



**Coaches' Education Program  
Level 1 Online Course Reference Section  
Drill and Game Supplement**

**Ground Balls 3 Across The Field**

*Objective:*

A great drill that can be done by an individual to improve their ground ball skills in a short period of time. Very good for beginners as you introduce the skill. It gives advanced players the chance to get a lot of reps in and focus on the fundamentals.

*Suggested space needed/equipment:*

Lacrosse field

*Players needed:*

Two.

*Description of Drill-Execution*

Scoping Fundamentals (For Right Handed Scoping):

1. Hands shoulder width apart.
2. When they see the ball on the ground they yell "Ball". When the ball is scooped they yell "Break". If they don't yell these then consider having the whole team do 3-5 push-ups as a gentle reminder.
3. As they approach the ball they should get their Right foot as close as possible to the ball. This gets their body over the ball and protects the head of the stick from checks by defensive players.
4. Left hand should be at the knee or below. "Scrape the knuckles"
5. After scooping they should accelerate (to avoid the defender catching them), bring the stick up to their face, and turn in a counterclockwise arc.
6. Turning in an arc is important for younger players who hold the stick out in front after scooping because they haven't mastered the skill of bringing the stick up to the face immediately after scooping.
7. You can tell the kids to "Scoop it"; "Kiss it" (bring it to face); "Hear it" (bring the stick to the ear and protect it).
8. For Left handed scooping the Right hand will be by the knee and they will turn in a clockwise arc.

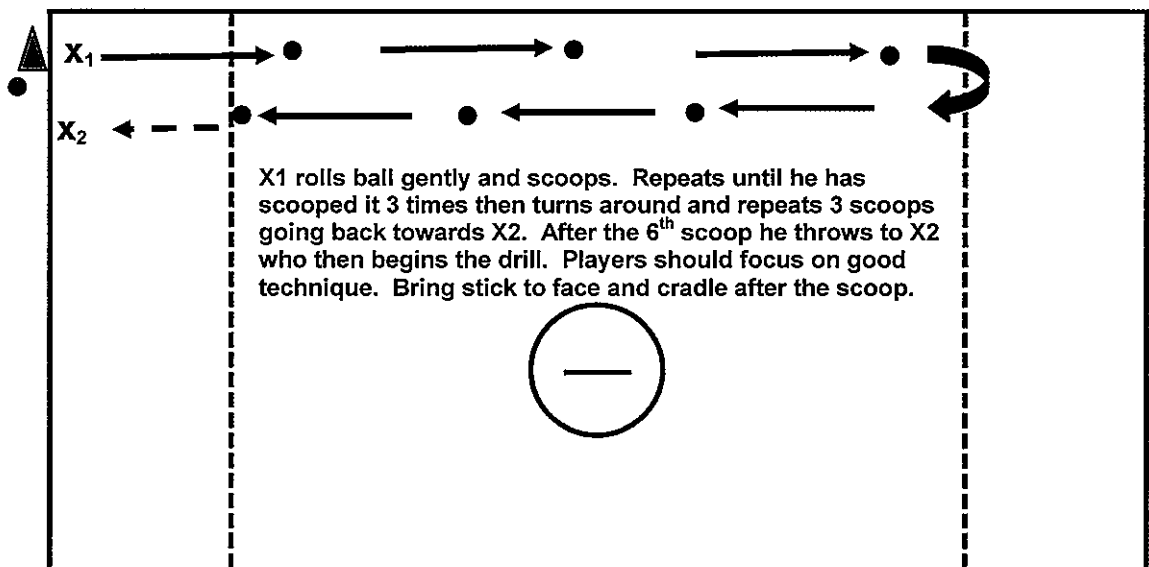


**Drill Execution:**

1. Players pair off and stand on the sideline. Player 1 gently rolls the ball out towards the opposite sideline, then runs and scoops it. Repeats until he has scooped it 3 times then turns around and repeats 3 scoops going back towards Player 2.
2. The coaches must stress to the kids that they go slowly enough so that their technique is perfect. This drill is to reinforce the fundamentals, not just "kill time". Bring stick to face and cradle after the scoop, just like in a game.
3. When Player 1 returns to the sideline Player 2 will then do the same thing.
4. To avoid confusion, I suggest that they do them all Right handed for 2 turns, then all Left-handed for 2 turns.
5. This is a good drill to do for 5-10 minutes. It involves some conditioning.

*Drill Diagram*

**Ground Balls 3 Across The Field**



*Skills practiced*

1. scooping
2. protecting the ball
3. turning in the correct arc.

*Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)*

Drill compiled and edited by Michael P. Carson, MD  
US Lacrosse Coaches Education Committee 2005  
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More drills at [www.lacrosse.org/cep/online](http://www.lacrosse.org/cep/online)

1. Pick up the pace so there is more conditioning and they learn to concentrate on the fundamentals when going full speed.
2. Introduce a spin dodge after each scoop. They must protect the stick during the dodge.
3. As they become better and getting the stick up and protected they will be able to feel the defensive pressure and turn the "wrong" way after scooping.

*Goalie involvement:*

Same as the other players.

*Related drills:*

1. Ground ball box out drill
2. Ground ball out and back
3. Ground ball with a chaser





**Coaches' Education Program  
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**Ground Ball Out and Back**

*Objective:*

Ground ball drill done in pairs. Gives a high number of repetitions, reinforces scooping and quickly passing to a teammate, and involves conditioning.

*Suggested space needed/equipment:*

Lacrosse field

*Players needed:*

Two.

*Drill Execution:*

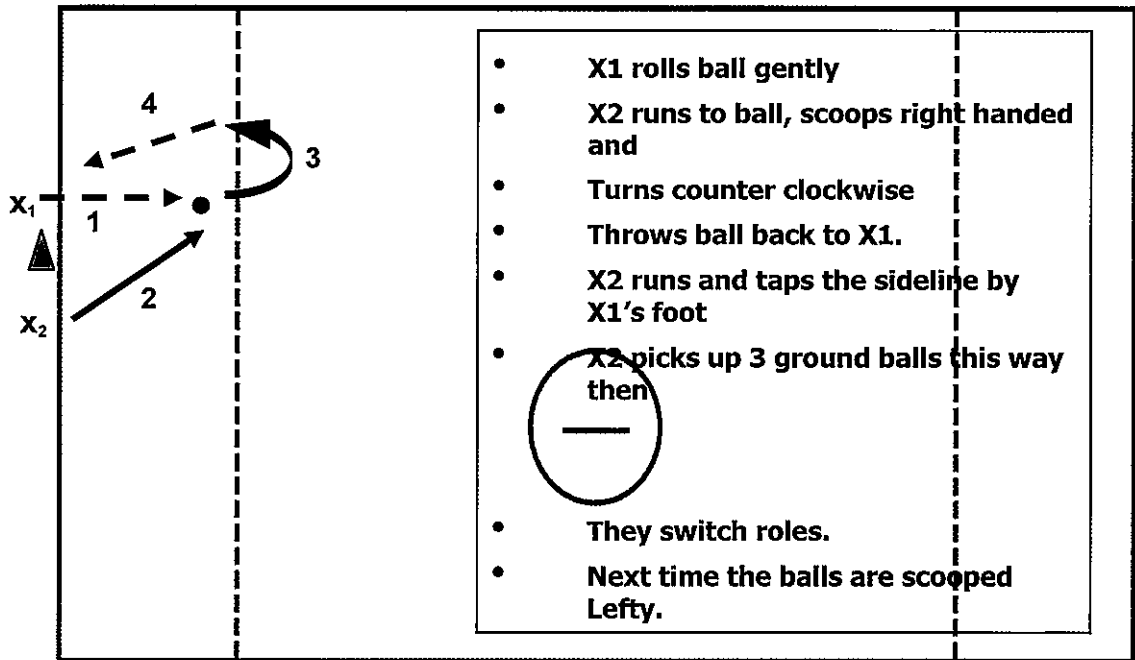
1. Players pair off and stand on the sideline. Player 1 gently rolls the ball out towards the opposite sideline.
2. Player 2 runs and scoops it, turns in the correct arc, makes an accurate pass to Player 1, and runs back to tap the sideline/ground near Player 1's foot with his stick.
3. This is repeated until Player 2 has scooped it 3 times, then the players switch positions.
4. The coaches must stress to the kids that they go slowly enough so that their technique is perfect. This drill is to reinforce the fundamentals, not just "kill time". Bring stick to face and cradle after the scoop, just like in a game.
5. To avoid confusion, I suggest that they do all 3 ground balls right handed for a turn, and then left-handed for the next turn. Alternate each time.
6. This is a good drill to do for 5-10 minutes. It involves conditioning.





## Drill Diagram

### Ground Ball Out and Back



#### *Skills practiced*

1. Scooping, protecting the ball, turning in the correct arc.

#### *Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)*

1. Pick up the pace so there is more conditioning.
2. As they become better and getting the stick up and protected they will be able to feel the defensive pressure in game situations and turn the "wrong" way after scooping.

#### *Goalie involvement:*

Same as the other players.

#### *Related drills:*

1. Ground Balls 3 Across The Field
2. Ground ball box out drill
3. Ground ball with a chaser





**Coaches' Education Program  
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**Ground Ball Box Out Drill**

*Objective:*

Players learn to get their hips low to protect a ground ball from a defender, they practice scooping and immediately passing to a teammate. This is a great drill to get them used to responding to defensive pressure, and a good drill to use as a pre-game warm up. It gets them active and in the correct state of mind.

*Suggested space needed/equipment:*

Lacrosse field

*Players needed:*

Two.

*Description of Drill-Execution*

**Boxing Out:**

1. The player protecting the ball must keep his hips low and knees flexed to maintain leverage against the defender.

*Drill Execution:*

1. Player 1 puts the ball down.
2. Player 2 stands behind him.
3. Coach blows the 1<sup>st</sup> whistle. Player 2 moves around trying to get by Player 1 and get to the ball, but he should not actually scoop it. Player 1 must keep his hips low and knees bent to box Player 2 out and keep him away from the ball.
4. After 5-10 seconds Coach blows the 2<sup>nd</sup> whistle. Player 2 relaxes. Player 1 scoops the ball, brings the stick up to his face, turns in the correct arc, and runs far enough away so he can throw it to Player 2.
5. The players switch positions and the drill is repeated.



More drills at [www.lacrosse.org/cep/online](http://www.lacrosse.org/cep/online)

*Skills practiced*

1. Keeping the hips low and knees bent to avoid being pushed off of a ball.
2. Scooping, protecting the ball, turning in the correct arc.
3. Running through the ball so that they can pass to their teammate.
4. Learning to look for a teammate and pass the ball immediately after a ground ball.

*Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)*

1. Have Player 2 do the drill without his stick. He must focus on quick footwork to get around Player 1.

*Goalie involvement:*

Same as the other players.

*Related drills:*

1. Ground Balls 3 Across The Field
2. Ground ball out and back
3. Ground ball with chaser





**Coaches' Education Program  
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**Ground Ball With a Chaser**

*Objective:*

Ground ball drill. Gives a decent number of repetitions, reinforces scooping under pressure, accelerating through the ball to avoid being checked by a chaser, quickly passing to a teammate, and conditioning.

*Suggested space needed/equipment:*

Lacrosse field

*Players needed:*

Best with 4.

*Description of Drill-Execution:*

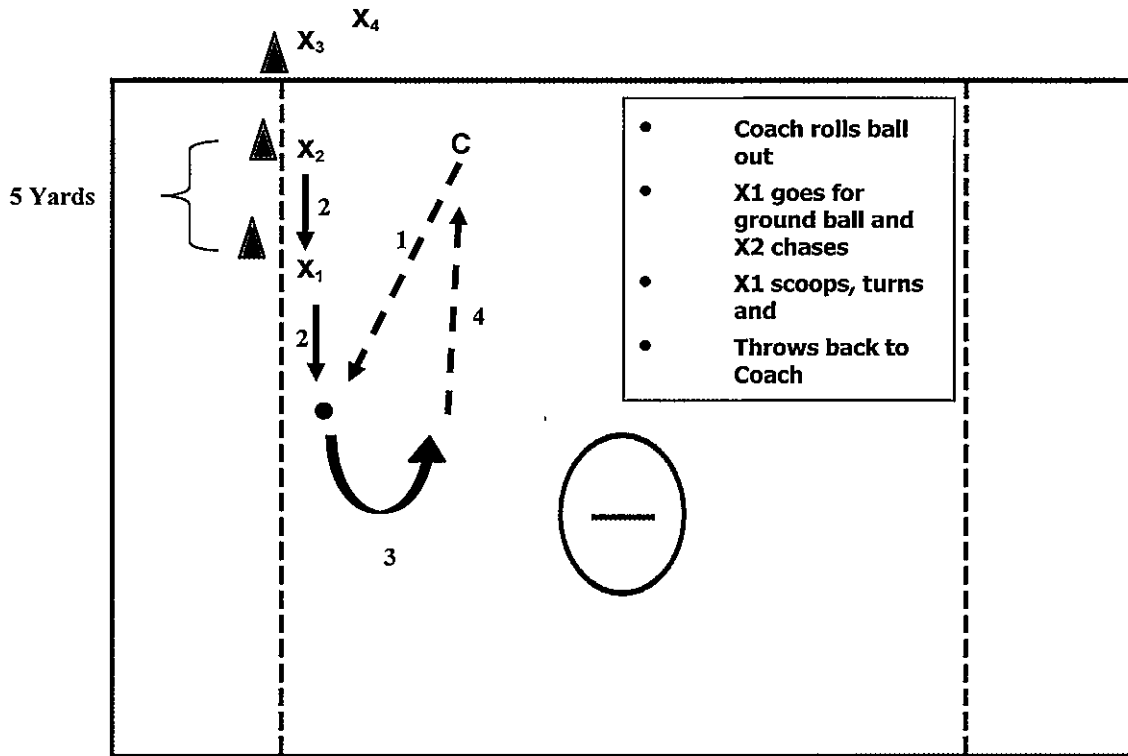
1. Player 1 is 5 yards ahead of Player 2. Coach is even with Player 2.
2. Coach rolls ball out to Player 1 who runs to scoop the ball, Player 2 chases Player 1.
3. Player 1 must remember to accelerate through the ball to avoid being checked, scoop, turn correctly, and make an accurate pass to the Coach.
4. Player 2 tries to poke or better yet, lift the bottom hand of Player 1 to disrupt his scoop. If Player 1 hustles then he won't be in danger of getting checked.
5. Bring stick to face and cradle after the scoop, just like in a game.
6. Coach switches to the other side so they must scoop left handed.





*Drill Diagram*

**Ground Ball With Chaser**



*Skills practiced*

1. Scooping under pressure, protecting the ball, turning in the correct arc.

*Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)*

1. Close the distance between the players so that Player 2 is more likely to get a check on Player 1.
2. As they become better and getting the stick up and protected they will be able to feel the defensive pressure in game situations and turn the "wrong" way after scooping.

*Goalie involvement:*

Same as the other players.

*Related drills:*

1. Ground balls 3 across the field
2. Ground ball box out drill
3. Ground ball out and back



# 2-on-1 GROUNDBALLS

## OBJECTIVE

To improve communication on groundballs and to practice using extra players to your advantage.

## SPACE/EQUIPMENT

- Balls
- Goal

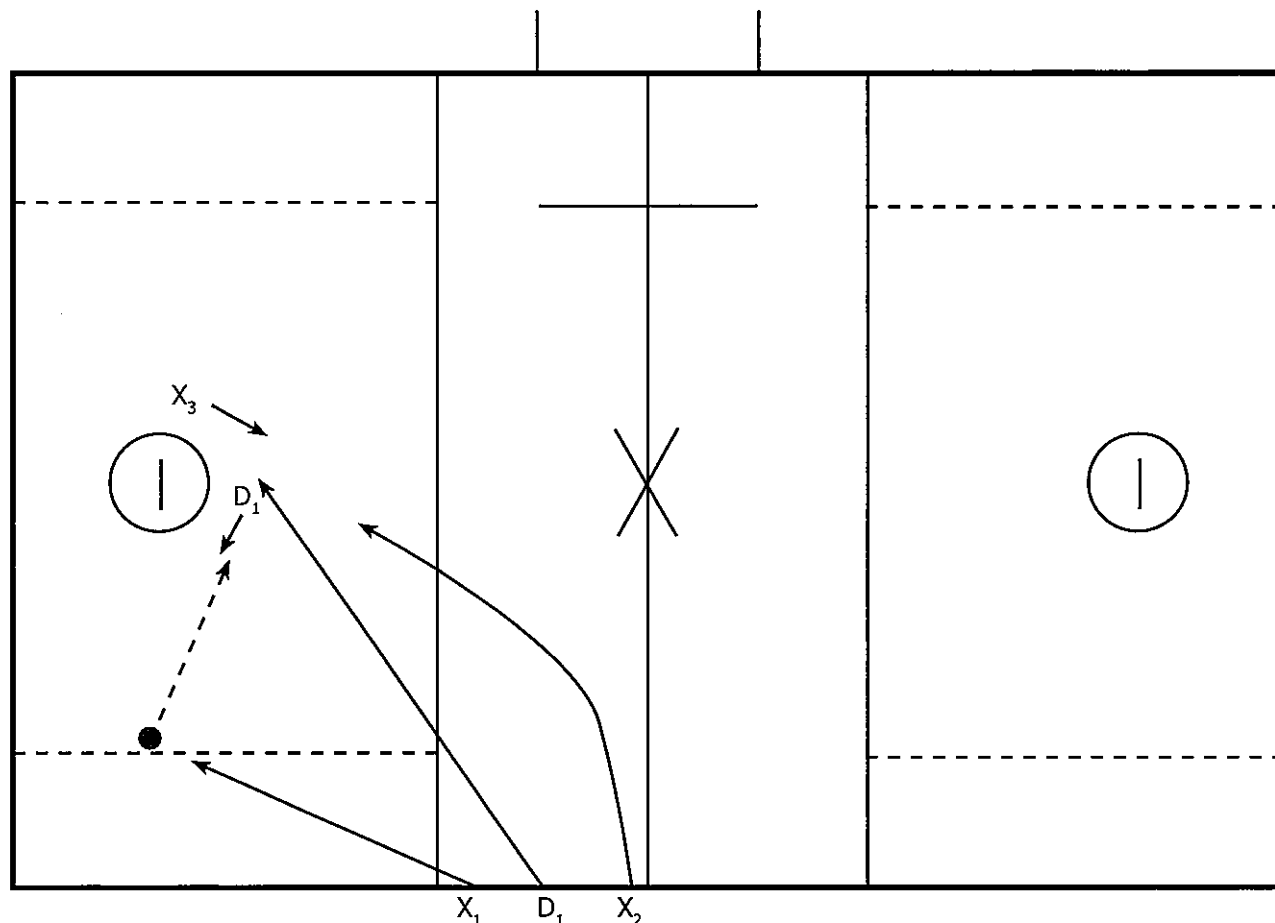
## PLAYERS NEEDED

All players can participate in this drill simultaneously, but there should be no more than 10-12 in a group at one time.

## DRILL-EXECUTION

Along the near sideline, set three lines of players – the two on the outside are the offense, and the one in the middle is on defense. The first players in each line should step out with their eyes looking forward. A coach will then roll a ball out in front of them and then will fight to pick up the ball. If an offensive player picks up the ball, he must pass it to his teammate before passing it to a coach. If a defensive player wins the groundball, he must immediately pass it to a coach.

Drill Diagram





- Man/Ball communication
- Scooping under pressure
- Moving the ball after picking it up

## SKILLS PRACTICED

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This drill can – and should – be practiced using both hands. To increase the competitiveness, challenge offensive players to do 10 push-ups each time a defender wins the groundball. To increase the difficulty of the drill, add an extra offensive and defensive player and station them by the goal – if the offense wins the initial groundball, they will attack the goal and play out a 3-on-2 live situation; if the defense wins the initial groundball, they must clear it to the midfield line.

## VARIATIONS/PROGRESSION

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## GOALIE INVOLVEMENT

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Full, when playing the 3-on-2 on the goal.

## RELATED DRILLS

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Box Out Drill  
2 Pass Groundballs



# 2 PASS GROUNDBALLS

## OBJECTIVE

To get players in the habit of scooping through the ball, picking up groundballs under pressure, and passing the ball immediately after picking it up.

## SPACE/EQUIPMENT

- Balls

## PLAYERS NEEDED

All team players can participate in this drill simultaneously, but there should be no more than 8-10 players in each line.

## DRILL-EXECUTION

Set two lines of players facing each other about 25-30 yards apart with a coach in-between the two. On a coach's whistle, the first player in one line should pick up a ball and begin to run towards the opposite line. As he is scooping the ball, the coach should make a light check (token defense/dummy defense) on him. After he successfully picks up the ball, he should immediately pass it to first person in the opposite line. This player throws it right back to him, and he then drops the ball at his feet, and runs to the end of that line. The first player in the second line then picks up the groundball, runs through a light check from the coach, and throws the ball to the first player in the opposite line, and the pattern repeats itself.

