

Triad Youth Lacrosse Association Practice Plans

Practices 1-16

A progression of Practices for a season...focusing on team concepts.

Triad Youth Lacrosse Association

Blackhawk's' Practice Schedule

6/7/2011

Roll Call & Warm-up

- 5 Call Roll – any new players pull out and put with coaches
- 7 Dynamic Warm-up
High Strides, Long Strides, butt-kickers, high Skips, running backwards, running frontwards
- 20 Simultaneously with line drills -Goalie Warm-up 2 –coaches, 2 goals
Line Drills (4 lines) – Ground Balls, Passing Right, Passing Left, over the shoulder passing.

Individual Skills and Drills

- 20 Station 1 - Draw and Dump – in front of goal 2 players on offense 1 on “d”
Station 2 – 1 v 1 ground balls / 1v 2 ground balls 2 pass back to coach
Station 3 – ABC’s of defense in front of goal
Station 4 - Dodging – Face dodge / Split Dodges show it then let them do with coach defending and correct form
- 5 Water break

Team Skills and Drills

- 10 Live ball clears - with Goalies. ½ of the defense and ½ of the Middies at one goal
- 10 Fast breaks – with ½ of the middies, all of the attack and ½ of the defenders

Blow horn and switch ends

- 5 Water break – drink water while we call out teams (A & B)
- 10 Set up both teams and do full field clearing, riding into fast break
Do 5 times with each group and then scrimmage.

A team is light pinnies, B is dark pinnies

- 28 Scrimmage – stop when not cleared properly or fast breaks set-up properly.
1 coach on offensive end, 1 coach on defensive end to coach kids
2 referees
Rest of the coaches on sideline coaching players

120 minutes total

Triad Youth Lacrosse Association

Blackhawk's' Practice Schedule
6/9/2011

Roll Call & Warm-up

- 5 Call Roll – any new players pull out and put with coaches
- 7 Dynamic Warm-up
High Strides, Long Strides, butt-kickers, high Skips, backwards, frontwards
- 10 Diamond passing on both ends of field – *see diagram*
Simultaneously with Diamond passing drill -Goalie Warm-up 2 –coaches, 2 goals
- 5 Water break

Individual Skills and Drills – six minutes per station

- 24 Station 1 – 3 v 2 Offense v. Defense - in front of goal – Defense should be in I – players calling I got ball I got two and when ball is passed the defense responsibilities change. Person who had ball now has two and person who had two now has ball.
Station 2 – Roll Dodge, Bull dodge, Rocker dodge – on side of field – after letting players do it a couple of times – then put a defensive player on them and have them use each dodge against a defensive player.
Station 3 – Give-n-go – in front of goal – two lines up at top of box – have 1 player throw to other middle and then cut to goal and then player who received the pass throws it back to the original player who then shoots low and away on goal – goalie in goal – second part of this drill is to have one line on GLE and one line up top. Have a player on GLE feed the middle cutting down toward the goal.
Station 4 – Taking away the angle – location: sideline. Make an alley using cones about 10 yds wide - have one line running down the alley – have defensive player coming in at an angle and force the player with the ball out of bounds.
- 5 Water break

Team Skills and Drills

- 20 Live ball clears - with a Goalie. All middies and a goalie at one end of field. Middies break up field to Boston, Detroit and Seattle areas. Clearing middies call where they to let goal know where to throw the ball. Have defensive middies playing on the clearing middies to force them to move without the ball
Riding – all Defensemen and Attack with a goalie.
Have Goalie call “clear” or “break” and start out of the goal – have attack set up in triangle to ride - show them how to rotate so the man furthest from the ball is the one left open. *See diagram*
- 5 Water break – drink water while we call out teams (A & B)
A team is light pinnies, B is dark pinnies

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Blackhawk's' Practice Schedule 6/9/2011

- 40 Scrimmage – stop whistle and have coaches explain what the players did right and what they could do better. Have 1 coach on offensive end, 1 coach on defensive end to coach kids. Need two refs on field and the rest of the coaches on the side line.

120 minutes total