

# TRI-TOWN TRIBAL LACROSSE

## Coaching Handout - Boys Lax

This handout can be used as a resource for youth coaches. There are many ways to introduce lacrosse skills, these are only a few. Adding them to your coaches' tool box will make you a more effective coach and result in a more complete player who enjoys the game.

"Lacrosse doesn't build character, it reveals it."

Author unknown

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## AGE GROUP GOALS

- Program - Develop a "system" that provides coaches with a consistent team approach to developing players skills and enjoyment of lacrosse.
- **Developmental /U11 Boys**
- Emphasis will be placed on developing fundamentals & enjoyment of the game.
  - Cradling, Throwing, Catching, Groundballs, Dodging, Shooting, and Playing Defense
  - Introduction to Riding, Clearing, Moving w/out the ball (V-cuts)
  - Introduction to Man-up/ Man-down
  - Introduction to specialty positions Facing-off, Goalie
- Each player should play an equal amount of minutes per game.
- Encourage each kid to play different positions. Do not limit them to only one. The more positions they play, the better overall lacrosse knowledge they will gain.
- If the kid wants to change position, please try to do it by game and not each shift.

"The difference between an extraordinary player and an ordinary player is that little extra."

"Perfection is not attainable, but if we chase perfection we can catch excellence"

[Unknown Irish Coach](#)

## PRESEASON GOALS

- Identify player ability levels
- The Players, Athletes, Up-and-comers, New players
- Focus on skill development and age group goals
  - by practice, week, game and season
- Be realistic
- Examine schedule
- Set up a calendar
- Start from the back: first game is the goal - helps to keep everyone motivated
- Teaching
- Technique: Throwing/Catching/Shooting/Groundballs/Position Defense
- Riding, Clearing, Fast breaks, Man-up/down
- Offense (U13/U15)
- Scrimmages or game situations as tune-up for season
  
- Planning: don't plan practice at last minute
- Caring: your attitude will show thru
- Stick to your plan
- Each coach should be assigned a role during practice and games

## WEEKLY PLAN

- Goals
- Keep in mind big big picture - skill development and end of week game
- Know who will be available for practice and game
- Keep an eye out for
  - Players who are coasting, ultra motivated, or upset
- Each block of practice should be scheduled
- Stick to schedule - even if kids are having a good time

"You can't expect to win if you don't practice to win."

## PRACTICE PLAN



Coaching  
Tip

Planning practice is one of a coach's most important roles. Written practice plans are essential in making sure you have a safe and productive practice. Players know when a coach is not organized and often take advantage of the situation. Good coaches develop a written plan that they can follow. Great coaches have a plan for the season. Outstanding coaches realize that they need to be flexible to meet the needs of their team.

"If your not 10 minutes early your 10 minutes late"! A coach I know use to say that to his players but it also holds true for every coach. The worst thing that can happen is that you get to your practice and you are not ready. Players are milling or fooling around, once young athletes get off task it is very difficult to get them back on task.

Over the years I have found that if you teach players a few routines that they can work on by themselves when they arrive at practice that they will quickly get down to business once they get to the field. One example is that I have a few index cards that have wall ball or lax wall routines on it. In the first few weeks of practice I demonstrate the wall ball routine or a partner passing drill. Once the players see that there is a challenge to this before practice work they will get in to it 100%. In fact by mid season I can do some individual work with players needing help on aspects of the game while the rest of the team filters in and starts working on the pre practice activity.

You need to work at this, sometimes it means that you watch the players the first few times, or that you participate in the activity with them. Again, it is not difficult to get this in place you just need to demonstrate to them the value of this before practice work. The other option is to end your practice with something they can work on at home. Then when they come to the next practice have them show you how they improved.

## PRACTICE PLAN

**Pre Practice Routines** - It's important that players understand what's expected of them and that when they get to the field, they get down to business with some type of routine.

### Self Toss and Catch

- 50 balls right (increase by 5 each week?)
- 50 balls left (increase by 5 each week?)
- 50 balls alternating while jogging sideline to sideline

### Example Practice Schedule:

- Stretching 5 min
- Stick work 15 min
- Full, or half field transition drills 20 min
- Skill drills, or Lead in drill (teaching opportunity - team defense, offense, fast breaks, clears) 20 min
- Specialties 10 min (face-offs, goalie drills., groundballs, Attack drills...)
- Shooting drills 20 min (limited opportunity when indoors)
- Wrap-up 5 min (ground ball game, relays, fancy stick work competition...)

- 
- Best way for player development is to repeat skills
  - Provide ways for more player involvement
  - Repetition of teaching points - learning from someone else's mistakes
  - Make the drills clear and understandable
  - When you get good results, stop and move on (add progressions next time)
  - Always be positive and encouraging! Your energy will fuel them!
  - They call it practice for a reason; kids will make plenty of mistakes.
  - Don't tell them what to do....show them how to do it.
  - *I hear and I forget, I see and I remember, I do and I understand. - Chinese Proverb*

Most of all keep it FUN!



Coaching  
Tip

Try to run your drills for only 10 minutes each. That way the players will not be bored too easily. Also try to limit the in-line time of each player. If you can set up multiple stations so all players are working at the same time you will be giving you players the best opportunity to improve. As a rule of thumb with youth players 10-15% of the drills should incorporate some aspect of fitness. Players hate laps so find creative ways to add fitness to your drills.

## FUNDAMENTALS

### **Cradling -**

- Cradling is a fundamental skill that all lacrosse players need to achieve. Coaches need to focus on helping their players master this skill and incorporate cradling drills into each practice so each player becomes proficient at cradling the lacrosse ball. There are several ways to teach players how to cradle. The method below is one of those ways and has proven successful in establishing this important aspect of the game.

### **Full Cradle Sequence**

1. The stick moves as a unit, straight up and down
2. Bottom of the stick moves hip to hip (bottom hand only acts as a guide - loose grip)
3. The top of the stick moves ear to ear
4. Open and close the wrist and arm as a unit. When the right wrist and arm is closed the left wrist and arm is open. (Opening and closing a door)
5. The elbows should stay against the body; the lower elbow should not slide back and forth
6. Don't move your shoulders from side to side, keep them still
7. Use a continuous, relaxed motion
8. Watch your players cradle from behind and you should be able to see the whole stick (the butt end, as well as, the basket) on both sides of their body as they cradle away from you.



Coaching  
Tip

This is usually where someone questions why to teach a full cradle when in the more modern game the cradle is ear to nose or shoulder width with an angled stick. After years of experimenting teaching the modern cradle first we observed that players were more likely to revert to the windshield wiper or wave cradle when they began to run with the ball. If taught the full cradle, they tended to end up with today's more modern cradle.

good stick work is the key to being a better lacrosse player. Many new players master the cradling skills, but forget to keep their head up and eyes open to what's going on around them.

