



## MEN'S 2V1 DRILLS

### DRILL SPECS:

**Drill Theme:** Number Advantages

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Skills, Game

**Field Position:** Offense, Defense

**Skill Level:** Basic

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### OBJECTIVE:

Drill that have players work 2 on 1 in the attack zone. You can work either 2 on 1 with the offense up a player or the defense up a player.

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### DRILL DESCRIPTION:

Have 2 players on offense go against 1 player on defense.

The coach can start the ball from a ground ball or a pass into the players.

Player go until there is a goal, save, clear or whistle.

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### SKILLS PRACTICED:

- Stick Handling
  - Ball Movement
  - Defensive Positioning
  - Slides
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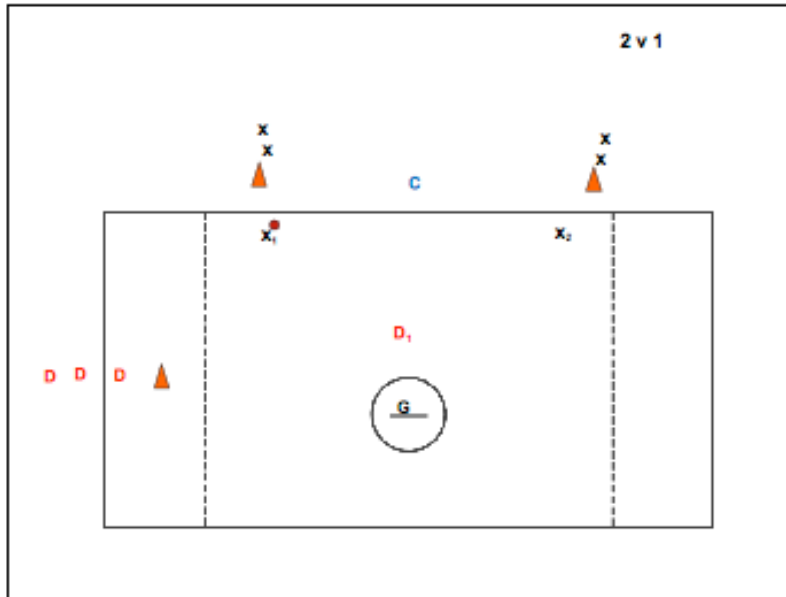
### VARIATIONS:

Switch and have your defense go up with 2 players and the offense work with 1 player.

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

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**DRILL DIAGRAM:**





## MEN'S 3V2, 4V3 DRILL

### AUTHOR INFORMATION:

**Author Name:** Matt Hogan

**Author School:** Hogan Lacrosse

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### DRILL SPECS:

**Drill Theme:** Number Advantages-Disadvantages

**Drill Style:** Game

**Field Position:** Offense, Defense, Midfield

**Field Location:** Half Field

**Time Needed:** 15 Min

**Skill Level:** Intermediate

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### OBJECTIVE:

To work a 3v2 and 4v3 number advantage, while having players have to adjust from offense to defense in consecutive plays.

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### DRILL DESCRIPTION:

Set up 3 lines of players in white behind the goal, balls with the middle line.  
Set up 2 lines of players in blue up top, balls with one line.

On the coaches whistle the first 3 players behind the goal are on offense, and the first two players in blue are on defense with a 3v2 situation.

When play stops on a save, goal, or stoppage the coach will blow a double whistle (one whistle to end the play and one to send in the next 2 blue players).

The next 2 blue players enter the play with a ball from the top, and go 4v3 with the first 2 blue players vs. the 3 white players in the play.

On a stoppage, goal, or save the coach will blow another double whistle to end the play and start the next play. The 3 white players in the middle exit the play, as well as the first 2 blue players, leaving the last 2 blue players in the play on defense. 3 new white players enter the play with a ball and go 3v2. This continues for the duration of the drill.

Be sure to switch players from the bottom to the top or white team to blue after 4-5 minutes.

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### SKILLS PRACTICED:

- Number advantages-disadvantages
  - Ball movement
  - Defensive positioning
  - Transition play
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FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](http://USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE)

