



MEN'S 2 CORNER RAPID FIRE DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Position: Offense
Time Needed: 10 Min

Drill Style: Warm Up, Skill
Field Location: Attack Zone
Skill Level: Basic

OBJECTIVE:

This drill is excellent for teaching players ball movement, positioning, and shooting.

DRILL DESCRIPTION:

Start with two lines at goal line extended. Have a collection of balls at both lines. X1 breaks upfield, feigns on double team, rolls off, turns and passes to X2 who has mirrored X1's upfield motion, but is breaking ball on X1's. The opposite side rotates with each shot.

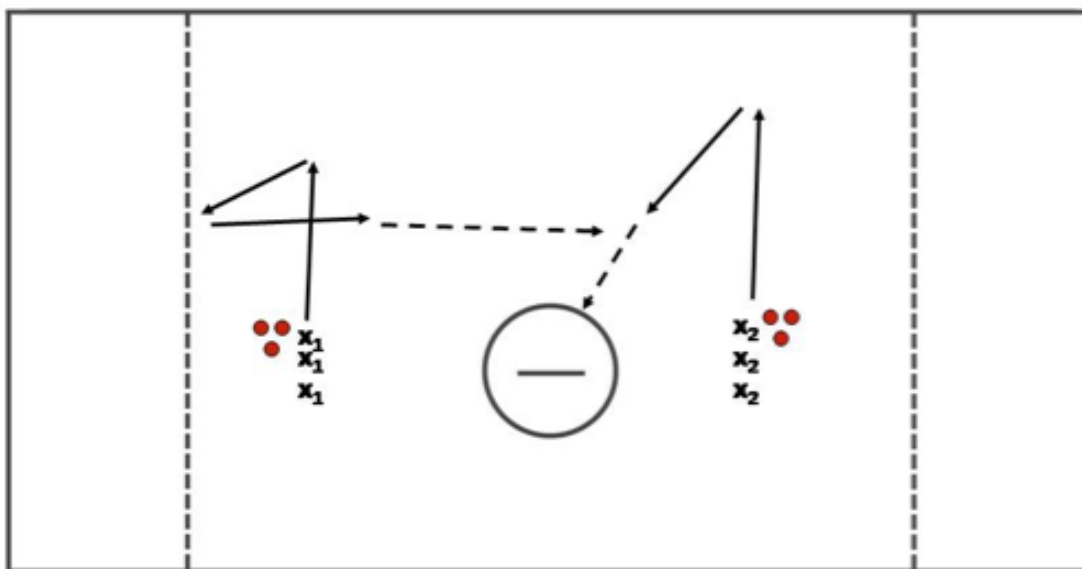
SKILLS PRACTICED:

- Shooting on the run
 - Timing cuts
 - Shooting with both hands
-

VARIATIONS:

Add 2 defenders to the drill. Have the feeder start in a double team. The shooter needs to work hard to get open.

DRILL DIAGRAM:





MEN'S BREAK OUT TO FAST BREAK SHOOTING DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Position: Offense
Time Needed: 10 Min

Drill Style: Skill
Field Location: Half Field
Skill Level: Advanced

OBJECTIVE:

This drill is excellent for teaching players ball movement, positioning, and hustle. The objective is to get every player a touch as you clear the ball, and then reverse the play back into the zone for a fast break where everyone touches the ball before a finish.

DRILL DESCRIPTION:

Set up 4 lines behind the cage, 3 attack lines and 1 midfield lines. On the whistle the attack players will move the ball on a clear out and get all 3 attack players a touch before feeding the midfielder breaking down field. Be sure to keep the clearing passes away from the middle of the field.

After the midfielder gains possession of the ball outside of the attack box, they will immediately turn around and drive in on a fast break. That midfielder will pass to the closest attack player, who looks to feed a skip pass across the field. The receiving attack player will pass "One More" to the final attack player that will finish with a shot on goal.

Have those 4 players return to the lines and the next 4 break out.

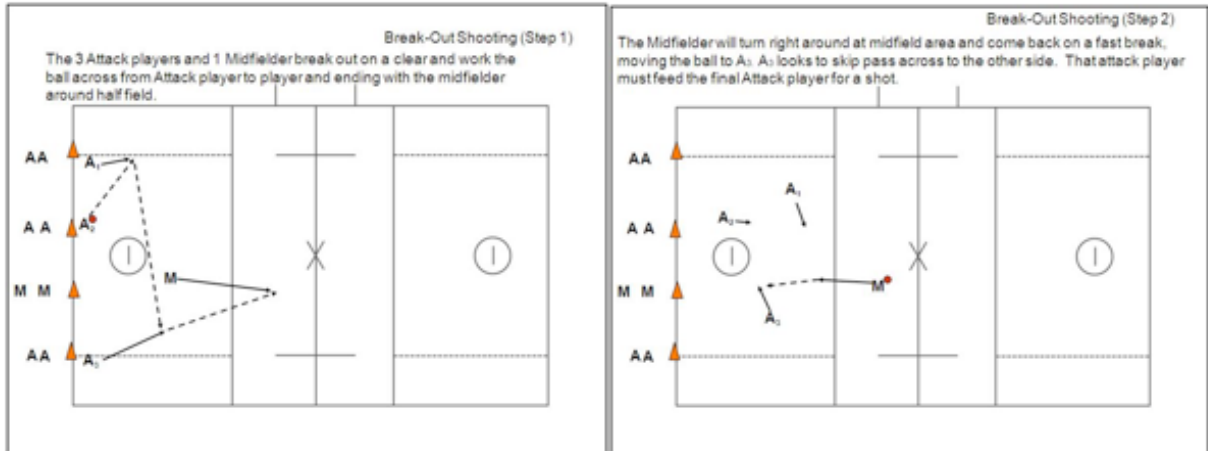
SKILLS PRACTICED:

- Off Ball Movement
 - Ball Movement
 - Feeding
 - Shooting
-

VARIATIONS:

To vary the drill, be sure to change sides of where the clear and fast break occur. You may also designate the final shooter each time, or even add defense to the drill to make things harder.

