



# AGE APPROPRIATE **PRACTICE GUIDE**

DRILLS AND PLANS FOR RUNNING GIRLS'  
LACROSSE PRACTICES FOR AGES 5-11



# **Our Vision**

We envision a future that offers people everywhere the opportunity to discover, learn, participate in, enjoy, and ultimately embrace the shared passion of the lacrosse experience.

## **About Athlete Development**

It is our sincere hope that by providing these practice guides to lacrosse coaches, parents, and program administrators, players across the country will have an opportunity to learn lacrosse in a way that is physically, cognitively, emotionally, and socially appropriate.

We believe that this increases both the learning and fun for young athletes. When kids are having fun, they are learning and when they learn they improve.

Age appropriate practice will help young athletes reach their full potential, because they will...

**Learn Lacrosse Better**

**Love Lacrosse More**

**Stay in Lacrosse Longer**



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## INTRODUCTION

What would you think if we told you that up to 75% of the time athletes spend in practice, they are not actually improving their skills?

Would you be upset if you observed a practice and a child was standing 5 players deep from an opportunity to participate and improve their skill(s)?

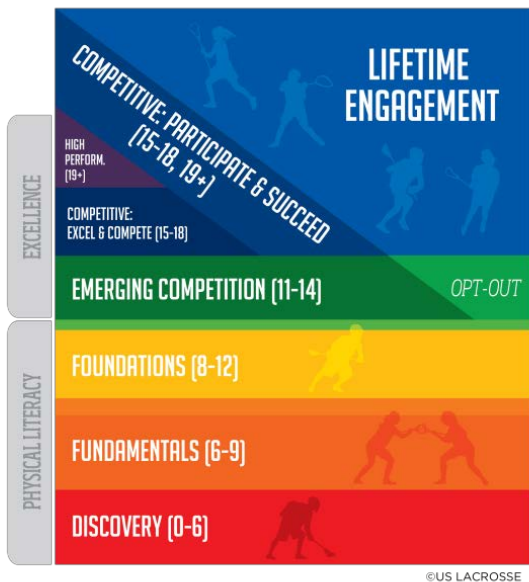
How many “touches” would that player get in a five minute drill? How many could they get if the practice was structured differently?

The station based plans and drills provided on the following pages work great as “canned curriculum” for the brand new lacrosse coach or as a starting point to help even the most experienced coach approach practice planning in a way that the kids will love. Each plan has been carefully crafted to put the athlete first and help them reach their full potential.



## Learn Lacrosse Better

### LACROSSE ATHLETE DEVELOPMENT MODEL



## Love Lacrosse More

## Stay in Lacrosse Longer



## About Station Based Practices

Station Based Practices are FUN. Young athletes come to practice to participate. In a Station Based Practice, having athletes spread across multiple stations directly engages them and drastically reduces waiting time. When athletes get more opportunity to practice a skill, with more individualized instruction, they will improve.

By design, each station represents a small component of the overall lacrosse experience. As players rotate through the stations, they are building partial skills needed to play the game and at the conclusion of a practice, athletes will have worked on numerous skill. This systematic chunking of skill development, allows the athlete to focus on one area of development for a short period of time, then move on to another area. If you think about it, it's much like the game...A player is on defense for a short period of time, but then must quickly transition into thinking about and playing offense, defense, or various other parts of the game. Stations are not only helping their skill development, but they are also helping the athlete to learn to transition between concepts and adapt to new situations efficiently and effectively.

US Lacrosse has developed a series of Station Based Practice plans for athletes. These are a great starting point for the novice coach who may be looking for ideas and methods to teach their athletes the game of lacrosse. While these plans are a great starting point, coaches must continually assess their players' abilities and tailor practice plans to meet the needs of the athlete. Here are some things to consider as you plan out your station based practice:

- Maximum 6-8 athletes per station.
- Warm-up or free play should last 5-6 minutes at the beginning or end of each practice.
- Station length maximum 6 minutes in duration due to short attention spans at this age.
- Make every station FUN, a game, competition, a race...
- No Whiteboards, no Whistles, no Waiting during stations.
- Get down on 1 knee, at eye level to talk to the kids.
- Use cones to tell kids where you want them to go.
- Bring lots of enthusiasm and energy - smile a lot.
- Complement each kid by name while they are in your station (5-6 minutes) at least once.
- Lots of high fives and cheering encouraged.
- Keep explanations to 15-20 seconds max.



Young athletes are comfortable with repetition and like familiarity in the drills that they are asked to perform. Similar drills can be rotated through the progression from practice to practice. This gives each practice a slightly different look and feel without changing too much. Every practice should be run twice in a row.

### **How do I do this with limited coaches?**

Many programs do not have enough coaches to run 6-8 stations simultaneously. This can create a challenge for coaches in implementing Station Based Practices. Here are some tips:

- Use Parents – many drills do not need an “on-staff” coach to run them and you could have a parents help with these stations. With a minimal amount of training, almost any adult can be a coach for one particular station in the practice.
- The “Tuesday” Coach – When asked, almost anyone with an interest in your lacrosse program can commit to coming to practice one day per week. If you can solicit 4-5 volunteers to show up on a pre-planned day of the week, one time per week you greatly increase your ability to run station based practice.

The above two tips not only give you extra hands on the field to help run drills, but you may just be cultivating a coaching staff for the future. If despite your call to action and requests for getting extra coaches to help you out, you can also do the following.

- Reduce the Number of Stations – you can limit the number of stations you use simultaneously, to the number of coaches you have available. After all athletes have rotated through all of the stations, give the athletes a water break and set up the remainder of your stations.

### **How do I do this with limited space?**

If you find yourself in a situation where you don’t have the use of an entire field, you can do the following:

- Reduce the Number of Stations – you can limit the number of stations you use simultaneously, to the space you have available. After all athletes have rotated through all of the stations, give the athletes a water break and set up the next set of stations.

### **When do the athletes get water breaks?**

Proper hydration is essential to athlete performance. When dehydration begins setting in, not only does physical performance suffer, but mental capacity and ability to learn decreases. Ideally when setting up the stations, the coach can place 2-3 water bottles at each location and athletes should be encouraged and reminded to hydrate when arriving at each station.

### **When do they learn to play “the game?”**

Time can be devoted at the beginning, end, or even in the middle of practice to have the athletes scrimmage in an age-appropriate format. This will allow them to take the skills they have learned during practice and put them to use in a context related to competition. It could even be used as one of the stations as you design your own practices.

# Developmental Considerations

## Coaching 4-6 Year Old Athletes

### KEY OBJECTIVES FOR SUCCESS

Focus - Where we spend most of our time	Fundamental Movement Skills
Goals - What we are trying to achieve.	To develop basic movement skills--body management, locomotor and object control skills that build ability, confidence and desire to play lacrosse. Getting as many touches with the ball as possible.
Player Centered Environment - What it should look like.	Fun, constant active engagement, relaxed, inclusive, positive with frequent changes of activity. Predictable routines. Games that build basic movement skills in the context of lacrosse. Lots of praise and reinforcement from coach and parents.

### PLAYER DEVELOPMENT

<i>Athletic Development</i>	Running, jumping, hopping, twisting, turning, stopping, starting, static balance, catching a ball with two hands
<i>Technical (Skills) Development</i>	Introducing running with the ball, scooping, throwing. Exposure to all skills. Experimentation and terminology
<i>Tactical (Strategy) Development</i>	Experimentation with body, stick and ball in a defined space containing "special" areas (ie goal). Stopping, starting, and changing pace. Running to open space.
<i>Psychological Development</i> - working to support athletes in these areas...	Trying new challenges. Effort. Following simple instructions
<i>Social-Behavioral Development--know that at this age they are...</i>	Learning to share. Learning to say Thank You. Enjoying friends. The center of their worlds. Parents are central for praise and approval; need balance and variety of new and familiar activities in short doses.

### PRACTICE

Practice to Competition & Competition Specific Training Ratio**	In-house instructional (embedded in activity sessions)
Primary Objective of Practice	To develop physical literacy and basic movement skills in the context of lacrosse. Achieved through stations, games and activities; 1:1 ball to player ratio. Include self-directed play.
Max Recommended Ratio (player : coach)	8:1
Length of Sessions	30-45 minutes
Frequency*	1x a week, 8-10 weeks
Multi-Sport Participation-Sport and physical activity diversification-Other sports and activities.	Physical activity every day. Lacrosse can be one of those activities; Gymnastics and movement education highly recommended



# Developmental Considerations

## Coaching 6-8 Year Old Athletes

### KEY OBJECTIVES FOR SUCCESS

Focus-Where we spend most of our time.	Fundamental Athletic Skills
Goals for this stage of development -What we are trying to achieve	To develop agility, balance, coordination, and speed for success in learning fundamental technical lacrosse skills. Getting as many touches of the ball as possible.
Player-centered environment-what it should look like	Fun, constant active engagement (kid + ball =fun), relaxed, inclusive, positive with as emphasis on learning new skills. Lots of enjoyable games that reinforce skill learning. Predictable routines. Focus on effort and trying their best. Activities are designed for success.

### PLAYER DEVELOPMENT

<i>Athletic Development</i>	Agility, dynamic balance, bilateral coordination, skipping, hopping, throwing/tossing and catching away from the body with either hand. Flexibility and strength.
<i>Technical (Skills) Development</i>	Proficient at stick grip and scooping. Exploring and developing other fundamental lacrosse skills – catching, passing, shooting, cradling, and dodging.
<i>Tactical (Strategy) Development</i>	Developing 1v1 and 2v2 offense and defense concepts. Exploring 2v1 offense and defense concepts. Riding and clearing.
<i>Psychological Development</i> - working to support athletes in these areas...	Concentration, coachability, learning to make choices, respect, understanding rules, how to cope with winning and losing. Problem solving skills.
<i>Social-Behavioral Development--know that at this age they are...</i>	Learning to cooperate and help others. Learning through familiar activities. Want to do their best. Can show responsibility through completing tasks and requests.

### PRACTICE

Practice to Competition & Competition Specific Training Ratio**	In-house instructional (embedded in activity sessions)
Primary Objective of Practice	To develop physical literacy and introduce fundamental sport and lacrosse skills. Achieved through stations, games, and activities. 1:1 player to ball ratio with 2:1 activities also blended in. Include periods of free play
Max Recommended Ratio (player:coach)	10:1
Length of Sessions	45-60 minutes
Frequency*	2x a week, 8-12 week season
Multi-Sport Participation-Sport and physical activity diversification-Other sports and activities.	Sport specific training twice a week during one specific season. Participate in other physical activity or sport 4-5 times per week. Gymnastics and movement education highly recommended. Ensure time period in the year when there is a several week rest from all organized sport.



# Developmental Considerations

## Coaching 7-10 Year Old Athletes

### KEY OBJECTIVES FOR SUCCESS

Focus-Where we spend most of our time.	Fundamental Technical Skills
Goals for this stage of development -What we are trying to achieve	To develop a technically sound set of lacrosse skills and athletic movement skills necessary in lacrosse. Getting as many touches of the ball as possible.
Player-centered environment-what it should look like	Fun, inclusive, engaging, and positive; appeals to this age group's desire for fun. Improvement and teamwork through the progressive development of existing and new skills. Focus on trying their best and developing a growth mindset.

### PLAYER DEVELOPMENT

<i>Athletic Development</i>	Agility, footwork, dynamic balance, complex coordination, linear speed, speed of coordination, strength, and flexibility.
<i>Technical (Skills) Development</i>	Proficient at most basic technical skills. Developing dodge variations and exploring shooting/passing and cradling variations. Developing individual defense skills – body/footwork and stick positioning.
<i>Tactical (Strategy) Development</i>	Proficient with 1v1, 2v1, and 2v2 concepts. Exploring and developing 3v3, 4v4, and 4v3 variations. Transition offense and defense.
<i>Psychological Development</i> - working to support athlete development in these areas...	Love of the sport. Coachability. Concentration. Problem solving. Becoming confident. Making good choices. Learning fairness and taking responsibility.
<i>Social-Behavioral Development</i> --know that at this age they are...	Learning to compete against other players and learning the values of lacrosse. Learning independence and also how to work together as a team. Developing self-awareness – they start to be aware of what they don't know or what they can't do. Like to help others and the coach.

### PRACTICE

Practice to Competition & Competition Specific Training Ratio**	In-house instructional or 70:30 (Practice:Competition)
Primary Objective of Practice	To develop a lacrosse-confident athlete with solid fundamental skills and a general understanding of basic game play and strategy. Best delivered through small sided play, including free-play
Max Recommended Ratio (player:coach)	12:1
Length of Sessions	60 minutes
Frequency*	Up to 3x a week, 8-12 week season
Multi-Sport Participation-Sport and physical activity diversification-Other sports and activities.	Sport specific training up to 3x per week for one specific season. Participate in other physical activity or sport 4-5x per week. Ensure time period in the year when there is a break from all organized sport.

# Developmental Considerations

## Coaching 9-12 Year Old Athletes

### KEY OBJECTIVES FOR SUCCESS

Focus-Where we spend most of our time.	Honing athletes Technical and fundamental Tactical skills.
Goals for this stage of development -What we are trying to achieve	To reinforce technical skills while learning and practicing tactical applications in a progressive system. Getting as many touches of the ball as possible.
Player-centered environment-what it should look like	Fun, inclusive, accepting, engaging and positive. Focus on improvement and effort rather than outcome. Reinforce new and existing skills while learning to apply to tactics through small sided and engaging play and enjoyable practice. Opportunities to try new things. Growth mindset.

### PLAYER DEVELOPMENT

<i>Athletic Development</i>	Agility, footwork, dynamic balance, complex coordination, multi-directional speed, strength, core strength, flexibility.
<i>Technical (Skills) Development</i>	Consolidating and mastering all technical skills, exploring variations-- developing consistency under pressure. Mastering individual defensive skills. Beginning to develop position-specific skills.
<i>Tactical (Strategy) Development</i>	Developing situational understanding of play up to 6v6; developing understanding of zones, proficient with riding and clearing, player to player defense. Working on space and time
<i>Psychological Development</i> - working to support athlete development in these areas...	Love of the sport, focus, simple goal setting, self-motivation, confidence, learning to make decisions, developing self-reliance, understanding winning and losing. Respect.
<i>Social-Behavioral Development--know that at this age they are...</i>	More independent, able to share, improved decision making ability. Desire independence and are building confidence. Peer group acceptance becomes important and physical competency plays a role in how one is perceived. Girls tend to form "cliques," boys have more broad team relationships.

### PRACTICE

Practice to Competition & Competition Specific Training Ratio**	70:30 Boys/60:40 Girls
Primary Objective of Practice	To reinforce basic technical skills and introduce tactical components of the game through progressions and small-sided play practice/ teaching games for understanding. Include free play.
Max Recommended Ratio (player:coach)	12:1
Length of Sessions	60-75 minutes
Frequency*	Up to 3x a week during an 8-12 week season
Multi-Sport Participation-Sport and physical activity diversification-Other sports and activities.	Sport-specific training up to 3x a week (for one specific season), participate in other physical activity or sport 4-5 times a week. Ensure time period in the year when there is a several week rest from all organized sport.

# Developmental Considerations

## Coaching 12-14 Year Old Athletes

### KEY OBJECTIVES FOR SUCCESS

Focus-Where we spend most of our time.	Technical and Tactical Refinement
Goals for this stage of development -What we are trying to achieve	To combine technical skills with tactical understanding to develop as a well-rounded lacrosse player, while also improving physically and psychologically in preparation for more competitive settings. Fun, accepting, meaningful, safe and positive. Rewards improvement and effort, develops healthy peer relationships.
Player-centered environment-what it should look like	Appeals to players sense of need to belong yet also develop a positive personal identity through team dynamics. Recognizes individual strengths and potential. Growth mindset. Mastery environment is evident.

### PLAYER DEVELOPMENT

<i>Athletic Development</i>	Agility, footwork, dynamic balance, core strength, lower extremity strength (for injury prevention), endurance (at growth spurt), speed, flexibility.
<i>Technical (Skills) Development</i>	Consistently demonstrates and can execute fundamental skills under pressure. Developing stick checking and body checking ability as allowable within the rules. Developing proficiency of position-specific skills
<i>Tactical (Strategy) Development</i>	Exploring extra-player defense and offense, Mastering numbers situations and tactical play up to 7v7. Developing transition, riding and clearing skills for transition to full-sided play. Developing awareness and anticipation.
<i>Psychological Development</i> - working to support athlete development in these areas...	Autonomy, choosing ones activities, setting more complex and long-term goals, seeing long-term benefits to hard work, developing good peer relationships and teamwork, self-motivation. Respect for the game, teammates, opponents, coach, officials, and self.
<i>Social-Behavioral Development--know that at this age they are...</i>	Time of rapid change physically, very aware of body and differences in maturity. Self-identity is being formed. Participation in sport is largely dependent upon friends. Can understand full scope of rules of the game and consequences of ones actions.

### PRACTICE

Practice to Competition & Competition Specific Training Ratio**	60:40
Primary Objective of Practice	To refine technical skills and develop tactical proficiency. Practices include regular competitive situations in progressions. Include competitive games that reinforce understanding, and high-repetition game-like drills. Include free play.



Max Recommended Ratio (player:coach)	15:1
Length of Sessions	90 minutes
Frequency*	Up to 3x a week during an 8-14 week season
Multi-Sport Participation-Sport and physical activity diversification-Other sports and activities.	Athlete may decide to start focusing more on 1-2 key sports. If lacrosse rises to the top in motivation and desire, suggest picking another sport that is complimentary during another season. Such as field hockey, soccer, ice hockey, football, basketball etc.

## 5-7 Year Old Girls

### PRACTICE: #1 (PAGE 1 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Parent Catching	Each child is paired with one <b>adult</b> . The adult will underhand toss the ball to the child in the "box" area, encouraging them to catch the ball by their ear. The child rolls the ball back to the adult.	Gives players an opportunity to catch more "passes" in a shorter time.	1 adult per child 3-4 balls per child	05:00
Parent Scooping	Each child is paired with one <b>adult</b> . The adult will roll the ball towards the child, encouraging them to drag both knuckles along the grass. The child rolls the ball back to the adult with their stick.	Gives players an opportunity to scoop more balls in a shorter time.	1 adult per child 3-4 balls per child	05:00
Dynamic Warm-Up	Coach leads players through a 4-5 exercise dynamic warm-up. <ul style="list-style-type: none"> <li>• Hop on two feet</li> <li>• Hop on one foot</li> <li>• Carioca</li> <li>• Skips</li> <li>• Head, Shoulders, Knees and Toes</li> </ul>	Developing agility, balance, and coordination	Use lines on the field to organize the players into rows where you can see all kids and provide feedback.	05:00
No Stick Scooping	The coach scatters balls all around the field. Players line up without their sticks on the sideline and on the coaches whistle, the players run to a ball, pick it up while moving, run to any goal on the field and throw it in. Repeat until all balls are cleared from the field.	Teaches players to bend at the knees while moving to pick up a stationary object.	2 or more goals 3-4 balls per child	05:00
Laxmazing Race	Coach sets up a maze/obstacle course using cones, noodles, hula hoops, etc...then leads the players through the maze. 1x without a stick and ball and 1x with a stick and ball. End with a "shot" on goal.	Agility Balance Coordination Carrying the ball Scooping Throwing	1 ball per child  Cones or other implements to mark the maze.	05:00

## 5-7 Year Old Girls

### PRACTICE: #1 (PAGE 2 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Messy Backyard	Players are divided up into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls around each side of the field. On the whistle, the players are to scoop balls from their side of the field, run up to the center spot and roll them onto the other teams side. After 90 sec. stop the game, have the kids round up and count all the balls on their half of the field. Play this game 2x	Scooping Carrying the ball Rolling the ball	3-4 balls per child Cone(s) to mark the center spot.	05:00
Scarecrow Throwing	Players are lined up along a line on the field, shoulder to shoulder with space between them to allow for throwing. Coach demonstrates the scarecrow throwing technique. Players first try without a ball and the coach provides feedback to individuals. Players are then given balls and try throwing the ball to a target without a stick. 3-4x. Collect balls and repeat, but this time them throw balls into a goal/target using their stick 3-4x.	Proper throwing mechanics. Coordination Balance	3-4 balls per child 2 Goals or other targets to throw towards.	10:00
Hungry Hippos	Players are divided up into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls around each side of the field. On the whistle, the players are to scoop balls from the opposite side of the field, run back to the goal on their side and throw the ball in. Players must chase any throws that miss the goal. Go until all balls are cleared on both sides of the field. Play this game 2x	Scooping Carrying the Ball Dodging Throwing the ball	3-4 balls per child Cone(s) to mark the center spot. 2 Goals	05:00

