

Lacrosse Concepts an 8th Grader Should Know at the End of Her Season

1. Basics
 - a. Catching and throwing
 - b. Cradling
 - c. Ground balls
2. Defense
 - a. Footwork First
 - i. Then body positioning (forearm defense)
 - ii. Then stick positioning
 - b. Communication
 - c. Defending a crease roll
 - d. How to double team an opponent
 - e. Settled Defense
 - i. Holding the 8m
 - ii. Sliding
 - iii. Defending a Free Position
 - f. Clears – how to get open for the goalie
 - g. How to defend man-down situations
3. Attack
 - a. Spacing on attack, and how to make space (cutting away)
 - b. Settled Attack
 - i. Motion
 - ii. Two behind
 - iii. Swinging the ball around
 - iv. Cutting through 8m
 - v. "Sweet" Spot and shooting angles
 - vi. Free Position Shots
 - c. Shooting – how to take a strong shot on the run and with time
4. Midfield
 - a. Transitions
 - i. Attacking end – how to defend a transition
 - ii. Defensive end – how to get the ball to the attack quickly
 - b. Offsetting Fouls – throws
 - c. How to take the Draw
 - d. Off-sides
 - i. Strategies on the Circle

Basics – Catching and Throwing, Cradling and Ground Balls

In catching and throwing, emphasis should be on having soft hands and cradling the ball into their stick. It may help to throw a tennis ball back and forth and show them that it's pretty much the same motion. The 4-step program below is a really great way for beginners and advanced players alike to start being really comfortable with their stick, as if it's an extension of their arm.

Catching and Throwing

Meg's 4-step catch-for-success routine

- * one handed wrist flicks
- * two handed tosses like a lever
- * same as above but higher and meet it in the air
- * catch by ear/shoulder in athletic stance with end cap pointing at "target"

Stick tricks are also a great way for them to get used to their stick. There are tons! Too complex to explain on paper.

Crazy Catches

Girls partner up and grab several balls. This drill works best against a wall or fence (try to limit "ball chasing" time in any drill). One girl has stick in hand, the other is tossing the ball underhand to her all over her body, forcing the girl with her stick to move her stick all around in order to catch the ball. They should be on their toes, but not really moving more than a few inches. You should be encouraging catching everywhere rather than moving your feet to catch something right-handed.

Throwing

See me for demo.

Cradling

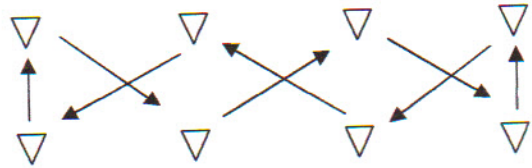
Hard to put this in words, it's best to see in person with a demo and explanation. But, remind the girls to find a wall and to exaggerate the cradle and also to look in a mirror to make sure it doesn't look goofy.

Ground Balls

Also better described in person, but the main thing to remember is to get low and punch through the ball.

Double and Triple X Drill

You need at least 12 girls for the Double X and at least 16 for the Triple X. See the x? Add an extra ball or two when they get really good! Follow your pass to keep the lines rotating. You can also do this with 8 players and just have them stationary for a few rounds and then rotate.



Square Drill

Again, add a ball when they get good. This is a tough concept: leading passes, they will really need to work on their timing!

Quick Stick (QS) Square Drill

Same as above with a quick stick added in before the leading pass.

Defense

- 1. Body position/foot work
- 2. Stick position
- 3. Communication
- 4. Checking

TEAM DEFENSE

- 1. Communication
- 2. Double teams
- 3. Slides/Collapse
- 4. Defensive sets

- Sag
- Hold 8m
- Pressure ball
- Partial pressure (pressure ball and adjacent pass)
- Full pressure
- Random doubles
- Backer defense (make it seem enticing to drive with a double

- team waiting)
- Back side double