



**USA**<sup>TM</sup>  
LACROSSE



**RECOGNIZED SPORT  
ORGANIZATION**

# INTRODUCTORY CLINIC

C U R R I C U L U M

## CLINIC FORMAT

This clinic utilizes a station-based and small-sided play format, having the players rotate between all stations and experiencing coaching from all members of the clinic staff.

Games are provided for each station at the end of this document. Please feel free to adjust the provided games as you see fit and as the players needs dictate. Our goal is to make sure all participants have fun, get plenty of "touches" on the ball, and improve their individual skills.

Following the introductory skills portion of the clinic, participants will have the opportunity to put what they've learned altogether through playing Flex6 Lacrosse®. Flex6 Lacrosse is a fun, fast-paced, non-contact version of the game that allows for mixed gender and accessible play to participants of any age and skill level.

## SAMPLE STATIONS

	Skill	Game 1 Progression	Game 2 Progression
Station A	Cradling/Dodging	Across the Pond	Sharks and Minnows
Station B	Physical Literacy	Tic Tac Toe	Pinnie Tag
Station C	Scooping (Ground Balls)	Squirrels and Nuts	Hungry Hippos
Station D	Passing	Pop Toss	Pass It Down
Station E	Catching	Have 1, Need 1	360° Catching
Station F	Shooting	Lock and Load	Longest Shot Game
Station G	Defense	1v1 Forcing Box or Cat and Mouse	Canadian 2v2 or Go Get 'Em Circle

## SAMPLE SCHEDULE

5 STATIONS + FLEX6 LACROSSE = 2 HOURS OR 7 STATIONS + FLEX6 LACROSSE = 2.5 HOURS

	15min	15min	15min	3min	15min	15min	3min	15min	15min
Station A	Group 1	Group 7	Group 6	Water Break	Group 5	Group 4	Water Break	Group 3	Group 2
Station B	Group 2	Group 1	Group 7		Group 6	Group 5		Group 4	Group 3
Station C	Group 3	Group 2	Group 1		Group 7	Group 6		Group 5	Group 4
Station D	Group 4	Group 3	Group 2		Group 1	Group 7		Group 6	Group 5
Station E	Group 5	Group 4	Group 3		Group 2	Group 1		Group 7	Group 6
Station F	Group 6	Group 5	Group 4		Group 3	Group 2		Group 1	Group 7
Station G	Group 7	Group 6	Group 5		Group 4	Group 3		Group 2	Group 1

## SAMPLE SCHEDULES

### CLINIC FROM 10:00AM-12:00PM

*15 minute stations with 5 minutes to move and get groups set up for next station*

- » **9:15am-9:45am:** Arrival of coaches/volunteers. Set Up
- » **9:45am-10:00am:** Check In
- » **10:00am-10:05am:** Welcome
- » **10:05am-10:20am:** Station One
- » **10:25am-10:40am:** Station Two
- » **10:45am-11:00:** Station Three
- » **11:00am-11:05am:** Water Break
- » **11:05am-11:20am:** Station Four
- » **11:25am-11:40am:** Station Five
- » **11:45am-12:00pm:** Play Flex6 Lacrosse
- » **12:00pm:** Wrap Up (Collect equipment, share how participants can connect with local program, final announcements, etc.)
- » **12:00pm-12:30pm:** Volunteers/Coaches clean up

### MODIFIED CLINIC SCHEDULE

*90 min Intro Clinic - 50 or Fewer Participants - 1:00PM - 2:30PM*

- » **12:10 - 12:40:** Arrival of Coaches and Volunteers Setup Check In and Stations, Review Assignments, and Curriculum
- » **12:40 - 1:00:** Participant Check In
- » **1:00 - 1:15:** Welcome and Coach Introductions; Share the Plan for the Event and Rules for the Day; Group Stretch
- » **1:15 - 1:25:** Group Players and Send to their First Station
- » **1:25 - 1:35:** 1st Rotation
- » **1:37 - 1:47:** 2nd Rotation
- » **1:49 - 1:59:** 3rd Rotation
- » **2:01 - 2:11:** 4th Rotation
- » **2:13 - 2:23:** Full Group Game Hungry Hippos / Sharks and Minnows
- » **2:25 - 2:30:** Full Group Picture, Team Cheer, Goodbyes
- » **2:30 - 2:50:** Volunteers Clean Up

## MODIFIED CLINIC SCHEDULE

### *120 min Intro Clinic - 50 or Fewer Participants - 1:00PM - 3:00PM*

- » **12:10 - 12:40:** Arrival of Coaches and Volunteers Setup Check In and Stations, Review Assignments, and Curriculum
- » **12:40 - 1:00:** Participant Check In
- » **1:00 - 1:15:** Welcome and Coach Introductions; Share the Plan for the Event and Rules for the Day; Group Stretch
- » **1:15 - 1:25:** Group Players and Send to their First Station
- » **1:25 - 1:35:** 1st Rotation
- » **1:37 - 1:47:** 2nd Rotation
- » **1:49 - 1:59:** 3rd Rotation
- » **2:01 - 2:11:** 4th Rotation
- » **2:13 - 2:23:** Full Group Game Hungry Hippos / Sharks and Minnows
- » **2:30 - 2:55:** Flex 6 Games
- » **2:55 - 3:00:** Full Group Picture, Team Cheer, Goodbyes
- » **3:00 - 3:20:** Volunteers Clean Up

## GAMES

For each skill, there are 2-3 games that can be used at the station. Please familiarize yourself with the skill you are teaching as well as the games associated with each skill. If a group is having a lot of fun with one game or a game is not working well with the group use your best judgment about staying with the game or moving on to the next one. You have the latitude to play one game the entire time at your station or use both depending on the needs of your group.

## UNIVERSAL PROGRESSIONS

In addition to progressing from one game to the next, you can also use universal progressions for any of the games. The universal progressions (not in any particular order) are:

Play the first round of the game without sticks so the participants understand the body movements of the game.

1. Add the sticks to play the game as written/described.
2. Add a pass or shot when appropriate.
3. Use time as competition (i.e. "see if you can do this in \_\_\_ amount of time" or "see which group can do this the fastest")
4. Add a defender when appropriate.



Also, feel free to regress a game, or take a step back, if the group is challenged to achieve success in the progression. For example, if adding a pass to a game is too challenging, go back to the game without an added pass.

