

DRILLS BOOKLET

2020

THANK YOU

TO OUR MEMBERSHIP

The IWLCA Board of Directors would like to thank all coaches who submitted drills for the IWLCA 2020 Drills Booklet. We hope this compilation serves as a valuable resource for our member coaches as they prepare for the upcoming season.

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IWLCA
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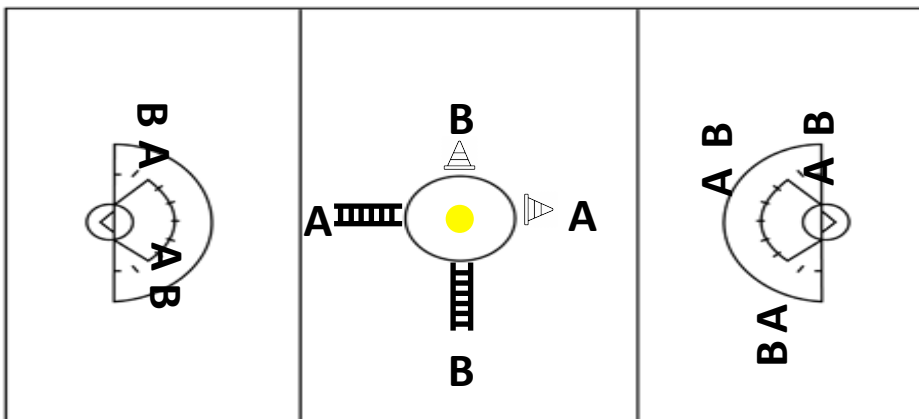
CONTENTS

- 01** **CONDITIONING DRILLS**
PAGE 1-9
- 02** **DEFENSIVE DRILLS**
PAGE 10-21
- 03** **DRAW CONTROL DRILLS**
PAGE 22-28
- 04** **GOALIE DRILLS**
PAGE 29-33
- 05** **PLAYER UP/ PLAYER DOWN DRILLS**
PAGE 34-50
- 06** **POSSESSION AND GROUND BALL DRILLS**
PAGE 51-57
- 07** **SMALL SIDED DRILLS**
PAGE 58-84
- 08** **STICKWORK AND INDIVIDUAL SKILL DRILLS**
PAGE 85-95
- 09** **TRANSITION DRILLS**
PAGE 96-118



CONDITIONING DRILLS

Diagram Of Drill:



Coaching Points of Emphasis: You will need a good amount of players to accomplish this drill. (It can also be made one sided as well.)

This is a continuous drill which allows for a 4v4 to be played on one end and a 5v5 to be played on the other. You can make each end whatever number of players that you would like to have going at one time and sometimes we even have it where we take a player away from the A or the B team, therefore creating a player up or player down situation. The players are set up at each end to start and then the rest of the players that are on the teams split up at the top circle on their designated cones. On the cones you have the player jump forward and back 5 times total while the other players are going whatever you would like through the ladder. As this is happening a coach throws the ball into the circle, the two A team players and the two B team players fight for the ball within the circle. Which ever player comes up with the play their team is on offense the other is on defense. As the coach you designated which side they will go to first. Then the next group that goes through the ladder and the cones with work to the other side of the field, and so on. The players that are starting down low are usually in for 3 rounds and then rotate with the players at the top.

Institution: Chatham University
Coach: Alyssa Batty
Name of Drill: 3v3 Back2Back Cages

Description of Drill: This drill involves two teams. Only 3 athletes and 1 goalie (goalie not necessary, we play this sometimes while goalies warm up) play at a time. The field space is between restraining lines and all space is available for play, including behind the goal and in the opposing teams CSA.

- 3v3 (we have done more, but our girls LOVE 3v3)
- Coach throws ball out, team who wins chooses their scoring goal by clearing out to the sideline
- Every athlete's foot must touch sideline before they can be involved with forward play to goal
- Ball does not have to touch sideline, ball may move freely
- Play live and sub on fly

Equipment Needed: 2 cages, Ball

Skills Emphasized: Communication, Conditioning, Rides, Offensive/Defensive Movement & Flow

Diagram Of Drill: See next page

Coaching Points of Emphasis: The trick to this drill is communication and possession. This drill is extremely tiring if the ball keeps getting turned over, even if the TO is a goal. We want to practice fast breaks, slow breaks, holds and even rides when appropriate through team communication in live/fast situations. Playing hard, fast and with flow even when tired.

RESTRAINING LINE

SIDELINE 2

SIDELINE 1

Solids won the GB and everyone cleared out to sideline 1, now Solids are playing live on offense and Stripes are playing defense.

BENCH TEAM 1

SUB BOX

BENCH TEAM 2

RESTRAINING LINE

SIDELINE 2

SIDELINE 1

Stripes caused a TO and now have possession of ball. All athletes will touch sideline 2 or sub out (subbed in players must touch sideline 2)

Solids may ride the ball, however if they don't cause a TO they still need to touch sideline 2.

**want to reiterate that the only rule is all players must clear out, ball may move freely.

ALL TURNOVERS AND GOALS result in a clear out.

BENCH TEAM 1

SUB BOX

BENCH TEAM 2

Description of Drill: This is a fun, competitive conditioning drill. Set up a tic-tac-toe board either using sticks or tape, if you are on a field or gym floor. Split team into 2, and start them on the same side of the board. Each team will need either different color pinnies or cones to utilize as the x's and o's for the board. On your whistle the 2 teams will compete by sprinting out to the board to put their respective x or o in the board, first team to get 3 in a row wins. You can do this as many times as you'd like, and incorporate ladders or hurdles at the beginning of lines for the players to go through before placing their pinnie/cone.

Equipment Needed: Sticks or tape, pinnies or cones to use as X or O's

Skills Emphasized: Speed, team communication, conditioning

Diagram Of Drill:



Coaching Points of Emphasis: Have fun with this. It should be a way to incorporate speed work without it feeling like conditioning. Encourages communication among your team, as well as quick thinking and assessing of the situation. Easy to mix it up and make it different, by incorporating ladders and/or hurdles.

Institution: Averett University

Coach: Alixis Roccia

Name of Drill: Reaction Time

Description of Drill: This exercise will aid in improving your athlete's reaction time, defensive lacrosse footwork, and anticipation. You can start off with just the athlete and add in a stick when they progress through the drill.

1. On the first whistle your athlete will start foot fires (quickly moving their feet in place).
2. On the second whistle you will instruct them to twist their hips either left or right with the raising on either hand. They then quickly twist back and resume the foot fires. During this twist the athlete should keep their chest and shoulders facing you while the hips rotate to either side.
3. You decide how fast to blow the third whistle based on your athlete's athleticism. I recommend them performing this task at least ten times before increasing the difficulty. Try to vary up right and left putting emphasis on their quick reaction to the movement and recovery back to foot fires.
4. You will now include the cones into the reaction and anticipation. You will blow the whistle and call a color. If this color is behind them they will slide to that cone quickly, slide back and continue foot fires. If that color is in front of them they will run up to the cone, break down their feet, touch it and run back to foot fires. I recommend doing each color once to let them get a feel for their location. Then call out the colors randomly and look for how long it takes them to react and move.
5. The last stage of this exercise combines the hip movement and cone recognition. You will blow the whistle point in one direction for the hip movement twist and then call out a cone color. The athlete will have to make the correct hip twist and react to the cone they must then go to. This works on quick change of direction and hip movement which can be helpful when reacting to an offensive player. For instance looking at my diagram below. If I blow the whistle point right and yell yellow the athlete will have to twist their hips in the opposite direction of the intended cone then correct their body position by twisting their hips a whole 180 degrees in order to slide to the proper cone. This is perfect when working on defending a double move or working on recovery defense.

Equipment Needed: You will need four different colored cones, a whistle and an athlete that wants to work hard.

Skills Emphasized: Reaction time, quick change of direction and ability to perform effectively when tired

Diagram Of Drill: set-up of your drill- a different colored cone at each corner of the box. Cones should be five yards apart. Player will start in the middle where the x is. See next page.

Institution: Averett University
Coach: Alixis Roccia
Name of Drill: Reaction Time



X



Coaching Points of Emphasis:

- Hips making a full twist
- Correct movements to the respective cones
- Staying low in a defensive position
- Reaction time to directions



Institution: Rhodes College
Coach: Meghan Keelan & Sydney Bosmans
Name of Drill: Ladders into 3v3

Description of Drill: Two teams (attack and defense) race through ladders (you choose what footwork) into a 2v2 ground ball battle. There are two lower players (1 on attack & 1 on defense) on top of the 8m. If attack wins the ground ball, they take it to goal. If defense wins, they clear it to the opposite 30 with attack riding them.

Equipment Needed: Sticks, goggles, mouthguards, 4 ladders, 1 ball, 1 goal



Skills Emphasized: Footwork, groundballs, speed, communication, fast break



Diagram Of Drill: See next page.

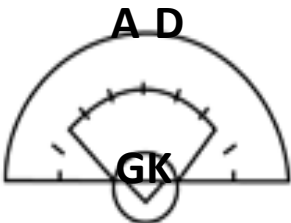
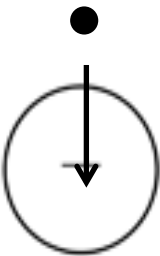
Coaching Points of Emphasis: Exploding out of the ladders, getting low, running through & choking up on groundballs, down low players putting themselves in good positioning to get the ball moving, communication on defense

Ground ball is rolled from anywhere... they battle... If A gets it -> 3v3 to goal, If D gets it -> clear it to opposite 30yd line.



Team A 
Team D 

Team A 
Team D 



If the GK saves it, she is clearing to D and D clears it to the 50yd line or further.

Institution: Ohio Wesleyan University

Coach: Patricia Ryan

Name of Drill: Card Conditioning

Description of Drill: With a deck of playing cards, you will make each suit an exercise. Example: Hearts: Burpees, Clubs: Pushups, Spades: Jump-Squats, Diamonds: Sprint to the 25 and Back. The team will line up on the end line, and each draw a card. One by one, you'll do the exercises drawn. So a 4 of hearts, would be 4 burpees. A Jack of diamonds is 11 down and backs. The conditioning is done once each player has drawn a card.

Equipment Needed: Deck of Playing Cards

Skills Emphasized: Conditioning Warmup

Coaching Points of Emphasis: Just a way to do some conditioning if you are maybe stuck indoors/ need to do something different. Team can also do on their own if you are doing stations, can be split up, etc.

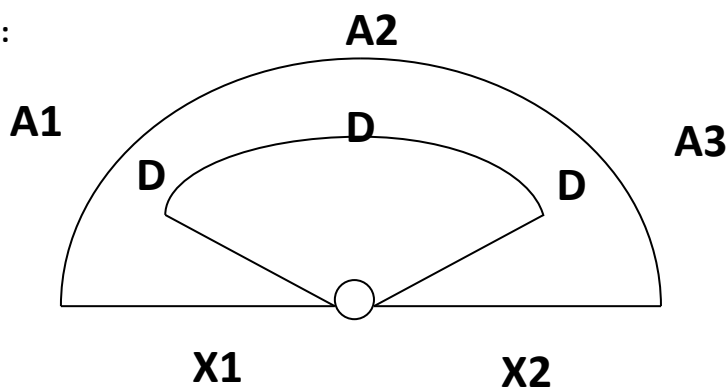
DEFENSIVE DRILLS

Description of Drill: See below.

Equipment Needed: 8 meter and set up balls on wings in lines (have extra balls down low)

Skills Emphasized: This is a drill that focuses on cutting and covering cutters in a variety of ways. Great for initial technique of how to cover cutters. It works on defending the backdoor, body positioning as ball is swung low, and how to play the 2 player game inside the 8m.

Diagram Of Drill:



Set up:

Attack and Defensive lines in the 3 spots high as shown, 2 feeders (X) behind cage as shown. Can add Defense on Feeders as drill advances

Description of Drill:

- First Ball Starts with A1 and passes down to feeder on same side. After ball is passed low, A1 and Defender are live (No other players are in the drill at this time). A1 first looks to backdoor her defender for a feed from X1, if nothing there- play out this first ball with A1 cutting while her D defends the cuts. X1 and X2 can move the ball back and forth. Once that ball is shot/saved/D makes a play on ball- that ball is dead. Second ball is immediately live
- Second Ball starts with X2. A1 can now use middle cutter A2 to get open. Ball can be passed between feeders X1 and X2. Defenders now have to communicate with their teammates to on where ball is, and getting around picks. Once ball is played out- that whole group is done.
- Next Ball starts with A3 on the wing to a pass low (starts from beginning) Another matched pair gets set up in top middle to be ready for second ball

Coaching Points of Emphasis:

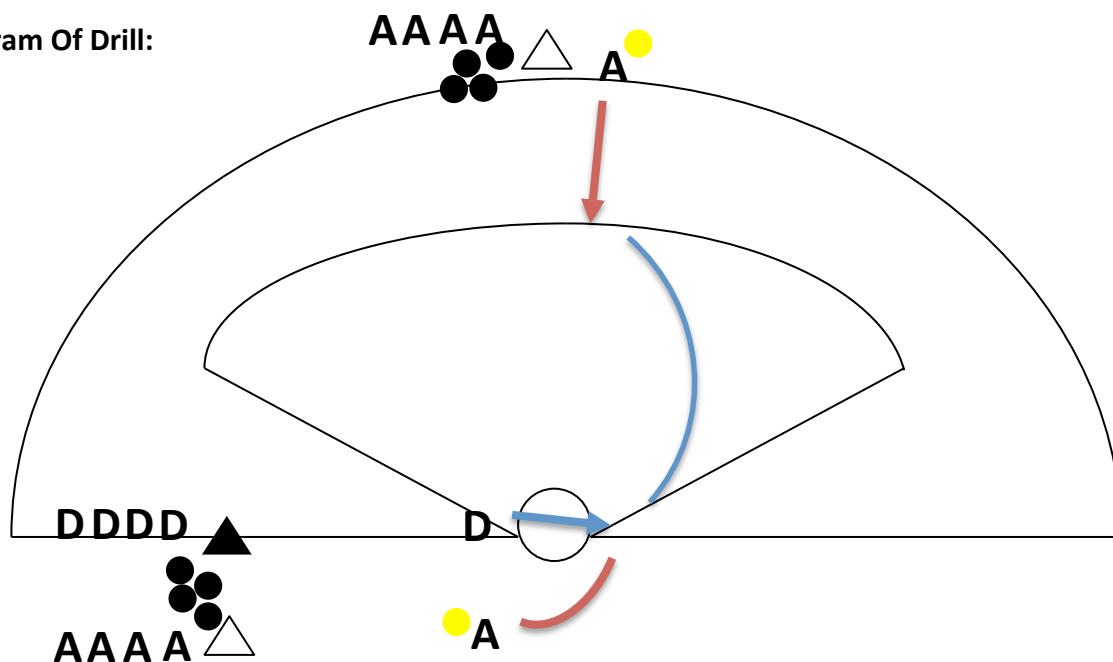
- 1) Defensive Positioning – Low and Athletic Stance. Listen to Goalies on where ball is and position yourself accordingly. Stick to Stick on Cutters
- 2) Cutters- Change of speed on Cuts. On second ball- working together and keeping the space
- 3) Goalies- Loud Communication on Location of ball/Talk to your defenders. Also works on Turns
- 4) Feeders- Feet moving on feeds, anticipate the cut *Should not be standing behind cage.

Description of Drill: This drill is designed to give defense lots of reps defending crease rolls, and 1v1s from the top of the 8M. Balls are set up behind the GLE and at the top of the 12M with attack lines at both sets of balls. There is one defense line on the GLE at the hash on the GLE (just on one side, doesn't matter which). First defender sets up next to the crease and the attacker below the GLE goes first, choosing which side she wants to roll. Immediately after the shot is taken or the ball is dead the attacker at the top of the 12M is released. Defender must approach showing awareness of shooting space and try to slow down the shooter and force her to the outside. Everything should be fast paced- attackers do not have all the time in the world to try to get past the defenders.

Equipment Needed: Cones and balls

Skills Emphasized: We mostly use this to warm up our defense, keeping the drill moving quickly and focusing on approach for both crease rolls and drives from the top (shooting space awareness). To keep the pace moving this isn't really used to introduce either approach, but rather to reinforce both approaches after they have already been broken down at an earlier point. Athletes can be pulled aside if corrections are needed on an individual basis.

Diagram Of Drill:



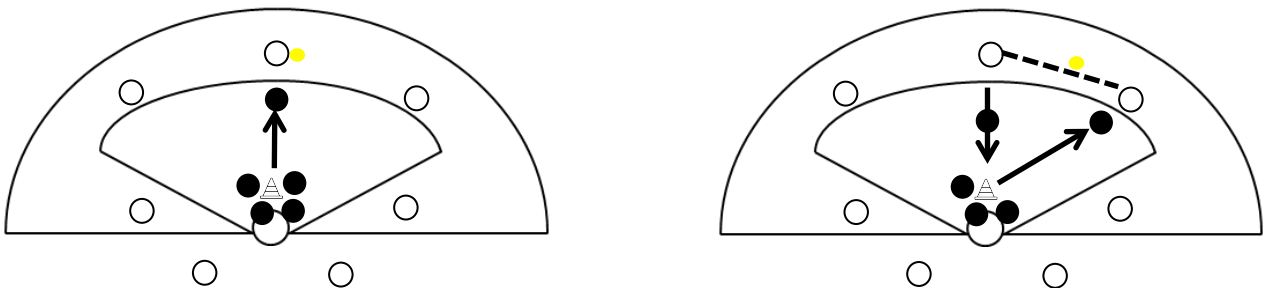
Coaching Points of Emphasis: Defenders need to meet the attackers before they hit the 8M on the crease roll while also not getting in the way of the goalie. Goalies need to communicate after the first shot for the defenders to slide up to the next ball. Defense needs to be aware of angles and ready to react to constant attacking.

Description of Drill: Place one cone in the middle of the 8m at the bottom of the men's crease. This is the Hub. 5 defenders stand around the cone in a cluster, facing the perimeter of the 8m respectively. 7 attackers set up around the 8m as if in skeleton offense. Attackers hold their general positions and pass the ball around the perimeter. Passes to the adjacent player, cross 8m passes and skip passes are all allowed. Offense is NOT going to cage. The defenders in the middle must communicate who is going to approach ball, and the goal for that defender is to reach where ball is "going to be" before the attacker has complete possession of the ball. As soon as the attacker passes the ball to another spot, the on ball defender releases, returns to the hub and calls "Checking-in" or "I'm in" or whatever your chosen lingo for this is. The cluster of defenders in the middle must communicate simultaneously, using names who is next up to approach ball, so they can reach the attacker with the ball before the ball is settled in her stick. The attackers continue passing the ball around in no particular pattern and the defenders in the middle must communicate and slide in and out of the hub as the group establishes who is "next up" to approach. Continue each set for about a minute and then sub. You can do this drill with as few as 3 defenders and 4 attackers.

Equipment Needed: Ball, Cone, 8m

Skills Emphasized: Zone Communication, Reading the ball in the air, Establishing pressure before attacker can receive the ball.

Diagram Of Drill:



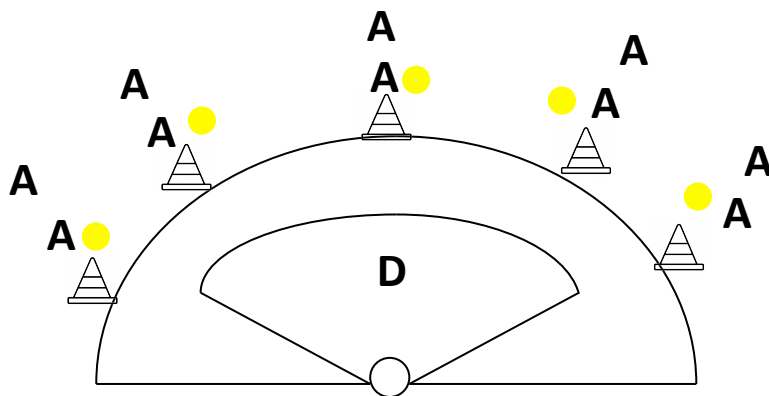
Coaching Points of Emphasis: The players in the middle need to be incredibly directive with who are they are sending out to ball, using names and some kind of indicator that that individual needs to approach ball. Depending on what you are trying to accomplish, you may allow your defenders in the middle to hedge slightly outwards, but the goal is to make the slides long, keep the defenders close so they can talk, and force them to communicate when they don't necessary have a pre-established attacker that they are guarding.

Description of Drill: This drill is to help work on 1v1 defense. There will be 5 cones (each cone is a different color). There will be lines of attackers at each cone with balls. The defender will be in the middle of the 8 with their eyes closed. All the attackers will be ready to go. To start the drill the coach will yell a color of one of the cones and that releases the attacker and allows the defender to open their eyes and begin the 1v1. The defender will stay for three 1v1s and then rotate in a new defender.

Equipment Needed: Different Color Cones and balls

Skills Emphasized: It makes the defenders work on dictating where they want their attackers to go and allows them to work on their timing of making contact

Diagram Of Drill:



Coaching Points of Emphasis:

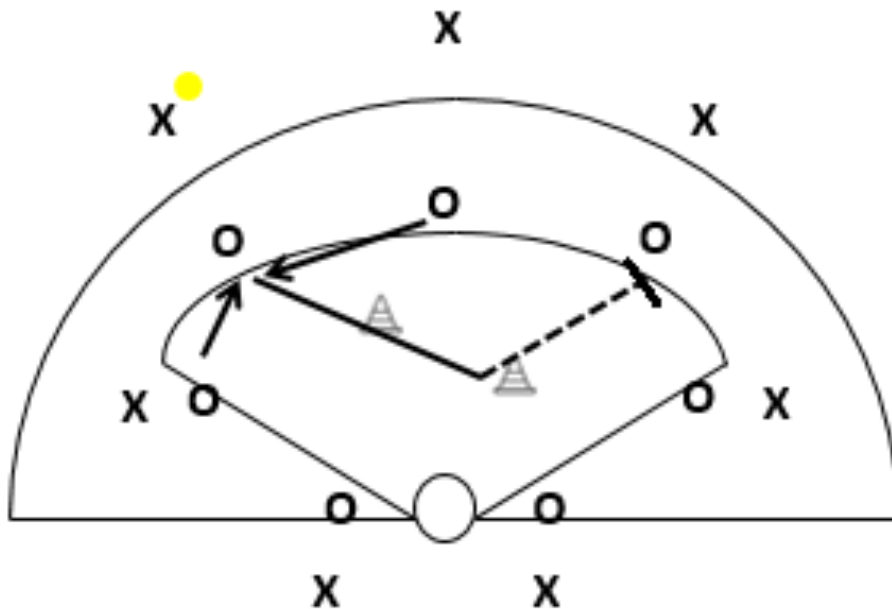
- Approach to ball (c cut)
- Making contact
- Keeping your feet moving
- Quick thinking/decision making

Description of Drill: **X** passes ball around the 12m. On the coaches whistle, whichever **O** has ball, is to turn and run to the furthest cone (or whichever designated cone) – this leaves a hole for **X**. **X** is to try to take the opening, while adjacent **O**'s are to crash hard. The **O** that ran to the cone is to keep their head up and see where they need to fill in / who the open player is, and bump to make it man to man again.

Equipment Needed: Even amount of **X** & **O** and 2 cones

Skills Emphasized: Defensive crash and recovery – finding the open attacker. Attack reacting to the given hole in defense.

Diagram Of Drill:



Coaching Points of Emphasis: Change up where the cones are or which cone the defender runs to.

Variation*: have **O** run to closest cone and re-approach **X** who is challenging. Work on approaching on an angle without getting shooting space

Institution: University of Maryland

Coach: Lauri Kenis

Name of Drill: Muddle

Description of Drill: Muddle is a drill to work on defensive ground balls inside the 8-meter. You can use any number of players, we normally keep it 5v5 or 6v6. We typically only use defenders in the drill, however you can make it offense vs defense. Coach walks around the outside of the 12-meter and behind with a ball and the players are not allowed to look at the coach. Roll a ground ball into the 8-meter, players fight out the GB and whoever gains possession must clear the ball safely (you can run it or pass it) and with control to the 30 yard line. Your team gets a point if you successfully clear the ball, however your team loses a point if you don't clear the ball successfully. If there is a change of possession the other team then has a chance to gain a point by clearing the ball safely above the 30. So Team A would lose a point for the turnover and Team B would gain a point for getting the ball and safely clearing it above the 30.

Equipment Needed: Normal practice gear

Skills Emphasized: Groundballs, clearing, passing on the move, stick protection, spatial awareness, communication.

Coaching Points of Emphasis: Running through the GBs and getting to space first before pushing the ball up the field in order to avoid getting checked. Making sure to clear the ball safely whether you run or pass no 50/50 balls.



Institution: Linfield University
Coach: Lindsay Kibler
Name of Drill: Interception progression

Description of Drill: This drill is not only used for defenders to work on anticipating the pass and attacking the ball for an interception/knock down but to also follow up with the next steps after the interception or knock down.

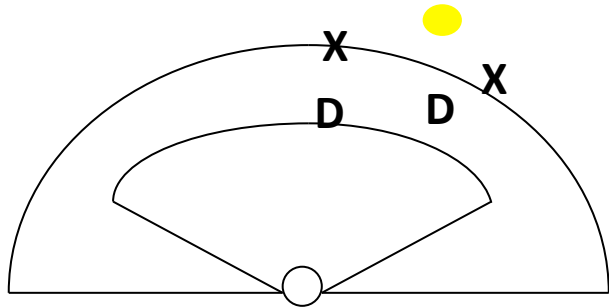
Equipment Needed: Balls + sticks

Skills Emphasized: Anticipate the pass + recover the missed pass + recovery slide + follow through with the interception/knock down

Diagram Of Drill: See next page

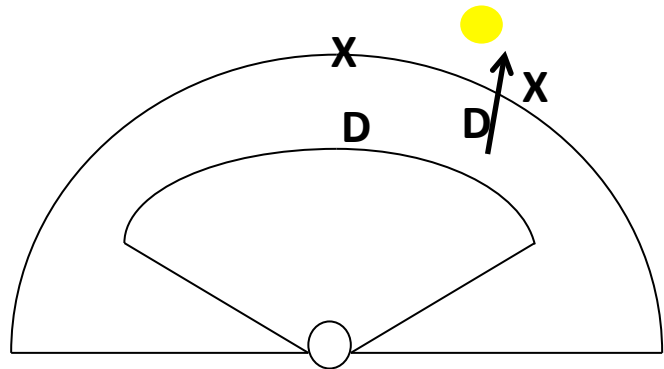
Step 1:

X are passing as D Works to approach
Ball carrier and the Recover back to the 8
When ball is passed off.



Step 2:

As D anticipates the pass, they are
Working to intercept or knock down the ball.
Similarly taking advantage of X
In a game situation.



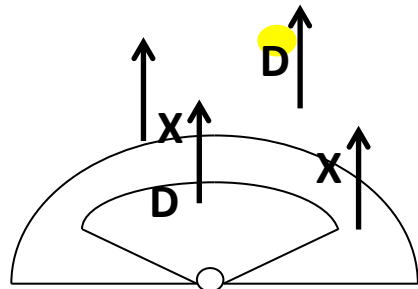
Step 3:

Once the D makes the interception/knock
down, they are looking
To send the ball to their teammate up field.
They're Defensive
Partner is also sprinting with them to back up
the ball.

*Send pass to
marked teammate
waiting in the
midfield up field :*

X O

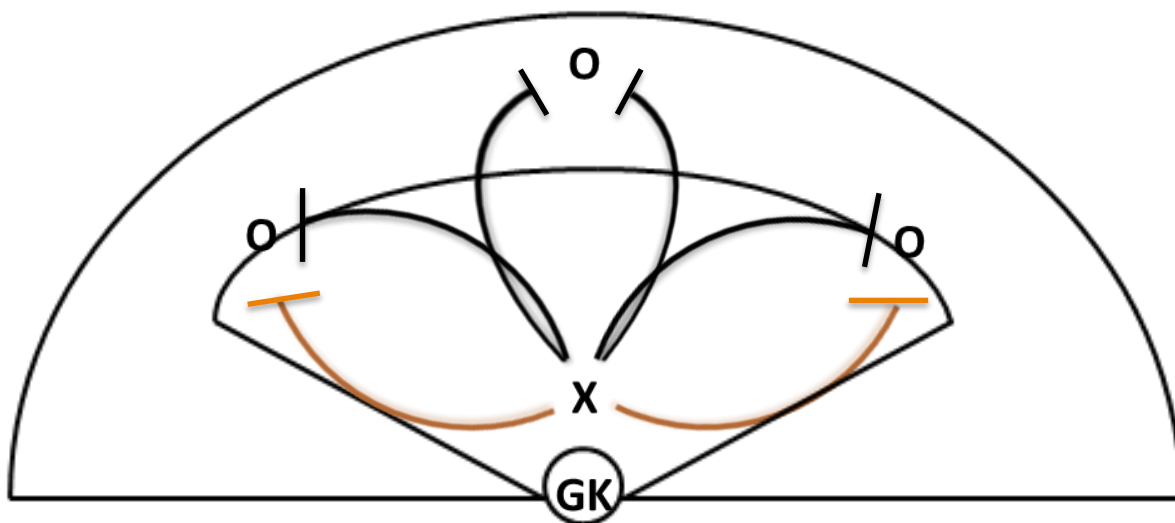
*You can modify this by having the
Same drill happen on each side of
The field and on each half of the 8.
Which ever end is able to
Make the interception first, initiates the
Fast break to the opposite end of the field
For a 5v5.



Description of Drill: This drill is called “New Orleans” because the diagram looks like a fleur de lis. The goalie starts with the ball and will outlet to one of the three offenders along the 8. The defender starts in the middle and will approach the ball carrier in an arch, forcing the offense down the alley (path in black). From there is a 1v1 to goal. After a shot, the shooter goes immediately to D as the goalie outlets another ball quickly to a player on the 8.

Skills Emphasized: Defensive approach to a ball carrier as well as 1v1 O/D.

Diagram Of Drill:



Coaching Points of Emphasis: In our base defense, we force the offense down the alley (path shown in black). This drill is great at working on the defensive approach that best forces the ball carrier down the alley, especially when that ball carrier is on the wing.

The defensive approach to a ball carrier at the top is completely up to the defender. Her arch would depend on either the handedness of the offender, or based on where she is approaching from (not always centered after her shot from the previous rep). However, it's completely up to her.

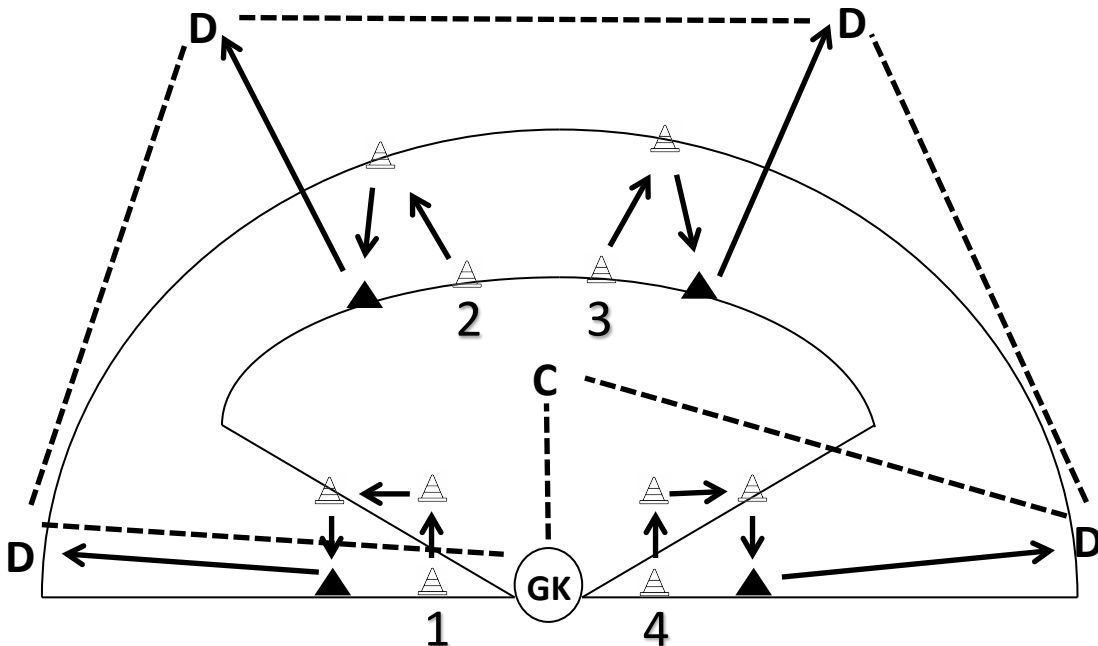
If the base defense forces to the help in the middle, the approach will be the inverse (path shown in Orange)

Description of Drill: Breakout cone footwork is a combination of traditional cone work drills and long passing. Balls start with Coach "C" and players line up at spots 1-4. The drill begins with Coach "C" who shoots on the GK. Off the shot player "1" begins her footwork sequence (sprint, shuffle, backpedal, breakout, and receive clear from GK), once player "1" reaches the black cone, player "2" begins her sequence (sprint, drop step, breakout and receive pass from "1"), when player "2" reaches black cone, player "3" begins her sequence (sprint, drop step, breakout and receive pass from "2"), when player "3" reaches black cone, player 4 begins her sequence (sprint, shuffle, backpedal, breakout and receive pass from 3, pass back into coach "C"). Coaches shot starts the next group.

Equipment Needed: 14 cones; extra balls for any over throws

Skills Emphasized: Quick footwork, long passes on the move, redirect in the clear

Diagram Of Drill:



Coaching Points of Emphasis:

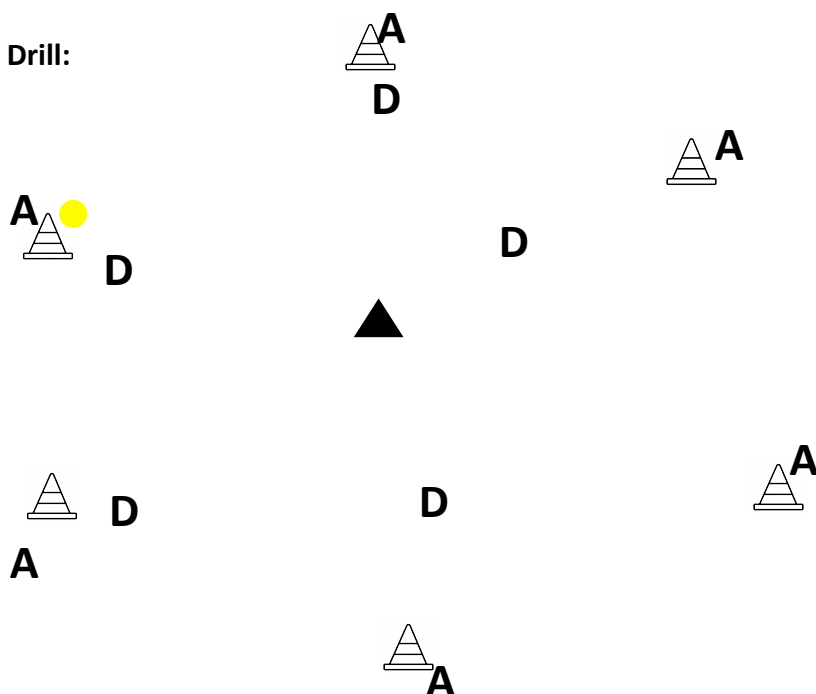
- Fast feet through the cone sequence
- Breaking to space/up field with speed
- Quickly identifying the next pass

Description of Drill: Warm-up drill designed specifically for defenders. The object of the drill is for the defenders to protect the middle cone. We typically work this as a build up drill; At first the attackers can only drive to the cone if they have the ball, next the attackers adjacent to the ball can cut, finally it's chaos with the only rule being you must fill in the cones (can't hang out in the middle). As the ball moves around the cones, defenders bump and communicate while always protecting the middle cone.

