

Triad Youth Lacrosse Association Practice Plans

Practices 1-8, Clinic Practices

An overview of what to teach in 8 practices

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Practice 1

Notes: Tape on helmets with last name written on it.

Warm-up 10 minutes

Static stretching and ½ mile to 1 mile run or

Dynamic warm-up

High-strides 4 @ 20 yards each

Long Strides 4 @ 20 yards each

Slides – instep to instep no crossing of feet (simulating defensive movement) 4 @ 20 yards

Running backwards 4 @ 20 yards each

Sprints – 4 @ 40 yards each

Up – Downs 3 minutes

Teaching – 15 minutes

Basic stick Skills

1. Box Area – where is it, why it's important
2. Cradling – How to and why we do it
3. Passing - Hand placement, cradling the elbow, follow through and follow your pass
4. Catching – target, soft hands, here's your help, hand position on stick
5. Scooping – why scoop, accelerate and run through, look up immediately & gb's win games

Organizing -5 Minutes

Send goalies with coach for instruction and warm-up
divide into never played organized ball / played before

Drills – 10 minutes

Experienced players - Zig-Zag drill (see attached sheet)

Beginners - Passing & catching

- Pair kids up 10 yards apart facing each other
- Have them throw back and forth
- Make sure they are using proper form for both catching and throwing and cradling
- Check sticks for pocket depth

Goalies – are already warming up with a coach

Organizing -5 Minutes

Have the kids count off 1, 2, 3... to divide into equal groups

Water Break – 5minutes

Skills & Drills - 30 minutes

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Circuit drills – 10 minutes a station

Station 1 – Ground Balls – Location center of field - teach Man, Ball & release talking skills and why we do it

- Roll ball out and have players accelerate through it, pick up ball and pull stick into box area and throw quickly back to coach who then rolls ball out for next player in line.
- 1 v 1 ground balls kick the ball in front if can't scoop, and do same as in drill 1
- 2 v 1 ground ball – man - ball – release, talking and looking up quickly to make or receive outlet pass

Station 2 – 1 v 1 offense v Defense from behind teach defensive stance

Feet – Balls

Knees – Bent

Hips – Square

Chest - out

Head – up

Eyes – ahead

Stick –on hip

Poke & lift

- Initially defense does not use stick just stays in front of man moving feet and pushing “o “ man away when he gets in close run through all the players
- Then d' man with stick guards man
- Time limit on shot if not shot w/in 10 seconds defense wins
- Teach offense to have a dodge in mind and know where they want to go for shot, pick spot
- Teach d to look for strong hand and force other direction, and how to intensify at pipe
- Have goalie talking to defense and saving shots

Station 3 - Over the shoulder passing with outlet pass

- Demonstrate over-the-shoulder pass & catch
- Two lines facing each other
- Have goalies stand to the side of each line
- Kid in front of line breaks down and out
- Goalie throw pass over shoulder to player, once catch is made, player making catch throws to coach or goalie at the head of the other line. Repeat pass and catch sequence.
- Switch sides or make passes longer as drill progresses

Conditioning -10minutes

Ground ball relay race

2 – lines with equal amount of people, lines start at midfield – put ball on restraining line – start race kids have to pick up ball at the restraining line and run to end line, then back to midfield line on the way back must put ball back on restraining line for next player to pick-up. Once player has gone they take a knee. First line with all players through the race wins.

Full field suicide

Meet and talk with parents about practice times, code of contact etc.

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Practice 2

Warm-up 10 minutes

Static stretching and ½ mile to 1 mile run
or
Dynamic warm-up
High-strides 4 @ 20 yards ea
Long Strides 4 @ 20 yards each
Slides – instep to instep no crossing of feet (simulating defensive movement) 4 @ 20 yards
Running backwards 4 @ 20 yards
Sprints – 4 @ 40 yards each
Up – Downs 3minutes

Teaching – 15 minutes

Review Basic stick Skills

- Box Area – where is it, why it's important
- Cradling – How to and why we do it
- Passing - Hand placement, cracking the elbow, follow through and follow your pass
- Catching – target, soft hands, here's your help, hand position on stick
- Scooping – why scoop, accelerate and run through, look up immediately & gb's win games

New lesson – Basic rules & field position

- Middies, Defense, attack, goalie positions & responsibilities
- Face-offs, restraining Line and possession – where to stand & rules
- Defense, Attack and Middle back
- Chasing errant shots vs. Errant pass
- Penalties, Slashing, tripping, illegal hits, warding, etc.
- Penalties – what happens ie fast break or man-down for jv level.

Organizing - 5 Minutes

Send goalies with coach for instruction and warm-up
divide into new kids and experienced kids

Drills – 10 minutes

Goalies – are warming up with a coach

Experienced players - Zig-Zag drill (see attached sheet)

Beginners - Passing & catching

- 3 kids in triangles have coach or coaches help with form
- Have them throw back and forth
- Make sure they are using proper form for both catching and throwing and cradling
- Check sticks for pocket depth

Water Break – 5minutes