### ***Catching***

- Keep your top hand by the head of the stick and keep the stick close to your body.
- When the pass comes in, give with the ball and bring the head of your stick by your ear. That is where you should cradle.
- You do not want to "stab" at the ball. Watch the ball into your stick.
- You need to have soft hands, really look the ball all the way into your stick.

### ***Throwing***

- Hand position on the stick. One hand should be on the bottom of the stick and the other around the middle of the shaft.
- Keep your hands away from your body, much like a quarterback does when throwing a pass. Watch for that top hand elbow getting too close to your body.
  1. Step with the opposite foot of the hand you are throwing with when you pass the ball.
  2. When you release the ball, you should be pointing the head of your stick to your target.
  3. PRACTICE WITH BOTH HANDS!!!

### ***Shooting***

- Very much like throwing a pass only harder. The player should really get his hands away from the body and snap his hips as he releases the shot. The stick head should be pointed toward the cage (target) and should be shooting overhand.
  1. Three types of shots
    - Outside
    - Inside
    - On the run
  2. Shooting "inside", or close to the goal (in traffic) requires players to shoot off a cradle using a snap of the wrists - hands should be chocked up on the stick.

## FUNDAMENTALS

### *Groundballs*

Spend 10 minutes at a youth lacrosse game and you will see the importance of picking up ground balls. Many coaches skim over this aspect of the game the key is to incorporate ground ball pick up into each of your practices.

Today's innovative sticks make picking up ground balls much easier than the past. No matter what type of stick you have the 5 keys are:

1. Move the top hand close to the head of the stick.
2. Bend your knees, lower your butt, and get the stick almost parallel with the ground.
3. Position your head above the ball.
4. Bend the knees and push (accelerate) the bottom hand through the ball.
5. Continue running through the ground ball and cradle as you raise the stick into a protected position.

Sounds simple, but most players come to a complete stop on the ground ball pick and then end up pushing the ball along the ground. They look like they are vacuuming up the ball.

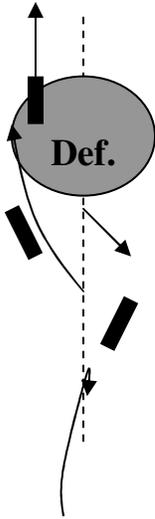


Vacuuming or trying to flip the ball off the ground and catch it is a bad habit. To break this habit you need to demonstrate to the player the need to accelerate through the ball.

When you do go for the ball you should yell "ball," and only after you successfully pick up the ball yell "release." And run away from pressure

## FUNDAMENTALS

**Dodges** There are a couple of things to think about with all of these dodges. First of all you should be going into your dodge at 70% speed and exploding out of your dodge at 110%. Secondly, you really need to pay attention to the distance away from your defender when you make your dodge. Thirdly, you need to get North/South distance from your dodge as well as East/West. Lateral movement is very important. And finally, you need to sell the fake. If the defender doesn't think you are going to the right then he won't lunge to the right and allow you to dodge back to your left.



### *i. Split*

1. Sell the fake to one side (head bob or fake shot), to lift or freeze the defender.
2. Get your initial plant foot close enough to the defender that he will commit to lunging to the side you are faking.
3. Be sure not to make your initial move too close (you can get hit) or too far (they can take a drop step and cover you) from your defender. The distance is very important.
4. Switch hands close to your body and step with the other foot getting depth as well as lateral movement.
5. Not only do you need to get distance North and South, but also East and West.
6. Although you should be able to split with both hands, it is better to come out of the dodge with your strong hand, therefore start your dodge with your weak hand.

### *ii. Face*

1. Sell the shift from one-side to the other, much like the split dodge. Faking a pass or shot will free the defender right before you make your move.
2. Tuck the stick as you go by the defender, do not hand your stick as you run by him. Only after you have gained some depth, should you expose your stick to pass/shoot.

### *iii. Right to Right*

1. The right to right dodge or one-sided dodge is very similar to the other dodges, however instead of faking one way and going the other you are going to fake one way like you are going to go the other way and then come back to the same hand. Very important to sell the first fake.

### *iv. Roll*

1. Very much like a hit and spin move in football or the spin move in basketball.
2. Again the depth of the dodge is very important. You must get your lead foot (opposite of the hand your stick is in). This lead foot should split the defender in half.
3. Your other foot needs to swing around the defender and get behind, blocking the defender from getting to your stick.
4. The original plant foot should then go up-field as you explode through your dodge.

## THROWING/CATCHING DRILLS

The throwing and catching sequence outlined below can be used with first time and advanced players. The key to dealing with different levels is to simplify the drills and make them less game like with the entry level player. For the advanced player you need to create drills that are as close to the game as possible.



One thing that should not be overlooked here is that many youth players today have spent a lot of time playing sports like soccer. Most of their skill work has been concentrated on their feet and lower extremities. They are less likely to be proficient in throwing, tracking (watching), and catching (receiving). As the coach you need to adjust your drills to address these issues.

### - Self Catching (receiving) Sequence

Self toss and catch - this is a fundamental drill that gets players using their stick right away. The ball is in the crosse and thrown by the player over their head. Then they reach up in the air to pull the ball out of the air and catch it in the crosse. This will take a few dozen tries for them to get and entry players will be challenged by both the toss and the catch. Each player should have ample room to perform this drill. They should try to complete 20 then switch hands and do 20 more. The key here is to make sure that players are not trying to basket catch the ball by simply turning their stick and getting it under the ball. They need to reach up as high as they can to get the ball as it is coming down with their stick high above their shoulder.



Coaching  
Tip

This is a great way to start out your practices. As the players filter in to practice they begin self tossing balls and catching them. You can use verbal teaching cues like "follow the ball right into the crosse" or "concentrate on watching the ball hit your pocket." Any level player can do this. Start players with 25 then move them up until they get 100 in a row both left and right.