## **BEST PRACTICES- COACHING STATIONS**

1. Be brief—use short directions to get players moving and into the games.
2. Practice explaining the games before the clinic so that you are confident and concise on the day of the clinic.
3. Don't coach skills—the day is all about learning and discovery.
4. Be prepared and organized—have your station set up before the clinic begins.
5. Have good energy—if you're excited to be there, the kids will be, too. Use positive words of encouragement.
6. Quickly reset your station (if needed) while the groups rotate.
7. Use the soft lacrosse balls—not regulation lacrosse balls—for your station. We recommend that you have extra tennis balls available.
8. Have fun, too!

## **STATION VARIATIONS**

1. Most commonly used: Each coach is at an assigned station and the groups rotate to the coaches. With this, coaches teach one station during the entire clinic, only modifying it to be age appropriate. For this variation, only small amounts of equipment are needed at each station because the kids leave the equipment at one station and go to the next where there is equipment waiting for them for the next game.
2. Each age group is assigned to an area of the field for the entire clinic and the coaches rotate to each group to teach each segment. In this, the coach only needs to know one station, but has to be able to pickup and rotate quickly to the next age group to teach the skill. Again, this variation can require a lot of additional equipment.

## **GAMES AND ACTIVITIES**

### **SKILL: CRADLING/DODGING**

- » Cross the Pond
- » Sharks and Minnows

### **SKILL: PHYSICAL LITERACY**

- » Tic Tac Toe (Relay)
- » Pinnie Tag

### **SKILL: SCOOPING (GROUND BALLS)**

- » Squirrels and Nuts
- » Hungry Hippos

### **SKILL: PASSING (THROWING)**

- » Pass It Down

### **SKILL: CATCHING**

- » Have 1, Need 1
- » 360° Catching

### **SKILL: SHOOTING**

- » Longest Shot Game
- » Lock and Load
- » Scoop and Shoot

### **SKILL: DEFENSE**

- » 1v1 Forcing Box or Cat and Mouse
- » Canadian 2v2

## CROSS THE POND

**Appropriate Age Group:** All

**Skill(s) practiced:** Dodging, Cradling, Stick Protection

**Drill Duration:** 5 minutes

**Resources:** Balls (1 per player), Cones

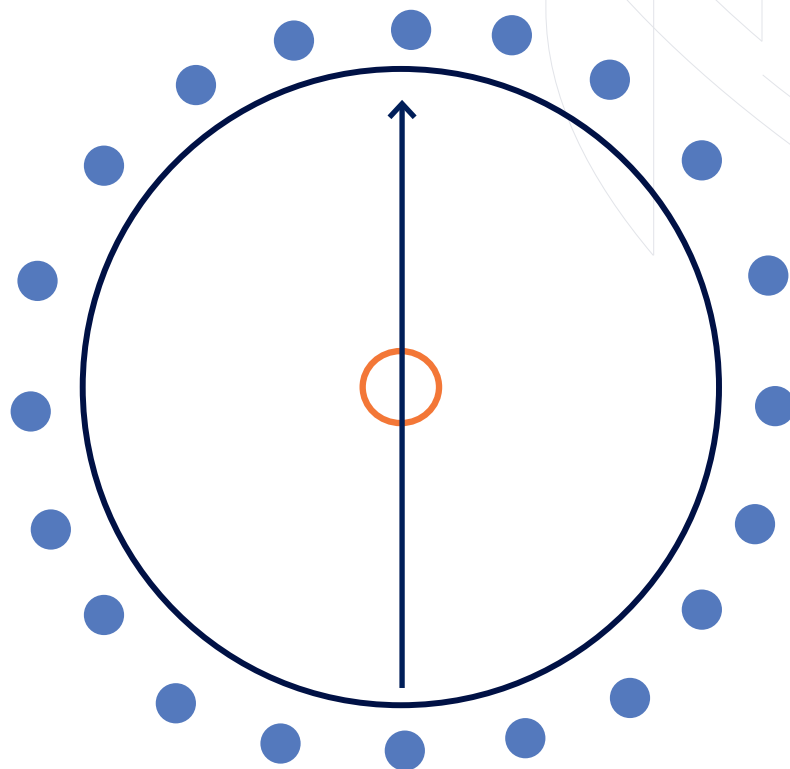
### Description:

Count off in 4's (each player will have a number 1, 2, 3 or 4). Line up around the outside of the center circle (pond). Set up a small (2x2) square or circle in the center of the center circle. When their number is called, players have to get to the opposite side of the pond as quickly as possible by going through the small circle in the middle of the pond.

