

Lacrosse Drills and Practice Plans

Making you a better coach, one practice at a time!

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Introduction – How to Use this Guide!

Lacrosse is a game that has started to take off across North America. It is hard-hitting and fast paced like hockey, but it has the playmaking styling of a basketball offense. There is a lot to learn about lacrosse and there isn't a huge amount of information on the topic, but hopefully we can change that with this list of drills and practice plan advice.

Running lacrosse practices and building skills is a challenge for any coach. That's why we created this guide – to take the guesswork out of it, and to make your practices more effective, so you can build the skills of your players through drills and good practice techniques.

How this guide works:

In the first half of the book, we have drills for ball-handling (catching and scooping), passing and shooting and then different drills that will illustrate a few of the common game situations in lacrosse. These drills are separated into skill level, with three skill levels being used throughout the book. Each skill level will be represented by a picture, as you will see below:



- this will represent younger players (ages 6 to 8 years old)



- this will represent middle age levels (ages 8 to 12)



- this represents higher age levels (aged 13 to 18)

By separating these drills into skill levels and age groups, we have attempted to make sure that the drills you are instructing are appropriate for the kids you are coaching. You will, however, find that many of the drills can be used at the other skill levels.

In the second half of the guide... we have provided you with 25 different practice plans you can put into action. Now, instead of trying to keep your practice moving along, you will be able to run a tight ship with a minute-by-minute guide to your next practice.

That's how a practice should run. If you want to maximize your practice time, you need to go into it with a plan. Sometimes that plan is impossible to put together with everything else that is going on in your life. We have designed these

practice plans so you can print the ones you like off on your printer and take them to practice ready to roll.

If you want, you can take the ones that work the best for you and make small adjustments, to tailor the practice to your team and the skills they need to work on. If you want, you can have certain practice plans for certain days of the week, etc – the sky is the limit!

Lacrosse is an intense game, and building a player's skills is not always easy. Starting with the fundamentals and working your way up is the best way to coach a team. Strong fundamentals are the key to putting a winning team on the field – and we have put together a resource to help get you there!

Best of luck!

Ball Control – Scooping and Catching

This is the first, most basic concept in lacrosse, but it still is extremely important. Without the ability to control the ball, a team cannot generate good offensive chances. Just like in hockey or basketball, without control of the ball or puck, then you just don't have control of the game – and you can't score.



Cradle the ball

Cradling is an essential skill for young players to learn right away.

What you need – Players should have their sticks and of course, full equipment to do this drill. Players can spend some time practicing this at home, because it does require some dexterity to do well.

How this drill works – Each player should have their stick and carrying a ball. Cradling is necessary to control the ball while the player is running down the floor and dodging other players on the field.

Coaches should notice the following: **Grip, Wrist and arm action, and stick position.** This is a skill based lesson – and not so much of a drill for the younger players.

Grip – The top hand should be in a position that allows it to control the bounce inside the pocket. The bottom hand will direct the stick when the player is running and if they are trying to make a pass or take a shot. When standing still, the top hand should be underneath the stick, and the bottom hand should be on top.

The wrist and arm action – These should work in conjunction with one another. The idea is to create the least amount of bounce in the pocket of the player's stick. The forearm on the top hand should work like a hinge, and not moving all over the place. The wrist should not curl or flex too much.

Stick position – The stick position for the beginner should be horizontal when they are stationary. It is a standard pose for any player, except for when they may be experiencing pressure.

When a defender must shield their stick from a defender, the stick moves to a vertical position, almost parallel with the player's body.

An easy drill to build on this position is just to have players carry the ball around, either on the run, or just walking around. Coaches should watch for technique.



Scoop drill

When the ball is loose, players need to be able to pick the ball up – and proper technique is important.

What you need – Players with sticks and proper equipment.

How this drill works – If you have ever coached baseball, you will know that players have to gain position and then use the proper technique to scoop up a grounder. The same could be said for picking up a lacrosse ball.

After the coach prepares the player with the finer points of how to scoop the ball, he or she can split the players into two groups and then roll or bounce a 'grounder' to the players to pick up. Proper form is the key to this drill – and will build a solid fundamental base for the young player.

Result – Players will be able to control the ball when it is loose.



Box area

This is the catching area that player's need to learn to accept the ball from passes.

What you need – Two lines of players, each with a coach and some practice balls.

How this drill works – Although players can catch the ball from a variety of areas during the course of a game, it is important players learn the **box area** – the area a few inches away from their pocket side ear. This is the prime receiving area because it provides protection from defenders and it allows for optimum hand-eye coordination – which is essential for good receiving.

To get used to receiving the ball properly, coaches can toss the ball softly so a player can control it in the box area. Once players gain a little more confidence, the coach can increase the speed of the ball.

Result – Good ball reception technique – which is an important skill to learn. Can be combined later with passing drills.



Scoop keep away

This is a drill that will reinforce the scoop technique.

What you need – Make a 15-yard by 15-yard square area with pylons. Inside this area, you can have 5 offensive players and 1 defensive player. Include 2 balls.

How this drill works – The players must stay inside the square area, and there is one player that starts off as the defensive player. The other five players must roll the ball (a passing skill) along the field to one another in order to build their low scooping skills.

After players continue building their scooping skills, you can add in another defender to make it a little more difficult to roll and scoop.

Results – This drill will not only build basic passing skills, but it helps a player develop their scooping skills.



Grid freeze tag

This drill will reinforce the basic skills of holding the stick and running properly with it.

What you need – Set up an area of about 30-yards by 30-yards with 8 to 10 players, and one 'defender'. Each player should be carrying their stick, but there are no balls in this drill.

How this drill works – This is really just a simple game of lacrosse tag. You put the offensive players in the middle with the defensive player (or players) and it becomes a game of tag. Players must stay inside the square area.

The players must hold their sticks properly, and carry them around using proper technique when they are running around. Two hands need to be on the stick (they will learn the one-hand form later), when running. Coaches should 'freeze' players that are not using the proper technique.

The desire of this drill is to teach players to use their stick properly, and to be able to change direction while staying in control.

Results – This will reinforce the basic skill of holding the stick.



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.