DRILL DIAGRAM:





MEN'S CREASE FIRE DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Warm Up
Field Position: Offense
Skill Level: Basic

OBJECTIVE:

This drill is designed for developing the crease attack. It incorporates two feeders and a single crease man.

DRILL DESCRIPTION:

The two feeders (A1 and A2) must NOT be stationary. Stress game-like dodge and feeds. The crease man (X) should cut down on a tangent to goal to obtain the best angle at shooting on goal. He must not merely sweep across the front of the cage. Crease stick must be in the "box area" (near shoulder and head). Crease man should not catch and cradle the pass, but catch and shoot in a single motion.

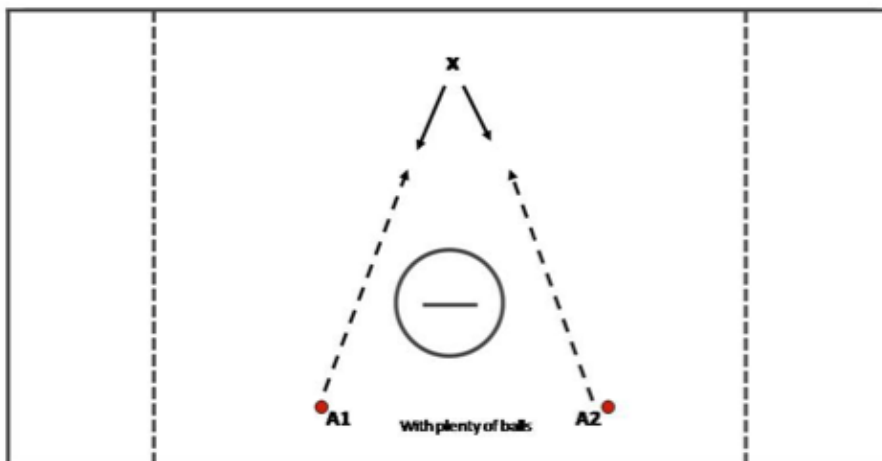
SKILLS PRACTICED:

- Shooting
 - Cutting
 - Ball Movement
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VARIATIONS:

Have defenders practice covering offensive cutter to put pressure on the pass and finish.

DRILL DIAGRAM:





MEN'S CROSS CREASE SHOOTING DRILL

AUTHOR INFORMATION:

Author Name: John Pirie and Jordan Hall

Author School:

DRILL SPECS:

Drill Theme: Shooting

Field Location: Attack Zone

Time Needed: 10 Min

Drill Style: Skill, Warm-Up

Field Position: Offense

Skill Level: Basic

OBJECTIVE:

To improve individual shooting technique and accuracy.

DRILL DESCRIPTION:

Two lines of players stationed 6-8 yards above the goal line facing each other. The first player in Line 1 passes to the first player in Line 2. The player receiving the pass steps into the center of the field and shoots as hard as possible at the goal. The next player in Line 2 then passes a ball to the original player in Line 1, who then steps into the middle of the field and takes a shot. Cycles continue until all the balls are gone. Players travel to the line they passed the ball to after having taken a shot. Players should be shooting with their "outside" hand.

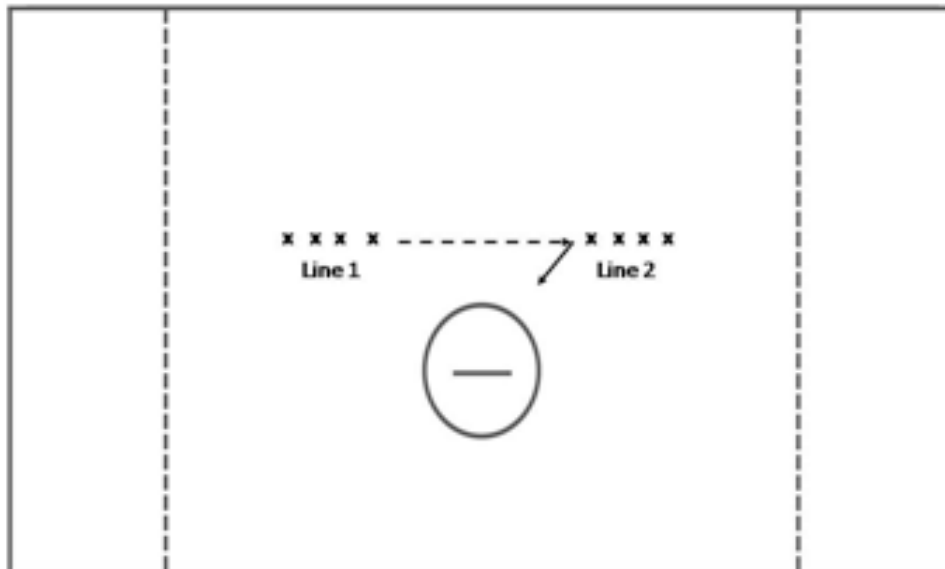
SKILLS PRACTICED:

- Shooting
- Strong and Weak Hand Play

VARIATIONS:

Add a shadow defender as players master techniques. Allow all player positions to shoot.

DRILL DIAGRAM:





MEN'S DRIVE FROM CENTER AND SHOOT DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Skill
Field Position: Offense, Midfield
Skill Level: Basic

OBJECTIVE:

To practice shooting accurately while on the run.