## 5-7 Year Old Girls

### PRACTICE: #2 (PAGE 1 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Parent Catching	Each child is paired with one <b>adult</b> . The adult will underhand toss the ball to the child in the "box" area, encouraging them to catch the ball by their ear. The child rolls the ball back to the adult.	Gives players an opportunity to catch more "passes" in a shorter time.	1 adult per child 3-4 balls per child	05:00
Parent Scooping	Each child is paired with one <b>adult</b> . The adult will roll the ball towards the child, encouraging them to drag both knuckles along the grass. The child rolls the ball back to the adult with their stick.	Gives players an opportunity to scoop more balls in a shorter time.	1 adult per child 3-4 balls per child	05:00
Dynamic Warm-Up	Coach leads players through a 4-5 exercise dynamic warm-up. <ul style="list-style-type: none"> <li>• Hop on two feet</li> <li>• Hop on one foot</li> <li>• Carioca</li> <li>• Skips</li> <li>• Head, Shoulders, Knees and Toes</li> </ul>	Developing agility, balance, and coordination	Use lines on the field to organize the players into rows where you can see all kids and provide feedback.	05:00
Under the Bridge	Multiple sets of parents walk around the field carrying a pool noodle between the pair of them. As they do this, the child rolls a ball between the parents and must scoop it by passing under the noodle.	Coordination Carrying the ball Scooping Rolling the ball	1 ball per child  Pool Noodles  Parents to assist	05:00
Hula Hoop Passing	Review Scarecrow throwing technique using a stick. Divide team up into 2 teams and partner the players. Parents will walk around the field carrying a hula hoop or a pool noodle that the players must throw the ball over or through to a partner in the opposite team.	Proper throwing mechanics.  Catching  Scooping  Positioning to receive a pass.	1 ball per 2 players  Hula Hoops or Noodles	05:00



## 5-7 Year Old Girls

### PRACTICE: #2 (PAGE 2 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Have 1, Need 1	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 1!" 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, until all players have been in both roles multiple times.	Scooping Carrying the ball Rolling the ball Passing Catching Communication	1 ball per 2 players	05:00
Pinnie Tag	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 coaches whistle, they must try to take their partners pinnie. If they succeed, they get one point, give it back and restart the game.	Agility Balance Dodging Stick Protection	Pinnie or other flag that can be tucked into the waistband.  Cones	05:00
Scrambled Eggs	Just like Pinnie Tag, except now the player will hold a ball in the open palm of one of their hands. If they drop the ball and their partner picks it up the partner gets a point.	Agility Balance Dodging Stick Protection	1 ball per 2 players  Cones	05:00
3v3 Game	See Small Sided Competitions guidelines.	Apply the skills learned in Practice 1 and 2.	2 goals Balls Cones	10:00

## 5-7 Year Old Girls

### PRACTICE: #3 (PAGE 1 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Parent Catching	Each child is paired with one <b>adult</b> . The adult will underhand toss the ball to the child in the "box" area, encouraging them to catch the ball by their ear. The child rolls the ball back to the adult.	Gives players an opportunity to catch more "passes" in a shorter time.	1 adult per child 3-4 balls per child	05:00
Parent Scooping	Each child is paired with one <b>adult</b> . The adult will roll the ball towards the child, encouraging them to drag both knuckles along the grass. The child rolls the ball back to the adult with their stick.	Gives players an opportunity to scoop more balls in a shorter time.	1 adult per child 3-4 balls per child	05:00
Dynamic Warm-Up	Coach leads players through a 4-5 exercise dynamic warm-up. <ul style="list-style-type: none"> <li>• Hop on two feet</li> <li>• Hop on one foot</li> <li>• Carioca</li> <li>• Skips</li> <li>• Head, Shoulders, Knees and Toes</li> </ul>	Developing agility, balance, and coordination	Use lines on the field to organize the players into rows where you can see all kids and provide feedback.	05:00
Sharks and Minnows	Players are divided up into two groups of either sharks or minnows. There should be half as many sharks as there are minnows to start the game. All of the minnows have a stick and ball. The sharks only have a stick. On the whistle, the minnows must pass through the sharks without losing their ball and get to the other side of the pond. If the ball falls out of their stick and a shark scoops it up, they become a shark. Any balls that a shark scoops, must be thrown out of the game.	Dodging Cradling Scooping	1 ball for each minnow.  Use cones to designate the "pond."	05:00

## 5-7 Year Old Girls

### PRACTICE: #3 (PAGE 2 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Laxmazing Race	Coach sets up a maze/obstacle course using cones, noodles, hula hoops, etc...then leads the players through the maze. 1x without a stick and ball and 1x with a stick and ball. End with a "shot" on goal.	Agility Balance Coordination Carrying the ball Scooping Throwing	1 ball per child  Cones or other implements to mark the maze.	05:00
Hot Feet	Players are divided up into pairs by the coach and placed 10yds. away from each other. They will begin walking in place while catching and throwing passes to their partner. Every 30 seconds, one line will move one partner to their left, with the last player in line running to the opposite end of their line to match up with a new partner.	Catching Throwing Balance Coordination	3-4 balls per child  Cones to designate spacing	05:00
Cone Smashers	The coach will set up several sets of flat cones, mimicking the footwork patterns of a right and left handed the face/pull dodge. The players will be divided up into groups of no more than 3 players per set of cones and will go through the footwork pattern, smashing the cones as they go. Make it a relay race by having the players complete the right and left handed dodges before the next player in their line can start.	Agility Balance Coordination Dodging Stick Protection	1 stick per player  Cones  Parents stationed at the cones to help with footwork patterns.	05:00
3v3 Game	See Small Sided Competitions guidelines.	Apply the skills learned in Practice 1 and 2.	2 goals Balls Cones	10:00

## 5-7 Year Old Girls

### PRACTICE: #4 (PAGE 1 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Parent Catching	Each child is paired with one <b>adult</b> . The adult will underhand toss the ball to the child in the "box" area, encouraging them to catch the ball by their ear. The child rolls the ball back to the adult.	Gives players an opportunity to catch more "passes" in a shorter time.	1 adult per child 3-4 balls per child	05:00
Parent Scooping	Each child is paired with one <b>adult</b> . The adult will roll the ball towards the child, encouraging them to drag both knuckles along the grass. The child rolls the ball back to the adult with their stick.	Gives players an opportunity to scoop more balls in a shorter time.	1 adult per child 3-4 balls per child	05:00
Dynamic Warm-Up	Coach leads players through a 4-5 exercise dynamic warm-up. <ul style="list-style-type: none"> <li>• Hop on two feet</li> <li>• Hop on one foot</li> <li>• Carioca</li> <li>• Skips</li> <li>• Head, Shoulders, Knees and Toes</li> </ul>	Developing agility, balance, and coordination	Use lines on the field to organize the players into rows where you can see all kids and provide feedback.	05:00
Hungry Hippos	Players are divided up into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls around each side of the field. On the whistle, the players are to scoop balls from the opposite side of the field, run back to the goal on their side and throw the ball in. Players must chase any throws that miss the goal. Go until all balls are cleared on both sides of the field. Play this game 2x	Scooping  Carrying the Ball  Dodging  Throwing the ball	3-4 balls per child  Cone(s) to mark the center spot.  2 Goals	05:00

## 5-7 Year Old Girls

### PRACTICE: #4 (PAGE 2 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Cat and Mouse	Coach sets up a 4 cone 5yd x 5yd box. 3 players are in each box. 1 is the Cat, 1 is the mouse, and 1 is the "grandma" protecting the mouse from the cat by staying in front of the cat at all times. 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.	Agility Balance Coordination 1v1 Defense	Cones or other implements to mark the box.	07:30
Forcing Box	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 form 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 using great footwork. Players may not bump, push, or shove each other. If the defender forces their opponent out of the box, the center goes to the end of the line and the "dodger" becomes the new defender. If the dodger touches the diagonal cone, then the same defender stays in the center.	Agility Balance Coordination 1v1 Defense	Cones or other implements to mark the boxes.	07:30
3v3 Game	See Small Sided Competitions guidelines.	Apply the skills learned in Practice 1 and 2.	2 goals Balls Cones	10:00

## 5-7 Year Old Girls

### PRACTICE: #5 (PAGE 1 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Parent Catching	Each child is paired with one <b>adult</b> . The adult will underhand toss the ball to the child in the "box" area, encouraging them to catch the ball by their ear. The child rolls the ball back to the adult.	Gives players an opportunity to catch more "passes" in a shorter time.	1 adult per child 3-4 balls per child	05:00
Parent Scooping	Each child is paired with one <b>adult</b> . The adult will roll the ball towards the child, encouraging them to drag both knuckles along the grass. The child rolls the ball back to the adult with their stick.	Gives players an opportunity to scoop more balls in a shorter time.	1 adult per child 3-4 balls per child	05:00
Dynamic Warm-Up	Coach leads players through a 4-5 exercise dynamic warm-up. <ul style="list-style-type: none"> <li>• Hop on two feet</li> <li>• Hop on one foot</li> <li>• Carioca</li> <li>• Skips</li> <li>• Head, Shoulders, Knees and Toes</li> </ul>	Developing agility, balance, and coordination	Use lines on the field to organize the players into rows where you can see all kids and provide feedback.	05:00
Pass it Down	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 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 it into the goal at their end. The first team to get all of their balls into their goal is the winner.	Passing Catching Shooting Scooping	2 Goals  Parents to help gather missed passes.	05:00

## 5-7 Year Old Girls

### PRACTICE: #5 (PAGE 2 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Freeze Catch	Coach sets up (3) 20yd x 20yd boxes with no more than 6 players per box. There are 3 players on each team. The object is to move purposefully off ball to receive the ball in a location where it can be passed back to a teammate. Players may move anywhere they want inside the box to receive a pass, but once they have the ball they cannot move to pass it.	Agility Coordination Passing Catching Off Ball Movement Finding Space	Cones or other implements to mark the box.  1 ball per team.	07:30
Cone Smashers	The coach will set up several sets of flat cones, mimicking the footwork patterns of a right and left handed the split dodge. The players will be divided up into groups of no more than 3 players per set of cones and will go through the footwork pattern, smashing the cones as they go. Make it a relay race by having the players complete the right and left handed dodges before the next player in their line can start.	Agility Balance Coordination Dodging Stick Protection	1 stick per player  Cones  Parents stationed at the cones to help with footwork patterns.	05:30
3v3 Game	See Small Sided Competitions guidelines.	Apply the skills learned in Practice 1 and 2.	2 goals Balls Cones	12:00



## 5-7 Year Old Girls

### PRACTICE: #6 (PAGE 1 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Parent Catching	Each child is paired with one <b>adult</b> . The adult will underhand toss the ball to the child in the "box" area, encouraging them to catch the ball by their ear. The child rolls the ball back to the adult.	Gives players an opportunity to catch more "passes" in a shorter time.	1 adult per child 3-4 balls per child	05:00
Parent Scooping	Each child is paired with one <b>adult</b> . The adult will roll the ball towards the child, encouraging them to drag both knuckles along the grass. The child rolls the ball back to the adult with their stick.	Gives players an opportunity to scoop more balls in a shorter time.	1 adult per child 3-4 balls per child	05:00
Dynamic Warm-Up	Coach leads players through a 4-5 exercise dynamic warm-up. <ul style="list-style-type: none"> <li>• Hop on two feet</li> <li>• Hop on one foot</li> <li>• Carioca</li> <li>• Skips</li> <li>• Head, Shoulders, Knees and Toes</li> </ul>	Developing agility, balance, and coordination	Use lines on the field to organize the players into rows where you can see all kids and provide feedback.	05:00
Hot Feet	Players are divided up into pairs by the coach and placed 10yds. away from each other. They will begin walking in place while catching and throwing passes to their partner. Every 30 seconds, one line will move one partner to their left, with the last player in the moving line running to the opposite end of their line to match up with a new partner.	Catching Throwing Balance Coordination	3-4 balls per child  Cones to designate spacing between partners.	05:00

## 5-7 Year Old Girls

### PRACTICE: #6 (PAGE 2 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Monkey in the Middle	Players are divided into groups of three and placed into a 15yd x 15yd box. Two players are on offense and one is on defense. The offense's job is to make as many passes and catches as possible. The defender is trying to knockdown or intercept the passes. If the defender succeeds, they choose one of the offensive players to replace them. If a pass is thrown out of the box, the passer goes into the middle. If a catch is dropped and recovered by the defender, the player dropping the catch goes into the middle.	Passing Catching Scooping Knock-downs Interceptions Off-ball Movement	Cones  2-3 balls per box to limit chasing errant passes.  Parents to help gather missed passes.	05:00
Hula Hoop Passing	Review Scarecrow throwing technique using a stick. Divide team up into 2 teams and partner the players. Parents will walk around the field carrying a hula hoop or a pool noodle that the players must throw the ball over or through to a partner in the opposite team.	Proper throwing mechanics.  Catching  Scooping  Positioning to receive a pass.	1 ball per 2 players  Hula Hoops or Noodles	05:00
Laxmazing Race	Coach sets up a maze/obstacle course using cones, noodles, hula hoops, etc...then leads the players through the maze. 1x without a stick and ball and 1x with a stick and ball. End with a "shot" on goal.	Agility Balance Coordination Carrying the ball Scooping Throwing	1 ball per child  Cones or other implements to mark the maze.	05:00
3v3 Game	See Small Sided Competitions guidelines.	Apply the skills learned in Practice 1 and 2.	2 goals Balls Cones	10:00

## 5-7 Year Old Girls

### PRACTICE: #7 (PAGE 1 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Parent Catching	Each child is paired with one <b>adult</b> . The adult will underhand toss the ball to the child in the "box" area, encouraging them to catch the ball by their ear. The child rolls the ball back to the adult.	Gives players an opportunity to catch more "passes" in a shorter time.	1 adult per child 3-4 balls per child	05:00
Parent Scooping	Each child is paired with one <b>adult</b> . The adult will roll the ball towards the child, encouraging them to drag both knuckles along the grass. The child rolls the ball back to the adult with their stick.	Gives players an opportunity to scoop more balls in a shorter time.	1 adult per child 3-4 balls per child	05:00
Dynamic Warm-Up	Coach leads players through a 4-5 exercise dynamic warm-up. <ul style="list-style-type: none"> <li>• Hop on two feet</li> <li>• Hop on one foot</li> <li>• Carioca</li> <li>• Skips</li> <li>• Head, Shoulders, Knees and Toes</li> </ul>	Developing agility, balance, and coordination	Use lines on the field to organize the players into rows where you can see all kids and provide feedback.	05:00
Hungry Hippos	Players are divided up into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls around each side of the field. On the whistle, the players are to scoop balls from the opposite side of the field, run back to the goal on their side and throw the ball in. Players must chase any throws that miss the goal. Go until all balls are cleared on both sides of the field. Play this game 2x	Scooping  Carrying the Ball  Dodging  Throwing the ball	3-4 balls per child  Cone(s) to mark the center spot.  2 Goals	05:00

## 5-7 Year Old Girls

### PRACTICE: #7 (PAGE 2 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Under the Bridge	Multiple sets of parents walk around the field carrying a pool noodle between the pair of them. As they do this, the child rolls a ball between the parents and must scoop it by passing under the noodle.	Coordination Carrying the ball Scooping Rolling the ball	1 ball per child  Pool Noodles  Parents to assist	05:00
Cat and Mouse	Coach sets up a 4 cone 5yd x 5yd box. 3 players are in each box. 1 is the Cat, 1 is the mouse, and 1 is the "grandma" protecting the mouse from the cat by staying in front of the cat at all times. 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.	Agility Balance Coordination 1v1 Defense	Cones or other implements to mark the box.	05:00
Shoulder, Shoulder, Stick	Just like Pinnie Tag, except now the player will hold a ball in their stick, trying to maintain Shoulder, Shoulder, Stick protection. If they drop the ball and their partner picks it up the partner gets a point. If the partner can tap their stick with their hand, the partner gets a point. Once a partner reaches 3 points, they switch roles.	Agility Balance Dodging Stick Protection	1 ball per 2 players  Cones	05:00
3v3 Game	See Small Sided Competitions guidelines.	Apply the skills learned in Practice 1 and 2.	2 goals Balls Cones	10:00

## 5-7 Year Old Girls

### PRACTICE: #8 (PAGE 1 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Parent Catching	Each child is paired with one <b>adult</b> . The adult will underhand toss the ball to the child in the "box" area, encouraging them to catch the ball by their ear. The child rolls the ball back to the adult.	Gives players an opportunity to catch more "passes" in a shorter time.	1 adult per child 3-4 balls per child	05:00
Parent Scooping	Each child is paired with one <b>adult</b> . The adult will roll the ball towards the child, encouraging them to drag both knuckles along the grass. The child rolls the ball back to the adult with their stick.	Gives players an opportunity to scoop more balls in a shorter time.	1 adult per child 3-4 balls per child	05:00
Dynamic Warm-Up	Coach leads players through a 4-5 exercise dynamic warm-up. <ul style="list-style-type: none"> <li>• Hop on two feet</li> <li>• Hop on one foot</li> <li>• Carioca</li> <li>• Skips</li> <li>• Head, Shoulders, Knees and Toes</li> </ul>	Developing agility, balance, and coordination	Use lines on the field to organize the players into rows where you can see all kids and provide feedback.	05:00
Cone Smashers	The coach will set up several sets of flat cones, mimicking the footwork patterns of a right and left handed the face/pull dodge. The players will be divided up into groups of no more than 3 players per set of cones and will go through the footwork pattern, smashing the cones as they go. Make it a relay race by having the players complete the right and left handed dodges before the next player in their line can start. Each player ends with a shot on goal.	Agility Balance Coordination Dodging Stick Protection Shooting	1 stick and 1 ball per player  Cones  Parents stationed at the cones to help with footwork patterns.	05:00

## 5-7 Year Old Girls

### PRACTICE: #8 (PAGE 2 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Forcing Box	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 form 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 using great footwork. Players may not bump, push, or shove each other. If the defender forces their opponent out of the box, the center goes to the end of the line and the "dodger" becomes the new defender. If the dodger touches the diagonal cone, then the same defender stays in the center.	Agility Balance Coordination 1v1 Defense	Cones or other implements to mark the boxes.	07:30
Freeze Catch	Coach sets up (3) 20yd x 20yd boxes with no more than 6 players per box. There are 3 players on each team. The object is to move purposefully off ball to receive the ball in a location where it can be passed back to a teammate. Players may move anywhere they want inside the box to receive a pass, but once they have the ball they cannot move to pass it.	Agility Coordination Passing Catching Off Ball Movement Finding Space	Cones or other implements to mark the box.  1 ball per team.	07:30
3v3 Game	See Small Sided Competitions guidelines.	Apply the skills learned in Practice 1 and 2.	2 goals Balls Cones	10:00



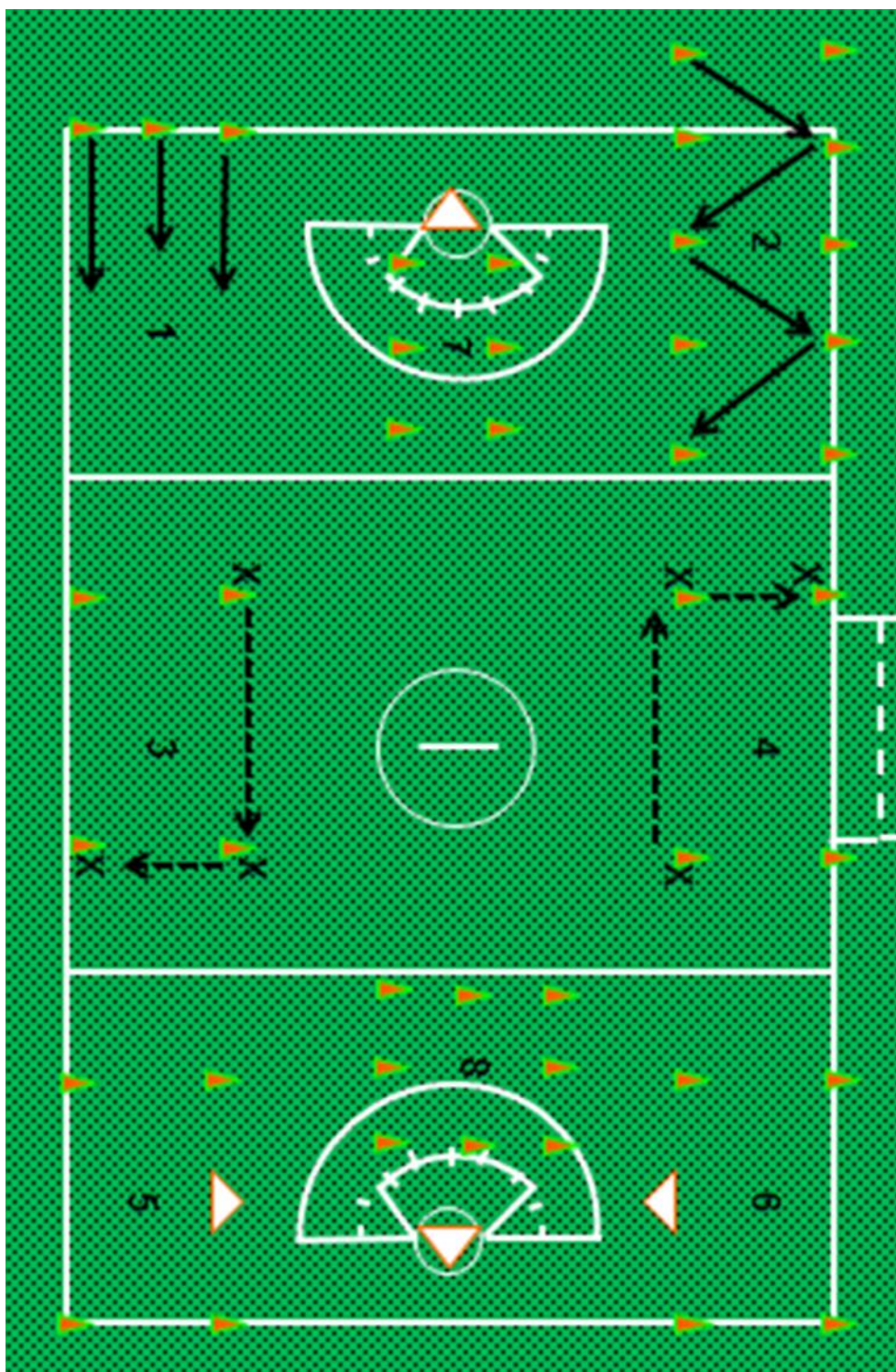
## 7-9 Year Old Girls

### PRACTICE #1 AND #2

Station	Drill
1 - 5:00	Alley Ground Balls Drill
• 6 players	
2 - 5:00	Zig Zag Dodging
• 4 players	
3 - 5:00	Four Corners Passing
• 3 players, Right Hand	
4 - 5:00	Four Corners Passing
• 3 players, Left Hand	
5 - 5:00	2v2 Game
• Free Play	
6 - 5:00	2v2 Game
• Free Play	
7 - 5:00	Forcing Box
• 4 players	
8 - 5:00	Pinnie Tag
• 4 players	

