

NORTHPORT LACROSSE

FACE-OFF DRILLS

COACHING POINTS:

- Balance/control space over ball/stay low/keep eye on ball/anticipate whistle

DRILLS:

- 1/4 eagle - clockwise/counterclockwise - small steps/lead with near foot/no weight on hands
- Reaction to whistle - on knee(no footwork) - clamp - stress quickness/top edge of stick ends up where bottom edge started
- Reaction to whistle - (footwork only)
 - Step drill - clamp/scrape/hook & up - 4" right step
 - Step drill - smash - 12" right step
 - Step drill - plunger - 12" left step
- Skeleton - 1) to control of the ball 2) to pick up ground ball
 - Clamp - back through legs to self
 - Scrape - down the line to self
 - Smash - back through legs to self
 - Hook & up - forward to self
 - Plunger - forward to self
- 1v1 - live
 - One player works move vs teammate who catches
 - Lock-up - start from neutral position - work to advantage
 - Live

NORTHPORT LACROSSE

FACE-OFF TECHNIQUES

CLAMP - light on hands (right palm up/left palm down) - pull bottom edge of stick back - snap top edge down (both hands simultaneously) - top edge of stick should come down on ball - left hand should remain close to ground throughout move - weight distribution - 75% on left foot - 25% on right foot - take 4" step with right foot on whistle - work ball back through legs or to open space

70/30

SMASH - light on hands - set up as for clamp - on whistle - 12" step w/right foot which follows right glove as it drives over top of the ball to opponents right glove - don't lift stick head - use shaft of stick to work ball out - control space over top of ball - stay in front of your opponent and compete for ball

SCRAPE - light on hands - same as clamp - on whistle 4" step with right foot - push into opponents stick head pinching top edge to opponents stick throat - maintain pressure against opponent's stick and rip hands to the left - step in front of opponent and go to the ball

HOOK & UP - same as clamp - once stick is over top of ball - pull to outside edge of opponents stick by lifting butt end of stick and drawing the ball using the top edge of stick - release ball forward

PLUNGER - light on hands - weight distribution - 75% on right foot - 25% on left foot - on whistle - push into opponents stick w/right hand - drive left hand forward - left foot follows left hand - either clamp or scrape ball forward - play to ball