### **Coach/Partner (receiving) Sequence**

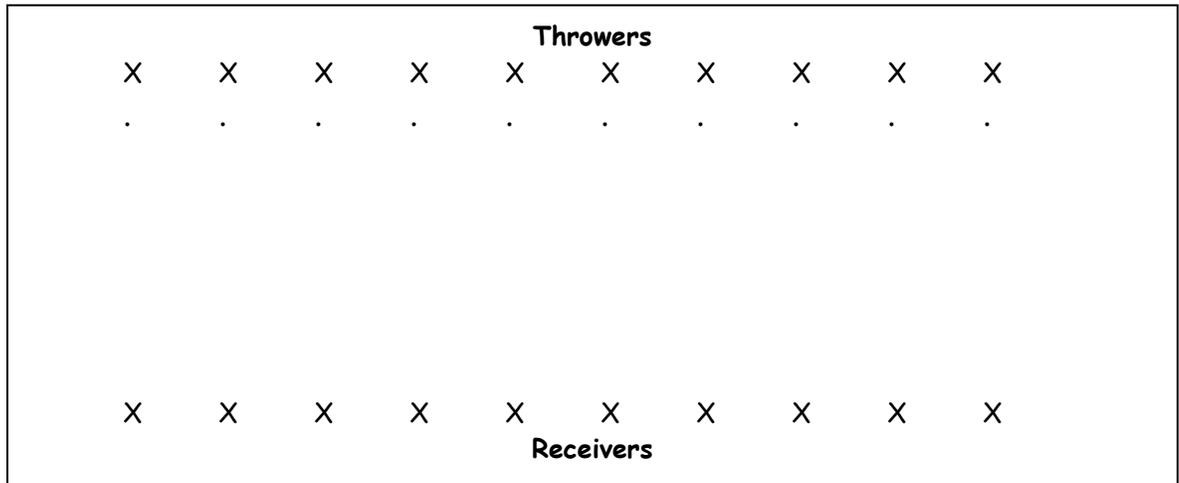
Using the set-up below has the players about 15 yards apart. Set up cones or use some markings so they stay consistently apart. This is a partner drill so you want to have one lacrosse ball for each pairing. One partner has their stick and the other has the lacrosse ball. It is important to demonstrate how the player with the stick should ask for the ball and talk them through what they should be looking for.

#### **Receiver's keys**

1. Have your stick up and at an angle out in front of your body.
2. Once the ball is in the air the receiver must track (watch) the ball.
3. As the ball gets close to the stick they allow the ball to hit the widest part of the pocket and then give (take the stick back) so the ball stays in.
4. Begin cradling the ball.
5. Roll the ball back to your partner.

#### **Throwers keys**

1. Underhand the toss.
2. Make sure that you throw the ball toward the target (stick).
3. The thrower is very important in this drill. They make the whole drill work if they throw to the target.



The best way to begin this drill is to have the receivers use one hand on their stick. They place their hand just below the head of the stick and track then catch each ball. The one handed method gets them the feel for receiving and giving with the ball. Ten on one side then ten on the other. Switch roles and repeat if the players are struggling with this.

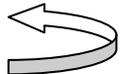
Once they get about 75% of the balls caught then you can move to 2 hands on the stick and a more traditional method of catching the ball out of the air.

Remember the verbal cues:

Give a good target and ask for the ball → Track (watch) the ball in the air → Catch the ball in the widest part of the sticks pocket → Give with the head of your stick and arms → Begin your cradle right away

Coaching  
Tip

Here is where you need to use your head as a coach. Many times this can be a nightmare because a number of the players can not toss the balls underhand with any accuracy. There are several things you can do to ensure a better toss. First is to practice underhand toss with your partner. Use a tennis ball and have players underhand the ball back and forth with no sticks being used at all. To make sure that they throw the ball high enough you can walk down the middle of the drill and make sure that each toss goes over your head. The other option is to have the coach toss the balls. You can do this with the set up below. The only issue is the players have to wait in line and you have less ability to offer individual help. The coach feed is a good drill once players have mastered catching the ball. You can rapid feed them balls and then cradle back to the end of the line.

X X X X X X	→	run/cradle & return	
		<b>25 balls COACH</b>	
X X X X X X	→	run/cradle & return	

Players run forward and catch the ball that the coach tosses underhand to them. Catching is done both on the right side and the left side.

Once the players can master the catching aspect you need to begin to introduce the throwing component. The cues on this are very simple. Have them take the stick back behind their shoulder then they need to lift up the stick head with their top hand and extend the elbow of their top hand (this motion is the same as throwing a ball). If the ball is not going toward the target it is most often corrected by making sure that they are first

lifting the top hand upward. If they extend the top arm with out the lift component the ball will go below the target.

Partner passing from 15 to 20 yards apart is excellent for this sequence. Make sure that all players are working the right and left side.



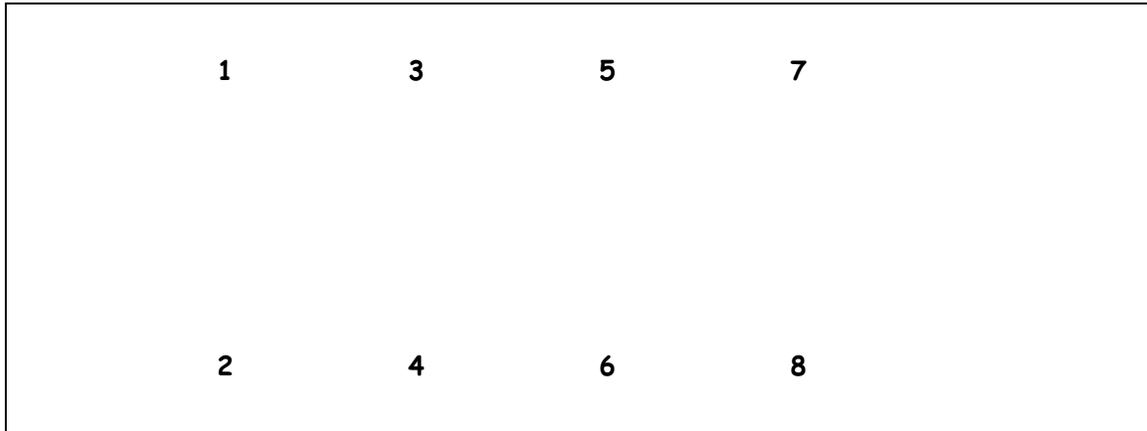
All players should be encouraged to use their body when catching. They will rarely be standing still catching the ball. One way to get them moving and using the body is to have them run in place when receiving the ball.

You may notice that for many players they look awkward throwing the ball. This often occurs when they keep their top hand up too high on the stick and or that they do not slide the top hand down as they follow through on their throw. They may also not be taking a step forward. If they are throwing from the right side they need to step first with their left foot. This can be corrected by increasing the distance of the throw. Long throws of 40-50 + yards will correct this.

*Don't let any of the errors get out of hand. Make rapid corrections. If players revert back to a basket catch, then stop them and have them self catch 40 over their head, then return to the original drill. You should see a big difference. The one fault every coach makes is trying to rush ahead too fast. Take your time and you will have a more complete player.*

## Hawk Eye Drill

This is a great drill to do in groups of 8 players. It can be a stationary drill or one that incorporates a bit of fitness with each player running in place. The running in place aspect allows them to better adjust to an off target throw and is more game like.



