



AGE APPROPRIATE **PRACTICE GUIDE**

DRILLS AND PLANS FOR RUNNING GIRLS'
LACROSSE PRACTICES FOR AGES 12-15

Our Vision

We envision a future that offers people everywhere the opportunity to discover, learn, participate in, enjoy, and ultimately embrace the shared passion of the lacrosse experience.

About Athlete Development

It is our sincere hope that by providing these practice guides to lacrosse coaches, parents, and program administrators, players across the country will have an opportunity to learn lacrosse in a way that is physically, cognitively, emotionally, and socially appropriate.

We believe that this increases both the learning and fun for young athletes. When kids are having fun, they are learning and when they learn they improve.

Age appropriate practice will help young athletes reach their full potential, because they will...

Learn Lacrosse Better

Love Lacrosse More

Stay in Lacrosse Longer

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INTRODUCTION

What would you think if we told you that up to 75% of the time athletes spend in practice, they are not actually improving their skills?

Would you be upset if you observed a practice and a child was standing 5 players deep from an opportunity to participate and improve their skill(s)?

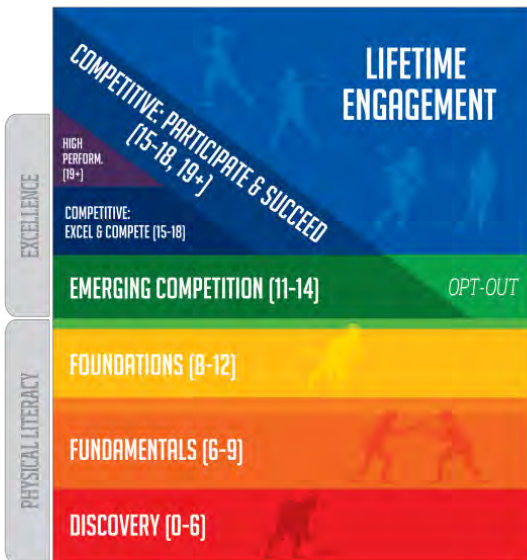
How many “touches” would that player get in a five minute drill? How many could they get if the practice was structured differently?

The station based plans and drills provided on the following pages work great as “canned curriculum” for the brand new lacrosse coach or as a starting point to help even the most experienced coach approach practice planning in a way that the kids will love. Each plan has been carefully crafted to put the athlete first and help them reach their full potential.



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LACROSSE ATHLETE DEVELOPMENT MODEL



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About Station Based Practices

Station Based Practices are FUN. Young athletes come to practice to participate. In a Station Based Practice, having athletes spread across multiple stations directly engages them and drastically reduces waiting time. When athletes get more opportunity to practice a skill, with more individualized instruction, they will improve.

By design, each station represents a small component of the overall lacrosse experience. As players rotate through the stations, they are building partial skills needed to play the game and at the conclusion of a practice, athletes will have worked on numerous skill. This systematic chunking of skill development, allows the athlete to focus on one area of development for a short period of time, then move on to another area. If you think about it, it's much like the game...A player is on defense for a short period of time, but then must quickly transition into thinking about and playing offense, defense, or various other parts of the game. Stations are not only helping their skill development, but they are also helping the athlete to learn to transition between concepts and adapt to new situations efficiently and effectively.

US Lacrosse has developed a series of Station Based Practice plans for athletes. These are a great starting point for the novice coach who may be looking for ideas and methods to teach their athletes the game of lacrosse. While these plans are a great starting point, coaches must continually assess their players' abilities and tailor practice plans to meet the needs of the athlete. Here are some things to consider as you plan out your station based practice:

- Maximum 6-8 athletes per station.
- Warm-up or free play should last 5-6 minutes at the beginning or end of each practice.
- Station length maximum of 6-10 minutes in duration due to short attention spans at this age.
- Make every station FUN, a game, competition, a race...
- No Whiteboards, no Whistles, no Waiting during stations.
- Get down on 1 knee, at eye level to talk to the kids.
- Use cones to tell kids where you want them to go.
- Bring lots of enthusiasm and energy - smile a lot.
- Complement each kid by name while they are in your station (5-6 minutes) at least once.
- Lots of high fives and cheering encouraged.
- Keep explanations to 15-20 seconds max.



Young athletes are comfortable with repetition and like familiarity in the drills that they are asked to perform. Similar drills can be rotated through the progression from practice to practice. This gives each practice a slightly different look and feel without changing too much. Every practice should be run twice in a row.

How do I do this with limited coaches?

Many programs do not have enough coaches to run 6-8 stations simultaneously. This can create a challenge for coaches in implementing Station Based Practices. Here are some tips:

- Use Parents – many drills do not need an “on-staff” coach to run them and you could have a parents help with these stations. With a minimal amount of training, almost any adult can be a coach for one particular station in the practice.
- The “Tuesday” Coach – When asked, almost anyone with an interest in your lacrosse program can commit to coming to practice one day per week. If you can solicit 4-5 volunteers to show up on a pre-planned day of the week, one time per week you greatly increase your ability to run station based practice.

The above two tips not only give you extra hands on the field to help run drills, but you may just be cultivating a coaching staff for the future. If despite your call to action and requests for getting extra coaches to help you out, you can also do the following.

- Reduce the Number of Stations – you can limit the number of stations you use simultaneously, to the number of coaches you have available. After all athletes have rotated though all of the stations, give the athletes a water break and set up the remainder of your stations.

How do I do this with limited space?

If you find yourself in a situation where you don't have the use of an entire field, you can do the following:

- Reduce the Number of Stations – you can limit the number of stations you use simultaneously, to the space you have available. After all athletes have rotated though all of the stations, give the athletes a water break and set up the next set of stations.

When do the athletes get water breaks?

Proper hydration is essential to athlete performance. When dehydration begins setting in, not only does physical performance suffer, but mental capacity and ability to learn decreases. Ideally when setting up the stations, the coach can place 2-3 water bottles at each location and athletes should be encouraged and reminded to hydrate when arriving at each station.

When do they learn to play “the game?”

Time can be devoted at the beginning, end, or even in the middle of practice to have the athletes scrimmage in an age-appropriate format. This will allow them to take the skills they have learned during practice and put them to use in a context related to competition. It could even be used as one of the stations as you design your own practices.



Developmental Considerations

Coaching 4-6 Year Old Athletes KEY OBJECTIVES FOR SUCCESS

Focus - Where we spend most of our time	Fundamental Movement Skills
Goals - What we are trying to achieve.	To develop basic movement skills--body management, locomotor and object control skills that build ability, confidence and desire to play lacrosse. Getting as many touches with the ball as possible.
Player Centered Environment - What it should look like.	Fun, constant active engagement, relaxed, inclusive, positive with frequent changes of activity. Predictable routines. Games that build basic movement skills in the context of lacrosse. Lots of praise and reinforcement from coach and parents.

PLAYER DEVELOPMENT

<i>Athletic Development</i>	Running, jumping, hopping, twisting, turning, stopping, starting, static balance, catching a ball with two hands
<i>Technical (Skills) Development</i>	Introducing running with the ball, scooping, throwing. Exposure to all skills. Experimentation and terminology
<i>Tactical (Strategy) Development</i>	Experimentation with body, stick and ball in a defined space containing "special" areas (ie goal). Stopping, starting, and changing pace. Running to open space.
<i>Psychological Development</i> - working to support athletes in these areas...	Trying new challenges. Effort. Following simple instructions
<i>Social-Behavioral Development</i> --know that at this age they are...	Learning to share. Learning to say Thank You. Enjoying friends. The center of their worlds. Parents are central for praise and approval; need balance and variety of new and familiar activities in short doses.

PRACTICE

Practice to Competition & Competition Specific Training Ratio**	In-house instructional (embedded in activity sessions)
Primary Objective of Practice	To develop physical literacy and basic movement skills in the context of lacrosse. Achieved through stations, games and activities; 1:1 ball to player ratio. Include self-directed play.
Max Recommended Ratio (player : coach)	8:1
Length of Sessions	30-45 minutes
Frequency*	1x a week, 8-10 weeks
Multi-Sport Participation-Sport and physical activity diversification-Other sports and activities.	Physical activity every day. Lacrosse can be one of those activities; Gymnastics and movement education highly recommended



Developmental Considerations

Coaching 6-8 Year Old Athletes KEY OBJECTIVES FOR SUCCESS

Focus-Where we spend most of our time.	Fundamental Athletic Skills
Goals for this stage of development -What we are trying to achieve	To develop agility, balance, coordination, and speed for success in learning fundamental technical lacrosse skills. Getting as many touches of the ball as possible.
Player-centered environment-what it should look like	Fun, constant active engagement (kid + ball =fun), relaxed, inclusive, positive with as emphasis on learning new skills. Lots of enjoyable games that reinforce skill learning. Predictable routines. Focus on effort and trying their best. Activities are designed for success.

PLAYER DEVELOPMENT

<i>Athletic Development</i>	Agility, dynamic balance, bilateral coordination, skipping, hopping, throwing/tossing and catching away from the body with either hand. Flexibility and strength.
<i>Technical (Skills) Development</i>	Proficient at stick grip and scooping. Exploring and developing other fundamental lacrosse skills – catching, passing, shooting, cradling, and dodging.
<i>Tactical (Strategy) Development</i>	Developing 1v1 and 2v2 offense and defense concepts. Exploring 2v1 offense and defense concepts. Riding and clearing.
<i>Psychological Development</i> - working to support athletes in these areas...	Concentration, coachability, learning to make choices, respect, understanding rules, how to cope with winning and losing. Problem solving skills.
<i>Social-Behavioral Development--know that at this age they are...</i>	Learning to cooperate and help others. Learning through familiar activities. Want to do their best. Can show responsibility through completing tasks and requests.

PRACTICE

Practice to Competition & Competition Specific Training Ratio**	In-house instructional (embedded in activity sessions)
Primary Objective of Practice	To develop physical literacy and introduce fundamental sport and lacrosse skills. Achieved through stations, games, and activities. 1:1 player to ball ratio with 2:1 activities also blended in. Include periods of free play
Max Recommended Ratio (player:coach)	10:1
Length of Sessions	45-60 minutes
Frequency*	2x a week, 8-12 week season
Multi-Sport Participation-Sport and physical activity diversification-Other sports and activities.	Sport specific training twice a week during one specific season. Participate in other physical activity or sport 4-5 times per week. Gymnastics and movement education highly recommended. Ensure time period in the year when there is a several week rest from all organized sport.



Developmental Considerations

Coaching 7-10 Year Old Athletes

KEY OBJECTIVES FOR SUCCESS

Focus-Where we spend most of our time.	Fundamental Technical Skills
Goals for this stage of development -What we are trying to achieve	To develop a technically sound set of lacrosse skills and athletic movement skills necessary in lacrosse. Getting as many touches of the ball as possible.
Player-centered environment-what it should look like	Fun, inclusive, engaging, and positive; appeals to this age group's desire for fun. Improvement and teamwork through the progressive development of existing and new skills. Focus on trying their best and developing a growth mindset.

PLAYER DEVELOPMENT

<i>Athletic Development</i>	Agility, footwork, dynamic balance, complex coordination, linear speed, speed of coordination, strength, and flexibility.
<i>Technical (Skills) Development</i>	Proficient at most basic technical skills. Developing dodge variations and exploring shooting/passing and cradling variations. Developing individual defense skills – body/footwork and stick positioning.
<i>Tactical (Strategy) Development</i>	Proficient with 1v1, 2v1, and 2v2 concepts. Exploring and developing 3v3, 4v4, and 4v3 variations. Transition offense and defense.
<i>Psychological Development</i> - working to support athlete development in these areas...	Love of the sport. Coachability. Concentration. Problem solving. Becoming confident. Making good choices. Learning fairness and taking responsibility.
<i>Social-Behavioral Development</i> --know that at this age they are...	Learning to compete against other players and learning the values of lacrosse. Learning independence and also how to work together as a team. Developing self-awareness – they start to be aware of what they don't know or what they can't do. Like to help others and the coach.

PRACTICE

Practice to Competition & Competition Specific Training Ratio**	In-house instructional or 70:30 (Practice:Competition)
Primary Objective of Practice	To develop a lacrosse-confident athlete with solid fundamental skills and a general understanding of basic game play and strategy. Best delivered through small sided play, including free-play
Max Recommended Ratio (player:coach)	12:1
Length of Sessions	60 minutes
Frequency*	Up to 3x a week, 8-12 week season
Multi-Sport Participation-Sport and physical activity diversification-Other sports and activities.	Sport specific training up to 3x per week for one specific season. Participate in other physical activity or sport 4-5x per week. Ensure time period in the year when there is a break from all organized sport.



Developmental Considerations

Coaching 9-12 Year Old Athletes

KEY OBJECTIVES FOR SUCCESS

Focus-Where we spend most of our time.	Honing athletes Technical and fundamental Tactical skills.
Goals for this stage of development -What we are trying to achieve	To reinforce technical skills while learning and practicing tactical applications in a progressive system. Getting as many touches of the ball as possible.
Player-centered environment-what it should look like	Fun, inclusive, accepting, engaging and positive. Focus on improvement and effort rather than outcome. Reinforce new and existing skills while learning to apply to tactics through small sided and engaging play and enjoyable practice. Opportunities to try new things. Growth mindset.

PLAYER DEVELOPMENT

<i>Athletic Development</i>	Agility, footwork, dynamic balance, complex coordination, multi-directional speed, strength, core strength, flexibility. Consolidating and mastering all technical skills, exploring variations-- developing consistency under pressure. Mastering individual defensive skills. Beginning to develop position-specific skills.
<i>Technical (Skills) Development</i>	Developing situational understanding of play up to 6v6; developing understanding of zones, proficient with riding and clearing, player to player defense. Working on space and time
<i>Tactical (Strategy) Development</i>	Love of the sport, focus, simple goal setting, self-motivation, confidence, learning to make decisions, developing self-reliance, understanding winning and losing. Respect. More independent, able to share, improved decision making ability. Desire independence and are building confidence. Peer group acceptance becomes important and physical competency plays a role in how one is perceived. Girls tend to form "cliques," boys have more broad team relationships.
<i>Psychological Development</i> - working to support athlete development in these areas...	
<i>Social-Behavioral Development--know that at this age they are...</i>	

PRACTICE

Practice to Competition & Competition Specific Training Ratio**	70:30 Boys/60:40 Girls
Primary Objective of Practice	To reinforce basic technical skills and introduce tactical components of the game through progressions and small-sided play practice/ teaching games for understanding. Include free play.
Max Recommended Ratio (player:coach)	12:1
Length of Sessions	60-75 minutes
Frequency*	Up to 3x a week during an 8-12 week season
Multi-Sport Participation-Sport and physical activity diversification-Other sports and activities.	Sport-specific training up to 3x a week (for one specific season), participate in other activity or sport 4-5 times a week. Ensure period of rest from all organized sport.



Developmental Considerations

Coaching 12-14 Year Old Athletes

KEY OBJECTIVES FOR SUCCESS

Focus-Where we spend most of our time.	Technical and Tactical Refinement
Goals for this stage of development -What we are trying to achieve	To combine technical skills with tactical understanding to develop as a well-rounded lacrosse player, while also improving physically and psychologically in preparation for more competitive settings. Fun, accepting, meaningful, safe and positive. Rewards, improvement and effort, develops healthy peer relationships.
Player-centered environment-what it should look like	Appeals to players sense of need to belong yet also develop a positive personal identity through team dynamics. Recognizes individual strengths and potential. Growth mindset. Mastery environment is evident.

PLAYER DEVELOPMENT

<i>Athletic Development</i>	Agility, footwork, dynamic balance, core strength, lower extremity strength (for injury prevention), endurance (at growth spurt), speed, flexibility.
<i>Technical (Skills) Development</i>	Consistently demonstrates and can execute fundamental skills under pressure. Developing stick checking and body checking ability as allowable within the rules. Developing proficiency of position-specific skills
<i>Tactical (Strategy) Development</i>	Exploring extra-player defense and offense, Mastering numbers situations and tactical play up to 7v7. Developing transition, riding and clearing skills for transition to full-sided play. Developing awareness and anticipation.
<i>Psychological Development</i> - working to support athlete development in these areas...	Autonomy, choosing ones activities, setting more complex and long-term goals, seeing long-term benefits to hard work, developing good peer relationships and teamwork, self-motivation. Respect for the game, teammates, opponents, coach, officials, and self.
<i>Social-Behavioral Development--know that at this age they are...</i>	Time of rapid change physically, very aware of body and differences in maturity. Self-identity is being formed. Participation in sport is largely dependent upon friends. Can understand full scope of rules of the game and consequences of ones actions.

PRACTICE

Practice to Competition & Competition Specific Training Ratio**	60:40
Primary Objective of Practice	To refine technical skills and develop tactical proficiency. Practices include regular competitive situations in progressions. Include competitive games that reinforce understanding, and high-repetition game-like drills. Include free play.
Max Recommended Ratio (player:coach)	15:1
Length of Sessions	90 minutes
Frequency*	Up to 3x a week during an 8-14 week season
Multi-Sport Participation-Sport and physical activity diversification-Other sports and activities.	Athlete may decide to start focusing more on 1-2 key sports. If lacrosse rises to the top in motivation and desire, suggest picking another sport that is complimentary during another season. Such as field hockey, soccer, ice hockey, football, basketball etc.

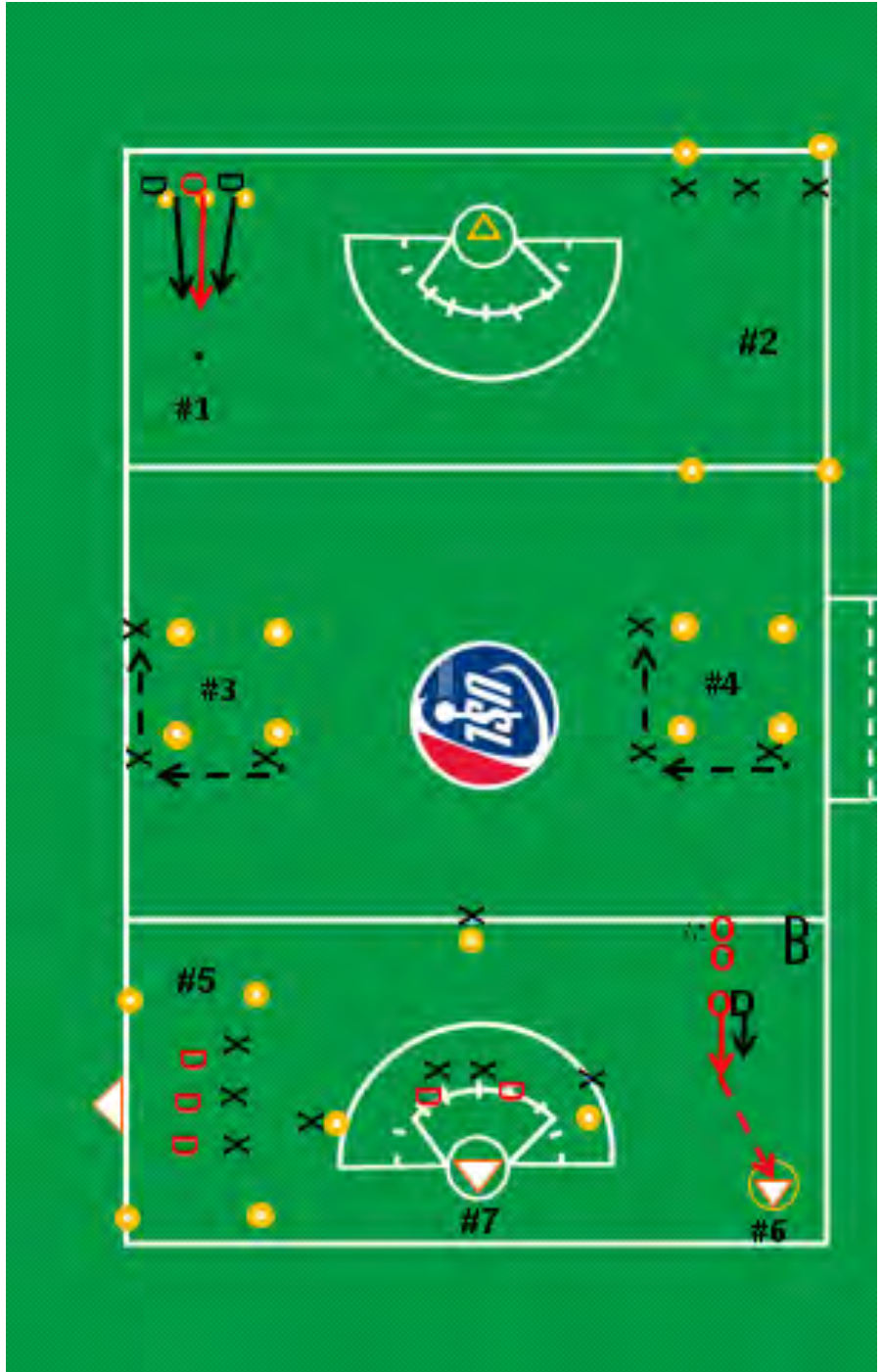
12-13 Year Old Girls

PRACTICE #1

Station	Drill
1 – 8:00	2v1 Ground Balls Drill • 6 players
2 – 8:00	3 player Weave • 6 players
3 – 8:00	Four Corners Passing • 3 players, Right Hand
4 – 8:00	Four Corners Passing • 3 players, Left Hand
5 – 8:00	3v3 Game • Free Play
6 – 8:00	Live 1v1's • 4 players
7 – 8:00	Feed the Crease • 8 players max.
10:00	Settled Offense/Settled Defense Progressions • 12-15 players per side of field
10:00	Full Field Scrimmage • 12-15 players per team

Notes:

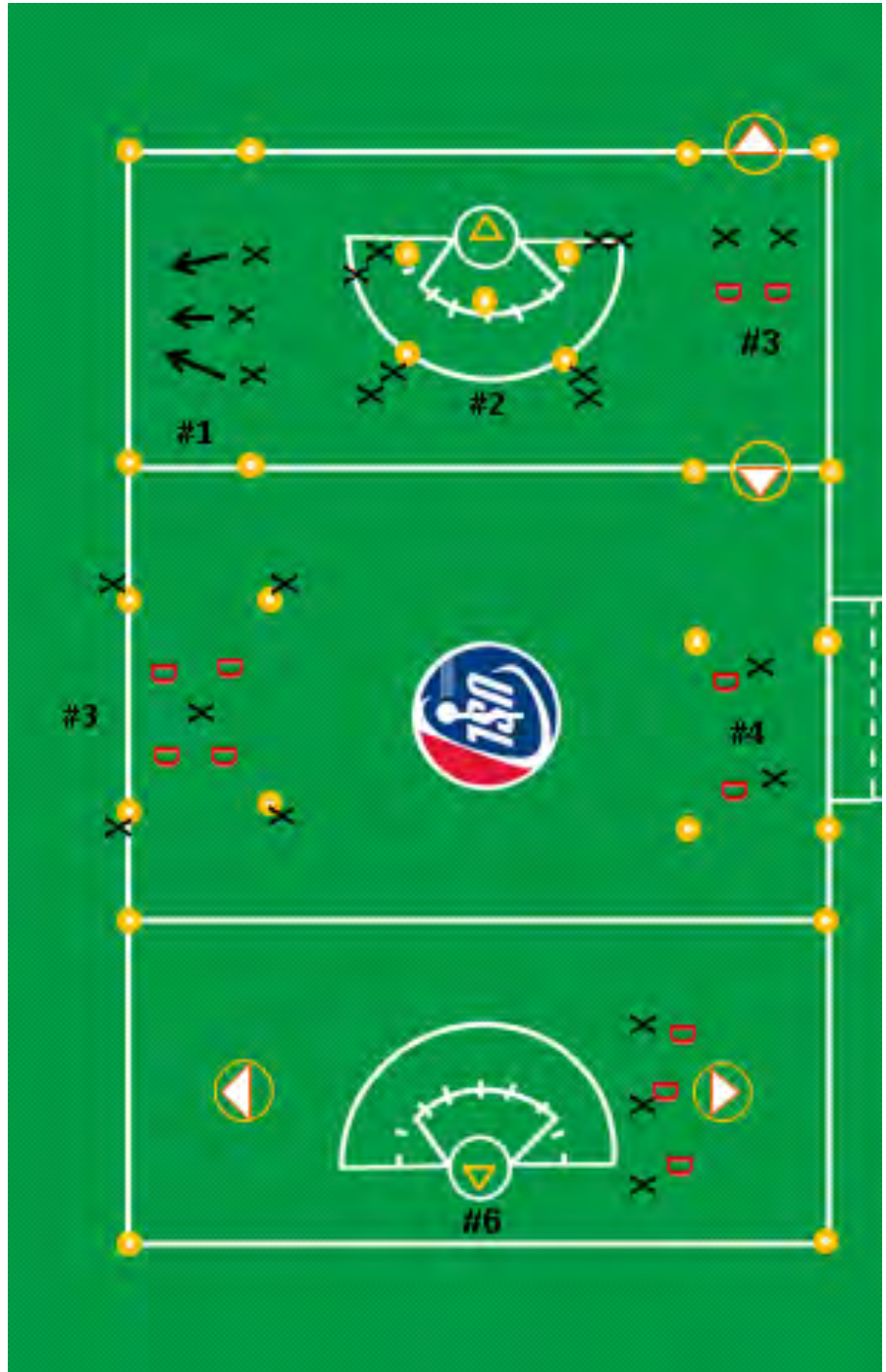
1. Water is provided at each station and players hydrate during their off time in the station



