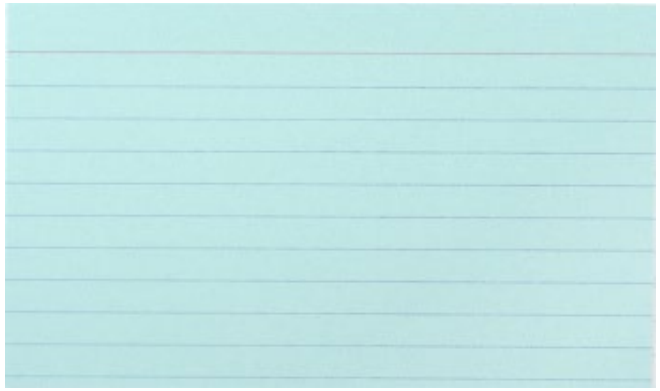

# Greater Birmingham Youth Lacrosse Association - Coaches Clinic
January 17th, 2026

# The Importance of Practice Plans



# The Importance of Practice Plans

It is extremely important to always have a Practice Plan. Even if you write it on an Index Card it is vitally important to have one for many reasons.

Too many coaches waste their time strategizing at the chalkboard when they could be out on the field teaching fundamentals. Most coaches believe this is the highlight of any sport.

But at the youth level it is a waste of time. No matter how innovative your game plan may be, you will accomplish little if the players are unable to execute the basics. Other thAn SAFTEY, teaching the fundamentals of the game is the most essential part of sports. Ignoring the fundamentals is a disservice to every player. Instruction in the fundamentals should be approached in a creative, fun environment that holds a team's attention and is also effective in the development of everyone's skill execution. Every season should begin with several fundamental team objectives. Practices should then revolve around these team objectives. This makes everyone a part of the process.

You should try and make practice more fun than an actual game. This keeps the players focused, moving and excited about what they are doing. USE the 3 D's

- Describe
- Demonstrate
- Do

**All too often we do too much talking and not enough DOING "Let them Play"**

# The Importance of Practice Plans

**Keys to a successful Practice Plan:**

- Write it down
- Break every practice down minute by minute (try and keep each segment to less than 15 minutes)
- Keep it fast paced – this keeps the players from being distracted - HIDDEN CONDITIONING
- Use Competition to emphasize skills learned
- Be Creative
- Get Player input: It allows the players the opportunity to see what they will accomplish that day
- Set goals
- Develop a Framework
- Use it as a reference tool for future practices.
- Inclusion 3 man-up teams, 3 man-down teams (use them in lopsided games)

**Closing Messages are Essential: 5 minutes is a lot of time, deliver a message**

# The Importance of Practice Plans

**Variety and Progression**: needs to be carefully orchestrated

**Consistency:** is important: opening stretch and warm-up should mirror pre-game

**Build** :from Individual, to Positional to Team concepts through drills

**Intensity:** should vary, build to a climax at end of practice(2 minute Drill, 6 v 5 scramble)

**Flexibility:** have more than you need ready, own failures, be prepared to change if drill is not working

**Duration:** shorter is always better, consider attention span = age in minutes x .66

**Weekly Progression:** don't add more than one drill per practice, recycle old favorites

# The Importance of Practice Plans

## Sample

5:00 - WARM UP
5:10 - RAIDER DRILL - GOALIES WARM UP
5:20 - ONE MORE SHOOTING
5:40 - WATER
5:45 - 3 V 2 - UNDER AND SWITCH DRILL - THROWBACK - TOP SIDE DEFENSE
6:05 - FACE OFFS AND WING PLAY - ATTACK AND MIDDIES - GB FORMATION DRILL
6:20 - WATER
6:25 - Gauntlet
6:35 - Q&A

# LACROSSE IQ

• **There is no magic pill:**

• Lacrosse like anything else we do in life takes a lot of hard work.  I however have a better term for it...It's call FUN!

• There is no magic pill that you can take to become proficient at every level of the game it take a lot of FUN! to improve your game.  Playing and watching lacrosse will help with what I call Lacrosse IQ or Lacrosse Smarts.

• People often speak of Lacrosse IQ but what exactly are they referring to?  The term often comes up when evaluating players and coaches on their knowledge of the intangible aspects of the game. It is easy to judge the lacrosse skills that players possess; how hard they shoot, can they save the ball, can they clear the ball after a save, how accurate is their shot, can they pick up a ground ball the first time, in traffic, full speed, how fast they run, can they pass, can they catch, can they cover their man, can they throw good checks, etc. These are all critical skills in the development of a lacrosse player.  At some point coaches look for intangibles.

• Here are just a few of the intangible traits lacrosse players of all skill levels may or may not currently possess but can further develop  to improve and demonstrate their lacrosse IQ:

• **Off Ball Movement or Moving without the Ball:**

• Knowing how to move “off ball” to create space for teammates? This is what I call **"One, One Thousand"** when you cut to the cage towards the crease if you count to **"One, One Thousand"** if you don't get the ball you need to vacate the area and create space

• Off ball movement refers to how an offensive player moves when they do not possess the ball. Creating space and limiting your defenders’ ability to slide or double-team is an important and often overlooked skill.  This is one of the toughest things to coach players at any level.  Moving without the ball.  When your teammate is running toward you with the ball.  Cut through and bring your defender with you so he can't double team your teammate.

• **Pushing the Pace or Transition:**

• Transition refers to the process of moving the ball from the defensive end of the field to the offensive side. Odd man transition is usually referred to a fast break; 4 on 3 players or 5 on 4 players. Even transition refers to a 4 on 4 or 5 on 5 or a “slow break” situation. Many coaches teach their team to slow it down and settle in on offense on a slow break. Players with a high Lacrosse IQ and who are given the flexibility to think for themselves at a young age will recognize the situation or match-up and take advantage of an “even” transition offensive opportunity.  This is what I call finding the **"Two on One"** Lacrosse is a game of 2 on 1 if you really thing about it.  When Clearing the ball you have an extra man to pass to and when you have the offense you are trying to find the "**Two on One"** by dodging and beating your man and passing to your teammate because his man had to cover you.  Basketball, Hockey and Soccer players understand this quickly.  Pushing the Pace means playing FAST or quickly between whistles.  If you know the ball is going to go out of bounds and the other team is going to get it.  Just sprint up-field and get ready to ride the other team and try and take it away to create a transition opportunity.

# LACROSSE IQ

• **Ground Ball Hound:**

• Can the player contribute to his team' success on ground balls even without picking up the ground ball?

• Most players are taught the "man/ ball" team approach to ground balls. You will often see a player with a high IQ knock a ball to a teammate or into an open space where he will have a better chance of picking up a ground ball. This hockey move is frequently mastered by players who may be considered undersized. These players are smart enough to avoid a physical mismatch but they are able to utilize their speed and agility to dominate on ground balls.

• **Hedging:**

• Do they know how to "hedge" on defense to assist a teammate without actually sliding?

• Hedging is a skill in which a defensive player positions himself in such a way to force an opposing player (not his man) to think twice about dodging to the goal or making an aggressive offensive move. A player hedging gives the appearance of sliding or doubling without actually leaving the man they are covering. This subtle move is a signal to lacrosse coaches that the player knows what they are doing.

• **Move the ball off a ground ball or GB2:**

• I have a rule with my High School and Coyote teams. When you pick up a ground ball (especially in the offensive end of the field) you should move the ball twice off that ground ball. So when I pick up the ball I hope I have two teammates within 10-15 yards away from me (or adjacent) so I can pass them the ball. We do this because when the ball is on the ground everyone is looking at the ball. Just think how quickly you can play the game and create transition opportunities just by picking up a ground ball and passing it to a teammate right away and in turn they pass it to another teammate. You will create many **"Two on ones"** if you can master this simple rule.

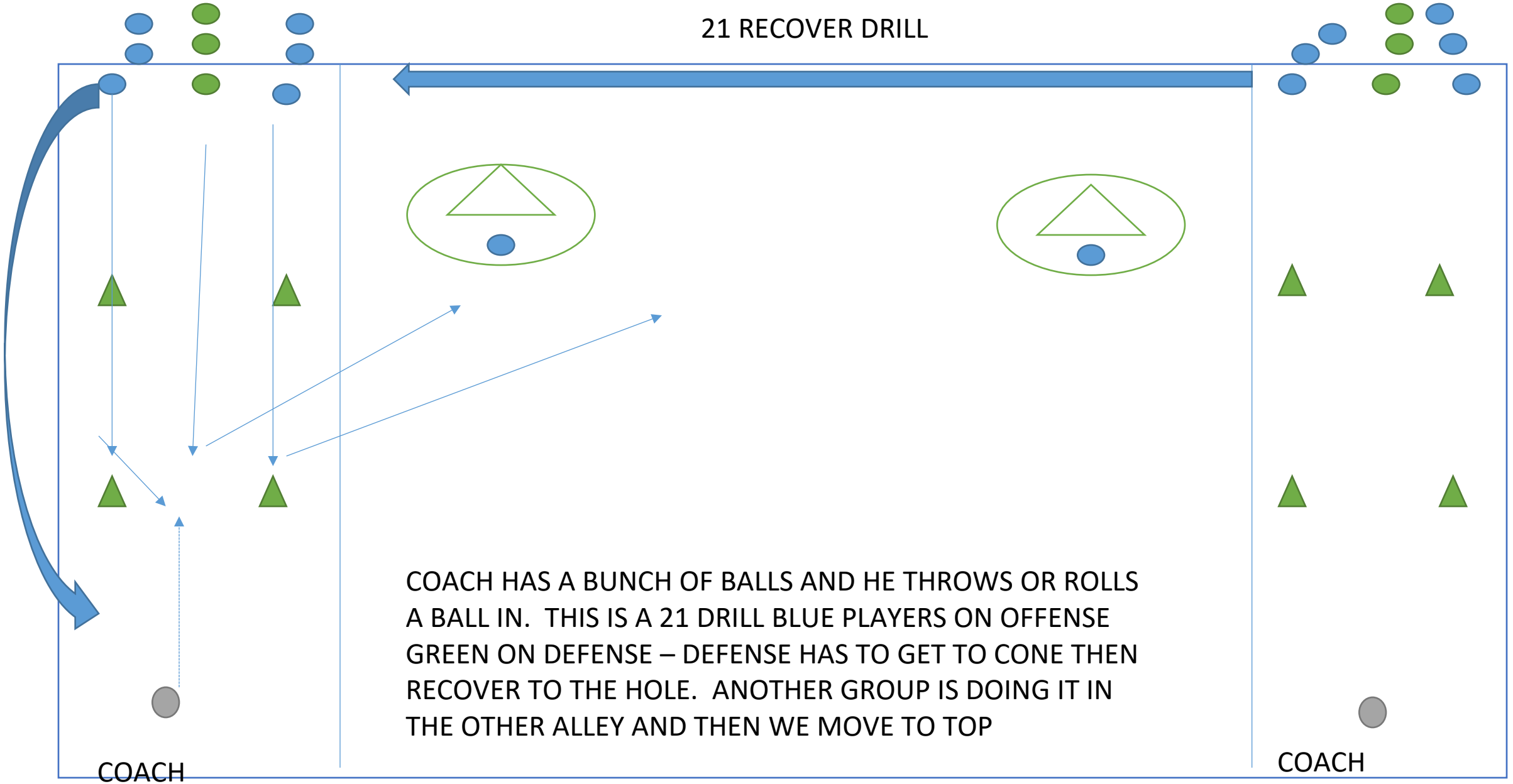
• **Do they recognize game situations**:

• Picture a situation where your team has a lead, time is winding down, your team is in the middle of a substitution and your team was just awarded the ball following a shot or following the ball going out of bounds. A player with a low IQ might hurry and pick up the ball, step on the field and allow the referee to start play with a quick whistle. The high IQ player might walk to the ball, adjust his gloves, tie his shoe; all legal moves which will allow his team to complete their substitution, catch their breath and prepare to clear the ball. A low IQ player will force the situation on offense and make a risky move when his team has a lead and when they are killing the clock. High IQ goalies will draw goalie interference calls and take advantage of the time the rules allow for him to return to the goal following a shot (4 Seconds), trying to score a goal with a minute left and your team is up by a goal. You should just possess the ball, one more goal for your team does not matter but having the other team make a save and start a fast break could allow that team to tie the game and then win it.

• There are many other Lacrosse IQ moments but these are just a few that will help you gain more lacrosse smarts and hopefully improve your game. Watch as many games as you can and ask yourself what would I do in that situation.

# Hidden Conditioning Drills

# 21 RECOVER DRILL

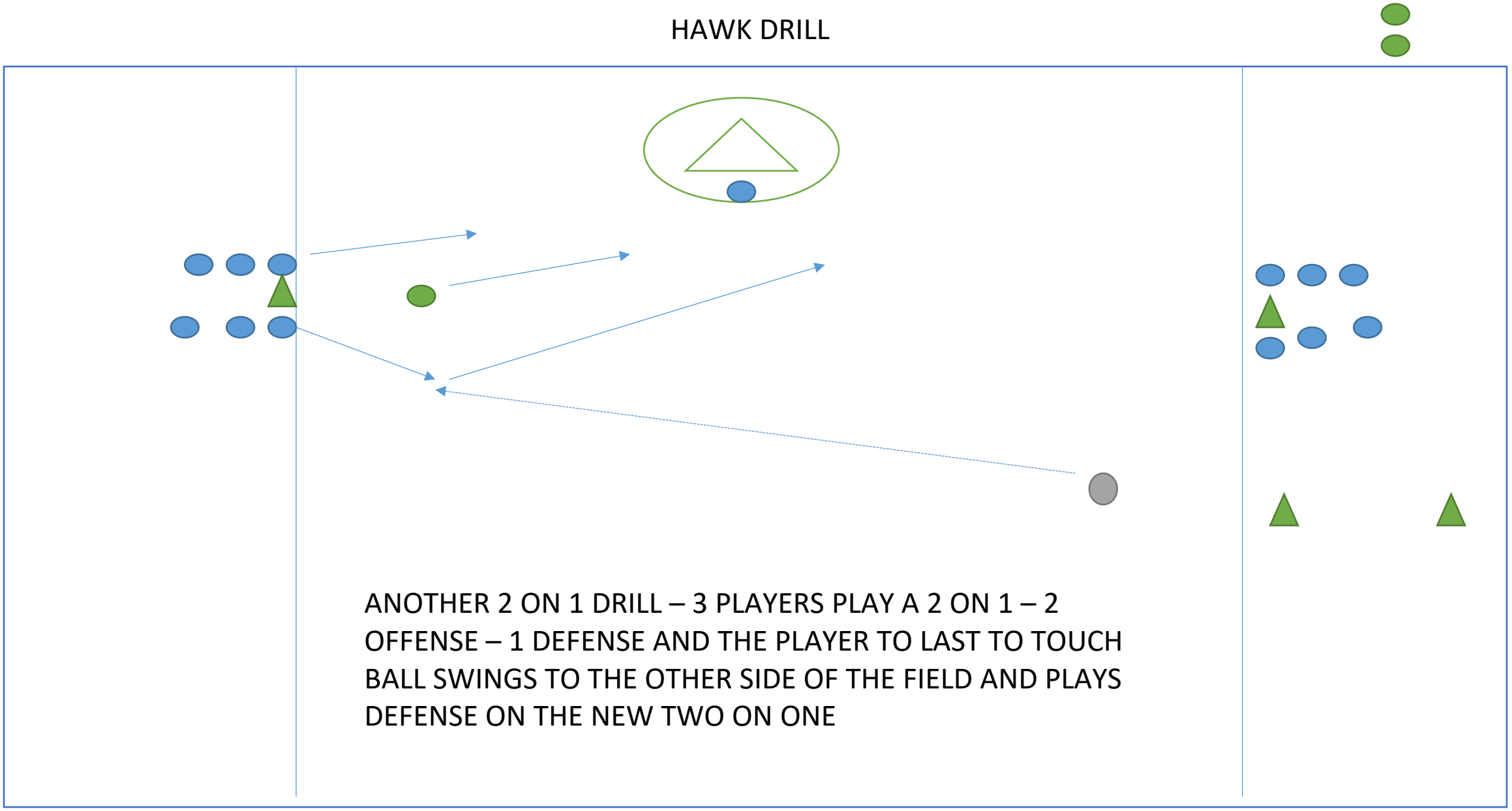


COACH HAS A BUNCH OF BALLS AND HE THROWS OR ROLLS A BALL IN. THIS IS A 21 DRILL BLUE PLAYERS ON OFFENSE GREEN ON DEFENSE – DEFENSE HAS TO GET TO CONE THEN RECOVER TO THE HOLE. ANOTHER GROUP IS DOING IT IN THE OTHER ALLEY AND THEN WE MOVE TO TOP

COACH

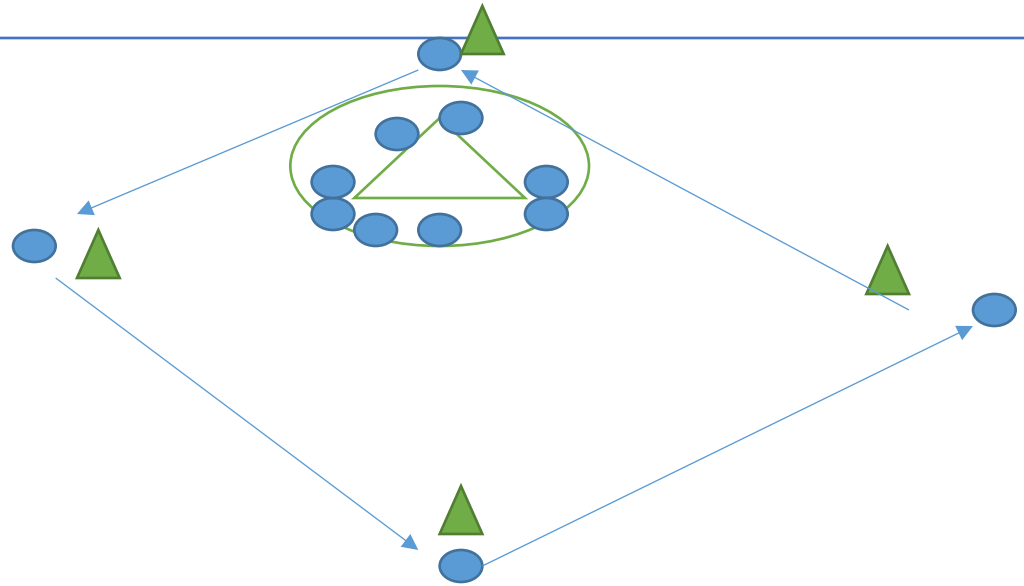
COACH

# HAWK DRILL



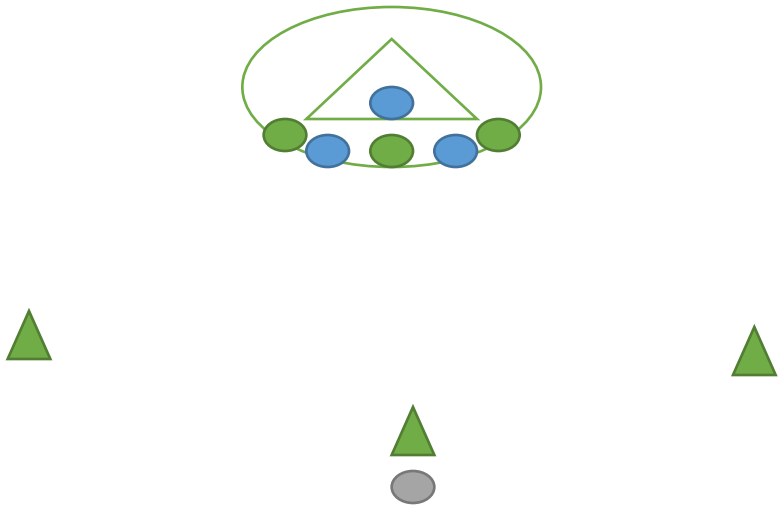
ANOTHER 2 ON 1 DRILL – 3 PLAYERS PLAY A 2 ON 1 – 2 OFFENSE – 1 DEFENSE AND THE PLAYER TO LAST TO TOUCH BALL SWINGS TO THE OTHER SIDE OF THE FIELD AND PLAYS DEFENSE ON THE NEW TWO ON ONE

# POP AND FADE



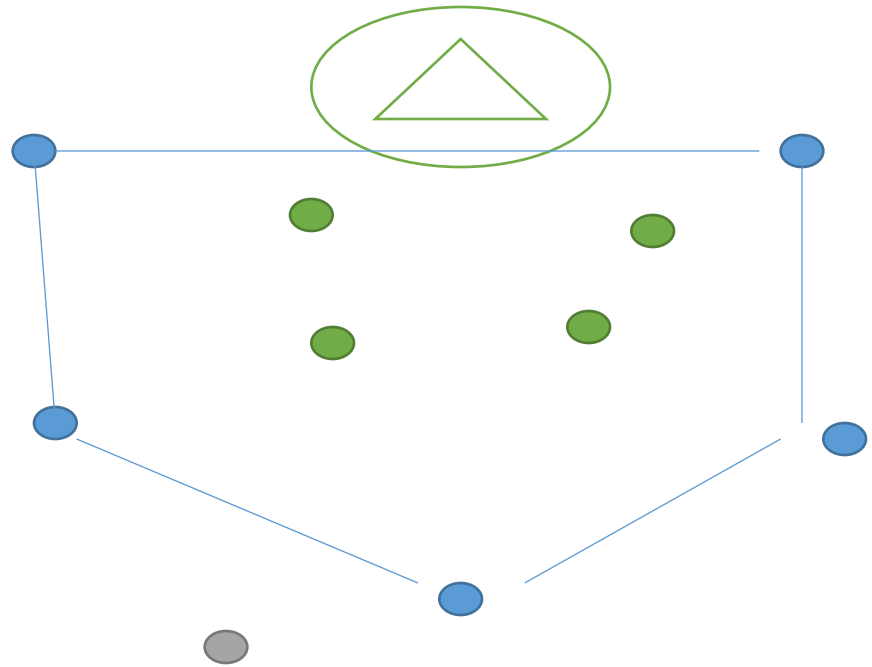
PLAYERS ARE ON PERIMETER AND AFTER THE PASS THE GO TO INSIDE THE CREASE WHEN BALL ROTATES OUT ANOTHER GUY POPS OUT AS THE BALL MOVES AROUND THE HORN

# 32 CREASE DRILL



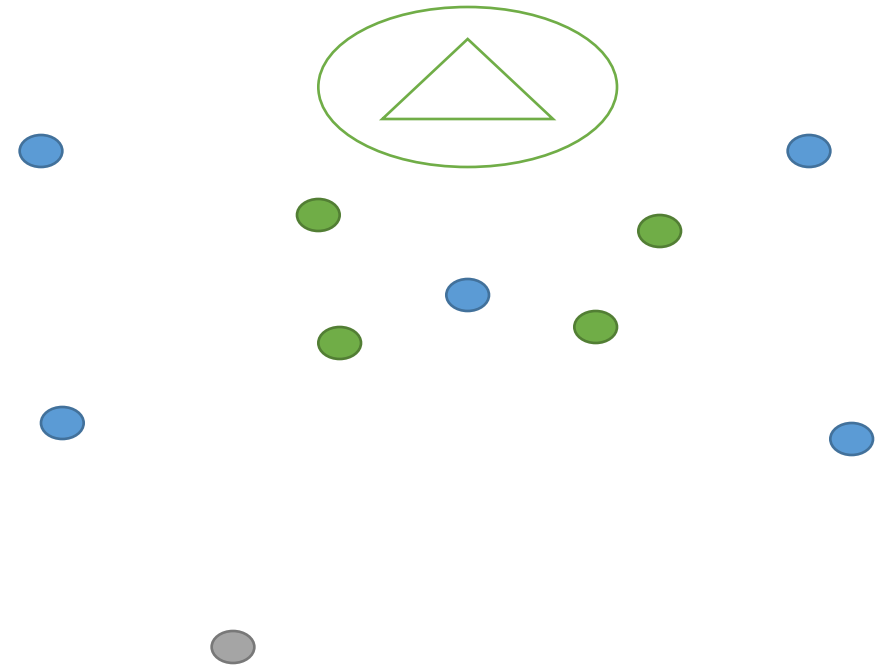
PLAYERS RUN OUT TO THE CONES AND DEFENSE RECOVERS TO HOLE AND OFFENSE PLAYERS A 3 ON 2 WHEN COACH THROWS BALL IN

# HOUSE DRILL



COACH THROWS BALL OUT AND PLAYERS PLAY A 5 ON 4 – 5 BALLS THEN A NEW GROUP JUMPS IN

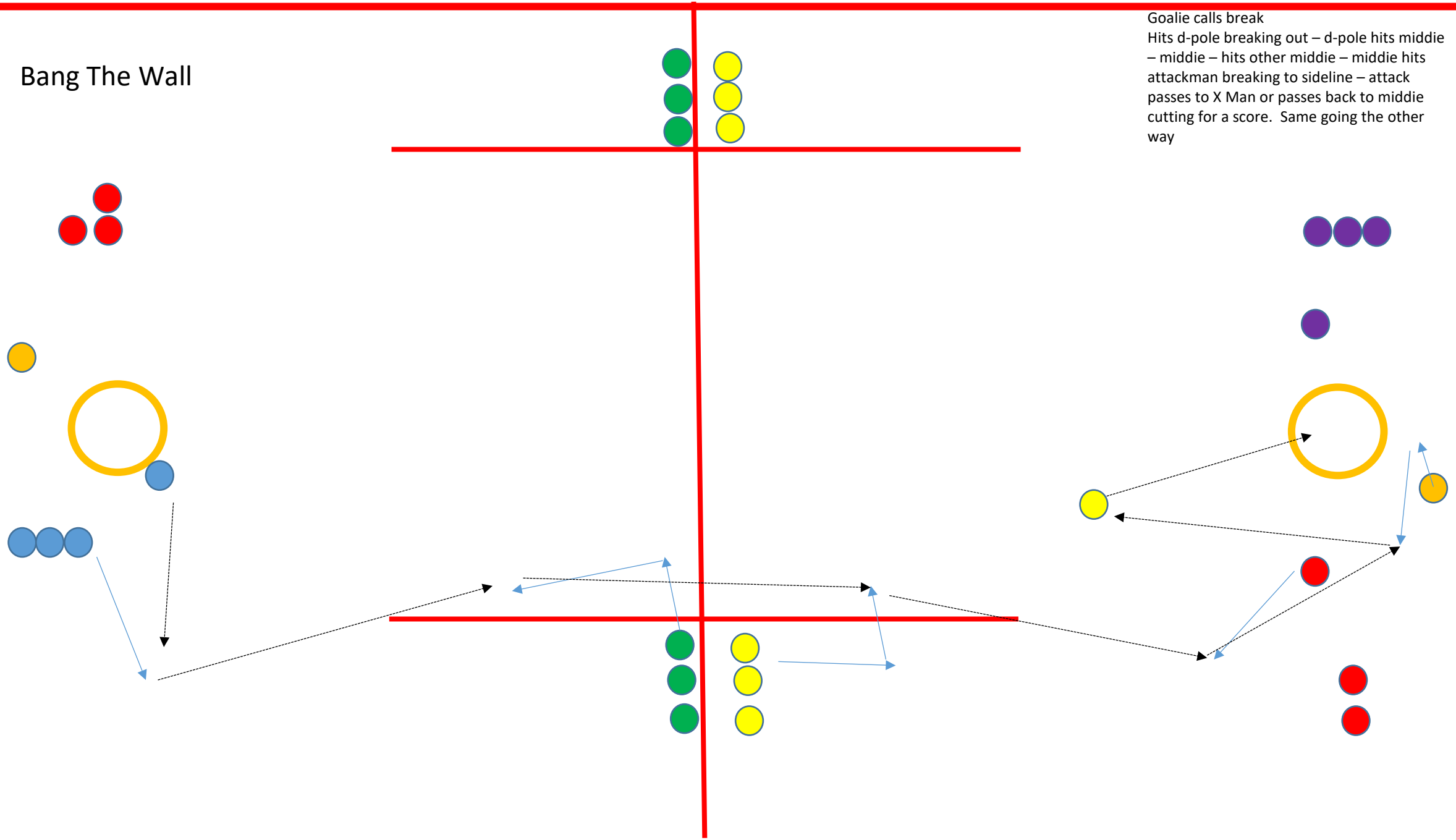
# DICE DRILL



COACH THROWS BALL OUT AND PLAYERS PLAY A 5 ON 4 – WITH A MAN ON CREASE– 5 BALLS THEN A NEW GROUP JUMPS IN

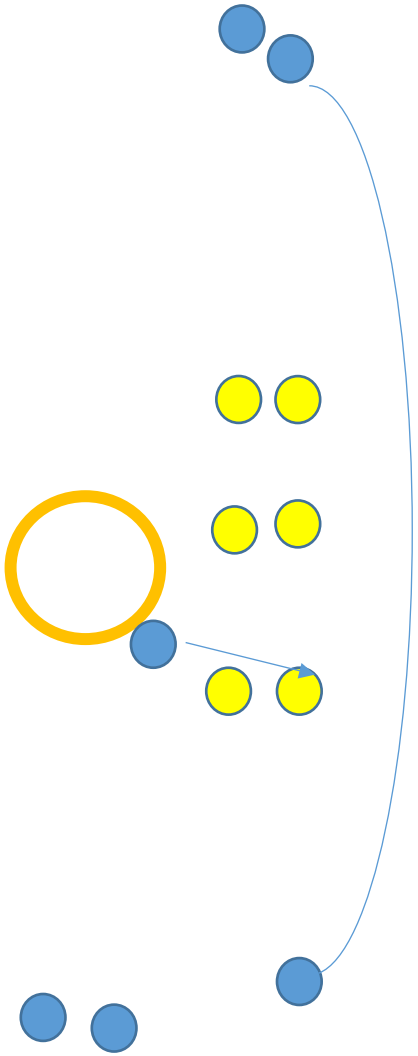
# Bang The Wall

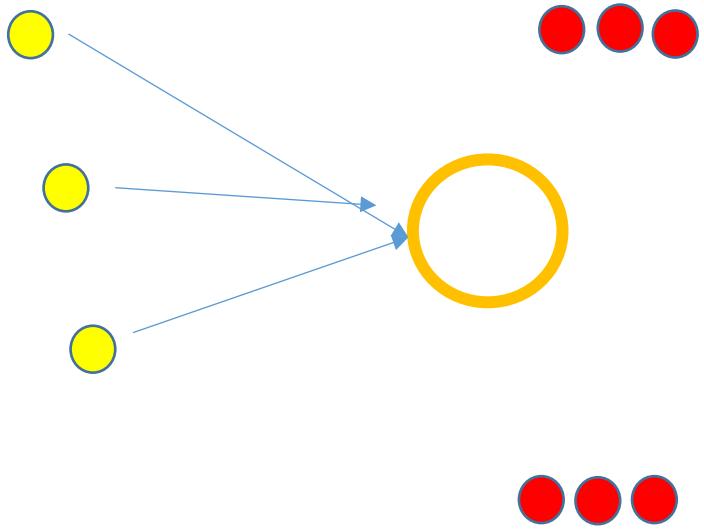
Goalie calls break
Hits d-pole breaking out – d-pole hits middie – middie – hits other middie – middie hits attackman breaking to sideline – attack passes to X Man or passes back to middie cutting for a score.  Same going the other way



# Dragon Drill – Clearing and Scoring

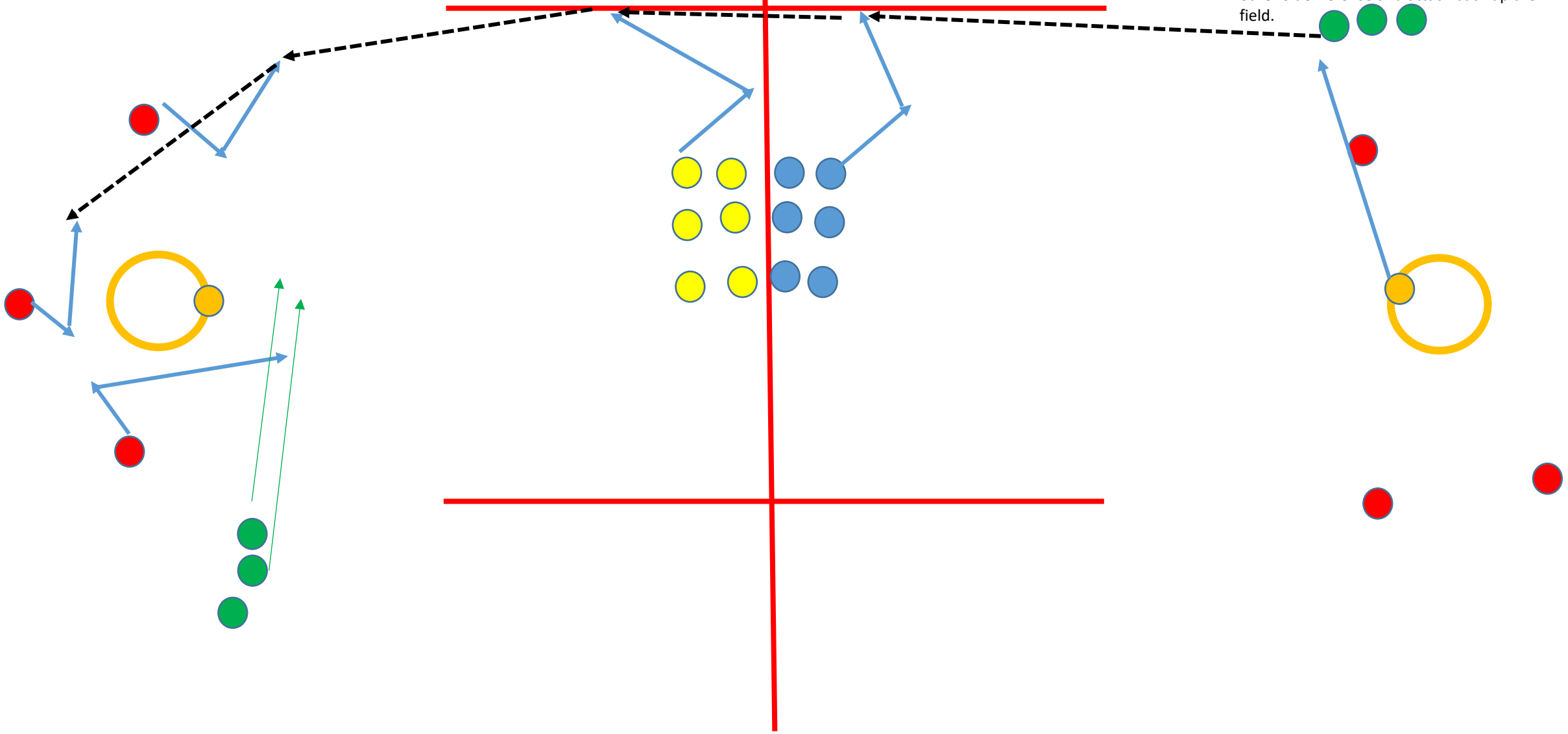
Goalie calls break
Middies go up field in a Weave – Attack passes to the two middies without the ball and all three middies shoot and score.
Defense Clear Ball over the formation cross field up to the midfield line. Middies Jog back





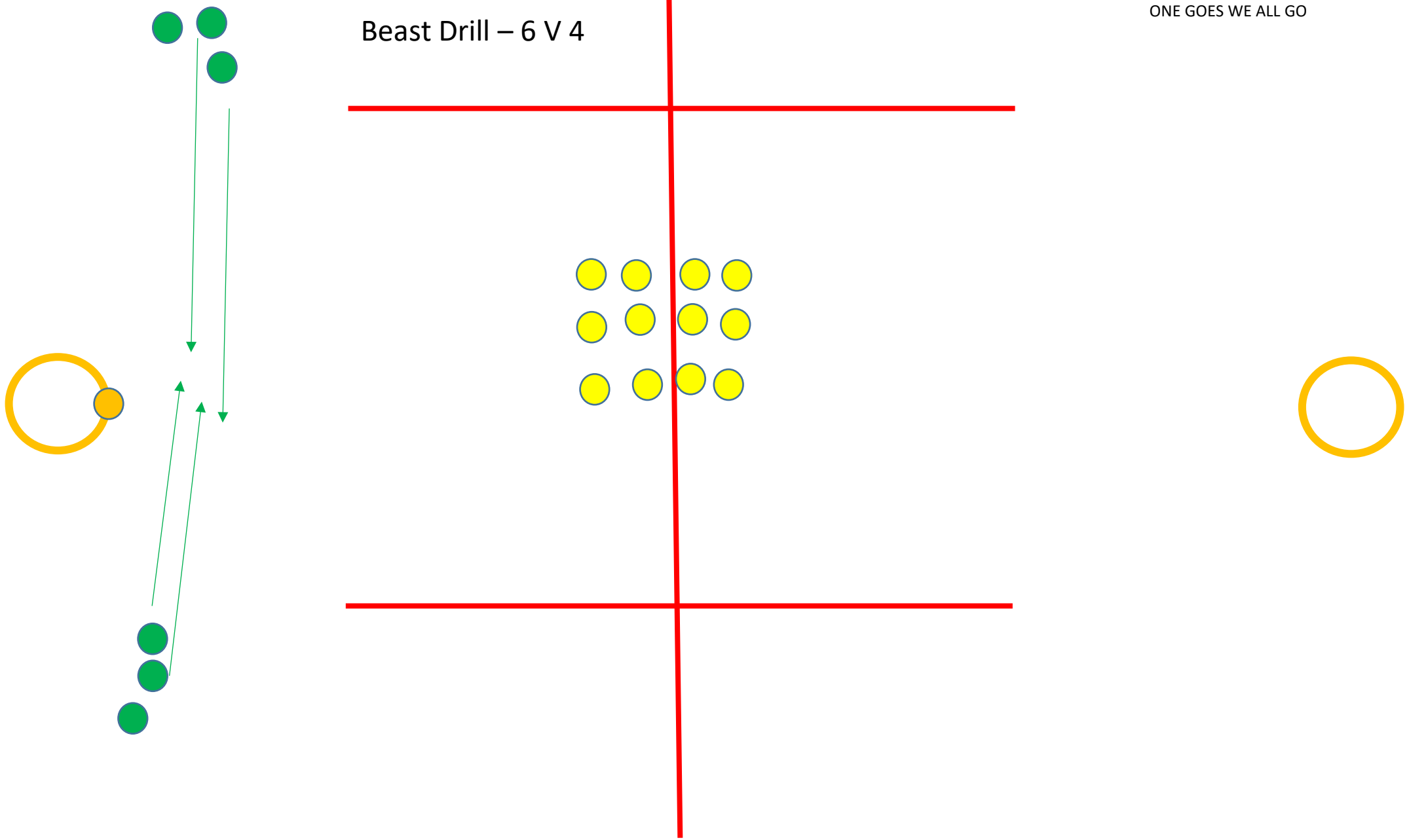
# 32 Full Field Drill
# Clearing and Scoring

Goalie calls break
Hits Green D-Pole – who passes too Blue Middie – Blue Middie Passes too Yellow Middie and he exchanges to Attack for a 3 v 2 – opposite Green defender (2) defenders get in the three on two. Goalie clears to the other Side Defense and attack back up the field.

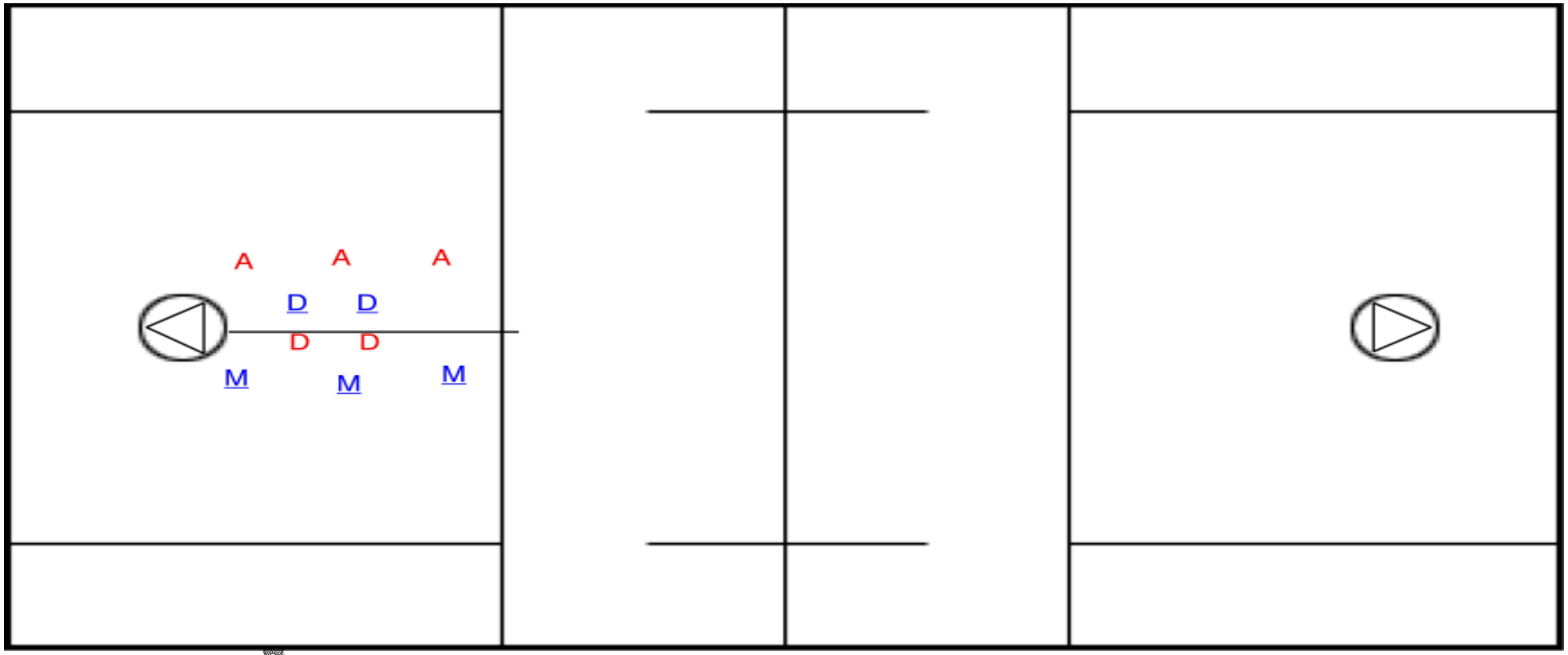


# Beast Drill – 6 V 4

6 Offensive Players out top – Defenders on the sideline. 6 v 4 . Defense if you rotate - ONE GOES WE ALL GO

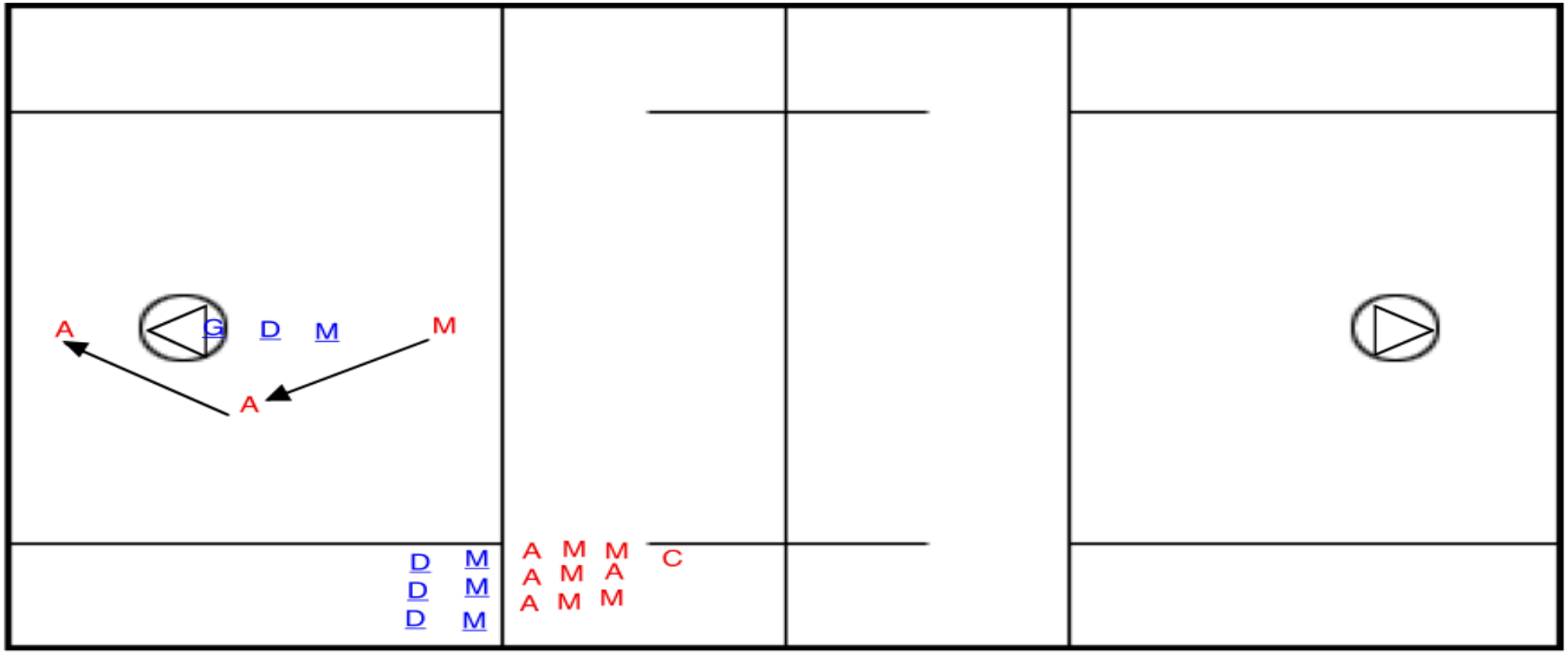


# 3 v 2 Sideways




- Release players from the side in groups of 5 (3 O + 2 D) = ground ball war.
- O may not cross the center line drawn from the crease using cones.
- This drill is excellent for teaching “local overloads” from both a defensive and offensive point of view. This is the basis for 1-3-2 and 1-4-1 plays.
- O must move the ball and themselves to create lay ups.

# 3 v 2 Initiate from Behind

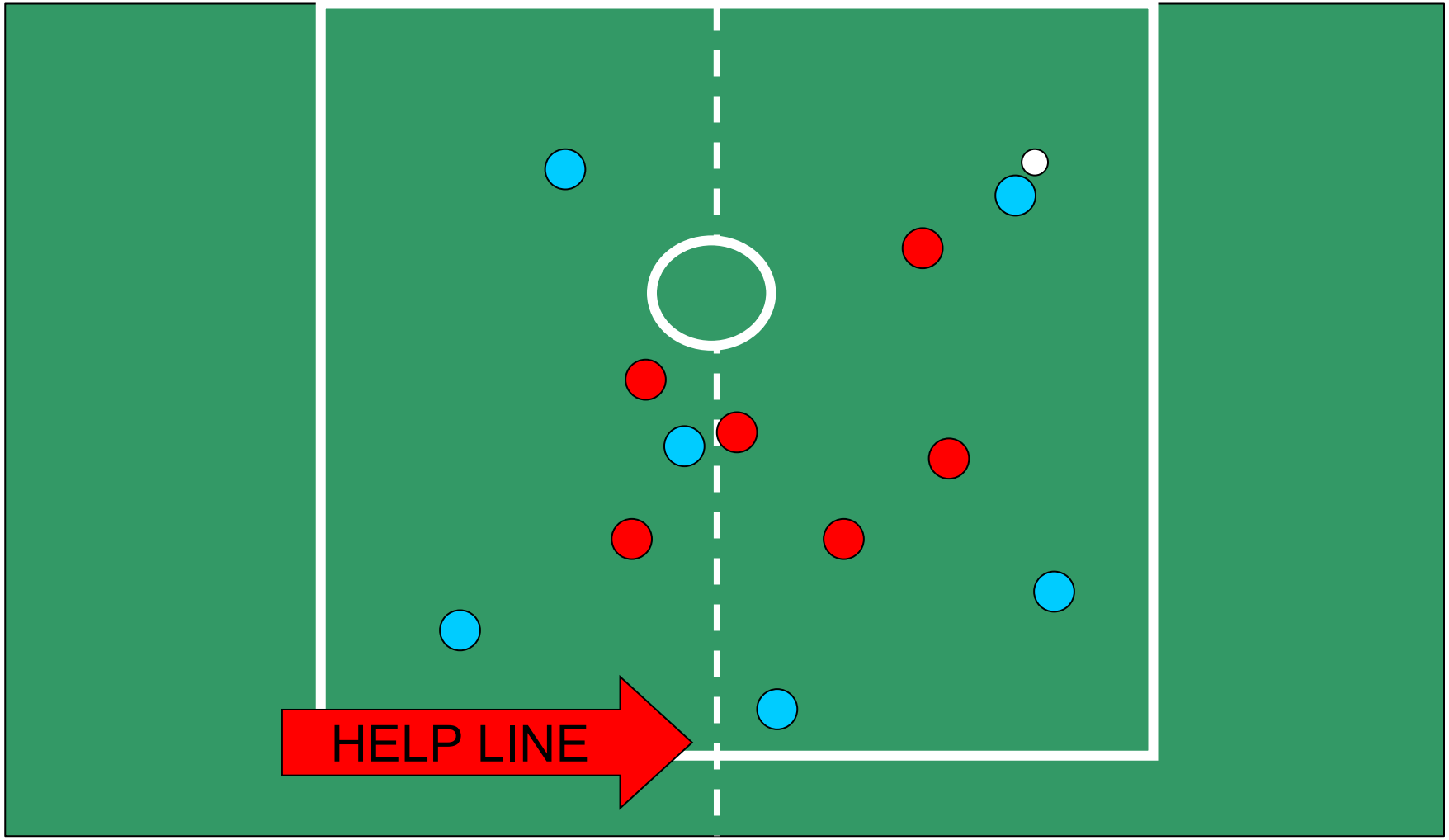



- In this drill the coach rolls the ball out above the box.
- Two offensive players stay above GLE and one attack goes to X.
- X man initiates play and must draw a man
- This reinforces the concept that X man must play a role in all offenses.

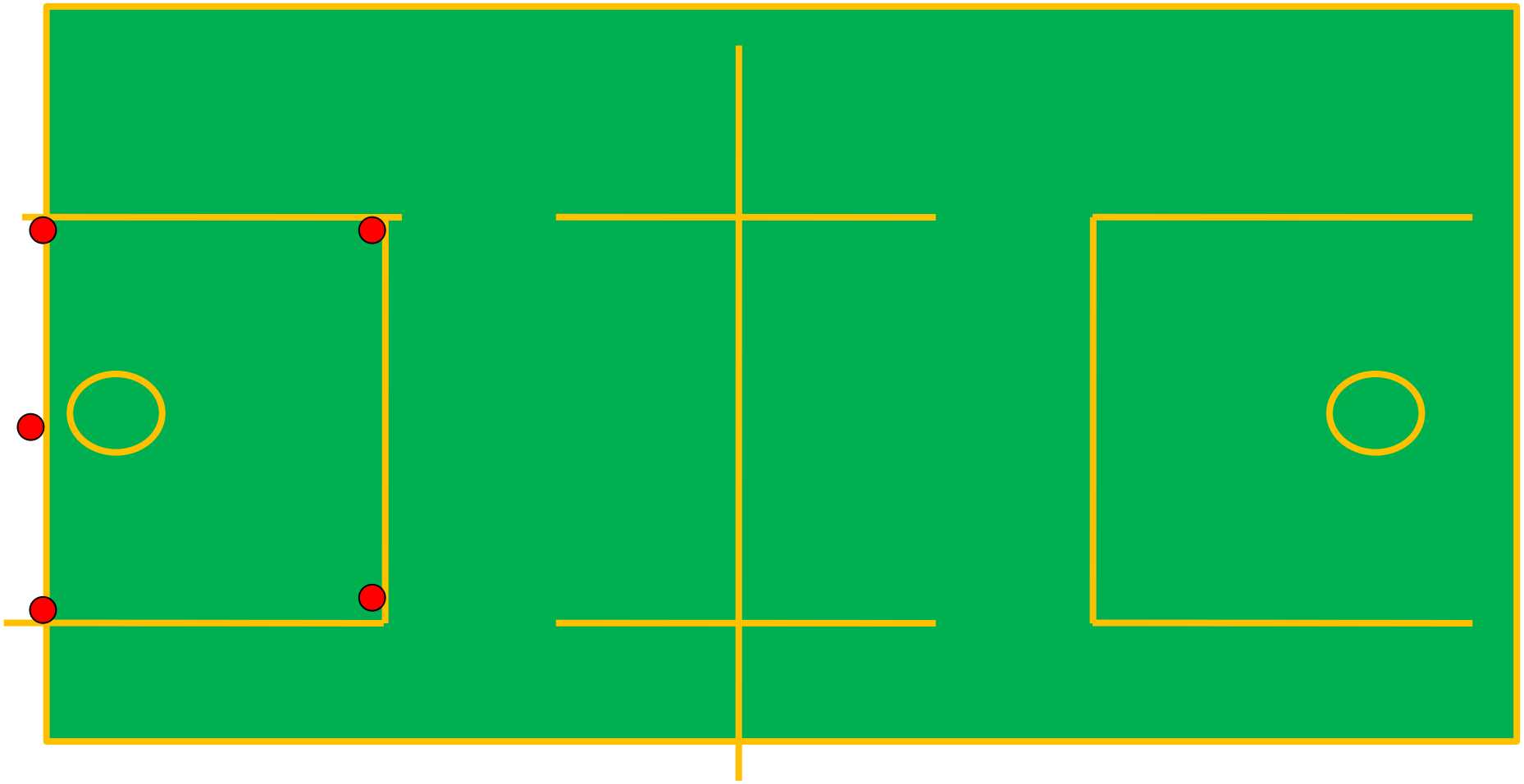
# Defensive Drills

## Up and Over
## Crease Survivor
## Color Blind
## Hip Drill
## Crash the Crease

# Off Ball Defense

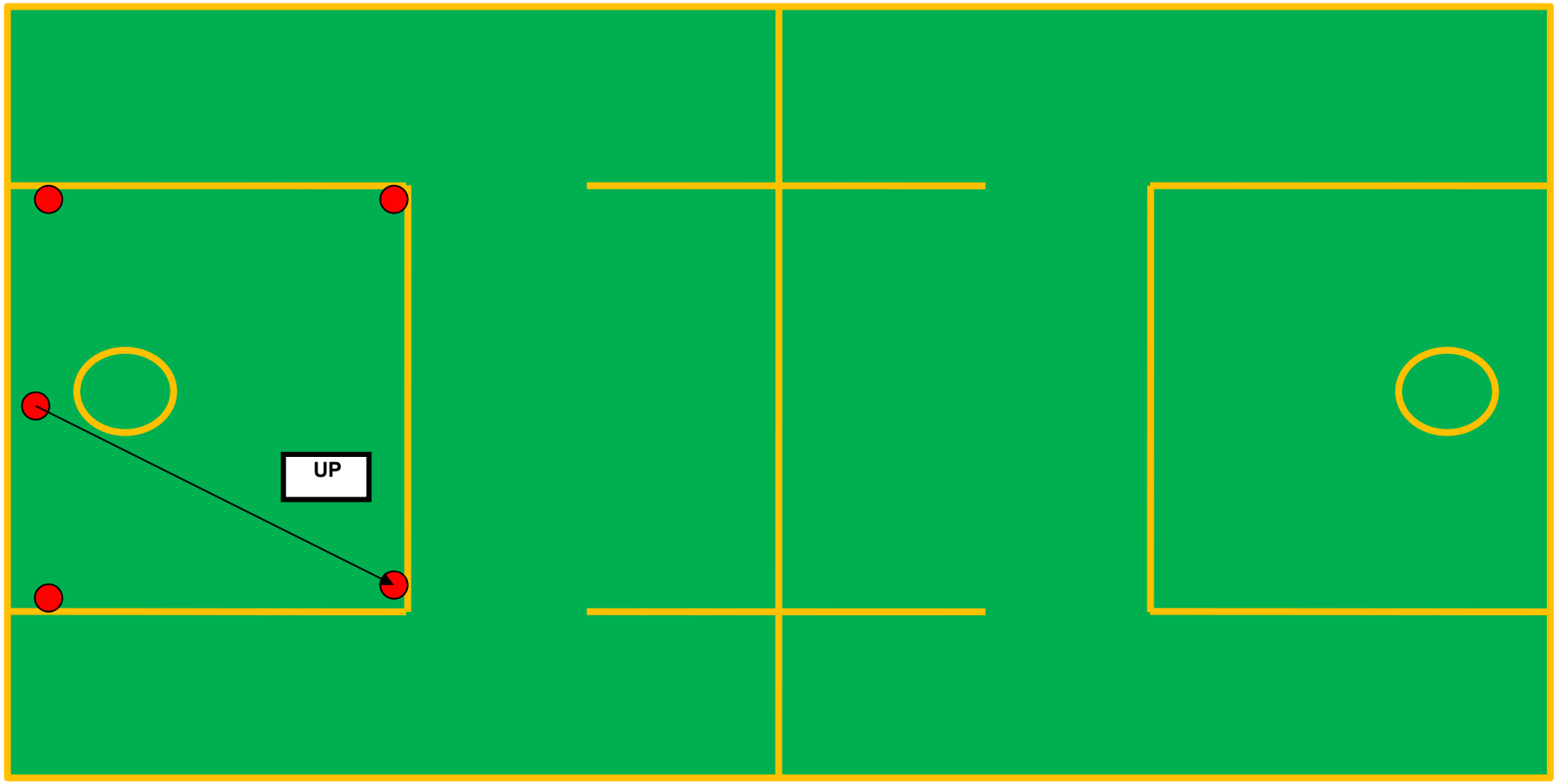


# UP & OVER



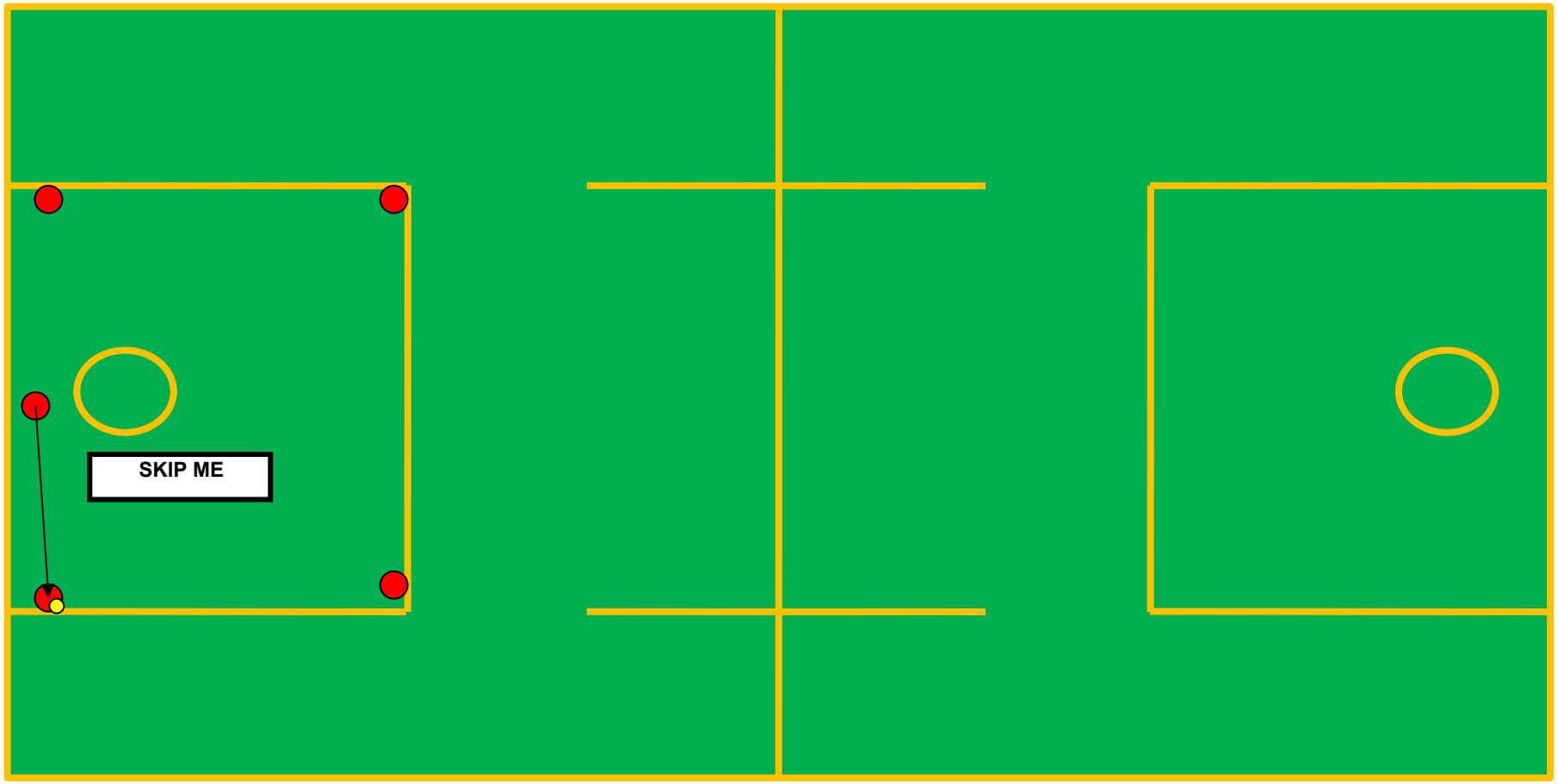
This Drill is designed to help goalies and the defense clear ball.
This is a good drill to do when you are working on the other side of the field. Make it a competition. The Goal is to make as many passes within the confines of the box and then half field. It also helps the players communicate clearing calls