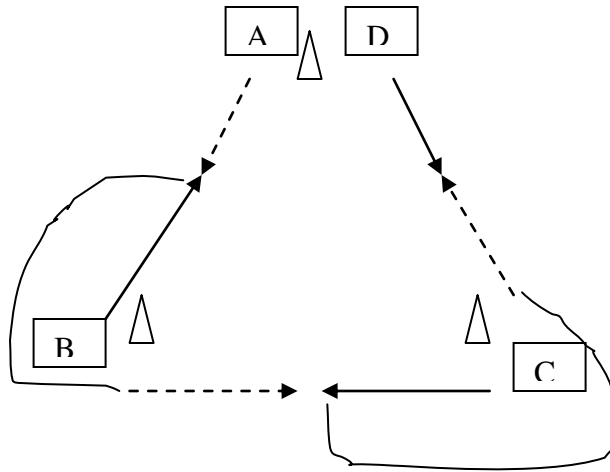
Alternate triangle

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.



In the above diagram, the dotted lines represent rolled passes, the solid line represent a player running without the ball, and the colored lines represent a player just receiving the ball (scooping) and peeling around their cones.

You can continue to run this drill over and over around the triangle as players continue to develop their skills.

Result – An improvement in several basic skill areas.



Scoop on the run

Players are moving all of the time and they need to be able to scoop the ball while they are in the middle of game action.

What you need – Place 4 or 5 pylons in a zig-zag fashion along a space of about 20 yards (each cone about 5 yards apart). You can make two different lines for this drill for maximum repetition. You will need a coach throwing ball at each station.

How this drill works – The player at the start will move to the outside of the first cone, and while they are running, they will have to scoop the ball from the ground. They will just scoop and the pass back to the coach, when the next ball is flung toward them heading to the outside of the next cone.

The players can do this over the entire 20 yard course. To make it more challenging, you can set up teammates at various places on the course that they have to pass to.

Result – The player will continue to develop his or her scoop skills, but be able to execute it on the run.



One on one scoop drill

This helps players prepare to battle for a loose ball

What you need – Two players of similar skill level should be paired together, and they should be in two separate lines, facing forward towards a coach, who will have a ball.

How this drill works – The coach has the ball about 15 yards ahead of the two players. When coach blows the whistle both players will burst toward the coach and the coach will toss the ball into the center of the players and the one with the advantage must use their body to shield the ball from the other player in order to make the scoop.

Coaches should instruct the proper technique for shielding, and when the drill first begins, keep the body contact (which almost always occurs in loose ball situations) to a minimum until players get the proper shielding and scooping techniques. You can always add the body contact in later (and we will have drills for it.)

Result – Players will begin to learn to use their body to help them gain position for scooping the ball.



Ball control drill

Keeping control of the ball through movement and pressure is important

What you need – Pair up players of similar skill level and give each pair a ball.

How this drill works – One player carries the ball and the other player tries to get the ball. While this shouldn't necessarily happen at full speed to start, players should attempt to get the ball from the one carrying it.

Coaches should teach the players the proper one-handed stick grip, and then shielding the player with from their stick with the non-holding hand. This is a basic skill that should be learned at this level of lacrosse.

Once a player gets the ball from another player, or 30 seconds have gone by, they should switch.

Result – Players not only get to practice keeping the ball from someone, they get to practice taking it away.



Ball protection

Protecting the ball is essential in maintaining control.

What you need – Two defenders and an offensive player that will carry the ball toward the net.

How this drill works – The two defenders will line up in front of the net, but they will be facing each other, not the player that is carrying the ball. There is about 5 yards between them.

The player with the ball will attempt to run through the two of those defenders while keeping the ball under control. The defenders will make half attempts to disrupt the offensive player's control and to dislodge the ball. Stress the half-attempts as the drill is for the offensive player more than the defensive player.

Later, you can add a final defender (or even a goalie) to get past, while the player takes a shot.

Result – Players will build their resilience to outside interference from opposing players, allowing them to hold on to the ball better when pressured.



The Gauntlet

Scooping while running through traffic is a good skill to master

What you need – You will need 5 players and a couple of balls. We will illustrate the set up below.

How this drill works – It teaches players to scoop the ball while there are sticks in the area. The players should be set up as follows:

| | | | | |
|------------|--|----------|--|----------|
| | | C | | |
| A B | | | | E |
| | | D | | |

The ball is placed between player C and D, with players A and B and C and D about 10 yards from each other, and then player E is about 15 yards away from c and D. C and D have their sticks crossed over the ball.

Here's how the drill works – Player B starts by running through the sticks of C and D and scooping the ball and he or she veers to the right (or left) and they will

pass it to E. Then E makes a quick move, runs with the ball and then passes to C.

E then replaces C and C goes down to the initial line to go behind A. So now, D and E are crossing sticks, A is going through them and B is where is started. You can continue running this drill until all of the players have had a few chances to go through.

Result – Player will learn to deal with stick traffic and they should build their ability to control the ball under pressure.



Four pair scramble

Offensive and defensive player will be matched in their ability to get the ball.

What you need – Match up four pairs of evenly matched players. You can include a goalie in this drill as well. They should be in the corners of a 20-yard by 20-yard square area.

How this drill works – All of the players will be in their respective corners, and the coach will be on the outside of the box. The drill begins when the coach rolls the ball to a certain corner.

At this point, the offensive and defensive players will battle for the ball until one player comes up with it. Once this happens then the following play ensues: If the defender get the ball, the rest of the defenders on the court will move the ball around until they can get the ball safely to the goalie and then clear the ball back to the coach.

If the offense wins, then they must try to move the ball around to get a shot on goal.

Result – This will aid players in developing the skill of fighting for the ball and gaining control of it while being pressured by other players.



Quick scoop drill

This drill works on agility and quickness for scooping the ball.

What you need – You should have four players, two on each side, with one player in the middle. The initial four players will be facing each other, staggered about 10 yards apart, with about 15 yards in between them. It should almost be like a zig-zag pattern.

How this drill works - The player doing the scooping will run between the players, getting one pass, scooping the rolling ball, then placing it down. Then, still running, the next passer rolls the ball and the player in the middle must scoop the ball, put it down, then move to get the next pass.

The players should try to scoop, stop and place the ball down for each pass. This will continue to build their ability to scoop the ball under pressure and it will build agility, quickness and reaction during game situations.

Result – Sharper skills and better agility while making the right scoop on the field.



Dodge and scoop

A dodge is merely a quick fake of direction to lure a defender from his defensive position.

