

-Lacrosse Idea Swap! – Vol. 3

Idea Sharing With Like-Minded Coaches

From Allan...

When running the star drill I introduce different shooting positions or having one player set a screen for the shooter.

This teaches the players to think of alternatives to standing in one place and just passing the ball.

--/--

From Heather...

I often find that girls are more apt, in a fast break situation, as they're running toward the **goal, to veer out to the side than run straight 'thru' the defense. The drill that I use with them** is a simple one:

Line up 2 defenders, stacked in front of the goal. One offense player stands at the top of the 12 meter fan and runs 'thru' the defenders as they stand there and give minimal defense. This simulates a fast break situation. The offense player should run as straight as she can, as close as she can through the defenders, switching hands, if needed to guard her crosse. One thing that offense players often do not realize is that the defenders will more likely than not, 'move out of the way' and let them through.

--/--

From Ralph...

I have a good pick drill , you will need 3 players , 2 on offence around one side of the net, the 3rd player on defence , standing between the 2 offenders closer to the net as if they are in a game , " A" & "C" represent offenders and "B" represents the defender player "A" throws the ball to player "C", player "A" then runs to player "B" sets a screen (or pick) so that player "C" who has the ball, can run around them for a shot,on goal.

--/--

From Terry...

I am from Ontario, and the OLA has started a new age group for lacrosse, they are called the Jr. Paperweight, Soft lacrosse, the children have to be born in 2003 and 2004, that is right I have one boy who was born in December of 2004, still in diapers and we have to take his pacifier out to put in the mouth guard. So how and what do you do with children at this age, my goal is to keep them on the floor, teach them to scoop, cradle, shoot and catch, but most of all to have fun and want to come back again next week.

I contacted some early childhood professionals as to how and what I should be doing with the players. They suggested to have big, bright and familiar things on the floor to get there attention.

The first four weeks I had lots of colored beach balls, with funny faces and we put a huge ball in the net for them to shoot at. I put red balls around the crease so that they knew to stop and not to step inside the goalie crease.

I took a trip to the attic and pulled out all of children's stuffed animals and the balls were replaced with bears, dinosaurs, pigs, monkeys, etc. To help teach the four corners I wrapped stuffed snakes around the top of the net and had their heads hanging down in the corners and the bottom two corners I had a pig and kangaroo, so the players had to try and hit the animals. They all really seemed to enjoy this, we also lined up all the animals and they took turns going down the line trying to knock them down, some were up on pails, some larger than others so it gave them a great range of height to hit.

Next will be balloon week, where I plan on having balloons taped on the boards for them to hit. I will keep trudging along, trying to make the full hour, but they are having fun even if it is for only 20 minutes to 45 minutes!

--//--

From Ann...

I coach a high school girls field lacrosse team so I may have a different slant on things which may not work for all involved but here goes.

STACKS

Set one player behind the net

Set up the attack/attack midis in 1 or 2 lines approx. 2 m behind fan centre field.

When this first gets set up the play setter calls 'stack 1 ' or 'stack 2'

Stack 1 -- set two lines in the position above each about 3 m from centre field

Stack 2 -- only one line in the position above-- at centre field

The last player in the line calls the name of any player in front of them.

This player becomes the cutter and runs in to take the pass from the player behind the goal. If they make the pass and are able to deke out the 'D' they take a shot on goal. If they can't shake the 'D' they quickly get out of the fan and another player is called out of the stack. This continues until a player is able to take the pass and shoot on goal.

This allows both offensive and defensive players to get practice at their specialties and the need for fast accurate passing is seen as well. Good team communication is another skill worked on in this drill. We have used this play to advantage in more than one game.

--/--

From James...

I'm not sure what you would call this. Myself and the assistant coach form two lines, one person from each line lays on their back with the cage about 40 to 50 feet from them. Im standing between them I throw the ball to the cage blow the whistle and they get up from the ground to get the ground ball.

Now the fun part of the drill is who ever gets the ball shoots while the other coach is behind the cage with a radar gun. The kids love it and its a fun way to work on ground balls!!

--/--

From Bryce...

Here is something we do with our kids. It is an obstacle course that we set up as timed event. Kids like the competition and bragging rights on who his fastest and most accurate.

--/--

From Hank...

One of the favorite things we do with the U13 kids is a relay/skills event.

We start them in two/three columns and they do the following in relay format:

1. 40 yard dash (20 out/20 back)
2. Slalom through cones while cradling - distance optional
3. Scoop a ground ball 20 yards out, turn and move toward goal and shoot. The goal has a fake goalie positioned to limit the opening.

You can tweak this as needed, but the competition and speed wears them out.

--/--

From Frank...

Here are a couple ideas for your master ideas list:

- 1) Player Log - Given to all my players on competitive Novice team (9 - 10 yo's), with blank pages for them to write-in any lacrosse drills or skills they have done on their own, # of pushups or sit ups or extra running distances or times between practices & games or requests by the Coaches' on certain skills to work on. Players also insert fun

questionnaires that I have handed-out throughout the season so far and go over with them, health & diet handouts, etc. They decorate their Log as they wish and have it as a keepsake for their season. Another part of my season kick-off handout is a jump rope to each player. Use jump ropes in some practice drills or for a pre-game activity. Told each player that the jump rope should be considered a part of their equipment.

2) Have a season kick-off and mid-season update meetings with Parents & Players. Reinforce importance of 3-pillars as foundation for a competitive team ... Players supported by their Coaches & Parents. Ensure everyone is on the same page as far as understanding Team progress, not necessarily from Wins & Losses but more so on Team philosophy and Team success in becoming a Team.

--/--

From Jeff...

Something I used with our Junior (7th/8th grade) players and still use occasionally with our High School players is to play "Ultimate Lacrosse". Based on the rules for Ultimate Frisbee, the idea is to move the ball from end to end by passing rather than running the ball. Players can only take three steps toward the goal after receiving a pass. Contact while fighting for ground balls is allowed. To score, each team must "feed" the ball to one of their teammates inside the crease. Only offensive players are allowed in the crease, no one is allowed to simply stand in the crease and wait for the play to get to them, any offensive player can run to the crease to receive the pass. It really forces offensive players to look up-field for the outlet pass rather than try and run it through the ride. Defensive play consists of cutting off passing lanes, recognizing where the threats are, and establishing good defensive position to stop the ball carrier and defend against the outlet pass. Shorts sticks, and long poles can play everywhere on the field. This is a great "fun game" that encourages good lacrosse skills and communication **while providing great conditioning. Our guys will play the game as long as I will let them.**

--/--

From Chris...

