



Girls Lacrosse Program
U15 Practice Plan Supplement
2010

NALAX

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Field Terminology

Marked Areas:

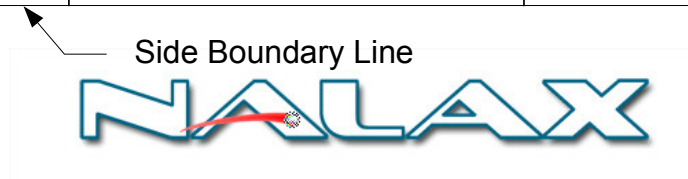
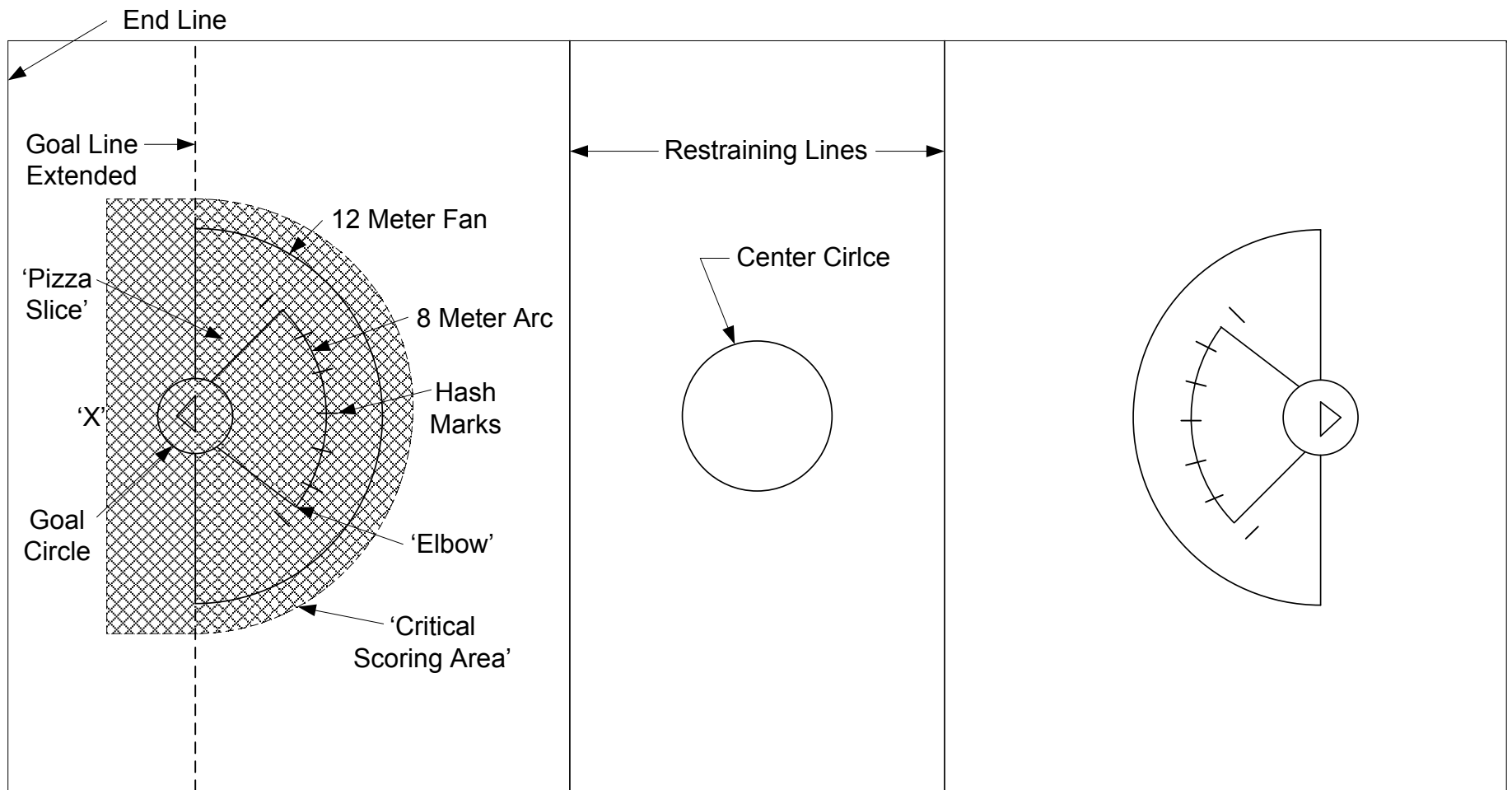
- 8 meter arc – penalty area for awarding free position shots for major fouls
- 12 meter fan – designated area for players penalized for a major foul inside the 8 m arc (4 meters behind the 8) and indirect free position
- Hash marks – 5 vertical strips along the 8 m arc and 2 outside
- Goal Line Extended – the imaginary line beginning from the goal line of the 12 m fan extended to the side boundary line
- Restraining lines – lines designating the offensive zone
- Center circle – no players are allowed inside except the center during the center draw
- Goal Circle/Crease – 8.5' radius circle surrounding goal providing protection for goal keeper
- Side and End boundaries – lines forming the field of play

Non-marked areas:

- 'Critical Scoring Area' – approximately 15 m in front of and to sides of goal and 9 m behind the goal line extended. No extra lines are marked on the field and is called in the judgment of the umpire
- 'Pizza Slice' – the area between the 45 degree line and goal line extended
- 'X' – the area directly behind the goal
- 'Elbow' – the corner of the 8 m arc at the 45 degree line