What you need – You will need a defender, an attacker and a passer (the coach).

How this drill works – The defender will have his back to the coach, so he cannot see the direction the coach is going to pass the ball. The attacker will be about 15 yards away from the coach, with the defender in the middle.

The coach will point to the side he or she is going to pass to and then when he or she blows the whistle, the attacker will run towards the defender and give them a ball fake one way and then move the next to receive the quick pass back.

The coach should be watching for the proper technique on the scoop, but also that a solid dodge move was given to the defender. The odd time the attacker may choose not to make a fake, and instead go for the pass right away. The defender must react quickly to where the ball is going and try to disrupt the play.

Result – Attackers and defenders get work on certain skills during this drill.



Dodging drill

There are a couple of different dodges a player can execute to find space to receive the ball.

What you need – You can set the drill up very similar to the above drill, but in this drill the players will vary the type of dodge with will execute instead of just using the jab step and go dodge.

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.

Passing and Shooting

You can't score goals if you can't shoot the ball. You can't shoot the ball unless you are in a good position. You can't get into a good position without the help of passing. The combination of the two goes hand-in-hand and that is why we have put the two drill types together.



Passing and catching

Two fundamentals that should be first on the list of skills

What you need – You can pair players up, or you can put them in groups of threes to do this drill. Each group has one ball they are to pass around.

How this drill works – This is a skill-based drill, so the players are essentially just learning the proper technique for passing and catching the ball.

Passing: Players should be faced at their target with their lead foot being the opposite of his top hand on the stick. The top hand is just under the pocket and the bottom hand is the pivot point for the stick. When a pass is made, the top hand should reach no more than six inches above the shoulder and the pocket should not fall too far back or the ball might fall out. The top hand and arm push the ball in the direction of the pass, but then the bottom arm is the power hand and is pulled toward the body.

Catching – The form is very similar to that of the passing stance, except that the stick is going to be held more parallel to the body – rather than off slightly to the side. The major difference is that the ball should be caught in the box area – mainly to try and protect it from a defender.

Players should work the ball back on forth with close coaching so that they can get the technique properly.

Result – Basic skills are learned and reinforced through this drill.



Distance passing

Younger players need to understand how much force put on the ball when they are passing to get it from point A to point B.

What you need – Pair up players of relatively equal skill and start them at about 5 yards apart. Each pair will need a ball to pass back and forth.

How this drill works – The players will start off just 5 yards apart and they will pass the ball back and forth. Coaches should be watching for proper technique and that the players are passing accurately and under control.

On the coaches whistle, the players will take one giant step backwards and they will continue the drill. Once again, the coaches will watch for proper form. Once everyone is doing things correctly, they will take another giant step back.

You can repeat this process until the players are about 20 yards apart. This might be as far as many of the younger players can throw the ball.

Result – Players will begin to develop a sense of how much power they need to put into each of their passes, when a player is at a different distance.



Shooting drill

This will be a player's first taste of taking a shot on the net

What you need – If you have more than two nets, this drill works better because players will get more repetition. But, they line up about 10 yards in front of the net, in as many stations as you can put together.

How this drill works – Really, just start firing away at the net. Players can move from side to side, they can change their distances, pick the corners, whatever they would like to start getting the feel of shooting the ball.

Coaches should make sure that proper technique is followed. Some quick pointers are:

- Standing facing the target with foot opposite shooting hand ahead of the other.
- Rotate at the waist so that the shoulders are perpendicular to the goal.
- The shooting motion is very similar to the passing motion

Speed is generated in a quick trunk rotation followed by the hinging motion of the bottom hand to pull the stick forward, making the whole thing act like a catapult towards the goal. Also, the larger the stride toward the goal, the more speed.

Players can continue taking shots. This is a good drill to warm players up, and also to warm up goalies.

Result – Repetition of a basic technique, reinforcing good shooting skills.



Catch and shoot

This combines two skills into one drill

What you need – One passing line and one line that is going to receive the pass and shoot the ball. This can also be divided into two groups of each if you have appropriate numbers. One or two nets will be needed for this drill.

How this drill works – The shooting player drives (jogs to start) towards the net, and the passing side makes a pass. At this point, coaches should be looking for proper technique in passing form and reception.

Then once the shooter gains control of the pass, then he or she will turn, aim and shoot on the net. In order to get work for the goalie, you can put a goalie in for this drill.

Result – Your players will get the hang of getting a pass, and making a quick transition into a shooting position to get the shot.



Dodge passing drill

A player can use the dodge to open up an area to make a good pass.

What you need – You can set up two stations that will have three groups: attackers, defenders and pass receivers.

How this drill works – A player must be taught the basic dodge moves, and then use them on the defender in order to create space for him or her to make a safe pass to one of their teammates.

Players should try to use the basic face dodge to start, as that is likely to one that will be taught the most at this level. But, if players are taught other dodges, they should practice this.

The key is to get a player to be able to execute a good dodge, and then set up for the proper passing technique to their teammate.

You can also make this the **dodge shooting drill** if you want. It would be essentially the same, except players will be getting into proper shooting form instead.

Result – Mastering the skill of dodging and passing to gain an advantage.



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.

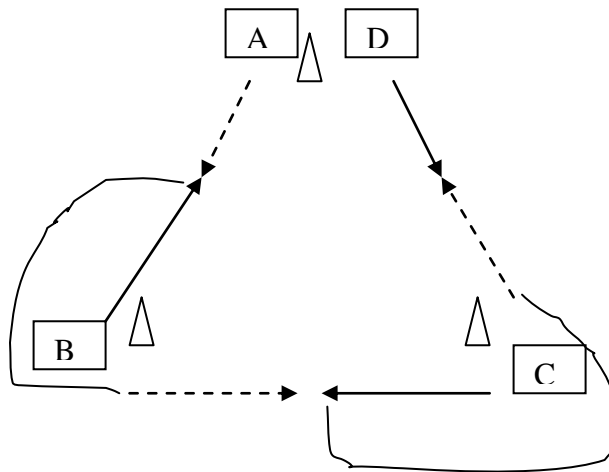
Result – Passers recognize players to pass to while moving around, and reinforcing passing skills.



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:



How this drill works – Very similar to the scoop triangle drill, but the major difference is that the passer follows their pass (dotted line A passes to B to start) to the next marker and gets at the back of that line.

