



MEN'S 50 YARD FIGHT DRILL

DRILL SPECS:

Drill Theme: Cradling and Dodging
Field Location: Half Field
Time Needed: 20 Min

Drill Style: Warm Up, Skills, Conditioning
Field Position: Offense, Defense
Skill Level: Advanced

OBJECTIVE:

This drill is excellent for teaching players 1 v 1 tactics and skills on both offense and defense. The objective is to either beat your player to the hole for a shot, or to defend in proper form and cause a turn over.

DRILL DESCRIPTION:

Set up a straight line of players on each side of the crease going all the way up to midfield. One line is designated offense, as the other line is designated defense. The two lines of players will restrict the area that the offensive player can dodge and go to goal.

The drill starts with the top player on offense stepping out and going 1 on 1 with the defensive player. The defensive player works on turning and forcing the offensive player from side to side until they get within the attack zone and then they go to goal and defend, looking for a shot on goal or a turnover.

This drill is rapid fire and once the top 2 players get to the attack box, the next 2 should go.

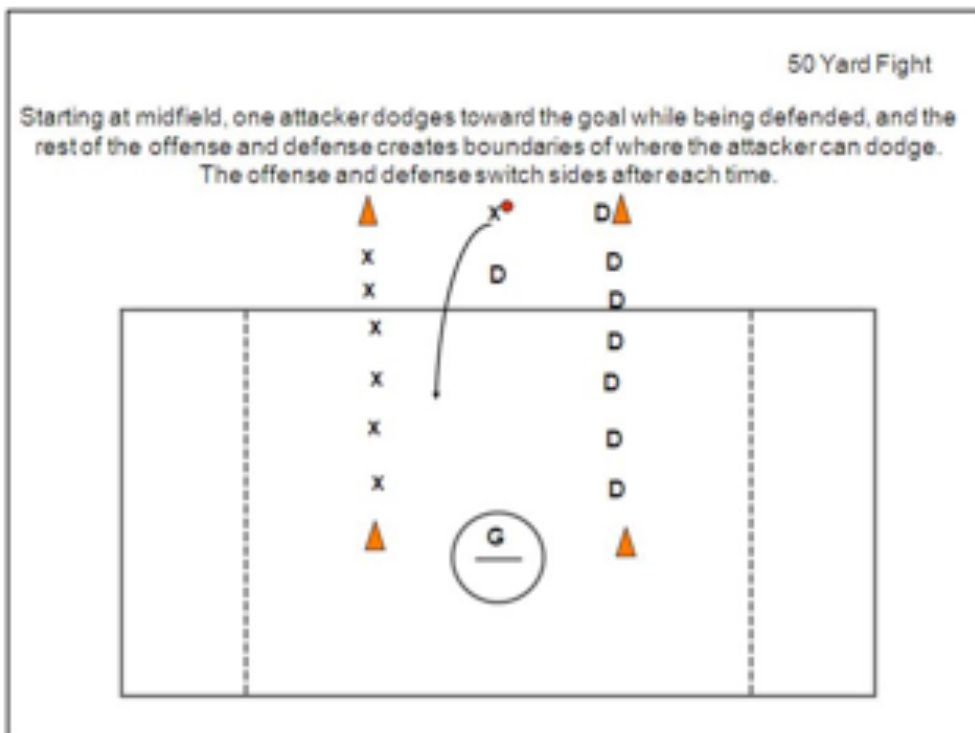
SKILLS PRACTICED:

- Dodging
- Conditioning
- Footwork
- Shooting

VARIATIONS:

Vary the locations where the 1 on 1 will start. Designate one hand only, or two hand only cradling, you may also designate the only dodge allowed like roll dodges only, face dodges only, etc.

DRILL DIAGRAM:





MEN'S CHANGE OF DIRECTION DRILL

DRILL SPECS:

Drill Theme: Cradling and Dodging
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Skills
Field Position: Offense
Skill Level: Intermediate

OBJECTIVE:

This drill is excellent for teaching players to dodge, use footwork, and transition movements into a shot. The concept of getting time and space to get a shot off is the main theme of the Change of Direction drill.

DRILL DESCRIPTION:

Set up 4 cones as shown in the diagram. At each cone your players will perform either a dodge, switch, change of direction, and finish with a shot on goal.