### VARIATIONS:

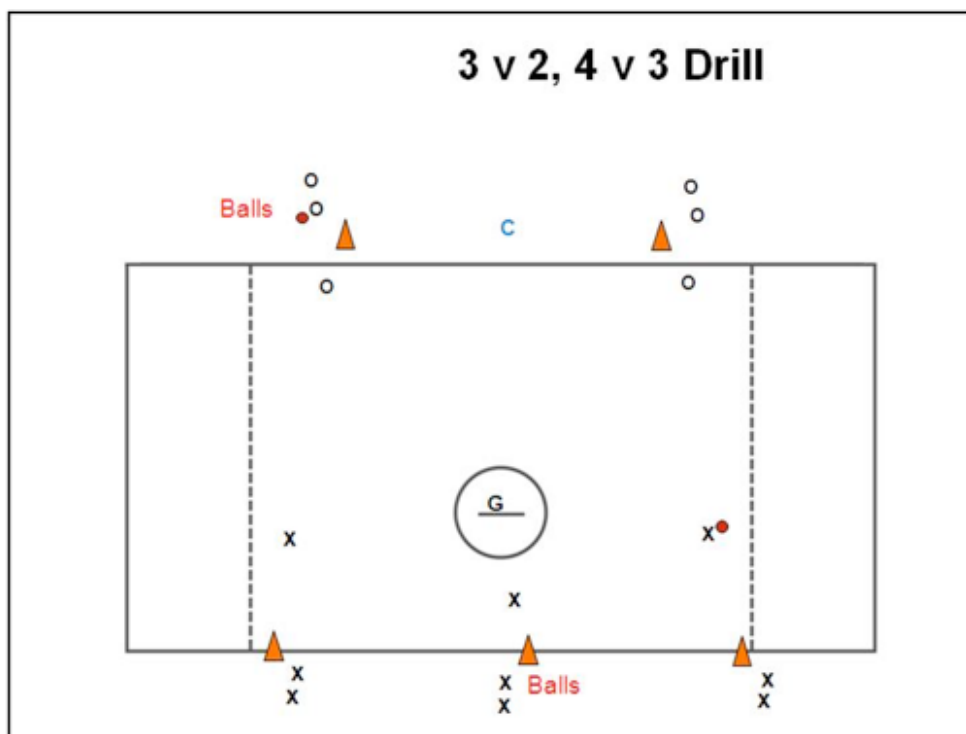
White players (guys behind the goal): play offense, play defense, then get off the field.

Blue guys (guys out front): 1<sup>st</sup> two players play defense, play offense, get off the field.

All blue players after: play offense, play defense, play offense, get off the field.

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### DRILL DIAGRAM:





## MEN'S 3V2 DRILL

### DRILL SPECS:

**Drill Theme:** Number Advantages

**Field Location:** Attack Zone

**Time Needed:** 15 Min

**Drill Style:** Skills, Game

**Field Position:** Offense, Defense

**Skill Level:** Basic

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### OBJECTIVE:

Drill that have players work 3 on 2 in the attack zone. You can work either 3 on 2 with the offense up a player or the defense up a player.

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### DRILL DESCRIPTION:

Have 3 players on offense go against 2 player on defense.  
The coach can start the ball from a ground ball or a pass into the players.  
Players go until there is a goal, save, clear or whistle.

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### SKILLS PRACTICED:

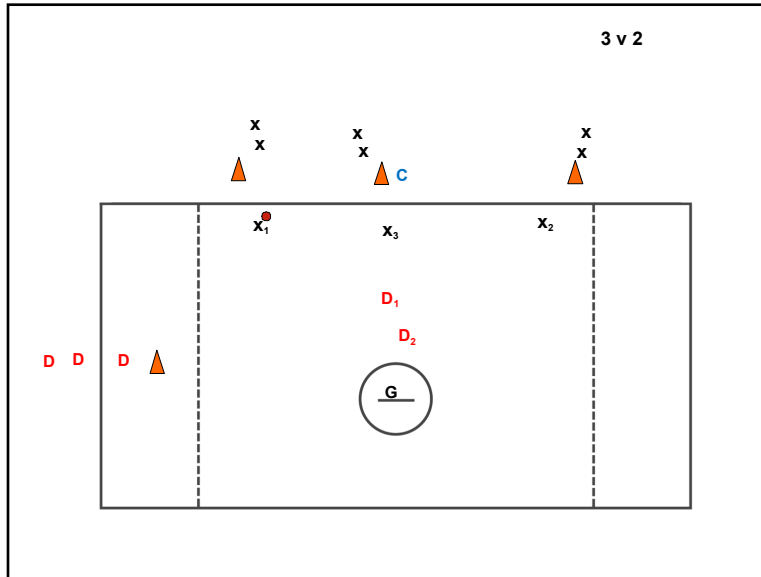
- Stick Handling
  - Ball Movement
  - Defensive Positioning
  - Slides
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### VARIATIONS:

Switch and have your defense go up with 3 players and the offense work with 2 player.  
Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

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**DRILL DIAGRAM:**





## MEN'S 3V2 SIDEWAYS DRILL: TEACHING LOCAL OVERLOADS

### DRILL SPECS:

**Drill Theme:** Number Advantages

**Field Location:** Attack Zone

**Time Needed:** 20 Min

**Drill Style:** Skills

**Field Position:** Offense, Defense

**Skill Level:** Advanced

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### OBJECTIVE:

This drill is excellent for teaching "local overloads" from both a defensive and offensive point of view. This is the basis for 1-3-2 and 1-4-1 plays.

