



**Practice 1**

6:30 Warm Up, Stretch & Run	Off Floor – Continue Mile Runs
7:00 2 On 0's	Warm-Up Goalies <b><u>(We will need to use lefts on side for up and down drills)</u></b>
7:05 2-man out	2 times up and back passing opposite side; 2 times up and back passing same side (on same side passer must cut to middle to get good passing angle)
7:10 Outlet To Breakout From Bench	2 Times Up and Back Then Hit Trailer 2 Times Up Back
7:15 Continuous 3 on 2's Full Floor	Start 3 on 2; 2 guys that just played D break out (goalies to always have ball in hand); 2 D guys should be ready at mid-floor and Have an O guy ready on either side of floor. Send guy who gives floor balance (in other words, never 3 lefts of 3 rights; it should almost always be 2 lefts and 1 right because of our L/R balance.)
7:20 Tight 2 on 1's	From inside Restraining Line to simulate game situation 2 on 1's and quick decision making
7:25 Touch Boards Shooting Drill	Start With Shots Released Outside Dotted Line; Move Down low for Inside Shots
7:30 Same Side 2 on 2's	2-man Game (Lefts will need to check both sides a lot of the time)
7:40 Off Ball 3 on 3's	Passer in Corner; emphasize spacing and timing (guys all cutting at once) keep the middle open; Run off ball picks
7:50 ½ Floor 4 on 4's	4 Corner, 1 guy at a time checks all 4 corners
8:00 4 Corner 1 on 1's	Same as Above From Outside But Goalie not in Net Acts as Screen For Shooter To Shoot Around
8:10 Touch Boards Shooting Screen Shots	
8:15 4 on 3 Slide Shooting Drill	



**ALBERTA LACROSSE ASSOCIATION  
FULL YEAR PRACTICE PLANS—MIDGET**



8:25 Sprints	
8:30 End Practice	





**Practice 2**

8:30 Warm Up, Stretch & Run	Off Floor – Mile Run
8:55 Dressing Room D Chalk Talk	
9:00 2 On 0's	<p>Warm-Up Goalies <b><u>(We will need to use lefts on side for up and down drills)</u></b></p>
<p>9:05 Initial Stages of Teaching Pressure D</p> <ul style="list-style-type: none"> <li>• -1 on 1 Channelling Drill</li> <li>• -Move Drill to 1 on 1 from Restrained Line &amp; In</li> </ul>	<p>This can start as early as transition to D with 1 of our Transition Guy pressuring ball and forcing ball carrier down the wall. Take the middle of the floor away! In 1 on 1 taking away the middle (strong hand), channelling down and heavy pressure on the ball are the keys</p>
9:20 2 on 2's Defensive Focus	<p>Same Principles as 1 on 1; take away middle of floor and channel down wall; double on all picks with hard pressure; double from above if ball carrier turns back strong hand</p>
	<p>Same Drill as Above but Help Guy Slides to anything in the middle</p>
9:30 2 on 2's With 3 <sup>rd</sup> Guy Off Ball on Far Post Playing Open as Help Guy	<p>Continue With Same Concepts and Work On Strategy when ball is on Strong Side (Same channelling and pressure)</p>
9:40 Progress to 5 on 5	
9:50 3 on 2's Continuous	
9:55 Touch Boards Shooting	
10:00 End Practice	





**Practice 3**

8:00 Dress, Warm Up, Stretch & Run	Off Floor – Continue Mile Runs
8:30 Horseshoe Shooting	Warm-Up Goalie
8:35 2 on 0's	One Goalie So 1 way; sprint back
8:40 Outlet To Breakout From Bench	2 Times Up and Back Then Hit Trailer 2 Times Up and Back
8:45 ¾ Floor 3 on 2's; Add In Chaser & Trailers	
8:55 Breakouts	This is Start of D to O Transition With Changing D-T and O Guys
9:05 O To D Transition	Simulate Game Situation With O guys changing, 1-2 trans staying and D Coming On
9:15 Same Side 2 on 2's	
9:25 Off Ball 3 on 3's	4 Corner, 1 guy at a time checks all 4 corn
9:35 5 on 5 From Benches	Go Through Offensive Principles: D play basic D first then pressure D
9:50 PP and PK	A Quick Run Through
10:00 End Practice	