12-13 Year Old Girls

PRACTICE #2

Station	Drill
1 – 8:00	Sideline Groundballs <ul style="list-style-type: none"> Max. 8 players, Min. 4 players
2 – 8:00	Cut, Catch, Shoot <ul style="list-style-type: none"> Max. 8 players, Min. 4 players
3 – 8:00	2v2 Game to 2 <ul style="list-style-type: none"> Max. 8 players, Min. 4 players
4 – 8:00	Hogan Butt to Butt <ul style="list-style-type: none"> Max. 8 players, Min. 4 players
5 – 8:00	Inside Feeding <ul style="list-style-type: none"> Max. 10 players, Min. 9 players
6 – 8:00	3v3 Game <ul style="list-style-type: none"> Free Play Max. 9 players, Min. 6 players
10:00	Clearing Progressions <ul style="list-style-type: none"> Whole Team
10:00	Riding Progressions <ul style="list-style-type: none"> Whole Team
20:00	Live Scrimmage <ul style="list-style-type: none"> (2) 10-minute halves



Notes:

1. Water is provided at each station and players hydrate during their off time in the station

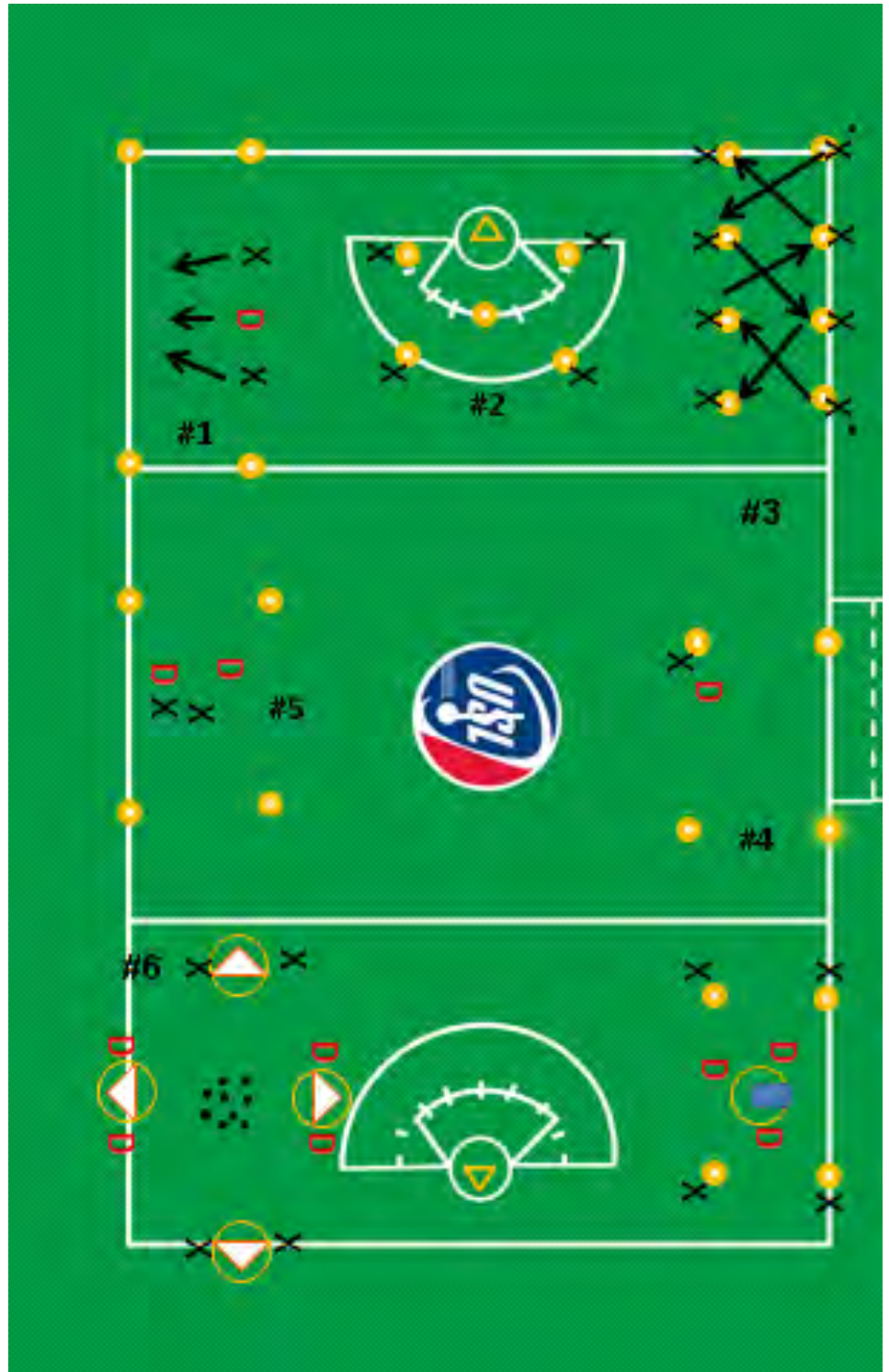
12-13 Year Old Girls

PRACTICE #3

Station	Drill
1 – 8:00	J-Turn Groundballs • 3-8 players max.
2 – 8:00	Scoop and Shoot • 5-8 players max.
3 – 8:00	Eagle Eye • 6-10 players max.
4 – 8:00	Forcing Box • 4-8 players max.
5 – 8:00	Pinnie Tag • 6-8 players max.
6 – 8:00	Hungry Hippos • 8-12 players max.
7- 8:00	4v3 Bucket Ball • 10-12 players max.
10:00	Player Up/Player Down • 11 players max (2 ends)
10:00	Clearing Progressions • Whole Team
10:00	Riding Progression • Whole Team

Notes:

1. Water is provided at each station and players hydrate during their off time in the station



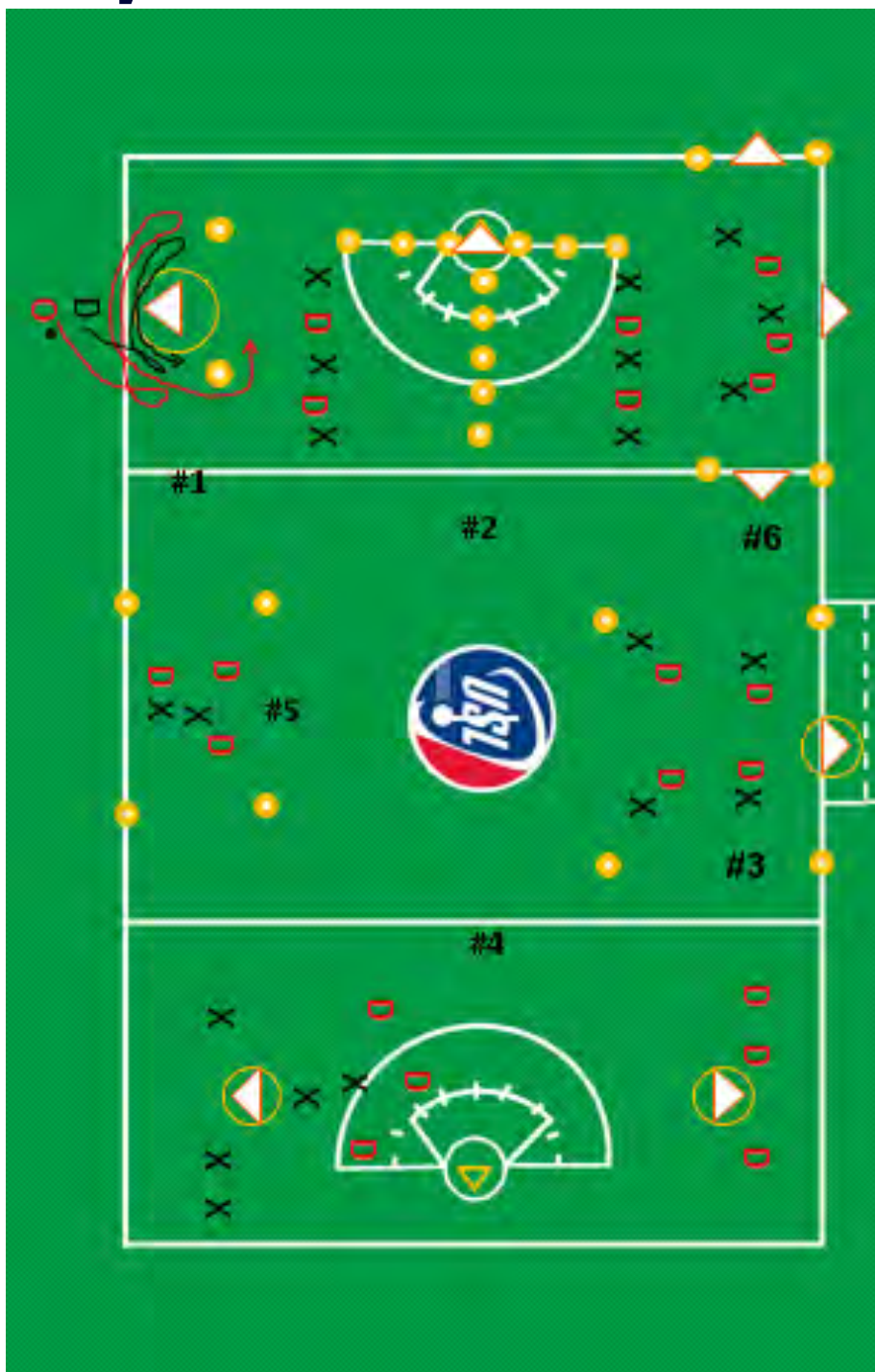
12-13 Year Old Boys

PRACTICE #4

Station	Drill
1 - 8:00	Run the Arc +1 • 6 players max
2 - 8:00	3v2 Sideways • 10 players max.
3 - 8:00	4v4 Game to 1 • 8-10 players max.
4 - 8:00	3v2 West Genny • 4 player min. • 8 players max.
5 - 8:00	Odd Number Keep Away • 5 player min., 7 player max.
6 - 8:00	Score on any Goal • 6 player min., 8 player max.
7 - 8:00	Numbers Drill • 1/2 team at each end
10:00	Settled Offense/Settled Defense Progressions • 12-15 players per side
20:00	Live Scrimmage • (2) 10-minute halves

Notes:

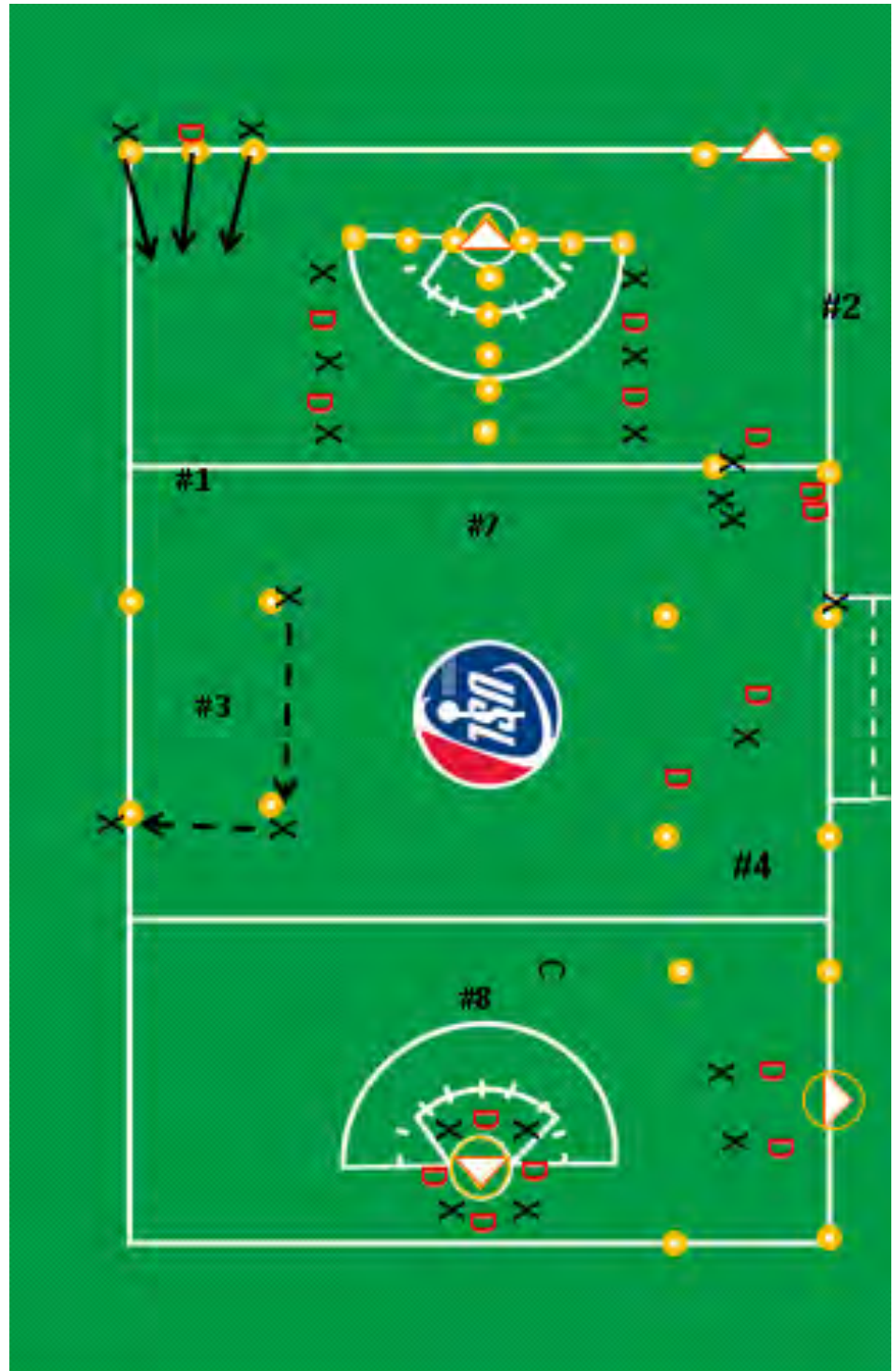
1. Water is provided at each station and players hydrate during their off time in the station



12-13 Year Old Girls

PRACTICE #5

Station	Drill
1 - 8:00	2v1 Groundballs <ul style="list-style-type: none"> 6 player max.
2 - 8:00	1v1 to a Shot <ul style="list-style-type: none"> 4 players min., 6 players max.
3 - 8:00	Four Corners Passing <ul style="list-style-type: none"> 3 players, Right Hand 3:30, Left 3:30
4 - 8:00	Queen of the Draw <ul style="list-style-type: none"> 1v1 Draws 4 players max.
5 - 8:00	3v3 Game <ul style="list-style-type: none"> Free Play
6 - 8:00	2v2 Game <ul style="list-style-type: none"> Free Play
7 - 8:00	3v2 Sideways <ul style="list-style-type: none"> 5 player min., 10 player max.
8 - 8:00	Apache Drill <ul style="list-style-type: none"> 8 players min. 16 player max.
10:00	Live Riding/Clearing <ul style="list-style-type: none"> Whole Team
10:00	Player Up/Player Down <ul style="list-style-type: none"> 11 players max (2 ends)



Notes:

1. Water is provided at each station and players hydrate during their off time in the station

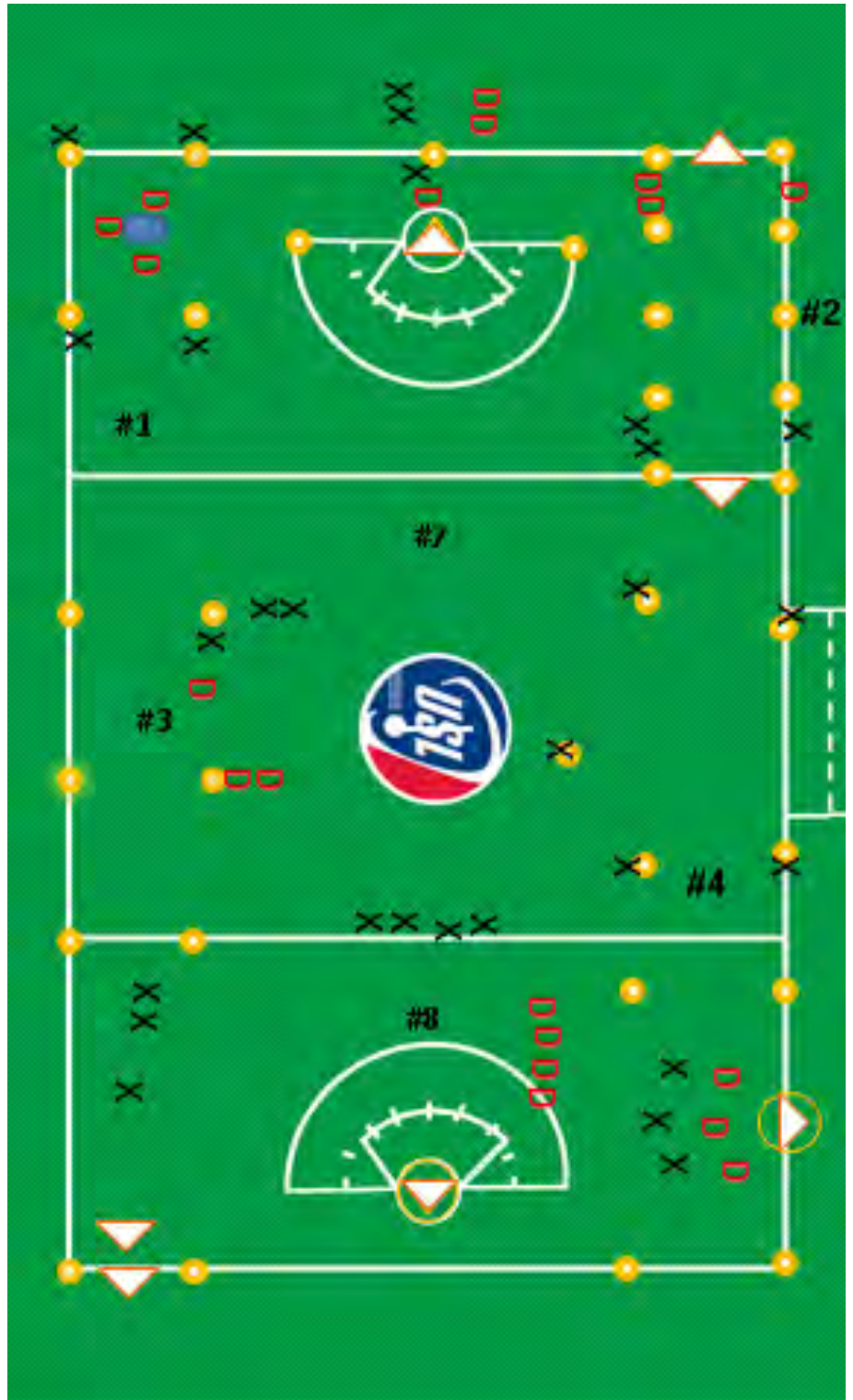
12-13 Year Old Girls

PRACTICE #6

Station	Drill
1 - 8:00	4v3 Bucket Ball <ul style="list-style-type: none"> 7 player max.
2 - 8:00	3v2 West Genny <ul style="list-style-type: none"> 10 - 14 players max.
3 - 8:00	Forcing Box <ul style="list-style-type: none"> 6 players max. Alternate right and left hands
4 - 8:00	Star Drill <ul style="list-style-type: none"> 7 - 10 players max.
5 - 8:00	2 Goal Shooting <ul style="list-style-type: none"> 8 players max. Alternate right and left hands
6 - 8:00	3v3 Games to 1 <ul style="list-style-type: none"> Free Play
7 - 8:00	Run the Arc +2 <ul style="list-style-type: none"> 5 - 10 player max.
8 - 8:00	Numbers <ul style="list-style-type: none"> 8 - 16 player max.
20:00	Live Scrimmage <ul style="list-style-type: none"> (2) 10-minute halves

Notes:

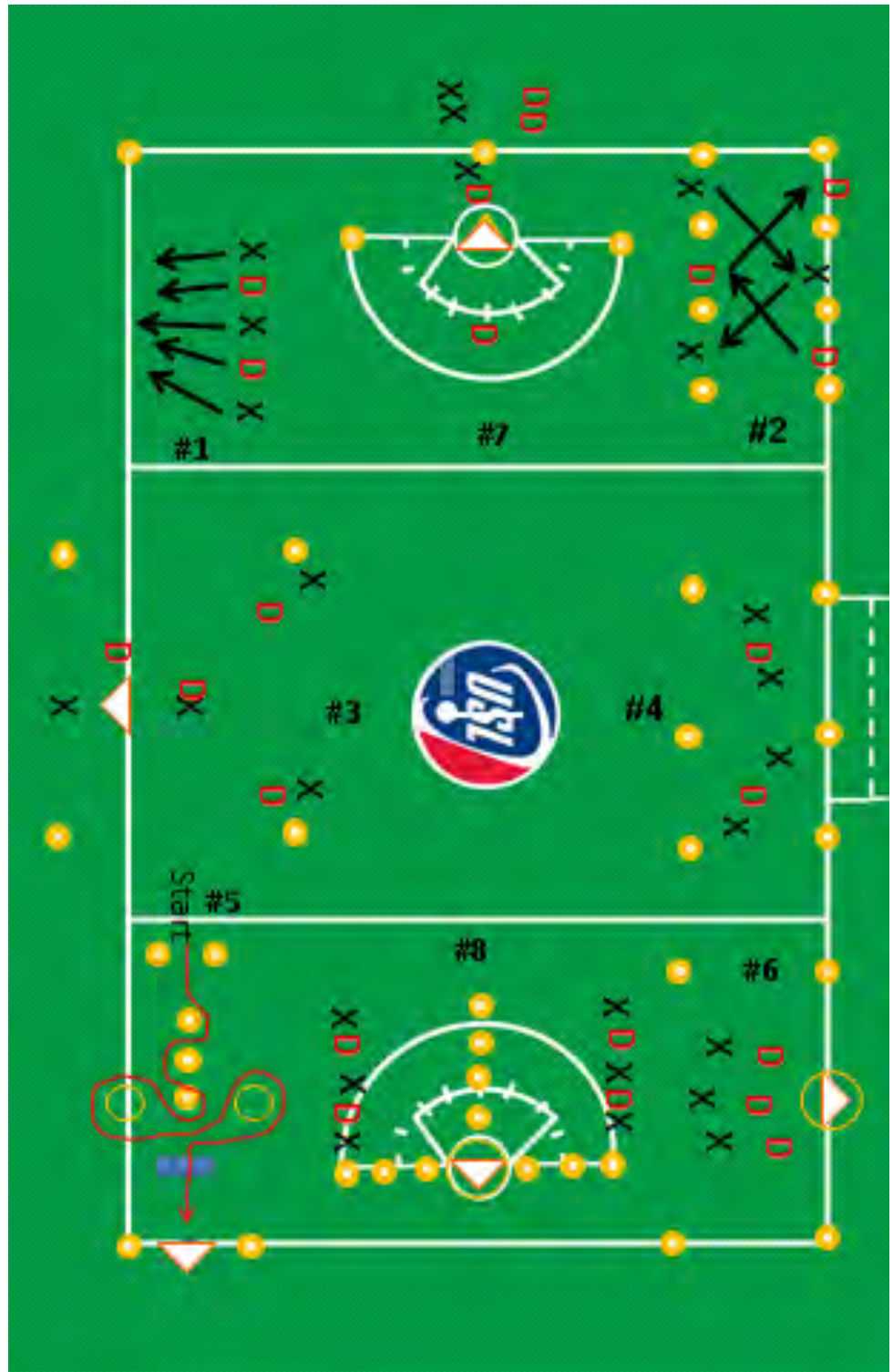
1. Water is provided at each station and players hydrate during their off time in the station



12-13 Year Old Girls

PRACTICE #7

Station	Drill
1 - 8:00	3v2 Groundballs <ul style="list-style-type: none"> 12 player max.
2 - 8:00	Eagle Eye Passing <ul style="list-style-type: none"> 6-8 players max.
3 - 8:00	4x4x3 <ul style="list-style-type: none"> 8 players max. Alternate 4 player offense shapes
4 - 8:00	2v1 Keep Away <ul style="list-style-type: none"> 6 - 8 players max.
5 - 8:00	Agility Course <ul style="list-style-type: none"> 8 players max.
6 - 8:00	3v3 Games to 1 <ul style="list-style-type: none"> 9 player max. Free Play
7 - 8:00	Run the Arc +1 <ul style="list-style-type: none"> 5 - 10 player max.
8 - 8:00	3v3 Sideways <ul style="list-style-type: none"> 6 - 12 player max.
10:00	Settled Offense Prog. <ul style="list-style-type: none"> 12-15 players max (run at 2 ends)
10:00	Settled Defense Prog. <ul style="list-style-type: none"> 12-15 players max. (run at 2 ends)



Notes:

1. Water is provided at each station and players hydrate during their off time in the station

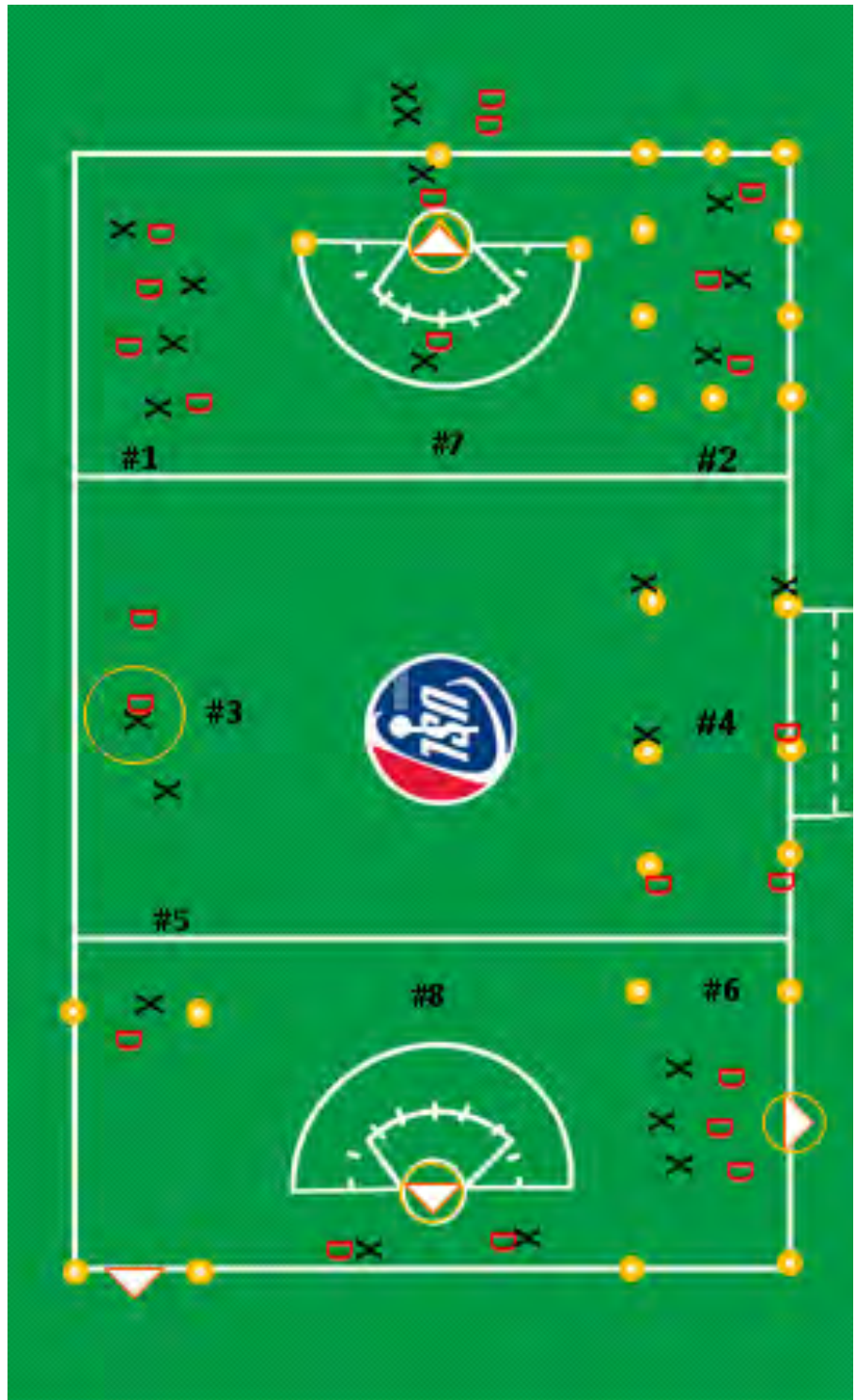
12-13 Year Old Girls

PRACTICE #8

Station	Drill
1 - 8:00	Hogan Butt to Butt <ul style="list-style-type: none"> 10 player max.
2 - 8:00	Pinnie Tag <ul style="list-style-type: none"> 6 players min. 8 players max.
3 - 8:00	Circle Groundballs <ul style="list-style-type: none"> 6 players min. 8 players max.
4 - 8:00	Triangle Passing <ul style="list-style-type: none"> 6 players max
5 - 8:00	Velcro Shooting <ul style="list-style-type: none"> 6 players max.
6 - 8:00	3v3 Games to 1 <ul style="list-style-type: none"> 9 player max. Free Play
7 - 8:00	Run the Arc +2 <ul style="list-style-type: none"> 5 player min., 10 player max.
8 - 8:00	Canadian 2v2's <ul style="list-style-type: none"> 6 players min. 12 player max.
20:00	Live Scrimmage <ul style="list-style-type: none"> (2) 10-minute halves

Notes:

1. Water is provided at each station and players hydrate during their off time in the station



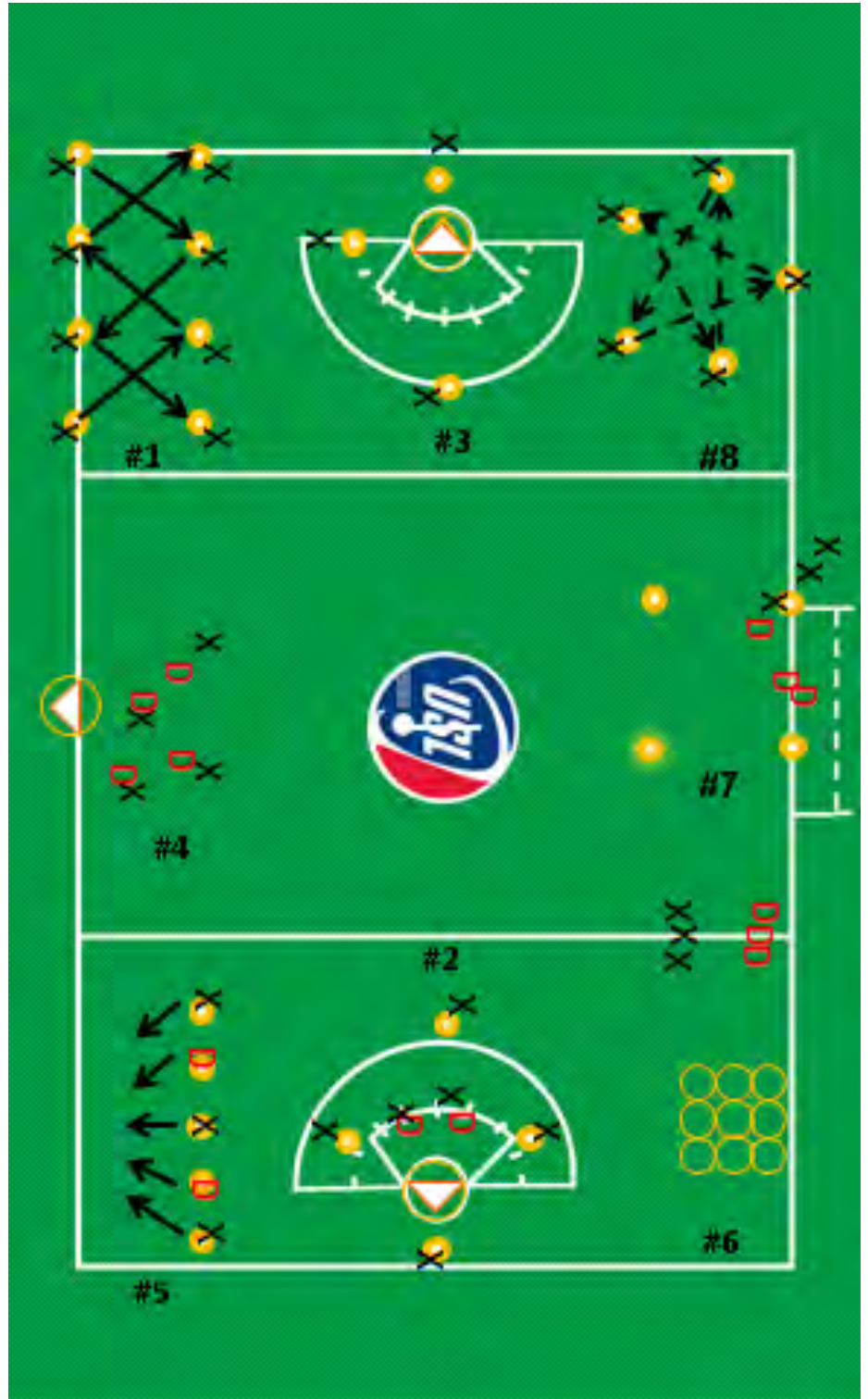
12-13 Year Old Girls

PRACTICE #9

Station	Drill
1 - 8:00	Eagle Eye Passing • 12 player max.
2 - 8:00	Survivor • 6-8 players
3 - 8:00	Hopkins Up and Over • 6-8 players
4 - 8:00	4x4x3 • 10 players max
5 - 8:00	3v2 Groundballs • 6 players max.
6 - 8:00	Tic Tac Toe Relays • 9 player max.
7 - 8:00	Forcing Box • 5-10 players
8 - 8:00	Star Drill • 6-12 players
10:00	Clearing Progression • Whole Team
10:00	Riding Progression • Whole Team

Notes:

1. Water is provided at each station and players hydrate during their off time in the station



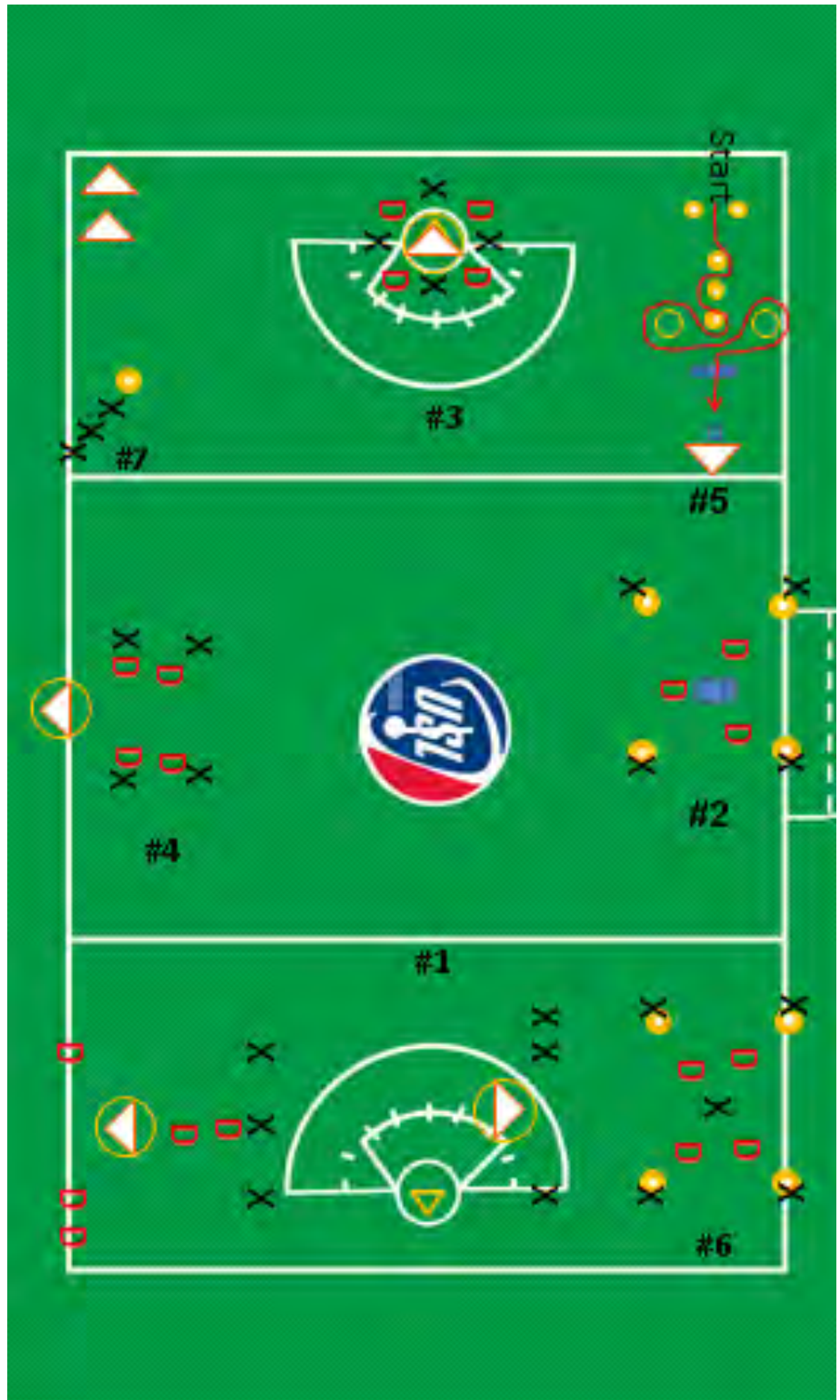
12-13 Year Old Girls

PRACTICE #10

Station	Drill
1 - 8:00	3v2 West Genny • 10 player max.
2 - 8:00	43 Bucket Ball • 10 players max.
3 - 8:00	Apache Drill • 6 - 8 players
4 - 8:00	4v4 Games to 1 • 8 - 12 players
5 - 8:00	Agility Course • 6 players max.
6 - 8:00	Odd Numbers Keep Away • 12 players max.
7 - 8:00	Two Goal Shooting • 5 - 10 player max.
8 - 8:00	Add Fill Drill • 6 - 12 player max.
10:00	Player Up/Player Down • Skeleton work at both ends • 10-12 players per end.
10:00	Player Up/Player Down • Live at each end.

Notes:

1. Water is provided at each station and players hydrate during their off time in the station



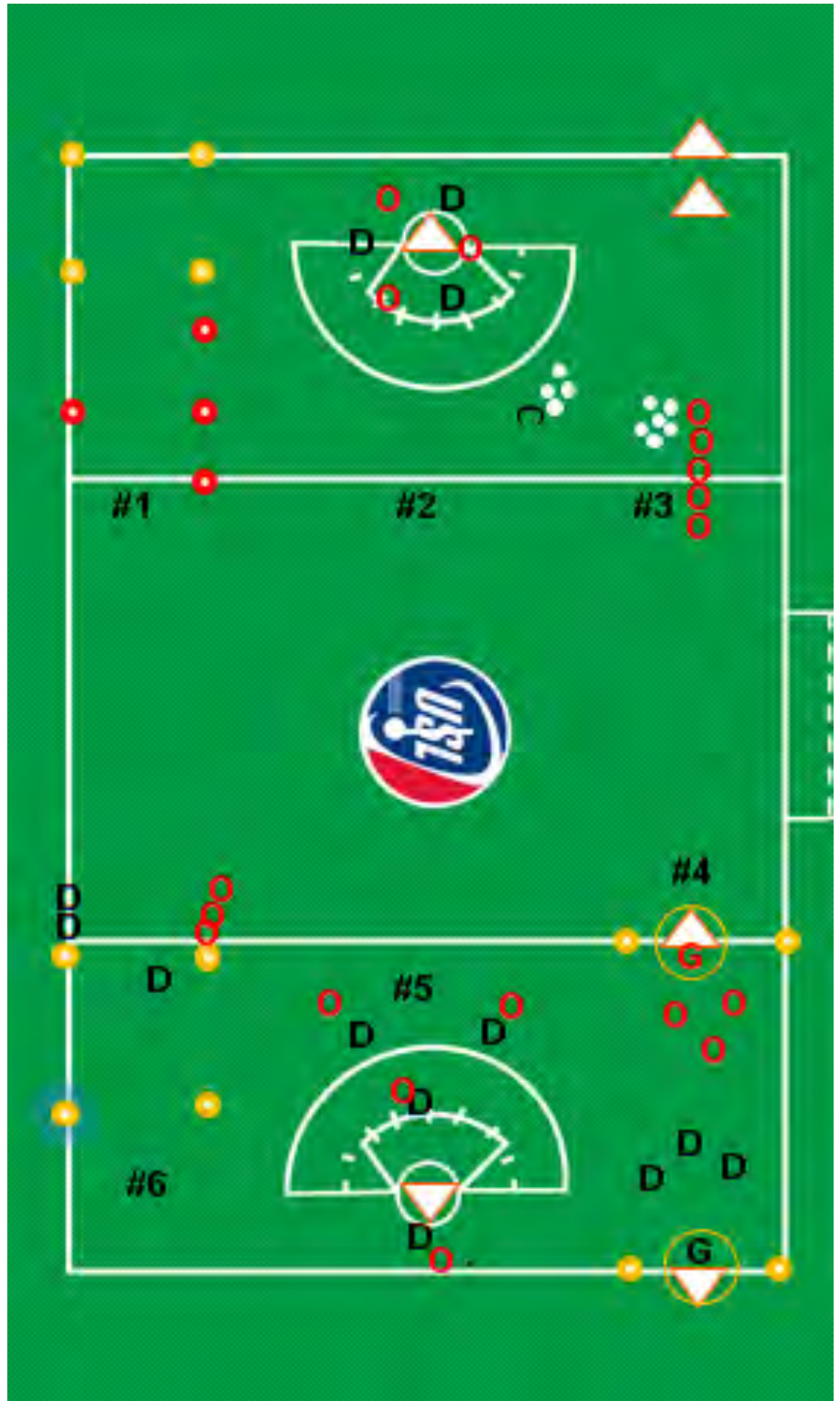
14-15 Year Old Girls

PRACTICE #1

Station	Drill
1 - 8:00	Footwork Drills • 10 player max.
2 - 8:00	Apache Drill • 6 - 8 players
3 - 8:00	Two Goal Shooting • 5 - 10 player max.
4 - 8:00	3v3 Games • 12 players max.
5 - 8:00	4x4x3 • 12 players max.
6 - 8:00	Forcing Box • 6 players max.
10:00	Riding Progressions • Whole Team
10:00	Clearing Progressions • Whole Team
10:00	Live Ride v. Clear • Whole Team
12:00	Situational Scrimmage • Whole Team • (2) 6 minute halves

Notes:

1. Water is provided at each station and players hydrate during their off time in the station



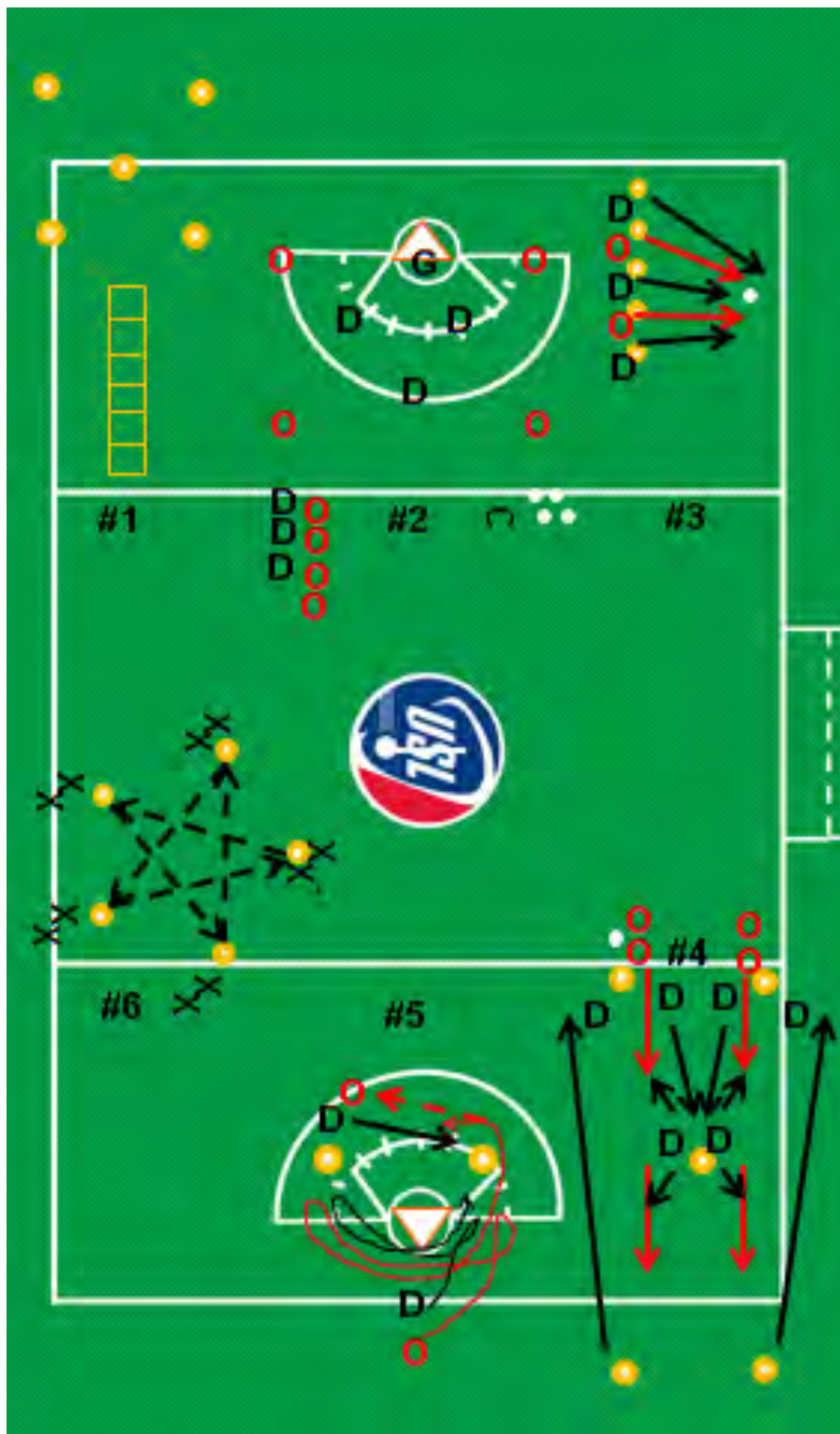
14-15 Year Old Girls

PRACTICE #2

Station	Drill
1 - 8:00	Footwork Drills • 10 player max.
2 - 8:00	4v3 Drill • 14 players max.
3 - 8:00	3v2 Groundballs • 10 players max.
4 - 8:00	Out, In, and Down • 10 players
5 - 8:00	Run the Arc +2 • 6 players max.
6 - 8:00	Star Drill • 12 players max.
10:00	3v2 West Genny Drill • 5 - 10 player max.
10:00	Game to 1 • Whole Team
10:00	Team Offense/Defense • Skeleton work at both ends • 10-12 players per end.
10:00	7v7 Scrimmage • Live 6v6 at each end

Notes:

1. Water is provided at each station and players hydrate during their off time in the station



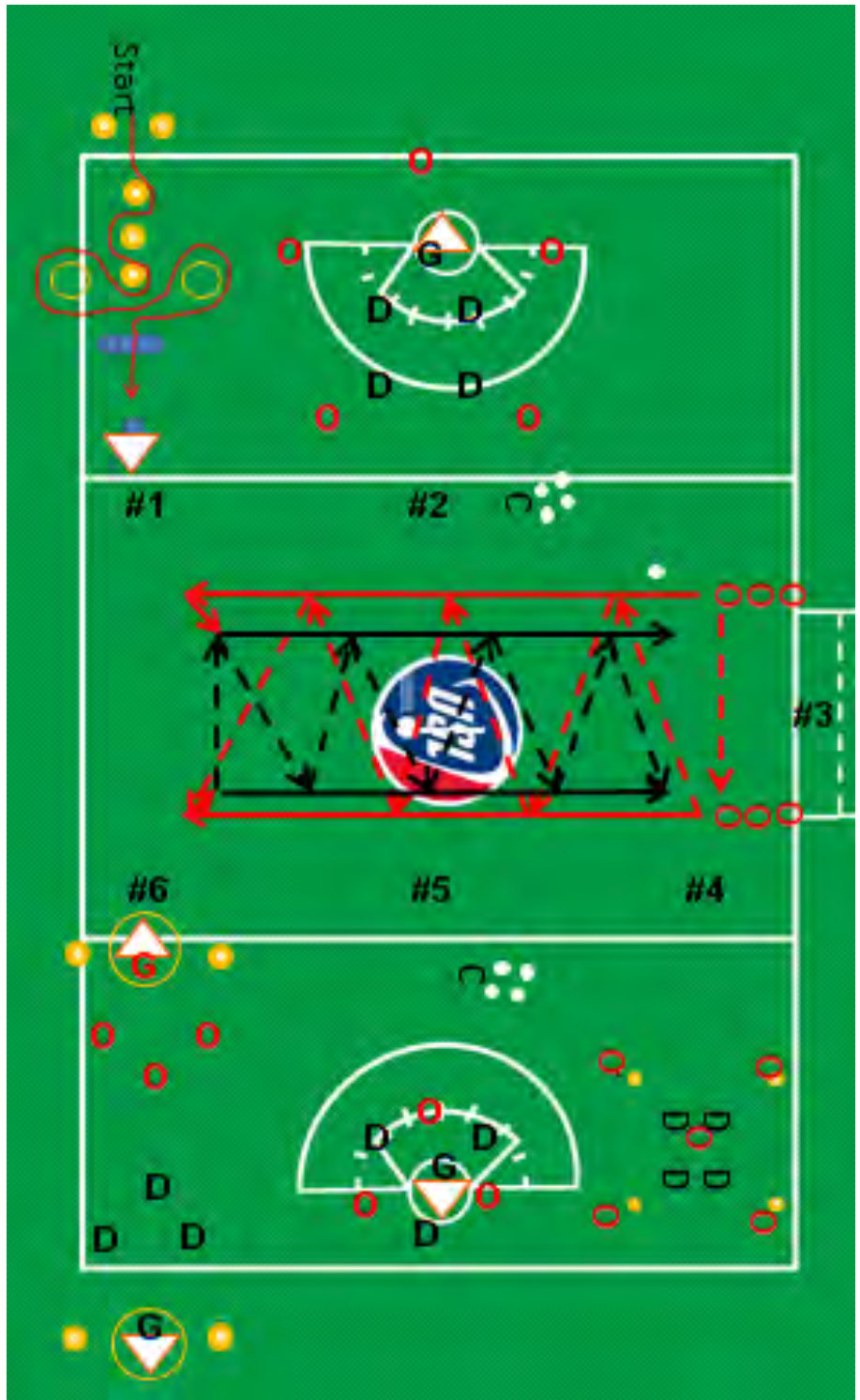
14-15 Year Old Girls

PRACTICE #3

Station	Drill
1 - 8:00	Agility Course • 10 player max.
2 - 8:00	5v4 Drill • 10 players max.
3 - 8:00	Snake Passing • 6 - 8 players
4 - 8:00	Odd Numbers Keep Away • 9 - 12 players
5 - 8:00	Apache Drill • 6 players max.
6 - 8:00	3v3 Games • 12 players max.
10:00	Clearing Progressions • Whole Team
10:00	Riding Progressions • Whole Team
10:00	Live Ride v. Clear • Whole Team
10:00	Bullet 43-54 • Whole Team