Equipment Needed: 6-7 cones based on squad size. 6A and 5D or 5A and 4D

Skills Emphasized: Defensively- shifting towards ball, protecting the middle, communication, approach and break down, prioritizing. Offensively- patience, using their outside hand (or not if you want to change the focus- we've done this so attack cannot switch hands and has to get creative with stick work), hitting the one more, following instructions.

Diagram Of Drill:



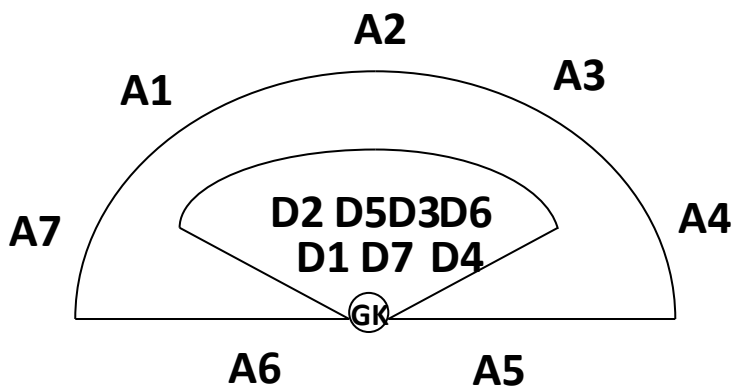
Coaching Points of Emphasis: **ZONE MENTALITY!** Defensive shift (as a unit**), sticks big, who has two, watch back side, hedging towards ball especially as adjacent. **CRASH***- this drill is designed for the attackers to be successful but D must ALWAYS crash to the cone. *You can also set this up around the 8m and let attack shoot/play live after the ball hits the middle.

Description of Drill: 7v7 set up. Defenders will start muddled in men's crease (middle of 8M). A and D have a partner (IE: A1 and D1). On whistle they need to recover outside 8M and mark up on their partner. They must verbalize the number of player they are on. The coach has the ball to show where cutters are cutting to. Defenders must bump attacker off their line on cutter. Coach will roll a GB out for scrum battle to finish drill.

Equipment Needed: Goal

Skills Emphasized: Locating and Defending Cutters, Bumping cutters off line, making contact, GB Scrum

Diagram Of Drill:



● Coach with ball, moves to different areas

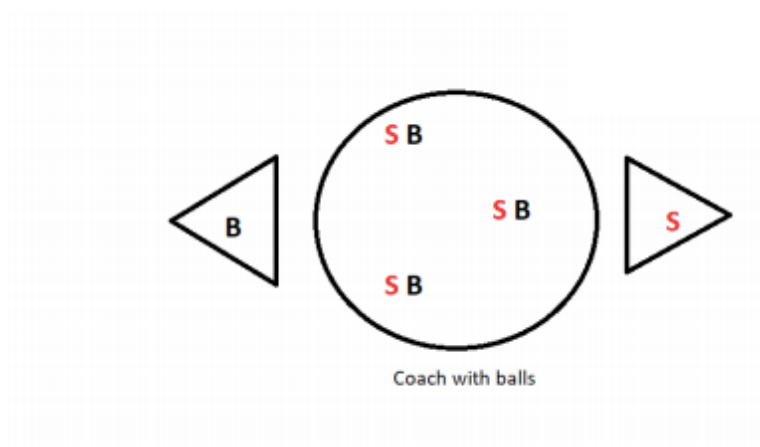
Coaching Points of Emphasis:

- Communication when identifying players
- Calling Cutters
- Crash Call
- Bumping cutter off line
- Seeing Both

DRAW CONTROL DRILLS

Description of Drill: The coach tosses a 50/50 in the air (or GB) and each team works to get the ball. Once possession is determined that the team has 5 seconds to score on the opponents goal while the other team is defending. They must stay within the circle.

Diagram Of Drill:



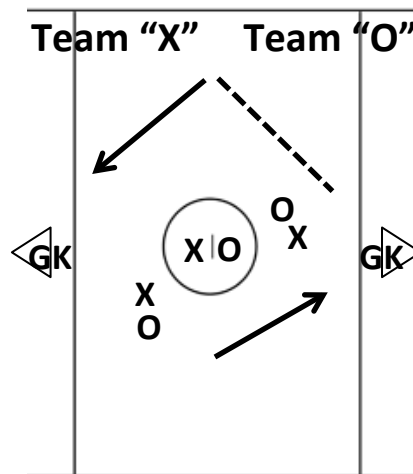
Coaching Points of Emphasis: Drill focuses on possession, ground balls, quick decision making and working in a small area with a time constraint.

Description of Drill: The drill is done between the restraining lines and starts with a draw (3v3). Once possession is won, the player closest to the ball winner must drop and complete a pushup or crunches before returning to play. This creates a player-up situation to goal. Once a shot is taken or ball is turned over the defending team clears the ball to an incoming player from the sideline and play moves to the other end, creating a 4v3 fast break. The drill ends once a shot or turnover occurs at the other end.

Equipment Needed: 2 goals, balls

Skills Emphasized: Draw controls, fast breaks, communication.

Diagram Of Drill:



Coaching Points of Emphasis: This is a fun drill that incorporates a good amount of hidden conditioning. Players are forced to play out of position, but are still expected to perform at a high level.

Institution: Belmont Abbey College

Coach: Kelly Dowd

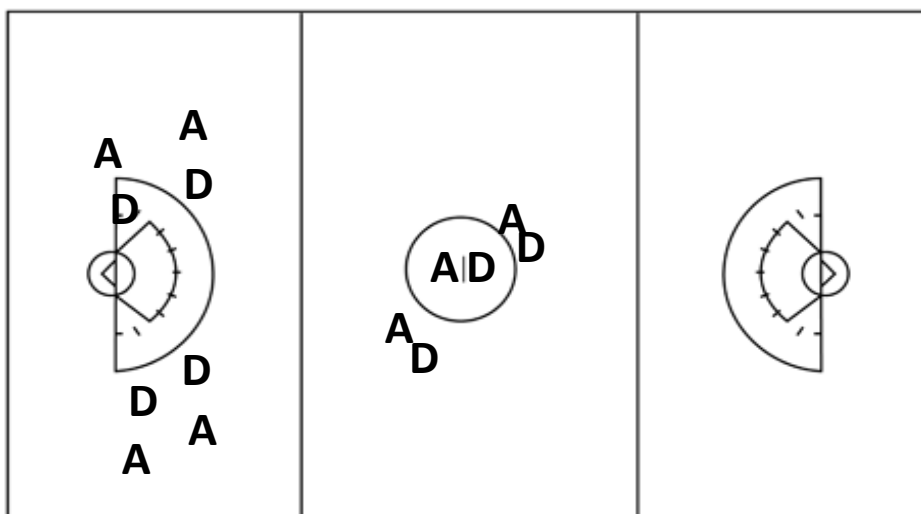
Name of Drill: 10 Second Draw

Description of Drill: Push the fast break after getting the draw control, and score in 10 seconds or less

Equipment Needed: Whistle, balls, and someone to set up the draw

Skills Emphasized: Controlling the direction of the draw, good communication through the midfielders/attackers, pushing the fast break, draw & dumps, clearing the top of the 12/8 meter, quick decision making, scoring quickly

Diagram Of Drill: Midfielders can be assigned attack/defense or play out whoever gets the ball



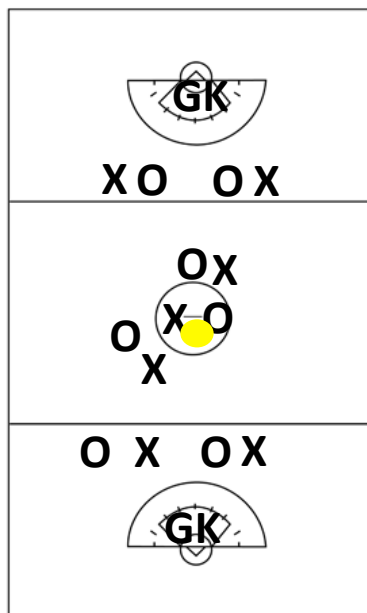
Coaching Points of Emphasis: Midfielders should keep their head up when pushing the ball to see if they have a lane to goal or if they have an attacker open. Quick decision making! Knowing as an attacker when to move/cut and when to hold space. Trying to get on the 8 meter is an option in this drill as well.

Description of Drill: Split the team into three even groups. Goalies will be split at each end of the field. The drill starts with 7v7 set up for a draw control between two of the groups. Each team is trying to win the draw and score. The object is to be the team with the most points. 1 point is awarded for winning the draw, 1 point is awarded for scoring, and 1 point is awarded for a defensive clear to midfield. Use a 30 second shot clock for each possession. Once a team has scored or a defensive clear has been made, the team that initially won the draw will stay on the field and face the new team coming in. Take ten draws total. Put something tangible on the line such as burpees, sprints, etc. The team with the most points after ten draws gets out of the burpees or sprints.

Equipment Needed: 2 goals, balls

Skills Emphasized: Draw Controls, Fast Break Offense/Defense, Conditioning, Communication

Diagram Of Drill:



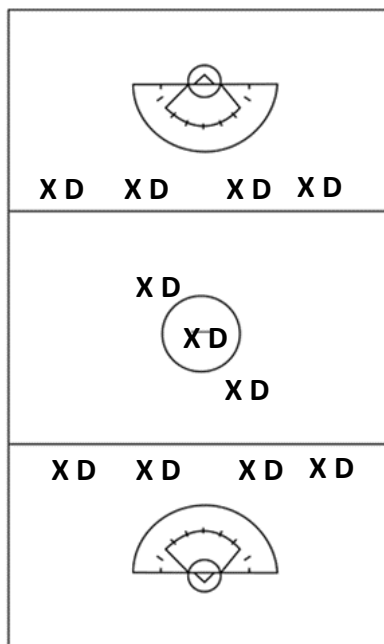
Coaching Points of Emphasis: Quick release after winning possession. Get ahead of the ball for fast break opportunity. Defensive communication and stopping fast break. Executing with shot clock running out. Taking care of the ball on a clear. Riding hard to prevent clear to midfield. Sprint to set up the next draw (hidden conditioning)

Description of Drill: Draw control full field set up. Play draw control out for 10 seconds to cage.

Equipment Needed: 2 goals

Skills Emphasized: Drawer and circle play, pushing fast break, communication, slowing fast break on defense

Diagram Of Drill:



Coaching Points of Emphasis:

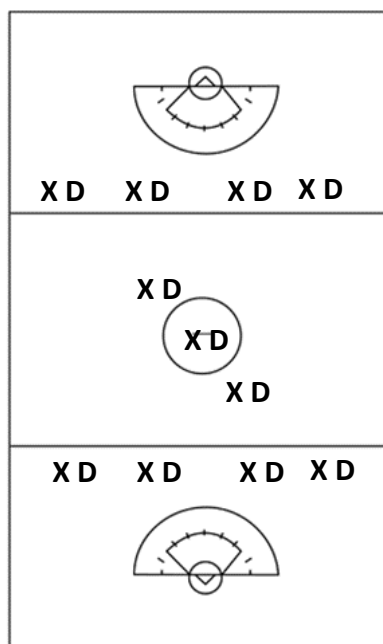
- Communication on Circle
- Getting ball out quickly of draw control
- Pushing fast break- Attacker outlets
- On D- Slowing Fast break early and communication

Description of Drill: DC full field set up. Play DC out for 5 seconds not to cage. Focus is first outlet off DC win

Equipment Needed: 2 goals

Skills Emphasized: Drawer and circle play, pushing fast break, communication,

Diagram Of Drill:



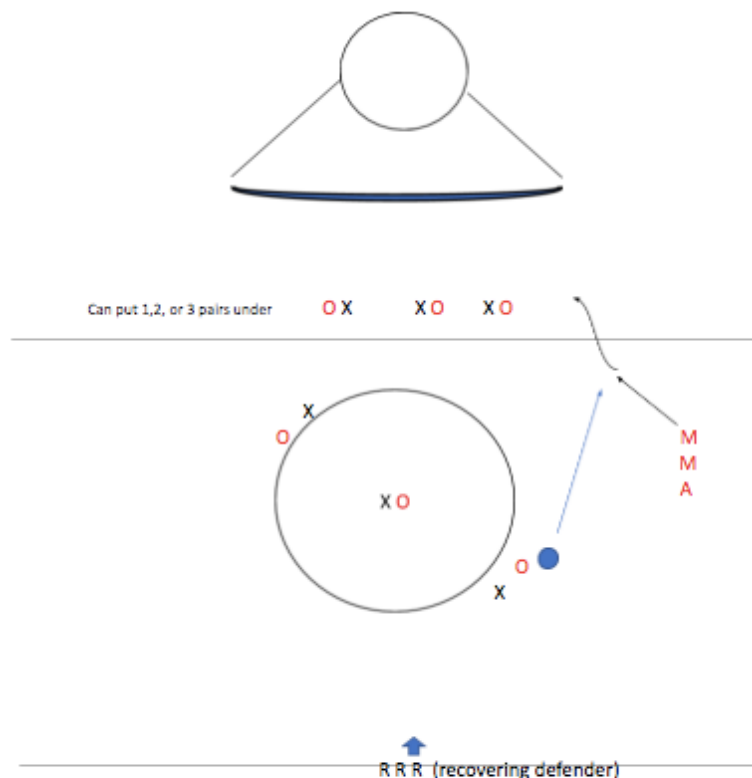
Coaching Points of Emphasis:

- Communication on Circle
- Getting ball out quickly of DC and into zone
- On D- Slowing FB early and communication

Description of Drill: Take the draw...

- If attack gets ball (red) they pass to the sideline M and A they go in 4v3 (none of the midfield players cross the line-or can let them go and becomes 7v6)
- If the defense gets the ball (black) they pass to the recovering defender who passes to the M/A and all would go making it 7v7 with the recovering defender going in too.
- You can do many variations off this to do even, up, or down.

Diagram Of Drill:



GOALIE DRILLS

Description of Drill: GK and coach stand 3-5 yards apart. Coach has deck of cards, and will throw individual cards at the GK. The GK must catch the card and call out what is on the card thrown. Coaches should vary the levels, speed and angles of the cards as they throw them to challenge the GK.

Level 1 Balance- GK on flat surface

Level 2 Balance- GK on one foot (have them do left and right)

Level 3 Balance- GK on round side of BOSU ball

Level 4 Balance- GK on flat side of BOSU ball or on Balance Board

Level 5 Balance- GK on one foot on balance equipment (have them do both left and right)

Level 1 Vision- Call card color

Level 2 Vision- Call card number or suit

Level 3 Vision- Call card color, number & suit

Equipment Needed: Deck(s) of playing cards (you can always use Uno cards for more variety), Bosu Ball or balance board.

Skills Emphasized: Eye/focus training, balance, reaction time, multi-tasking

Diagram Of Drill: we used a ball in this picture instead of cards



Coaching Points of Emphasis: Stay balanced, drive hand(s) to card, focus on one thing at a time (i.e. color before moving forward).

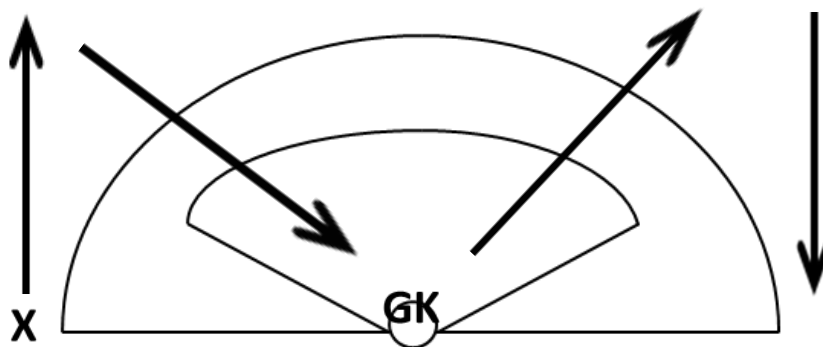
Description of Drill: In this drill, The Goalie starts with the ball. There will be a player to the goalie's left along GLE outside the 12. That player will first cut up the field with her stick positioned up-field, in her left. Once she receives a pass, she'll pass back to the goalie. She'll then cut to the goalie and receive a pass with her stick down-field, in her right hand. She'll then pass back to the goalie. Third, she'll break away from the goalie at an angle with her stick up-field on her left. Once she receives a pass from the goalie, she'll pass right back to the goalie. Lastly, she'll cut back towards GLE with her stick down-field in her left.

As you see below, movement of the player is in an "M." Once all the players have gone through the line going left to right, you'll do the same drill coming back right to left. Also, you can add in a soft defender

Equipment Needed: None

Skills Emphasized: Stick positioning while on a clear. Where the goalie tries to place the ball while passing

Diagram Of Drill:



Coaching Points of Emphasis: For the receiver, this drill is great for emphasizing where she places her stick for the goalie to target the pass. Cutting away from the goalie, she receive would want her stick out away from her body, simulating a defender on her hip. While cutting to the goalie, she'll want to have her stick in tight, off of her shoulder, simulating a defender right on her tail.

For the goalie, this emphasizes ball placement and pass arch. She'll want to lead the receiver cutting away and with a little more loft on the pass. Conversely, the goalie would want to throw a harder pass and tighter to the body when the receiver is cutting to her.

Description of Drill: Set up...

- Goalie in cage fully suited up with the headless shaft
- Shooter either hitting tennis balls with racquet or shooting with player stick
- Third person rapid fire handing tennis balls to shooter
- Shooter is a few steps inside the 8m at the center. Can move closer/further depending on the skill level

Equipment Needed: headless shaft, tennis balls, tennis racquet (optional), shooter

Skills Emphasized: I only really shoot either high or mids, if I am going to do this drill and want to also incorporate lows I will have the goalies use a field player stick.

Basically the shooter is shooting the ball and the goalies have to use the shaft to punch the ball. After they make the save or ball goes in, they have to immediately reset as this is a rapid fire drill.

Coaching Points of Emphasis: Working on precision piece as the goalies cannot rely on the stick to make the save, the driving of the top hand, quick reset, reaction time

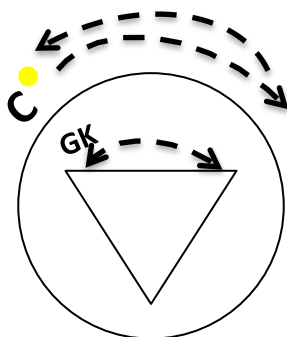
Institution: University of Rochester
Coach: Patty Pehnke
Name of Drill: Hand-Eye Shooting Drill

Description of Drill: Coach starts on either side of the cage. Starting off with a pass to the goalie and after the goalie passes the ball back to the coach; shoots a quick shot (this can be to a random spot). If the goalie saves the ball, she'll pass the ball back to the coach and the coach will continue the quick shot, until the coach either scores or if they shoot it off cage. The coach is moving around the crease so that the goalie can work on her positioning and her arc. Do this for as many rounds as you want OR you can make this as your warm-up starting off with high shots, hip shots, to low shots. You can advance the drill by having the goalie turn around and as the coach, yells shot or blows a whistle, the goalie will turn to save the shot.

Equipment Needed: Balls, Cage

Skills Emphasized: Reaction time, hand-eye, goalie positioning

Diagram Of Drill:



Coaching Points of Emphasis: Awareness after the coach passes the ball. Adjusting angle as the coach moves across the crease. Urgency to re-set physical position after save is made. Being patient and staying on their arc. Seeing the ball into the stick as the shot is being taken.

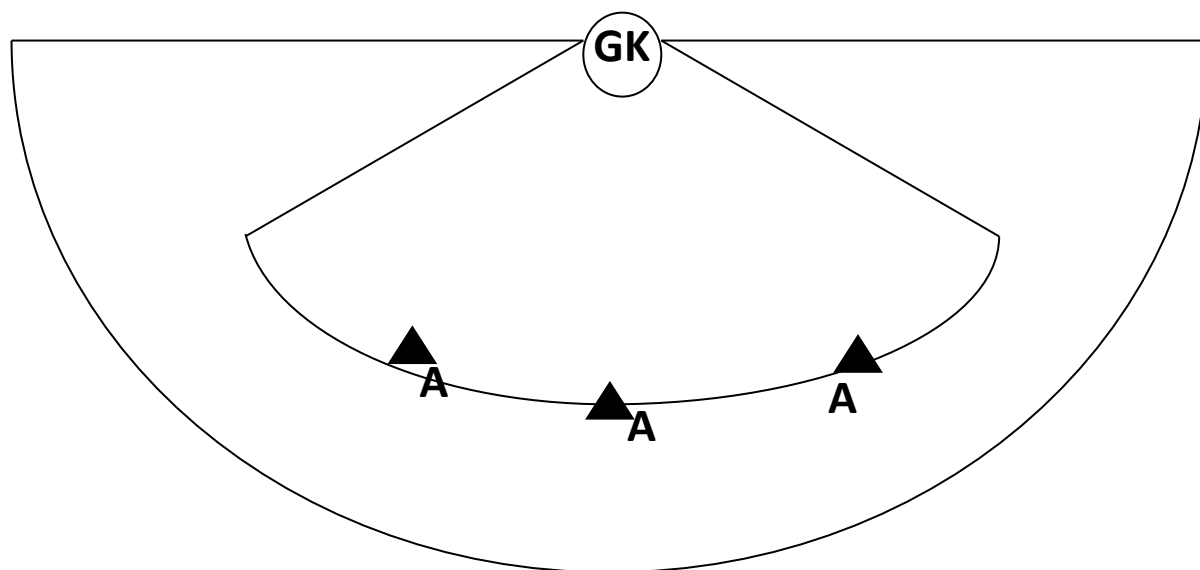
Institution: Ohio Wesleyan University
Coach: Patricia Ryan
Name of Drill: Surprise Goalie Warmup

Description of Drill: 3 shooters stand with backs turned to goal. On whistle, all 3 will turn, though one shooter will go live to goal, and goalie must quickly react to shooter and track shot in. Can do lots of reps at rapid pace. Place lots of balls at top next to all cones.

Equipment Needed: 3 cones around the 12, and 3 shooters.

Skills Emphasized: Goalie Reaction Time

Diagram Of Drill:



Coaching Points of Emphasis: reaction time, tracking in the shot, finding correct position in cage.

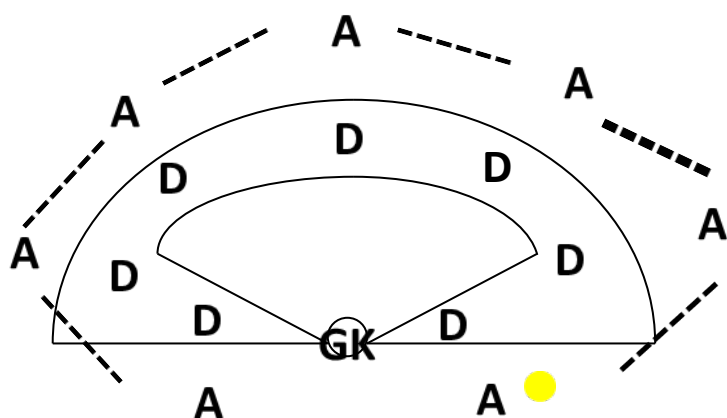
PLAYER UP/ PLAYER DOWN DRILLS

Description of Drill: Need 7 attackers and 7 defenders set up around the 12m. Attack starts with the ball and once coach blows the whistle, A starts to pass the ball around the perimeter of the 12m. D is matched up man to man and is communicating the whole time. Once the coach blows the whistle again, the drill starts with the attacker that has the ball going 1v1 to cage (they're the only ones live). Once the 1v1 is over, that pair stays in the 8m while the other 6 on the outside begin to pass the ball again. The coach blows a whistle again and the attacker with the ball is live with the pair in the middle for a 2v2 to cage. Once completed that pair moves to the middle of the 8m so 2 pairs are in the middle and the 5 on the outside begin to pass the ball again. The coach blows the whistle again, the attacker with the ball becomes live with the 2 pairs in the middle for a 3v3 to cage. For the final whistle, everyone is live (4 on the outside and 3 on the inside) and it's a 7v7 to cage. If Attack scores the drill starts from the top, if Defense gets the ball then they work on clearing it out and the drill starts over from the top.

Equipment Needed: Balls and coach needs a whistle

Skills Emphasized: This drill works on 1v1, 2v2, 3v3 and 7v7 attack and defense team concepts. Attack must work on staying spread out, communication, 1v1 drives, draw and dumps, cuts through the 8m, and working together, while defense focuses on 1v1 through 7v7 team concepts, communication, making cutters in the 8m, and keeping their head on a swivel.

Diagram Of Drill:



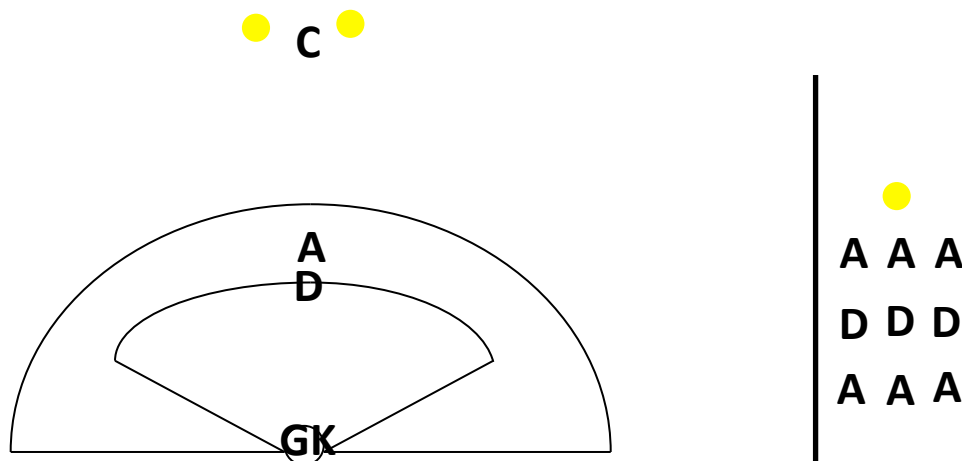
Coaching Points of Emphasis: communication on both attack and defense, using team mates for the "one more pass" concept, working on cuts in the middle and movement outside the 12m. Defensively: keeping head on a swivel, working on all fundamental concepts of defense from 1v1 to a build up to 7v7.

Description of Drill: This is a build up drill, starting with a 3v2 that progresses to a 4v3, and ends with a 5v4. The first ball is passed in from a coach to the top attack line for 3v2. All lines release one person from the sideline as soon as the ball is caught. The next ball will be run in by the top attacking line immediately following the 3v2, D line can release once attack moves with the ball for the 4v3. Last ball is passed from the Coach to the bottom attacking line for a 5v4, D can release once ball is in the air.

Equipment Needed: Balls

Skills Emphasized: Communication, quick ball movement and decision making, spacing on attack, ground balls

Diagram Of Drill: A Coach has balls up top and top attacking line has balls ready as well. Put an attacker and defender in the middle of the 8. The rest of the attack and defense will be on the sideline ready to go in. You can adapt and move the lines up top or down low depending on coaching points of emphasis.



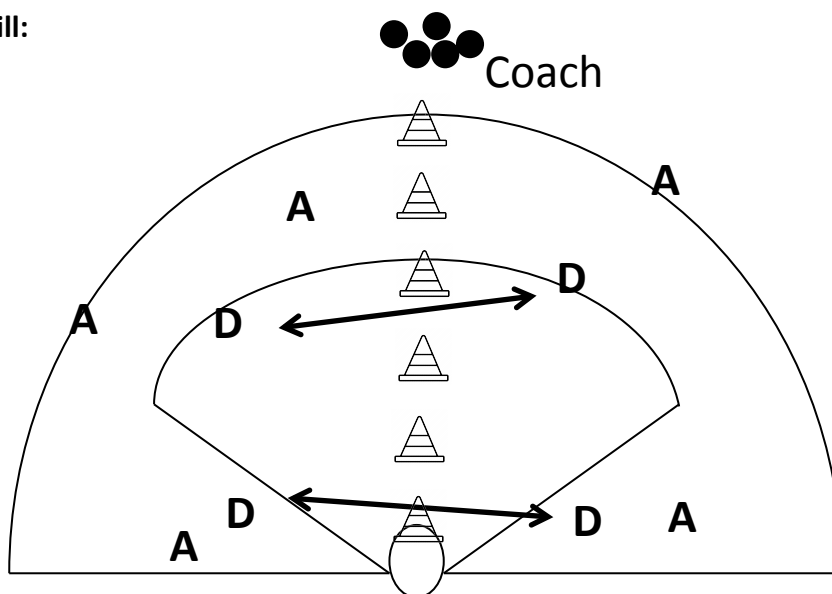
Coaching Points of Emphasis: player down/player up communication, defensive slides, fast ball movement and keeping their shape/spacing on attack

Description of Drill: The 12 is split in half with cones. There are 3 attackers on one side of 12 and 2 on the other for a total of 5 attackers. There are 4 defense in, 2 on each side to start. The attack must stay on the sides they start on throughout the drill. Defense can move freely throughout the whole 12 meter, they do not need to stay on the side they start on. The drill starts with the coach throwing a ball to one of the attackers. From there the attack is looking to see where their player up opportunity is to get the best scoring option. They can pass the ball to the other side, but they may not move to the other side. Defense may move throughout the whole 12 helping mostly on the side with 3 attackers and talking about who has 2 and where they need help. I'll do 3 sets and then switch all the players out. You can add a passing requirement before they can score.

Equipment Needed: Cones and Balls

Skills Emphasized: Attack-quick ball movement and working in tight spaces
Defense-Communication, slides and focus on player down situations

Diagram Of Drill:



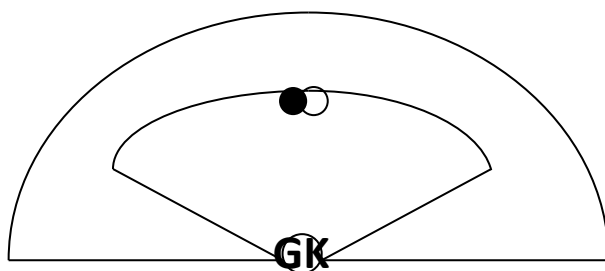
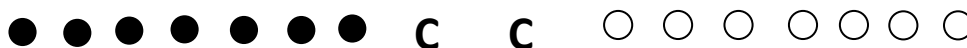
Coaching Points of Emphasis: Communication and Ball Movement

Description of Drill: This drill is used to simulate various player up/down situations. Players are divided into two teams, and line up on either side of the coaching staff along the 30. The first two players of the drill will match up facing the goal on the 8m for a 1v1 to ball. When the whistle is blown, the two players will fight for a ground ball (tossed out by coaching staff). Additionally, once the whistle is blown, the coach(s) may add however many players they want from each side. There is no limit on how many players can be added to the drill.

Equipment Needed: Goal, Pinnies, Balls

Skills Emphasized: Player up/Player Down/Settled 7v7

Diagram Of Drill:



Coaching Points of Emphasis: The first two players need to work on boxing out and exploding to ball. Make sure to also highlight how important it is to communicate to your teammates when you are in player up/player down situations; players coming in need to be vocal. Lastly, make sure your players are in the appropriate formation (triangle, box, etc.) for the number of players on the field.

Description of Drill: Overload is a 3v3 to a 4v3. A1, A2, A3 have to make 3 passes before they are “live” to shoot. At any time they can hit A4 who is above at the 25yd line or A6 who is behind cage. When they pass to A4 or A5 they are immediately going to cage looking for a heavy 1v1 and shot. If defense slides properly (not in shooting space) then they should look for a draw and dump or quick pass. Once A4/A5 release the ball either by shooting or passing they are finished and go back to their spot. They can be used multiple times in the continuous 1 minute this drill runs. Defense is in a 3v3 until the quick pass makes it a 4v3 and then they need to adjust and work on their slides, communication and adjustment.

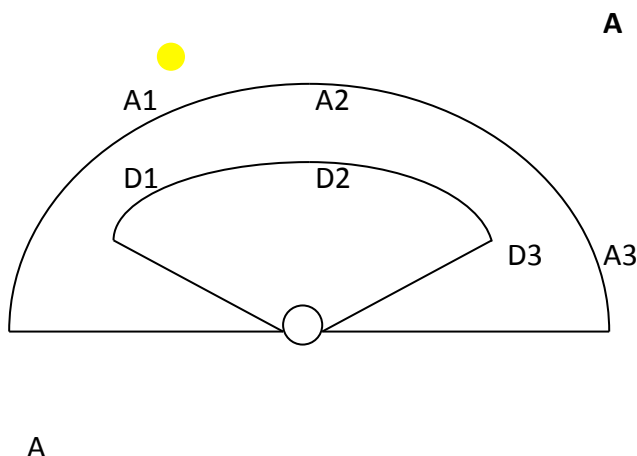
Equipment Needed: Just a ball and an 8meter!

Skills Emphasized:

Attack: quick passes, good off ball movement, communication, long balls, draw and dumps, shooting and dodging

Defense: 1v1 defense, forcing to help, communication, quick footwork, long slides, bumping

Diagram Of Drill:



Coaching Points of Emphasis: One minute on and then rest. Continuous play..

- defense- body positioning and denying lanes to cage, adjusting on the heavy challenge in, watch shooting space and 3 seconds, what is most dangerous?
- Attack- quick ball movement, use your ‘extra’ player to be an aggressive unit

Institution: St. Mary's College of Maryland

Coach: Kat Francis

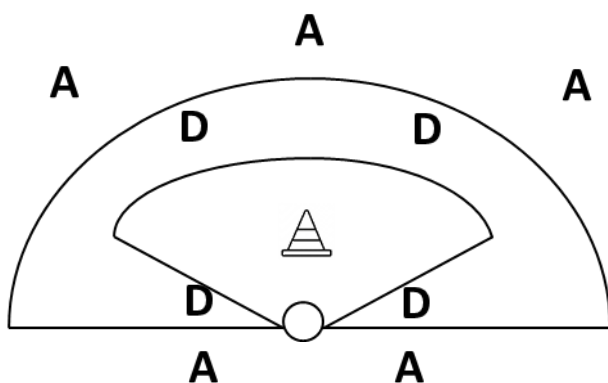
Name of Drill: Kick the Cone

Description of Drill: Kick the Cone is a really fast paced and fun drill to work on player-up situations for offense and player-down situations for defense. Five attackers will be situated around the 12-meter with four defenders inside the 12-meter and a cone placed in the middle of the 8. The attackers cannot carry the ball into the 8-meter or drive to cage. The ball can only be passed inside the 8 to an attacker who has cut inside – only one attacker should be cutting at a time. To avoid a three-seconds violation the defenders must check-in to the cone to make sure there is not an open feed option. Once the attackers successfully feed a player inside they are able to shoot from inside.

Equipment Needed: 1 cone for the middle of the 8.

Skills Emphasized: This drill is a great way to work on offensive spacing while player-up, keeping the ball moving quickly around the 12-meter, and continuously looking inside the 8-meter for a potential feed. For defense it helps with player-down situations, communication: who has ball and who is off ball, where slides should go, and crash calls.

Diagram Of Drill:



Coaching Points of Emphasis: This drill is great to teach attackers to hold offensive spacing. So many times when offense is player-up the attackers tend to sink inside the 12 making it harder to score and easier for the defenders. When the attackers are more spread out the feed option inside is typically easier to see and it makes the defenders make a choice on where they are defending. On the defensive side of things, they need to give direct communication in order to find success. Be sure to call three-second violations.

Institution: Wheaton College (Mass.)

Coach: Meghan Griffin

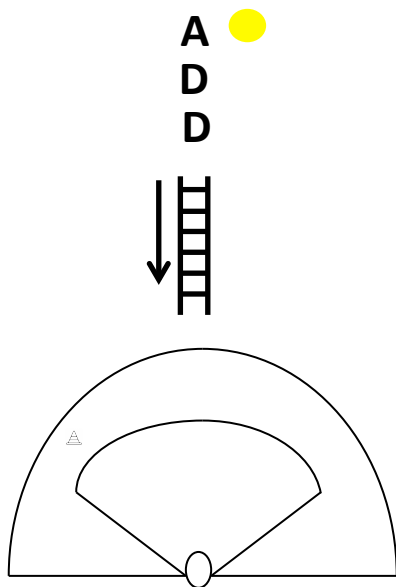
Name of Drill: 1v2 to 3v2 from a ladder

Description of Drill: Three players move one after the other through the ladder with the first two designated as defenders and the third as the ball-carrying attacker. Each player must reach the gate (the space that spans the top three hashes of the 8-meter) before the play goes live. As the defenders wait for the attacker to reach the gate and make contact, they can position themselves for a double. If the defenders' double is effective, the play is over. If the attacker is successful in beating the double, the coach can send two more attackers (either straight in or through the ladder, your choice) for a 3v2 attackers up situation.

Equipment Needed: A ladder (or hurdles, or cones, or whatever you want!)

Skills Emphasized: Angles and positioning while doubling, defensive communication, offensive composure, stick work/footwork for beating a double

Diagram Of Drill:

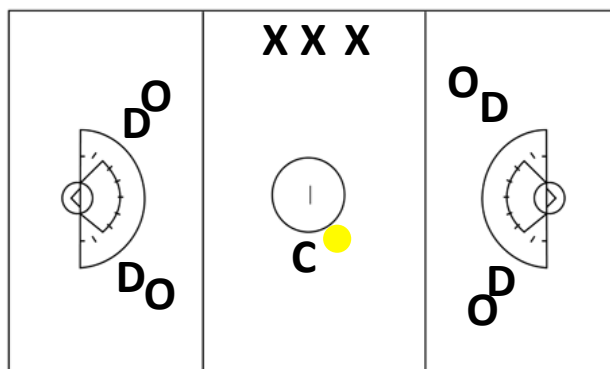


Coaching Points of Emphasis: Defenders' positioning, footwork and communication while working with a teammate in a double team; attackers' composure, stick protection and footwork while working to beat a player in the double.

Description of Drill: The entire team is split into two teams that are lined up on the sideline. This drill begins with a coach throwing the ball out for a 2-v-1 groundball from the sideline. If the middle person picks up the groundball, then two people are released from the sideline creating a 5v4. If the two outside people pick up the ball, then no one is released creating a 4v3. Whichever team wins can push the ball on offense, and whichever team loses plays defense. The teams are given equal opportunities to be the 2 or 1 for the groundball, and the color of team decides which way the ball-carrier drives. Once the ball-carrier gets the ball to their correct attacking half, the other two attackers in that half work to get open for a pass. The defenders are communicating to mark up and stop the fast break and force a turnover. The ball is live the entire time, so the ball-carrier can go straight to cage if they choose. Whoever wins the groundball wants to look to push the ball to exploit any player up opportunities and finish with a shot. If the goalie makes the save, defenders must break out to clear to half field. Each set ends with a goal, or a clear.

Skills Emphasized: Groundballs, spacing in transition, fast breaks, player up/player down, communication, shot placement, doubles, clears.

Diagram Of Drill:



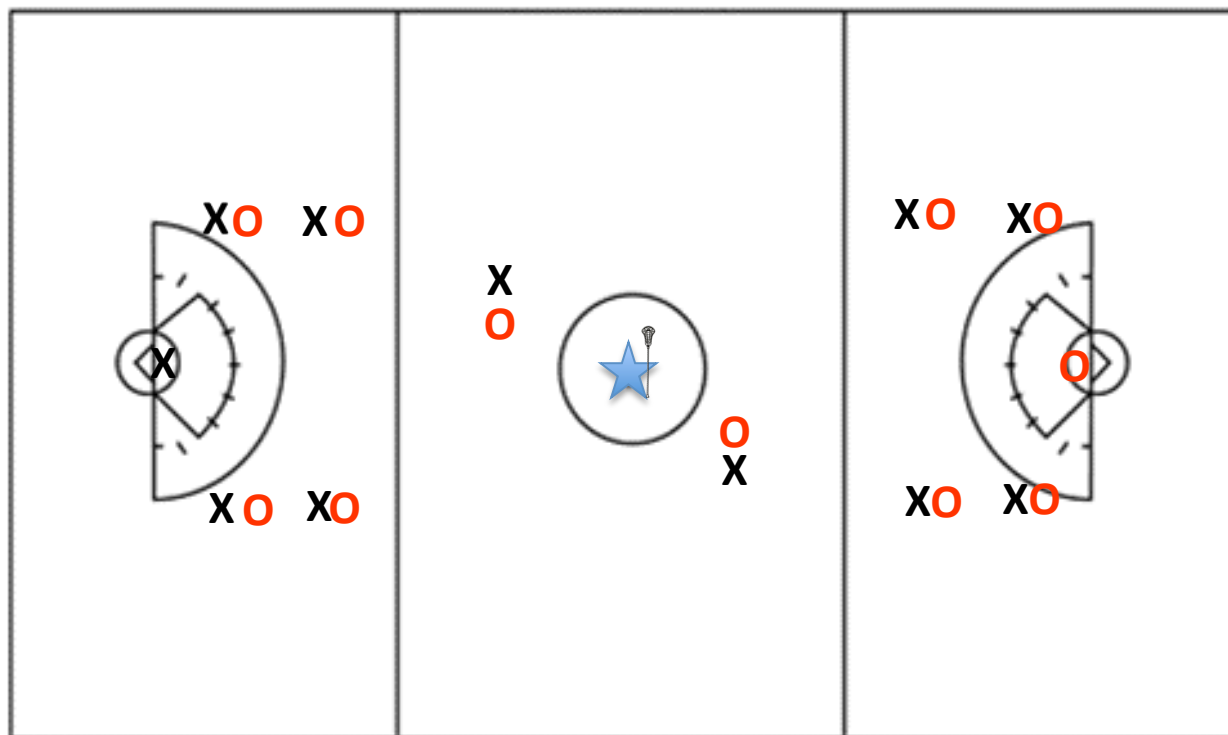
Coaching Points of Emphasis: Spacing and timing; making sure the waiting attackers are moving with purpose and getting open while the ball is being transitioned, while defenders need to have spatial awareness in how far they are from the cage if they need to slide and stop ball. Communication is key; ensuring both the goalie, defenders, and attackers are talking through both player-up and player-down situations, so all teammates are aware. If teammates on either side of the ball do not communicate through this, they cannot be successful. Boxing out and communication on the groundball; the two outside people need to work together. Doubles; the team who has two defenders released after the groundball need to be ready and hungry for the double while they're player-up.

Description of Drill: In this drill, there is a full-field 11v11 scrimmage (numbers can be adjusted based on numbers/preference). But, there is a “Rabbit” who is all-time offense. That player usually wears a completely different color jersey. The Rabbit can “hop” between playing offense for either team. This will create a transition opportunity into a player-up/player-down situation. Whichever team has possession of the ball **MUST** use the Rabbit within five passes.

Equipment Needed: One completely different color jersey

Skills Emphasized: Fast break transition offense and defense. Player-up/player-down

Diagram Of Drill:



Coaching Points of Emphasis: Quickly adjusting a players mindset between fast break transition offense and defense, as well as working on player-up/player-down.

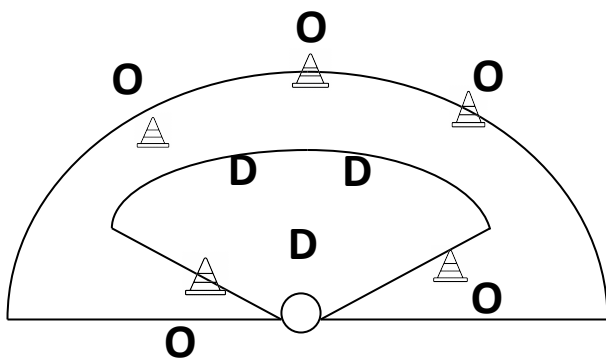
Description of Drill:

- 5 cones in a circle, approximately 7 yds. apart from each other
- Start with 5 offensive players at those cones. 3 defensive players set up in the middle of the circle
- One offensive player has the ball to start. As the ball moves, one defender must approach and communicate “ball.” Defensive players on the left and right of the on ball defender assume “attack-you-ball” position, and verbalize “Next.”
- Continue the rotation of the ball, ensuring each defensive player is rotating and communicating properly

Equipment Needed: Sticks, balls, cones (can be played using soccer balls or footballs)

Skills Emphasized: Teach player down defensive positioning, rotation and communication

Diagram Of Drill:



Variations/Progression/Increased Difficulty

- Defense can only play the ball once – forcing the defense to learn to rotate
- Offense passes in only one direction
- Offense can pass either direction
- Offense attempts skip passes
- Add goal with goalie
- After desired number of passes, offense may shoot
- Offensive players may move and/or exchange spots/cut
- Increase to 6 v 4, 7 v 5

Description of Drill: Progression drill; can be played out up, down, even.

Equipment Needed: 5 balls per rotation

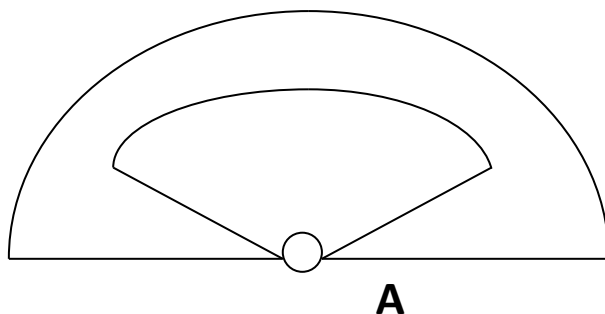
Skills Emphasized: Fast paced, adjust to the situation

Diagram Of Drill:

DDDDDDD

Coach/balls

AAAAAAA



Coaching Points of Emphasis:

- Line of attack and defense on either side of the coach, who has the balls
- Throw the ball to X (good or bad pass) and they play out the 2 v 1 until shot or goal
- After shot, add in +1 (3 v. 2)
- Players learn how to adjust shape and communicate shifts
- Do this until a 5 v. 4
- Drill is meant to be chaotic and quick, players must learn to remain calm and composed
- Can also switch it to defense up, or simply even

Institution: Colorado State University – Pueblo

Coach: Monica Potter

Name of Drill: Recovery Drill

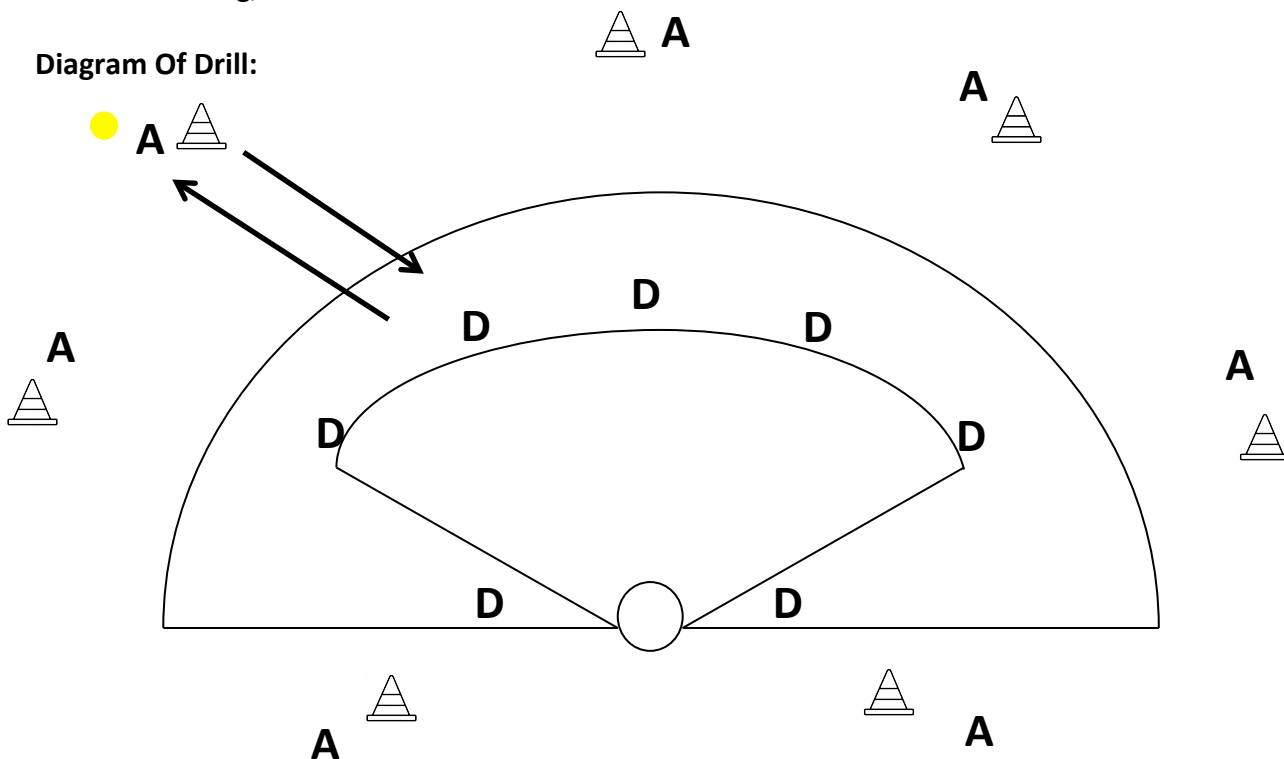
Description of Drill: Cones are set up around 17m, one attacker per cone. Defense sets up normal. Coach will throw the ball to an attacker on a cone, making the play live. However, the defender marking ball will have to run to the cone before returning to play. This creates a man down situation for defense, making them slide accordingly.

For advanced play, number the cones and send defenders to different cones in order to simulate more creative fast break situations.

Equipment Needed: Cones, Balls, Goal, Pinnies

Skills Emphasized: Fast break simulation, attack working man up, defense working man down, defensive sliding, communication.

Diagram Of Drill:



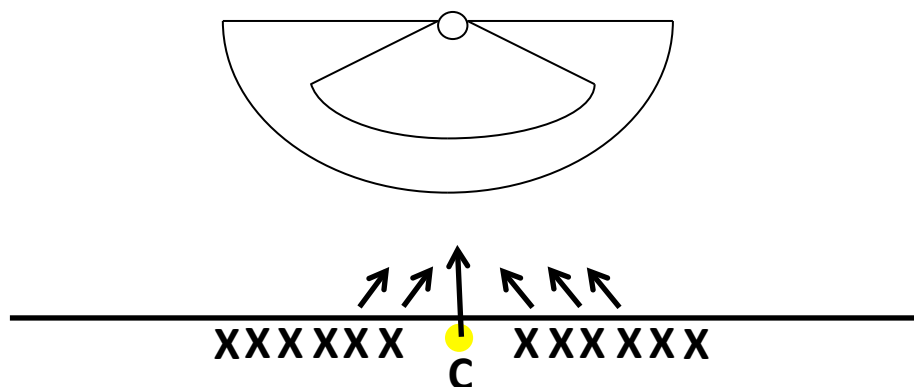
Coaching Points of Emphasis: Make sure both sides of the ball communicate. Encourage defenders to anticipate where the ball is, make contact and crash with their bodies. Encourage attack to capitalize on the man up situation and recognize who is open after defense slides.

Description of Drill: Two teams are lined up shoulder to shoulder on the restraining line facing the cage with a coach and bag of balls in between the two teams. There is a goalie from each team waiting in the crease to see who gains possession. The coach calls out two numbers and rolls out a ball. As the ball is rolled out, the teams send out the number of players that are called with the first number being the team on their right (white team). The team that picks up the ground ball is going to goal. As play is happening, the coach can send in players from either or both teams in order to change the situation. (Example: coach calls 3&2. White team sends out 3 players and dark team sends out 2. Dark wins the groundball and goes to goal. The coach then sends in another dark player and the situation is now even at 3v3. The coach can continue to add players from either team during the rep) The rep ends after a goal, shot wide and out of bounds, save, or if defense gains possession and clears the ball out of the 12. Point for a goal. Play first to a # or for a set amount of time.

Equipment Needed: One goal and a bag of balls

Skills Emphasized: Player up/player down, Communication, Awareness

Diagram Of Drill:



Coaching Points of Emphasis: Playing fast. Awareness and communication of the situations.

Institution: Central Michigan University

Coach: Allison Lane & Katrina Reeves

Name of Drill: 5 on a die to goal

Description of Drill: 5 offensive players set up in a 5 on a die formation. (4 in a box, 1 on the inside). Defensive line of 5 players minimum in between elbow and GLE on either side of the 8m. Offense starts with the ball, 0 defenders in. On the whistle, offense begins passing (with outside hands) to teammates in the die while counting the number of completed passes. Offense is stationary in their shape. On every 3rd pass, one defender enters the drill and plays defense.

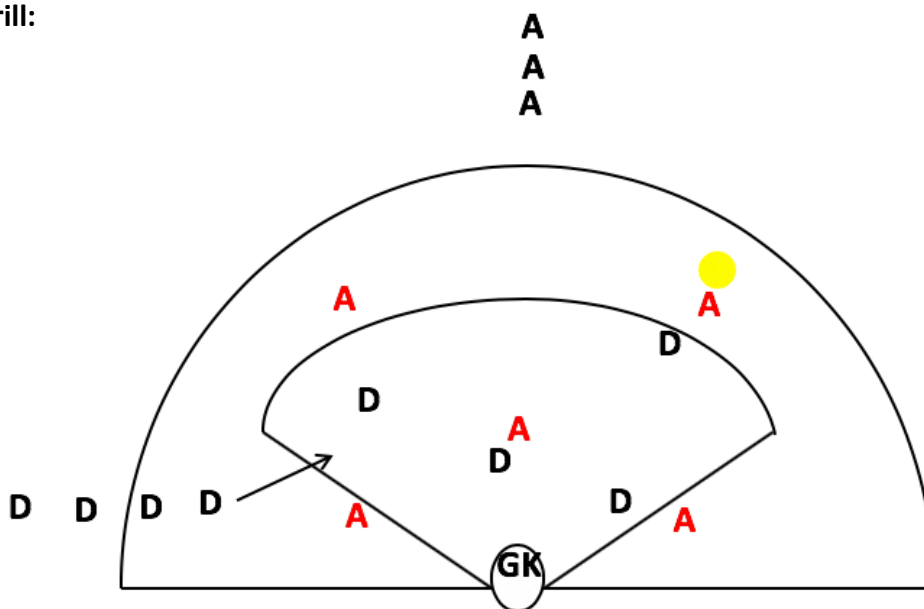
- 3rd pass= 5v1, 6th pass =5v2, 9th pass =5v3, 12th pass = 5v4 and OFFENSE IS LIVE

On the 12th pass, defense should have 4 live defenders in the drill and offense becomes live, going to cage. The drill ends on a goal or a caused turnover. *To make it more fun and competitive, KEEP SCORE!

Equipment Needed: Balls. Offense and defense will need different colored pinnies.

Skills Emphasized: Player-up offense, player-down defense. Quick ball movement on the offensive end. Slides and sticks in lanes on the defensive end.

Diagram Of Drill:



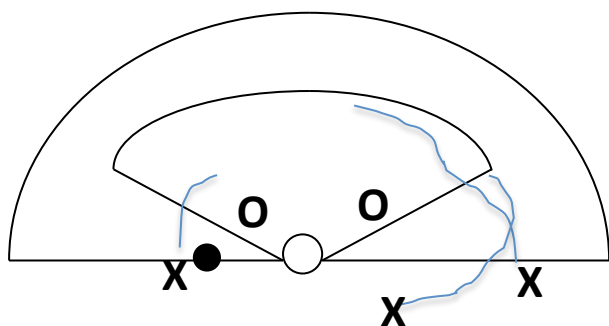
Coaching Points of Emphasis: *Offense:* using outside hands. Using names when passing to teammates. Recognizing when they become live. Finding open teammate quickly. *Look to who defender left. *Defense:* breaking down feet on approach. Splitting offensive threats on backside. Covering ball and adjacents when numbers permit. AGGRESSIVE MENTALITY. CAUSE A TURNOVER. *Goalie:* active to intercept passes but ready for the shot.

Description of Drill: This is a 3v2 & 4v3 continuous drill. You can line up the drill from top and bottom or from the sides. I prefer to do this drill very up-tempo, not waiting for the defense and goalkeeper to be set or everyone to be ready. If your team is younger or inexperienced, you may want to slow the pace. As soon as the 3v2 has a shot or defensive knockdown/save etc., the 4v3 begins. There are no second chances.

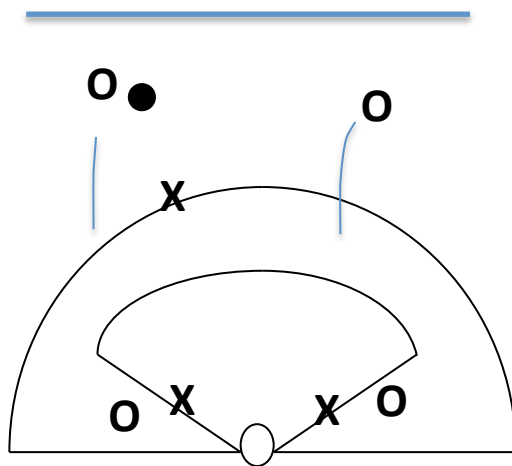
Equipment Needed: Regular lacrosse equipment played from the restraining line to end line.

Skills Emphasized: Reading numbers up/down situations quickly. Moving the ball quickly. Seeing space well. Making good, quick, loud defensive decisions.

(Extra lines of balls, 4's & 2's at restraining line)



(Extra lines of attack and balls behind end line)



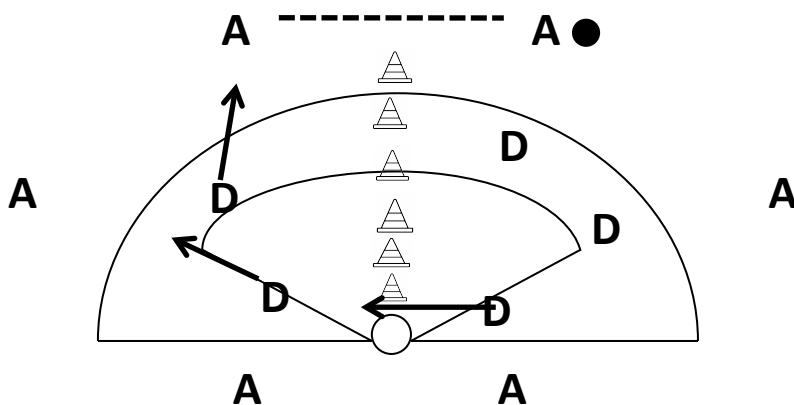
Coaching Points of Emphasis: Attack needs to make defense make decisions by stretching it out, moving the ball before the full pressure and keep passing lanes open by not hiding behind defense. Defense needs to communicate and make the quick slides to cover the ball and most dangerous as a unit. Defense needs to play "big" with sticks high in passing lanes and big posture.

Description of Drill: Splitting the 8 meter in half with cones down the middle, the drill requires three attackers on each side, and five defenders total. On the side that starts with the ball, there will be three defenders in a player to player position, and two defenders on the other side of the cones (3v2 backside). Players will play 3v3 on the strong side, working to move the ball to the opposite side of the 8 meter (backside) to find the 3v2. As the ball moves to the opposite side, one defender can cross to create an even situation (3v3). The offensive players cannot cross, and only one defender can cross.

Equipment Needed: 8/12 meter, cage, ball, cones

Skills Emphasized: Defense – communication, slides, forces, positioning off ball player down & offense – movement within a smaller space, moving ball to backside, spacing off ball player up, communication

Diagram Of Drill:



Coaching Points of Emphasis: **Offense focus:** On the strong side (3v3), work on moving the ball quickly, working together to create space within the smaller area. On the back side (3v2), work on space to ensure 1 defender cannot mark two of you. Move the ball quickly on the outside and work to get it to the backside openings before the defender can slide. **Defensive focus:** We like to see our defenders step up and put pressure on ball, especially in the tight spaces. Dictate and force to each other on that strong side, keeping the backside openings hard to see. On the backside, focus on playing big and communicating, ready to shift as the ball moves on either side. Once the ball moves across the 8 meter, communication is crucial as the defense must communicate who is cross over the 8 meter. In our defense, we want to see the opposite defender from ball crossing over the 8-meter (avoiding ball to ball slides), and pushing the closest defender up to ball to give the opposite defender time to slide.

Institution: Edinboro university of Pennsylvania

Coach: Jalen Middlebrooks

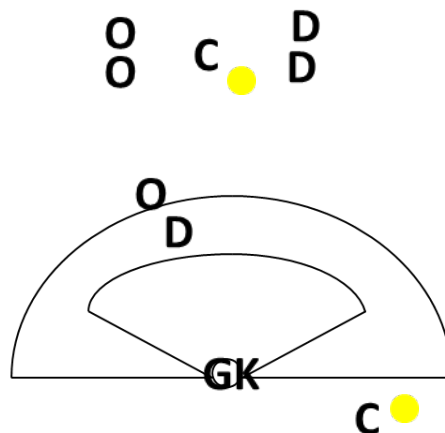
Name of Drill: Build Up/Garbage Goal Drill

Description of Drill: This drill is a build up into 7v6 with reactivity to ground balls or rebounds in the 8 meter. This helps with defending and implementing the fast break, moving the ball to the open player quickly, and reactivity along with shooting or clearing under pressure.

Equipment Needed: Goggles, mouth guard, stick, jerseys/pinnies for offense and defense, multiple balls up top and behind cage

Skills Emphasized: This drill focuses on uneven play, reactivity, and picking up a ground ball correctly in the 8 meter.

Diagram Of Drill: There are two lines of offense and defense. A coach is in between the two in between the 30 and the 50 (based on the coach's discretion). Coach rolls a ball out for the first attacker as defense comes out to slow ball and play out the 1v1. Once the ball is shot or turned over, the coach behind the 8 will throw a "garbage" ball for both the defender and attacker to react to. Once the play is dead, the coach in between the lines will throw another ball but the defender will hold to create a 2v1 (this will be the only time a defender holds). Repeat until it is 7v6 and the last "garbage" ball is either shot or cleared out the 8 meter.



Coaching Points of Emphasis:

- In a player up situation, move the ball to the open player (work smarter, not harder)
- Choke your stick
- Run through the ball on a ground ball
- Communication both offensively and defensively
- Leave the farthest/opposite two open on defense; shift together
- During a fast break, get in front of ball and make contact to slow the ball
- Make sure the goalie is taking risks since she is the "7th" player on defense

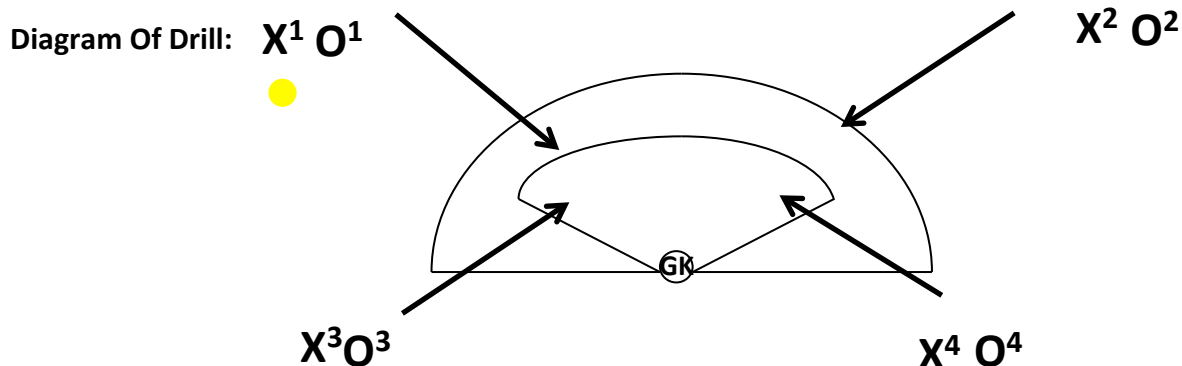
POSSESSION & GROUND BALL DRILLS

Description of Drill: Team is split evenly into 2 groups. Balls are placed on the four corners of the space (adjust to suit conditioning needs). A player from each team will set up at each cone. Designate which group will start then each pair will come in from their spot.

- A player or coach will roll out/throw a 50/50 ball into the playing space, only those two players are allowed to play the ball ground ball. Whichever player gains possession **first** becomes the “attacker” or “attacking team.” Should defense come up with the ball after initial possession they must transition above the restraining line. That pair will STAY IN.
- As soon as that ball is played out, a player/coach will roll out/throw a 50/50 ball into the playing space for the next pair, only those two players are allowed to play the ball. Whichever player gains possession first becomes the “attacking team.” Should defense come up with a stop they must get the ball above the restraining line (run or pass to waiting player/coach). That pair will then also STAY IN.
- The next groups will build up in the same fashion creating a 3v3 and 4v4 scenario (you can always continue to add to build up to whatever number you want)
- Once we have the desired number of players in the drill add extra balls to play out a full 4v4 for another 3 balls/rounds. These extra balls are 50/50 balls they can work as a group to collect and play out the scenario.

Equipment Needed: 6-14 players, balls, goal, large space

Skills Emphasized: 50/50 ground balls, awareness, quick decision making, off ball movement, communication, redefending



Coaching Points of Emphasis: “Ball first” mentality off the initial GB, to attack the goal initially. Quick reaction to the 50/50 ball to go attack or defense, this drill also allows our D to have some fun as well and become attackers at times. The fast pace then settled scenarios force the players to think critically about the play in front of them. Typically if the ball goes out of bounds we will just start the next ball in to keep the speed of play up.

Description of Drill: Two offensive players work flip passes/two person game to a shot; Two defensive players work “C-Approach” from crease position; All work GB readiness in a small space

Ball starts up top with one offensive player, they will work with the O player across from them to do a flip pass, fake flip, etc. (be creative) and try to get to cage for a quick shot. Switch each time on which side O starts with the ball.

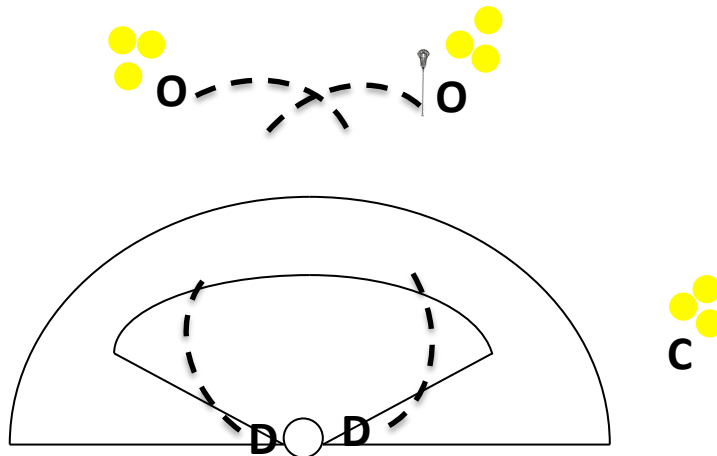
The drill starts on the offensive players movement, the defensive players are then released from the crease position to do a “C-Approach” to the ball/player working on staying out of shooting space. Defense is also communicating through the two person offensive game.

After the O gets a shot off, the coach will read the play (i.e. does the ball come out/off the goalie on its own). If the ball does not come out on its own, on coach’s whistle, coach rolls a ball into the 8m area which both O and both D are ready to go for. If D comes up with the ball they are clearing to the 20yd line, if O comes up with the ball, the play out the situation to cage. No whistle or garbage GB = drill is done, next O and D set go. Also, can add in GK going for the GB.

Equipment Needed: Balls, Cage, Coach w/ a whistle

Skills Emphasized: Flip passes/offensive creativity, Defense approach, communication, ground balls

Diagram Of Drill:



Coaching Points of Emphasis: Offense- Creativity and timing flip passes/cuts. Defense- C-Approach from crease, then contact with body. All players are working readiness for the garbage GB from a shot situation in the 8m. Communication!

Institution: Central Connecticut State

Coach: Betsy Vendel

Name of Drill: GB Kicks

Description of Drill: The purpose of this drill is to practice kicking a dead ball rather than getting into the classic pushing to the ground box out. (you can do this drill on any part of the field).

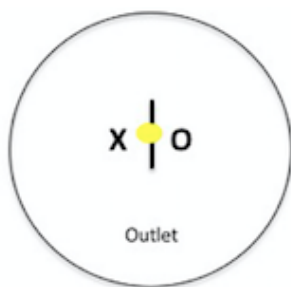
Split into group of three.

1. Players start back to back, about 1 pace apart from each other. There is a ball placed in between the two players. Third player sets the ball between the two players.
2. On the third players "go" two players reached their leg back to try and kick the ball out from the "scrum" and out in front of them. Players are not allowed to push back and box the other player off the ball.
3. Once ball is loose whoever picks it up gives an outlet pass to the field player who sets the ball.
4. Progression → Add a teammate on either side of the "scrum:" to be able to kick the ball out to the them.
5. Progression → Have teammates in the "scrum" close their eyes, move teammates around circle and on players "go" call, teammates on the outside are giving direction cues on where to kick the ball. "In front," "behind you," etc.
6. Progression → Pair up teammates on the outside on scrum to make it more of a 50/50 ball after it is kicked out.

Equipment Needed: Lacrosse balls

Skills Emphasized: Kicking Ground balls, Ground ball pick ups, communication

Diagram Of Drill:



Coaching Points of Emphasis:

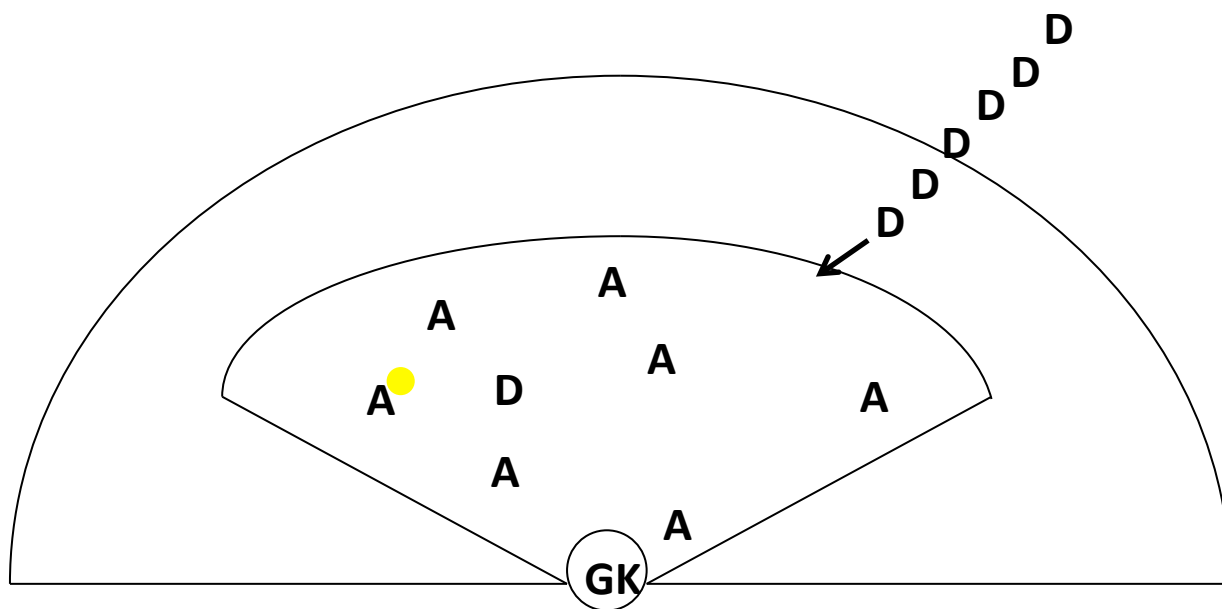
- Avoid pushing back into player, 90% of the time it will be a push call and the ball will be awarded to other team
- Once you kick the ball out and you have added a teammate to kick it to (2), make sure you work to deny anyone from the scrum from blocking pass to outlet

Description of Drill: Start with all 7 attack inside the 8 meter and 1 Defender. After 3 completed passes add a defender until it is 7v7 inside the 8 meter. Play out within the confined space to a shot. Keep track of attacks goals to saves/caused turnovers. Restart when ball is dropped/turned over before 7v7 is reached. Entire drill is within 8 meter.

Equipment Needed: Balls, Attack, Defense, Goalie, Lined 8 Meter, Goal

Skills Emphasized: Quick Ball Movement, Working in a Confined Space, and Playing Down Defense

Diagram Of Drill:



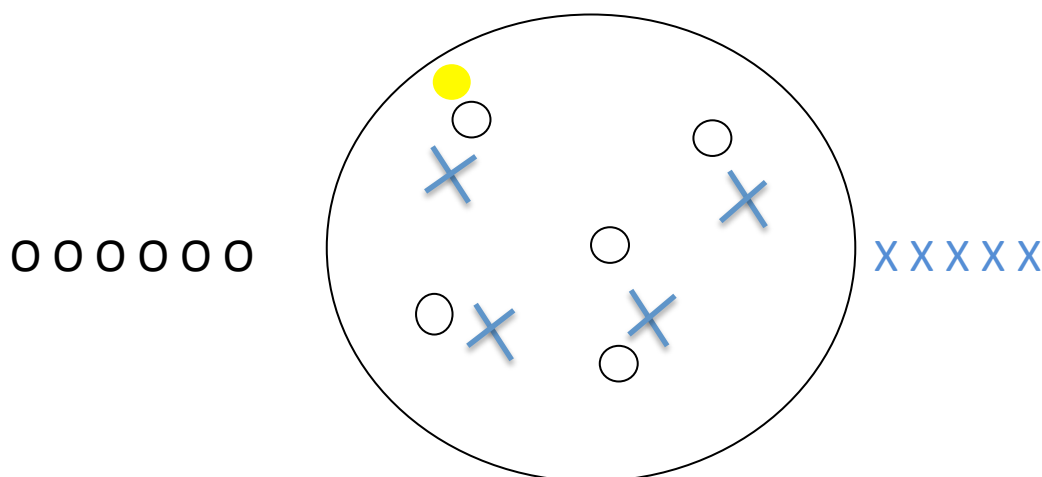
Coaching Points of Emphasis: Off Ball Movement, Communication (Goalie <-> D, D<->D, A<->A)

Description of Drill: 5V4 keep away

Equipment Needed: Players in two teams, clock for 10mins, 1 ball only

Skills Emphasized: Stick protection, movement with ball, talking, sliding to body, eyes always up.

Diagram Of Drill: There is no checking unless presented! Mix all positions on both teams (everyone plays everything) Handle pressure and keep moving within the circle, count all your passes. Once ball is turned over, (kicked or tipped out, dropped, player steps out of bounds, intercepted etc.) opposite team picks up ball, brings it into play, player adds in to the then 4 to make 5 and play begins and their count or wherever they left off continues. Points accumulate. The team that turns ball over is all off together, then add 4 new in on defense. Stamina is huge.



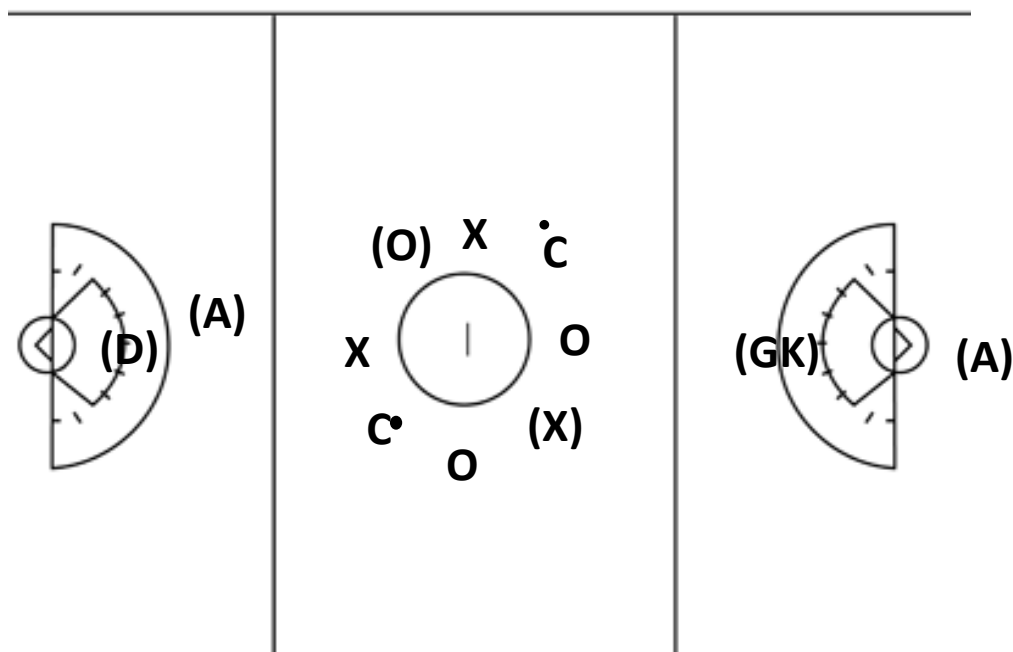
Coaching Points of Emphasis: Offense: catching on the move into space, seeing beyond the defense and their sticks, stick deception and protection. Handling pressure or double teams. Staying agile and in bounds. Defense: Start off strong for immediate recontrol of ball, keep sticks up, always talking and directing (as some attackers are playing defense) Slide in a pattern and with purpose, don't hang out in "3 seconds"

Description of Drill: The original and simple version is a 2v2 ground ball scrum inside the center circle. The circle is a starting point, not a boundary. You can also build to a 3v3 to mimic the draw. Coach will roll (toss, bounce, etc.) a ball within the circle. Once the ball is released, the players are released. X's are working together and O's are working together to each gain possession. You can play this quickly with many reps (5-8 min) for possession only within the 2v2. This works well for small roster numbers or when running two drills at once. You can build up to add one or two connected passes in the 2v2 or 3v3, or demand a team to double if they do not gain possession; which are both non-directional. A third variation is to then assign direction to your 3v3; either to a fast break 4v4 (both ways) or a pass back to goalie or defender who is looking to clear quickly to the 4v4 (you can add pressure on the gk). The ball always starts with a coach within the circle and coach can decide when to call it done and reset.

Equipment Needed: Balls, Ball distributors

Skills Emphasized: Fighting hard to gain possession of 50/50 balls, finding the tenacious/scrappy players for the circle, and helping your players utilize space (or take it away) with or without the ball

Diagram Of Drill:



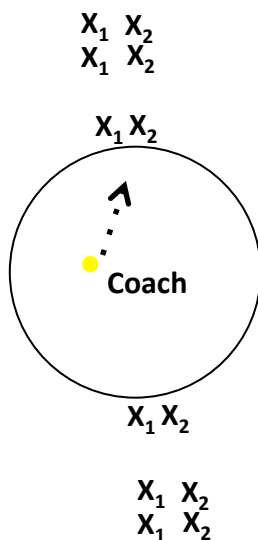
Coaching Points of Emphasis: Working on off ball communication, not running into your teammates in small space, stick protection within pressure, using big space to advantage, and decision making in the midfield.

Description of Drill: 2v2 in the draw circle from a simulated draw. Team who gains possession adds a player creating a 3v2. Once 5 passes are completed the next group enters. Can manipulate it to be numbers up, down, or even.

Equipment Needed: Balls, Ball distributors

Skills Emphasized: 50/50 balls, player up/down concepts, defensive communication

Diagram Of Drill:



Coaching Points of Emphasis: Working on off ball communication, spacing inside circle, stick protection under pressure, anticipating, using outside hand, getting hands free.



SMALL SIDED DRILLS

Institution: Widener University
Coach: Katie Slade and Sophie Bass
Name of Drill: SB Drill

Description of Drill: For this drill there are 4 attacking lines that you must number in the shape of a square and one defender line off to the side on one of the elbows. Each attacker will start with a ball in their stick and there will be one defender who starts in the middle of the 8 meter. The coach will call out 2 numbers to start and the first number that is called will start with the ball and the second number will drop the ball and proceed to do a 2v1 to goal. The defender has to react and pick up the player with ball/play out the 2v1 to goal. If the goalie saves the ball or the defender gets a caused turnover then the defender must clear the ball until the 30 yard line. This is a progression drill and will be a 2v1 then 3v2 then 4v3. Once the coach is happy with the 2v1 then you can progress to a 3v2 with 2 defenders in the middle. This drill is also fast paced so all players should be ready at all times to go.

Equipment Needed: 4 cones for the attacking lines, lots of balls at each cone, goal


Skills Emphasized: Fast ball movement, defensive breakdowns, fast breaks

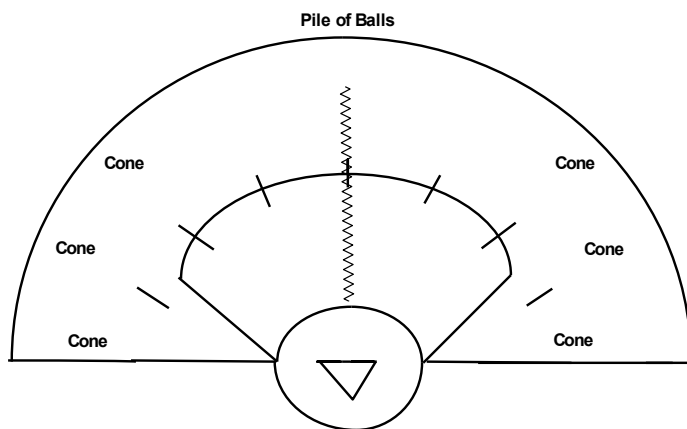
Coaching Points of Emphasis: Fast ball movement, finding the open player, defenders reacting to find ball and open players, defenders communicating to each other to pick up ball or open players

Description of Drill: 3v2s from the side; Fast paced, small sided, tight space, ground ball drill. Split team in half and form lines behind the cones. Coach picks a side and rolls a ball into that area, allow the offense to play the ball with the first in line at each cone stepping out against 2 from opposite side to make the 3v2. Once play is done on that side, the 2 defenders exit out and two of the three offensive players must slide to opposite side of the 8m as coach rolls in a new ball. Play continues that way, offense to defense, then defense out. You can play for a certain amount of time or to a certain amount of goals.

Equipment Needed: Lots of balls and 10-15 cones

Skills Emphasized: Quick decision making, stick protection, shooting in tight, and communication.

Diagram Of Drill:  Line of cones down the middle, splitting the 8m in half



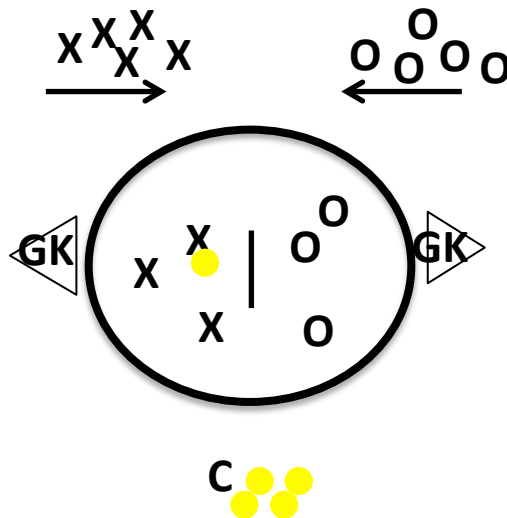
Coaching Points of Emphasis: On offense we emphasize spacing, quick ball movement, finding open player, not passing/shooting through sticks. On defense we emphasize communication, keeping ball from the middle of the field, try and force low angle or alley shots.

Description of Drill: Competitive and fast paced 3 v 3 game inside the draw circle which incorporates GB's, high balls, high-pressure Defenses and frequent shots. Coach inserts ball into space by either a GB or High Ball and players compete to win possession. If save from either GK, ball gets cleared and clearing team attacks to opposite cage. Coach inserts a new ball after a Goal, if shot goes wide or if a team sends ball out of bounds. After the coach inserts 3 balls, a new set of 3 X's and 3 O's enter the circle and a new best of 3 battle begins.

Equipment Needed: Bucket of Balls, 2 cages

Skills Emphasized: GB's, High Ball's, Quick/Efficient Passing, Defense Positioning, Switching Gears

Diagram Of Drill:



Coaching Points of Emphasis:

Points are awarded or taken away for the following – 1pt. For Goal; 1 Pt for a Save; 2 pts for Assisted Goal, 1 point for Check/GB or Interception, Minus 1 point for unforced TO
You need help keeping score – have your players do it. Tally all the points and make it a running contest throughout the week (Works great if you have established Competition Teams)
Great to do at the start of practice after a proper warm up because it creates energy and competition and also makes the team transition into practice mode!!
Can do with the entire team because it moves very quickly and the players watching get very fired up as they root for their team.

Due to the small space, it really forces the ball handlers to change the level of their passes and be creative with their dodges. The off ball players also need to see the importance of clearing space and using each other. Great drill because EVERYONE plays both Attack and Defense at some point.

Institution: UVA Wise

Coach: Meghan Dennehy

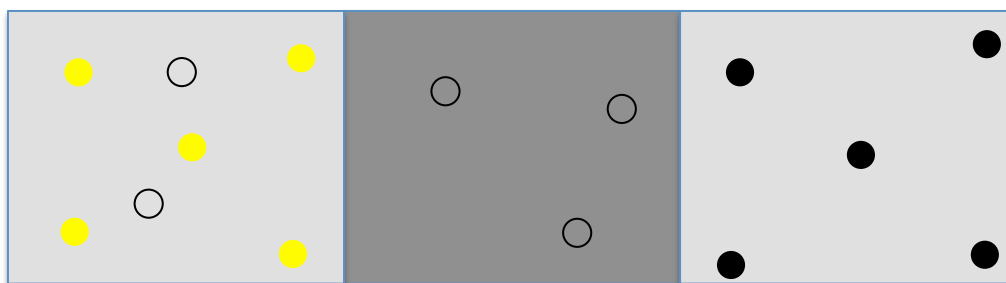
Name of Drill: Three team, three box competition

Description of Drill: Divide team into three teams. Each team will start in one of the boxes with 5 players total. The team in the middle will play defense in whichever box starts with the ball. This is a keep away game. The team that starts with ball will attempt to get 5 complete passes while two players from the middle box defend (other players stay in middle box). If the team is successful they will make a pass over to one of the players in the far box. They will now attempt to get 5 complete passes. The team in the middle now sends two players into other box to defend. If a team drops the ball they become the defense and will send two players to the far box to defend. The team that was just defending will be in the same box and now be on offense when the ball gets to their box. Players on offense can move within their box.

Equipment Needed: Cones, lots of balls. Make three even boxes, the size can be however big you want them to be based on your teams skill level. Coach needs to have a lot of balls near center so they can pass ball into opposing box when there is a dropped pass.

Skills Emphasized: Communication! Quick passes in a small space. Being big while you are defending, keeping stick up. Paying attention to the other zones completed passes so you can be ready for the far pass to your zone. This is supposed to be quick!

Diagram Of Drill:

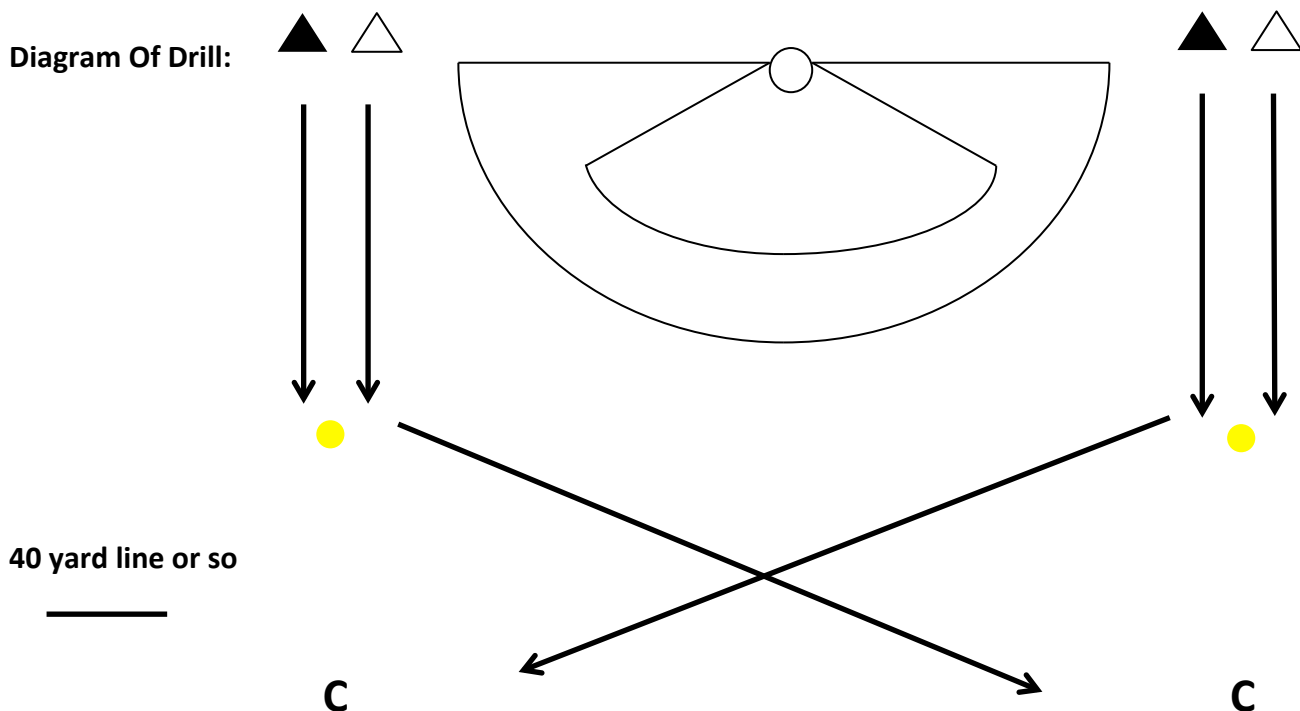


Coaching Points of Emphasis: This is supposed to be a quick passing keep away drill so players must make quick decisions, communicate those decisions and react depending on what is happening.

Description of Drill: We set up 4 lines, run through a few reps to warmup, and then make it single-elimination to crown a winner for the games. Lots of fun, competitive, relevant to transitional play!

Equipment Needed: Players in gear, balls, a field. That's it!

Skills Emphasized: Great for any competitive 50/50 play, but situationally geared for defenders and midfielders who need to protect the ball and move it fast in open field play, with a focus on switching fields in transition.



Coaching Points of Emphasis: A coach (injured player, anybody) stands between the 40/50 yard line and rolls a ball down hard (or bounce, anything game-like) to the GLE where they have a dark and light pinnie team facing off for the ground ball. They fight it out, player who gets ball has to try to swing it across the field to opposite coach, player on defense is working her back down to GLE and looking to cause the turnover. You can only stay in the game if you gain possession and successfully clear it. Players who 'survive' go to the opposite sideline and face off against a new opponent. Play continues until there is only one player left standing.

Points of Emphasis Cont. – 50/50 matchups, boxing out, speed and agility. Possession under pressure, moving ball quickly in transition, successful long ball/outlet passes. Defensive footwork, slowing ball down, pressure, causing turnovers.

Description of Drill: This is a simple drill but a slightly different approach to a traditional 3v2. It's our go-to if we're looking for something fast paced and intense to get moving. We keep score through the drill and the competition always gets intense. We play up to 3 rounds.

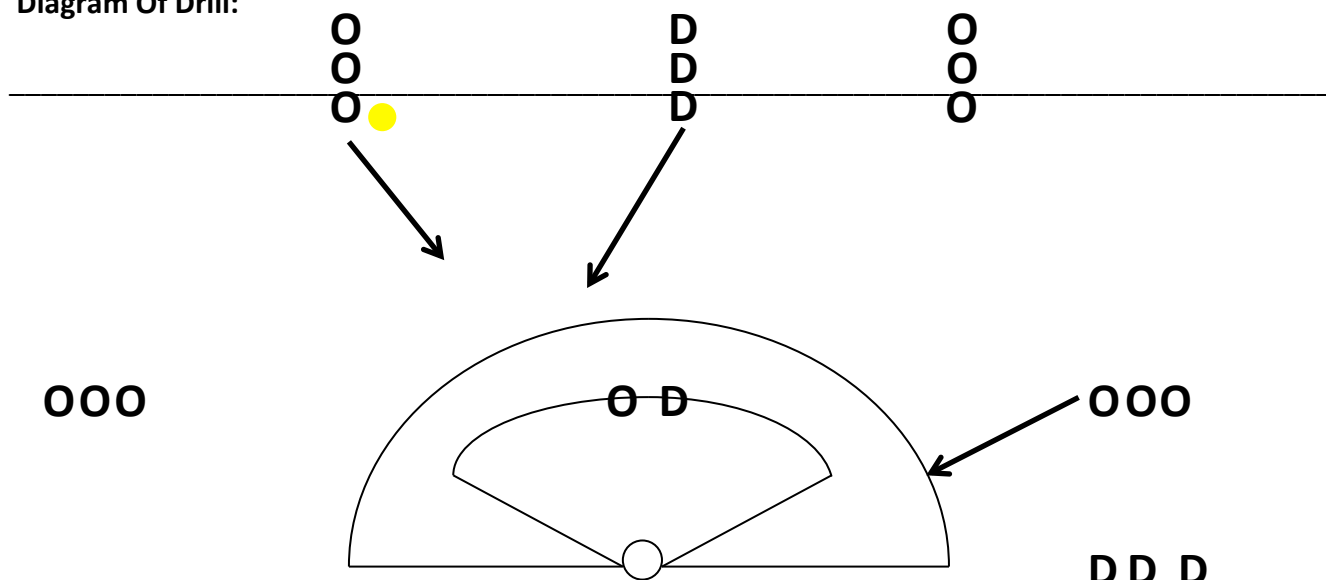
1. Start with 4 "O" lines and 2 "D" lines (see below) along with one offensive player and one defensive player at the top of the 8m to start.
2. Ball starts with a Goalie clear to one of the top O lines at the 30.
3. O from the opposite low line also enters the drill along with a D from the top line making a 3v2. Play out the 3v2- ending with a point for D or O. We play to 7. O gets a point for a goal, D gets a point for clearing the ball past the 30.
4. Here are some variations we play with-
 - Mandate time limit on each possession to encourage the fast break. If time runs out, D gets 1 point. We only give about 8 seconds to get the shot off.
 - Play through 2 balls- As soon as the first ball is dead- roll in another and play goes live again with the same group.
 - Ball thrown or shot out of bounds is an automatic D point.

Equipment Needed: balls, goal, players. Coach or injured players to keep score.

Skills Emphasized:

Offensive-Pushing the fast break, keeping offensive shape, quick ball movement, finding the best option for the shot. Defensive--slowing down the fast break, communication, getting in a passing lane, transitioning the ball up field on the clear.

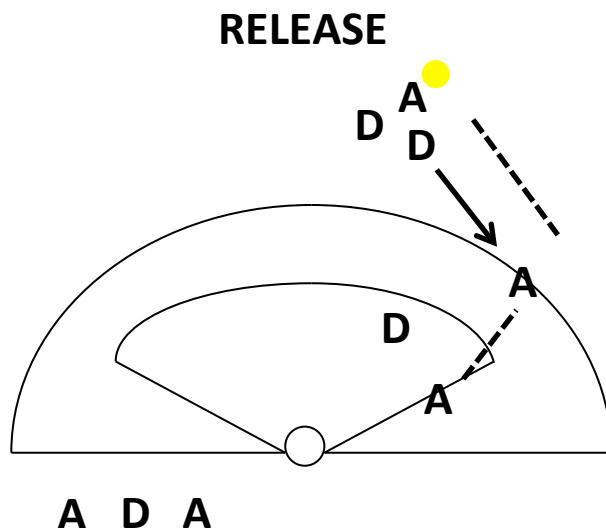
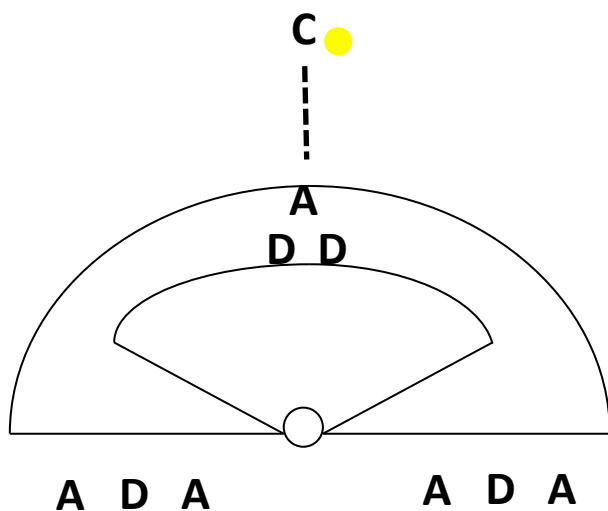
Diagram Of Drill:



Description of Drill: The coach starts with the ball. You have two defenders set up in a double team on the attacker you are about to pass the ball to. On either side of the goal you have 2 attackers and one defender who will be released into the drill. We have them set up on both sides of the goal so we can alternate sides. Once the coach passes the ball to the attacker the drill is live. The two defenders hold the double while the attacker tries to run out of the pressure. As soon as the coach blows their whistle or calls “RELEASE” two attackers and one defender are added to the drill. This causes defense to have to adjust and mark up and offense to look for the open player, move the ball quickly and go to goal.

Skills Emphasized: Double Teams & Communication & Offense handling pressure and passing twice out of a double team

Diagram Of Drill:



Coaching Points of Emphasis:

- Strong double team by the defenders
- Attacker handling the pressure with her head up
- Once release is called
 - Defense has to communicate to make sure all attackers are covered
 - Attack needs to keep their head up to move the ball quickly to beat the D

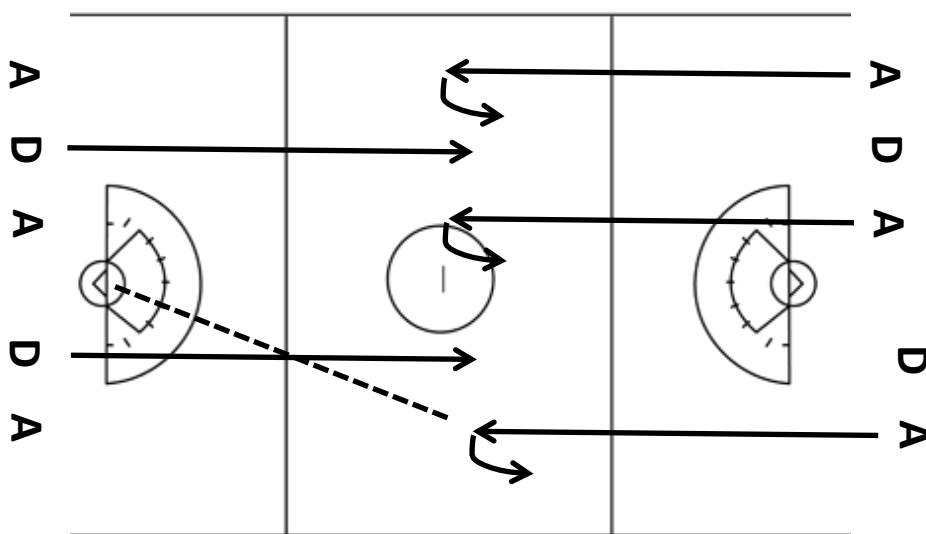
Description of Drill: Small Space competitive 3v2 Cut Back Drill. This is just a twist on a 3v2 drill that allows it to be continuous and makes the attackers cut back first before attacking their cage. It also adds in some hidden conditioning.

Equipment Needed: Two goals, balls, cones

Skills Emphasized: Stick work, fast ball movement, offensive vision, defensive communication

Diagram Of Drill:

- Set up two goals just inside each sideline and make a line of cones dividing the space in half.
- There will be three attacking lines and two defensive lines behind each cage and a goalie in each with the balls.
- Attackers will cut towards the goalie on the opposite end to receive the ball, all attackers must cross the 50 before they can turn and attack.
- Defenders from the same side as the goalie with the ball will sprint to get over into the other side before the attackers turn and attack.
- That plays out then the other goalie clears for it to go to the other side.



Coaching Points of Emphasis:

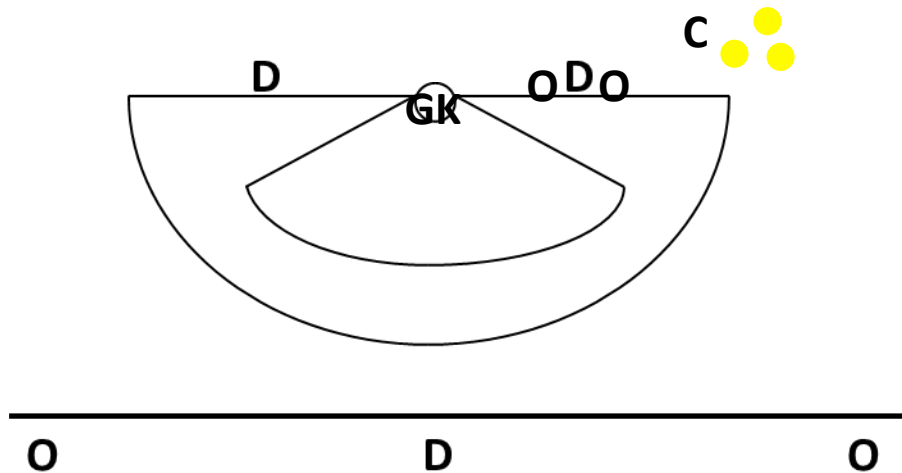
- Speed and quickness to beat opposite side over the line
- Getting attackers to quickly catch and turn and create good attacking angles after changing directions.
- Defensively getting in and bodies adjusted to the attackers coming in at them and communication.

Description of Drill: This is a fast paced drill to work on ground balls under pressure, and generating transition from the defensive end.

Equipment Needed: Balls, 4 lines of Offense, 3 lines of Defense, Goalie.

Skills Emphasized: Ground Ball Under Pressure, Passing Under Pressure, Fast Breaks, Decision Making.

Diagram Of Drill:



Coaching Points of Emphasis:

- 1- Starts with a GB under pressure from the coach to the 2 v1 at the GLE. Defense is trying to win it for the sake of the drill- so we sometimes put our ride at 75%, but we want them to work hard.
- 2- D- Wins it she is going to try to pass back to the goalie who swings it to the other D (who was at the GLE) cutting up the field .
- 3- D outlets it to the Center D line waiting by the restraining line. That Defender can swing the ball to either side O, which creates a 4 v 3 attacking the cage.
- 4- Drill ends on a goal, dead ball, or coaches whistle-
- 5- Rotation- Clockwise- make sure middies get work on both sides. D rotates in a triangle, O rotates in a box. Drill should be fast paced and lots of reps.

Other points of Emphasis:

- 1- Coach can send in an extra D to create a 4v4 from the top or bottom-to change the drill.
- 2- If offense wins it on the 2v1- you can choose to just have them play out the 2v2 using all of the GLE players or you can just have the O swing it to the goalie to continue the drill- modify as you wish.
- 3- Goalie makes a save get into the ride- decide where you want her to clear it.

Institution: West Chester University

Coach: Ginny Martino

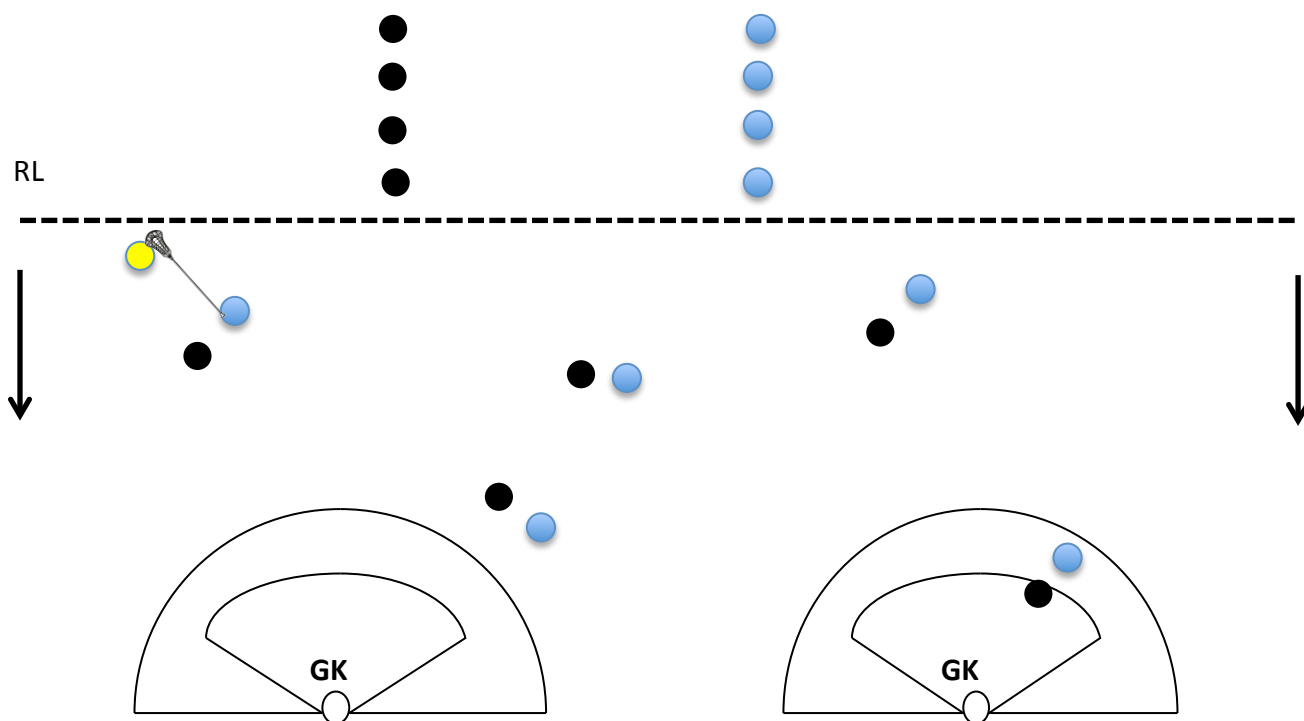
Name of Drill: Side-by-side 2 goal game

Description of Drill: Drill designed to attack two different goals depending upon situational play

Equipment Needed: Two goals set side-by-side facing same direction & balls

Skills Emphasized: Creative thinking, teamwork, stickwork, offensive & defensive strategies, GK communication

Diagram Of Drill:



Coaching Points of Emphasis: Begin as 5v5 and build up to 7v7. Game begins with coach rolling a ball in and one team gaining possession and attacking EITHER goal. Opposite team plays defense and denies shot. Critical & creative thinking allows attack to read the defense and take advantage of 2v1 or 3v2 situations at either goal.

On GK save (or defensive TO) ball is cleared to opposite team and all players must clear above 12m. Team now on attack must clear ball above RL (like half court basketball) and play it back in to attack either goal. Substitutions can be made on the fly from above RL. A goal counts when it is scored at either net.

Game can be played for time or goals scored.

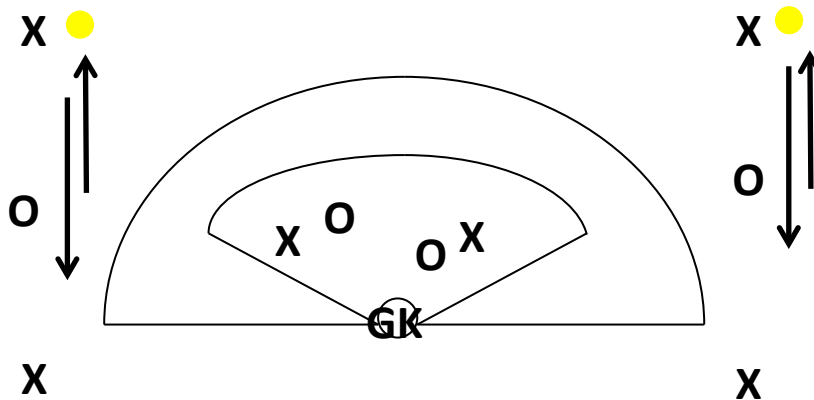
Variations- Man up/down situations, make it- take it possession, 2 balls at once.

Description of Drill: 2v2 inside 8m. Working on setting and using picks effectively on offense and defensively communicating and navigating through them.

Equipment Needed: Sticks, balls, etc.

Skills Emphasized: Picking off ball (time and space)- timing of feeds, understanding when to move the ball. Understanding how to read the D off of a pick. Ensuring 2 options off of a pick (picker and pickee)

Diagram Of Drill:



Coaching Points of Emphasis:

4 X's (attackers) on the outside are feeders, they are fixed in those positions; each side has one ball
2 O's (defenders) on the outside are stuck on that side and will slide to ball.

2 X's on the inside are working for each other, setting picks to receive a feed from the outside.

2 O's (defenders) on the inside, defending picks according to the way you want them to (switch/stay)

First Progression: Each group 2v2 group gets 2 balls- designate which side will start. (Ball can move between feeders on the same side only.) Feeder with ball- let a pick happen and if there is an opening, make the feed. If not, move the ball to other feeder (same side) and let another pick happen inside. Once the feed happens- ball must stay inside the 8m. Shot or save, 2nd ball from the other side begins. Play that ball out the same way.

Second Progression: If the 2 on the inside aren't able to get an open look- they can pick for a weakside feeder. This activates that feeder to use the pick and join live play. Up to you to make it a 3v2 situation, or allow that weakside defender to join for a 3v3.

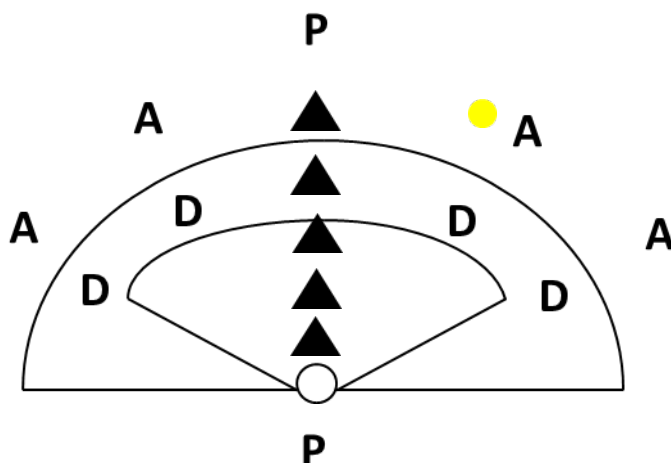
Other options: Put a time limit on the ball carriers to get a feed off. Put a time limit on 2v2 inside to get an open look. Make defenders have to stay or switch through the pick. Don't allow defender to talk to each other. If feed is made but no good look, the ball can be kicked out to a feeder, which activates her to live play (3v2 or 3v3). Have outside defenders break for a clear on a GK save.

Description of Drill: This is a fast paced drill that has worked great for warm-ups and emphasizes the importance of fast ball movement and finding the best look to score. The 8-meter is split into two halves using cones. There are two defenders and two attackers set up on both sides of the cones. There are also two attackers acting as post players, one stands at the top of the 12-meter in line with the center hash and the other stands at X behind the cage. The drill starts with a ball being thrown in from a coach to an attacker on one side of the 8-meter. The two attackers attempt to score off of a 2v2 only using the half of the 8-meter they are on. If they score a ball is thrown in to the opposite side for a 2v2 to cage and the drill begins on that side. If the attackers are not finding success with their 2v2 they can use either post player to swing the ball to the players on the opposite side of the 8-meter. That post player is then released to play a 3v2 to cage – still only using the one side of the 8-meter. If they cannot score the ball can be swung again to the opposite side. Typically we let each side get a 2v2 attempt twice then rotate in subs. The attackers must stay on their sides of the 8 (with the exception of the post players when the wing option is used) until subs rotate in.

Equipment Needed: Cones to split the 8-meter and a bucket of balls.

Skills Emphasized: Fast ball movement, changing the angle of attack with pace, practicing in small spaces to challenge attackers. Taking the lane to cage

Diagram Of Drill:



Coaching Points of Emphasis: When this drill clicks for the players I think they're able to understand that reattacking from the same angle is not as effective as switching the angle of attack and keeping the defense on their toes. Having the attackers work in a small space is challenging so when they have the whole 8-meter in a game it's much easier to score. Moving the ball quickly and not spending too much time on one side of the 8-meter is a huge point of emphasis.

Institution: York College of PA
Coach: Jen Muston
Name of Drill: Chaos doubling drill

Description of Drill: An unsettled drill working on 1v1 defense & attack to start, then building to jump doubles, and making decisions on the fly both on offense & defense.

Equipment Needed: Cones, balls

Skills Emphasized: 1v1 D, 1v1 dodges, double-teams, talking on defense, decision-making on both defense & offense, helping your teammates get out of a double on attack, pushing tempo to goal.

Diagram Of Drill: Set up the drill as seen in diagram on next page

HOW IT WORKS: Coach will start by throwing ball in to one of the attackers in the box. The players in the box have 4 seconds to beat their defender out of the BOTTOM of the box (not the sides). The goal of the defense is to hold her 1v1 in the box for 4 seconds to release the double.

If the attacker beats the D through bottom of box: everyone else is released/live and she's pushing hard to cage for an unsettled 7v7 to goal. (this is the goal of the offense in order to avoid the double and create an unsettled to goal).

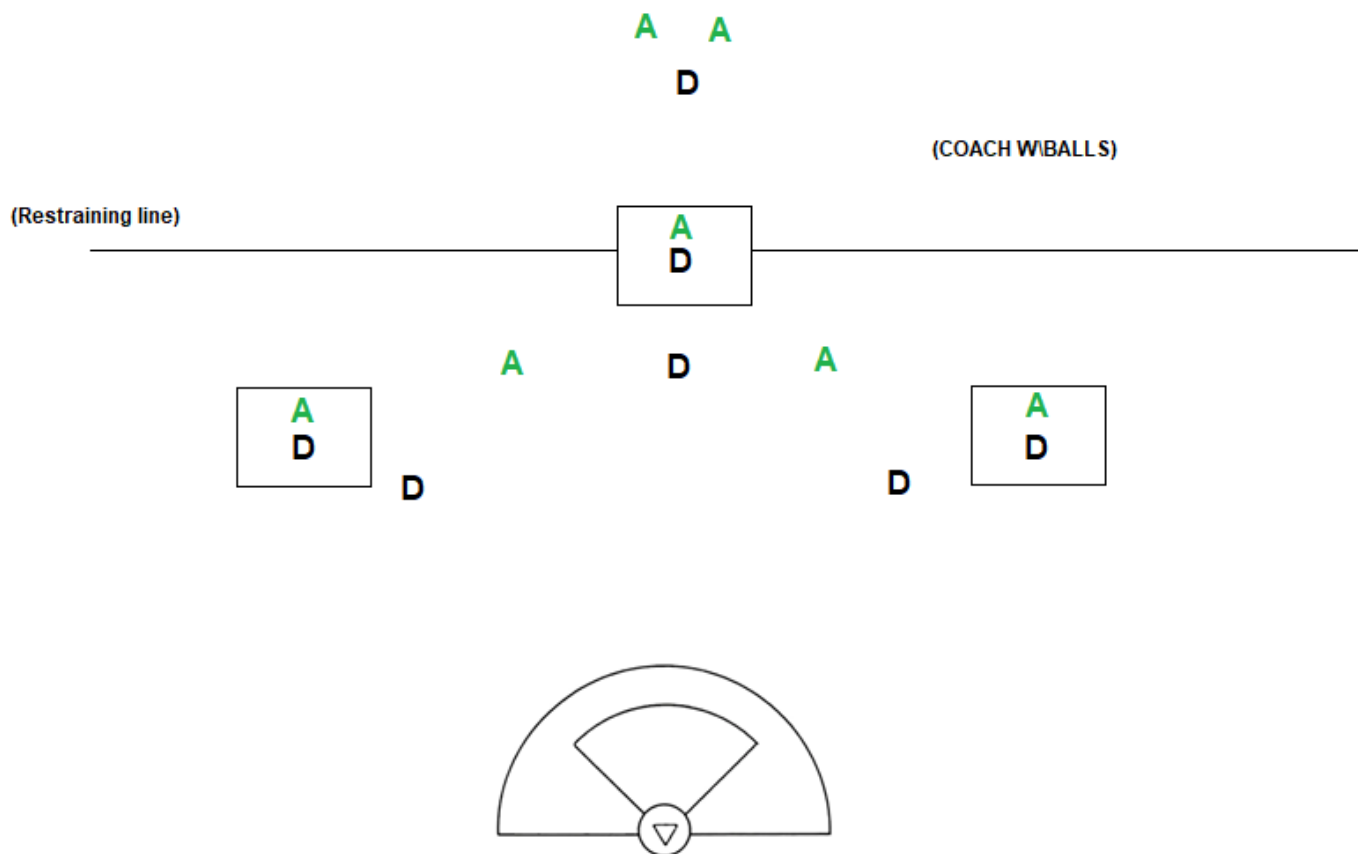
If the D holds them for 4 seconds in the box (which is their goal): Everyone else is live and the closest defender outside of the box jump doubles the ball. The key point here is that the next closest defender(s) LOCK ON to any offensive outlets. With how the drill is set up, there should be an available defender to jump double any available attacker to lock onto outlets depending on where they go. Keep the ball in the double as long as possible!

Coaching Points of Emphasis:

ON DEFENSE: This drill requires communication, and decision-making. If they leave an outlet open for an easy pass, the double will not work and will essentially be wasted. That's not what we want!

ON OFFENSE: Try and beat the defender right away! Always push tempo to goal. This drill requires communication, decision-making, and composure. Don't leave your teammate high and dry in a double. Go to her and help. Once the ball is out, look to move it and expose the open player, and PUSH TO GOAL.

Institution: York College of PA
Coach: Jen Muston
Name of Drill: Chaos doubling drill

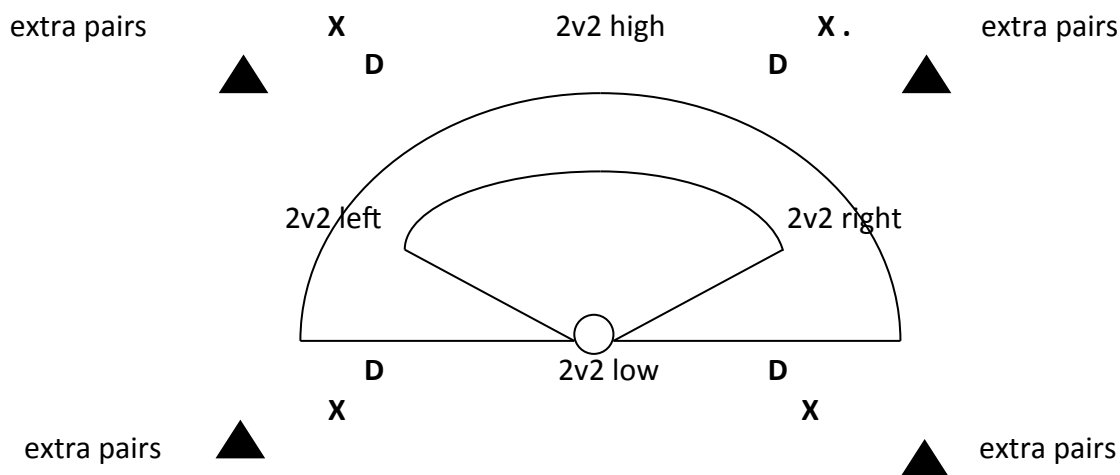


Description of Drill: 2v2s from 4 angles (high, right, low, left)

Equipment Needed: balls, maybe cones to indicate where lines form

Skills Emphasized: 2v2 attacking options/concepts (draw and dump, on ball pick, clear for iso, flips) and 2v2 defensive options/concepts (jump double, switch, stay)

Diagram Of Drill:



Coaching Points of Emphasis:

- 2v2 starts high with pairs in, then moves to right w/new pair coming in high right to join with pair already in low right area.
- Then 2v2 low, and finally left.
- High pace, intense work on attack and defense 2v2 concepts.
- Ideally players stay in their quadrant but that is up to coach.
- May set time constraint.
- Switch middies half-way through.

Institution: University of Lynchburg

Coach: Bruce Reid

Name of Drill: Small Sided 4 v 4

Description of Drill: Create a small sided field with a midfield line. The length of it is sideline to sideline and width is how you see fit. Goals should be facing the opposite sideline.

There is a total of 8 players on a team. 4 offensive players will be on one side of the 50 and 4 defensive players on the other side. So therefore, there should be a 4 v 4 setup on either side of the midfield line. Both 4 v 4 set cannot cross the midfield line. They must stay within their 50.

The game will start with a draw. The offensive group who wins it will take it to their side of the 50. That group will then play out a 4 v 4 small sided game. If the goalie makes a save she must clear it to one of the defensive players. The defensive player must then clear it over to her offensive teammate on the opposite side of the field, without crossing midfield. If there is a goal the goalie will still then clear it to her defensive player. The offense has the ability to pressure the clear in both cases.

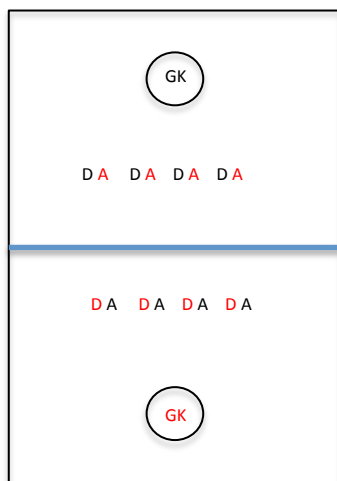
Equipment Needed: Sticks, Googles, Mouth Guards, Goals, Cones, and Balls

Skills Emphasized: Communication is key for both offense and defense.

Offense: spacing, shooting, challenging, finishing, re-defending, and cutting back/ timing for clear

Defense: making contact on mark, help defense/sliding, and quick decision making in clearing

Diagram Of Drill:



Coaching Points of Emphasis: Communicating with teammates on both sides of the ball. Also, smart decision making.

Institution: Franklin and Marshall College

Coach: Mike Faith

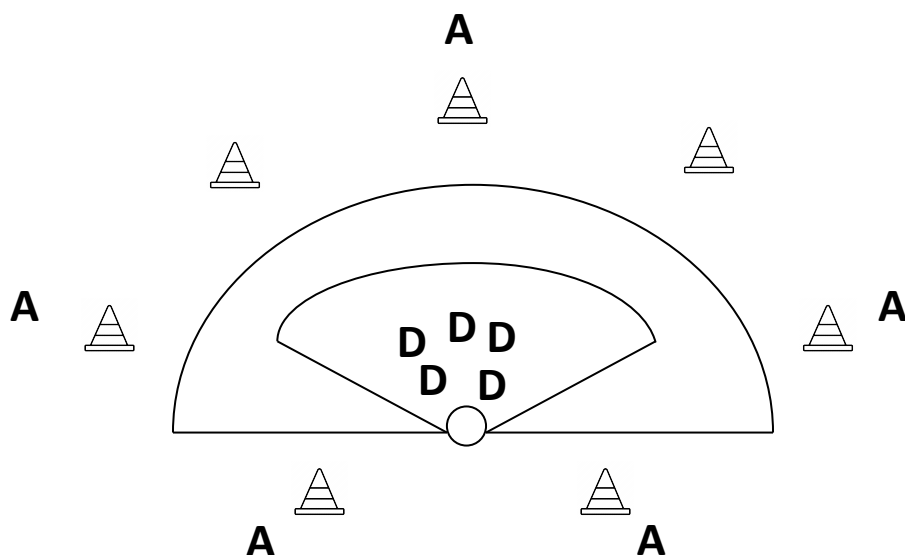
Name of Drill: Run Around the Cone Drill

Description of Drill: 7 cones are placed out around the 15. 5 defenders start in the middle of the 8 with their eyes closed. Each defender is given a number, 1-5, before starting the drill. 5 Attackers are around the outside passing the ball. On the coaches whistle, play becomes live, the defenders must match up on an attacker and the attackers are free to go to goal. At any time, the coach can call a number 1-5. The player who's number is called, must leave their attacker and run around the nearest cone. Then recover back into the 5v5 situation.

Equipment Needed: 7 Cones.

Skills Emphasized: Defensively, we are mimicking a defender being beat or caught out of position. Therefore, we are focusing on communication and playing man down until our "beat" defender can recover. Offensively, we are focusing on recognizing where the defender is leaving from, moving the ball quickly to the open player, and taking it 1v1 or setting a pick/screen for their adjacent.

Diagram Of Drill:



Coaching Points of Emphasis:

Defensive communication when leaving and when coming back in to play.

Help slides and second slides to cover the open player.

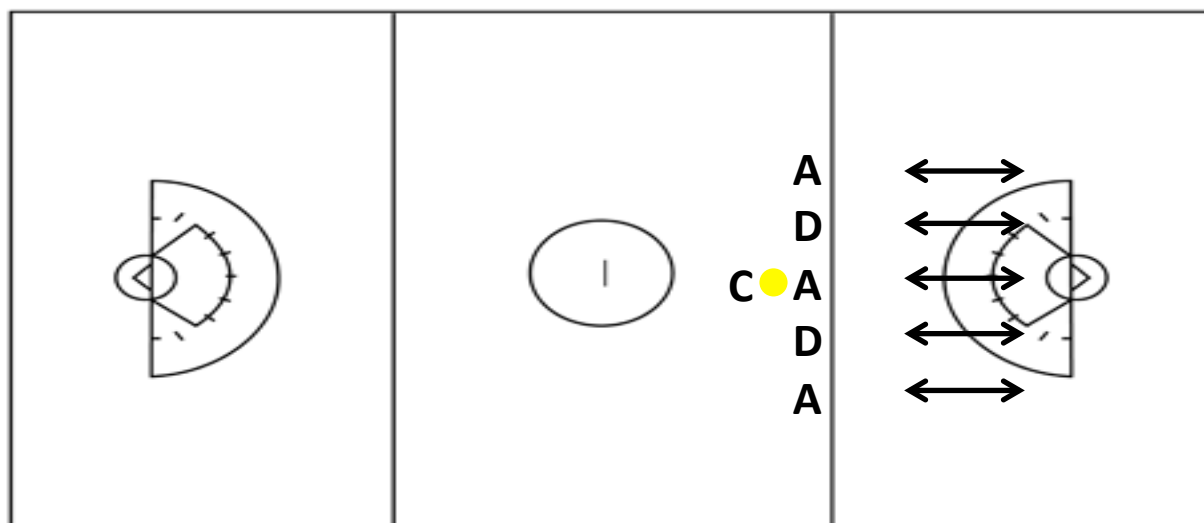
Quick ball movement offensively.

Institution: Mercy College
Coach: Joe Corace & Dawn Sachs
Name of Drill: 3 v 2 Scramble

Description of Drill: Set up 3 attackers and 2 defenders across the 30, going every other (outsides and middle are attack and 2 inside slots are defense). On the whistle, all will sprint to the goal-line-extended, touch and turn while the coach rolls, throws or tosses the ball into the field of play. Players will “scramble” for the ball – if attackers get the ball, they will look to get it to the open player for a shot on cage however if the defense gets it, they will look to get the ball up and out of their defensive zone. If goalie save, defense will look to get the ball up and out on the clear. *You can use this formation in any size for odd or even numbers (3 v 2) (4 v 4) etc.

Equipment Needed: Balls; Field Lines; Cage

Skills Emphasized: This can be an odd or even numbers conditioning drill used to exhaust the players while working on ball movement, understanding offensive patterns and defensive slides.

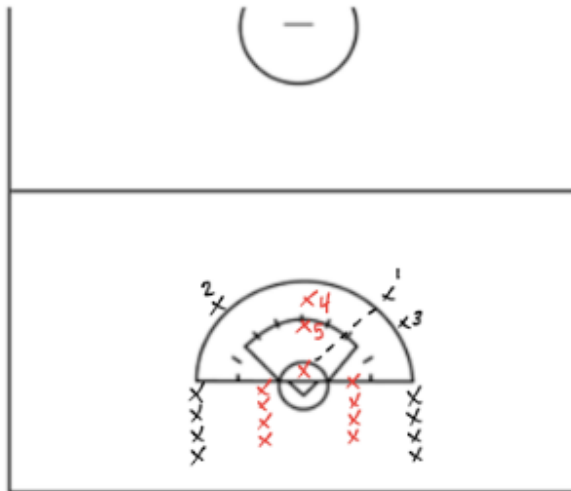


Coaching Points of Emphasis: (Attack): see the open player – work within player up patterns – move off ball (Defense): communicate – slide hard with stick to the inside (Goalies): communicate – help cover open players – call for rebounds – quick outlet on saves

Description of Drill: A 3v2 starting with a goalie clear

- Whatever side goalie passes to, send 2 offensive, other side sends 1
- X_1 catches ball, throws a pass to X_2
- X_2 runs through their catch and does an outside flip to X_3
- X_3 catches flip, turns the corner attacking the 3v2
- X_3 is looking for 2v1
- X_4 and X_5 are ready to slide to ball and pick off passes
- Goalie alternates which side they pass to

Diagram Of Drill:

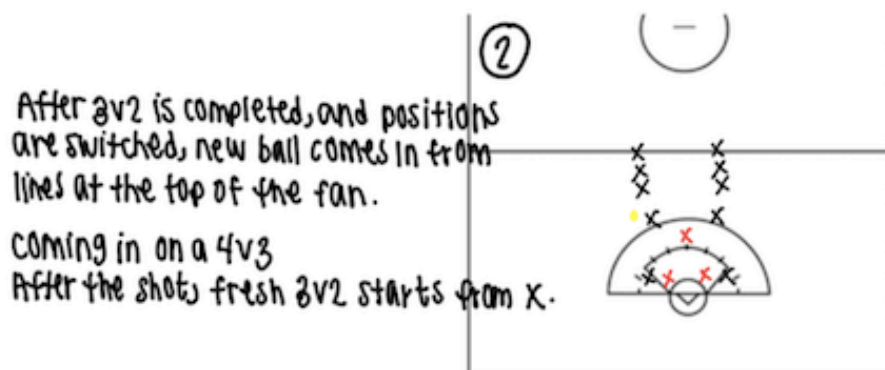
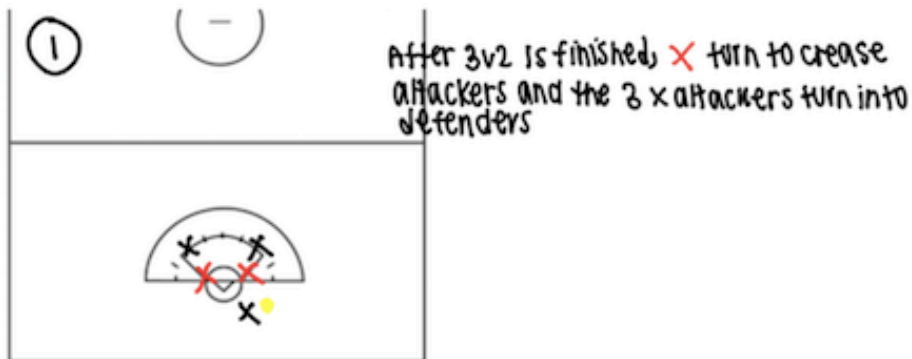


Description of Drill: Everyone plays both sides of the ball.

1. 3v2 from X, Attack players drag ball through X to create a triangle
2. The three attackers stay in after shot is taken and now are the defenders. The two defenders now become attackers on either side of the crease. Two additional attackers will come in from up top creating a 4v3 from the top of the fan

After 4v3, fresh 3v2 will begin @ X

Diagram Of Drill:



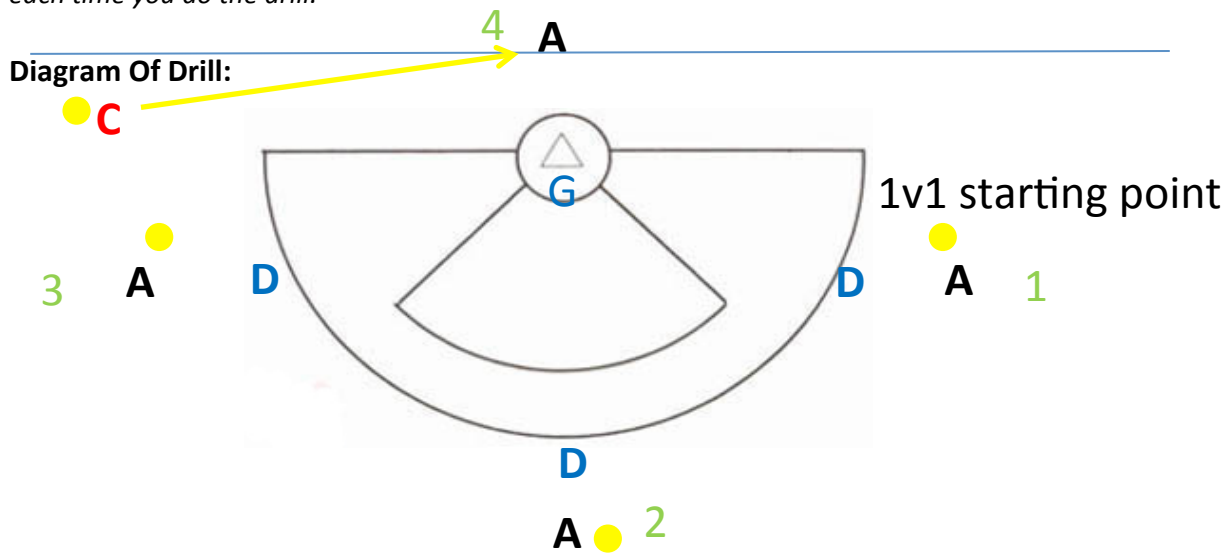
Description of Drill:

This is a drill that starts off as a 1v1 and builds to a 2v2, 3v3 and finally a 4v3. You can go beyond a 4v3 if you wish to work on 5v4s or build in player up & player down scenarios. This description and diagram will show the 4v3 version below. 4 offensive lines start in a diamond around 12m and just 3 lines for defense. Offensive players in the 1,2 & 3 lines will have a ball in their stick ready to go. Defense will be in lines 1,2,3 matching up in front of offense as shown. The line at X (4) in this version will be unmarked and be the last player to enter the drill for each rep. Extra players are in lines outside the CSA and will rotate into a different line after their rep.

Drill starts with 1v1 on wing (1). Immediately after a result (Shot, CT, save, goal etc..), the whistle will blow and it becomes a 2v2 with next ball coming in from top center (2) near restraining line, followed by a 3v3. After the 3v3, the last ball will be thrown in by a coach to the attack at X who then initiates the start of the 4v3. (line 4). After 4v3 is over, the next players in line will begin new rep with a 1v1. Basically start over. You may change the pattern or order of who goes 1st and where the 4v3 will be initiated from. We do the 4v3 from up top as well. You can also turn the diamond into a box or any pattern that will simulate what your needs are.

Equipment Needed: 4 Cones if desired, but not necessary. Balls.

Skills Emphasized: *Offense and Defense 1v1 skills, Dodging, forcing, approaching, two person and three-person offense concepts that could include picks, flips, fake flips, draw and dumps, picking on and away from ball etc... Fast break recognition, approaching on ball, drawing shooting space, avoiding shooting space, sliding and reading the defense. Can have specific areas of focus based on your teams needs at the time and can change each time you do the drill.*



Coaching Points of Emphasis:

You can implement and change your own coaching points when you run this. In its simplest form it allows players to work on 1v1 skills, 2-player game and 3-playergame strategies, reading the offense and defense, identifying 2v1s when player up, as well as spacing and balance.

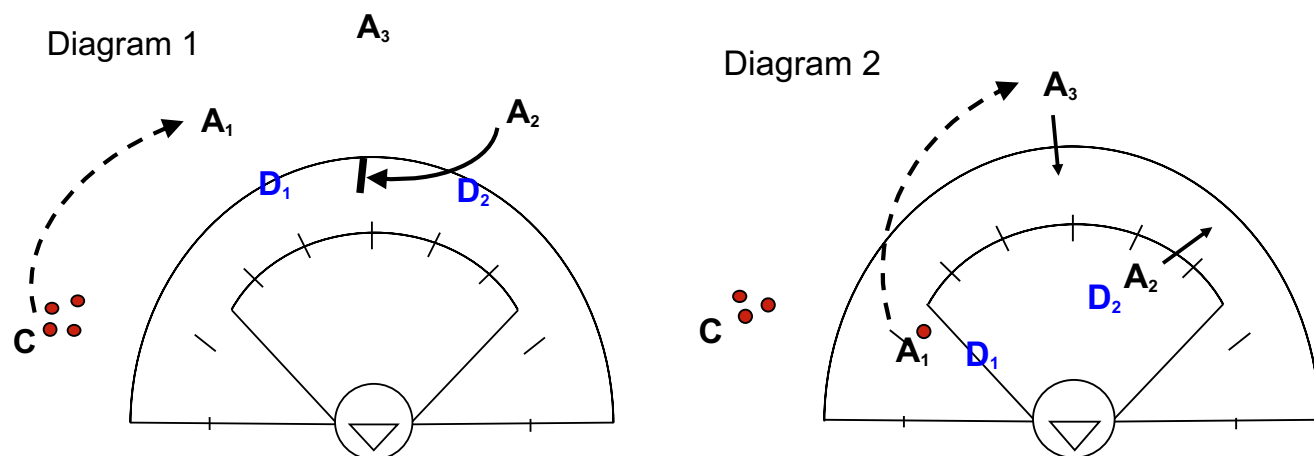
Description of Drill: This is a fast-paced drill that works on the 2-player game and then develops into a 3v2 if the 2-player game doesn't offer a great scoring opportunity. This drill can be done from the top of the 12 meter and behind the goal - as well as on the wings/elbows outside of the 8 meter.

Equipment Needed: Goal cage with 8 and 12 meter and lacrosse balls.

Skills Emphasized: Setting & using picks and slip screens on offense. Dodging, shooting, quick ball & body movement. Working the 2-player game as well as recognizing & capitalizing on the 3v2. Defensively - communicating & working through picks & slip screens, sticks up, hedging and sliding. Reading the ball carrier and making quick decisions. Clearing the ball out under pressure.

Diagram Of Drill: Set up the drill as shown in Diagram 1 – Coach off to the side sending the ball in and A1 and A2 outside of the top of the 12 meter and D1 and D2 ready to defend them. Coach throws a ball in to either attacker and they work together setting picks and slip screens to gain an advantage over the D. If successful, they drive to goal and get a good shot off. If the D plays them well and they don't get a good shot opportunity, the ball carrier will curl out and pass the ball up to the top of the 12 meter to A3 and the drill becomes a 3v2 to the goal – Diagram 2.

Play it out within 30-45 seconds and then a new group comes in from behind the goal. Alternate going from up top and behind.



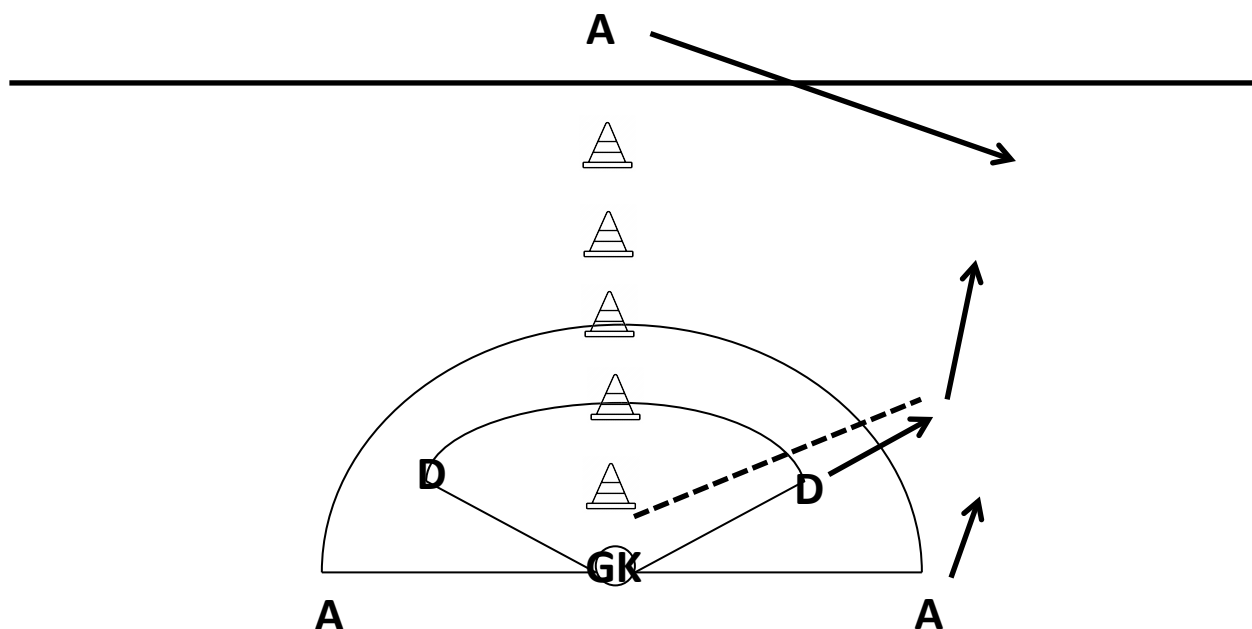
Coaching Points of Emphasis: Off ball attacker must cut in to the 8 meter first before setting the pick. Pick must be set "with space" giving the defender being picked time and room so it is not an illegal pick.

Description of Drill: Split the field in half using cones and alternate which side the ball clears out to. All players must stay on that half of the field. GK clears the ball out to a defender. At that time an attacker is released to chase from GLE while another attacker approaches from the restraining line. The defender works to clear the ball to the restraining line while the two attackers work to slow the ball and/or cause a turnover. If the defender turns the ball over it is a 2v1 fast break to goal. If the defender reaches the restraining line she drops the ball, attack picks it up, and it is a 2v1 fast break to goal.

Equipment Needed: Balls, cones, and a goal

Skills Emphasized: Ball handing and clearing by defensive players, riding by offensive players, 2 v 1 fast break skills (both offensively and defensively), quick reaction from O to D after a turnover

Diagram Of Drill:



Coaching Points of Emphasis: This drill can easily be adjusted to incorporate pieces of your specific ride, add numbers, or allow the defender to swing the ball through the GK to the other side.

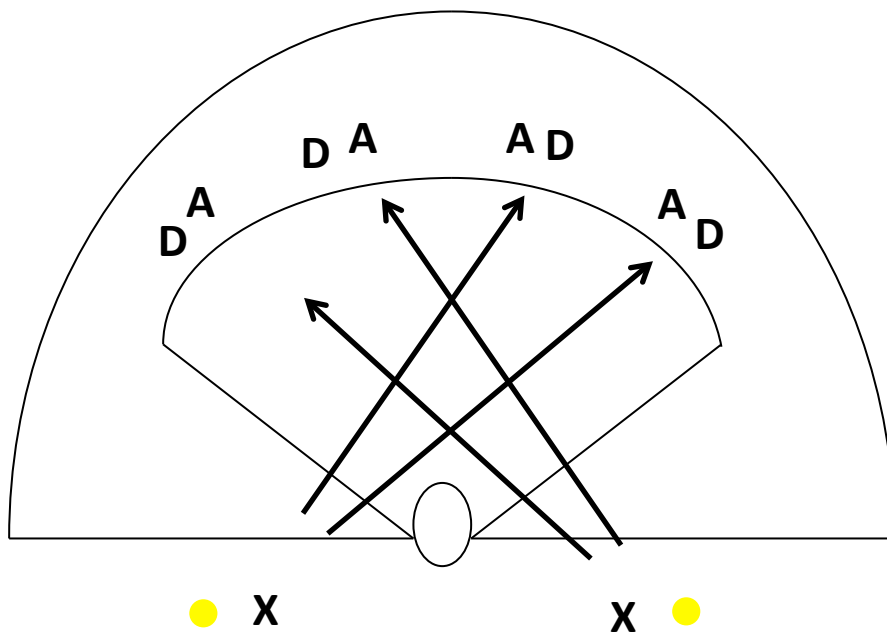
Description of Drill: Set up two piles of balls on either side of X with an ultimate feeder at each spot (switch this person every few reps). Set up four attacking lines with four defensive lines at the top of the 8. To start the drill have the defender one step back from the attacker. On the coaches whistle, the attacker cuts, catches a feed from opposite X and finishes. Do the same thing with each line around the 8.

Phase two will be the attacker starts a step behind the defender. The defender is trying to front their cutter and get a stick on the feed. The attacker is still catching a feed from opposite X and trying to finish.

Equipment Needed: Balls

Skills Emphasized: In the first phase of the drill we are focusing on quick catches and finishes inside the 8 from the attacking end. In the second phase of the drill we are focusing on fronting our cutter, seeing ball and player and not letting the attack catch inside the 8 while on the defensive side of the ball. We also emphasize finishing every play when there is a ball on the ground and a quick clear to the lines up top when there is a goalie save.

Diagram Of Drill:

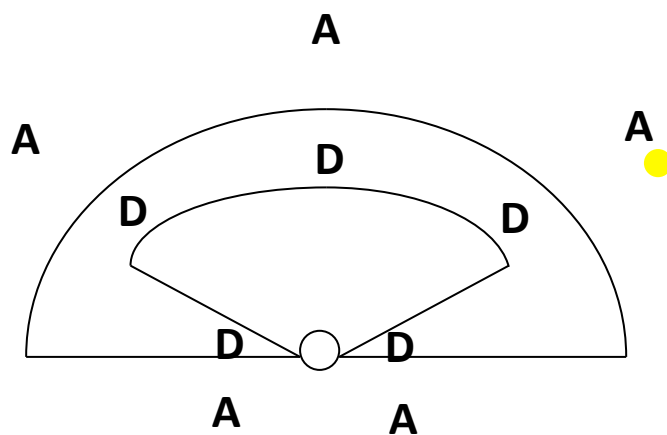


Description of Drill: 5v5 Set up. Have a mix of A and D in your 5. Goal is not to score for offense, but to move in normal motion. If your offense needs work driving hard, you may insert going to cage as part of drill. On the coaches whistle the offense drops the ball no matter where they are and switches to D and D switches to O. Vary the time of the whistle.

Equipment Needed: 1 Goal

Skills Emphasized: Offense: Communication, motion, hard cuts, reaction. Defense: Communication, Reaction, team Defense

Diagram Of Drill:



Coaching Points of Emphasis:

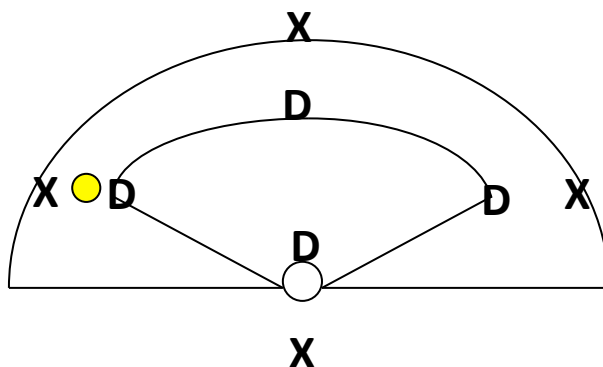
- Communication
- Quick Reaction
- Moving game speed
- Contact on defense
- Hard cuts on offense

Description of Drill: Offense is working on the 2v2 game, reacting to what the defense does. While this is happening the two players are working off ball and are ready to participate if the 2v2 doesn't work out.

Equipment Needed: Balls

Skills Emphasized: Working on the 2v2 game, with a possible 4v4. Defense is working on talking through the 2v2 and second slide.

Diagram Of Drill :



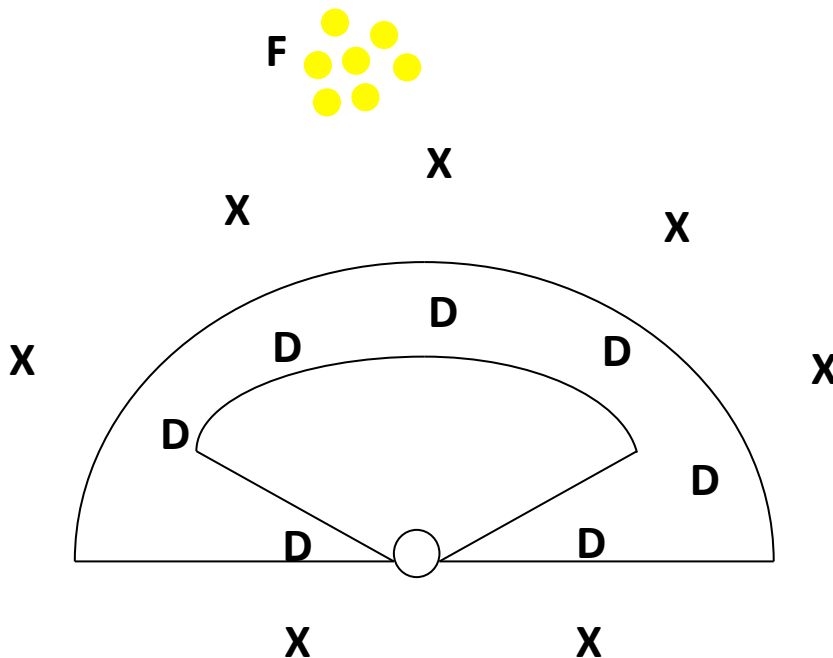
Coaching Points of Emphasis: Ball is passed around the outside. When the coach blows the whistle, the person with the ball works with either attacker next to them to form a 2v2. The other 2 attackers are working off ball and playing off what the defense is doing. The 2v2 is the first look, if its not there, then play the 4v4.

Description of Drill: This is 1v1s without all the standing around. Set up 7v7 around the 8m. Offense passes the ball around the outside. No one is cutting through, but you can skip pass and change the direction of the ball at anytime. When the coach blows their whistle, whoever catches the ball next goes 1v1 to cage. The feeder will add in the next ball and everyone else will pass around while the 1v1 finishes. The coach will continue to release 1v1s one at a time until there are two remaining pairs. These are the “leftovers.” You can either have them go 2v2 or end there and have them stay in for the next set of sevens.

Equipment Needed: A pile of balls, a whistle and a feeder (I usually have a player feed in).

Skills Emphasized: 1v1 dodging on the move. Defense is working on communication, opening up the proper way when off ball and not having help.

Diagram Of Drill:



Coaching Points of Emphasis: Catching on a v cut so you are already moving for your dodge. Defense being ready for a 1v1 and making good contact. Extra stick work as well!

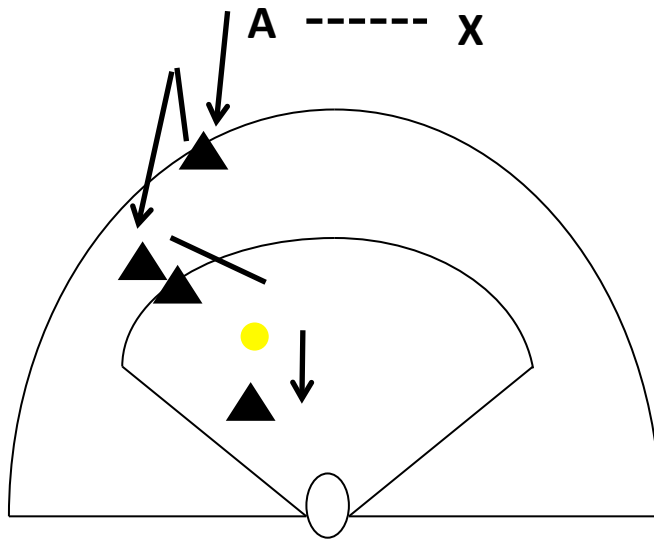
STICK WORK & INDIVIDUAL SKILL DRILLS

Description of Drill: A line of feeders and balls will be set up at X to start the drill. X will feed to A (left hand up) running onto the ball. The player will attack the first cone, back up to create space (keeping head up, in triple threat stance) and then quickly switch to the right hand to “beat” the defender. Player runs to the double cones, dodges to her left and quickly pulls her stick back to pump fake at the yellow dot. After the fake, player gets by the single cone and gets a shot off, aiming for corners.

Equipment Needed: Cage, cones and balls.

Skills Emphasized: Quick, smooth stick work in small spaces, dodging, and placement of shots out of a dodge.

Diagram Of Drill:



Coaching Points of Emphasis:

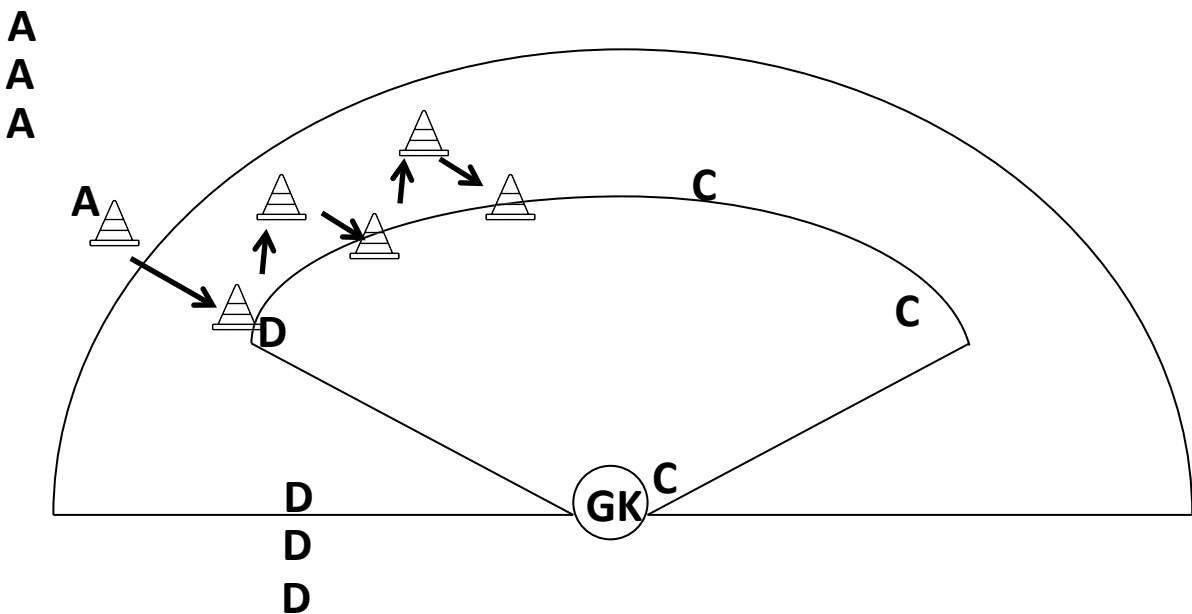
This drill focuses on attackers fast stickwork while dodging and being able to control their sticks and bodies in tight spaces through the 8-meter. As the player dodges the second set of cones, the key is for attackers to keep their heads up for the pump fake at the yellow dot (the single cone is simulating a defender in shooting space). Players should be able to quickly fake and finish their shots by finding corners in the cage, no further then the middle of the CSA.

Description of Drill: Teaching topside attackers to challenge the defense then survey the 8m for cutters while playing with their head up.

Equipment Needed: Cones, Balls

Skills Emphasized: Offense, Driving (RB) to cage, Dropping back (QB) out of pressure while seeing the field for feeds inside the 8m

Diagram Of Drill: Attack starts with ball, drives (RB) to cone at the elbow. Defense then starts to play on the attack – vary the contact you allow (50-100%). Once attack meets the defender she will drop back (QB) to the next cone while looking for a coach holding a number up and then call out the number. When she reaches the area of the cone from her QB, she then RB's to the next cone. Repeat this until she attacks the final cone, defense then becomes 100% and it's a 1v1 to cage.



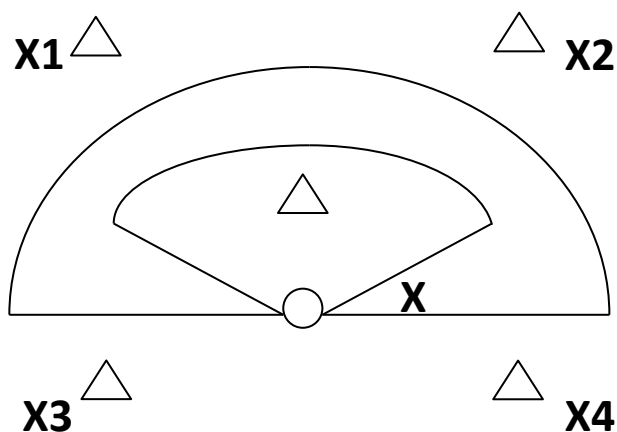
Coaching Points of Emphasis: Shoulder-shoulder-ball concept, head up at all times, triple threat. This drill can be run with and without defense. Cones can be adjusted for different depths of the QB and angles for the RB. Always finish with an opportunity to shoot whether it be the RB or the person who catches a feed. If the RB goes to cage, require a 1 dodge and go rule. Turn your coach(es) into attacker(s) and force your RB to call the names of who is asking for ball and allow live feeds. Coach(es) and players can move about the 8m so the RB has to actively survey for feeds. As level of play increases, add more variables.

Description of Drill: This is a shooting drill that works on shooting in the 8M with both hands. Balls are at each of the four outside cones with feeders. One player starts right side goal line extended. She cuts over top of the middle cone to receive pass right handed from X1, turns and fakes before she shoots. She resets on left side goal line extended, then cuts over top of the middle cone to receive pass left handed from X2. Same shot as before. She resets back to right goal line extended. She cuts over top of the middle cone to receive a pass right handed from X3, this time shooting a quick-stick. Last is a reset to left side goal line extended, cut over top of the middle cone to receive pass left handed and a quick-stick shot. This ends one rep, switch shooter.

Equipment Needed: 5 cones, balls at the 4 outside cones, one goal

Skills Emphasized: Catching and shooting on the move with both hands inside the 8M

Diagram Of Drill:



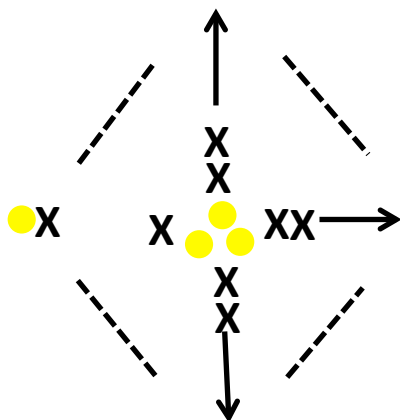
Coaching Points of Emphasis: For the shooter, big emphasis on catching on the move with the correct hand. This is a good way we get our players more comfortable with their weak hand. As they reset, make sure they hustle to the spot and quickly get the next cut going. For the feeders, working on timing and passing so the cutter receives the ball as they are coming around the cone. Some variations include switching up the shooting order and adding a defender on the back of the cutter to work on stick protection as they shoot in the 8M.

Description of Drill: This is a outlet passing drill designed for high reps in a short amount of time. 4 lines will form in a + shape in the center of the draw circle. The lines face outward. Players will pop out of their lines, receive pass and then pass to the next pop out. We move in both directions getting reps of Catch R, Split, Pass L; Catch R, Roll, Pass L; Catch L, Split, Throw R; Catch L, Roll, Throw L. Once you pass the ball, you return to the end of the line. About 12 or so players needed.

Equipment Needed: Balls (will be in center of + shape)

Skills Emphasized: Passing, catching, popping out, quick ball movement

Diagram Of Drill:



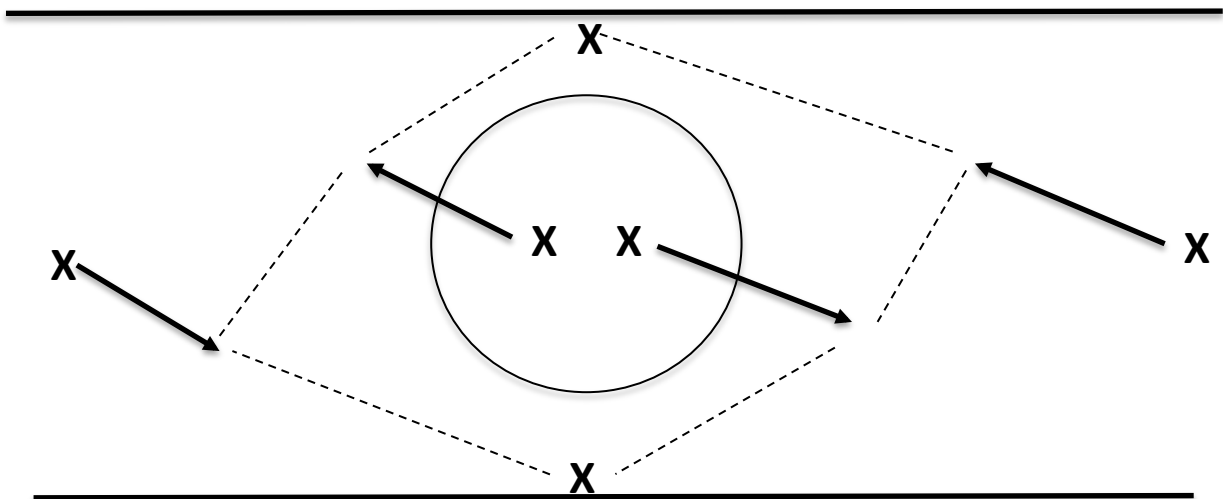
Coaching Points of Emphasis: Sharp passing, timing on pop-outs, no cradles, loud & direct communication.

Description of Drill: This drill works on multiple kinds of passes in the same continuous stick work drill.

Equipment Needed: Balls and Cones

Skills Emphasized: Passing, catching, switching hands when appropriate, moving the ball with speed, dodging.

Diagram Of Drill:



Coaching Points of Emphasis: Follow your pass!

Balls start at the 30s, passing using their left hand to the outside person on the 50 cutting to the ball. Outside player catches with right hand and turns up field without switching hands to hit player from the center cutting out and up.

Inside player catches on the move with right hand, switches hands and passes to the next person at the 30.

Player on the 30 catches with her right hand and switches in front to then send the pass with her left to the person on the 50...

Switch the direction to change all the catching and throwing to the opposite hands.

You can also add a "defender" in between the inside catch and the pass to the 30 to make that player dodge before she passes

Institution: Colby College

Coach: Karen Henning

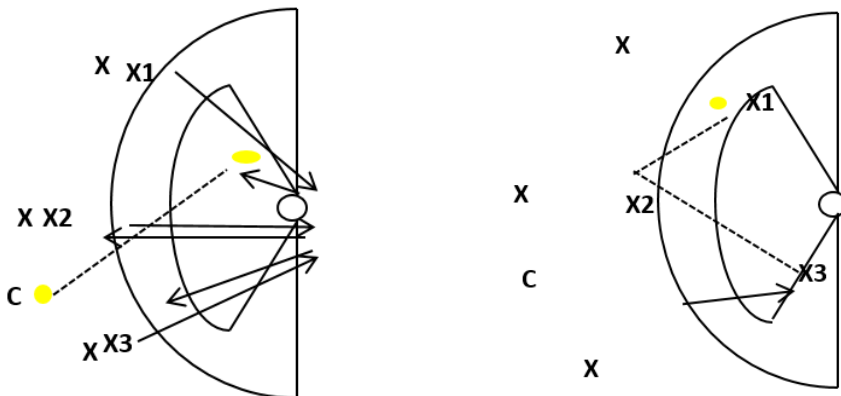
Name of Drill: Quick Passing Communication Drill

Description of Drill: Three players spread out at the top of the 12 meter. They run down, touch the goal circle and as they run back, the coach/or next player in line rolls a ball to one player. The player picks it up and outlets it to a player next to them who is communicating with them. The third player cuts back to ball and communicates to the player with the ball and receives the ball and shoots.

Equipment Needed: 30 balls and a goal but you can do it without the goal as well.

Skills Emphasized: Quick Passing and Communication

Diagram Of Drill:



Solid Line – Path of player

Dotted Line – Path of ball

Coaching Points of Emphasis:

Quick Passing, Finding Open Player and Moving it one more

Communication: Outlet, One More, Through

Institution: Lees-McRae College

Coach: Catherine Lovallo

Name of Drill: Ring of Fire

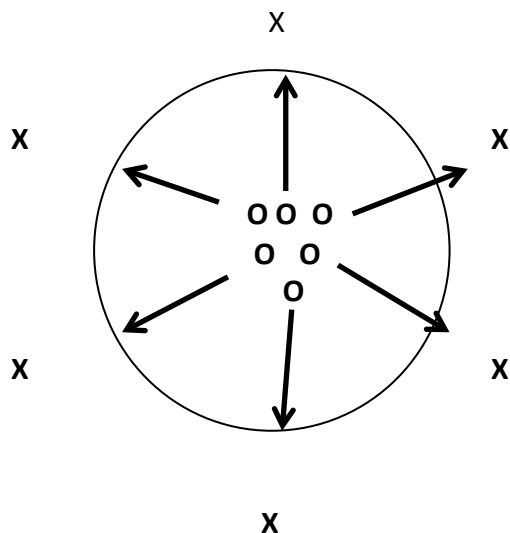
Description of Drill: In this drill, players work on keeping their heads up in a tight space and communication. You can adjust how many players in/outside of the circle based off your roster size. (It's okay if one group has more than the other) All the X's will have a ball outside the circle and the O's will be inside the circle.

The objective is for the O to pop out and receive a pass from the X on the outside and pass it back. They have to check back to the middle before going to another X. The X's have to communicate to the O's if they are available. They are timed between .45 seconds to 1:15 per skill. Once their time is up, the second group goes in. Switch up the skills per round, all right, catch right/throw left, catch left/throw right, all left, etc.. Drill can take as long 15 minutes to 30 minutes depending on the number of skills you do.

Equipment Needed: Cones to make a big circle (or use the center circle), balls, timer, and whistle

Skills Emphasized: Stick skills, hand eye coordination, conditioning, & communication

Diagram Of Drill:



Coaching Points of Emphasis: Communication, keeping their heads up and working on the fundamentals.

Description of Drill: All players will begin standing at the draw circle at the center of the field. Players will make four lines across from one another, forming an X when facing each other around the circle. The drill is set up in a shuttle format. The first player will receive a ball and pass to the shuttle line to the left of them. This player will catch and quickly pass off to the line across from her. The ball will then be passed to the left, then across, and so on and so forth.

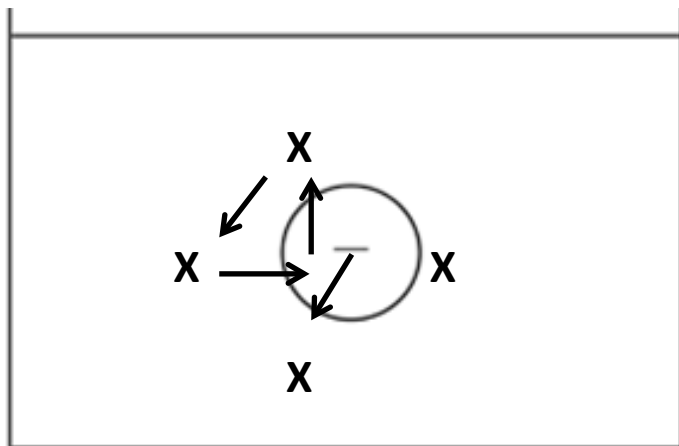
The drill may be simulated in a “build up” fashion- beginning with one ball and progressing to two, adding in defense when ready, etc. The drill also may be manipulated in terms of stickwork- for example one day they may move through their passing all quick stick, off shoulder catching, behind the back passes, bounce passes, ground balls, different cradles, etc.

Equipment Needed: 2-3 balls

Skills Emphasized: Stickwork, change of speed, communication

Diagram Of Drill:

*All passes will be made inside the circle



Coaching Points of Emphasis:

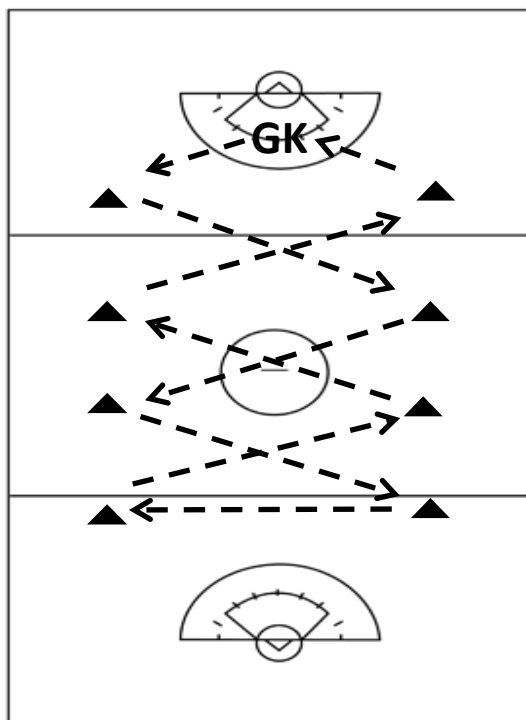
- The ball should be in and out of our sticks in one cradle or less
- If the ball drops, we back our teammates up and work to get it back into our sticks
- Protecting our cradle, work to keep tight in our sphere
- “punching” the opposite shoulder in each cradle
- Talking and listening to our teammates through the chaos

Description of Drill: Competitive full field Stickwork drill for beginning of practice. Ball Starts with Goalie (could be a coach or injured field player if goalies are warming up). Each time each ball does one full zig zag rotation and gets back to the starting point (GK) = 1 point. **2 balls only.** If ball is dropped or missed, that same ball must be chased or backed up by people in line, you cannot use a new ball. 2 balls going at once, 2 minutes on the clock to get your best score. Do 4 or 5 times to try and continuously improve score. Goal = 15-20 passes in 2 minutes.

Equipment Needed: 2 balls, 8 cones, field players and/or goalies

Skills Emphasized: Effective and efficient stickwork through the midfield. Full speed stick handling ability + competitiveness. Communication and awareness.

Diagram Of Drill:



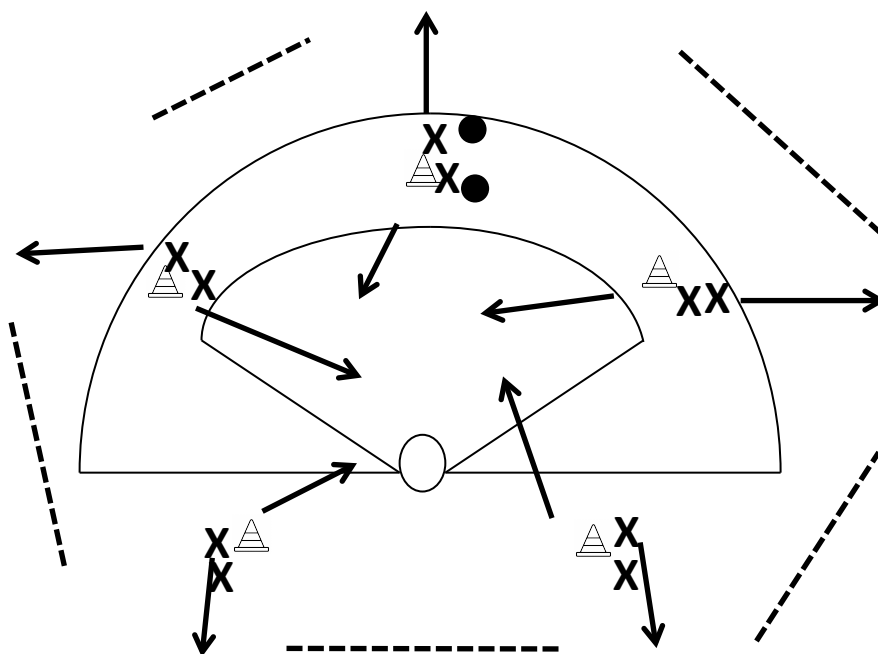
Coaching Points of Emphasis: FAST STICKWORK! Minimal cradles, communication, backing up in line, full team counting each number completed, accuracy of passes to ensure the ability to catch!

Description of Drill: Stick Warm up Drill

Equipment Needed: 5 cones

Skills Emphasized: Stick work

Diagram Of Drill: This is two functional stick work drills happening at the same time . The inside person on each cone is passing in a star pattern. One cradle follow your pass. The outside players are popping out and rotating the ball around the perimeter. Either clock wise or counter clock wise using both hands . All Players must rotate from inside and outside points.



Coaching Points of Emphasis: Inside passing must be stick to stick. Outside passing must be spot passing away from the player. All passes must be firm and catchable

Description of Drill: Sticks are always facing up field

- 2 inside X's are partners
- 2 outside X's are partners
- Inside players are throwing quick stick passes
- Outside X players are throwing touch passes over inside players heads to partner
- Inside and outside lines are going in opposite directions

Diagram Of Drill:





TRANSITION DRILLS

Description of Drill: This is a half or full field transition drill, focusing on using the width of the field.

- Set up begins in settled 7s, defense and goalie only*. The X team/group always has 2 more players than what you have on def. Coach takes a shot and gk/defense begin the clear.
- Once the clear occurs, X players are trying to double the ball (either toward the sideline or make them go backwards).
- Defensive team must either a) use the trail option or b) switch the field before the ball can cross the 30 or 40 yd. line. This is where the goalie and trail players are utilized. Once a trail player or a switch has happened, they should look up field to middies and attackers (can switch field 2-3 times if needed)
- X RL players should stay in pairs and always try to double the ball carrier; they are man to man elsewhere, marking everyone else above the ball. Once the ball swings to their side, they go double.

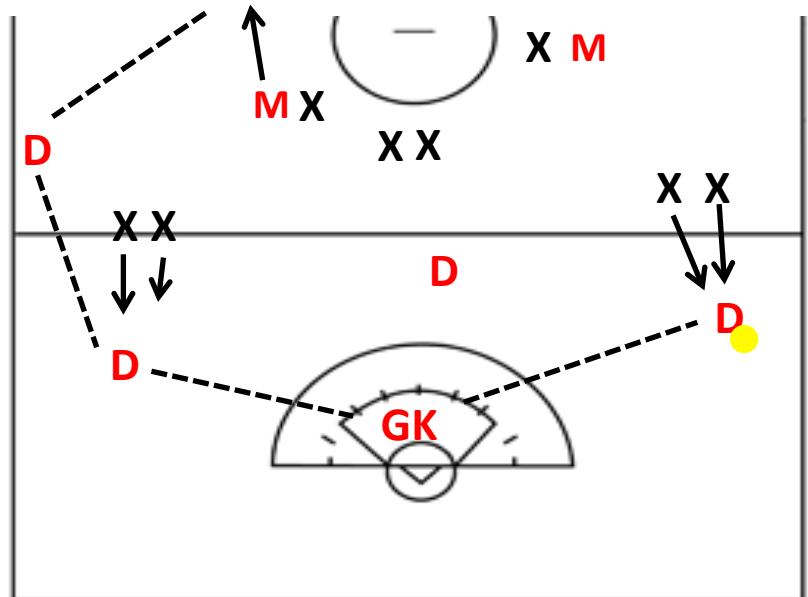
*Depending on the skill level, can be defense only or both offense and defense. If it's a true settled 7s, offensive players will need to retreat to their "assigned" areas and pairs. The additional two players can already be waiting at the RL.

*You can also be creative/ specific with what the X's are doing vs. what your transition team is doing

Equipment Needed: Both cages in their crease; Balls; Cones (not required, but if you prefer)

Skills Emphasized: Transition; stick work; decision making under pressure;

Diagram Of Drill:



Coaching Points of Emphasis: Players should always have their feet moving and eyes up, ready to move the ball quickly. Switching the field should be efficient and all three lanes (sideline, middle, sideline) should have passing options in them. Constant movement and good spacing from everyone.

Description of Drill: Team is divided into 2 teams (Blue & White). Shortened field 60-70 yards
Midfielders are set up in the middle of the field. (Blue vs. White)

- 2 Blue Attackers and 2 White defenders set up on one end.
- 2 White Attackers and 2 Blue defenders set up on the other end.
- Play: GB is thrown to 2 white midfielders and 2 blue midfielders and winner MUST clear it to their attackers.
- Once the ball is cleared to the attack, Attack and Defense play out a 2v2.
- The same midfielders fight for a second GB. Midfielders play out a 2v2

Diagram Of Drill:



- Variations:**
- 1) Midfielders have 5 seconds to pass the ball to the attackers.
 - Midfielders learn to get their head up and pass out of a GB quicker
 - Attackers have to pop out hard for the ball
 - 2) Midfielders can pass to either side (white or blue)
 - Works on deception and accountability of attackers cuts
 - 3) Midfielders add in with attack and defense (play a 4v4 instead of a 2v2)

Institution: Swarthmore College

Coach: Karen Borbee

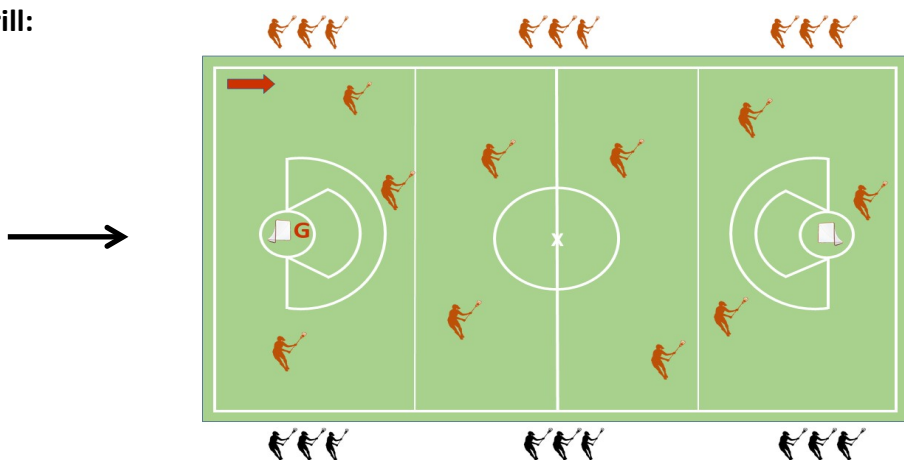
Name of Drill: Zone Transition

Description of Drill: This is a team transition drill with the field divided into 3 zones (GLE to RL, RL to RL, RL to opp. GLE) The goal is to practice transition while staying in a limited area according to your position. The coach can set this up in a variety of ways.

Equipment Needed: balls and a full field

Skills Emphasized: Transition with or without pressure

Diagram Of Drill:

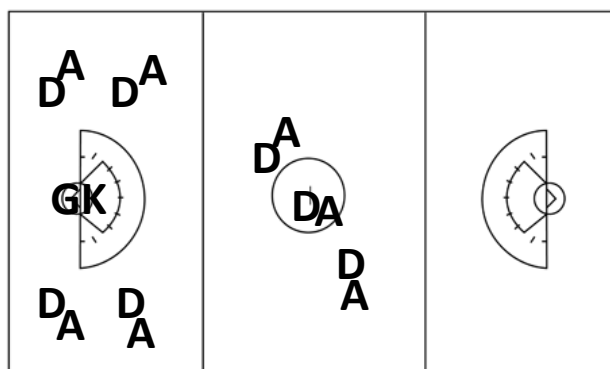


Coaching Points of Emphasis: This drill is set up with your team divided into 2 teams (attacking team and defending team). Each team has a coach. The ball will only go in one direction starting with a GK clear. Before each clear, the coach on the attacking side can decide how many players up to 10 are on the field. The players are restricted to zones. The defense coach will add in anywhere from 0 to 9 players, also in zones. The drill can go from a 10v0 to a 10v9 and in any combination. For example.. in the defensive zone it can be a 3v2 while the midfield zone is a 4v2 while the attacking zone is a 3v1... any combination works. The play is over when a goal is scored or a turnover occurs. This drill allows for position specific challenges in a limited area from one end of the field to the other. Players have to assess the situation each clear and communicate with teammates in order to successfully play the ball in transition.

Description of Drill: DRAW/FAST BREAK/CLEAR

Skills Emphasized: Taking Draw; finishing attack fast break; clears

Diagram Of Drill:



Coaching Points of Emphasis:

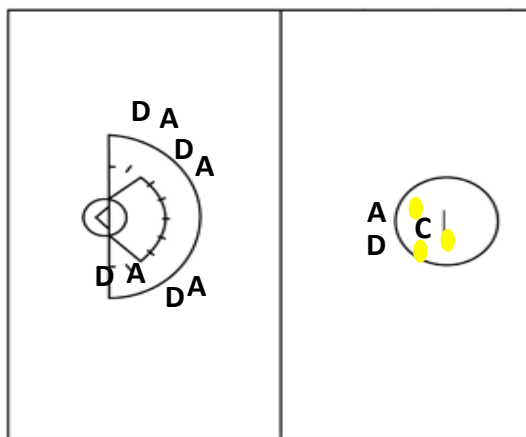
- Divide your entire team into one attack team and one defense team
- Start the drill by taking a draw with 7 players from each team for a 7v7 at draw.
 - If attack gets it they fast break to cage
 - You can set different parameters.. 30 seconds on shot clock once they cross 30 etc...
 - If defense gets the draw, they carry the ball back to the same goalie that attack would have been shooting on. Once the ball is passed to the goalie, defense must clear the ball to the opposite 30
- Efficient drill for giving reps to the clear and the fast break offense.

Description of Drill: This drill works on reacting to different situations that occur in transition. There is a 4v4 below the 15 yard line with a line of attack and defense up top. Coach gives GB to attacker by the center circle. Attacker goes hard to cage. Defender is released by Coach so gives the attack a 5V4.

Equipment Needed: Balls

Skills Emphasized: Offensive/defensive communication, defensive slides, offense making good decisions with the ball, and going hard to cage.

Diagram Of Drill: Line of attackers and defenders at edge of center circle. 4 low attackers and 4 low defenders.



Coaching Points of Emphasis:

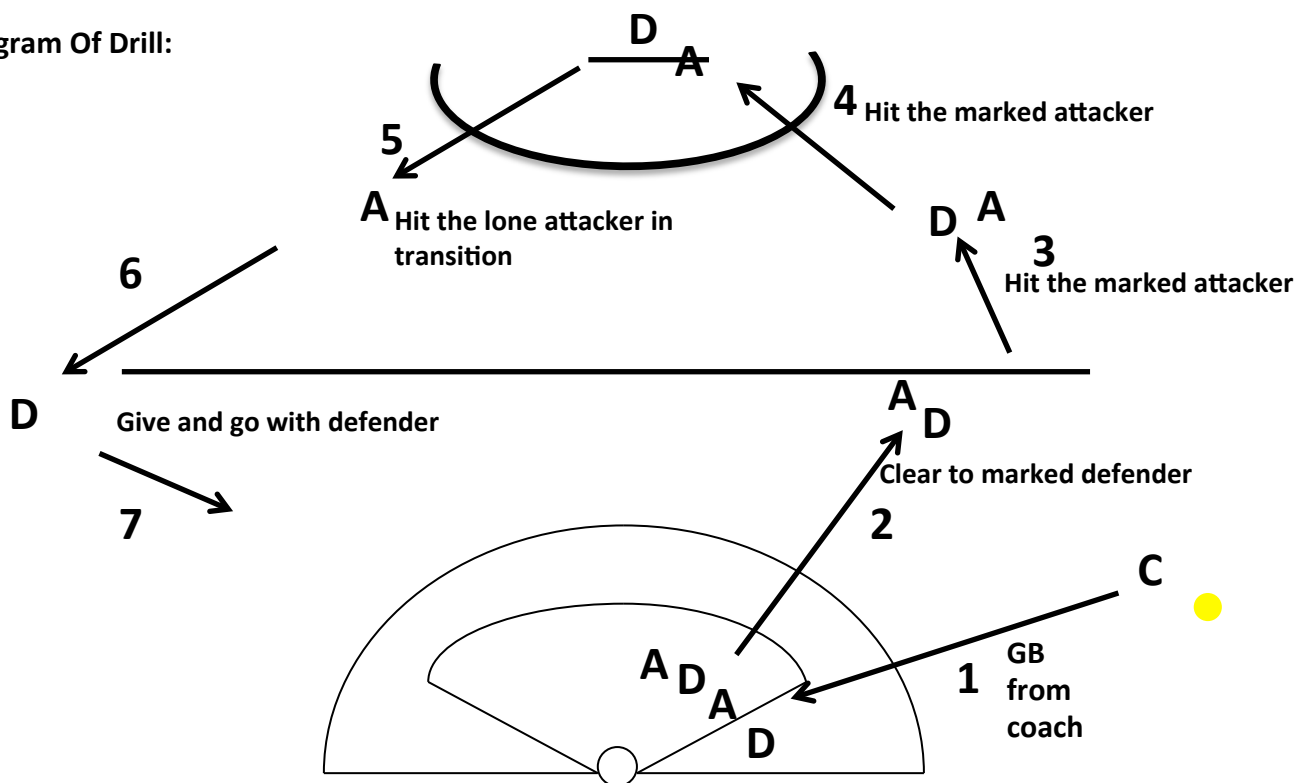
Defenders up top have to wait to be released. Offense go hard to cage look to draw defenders & move the ball. Defense communication, stop the ball and make good decisions. Can add variations where the low attack get to choose where they want to start, or the low defenders get to choose where they start.

Description of Drill: The drill begins with a ground ball (GB) from a coach at the sideline. The GB is contested as a 2v2 with whoever picks up the ball clearing it to a defender who is marked and positioned around the restraining line. That defender then hits a marked and cutting attacker in the next layer of the “clear” and one more pass up field to a marked attacker. From that point the ball begins to come back down the field the same side with pass “5” being to a lone attacker. That attacker should be moving at speed to pass the ball to a defender on the side and receive a give-and-go in transition with the defender trailing in to make it a 6v6. Everyone remains in to play after they have moved the ball along into the 6v6. You may make the last give-and-go to a coach in which case the drill is a 6v5 in transition. You can orient the drill from either sideline and you can stretch the play up the field (keeping the second marked pair where the attacker receives the ball) or eliminate that pair to make it a 5v5.

Equipment Needed: Balls, $\frac{3}{4}$ field

Skills Emphasized: Transition, player/up player/down play, 1st level clear/stick work

Diagram Of Drill:



Coaching Points of Emphasis: This drill can be modified to your needs. Our points of emphasis are the timing of cuts (from the initial clear to the defender to the transition to the next layer attacker and back into the offense), player down play in transition and the emphasis of tough play on contested balls.

Description of Drill: This is designed to have your goalie quickly scan the field for the open player and execute a clean clear. You can add to this drill in a variety of ways.

Level 1- Have 3 field players spread out, not moving, only one pops up stick about shoulder height

Level 2- Have 3 field players being on the move, only one pops up stick about shoulder height

Level 3- Have 3 field players stationary being marked up by 2 different colored field players, goalie has to recognize which player is open

Level 4- Have 3 field players on the move starting in a smaller clump on the field then breaking out being marked up by 2 different colored field players, goalie has to recognize which player is open

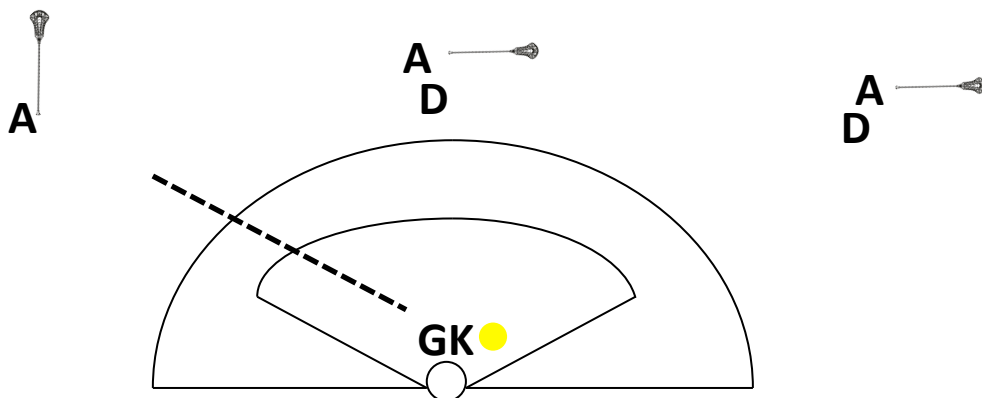
Level 5 & Beyond- Add more players, have someone be open and then make one of the players marking up slide off to the "open player," work on the goalie out of the cage with pressure on, etc.

To start the drill you can work on a variety of beginning points, from a straight shot, to an interception from x to turn and find the open players, a loose ground ball the goalie picked up etc.

Equipment Needed: Goal, goalie, field players, different colored pinnys, balls

Skills Emphasized: Goalie clearing

Diagram Of Drill:



Coaching Points of Emphasis: Making sure the goalie is making the correct decision in a short period of time. Working on scanning the whole field, not just settling for any pass. Communication with their teammates is important, especially for spacing on their cuts.

Institution: George Mason University

Coach: Morgan Gott

Name of Drill: Segment Drill

Description of Drill: This is a full field transition drill that works on moving the ball up the field by segments, so cutting back to ball and creating space in the open field become crucial for success. Attackers and defenders are not allowed to cross their restraining lines and midfielders are only allowed between the two 30s, no one is allowed to cross their boundaries. The ball must be scored in opposing teams goal for a point, if the ball drops it becomes dead and the other teams ball. Each ball is cleared out by the goalies.

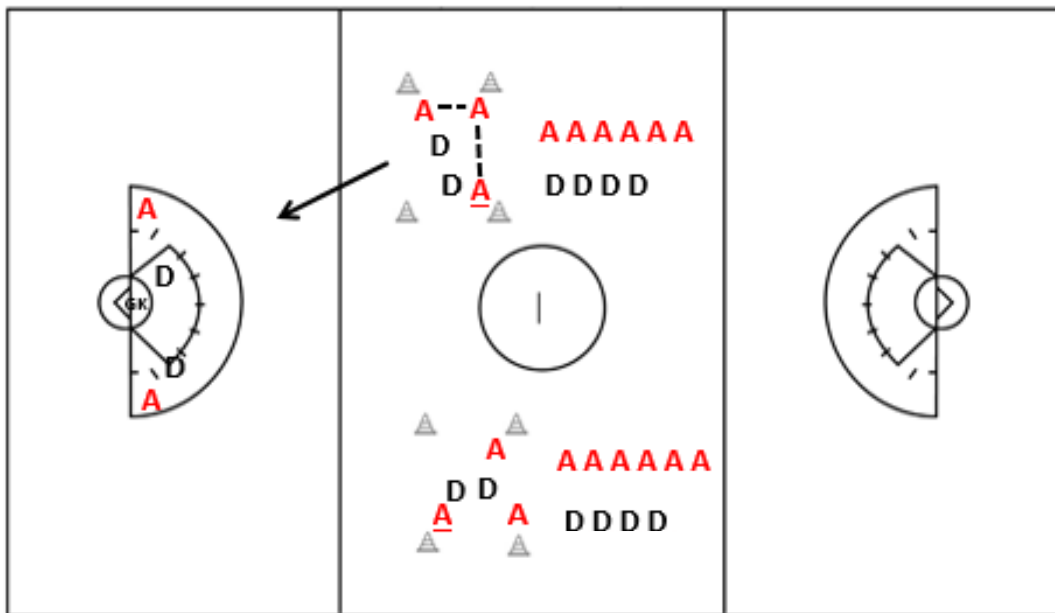
Equipment Needed: 2 goals, full field set up and a ball.

Skills Emphasized: Transitioning the ball up the field, cutting back to the ball, using the width of the field, timing on cuts in the midfield.

Coaching Points of Emphasis: Cutting back to the ball with hips and shoulders squared. Using the width of the field, having your head up when carrying the ball. Have to work as a team to get the ball up the field (communication). Works on both offensive concepts and defensive concepts in transition. Great for conditioning. Lastly it works on timing of cuts and reading one play ahead of time to position yourself on the field to get the ball up as fast as possible.

Description of Drill: Set the field with two 10 x 10 boxes on either side of the center draw circle and put a 3v2 inside of each box. Set two pairs of A's and D's below the restraining line. On the whistle, the 3 A's inside of the box work to keep the ball away from the 2 D's. After 7-8 passes, a coach will blow the whistle to release the box players to transition to goal. On the coach's whistle, the A with the ball must pass back to the trailing A before executing the 5 v 4 transition break. As soon as the rep is completed, the pairs low stay for a second rep and the 3v2 box players return to high lines. The other box will start their 3v2 keep-away until the coach whistles their release to transition the ball.

Diagram of Drill:



Equipment Needed: Two 10 yard by 10 yard boxes created using cones, balls up top

Skills Emphasized: Offensive Focus: Small space stick work (variety of options) with pressure, transition offense, & spacing off ball. Defensive Focus: Slowing the fast break when you are player down, slide angles, picking up the ball in a transition situation, off-ball posture, and communication.

Coaching Points of Emphasis:

3 v 2 Keep Away

Offense- Quick ball movement, change skill set (e.g set picks on ball), proper fake technique

Defense- Off-Ball posture, change levels of pressure, staying big in passing lanes

5 v 4 Transition to goal

Offense- Dictate the slides using fakes, cut through the ball on passes, keeping shape

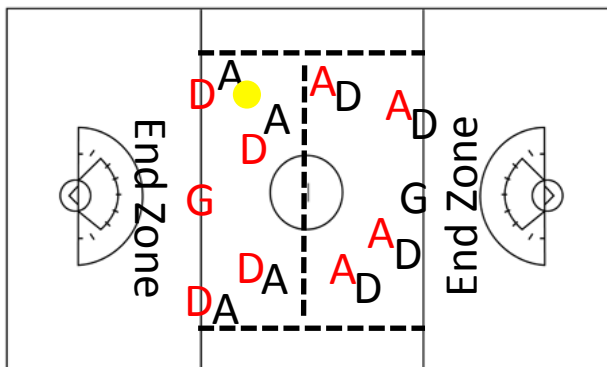
Defense- Timing of slides, communicate recovery defenders to backside, lock ball on 1 side of the field

Description of Drill: 4 offensive players from Team 1 are matched up against 4 defensive players from Team 2 in the space between the 50 and 30 on one end of the field with the men's box as the sideline. 4 offensive players from Team 2 are matched up against 4 offensive players from Team 1 in the space between the 50 and 30 on the other end of the field with the men's box on that end as their sideline. The Team 1 goalie is standing on the 30 behind the Team 1 D and the Team 2 goalie is standing on the 30 behind the Team 2 D. The teams are bound to their half and it's a 4 on 4 looking to "score" by successfully completing a pass into the "endzone" or the area on their end of the field behind the 30. Once the pass is complete, the ball is thrown to the defending team's goalie for a quick outlet pass. The team that just "scored" has to quickly redefend while the defending team now has to transition the ball to their attackers on the other half of the 50. They cannot run the ball over the 50 and the attackers cannot cross the 50 to receive a pass. The ball continues back and forth in this manner until a team reaches a certain number of points or a time limit is hit.

Equipment Needed: 1 ball

Skills Emphasized: Working together on attack in a smaller space; finding open space and completing passes to open teammates; quick/strong stickwork and heads up playmaking; quick transition and goalie clears; redefending; and defending in a tight space

Diagram Of Drill:



Coaching Points of Emphasis: Defenders need to always be ready and situate themselves in ways that not only allow them to see ball and player but also give them a chance to deny or intercept the pass into the "endzone;" Attackers need to think a play or two ahead so they can move into the open space while the ball is in the air to transition the ball into their attacking end as well as get open in the "endzone;" Goalie need to be heads up and hit open defenders early; Gives everyone a chance to handle the ball and make decisions in a tight space

Institution: Wheaton College

Coach: Emily Kiablick

Name of Drill: 3 Team 3 Goal Transition Game

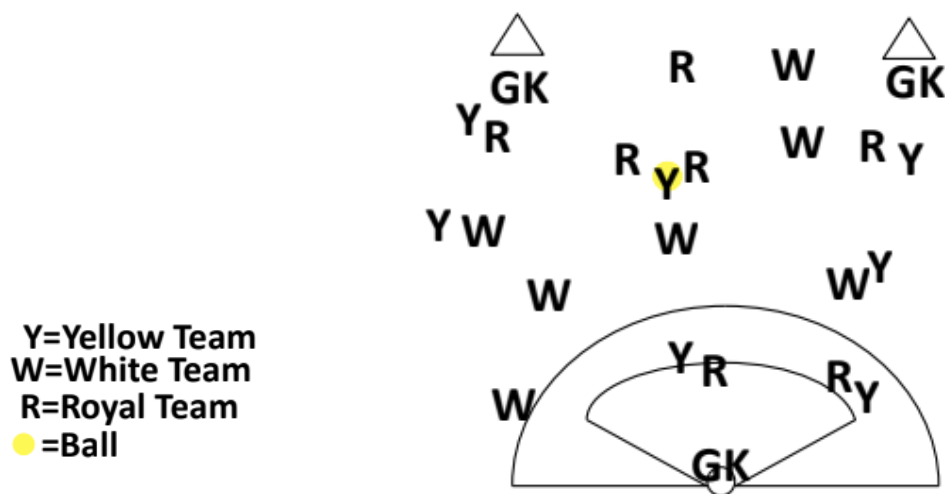
Description of Drill: Half Field, 3 goals, 3 teams

- Goalies will defend their respective goals but are not assigned to any specific team.
- 1 team will be attacking while 2 teams will always be defending. (Twice as many D as A)
- The attacking team may attack any of the 3 goals.
- When possession changes the new team in possession becomes the 1 attacking team while the other two defend.
- On a goalie save or goal the goalie will clear to the team who took the shot.
- Once a team shoots on one goal their next shot needs to be on one of the other two goals.

Equipment Needed: 3 Goals, extra balls in each net. 3 Colors to differentiate teams

Skills Emphasized: All – Transition. Attack - playing out of pressure. Defense – double/triple teams and covering adjacent players.

Diagram Of Drill:



Coaching Points of Emphasis: Keep your feet moving, you'll be doubled.

Institution: New England College

Coach: Meg Leo

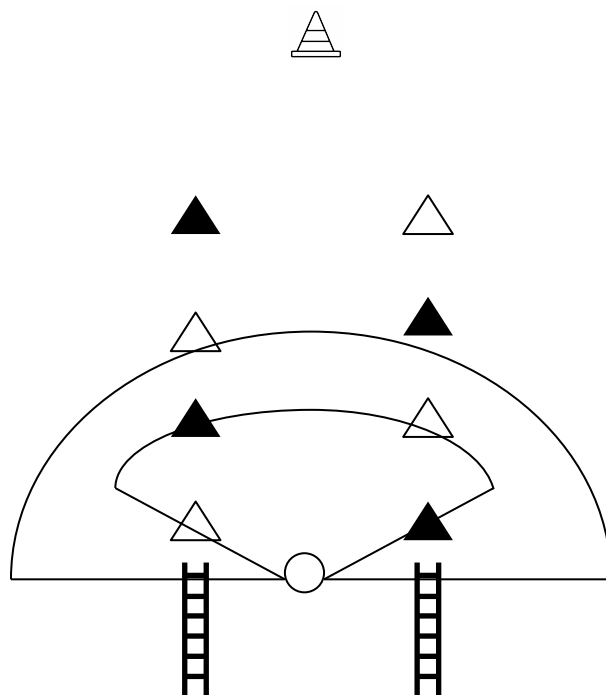
Name of Drill: Pilgrim

Description of Drill: To start the drill there should be two teams. One team should start behind the ladder with the black cone and the other team starts being the ladder with the white cone. Next set up a player from both teams on each of their corresponding colored cones (4 people total), except the first cone in front of the ladders. On a whistle the player waiting to use the ladder will go through the ladder with a ball and then pass diagonally up the field to the correlating cones. Players should NOT follow their pass and should stay at their cones. The last cone players will have a foot race to the cone up at the restraining line. The team that gets there first is offense, the other team is defense. Everyone who started the drill is now live going to cage with a 4v4. Drill ends with a shot or defensive turnover that is cleared out to the restraining line. The next set should be 8 new players.

Equipment Needed: Cones (I like to have two different colors to help people see the sequence)

Skills Emphasized: Moving the ball quickly, transitioning into offense/defense, creativity with shots

Diagram Of Drill:




Coaching Points of Emphasis: Head up for open passes, how to break out to be open on transition (0), how to approach for defense to shut down passes down field

Description of Drill: 5 v 7 Multi-Directional Transition Drill

Equipment Needed: 4 empty ball buckets, lacrosse balls, cones if desired, full field

Skills Emphasized: “Playing soccer” AKA Knowing where the next pass is going before you’ve caught the ball. Smart ball movement, spacing, and vision. Clearing under pressure. Unsettled situations.

Diagram Of Drill:

 = Empty Bucket

*4 x 5-min qtrs

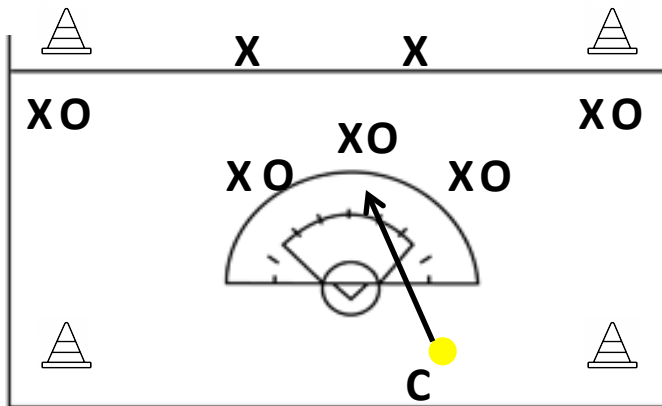
*2-min halftime

Q1: 20 sec P clock

Q2: 20 sec P clock,
3 pass minimum

Q3: 18 sec P clock,
4 pass minimum

Q4: 18 sec P clock,
5 pass minimum



- Set up as pictures in an unsettled 5 v 7 situation.
- You score points by getting the ball into the opposing team’s buckets. O’s defend bottom two buckets; X’s defend top two buckets (you can move top buckets higher for more endurance work).
- Players face up field to start (blind to the ball). Coach rolls GB and whistles to start the drill.
- If X’s win the ball, they have to “score” in the time allotted by getting the ball into one of the O’s buckets (and vice versa), with the pass rule designated.
- Teams switch from clearing to riding at halftime (and vice versa).

Coaching Points of Emphasis:

- Adjust possession clock and passing rule as needed to fit your team’s skill level. Decrease time or increase pass number to make it tougher and force faster ball movement. No shooting on goal allows you emphasize other things. The drill should feel fast paced, and it should be tough to “score”.
- Playing 5 v 7 imitates the “feel” of a zone ride in an simple way. Adjust numbers if you’d prefer to play even.
- The “clearing team” (O) wins by using smart ball movement (emphasize the redirect option!). Defending two-men down is a great fitness exercise – prioritize deflections (interrupt passing lanes); don’t match up.
- The “riding team” (X) wins by maximizing their space with the ball and letting the numbers/ball movement do the work. When defending up, the rule is double ball and cover all adjacent passes.

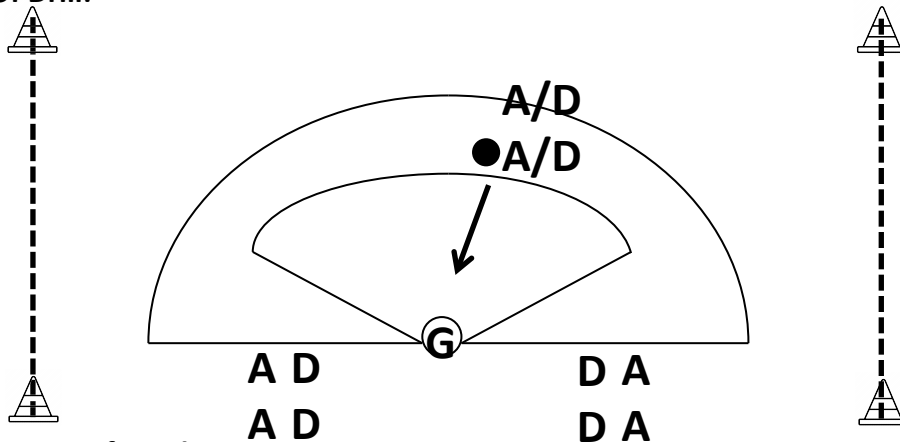
Description of Drill:

- Start with four lines on goal line extended and one line on 8m. Use cones to make a more narrow field. Place extra balls near the goal. You may also limit the space in which the goalie may clear- below the 12m, 15 yard line, 20 yard line, etc.
- The drill begins with an undefended shot coming in from the top. This attacker can start with the ball or receive a feed from a coach.
- After the shot, the shooter defends the goalie on a clear. The goalie clears to the outside lines marked A. The inner lines marked D redefend. The shooter is now a member of the D team.
- Once the goalie passes the ball, the defender guarding her communicates the ball is out and goes to ball to pursue a backside double.
- Ball carrier looks to move the ball to their teammate (the other A).
- Drill ends when the ball reaches the 50 yard line or when the defenders force a turnover, including forcing the ball carrier out of bounds on the narrow field.

Equipment Needed: Balls, goal, and cones.

Skills Emphasized: Shooting, clearing, redefending, transition, backside double.

Diagram Of Drill:



Coaching Points of Emphasis:

A/D: Finesse shooting, blocking, communication, spacing to close the backside double, all out sprint to the 50 yard line if a turnover is not forced.

A: Spacing and cuts- use the width of the field and outside hand, stick protection, head up for next pass.

D: Mark tight/anticipate cuts, listen for teammate's communication that ball is out, see ball, if on ball-slow ball carrier down, utilize sideline to your advantage, listen for teammate's communication on when to turn ball carrier.

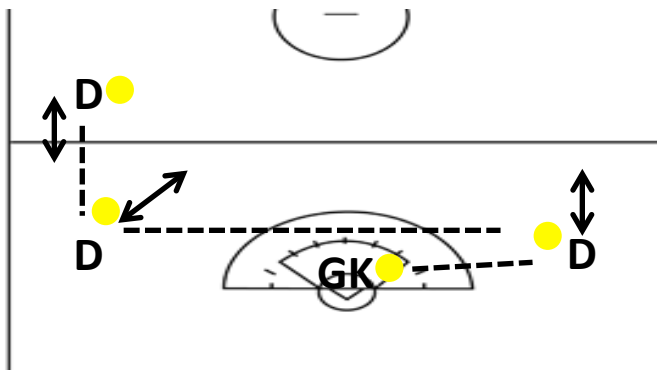
G: Use fakes to avoid blocks, be an option for a trail pass to switch fields.

Description of Drill: This is a defensive clearing drill starting with 3 defenders on the 8. When the goalie yells clear, the defenders will break out with two on one side of the field (low and mid), and one on the other (low). The ball starts with the goalie and is cleared out to one of the low defenders on either side of the field. If the ball is cleared to the single defender, they will turn up field to carry the ball, then turn back around and look to switch fields. While this happening the other two defenders are getting themselves open and available. Once the ball is swung to the opposite defender, the top defender on that side is cutting back to find the ball to receive the pass. The defender who had the ball first can then get themselves open for one more pass up the field. Including clear, this usually lasts 4-6 passes max, enough to swing the ball up field and back down and around. Once run through with structure, the next step is to allow the goalie to choose any defender to clear to. Each defender must adjust to this change, communicate, replace and find their place in the clear. To increase drill benefits, add pressure on the defenders breaking out and the goalie.

Equipment Needed: Cones (If there are no field lines)

Skills Emphasized: Field and self awareness, communication, speed, stick skills under pressure, looking up field.

Diagram Of Drill:



Coaching Points of Emphasis: Communication of defenders while clearing; calling out spots (low, mid, high), calling out a trail, telling passer where open person is. Having field and self awareness; every defender breaking out needs to be ready to adjust to the pass and place themselves in the best place to advance the ball and help their teammates. Off ball help; always being available to replace, trail, and get open and ready for the pass. Adjust on the fly; if the ball is cleared to mid first, what can the other two low defenders be doing? Spacing; spread out and use the field to your benefit, get comfortable receiving and making long passes, especially under pressure.

Institution: Long Island University

Coach: Meghan McNamara, Allison Hanley, Kelly Gaffney

Name of Drill: Get Going Drill

Description of Drill: We created this drill to get all players involved and reduce standing time. Can use for one side of the field if you have less players. Lots going on, need to keep lines balanced, switch sides for different personnel, etc.

Starts with a 1v1 on both sides of the field to cage. Once there is a missed shot (OBB) or goalie save, there is a quick clear to an outlet (clear player) who pushes the break. A defensive line is at midfield to work on merge and slowing down break (can improv where you want that defender to start). Then, that 1v1 pushes the fast break into a 2v2, using the low A/D to go to goal on the opposite end of the field. Once that play is in the 2v2 portion, the next 1v1 attacks and starts. Quickly pushes through. Players move to their next line, some communication to balance the 1v1's in the midfield.

Lastly, you can shorten the field. We have done this between the 25's, too. (adjust to your liking). Makes it more fast paced and fun.

Equipment Needed: Players, 4 cages, balls

Skills Emphasized: Pushing the fast break, clearing/cutting angles, 1v1's and transition. Lastly, awareness on the bigger picture, two sides are going on and need to balance lines and communicate that. Players do not need to be in specific positions. It's fun.

You can split, make teams, add points to make it competitive, you can be creative. You can add more players for all different situations.

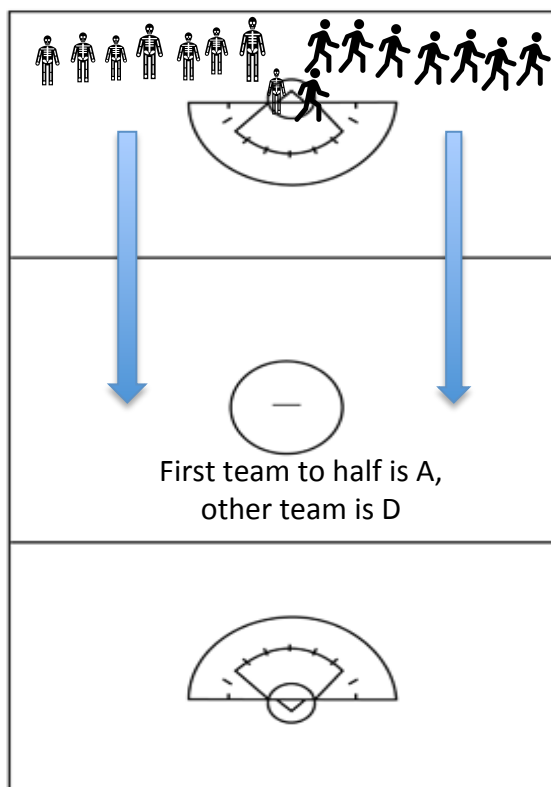
Description of Drill: 7v7 with 2 goalies or 2 players in the goal circle clearing to their team. Players line up behind the GLE on either side of the goal. Game starts when the goalies/clearers pass the ball out of the goal circle to one player on their team. Each team must pass the ball up the field to half field and all members of the team must receive a pass during that process. The first team to reach half field turns around and heads back to the goal on attack. The other team drops or tosses their ball out of the playing area and transitions back into defense. It becomes a 7 v 7 in transition from half field.

Equipment Needed: Balls

Skills Emphasized: Transition, passing/catching, communication, conditioning.

Coaching Points of Emphasis: Accurate passing, quick recognition of transition to offense or defense, recognition of player up/down situations, communication.

Diagram Of Drill:

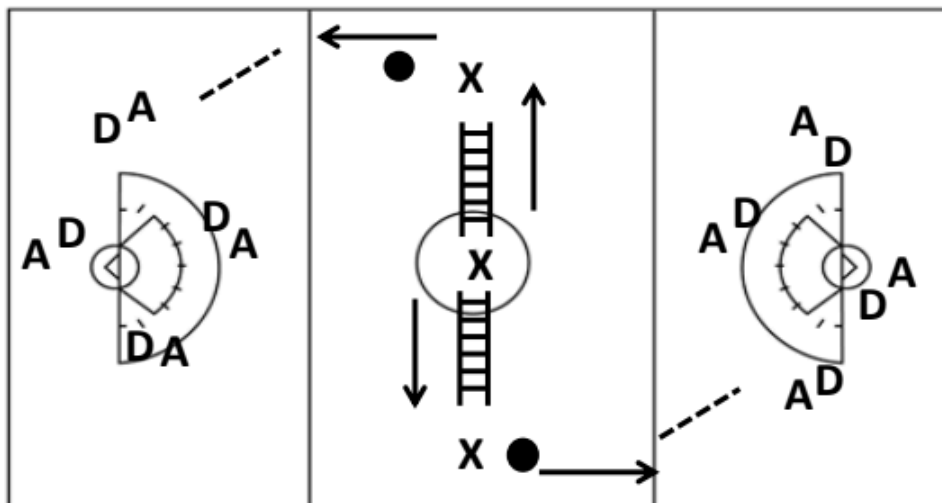


Description of Drill: Set up a 3v3 (or any number) on both ends of the field. Players can be in any set up that fits you FAST BREAK. Players not in will be on the sideline. Group of players up with the coach at the 50. At the 50, a player will go through a ladder, sprint to a GB (1 Handed pick up), turn downfield at speed, pass off to a cutting ATTACKER before the RL. Play out situation below the RL to a goal or a clear. Drill is run simultaneously on both sides of the field. A fast paced drill to involve more players when working on transition.

Equipment Needed: 2 goals, 2 ladders, balls.

Skills Emphasized: 1 handed GB, footwork, speed work, FAST BREAK, decision making, transition cut denial.

Diagram Of Drill:



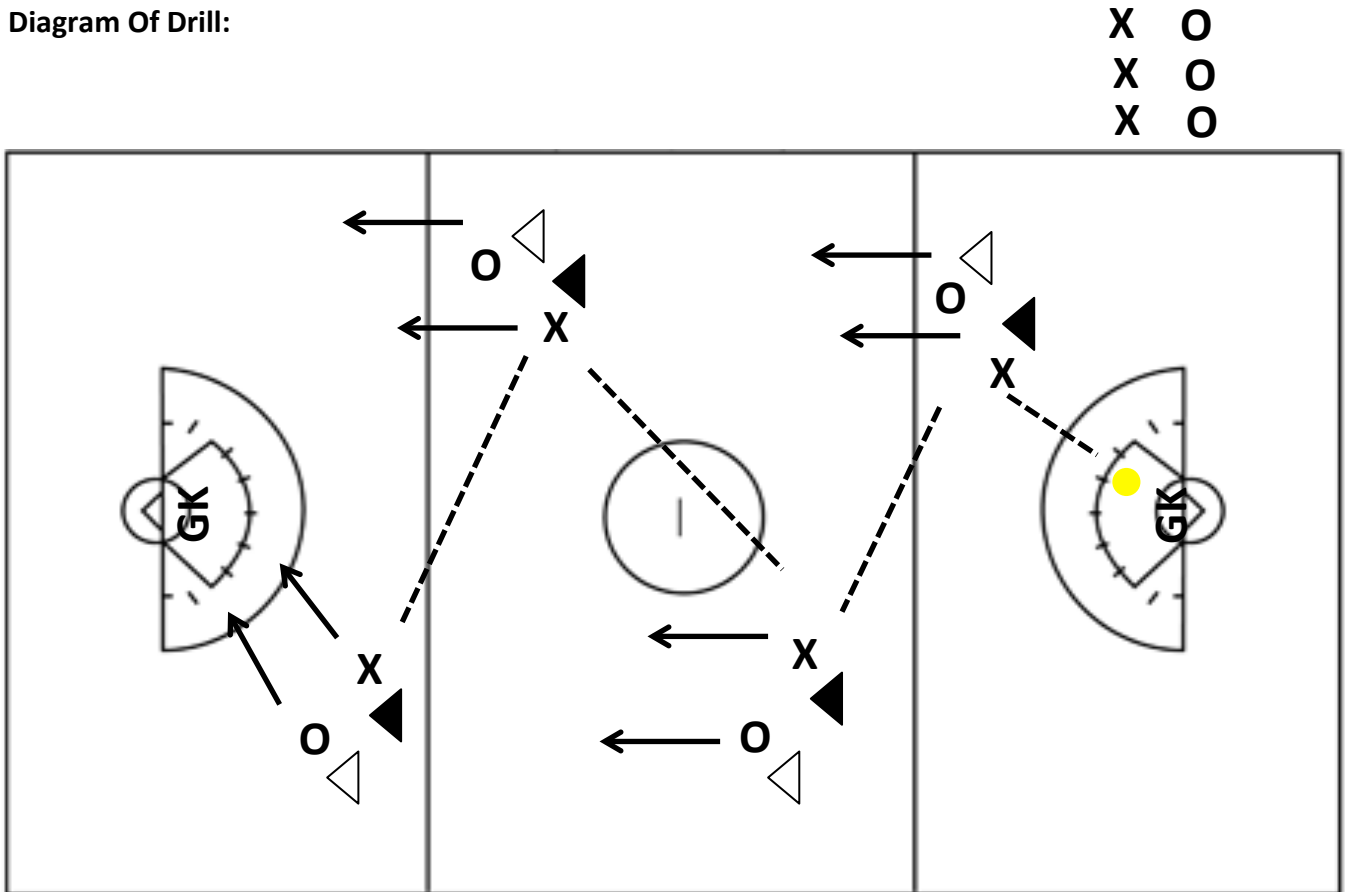
Coaching Points of Emphasis: Emphasize speed of the drill (and getting into the drill). Player going to the GB should MAINTAIN speed going through 1 handed pick up as well as transitioning the ball. Players should get the pass off to the A BEFORE the RL.

Description of Drill: Clearing GK passes ball to first attacker (under pressure from chasing defender). That attacker then turns and passes the ball to her next cutting teammate. She and her defender then chase the ball into the opposing end to join a scrimmage to cage. She can also act as a trail to the ball as it moves up field. After a goal or turnover in the scrimmage, each pair moves up to the next cone, bumping out the pair farthest upfield to sprint back to lines. A new pair fills in from the lines at the first cones. Team X gets 25 balls before switching to defense.

Equipment Needed: 8 cones, 25 balls (in crease)

Skills Emphasized: Transition passing, clearing, pass & catch under pressure, fitness

Diagram Of Drill:



Description of Drill: The drill is a pass back weave out of the defensive end while at the same time the attack is in a transitional weave to cage. The two groups will cross at some point and players need to be aware and keep their heads up.

Goalies:-

GK 1 clears long to A1 or A3 and at the same time GK 2 clears low to D1 or D3. Both balls and all players are moving at the same time and will cross at some point. GK1 will see a shot from attack.

Defense:

D1 (or D3) receives the low clear and sprints wide to the cone and D2 becomes her trail. Before approaching the cone, which should simulate a defender, D1 protects and hits her trailer, who makes a long cross field pass to a sprinting D3. D1 sprints full speed diagonally towards the middle to get ahead and get the ball back.

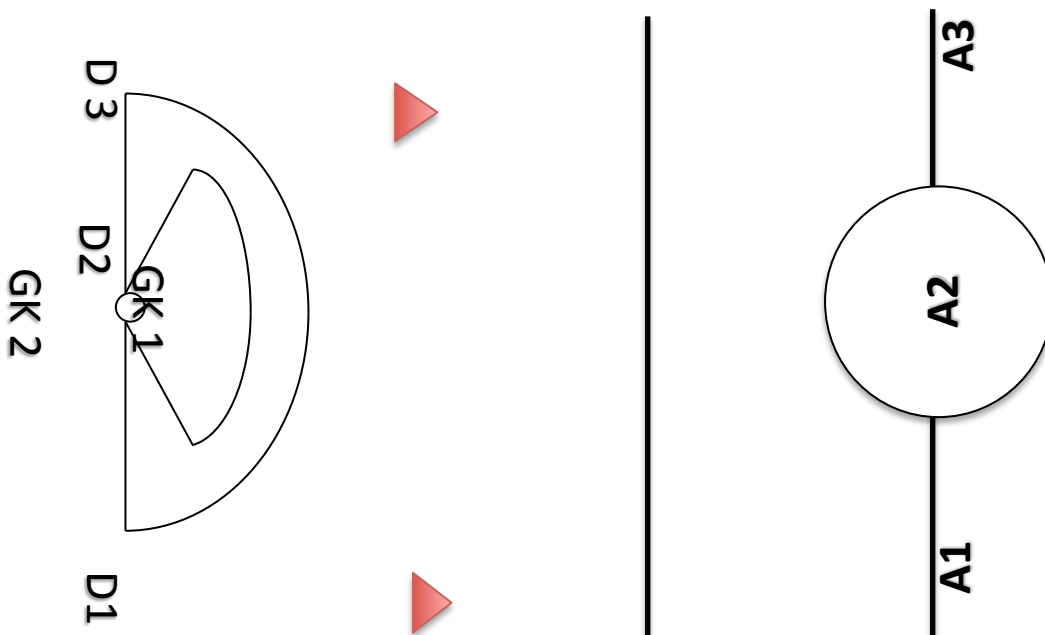
Attack:

A1 (or A3) receives a long clear from GK 1 and begins to travel to the middle of the field. A2 replaces wide behind her. A1 passes to a streaking A3 who then hits A2 for a shot, or a one more pass back to A1 who is sprinting to cage.

Equipment Needed: multiple balls

Skills Emphasized: Clearing and transitioning from attack to defense as well as defense to attack simultaneously.

Diagram Of Drill:

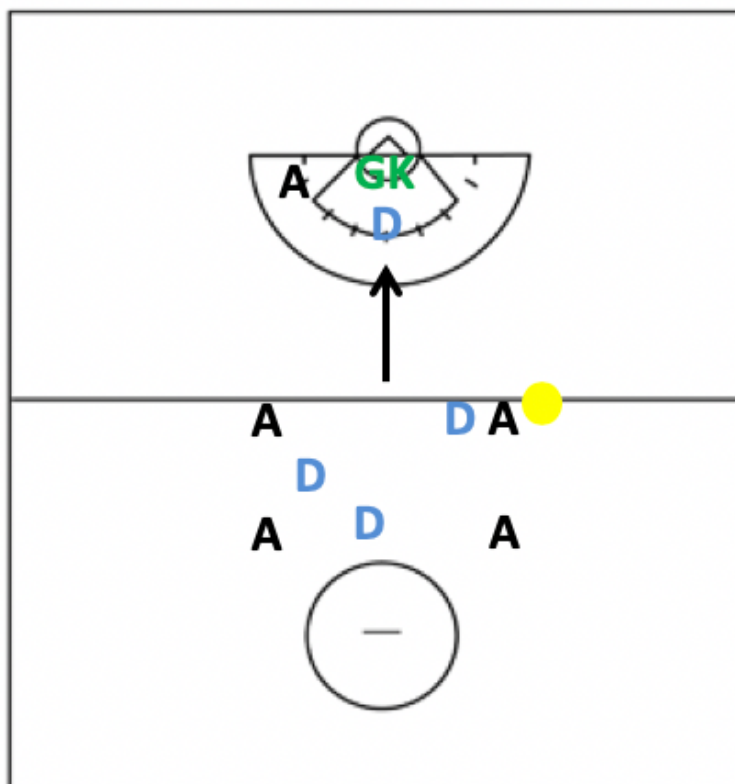


Description of Drill: 4v3 box set up above the restraining line. 1v1 in the zone. Offensive box should be no more than 10 yd by 10 yd. Make smaller to increase difficulty. Offense starts with ball in the 4v3 box. Must complete 4 passes in the box to become live. Defense contests passes. If they cause a turnover, drill ends. Point for defense. If 4 passes are successfully completed, offense pushes fast break and players in the zone become live. Defender in the zone + GK communicate who takes ball, etc. Attacker in the zone must decide whether to cut to ball or to stay behind and chase. Drill ends on a goal or defensive CT.

Equipment Needed: Balls. Offense and defense will need different colored pinnies.

Skills Emphasized: Transition. player-up offense, player-down defense in transition.

Diagram Of Drill:



Coaching Points of Emphasis: *Offense:* using outside hands when passing in the box. Fast ball movement. Communicating # of passes and when live. Go until you're stopped in transition. *Defense:* cause chaos in the box, anticipate getting into the zone on the 4th pass. Communicate who has ball, who has backside. Speed and organization getting in on a fast break. Goalie active to intercept passes and help with the backside. Ready to a shot in transition.

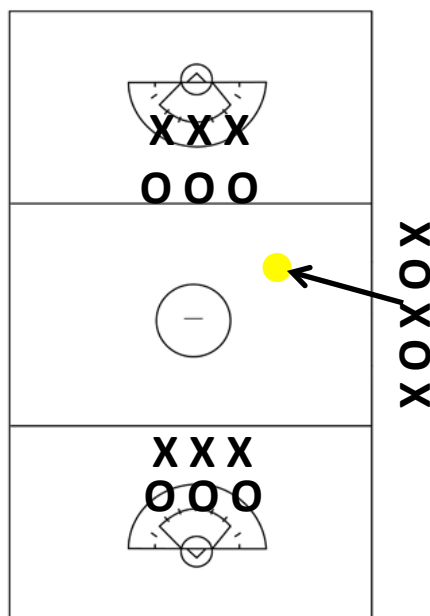
Description of Drill: There are 2 teams (we use black and white). Each team sets up with 3 attackers by one goal and 3 defenders by the other, creating a 3v3 set up by each goal. Where the halfway line and sideline intersect, you set up a 3v2. This 3v2 fights for the ground ball. Whoever wins the ground ball is pushing towards their attacking end. This creates a player up/down situation. You can set it up so white is up on one sideline and black is up on the other. We have a small team so we stay on one sideline and alternate which team is player up for the ground ball.

Equipment Needed: Balls and goals

Skills Emphasized: This drill works on ground balls, player up/down transition and decision making.

Diagram Of Drill:

If X wins the ground ball,
They attack down on the
Diagram. O is the opposite.



Coaching Points of Emphasis: Ground ball: stay low, run through it, protect your stick, work together to get the ball... Transition (attack): know your numbers, move the ball in the air, spacing (not like the X's and O's here 😊)... Transition (defense): know your numbers, communication, slow down the ball

Description of Drill: Transition and Fast Break drill that utilizes the full width and length of the field. Lots of variations to cater to your team's need.

Equipment Needed: Balls, 1-2 nets, cones if players start cheating in and not using full width of field

Skills Emphasized: Transition, timing and cutting back to ball, using the sideline in clears, player-up for offense, player down for defense, clears

Diagram Of Drill: See Next Page

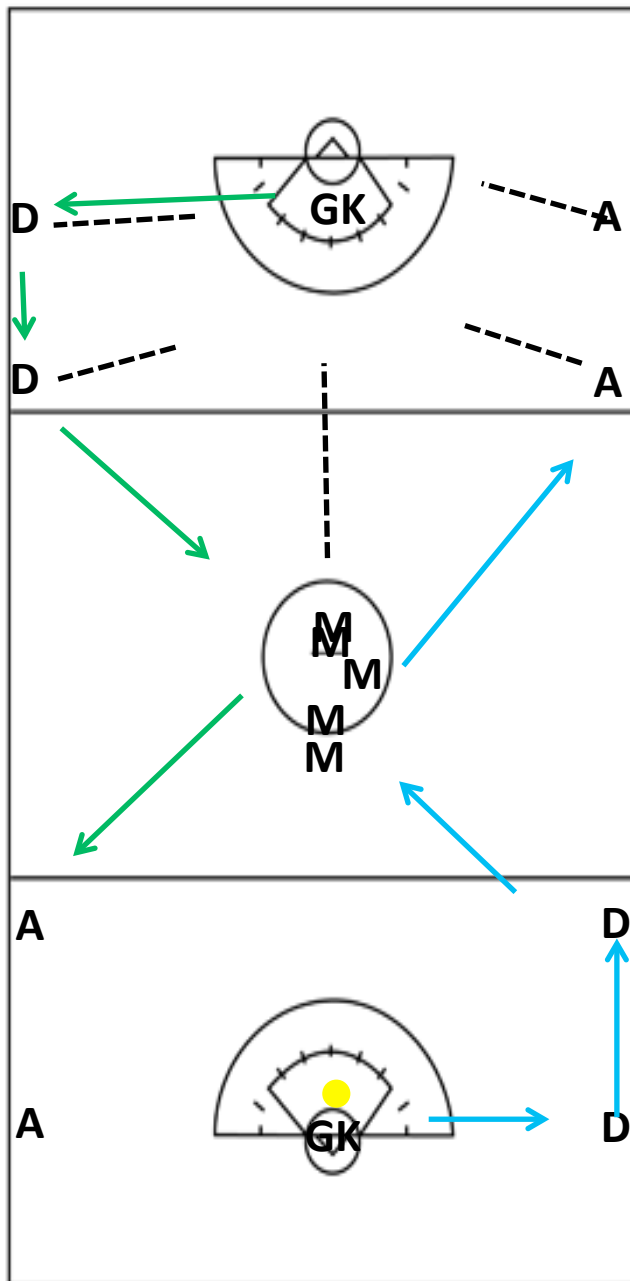
Full Field example: Attack and Defense posted on separate sidelines (still need to work on time of cut, cut away/cut to). Goalie clears out to Low D, who passes up to High D, up to Mid, then up to High A. Play out the 3v2 (or can be 3v3 with trail Mid) with A/D/M on that half of the field, then defense breaks back out to sidelines to clear towards opposite end of field and play out the next 3v2, etc. (can have 2 balls out at once. Goalie keeps eye on progress of the play)

Half Field example: Attack and Defense marked to start. 5v4 or can be 5v5 with trailing Mid.

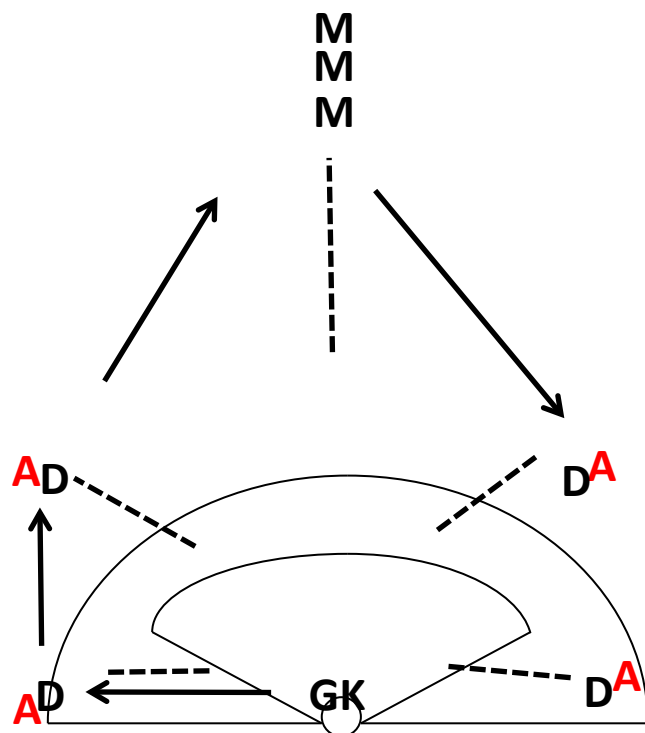
Variations:

1. Attack and Defense paired up both sidelines
2. Attack and Defense on opposite sidelines unmarked to start
3. Can be a 3v2, 4 v 3, 5 v 4, or EVEN with trailing 2nd mid in the play
3. Full field utilizing one sideline A/D paired or both sidelines A/D paired (or separate sidelines i.e. drawn diagram)– we use full field to get goalies more reps and for hidden conditioning
4. This can also be used as a half field drill– better for lower #'s or warmup

Coaching Points of Emphasis: Using the sideline to protect the ball, timing cuts to get open in transition and always knowing where the ball is, pushing a FB (if man-up), SB if even with a trailing Mid, making smart defensive decisions



----- Path of the run
← Path of the ball



INDEX BY DRILL TYPE

Institution Name	Drill Classification	Drill Name	Author		#
Holy Family University	Conditioning	Continuous Tiger Drill	Brittany	Ballack	1
Chatham University	Conditioning	3v3 Back2Back Cages	Alyssa	Batty	2
Augsburg University	Conditioning	Tic-Tac-Toe Conditioning	Kathryn	Knippenberg	4
Averett University	Conditioning	Reaction Time	Alixis	Roccia	5
Rhodes College	Conditioning	Ladders into 3v3	Sydney	Bosmans	7
Ohio Wesleyan	Conditioning	Card Conditioning	Patricia	Ryan	9
Drexel University	Defense	2 Ball Cutter Drill	Jill	Batcheller	10
Savannah College of Art & Design	Defense	Crease to Top, D Drill	Adrienne	Berkland	11
Lenoir-Rhyne University	Defense	Hub Check-In Drill	Lily	Carpenter	12
Franklin Pierce University	Defense	Rainbow 1v1s	Hilary	Duda	13
Young Harris College	Defense	2 Scoops	Samantha	Hurley	14
University of Maryland	Defense	Muddle	Lauri	Kenis	15
Linfield University	Defense	Interception Progression	Lindsay	Kibler	16
Anderson University	Defense	New Orleans	Colin	McSharar	18
Florida Southern College	Defense	Breakout Cone Footwork	Kathryn	Richardson	19
Endicott College	Defense	Pinwheel Drill	Maureen	Spellman	20
Marquette University	Defense	Muddle Cutter Drill	Meredith	Black	21
St. Lawrence University	Draw Control	3v3 Draw Drill	Hannah	Corkery	22
Denison University	Draw Control	Draw to 3v3 buildup	Amanda	Daniels	23
Belmont Abbey College	Draw Control	10 Second Draw	Kelly	Dowd	24
Misericordia University	Draw Control	Draw to Goal	Mat	Faas	25
Marquette University	Draw Control	10 second draw drill	Meredith	Black	26
Marquette University	Draw Control	5 second Draw	Meredith	Black	27
Cal Berkeley	Draw Control	Draw Drill - into situational	Denise	Wescott	28
California Lutheran University	GK Specific	GK Card Tricks	Laura	McIntyre	29
Anderson University	GK Specific	M Drill	Colin	McSharar	30
Kennesaw State University	GK Specific	Tennis Ball precision	Shannon	Nee	31
University of Rochester	GK Specific	Hand-Eye Shooting Drill	Patty	Pehnke	32
Ohio Wesleyan	GK Specific	Surprise Goalie Warm Up	Patricia	Ryan	33
Bridgewater College	Player Up/Player Down	Volcano	Rachael	Bragg	34
Washington College	Player Up/Player Down	Terrier 2.0	Patrice	Coleman	35
Alvernia University	Player Up/Player Down	5v4 Scramble	Megan	Corrigan	36
Colorado State University-Pueblo	Player up/Player Down	Add In	Jannel	Daufenbach	37
Rowan University	Player up/Player Down	Overload	Lindsay	Delaney	38
St. Mary's College of Maryland	Player Up/Player Down	Kick the Cone	Kat	Francis	39
Wheaton College (Massachusetts)	Player up/Player Down	1v2 to 3v2 from a ladder	Meghan	Griffin	40
Utica College	Player up/Player Down	Midfield Add-On	Kristin	St. Hilaire	41
Anderson University	Player Up/Player Down	Rabbit	Colin	McSharar	42
Lawrence Tech University	Player up/Player Down	5 v 3 Rotation Game Drill	Mary Ann	Meltzer	43
University of Mary Washington	Player up/Player Down	Hammer drill	Caitlin	Moore	44
Colorado State University-Pueblo	Player up/Player Down	Recovery Drill	Monica	Potter	45
Niagara University	Player Up/Player Down	US Drill	Jamie	Redding	46
Central Michigan University	Player Up/Player Down	5 on a die to goal	Katrina	Reeves	47
Colorado College	Player up/Player Down	Continuous Numbers	Susan	Stuart Elliott	48
Wesleyan	Player Up/Player Down	Two Faced	Kim	Williams	49
Edinboro university of Pennsylvania	Player Up/Player Down	Build Up/Garbage Goal	Jalen	Middlebrooks	50
California Lutheran University	Possession/GB	50/50 Ball Build Up	Laura	McIntyre	51
Gannon University	Possession/GB	Garbage Ground Ball Drill	Jenny	Pawlowski	52
Central Connecticut State University	Possession/GB	GB Kicks	Betsy	Vendel	53
Marymount University	Possession/GB	MU Add In	Rachel	Crawford	54
University of California- Davis	Possession/GB	Possession for Time	Suzanne	Isidor & Staff	55
McDaniel College	Possession/GB	Hunger Games	Kristin	Ramey	56

INDEX BY DRILL TYPE

Ohio Wesleyan	Possession/GB	2v2 Add In	Paige	Messersmith	57
Widener University	Small Sided	SB Drill	Sophie	Bass	58
Vanderbilt University	Small Sided	West Genny Sideways 3v2's	Rob	Bray	59
Gettysburg College	Small Sided	BULLETS BATTLE	Carol	Cantele	60
UVA Wise	Small Sided	Three team, three box competition	Meghan	Dennehy	61
Duquesne University	Small Sided	Survivor Ground Balls	Corinne	Desrosiers	62
Guilford College	Small Sided	USA 3v2	Charlotte	Dixon-Graves	63
Aurora University	Small Sided	Think Fast!	Christina	Fried	64
Christopher Newport University	Small Sided	3v2 Cut Back	Rebecca	Hartrum	65
SUNY Oneonta	Small Sided	Little Bit of Everything	Brandi	Lusk	66
West Chester University	Small Sided	Side-by-side Two goal game	Ginny	Martino	67
Dickinson College	Small Sided	2v2 on the inside	Kim	Masimore	68
St. Mary's College of Maryland	Small Sided	2v2 Split & Swing	Erin	McDonnell	69
York College of PA	Small Sided	Chaos Doubling Drill	Jen	Muston	70
Amherst College	Small Sided	4 Corner 2v2s	Chris	Paradis	72
University of Lynchburg	Small Sided	Small Sided 4v4	Bruce	Reid	73
Franklin and Marshall College	Small Sided	Run Around the Cone Drill	Mike	Faith	74
Mercy College	Small Sided	3 v 2 Scramble	Dawn	Sachs	75
University of Louisville	Small Sided	Canadian Box Drill	Scott	Teeter	76
University of Louisville	Small Sided	True North	Scott	Teeter	77
Limestone College	Small Sided	Diamond Build Up Drill	Scott	Tucker	78
Johns Hopkins University	Small Sided	2v2 to 3v2 Throwback Drill	Janine	Tucker	79
Christopher Newport University	Small Sided	1 v 1 Clear to 2 v 1 Fast Break	Lisa	Valentine	80
University of Chicago	Small Sided	Finishing and Fronting	Randy	Vite	81
Marquette University	Small Sided	5v5 Flip	Emilia	Ward	82
East Stroudsburg University	Small Sided	Quadrants	Xeni	Barakos- Yoder	83
Haverford College	Small Sided	1v1 Leftovers	Katie	Zichelli	84
Saint Leo University	Stick work/Individual Skills	Cone Dodging to Shot	Allie	Modica	85
Gordon College	Stick work/Individual Skills	RB/QB	Max	Ruhl	86
LaGrange College	Stick work/Individual Skills	4 Point Hot Shot	Katie	Vautier	87
Marquette University	Stick work/Individual Skills	Spoke Passing	Caitlin	Fifield	88
Randolph-Macon College	Stick work/Individual Skills	Diamond Passing	MK	Geratowski	89
Colby College	Stick work/Individual Skills	Quick Passing Communication Drill	Karen	Henning	90
Lees-McRae College	Stick work/Individual Skills	Ring of Fire	Catherine	Lovallo	91
Bloomsburg University of Pennsylvania	Stick work/Individual Skills	Drive-By Passing	Kathleen	Mirgon	92
University of Michigan	Stick work/Individual Skills	8 Line - Beat the clock	Hannah	Nielsen	93
Virginia Tech	Stick work/Individual Skills	Star Chaos	John	Sung	94
University of Louisville	Stick work/Individual Skills	Waterfall Passing	Scott	Teeter	95
Bridgewater State University	Transition	Switch Press Transition	Erica	Adams	96
New Hampshire	Transition	2v2 Transition	Sarah	Albrecht	97
Swarthmore College	Transition	Zone Transition	Karen	Borbee	98
Penn State	Transition	DRAW/TRANSITION/CLEAR	Missy	Doherty	99
Mercer University	Transition	Captains' Transition Drill	Samantha	Eustace	100
Fairfield University	Transition	Up and back transition	Laura	Field	101
Fresno State University	Transition	Heads Up Goalie Clearing	Jessica	Giglio	102
George Mason University	Transition	Segment Drill	Morgan	Gott	103
Cornell University	Transition	Cornell Box Transition	Jenny	Graap	104
Saint Leo University	Transition	Endzone Drill	Caitlin	Hansen	105
Wheaton College	Transition	3 Team 3 Goal Transition Game	Emily	Kiablick	106
New England College	Transition	Pilgrim	Meg	Leo	107
Colorado Mesa University	Transition	Buckets	Shanta	Loecker	108
Saint Mary's College	Transition	2v3 Backside Double	Amy	Long	109
Utica College	Transition	Below 30 Clearing	Mary Morgan	Marafino	110

INDEX BY DRILL TYPE

LIU	Transition	Get Going	Meghan	McNamara	111
DePauw University	Transition	Best Game Ever	Anne	Moelk	112
Fairfield University	Transition	1-Handed GB Transition	Anne	Murray	113
Saint Michael's College	Transition	Kriss Kross Build Up	Quinn	Rose	114
Meredith College	Transition	Clearing Chaos	Lauren	Scott	115
Central Michigan University	Transition	4v3 transition to goal	Sara	Tisdale	116
MIT	Transition	Ground Ball Push Drill	Anne	Versprille	117
Transylvania University	Transition	Spring Break Drill	Lauren	Wentworth	118

INDEX BY INSTITUTION

Institution Name	Drill Classification	Drill Name	Author		#
Alvernia University	Player Up/Player Down	5v4 Scramble	Megan	Corrigan	36
Amherst College	Small Sided	4 Corner 2v2s	Chris	Paradis	72
Anderson University	Defense	New Orleans	Colin	McSharar	18
Anderson University	GK Specific	M Drill	Colin	McSharar	30
Anderson University	Player Up/Player Down	Rabbit	Colin	McSharar	42
Augsburg University	Conditioning	Tic-Tac-Toe Conditioning	Kathryn	Knippenberg	4
Aurora University	Small Sided	Think Fast!	Christina	Fried	64
Averett University	Conditioning	Reaction Time	Alixis	Roccia	5
Belmont Abbey College	Draw Control	10 Second Draw	Kelly	Dowd	24
Bloomsburg University of Pennsylvania	Stick work/Individual Skills	Drive-By Passing	Kathleen	Mirgon	92
Bridgewater College	Player Up/Player Down	Volcano	Rachael	Bragg	34
Bridgewater State University	Transition	Switch Press Transition	Erica	Adams	96
Cal Berkeley	Draw Control	Draw Drill - into situational	Denise	Wescott	28
California Lutheran University	GK Specific	GK Card Tricks	Laura	McIntyre	29
California Lutheran University	Possession/GB	50/50 Ball Build Up	Laura	McIntyre	51
Central Connecticut State University	Possession/GB	GB Kicks	Betsy	Vendel	53
Central Michigan University	Player Up/Player Down	5 on a die to goal	Katrina	Reeves	47
Central Michigan University	Transition	4v3 transition to goal	Sara	Tisdale	116
Chatham University	Conditioning	3v3 Back2Back Cages	Alyssa	Batty	2
Christopher Newport University	Small Sided	3v2 Cut Back	Rebecca	Hartrum	65
Christopher Newport University	Small Sided	1 v 1 Clear to 2 v 1 Fast Break	Lisa	Valentine	80
Colby College	Stick work/Individual Skills	Quick Passing Communication Drill	Karen	Henning	90
Colorado College	Player up/Player Down	Continuous Numbers	Susan	Stuart Elliott	48
Colorado Mesa University	Transition	Buckets	Shanta	Loecker	108
Colorado State University-Pueblo	Player up/Player Down	Add In	Jannel	Daufenbach	37
Colorado State University-Pueblo	Player up/Player Down	Recovery Drill	Monica	Potter	45
Cornell University	Transition	Cornell Box Transition	Jenny	Graap	104
Denison University	Draw Control	Draw to 3v3 buildup	Amanda	Daniels	23
DePauw University	Transition	Best Game Ever	Anne	Moelk	112
Dickinson College	Small Sided	2v2 on the inside	Kim	Masimore	68
Drexel University	Defense	2 Ball Cutter Drill	Jill	Batcheller	10
Duquesne University	Small Sided	Survivor Ground Balls	Corinne	Desrosiers	62
East Stroudsburg University	Small Sided	Quadrants	Xeni	Barakos- Yoder	83
Edinboro university of Pennsylvania	Player Up/Player Down	Build Up/Garbage Goal	Jalen	Middlebrooks	50
Endicott College	Defense	Pinwheel Drill	Maureen	Spellman	20
Fairfield University	Transition	Up and back transition	Laura	Field	101
Fairfield University	Transition	1-Handed GB Transition	Anne	Murray	113
Florida Southern College	Defense	Breakout Cone Footwork	Kathryn	Richardson	19
Franklin and Marshall College	Small Sided	Run Around the Cone Drill	Mike	Faith	74
Franklin Pierce University	Defense	Rainbow 1v1s	Hilary	Duda	13
Fresno State University	Transition	Heads Up Goalie Clearing	Jessica	Giglio	102
Gannon University	Possession/GB	Garbage Ground Ball Drill	Jenny	Pawlowski	52
George Mason University	Transition	Segment Drill	Morgan	Gott	103
Gettysburg College	Small Sided	BULLETS BATTLE	Carol	Cantele	60
Gordon College	Stick work/Individual Skills	RB/QB	Max	Ruhl	86
Guilford College	Small Sided	USA 3v2	Charlotte	Dixon-Graves	63
Haverford College	Small Sided	Leftovers	Katie	Zichelli	84
Holy Family University	Conditioning	Continuous Tiger Drill	Brittany	Ballack	1
Johns Hopkins University	Small Sided	2v2 to 3v2 Throwback Drill	Janine	Tucker	79
Kennesaw State University	GK Specific	Tennis Ball precision	Shannon	Nee	31
LaGrange College	Stick work/Individual Skills	4 Point Hot Shot	Katie	Vautier	87
Lawrence Tech University	Player up/Player Down	5 v 3 Rotation Game Drill	Mary Ann	Meltzer	43
Lees-McRae College	Stick work/Individual Skills	Ring of Fire	Catherine	Lovallo	91
Lenoir-Rhyne University	Defense	Hub Check-In Drill	Lily	Carpenter	12
Limestone College	Small Sided	Diamond Build Up Drill	Scott	Tucker	78

INDEX BY INSTITUTION

Linfield University	Defense	Interception Progression	Lindsay	Kibler	16
LIU	Transition	Get Going	Meghan	McNamara	111
Marquette University	Defense	Muddle Cutter Drill	Meredith	Black	21
Marquette University	Draw Control	10 second draw drill	Meredith	Black	26
Marquette University	Draw Control	5 second Draw	Meredith	Black	27
Marquette University	Small Sided	5v5 Flip	Emilia	Ward	82
Marquette University	Stick work/Individual Skills	Spoke Passing	Caitlin	Fiffield	88
Marymount University	Possession/GB	MU Add In	Rachel	Crawford	54
McDaniel College	Possession/GB	Hunger Games	Kristin	Ramey	56
Mercer University	Transition	Captains' Transition Drill	Samantha	Eustace	100
Mercy College	Small Sided	3 v 2 Scramble	Dawn	Sachs	75
Meredith College	Transition	Clearing Chaos	Lauren	Scott	115
Misericordia University	Draw Control	Draw to Goal	Mat	Faas	25
MIT	Transition	Ground Ball Push Drill	Anne	Versprille	117
New England College	Transition	Pilgrim	Meg	Leo	107
New Hampshire	Transition	2v2 Transition	Sarah	Albrecht	97
Niagara University	Player Up/Player Down	US Drill	Jamie	Redding	46
Ohio Wesleyan	Conditioning	Card Conditioning	Patricia	Ryan	9
Ohio Wesleyan	GK Specific	Surprise Goalie Warm Up	Patricia	Ryan	33
Ohio Wesleyan	Possession/GB	2v2 Add In	Paige	Messersmith	57
Penn State	Transition	DRAW/TRANSITION/CLEAR	Missy	Doherty	99
Randolph-Macon College	Stick work/Individual Skills	Diamond Passing	MK	Geratowski	89
Rhodes College	Conditioning	Ladders into 3v3	Sydney	Bosmans	7
Rowan University	Player up/Player Down	Overload	Lindsay	Delaney	38
Saint Leo University	Transition	Endzone Drill	Caitlin	Hansen	105
Saint Leo University	Stick work/Individual Skills	Cone Dodging to Shot	Allie	Modica	85
Saint Mary's College	Transition	2v3 Backside Double	Amy	Long	109
Saint Michael's College	Transition	Kriss Kross Build Up	Quinn	Rose	114
Savannah College of Art & Design	Defense	Crease to Top, D Drill	Adrienne	Berkland	11
St. Lawrence University	Draw Control	3v3 Draw Drill	Hannah	Corkery	22
St. Mary's College of Maryland	Player Up/Player Down	Kick the Cone	Kat	Francis	39
St. Mary's College of Maryland	Small Sided	2v2 Split & Swing	Erin	McDonnell	69
SUNY Oneonta	Small Sided	Little Bit of Everything	Brandi	Lusk	66
Swarthmore College	Transition	Zone Transition	Karen	Borbee	98
Transylvania University	Transition	Spring Break Drill	Lauren	Wentworth	118
University of California- Davis	Possession/GB	Possession for Time	Suzanne	Isidor & Staff	55
University of Chicago	Small Sided	Finishing and Fronting	Randy	Vite	81
University of Louisville	Stick work/Individual Skills	Waterfall Passing	Scott	Teeter	95
University of Louisville	Small Sided	Canadian Box Drill	Scott	Teeter	76
University of Louisville	Small Sided	True North	Scott	Teeter	77
University of Lynchburg	Small Sided	Small Sided 4v4	Bruce	Reid	73
University of Mary Washington	Player up/Player Down	Hammer drill	Caitlin	Moore	44
University of Maryland	Defense	muddle	Lauri	Kenis	15
University of Michigan	Stick work/Individual Skills	8 Line - Beat the clock	Hannah	Nielsen	93
University of Rochester	GK Specific	Hand-Eye Shooting Drill	Patty	Pehnke	32
Utica College	Player up/Player Down	Midfield Add-On	Kristin	St. Hilaire	41
Utica College	Transition	Below 30 Clearing	Mary Morgan	Marafino	110
UVA Wise	Small Sided	Three team, three box competition	Meghan	Dennehy	61
Vanderbilt University	Small Sided	West Genny Sideways 3v2's	Rob	Bray	59
Virginia Tech	Stick work/Individual Skills	Star Chaos	John	Sung	94

INDEX BY INSTITUTION

Washington College	Player Up/Player Down	Terrier 2.0	Patrice	Coleman	35
Wesleyan	Player Up/Player Down	Two Faced	Kim	Williams	49
West Chester University	Small Sided	Side-by-side Two goal game	Ginny	Martino	67
Wheaton College	Transition	3 Team 3 Goal Transition Game	Emily	Kiablick	106
Wheaton College (Massachusetts)	Player up/Player Down	1v2 to 3v2 from a ladder	Meghan	Griffin	40
Widener University	Small Sided	SB Drill	Sophie	Bass	58
York College of PA	Small Sided	Chaos Doubling Drill	Jen	Muston	70
Young Harris College	Defense	2 scoops	Samantha	Hurley	14