DRILL DESCRIPTION:

One line of players faces the goal at the top center of the attack box. Each player in turn runs left or right and shoots the ball with his stick to the outside. Give each player a ball to keep the drill moving quickly.

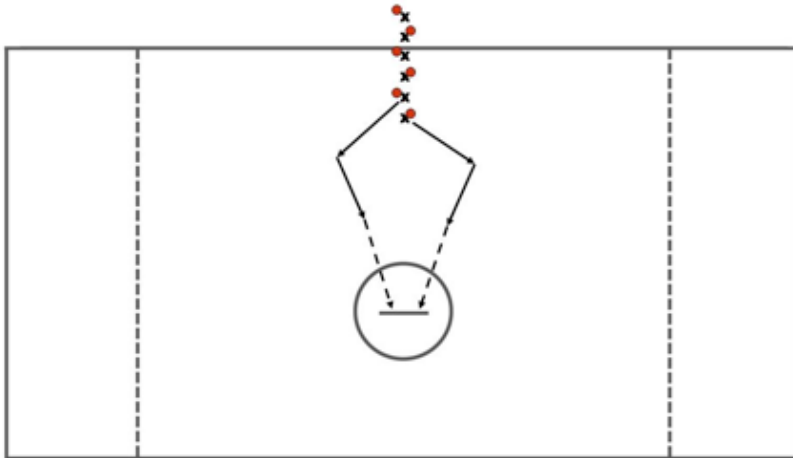
SKILLS PRACTICED:

- Going Hard to Goal
 - Shooting on the Move
 - Cradling and Dodging
 - Shooting Accuracy
-

VARIATIONS:

Have players execute a bull or split dodge while shooting the ball on the ground toward the far corners. Instruct players to shoot while running. Do not let them slow down to wind up.

DRILL DIAGRAM:





MEN'S FEED THE CREASE DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Skill
Field Position: Offense, Defense
Skill Level: Intermediate

OBJECTIVE:

Practice defending offensive players on the crease & defending picks/cuts/feeds to crease.

DRILL DESCRIPTION:

Set up 2 offensive players on the crease vs 2 defenders. Place offensive players on the perimeter to move the ball around perimeter looking to feed the crease. As ball moves from point to point defensive players must constantly adjust position staying between their man and ball to prevent a successful feed to the crease. Defenders must communicate to cover picks, pick & roll, etc on crease.

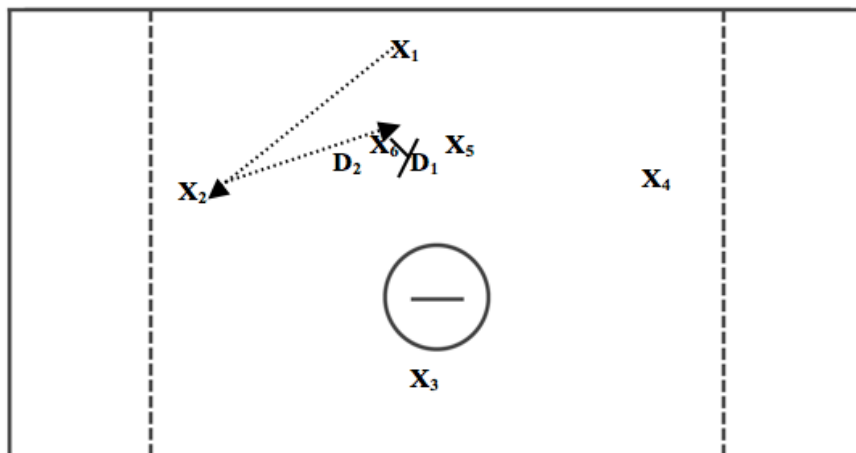
SKILLS PRACTICED:

- Off Ball Offense
 - Ball Movement (Catching and Throwing)
 - Shooting
 - Cutting
-

VARIATIONS:

Have defenders practice covering offensive crease players as they work pick/re-pick, high-low cut, pick & roll.

DRILL DIAGRAM:





MEN'S FORM SHOOTING DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Half Field
Time Needed: 10 Min

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

OBJECTIVE:

To force players to shoot on the run with great hip turn and balance.

DRILL DESCRIPTION:

This drill is designed to the correct hip and chest motion for a shooter. Too often a player will shoot the ball toward the cage as he is running past the 6'x6' cage, thus his body is traveling in one direction, while his arms are traveling in another. Great for pregame warm up!

Keys:

- Form is important, not speed
 - Shooter must turn hips and chest toward attack opposite the attack feeder
 - Stress continuation of ball movement
 - Players go to the line that they try to pass
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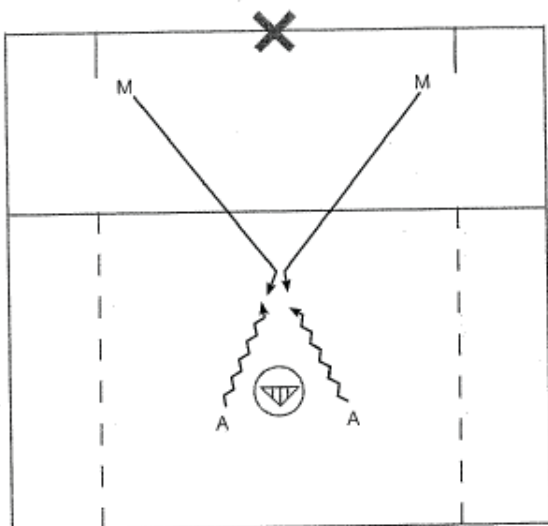
SKILLS PRACTICED:

- Shooting
 - Feeding
-

VARIATIONS:

Add a defender to the mix or add another goal in the middle of the field to make sure shooters are going over the top and not sidarm.

