

# Practice Plan

Team: **Axemen Lacrosse Club**



Practice Date: 2018 Evaluations

Prepared by: Colin Risi, CD

Theme or Skill emphasis: Novice Girls / Boys Evaluations Day 3

**Objectives / Main tasks :**

To evaluate Novice players in their personal lacrosse skill for the purpose of making Like Skilled Lacrosse teams.

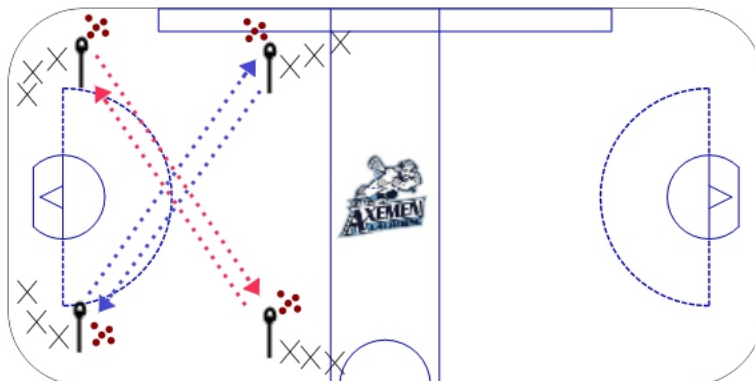
#	Duration (min)	Drill name - Activity	Categories	Key points - Instructions
1	5	Organization / Warm Up Pinnies		On Floor / Get Evaluations Pinnies On
2	12	"X" Shuttle Scoop, Roll, Throw 4 Min Each		Goaltenders can do as well
3	10	Loose Ball 1 vs 1		
4	31	Scrimmage		15 min play, 1 min break, 15 min play
5	2	Off Floor		

Drill no. : 2a Duration : 15min Minutes From : 5mins To : 20mins

Title : "X" Shuttle: Scoop Category #1 : Evaluations Category #2 : Novice Boys

### Description

- \*Note: have extra balls ready at the start of each line so if there is a missed pass, players can just pick up and start from there rather than chasing and wasting time
- Creating equal lines of 3 to 4 players in each line have lines face each other boards to boards)
- Have lines spread back as close to the boards as possible
- Shuttle scoop: first player scoops ball, runs it to other side while cradling and places it down for the first player in the next line



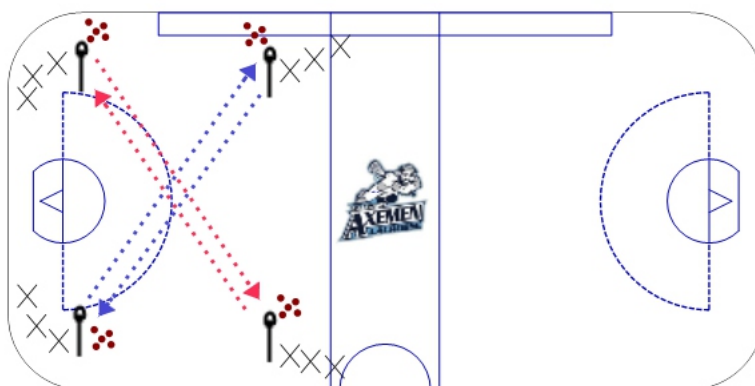
Key points :  Passing  Catching  Hustle  Accuracy

Drill no. : 2b Duration : Minutes From : 5mins To : 20mins

Title : "X" Shuttle: Roll Category #1 : Evaluations Category #2 : Novice Boys

### Description

- \*Note: have extra balls ready at the start of each line so if there is a missed pass, players can just pick up and start from there rather than chasing and wasting time
- Creating equal lines of 3 to 4 players in each line have lines face each other boards to boards)
- Have lines spread back as close to the boards as possible
- Shuttle Roll: first player picks up ball, cradles 3 times, then rolls it to other line (following up by running to other line)



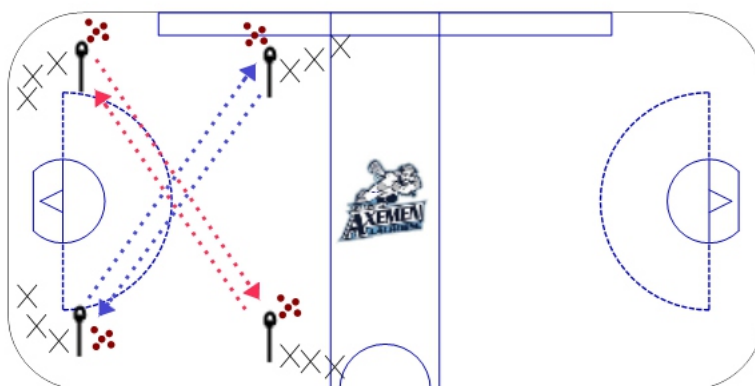
Key points :  Passing  Catching  Hustle  Accuracy

Drill no. : 2c Duration : Minutes From : 5mins To : 20mins

Title : "X" Shuttle: Throw Category #1 : Evaluations Category #2 : Novice Boys

### Description

- Have 4 starting points with bottom lines starting at the bottom corners of the 24' area and top lines out to top player positions (imagine the 24' area as a full rectangle and start the top lines where the imaginary corners would be)
- Players will complete a passing shuttle to the opposite line
- After 2.5 minutes, have players start out wide by boards with top lines by the white lines and bottom lines close to corners



Key points :  Passing  Catching  Hustle  Accuracy