinic/Lacrosse_Team_Shooting_Drills/Five_line_drill

http://video.kudda.com/clinic/Middie_Shooting_Drills_2

http://video.kudda.com/clinic/Middie_Shooting_Drills_2/Shadow_Shooting_Drill

Drills: Checks / Stance

<http://www.youtube.com/watch?v=KUBgRndyqo4&feature=related>

<http://www.youtube.com/watch?v=xWJuqldYbk8>

[http://video.kudda.com/clinic/Defensemen Proper Positioning Footwork and Stickwork/Midfield defending against a dodger from up top](http://video.kudda.com/clinic/Defensemen_Proper_Positioning_Footwork_and_Stickwork/Midfield_defending_against_a_dodger_from_up_top)

Footwork

[http://video.kudda.com/clinic/Defensemen Proper Positioning Footwork and Stickwork](http://video.kudda.com/clinic/Defensemen_Proper_Positioning_Footwork_and_Stickwork)

[http://video.kudda.com/clinic/Defensemen Proper Positioning Footwork and Stickwork/Right hand attacker vs Right hand defender](http://video.kudda.com/clinic/Defensemen_Proper_Positioning_Footwork_and_Stickwork/Right_hand_attacker_vs_Right_hand_defender)

[http://video.kudda.com/clinic/Defensemen Proper Positioning Footwork and Stickwork/Right hand defender vs Left hand dodger](http://video.kudda.com/clinic/Defensemen_Proper_Positioning_Footwork_and_Stickwork/Right_hand_defender_vs_Left_hand_dodger)

[http://video.kudda.com/clinic/Defensemen Proper Positioning Footwork and Stickwork/Defending against a dodger from x position](http://video.kudda.com/clinic/Defensemen_Proper_Positioning_Footwork_and_Stickwork/Defending_against_a_dodger_from_x_position)

Hands

[http://video.kudda.com/clinic/Defensemen Identifying Illegal Holds/Penalties: hand positioning](http://video.kudda.com/clinic/Defensemen_Identifying_Illegal_Holds/Penalties:hand_positioning)

[http://video.kudda.com/clinic/Defensemen Identifying Illegal Holds/Penalties: illegal holds](http://video.kudda.com/clinic/Defensemen_Identifying_Illegal_Holds/Penalties:illegal_holds)

Stick on Stick, Cross handed Poke

[http://video.kudda.com/clinic/Defensemen Basics and Fundamentals](http://video.kudda.com/clinic/Defensemen_Basics_and_Fundamentals)

Slap

[http://video.kudda.com/clinic/Defensemen Basics and Fundamentals/Defense: Slap check](http://video.kudda.com/clinic/Defensemen_Basics_and_Fundamentals/Defense:Slap_check)

Wrap?, over the head?, ice-pick?

[http://video.kudda.com/clinic/Defensemen Identifying Illegal Holds](http://video.kudda.com/clinic/Defensemen_Identifying_Illegal_Holds)

[http://video.kudda.com/clinic/Defensemen Basics and Fundamentals/Defense: Trail check](http://video.kudda.com/clinic/Defensemen_Basics_and_Fundamentals/Defense:Trail_check)

Drills - Offense / Defense tactics

Drill: 3 vs 2 in a Box

[http://video.kudda.com/clinic/A Series of 3v2 Drills](http://video.kudda.com/clinic/A_Series_of_3v2_Drills)

[http://video.kudda.com/clinic/A Series of 3v2 Drills/5 Lines 3v2 Drill](http://video.kudda.com/clinic/A_Series_of_3v2_Drills/5_Lines_3v2_Drill)

Drill 3 vs 3; half field

[http://video.kudda.com/clinic/A Series of 3v3 Drills](http://video.kudda.com/clinic/A_Series_of_3v3_Drills)

[http://video.kudda.com/clinic/A Series of 3v3 Drills/3 on 3 Live 3 second rule](http://video.kudda.com/clinic/A_Series_of_3v3_Drills/3_on_3_Live_3_second_rule)

[http://video.kudda.com/clinic/A Series of 3v3 Drills/3 on 3 Live Defense Doubles the Ball](http://video.kudda.com/clinic/A_Series_of_3v3_Drills/3_on_3_Live_Defense_Doubles_the_Ball)

Drill; Pack the Crease

[http://video.kudda.com/clinic/Pack the Crease Drill](http://video.kudda.com/clinic/Pack_the_Crease_Drill)

[http://video.kudda.com/clinic/Pack the Crease Drill/Pack the Crease Drill](http://video.kudda.com/clinic/Pack_the_Crease_Drill/Pack_the_Crease_Drill)

