

Practice 1 & 2

<u>Drill/Activity</u>	<u>Objective/Suggestion</u>	<u>Time</u>
Bring it in	Gather the team to discuss practice plans for the day	5 minutes
Some warm up	Warm up stretch legs, arms, shoulders, neck & midsection	5 minutes
Coaches Instruction - Cradling	Basic instruction on the fundamentals	2 minutes
(Drill 1) Individual cradling practice	More experienced girls try with opposite hand	2 minutes
(Drill 2) Running the Square	Comfort cradling with both hands	3 minutes
Coaches Instruction - Ground Balls	Basic instruction on the fundamentals	2 minutes
(Drill 3) Individual ground balls	Focus on the basic movements required <i>- Experienced girls try with opposite hand</i>	3 minutes
(Drill 4) Ground Ball Tag	Ground balls under pressure	5 minutes
(Drill 5) Ground Ball Blob Passing	Ground balls & moving without the ball	5 minutes
Coaches Instruction - Passing & Catching	Basic instruction on the fundamentals	5 minutes
(Drill 6) Baseball Throw 1. <i>Have the girls throw to the coaches the first two practices so that everyone can focus on the throwing and not catching wild throws.</i>	Basic motion of throwing an object	3 minutes
(Drill 7) Partner passing <i>- (everyone should have a new partner each practice)</i>	Passing & Catching	7 minutes
(Drill 8) Shooting shuttle	Catching, Passing & Shooting	7 minutes
Water break		2 minutes
Coaches Instruction - Positioning - Teach the hot-spots	Instruction on the locations of A-E behind the cage and along the 8m arc	8 minutes
(Drill 8) Running to hot-spots as they are called out 1. The first week have them run without sticks so they can concentrate on where to run rather than trying not to drop the ball	Getting players familiar with hot spots	5 minutes
Water Break		
Coaches Instruction - Review of positions 1. offense & defense a. attack, middle & defender 2. Teaching the basics of defensive positioning a. "not chasing your girl" 3. Break up and have separate coaches teach each position and have girls rotate through?	Teaching who belongs where, off-sides, the job of each position, etc.	20 minutes
Bring it in/wrap up		90 minutes

Coaches Instruction - Cradling

Purpose:

Provide guidance for proper stickhandling, the key to a strong lax player

Coaching Guidance:

Cradling can be a very personalized style. There are basics that are required, but encourage the girls to be creative to find a technique that works well for them.

Cradling Instruction:

Holding the Stick

- Soft hands while gripping the stick.
- The top guide hand is placed one-third of the way down the stick
 - Top hand is the guide & does most of the work when cradling
 - The stick rests lightly in the palm of the top hand and is controlled by the fingertips
- The bottom hand is the control hand and is placed at the bottom of the stick

Stick position.

- When first learning to cradle, the stick should be held at a slight angle on the side of the body by the ear (almost parallel with the body).
- the more relaxed and comfortable they are, the better.
- Two hands on the stick. It's important that players keep both hands on the stick while cradling. This allows for better control of the stick and the ability to pass or shoot quickly.

Rocking motion

- The motion of the fingers and wrist of the top hand curling together should be smooth and controlled.
- The top hand swings the stick from ear to nose, back and forth, using more wrist motion than elbow motion.
- The bottom arm holds the stick in front of the body and controls the base of the stick
- The arms are relaxed and away from the body
- Emphasize a smooth rocking motion so that the ball does not bounce around in the pocket.
- Ideally, the ball is cradled in the top half of the pocket by the shooting strings.
- Remind your players to relax their upper bodies and not to stiffen up their arms when cradling.



