



US LACROSSE COACHING EDUCATION PROGRAM

Feeding in Boys Lacrosse

Feeding is passing with a purpose.

That purpose is to score.

A feeder looks to pass the ball to another player who is in immediate position to score. It is essential in an ongoing effort to yield high-percentage shots.

The mark of an effective feeder is his ability to

- create space between him and his defender
- get his hands free
- hit cutters and posts on the crease with precision passes

Teaching the Skill: Feeding

A feeder might use a dodge to free himself of a defender, or he can drive off and away.

To drive off and away, the feeder draws his defender to a spot on the field, oftentimes “X,” where a high-percentage feed is possible.

The feeder plants his non-stick side foot hard toward his defender and then push away off that foot.

He then backpedals using a crossover step to create space between him and his defender.

When that space is achieved, the feeder locates his cutting teammate and throws a quick, precise pass.

In Level 2 of the Coaches Education Program, this skill evolves to include catching over the shoulder.

For now, these two catching styles should be your focus.





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Error Detection and Correction

Error:

The players' feeds are intercepted.

Correction:

Make sure he is not "telegraphing" his feeds or throwing too long of a pass.

If he is focuses on the target, defenses can read that easily.

Error:

The player's feed does not reach the shooter.

Correction:

Check his hand position.

Both hands should be high above the chest area to maximize speed, power and height of the ball.