### Progression(s):

Call multiple numbers, add defender or 2 in the middle

### Drill Diagram(s):



● OFFENSIVE PLAYER

● BALL



COACH



HULA HOOP



PINNIE

-----> ROLL THE BALL

● DEFENSIVE PLAYER

● PLAYER



GOAL



CONE



RUN

-----> PASS/SHOOT

## SHARKS AND MINNOWS

**Appropriate Age Group:** 5-12

**Skill(s) Practiced:** Dodging, Stick Protection, Cradling

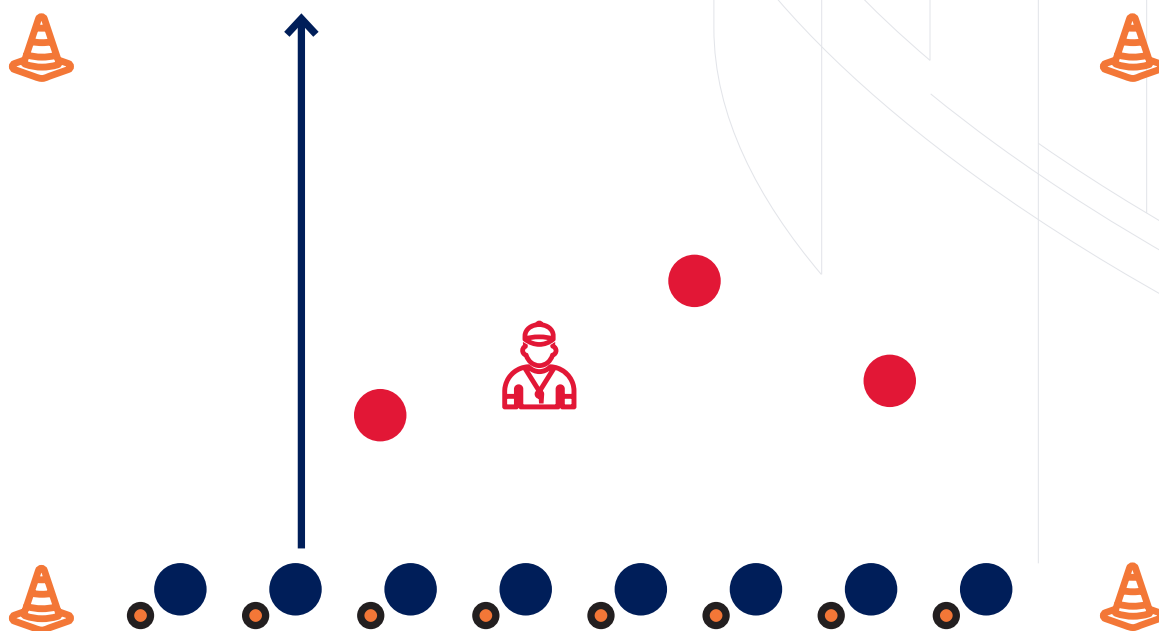
**Duration:** 5 minutes

**Resources:** 1 ball per minnow, cones

### Description:

Players are divided into two groups of either sharks or minnows. There are half as many sharks as there are minnows to start. On the whistle, the minnows must pass through the sharks and get to the other side of the "pond". If they lose their ball, they become a shark. Play until all minnows are gone.

### Drill Diagram:



- |                    |          |         |             |          |                      |
|--------------------|----------|---------|-------------|----------|----------------------|
| ● OFFENSIVE PLAYER | ● BALL   | 👤 COACH | ○ HULA HOOP | 👕 PINNIE | -----➔ ROLL THE BALL |
| ● DEFENSIVE PLAYER | ● PLAYER | 🏆 GOAL  | 🚫 CONE      | ➔ RUN    | -----➔ PASS/SHOOT    |



## TIC TAC TOE RELAYS

Appropriate Age Group: 5-19

**Skill(s) Practiced:** Fundamental Athletic Skills

**Drill Duration:** 5-10 minutes

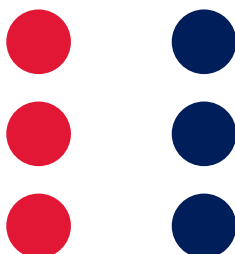
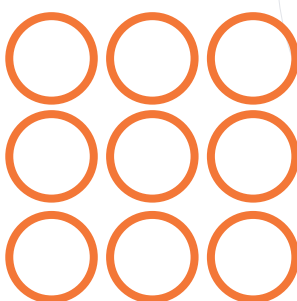
**Resources:** Hula Hoops, Bean Bags, Cones

### Description:

Players are divided into two teams of no more than 3. They will sprint a set distance (variable based on the age of athlete) to a tic, tac, toe board set with hula-hoops. In a relay race, players will each drop a bean bag into a space, trying to gain three in a row. If a stalemate is reached, players may move only their bags.

**Progression(s):** Vary the distance. Allow "boxing-out" to prevent one team from taking a space. Add beanbags for each team.

### Drill Diagram(s):



## PINNIE TAG

**Appropriate Age Group:** 5-15

**Skill(s):** Dodging, Stick Protection, Agility

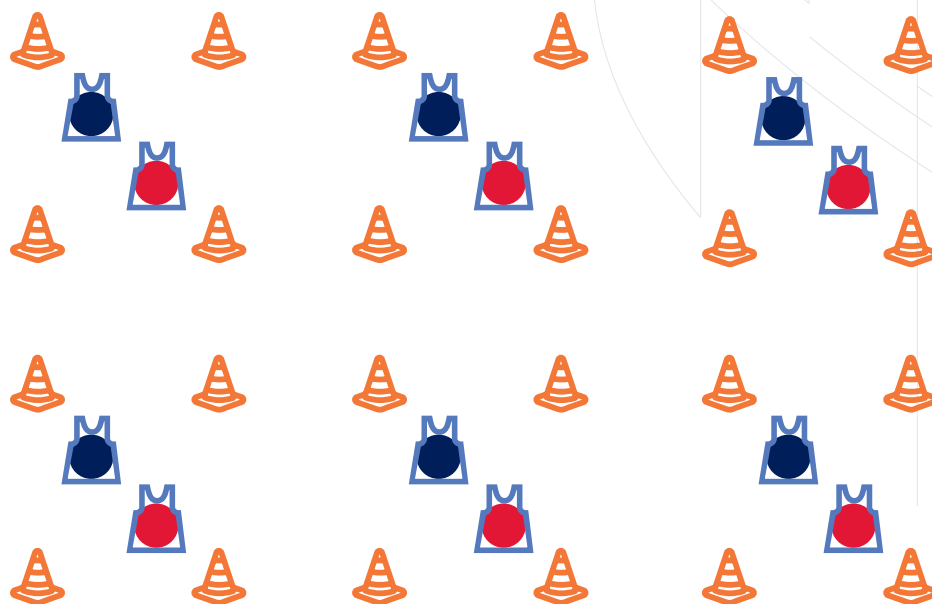
**Drill Duration:** 5 minutes

**Resources:** 1 pinnie or flag per player

**Description:** Players are divided up into pairs by the coach and placed in a 5yd-by-5yd box made of cones. Each partner will tuck a pinnie or flag into their waistband. On the coach's whistle, they must try to take their partners pinnie. If they succeed, they get one point, give it back and restart.

**Progression(s):** Add a stick and have the opponent try to touch it. Hold a ball in their open palm to work on cradling motion. Keep one foot as a pivot only foot.

