

# Practice Plan

011/013-5

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	One on one scoop drill	10	Protect the ball with the body
:35 to :38	Water break	-	-
:38 to :45	Inside out	18	Quick passes and moving in and out
:45 to 1:00	Diagonal passing	23	Got to keep your head up
1:00 to 1:10	Pass and dodge	23	Good dodge technique
1:10 to 1:20	Dodge attack	24	The dodge gets a good shot
1:20 to 1:30	Attack the ball	8	Charging the ball
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Four corner shooting	31	Quick shots and the goalie needs to get position
1:45 to 1:55	Shooting gallery	21	Proper technique
1:55 to 2:00	Cool down	-	Stretching, and taking a few shots



### **One on one scoop drill**

This helps players prepare to battle for a loose ball

**What you need** – Two players of similar skill level should be paired together, and they should be in two separate lines, facing forward towards a coach, who will have a ball.

**How this drill works** – The coach has the ball about 15 yards ahead of the two players. When coach blows the whistle both players will burst toward the coach and the coach will toss the ball into the center of the players and the one with the advantage must use their body to shield the ball from the other player in order to make the scoop.

Coaches should instruct the proper technique for shielding, and when the drill first begins, keep the body contact (which almost always occurs in loose ball situations) to a minimum until players get the proper shielding and scooping techniques. You can always add the body contact in later (and we will have drills for it.)

**Result** – Players will begin to learn to use their body to help them gain position for scooping the ball.



### **Ball control drill**

Keeping control of the ball through movement and pressure is important

**What you need** – Pair up players of similar skill level and give each pair a ball.

**How this drill works** – One player carries the ball and the other player tries to get the ball. While this shouldn't necessarily happen at full speed to start, players should attempt to get the ball from the one carrying it.

Coaches should teach the players the proper one-handed stick grip, and then shielding the player with from their stick with the non-holding hand. This is a basic skill that should be learned at this level of lacrosse.

Once a player gets the ball from another player, or 30 seconds have gone by, they should switch.

**Result** – Players not only get to practice keeping the ball from someone, they get to practice taking it away.



## Inside Out

Movement and passing are combined in this drill

**What you need** – Create an area that is about 20 yards by 20 yards, with 5 players (with balls) inside the square area, and 5 players (without balls) outside the square area.

**How this drill works** – Players must move around the square area maintaining good control of the ball. When the coach blows the whistle, the players inside the square must prepare to pass the ball to a player outside the square.

Once the players outside the square secure the pass, they must move inside the square, and the players inside must follow their pass outside the square. If two players pass to the same person, whichever person's pass doesn't get caught, that person is out of the drill.

It is important the coach watch for: good passing technique, good vision on the part of players and that they are moving around.

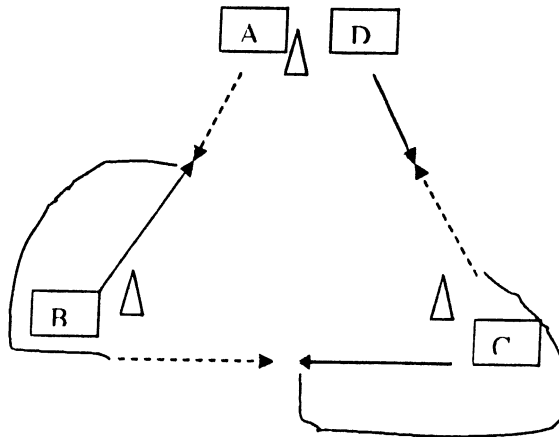
**Result** – Passers recognize players to pass to while moving around, and reinforcing passing skills.



## Passing Triangle

This is similar to the scoop triangle, but not it involves passing

**What you need** – Create a triangle area with the pylons 10 to 15 yards apart. Two players are at each pylon. You will see how the drill is set up below:



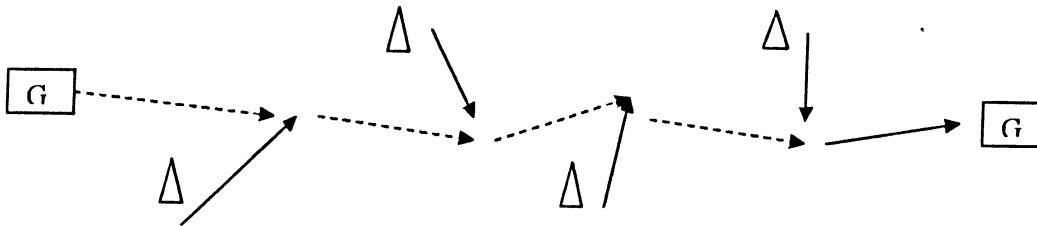


### Diagonal passing drill

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.

