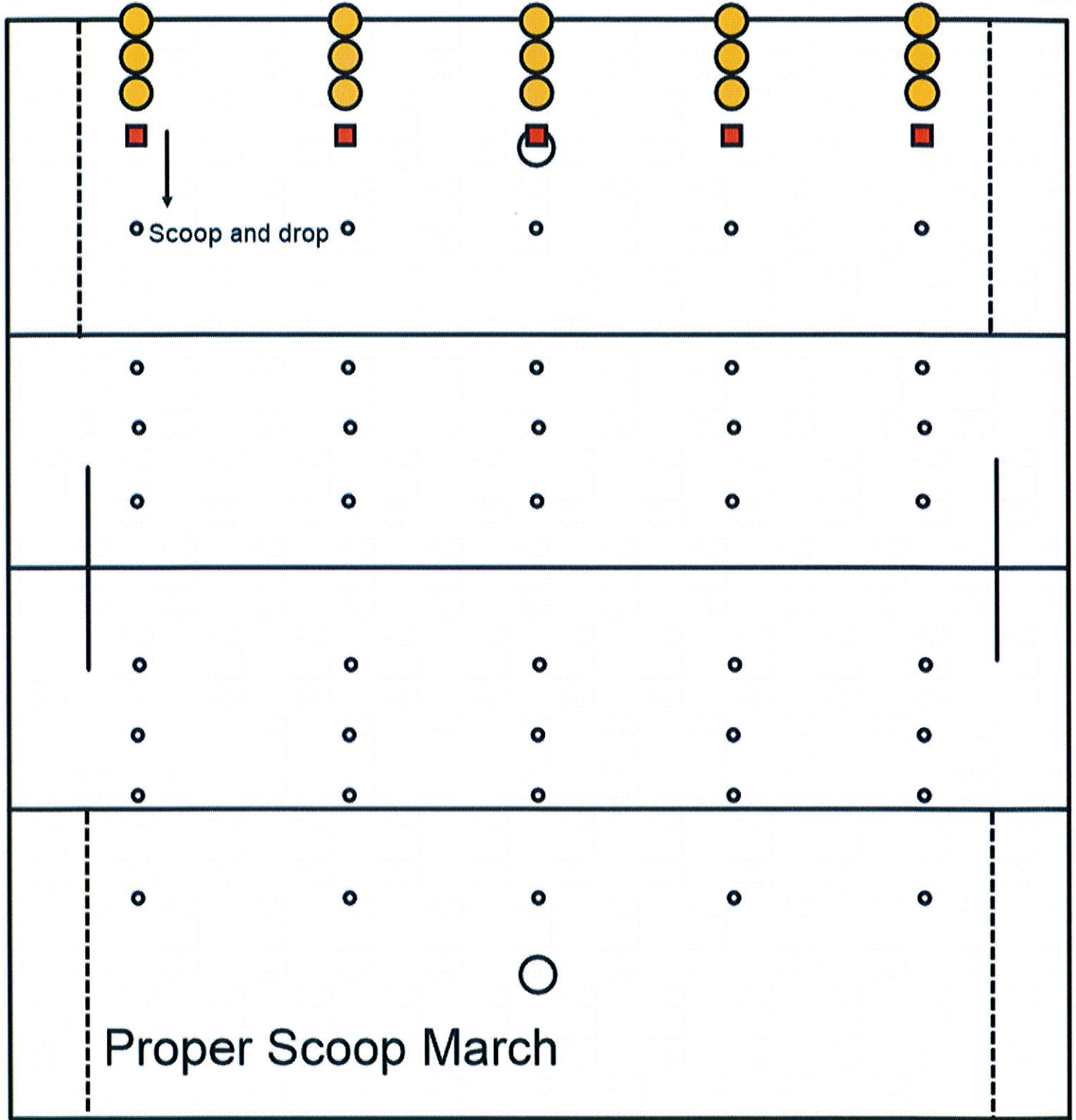




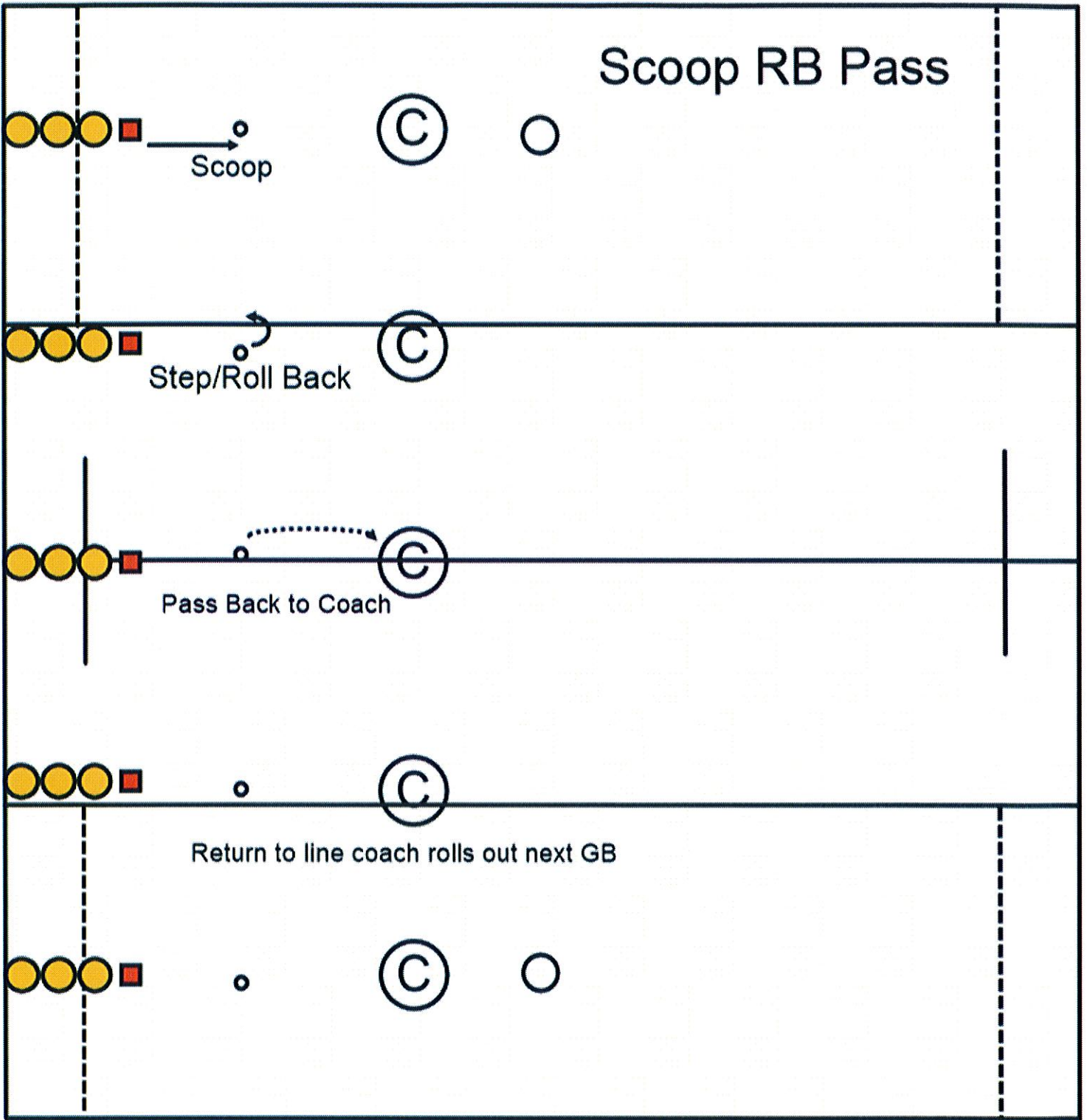
**EDINA LACROSSE ASSOCIATION**

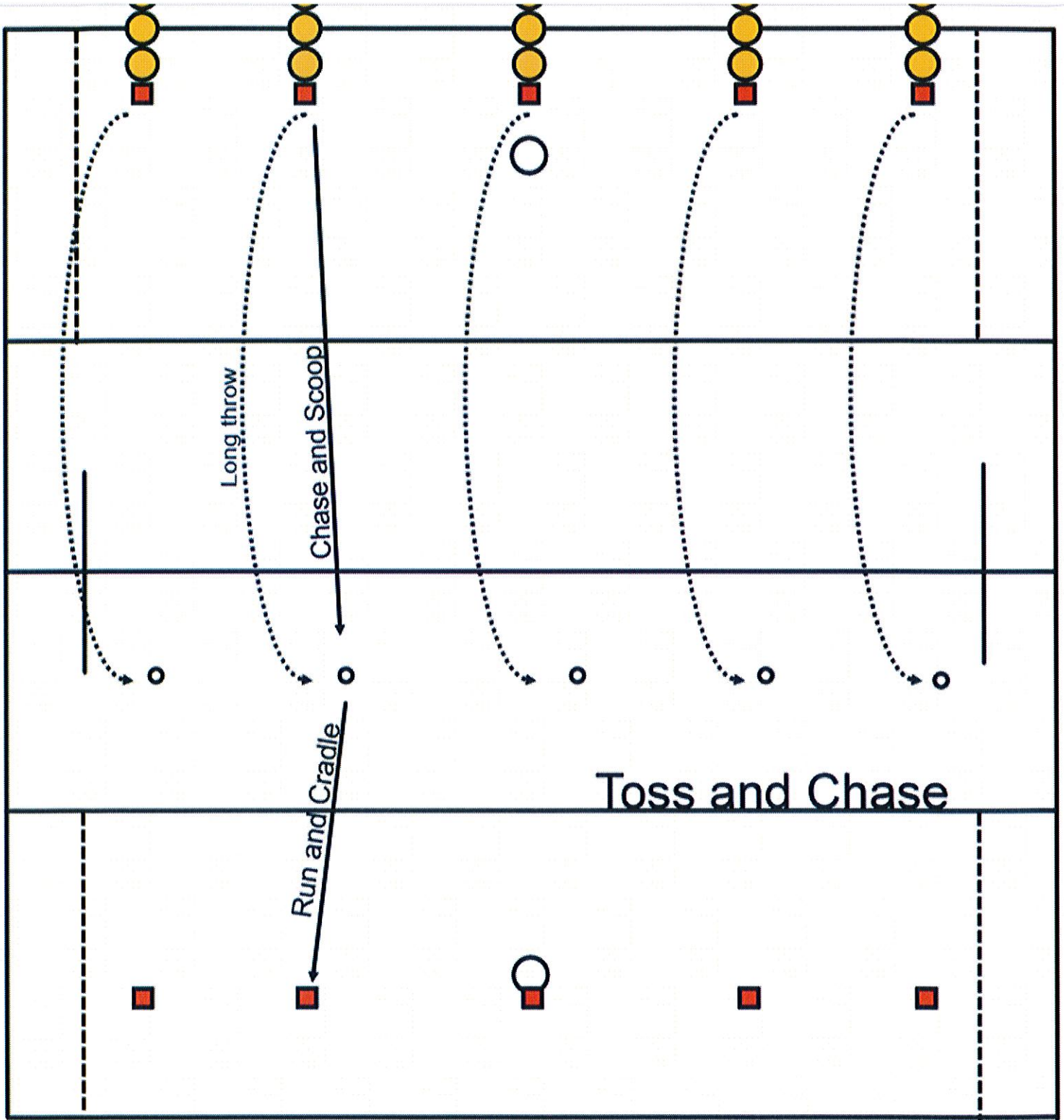
# **BOYS PRACTICE DRILLS**

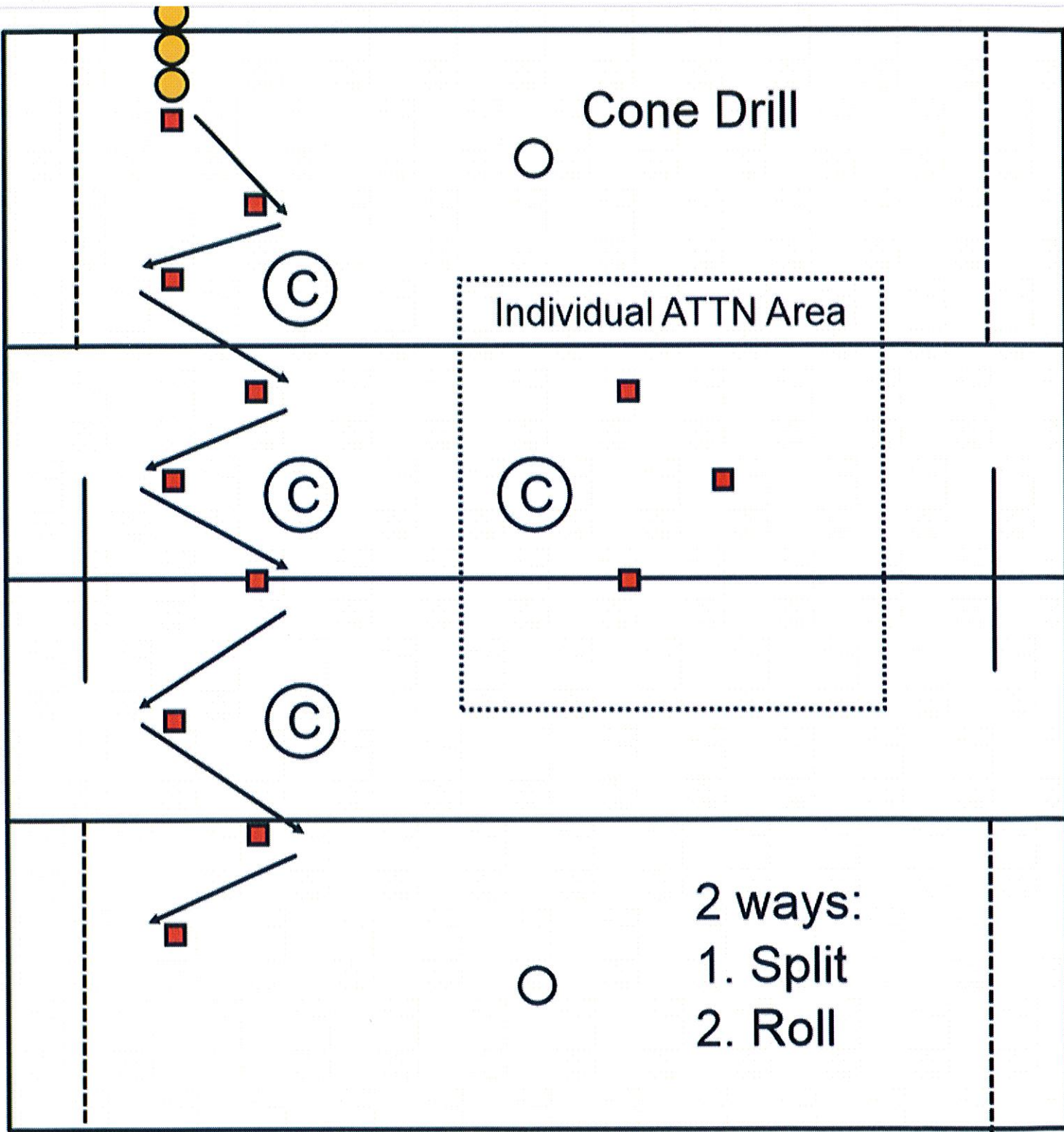
## **Revised 5.2.16**

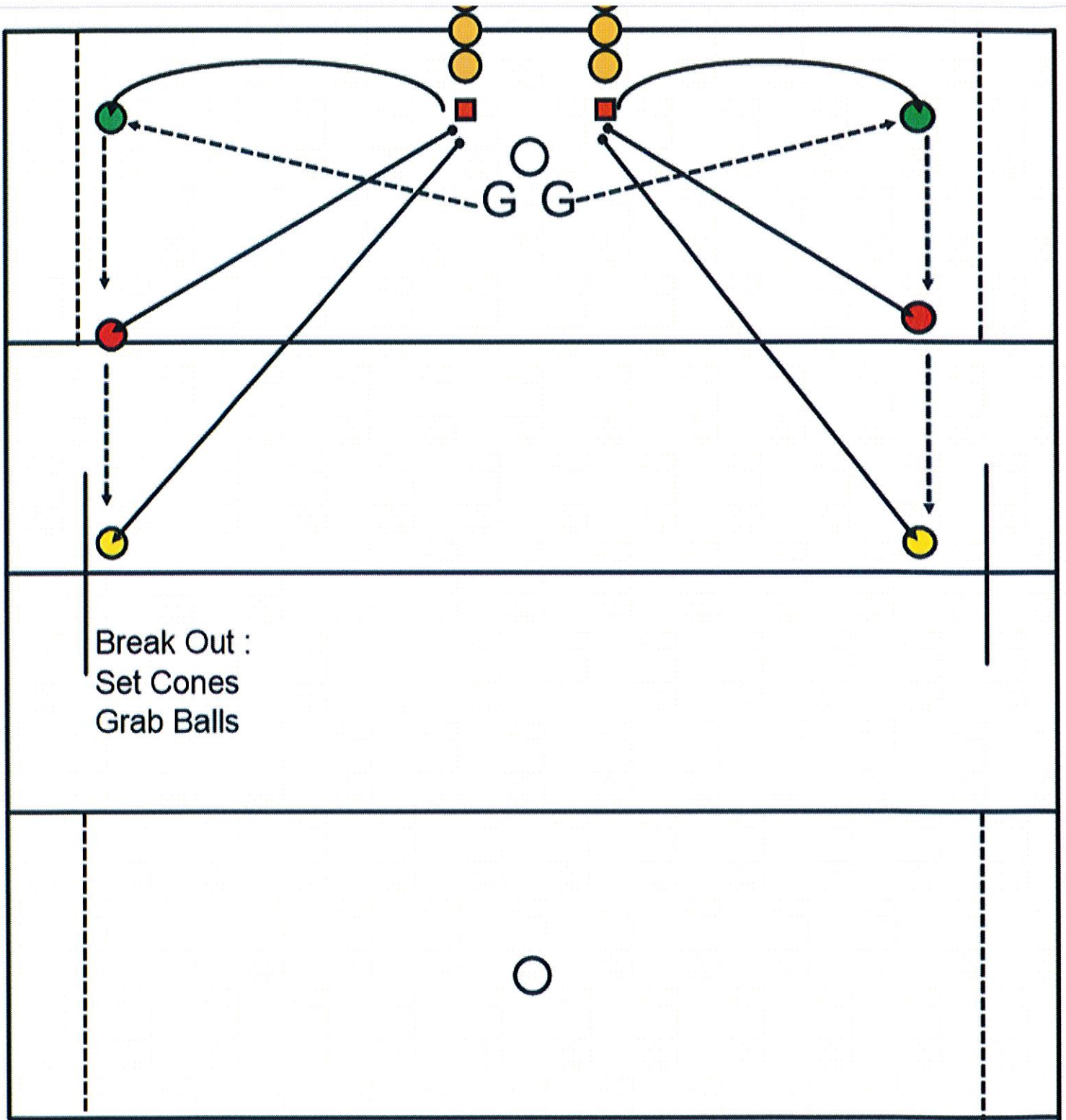


# Scoop RB Pass





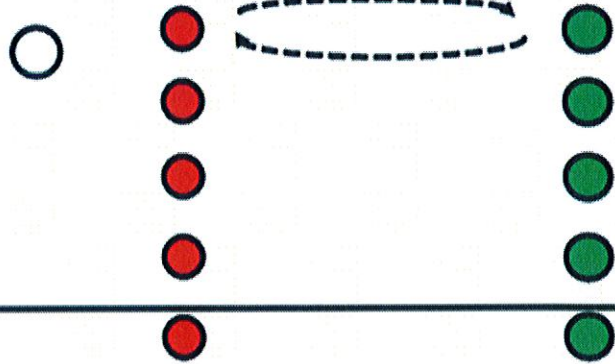




Partner Passing:  
Partner up, Grab  
Balls, Line Up

## Short Sticks

Progression:  
1. Right Hand  
2. Left Hand  
3. Catch and  
Switch Hands  
4. Quick  
Sticks



## Long Poles

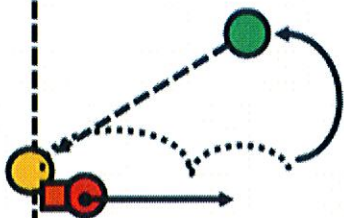
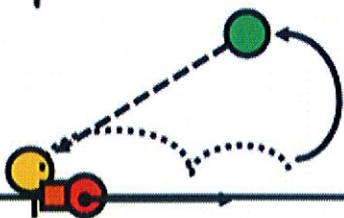
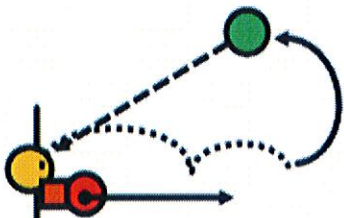
