

Important Teaching Points for Youth Lacrosse

Make sure players DON'T do this...

1. **DON'T Twirl or spin their stick** - this is a terrible habit young kids get into. It holds them back from passing or shooting the ball quicker. They also lose the ball more because of this.
2. **DON'T Be a ball hog** – At the youth level there will always be a few players much more skilled than the other players. You will be hurting them by letting them be a ball hog. Encourage them ALL to move the ball on offense, in transition and clearing. This will teach them to look for one another.
3. **DON'T Stop their feet when they are shooting on the run** - middies do this a lot. They stop their feet to get more power on their shot. But the defender is right behind them for a trail check. It will never work at the JV or Varsity level.
4. **DON'T Dodge back to where the ball came from** – When the ball is passed to you, dodge to the opposite side of the field. Not back to where the ball came from. That is where the defense is. ALWAYS dodge opposite.
5. **DON'T Make multiple moves to try and beat your man** – Make one move and go to the goal hard. Don't dodge back and forth. It confuses the other offensive players. If you don't beat your man, move the ball on.
6. **DON'T Chase your man on defense** – If your man has the ball, run with him and poke. Don't chase him around trying to take the ball away. It is not your job to take to ball away. It's your job to not get beat.
7. **DON'T Play the ball aggressively in transition** – When the ball is going from offense to defense, and it passes the midfield line, all players must sprint to the hole (area in front of goal). Then we can match up. Do not play the ball outside the restraining lines.

Offensive Rules:

If you do these on offense you will be successful no matter what offense you run.

1. **Dodge opposite from where the ball came from 99.9% of the time** – The defense is positioned on the same side of the field as the ball. So when it is passed the defense will be where the ball came from for a couple of seconds until they move. So if the player with the ball dodges back to where the ball came from they are going right back to where the defense is. We says 99.9% of the time because there will be a time where it will work. But it's not often.
2. **If a player dodges towards you, cut through** – If you cut through you are taking your man away and preventing him from doubling. You also create space for your teammate to dodge.

3. **When the player with the ball dodges away from you, follow him** – This only occurs if you are the adjacent (man next to the player with the ball) player. This allows for your teammate to always have an outlet if he gets in trouble.
4. **Crease players should be away from the ball** – If the ball is up top, the crease players should be low (next to the crease line) and away (opposite the person with the ball). If the ball is behind the crease player should be high (about 10 yards above the goal) and away (opposite the person with the ball). This takes the slide man away from the player with the ball.

Defensive Rules:

1. **Always stay tight to the crease when your man doesn't have the ball** – your man can't hurt the team when he is far from the goal. There is no reason to cover him when he is far away from the goal or behind the goal. Stay in tight and help on the crease.
2. **Don't chase the man with the ball around** – If he runs away from the goal, let him go. He can't hurt us out there.
3. **Play in between your man and the ball when covering the crease** – When you do this, you take away any chance for him to receive a pass. And you allow yourself to be in the best position to slide.
4. **Find passing lanes-** when your man does not have the ball, try to find a passing to another player. Get your sticks up to try and knock down passes.

Offensive drills to build a 1-3-2 offense

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1. 1v1-
 - How to dodge- make one move and go hard to goal (put a cone down 5-7yards out which will create a realistic shot)
 - Dodging options- face, juke, split, roll
 - When they have the shot, shoulders should point to goal, extend hands back and shoot overhand
 - Make sure you are running towards the goal, not fading away
2. 2v2-
 - Teach all the above in a 1v1
 - If the ball comes at you, cut underneath behind your defenseman and look to pop back out
 - How to receive the ball- V cut to open space to receive the ball
 - In this drill, it is important to understand that if you need help, you have another person to pass to
 - If there is a pass, **DODGE TO THE OPPOSITE SIDE FROM WHERE THE BALL CAME FROM**
3. 3v3-
 - Set up cones in a triangle for middies above the goal/attack 1 behind the goal and 2 on the wings
 - If the player with the ball comes at you, you must cut to the next cone away from the ball
 - The other player in the triangle follows the ball
 - It is important to be balanced and keep spacing
 - Once, they get the hang of it, it is OK if the triangles stretch or move a little bit
 - If there is a pass, **DODGE TO THE OPPOSITE SIDE FROM WHERE THE BALL CAME FROM**
4. Putting it together- Skeleton 1-3-2
 - No defense, put middle cones and attack cones (use different colors for different positions)
 - Put 6 players out and have them run offense
 - i. 1 player dodges and the others react
 - ii. Remember concepts- if ball comes at you, cut through
 - Continue to do this each practice until they get the hang of it
5. Rules to add to create more movement
 - A middle passes the ball the the attackman, he cuts for a give and go pass, then going to the crease

Defensive drills to build understanding

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1. 1v1-

- Break down with stick out in front, at a 45 degree angle forcing the man to his weak hand
- Let your man make the move, don't lunge at him
- Stay in between your man and the goal. Force them down the alleys (sides) form uptop, and back to X from behind
- Using your fists, drive them out when they go to the goal

2. 2v2-

- Teach all the above in a 1v1
- If your man does not have the ball, stay tight to the crease with your stick up and to the inside
- If your man sets a pick, stand under him about 2-3 yards to create space for your teammate to get through

3. 3v3-

- Implement all the above rules
- If your man cuts to the crease, trail him to the crease ready to check him. This will prevent him from cutting back to the ball
- It is important to stay tight to the crease area. Do not allow the offense to spread you out
- All defenders must move in the direction of the ball, especially when your man doesn't have the ball. This will help you stay tight

4. Putting it together- Skeleton 1-3-2

On Ball: You are guarding the ball doing all the things up above. Keep him away from the goal.

