

# Practice Plan

011/013-1

Time	Drill	Pg.	Coaching Tips
00 to :10	Dodging, scooping and taking shots	-	Loosen up and work on shot
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the field, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Three zone shooting	22	Quick shots are key
:35 to :38	Water break	-	-
:38 to :45	Diagonal passing	23	Got to keep your head up
:45 to 1:00	Attack the ball	8	Charging the ball
1:00 to 1:10	Around the world	32	Quick passing around and shot
1:10 to 1:20	The Gauntlet	11	Quick sticks and good position
1:20 to 1:30	Four pair scramble	12	Fight for position on the ball
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Five on four	34	You've got 10 seconds
1:45 to 1:55	Goalie to goalie	30	Get the ball quickly downfield
1:55 to 2:00	Cool down	-	Stretching, and taking a few shots



### **Inside out with defender**

Similar to the drill in the last skill section, but this one has the added element of a defender.

**What you need** – Set up an area about 20 yards by 20 yards. Have 5 players on the outside, with 8 players on the inside. 5 players on the inside will be pass receivers, while three will be defenders.

**How this drill works** – There is going to be a lot more action in this drill, so it is important that players learn to keep their heads up and keep their minds in the action.

The three defenders will provide half resistance and will be more bothersome than anything else to start this drill. But, as players become more comfortable with the drill, then defenders should start to put increasing pressure on pass receivers and pass makers to come up with good moves and to use shielding techniques.

Each time a pass is made to the outside the players switch spots and then outside player (who is now inside) tries to do the same thing – pass it to a player on the outside.

**Result** – This drill will help players develop the skill to pass, carry and receive under defensive pressure.



### **Three zone shooting**

Players should get used to shooting from more than just the slot area.

**What you need** – Set up three cones, each about 10 to 15 yards from the net. You can have players at all three cones, with a couple of balls at each cone. You can have a goalie for this drill if you like.

**How this drill works** – This is a basic drill, but it is extremely valuable in the development of the player – especially the attackers. At each pylon players will scoop up the ball and take a shot. Once they take a shot at one area, they will rotate to another area.

If you have two goalies, you can set up two groups to provide for more repetition for the player.

**Result** – Increased shooting skills.

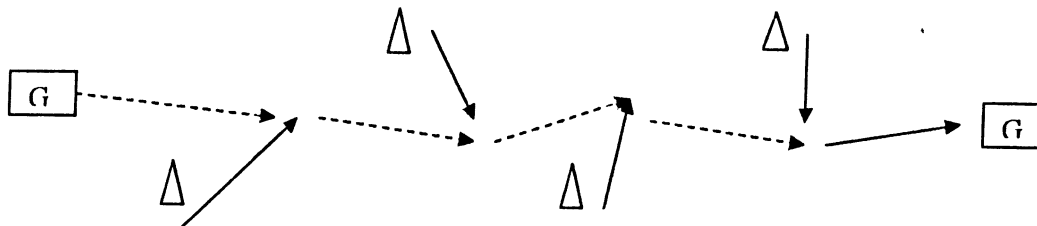


### Diagonal passing drill

This is a quick passing drill that will be a good one for players to master

**What you need** – Set up four pylons about 30 yards diagonally apart. (See diagram), two goalies should be at each end. The entire distance of this drill will be about 60 to 70 yards. Two players will be at each pylon in order to keep the drill going continuously.

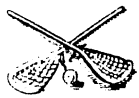
**How this drill works** – See diagram below and then corresponding explanation.



The goalie starts with the ball, and once the coaches whistle blows, the first players (at the first pylon on the left) breaks toward the center to receive a pass, then the player at the next pylon breaks to receive a pass from the first player. This goes on down the line.

Above, the receivers are marked with a solid line and the pass is denoted with a dotted line.

**Result** – This is a quick passing drill that works on a player's quick passing, catching and releasing skills.



### Pass and dodge

This is a great deal to continuously work the ball back and forth using a dodge technique.

**What you need** – Place two cones about 15 yards apart with two players behind each marker. You will need one ball for this drill.

**How this drill works** – This is a challenge drill that helps players work on their passing under pressure and their dodging to make the pass skills. Players A and B will be on one side and C and D will be at the other.



