

**fallston**  **lacrosse**

***Program Objectives &  
Practice Planner***



***"The Fallston Way"***

## ***Opening Statement***

The contents of this booklet are designed to develop fundamentals and philosophy to continue the tradition of Fallston Lacrosse.

Many of these fundamentals and philosophies are taken directly from Division 1 perennial powers, Princeton and the University of Virginia. We will cover the basics, and then continue through offensive and defensive philosophies that are thoroughly proven to be successful.

The keys to attaining the basics are to understand that lacrosse is a game of angles and percentages, as well as, proper fundamentals. We all want to see each boy go through the program, and maximize his potential by having fun, enjoying competition, and improving his skills.

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## ***Program Goals and Objectives***

The purpose of this practice planner is to provide guidelines for coaches within each age group. Following the weekly schedule that has been laid out, guarantees skill sets are introduced and covered in a manner which the Fallston Lacrosse program feels necessary to prepare the boys for the next level. The in-house league is primarily based on instruction, winning should be de-emphasized. Work hard, have fun, but please remember, winning isn't everything. Although we do keep score during the game, wins and losses are not tracked. During the season, the following skills should be addressed in each age group.

### **Clinic**

-  Basic knowledge of field (areas, rules, positioning)
-  Scoop and turn-away from pressure
-  Holding the stick properly, and cradling
-  Understand concept of catching and throwing
-  Have fun!

### **7 - 8 Year Olds**

-  Fundamentals defensive / offensive positioning
-  Improved proficiency with strong hand at catching and throwing
-  Begin concept of fast break / transition game, work ball through X-behind
-  Introduce concept of movement off ball and dodging with ball, unselfish play, pick for man
-  Begin to work on off-hand
-  Introduce offensive formations 1-4-1, 2-2-2, & 1-3-2
-  Have fun!

### **9 - 10 Year Olds**

-  Continue working off-hand
-  Automatic set-up on fast break and defensive slides
-  Introduce concept of team offense and defensive slides
-  Development of riding and clearing
-  Set-up Extra Man Offense & Man Down Defense
-  Have fun!

### **11-12 Year Olds**

-  Improved off-hand, should be able to make crossover for dodge, pass, and shot
-  Ability to execute offensive plays
-  Ability to understand and execute changes to offensive and defensive schemes
-  Ability to recognize the oppositions tactics and strategies
-  Ability to execute Extra Man offense and Man Down defense
-  Have fun!

### **13 - 15 Year Olds**

-  Be prepared to play at the next level.
-  Have fun!

## Coaching Style

### ➡ **Preliminary Concepts**

- \* Treat the game professionally
- \* Set goals and standards. Don't teach down. Youth players can handle challenges.
- \* Follow practice plans provided. Don't just wing it. Develop a routine.
- \* Keep it fun, but work hard. Work and fun are not mutually exclusive.
- \* Stress ball movement. Get everyone involved.
- \* Work consistently on the fundamentals. Even Princeton works on basic ball drills on Championship Day!
- \* Positive reinforcement will pay big dividends during the year.

### ➡ **Communication**

- \* Verbal and non-verbal
- \* Use all senses.....Visual, Verbal, and Feel.
- \* Comprehension increases after presented 3 times

### ➡ **Motivation**

- \* Physical - less work / water break
- \* Fun activities - privileges
- \* Social - praise, and a "pat" on the back

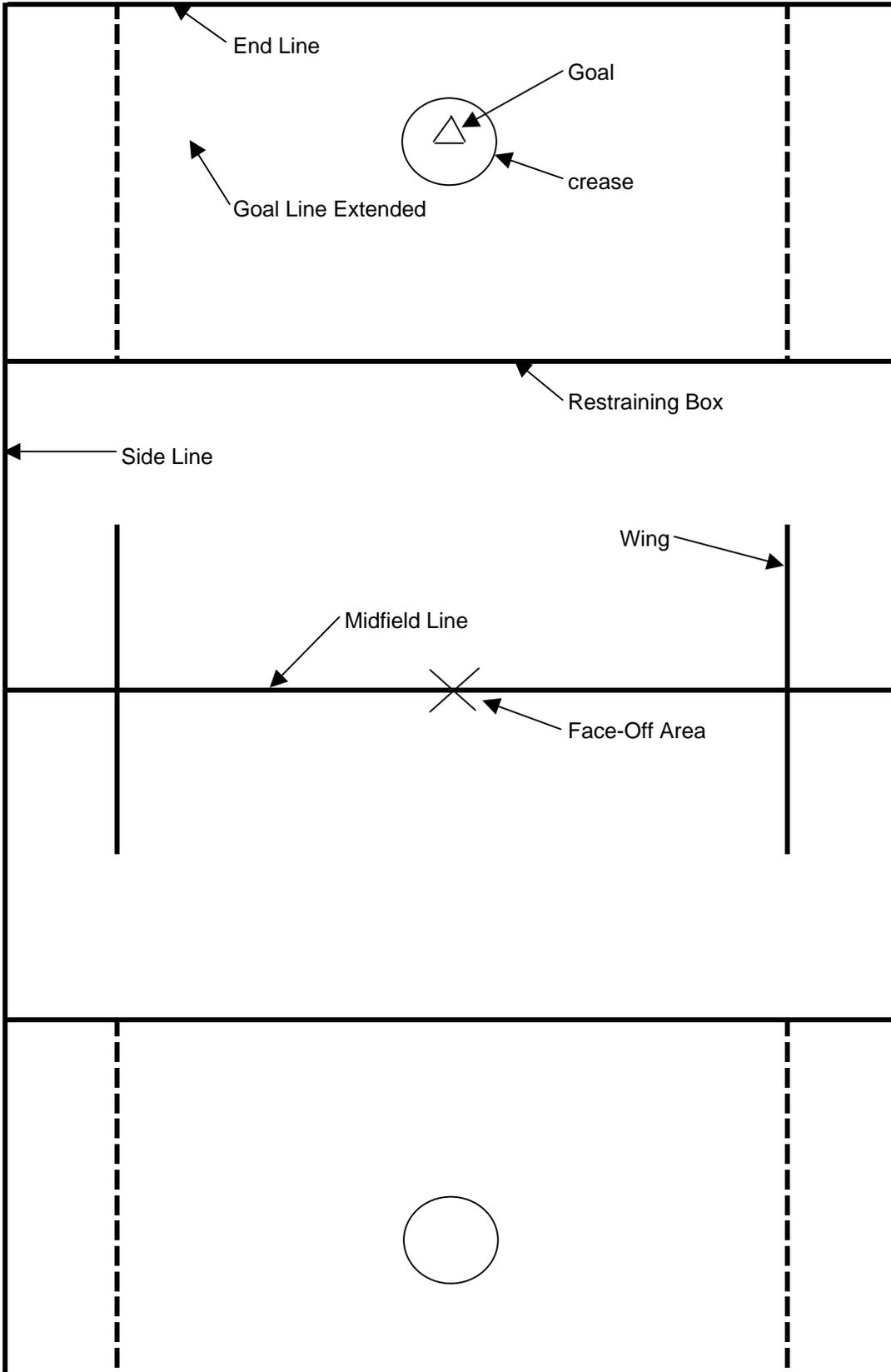
### ➡ **Teaching Methods**

- \* Part Method - break skills into steps. Teach each step in progression.
- \* Whole Method - teach skill in entirety. Used for basic skill.

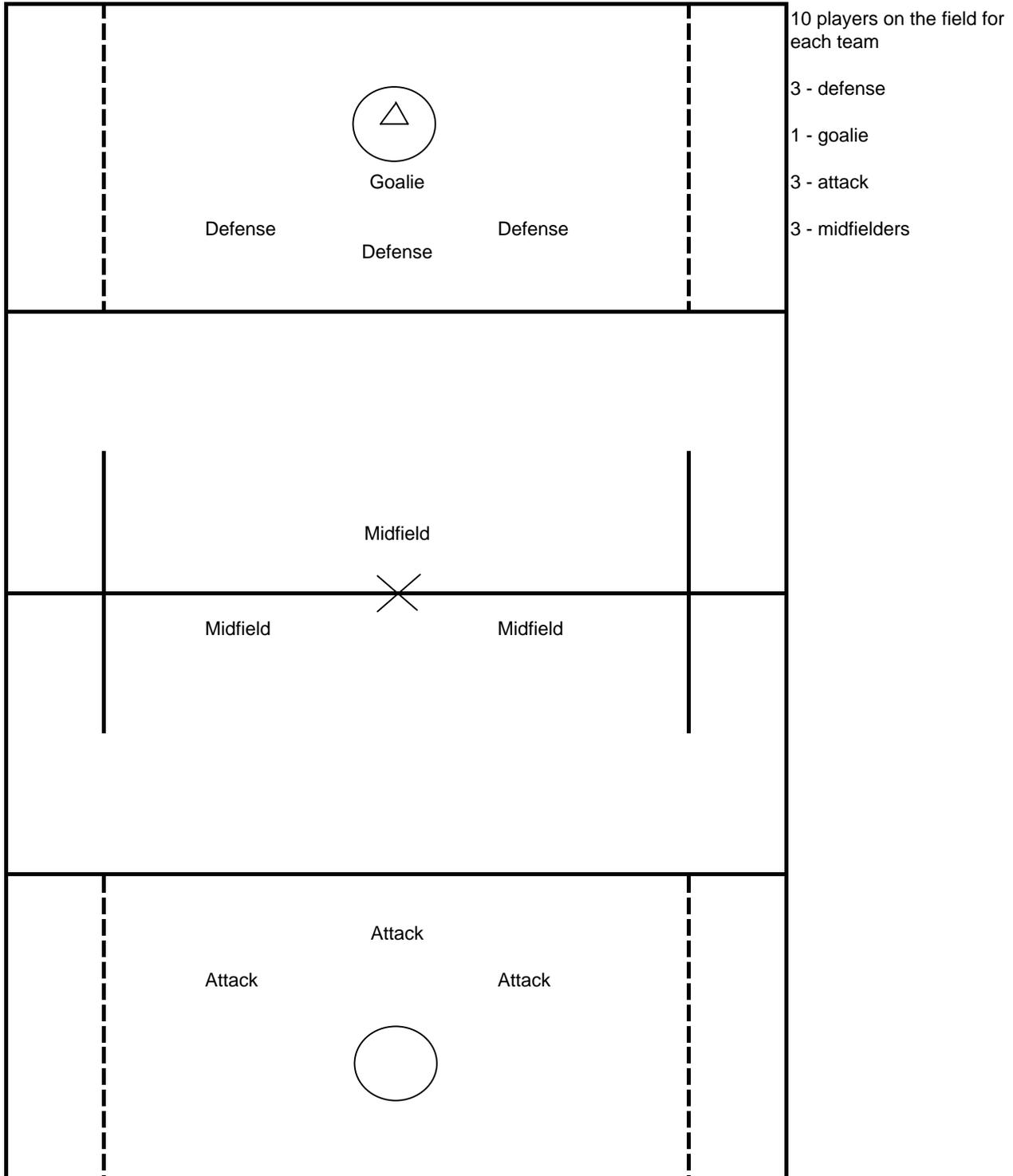
### ➡ **Drill Design**

- \* Drill needs exact component of skill
- \* Progression level
- \* Adapt drills to offense and defense you are using
- \* Create a fun game out of drill
- \* Design drill to simulate a game situation

# Field Lay-out



## Positions



10 players on the field for each team

3 - defense

1 - goalie

3 - attack

3 - midfielders

**Middies** - Work both ends of the field (offense & defense)

**Defense** - Works primarily on the defensive end of the field....can cross-over midfield line if midfielder stays back.

**Attack** - Works primarily on the offensive end of the field....can cross-over midfield line if midfielder stays back.

**Goalie** - Works primarily in the crease....can come out of crease....can also cross-over midfield line if midfielder stays back.

## Lax Terms and Definitions

<b>Alley</b>	sometimes referred to as a lane. This is the area running down field and to the outside of the crease area (see tab <i>Important Setups - Figure 4</i> )
<b>Weakside</b>	The area or spot on the opposite side of the crease from where the ball is. (see tab <i>Important Setups - Figure 3</i> )
<b>Backdoor</b>	Can be on the weakside or a backdoor cut, referring to an offensive player cutting behind the defensive player toward the goal.
<b>Screen</b>	Also referred to as a pick, whereby an offensive player will position himself in way so as to force the defensive player assigned to you to either run into the pick, or be forced to run around it. A screen can also be set in front of the goal area so as to distract the Goalie, or block his field of vision.
<b>Passing Lane</b>	The area between two players created to pass the ball without interference from an opponent.
<b>Slide</b>	An occurrence when a defensive player must leave his assigned man to help out a teammate who has been beaten. Should only occur in the defensive end of the field near the goal.
<b>X-Behind</b>	The point or spot directly behind the goal. (see tab <i>Important Setups - Figure 2</i> )
<b>Highside</b>	The position of a defensive players stick when playing defense. The stick should be on the highside of the opponents body, preventing them from shooting directly in front fo the goal. (see tab <i>Important Setups - Figure 4</i> )
<b>Triangle</b>	The area directly in front of the goal in our offensive end. This will be the area where the crease-attackman will make his cuts.
<b>Hole</b>	The area inside the restraining line on the defensive end. Players are expected to "get to the hole" and pick up their assigned man to prevent a fast-break goal. (see tab <i>Important Setups - Figure 1</i> )
<b>Transition</b>	An unsettled situation, sometimes referred to as fast-break where the offense has an advantage in numbers of players on the offensive end versus the defense.
<b>Sag</b>	Where defensive players are expected to play with some space between their assigned man when another opposing player has possession, so that they are in a position to help or slide if necessary.
<b>Hold</b>	Where defensive players are asked to stay with their assigned man, and no slide is required.
<b>Middie-down</b>	Where a midfielder is asked to position himself adjacent to the goalie in an effort to assist in a clear.
<b>Clear</b>	A situation when a team has made a defensive stop, and is attempting to maneuver the ball to the offensive end.
<b>Lock-on</b>	A situation where the players are expected to cover an assigned opponent closely in an effort to prevent that player from receiving the ball.
<b>Deny</b>	Same as lock-on, although it may be used mostly when we are attempting to prevent a certain player on the opposing team from getting the ball.

# Important Set-ups

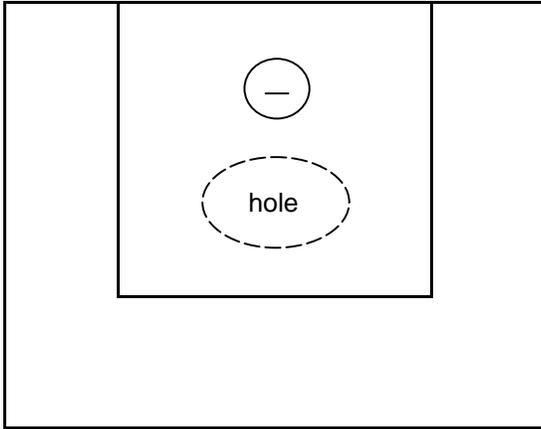


Figure 1

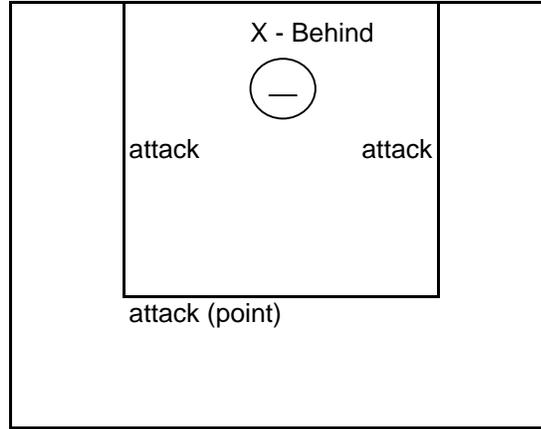


Figure 2

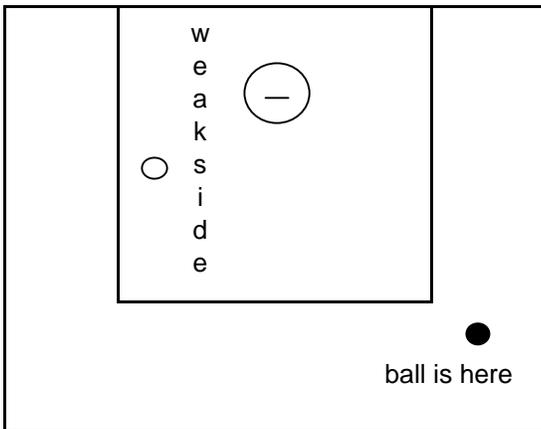


Figure 3

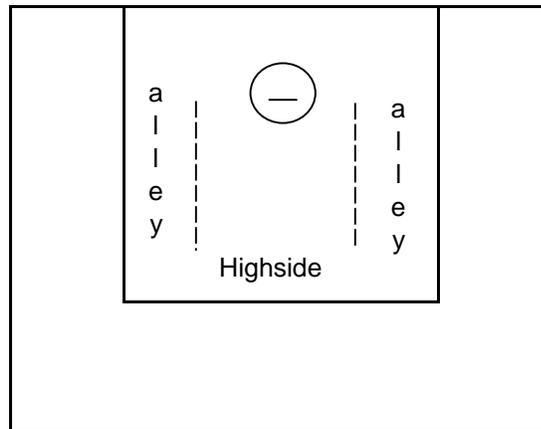
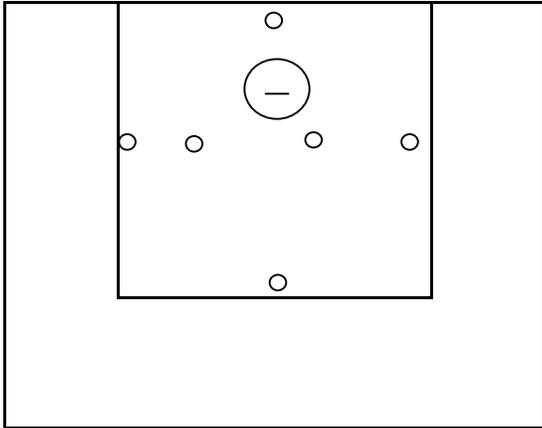
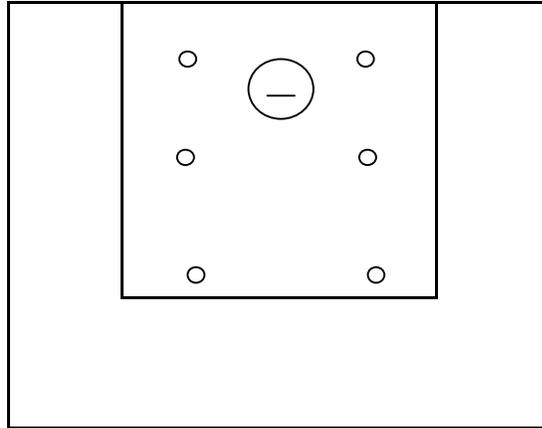


