



# US LACROSSE COACHING EDUCATION PROGRAM

## Throwing in Boys Lacrosse

Lacrosse is a game played best when the ball is airborne.

Throwing is the fundamental basis of more advanced skills such as shooting and feeding.

A Level 1 player should be able to throw under mild pressure from an opponent trying to hold or check his stick.

In addition to improving an individual's skills, training in this discipline offers your team less tangible advantages, like time of possession and quality scoring opportunities.

It is crucial at this level that each player be taught the proper mechanics of throwing.

Footwork, body and hand positioning should all work in unison so that the stick becomes an extension, not a tool.

Nip bad habits in the bud now, and reap rewards later.

### Teaching the Skill: Throwing

The player's stick is in "box position," with the head nestled above his shoulder and next to his ear.

His body is positioned perpendicular to the target, like a pitcher on the mound would be to his catcher, with his non-throwing shoulder pointed at the target.

The player begins the throwing motion by pushing off his back foot on his stick side, and stepping toward the target with his front foot on the non-stick side – in baseball terms, like a pitcher coming out of the stretch.

When your player's proper footwork is in place, then you can turn your attention to his body mechanics.

His trunk rotates and turns toward the target at the same time he plants his front foot.

As the trunk rotates, the player brings his stick past his ear.

His top hand slides down toward the bottom hand and rotates over it to cause his wrist to snap, like a batter snaps his top wrist when hitting a baseball.

Most importantly, instill in your player the "push-pull" mechanic.





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The top hand pushes as the bottom hand pulls, and as the top wrist rolls over the bottom wrist.

There are many different arm angles.

A Level 1 player should use a three-quarter arm motion for accuracy, speed and a quick release.

## **Error Detection and Correction**

### ***Error:***

The ball goes into the ground or does not reach the target.

### ***Correction:***

Your player is “pushing” the ball.

Either his hands are improperly positioned, or he is not following through with the push-pull mechanic.

Use these 5 troubleshooting tactics:

1. Make sure his hands are near his chest.
2. Make sure his stick is in the box position.
3. Make sure his bottom hand pulls down on the stick handle while his top hand pushes towards the target.
4. Make sure his top wrist snaps and rolls over his bottom wrist.
5. If the mechanics are there, check his stick. His pocket may be too deep or his stick might have too much whip. Level 1 players should keep a shallower pocket for a quicker release and more velocity.

### ***Error:***

The ball goes wide of the target.

### ***Correction:***

Check your player’s body positioning.

Beginners tend to square up to the target; make sure he is perpendicular.

Then check his arm motion, and make sure he throws at a three-quarter angle.