Players are 20 yards apart. Players throw the ball in order 1 → 2 → 3 and so on; when the ball gets to player 8 they toss the ball back to player 1 who goes back to 2 for the second time. Once the group can go three times through this then they get to add another ball. After 1 tosses to 2, 1 picks up a ball and as soon as the first ball gets to 4, 1 tosses their ball to 2. Everyone needs to be concentrating and keeping their eye on the balls. If one is dropped then they must begin this drill again using one ball. The coach can run this for 5 minutes then rotate the players. If the players are running in place they will need a short break between each rotation.



Advanced players can get a lot out of this drill by switching hands after they catch the ball. Catch on the left side then throw off the right or reverse. The thrower needs to understand how important they are in keeping this drill going. Coaches should reinforce to players that the thrower is very important in these drills.

### **Shuttles & Line Drills**

Shuttles can benefit any level player you have. There are far too many variations to list here. However, this is where they are best introduced and it forces players to receive the ball while moving.

#### Example shuttle sequence:

*Ground ball to → Ground ball away → Right side throw & catch → Left side throw & catch → High throw & catch → Low throw & catch → Wide ball → Right at you (focus on technique, and player calling for the "ball")*

Also

Line drill Flip pass - left and right handed (player receiving flip pass should look to catch the ball just like a regular pass)

Over-the-Shoulder pass

### **3-Man Passing**

Two players are about 40 yards apart from each other, with one player in the middle. The player in the middle starts with the ball and passes it running towards one of the outer players. The outer player catches and passes the ball back to the middle player. The middle player catches the ball running toward the player throwing him the ball, stops, turns and throws the pass to the other outer player. Then repeats the process with the other outer player. Make sure the middle player is coming to a stop before changing direction and not circling around

### **Trash Ball**

Divide your team into two equal squads. Get two trashcans and put each of them where the nets would normally be and scrimmage. In order to score, they need to dunk the ball into the trashcan.

### **Weak Hand Contests**

Make contests out of using your weak, or off-hand. How many passes can you and your partner complete in a row...

## **GROUND BALL DRILLS**

**2v1 Ground Ball Drill** - player closest to opponent calls "man" and the other player scoops ball and calls "release", and looks to pass to teammate in open space and then ball back to coach.

**Scoop and Sprint** - break team up in half in lines at each side of field. Get down low, call "ball", and "release" once the player has the ball in stick, player sprints to opposite side and drops ball for next player.

### **Scramble drills**

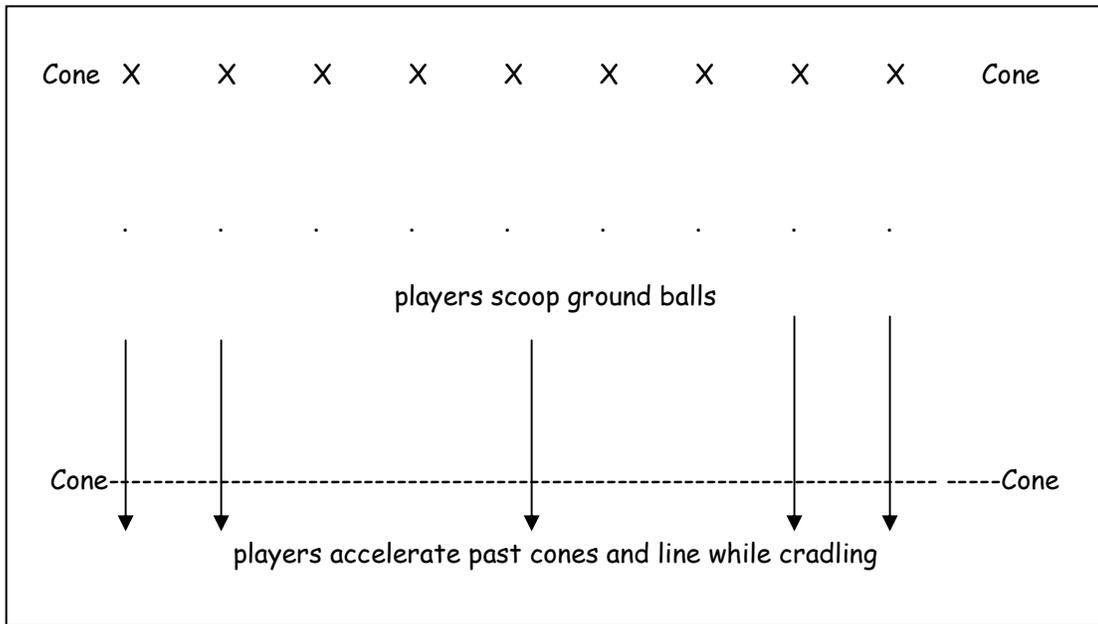
Any drills, whether it is 4v.4 or 6v.6 that you can create a chaos situation, is great. Get the players ready and then throw the ball into the middle, maybe give the ball to a player next to you give it to that same player and hold back the defender to create an uneven situation. Have fun with this drill.

### **Musical Groundballs**

Start with your players on their stomachs at around midfield facing the cage. For example you have 12 players. You need 11 balls to run this drill. When you blow the whistle, they scramble to scoop up a ground ball. One player will not have a ball to scoop and will therefore be out. Do this again until you have a winner! You can do this best 2 out of 3 or whatever.

## Acceleration Drill

Set players up in the formation below. They should line up about 10' apart between the cones; balls are about 10 feet from them. Players must run out scoop up the ball following the keys outlined above and then continue past the line cradling the ball in to a safe position.

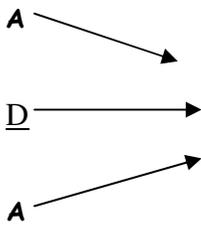
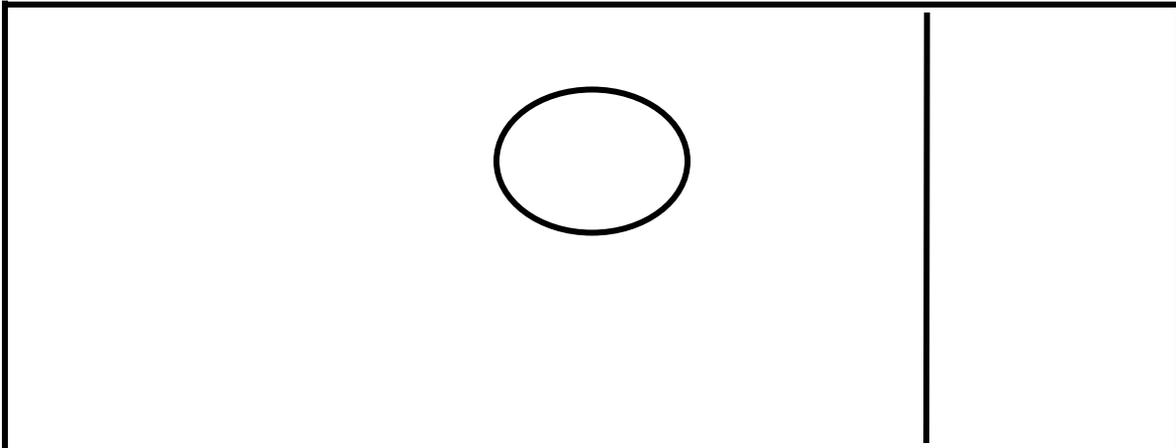


The idea is to get them to see that getting their stick on the ball is not necessarily going to ensure a pick up.