So the drill looks something like this – A passes to B, who meets the pass half way; A follows his or her pass and B peels to the outside of the triangle, around their pylon and then passes to a charging C. B follows the pass and gets to the back of the line, C peels to the outside and around the cone to pass to D.

The play continues as each pass is followed so there should almost always be two people behind each pylon.

Coaches should watch that passes are received to the outside of the triangle area, as this simulates protecting the ball from defenders with the body.

Result – Work on passing, catching and movement with the ball.

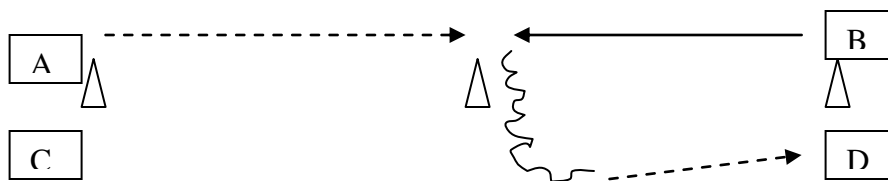


Catch and turn

Another drill that works on movement, passing and catching

What you need – Set up three pylons, each about 10 yards apart – in a straight line. Two players should be at each of the outside pylons.

How this drill works – See the diagram below:



So, the first pass starts from player A to player B. Player B charges toward the center cone and receives the pass from player A. Player B then peels around (squiggled line) and passes the ball to player D. Player A moves to the back of the line (behind C).

Player C then charges to the center, and player D makes the pass to them. Player C peels around and passes to player A and so on. This drill continues. After two or three times around, players can switch up the positions.

Result – More development of passing and catching skills.



Four corner passing

This is a speed passing drill to develop quick passing and catching skills

What you need – Set up four players in a square, with each of the players at a corner about 10 to 15 yards apart. There is one player in the middle.

How this drill works – The person in the middle is going to be on the hot seat as the ball is passed between the players around the outside, only to then have it passed quickly to them.

The players on the outside have no set pattern of where they need to pass it, as it is random. The player on the inside must be alert as the passes can come from all directions. The player on the inside, once receiving the pass, must quickly pass it to one of the outside players.

To make this drill more complicated, you can add two balls. One that travels around the outside, and one that gets bounced in and out of the square.

Result – Players are going to develop exceptional passing and catching agility with this drill.



Give and Go

This illustrates a basic pass play that will be used often in lacrosse

What you need – Match players up with partners and each one has a pylon that will simulate a defender.

How this drill works – It is a simple passing drill that illustrates one of the basic plays in lacrosse. The player starting with the ball passes it to the right of the pylon, where the other player is. Then the first player bursts past the other side of the pylon where he or she receives a return pass from the player.

At some point, you can add an actual standing defender that will sit in the middle of the two offensive players and they take give a little resistance to the passes being made.

Result – Players will get a good idea of the first basic passes they will execute in a game situation.



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.



Inside out with defender

Similar to the drill in the last skill section, but this one has the added element of a defender.

What you need – Set up an area about 20 yards by 20 yards. Have 5 players on the outside, with 8 players on the inside. 5 players on the inside will be pass receivers, while three will be defenders.

How this drill works – There is going to be a lot more action in this drill, so it is important that players learn to keep their heads up and keep their minds in the action.

The three defenders will provide half resistance and will be more bothersome than anything else to start this drill. But, as players become more comfortable with the drill, then defenders should start to put increasing pressure on pass receivers and pass makers to come up with good moves and to use shielding techniques.

Each time a pass is made to the outside the players switch spots and then outside player (who is now inside) tries to do the same thing – pass it to a player on the outside.

Result – This drill will help players develop the skill to pass, carry and receive under defensive pressure.



Three zone shooting

Players should get used to shooting from more than just the slot area.

What you need – Set up three cones, each about 10 to 15 yards from the net. You can have players at all three cones, with a couple of balls at each cone. You can have a goalie for this drill if you like.

How this drill works – This is a basic drill, but it is extremely valuable in the development of the player – especially the attackers. At each pylon players will scoop up the ball and take a shot. Once they take a shot at one area, they will rotate to another area.

If you have two goalies, you can set up two groups to provide for more repetition for the player.

Result – Increased shooting skills.

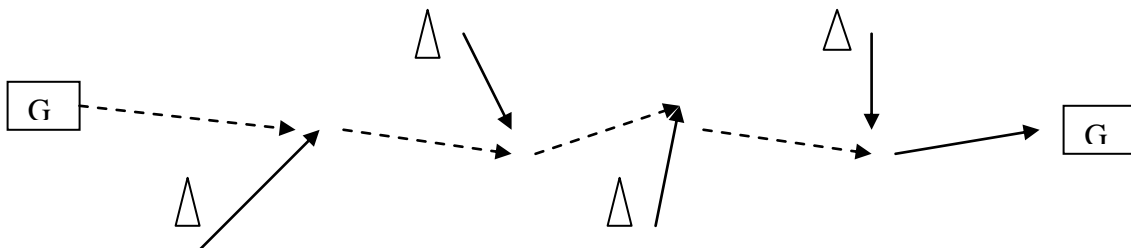


Diagonal passing drill

This is a quick passing drill that will be a good one for players to master

What you need – Set up four pylons about 30 yards diagonally apart. (See diagram), two goalies should be at each end. The entire distance of this drill will be about 60 to 70 yards. Two players will be at each pylon in order to keep the drill going continuously.

How this drill works – See diagram below and then corresponding explanation.



The goalie starts with the ball, and once the coaches whistle blows, the first players (at the first pylon on the left) breaks toward the center to receive a pass, then the player at the next pylon breaks to receive a pass from the first player. This goes on down the line.

Above, the receivers are marked with a solid line and the pass is denoted with a dotted line.

Result – This is a quick passing drill that works on a player's quick passing, catching and releasing skills.



Pass and dodge

This is a great deal to continuously work the ball back and forth using a dodge technique.

What you need – Place two cones about 15 yards apart with two players behind each marker. You will need one ball for this drill.

How this drill works – This is a challenge drill that helps players work on their passing under pressure and their dodging to make the pass skills. Players A and B will be on one side and C and D will be at the other.

The drill starts with player A passing all of the way across to player C. Player C attacks forward to receive the pass, and player A, once completed the pass, charges into a defensive position against player C.

