Practice Plan

Made with
DRILLDRAW
drilldraw.com

Team:	**Axemen Lacrosse Club**
Practice Date:	**2017 Evaluations**
Prepared by:	**Colin Risi, CD**

Theme or Skill emphasis: **Bantam Boys Evaluations Day** 3

Objectives / Main tasks :

To evaluate Bantam players in their personal lacrosse skill for the purpose of making Tiered Non-Parity Lacrosse teams.

#	Duration (min)	Drill name - Activity	Categories	Key points - Instructions
1	5	Organization / Warm Up Pinnies		On Floor / Get Evaluation Pinnies On /Wall Ball
2	5	5 Star Passing		Goaltenders can do as well
3	10	4 Corner 2 Shots		
4	38			15 min play, 3 min break, 20 min play

Drill no. : 1   **Duration :** 5   **Minutes**   **From :** 5mins   **To :** 10mins

Title : 5 Star Passing Drill - 2 Balls   **Category #1 :** Evaluations   **Category #2 :** Bantam Boys

Description

- Continuous passing (goalies can participate)
- Have players start wide, stretched out to boards and outside of blue line
- After 2.5 minutes, have players stop and change direction of passing rotation
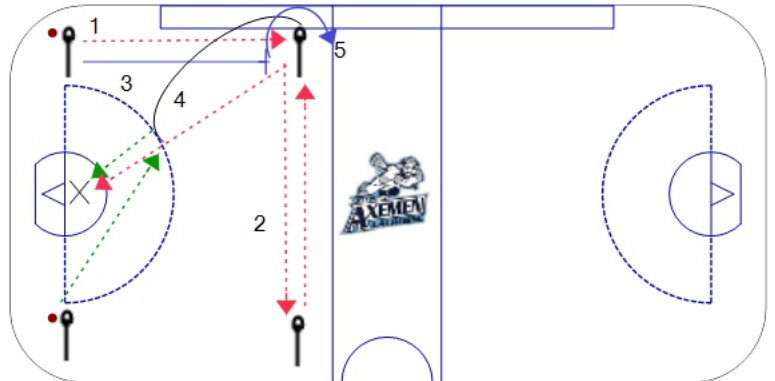
Key points :	Accuracy	Throw/Pass	Catch	Min Release Time
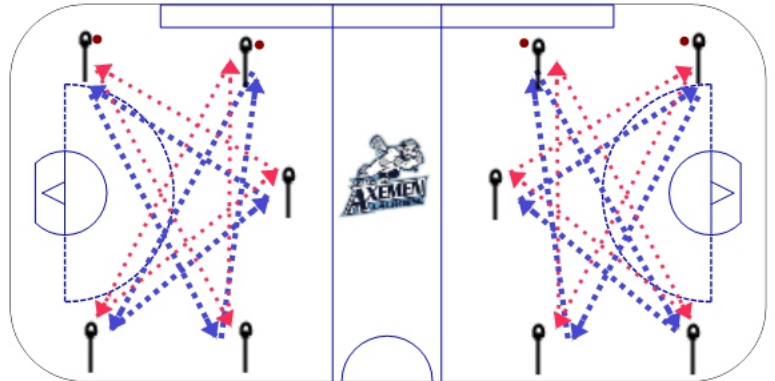
Drill no. : 2   **Duration :** 10   **Minutes**   **From :** 10mins   **To :** 20mins

Title : 4 Corners 2 Shots   **Category #1 :** Evaluations   **Category #2 :** Bantam Boys

Description

- Start low lines on low corner of 24' zone
- Start high lines
- Balls start in low corners - first in line from each low line starts with a ball
1. Left side low player passes ball up to high left player
2. High left player passes to high right player. Now balls are at both high and low right players respectively
3. Low left follows there pass up, and sets a pick for high left
4. High left cuts outside of pick, down towards outside of the crease then receives a pass from low right player. Player may then shoot on net (no more than one move)
5. Low left (who just set the high pick) then turns to receive pass from high right player and proceeds to take an outside shot
- Play is repeated from opposite side

Key points :	Passing/Catching	Setting Picks	Catch/Shot Crease	Outside Shot