Add a dimension to the drill, we use a drill similar with the team, we have the entire roster on the square and in just as you. 15 players around the outside, and 15 in each with a ball. The drill starts passing inside out following your pass, each player has to use the players first name Here is your help John, and you can not pass to the player who threw you the ball and must find another player to throw to.

--/--

From Sean...

My name is Sean McGinley and I'm president/coaching Bantams for Milford Youth Lacrosse in Milford CT. I played for Penn State under coach Glen Thiel from 82-86. We are in our second year in Milford and since we are in Lacrosse country, it's taking off. I run a clinic in the summer for 6 weeks every Saturday from 9:00 - 10:45am. One of the fun drills that the kids love is the limbo stick relay. I built two set of limbo sticks. Each having two adjustable support poles and a limbo stick. This lets me adjust the height for different size/age players. Form two lines about 20 yards from each limbo set-up. Have one coach at each set-up. The coach will continually place a ball about one foot in front of the limbo setup. The players will start the relay, run to the limbo set-up, bend down (teaching players to get down on the ball when scooping), drop their hands to scoop the ball under the limbo stick (teaching players to get their back hand down when scooping) continue to run through the limbo set up (teaching players to run through the ball when scooping) begin to cradle as they run to the bucket to drop the ball into (teaching players to cradle after they have scooped the ball) The player will then run back to the line and touch the next players stick in order for that player to leave the line. (encourages fair play and stops players leaving before their teammate returns).

--/--

From Diane...

Passing, Catching, Switching hands, cradling on the move.

Partners begin drill by standing about 10 feet apart. Person on the left should have their left hand on top of the stick, person on the right should have their right hand on top of the stick. After each player passes, exchange places, and switch hands as they move to the opposite side of the field. Encourage players to lead the pass, and give a target out in front.

Teaches the player to give and go, pass and catch on the move, and using both the left hand and the right hand.

--/--

From Bob...

1. We start every practice with 1x1. We set up 4 lines 2 up top and 2 behind the goal. We put D-Men behind to start and D-Mids up top. I blow the whistle and we go 1x1 from each station till there's a shot or a stoppage. We have all the kids change lines, form the attack who jump up top to the D who also can jump up top, and the mids who can go behind. Most offenses I have seen now run a lot of dodges from everywhere but especially up top. Doing this everyday we DARE people to dodge on us!

2. I'm a fan of fast break offense and unsettled situations. (I know old school) Since the kids love to scrimmage we do this once in a while to give them a break. We have a coach on the sideline at midfield with a ton of balls and split into 2 groups. Then we just scrimmage full field, the difference is the coach decides where and when the ball is in play. So after a goal we don't always start at the face-off x. Or after a shot it's not who is closest to the ball, or if the ball goes out of bounds it's not always the other teams ball. The coach will blow a whistle and throw the ball wherever, this creates the unsettled situation. A good drill to help with getting the ball off the ground and moving, plus a good conditioning drill without the kids knowing it.

--//--

From Todd...

here's a ground ball drill I tweaked for my var. HS team as I had to force them to become more psychical in contesting ground balls

c

x x

x

Have two players line up facing the lone player about 3-5 yards apart. The coach then points to which player he wants the lone player to body check when the drill begins. (care must be taken to insure no one gets hurt by insisting on legal checks.)

Coach then rolls ball into middle of circle and all three contest for the ball.

This drill may seem simple but it improved us greatly on ground balls and we all know how important they are.

--//--

From Jayne...

I think the difficult part of this - as a youth coach with only two seasons experience - and having never played the sport - is that my tips may be common knowledge or so simple as to not have merit. This concern of appearing foolish prevents many adults from stepping forward. My best tip is - don't let a lack of expertise stop you. Admit your level of knowledge and commit to an honest endeavor to increase your knowledge and expertise and don't try to "fake it". I hope that's an okay tip - at least good enough to let me hear those of others!

Ok - I have one other - I didn't invent but I rather like. In order to help defenders learn that they NEED to keep moving even when off ball - we sometimes use a hoola hoop in the location where they should be set up (roughly) for a given formation offense. The rule is you can not stand inside the hoop. Players must situate themselves somewhere around the hoop in relation to their man AND the ball. Sticks are ALWAYS up and the

player must always be moving. We instruct the offense to run a 2-3-1 or 1-4-1 so it sort of works like a gauntlet. The defenders don't have to stay right next to the hoop - especially if their in play - it really is meant to keep them moving off ball.

--//--

From Lou...

A drill I used in college at Adelphi University (long Island ny NCAA DII back in the mid 90's) I use it with my HS players today. Its called double diamond. It improves passing and gives you the idea of transition. this is a full field drill that starts behind the cage. you have two lines at the wing of the restraining line two lines at the middle of the midfield line one facing each side line, 2 more lines at the wings of the other restraining line and once again a man behind the cage at x.

Ball moves to the wing. He is moving to the ball catches and turns away (X to the wing - replace where you pass) The wing man keeping stick to the outside will pass to the **midfield line player over the shoulder who is cutting towards the side line. That player** turns up field and passes it the the man on the next restraining line. He will catch and move it the the player who is behind the cage. That X player moved to the ball ofcourse and caught it and turned away and the circuit continues on the other side. It should look like two diamonds hence the name double diamond. WHEN you get better you can use two balls. One at each end. We also do this drill for ground ball work.

This is a varsity drill. We do not attempt this with our JV as they usually have no lax playing experience.

--//--

From Mark...

"Middy Marathon".

You have 3 d, and 3 attack at each end of the field. The coach stays at midfield with a bucket of balls. There are two teams of middies- one on each sideline at their defensive restraining line. The coach throws a ball out at midfield. a middy from team A goes and gets it and takes the ball down, so, it's a 4 on 3 fastbreak. then when a shot is taken or the ball is dropped, the coach throws another ball out, and a middy from team B goes to get it and takes it down, so now it's 4 on 3, but there's also a middy trailing because that original middy from team A has to get back on d. then the coach throws another ball out and another middy from team A goes to get it, so there's a 4 on 3, but there's also an o middy and d middy trailing. Then, you just keep going back and forth until you get 6 on 6.

--//--

From Mark...