Adjacent: You're guarding a man that is one pass away from the ball. You should be 5 steps off your man with your stick up to the inside protecting skip passes

2 Passes Away: This means your man is two passes away from the ball. You should be helping on the crease with your stick on the crease man. If we need to slide, this man is responsible for covering the crease.

Crease: You are guarding a man in front of the crease. You should be in between your man and the ball with your stick on your man. If we need to slide, this is our slide man.

In 6 on 6 everyone has a job. The above descriptions are the possible jobs. If everyone does their job you will be successful. Every time the ball is moved from one player to another, all jobs change

Sample Practice Plan

Stretch

Stick work drill

Ground balls

1v1

2v2

3v3

Skeleton Offense (half speed)/Skeleton Defense

Clearing/Riding

2v1s, 3v2s, 4v3s

Face-off and wing play

Man-up/Man-down

Defensive Positioning

Guarding the Ball

- Break down in a good defensive stance(knees bent, on the balls of your feet, stick in front). Your feet and body should be angled so you are forcing them to one side.
- Stay in between your man and the goal
- Stick out in front
- From behind, force your man back to X(area directly behind the goal)
- From up top, force you man down the side, don't let him get to the middle of the field

Off Ball

Adjacent (covering the man who is one pass away from the man with the ball, closest to the man with the ball))

- Have your stick pointing inside toward the middle of the field and up (so the offense can't skip passes). This may require some to switch hands
- Be about 5 yards of your man helping out the inside

Two Away (furthest from the man with the ball, two passes away from the ball)

- Have your stick inside and up on the offensive crease man
- Stay in between your man and the ball
- You are responsible for helping out on the crease when we slide

Crease

- Stay in between your man and the ball
- Always keep your stick on your man
- Be ready to slide, yell "I'm Hot" to let everyone know you are the slide man

Sliding (we slide from the crease)

- Lead with your stick
- Slide with your body, try to stop the dodger
- Stay on the man (the player who was originally covering the ball recovers back to the crease and finds the open man)

Drills for Defensive Positioning

Breakdown Drill

Line of defensemen standing 5 yards away from coach. On coaches signal, the first defender runs out to coach, breaks down with stick in front, feet and body angled forcing him to one side of the field. Jog to the end of the line with stick inside(pointed toward the end of the line) and up. Repeat

The Alley Drill

Two lines. One line is the offense and one is the defense. The offense is trying to get past the defender while the defender is trying to keep him in front. When they get to the end, jog back to the line and switch lines. The alley is made up of an area 5 yards wide

and 20-30 yards long. You can use cones. We use two football lines (ex. 45 and 50 yard line)

1v1

One on ones from 4 spots on the field (up top, wings/sides, and behind/ X). Make sure each defender is set up correctly before blowing the whistle. Start from up top and continue in a circle continuously to keep them moving.

1v1 with slide

Same four spots. Now include a crease man who will slide. A coach can be on the crease with the slide man to tell him when to go. The man on the ball will recover to the crease after he gets slid to. The slide man stays on the man with the ball. The defender who recovered to the crease is the new slide man.

Footwork Drills

Shuffle Drill

Line up 3 or 4 players in front of the coach making sure they are at least 3-5 yards apart. They start in a break down position with their stick in front. Coach will point in a direction and players will all shuffle in that direction. When coach points in the opposite direction, players change direction and shuffle. When the coach points straight out, they back peddle. Coach can keep changing direction 10 times every couple of seconds. To finish, roll a ball out to one player for a groundball and make them complete one pass before they give you the ball back.

Alley Drill

Use an area 5 yards wide and about 20-30 yards long. We use in between any two football yard lines (ex. The 45 and 50 yard line). In a zig zag pattern have the players shuffle at an angle to each line. When you get to the line, drop step with your inside foot and shuffle to the other line. Keep your stick up and in front the whole time.

Box Drill

Set up four cone in a square 10 yards apart. Players line up behind one cone. First person sprints the first cone straight ahead, shuffles to the next cone to the side, back peddles to the cone behind, and shuffles through to the last cone. The next person in line goes when the person in front gets to the first cone. They go one after another.