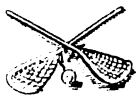
**How this drill works** – See diagram below and then corresponding explanation.



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.

The drill starts with player A passing all of the way across to player C. Player C attacks forward to receive the pass, and player A, once completed the pass, charges into a defensive position against player C.

Player C executes a dodge maneuver on player A, then passes to player B. Player B then dodges player C to pass to player D. This rotation continues with each player following behind the player before them, providing defense and dodging around for a pass.

**Result** – Combining the dodge maneuvers and passing and catching for an increased skill set.



### **Dodge attack**

Using a dodge and quick movement will help set up shots on the net

**What you need** – Set up three areas, one behind the goal and two out front on either side of the net, about 10 yards away. Pair up players of even skill at each station, one attacker and one defender.

**How this drill works** – With a goalie in the net, this drill is designed to help teach players to use their quickness and the dodge technique against a defender to find a shooting lane and to drive to the net.

The coach will call out which station he wants to go: left, right or behind and with an attacker and a defender at each one, the battle begins. The attacker tries to make a quick move and drive (within 5 seconds) to take a shot. Score **one point** for a shot, **two points** for a goal, and give defenders **one point** for a stop or a steal.

**Result** – Working on this drill will help players learn dodge moves in order to get shots on the net.



### **Rapid fire**

This one will help the goalies the most.

**What you need** – Three stations right across, about 10 to 15 yards in front of the net – left, right and center.

**How this drill works** – Players are going to work on their shots in this order: 1,2,3,3,2,1. The goalie should follow this pattern and try to make the save.

**Result** – A quick and easy drill for shooting and goaltending practice.



### **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.



### **Full field fast break**

This will help players develop quick breakout and attack skills included in the fast break.

**What you need** – At each end, in front of the goal, you will have 3 attackers and two defenders. Staggered through the middle are four midfielders, with two on each side, separated by about 10 yards.

**How this drill works** – The goalie on one end starts the play by passing to the nearest midfielder. Then a tic-tac-toe type of play takes place, with the midfielders moving up the field with crossing passes, until it gets to the last midfielder at the opposite restraining line.

At this point, the midfielder brings the ball in, and he has three offensive options to pass to, with two defenders guarding those options. Play goes on until a shot, and save or goal happens.

**Result** – Experience with a fast break and then a quick attack off of the fast break.



### **Four corners shooting**

This is a typical offensive situation that teams will run into and quick action will help players take advantage of the situation.

**What you need** – You need three defenders stationed in front of the net in a triangle formation. You will have one attacker in each corner of the offensive zone, and two midfielders at the restraining line.

**How this drill works** – One of the midfielders will start with the ball and will penetrate into the offensive zone. At this point one of the defenders will engage the midfielder, leaving him or her with three passing options.

The idea is to gain the zone quickly, and then make a pass once engaged in order to set up for a quick shot. The players will have 10 seconds from the start of the drill to get a shot on the goal. A goal scores one for the offense, a stop scores one for the defense.

**Result** – This is a good game situation drill for both the offense and the defensive players.



### Pass and quick shot

Passing off of a shot is a skill that can produce a great number of goals for a team

**What you need** – If you have more than one net, that will work best, because players can get in more repetition. In each group of players per net, you will need a group of passers and at least two balls.

**How this drill works** – Passing players will work out of the corner, and shooters will work out of the slot area (an area between the goal and about 10 yards out directly in front) between the circles.

Passers will hit the shooter in the slot area and immediately the shooter will gain control and take a quick shot on the net. At first, this can be done with no goalies, while the players just get in shooting practice, but after a while, goalies can be added.

**Result** – Passing and shooting are essential skills for the player to learn. This drill works on that aspect of the game.



### Shooting gallery

This helps players build their skills as shooters.

**What you need** – Once again you can separate into as many groups as possible. You will need five players per group, four will be passers and one will be a shooter. Four balls in each group will be required.

**How this drill works** – This is similar to the above drill, but only it is a quick shooting gallery for the players to build shooting skills. The players will be positioned four across the goal line with the shooter in the slot area. The first pass will come from the first player on the right, then the next player, etc. The shooter cannot shoot from the same place.

On each pass, the shooter must take a shot on the net. Once he or she is done all four passes then he or she takes a place in the passing row and lets another player be the shooter.

To make it more difficult, you can add a goalie.

**Result** – Increased ability to create shooting opportunities.