This is a 4 corner drill that I use in box but can be modified for field. Set the players up in 4 corners of the floor or field 10 - 15 yards apart, all 4 lines have a ball. The drill starts with 2 players that are kitty corner from one another running into the center towards one another. They pass to the line where the opposing player left from. Once the passes have been made they cut back and take a pass from the line that they started in and go in for a shot on net and then return to the back of the line they started in. Alternate sides back and forth. The ball can also be rolled to the opposing line instead of passed in the air. This will improve loose ball pickups. Defensive players can be added for one on ones while attempting a shot on net.

--/--

From Gary...

I coach a 5th/ 6th grade team. Keeping the younger players interested can be a **challenge. We usually have between 10 and 20 players at practice. Especially when the numbers are on the low end, sometimes, instead of a scrimmage, we use a "free for all" half field drill for the last 5 or 10 minutes.**

Divide the players into two even sides - one on the goal line, one on the mid stripe.

Basic lacrosse rules apply as for slashing, hitting, etc. Infractions give the ball to "injured" side.

Out of bounds is a "restart"

Coach tosses the ball to the middle for start/ restart

Additional rules:

- a. Player with the ball can only take five steps and then HAS to pass the ball
- b. There have to a minimum of five passes before a side can score
- c. Team that advances the ball over the opponet's "goal line" with the ball in control, gets a point
- d. When the ball is dropped and a loose ball drill ensues, the "pass count" starts over
- e. Losing team takes an extra lap!

Upsides -

1. Kids love it!
2. Teaches "look for the open man", passing skills, catching skills, scooping skills, dodging, defending
3. De-emphasizes hitting and emphasizes team work
4. Easy to set up and run
5. Teaches "move without the ball"

6. Good conditioning - everyone runs!
7. The freeform format makes the kids think and move... they learn some skills without the constraints of defending or attacking a specific point (the goal)
8. Coach can add twists and variations on the fly!

--/--

From Chris...

Here are a few that I use.

We change up our 1v1's. We call them revenge 1v1's. In this drill the defenseman start with the ball in the back corners. The attackman have to work on riding the ball. The defenseman tries to clear it outside of the restraining box. If the attackman is successful in riding, he picks the ball up and goes right to the cage while the defenseman has to recover quickly. If the defenseman gets outside of the box, he puts the ball down and the attackman must wait a second or two as the defenseman drops in and gets ready to play.

For Ground Balls- We call this one "Flick it"

We line 3 men up. the men on each end are teammates, the man in the middle is on his own.

The man at the back starts with the ball and rolls it in front of the other two. As the ball comes out the first man boxes out his defenseman, and waits for his teammate to say Flick it Right or Flick it Left. then the man boxing out uses his stick to flick the ball out in the direction his teammate called for it.

--/--

From Chris...

Here is my drill for the swap. This one is very popular with my guys (4th-8th grade). It sparks competition and reinforces the importance of fundamentals in scooping and shooting and also quick-decision making.

Ground Ball Scramble-I place 10 balls in a goalie stick and throw them in the air resulting in a random lie about five yards from the restraining line. Each player gets 30 seconds to scoop and shoot all 10 balls. For every goal they score, they get one point. Score all 10 and they get a 5 point bonus.

Because my guys are still pretty inexperienced (this was only our 2nd year of having a team) I have not had the goalie in the cage or even a goalie-like device like "Hector" (the rejector). Maybe later in the season next year.

The winner either gets a prize (depending on what I have laying around the house) or gets out of some sprints or push ups.

Thanks again for this great idea, I look forward to seeing what else is out there!

--//--

From Tim...

A simple idea to emphasize that when two players from opposite teams go for a ground ball, only one player will come up with the ball for his team.

This drill is best done on a hot day to conclude practice. Prior to beginning the drill-an ice cold Gatorade is shown to the players as the "Trophy" for the winner. The coach can then have a quick/ fun lecture telling players as in the game, there can only be one winner of the ground ball and there can be only one winner of this ice cold drink

22 players form an even circle around the coach. Players are on ground on their back with their heads facing the coach.

The coach stacks 21 balls in the circle. Coach blows the whistle to start round 1.

Players must scoop a ball and then get back to a place on the circle.

The one player who did not retrieve a ball is out.

Continue this process until there is only 2 players left in the semi circle

The final two players now represent what will happen in the game- Two opponents, one ball and only one winner will come up with the ball for his team-and win the ice cold drink.

A few important notes/variations on this drill

The game can be sped up by decreasing the number of balls to players: For example 22 players-The coach stacks only 18 balls. Next round 18 players the coach stacks only 15 balls and so on.

Players can not pick up more than one ball; they must drop the extra balls and get back to the circle. This creates a "spreading out of the balls" for other players to scoop and stay in the game.

Players can/should stick check their opponents in an effort to pop the ball loose from their teammates stick prior to their teammate returning back to his spot.

On some rounds, the coach can toss the balls in the center of the circle instead of stacking them in the center of the circle.

Once a player is eliminated He watches from a safe distance and cheers on his teammates.

The drink is optional-but on a hot day a cold drink is very motivating!

--/--

From Stu...

Here is one of the ideas that I use doing practice, we start with jogging around the arena, then sprints on the whistle, and then pushups to help strengthen our arms, we then go on to doing sumo's. What sumo,s are are designed to do, is help with the explosiveness in the legs by squatting and exploding up and out, while imitating checking an opponent. We then move on to fast breaks off the bench with long passes to the player breaking off the bench. James hope this helps this is just a sample of how I work my Jr B team

--/--

From Jim...

Too cold to play outside - school has a problem with hard lacrosse balls - play lacrosse dodge. Just like dodge ball except setup an offense and defense in the gym. If you don't have a goal use masking tape on the wall and don't play X or use cones. The object: Score a goal. Play offense/defense score of 10 or what ever the direction of the players want. You know what it was like when you were a kid. Sometimes things get out of hand with some hot shots shooting right off the break. Slow the game down by making them pass at least X amount of times. This is great when passing and catching is limited. I use this to practice positioning for both offense and defense plays. By the way use a dodge ball - - - - or what they call it today a play ground ball.

--/--

From Jamey...

CONDITIONING:

Ladder drill:

For this drill, you'll need a rope ladder, or something similar. There are several tweaks to this drill, but all involve quick, agile footwork.

Both feet in , both feet out - make your way up the ladder by stepping in with both feet, and moving out and up the ladder. Turn and run back to condition in the other direction when the whole line of players has come through.

Also, try these:

Using the ladder, the player runs from one end to the other focusing on speed and good running technique. At the end of the ladder the player takes a catch fed to them, returns it and runs back down the ladder in the opposite direction. Repeat five times. Do three sets.