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### DRILL DESCRIPTION:

Release players from alternating sides in groups of 5 (3 offensive players and 2 defensive players). Roll out a ground ball and let the 3 v 2 ground ball drill happen or you may have the defense concede and get in the hole. The Offensive players may not cross the line drawn with cones down the middle of the field. Have the Offensive players move the ball and themselves to create lay ups on crease or solid scoring opportunities. Score units so that lay ups worth 2 points and outside shots only 1.

Reward the defense with 3 points anytime they win the 3v2 battle for a ground ball or take the ball away and clear the ball. Goalies get 2 points for all saves.

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### SKILLS PRACTICED:

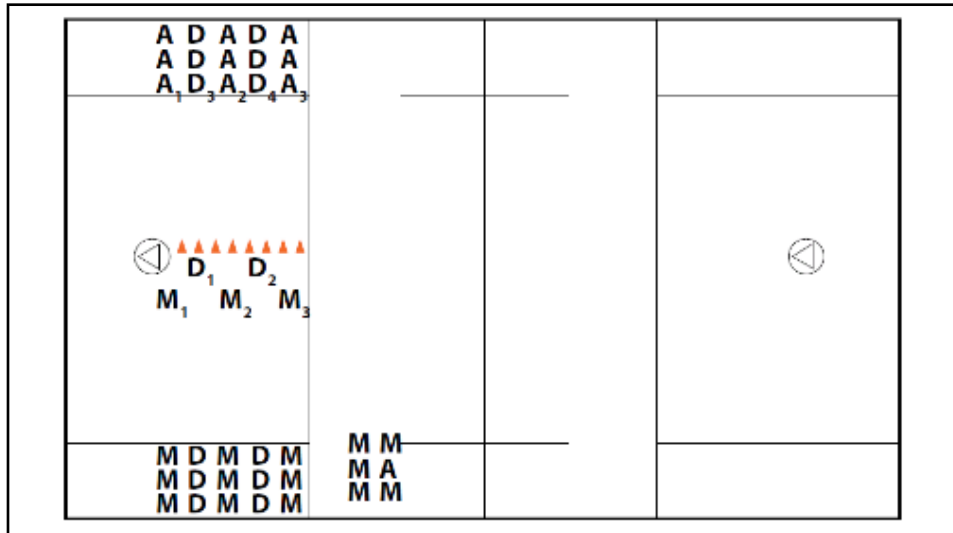
- Ball Movement (Catching and Throwing)
- Slides
- Number Advantages – Disadvantages
- Fast Breaks

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### VARIATIONS:

To vary the drill you may want add more players or remove players to create vision. You may also go even with 3v3 or 4v4 and add 1 player on the other side of the cones with no defensive player on them. This will have your player look for the open player on the other side of the field, encouraging your team to attack the weak side of the field or to find the open man. The defense will look to play man defense and get in the passing lanes to knock down the pass to the open player.

**DRILL DIAGRAM:**







## MEN'S 4V3 DRILL

### DRILL SPECS:

**Drill Theme:** Number Advantages

**Field Location:** Half Field

**Time Needed:** 15 Min

**Drill Style:** Skills, Games

**Field Position:** Offense, Defense

**Skill Level:** Basic

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### OBJECTIVE:

Drill that have players work 4 on 3 in the half field. You can work either 4 on 3 with the offense up a player or the defense up a player.

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### DRILL DESCRIPTION:

Have 4 players on offense go against 3 player on defense.

The coach can start the ball from a ground ball or a pass into the players.

Players go until there is a goal, save, clear or whistle.

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### SKILLS PRACTICED:

- Stick Handling
  - Ball Movement
  - Defensive Positioning
  - Slides
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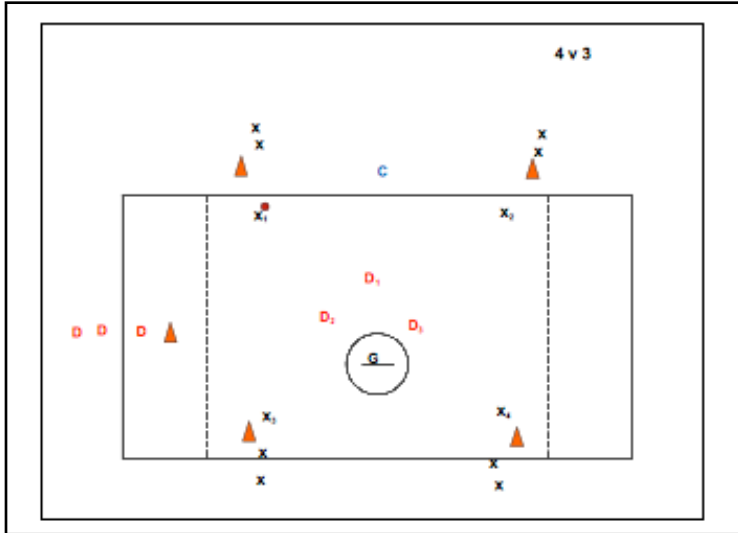
### VARIATIONS:

Switch and have your defense go up with 4 players and the offense work with 3 player.