Send two players after the ball and the importance of accelerating through the ball will be heightened. Have your team watch each pair during the drill, point out the good aspects and areas needing improvement. Always have the players run through these drills with out the ball first so they understand the concept.

Field 1

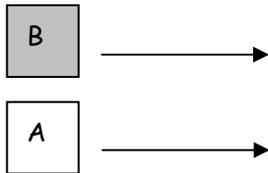


Coach rolls out the ball and all three players sprint out after the ball. Both A players are on the same team and are playing "Man" "Ball." If they pick up the ball they go to the cage, as does D if he gets the ball.

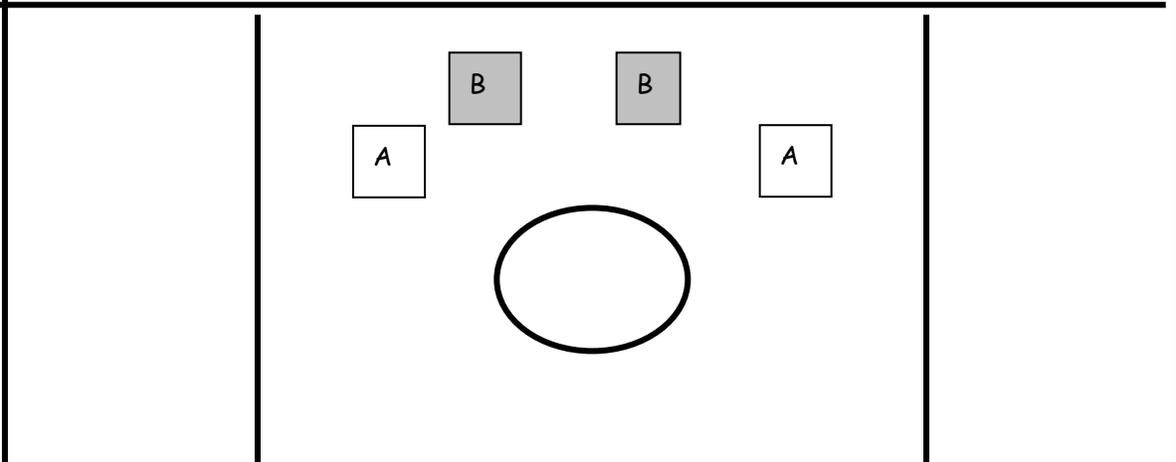
You can run this drill from both sides, alternating each time, and you can add other players to go 3 v. 2.



Field 2



A and B go after the ground ball and then if they pick up the ball, go into the offensive end and play 3 v. 3.



## **SHOOTING**

### **Attack Drills**

5 x 5 drills - Attack start in a line behind the goal and work to get a shot off 5 meters x 5 meters off the goal line on each side of the net (run the drills on both sides)

- Speed dodge, Inside roll, Rocker, ?? (question mark) -Inside/Outside, Single roll, Multiple dodge

### **Midfield**

Toss and Dodge - shoot to target

Give and Go variations

- Back door
- Jump cut
- Fake and slump

Triangle drills (w/light defense, or football style dummy) - see diagram

- Split and shoot
- Split and roll
- Split and feed

**Five Cone Drill (shooting)** - 3 lines Mid (1), Mid (2), Attack (3). To start the drill, Mid (1) passes across to Mid (2) for outside shot on goal. After shot is taken Mid (1) cuts toward goal around two cones for a feed from front Mid (1) for inside shot, player keeps moving across crease for a 3rd feed from Attack for crease shot. (Rotation: Players in line 1 move to line 2, then 3 and back to line 1...)

### **Pick Work**

Have two feeders behind the cage passing back and forth to each other looking to feed the middle of the crease. Two offensive players go against two defenders and try to work picks in order to get open and create a shot.

### **Star Shooting drills**

Attack start with the balls, drive the cage and peel off to feed up top. Both M's get the pass, make a move and shoot the ball.

**Fast Break Drills:** You can do this full field or half field.

**Radar Gun Stuff:** Anytime you can get your hands on a radar gun and time a player's shot, they will love it. Use this as a motivational tool, "you shot 55mph today, try to get to 65mph by the end of the season."

## Triangle Passing Drill

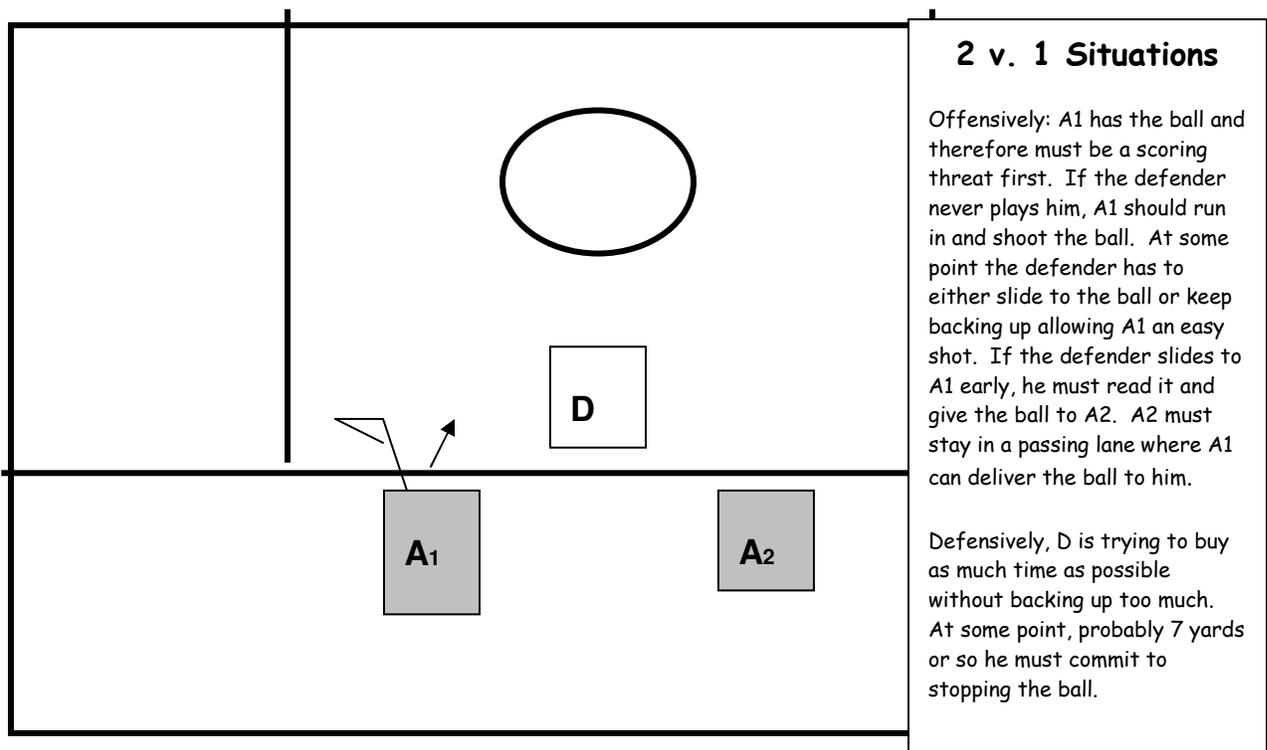
This drill is designed to emphasize some basic stick skills. The ball can start anywhere and going either direction. The player with the ball needs to run towards his the player he is passing to. The receiving player should have his stick to the outside and should have V-cut (in and out to space) for the ball, to gain separation from his defender and then roll away from the defender protecting the stick/ball to create separation from a defender and make the next pass.