Field Terminology Diagram



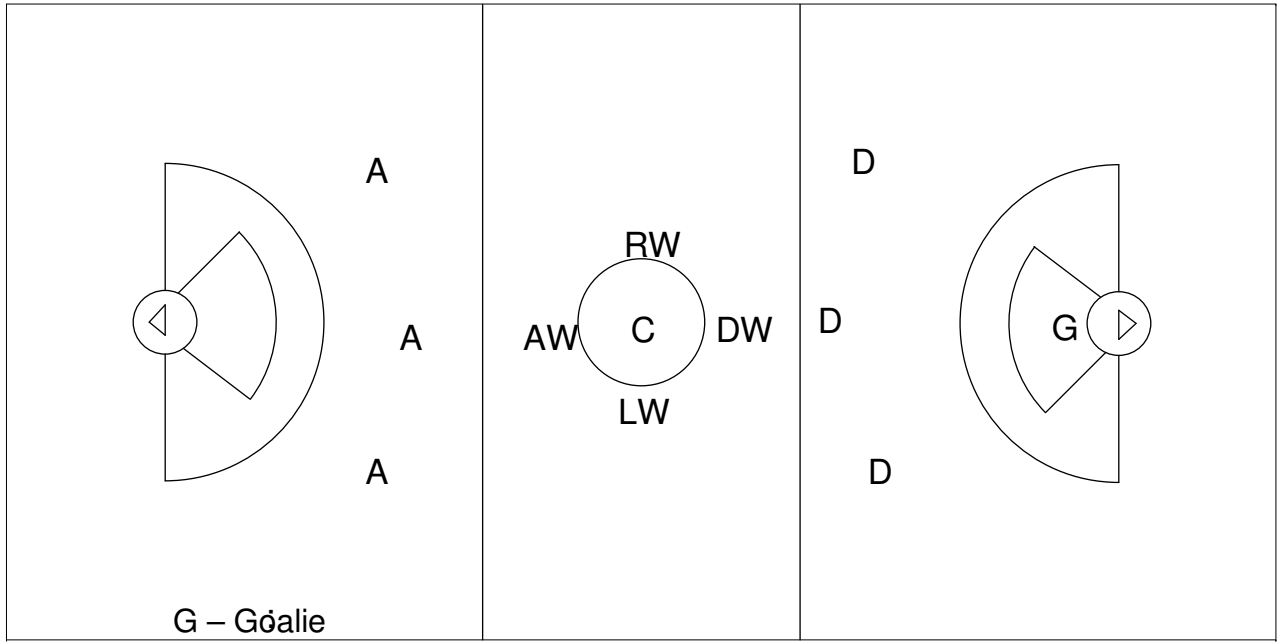
Player Positions U13 – U15

- Play 12 v 12 - 11 position players plus a goalie
 - 4 ‘attackers’ or ‘homes’ must remain on offensive side of restraining line closest to the goal they are defending
 - 3 inside and 1 (AW) outside of the restraining line on draws
 - Will setup as “High” and “Low” Attackers
 - 4 ‘defenders’ or ‘points’ must remain on defensive side of restraining line closest to the goal they are attacking (cover 2/3 of the field)
 - 3 inside and 1 (DW) outside of the restraining line on draws
 - Will setup as “High” and “Low” Defenders
 - 3 ‘midfielders’ or ‘middies’ play both offense and defense
 - Center, Left & Right Middies
 - 7 players must remain ‘onside’
 - No more than 7 players (plus goalie) are allowed inside the defensive end restraining line
 - 4 attackers/defenders + 3 middies (+ goalie)



Starting Positions U13 & U15

Attack must stay behind the restraining line on the center draw (except for AW)
 Attack can not cross the defensive restraining line during play unless another player stays back



Defense must stay behind the restraining line on the center draw (except for DW)
 Defense can not cross the offense restraining line during play unless another player stays back

7 offensive players
 Attack – 3 A + AW
 Middies – C, RW, LW

G – Góalie
 A – Attack (or Homes)
 AW – Attack Wing
 D – Defense (or Points)
 DW – Defense Wing
 Midfielders (or Middies):
 C - Center, LW - Left Wing, RW - Right Wing

7 defensive players
 Defenders - 3 D + DW
 Middies – C, RW, LW



Fundamentals - Skills

- Five key skills to learn and reinforce with drills
 1. Cradling
 2. Ground Balls
 3. Passing
 4. Catching
 5. Dodging
- Work on these skills every practice and you will improve immensely



Fundamentals - Cradling

- The most basic of all lacrosse skills requires soft hands gently rocking the ball in the stick ready to pass, shoot or dodge
- Place the shaft in your fingers, not the palm of your hand. Top hand does most of the work.
- Rotate the stick from ear to nose, back and forth
- Keep the stick vertical so you can pass or shoot quickly
- Advanced cradling
 - Switch hands and cradle both ways
 - Cradle one handed
 - Cradle in 'Ready' position with stick held more horizontally than vertically



Fundamentals - Ground Balls

- The ball is on the ground a lot so picking it up is very important to gain possession
- Bend the knees and get low
- Opposite foot even with the ball, head directly over the ball
- Move the front/top hand up the shaft close to the crosse
- Get the back hand low
- Scoop through the ball, push through with the back hand while pulling up with the front hand
- Cradle the ball on the way up, slide top hand down
- Be ready to pass, dodge or run



