

Stick Skill Drills

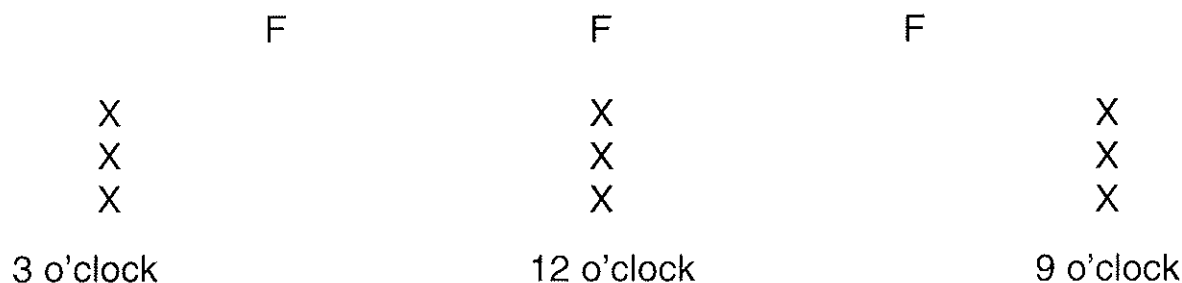
The Clock Drill

Concept: This is a progressive drill sequence that helps to develop and hone stick skills. This drill is designed to focus on four main aspects of skill work. In each drill, the coach must reinforce communication! Ball, Ball Up, Release, Help calls are mandatory. Next person in line always backs up the throw.

- a. scooping
- b. stick control via a shovel pass or short pass
- c. bringing the ball into the box area after scooping the ball

- A. The drill derives its name due to the three positions of an imaginary clock that the first person in lines assumes.
- B. No more than 6-7 players should be in a drill line.

Basic Alignment



1. At the command 'Clock drill' the players assemble in groups of 6-7 players.
2. At the command '3 o'clock', the first person in line assumes the position of F at a point five yards ahead and to the right of the line (see basic alignment).
3. The player at the '3 o'clock' position then slowly rolls a ball directly in front of his position and in front of the first person in the line.
 - a. if the first person in the line is right handed, he must sprint toward the ball, scoop the ball and give the person at the '3 o'clock position' a shovel pass.
 - b. a left handed person gives the '3 o'clock player' a soft toss.
 - c. the first person at the clock position must roll the ball twice, thus insuring continuous motion.
 - d. the person either shoveling or tossing the ball, replaces the roller at the clock position.

Note:

The sequence is reversed when the player rolling the ball is in the 9 o'clock position....left handers shovel; right handers soft toss.

***Form is stressed as well as continuous movement

***The Clock position changes to 12, then 9 after 2-3 minutes each (8-9 minutes maximum for this drill)

***Players can alternate which hand they employ to use the drill

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Line Drills

Concept: It is suggested that in line drills a certain progression is followed to ensure optimum development.

Right to Right. Two lines facing each other, approximately 15-20 yards apart pass the ball to each other - right hand to right hand.

Stress the following:

- only 1 cradle between catching the ball and passing it to next person in line
- keeping catch, cradle and pass in the box area
- maintaining as straight a line as possible when moving toward the pass and making the pass.

XXXXXXX ----- XXXXXXXX

Maintain straight imaginary line. Don't veer out to make the pass

Right to Left. Format is same as right to right, but this time the players catch right, and throw left.

Stress the following:

- players should stay on the right side of the imaginary line between the two lines.
(as straight as possible)
- the switch from the right handed catch to the left handed throw should be one continuous motion, keeping catch and throw in the box area.

Left to Left. Format is similar to above drills; now the players pass and catch with their left hands.

Stress the following:

- 1 cradle between catching the ball and passing it to next player in line
- pass, catch and cradle should be in the box area

Left to Right. Maintaining a left handed relationship, players catch left and pass the ball right handed.

Stress the following:

- players should stay on left side of imaginary line between the two lines of players
- the switch from the left handed catch to the right handed pass should be one continuous motion, keeping catch and throw, in the box area.

Right to Behind the Back. Maintaining a straight line, the players catch right and toss a behind the back pass to the oncoming player.