DRILL DIAGRAM:





MEN'S HOPKINS OVER AND DOWN DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Half Field
Time Needed: 10 Min

Drill Style: Skill
Field Position: Offense
Skill Level: Advanced

OBJECTIVE:

This drill is excellent for teaching players ball movement, positioning, and shooting. The objective is to get the ball from a low wing area, up and across the field for a dodge to a shot on goal.

DRILL DESCRIPTION:

Set up (3) lines with a cone in front of each. One line will be 3 yards behind goal line extended; one line will be directly in line at the top of the attack zone, and the other at the top of the attack zone on the other side.

The balls will be at the top corner, and that player will dodge inside and then bounce back out before they feed across to the other top line.

The top line will catch and move the ball right away to the line at goal line extended. The 3rd line will catch the feed, on the crease and finish across the crease with a shot.

Players will rotate in a counter-clock wise rotation.

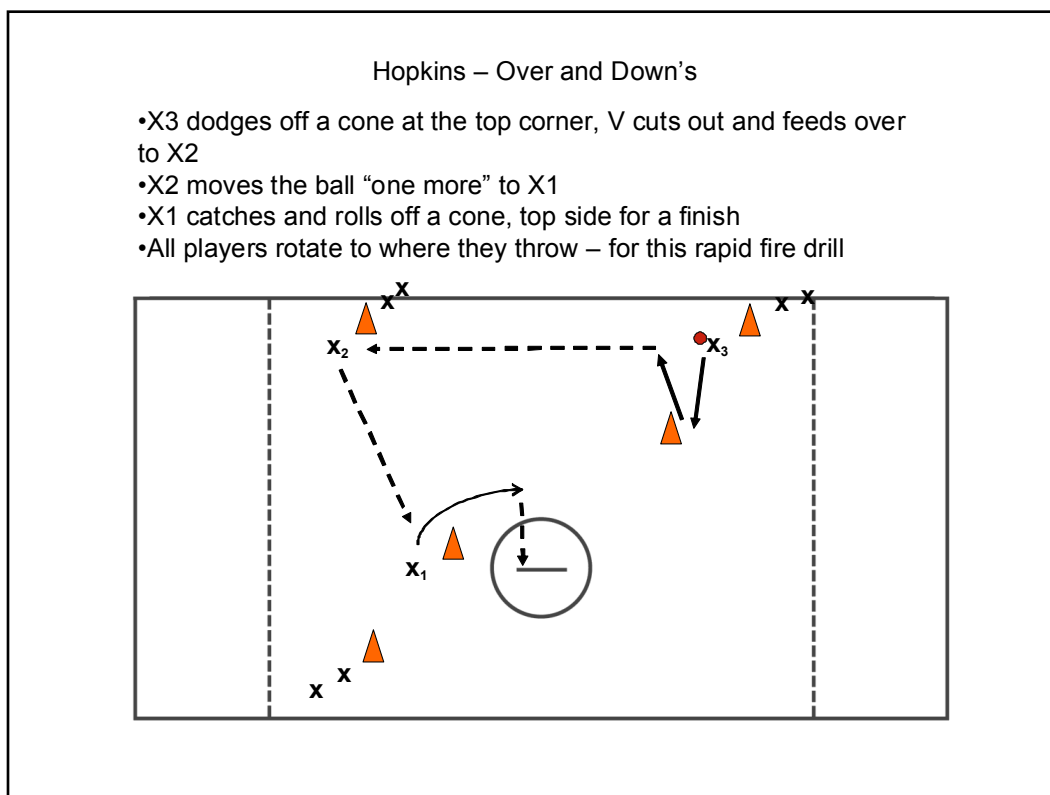
SKILLS PRACTICED:

- Ball Movement
 - Feeding
 - Shooting
-

VARIATIONS:

To vary the drill, be sure to change sides. You may also designate the final shooter each time, or even add defense to the drill to make things harder. Add your goalies into the cage to take the rapid fire shots.

DRILL DIAGRAM:





MEN'S HOPKINS UP AND OVER DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Half Field
Time Needed: 10 Min

Drill Style: Skill
Field Position: Offense
Skill Level: Advanced

OBJECTIVE:

This drill is excellent for teaching players ball movement, positioning, and shooting. The objective is to get the ball from a low wing area, up and across the field for a dodge to a shot on goal.

DRILL DESCRIPTION:

Set up (3) lines with a cone in front of each. One line will be 3 yards behind goal line extended; one line will be directly in line at the top of the attack zone, and the other at the top of the attack zone on the other side.

The balls will be at the bottom line, and that player will dodge inside and then bounce back out before they feed to top line.

The top line will catch and move the ball right away to the opposite field line.

The 3rd line will catch the feed, drive and dodge off a cone for a shot.

Players will rotate in a clockwise rotation.

SKILLS PRACTICED:

- Ball Movement
 - Feeding
 - Shooting
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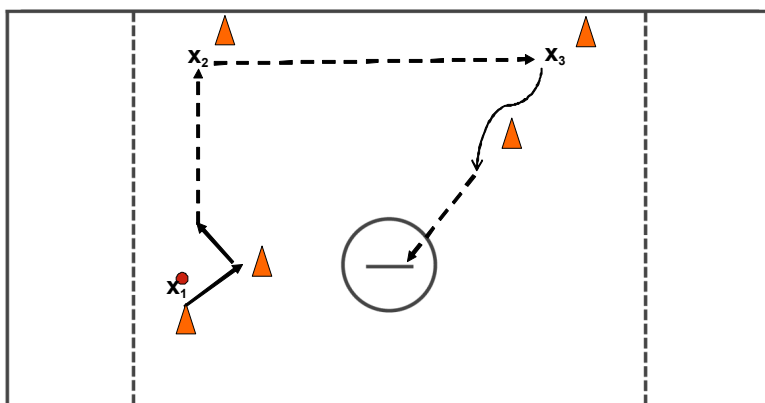
VARIATIONS:

To vary the drill, be sure to change sides. You may also designate the final shooter each time, or even add defense to the drill to make things harder. Add your goalies into the cage to take the rapid fire shots.