Fundamentals – Passing/Shooting

- Top hand 1/3 the way down the shaft
- Bottom hand at the end of shaft
- Step into the throw like a baseball pitch
- Look at the target and follow through
- Push/Pull motion
 - push with the top hand and pull with the bottom hand
- Can slide the top hand down the shaft on follow through, but not required
- Shooting – bottom hand in hip pocket for follow through and power



Fundamentals - Catching

- ‘Show for the ball’ -create a target with the stick open ready to receive the pass
- Eye on the ball watching it all the way into the crosse
- Give with the catch using 'soft hands' like catching an egg, bend knees to help
- Immediately cradle the ball after the catch to control it
- Be ready to pass, shoot, run or dodge



Fundamentals - Dodge

- 'Dodge' is a quick change of direction
 - Plant left foot to dodge right
 - Plant right foot to dodge left
 - Push off the 'plant' foot
- 'Pull Dodge' or 'Face Dodge' – best in open field
 - pull the stick across your body and lead with it in the direction you are going
 - protect the stick and ball by placing your body between the stick and defender
- 'Roll Dodge' – best when in tight to the defender
 - Place back to defender
 - Roll opposite the stick hand, switch hands if necessary
 - Can shoot or pass immediately after clearing defender
- 'Sword/Switch Dodge' – best on drive to net
 - Switch hands by sliding stick down to bottom hand (putting sword in scabbard) and lift up to opposite side of body



Basic Defensive Concepts

- Defense can only take away one thing - force the ball to the outside and dictate where the attacker goes
- Always double or triple team the ball carrier inside the 12 m
 - No attacker should be able to penetrate 2 or 3 defenders at one time
- Don't have to defend behind the goal unless the ball is on the ground or you want to pressure the ball
- Weak side will always have more than one mark and that is OK
- Stick is always on the ball side inside the 8 M
- Two hands on stick when marking the ball
- One hand on the stick when marking an attacker who does not have the ball
- Never substitute when on defense or in transition to defensive end
- 'Crash' call used for a drive to the goal.
 - Any defender or goalie can call Crash.
 - All Seven players defend the Crash call
- Be ready to move at top speed at all times. Never be flat footed
- 'Marking' or 'Mark up' is staying a stick's length away from the opponent you are guarding (redefined in 2010)
- Play defense inside out - from the top of the goal out to the restraining lines
 - In transition have your players sprint back to the 8 m and pick up their 'marks'



Individual Defense

- On ball defender body/stick position
 - Both hands on stick, stick extended vertically, top forearm extended stiffly (NO give)
 - ‘hip to hip’- stay on the goal-side hip side of ball carrier, shoulders square
 - Force the ball carrier to their weak hand – overplay or shade their strong hand
 - Stay between the ball carrier and the goal
 - Shuffle feet to move left and right and turn and sprint when ball carrier cuts to the goal
 - Cut-off their lane and angle the offensive player away from the goal
 - Do not back in to the goal – hold your ground
 - Do not attempt stick checks inside 8 m – extend arms, stick to stick, block a pass or shot
- Off ball defenders
 - Players adjacent to ball carrier and ready to double/triple team
 - ‘Flash’ immediately to the ball carrier, do not wait until the on-ball defender is beaten to react
 - One hand on stick and stick up and in the ball side passing and shooting lanes
 - Form a triangle to the ball carrier, the player you are defending and the goal
 - Head on a swivel watching the ball carrier and player you are marking