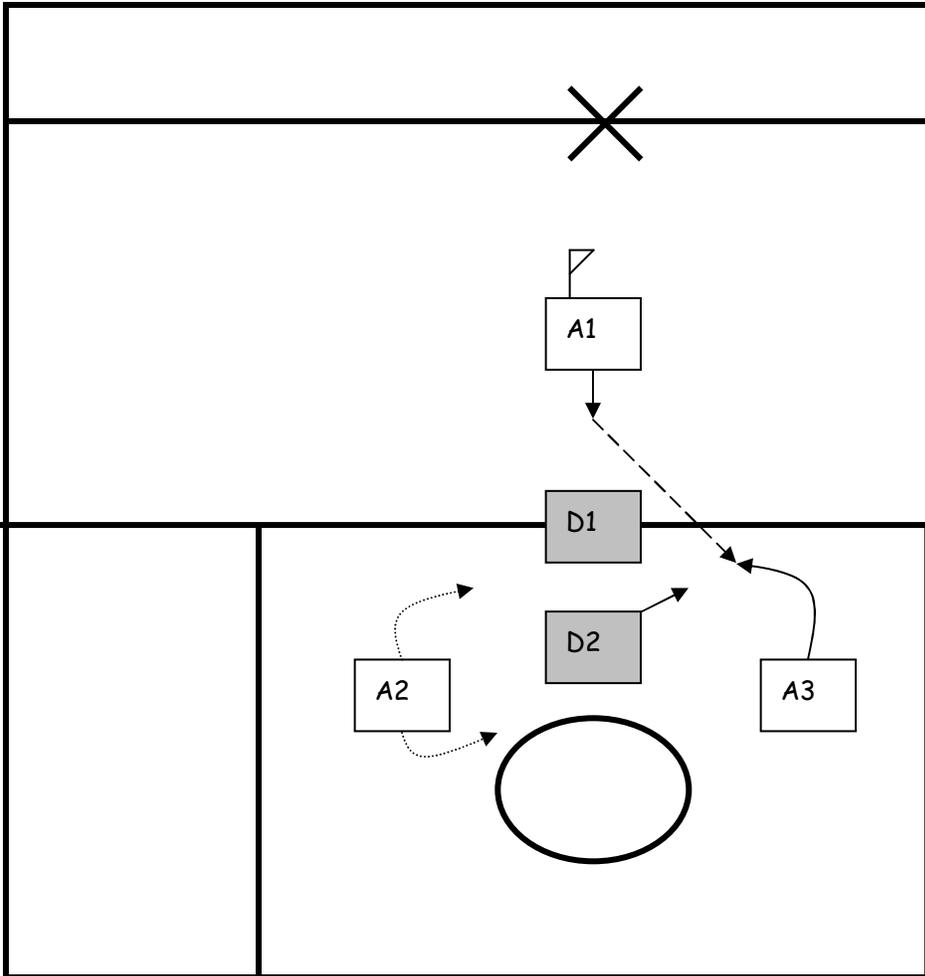
(Ex: When D3 V-cuts for the ball, his stick should be in his RT hand. As he rolls to the outside he he must switch hands to his left and make the next throw.)

## FULL AND HALF FILED DRILLS

Unsettled/Uneven Situations Offensively and Defensively (see diagrams)

- 2 v. 1
- 3 v. 2
- 4 v. 3 or Fast-breaks
- 5 v. 4 or Slow-breaks (advanced)
- 6 v. 5 (advanced)



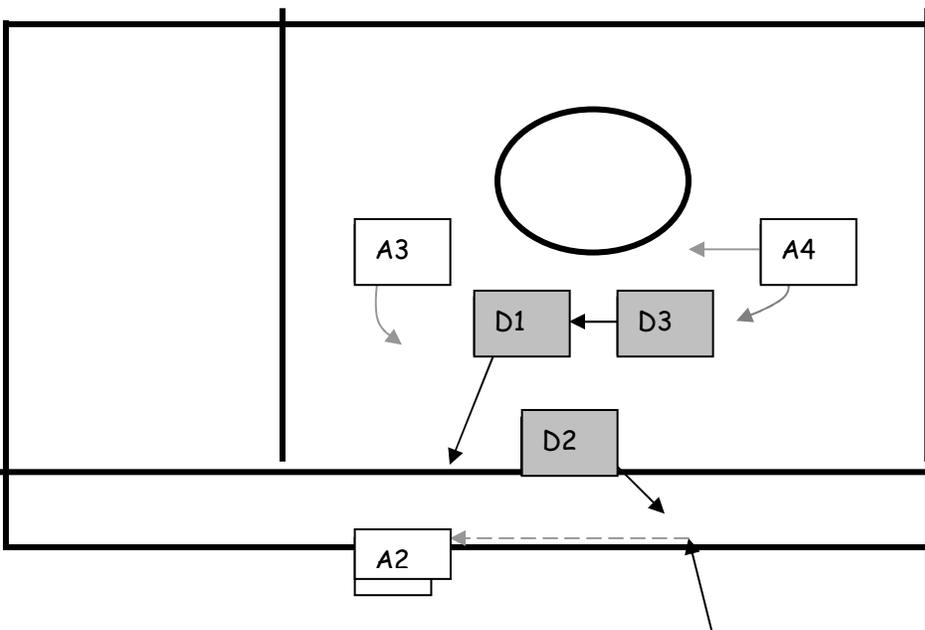


### 3 v. 2 Situations

*Offensively:* A1 takes the ball hard to the cage drawing D1. As D1 slides to A1 he passes to either A2 or A3, usually it will be A3 because most kids are RH. A3 must go upfield a little bit as well as turn to face the cage. When A3 gets the pass from A1 he must be ready to either shoot or pass (to A2).