Fast break

Drill 4 vs 3 Fast break:

[http://video.kudda.com/clinic/Lacrosse Drill 4 vs 3 Fast Break Drill in Both Chalktalk and Kuddamations](http://video.kudda.com/clinic/Lacrosse_Drill_4_vs_3_Fast_Break_Drill_in_Both_Chalktalk_and_Kuddamations)

Goalie work / Riding / Clearing

Man up and Man down special teams / Face-off play

[http://www.expertvillage.com/video/5926 lacrosse-face-off.htm](http://www.expertvillage.com/video/5926_lacrosse-face-off.htm)

Appendix

6. Sample Practice Plans

Sample Early Season Practice: U-13 Boys Indoors

11:15-11:30

Meet Players and Parents in Parking Lot at Sportsworld and quickly move to the assigned field

11:30 to 11:40

Quick Huddle in center of field

Explain goals for this practice; get kids moving, warm up, ground balls, cradling, flip passes and short passes with kids split into groups based on previous experience

11:30 – 11:40

Quick jog twice around field perimeter and brief stretching

I recommend keeping the kids in line drills for this practice vs. letting them breakout into small groups given the number of kids, field size and having balls flying all over the place. We can reassess for next practice.

Have coaches place cones inside width of field for 10 to 12 lines about 15 to 20 yds apart

11:40-11:45

Split kids into two groups based on prior lacrosse experience; returning player from U-11 and U-9 vs. New kids. Have 6 kids per line with 3 kids on each end behind a cone

11:45-12:00

Have Coaches or experienced kids demonstrate a ground ball pick-up with a Cradle over to other end of line

- Have kids place ball in front of next kid to repeat a ground ball pick-up with a Cradle over to other end of line
- Have kids waiting in line assist with any stray balls for their line
- Have experience kids go from a Horizontal Cradle to a Vertical Cradle and switching hands

For new kids help them with basic two hand Cradling technique

12:00 to 12:15

Have Coaches or experienced kids demonstrate a short flip pass about mid way between the kids across the field

Toss ball about head high so next kid can catch it

Keep running this drill until kids have caught the ball at least twice

12:15 to 12:25

Have Coaches or experienced kids demonstrate a short overhand pass and catch pass about mid way between the kids across the field

Passing

Demonstrate form – arms up and away from body; end pointing at your target; receiving start head in front of you head and give back to slightly behind the head upon receipt

Keep running this drill until kids have caught the ball at least twice

Have kids waiting in line assist with any stray balls for their line

12:25 to 12:30

Huddle in center of field and Debrief

12:30

Off field!

Cradling

- Horizontal (2 hand) – used mostly when opponent is not checking; demonstrate both hands; speed of cradling doesn't change with speed of legs; separate lower and upper parts of body
- Vertical (2 hand) – used when protecting the ball; drive home concept about keeping body between the ball and opponent, demonstrate both hands; keep elbow in (top hand) and stick in body; head up to see field

Second Practice U-13 Boys Indoors

12:15-12:30

Meet Players and Parents in at indoor field. Put name tags on helmets.

12:30 to 12:35

Quick Huddle in center of field

Explain goals for this practice; get kids moving, warm up, ground balls, **cradling**, flip passes, **dodges** and short passes with kids spilt into groups based on previous experience

12:35 – 12:40

Quick jog twice around field perimeter and brief stretching

I recommend keeping the kids in line drills again for this practice vs. letting them breakout into small groups given the number of kids, field size and having balls flying all over the place.

Have coaches place cones inside width of field for 10 to 12 lines about 15 to 20 yds apart

12:40

Spilt kids into two groups based on prior lacrosse experience; returning player from U-13 and U-9 vs. New kids

Have 6 kids per line with 3 kids on each end behind a cone

12:40-12:50

Have Coaches demonstrate a ground ball pick-up with a Cradle over to other end of line

- Have kids place ball in front of next kid to repeat a ground ball pick-up with a Cradle over to other end of line
- Have kids waiting in line assist with any stray balls for their line
- Have experience kids go from a Horizontal Cradle to a Vertical Cradle and switching hands

For new kids demonstrate the basic two hand Cradling technique and have kids then go back into their line drills. Coaches please assist kids who are struggling with this skill.