### Attack the ball

One of the skills that should be taught is 'attacking' a loose ball or pass.

**What you need** – Line up players in two lines, with a pylon about 5 to 7 yards in front of them. Coaches will be about 10 yards away, preparing to roll the ball to the players.

**How this drill works** – The object of the drill is to teach players to attack the ball when it is being passed to them, or if it is a loose ball. In order to do this, they must understand how to attack the ball.

With the coach directly opposite, the ball is rolled towards the player and the player must charge forward and receive the ball before it crosses the line where the 5-yard pylon is.

You can vary this drill by placing the pylon to the right or left, forcing players to alter their footwork to get to the ball and to reinforce their pass reception and ball control skills.

**Result** – Attacking the ball is important, especially in game situations when players are fighting for control of the ball. This repetition will ingrain in players the need to move towards the ball to ensure that they secure a pass or a loose ball.



### Alternate triangle

This involves attacking, rolling a pass and scooping for control.

**What you need** – You need to set up a triangle area, with each pylon about 10 to 15 yards apart. Each cone will have two players at it, and there will be two ball put into play.

**How this drill works** – Attacking, scooping, moving and then passing are important skills to learn. This drill works on all of those areas by making a continuous pattern of it around the triangle.

Below is a diagram of how the drill works. Player A rolls the ball to a charging B, who then peels off around his or her cone and then rolls it to a charging C, who peels around behind his or her cone and then continues on. This drill is continuous.



### **Around the world**

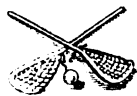
This is a quick passing drill that illustrates the importance of good movement off of a basic offensive situation.

**What you need** – The set up for this drill is as follows: one attacker behind the net, one on each side, and three midfielders across the restraining line.

**How this drill works** – The play begins with the first midfielder on the left. The middle midfielder moves forward in front of the net, and the drill begins with a pass from the left midfielder to the right midfielder.

Then, it is down to the right attacker, to behind the net, to the left attacker. After the first midfielder makes the first pass, he goes to set a screen for the far right midfielder, who uses it to cut through the middle to receive the final pass from the left attacker (after it has gone 'around the world'). The midfielder takes the shot, using the center midfielder (in front of the net) as a screen.

**Result** – Your players will understand and appreciate the need to move the ball quickly, and they get the experience of using a formation to create offense.



### **Slide stack drill**

This helps defenders work together to put pressure on attackers that outnumber them.

**What you need** – Create a 10-yard by 10-yard square with two defenders in the middle and four attackers on each of the outside corners.

**How this drill works** – It starts with a single pass from one attacker to the other. At this point, the first defender takes up a position to pressure the attacker, while the other defender stays in the middle to protect against the pass across.

Then the pass goes down to the next corner and the roles are switched. The middle defender goes to the corner and the other defender shifts to the middle. The next pass goes and the defenders switch again.

To make it more difficult on the offense, you can add in a third defender.

**Result** – Quick passing and good defensive communication is created with work in this drill.



## Ball protection

Protecting the ball is essential in maintaining control.

**What you need** – Two defenders and an offensive player that will carry the ball toward the net.

**How this drill works** – The two defenders will line up in front of the net, but they will be facing each other, not the player that is carrying the ball. There is about 5 yards between them.

The player with the ball will attempt to run through the two of those defenders while keeping the ball under control. The defenders will make half attempts to disrupt the offensive player's control and to dislodge the ball. Stress the half-attempts as the drill is for the offensive player more than the defensive player.

Later, you can add a final defender (or even a goalie) to get past, while the player takes a shot.

**Result** – Players will build their resilience to outside interference from opposing players, allowing them to hold on to the ball better when pressured.



## The Gauntlet

Scooping while running through traffic is a good skill to master

**What you need** – You will need 5 players and a couple of balls. We will illustrate the set up below.

**How this drill works** – It teaches players to scoop the ball while there are sticks in the area. The players should be set up as follows:

		C	
A B			E
		D	

The ball is placed between player C and D, with players A and B and C and D about 10 yards from each other, and then player E is about 15 yards away from c and D. C and D have their sticks crossed over the ball.