The concept of getting time and space to shoot is all about changing direction and moving to get your hands free to shoot at the goal. Have your players work on powering off each move at the cone, and finish with a moving shot at the end.

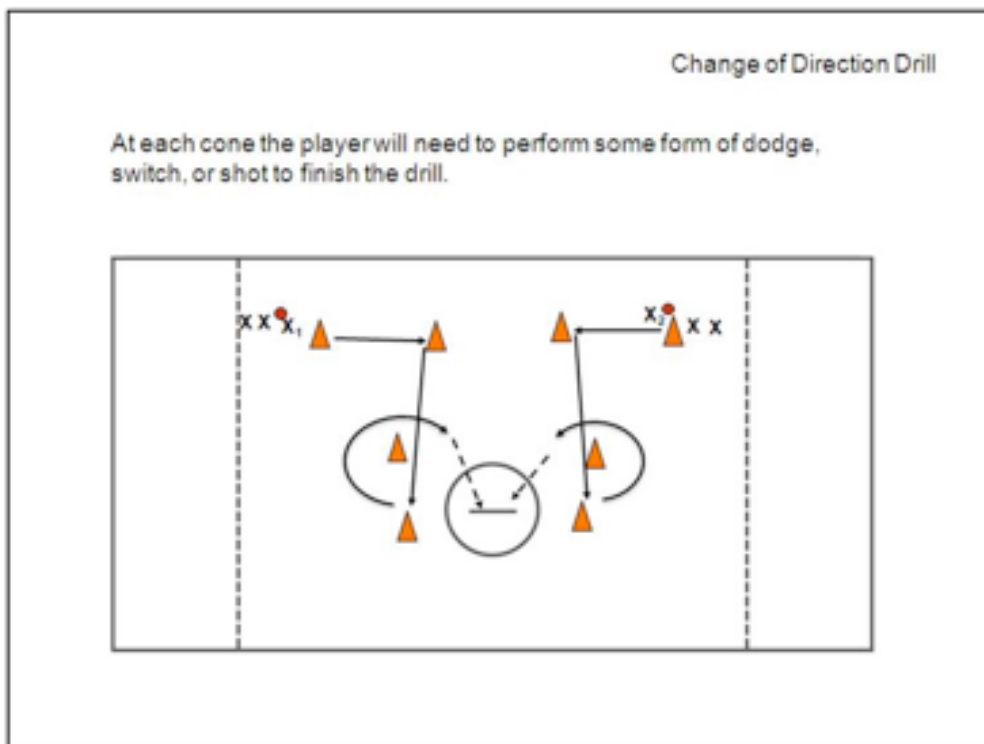
SKILLS PRACTICED:

- Dodging
- Conditioning
- Footwork
- Shooting

VARIATIONS:

Vary the locations where the cones are set up. You may also add defense at the last cone to simulate how and where you need to create time and space for the shot. Lastly, add targets on net or add a goalie to make your shooter work different locations on the goal.

DRILL DIAGRAM:





MEN'S GAUNTLET DRILL

DRILL SPECS:

Drill Theme: Cradling and Dodging

Field Location: Attack Zone

Time Needed: 15 Min

Drill Style: Skills

Field Position: Offense, Defense, Midfield

Skill Level: Basic

OBJECTIVE:

This drill is excellent for teaching players to dodge, use footwork, and keep control of the ball. The players will need to stay very text book when they go through their dodges and protect their sticks.

DRILL DESCRIPTION:

Have your players all get a ball and set up in a straight line.

Set up 5 cones in a straight line about 5 yards apart from each other in front of your players.

At each cone your players will need to execute a dodge. You may dictate what dodge they should do or allow them to choose on their own.

After all players go through 2-3 times, add a defensive player at each cone that will play soft defense as players practice their dodges. Allow players to go through 1-2 times and then allow the defenders to check.

