

Standard WYLA U9 Lacrosse Practice

- The #1 goal of practice is to ensure that each kid has as many “touches” as possible. Avoid lines at ALL costs, however if the drill has lines, then ensure that there are fewer kids, or the kids have balls in their sticks while standing in line.
- You should limit concepts (ie. field positioning/rules) as much as possible, as the U9’s really don’t retain “lectures”, or “see how I do it” stuff. Sometimes you cannot avoid this. If you are going over concepts ensure that there is one coach speaking, all of the kids “take a knee” and other coaches are standing behind the kids and ensuring they are paying attention.

Start Practice - Team meeting (off the field 15 min before practice)

1. How was the week? RESPECT topic - gets the kids calmed down ready to play
2. Focus on this week/practice - RESPECT topic: Can be anything you want them to focus on, just tie it back to one of the topics.
3. What we are going to do in practice.

Warm-Up

1. *Warrior Run* - two lines, slow jog around the field. When the coach blows whistle or says “GO” the last guy runs to the front as the leader.
2. *Half or full field runs with the ball*. Every kid has a ball
 - a. Running half field cradling (both hands)
 - b. Rolling/kicking the ball out and picking it up (Two Butts Down).
 - c. Full throws (BEEFF), then running and picking it up.
3. Line Drills
 - a. Ground Balls (both hands, Two Butts)
 - b. Throwing and Catching (Both Hands, BEEFF)
 - ONLY 5 per line! (keeps the kids from standing around)
 - Lay a few balls out for each line (3-4)
 - EVERYONE is watching the ball the entire drill (stay focused)
 - First guy in line is throwing or catching
 - 2nd guy in line is backing up and gives a ball if the first guy misses it (keeps the drill moving)

Stations (if time allows, need to balance with game/scrimmage time)

- Up to 4 stations, the more the better, YOU MUST KEEP LINES TO A MINIMUM, so smaller groups, unless one station calls for more players.
- We have done a bunch of drills, and will pick up more from clinics. Repetition from a previous practice is fine!
- Links to drills:
<http://beginnerlacrosse.com/lacrosse-drills-fun.asp>
<http://www.laxpower.com/content/instruction/display.php?type=laxcoachmike>

<http://files.leagueathletics.com/Text/Documents/12635/43308.pdf>

Game/Scrimmage

- Make sure to change players much more quickly than we will in games
- Smaller scrimmages (ie. pup goals/3v3) is good too.

Fun Drill (if not covered in stations)

- For example, face-off drill, or back to back drill where if you beat your opponent, they have to cheer for you, or anyone that beats you, until the championship.

Clean up

- Pick up the balls and cones

End Practice - Team Meeting (off the field, 15 min after practice)

1. How did we do?
2. What to focus on at home.
 - a. Lacrosse
 - b. RESPECT (new topic for next practice)
3. Have Fun!