12:50 to 1:00

Have Coaches or experienced kids demonstrate a short flip pass about mid way between the kids across the field

Toss ball about head high so next kid can catch it
Keep running this drill until kids have caught the ball at least twice

1:00 to 1:10

Have Coaches or experienced kids demonstrate a short overhand pass and catch pass about mid way between the kids across the field

Passing

Demonstrate form – arms up and away from body; end pointing at your target; receiving start head in front of you head and give back to slightly behind the head upon receipt

Keep running this drill until kids have caught the ball at least twice
Have kids waiting in line assist with any stray balls for their line

1:10 to 1:25

Demonstrate a Split dodge for experienced kids. Send kids back to their lines. Have kids roll ground ball to next person in line and stay in the middle between the two end lines. Have Kids in the middle stay passive and next boy in line will pick-up ground ball and execute split dodge. More advanced kids can go quickly to a face dodge.

1:25 to 1:30

Collect balls, Huddle in center of field and Debrief. **Remind that fields are closed until announced otherwise**

1:30 Off field!

Sample Lacrosse Practice Two U-13 Boys

6:00pm

Meet Players and Parents at Turf field Put name tags on helmets.

6:00pm to 6:05pm

Quick Huddle in center of field

-Explain goals for this practice; get kids moving, warm up with ground balls, cradling, flip passes, and short passes

-Expand focus to include dodges, defensive footwork and shooting

(note kids will NOT be split into groups based on previous experience)

6:05pm to 6:10pm

Quick jog twice around field perimeter and brief stretching

Have coaches place cones inside width of field for 10 to 12 lines about 15 to 20 yds apart

Run single end drills including:

Speed forward, speed backward, shuffle left, shuffle right, backward looking left switching to right

6:10pm to 6:30pm

Have kids move into their dual end line drills

Have 6 kids per line with 3 kids on each end behind a cone

Start with ground balls, calling 'ball / release', then flip passes, then short passes

Focus on cradling technique

Challenge more experienced kids to switch hands

6:30 to 6:45pm

Break kids up into 2 stations switching stations:

Dodging into a cone then a shot

Setup 3 kids to a line

Two attack line 10 yds behind a goal both right and left

Two mid lines in 10 yds front of a goal both right and left

First without a ball / then with a ball; Face Dodge then Roll dodge

Demonstrate both all the while protecting the stick

Add balls to have the kids shoot while those waiting in line backup the shot

Defensive footwork

Demonstrate Shuffle left/ shuffle right / poke check and slap check

Setup a funnel with cones 15yds long starting 10 yds wide and narrowing to 2 yds wide

Setup a line of offensive players at the wide end, defensive players at the narrow end

Goal of offense players is to get through narrow end

Goal of defensive players is block narrow end

Start defense having no stick, then go to stick on stick coverage

6:45 to 7:00pm

Have kids switch stations

7:00pm *Collect balls, Huddle in center of field and Debrief. Remind that fields are closed until announced otherwise*

Sample Lacrosse Practice Three U-13 Boys

5:15pm

Meet Players and Parents at field.

5:35pm to 5:40pm

Quick Huddle in center of field

-Explain goals for this practice; quick line drills; GBs, cradling, dodging and short passes

-Focus on field communication; “Ball / Release”, “Here’s Your Help”, give passing player a target to hit!

5:40pm to 5:45pm

Quick jog twice around field perimeter and brief stretching

Have coaches place cones inside width of field for 10 to 12 lines about 15 to 20 yds apart

5:45 pm to 6:00pm

Have kids move into their dual end line drills

Have 8 kids per line with 4 kids on each end behind a cone

Start with GBs; calling ‘ball / release’, then flip passes, then short passes

Focus on cradling technique

Challenge more experienced kids to switch hands

6:00 to 6:30pm

Break-up each team up into stations, consider the below for 15 to 20 minutes each:

Station 1; Speed Cradling, add cones for zig-zag dodging; face-dodge and then roll dodge

Station 2; Contested Ground Balls; 0 vs 1, 1 vs 1, 2 vs 1

Station 3; Triangle passes; player with ball moves to another cone; other players change cones;

Player with ball passes to player at another cone

6:30pm to 6:50pm:

Controlled scrimmage: assign kids as Attack, Middies and Defense

Setup 2 playing areas width wise; use the four goals; use cones in the mid line and restraining

Reinforce Restraining line, Mid line, Offside and equal pressure checking

Stop play to reinforce major tactics

Rotate new lines in every three minutes

6:50 pm

Collect balls, Huddle in center of field and Debrief, speed drills

7:00pm Leave Field

Lacrosse Practice Four U-13 Boys

4:00pm

Meet Players and Parents at field. Update Parents on the planning for the TPL season. Set expectations for practices and games.

4:15pm to 4:30pm

Quick Huddle in center of field

-Explain goals for this practice; quick line drills; GBs, cradling, dodging and short passes

-Focus on field communication; “Ball / Release”, “Here’s Your Help”, give passing player a target to hit!