#### Notes:

1. Water is provided at each station and players hydrate during their off time in the station

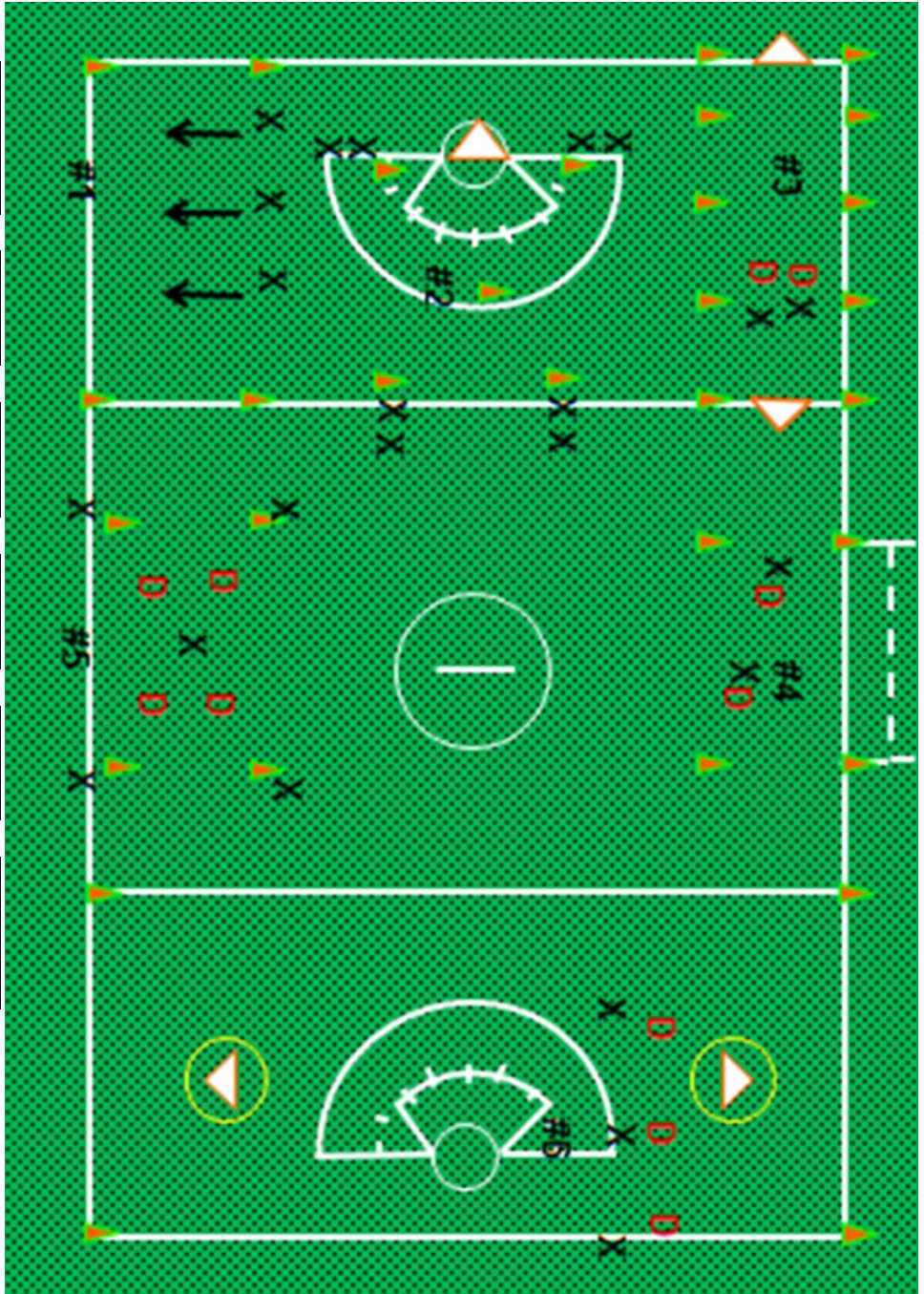




## 7-9 Year Old Girls

### PRACTICE #3 AND #4

Station	Drill
1 – 7:00	Sideline Groundballs
<ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>	
2 – 7:00	Cut, Catch, Shoot
<ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>	
3 – 7:00	2v2 Game to 2
<ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>	
4 – 7:00	Hogan Butt to Butt
<ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>	
5 – 7:00	Inside Feeding
<ul style="list-style-type: none"> <li>Max. 10 players, Min. 9 players</li> </ul>	
6 – 7:00	3v3 Game
<ul style="list-style-type: none"> <li>Free Play</li> <li>Max. 9 players, Min. 6 players</li> </ul>	



#### Notes:

1. Water is provided at each station and players hydrate during their off time in the station

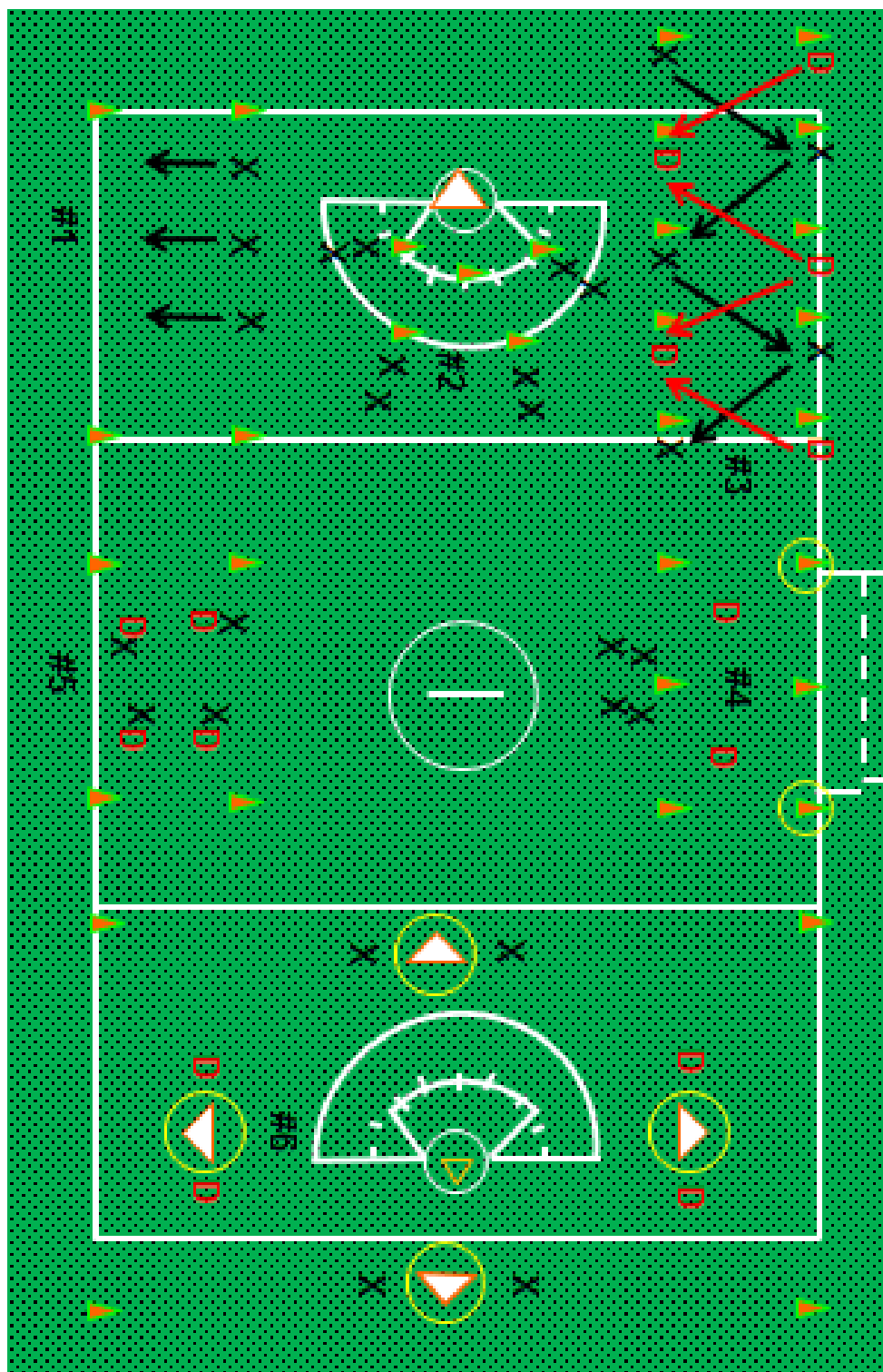
## 7-9 Year Old Girls

### PRACTICE #5 AND #6

Station	Drill
1 – 7:00	J-Turn Groundballs
<ul style="list-style-type: none"> <li>Max. 8 players, Min. 3 players</li> </ul>	
2 – 7:00	Scoop and Shoot
<ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>	
3 – 7:00	Eagle Eye
<ul style="list-style-type: none"> <li>Max. 10 players, Min. 4 players</li> </ul>	
4 – 7:00	Forcing Box
<ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>	
5 – 7:00	Pinnie Tag
<ul style="list-style-type: none"> <li>Max. 8 players, Min. 6 players</li> </ul>	
6 – 7:00	Hungry Hippos
<ul style="list-style-type: none"> <li>Free Play</li> <li>Max. 12 players, Min. 8 players</li> </ul>	

#### Notes:

1. Water is provided at each station and players hydrate during their off time in the station





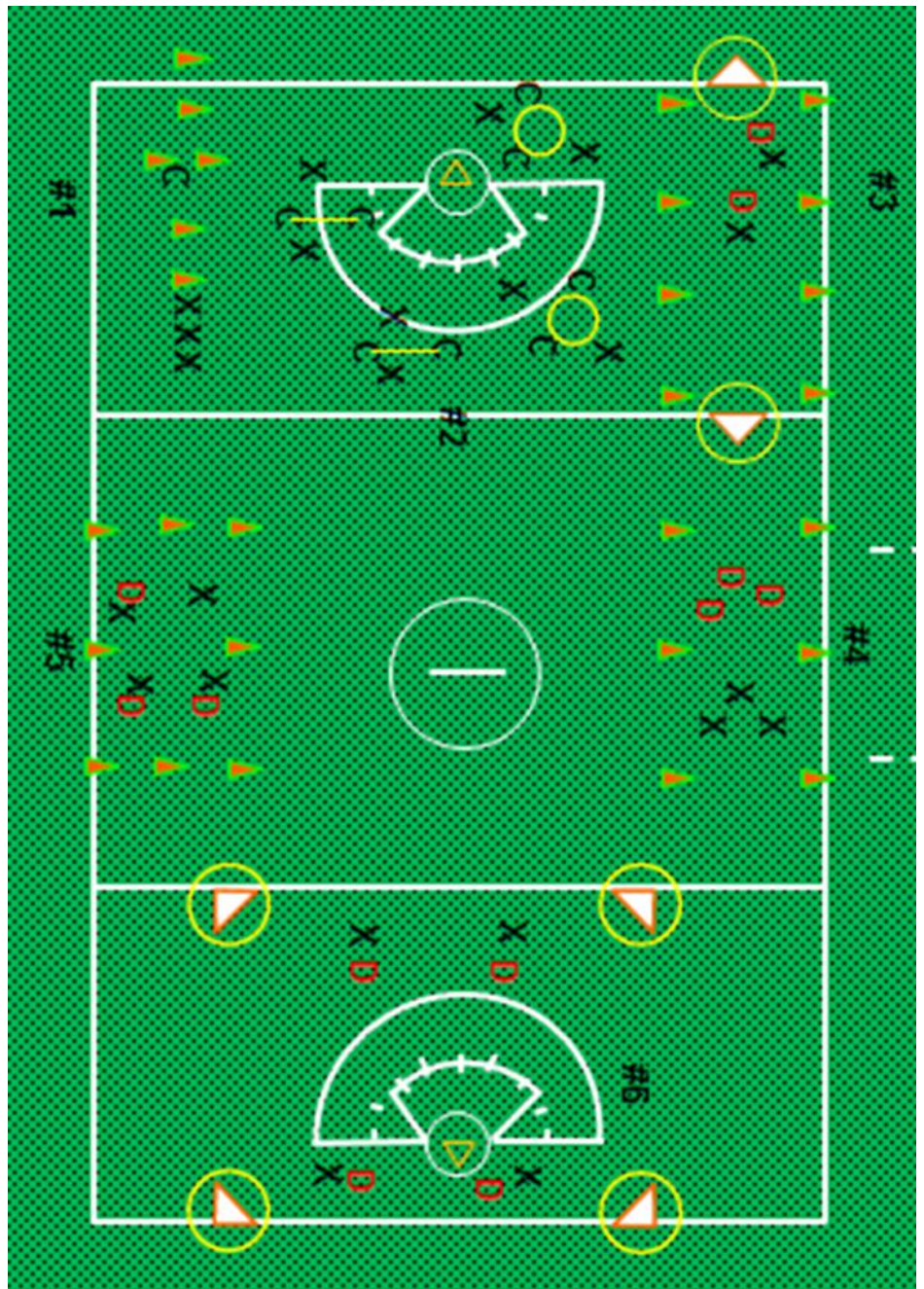
## 7-9 Year Old Girls

### PRACTICE #7 AND #8

Station	Drill
1 - 5:00	Dodge a Coach
	<ul style="list-style-type: none"> <li>C = Parent, Coach, or other Volunteer</li> <li>4-6 players max.</li> </ul>
2 - 5:00	Noodle Scooping/ Hula Hoop Passing
	<ul style="list-style-type: none"> <li>C = Parent, Coach, or other Volunteer</li> <li>8 players max.</li> </ul>
3 - 5:00	2v2 Game to 1
	<ul style="list-style-type: none"> <li>4-6 players max.</li> </ul>
4 - 5:00	Messy Backyard
	<ul style="list-style-type: none"> <li>4 player min.</li> <li>8 players max.</li> </ul>
5 - 5:00	Odd Number Keep Away
	<ul style="list-style-type: none"> <li>5 player min., 7 player max.</li> </ul>
6 - 5:00	Score on any Goal
	<ul style="list-style-type: none"> <li>6 player min.</li> <li>8 players max.</li> </ul>

#### Notes:

1. Water is provided at each station and players hydrate during their off time in the station
2. Visit each station twice, but not back to back.



## 9-11 Year Old Girls

### PRACTICE #1 AND #2

Station	Drill
1 - 7:00	2v1 Groundballs
	<ul style="list-style-type: none"> <li>6 player max.</li> </ul>

2 - 7:00	1v1 to a Shot
	<ul style="list-style-type: none"> <li>4 players min.,</li> <li>6 players max.</li> </ul>

3 - 7:00	Four Corners Passing
	<ul style="list-style-type: none"> <li>3 players,</li> <li>Right Hand 3:30, Left 3:30</li> </ul>

4 - 7:00	Draw Station
	<ul style="list-style-type: none"> <li>1v1 Draw</li> <li>4 players max.</li> </ul>

5 - 7:00	3v3 Game
	<ul style="list-style-type: none"> <li>Free Play</li> </ul>

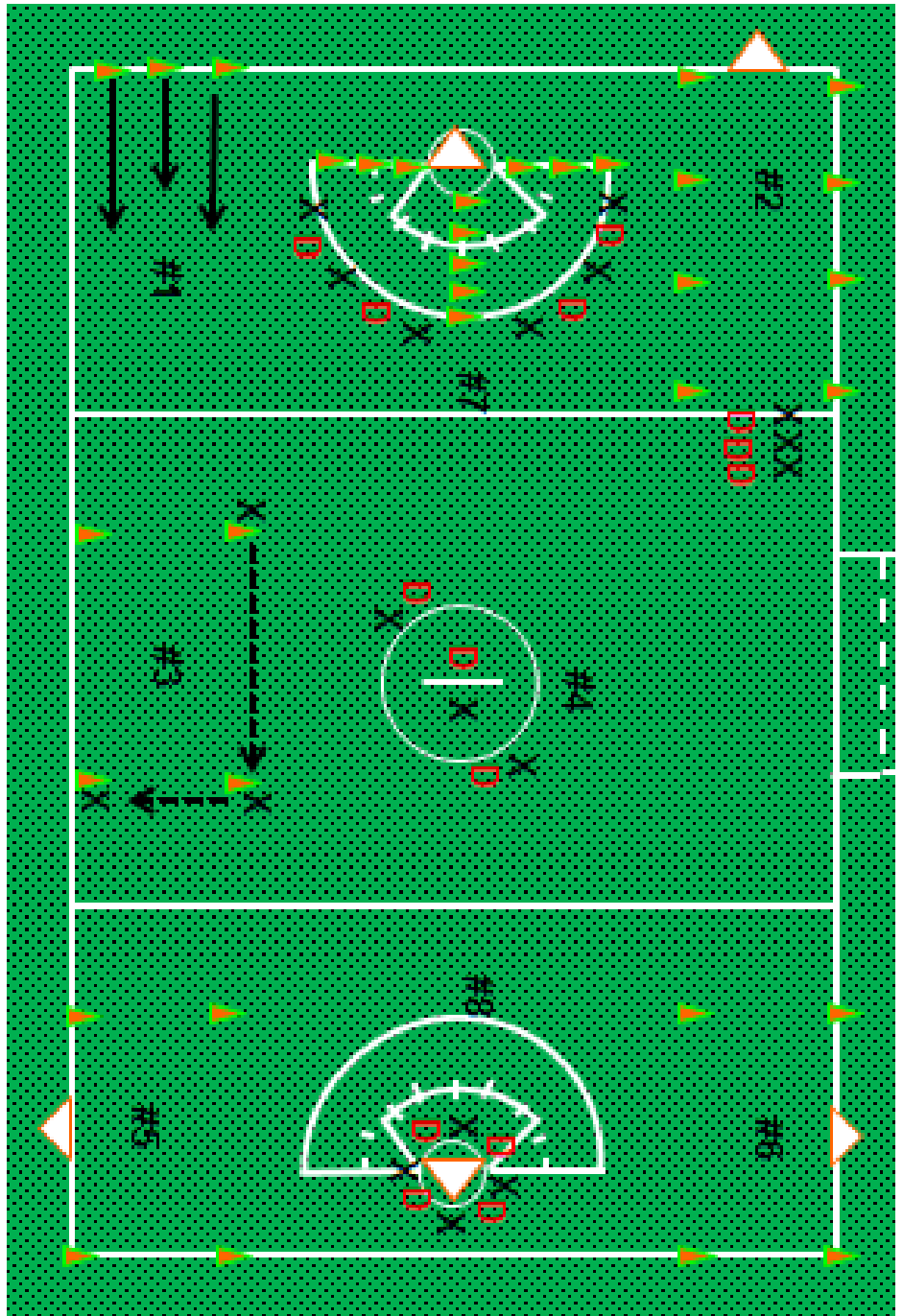
6 - 7:00	2v2 Game
	<ul style="list-style-type: none"> <li>Free Play</li> </ul>

7 - 7:00	3v2 One Side
	<ul style="list-style-type: none"> <li>5 player min.,</li> <li>10 player max.</li> </ul>

8 - 7:00	Apache Drill
	<ul style="list-style-type: none"> <li>8 players min.</li> <li>16 player max.</li> </ul>