Notes:

1. Water is provided at each station and players hydrate during their off time in the station



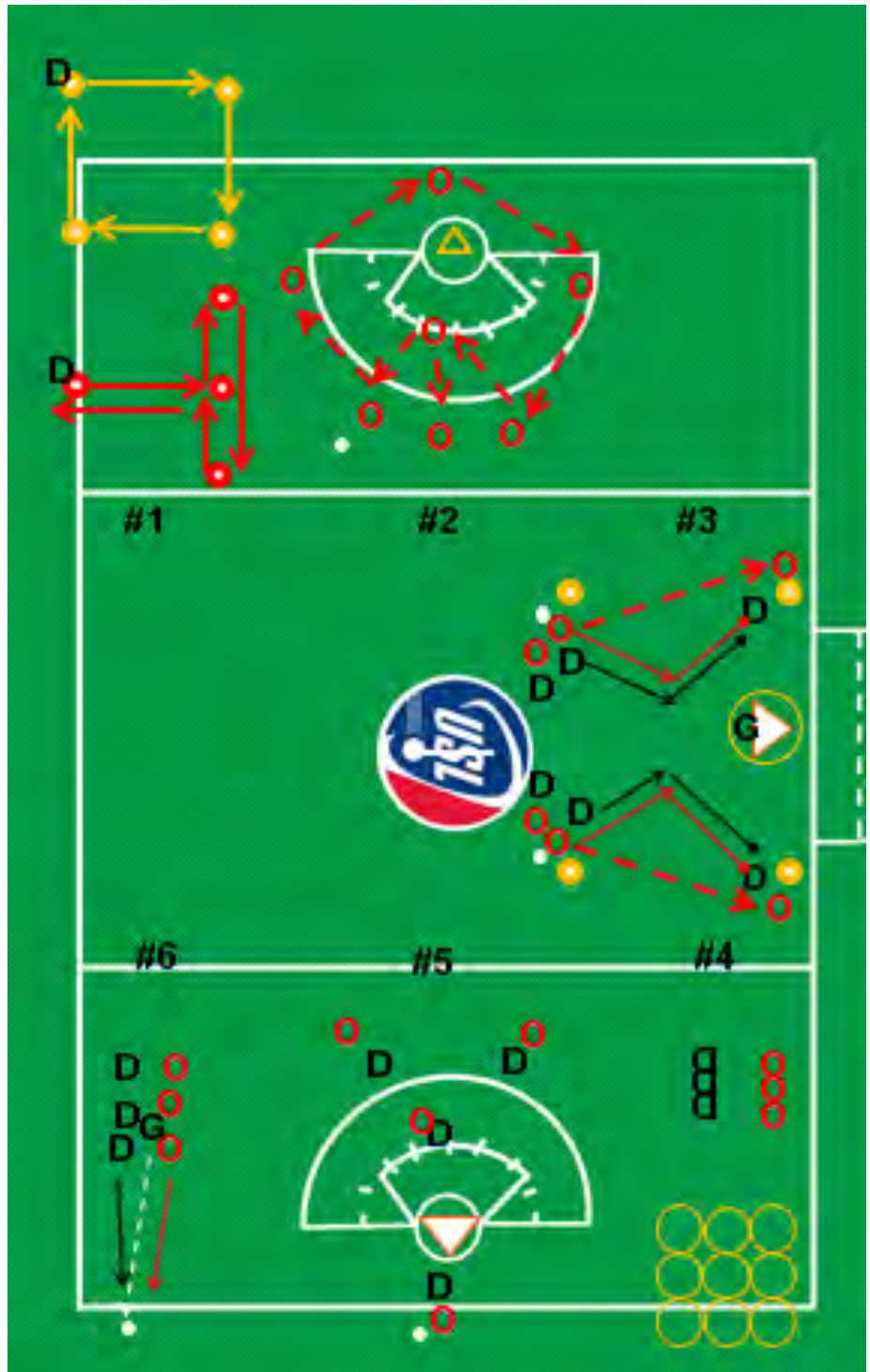
14-15 Year Old Girls

PRACTICE #4

Station	Drill
1 - 8:00	Footwork Drills • 10 player max.
2 - 8:00	Max Touches • 8 players max.
3 - 8:00	Pass Down, Pick Down • 12 players
4 - 8:00	Tic Tac Toe Relays • 6-8 players
5 - 8:00	4x4x3 • 12 players max.
6 - 8:00	1v1 Groundballs • 6 players max.
10:00	Air Force (Prog.1&2) • Whole Team
10:00	Situational Scrimmage • Whole Team
10:00	Player Up/Down • Skeleton work at both ends • 10-12 players per end.
10:00	Player Up/Down • Live at each end

Notes:

1. Water is provided at each station and players hydrate during their off time in the station



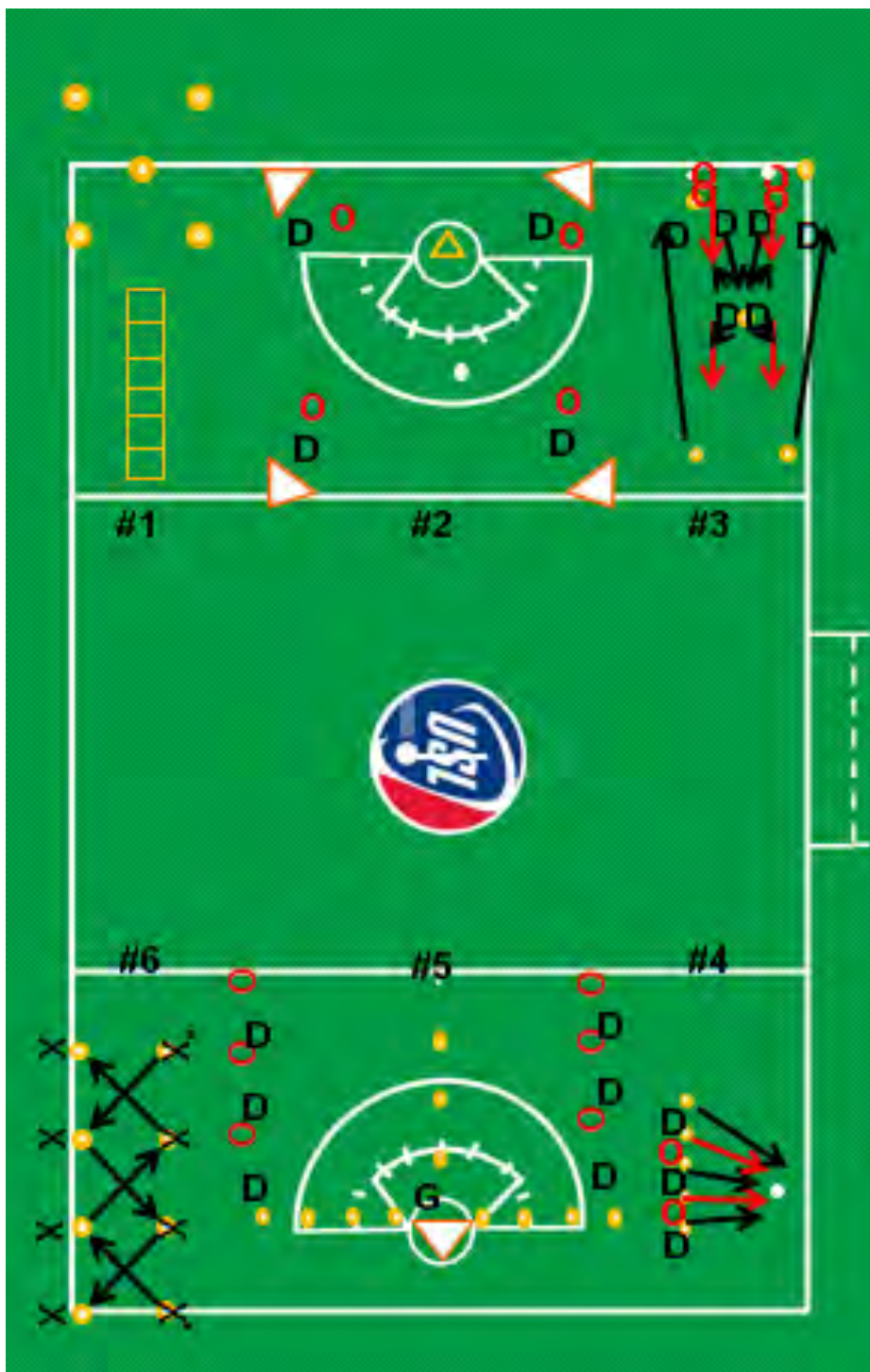
14-15 Year Old Girls

PRACTICE #5

Station	Drill
1 - 8:00	Footwork Drills • 6 player max.
2 - 8:00	Score on Any Goal • 10 players max.
3 - 8:00	Out, In, and Down • 10 players max.
4 - 8:00	3v2 Groundballs • 8 - 12 players
5 - 8:00	Sideways 3v3 • 12 players max.
6 - 8:00	Eagle Eye Passing • 12 players max.
10:00	Skeleton Offense • Offense on one end
10:00	Skeleton Defense • Defense on one end.
10:00	Live Scrimmage • Whole Team
10:00	5v5 Keep Away • Whole Team

Notes:

1. Water is provided at each station and players hydrate during their off time in the station



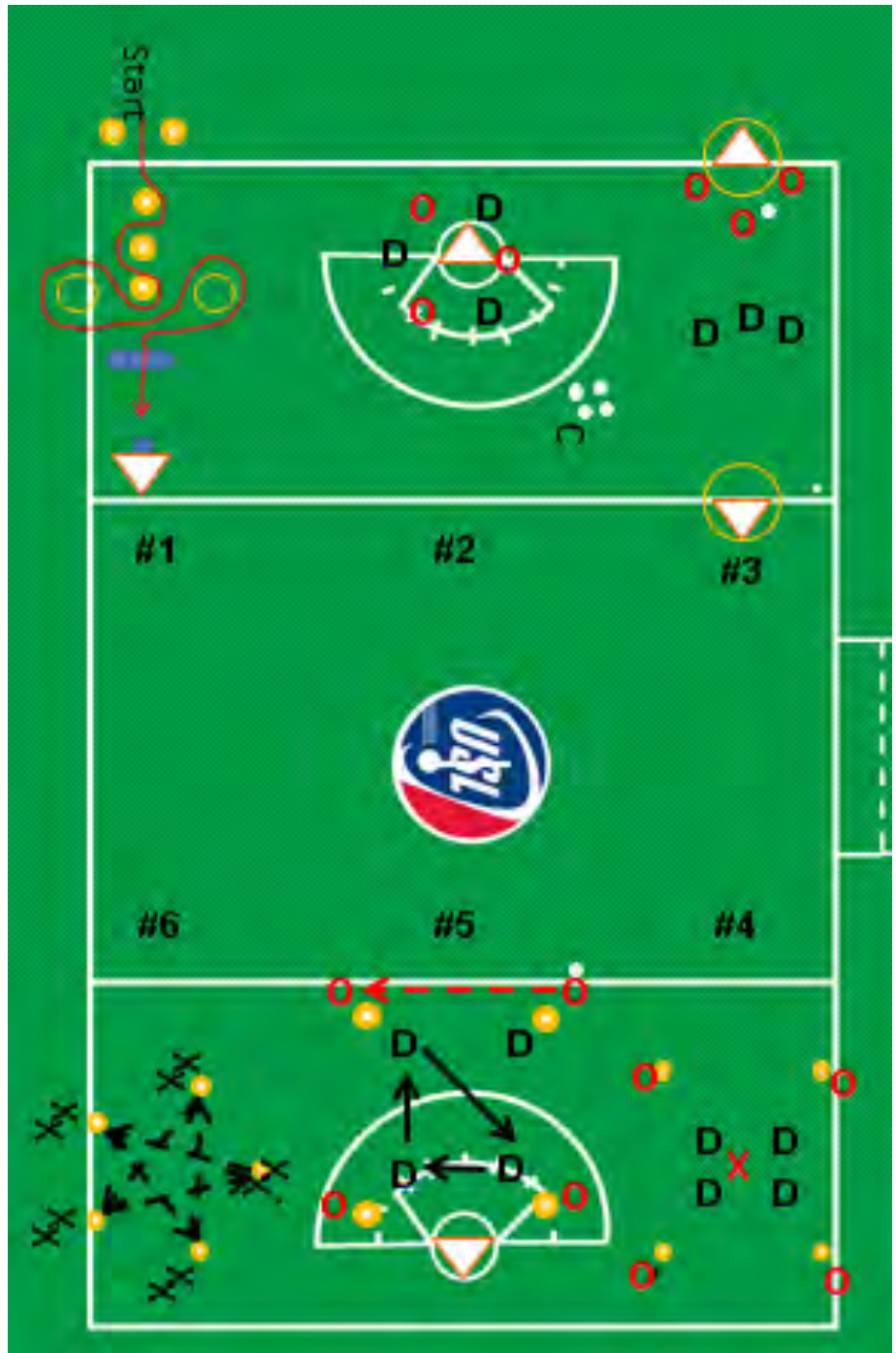
14-15 Year Old Girls

PRACTICE #6

Station	Drill
1 - 8:00	Agility Course • 6 - 8 player max.
2 - 8:00	Apache • 9 players max.
3 - 8:00	3v3 Game • 6 - 9 players
4 - 8:00	Odd Numbers Keep Away • 8 - 12 players
5 - 8:00	Princeton 44 • 6 players max.
6 - 8:00	Star Drill • 12 players max.
10:00	Situational Scrimmage • Whole Team
10:00	Riding Progressions • Whole Team
10:00	Clearing Progressions • Whole Team
10:00	4v3 West Genny • Whole Team

Notes:

1. Water is provided at each station and players hydrate during their off time in the station



14-15 Year Old Girls

PRACTICE #7

Station	Drill
1 - 8:00	Footwork Drills
	• 10 player max.

2 - 8:00	5v4 Drill
	• 12 players max.

3 - 8:00	2v1 Groundballs
	• 6 - 8 players

4 - 8:00	Out, In, and Down
	• 8 - 12 players

5 - 8:00	4x4x3
	• 12 players max.

6 - 8:00	Two Goal Shooting
	• 8 players max.

10:00	Bullet 43-54
	• 5 - 10 player max.

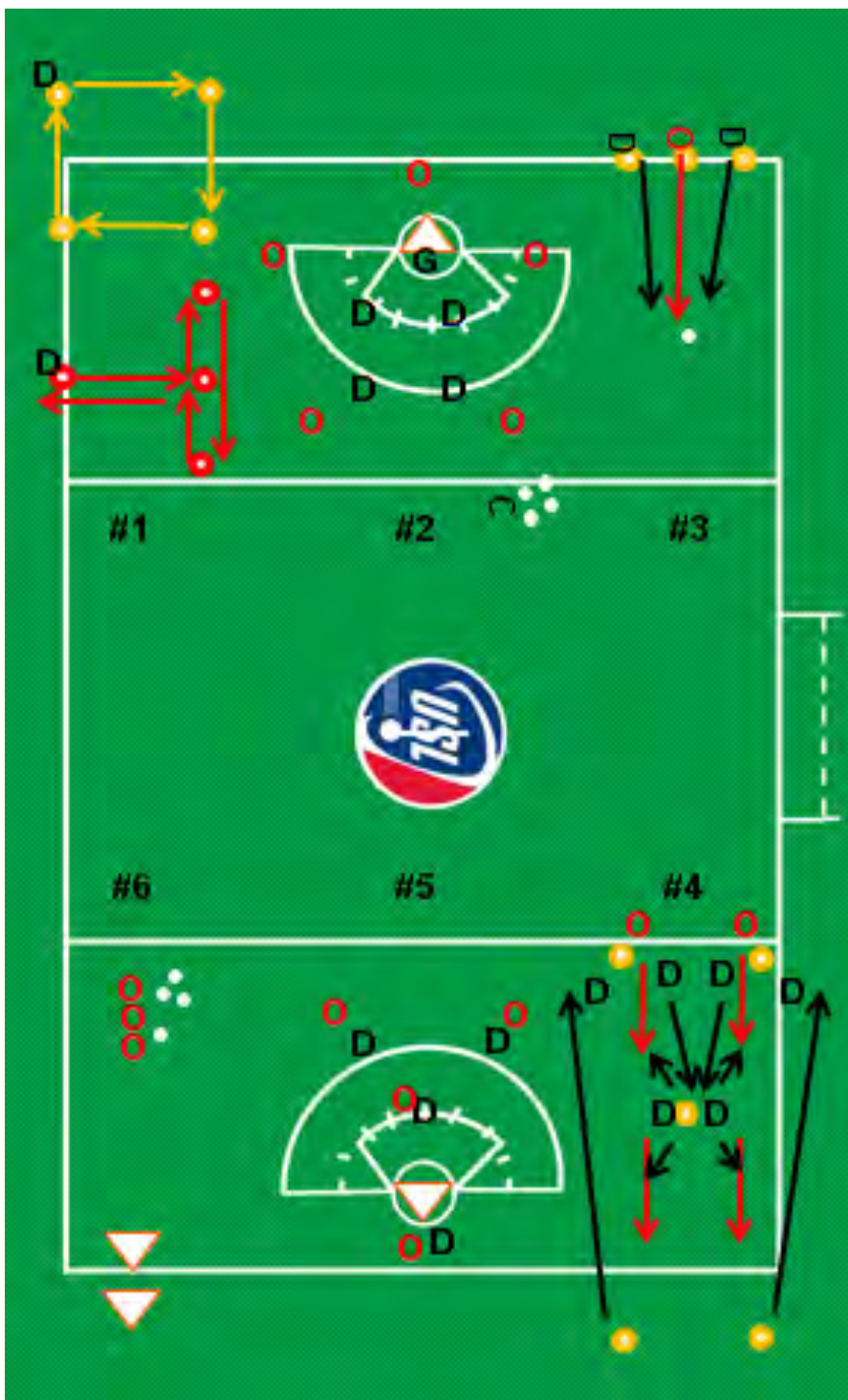
10:00	Situational Scrimmage
	• Whole Team

10:00	Player Up/Down
	• Skeleton work at both ends
	• 10-12 players per end.

10:00	Player Up/Down
	• Live at each end

Notes:

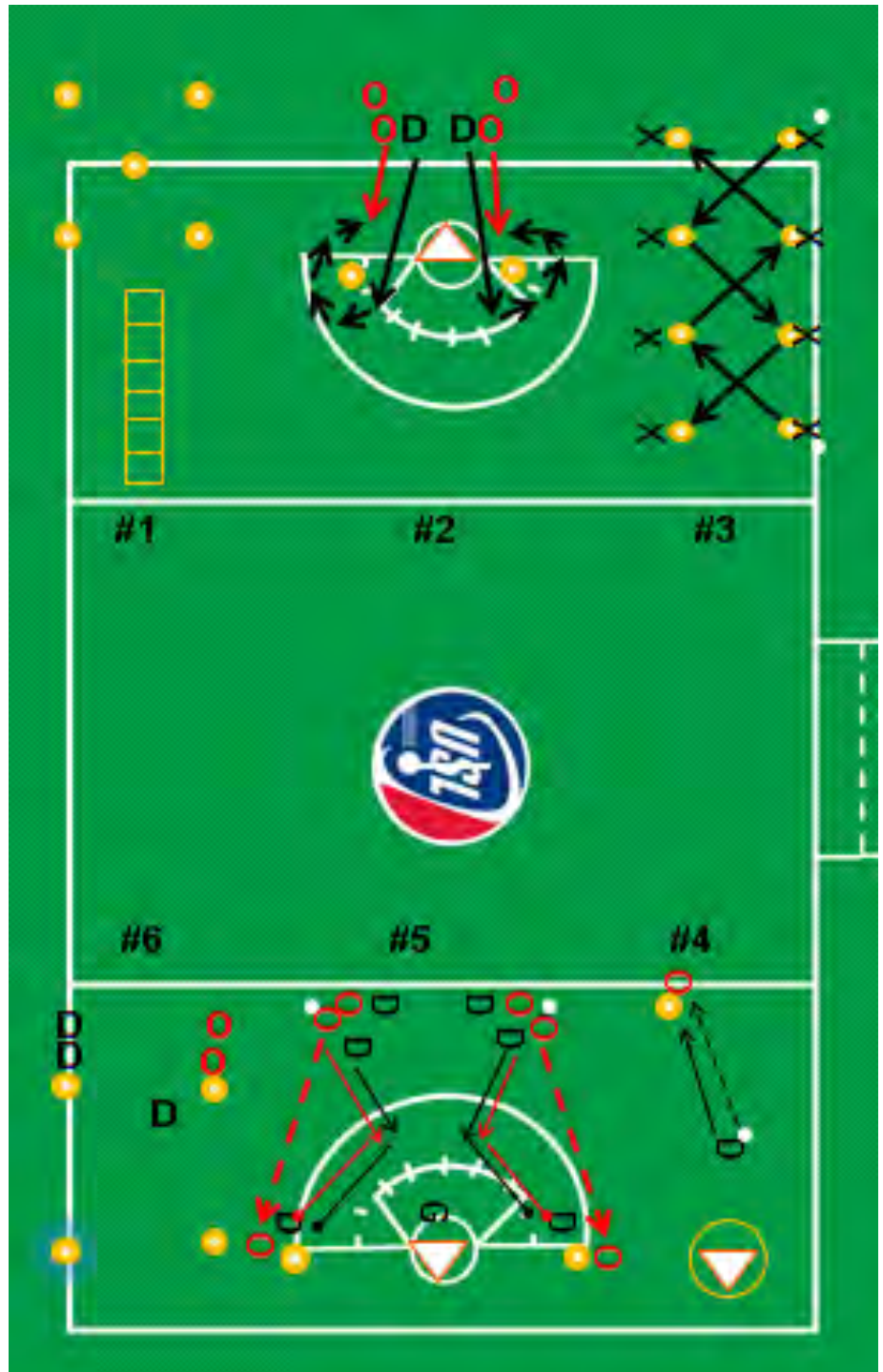
1. Water is provided at each station and players hydrate during their off time in the station



14-15 Year Old Girls

PRACTICE #8

Station	Drill
1 - 8:00	Footwork Drills • 10 player max.
2 - 8:00	Navy 1v1's • 6 players max.
3 - 8:00	Eagle Eye • 6 - 8 players
4 - 8:00	Hawk Hi / Hawk Low • 8 - 12 players
5 - 8:00	Pass Down, Pick Down • 6 - 12 players max.
6 - 8:00	Forcing Box • 6 players max.
10:00	Towson Fast Breaks • Whole Team
10:00	Skeleton Offense • Skeleton work at both ends • 10-12 players per end.
10:00	Skeleton Defense • Skeleton work at both ends • 10-12 players per end.
10:00	Situational Scrimmage • Whole Team



Notes:

1. Water is provided at each station and players hydrate during their off time in the station

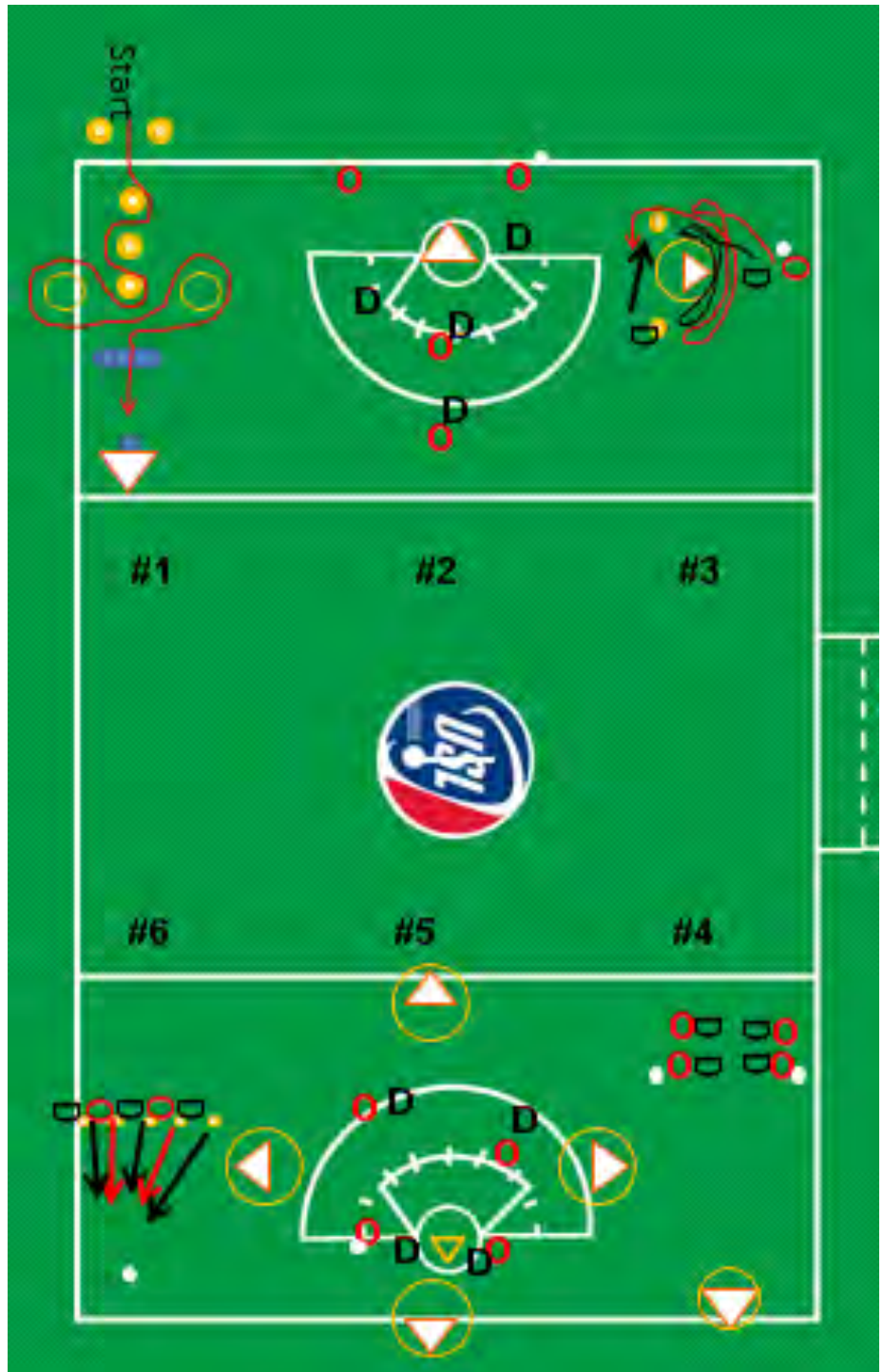
14-15 Year Old Girls

PRACTICE #9

Station	Drill
1 - 8:00	Agility Course • 10 player max.
2 - 8:00	4x4x3 • 12 players max.
3 - 8:00	Run the Arc +1 • 6 - 8 players
4 - 8:00	Velcro Shooting • 6 - 8 players
5 - 8:00	Score on any Goal • 12 players max.
6 - 8:00	2v1 Groundballs • 12 players max.
10:00	4v3 West Genny • Whole Team
10:00	Riding Progressions • Whole Team
10:00	Clearing Progressions • Whole Team
10:00	Situational Scrimmage • Whole Team • (2) 5-minute halves

Notes:

1. Water is provided at each station and players hydrate during their off time in the station



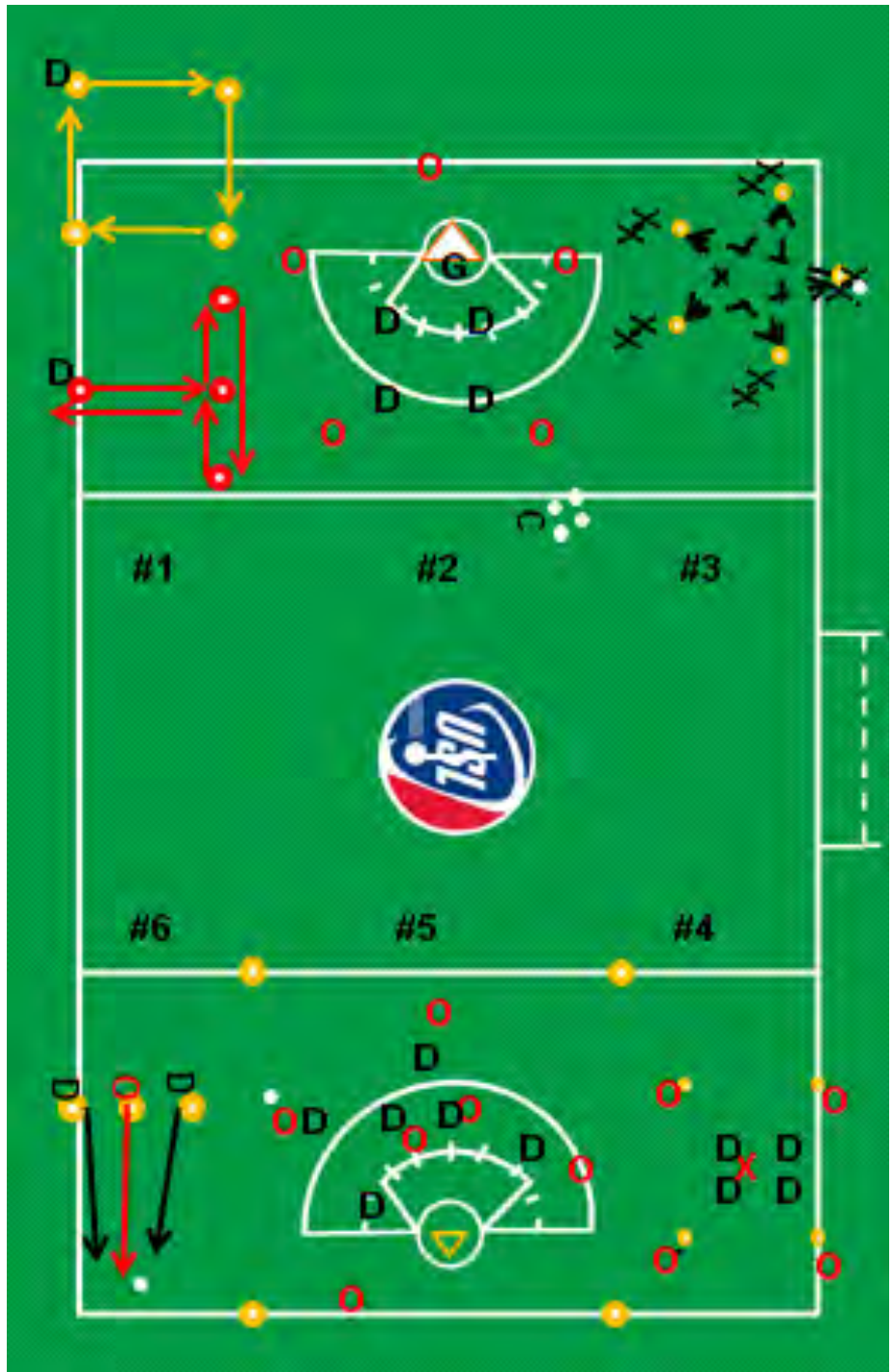
14-15 Year Old Girls

PRACTICE #10

Station	Drill
1 - 8:00	Footwork Drills • 10 player max.
2 - 8:00	5v4 Drill • 10 players max.
3 - 8:00	Star Drill • 10 players max.
4 - 8:00	Odd Numbers Keep Away • 8 - 12 players
5 - 8:00	Sniper Drill • 12 players max.
6 - 8:00	2v1 Groundballs • 12 players max.
10:00	Offense Progressions • Whole Team
10:00	Defense Progressions • Whole Team
10:00	Situational Scrimmage • Whole Team
10:00	5v5 Keep Away • Whole Team

Notes:

1. Water is provided at each station and players hydrate during their off time in the station





3v2 Sideways

Appropriate Age Group: 10-18

Skill(s) Practiced: Ball Movement, Off Ball Play, Uneven Situations

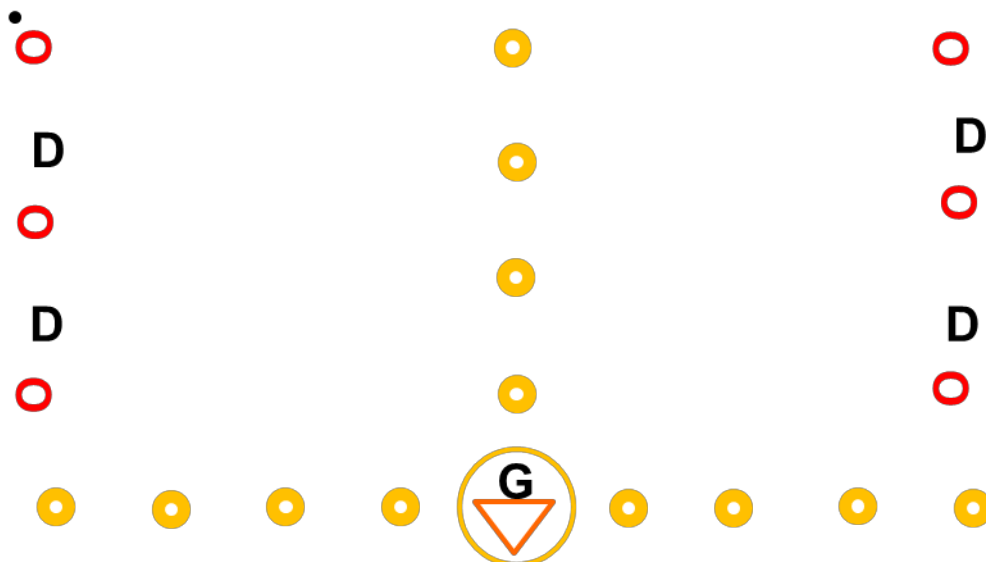
Drill Duration: 5-7 minutes

Resources: Balls, Multiple cones

Description: Field is set up as shown and spacing can be adjusted based on age and ability of players. On the whistle, players will play a 3v2 situation to a goal or defensive turnover. Players must stay inside of the cone boundaries and on their respective half of the field.

Progression(s): Add or subtract players to change the level of difficulty. Start with a ground ball instead of possession. Move the boundaries to teach attacking from behind the goal.

Drill Diagram:





3v2 West Genny

Appropriate Age Group: 10-18

Skill(s) Practiced: Unsettled Situations

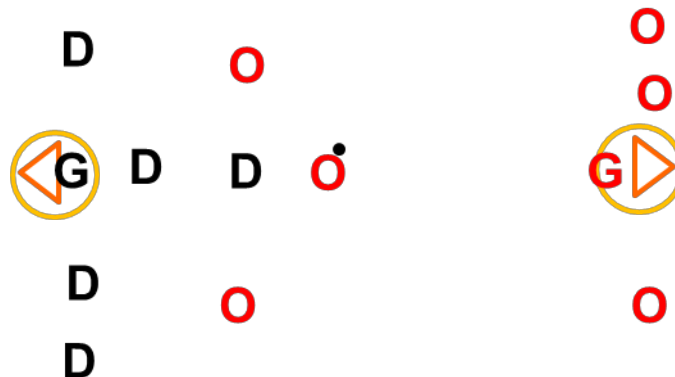
Drill Duration: 5-7 minutes

Resources: Balls, Cones, Goal

Description: The drill starts with 3 **O** players against 2 **D** players. They play a 3v2 until a goal or change of possession. The last **O** player to touch the ball drops out of the drill and the remaining 2 **O** players get back to play defense. 3 new **D** players release from their end to attack the opposite end of the field. Each team will get one offensive run and one defensive run before being replaced by new players.

Progression(s): Adjust the spacing for the ability and skill level of the players. Alternate the top hand on the stick. Start with a ground ball instead of a pass from the goalie. This drill can be run with a different number of players, based on skill level of players participating.

Drill Diagram:





3v3 Sideways

Appropriate Age Group: 10-18

Skill(s) Practiced: Ball movement, Off Ball Play.

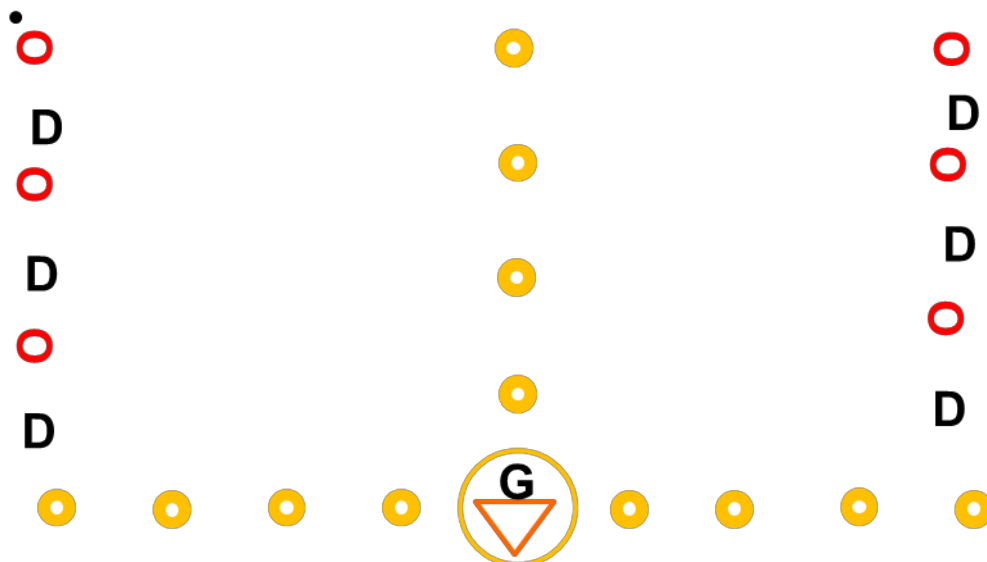
Drill Duration: 5-7 minutes

Resources: Balls, Multiple cones

Description: Field is set up as shown and spacing can be adjusted based on age and ability of players. On the whistle, players will play a 3v3 situation to a goal or turnover. Players must stay inside of the cone boundaries and on their respective half of the field.

Progression(s): Add or subtract players to change the level of difficulty. Start with a ground ball instead of possession. Move the boundaries to teach attacking from behind the goal.

Drill Diagram:





4v3 Bucket Ball

Appropriate Age Group: 10-18

Skill(s) Practiced: Scooping, Dodging, Stick Protection, Player Down Defense, Sliding, Recovering

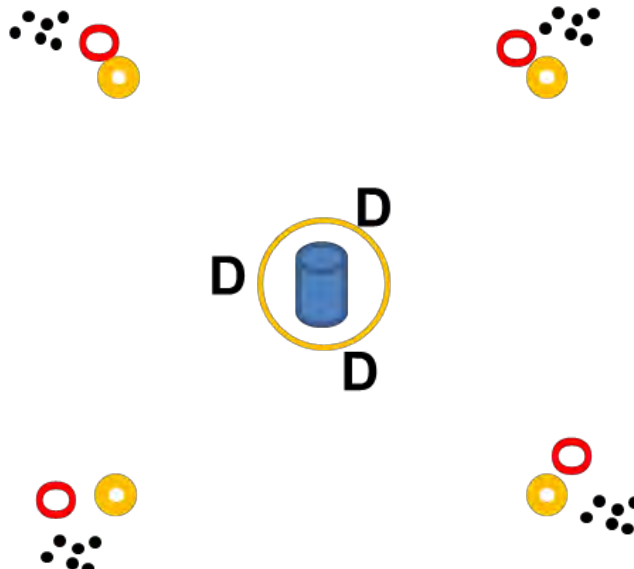
Drill Duration: 5-7 minutes

Resources: Balls, Cones, Bucket/Goal

Description: On the coach's whistle, the offense (O) is trying to get balls from their starting cone into the center bucket/goal. The defense is trying to stop them using any age-appropriate and legal defensive technique. Offensive players may only "score" by dropping the ball into the bucket. Defense can "score" if an offensive player drops the ball or is forced out of the boundaries. This drill can be done with or without sticks depending on the skill level of the athletes.

Progression(s): Add or subtract players to change the level of difficulty. Take balls away from one or more lines and require passing.

Drill Diagram:





4x4x3 Drill

Appropriate Age Group: 10-18

Skill(s) Practiced: Ball movement, Off Ball Play.

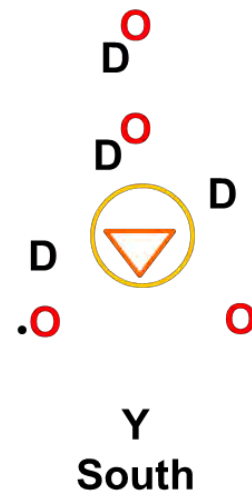
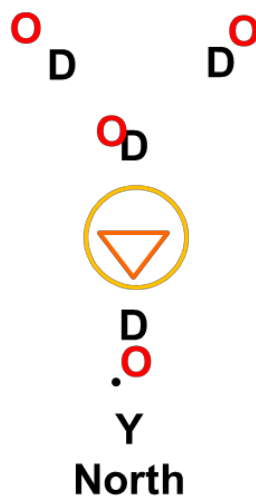
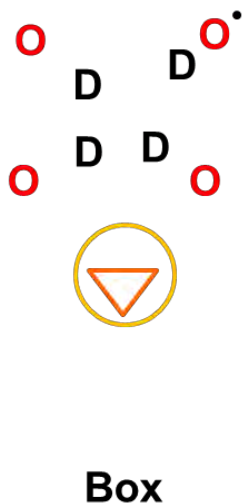
Drill Duration: 5-7 minutes

Resources: Balls, Multiple cones

Description: Field is set up as shown and spacing can be adjusted based on age and ability of players. On the whistle, players will play a 4v4 situation to a goal or turnover. On a goal or turnover, offense players adjust to 2nd set and play to a goal or turnover. Offense then sets up in the 3rd set and plays to a goal or turnover. After playing in all three sets, both the offense and defense can be switched out.

Progression(s): Add or subtract players to change the level of difficulty. Start with a ground ball instead of possession. Move the boundaries to teach attacking from behind the goal.

Drill Diagram:





Add Fill Drill

Appropriate Age Group: 11-19

Skill(s) Practiced: Passing, Catching

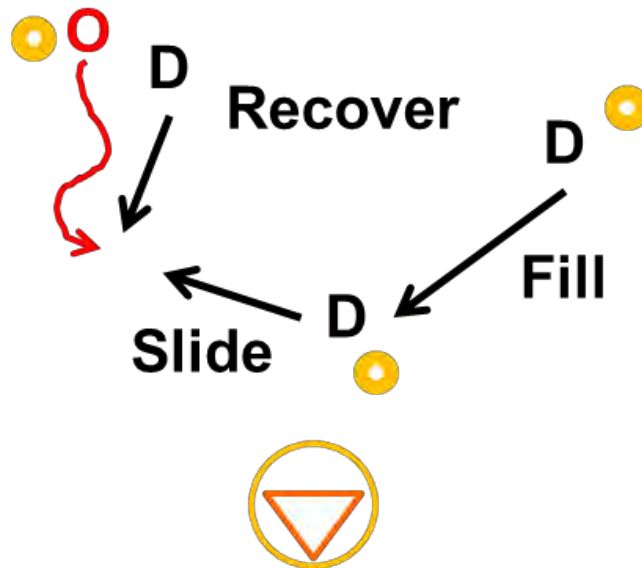
Drill Duration: 5-10 minutes

Resources: Balls, Cones, Goal

Description: **O** starts with a ball and dodges, while on-ball D takes away the middle of the field. On a "Fire" call, the low D slides to assist the on-ball defender, while the backside D fills her spot. The original on-ball defender will recover to where the fill player came from.

Progression(s): Vary locations. Add **O** players as outlets. Allow double teaming.

Drill Diagram(s):





Air Force

Appropriate Age Group: 12-18

Skill(s) Practiced: Ground Balls, Transition Offense, Transition Defense

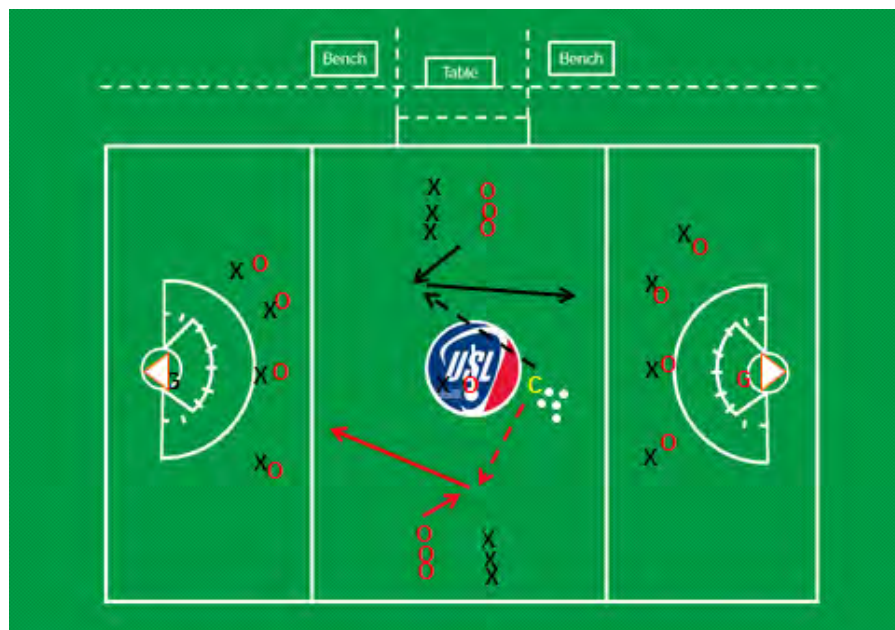
Drill Duration: 5-10 minutes

Resources: Balls, Goal

Description: The coach will blow the whistle and simultaneously roll out a ground ball to each wing. The winner of the ground ball will attack a designated end of the field in a 5v4 fast break. Play goes on until either a turnover or goal occurs. The team's draw players will take live draws but can only win the ball to their selves.

Progression(s): Vary the fast break set up. Add or subtract players. Have players added in from other areas of the field. Allow loser of GB to be a chaser, making it a 5v5. Send chaser from the GB loser of the opposite side of the field.

Drill Diagram(s):





Apache Drill

Appropriate Age Group: 10-18

Skill(s) Practiced: Ground Balls, Passing, Catching, Shooting, Off Ball Play

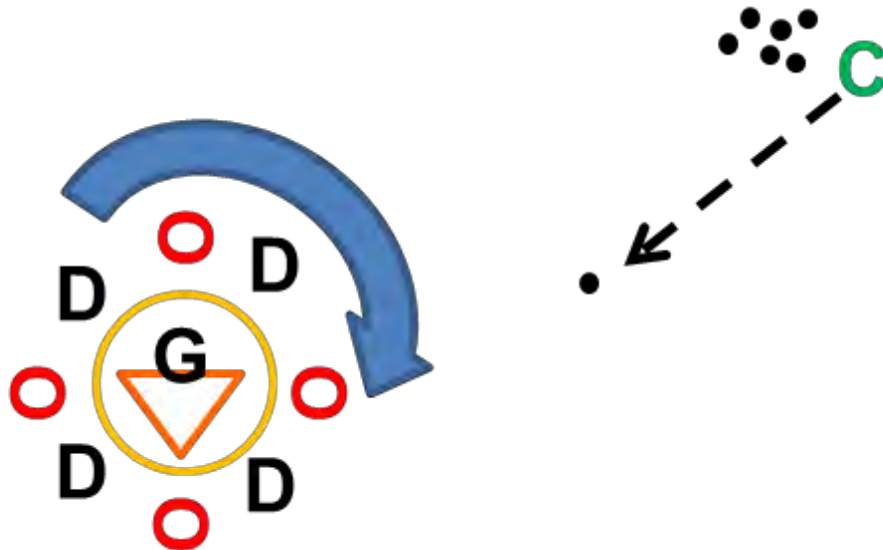
Drill Duration: 5-7 minutes

Resources: Balls, Goal

Description: Two teams of players run in a circle around the goal. When the coach calls one of the players name, that player must run out and scoop the ground ball. Offense (O) will try to score, Defense (D) is trying to clear the ball. Each group of players gets 3 reps before substituting out.

Progression(s): Add or subtract players to change the level of difficulty.

Drill Diagram:





Bullet 43, 54

Appropriate Age Group: 13-18

Skill(s) Practiced: Clearing the ball into the offensive area. Transition Offense, Transition Defense

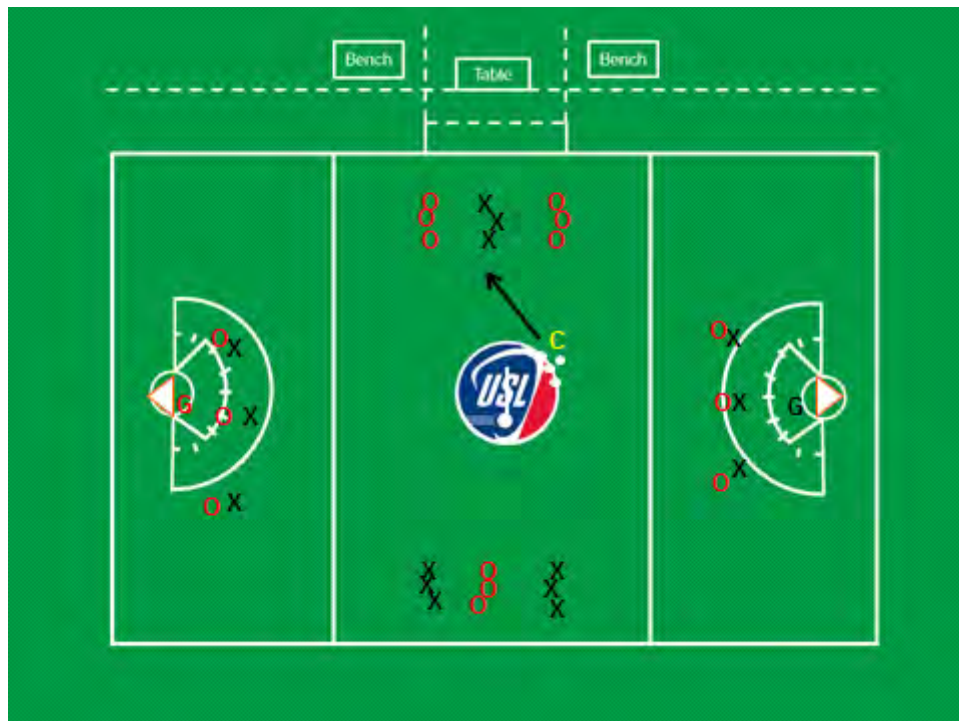
Drill Duration: 5-10 minutes

Resources: Balls

Description: The coach will roll a ball out to one side of the field. If the team with one player earns the loose ball, her opponents drop out of the drill and she runs a 4v3 break. If the team with two players earns the loose ball, everyone stays and a 5v4 break is run. Alternate which sideline the ball is rolled towards to start the drill. Players switch sides after each repetition.

Progression(s): Roll the ball into the box to start the drill to create unsettled situation play and different looks at transition.

Drill Diagram(s):







Canadian 2v2's

Appropriate Age Group: 10-18

Skill(s) Practiced: 2v2 Offense, 2v2 Defense

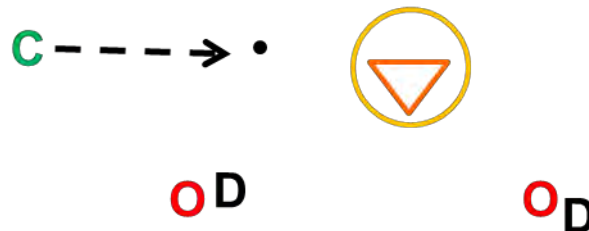
Drill Duration: 5-7 minutes

Resources: Balls, Cones, Goal

Description: 2 offense (O) and 2 defense (D) players will start paired up behind the goal. On the whistle, they will compete for the loose ball and the winner will attack the goal, while the loser tries to defend the goal.

Progression(s): Adjust the spacing for the skill level of the players. Add supporting offense and or defense players. Require passes if additional players are added. Move players around the field. Have D clear the ball if they win the loose ball.

Drill Diagram:





Circle Groundballs

Appropriate Age Group: 10-18

Skill(s) Practiced: Scooping, Boxing Out

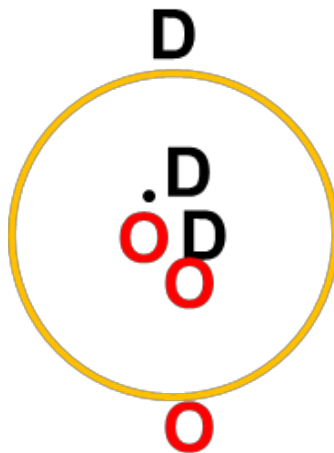
Drill Duration: 5-7 minutes

Resources: Balls, Cones, Goal

Description: Two teams of two players and one ball are placed inside a 10yd diameter circle. On the whistle they players on the same team must work together to gain possession of the looseball, while remaining inside the circle. Once possession is gained, the players team with possession may leave the circle. Players may use any age appropriate and legal checking or body contact to prevent their opponent from gaining possession.

Progression(s): Add or subtract players from the circle. Adjust the size of the circle based on age and ability of players. Alternate the top hand on the stick.

Drill Diagram:





Clearing Progressions

Appropriate Age Group: 10-18

Skill(s) Practiced: Clearing the ball into the offensive area.

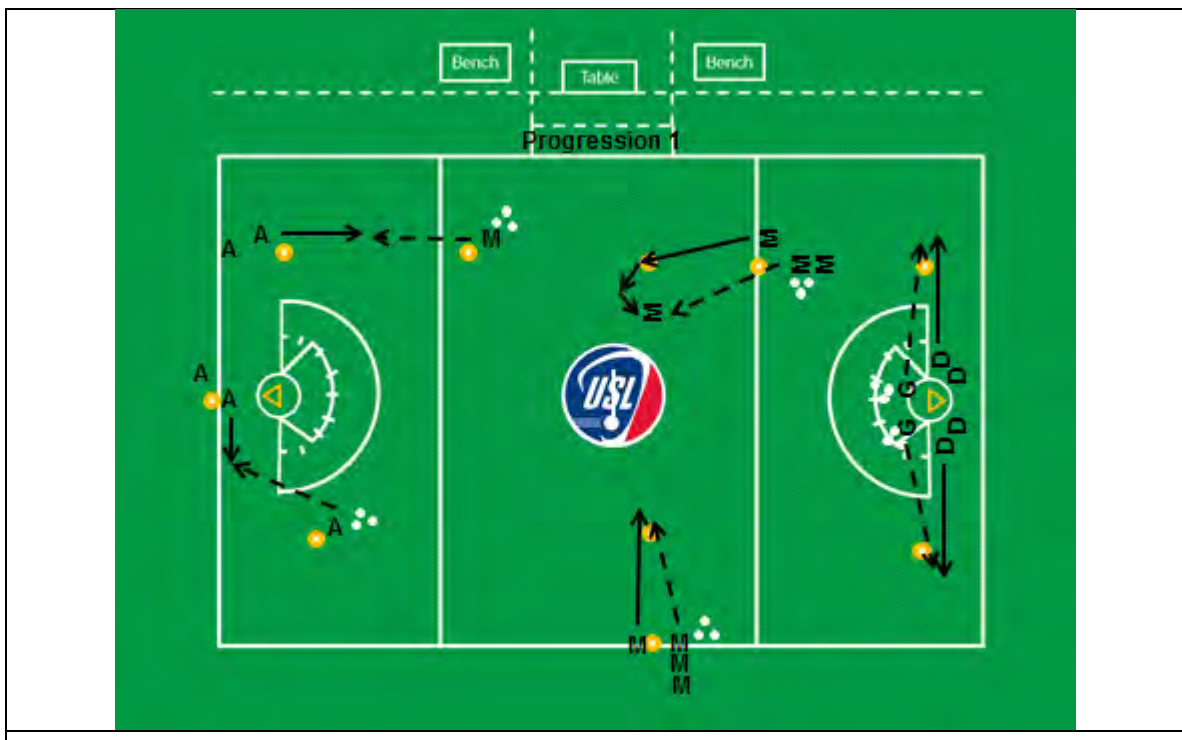
Drill Duration: 5-10 minutes

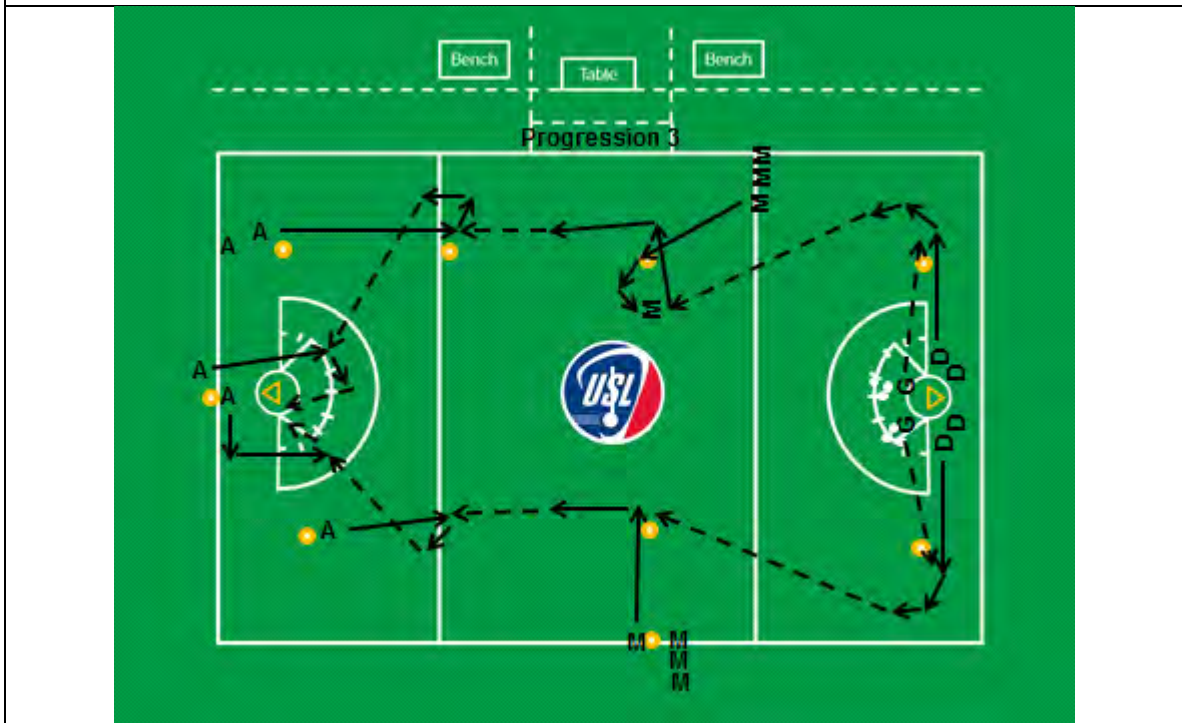
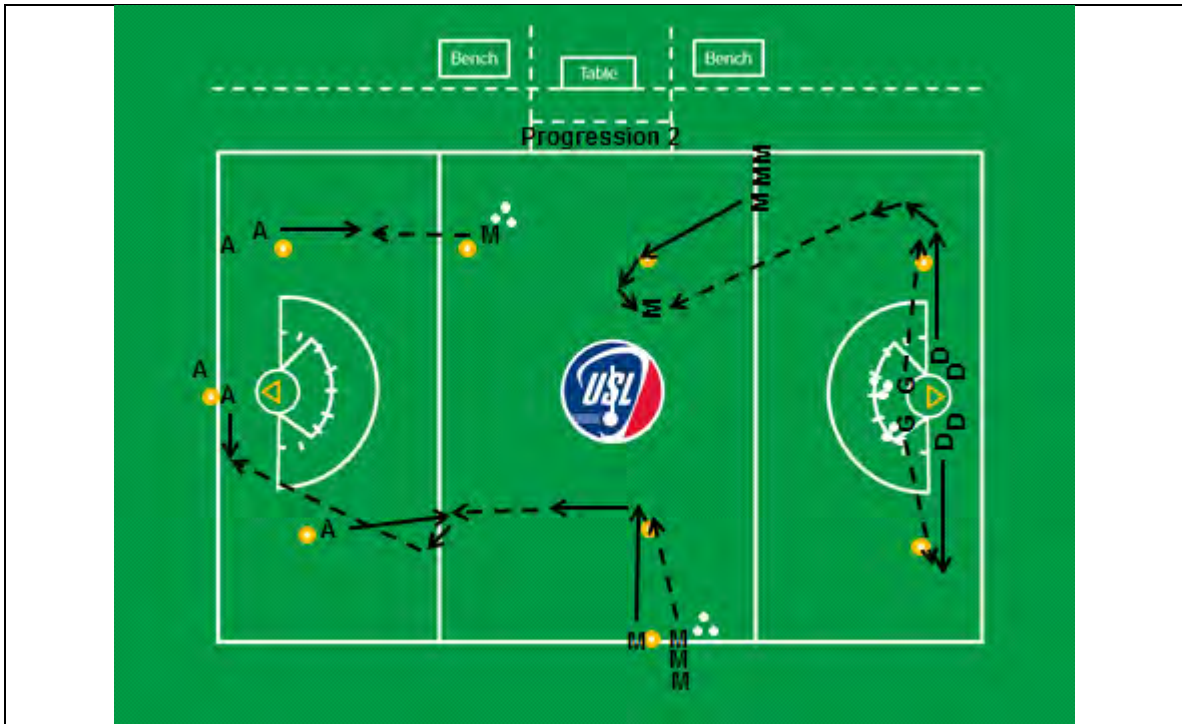
Resources: Balls, Multiple cones

Description: This progression of clearing drills teaches players how to advance the ball down the field, using all of their teammates.

Progression(s): Add an "Over" pass to teach player how to change fields based on defensive pressure.

Drill Diagram(s):







Cut, Catch, Shoot

Appropriate Age Group: 8-15

Skill(s) Practiced: Passing, Catching, Cutting, Shooting

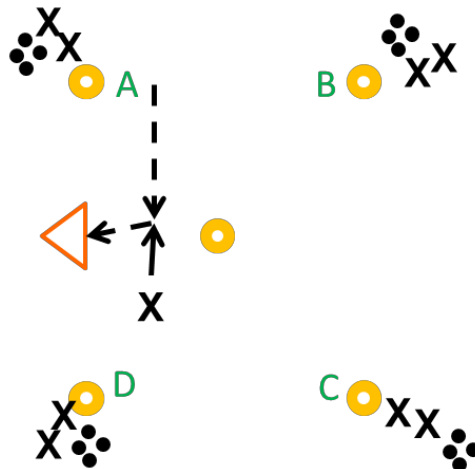
Drill Duration: 5 minutes

Resources: Multiple balls, cones, goal

Description: Set up 5 cones as shown and have 1-2 players in a line at each cone. Add one player in the middle of the field. The player in the middle will cut towards line A to receive a pass. Once the center player receives the pass they will turn and shoot at the goal. The center player will continue cutting towards lines B, C, and D, to receive passes and finish with a shot on goal. Once all four shots have been taken, a new player comes in from Line D and the previous shooter goes to line A. Perimeter players rotate to the next line after completing their pass.

Progression(s): Alternate top hands on the stick. Alternate player roles. Have players face away from the ball, so they have to turn and locate it before trying to gain possession. Add a shadow or live defender.

Drill Diagram:





Defensive Progressions

Appropriate Age Group: 12-18

Skill(s) Practiced: Defensive Positioning, Sliding, Recovering

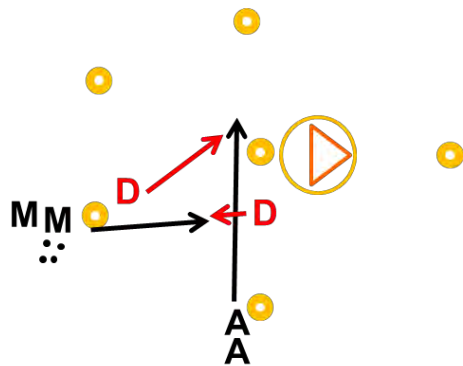
Drill Duration: 5-10 minutes

Resources: Balls, Cones

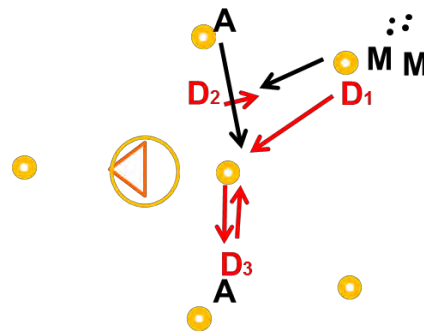
Description: Starting with an adjacent slide, build up the defensive rotations, extension, and recovery.

Progression(s): Alternate offensive sets. Change which D slides 1st.

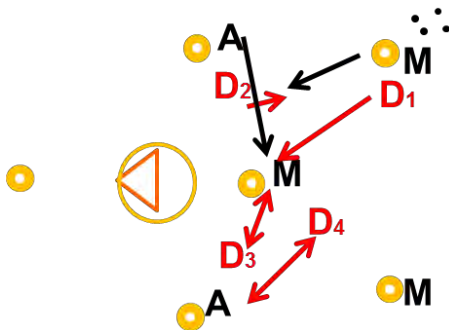
Drill Diagram(s):



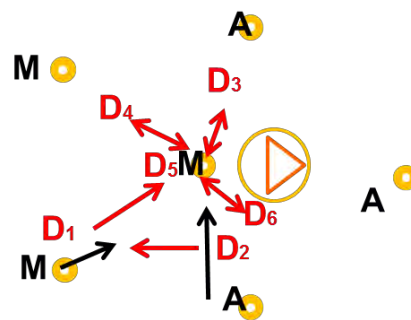
Progression 1



Progression 2



Progression 3



Progression 4



Eagle Eye

Appropriate Age Group: 8-15

Skill(s) Practiced: Passing, Catching

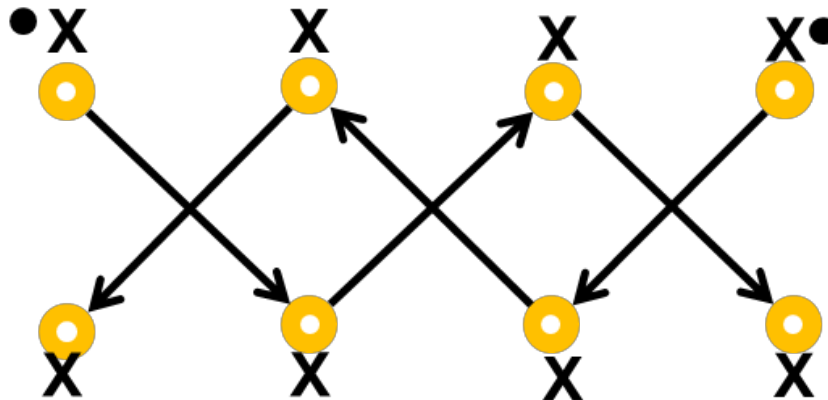
Drill Duration: 5 minutes

Resources: Multiple balls, Cones

Description: Set up cones in as shown. There will be two balls going at one time during this drill. Starting at each end, players will make a diagonal pass, working the ball from one end to the opposite end.

Progression(s): Alternate top hands on the stick. Adjust the spacing of the cones based on ability level of players. When the ball reaches the end, have the player pass straight across. Continue adding balls to see how many the players can keep in motion.

Drill Diagram:





Draw to Shot

Appropriate Age Group: 10-18

Skill(s) Practiced: 1v1 Offense, 1v1 Defense, Draw

Drill Duration: 5-7 minutes

Resources: Balls, Cones, Goal

Description: One offense (**O**) and one defense (**D**) player will start with a faceoff. On the whistle, they will draw and the winner will attack the goal, while the loser tries to defend the goal.

Progression(s): Adjust the spacing for the skill level of the players. Add supporting offense and or defense players. Require passes if additional players are added.

Drill Diagram:





Feed the Crease

Appropriate Age Group: 13-18

Skill(s) Practiced: Defensive Positioning, Picking Game, Defending Picks

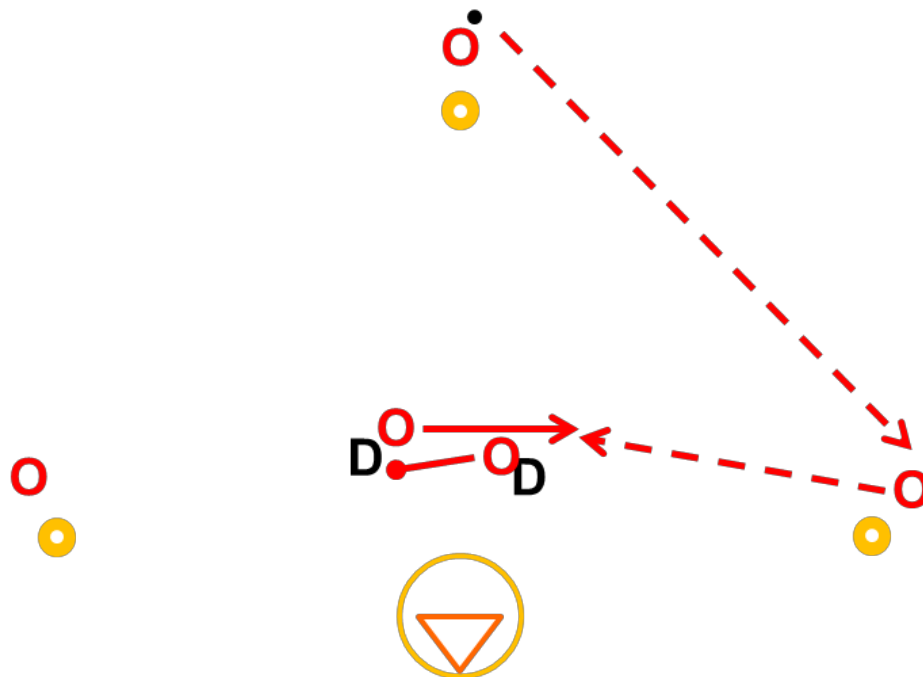
Drill Duration: 5-10 minutes

Resources: Balls, Cones

Description: Perimeter **O** players move the ball around the outside, looking to feed one of the crease **O** players. Perimeter players are not permitted to shoot.

Progression(s): Alternate which side of the goal is being attacked. Vary the location of where the passes are delivered to start the drill. Add additional defensive players and allow them to rotate to make sure they are playing the ball and the crease.

Drill Diagram(s):





Forcing Box

Appropriate Age Group: 7-15

Skill(s) Practiced: Dodging, 1v1 Defense

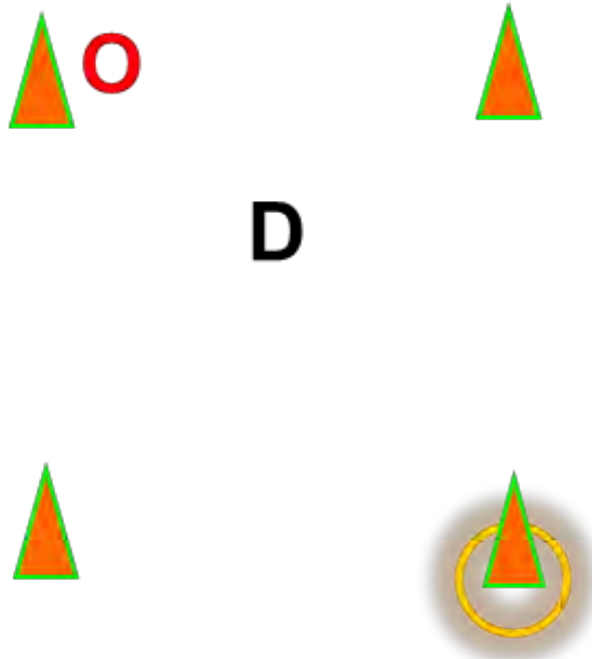
Drill Duration: 5 minutes

Resources: Cones, Sticks, Balls

Description: Set up several 5yd x 5yd boxes around the practice area. There should be enough that there are no more than 5 athletes per box. One player (defender) will step into the center of the box, while the remaining players form a single line at one cone. The player in the middle must keep the first player (dodger) in line from getting to the diagonal cone.

Progression(s): Add sticks and balls. Give defender a noodle to play defense with. Switch top hand on the stick.

Drill Diagram:





Four Corners Passing

Appropriate Age Group: 8-15

Skill(s) Practiced: Catching, Throwing, Moving off ball

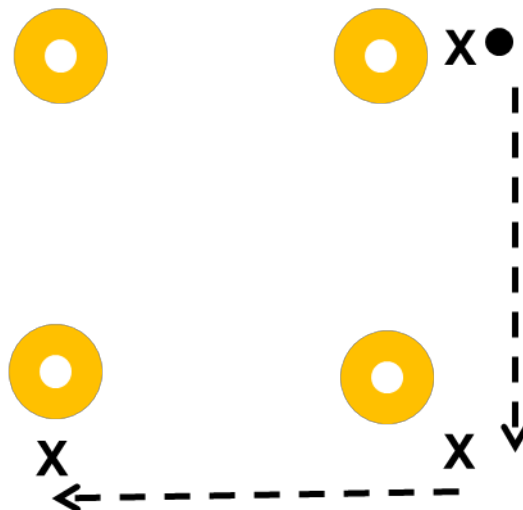
Drill Duration: 5 minutes

Resources: 1 ball per group, Cones

Description: Three players will take a position around a four cone box. The player with the ball passes to an adjacent teammate. When that player moves the ball to the next teammate, the off-ball player must move to a new cone to keep adjacent help to the player with the ball.

Progression(s): Alternate top hands on the stick. Add a defender at each cone. Have players catch the ball and roll-back before passing.

Drill Diagram:





Hawk Hi/ Hawk Lo

Appropriate Age Group: 11-19

Skill(s) Practiced: Defensive Approach Angles

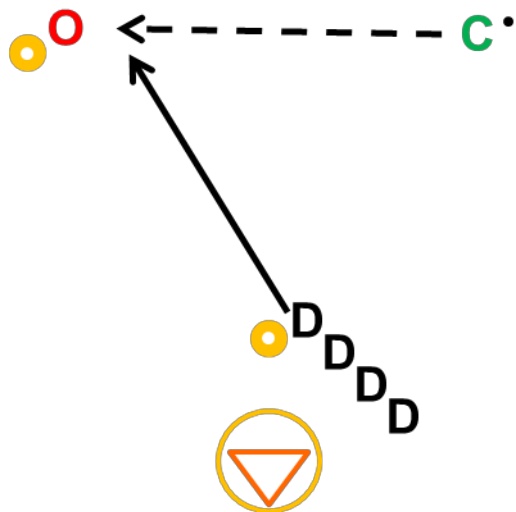
Drill Duration: 5-10 minutes

Resources: Balls, Goal, Cones

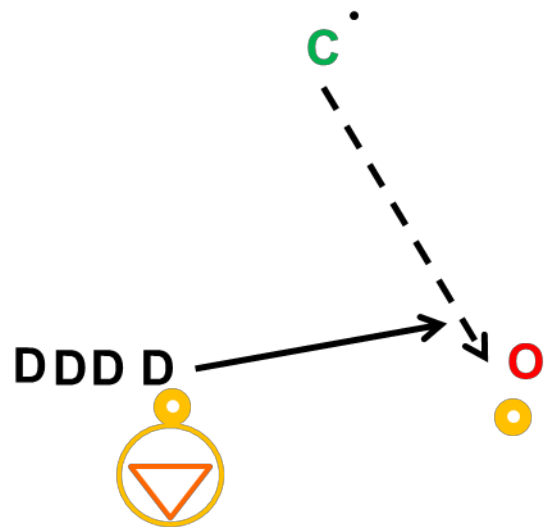
Description: The coach will pass to the O player. As the ball is in flight, the D player leaves her cone, approaches, and breaks down on the O player. Coaches should stress the importance of taking "something away" from the O player and approaching under control.

Progression(s): Add O players and have them move the ball, forcing the D to extend and recover accordingly. Vary the locations of the O player receiving the pass.

Drill Diagram(s):



Hawk High



Hawk Lo



Hogan Butt to Butt

Appropriate Age Group: 8-15

Skill(s) Practiced: Scooping, Positioning

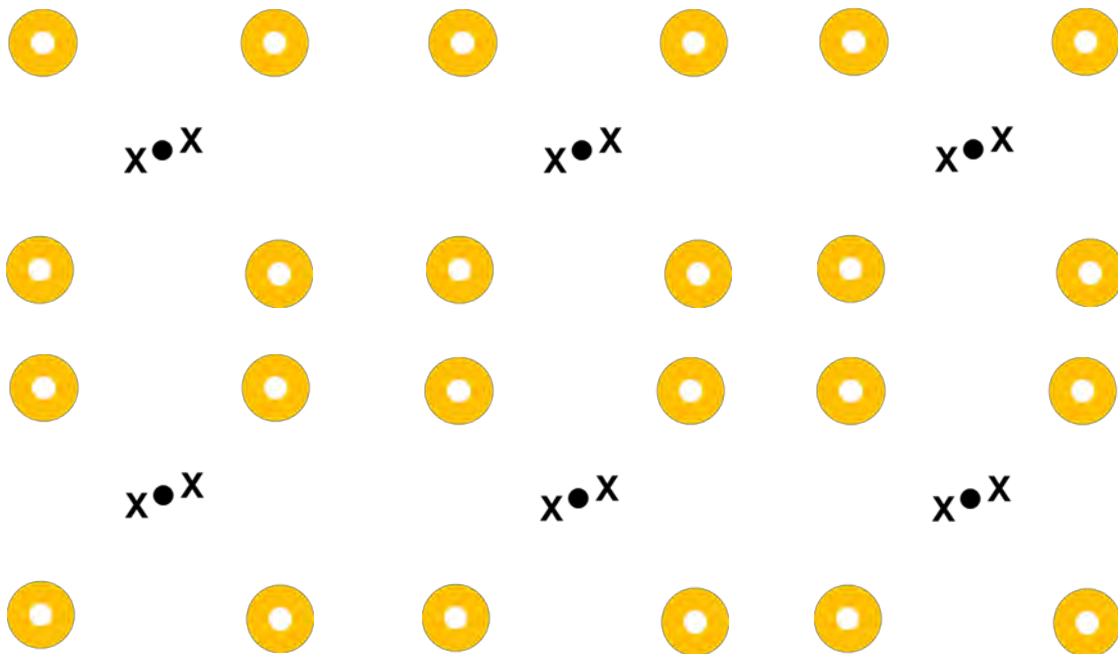
Drill Duration: 5 minutes

Resources: Multiple balls, Cones

Description: Set up 5 cones in a 5x5yd. box as shown. Two players are positioned "butt to butt" inside the box. On the first whistle, the players will work to box out their opponent and gain position over the ball. On a second whistle, players are permitted to try and scoop the ball. Set up multiple stations to allow maximum participation.

Progression(s): Alternate top hands on the stick.

Drill Diagram:





Hopkins Up and Over

Appropriate Age Group: 12-19

Skill(s) Practiced: Dodging, Catching, Throwing

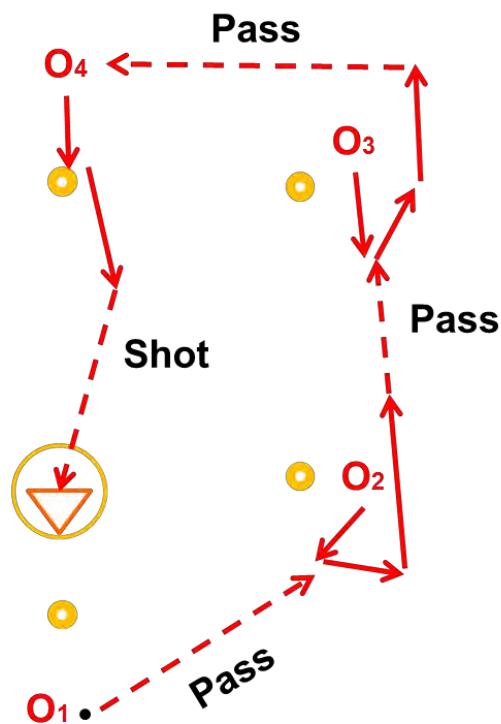
Drill Duration: 5-10 minutes

Resources: Cones, Balls, Goal

Description: The ball starts behind the goal with **O1**. **O1** passes to **O2**, who rolls away and passes to **O3**. **O3** catches, rolls away and passes to **O4**. **O4** then dodges a cone, defender, or coach and takes a shot on goal.

Progression(s): Vary the dodges. Use "pull-passes" instead of rolling away. Switch sides of goal to run the drill on. Add defensive pressure to one or more players.

Drill Diagram(s):





Hungry Hippos (Progression 1)

Appropriate Age Group: 8-15

Skill(s) Practiced: Scooping, Dodging, Shooting

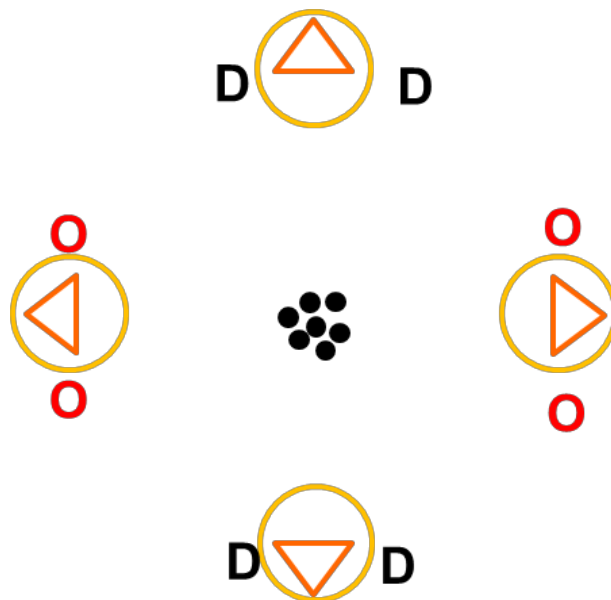
Drill Duration: 5 minutes

Resources: Multiple balls, Multiple cones

Description: Set up field as shown. On the whistle, players will run into middle from their goal, scoop a ground ball, return and shoot it into their respective goal. After 1 minute, stop and see which "team" has the most balls in their goal.

Progression(s): Alternate top hands on the stick. Adjust the spacing based on ability level of players. Allow stick checking or other age appropriate defensive tactics. Have players complete a pass to their teammate before a shot is permitted.

Drill Diagram:





Inside Feeding

Appropriate Age Group: 8-15

Skill(s) Practiced: Passing, Catching, Off-Ball Movement, Player Down Defense

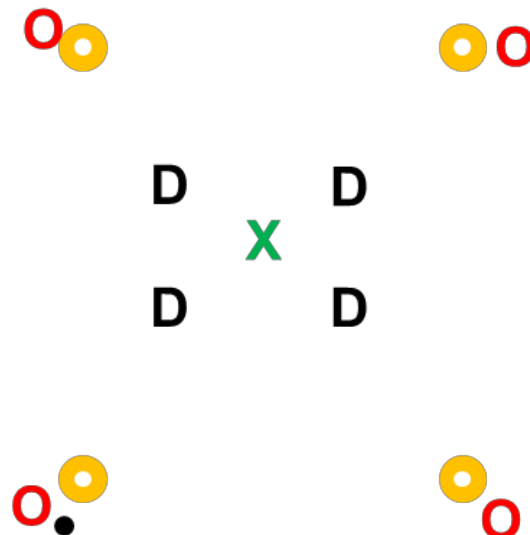
Drill Duration: 5 minutes

Resources: Multiple balls, Cones

Description: Set up 4 cones in a 10x10yd. box as shown. The "offense" is trying to complete as many passes as possible in 1 minute. They receive 1 point for an adjacent pass and 2 points for a completed pass to the inside player. After 1 minute the O and D switch roles. X is always in the middle.

Progression(s): Alternate top hands on the stick. Adjust the size of the box based on ability level of players.

Drill Diagram:





Max Touches

Appropriate Age Group: 12-19

Skill(s) Practiced: Ball Movement, Team Offense

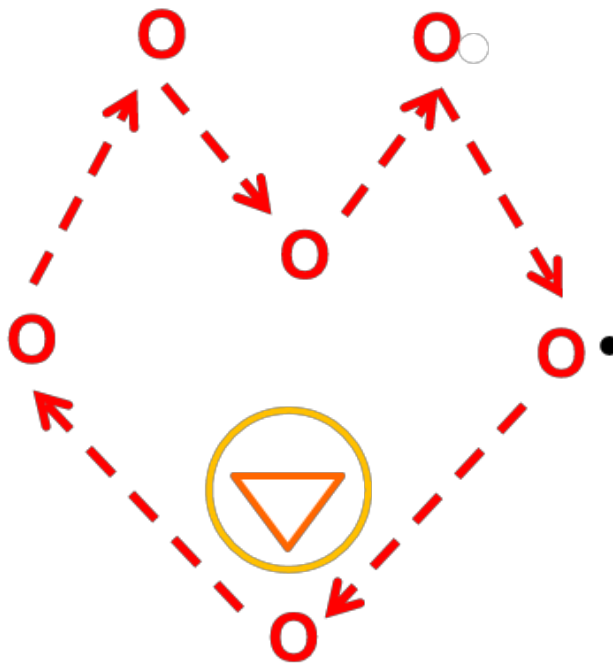
Drill Duration: 5-10 minutes

Resources: Cones, Balls, Goal

Description: The ball is moved between all members of the offense as many times as possible for a set time, using the team offense philosophy. Players may not shoot in this drill.

Progression(s): Change between offense sets, reverse the direction of the ball. Add light defensive pressure to encourage moving with/without the ball.

Drill Diagram(s):





Monkey in the Middle

Appropriate Age Group: 6-10

Skill(s) Practiced: Pass, Catch, Scoop, Movement

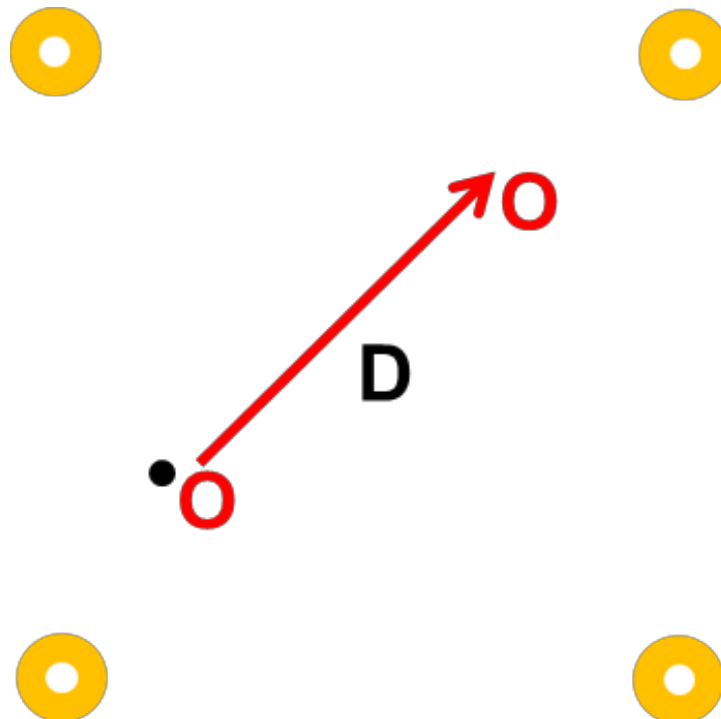
Drill Duration: 5 minutes

Resources: Cones, sticks, balls

Description: Players are divided into groups of three and placed into a 15yd x 15yd box. Two players are on offense and one is on defense. The offense's job is to make as many passes and catches as possible. The defender is trying to knockdown or intercept the passes. If the defender succeeds, they choose one of the offensive players to replace them.

Progression(s): Switch top hand on the stick.

Drill Diagram:





Navy 1v1

Appropriate Age Group: 13-18

Skill(s) Practiced: Defensive Approach, Dodging

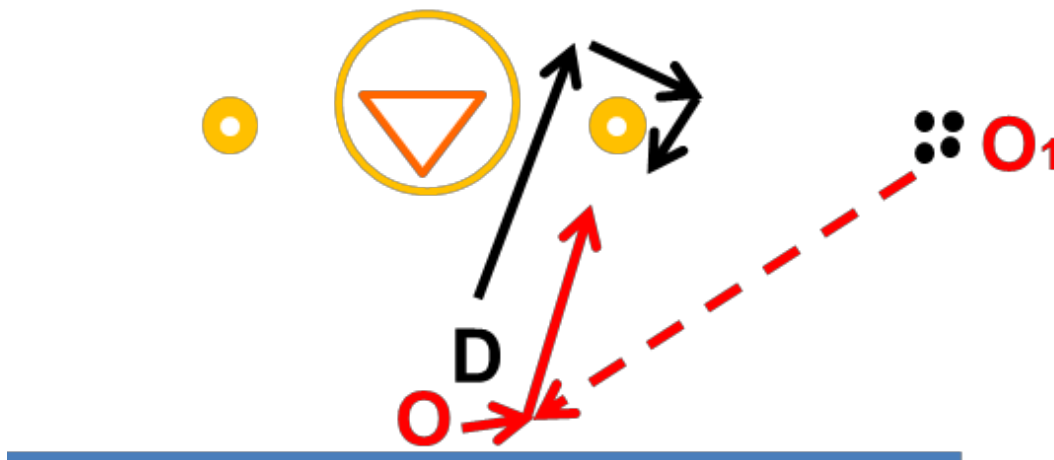
Drill Duration: 5-10 minutes

Resources: Balls, Cones

Description: Player O1 rolls ball to her teammate. While the ball is on the way, D sprints toward the goal and around the cone to position herself to not get beat topside.

Progression(s): Alternate which side of the goal is being attacked. Vary the location of where the passes are delivered to start the drill. Add a crease attack and/or defender to make it a 2v2.

Drill Diagram(s):







Numbers Drill

Appropriate Age Group: 10-18

Skill(s) Practiced: Unsettled Situations

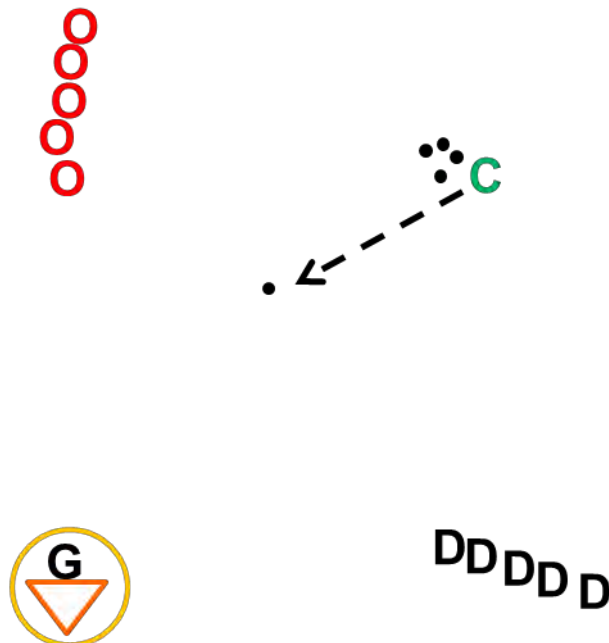
Drill Duration: 5-7 minutes

Resources: Balls, Goal

Description: Coach calls out a number 1-5. Whatever number is called, that is how many offensive (O) players enter the play. Defense (D) is permitted one less player than the offense to enter the play. Offense picks up a ground ball and attacks the goal. Teams are awarded a point for a goal or a clear.

Progression(s): Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Add an extra 2 defenders to double team. Start with possession.

Drill Diagram:





Odd Number Keep Away

Appropriate Age Group: 8-18

Skill(s) Practiced: Dodging, Cradling, Stick Protection

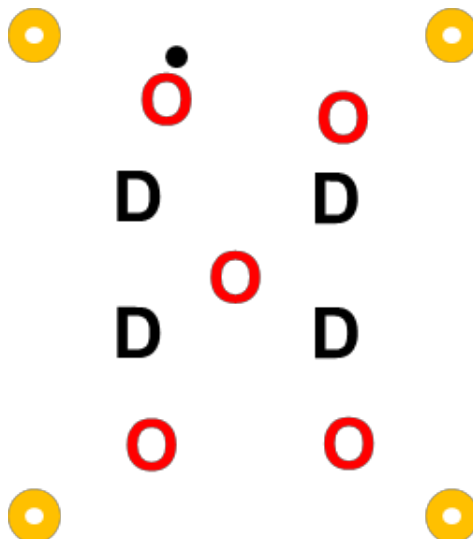
Drill Duration: 5 minutes

Resources: Balls, Multiple cones

Description: Set up field as shown, with cones 10-15yds. apart. For one minute intervals the team with more players must keep possession of the ball. Defenders (**D**) may use any age-appropriate legal tactics to try and gain possession of the ball. The Offense (**O**) receives one point for keeping possession and the Defense receives a point for either forcing an **O** outside of the box or acquiring the ball.

Progression(s): Alternate top hands on the stick. Have players use different dodge types. Defense can check or use other age appropriate defensive tactics.

Drill Diagram:





Out, In, and Down

Appropriate Age Group: 12-18

Skill(s) Practiced: On-ball defense, sliding, filling

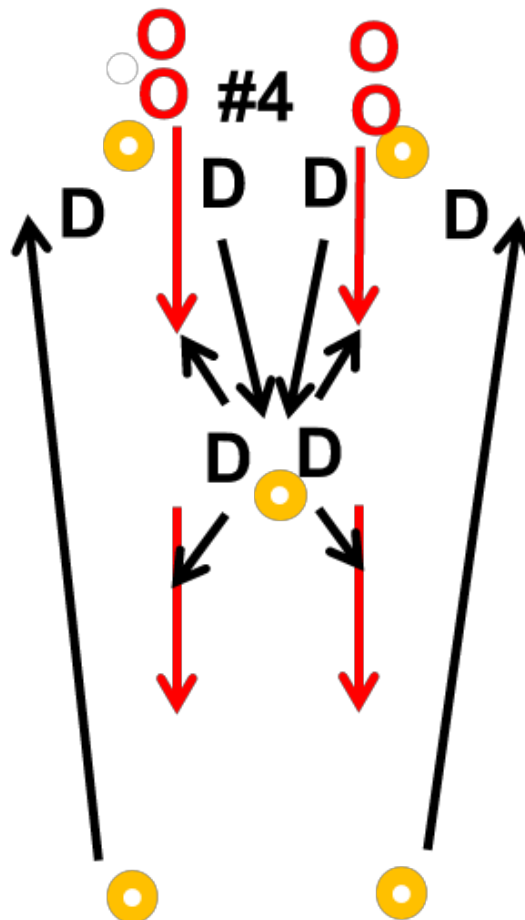
Drill Duration: 5-10 minutes

Resources: Balls, cones

Description: **O** begins dodging down an alley. Her **D** will run with for 3-5 steps, then pass her to a new **D** coming from the center. New **D** stays with the **O** until she reaches the far cone. Original **D** now becomes the slide player for the next pair.

Progression(s): Allow a shot at the end. Take away defenders sticks.

Drill Diagram(s):





Pass Down, Pick Down

Appropriate Age Group: 12-18

Skill(s) Practiced: Picking and Defending Picks

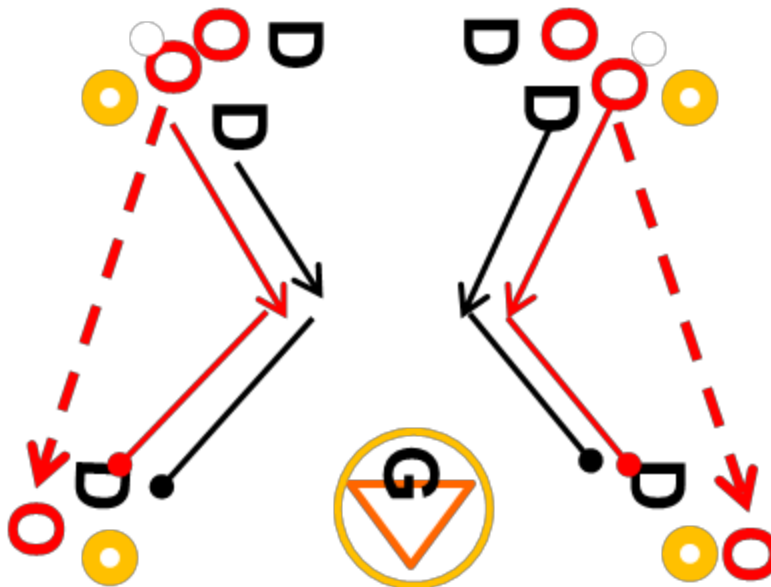
Drill Duration: 5-10 minutes

Resources: Balls, cones

Description: ● player at top of field will pass down to a wing ● player, then immediately cuts in and out to set a pick for her to dodge top-side and shoot.

Progression(s): Teach passing ● to slip the pick and look for a feed. Reverse the direction of pass and pick. Feed across the crease to the cutter coming off the pick.

Drill Diagram(s):





Pinnie Tag

Appropriate Age Group: 5-15

Skill(s) Practiced: Dodging, Stick Protection, Agility

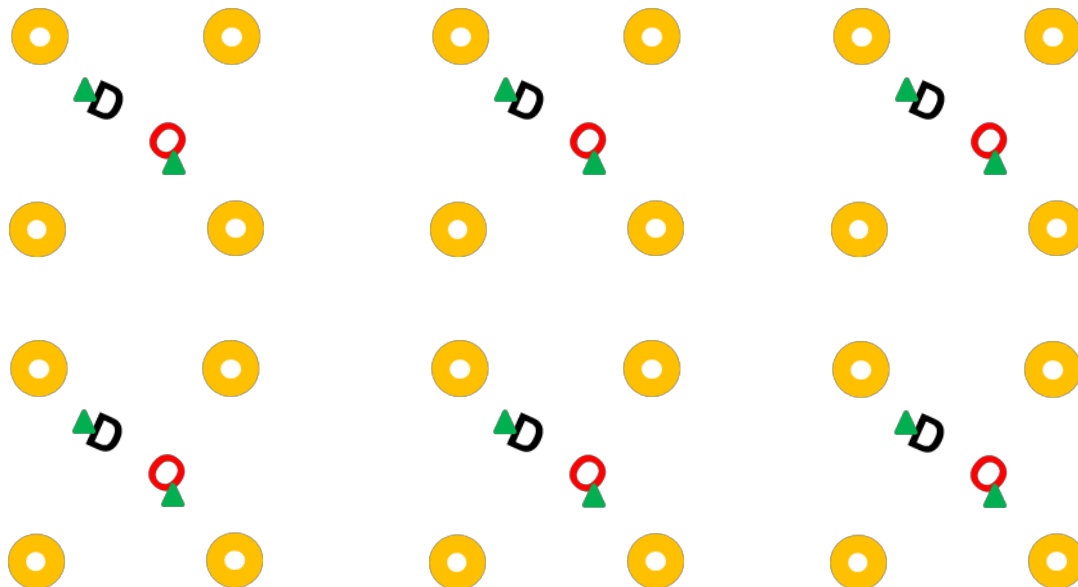
Drill Duration: 5 minutes

Resources: 1 Pinnie or Flag per player

Description: Players are divided up into pairs by the coach and placed in a 5yd by 5yd box made of cones. Each partner will tuck a pinnie or flag into their waistband. On the coach's whistle, they must try to take their partners pinnie. If they succeed, they get one point, give it back and restart the game.

Progression(s): Add a stick and have the opponent try to touch it. Hold a ball in their open palm to work on cradling motion. Keep one foot as a pivot only foot.

Drill Diagram:





Princeton 44

Appropriate Age Group: 13-18

Skill(s) Practiced: Defensive Rotations, Off-Ball Positioning

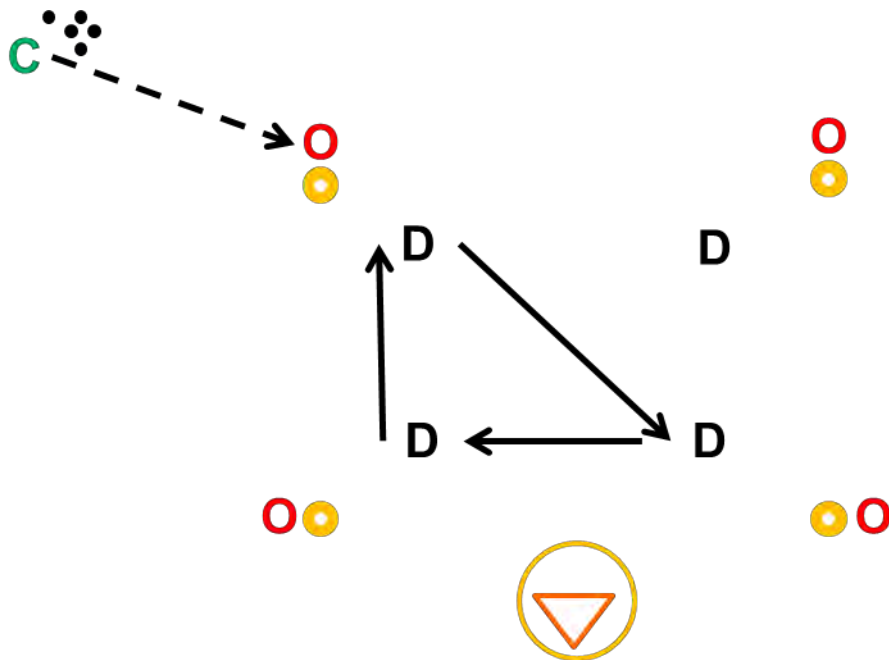
Drill Duration: 5-10 minutes

Resources: Balls

Description: The coach passes a ball to the top left **O** player to start the drill. As the ball is in flight, the on-ball defender must leave and go to the diagonal corner, forcing her teammates to rotate to a new position.

Progression(s): Vary the location of where the passes are delivered to start the drill.

Drill Diagram(s):





Riding Progressions

Appropriate Age Group: 10-18

Skill(s) Practiced: Clearing the ball into the offensive area.

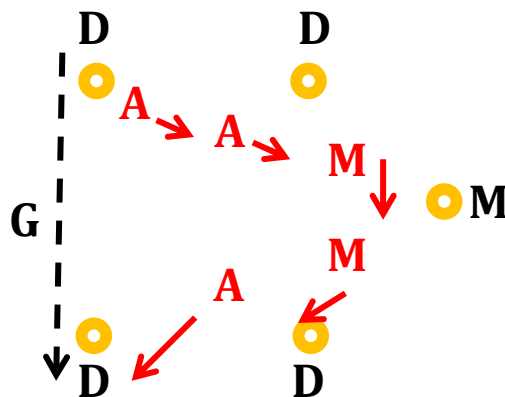
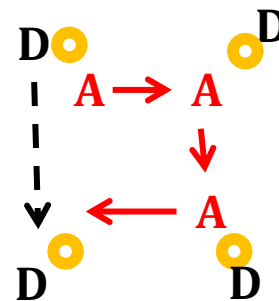
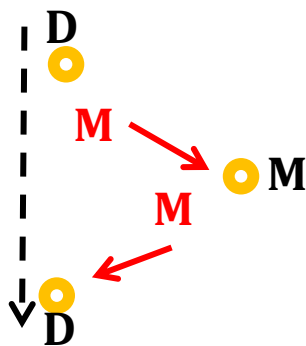
Drill Duration: 5-10 minutes

Resources: Balls, Multiple cones

Description: This progression of clearing drills teaches players how to limit the advancement the ball down the field, using all of their teammates and zone principles.

Progression(s): Allow "Skip" passes, forcing the zone to rotate faster.

Drill Diagram(s):





Run the Arc

Appropriate Age Group: 10-18

Skill(s) Practiced: Defensive Positioning, Checks

Drill Duration: 5-7 minutes

Resources: Balls, Cones, Goal

Description: One offense (O) and one defense (D) player will start behind the goal. On the first whistle, the offense player will drive one direction at 50% speed. When she reaches GLE, the defender will turn the offense back and the offense will now attack the other direction at 50%. Once the defender turns the attacker back a second time, it becomes a live 1v1 from behind the goal. The offense must get above the cones before a shot is permitted.

Progression(s): Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Add a defender to double team. Start with a ground ball instead of possession.

Drill Diagram:





Run the Arc + 1

Appropriate Age Group: 10-18

Skill(s) Practiced: Defensive Positioning, Checks

Drill Duration: 5-7 minutes

Resources: Balls, Cones, Goal

Description: One offense (○) and one defense (D) player will start behind the goal. A second defender is added as shown. On the first whistle, the offense player will drive one direction at 50% speed. When she reaches GLE, the defender will turn the offense back and the offense will now attack the other direction at 50%. Once the defender turns the attacker back a second time, it becomes a live 1v1 from behind the goal. The offense must get above the cones before a shot is permitted. The second defender should slide to help the on-ball defender turn the attacking player back.

Progression(s): Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Start with a ground ball instead of possession.

Drill Diagram:





Run the Arc +2

Appropriate Age Group: 10-18

Skill(s) Practiced: Defensive Positioning, Checks

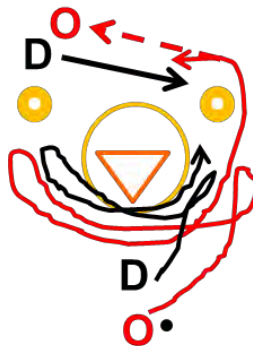
Drill Duration: 5-7 minutes

Resources: Balls, Cones, Goal

Description: One offense (○) and one defense (D) player will start behind the goal. A second defender is added as shown. On the first whistle, the offense player will drive one direction at 50% speed. When she reaches GLE, the defender will turn the offense back and the offense will now attack the other direction at 50%. Once the defender turns the attacker back a second time, it becomes a live 1v1 from behind the goal. The offense must get above the cones before a shot is permitted. The second defender should slide to help the on-ball defender turn the attacking player back. The second attacker should move into a space where a pass can be made for a scoring opportunity, while the original on-ball defender tries to recover and deny the pass.

Progression(s): Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Start with a ground ball instead of possession. Vary the positioning of the off-ball defender and attacker.

Drill Diagram:





Scoop and Shoot

Appropriate Age Group: 8-15

Skill(s) Practiced: Scooping, Rolling, Carrying, Shooting

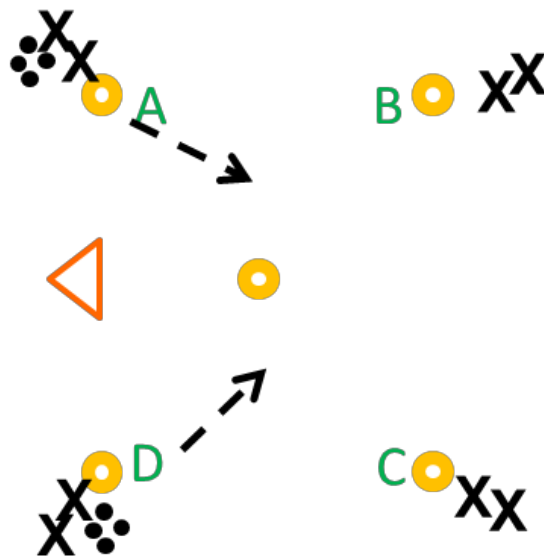
Drill Duration: 5 minutes

Resources: Multiple balls, Cones, Goal

Description: Set up 5 cones in a 15x15yd. box as shown. Line A will roll a groundball towards the center cone for Line B. Player from Line B will scoop the loose ball, take 1-3 steps and shoot it on goal. Lines D and C are doing the same thing on their side of the goal. Players rotate lines in a clockwise motion to keep the drill moving.

Progression(s): Alternate top hands on the stick. Adjust the size of the box based on ability level of players. Change which line is rolling the ball and which line is receiving the loose ball.

Drill Diagram:





Score on any Goal

Appropriate Age Group: 8-18

Skill(s) Practiced: Dodging, Cradling, Stick Protection, Passing, Catching, Shooting, Off Ball Play, Offense, Defense, Scooping.

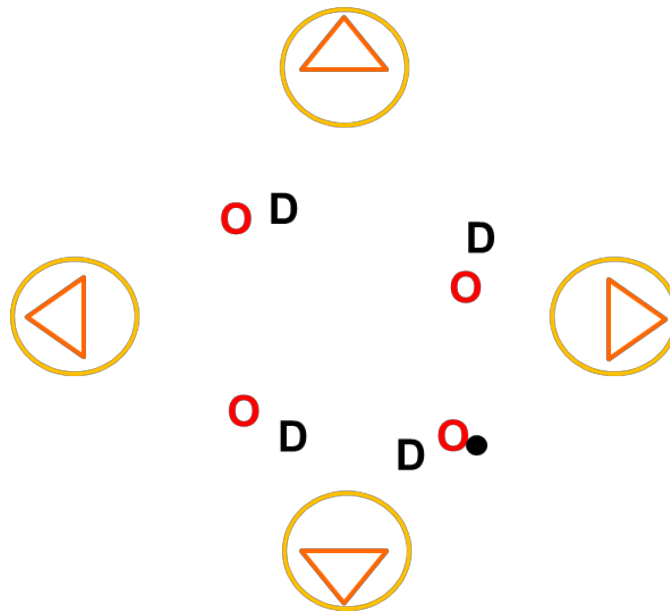
Drill Duration: 5 minutes

Resources: Balls, Multiple cones

Description: Set up field as shown. Players will try to score on any of the four goals. Each teammate must touch the ball before a shot is permitted and a goal counts. If the ball changes possession, then the new team may begin attempting to score.

Progression(s): Spacing of field is dependent upon age and ability of players participating. Add or subtract players to change the level of difficulty.

Drill Diagram:





Sideline Ground Balls

Appropriate Age Group: 8-15

Skill(s) Practiced: Scooping, Carrying, Dodging, Passing

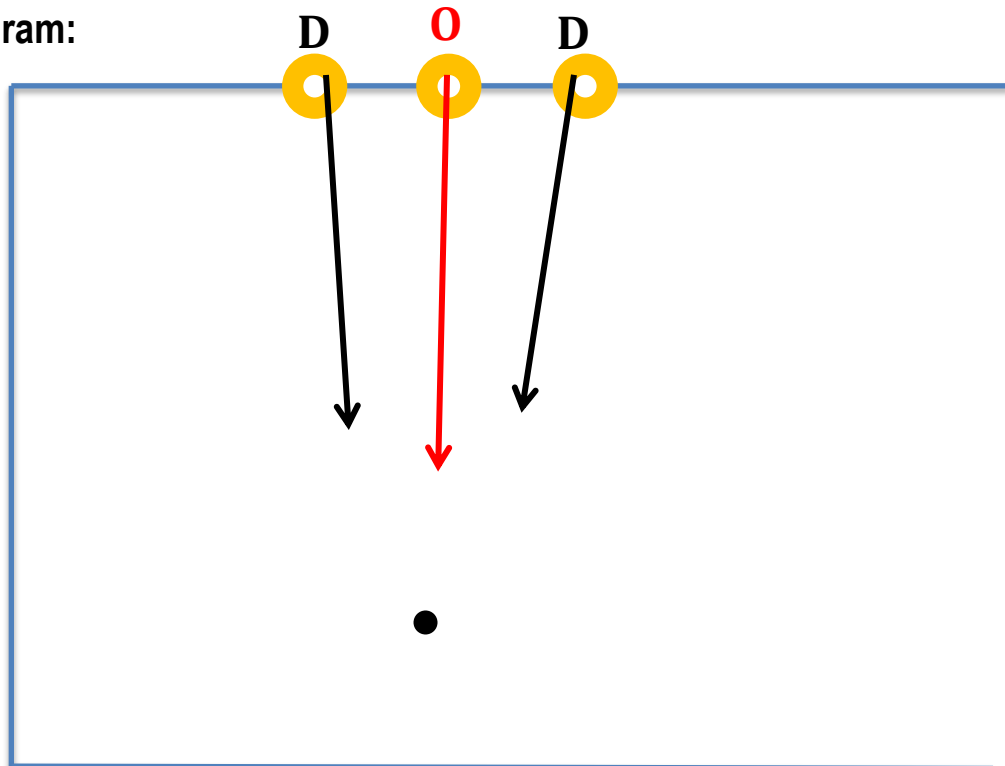
Drill Duration: 5 minutes

Resources: 1 ball per group of 3 players, cones

Description: In the alley area of the field, three players will line up as shown. A ground ball is rolled out in front of them towards the sideline and on a whistle, they will work to gain possession of the ball. The two outside lines (**D**) are on the same team, working together to win the possession.

Progression(s): Alternate top hands on the stick. Alternate player roles. Have players face away from the ball, so they have to turn and locate it before trying to gain possession.

Drill Diagram:





Snake Passing

Appropriate Age Group: 11-19

Skill(s) Practiced: Passing, Catching

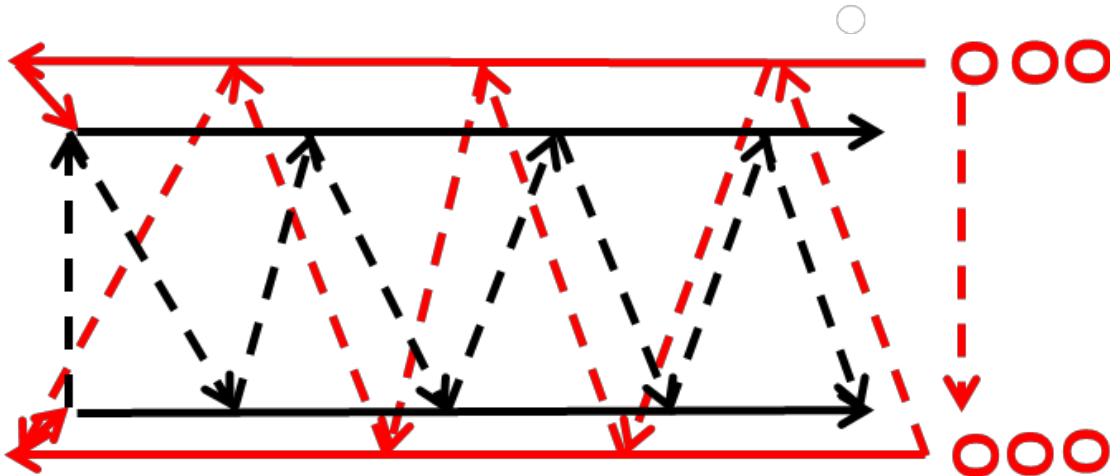
Drill Duration: 5-10 minutes

Resources: Balls, Cones

Description: Players start out in two lines of no more than 4 players per line. Jogging in one direction, they pass back and forth to each other. When the pair of players reaches the end, they shuffle in and work their way back to the starting point, passing back and forth while back pedaling.

Progression(s): Alternate using inside or outside hands. Vary the distance between the pair of players.

Drill Diagram(s):





Sniper Drill

Appropriate Age Group: 12-19

Skill(s) Practiced: Sliding, Recovering

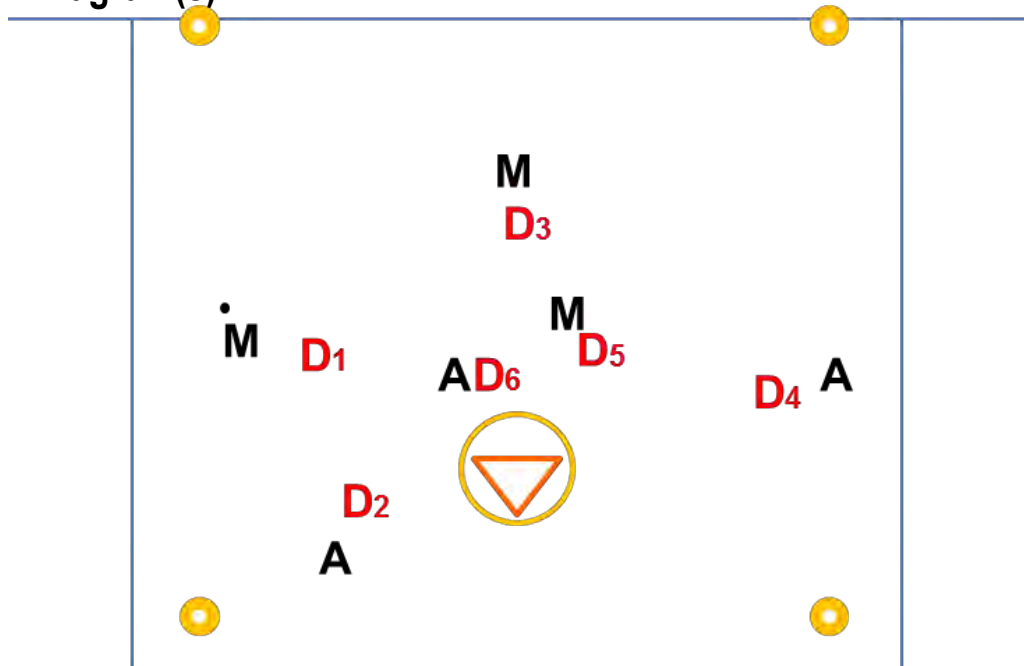
Drill Duration: 5-10 minutes

Resources: Balls, Cones, Goal

Description: Set up 6v6 in the attack box. Each defensive player is given a number 1 through 6. On the whistle, the offense begins moving the ball around the perimeter, not attacking the interior, while the defense moves in whatever your system is. The coach will call out a number and the corresponding defender must immediately run to a cone and touch it before returning to play. The offensive player will try and move into a scoring position, while the remaining defenders slide to keep her from scoring until the player that left is back into the play.

Progression(s): Vary locations. Allow double teaming. Send more than one defender out at a time.

Drill Diagram(s):





Star Drill

Appropriate Age Group: 10-18

Skill(s) Practiced: Scooping, Dodging, Passing, Catching

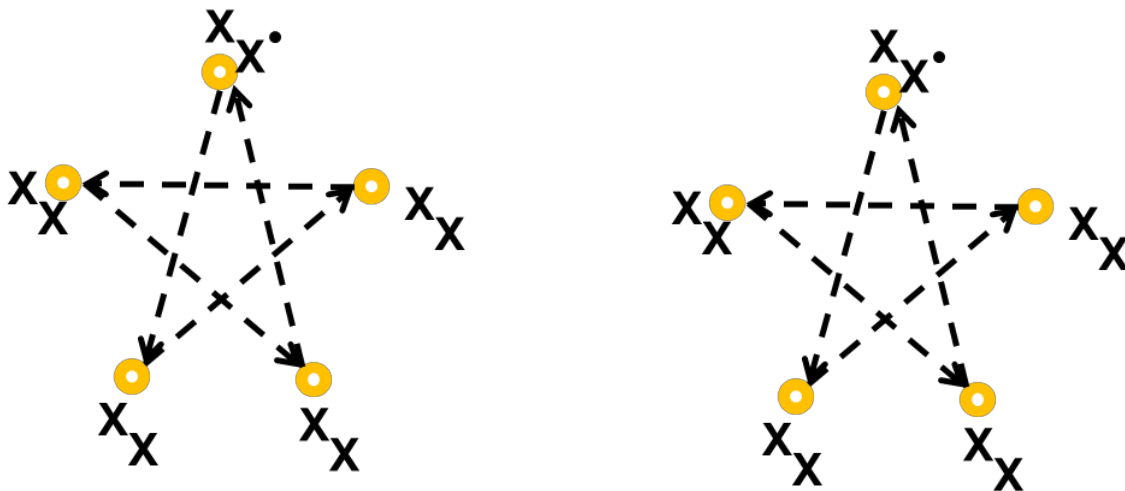
Drill Duration: 5-7 minutes

Resources: Balls, Cones

Description: Players will set up in a star formation as shown. Each player will take 2-3 steps towards their intended receiver and pass the ball. Once the ball is passed, the passer goes to the end of the line that they passed to.

Progression(s): Add balls to see how many the players can keep moving simultaneously. Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Use different types of passes or rolls. Have the receiver dodge the passer before moving the ball to the next line.

Drill Diagram:





Survivor

Appropriate Age Group: 12-19

Skill(s) Practiced: Defensive Positioning, Inside Feeding, Picking

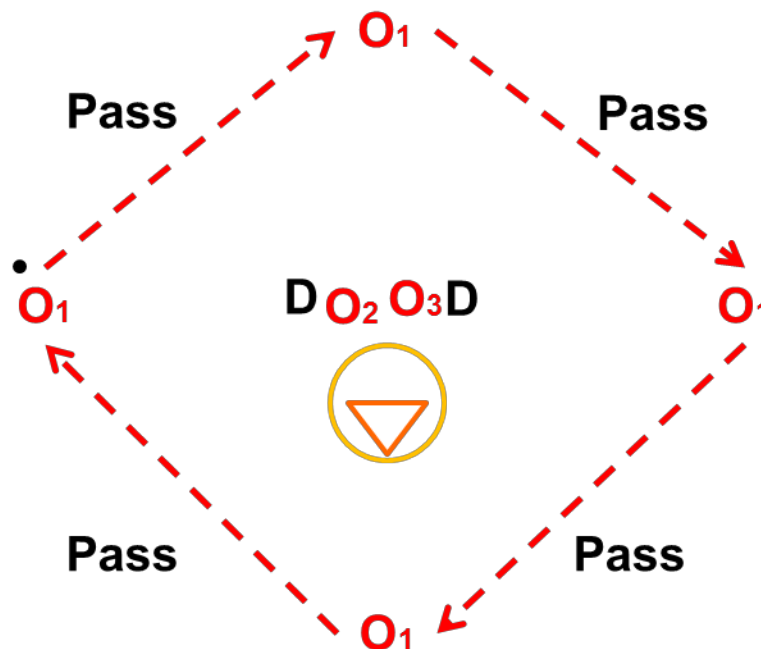
Drill Duration: 5-10 minutes

Resources: Cones, Balls, Goal

Description: The ball is moved around the perimeter by **O1** players. They are trying to feed the ball inside to **O2** and **O3**, who are working together using picks, screens, etc... to evade **D**. **O1** players should never shoot in this drill.

Progression(s): Allow **O2** and/or **O3** to set picks for **O1** players off-ball and exchange positions. Add **D** players to cover the wing **O1**'s.

Drill Diagram(s):





Tic, Tac, Toe Relays

Appropriate Age Group: 5-19

Skill(s) Practiced: Fundamental Athletic Skills

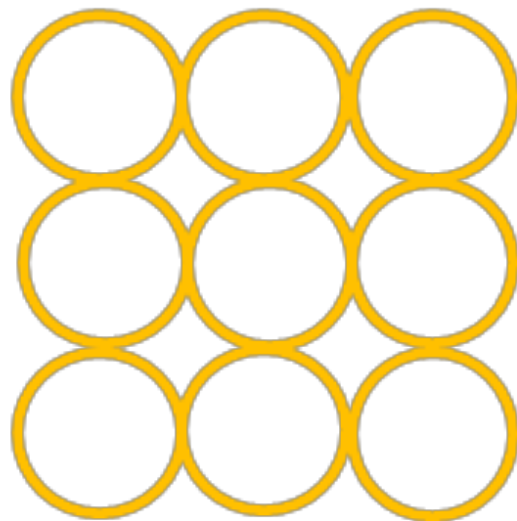
Drill Duration: 5-10 minutes

Resources: Hula Hoops, Bean Bags, Cones

Description: Players are divided into two teams, of no more than 3. They will sprint a set distance (variable based on age of athlete) to a tic,tac,Toe board set with hula-hoops. In a relay race, players will each drop a bean bag into a space, trying to gain three in a row. If a stalemate is reached, players may move only their bags.

Progression(s): Vary the distance. Allow "boxing-out" to prevent one team from taking a space. Add bean-bags for each team.

Drill Diagram(s):



The US Lacrosse Level 1 Online Courses build on the information covered in the Learn to Play clinic and provide a more in-depth look at the best practices in coaching. The Level 1 courses are FREE to all members and can be accessed at learning.uslacrosse.org

Settled Clear

Tactics are determined by:

- Opposing team's ride

The settled clear is a clear deep in the defensive end of the field or at the restraining line after a horn. This can occur because the ball goes out of bounds on the sidelines and the defensive team is awarded possession, or because of a quick restart of the game after a change of possession due to a penalty charged to the offensive team.

Settled clear tactics are determined by the type of ride from the opposing team, the type of restart situation and the position of the ball on the field.

Want more drills? Want to organize a practice plan? Check out the US Lacrosse Mobile Coach app. This app is available for both iOS and Android operating systems and is available for free to all US Lacrosse members. Download the app today!