Player C executes a dodge maneuver on player A, then passes to player B. Player B then dodges player C to pass to player D. This rotation continues with each player following behind the player before them, providing defense and dodging around for a pass.

Result – Combining the dodge maneuvers and passing and catching for an increased skill set.



Dodge attack

Using a dodge and quick movement will help set up shots on the net

What you need – Set up three areas, one behind the goal and two out front on either side of the net, about 10 yards away. Pair up players of even skill at each station, one attacker and one defender.

How this drill works – With a goalie in the net, this drill is designed to help teach players to use their quickness and the dodge technique against a defender to find a shooting lane and to drive to the net.

The coach will call out which station he wants to go: left, right or behind and with an attacker and a defender at each one, the battle begins. The attacker tries to make a quick move and drive (**within 5 seconds**) to take a shot. Score **one point** for a shot, **two points** for a goal, and give defenders **one point** for a stop or a steal.

Result – Working on this drill will help players learn dodge moves in order to get shots on the net.



Rapid fire

This one will help the goalies the most.

What you need – Three stations right across, about 10 to 15 yards in front of the net – left, right and center.

How this drill works – Players are going to work on their shots in this order: 1,2,3,3,2,1. The goalie should follow this pattern and try to make the save.

Result – A quick and easy drill for shooting and goaltending practice.



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.

Offensive and Defensive Tactics

The tactics in lacrosse are quite similar to those in basketball, with the different motion offenses, the defensive skills and the use of picks, rolls, and driving to the net. In this section, we are going to go through several different drills that are going to help simulate these certain game plays and situations.



Screen and roll pass

This is a basic drill to help players understand the use of a screen and roll technique.

What you need – Put players in groups of three to run this drill. Include one ball with each group of three players.

How this drill works – This is a simple screen and roll to open up space to move and then to pass the ball. One player should start with the ball and be covered by a defender. The third player is the one that sets the screen.

The screen player communicates with the passer on which side the screen should be set. The ball carrier moves to his or her left or right, and the screener sets a screen to provide open space. Then the screener rolls toward the net to receive a pass, and then takes a shot on net.

Result – This teaches younger players how to use the screen to their advantage.



Midfield give and go

This uses the midfielder and attacker to give and go to get a shot

What you need – Have a midfielder at the restraining line (you can set up two groups, one on each side) and groups on each side of the net.

How this drill works – This is a basic give and go to the middle of the net. The groups on the side of the net start with the ball, pass it to the midfielder, who returns the pass to them as they break towards the net. After the return pass, the player takes a shot on net.

Result – This is learning just another basic offensive maneuver.



One on one grid

This drill is a set up for basic defensive play

What you need – Set up a 10-yard by 10-yard (grid) area with an attacker and a defender. One ball is included in this drill.

How this drill works – Inside the square area, the defender and the attacker will meet face to face. Each player starts on his or her back line of the square and the drill begins with the defender passing to the attacker.

The object of this drill is to teach the defender to prevent the attacker from moving forward and getting by him or her and breaching their back line. The job of the defender is to try and legally steal or knock the ball away from the attacker, or to drive them out of the square area.

Result – Both offensive and defensive players can get good work out of this drill. Coaches should make sure that defensive players do have a grasp on basic techniques of checking and of body contact before they do this drill.



Foot fire

This helps younger players develop agility and to learn to change direction quickly while maintaining proper defensive position.

What you need – You can have six players, three in a row, about a stick length between them.

How this drill works – The coach will direct players which way to go in this drill. At the start of the drill, the players will lift their feet rapidly up and down (happy feet). The coach will point in a direction and they players will move in that direction.

The coach will yell, “BREAK DOWN”, and the player’s will assume the proper defensive posture:

- Balls of the feet, shoulder width apart
- Arms slightly extended with bottom hand on the end of the stick and the top hand just slightly above that.
- Players should be prepared to move in any direction to follow the attackers.

Result – This drill will help your players learn to quickness and agility it takes to play good defense.



One on ones

This teaches players to challenge one another in one on one situations.

What you need – Have two goals set up (goalies are optional) about 40 yards apart. On one side of each net (opposite sides from each other) you can line up three or four players. Have a few balls ready to go for this drill.

How this drill works – The drill starts on whatever side wants to start on offense. The player at goal one (starting side) will carry the ball and be met by the defender from the other side. This is when the one on one begins.

The two players will battle, with the attacker trying to get a shot on net. The defender tries to prevent this from happening. If the play results in a shot, goal, or a save, the attacker will take the defenders spot and the next player in line at goal two becomes the attacker and the original player from one becomes the defender.

If the play result in a steal, or defensive recovery, then the defender immediately becomes the attacker and tries to score on goal one with the original attacker as the defender.

Result – Besides being quite competitive, this drill teaches players the basics of one on one attacking and defending.



Two on one drill

This will help players decide what kind of play they want to execute on the defense.

What you need – You have two players on offense and one on defense, you can include a goalie in this drill.

How this drill works – Using some of their basic skills (screens, dodges, etc) the offensive players must try to get a shot on the net. They have 10 seconds (or five if you want to be tough on them) to get a shot on net.

The defender wants to try and prevent a shot or steal the ball from a player.

Result – The players should be able to develop good two on one skills and the defender is going to get a good taste of what it is like to face this difficult game situation.



Three on two to the goal

This drill will help both the offense and defense, as it allows the defense to learn how to defend an odd man rush and the offense on how to attack with an extra man.

What you need – You can set this up so it runs continuous back and forth across the field. You start with three players on offense and two on defense. Three offensive players are waiting at the defending end to begin the next phase of the drill. Two goalies are needed for this drill.

How this drill works – Three offensive players move up the floor against the two defenders. They have 15 seconds to make a quick play and get a shot on the net. If they are successful in getting a shot, and either a goal or a save, then the shooter and the two original defenders are done (head behind the first goal), and the next offensive unit comes in and attacks going the other direction.

If the play results in a steal, the attacker that lost the ball joins the defenders on a three on two the other way, against the two attackers that started. You can run this drill continuously with a groups of players waiting to get in at either end.

Result – This is a great game situation drill for both the offense and defense.



Two on two grid

This is a drill to help players with their even manned attack and defense situations.

What you need – Set up a 15-yard by 15-yard square, and you will have two attackers and two defenders with one ball in this area.