Figure 4

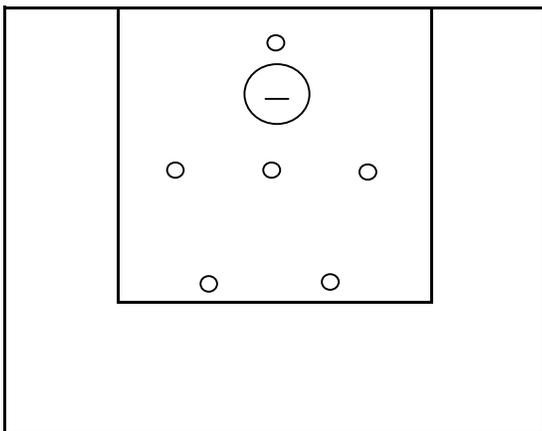
# Offensive Formations



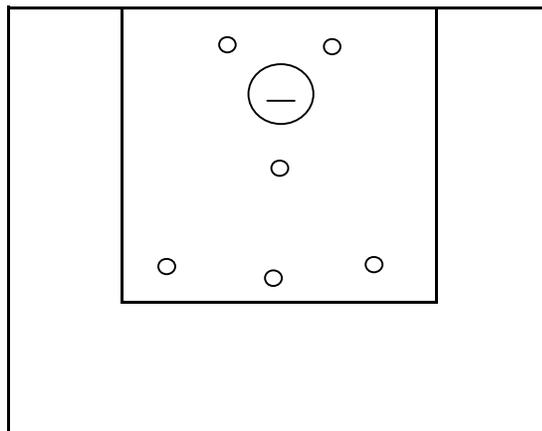
**1-4-1**



**2-2-2**



**1-3-2**



**2-1-3**

## Offensive Play

### ➡ Main Principles to Offense

- 1 From defensive end, get ball to midfielders as soon as possible.
- 2 Always pass the ball up the field in the defensive half. Transition opportunities can arise from simple clearing situations.
- 3 In the offensive half always draw a man before passing the ball.
- 4 When you don't have the ball, keep eye on ball, and look for open passing lanes to the ball and the goal.
- 5 Number one priority is possession of the ball. Don't make the gamble pass. BE PATIENT!
- 6 Don't crowd the crease. Keep the field balanced.
- 7 Push transition if you have clear numerical advantage, but if not, control the tempo with 6-8 passes. Give the defense a break.
- 8 Remind players to keep sticks and passes to the outside on the perimeter.
- 9 Move the ball through "X"
- 10 For every pick, there should be a re-pick.
- 11 Always have 3 things - back-up, outlet, and fast break cut-off.
- 12 Work to create a 2 on 1 situation.

### ➡ Keys by Position

- 1 Attackmen:
  - \* Need to read the situation and are responsible for conveying same to the midfielders.
  - \* Must make themselves available for all passes, and keep an open lane to the ball.
  - \* Must be in position to back up the goal off of shots.
- 2 Midfielders
  - \* Should always break out into open areas in the defensive end, using angle cuts.
  - \* Should always try to beat their men to the offensive end.
  - \* Should always pass the ball up field if possible, rather than running it in the defensive end.
  - \* In the offensive end keep the ball "HOT".
  - \* Choose open lanes to cut when ball is in the feeding position.
  - \* Be aware of who is the "trailer". Trailer must be the back-up to any bad pass, and be prepared to get back in "hole" on opponents fast break.
- 3 Defensemen:
  - \* Always move the ball to midfielder as soon as possible.
  - \* Always look up the field after receiving a pass.
- 4 Goalie
  - \* After a save look up to the midfielders right away for transition opportunity.
  - \* Always communicate where the open men are to defensemen, and midfielders.

### ➡ "All Even" or "Settled" Play

- 1 The key is maintain field balance, and spacing.
- 2 Players must work in unison to maintain balance, and avoid crowding or taking your defender toward your teammate who has the ball. Avoid the double team.
- 3 From dodges, work to create 2 on 1 opportunities.
- 4 Dodges should be set up at the corners, but should be prefaced with 6-8 passes, and at least one full rotation of the ball around the crease.
- 5 Encourage players without the ball to look for opportunities to cut to goal when defenseman turns to find the ball. If you see the back of the helmet, GO!!!!
- 6 Dodges should be limited to one strong move, and if not there, move the ball to an adjacent player.
- 7 When swinging or rotating the ball, keep it on the perimeter, with sticks to the outside.
- 8 Pass, and pick away. Every pick should get a re-pick, particularly on the crease.
- 9 Creaseman should always move to opposite side of ball.

**Remember: Back-up, Outlet, & Fast Break prevention!!!!!!**

## Defensive Play

### ⇒ Principles

1. Pro-Active vs. Re-Active - make the offense do what you want it to do.
2. Patience - do not be concerned with always stripping the ball.
3. Communication - Talk = Confidence !!!!

### ⇒ Individual - 1 on 1

1. Stance - athletic position - bent knees / weight on balls of feet.
2. Footwork - hip to hip / drop step / whip the stick
3. High side & Alley
4. Stick position - 1 on 1 / Crease
5. Checks - when/where/how
6. Length of Stick
7. Crease play - always between ball and man
8. Communication Starts Here - "I got ball"

### ⇒ Team 6 on 6

1. Positioning - Highside / Alleys / Crease / Off-ball / Pipe
2. Stick Positions - Passing alleys
3. Slides - adjacent / crease / when / where / how / commitment / comeback to crease
4. Off Ball - "Big Eye - Little Eye" / Split Vision / Weak Side Sag
5. Communication - "I got ball"  
"Got back right"  
"Got back left"  
"I am 1"  
"I am 2"
6. Picks Over/Under (Body/stick position)
7. Patience

### ⇒ Defensive Schemes

1. Match-up Man-to-Man
2. Pressure Man-to-Man - early slides / fake slides
3. Take Away Man-to-Man
4. Zone
5. Invert Zone

### Unsettled Situations

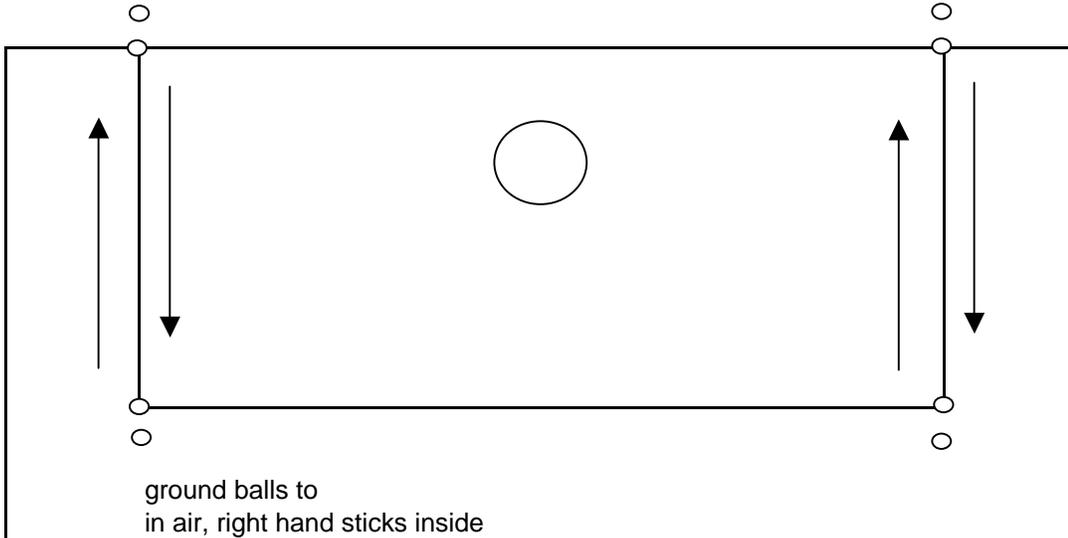
### ⇒ Principles - "Buying Time"

1. Get back into the "HOLE"
2. Pick-up inside out - communication
3. Set up Triangle - body position / stick position / communication
4. Slides - when / where / hold
5. Middies must hustle to get back into hole / inside out
6. Use call sign i.e. "FIRE"

## Line Drills

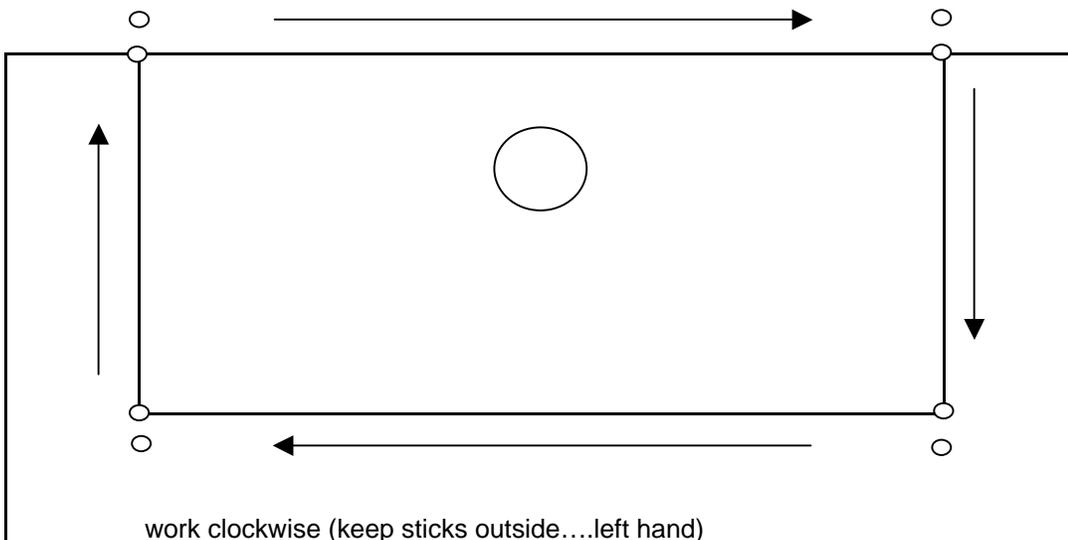
Objective is to warm-up team.....ultimate goal is to build stickwork through repetition.

**Straight ahead** - 4 lines....1 at top of restraining line, another at end line restrainer facing each other, other (2) lines mirrored on opposite side of field facing each other. See example:



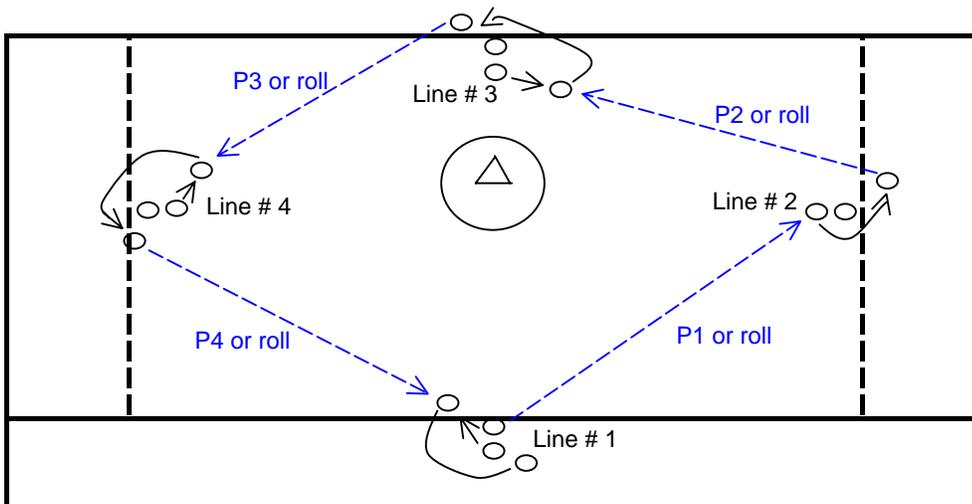
ground balls to  
 in air, right hand sticks inside  
 in air, right hand sticks outside  
 in air, left hand sticks inside  
 in air, left hand sticks outside  
 pop someone out.....  
 ground balls away  
 in air over the shoulder

**Box** - 4 lines....1 at top of each restraining line and 1 at each end line restrainer. See example:



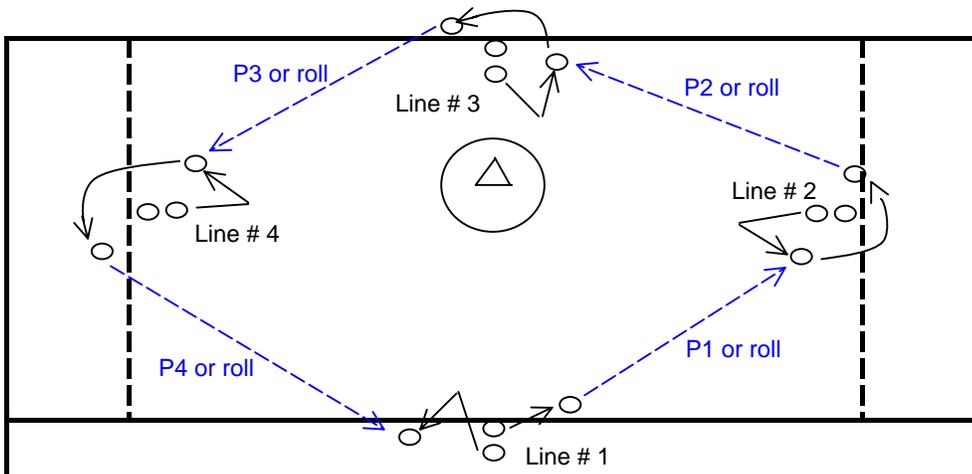
work clockwise (keep sticks outside....left hand)  
 ground balls (turn away)  
 in air (turn away and V-Cut)  
 work counter-clockwise (keep sticks outside.....right hand)  
 ground balls (turn away)  
 in air (turn away and V-Cut)

### 4 Corners Diamond - "Turn away"



Sketch A

### 4 Corners Diamond - "V-cut"



Sketch B

**Drill objective** - develops passing, catching, and ground ball skills.

**Set-up** - Players are divided into 4 equal lines. Each line should have a couple of balls. Next player in line is "back-up" person for errant ball.

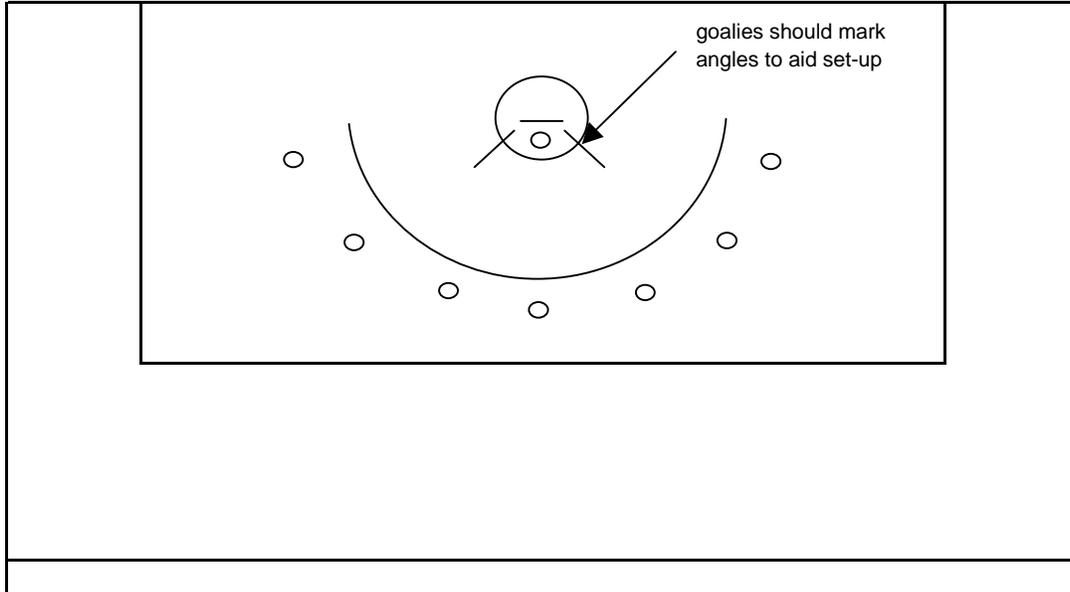
**Description "Sketch A"** - Line # 1 passes or rolls ball to line # 2 who is breaking towards line # 1. Line # 2 catches or scoops ball and "Turns Away" from pressure and carries around the outside of his line. At this time line # 3 is breaking toward line # 2, and receives pass or rolled ball from line # 2 player. Line # 3 player then proceeds to "turn away" from pressure and carries around his line. Line # 4 is now breaking toward line # 3. Line # 4 player receives pass or ground ball from line # 3, then "turns away" from pressure. Drill continues for allotted time. Players should rotate to the line they pass or rolled ball to.

**Description "Sketch B"** - Drill is identical to drill "A" with the exception that line receiving pass or ground ball should now "V" cut before receiving pass.

