

# Practice Plan

## 013/015-2

| 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   | Inside out                               | 18  | Quick passes and moving in and out                |
| :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 | Rebound break                            | 34  | Fight for the rebound to get a shot, or break out |
| 1:10 to 1:20 | Around the world                         | 32  | Quick passing around and shot                     |
| 1:20 to 1:30 | Four corner shooting                     | 31  | Quick shots and the goalie needs to get position  |
| 1:30 to 1:35 | Water break                              | -   | -   |
| 1:35 to 1:45 | Midfield dodge and shot                  | 25  | Good dodge and quick shot                         |
| 1:45 to 1:55 | Three zone shooting                      | 22  | Quick shots are key                               |
| 1:55 to 2:00 | Cool down                                | -   | Stretching, and taking a few shots                |



## 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.

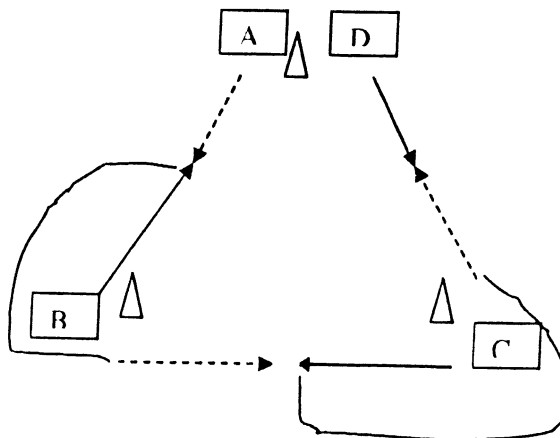
**Result** – Passers recognize players to pass to while moving around, and reinforcing passing skills.



## 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:



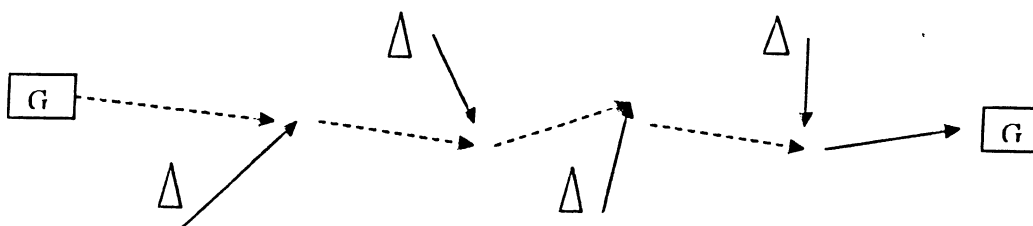


### Diagonal passing drill

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.



### **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.



### 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.



### **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.



### **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.



### **Midfield dodge and shot**

This is similar to an earlier drill, only it is performed from the mid-field area.

**What you need** – Set up three pylons at the restraining line, where the midfielders might penetrate. At each pylon are a midfielder and a defender. You will need a goalie in the cage for this drill.

**How this drill works** – It is very similar to the above drill when the attackers would use the dodge technique to get in position to take a shot. Only this time, the midfielders have 5 seconds to take execute a maneuver and then take a shot.

The goalie will call out which side – left, center, right – starts first, and then the corresponding stations will follow.

**Result** – This is another dodge and shoot drill that will be very effective for you midfield players.



### **Perimeter pass and shoot**

Quick passing to set up an open lane to shoot is crucial to gain good scoring opportunities.

**What you need** – Set up three attackers and three defenders in the offensive zone, with a goalie in the net. There is one ball in this drill.

**How this drill works** – Perimeter passing can help to open up holes in the defense to take a quick shot at the net.

In this drill, the three attacking players will stay on the perimeter and they will pass it quickly back and forth between one another while staying on the perimeter. The key to this drill is to make quick, accurate passes so the attackers can make the defenders stretch to the point they can open up a seam to make a quick dodge and take a shot.

Coaches should watch that the players are using proper technique in passes, catches and using good dodging techniques before taking the shot. The offense has 10 seconds to try and stretch the defense to the point where they are able to get a good shot on net. One point for a shot on net or a goal, or one point for a defensive play preventing a shot or goal.

**Result** – This is good one on one work for players, and it also work on a variety of other skills.





### **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.