Left to Behind the Back. Maintaining a straight line, the players catch left and toss a behind the back pass to the oncoming player.

Roll Towards. Player in line A scoops ball, brings cradle to the ear, tosses a pass to player in Line B. Player in Line B quick toss back to player moving from Line A. Player A then rolls ball toward

player

in Line B. Player in line B scoops ball and repeats action in the opposite direction.

Stress the following:

- scooped ball is brought to the ear by a cradle
- as soon as player comes to balance after scooping ball, player is to pass the ball

Sequence: Scoop, 1 cradle, pass, receive pass, roll towards

Roll Away. The drill format is similar to drill described above. The difference is that the sequence includes

- a roll away ball instead of a roll towards.

Stress the following:

- scooped ball is brought to ear by cradle
- as soon as player comes to balance after scooping ball, player is to pass the ball.

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Line Drills (continued)

Over the Shoulder. This drill involves an over the shoulder pass and forces the receiving player to come to balance quickly and pass diagonally.

1. Second Player in line A steps out to the right (or left) and passes an over the shoulder pass to the first person in line A who has broken up field toward line B in an arc.
2. Upon receiving the pass over the right shoulder, player from line A passes the ball diagonally to the Second Player in line B who is standing slightly to the right of line B.
3. Upon receiving the ball from line A, the second person in line B yells break and tosses pass to First Person in line B who is breaking up field on an arc catching the ball over the right shoulder.
4. The second person in each line becomes the first person so that the drill is continuous.



Stress the following:

- a. The person at X2 should never be stationary; move to catch and throw the ball. A roll dodge after the catch is suggested.
- b. Player catching the ball over the shoulder should not carry the ball; a quick pass should follow the catch once player has come to balance.

Man-up Passing Drill

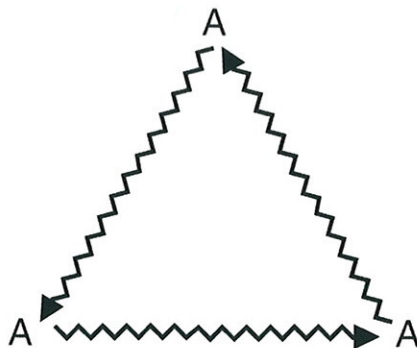
Concept: 3 Players form a Triangle approximately 15 yards apart. The players throw passes in opposite directions with increasing speed.

Options:

- a. add 1 or two defensemen to add pressure
- b. add 1 additional offensive person

Coaching Points:

- a. have players keep stick in dominate hand
- b. players should get rid of ball quickly
- c. watch hips - be ready to pass quickly