# UP & OVER



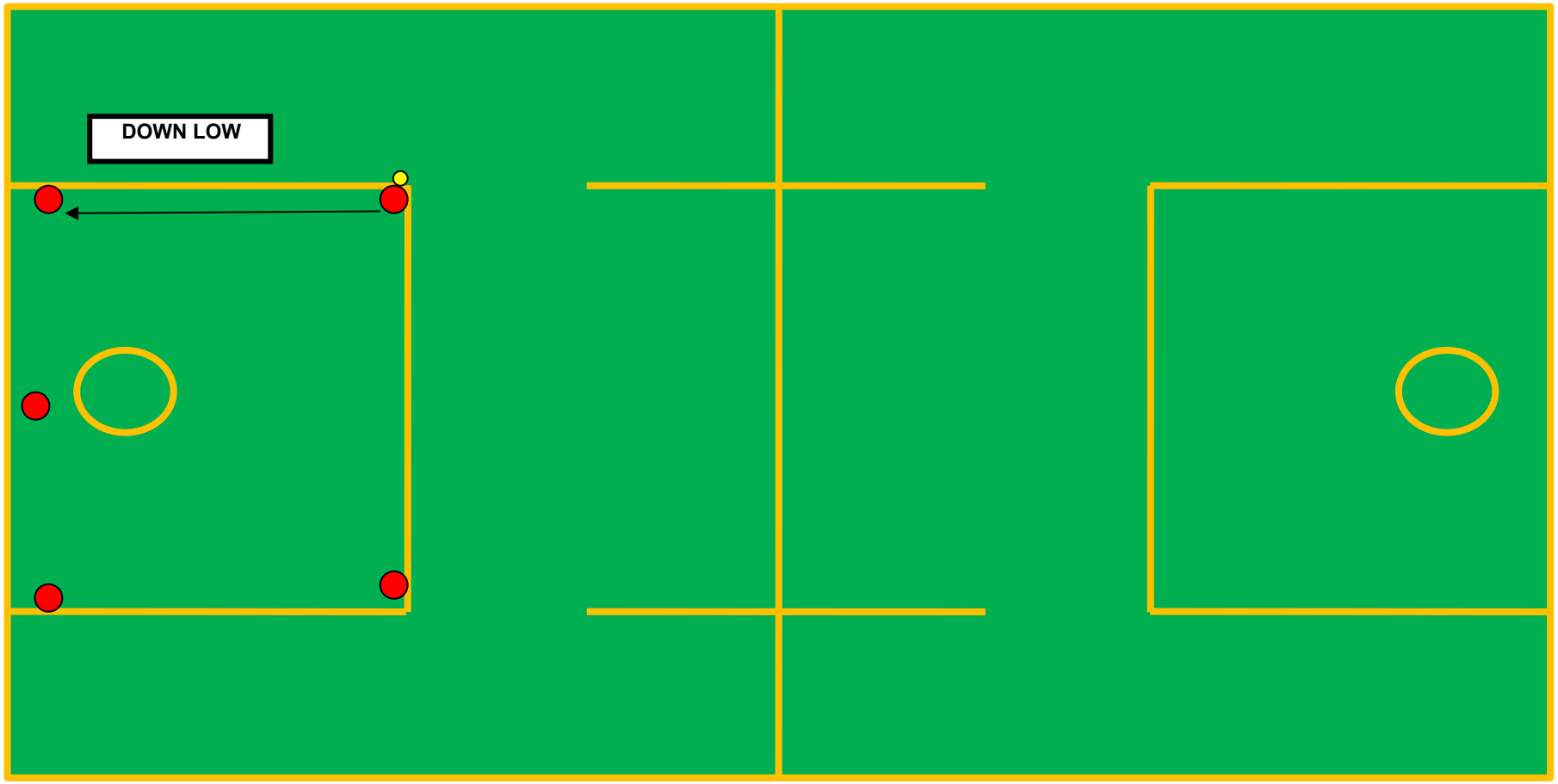

**Goalie starts with the ball. Depending on what your CALLS are the players must pass the ball where directed and ECHO the CALL.**

# UP & OVER



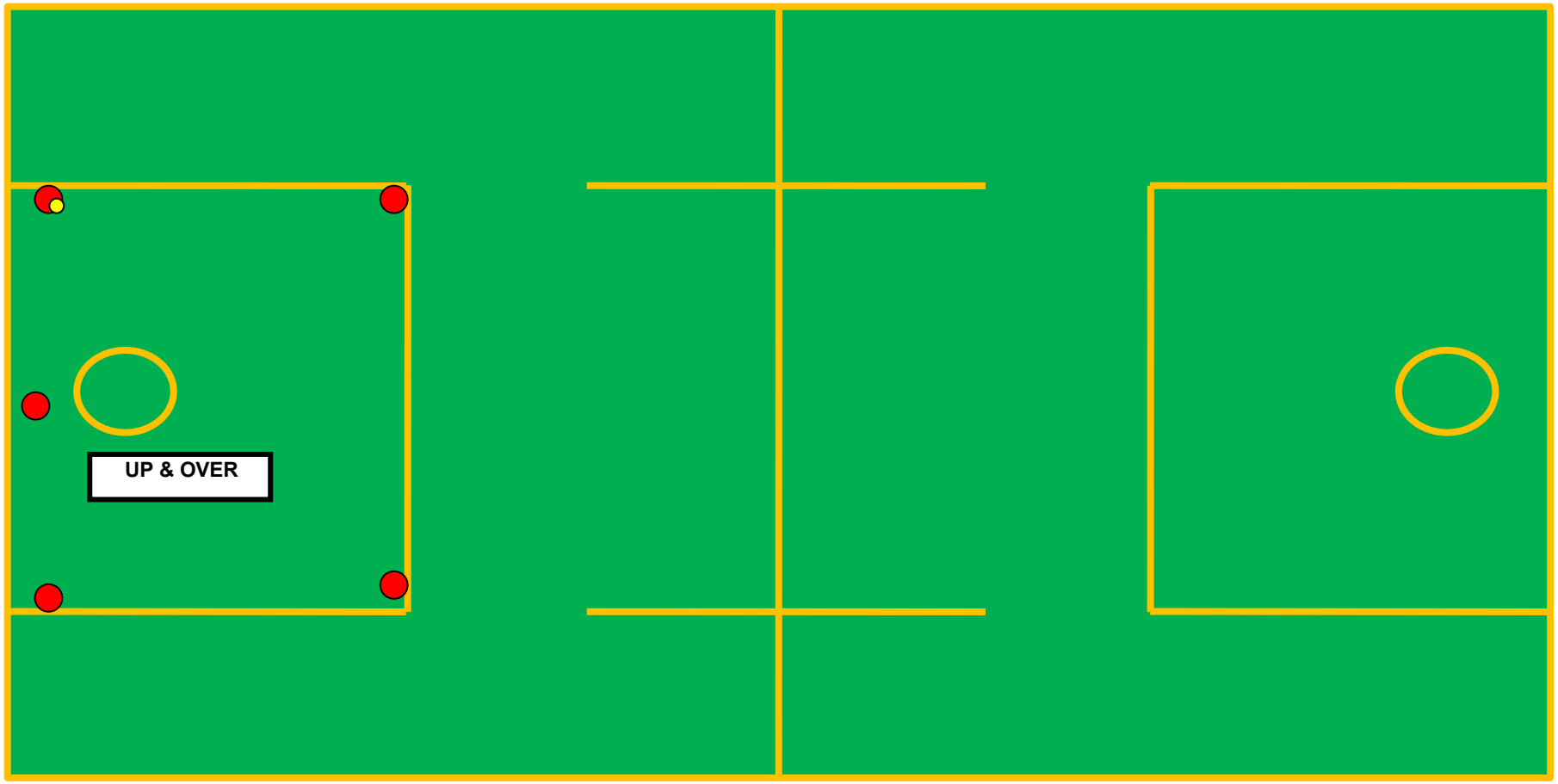

**Goalie passes the ball to low defense. The next CALL is SKIP ME.**
**Low Defense passes ball to other Low Defense.**

# UP & OVER



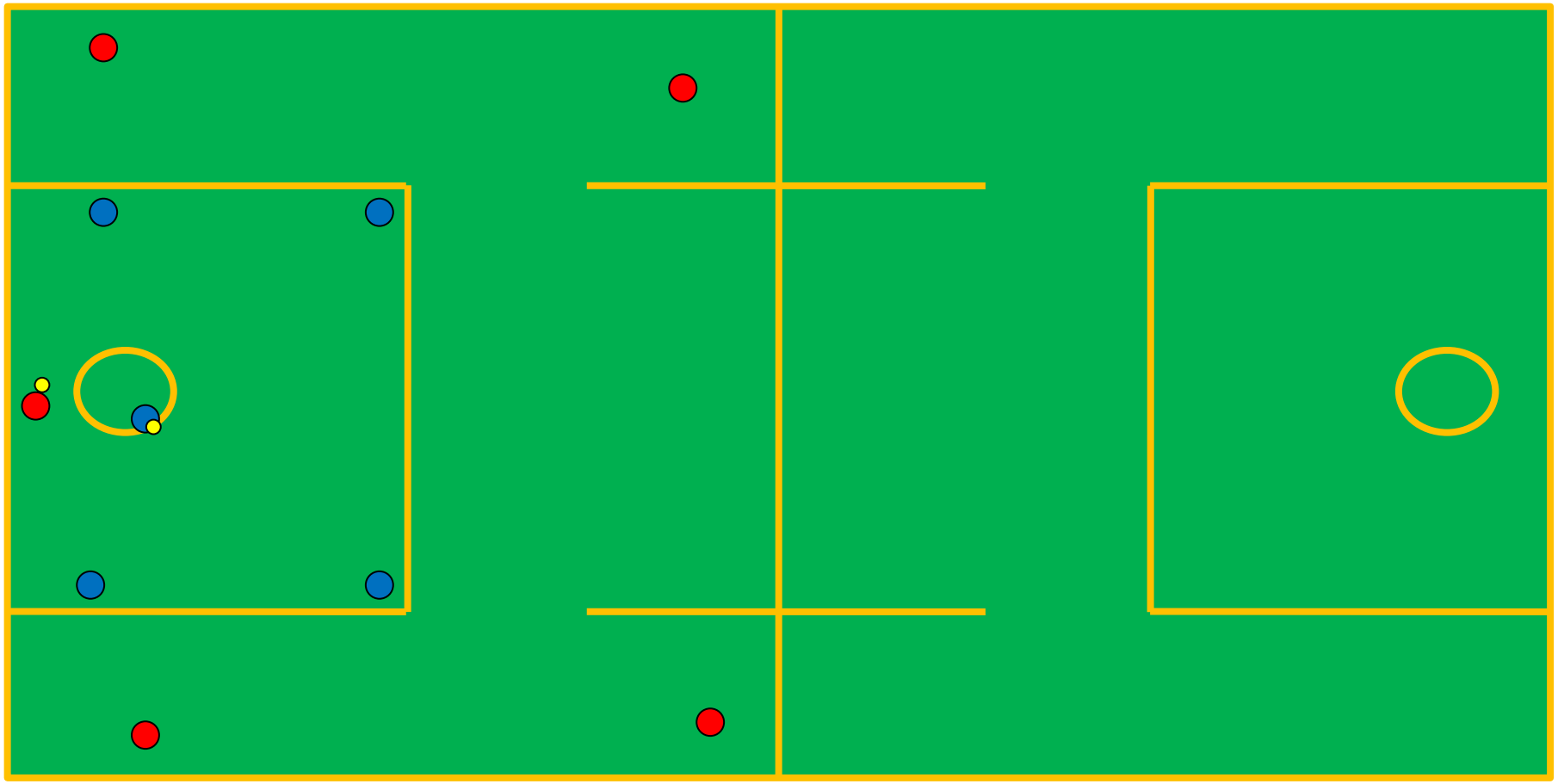

Low Defense moves to High Defense. The CALL is DOWN Low and Defense pass DOWN LOW.

# UP & OVER




Low Defense pass to High Defense. You wanted to make 10-15 passes in a minute or less. If you have two groups of Poles make it a contest to see who can make the most pass completions. Then
Move to half field UP & OVER

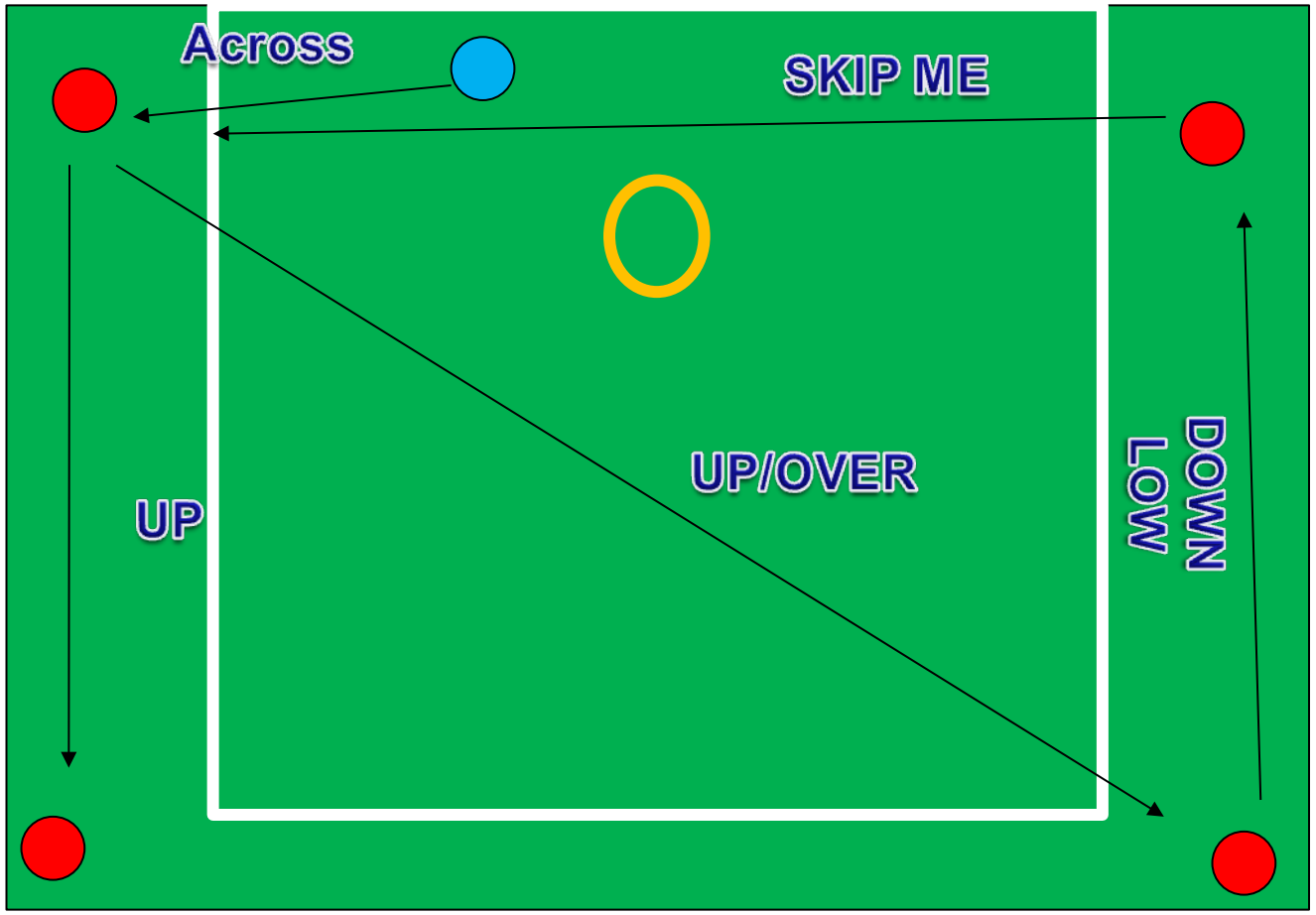
# UP & OVER – HALF FIELD



Now you are making Longer passes with the same CALLS. You may add another group inside the box to get more players active.

You may also mix it up and add some riding players to put pressure on the clearing team. Mix it up and have fun.

# UP and OVER

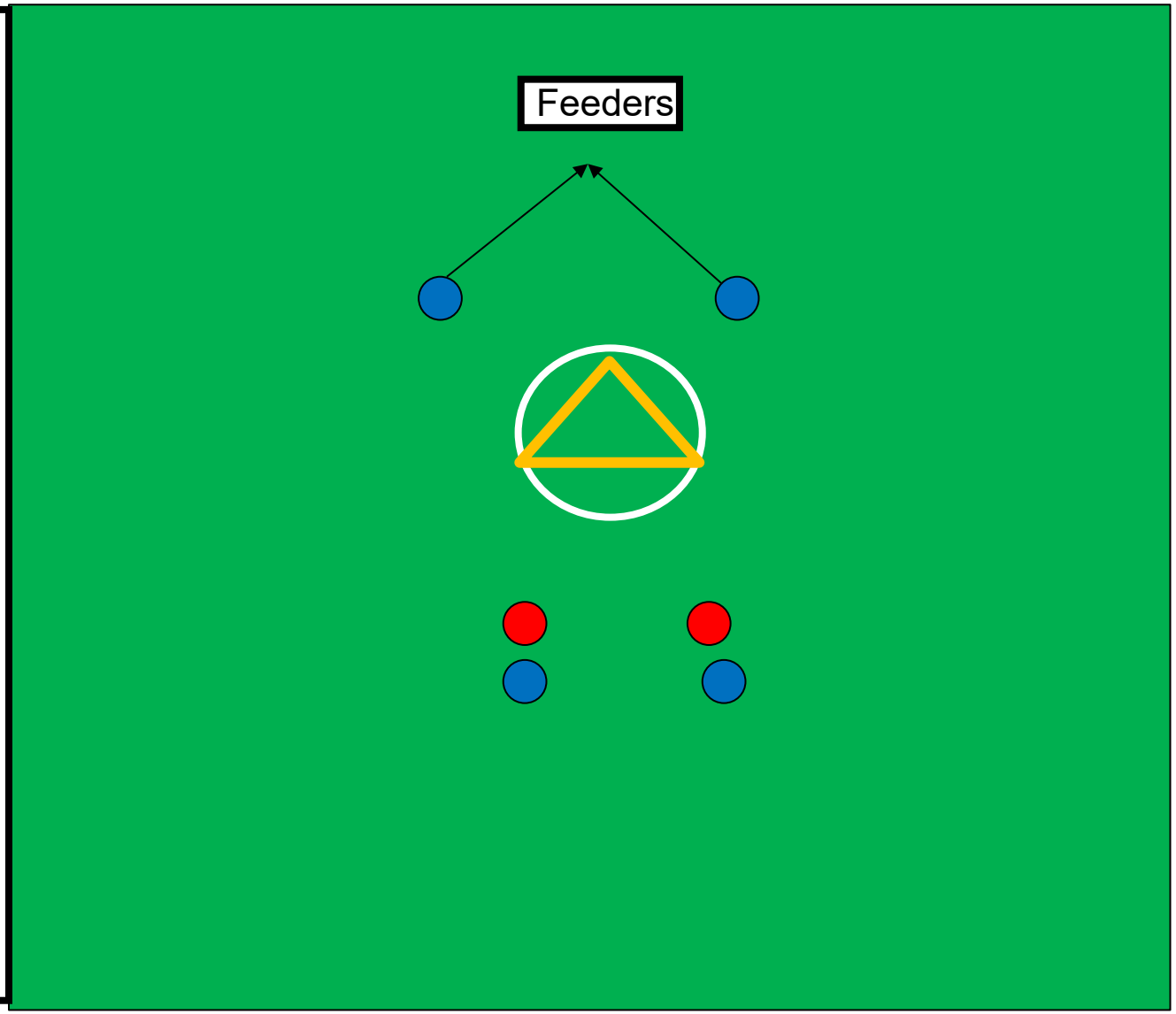


# Crease Survivor

**The purpose of this drill is too-fold:**

**•Defense needs to cover their man, while the feeders try to pass to the Offensive players. Defense needs to call switches and picks.**

**1.Offensive crease players need to get open by picking for each other or picking their man so the other player can get open.**




*** Please note by having two**

# Color Blind

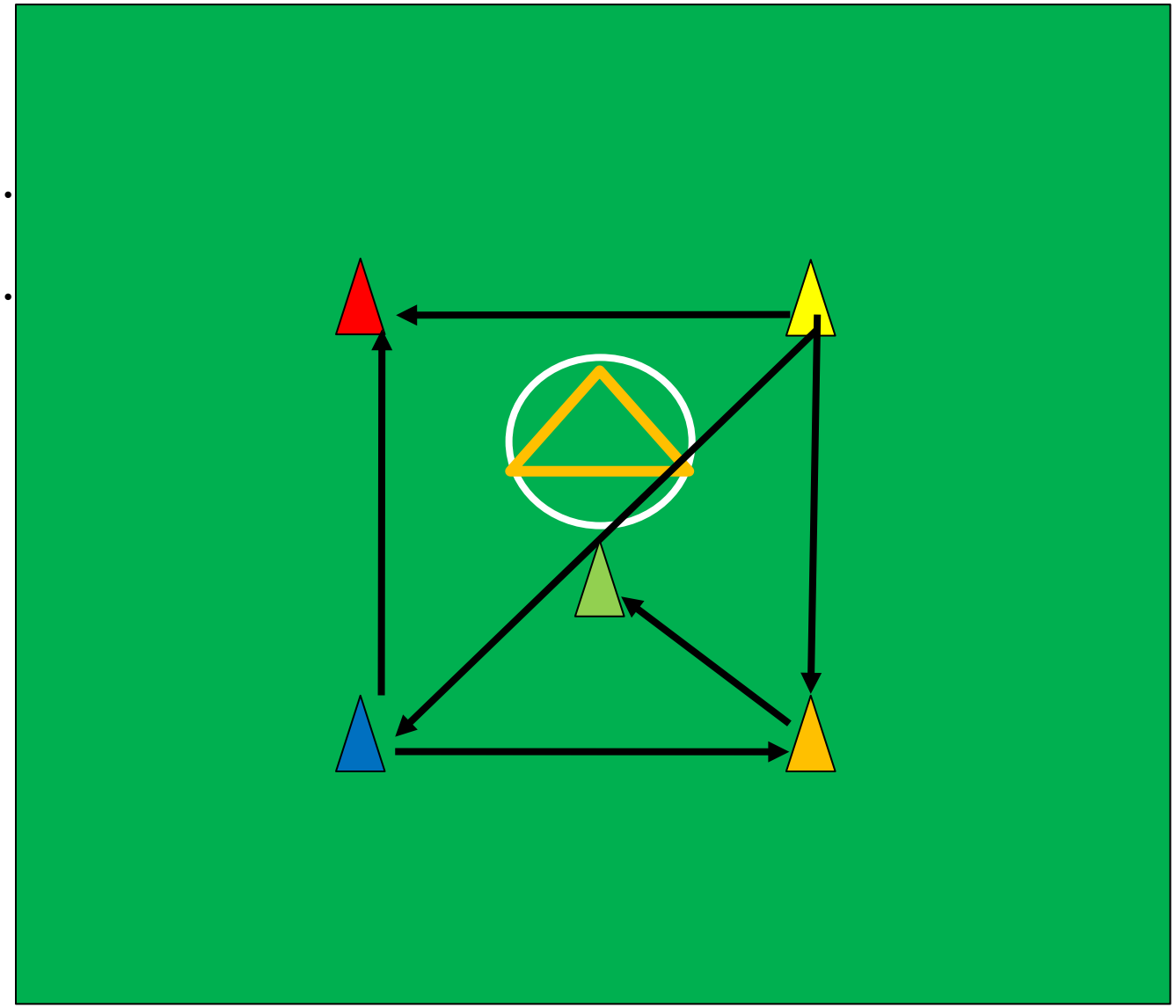
**The purpose of COLOR BLIND is to have the defender recognize where they are on the field and how to negotiate the the crease.**

**Defensemen stands at a colored cone and the coach calls out a color. The player sprints to a cone that is called out and breaks down at the cone.**

**1. Emphasize breaking down into a good athletic stance (APPROACH). Keep Low**

**2. Keep stick in front.**

**3. Going to the proper side of the crease And when to go through the crease.**

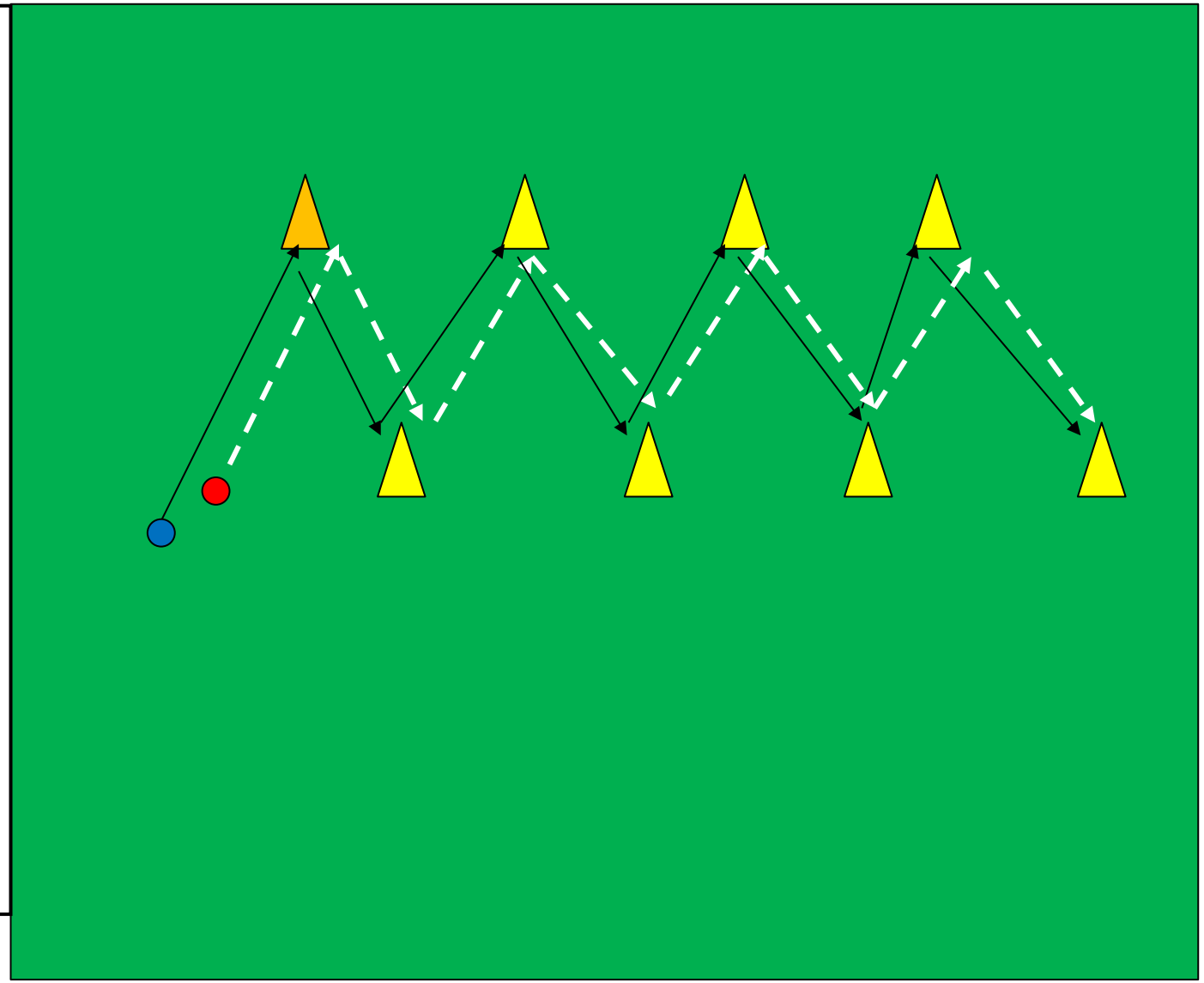


# Hip Drill

**The purpose of this drill is to get the defender to move his feet and turn his Hips while staying low on the offensive player. Offensive player goes quarter speed the first time through the drill, half speed, then full speed. Defensive player always wants to beat offensive player to the TOP SIDE.**

**This is a great drill for both the offensive and defensive players. You may mix in checking once the players get the concepts down and can master an effective DROP STEP and HIP TURN.**

*** Cones should be 10-15 yards apart.**



# Crash the Crease

**Drill starts with 3 offensive and 3 defensive players.**

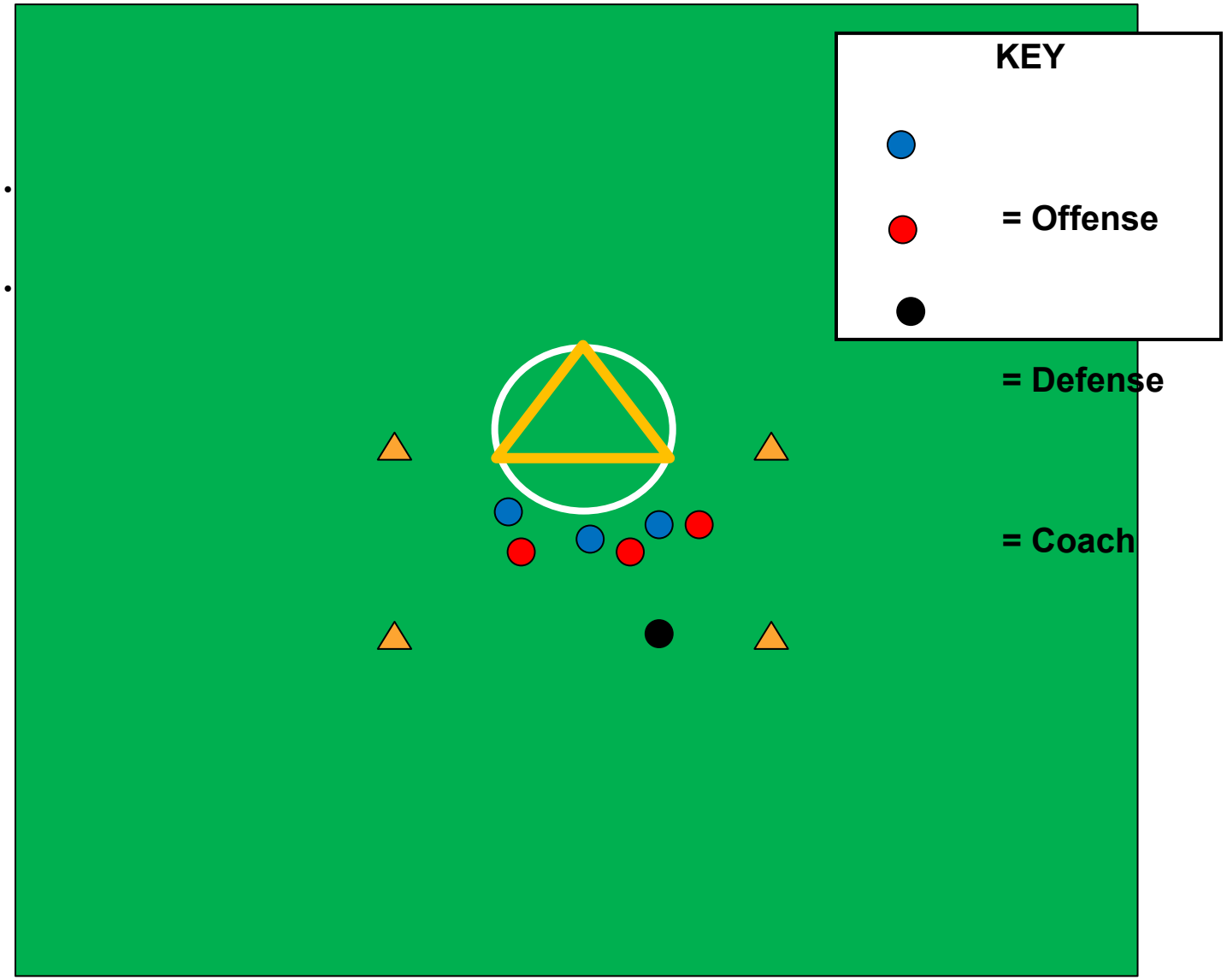
**Coach rolls out a ball and all Players need to find the ball and then find an opponent.**

**If Defense gets the ball the Offensive players need to ride.**

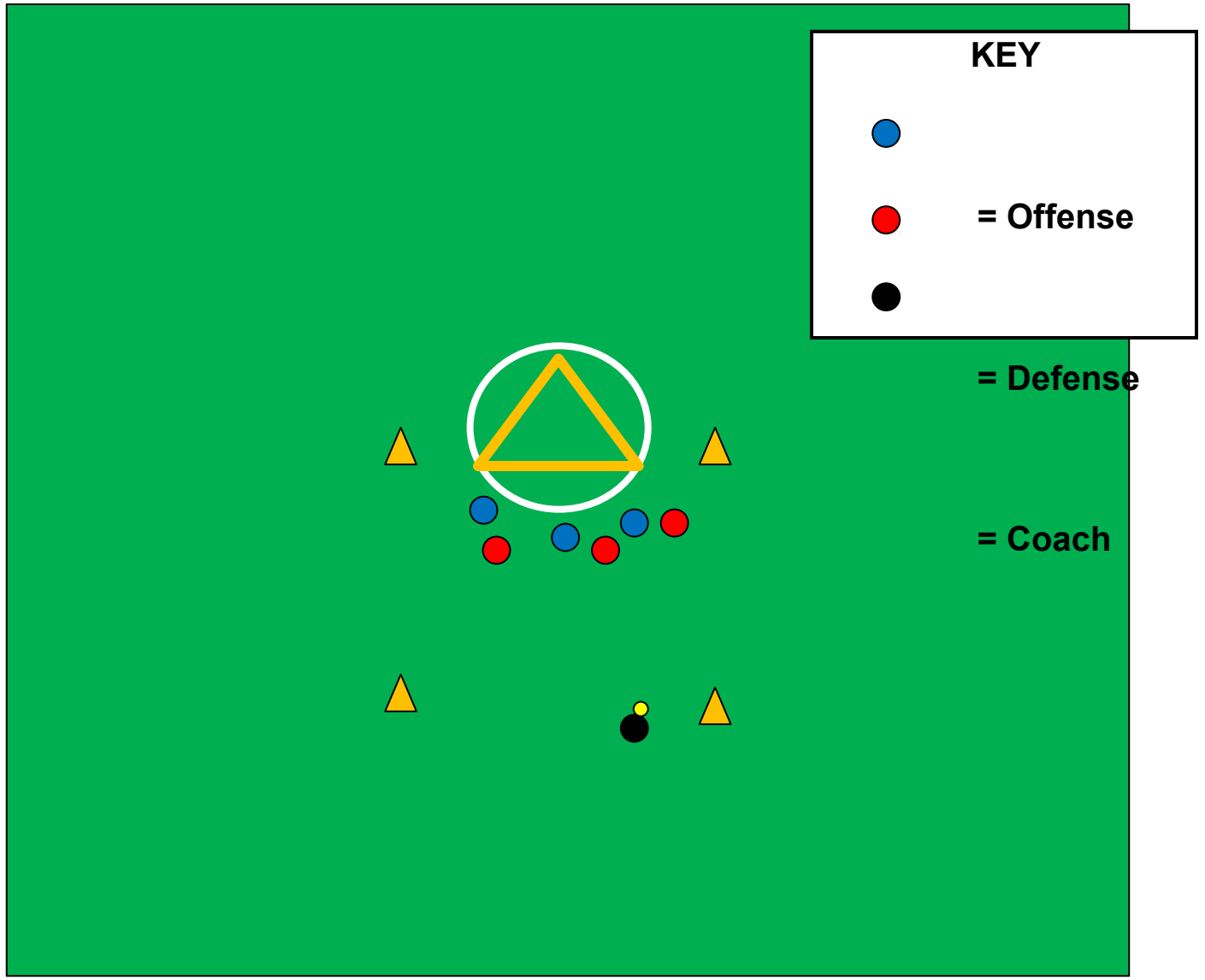
**If Offense gets the ball they need to try and score, by drawing a man and passing.**

**This Drill emphasizes.**

- **Ground balls**
- **Man/Ball**

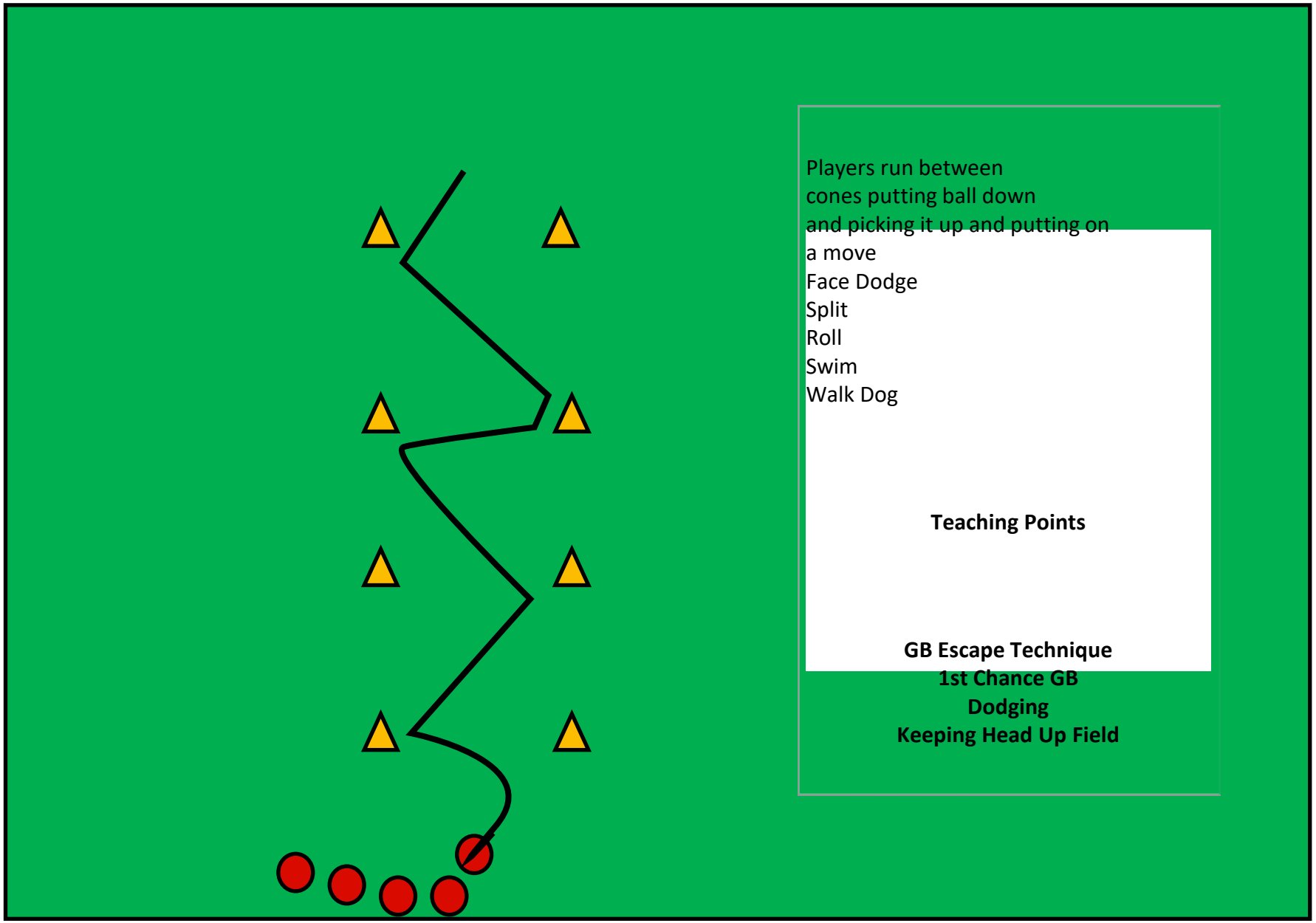


# Crash the Crease



# Foundation 5
# Defensive Drills

# Ground Ball Train Drill

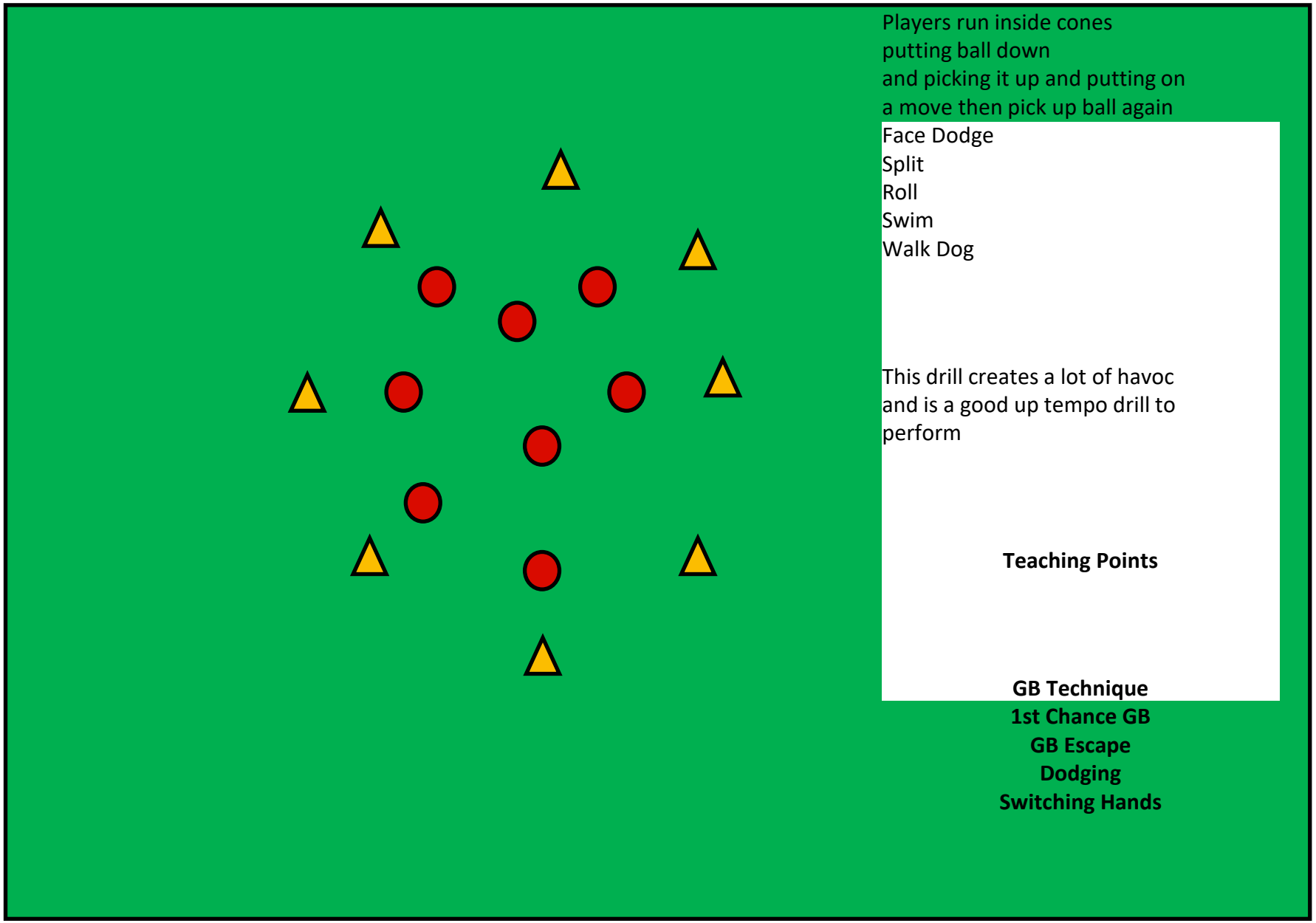


Players run between
cones putting ball down
and picking it up and putting on
a move
Face Dodge
Split
Roll
Swim
Walk Dog

**Teaching Points**

**GB Escape Technique**
**1st Chance GB**
**Dodging**
**Keeping Head Up Field**

# Barrel of Monkeys



Players run inside cones
putting ball down
and picking it up and putting on
a move then pick up ball again

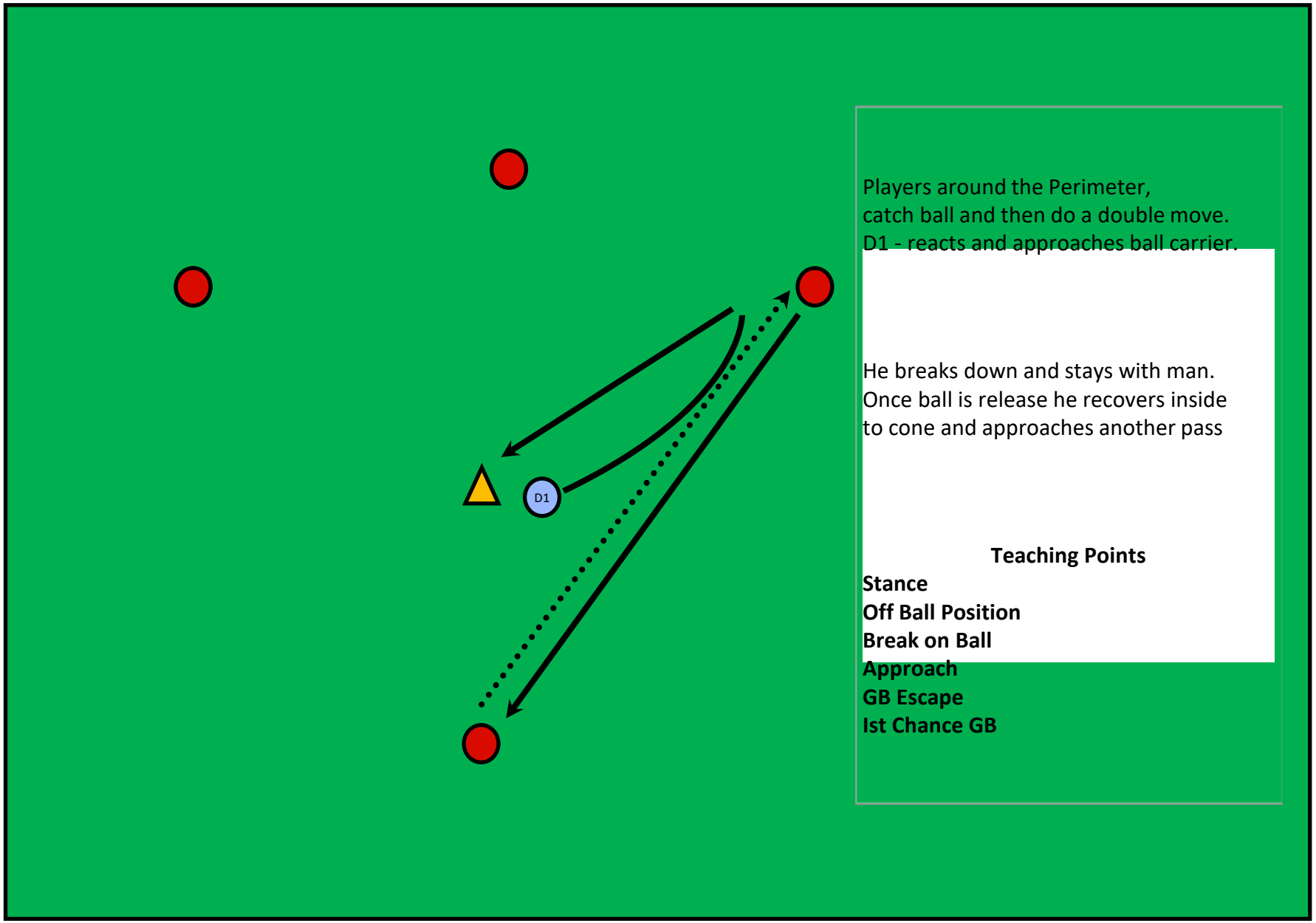
Face Dodge
Split
Roll
Swim
Walk Dog

This drill creates a lot of havoc
and is a good up tempo drill to
perform

**Teaching Points**

**GB Technique**
**1st Chance GB**
**GB Escape**
**Dodging**
**Switching Hands**

# Umbrella - Approach Drill



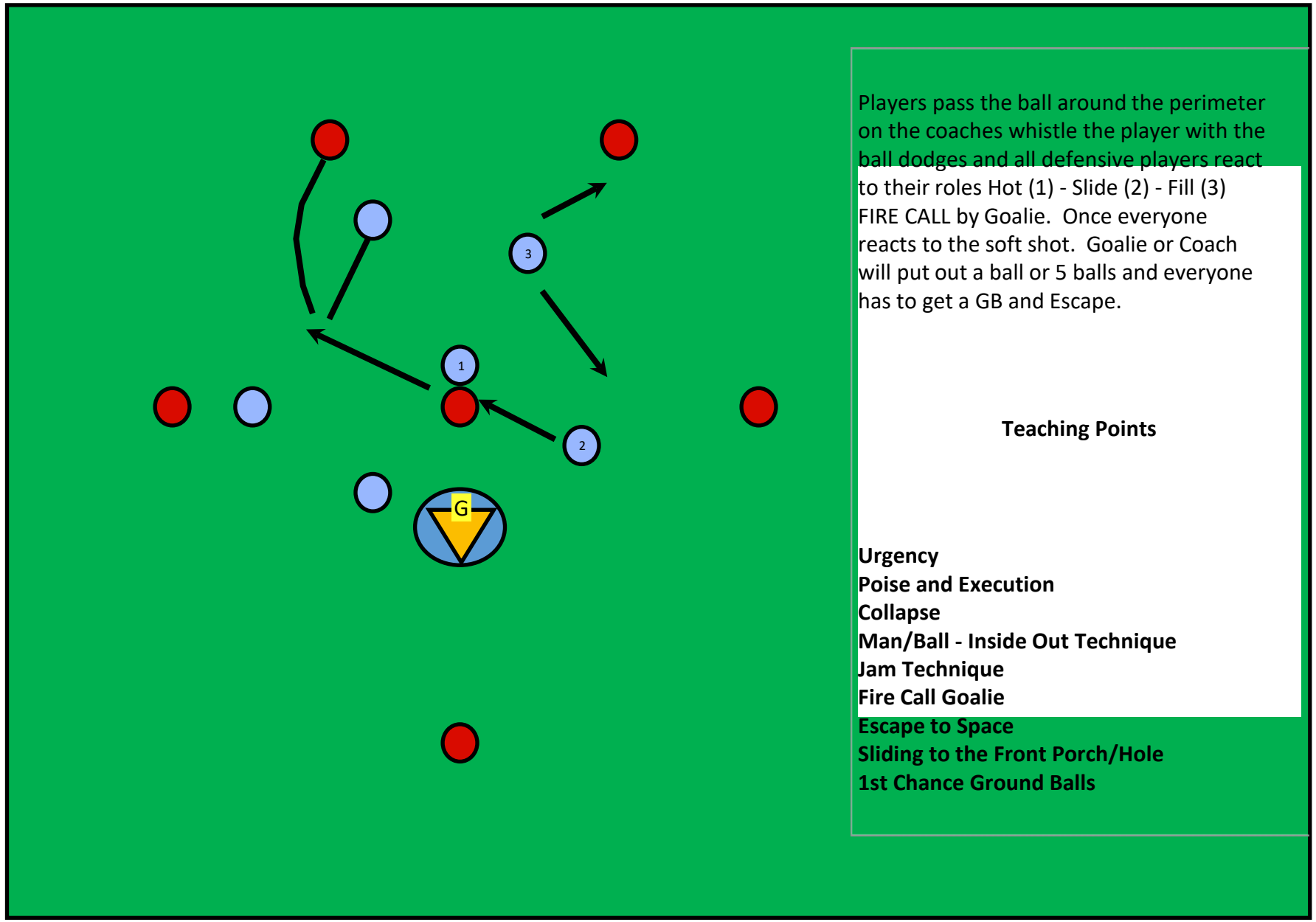

Players around the Perimeter,
catch ball and then do a double move.
D1 - reacts and approaches ball carrier.

He breaks down and stays with man.
Once ball is release he recovers inside
to cone and approaches another pass

**Teaching Points**

**Stance**
**Off Ball Position**
**Break on Ball**
**Approach**
**GB Escape**
**Ist Chance GB**

# Firecracker Drill

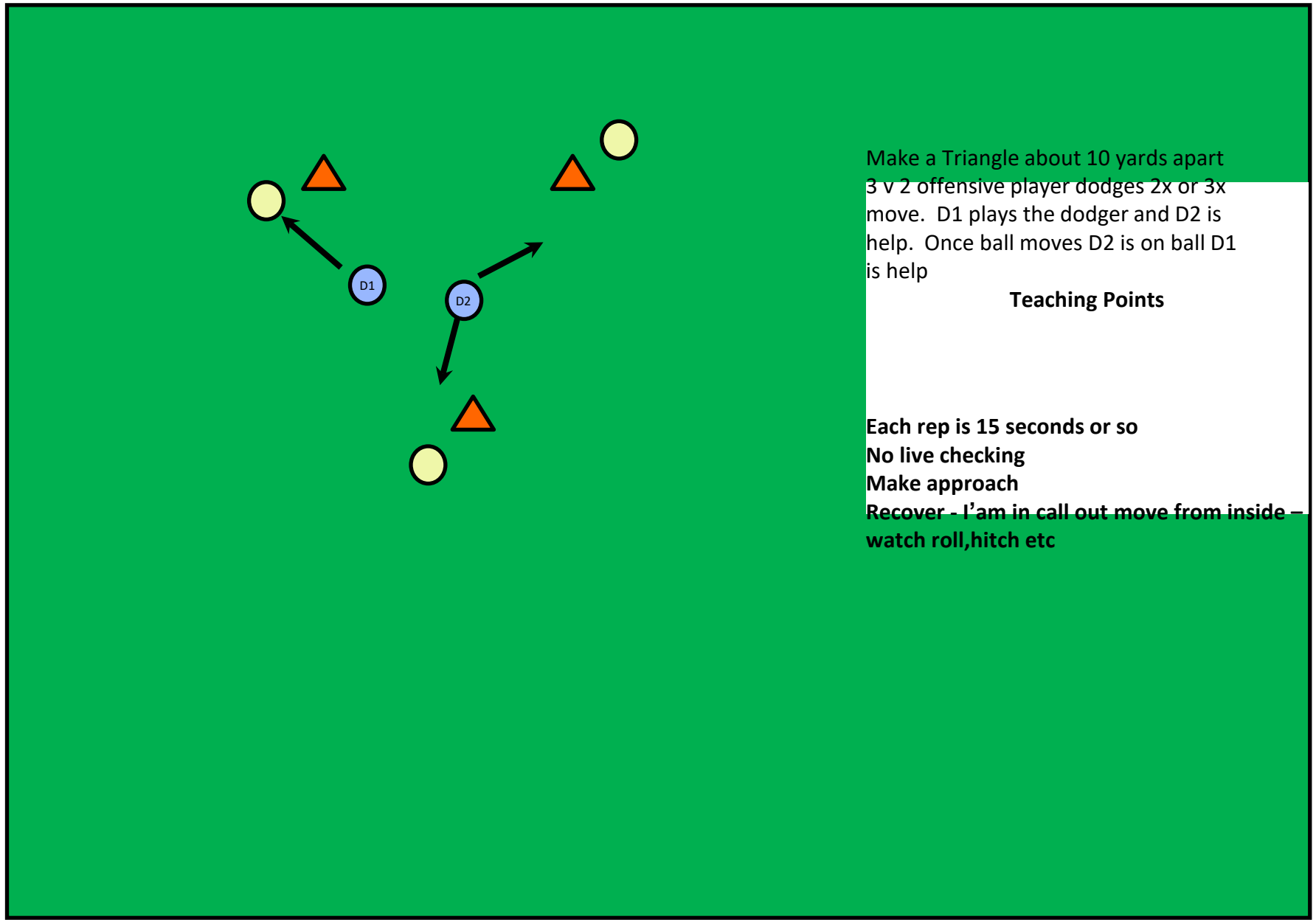



Players pass the ball around the perimeter on the coaches whistle the player with the ball dodges and all defensive players react to their roles Hot (1) - Slide (2) - Fill (3) FIRE CALL by Goalie. Once everyone reacts to the soft shot. Goalie or Coach will put out a ball or 5 balls and everyone has to get a GB and Escape.

**Teaching Points**

**Urgency**
**Poise and Execution**
**Collapse**
**Man/Ball - Inside Out Technique**
**Jam Technique**
**Fire Call Goalie**
**Escape to Space**
**Sliding to the Front Porch/Hole**
**1st Chance Ground Balls**

# Warrior Drill




Make a Triangle about 10 yards apart
3 v 2 offensive player dodges 2x or 3x move. D1 plays the dodger and D2 is help. Once ball moves D2 is on ball D1 is help

**Teaching Points**

**Each rep is 15 seconds or so**
**No live checking**
**Make approach**
**Recover - I'am in call out move from inside – watch roll,hitch etc**

# Taking care of your Goalie

Allocate time and personnel to training, train a coach or your best shooter to consistently warm up your goalie.

Dedicate drills & time to goalie skill development(30 min/day).

Recruit and train new goalies constantly: must be an athlete, must not be afraid of ball.

Focus on footwork more than stick work.

Stick handling skills are a bonus: passing, catching, cradling, clearing, Focus on Saves: hand position, step to the ball.

Instill confidence early: tennis balls, adult shooters only.

**Crease run-** Goalie runs around the outside of the crease at full speed. While he is running he must concentrate on seeing the coach. At any point the coach can shoot the ball at the goal and the goalie must make a save. *Works on foot speed, conditioning and the tracking of the ball.*

**Ski jumpers-** Goalie can use a line or stick to do two-footed jump over stick. Not trying to jump high but to jump as many times over the stick as possible in a given time frame. *Works on conditioning and body control*

**Walking the line-** Line should separate body. Simulate making save in all 6 areas that goalies need to make saves. Slow down and practice good technique! I recommend that you have someone with some goalie background watch you do this because if you are doing something wrong you do not want to keep doing wrong! Somebody should be present to correct any technique mistakes.

**Wall ball drills-** Using the wall, you can simulate shots off the wall to practice your technique. Also can help with stick work. Face wall; face coach-turn-make saves drills.