Variations

Try doing backwards running, two footed jumps or sidesteps. .

Move the feeder to the middle of the ladder instead of the end and complete the catch/return in the middle of the drill.

Add a 10m sprint at the end of the ladder before the catch/return

Add several cones in a curved shape after the ladder to simulate running around opponents

Add an extra ladder in line with a feeder in the middle. After completing the first ladder the feeder rolls the ball out away from the ladder the sets off on the second ladder. The first fielder catches the ball and throws it to the feeder who has completed the ladder drill.

--/--

From Andy...

One on one run to goal.

First in slow motion. Approach defender, stop before him, feint to left cradling ball swinging to left, then feint to right swinging (cradling) to right, then cut to left and pass defender.

Advance to shoot at goal.

Next do the same in fast motion.

Lesson: feinting, cradling, cutting and shooting.

--/--

From Matthew...

I like to break up practices, in particular with the young kids, by adding some non-lacrosse games that can be indirectly 'cardio' and instructional.

I like to use the game of tag to attempt to teach the young kids about space. Like offense should be, we try and teach them about moving to 'open space.' In tag, it comes natural. We hope it translates into the offense.

For 'sneaky cardio', I like to add in relay races of 'wheel barrel or leap frog. With the older kids, they may initially laugh, but in the end they are exhausted. There are numerous other races to make up.

You can do real goofy things like practicing defense through a mirror drill when two players stand across from one another and one person has to do the same as the other player. When one of the kids does silly things, it really leads to funny situations.

Generally, I use these 'games' when I have a long scheduled practice with a lot of kids, it breaks it up and makes practice fun. Again, this really works with the younger kids.

--/--

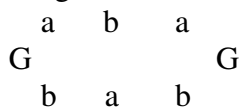
From Matt...

Lacrosse Drill: Transition Ground Balls

Appropriate for any age group - teaches teamwork, finding the open teammate, working off ball, picking up ground balls in traffic and finishing.

Set-up: size of field will depend on the age group, but can be used on anything even in a box rink. Move both goals up to the restraining line and have a goalie in each end. Split the team in two and have the lines start even with the face off wings on each side. See below for how to set up the lines. The coach will be off to the side and will throw a ball into play. The first person in every line will attack the ground ball and then be working in a 3vs3 to goal. You can stipulate how many passes are needed or just let them go to goal to see how they work in quick transition. Focus on supporting teammates and moving off ball and getting their heads up immediately following the ground ball to see their teammates. You can keep the drill going post save with a break out for the goalie, coach stops the drill at any time or post goal to reset.

Diagram: Team A and Team B



--/--

From Terry...

Here is my contribution. We go RH/LH, one cradle, quick stick, on the ground, and behind the back. Best with 6 players per Star. Players have extra balls around so no one is chasing the missed passes and wasting time.

--/--

From Scott...

Goalie Roll Out Drill

Players required: LSMs, Close D, SS D in two rows behind GLE about 5 Yards outside crease. Goalie in cage (if you have 2 one can receive final pass and trade off in cage).

Goalie rolls ball towards side of offensive box about even with GLE. 1st players in each line break to ball and sideline. Player scooping rolls away from pressure and crosses with goalies command. Other player should be between box line and sideline to receive cross. Goalie should call for ball immediately for a rifle pass to crease. As this happens the original scooper has broken up field calling for help. Goalie tries to lead pole with a rope pass. Then ball is returned to coach or extra goalie. Can be run both ways but over the shoulder clearing in game situations can create an unfortunate collision with a subbing defensive player.

--/--

From Marty...

Butt to Butt / Heel to Heel box out drill

This is a drill designed to teach the kids to box out a player and scoop the ground ball. The ball can be placed in two locations for this drill. Line the players up back to back and place the ball between the players at their heels. Blow the whistle and the drill begins. Drill is over when 1 player successfully boxes out the player, scoops the ball, and escapes the drill area. The ball can also be placed between the players butts. Have the players line up butt to butt...and execute drill the same way as heel to heel. This drill is good for all players, especially your face off middies.

--/--

From Eric...

Can't take full credit here but from Georgetown Prep.

Hiawatha older kids drill but a version can be made for the younger kids with some thought.

Defense on the inside running in a circle (depends on # of participants)

Offense running the opposite direction around the defense. Get them fired up tell them to make Native American War cries (chant the name with inflection) Hi A Wah Tha. toss four or five balls in the hole and it is on, full contact groundball scrum.

Also i like to do Ground ball one on ones where the boys lay on their back and face the sky, remember when someone laid you out, get up and get that loose ball.

--/--

From Duke...

Here's my favorite. It's called "position appreciation day". Make everyone play some position other than their own. It's great for team building and respect among the players. Make two teams and give points for competitive drills, ground balls, one-on-one, etc. It's a really fun day and will leave the team loose and in great spirit.

--/--

From Janet...

Lacrosse is a new sport in our area of the OC and we are in our 2nd year as a CIF team through the high school. That means we are talking about very beginning drills for the sport. One drill that the players seem to love and really wakes them up in the beginning of a practice or ends on an up beat drill at the end of a practice. This drill is Steal the Bacon! What's nice about the drill is we can work it with any number of players. For example, let's use a team of 20. 10 players on one side and 10 on the other. You can use a goal or cones at the end of each side. Use smaller space for less players. We start with a half of field and line the players up on each side both sides numbered from 1 thru 10 with cones at the end. Have the coach roll the ball down the middle and call out 3 to 4 numbers. The player who picks up the ground ball and her side are now all on one team. Make your own rules before going to goal such as 4 passes must be completed before a shot on goal. Now you have the players in a 3V3 or 4V4 and so on, playing the game while the side lines are cheering for their own team. The players are mixed up on the field and need to work stick skills, communication, ground control, plus building a team that has to work with everyone and not just their own friends. This drill worked well with JV and Varsity. Mix them or have them play out each other. Last year 40 players were in this drill and it worked well and we used our goals and goalies. Lot of fun and laughter between both teams. You can make it your own, that's what's nice about this drill.

--/--

From Sean...

I'm not sure if this is a new idea but when I conduct individual sessions I use this for a shooting drill/ground ball drill.

I scatter 7-8 ball around, either in the gym or on the field. Distance can vary, depending on your desired outcome for shooting distance.

On the whistle, the player scoops a ball and immediately shoots on net. Can be a running shot or a time shot. They immediately turn and scoop another ball near them. Hopefully the balls are scattered in a pattern that allows for a right side shot, then a left side shot.