**Practice 4**

8:30 Warm Up, Stretch & Run	Off Floor – 1.5 Mile Run
8:50 Dress Full Gear	
9:00 2 On 0's	Warm-Up Goalies <b><u>(We will need to use</u></b>
	<b><u>lefts on right side for up and down drills)</u></b>
9:05 4-Man Outlet To Breakout from Bench	Press and No Press Called Out (On Press, go back to the ball; on no press hit outlets in stride). Change all 4 players. 4 touches on O
9:15 2 on 2's Defensive Focus	Switch only on contact; only guy getting
	picked calls switch; fire out hard on switch
	and close gap; back guy turn hard and take
	stick out.
	Same Drill as Above but Help Guy Slides to
	anything in the middle
9:25 2 on 2's With 3 <sup>rd</sup> Guy Off Ball on Far Post Playing Open as Help Guy	Settled 5 on 5; 5 on 5 From Benches; 5 on 5
	from Transition; Pressure D; On O work on
	principles and concepts; react defensively
	on all possessions
	Around Goalie Screen
9:55 Touch Boards Shooting	
10:00 End Practice	





**Practice 5**

8:00 Warm Up, Stretch & Run	Off Floor – 1.5 Mile Run
8:20 Dress Full Gear	
8:30 Tight 2 on 1's	Inside Near Restraining Line
8:35 4-Corner 1 on 1	
8:45 4 on 3 Slide Shooting Drill	
8:50 Same Side 2 on 2's	
9:00 Off Ball 3 on 3's	
9:05 4 Corner Shooting	Ball high to low, turn corner, shoot around pick
9:10 3 on 3 ½ Floor Scrimmage	
9:20 Touch Boards Shooting	
9:25 Shoot Out	
9:30 End Practice	





**Practice 6**

7:30 Warm Up, Stretch & Run	Off Floor – 1.5 Mile Run
7:50 Dress Full Gear	
8:00 2 On 0's	
8:05 Outlet to Breakout from Bench	2-man and 4-man and trailers
8:10 ¼ floor 3 on 2's	Add chasers and trailers
8:20 Touch Boards Shooting	In Tight, Step under D and Step out; Move to up high touch boards
8:30 Without Ball 1 on 1's	This is about getting to the middle and to be able to set back picks
8:40 Same Side 2 on 2's	
8:50 On Ball 3 on 3's	Work Different looks, pick out of X; low pick and roll with L/R and shooter spot guy; seals; double down
9:00 5 on 5 From Transition	From Benches and From Centre; work on principles
9:15 Touch Boards Shooting	Around Goalie Screen
9:20 4 on 3 Slide Shooting	
9:30 End practice	





**Practice 7**

8:00 Dress, Warm Up, Stretch & Run	Off Floor
8:35 2 Man out	Warm-Up Goalie
8:40 Outlet To Breakout From Bench	
8:45 PP & PK At 1 End Loose Balls, 1 on 1's and Shooting at Other End	PP 1 and PK 1 To Start; Followed By PP 2 and PK 2 Guys (Make sure each guy gets at least 1 shot at a special team). Mix in different guys on PP At other end loose balls to 1 on 1's; straight 1 on 1's and Horseshoe shooting, Touch Boards.
9:15 Breakouts	Full Breakouts with Transition Guys and Line Changes.
9:25 Off Ball 3 on 3's	
9:35 5 on 5 From Benches	
9:50 Touch Boards Shooting	High and Low
10:00 End Practice	







**Practice 8 “Skills Practice”**

7:30 Dress, Warm Up, Stretch & Run	Off Floor
8:00 2 On 0’s	Warm-Up Goalie
8:05 Stationary Backhand Passing	Partner Passing
8:10 2 on 0 Backhand Passing	Go Down Wrong Sides, backhand shot
8:15 Half Floor 2-man Out	
8:20 Loose Balls to 1 on 1	
8:30 1 on 1’s	
8:35 2 on 2’s	
8:45 3 on 2 Drag and Fill	Set-up a PP Triangle against top of box
8:55 Touch Boards Shooting	Down low, duck under the check and step out. Move up high!
9:00 3 on 2 Slide Shooting Drill	
9:05 In Tight 2 on 1’s	
9:10 1 on 1 Ball Pressure Drill	From Restraining Line In; cut middle of floor in half and pressure
9:15 Shootout	
9:20 End Practice	