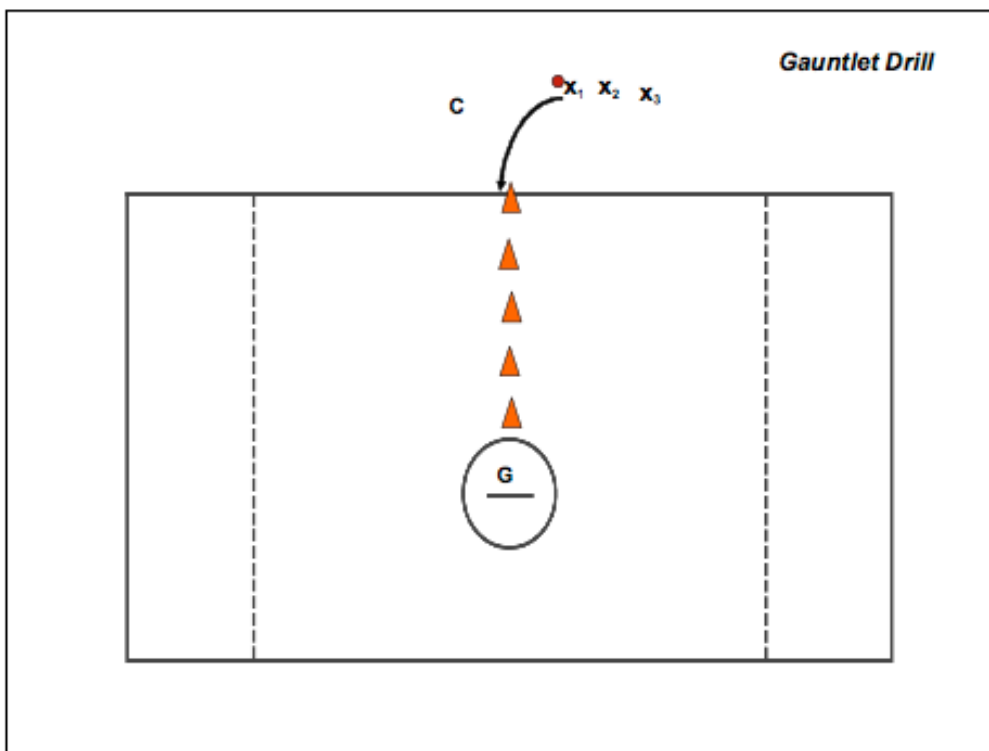
SKILLS PRACTICED:

- Dodging
- Conditioning
- Footwork
- Stick Protection

VARIATIONS:

Vary the locations where the cones are set up. You may also have players shoot on goal after they get past the last cone or defender.

DRILL DIAGRAM:





MEN'S GRID LOCKED DRILL

DRILL SPECS:

Drill Theme: Cradling and Dodging
Field Location: Midfield
Time Needed: 15 Min

Drill Style: Game, Skills
Field Position: Offense, Defense, Midfield
Skill Level: Intermediate

OBJECTIVE:

To develop the skills of dodging and passing a defender.

DRILL DESCRIPTION:

Lay out three consecutive 15-by-15-yard grids, with a goal cage at the end of the last grid. Each team consists of three players. One team is on defense with one player positioned to defend in each grid without a stick. The attack team players each have a ball and line up behind the grid farthest from the goal. Each attacker tries to successfully dodge the opponent within the 15-yard space to move onto the next defender. If the attacker does not drop the ball and gets through the grid, she scores one point for her team, and she gets an additional point if she scores a goal after the last grid. A dropped ball ends the scoring opportunity in that particular grid, but she may move onto the next grid to challenge the defender. After all attackers had had three tries through the grid to score points, the teams switch roles.