3 & 4/5 & 6/7 & 8 Grade Travel Teams

Original

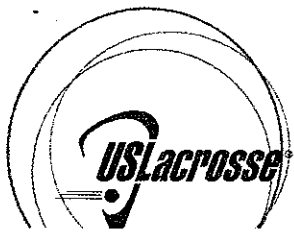
Offense	Defense	Rides/Clears	Man-up/Man-down	Transition
<p>1-3-2 (middle triangle/attack triangle)</p> <p>Break down offense and instruct in 1v1, 2v2, & 3v3 drills.</p> <p>Teach offense in skeleton format, use cones whenever possible.</p> <p>Set Plays:</p> <ol style="list-style-type: none"> 1. Give and go play 2. Pass and pick away play 3. Out of bounds play 	<p>Recommend playing with short sticks- not long sticks at this age.</p> <p>Focus Team "Man to Man" Defense</p> <p>Sticks up in passing lanes.</p> <p>If you are not playing the ball, stay tight (help) to the crease.</p> <p>Middie force players down the side of field.</p> <p>Defense try and keep attackmen behind the goal.</p> <p>Teach goalie communication.</p>	<p><u>Clears:</u></p> <p>"43" - bring middie down to help (see attached sheet)</p> <p><u>Rides:</u></p> <p>Attack drop back to restraining line.</p> <p>Middies drop back to midfield line.</p> <p>Encourage spacing, not just to chase the person with the ball.</p>	<p><u>Man-up:</u></p> <p>No preference!</p> <p><u>Man-down:</u></p> <p>Teach to play areas/zones, sticks up in passing lanes, stay tight</p>	<p>2 v 1's</p> <p>3 v 2's</p> <p>4 v 3's (fast break)</p> <p>5 v 4's</p> <p>6 v 5's</p> <p>Move the ball as fast as you can!</p> <p>Skills:</p> <p>Try and break everything down as much as possible.</p> <p>For example: When teaching offenses, teach how to do 1 on 1's, then how to play with a teammate in a 2 on 2 situation, etc.</p>
<p>Same as 3rd & 4th grade.</p> <p>Moving the ball off a double team.</p> <p>Teach attacking the backside.</p>	<p>Same as 3rd & 4th grade.</p> <p>Introduce slide from crease.</p> <p>How to stay tight to the crease.</p>	<p>Same as 3rd & 4th grade.</p> <p>Teach attack to break the field into 3 different zones (football line helps)</p> <p>Middies drop back to midfield line- stay with the deepest men.</p> <p>Nobody gets behind them.</p>	<p><u>Man-up:</u></p> <p>Have a 1-3-2 free lance offense & teach kids the different looks and options. (ex. skip passes)</p> <p><u>Man-down:</u></p> <p>Teach to play areas/zones, sticks up in passing lanes, stay tight</p>	<p>Same as 3rd & 4th grade.</p>
<p>Same as 3rd-6th grade.</p> <p>Moving the ball off a double team.</p> <p>Teach passing the ball through "X" and attacking the backside.</p>	<p>Same as 3rd-6th grade.</p> <p>Have slides from the crease.</p> <p>Teach the angles and how to force down the side from up top and getting "top side" from behind.</p>	<p>Same as 3rd-6th grade.</p> <p>Pressure on rides.</p> <p>Not letting opposing players get behind.</p>	<p><u>Man-up:</u></p> <p>Have a 1-3-2 & 3-3 free lance offense & teach kids the different looks and options. (ex. skip passes)</p> <p><u>Man-down:</u></p> <p>Teach to play areas/zones, sticks up in passing lanes, stay tight</p> <p>Tea</p> <p>Teach how to rotate</p>	<p>Same as 3rd-6th grade.</p>

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719 * 715

718 * 715

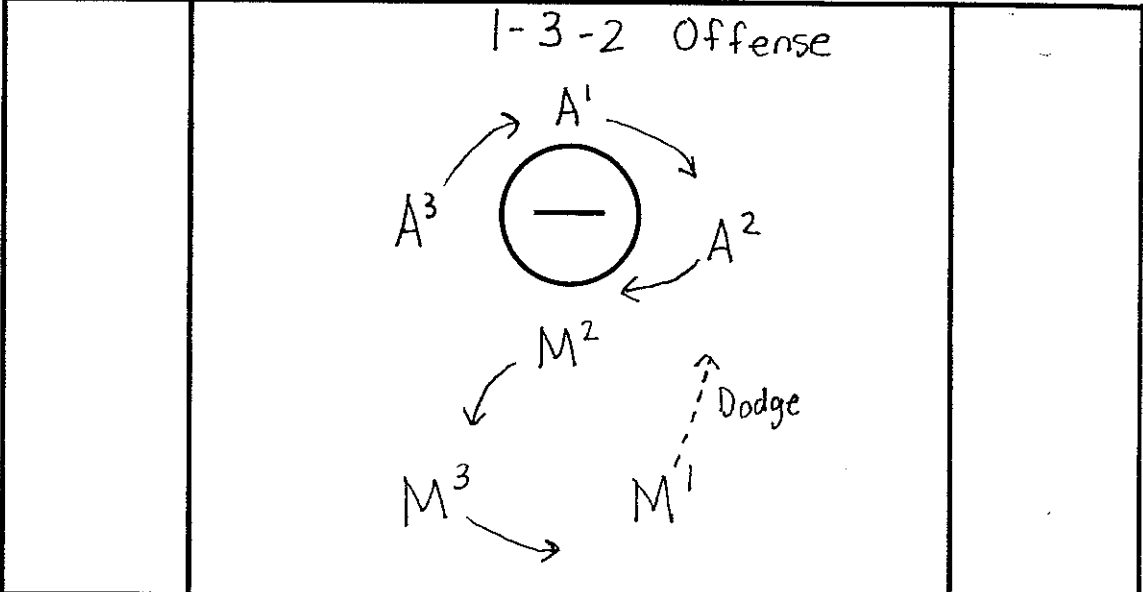
"Teach players to be thinkers, not to be robots."