Quick jog twice around field perimeter and brief stretching

Have coaches place cones inside width of field for 10 to 12 lines about 15 to 20 yds apart

4:30 pm to 4:50pm

Have kids move into their dual end line drills

Have 8 kids per line with 4 kids on each end behind a cone

Start with GBs; calling ‘ball / release’, then flip passes, then short passes

Focus on cradling technique

Challenge more experienced kids to switch hands

4:50 to 5:25pm

Break-up each team up into stations for 12 minutes each:

Station 1; Speed Cradling, add cones for zig-zag dodging; face-dodge and then roll dodge

Station 2; Contested Ground Balls; 0 vs 1, 1 vs 1, 2 vs 1

Station 3; Triangle passes; player with ball moves to another cone; other players change cones;

Player with ball passes to player at another cone

5:25pm to 5:55pm:

Controlled scrimmage: assign kids as Attack, Middies and Defense

Reinforce Restraining line, Mid line, Offside and equal pressure checking

Stop play to reinforce major tactics

Rotate new lines in every three minutes

5:55 pm

Collect balls, Huddle in center of field and Debrief, speed drills

6:00pm Leave Field

Lacrosse Practice Six U-13 Boys

5:15pm

Meet Players and Parents at field.

5:30pm to 5:35pm

Quick Huddle in center of field

-Explain goals for this practice; quick line drills; GBs, cradling, dodging and short passes

-Focus on field communication; “Ball / Release”, “Here’s Your Help”, give passing player a target to hit!

5:35pm to 5:40pm

Quick jog once around field perimeter and brief stretching

Have coaches place cones inside width of field for 10 to 12 lines about 15 to 20 yds apart

5:40 pm to 5:55pm

Have kids move into their dual end line drills

Have 8 kids per line with 4 kids on each end behind a cone

*Start with GBs; flip passes, short passes; **Rolling ground balls from behind, Catch over the shoulder***

5:55 to 6:30pm

Break-up each team up into stations, consider the below for 10 to 15 minutes each:

Station 1; Contested Ground Balls; 0 vs 1, 1 vs 1, 2 vs , Focus on calling ‘Man’ vs ‘Ball’ for 2 on 1

Station 2; Attack vs Defense 1 on1 through alternate cones

Station 3; Triangle passes around goal to a shot after 3 passes; coach to provide some defensive pressure

6:30pm to 6:50pm:

Controlled Fast Break; 4 Attack vs 3 Defense: assign kids as Attack and Defense

Setup 2 playing areas width wise; use the four goals; use cones in the mid line and restraining

Substitute Attack to Defense to Alternatives

Stop play to reinforce Defense slides and Attack movement to get open

Finish with a shot

Rotate new lines in every two to three minutes

6:50 pm

Collect balls, Huddle in center of field and Debrief, speed drills

7:00pm Leave Field

Lacrosse Practice Seven U-13 Boys

5:15pm

Meet Players and Parents at field.

5:30pm to 5:35pm

Quick Huddle in center of field

-Explain goals for this practice; warm-up, quick line drills; GBs, cradling, dodging and short passes
-Focus on field communication; “Ball / Release”, “Here’s Your Help”, give passing player a target to hit!

5:35pm to 5:40pm

Quick jog once around field perimeter and brief stretching

Have coaches place cones inside width of field for 10 to 12 lines about 15 to 20 yds apart

5:40 pm to 5:55pm

Have kids move into their dual end line drills

Have 8 kids per line with 4 kids on each end behind a cone

*Start with GBs; flip passes, short passes; **Rolling ground balls from behind, Catch over the shoulder***

5:55 to 6:30pm

Break-up each team up into stations, consider the below for 10 to 15 minutes each:

Station 1; Contested Ground Balls; 0 vs 1, 1 vs 1, 2 vs , Focus on calling ‘Man’ vs ‘Ball’ for 2 on 1

Station 2; Attack vs Defense 1 on1 through alternate cones

Station 3; Triangle passes around goal to a shot after 3 passes; coach to provide some defensive pressure

6:30pm to 6:50pm:

Controlled Fast Break; 4 Attack vs 3 Defense: assign kids as Attack and Defense

Setup 2 playing areas width wise; use the four goals; use cones in the mid line and restraining

Substitute Attack to Defense to Alternatives

Stop play to reinforce Defense slides and Attack movement to get open

Finish with a shot

Rotate new lines in every two to three minutes

6:50 pm

Collect balls, Huddle in center of field and Debrief, speed drills

7:00pm Leave Field

Lacrosse Practice Eight U-13 Boys

5:15pm

Meet Players and Parents at field.