That also goes for ground balls. After all 7-8 balls have been shot, clear the net and repeat.

Alternative...From x. Scoop to an offensive move(shot). Run back to x. Scoop another. Work both the left and right side of cage.

--/--

From Claire...

At the end of the week, (Friday) at the start of practice we sit in a circle to stretch and give each other a compliment on something that was noticed about each player's accomplishment for that week. Ie. The captain...Natalie would say, "I want to recognize Maryam for her amazing increase in ground balls". Maryam would say "I want to mention that Katie has won every Draw this week". Katie would compliment Leah and so on. It really makes a difference when team mates recognize each other and the efforts they make to self improve while helping the entire team. The mental game is just as important as the physical one.

--/--

From Bryan...

This is used to help the player catch and pass as well as a great conditioning drill.

Start with you team divided into even groups that spread the length of the entire field.

The first player in line starts with the ball and passes to the next.

After they pass it they must sprint down the field to try to beat the ball to the other end.

The pressure on the kids to get the ball down field is intense...

The player running can yell out or do whatever it takes to try and distract the players trying to get the ball down the field.

The line just rotates 1st passer sprints to the other end of the field then players move up 1 spot towards the front. ball will start at the same side of the field every time.

Spread your player according to their abilities.

--/--

From Tim...

My coaching tip was not original with me, but really works. It is a goalie drill using one of the "jugs" pitching machines — but not straight at the goalie--instead stand behind the goalie and go off the

wall. This creates great angles and really helps our goalie's reaction time to the ball.

--/--

From Doug...

I love this idea a lot. This is just great thinking on your part. I have a favor to ask of you. My computer has blown up and I did not as yet print out all of the content that you have sent me from the beginning. I hadn't printed out any thing. So all has been lost. If you hadn't sent me this e-mail I don't know if I ever would have found you again. So my favor to ask is could you send me everything all over again? Now here is my drill that is nothing really special but what a difference it made to my team last year. I coached the Peterborough Tyke A team to the zone and Provincial championships. In this division there is no 30 second clock, so if you want to hang on to the ball all day you can. My problem was no one really understood what it meant to get into the open. They could have a guy 3 feet behind them and think that was good enough. So my drill idea to help create open space and teach them to pass to a guy on the move was this. They had half the floor (inside arena), the ball carrier could only hold on to the ball for 5 seconds or 5 steps. The one line then had to hang on to the ball for 1 minute. This led to a lot of movement to get open. A lot of thinking about how to help the ball carrier. A lot of thinking about where was the open part of the floor to create space for themselves. By the time we finished this drill the first time 2 out of 3 lines could do it for the whole minute. It took 2 or 3 changes of possession but you could see the progression every time. I think I used 20 minutes of practice the first time and then half that every other time. This drill is what changed my whole team totally around. Every one learned how to get open, how to look for someone to dish off to, how to pass on the run to someone on the run. There is probably more but this drill is what put us on the path to the championship. In the championship run I had 3 to 4 coaches from teams I had beat out come up to me and say how amazing it was the way we could move the ball. Enough said I look forward to talking again.

--/--

From Doug...

To help our transition game we use a 7 player weave clear (no defenders) Goalie to outside defender to cutting defender who has to look over shoulder for pass to one middle who in turn passes to another cutting middle who passes to an attachman coming up who hits another attachman cutting toward the goal. Rotate one new defender, middle and attachman every time.

--/--

From John...

We find an organized drill more instructional than a scrimmage. We like a 4 on 4 drill with a goalie in the net. We use 1/2 the field with 3-attackmen and 3-defensemen in the box. At the midstripe we have 2-middies, one to play offense the other to play defense. A coach rolls out a ball for the offensive middle to scoop and enter the play. We release the defensive middle into the play 5-seconds later. If a shot is taken and saved we then include a clearing pass to complete the drill.

--/--

From John...

It's a basic drill, but it helps in 3 ways.

1. Teaches teamwork and youth lacrosse's to move the ball up the field.
2. Good opportunity to work on passing and catching
3. It's a fun drill

Up the line passing the drill:

If you have 24 players have 4 lines of 6 and have them spread out 10 yards apart. It's a race so the first team to pass it up the field to each player and then back wins the race. If they drop the pass or miss it they need to pick it up or get it and get back to where they were in line to advance the ball. If you have an even amount of lines you can have a playoff. The 2 best lines out of 4 move onto the championship round. Run that race to see who the best team is.

--/--

From John...

I do a couple of things with my high school team beyond drills that I think makes a big difference in our practices.

I had a special reversible shirt made for one player to wear in practice. I pick a kid from the previous practice that is the "Practice Player of the Day." I say a few words about the kid and then I let the kid get up and talk about what practice means to him. At the end of practice the winner says a couple more words (maybe about an upcoming opponent).

The next day the winner brings the shirt with him to practice and we pick a new practice player of the day. The kids really love this. Just find a color that makes them stand out. We are purple and white so I found a red reversible.

The other thing that I do is pick a "word of the day." I must say I "borrowed this from Coach K down at Duke. I put a word on a board that the kids see while they are

stretching. I try to make it a word that they can relate to...whether it had to do with a past game or practice or something that I have been noticing. Some example might be character or selflessness...things like that. I try to relate this word throughout practice and I can't tell you how many times this word will be said by players during the next game.

--//--

From John...

One of my boy's favorite drills is what we call the "54" drill. It promotes communication, transition work, and keeps them moving (conditioning without doing conditioning!)

Positioning:

Goalie is net, all defenseman lined up on the end shoulder to shoulder facing field, middies and attack 15 yards past midfield shoulder to shoulder facing the goal. Coach at restraining line with 4-6 balls.

Concept:

Coach rolls out a ball man-up offense grabs it, gets into position, and charges the net. Simultaneously the defense sets up and defends the charge for as long as needed.

Details:

The coach rolls a ball out towards the midfield line while calling a number such as "54". The first 5 offensive guys figure out the shape they need (in this case we run a box and one) and who is picking up the GB while charging downfield. Meanwhile, the defense has the first 4 guys coming up from behind the goal in their appropriate shape. Everyone meets in the middle in perfect transition fashion.

Next run the coach yells another number. "32" would send 3 offensive guys and two defense. The coach can adjust the number he calls based on who is next in line if desired. Always try to have one more offense than defense. However, if you see some weak offense coming up or a particularly strong group of defenseman, send two extra offensemen... "42", "53", and so on. Also make sure your defensive middies get a chance to run from the back of the goal and your long pole mid's start at top on occasion.