- A stiff, rigid cradle will lead to the ball popping out and lots of frustration! A smooth, fluid cradle will allow the ball to remain in the stick.
- The full cradle, or **ear-to-ear cradle, should be reserved for dodging through defenders.**
- The more subtle **ear-to-nose cradle allows players to pass and shoot**

Drill - Individual Cradling

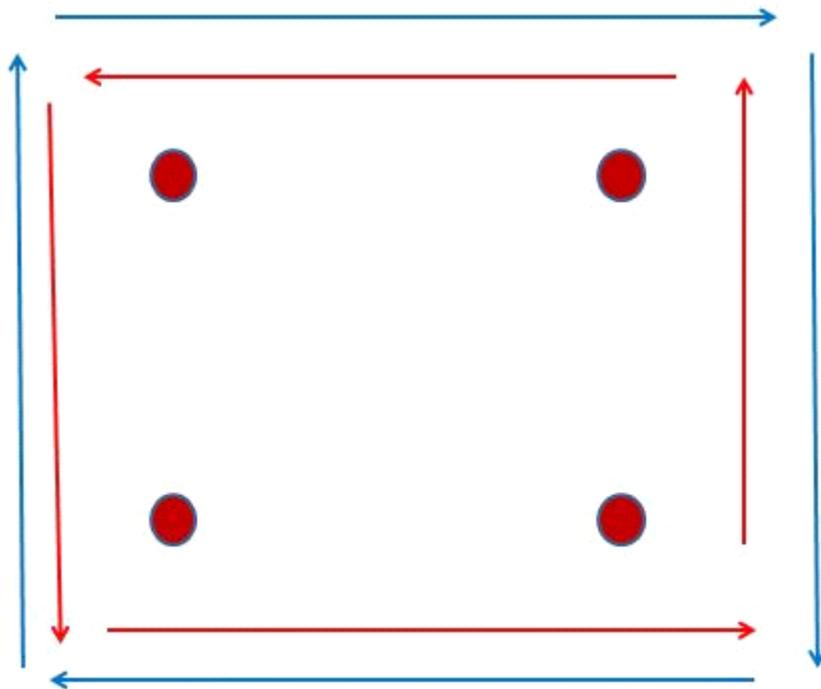
Purpose:

To get the girls comfortable with running and cradling & introduce using the opposite hand

Directions

1. Using the techniques demonstrated, have the girls practice stationary cradling
2. For those that want to or the more skilled players, have them cradle with their weak hand
3. After a few minutes, introduce moving with the ball
 - i. set up cones in a pattern that they need to run around like a 4 square box
 - ii. Have 1/2 the girls one way the other run the other direction to get them comfortable with moving while running & cradling

Blue = Left Hand
Red = Right Hand



Coaches Instruction - Ground Balls

Purpose:

Teaching a skill that will be a large part of the game, especially at the youth level.

Most of the plays at the youth level involve picking up balls, so this must be stressed early

- *Let the girls know that this will make them a better player than most if they are good at this because if you can pick up the ball better than everyone else, you will have the ball more often which will make you a better cradler, passer and player.*

Teaching Ground Balls

1. Get along side the ball by putting your right foot (right handed players) slightly ahead of the ball
2. Position your head above the ball
3. Bend knees to get very low (NOT BENDING AT THE WAIST!!)
4. With the stick almost parallel to the ground push forward through the ball with the bottom hand (knuckles scraping)

Ground Ball Tag

Purpose:

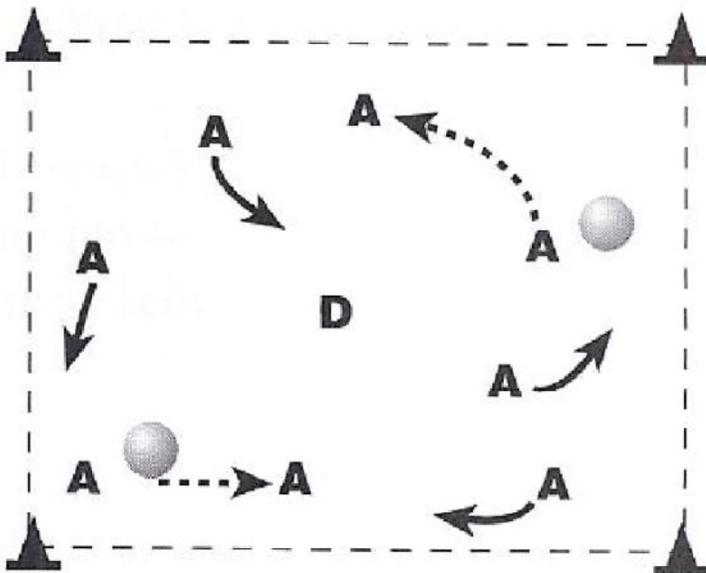
Improve the ability to pick up a ground ball under pressure