5:30pm to 5:35pm

Quick Huddle in center of field

-Explain goals for this practice; warm-up, quick line drills; GBs, cradling, dodging and short passes
-Focus on field communication; “Ball / Release”, “Here’s Your Help”, give passing player a target to hit!

5:35pm to 5:40pm

Quick jog once around field perimeter and brief stretching

Have coaches place cones inside width of field for 10 to 12 lines about 15 to 20 yds apart

5:40 pm to 5:55pm

Have kids move into their dual end line drills

Have 8 kids per line with 4 kids on each end behind a cone

*Start with GBs; flip passes, short passes; **Rolling ground balls from behind, Catch over the shoulder***

5:55 to 6:30pm

Break-up each team up into stations, consider the below for 10 minutes each:

Station 1; Contested Ground Balls; 0 vs 1, 1 vs 1, 2 vs , Focus on calling ‘Man’ vs ‘Ball’ for 2 on 1

Station 2; Zig / Zag dodges through the cones

Station 3; Give and Go with a V-Cut for a shot; coach to provide some defensive pressure

6:30pm to 6:50pm:

Controlled Fast Break; 4 Attack vs 3 Defense: assign kids as Attack and Defense

Setup 2 playing areas width wise; use the four goals; use cones in the mid line and restraining

Substitute Attack to Defense to Alternatives

Stop play to reinforce Defense slides and Attack movement to get open

Finish with a shot

Rotate new lines in every two to three minutes

6:50 pm

Collect balls, Huddle in center of field and Debrief, speed drills

7:00pm Leave Field

Lacrosse Practice Ten U-13 Boys

5:15pm

Meet Players and Parents at field.

5:30pm to 5:35pm

Quick Huddle in center of field

-Explain goals for this practice; warm-up, quick line drills; GBs, cradling, dodging and short passes
-Focus on field communication; “Ball / Release”, “Here’s Your Help”, give passing player a target to hit!

5:35pm to 5:40pm

Quick jog once around field perimeter and brief stretching

Have coaches place cones inside width of field for 10 to 12 lines about 15 to 20 yds apart

5:40 pm to 5:55pm

Have kids move into their dual end line drills

Have 8 kids per line with 4 kids on each end behind a con

Focus on off hand

*Start with GBs; flip passes, short passes; **Rolling ground balls from behind, Catch over the shoulder***

5:55 to 6:30pm

Break-up each team up into stations, consider the below for 10 minutes each:

Station 1; Contested Ground Balls; 0 vs 1, 1 vs 1, 2 vs 1 , Focus on calling ‘Man’ vs ‘Ball’ for 2 on 1

Station 2; Zig / Zag dodges through the cones

Station 3; Give and Go with a V-Cut for a shot; coach to provide some defensive pressure

6:30pm to 6:50pm:

Controlled Fast Break; 4 Attack vs 3 Defense: assign kids as Attack and Defense

Setup 2 playing areas width wise; use the four goals; use cones in the mid line and restraining

Substitute Attack to Defense to Alternatives

Stop play to reinforce Defense slides and Attack movement to get open

Finish with a shot

Rotate new lines in every two to three minutes

6:50 pm

Collect balls, Huddle in center of field and Debrief, speed drills

7:00pm Leave Field

Lacrosse Practice Eleven U-13 Boys

5:15pm

Meet Players and Parents at field.

5:30pm to 5:35pm

Quick Huddle in center of field

-Explain goals for this practice; warm-up, quick line drills; GBs, cradling, dodging and short passes
-Focus on field communication; “Ball / Release”, “Here’s Your Help”, give passing player a target to hit!

5:35pm to 5:40pm

Quick jog once around field perimeter and brief stretching

Have coaches place cones inside width of field for 10 to 12 lines about 15 to 20 yds apart

5:40 pm to 5:55pm

Have kids move into their dual end line drills

Have 8 kids per line with 4 kids on each end behind a con

Focus on off hand

*Start with GBs; flip passes, short passes; **Rolling ground balls from behind, Catch over the shoulder***

5:55 to 6:30pm

Break-up each team up into stations, consider the below for 10 minutes each:

Station 1; Contested Ground Balls; 0 vs 1, 1 vs 1, 2 vs 1 , Focus on calling ‘Man’ vs ‘Ball’ for 2 on 1

Station 2; Zig / Zag dodges through the cones

Station 3; Give and Go with a V-Cut for a shot; coach to provide some defensive pressure

6:30pm to 6:50pm:

Controlled Scrimmage -or-

Controlled Fast Break; 4 Attack vs 3 Defense: assign kids as Attack and Defense

Setup 2 playing areas width wise; use the four goals; use cones in the mid line and restraining

Substitute Attack to Defense to Alternatives

Stop play to reinforce Defense slides and Attack movement to get open

Finish with a shot

Rotate new lines in every two to three minutes

6:50 pm Collect balls, Huddle in center of field and Debrief, speed drills

7:00pm Leave Field

Lacrosse Practice Twelve U-13 Boys

5:15pm

Meet Players and Parents at field.