**Star balls-** Coach shoots the star ball (bounce shot) to get a "crazy bounce" off of the floor. Star balls are more effective when bounced out in front of the goalie. *Works on getting goalie to attack the ball so that the "crazy" bounce will not occur.*

**Pipe to pipe drill-** Two coaches on both sides of the goal about three yards away. Coaches use hands to toss balls just inside of the pipes one at a time. Goalie starts on one post, coach shoots, goalie makes save and works on "flat" step along goal line and leading with the stick to the far post. Other coach tries to beat the goalie to the inside. (Between goalie and post) Goalie works on post to post technique ("flat" step) and leading with the stick to the far post. *Works on the technique listed and conditioning drill.*

**Chase and get back drill-** Coach rolls ball out to side. Goalie runs out of goal to get the ground ball throws ball to coach, and sprints back to goal. Coach can shoot to make goalie dive to make save or can wait until the goalie gets back and then shoots. *Works on composer after bad clearing pass and conditioning!*

# Sliding and Slide Packages

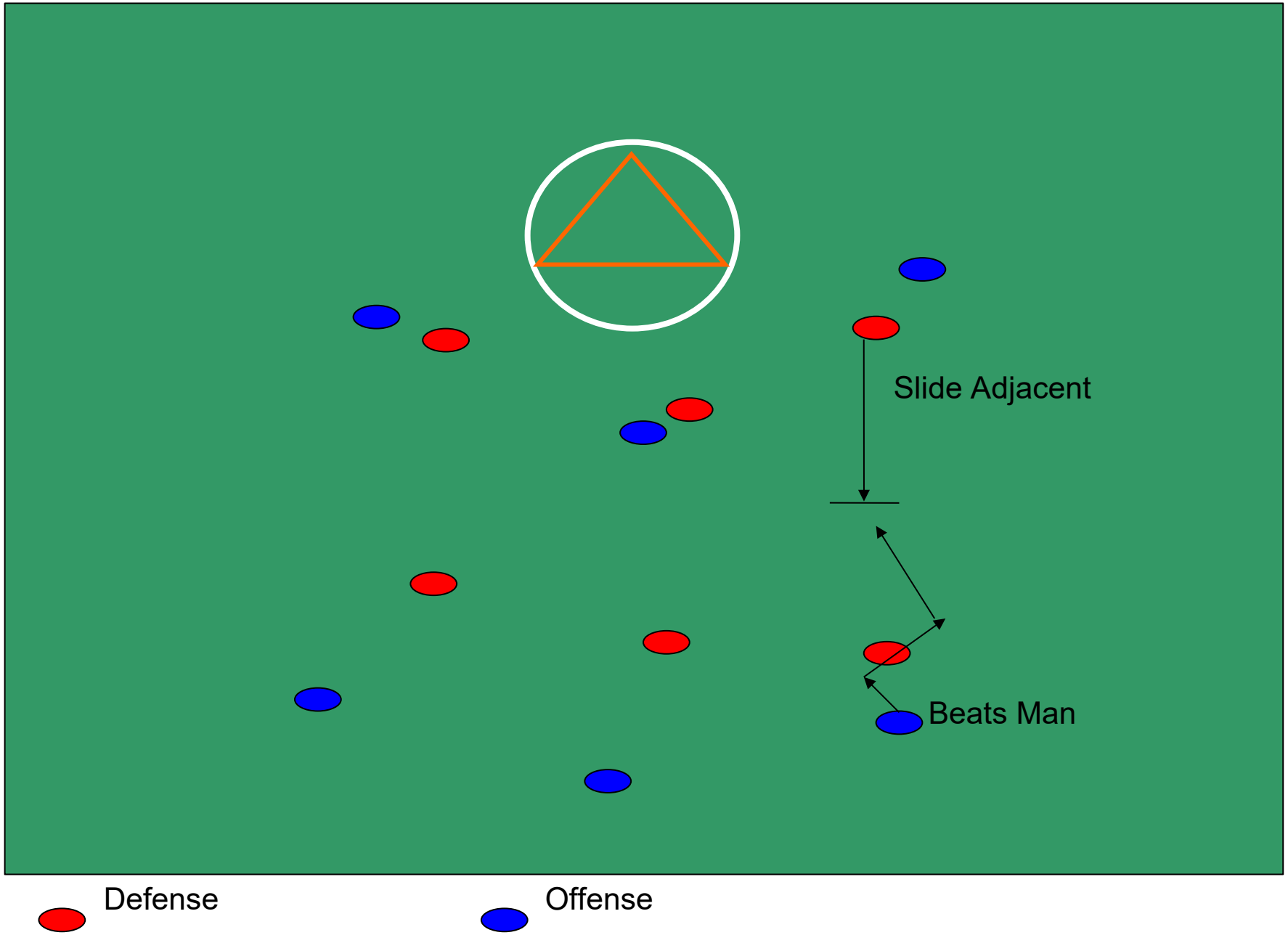
**Realize who's hot and who's not in your slide package. The first slide should always know immediately what their responsibilities are and be ready to slide to the open man instantly, should the play dictate it. The same goes for the second slide or third slide, and will vary depending on the individual team.**

**Jam**

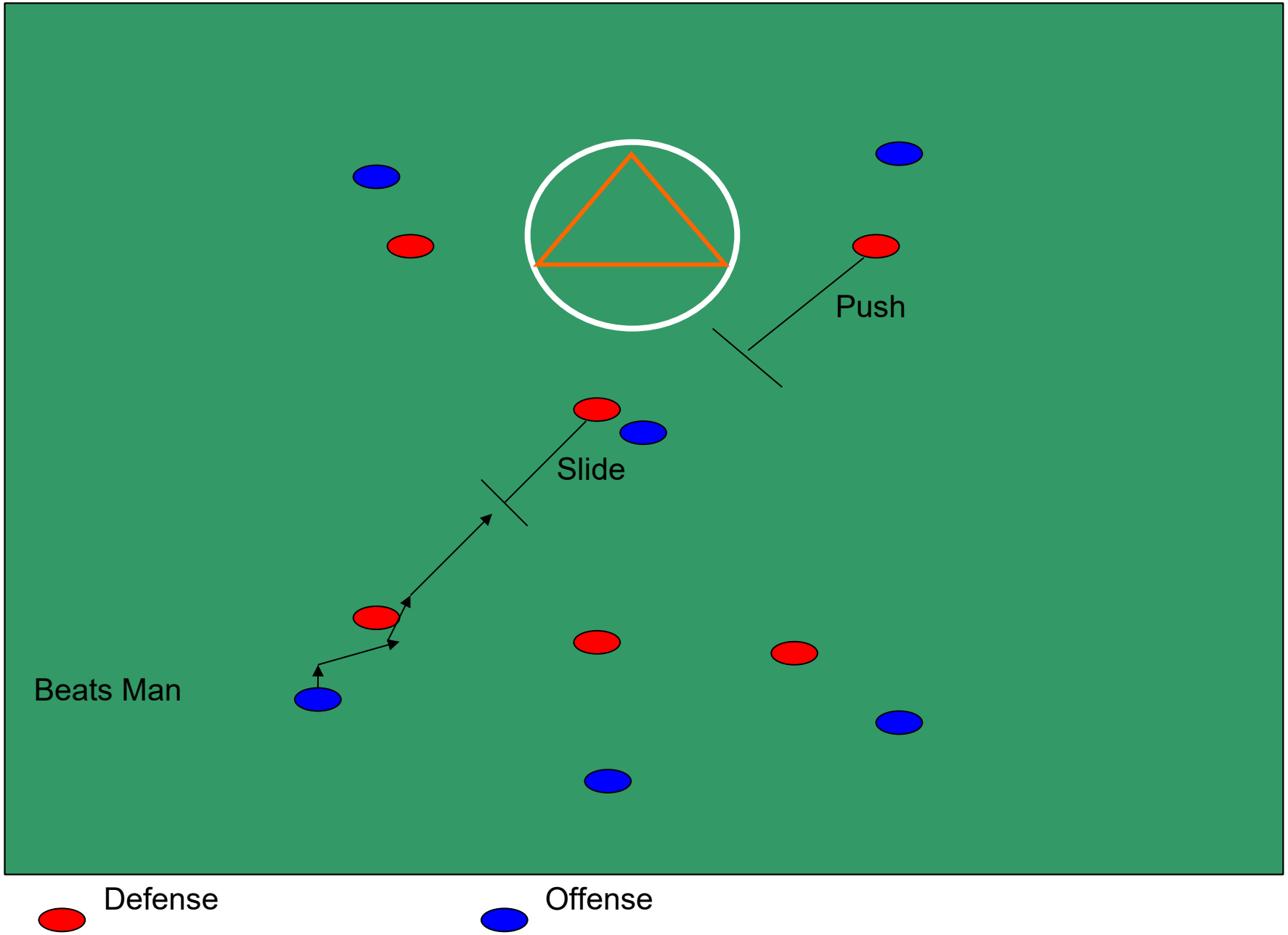
**Force**

**Fill**

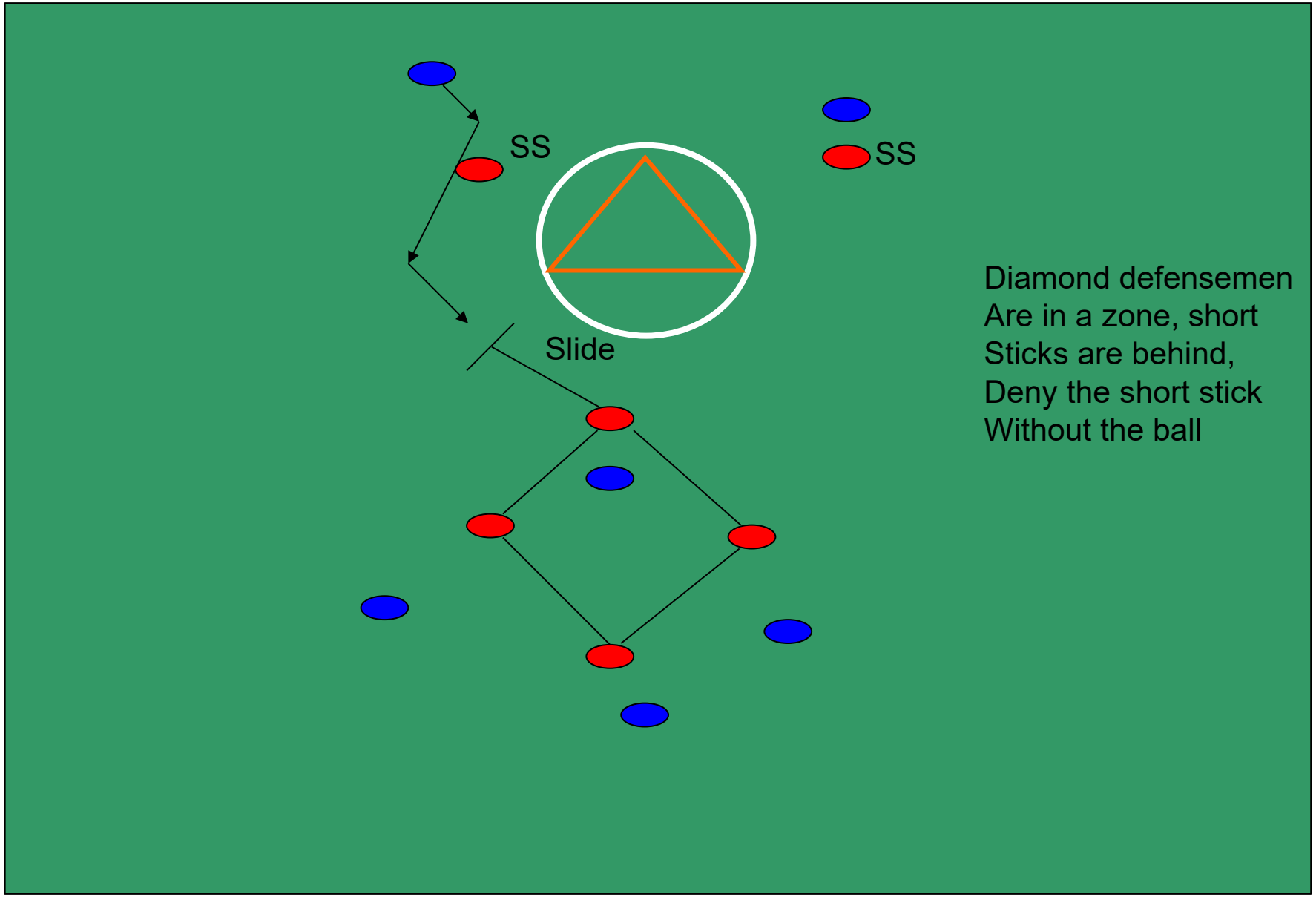
Near Man  Defense – Slide Adjacent



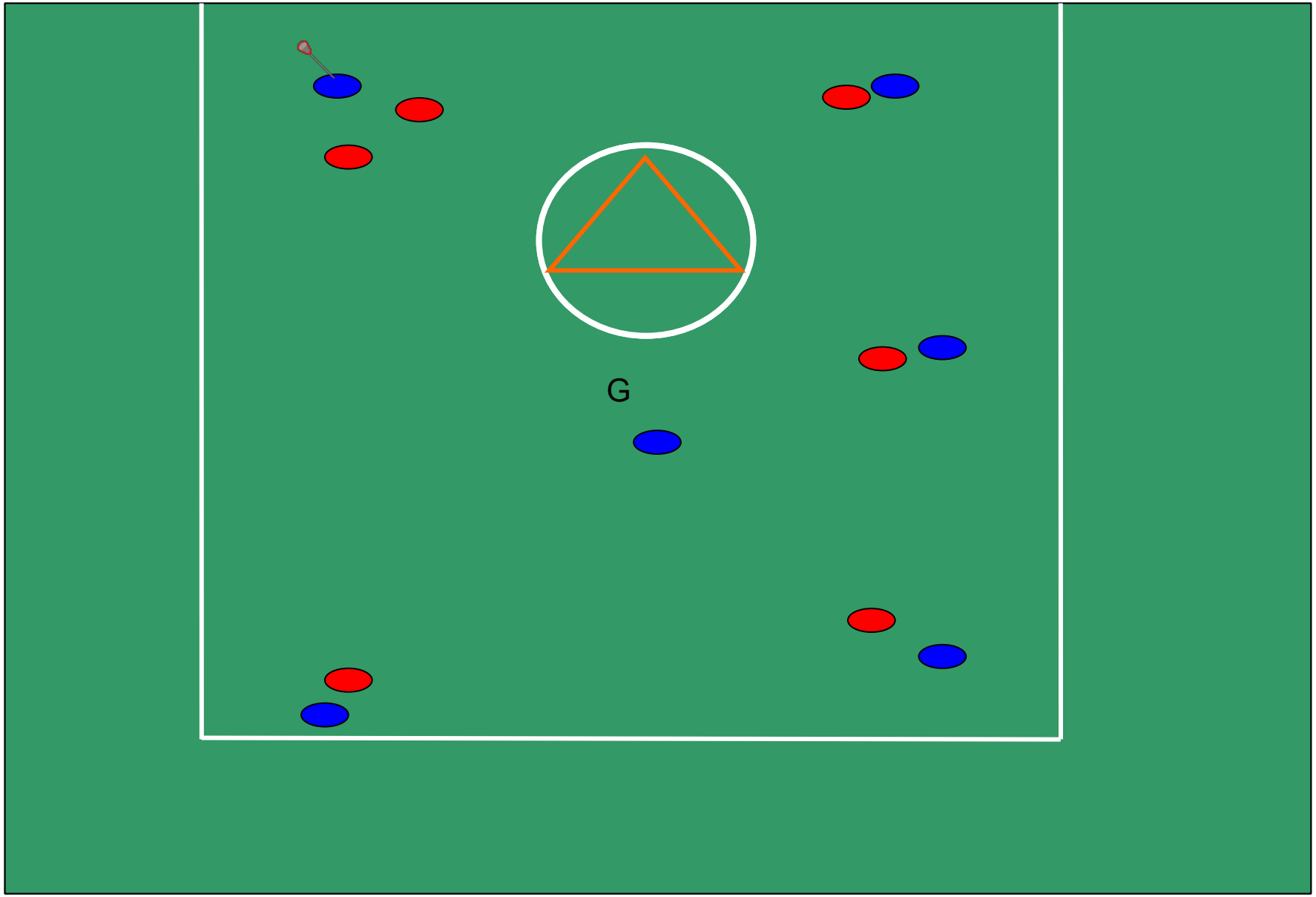
Near Man  Defense – Crease Slide



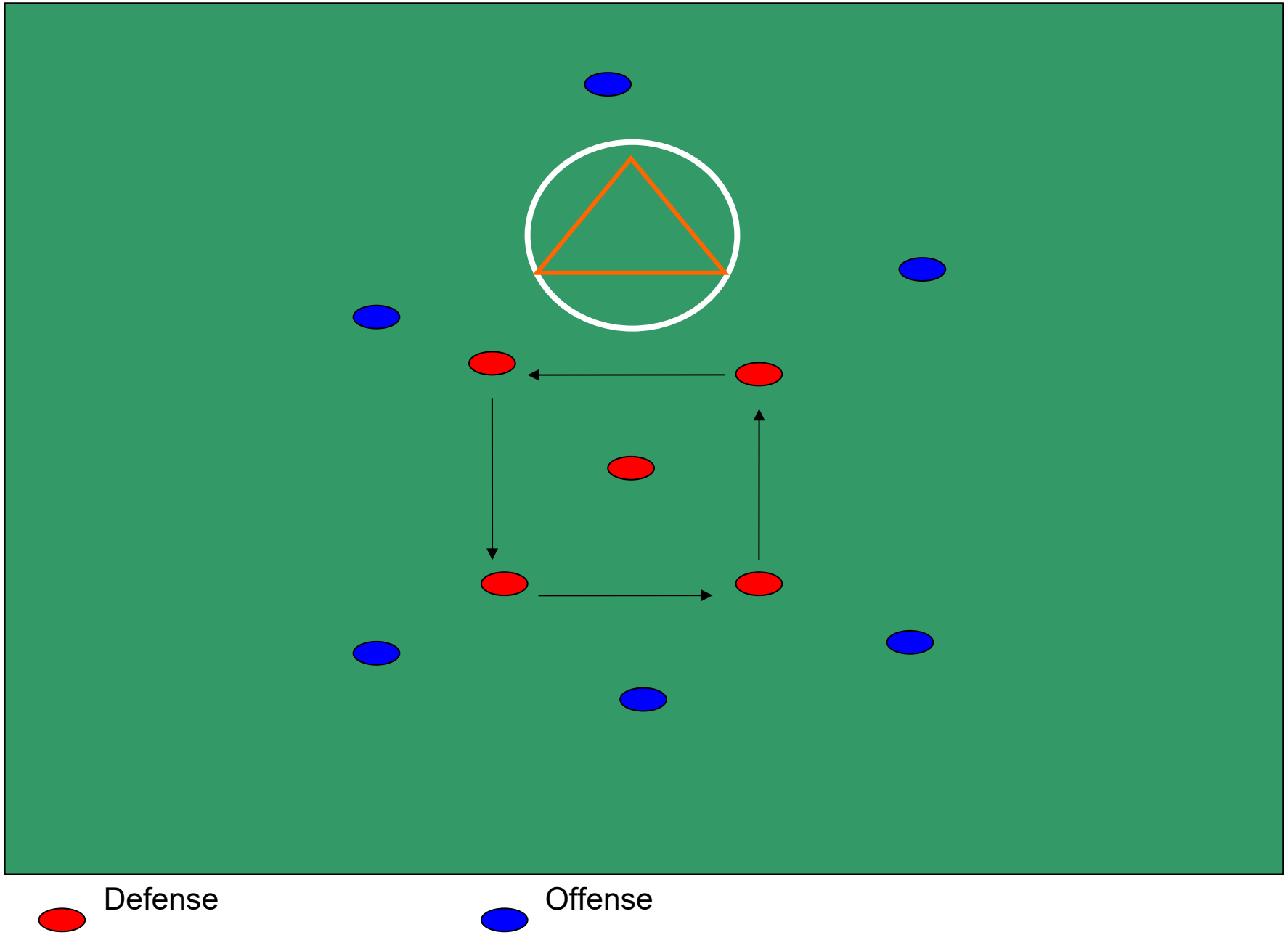
Near Man  Defense – Diamond SS – Short Stick



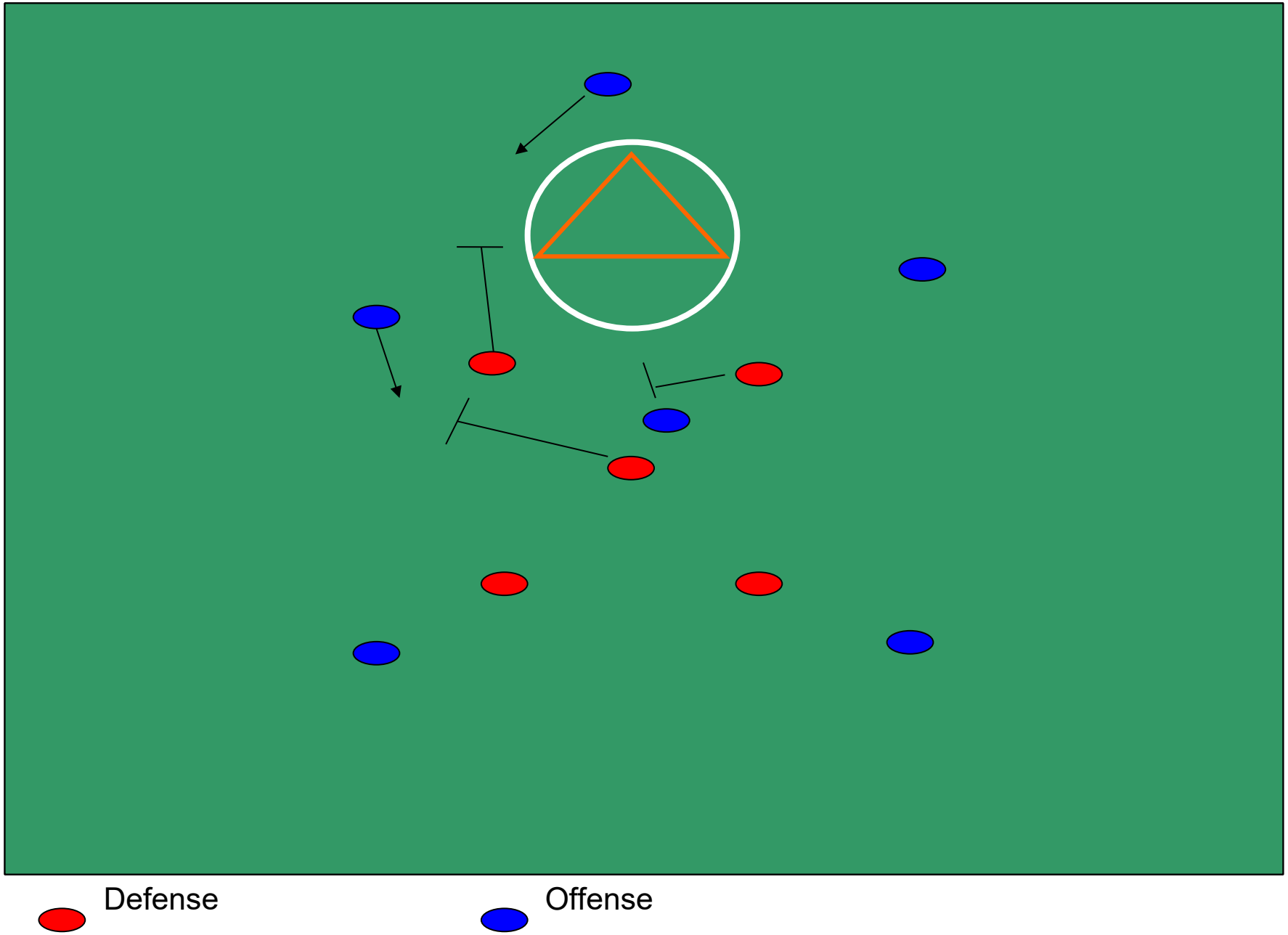
Raider – Add Goalie – under 2 minutes down by a goal



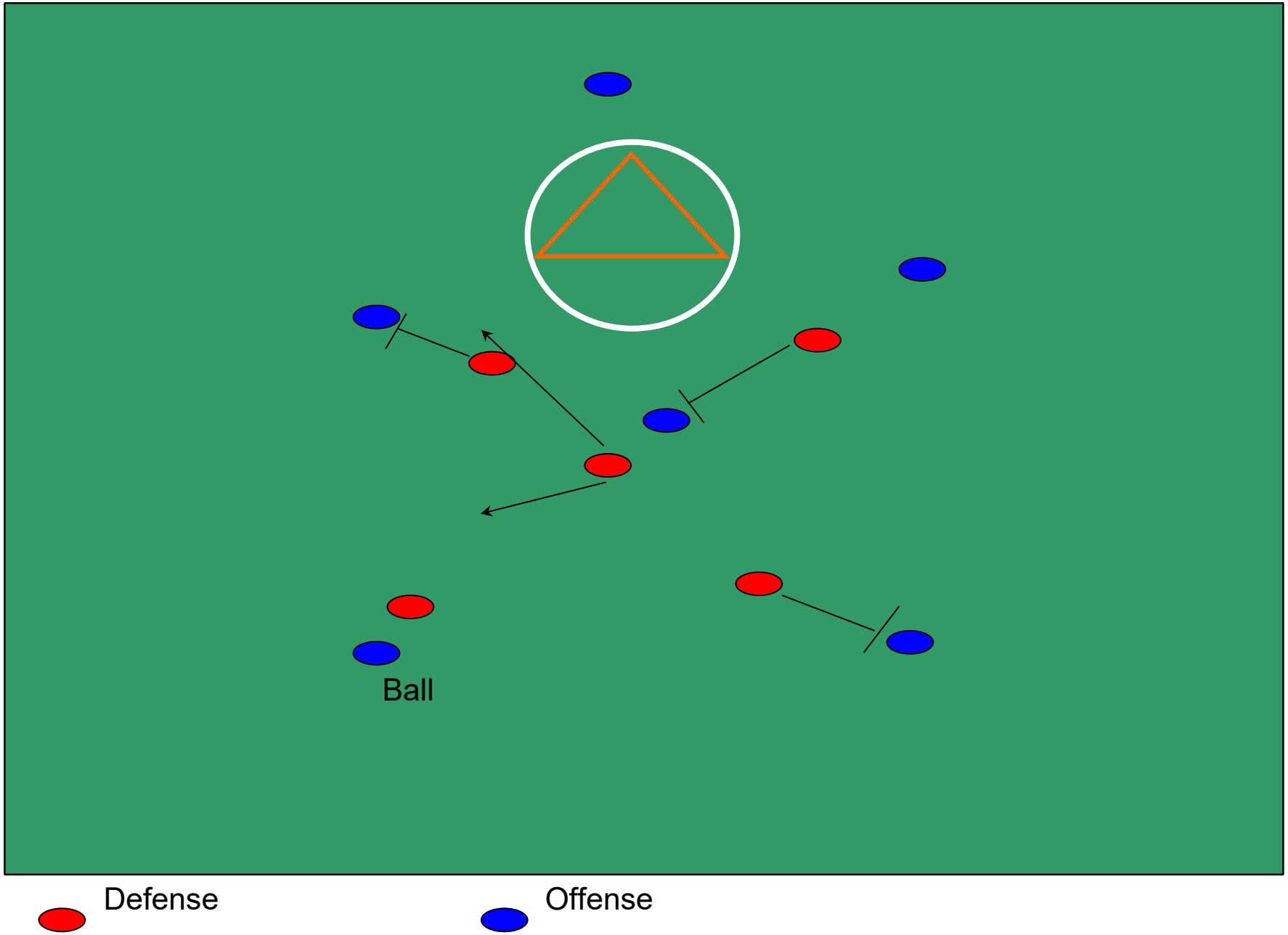
Man Down  Defense – 4 Man Tight



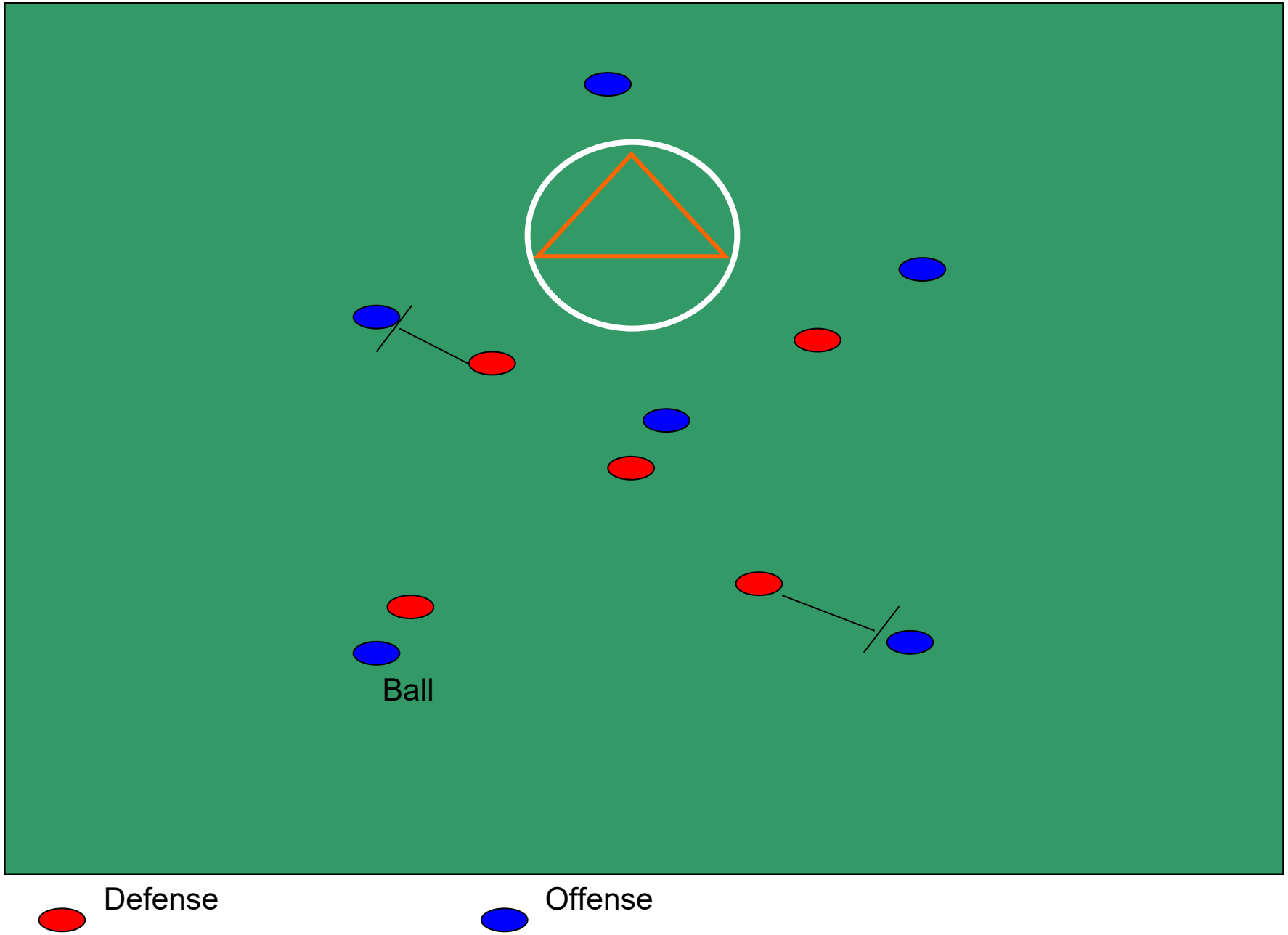
Man Down  Defense – Flash – 5 Man Rotation



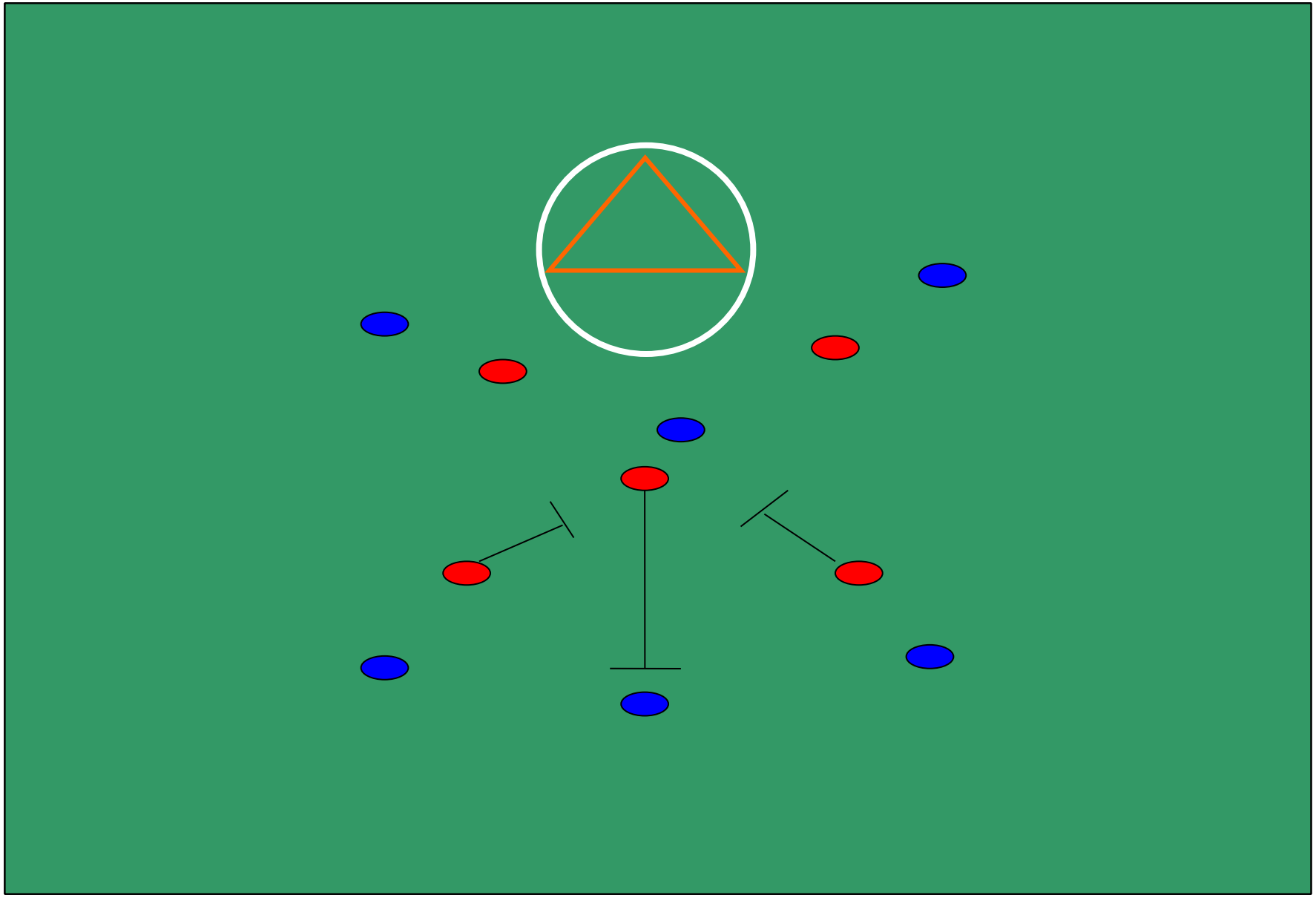
Man Down  Defense – Master – Lock on



Man Down  Defense – Special Shut off adjacent's



Man Down  Defense – String



# Zone Defense

# Zone Defense

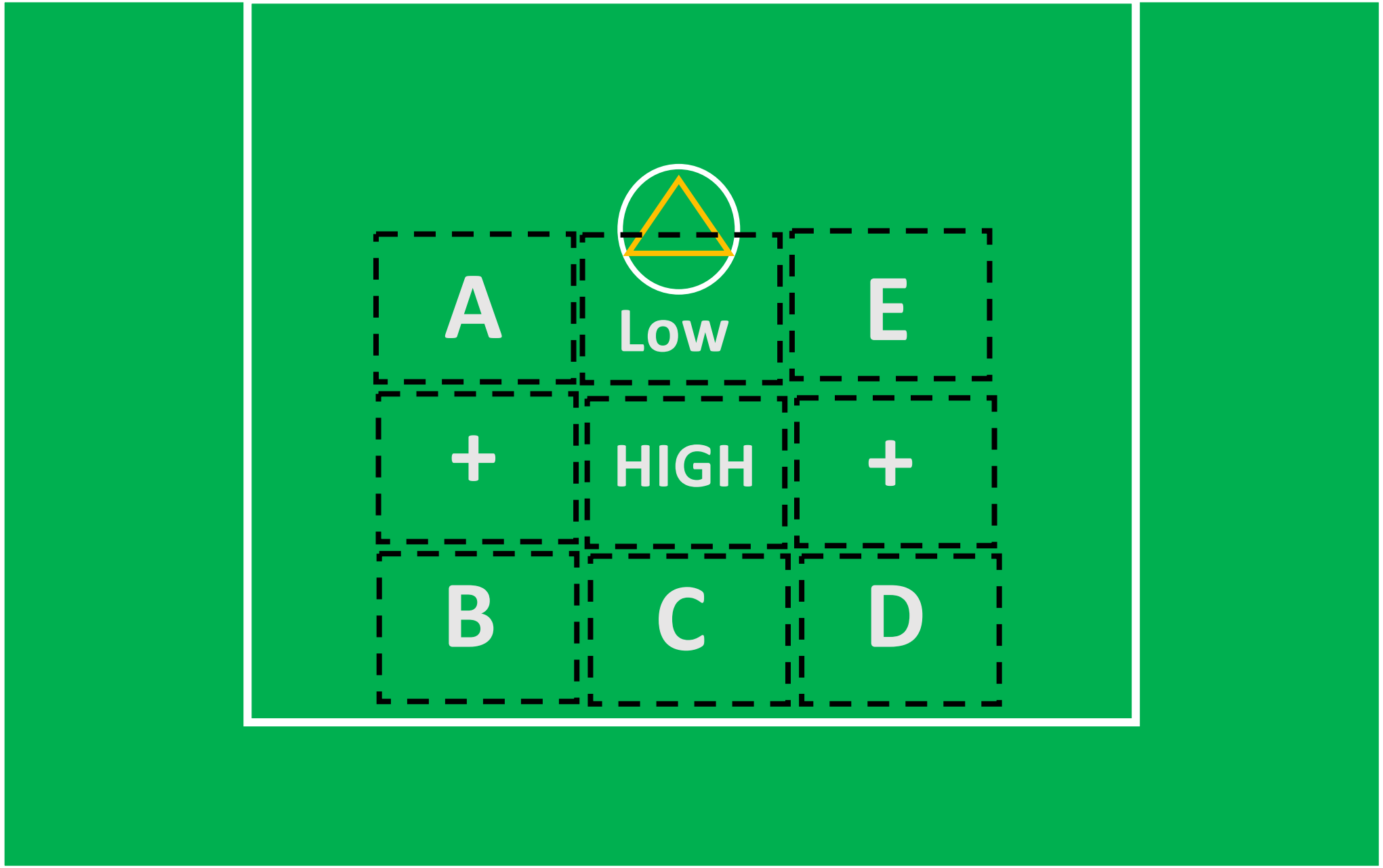
## Keys to Zone

1. **Communication – Have a conversation**
2. **Anticipation**
3. **NO Ball Watching**
4. **Butt to the Ball Side – Side Line**

## Purpose of Zone

1. **Shut Down Inside Game**
2. **Force outside shots**
3. **Dictate Tempo**
4. **Pressure Ball**

# Double Backer vs 2-1-3



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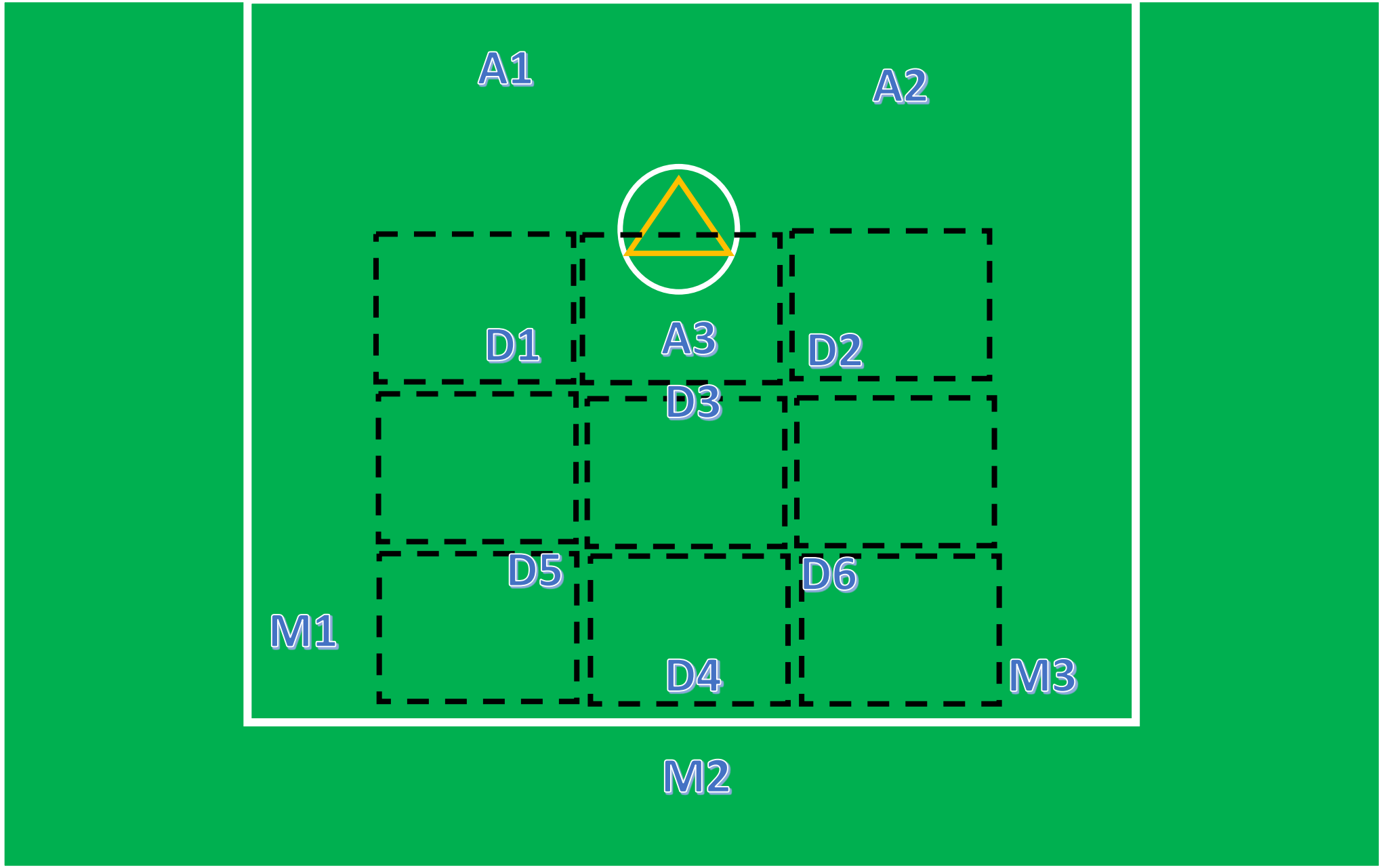
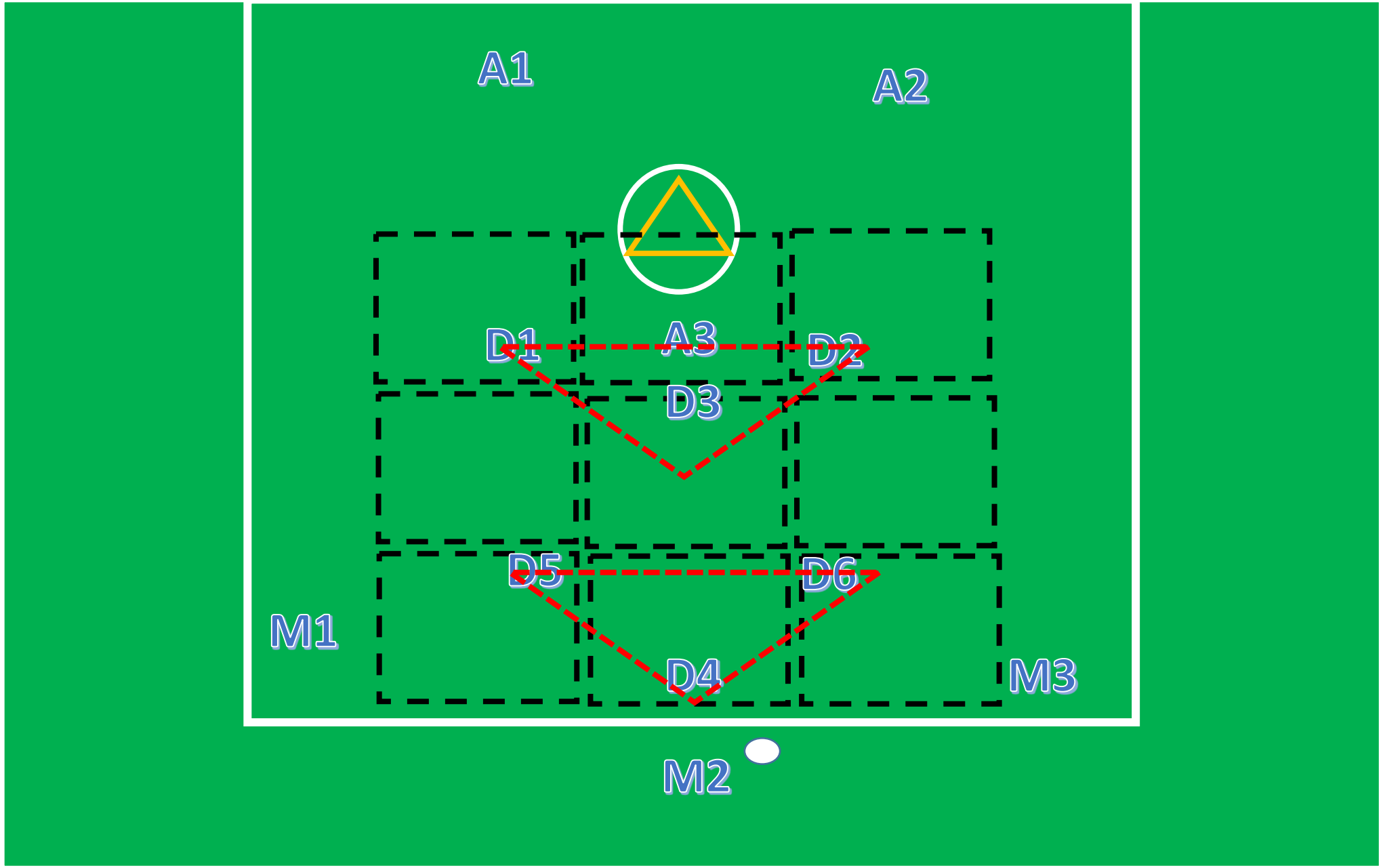


# Double Backer vs 2-1-3



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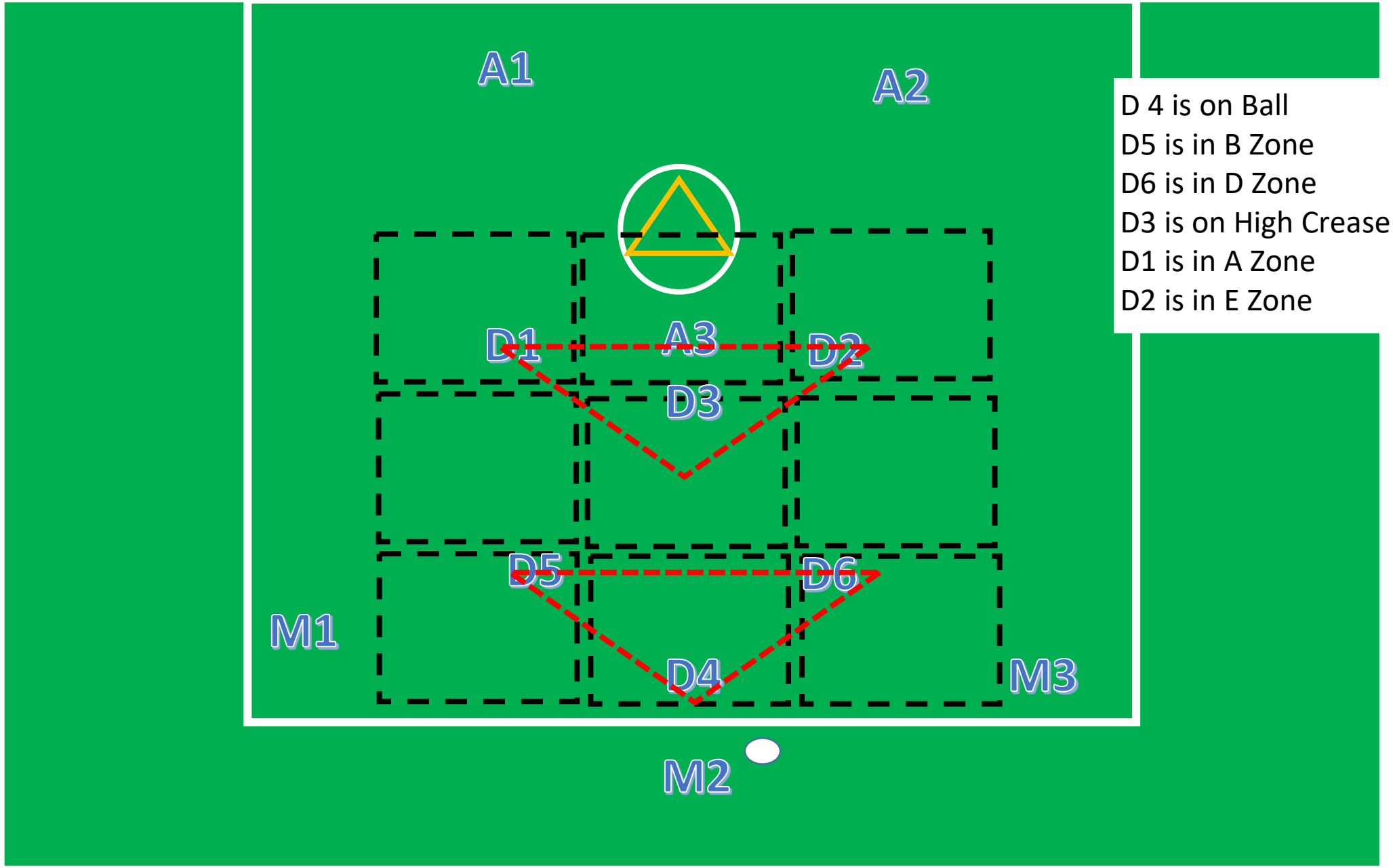
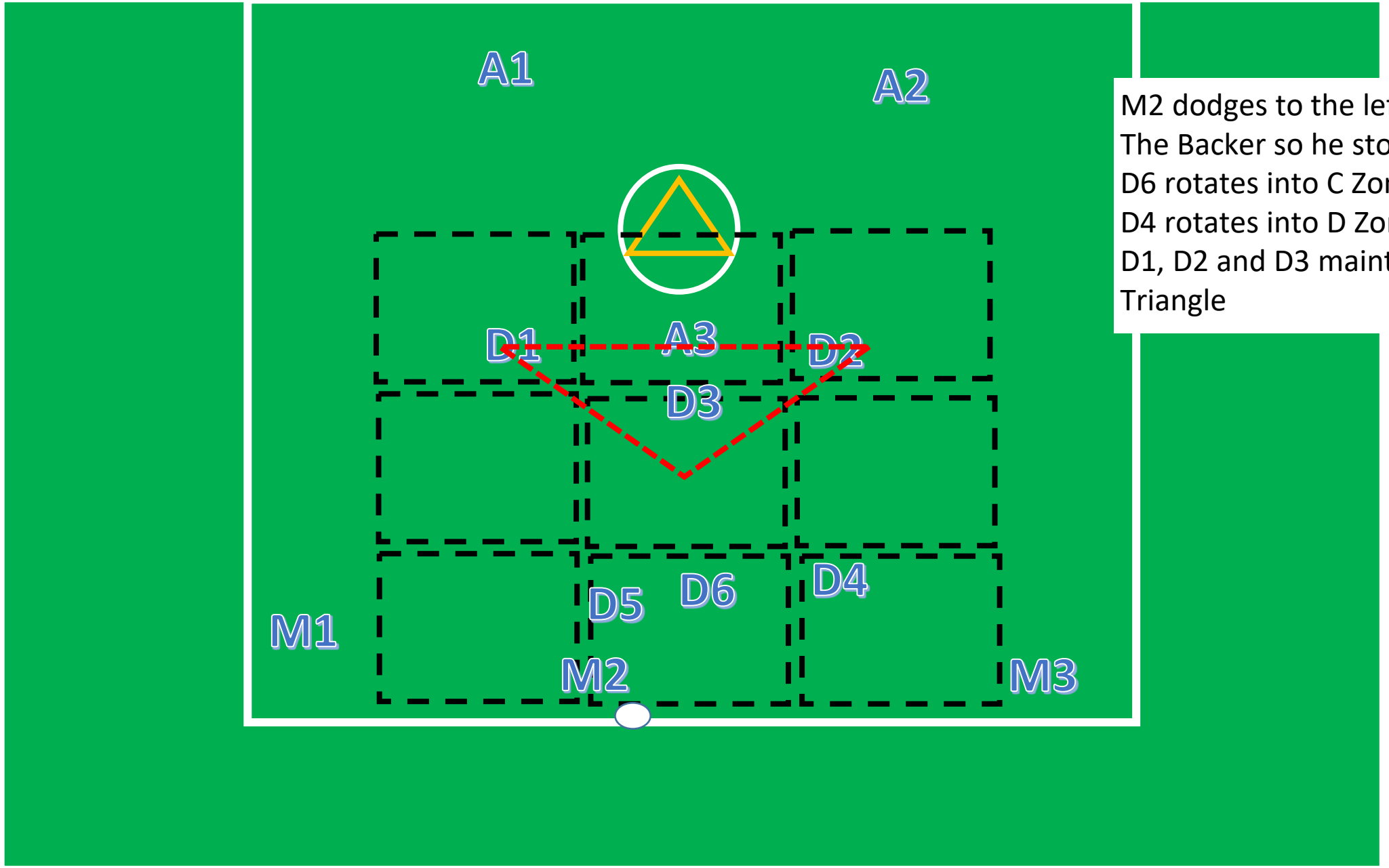


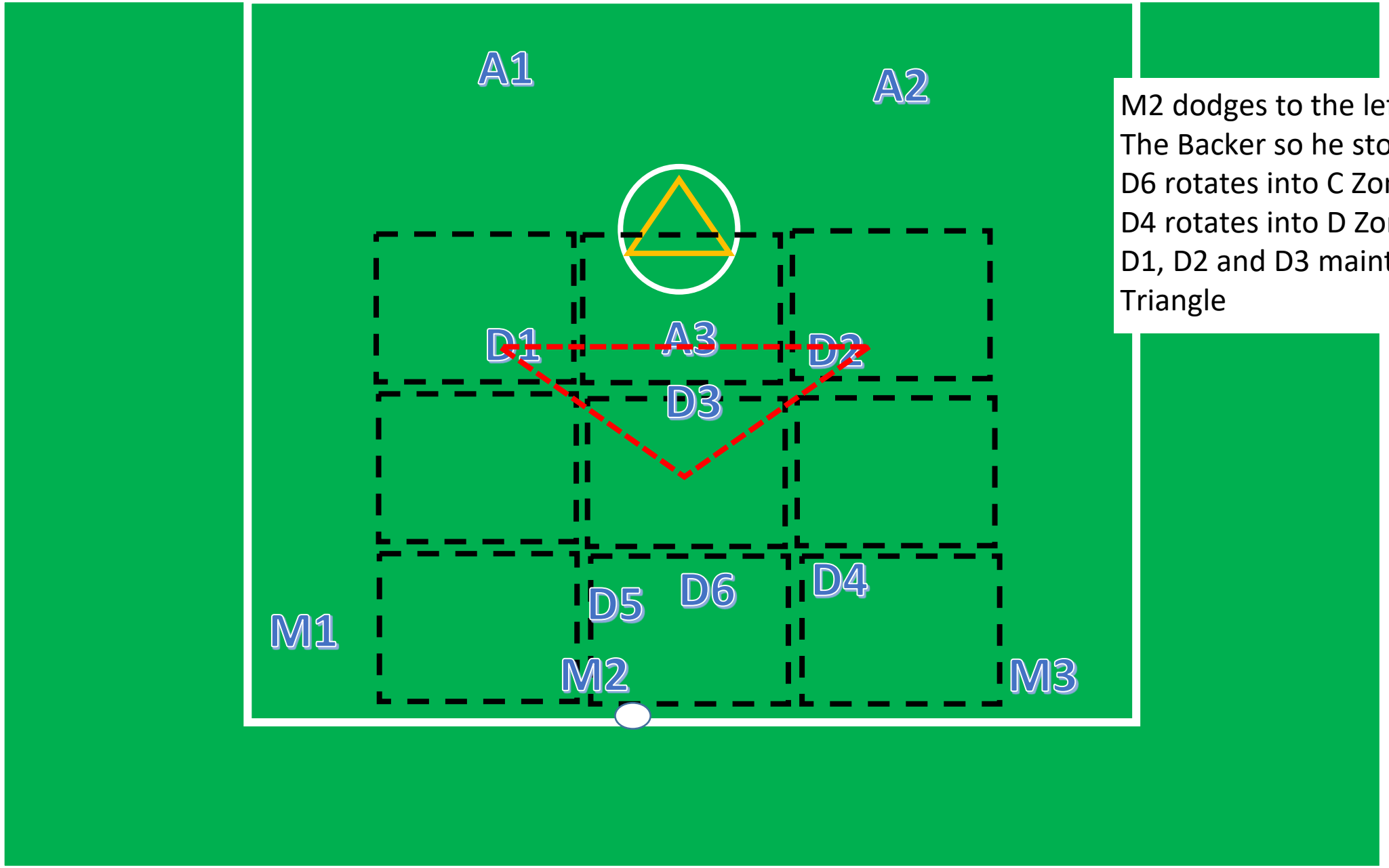

D 4 is on Ball
D5 is in B Zone
D6 is in D Zone
D3 is on High Crease
D1 is in A Zone
D2 is in E Zone

# Double Backer vs 2-1-3




M2 dodges to the left – D5 is The Backer so he stops ball
D6 rotates into C Zone
D4 rotates into D Zone
D1, D2 and D3 maintain their Triangle