Equipment:

4 Cones

Directions:

1. Set up a 30-by-30-yard grid with four cones.
2. One player without a stick is the defender who is "it."
3. The remaining eight players have sticks and are the offense; two of the eight players have a ball.
4. On the whistle, the offensive players have to roll ground balls to each other while cutting inside the grid. The defender tries to tag an offensive player who has a ball before the offensive player can roll it to a teammate, or as the teammate picks up the ground ball.
5. Once someone is tagged while holding the ball, she A becomes the defender, and the other player takes her D place with the offense.
6. Drill continues for 2 to 3 minutes.



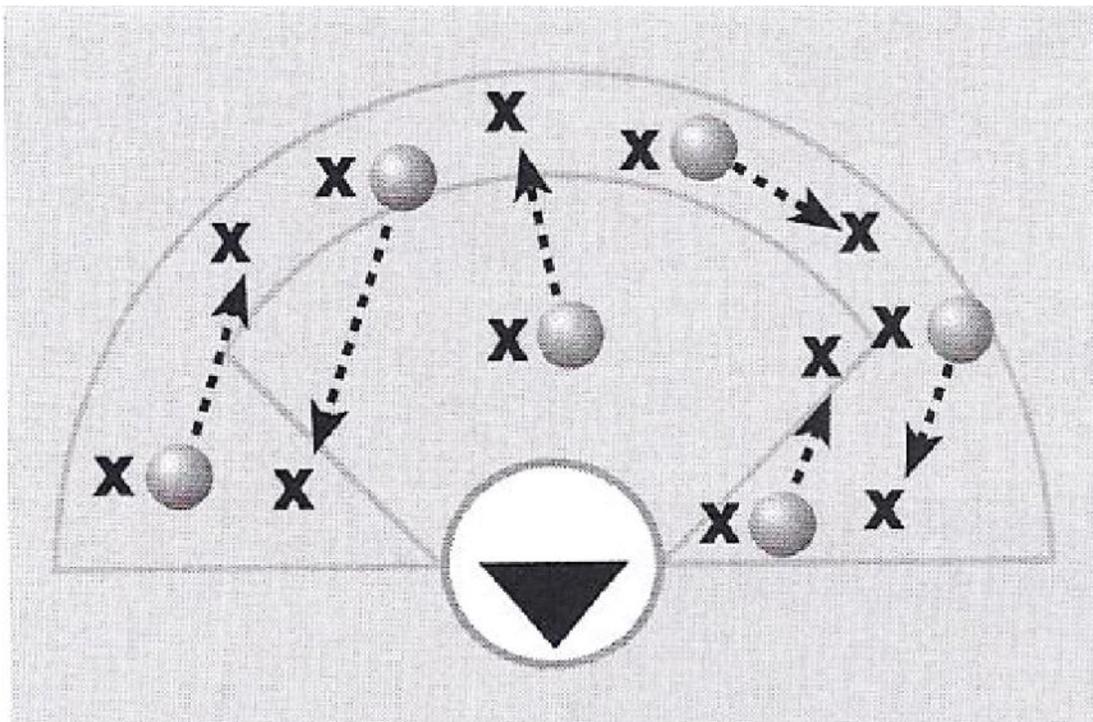
Ground Ball Blob Passing (f22)

Purpose:

Running through ground balls & moving without the ball

Drill:

1. All players are inside the 12-meter fan.
2. Half of the players have a ball, and the other half do not.
3. On the whistle the players must begin moving around the 12-meter fan.
4. The players with a ball must roll a ground ball to an open player and then cut to receive a ground ball from someone else.
5. Players must keep their head up to pass or receive and must be aware of what is going on around them.
6. Drill continues for 3 to 5 minutes.



Coaches Instruction - Passing

Friday, February 03, 2012
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Passing

Passing a lacrosse ball is similar to throwing a baseball. The same techniques are used to release the ball accurately.