**Tips** - drill should be done practicing ground balls and passing. Add additional balls to speed drill up.

## Goalie Warm-up

THIS IS NOT YOUR SHOOTING DRILL.....the purpose is to warm-up goalie, help build his confidence through repetition. Start by working on an arc (see example)

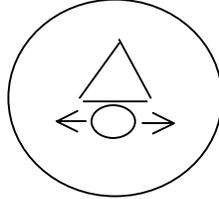


in the air (high), stick side, working arc right to left  
 in the air (high), stick side, working arc left to right  
 in the air (high), off-side, working arc right to left  
 in the air (high), off-side, working arc left to right  
 in the air (hip), stick side, working arc right to left  
 in the air (hip), stick side, working arc left to right  
 in the air (hip), off-side, working arc right to left  
 in the air (hip), off-side, working arc left to right  
 working arc right to left, bounce shots (high)  
 working arc left to right, bounce shots (high)  
 working arc right to left, bounce shots (low)  
 working arc left to right, bounce shots (low)  
 working arc right to left - mixture bounce and air  
 working arc left to right - mixture bounce and air  
 back-up.....bring heat - in air  
 back-up.....work long outlet passes

*Things to look for.....*

- Body position
- Stick position
- Step to the ball
- Angle marks
- Hug the pipe
- Outlet passing
- Communication, be vocal.....make calls. Ex. ball right-top

## Rapid Fire drill

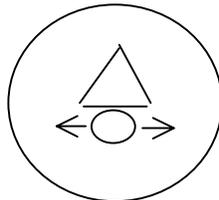


**Drill objective** - helps develop goalie footwork, positioning, and other basic goalie skills.

**Set-up** - Goalie and (2) coaches working as feeders and shooters.

**Description** - (2) Coaches work together, feeding and shooting to force goalie to switch sides quickly, while maintain good goalie position.

## Handball drill



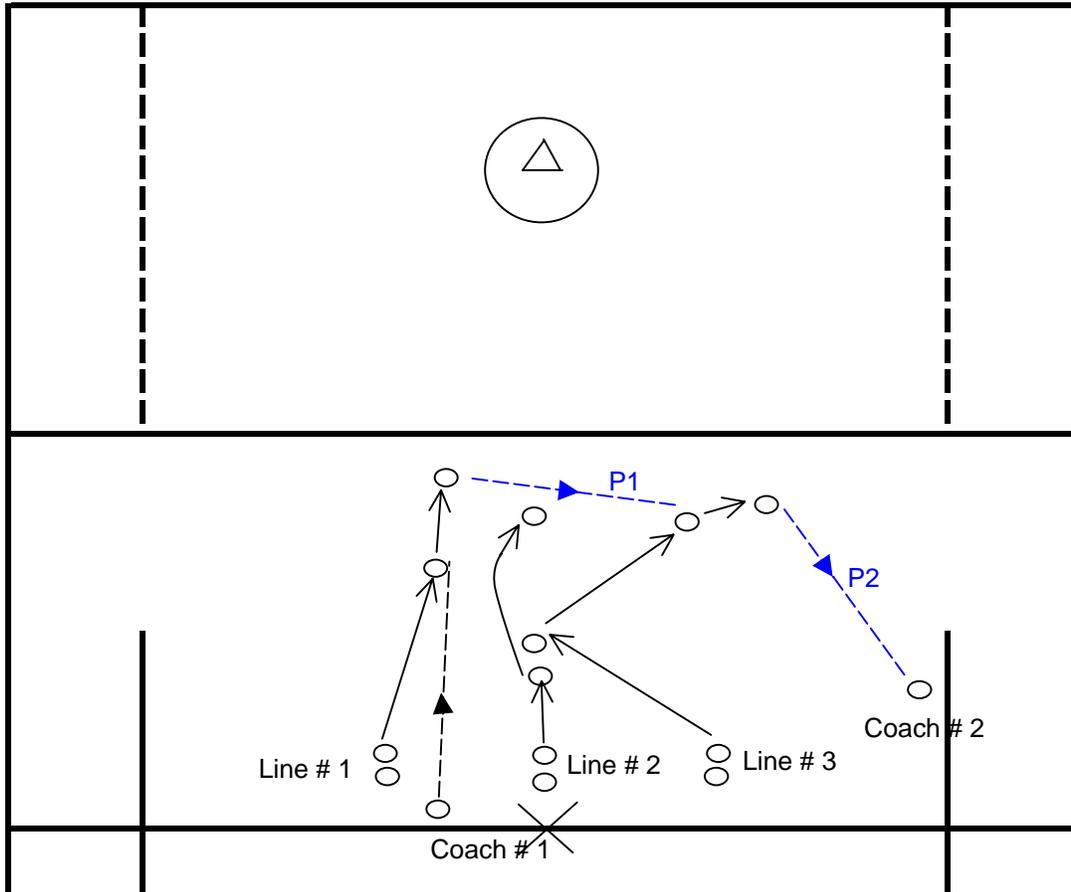
**Drill objective** - develops hand and eye coordination as well as proper stepping.

**Set-up** - Although drill works on grass, it's best to perform this drill on a gym floor or pavement. (1) coach, goalie and rubber ball required.

**Description** - Goalie sets up in his proper positioning. Coach alternates throws, attempting bounces to left and right sides of goalie. If to the left, goalie should step with left foot, leading with hands catches ball and throws back to coach.

**Tips** - Coach should stress goalies to step with proper foot, and move body to have chest in front of ball on the catch.

## 2 on 1 drill



**Drill objective** - develops individual and team ground ball skills.

**Set-up** - Can be set-up anywhere. Team separates into three equal lines.....each a couple yards apart. One coach should set-up behind group with a pile of balls, second coach stationed on either side of the three lines.

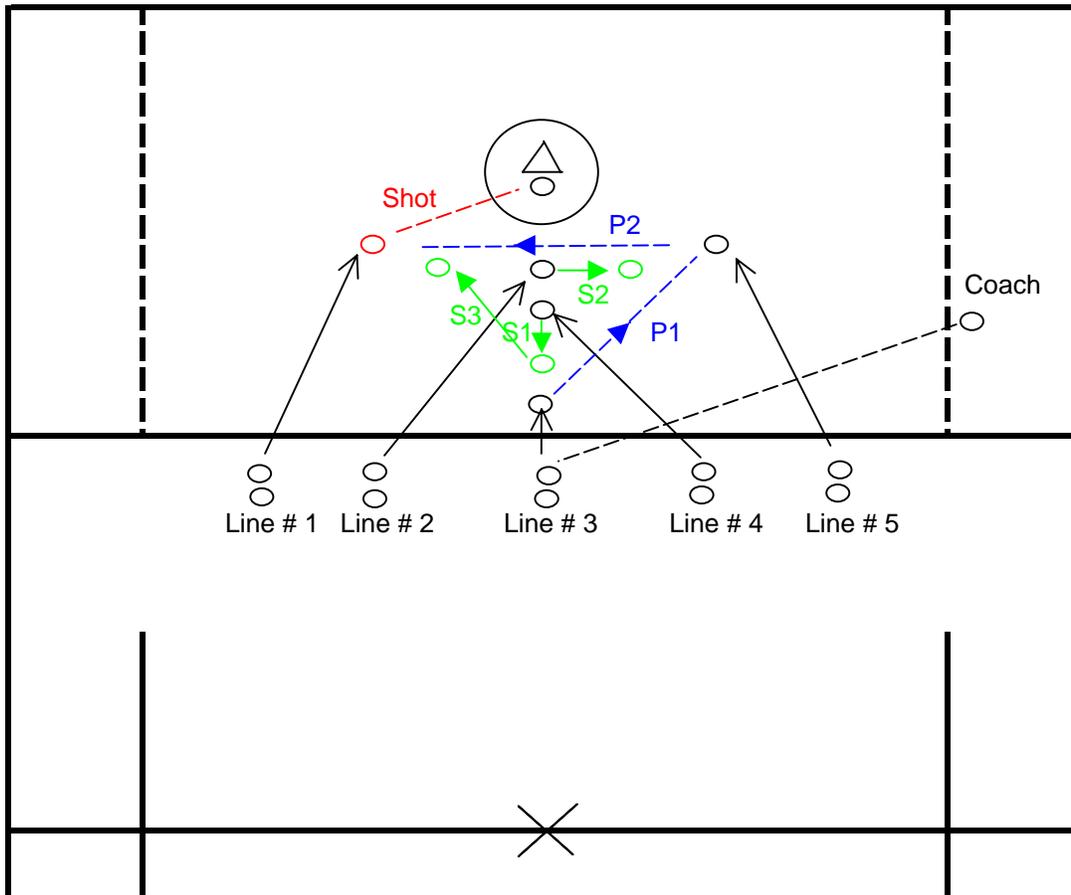
**Description** - Coach # 1 throws or rolls out a ball. All three lines go out toward ball, lines # 1 and # 3 work together against line # 2. If line # 1 is closest to the ball he should go after ball, working as his teammate line # 3 should block line # 2 by getting in front of him calling "man". Line # 1 at the ball by now, has called "ball", then scoops and protects ball, then calls "release". Upon hearing release, line # 3 breaks up the field to receive pass from line # 1. Line # 2 becomes a defender, and chases man with ball keeping himself in the passing lane between lines # 1 & # 2. Line # 1 passes to # 2, then line # 2 must complete a pass to Coach # 2.

If line # 2 wins possession of ball, lines # 1 and # 3 must defend him from completing a pass back to coach # 2. After drill is over, players exit to the outside of drill and coach # 1 rolls or throws another ball for the drill to begin again. **Option** - Coach # 2 can add an additional pass back to player who passed him the ball, then that player will pass ball back to coach again, meanwhile defender is still trying to prevent additional passes.

**Option** - Add additional catch and pass. When coach catches pass, coach can throw pass back to player that passed to him, then player passes back to coach.

**Tips** - Players should always be moving.....never scoop and stop or never catch and turn to throw.

### 3 on 2 drill

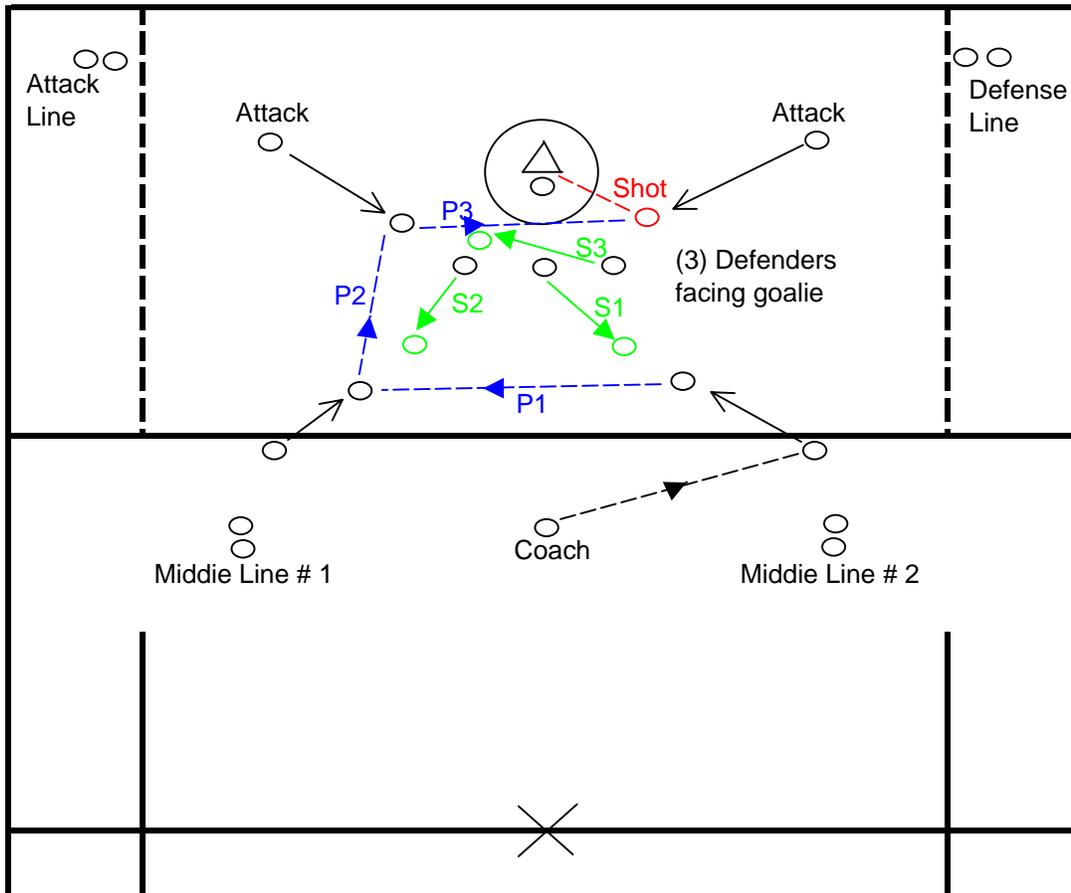


**Drill objective** - offense moves the ball to create a 2 on 1 situation against a defender and get an easy one on one shot opportunity against the goalie.

**Set-up** - 5 lines at top of restraining line....goalie in the cage. Lines # 1, # 3, & # 5 are designated as the offensive lines. Lines # 2 and # 4 are designated defensive lines. Coach can set-up any where on the field with a pile of balls.

**Description** - Coach blows whistle....defensive lines # 2 and # 4 release and set-up in a "I" formation just in front of the crease area. Coach throws or rolls out a ball to one of the (3) designated offensive lines, the offense then sets up and in triangle. The offense should draw a defender and quickly move the ball to another offensive player. Defense should use their "man" and "got your back" calls to let each other know their position.....the defense is a man down, they MUST move quickly while keeping their sticks up in the passing lanes.

## 4 on 3 drill



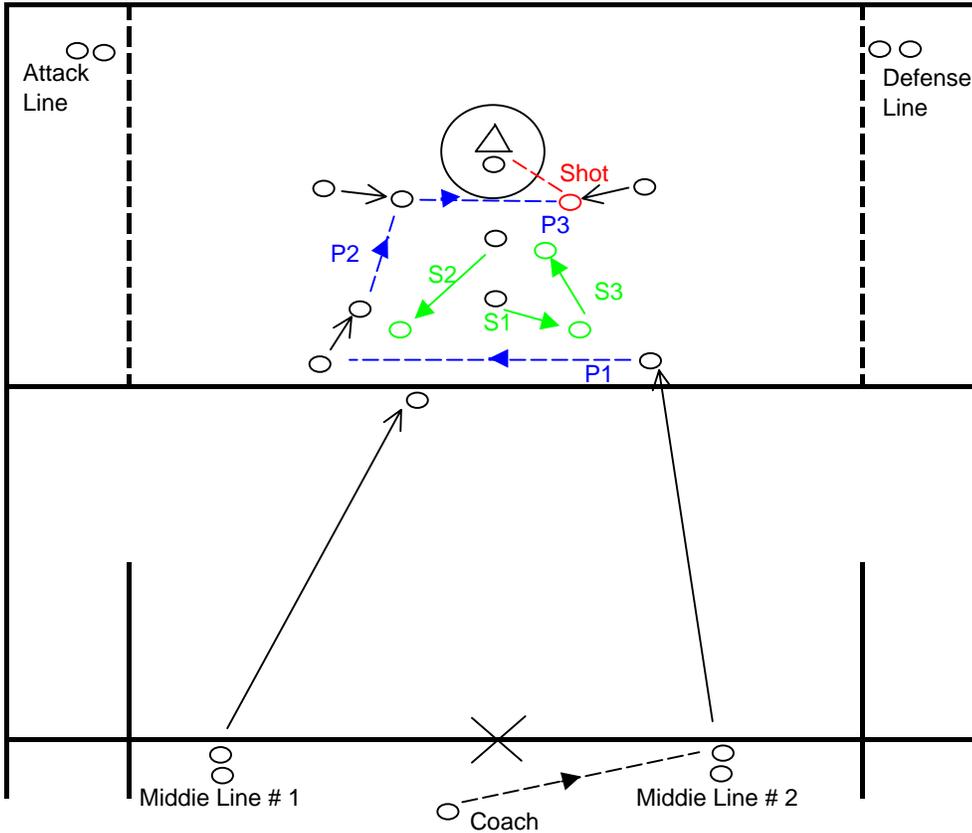
**Drill objective** - Offense quickly moves the ball to create a 2 on 1 situation against a defender and get an easy one on one shot opportunity against the goalie.

**Set-up** - (2) Lines of middies out top, (1) line of attack, (1) line of defense, & goalie in the cage. A guy from both middle lines steps in, and two guys from the attack line set-up at goal line extended on both sides of the cage. Three defenders step in side-by-side facing goalie. Coach can set-up anywhere on field with a pile of balls.

**Description** - Drill begins with players in positions described above. Coach should roll or pass ball to any line. Goalie shouts ball position, at this time the (3) defenders must turn & locate the ball, and slide accordingly. (defensive players should call out "ball" and "got your back") Offensive players should draw a defender, then move the ball trying to create a two on one situation. Drill ends with a save and clear, loose ball clear, or time limit.....Rotate players (have middies switch lines out top, have left attack slide to right and right attack out, one defender rotate out, others rotate one position over)

**Tips** - Make drill fun.....near the end of drill start keeping track of offensive and defensive wins. 1st to five challenge can become very competitive!