# Double Backer vs 2-1-3

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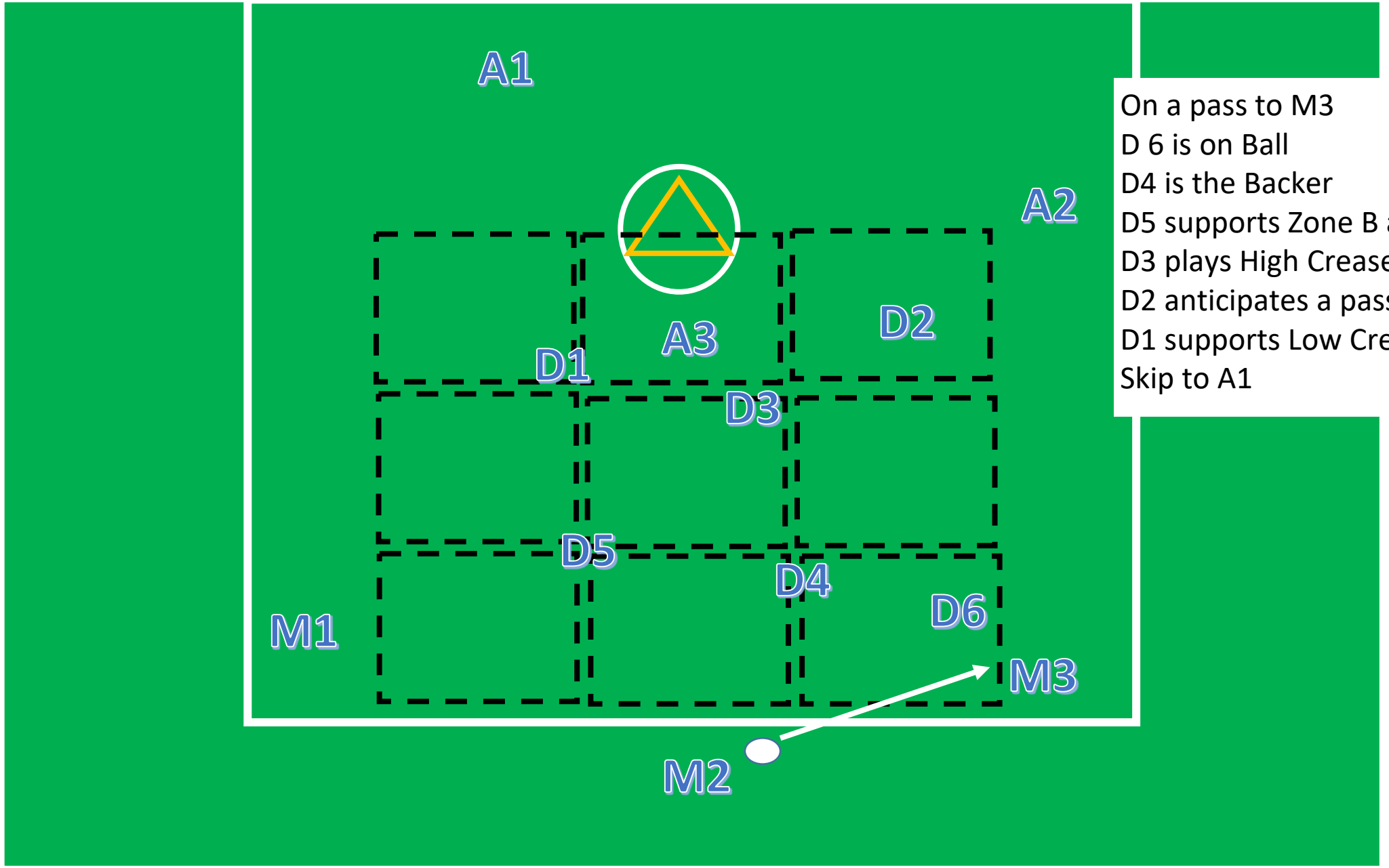
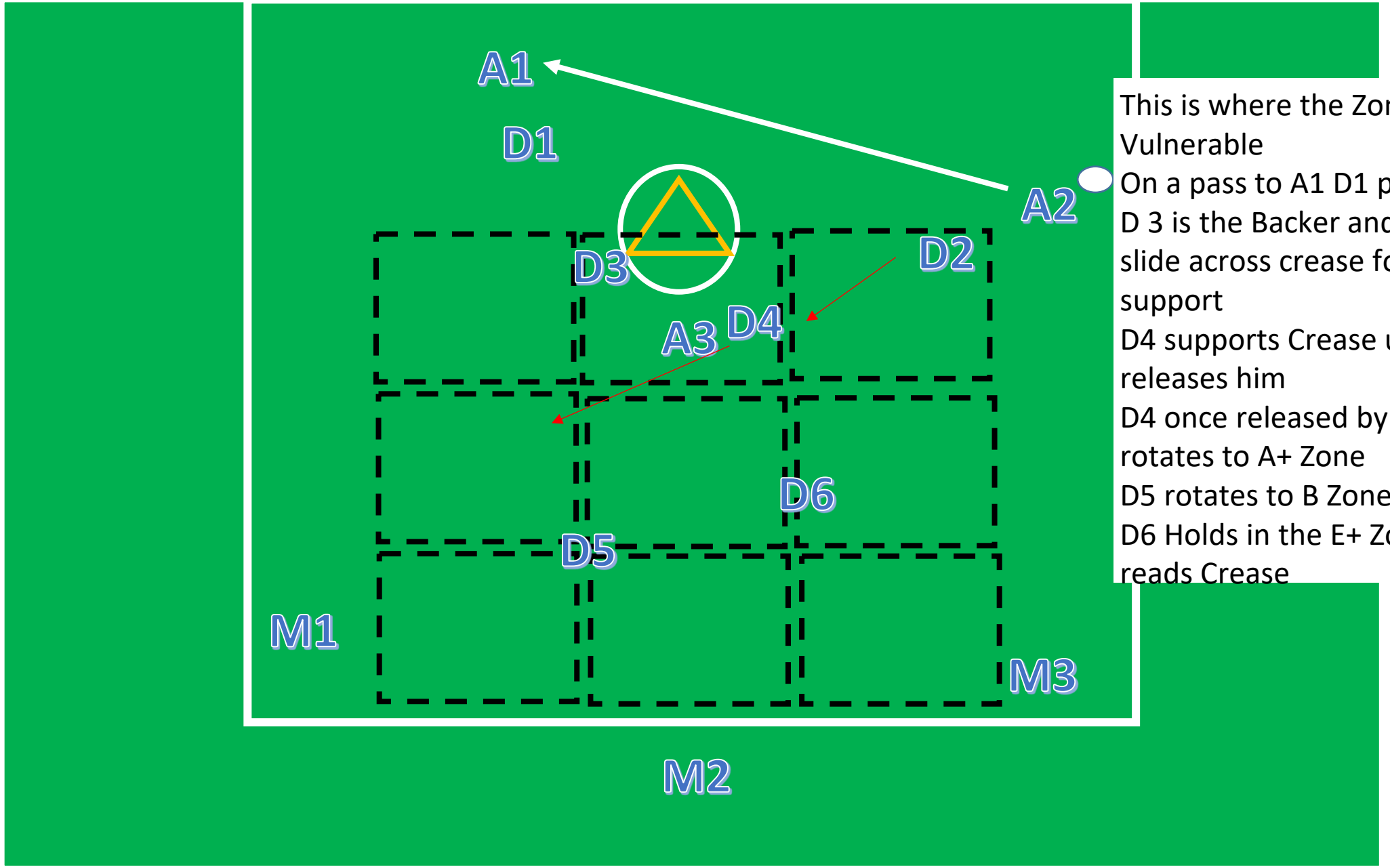



On a pass to M3
D 6 is on Ball
D4 is the Backer
D5 supports Zone B an C
D3 plays High Crease
D2 anticipates a pass to A2
D1 supports Low Crease and Skip to A1

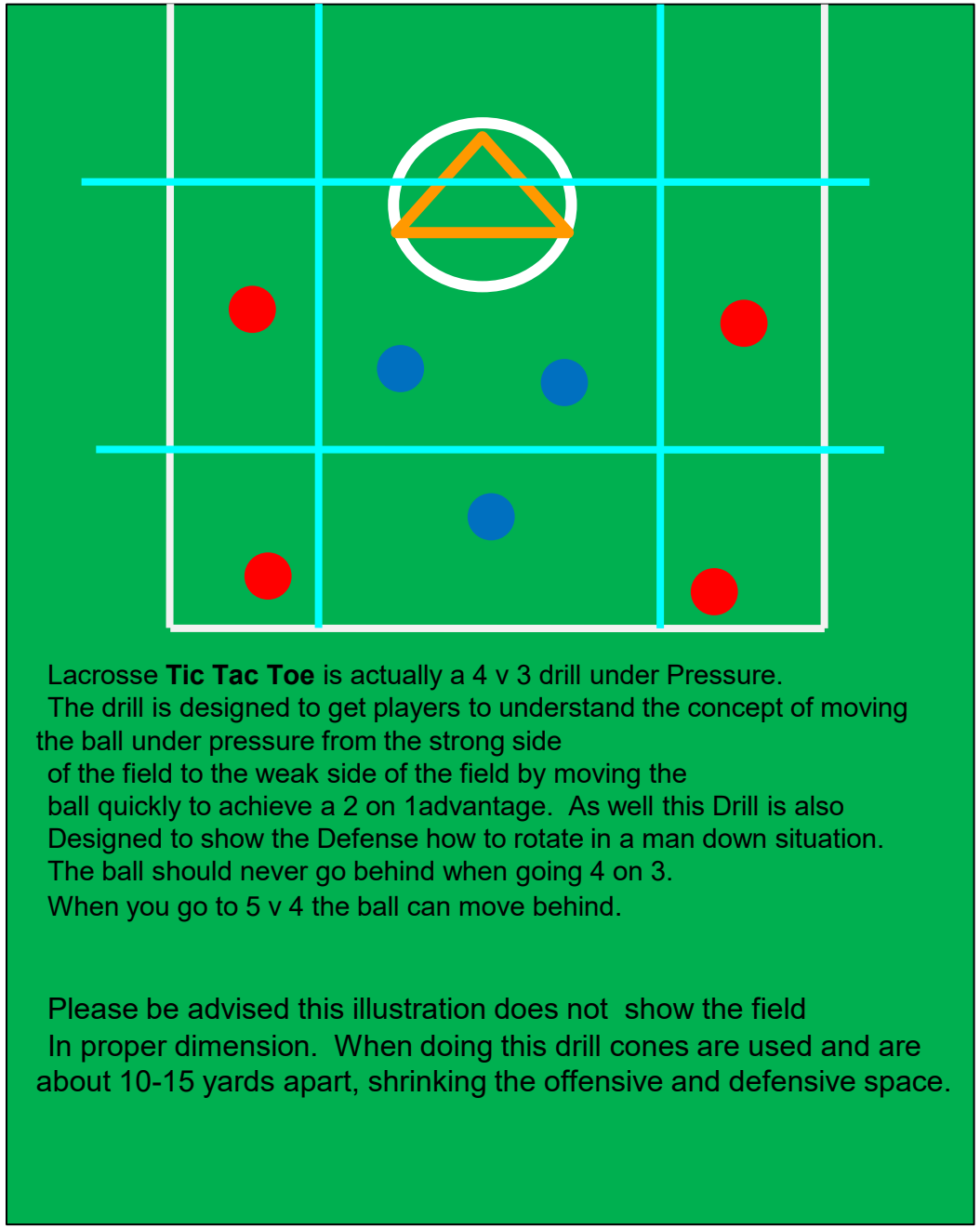
# Double Backer vs 2-1-3




This is where the Zone is Vulnerable
On a pass to A1 D1 plays ball
D 3 is the Backer and must slide across crease for support
D4 supports Crease until D2 releases him
D4 once released by D2 rotates to A+ Zone
D5 rotates to B Zone
D6 Holds in the E+ Zone and reads Crease

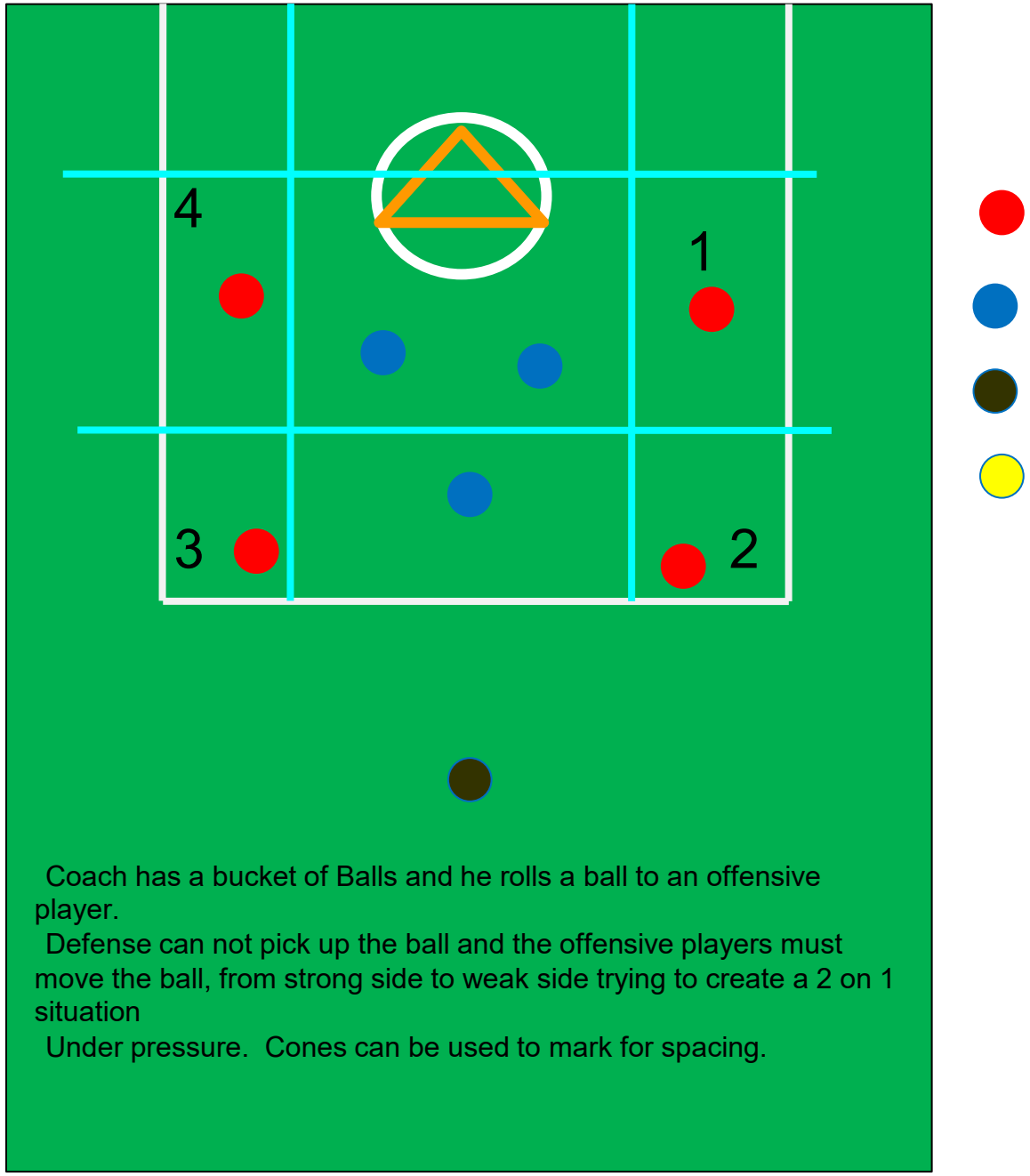
# Finding the 2 on 1 – That's Lacrosse

## Lacrosse Tic-Tac-Toe



Lacrosse **Tic Tac Toe** is actually a 4 v 3 drill under Pressure.
The drill is designed to get players to understand the concept of moving the ball under pressure from the strong side of the field to the weak side of the field by moving the ball quickly to achieve a 2 on 1advantage. As well this Drill is also Designed to show the Defense how to rotate in a man down situation.
The ball should never go behind when going 4 on 3.
When you go to 5 v 4 the ball can move behind.

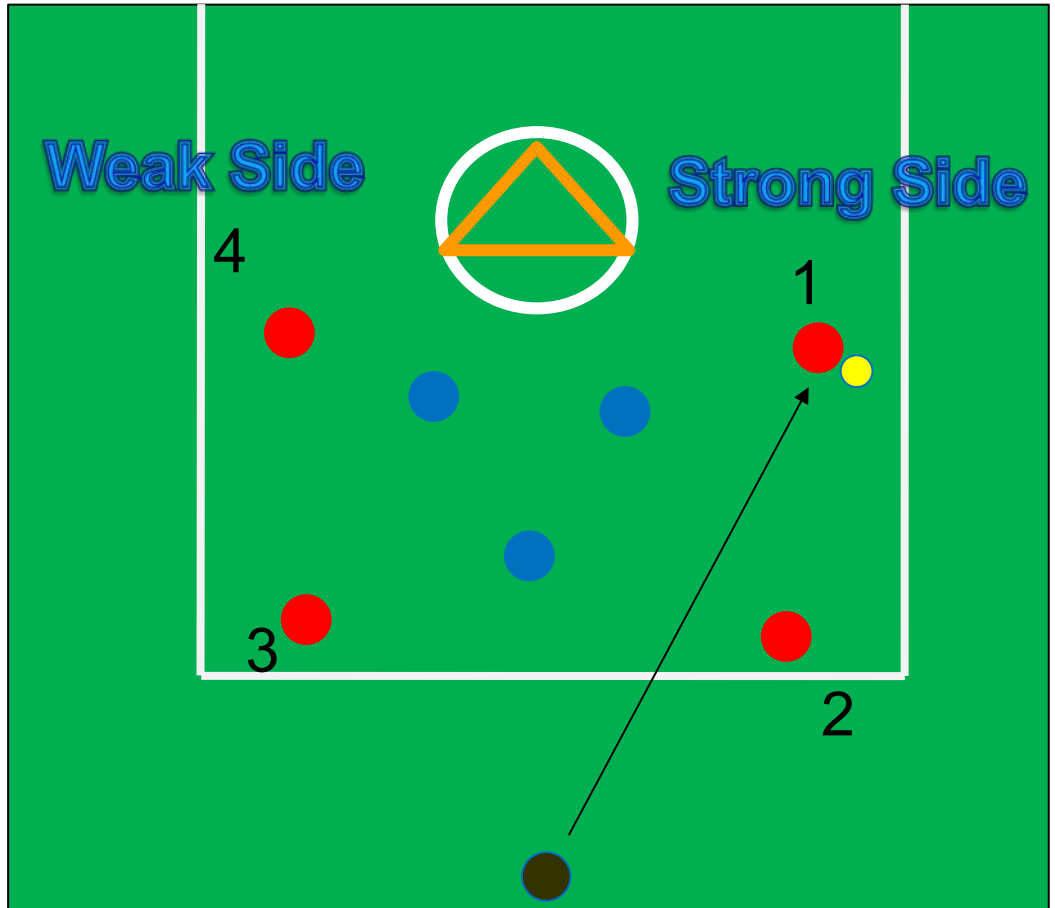
Please be advised this illustration does not show the field In proper dimension. When doing this drill cones are used and are about 10-15 yards apart, shrinking the offensive and defensive space.




Coach has a bucket of Balls and he rolls a ball to an offensive player.

Defense can not pick up the ball and the offensive players must move the ball, from strong side to weak side trying to create a 2 on 1 situation

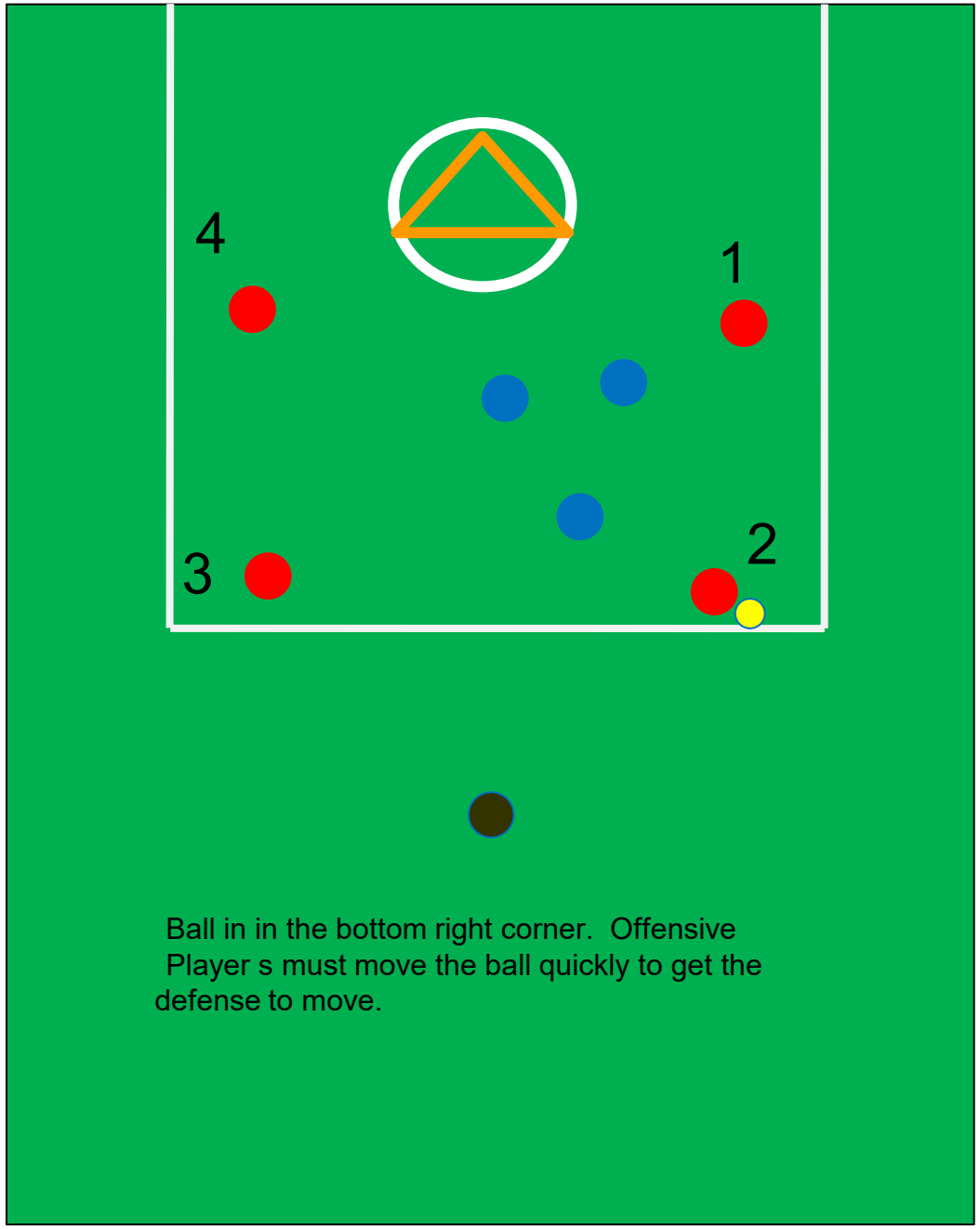
Under pressure. Cones can be used to mark for spacing.



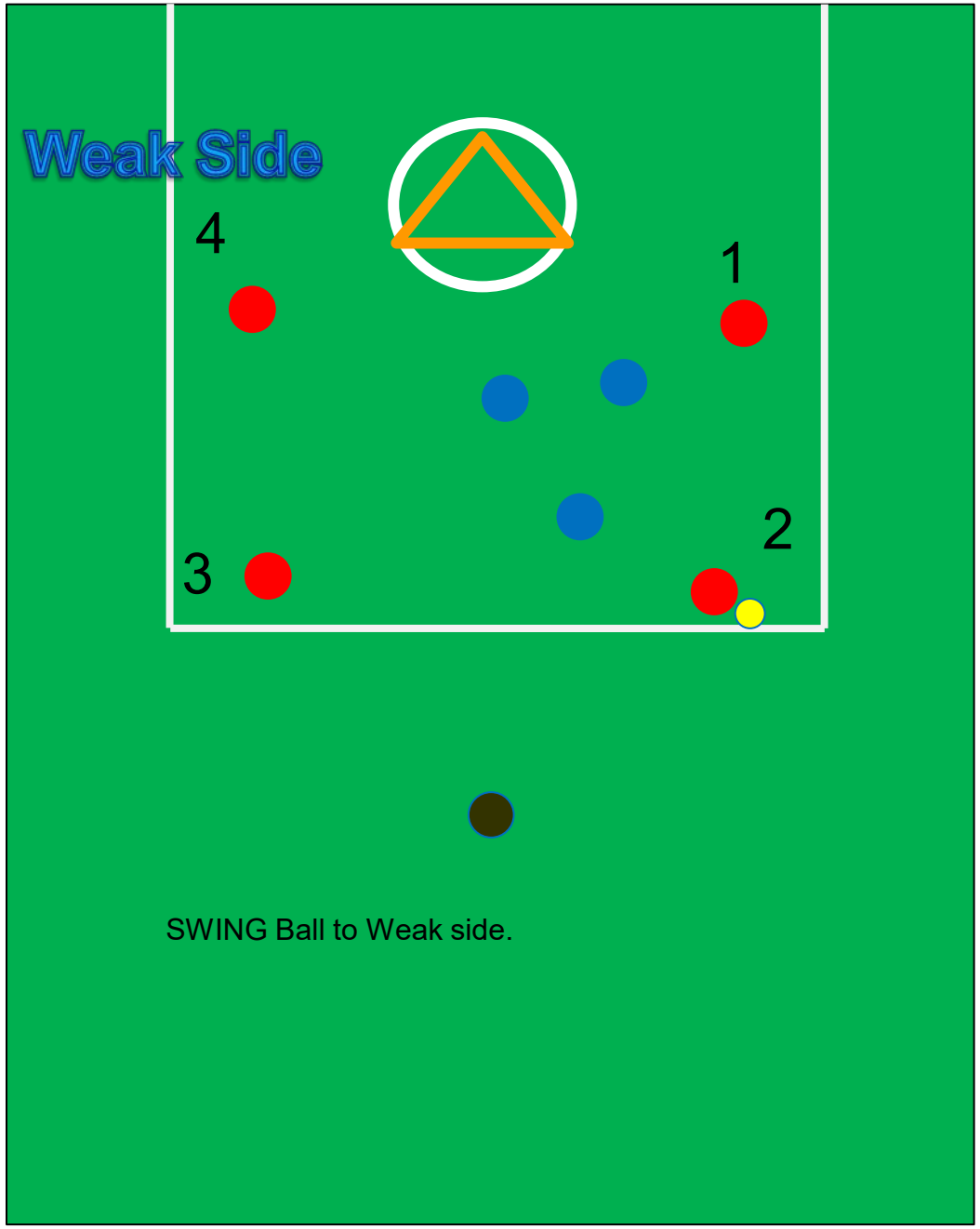

Coach has a bucket of Balls and he rolls a ball to an offensive player.

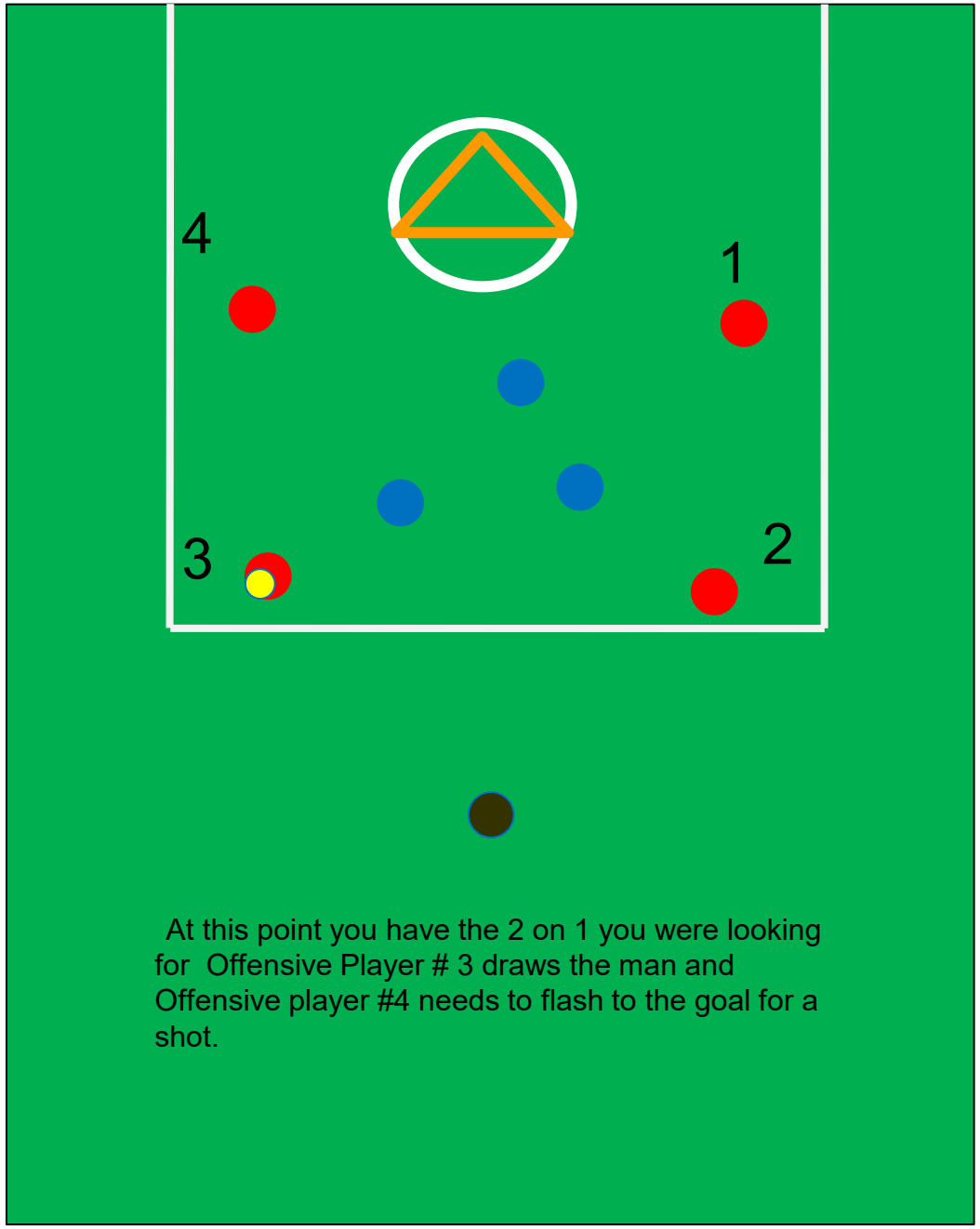
Defense can not pick up the ball and the offensive player must move the ball, trying to create a 2 on 1 situation

Under pressure. Cones can be used to mark for spacing. Ball Carriers look to move ball to weak side.

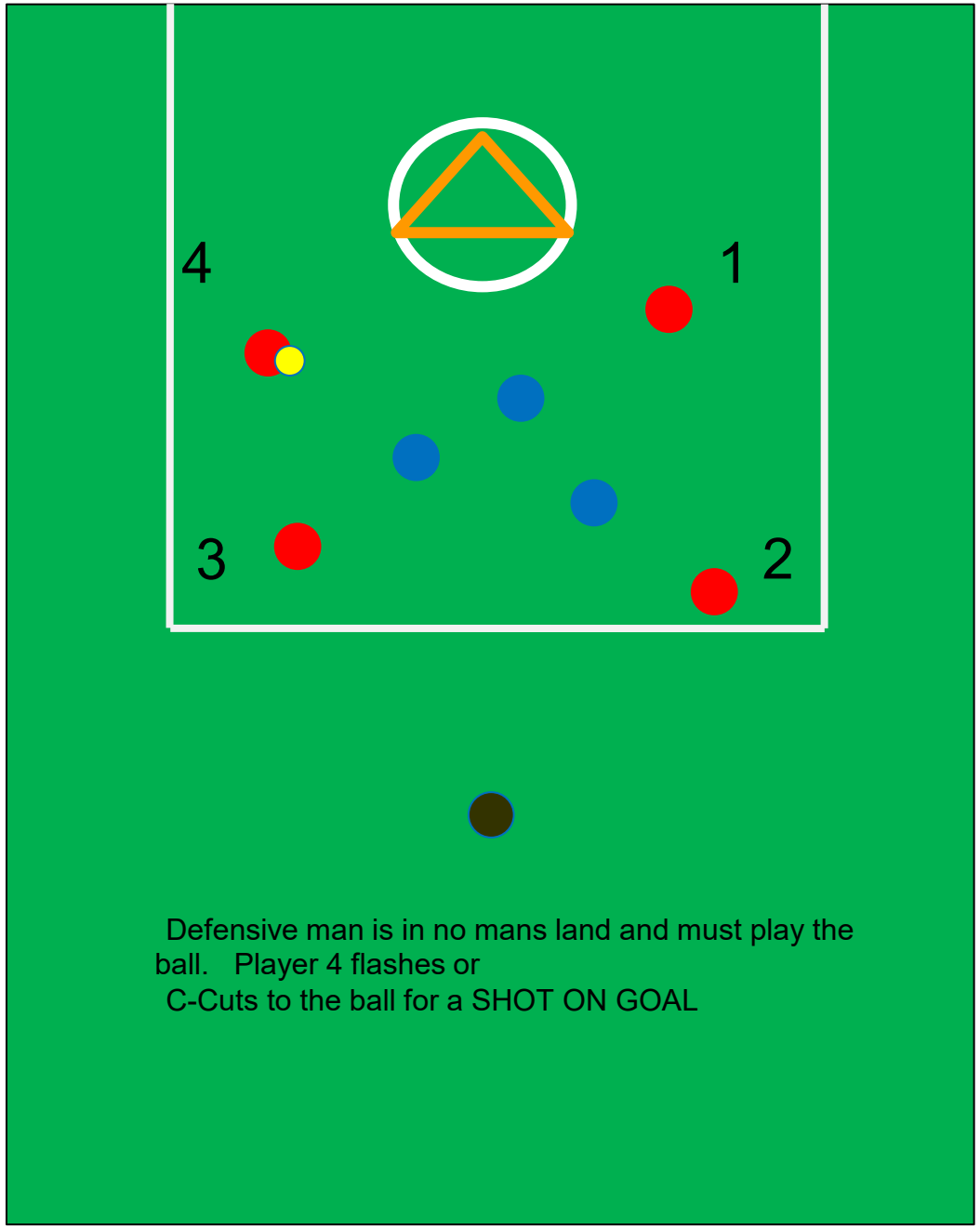



Ball in in the bottom right corner. Offensive Player s must move the ball quickly to get the defense to move.

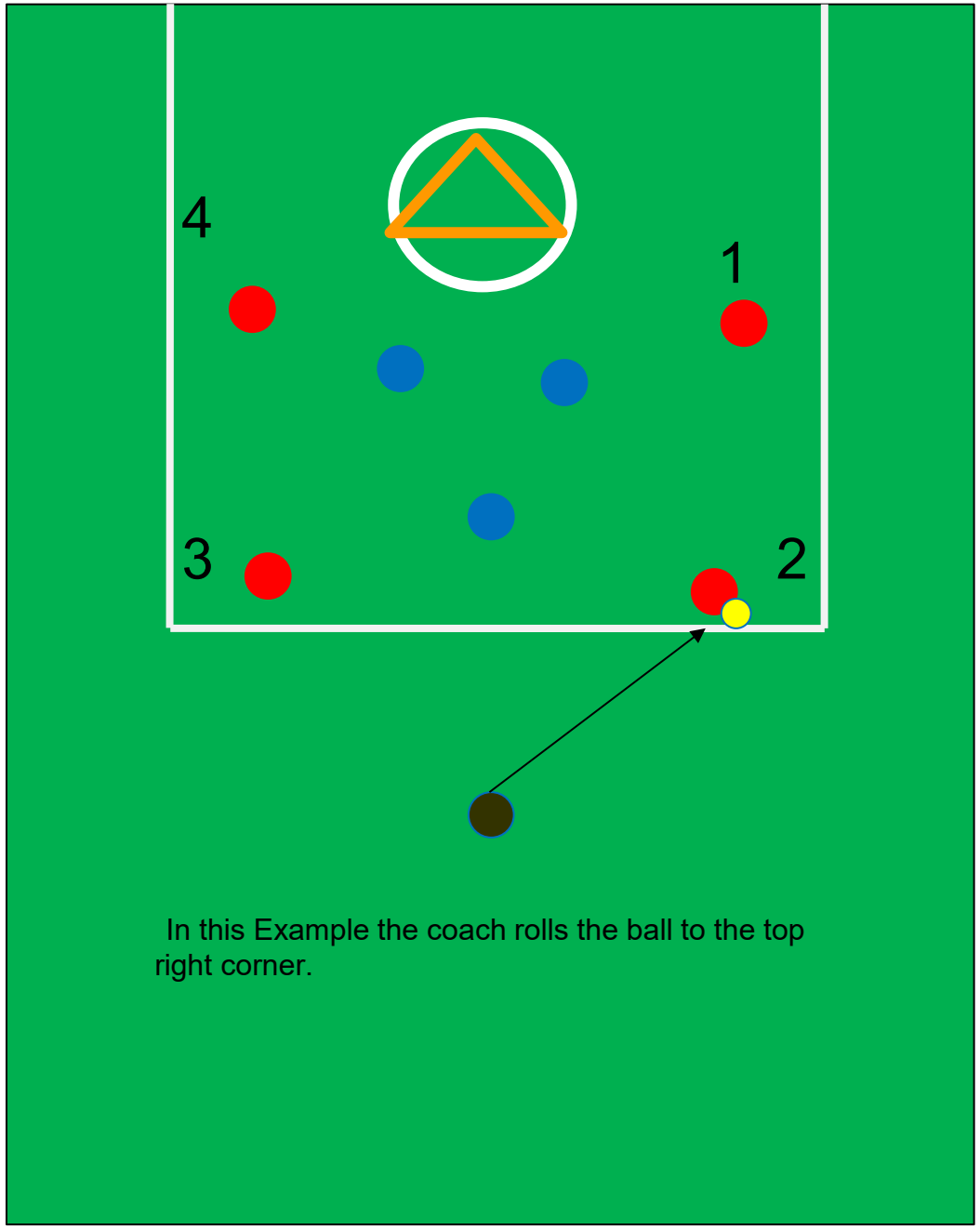

Weak Side
4
1
3
2
SWING Ball to Weak side.



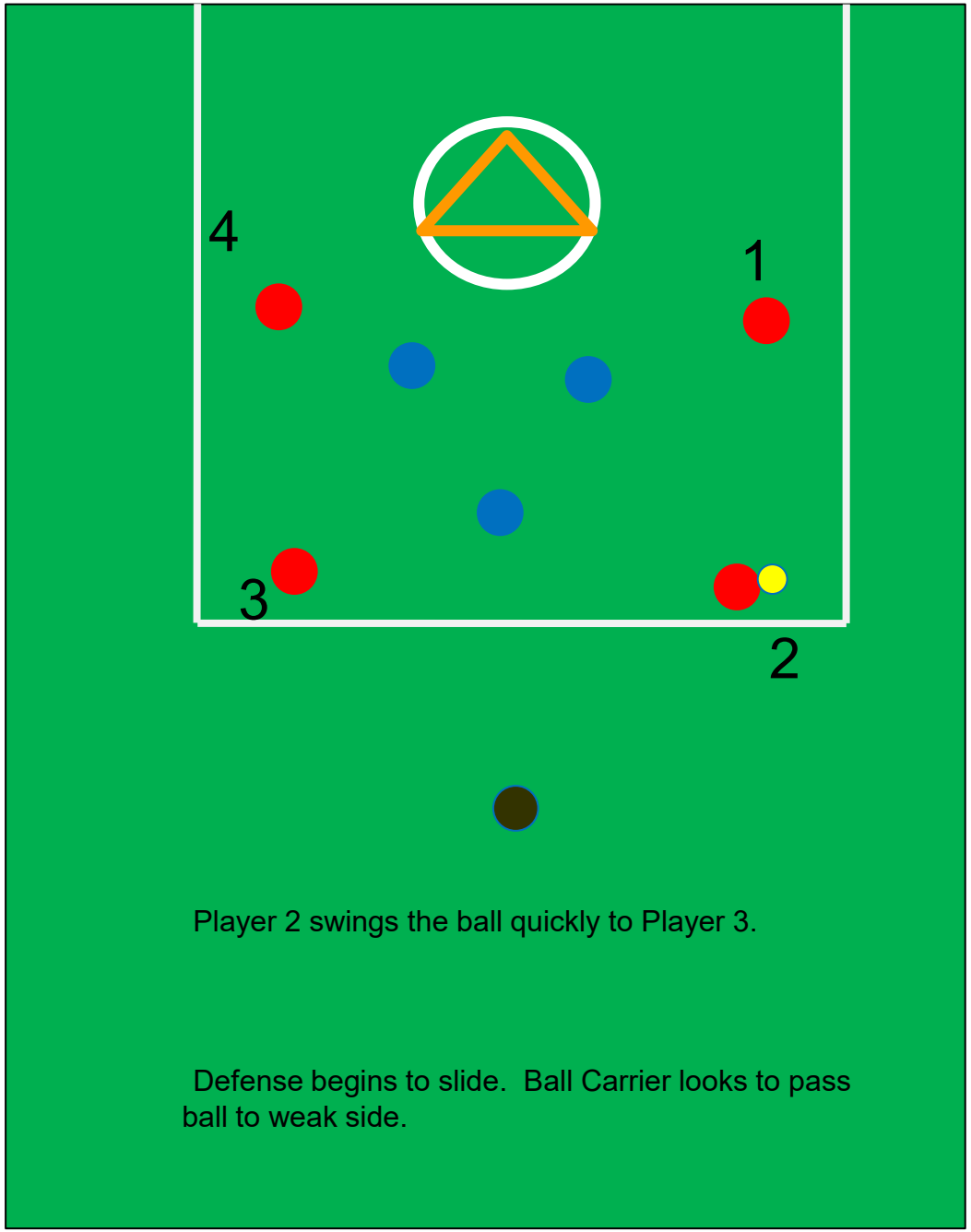

At this point you have the 2 on 1 you were looking for  Offensive Player # 3 draws the man and Offensive player #4 needs to flash to the goal for a shot.




Defensive man is in no mans land and must play the ball. Player 4 flashes or
C-Cuts to the ball for a SHOT ON GOAL



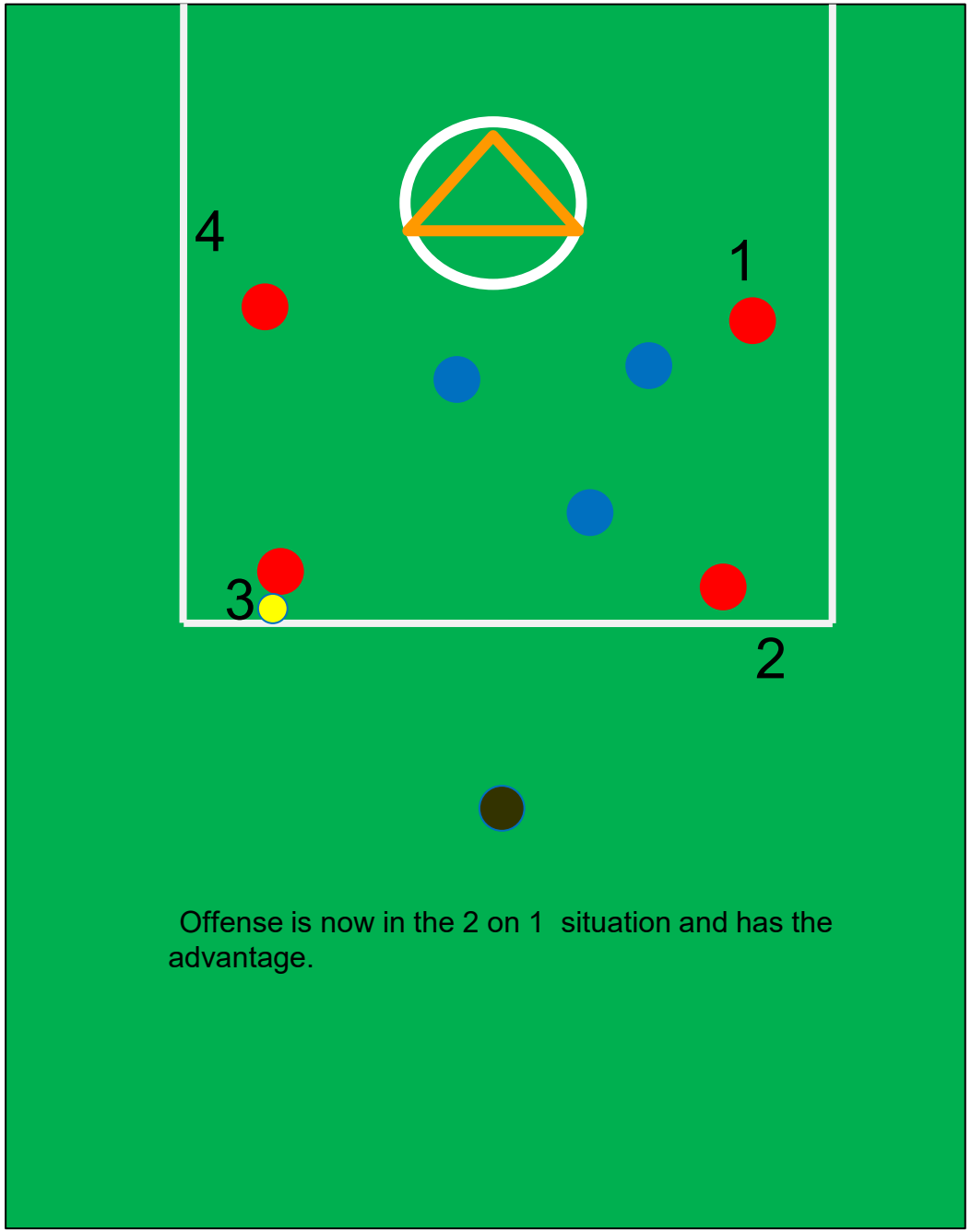

In this Example the coach rolls the ball to the top right corner.



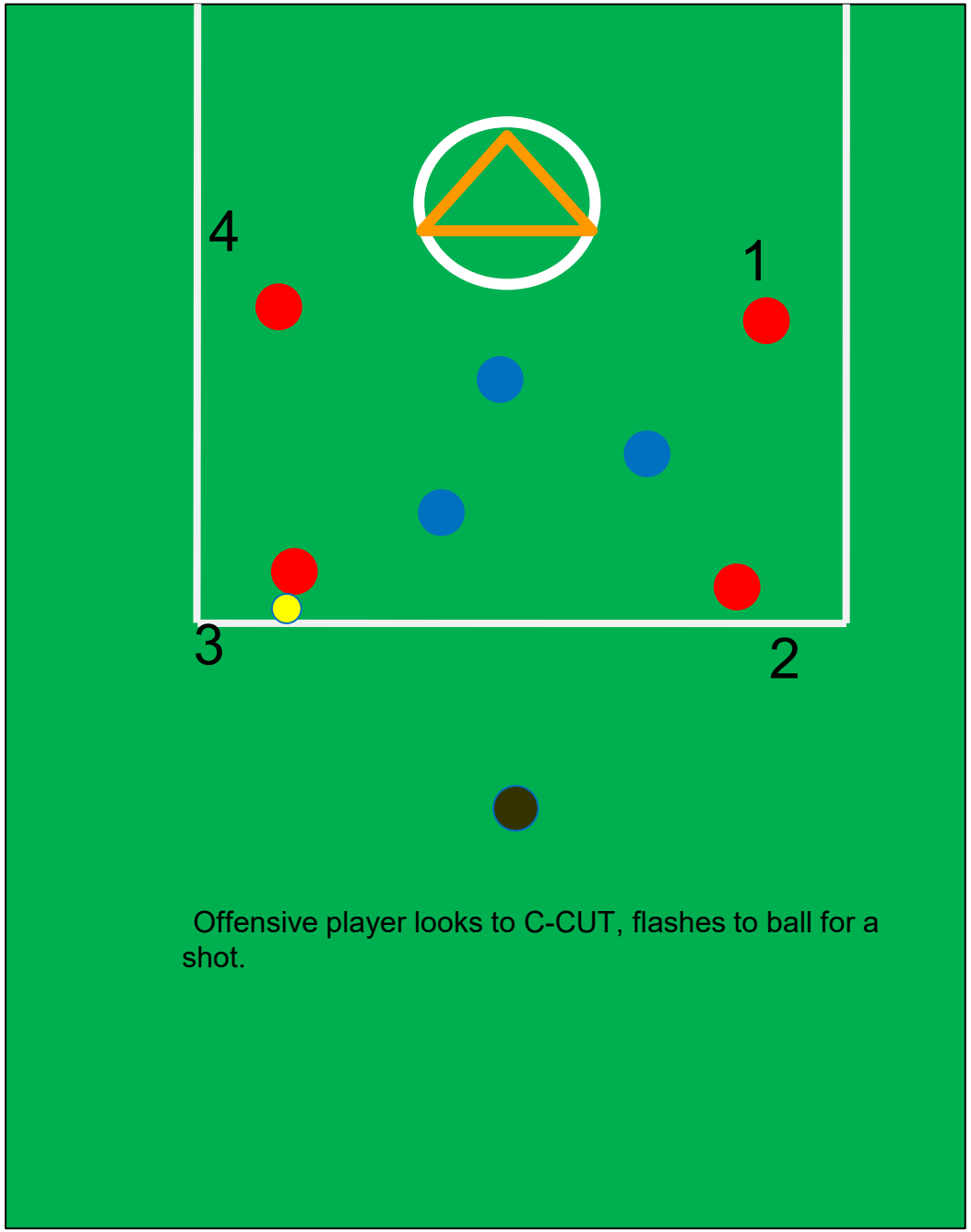

Player 2 swings the ball quickly to Player 3.

Defense begins to slide.  Ball Carrier looks to pass ball to weak side.

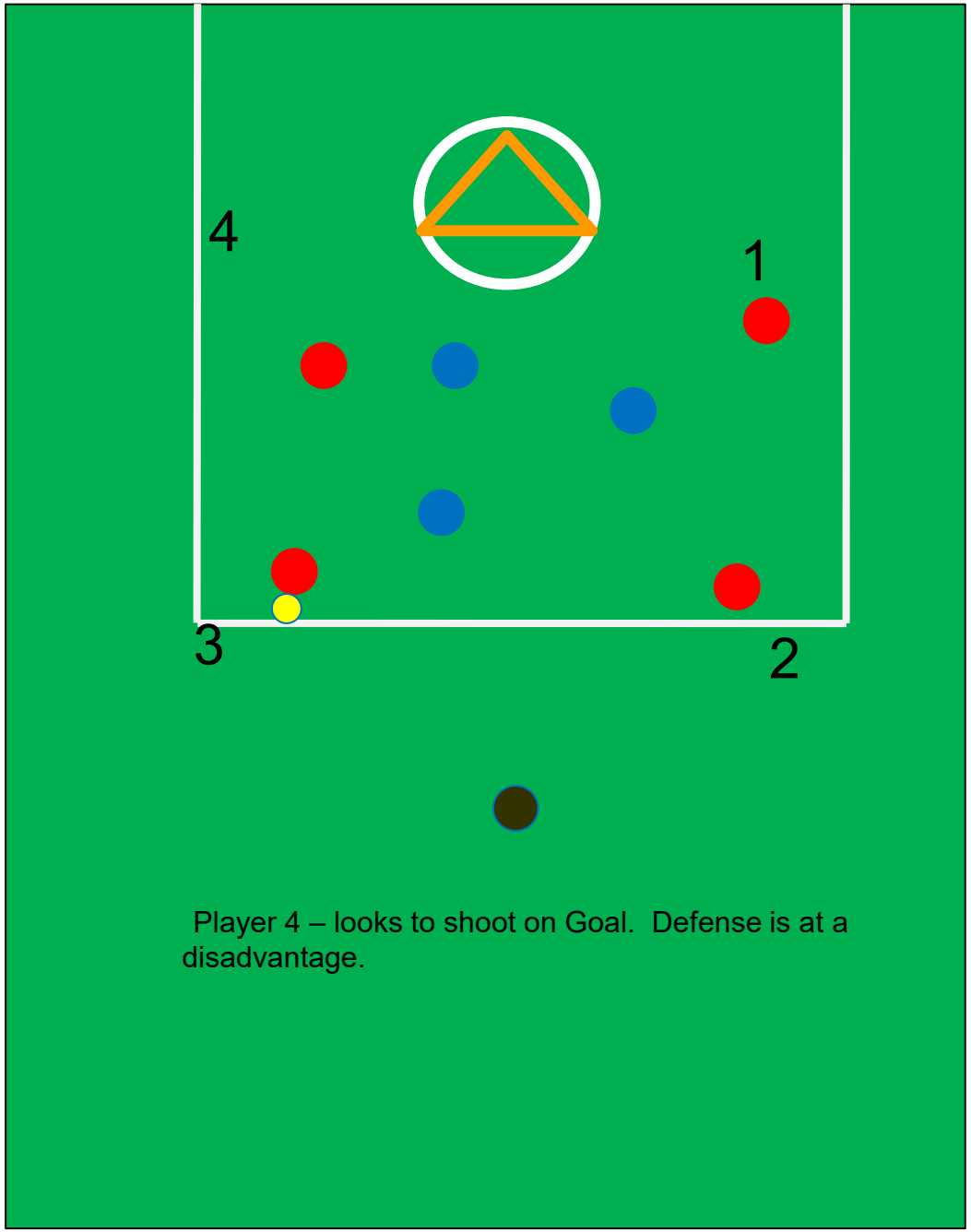

SWING the ball to Weak side.




Offense is now in the 2 on 1 situation and has the advantage.

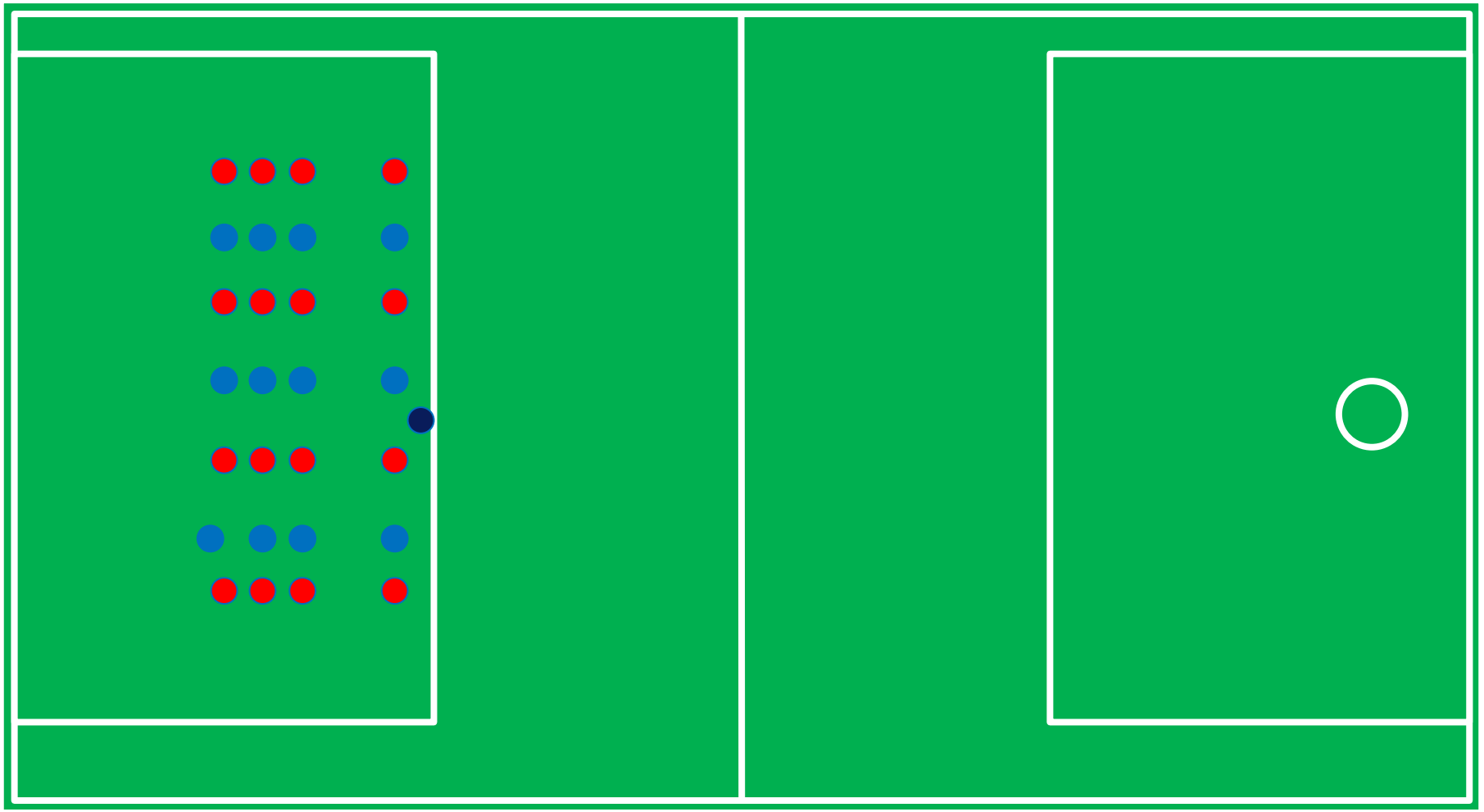



Offensive player looks to C-CUT, flashes to ball for a shot.




Player 4 – looks to shoot on Goal.  Defense is at a disadvantage.

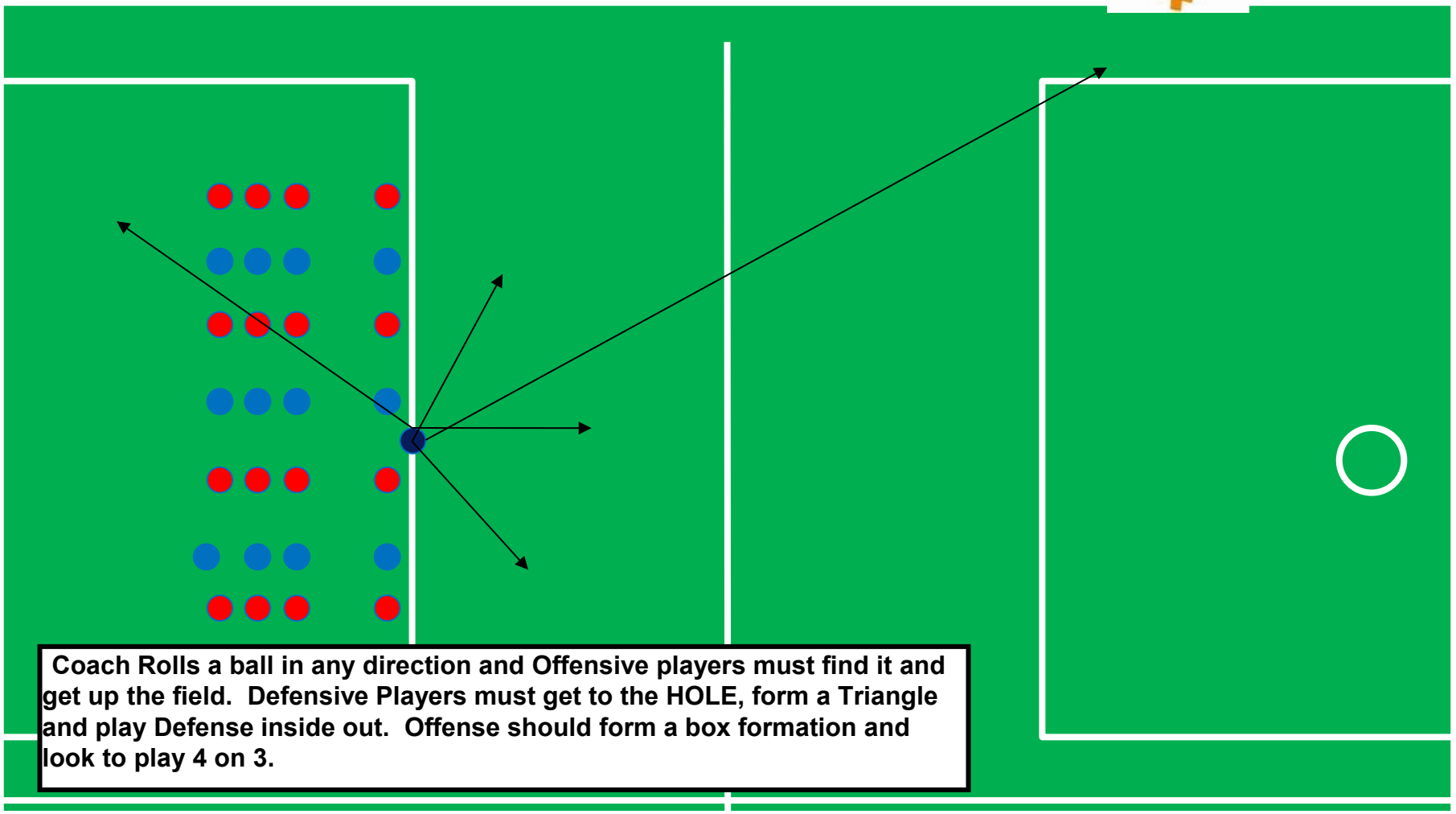
# 7’s (Another Progression to Tic Tac Toe)



**Key**

- = Defensive Player
- = Offensive Player
- = Coach

# 7's (Another Progression to Tic Tac Toe)

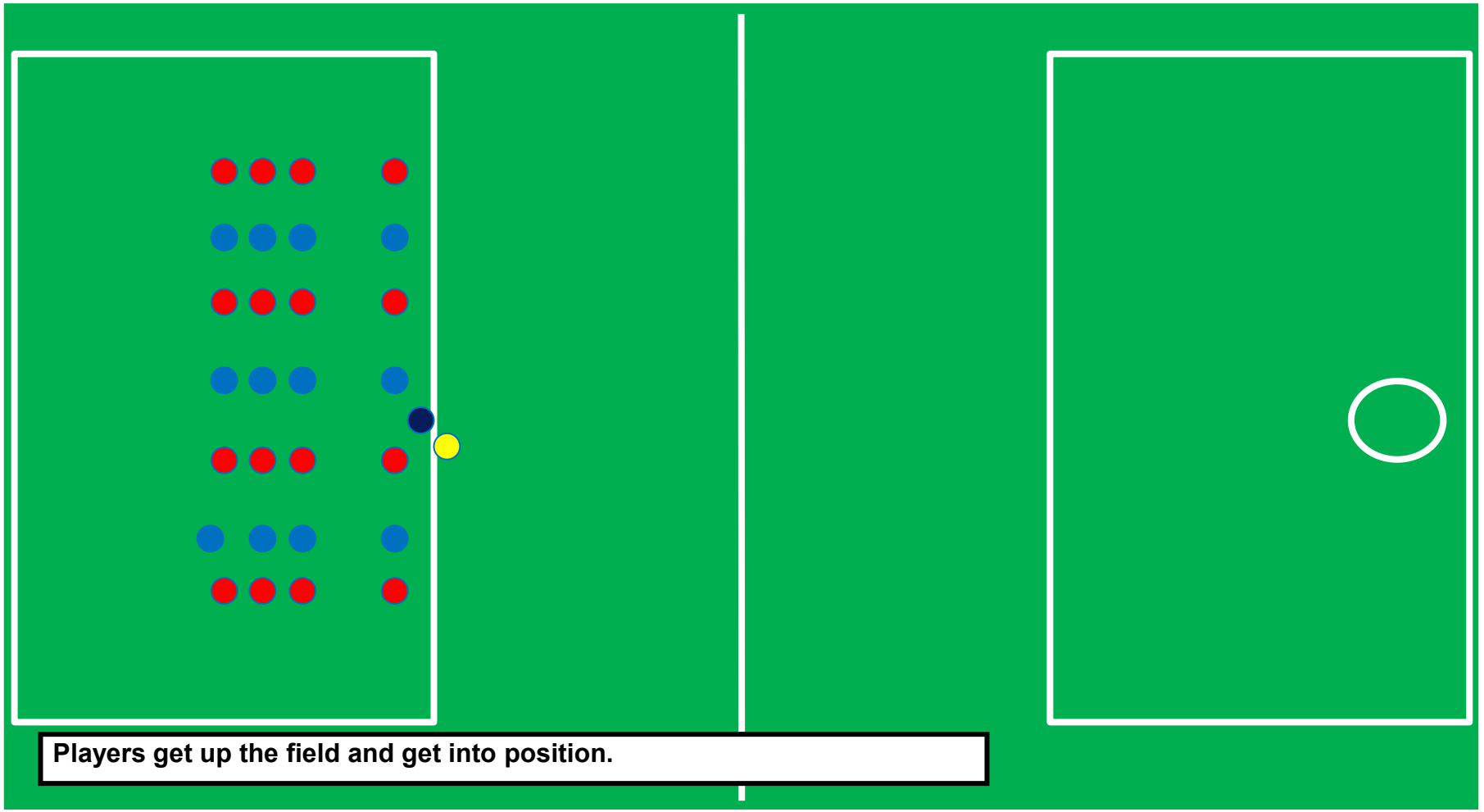


Coach Rolls a ball in any direction and Offensive players must find it and get up the field. Defensive Players must get to the HOLE, form a Triangle and play Defense inside out. Offense should form a box formation and look to play 4 on 3.