When throwing a baseball.

1. a player rotates her hips and shoulders
2. reaches back with her throwing arm holding the ball above her head (not pushed from her chest),
3. steps toward the target with her opposite foot,
4. rotates her hips and shoulders toward the target and into the pass,
5. snaps through the pass with her wrist,
6. follows through, completing the rotation of the hips and shoulders.

The same technique applies when throwing a lacrosse ball.

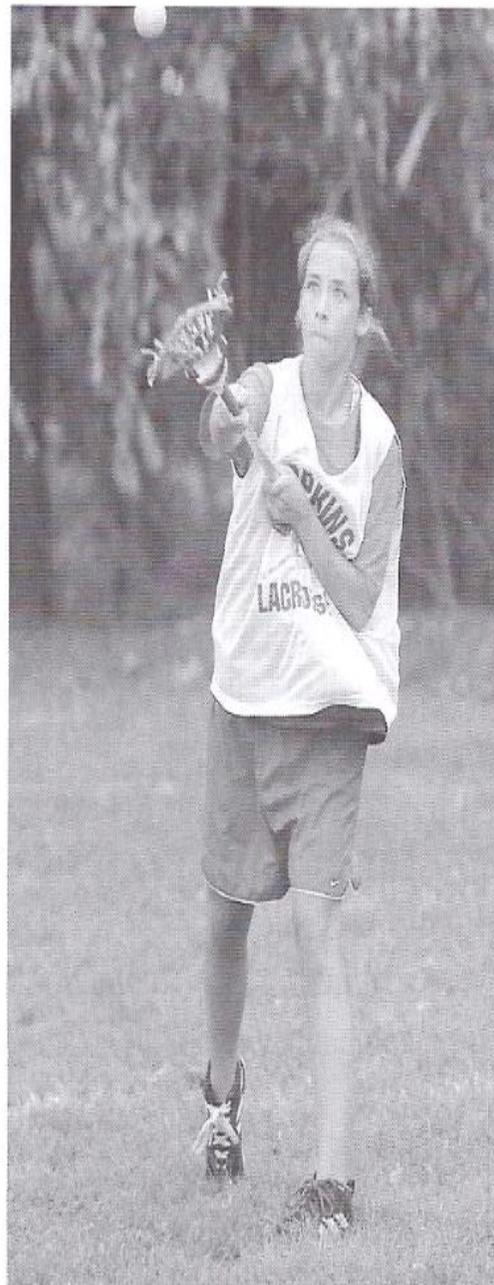
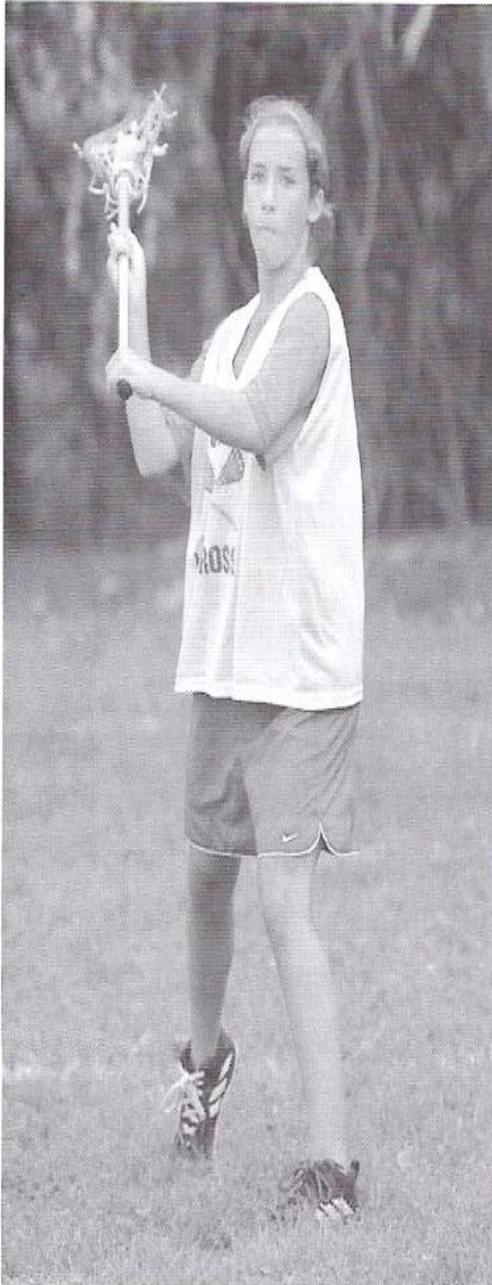
Make it a habit to keep your players moving while passing; movement will help with accuracy and momentum behind the ball.

