



US LACROSSE COACHING EDUCATION PROGRAM

Drill Progressions

Description

Using Progression (user clicks on main topic to reveal concept underneath)

As each step is completed, return to the chain concept, with steps filled in. Use images of this concept, if available.

1. Have the player perform a skill in repetition by him or herself.
Concept: Gives the most exposure for trial and error and allows a self-exploratory process to occur.
Example: Player performs stationary ground ball pickup with both hands on top of the stick, 10 repetitions. Player rolls ball away from self and picks it up, 10 repetitions.
2. Ask the players to do the skill with a partner.
Concept: Helps gain insight by watching the skill being performed correctly or helping the partner with suggested corrections.
Example: Partner rolls ball away from player to pick up, switch duties.
3. Introduce a passive opposition or defender to challenge the execution of the skill.
Concept: Increases pressure and complexity.
Example: Third partner rolls ball away and 2 players fight to gain possession with a pickup; then alternate who rolls the ball out to the competing players.
4. Raise the challenge of the skill and add more pressure by having the players compete for the ball and finish with a rewarding opportunity, like a shot on goal.
Concept: Additional pressure and complexity.
Example: Coach rolls ball away and 2 players try to pick it up; the one who gets possession in his crosse may finish with a shot on the cage.
5. Finally, test the performance of the learned skill in a modified “game” situation.
Concept: Design to include the skill as a factor in leading to a scoring or winning conclusion.
Example: Relay race with ground-ball pickups as the skill, one team versus another.

Drill Progression Example

The following is a drill-progression example for ground-ball pickups:

1. 5-Yard Scoop Drill
2. 4-Corner Pick-and-Go Ground-Balls
3. Hogan Lacrosse Butt-to-Butt Drill
4. Canadian 2-v-2 Ground-Balls





5-Yard Scoop Drill

Drill Specs

Drill Theme: Ground-balls

Drill Style: Skills, warmup

Field Location: Midfield

Field Position: Midfield

Time Needed: 10 minutes

Skill Level: Basic

Objective

To teach players the basics of ground-ball pickups, by doing repetitive scoops down the field.

Description of Drill

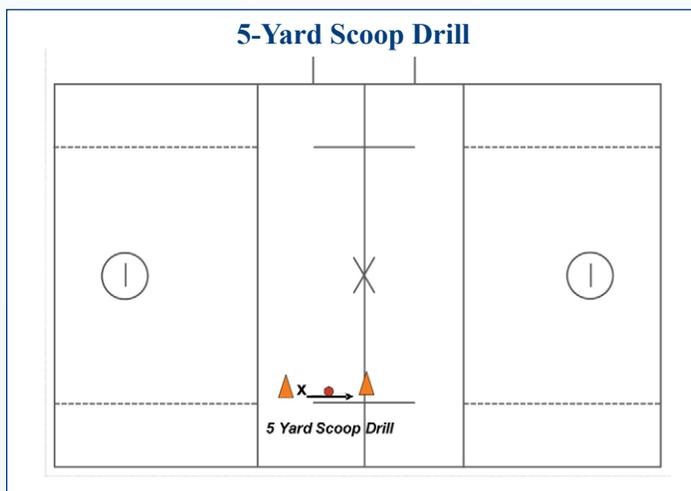
Have your players line up at one end line or side line, each with a lacrosse ball.

On the first whistle, the players roll the ball out about 5 yards.

On the second whistle, the players run to the ball and quickly get into a scoop position over the top of the ball, and freeze.

On the third whistle, they scoop through the ball and sprint to the next line, cone or endline.

Repeat this drill the length of the field, or back and forth between cones 10 yards apart.





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Skills Practiced

- Ground-balls
- Conditioning

Description of Drill

Have players freeze over top of the ball. Then, on the next whistle, have them kick the ball out or pull it back with their foot to practice being creative in pressure situations, then picking up the ball.

Also, have players practice this along a sideline so they can practice scooping along the sideline with their backside to pressure.





