

Upper Dublin Lacrosse Club B-level 2021

Practice Date: Tryout #1 (February 28, 2021)



<u>Time</u>	<u>Activity</u>	<u>Teaching Points</u>
10:45 - 11	Dress and ready – tryout numbers organized	Respect the team on the field as we get ready.
11:00-11:10	Talk to players – teaching points Separate goalies. Line up, divide into 4 groups	Looking for: Physical skills Lacrosse IQ – talk, make the smart play Hustle, attitude, listen. Be safe. No injuries! We practice like we play 4 Stations, 10 minutes each, rotate Scrimmage for 20 minutes at end
11:00-11:50	4 groups, 4 stations, 12 minutes each	On the hop between stations
Station 1 10+ balls Kepniss, McNichol	Stick Skills (2 evaluators: Juelis and S. Beury) Traditional line format or Star Drill If needed - separate out beginners to get a good look at others	Use names - Talk Keep spacing – 15 yard passes On the Run Ground ball to Ground ball away Left Hand Right Hand
Station 2 10 balls Foster, Fayette, Simons	Ground Balls and Speed (2 evaluators: Sowers, Deragon after goalie warmup) 1 v 1 – two groups of 4, many reps 2 v 1 40 yard dash – entire group.	Ground ball skill Technique to prevent other guy, Hips. Communication Speed – note fastest 2 or 3 in group
Station 3 20 balls, goal, goalie Hopper, Morginstin, Gamburg	Dodging / Defense / Shoot on the run (2 evaluators: Lacon, Gifford, Coffey) 1 v 1 from X and up top – switch opponent often	Looking for stick skills, feet, athletes. One move and go – simulate game conditions You miss, you chase
Station 4 10 balls, cones Callahan, Kearney, Higgins	Footwork (2 evaluators: Pedroso, Foster) Drop step as a group Zig-zag drill. 1 st time D without stick, 2 nd time with stick Each player go at least 2 x offense, 2 x defense	Offense – turn the tight way, high hand exchange, plant foot Defense – drop step, athletic stance, keep feet/don't lunge, stick in front
Goalie Coach with goalies, goal	Goalie warm up and drills Warm up each goalie (after 1 st is warmed up send to Station 3) Deragon Hands Feet Talk / Communication Outlet passes / OTS	Quick – in close, many shots. Good return passes, in the box. 4 spots, one at a time. Bouncers. Shooter on the run. Finish with heat from outside.
11:50:11:55	Water break & Break into teams based on jersey color	Quick
11:55-12:15	Scrimmage	Bubble vs. Bubble if possible Give goalies equal time. Get a look at each side on D and O. 3 to 5 minute runs, kids off, new group on.

Upper Dublin Lacrosse Club A-level 2021

Practice Date: Tryout #1 (February 28, 2021)



<u>Time</u>	<u>Activity</u>	<u>Teaching Points</u>
12:15– 12:30	Dress and ready – tryout numbers organized	Respect the team on the field as we get ready.
12:30 – 12:40	Talk to players – teaching points Separate goalies. Line up, divide into 4 groups	Looking for: Physical skills Lacrosse IQ – talk, make the smart play Hustle, attitude, listen. Be safe. No injuries! We practice like we play 4 Stations, 10 minutes each, rotate Scrimmage for 20 minutes at end
12:40-1:30	4 groups, 4 stations, 12 minutes each	On the hop between stations
Station 1 10+ balls Kepniss, McNichol, Pilling(?)	Stick Skills (2 evaluators: Juelis and S. Beury) Traditional line format or Star Drill If needed - separate out beginners to get a good look at others	Use names - Talk Keep spacing – 15 yard passes On the Run Ground ball to Ground ball away Left Hand Right Hand
Station 2 10 balls Foster, Fayette, Simons	Ground Balls and Speed (2 evaluators: Sowers, Deragon after goalie warmup) 1 v 1 – two groups of 4, many reps 2 v 1 40 yard dash – entire group.	Ground ball skill Technique to prevent other guy, Hips. Communication Speed – note fastest 2 or 3 in group
Station 3 20 balls, goal, goalie Hopper, Morginstin, Gamburg	Dodging / Defense / Shoot on the run (2 evaluators: Lacon, Gifford, Coffey) 1 v 1 from X and up top – switch opponent often	Looking for stick skills, feet, athletes. One move and go – simulate game conditions You miss, you chase
Station 4 10 balls, cones Callahan, Kearney, Higgins	Footwork (2 evaluators: Pedroso, Foster) Drop step as a group Zig-zag drill. 1 st time D without stick, 2 nd time with stick Each player go at least 2 x offense, 2 x defense	Offense – turn the tight way, high hand exchange, plant foot Defense – drop step, athletic stance, keep feet/don't lunge, stick in front
Goalie Coach with goalies, goal	Goalie warm up and drills Warm up each goalie (after 1 st is warmed up send to Station 3) Deragon Hands Feet Talk / Communication Outlet passes / OTS	Quick – in close, many shots. Good return passes, in the box. 4 spots, one at a time. Bouncers. Shooter on the run. Finish with heat from outside.
1:30 – 1:35	Water break & Break into teams based on jersey color	Quick
1:35-2:00	Scrimmage	Bubble vs. Bubble if possible Give goalies equal time. Get a look at each side on D and O. 3 to 5 minute runs, kids off, new group on.