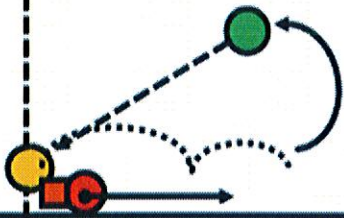


Progression:  
Begin at 25+  
feet and  
widen out  
every 5  
complete  
passes until  
field width



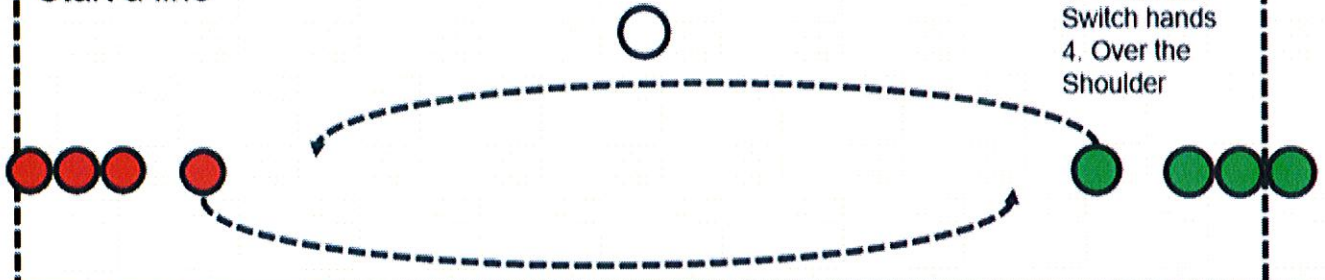
Pooper Scooper:  
Set Cones  
Grab Balls

1. Roll Ball Out
2. 1st goes to Scoop
3. Scoop and Pass to 3rd
4. 3rd Rolls Ball Out as 2nd goes to Scoop



Line Drills:  
Grab balls,  
Start a line

Progression:  
1. Right hand  
2. Left hand  
3. Catch and  
Switch hands  
4. Over the  
Shoulder



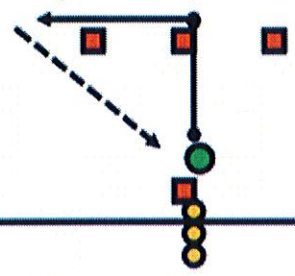
\*Advanced:  
First person  
in each line  
start with a  
ball, i.e. 2  
balls



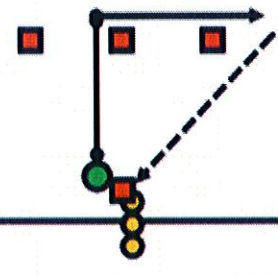
T Passing:  
Set up 3-4  
sets of  
cones, grab  
balls