1. **Set the feet.**
 - a. The player begins by facing her passing partner.
 - b. Passer's feet should be offset about shoulder-width apart.
 - i. A right-handed player has her left foot in front of her right foot; a left-handed player has her right foot in front of her left foot.
2. **Rotate the hips and shoulders.**
 - a. The passer rotates her hips and shoulders so that her shoulders are perpendicular to her passing partner and reaches back with her stick (similar to when throwing a ball).
 - b. The top hand should be back and above the head (not in front of the body by the chest).
3. **Hand and arm position.**
 - a. The passer's top hand slides about a third of the way down the stick. The thumb of the top hand is extended up the shaft of the stick, which helps the passer throw accurately.
 - b. The bottom hand (positioned in front of the body) is at the bottom of the stick and provides the power for the pass.
 - c. The passer's arms are relaxed and away from her body, not in tight by her sides.
4. **The push-pull motion.**
 - a. The passer reaches back so that the head of her stick is behind her head and about 6 inches above her shoulder.
 - b. The bottom hand must stay in front of the body and at chest height. If the bottom hand is raised higher than that, the stick will become parallel with the ground and the ball will either roll out of the pocket behind the passer or go straight up in the air on the release.
 - c. The passer steps forward with her opposite foot (shifting her weight from the back foot to the front),
 - i. drives the bottom arm forward
 - ii. execute a push-pull motion by using her top hand and arm to push the stick forward while the bottom hand and arm pull the stick toward the body.
 - 1) This motion makes the stick perform like a lever and produces direct, accurate passes. Encourage the passer to snap her wrist through the push motion as if she were throwing a ball.
 - iii. The follow-through of the stick should be across the body to the opposite hip—not under the armpit.
5. **Completing the pass.**
 - a. As the passer steps into the pass and is completing the push-pull motion
 - i. shoulders and hips are rotating through the pass
 - ii. her top arm should extend in the direction of the person she's passing to.
 - b. The step forward, the rotation of the hips and shoulders, the snap of the wrist through the push-pull motion, and the follow-through of the stick across the body (to the opposite hip) **give the pass its power.**
 - c. **The accuracy of the pass is affected by the follow-through of the stick.**
 - i. If the follow-through is toward the ground, the pass will be low.
 - ii. If the follow-through is high, the pass will probably sail over her partner's head.
 - d. Encourage your player to point with her stick (on her follow-through) exactly where she wants the pass to go, and her passes should be accurate.

Passing Instruction - Picture

Friday, February 03, 2012

11:10 PM



Left: The first steps of an overarm pass. Notice that the player's arms are away from her body; she's reaching back while rotating her shoulder back, with the stick slightly above her head, as she steps in to her pass.

Right: As she releases the ball, the passer pushes with her top hand as she pulls with her bottom hand. The follow-through ends up across her body.

Coaches Instruction - Catching

Purpose:

To teach the fundamentals of how to properly receive a pass

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Baseball Throw

Purpose:

Giving the girls (many who may not play sports requiring a throwing motion) the experience of how the throwing motion works

Equipment:

Balls & Goal

Passing a lacrosse ball is similar to throwing a baseball. The same techniques are used to release the ball accurately.