5:30pm to 5:35pm

Quick Huddle in center of field

-Explain goals for this practice; warm-up, quick line drills; GBs, cradling, dodging and short passes
-Focus on field communication; “Ball / Release”, “Here’s Your Help”, give passing player a target to hit!

5:35pm to 5:40pm

Quick jog once around field perimeter and brief stretching

Have coaches place cones inside width of field for 10 to 12 lines about 15 to 20 yds apart

5:40 pm to 5:55pm

Have kids move into their dual end line drills

Have 8 kids per line with 4 kids on each end behind a cone

*Start with GBs; flip passes, short passes; **Rolling ground balls from behind, Catch over the shoulder***

5:55 to 6:30pm

Break-up each team up into stations, consider the below for 10 to 15 minutes each:

Station 1; Contested Ground Balls; 0 vs 1, 1 vs 2, Focus on calling ‘Man’ vs ‘Ball’ for 2 on 1

Station 2; Attack vs Defense 1 on1 through alternate cones

Station 3; Triangle passes around goal to a shot after 3 passes; coach to provide some defensive pressure

6:30pm to 6:50pm:

Controlled Fast Break; 4 Attack vs 3 Defense: assign kids as Attack and Defense

Setup 2 playing areas width wise; use the four goals; use cones in the mid line and restraining

Substitute Attack to Defense to Alternatives

Stop play to reinforce Defense slides and Attack movement to get open

Finish with a shot

Rotate new lines in every two to three minutes

6:50 pm

Collect balls, Huddle in center of field and Debrief, speed drills

7:00pm Leave Field

Lacrosse Practice Thirteen U-13 Boys

5:15pm

Meet Players and Parents at field.

5:30pm to 5:35pm

Quick Huddle in center of field

-Explain goals for this practice; warm-up, quick line drills; GBs, cradling, dodging and short passes

-Focus on field communication; “Ball / Release”, “Here’s Your Help”, give passing player a target to hit!

5:35pm to 5:40pm

Quick jog once around field perimeter and brief stretching

Have coaches place cones inside width of field for 10 to 12 lines about 15 to 20 yds apart

5:40 pm to 5:55pm

Have kids move into their dual end line drills

Have 8 kids per line with 4 kids on each end behind a con

Focus on off hand

*Start with GBs; flip passes, short passes; **Rolling ground balls from behind, Catch over the shoulder***

5:55 to 6:30pm

Break-up each team up into stations, consider the below for 10 minutes each:

Station 1; Speed Ground balls Relay Race

Station 2; Zig / Zag dodges through the cones

Station 3; Diamond Give and Go around the cage, ;Coach to provide some defensive pressure

6:30pm to 6:50pm:

Controlled Scrimmage -or-

Controlled Fast Break; 4 Attack vs 3 Defense: assign kids as Attack and Defense

Setup 2 playing areas width wise; use the four goals; use cones in the mid line and restraining

Substitute Attack to Defense to Alternatives

Stop play to reinforce Defense slides and Attack movement to get open

Finish with a shot

Rotate new lines in every two to three minutes

6:50 pm

Collect balls, Huddle in center of field and Debrief, speed drills

7:00pm Leave Field

Lacrosse Practice Fourteen U-13 Boys

5:15pm

Meet Players and Parents at field.

5:30pm to 5:35pm

Quick Huddle in center of field

-Explain goals for this practice; warm-up, quick line drills; GBs, cradling, dodging and short passes

-Ask about NCAA tournament and what did they see that worked; spacing, passing and catching, back-up

-Focus on field communication; “Ball / Release”, “Here’s Your Help”, give passing player a target to hit!