#### Notes:

1. Water is provided at each station and players hydrate during their off time in the station





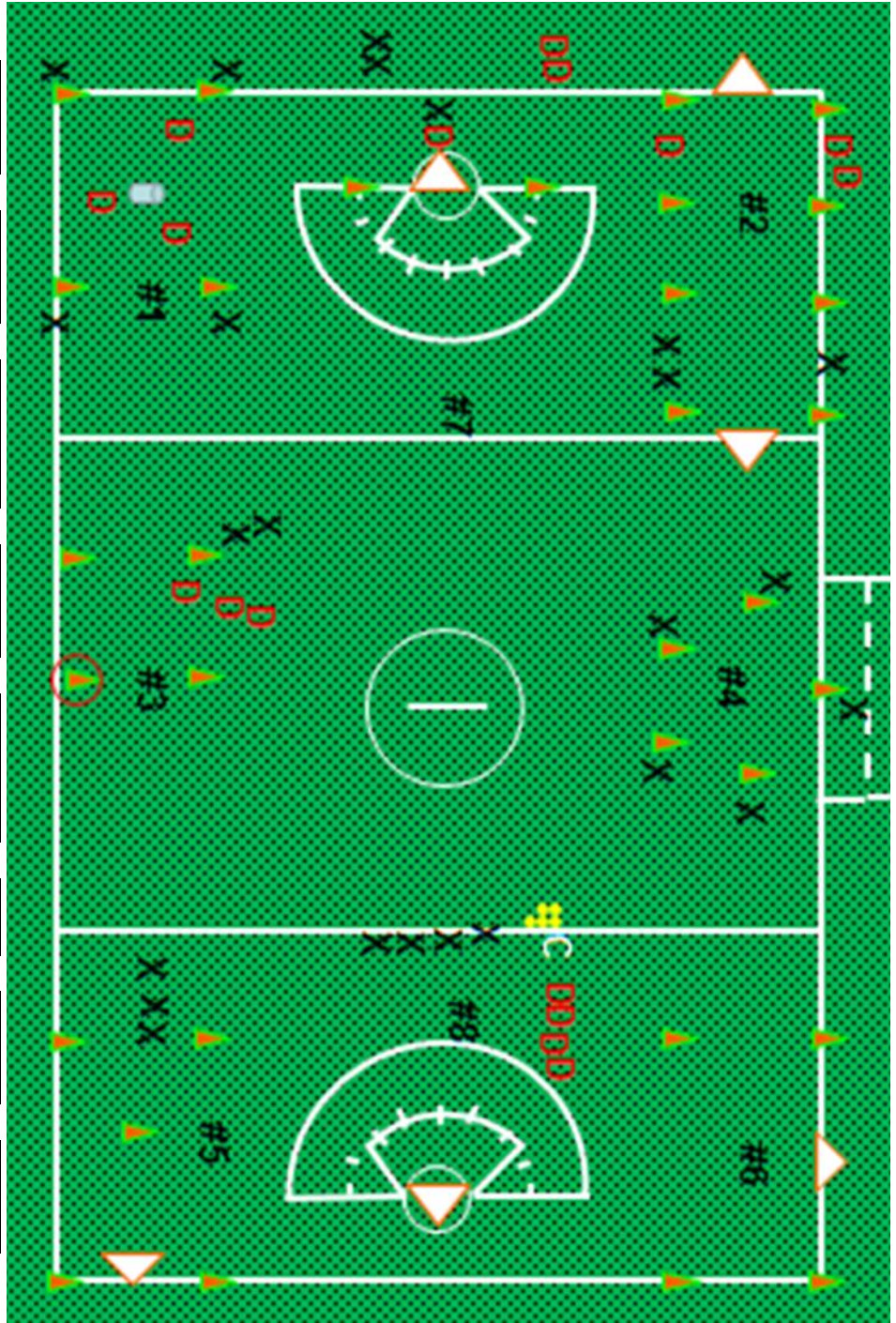
## 9-11 Year Old Girls

### PRACTICE #3 AND #4

Station	Drill
1 - 7:00	4v3 Bucket Ball <ul style="list-style-type: none"> <li>7 player max.</li> </ul>
2 - 7:00	3v2 West Genny <ul style="list-style-type: none"> <li>10 players min.</li> <li>14 players max.</li> </ul>
3 - 7:00	Forcing Box <ul style="list-style-type: none"> <li>6 players max.</li> <li>Alternate right and left hands</li> </ul>
4 - 7:00	Star Drill <ul style="list-style-type: none"> <li>5 players min.</li> <li>10 players max.</li> </ul>
5 - 7:00	Dodge and Shoot <ul style="list-style-type: none"> <li>8 players max.</li> <li>Alternate right and left hands</li> </ul>
6 - 7:00	3v3 Games to 1 <ul style="list-style-type: none"> <li>Free Play</li> </ul>
7 - 7:00	Run the Arc 1v1 <ul style="list-style-type: none"> <li>5 player min.,</li> <li>10 player max.</li> </ul>
8 - 7:00	Numbers Drill <ul style="list-style-type: none"> <li>8 players min.</li> <li>16 player max.</li> </ul>

#### Notes:

1. Water is provided at each station and players hydrate during their off time in the station





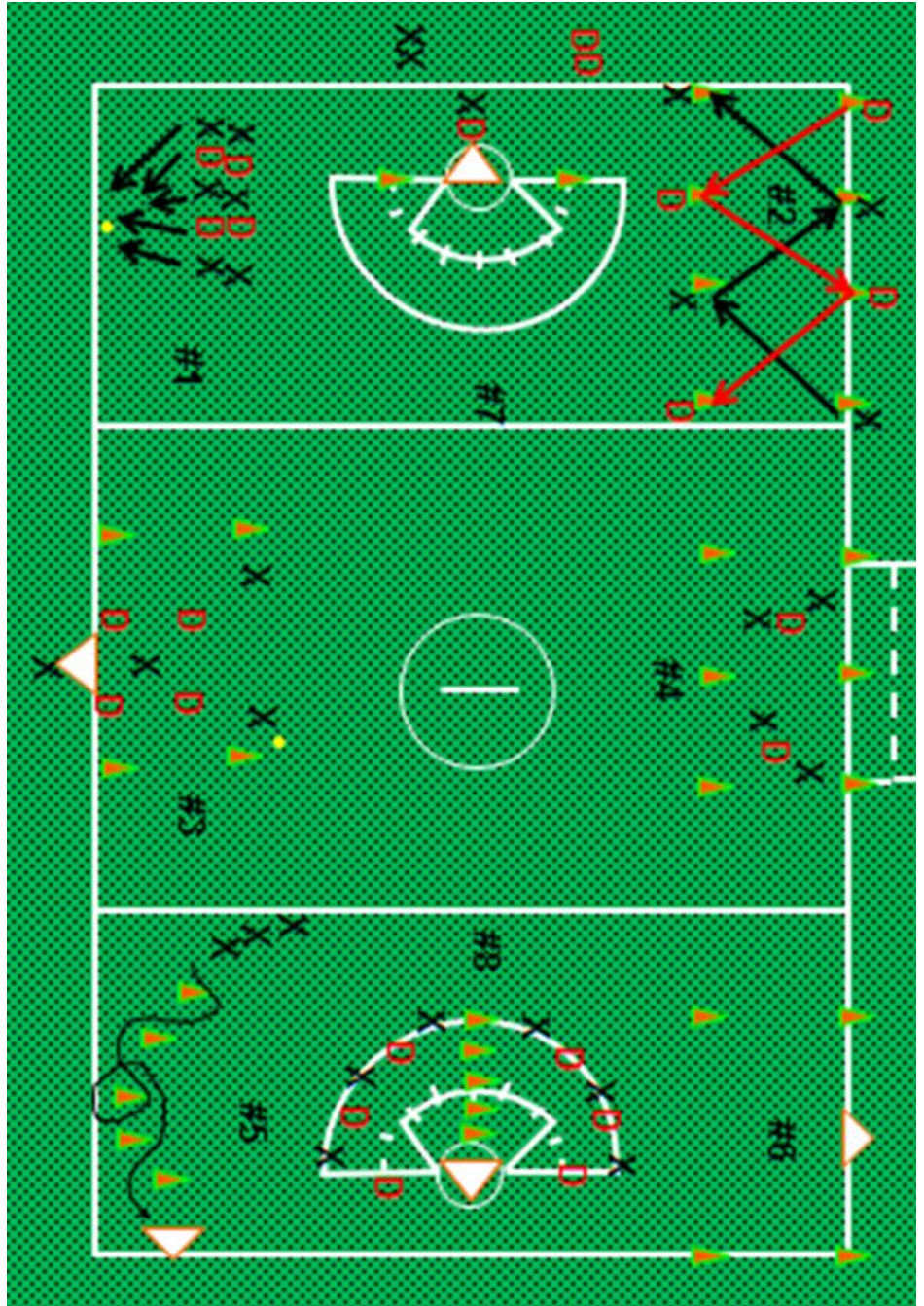
## 9-11 Year Old Girls

### PRACTICE #5 AND #6

Station	Drill
1 - 7:00	3v2 Groundballs <ul style="list-style-type: none"> <li>10 player max.</li> </ul>
2 - 7:00	Eagle Eye Passing <ul style="list-style-type: none"> <li>6 players min.</li> <li>8 players max.</li> </ul>
3 - 7:00	4x4x3 <ul style="list-style-type: none"> <li>8 players max.</li> <li>Alternate 4 man offense shapes</li> </ul>
4 - 7:00	2v1 Keep Away <ul style="list-style-type: none"> <li>6 players min.</li> <li>8 players max.</li> </ul>
5 - 7:00	Agility Course <ul style="list-style-type: none"> <li>8 players max.</li> </ul>
6 - 7:00	3v3 Games to 1 <ul style="list-style-type: none"> <li>9 player max.</li> <li>Free Play</li> </ul>
7 - 7:00	Run the Arc +1 <ul style="list-style-type: none"> <li>5 player min.,</li> <li>10 player max.</li> </ul>
8 - 7:00	3v3 Sideways <ul style="list-style-type: none"> <li>6 players min.</li> <li>12 player max.</li> </ul>

#### Notes:

1. Water is provided at each station and players hydrate during their off time in the station





## 9-11 Year Old Girls

### PRACTICE #7 AND #8

Station	Drill
1 - 7:00	Hogan Butt to Butt
	<ul style="list-style-type: none"> <li>10 player max.</li> </ul>

2 - 7:00	Pinnie Tag
	<ul style="list-style-type: none"> <li>6 players min.</li> <li>8 players max.</li> </ul>

3 - 7:00	Circle Groundballs
	<ul style="list-style-type: none"> <li>6 players min.</li> <li>8 players max.</li> </ul>

4 - 7:00	Triangle Passing
	<ul style="list-style-type: none"> <li>6 players max</li> </ul>

5 - 7:00	Ground Ball to Shot
	<ul style="list-style-type: none"> <li>6 players max.</li> </ul>

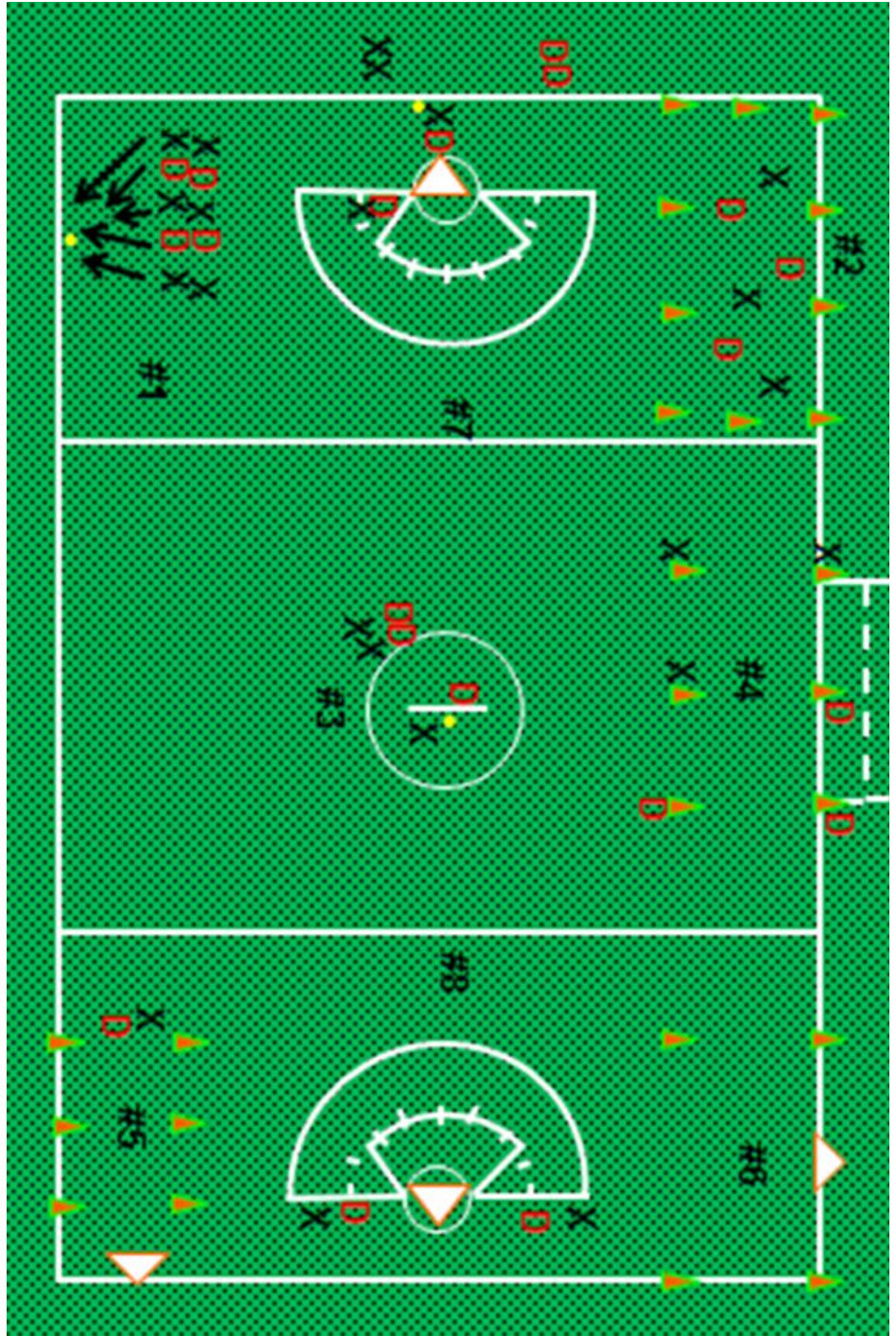
6 - 7:00	3v3 Games to 1
	<ul style="list-style-type: none"> <li>9 player max.</li> <li>Free Play</li> </ul>

7 - 7:00	Run the Arc +2
	<ul style="list-style-type: none"> <li>5 player min.,</li> <li>10 player max.</li> </ul>

8 - 7:00	Canadian 2v2's
	<ul style="list-style-type: none"> <li>6 players min.</li> <li>12 player max.</li> </ul>

#### Notes:

1. Water is provided at each station and players hydrate during their off time in the station







## 3v2 Sideways

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Ball Movement, Off Ball Play, Uneven Situations

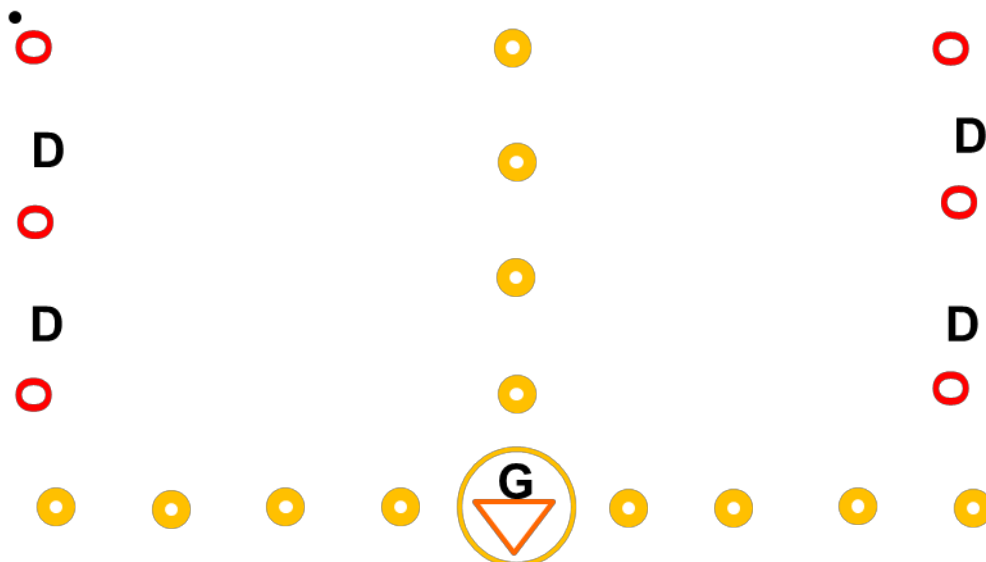
**Drill Duration:** 5-7 minutes

**Resources:** Balls, Multiple cones

**Description:** Field is set up as shown and spacing can be adjusted based on age and ability of players. On the whistle, players will play a 3v2 situation to a goal or defensive turnover. Players must stay inside of the cone boundaries and on their respective half of the field.

**Progression(s):** Add or subtract players to change the level of difficulty. Start with a ground ball instead of possession. Move the boundaries to teach attacking from behind the goal.

**Drill Diagram:**





## 3v2 West Genny

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Unsettled Situations

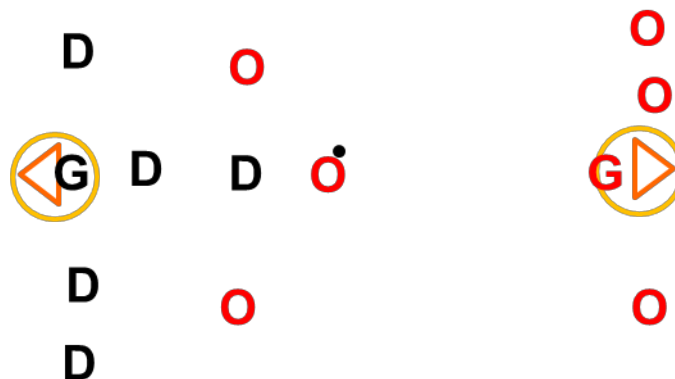
**Drill Duration:** 5-7 minutes

**Resources:** Balls, Cones, Goal

**Description:** The drill starts with 3 **O** players against 2 **D** players. They play a 3v2 until a goal or change of possession. The last **O** player to touch the ball drops out of the drill and the remaining 2 **O** players get back to play defense. 3 new **D** players release from their end to attack the opposite end of the field. Each team will get one offensive run and one defensive run before being replaced by new players.

**Progression(s):** Adjust the spacing for the ability and skill level of the players. Alternate the top hand on the stick. Start with a ground ball instead of a pass from the goalie. This drill can be run with a different number of players, based on skill level of players participating.

**Drill Diagram:**





## 3v3 Sideways

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Ball movement, Off Ball Play.

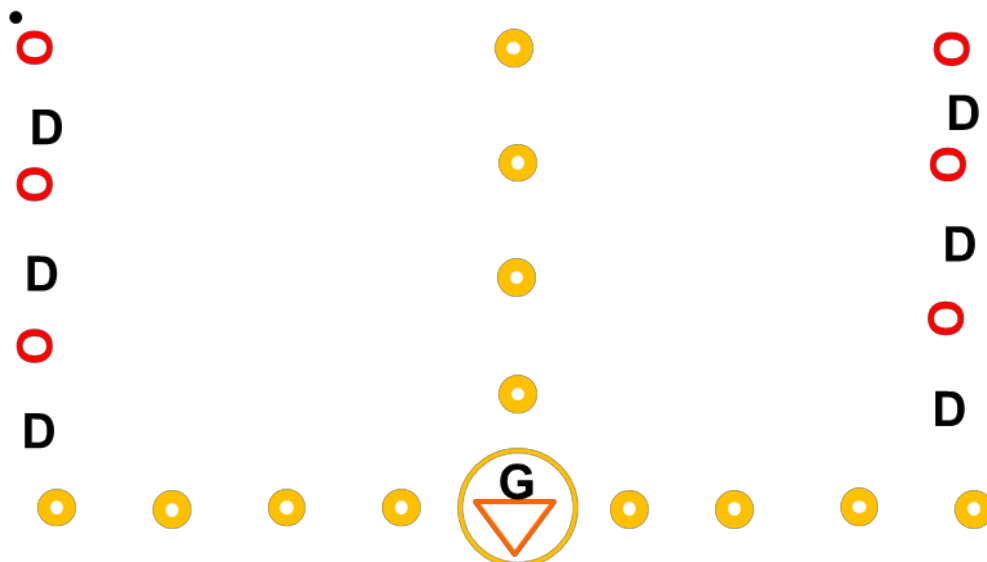
**Drill Duration:** 5-7 minutes

**Resources:** Balls, Multiple cones

**Description:** Field is set up as shown and spacing can be adjusted based on age and ability of players. On the whistle, players will play a 3v3 situation to a goal or turnover. Players must stay inside of the cone boundaries and on their respective half of the field.