DRILL DIAGRAM:

Hopkins – Up and Over's

- X1 dodges off a cone at GLE and feeds up to X2
- X2 moves the ball “one more” to X3
- X3 catches and dodges off a cone, top side for a running shot.
- All players rotate to where they throw – for this rapid fire drill





MEN'S ONE FEEDER FINISHING DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Attack Zone
Time Needed: 10 Min

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

OBJECTIVE:

Practice finishing on cuts with a variety of good and bad passes.

DRILL DESCRIPTION:

Have a line of players start across the field from where a coach is feeding.
Have those players, one at a time cut across the field and catch a variety of good and bad passes that get thrown to them.
Players will need to finish the shot as they move across the crease.

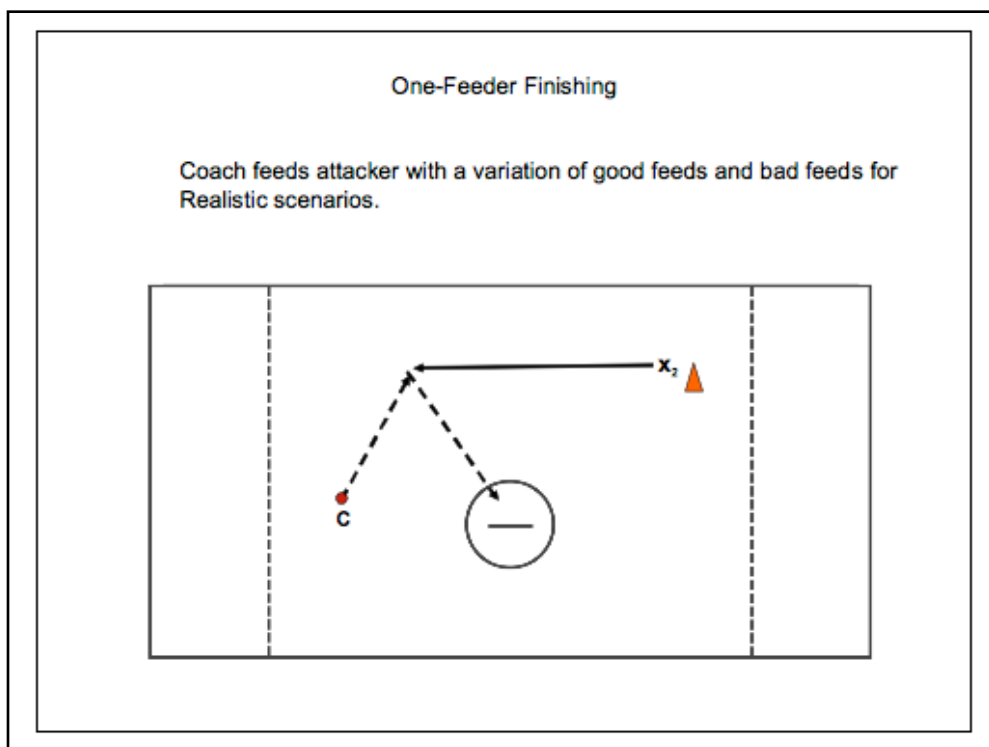
SKILLS PRACTICED:

- Cutting
 - Shooting
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VARIATIONS:

Have defenders practice covering offensive cutters to put pressure on the pass and finish.

DRILL DIAGRAM:





MEN'S OVER THE TOP SHOOTING DRILL

AUTHOR INFORMATION:

Author Name: John Pirie and Jordan Hall

Author School:

DRILL SPECS:

Drill Theme: Shooting

Field Location: Attack Zone

Time Needed: 10 Min

Drill Style: Skill, Warm-Up

Field Position: Offense, Midfield

Skill Level: Basic

OBJECTIVE:

To improve individual shooting technique and accuracy.

DRILL DESCRIPTION:

Two lines of players are stationed at the top of the restraining box. Each line has plenty of balls for each player to get 5-10 shots. The players will make a "dummy" dodge towards the goal and then take an overhand shot at the back goal. Players should be shooting over the first goal, from about 2 yards away, into the back goal. As player technique improves, shots should get lower and lower into the back goal.

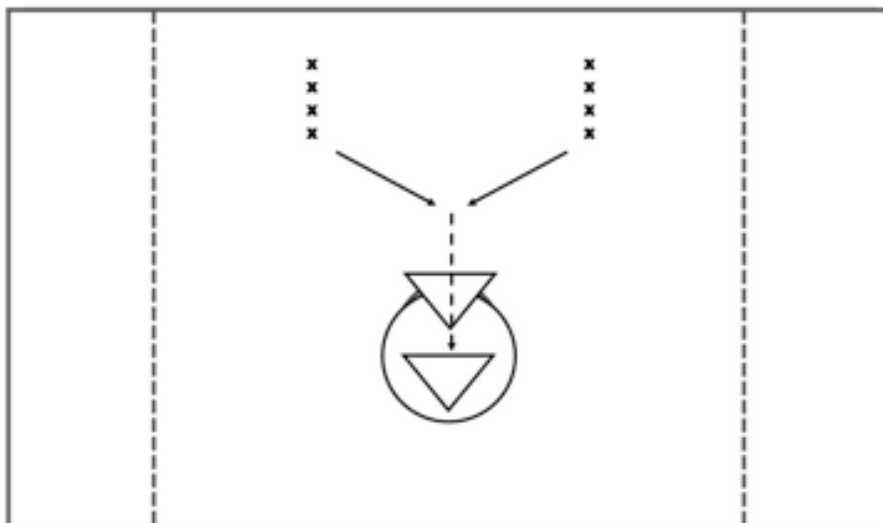
SKILLS PRACTICED:

- Shooting
- Dodging
- Strong and Weak Hand Play

VARIATIONS:

Vary the type of dodges required of the shooter. Have shooters switch to their inside or outside hands. Allow all player positions to shoot.