4-Corner Pick-and-Go Ground Balls

Drill Specs

Drill Theme: Ground-balls

Drill Style: Skills

Field Location: Attack zone

Field Position: Offense, midfield

Time Needed: 10 minutes

Skill Level: Basic

Objective

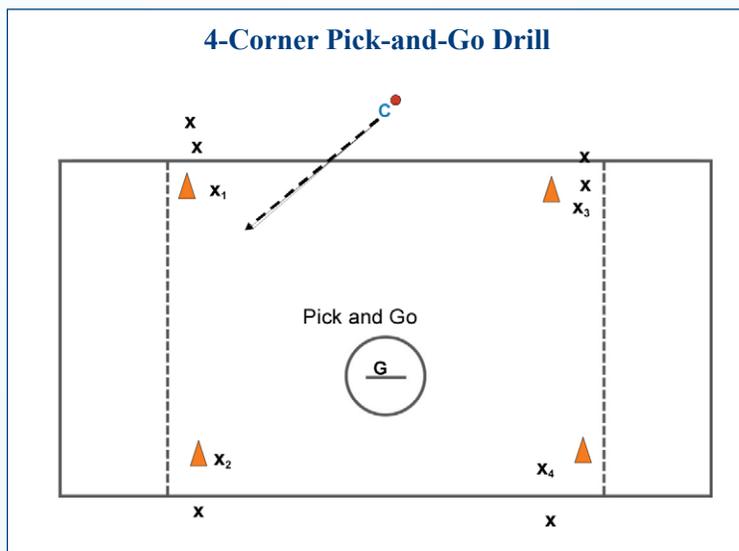
To focus players on ground-balls and drill them on picking up the ground ball and going to the goal for a shot.

Description of Drill

The coach has a bucket of balls at the top of the attack zone.

Four lines of players are around the attack zone. One by one, the coach rolls a ball to a line, and that player gets the ground-ball, scoops and go to goal for a shot.

After the shot, the player sprints across the field to the other line.





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Skills Practiced

- Ground-balls
- Shooting
- Conditioning

Description of Drill

Add in the middle of the field a coach or defender with a long stick to play soft defense on each line as the player drives to goal for a shot. Add a goalie as well to build in real-live game situations.





Hogan Lacrosse “Butt-to-Butt” Drill

Drill Specs

Drill Theme: Ground-balls

Drill Style: Skills, warmup

Field Location: Attack zone

Field Position: Offense, defense

Time Needed: 10 minutes

Skill Level: Basic

Objective

To help players understand body awareness, how to lower their levels and fight for a ground ball. Also, most importantly, how to run away from pressure after scooping the ball.

Description of Drill

Thanks to Matt Hogan of Hogan Lax for this great drill: the “Butt-to-Butt” drill.

This 2-man drill has both players standing back to back with a ball between them on the ground. On the first whistle, the players try to back up and get themselves over the ball and in position to play the ball. Then the coach blows the second whistle, and the players may then kick the ball out and pick the ball up and get away from pressure. The video shows how the ball is between players on the ground and how a player can benefit from using their feet and creativity to get the ball in a location to allow them a successful ground-ball pickup. Please go to the following link to see the video: <http://www.hoganlax.com/main.asp?page=1734>

Hogan Lacrosse “Butt-to-Butt” Drill



Players are
butt-to-butt,
with the ball
between them!





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Skills Practiced

- Ground-balls
- Stick checking

Variations

Add a third player as an outlet pass. After 1 of the 2 players picks fighting for the ball picks it up, then the third player breaks out and receives the pass as an outlet.





Canadian 2-vs.-2 Ground Balls

Drill Specs

Drill Theme: Ground-balls

Drill Style: Game

Field Location: Attack zone

Field Position: Offense, defense

Time Needed: 15 minutes

Skill Level: Intermediate

Objective

To focus players on ground balls in game-like situations. The drill forces players to communicate, gain possession under pressure and then go to goal.

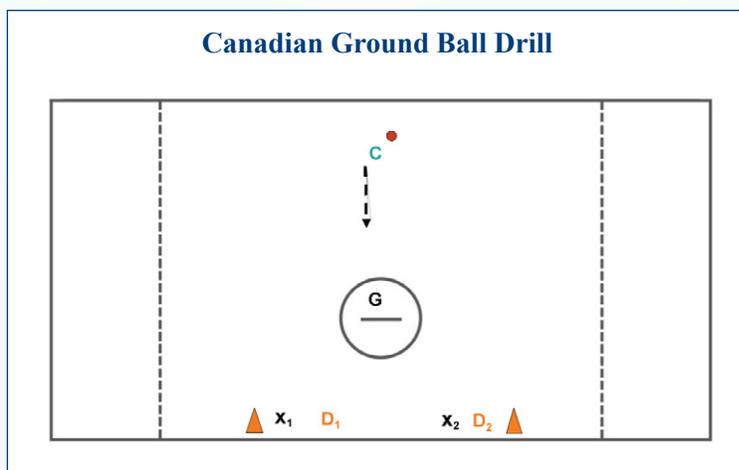
Description of Drill

The coach is at the top of the attack zone with a bucket of balls.

Two lines of players in white are behind the cage with 2 lines of dark players.

The coach rolls out a ball, and the first players in each line go after the ground ball.

Players use man/ball communications to gain possession of the ball; then the team with the ball is on offense, and the team without goes on defense. The drill ends with a shot, save or clear.





US LACROSSE COACHING EDUCATION PROGRAM

Skills Practiced

- Ground-balls
- Communication
- Ball movement
- Conditioning

Variations

Have the goalie clear all saves or goals back to the defensive team and work on re-breaking up the field after a player shoots.

Also, have the coach add players by yelling “Plus 1” at random times to increase the 2-vs.-2 into a 3-vs.-3.