### 4 on 3 fast break drill



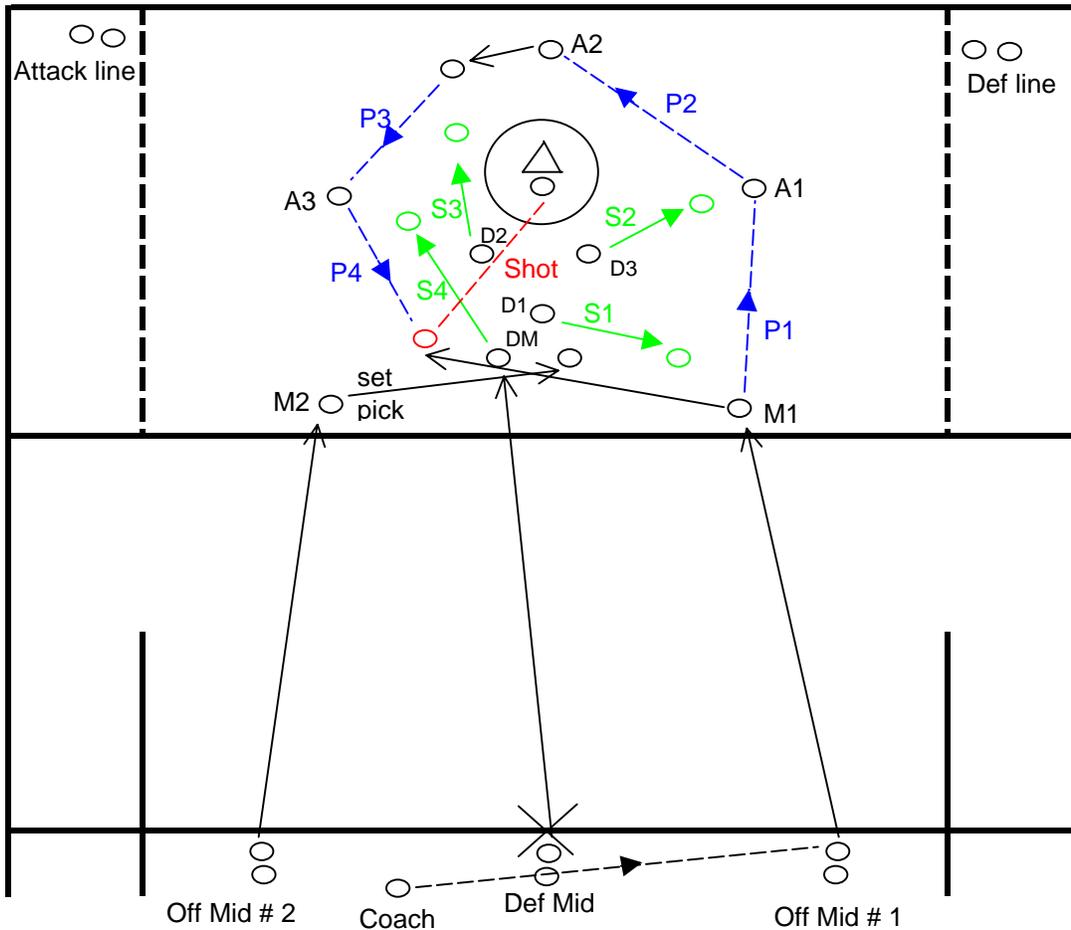
**Drill objective** - Classic fastbreak.....offense quickly moves the ball to create a 2 on 1 situation against a defender and get an easy one on one shot opportunity against the goalie.

**Set-up** - (3) attackmen set-up in "L" formation, (2) defensemen set-up in "I" formation, (2) separate midfielder lines at the midfield line, and goalie and the cage. Extra attack and defenders work into the drill from the sides. Coach should set-up toward sideline between midfield and restraining lines with a pile of balls.

**Description** - Coach passes or rolls ball to either middle lines # 1 or # 2. (note: vary lines so point position will change) Middie brings ball down field, once defender has committed to slide toward ball, middie should pass to point attackman. Once pass is made, the other middle line is released.....this man is now a defender, he must hustle to the "hole" and pick-up from the inside-out As the point attackman's defender slides toward him, point man should pass to next open man whether it be the same man the ball just came from or the adjacent attackman stepping up from goal line extended. If passed to attackman from goal line extended, this attackman must choose to shot, or if he has drawn the sliding defender he can pass across the front of the goal where there should be a wide open attackman waiting a lay-up shot. Defenders should sag in tight, sliding when necessary, forcing the offense to pass, create a turnover, attempt to slow the fastbreak. Goalie needs to talk to his defenders.....shouting ball location, and using hot term to let defenders know when shot is about to be released.

**Tips** - Make drill fun.....near the end of drill start keeping track of offensive and defensive wins. 1st to five challenge can become very competitive! If fastbreak breaks down offense should work the ball through "X" and either slow the ball down to maintain possession, or bring ball around crease toward goal line extended, and look for pass to offside cutting midfielder.

## 5 on 4 drill



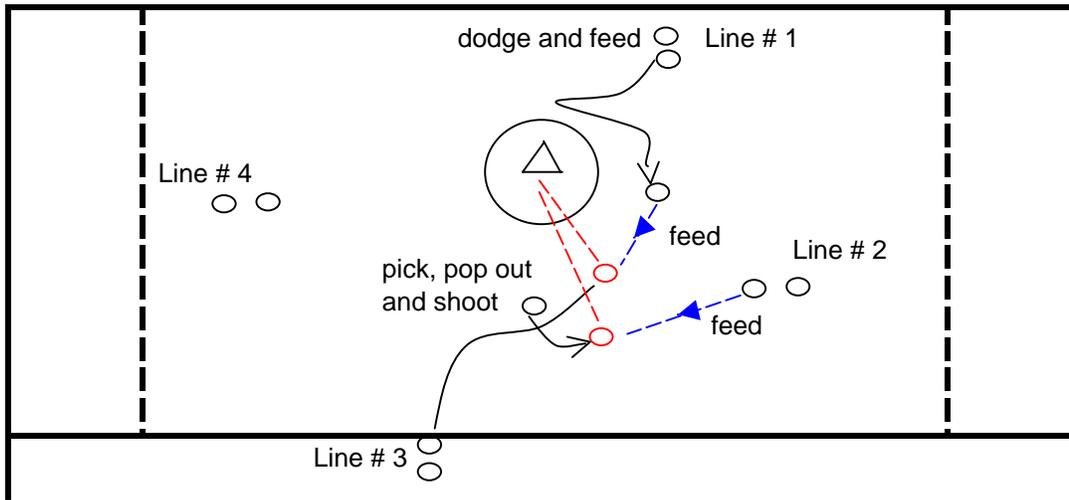
**Drill objective** - Through repetition, enforces philosophy of moving the ball through "X".

**Set-up** - (2) offensive middle lines and (1) defensive middle line at midfield. (3) long pole defenders set-up in front of crease in triangle. (2) attackmen set-up at opposite ends of goal line extended and (1) attackman at "X". Coach set-up anywhere with a pile of balls.

**Description** - Coach throws or rolls out a ball to one of the (2) offensive middle lines. Slow break has begun, M1 carries ball down field drawing long pole defender, M1 passes to A1, as D3 slides to cover, A1 passes ball to A2 who is at "X", A2 carries until D2 slides, A2 passes ball to A3. At this time defensive middle coming from top slides to cover A3, as this happens M2 sets a pick on M1's defender. M1 cuts off pick, receives pass from A3 for a clear shot on goal. If passing scenerio described above doesn't present itself, offense should attempt to work the ball around.

**Tips** - Make drill fun.....near the end of drill start keeping track of offensive and defensive wins. 1st to five challenge can become very competitive!

## Shooting - "Feed Behind and Pop Out"



**Drill objective** - develops feeding and shooting on the run.

**Set-up** - (4) lines, players should rotate clockwise. Lines # 1 and # 2 both should have plenty of balls, line # 3 is a cutter and shooting line, line # 4 sets pick then "pops out" for catch and shot.

**Description** - Line # 1 dodges from behind (full speed) while line # 4 sets pick, line # 3 cuts off pick brushing shoulder of player setting pick. Line # 1 player working off dodge feeds line # 3, player from line # 3 shoots. Player from line # 4 "pops out" after cutter passes, line # 2 feeds player popping out from line # 4, player from line # 4 catches and shoots.

### Shooting Fundamentals and Concepts to Remember

#### Catching

- \* Catch ball behind ear
- \* Protect stick, body position
- \* Move to ball

#### Hands

- \* Change position as spot on field changes
- \* Protect stick, avoid check
- \* Increase lever, more power
- \* Make goalie move first

#### How to Shoot

- \* Shoot to area, "SEE NET"
- \* Shoot overhand
- \* Have a good angle
- \* Shoot to score
- \* Change plane, hi/lo or lo/hi

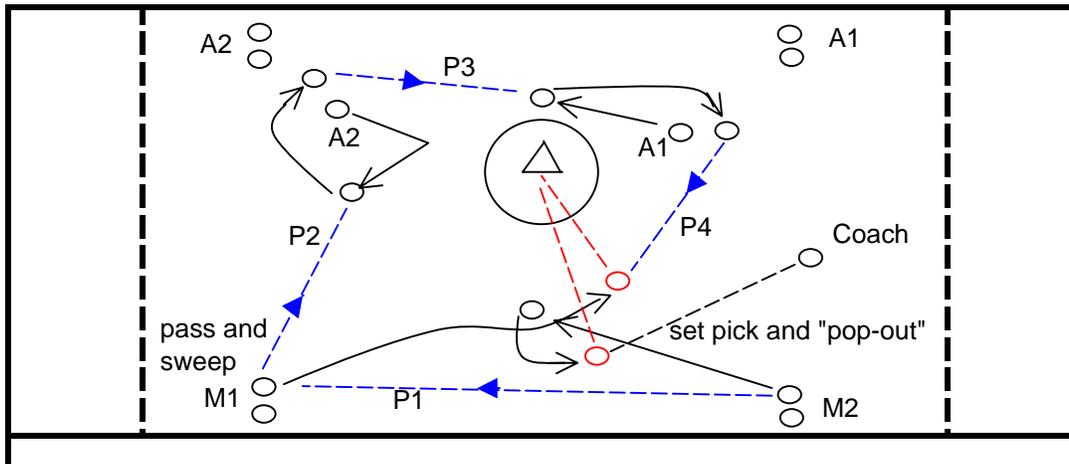
#### Footwork

- \* Move to ball
- \* Step toward goal, lead with toe
- \* Inside shot, on-the-run
- \* Outside shot, room and time

#### Miscellaneous

- \* Know the surface
- \* Use slider as screen, ok to contact
- \* Avoid trail check, shoot from chest
- \* Inside shot, can't load
- \* Run through stick check
- \* Follow through, unwind body

## Shooting - "4 Corners"



**Drill objective** - develops picks, feeding and shooting on the run.

**Set-up** - (4) lines, players should rotate clockwise. (2) middies at top of restraining line and (2) attackmen at goal line extended. No goalie required.

**Description** - M2 passes to M1 then sets pick, A2 "V" cuts toward M1, M1 passes to A2, A2 turns to the outside, carries and passes to A1 who has moved to "X", A1 catches, turns to the outside and passes to cutting M1 (M1 must time cut accordingly, his shoulder should brush off of M2) After M1 catches he should shoot. Once M1 moves past the M2 pick, M2 must "pop-out" for a feed from coach. M2 should now shoot. Players should rotate to the line they passed to.

### Shooting Fundamentals and Concepts to Remember

#### Catching

- \* Catch ball behind ear
- \* Protect stick, body position
- \* Move to ball

#### Hands

- \* Change position as spot on field changes
- \* Protect stick, avoid check
- \* Increase lever, more power
- \* Make goalie move first

#### How to Shoot

- \* Shoot to area, "SEE NET"
- \* Shoot overhand
- \* Have a good angle
- \* Shoot to score
- \* Change plane, hi/lo or lo/hi

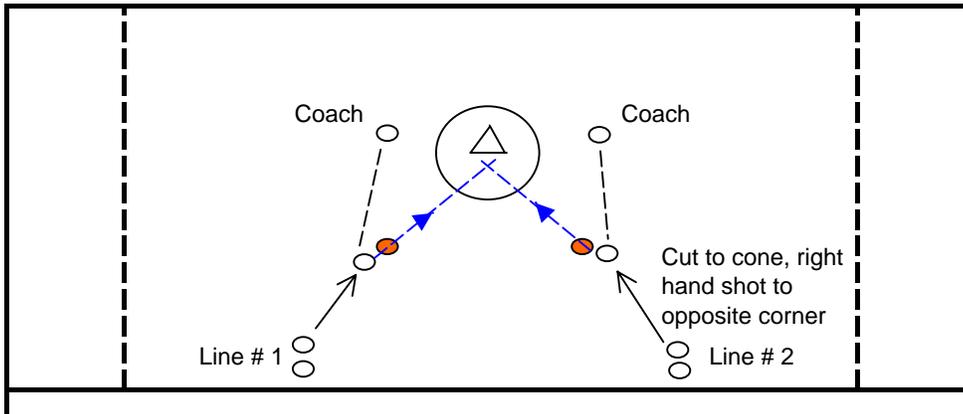
#### Footwork

- \* Move to ball
- \* Step toward goal, lead with toe
- \* Inside shot, on-the-run
- \* Outside shot, room and time

#### Miscellaneous

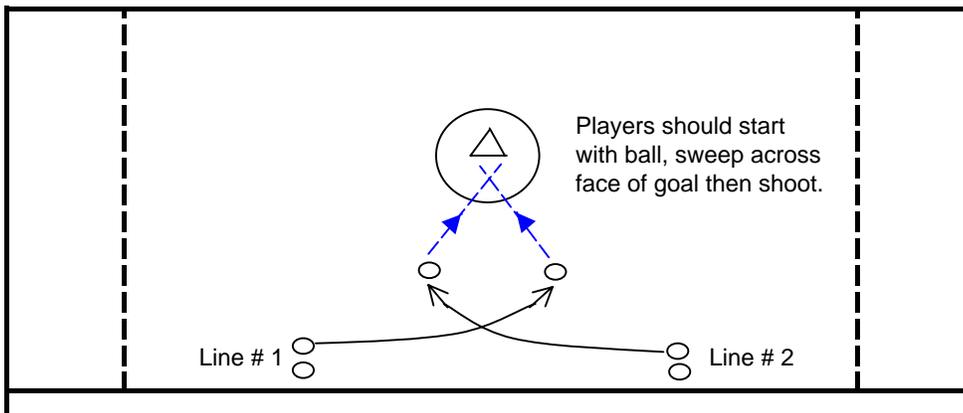
- \* Know the surface
- \* Use slider as screen, ok to contact
- \* Avoid trail check, shoot from chest
- \* Inside shot, can't load
- \* Run through stick check
- \* Follow through, unwind body

## Shooting - "Crease Fire"



Sketch 1

**Option** - Remove feed from coach. Players start up top with balls, start dodge to the inside; split dodge to outside hand, run to cone shooting to opposite side net.



Sketch 2

**Option** - Add feed from coach from behind.

**Drill objective** - develops shooting on run off the dodge.

**Tips** - remind players to see "net" when shooting....(shoot where goalie isn't) Have parents shag balls on missed shots. Use lots of balls, keep drill running until all balls have been shot. Have players stay their assigned line until coach chooses time to switch.

### Shooting Fundamentals and Concepts to Remember

#### Catching

- \* Catch ball behind ear
- \* Protect stick, body position
- \* Move to ball

#### Hands

- \* Change position as spot on field changes
- \* Protect stick, avoid check
- \* Increase lever, more power
- \* Make goalie move first

#### Footwork

- \* Move to ball
- \* Step toward goal, lead with toe
- \* Inside shot, on-the-run
- \* Outside shot, room and time

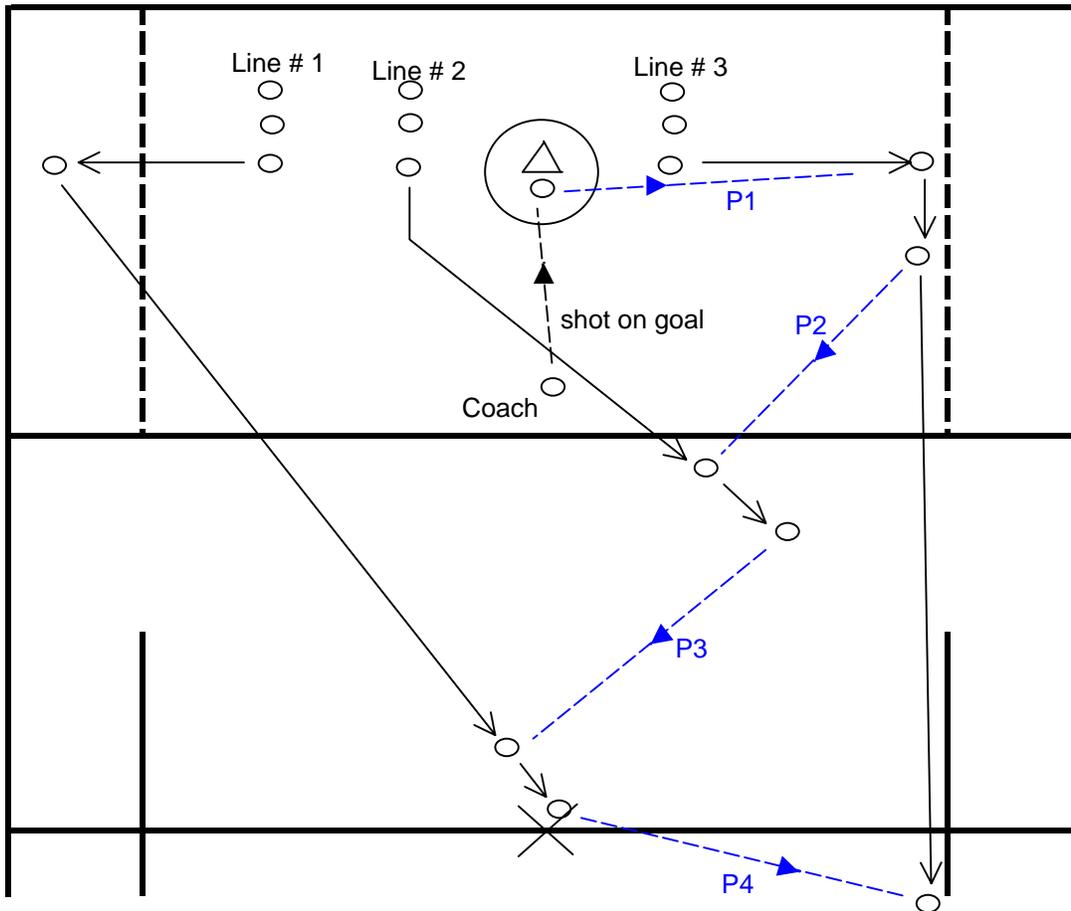
#### Miscellaneous

- \* Know the surface
- \* Use slider as screen, ok to contact
- \* Avoid trail check, shoot from chest
- \* Inside shot, can't load
- \* Run through stick check
- \* Follow through, unwind body