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1-3-2
 Offense



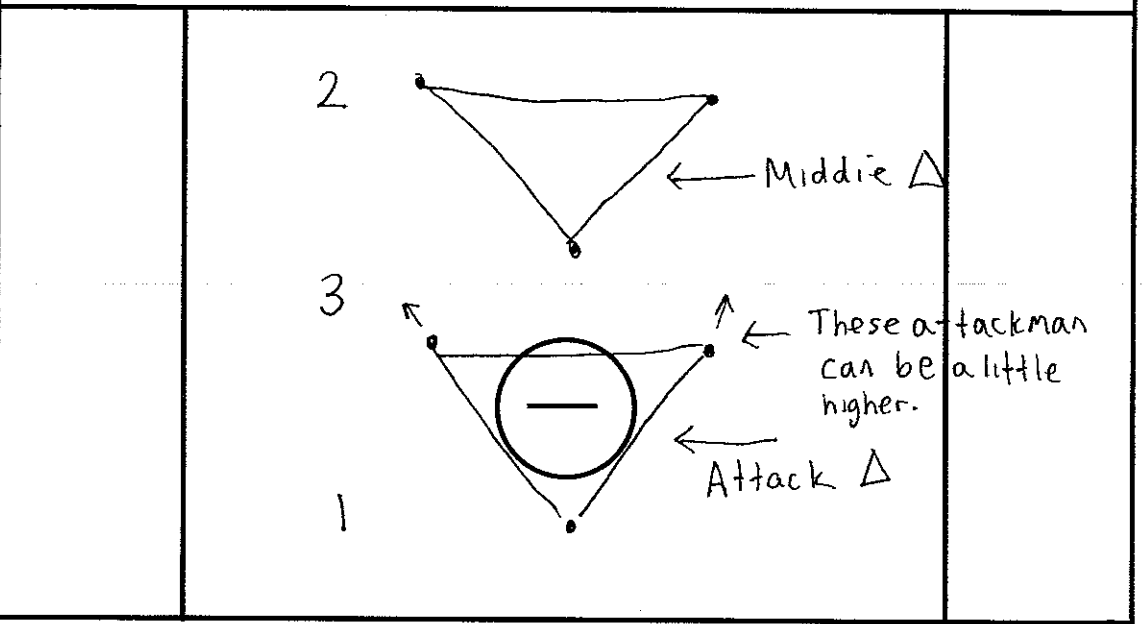
- ① M' ~~dodge~~ dodges.
- ② A² clears through and begins to rotate triangle.
- ③ All other players rotate.
- ④ TRIANGLES ROTATE TOWARDS