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

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**DRILL DIAGRAM:**





## MEN'S 5V4 DRILL

### DRILL SPECS:

**Drill Theme:** Number Advantages

**Field Location:** Half Field

**Time Needed:** 15 Min

**Drill Style:** Skills, Games

**Field Position:** Offense, Defense

**Skill Level:** Basic

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### OBJECTIVE:

Drill that have players work 5 on 4 in the half field. You can work either 5 on 4 with the offense up a player or the defense up a player.

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### DRILL DESCRIPTION:

Have 5 players on offense go against 4 player on defense.

The coach can start the ball from a ground ball or a pass into the players.

Players go until there is a goal, save, clear or whistle.

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### SKILLS PRACTICED:

- Stick Handling
  - Ball Movement
  - Defensive Positioning
  - Slides
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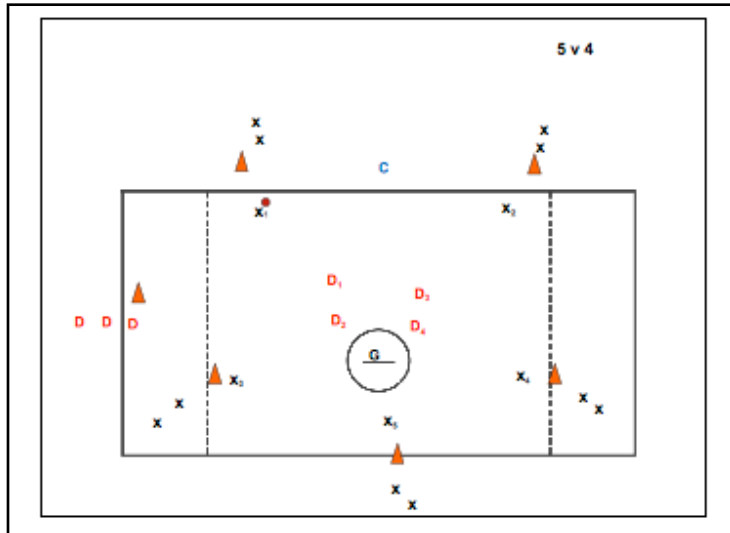
### VARIATIONS:

Switch and have your defense go up with 5 players and the offense work with 4 player.

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

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**DRILL DIAGRAM:**





## MEN'S 5V4 OVER THE TOP DRILL

### AUTHOR INFORMATION:

**Author Name:** John Pirie

**Author School:** The Governors School

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### DRILL SPECS:

**Drill Theme:** Man Up/Down Situations

**Drill Style:** Game, Conditioning

**Field Location:** Half Field

**Field Position:** Offense, Defense, Midfield

**Time Needed:** 15 Min

**Skill Level:** Advanced

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### OBJECTIVE:

Teach offensive players to attack with extra players from different areas of the field. Teach defensive players to rotate on defense with one less player.

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### DRILL DESCRIPTION:

Coach puts ball into play at position #1- #6. Defense should stay in "diamond" shape as long as possible, do not allow zoning unless you are trying to teach them a zone. Offense should try to "drag" their man out of position by carrying the ball and then passing back to force a rotation. They must move the ball quickly to force defense to rotate. If defense is able to "hold" and not rotate there is no advantage to offense.

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### SKILLS PRACTICED:

- Ground Balls
  - Passing
  - Shooting
  - Defensive rotations
  - Unsettled Offense/ Defense
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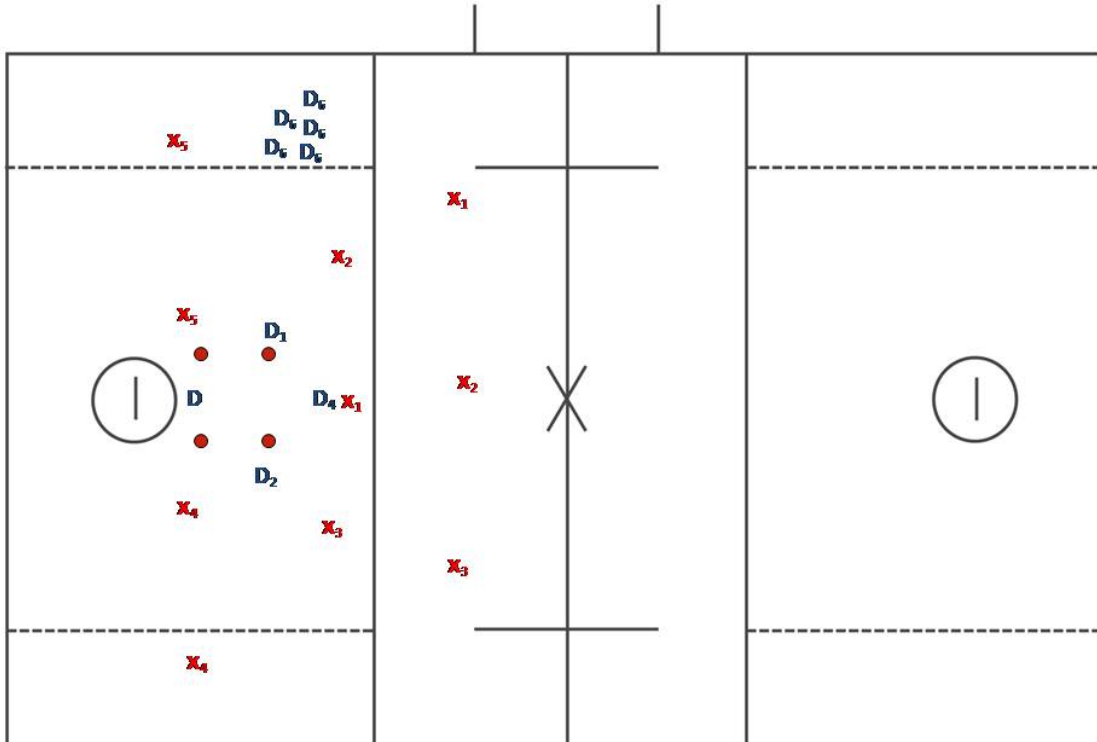
### VARIATIONS:

Offensive players can move to crease but should only be there for 1-2 passes then slide out to one side or the other to create an overload (3v2) on one side. Players are encouraged to be competitive and score can be kept (goals for offense, clears for defense). Coaches can control the length of these situations with a predetermined count; for example a 10 second count to score or get to a good shot. Drill can be run at both ends of the field to maximize "touches" for all players.

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FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](https://www.uslacrosse.org/coaches/drills-archive)

**DRILL DIAGRAM:**





## MEN'S 6V5 (MAN UP VS. MAN DOWN) DRILL

### DRILL SPECS:

**Drill Theme:** Number Advantages

**Field Location:** Half Field

**Time Needed:** 15 Min

**Drill Style:** Skills, Games

**Field Position:** Offense, Defense

**Skill Level:** Basic

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### OBJECTIVE:

Drill that have players work 6 on 5 in the half field. You can work either 6 on 5 with the offense up a player or the defense up a player.

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### DRILL DESCRIPTION:

Have 6 players on offense go against 5 player on defense.

The coach can start the ball from a ground ball or a pass into the players.

Players go until there is a goal, save, clear or whistle.

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### SKILLS PRACTICED:

- Stick Handling
  - Ball Movement
  - Defensive Positioning
  - Slides
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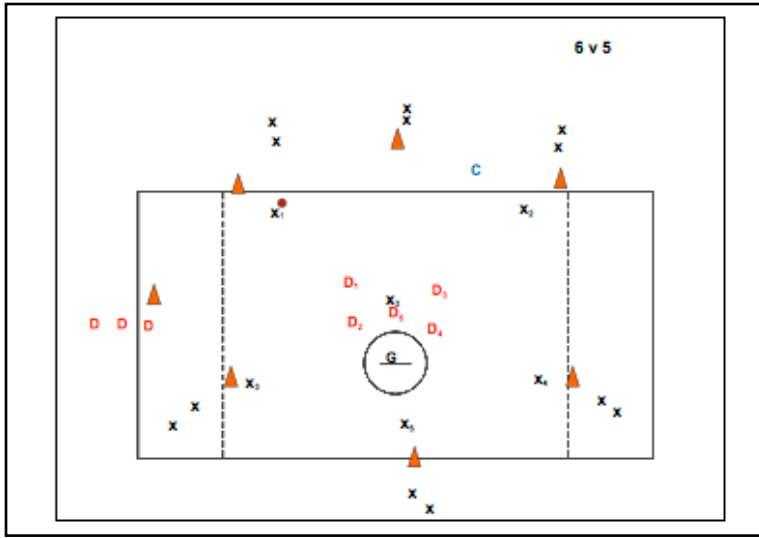
### VARIATIONS:

Switch and have your defense go up with 6 players and the offense work with 5 player.

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

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**DRILL DIAGRAM:**







## MEN'S DIAMOND 4 CORNERS DRILL

### AUTHOR INFORMATION:

**Author Name:** John Pirie

**Author School:** The Governors School

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### DRILL SPECS:

**Drill Theme:** Man Up/Down Situations

**Drill Style:** Game, Skill

**Field Location:** Half Field

**Field Position:** Offense, Defense, Midfield

**Time Needed:** 10 Min

**Skill Level:** Advanced

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### OBJECTIVE:

Teach offensive players to attack with extra players from different areas of the field. Teach defensive players to rotate on defense with one less player.

