

## Things to keep in mind when developing lacrosse players at all levels

- Stickwork is very important
- Developing players with right and left hand up should be done early
- Players of all levels like to be challenged and love celebrating their successes
- Once a player learns a skill, on their own, move them to partner skills, then add defenders to make the learning more game like
- Never lose sight of the game, when working with your players
  
- **Partner Passing**
  - Dominant and non dominant
  - Back hand catch, push pass or flip pass
  - One hand on bottom of stick
  - Quick stick, right, left.
  - Five point stick work
  - Emphasis on switching hands; pass R, catch L, pass L catch R
  - Bad pass drill, work your teammates weak side
  - Keep it competitive: quick stick competition, non- dominant competition, 2 ball competition
  
- **Catching on the move**

note: Everything that you have done as a stationary drill, must now be done cutting to and cutting away.

  - 3 tier cuts, figure 8's, long pass/short pass, box drill
  
- **Shuttles:** full speed!!
  - dominant and non dominant hand
  - catching under pressure and communication, pass and defend

- clearing passes
  - ground balls: to and away
  - pass to the second person: ground balls away, over the shoulder catches,
  - practice dodges (split, sword, 1 hand bait, face, roll)
  - practice cuts: v cuts, back door, 180' cut
  - 1<sup>st</sup> and 3<sup>rd</sup> compete for ground ball away, then pass in the air.
  - quick stick
- **Stick tricks**  
be creative, have fun, let the kids invent new tricks; important for hand eye coordination, and adjusting the stick to catch in awkward positions
  - **Shooting drills,**  
target practice; shoot on open net
    - feeding drills, quick sticks
    - pass and defend, 1v1's 2v2's, 3v3's
    - crease rolls
  - **Small sided drills/games**  
see add in drill below
  - **Break down the elements of the game:**  
practice draws, throws, clears, 8 meter free positions

## Making Drills Game Like

### Triples

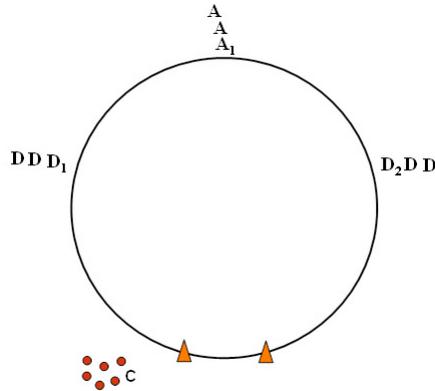


X<sub>2</sub> begins with the ball, she tells X<sub>1</sub> to go. X<sub>1</sub> runs out to the cone as she comes around it X<sub>2</sub> throws her the ball. Once she receives it she cradles it once and passes it to X<sub>3</sub> who then tells X<sub>2</sub> to go and the drill continues. X<sub>e</sub>s return to the line where they started, to repeat the drill.



## Drill Description

### ≡ Double Team Drill Set Up



The coach sets up 2 cones opposite a line of attack players on the parameter of the center circle (see diagram). The cones will serve as the “goal.” Two lines of defenders should be positioned in the upper third of the circle as shown.

To start the drill, the coach throws a ball up to the first attack player in the line. As soon as the ball leaves the coaches stick, the defenders are released to pursue the attacker. The attacker w/ the ball is trying to reach the goal – she needs to cross the circle line in between the two cones. The center circle acts as a boundary – all play must take place inside the circle. Defenders are trying to successfully recover the ball from the attacker by doubling the ball and not fouling.

### Coaching Tip for ≡ Double Team Drill

*Have the defenders treat this situation as if it were in the 8 meter – they are trying to recover the ball but they do not want to foul, or give the attacker an easy lane straight to the cones. It helps to emphasize the concept of “goal side” when put into live play.*

**Progression 1** ≡ Double Team Drill - - Go at 50% speed to make sure your players understand how to execute the drill.

Having your players move at half-speed at first which allows them to concentrate on executing the skills correctly to avoid fouling.

The attacker should catch the ball cleanly (if your team is just learning to catch you can roll a ground ball to the attacker) and start to move towards the goal. Since everything is at half speed, the defenders will close on her in a double team. To beat the double team, the attacker wants to back out of the double (negative steps!), with her eyes up, and stick protected (shoulder, shoulder, stick). She is then looking to “break” a defender’s shoulder. Or cut hard to one of the defender’s shoulders trying to get that defender to cut the other one off.

Defenders want to work on the angles they are taking as they approach the attacker. They want to slow down and eventually stop her initial drive to the goal. Think "PINCH" the attacker. To do this the defenders must break down their steps and maintain their balance as they approach the attack player and close the double team. Short, choppy steps are recommended. As they come in from the side lines the two defenders must approach the attacker at an angle so they create a "V" shape – one shoulder should be closer to the goal and the other should be up field. Once they are in a "V" shape ask your defenders to treat this situation as if it were a pinball game – the attacker is the ball and they are the flippers – they do not want the attacker to get through the middle!