5:35pm to 5:40pm

Quick jog once around field perimeter and brief stretching

Have coaches place cones inside width of field for 10 to 12 lines about 15 to 20 yds apart

5:40 pm to 5:55pm

Have kids move into their dual end line drills

Have 8 kids per line with 4 kids on each end behind a con

Focus on off hand

Start with GBs; flip passes, short passes; Catch over the shoulder

Try rolling ground balls including a facedodge with a coach as dodgee

5:55 to 6:30pm

Break-up each team up into stations, consider the below for 10 minutes each:

Station 1; Speed Ground balls Relay Race

Station 2; Zig / Zag dodges through the cones

Station 3; Triangle Give and Go around the cage, Coach to provide some defensive pressure

6:30pm to 6:50pm:

Controlled Scrimmage -or- Controlled Fast Break; 4 Attack vs 3 Defense: assign kids as Attack and Defense

Setup 2 playing areas width wise; use the four goals; use cones in the mid line and restraining;

Substitute Attack to Defense to Alternatives

Stop play to reinforce Defense slides and Attack movement to get open

Finish with a shot

Rotate new lines in every two to three minutes

6:50 pm Collect balls, Huddle in center of field and Debrief, speed drills

7:00pm Leave Field

Lacrosse Practice Fifteen U-13 Boys

5:15pm

Meet Players and Parents at field.

5:30pm to 5:35pm

Quick Huddle in center of field

-Explain goals for this practice; warm-up, quick line drills; GBs, cradling, dodging and short passes

-Explain that if you can do this well in practice it will work in the game

5:35pm to 5:40pm

Quick jog once around field perimeter and brief stretching

Have coaches place cones inside width of field for 10 to 12 lines about 15 to 20 yds apart

5:40 pm to 5:55pm

Have kids move into their dual end line drills

Have 8 kids per line with 4 kids on each end behind a cone

Focus on off hand

Start with GBs; flip passes, short passes; Catch over the shoulder

Try rolling ground balls including a facedodge with a coach as dodger

Try including a roll dodge as well

5:55 to 6:30pm

Break-up each team up into stations, consider the below for 10 minutes each:

Station 1; Speed Ground balls Relay Race

Station 2; Triangle Give and Go around the cage, with some Passive Defense

6:30pm to 6:50pm:

Controlled Scrimmage using 6 vs 6

No crossing the Mid-Line

Focus on passing around the triangle

Check Defensive coverage

1 pt for a ground ball, 2 points for a catch, only score if there is a goal

6:50 pm

Collect balls, Huddle in center of field and Debrief, speed drills

7:00pm Leave Field

Appendix

7 Wall Ball - Demos and Drills

The Program

- All drills should be 50 reps for each hand. (50 reps right hand - 50 reps left hand)
- With a little practice, the whole program should take no more than 30 minutes.
- Focus on quick repetition
- Try to be perfect and quick
- Count misses - See how many out of 50 you can catch. Shoot for 100%
- Time yourself - Constantly challenge yourself to do it quicker.

Ground Ball with Wall Drill:

[http://video.kudda.com/clinic/Wall Drills for the Beginners/Wall drills beginners ground ball work](http://video.kudda.com/clinic/Wall%20Drills%20for%20the%20Beginners/Wall%20drills%20beginners%20ground%20ball%20work)

1. Throw, Catch, and Cradle.

- Stand 10-15 feet (3-5 meters) from the wall.
- Start with your feet in the throwing position, at a 90 degree angle to the wall.
- Focus on your upper body mechanics and throwing motion.
- Start with your stick handle by your ear.
- Your hips and shoulders will create a twisting motion as you throw.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up by your ear, and do a quick cradle.
- Then reach back and fire again.
- Do 50 quick reps.
- Switch to your other hand, and repeat.

Drill: [http://video.kudda.com/clinic/Wall Drills for the Beginners/Wall drills beginners](http://video.kudda.com/clinic/Wall%20Drills%20for%20the%20Beginners/Wall%20drills%20beginners)

2. Quick Stick Drill (Attackmen wall ball drill)

- Move up to five feet (2 meters) from the wall
- choke up on your stick handle a little if you need to.
- Start with your feet parallel to the wall.
- Bend your knees with each throw to generate force.
- Focus on the throw and catch.
- Start with your stick handle by your ear.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up by your ear, no cradle.
- Then quickly reach back and fire again.

- Do 50 quick reps.
- Switch to your other hand, and repeat.

Drill: http://video.kudda.com/clinic/Wall_Drills_Part_2/Wall_drills_quick_stick

3. Cross Face Catch

- Move back 10-15 feet (3-5 meters) from the wall.
- Start with your feet in the throwing position, at a 90 degree angle to the wall.
- Focus on your upper body mechanics and throwing motion.
- Start with your stick handle by your ear.
- Your hips and shoulders will create a twisting motion as you throw.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Reach across and catch the ball on the opposite side of your head.
- Bring the ball back across your face up by your ear, and do a quick cradle.
- Then reach back and fire again.
- Do 50 quick reps.
- Switch to your other hand, and repeat.