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### DRILL DESCRIPTION:

Players are released from the stations 1-4 one at a time, creating a 4v3 each time, this variable release system changes the geometry from a standard 4v3 and forces players to adapt and rotate on both offense and defense. If a player (A3) is released from Line #3 he stays in the drill until #4, #1, #2 have all had a turn. When it is back to line #3 then "A3" leaves the drill and goes to the next line in his rotation. Thus players are involved in 4 separate 4v3 drills before they substitute. Defensive players can rotate every 4 sets as well. Offensive players should change lines often.

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### SKILLS PRACTICED:

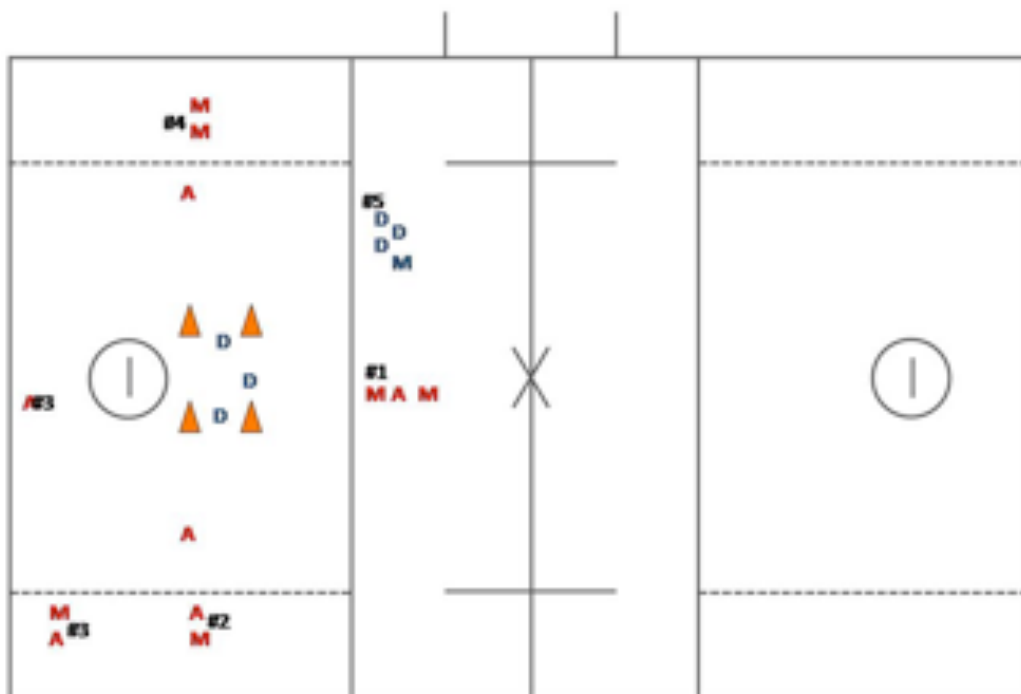
- Unsettled Play
  - Communication
  - Ball Movement
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### VARIATIONS:

Notice the "limbo" line drawn through X. This is the point where the offensive player can lurk in order to "hang" his defenseman on the crease. If the defenseman sits on the "front" pipe then the offensive player should subtly retreat across the limbo line so that he catches the ball on the "back" side of the goal. This creates issues for defense and is a good practice for both O and D. There are also 4 cones drawn around the crease in an effort to create an area for D to recover to. D should try to have two players on cones as often as possible. Recover speed must be twice the speed of extend speed. Defensive players must play the ball when it is at X. This drill can be

run with youth players using a basketball instead of a lacrosse ball and sticks to pass around the perimeter.

**DRILL DIAGRAM:**





## MEN'S KEEP AWAY 5V4 DRILL

### AUTHOR INFORMATION:

**Author Name:** Lou Corsetti

**Author School:** Riverwood High School

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### DRILL SPECS:

**Drill Theme:** Numbers Advantages/Disadvantages

**Drill Style:** Game, Skill

**Field Position:** Offense, Defense, Midfield

**Field Location:** Half Field

**Time Needed:** 10 Min

**Skill Level:** Intermediate

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### OBJECTIVE:

To improve ball movement in close quarters with pressure.

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### DRILL DESCRIPTION:

Midfielder (M) starts with a ball in the middle. He, along with the other midfielders (M) plays keep away from the defensive midfielders (X). Players may not go below the cones or above the restraining line. Cones should be set approximately 10 yards inside the restraining line.