A2 must find the passing lane, either upfield or on the crease so that A3 can find him and get him the ball. He doesn't want to get too close so that D2 can play him.

*Defensively:* D1 wants to wait as long as possible to slide. He doesn't want to slide up field, rather hold his ground; this will make his slide back to the middle shorter. The tighter they play, the more likely the offense will take an outside shot. Ideally A1 takes an outside shot, which is the easiest save for the goalie.



### 4 v. 3 Situations

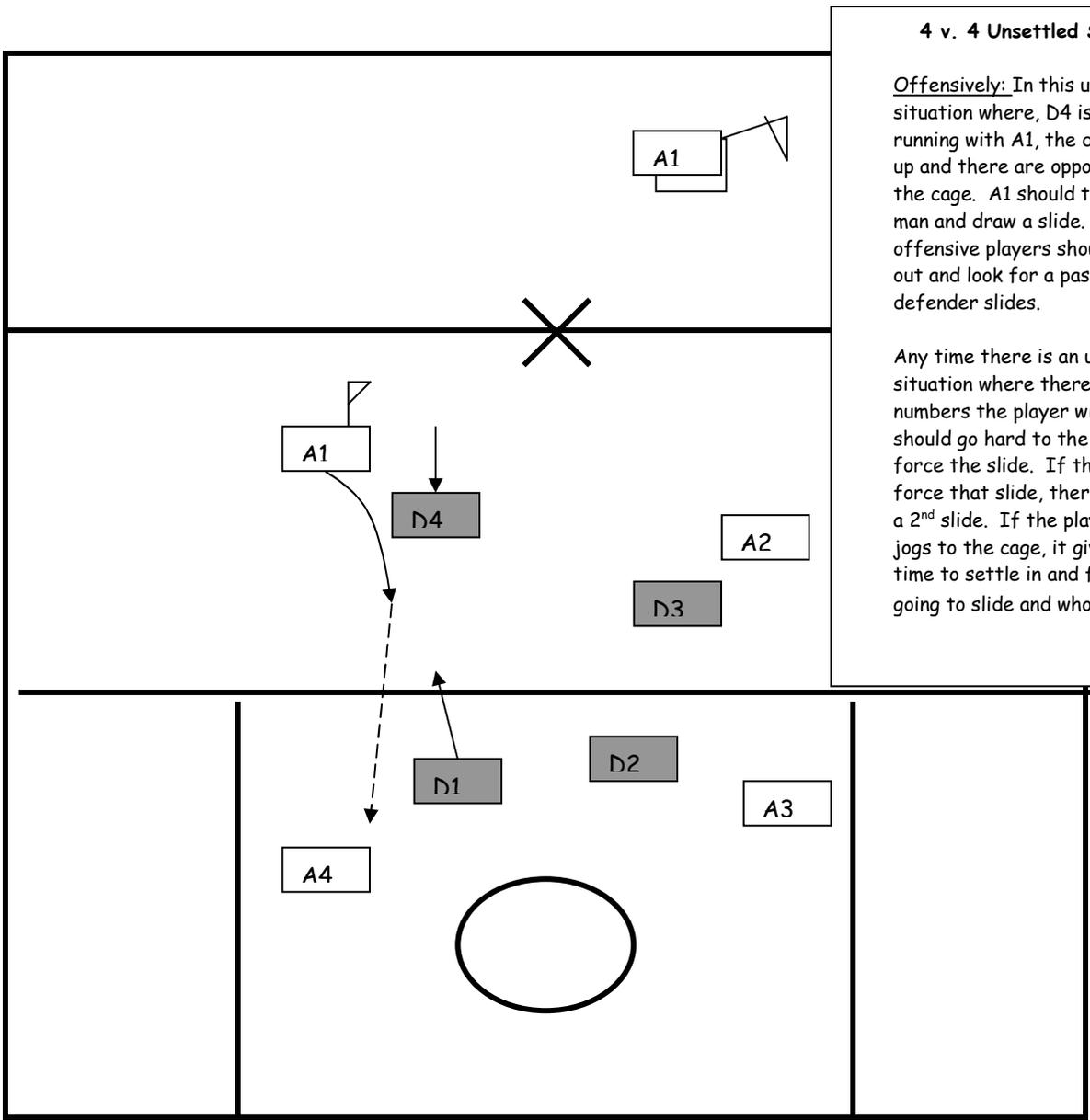
*Offensively:* A1 runs very hard toward the cage trying to score. At some point A1 either has to shoot the ball, D2 doesn't slide, or pass the ball. A1 only real look is to A2 (the point man). After A1 passes the ball he should stay high in order to get the ball back.

A2 has 4 options: first he should be a shooter. Second he needs to read D1 and D3 to find the open man. Typically A3 will be open, but if D1 and D3 cheat and slide too quickly than A4 will be open on the backside. A2 can't get too low, he must stay high enough where D1 has to slide far enough not to get right on him.

A3 wants to come up field so that he can turn the corner and be in position to shoot or pass to A4.

A4, again must find the passing lane to A3.

All of the offensive players must stay spread out so that the defense has a long distance to slide. If the offense stay too tight than the defense doesn't have far to slide and therefore an easier job.



**4 v. 4 Unsettled Situations**

Offensively: In this unsettled situation where, D4 is chasing or running with A1, the defense is not set up and there are opportunities to go to the cage. A1 should try to beat his man and draw a slide. All the other offensive players should stay spread out and look for a pass if their defender slides.

Any time there is an unsettled situation where there are even numbers the player with the ball should go hard to the cage and try to force the slide. If that player can force that slide, there is usually never a 2<sup>nd</sup> slide. If the player with the ball jogs to the cage, it gives the defense time to settle in and figure out who is going to slide and who is second slide.

## FULL AND HALF FILED DRILLS

- Pressure Passing Drill - throwing under pressure - ball starts with goalie throw D and once catch is made moves up field, Attack jumps with pressure (not looking to take ball away), pass to MID moving from mid field toward defender. Once he catches ball, defensive MF jumps (again not looking to take ball away), MID move ball toward goal and make pass to Attackman that also has light pressure and they make a shot on goal.
- Half filed keep-a-way (play advantage offense 4v2/ 5v3/6v5)
  - Start with ball to Goalie for clearing situation and look to pass to the open man once jumped.
  - Defensive coaching point: Most dangerous player is the person with the ball, least dangerous in farther away from the goal
  - Stay in-bounds and look for the open man.
  - Variations: light defense to simply add pressure only, full defense, 5-10 steps before each pass, or players can only can hold ball 8-10 seconds, x number of passes before each shot.