I only let the play continue for 10-12 seconds max. At that time a transition would be long gone. Plus I want the boys hustling back to the lines for the next run.

For younger kids I have them shout out the shape they are heading to while running:

Offense: 6- uses 3-3, 5- box and one or 3-2, 4- box, 3- triangle, 2- line

Defense: 5- box and one, 4- box, 3 triangle, 2- "I"

--//--

From John...

I coach at a beginner level. U-11, U-13.

One of the more difficult things to get the kids to do is to get low on ground balls when they scoop. They stand too tall and don't lower their back hand.

I invented this drill to have fun and work on a fundamental skill.

Drill is called "GROUND BALL LIMBO"

I have a bucket of balls behind me and I stand in the middle of two lines. I place the ball on the ground in front of me. On my word the player must come at me full speed. I am holding the shaft of my stick a few feet above the ground, directly over the ground ball. The player must get the ground ball at the same time get his helmet UNDER my outstretched stick. It's like the limbo game to see "how low can you go".

I drop a new ball and get the players running through quickly. The joy is that in this new position they see immediate success in getting the ball into the pocket. We then focus on getting your head up and making a quick outlet pass to the opposite line. As the players improve I lower the stick and use a variation where they must actually run through the stick and scream "That's my ball" to teach them to be aggressive on loose ball situations.

--/--

From John...

Interesting idea. I'm in. Here's my suggestion for a situation I am facing with my team. This is a youth team (3rd and 4th graders) where there are some very skilled players (kids who can go both ways) and also many new to lacrosse. Honestly, we just came up with this drill so if you or others know of better ones for this situation, please let me know. Situation: We often come up against a team that has one or two really strong players, usually middies. When they get the ball on the break, our guys do not know how to come at them under control and to just slow them down for the trailers to catch up. The common fault is to play them too aggressively with the stick (and by not moving their feet) and they try to take the ball away - not much good usually happens. Our solution is to set two lines half field apart, one starting at the midfield, one by the goal. The player at the midfield gets the ball and runs toward the goal trying to shoot (no goalie). You can do this drill without goals too. After a few seconds you "release" the defender who is to run full speed toward the approaching player. The defensive player has to learn how to slow down to come at the offensive player under control. The concepts of keeping proper position, backing up, moving sideways or however necessary to slow down the offensive player and turn him outward is stressed. For the offensive player he needs to make his move quickly to pass the defender, or pull it out and set up the offense.

You can start with no checking allowed, or even no sticks. Variations include overplaying the obvious right or left handed player to force them to beat you on their weak side. Or you can "release" a trailing midfielder 5 seconds later to see if he can get back in position to help out and once he does the first defenseman slides to his (imaginary) man.

If the timing is adjusted, a nice side benefit is it teaches the defense where to pick someone up - not too far out where help is nonexistent and the threat is minimal- and not too far in where the offensive player can shoot without being challenged.

--/--

From John...

I actually coach box lacrosse, but maybe this could be adapted to the field game somehow!

One of the critical parts of the box game is to get the boys to fiercely defend the "house" so opposing players can't get a shot at the goal from close range. I start the offensive line from the center line and the defensive team a few meters closer to their net. Then I toss a ball to the offensive team and the defensive squad has to scramble to set up position and defend the house before the offensive squad can get into position for a good shot at goal.

Now comes the fun part! For this drill I take away the lacrosse sticks from the defending players and make them use noodles instead (noodles are the long skinny floatation devices kids play with in swimming pools). They have to obey the rules as though the noodle is a lacrosse stick, but they can go crazy with legal cross checking, batting the offensive players lacrosse sticks to cause a loose ball, etc. without anybody getting hurt. Most importantly the players really learn to work and shove to get offensive players out of the house - which will be even more effective in the real game when they have real lacrosse sticks!

--/--

From Colette...

All of our conditioning drills are set up to simulate game play - we don't run just to run. Women's Lacrosse :

My favorite conditioning drill:

Divide the team into groups of 5 similar speed athletes. Each team starts running around the track (or down the field) single file cradling. The last in line sprints to the head of the line taps the lead runner's stick and takes the lead. This is repeated until we've made it around the track twice. This drill simulates the need for speed while catching an opponent. Gets pretty challenging toward the end. Change up the tap to 3 quick taps or legal stick checks. They need to be ahead of the lead runner to do this successfully.

--/--

From Tom...

I like this drill. It develops cradling skills, conditioning and agility.

I have the kids form lines of about 6 to 8 per line standing about a sticks distance apart each person with a ball. Starting from the back of the line each player would zig-zag through the line. I have them start slowly with their strong hand. Once they get a rhythm I have them switch to their off hand. Once they are comfortable with the off hand I try to have them switch hands as they zig-zag. I guess it would be like repeating a face dodge over and over again. Great warm up.

--/--

From Tom...

I like to combine conditioning with stick-work and use the 3v2 drill to do it. We place each of the goals up about ten yards, separate the team into two groups (in different color pennies). One group is on one side of the now-shortened field, the other at the other end. Two players in line up in the I-defensive position while three players, back at the other end (and in different colors) start out with the ball and run down to attack the opposing goal defended by the two players mentioned previously. There are goalies in each cage. The offensive three have to work the ball in,---after a shot, save or whatever, the goalies make a clearing pass out to the two defenders who are now joined by another player from their team . They go down to the end and try to shoot/score. The first three offensive players re-join their team, Two new players go into set-up a new I. It just keeps changing like that up and down the field. You can expand it to 4v5, 5v6 if you'd like.

--/--

From Tom...

We call this the Numbers Drill.

Separate the group in half. This can be done randomly or by position based upon skill level or age group or gender.

The Offensive Group at the GLE (goal line extended) off near the sideline.

The Defensive Group in the middle of the field 20 - 30 yds above the goal.

Both groups form a straight line.

The coach will call out 2 numbers the first number is the amount of defensive players in the drill.

The second number is the amount of offensive players in the drill.

Once the coach calls the number those players run onto the field and take up a position.

Then as the coach says the second number, he/she will throw/roll the ball into play near an offensive player. ex. "3...4" = 4 offense verse 3 defense - offense should form a box and defense should form a triangle.

The players need determine if they have an advantage, if they are playing down or if they are even. Offensive and defense need to get into the correct formation (triangle, box, dice, etc) and then attack or defend the goal. Depending on skill level and experience, you can play until a shot or turnover or until defense clears or offense scores.

The coach will contently change the numbers with each rotation. After ten minutes switch the players - offense goes to defense and defense goes to offense.