## SKILLS PRACTICED

- Scooping under pressure
- Passing immediately after scooping

## VARIATIONS/PROGRESSION

This drill can – and should – be practiced using both hands.

## GOALIE INVOLVEMENT

None

## RELATED DRILLS

Box Out Drill  
2-on-1 Groundballs (to 3-on-2 on Cage)





# BOX OUT DRILL

**OBJECTIVE** \_\_\_\_\_ To reinforce fundamental groundball and scooping techniques.

**SPACE/EQUIPMENT** \_\_\_\_\_ • Balls (enough so that every other player has one)

**PLAYERS NEEDED** \_\_\_\_\_ All team players can participate simultaneously.

Assign each team player a partner, space the pairs out along the midfield line, and place one ball about 2 yards in front of each group. One player in each pair will be the scooper and one player will be the defender. On a coach's whistle, the defender will try to get around the scooper and the scooper will shuffle his feet so that he can use his back and body to box the defender out and prevent him from getting to the ball. On a second whistle, the scooper should pick up the ball and run up-field. After several repetitions, players should switch roles.

**DRILL-EXECUTION** \_\_\_\_\_

**SKILLS PRACTICED** \_\_\_\_\_

- "Boxing out"
- Scooping under pressure
- Running away from pressure

This drill can – and should – be practiced using both hands. To increase the difficulty of the drill, increase the time between whistles (15 seconds, 30 seconds, etc.). To add an additional component, add a third player to each group – after the scooper picks up the ball, he must pass it to the third player (scooper then goes to pass catcher, pass catcher goes to defender, and defender goes to scooper).

**VARIATIONS/PROGRESSION** \_\_\_\_\_

**GOALIE INVOLVEMENT** \_\_\_\_\_ None

**RELATED DRILLS** \_\_\_\_\_ Two-pass Groundballs  
2-on-1 Groundballs (to 3-on-2 on Cage)

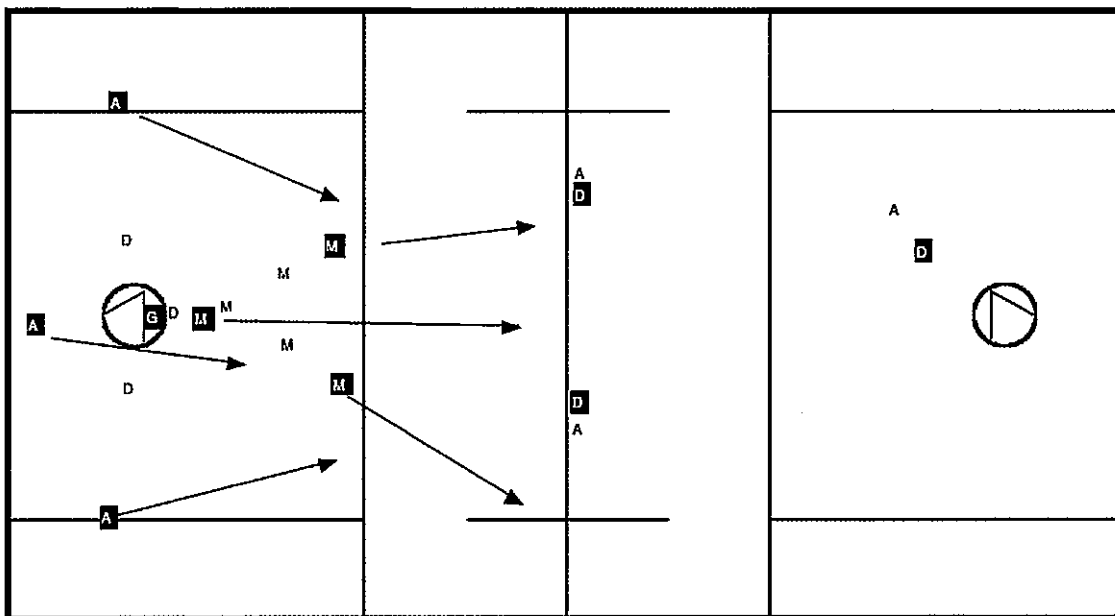


## Transition Skill Development Drill

### Riding Drill: Riding after a Shot on Goal

**Objective** Improve your team's ability to ride the clearing team after a shot on goal.

**Description of Drill** This is a drill/play set up to have a standard ride after a shot. The goal is to have your players get back on defense and pick up the players as they set up to clear. Notice your defense is locked on the attack, and your midfielders are getting back to midfield before the clearing team. This is to prevent the fast break by the clearing team.



**Skills Practiced**

- Riding
- Communication

**Variations/Progression** Add a stronger clear for the offensive team and practice forcing turnovers in situation play.

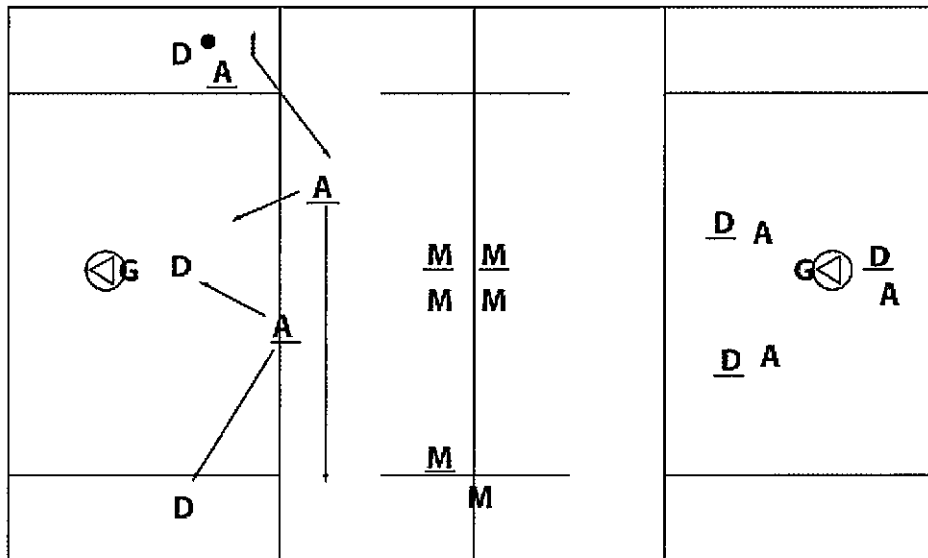


## Transition Skill Development Drill

### Riding Drill: 2-1-3 V Ride: Dead Ball off Sideline

**Objective** Improve your team's ability to ride the clearing team after a dead ball on the sideline.

**Description of Drill** This is a drill/play set up to have a standard ride after a ball goes out on the sideline. The goal is to have your players locked on the attack and midfield of the other team. The next step is to play a 3 man zone with your attack that will be splitting the clearing teams' goalie and 3 defensive players. The goal is to overload the ball side and force the clearing team to throw long passes or passes into traffic.



**Skills Practiced**

- Riding
- Communication

**Variations/Progression** Add a stronger clear for the offensive team and practice forcing turnovers in situation play.



## Transition Skill Development Drill

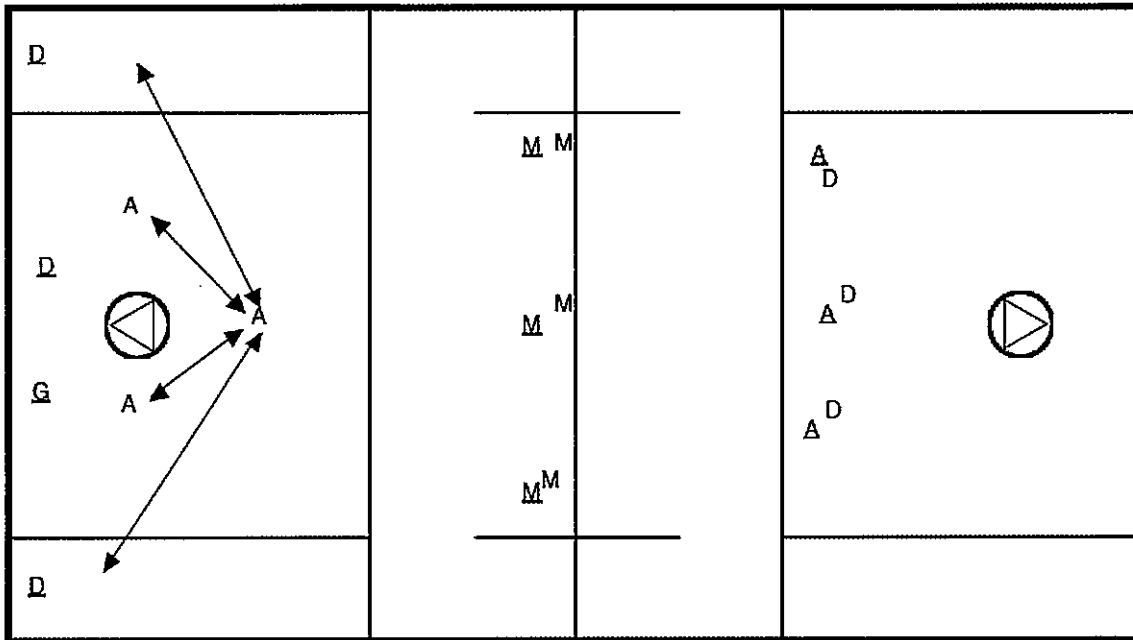
### Riding Drill: 2-1-3 V Ride: Dead Ball off Shot

**Objective** Improve your team's ability to ride the clearing team after a dead ball on a shot.

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**Description of Drill** This is a drill/play set up to have a standard ride after a ball goes out on the end line after a shot. The goal is to have your players locked on the attack and midfield of the other team. The next step is to play a 3 man zone with your attack that will be splitting the clearing teams' goalie and 3 defensive players. The goal is to drop your 3 attack players back and have them attack the first pass of the clearing team, which will then force the clearing team to throw long passes or passes into traffic.

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**Skills Practiced**

- Riding
- Communication

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**Variations/Progression** Add a stronger clear for the offensive team and practice forcing turnovers in situation play.

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## Transition Skill Development Drill

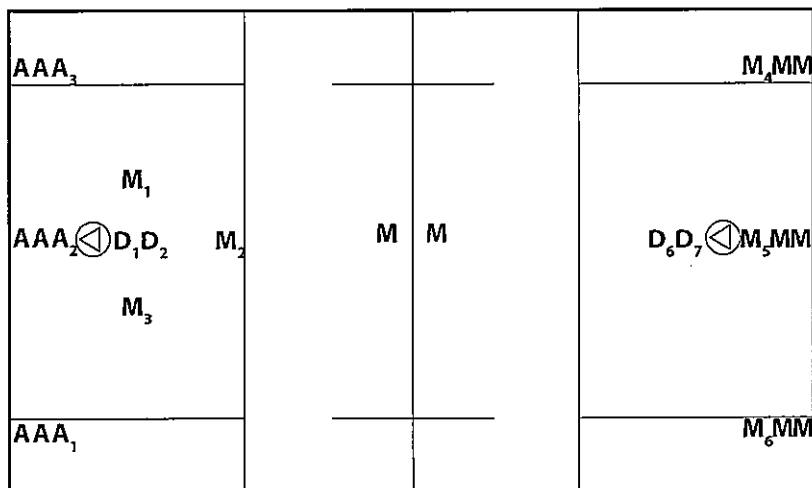
### Transition Drill: 3 v 2 Full Field Drill

**Objective** Improving clearing the ball and running the field are the main points of this drill. Transition play requires ball movement and vision. This drill allows players to move the ball down the field and then drop back in a ride to cover the breaks and improve field sense and vision.

**Description of Drill**

Middies # 1,2,3, from behind the right end goal attack the left end goal as a 3 v 2.

- The last of these three middies to touch the ball is out and rejoins the lines for his team behind the far goal where he originated.
- The other two middies drop back to the far right goal & become D#6 and D#7 in a 3 v 2.
- Three new players break from behind the left goal & attack the far right goal in a 3 v 2.
- After Playing Def in the 3 v 2 players rejoin the lines behind the goal they just defended.
- All players play every position in this drill. Long sticks become attackers, attack play defense etc...



**Skills Practiced**

- Clears
- Rides
- Communication
- Conditioning
- Field Sense and Vision.

**Variations**

To vary the drill you may add an extra player at the box area that will run on the field during clears and give the goalie a long outlet pass. The defensive players dropping back to cover will have to work on getting back and trailing the play.



Drill Type: \_\_\_\_\_

Skill Practiced: \_\_\_\_\_

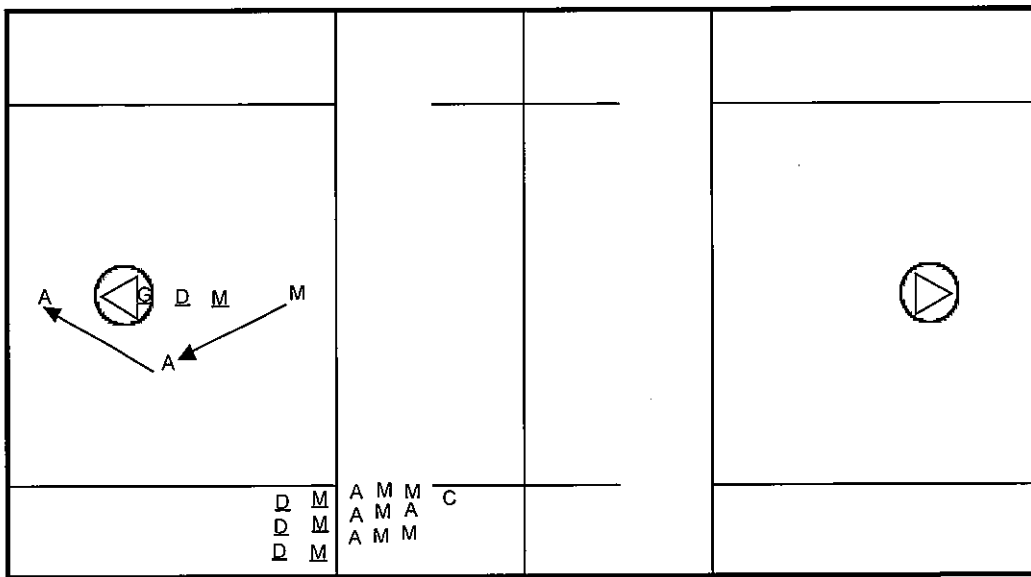
**Transition Skill Development Drill**  
**Transition Drill: 3 v 2 : Initiate from behind after 2 passes**

**Objective**

This drill reinforces the concept that X man must play a role in the offense. The X man will look to initiate offense from behind and force a slide from the inside defender. IF no slide comes the X man is free to dodge to shoot. If the slide does come, you look for the X man to feed the open player.

**Description of Drill**

In this drill the coach rolls the ball out above the box as two offensive players stay above GLE and one attack goes to X. The players get the ball back to X, where the X man initiates offense. The X man must draw a man so that he creates a 2 v 1, leaving a teammate open on the crease.



**Skills Practiced**

- Communication
- Field Sense and Vision
- Dodges
- Finding the Open Player

**Variations**

To vary the drill you may want to build into a full 6v6 in steps. Start with a 1v1 behind the cage. Then move to a 2v2 form behind, then 3v3 starting from behind, then 4v4, up to 6v6 where your team will look to drive from behind and find the open options when the slide does or does not happen.

Time Needed for Drill: \_\_\_\_\_

Equipment Needed: \_\_\_\_\_



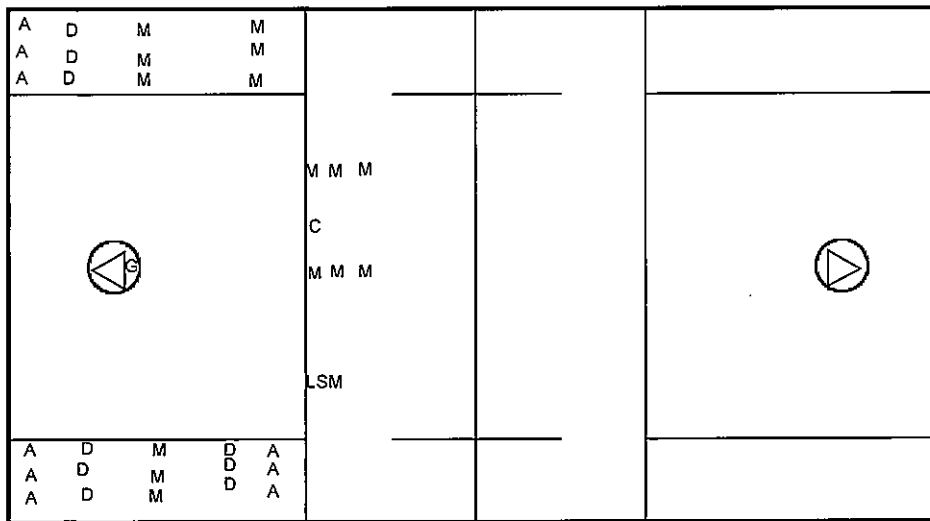
## Transition Skill Development Drill

### Transition Drill: 6 v 6 (or 5) Scramble Drill

**Objective** This drill will teach your defense to clear the ball as soon as they gain possession. The drill will also teach your offense to push for goals after gaining possession or hold the ball in the box when you are killing penalties or under two minutes in the game with a lead.

**Description of Drill**

- Players are set up around the outside of the box.
- Coach rolls ground ball into corner, players release and attempt to gain possession.
- Defense must clear midfield line to win.
- Offense must score within one minute of possession or hold the ball for one minute in the box (no shot allowed).
- Extremely competitive, high intensity, short duration drill, perfect ending to a great practice.



**Skills Practiced**

- Communication
- Field Sense and Vision
- Ground Balls
- Ball Possession
- Situational Play
- Clearing for Defense

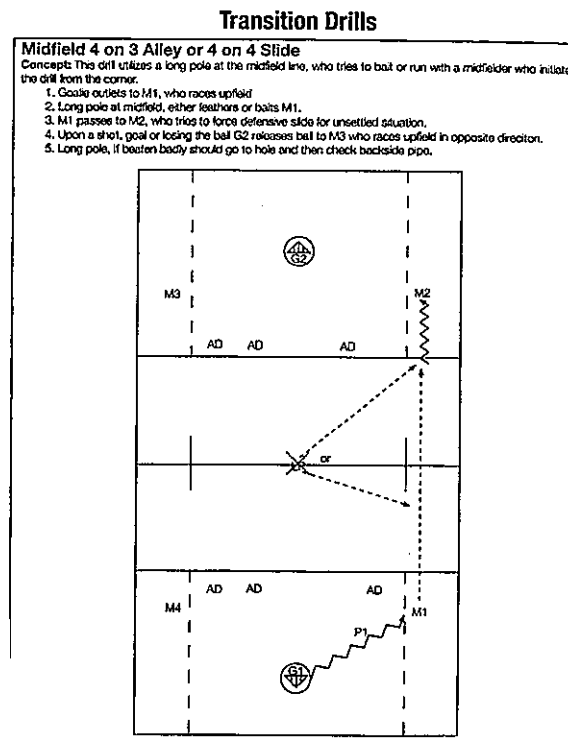
**Variations** To vary the drill you may want to split the box with cones and keep half the players on one side and half the players on the other side to team overloading and limit your players from losing field position when coming off ground ball pickups. You may also add a cone in the middle of the box and have your defense drop in first, touch the cone, and then attack the offense.



# Midfield 4 on 3 Alley

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

**Drill Description** See below:



**Skills Practiced**

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

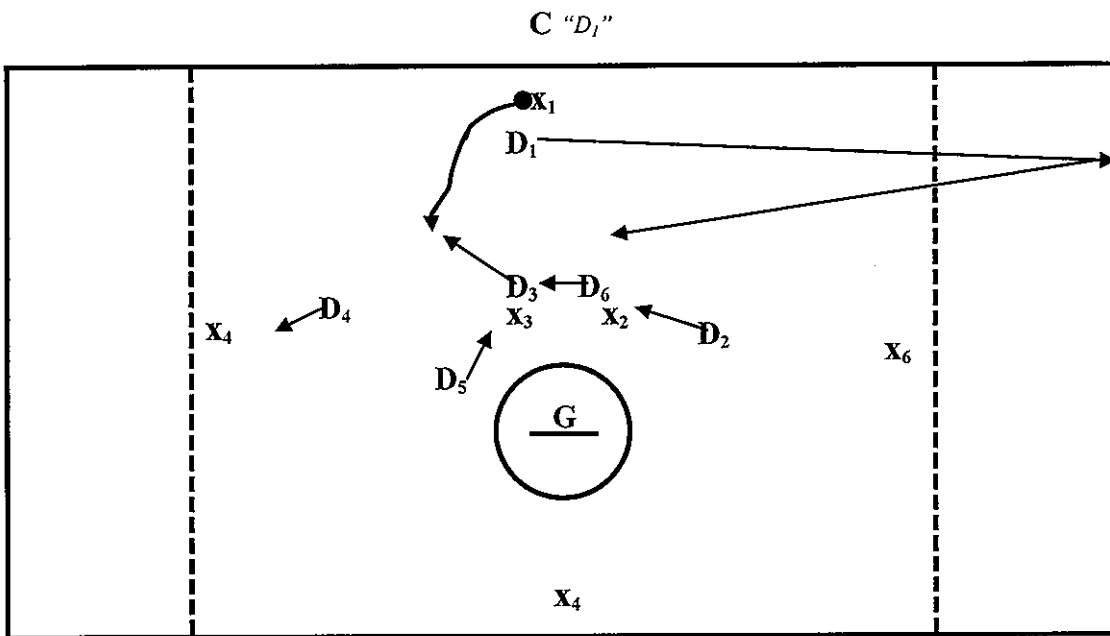




## Settled Defense Skill Development Drill Out of Dodge

**Objective** To improve defensive communication and sliding. Crease slide shown but should also practice adjacent slide from this formation.

**Drill Description** Start six offensive players in a 1-4-1 formation, and start six defenders on them with a goalie in the cage. On a coach's whistle, the offensive begins to pass the ball around the perimeter and go into their particular movements. A coach then calls out the jersey number of the defender who is covering the ball. This defender must sprint to the sideline and back before rejoining the play. When he vacates his spot, the ball carrier should go to the goal, making the defense slide to halt his progress and limit good scoring opportunities. After a goal or turnover, the drill repeats itself and the coach calls out the number of another player. After several repetitions, players rotate positions.



**Skills Practiced**

- Defensive communication
- Sliding.

**Variation** This drill can be used to simulate any slide package (crease, adjacent, etc.) against any offensive set (1-4-1, 1-3-2, 2-2-2, etc.). To make it more competitive, keep score--- each offensive goal is worth one point, and each defensive stop (either a saved shot or a non-shot) is also worth one point.



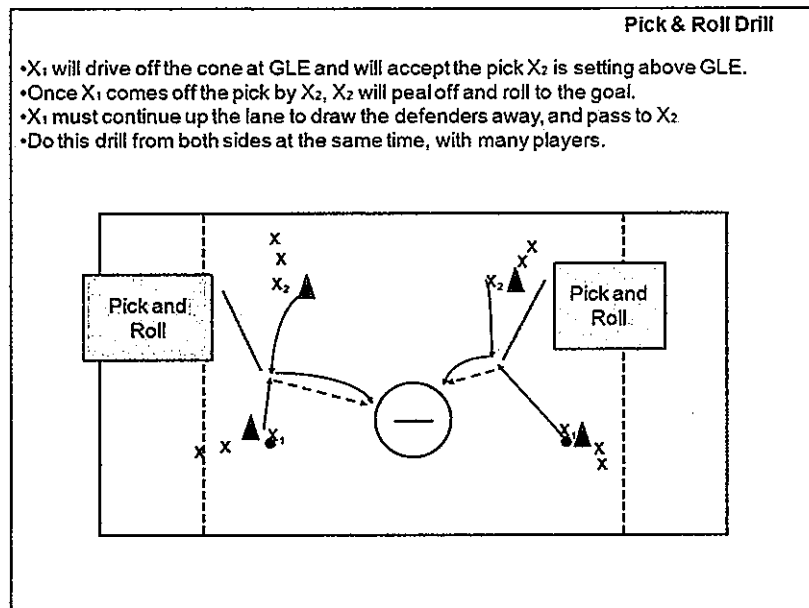
## Basic Skill Development Drills

### Pick and Roll Drill

**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
- Cradling
- Field Vision
- Offensive Positioning.

**Variation** 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.

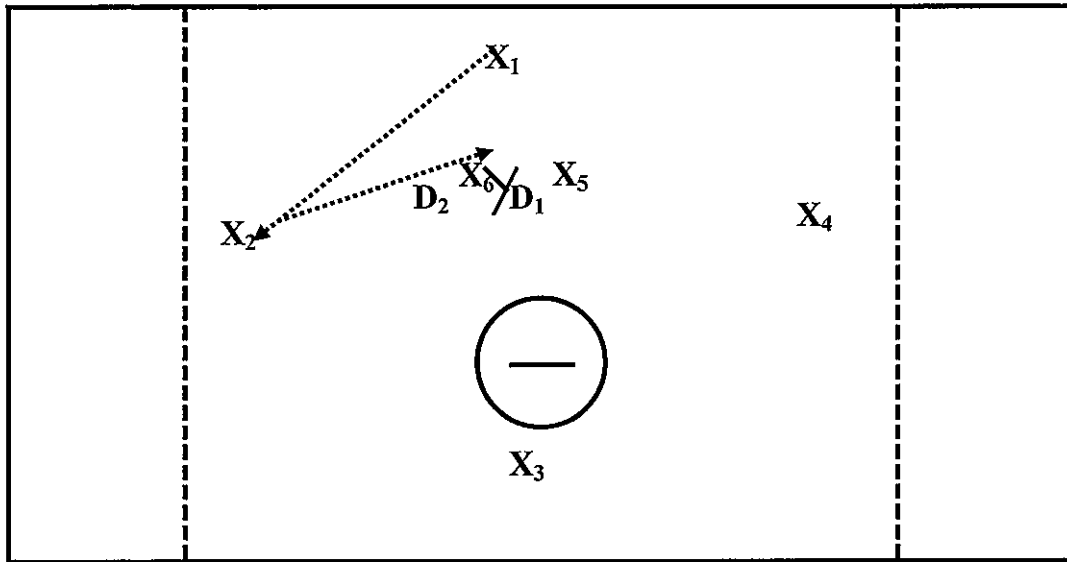


## Settled Defense Skill Development Drill Feed the Crease Drill

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

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**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.



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**Skills Practiced**

- Defending feeds to the crease
- Defending picks on the crease

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

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# Hopkins Up and Over Drill

## Drill Specs

**Drill Theme:** Shooting  
**Field Position:** Offense

**Drill Style:** Skills  
**Time Needed:** 10 Min

**Field Location:** Half Field  
**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

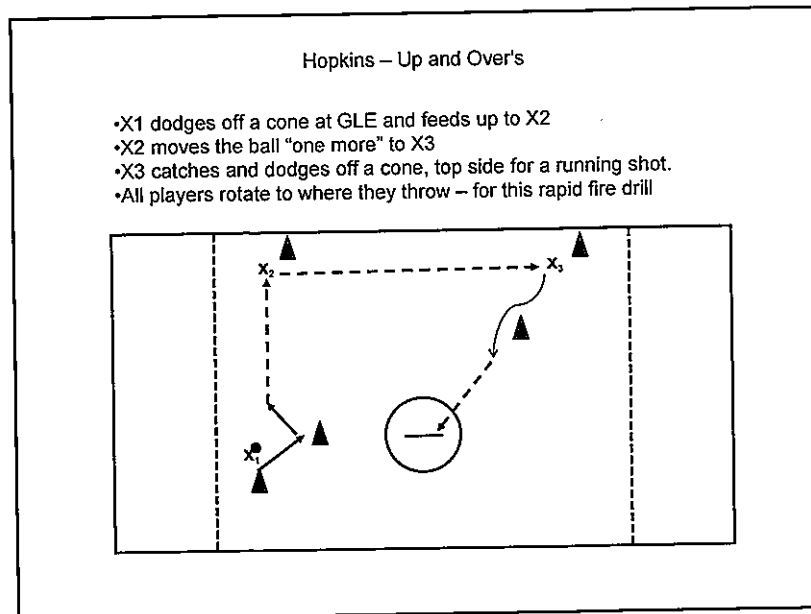
Set up (3) lines with a cone in front of each. One line will be 3 yards behind goal line extended; one line will be directly in line at the top of the attack zone, and the other at the top of the attack zone on the other side.

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 3<sup>rd</sup> line will catch the feed, drive and dodge off a cone for a shot.

Players will rotate in a clock wise rotation.



*Continued on next page*

## Hopkins Up and Over Drill, Continued

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**Skills Practiced**

- Ball Movement
  - Feeding
  - Shooting
- 

**Variation**

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.

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# Hopkins Over and Down Drill

## Drill Specs

**Drill Theme:** Shooting  
**Field Position:** Offense

**Drill Style:** Skills  
**Time Needed:** 10 Min

**Field Location:** Half Field  
**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.

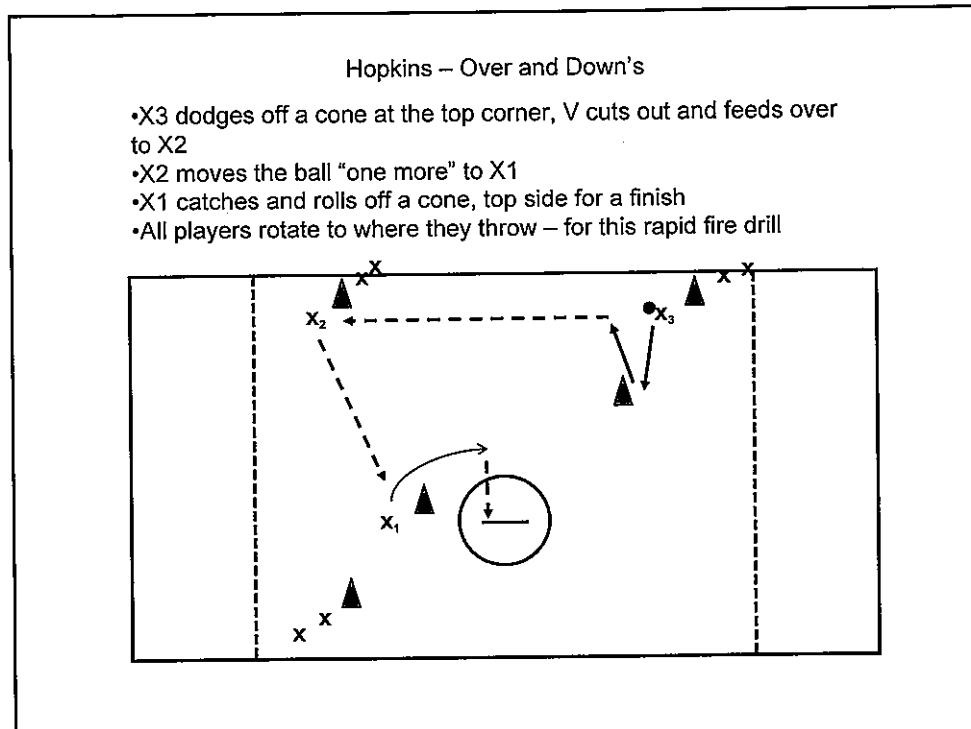
## Drill Description

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 3<sup>rd</sup> 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.



*Continued on next page*

## Hopkins Over and Down Drill, Continued

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**Skills Practiced**

- Ball Movement
  - Feeding
  - Shooting
- 

**Variation**

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.

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# Man/Ball Drill

**Drill Specs**

**Drill Theme:** Ground Balls  
**Field Position:** Offense, Defense

**Drill Style:** Skills, Games  
**Time Needed:** 15 Min

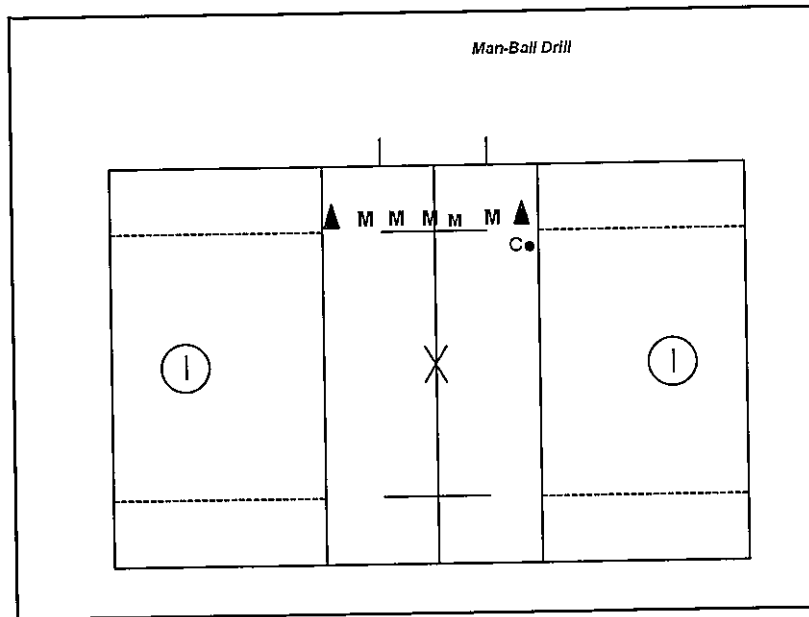
**Field Location:** Midfield  
**Skill Level:** Basic

**Objective**

To teach players the basics of team ground balls and communications when the ball is on the ground and then picked up.

**Description of Drill**

Set up 3 defensive lines on the sideline and facing midfield. Have 2 additional lines of offensive players in between the defensive lines, facing the same directions. The coach will have the ball and will roll it out into the midfield area. On the whistle the players will run after the ball and try to gain control. When the players get within 3 yards of the ball, players should work on taking either man (and checking the opposing player away from the ball) or take ball (and go after pick up the ground ball). After one team gains control of the ball, the players must complete 1 pass before getting the ball back to the coach.



**Skills Practiced**

- Ground Balls
- Communication
- Ball Movement

*Continued on next page*

## Man/Ball Drill, Continued

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### Variations

Have players start on their stomachs, or facing away from where the ball will be thrown. This will require all players to turn and find the ball as they run to pick it up, making for an even playing field.

Also, add and subtract lines to make your players go 2 v 1, 2 v 2, 3 v 2, ect.

---

# Scoop and Clear Drill

## Drill Specs

**Drill Theme:** Ground Balls  
**Field Position:** Defense, Goalies

**Drill Style:** Skills, Warm  
**Up**  
**Time Needed:** 10 Min

**Field Location:** Attack Zone  
**Skill Level:** Intermediate

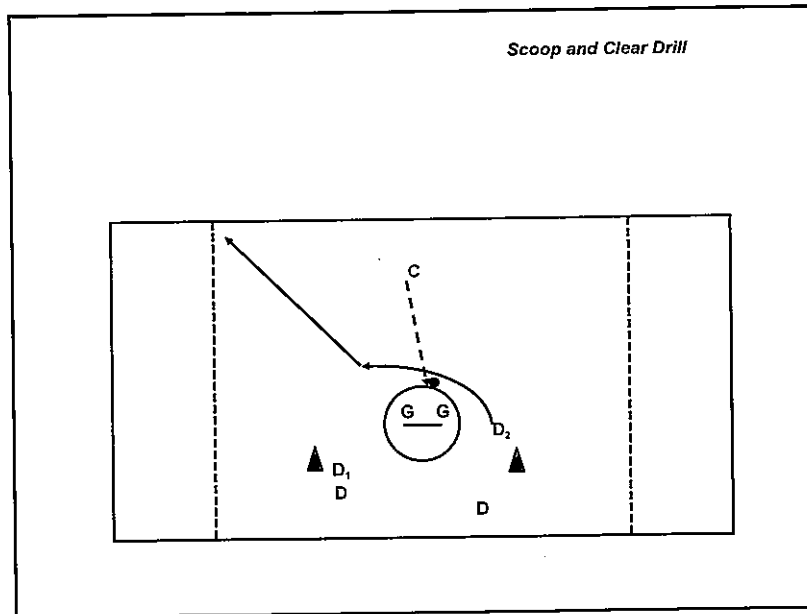
## Objective

To teach defensive players to scoop through ground balls that happen around their crease area, and then transition the ball away from the goal and then up the field.

## Description of Drill

Have 2 lines of defensive players behind the goal, about 5 yards away from goal line extended. Place 2 goalies in the cage, one to the right and one to the left. The coach will be 15 yards away from the goal with a bucket of balls. The coach will shoot low, soft shots to the goalies, which deflect the balls in front of the crease in the rebound zone.

The players in line behind the cage will rush up and scoop the ground ball out of the rebound zone and break out to the wing with the ball, then turn around and throw back to the goalie. The player will break up the field and receive a clearing pass from the goalie at that time. The drill repeats after the goalie clears out the pass.



## Skills Practiced

- Ground Balls
- Clears
- Communication
- Conditioning

*Continued on next page*

## Scoop and Clear Drill, Continued

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### Variations

Add another player down field at half field that your defensive players will relay the ball to once they receive the clearing pass from the goalie.

You may also add the pitch and pursuit drill to the end of this drill to have attack players ride the clear up the field.

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# Change of Direction Drill

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<b>Drill Specs</b>	<b>Drill Theme:</b> Cradling and Dodging <b>Field Position:</b> Offense	<b>Drill Style:</b> Skills <b>Time Needed:</b> 15 Min	<b>Field Location:</b> Attack Zone <b>Skill Level:</b> Intermediate
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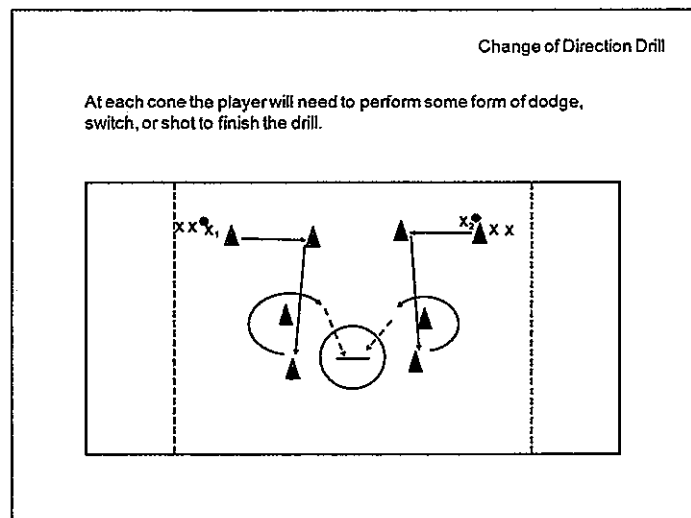
**Objective** This drill is excellent for teaching players to dodge, use footwork, and transition movements into a shot. The concept of getting time and space to get a shot off is the main theme of the Change of Direction drill.

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**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.

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- 
- Skills Practiced**
- Dodging
  - Conditioning
  - Footwork
  - Shooting
- 

**Variation** 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.

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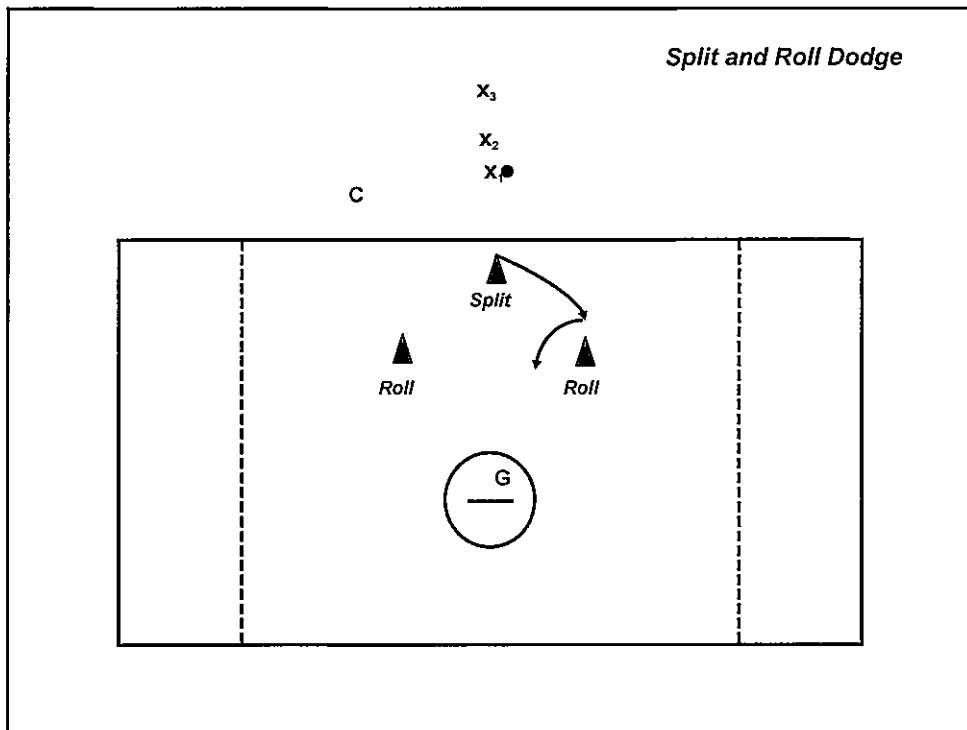


# Split to Roll Dodge Drill

<b>Drill Specs</b>	<b>Drill Theme:</b> Cradling and Dodging	<b>Drill Style:</b> Skills	<b>Field Location:</b> Attack Zone
	<b>Field Position:</b> Offense	<b>Time Needed:</b> 10 Min	<b>Skill Level:</b> 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. One at a time, your players will 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.



*Continued on next page*

## Split to Roll Dodge Drill, Continued

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**Skills Practiced**

- Dodging
  - Footwork
  - Shooting
- 

**Variation**

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

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## 1 v 1 Scramble or Recover Drill

### Drill Specs

Drill Theme: 1 v 1  
Field Position: Offense, Defense

Drill Style: Games  
Time Needed: 15 Min

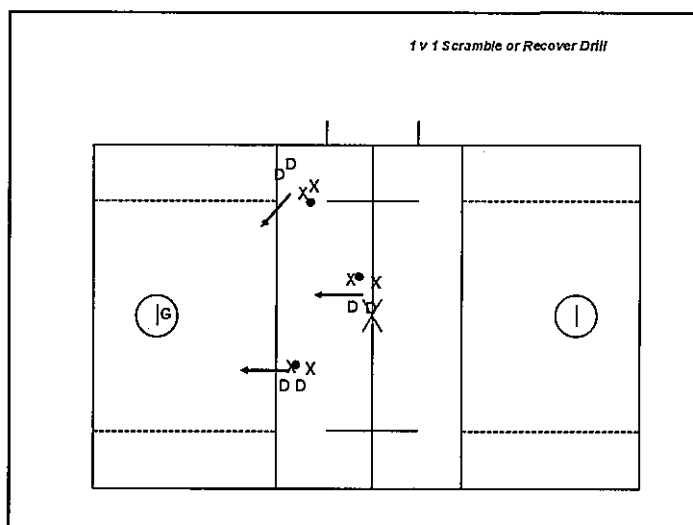
Field Location: Half Field  
Skill Level: Intermediate

### Objective

This drill teaches players to make smart decisions in a scramble or recovery situation when gaining possession of the ball while your player is next to you, or after a defender over commits and has to recover and check from behind as he recovers.

### Drill Description

Have 3 groups of players located all over the half field. At each group you will have 2 lines, a line on offense and one on defense. Each line will have lacrosse balls, and the player on offense will start with the ball. On the whistle the players at the first group will go 1 on 1, while they are standing next to each other. The player on offense looks to press to the cage and change direction or accelerate past the defensive player. The player on defense looks to recover to the hole, or get a takeaway before the shot is taken. Recovering to the middle is the priority for the player on defense. Then go to the next group, and so on.



### Skills Practiced

- 1 v 1
- Defensive Positioning
- Conditioning

### Variation

Vary the locations where the 1 on 1 will start. Also, add a defender in the middle that will slide when the 1 on 1 reaches a certain point on the field.



## State Championship Drill (SCD)

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**Author Name** Larry Glenz      **Author School** Lynbrook High School

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**Drill Specs**      **Drill Theme:** Transitions      **Drill Style:** Game      **Field Location:** Full Field  
**Field Position:** Offense, Defense      **Time Needed:** 10 Min      **Skill Level:** Basic

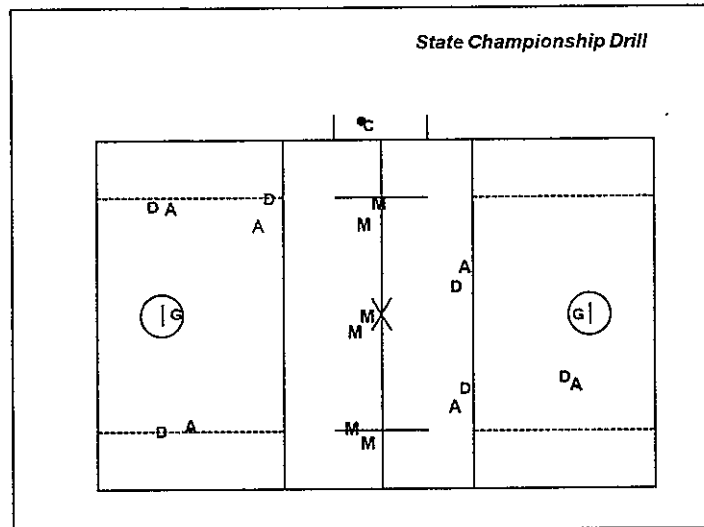
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**Objective** To develop full field transition and broken situation offensive and defensive skills.

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**Drill Description** Two full teams set up anywhere on a full field. Coach throws out the ball to any part of the field. Player who gets the ball has to move it up-field within 5 seconds. If the ball slows down for more than 5 seconds, coach blows the whistle and throws out another ball to a different part of the field. Try to make spectacular full field transition plays. Have your team look for the following:

- Pushing the ball up the field offensively
  - Moving off the ball in a full field situation
  - Keeping eyes up looking for up-field opportunities
  - Also forces the defense to get back on defense and communicate
  - Long passes are encouraged
- 



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## State Championship Drill (SCD), Continued

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**Skills Practiced**

- Field awareness
- Fast break
- Conditioning
- Even Strength Drill

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**Variations**

Keep the drill fresh by blowing a whistle where the ball slows down. Throw out new ball to any part of the field.

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## 4 Corner Team Shooting Drill

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<b>Author Name</b>	Andrew Combs	<b>Author Organization</b>	Shoot 2 Score
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<b>Drill Specs</b>	<b>Drill Theme:</b> Shooting <b>Field Position:</b> Offense, Midfield	<b>Drill Style:</b> Skill <b>Time Needed:</b> 15 Min	<b>Field Location:</b> Attack Zone <b>Skill Level:</b> Intermediate
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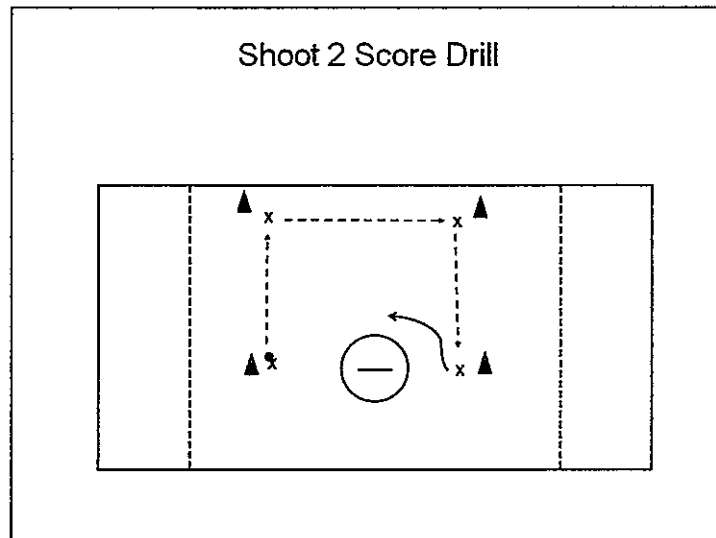
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**Objective** Work on ball movement and four corner team shooting. Having your players understand catching and moving the ball with outside hands, and finishing on the crease or inside with a shot to beat the goalie.

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**Drill Description** 4 corner passing and finishing. Balls start low left corner; starts with LH pass to top line, top line RH catch LH pass to other top line top RH line feeds bottom RH line for a quick fake and inside finish.

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**Skills Practiced**

- Both hand passing and catching
- Inside quick finish

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**Variations** Add defenders to increase the pressure on the ball or to challenge the finish on the crease.

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**Coach Name:** John Pirie

**Team/Association:** The Governors School; Byfield, Mass.

**Drill Name:** 5v4 Over The Top

*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.*

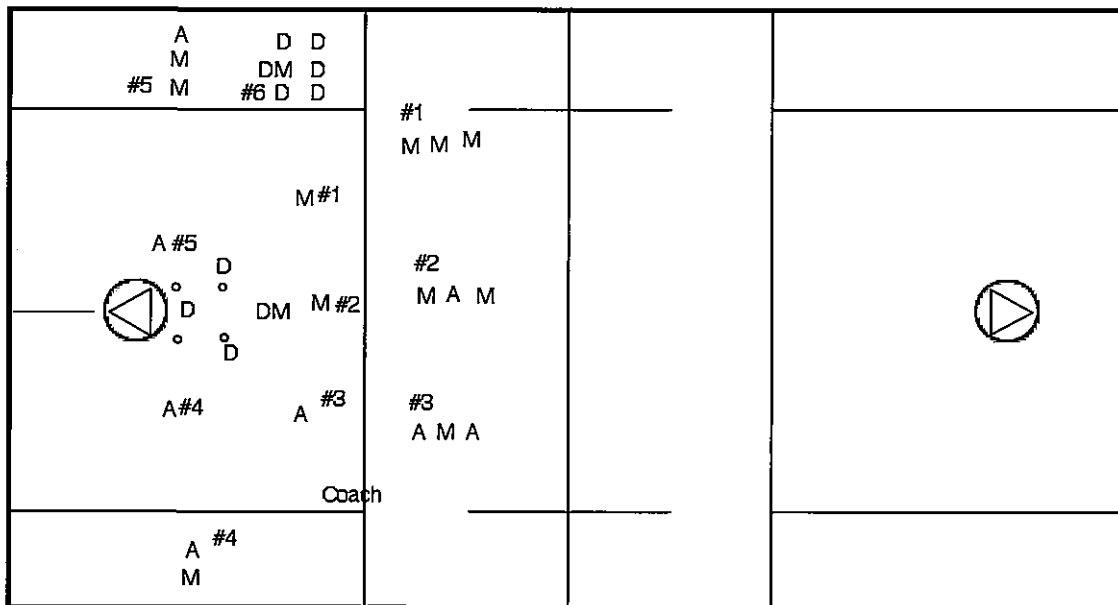
Drill Theme: Unsettled Play

Field Position: Half Field

Time Needed: 10 minutes

Skill Level: Advanced

Description of Drill: 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.



**Skills Practiced:** Ground Balls. Passing. Shooting. Defensive rotations. Unsettled offense and defense from different locations on the field.

**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.



# Alley/Ground Ball Drill

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<b>Author Name</b>	Lou Corsetti	<b>Author School</b>	Atlanta Youth Lacrosse
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<b>Drill Specs</b>	Drill Theme: Ground Balls	Drill Style: Skill	Field Location: Attack Zone
	Field Position: Offense, Defense, Midfield	Time Needed: 10 Min	Skill Level: Basic

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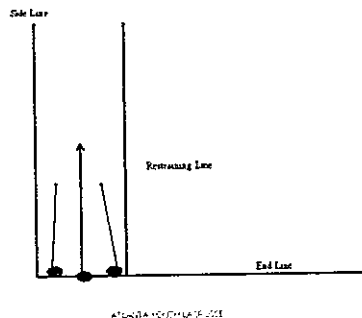
<b>Objective</b>	To have players work ground balls in game play situations, learn to move under pressure, and gain field awareness.
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<b>Drill Description</b>	Set up three cones on the end line in the alley of the attack zone. The coach rolls the ball out, and the player at each cone must go after the ground ball, gain possession and throw it back to the coach. They must stay in the alley (side-line to restraining line), and if they don't they lost the ground ball. You can mix it up and have 2 on 1 and 3 on 2 ground balls. The concept is to get them to stay in the close confines of the Alley. If you have 2 on 1 or 3 on 2 they must pass it to each man on their team before they get it back to the coach. You can also put the ball on the side line and have them go after it and see what they do when the ball is 6 inches from the line. Emphasize groundball fundamentals and pushing from behind (why it is illegal).
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Alley/Ground Ball Drill



*Continued on next page*

## Alley/Ground Ball Drill, Continued

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**Skills Practiced**

- Cradling
- Ground balls
- Ball Movement

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**Variations**

Change the length of the field, number of players on each team, location on the field, or hands allowed to pick up the ball.

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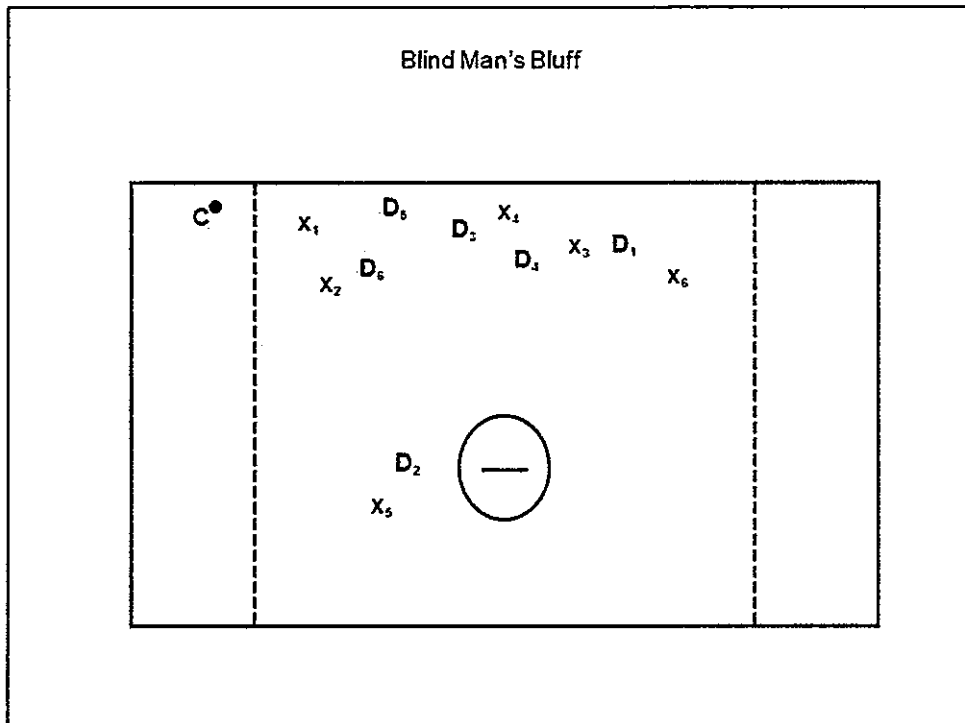
# Blind Man's Bluff

**Author Name** Marty Lattman      **Author Organization** Custom Lacrosse Camps

**Drill Specs**  
**Drill Theme:** Ground Ball      **Drill Style:** Game      **Field Location:** Half Field  
**Field Position:** Offense, Defense      **Time Needed:** 15 Min      **Skill Level:** Intermediate

**Objective** To improve communications and field awareness during unsettled situations.

**Drill Description** Coaches choose a random number of offensive and defensive players to simulate a transition/unsettled situation (4 v 3, 3 v 3, 4 v 2, 3 v 5, etc). They then have these players walk with their eyes closed until the coach yells STOP! While the players remain standing with their eyes closed, the coach rolls the ball out and yells "Ball down"! The players can then open their eyes and play out the unsettled situation.



*Continued on next page*

## Blind Man's Bluff, Continued

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### Skills Practiced

- Communication (both offensive & defensive players)
  - Field awareness
  - Defensive formations
  - Moving without the ball on offense
  - Quick decision making
  - Adapting on the fly
- 

### Variations

Coaches can walk the players around with their eyes closed to ensure that they are randomly dispersed. Also, additional players can be sent in on the fly once play has started.

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## 4 on 4 Pressure Drill

### Objective

Drill that forces pressure as passes are made. Once the shot, goal, or save is made the goalie always clears out to teach players to break into transition.

### Drill Description

See below:

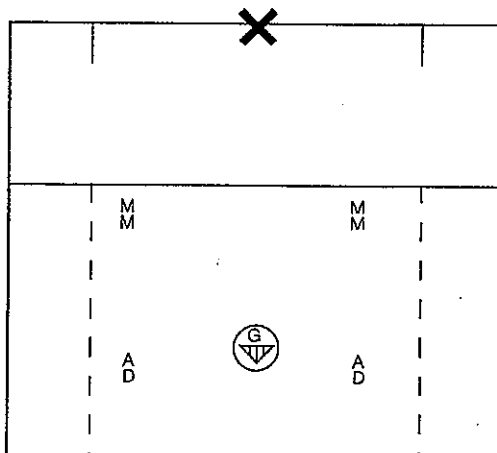
### Pressure Drills

#### 4-on-4 Pressure

**Concept:** This drill involves four midfielders, two attackmen, two defensemen and goalie.

**Keys:**

1. Offense has the ball in the box and must make four passes against adjacent shutoff pressure.
2. Once four passes have been completed, offense may press for a score as defense drops into a soft man to man.
3. With each shot, goal or not, goalie clears the ball.
4. Once cleared, offense becomes defense as defense becomes offense.
  - a. forces long poles to be involved in transition game
  - b. forces attackmen to play defense
  - c. with any loose ball or loss of possession, four passes must be completed



### Variation

Have your teams with extra man on offense or defense. Use 4v3 or 3v4 to add pressure or subtract pressure.





# Clears After the Shot

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**Objective** This basic clear drill will have your players in the right place and understanding how to breakout into space.

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**Drill Description** See below:

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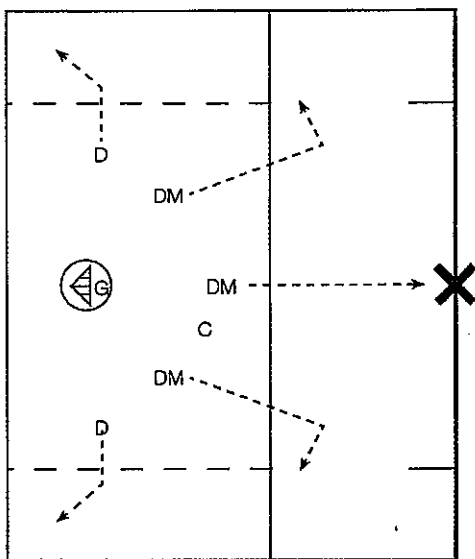
## Clearing Drills

### Quick Clear (after shot)

**Concept:** Like riding, clearing is a situation that a team faces 15-20 times in a game. It is the heart of a transition offense. These drills can be utilized as a stick drill in the beginning of practice, as position work or incorporated into full field situations.

**Rules:** Goalie — communication is key; uses all four seconds to scan field; outlets to wings; outlets over top; if front is open, utilizes a draw and dump.

1. DM furthest up field is responsible for cheating up field.
2. D at goal line extended — break perpendicular
3. DM is slightly in front of goal, break at 90 degree angle, breaking back at 45 degrees if covered
4. One long pole should cover crease until ball is progressed up field; if ball is redirected, crease man breaks to redirected sides
5. On shot by coach, goalie passes the ball to one of the outlets.



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**Variation** Add a ride into the mix and have players in different color pinnies roam the field and disrupt clears.

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# Form Shooting Drill

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

**Drill Description** See below:

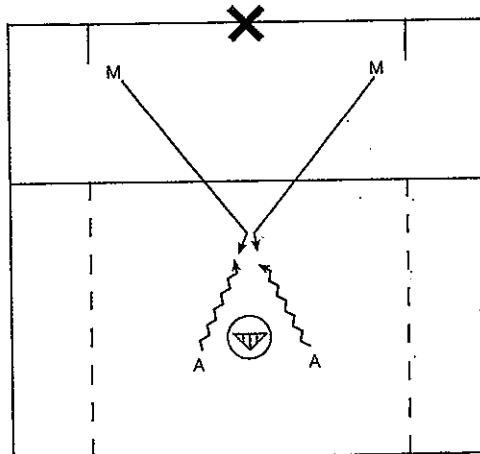
## Shooting Drills

### Skeleton Drill (no defense)—Form Shooting

**Concept:** This drill is designed to develop 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 passed to



**Variation** 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 sidearm.

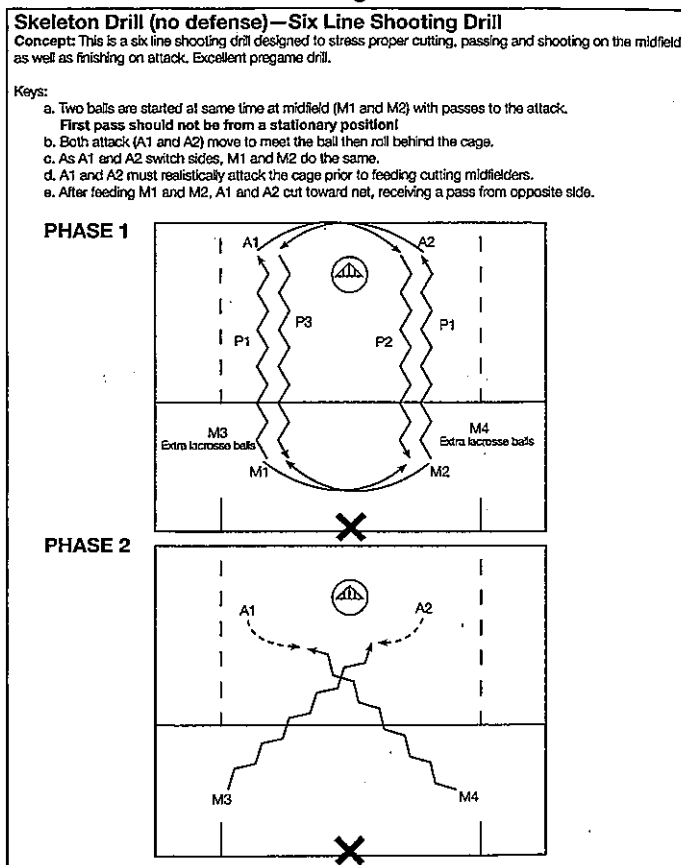


# Six Line Shooting Drill

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

**Drill Description:** See below:

## Shooting Drills



22

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