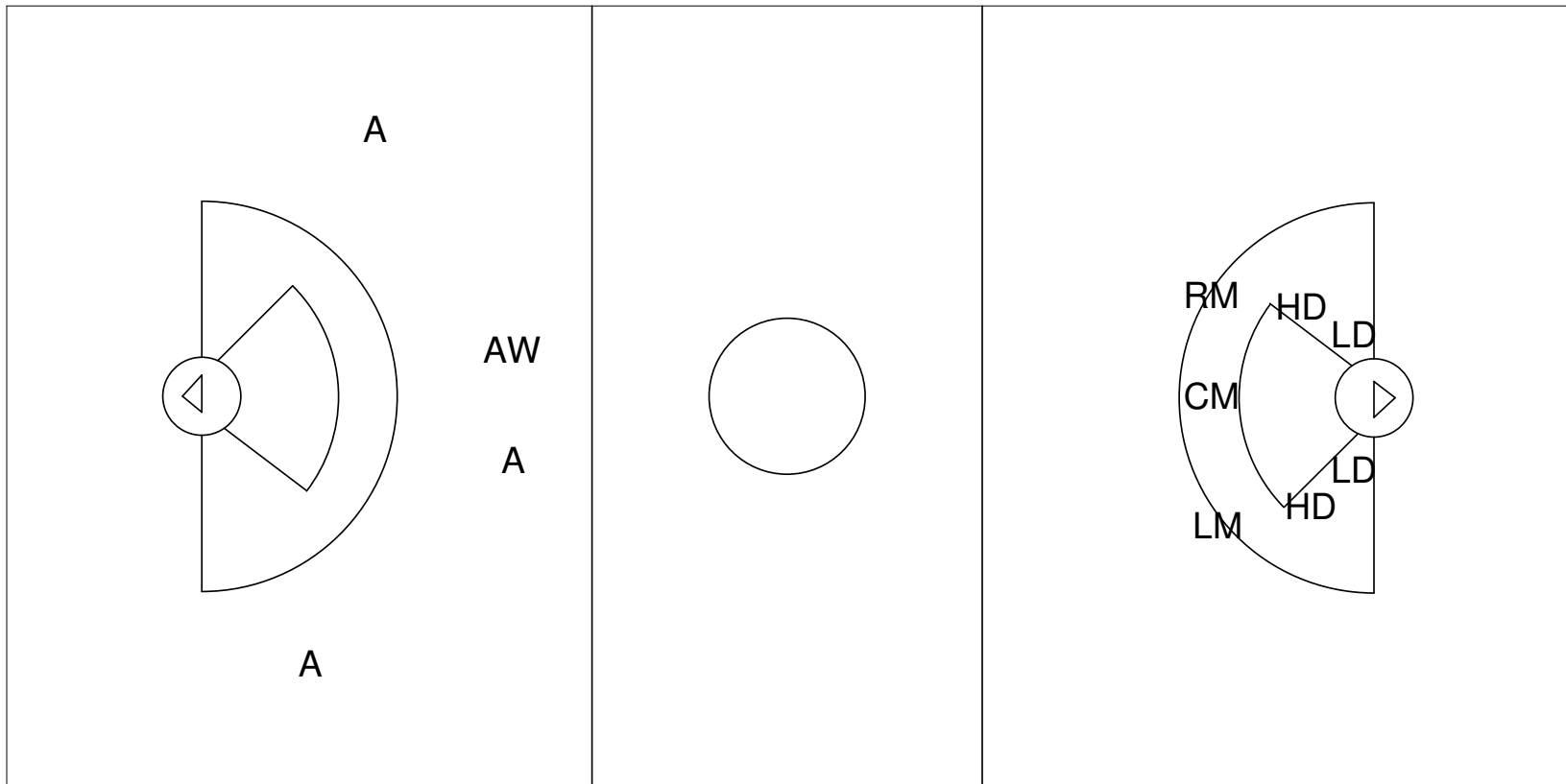


Team Defense

- '3:1' Team Defense concept – 3 defenders on 1 ball carrier
 - 1 On-Ball + 2 Off-Ball defenders defend ball carrier
- 'CRASH' call for all 7 defenders to defend player driving to the goal
- Do not 'overplay' ball carrier outside the 12 meter unless you have a mismatch or 50/50 ball
- 'Double Team' the ball carrier when the opportunity presents itself:
 - always inside the 12 m arc
 - on ground balls if you have the man advantage
 - near the sidelines where you can trap a ball carrier
 - most effective when ball carrier has their head turned and can not see the double coming
- Communicate – don't yell
 - On ball defender ball calls 'I've got ball'
 - Off ball defender calls 'I've got your left' or 'I've got your right'
 - Goalie calls out ball position and when to 'Hold' or when to 'Release'
 - CRASH call on drives to the goal, switches, open cutters and mismatches



Settled Defense



2 Low Defenders play the pizza slices and protect the front and sides and are responsible for players behind the goal

2 High Defenders set up in front of the net (outside 8m) and are the backups to LD and Middies

3 Middies set up between 8m & 12m

Form a series of triple teams where 3 players can defend as a group

Defend 1 with 3

'CRASH' call – all 7 defenders into the 8 m



Basic Offensive Concepts

- The game is about movement and passing, not 1 on 1 play
- Unsettled or Fast Break Offense:
 - Usually is in transition from defense to offense and the offense has a man advantage
 - Attackers spread out (square or triangle) and open up passing lanes to the ball carrier
 - Ball carrier should go to the goal and draw a defender. The player the defender was on should be open. Look to the crease attackers first. Create a passing lane and pass to the open player.
- Settled offense
 - The Attack forms a triangle or square around the cage, middies up top on 12m
 - Passer/Receiver are the 2 key players
 - At least one Attacker should always be behind the goal ready to back up shots, pass or drive to the goal
 - Middies balance the field and work the ball down to the attack
 - Rotate the field when the ball carrier goes to goal to re-balance the field
- Maintain possession
 - Do not force a pass to a player who is heavily guarded
 - Pull the ball back and regroup rather than force a bad pass or attempt to beat a double or triple team
 - Do not need to run the offense at a frantic pace – slow the pace down then make a quick burst
- Run with the ball, do not stand still and make it easy to defend



Offensive Play

- Spread out and pass the ball
 - The ball moves quicker in the air than on foot
- Passer and Receiver are the 2 key players
 - Passer should immediately cut to goal (give and go)
 - Receiver should go to goal if an open lane or look to cutter
 - Other players should clear out of the arc and pull their defender with them to avoid the double team on the ball
 - Other players 'Invert' or 'Exchange' their position with adjacent player to create movement away from the ball
- Cut to open space to receive a pass by making a V-Cut
 - Front door cut is to ball side with a 2 step v-cut
 - Back door or 'ponytail' cut is to off-ball or weak side
- Pass to the outside where there is less defensive pressure
- Youth Rule: An offensive player may not hold the ball for more than 3 seconds if 'marked' by a defender who is in good position and could make a legal stick check
 - The referee will begin counting
 - The ball carrier must reposition the stick away from the defender, or run, shoot or pass