Drill: http://video.kudda.com/clinic/Wall_Drills_Part_2/Wall_drills_cross_hand_catch

4. Step, Throw, and Catch

- Start 10-15 yards (10 meters) from the wall.
- Take a couple of steps toward the wall
- Throw while stepping with your opposite foot from your throwing hand.
- (Throwing right - Step with your left foot)
- Focus on your upper body mechanics and throwing motion.
- Start the throw with your stick handle back by your ear.
- Your hips and shoulders will create a twisting motion as you throw.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the move.
- Catch the ball stick side
- Catch the ball cross face
- Catch on the bounce
- Bring the ball up by your ear, and cradle.
- Move yourself back to your starting position while cradling, and fire again.
- Do 50 reps.
- Switch to your other hand, and repeat.

5. Switch Hands

- Stand 10-15 feet (3-5 meters) from the wall.
- Start with your feet in the throwing position, at a 90 degree angle to the wall.
- Focus on your upper body mechanics and throwing motion.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up by your ear, and do a quick cradle.

- Bring the ball across your face switching hands.
- Then reach back and fire from the other side.
- Catch with same side you throw from
- Do 50 quick reps.

Drill: [http://video.kudda.com/clinic/Wall Drills Part 2/Wall drills catch switching hands](http://video.kudda.com/clinic/Wall_Drills_Part_2/Wall_drills_catch_switching_hands)

6. On the Run

- Move to 7 yards (6 meters) from the wall
- Start on one end of the wall
- While running focus on a spot and fire the ball at the spot.
- Focus on your upper body mechanics and throwing motion.
- Start with your stick handle by your ear.
- Your hips and shoulders will create a twisting motion as you throw
- Throw hard snapping your wrists with a full follow-through
- Make sure to vary the return angle
- Catch some in front of you
- Some from the back hand
- Always bring the ball back to the same side
- Continue to run
- Repeat as many times as the length of your wall will allow
- Turn around and start from the other end of the wall
- Repeat throwing with the other hand.
- Do 50 reps each hand.

Drill: [http://video.kudda.com/clinic/Wall Drills for the Beginners/Wall drills high knee drills](http://video.kudda.com/clinic/Wall_Drills_for_the_Beginners/Wall_drills_high_knee_drills)

Drill: [http://video.kudda.com/clinic/Wall Drills for the Beginners/Wall drills with movement](http://video.kudda.com/clinic/Wall_Drills_for_the_Beginners/Wall_drills_with_movement)

7. Roll Dodge (attackmen - middy wall ball drill)

- Stand 10-15 feet (3-5 meters) from the wall.
- Start with your feet in the throwing position, at a 90 degree angle to the wall.
- Focus on your upper body mechanics and throwing motion.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up by your ear, and do a quick cradle.
- Slide your bottom hand up the shaft
- Release the stick with upper hand
- Roll your body away from the wall
- As you roll (spin) lead with the elbow that is not holding the stick
- The off hand will hold the stick near the head and one hand cradle protecting the ball
- When you have spun 180 degrees set your feet
- Re-grip the shaft with both hands
- Now you will be throwing from the other side other hand
- Then reach back and fire from the other side.
- Catch with same side you throw from
- Alternating sides and continuously switching hands after each catch
- Do 50 quick reps.

Drill: http://video.kudda.com/clinic/Wall_Drills_Part_2/Wall_drills_dodges

8. Split Dodge

- Stand 10-15 feet (3-5 meters) from the wall.
- Start with your feet in the throwing position, at a 90 degree angle to the wall.
- Focus on your upper body mechanics and throwing motion.
- Focus hard on a specific point on the wall.
- Throw hard snapping your wrists with a full follow-through.
- Catch the ball on the same side.
- Bring the ball up by your ear (ready position).
- Do a split Dodge by reversing your feet
- Hop And twist 180 degrees landing with your feet and body now facing the opposite direction.
- Switch hands while you are hopping so that when you land you are now ready to throw from the other side.
- Then reach back and fire from the other side.
- Catch with same side you throw from
- Alternating sides and continuously switching hands after each catch
- Do 50 quick reps.

Drill: http://video.kudda.com/clinic/Wall_Drills_Part_2/Wall_drills_split_dodge

Add Other Dodges and Freestyle Tricks

- Be creative and add moves and dodges that you are working on.
- Behind the back shots and catches should be a regular part of wall ball
- One handed throws and catches are perfect for wall ball
- Between the legs shots
- Create your own tricks.
- Have fun!
- Do at least 5 minutes of varied (play time) wall ball every session
- It is very important in developing both your skill level as well as keeping the work fun.

If you do one thing to improve your game Wall Ball is it. Keep it fun. Focus on a spot. Challenge yourself, and Just Do It!