**Practice 9**

5:30 Warm-Up and Stretch	On Floor
5:40 2 on 0's	Warm-Up Goalie
5:45 Outlet to Breakout From Bench	Do regular, then 4 man
5:55 5 Man Transition to O	With full changes and Transition Changes
6:05 5 Man Transition to D	Transition Guys To Channel Outlet to Wall
6:10 5 on 5's From Transition	<b><i>Throw in Delayed Penalty 6 on 5 Corner Seal: Run Sneak Play (Both Ways)</i></b>
6:25 PP & PK At 1 End Loose Balls, 1 on 1's and Shooting at Other End; <b>Work 4 on 3 PP &amp; PK Work On 6 on 5 Last Minute O</b>	PP 1 and PK 1 To Start; Followed By PP 2 and PK 2 Guys (Make sure each guy gets at least 1 shot at a special team). Mix in different guys on 1 At other end loose balls to 1 on 1's; straight 1 on 1's and Horseshoe shooting, Touch Boards.
6:50 Touch Boards Shooting	High around goalie screen, low under check
7:00 End Practice	





**Practice 10**

8:30 Dress, Warm Up, Stretch & Run	Off Floor
9:00 2 Man out	Warm-Up Goalie
9:05 Outlet To Breakout From Bench	
9:10 Touch Boards Shooting	High Around Goalie Screen; Low Underneath D (sure all players react after shot)
9:20 Continuous 3 on 2's	
9:25 ¾ Floor 3 on 2's	Add Chasers and Trailers From Bench
9:35 5 on 5 From Benches	Hit Lanes Hard, Use X, L and R; Work 2-man game; try to get strong side left to run pick out of X or pick and roll early in possession
9:45 Breakaway Pass From Goalie With Chaser; Chaser goes on 2nd whistle	
9:50 Tight 2 on 1's	
9:55 Sprints	
10:00 End Practice	





**Practice 11**

8:30 Dress, Warm Up, Stretch & Run	Off Floor
9:00 ¾ Floor 2 Man out	Warm-Up Goalie
9:05 Tight 2 on 1's With Chaser	
9:10 Touch Boards Shooting	High and Low Underneath D
9:15 1 on 1's	Off of Loose Ball and Regular
9:25 2 on 2's	
9:35 Off Ball and On Ball 3 on 3's	
9:45 4 on 4's From ½ Floor	
9:55 Breakaway from ¼ Floor With Chaser	
10:00 End Practice	





**Practice 12**

7:30 Dress, Warm Up, Stretch & Run	Off Floor
8:00 2 On 0's	Warm-Up Goalie
8:05 ¾ Floor 2 Man Out	
8:10 ¾ Floor 3 on 2's	
8:15 4 on 3 Slide Shooting Drill	
8:20 Pressure D 1 on 1's	Start Out High, Channel Down With Pressure
8:30 Pressure D 2 on 2's With Help Guy On Far Post Off Ball	
8:35 2 on 2's Regular, Emphasis On O	
8:45 3 on 3's Off Ball	
8:50 3 On 3's Off Ball	
8:55 5 on 5's From Half Floor	With low #'s take breaks in between every other one
9:05 Touch Boards Shooting	From High Around Goalie Screen
9:10 4 on 3 PP and PK	PK – Tight Diamond Rotation; O look to crease, wait for rotation, send opposite side cutter
9:20 Touch Boards Shooting	Down Low, Underneath D
9:25 Shoot Out	
9:30 End Practice	





**Practice 13**

8:15 Dress, Warm Up, Stretch & Run	Off Floor
8:30 2 On 0's	Warm-Up Goalies
8:35 6 on 5 Delayed Penalty	Corner Seal – Both Sides – 2 Options
8:40 6 on 5 Last Minute O	Corner Seal With Off Ball Split – Both Sides
8:50 6 on 5 Last Minute D	Shooting Lanes, High Guy on String With Middle Guy; hard slide from crease if needed; always ball pressure if thrown low
9:00 Last Minute Clear Team	Goalie Out
9:05 Last Minute Press Team	
9:10 Sneak	Right and Left Look
9:20 PP & PK	Run Through All Plays
9:35 PP Defence	
9:40 PK Offence	
9:45 Shootout	
9:50 End Practice	





**Practice 14**

7:30 Dress, Warm Up, Stretch & Run	Off Floor
8:00 2 On 0's	Warm-Up Goalie
8:05 Stationary Backhand Practice	
8:10 2 on 0's – Backhand	
8:15 3 on 2 Full Floor Transition	2 Outlets Stay, 1 change 3 <sup>rd</sup> guy comes from bench – goes deep
8:25 Cut Across Shooting	Focus on shooting Ball in Front of you
8:30 Same Side 2 on 2's	
8:40 3 on 3's With Ball	
8:45 3 on 3's Off Ball	
8:55 Touch Boards Shooting	Goalie Screen
9:00 5 on 5's Benches	
9:10 4 on 3 Slide Shooting	
9:15 Triple Crown Loose Ball Drill	Keep Track of Points
9:25 End Practice	