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### SKILLS PRACTICED:

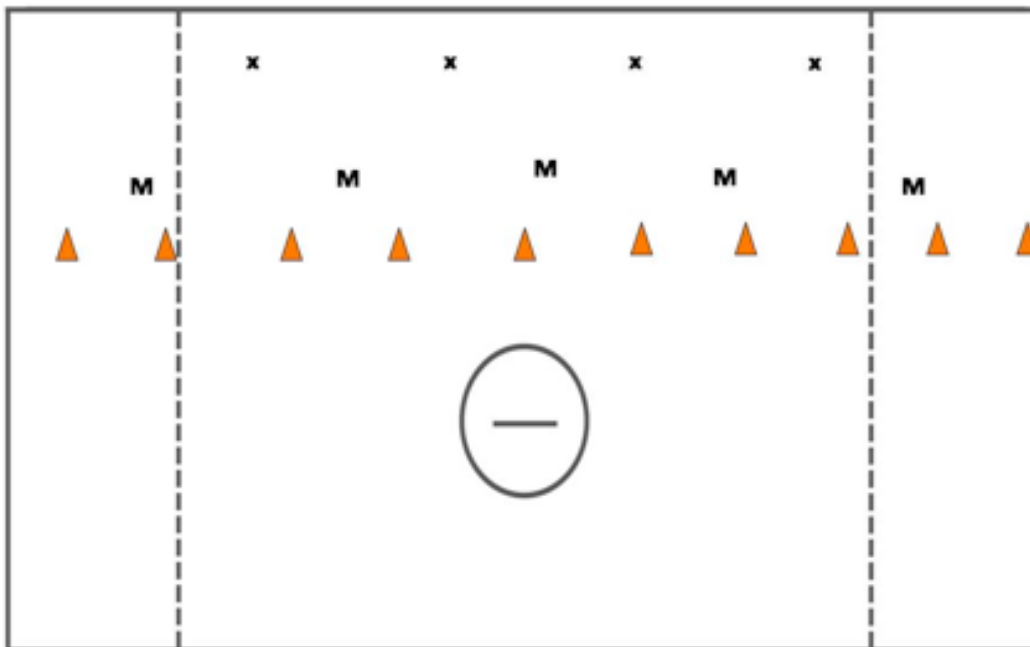
- Passing and Catching with Pressure
  - Communication
  - Riding and Clearing
  - Long Passes
- 

### VARIATIONS:

Set a time limit for the clearing team to retain possession. After time expires introduce a fifth player or remove a clearing player. Allow it to become a 4v5 to the goal if the riding team gains possession. Can also be run between restraining boxes to allow more space for players to work within or to add additional players into the drill.

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**DRILL DIAGRAM:**





## MEN'S MIDFIELD 4V3 ALLEY DRILL

### DRILL SPECS:

**Drill Theme:** Number Advantages

**Field Location:** Full Field

**Time Needed:** 15 Min

**Drill Style:** Skills

**Field Position:** Offense, Defense

**Skill Level:** Intermediate

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### OBJECTIVE:

Work the clears down the sidelines and force a long slide out of the defense.

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### DRILL DESCRIPTION:

This drill utilizes a long pole at the midfield line, who tries to bait or run with a midfielder who initiates the drill from the corner.

1. Goalie outlets to M1, who races upfield
  2. Long pole at midfield, either feathers or baits M1
  3. M1 passes to M2, who tries to force defensive side for unsettled situation
  4. Upon a shot, goal or losing the ball G2 releases the ball to M3 who races upfield in opposite direction
  5. Long pole, if beaten badly should go to hole and then check backside pipe.
- 

### SKILLS PRACTICED:

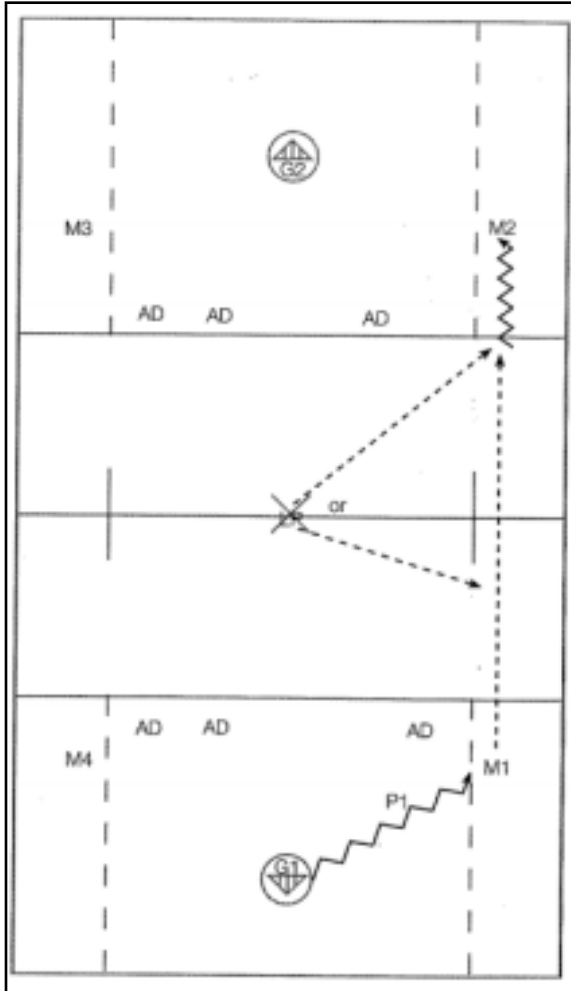
- Transition
  - Ball Movement
  - Defensive Position
- 

### VARIATIONS:

Add additional trailers to the mix, or add additional defenders to the plays.

