

# Practice Plan

Team: **Axemen Lacrosse Club**Practice Date: **2017 Evaluations**Prepared by: **Colin Risi, CD**Theme or Skill emphasis: **Bantam Boys Evaluations Day 4**

## Objectives / Main tasks :

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

This evaluation session concentrates on scrimmage time - 48mins (80%) with a very small amount of skill drills (20%)

#	Duration (min)	Drill name - Activity	Categories	Key points - Instructions
1	5	Organization / Warm Up Pinnies		On Floor / Get Evaluation Pinnies On
2	5	4 Corner 2 Shots		Goaltenders can do as well
3	48	Scrimmage		15 mins play 3 mins break / line up changes? 15 mins play 3 mins break / line up changes 12 mins play
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

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

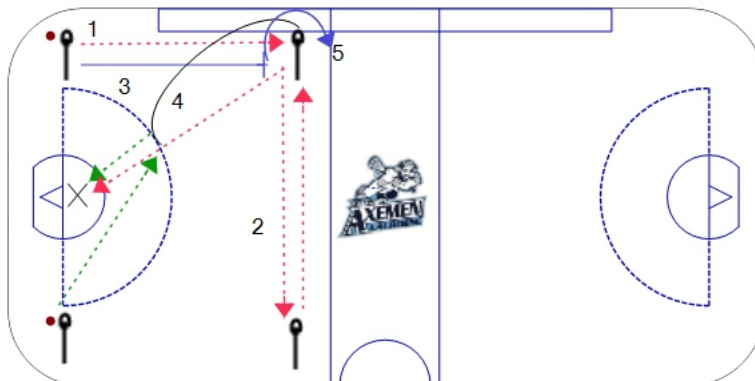
Title : 4 Corners 2 Shots

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