**Practice 15**

8:00 Dress, Warm Up, Stretch & Run	Off Floor
8:30 2-man out	Warm-Up Goalies
8:35 Semi-Circle Shooting	Add Alternate Sides
8:40 Full Floor Continuous 3 on 2's	
8:45 Breakaway Pass From Goalie	With Chaser
8:50 Same Side 2 on 2's	Add In Off Ball D Guy on far post
9:00 3 on 3's With Ball	
9:05 3 on 3's Off Ball	
9:15 1 on 2 Pressure D	Channel down wall; (help; no help; on no help so up and channel up or to middle)
9:25 Touch Boards Shooting	Down low, drive underneath D, Step Out
9:35 5 on 5's Benches	
9:45 PP and PK	
9:55 End Practice	







**Practice 16**

8:00 Dress, Warm Up, Stretch & Run	Off Floor
8:30 2 on 0's	Warm-Up Goalies
8:35 Outlet To Breakout From Bench	
8:40 4 on 0 Outlet to Breakout From Bench	Emphasis on 1 <sup>st</sup> guy off bench going hard to crease; 2 <sup>nd</sup> cut across floor to relieve pressure.
8:50 Full Floor Continuous 3 on 2's	
8:55 Loose Ball – 1 on 1's	
9:05 Same Side 2 on 2's	Add In Off Ball D Guy on far post
9:15 3 on 3's With Ball	
9:20 3 on 3's Off Ball	
9:30 5 on 5 From Benches	Channel down wall; (help; no help; on no help square up and channel up or to middle)  Down low, drive underneath D, Step Out
9:40 Touch Boards Shooting	
9:45 Shootout	
9:50 End Practice	





**Practice 17**

7:30 Dress, Warm Up, Stretch & Run	Off Floor
8:00 2 On 0's	Warm-Up Goalies
8:05 Outlet to Breakout From Bench	1 Time Through Each Way, then 1 time through each way hitting trailer
8:10 3 on 2 Full Floor Transition	2 Outlets Stay, 1 change 3 <sup>rd</sup> guy comes from bench – goes deep
8:15 Full Floor Continuous 3 on 2's	
8:20 Cut Across Shooting	Focus on Shooting Far Side
8:25 Same Side 2 on 2's	
8:35 3 on 3's With Ball	
8:45 3 on 3's Off Ball	
8:55 Touch Boards Shooting	Goalie Screen
9:00 5 on 5's From Benches	
9:10 PP and PK	
9:25 Down Low Touch Boards Shooting	Step underneath Defender, reach around
9:30 End Practice	





**Practice 18**

7:30 Dress, Warm Up, Stretch & Run	Off Floor
8:00 2 Man Out Full Floor	Warm-Up Goalies
8:05 5 on 0 Breakouts	Full D and O Changes With Outlets Pushing Ball Up Opposite Bench side
8:10 Full Floor Continuous 3 on 2's	
8:15 4 Corner Shooting	High Pick, High Ball Opposite hits guy coming around for outside shot; roll guys cuts behind for 2 <sup>nd</sup> shot inside with pass coming from down low
8:25 5 on 5's From Benches	
8:35 6 on 5 Sneak, 6 on 5 Delayed Penalty; 6 on 5 LMO	
8:45 Shooting Under Pressure	
8:50 Triple Crown Loose Ball	
9:00 End Practice	





**Practice 19**

8:00 Dress, Warm Up, Stretch & Run	Off Floor – 3 Times Around Circuit
8:30 2 Man Out Full Floor	Warm-Up Goalies
8:35 Stationary Backhand Practice	
8:40 2 on 0 Backhand Practice	On Wrong Sides
8:45 Full Floor Continuous 3 on 2's	
8:50 4 Corner Shooting ( <b>Same Drill as Last practice</b> )	High Pick, High Ball Opposite hits guy coming around for outside shot; roll guys cuts behind for 2 <sup>nd</sup> shot inside with pass coming from down low
9:00 4 Corner 1 on 1's	Check All 4 Corners 1 after the other
9:10 Touch Boards Shooting	Outside Around Goalie Screen
9:15 2 on 2's	
9:25 Shooting Under Pressure	
9:30 Touch Boards Down Low	Duck underneath check
9:35 Shootout	
9:40 End Practice	