Here's how the drill works – Player B starts by running through the sticks of C and D and scooping the ball and he or she veers to the right (or left) and they will

pass it to E. Then E makes a quick move, runs with the ball and then passes to C.

E then replaces C and C goes down to the initial line to go behind A. So now, D and E are crossing sticks, A is going through them and B is where is started. You can continue running this drill until all of the players have had a few chances to go through.

**Result** – Player will learn to deal with stick traffic and they should build their ability to control the ball under pressure.



### Four pair scramble

Offensive and defensive player will be matched in their ability to get the ball.

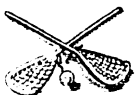
**What you need** – Match up four pairs of evenly matched players. You can include a goalie in this drill as well. They should be in the corners of a 20-yard by 20-yard square area.

**How this drill works** – All of the players will be in their respective corners, and the coach will be on the outside of the box. The drill begins when the coach rolls the ball to a certain corner.

At this point, the offensive and defensive players will battle for the ball until one player comes up with it. Once this happens then the following play ensues: If the defender get the ball, the rest of the defenders on the court will move the ball around until they can get the ball safely to the goalie and then clear the ball back to the coach.

If the offense wins, then they must try to move the ball around to get a shot on goal.

**Result** – This will aid players in developing the skill of fighting for the ball and gaining control of it while being pressured by other players.



### Quick scoop drill

This drill works on agility and quickness for scooping the ball.

**What you need** – You should have four players, two on each side, with one player in the middle. The initial four players will be facing each other, staggered about 10 yards apart, with about 15 yards in between them. It should almost be like a zig-zag pattern.



### Five on four

Odd man rushes are a key part of lacrosse, learning to take advantage of them will make your team better.

**What you need** – Two midfielders and three attackers to go against three defenders and one midfielder for the defense.

**How this drill works** – This drill puts a lot of pressure on both the offense and defense to act quickly.

The goalies will pass it to one of the offensive midfielders to start the drill and then the players will have to react to where it goes. The offensive players have 10 seconds to come up with a passing play or screen pass that gets them in position to take a shot on net.

It is the defenses responsibility to prevent any shots and to try and steal the ball away from the offensive players.

**Result** – Players are going to get a better idea, both on offense and defense of what they need to do in odd man situations.



### Rebound break

Grabbing a defensive rebound and turning it into an offensive chance at the other end.

**What you need** – Three defenders against three attackers to begin, with two midfielders, staggered on opposite sides of the restraining.

**How this drill works** - This drill will help defenders fight for control of a rebound and the offensive must also fight to get another shot on goal.

The midfielder will take a shot on net, and once the shot is released, the defenders collapse on the goal to try and get the rebound. They get position on the offensive players and they try to get the ball to make a quick pass to the midfielder at the restraining line.

**Result** – Your players will understand how important it is to get the rebounds on both offense and defense.





### Circle one on one dodge drill

This is a fast-paced intense drill that pits the offensive players against the defensive players.

**What you need** – You can set this up with two nets as long as you have enough players. One goalie, and 6 defenders and 6 attackers are at each station.

**How this drill works** – Match up similar skilled players in an offensive and defensive role. The players are going to be in pairs and the six pairs are going to circle the net. When the coach blows the whistle, a first pair of players will start the drill.

The object is for the offensive player to make one move and then take a shot on the net. The defensive player is supposed to defend against a shot. The offense has 5 seconds to take a shot before the next pair does the same thing.

**Result** – This is a great one on one drill that teaches game like situations. Sometimes shot opportunities come in a moment, so players need to take advantage of those chances.



### Goalie to goalie

This drill moves the ball from one end of the field to the other, forcing players to make good offensive decisions to move the ball.

**What you need** – Create a 20-yard by 40-yard grid, with paired up offense and defense at each end, and two pairs in the middle.

**How this drill works** – The object of the drill is to get the ball from one end to the other, without the defense breaking up the play. The defense will be tasked with trying to prevent the ball from getting to the other end.

The players at the ends must stay near the end, and the midfield players must stay at the midfield. This game involves passing and communication on the field to get the ball from goalie to goalie. The team who can keep getting it from goalie to goalie stays on the field.

**Result** – This will help both offensive and defensive players begin to work with a larger area when passing and defending.