EACH OTHER. ~~X~~

**SATURDAY,
 JANUARY 19, 2008**

**Men's Recruiting
 Seminar:
 12:30pm - 1:30pm
 ...**

**Men's Recruiting
 Fair:
 1:30pm - 3:00pm**

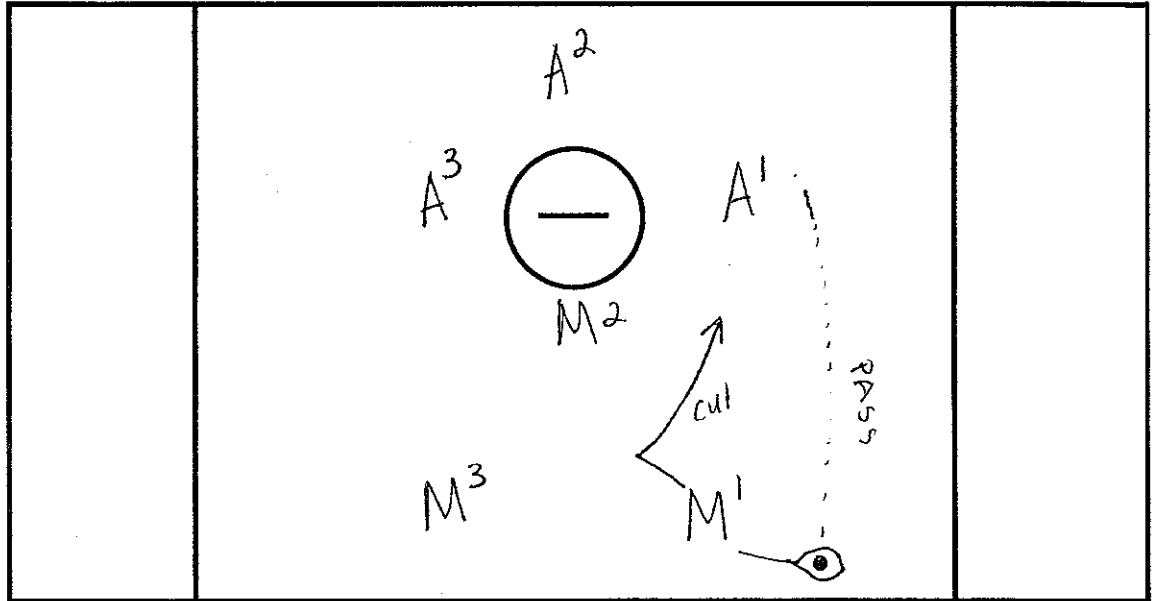




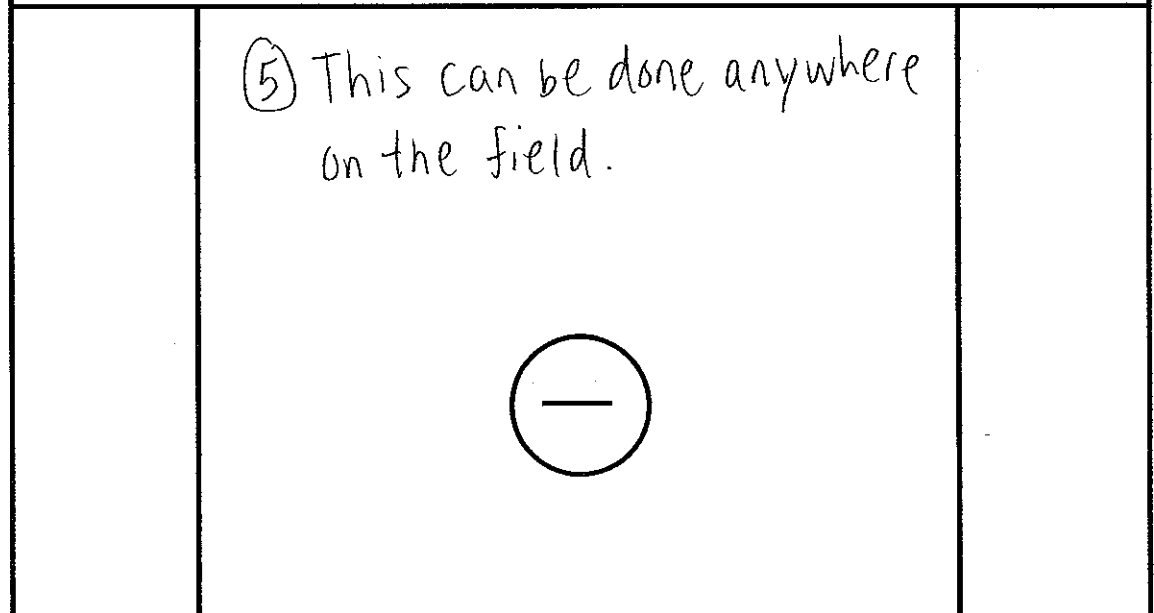
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Give and go



- ① Ball is passed around
- ② M¹ throws ball to A¹
- ③ M¹ v cuts then begins to cut towards A¹
- ④ A¹ must look to throw to A² then look back to M¹ for a pass or shot.



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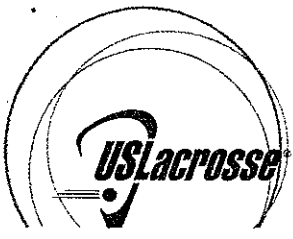
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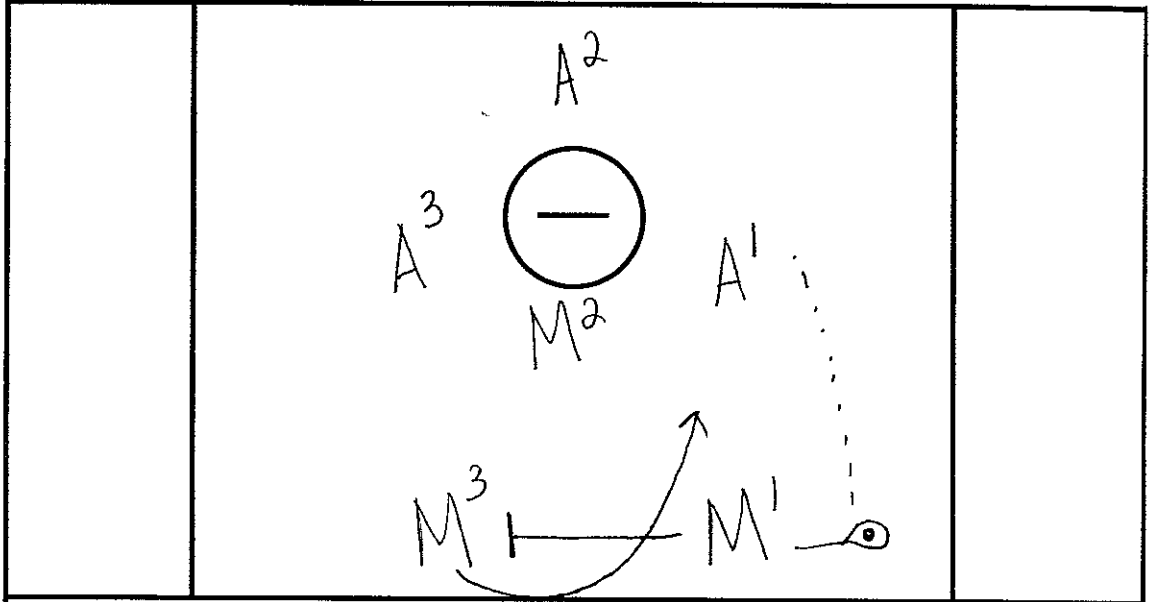




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Pass and Pick Away
Play 1-3-2



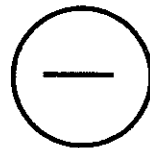
① Ball is passed around.