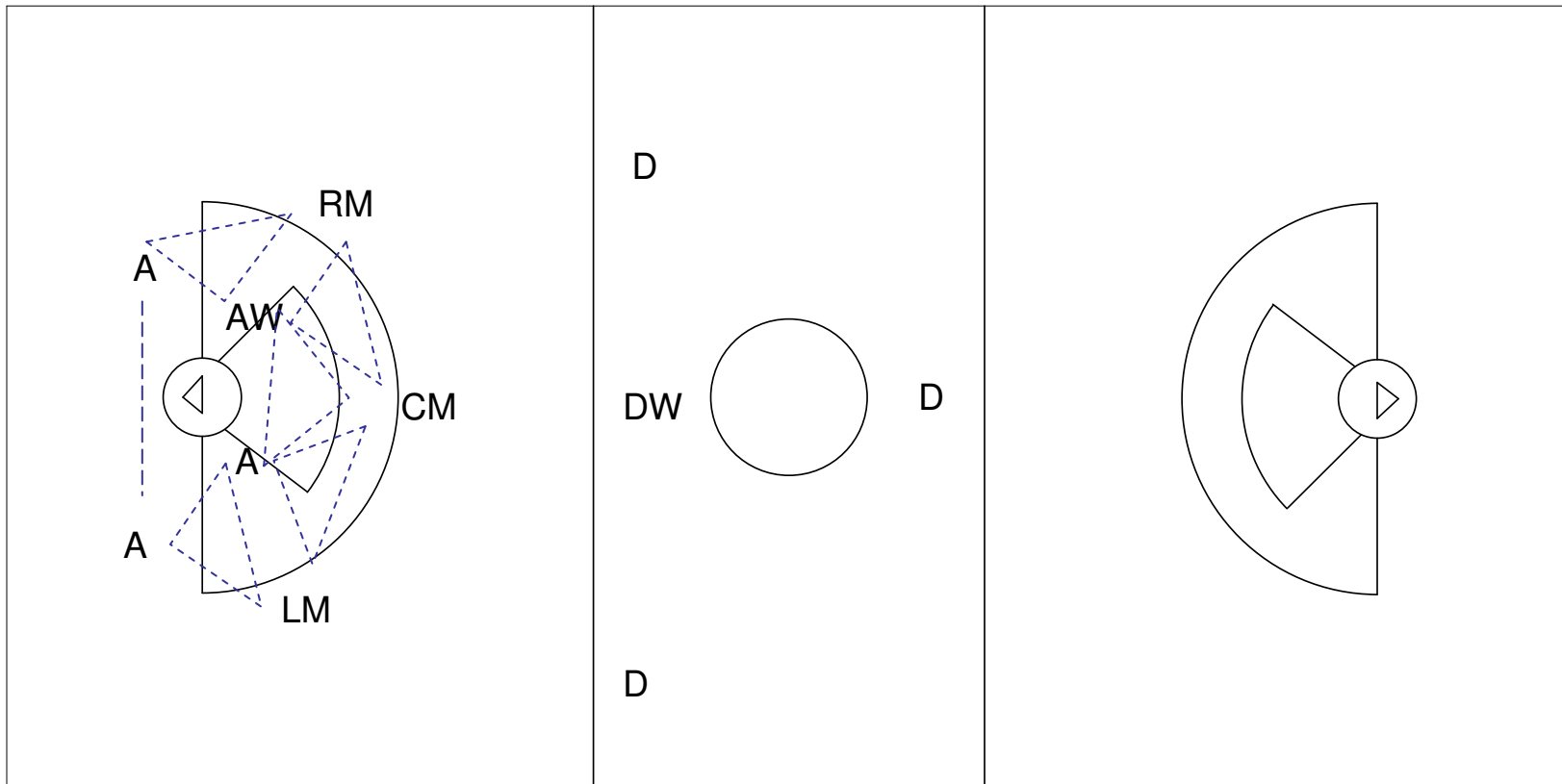


Motion Offense

- Settled offensive situation – possession of the ball and 7 players inside the restraining line with 3 pass completions
- 2 Players involved in the ‘play’ while 5 others ‘exchange’ places
 - Passer/ball carrier and receiver ‘give and go’
 - Option 1 – drive open lane to goal
 - Option 2 – passes to cutter (player who just passed them the ball)
 - Option 3 – passes to open team mate then cuts to goal (front side or back side cut)
 - Receiver should process 3 options in ~ 5 seconds
- Other players ‘exchange’ places with adjacent player drawing defenders away from the ‘play’