#### How to Shoot

- \* Shoot to area, "SEE NET"
- \* Shoot overhand
- \* Have a good angle
- \* Shoot to score
- \* Change plane, hi/lo or lo/hi

## Break-out drill



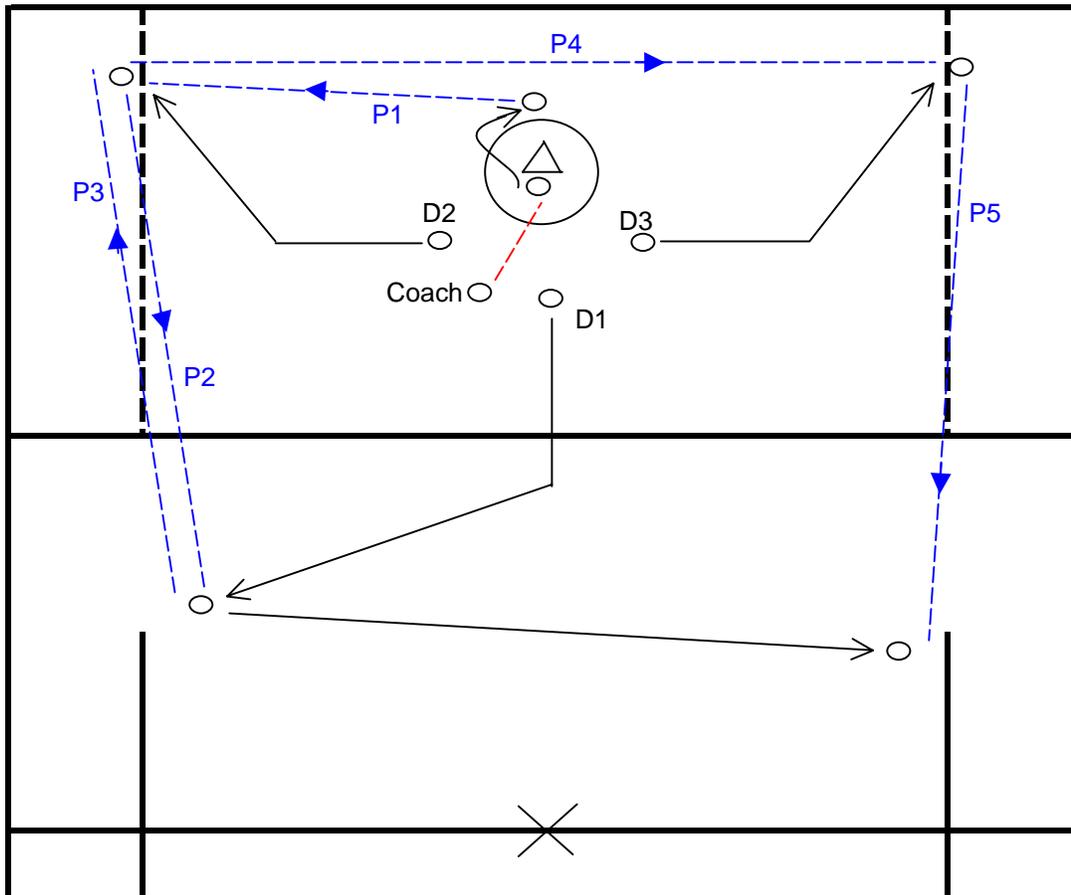
**Drill objective** - builds fundamentals of cutting up the field at 45 degree angles. Effective drill for developing proper spacing for creating fast break situations.

**Set-up** - goalie in the cage, 3 separate lines along goal-line extended, coach at top of restrainer with balls.

**Description** - Coach shoots savable shot at the goalie, goalie makes save and shouts clear, lines at both ends (line 1 & 3) then breakout flat along goal line extended, goalie looks up and scans field, goalie makes decision to make pass right or left, player makes the catch over the shoulder then breaks up field with his stick to the outside, far opposite player must sprint at a 45 degree angle to the center of the field (face-off area), at the same time player in the middle (line 2) has taken a few steps straight up the field and begins cutting at a 45 degree angle to the side of the player which received the pass from the goalie, at this time the player who received the first pass from the goalie looks up the field and passes to the player which came from the middle line, the player from the middle line should make an over the shoulder catch, then immediately look up to find the player coming from the far opposite end, makes the pass to this player who catches the ball, this player then passes to the player sprinting up the sideline, (player which originally received 1st pass from goalie) this player should catch the ball with his stick to the outside.

Players return to endline outside the drill switching lines. Coach shoots another starting process again. Try to make drill fun.....see how many passes can be completed without dropping ball.

## Redirect drill



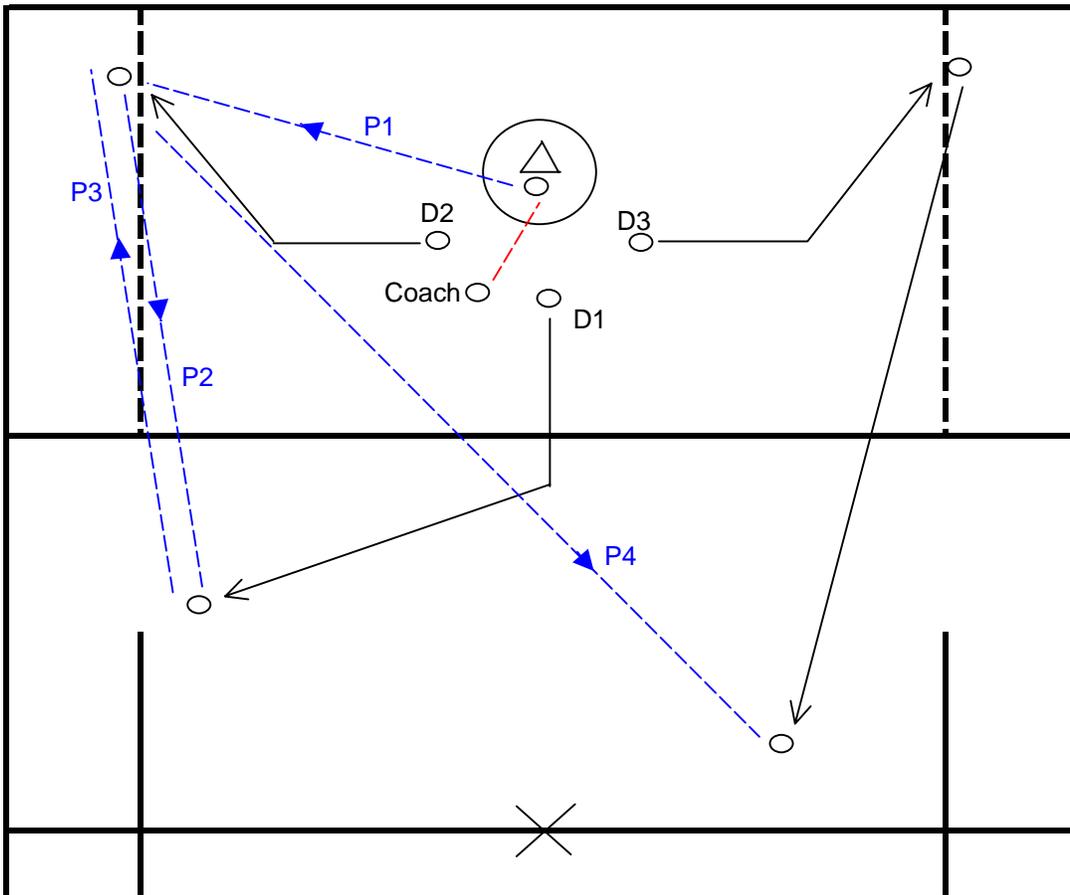
**Drill objective** - teaches defensemen and goalie patience to help them successfully clear by making the redirect second nature.

**Set-up** - (3) defensemen and goalie set-up tight fast break triangle. Coach should set-up outside crease with a pile of balls.

**Description** - coach shoots, goalie makes save - shouts "break" Players breakout as depicted in figure. Goalie makes pass to D2, who passes to D1. As D1 receives ball, goalie shouts "redirect". D1 turns to the outside and returns ball to D2, D2 passes to either D3 or Goalie, for this example he passes to D3. D3 passes ball to D1 who has run to the other side of box from where he started.

**Tips** - Stress patience!!!!

## Up and Over drill

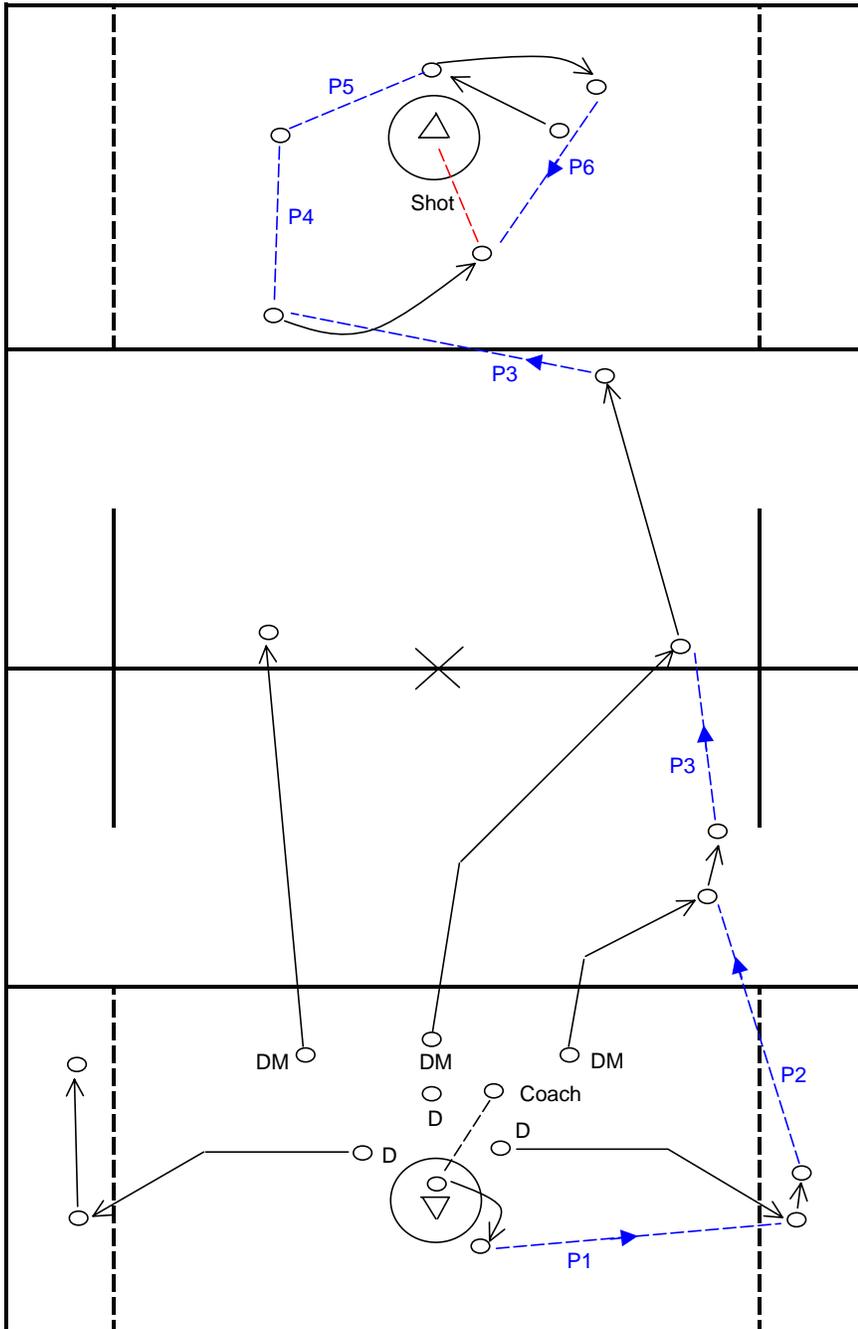


**Drill objective** - modification of Redirect drill. Teaches defenseman who receive ball on a redirect to look "up

**Set-up** - (3) defensemen and goalie set-up tight fast break triangle. Coach should set-up outside crease with a

**Description** - coach shoots, goalie makes save - shouts "break" Players breakout as depicted in figure. Goalie

### Skeleton Clear drill

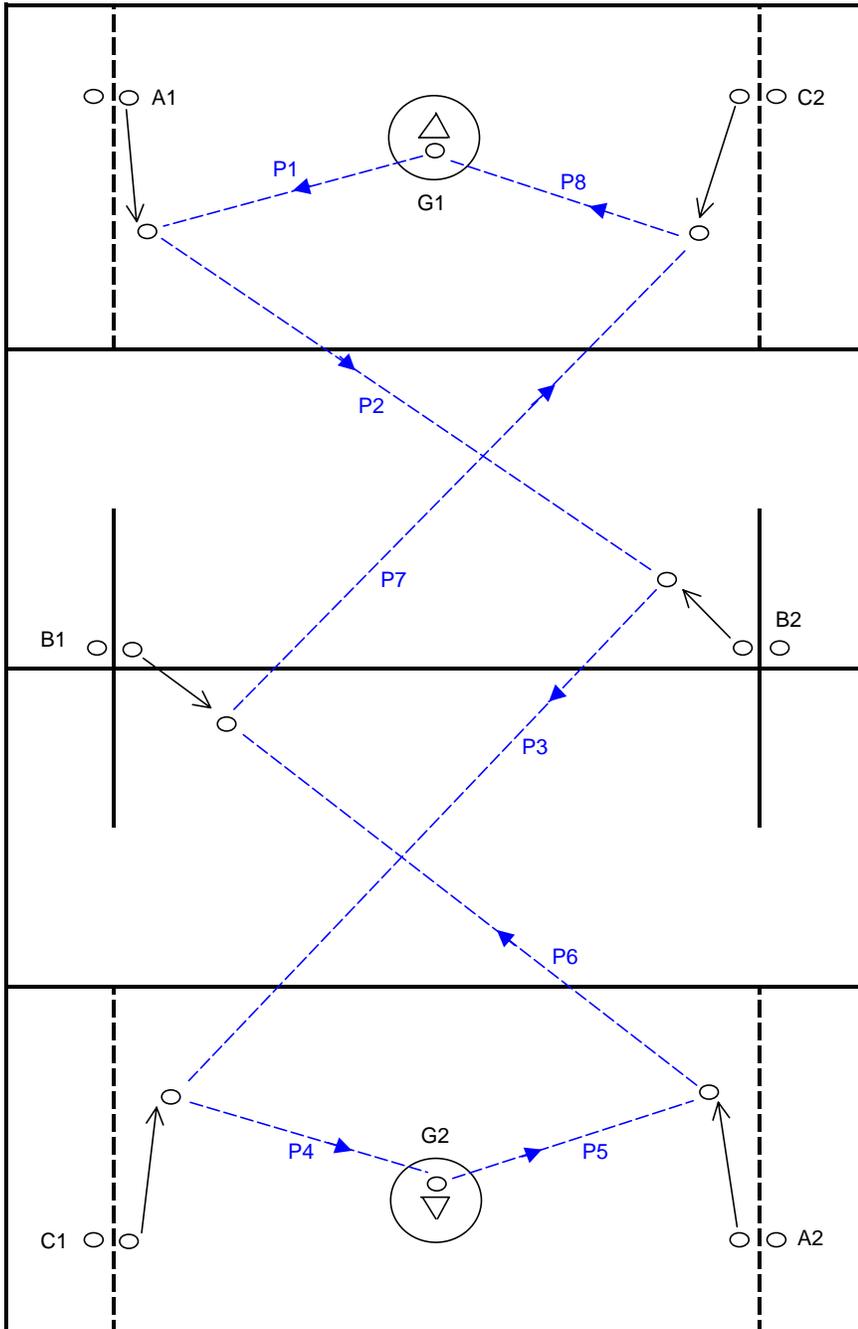


**Drill objective** - Develops concept of full field clear.

**Set-up** - Goalie in the cage. (3) Long pole defenders in front of cage set-up in a triangle, (3) middies set-up in front of defenders, (3) attack set-up on opposite end, and coach with pile of balls at defensive end.

**Description** - Drill begins with defensive players set-up in their defensive positions. Attackmen should set-up in a traditional fastbreak position. Coach shoots ball, goalie makes the save and shouts "clear". Goalie passes to either defender breaking to goal line extended. Long pole defender makes catch and turns outside and makes pass up to middle breaking at 45 degree angle. MIDDLE makes catch and looks up field for another middle breaking at a 45 degree angle. This middle catches ball and passes to point attackman, who catches and passes to attackman directly below him at goal line extended. At this time attackman at opposite side of goal line extended is breaking to "X" who receives pass, turns to the outside and looks up to point attackman or opposite side middle that is cutting for a pass. Attackman or middle catches ball and shoots.