DRILL DIAGRAM:





MEN'S PICK AND ROLL DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Attack Zone
Time Needed: 15 Min

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

OBJECTIVE:

This drill is excellent for teaching player's basic tactics and skills in the offensive zone when a pick is set. The objective is to work on setting pick and rolling off to the goal, creating offense.

DRILL DESCRIPTION:

Set up 4 cones around the attack zone, two cones up top and two on goal line extended out about 10 yards. The balls are down low at the lower cones with X1. X1 looks to drive up the lane and accept a pick from X2. X2 must time the pick and stay still till X1 passes and releases off the pick. X2 then rolls off towards the goal and looks for the feed from X1. X1 must be sure to keep moving to create space to feed X2 in the middle.

Both lines are going at the same time, and all feeds end with a shot into the goal. Have players rotate to each side of the drill, as you like.

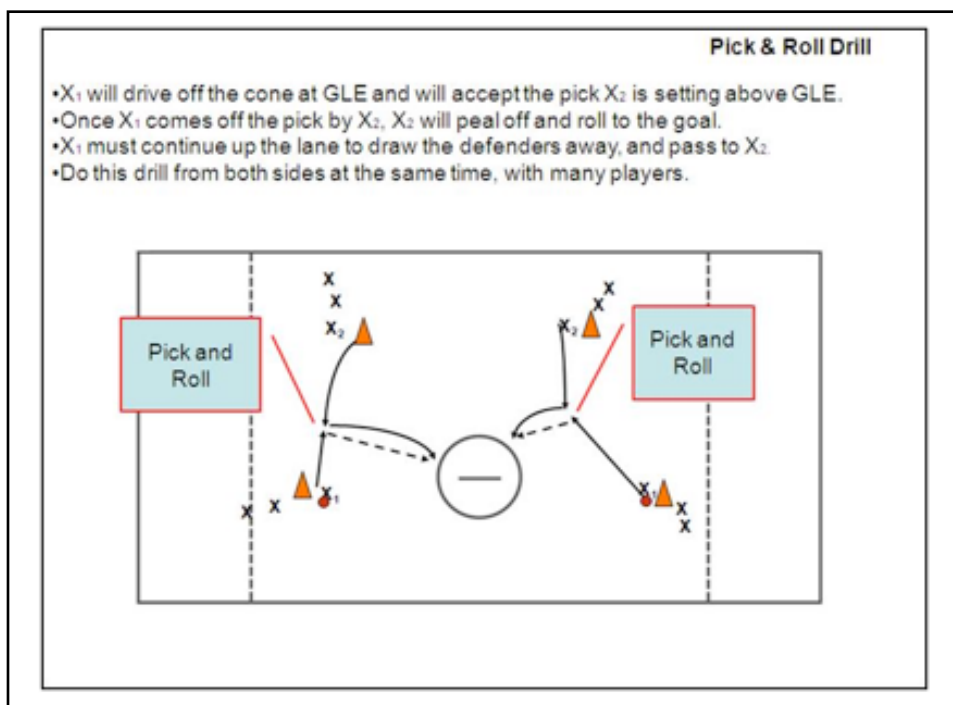
SKILLS PRACTICED:

- Picking
 - Dodging
 - Cutting
 - Shooting
-

VARIATIONS:

Vary the locations where the pick and roll happens. You may also add defense to the drill, but on a limited basis so they allow the offense to work timing and skills.

DRILL DIAGRAM:





MEN'S SAME-SIDE SHOOTING DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Game
Field Position: Offense, Midfield
Skill Level: Basic

OBJECTIVE:

To develop catching and inside shooting skills with both hands.

DRILL DESCRIPTION:

Two lines of feeders stand behind the cage, and two lines of cutters and shooters at the top of the restraining box—one line of cutters and one line of feeders on each side of the cage. Every feeder has a ball. The first cutter makes a move to the side of the crease, with his stick to the outside; the first feeder, also with his stick to the outside, moves laterally and up the field to feed. The players rotate to the opposite lines, feeder becomes cutter, cutter becomes feeder.

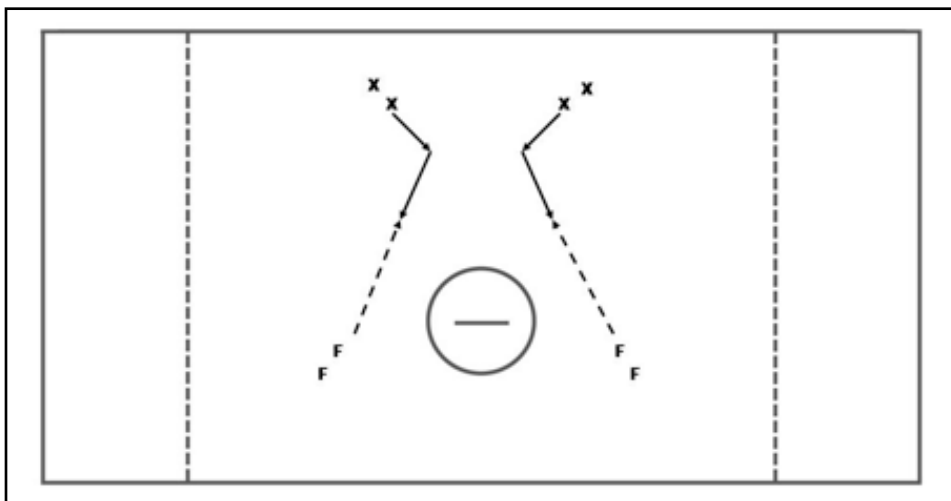
SKILLS PRACTICED:

- Set Up Move
 - Cuts
 - Timing
 - Feeding
 - Shooting
-

VARIATIONS:

You can move the ball to the top lines and have the cutters coming from below the goal line extended and the feeds from up top.