② M' passes Ball to A'

③ M' sets a pick on M³

④ M³ cuts towards A' for a shot.

⑤ This can be done on other spots of field.



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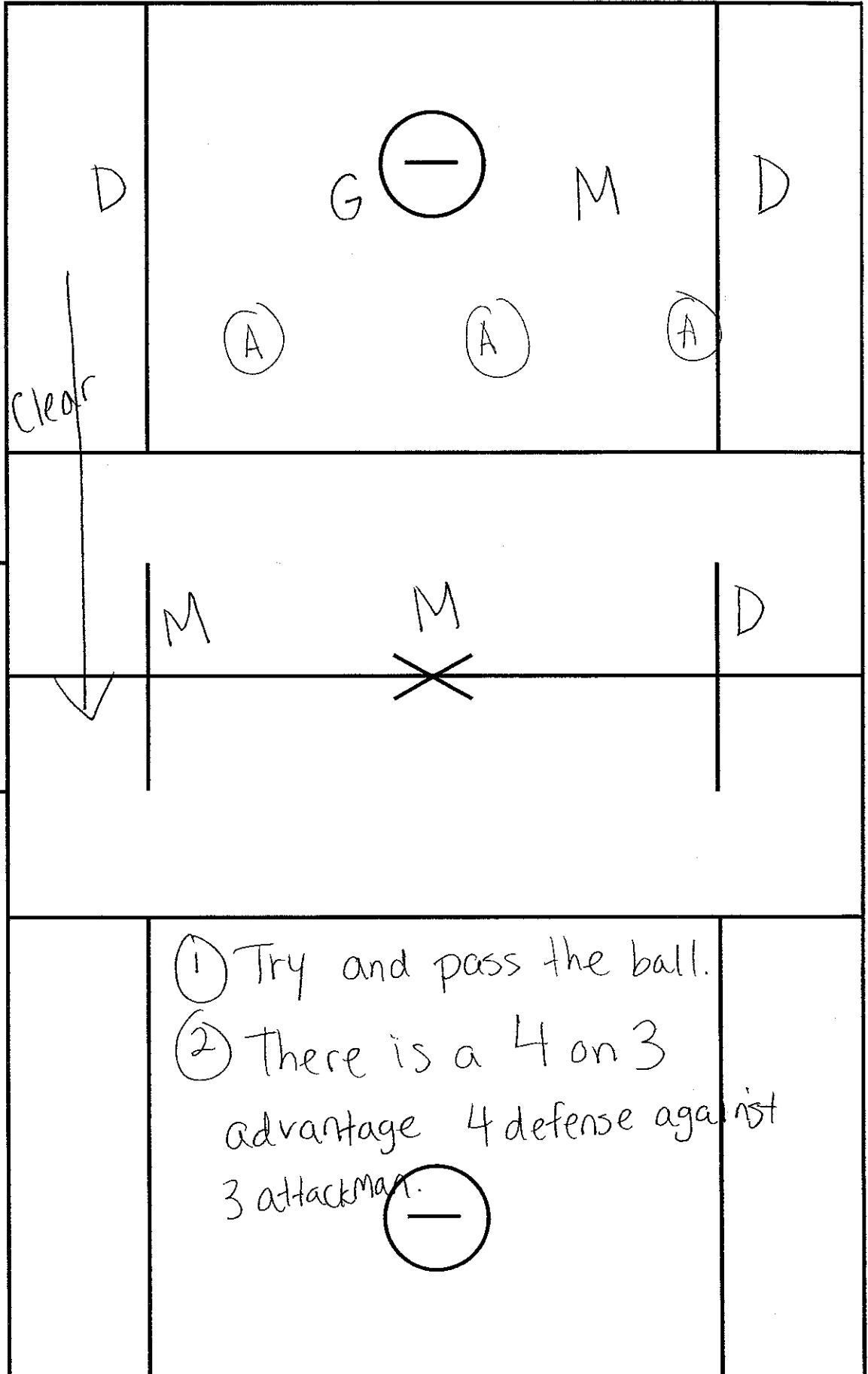


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Clear "43"

Subs.