## FACE OFF DRILLS

Watch Tony Seaman's Face-Off DVD

Refs will always start play by calling players "Down", "Set", and blow the whistle. It's a good idea to start all face-off drills this way to get players in the habit of anticipating the whistle (make sure to vary the cadence).

Good positioning - feet 12"-13" apart, elbows inside knees, well balanced position with no weight on hands - the key to winning the draw is being able to react to the refs whistle and initiate a fast move stepping with the right foot to block the opponents clamp and initiating a move (clap, or top)

Upon the whistle, the player needs to get their belly button over the ball for position.

Basic moves -

Clamp

Top

Rake (not advised since losing this move can create a fast break situation for the opponent)

Face-offs - in pairs along line to make initial move only. Not a competition, just muscle memory to make initial move. One player should be working to practice a move at 100%, the other only offering resistance at 50%. This gives players the opportunity to see what they need to do to move the ball in various directions.

Clamps and Tops - Each player is lined up in a good technical face-off position. No opposition. Alternate Clamps and Over the Top moves on the whistle (Down, Set...), and speed clamps, chops until whistle is blow (5-10 seconds) to improve speed.

Many players win the draw, but then don't control the ball. These next drills combine a face-off move with groundball work under pressure in various situations;

Clamp between legs w/pressure from behind on whistle, player 1 clamps and pushes ball between legs while player 2 (not involved in face-off) pressures from behind (not 100% pressure)

Clamp with a punch pushing the ball forward - on whistle, player 1 clamps, punches and pushes ball forward, player 2 in lined up behind and pressures groundball from behind. Key here is player 1 need to scoop thru the ball and MOVE to create a fast break situation.

Push Drill - 2 players back-to-back. On the whistle, they have to push with their legs to gain position over the ball and win the face off.

Lining up for a face-off - we always want our other two Middies hip to hip with the other team. Right Mid needs to be moving to cut off the fast break, Left Mid in to pick-up loose ball.

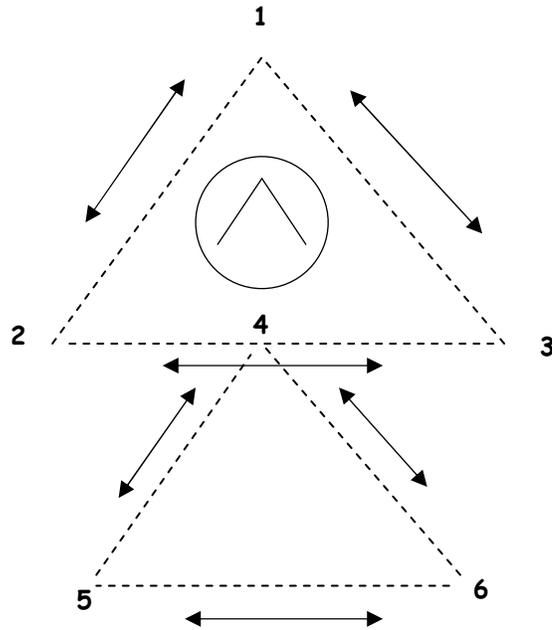
## **BOYS FIELD LACROSSE GLOSSARY**

1. **Attack** - *A lacrosse position that plays only in the offensive end.*
2. **Backup** - *An "off-ball" defender in position to support a teammate who is guarding an opponent with the ball.*
3. **Body Check** - *A deliberate bumping of an opponent from the front (above the knees and below the neck) when the opponent is in possession of or within five yards of the ball.*
4. **Box** - *A square retaining box on the offensive and defensive end of the field. The "10 second" rule applies to this box as well as a general "tightening" of the defense once the ball is brought into this zone.*
5. **Clamp** - *A face-off maneuver executed by quickly pushing the back of your stick over the top of the ball to gain possession.*
6. **Clear** - *Running or passing the ball from the defensive side of the field to the offensive half of the field*
7. **Cradle:** - *Running with the stick in either one or both hands in such a way that the ball is forced to stay in the pocket.*
8. **Crease** - *The circled off area where the goalie is stationed. No offensive player is allowed in the crease. (The crease is also loosely referred to as a position in front of the net where an offensive player is positioned).*
9. **Cutting** - *A movement by an offensive player without the ball, toward the goal, in anticipation of a pass and subsequent shot.*
10. **Dodge** - *A premeditated and calculated attempt to maneuver towards the net in an attempt to shoot or feed a teammate.*
11. **Fast Break** - *An odd man rush up the field that favors the attacking team. A high percentage play that should lead to a goal.*
12. **Feed** - *A quick, crisp pass to a teammate who is in either in position to score, or cutting into to score. (A feed is usually done to a teammate on the crease.)*
13. **GLE (Goal Line Extended)** - *the imaginary line running from each goal post out to the sideline.*
14. **Man/Ball** - *If two players and an opposing player are heading towards a loose ball, the player closest to the ball yells "man" and body checks the opposing player, while the second man scoops the ball for a possession.*

15. **Man-Up/Man-Down** - The term referring to a team having an advantage or disadvantage through penalty (power play / penalty kill).
16. **Mark Up!** - A call given by the goalie or defense to tell each defender to find his/her man and call out their number.
17. **Midfield** - A lacrosse position that requires a player to be both an offensive and defensive minded player. A "middie" needs to be the best conditioned athlete on the field because of this requirement.
18. **Middie Back** - If one of our defensemen crosses the midfield line, a midfielder must remain on the defensive side of the field to balance the field and remain "on sides".
19. **Pick** - An offensive maneuver in which one player attempts to block the path of a defender guarding another offensive player.
20. **Poke Check** - A stick check in which the player thrusts his stick like a pool cue at the opponent through the top hand by pushing with the bottom hand.
21. **Rake** - A face-off maneuver in which a player sweeps the ball to a particular area.
22. **Riding** - The act of preventing a team from clearing the ball.
23. **Scooping** - The act of picking up a ground ball.
24. **Slap Check** - A stick check in which a player snaps his wrists to thrust his stick across the opponent's stick, hands, or chest.
25. **Whip** - A condition in a player's stick in which the pocket "holds" the ball too long. This essentially causes the ball to throw low or inaccurate. This can be cured by loosening the throw strings or shortening the depth of the pocket.
26. **Wrap Check** - A one-handed check in which the defender drops his bottom hand off the stick and swings his stick around the opponent's body to dislodge the ball.
27. **"X"** - The position directly behind net. From "X" an attackman is able to "quarterback" the offense and see all angles for scoring

## OFFENSE

- 1:3:2 Motion Offense



## DEFENSE

"Great defense consists of 3 R's: read, react, and rotate."

- P. Carr