DRILL DIAGRAM:





MEN'S SHOOT AWAY DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Attack Zone
Time Needed: 10 Min

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

OBJECTIVE:

To work on shooting skills.

DRILL DESCRIPTION:

Play 3v2 with a goalie in cage. The offense works the ball around to create a clear shooting opportunity. Award two points for every goal scored using a bounce shot and one point for every goal scored with a different shot. Award the defense two points for gaining possession.

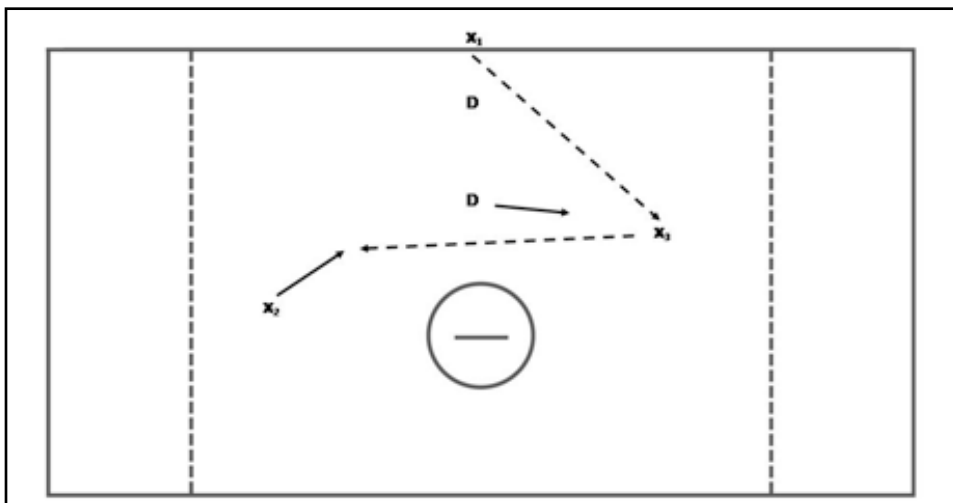
SKILLS PRACTICED:

- Shooting
 - Getting free to take the Shot
 - Clearing space offensively
 - Ball Movement
-

VARIATIONS:

You can play 3v1. Or have players shoot with their weak hand. Also you could subtract points from offense if they miss a goal.

DRILL DIAGRAM:





MEN'S SHOOTING ON THE RUN DRILL

AUTHOR INFORMATION:

Author Name: John Pirie and Jordan Hall

Author School:

DRILL SPECS:

Drill Theme: Shooting

Field Location: Attack Zone

Time Needed: 10 Min

Drill Style: Skill

Field Position: Offense,

Skill Level: Basic

OBJECTIVE:

To improve individual shooting technique and accuracy.

DRILL DESCRIPTION:

One line of players is stationed at the top of the restraining box. The line has plenty of balls for each player to get 5-10 shots. The players will make a "dummy" dodge towards the goal and then take an overhand shot at the goal while on the run. Players should be shooting overhand to $\frac{3}{4}$ and rotating their hips so that they end up backpedaling after the shot.

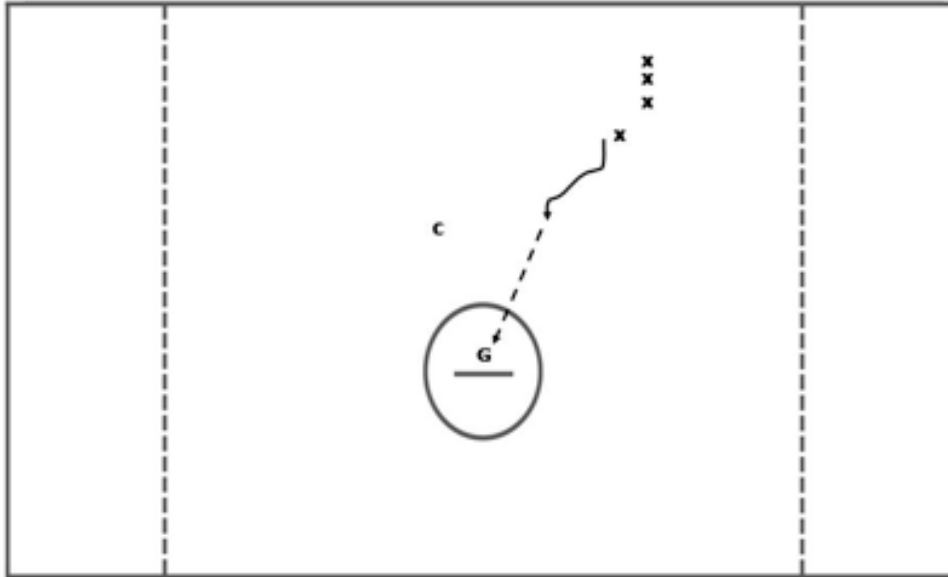
SKILLS PRACTICED:

- Shooting
- Dodging
- Strong and Weak Hand Play
- Accuracy

VARIATIONS:

Vary the type of dodges required of the shooter. Have the shooters switch sides of attack to work on shooting with both hands. Allow all player positions to shoot. The coach can stand near the goal and force shooters to run past him to ensure players are running towards the goal when shooting.