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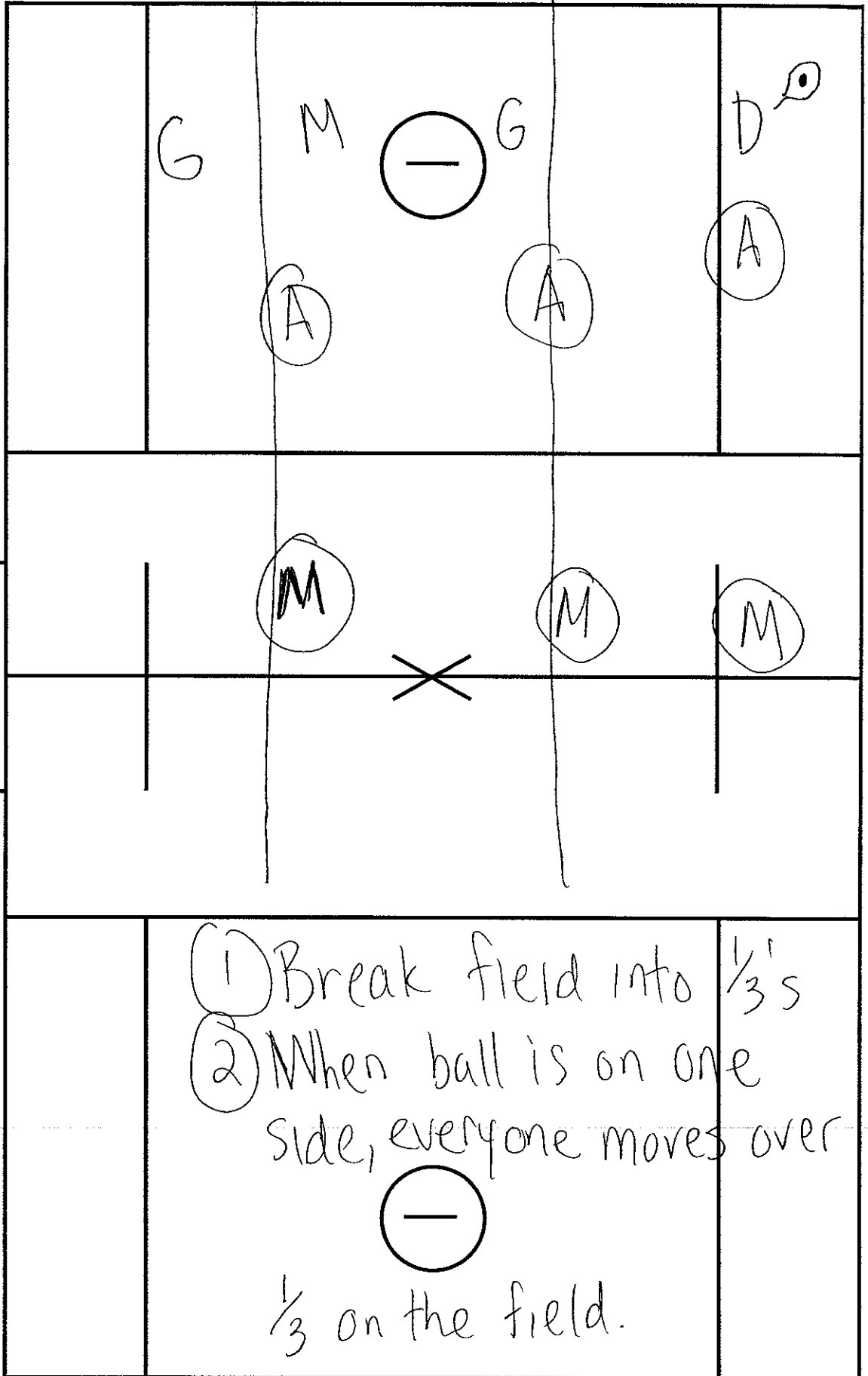




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Riding



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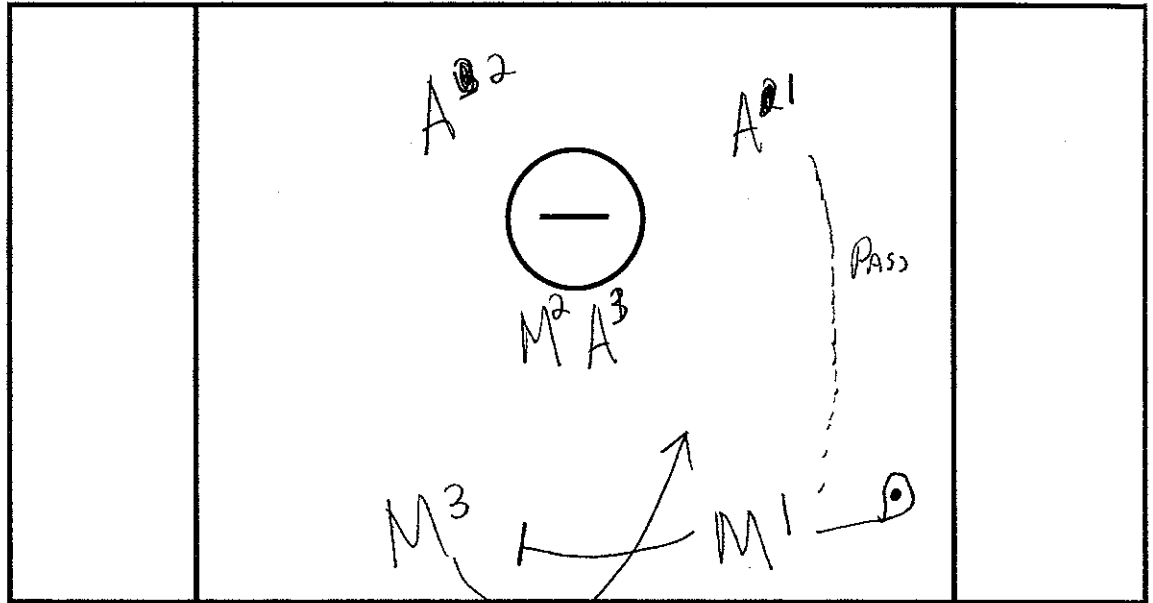




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Pass and Pick Away
 2-2-2



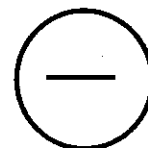
① Ball is passed around.