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**DRILL DIAGRAM:**





## MEN'S MONEY IN THE BANK DRILL

### DRILL SPECS:

**Drill Theme:** Number Advantages/Disadvantages

**Field Position:** Offense, Defense, Midfield

**Time Needed:** 10 Min

**Drill Style:** Game

**Field Location:** Half Field

**Skill Level:** Intermediate

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### OBJECTIVE:

To develop extra man offense and man-down defense skills and tactics.

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### DRILL DESCRIPTION:

Play 4v3 in the attack box with a goalie. The offense passes the ball around the perimeter, looking to create a shooting opportunity. The defense must play a zone and rotate to the ball carrier. The offense is awarded one point for each goal scored, and the defense scores one point each time they gain possession.

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### SKILLS PRACTICED:

- Number advantages/disadvantages
  - Communication – where to force the attacker with the ball
  - Unsettled situations
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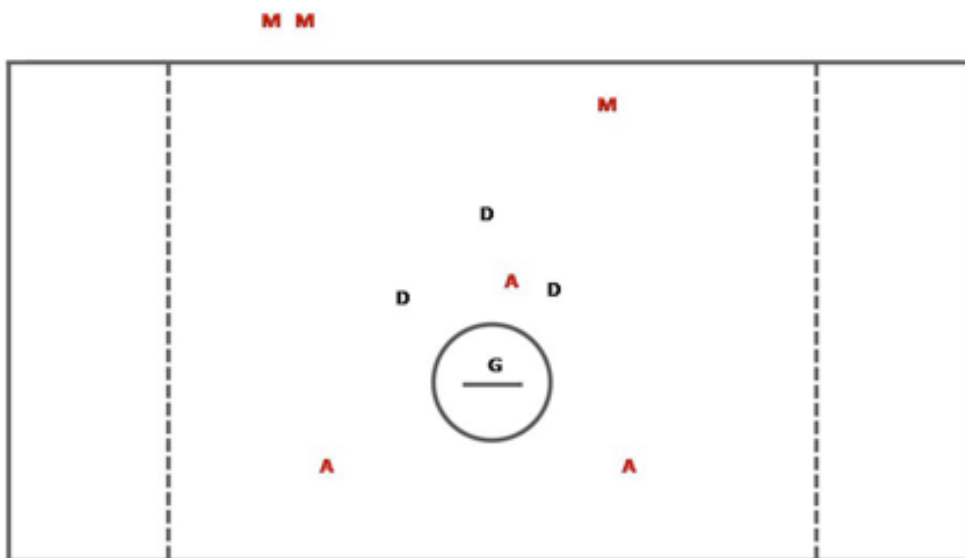
### VARIATIONS:

Change the numbers to 3v2 or 4v2. Also you can have the offense shoot only with their non-dominant hand.

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**DRILL DIAGRAM:**







## MEN'S NUMBERS IN MOTION DRILL

### AUTHOR INFORMATION:

**Author Name:** John Pirie

**Author School:** The Governors School

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### DRILL SPECS:

**Drill Theme:** Man Up/Down Situations

**Drill Style:** Game

**Field Position:** Offense, Defense, Midfield

**Field Location:** Half Field

**Time Needed:** 10 Min

**Skill Level:** Intermediate

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### OBJECTIVE:

To teach defensive players to attack with extra players from different areas of the field. Also to teach defensive players to defend with one less player from different areas of the field.

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### DRILL DESCRIPTION:

Players are divided into two separate teams by pinnie color with each team comprised of one goalie, and an even split of the other 3 positions. One team is on offense for a period of time or a number of opportunities. Once the number has been reached then the other team is on offense. Each team has a coach and that coach is responsible for introducing the ball into the drill in a way that his team does not receive an unfair advantage. The offensive coach calls out a number immediately prior to rolling out the ball. The defensive team responds by sending one less player than the number called out. Both teams are walking around the outside perimeter of the box as the drill continues so that the players become used to attacking and defending from different locations and angles.

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### SKILLS PRACTICED:

- Ground Balls
  - Passing
  - Shooting
  - Unsettled Offense and Defense
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### VARIATIONS:

Players are encouraged to be competitive and score can be kept. Each team's goalie plays goal when their team is on defense and offense when their team is on offense. Coaches can control the length of these situations with a predetermined count; for example a 10 second count to score or get a shot off. Drill can be run at both ends of the field to maximize "touches" for all players.

FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](http://USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE)

**DRILL DIAGRAM:**