Motion Offense



2 Low Attack set up behind the net

2 High Attack set up in front of the net (outside 8m)

3 Middies set up on 12m

Form a series of 'triangles' where players can exchange positions

2 Players execute give and go

4 Attackers can rotate around the goal

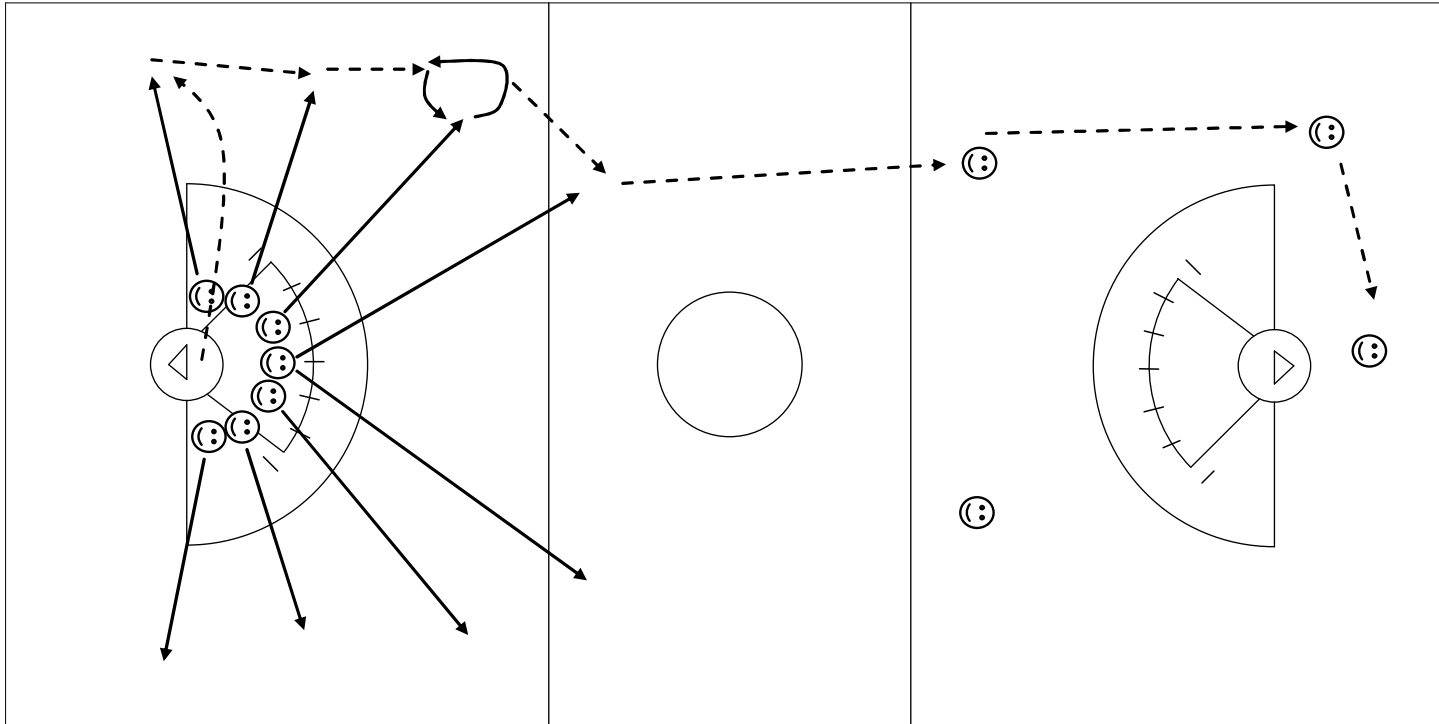


Clearing the Ball

- Clearing the ball is the movement of the ball out of the defensive zone through the midfield into the offensive zone
- The goalie yells 'Clear' after making a save or when the defense gets control of the ball
- The defense and mid fielders 'break out' of the defensive end of the field looking to move the ball up field
 - Defense to the sides, middies up the field to the sides
- The goalie has 10 seconds to pass the ball to a teammate from the crease or can leave the crease with the ball or can deputize the goal
- The first look is up the field to the middies on the side then to the defense on the side, but never straight up the middle unless its wide open
- Players should 'Show for the ball' and run back towards the pass, catch, then turn up field
- A defender can run the ball up the field to clear the ball, and can cross over the offensive restraining line if another player (usually a mid fielder) stays back on side
- Attackers 'invert' to create motion to and away from defenders



Clear



Players flare out from in front of goal. Goalie reads the ride and makes pass out of goal. Players cut back toward the goal and **'show for the ball'**. Receive pass then cut up field looking for the next pass.

Players in the mid field continue to run 'curl' patterns until ball comes up to them. Must time the curl for the passer

Center Draw

- Begins each game, after half time and after each goal is scored
 - Ball is given to a trailing team if behind by >4 goals
- To take a draw
 - 2 opposing players stand in center circle with one foot 'toeing the line'
 - Crosses at must be in the plane of the center line (new 2010)
 - Crosses face the goal you are defending (backwards)
 - Ball is placed between the crosses by the referee. Once placed, both players must remain motionless until the whistle is blown
 - When the whistle is blown, the two opponents draw their crosses up and away from each other and draw the ball over to teammate or themselves
 - The ball must go higher than the heads of the two players
 - Pursue the ball and get possession. Be prepared to play offense or defense.
- To increase leverage
 - Bend the knees and push up with the legs
 - Move top hand up the shaft just below the crosse
- Taller players are ideal since they can draw the ball to themselves



Goal Play

- Only the goalie is allowed in the goal crease unless deputizing (see below). A crease violation will be called if a player enters the crease
- Player's sticks may not enter the 'cylinder' from the goal crease extended up - mostly called on shooters follow-through
- The goalie has 10 seconds in the crease to 'clear' the ball after a save/possession
- The goalie can not leave and reenter the crease with the ball
- The goalie can 'rake' the ball back into the crease to control it if both feet are inside the crease and no offensive player is near the ball
 - If an offensive player is near the ball, then raking is a 'cover' and will result in a turn-over to the offensive team
- The goalie can grab the ball with their gloved hand and place it in the crosse
- 'Deputizing' the goal is an effective clearing strategy
 - the goalie places the ball in the crease behind the net and leaves the crease allowing a defender to go in the crease after the goalie has left it, and can pick up the ball and run it out