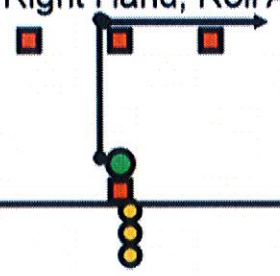
1. Right Hand, Turn the Corner



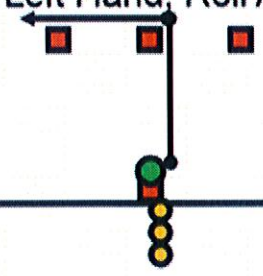
2. Left Hand, Turn the Corner



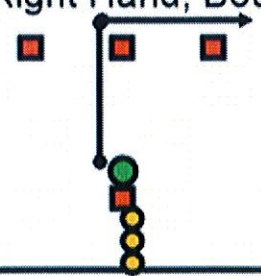
3. Right Hand, Roll Away



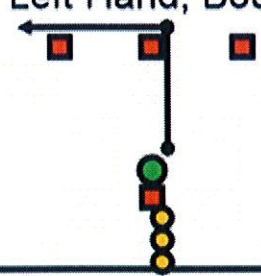
4. Left Hand, Roll Away



5. Right Hand, Bounce



6. Left Hand, Bounce



Star Passing:  
Set Cones  
Grab Balls

\*Follow  
Your  
Pass

Progression:  
1. Begin  
2. Reverse

\*Advanced:  
1. 3 balls at  
Once  
2. Top Line  
Shoots

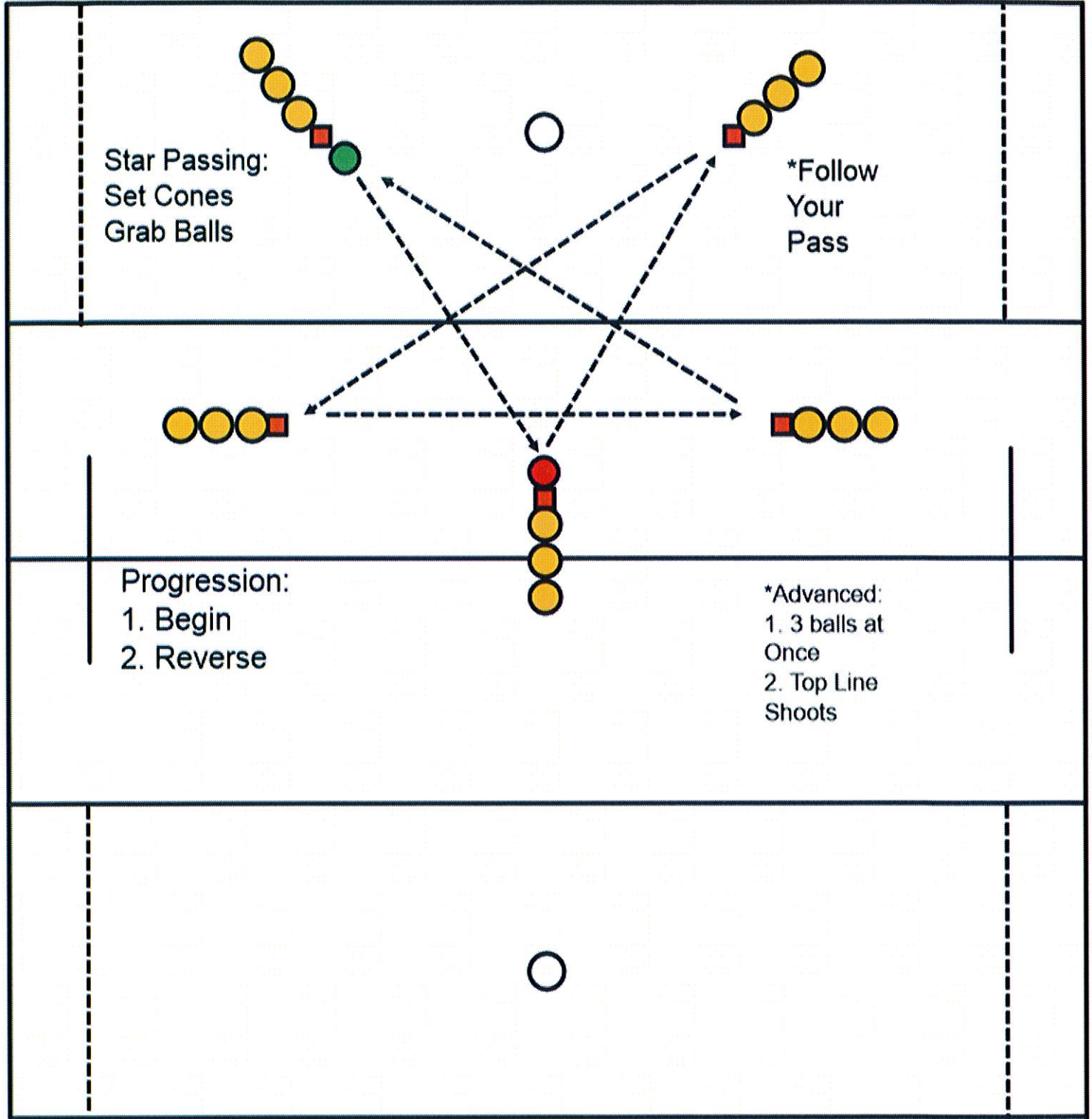
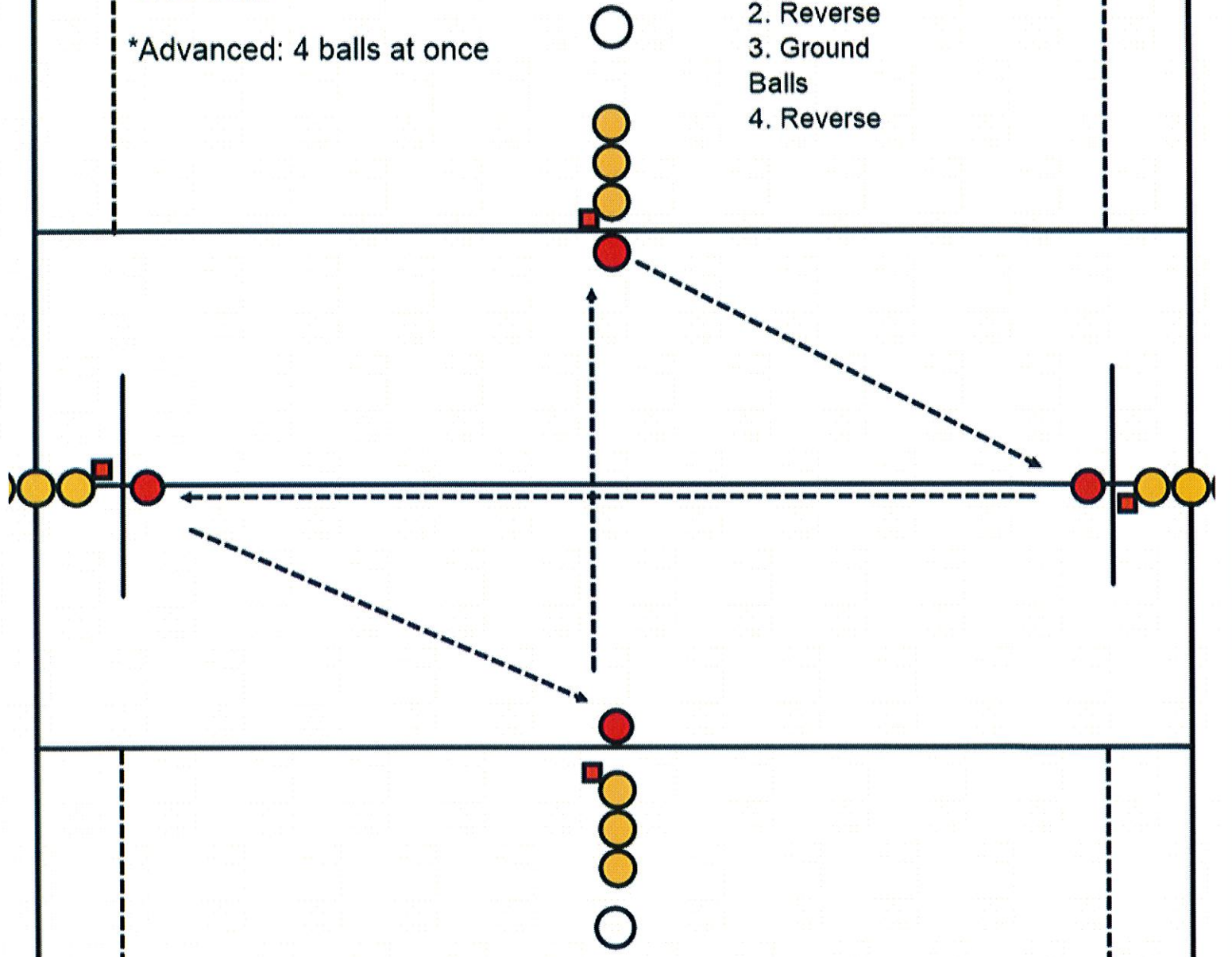


Figure 8:  
Set Cones,  
Grab Balls

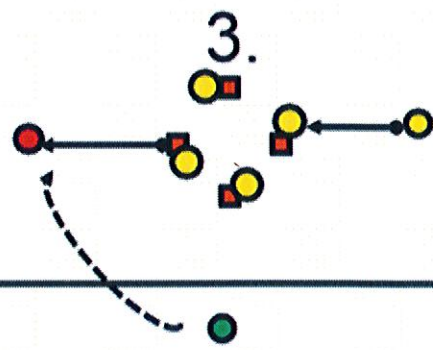
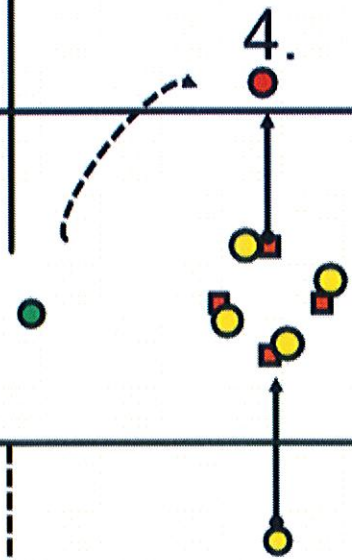
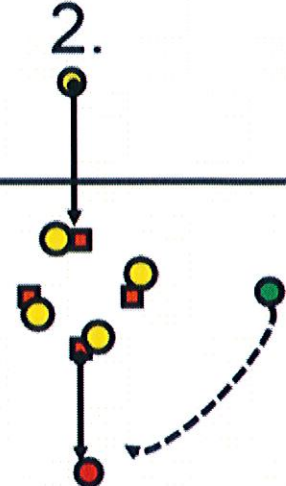
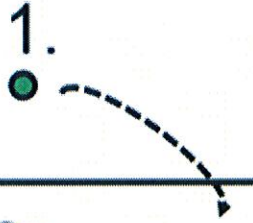
\*Advanced: 4 balls at once