**Progression(s):** Add or subtract players to change the level of difficulty. Start with a ground ball instead of possession. Move the boundaries to teach attacking from behind the goal.

**Drill Diagram:**





## 4v3 Bucket Ball

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Scooping, Dodging, Stick Protection, Player Down Defense, Sliding, Recovering

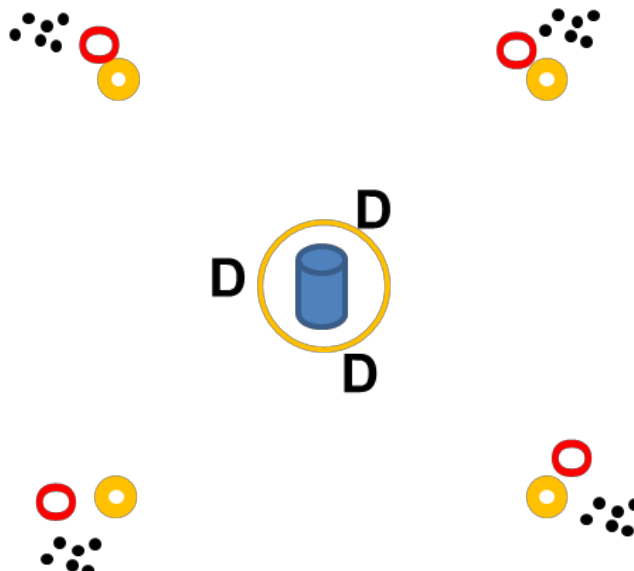
**Drill Duration:** 5-7 minutes

**Resources:** Balls, Cones, Bucket/Goal

**Description:** On the coach's whistle, the offense (O) is trying to get balls from their starting cone into the center bucket/goal. The defense is trying to stop them using any age-appropriate and legal defensive technique. Offensive players may only "score" by dropping the ball into the bucket. Defense can "score" if an offensive player drops the ball or is forced out of the boundaries. This drill can be done with or without sticks depending on the skill level of the athletes.

**Progression(s):** Add or subtract players to change the level of difficulty. Take balls away from one or more lines and require passing.

**Drill Diagram:**





## 4x4x3 Drill

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Ball movement, Off Ball Play.

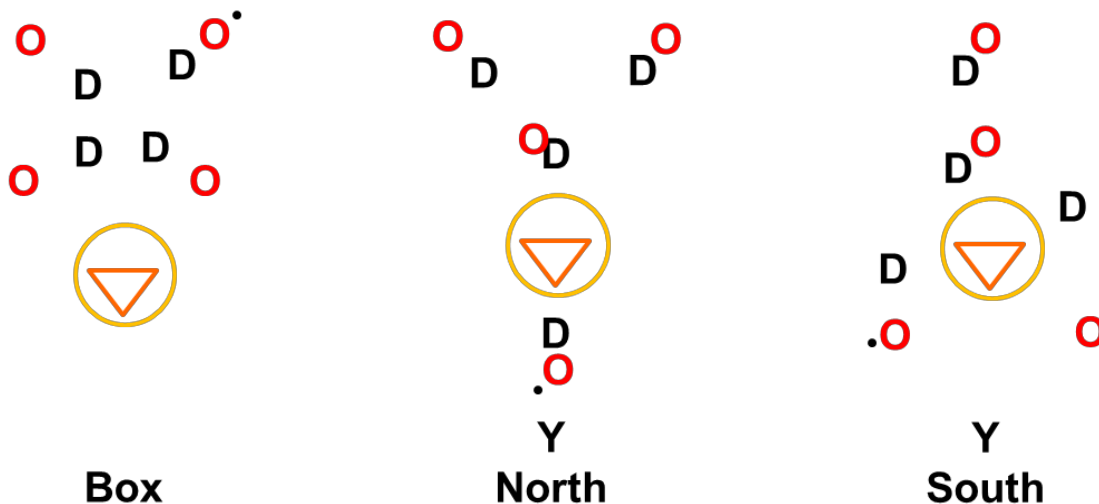
**Drill Duration:** 5-7 minutes

**Resources:** Balls, Multiple cones

**Description:** Field is set up as shown and spacing can be adjusted based on age and ability of players. On the whistle, players will play a 4v4 situation to a goal or turnover. On a goal or turnover, offense players adjust to 2<sup>nd</sup> set and play to a goal or turnover. Offense then sets up in the 3<sup>rd</sup> set and plays to a goal or turnover. After playing in all three sets, both the offense and defense can be switched out.

**Progression(s):** Add or subtract players to change the level of difficulty. Start with a ground ball instead of possession. Move the boundaries to teach attacking from behind the goal.

**Drill Diagram:**





## Alley Ground Balls

**Appropriate Age Group:** 8-15

**Skill(s) Practiced:** Scooping, Carrying, Rolling

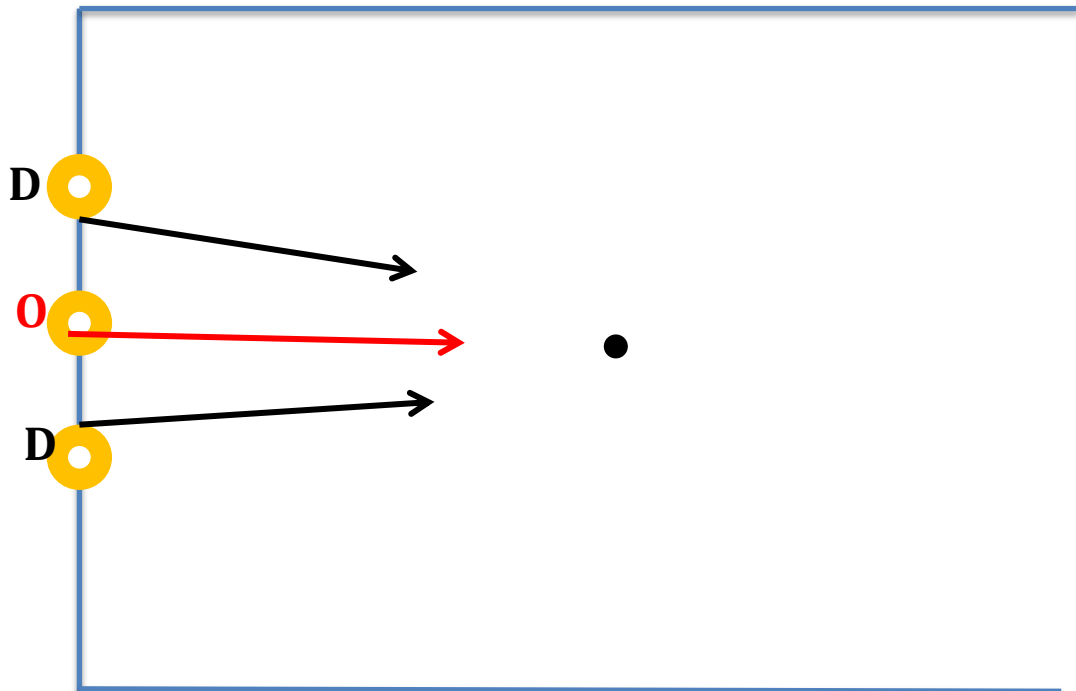
**Drill Duration:** 5 minutes

**Resources:** 1 ball per group of 3 players, cones

**Description:** In the alley area of the field, three players will line up as shown. A ground ball is rolled out in front of them and on a whistle, they will work to gain possession of the ball. The two outside lines (**D**) are on the same team, working together to win the possession.

**Progression(s):** Alternate top hands on the stick. Alternate player roles. Have players face away from the ball, so they have to turn and locate it before trying to gain possession.

**Drill Diagram:**





## Apache Drill

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Ground Balls, Passing, Catching, Shooting, Off Ball Play

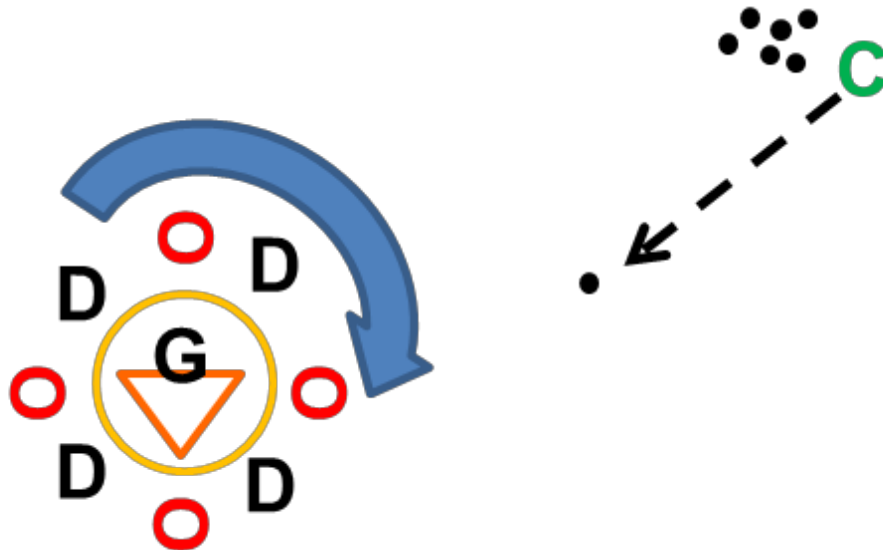
**Drill Duration:** 5-7 minutes

**Resources:** Balls, Goal

**Description:** Two teams of players run in a circle around the goal. When the coach calls one of the players name, that player must run out and scoop the ground ball. Offense (○) will try to score, Defense (D) is trying to clear the ball. Each group of players gets 3 reps before substituting out.

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

**Drill Diagram:**







## Canadian 2v2's

**Appropriate Age Group:** 10-18

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

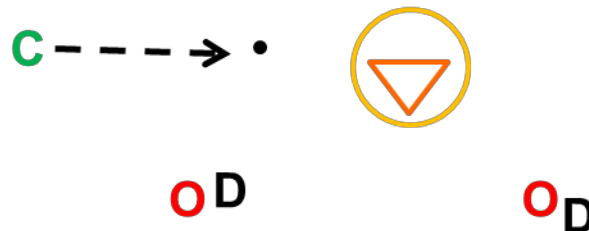
**Drill Duration:** 5-7 minutes

**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 the spacing for the skill level of the players. Add supporting offense and or defense players. 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:**





## Cat and Mouse

**Age Group:** 6-11

**Skill(s) Practiced:** 1v1 Defense

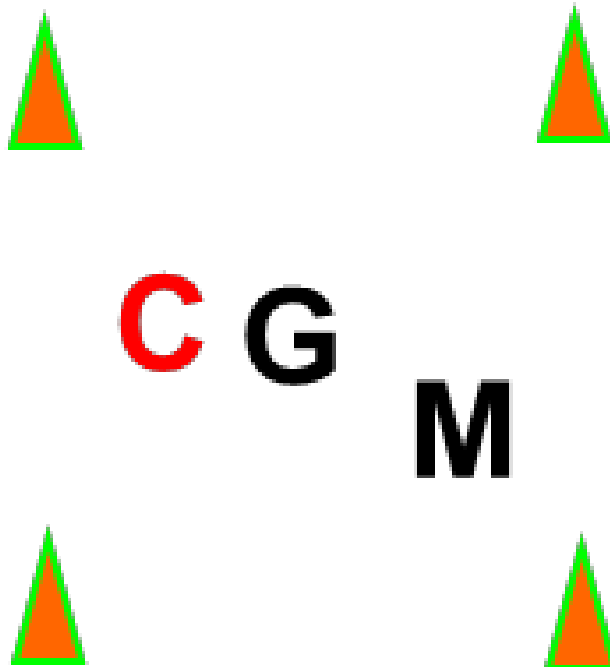
**Drill Duration:** 5 minutes

**Resources:** 4 Cones

**Description:** Coach sets up a 4 cone 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 staying in front of the cat at all times. 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:**





## Circle Groundballs

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Scooping, Boxing Out

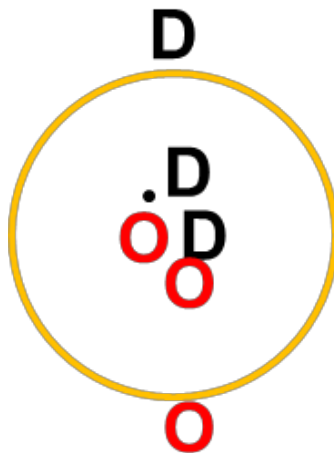
**Drill Duration:** 5-7 minutes

**Resources:** Balls, Cones, Goal

**Description:** Two teams of two players and one ball are placed inside a 10yd diameter circle. On the whistle they players on the same team must work together to gain possession of the looseball, while remaining inside the circle. Once possession is gained, the players team with possession may leave the circle. Players may use any age appropriate and legal checking or body contact to prevent their opponent from gaining possession.

**Progression(s):** Add or subtract players from the circle. Adjust the size of the circle based on age and ability of players. Alternate the top hand on the stick.

**Drill Diagram:**





## Cone Smashers

**Age Group:** 6-10

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

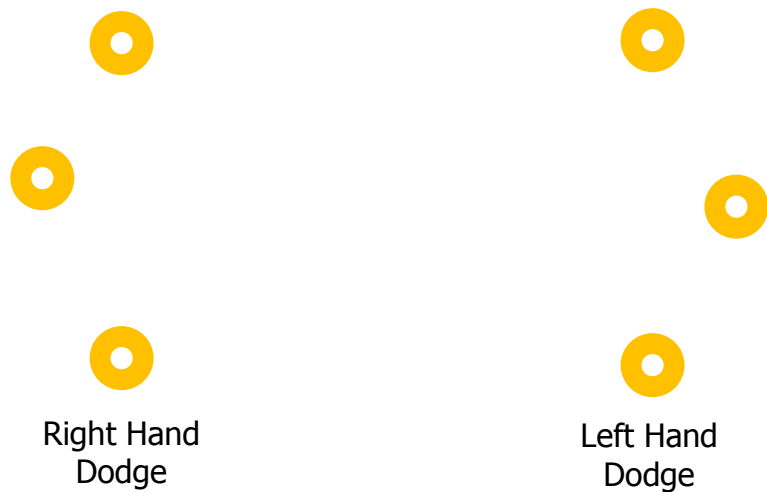
**Drill Duration:** 5 minutes

**Resources:** Cones, Sticks, Balls

**Description:** The coach will set up several sets of flat cones, mimicking the footwork patterns of a right and left handed face dodge. The players will be divided up into groups of no more than 3 players per set of cones and will go through the footwork pattern, smashing the cones as they go. Make it a relay race to see which group can get done first.

**Progression(s):** Switch top hand on the stick. Add a ball and a shot. Change dodge types used.

**Drill Diagram:**





## Cut, Catch, Shoot

**Appropriate Age Group:** 8-15

**Skill(s) Practiced:** Passing, Catching, Cutting, Shooting

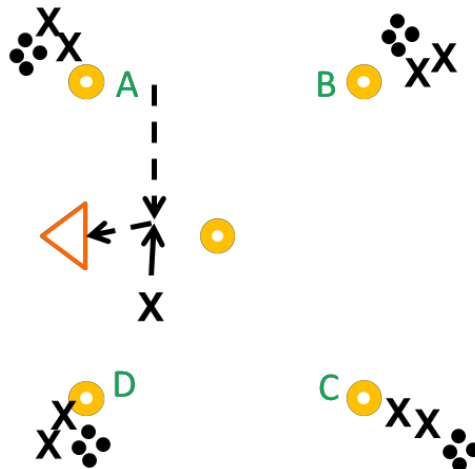
**Drill Duration:** 5 minutes

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

**Description:** Set up 5 cones as shown and have 1-2 players in a line at each cone. Add one player in the middle of the field. The player in the middle will cut towards line A to receive a pass. Once the center player receives the pass they will turn and shoot at the goal. The center player will continue cutting towards lines B, C, and D, to receive passes and finish with a shot on goal. Once all four shots have been taken, a new player comes in from Line D and the previous shooter goes to line A. Perimeter players rotate to the next line after completing their pass.

**Progression(s):** Alternate top hands on the stick. Alternate player roles. Have players face away from the ball, so they have to turn and locate it before trying to gain possession. Add a shadow or live defender.

**Drill Diagram:**





## Dodge a Coach

**Appropriate Age Group:** 8-12

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

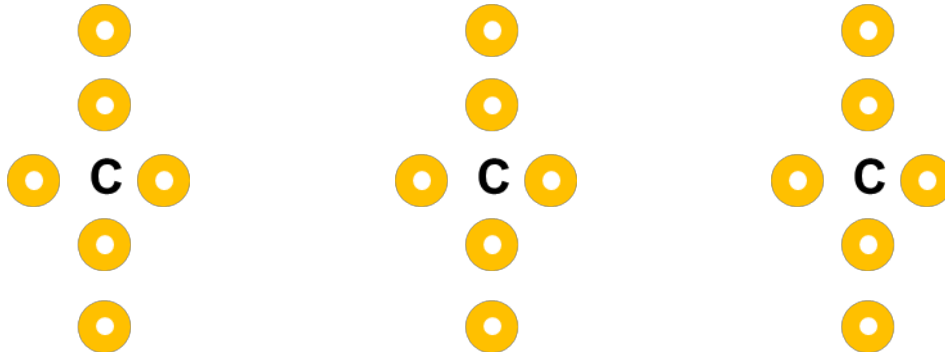
**Drill Duration:** 5 minutes

**Resources:** Balls, Multiple cones

**Description:** Set up field as shown. Player will start at one end of the cones and perform a specified dodge around the coach. When they get to the opposite end, the player will turn around and repeat the dodge using either their other hand or the same one.

**Progression(s):** Alternate top hands on the stick. Have players use different dodge types. Coach can check or use other age appropriate defensive tactics. Add a player to the coach spot and have them play progressively increasing defense. Have players complete a pass to a teammate after a dodge or a shot on goal can be added.

**Drill Diagram:**





## Draw to Shot

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** 1v1 Offense, 1v1 Defense, Draw Control

**Drill Duration:** 5-7 minutes

**Resources:** Balls, Cones, Goal

**Description:** One offense (O) and one defense (D) player will start with a draw. On the whistle, they will draw for the ball and the winner will attack the goal, while the loser tries to defend the goal.

**Progression(s):** Adjust the spacing for the skill level of the players. Add supporting offense and or defense players. Require passes if additional players are added.

**Drill Diagram:**







## Eagle Eye

**Appropriate Age Group:** 8-15

**Skill(s) Practiced:** Passing, Catching

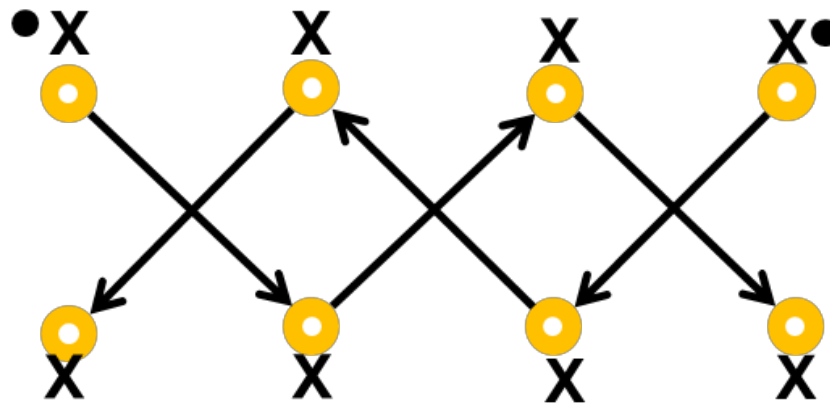
**Drill Duration:** 5 minutes

**Resources:** Multiple balls, Cones

**Description:** Set up cones in as shown. There will be two balls going at one time during this drill. Starting at each end, players will make a diagonal pass, working the ball from one end to the opposite end.

**Progression(s):** Alternate top hands on the stick. Adjust the spacing of the cones based on ability level of players. When the ball reaches the end, have the player pass straight across. Continue adding balls to see how many the players can keep in motion.