② M¹ passes ball to A¹

③ M¹ sets a pick on M³

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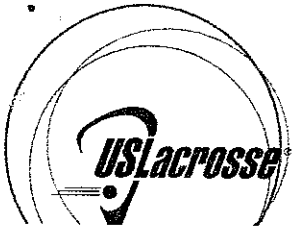
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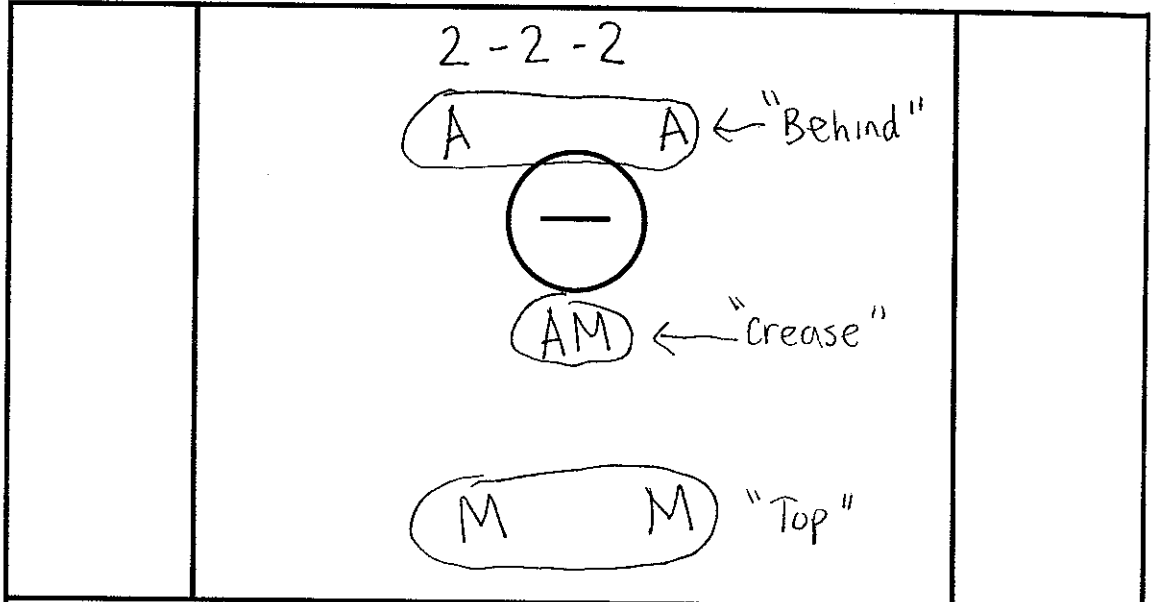




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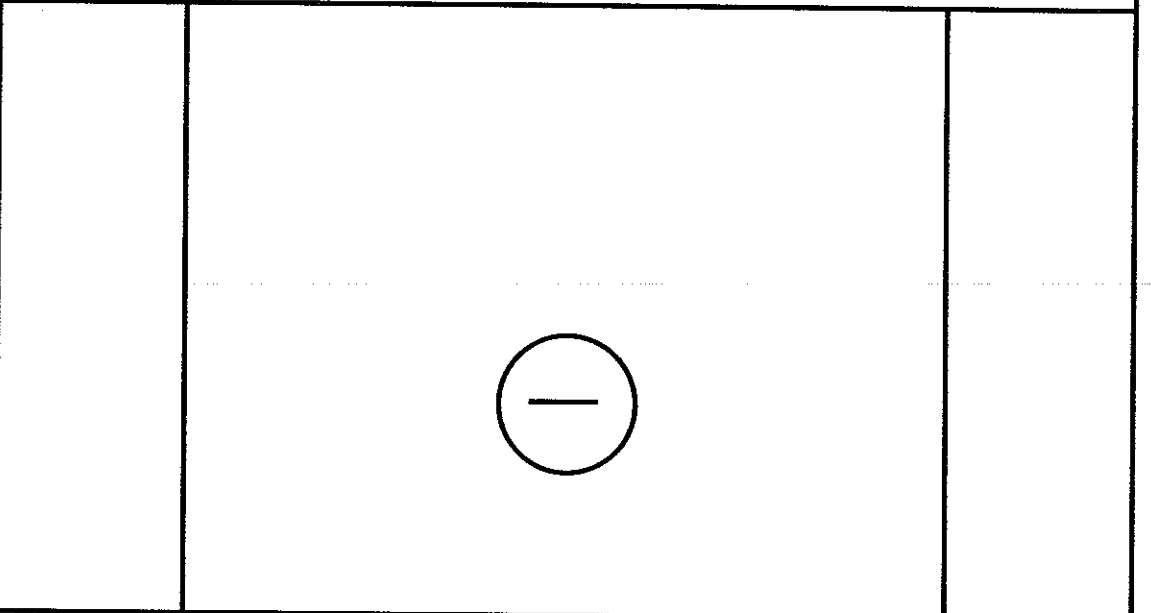
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2-2-2
 Offense



- ① 3 teams of 2
- ② Each team works together
- ③ They act like a "12" and a

"6" on a clock, mirroring each other, being able to receive passes from each other, and cutting through each other as they dodge.



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