- Progression:  
1. Begin  
2. Reverse  
3. Ground  
Balls  
4. Reverse



Spoke Drill:  
Set Cones,  
Grab Balls

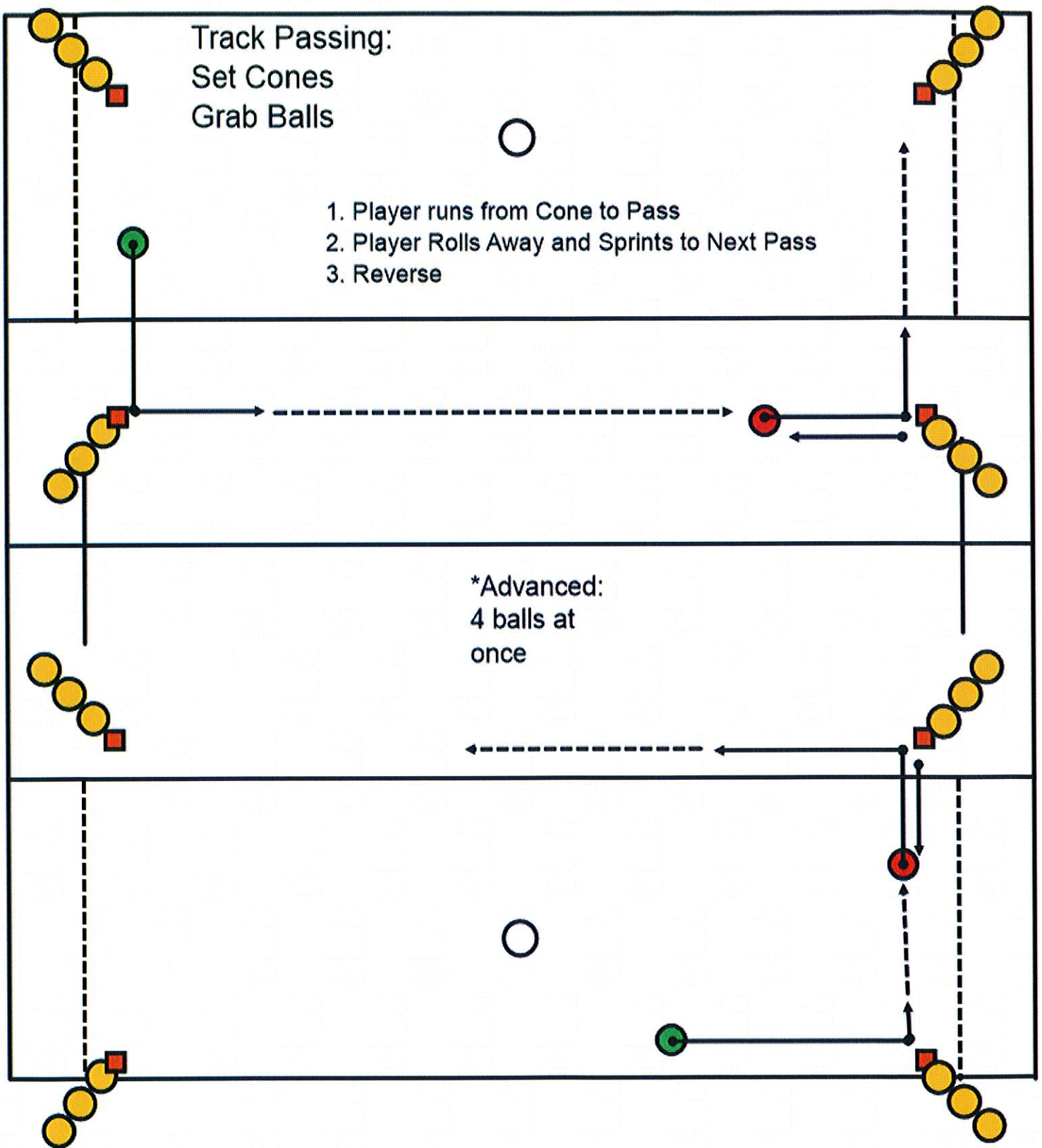
- Progression:  
1. Right hand  
catch and  
Throw Cross  
Body  
2. Reverse  
3. Right hand  
Catch, Switch  
hands Throw  
Left  
4. Reverse.  
5. Right hand  
Catch and  
Roll Away

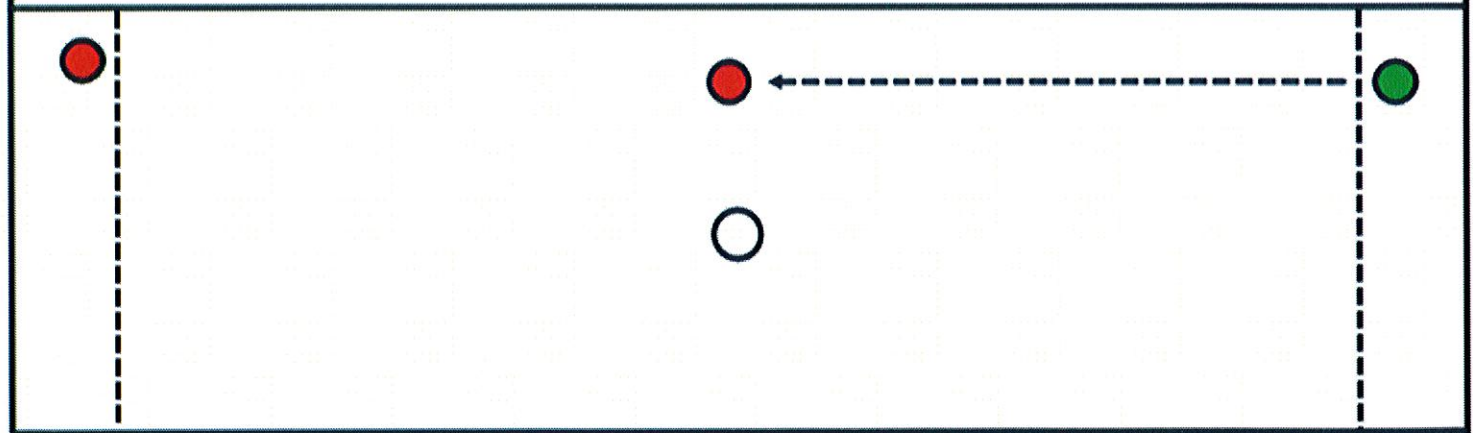
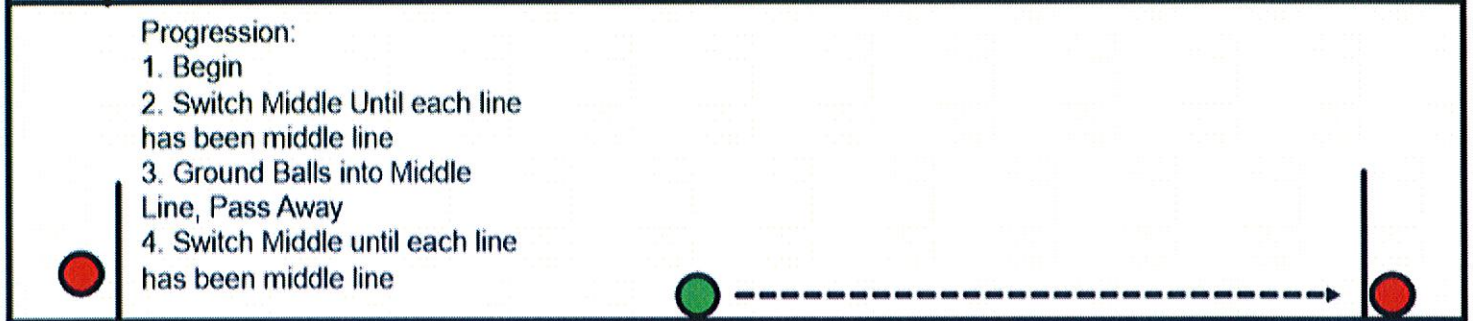
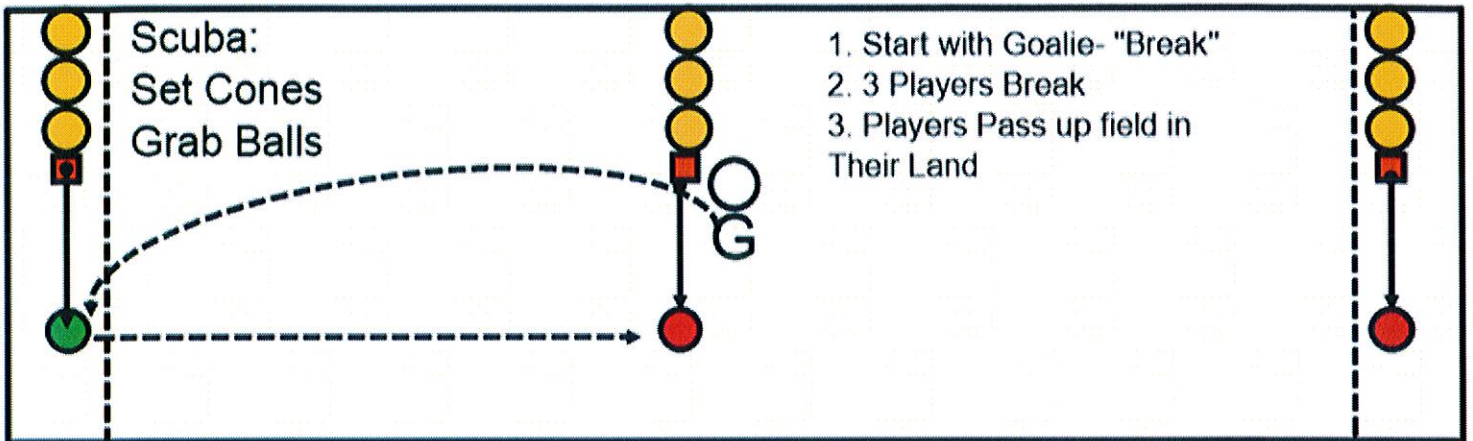


Track Passing:  
Set Cones  
Grab Balls

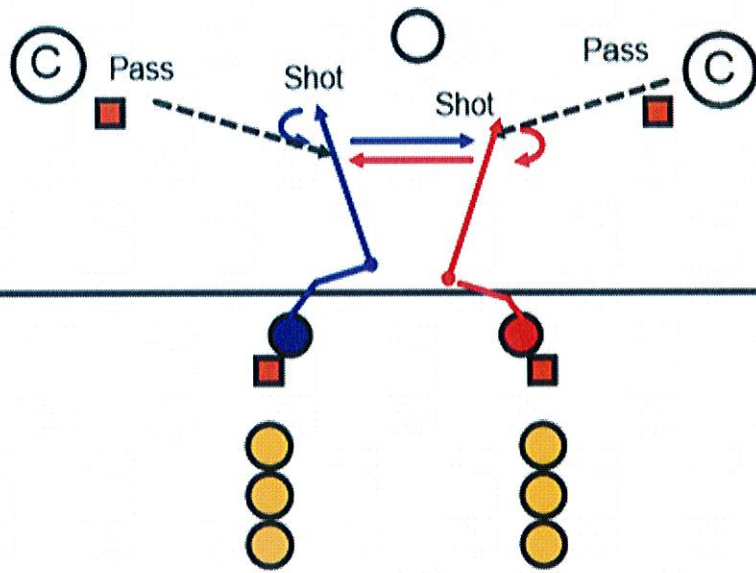
1. Player runs from Cone to Pass
2. Player Rolls Away and Sprints to Next Pass
3. Reverse

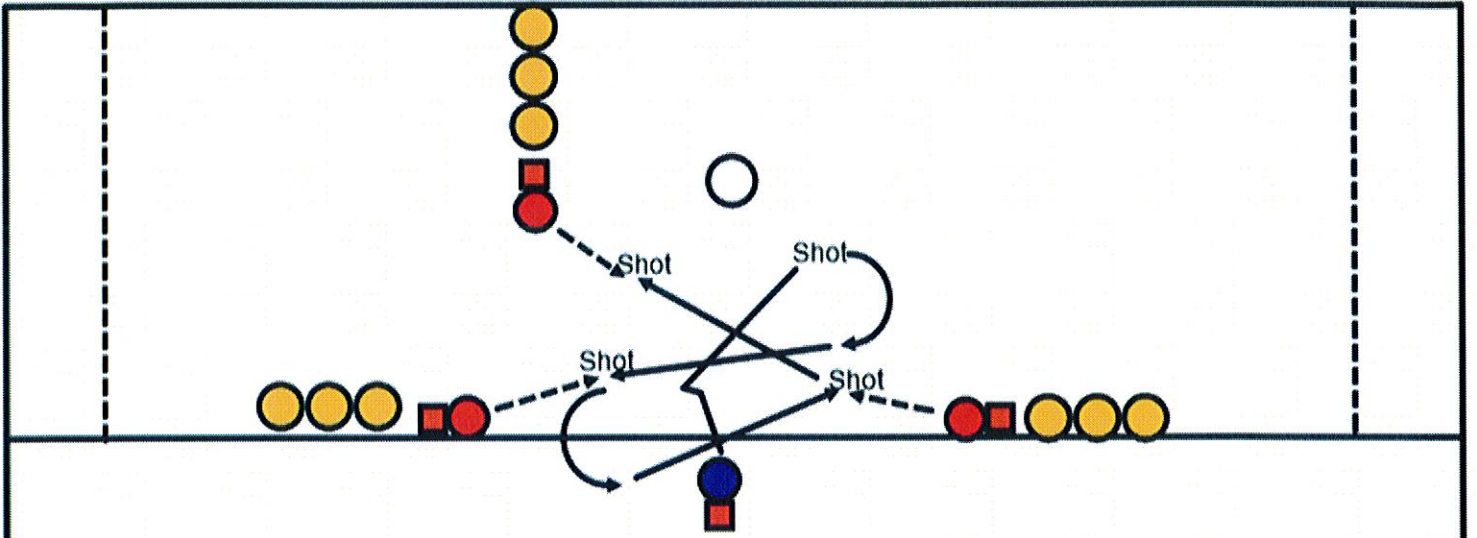
\*Advanced:  
4 balls at  
once









# Two Ball Shooting





## 4 Ball Shooting

- Dodge 
- Cut 
- Pass 
- Roll back 



# 2-Whistle Box Out



1st Whistle  
Box Out Pursuit Player



2nd Whistle  
Scoop Ball



# Bucket Dunk

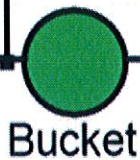
5 Seconds Per  
Offense goes to Defense



Offense

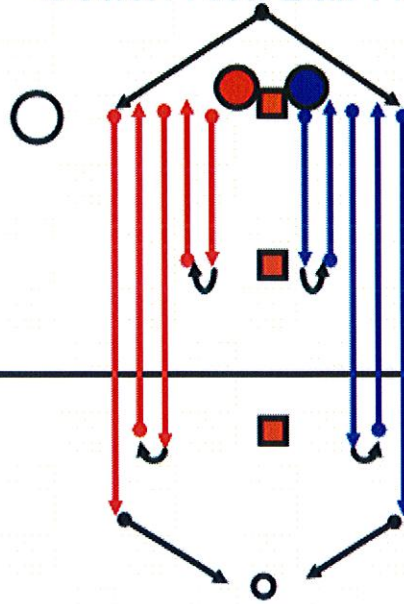
10 yds

Defense



# Shuttle 1v1

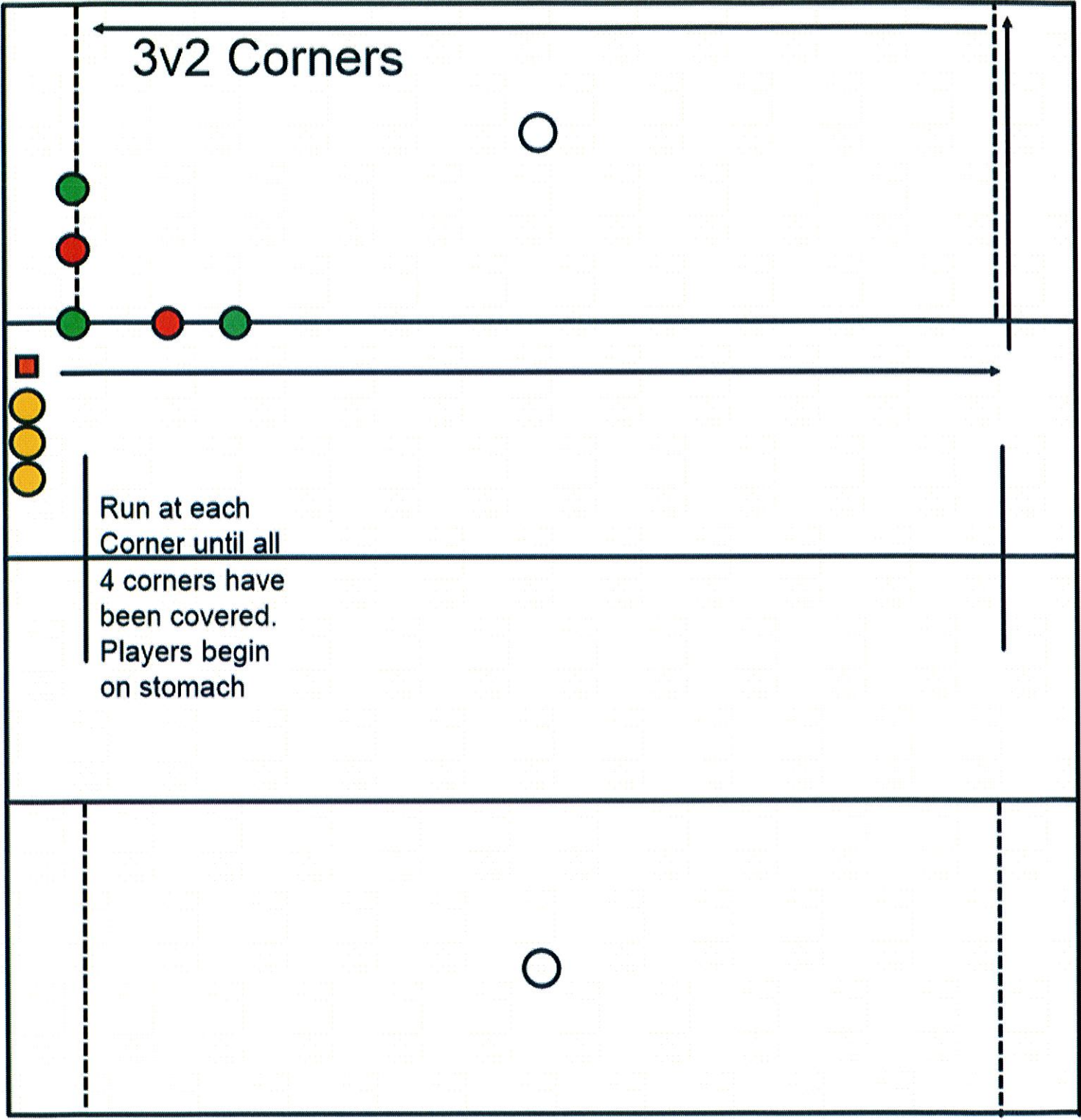
Coach Roll Ball Here



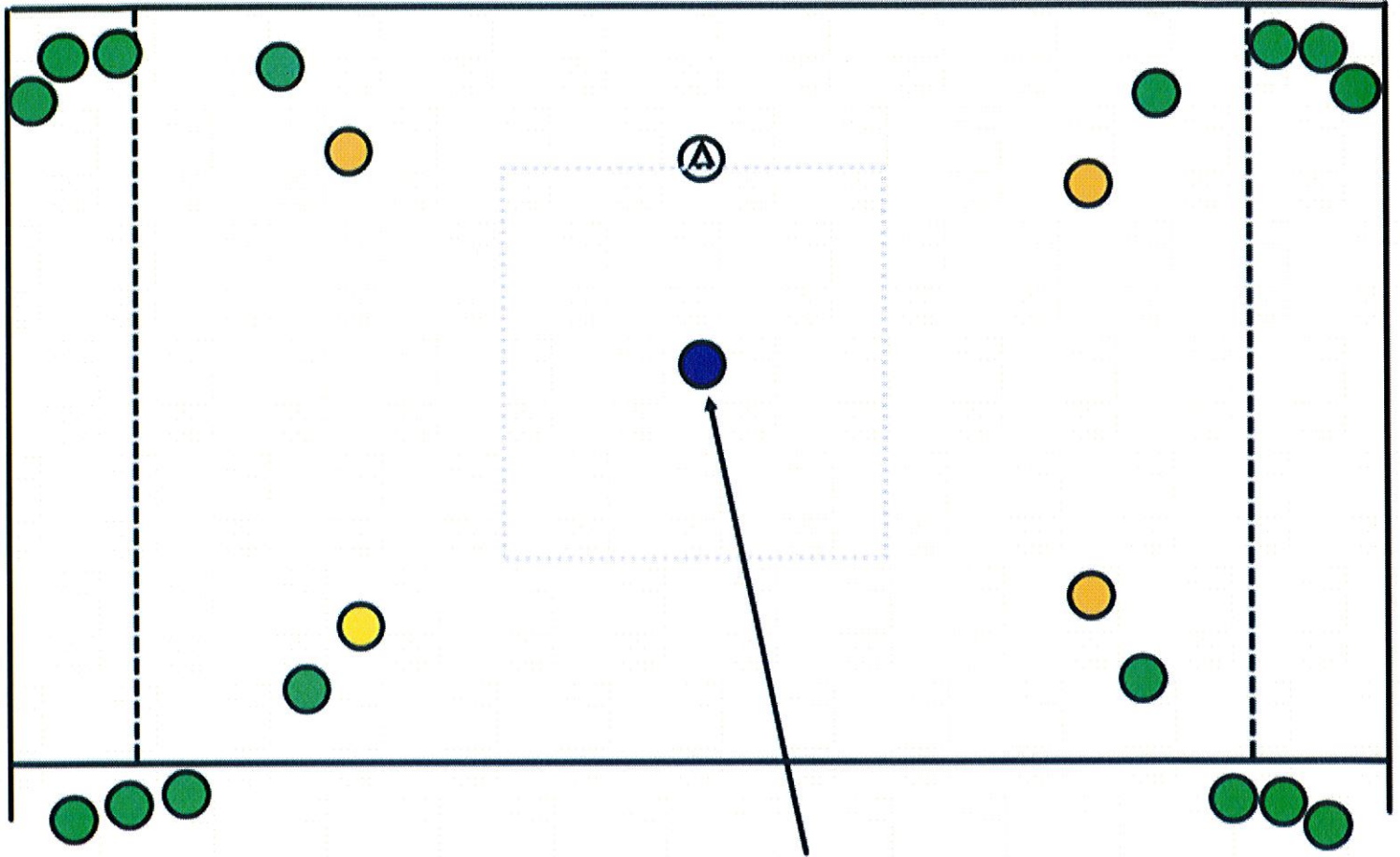
7-10 ft



# 3v2 Corners



Run at each  
Corner until all  
4 corners have  
been covered.  
Players begin  
on stomach



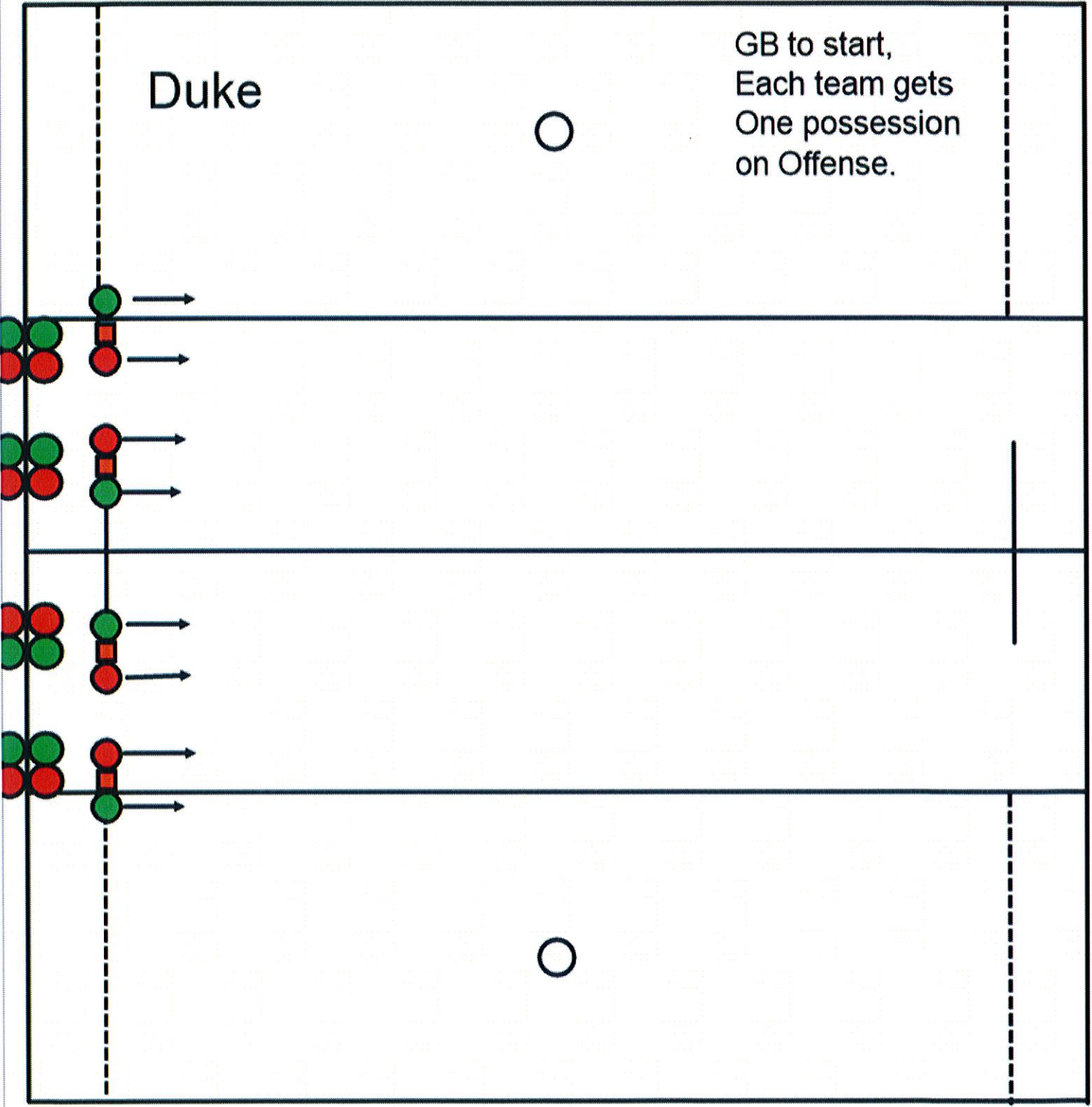
# 4 Corner 1v1 Dodging

Aspects: Offense, Defense

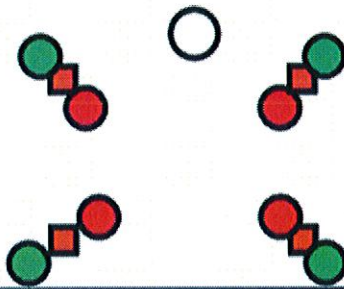
Coach is Free  
Slider, makes  
dodges Realistic,  
Teaches guys to get  
shots off sooner