**Drill Diagram:**



● OFFENSIVE PLAYER

● BALL



COACH



HULA HOOP



PINNIE

-----> ROLL THE BALL

● DEFENSIVE PLAYER

● PLAYER



GOAL



CONE

→ RUN

-----> PASS/SHOOT

## SQUIRRELS AND NUTS

**Appropriate Age Group:** 6-10

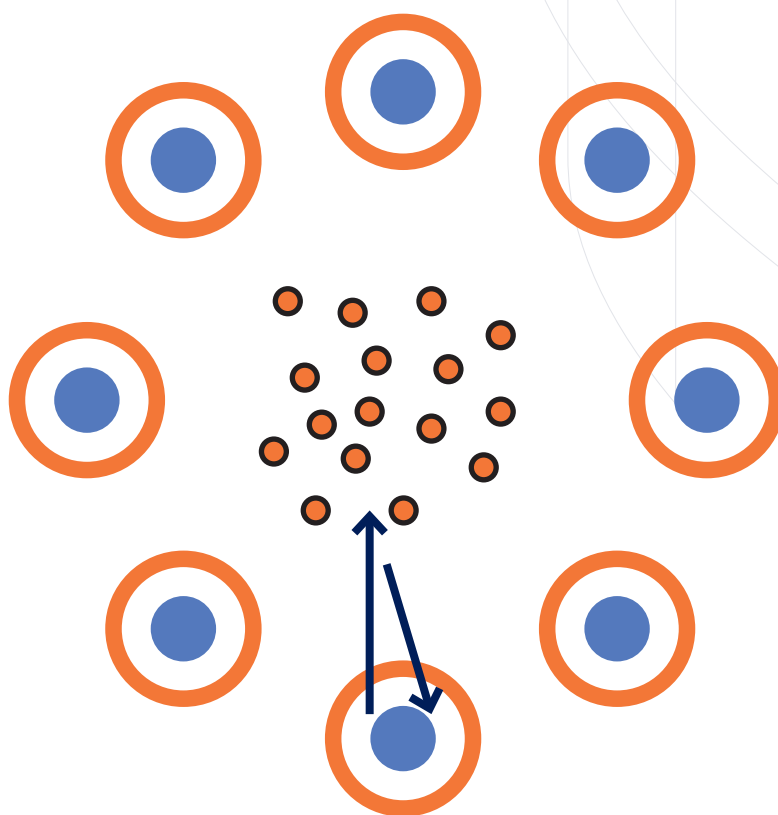
**Skill(s):** Scooping a lacrosse ball, Movement

**Drill Duration:** 5 minutes

**Resources:** 3-4 balls per child, hula hoops

**Description:** The coach will scatter balls all over the field. Players start at their "Nest" (a hula hoop) and on the coach's whistle run to a ball and pick it up while on the move. They then run back to their "Nest" and drop it in. players continue picking up balls until the field is cleared.

**Drill Diagram:**



● OFFENSIVE PLAYER

● BALL



COACH

○ HULA HOOP



PINNIE

-----> ROLL THE BALL

● DEFENSIVE PLAYER

● PLAYER



GOAL



CONE

→ RUN

-----> PASS/SHOOT

## HUNGRY HIPPOS

**Appropriate Age Group:** 6-10

**Skill(s):** Scooping, Dodging, Shooting

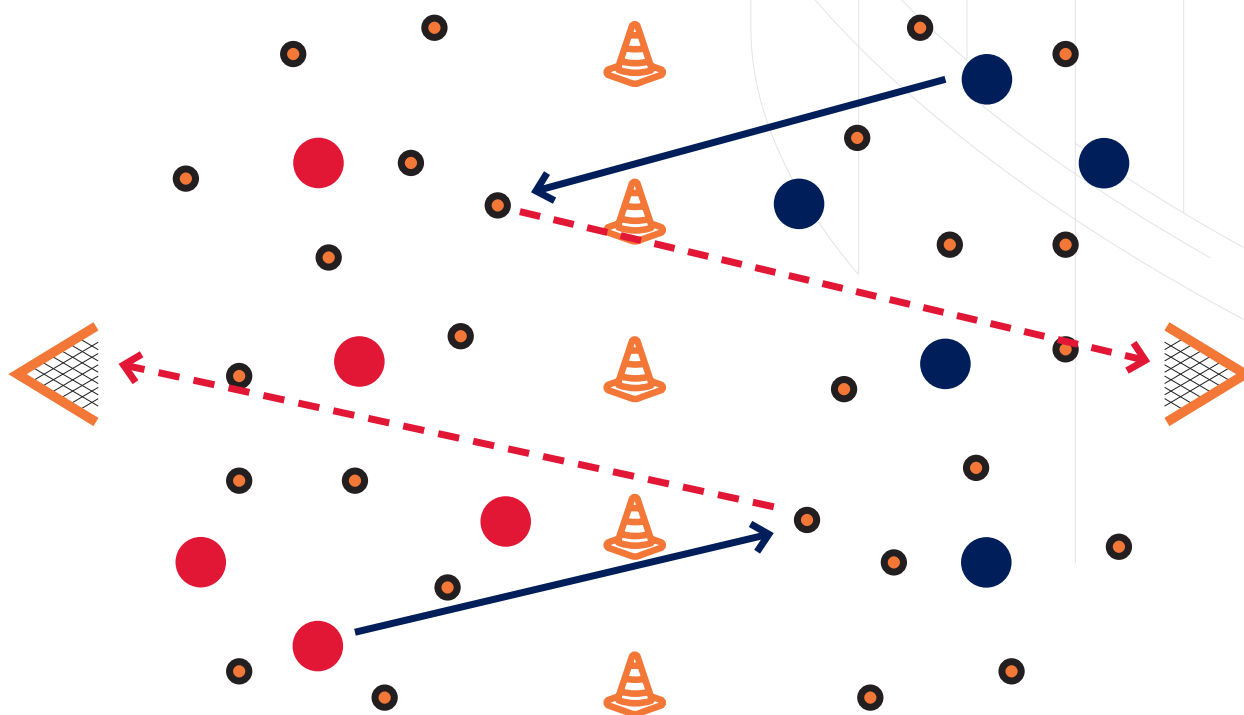
**Drill Duration:** 5 minutes

**Resources:** 3-4 balls per child, cones, goal(s)

**Description:** Players are divided into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls on each half of the field. On the whistle, players run back and shoot it into their goal. Players must chase any missed shots and shoot again into their goal. Go until balls are cleared from each side.

**Progression(s):** switch top hand on the stick. Divide into additional teams with less players per team. Add a box players must run through and dodge a coach.