There will be a good deal of communication among the players. They need to think, anticipate and communicate as they play and this drill reinforces those concepts.

Great teaching drill that is fun for kids. They will actually ask to do this drill in practice. Really good at the end of practice especially if odd verse even situations (2 v 1, 3 v 2, 4 v 3) have been taught earlier in the day.

--/--

From Tom...

My favorite drill is the "Fast Break Drill"

Works best if you can have a reasonable long practice field, e.g., 3/4ths of a length of a field, but it can be modified on shorter fields.

3 offensive middies and 3 defensive middies at their defensive restraining line. 3 attack and 3 defensemen at the midfield line. First whistle is blown and a ground ball is rolled towards the midfield line. One chosen offensive middle sprints for the ground ball and the fast break begins. The 3 attack and defensemen drop back with the 2 wing attack still in front of Goal Line Extension but far enough from the crease to not crowd the hole. The Crease attackman sees which lane the middle is running down (usually the right lane as he's right handed) and pulls away from the crease to an area 10 to 15 yards top of the crease and a solid 5 to 10 yards from the lane the middle is driving down. This forces the defensemen to slide. After only 3 or 4 seconds the second whistle is blown and the remaining 5 middies are released. This prompts either a quick shot or if the offense can't

make it happen within the first few seconds, they then settle down to a normal 6 on 6 drill.

The best part of this drill is forcing the fast break middle to think on the fly and to have the defensemen slide and make decisions of who to cover. Plus this drill has lots of sprinting which the kids don't think of sprinting as its embedded in the drill.

--/--

From Margaret...

For Goalie reflexes, I've got my son doing the following:

Lacrosse ball in one hand, held out in front at arm's length, shoulder height. Drop ball and catch before ball hits the floor at different heights. Repeat dropping ball at different angles: front, 45 degree and side. Do the same with ball in opposite hand.

This helps with hand-eye coordination, reflex and stepping out.

--/--

From Glenn...

Here's one I picked up recently to work on getting low for scooping:

Have 10 players form a tunnel with their bodies on one side, arms extended with their sticks forming the other side of the "wall". The rest of the players have to go inside the wall and scrape their sticks on the ground and cannot touch the walls with any part of their body.

Start without a ball, then add a ball after running through the team once. At the end of the tunnel they cradle and shoot.

--/--

From Glenn...

This drill is called Plus-One.

We line the kids up in 2 lines: one defense and one offense--half middies in one line, half in the other--at midfield. A goalie in goal.

A coach throws the ball in to one of the offensive players. The 3 offensive players move the ball around and learn to play in an unsettled, man-up situation. The defense learns not to overpersue the ball and basically play a man-down zone.

Once a goal is scored or defense takes possession, a man from each line joins the mix--now it's a 4 on 3. Same rules apply until you're up to 6 v 5.

As soon as a goal is scored or a the D takes possession, we yell "REFRESH" and the all 11 kids run to the back of the line and we send out the next 3 O players and the next 2 D.

We've also run this drill where the D players don't have sticks. Really makes the D use their feet to get into the proper position.

--//--

From Paul...

From a US Lacrosse coaches training day I learned:

Make sure your team's back is to any distractions during practice. (ie) the sun, other events like soccer, marching band etc

When teaching shooting have the player kneel in front of the goal and practice shooting. Focus in on how the torso rotates when shooting

Place a pie tin in the upper corners of the goal to make it fun when players hit the pie tin when shooting

Figure out before a game what hand the opposing goalie uses

When dodging: change both your speed and direction just one or the other

Tell your goalie after she is scored on that it's ok since 11 other girls let the attacker get by them

On the center draw have players outside the circle be moving not stationary during the set up of the draw. Upon officials whistle run in towards the ball

During try outs use mostly 3v3

--//--

From Greg...

I coach mostly box lacrosse at the 15-16 year old level "Midget". Since I am a long time lacrosse goaltender myself it is safe to say that I am partial to that position. I love the fact that these kids come in with the courage to even think about playing this position, However I do note that there are not alot of coaches out there that have the expertise to help these kids hone their skills and therefore are left to fend for themselves. I have worked with quite a few goalies that have gone on to play at National levels and take pride in what I teach them.

A type of mental focus I like to use are photos and videos of positioning of the goalie. With today's digital cameras this comes easy. I first take still photos of the goalie in their natural position then let them view the pics themselves. I then point out their potentially weak areas ie; hips, hand position, stick position, shoulder and foot positions in relation to the net to name a few.

I then re-position the goalie in the crease at the proper locations reminding them to never forget where your posts are. I take more photos and again let them view them. This is when they can actually see the difference.

As we all know, nothing is better at making you better than seeing yourself in action, At pre-season games I will set up a video camera focussed on the goalie only. The video is priceless at letting them view their own mistakes in positioning, challenging and crease play.

--/--

From Maura...

I am going to share two things.....

1. Team bonding is so important. Maybe this is a chick thing, not sure if I can see the boys sitting around in a circle but it has been HUGELY successful for my teams. I do something called "Question of the Week". I give them a thought provoking question on Monday and we take time out on Friday to hear everyone's answer. Questions like....What brings you joy? What is something you are afraid of? ONE thing you are thankful to your mom or dad for? Etc. Get the jist. It opens up communication and brings groups of kids from different groups together. When kids see that coaches are not perfect and are real people too I think you gain their respect.

2. Every practice I will do something competitive where there is a prize attached to it. The prize may be just fewer sprints at the end of practice or sometimes "Dunkin Donuts dollars". A favorite is Good Vs Evil. Taken from Coach Kevin Sheehan of a HS team on Long Island. It is a basic drill that 3rd graders can do and my high school team still gets a ton out of. 5 Lines - 2 Blue and 3 white. Coach rolls out Ground Ball. Whoever gets possession has to pass to each player on their team, so if Blue picks it up they only have to make one pass. Teaches them finding space, double teaming, setting picks off ball etc. Roll out 10 balls then switch the lines so Blue has 3 and white two. Just to keep it fair. They only get a point if they successfully complete the passes. No going to goal. All about tenacity of the Ground Ball

--/--

From Dave...

This drill is good for endurance, speed accuracy, defensive & offensive. 2 players set up in "I" formation in front of net 10yards. 4 Offensive players (2left&2rights)"O" set-up in box ready to attack 10 yards back of "D". Blow whistle to start, Idea is "O" breaks in, moving ball always. Top "D" shifts to side ball is, back "D" communicates where he is

going, roughly 10 second drill. After shot 2"D" go back of line on proper side,2"O" creasemen become new "D". 2 top "O" race back to start as creasemen in next play. Keeps good intensity teaches to breakdown "D" keeps goalie footwork moving. Coaching tip: ask players what drills they like best. Remember none of us like to be told what to do all of the time. Players will see you care about there input.

--/--

From Debbie...

O.K., here goes...Girl's Lax

1.) Drill-nothing earth shattering, but combines a lot of skills...
2v3-set up 2 lines at restraining line on either side, 3 lines behind net for D. Goalie clears to either player on restraining line who is "showing stick". Start 2v3...D forces Attack toward teammate for the DT. Remaining defender denies attack player and tries to knock down pass or intercept.

SKILLS:

Attack: cradling/passing under pressure, off ball cuts to get free, moving to the pass, shooting under pressure

Defenders: talking, forcing attack toward slide, checking, footwork, denying, anticipation

Goalie: communication, clearing to restraining line, stopping attack

A good offense starts with a great defense!

--/--

From Roger...

You have the goalie throw the ball to the outlet defenseman (line 1) on the right. He catches and then runs toward middle of field and then throws to middie (line 2) running towards him, who runs and then throws to attackman (line 3) running toward him at top of the offensive box who then turns and shoots.

Kids move from one position to the next. The attackman fishes ball out of net and then sprints down to goalie at opposite end of the field and then goes in line with defensemen in line 1

--/--

From Gfajardo...

To teach brand new U11's how to give with the ball when they receive a pass, use water balloons.

You can either have an "egg toss" contest, where the players get further and further apart; or have a coach toss the water balloons higher and higher into the air for each "round" of kids (the reverse of lowering the "limbo" bar).

The last two kids end up having to try and catch a water balloon that you throw about 50 feet into the air.

This is also one of those drills that teaches the young kids how to embrace the pressure of competition.

--/--

From Brian...

I got this from my head coach John Black at Murphy Junior High School in Stony Brook NY (Ward Melville is the High school we feed into.) I'm not sure where he got it from... We do a 4v4 box out drill with a goalie. This is done near the cage- the ball is in the middle of a box of 4 defensive men, each paired up with an offensive man on the outside corners of the box –about 10 yards apart with the goal on one side of the box. On the whistle the defense boxes out, trying to deny the offensive players the ball. Once they the offensive men get close to getting the ground ball – either side can get it. The offensive can get a quick shot or set up 4 on 4. The defense can get the ball and clear to the restraining line. This can be done with or without checking – just let them know ahead of time. The coach can end the drill and start with a new set of guys at any time.

--/--

From Brian...

A simple drill we do with our younger kids is as follows:

3 players line up single file close together (A, B and C). The coach is off to the side of them and rolls ball straight out in front of player A, who breaks for the ground ball.....player B delays for only 1 or 2 seconds and follows player A to pressure them on the ground ball. C player peels off to either side for a pass from player A. Player B tries to pressure

It's a simple drill but involves a ground ball w/ pressure defense, a pass and catch.....the basics to good Lax.

--/--

From Damien...

I really like the idea and I will try to provide some original drills. Since I'm a new Coach, I question how original some of my ideas are. One drill I've started is simply to make

lines of four with about eight yards between them, running the length of the field. The first player practices a dodge on the player behind him and repeats this dodge consecutively until he comes to the end of the line. He then properly separates himself from the remainder of the group by eight yards, and the player who was behind him follows. They work their way down field and then return. The objective is to get them using proper form and the biggest hurdle is to insure proper spacing. Placement of cones can help a good deal here.

--/--

From Thomas...

Great idea. One thing we do to keep it fun for the kids is at the end of practice we have the longest goal contest. Sometimes goalie in. Variations would be angle shots on goal.

--/--

From Tom...

I don't know if this will help, but it is something that I STRESS on defense with my team. We want to try and contain a guy when he has the ball. Don't give him a chance to scan the field. Don't come out and lunge at him, but be on his hands we say. Worry him by poke checking under control. Be aware of what is around you and listen to your teammates. (Head on a swivel)

--/--

From Ruth...

A simple game to work on cradling and checking...

In a 20x20 area, marked by cones or lines, have all of the kids cradling and running around in all directions while remaining in the confines of the box. The idea of the "game" is to be the last one in the box with the ball. The goal is to get as many players as possible to drop their ball (then they are out) or to step outside the box (also out). The one left in the box with the ball still in their stick is the winner.

The kids love this drill!!

It only lasts a few minutes but is a great in-between drills game. They always want to run it several times!

--/--

From Wayne...

I'm just a rookie in this great sport and I coach a U-13B team. I find athletes at this age have a hard time driving through ground balls.

1. They don't get their body in good position
2. They don't get their back hand down.(They rake it or dig for gold)

I use a Gauntlet to help the athlete get low and drive through the ball.

1. Have the athletes face each other with their sticks out at waist height.
2. The athlete at the end starts the drill.
3. A coach at the opposite end rolls the ball in the middle towards the player at the other end.
4. The player runs in the Gauntlet low and hard, scoops the ball and runs to the end and releases the ball to an outlet coach, then goes to the end of the line.
5. The next player pops out and repeats, step 4.
6. We run through this two times per player.

I have seen a huge improvement with our ground balls and we don't have a gaggle of players fighting over the ball.

--/--

From James...

Entire Team pairs up into teams of two named for a country. All start on the whistle going for ground balls or a thrown ball like a draw in a Girls game. They have to work as a team to get open and get a pass to ultimately score (usually half field or less). That team is safe and the last team to score is out. Then it starts over again until you have one final winner, that country is the king of the world.

--/--

From James...

It works on shooting, passing, moving to the ball, sliding for defense and keeping your head up to move the ball to the net.

5 lines

One is up top the other four are behind.

The up top line takes the ball down in an unsettled situation and passes off to either line as soon as the defense man stops the ball. The goal of this drill is to shoot on the run so it is a spacing/catch/quick release. The offensive player that received the first pass now has to make a decision to shoot quickly, run through/make a move or pass to the other offensive player coming around the net. Everyone has to be moving and shooting does not count unless it is on the run. 3v2 offensive advantage

offense X

X offense net
 V X offense

X defense X

O brings the ball down hard, attack men come around hard to catch and shoot or pass to open man. Key is feet always moving to get away from D and create space.

Almost a fast break, but 2 defense release and the play live while offense works for a shot on run.

Then next group will go up/start on coaches whistle

--/--