How this drill works – This drill is more for the defensive players than the offensive ones, in order to help them learn to pressure the players in order to get them to make a mistake.

Like the one on one drill, this one starts with the defender sending the ball to the attackers and then they close in. The offensive players try to get the ball across the back line where the defenders started.

Result – Greater understanding of defensive play and on offense the essence of teamwork to reach the other side.



Circle one on one dodge drill

This is a fast-paced intense drill that pits the offensive players against the defensive players.

What you need – You can set this up with two nets as long as you have enough players. One goalie, and 6 defenders and 6 attackers are at each station.

How this drill works – Match up similar skilled players in an offensive and defensive role. The players are going to be in pairs and the six pairs are going to circle the net. When the coach blows the whistle, a first pair of players will start the drill.

The object is for the offensive player to make one move and then take a shot on the net. The defensive player is supposed to defend against a shot. The offense has 5 seconds to take a shot before the next pair does the same thing.

Result – This is a great one on one drill that teaches game like situations. Sometimes shot opportunities come in a moment, so players need to take advantage of those chances.



Goalie to goalie

This drill moves the ball from one end of the field to the other, forcing players to make good offensive decisions to move the ball.

What you need – Create a 20-yard by 40-yard grid, with paired up offense and defense at each end, and two pairs in the middle.

How this drill works – The object of the drill is to get the ball from one end to the other, without the defense breaking up the play. The defense will be tasked with trying to prevent the ball from getting to the other end.

The players at the ends must stay near the end, and the midfield players must stay at the midfield. This game involves passing and communication on the field to get the ball from goalie to goalie. The team who can keep getting it from goalie to goalie stays on the field.

Result – This will help both offensive and defensive players begin to work with a larger area when passing and defending.



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.



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.



Four corner slide

This is another communication drill for defensive players

What you need – Create a 30-yard by 30-yard square area, with an attacker and defender at each one of the pylons outlining the area. You can have a goalie in this situation if you want to add in shots later.

How this drill works – Each offensive player has a ball to start, but only one offensive player moves to start this drill.

The offensive player makes a quick move to attack the goal. The first attacker provide a little bit of resistance, but the drill is more intended for the other defenders that are to communicate their sliding over to help their fellow defender.

The defenders should protect passing lanes, but also try to provide resistance against shots on net. The defenders must try to prevent passes or shot – and this drill continues until any shot, goal, save or steal takes place.

Result – It gives defenders an opportunity to learn to communicate with one another.



Off-side screen pass

This is a basic tactic that a team will incorporate into many offensive plays.

What you need – This can be set up as a three on two for the offense, with three attackers and two defenders.

How this drill works – This is a simple screen play. One attacker brings the ball into the offensive zone on the right or left side of the field. A defender will typically engage this first attacker, so then a screen is set by one attacker, for the other (without the ball), and then the pass is made for the shot.

Defenders should try to fight through the screens and provide resistance to the attackers. This can be a good drill for both sides as it gives each side the opportunities to face real game-like situations.

Result – The more game-situations you put your players in, the better their chance of being successful in those situations.



Five on four

Odd man rushes are a key part of lacrosse, learning to take advantage of them will make your team better.

What you need – Two midfielders and three attackers to go against three defenders and one midfielder for the defense.

How this drill works – This drill puts a lot of pressure on both the offense and defense to act quickly.

The goalies will pass it to one of the offensive midfielders to start the drill and then the players will have to react to where it goes. The offensive players have 10 seconds to come up with a passing play or screen pass that gets them in position to take a shot on net.

It is the defenses responsibility to prevent any shots and to try and steal the ball away from the offensive players.

Result – Players are going to get a better idea, both on offense and defense of what they need to do in odd man situations.



Rebound break

Grabbing a defensive rebound and turning it into an offensive chance at the other end.

What you need – Three defenders against three attackers to begin, with two midfielders, staggered on opposite sides of the restraining.

How this drill works - This drill will help defenders fight for control of a rebound and the offensive must also fight to get another shot on goal.

The midfielder will take a shot on net, and once the shot is released, the defenders collapse on the goal to try and get the rebound. They get position on the offensive players and they try to get the ball to make a quick pass to the midfielder at the restraining line.

Result – Your players will understand how important it is to get the rebounds on both offense and defense.

Running a Practice – Use the Practice Plans!

This is the section where we have constructed 25 general practice plans that you can follow. They are a **minute-by-minute** structured practice that you can take to run your practices. But, before we begin, here are a few tips on using the practice plans, and practices in general.

- The practice plans are a guide for your practices – you don't have to use them all, and you can substitute other drills in to each plan if you want.
- While we provide one drill in the practice plans per time slot, you can add drills as you see fit to work with your team.
- It is important for repetition and skill development to keep players moving – so if you can have several stations of the same drill at one time.

Running a good practice!

Keeping players moving while having the right amount of instruction is key. That's why we have helped you running the practices by including these plans.

More practice tips

- Have enough conditioning time included in all of your practices. Lacrosse is a game that is constantly on the go and you need to make sure your players are in great shape. They won't like the extra time included in the practice plans for conditioning, but it will improve their game performance.
- Take enough time during the practice to make sure that proper instruction is given. While our drills keep the practice going, they are placed with the belief that players are being given instruction during this time as well. It takes only doing something twice to develop a bad habit, but seven times to develop a good habit – instruct properly first!
- Give ample rest times and water times. Don't overlook these in the practice plan. Good rest time and replenishing fluids is going to help the body rejuvenate and prevent long-term injuries. Lacrosse also includes body contact and player injuries should be taken seriously.
- Keep the practices fun! You don't want players to lose interest because things are too intense. Make sure – especially at younger ages that the children are having fun. That is what keeps them in lacrosse programs for the years to come.

Following are practice plans for you to use in your practices!

The first five practice plans are for beginners...

Practice Plan #1 – Beginner

| 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 | Cradle the ball | 5 | Proper technique |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Scoop drill | 6 | Scooping is key in lacrosse |
| :45 to 1:00 | Passing / catching | 15 | At this point, proper technique is everything |
| 1:00 to 1:10 | Distance passing | 15 | Helps with getting the right strength on a pass |
| 1:10 to 1:20 | Shooting drill | 16 | Accuracy and technique is more important than speed |
| 1:20 to 1:30 | Box area | 6 | Pass reception technique is key |
| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | Midfield give and go | 26 | Passing and catching technique |
| 1:45 to 1:55 | One on one grid | 27 | Good drill to finish practice |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

Practice plan #2 - Beginner

| 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 | Cradle the ball | 5 | Proper technique |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Scoop drill | 6 | Scooping is key in lacrosse |
| :45 to 1:00 | Box area | 6 | Pass reception technique is key |
| 1:00 to 1:10 | Catch and shoot | 17 | Proper box reception and then shot |
| 1:10 to 1:20 | Screen roll pass | 26 | Basic technique for young players |
| 1:20 to 1:30 | Two on ones | 28 | Great drill for passing and shooting in game situation |
| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | Scoop keep away | 7 | Use proper scoop techniques |
| 1:45 to 1:55 | Grid Freeze tag | 7 | A great finishing game |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

Practice plan #3 - Beginner

| 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 | Cradle the ball | 5 | Proper technique |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Passing / catching | 15 | At this point, proper technique is everything |
| :45 to 1:00 | Distance passing | 15 | Helps with getting the right strength on a pass |
| 1:00 to 1:10 | Box area | 6 | Pass reception technique is key |
| 1:10 to 1:20 | Catch and shoot | 17 | Proper box reception and then shot |
| 1:20 to 1:30 | Screen roll pass | 26 | Basic technique for young players |
| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | Midfield give and go | 26 | Passing and catching technique |
| 1:45 to 1:55 | Two on ones | 28 | Great drill for passing and shooting in game situation |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

Practice plan #4

| 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 | Cradle the ball | 5 | Proper technique |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Scoop drill | 6 | Scooping is key in lacrosse |
| :45 to 1:00 | Passing / catching | 15 | At this point, proper technique is everything |
| 1:00 to 1:10 | Distance passing | 15 | Helps with getting the right strength on a pass |
| 1:10 to 1:20 | Midfield give and go | 26 | Passing and catching technique |
| 1:20 to 1:30 | One on one grid | 27 | Good drill to finish practice |
| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | Scoop keep away | 7 | Use proper scoop techniques |
| 1:45 to 1:55 | Grid Freeze tag | 7 | A great finishing game |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

Practice plan #5 - Beginner

| 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 | Cradle the ball | 5 | Proper technique |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Scoop drill | 6 | Scooping is key in lacrosse |
| :45 to 1:00 | Shooting drill | 16 | Accuracy and technique is more important than speed |
| 1:00 to 1:10 | Box area | 6 | Pass reception technique is key |
| 1:10 to 1:20 | Catch and shoot | 17 | Proper box reception and then shot |
| 1:20 to 1:30 | Screen roll pass | 26 | Basic technique for young players |
| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | Scoop keep away | 7 | Use proper scoop techniques |
| 1:45 to 1:55 | Grid Freeze tag | 7 | A great finishing game |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

| 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 | One on one scoop drill | 10 | Protect the ball with the body |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Three zone shooting | 22 | Quick shots are key |
| :45 to 1:00 | Midfield dodge and shot | 25 | Good dodge and quick shot |
| 1:00 to 1:10 | Perimeter pass and shoot | 25 | Quick passes to stretch the defense |
| 1:10 to 1:20 | Five on four | 34 | You've got 10 seconds |
| 1:20 to 1:30 | Goalie to goalie | 30 | Get the ball quickly downfield |
| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | Scrimmage | | Work on the different tactics |
| 1:45 to 1:55 | | | |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

| 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 | Three zone shooting | 22 | Quick shots are key |
| :35 to :38 | Water break | - | - |
| :38 to :45 | The Gauntlet | 11 | Quick sticks and good position |
| :45 to 1:00 | Four pair scramble | 12 | Fight for position on the ball |
| 1:00 to 1:10 | Diagonal passing | 23 | Got to keep your head up |
| 1:10 to 1:20 | Slide stack drill | 32 | Players need to know where to go |
| 1:20 to 1:30 | Four corner slide | 33 | Need to communicate |
| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | Four corner shooting | 31 | Quick shots and the goalie needs to get position |
| 1:45 to 1:55 | Perimeter pass and shoot | 25 | Quick passes to stretch the defense |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

| 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 | Diagonal passing | 23 | Got to keep your head up |
| :45 to 1:00 | Passing Triangle | 18 | Keep the ball to the outside |
| 1:00 to 1:10 | Attack the ball | 8 | Charging the ball |
| 1:10 to 1:20 | The Gauntlet | 11 | Quick sticks and good position |
| 1:20 to 1:30 | Four pair scramble | 12 | Fight for position on the ball |
| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | Five on four | 34 | You've got 10 seconds |
| 1:45 to 1:55 | Goalie to goalie | 30 | Get the ball quickly downfield |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

| 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 | One on one scoop drill | 10 | Protect the ball with the body |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Shooting gallery | 21 | Proper technique |
| :45 to 1:00 | Combination drill | 14 | Put together all of the different skills |
| 1:00 to 1:10 | Slide stack drill | 32 | Players need to know where to go |
| 1:10 to 1:20 | Four corner slide | 33 | Need to communicate |
| 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 | Scrimmage | | Work on the different tactics |
| 1:45 to 1:55 | | | |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

| 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 | Three zone shooting | 22 | Quick shots are key |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Diagonal passing | 23 | Got to keep your head up |
| :45 to 1:00 | Attack the ball | 8 | Charging the ball |
| 1:00 to 1:10 | Around the world | 32 | Quick passing around and shot |
| 1:10 to 1:20 | The Gauntlet | 11 | Quick sticks and good position |
| 1:20 to 1:30 | Four pair scramble | 12 | Fight for position on the ball |
| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | Five on four | 34 | You've got 10 seconds |
| 1:45 to 1:55 | Goalie to goalie | 30 | Get the ball quickly downfield |
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|--------------|--|------------|---|
| 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 | One on one scoop drill | 10 | Protect the ball with the body |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Inside out | 18 | Quick passes and moving in and out |
| :45 to 1:00 | 3 on 2 to goal | 29 | Tactical passes are important |
| 1:00 to 1:10 | 2 on 2 grid | 29 | Defenders can work together to stop the O |
| 1:10 to 1:20 | Quick scoop drill | 12 | Agility is key |
| 1:20 to 1:30 | Diagonal passing | 23 | Got to keep your head up |
| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | Five on four | 34 | You've got 10 seconds |
| 1:45 to 1:55 | Goalie to goalie | 30 | Get the ball quickly downfield |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