**Drill Diagram:**



● OFFENSIVE PLAYER

● BALL

COACH

○ HULA HOOP

PINNIE

→ ROLL THE BALL

● DEFENSIVE PLAYER

● PLAYER

GOAL

● CONE

→ RUN

→ PASS/SHOOT

## PASS IT DOWN

**Appropriate Age Group:** 5-8

**Skill(s):** Pass, Catch, Scoop, Shoot

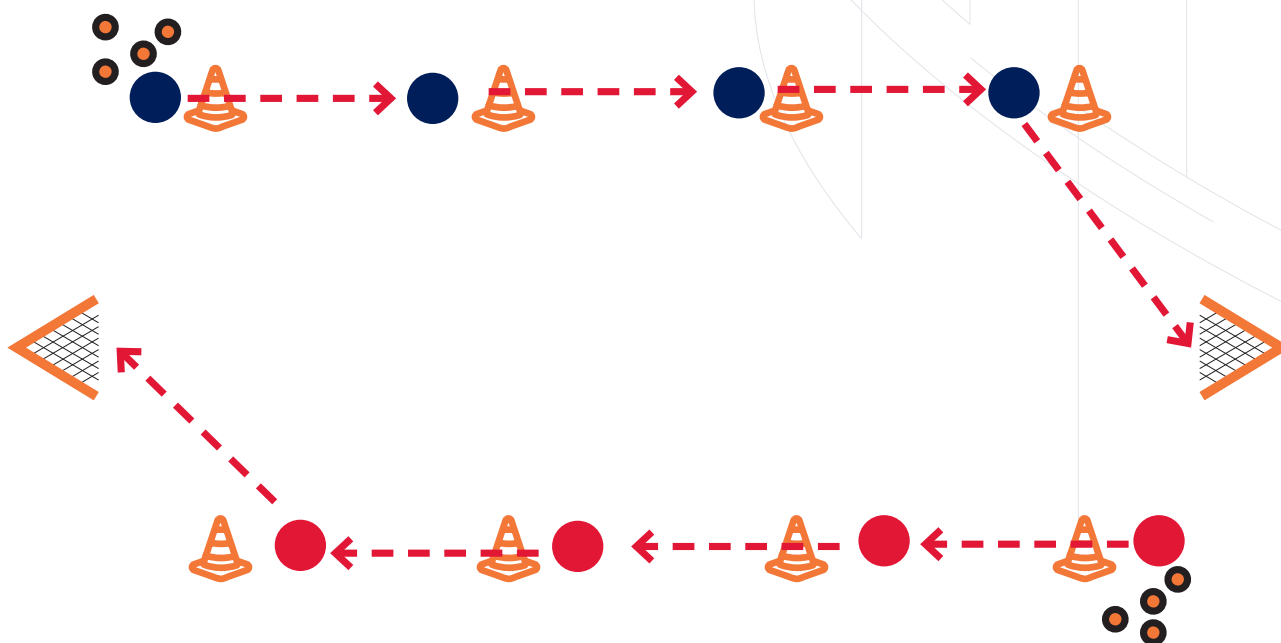
**Drill Duration:** 5 minutes

**Resources:** Goals, sticks balls

**Description:** Players are divided into two teams. Each team spreads out evenly along one side of the field. The coach places an equal amount of balls on the ground at the first person in each line, starting at the opposite ends of the field. On the whistle, the players will begin passing a ball down the line of their teammates, with the last player in line shooting into the goal.

**Progression(s):** Roll ground balls. Alternate top hand used on the stick. Turn away from pressure before passing.

**Drill Diagram:**



● OFFENSIVE PLAYER	● BALL	COACH	○ HULA HOOP	PINNIE	.....→ ROLL THE BALL
● DEFENSIVE PLAYER	● PLAYER	GOAL	● CONE	→ RUN	.....→ PASS/SHOOT

## HAVE ONE, NEED ONE

**Appropriate Age Group:** 6-9

**Skill(s):** Catching, throwing, movement

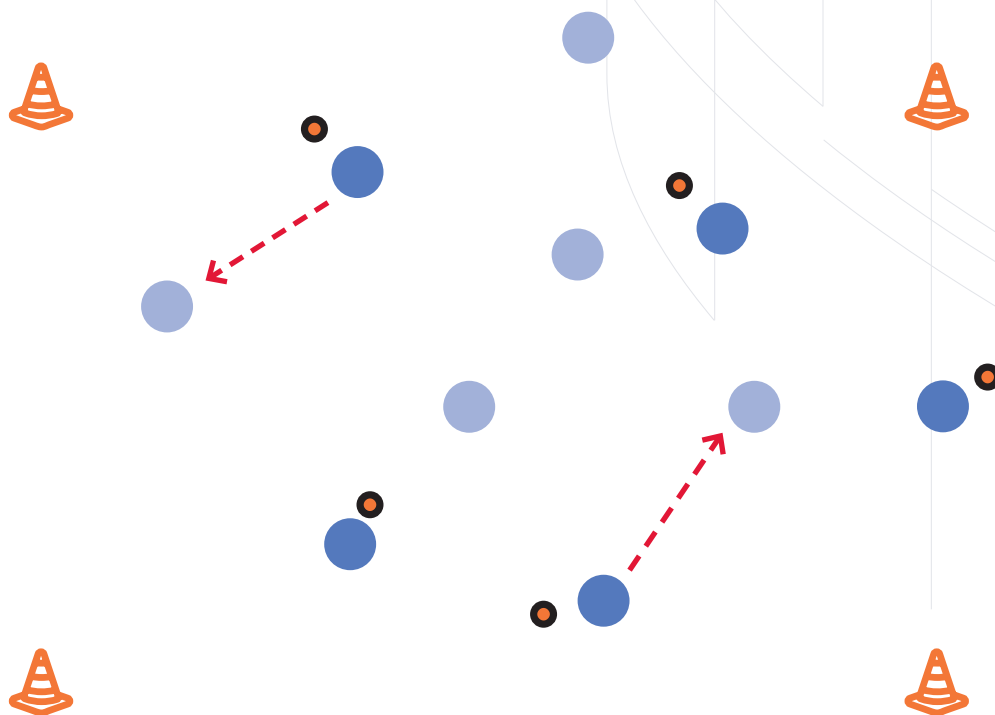
**Drill Duration:** 5 minutes

**Resources:** Less balls than children playing

**Description:** Scatter balls all over the field. On the coaches whistle, the players will run out and scoop a ball. Those that get a ball will call out "Have one" those players that do not have a ball will call out "Need one". When a "Have one" hears "Need one" they will pass or roll a ball to the need one, then they call out "Need one". This continues for several minutes.