## Zig-Zag drill



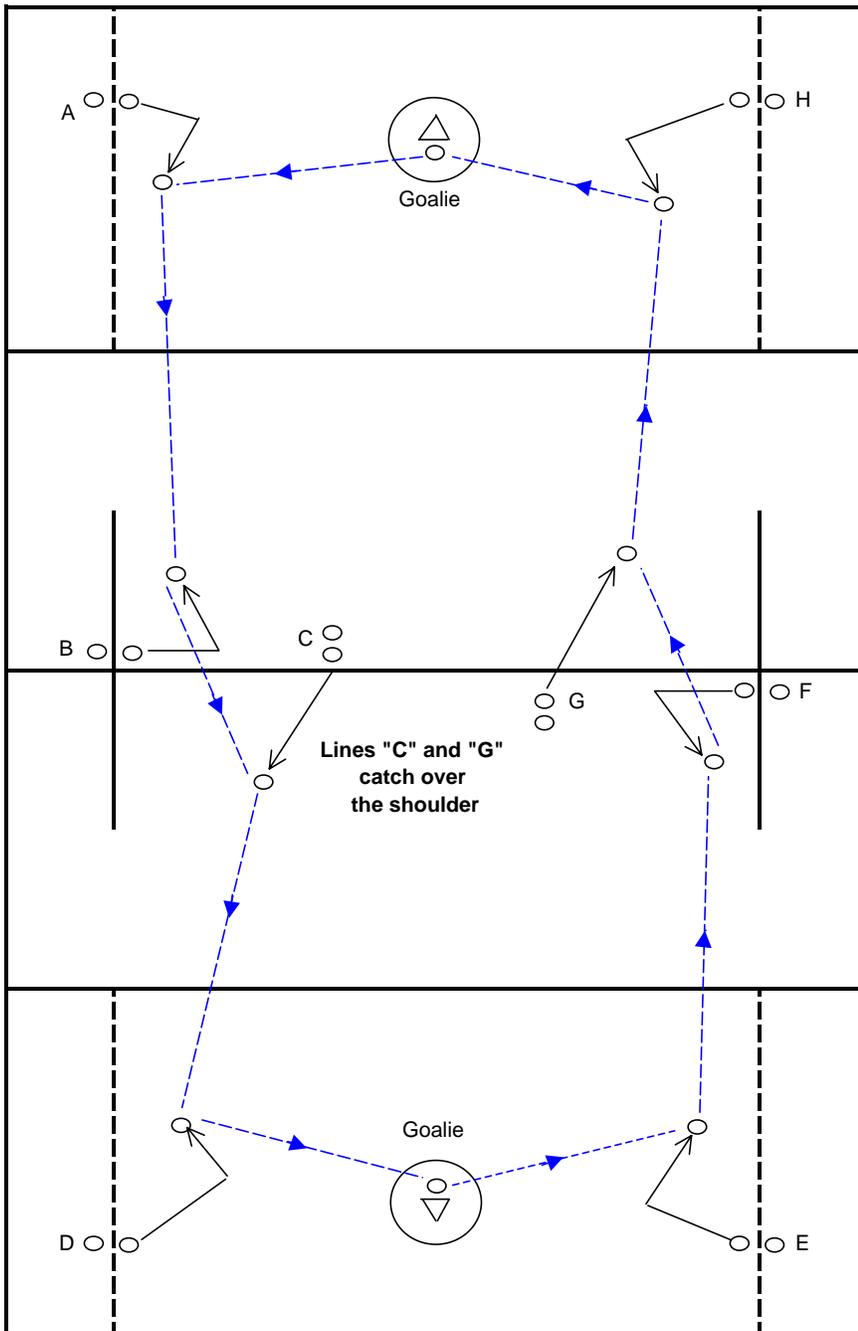
**Drill objective** - Develops open field passing.

**Set-up** - Full field - (2) goalies on opposite ends with (6) other lines, spread as 2-2-2 using the entire field. Goalies should have plenty of balls in each net.

**Description** - G1 makes outlet pass to A1, A1 catches and passes to B2, B2 catches and passes to C1, C1 catches and passes to G2, G2 makes outlet pass to A2, A2 catches and passes to B1, B1 catches and passes to C2, C2 passes to G1. Drill has completed (1) rotation.

**Tips** - Add additional balls to increase repetitions. Players should catch and move the ball on the run. Players should rotate to the line they passed to. Player receiving pass should break to the ball. Can be used as conditioning drill.

## Eight Line drill



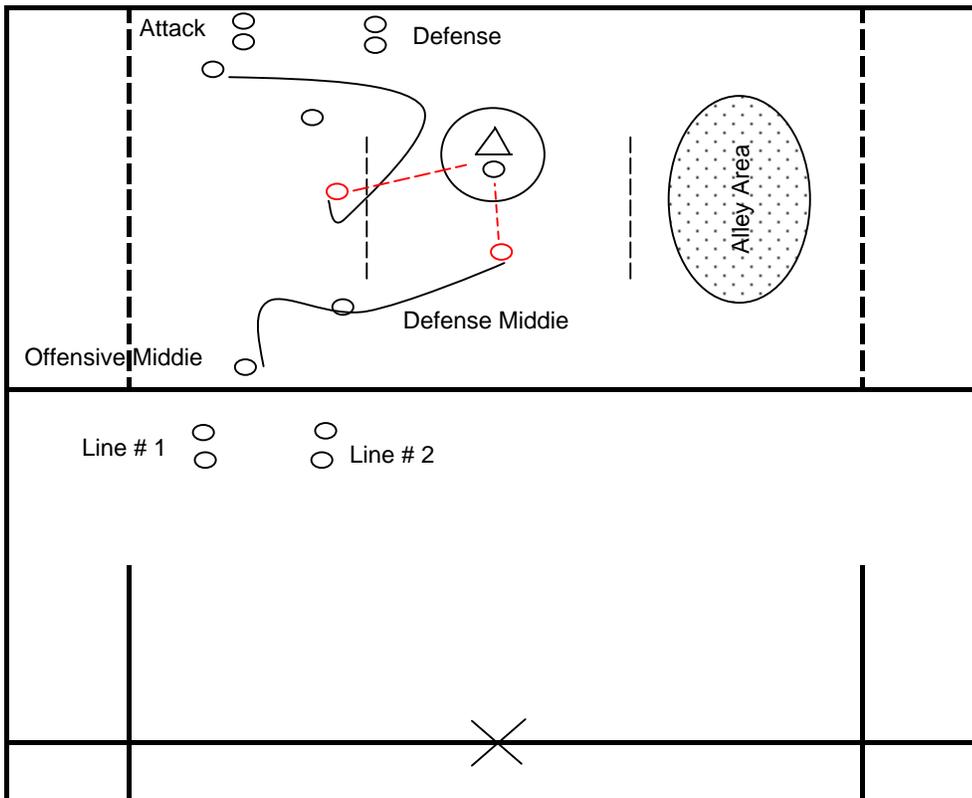
**Drill objective** - Develops full field passing.....forces players to think two passes ahead.

**Set-up** - Goalies in both cages. (8) lines evenly divide per layout above. Goalie should have plenty of balls in each cage.

**Description** - Drill begins everyone set-up as described above. Goalie passes to "A", "A" passes to "B", "B" passes to "C", "C" passes to goalie, goalie passes to "E", "E" passes to "F", "F" passes to "G", "G" passes to "H", "H" passes to goalie. Rotation has completed one revolution. Players in lines "C" and "G" should catch the ball "over the shoulder". Lines "A", "B", "E", "F", & "H" should break to the ball at a 45 degree angle.

**Tips** - Add multiple balls to increase repetitions. Drill can be modified to have players catch all passes "over the shoulder".

## 1 on 1 drill



**Drill objective** - develops defensive footwork and re-enforces idea of keeping the offensive man down the alley, away from his strength. Offensively, develops dodging skills and shooting off the dodge.

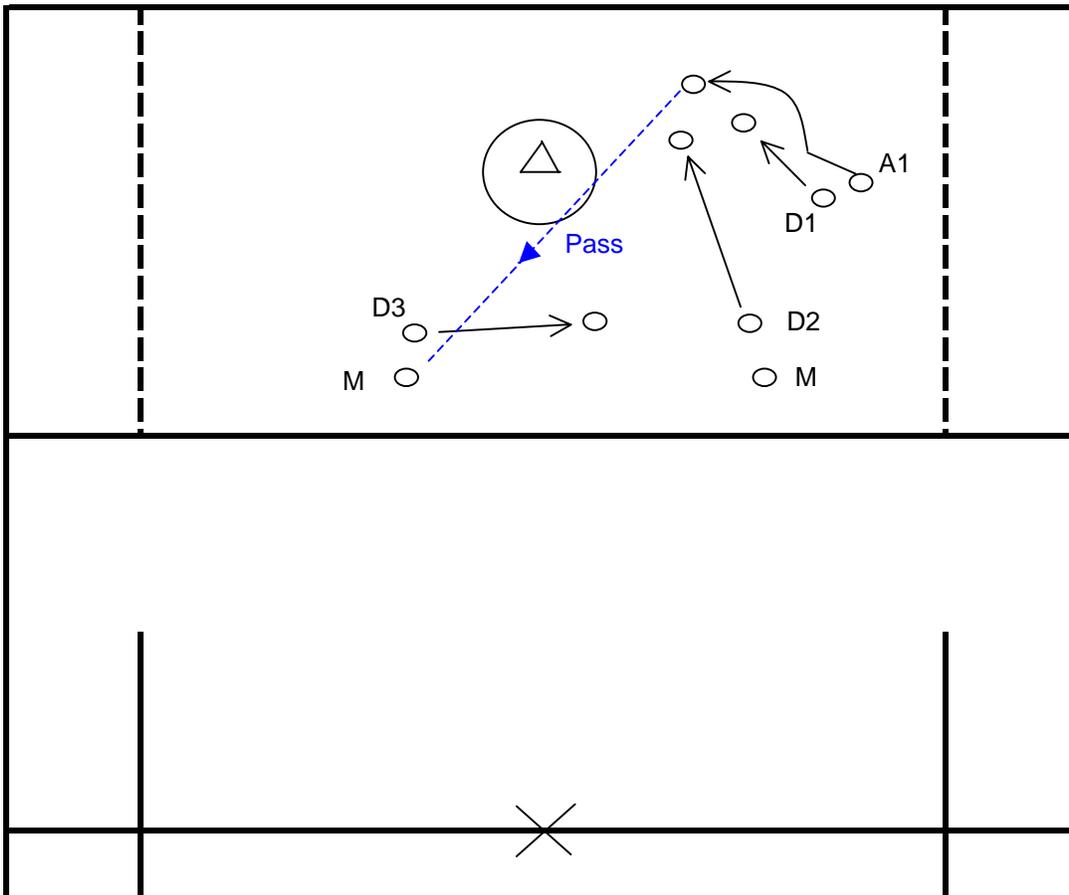
**Set-up** - Behind - (1) attackmen line and (1) defense line.....Uptop - (1) Offensive Middie line and (1) Defensive Middie line

**Description** - Coach starts the drill out top. **Offensive** middie must dodge past defensive middie to get a shot off. This can be done by dodging down the alley or sweeping across the field. (note: coach must split the dodging area in 1/2....offensive player should not be allowed to sweep entirely across front of goal....maybe set up cones) **Defensive** player's goal is to stop the shot by dislodging ball, or playing tough enough defensive to take the offensive player away from his strength or make the offensive player to take a poor shot. (e.i. force offensive player down the alley and reduce his shooting angle) Keep reminding the defensive players good defense start with good footwork. Coach should focus on def player's drop step. **Goalie** - must communicate with his defensive player calling out ball position and letting the defensive player know when the offensive player has a quality shooting position.....goalie should use term "HOT" this call will alert the defensive player to apply pressure to the offensive man.

Once the play is over coach blows whistle to go from behind with the attack and defense.....all the same things apply, but we are now running the drill from behind. Attack player should try to get to "5 and 5" 5yds up and 5yds out from goal. Attackman should also vary their speed and direction of their dodges (e.i. sweep wide one time, next time drive defender right back into the middle of the crease behind goal. Defender should concentrate on footwork and lifting the attackman's stick when he's in a shooting position. Coach should go for approx 10 minutes then flip the drill to the opposite side.....we should always practice right and left hands.

**Tips** - Make defensive players use cut-off poles, this will force them to rely on footwork not stick checks.

## Double team drill

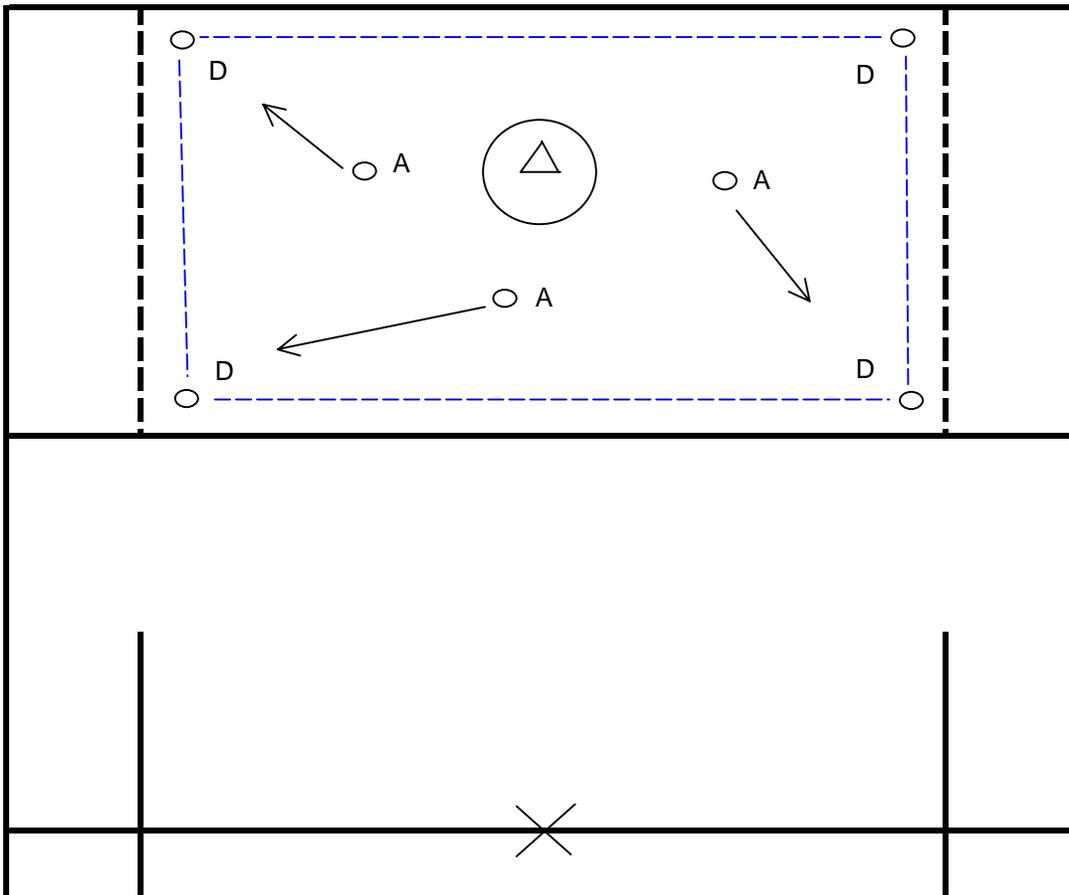


**Drill objective** - Teaches attackmen to recognize a double team / where the double is coming from.....and to locate the open man for a pass. Also teaches defenders to execute a double team.

**Set-up** - (1) attackman, (2) offensive middies, and (3) defenders....defenders can be long or short poles. Attackman set-up at goal line extended, middies set-up at top of restraining line. Each defender must cover one offensive player.

**Description** - Attackman (A1) begins with a dodge toward "X" as defender (D1) covers. As (A1) dodges, either (D2) or (D3) breaks toward (A1) and doubles with (D1). The remaining defender splits the difference between the two offensive middies. (A1) must run away from the double, find the open midfielder and pass the ball to one of the middies.

## Box Riding drill



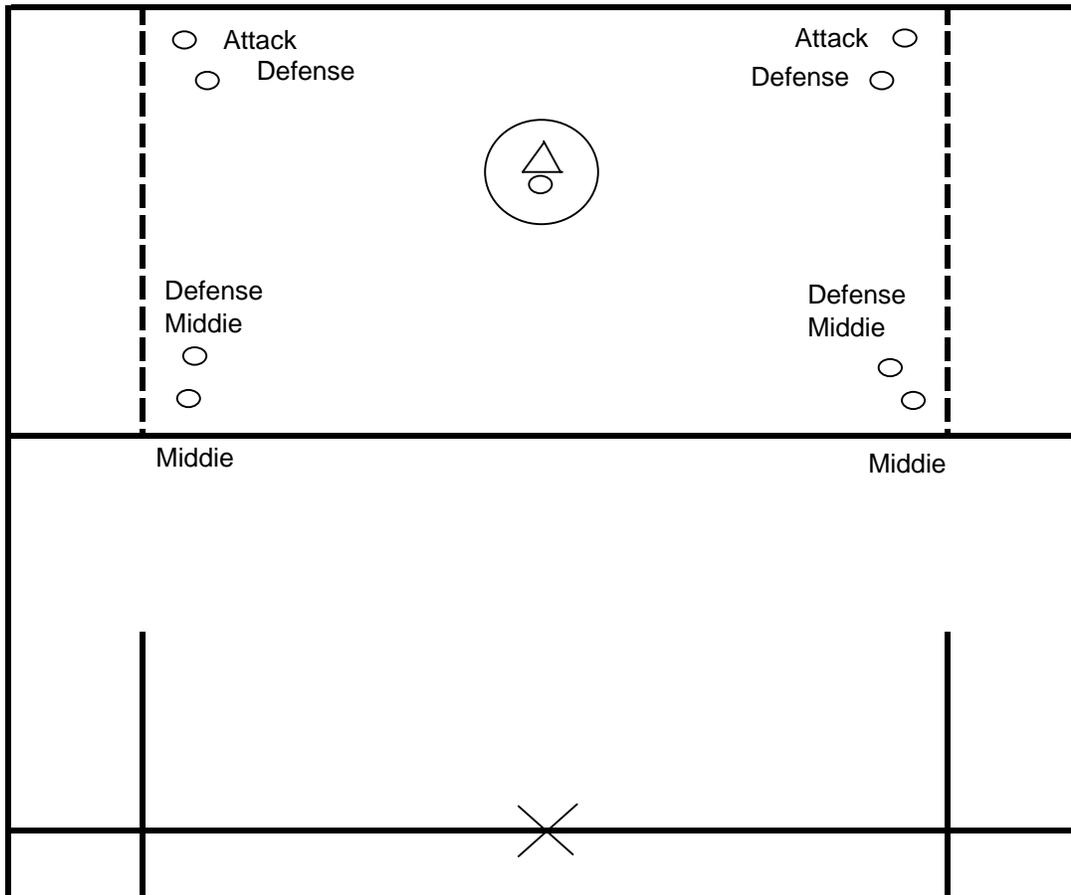
**Drill objective** - Helps attackmen develop consistent and effective riding skills. Also develops long pole defenders stick skills, and teaches them patience while trying to clear.