Drill:

1. Have the girls facing the net about 5 yards away
 - a. If the coach feels comfortable in their catching skills with a lax stick, have the girls throw to the coach.
2. Have the player point at the goal where they are going to throw the ball
3. Reach back with her throwing arm holding the ball above her head at an angle that the ball is behind them and slightly above their head
4. The player's hips and shoulders should now be facing 90 degrees away from the target (in the "open position")
5. Step toward the target with her opposite foot of the throwing hand (left foot for a right hand throw)
6. Begin throwing the ball towards the goal while being sure to move (rotates) her hips and shoulders toward the goal while her arm is moving
7. snaps through the pass with her wrist,
8. follows through, completing the rotation of the hips and shoulders
9. Have the girls practice this in a continuous motion

Partner Passing

Purpose:

Introduce passing to a target (the partner's stick head which should be above her shoulder).

Drill:

1. Position partners in two lines about 7 yards apart facing each other.
2. Partners pass the ball back and forth, starting with two hands on the stick for the catch and pass.
3. Partners pass with two hands on the stick, first a right-handed pass and catch and then right/ left-handed. (use dominant hand)
 - a. *Girls who want to want to try or may be more advanced - pass with two hands on the stick for the catch and only their off-hand on the stick for the pass.*
4. Partners make long passes to one another. They keep backing up to see how far apart they can be and still throw and catch without dropping the ball
 - a. *Emphasize to players that they should rotate their hips and shoulders, step into the pass, and snap their wrist to get greater distance on the ball.*

Advanced Drills - Use based on skill set of the team

5. Partners pass the ball with two hands on the stick and only 1 (right or left) hand on the stick for the pass.
6. Partners pass with quick sticks by receiving the ball and passing it back all in one motion.
7. Partners pass with quick sticks, using the back of the stick.
8. Partners pass using flip passes (see pages 48—49).
9. Partners pass using behind-the-back passes (see page 49).
10. Partners pass using reverse-stick passes (see page 50).
11. Partners catch and pass between their legs.
12. Partners pass with high lob passes (see pages 49—50), catching first with two hands and then with one hand.
13. Drill continues for 10 to 12 minutes.

Coach the girls to keep their feet moving on the pass and catch, with one foot in front of the other; asking for the ball to the side of their head; and rotating their shoulders on the pass and catch.

Shooting Shuttle

Purpose:

Developing passing & releasing a quick shot

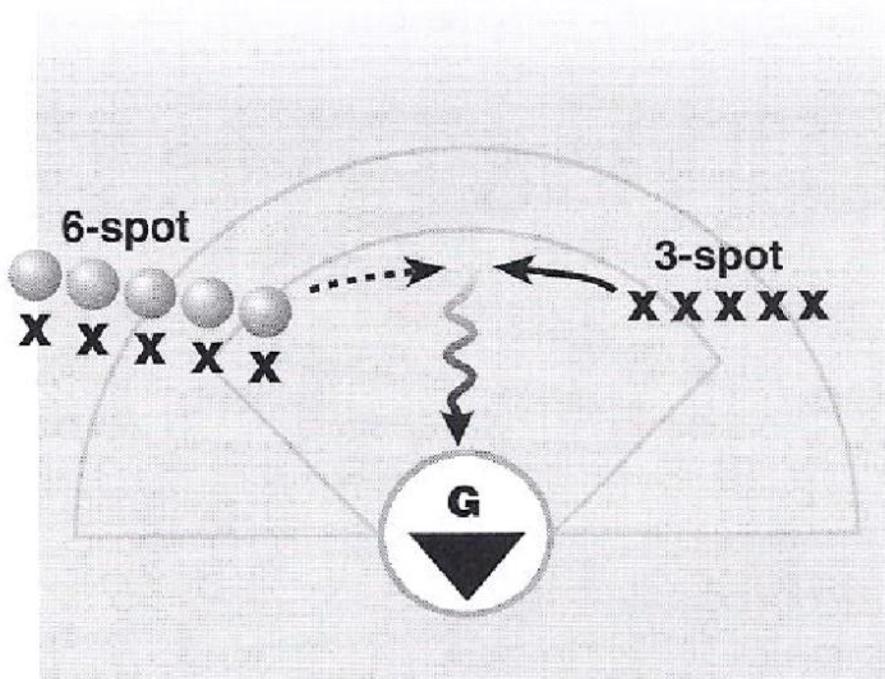
Equipment:

Goal & balls

Drill:

1. Have a line of five players in the 6-spot and a line of five players in the 3-spot at the top of the 8-meter arc.
2. Players in the 6-spot have balls. The first player in the 6-spot feeds the first player in the 3-spot, who catches and shoots on goal, making sure to step down the pipes on her shot.
3. Each player goes to the end of the opposite line, and the next player in the 6-spot feeds the next player in the 3-spot, who catches and shoots on goal.

Action repeats—the drill continues for 7 to 10 minutes.



Coaches Instruction - Hot Spot & Position Instruction (U11)

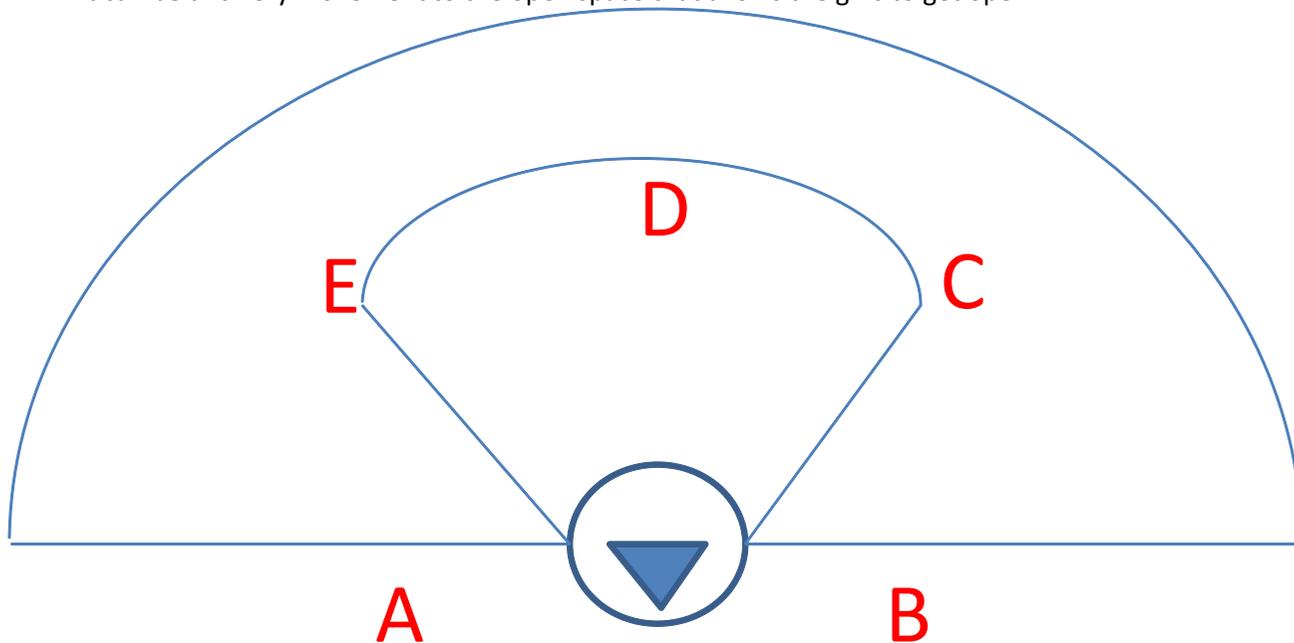
Purpose:

Help the girls identify how to find open space by filling a position that is open. This is especially important for girls who have not played so that they can learn where to go and not feel lost on the field.

Key Coaching Points:

(note - for U11, we are using less hot-spots because there are less players. We are also using letters so that the girls are not confused next year when they are introduced to 7 hot-spots)

1. As a point of reference, the girls need to be made aware of the 8 & 12 meter arcs
2. A challenge for girls new to either sports or lacrosse, the idea of going to "open space" can be difficult to grasp. What was once open space may quickly be filled by another team mate who moved to the space before or at the same time as another team mate.
3. This type of unsettled play can make the offensive side hectic and girls are often at a loss where to go in order to "get to open space"
4. By working with the established "hot spots" the goal is to provide a reference point for the girls to understand basic positioning.
5. Once the girls understand the positions on the field it should be easier to provide the coaching or guidance as to helping the girls determine where to go when they don't have the ball.
6. By looking around at the field, they can see what "Hot spots" are open and move to them. Often it can be this very movement to the open space that allows the girls to get open.