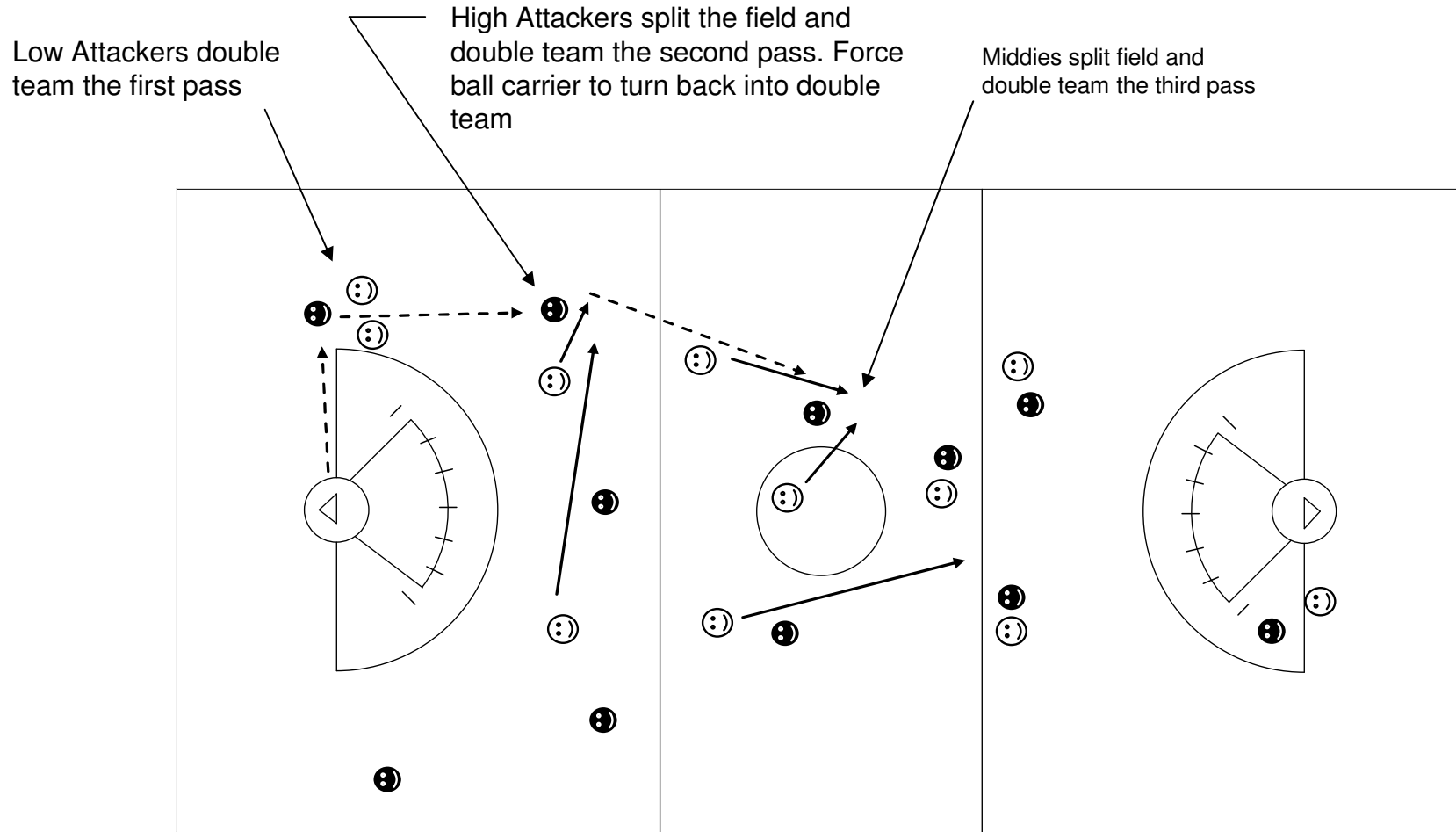


Riding the Ball

- 'Riding' is used to stop the other team's 'clear'
- Low Attackers must pressure the ball carrier/1st Pass
 - Double team the first defender to touch the ball
 - Do not allow one player to run the ball up the length of the field
- High Attackers split the field and double the 2nd pass
- Attackers join middies and pressure the ball carrier all the way to the restraining line
- Middies split the field and double the 3rd pass
- Defenders on Attackers at restraining line
- Sticks up and in the passing lanes
- Pressure the ball carrier trying to get back possession
- If a turnover occurs inside restraining line, players can shoot immediately on goal (do not need 3 passes)



Rides



2010 Rule Changes

- 2010 Rules Update Videos:
http://www.nalax.net/news_article/show/42508?referrer_id=135537-news
- Points of emphasis:
 - Cross Checking
 - Charging
 - Dangerous checks and slashes
- Redefined
 - Within a sticks length
 - Center draws – sticks in vertical plane of center line



Rules – 3 Passes

- MBGLL specific rule designed to encourage passing and prevent dominant players from taking over the game
- 3 passes are required before a shot can be taken. An incomplete pass will count if the recipient picks up the ground ball and retains possession
- The passes can be of any length to/from any player (including the goalie), backward or forward
- The referee will indicate the number of passes by holding up fingers or counting out loud
- After 3 passes, the offensive player can shoot on goal.
- If the offense loses possession but regains it while inside the restraining line, they can continue to shoot on goal having already made the 3 passes
- This should be a trivial requirement for U11 and above for experienced players
- DO NOT tell your players to go shoot after 3 passes – let the play develop and use the correct number of passes needed to create the scoring play