**Practice 20**

8:30	Dress, Warm Up, Stretch & Run	
9:00	Tight, quick stick 2 on 0's – Move wider apart 3 <sup>rd</sup> time through	Warm-Up Goalies
9:05	Outlet to Breakout From Bench Progression	Regular and hit Trailers; Progress to 3-man, near guy to bench changes and go to a 3 on 2; 4 man with 2 changes (no D)
9:10	5-Man Transition to D and O	
9:20	Full Floor Continuous 3 on 2's	
9:25	4 Corner Shooting	High Pick, High Ball Opposite hits guy coming around for outside shot; roll guys cuts behind for 2 <sup>nd</sup> shot inside with pass coming from down low
9:30	2 on 2's	
9:40	Off Ball 3 on 3's	
9:45	On Ball 3 on 3's	
9:50	Shooting Under Pressure	
9:55	5 on 5's From Benches	
10:05	PP & PK	
10:15	4 on 3 Slide Shooting Drill	
10:20	Tight 2 on 1's	Shooter Is Next D Guy; The Other 2 Must Spring to Centre or Whole Group Does Full Floor Sprint
10:25	Touch Boards Shooting Down Low	
10:30	End Practice	





**Practice 21**

5:15 Dress, Warm Up, Stretch & Run	3 Times Around Circuit
6:00 Tight, quick stick 2 on 0's – Move wider apart 3 <sup>rd</sup> time through	Warm-Up Goalies
6:05 Breakaway Passing From Goalie With Chaser	
6:10 5-Man Transition to D and O	
6:20 Full Floor Continuous 3 on 2's	
6:25 Touch Boards Shooting	High Around Goalie Screen
6:30 2 on 2's	
6:40 5 on 5's From Benches	
6:50 4 Corner Shooting	High Pick, High Ball Opposite hits guy coming around for outside shot; roll guys cuts behind for 2 <sup>nd</sup> shot inside with pass coming from down low
6:55 Shootout	
7:00 End Practice	





**Practice 22**

5:30 Warm-Up and Stretch	On Floor
5:40 2-man out	Warm-Up Goalies
5:45 Outlet to Breakout From Bench Progression	Progress to 4-man with 2 nearest bench changing; 2 outlets opposite bench
5:50 PP & PK	
6:05 Tight 2 on 1's	All must react or team sprints
6:15 3 on 3's Off Ball	
6:20 Touch Boards Shooting Down Low	
6:25 3 on 3's On Ball	
6:30 5 on 5's From Benches	
6:40 4 on 3 Slide Shooting Drill	
6:45 Fitness – Sprint/Jog	
6:55 End Practice	





**Practice 23**

8:00 Dress, Warm Up, Stretch & Run	Off Floor – 3 Times Around Circuit
8:30 Tight 2 on 0 Quick Sticks	Warm-Up Goalies
8:35 Stationary Backhand	
8:40 2 on 0 Backhands	
8:45 Loose Ball – 1 on 1's	
8:55 Continuous 3 on 2's	
9:00 Same Side 2 on 2's	Add In Off Ball D Guy on far post
9:10 4 Corner Shooting	High Pick – shot; hit roll guy for shot
9:15 5 on 5's From Benches	
9:25 Triple Crown Loose Ball	
9:30 End Practice	







**Practice 24**

7:30 Warm-up and Run	Off Floor
8:00 2 Man Out	Warm-Up Goalies
8:05 6 on 5 Delayed Penalty	Corner Seal – Both Sides – 2 Options + <b>talk about what to do if middle-D guy plays shooter (hit opposite side cutter in middle)</b>
8:15 6 on 5 Last Minute O	Corner Seal With Off Ball Split – Both Sides
8:25 6 on 5 Last Minute D and Delayed Penalty D	Shooting Lanes, High Guy on String With Middle Guy ( <b>above him</b> ); hard slide from crease if needed; always ball pressure if thrown low
8:30 Last Minute Clear Team	Goalie Out
8:35 Last Minute Press Team	Goalie Out
8:40 Sneak	Right and Left Look
8:50 PK Offence	Run Through Isolation Away From Bench
9:00 PP Defence	
9:05 PP & PK	Run Through All Plays
9:20 Triple Crown Loose Ball	
9:30 End Practice	





**Practice 25 “Last Practice”**

8:00 Warm Up and Stretch	On Floor
8:10 Stationary Backhand	
8:15 2 on 0 Backhands	
8:20 Tight 2 on 1's	Sprint Reaction to Centre
8:25 ¾ floor 3 on 2's	
8:35 4 Corner Shooting	High Pick, Shot, Roll for Shot
8:40 4 on 3 Slide Shooting	
8:45 Breakaway Pass From Goalies	With Chaser
8:50 Shoot Out	Double Knockout
9:00 End Practice	