**Progression(s):** Switch top hand on the stick.

**Drill Diagram:**



● OFFENSIVE PLAYER	● BALL	👤 COACH	○ HULA HOOP	👕 PINNIE	-----> ROLL THE BALL
● DEFENSIVE PLAYER	● PLAYER	🏀 GOAL	🔵 CONE	➡ RUN	-----> PASS/SHOOT



## LONGEST SHOT GAME

**Skill(s):** Passing

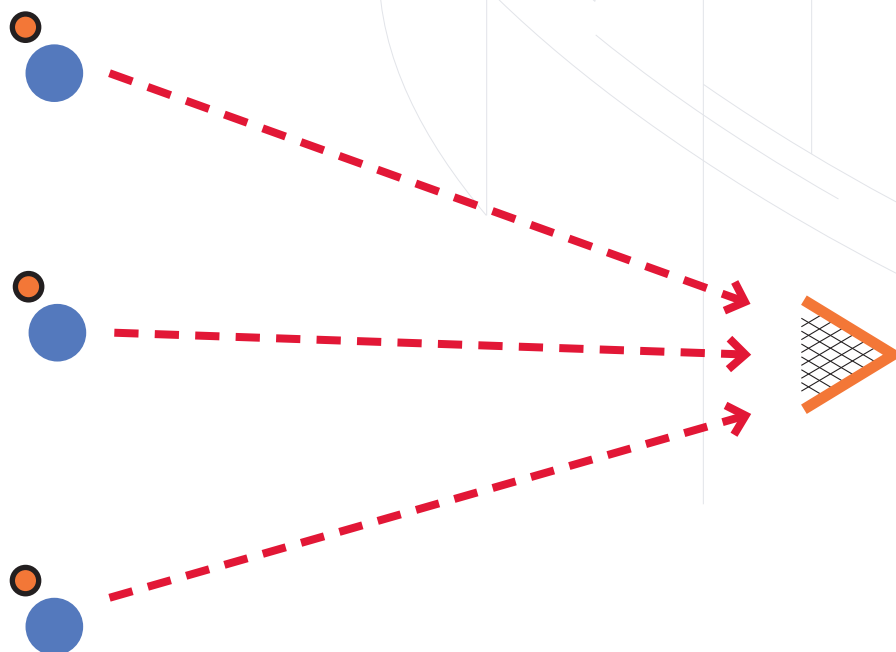
**Drill Duration:** 5-10 minutes

**Resources:** Balls, goal(s)

**Objective:** Help players be able to understand the concept of extending their arms away from their bodies in order to learn proper passing form, in a fun, athlete development aligned manner. We recommend asking players, "can you try to reach the goal in the air, or with one bounce". By using guided learning, the players will work to figure out the best way to use their body and stick to accomplish the goal.

**Description:** Have each player stand with a ball at varying distances to a fixed target. Each player will work to achieve the goal set by their coach during the guided learning phase.

**Progression(s):** By increasing the distance to the goal, coaches can identify and correct any technical issues their players may be experiencing. This game can also be progressed to have a competitive, fun time with older players. Introduce space (distance) and time constraints to progress the game and to control the pace of the activity. Keep score and or play to a desired number of repetitions to promote competition.



● OFFENSIVE PLAYER

● BALL

 COACH

○ HULA HOOP

 PINNIE

-----> ROLL THE BALL

● DEFENSIVE PLAYER

● PLAYER

 GOAL

 CONE

→ RUN

-----> PASS/SHOOT

## LOCK AND LOAD

**Appropriate Age Group:** All

**Skill(s):** Shooting, Throwing

**Drill Duration:** 5 minutes

**Resources:** 4-6 Balls per player, goal(s)

**Description:** Groups of 2. One player is down on her right knee with her left knee up. Stick in her right hand extended up and back in a prep shooting motion. Second player drops a ball into the stick of player 1. Player shoots into the cage by coming across her body and finishing with the entire stick on the outside of her left knee.

**Progression(s):** Switch to left side, shoot to specific spots in cage, stand up, shoot from a ground ball.

● OFFENSIVE PLAYER

● BALL



COACH



HULA HOOP



PINNIE

.....➔ ROLL THE BALL

● DEFENSIVE PLAYER

● PLAYER



GOAL



CONE



RUN

.....➔ PASS/SHOOT

## SCOOP AND SHOOT

**Appropriate Age Group:** 8-15

**Skill(s):** Shooting, scooping, rolling, carrying

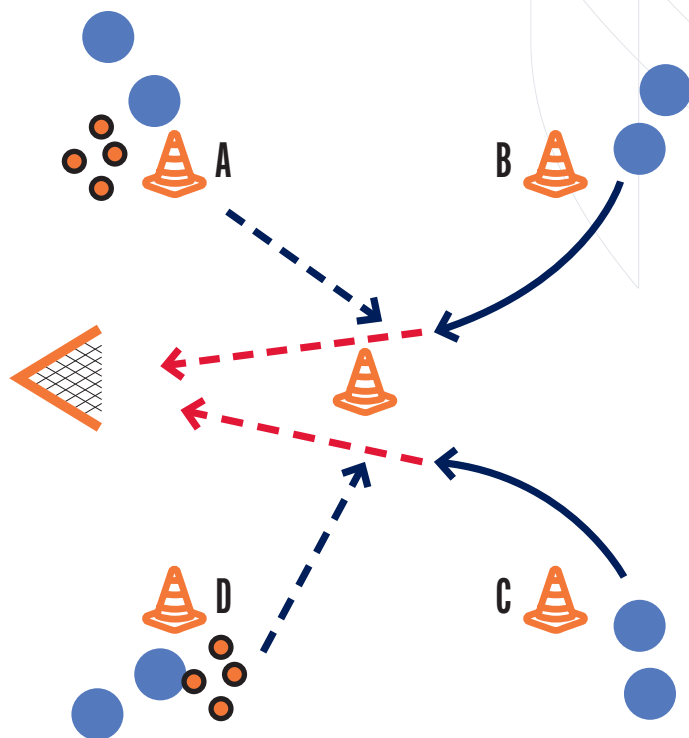
**Drill Duration:** 5 minutes

**Resources:** Multiple balls, cones, goal

**Description:** Set up 5 cones in a 15x15yd box as shown. Line A will roll a groundball towards the center cone for line B. Player from Line B will scoop the loose ball, take 1-3 steps and shoot it on goal. Players rotate lines in a clockwise motion to keep the drill moving.

**Progression(s):** Alternate top hands on the stick. Adjust the size of the box based on ability level of players. Change which line is rolling the ball and which is receiving the loose ball.

**Drill Diagram:**



● OFFENSIVE PLAYER

● BALL



COACH

○ HULA HOOP



PINNIE

-----> ROLL THE BALL

● DEFENSIVE PLAYER

● PLAYER



GOAL

● CONE

→ RUN

-----> PASS/SHOOT

## 360 DEGREE CATCHING

**Appropriate Age Group:** 5-15

**Skill(s):** Ball movement, strong and weak hand play, feeding

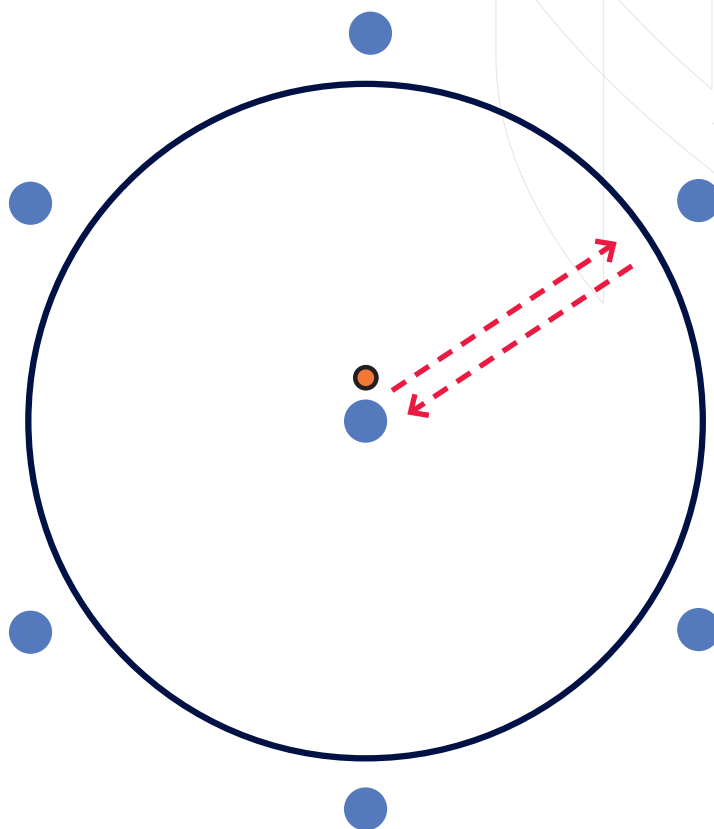
**Drill Duration:** 10 minutes

**Resources:** Balls, cones (if no circle is available) scale as needed based on ability and level of challenge desired.

**Description:** Place 6 players around the center circle evenly spread out. One player stands in the middle of the circle with the ball. She passes the ball to each player in the circle, without moving her feet. The players in the circle catch the ball and pass it back to the player in the middle, who catches the ball without moving her feet. Once the player in the middle has passed to each player, a player on the outside of the circle replaces the middle player. The drill continues until every player has had a turn in the middle.

**Progression(s):** As the players improve, have them play the game with two balls. This challenges them to concentrate and use their peripheral vision

**Drill Diagram:**



● OFFENSIVE PLAYER

● BALL

COACH

○ HULA HOOP

PINNIE

→ ROLL THE BALL

● DEFENSIVE PLAYER

● PLAYER

GOAL

CONE

→ RUN

→ PASS/SHOOT

## FORCING BOX

**Appropriate Age Group:** 7-15

**Skill(s):** Dodging, 1v1 Defense

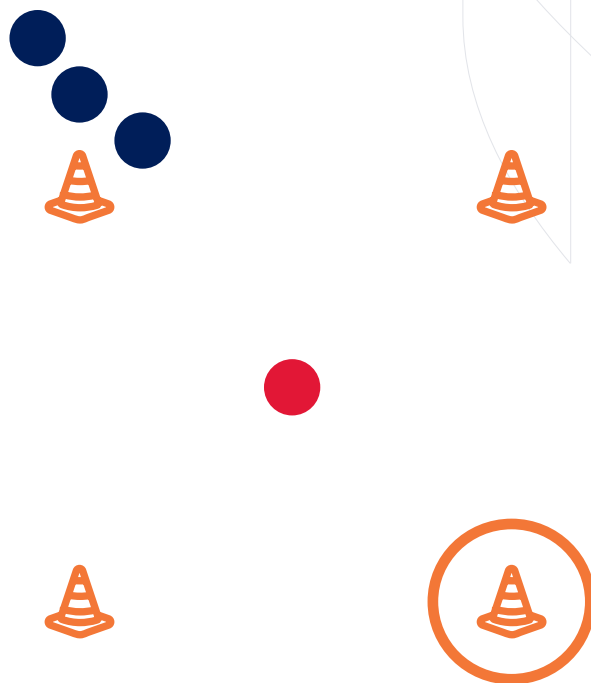
**Drill Duration:** 5 minutes

**Resources:** Balls, cones, sticks

**Description:** Set up several 5yd x 5yd boxes around the practice area. There should be enough that there are no more than 5 athletes per box. One player (defender) will Step into the center of the box, while the remaining players from a single line at one cone. The player in the middle must keep the first player (dodger) in line from getting to the diagonal cone

**Progression(s):** Add sticks and balls. Give defender a noodle to play defense with. Switch top hand on the stick.

**Drill Diagram:**



## CAT AND MOUSE

**Appropriate Age Group:** 6-11

**Skill(s):** Dodging, 1v1 Defense

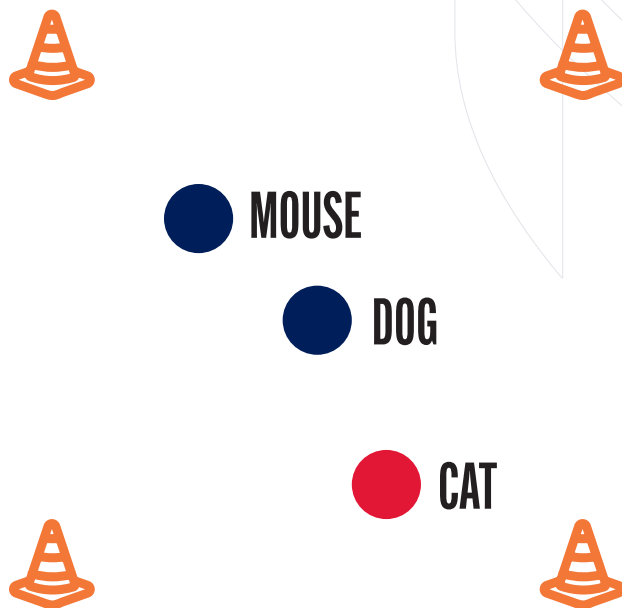
**Drill Duration:** 5 minutes

**Resources:** 4 Cones

**Description:** Set up 5yd x 5yd box. 3 players are in each box. 1 is the cat, 1 is the mouse, and 1 is the grandpa protecting the mouse from the cat by always staying in front of the cat. If the cat tags the mouse, then the three switch roles and play again. Drill until each athlete has been in all three roles 2x

**Progression(s):** Change size of box. Add more cats, mice, and or grandpa's

**Drill Diagram:**



● OFFENSIVE PLAYER

● BALL

 COACH

○ HULA HOOP

 PINNIE

-----> ROLL THE BALL

● DEFENSIVE PLAYER

● PLAYER

 GOAL

 CONE

→ RUN

-----> PASS/SHOOT



## CANADIAN 2V2'S

**Appropriate Age Group:** 10-18

**Skill(s):** 2v2 Defense, 2v2 Offense

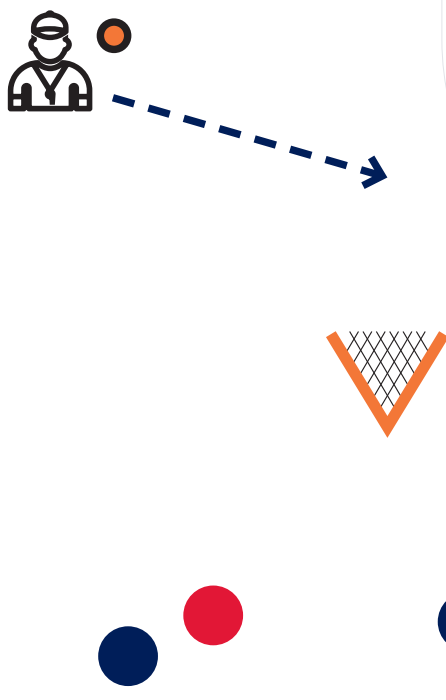
**Drill Duration:** 5-7 minutes

**Resources:** Balls, Cones, Goal

**Description:** 2 offense (O) and 2 defense (D) players will start paired up behind the goal. On the whistle, they will compete for the loose ball and the winner will attack the goal, while the loser tries to defend the goal.

**Progression(s):** adjust spacing for the skill level of the players. Add supporting offense and or defense. Require passes if additional players are added. Move players around the field. Have D clear the ball if they win the loose ball.

**Drill Diagram:**



● OFFENSIVE PLAYER

● BALL

COACH

○ HULA HOOP

PINNIE

→ ROLL THE BALL

● DEFENSIVE PLAYER

● PLAYER

GOAL

● CONE

→ RUN

→ PASS/SHOOT

## GO GET 'EM CIRCLE

**Skill(s):** Defense, Offense, Forcing a Turnover, Groundballs

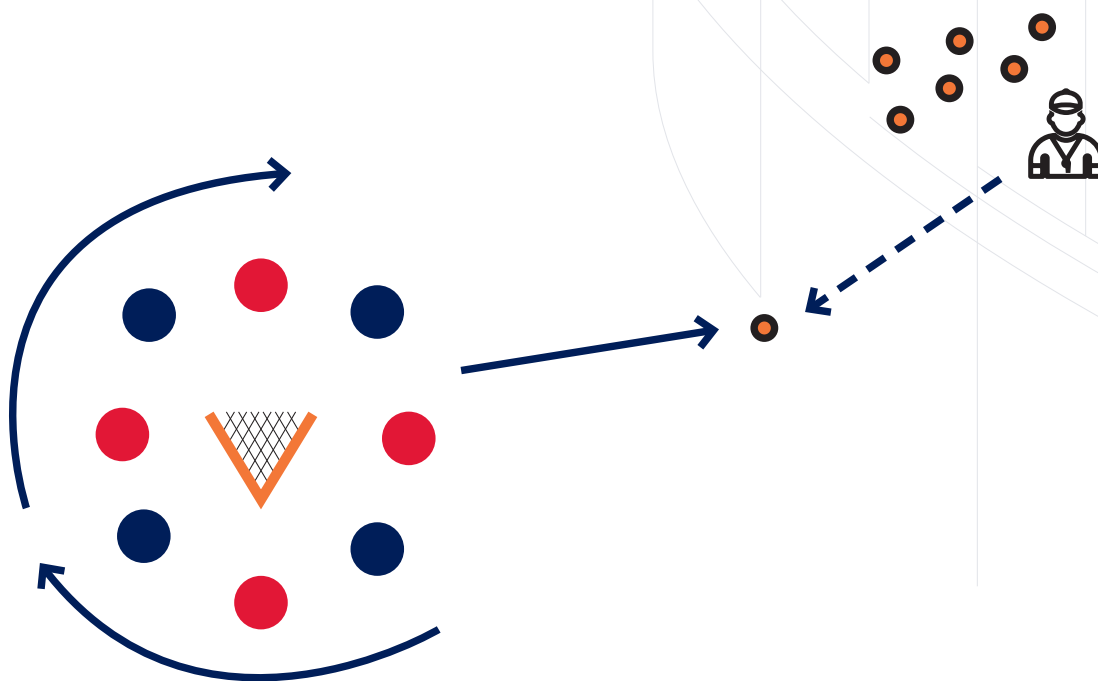
**Drill Duration:** 5-10 minutes

**Resources:** Balls, Goal

**Description:** set up alternating lines of offense and defense around the crease or goal circle. Coach stands to the side with a pile of balls. Two teams of players run in a circle around the goal. When the coach calls one of the players names, that player must run out and scoop the ground ball. Offense will try to score; defense is trying to clear the ball. Each group of players gets 3 reps before subbing.

**Progression(s):** Add or subtract players to change the level of difficulty

**Drill Diagram:**



● OFFENSIVE PLAYER	● BALL	 COACH	○ HULA HOOP	 PINNIE	-----> ROLL THE BALL
● DEFENSIVE PLAYER	● PLAYER	 GOAL	● CONE	→ RUN	-----> PASS/SHOOT