Rules - Shooting Space

- Rule designed for player's safety
- When Offensive player has possession of the ball inside the 8 meter arc and is able and ready to shoot:
 - Defender on the ball must position body to the side and not in front of the ball carrier/shooter
 - Other defenders must clear the lane between the shooter and the goal to provide 'shooting space'
 - Defenders can place their stick in the shooting lane to block the shot, but their bodies must be outside the shooting lane
 - Failure to provide shooting space is a free position foul with the shooter getting the ball at the top of the 8 meter arc with a free shot on the goal
- Tip: use a rope tied to the goal posts and around a shooters hips to help players visualize the shooting lane



Rules - 3 Seconds

- Rule designed to prevent defensive players from standing inside the 8 m arc when not guarding anyone (similar to basketball)
- When Offensive player has possession of the ball inside the 8 meter arc:
 - all defensive players must 'mark up' and be one stick length away from the player they are guarding inside the 8 m arc
 - They have 3 seconds to mark up or leave the arc or it is a penalty and a free position shoot is awarded
- Defensive players should be taught to leave the arc if they are not guarding anyone inside of it
- 3 seconds is a long time – most players should be able to enter and leave the 8 m in 3 seconds
- Tip: create a drill where the players have to run in and out of the arc < 3 seconds



Rules - Stick Checking (U15 only)

- 'Modified' stick check is
 - below shoulder height and directed away from the ball carrier's body
 - the check must hit the player's crosse (stick head), not the shaft, not the hand or any part of the body
 - The check must recoil and not follow through
 - The check may not be across the players body
- Best opportunities to stick check are
 - on ground balls when the player is picking up the ball
 - when a player has held their stick out horizontal
- DO NOT stick check inside 8 m
 - If foul occurs, you give a free position
 - Use proper stick position instead



Rules - Substitutions

- All players must substitute through the designated area next to the scorer's table, not from the bench
- You may not substitute during free position penalties
- You may substitute after a goal or out-of-bounds
- You should ask the umpire if OK to substitute during a stoppage in play
- You can substitute 'on the fly' during the game so be ready to go in at all times
 - You must wait for the other player to come off the field before you go on



Minor Fouls

- Minor fouls – similar to ‘technical fouls’ in men’s lacrosse possession and free position are awarded
 - Covering - placing crosse over the ball
 - Empty stick check – checking opponents stick when not in contact with the ball
 - Warding off – guarding the crosse with arm or free hand
 - Hand ball – touching the ball with hand (except for goalies)
 - Hand on crosse – using free hand to ball in crosse
 - Illegal Draw – too soon, no attempt to draw away, player moves after ‘ready’ ball is lower than heads of players
 - Illegal crosse – playing with stick out of specification
 - Illegal uniform – playing with uniform out of specification
 - Jewelry – playing with jewelry
 - Delay of game – failure to stand when whistle blows, failure to move 4 m away, failure to wear mouthpiece or eye protection



Major Fouls

Major Fouls are similar to 'personal fouls' in men's lacrosse and ball possession and free position are awarded

Major fouls committed by the defense inside 8 m arc result in a free position free shot on the goal

- Rough/dangerous check
- Check to the head (Mandatory Card)
- Slash (Mandatory Card)
- Holding
- Crosse in the sphere
- Illegal contact
- Illegal use of the crosse
- Hooking
- Reach across the body
- Illegal cradle
- Blocking
- Charging
- Pushing
- Misconduct
- Cross-check (new 2010)
- Shooting Space
- Three Seconds
- Illegal pick
- Tripping
- Detaining
- Forcing Through
- False Start
- Dangerous Propel (Mandatory Card)
- Dangerous Follow-Through
- Dangerous Shot
- Illegal Shot



Goal Circle Fouls

- No player may enter the goal crease except for the goalie or deputy (including sticks)
- Deputy may not remain in the goal crease
- Goalie and deputies may not possess ball in goal crease for longer than 10 seconds
- Goalie and deputies may not play the ball with gloved hand outside the goal crease
- Goalie and deputies may not step back into the goal crease when in possession of the ball

Team Fouls

- Offside – having more than 7 players inside the restraining line
- Illegal timeout – team requesting more than 2 timeouts or consecutive timeouts with no game time in between



Penalty Administration

- 'Free Position' is awarded for penalties
 - All players must stop and stand where they are when the whistle blows
 - No player is allowed within 4 meters (12 feet) of the player taking free position. The player who fouled is moved 4 meters behind the fouled player as instructed by the referee
 - On the whistle, the player taking free position can run, shoot or pass
 - A direct throw is awarded for penalties inside the 8 meter arc or for a major penalty
 - Players must clear the arc as directed by the referee
 - Player taking the shot is positioned at the closest hash mark on the 8 m arc and can shoot directly on the goal on the whistle
 - An indirect throw is awarded for penalties in the critical scoring area
 - The player awarded the free position is given the ball on the 12 m fan and the ball must be played by another player before it crosses the goal line
- Yellow cards are issued for 'out of control' sticks or body checks
 - Penalized player must leave the field for 3 minutes without substitution
 - Penalized team can keep 7 players 'inside' the restraining lines (unlike men's lax)
- Red cards are issued for unsportsmanlike conduct or 2 yellow cards
 - Penalized Player is ejected from the game