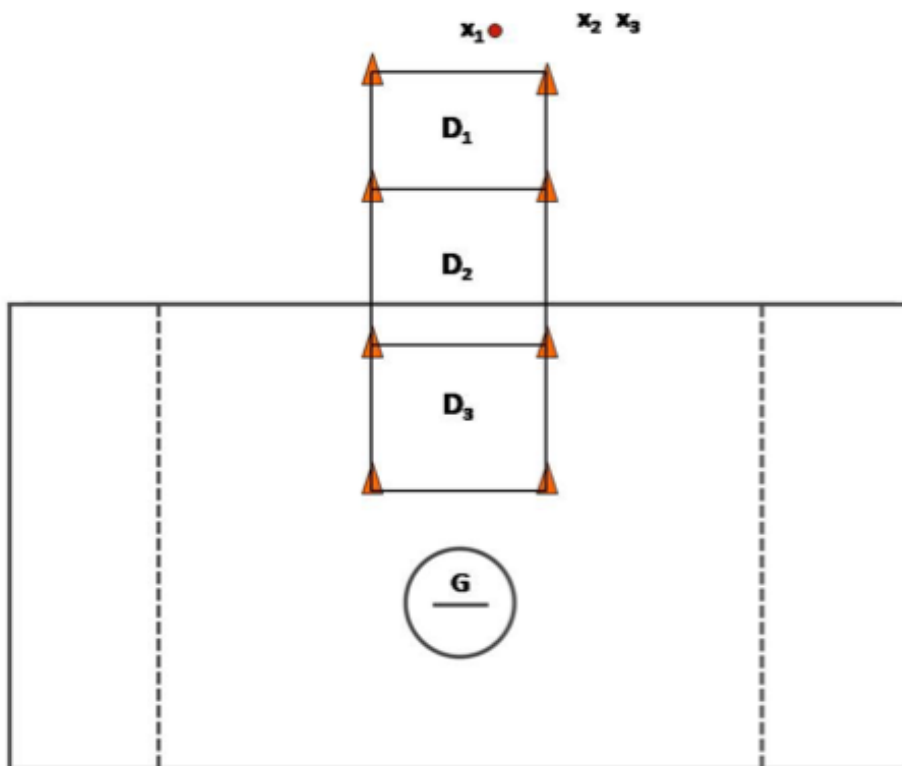
SKILLS PRACTICED:

- 1 v 1 defense and attack
- Dodging
- Strong and Weak Hand Play
- Cradling

VARIATIONS:

Place a time limit on how long the player can be in each grid (5 seconds). Allow defenders to play with sticks.

DRILL DIAGRAM:





MEN'S ROCK AND ROLL FROM X DODGE DRILL

DRILL SPECS:

Drill Theme: Cradling and Dodging

Field Location: Attack Zone

Time Needed: 15 Min

Drill Style: Skills

Field Position: Offense

Skill Level: Intermediate

OBJECTIVE:

This drill is excellent for teaching players to dodge around X and go from side of the field to the other around the X location.

DRILL DESCRIPTION:

Have your players all get a ball and set up in a straight line at the x position, all with lacrosse balls.

Set up a cone to the left on goal line extended about 3 yards off the crease.

Set up a second cone on the other side of the crease, but about 5 yards above goal line extended and 3 yards off the crease.

Have your players attack the first cone to the left and touch the cone, then drive back around the back of the crease.

When they drive behind the crease they must sprint to the second cone at 5 yards above (GLE).

When they reach that cone they should inside roll and finish the ball in the net.

Have your players do this rapid fire, one after another.

(Be sure to switch sides half way through)

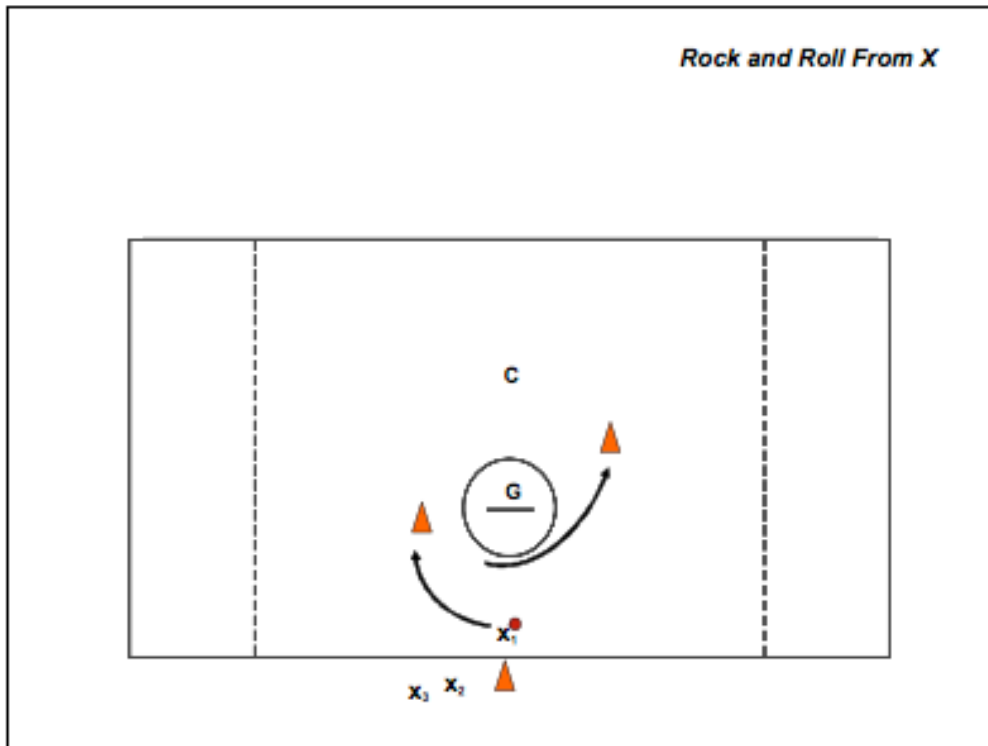
SKILLS PRACTICED:

- Dodging
- Footwork
- Shooting

VARIATIONS:

Vary the locations where the cones are set up. Also add defenders at the cones for added pressure.

DRILL DIAGRAM:





MEN'S SHOW TIME DRILL

DRILL SPECS:

Drill Theme: Cradling and Dodging

Field Location: Attack Zone

Time Needed: 5 Min

Drill Style: Warm-Up, Skills

Field Position: Offense, Defense, Midfield

Skill Level: Basic

OBJECTIVE:

To develop ball-handling and dodging skills without a defender.

DRILL DESCRIPTION:

Position all players in the penalty area, giving each player a ball. As players cradle and move throughout the penalty area, they execute one or more dodges indicated by the coach. Players must keep their heads up and not look at the ball in their sticks. The players must successfully cradle the ball and execute the dodge without dropping the ball or they are out.

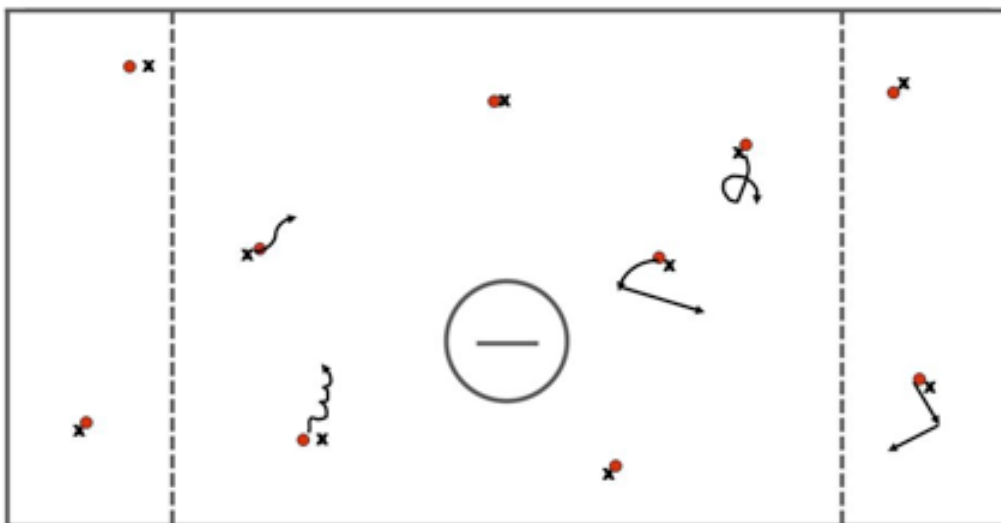
SKILLS PRACTICED:

- Cradling and Dodging
- Maintaining Possession
- Stick Protection
- Strong and Weak Hand Play

VARIATIONS:

Vary the locations where the cones are set up. Also add defenders at the cones for added pressure.

DRILL DIAGRAM:





MEN'S SPLIT AND ROLL DODGE DRILL

DRILL SPECS:

Drill Theme: Cradling and Dodging
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Skills
Field Position: Offense
Skill Level: Basic

OBJECTIVE:

This drill is excellent for teaching players to dodge and go from one dodge to another.

DRILL DESCRIPTION:

Have your players all get a ball and set up in a straight line at the top of the attack zone. Set up a cone in the middle of the box about 5 yards inside of the attack zone, and then another cone to both the right and left about 5 yards down and 5 yards over. You players will one at a time drive into the zone and split dodge at the first cone. The player will then go right or left and when they reach the next cone they will roll inside and drive for the shot.

SKILLS PRACTICED:

- Dodging
- Footwork
- Shooting

VARIATIONS:

Vary the locations where the cones are set up. Also add defenders at the cones for added pressure.

DRILL DIAGRAM:

