



MEN'S 2-MAN DRILL

AUTHOR INFORMATION:

Author Name: Jeremy Mattoon

Author School: Hood College

DRILL SPECS:

Drill Theme: Ball Movement

Drill Style: Skill

Field Location: Offense

Field Position: Offense, Midfield

Time Needed: 15 Min

Skill Level: Intermediate

OBJECTIVE:

To work on cutting towards ball, picking for the ball, and breaking out to receive a pass.

DRILL DESCRIPTION:

Start by setting up a line at the restraining line and a line at goal line extended. The player at the restraining line will pass the ball down to the player at goal line extended. Once the pass is made that player will cut inside, then back out to set a pick for the player that just received the pass. The player that received the pass will wait for the pick to come, then make a hard move off the pick, making sure his shoulder touches the shoulder of the player setting a pick. This creates no space in between the two players and locks off the defense. Once the ball carrier is off the pick the other player will open up towards the ball carrier and down step towards the goal. The ball carrier now has the option to pass the ball or take a shot on cage.

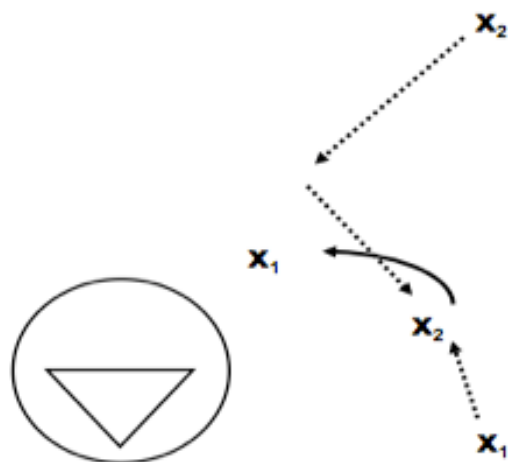
SKILLS PRACTICED:

- Ball Movement
 - Cutting
 - Passing
 - Picking
 - 2 Man Game
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VARIATIONS:

You can add additional lines around the goal allowing players to pass, catch, and shoot with both hands. In addition, the players can alternate who starts with the ball, making the pick either an up-pick or a down-pick.

DRILL DIAGRAM:





MEN'S CUT AND PICK DRILL

DRILL SPECS:

Drill Theme: Cutting-Feeding-Picks

Field Location: Attack Zone

Time Needed: 10 Min

Drill Style: Game

Field Position: Offense, Defense, Midfield

Skill Level: Intermediate

OBJECTIVE:

To learn proper cutting and picking when the ball is behind the goal.

DRILL DESCRIPTION:

Play 4v4 inside the box with a goalie in the cage. One attacker and one defender are behind the goal, and the other players are in front of the goal. The three offensive players in front of the goal pick for each other and cut to get open to receive a pass from the attacker behind, who is trying to get open to feed the ball. Restart play by throwing the ball to the attacker behind the goal.

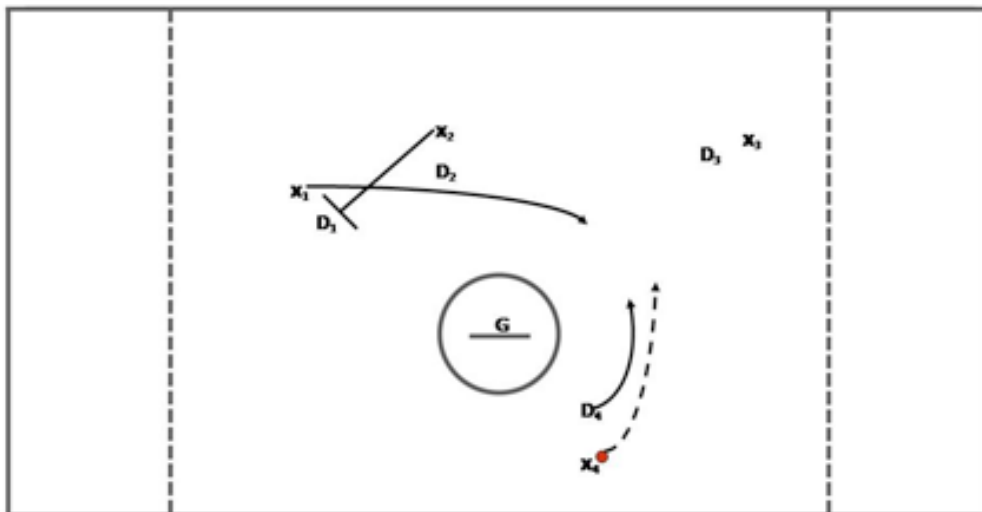
SKILLS PRACTICED:

- Picks
- Communication – where to force the attacker with the ball
- Cuts
- Timing
- Feeding

VARIATIONS:

Play 4v3 leaving the attacker behind the goal unguarded.

DRILL DIAGRAM:



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MEN'S FEED WHO? DRILL

AUTHOR INFORMATION:

Author Name: Ted Garber

Author School:

DRILL SPECS:

Drill Theme: Feeding and Cutting

Drill Style: Skill, Warm-Up

Field Location: Attack Zone

Field Position: Offense, Midfield

Time Needed: 5 Min

Skill Level: Basic

OBJECTIVE:

To work on developing offensive recognition skills.

DRILL DESCRIPTION:

Player X1 starts with the ball and passes it to X3. After the pass X1 and X2 exchange sides while cutting in front of X4. X4 must choose who (X1 or X2) to cover and stay with them. X3 makes a feed to the open player. X4 then chases the ball. Player who now has the ball can shoot or pass depending on how well they are defended. They are NOT to dodge the defender, but should find the open man.

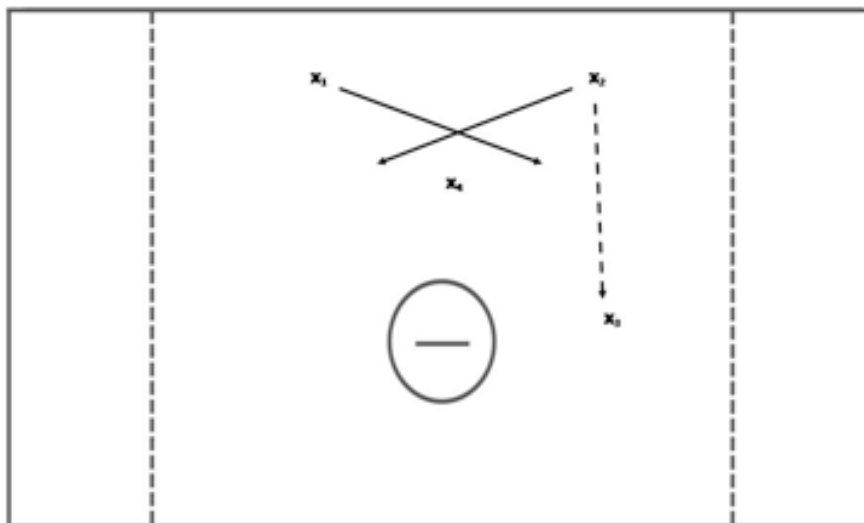
SKILLS PRACTICED:

- Stepping into the Passing Lane
- Finding Open Player
- Passing and Catching
- Cutting
- Denying cuts and passes defensively

VARIATIONS:

Add additional defenders to make X3 find the open man anywhere on the field. Have the defender(s) chase the ball. Add additional attackers/defenders to make it 3v2, 3v3, 4v3, 4v4 as the offense gets better. Start the ball in different locations. After the first shot, X5 can throw an additional ball into play anywhere so all players get another repetition. Only allow diagonal passes to X3.

DRILL DIAGRAM:





MEN'S GIVE AND GO DRILL

DRILL SPECS:

Drill Theme: Cutting-Feeding-Picks

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 give and go.

DRILL DESCRIPTION:

Have your players get in two lines at the top of the attack zone. One line will have lacrosse balls, and the other will not.

Have a soft defensive player or coach stand in front of the players with the ball.

That player will feed the ball to the second line and then sprint towards the goal. The second line player will catch, switch hands and throw a lead pass to the breaking player.

A catch and a shot should occur and the players should return to the back of the lines.

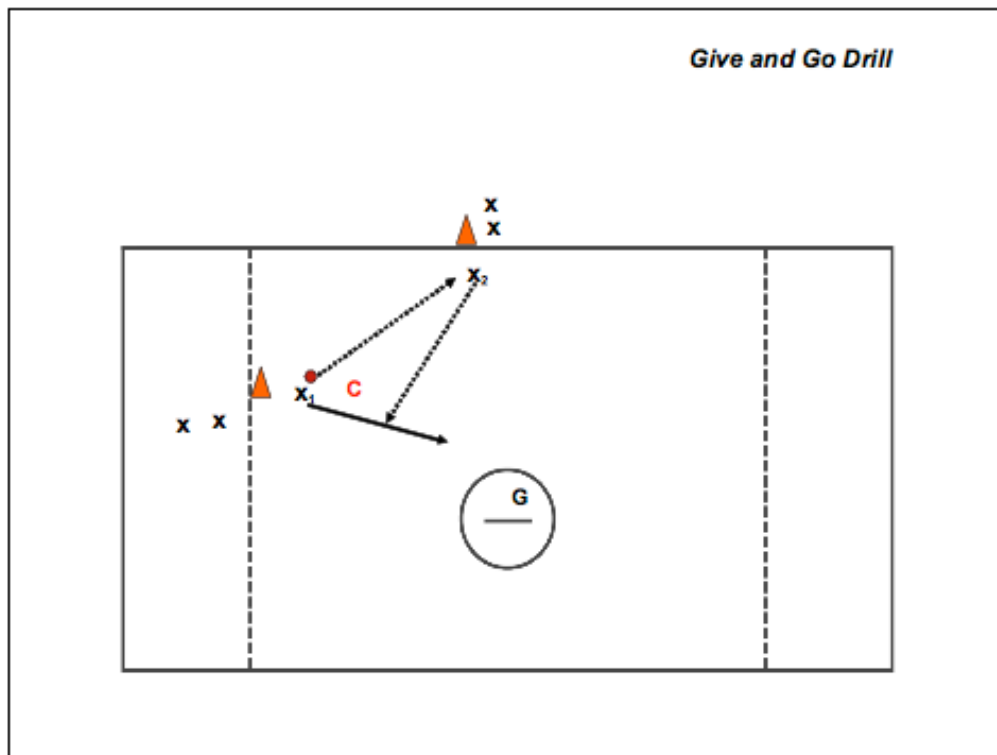
SKILLS PRACTICED:

- Feeding
- Ball Movement
- Shooting

VARIATIONS:

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

DRILL DIAGRAM:





MEN'S HOGAN SAINTS DRILL

DRILL SPECS:

Drill Theme: Cutting-Feeding-Picks
Field Location: Midfield Area
Time Needed: 20 Min

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

OBJECTIVE:

This drill is excellent for teaching players to feed and cut in the midfield area. It helps with ball movement and feeding at all areas of the field.

DRILL DESCRIPTION:

Players set up in a box with lines 20-40 yards apart depending on how long you want the passes. You will also have two designated feeders that will stand in between the lines on the sides.

The lacrosse balls are on a top side corner. They start the drill by throwing a pass to the cutting player from the line to their side.

That player will catch and then throw right away to the designated feeder in between the lines, who does a give and go right back to that player.

That player catches the give and go, and throws the ball to the opposite corner.

The opposite corner will catch and start the ball back up by feeding the line to their side who is cutting in front of them. That player catches and does a give and go with the other designated feeder.

The play continues on a rapid fire pattern till time is up.

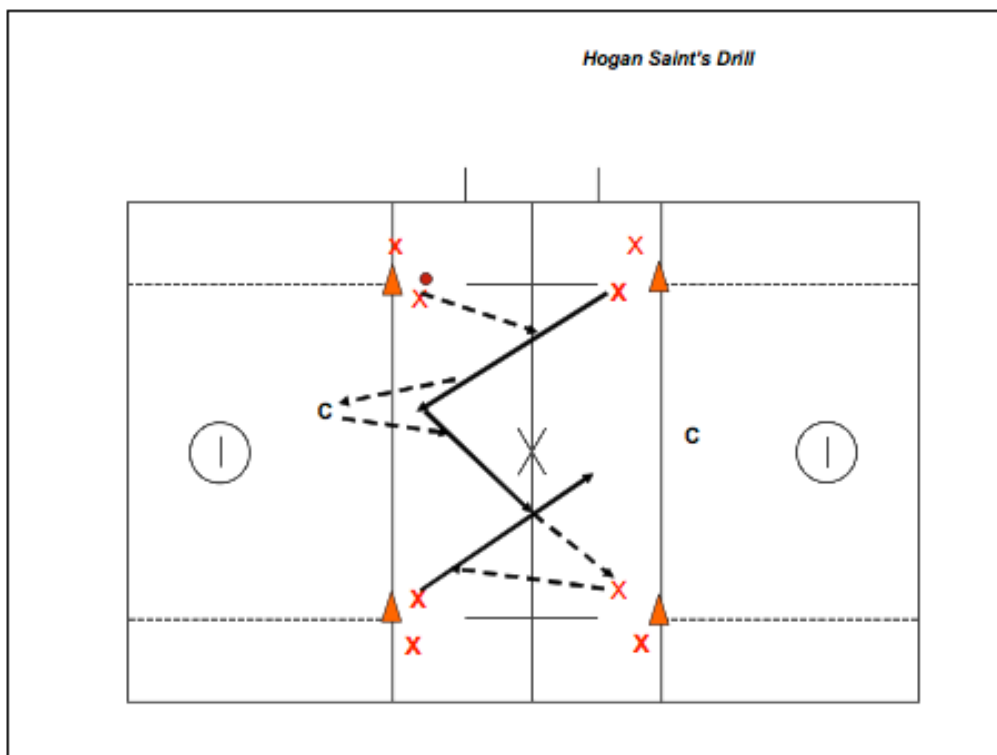
SKILLS PRACTICED:

- Feeding
- Ball Movement
- Conditioning

VARIATIONS:

Add as many balls as possible and keep the speed of the drill very high.
Add random defenders to pressure passes or cuts.

DRILL DIAGRAM:





MEN'S INSIDE PASS AND PICK AWAY DRILL

DRILL SPECS:

Drill Theme: Cutting-Feeding-Picks

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 pass and pick away to create space and offense in the inside areas of the attack zone.

DRILL DESCRIPTION:

Have your players get in three lines, one at the point, and two low and out wide of the attack zone. The formation should resemble the 1-4-1 Outside offense set up.

The line at the top will have the ball, and will feed to one of the wing players.

After the feed the player that had the ball should drive in and set a pick inside for the player away from where he just passed.

That player will time the pick and drive off it, for a feed from the player on the other wing.

The next group of players should go the opposite way of the group in front of them.

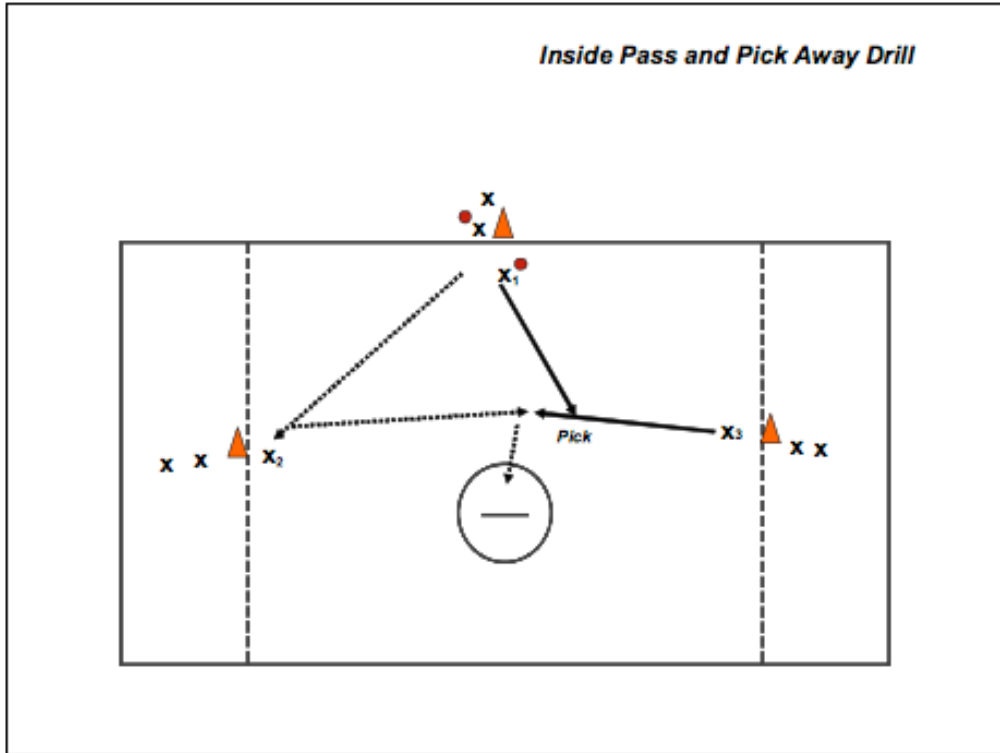
SKILLS PRACTICED:

- Feeding
- Ball Movement
- Picks
- Shooting

VARIATIONS:

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

DRILL DIAGRAM:





MEN'S PASS AND PICK AWAY DRILL

DRILL SPECS:

Drill Theme: Cutting-Feeding-Picks
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 pass and pick away to create space and offense.

DRILL DESCRIPTION:

Have your players get in three lines at the top of the attack zone. One line in the middle will have lacrosse balls, and the other will not.

Have a soft defensive player or coach stand in front of the players without the balls.

The players in the middle with the ball will feed either side, and run away to the opposite line.

They will set a pick for that line on the coach or soft defender there.

That line will take the pick and drive to the feeder on the other side.

The pass will be made for a catch and a shot.

The very next player with the next ball should throw the ball to the opposite directions and pick away to the opposite line of the person before him.

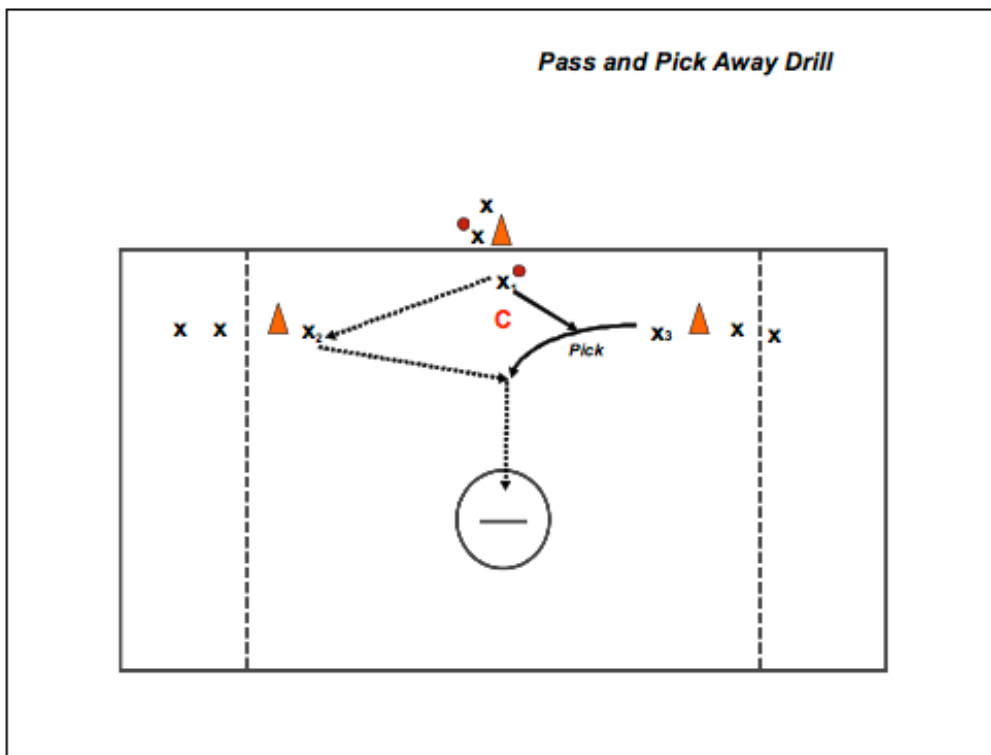
SKILLS PRACTICED:

- Feeding
 - Ball Movement
 - Picks
 - Shooting
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VARIATIONS:

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

DRILL DIAGRAM:





MEN'S PLAYING THE CUTTER DRILL

DRILL SPECS:

Drill Theme: Cutting-Feeding-Picks

Field Location: Attack Zone

Time Needed: 10 Min

Drill Style: Skills

Field Position: Offense, Defense, Midfield

Skill Level: Intermediate

OBJECTIVE:

To develop offensive and defensive cutting skills.

DRILL DESCRIPTION:

Two lines of midfielders, one offensive and one defensive, stand at the top of the attack box. One midfielder from the defensive line steps forward to defend the cutting offensive midfielder. Two attackers, each with a ball, stand behind the goal, with the goalie in position. On the coach's whistle, the cutter runs at the defender, fakes, and cuts to a feeder who passes the ball. Be sure the cutter head fakes as he moves toward the feeder and that he angles to the edge of the crease to avoid running into it. Teach the defender to watch the cutter's hips-not his head, shoulders or eyes.

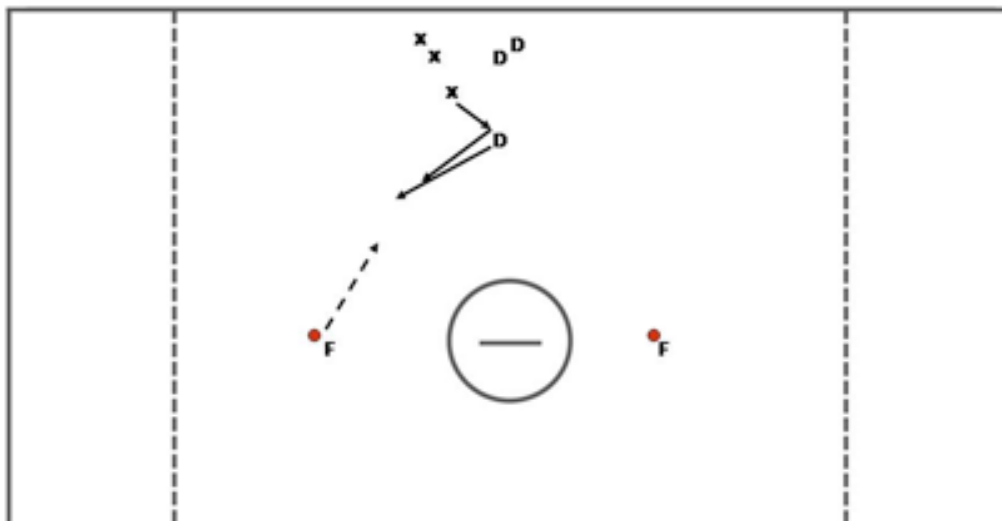
SKILLS PRACTICED:

- 1 v 1 defense and attack
- Denying cuts and passes defensively
- Timing Cuts and Passes
- Feeding

VARIATIONS:

You can change the angle of the ball and move the feeders to the top and have the cutter coming from the goal line extended.

DRILL DIAGRAM:





MEN'S TOP AND BOTTOM GIVE AND GO DRILL

DRILL SPECS:

Drill Theme: Cutting-Feeding-Picks

Field Location: Attack Zone

Time Needed: 10 Min

Drill Style: Skills

Field Position: Offense

Skill Level: Intermediate

OBJECTIVE:

This drill is excellent for teaching players the basics of the give and go play.

DRILL DESCRIPTION:

Have players set up two lines. One at X and one at the top of the attack zone.

Have balls at both lines, and have a coach or full time feeder stand on the wing area.

The player at the cone up top will feed the wing coach and then cut to the hole and get the feed back. That player will catch and shoot, then go to the back for the line at X.

Next the player at the X line will feed the coach on the wing and then cut up the field and receive the pass back from the coach.

That player will have to turn and shoot on a jump shot, and then go to the back of the line at the top.

SKILLS PRACTICED:

- Dodging
- Footwork
- Shooting

VARIATIONS:

Vary the locations where the cones are set up. Also, add soft defense at certain areas of the field to force the players to cut behind or feed ahead of the defense.

DRILL DIAGRAM:

