



Rosemount Irish Lax

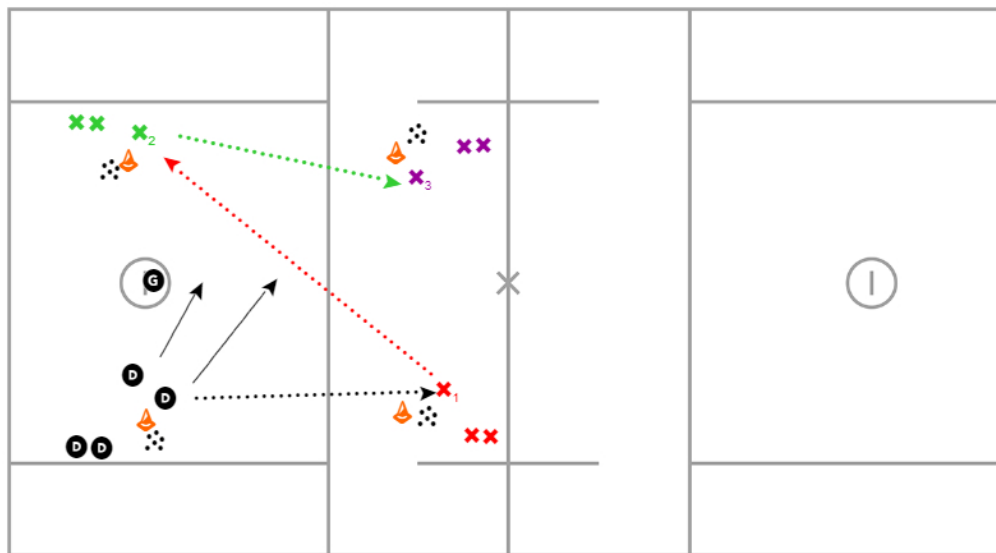
Name: Catch / Pass

Practice No:

Duration: min

3 v 2 pass game

10 mins

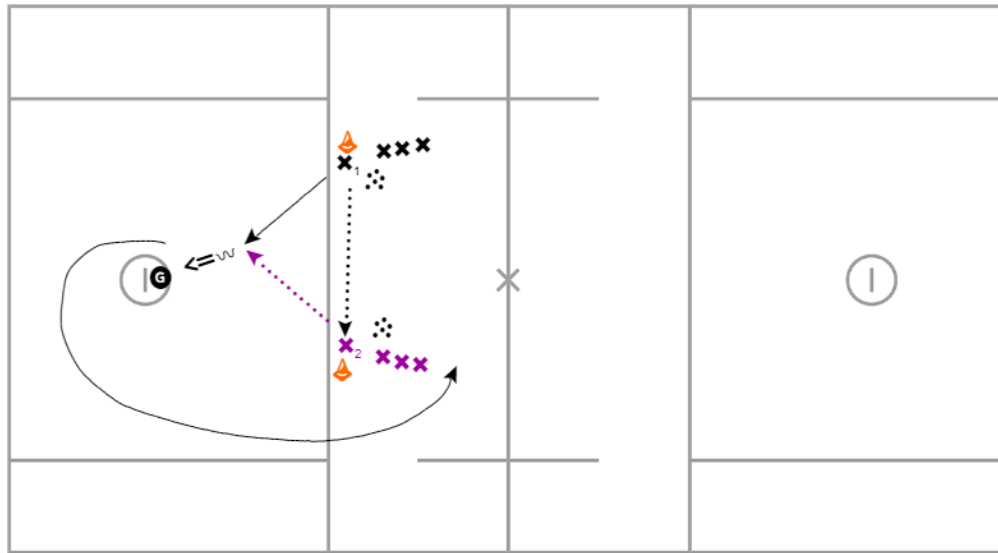


Description:

● passes to X 1, X 1 passes to X 2, X 2 passes to X 3.

Once a player has passed, they start a 3v2. Game officially starts when X 3 catches last pass.

Place ball piles at each cone in case of bad passes



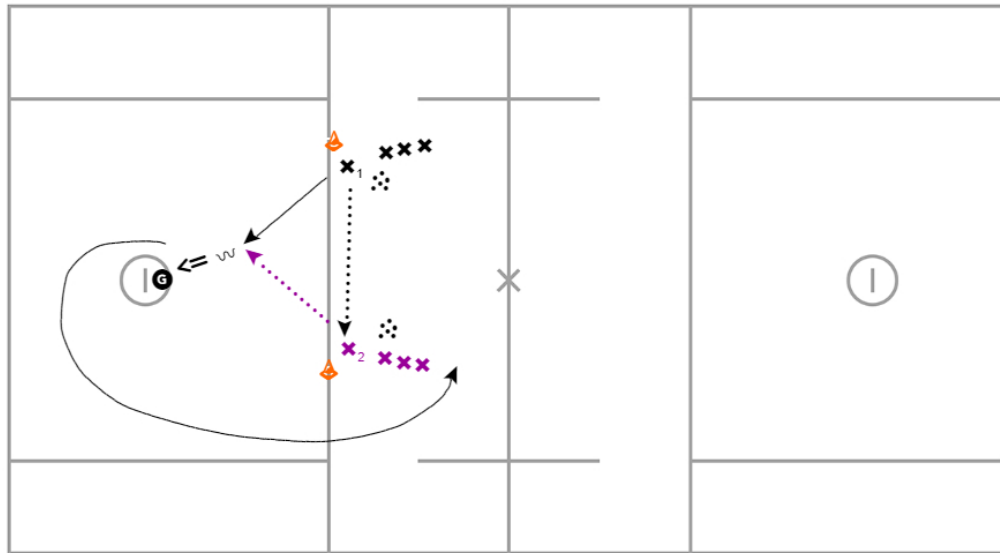
Description:

❌ 1 passes to ❌ 2, then cuts towards net. ❌ 2 passes back to ❌ 1, Quick shot.

❧ 2 then passes to ❧ 1 line, cuts towards net. ❧ 1 passes back to ❧ 2, Quick shot.

Continuous drill

Switch lines when done to shoot from other side.



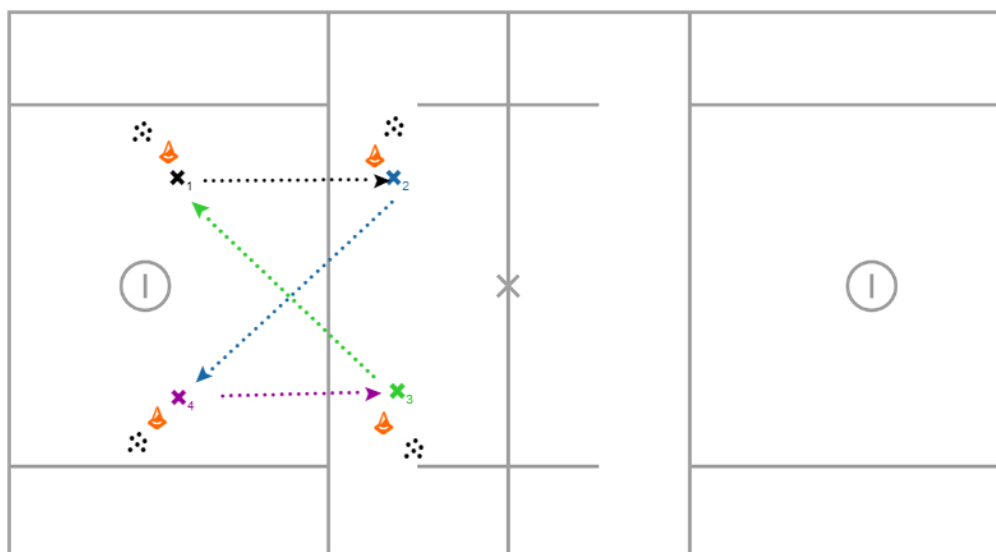
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Continuous drill

Switch lines when done to shoot from other side.

**Description:**

Use two balls. Start at X1 and X4 with the balls.

X1 always passes to X2

X2 always passes to X4

X4 always passes to X3

X3 always passes to X1

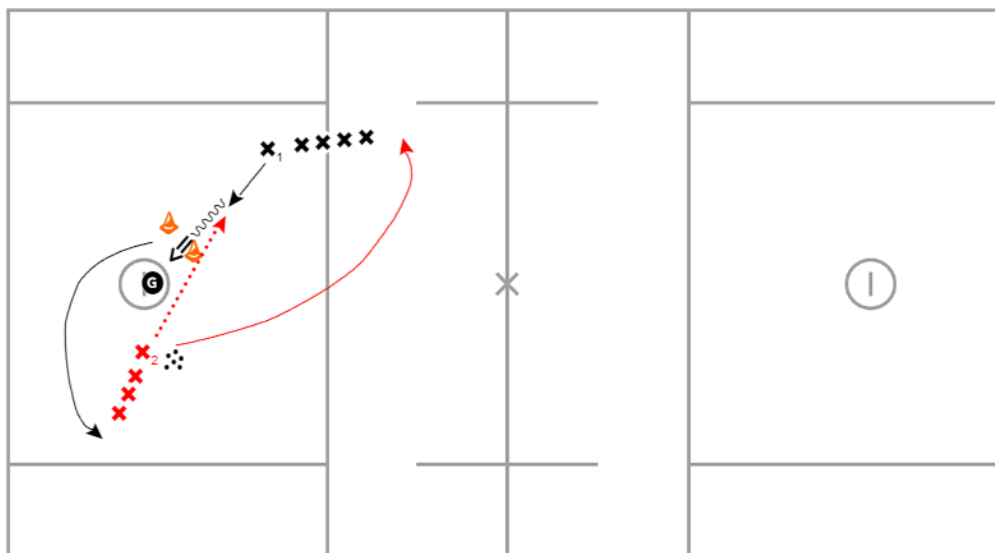
10 reps then switch spots

Progression:

1) Make pass on coaches whistle, go slow to grasp process

2) Players pass on their own, moving quickly.

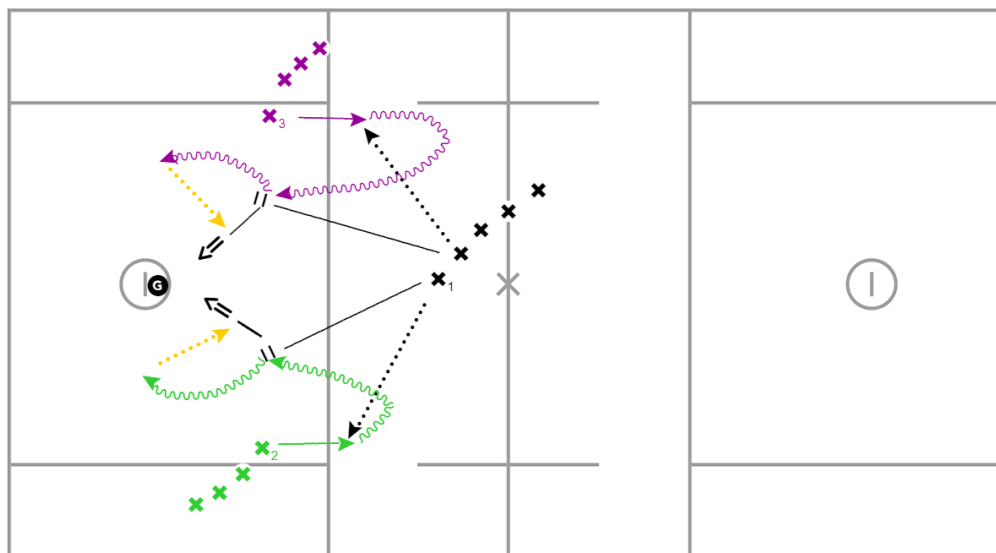
Keep pile of balls by each cone in case of dropped balls.

**Description:**

X1 starts running towards net. X2 hits them with a pass, then quick shot. X1 cuts behind net, and goes to X2 line. After pass X2 goes to X1 line. Drill is continuous.

Key Points:

Footwork
Quick Shots
Quality Passing

**Description:**

Run to both sides

X2 breaks towards touch line. X1 passes to them.

X1 goes and sets a pick. X2 loops around, rolls off pick towards the out side. As X2 rolls off pick, X1 drifts towards the net. X2 can either shoot or pass back to X1

Next player in X1 line does the same for X3

Key Points:

Footwork

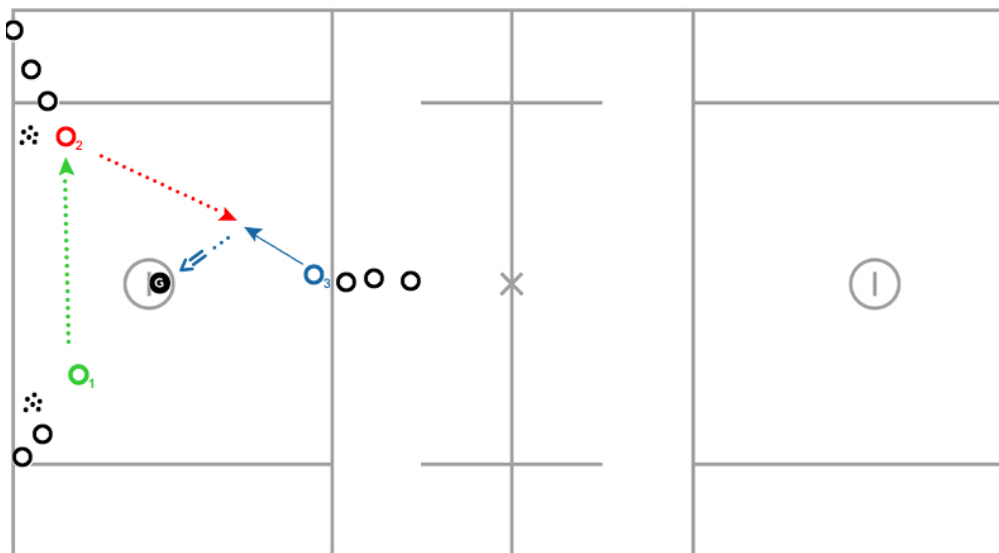
Quick Shots

Quality Passing

Setting the pick- proper position

Roll- direction of spin

Drift- creating separation from player rolling

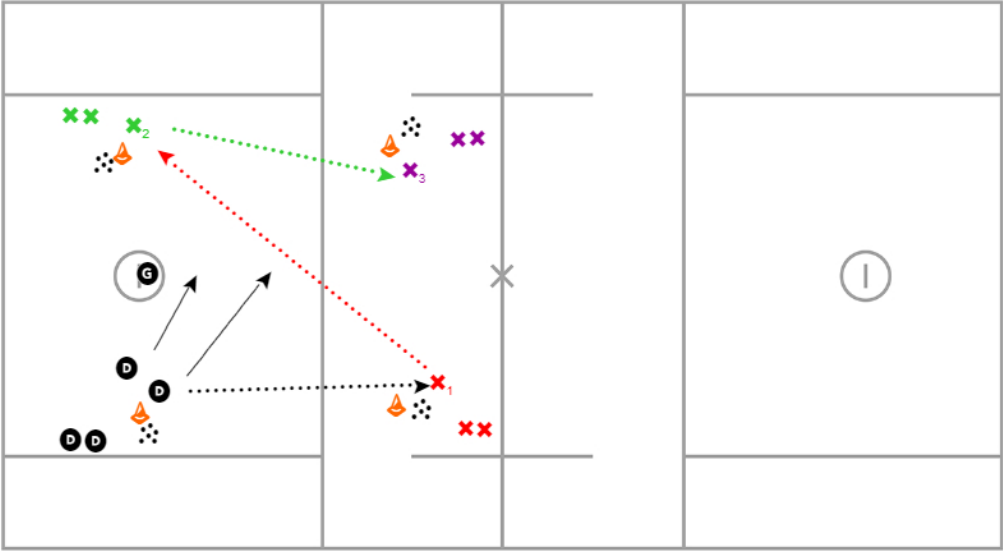
**Description:**

O1 passes to O2.

O3 starts to cut to net. O2 passes to O3 for shot.

O1 to O2 line, O2 to O3 line, O3 to O1 line.

Switch sides after half way. O2 starts with ball.

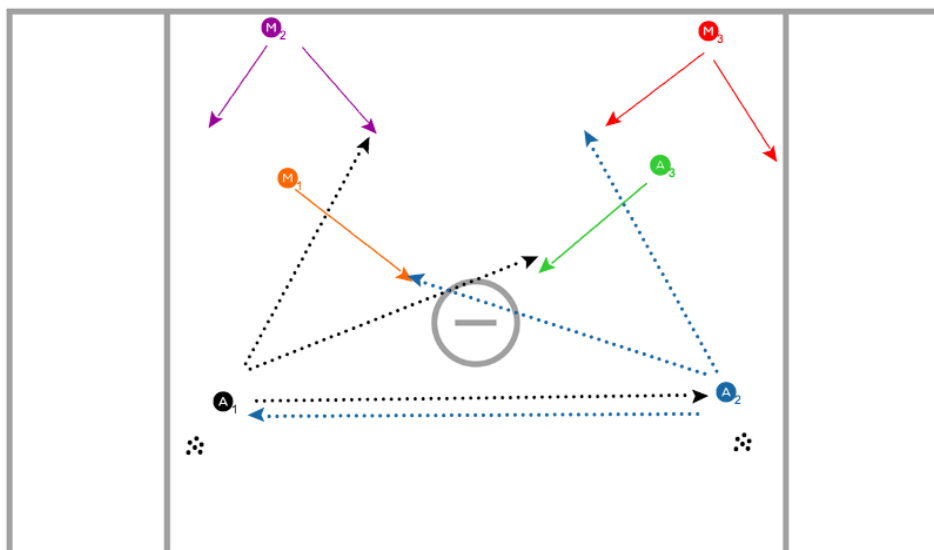


Description:

④ passes to ✖ 1, ✖ 1 passes to ✖ 2, ✖ 2 passes to ✖ 3.

Once a player has passed, they start a 3v2. Game officially starts when **✖** 3 catches last pass.

Place ball piles at each cone in case of bad passes

**Description:**

A1 and A2 will pass back and forth

IF A1 gets the pass, Green cuts (cut man is opposite side of ball)

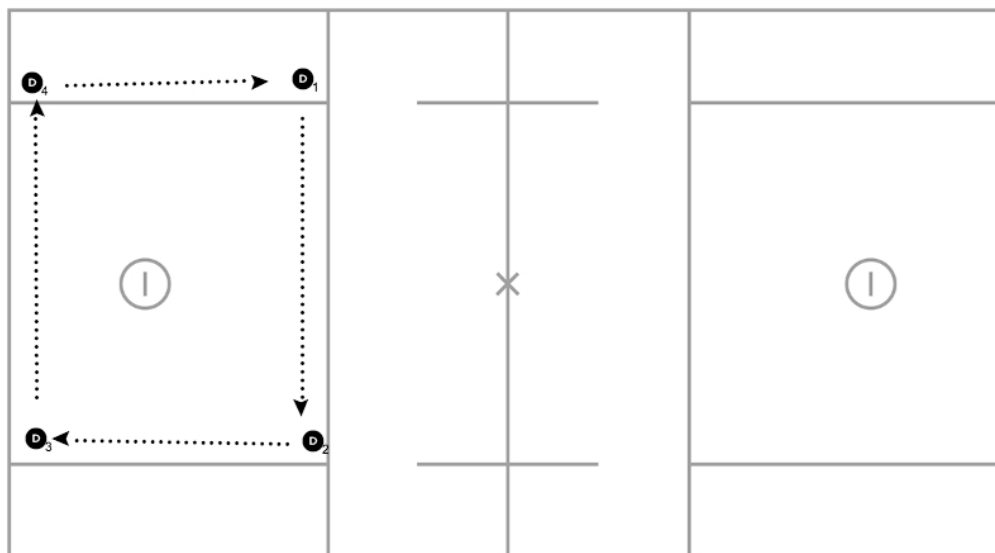
If A2 gets the pass, Orange cuts

If A1 Gets the pass, Purple cuts to net. Red cuts down

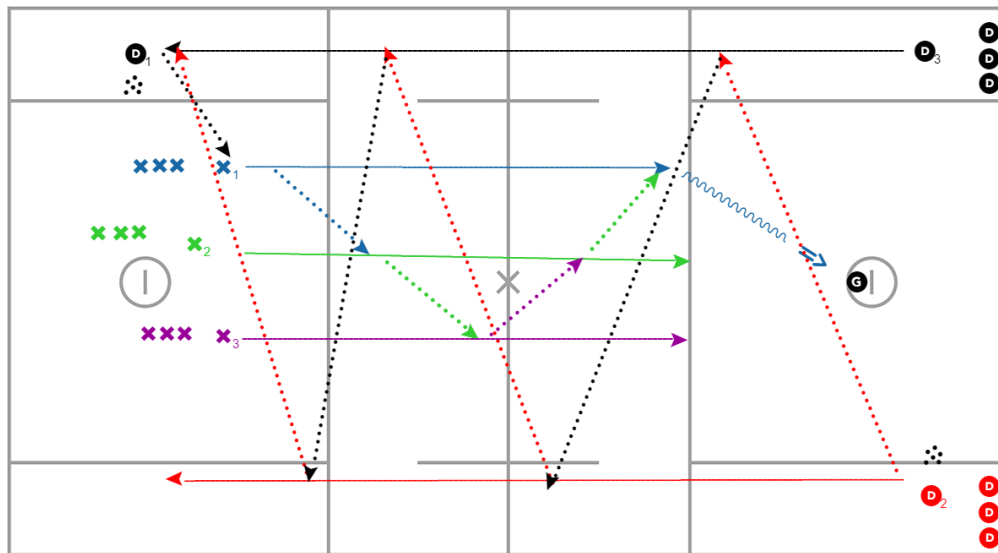
If A2 gets the pass, Red cuts to net, Purple cuts down

Middle 2 the cut man is always opposite.

Top 2 the cut man is always same side.

**Description:**

Long passing for D poles. Make sure they are making it all the way in the air.

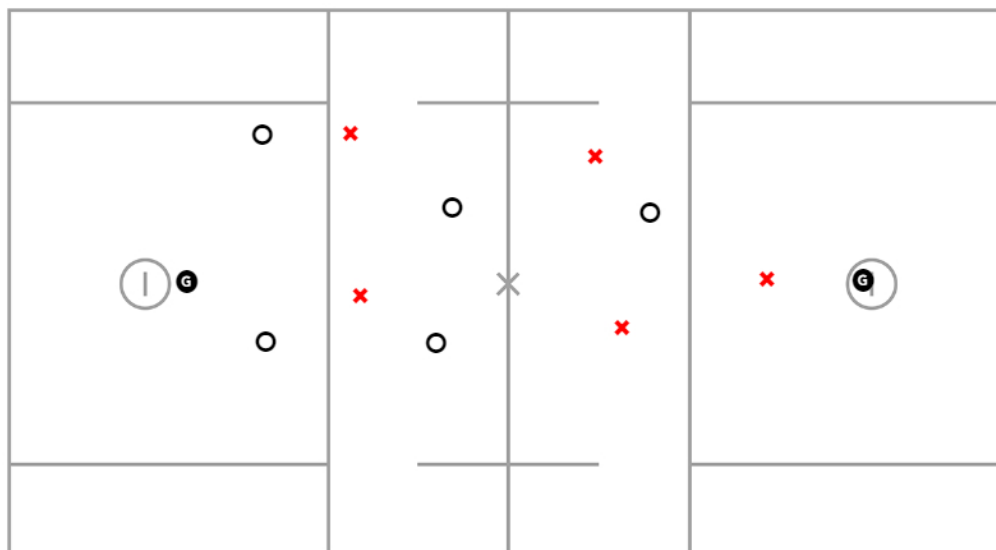


Description:

D1 passes to X1. X1, X2, X3 run down the middle passing the whole time. End up taking shot.

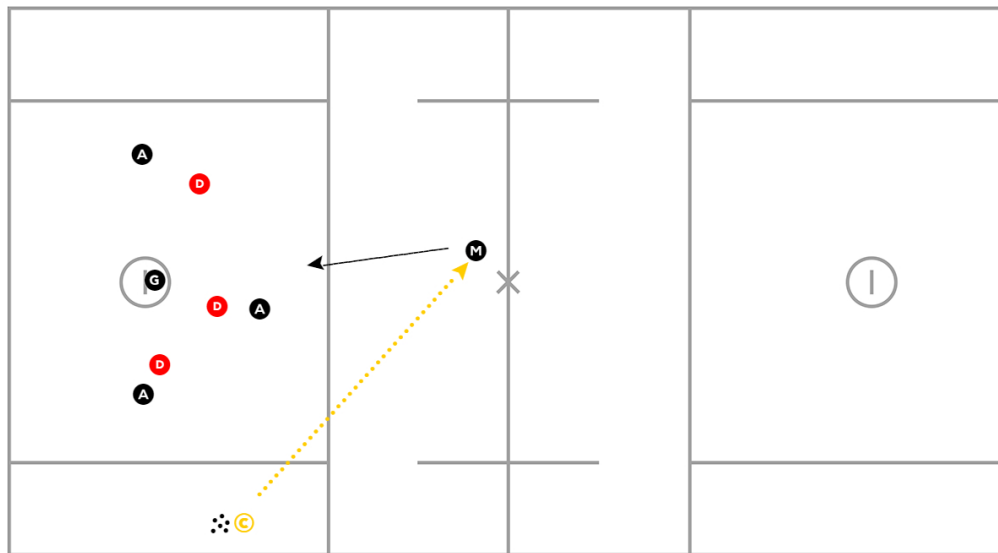
D2 and D3 pass over the field making long defensive passes. When D3 gets to the end of the drill, they pass the ball back into the X1 line.

Make sure all players returning to lines, run outside the field

**Description:**

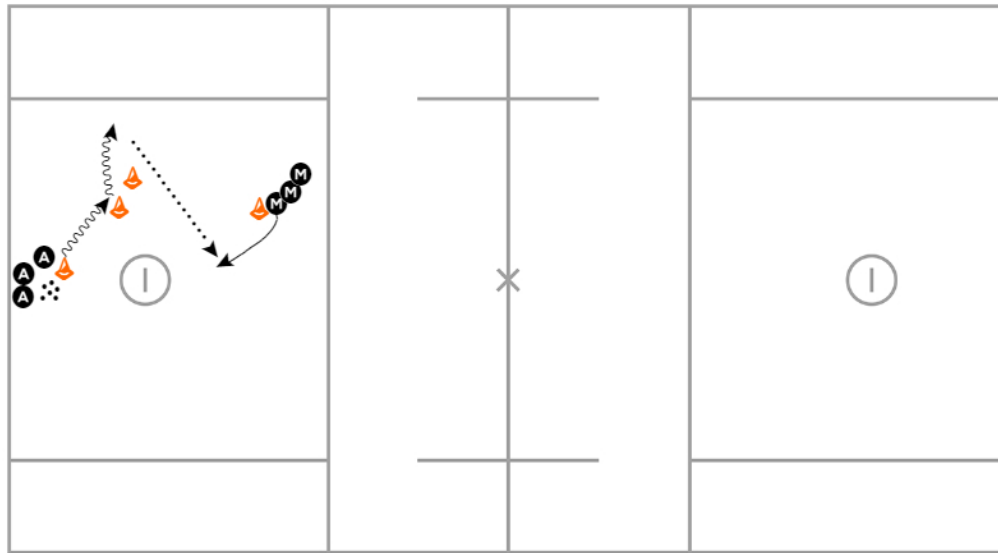
Can start with any equal number of players on each side, can be full field, or half field.

Game is played just like real lacrosse with 1 exception... When your team scores, the person who gets the goal comes out of the game. The goal of the game is to get your team down to 0 players. Team that runs out of players first wins.

**Description:**

Coach passes to Middle at mid field. Becomes a 4 v 3. Force Defense to slide off attack player to stop ball.

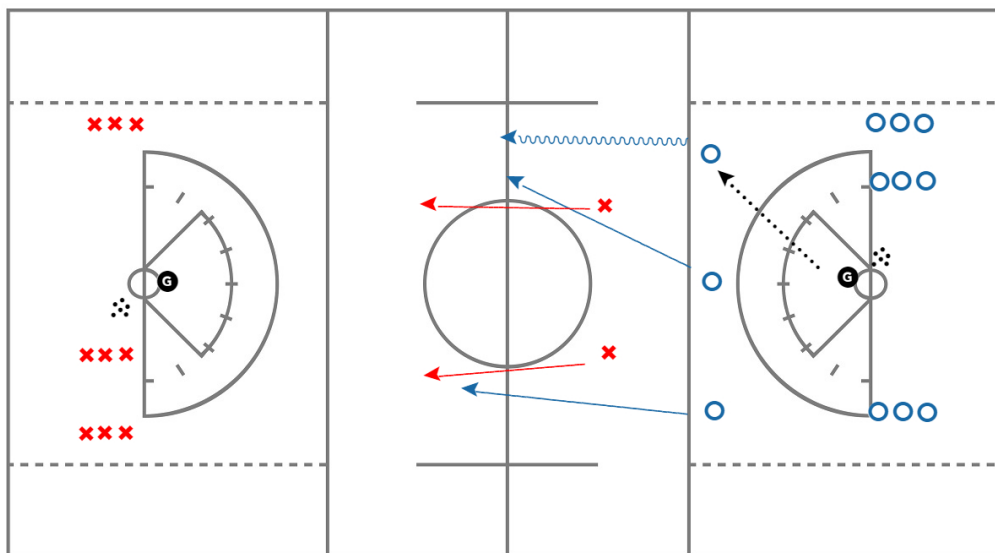
Play out until shot or turn over

**Description:**

Attack at X sprints toward first cone then dodges outside and makes a pass to the cutting midfielder.

Run from both sides of the field.

Midfielder needs to time their sprint towards the net.

**Description:**

Goalie starts with a pass to the team with 3 players. Play it out as a 3v2. Once a shot has happened:

Player Shooting- goes to the end of their line

Two players from the shooting team that did not shoot, become defense.

3 new players from the other team now enter in. Receive a pass from the goalie, and start off on a 3v2.

Defensive players always exit game once a shot has happened. Player who takes shot exits game.

If a pass is dropped, the player dropping pass is the one exiting.

Continuous drill

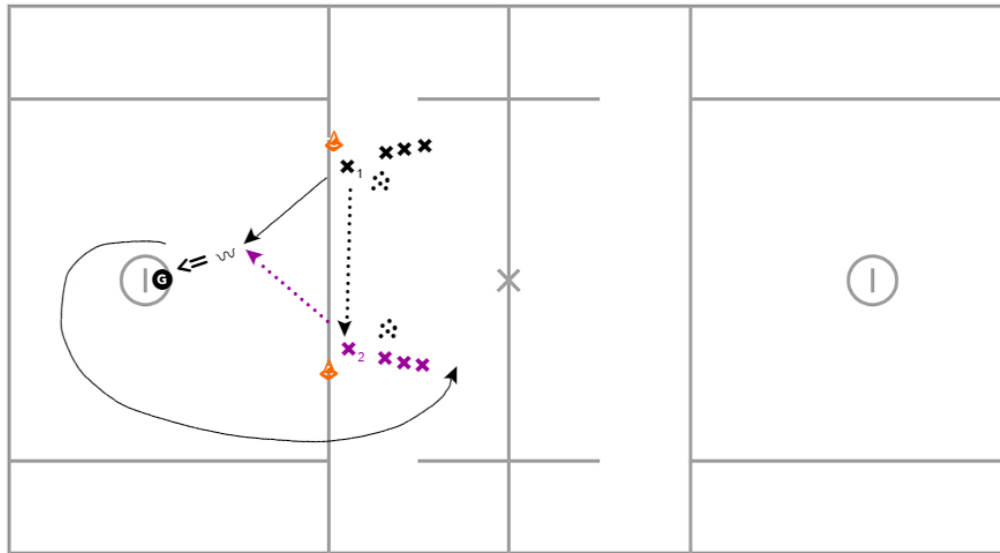
Key Points:

Focus on communication between the defense (2 players)

Quick passes

Quality shots.

Quick shifts



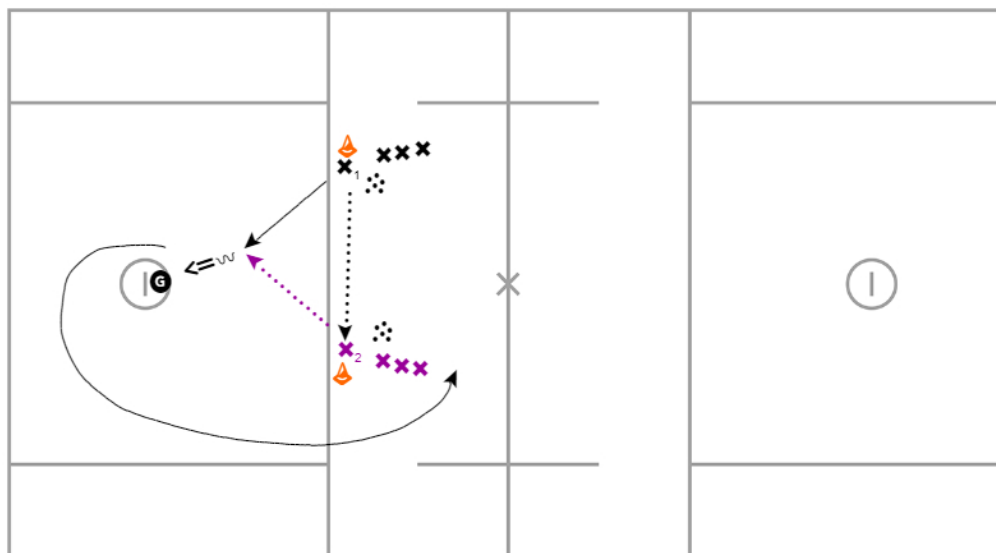
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Continuous drill

Switch lines when done to shoot from other side.

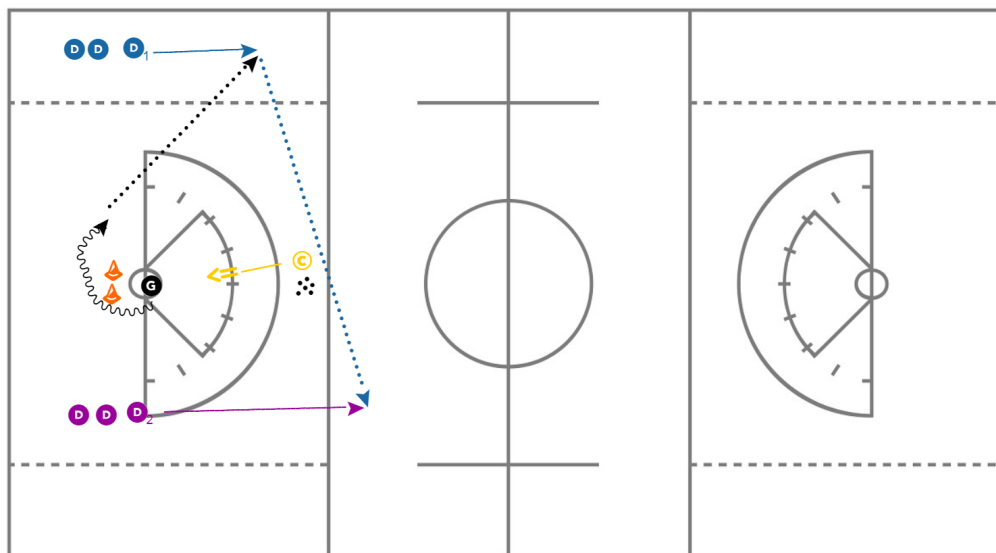
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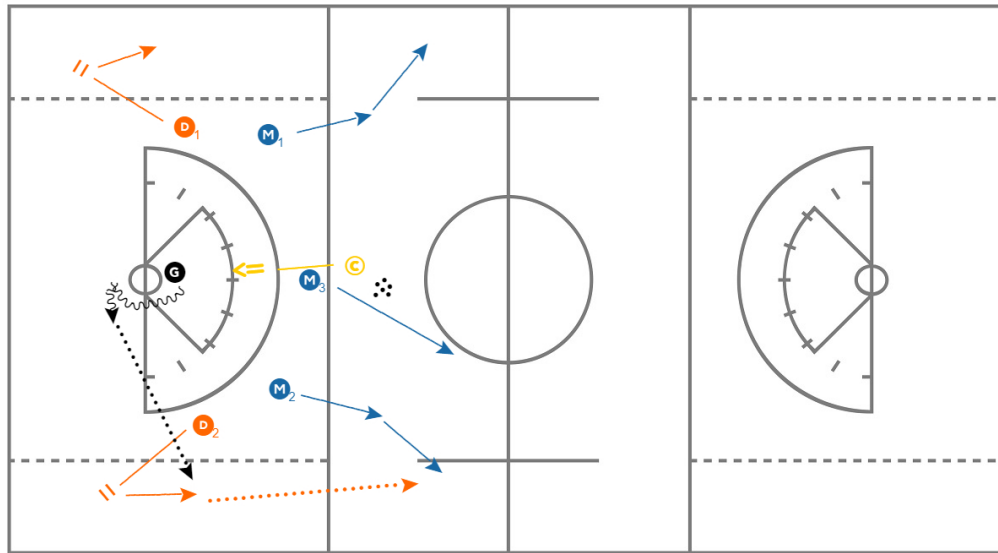
**Description:**

Coach takes shot on Goalie.

Goalie makes save, then rolls around net.

Goalie makes pass to D1.

D2 takes off, and receives long cross field pass from D1

**Description:**

Coach takes shot on goalie.

Goalie runs behind net,

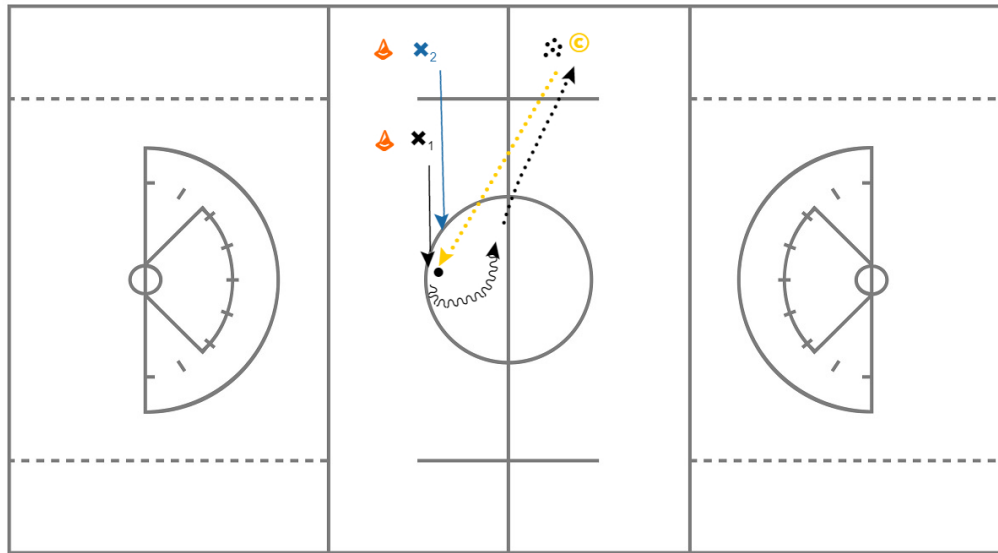
D1 and D2 come back for a pass then start to go up alley

Middies 1 and 2 break to alley and go up field

Middle 3 breaks to what ever side the goalie goes to.

Goalie passes to either D1 or D2

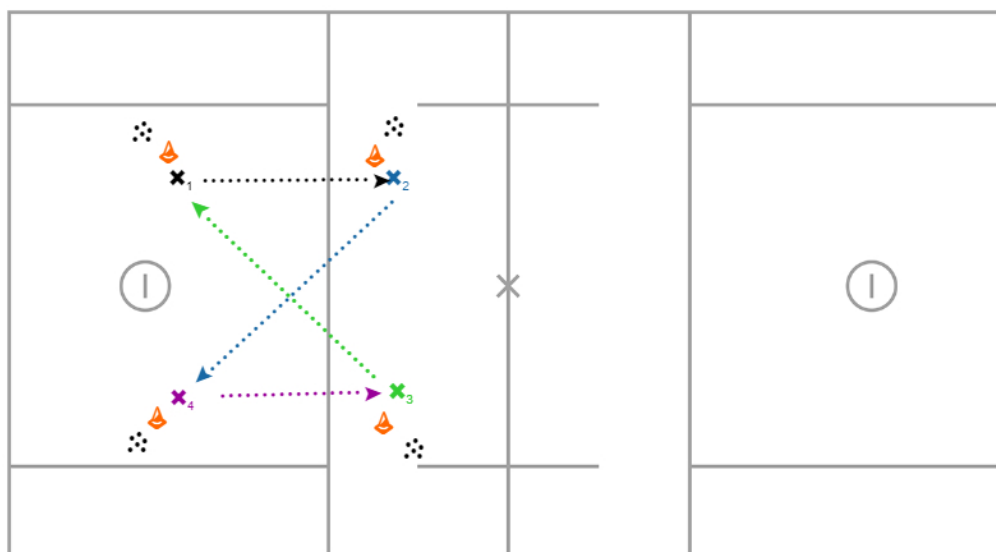
D1 or D2 looks for a Middle to pass to.

**Description:**

Coach rolls out ball, X1 runs and scoops, makes turn, then passes back to coach.

X2 chases and applies pressure. Forcing X1 to be quick in the scoop and pass.

Change lines when done.

**Description:**

Use two balls. Start at X1 and X4 with the balls.

X1 always passes to X2

X2 always passes to X4

X4 always passes to X3

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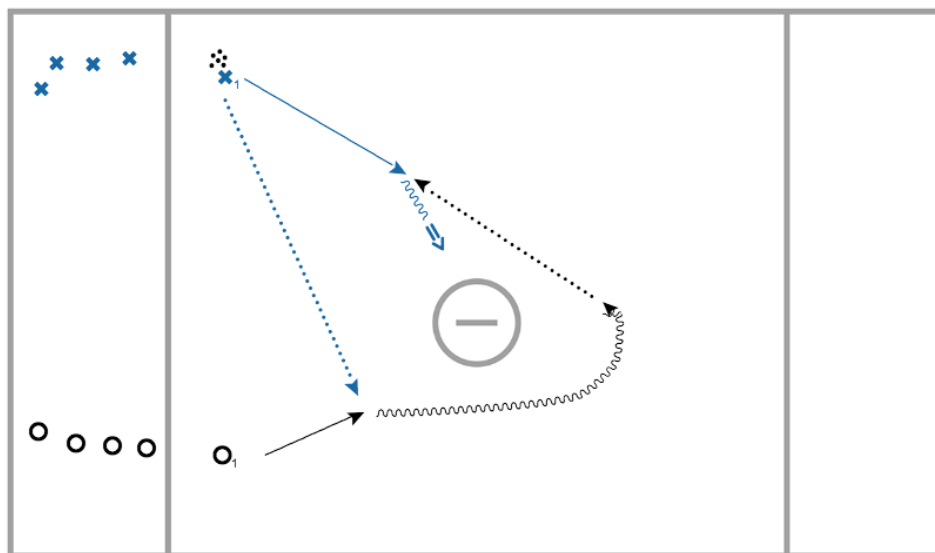
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Progression:

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Keep pile of balls by each cone in case of dropped balls.

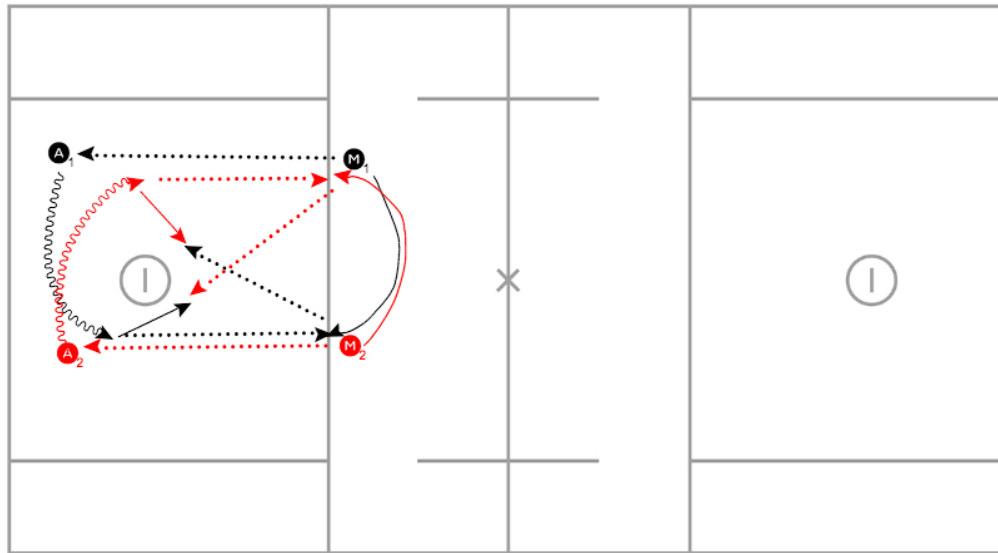
**Description:**

O1 starts to move towards net

X1 hits them with a pass

O1 circles around net, X1 cuts towards net.

O1 passes on the run, X1 catches on run, then shoots.

**Description:**

M1 passes to A1

M2 passes to A2

Both A1 and A2 roll around net.

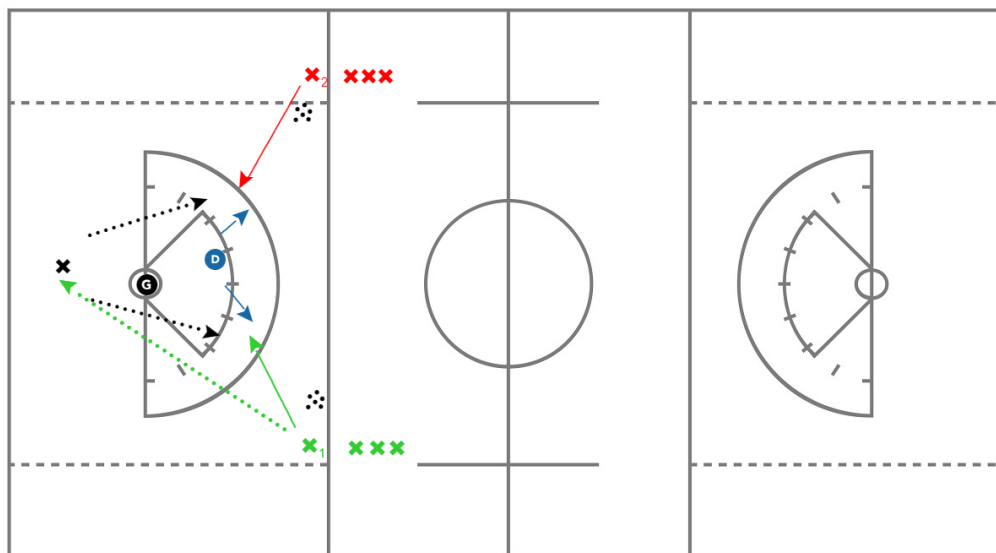
M1 and M2 switch spots

A1 & A2 pass back to M1 and M2

Both A1 and A2 cut towards net

M1 passes to A2- shot

M2 passes to A1- shot

**Description:**

Rotate starting sides. X1 or X2 passes to X.

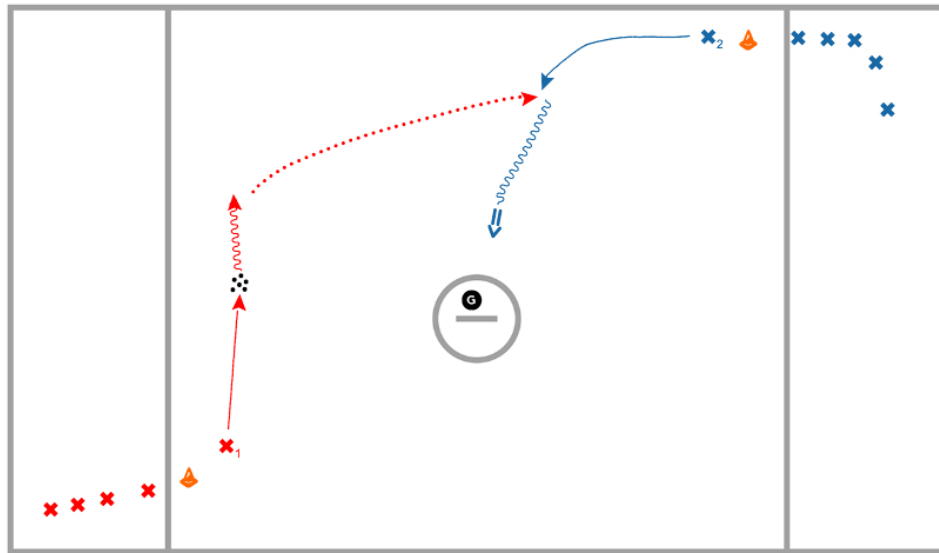
Both X1 and X2 cut towards net. Defense will have to pick up one of them.

X passes to the open player for a shot.

Key Points:

Good passes

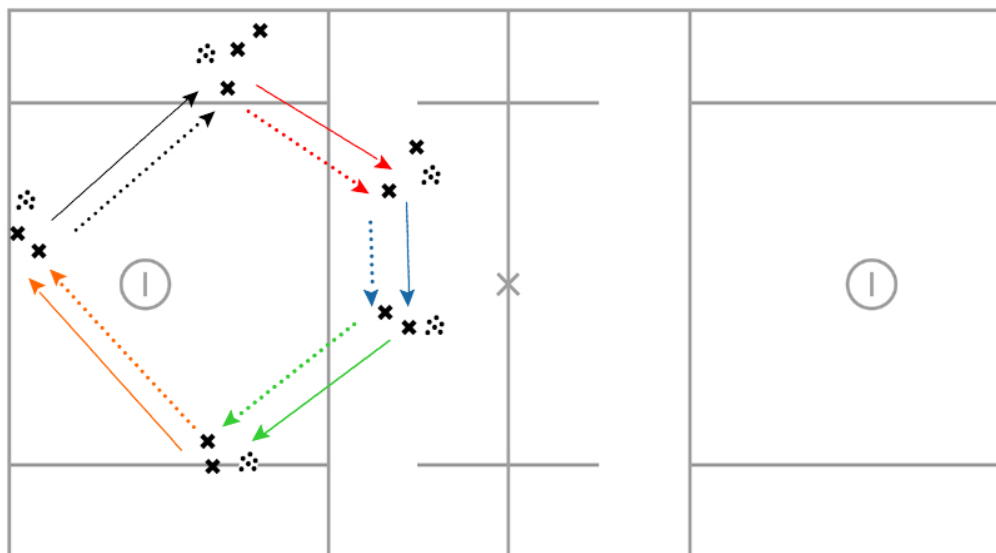
React to the open man. Defensive player should take one of the cutting players, leaving 1 open. Player at X must react quickly to find the open man

**Description:**

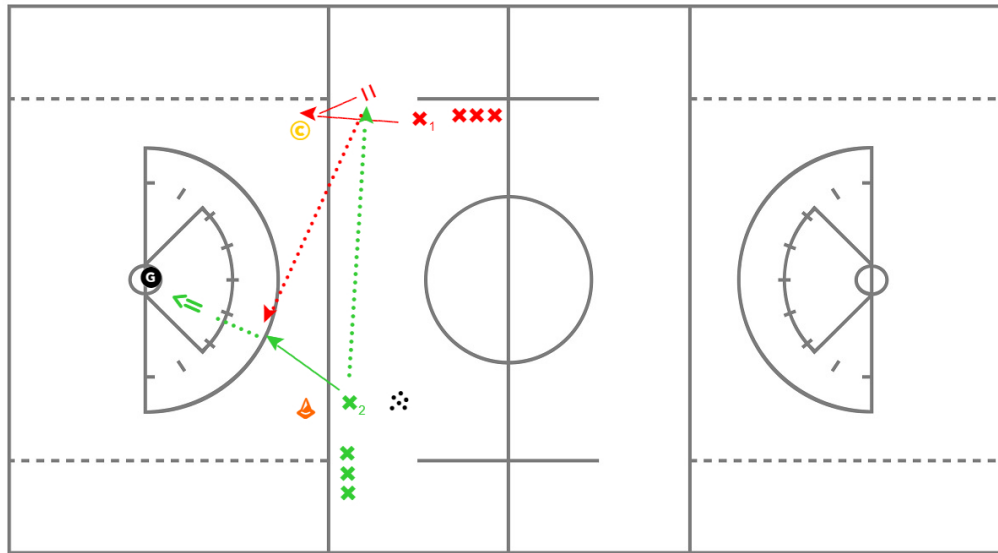
X1 runs full speed, scoops ball, then passes on a run to X2

X2, starts the movement on the scoop. X2 gets pass on the run, shoots on the run.

Switch lines

**Description:**

Ball can start anywhere. Make pass to the next guy in the wheel. Follow your pass to the next line. Change directions on a whistle.

**Description:**

X1 cuts toward coach, then does a V-cut to create space.

X2 passes to X1, then goes towards net.

X1 feeds X2 then shot.

Switch lines.