| 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 | One on one scoop drill | 10 | Protect the ball with the body |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Three zone shooting | 22 | Quick shots are key |
| :45 to 1:00 | Perimeter pass and shoot | 25 | Quick passes to stretch the defense |
| 1:00 to 1:10 | Passing Triangle | 18 | Keep the ball to the outside |
| 1:10 to 1:20 | Combination drill | 14 | Put together all of the different skills |
| 1:20 to 1:30 | Around the world | 32 | Quick passing around and shot |
| 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 |

| 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 | Perimeter pass and shoot | 25 | Quick passes to stretch the defense |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Attack the ball | 8 | Charging the ball |
| :45 to 1:00 | 3 on 2 to goal | 29 | Tactical passes are important |
| 1:00 to 1:10 | 2 on 2 grid | 29 | Defenders can work together to stop the O |
| 1:10 to 1:20 | The Gauntlet | 11 | Quick sticks and good position |
| 1:20 to 1:30 | Four pair scramble | 12 | Fight for position on the ball |
| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | Scrimmage | | Work on the different tactics |
| 1:45 to 1:55 | | | |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

| 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 | One on one scoop drill | 10 | Protect the ball with the body |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Inside out | 18 | Quick passes and moving in and out |
| :45 to 1:00 | Diagonal passing | 23 | Got to keep your head up |
| 1:00 to 1:10 | Pass and dodge | 23 | Good dodge technique |
| 1:10 to 1:20 | Dodge attack | 24 | The dodge gets a good shot |
| 1:20 to 1:30 | Attack the ball | 8 | Charging the ball |
| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | Four corner shooting | 31 | Quick shots and the goalie needs to get position |
| 1:45 to 1:55 | Shooting gallery | 21 | Proper technique |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

| 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 | Three zone shooting | 22 | Quick shots are key |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Midfield dodge and shot | 25 | Good dodge and quick shot |
| :45 to 1:00 | Perimeter pass and shoot | 25 | Quick passes to stretch the defense |
| 1:00 to 1:10 | Attack the ball | 8 | Charging the ball |
| 1:10 to 1:20 | Slide stack drill | 32 | Players need to know where to go |
| 1:20 to 1:30 | Four corner slide | 33 | Need to communicate |
| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | Scrimmage | | Work on the different tactics |
| 1:45 to 1:55 | | | |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

| Time | Drill | Pg. | Coaching Tips |
|--------------|--|------------|--|
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| :15 to :25 | Jog around the field, maybe some sprints | - | Limbering up and preparing for drills |
| :25 to :35 | One on one scoop drill | 10 | Protect the ball with the body |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Passing Triangle | 18 | Keep the ball to the outside |
| :45 to 1:00 | 3 on 2 to goal | 29 | Tactical passes are important |
| 1:00 to 1:10 | 2 on 2 grid | 29 | Defenders can work together to stop the O |
| 1:10 to 1:20 | Around the world | 32 | Quick passing around and shot |
| 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 | Five on four | 34 | You've got 10 seconds |
| 1:45 to 1:55 | Goalie to goalie | 30 | Get the ball quickly downfield |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

| Time | Drill | Pg. | Coaching Tips |
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| 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 | Shooting gallery | 21 | Proper technique |
| :45 to 1:00 | Pass and dodge | 23 | Good dodge technique |
| 1:00 to 1:10 | Dodge attack | 24 | The dodge gets a good shot |
| 1:10 to 1:20 | Attack the ball | 8 | Charging the ball |
| 1:20 to 1:30 | Combination drill | 14 | Put together all of the different skills |
| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | The Gauntlet | 11 | Quick sticks and good position |
| 1:45 to 1:55 | Four pair scramble | 12 | Fight for position on the ball |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

| Time | Drill | Pg. | Coaching Tips |
|--------------|--|------------|---|
| 00 to :10 | Dodging, scooping and taking shots | - | Loosen up and work on shot |
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| :15 to :25 | Jog around the field, maybe some sprints | - | Limbering up and preparing for drills |
| :25 to :35 | One on one scoop drill | 10 | Protect the ball with the body |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Inside out | 18 | Quick passes and moving in and out |
| :45 to 1:00 | Diagonal passing | 23 | Got to keep your head up |
| 1:00 to 1:10 | 3 on 2 to goal | 29 | Tactical passes are important |
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| 1:30 to 1:35 | Water break | - | - |
| 1:35 to 1:45 | Midfield dodge and shot | 25 | Good dodge and quick shot |
| 1:45 to 1:55 | Three zone shooting | 22 | Quick shots are key |
| 1:55 to 2:00 | Cool down | - | Stretching, and taking a few shots |

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| :15 to :25 | Jog around the field, maybe some sprints | - | Limbering up and preparing for drills |
| :25 to :35 | Perimeter pass and shoot | 25 | Quick passes to stretch the defense |
| :35 to :38 | Water break | - | - |
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| 1:35 to 1:45 | Scrimmage | | Work on the different tactics |
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| :35 to :38 | Water break | - | - |
| :38 to :45 | Diagonal passing | 23 | Got to keep your head up |
| :45 to 1:00 | Attack the ball | 8 | Charging the ball |
| 1:00 to 1:10 | Rebound break | 34 | Fight for the rebound to get a shot, or break out |
| 1:10 to 1:20 | Around the world | 32 | Quick passing around and shot |
| 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 | Midfield dodge and shot | 25 | Good dodge and quick shot |
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| :25 to :35 | Shooting gallery | 21 | Proper technique |
| :35 to :38 | Water break | - | - |
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| :45 to 1:00 | Pass and dodge | 23 | Good dodge technique |
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| :25 to :35 | One on one scoop drill | 10 | Protect the ball with the body |
| :35 to :38 | Water break | - | - |
| :38 to :45 | Slide stack drill | 32 | Players need to know where to go |
| :45 to 1:00 | Four corner slide | 33 | Need to communicate |
| 1:00 to 1:10 | Passing Triangle | 18 | Keep the ball to the outside |
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| 1:35 to 1:45 | Midfield dodge and shot | 25 | Good dodge and quick shot |
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