**Drill Diagram:**





## Forcing Box

**Appropriate Age Group:** 7-15

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

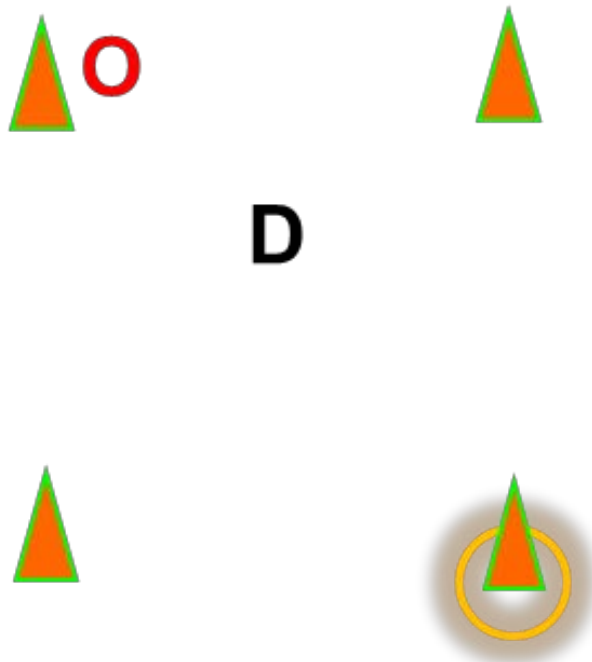
**Drill Duration:** 5 minutes

**Resources:** Cones, Sticks, Balls

**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 form 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:**





## Four Corners Passing

**Appropriate Age Group:** 8-15

**Skill(s) Practiced:** Catching, Throwing, Moving off ball

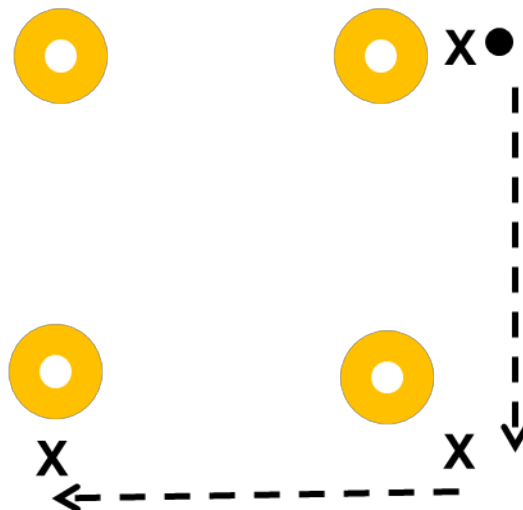
**Drill Duration:** 5 minutes

**Resources:** 1 ball per group, Cones

**Description:** Three players will take a position around a four cone box. The player with the ball passes to an adjacent teammate. When that player moves the ball to the next teammate, the off-ball player must move to a new cone to keep adjacent help to the player with the ball.

**Progression(s):** Alternate top hands on the stick. Add a defender at each cone. Have players catch the ball and roll-back before passing.

**Drill Diagram:**





## Freeze Catch

**Appropriate Age Group:** 6-9

**Skill(s) Practiced:** Pass, Catch, Scoop, Movement

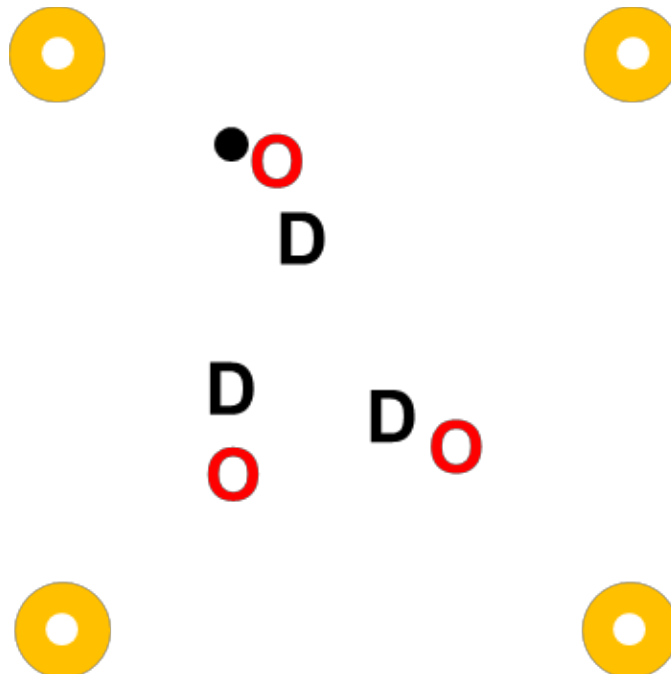
**Drill Duration:** 5 minutes

**Resources:** Cones, sticks, balls

**Description:** Coach sets up (3) 20yd x 20yd boxes with no more than 6 players per box. There are 3 players on each team. The object is to move purposefully off ball to receive the ball in a location where it can be passed back to a teammate. Players may move anywhere they want inside the box to receive a pass, but once they have the ball they cannot move to pass it.

**Progression(s):** Roll ground balls. Switch top hand on the stick. Turn away from pressure.

**Drill Diagram:**





## Have 1, Need 1

**Appropriate Age Group:** 6-9

**Skill(s) Practiced:** Catching, Throwing, Movement

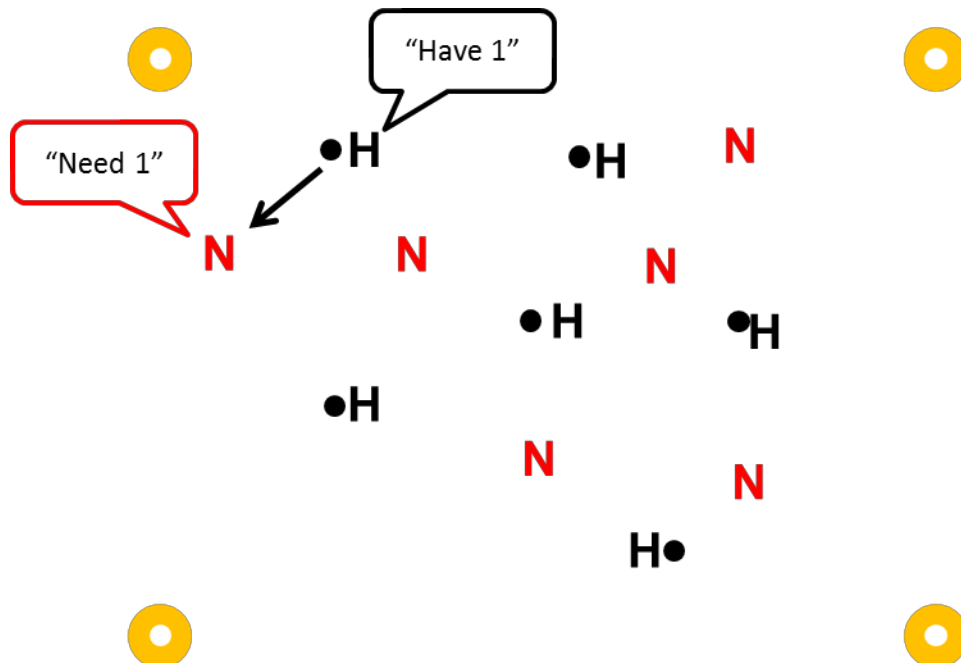
**Drill Duration:** 5 minutes

**Resources:** Less balls than children participating

**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 1!" 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:**





## Hogan Butt to Butt

**Appropriate Age Group:** 8-15

**Skill(s) Practiced:** Scooping, Positioning

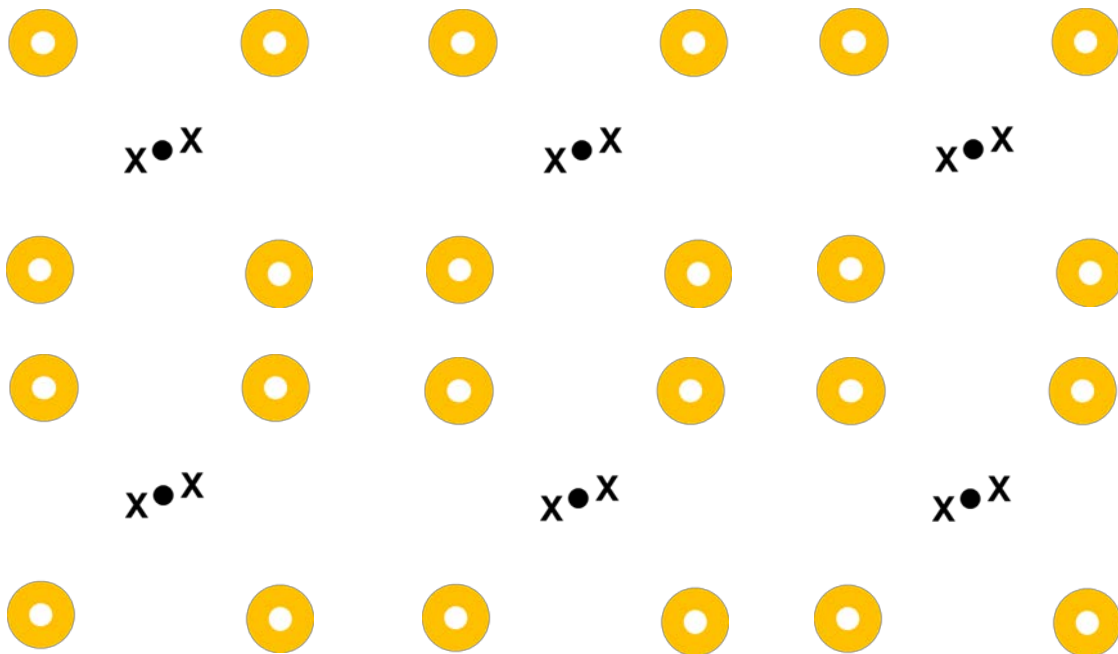
**Drill Duration:** 5 minutes

**Resources:** Multiple balls, Cones

**Description:** Set up 5 cones in a 5x5yd. box as shown. Two players are positioned "butt to butt" inside the box. On the first whistle, the players will work to box out their opponent and gain position over the ball. On a second whistle, players are permitted to try and scoop the ball. Set up multiple stations to allow maximum participation.

**Progression(s):** Alternate top hands on the stick.

**Drill Diagram:**





## Hot Feet

**Appropriate Age Group:** 6-15

**Skill(s) Practiced:** Catching, Throwing, Movement

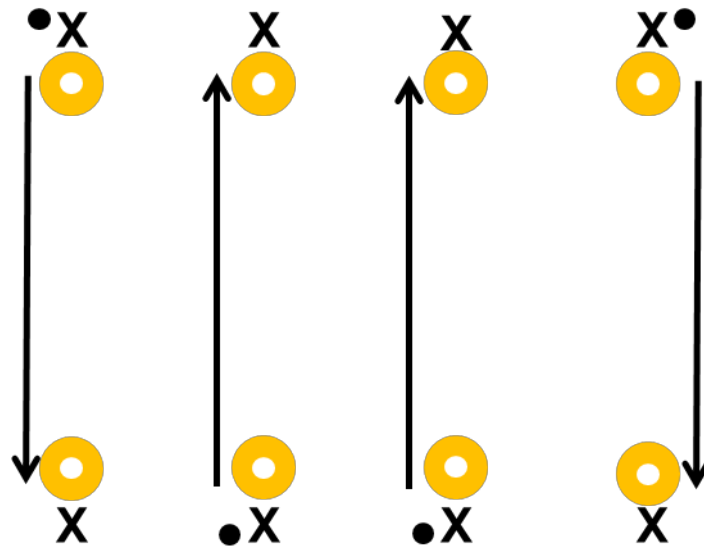
**Drill Duration:** 5 minutes

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

**Description:** Players are divided up into pairs by the coach and placed 10yds. away from each other. They will begin walking in place while catching and throwing passes to their partner. Every 30 seconds, one line will move one partner to their left, with the last player in line running to the opposite end of their line to match up with a new partner.

**Progression(s):** Switch top hand on the stick. Count catches and try to beat it.

**Drill Diagram:**







## Hula Hoop Passing

**Appropriate Age Group:** 6-10

**Skill(s) Practiced:** Catching, Throwing, Movement

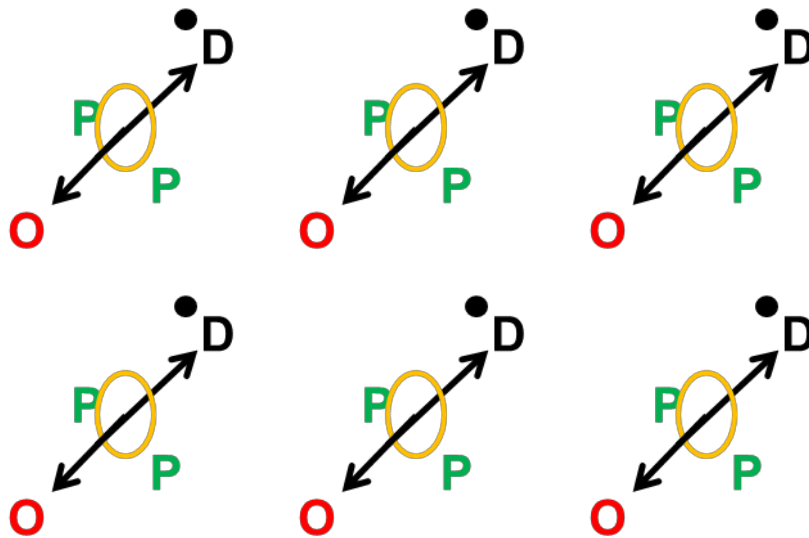
**Drill Duration:** 5 minutes

**Resources:** 1 ball per pair of players, parent volunteers, hula hoops

**Description:** Divide team up into 2 teams and partner the players. Parents will walk around the field carrying a hula hoop that the players must throw the through to a partner in the opposite team.

**Progression(s):** Switch top hand on the stick. Count catches and try to beat it.

**Drill Diagram:**





## Hungry Hippos

**Appropriate Age Group:** 6-10

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

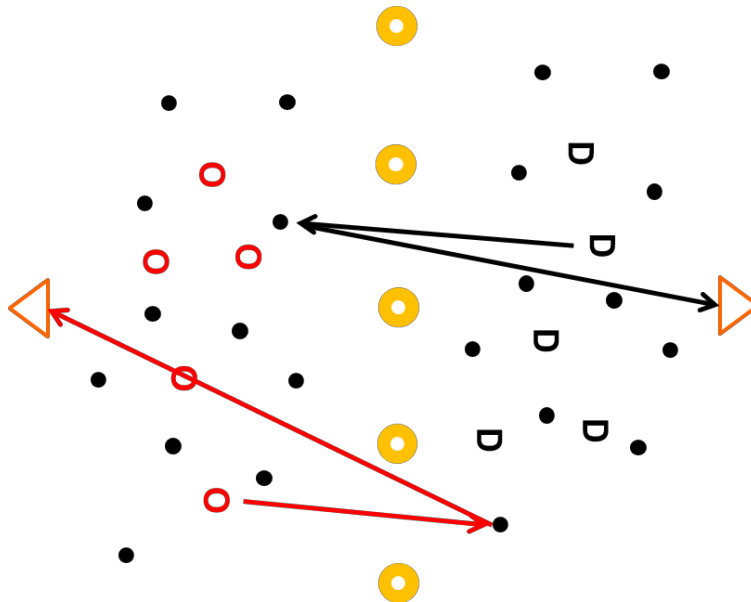
**Drill Duration:** 5 minutes

**Resources:** 3-4 ball 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 around, scoop a ball on the other side, run back and shoot it into their goal. Players must chase any missed shots and shoot it again into their goal. Go until all 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:**





## Hungry Hippos (Progression 1)

**Appropriate Age Group:** 8-15

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

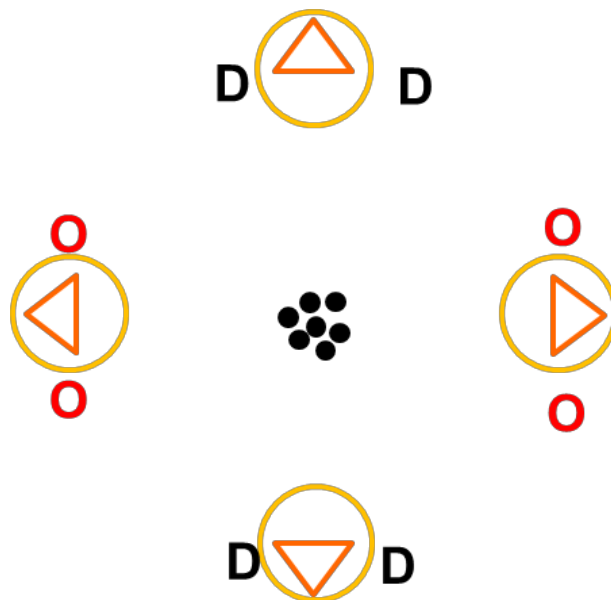
**Drill Duration:** 5 minutes

**Resources:** Multiple balls, Multiple cones

**Description:** Set up field as shown. On the whistle, players will run into middle from their goal, scoop a ground ball, return and shoot it into their respective goal. After 1 minute, stop and see which "team" has the most balls in their goal.

**Progression(s):** Alternate top hands on the stick. Adjust the spacing based on ability level of players. Allow stick checking or other age appropriate defensive tactics. Have players complete a pass to their teammate before a shot is permitted.

**Drill Diagram:**





## Inside Feeding

**Appropriate Age Group:** 8-15

**Skill(s) Practiced:** Passing, Catching, Off-Ball Movement, Player Down Defense

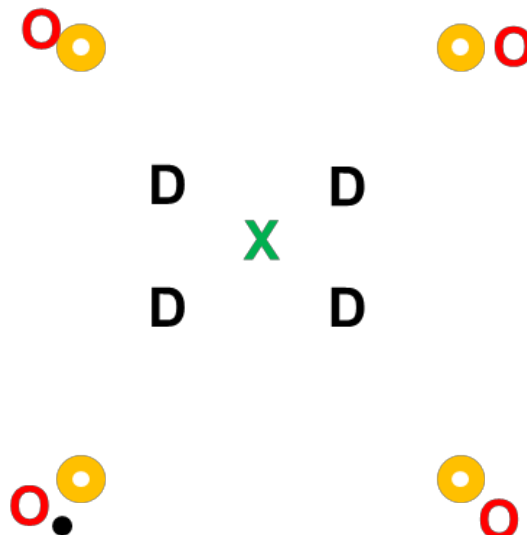
**Drill Duration:** 5 minutes

**Resources:** Multiple balls, Cones

**Description:** Set up 4 cones in a 10x10yd. box as shown. The "offense" is trying to complete as many passes as possible in 1 minute. They receive 1 point for an adjacent pass and 2 points for a completed pass to the inside player. After 1 minute the O and D switch roles. X is always in the middle.

**Progression(s):** Alternate top hands on the stick. Adjust the size of the box based on ability level of players.

**Drill Diagram:**





## The Laxmazing Race

**Appropriate Age Group:** 6-10

**Skill(s) Practiced:** Scooping, Throwing, Carrying

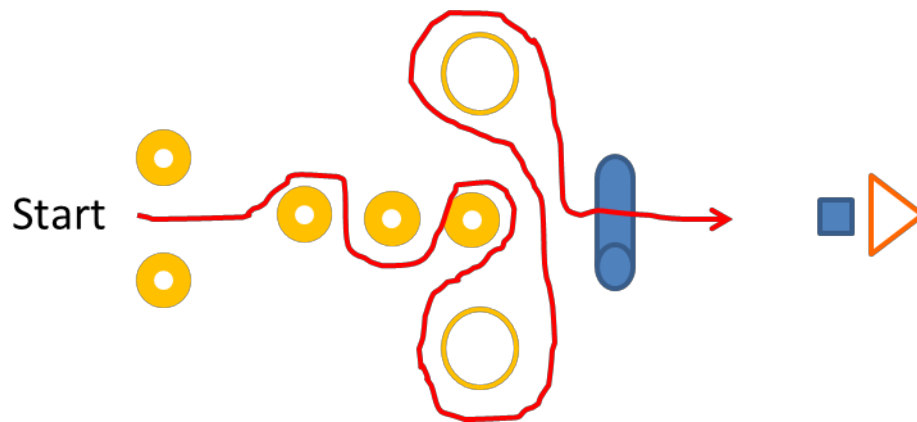
**Drill Duration:** 5 minutes

**Resources:** 1 ball per child, cones, obstacles, goal(s)

**Description:** The coach sets up a maze around the field using cones, noodles, hula hoops, etc... then leads the players through the maze. This can be done with or without sticks and balls. If using sticks and balls, end with a shot on goal.

**Progression(s):** Allow players to use their sticks. Switch top hand on the stick.

**Drill Diagram:**





## Messy Backyard

**Appropriate Age Group:** 6-10

**Skill(s) Practiced:** Scooping, Throwing, Carrying, Rolling

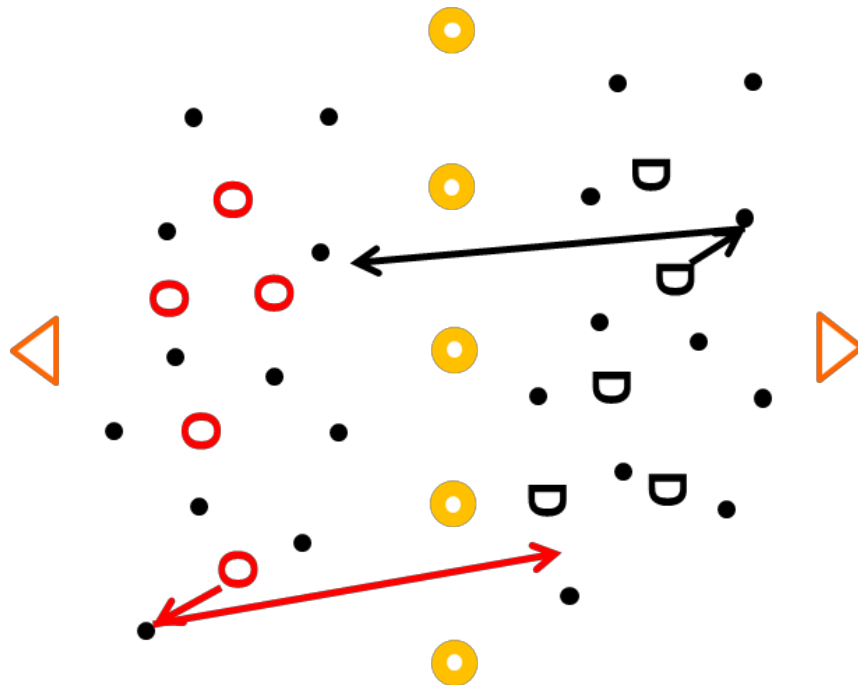
**Drill Duration:** 5 minutes

**Resources:** 3-4 ball per child, cones

**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 around, scoop a ball on their side and roll it onto the other side. After 1-2 minutes, stop play and have the players count the number of balls on their side.

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

**Drill Diagram:**







## Monkey in the Middle

**Appropriate Age Group:** 6-10

**Skill(s) Practiced:** Pass, Catch, Scoop, Movement

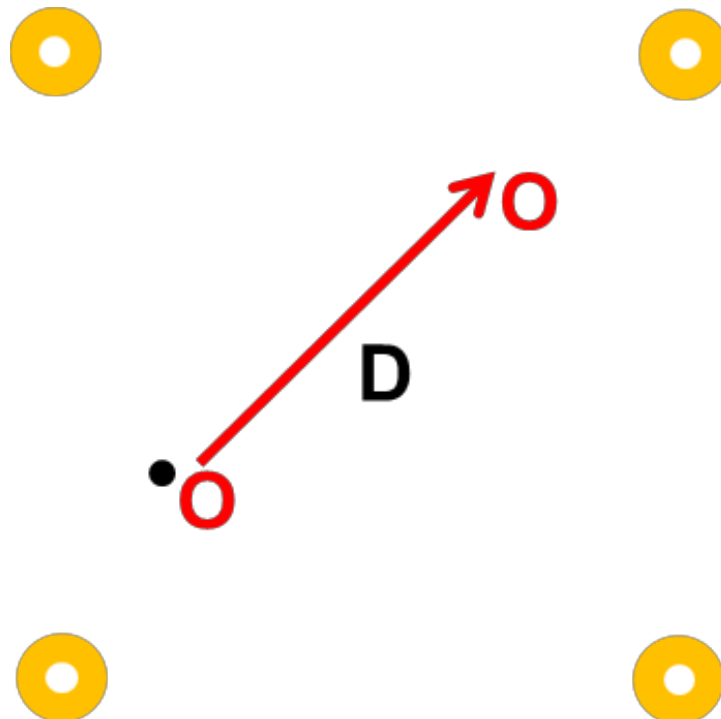
**Drill Duration:** 5 minutes

**Resources:** Cones, sticks, balls

**Description:** Players are divided into groups of three and placed into a 15yd x 15yd box. Two players are on offense and one is on defense. The offense's job is to make as many passes and catches as possible. The defender is trying to knockdown or intercept the passes. If the defender succeeds, they choose one of the offensive players to replace them.

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

**Drill Diagram:**





## Numbers Drill

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Unsettled Situations

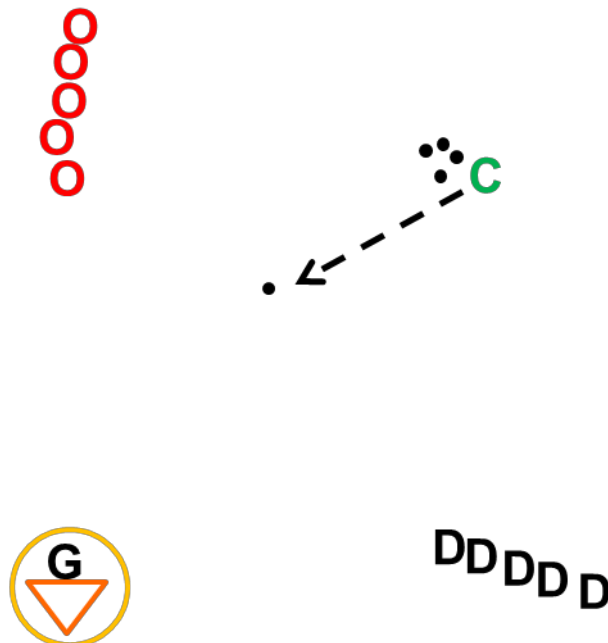
**Drill Duration:** 5-7 minutes

**Resources:** Balls, Goal

**Description:** Coach calls out a number 1-5. Whatever number is called, that is how many offensive (○) players enter the play. Defense (D) is permitted one less player than the offense to enter the play. Offense picks up a ground ball and attacks the goal. Teams are awarded a point for a goal or a clear.

**Progression(s):** Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Add an extra 2 defenders to double team. Start with possession.

**Drill Diagram:**





## Odd Number Keep Away

**Appropriate Age Group:** 8-18

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

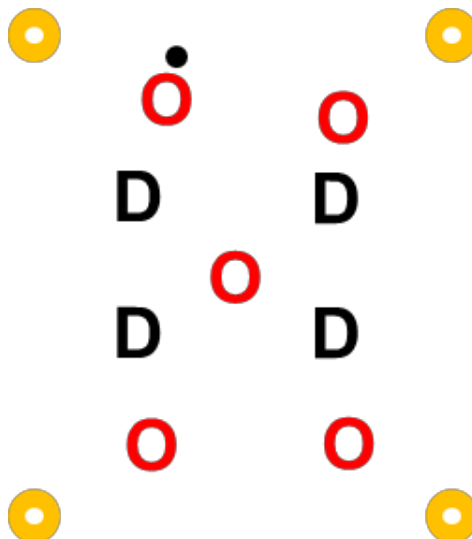
**Drill Duration:** 5 minutes

**Resources:** Balls, Multiple cones

**Description:** Set up field as shown, with cones 10-15yds. apart. For one minute intervals the team with more players must keep possession of the ball. Defenders (**D**) may use any age-appropriate legal tactics to try and gain possession of the ball. The Offense (**O**) receives one point for keeping possession and the Defense receives a point for either forcing an **O** outside of the box or acquiring the ball.

**Progression(s):** Alternate top hands on the stick. Have players use different dodge types. Defense can check or use other age appropriate defensive tactics.

**Drill Diagram:**





## Parent Catching

**Appropriate Age Group:** 5-8

**Skill(s) Practiced:** Catching a lacrosse ball

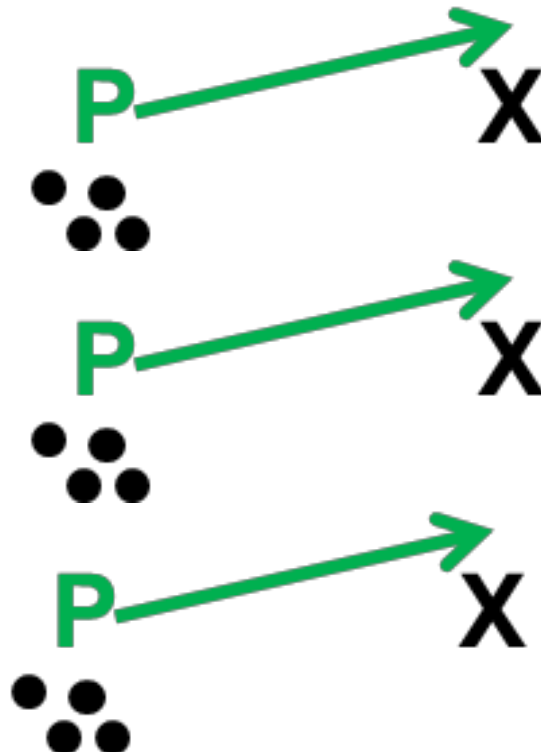
**Drill Duration:** 5 minutes

**Resources:** 4-5 balls per child, 1 adult per child

**Description:** Each child is paired with one adult. The adult will underhand toss the ball to the child in the "box" around shoulder height. The child will receive the ball into their stick, then roll the ball back to the adult.

**Progression(s):** Overhand tossing to players. Players use stick to pass the ball back. Switch top hand on the stick. Use just the head of the stick.

**Drill Diagram:**





## Parent Scooping

**Appropriate Age Group:** 5-8

**Skill(s) Practiced:** Scooping a lacrosse ball

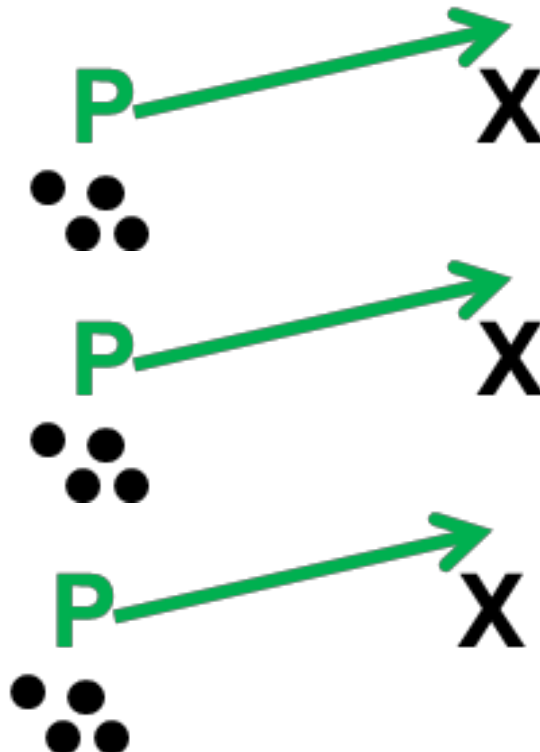
**Drill Duration:** 5 minutes

**Resources:** 4-5 balls per child, 1 adult per child

**Description:** Each child is paired with one adult. The adult will roll the ball towards the child, encouraging them to drag their knuckles along the grass and scoop through the ball. The child then rolls the ball back to the adult.

**Progression(s):** Roll the ball away from the child and have them chase it down. Use only the head of the stick to scoop. Alternate top hand on the stick.

**Drill Diagram:**





## Pass it Down

**Appropriate Age Group:** 5-8

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

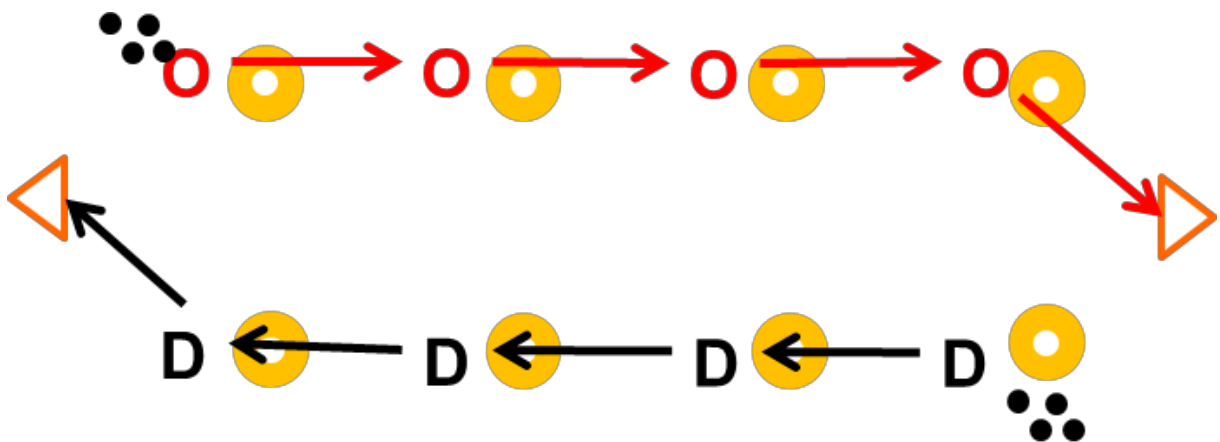
**Drill Duration:** 5 minutes

**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 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 it into the goal.

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

**Drill Diagram:**







## Pinnie Tag

**Appropriate Age Group:** 5-15

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

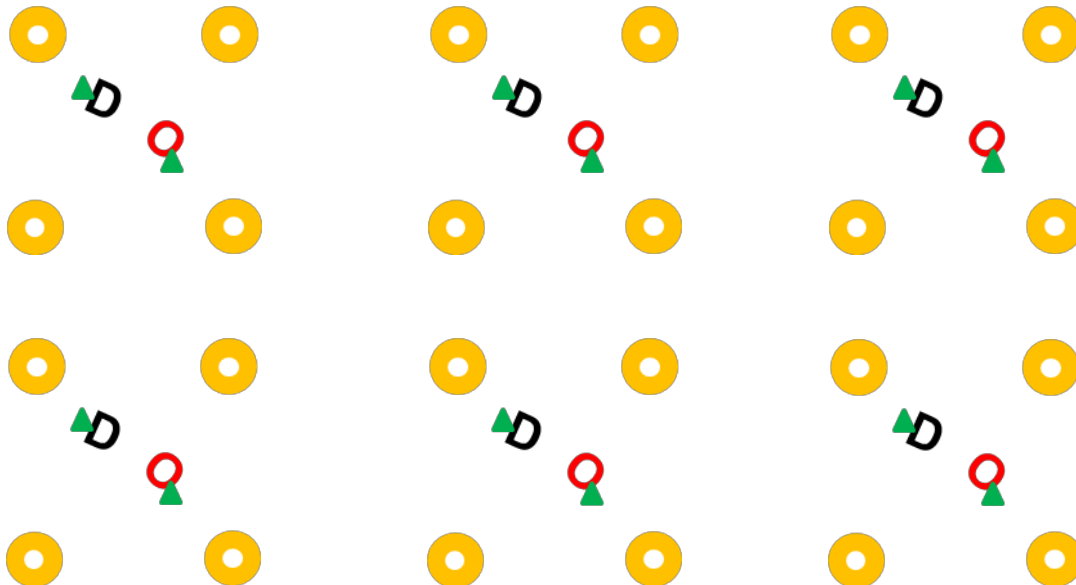
**Drill Duration:** 5 minutes

**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 the game.

**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:**





## Run the Arc

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Defensive Positioning, Checks, Holds

**Drill Duration:** 5-7 minutes

**Resources:** Balls, Cones, Goal

**Description:** One offense (**O**) and one defense (**D**) player will start behind the goal. On the first whistle, the offense player will drive one direction at 50% speed. When he reaches GLE, the defender will turn the offense back and the offense will now attack the other direction at 50%. Once the defender turns the attacker back a second time, it becomes a live 1v1 from behind the goal. The offense must get above the cones before a shot is permitted.

**Progression(s):** Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Add a defender to double team. Start with a ground ball instead of possession.

**Drill Diagram:**





## Run the Arc +1

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Defensive Positioning, Checks, Holds

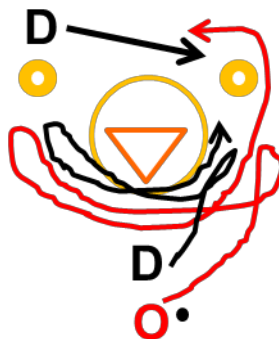
**Drill Duration:** 5-7 minutes

**Resources:** Balls, Cones, Goal

**Description:** One offense (●) and one defense (D) player will start behind the goal. A second defender is added as shown. On the first whistle, the offense player will drive one direction at 50% speed. When he reaches GLE, the defender will turn the offense back and the offense will now attack the other direction at 50%. Once the defender turns the attacker back a second time, it becomes a live 1v1 from behind the goal. The offense must get above the cones before a shot is permitted. The second defender should slide to help the on-ball defender turn the attacking player back.

**Progression(s):** Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Start with a ground ball instead of possession.

**Drill Diagram:**





## Run the Arc +2

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Defensive Positioning, Checks, Holds

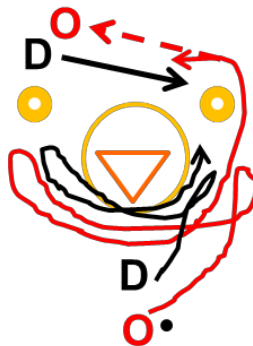
**Drill Duration:** 5-7 minutes

**Resources:** Balls, Cones, Goal

**Description:** One offense (○) and one defense (D) player will start behind the goal. A second defender is added as shown. On the first whistle, the offense player will drive one direction at 50% speed. When he reaches GLE, the defender will turn the offense back and the offense will now attack the other direction at 50%. Once the defender turns the attacker back a second time, it becomes a live 1v1 from behind the goal. The offense must get above the cones before a shot is permitted. The second defender should slide to help the on-ball defender turn the attacking player back. The second attacker should move into a space where a pass can be made for a scoring opportunity, while the original on-ball defender tries to recover and deny the pass.

**Progression(s):** Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Start with a ground ball instead of possession. Vary the positioning of the off-ball defender and attacker.

**Drill Diagram:**





## Scarecrow Throwing

**Appropriate Age Group:** 5-12

**Skill(s) Practiced:** Throwing, Coordination, Balance

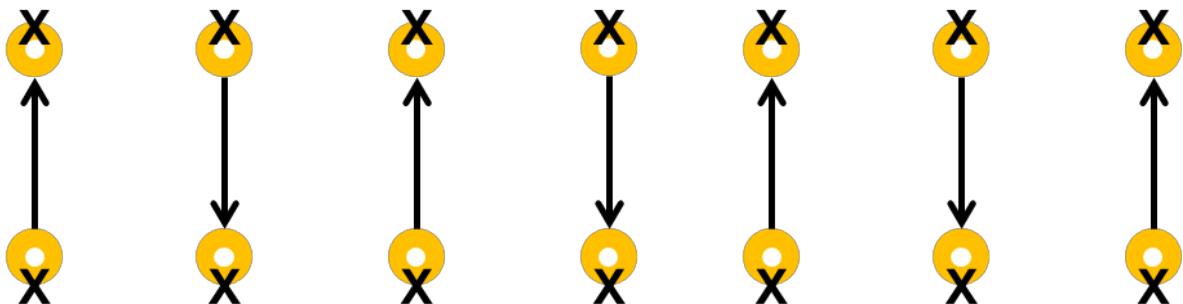
**Drill Duration:** 5 minutes

**Resources:** 3-4 ball per child, cones, 2 goals

**Description:** Players are lined up along a line on the field, shoulder to shoulder with space between them to allow for throwing. Coach demonstrates the scarecrow throwing technique. Players first try without a ball and the coach provides feedback to individuals. Players are then given balls and try throwing the ball to a target without a stick. 3-4x.

**Progression(s):** Switch top hand on the stick. Add sticks to the throwing mechanics.

**Drill Diagram:**





## Scoop and Shoot

**Appropriate Age Group:** 8-15

**Skill(s) Practiced:** Scooping, Rolling, Carrying, Shooting

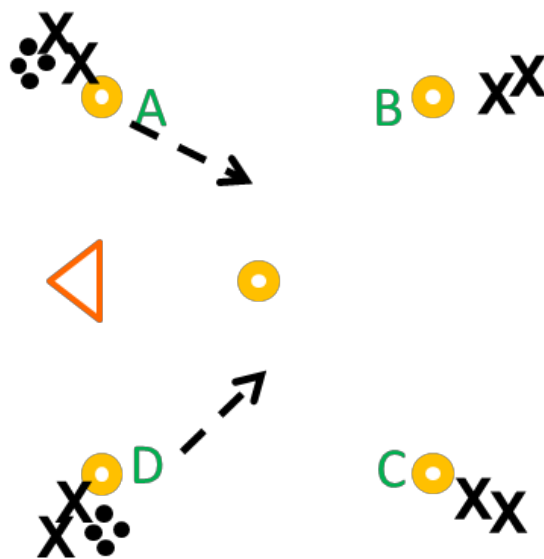
**Drill Duration:** 5 minutes

**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. Lines D and C are doing the same thing on their side of the 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 line is receiving the loose ball.

**Drill Diagram:**







## Score on any Goal

**Appropriate Age Group:** 8-18

**Skill(s) Practiced:** Dodging, Cradling, Stick Protection, Passing, Catching, Shooting, Off Ball Play, Offense, Defense, Scooping.