**Set-up** - (4) long pole defenders spread out into all 4 corners of the restraining box and (3) attackman spread out between the long pole defenders.

**Description** - The (4) long pole defenders have possession of the ball, they must stay in the restraining box while passing the ball around the perimeter. The (3) attackmen must force the long pole clearer out of the box. Defenders can only move when they have the ball or can move a short distance to receive a pass. The drill is over when the clearing team is knocked out of the box.

**Tips** - Stress communication!!! Attackmen should favor most dangerous receiver, and split the difference between further most receiver. Attack wants to force the clearing team into making a bad pass.

## 4 on 4 Pressure drill



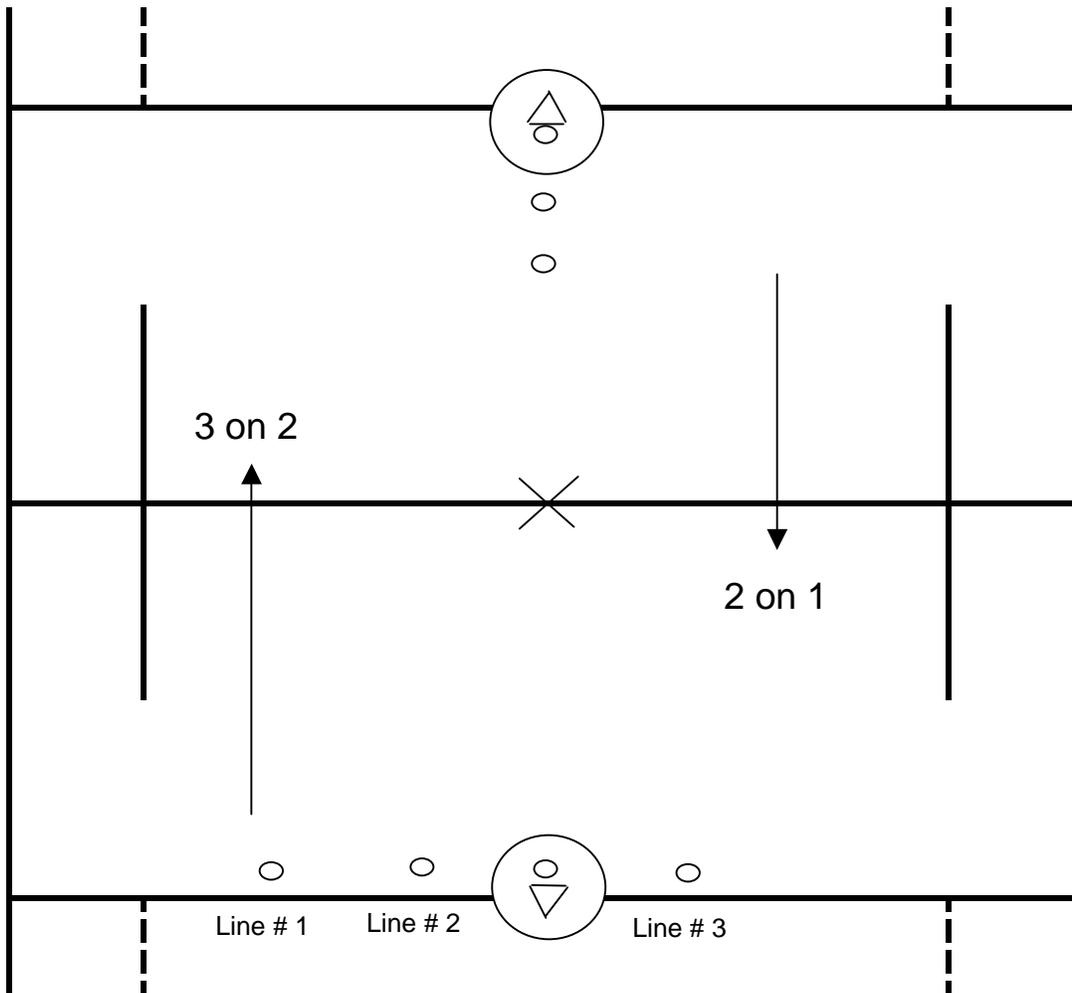
**Drill objective** - Offensively, works to develop dodging and passing when under pressure. Defensively, develops skills to "shutoff" adjacent pass or "deny" ball. Forces attackmen to play defense and forces defenders to get involved in transition game.

**Set-up** - (2) offensive middies, (2) defensive middies, (2) attackmen, (2) defenders, and goalie.

**Description** - Offense must keep the ball in the box while making four passes. Defenders should shut-off adjacent pass, trying to force offense into making a bad pass. Once four passes have been completed, the defense must switch their strategy to soft man-to-man. Offense can now press for a shot. Once a shot has been attempted (goal or not) the goalie must clear the ball. Once the ball is cleared, the offense becomes defense and the defense becomes offense. Drill repeats itself.....after shot, rotate players.

**Tips** - Four passes must be completed with any loose ball or change in possession.

### 3 on 2 / 2 on 1 drill



**Drill objective** - offense moves the ball to create a 2 on 1 situation against a defender and get an easy one on one shot opportunity against the goalie.

**Set-up** - Goals are moved closer together....approximately to top of restraining lines. If full field isn't available use the side lines of the 1/2 field. (2) goalies...one in each cage, (3) equal lines at one end and (2) players set-up in a "I" formation at the opposite end.

**Description** - Ball starts with the goalie on the end with the three lines. Goalie shouts break, makes outlet pass to either line # 1 or # 3. Working together, these three players move the ball up the field for a shot. Player that takes the shot (whether he scores or not) must turn immediately and rush back to the opposite side of the field.....this player is now a defender. The two other players that were working with him stay back for the next rotation. If goalie makes save, or misses shot he should pick a ball out the cage and shout "clear". The two players which were just working with the goalie as defenders, break up the field to receive pass from the goalie. These players are now playing offense against a lone defender, they must move the ball to create a one-on-one opportunity with the goalie. Drill repeats itself off the shot.

**Tips** - Coach should be patient....players will need to work the drill for a few minutes until they get the hang of it. This is a great conditioning drill!

**Practice # 1**

<b>Warm-Up &amp; Stretching</b>		5 Minutes
<b>Stick Drills</b>		
	<i>Ground Balls</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	10 Minutes
	<i>Passing</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	10 Minutes
	<i>Ground Balls</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away	5 Minutes
	<i>Passing</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away Right / V-Cut Left / V-Cut	10 Minutes
<b>Progression Drills</b>		
	<i>Unsettled Off / Def</i>	
	2 vs 1 3 vs 2 4 vs 3	15 Minutes
<b>Break</b>		5 Minutes
<b>Break-out Drill</b>		10 Minutes
<b>1 vs 1</b>	w/o Stick w/ Stick	20 Minutes
<b>Team Offense / Defense</b>	Scrimmage / Evaluate	20 Minutes
<b>2 vs 1 Ground Ball</b>		5 Minutes
<b>Conditioning</b>		5 Minutes

## Practice # 2

<b>Warm-Up &amp; Stretching</b>		5 Minutes
<b>Stick Drills</b>		
	<i>Ground Balls</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	10 Minutes
	<i>Passing</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	10 Minutes
	<i>Ground Balls</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away	5 Minutes
	<i>Passing</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away Right / V-Cut Left / V-Cut	10 Minutes
<b>Progression Drills</b>		
	<i>Unsettled Off / Def</i>	
	2 vs 1 3 vs 2 4 vs 3 5 vs 3	20 Minutes
<b>Break</b>		5 Minutes
<b>Break-out Drill</b>		10 Minutes
<b>1 vs 1</b>	w/o Stick w/ Stick	10 Minutes
<b>Team Offense</b>	Set Up Formation Explain Principles	15 Minutes
<b>2 vs 1 Ground Ball</b>		5 Minutes
<b>Shooting Drills</b>	Dodge & Feed	10 Minutes
<b>Conditioning</b>		5 Minutes

**Practice # 3**

<b>Warm-Up &amp; Stretching</b>		5 Minutes
<b>Stick Drills</b>		
	<i>Ground Balls</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	10 Minutes
	<i>Passing</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	10 Minutes
	<i>Ground Balls</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away	5 Minutes
	<i>Passing</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away Right / V-Cut Left / V-Cut	10 Minutes
<b>Progression Drills</b>		
	<i>Unsettled Off / Def</i>	
	3 vs 2 4 vs 3 5 vs 4	15 Minutes
<b>Break</b>		5 Minutes
<b>1 vs 1</b>	w/o Stick w/ Stick	10 Minutes
<b>2 vs 2</b>	w/ Stick	5 Minutes
<b>3 vs 3</b>	w/ Stick	5 Minutes
<b>Team Defense</b>	Set Up Formation Explain Principles	15 Minutes
<b>2 vs 1 Ground Ball</b>		5 Minutes
<b>Shooting Drills</b>	4 Corners	15 Minutes
<b>Conditioning</b>		5 Minutes

**Practice # 4**

<b>Warm-Up &amp; Stretching</b>		5 Minutes
<b>Stick Drills</b>		
	<i>Ground Balls</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	10 Minutes
	<i>Passing</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	10 Minutes
	<i>Ground Balls</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away	5 Minutes
	<i>Passing</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away Right / V-Cut Left / V-Cut	10 Minutes
<b>Progression Drills</b>		
	<i>Unsettled Off / Def</i>	
	2 vs 1 3 vs 2 4 vs 3	15 Minutes
<b>Break</b>		5 Minutes
<b>1 vs 1</b>	w/o Stick w/ Stick	10 Minutes
<b>2 vs 2</b>	w/ Stick	5 Minutes
<b>3 vs 3</b>	w/ Stick	5 Minutes
<b>Team Offense</b>	Pick / Cutting	15 Minutes
<b>2 vs 1 Ground Ball</b>		5 Minutes
<b>Shooting Drills</b>	Dodge & Shoot	15 Minutes
<b>Conditioning</b>		5 Minutes

**Practice # 5**

<b>Warm-Up &amp; Stretching</b>		5 Minutes
<b>Stick Drills</b>		
	<i>Ground Balls</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	10 Minutes
	<i>Passing</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	10 Minutes
	<i>Ground Balls</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away	5 Minutes
	<i>Passing</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away Right / V-Cut Left / V-Cut	10 Minutes
<b>Break-out Drill</b>		10 Minutes
<b>Progression Drills</b>		
	<i>Unsettled Off / Def</i>	
	2 vs 1 3 vs 2 4 vs 3	15 Minutes
<b>Break</b>		5 Minutes
<b>1 vs 1</b>	w/o Stick w/ Stick	10 Minutes
<b>Team Defense</b>	Scrimmage / Evaluate	15 Minutes
<b>2 vs 1 Ground Ball</b>		5 Minutes
<b>Shooting Drills</b>	Dodge & Shoot	15 Minutes
<b>Conditioning</b>		5 Minutes

**Practice # 6**

<b>Warm-Up &amp; Stretching</b>		5 Minutes
<b>Stick Drills</b>		
	<i>Ground Balls</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	5 Minutes
	<i>Passing</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	5 Minutes
	<i>Ground Balls</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away	5 Minutes
	<i>Passing</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away Right / V-Cut Left / V-Cut	10 Minutes
<b>Progression Drills</b>		
	<i>Unsettled Off / Def</i>	
	2 vs 1 3 vs 2 4 vs 3 5 vs 4	20 Minutes
<b>Break</b>		5 Minutes
<b>1 vs 1</b>	w/o Stick w/ Stick	10 Minutes
<b>Clearing / Riding</b>		15 Minutes
<b>Scrimmage</b>	1/2 Field Situations	20 Minutes
<b>Shooting Drills</b>	4 Corners	15 Minutes
<b>Conditioning</b>		5 Minutes

**Practice # 7**

<b>Warm-Up &amp; Stretching</b>		5 Minutes
<b>Stick Drills</b>		
	<i>Ground Balls</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	5 Minutes
	<i>Passing</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	5 Minutes
	<i>Ground Balls</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away	5 Minutes
	<i>Passing</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away Right / V-Cut Left / V-Cut	10 Minutes
<b>Progression Drills</b>		
	<i>Unsettled Off / Def</i>	
	2 vs 1 3 vs 2 4 vs 3 5 vs 4	20 Minutes
<b>Break</b>		5 Minutes
<b>1 vs 1</b>	w/ Stick	5 Minutes
<b>Face-Off</b>	Demo & Practice	15 Minutes
<b>Clearing / Riding</b>		15 Minutes
<b>Scrimmage</b>	1/2 field situation	20 Minutes
<b>Shooting Drills</b>	Dodge & Feed	10 Minutes
<b>Conditioning</b>		5 Minutes

**Practice # 8**

<b>Warm-Up &amp; Stretching</b>		5 Minutes
<b>Stick Drills</b>		
	<i>Ground Balls</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	5 Minutes
	<i>Passing</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	5 Minutes
	<i>Ground Balls</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away	5 Minutes
	<i>Passing</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away Right / V-Cut Left / V-Cut	10 Minutes
<b>Progression Drills</b>		
	<i>Unsettled Off / Def</i>	
	2 vs 1 3 vs 2 4 vs 3	15 Minutes
<b>Break</b>		5 Minutes
<b>1 vs 1</b>	w/ Stick	5 Minutes
<b>Team Offense / Defense</b>		15 Minutes
<b>Clearing / Riding</b>		10 Minutes
<b>Scrimmage</b>	1/2 Field Situations	15 Minutes
<b>2 vs 1 Ground Ball</b>		10 Minutes
<b>Shooting Drills</b>		10 Minutes
<b>Conditioning</b>		5 Minutes

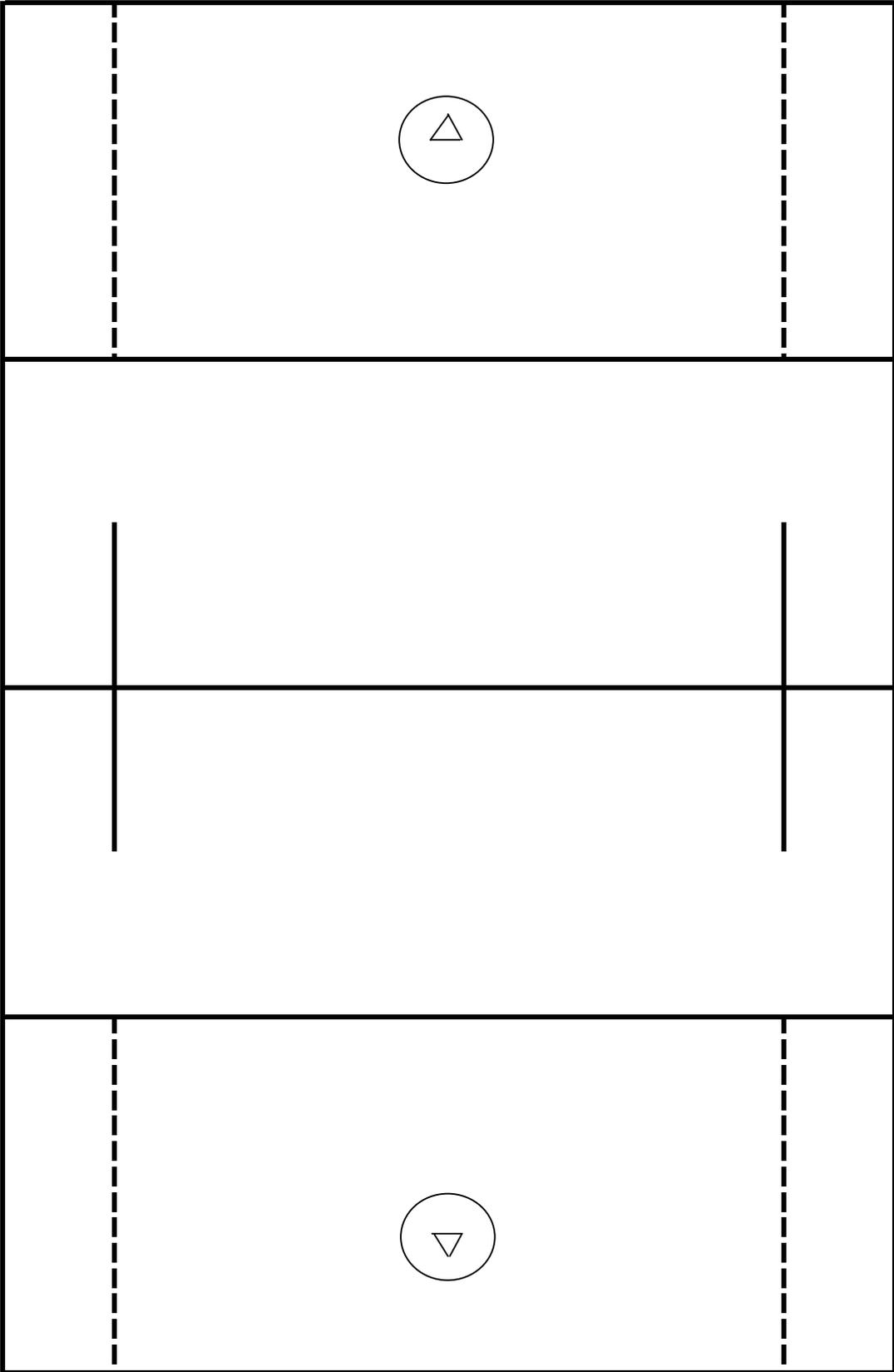
**Practice # 9**

<b>Warm-Up &amp; Stretching</b>		5 Minutes
<b>Stick Drills</b>		
	<i>Ground Balls</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	5 Minutes
	<i>Passing</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	5 Minutes
	<i>Ground Balls</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away	5 Minutes
	<i>Passing</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away Right / V-Cut Left / V-Cut	10 Minutes
<b>Progression Drills</b>		
	<i>Unsettled Off / Def</i>	
	3 vs 2 4 vs 3 5 vs 4	15 Minutes
<b>Break</b>		5 Minutes
<b>1 vs 1</b>	w/ Stick	5 Minutes
<b>Break-out</b>		10 Minutes
<b>Skeleton Clear</b>	Full Field	10 Minutes
<b>Scrimmage</b>	1/2 Field Situations	20 Minutes
<b>2 vs 1 Ground Ball</b>		10 Minutes
<b>Shooting Drills</b>		10 Minutes
<b>Conditioning</b>		5 Minutes

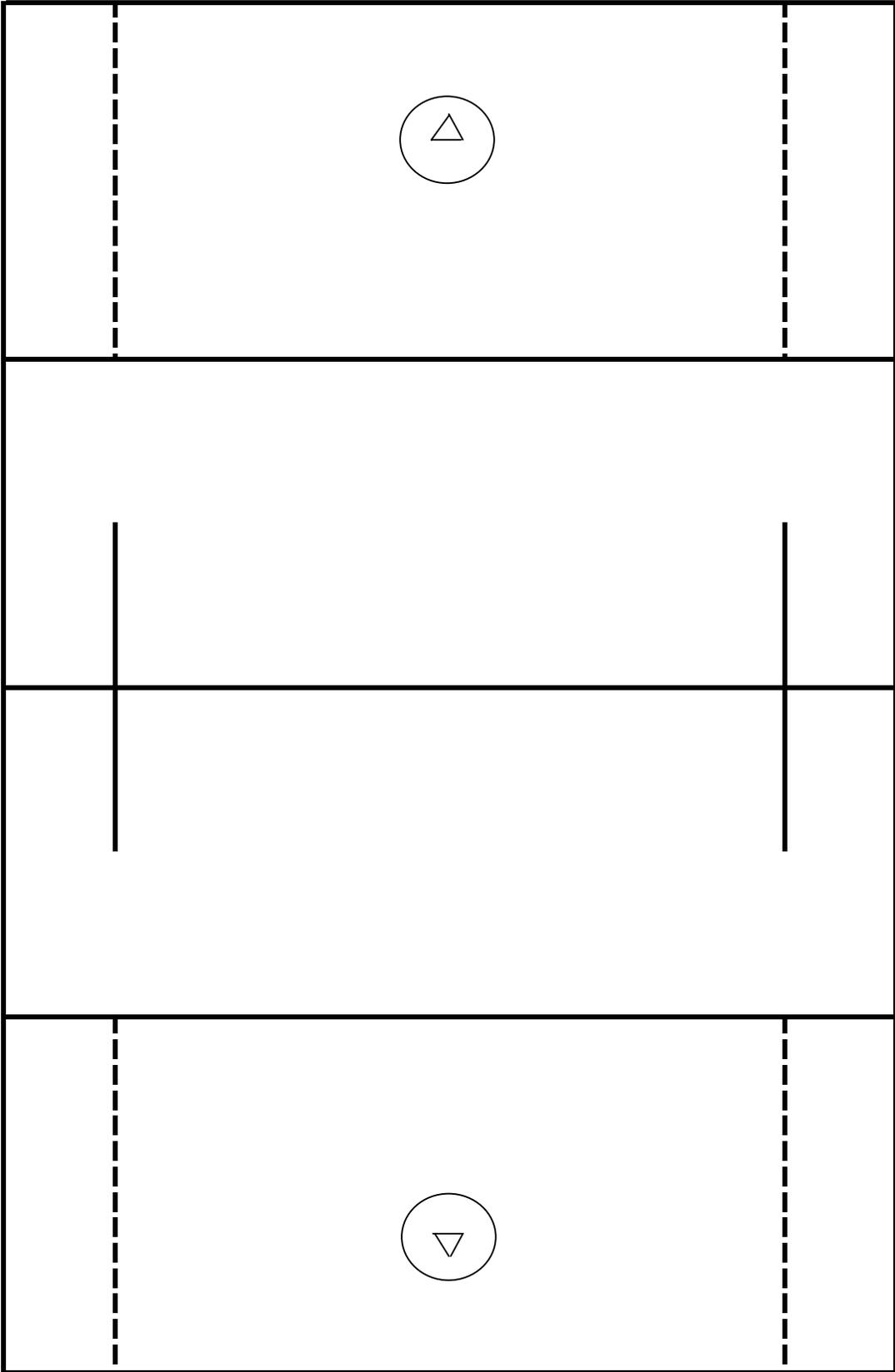
**Practice # 10**

<b>Warm-Up &amp; Stretching</b>		5 Minutes
<b>Stick Drills</b>		
	<i>Ground Balls</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	5 Minutes
	<i>Passing</i>	
<i>Line Drill</i>	Right to Right (outside) Right to Right (inside) Left to Left (outside) Left to Left (inside)	5 Minutes
	<i>Ground Balls</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away	5 Minutes
	<i>Passing</i>	
	4 Corner Diamond Right / Turn Away Left / Turn Away Right / V-Cut Left / V-Cut	10 Minutes
<b>Progression Drills</b>		
	<i>Unsettled Off / Def</i>	
	2 vs 1 3 vs 2 4 vs 3	15 Minutes
<b>Break</b>		5 Minutes
<b>Break-out Drill</b>		10 Minutes
<b>1 vs 1</b>	w/ Stick	5 Minutes
<b>Skeleton Clear</b>	Full Field	10 Minutes
<b>Scrimmage</b>	1/2 Field Situations	20 Minutes
<b>2 vs 1 Ground Ball</b>		10 Minutes
<b>Shooting Drills</b>		10 Minutes
<b>Conditioning</b>		5 Minutes

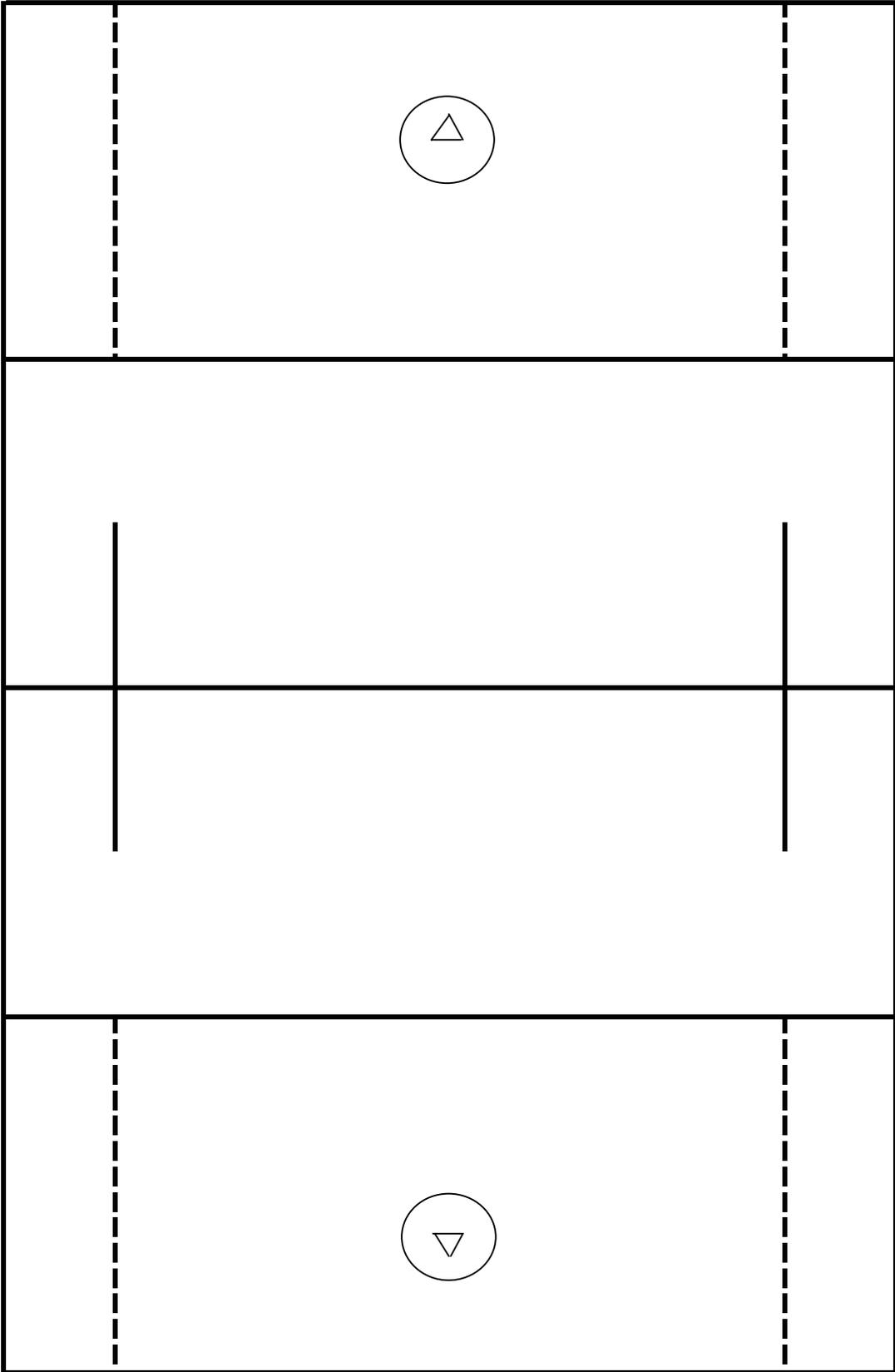
Worksheet



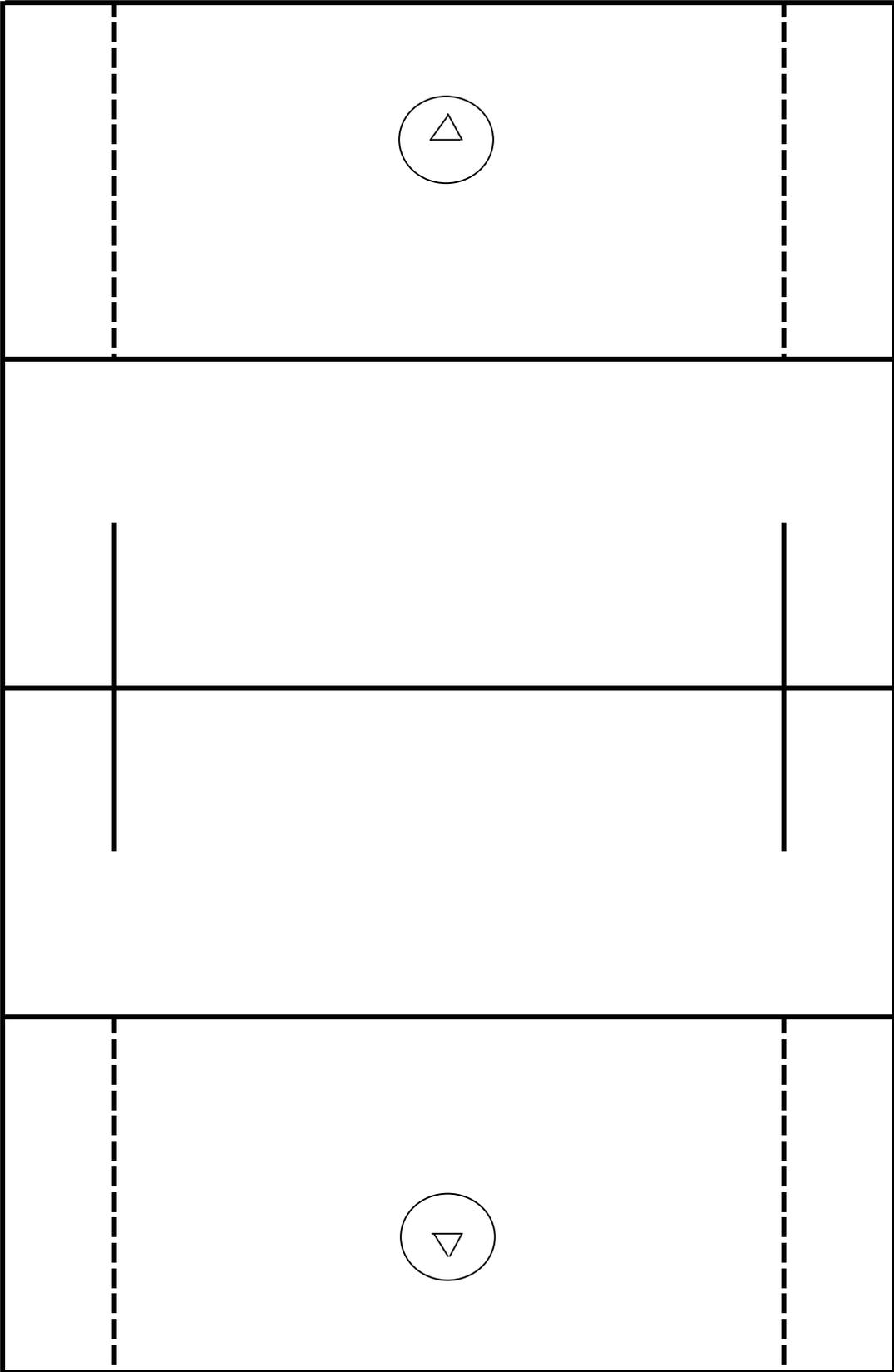
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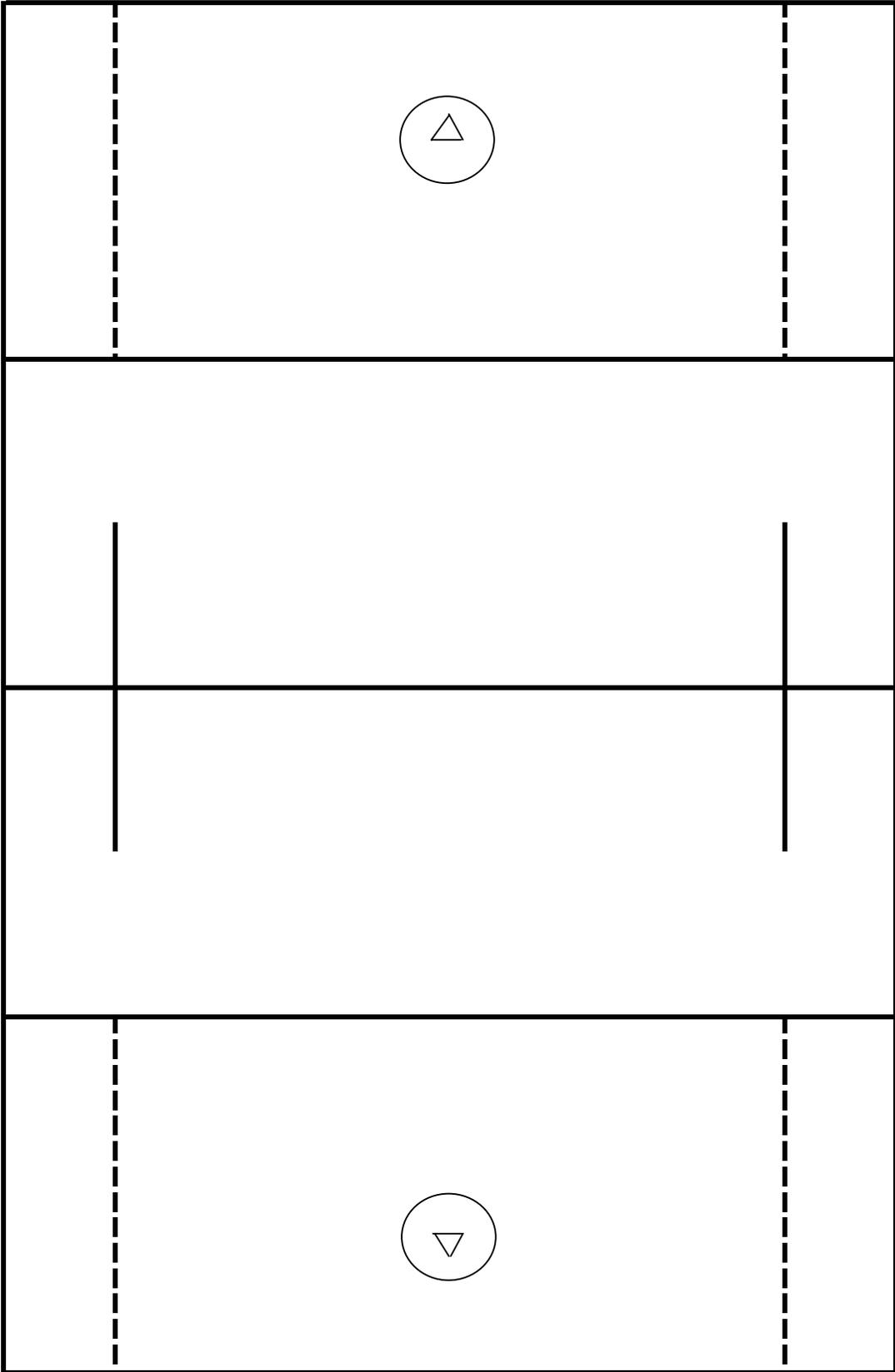
Worksheet



Worksheet



Worksheet



## ***In-House Rules***

## **Websites**

### ***Fallston Recreation Lacrosse***

<http://workplace.belaircomputers.com/QuickPlace/fallstonlacrosse/Main.nsf>

\* use this link for information pertaining to Fallston Recreation Lacrosse

### ***Maryland Youth Lacrosse Association***

<http://myla.vjc.edu/cgi-bin/myla.rb>

\* use this link for MYLA standings, scores, directions, contacts, & rules

### ***Cougar Lacrosse Camp***

<http://www.cougarlaxcamp.com>

\* use this link to obtain information about the camp, or to register

### ***Indoor Lacrosse***

<http://www.marylandindoorlax.com>

\* use this link for indoor related material

### ***Positive Coaching Alliance***

<http://www.positivecoach.org>

\* use this link for information about the Positive Coaching Alliance