At this speed there will most likely not be much more success on the attacking end however, it will teach both attackers and defenders the footwork they need to be successful.

### **Keys to the Double Team Drill :**

- Are your defenders maintaining good angles relative to the attacker? Are they breaking down their steps to contain the attacker and close the double team?
- Are they positioning themselves to keep her from splitting the middle as well as turning the attacker back into the double team?
- Are defenders talking? Calling which side they have, check and body? Defenders must tell their teammate to "turn her back!" into the double.
- Is the attacker backing out? Make sure your girls are taking a few negative steps – they want to create space to be able to beat the double!
- Is the attacker's head up? Remember there is someone open and they need to be able to see her!
- Are defenders sticks up in the air?
- Are defenders trying to hold their initial sides? As attackers begin to split the double encourage your defenders to "hold their sides" and really work hard to turn the attacker back into the other defender.

### Progression 2 ≡ Double Team Drill - Full Speed

Attackers and defenders go at full speed. To start, there will most likely be more success for the attacker's until the defenders get their timing and footwork down. Keep drilling the angles your defenders are taking, ask them to try and anticipate the attacker's next move and to be patient.

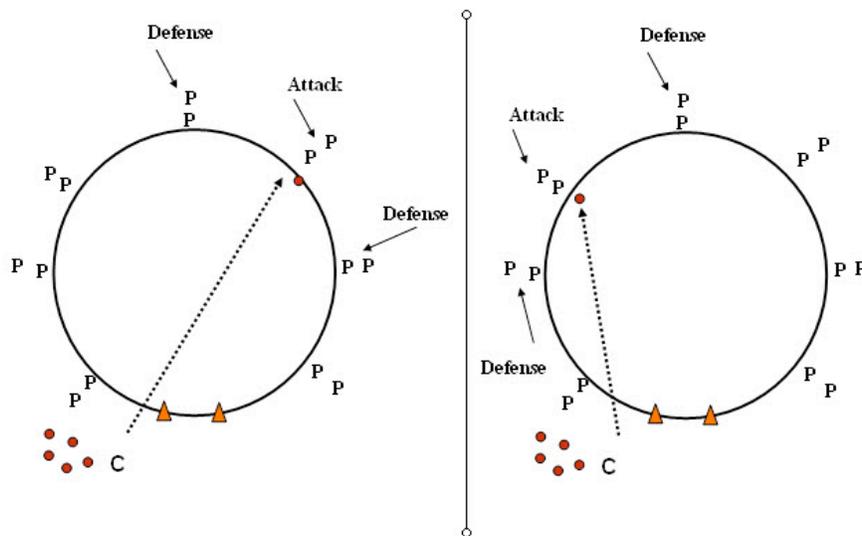
Keys to the Drill:

- Are the defenders breaking their steps down as they come in from the side?
- Are defenders holding their sides? Are they closing the double and not letting the attacker split the middle?
- Are defenders communicating?

### Progression 3 ≡ Double Team Drill - Add extra lines around the circle

In adding lines around the circle change the rules of the drill so that the line you throw the ball becomes the attacking line and the lines on either side of the designated attacking line become the defensive lines. It makes your players think about what they are doing and stay involved in the drill. Defenders will also be taking different angles as they close the double team and try and protect the goal.

Continue to emphasize the same concepts described in the previous two progressions. This advance of the drill helps to insure that all players, play both attack and defense, which helps you develop complete players!



**Making the Save** – Goalies can participate in this drill (as a player) as well – it helps develop their ball handling ability as well as making them more confident with the ball under pressure. The goalie may not find herself double teaming very often but if her team ever needs her to *break* a stall, it will be very useful for her to have practiced this skill.

**Coaching Tip:** *You don't need a circle to make this drill work – set up cones and make your own boundaries!*

### **Drill Name: + Add In Drill**

**Skills Practiced:** Offensively ~ gaining possession of the ball and moving it quickly to get a shot off, recognition of player up or player down situations, quick decision-making.

Defensively ~ fighting for ground balls, slowing down the ball carrier, recognizing player up or player down situations, communication, marking up.

**Equipment Needed:** lacrosse balls      **Players Needed:** whole team

*The + Add In Drill is a player favorite because it is competitive, intense and unpredictable. Players must pay attention because they never know how many people will be in the drill at one time. Communication is critical - both teams need to communicate offensively and defensively through the drill.*

### **Drill Description: + Add In Drill**

Set up the drill by splitting your team in half (A and B) and have each team spread out on either side of the head coach (HC) across the restraining line. An assistant coach (AC1 and AC2) is responsible for each team and rotating players into the drill. The head coach has a bunch of balls at the middle of the restraining line.