DRILL DIAGRAM:





MEN'S SHOOTING OVER THE CAGE DRILL

AUTHOR INFORMATION:

Author Name: Keith Gonsouland

Author School: River Hill High School

DRILL SPECS:

Drill Theme: Shooting

Field Location: Offense

Time Needed: 15 Min

Drill Style: Skill, Shooting

Field Position: Offense

Skill Level: Intermediate

OBJECTIVE:

To work on shooting overhand and enforcing the fundamentals when shooting.

DRILL DESCRIPTION:

Start by setting up 2 goals one in the crease and one 10 yards in front of the first. You can use this drill for either shooting on the run or time and room shots. When practicing time and room shots a coach/player will feed the shooter and the shooter will catch and shoot. The shooter will have to shoot over the first goal and into the second goal. This forces the shooter to get his hands over the goal and shoot overhand. Similarly, when shooting on the run the shooter must get his hands over the goal and shoot overhand. The goal acts as a slide that the shooter must shoot over and take into consideration when timing his shot. In addition, the shooter must make sure to follow through when shooting both on the run and time and room.

SKILLS PRACTICED:

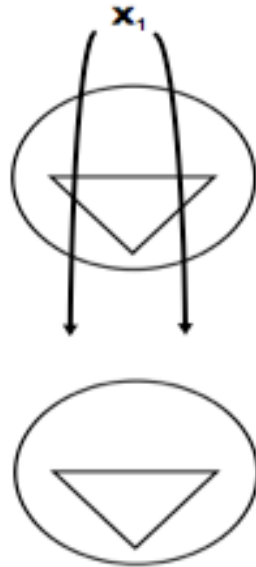
- Shooting
 - Follow Through
 - Stick Skills
-

VARIATIONS:

You can add an additional goal and create a triangle with the first goal in the crease and two others and a diagonal to the first. This allows players to shoot with both hands and allows more players to take part in the drill at once.

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

DRILL DIAGRAM:





MEN'S SIX LINE SHOOTING DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Half Field
Time Needed: 15 Min

Drill Style: Warm Up, Skills
Field Position: Offense
Skill Level: Intermediate

OBJECTIVE:

Get lots of players involved in shooting drills, make the movements game like, work a rotation from the x position.

DRILL DESCRIPTION:

This is a six line shooting drill designed to stress proper cutting, passing and shooting on the midfield, as well as finishing on attack. Excellent pregame drill.

Keys:

- a. Two balls are started at same time as midfield (M1 and M2) with passes to the attack.
First pass should not be from a stationary position!
 - b. Both attack (A1 and A2) move to meet the ball then roll behind the cage.
 - c. As A1 and A2 switches sides, M1 and M2 do the same.
 - d. A1 and A2 must realistically attack the cage prior to feeding cutting midfielders.
 - e. After feeding M1 and M2, A1 and A2 cut toward net, receiving a pass from opposite side.
-

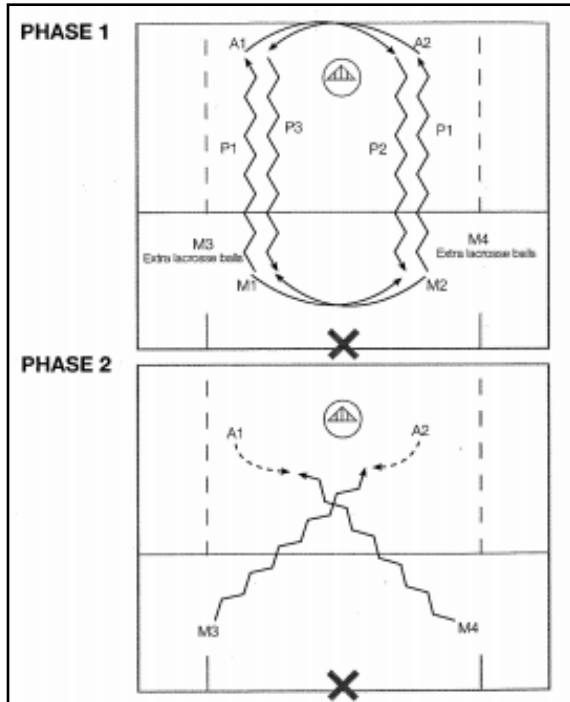
SKILLS PRACTICED:

- Shooting
 - Off Ball Offense
 - Feeding
 - Strong and Weak Hand Play
-

VARIATIONS:

Add defensive players at points to make feeds or cuts more game like.

DRILL DIAGRAM:





MEN'S TWO LINE SHOOTING DRILL

AUTHOR INFORMATION:

Author Name: John Pirie and Jordan Hall

Author School:

DRILL SPECS:

Drill Theme: Shooting

Field Location: Offense, Midfield

Time Needed: 10 Min

Drill Style: Skill, Warm-Up

Field Position: Attack Zone

Skill Level: Basic

OBJECTIVE:

To improve on shooting techniques and accuracy.

DRILL DESCRIPTION:

Two lines of players are stationed at the top of the restraining box. Each line has plenty of balls for each player to get 5-10 shots. The players will make a "dummy" dodge towards the goal and then take an overhand shot at the goal. Players should be shooting with their "inside hands" and switch lines after each shot.

SKILLS PRACTICED:

- Shooting
- Dodging
- Strong and Weak Hand Play
- Accuracy

VARIATIONS:

Vary the type of dodges required of the shooter. Add a shadow defender as players master techniques. Have shooters switch to their outside hands. Allow all player positions to shoot.

DRILL DIAGRAM:

