

GIRLS LACROSSE COACHES MANUAL



Recreation and Parks

HCLP GOALS AND OBJECTIVES

1. To teach the game of lacrosse
2. To develop fitness and coordination
3. To foster team work
4. To encourage and reinforce good sportsmanship, and
5. To have FUN!!!

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- Acknowledgements -

Dear Coaches,

Thank you for supporting one of the largest youth lacrosse programs in the United States with the use of this manual. With over 2,500 players and 500 Coaches, the Howard County Lacrosse Program is the premier organization for lacrosse players ages five to fourteen years old.

The purpose of the HCLP Coaches Resource Manuals is to provide coaches in every age group a comprehensive guide of skills development, practice plans, and drills to use throughout the season.

Many people have contributed significantly to the creation, editing and production of these manuals. I would like to thank the following for their contributions and efforts:

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And a very special thank you to Janet Faith Morgan, HCLP Consultant and Syracuse University doctoral candidate in Instructional Development and Design. Janet did much of the heavy lifting on this project from start to finish, and truly helped turn a good idea into the guides you are holding today.

Good luck this season, have fun, use your manuals to make sure the kids have a great experience playing lacrosse this spring.

Regards,

Jeff Doughty

HCLP Coaches Resource Manuals Director

Feedback: We welcome all feedback to improve these resource manuals in the future. These books were developed in less than four months and will continue to evolve as coaches provide ideas for future versions. Please email me with corrections, typos, ideas, additions, clarifications that anything else that you believe should be included in future versions of the books. Please send all correspondence to JeffDoughty@Me.com.

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INTRODUCTION

Welcome to the Lacrosse Season! Thank you for growing this great sport by coaching a team. Good luck in a season full of fun, learning and exciting games.

This handbook was developed to give you a coaching framework and to provide many practice drills and practice planning ideas.

Each year my staff also publishes the Spring Coach's Manual. This manual was developed to help our Volunteer Coaches understand how our organization operates, contact information, administrative guidelines, updated boys and girls lacrosse rules and what is expected of each coach. Without Volunteers HCLP could not exist! While we cannot cover every contingency in the Spring Coaches Manual, you are asked to follow the spirit of what is outlined here, and allow common sense to prevail.

You can also find out more about the program, including handouts, contact information and rules on our website at: www.hclacrosse.com. Please do not hesitate to contact your Age-Group Coordinator, HCLP Board Members or Recreation and Parks Staff with any questions, comments or issues you may have.

Sincerely,



Derek Ludlow

Community Sports Director, Howard County Department of Recreation and Parks

AREAS OF SKILL DEVELOPMENT

INDIVIDUAL SKILLS	INDIVIDUAL OFFENSIVE SKILLS	INDIVIDUAL DEFENSIVE SKILLS	TEAM DEVELOPMENT
Game Knowledge Rules Player Positions Field Markings Penalties Fouls	Stick Handling	Checking	Offensive Team Strategies
Throwing	Shooting	Blocking	Defensive Team Strategies
Catching	Dodging	Intercepting	Team Transitions
Ground Balls	Movement without the Ball	Goal Circle Defense	Clears
Cradling	Cutting	*Goalkeeping	
Draws	Feeding	Defensive Plays	
	Setting a pick	Playing Off Ball	
		Defensive Stance	

GUIDE TO THE SYMBOLS

	Ball Carrier	B or ●	Ball
O	Offense Player	-----▶	Path of Player, Cut
A	Attackman	~~~~~▶	Path of Ball (Shot or Pass)
M	Midfielder	P1, P2	Pass (number)
D	Defenseman	C	Coach
DM	Defensive Midfielder	G	Goalie
OM	Offensive Midfielder		Cone or Marker
LSM	Long Stick Midfielder		

HCLP INFORMATION

HCLP ORGANIZATION

HCLP is a program of the Howard County Department of Recreation and Parks. A Board of Directors is elected every year to help manage this program. There are also Age Group Coordinators (AGC) for each age group. Current board members and AGCs are listed in the current Spring Coach's Manual along with all the necessary administrative details for the coaches to manage their teams. This is available at the HCLP Coaches Meeting held at the beginning of the season.

LACROSSE AGE-GROUP BREAKDOWN

HCLP has designated divisions of play based on age for lacrosse. The age determination date for the season is August 31st of each year prior to the start of each spring season.

AGE GROUPS		
AGE GROUP	AGES	AGE DETERMINATION
CLINIC	5 & 6	August 31 st
TYKER	7 & 8	August 31 st
LIGHTNING	9 & 10	August 31 st
MIDGET	11 & 12	August 31 st
JUNIOR	13 & 14	August 31 st
(Ineligible to play if on a high school roster)		

HCLP GOALS AND OBJECTIVES

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Rules & Penalties

RULES OF THE GAME

The rules of the game may be found on the Internet by going to the following websites:

- US Lacrosse Rules Summary:
http://www.uslacrosse.org/the_sport/womens_rules.phtml
- Maryland Youth Lacrosse Association (MYLA) Rules:
<http://www.mylalax.com>

HCLP RECREATIONAL LACROSSE RULES CLARIFICATIONS

The HCLP rules clarifications are updated annually based on new youth policies of US Lacrosse and MYLA. The HCLP rules clarifications are published in the annual Spring Coach's Manual and given out at the HCLP Coaches Meeting at the beginning of the season.

INDIVIDUAL SKILL DEVELOPMENT

1. KNOWLEDGE - RULES

- a. Game Play (Age 7-8)
- b. Equipment (Age 5-6)
- c. Positions (Age 5-6)
- d. Team Make-up (Age 5-6)

2. KNOWLEDGE - PLAYER POSITIONS

- a. Goalkeeper (Age 7-8)
- b. Defense (Age 7-8)
- c. Midfield (Age 7-8)
- d. Attack (Age 7-8)

3. KNOWLEDGE - FIELD MARKINGS

- a. Goal Circle (crease) (Age 5-6)
- b. 8 Meter Arc (Age 5-6)
- c. 12 Meter Fan (Age 5-6)
- d. Center Circle (Age 5-6)
- e. Restraining Line (Age 7-8)
- f. Sideline (Age 5-6)
- g. Substitution Area (Age 5-6)

4. KNOWLEDGE - PENALTIES

- a. Offsides (Age 7-8)
- b. Pushing off (Age 7-8)
- c. Warding off (Age 7-8)
- d. Dangerous Checks (Age 9-10)
- e. Blocking (Age 7-8)
- f. Charging (Age 7-8)
- g. Illegal Cradle/Sphere (Age 5-6)

5. KNOWLEDGE - FOULS

- a. Minor
 - i. Fouls involving the stick (Age 9-10)
 - ii. Fouls involving the body (Age 9-10)
 - iii. Fouls within the critical scoring area (Age 9-10)
- b. Major
 - i. Play around the crease (Age 9-10)
 - ii. Play at midfield (Age 9-10)
 - iii. Misconduct (Age 9-10)

3. GROUND BALLS

- a. Stationary (Age 5-6)
- b. Towards (Age 5-6)
- c. Away (Age 7-8)
- d. Toss (Age 7-8)

4. CRADLING

- a. Right/Left (Age 5-6)
- b. Changing hands (Age 9-10)
- c. Variations on cradling (Age 9-10)

5. CATCHING

- a. Stick position (Age 5-6)
- b. Eye-hand coordination (Age 5-6)
- c. Body position (Age 7-8)
- d. Catching position (Age 7-8)
- e. Catching from all angles and at different heights (Age 7-8)

6. THROWING/PASSING

- a. Grip/Hand position (Age 5-6)
- b. Placement (Age 5-6)
- c. Body position (Age 7-8)
- d. Stance (Age 7-8)
- e. Release (Age 5-6)
- f. Follow-through (Age 7-8)

GROUND BALLS

Picking up a ground ball is the way a player gains possession of a ball while it's moving along the ground. The ball is rarely stationary in a game, however, it is easiest to learn ground ball pickups by practicing on a stationary ball.

STATIONARY GROUND BALL

Teach players to follow these instructions when they attempt to pick up a stationary ground ball:

1. Bend at the hips and knees.
2. Position the same foot as the top hand next to the ball (right hand, right foot; left hand, left foot).
3. Keep head over the ball and run through the ball.
4. Push down with the bottom hand to return the stick to vertical.
5. Immediately begin to cradle the stick.

GROUND BALL AWAY

When a ball is rolling away, the player must match the speed of the ball, place the correct foot next to the ball, and execute the same movement as with a stationary ball pickup. In this case the key to success is the acceleration of the stick through the ball, so instruct the players to push their bottom hand through the ball.

GROUND BALL TOWARD

A ball that is rolling toward a player must be handled differently. Because the player is running toward the ball, she must give with the ball, as she does when catching. To take the momentum out of the ball, she reaches toward the ball with the top of her stick touching the ground and the stick angled upward (creating an incline plane). As the ball rolls onto the stick, she gives with the stick toward her body and begins cradling. The player continues cradling as she brings the stick to a vertical protected position.

When a ball is approaching from either side of a player, the stick should be lowered to the bouncing ball's height and stick placed at a right angle across the path of the ball. The player should give with this ball, as in a low catch.

When competing with an opponent for possession of the ball, a player should position her body between the ball and her opponent, creating the box out opportunity for her to play the ball first.

CRADLING

Cradling is the rhythmic movement of the arms and wrist, so as to control and stabilize the ball in the pocket. The top hand (one closest to the stick's head), does the work while the lower hand stabilizes the stick and acts as a pivot point.

Teach players to follow these steps:

1. Grasp the shaft of the stick with the right hand near the stick head.
2. Line up the V of the right hand with the center pocket (the V is the space between the index finger and the thumb).
3. Position the right hand at shoulder height or above.
4. Keep the left hand at waist height and at the end of the stick.
5. Move the stick in a semicircular path between the midline of the body and outside of the shoulder.
6. Open and close the wrists fluidly to keep the pocket facing toward the body

CATCHING

Catching is the skill of receiving a ball in the air with the stick. Begin teaching with a hand-tossed ball to an underhand catch so that the give in the stick is down and with gravity. Then progress to a hand-tossed ball aim toward the shoulder on the same side as the top hand.

Teach players the following steps:

1. Extend the top arm and stick head toward the pass before the ball arrives.
2. Watch the ball until it makes contact with the stick head.
3. Relax or soften the top hand as the ball arrives, creating a give with the ball motion.
4. Begin a cradling motion as soon as the ball has been received in the strings.
5. Protect the ball and stick with your body after the catch.

THROWING

Throwing is propelling the ball with control from the stick. In a proper throw the ball moves along the pocket strings and leaves the stick off of the shooting strings at the top of the crosse. Players should learn to throw with both the right and left hands on top of the stick. Remember the path of the stick dictates the direction and path of the ball.

Teach these skills to develop the overhand throwing style:

1. Pull the stick and rotate the body toward the top-hand shoulder to prepare for a throw.
2. Slide the top hand so that the V of the hand is behind the pocket and within 6 inches of the stick head.
3. Position the stick head above and behind the shoulder.
4. Move the top hand upward first and then toward the target, with a wrist snap.
5. The bottom hand should pull the bottom of the shaft to a finishing position under the throwing arm.
6. Step onto the foot opposite the throwing hand, and rotate the shoulders and trunk. Arms should be away from the body when throwing.

OVERARM THROWING (2 STYLES)

Two styles of overarm throwing are used in girls' lacrosse.

- The primary style uses the strong trunk muscles to aid the throw. In this style, the player begins the throwing motion with the stick above and behind her shoulder, as in pitching a baseball.
- In the second style, both hands stay in front of her body and shoulders. This style uses a strong wrist snap from both hands. The ball should be thrown and not pushed, no matter which style is used.

OVERARM THROWING – BOTH HANDS IN FRONT OF BODY AND SHOULDERS

Teach players these skills to develop the throwing style in which both hands stay in front of the body and shoulders. This is used in tight space around the eight-meter arc. The overarm throw should be mastered first.

1. Pull the stick to a position above and in front of the shoulder of the top hand. The palm of the top hand will rotate to face the target and slide down the stick as much as 12 inches.
2. Cock the wrist of the top hand, which will result in the bottom hand extending away from the body.
3. Accelerate the top hand toward the target as the wrist snaps, and pull the bottom hand toward the opposite hip.
4. Step onto the foot opposite the top throwing hand.

Individual Offensive Skills

1. STICK HANDLING

- a. Grip/Hand Position (Age 5-6)
- b. Vertical Position/Holding (Age 7-8)

2. SHOOTING

- a. Grip/Stance (Age 7-8)
- b. Windup (Age 7-8)
- c. Release (Age 7-8)
- d. Placement (Age 7-8)
- e. Follow-through (Age 7-8)
- f. Stationary (8 M's) (Age 7-8)
- g. On the Run (Age 9-10)

3. DODGING

- a. Face Dodge (Age 7-8)
- b. Roll Dodge (Age 9-10)

4. MOVEMENT WITHOUT THE BALL

- a. Supporting the ball (Age 9-10)
- b. Moving to get the ball (Age 7-8)
- c. Spacing and timing of cuts (Age 9-10)
- d. Spreading the field (Age 7-8)
- e. Reading a Defender (Age 9-10)

STICK HANDLING TECHNIQUES

Hands should hold the stick firmly, with hands about hip width apart.

Do not squeeze the stick.

Right-handed players will put left hand, palm down, on the end of the stick, with their right hand, palm up, about half-way up handle.

Players need to learn to hold the stick and cradle the ball in the vertical position.

Try to keep the stick's head in an imaginary box immediately adjacent to the player's head and above the shoulder.

Youth players should always keep both hands on their stick.

SHOOTING

Shooting is propelling the ball in control toward the goal in an effort to score. Shooting uses the same techniques as throwing, except the ball is directed to a stationary target, the goal. Tell your players to see the back of the net and to shoot to the open spaces on goal, not at the goalie.

Teach players to follow these instructions:

1. Position the feet toward the goal and step onto the opposite foot from the top hand on the stick.
2. Prepare to shoot by cradling the stick into a proper throwing release point.
3. Arms should be away from the body.
4. Transfer body weight from backward to forward. Turn shoulders when shooting.
5. Follow through in a controlled manner.
6. Control the wrist snap to direct the placement of the ball.

KEY ELEMENTS:

TO INCREASE SPEED:

- Cradle the stick to a position further behind the head and up off the shoulder before starting the forward shooting motion to the target.
- Step onto opposite foot from top hand and transfer body weight toward target.
- Snap the wrist of the top hand as the bottom hand pulls the end of the shaft toward the body sooner than when a simple throw is executed.

TO INCREASE ACCURACY:

- Look at the target with your eyes. Player should focus on a piece of the net and not the goalie.
- Follow through to the target and control the stick after release – keep two hands on the stick at all times.
- Progress from stationary to a player moving with the ball, then to a catch and shoot drill.

TO CHANGE TRAJECTORY:

- Pull harder with the bottom hand of the stick toward your body.
- Emphasize the follow through toward the target or ground.
- Snap the wrist quickly and completely during the release.

DODGING

Dodging is a sudden change in direction while cradling the stick and ball to move them away from a defender. A player can move her stick or body in a variety of ways to get past a defender.

PULL DODGE

The pull dodge is a quick movement used to change the location of the stick and ball away from the defender. Teach players how to do this dodge from both sides.

Teach players to follow these instructions to execute the pull dodge:

1. Hold the stick in a protected position off the right shoulder.
2. Keep both hands on the stick.
3. Pull the stick across the midline of the body to the other shoulder with one sweeping motion.
4. Continue cradling on the left side

CHANGE-OF-HANDS DODGE

This dodge is very similar to the pull dodge, as the stick follows the same path, but the player exchanges top hands during the dodge. It requires proficiency in cradling with both hands.

Teach players to follow these instructions to execute the change-of-hands dodge:

1. Hold the stick in a protected position off the right shoulder.
2. Pull the stick across the midline of the body to the other shoulder with one sweeping motion
3. Replace the right hand with the left hand on top.
4. Slide the right hand down to the bottom of the stick.
5. Continue cradling off the left shoulder.

ROLL DODGE

The roll dodge changes the direction of movement of the body and stick to get around a defender and avoid a possible stick check. Be sure to practice rolling in both directions.

Teach players to follow these instructions to execute the roll dodge:

1. Hold the stick in a protected position off the right shoulder.
2. Plant the left foot out in front and opposite the right shoulder. Turn so that the ball carrier's back is passing the defender.
3. Rotate the hips in the direction in which the body is rotating, and take a large step out of the pivot to pass by the defender.
4. Protect the stick between the shoulders throughout the dodge. This is an ideal time to change the top hand on the stick.

MOVEMENT WITHOUT THE BALL

SUPPORTING THE BALL

Knowing when and where to cut is one of the most important and challenging decisions for each player on the field.

The player with the ball should have three passing options:

She should be able to pass the ball forward, laterally, or backward.

Passing the ball forward toward the goal advances the ball most directly and is most threatening to the defense.

A lateral pass across the field is appropriate to get the ball to a part of the field that had more open space and to a player who may not be so closely marked.

To support the ball after each pass, players off the ball need to constantly move to reposition themselves so that the player with the ball has all three options available. Back passes are often made to the goalkeeper because she is an unmarked player who can use her goal circle for protection.

MOVING TO GET THE BALL

Moving to get away from her defender is best accomplished by making a move or several small V-cuts steps in the wrong direction. The player is trying to turn or get her defender off balance for just a second so that she can accelerate away from the defender. When the defender has been outmaneuvered, the attack player accelerates, or cuts, into a space to receive a possible pass.

Players may cut in all directions in relation to the ball. The most difficult to defend is a cut directly to the ball where the attack player has gained a step on the defender and positions her body in front of the defender to protect her catch. However, space and defender's position may require a cut in a different direction, such as away from the ball, which is called a flat (90-degree) cut.

Individual Defensive Skills

1. **BODY POSITIONING** (Age 9-10)
2. **CHECKING** (Age 9-10)
3. **BLOCKING** (Age 9-10)
4. **INTERCEPTING** (Age 7-8)
5. **TEAM DEFENSE POSITIONING** (Age 7-8)
6. **GOAL CIRCLE DEFENSE** (Age 7-8)

DEFENSE

DEFENSIVE BODY POSITIONING

The defender's goal is to position her body in a space that limits the ball carrier's options and to control the ball carrier's path to the goal. The defender may choose to force the attacker to her weaker cradling side into a double-team; or throw away from the center of the field, where the attacker has fewer shooting or passing options.

Teach players to follow these steps:

1. Keep the feet facing the same direction as the ball carrier's feet, not running backwards.
2. Remain in a hip-to-hip body position while running with the ball carrier. Keep the body next to and not directly in front of the ball carrier.
3. Strive to control the ball carrier's path by getting into a space before the attacker can get there.
4. Carry the stick in an upright position between the shoulders, ready to block or stick check if allowed.

STICK CHECKING

Lightning, Midget & Junior: Modified Checking Rules

Once players have mastered the fundamentals of girls lacrosse, coaches will want to introduce stick checking. Players on Lightning, Midget and Junior teams will be allowed to use modified checking rules as intermediate steps toward full checking in high school. Modified checking is defined as checking the stick if the stick head is below the waist (Lightning) or shoulder level (Midget and Junior), using a downward motion away from the other player's body. Use of modified checking will allow the older youth player to learn proper checking skills, while at the same time encouraging good cradling and stick handling skills for the attack players. Coaches and referees should strictly enforce this rule, never allowing checks near a player's head or face in practices or in games.

Stick checks should be:

- Controlled, quick, sharp motion of the stick head directed at the head of the offensive players stick containing the ball.
- Directed away from the body or in a downward motion.

Stick checks NOT:

- Be directed upward or toward the attacking players head
- Be directed at an opposing players stick without the ball ("Empty Check")
- Use a full swing, follow through, or wind-up
- Hold the attacking players stick down after the completion of the check
- Be directed at the shaft between the attacking player's hands

Stick-to-stick contact is not necessarily a violation of the modified checking rules. A defender who is holding her stick in good defensive position may force the attack player to cradle into her stick causing contact. This is not considered a stick check, as the attack player initiated the contact, not the defender. A similar situation would exist when the defender puts her stick up in an attempt to block or intercept a pass and the attacker makes contact while in the act of passing or catching the ball.

BLOCKING

Blocking is a skill that requires eye tracking and visual coordination; it can be taught. To execute a block, a defensive player positions her stick to block a pass or shot as it leaves the offensive player's stick. Stick position and timing are essential elements of this skill.

Teach players the following steps for blocking:

1. Extend the stick vertically toward the sky. Don't reach toward the opponent's stick.
2. Loosen the grip of the top hand and slide the stick through to extend the reach into the path of the ball.
3. Let the ball carrier begin the throwing motion before extending the stick into the passing lane. Timing is critical.
4. Watch the ball out of the offensive player's stick and into the defender's stick.

INTERCEPTING

Intercepting is catching a pass that was intended for the opponent. Interceptions are a matter of timing, anticipation, and patience.

Teach players to follow these instructions to execute an interception:

1. Extend the stick by loosening the grip of the top hand and pushing through with the bottom hand.
2. Position stick with head facing the passer.
3. Reach up in front and beyond the opponent's stick.
4. Time the acceleration of the stick and body once the pass is in the air.
5. Be sure to step in front of the opponent and accelerate away.
6. Be ready to beat your opponent to the loose ball.

DEFENSIVE POSITIONING

Individual defensive positioning refers to the defensive player's position in relation to the ball and to an opponent without the ball. At this point all players must understand about the shooting space and three-second violations.

These are the key points in teaching defensive positioning:

1. Position the body so that it is both closer to the goal and closer to the ball than the opponent.
2. Keep the stick up to show coverage of the passing lane and readiness to intercept.
3. Stand so one foot is pointing toward the opponent and the other foot is open to the center of the field.
4. Position the head and eyes so that both the ball and the opposing player can be seen at all times.
5. Constantly reposition as the ball is passed or carried to a new location.

GOAL CIRCLE DEFENSE

The low defender is a player who defends an opponent with or without the ball who is behind the goal line extended. (We recommended that defenders at the youth level not follow their offensive player behind the goal.) When she is in position in front of the goal, she must make sure that she is in a legal and safe playing position. All defenders may not be in shooting space, commit a three-second violation, or enter the goal circle.

The defender's mission is to take the space ahead of the opponent and move out to guard the player and prevent her from catching a pass. When she is defending a player with the ball who is challenging from behind the cage, she should meet the player just behind the goal line extended and then force her up the side of the eight-meter arc. She always tries to keep her opponent moving away from the cage and to continually decrease her angle for shooting. This situation is often a good time for a double-team.

Team Development Skills

1. OFFENSIVE TEAM STRATEGIES

- a. Playing behind the goal circle (Age 9-10)
- b. Playing offense within the restraining line (Age 9-10)
- c. Using movement patterns and set offenses (Age 9-10)

2. DEFENSIVE TEAM STRATEGIES

- a. Double Team (Age 9-10)
- b. Defensive Transition from Goalkeeper Clear (Age 7-8)

OFFENSIVE TEAM STRATEGIES

PLAYING BEHIND THE GOAL CIRCLE

Space behind the goal circle provides a great area in which to feed the ball to a teammate. A direct feed from behind the goal for an immediate shot, is the most challenging play for goalkeepers to defend. It is also very difficult for the goalkeeper and the defenders to cover the ball behind the goal circle while paying attention to movement and cutters in front of the goal.

Teach players the following:

1. How to feed a pass from behind the cage to a teammate in good scoring position.
2. Encourage the feeders to pass the ball in a direct line and not use a lob-type feed.
3. To make this easier for the feeders, have them prepare to pass by raising the top hand and head of the stick to a position well above shoulder height. Feet should be moving while feeding.

PLAYING OFFENSE WITHIN THE RESTRAINING LINE

With the addition to the rules of the restraining line, a team can build offenses based on up to seven attack players being allowed in the 30-yard area leading to the goal.

Teach players:

1. Where to stand around the goal area before beginning an organized offense.

USING MOVEMENT PATTERNS AND SET OFFENSES

Deciding how many patterns to use and how complex the team's offense should be is directly dependent on the age and learning level of the players. Give the players some idea of how the seven players inside the restraining line are going to proceed in an attempt to score a goal.

CONSIDER THE FOLLOWING:

1. Convince the players that an organized movement pattern or set play will help them score more goals.
2. Select pattern of play appropriate for their level.
3. Avoid plays that are set up so that only one or two of the strongest players handle the ball.
4. Encourage movement that involves all players or is set based on the ball's position rather than player positions.

DEFENSIVE TEAM STRATEGIES

The best way to develop a team defensive concept is to assign a role to each player according to her location on the field and to the ball's position.

Role one: One defender is assigned to mark the ball carrier and keep pressure on her to force a pass.

Role two: Playing next to the ball carrier.

Role three: Defender positioned at least two passes away from the ball.

DOUBLE TEAM

This skill is especially useful in containing a ball carrier running toward the goal.

Teach proper double-team positioning:

- Coordination of the timing and body positions of the two defenders is critical.
- The defender on the ball should have established a solid body position to one side of the ball, forcing the ball carrier to cradle away from her.
- At the proper moment, the second defender should slide toward the ball carrier and position her body on the side opposite her teammate. Teammates must be shoulder-to-shoulder or a shooting space violation may be called.

DEFENSIVE TRANSITION FROM GOALKEEPER CLEAR

Strategies:

- Pass the ball to the goalkeeper as she may hold the ball for 10 seconds.
- Creating space on the field, so players often cut away from the goal circle and back to the ball.
- Goalkeeper should clear to one side, not directly in front of her, because a turnover in the center provides the opponent with the best opportunity to score.
- After the ball has been cleared to one side, a weak-side defender recovers to a position in the center of the field to act as a safety valve in case of a turnover farther up field.
- Transition to offense should support the ball with three options at all times, with players in position to receive a backward, lateral, or forward pass.

Practice Plan Manual

Philosophy

SMART Goals

Guidelines for Practice Planning

IDEA

Progression

Planning Effective Practices

Effective Practice Plan Content Checklist

PRACTICE PLANS

PHILOSOPHY

- Good sportsmanship should be taught as a part of competitive nature of this age group.
- This is the first age group where there is score keeping.
- Physical contact is a part of the game at this age level but should not be emphasized.

SMART GOALS

Goal setting revolves around the players' development of "second nature habits".

Effective goals are SMART goals:

- Specific
- Measurable
- Attainable
- Realistic
- Time Sensitive

GUIDELINES FOR PRACTICE PLANNING

The three main factors to keep in mind when designing a practice:

1. Intensity
2. Quality
3. Timing

Teaching and coaching go hand in hand. Having a structure in mind when teaching a skill will help you communicate effectively to your players and will maximize their learning of the skill.

IDEA

The IDEA Method presents a comprehensive methodology for teaching lacrosse skills. A coach should try to implement each component when tackling a new skill, or drill, or concept. The IDEA Method provides a framework from which the coach can build on.

I Introduce Skill

D Demonstrate Skill

E Explain Skill

A Attend to players practicing skill

PROGRESSION

All coaches need to teach skills and develop drills in a progression from simple to complex. Use progression as practice begins: practice the skill alone, add moderate pressure, and then go live or add competition. Follow a natural progression of basic skills that a player can understand mentally and perform physically. In other words, teach the cradle before you teach the dodge.

1. Have a player perform a skill repeatedly by him or herself. This gives the most exposure for trial and error and allows a self-exploratory process to occur.
2. Ask the players to do the skill with a partner.
3. Introduce a passive opposition or defender to challenge the execution of the skill.
4. Raise the challenge of the skill and add more pressure by having the players compete for the ball and finish with a rewarding opportunity, like a shot on goal.
5. Finally, test the performance of the learned skill in a modified “game” situation.

PLANNING EFFECTIVE PRACTICES

Six guidelines have been identified to help your practice become more effective:

1. Begin with a warm-up – physical and psychological
 2. consistent – daily lead-in to the practice
 3. warm up first with some type of stick drill i.e. partner passing
 4. after 2-3 minute physical warm-up begin with dynamic stretch followed by static stretch, modify according to age
2. Incorporate variety – Practices need to have some variety (but guard against having everything in practice completely new)
3. Keep everyone informed. Communicate to players the practice format, order, and expected intensity of the practice (either by posting a practice plan or by explaining the practice outline and what the expected goals are for practice).
4. Balance your practice. Find an equilibrium between game situations and drills.
5. Make it active. Keep as many people active as possible at all times. Utilize short lines, high repetitions, and short length to each activity. The more touches a player gets with the ball, the more he or she will improve.
6. End with a summary. Formally wrap up at the end of practice with an evaluation. Look for feedback and responses from players

Sample practice outline utilizing the 6 guidelines above to promote maximum learning and retention.

SAMPLE DAILY PRACTICE OUTLINE

1. Mental Practice/rehearsal prior to practice. Can be done as practice outline is explained.
2. Warm up, review daily practice goals
3. Review, recall and practice previously learned skills
4. Introduction and practice of new skills and strategy concepts
5. Drill of learned skills
6. Conditioning
7. Recovery and warm down
8. Review practice results, provide verbal and visual feedback, encourage self-evaluation

EFFECTIVE PRACTICE PLAN CONTENT CHECKLIST

Did I...

- ☐ Mix and combine conditioning activities with skill enhancement – always have the stick in a player's hands (skill enhancement with conditioning involved)
- ☐ Incorporate drills for skill development appropriate for athlete's skill level
- ☐ Ensure that drills are designed specifically to accomplish the goals for the day and season
- ☐ Set written behavioral objectives for each practice
- ☐ Identify what is to be mastered in practice drills
- ☐ Incorporate practice drills and routines that will allow for success for the athletes
- ☐ Plan fun activities as rewards
- ☐ Plan to keep everyone active throughout practice
- ☐ Think through the logistics of who does what, where, and when including an acceptable coach/athlete ratio and full utilization of the playing facilities

It is recommended that you always have a written detailed outline of practice i.e. which players are in which drills, what equipment is where, approximate time per drill, etc. That outline will enable a coach to keep practices flowing, and organized. You can read off the outline if needed or refer to it as a guide to help manage practice.

Sample Practice Plans

PRACTICE #1

JUNIOR PRACTICE TEMPLATE

Total Practice Time in Minutes		90
Accumulated Time		95
Drill/Instruction	Time	
Introduction & Parents Meeting	10	
Stretching & Warm up	5	
Footwork Drills - - Lay sticks apart run through forward, sideways, back ways	10	
Ground Ball Instruction	5	
Cradle Instruction	5	
Cradle Drill - walk, jog, run	5	
Ground Ball Drills - Drop, push away, towards – shuttle	10	
Throwing Instructions	5	
Catching Instruction	5	
Catching Shuttles- To and Away Passing	15	
Running - Sprints	5	
Shooting Instruction	5	
Running & Shooting	10	

PRACTICE #2

JUNIOR PRACTICE TEMPLATE

Total Practice Time in Minutes		90
Accumulated Time		90
Drill/Instruction	Time	
Stretching & Warm up	5	
Footwork Drills - - Lay sticks apart run through forward, sideways, back ways	5	
Ground Ball Shuttles – To & Away & emphasize Cradle	10	
Shuttle Passes – To & Away & emphasize Cradle, weak hand	10	
Dodging Instruction – Face & Roll Dodge	5	
Dodge Line Drill	10	
Pass – Shooting Drill	10	
Defense Instruction – Checking Introduction	5	
One on One Defense – Shoot Drill	10	
4 on 4 Scrimmage – with or without shooting	15	
Running – Sprints	5	

PRACTICE #3

JUNIOR PRACTICE TEMPLATE

Total Practice Time in Minutes		90
Accumulated Time		90
Drill/Instruction	Time	
Stretching & Warm up	5	
Footwork Drills - - Lay sticks apart run through forward, sideways, back ways	5	
Ground Ball Shuttles – To & Away & emphasize Cradle	10	
Shuttle Passes – To & Away & emphasize Cradle weak hand	10	
Pass – Shooting Drill	10	
One on One Defense – Shoot Drill – Start with ground ball challenge	10	
Quick Stick Shooting	10	
Introduce Defense & Dodging Instruction	10	
7 on 7 Scrimmage – Instruct shooting space, 3 seconds, checking, spacing & cutting	15	
Running Sprints	5	

PRACTICE #4

JUNIOR PRACTICE TEMPLATE

Total Practice Time in Minutes		90
Accumulated Time		90
Drill/Instruction		Time
Stretching & Warm up		5
Footwork Drills - - Lay sticks apart run through forward, sideways, back ways		5
Ground Ball Shuttles – To & Away & emphasize Cradle		10
Shuttle Passes – To & Away & emphasize Cradle weak hand		10
Draw Instruction		5
Draw Drill with Midfield – One on One rest of the team		10
Sweep Shooting Drill		10
Introduce Midfield & Defense Clearing		10
– Downfield passing, 3 on 3 in the circle or between cones		
7 on 7 Scrimmage – Instruct shooting space, 3 seconds, checking, spacing & cutting		20
- Introduce clearing and riding		
Running - Sprints		5

PRACTICE #5

JUNIOR PRACTICE TEMPLATE

Total Practice Time in Minutes		90
Accumulated Time		90
Drill/Instruction	Time	
Stretching & Warm up	5	
Footwork Drills - - Lay sticks apart run through forward, sideways, back ways	5	
Ground Ball Shuttles – To & Away & emphasize Cradle	10	
Shuttle Passes – To & Away & emphasize Cradle weak hand	10	
Draw Instruction	5	
Draw Drill with Midfield – One on One rest of the team	10	
Sweep Shooting Drill	10	
Introduce Midfield & Defense Clearing	10	
– Downfield passing, 3 on 3 in the circle or between cones		
7 on 7 Scrimmage – Instruct shooting space, 3 seconds, checking, spacing & cutting	20	
- Introduce clearing and riding		
Running - Sprints	5	

PRACTICE # _____	DATE _____	
TIME _____	LOCATION _____	
Total Practice Time		
Pre-Practice Notes		
Warm-Up & Stretch <ul style="list-style-type: none"> • • 		
Stickwork (Stick Skills, Team Stickwork, Shooting) <ul style="list-style-type: none"> • • 		
Individual Skills (Dodging, Ground Balls, Shooting, Defense) <ul style="list-style-type: none"> • • • 		
Transition/ Unsettled Situations/ Full Field <ul style="list-style-type: none"> • • 		
Team Skills (Offense/Defense, Rides/Clears, EMO/EMD) <ul style="list-style-type: none"> • • • 		
Conditioning or Stickwork <ul style="list-style-type: none"> • • 		
Notes		

PRACTICE # _____	DATE _____	
TIME _____	LOCATION _____	
Total Practice Time		
Pre-Practice Notes		
Warm-Up & Stretch <ul style="list-style-type: none"> • • 		
Stickwork (Stick Skills, Team Stickwork, Shooting) <ul style="list-style-type: none"> • • 		
Individual Skills (Dodging, Ground Balls, Shooting, Defense) <ul style="list-style-type: none"> • • • 		
Transition/ Unsettled Situations/ Full Field <ul style="list-style-type: none"> • • 		
Team Skills (Offense/Defense, Rides/Clears, EMO/EMD) <ul style="list-style-type: none"> • • • 		
Conditioning or Stickwork <ul style="list-style-type: none"> • • 		
Notes		

Drills

DRILL DESIGN

Daily practices should include some repeated opportunities to perform previously learned skills. Use the progressive concept we just covered to design your drills.

Key components to successful drill design include:

- Organizing practice and drills depending on age, skill level and experience of players. For example, a drill designed for 13 year olds might need to be modified for 8 year olds whose mental and physical ability to perform the skills is less developed.
- Repetition and validation of a particular skill
- Disguising drills and conditioning as games
- Creativity
- Using partner drills
- Introducing a defender after learning the skill

ERROR DETECTION AND CORRECTION

The manner in which the coach communicates the error to a player is vital. It should make them feel good about themselves and promote a desire to improve.

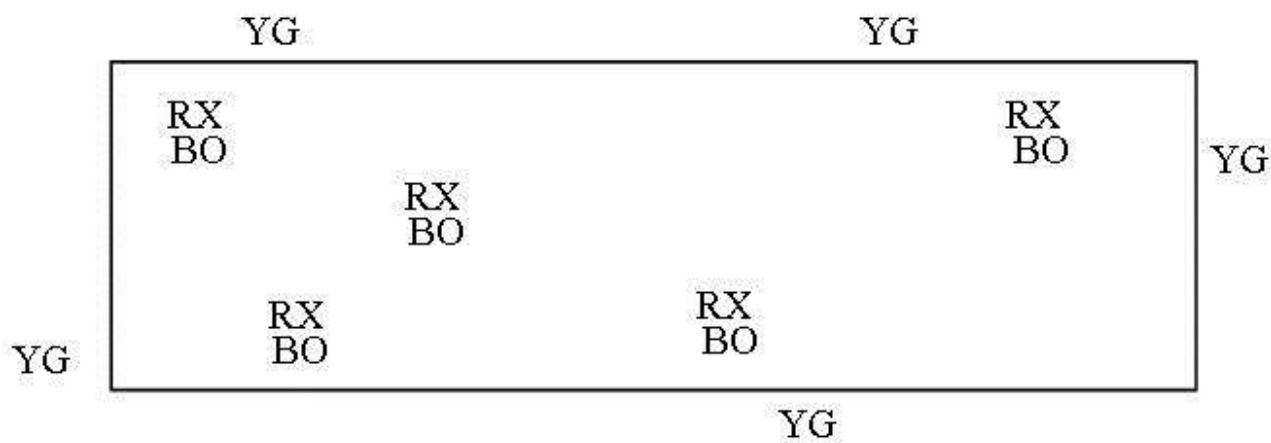
- Use a positive approach in saying what should be done, versus a negative approach of what is not to be done.
- Be encouraging and praise the effort of the player first.
- Finally, give a simple and precise statement on how to correct the error. Explain the cause of the error and why you are recommending the change.

Agility, Footwork and Groundball Drills

1. Conditioning #1 (Age 5-6)
2. Picking Up (Age 7-8)
3. Ground Balls and Continuous Play (Age 7-8)
4. Conditioning #2 (Age 9-10)
5. Conditioning #3 (Age 9-10)
6. Quick Passing (Age 9-10)
7. Basic Steps and Change of Direction (Age 9-10)
8. 1 V 2 (Age 11-12)
9. Basic Pivot – 180 Degree Turn (Age 11-12)

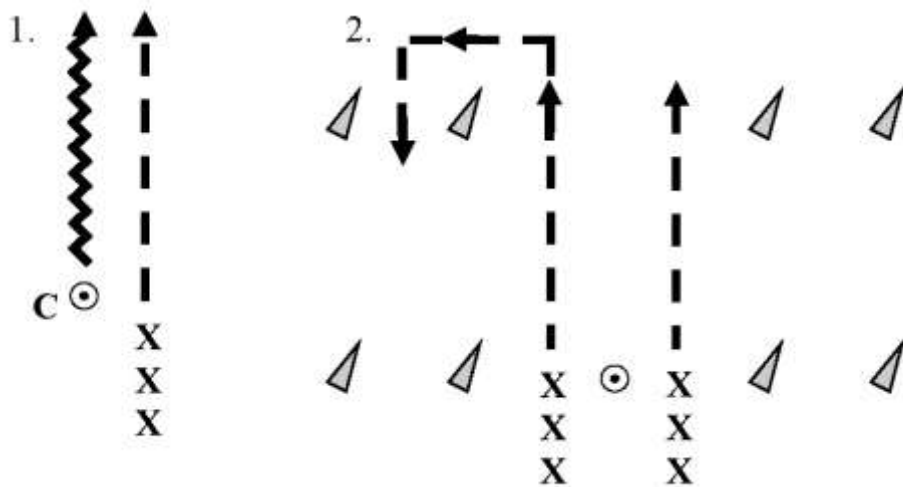
CONDITIONING #1 (AGE 5-6)

OBJECTIVE	To keep all players moving and alert. To practice tight stickwork in a confined area.
SPACE/EQUIPMENT	Pinnies
PLAYERS NEEDED	All players
DRILL-EXECUTION	<ul style="list-style-type: none"> Each team must wear different colored pinnies, as they all play at the same time. Set up specific order according to colors, i.e. Red, Blue, Green, Yellow. Red and Blue start the game (Blue has the ball). The second the Red team gains possession, the Blue team goes off the court and the Green team comes on. Repeat. Then the Yellow team comes on. The players should spread out all around the area. <p>The object is to be the team with the most consecutive passes.</p>
SKILLS PRACTICED	Footwork Stickwork
VARIATIONS/PROGRESSION	None
GOALIE INVOLVEMENT	None
RELATED DRILLS	



PICKING UP (AGE 7-8)

OBJECTIVE	To reinforce fundamental groundball and scooping techniques.
SPACE/EQUIPMENT	Cones
PLAYERS NEEDED	
DRILL-EXECUTION	<p>POINTS TO EMPHASIZE:</p> <ul style="list-style-type: none"> Knees bend so that both hands are taken down to the ball level; stick parallel to ground. Bottom hand must be taken down as well as top hand. PUSH UNDER AND 'THROUGH' BALL. Start cradling at lowest level.
SKILLS PRACTICED	Cradling/Scooping under pressure
VARIATIONS/PROGRESSION	<p>1. A ball each: Individual practice; roll ball out; pick up; cradle; repeat.</p> <p>2. One ball between players:</p> <ul style="list-style-type: none"> Player A holds stick out to the side at arm's length, perpendicular to the ground. Ball is placed on ground between Player A and her stick. Player B runs under Player A's arm in space between Player A and her stick. Player B picks up ball and continues forward, cradling ball. <p>Repeat several times and/or rotate players.</p> <p>3. Coach rolls ball (use of voice for energy and emphasis) "GO – BEND – PUSH – CRADLE." Use cones/pinnies to keep drill flowing; keep pick-up area clear of return traffic.</p> <p>4. Pick up and gain control of both feet and ball in limited space. Roll ball toward goal; pick up and shoot at target. Control feet and follow-through so as not to violate goal circle rules.</p>
GOALIE INVOLVEMENT	None
RELATED DRILLS	

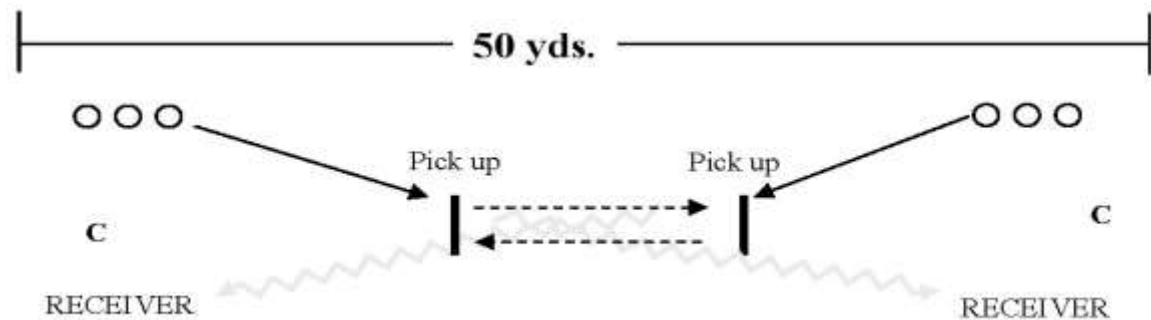


Designate which line is to pick up ball.
Other line applies pressure - CLOSE MARKING TO GOAL SIDE.
Be sure picking up done from both sides.

3. Same as (2) but rather than designating player to pick up, first player there gets it and other player becomes defender.

GROUNDBALLS & CONTINUOUS PLAY (AGE 7-8)

OBJECTIVE	To practice tight stickwork in a confined area.
SPACE/EQUIPMENT	
PLAYERS NEEDED	
DRILL-EXECUTION	<ul style="list-style-type: none"> • 3 players per line, 10 continuous runs. • 1 player goes at same time from opposite ends. 50 yards. • 1st player in line runs after ball which is rolled away from her by 1st coach. • Player picks up ball, throws to receiver at other end (long pass) and continues to sprint to another ground ball rolled towards her. • She carries the ball to the 2nd coach's side.
SKILLS PRACTICED	<ul style="list-style-type: none"> • Conditioning • Ground ball
VARIATIONS/PROGRESSION	
GOALIE INVOLVEMENT	None
RELATED DRILLS	



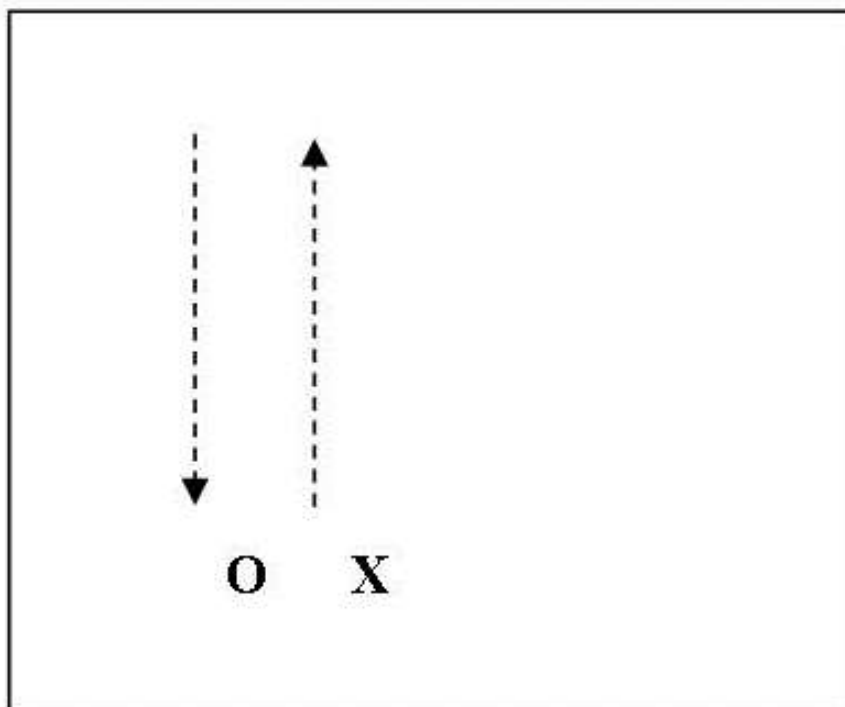
4 v 4 or 3 v 3 for 30 yards. Go 2, 3, 4 or 5 minutes, non-stop. If goal is scored or shot misses, coach rolls a ball into play. If attack recovers, may shoot again. Upon change of possession, defense must clear beyond cone. Similar to half-court basketball.

CONDITIONING #2 (AGE 9-10)

OBJECTIVE	To promote conditioning.
SPACE/EQUIPMENT	Area: Ten yard grid with cones. Equipment: None
PLAYERS NEEDED	Two players
DRILL-EXECUTION	<ul style="list-style-type: none"> • Offense must go from line 1 to line 2, 4 times in 12-15 seconds. • Defense works to force non-dominant body position. Advance drills include stick checking. • Offense then can progress to cradling non-dominant side. • Set rules for checking.
SKILLS PRACTICED	<ul style="list-style-type: none"> • Conditioning
VARIATIONS/PROGRESSION	Vary it so if the defense gets the ball, they become offense and must move between lines.
GOALIE INVOLVEMENT	None
RELATED DRILLS	

Line 1

Line 2



CONDITIONING #3 (AGE 9-10)

OBJECTIVE

To promote conditioning.

SPACE/EQUIPMENT

Area: Cage with goal circle and cones.
Equipment: Cones

PLAYERS NEEDED

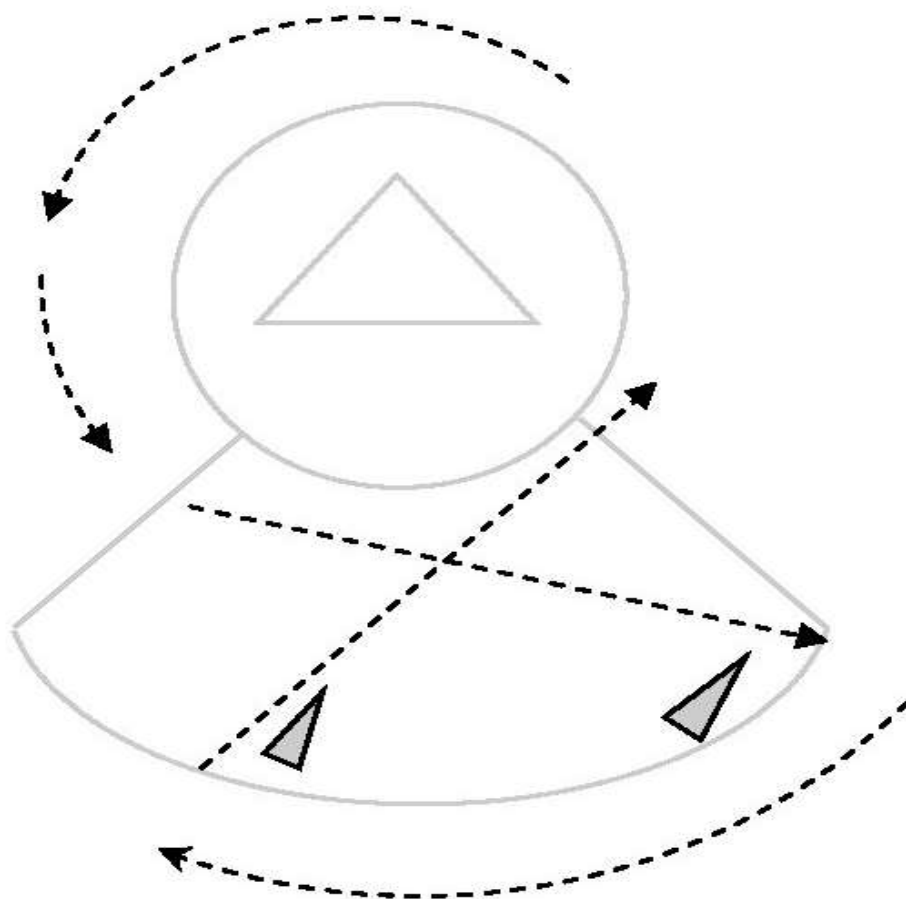
DRILL-EXECUTION

SKILLS PRACTICED

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



QUICK PASSING (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

Area: 2 Passing posts, A & B with balls

Equipment: 2 Balls

PLAYERS NEEDED

DRILL-EXECUTION

- C Player in the middle runs to A – touches her, cuts back to B and receives the ball – then gives a quick pass to B.
- C then runs to B, cuts back to A and receives a quick pass and gives pass back to A.
- Continue for thirty second intervals.

SKILLS PRACTICED

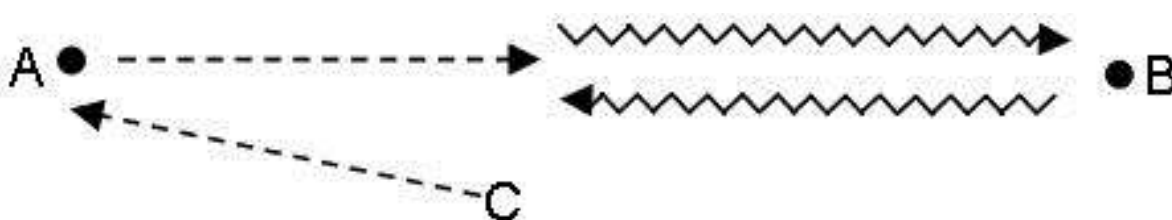
- Conditioning
- Passing

VARIATIONS/PROGRESSION

- Add defense on player in the middle – to add offensive ball movement and pressurized catching.
- Switch hands.

GOALIE INVOLVEMENT

RELATED DRILLS



BASIC STEPS AND CHANGE OF DIRECTION (Age 9-10)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- a. Take relatively small steps and changes, coordinating footwork with stickwork (size of cradling motion).
- b. Keep feet under body mass; keep weight over feet.

Sideways movement – shuffle step – right sideways

left together
right sideways

Very important to *marking*

left together or vice-versa

Backwards movement – (i) Straight back; keep upper body over feet.

(ii) Cross over step

Step back on left foot

Right foot step back and
across left

Step back with left foot

Step back with right foot

Cross over with left foot

Step back with right foot

Very important to *body-checking*.

SKILLS PRACTICED

Footwork

VARIATIONS/PROGRESSION

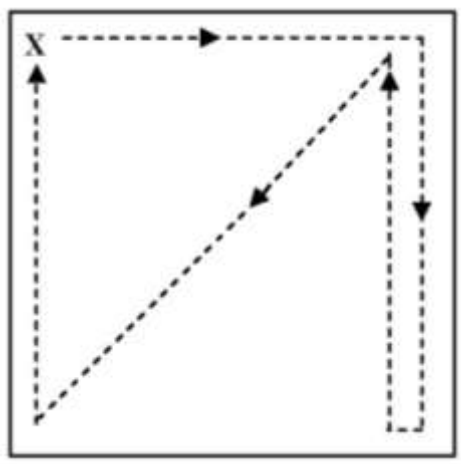
None

GOALIE INVOLVEMENT

None

RELATED DRILLS

Sprint
Forward



Straight back;
Keep weight forward.
Then sprint forward.

1 v 2 (AGE 11-12)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- 3 lines, 20 yards from the goal; coach throws the ball on the ground; first one to get the ball is attack; other two are defense; attack attempts to score.

SKILLS PRACTICED

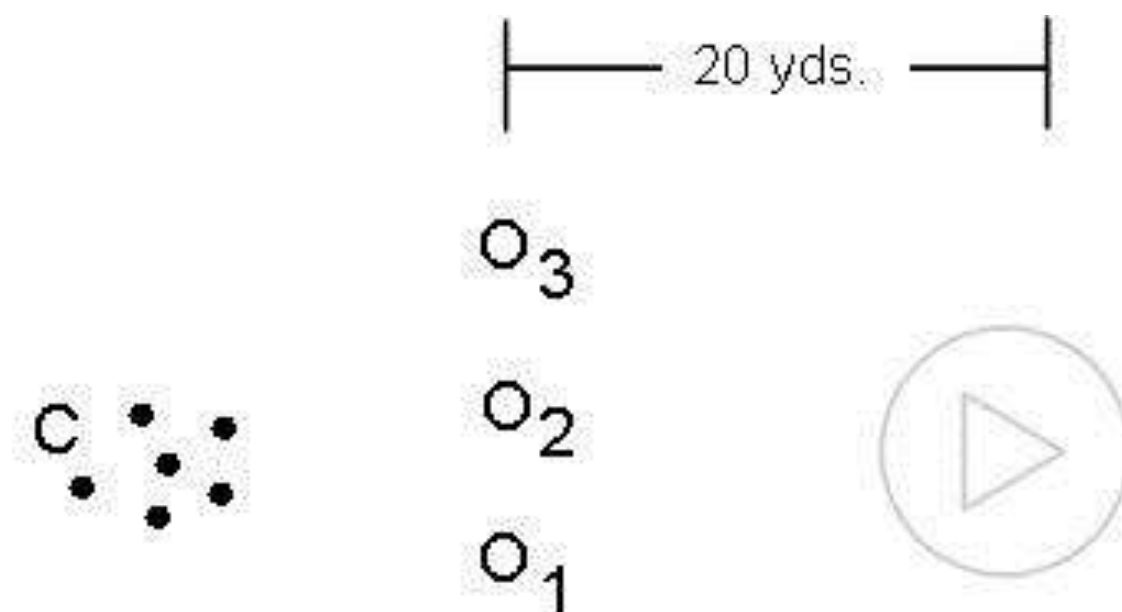
- Ground ball
- Double team
- Getting through a double team

VARIATIONS/PROGRESSION

- Vary angle of ground ball.

GOALIE INVOLVEMENT

RELATED DRILLS



BASIC PIVOT – 180 DEGREE TURN (AGE 11-12)

OBJECTIVE	To practice change of direction footwork with and without the ball.
SPACE/EQUIPMENT	
PLAYERS NEEDED	All players
DRILL-EXECUTION	<p>POINTS TO EMPHASIZE</p> <p>Pivot is made on BOTH FEET, one in front of the other.</p> <p>STOP – right foot forward, left foot behind; weight on <i>both feet</i>; upper body with weight forward, head over feet.</p> <p>TURN (pivot) TO THE LEFT, turning away from the front foot and shifting upper body weight over new front foot.</p> <p>PUSH OFF RIGHT (back foot) and ACCELERATE (i.e. pivoting and moving upper body weight over new front foot left.</p> <p>At first there may be difficulty in knowing which way to turn – turn AWAY from the FRONT foot.</p> <p>USES</p> <ol style="list-style-type: none"> To change direction while in possession of the ball.... <ol style="list-style-type: none"> after picking up after catching after interception; Re-orientate self with goal and/or the thrust of the attacking play Change of direction without the ball. <ol style="list-style-type: none"> cutting for ball making space <p>DRILL - Coach leads whole group with voice or action.</p> <ol style="list-style-type: none"> RUN – STOP, RIGHT FOOT FORWARD, TURN LEFT (towards trees, school, etc.) GO – STOP, LEFT FOOT FORWARD, TURN RIGHT (towards trees, school etc.) TURN ON WHISTLE. Encourage acceleration....they chase you, you chase them. <p>½ PIVOT, a 90-degree turn. To change direction for cutting.</p> <ol style="list-style-type: none"> STOP, RIGHT FOOT FORWARD. ½ pivot, 90-DEGREE TURN, ON BOTH FEET, TO LEFT. PICK UP LEFT FOOT AND <i>ACCELERATE</i> DOWN LINE.
SKILLS PRACTICED	<ul style="list-style-type: none"> Footwork
VARIATIONS/PROGRESSION	None
GOALIE INVOLVEMENT	None
RELATED DRILLS	None

Passing and Catching Drills

1. Pass & Go (Age 5-6)
2. Multi-purpose Passing (Age 5-6)
3. Give-and-Go (Age 5-6)
4. Indoor Passing (Age 5-6)
5. Keep Away from Defense (Age 7-8)
6. Perimeter Passing (Age 7-8)
7. Passing (Age 7-8)
8. Pass and Fill Spot (Age 7-8)
9. Pressure Catching with Double Team (1&2) (Age 11-12)
10. Post and Pass (1 & 2) (Age 11-12)
11. Fan Belt (Age 11-12)
12. Diagonal Pass / Flat Pass (Age 11-12)
13. Attack, Passing & Timing of Cuts (Age 11-12)
14. Waterfall Passing (Age 11-12)
15. The Mill (Age 11-12)
16. Line Passing with 2 Balls (Age 9-10)
17. Post Drill #2 & #3 (Age 9-10)
18. Continuous Give and Go (Age 9-10)
19. Attack Passing Pattern (Age 9-10)

PASS & GO (AGE 5-6)

OBJECTIVE

SPACE/EQUIPMENT

Equipment: 4 Balls, Cones

PLAYERS NEEDED

DRILL-EXECUTION

- Formation: 10 Yard Grid with 2 players on each corner. Pass & Go, 2 balls on opposite corners.
- Pass left and go left. Continue for timed interval.
- Pass right and go right. Continue for timed interval.
- Pass left and go right.
- Pass right and go left.

SKILLS PRACTICED

- Passing and Catching

VARIATIONS/PROGRESSION

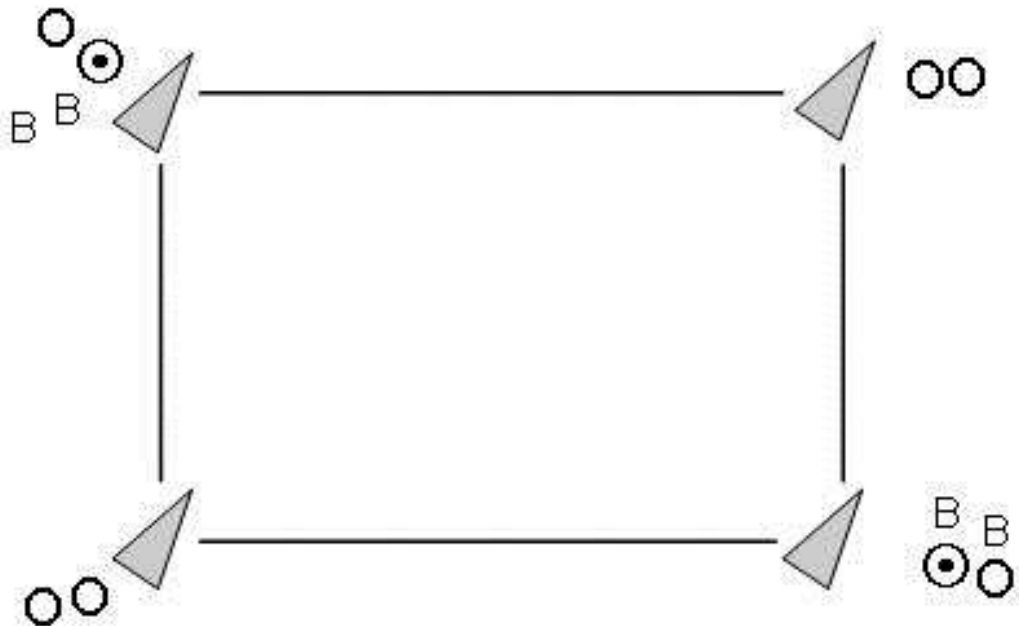
- Add preliminary cut prior to asking for pass. Add a replacement cut to replace passer after she goes.
- Pass and Go with no assignment, pass may replace at any cone.

GOALIE INVOLVEMENT

None

RELATED DRILLS

None



MULTI-PURPOSE PASSING (AGE 5-6)

OBJECTIVE**SPACE/EQUIPMENT**

Area: 10 Yard Grid
Equipment: 2-4 Balls per group, 4 Cones

PLAYERS NEEDED

All players

DRILL-EXECUTION

- Balls are cradled toward the center by A & B who pass shoulders on the right, and pass to C & D.
- C & D repeat.
- Repeat passing left shoulders and pass to the right.
- Use same formation, balls in our corners.
A & B cradle to center and dodge each other to the left and carry to cone. C & D repeat.
- Repeat above using face dodge, switch hands dodge, and roll dodge.
- Repeat using pass to line after dodge.

SKILLS PRACTICED

- Passing/Catching/Dodge

VARIATIONS/PROGRESSION

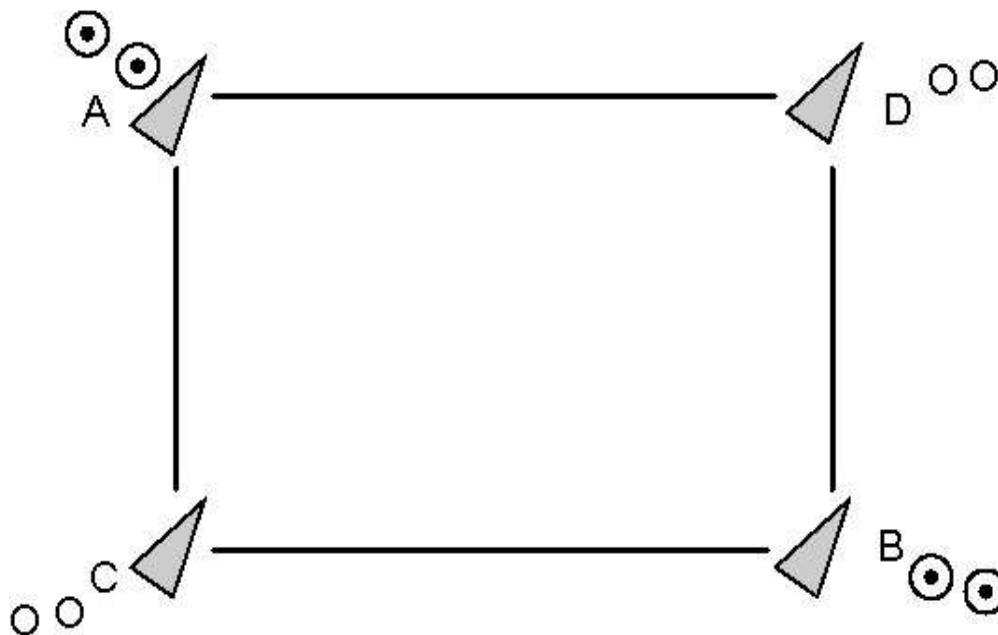
None

GOALIE INVOLVEMENT

None

RELATED DRILLS

None



GIVE-AND-GO (AGE 5-6)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- Lines A & C have the balls.
- Lines A & B are working together; Lines C & D are working together.
- A starts running; B cuts at right angle; A passes and accelerates forward; B passes back to A.
- C as above with D

SKILLS PRACTICED

- Passing and catching

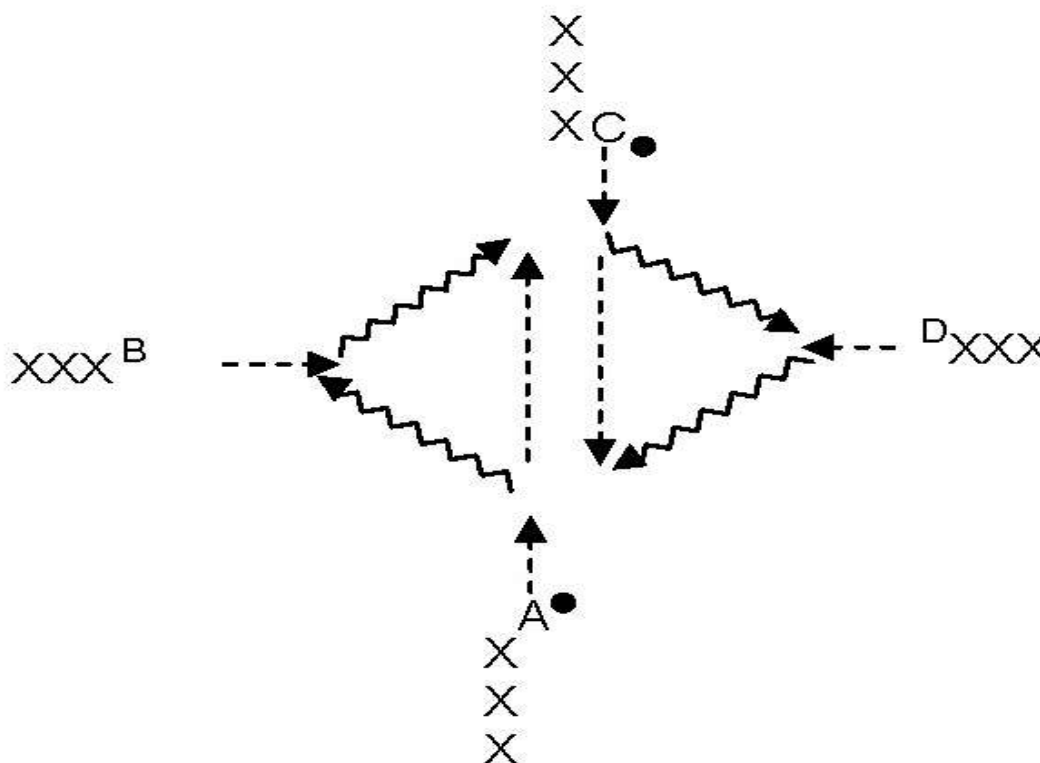
VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

None

RELATED DRILLS



INDOOR PASSING (AGE 5-6)

OBJECTIVE

SPACE/EQUIPMENT

On the wall (inside or outside); To a pinnie attached to a fence; To a pinnie hanging in the goal.

PLAYERS NEEDED

DRILL-EXECUTION

Passing to a target: (Always on the move, never standing still)

A. Direction to Passes: a. Straight ahead

b. To the left – flat/diagonal

c. To the right – flat/diagonal

B. Types of Passes: a. Lead Pass

b. Direct Pass

c. Hanging Pass

Notes:

- Dictate where each player stands and from where she passes.
- N.B. Importance of bottom hand in regard to direction.

Additions to drill:

- a) Pick up, Run, Pass;
- b) Catch, Pivot, Run, Pass;
- c) Pressure from chaser;
- d) Pass before reaching defender.

SKILLS PRACTICED

- Passing and catching

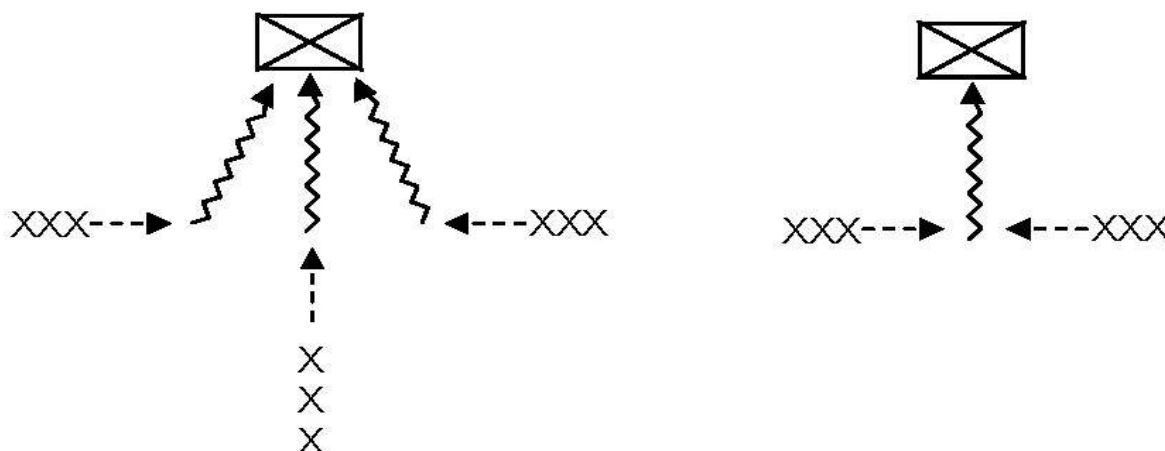
VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

None

RELATED DRILLS



KEEP AWAY FROM DEFENSE (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

Area: Five players in a circle

Equipment: Ball

PLAYERS NEEDED

5 Players

(4 offense on perimeter, one offense and one defense, goalkeeper)

DRILL-EXECUTION

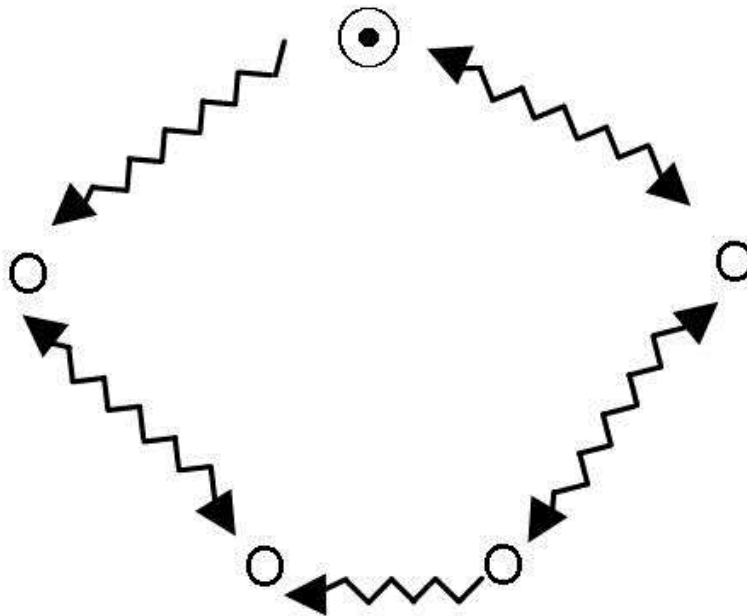
- Have 5 players stand in a circle and throw the ball around the perimeter of the circle.
- Always keep the stick on the outside of the circle, that is the right hand catch will require a left handed throw. Left hand catch will require a right handed throw.

SKILLS PRACTICED

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



PERIMETER PASSING (Age 7-8)

OBJECTIVE

SPACE/EQUIPMENT

Area: Arc
Equipment: Ball, Cage

PLAYERS NEEDED

7 Players including goalkeeper
(4 offense on perimeter, one offense and one defense, goalkeeper)

DRILL-EXECUTION

- Four perimeter passers - one at the top of the arc, two on the sides, and one behind the cage.
- The ball moves along the perimeter, one attack and one defense are inside the arc.
- Attack works to get free, defense work to keep good defensive position.
- When attack is free, pass her the ball, then she goes to goal and shoots.
- Work for two minute sessions.

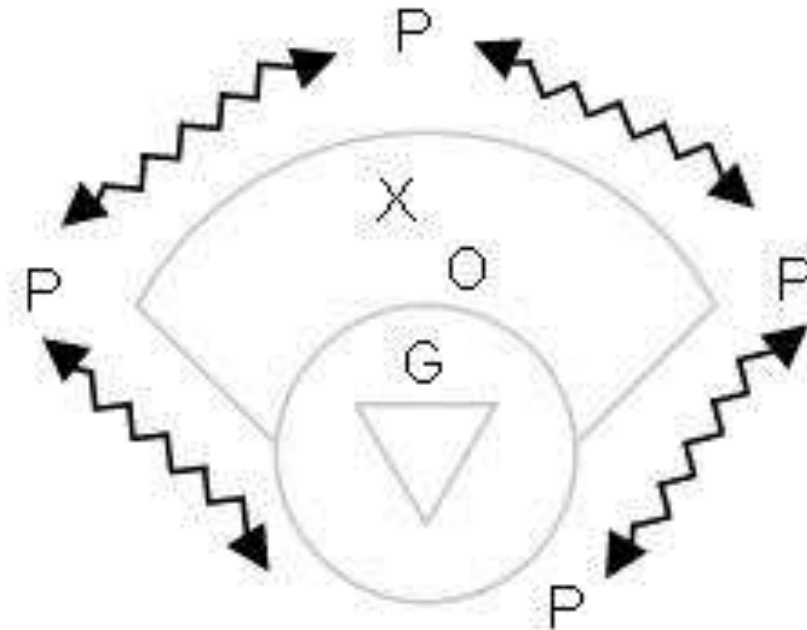
SKILLS PRACTICED

- Passing

VARIATIONS/PROGRESSION

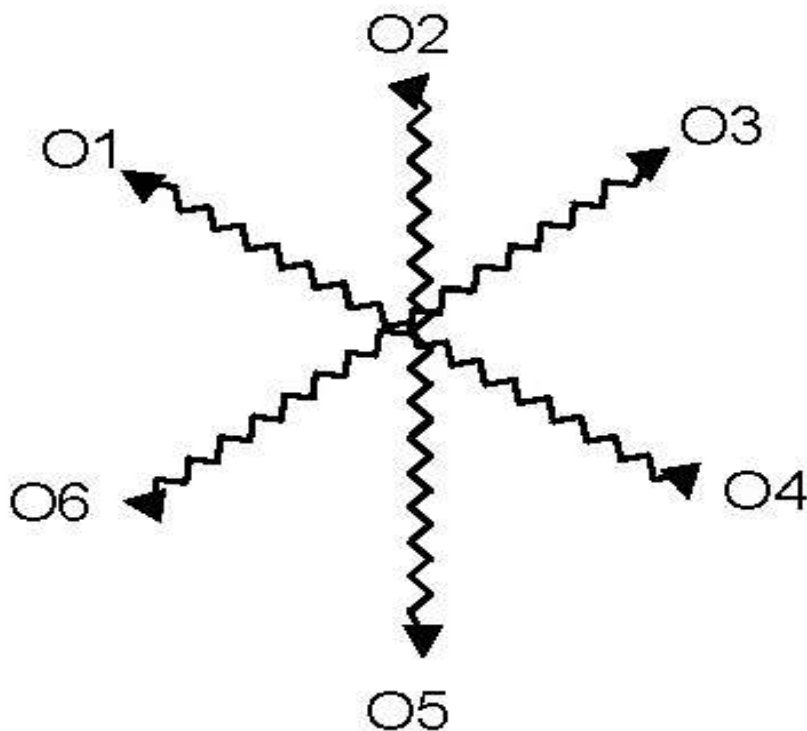
GOALIE INVOLVEMENT

RELATED DRILLS



PASSING (AGE 7-8)

OBJECTIVE	To improve concentration, accurate passing and the ability to accelerate in and out of the middle.
SPACE/EQUIPMENT	3 Balls
PLAYERS NEEDED	All players
DRILL-EXECUTION	<ul style="list-style-type: none"> Pass and go to the end of the line you pass to. 1 to 4 3 to 6 2 to 5
SKILLS PRACTICED	<ul style="list-style-type: none"> Passing
VARIATIONS/PROGRESSION	
GOALIE INVOLVEMENT	None
RELATED DRILLS	None



PASS AND FILL SPOT (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

Area: Goal and 8 M lines
Equipment: 4 or 5 Balls

PLAYERS NEEDED

4 – 6 people

DRILL-EXECUTION

- Start drill with pass to self from behind goal.
 - Player passes to #1 who V cuts to get ball. Player replaces #1.
 - #1 passes to #2 who has V cut to the ball and replaces her.
 - #2 passes to #3 who has V cut to ball and replaces her.
 - #3 receives the ball and goes to goal. #3 rejoins line.
- New player starts ball behind goal.

SKILLS PRACTICED

- Passing and catching

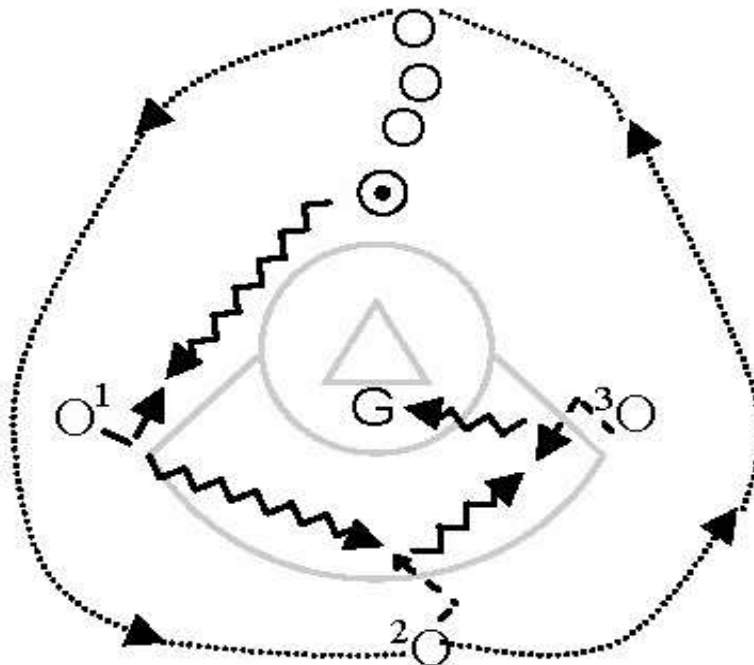
VARIATIONS/PROGRESSION

- Same drill, reverse direction.
- Add defense on #3
- Perform with other hand up.

GOALIE INVOLVEMENT

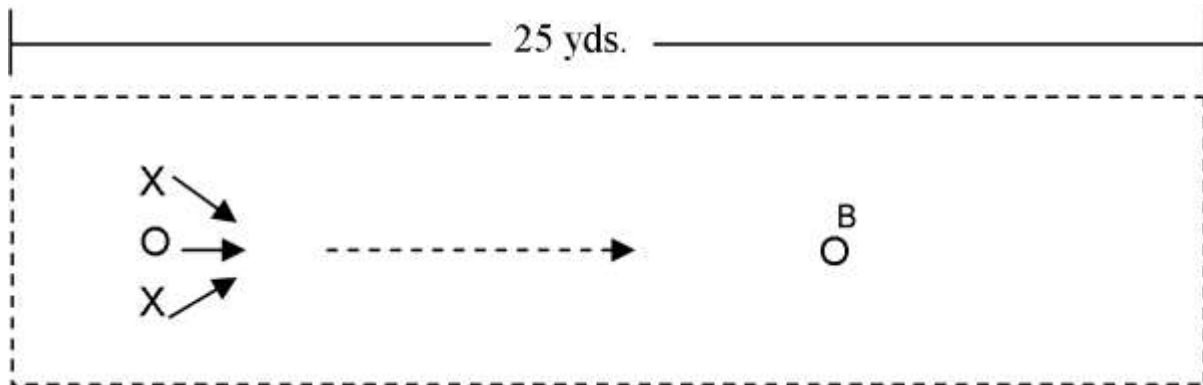
None

RELATED DRILLS



PRESSURE CATCHING WITH A DOUBLE TEAM (AGE 11-12)

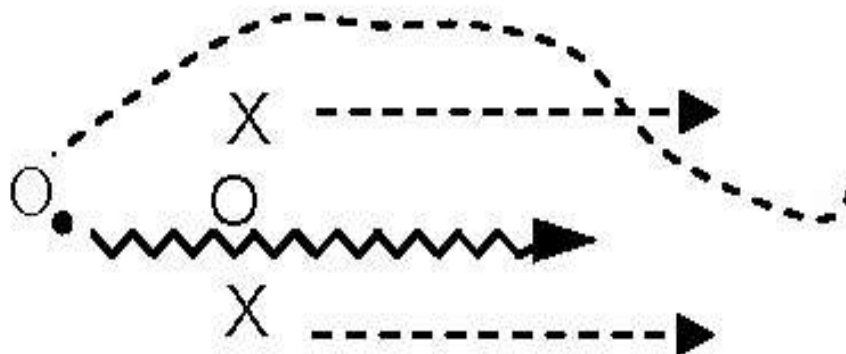
OBJECTIVE	To teach the following: Offensively: Receiving under pressure, running through catch. Defensively: Pressuring the ball and working double team.
SPACE/EQUIPMENT	Area: 25 yards Equipment: 1 Ball
PLAYERS NEEDED	4 players with stick
DRILL-EXECUTION	<ul style="list-style-type: none"> Receiver working on catching on the inside of the body. Passer working on placing the ball right in front of the receiver. All three cut straight towards the ball and fight for the reception – whoever catches the ball is on the attack / pivots and tries to get through double team. The other two become defense and establish position for double team. Play is over if attack crosses original line or defense comes up with the ball and works it out.
SKILLS PRACTICED	<ul style="list-style-type: none"> Passing and catching
VARIATIONS/PROGRESSION	None
GOALIE INVOLVEMENT	None
RELATED DRILLS	



PRESSURE CATCHING WITH A DOUBLE TEAM (CONTINUED)

OBJECTIVE	<p>To teach the following:</p> <p>Offensively: Receiving under pressure, running through catch.</p> <p>Defensively: Pressuring the ball and working double team.</p>
SPACE/EQUIPMENT	<p>Area: 25 yards</p> <p>Equipment: 1 Ball</p>
PLAYERS NEEDED	4 players with stick
DRILL-EXECUTION	<ul style="list-style-type: none"> Receiver working on catching on the inside of the body. Passer working on placing the ball right in front of the receiver. All three cut straight towards the ball and fight for the reception – whoever catches the ball is on the attack / pivots and tries to get through double team. The other two become defense and establish position for double team. Play is over if attack crosses original line or defense comes up with the ball and works it out.
SKILLS PRACTICED	<ul style="list-style-type: none"> Passing and catching
VARIATIONS/PROGRESSION	<p>Progression:</p> <p>Middle person is catching the ball, the outside players have sticks in front of her making it hard for her to see. No checking or intercepting.</p> <p>100% active defense – outside 2 players allow checking and intercepting. Add double team after catch and pivot. Middle one is still the one catching the ball.</p> <p>All out anyone can get the ball. Catch, pivot, double team.</p> <p>Variation:</p> <p>You can do the drill with ground balls. Have receivers with back to ball, say “GO” and pass over their heads, so they run onto ball.</p> <p>First person onto ball must pivot and get through double team. Defensively this really helps you determine when to continue fighting for ball and when to step up and establish double team position.</p>
GOALIE INVOLVEMENT	None

RELATED DRILLS



POST AND PASS (AGE 11-12)

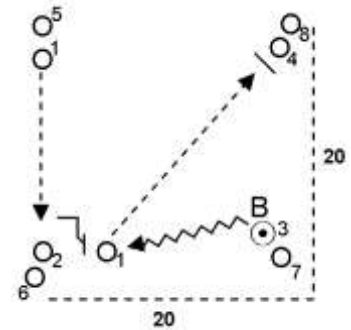
OBJECTIVE To get defense on back, catch in front.

SPACE/EQUIPMENT Area: 20 by 20 Grid
Equipment: Ball

PLAYERS NEEDED 8 players

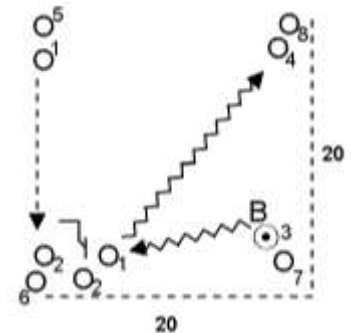
DRILL-EXECUTION

- Offense 3 has the ball.
- Offense 1 cuts to post up on offense 2.
- Offense 1 receives ball from offense 3 then posts on offense 4.
- Repeat until offense 1 has each point in the square.



Add defense:

- Offense 3 has ball.
- Offense 2 pressures offense 1 on the catch.
- Offense 1 passes to offense 4 away from offense 2's pressure.
- Offense 1 cuts to post up on offense 3.
- Offense 2 goes behind offense 7.
- Repeat until offense 1 has completed the square.



SKILLS PRACTICED • Passing and catching

VARIATIONS/PROGRESSION None

GOALIE INVOLVEMENT None

RELATED DRILLS

POST AND PASS (CONTINUED)

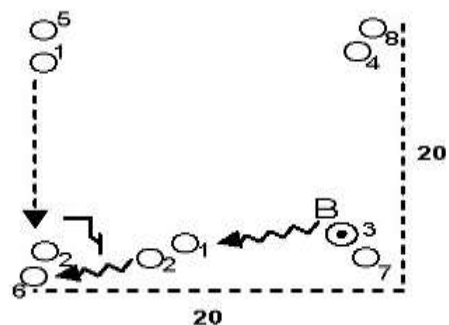
OBJECTIVE To get defense on back, catch in front.

SPACE/EQUIPMENT Area: 40 yards
Equipment: Ball

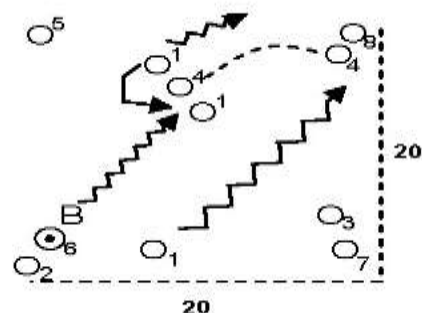
PLAYERS NEEDED 8 players

DRILL-EXECUTION

- Defense and pivot, switch hands.
- Offense 3 has ball and passes ball.
- Offense 1 cuts to post up on offense 2, who pressures behind.
- Offense 1 pivots to pass to offense 6.
- Offense 2 goes back to same line.
Offense 1 continues in opposite direction cutting to post up on offense 4



- Offense 1 receives ball from offense 5, and pivots and throws to offense 8.
- Offense 4 is pressuring.
- Offense 1 then cuts to post up on offense 3 receives ball from offense 8, pivots and passes to offense 7.
- Offense 3 is pressuring.
- Offense 1 finishes by posting on offense 5, pivots and passes to original corner, offense 5 is pressuring.



SKILLS PRACTICED • Passing and catching

VARIATIONS/PROGRESSION None

GOALIE INVOLVEMENT None

RELATED DRILLS

FAN BELT (AGE 11-12)

OBJECTIVE

For use against a zone defense.

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- #1 passes to #5. As soon as #5 receives the ball, #4 pulls out to the side. #5 passes to #4, who passes immediately back to #5. #5 looks for a shot, or pass to #2 or #3. If she doesn't have anything, she passes behind to #1. #1 can then pass to #6, #5 or challenge herself. If she passes to #5, the pattern repeats, #'s 2, 3 and 4 rotate in a counter-clockwise motion, causing the "fan belt" effect. Use no more than 7 players.

SKILLS PRACTICED

- Passing and catching

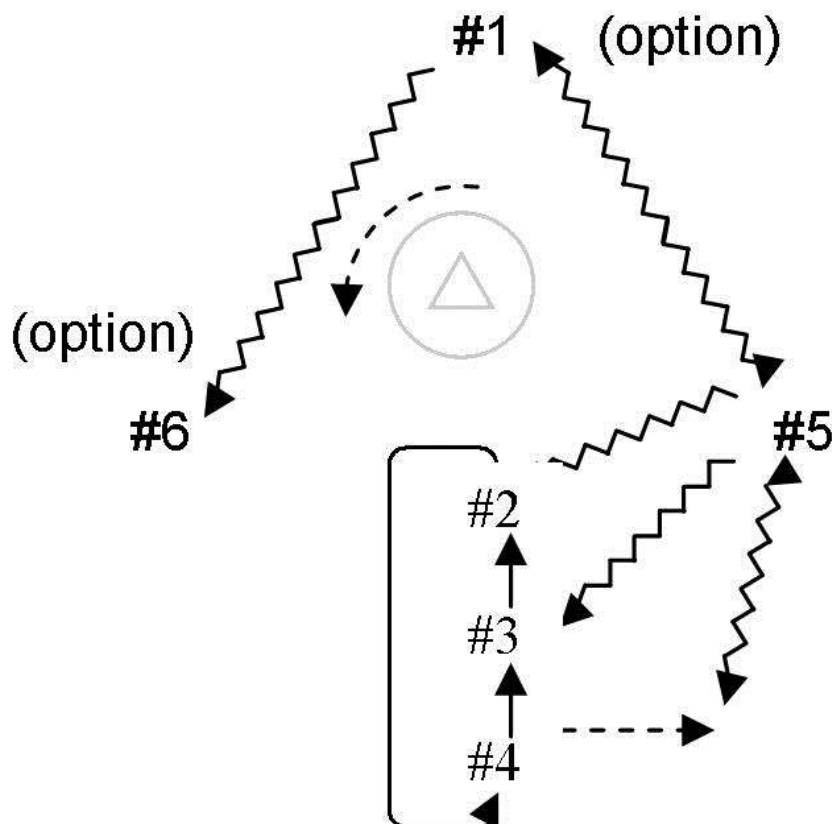
VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

None

RELATED DRILLS



DIAGONAL PASS / FLAT PASS (AGE 11-12)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

1. ☉ Player travels in a straight line. Must have flexible upper body in order to make all passes overarm.

SKILLS PRACTICED

- Passing and catching

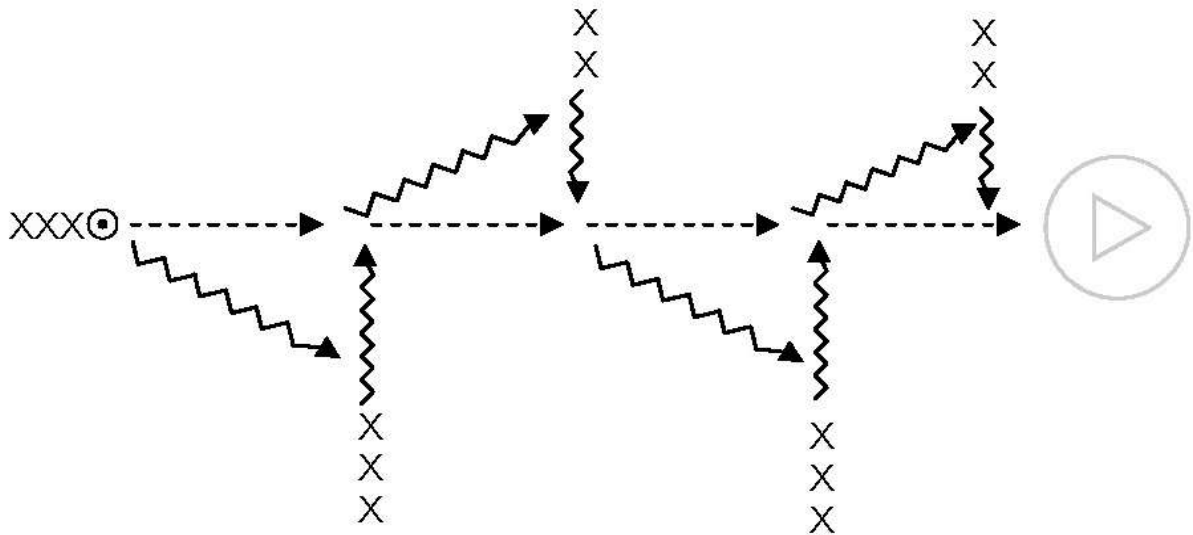
VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

None

RELATED DRILLS



ATTACK, PASSING & TIMING OF CUTS (AGE 11-12)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- As Ball is on the ground, Attack Wings cut to goal, turn and cut back to center.
- C passes out to one AW, then sprints to goal to get return pass – give-and-go.
- While the give-and-go is being performed, H cuts around goal circle and up center of field as opposite AW loops wide to goal.
- While the ball is in the air to the H, the opposite AW changes the angle of her cut to straight towards the cage.

Pattern of passes:

- C pick up, pivot, pass to either AW
- AW to C
- C to 2H
- 2H to opposite AW

SKILLS PRACTICED

- Passing and catching

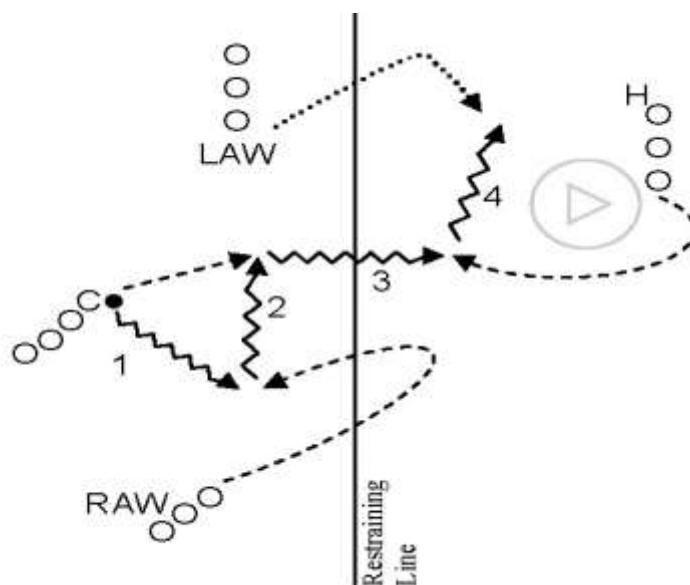
VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

None

RELATED DRILLS



WATERFALL PASSING (AGE 11-12)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- Inside X's pass short , direct passes to each other.
- Outside X's give high, hanging passes to each other.
- Start this drill stationary; then add the circular rotation to create the "waterfall" effect.

SKILLS PRACTICED

- Passing and catching

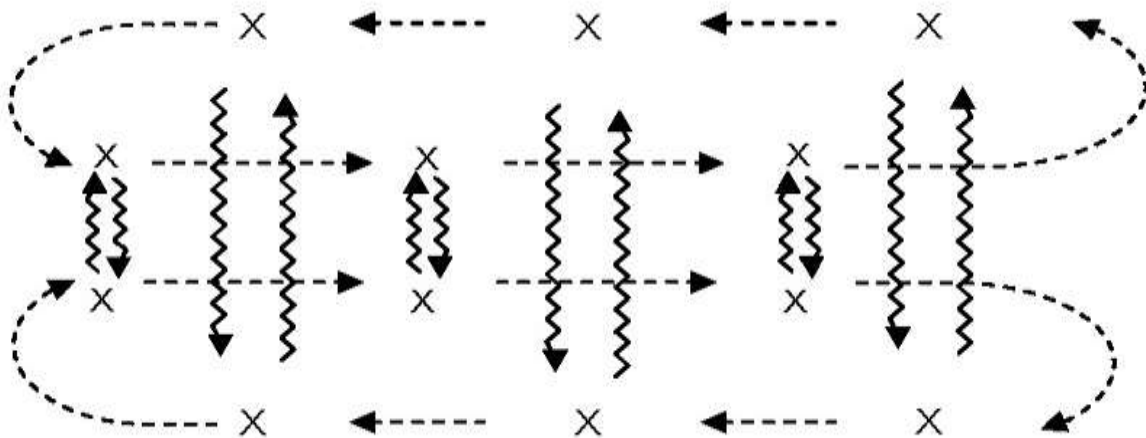
VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

None

RELATED DRILLS



THE MILL (AGE 11-12)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

Emphasis: Quick passing on the move.

20 players with a ball are arranged in 2 lines, 10 yards apart. Player without a ball runs through the middle (the mill) receiving and returning each ball.

SKILLS PRACTICED

- Passing and catching

VARIATIONS/PROGRESSION

Feeders:

- cradle on back of crosse until runner comes, toss to self, then pass;
- ball starts on ground;
- designate type, speed, and/or height of pass;
- 20 yards apart, cut in and pivot back.

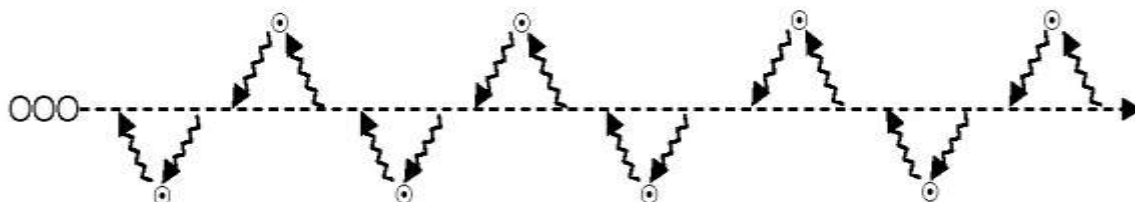
Runner:

- designate passes, quick stick;
- use non-dominant throw;
- send ground ball;
- add a shadow defense;
- time and run.

GOALIE INVOLVEMENT

None

RELATED DRILLS



LINE PASSING WITH 2 BALLS (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

Cones

PLAYERS NEEDED

All players

DRILL-EXECUTION

Order:

- 1 passes to 2, receives from 5
- 2 passes to 3, receives from 1
- 3 passes to 4, receives from 2
- 4 passes to 5, receives from 3
- 5 passes to 1, receives from 4

Emphasis: is on off-ball movement and accurate passing.

SKILLS PRACTICED

- Passing/Catching/Dodge

VARIATIONS/PROGRESSION

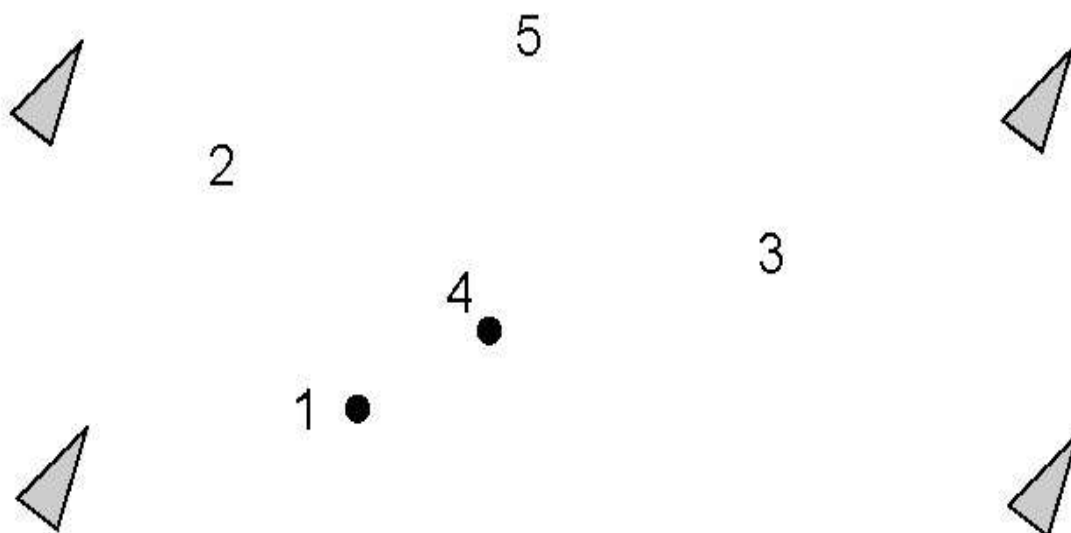
- Increase size of group and/or number of balls
- Add defenses
- Make movements towards goal, instead of cone areas.

GOALIE INVOLVEMENT

None

RELATED DRILLS

None



POST DRILL #2 (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

Area: Sets, Set up as 1 v 1 with Posts on each side
Equipment: Balls

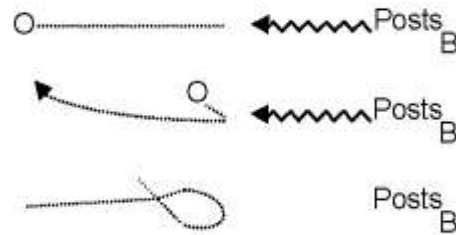
PLAYERS NEEDED

DRILL-EXECUTION

- Offense in the middle, working for 6 – 10 passes.
- Posts roll to the give a target to catch – High, low, right, left.
- Posts must cradle and pass from different positions, high and low, left and right side – Also, with right side and left side toward the attack player.
- Can add pressure to passer and allow 1 step pivot only.

VARIATIONS/PROGRESSION

- No defense.
- Catch, pivot and pass.
- Fade cut and pass.
- Loop cut and pass.
- Different attack moves – stutter step, roll, half roll, Z cut.
- Vary catch and pass with different hand, catch right, throw left; catch left, throw right.
- Catch right side, pivot, throw from left. Catch left side, pivot, throw from right.
- Catch fake, pivot in one direction, pivot the other way, use head, step in fake.
- Catch pivot, face dodge and GO.
- Receive in all 4 areas – Right, left. High. Low.
 - 1 set – 5 high left, 5 high right catches
 - 1 set - 5 low left, 5 low right catches.



POST DRILL #3 (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

Area: Sets, Set up as 1 v 1 with Posts on each side
Equipment: Balls

PLAYERS NEEDED

DRILL-EXECUTION

- Add Defense
- Defensive Conditions:
 - No interceptions - block only.
 - Intercepting – go for it.
 - Allow catch, force weak after catch.
 - Stick check on catch only.
 - Do above alone at first and then as a combo (e.g. stick check on catch only, no interceptions – block only)
- Passer Post Golden Rules when passing with defense.
 - Always throw away from the defense – makes passer decide where to throw the ball where defense cannot intercept or stick check catch.
 - Add fake of pass, before passing.
 - Pass from high release point, to low catch area.
 - Pass from low release point, to high catch area.
 - All types of passes – side arm, shovel, reverse.

SKILLS PRACTICED

- Passing and catching

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

None

RELATED DRILLS

CONTINUOUS GIVE AND GO (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- Divide group into 7 lines; lines 1, 3, 5, and goalie have a ball; at the completion of 7's run to goal, each person moves to next number line for 7b's run.
- Goalie throws to 6a (who was cutting straight); 5a then passes to 7a who receives, pivots, and passes 1a then passes to 7a who shoots. Goalie clears 6b.

SKILLS PRACTICED

- Passing and catching

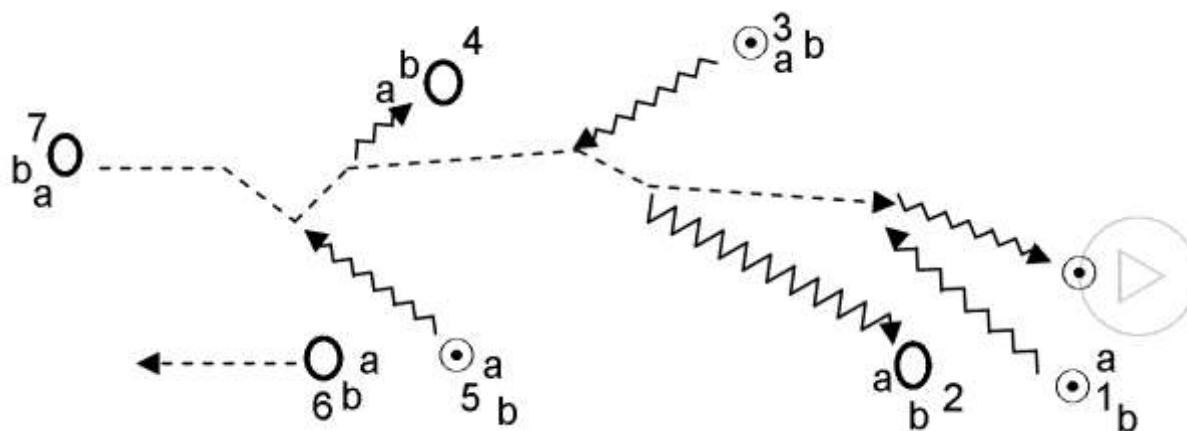
VARIATIONS/PROGRESSION

- Add a "D" chasing 7.
- Designate pass and/or cut for each line.
- Time the run.
- Add a "D" to even # lines.

GOALIE INVOLVEMENT

None

RELATED DRILLS



ATTACK, PASSING PATTERN (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- #1 starts with her back to goal. She tosses and catches the ball, then pivots to either side. The side to which she pivots give a helping cut up to the ball. The off side person loops around and cuts across goal. #3, cuts straight up the middle. The ball is passed to #2 who may pass off or shoot.

SKILLS PRACTICED

- Passing and catching

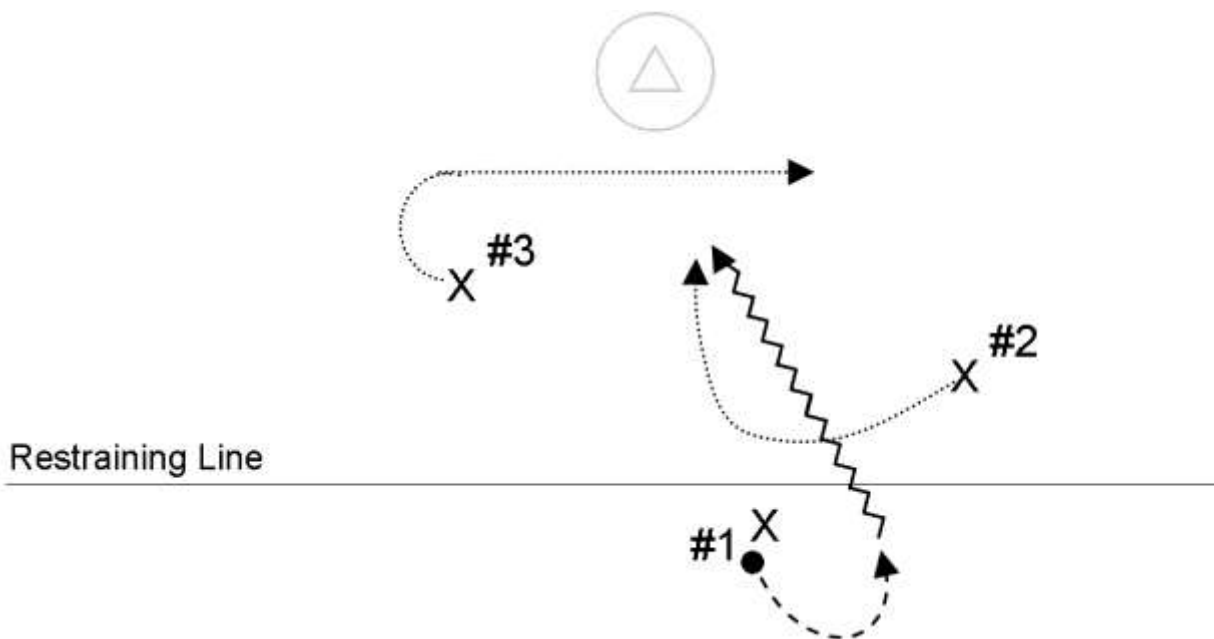
VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

None

RELATED DRILLS

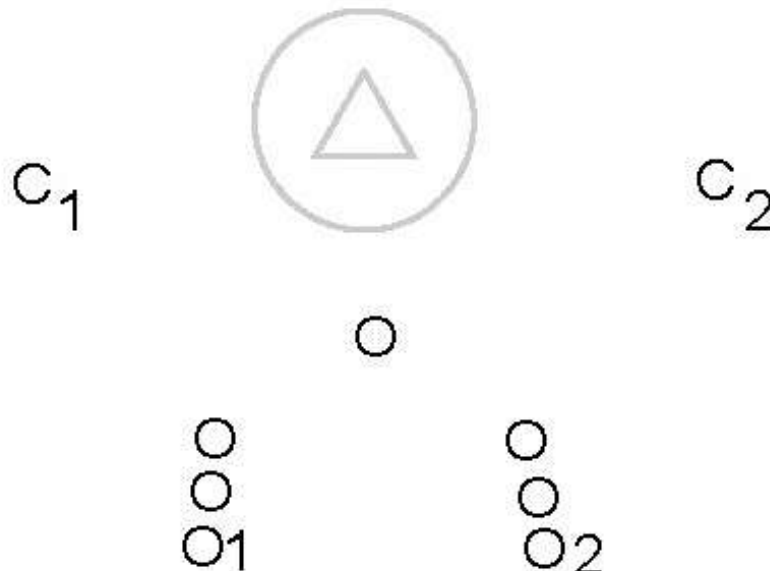


Shooting and Attack Drills

1. Garbage Drill (Age 5-6)
2. Garbage Drill #2 (Age 5-6)
3. Shooting with Goalie Work (Age 5-6)
4. Bounce Shot Drill (Age 7-8)
5. Going to Goal (Age 7-8)
6. Switch Fields for Left Hand Shot (Age 9-10)
7. Movement on Attack (Age 11-12)
8. Grinder (Age 9-10)
9. Short and Long (Age 11-12)

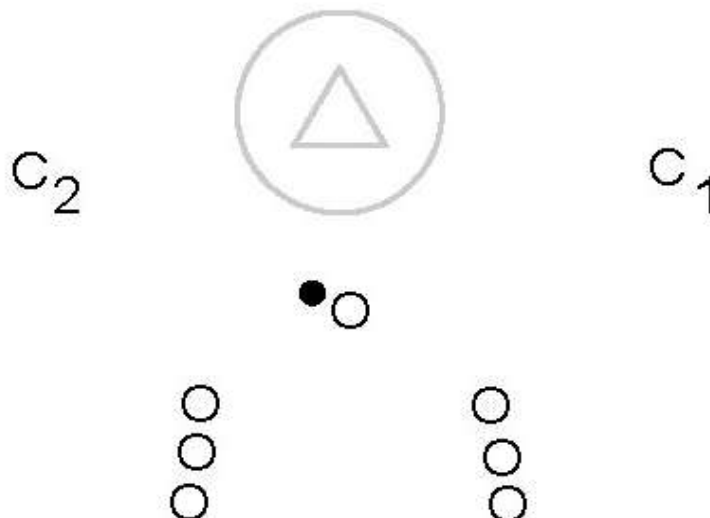
GARBAGE DRILL

OBJECTIVE	To improve reaction time, quickness, accuracy, and to reinforce looking for rebounds off shots.
SPACE/EQUIPMENT	Area: 12 M fan Equipment: Bucket of Balls, Goal
PLAYERS NEEDED	All players
DRILL-EXECUTION	<ol style="list-style-type: none"> 1. Coach #1 rolls the ball out in front of the goal so it will stop dead. The first attack player has her back turned and when the coach yells "shot" the player must pick up and shot the ball as quickly and accurately as possible. 2. As soon as the shot is taken, Coach #2 rolls ball out in front of the goal so it stops dead, as the attack player turns her back again and stands. 3. Coach #2 then yells "shot" and the attack player picks-up the ball and shoots. 4. This can continue for time or a set number of balls. 5. A shooting net or goalkeeper can be used for a more realistic situation and the same attack player will keep shooting the same ball until it goes in or goes out of play.
SKILLS PRACTICED	Shooting
VARIATIONS/PROGRESSION	
GOALIE INVOLVEMENT	Some
RELATED DRILLS	None



GARBAGE DRILL #2

OBJECTIVE	To improve reaction time, quickness, accuracy, and to reinforce looking for rebounds off shots.
SPACE/EQUIPMENT	Area: 12 M fan Equipment: Bucket of Balls, Goal
PLAYERS NEEDED	All players
DRILL-EXECUTION	<ol style="list-style-type: none"> Coach #1 rolls the ball out in front of the goal so it will stop dead. The first attack player has her back turned and when the coach yells "shot" the player must pick up and shot the ball as quickly and accurately as possible. As soon as the shot is taken, Coach #2 rolls ball out in front of the goal so it stops dead, as the attack player turns her back again and stands. Coach #2 then yells "shot" and the attack player picks-up the ball and shoots. This can continue for time or a set number of balls. A shooting net or goalkeeper can be used for a more realistic situation and the same attack player will keep shooting the same ball until it goes in or goes out of play.
SKILLS PRACTICED	Shooting
VARIATIONS/PROGRESSION	<p>Line 1 and 2 alternate and go one at a time for a bigger group.</p> <p>Add defense – only allow offense to pick up ball and shoot, but defense adds pressure after pick up.</p> <p>Add defense – allow either offense or defense to pick up the ball in order to give the defense practice in clearing the ball out from goal.</p>
GOALIE INVOLVEMENT	Some
RELATED DRILLS	None



SHOOTING WITH GOALIE WORK

OBJECTIVE**SPACE/EQUIPMENT**

Area: Goal circle with 8 & 12 M lines
Equipment: 5 Balls

PLAYERS NEEDED

5 Shooters and a Goalkeeper

DRILL-EXECUTION

- 1 & 2 Run around goal circle and shoot.
- 3 & 4 Take a 12 meter shot.
- 5 Take an 8 meter shot.
- Take shots in order:
 #1 Run around goal circle
 #3 Shoot from opposite side
 #2 Run around goal circle and shoot
 #4 Shoot from opposite side
 #5 Shoot last

SKILLS PRACTICED

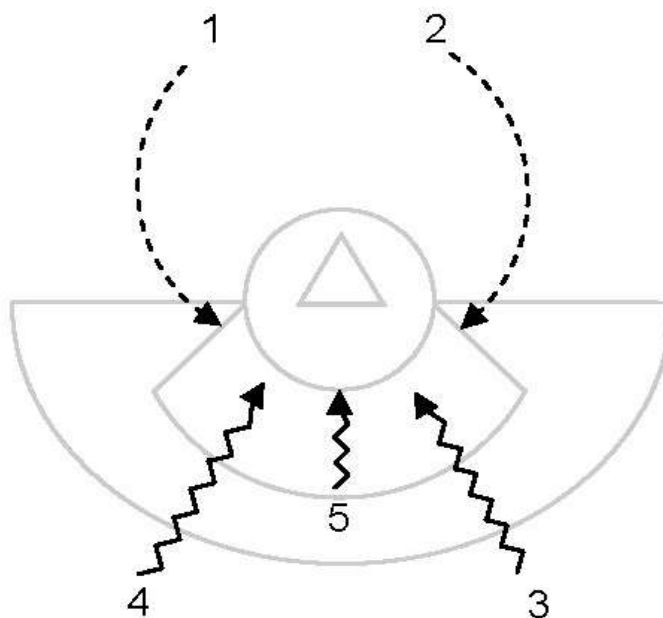
Shooting

VARIATIONS/PROGRESSION**GOALIE INVOLVEMENT**

Full

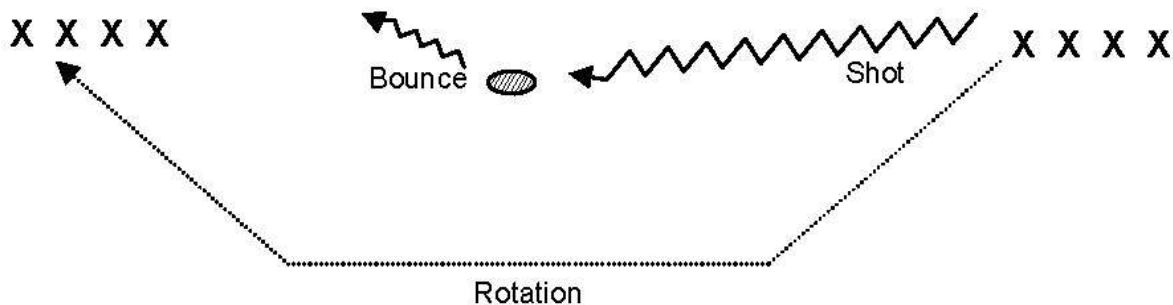
RELATED DRILLS

None



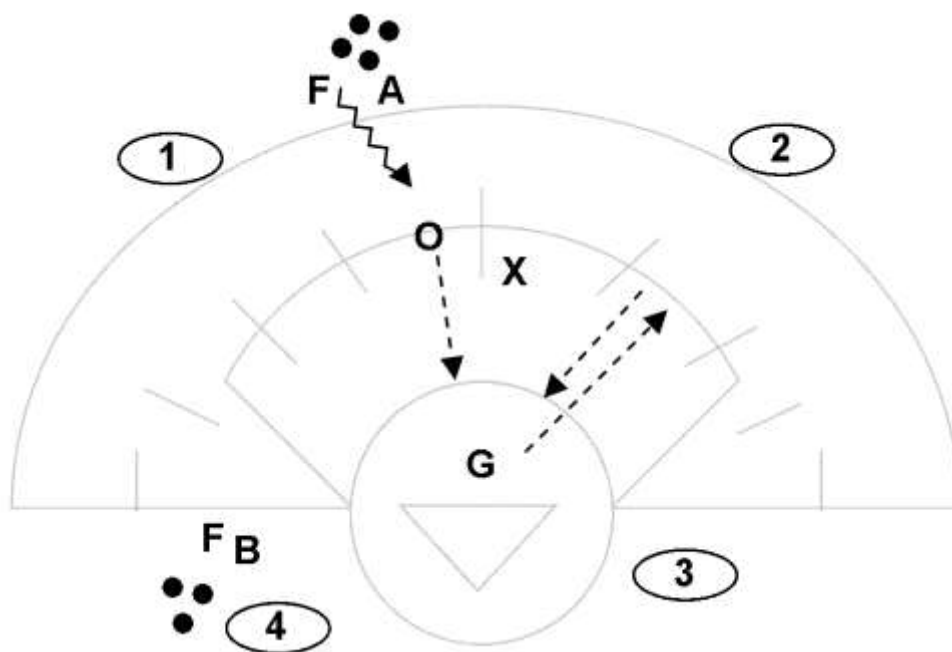
BOUNCE SHOT DRILL

OBJECTIVE	To teach the concept of a bounce shot; practice for shooting at a spot on the ground; Practice for fielding a bouncing ball.
SPACE/EQUIPMENT	Area: Shuttle Formation Equipment: Balls, Pinnie
PLAYERS NEEDED	
DRILL-EXECUTION	<ol style="list-style-type: none"> 1. Shuttle formation: Place a pinnie or marker on the ground halfway between the two lines. 2. Emphasis is on hitting the marker and simulating a bounce shot on goal so that the ball will project upward toward the goal. 3. The rebound should go towards the other line where the first person in line must field the bouncing ball and then shoot herself. 4. This continues in shuttle formation with rotation to the other line.
SKILLS PRACTICED	Bounce Shot Shooting at a spot on the ground Fielding a bouncing ball
VARIATIONS/PROGRESSION	
GOALIE INVOLVEMENT	
RELATED DRILLS	None



GOING TO GOAL

OBJECTIVE	To teach 1 on 1 moves; Cutting and Shooting.
SPACE/EQUIPMENT	Area: 12 Meter Fan and goal Equipment: Bag of balls
PLAYERS NEEDED	Min. of 4 players, max. of 6 players with goalkeeper
DRILL-EXECUTION	<ol style="list-style-type: none"> 1 offense and 1 defense start at the 8 meter arc. With minimum number of players, offense cuts for feeder A who is on the 8 meter with a bag of balls. Offense catches, turns and goes 1 v 1 to goal. After shot, save, or overthrow, offense repositions to 8 M arc, and cuts to feeder B. She receives and go to goal. She gets 3 balls from each feeder, then is replaced by new offense. Defense is replaced also. The pair should keep moving continuously, cutting to the feeder. Note: Player B may feed from either side of cage, A may feed from anywhere on the 12 M Fan.
SKILLS PRACTICED	Cutting Shooting
VARIATIONS/PROGRESSION	May add up to 2 v 2, 3 v 3 with feed – in to promote timing and working together in pairs and defensive communication, double team, and clears.
GOALIE INVOLVEMENT	Full
RELATED DRILLS	None



SWITCH FIELDS FOR LEFT HAND SHOT

OBJECTIVE

SPACE/EQUIPMENT

Area: 12 M fan
Equipment: Goal, Ball

PLAYERS NEEDED

4 Offense , 3 Defense

DRILL-EXECUTION

- Overload right side and swing the ball behind the goal to the left for a quick left hand shot.
- Can add defense on the shooter after practice.

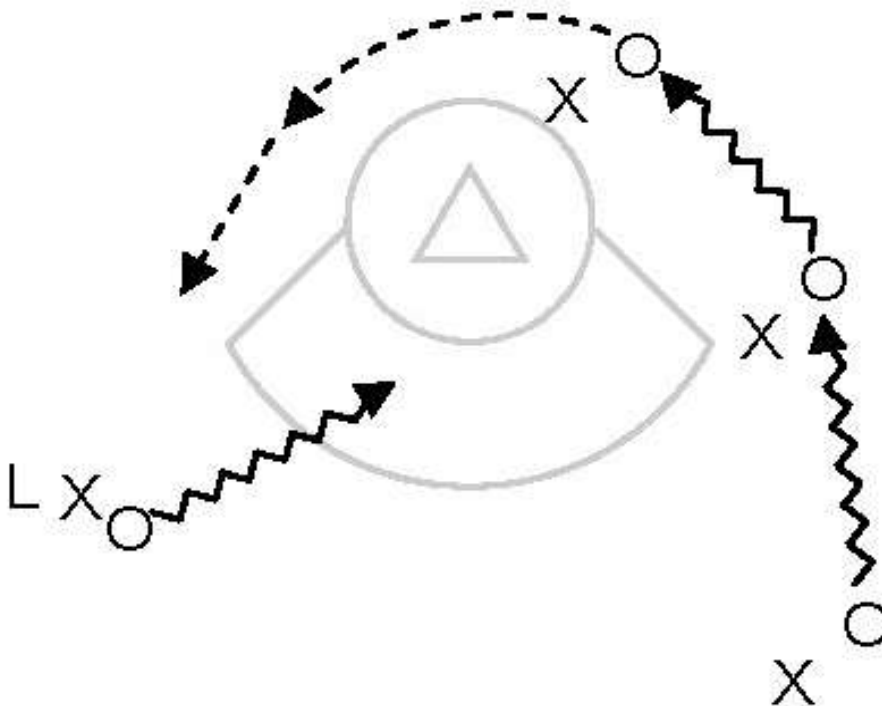
SKILLS PRACTICED

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS

None



MOVEMENT ON ATTACK

OBJECTIVE

SPACE/EQUIPMENT

Area: Fan area
Equipment: Goal, Ball

PLAYERS NEEDED

5 Pairs of offense and defense

DRILL-EXECUTION

- Ball moves around the outside of the perimeter.
- Two in the center, work pick interference trying to “pop” open for a quick shot.
- Work on setting picks away from the ball and to free opposite player.

SKILLS PRACTICED

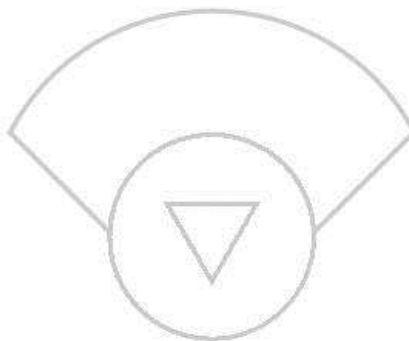
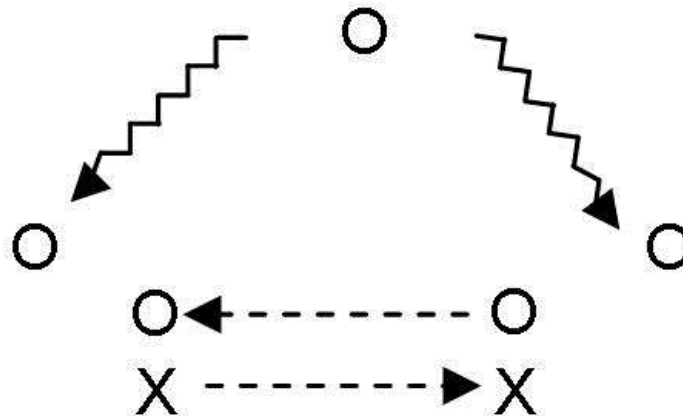
VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS

None

Restraining Line



GRINDER

OBJECTIVE

SPACE/EQUIPMENT

Area: Half field to goal
Equipment: Bucket of balls

PLAYERS NEEDED

Goalkeeper

DRILL-EXECUTION

- Feeders and receivers stay in place and need extra balls.
- Offense with ball and others in line.
- Run grinder, continue until ball is dropped.
- After shot, jog back to line.
- Go 10 times in a row and then change with feeders and receivers.
- Can use ground balls as well.

SKILLS PRACTICED

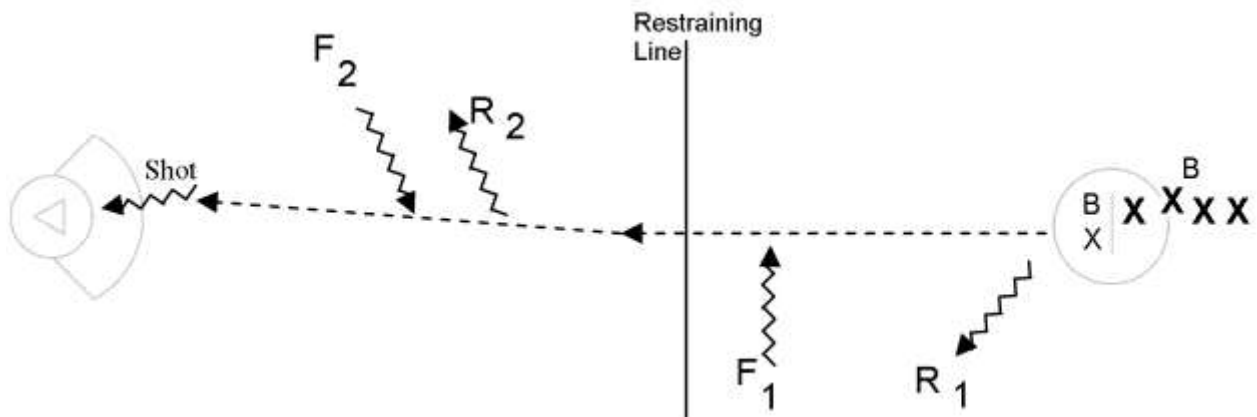
VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

Full

RELATED DRILLS

None



SHORT AND LONG

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- Alternating short and long shots with short and long clears.
- If it is a short shot, the goalie clears to a distant clearing line.
- If the shot is long, the goalie clears short to the side of the cage.
- The goalie should always try to put the clear, whether long or short, to the opposite side from which the shot came.

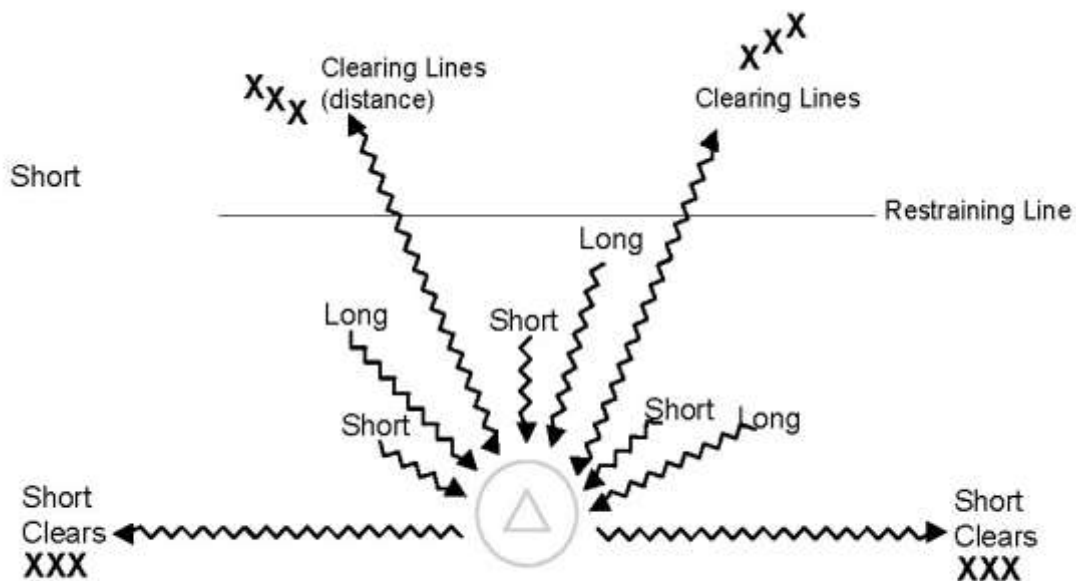
SKILLS PRACTICED

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS

None



Dodging Drills

1. Dodge Roll (**Age 5-6**)
2. Basic Dodge (**Age 5-6**)
3. The Tunnel (**Age 5-6**)
4. Pick-up, Dodge, Cradle Practice (**Age 5-6**)
5. Dodging – “Chicken” (**Age 7-8**)

DODGE ROLL (AGE 5-6)

OBJECTIVE

SPACE/EQUIPMENT

Area: Two lines, shuttle
Equipment: Balls

PLAYERS NEEDED

All

DRILL-EXECUTION

- Line of people, after pass stand and be a defender.
 - Player B catches the ball, then they must either roll right or left around the defense set by A.
 - After roll, throw the ball to the next person in line.
- Practice with either hand up.
 - Practice going on both sides of defender.

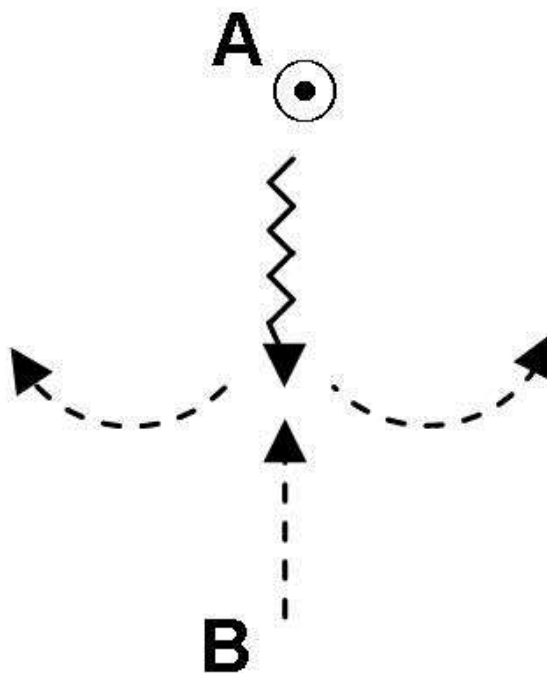
SKILLS PRACTICED

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS

None



BASIC DODGE (AGE 5-6)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

1. Accelerate toward object/opponent; keep head up.
 2. Pull stick to left and step to left. Keep head up, eyes forward.
 3. Right foot forward; stick stays to left side or forward.
 4. Left foot forward; stick stays to left side or forward.
 5. Right foot sideways back into line.
 6. Accelerate to goal.
- Be sure to practice this to *both* sides.
 - Be sure to pull stick to outside away from opponent when you step to outside away from opponent.
 - Make movements small and quick; use as small a space as possible.
 - Very little deviation from center line.

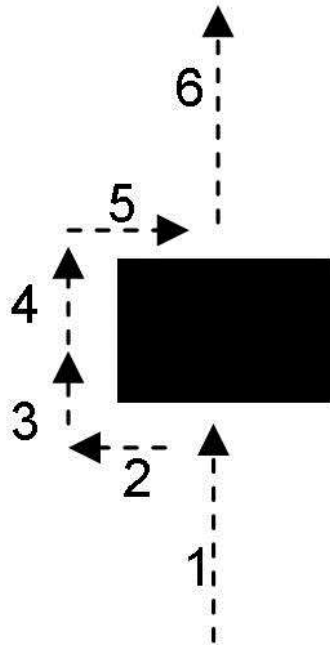
SKILLS PRACTICED

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS

None



THE TUNNEL (AGE 5-6)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- Players form an arch with their crosses, slightly overlapped.
- One by one, each player goes through the line, trying to time her cradle so as to avoid hitting the raised sticks.
- At the end of the line, she joins on the alternate side.

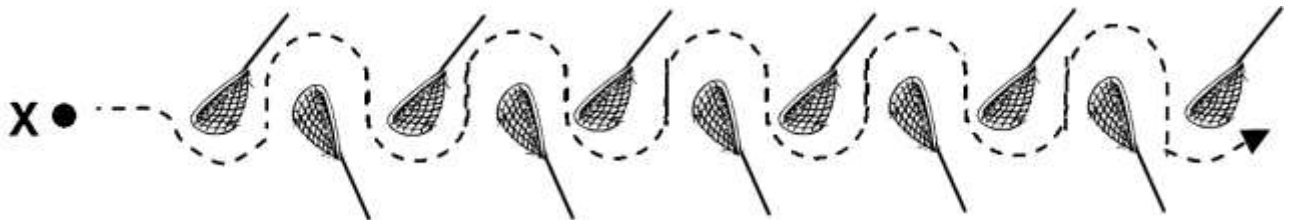
SKILLS PRACTICED

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS

None



PICK-UP, DODGE, CRADLE PRACTICE 9 (AGE 5-6)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

All

DRILL-EXECUTION

In threes with one ball.

- #2 and 3 form waist-high bridge with their sticks; #1 bends under to pick up ball.
- After #1 picks up ball, she pivots. Meanwhile #2 and 3 have lined up single file. #1 dodges #3 to left, #2 to right, emphasizing strong pull.
- After dodging, #1 pivots, then cradles through high arch that #2 and 3 have formed with their sticks (allow just enough space so that #1 can cradle through).
- Repeat with players changing positions.

SKILLS PRACTICED

Pick-up, Dodge, Cradle

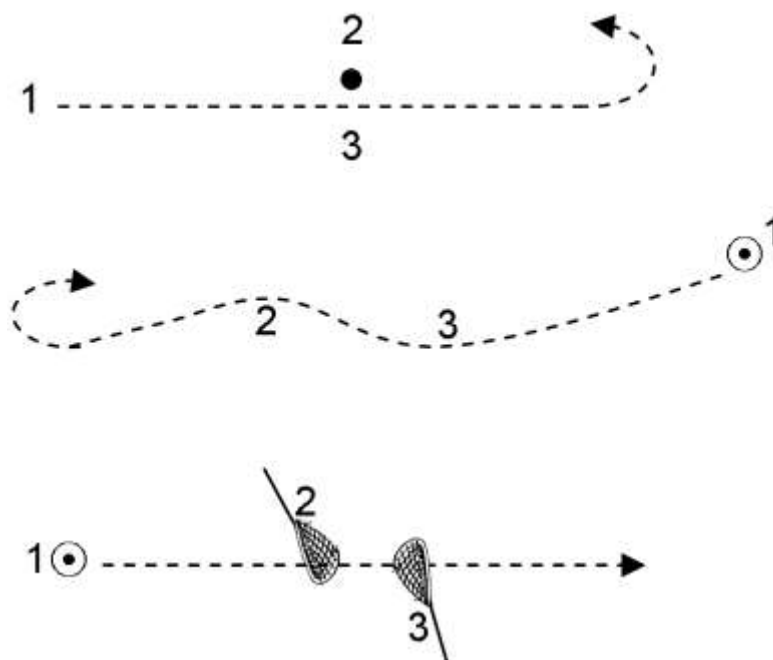
VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

None

RELATED DRILLS

None



DODGING – “CHICKEN” (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

1. Organize shuttle lines with 3 – 4 players on each side.
2. Players #1 and #2 run right at each other, and at the very last second, they dodge left or right. (Coach must specify at beginning, otherwise chaos!)
3. The object is to get back on your path to goal immediately.
4. You can use existing lines on your field if it is marked for other sports. The dodge should consist of only one step off the line, left or right, and the next step right back onto the line.
5. Both players have balls.
6. Players must be alert because both must dodge to the same side or they may collide.
7. After the dodge, pass to the opposite line.

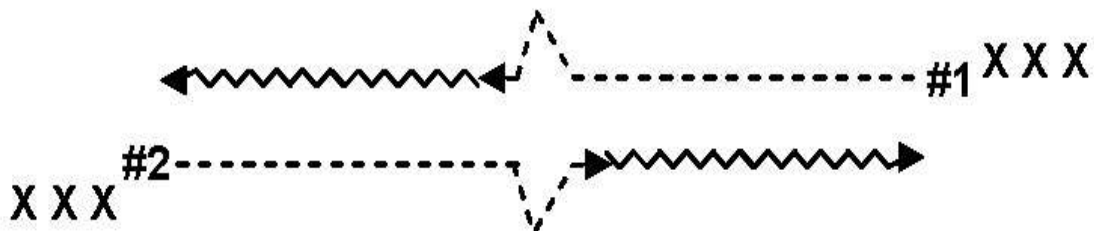
SKILLS PRACTICED

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS

None



Shuttle Progression Drills

1. Basic Shuttle Progression (Age 7-8)
2. Indoor Shuttle – Give and Go, Lead Pass (Age 7-8)
3. Passing Drills, Shuttle Progressions (Age 7-8)
4. Basic Shuttle Progression #2 (Age 9-10)

BASIC SHUTTLE PROGRESSION (AGE 7-8)

OBJECTIVE	To be used as a basic technique for warm-up,
SPACE/EQUIPMENT	Area: Enough room for shuttle formation. Equipment: Ball
PLAYERS NEEDED	
DRILL-EXECUTION	Always start simple and then move to complex. <ul style="list-style-type: none">• Throwing and catching dominant side.• Dominant throw with weak side catch. Players receiving will ask for it on the non-dominant side.• Dominant catch with non-dominant throw. Receive ball strong, switch hands and pass.• Non-dominant catch and throw. Players will pass and receive onto the non-dominant-weak side.• All of the above can be incorporated into the next set.• Ground balls toward player.• Ground balls away. Incorporate dominant and non-dominant hands.
SKILLS PRACTICED	Throwing and catching
VARIATIONS/PROGRESSION	None
GOALIE INVOLVEMENT	None
RELATED DRILLS	

INDOOR SHUTTLE – GIVE AND GO, LEAD PASS (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

Good for indoor work

Using long lines of basketball court, 1 runs down line, passes to 2 who cuts across floor. 2 wants to receive the ball in the middle of the court. After passing, 1 accelerates down line to receive return pass from 2. 1 goes to end of opposite line 3, while 2 goes to end of opposite line 4. Repeat with 3 passing to 4 who receives in middle of the court.

SKILLS PRACTICED

- Acceleration to ball
- Stretching for ball
- Lead pass

VARIATIONS/PROGRESSION

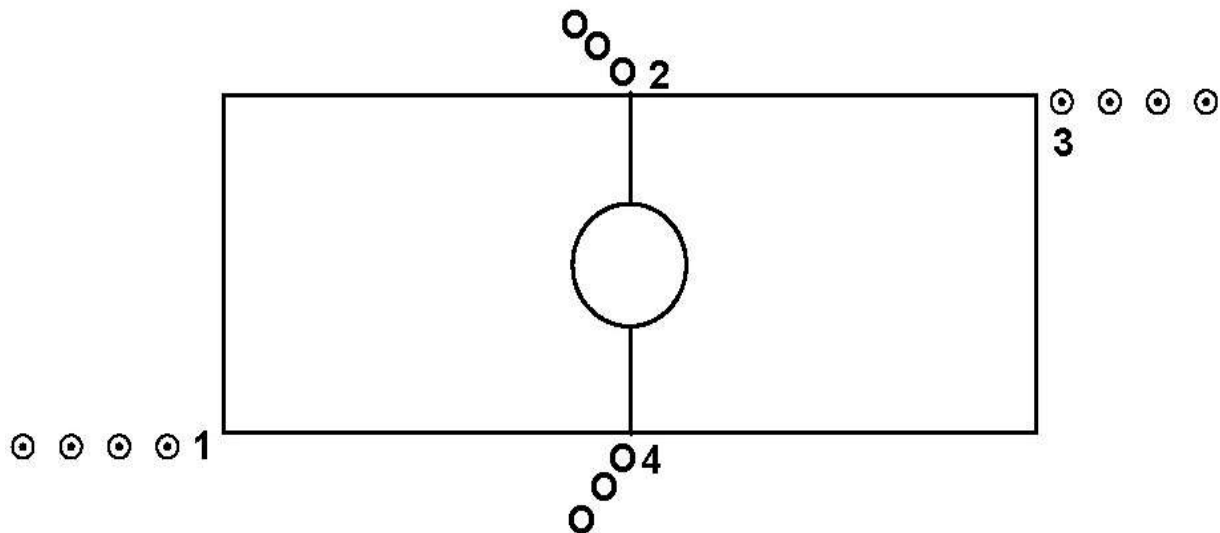
Change sides

Have center shuttles underthrow to practice reaching back for ball.
Have center shuttles overthrow to practice stretching for ball.

GOALIE INVOLVEMENT

None

RELATED DRILLS



PASSING DRILLS, SHUTTLE PROGRESSIONS (Age 7-8)

OBJECTIVE

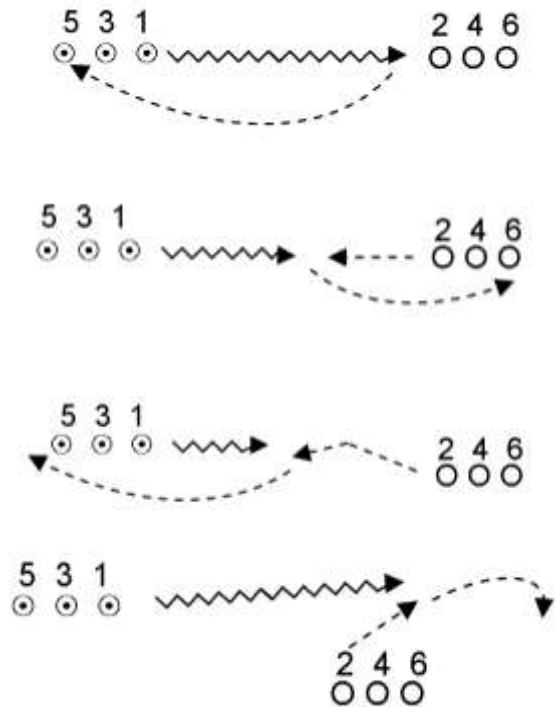
SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

Three Ball Shuttle (beginners)

- Overarm / underarm throw /ground ball. Players change lines. Pass always comes from same side, Effective practice because when ball is dropped, drill keeps going.
- Catch, pivot, return to own line. Ball changes sides.
- Zig-zag cut, timing of lead pass. Players change sides. Ball stays on same side.
- Receiving from behind. Balls change sides, players stay on same side. Catch over left shoulder; then reverse and catch over right shoulder.



SKILLS PRACTICED

Throwing, Ground ball, Conditioning

VARIATIONS/PROGRESSION

Change sides

Have center shuttles underthrow to practice reaching back for ball.
Have center shuttles overthrow to practice stretching for ball.

GOALIE INVOLVEMENT

None

RELATED DRILLS

BASIC SHUTTLE PROGRESSION #2 (AGE 9-10)

OBJECTIVE	To be used as a basic technique for warm-up,
SPACE/EQUIPMENT	Area: Enough room for shuttle formation. Equipment: Balls
PLAYERS NEEDED	
DRILL-EXECUTION	<ul style="list-style-type: none">• High passes – enables players to learn to catch at different levels.• Low passes – enables players to learn to catch at different levels.• Long – short passing – 1st person in line throws a long pass to the player on the opposite side of the shuttle. The person on the opposite side receives the ball, pivots and passes back to the line she cut from and the sequence then repeats itself. <p>Tips:</p> <ul style="list-style-type: none">• Rotate to the line you pass the ball to. Always make sure you are cutting towards the ball. When receiving, run through your catch before the pivot. <p>Give and Go:</p> <ul style="list-style-type: none">• 1st person in line throws the ball to the opposite line. The opposite player receives the ball and gives it back to the person who started the pass. The sequence then repeats itself. <p>Key point: Everybody is on the move on the give and go.</p>
SKILLS PRACTICED	<ul style="list-style-type: none">• Throwing and catching
VARIATIONS/PROGRESSION	None
GOALIE INVOLVEMENT	None
RELATED DRILLS	

Defense and Double Team Drills

1. Interception Drill (**Age 5-6**)
2. 1 to 1 Goal Adding a 2nd Defender (**Age 5-6**)
3. Pressure Cover Defense (**Age 7-8**)
4. 3 on 2 with Defensive Recover (**Age 7-8**)
5. Double Teaming (**Age 7-8**)
6. Double Team around the Cage (**Age 7-8**)
7. Double Team around the Cage #2 (**Age 7-8**)
8. Points for Possession (**Age 7-8**)
9. Ride and Block (**Age 7-8**)
10. Defense Interchange (**Age 9-10**)
11. Recovery / Double Team (**Age 9-10**)
12. 1 v 2 Double Team Down Field (**Age 9-10**)
13. 3 v 3 Defensive Slide (**Age 9-10**)
14. Four Square, Using Defense (**Age 11-12**)
15. Double Teaming /Sliding (**Age 11-12**)

INTERCETION DRILL (AGE 5-6)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

Groups of 3

DRILL-EXECUTION

“Monkey in the Middle”, groups of 3

- Players 1 and 2 pass back and forth, fairly direct passes.
- 3 stands with her back toward the player with the ball.
- As player 1 takes her crosse back, she shouts “Pass.
- Then 3 turns around and moves in for the interception.
- If the player is not getting close to intercepting the ball, have her:
 - a. back up away from passer, or
 - b. move right in between players 1 and 2.
- If the player is intercepting too easily, have her:
 - a. move closer to the passer, or
 - b. start back further.

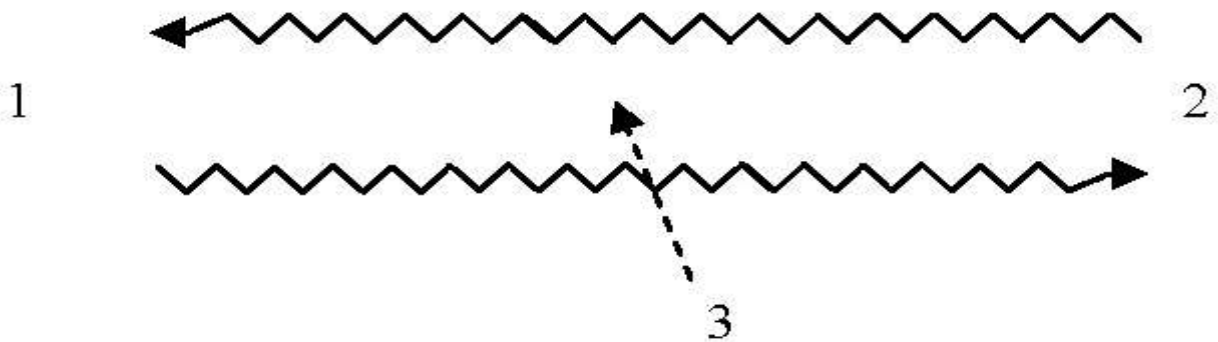
SKILLS PRACTICED

Interception

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



1 TO 1 TO GOAL ADDING A 2ND DEFENDER (AGE 5-6)

OBJECTIVE

To learn go to goal hard vs. double team defense. – double goal circle.

SPACE/EQUIPMENT

Area: Fan

Equipment: Goal & Balls

PLAYERS NEEDED

DRILL-EXECUTION

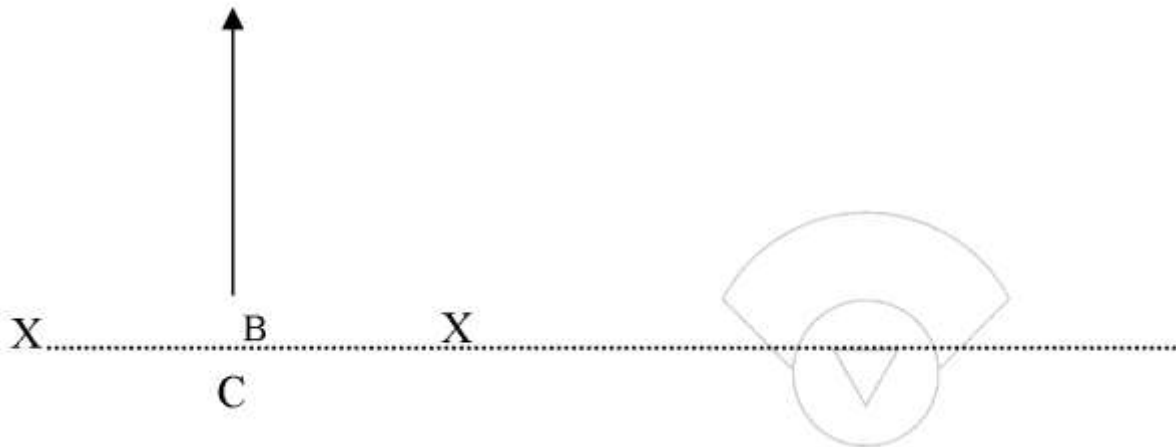
- Two lines on Goal line extended – 1 line off to the side as a helping defense line.
- Coach rolls ball out for a competitive pick up.
- Person who wins possession is offense. Loser is the defense.
- Coach yells for other defense line to go. Defender then runs to help double team immediately with her other defender.
- Basically it becomes a 1 v 2 – stresses the offense to go to goal quick, shoot before she is double teamed.
- Defense - Tight marking - communicating for a double team.
- First defender should force the attacker to her helping defender.
- Second defender makes sure she does not run into path of ball for shooting space. She must call body or ball depending on her position.

SKILLS PRACTICED

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



PRESSURE COVER DEFENSE (AGE 7-8)

OBJECTIVE

To learn how and when to pressure the ball in a 3 on 2

SPACE/EQUIPMENT

Area: 10 by 10 yard grid

Equipment: 4 Cones

PLAYERS NEEDED

DRILL-EXECUTION

- Offense must pass and cut to a cone which is open to her right or left. Diagram is set up for right-handed offense.
- They should move the ball quickly to make defense work.
- Defense 1 should force the offensive weak side while communicating to her teammate that she is the pressure.
- Defense 2 will split the offense in the cover position. She can intercept or collect any ground balls.
- Once the ball is passed, defense 2 will move into the pressure position while defense slides into cover.

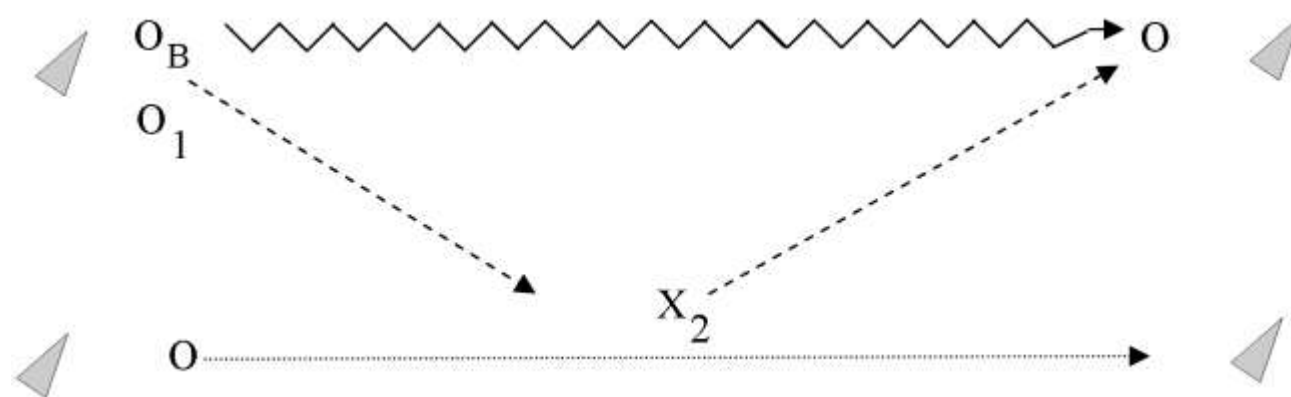
SKILLS PRACTICED

3 on 2 defense

VARIATIONS/PROGRESSION

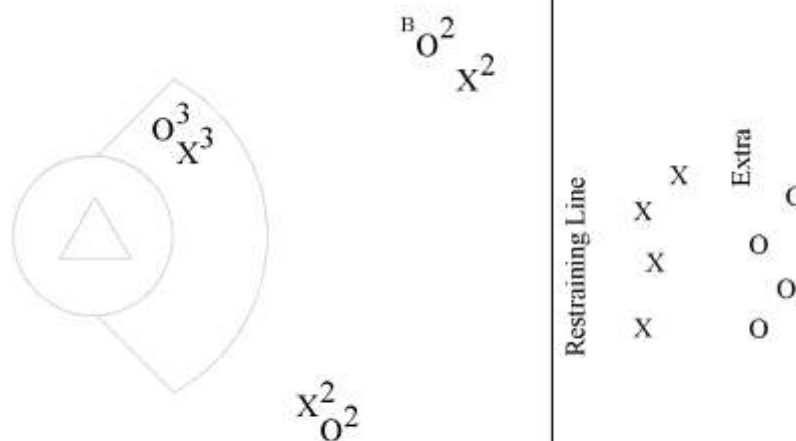
GOALIE INVOLVEMENT

RELATED DRILLS



3 ON 2 WITH DEFENSIVE RECOVER (AGE 7-8)

OBJECTIVE	To teach fast break.
SPACE/EQUIPMENT	Area: Do both left and right sides of the field.
PLAYERS NEEDED	All players
DRILL-EXECUTION	<p>Fast Break</p> <ul style="list-style-type: none"> • Teaching defense 2 to play defensive triangle with ball and offensive 2. • Teaching defense 3 when to play ball, when to stay with player offense 3. • Teaching defense 1 how and where to recover. • Teaching offense 1 with ball to read defense and make correct decisions with ball. • Teaching offense 3 where to cut according to defensive shift, • Teaching offense 2 where to help ball carrier. • Defense rotates counter clockwise. Offense rotates clockwise. Start ball on other side. <p>Coaching points:</p> <ul style="list-style-type: none"> • Defense 3 must stop ball by the time it gets to the 12M area. Defense 2 must decide to play ball recover on offense 3. <p>Communication is the key between defense 2 and defense 3.</p> <ul style="list-style-type: none"> • Offense 1 making pass to offense 2 if defense 2 commits too early to ball. • Coach delays defense 1 recovery from 1 to 5 seconds
SKILLS PRACTICED	Double team
VARIATIONS/PROGRESSION	
GOALIE INVOLVEMENT	
RELATED DRILLS	



DOUBLE TEAMING (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

Area: 10 yard grids (4)
Equipment: 16 Cones

PLAYERS NEEDED

15 players

DRILL-EXECUTION

- 4 Grids are set up. Offense with the ball in each grid tries to work it to the neutral zone within the cones.
- Defense tries to force offense into double team and come up with the ball.

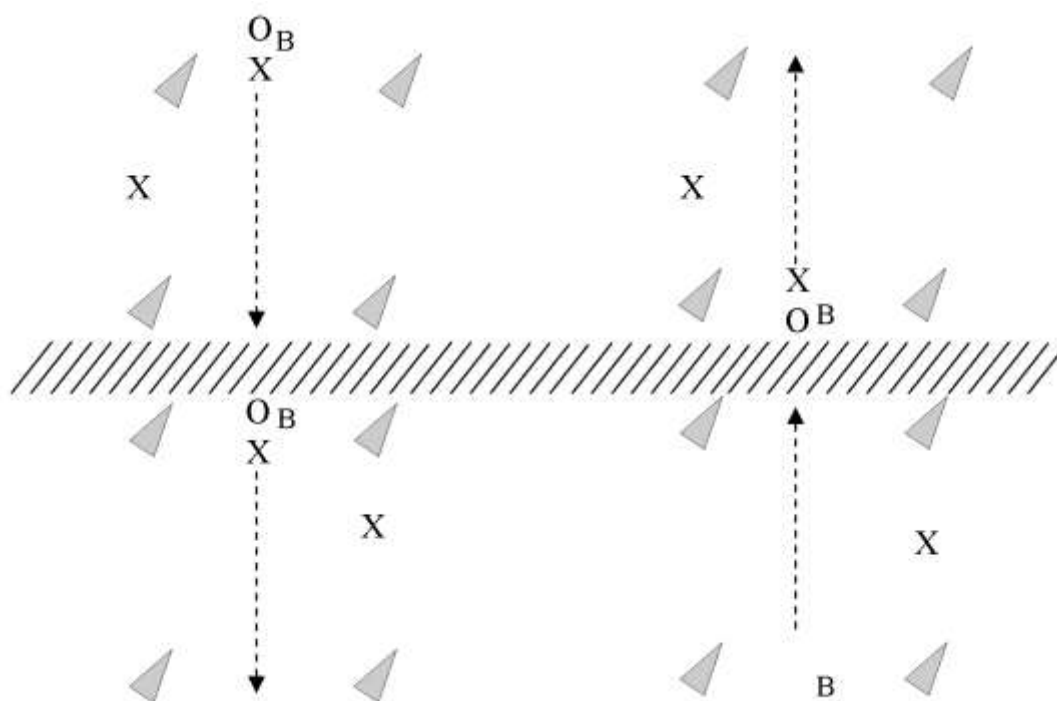
SKILLS PRACTICED

Double team

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



DOUBLE TEAM AROUND THE CAGE (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

Area: Goal circle with 8M lines
Equipment: Ball, Cage

PLAYERS NEEDED

4 players

DRILL-EXECUTION

- Offense comes around cage.
- 1st defender forces girl out – along fan line.
- 2nd defender drops to help double team.
- Eventually, add 2nd offense player.
- 2nd defense must then drop, but also be aware of passing line.

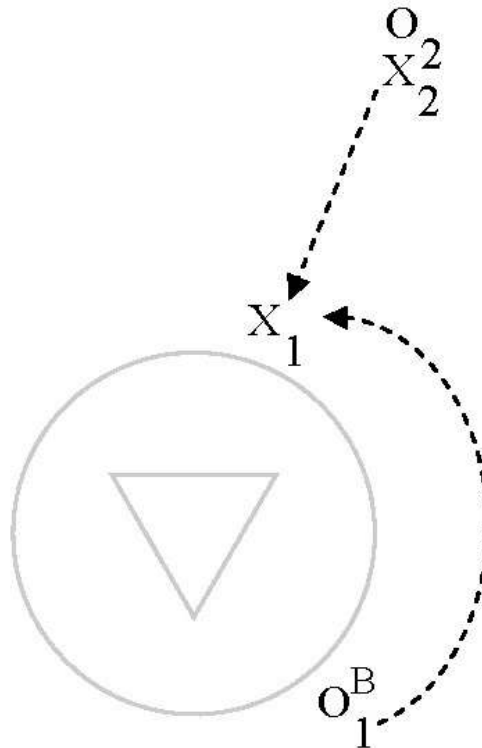
SKILLS PRACTICED

Double team

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



DOUBLE TEAM AROUND THE CAGE #2 (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

Area: 12M Fan
Equipment: Ball

PLAYERS NEEDED

5 attack

DRILL-EXECUTION

- Defense is inside the 12 Meter Fan. All 6 defenders have their heads in a huddle with their backs turned to outside .
- Attack (5 Players) sets up, and 1 attack has the ball.
- Coach blows the whistle and the attack starts the play.
- On the second whistle the defense turns around and marks up.
- Attack must pass three times before they can shoot.
- * Drill is for defensive communication in a confined area with some confusion.

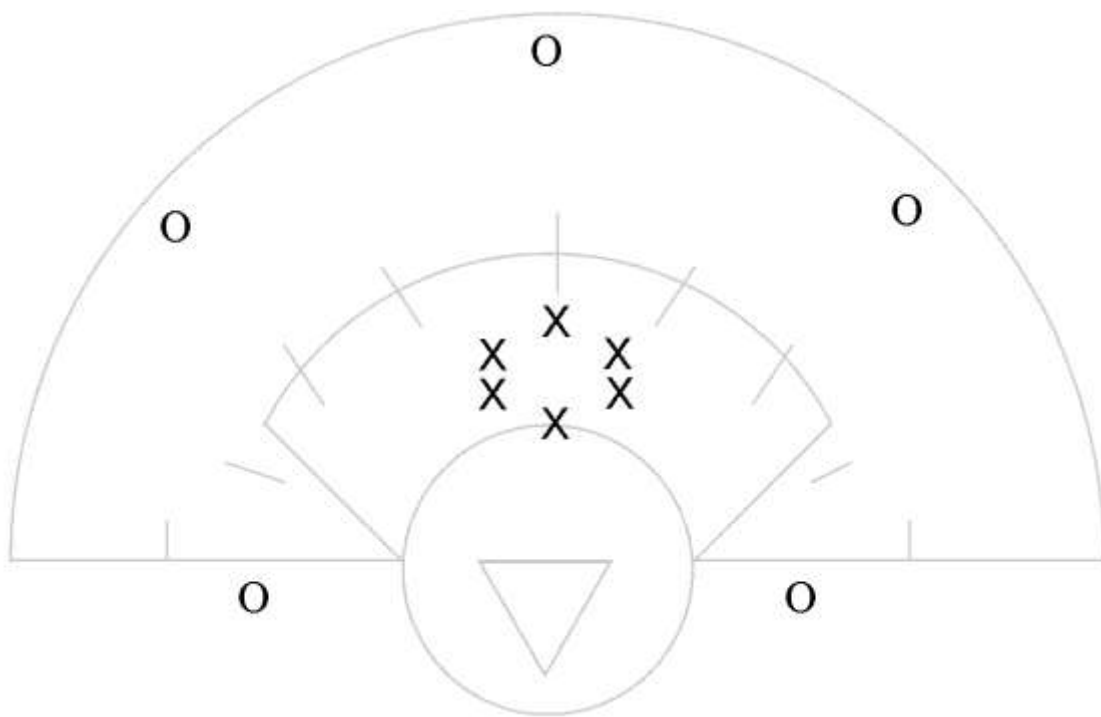
SKILLS PRACTICED

Double team

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



POINTS FOR POSSESSION (Age 7-8)

OBJECTIVE

To practice man-to-man marking for the defense; finding the space and free player for the attack.

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- To be played for a certain time period (recommend 3 – 5 minutes).
- To be played in a specified area (gym, large grid or circle).
- Number of players depends on size of area.
- Give one point for offensive or defensive control.
- Give two points for catch by the attacking team or interception by the defending team.

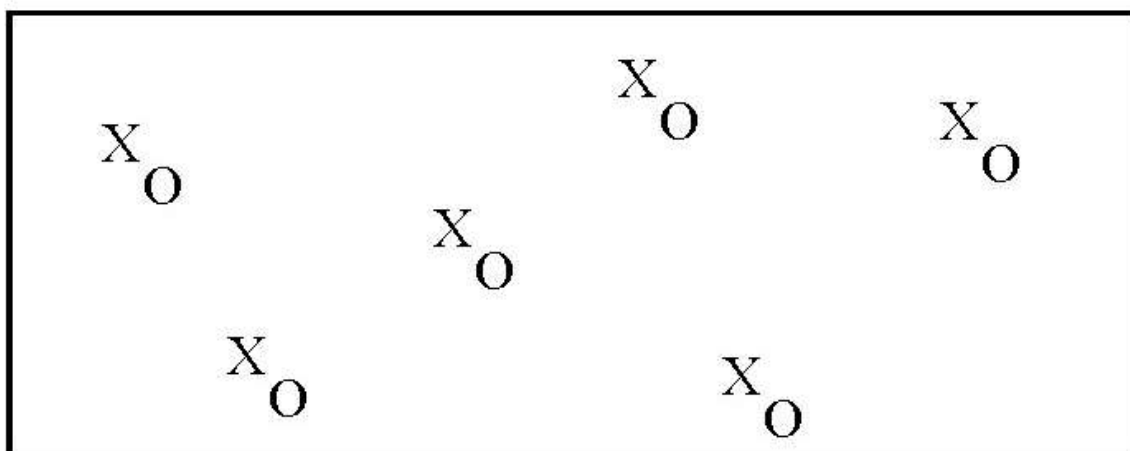
SKILLS PRACTICED

Man-to-man marking for defense

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



RIDE AND BLOCK (AGE 7-8)

OBJECTIVE

For the defense to *stay goal-side* at all costs, to force the attack out wide for a poor angle shot.

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- When the attacker goes to shoot, then the defender goes for the block.
- Defense must practice forcing the attack out on ***both*** sides.
- The defender is working to keep the attack out of the lane the ***whole*** time. The defense must start inside and overplay the attacker.
- The defender should let the attacker go wide, but must not get drawn out to go for a check, as the attacker will cut back inside.

SKILLS PRACTICED

Riding and blocking

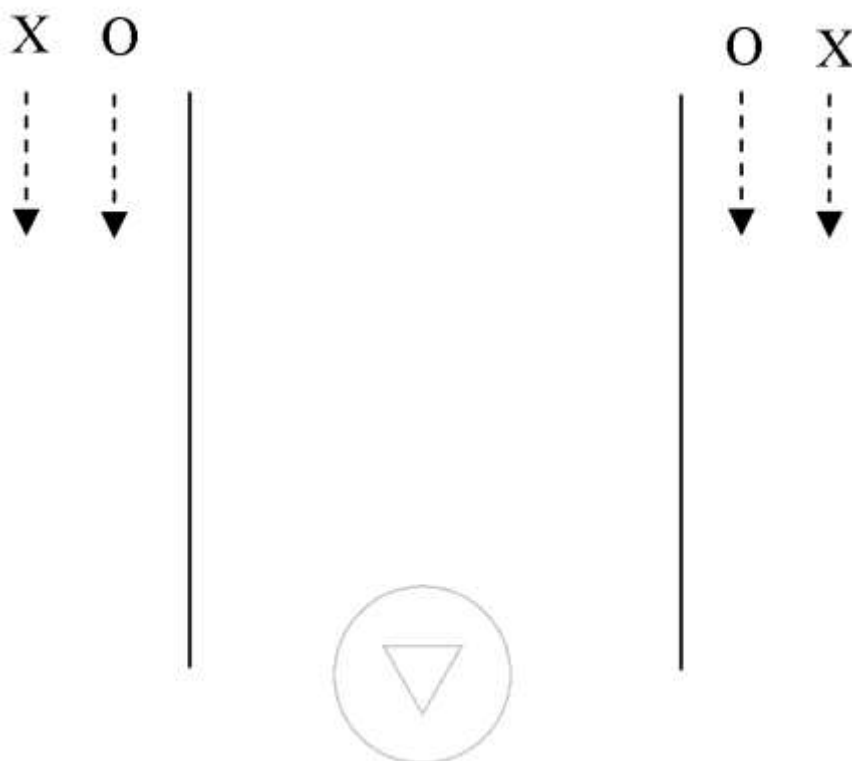
VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS

O = defender line

X = attacker line



DEFENSE INTERCHANGE (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

Attack 1 and 2 bring the ball down the field. Defense 1 and D2 try to play both as long as possible. When the free player gets to the A3 area. D2 picks up the free player. Recovering D is sprinting back to pick up A3 or whatever attack player is free.

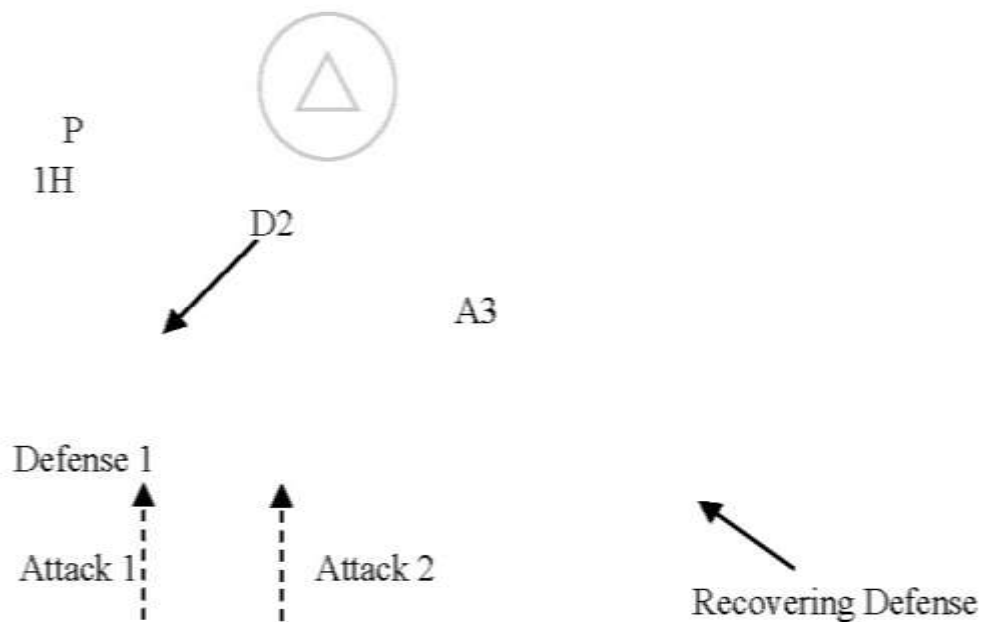
SKILLS PRACTICED

Defense

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



RECOVERY / DOUBLE TEAM (AGE 9-10)

OBJECTIVE Defense works together, try for a double team in a recovery situation.

SPACE/EQUIPMENT Area: 40 Meter area
Equipment: Ball

PLAYERS NEEDED 6 or more, plus Goalkeeper

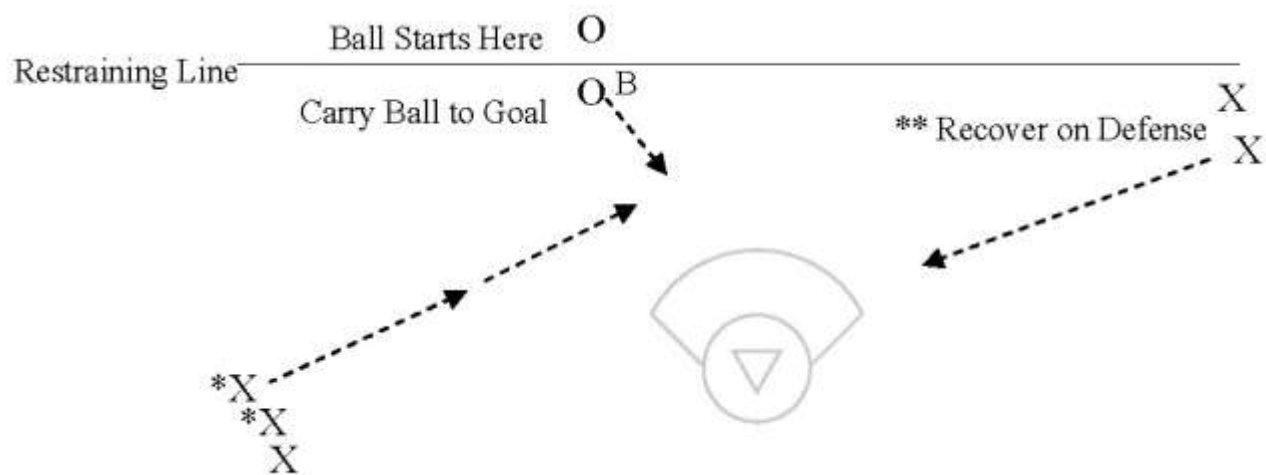
DRILL-EXECUTION

SKILLS PRACTICED Double team

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



* Defense picks up immediately.

** This line of defense recovers and tries to work with other defender to double team. Defense needs to communicate.

1 V 2 DOUBLE TEAM DOWN FIELD (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

Area: 40 Meter
Equipment: Balls

PLAYERS NEEDED

DRILL-EXECUTION

- Drill starts with defense 1's back to goal so she can't see which defender, 2 or 3 is being added.
- Offense 1 and defense 1 begin toward cage from center circle.
- Coach points to either defense 2 or defense 3 line to add as double teaming defender once ball reaches her level in field. Defense 2 and defense 3 should start to communicate to defense 1 as to when and where she will add in. "Keep her" "Cross over"
- Without goal: passing sequence – rotate to the line you pass to.

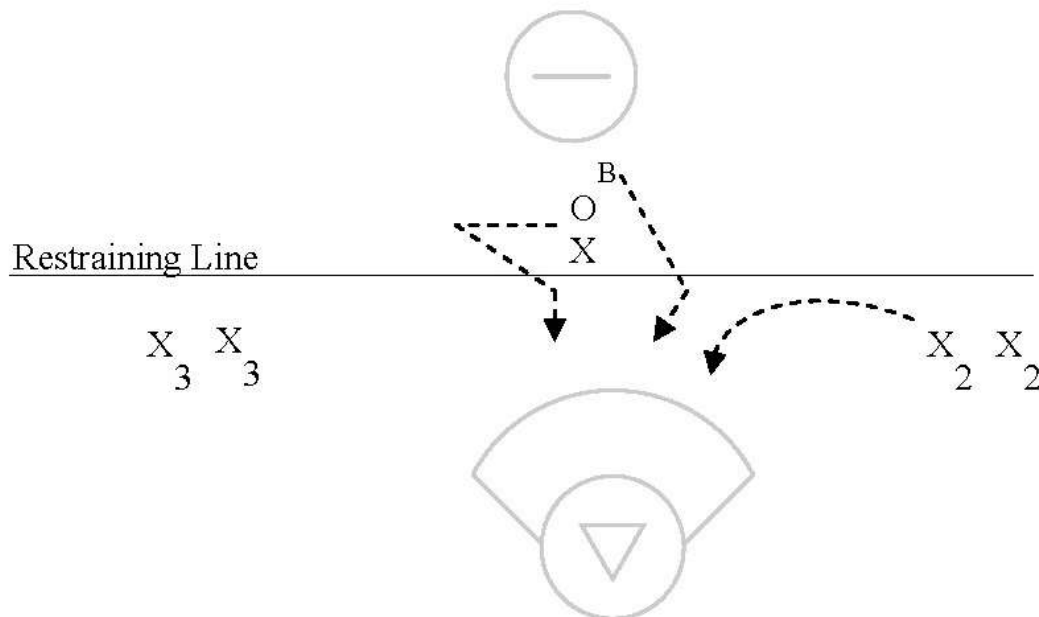
SKILLS PRACTICED

VARIATIONS/PROGRESSION

- Change the timing of when coach adds defense 2/defense 3
- Change the location of defense 2 / defense 3 lines.
- Add a training offense so defense has to get ball in double team right away or deal with trailing offense.

GOALIE INVOLVEMENT

RELATED DRILLS



3 V 3 DEFENSIVE SLIDE (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

Area: Arc

Equipment: Ball

PLAYERS NEEDED

DRILL-EXECUTION

- Double team on goal circle and cover free player.
- Offensive 1 with ball challenges the goal circle – either side. If defense 1 rides offense 1 with ball up outside of the 8 M arc, that is when defense 2 and defense 3 help to double team.
- Defense 2 and defense 3 call “Double Team.” Other defense must react to offense 2 or offense 3 moves covering free player from the weak side.
- Defense 3 intercepts or stick checks catch or blocks shot.

Key read:

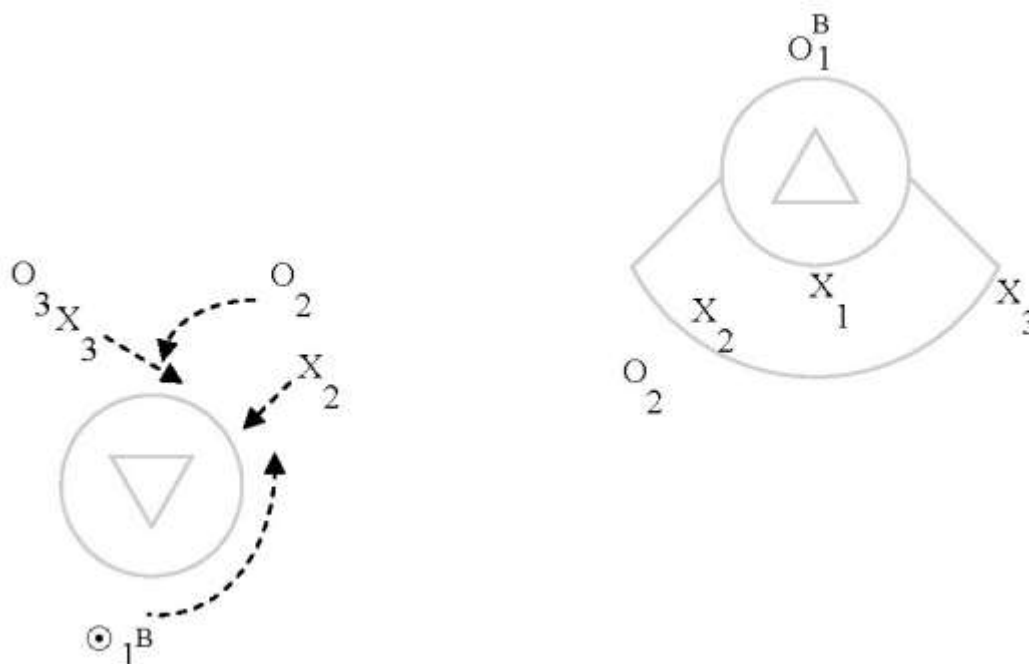
- Does defense 1 need double team help?
- Where and when?

SKILLS PRACTICED

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



FOUR SQUARE, USING DEFENSE (AGE 11-12)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- Add defense on long line. Mark a 10-yard area she can be in.
- Attack must challenge, get by and pass.
- Attack also has the option of reversing direction.
- A second ball may be added to this drill.

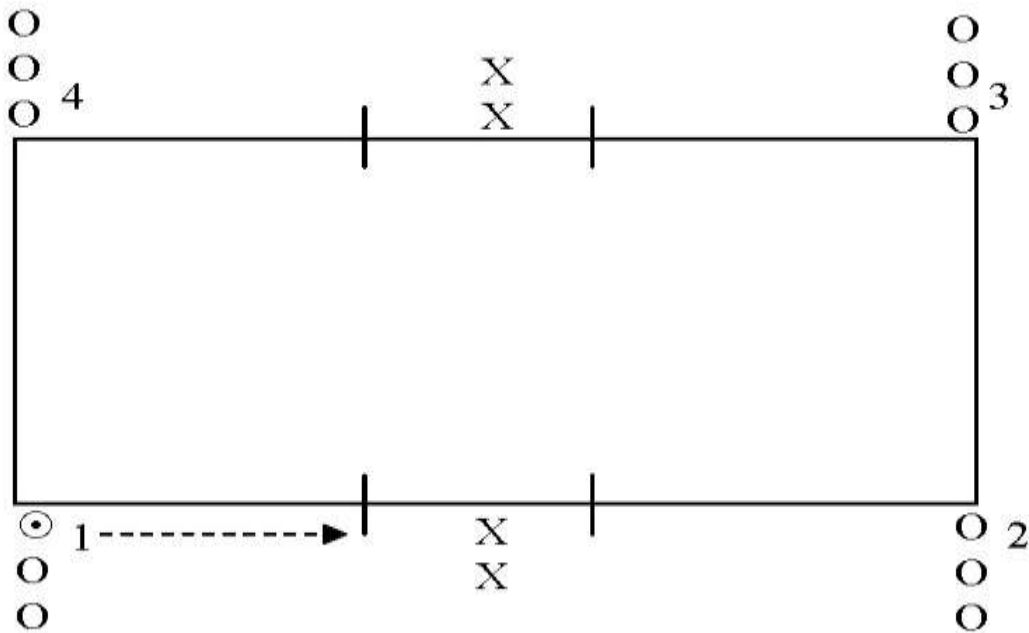
SKILLS PRACTICED

Defense

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



DOUBLE TEAMING/SLIDING (AGE 11-12)

OBJECTIVE

SPACE/EQUIPMENT

Area: 8 M Fan
Equipment: Goals, Balls

PLAYERS NEEDED

5 attack, 5 defense, Goalkeeper

DRILL-EXECUTION

- Ball is lower right.
- Attack challenges, double team from top.
- After double team is drawn, attack makes a cut and top or closest defense drops in to take open girl.
- Girl with the ball looks for open pass (outlet) to cutter or best possible pass.
- Defense recovers to open girl.
- Ball is constantly moving. Double when possible.

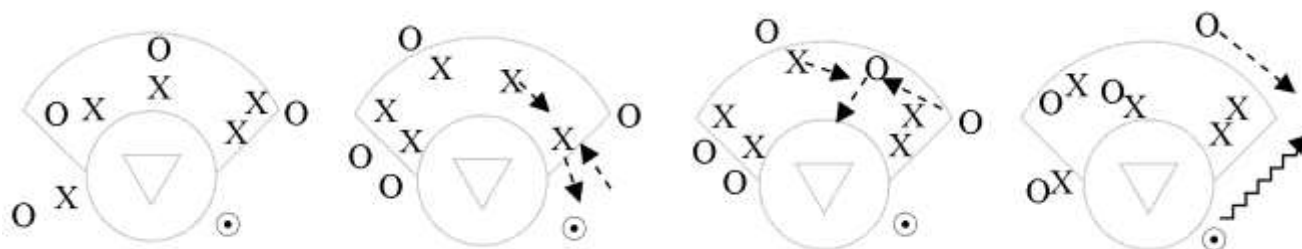
SKILLS PRACTICED

Double team

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



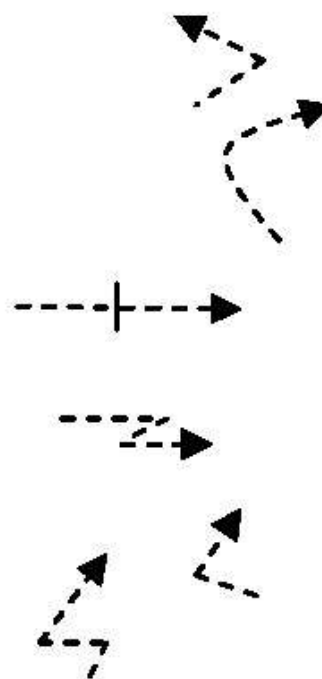
Cutting & Off Ball Movement Drills

1. Getting Free (**Age 5-6**)
2. Cutting (**Age 7-8**)
3. Cutting Under Pressure (**Age 7-8**)
4. Cutting to Ball Behind the Cage (**Age 7-8**)
5. 1 v 1 and Off-Ball Movement (**Age 7-8**)
6. Cutting Footwork (**Age 7-8**)
7. Single Replacement (**Age 7-8**)
8. Cutting to Ball, Sealing off Defense (**Age 9-10**)
9. Star Drill 1 & 2 (**Age 9-10**)
10. Circle Position Game (**Age 11-12**)
11. Drawing Defenders (**Age 11-12**)
12. Four Square; Lead Passes and Cutting (**Age 13-14**)

GETTING FREE (AGE 5-6)

OBJECTIVE	To practice execution of different cuts and movements to get free.
SPACE/EQUIPMENT	Area: Half Field or Gym Equipment: Sticks Only
PLAYERS NEEDED	
DRILL-EXECUTION	<ul style="list-style-type: none"> • Players jog around area, on whistle they must perform specific cut which had been demonstrated. • Continue to do specific cut 5 times until whistle blows. • Again, at whistle, another cut must be performed 5 times. • Remind players to show with their sticks where they want the ball and to accelerate through cut.
SKILLS PRACTICED	<ul style="list-style-type: none"> • Getting free • Cutting
VARIATIONS/PROGRESSION	None
GOALIE INVOLVEMENT	
RELATED DRILLS	

- Step right, accelerate left.
- Roll
- Stutter step
- Back step
- Step left, accelerate right
- Double step accelerate.



CUTTING (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- 3 lines, ball in middle line.
- Player with ball 'yells' GO and the 2 side lines start to run down field.
- Player with ball tosses it to self, deepest player continues to go deep and closest player cuts back for ball; catches ball and pivots.
- Opposite player then cuts back to ball.
- The player who started the drill replaces to the side to which she first threw, and really hustles to get low for shooting cut onto goal.

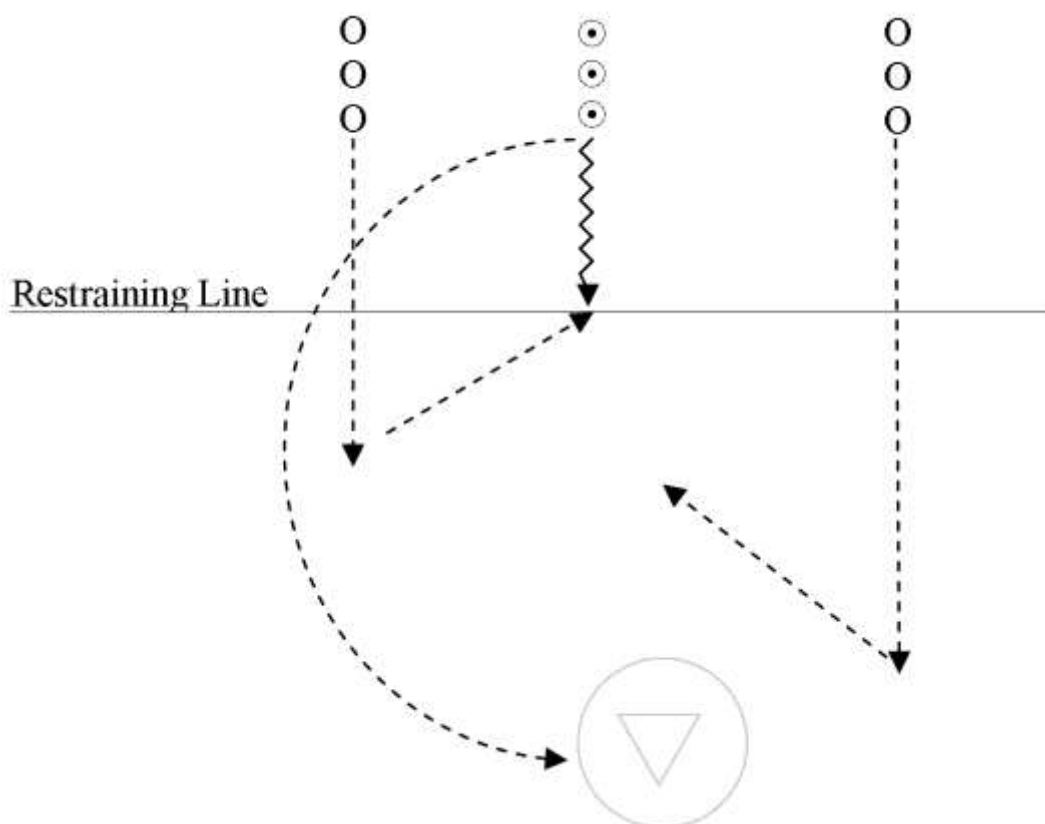
SKILLS PRACTICED

- Cutting back to the ball
- Using a shooting cut (cut across goal mouth)
- Visual contact and communication with teammates
- Working and moving off ball

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



CUTTING UNDER PRESSURE (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

Area: 20 Yard Grid
Equipment: 1 Ball

PLAYERS NEEDED

4 Players

DRILL-EXECUTION

- Offensive girl makes a cut to receive the ball from passer while under pressure from a defender.
- After catch is made, the offensive girl pivots away from the defender and passes to the receiver.
- Various cuts (i.e., V cut, C cut, back door, or change of speed) may be used.

SKILLS PRACTICED

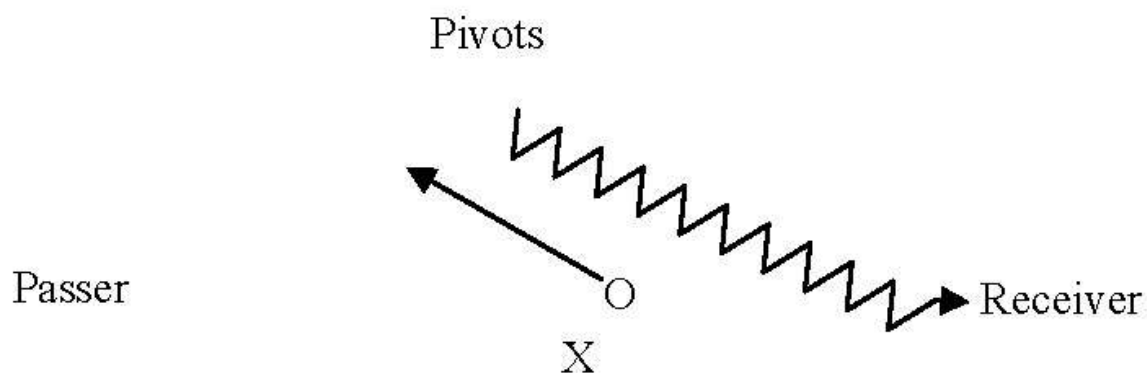
- Cutting

VARIATIONS/PROGRESSION

None

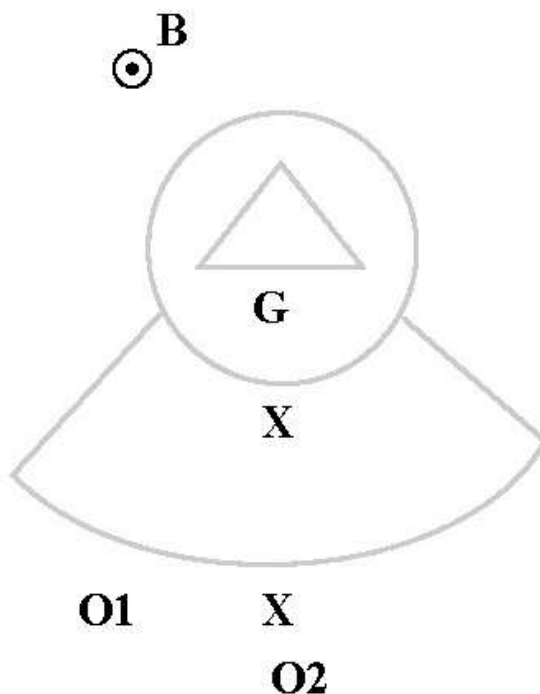
GOALIE INVOLVEMENT

RELATED DRILLS



CUTTING TO BALL BEHIND THE CAGE (AGE 7-8)

OBJECTIVE	To practice tight stickwork in a confined area.
SPACE/EQUIPMENT	Area: Goal area with fan Equipment: Ball
PLAYERS NEEDED	3 offense, 2 defense & goalkeeper
DRILL-EXECUTION	<ul style="list-style-type: none"> Offensive player with ball is behind goal, with Defensive player marking her. 2 Offensive's up top (1st & 2nd cutter), one defender marks two top offenses. The girl with the ball must decide who is open based on defense positioning. It might be cutter #1 or cutter #2. <p>TIPS</p> <ul style="list-style-type: none"> Be patient with the ball, make a good pass over the goalkeeper. For <i>cutters</i>: Don't get too low to the ball or too wide so that good shot can't be taken.
SKILLS PRACTICED	<ul style="list-style-type: none"> Cutting
VARIATIONS/PROGRESSION	None
GOALIE INVOLVEMENT	
RELATED DRILLS	



1 V 1 AND OFF-BALL MOVEMENT (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- 3 and 2 play 1 v 1 to midway point.
- 4 works off ball and times cut to receive 2.
- 2 passes to 4; 4 changes direction and accelerates to sideline.
- 2 tries to give-and-go or trail; 3 continues to play defense until sideline.
- 4 (defense) and 3 (attack) play 1 v 1 to midway point.
- 1 works off ball and times cut to receive from 3. Continue play to sideline.
- 1 (defense) and 4 (attack) continue rotation.

SKILLS PRACTICED

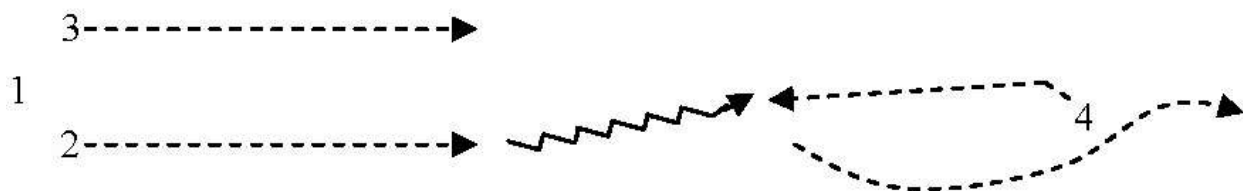
- Off Ball Movement

VARIATIONS/PROGRESSION

Change to competitive pick-up to 1 v 1 before pass. Add defense on receiver.

GOALIE INVOLVEMENT

RELATED DRILLS



CUTTING FOOTWORK (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

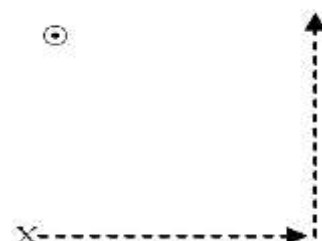
DRILL-EXECUTION

½ PIVOT – To change direction to re-cut

STOP – right foot forward. ½ PIVOT (on both feet) TO THE LEFT.

Pick up LEFT FOOT and ACCELERATE down the line.

NOTE: Stick leads change of direction.

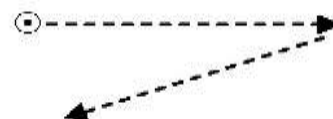


1 ½ PIVOT – To change direction to re-cut AND keep eye on ball carrier.

Rather than pivoting or turning to the outside, try to establish footwork pattern so that the cutter can watch the ball carrier the entire time.

STOP – right foot forward.

1 ½ PIVOT (on both feet) TO LEFT (to keep eye on ball carrier. LEFT FOOT leads into new direction of cut.



SKILLS PRACTICED

Cutting footwork

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS

SINGLE REPLACEMENT (Age 7-8)

OBJECTIVE

To maintain a balanced attack, and to be aware of where one should be replacing cutters.

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

- The coach or manager stands in the middle with a bucket of balls.
- One by one, the coach calls out a number.
- The first person in that line sprints toward goal, as the coach tosses a ball up into the air.
- The player must catch, take one cradle, then shoot on goal.
- After each player finishes her cut, she replaces to either line #1 or #6.
- Others must shift to cover the spaces.

SKILLS PRACTICED

Cutting Footwork

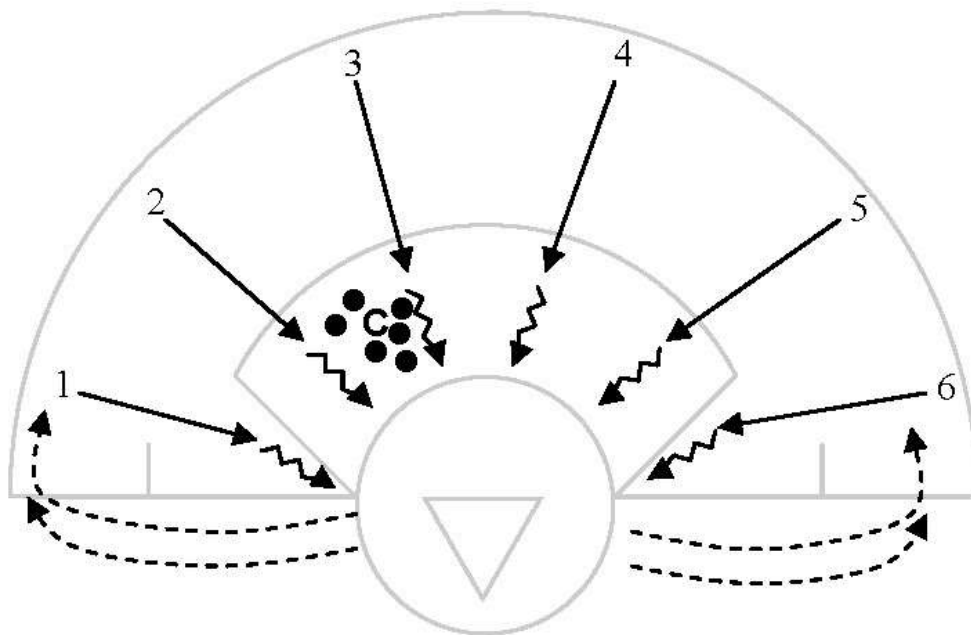
VARIATIONS/PROGRESSION

After they have the idea, only use 6 people **total**. Every time a player cuts through, most players will have to shift either clockwise or counter-clockwise.

GOALIE INVOLVEMENT

None

RELATED DRILLS



CUTTING TO BALL, SEALING OFF DEFENSE (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

Area: 40 Meters
Equipment: 5 Balls

PLAYERS NEEDED

DRILL-EXECUTION

- Drill starts with ball in attacker's stick at 1.
- Attacker at 2 is covered by defender, 2 must cut to ball, keeping defender on her back...ensuring a catch.
- 2 will then go to goal, 1 on 1 while attacker #1 joins to provide "help."
- She can be defended by trailing defender.

Drill may be set up with cutting attack coming from either side to practice both strong and weak hand play.

SKILLS PRACTICED

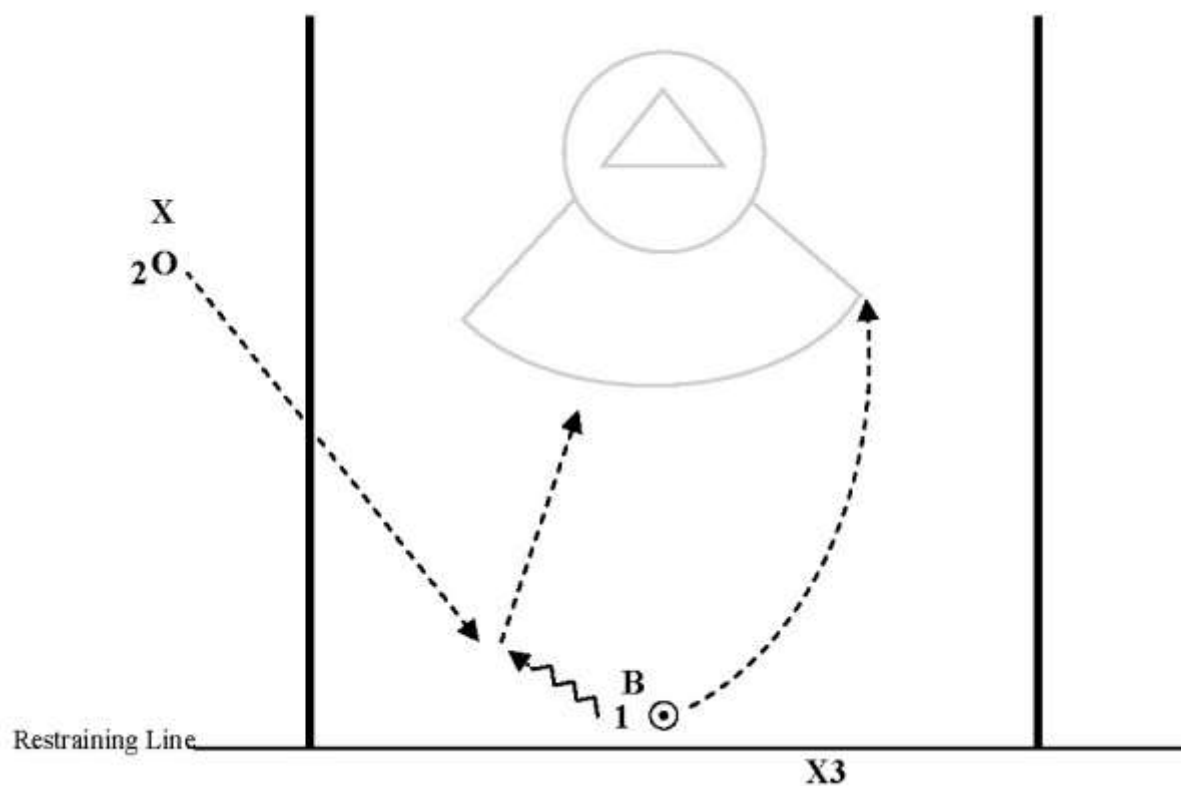
- Cutting and off ball movement

VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

RELATED DRILLS



STAR DRILL 1 (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

Area: Area in front of Goal (without goal: passing sequence – rotate to the line you pass to)

Equipment: 4- 5 Balls, Goal

PLAYERS NEEDED

DRILL-EXECUTION

OPTION 1

- Use preliminary cut before receiving cut.
- Cut around the line before receiving cut.
- Use ground balls instead of passing.
- Use second cutter, 1st cutter returns to the same line.
- Use second cutter as above, but first cutter becomes a trail option.
Continue to rotate to line that you pass to.
- Add 2 or 3 defenders to pressure passers, in center of star.

OPTION 2

- Catch and change hand to pass.
- Catch and pass and roll.
- Catch pass and roll with change of hands.

OPTION 3

- Fake to first cutter, feed the second.
- Fake to first cutter, feed the second, the first cutter makes a direct cut back to the ball.
- Fake to first cutter, hit the second, 1st cutter drops behind for trail.
- Fake to first cutter, hit the second who passes to 1st cutting away.
- Fake to second cutter, pass to 1st who pivots and passes to 2nd offensive player.

SKILLS PRACTICED

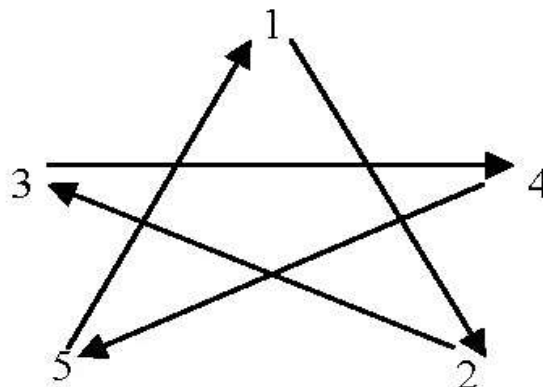
- Cutting and off ball movement

VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

RELATED DRILLS



STAR DRILL 2 (AGE 9-10)

OBJECTIVE

To practice cutting to the ball, catching for an 8M shot

SPACE/EQUIPMENT

Area: One Half Field

Equipment: 2 Balls, Goal

PLAYERS NEEDED

DRILL-EXECUTION

- Pass the ball around the star and top person receives the ball and proceeds to goal and shoots at the 8M mark, on the Goalkeeper.

SKILLS PRACTICED

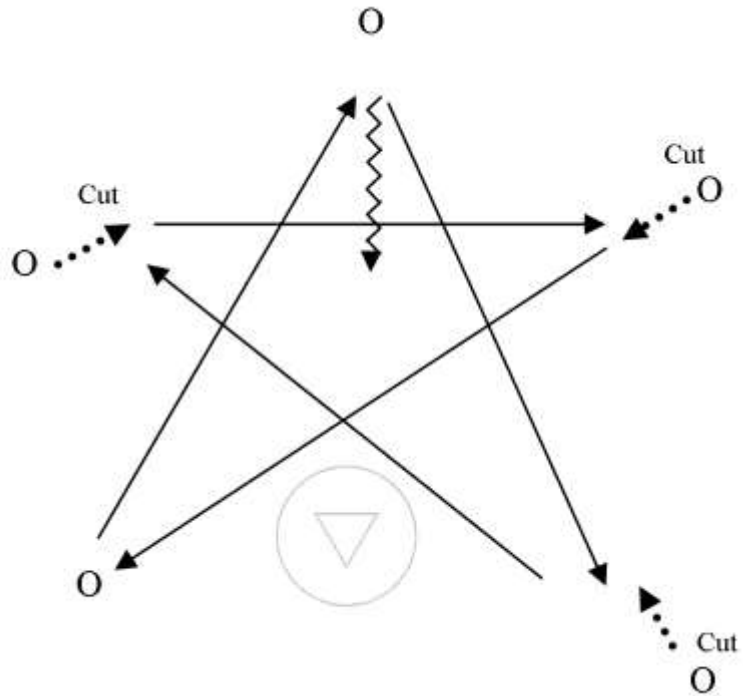
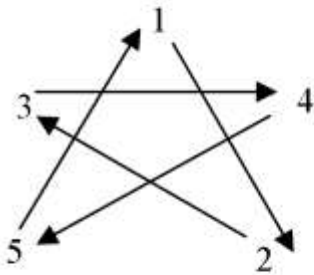
- Cutting and off ball movement

VARIATIONS/PROGRESSION

None

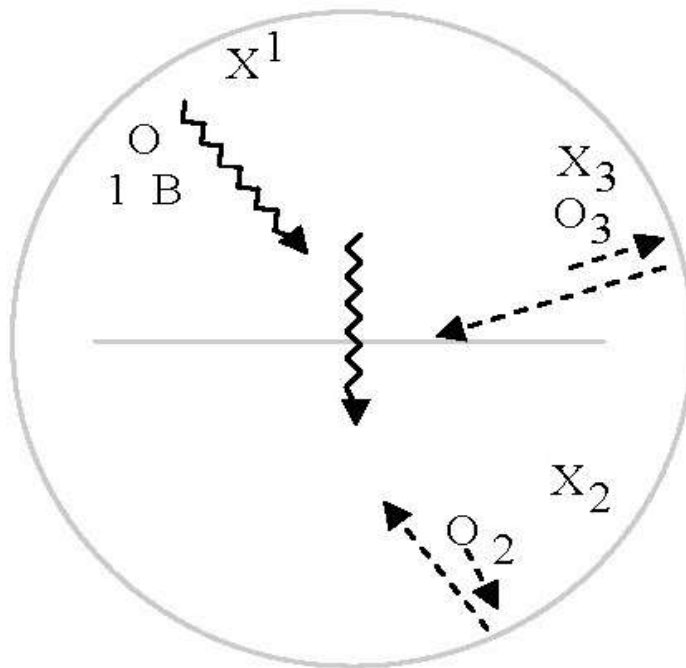
GOALIE INVOLVEMENT

RELATED DRILLS



CIRCLE POSITION GAME (AGE 11-12)

OBJECTIVE	To reinforce cutting to get possession.
SPACE/EQUIPMENT	Area: Center Circle Equipment: Ball, Pinnies
PLAYERS NEEDED	
DRILL-EXECUTION	<ul style="list-style-type: none"> • 2 teams of 3 V 3 play a possession game within the center circle. • Emphasis is placed on getting free. • By moving directly away from the ball and then back to the ball in a quick change of direction, the attack will be able to lose her defender. • Flat cuts do not work because it makes it very easy for the defense to intercept. • The game can be played for time to see who keeps possession the longest amount of time. • If the ball goes out of the circle, the other team gets the ball.
SKILLS PRACTICED	<ul style="list-style-type: none"> • Getting free • Cutting • Using space • Making space
VARIATIONS/PROGRESSION	None
GOALIE INVOLVEMENT	
RELATED DRILLS	



DRAWING DEFENDERS (AGE 11-12)

OBJECTIVE

SPACE/EQUIPMENT

Area: Half Field to Goal
Equipment: Goal, Balls

PLAYERS NEEDED

6 Players

DRILL-EXECUTION

- Single attacker sprints to goal, draws one defender.
- First defender that drops attacker immediately passes the ball to open attacker.
- Low attackers stay wide, make a cut towards the ball, then loop down low.
- If no defenders drop off, high attacker goes to goal.

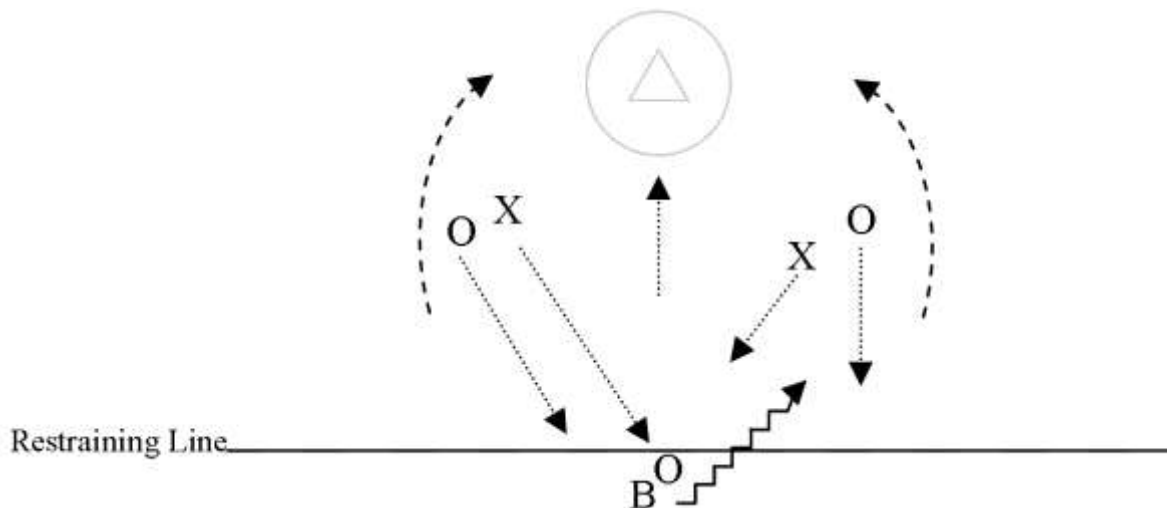
SKILLS PRACTICED

VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

RELATED DRILLS



FOUR SQUARE; LEAD PASSES AND CUTTING (AGE 13-14)

OBJECTIVE

SPACE/EQUIPMENT

Cones

PLAYERS NEEDED

•

DRILL-EXECUTION

- Set up using cones or lines on the floor.
- Practice giving lead passes, holding the cut until the player with the ball is ready to pass.

SKILLS PRACTICED

- Cutting

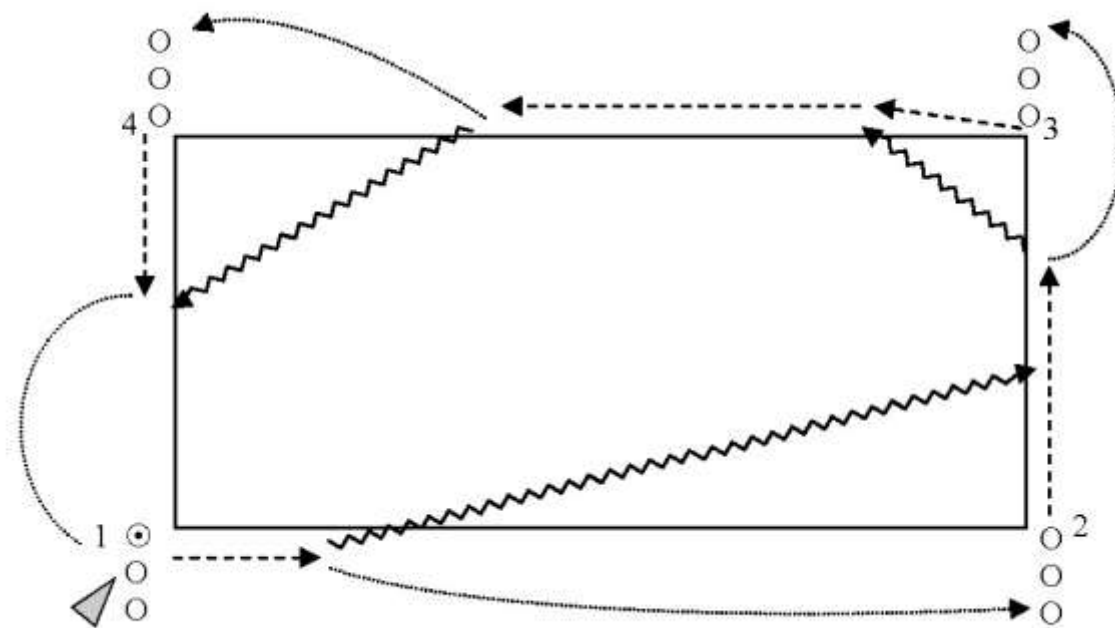
VARIATIONS/PROGRESSION

Reverse directions; Add second ball.

GOALIE INVOLVEMENT

None

RELATED DRILLS



Goalkeeping Drills

1. Goalkeeper Clearing #1 (Age 7-8)
2. Indoor Goalie Drill (Age 7-8)
3. Goalie Groundballs (Age 7-8)
4. Goalkeeper Clearing #2 (Age 9-10)
5. Goalie Drills #1 (Age 9-10)
6. Rapid Fire (Age 9-10)
7. Goalie Drills #2 (Age 11-12)
8. 2v1 & Interception Drill (Age 11-12)
9. Goalie Drills #3 (Age 13-14)
10. Goalie Drills #4 (Age 13-14)

GOALKEEPER CLEARING #1 (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

Area: 40 Meters

Equipment: Balls

PLAYERS NEEDED

2 Goalkeepers, 2 lines

DRILL-EXECUTION

- 2 Goalkeepers in the cage side by side.
- 2 lines, one on each side of the cage.
- 1 person in front of the cage taking light shots or feeding the goalkeepers.
- Goalkeeper gets control of the ball, yells clear.
- Cutter cuts straight up and out and looks for a lead pass over the outside shoulder.
- Goalkeeper is looking for a short or long clear over the outside shoulder of the cutter.
- Work each keeper at the same time and then switch sides so they practice clearing to both sides.

SKILLS PRACTICED

Goalkeeper clearing

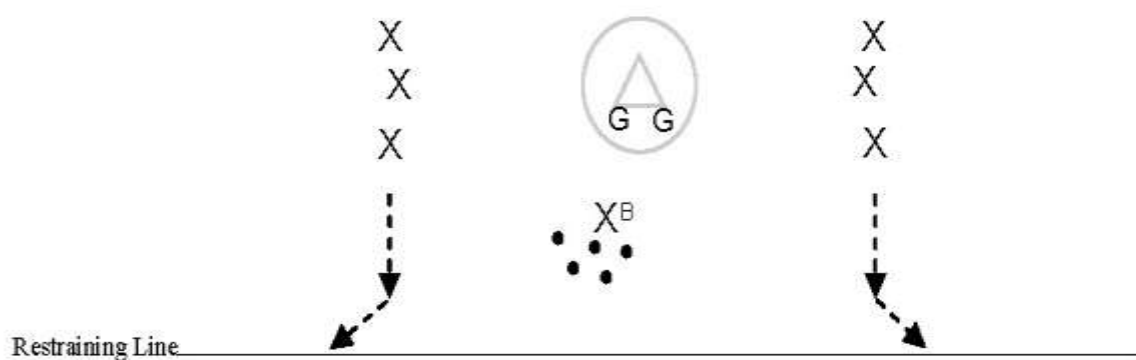
VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

Full

RELATED DRILLS



INDOOR GOALIE DRILL (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

The goalie has side to the wall. Person shoots at the wall, and the goalie makes the save stepping into the ball coming off the wall. The person shooting should angle shots so the ball comes off the wall to the right and left posts.

SKILLS PRACTICED

VARIATIONS/PROGRESSION

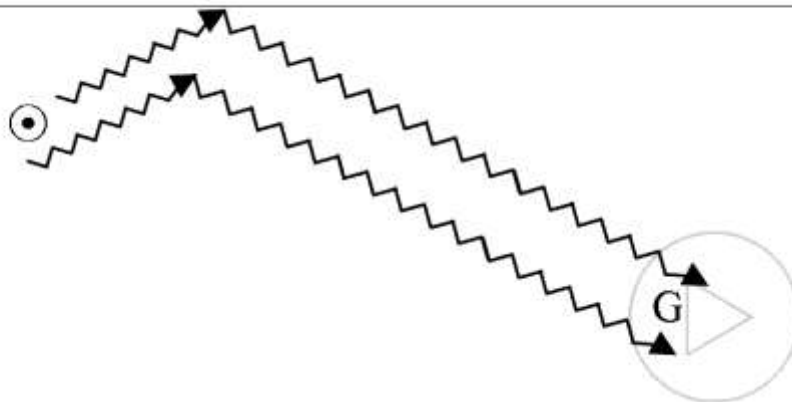
- Vary height of shots.
- Shooter moves closer to wall and/or closer to the goalie.
- Goalie starts on the far post from the wall then moves to the close post on the shot.
- Shoot different colored balls; goalie calls the color as save is made.

GOALIE INVOLVEMENT

Full

RELATED DRILLS

WALL



GOALIE GROUND BALLS (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

Ground Ball pick-ups:

- GK picks up the ground ball and continues running toward that sideline; cleans to the clearing line.
- She returns to the cage and the coach rolls a ball to the opposite cone.

Then add a shot while she is running back (looking over her shoulder)

SKILLS PRACTICED

Goalkeeper clearing

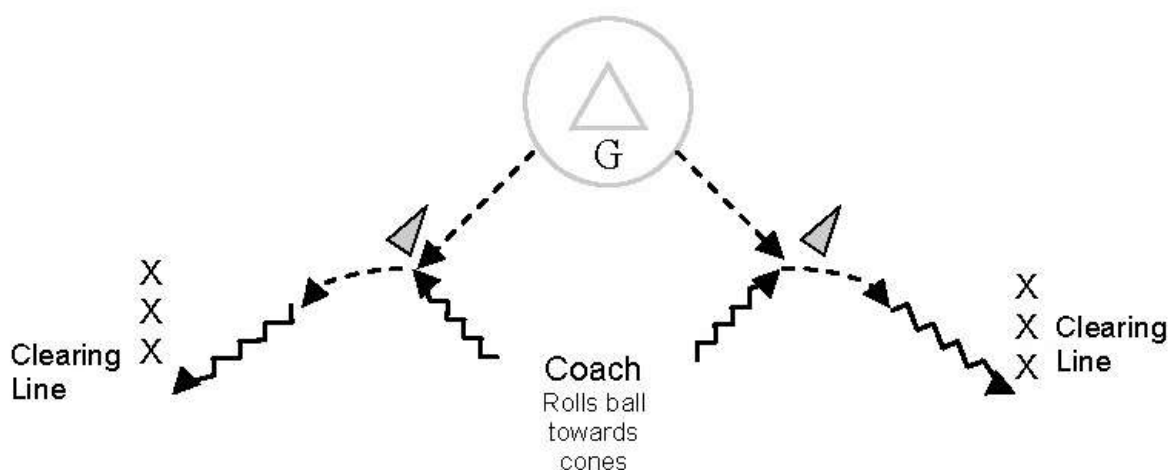
VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

Full

RELATED DRILLS



GOALKEEPER CLEARING #2 (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

Area: 40 Meters

Equipment: Balls

PLAYERS NEEDED

Goalkeepers, 2 lines

DRILL-EXECUTION

Formation is the same as in Goalkeeper Clearing #1, only there is only one Goalkeeper.

- Roll ball out to side of goal cage.
- Goalkeeper picks up the ground ball and clears to person on that side.
- Repeat to the other side.

Goalkeeper Clearing #2

- Shot at goalkeeper.
- She gets control and yells clear or break.
- Cutters go out and down.
- Goalkeeper gives cutters time to break and then hits one of the cutters.

SKILLS PRACTICED

Goalkeeper clearing

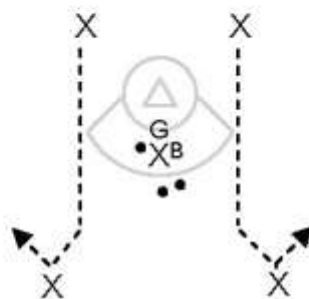
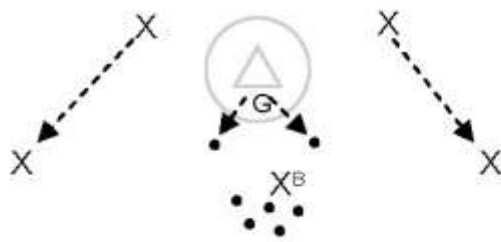
VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

Full

RELATED DRILLS



GOALIE DRILLS #1 (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

Equipment: Balls with colors (marked on balls)

PLAYERS NEEDED

DRILL-EXECUTION

Use balls with colors (marked on balls):

- Call out the color as soon as they can see it.
- At eyeballs
- With back to passer. Say "Go," turn around and call out the color. (stick up!)

Marge's Drill

- Pass to cage, GK makes the save and passes back; then runs around behind the cage. Alternate direction and clears.

With a Partner:

- 2 balls at the same time, tossing high and low (off the ground and bounce)

Set-Step:

- Set, and Step." The GK goes to appropriate side, sets then steps to make the save. She returns to center each time.

SKILLS PRACTICED

Goalkeeper clearing

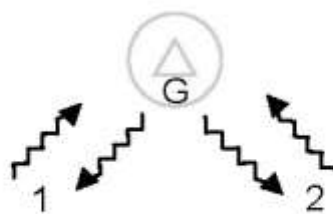
VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

Full

RELATED DRILLS



RAPID FIRE (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

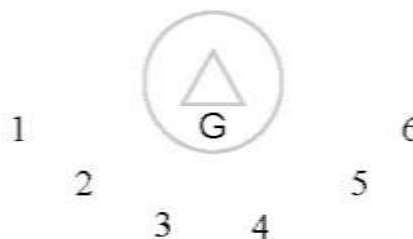
DRILL-EXECUTION

Rapid-Fire:

- Position players at positions 1 – 6.
- After GK has controlled shot (not batting at it), next shooter goes.

Tennis balls with racquet ball racquet:

- Rapid fire; focus on the ball. Concentrate on giving practice to any weak spots.



SKILLS PRACTICED

Goalkeeper clearing

VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

Full

RELATED DRILLS

GOALIE DRILLS #2 (AGE 11-12)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

Wall Drills:

- Passing to self with high/low/medium bounce.
- Back to wall, player passes to wall. GK turns around and collects ball.
- Facing wall, player passes to wall from behind GK. GK turns around and collects ball.

Juggling:

- Normal juggling; One hand tosses against wall.

In pairs:

- #1 rolls ball out, #2 picks up the ball and dodges #1; then turns and shoots at #1. (Then reverse it)

Alternate sides:

- #1 always shoots high; #2 always shoots low. Then add: GK must touch ground with stick and both hands and shoot before they are quite back.

Simon says:

- (any part of the cage) Top left, top right, middle left, middle right, bottom left, bottom right.

5 in a line:

- GK starts on a line, moves forward to play the ball (from player) then steps back and moves on to the next player. #1 – 5 shoot on GK one at a time.

SKILLS PRACTICED

Goalkeeper clearing

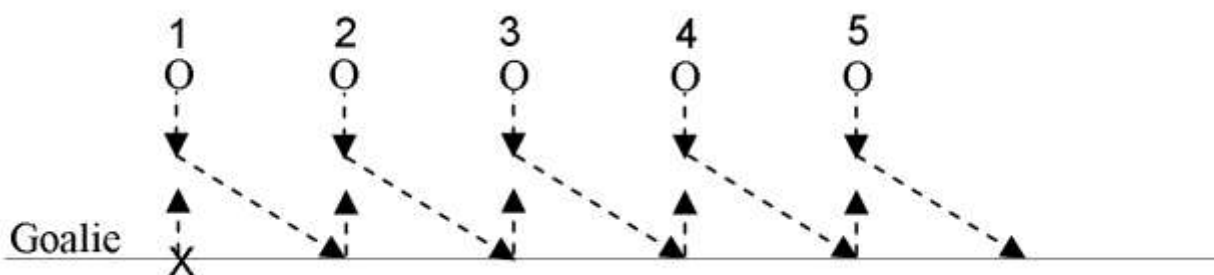
VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

Full

RELATED DRILLS



2v1 & INTERCEPTION DRILL (AGE 11-12)

OBJECTIVE

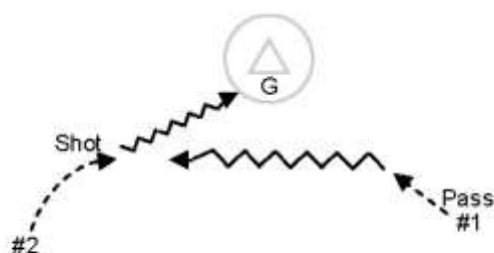
SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

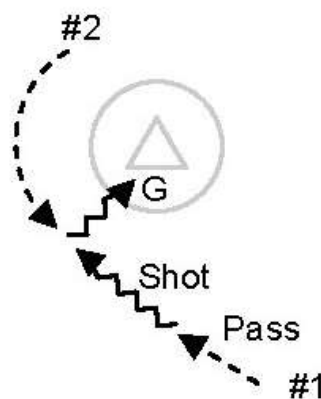
2 v Goalie:

- Player #1 and #2 come down toward goal.
- #1 passes to the off side, GK slides over toward pass, and shooter aims to the corner the GK just left.



Interception Drill:

- #1 tosses and catches ball, then runs toward goal. She passes to #2 coming from behind cage. GK goes for the interception. #1 has the option to shoot if the GK is cheating to the off side.



SKILLS PRACTICED

Goalkeeper clearing

VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

Full

RELATED DRILLS

GOALIE DRILLS #3 (AGE 13-14)

OBJECTIVE

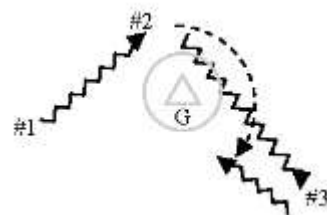
SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

Swing and Intercept / Set and Shot:

#1 passes to #2; GK intercepts if she can; then #2 passes to #3 **or** comes around from behind for the shot.



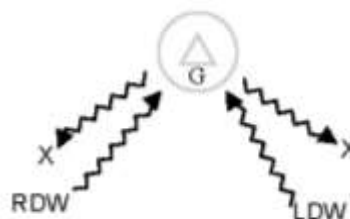
Passing from behind, 1H to C:

GK starts facing the 1H, 2 steps back from the goal line.



Defensive Wings, Shot and Clear:

The DW alternate shooting; GK clears to the side opposite from which the shot came. (Then add pressure of the shooter going in to pressure the GK; the GK runs behind and can clear to either line.



SKILLS PRACTICED

Goalkeeper clearing

VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

Full

RELATED DRILLS

GOALIE DRILLS #4 (AGE 13-14)

OBJECTIVE

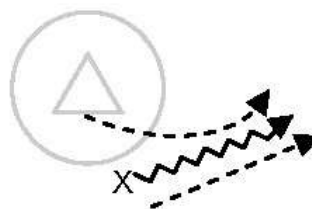
SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

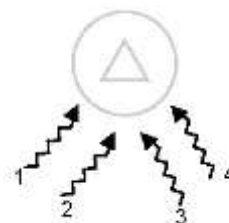
Running balls behind after wide shot:

Player shoots wide and runs for it. GK races her for the ball.



Reaction Drill:

GK stands facing the cage. Shooter calls out "shot" and shoots to any corner; GK turns around and plays the shot.



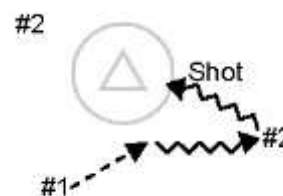
Moving Hazard:

"Dummy" in the middle moves stick up and down like a hazard on a miniature golf course. GK's are on the outside timing their passes around the "dummy."



Percentage shots:

#1 starts to run down towards goal, then dishes off to #2 at a bad angle. #2 shoots; GK should be hugging the post. Then add option of #2 passing back to #1 for the shot.



DRILL-EXECUTION

SKILLS PRACTICED

Goalkeeper clearing

VARIATIONS/PROGRESSION

None

GOALIE INVOLVEMENT

Full

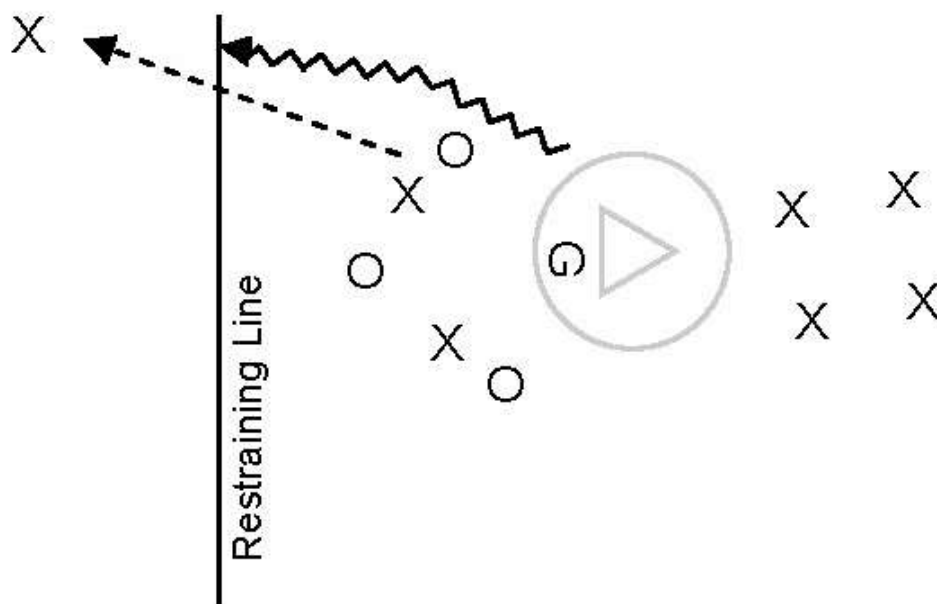
RELATED DRILLS

Transition Drills

1. Transition # 1 (Age 5-6)
2. Connecting (Age 7-8)
3. Midfield Play Transition (Age 7-8)
4. Transition #3 (Age 9-10)
5. Transition #4 (Age 11-12)
6. Transition # 3 (Age 11-12)

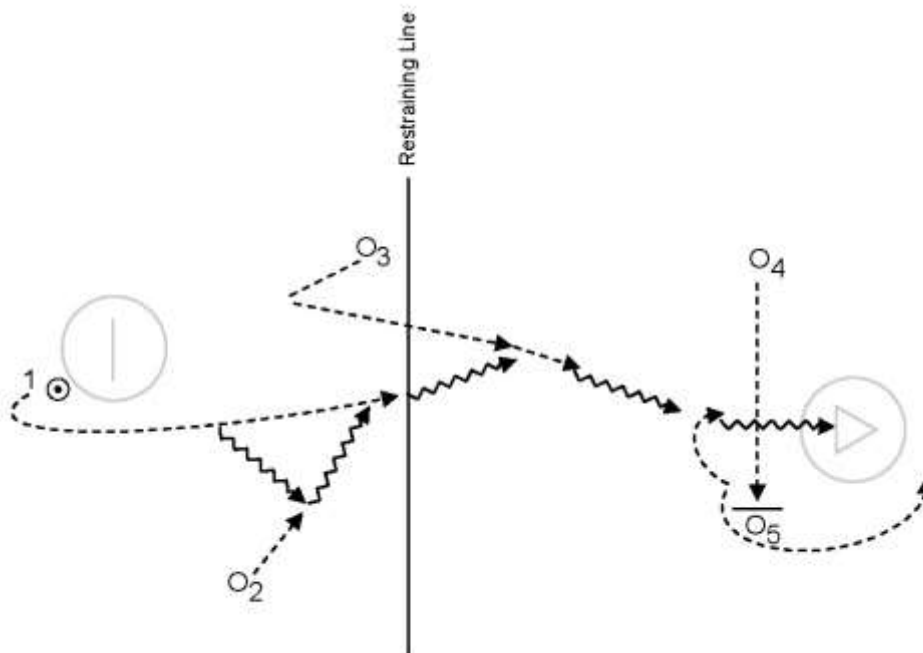
TRANSITION #1 (AGE 5-6)

OBJECTIVE	To make transition quickly for the offense and defense.
SPACE/EQUIPMENT	Area: Half field Equipment: Ball
PLAYERS NEEDED	All players
DRILL-EXECUTION	<p>Warm up drill – 3 v 2 continuous</p> <ul style="list-style-type: none"> Defensively – defense needs to communicate. One person calls ball, forces weak side, and takes the passing lane away. 2nd person needs to take 2 people, she needs to communicate with the 1st person. Offensively – Offense needs to spread out. Don't stay in a straight line. It gives the defense the advantage. Offense needs to move the ball, in order to cause the defense to react. Goalkeepers clear to right after shot. After shot defense becomes the attack, and 2 new defense. All players play both attack and defense.
SKILLS PRACTICED	Transition
VARIATIONS/PROGRESSION	None
GOALIE INVOLVEMENT	Full
RELATED DRILLS	



CONNECTING (AGE 7-8)

OBJECTIVE	To practice ball movement and connections, on and off ball movement.
SPACE/EQUIPMENT	Area: Half field Equipment: Bag of balls
PLAYERS NEEDED	5 lines
DRILL-EXECUTION	<ul style="list-style-type: none"> • Player 1 rolls ball away, does ground ball pick up, pivots and goes. • Player 2 cuts up, if player 1 pivots to her R, player 3 cuts to ball. • If player 1 pivots L, either 2 or 3, without the ball, sprints to reposition low, while 1 & 2 do a give and go, after repositioning she cuts back to receive from player #1. • #4 sets a pick for player 5, 5 cuts up to receive from 3 and pivots and shoots. • #3 & #5 go to goal circle for loose balls. • 4 positions behind goal for missed shot.
SKILLS PRACTICED	Transition
VARIATIONS/PROGRESSION	<p>For beginners: No give & go. No pick for beginners.</p> <p>For advanced players: Add defense. 4 defense and one trailing defense on player 1</p>
GOALIE INVOLVEMENT	
RELATED DRILLS	



MIDFIELD PLAY TRANSITION

OBJECTIVE

To
Maintain possession.
Move ball efficiently
Give ball carrier several options
Keep field balance and therefore develop scoring thrust.

SPACE/EQUIPMENT

PLAYERS NEEDED

All players

DRILL-EXECUTION

Move drills to areas of field where they are going to be used in the game.

Wing Attack:

Receive ball, Pass, Get down field

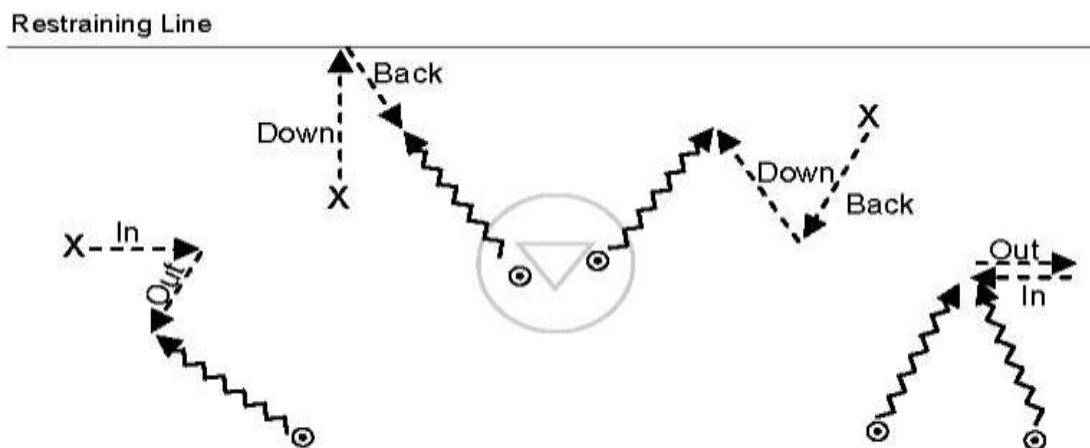
SKILLS PRACTICED

Transition

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



TRANSITION #3 (AGE 9-10)

OBJECTIVE**SPACE/EQUIPMENT**

Area: Half field
Equipment: 4 Cones, Ball

PLAYERS NEEDED

Half a team

DRILL-EXECUTION

- Always a two on two situation.
- Offense can use any outlet at cone.

A. This person comes in.

B. Person who used outlet pass, goes out.

- When ball is turned over, have to clear high.
- Encourage using outlets at cones.

SKILLS PRACTICED

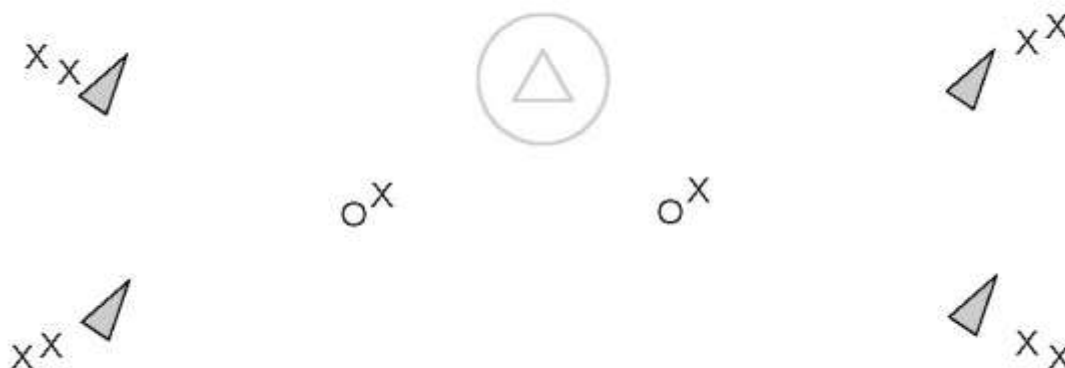
Pick-up, Dodge, Cradle

VARIATIONS/PROGRESSION**GOALIE INVOLVEMENT**

None

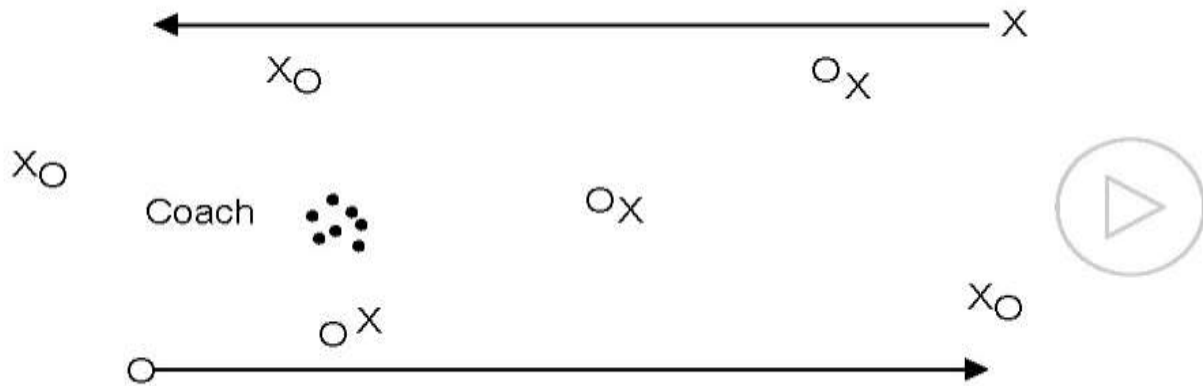
RELATED DRILLS

None



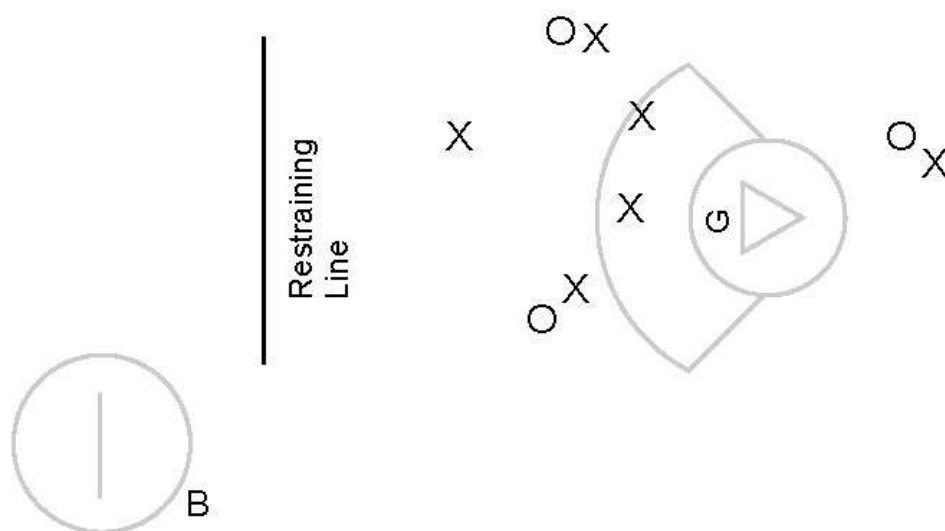
TRANSITION #4 (AGE 9-10)

OBJECTIVE	To make transition quickly for the offense and defense.
SPACE/EQUIPMENT	Equipment: Ball
PLAYERS NEEDED	All players
DRILL-EXECUTION	<ul style="list-style-type: none"> Everyone starts with eyes closed. Coach rolls ball out. If O's gain possession, they fast break or set up attack. If X's gain possession, they must work ball through midfield; O's must pressure and/or double team.
SKILLS PRACTICED	Transition
VARIATIONS/PROGRESSION	Whichever team gains possession becomes attack. Play full field. Play with 2 goals and short field with 6-aside.
GOALIE INVOLVEMENT	
RELATED DRILLS	



TRANSITION #5 (AGE 11-12)

OBJECTIVE	To make transition quickly for the offense and defense.
SPACE/EQUIPMENT	Area: Half field, cage Equipment: Ball , Pinnies
PLAYERS NEEDED	4 offense, 4 defense, Goalkeeper
DRILL-EXECUTION	<ul style="list-style-type: none"> • 4 offense attempt to work ball down to goal cage vs. 6 defense. • Start with ball midfield. Offense needs to get off shot or get ball behind goal to receive a point. • 6 defense work on trying to double team, pressure on ball. • As soon as there is a change of possession, original defense (6) must work ball out to midfield against pressure from the scrambling offense. • As soon as the ball carrier gets to the midfield, player drops the ball, original offense (4) get the ball and goes to goal. • If the offense is successful in getting the ball behind the cage, ball carrier drops ball and there is a change of possession for the defense to work the ball out. • Excellent for conditioning, pressure and transition. If shot is saved, Goalkeeper clears ball.
SKILLS PRACTICED	Transition
VARIATIONS/PROGRESSION	
GOALIE INVOLVEMENT	Full
RELATED DRILLS	None



Game Situation Drills

1. Game Situation (Age 7-8)
2. Continuous 3 v. 2 (Age 9-10)

GAME SITUATION (AGE 7-8)

OBJECTIVE

SPACE/EQUIPMENT

PLAYERS NEEDED

DRILL-EXECUTION

Passer is throwing to a spot/target.

Type of pass will depend on:

- Amount of ground to be covered by the receiver.
- Positioning of the defense.

Learn to:

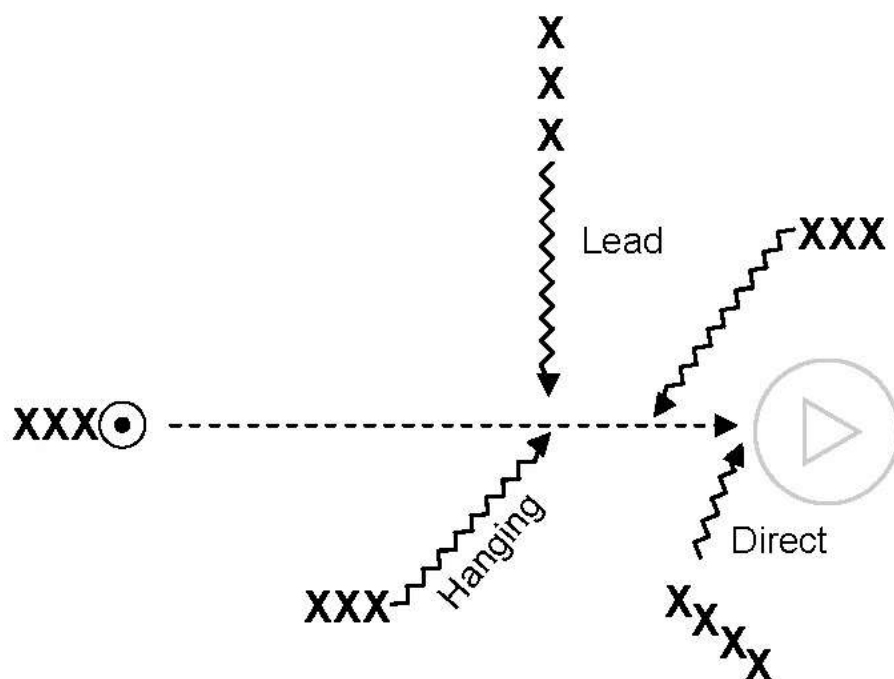
- Recognize speed of player.
- Be aware of speed of ball.
- Penetrate space and use it effectively.

SKILLS PRACTICED

VARIATIONS/PROGRESSION

GOALIE INVOLVEMENT

RELATED DRILLS



CONTINUOUS 3 v. 2 (AGE 9-10)

OBJECTIVE

SPACE/EQUIPMENT

Equipment: Ball

PLAYERS NEEDED

DRILL-EXECUTION

- 3's play 3 v. 2 against 1's. On a save, score or missed shot, GK clears to ① and 1's play 3 v. 2 against 2's.
- On a save, score or missed goal, GK clears to ② and 2's play 3 v. 2 against 3's who have reorganized as two defenders and one outlet (i.e. as the 1's began).

Note: Have a coach with extra balls behind each cage so that the GK can initially respond to missed shot or play to save or goal.

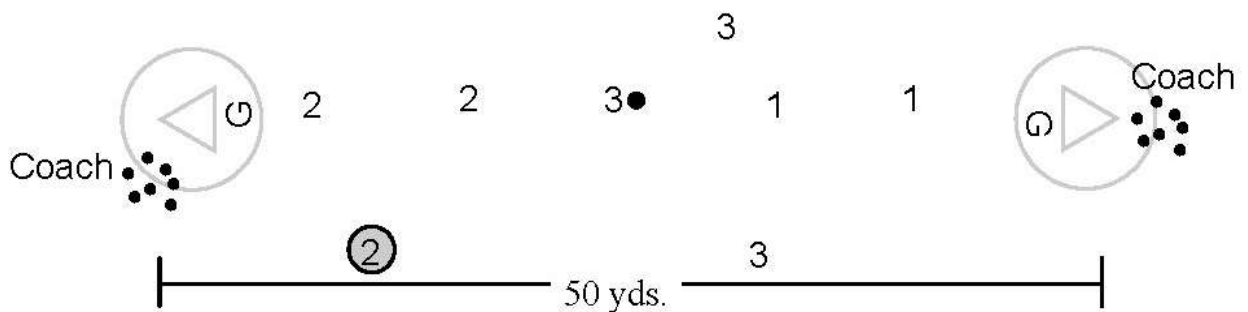
SKILLS PRACTICED

VARIATIONS/PROGRESSION

Add another player to attack for 4 v. 2 (position player anywhere on field, preferably downfield for a helping cut in transition). ①

GOALIE INVOLVEMENT

RELATED DRILLS



Forms

Emergency Information Card

Emergency Response Card

Injury Report

References

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Publication: Baltimore, Md. : USLacrosse : National Governing Body of
Men's & Women's Lacrosse, Year: 2006 Description: 90 p.

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Publication: Champaign, IL : Human Kinetics, Edition: 2nd ed. Year: 2003

Women's lacrosse drills : a manual. Corp Author(s): USLacrosse. Publication:
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1998 Description: 57 p.