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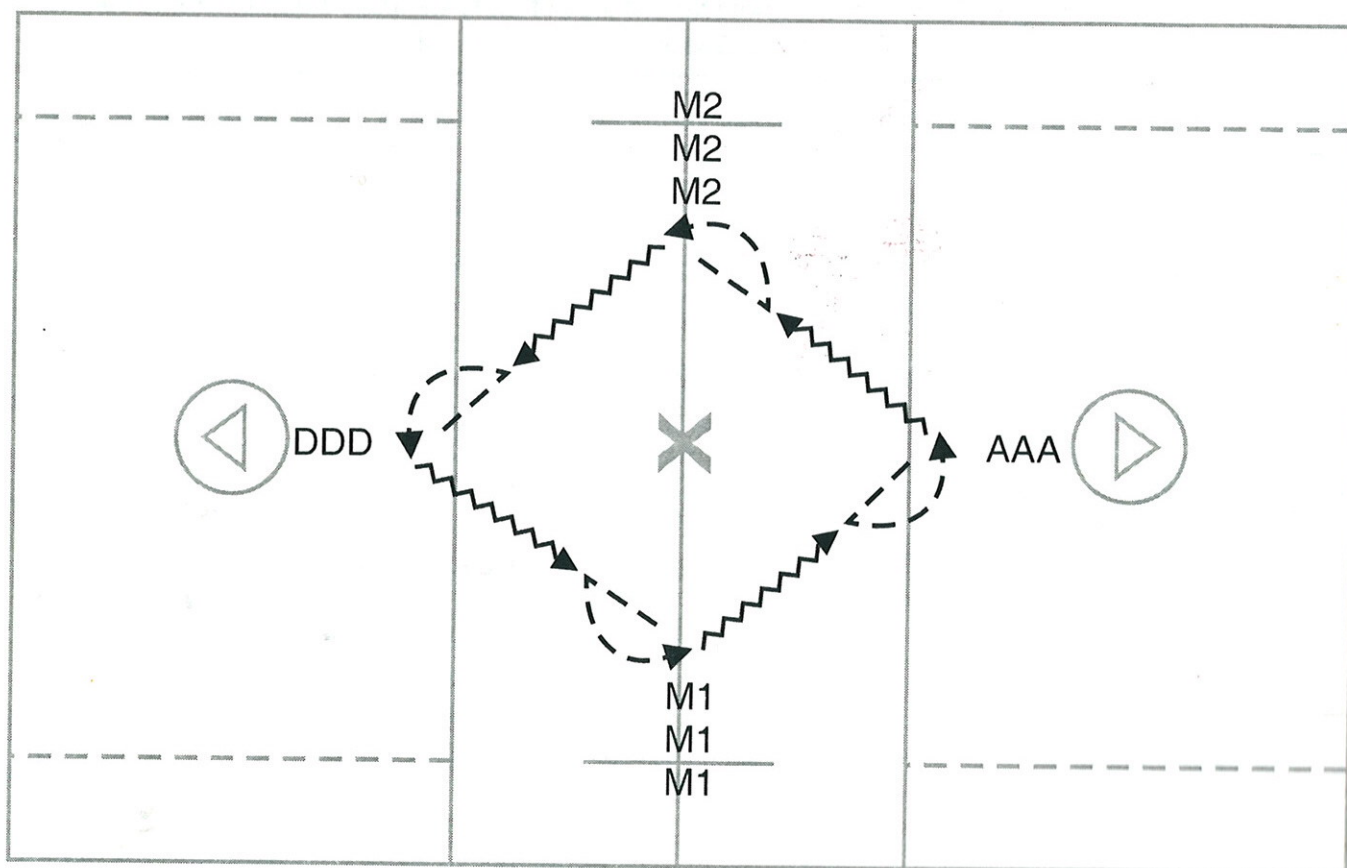
Diamond Drill

Concept: This drill involves passing and catching on the run.

1. Players are initially divided into positions on the field. Midfielders are divided into two groups and positioned at the midfield. Attackmen are at one restraining area, the defensemen at the opposite restraining area.
2. Player in M1 passes ball to Attack line who is breaking toward the ball.
3. Attack player turns to outside and passes ball to M2 who is breaking toward the ball.
4. M2 turns to the outside and passes ball to Defenseman who is breaking toward ball.
5. Players go to the line they threw to.

Modifications:

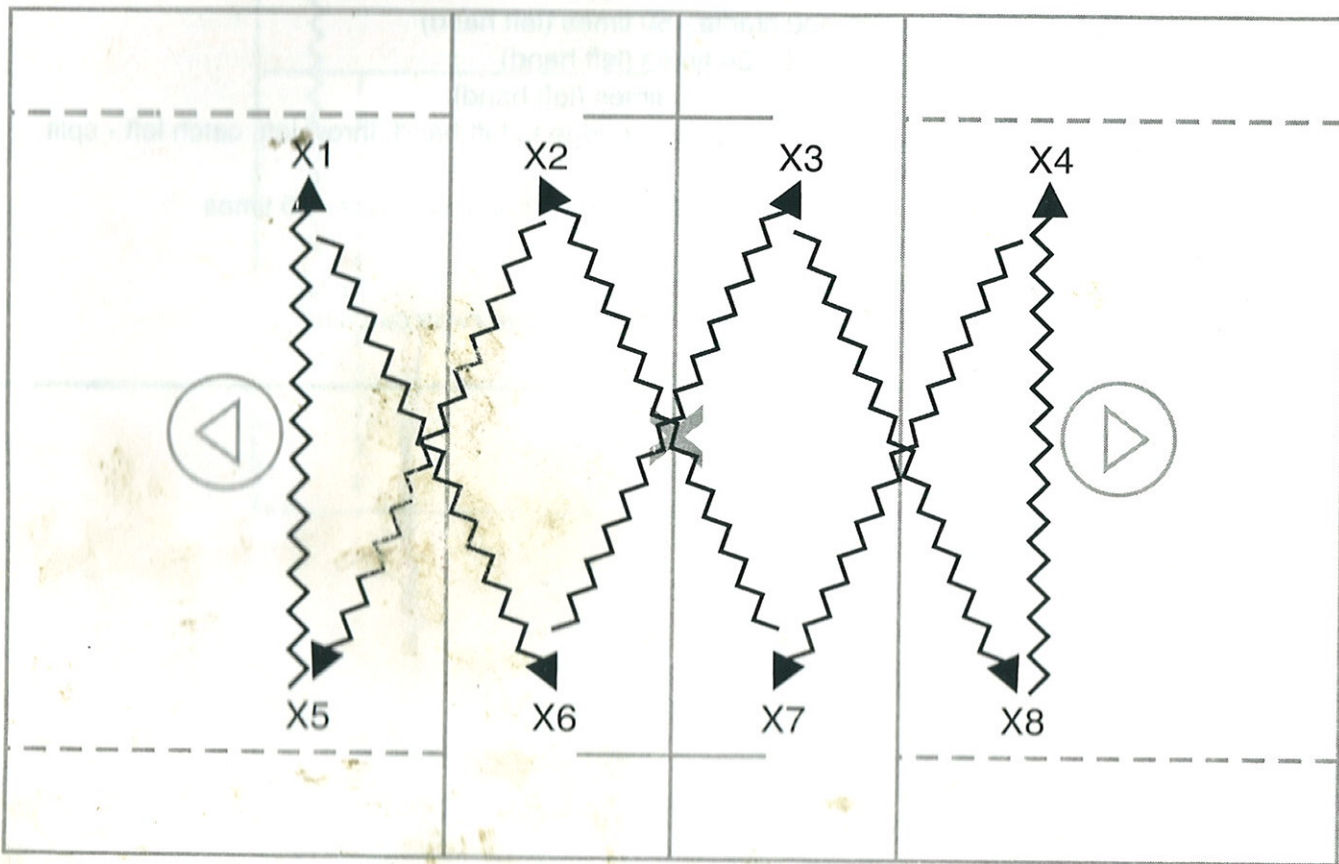
- a. pass away
 - b. roll the ball towards
 - c. roll the ball away
 - d. add additional balls to speed drill up
6. Reverse direction and have players pass and catch left handed.
 7. **Players catching the ball must call the person who is passing the ball by name!**



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Maze Drill

1. Ball begins at X1
2. The sequence is: X1 to X6 to X3 to X8 with right hand
3. Sequence continues with pass to X4 to X7 to X2 to X5 to X1 with left hand
4. Use more than one ball
5. Incorporate: ball on the ground, over the shoulder.



Stick Skill Drills

Wall Routine

Concept: The success of any lacrosse player or lacrosse team resides in the development of the student-athlete's stick skills. The following stick skill drills can be used either daily in the off season or incorporated into the in-season practice schedule.

The following is a 20 minute wall drill routine. The drills must be performed by both hands.

1. Any wall will work, but a smooth concrete wall at least 10 feet tall is best.
2. Use of gloves is mandatory
3. Stand approximately five (5) yards from the wall
4. Drills should take 20 minutes to perform
 - a. Right hand quick stick - 50 times (left hand)
 - b. Right hand *1 hand* catch and cradle - 50 times (left hand)
 - c. Right hand *1 hand* quick stick - 50 times (left hand)
 - d. Right hand catch and face dodge - 50 times (left hand)
 - e. Split dodge throw right, catch right - split dodge to left hand, throw left, catch left - split dodge right - 50 times
 - f. Quick Stick - change hands while ball is in the air on every toss - 50 times
 - g. Cross handed - 50 times each hand
 - h. Behind the back - 50 times each hand
 - i. Be creative - develop your own such as: *behind the head catching*.