

Practice Plan

013/015-7

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	Attack the ball	8	Charging the ball
:45 to 1:00	Around the world	32	Quick passing around and shot
1:00 to 1:10	Combination drill	14	Put together all of the different skills
1:10 to 1:20	Passing Triangle	18	Keep the ball to the outside
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	Shooting gallery	21	Proper technique
1:45 to 1:55	Midfield dodge and shot	25	Good dodge and quick shot
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.

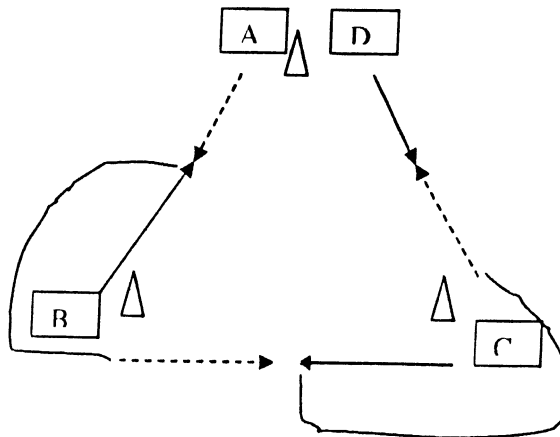
Result – Passers recognize players to pass to while moving around, and reinforcing passing skills.



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:





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.

How this drill works – This is more of a skill-based drill that players should work on in order to develop the different dodging skills in lacrosse.

The different dodges the players can work on are: **Roll dodge, Face dodge and Split dodge.** Once the coaches go through each of these types of dodges, and giving players the proper instruction, then they should complete the same drill as above without the scooping.

This drill is not about the actual scoop, but rather the dodge and the dodge technique.

Result – Players need to know all of the dodge techniques in order to round out their skills as players.



Combination drill

This drill is more advanced as it adds different elements of many of the previous drills. Make sure that players are familiar with all of the skills before they partake in this drill.

What you need – You can run two lines of attackers with the coaches at the other end. In between the coaches and the attackers are a pylon (5 yards), a defender (10 yards) and then another defender (15 yards).

How this drill works – When the coach blows the whistle, the player must first run to the pylon to attack and scoop the rolling ball. Then, they must drop that ball, then execute a dodge move before scooping another ball, dropping it and then battling the last defender to gain position and then get the ball on another pass.

You can add numerous variations to this drill:

- You can add two defenders and have the attacker scoop through sticks
- You can have the defenders try to compete for the ball
- You can have a player move to the right or the left to accept a pass moving in a different direction.

The purpose of this drill is to continue to reinforce many of the basic lacrosse skills, but to put it all together to try to increase their overall skill set by making the repetition more like a game situation, having to do a variety of things at once.

Result – Skill level, dexterity and familiarity with situations.



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.



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.