Duke

GB to start,  
Each team gets  
One possession  
on Offense.

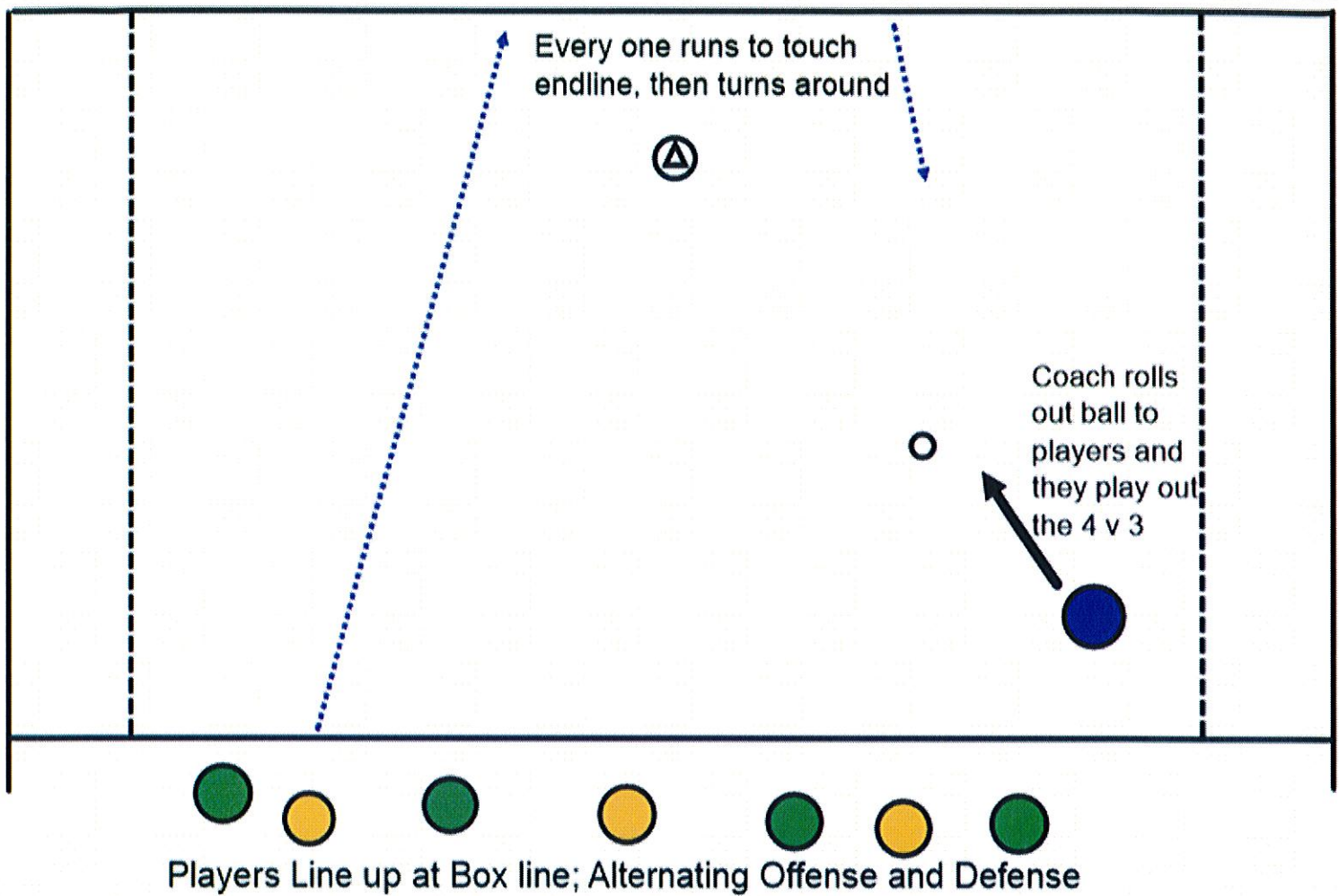


# BOA



Each group gets 2 GB's. After First possession, Teams return to cones for second GB. Focus is to have offense players Break out Adjacent "BOA"





## "End-line Odd-man"

- Great for hidden conditioning
- Can be done with any Odd-man situation

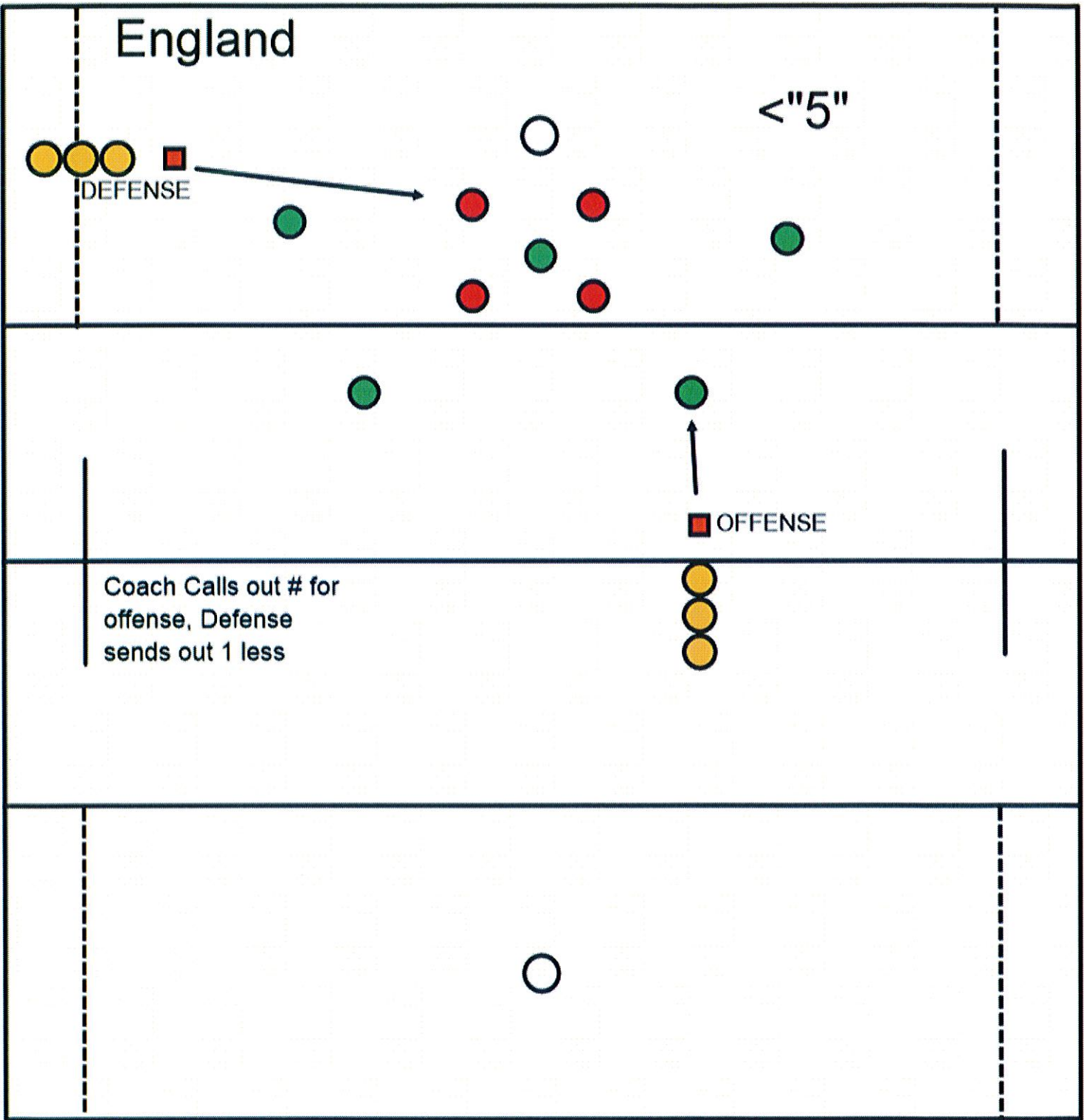
# England

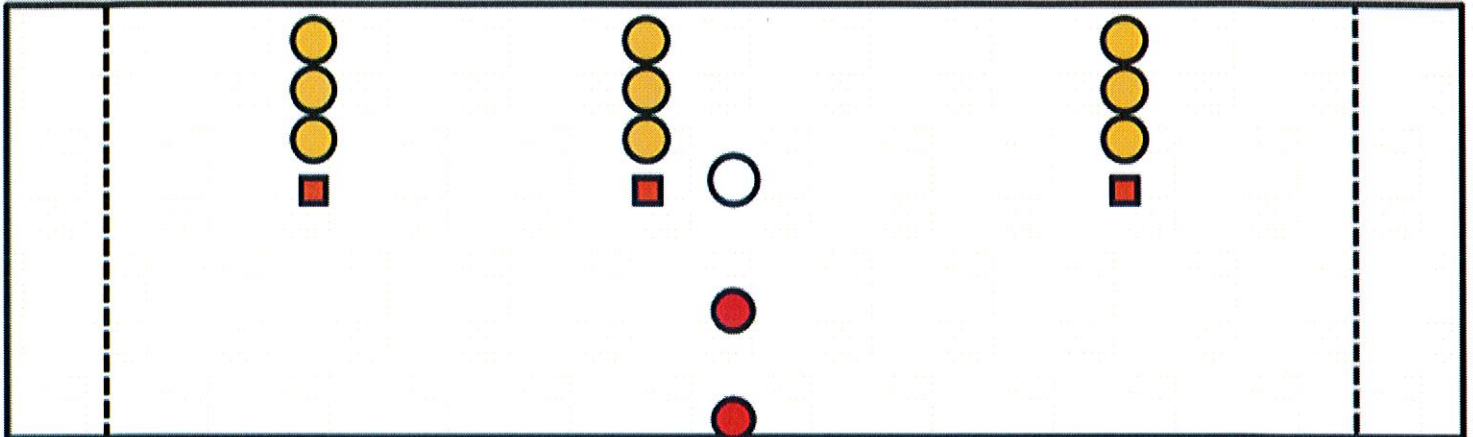
<"5"

DEFENSE

OFFENSE

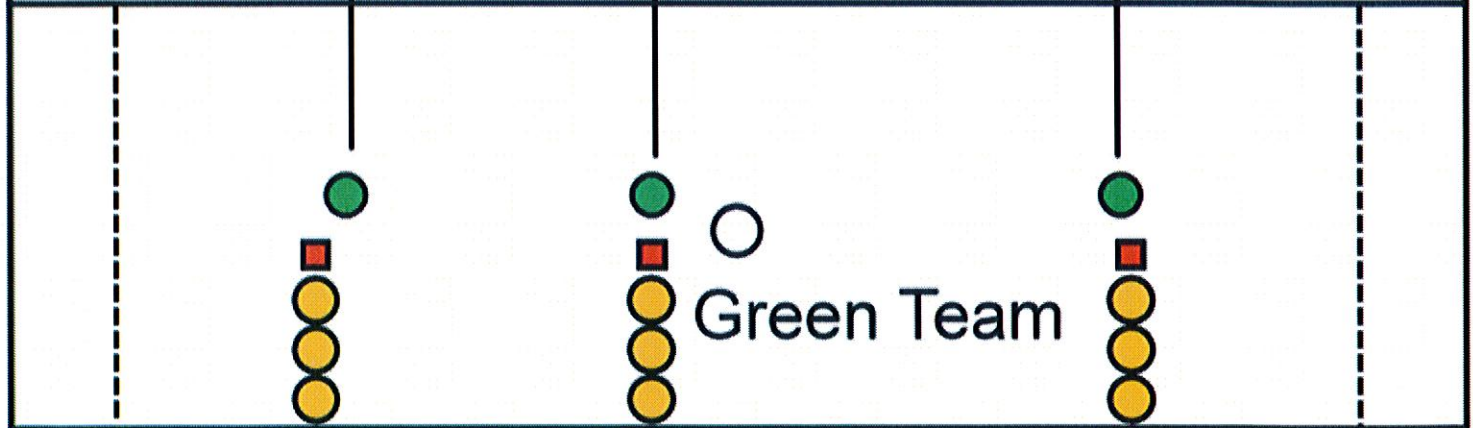
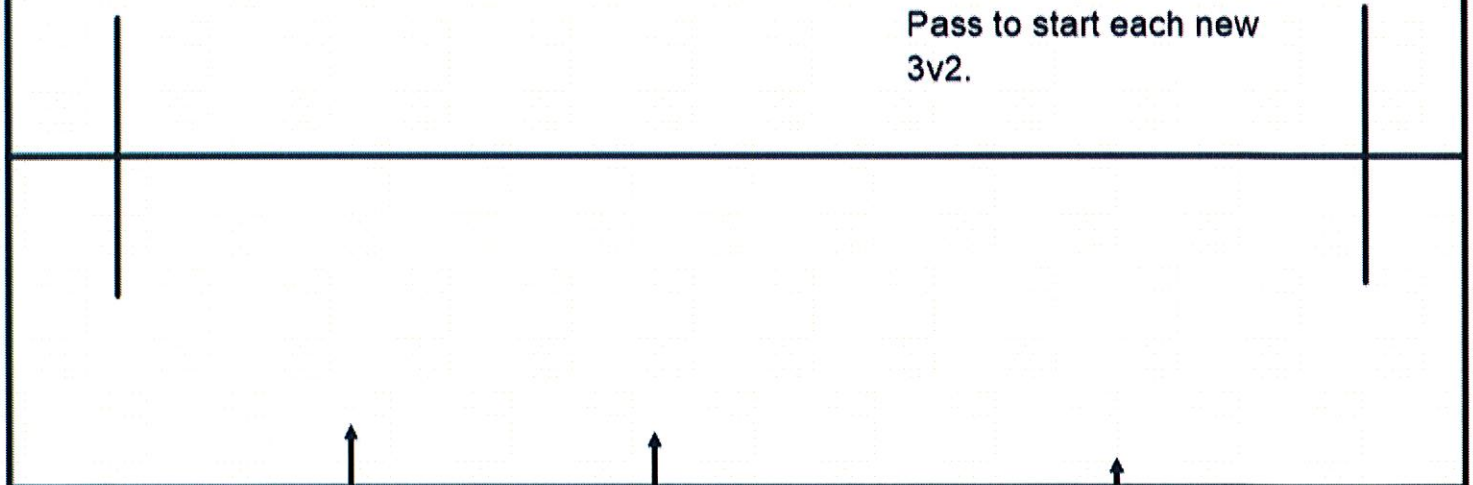
Coach Calls out # for offense, Defense sends out 1 less

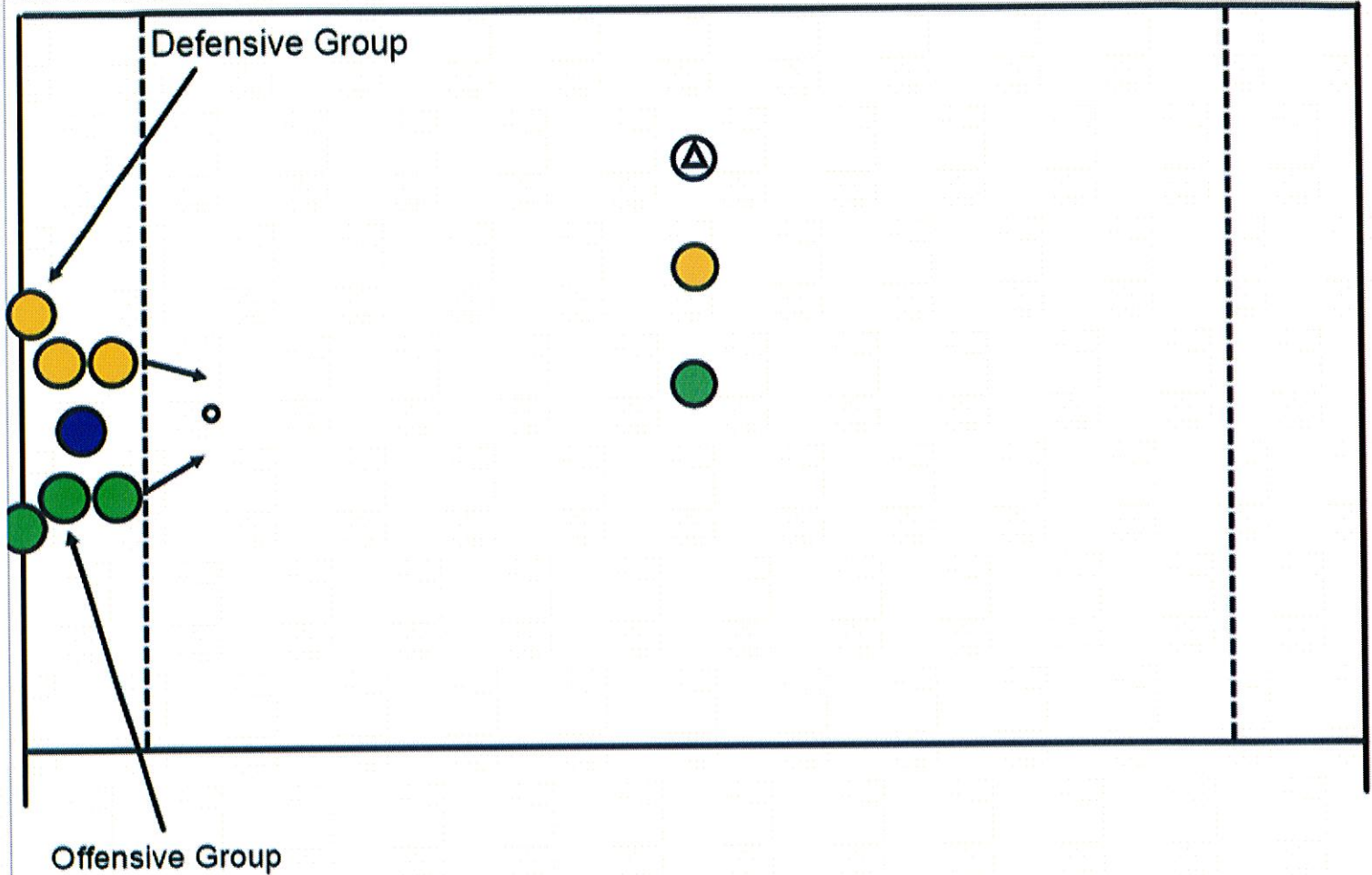




Genny  
Continuos 3v2

Rules: Drop Pass after mid line is a TO. Last to touch on offense is out. Goalie Pass to start each new 3v2.

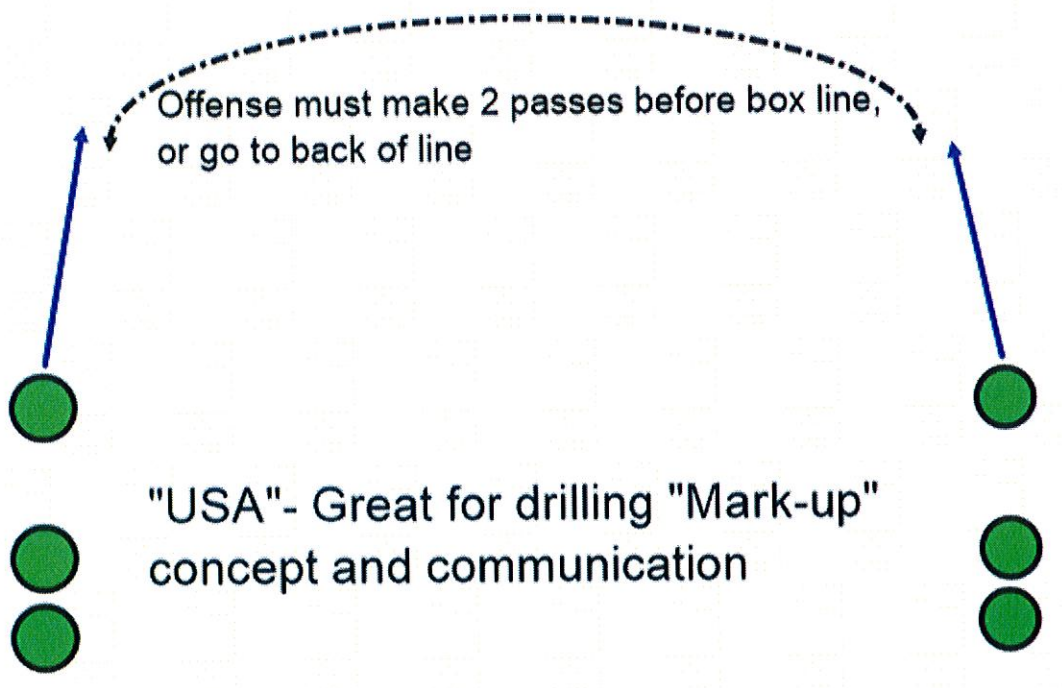
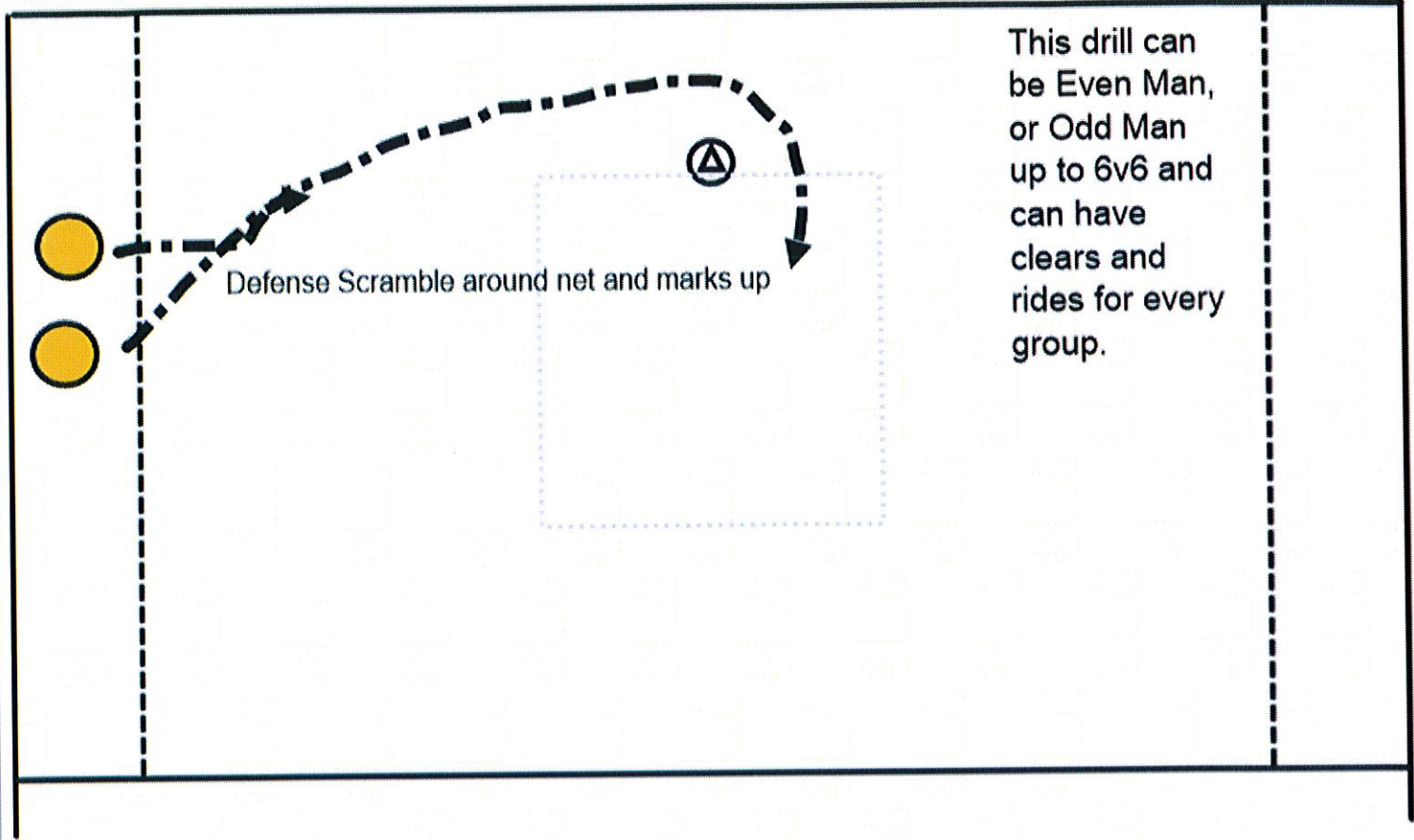




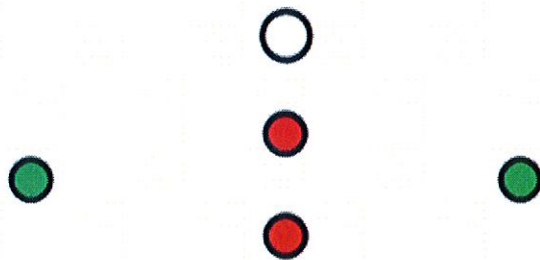
Clear  
Line,  
Pyro,  
COP

# UVA: Ground ball to Even Match-up Build to 6v6

Aspects: Offense, Defense, Riding, Clearing, Transition



# Notre Dame



DEFENSE



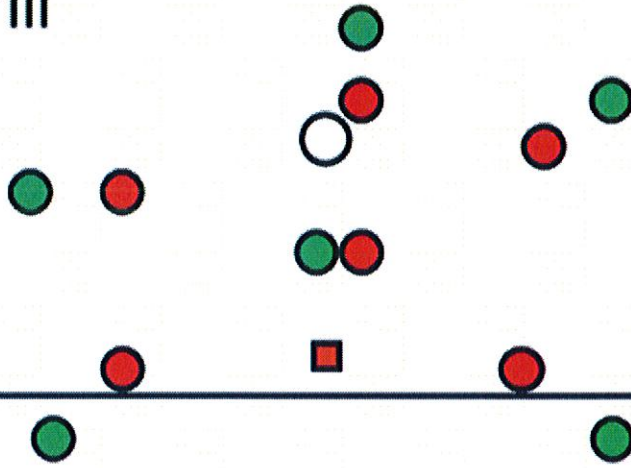
OFFENSE



Drill Starts with 3v2. On TO or Shot, blow Whistle and Players must run and touch box line, then add an offense and defense to create a 4v3. Continue process to 6v5. Once at 6v5, allow one possession, then add a D to create 6v6 for one possession, then start a new group



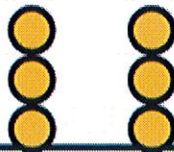
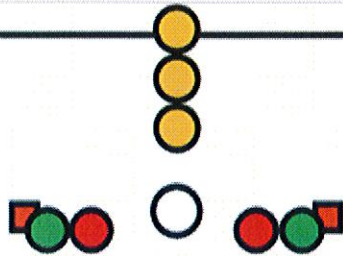
# Ladder Drill



When Coach blows whistle, Player on ball must run around cone, then recover to playing defense. Defense must be ready to Slide and Fill at anytime

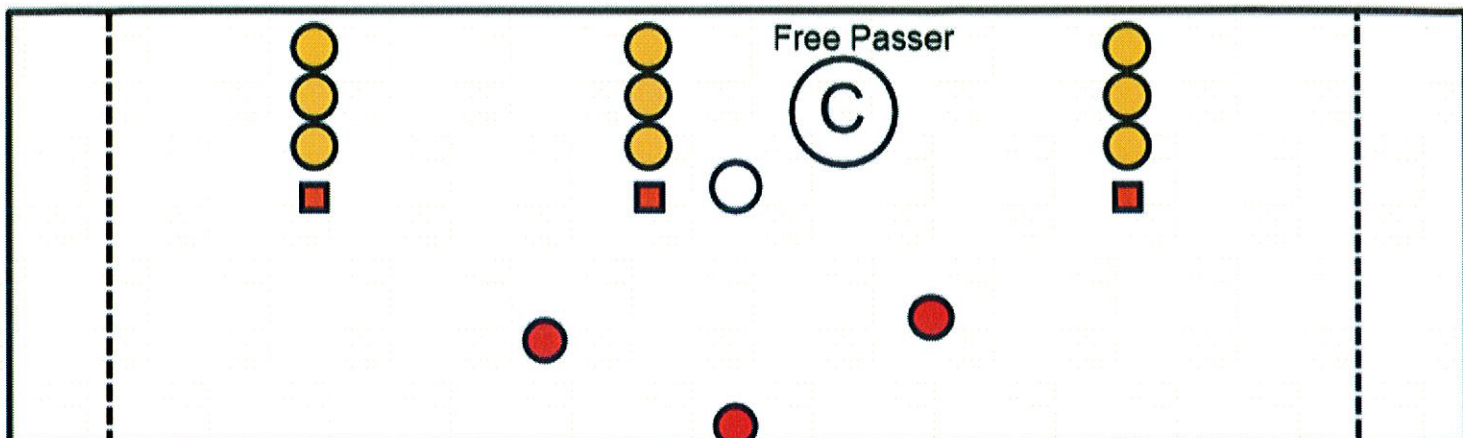


# 54 Implosion



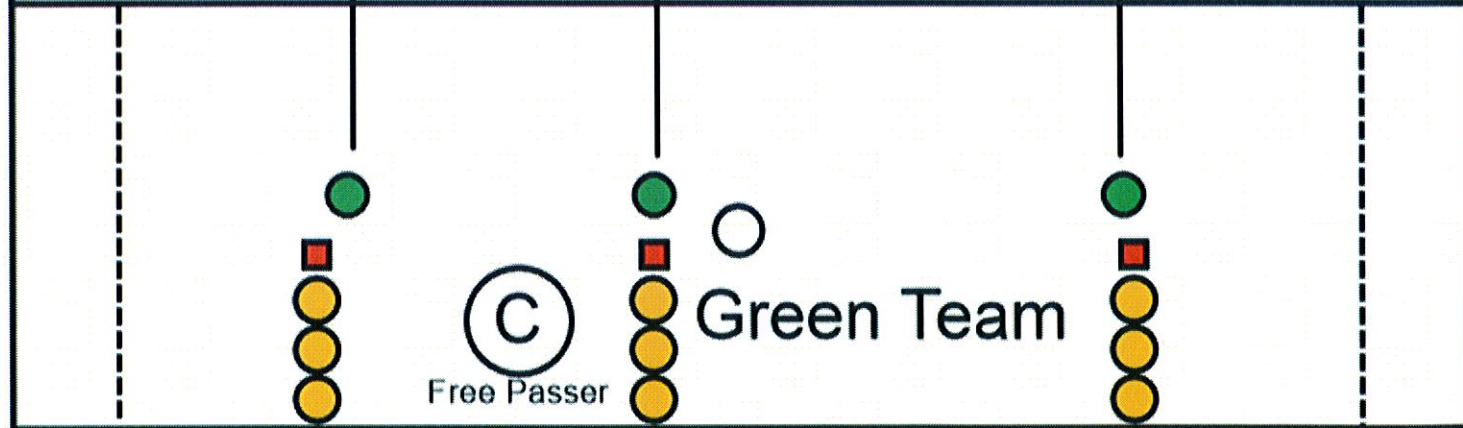
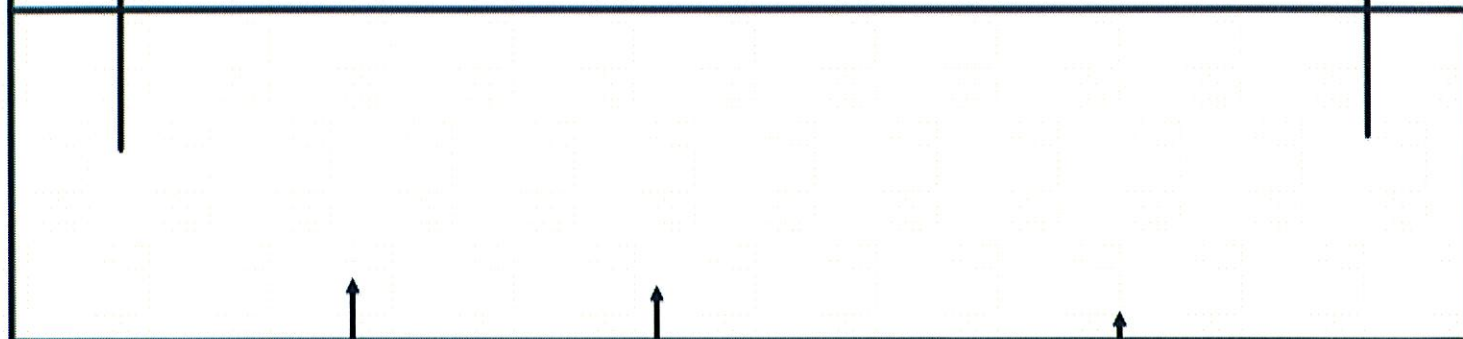
Coach Rolls ball into middle.  
Players implode to GB.  
Offense BOA to play Offense  
of GB. Defense Find Square  
and four man rotate.





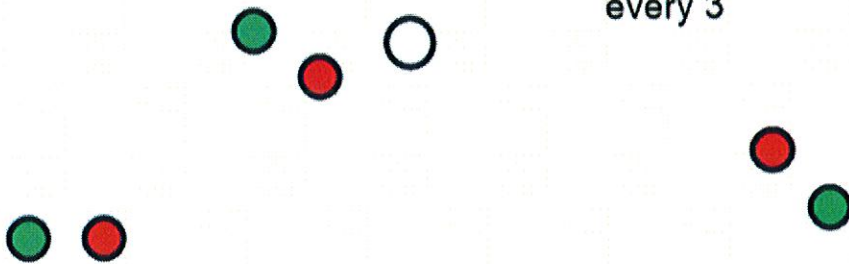
Panther/  
 Bobby Orr  
 Continuous 3v3  
 w/ free passer

Rules: Drop Pass after mid  
 line is a TO. All 3 offense  
 drop to Defense. Goalie  
 Pass to start each new  
 3v3. 3 New Offense Each  
 Time.

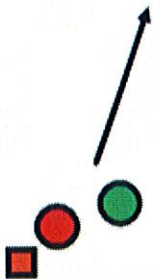


3/4 6v6

Attack and D in  
to start, rotate  
every 3



Lines are released in  
succession to mimic game  
situations



Ball can start  
anywhere