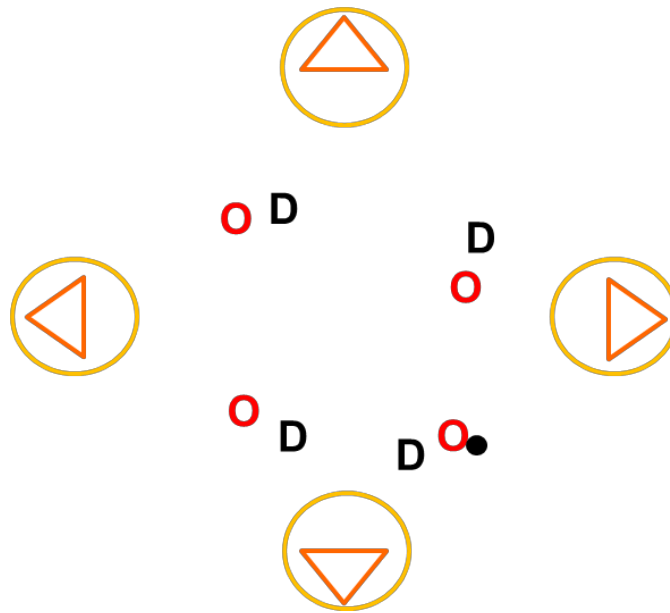
**Drill Duration:** 5 minutes

**Resources:** Balls, Multiple cones

**Description:** Set up field as shown. Players will try to score on any of the four goals. Each teammate must touch the ball before a shot is permitted and a goal counts. If the ball changes possession, then the new team may begin attempting to score.

**Progression(s):** Spacing of field is dependent upon age and ability of players participating. Add or subtract players to change the level of difficulty.

**Drill Diagram:**





## Scrambled Eggs

**Appropriate Age Group:** 5-10

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

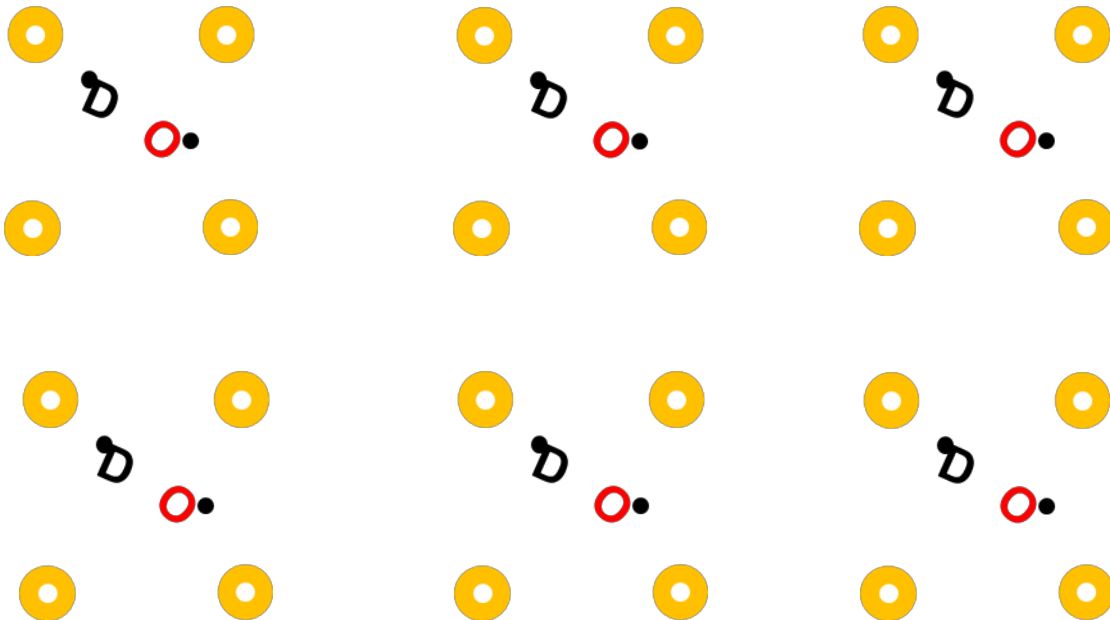
**Drill Duration:** 5 minutes

**Resources:** 1 ball per pair of kid, cones

**Description:** Just like Pinnie Tag, except now the player will hold a ball in the open palm of one of their hands, with their hand held up in the box position near the shoulder/ear. If they drop the ball and their partner picks it up the partner gets a point.

**Progression(s):** Alternate which hand is used to hold the ball.

**Drill Diagram:**





## Sharks and Minnows

**Appropriate Age Group:** 5-12

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

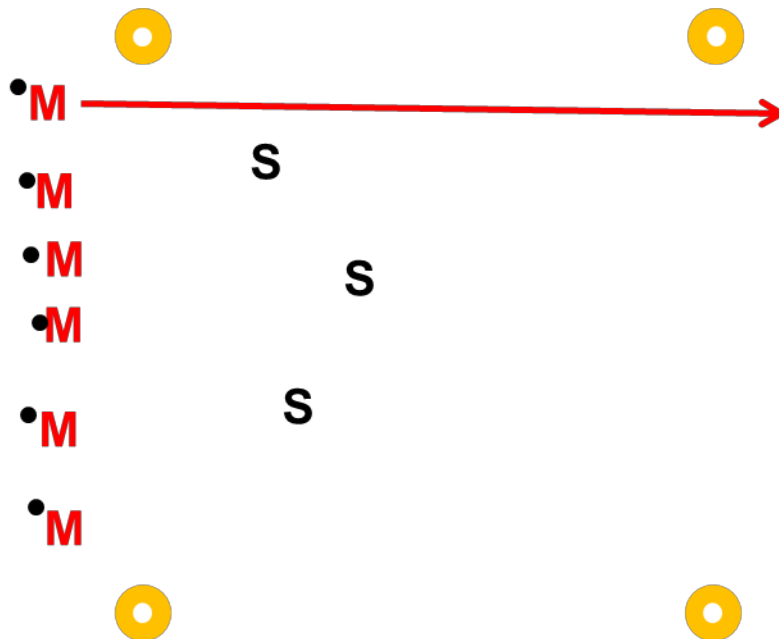
**Drill Duration:** 5 minutes

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

**Description:** Players are divided up into two groups of either sharks or minnows. There are half as many sharks as there are minnows to start. All of the minnows have a stick and ball. The sharks only have a stick. 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.

**Progression(s):** Alternate which hand is used to hold the ball.

**Drill Diagram:**





## Shoulder, Shoulder, Stick

**Appropriate Age Group:** 5-12

**Skill(s) Practiced:** Dodging, Stick Protection, 1v1 Defense

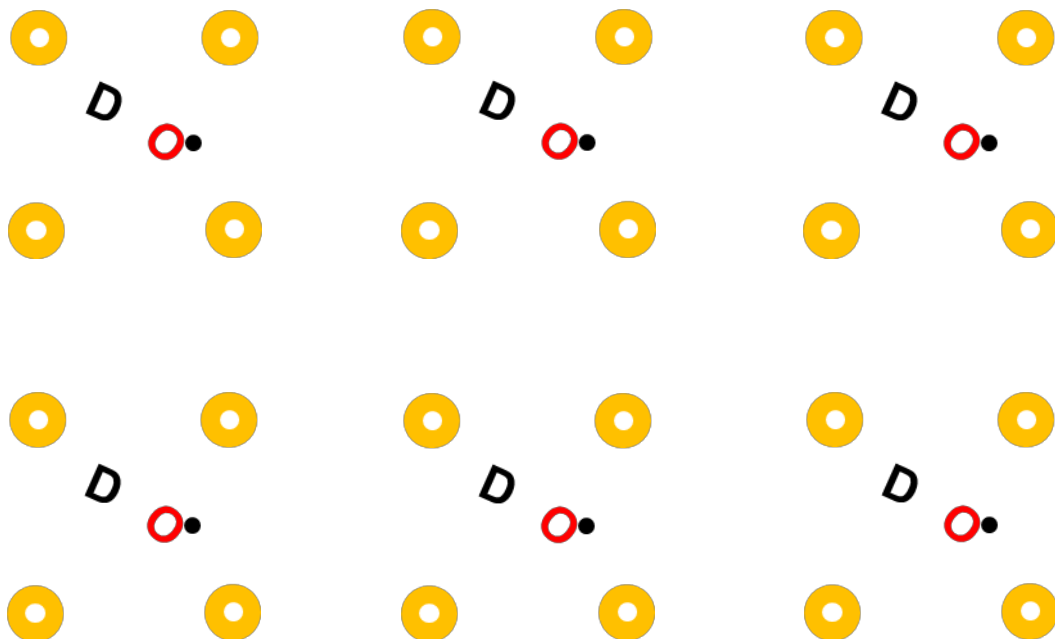
**Drill Duration:** 5 minutes

**Resources:** Cones, Sticks, Balls,

**Description:** Just like Pinnie Tag, except now the player will hold a ball in their stick, trying to maintain Shoulder, Shoulder, Stick protection. If they drop the ball and their partner picks it up the partner gets a point. If the partner can tap their stick with their hand, the partner gets a point. Once a partner reaches 3 points, they switch roles.

**Progression(s):** Alternate top hands on the stick. Alternate player roles.

**Drill Diagram:**





## Sideline Ground Balls

**Appropriate Age Group:** 8-15

**Skill(s) Practiced:** Scooping, Carrying, Dodging, Passing

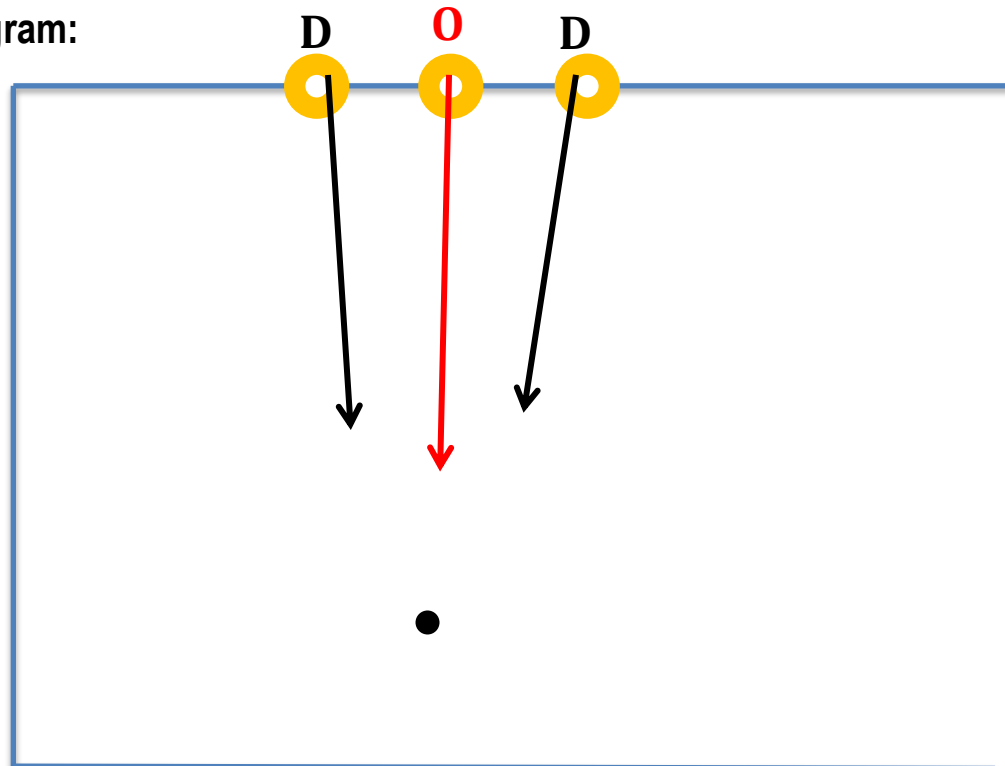
**Drill Duration:** 5 minutes

**Resources:** 1 ball per group of 3 players, cones

**Description:** In the alley area of the field, three players will line up as shown. A ground ball is rolled out in front of them towards the sideline and on a whistle, they will work to gain possession of the ball. The two outside lines (**D**) are on the same team, working together to win the possession.

**Progression(s):** Alternate top hands on the stick. Alternate player roles. Have players face away from the ball, so they have to turn and locate it before trying to gain possession.

**Drill Diagram:**





## Squirrels and Nuts

**Appropriate Age Group:** 6-10

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

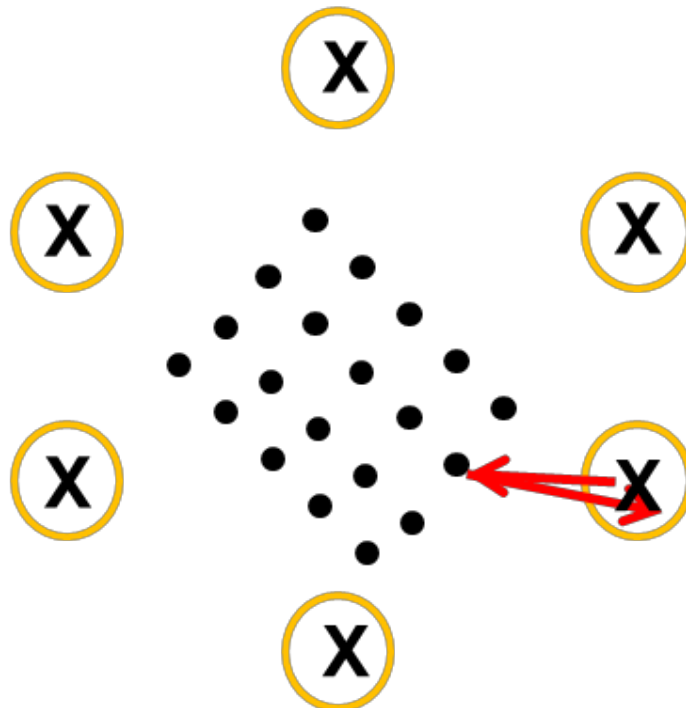
**Drill Duration:** 5 minutes

**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. They should be trying to get as many balls as possible into their "Nest."

**Progression(s):** Add a stick to the teach scooping mechanics

**Drill Diagram:**







## Star Drill

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Scooping, Dodging, Passing, Catching

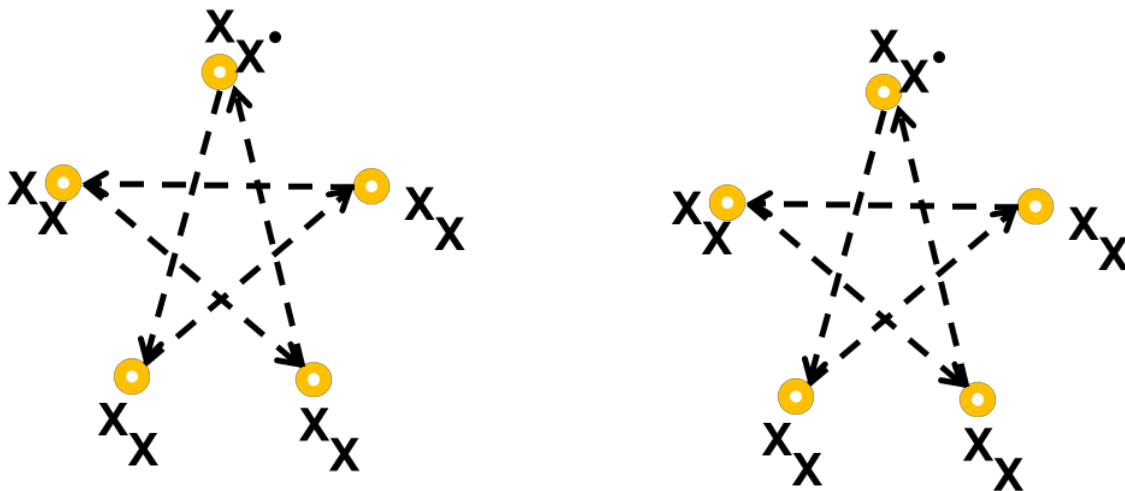
**Drill Duration:** 5-7 minutes

**Resources:** Balls, Cones

**Description:** Players will set up in a star formation as shown. Each player will take 2-3 steps towards their intended receiver and pass the ball. Once the ball is passed, the passer goes to the end of the line that they passed to.

**Progression(s):** Add balls to see how many the players can keep moving simultaneously. Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Use different types of passes or rolls. Have the receiver dodge the passer before moving the ball to the next line.

**Drill Diagram:**





## Under the Bridge

**Appropriate Age Group:** 5-10

**Skill(s) Practiced:** Scooping, Carrying, Rolling

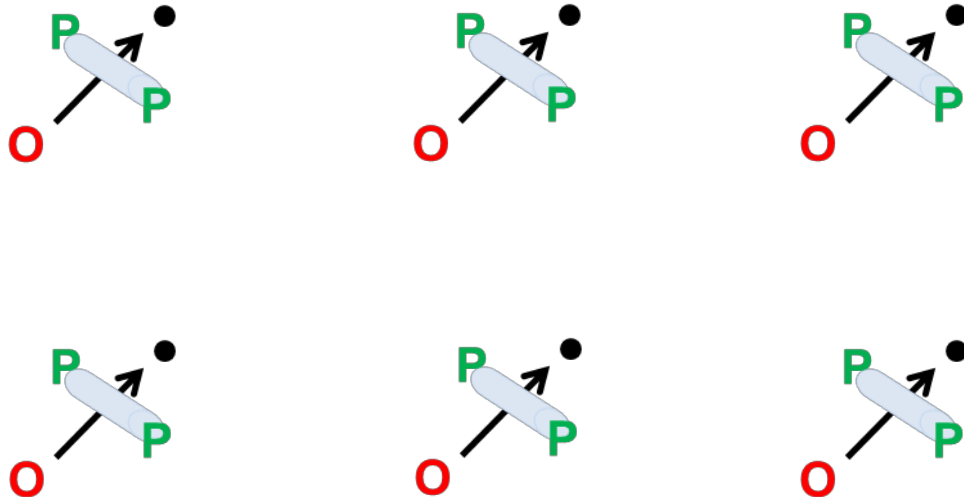
**Drill Duration:** 5 minutes

**Resources:** 1 ball per child, Adults, Noodles

**Description:** Multiple sets of adults walk around the field carrying a pool noodle between the pair of them. As they do this, the child rolls a ball between the adults and must scoop it by passing under the noodle.

**Progression(s):** Alternate top hands on the stick. Alternate player roles.

**Drill Diagram:**





## Zig Zag Dodging

**Appropriate Age Group:** 8-15

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

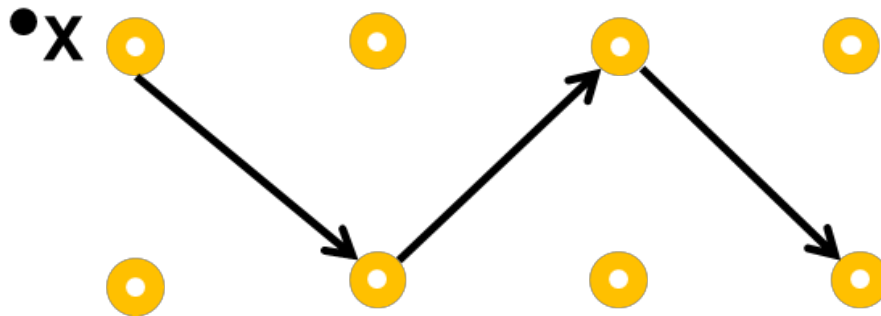
**Drill Duration:** 5 minutes

**Resources:** 1 ball per player, Cones

**Description:** In the alley area of the field, set up cones as shown. Player will jog from cone to cone executing a dodge (Face, Split, or Roll) at each cone. When players have reached the end, they will turn around and repeat the pattern.

**Progression(s):** Alternate top hands on the stick. Add a defender at each cone. Have a defender run with the dodger.

**Drill Diagram:**



The US Lacrosse Level 1 Online Courses build on the information covered in the Learn to Play clinic and provide a more in-depth look at the best practices in coaching. The Level 1 courses are FREE to all members and can be accessed at [uslacrossecourses.com](http://uslacrossecourses.com)



**US Lacrosse Fundamentals of Coaching Girls Lacrosse**

**The ball may be kept in play by:**

- Carrying or cradling ball in the crosse
- Throwing and passing
- On the ground

**The team without the ball plays defense and uses blocks, interceptions and checks to gain possession.**

Navigation: PREVIOUS, NEXT, PAUSE

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Player/Field Configuration  
Unit 5: Skills & Techniques  
Unit 6: Team Play  
Conclusion



**US Lacrosse Fundamentals of Coaching Boys Lacrosse**

**Settled Clear**

**Tactics are determined by:**

- Opposing team's ride

Diagram illustrating the Settled Clear tactic on a lacrosse field. The field is divided into three main areas: COACHES AREA, TABLE AREA, and COACHES AREA. The diagram shows the positions of players (A, D, M, LSM, G) and the ball (G) during a settled clear. Arrows indicate the movement of the ball and players.

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Defense  
Hitting  
Clearing  
Extra Man Offense  
Defending EMO  
Conclusion

**TRANSCRIPT** **RESOURCES** **GLOSSARY**

The settled clear is a clear deep in the defensive end of the field or at the restraining line after a horn. This can occur because the ball goes out of bounds on the sidelines and the defensive team is awarded possession, or because of a quick restart of the game after a change of possession due to a penalty charged to the offensive team.

Settled clear tactics are determined by the type of ride from the opposing team, the type of restart situation and the position of the ball on the field.

Want more drills? Want to organize a practice plan? Check out the US Lacrosse Mobile Coach app. This app is available for both iOS and Android operating systems and is available for free to all US Lacrosse members. Download the app today and register your account at [uslmobilecoach.com](http://uslmobilecoach.com)