The first team to 12 points wins. Players get a point for a goal and a point for a successful clear over the restraining line. As each point is played out, players go to the end of the line and new players are put into the drill.

To start the drill, set up a 2 v 2 inside the 8 meter with the players facing the goal. They will want to peek to see when the coach is releasing the ball – don't let them! The head coach will release a ball either on the ground or in the air and blow the whistle. On the whistle, the players in the 2 v 2 turn and fight for the ball. Whoever gains possession is on offense. As soon as clear possession of the ball is gained, the assistant coaches can start adding players into the drill...how ever many they want.

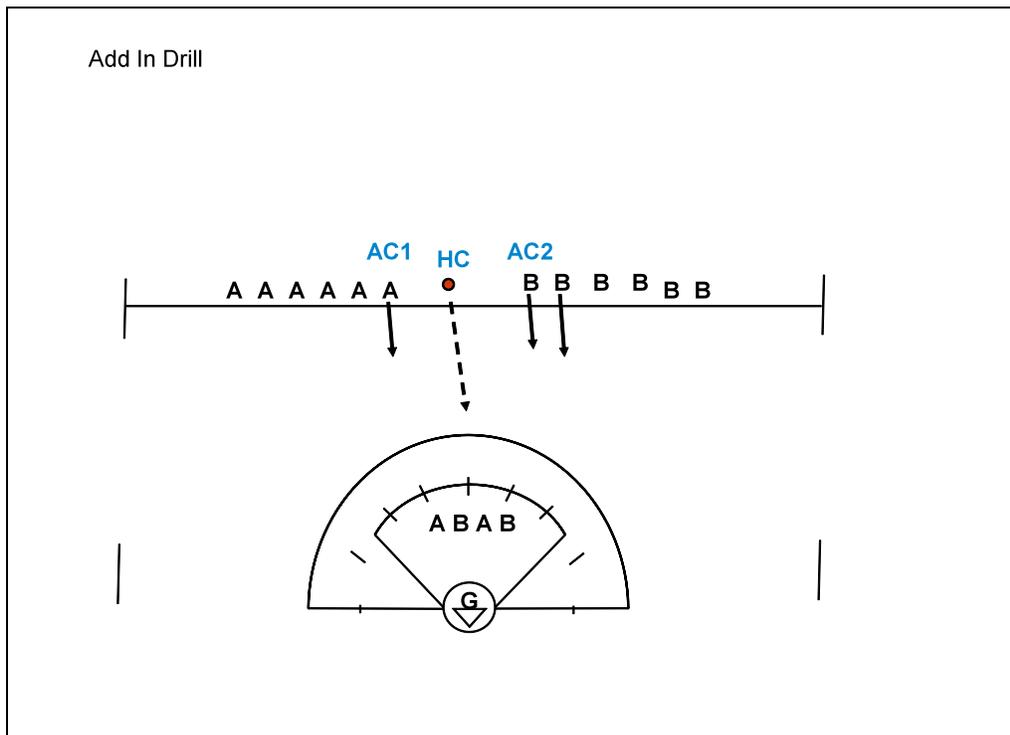
So if team B gains possession, they are on offense. AC1 could add 1 player while AC2 adds 2 players so it would be a 4 v 3 with team B having a player up. As the play continues, AC1 could add 4 players while AC2 only adds 1, so it would now be a 7 v 5 with team A having 2 players up.

Once a point is scored, either by scoring a goal, or clearing successfully, the players who were just in the drill go to the end of the line on their side and another 2 v 2 is set up to begin the next competition.

The team who scores 12 points first wins.

- **Scrimmage**

teach while they are playing, whistle great plays, and suggest alternative decisions



**Coaching Tip : + Add In Drill**

*Challenge your players by mixing up the player up/player down scenarios. Test your defenders by having them play a couple of players down. Test your attackers by having them play against extra defenders!*

Keys to the Drill:

- Are the players in the 2 v 2 fighting for the ground ball and running through the ground ball pick up to gain possession?
- Once possession is gained, are the offensive players reading the defense and looking to move the ball quickly to get a shot off? Are they aware of the player up or down situation?
- Are the defensive players reading the offense and calling numbers and marking up quickly?
- Are defenders aware of the player up or down situation?
- Are the defenders adjusting quickly and communicating with each other when new offensive players enter the drill?

**Inside the Drill** - - This is a great drill to infuse energy into your practice. Encourage the players who are waiting at the restraining line to communicate with their teammates who are on the field playing. Have them call out when new players are entering the drill, or call out offensive opportunities as they are developing. The more your team can communicate with each other the better - it is a great habit to develop!