**Key**

= Defensive Player
= Offensive Player
= Coach

# 7’s (Another Progression to Tic Tac Toe)



Players get up the field and get into position.

**Key**

- = Defensive Player
- = Offensive Player
- = Coach

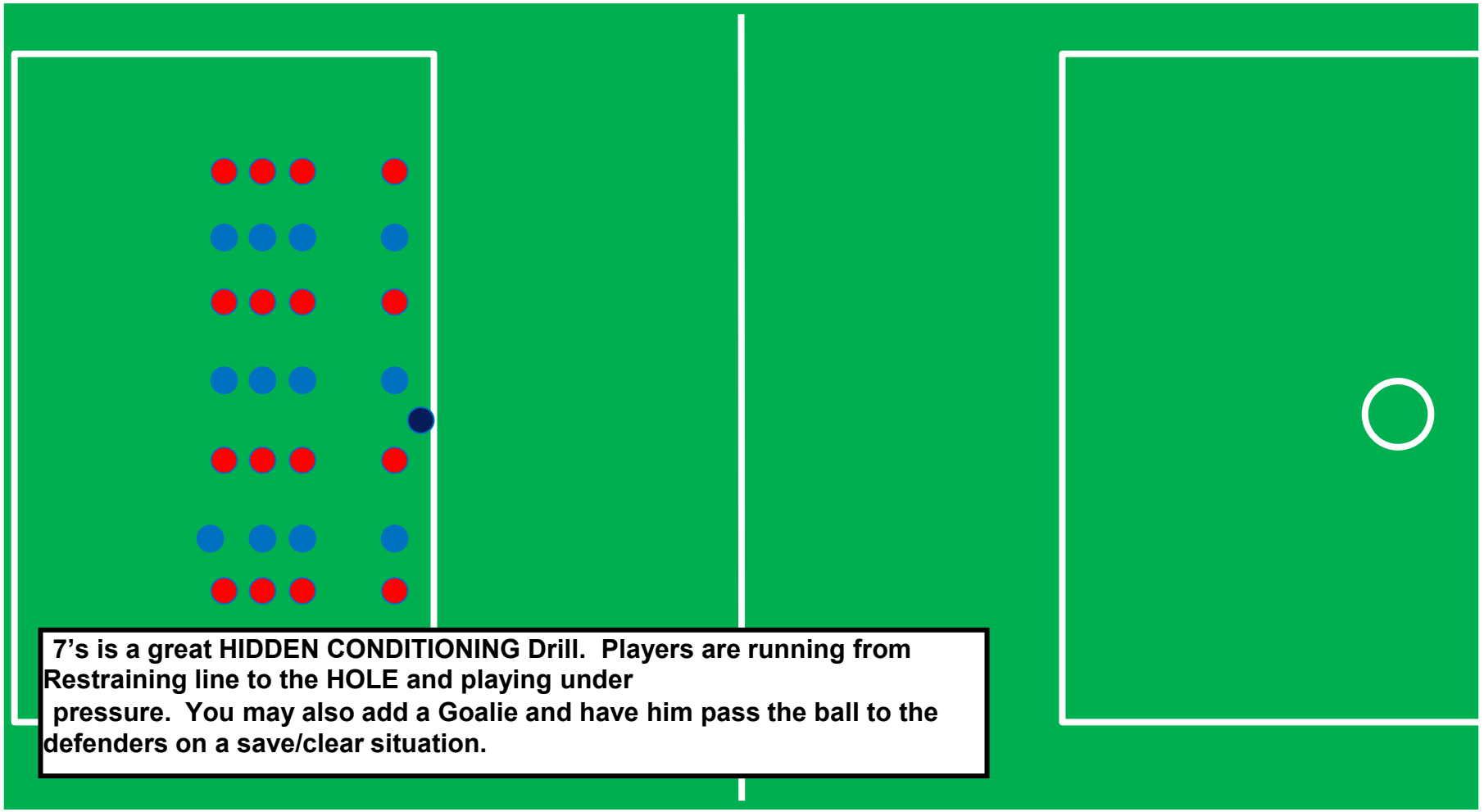
# 7's (Another Progression to Tic Tac Toe)

Players are now in a 4 on 3 formation, Tic Tac Toe
Players play it out. If ball hits the ground or a shot is missed the players run to the outside and a new group of players goes.

**Key**

- = Defensive Player
- = Offensive Player
- = Coach

# 7’s (Another Progression to Tic Tac Toe)

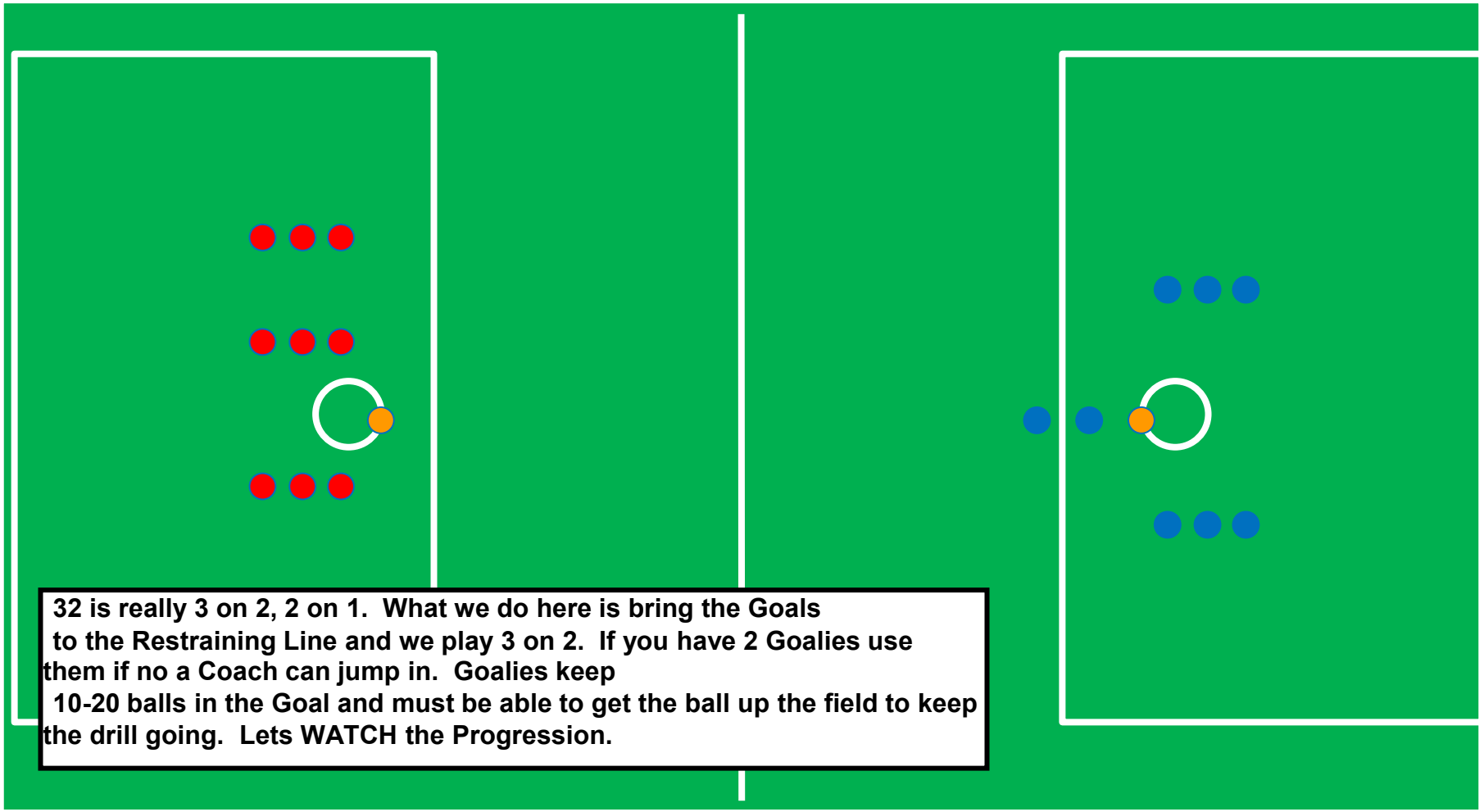


7’s is a great HIDDEN CONDITIONING Drill. Players are running from Restraining line to the HOLE and playing under pressure. You may also add a Goalie and have him pass the ball to the defenders on a save/clear situation.

**Key**

- = Defensive Player
- = Offensive Player
- = Coach

# 32 (Another Progression to Tic Tac Toe)

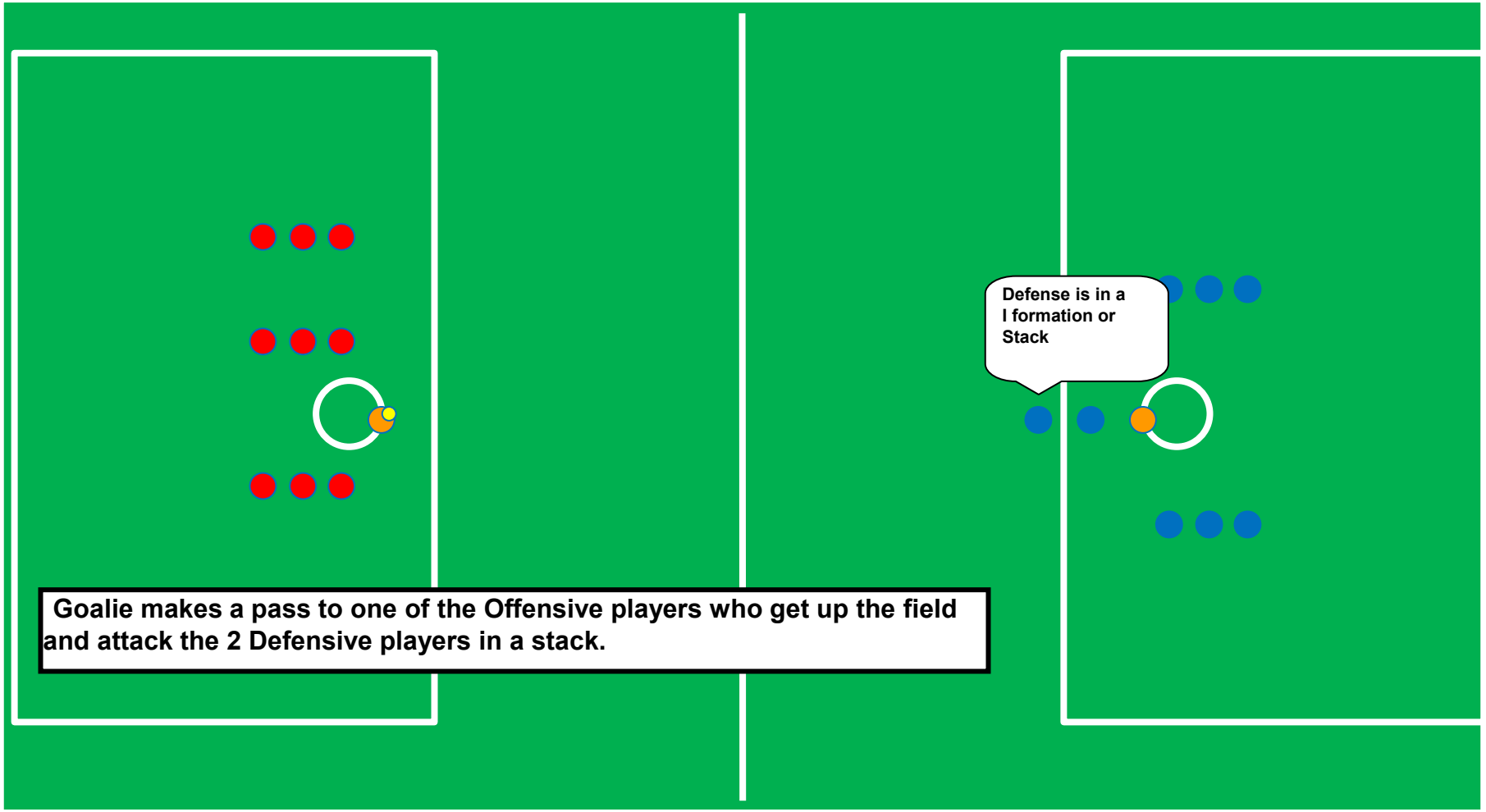


32 is really 3 on 2, 2 on 1. What we do here is bring the Goals to the Restraining Line and we play 3 on 2. If you have 2 Goalies use them if no a Coach can jump in. Goalies keep 10-20 balls in the Goal and must be able to get the ball up the field to keep the drill going. Lets WATCH the Progression.

**Key**

- = Defensive Player
- = Offensive Player
- = Goalie

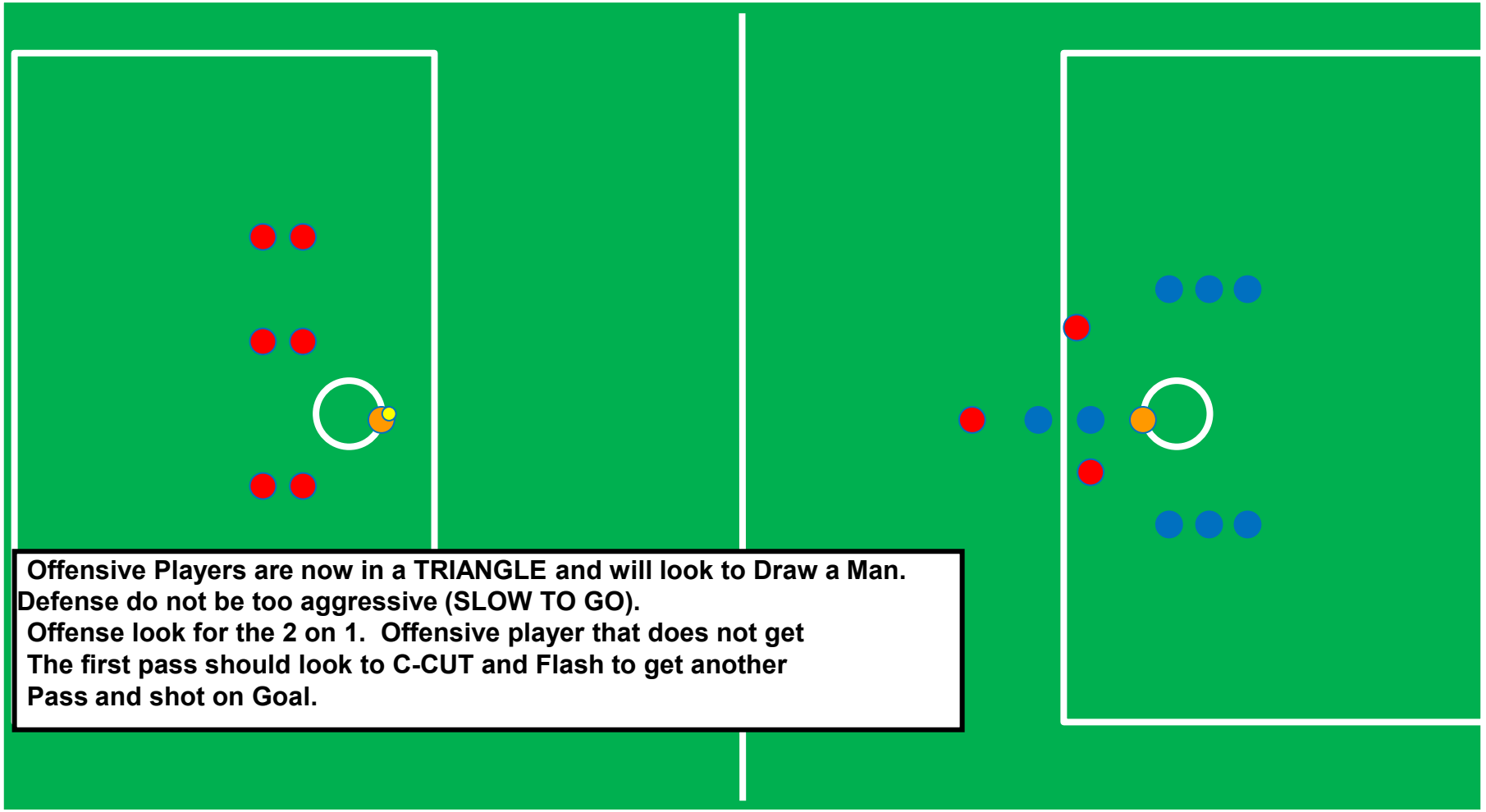
# 32 (Another Progression to Tic Tac Toe)




**Key**

- = Defensive Player
- = Offensive Player
- = Goalie

# 32 (Another Progression to Tic Tac Toe)



Offensive Players are now in a TRIANGLE and will look to Draw a Man.
Defense do not be too aggressive (SLOW TO GO).
Offense look for the 2 on 1. Offensive player that does not get
The first pass should look to C-CUT and Flash to get another
Pass and shot on Goal.

**Key**

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- = Goalie

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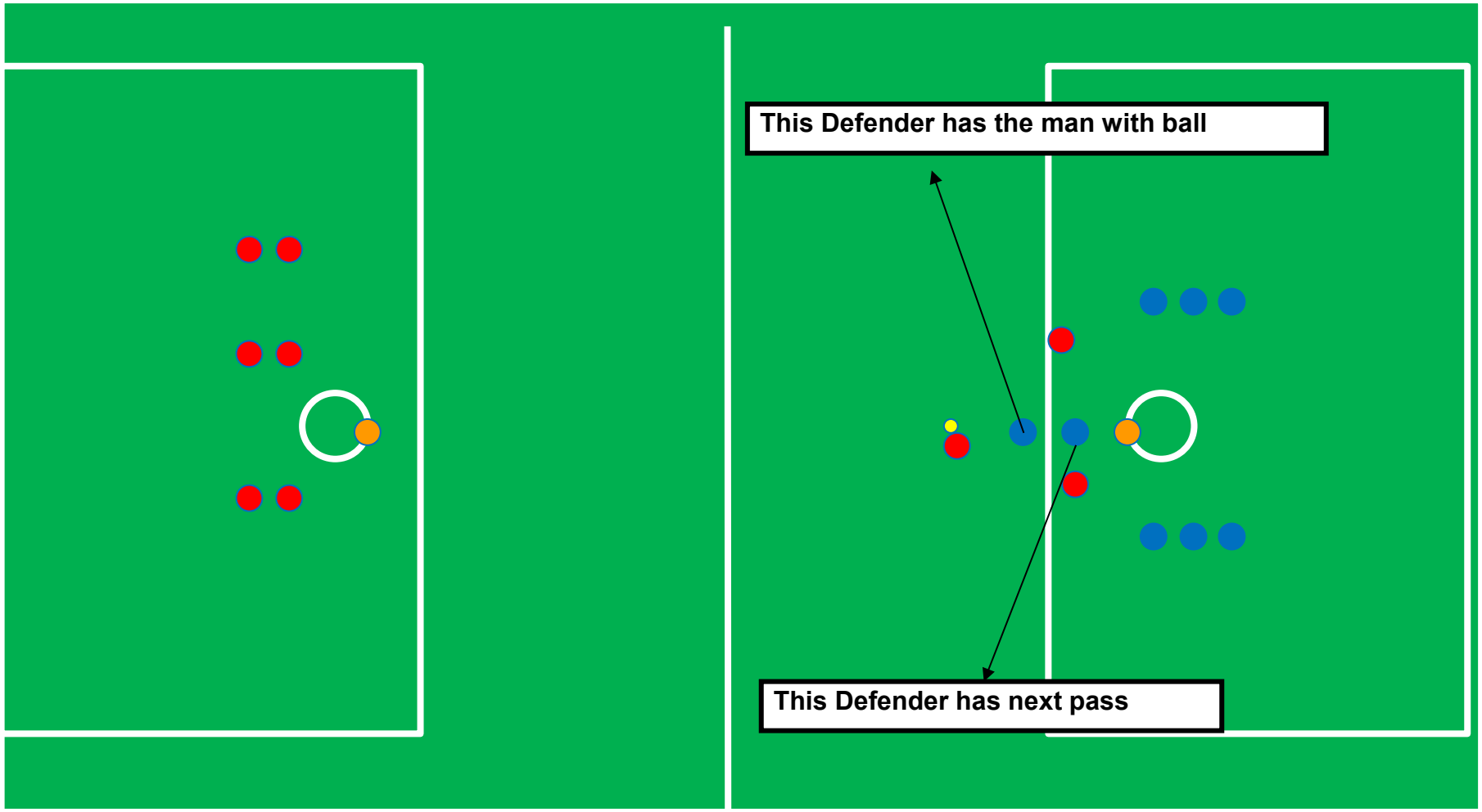


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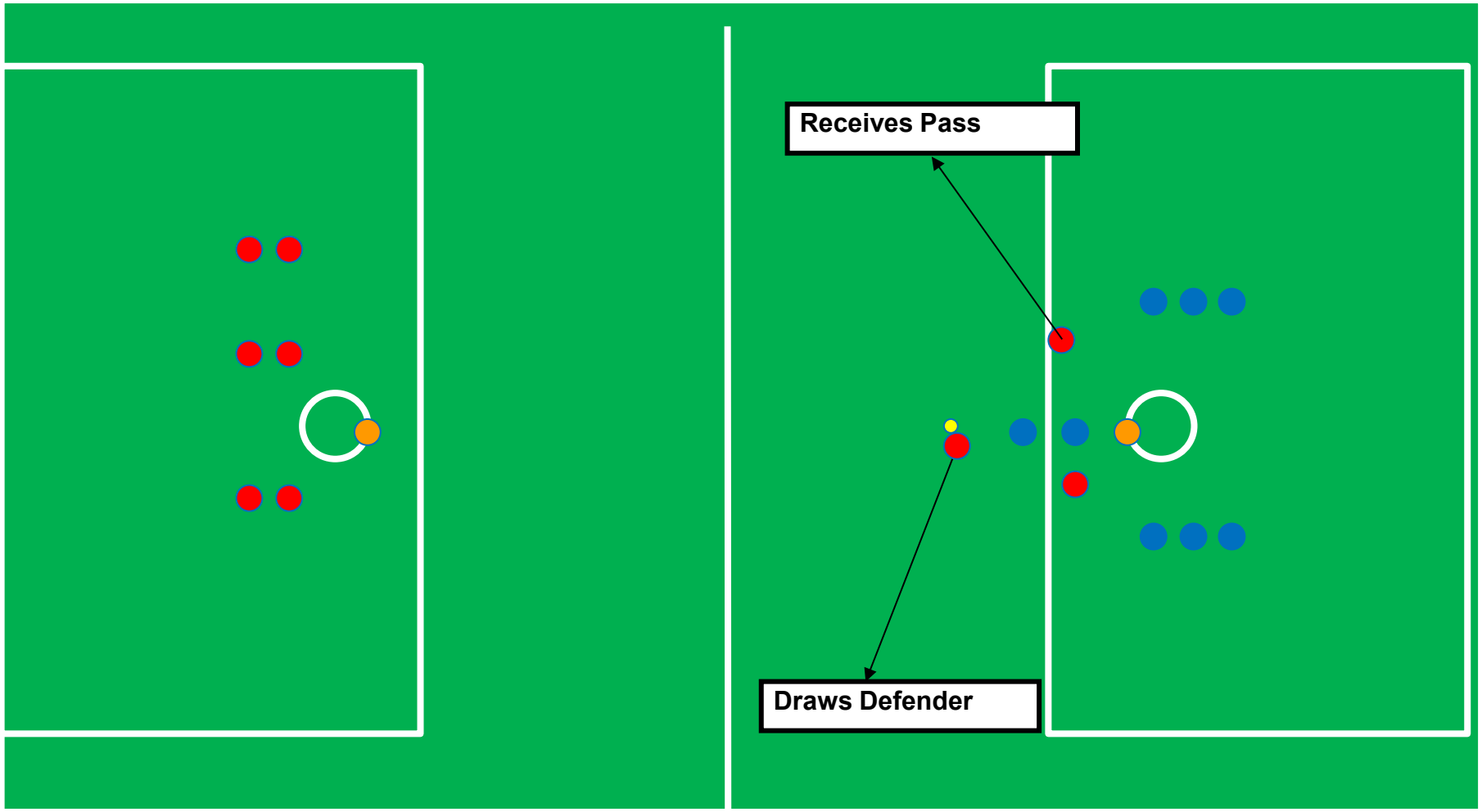


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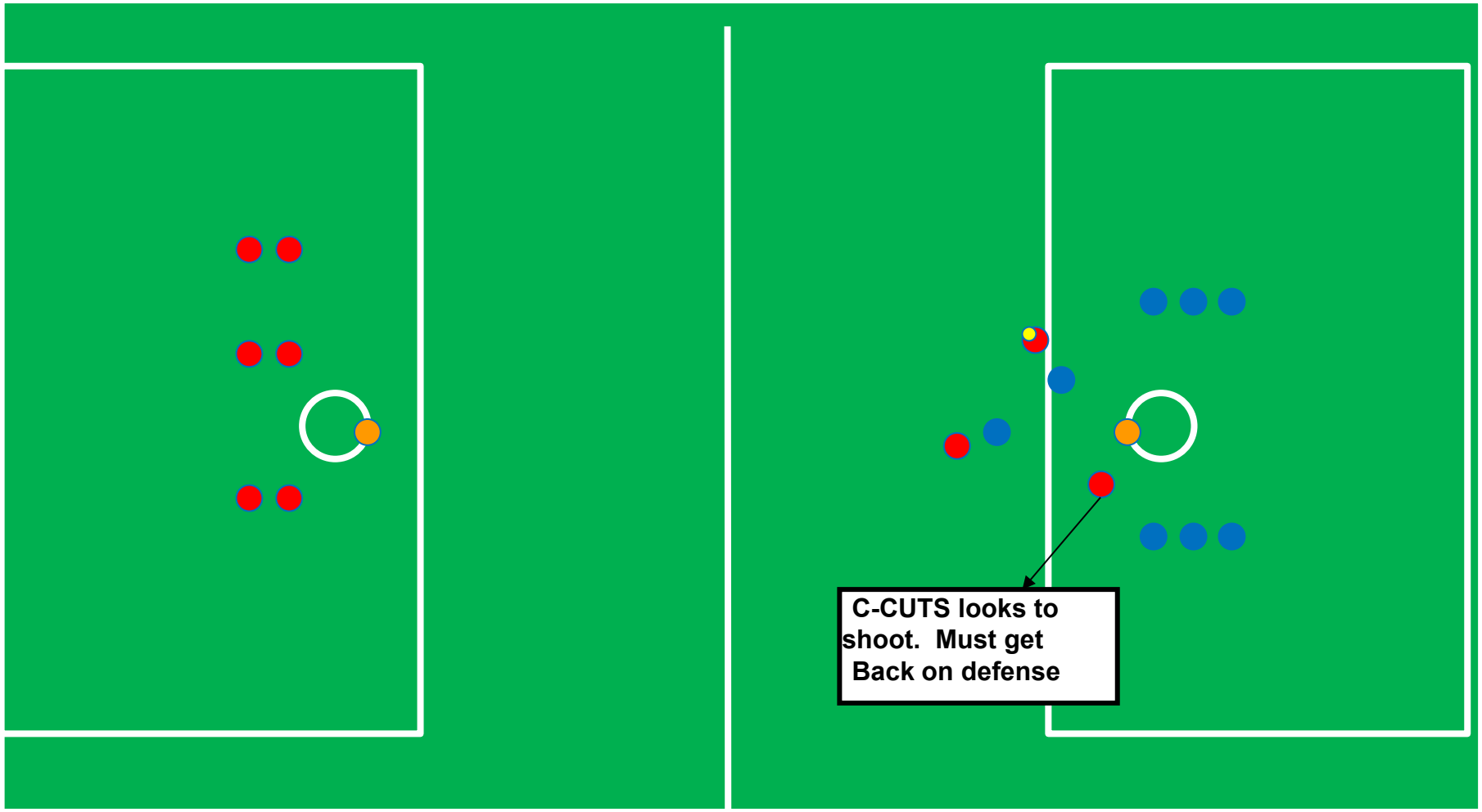


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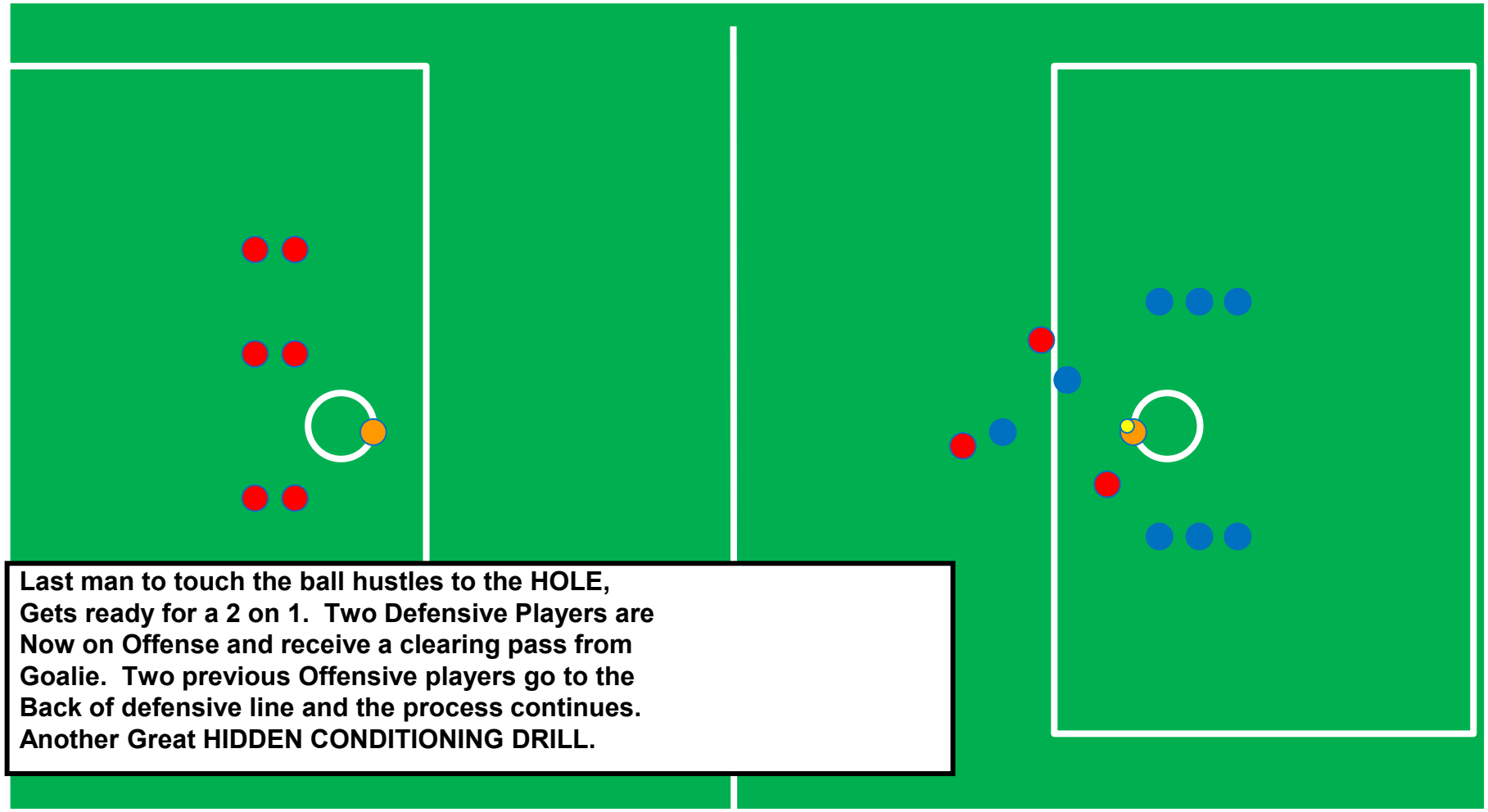
- = Goalie

# 32 (Another Progression to Tic Tac Toe)

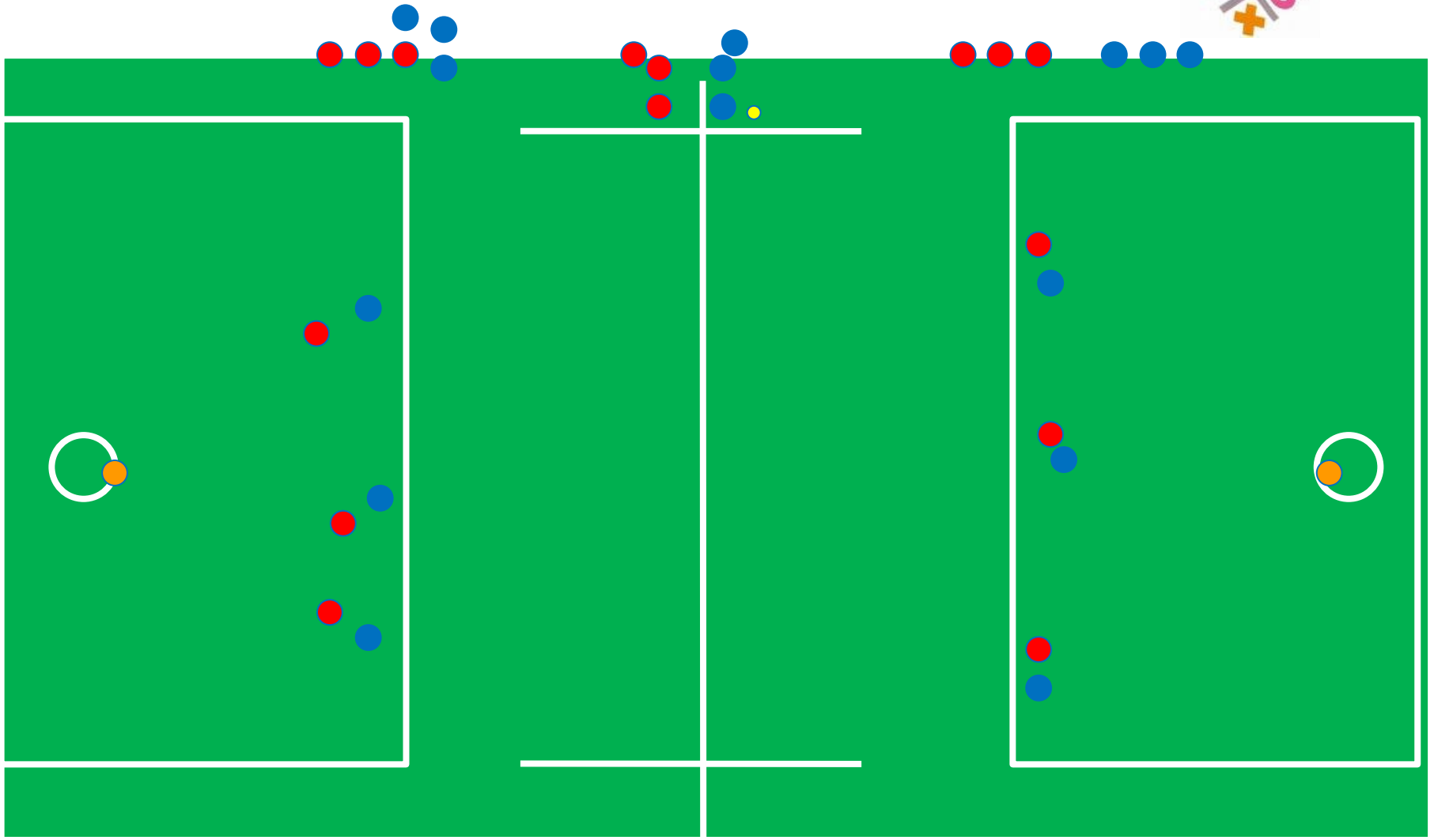


Last man to touch the ball hustles to the HOLE,
Gets ready for a 2 on 1. Two Defensive Players are
Now on Offense and receive a clearing pass from
Goalie. Two previous Offensive players go to the
Back of defensive line and the process continues.
Another Great HIDDEN CONDITIONING DRILL.

**Key**

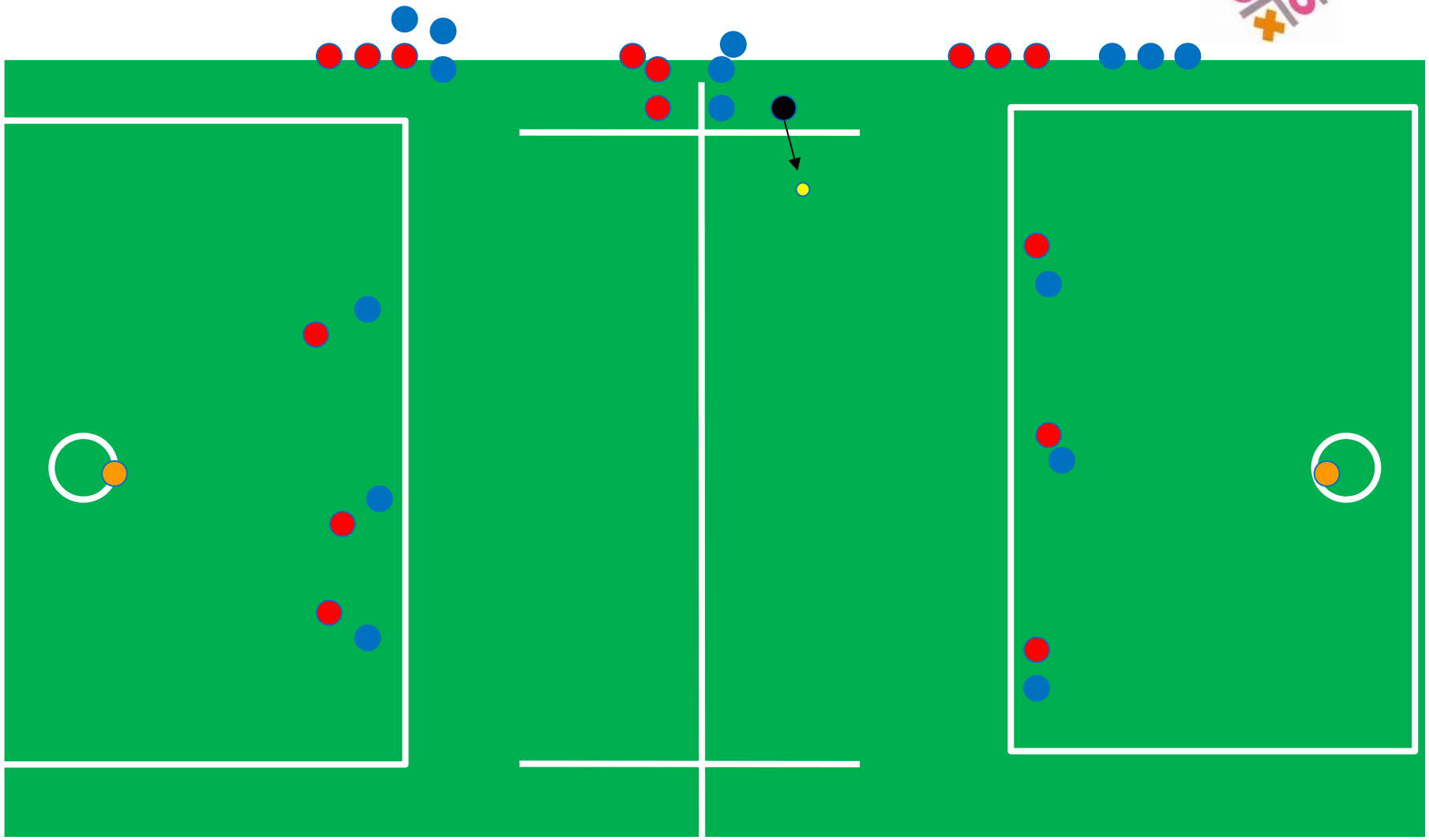
- = Defensive Player
- = Offensive Player
- = Goalie

# ADD 1



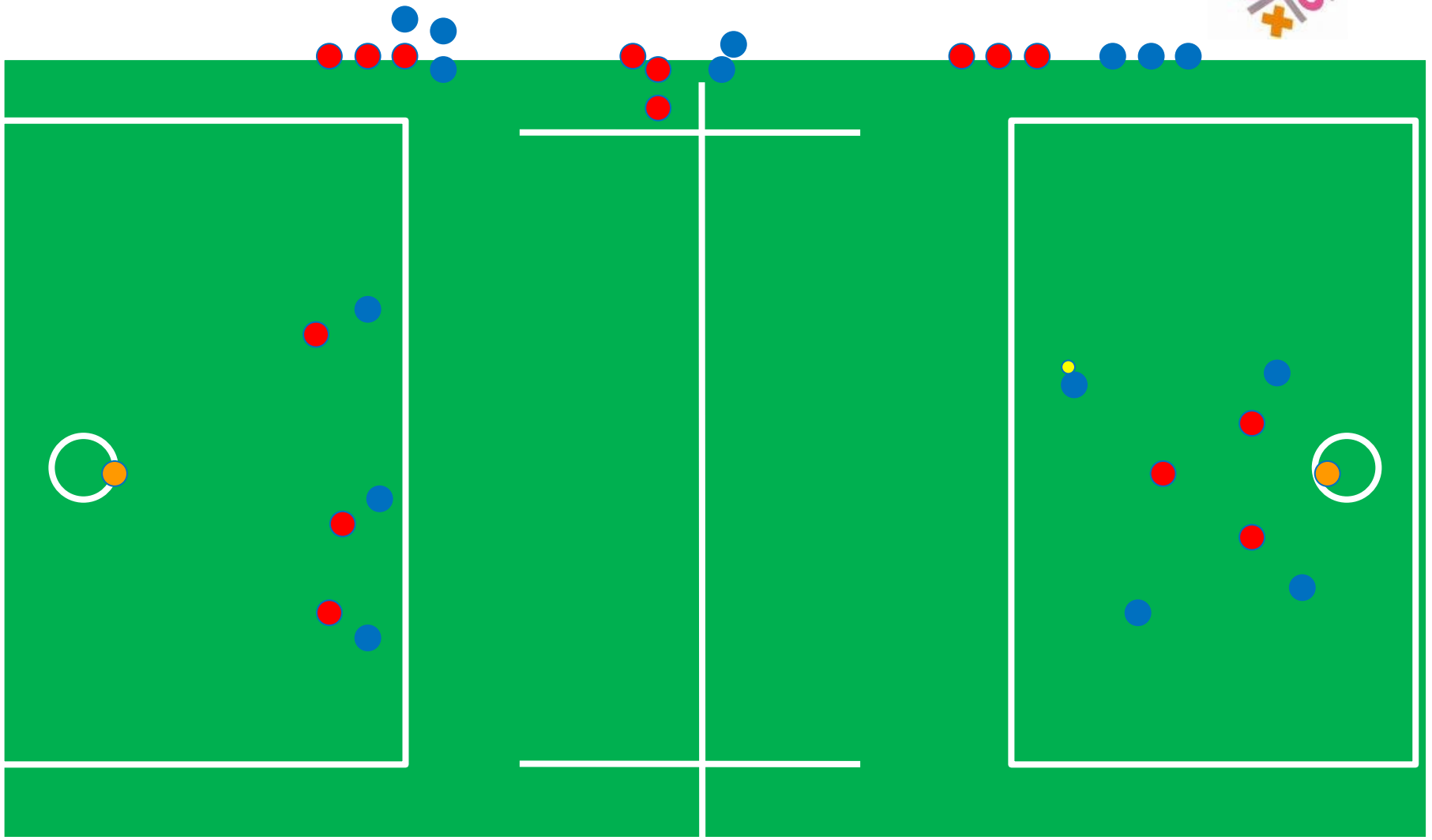
ADD 1 – is a great drill and accomplishes a good deal by playing full field situations and clearing the ball.

# ADD 1



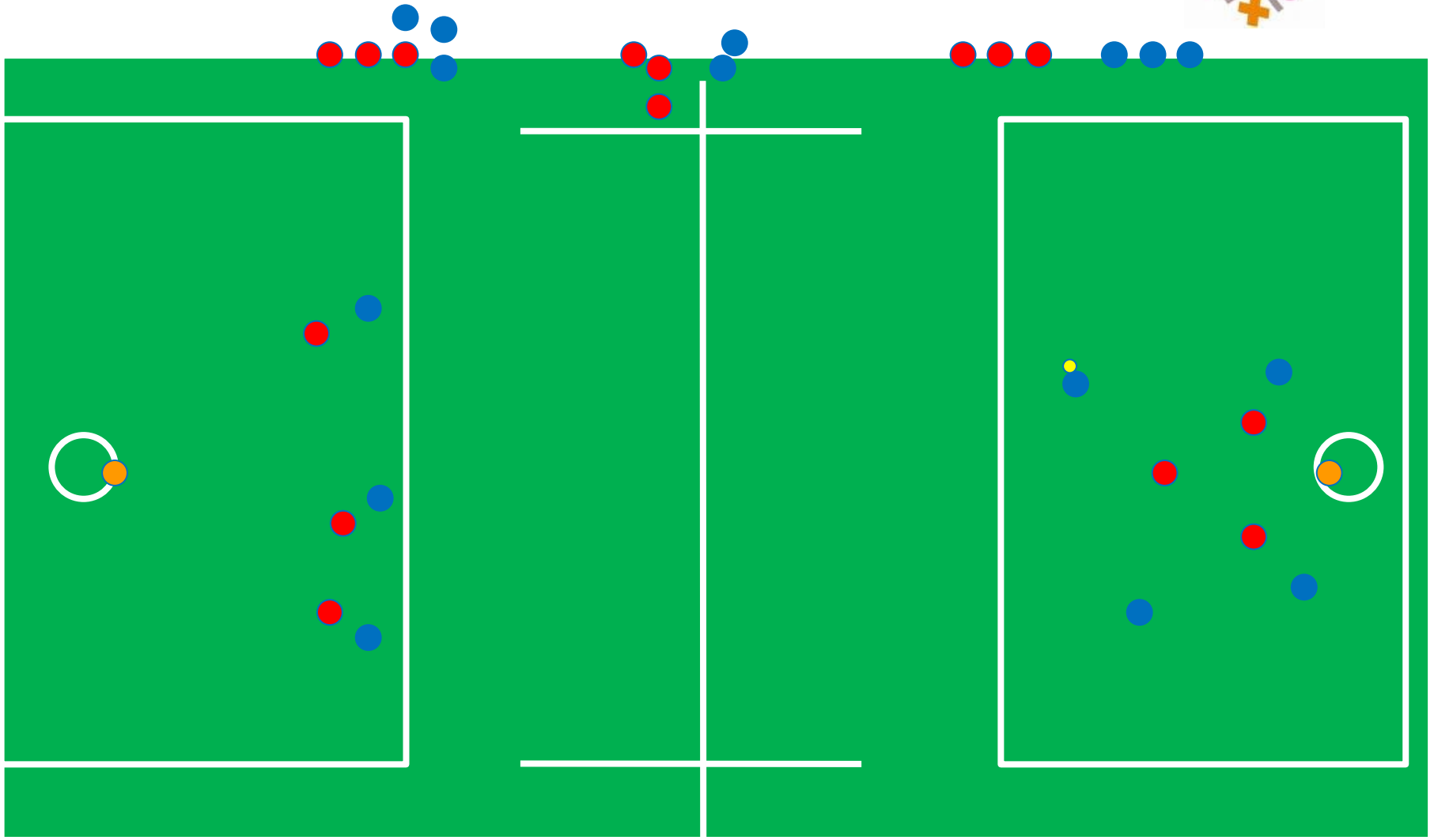
Coach rolls a ball out at the midfield and you have a 4 vs 3 break “Remember, TIC TAC TOE.
They play it out and goalie clears to a breaking midfielder for a 4 vs 4 going the other way.

# ADD 1



Ball is now in a 4 on 3 situation. Players play until the ball is lost or Goalie makes a save. He than hits a midfielder going the other way. The middie that started the drill needs to hustle to the hole for a 4 vs 4.

# ADD 1



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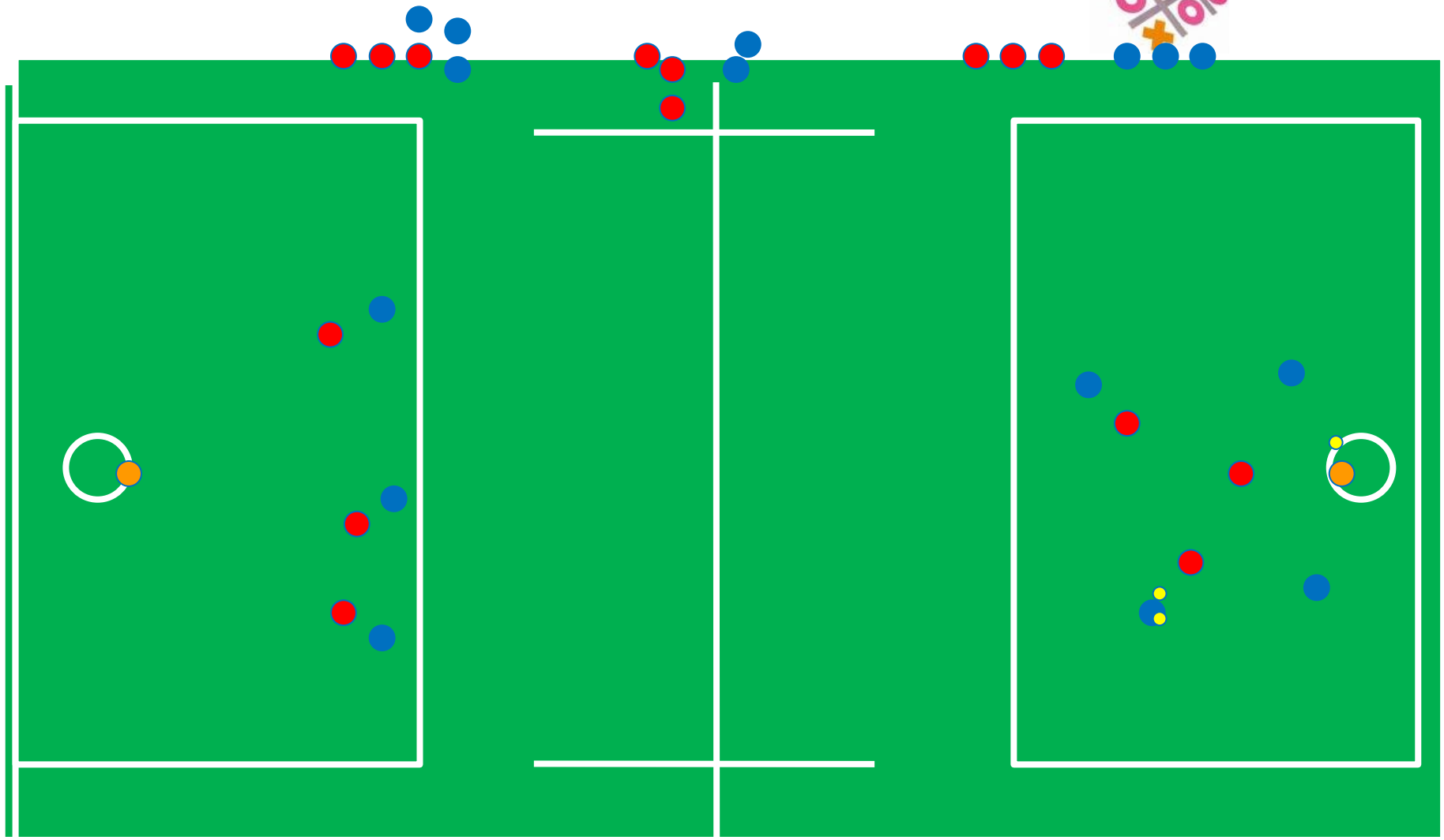
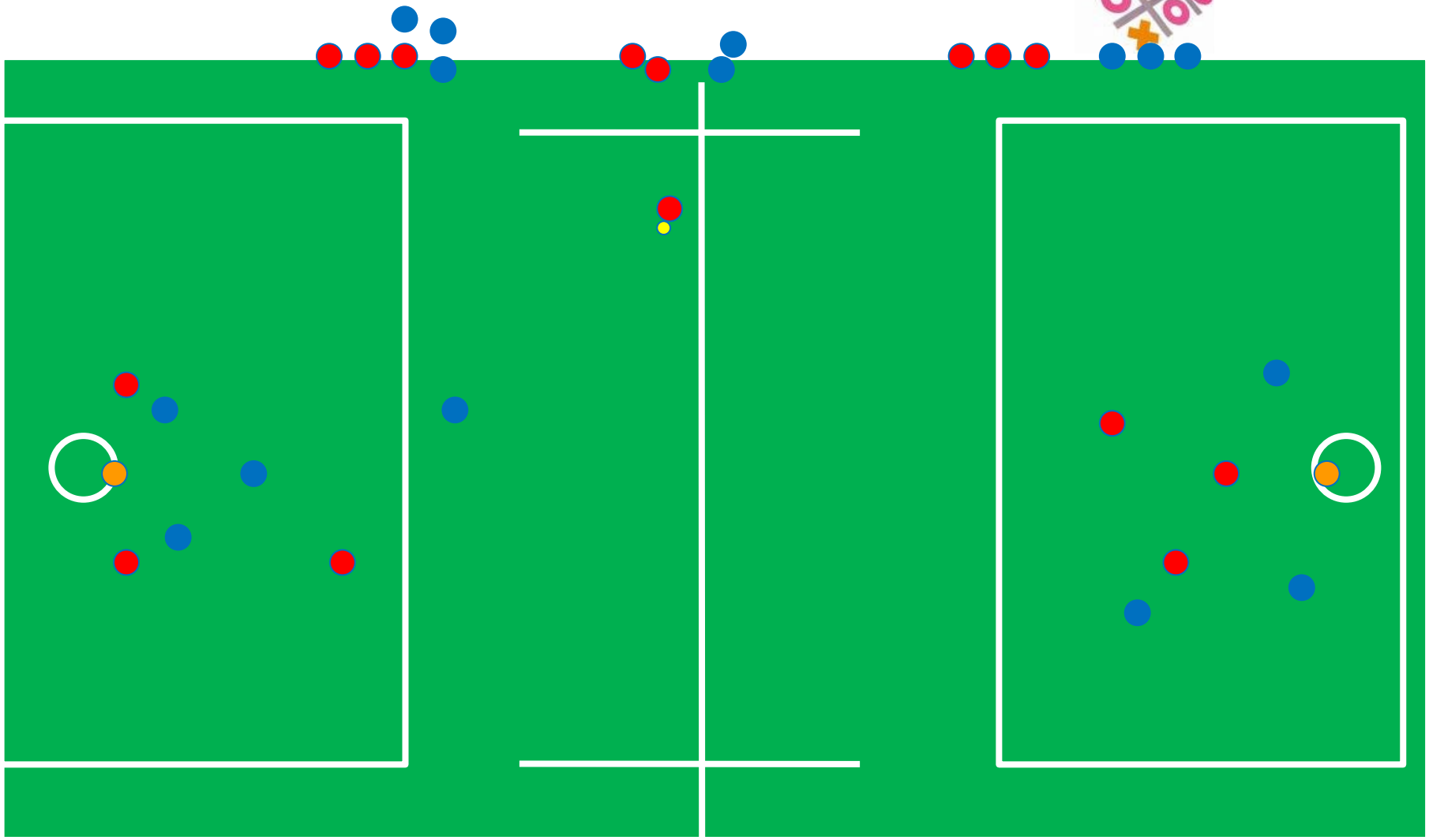


Ball is now in a 4 on 3 situation. Players play until the ball is lost or Goalie makes a save. He than hits a midfielder going the other way. The middie that started the drill needs to hustle to the hole for a
4 vs 4.

# ADD 1



ADD 1 - The Drill continues for 4v4, 5v4, 5v5, 6v5 and Finally 6v6. When you are finished with 6v6 you take the players on the side line and rotate them in on Defense and Attack and add new Middies. This is a great HIDDEN CONDITIONING PROGRAM. The kids Love this Drill.

# Clearing and Riding in the Youth Game "Doing the Little Things To Perfection"

- **Who is involved – The Positions**
- **Philosophy**
- **Calls**
- **2 on 1 – emphasize the Concept**
- **Techniques**

- **Clears**
- **Concepts - Goalie be - Montana**
- **Settled Clear - Box Clear**
- **Box 3 - Sideline Clear**
- **Box to 3 Clear**
- **Isaac Clear**
- **Adam Clear**

- **Rides**
- **Concepts**
- **Red Ride**
- **Bump Ride**
- **Match Ride**
- **10 Ride**

# Clearing and Riding in the Youth Game "Doing the Little Things To Perfection"

- **Who is involved – The Positions - Everyone is involved in the Clear**

- **Philosophy**

1. **Always have a Practice Plan written down for each practice. Try and practice some form of clearing and riding. You can't play offense if you can't clear the ball.**
2. **Don't underestimate your players. They can do a lot of things if you show it and have them perform.**
3. **Cut players poles down so they can have success or use Goalie Shafts as Poles**
4. **OK to number the field of where you want players to go**
5. **Don't worry if the other team knows your clear. YOU HAVE TO EXECUTE**

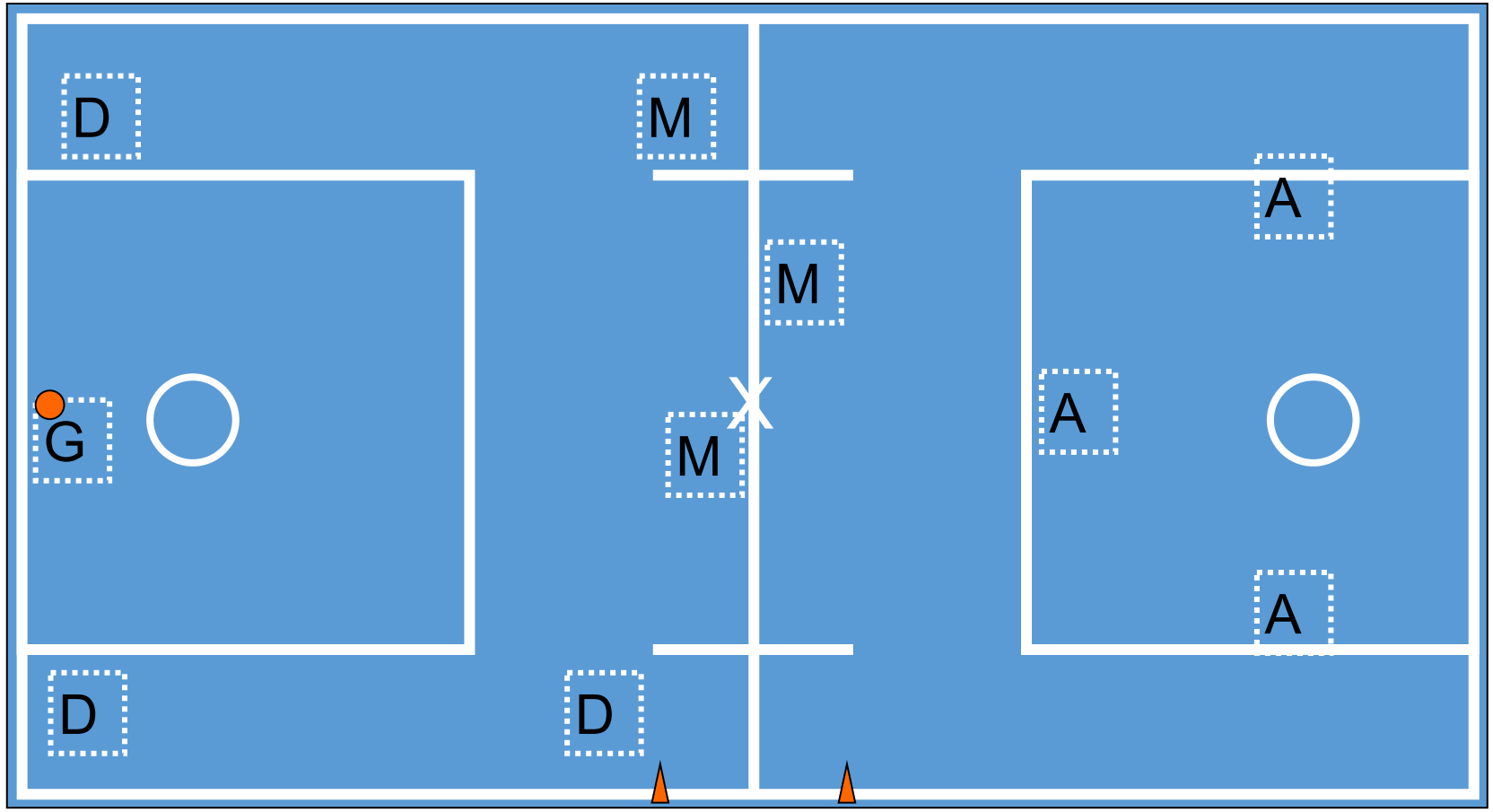
- **Calls**

1. **Always have a play call. Keep Calls Simple like RED or ADAM**
2. **Always ECHO the Call**

- **Techniques**

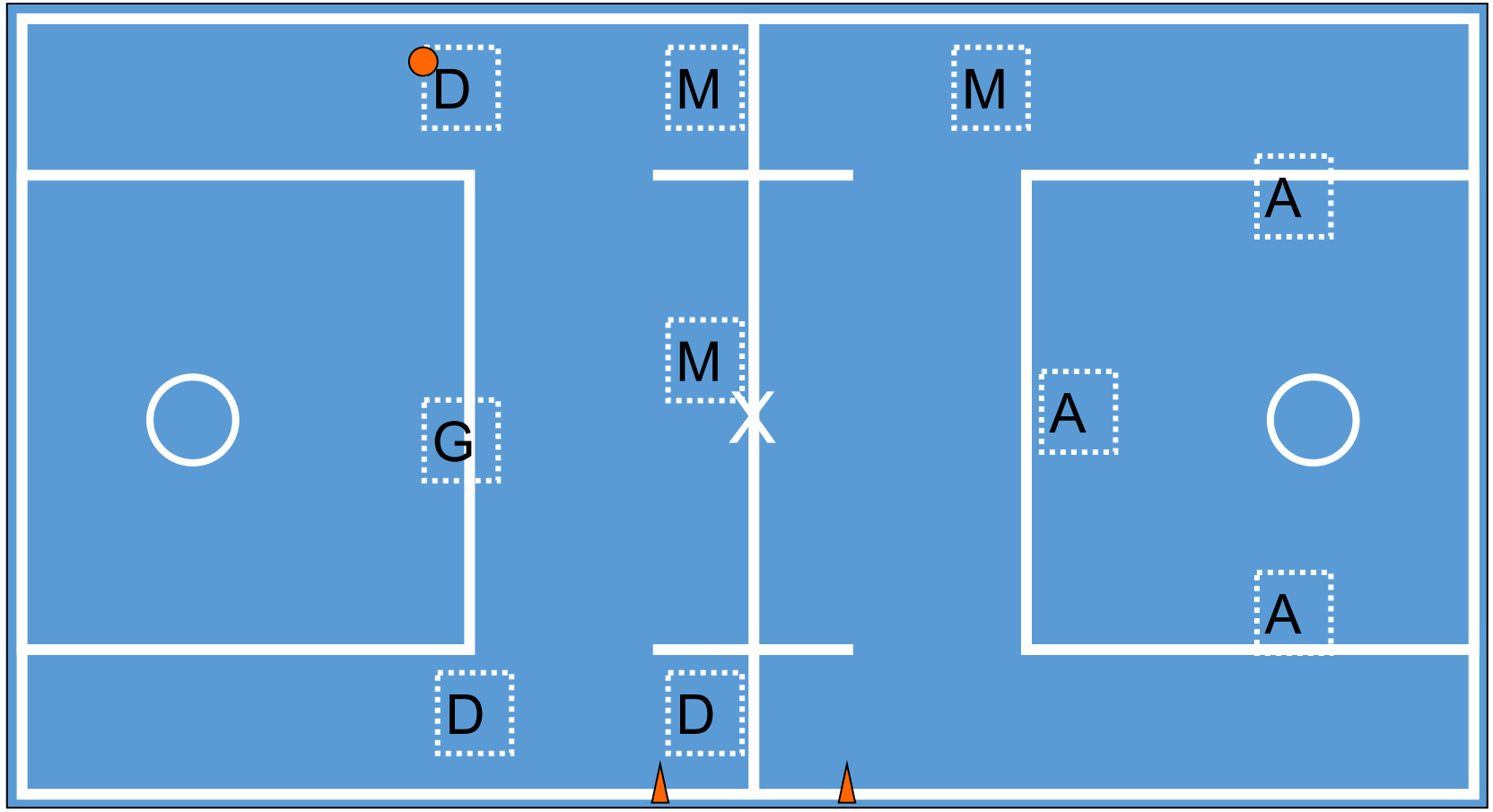
1. **Difficult to Clear if you can't catch and throw**
2. **Emphasize the 2 on 1 concept - Ultimately that is what lacrosse is all about "FINDING THE 2 on !**
3. **Concepts - Goalie be Montana - know how to read the field**

# Box Clear



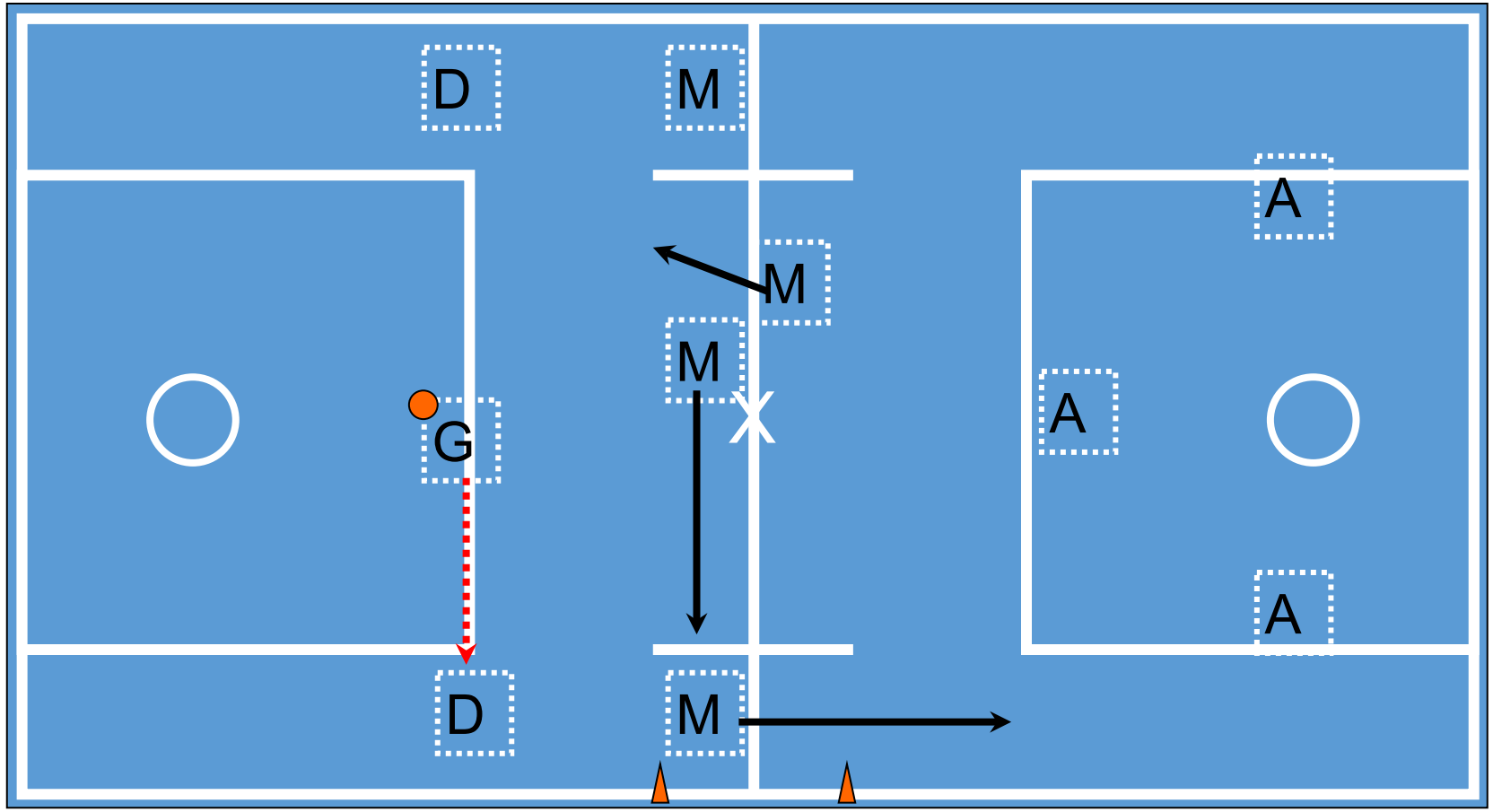

Box Clear or Settled Clear - Used off End Line or Side Line, Inside Box or after a shot if Goalie does not Make a quick outlet pass to a player breaking up the field.

# Box 3 - Sideline Clear



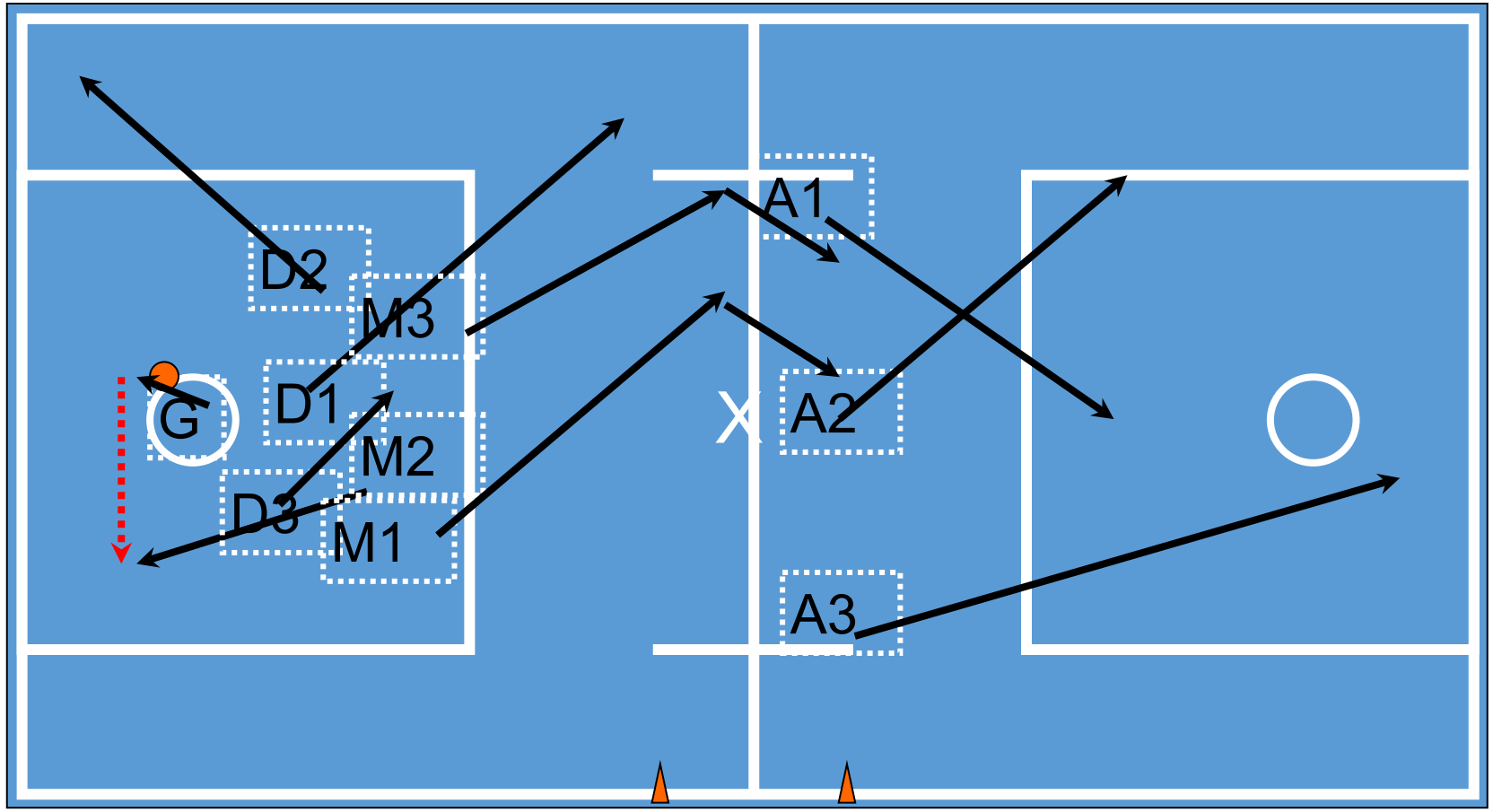

Box 3 Sideline Clear - Use when ever the clear starts between the restraining line and midfield line.

# Box To 3 - Clear



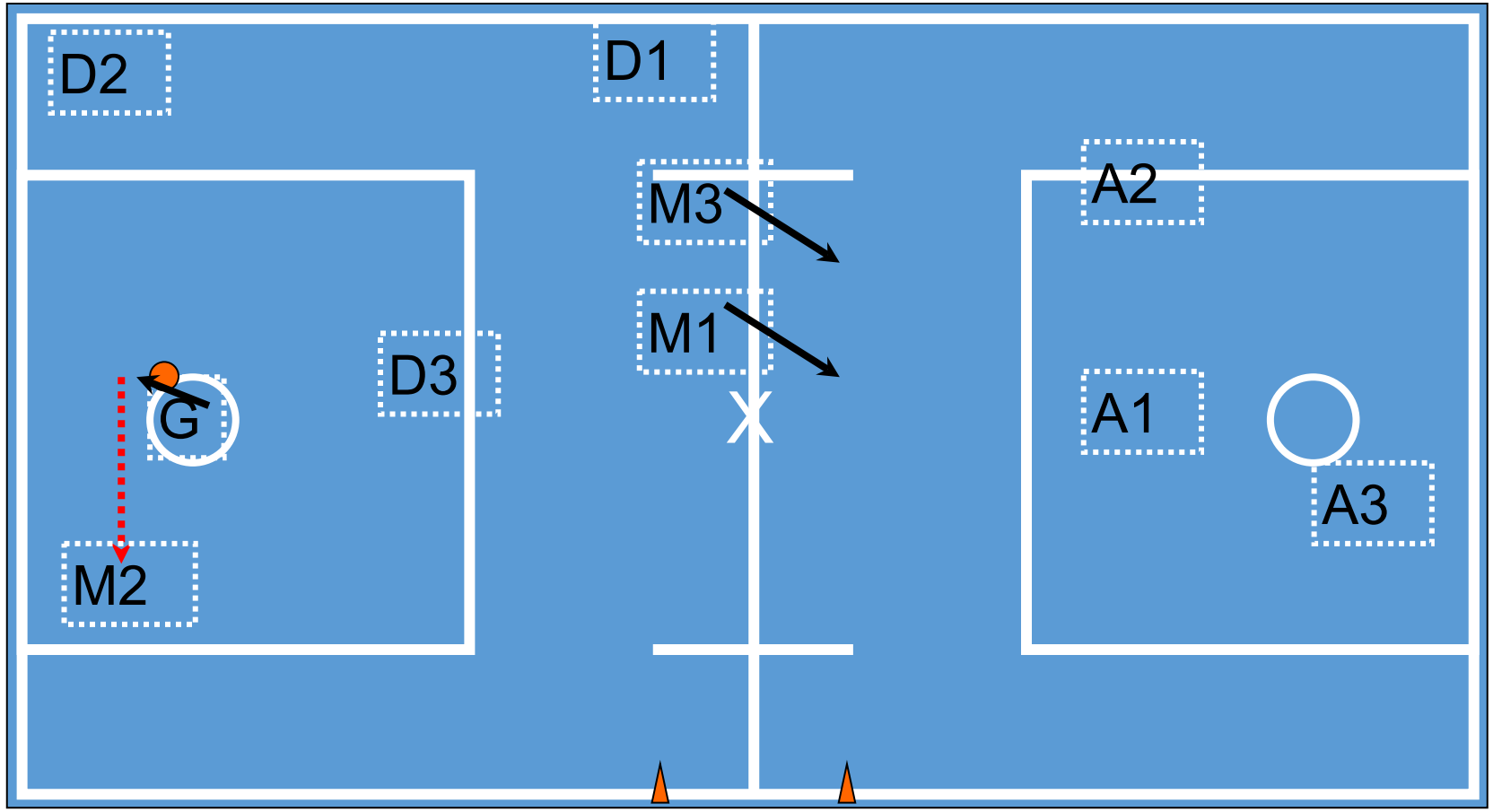

Box to 3 Clear - Use off End Line or Settled Clear. Bring a 4th Middie on and remove Pole

# Isaac - Clear



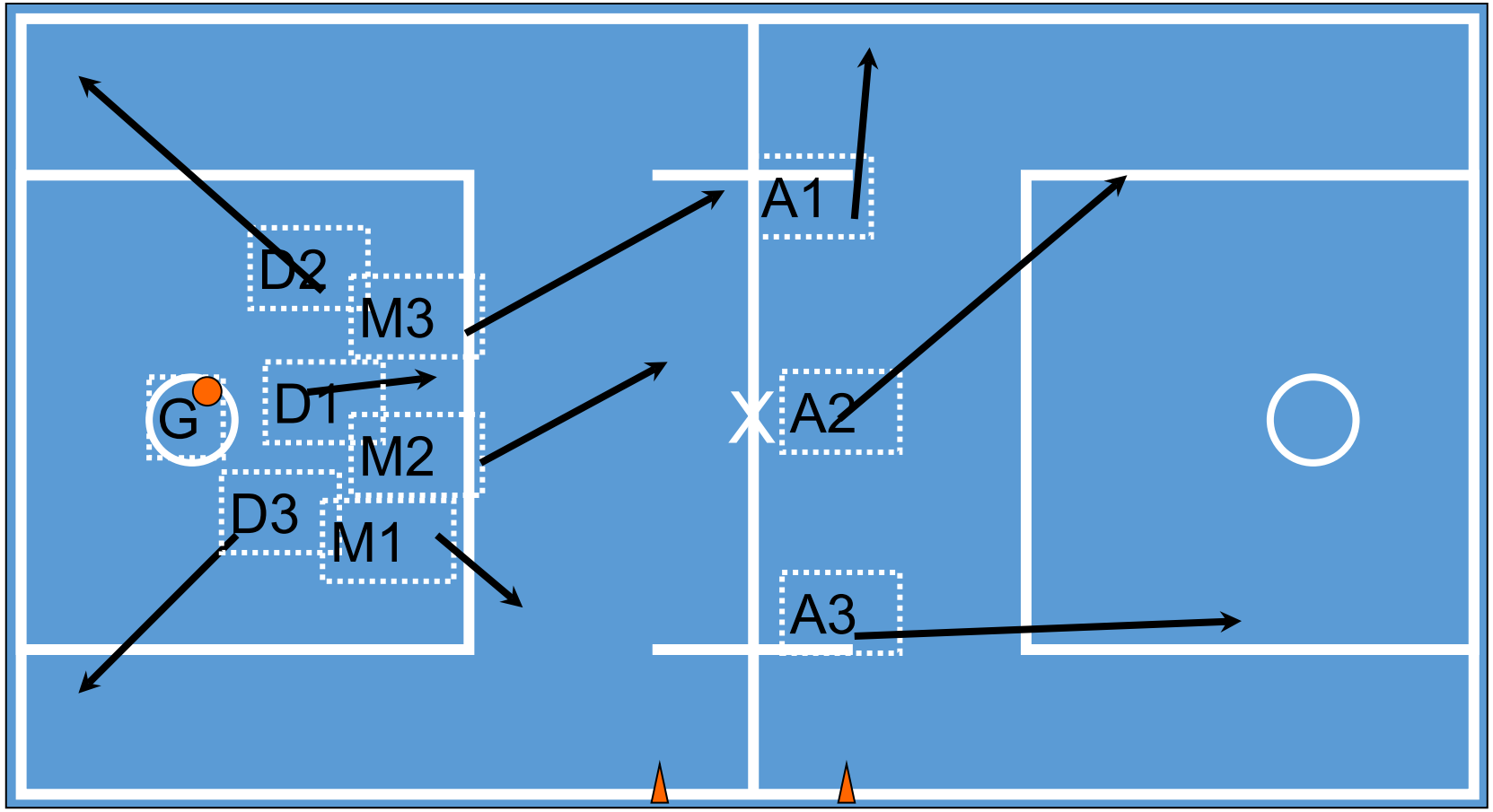

Call = Isaac - Middie ISO Clear - Goalie gets the ball to M2 who carries it over midfield

# Isaac - After the break



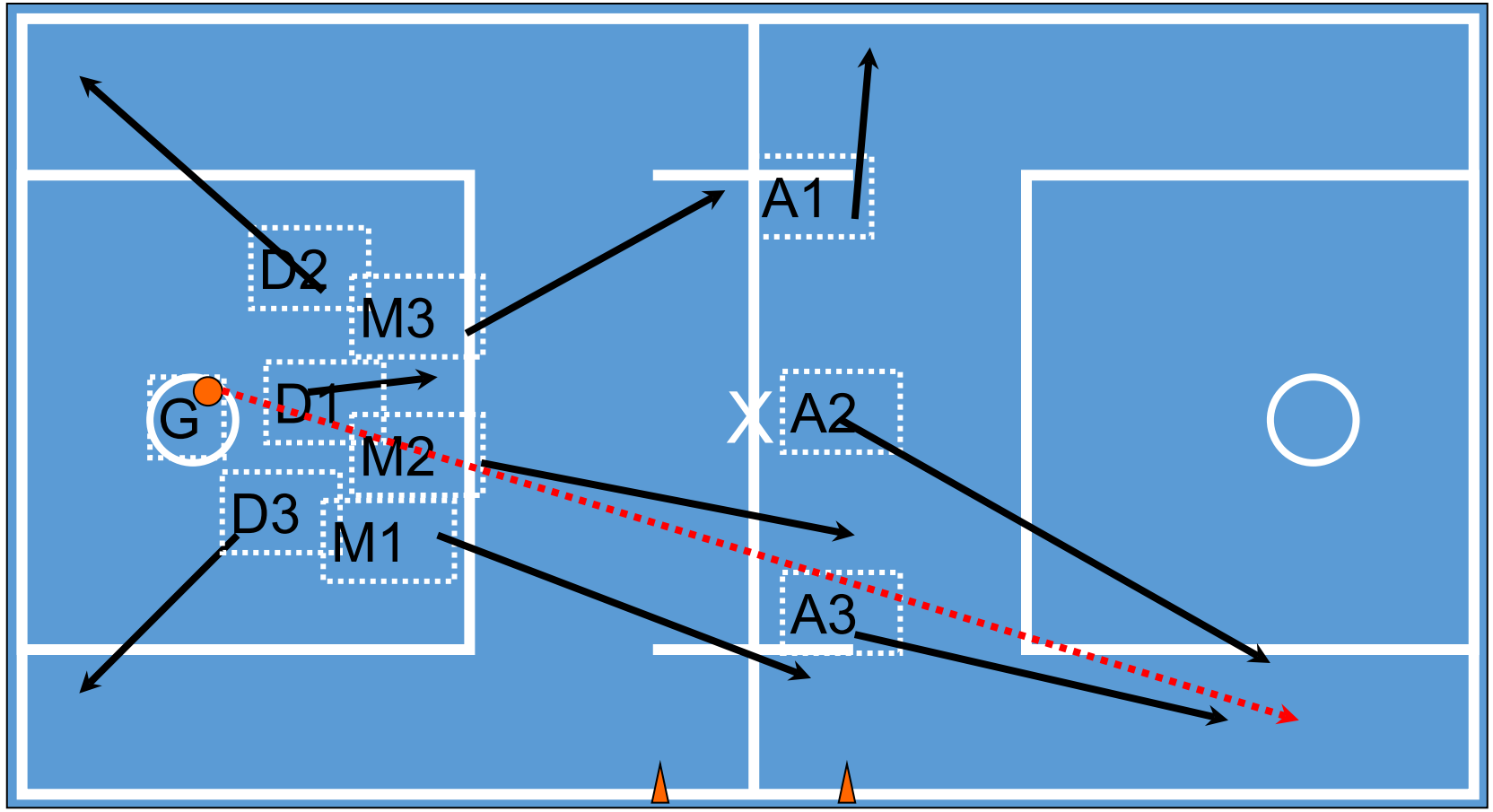

Call = Isaac - Middie ISO Clear - Goalie gets the ball to M2 who carries it over midfield

# Normal - Clear




When the Goalie has control of the Ball he will shout Clear.  On the word Clear all players will move to there respective positions on the field.  Goalie most be like a quarterback scanning the field.  It is important for players to hear the Goalie command to make sure he is in control of the ball.

# ADAM - Clear

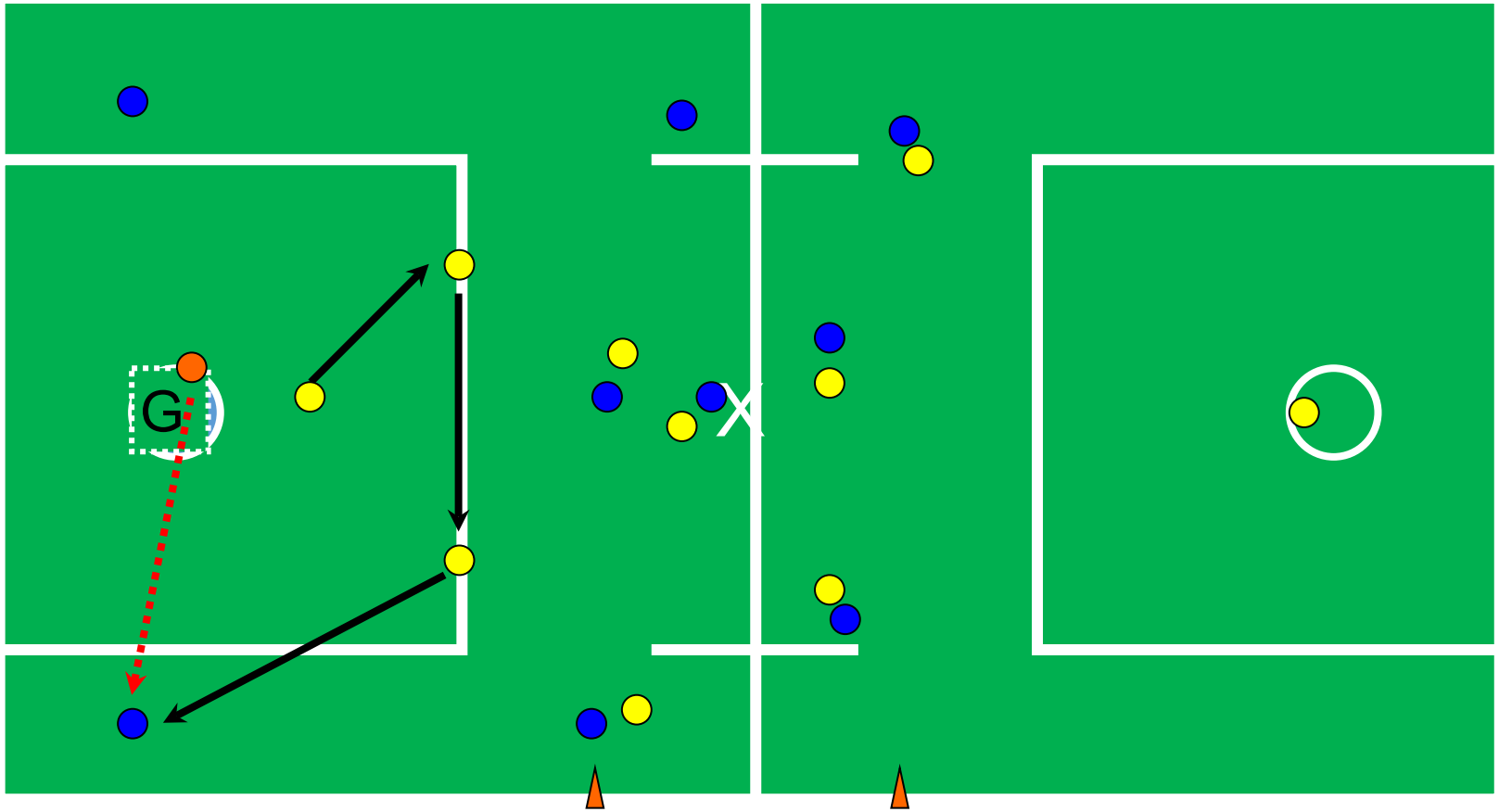



Call = ADAM - Adam Clear or Cheap Clear - Goalie makes save and calls Adam - Goalie throws the ball to a designated area between sideline and box. This gives the attack a 50/50 chance of a ground ball opportunity. It you Cheap it do it with purpose!

# RIDING

- Determination
- A Chance to go back on offense
- Make them Pay
- Riding is hard work when done properly.
- All riding drills should end in a shot, this creates incentive/reward.
- Create a riding team of hard-working athletes.
- Slow lazy attack will work their way onto the team because otherwise they are getting subbed in riding situations.
- Put your long stick middie on the ball when possible.
- Riders job: stop the man from advancing the ball.
- Do not try to take the ball, stay in front and slow down the ball.  - NAVEL RIDE
- Force redirect with shut-offs and pressure.
- Lock 6 men and ride the rest.(att and mids are shut-off)
- If UGO, I GO = stay on the same side of midline as your man.

# Red Ride

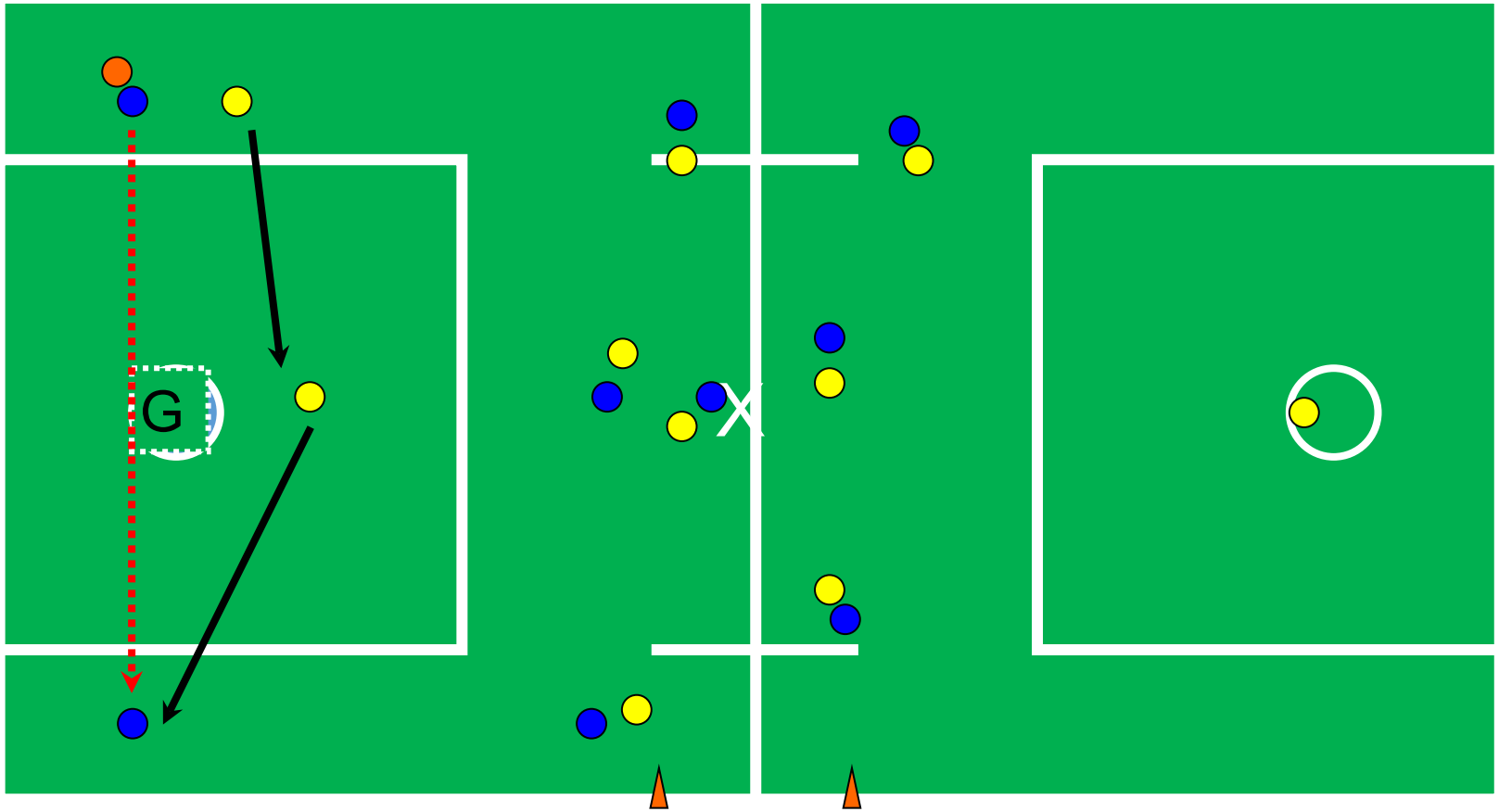



**RED RIDE** - Attack moves on the pass in a triangle middies lock and Defense Locks Attack.

Blue Equals Clearing Team

Yellow Equals Riding Team

# Bump Ride

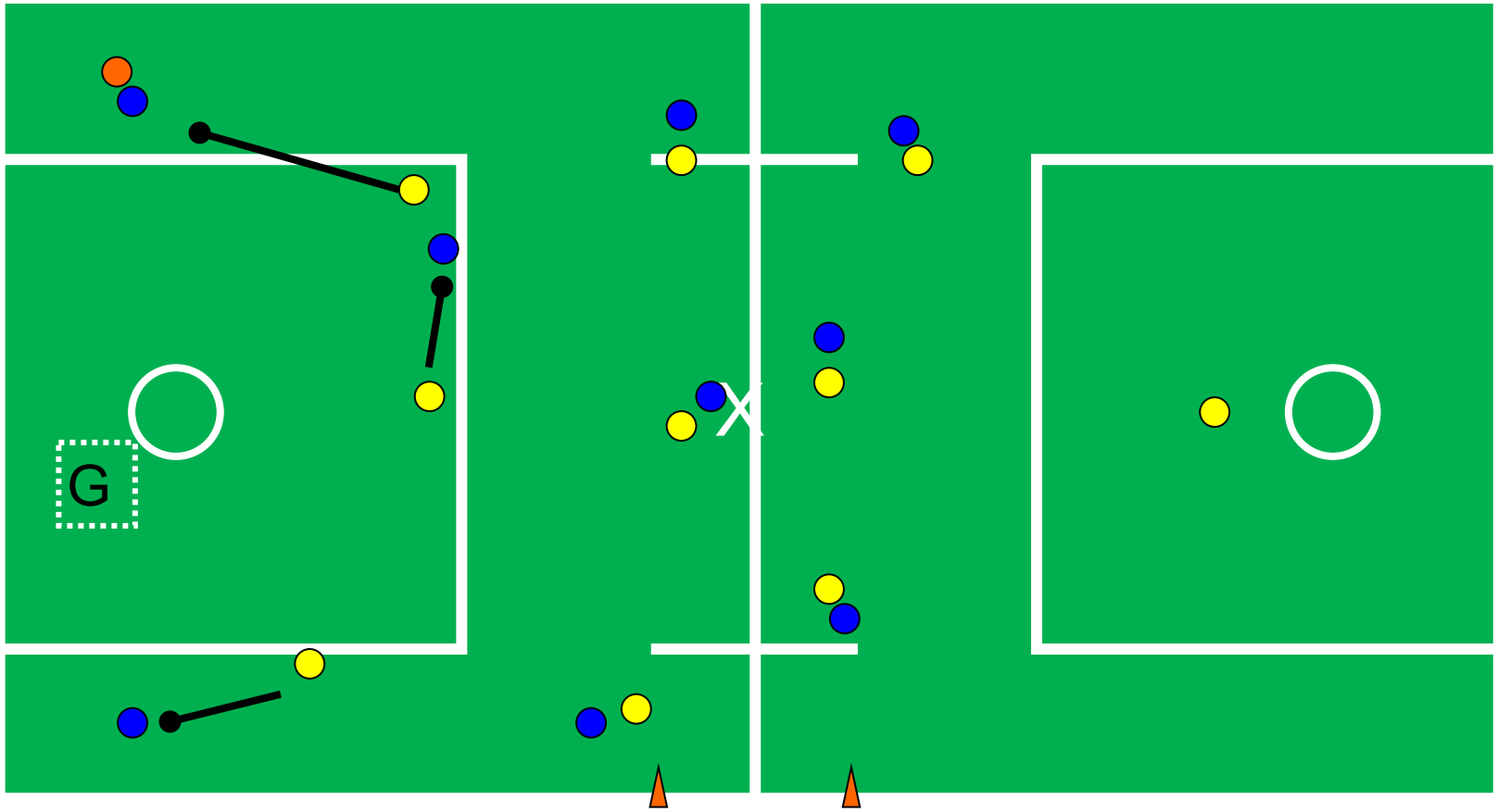



**Bump RIDE** - 2 Attack players below one high - middies lock and Defense Locks Attack!

Blue Equals Clearing Team

Yellow Equals Riding Team

# MATCH Ride

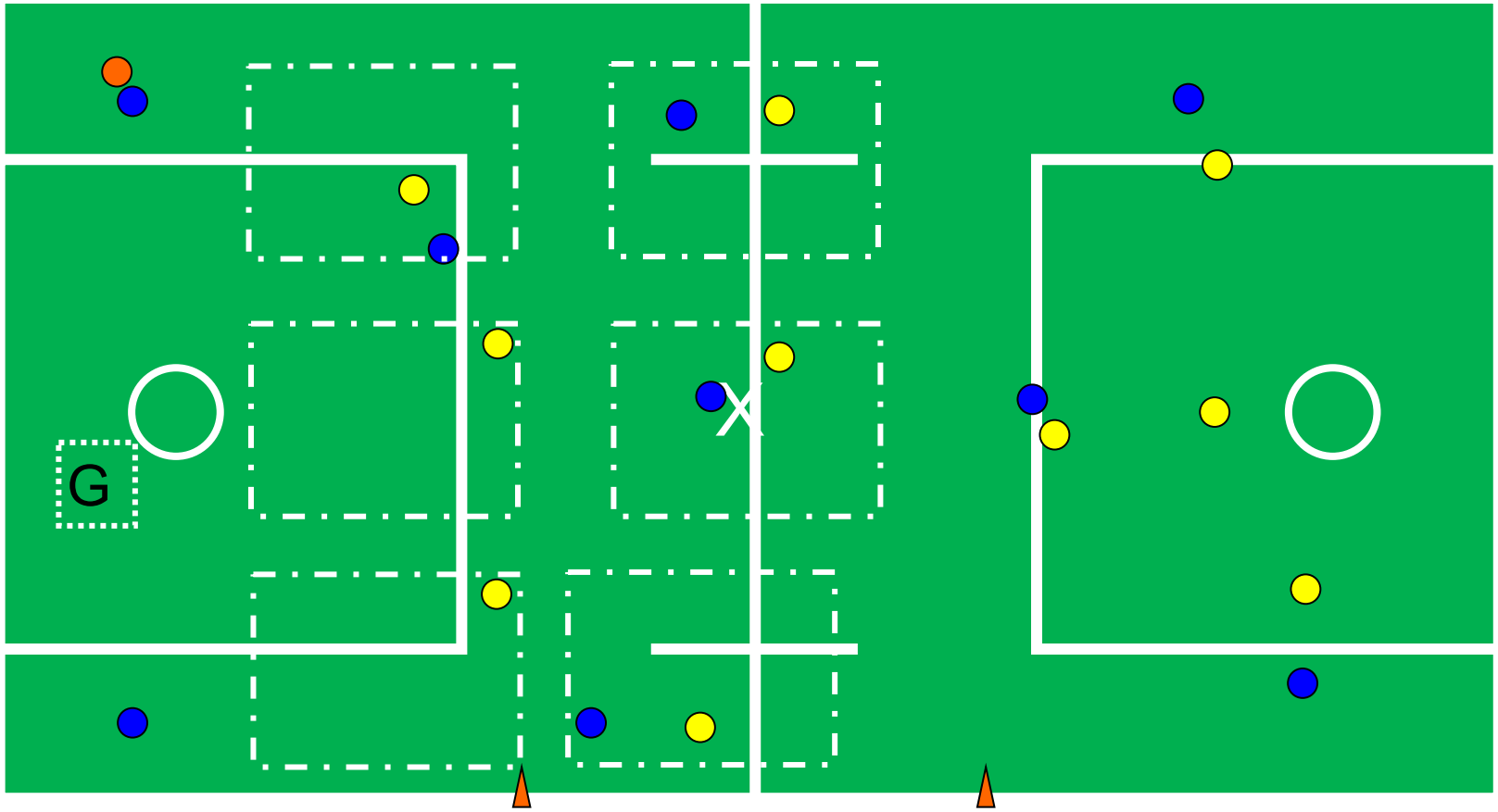



**MATCH RIDE** - Most Youth Teams will use a Ride like this. Match up with a clearing player. Do not play the Goalie until he passes you.

Blue Equals Clearing Team

Yellow Equals Riding Team

# Zone Ride

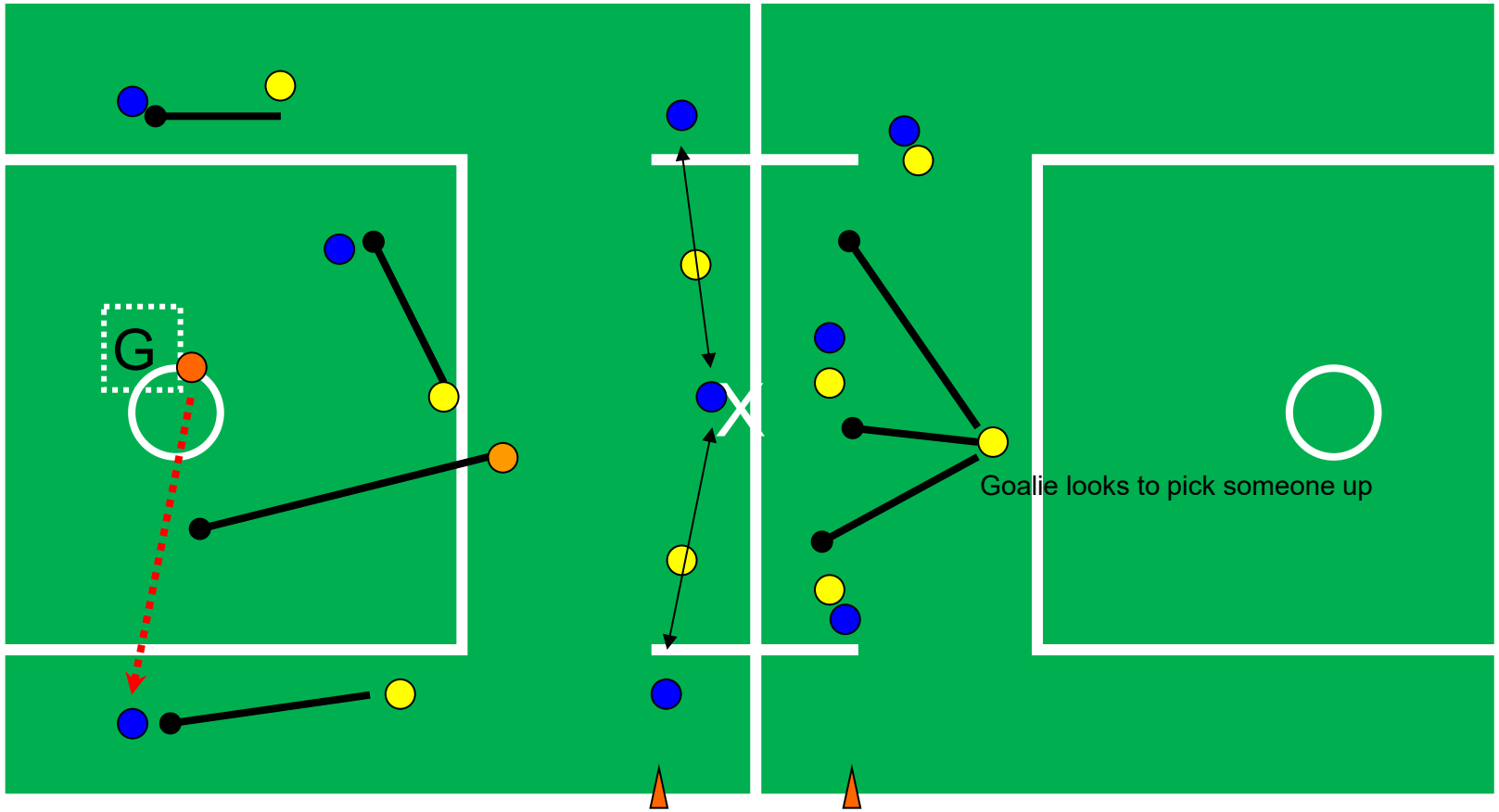



**ZONE RIDE** – Attack and Middies have a Zone – Stay deeper than their deepest

Blue Equals Clearing Team

Yellow Equals Riding Team

# 10 Ride




**10 RIDE** - This Ride gets your Goalie involved. Orange (on this Chart) Midfielder Jumps Goalie. Other 2 Midfielders Split Difference between Clearing players.

Blue Equals Clearing Team

Yellow Equals Riding Team

# The Fundamentals of Lacrosse

## ~~Shooting Drills~~

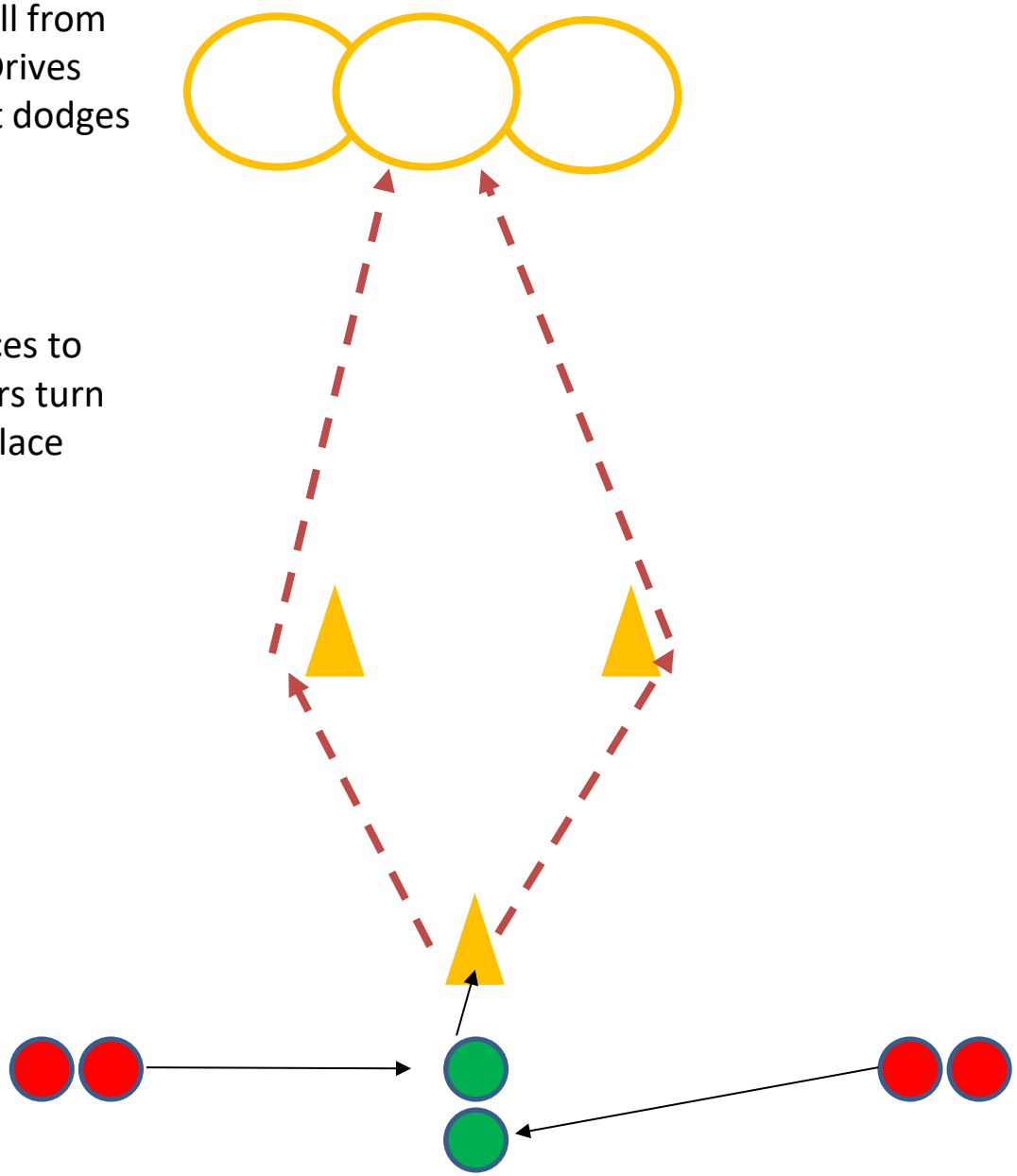
SCORING DRILLS

When doing Scoring Drills always try and incorporate
and extra-pass
BEEF Method

**ALWAYS WEAR HELMETS**

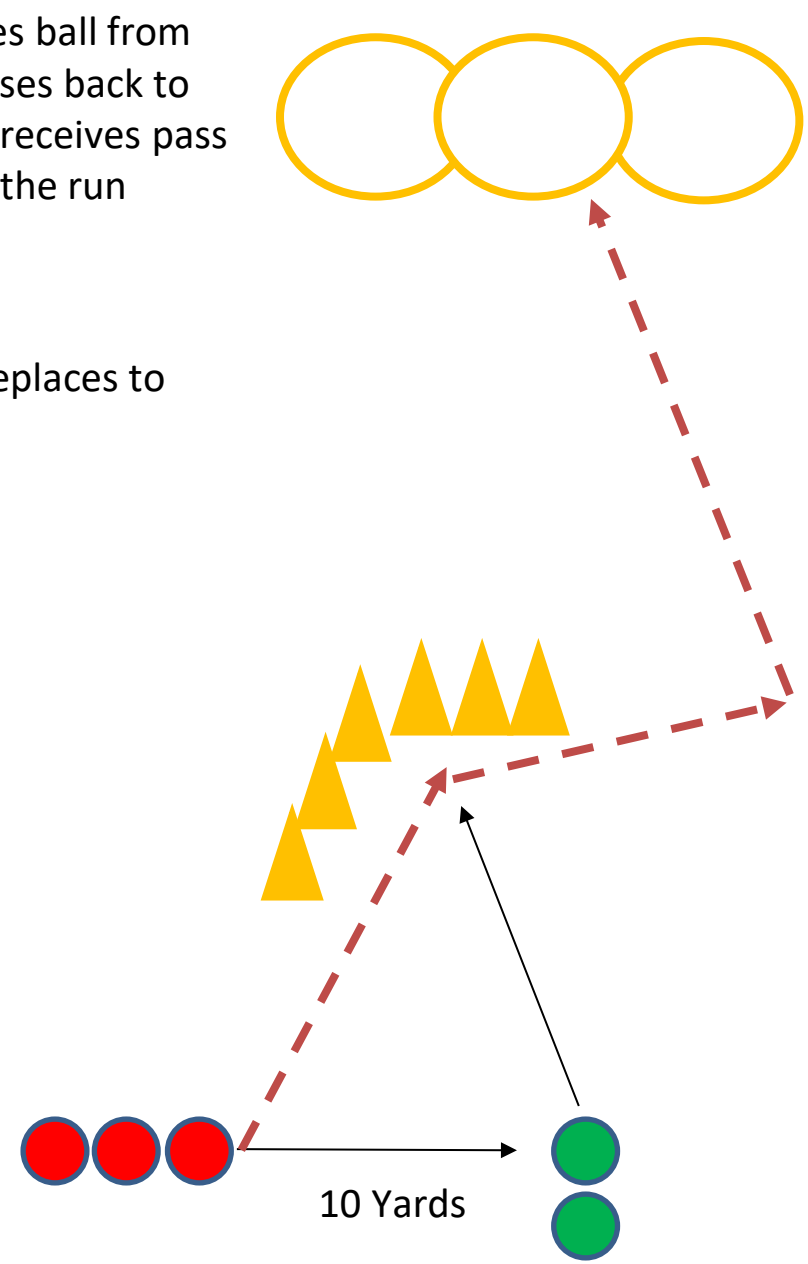
Green Receives ball from Red Player Player Drives Cone and then split dodges down alley for shot

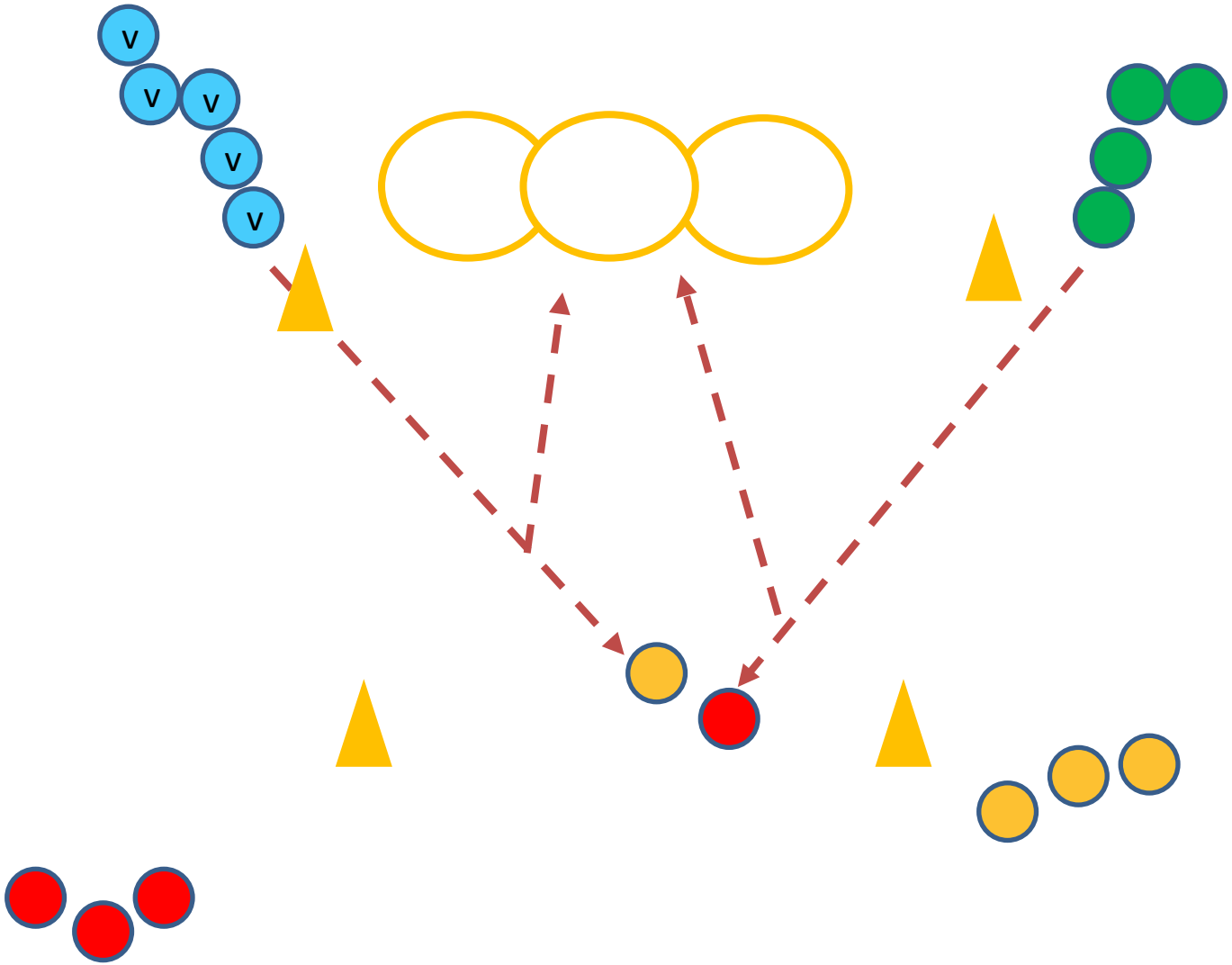
Red Player - replaces to shoot. Green players turn to outside and replace Feeders



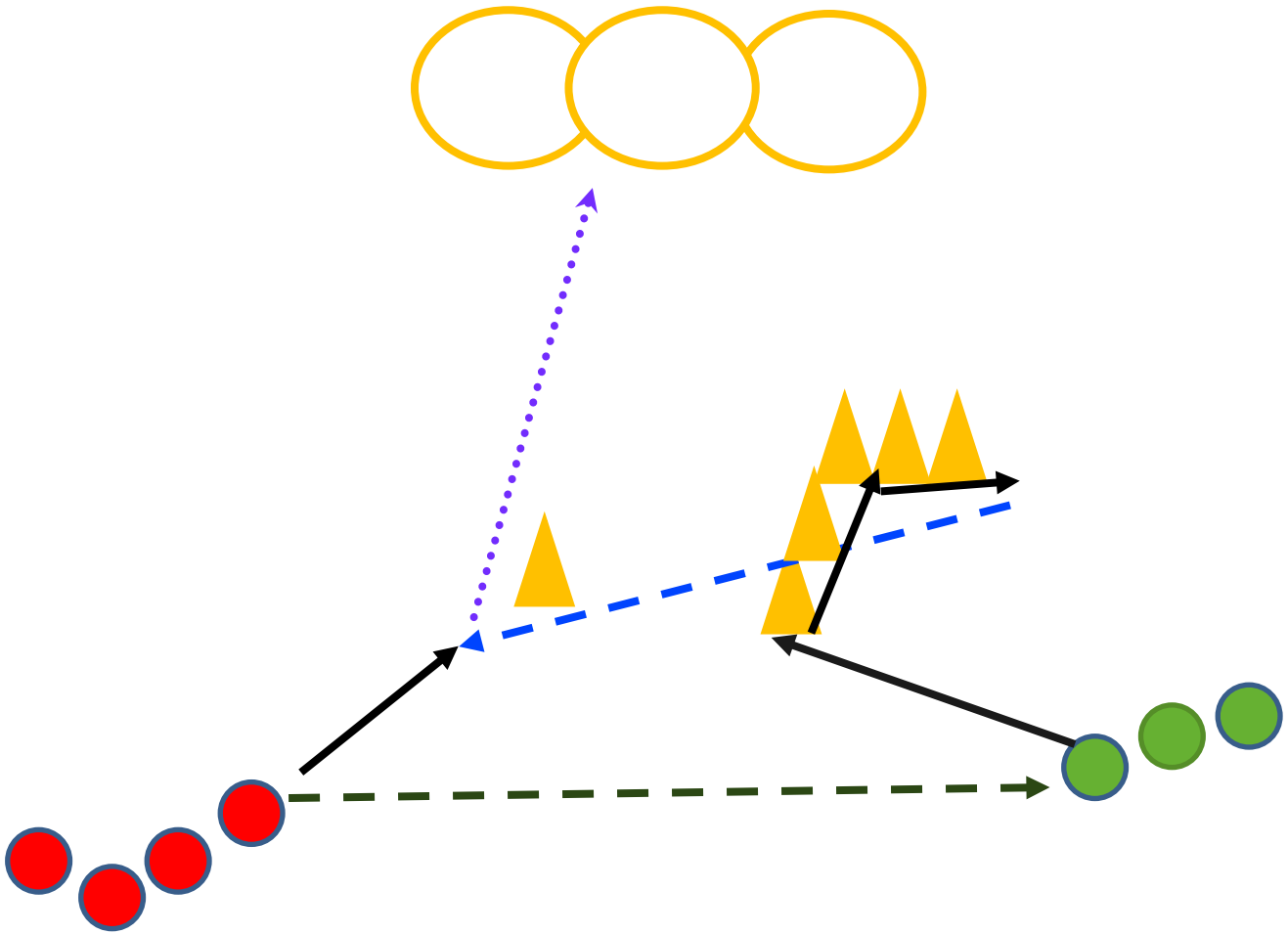
Green Receives ball from Red Player passes back to Red player or receives pass and shoots on the run

Red Player - replaces to Feed

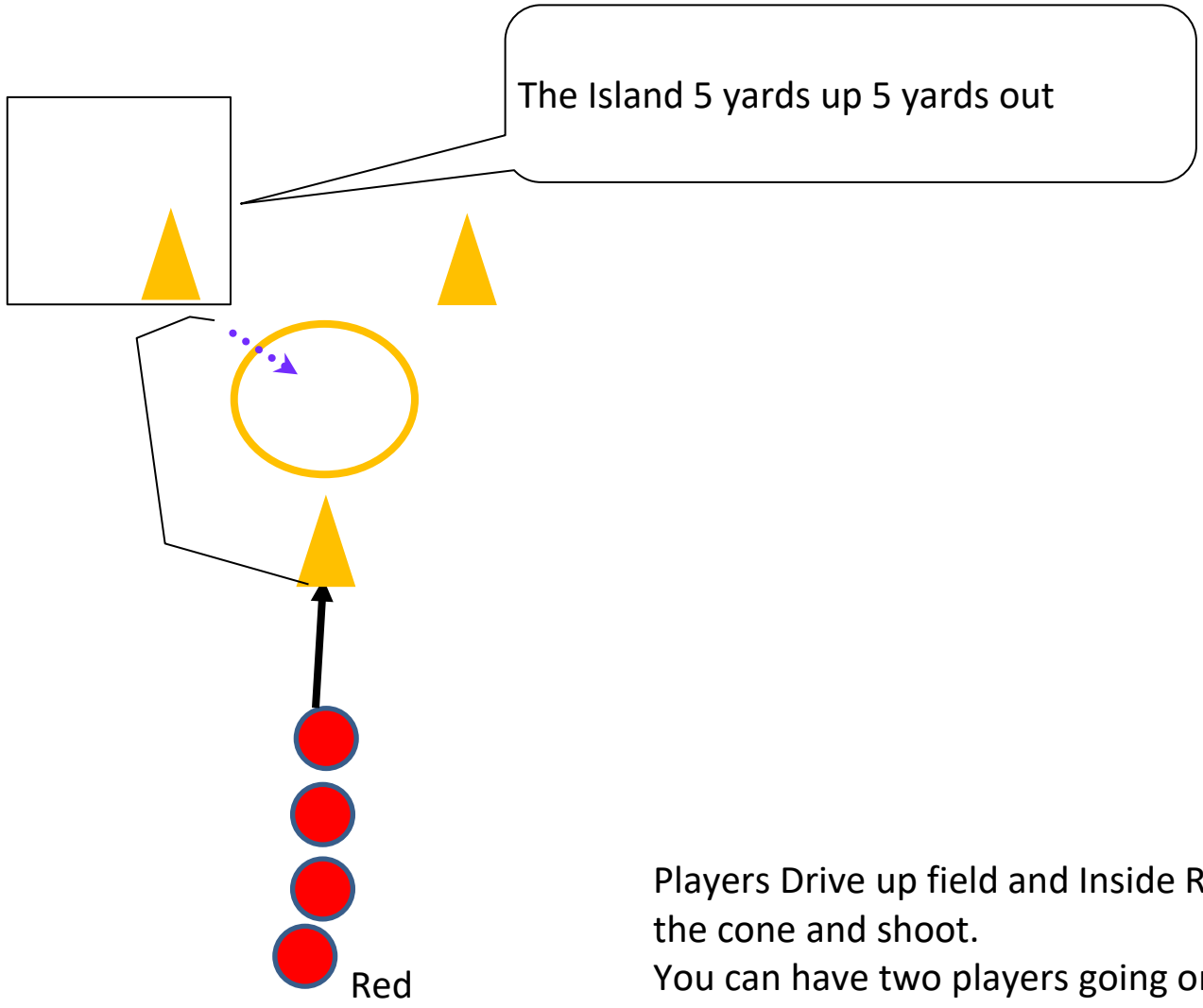





All balls start with Blue and Green Lines and they pass diagonally too Red and Yellow. Blue goes to Red Line, Yellow goes to Blue, Green goes to Yellow and Red goes to Green. YOU NEED A TON OF BALLS!



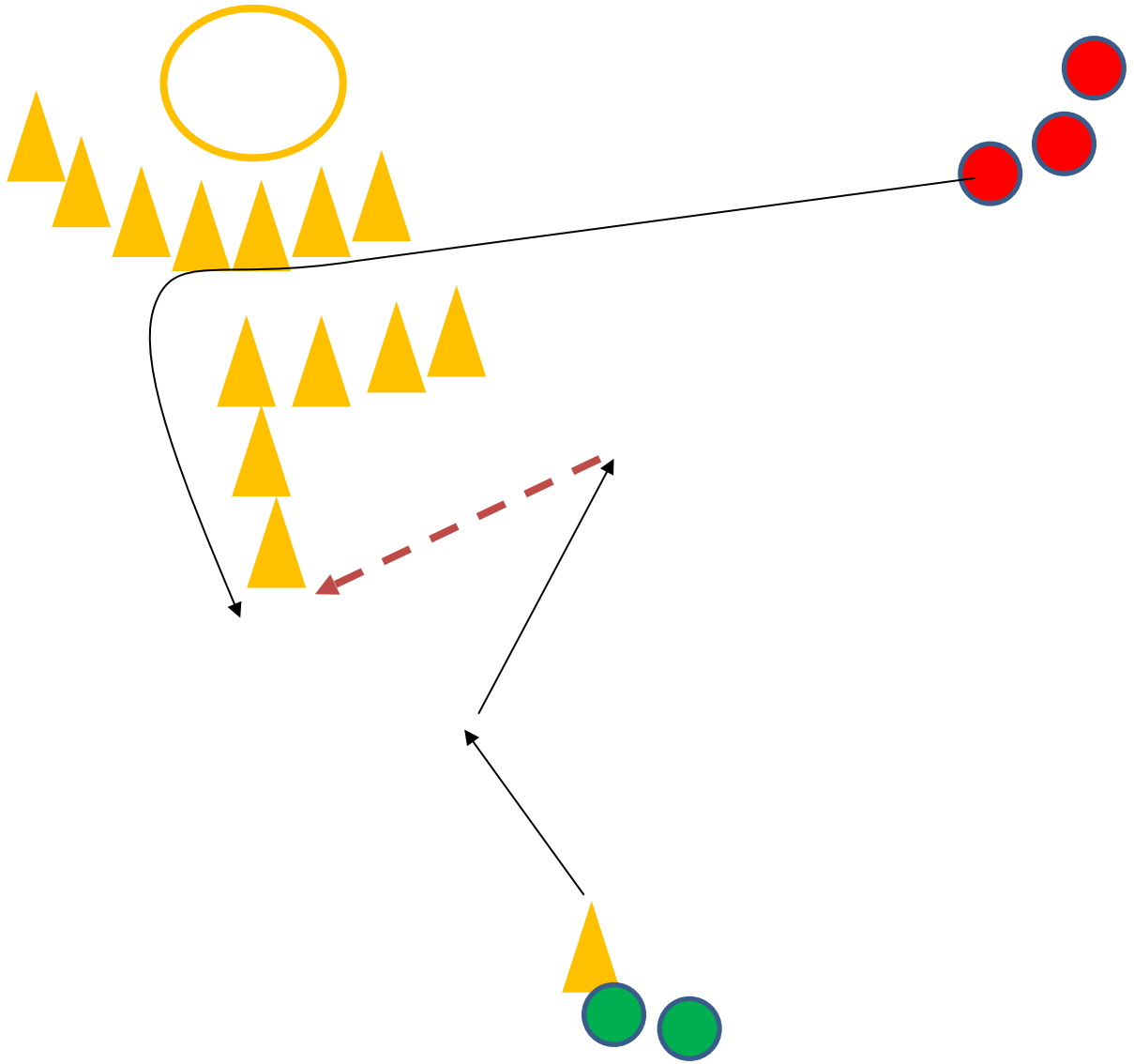
Red Passes to Green who Dodges down alley then backs out and throws back to Red who throws a Hitch Dodge and Shoots.




Players Drive up field and Inside Roll the cone and shoot.
You can have two players going one after each other on both sides of the cage. Players can also do Rocker and Question Mark Dodges

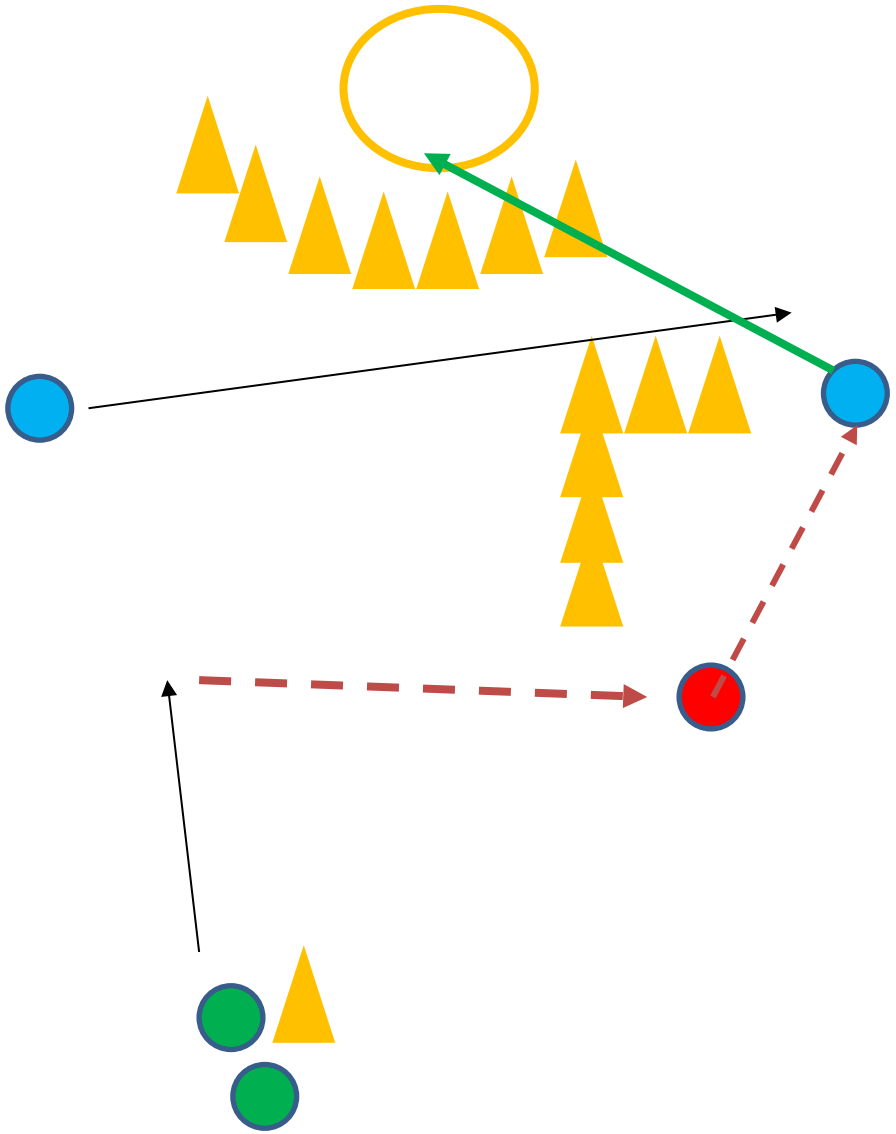
Green Player Drives Alley

Red Player goes through cone channel and makes a C-CUT for a Shot after getting pass from Green Player on a throw back



Green Player Drives Alley

Blue Player goes through cone channel and receives a pass from Red Player and shoots

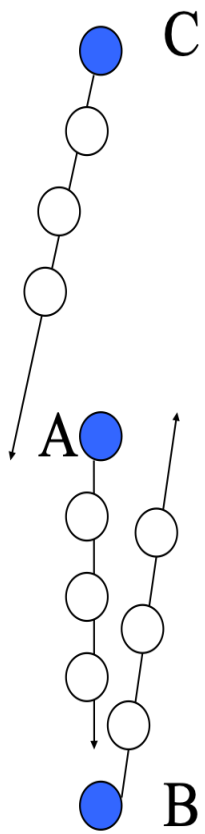


USLacrosse GEORGIA

# U9 to U11

- 5:00 – Warm up
- 5:05 – Speed Drills
- 5:15 – Barrel of Monkeys
- 5:26 – Water
- 5:30 - Shooting Everyone, Goalie walk Line
- 5:45 – Alley Ground Balls
- 5:53 – Crash the Crease
- 6:00 – Q&A

# 3 Player Speed Drills




• Players A,B,C stand about 10 yards from each other.

• Ball starts with player A in the middle - he runs and passes to Player B. Player A replaces Player B - Player B runs and passes to Player C. Player B replaces Player C. Player C runs and passes to Player A. The players continue passing and catching and replacing each other. This is a very fast drill and it keeps the players moving.

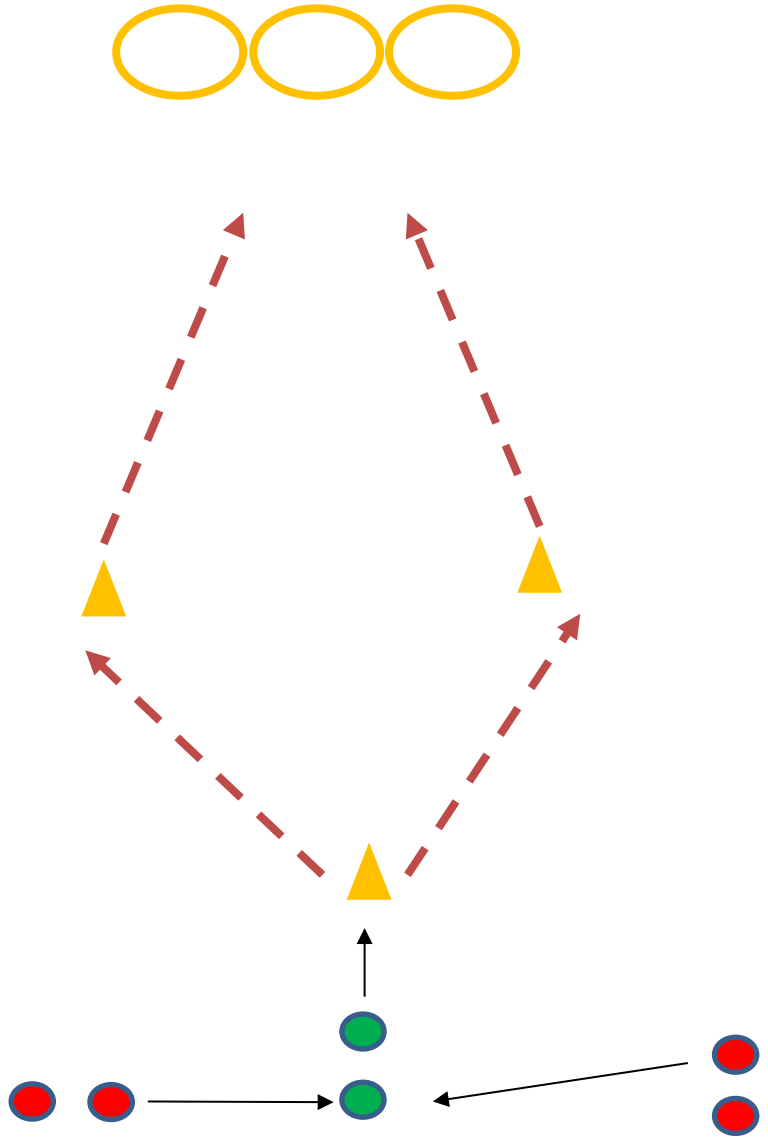
You can also mix in Ground Balls and Flipping the Ball to each player.

**Coaching Tip:**
**Make sure the players move to the ball.**
**Keep their sticks Vertical and on their ear.**
**Make good passes, don't be caught flat footed.**
**Talk - Here is your help, Ball, Release.**

**Key to this drill is to make sure the players keep moving have sound fundamentals and keep their spacing (about 10 yards).**

- Green Receives ball from Red Player Player Drives Cone and then split dodges down alley for shot

- Red Player - replaces to shoot. Green players turn to outside and replace Feeders



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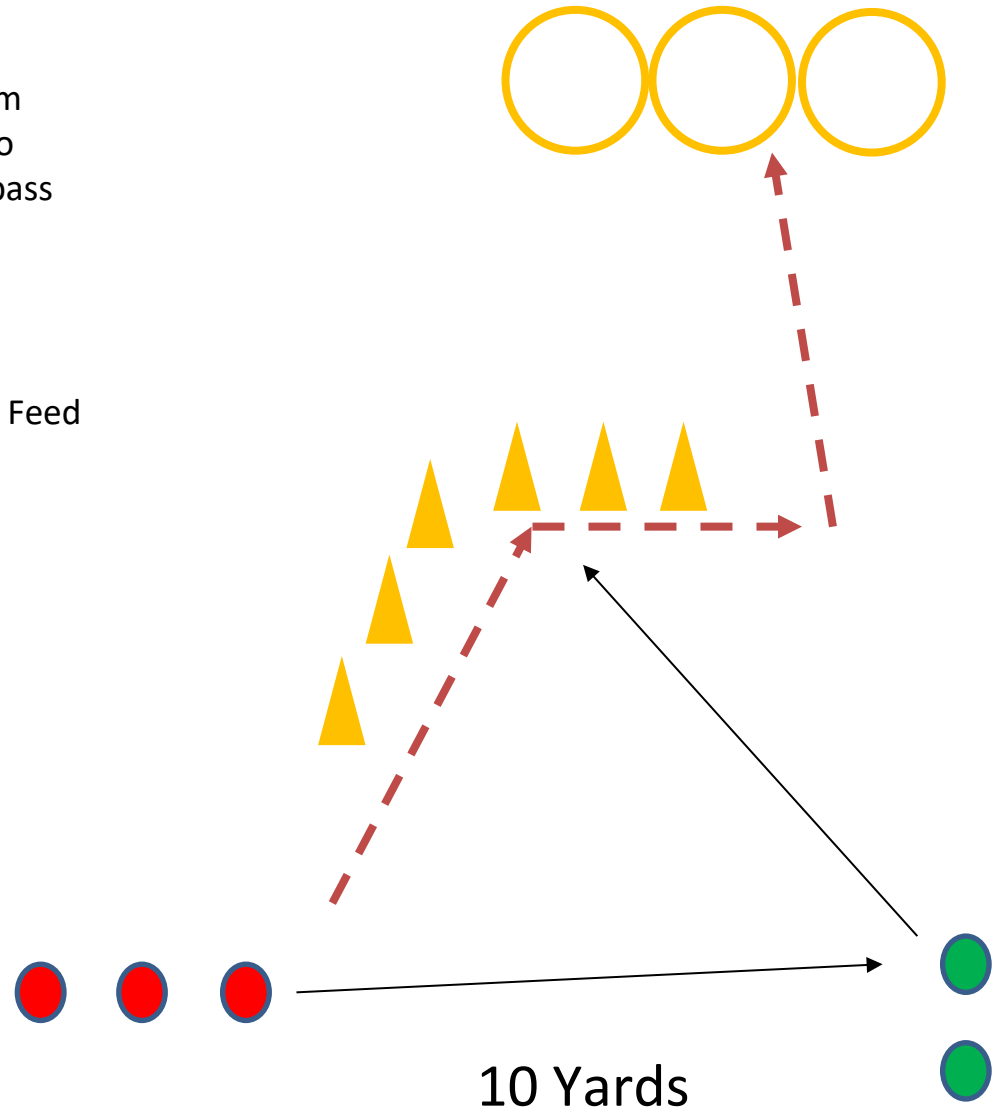
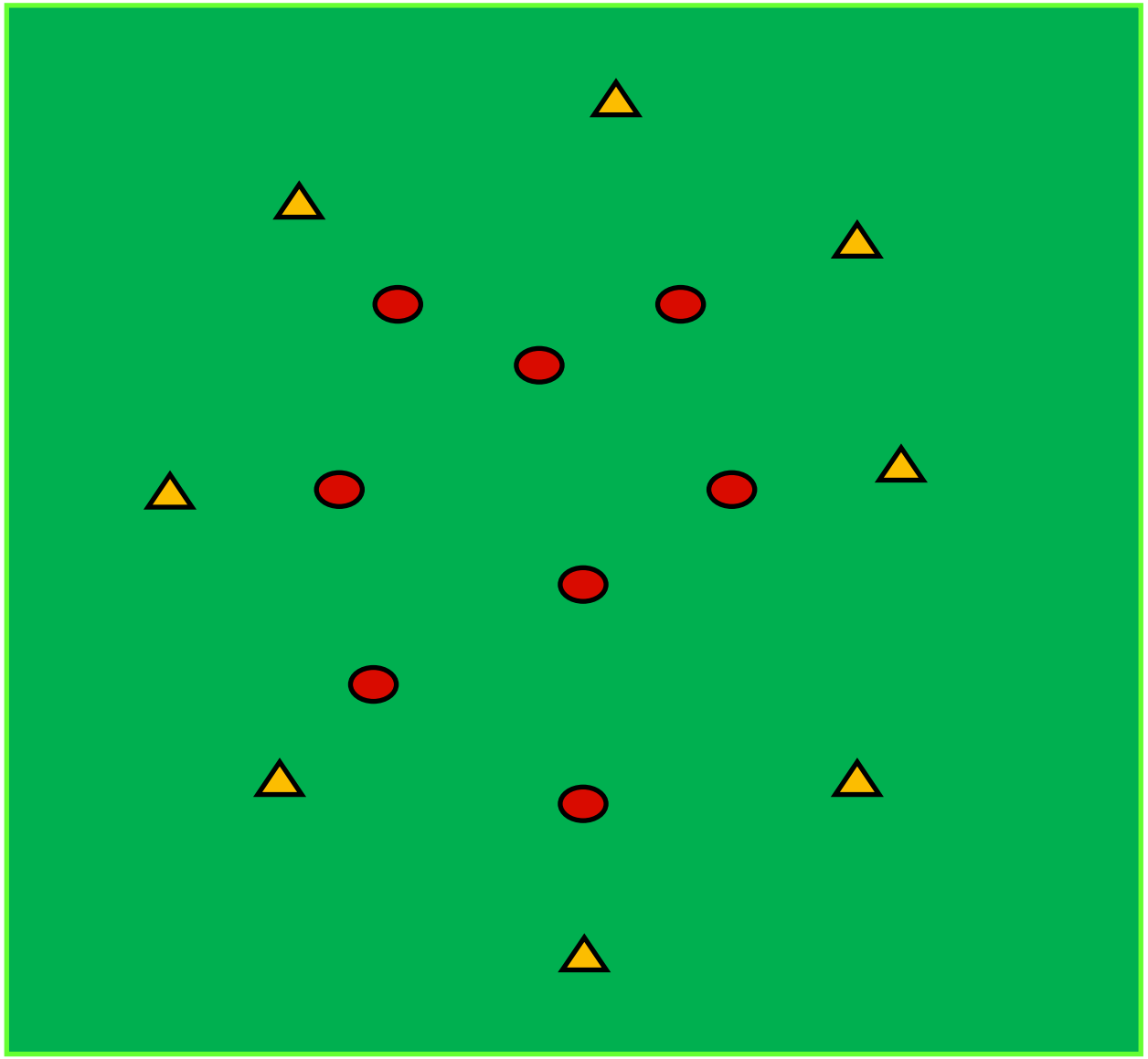


# Barrel of Monkeys



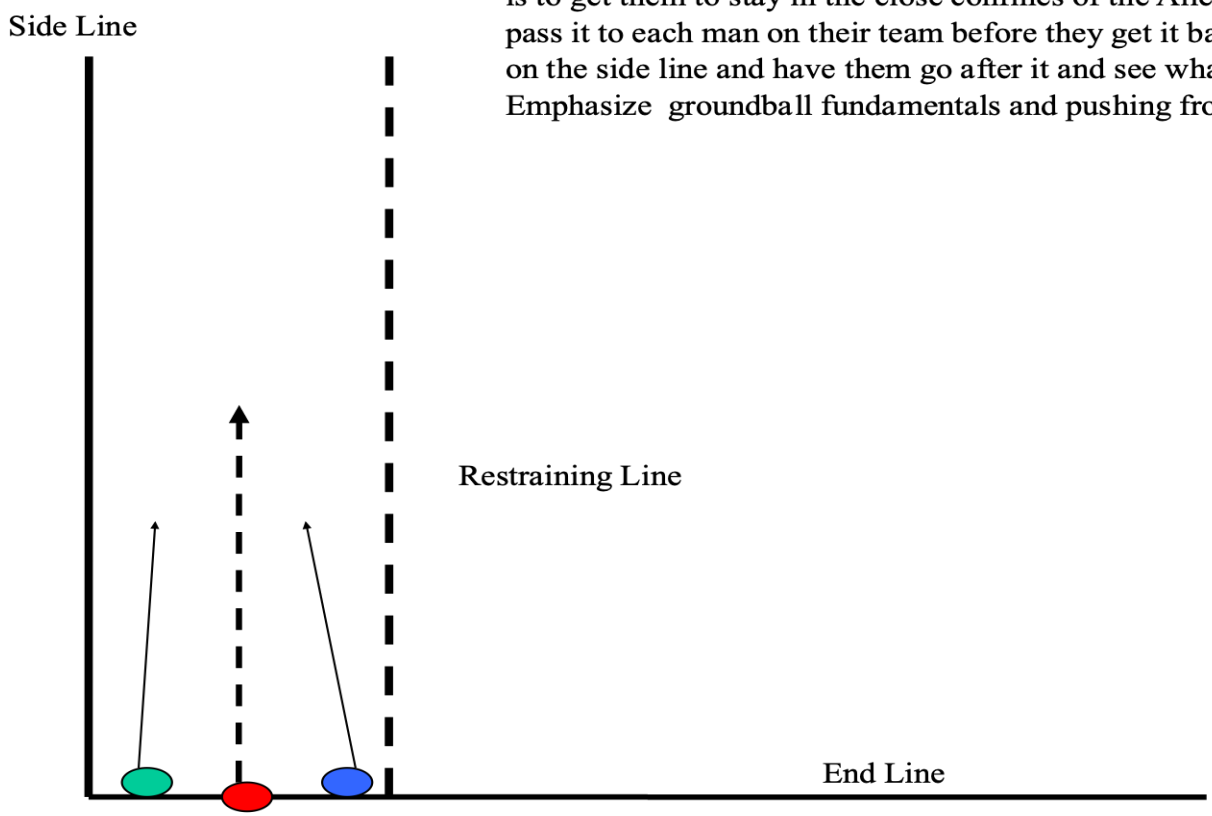
Players run inside cones putting ball down and picking it up and putting on a move then pick up ball again
Face Dodge
Split
Roll
Swim
Walk Dog

This drill creates a lot of havoc and is a good up tempo drill to perform

**Teaching Points:**

**GB Technique**
**1st Chance GB**
**GB Escape**
**Dodging**
**Switching Hands**

# Alley/Ground Ball Drill




Coach rolls ball out players must get the ground ball and pass it back to the coach. They must stay in the alley (side-line to restraining line) if they don't they lost the ground ball. You can mix it up and have 2 on 1 and 3 on 2 ground balls. The concept is to get them to stay in the close confines of the Alley. If you have 2 on 1 or 3 on 2 they must pass it to each man on their team before they get it back to the coach. You can also put the ball on the side line and have them go after it and see what they do when the ball is 6 inches from the line. Emphasize groundball fundamentals and pushing from behind (why it is illegal).

# Crash the Crease

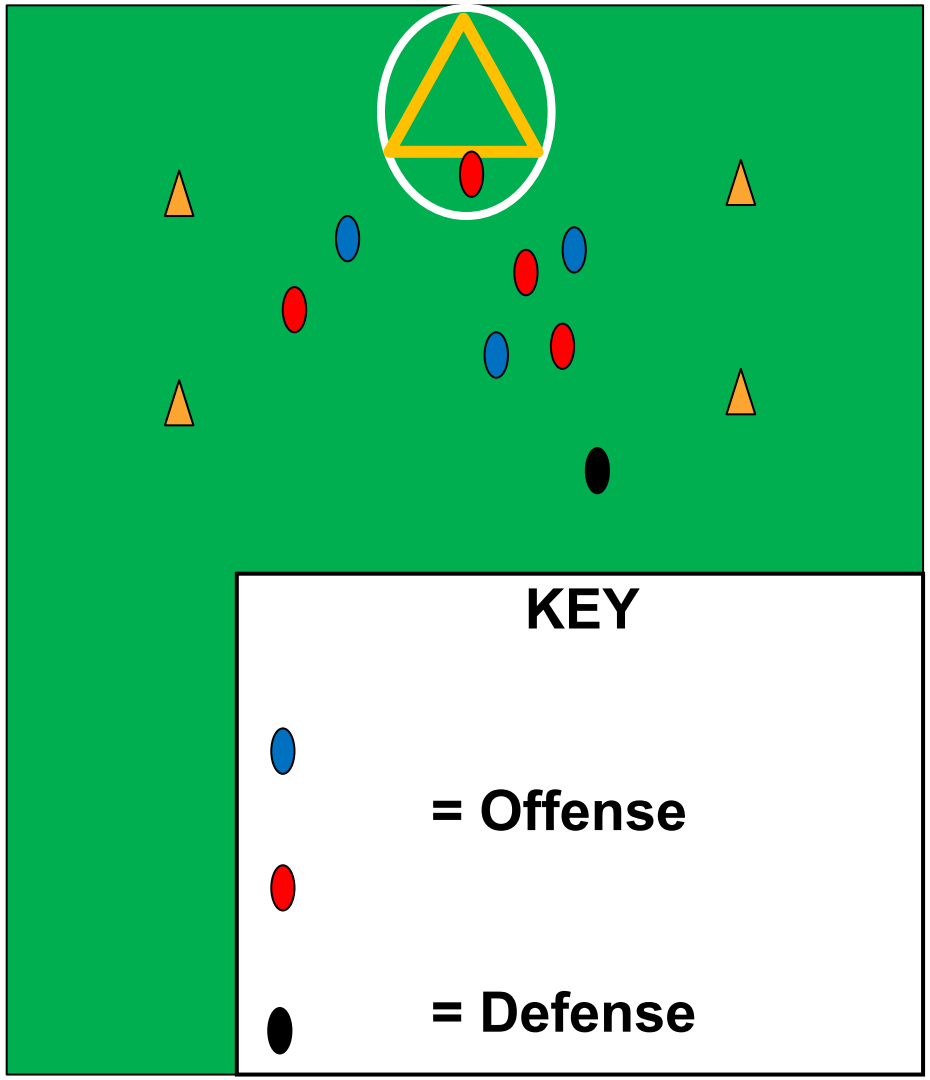
Drill starts with 3 offensive
And 3 defensive players.
Coach rolls out a ball and all
Players need to find the ball
and then
find an opponent.

If Defense gets the ball the
Offensive players
need to ride.

If Offense gets the ball they
need to try and score, by
drawing a man and passing.

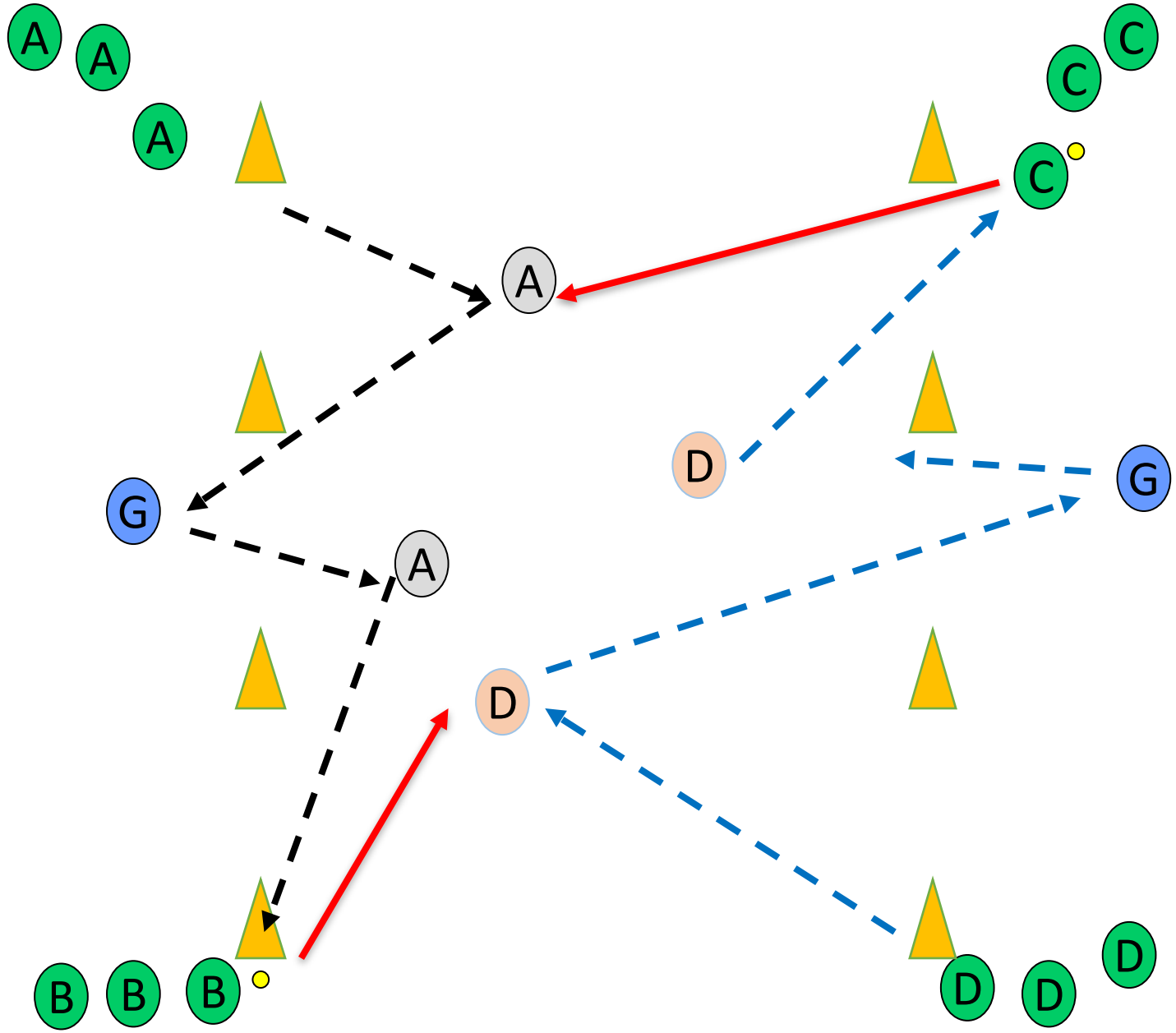
This Drill emphasizes.

•Ground balls
•Man/Ball
•Communication
•Passing



# U13

- 5:00 – Warm up
- 5:05 – Speed Drills
- 5:12 – Raider Drill
- 5:20 – Rapid Fire, Goalie walk line (Warm-Up)
- 5:30 – Water
- 5:35 – Ground Ball Help Drill
- 5:42 – Wing Fast Break
- 5:50 – Pop Corn
- 6:00 – Q&A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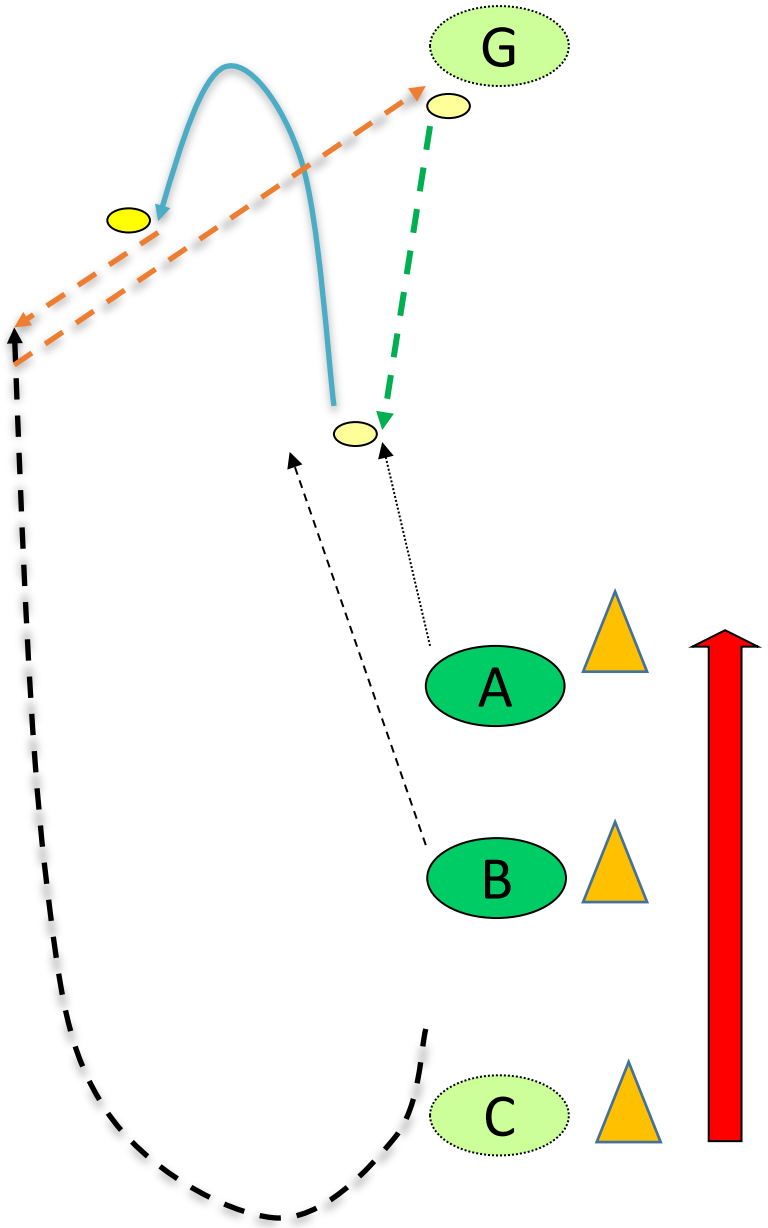
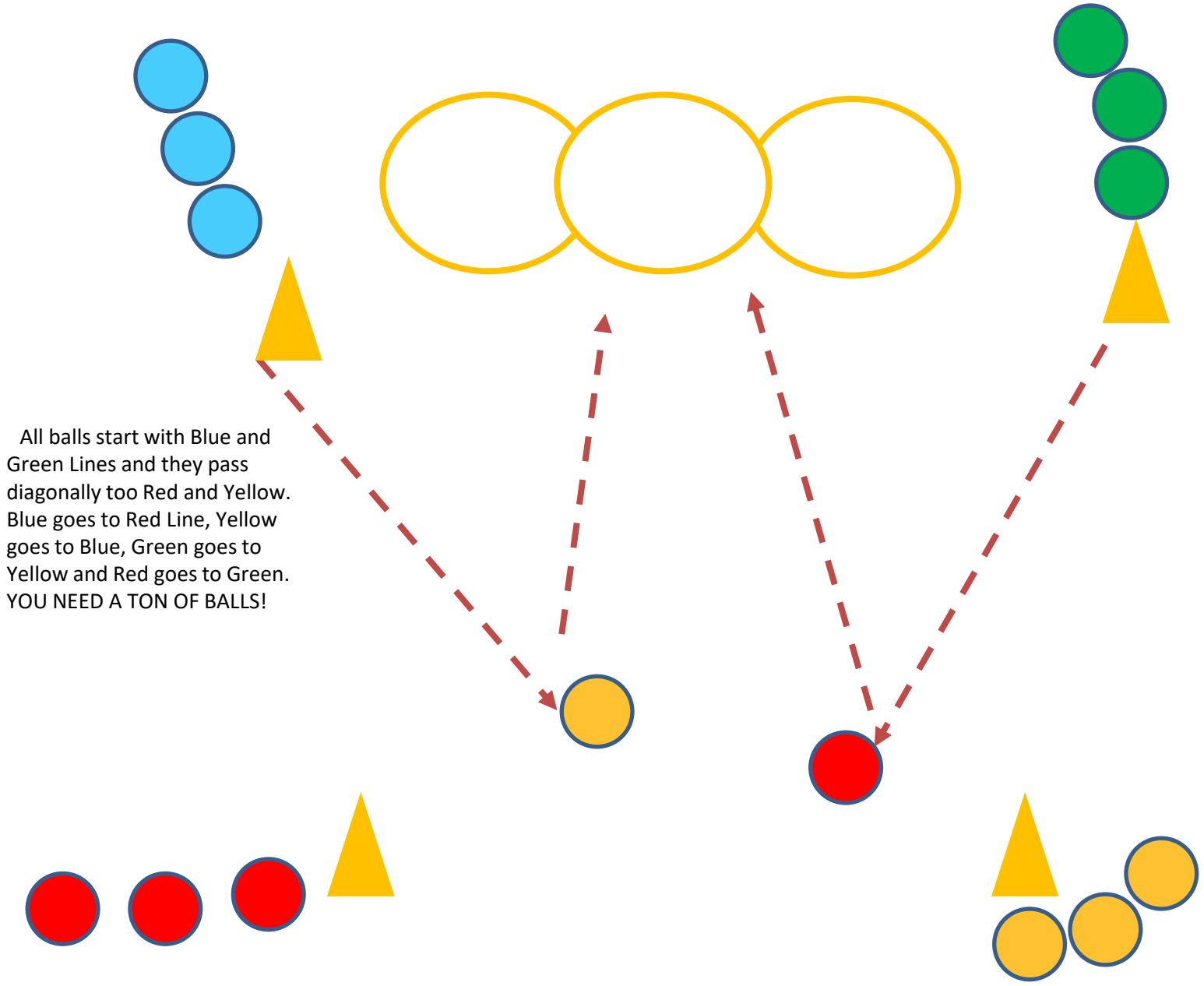


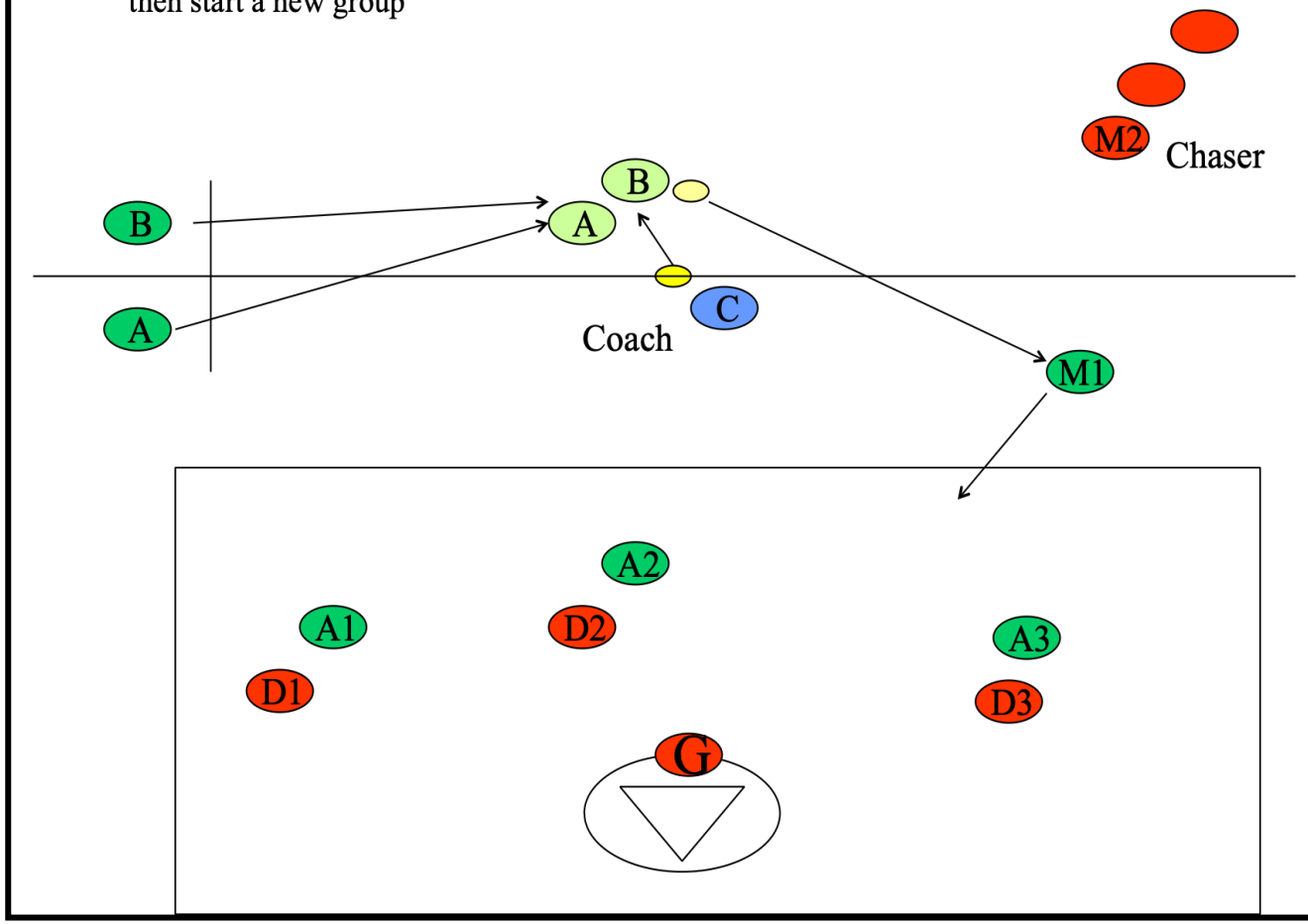

Three Players behind Cones.
**Player A is the Scooper.**
**Player B is the Chaser**
**Player C is Help Man**

Goalie Rolls Ball out to **Player A** who runs hard to scoop the ball.
Once he scoops ball he has to turn away and make a wide turn
and passes to **Player C** the HELP MAN.
**Player B** chases down **Player A** and tries to disrupt the pass to **Player C.**
**Player C** must take a proper angle to be
An outlet pass for **Player A.** **Player C** then makes a pass back to Goalie


All balls start with Blue and Green Lines and they pass diagonally too Red and Yellow. Blue goes to Red Line, Yellow goes to Blue, Green goes to Yellow and Red goes to Green. YOU NEED A TON OF BALLS!

# Wing Fast Break

Coach simulates a faceoff by rolling a ball out from the center field. Two wing middies battle for the ball and the one who comes up with it looks for M1, the break middie. Groundball winner passes to M1 and M1 breaks to goal for a 4 on 3. M2 is a chaser and tries to stop the fast break. Defense must slide to stop ball carrier. Allow one shot or 15 seconds to convert, then start a new group



Coach has a bunch of balls at the top of the box and he yells a number say 4. 4 Red Offensive players get the ball and attack the goal. The Defense in BLUE send one player less, in this case 3.

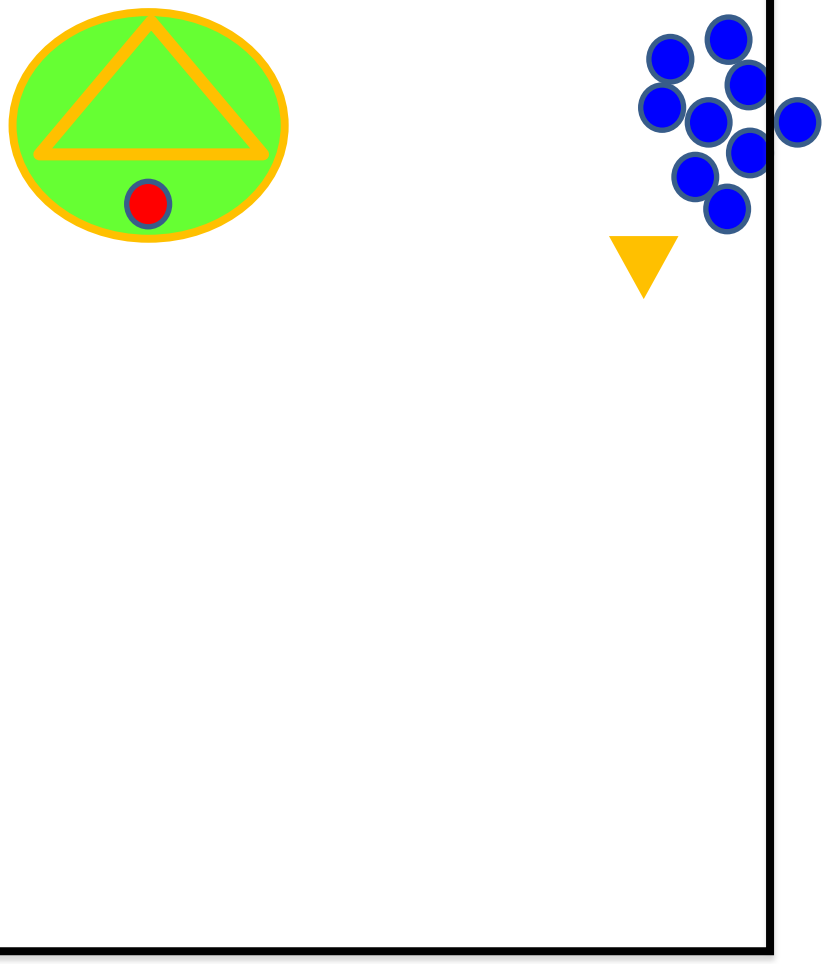
So the players are in a 4 on 3.

Keep going and mix up the numbers. 2 on 1, 5 on 4 etc.

You can also have the players

clear the ball. After 5 minutes

Switch teams.

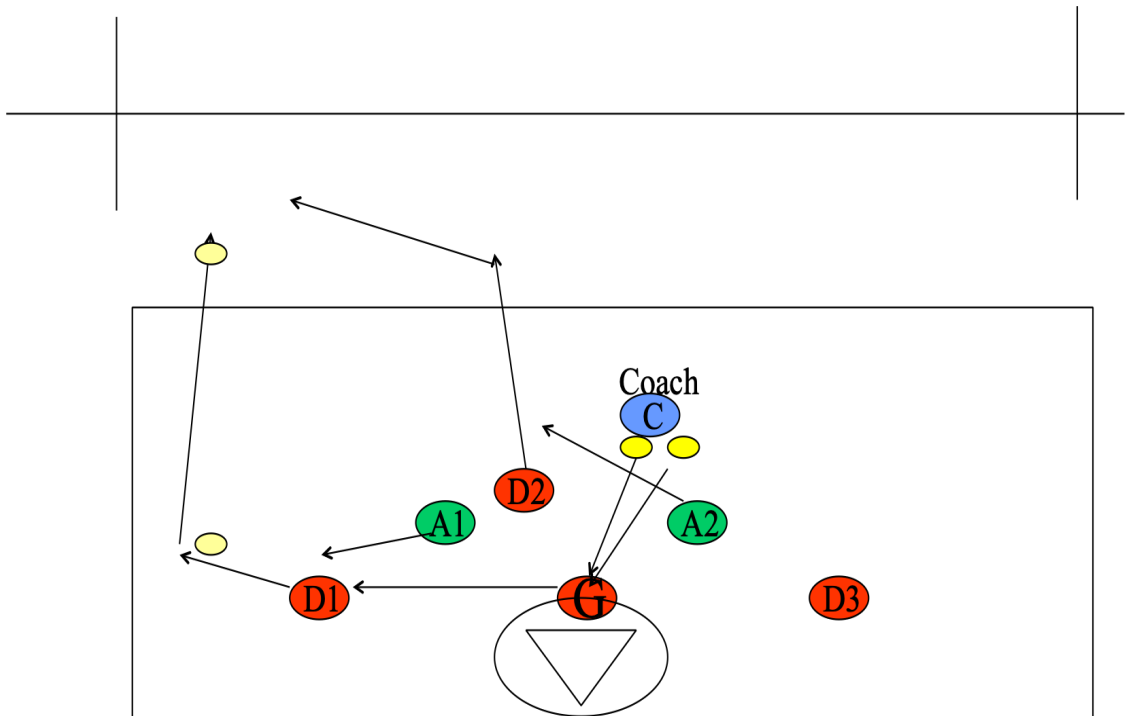


# U15

- 5:00 – Warm up
- 5:05 – Raider Drill
- 5:15 – Rapid Fire, Goalie walk line (Warm-Up)
- 5:25 – Defense Clear Drill
- 5:33 – Water
- 5:37 – 43
- 5:48 – Goalie Clear Drill
- 6:00 – Q&A

# Defense Clear Drill- Pressure

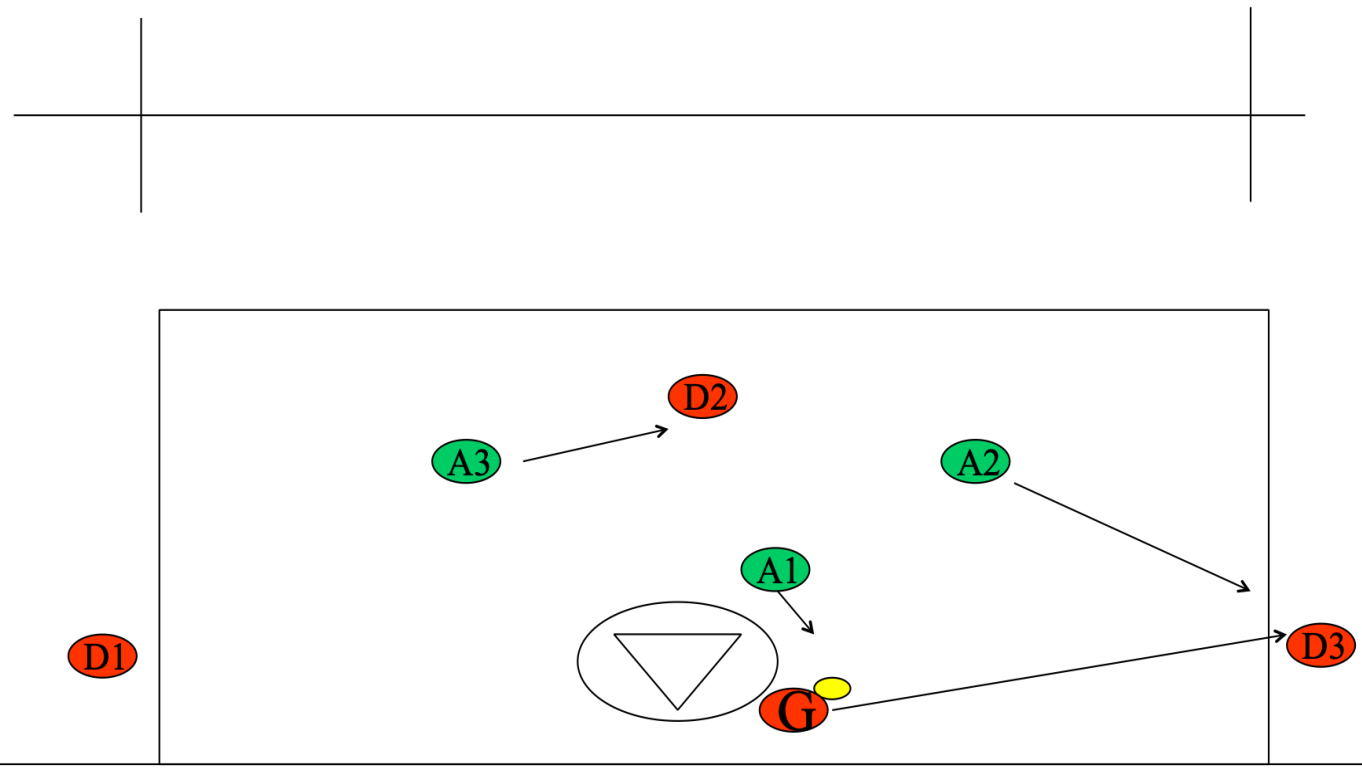
Three defense lines in front of the goal. Two Attackman. Coach throws shot at Goalie who catches, controls and yells “break”. Defense 1 breaks up out toward sideline. Goalie throws pass to Defense 1 who catches over the shoulder and turns up-field. Atttack 1 pressures Defense 1. Defense 2 breaking up-field runs out toward wing faceoff line. Attack 2 folllows Defense 2. Defense 1 throws pass to Defense 2 if open. If not can throw cross field pass to Defense 3 or curl back and throw pass to goalie who will throw to Defense 3. Repeat for other side- Defense 3.



# Attack Ride Drill

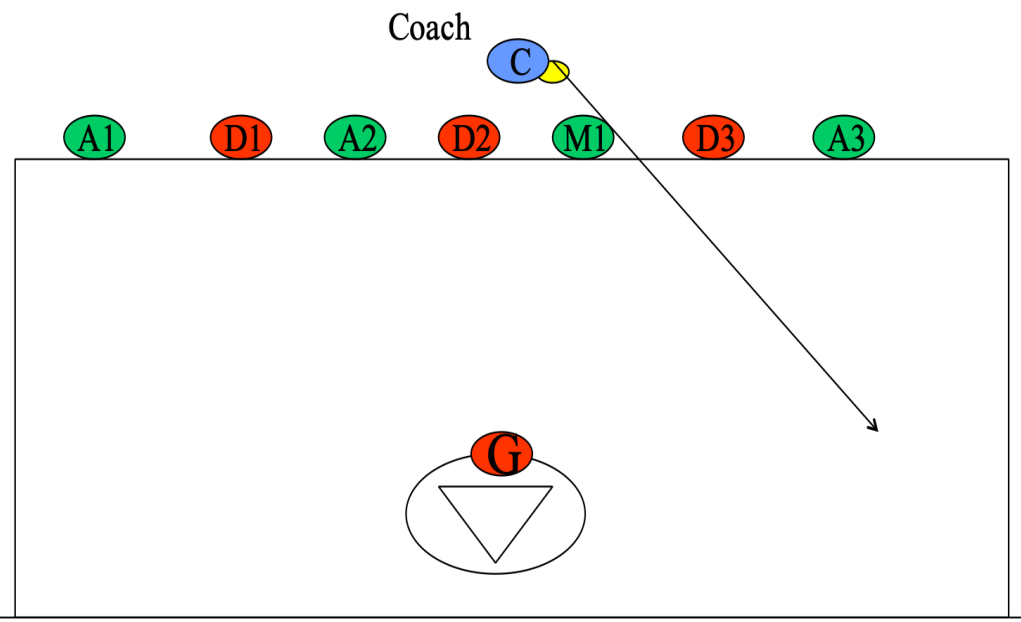
## (Triangle Ride)

Three defensemen and a goalie. Three attackers. Ball starts with goalie behind the goal. Attack 1 pressures the goalie to pass to one of the wing defensemen, D3. Attack 2 pressures D3, Attack 1 rstays with goalie to shut off the adjacent pass. Attacke 3 covers the Defenseman in the middle of the field, D2. Objective is to make Defense3 throw the cross field pass to Defenseman 1. When this happens A3 slides to D1 and A1moves up field to cover D2. A2 moves to center of field ready to jump the goalie fi D1 pass back.

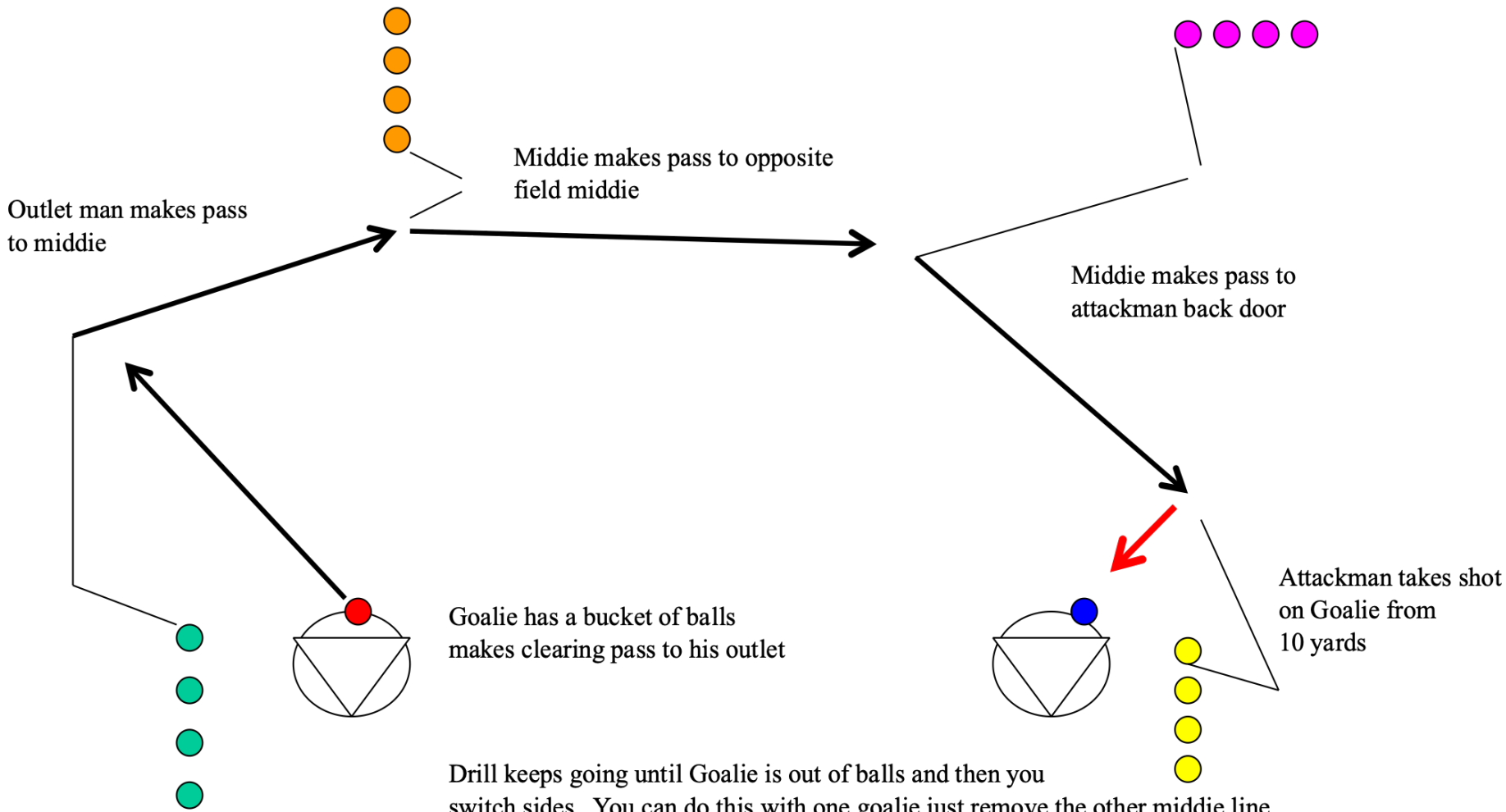


# 4 on 3

Seven lines of players. Four attackers, three defenders. Coach rolls a ground ball into the box area. Players fight for groundball. If attackers come up with the ball, they have 20 seconds to attack the goal and use their 4 on 3 advantage. Defenders try and clear using the goalie.



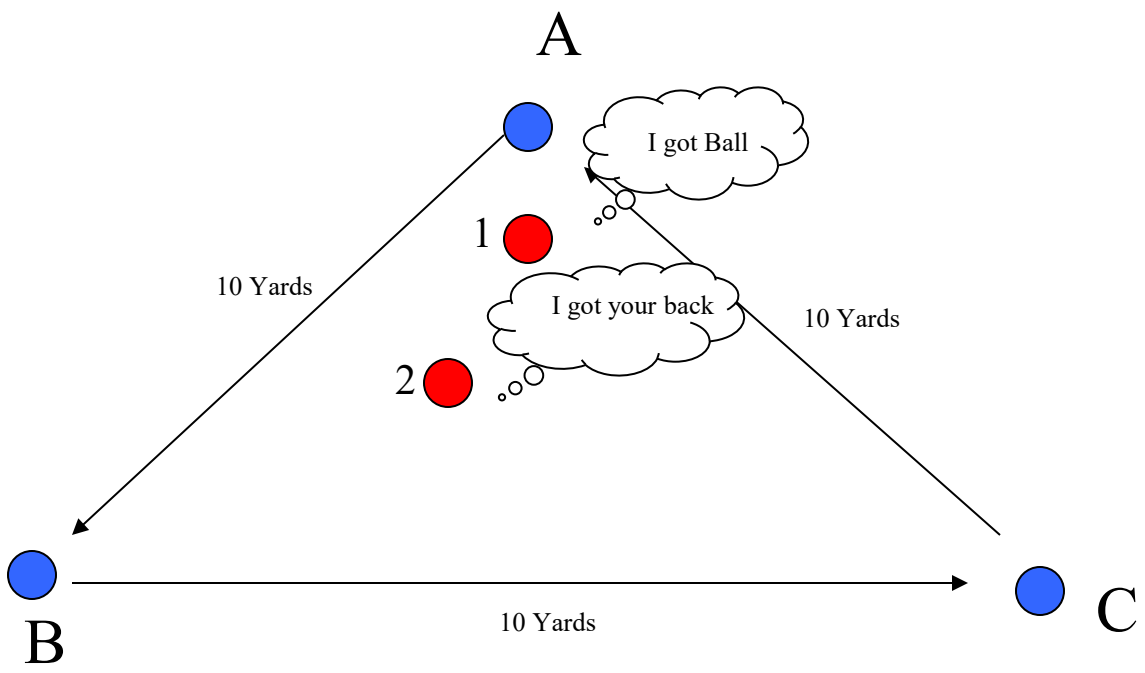
# Goalie Clear Drill - follow the line you passed too




Drill keeps going until Goalie is out of balls and then you switch sides. You can do this with one goalie just remove the other middie line

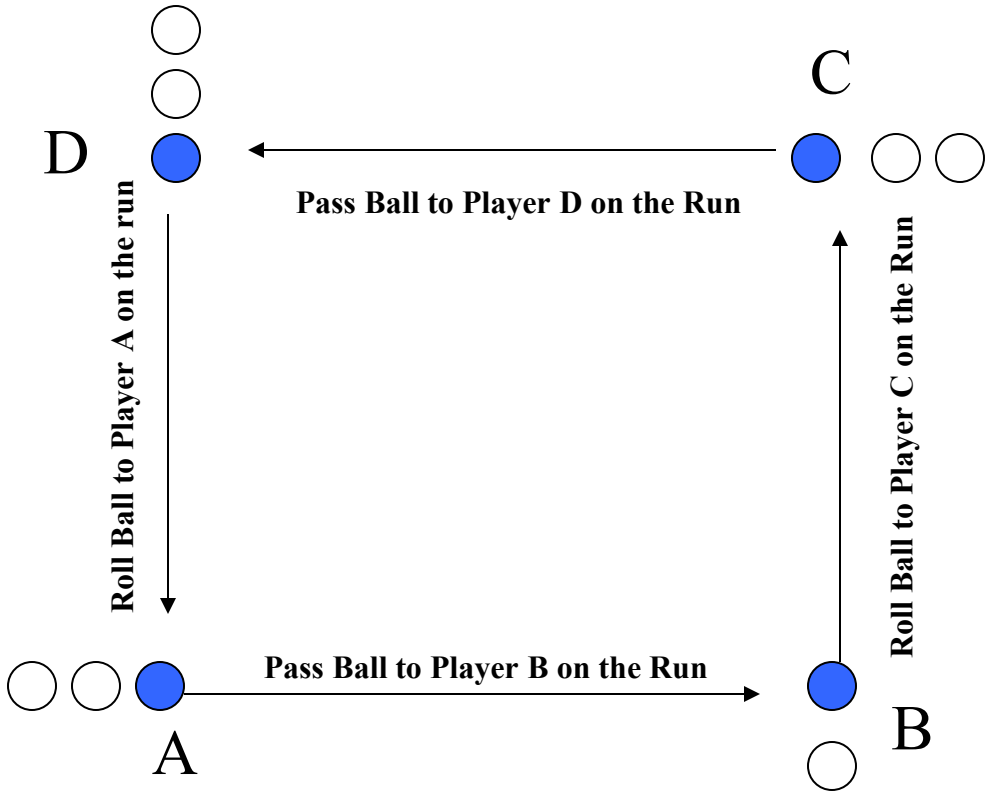
# Drills, Drills, Drills

# Triangle Motion Drills




Players A,B and C move the ball in a triangle. Players 1 and 2 are on Defense. Players 1 and 2 must talk and maintain some distance between them and the ball. In this example player 1 has the ball or is HOT. Player 2 plays as his back up if the ball moves to Player B or C than Player 2 becomes HOT (he has the ball) and Player 1 becomes his back up. The purpose of this drill is to get the offensive players to move the ball not just pass it. The Defensive purpose is to play on the man and backup the man that is HOT. You can have several Triangle going at the same time.

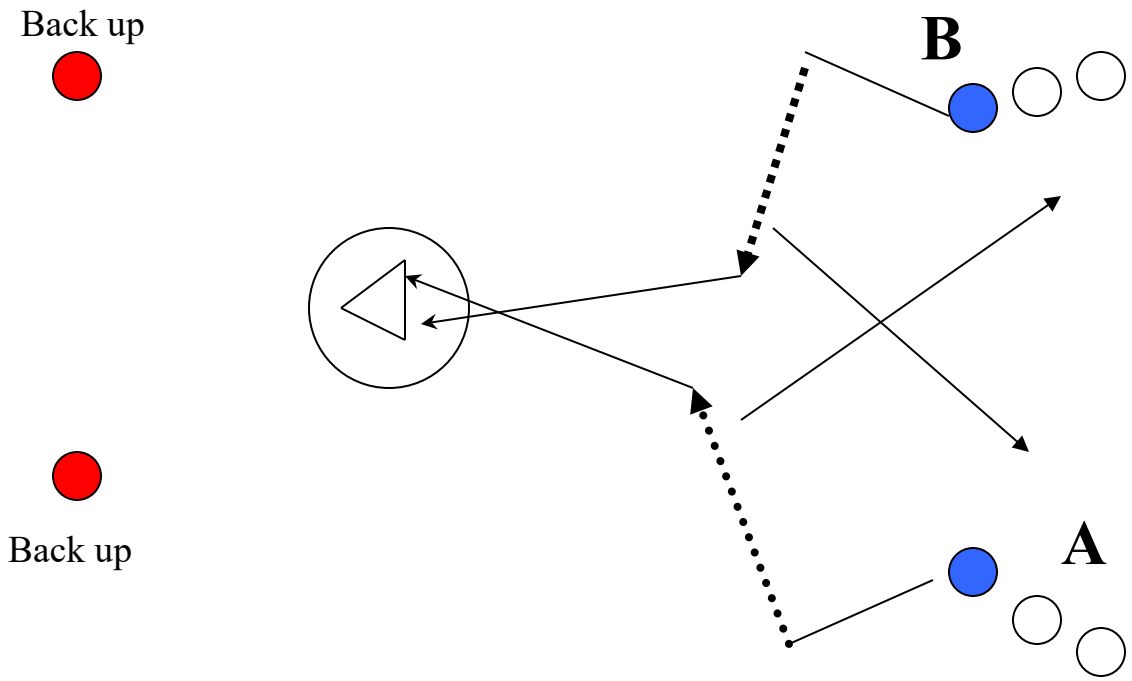
# Box Drill




**Box Drill is a great drill to keep the players moving. They must have sound fundamentals on all aspects catching, throwing, scooping and cradling.**

**Once they get the drill down you can throw in 2 balls. You can have several box drills going at the same time.**

# Shooting on the Run



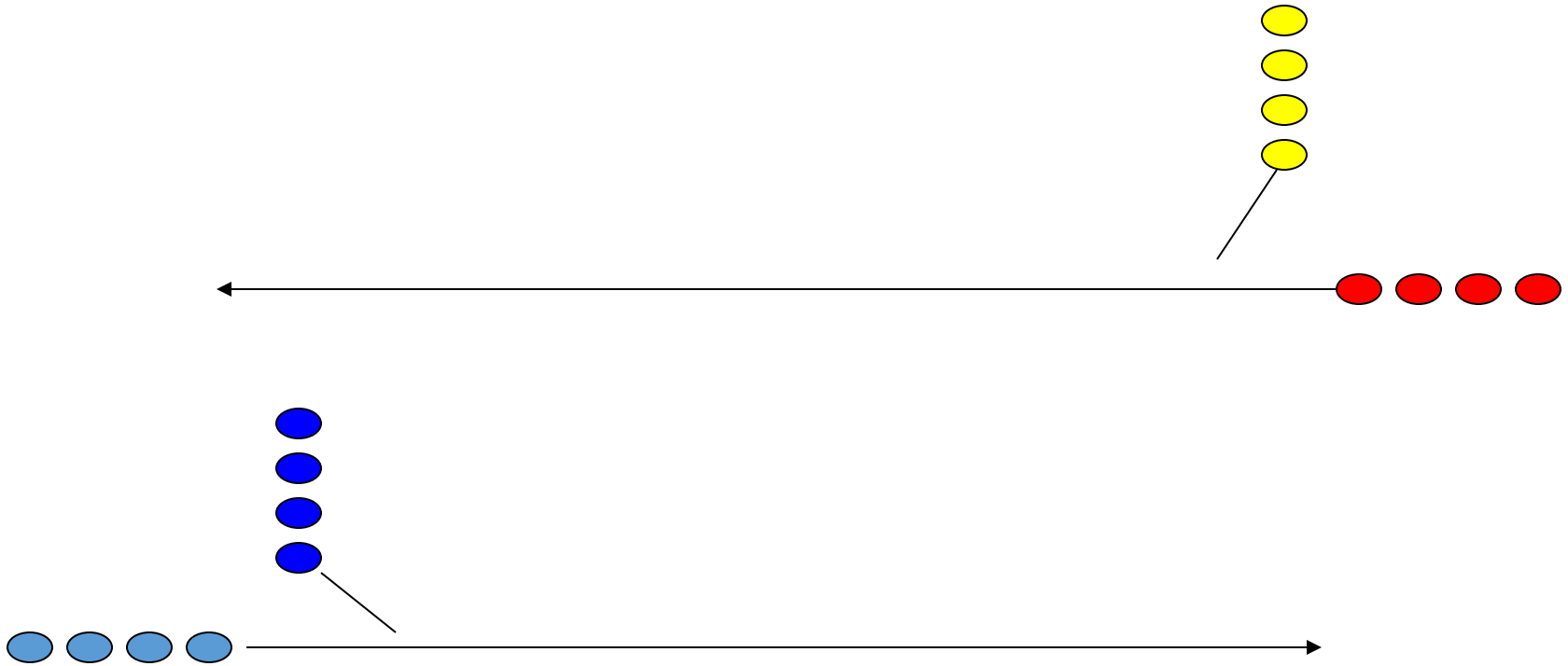

**Coaches Hint:**
**You will need a lot of balls**
**Make sure the Back-up players have helmets on**

**Player A runs up field then cuts to the goal and takes a shot on the run.**
**Player B runs up field then cuts to the goal and takes a shot on the run.**

**Change line after your shoot - Shoot from the both the left and right side.**

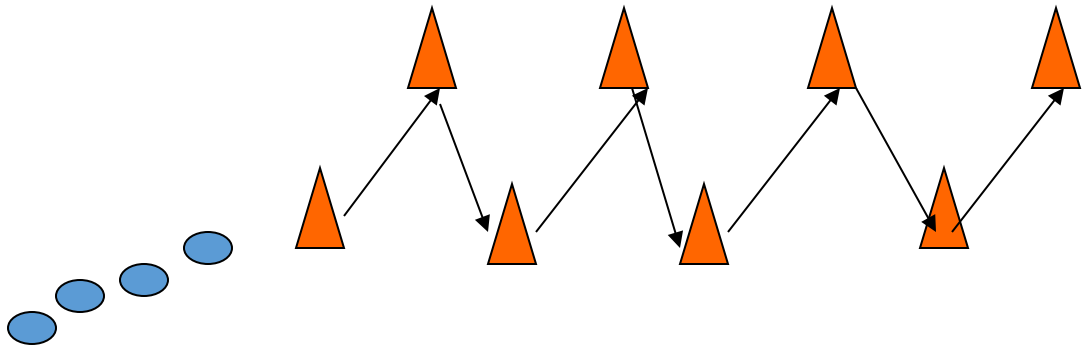
# Stick Protection Drill

2 lines defense 2 lines offense - Offensive players run on a straight line to the other side of the field (Side-line to Side Line).
They are trying to protect their stick (cradling with two hands on stick with their body turned from the defenseman. Defenseman is trying to poke and slap check the players gloves or stick (Emphasize the check on the gloves.  Switch lines and come back the other way.



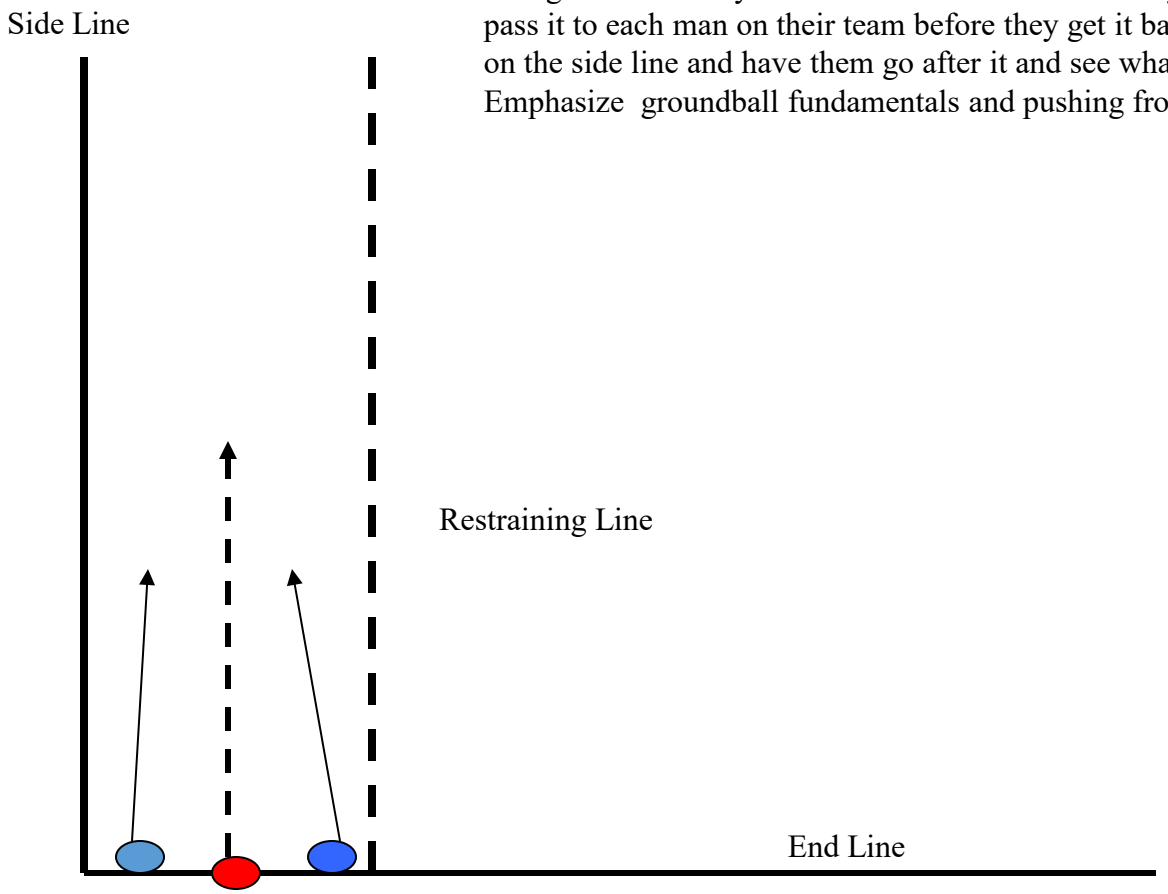
# Stick Protection Drill with Cones

Players go in out out of cones - TWO HANDED CRADLE the ONE HANDED CRADLE - This will be done full field With Cones



# Alley/Ground Ball Drill

Coach rolls ball out players must get the ground ball and pass it back to the coach. They must stay in the alley (side-line to restraining line) if they don't they lost the ground ball. You can mix it up and have 2 on 1 and 3 on 2 ground balls. The concept is to get them to stay in the close confines of the Alley. If you have 2 on 1 or 3 on 2 they must pass it to each man on their team before they get it back to the coach. You can also put the ball on the side line and have them go after it and see what they do when the ball is 6 inches from the line. Emphasize groundball fundamentals and pushing from behind (why it is illegal).

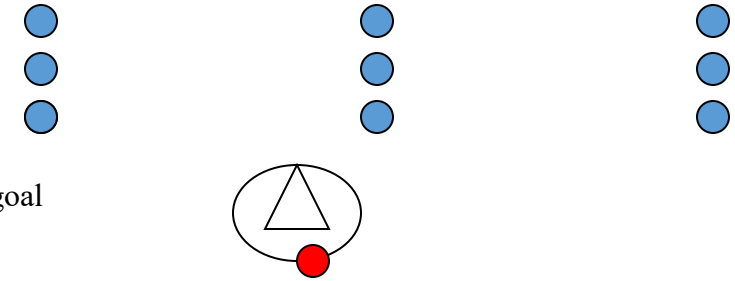


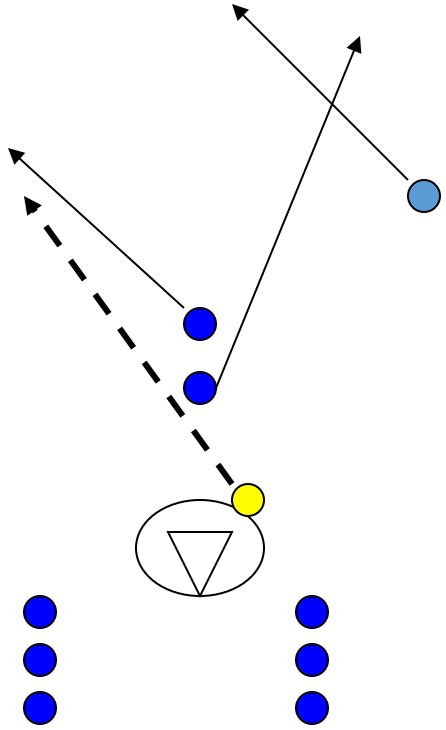
# 3 on 2 - 2 on 1

Goalie Clears Ball

Last player to touch ball, drop, shot on goal gets back on defense

These players are on Offense and are on a 2 on 1 Fast break the other way





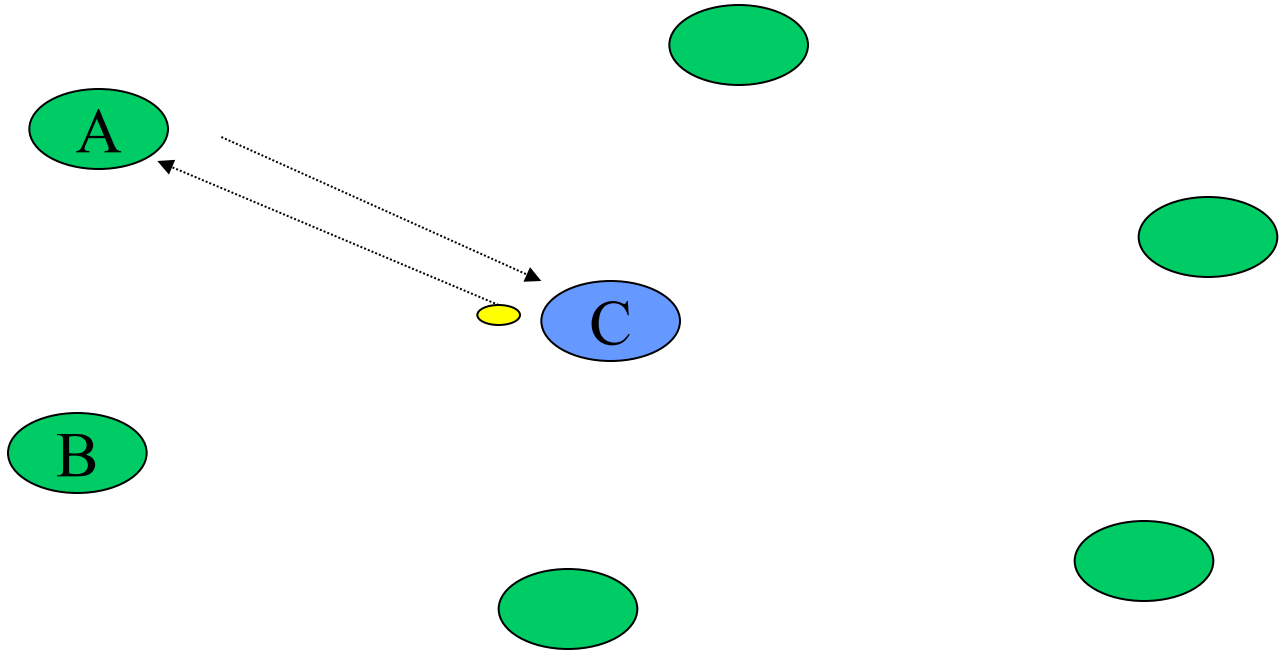
Last person to touch the ball must hustle back to play defense.

Defensive players are now are on offense

# Circle Passing

## (For Beginners)

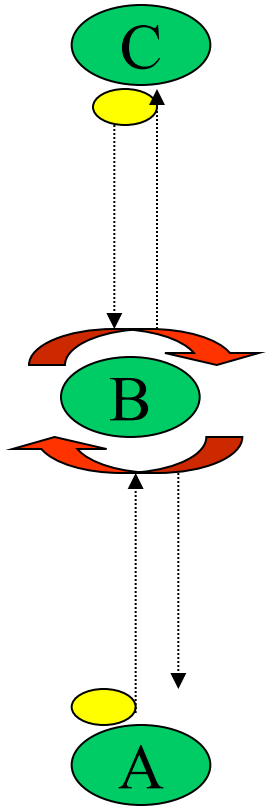
Form a circle of players with a coach in the middle. Coach starts with ball and passes around the circle to players helping them with their technique. Work both hands with an exchange. Drill can be done with groundballs also.



# Three Player, Two Ball

## (aka Hamster drill or Monkey in the Middle)

Three players evenly spaced in a line about 10 yards apart. Player throws a pass to Player B in the middle. Player B returns pass and rotates to Player C. Player C with second ball throws pass to Player B. Player B throws a return pass. Player B rotates again to Player A and repeats drill. Switch players so all get a chance in the middle.

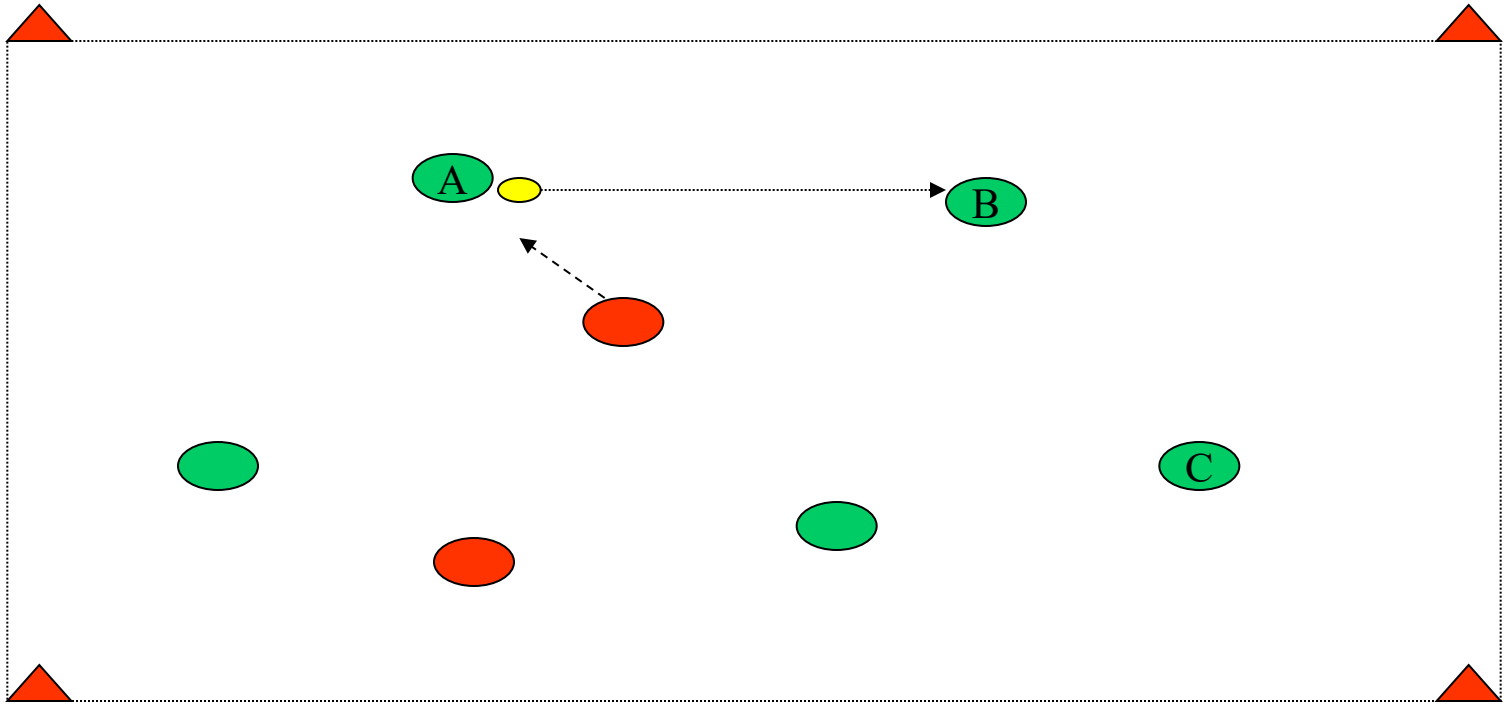


# 4 Corners, 3 Players

Four cones forming a square about 10 yards apart. Three Players occupy three cones and face center of square. Drill starts in a clockwise direction by Player A throwing a pass to Player B. Player B catches with outside hand, exchanges hands and throws a pass to Player C's outside hand. Player A moves to adjacent cone and receives a pass from Player C on his outside hand. Player A exchanges and throws to Player B who must move up to adjacent cone. Players continue moving to adjacent cones in counterclockwise direction. Reverse drill direction to get right and left hand practice.

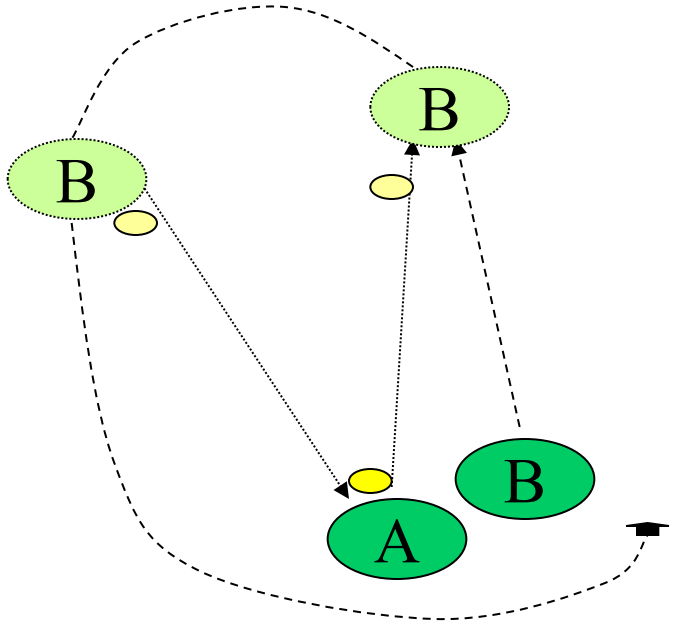
# Pressure Box

Create a 30 x 30 yard square with cones. Five to Six offense players and two defense players. Offense Player A starts with ball. Objective is to pass the ball to all players and keep away from defenders. Drill can be done with ground balls and passing.



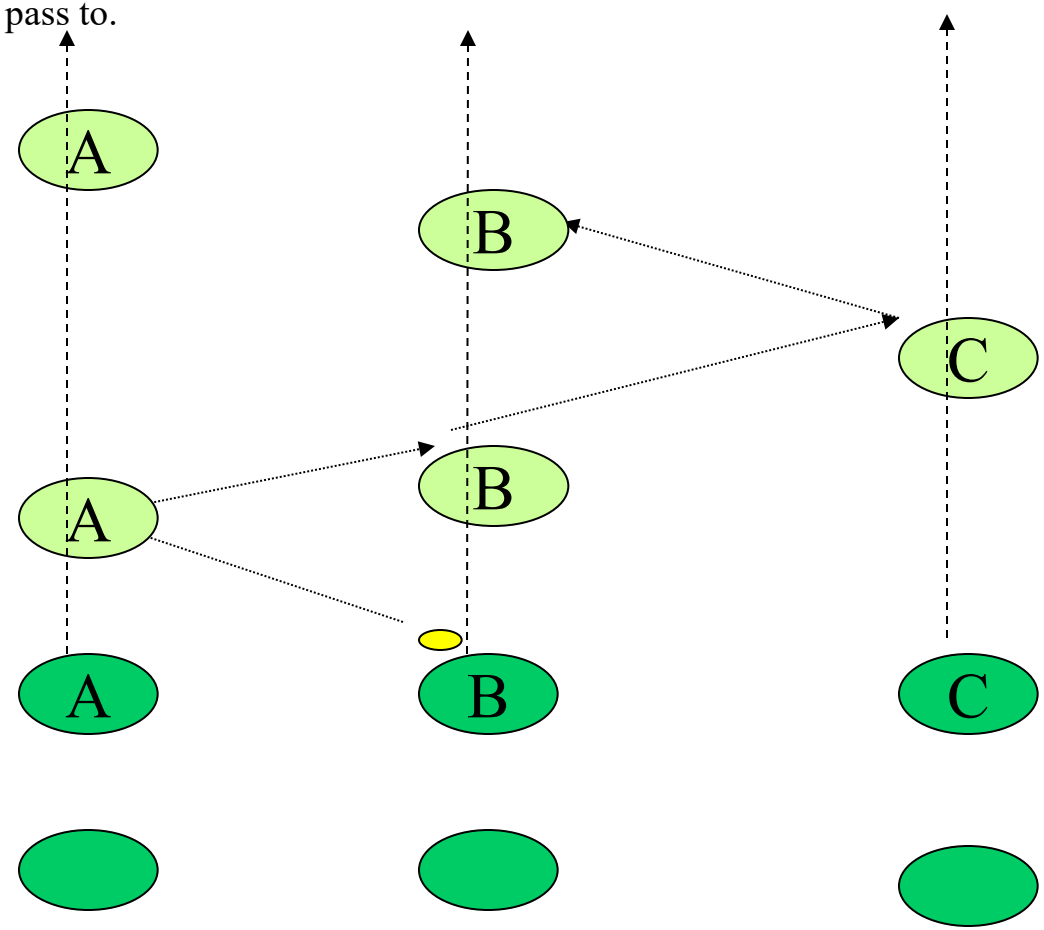
# Two Player Ground Ball Yo-Yo

Two players. Player A starts with ball and rolls a ground ball out in front of Player B. Player B scoops ground ball with back to Player A, curls and throws a 7-10 yard pass back to Player A. Player B then runs around Player A and Player A rolls another ground ball for retrieval. After 5 repetitions players switch rolls. Ensure that players work on curls in both directions. This requires that they perform an exchange and put the stick in the non-dominant hand for a pass.



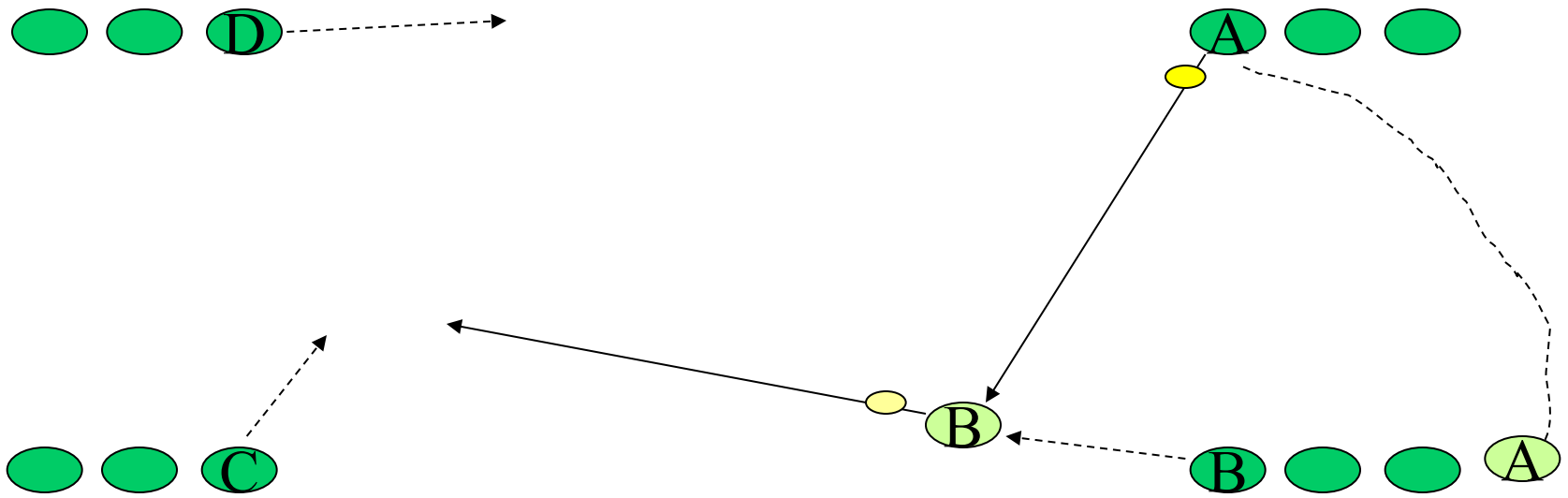
# Three Player Ground Ball

Three lines of players at one end of the field. Player in center (B), rolls ball out in front of Player A. Player A scoops and then rolls back to Player B. Player B rolls ball to Player C. Players continue n this manner to other end of field. Drill can be done by throwing passes instead of ground balls. A weave can be added to this drill by player running around player they roll or pass to.



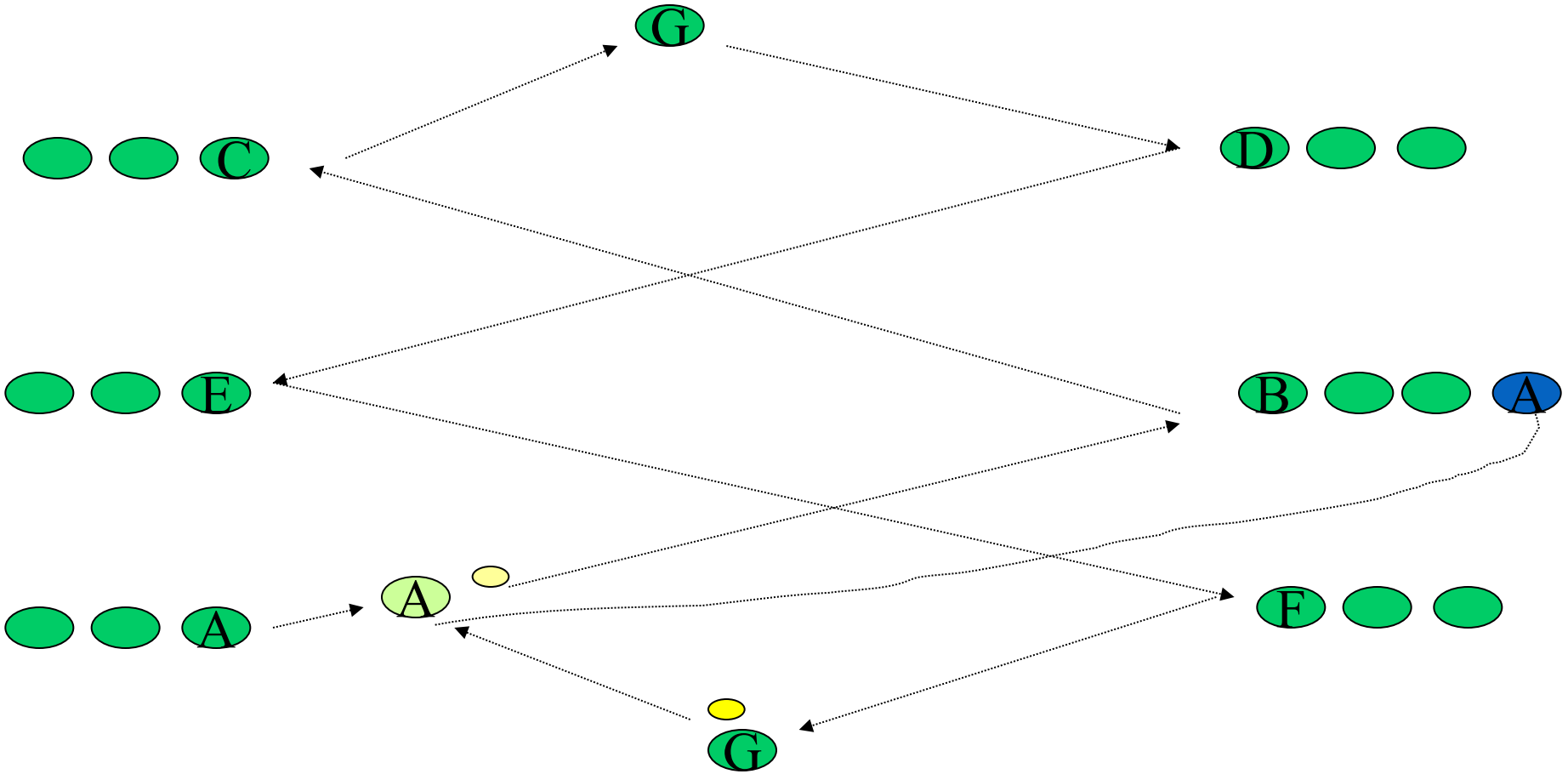
# 4 Corners

Four lines of players each 20 yards apart. Players face center of square. Drill starts in a clockwise direction by Player A rolling a ground ball out in front of Player B. Player B scoops and rolls out of front of Player C. Player A goes to end of line of Player B. Play continues until all Players have completed a ground ball in each line. Drill can be done with passing also. Reverse drill direction to get right and left hand practice. Players must catch pass over shoulder.



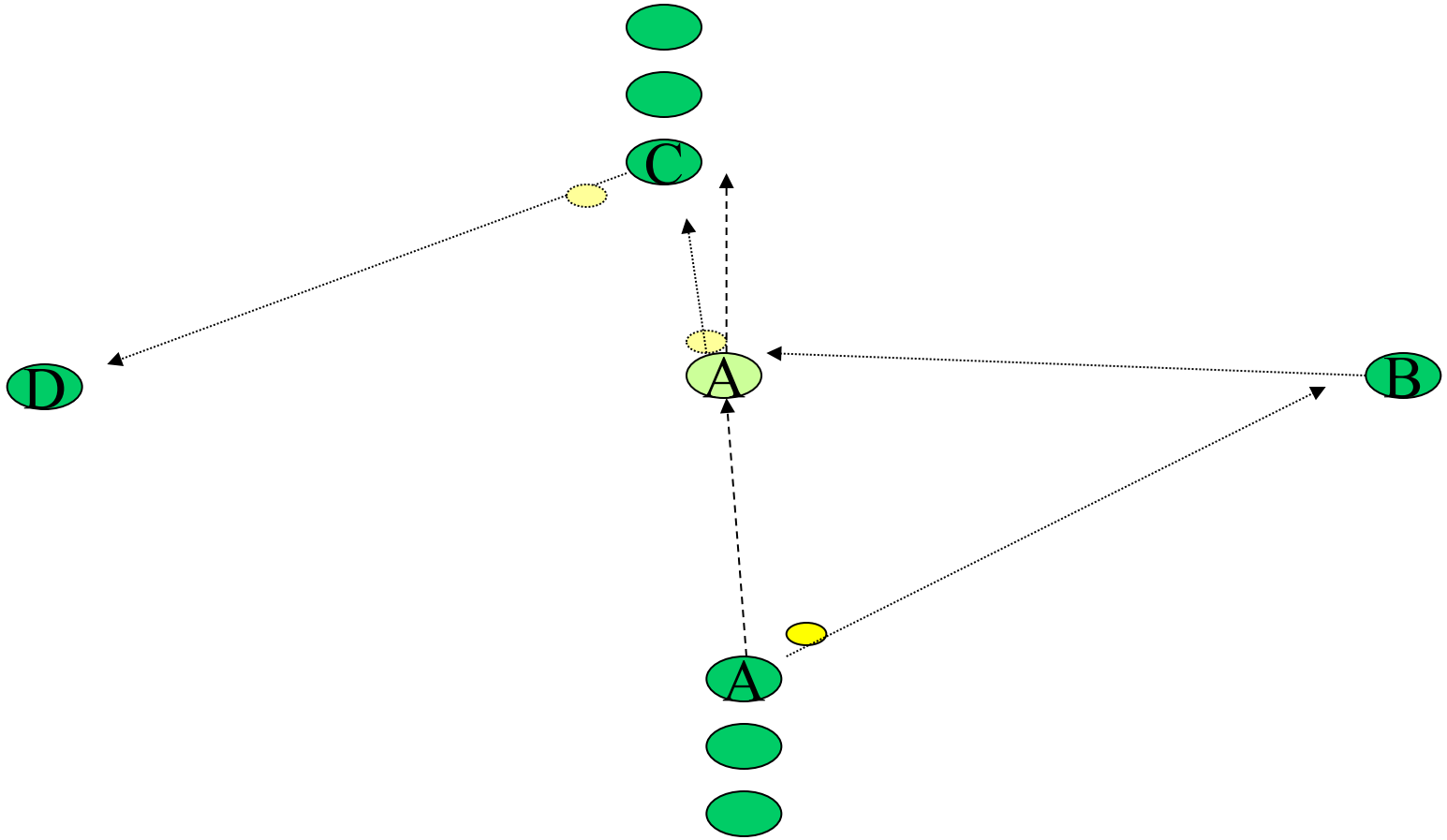
# Z-DRILL

Six groups of players ( 3 lines facing each other at sides of field). Center line at center of field. Other lines at restraining line markers. One goalie starts play by throwing a pass to Player A. Player A moves to catch pass and passes diagonally to Player B. Player A goes to end of Player B line. Player throws to Player C and goes to end of Player C line. Player C throws to goalie. Goalie starts drill back by throwing to Player D. Players continue n this manner to other end of field. Drill can be done by rolling ground balls instead of passes.



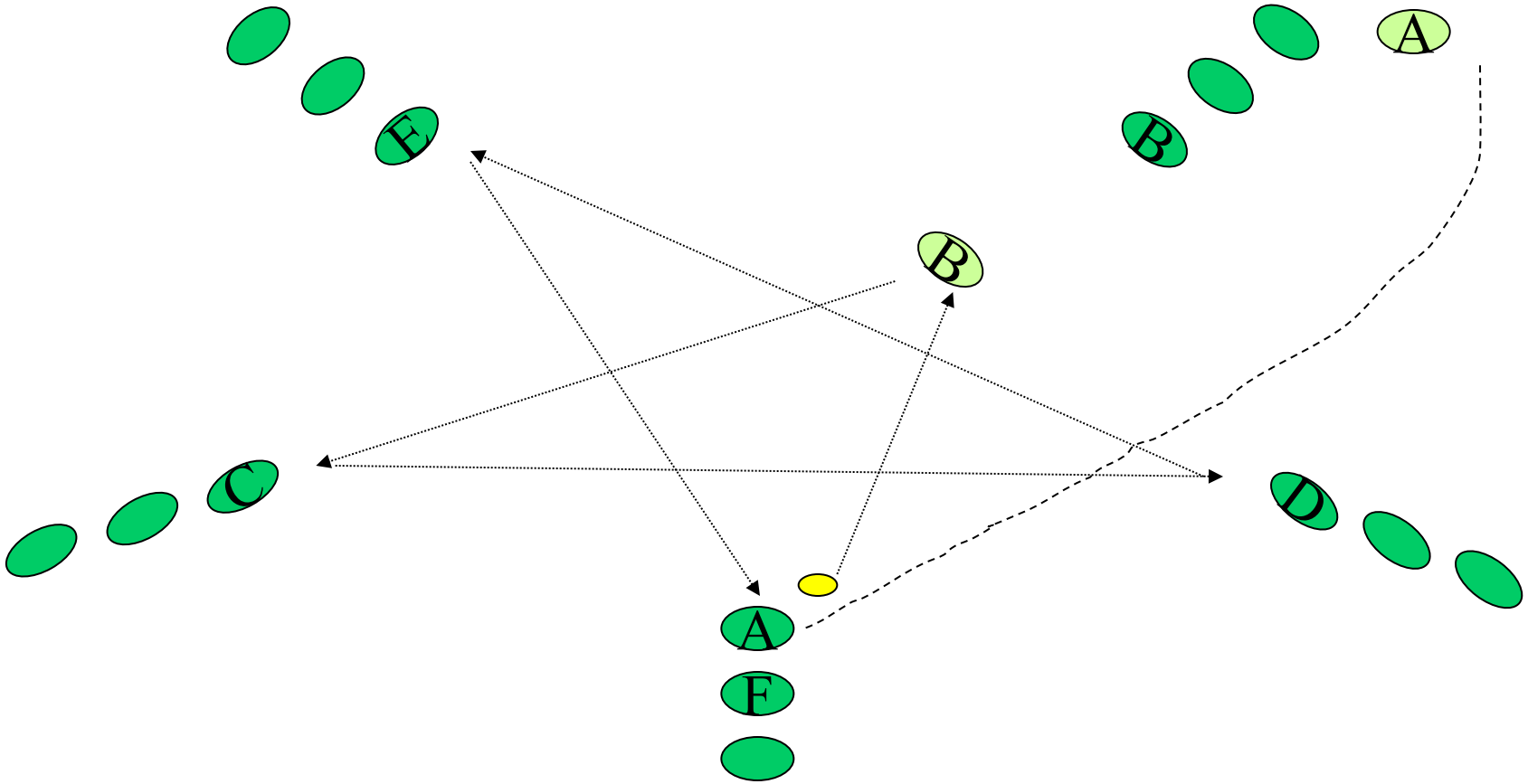
# Big Diamond

Two lines facing each other 30 yards apart. 2 Players on wing (B, D). Drill stars with Player A throwing a pass to Player B. Player A runs toward Player C line and receives a pass back from Player B. Player A catches pass and throws to Player C. Player C continues drill back by throwing ball to Player D. Player A goes to end of Player C line. Reverse direction to work both hands.



# Star

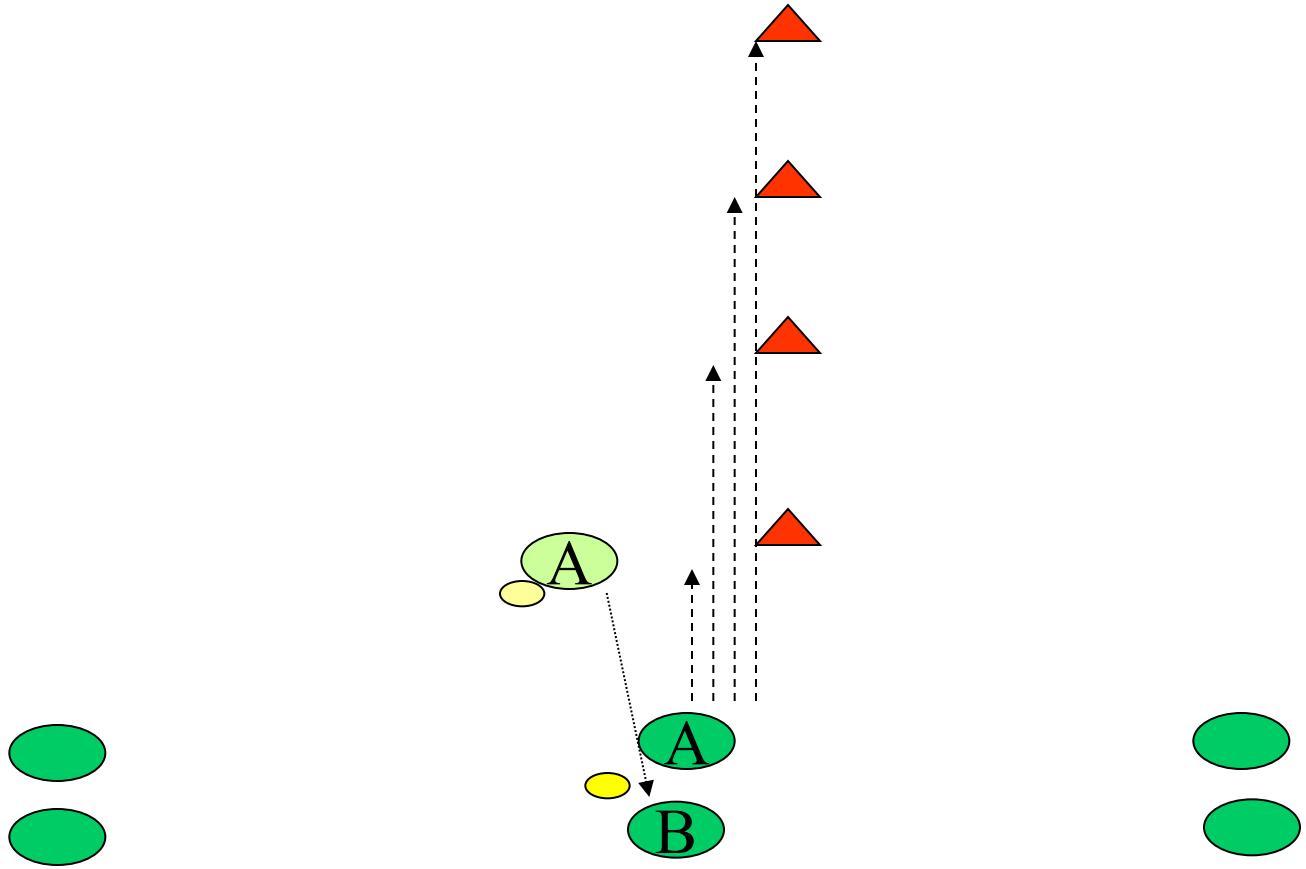
5 lines of players forming a star facing center. Drill begins with Player A skipping the line to his right and throwing a pass to Player B. Player B moves toward center of star, catches pass and throws pass to Player C. Player C throws to Player D. Player D throws to E. Player E throws to Player F to start another round of the drill. Players go to end of the line they threw to.



# Groundball Suicides

## (Conditioning drill)

Multiple (4-5) lines of players at each end of the field. No more than 4 players in a line. Second Player in line rolls out a ground ball (half-way to first cone). Player A sprints to ball, scoops and continues sprint to first cone. Player A then curls and throws pass back to Player B. Player A sprints back to front of line. Player B rolls ball to first cone and Player A sprints to ball, scoops and then sprints to second cone, curls and throws pass back to Player B. Player A sprints back to front of line. Continue drill for all cones.



# One on One Offense/Defense in Box

Create a 10 x 10 yard square with cones, Figure 1. One offense player and one defense player. Offense player, A starts with ball just outside box on side 1. Objective is to get to other side of box by dodging defense player B. Player A has 10 seconds. Work on players roll, split and face dodges. Player B must work on footwork. Start with Player B using just hands, no stick. Boxes can be stacked to have players run through one after the other, figure 2.

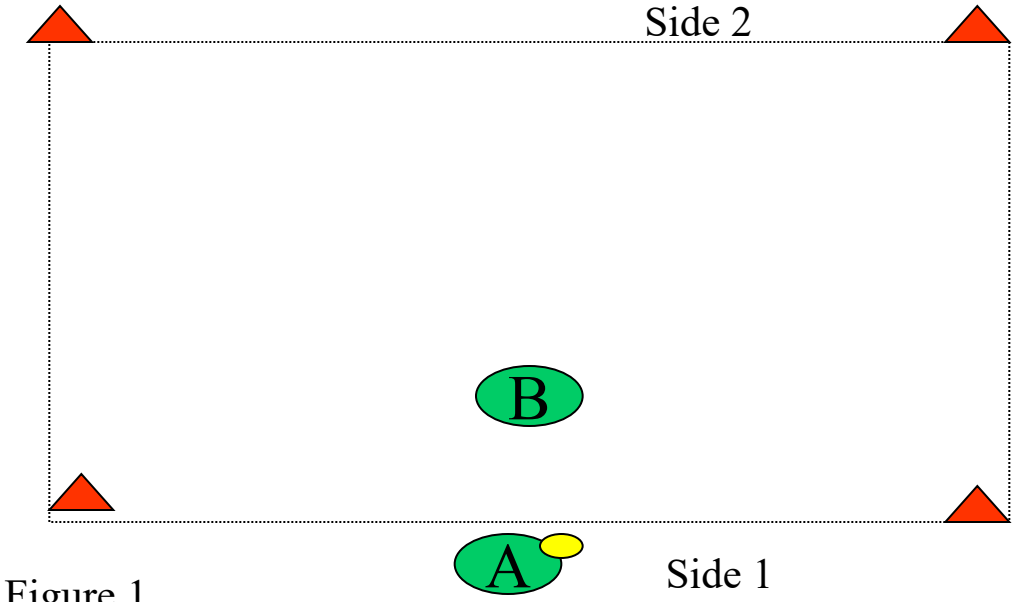



Figure 1

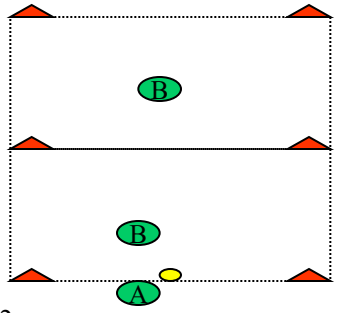
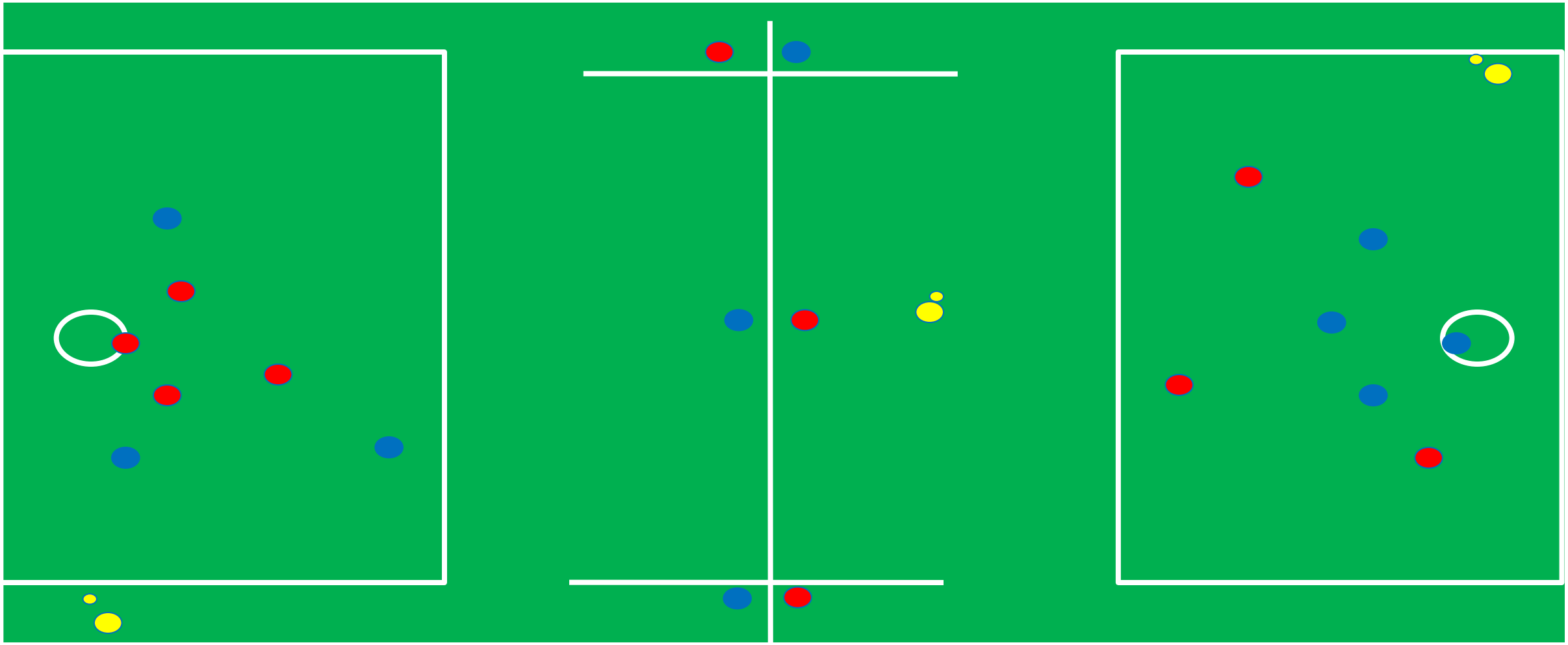



Figure 2

# Cannon Ball Drill



# HELPFUL HINTS

- LOTS OF BALLS
- IF YOU  HAVE A CLOCK THAT PLAYERS CAN SEE USE IT
- CONES
- HULA HOOPS
- GET RID OF LINE DRILLS
- LOTS OF TOUCHES ON THE BALL.  IF YOU CAN INCORPORATE A PASS IN EVERY DRILL DO IT.
- DON’T OVER COACH
- HAVE AS MUCH FUN AS YOUR PLAYERS OR MORE
- GET PARENTS INVOLVED