Activity Name

Hot Spot

Purpose:

1. To create awareness of where the hot spots are
2. To identify and move to open space
3. React to coaching cues

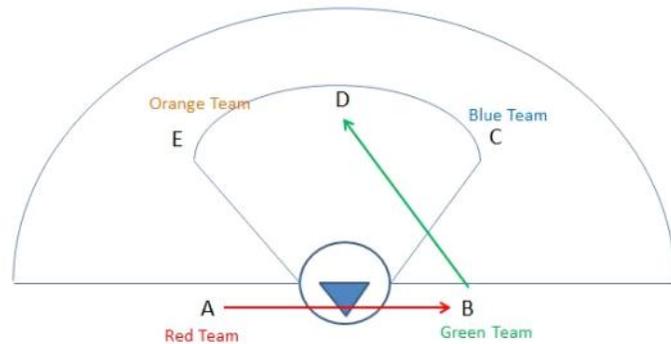
Key Coaching Points

The concept of the hot spots may take a little while for girls to grasp. The idea of using teams at the beginning is to allow girls who get it to lead the others and for the girls who are not as familiar to be part of a group while learning. Throughout the season, each girl should be able to run to each spot on their own.

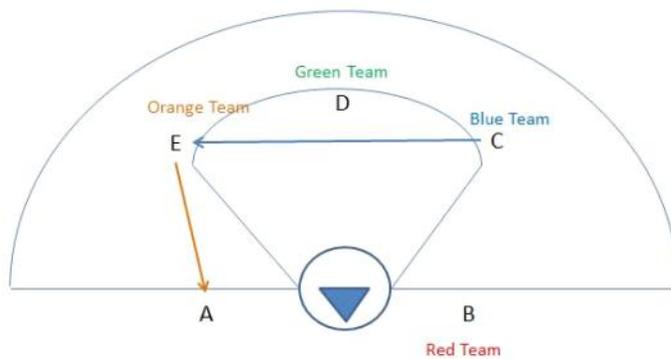
Drill:

1. Review the hot spots (A-E for U11)
2. Break up the girls into 4 teams giving each a name
3. Call out a hot spot that already has girls on it and call out a hot spot for them to run to.
 - a. "A to B"
4. When the team which is on the hot spot that the opposing team is running to, have them run to the open hot spot.
5. Mix it up sometimes first calling an open hot spot that has no girls. This should also help increase the girls awareness of where they are.

Running Hot Spots



Running Hot Spots



Coaches Instruction - Offense & Defense Position

Purpose:

To provide instruction on defensive & offensive positions & rules around the crease

Key Coaching Points

In the U11 league, most girls are new to lacrosse and unfamiliar with the basics. Time should be spent during the first week focused on positions. This should be stressed before the rules so that the rules can be explained from a point of reference of positions on the field.

Many of the girls are also new to organized sports at this age. Fairly significant time needs to be spent on playing defense as this too will be a fairly new concept to most of the girls.

Position Instruction

1. Attack
 - a. Location on the field
 - b. Area of movement on offense
 - c. DOES play defense when the other team has the ball and is trying to clear it upfield
2. Middie
 - a. Location on the field & number of mid fielders
 - b. Plays offense & defense
 - c. On offense works with attack to move the ball around the net
 - d. On defense needs to slow down the movement of the ball when the other team is clearing
 - e. On defense needs to work with our defensive players to stop the other team from
3. Defense
 - a. Location on the field and number of defenders
 - b. Primarily plays defense
 - c. CAN move the ball up the field (to the mid-field line) when we stop the other team

Instruction on how to play defense

1. Stay between your girl & the goal
2. Feet first, stick second - move your feet first to block a girl
3. See your girl & the ball
4. Always get back to protect the front of the net