

# Practice Plan

Team: **Axemen Lacrosse Club**Practice Date: **2017 Evaluations**Prepared by: **Colin Risi, CD**Theme or Skill emphasis: **Pee wee Boys Evaluations Day 1**

## Objectives / Main tasks :

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

This evaluation session concentrates on skill drills (80%) with a short 8 min scrimmage time (20%)

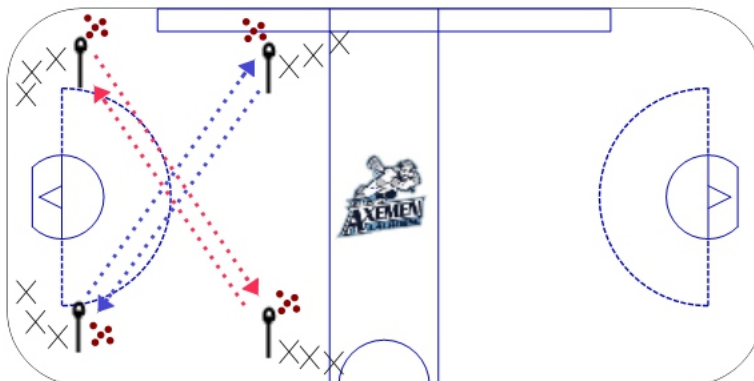
#	Duration (min)	Drill name - Activity	Categories	Key points - Instructions
1	0 - 5	Organization / Warm Up Pinnies		On Floor / Get Evaluations Pinnies On
2	5 - 10	"X" Shuttle Passing		Goaltenders can do as well
3	10 - 20	Pass, Pick & Shoot		
4	20 - 22	Water Break		
5	22 - 30	Mid Board Breakaway Pass		
6	30 - 32	Water Break		
7	32 - 40	1 vs 1		
8	40 - 42	Water Break		
9	42 - 50	2 vs 2		
10	50 - 58	Scrimmage		
11	58 - 60	Off Floor		All pinnies left on the field / Change to next Group
12				
13				
14				
15				

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

Title : "X" Shuttle Passing Category #1 : Evaluations Category #2 : Pee wee 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



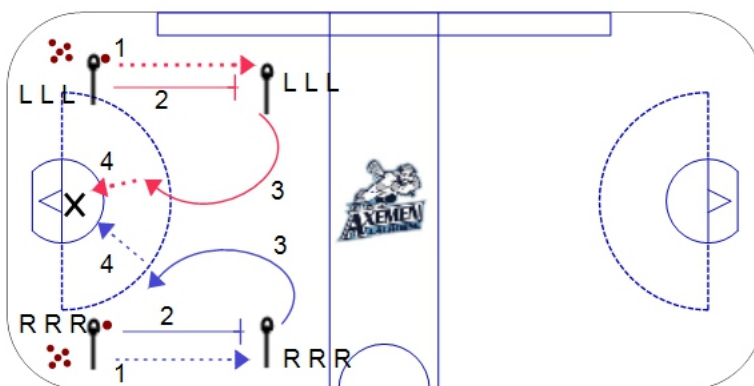
Key points : Passing Catching Hustle Accuracy

Drill no. : 2a Duration : 5 Minutes From : 10mins To : 15mins

Title : Pass, Pick & Shoot - Inside Category #1 : Evaluations Category #2 : Pee wee Boys

### Description

- Starting in 4 corner positions with balls at low corners
- Start on left side, low left passes to high left and follows their pass setting a pick for the high left player
- High left player runs around the outside, and down towards the net for an inside shot
- Repeat on other side
- After 5 minutes, instruct players to set picks on the inside, and have the top player step around the pick and take an outside shot (not run towards the net)



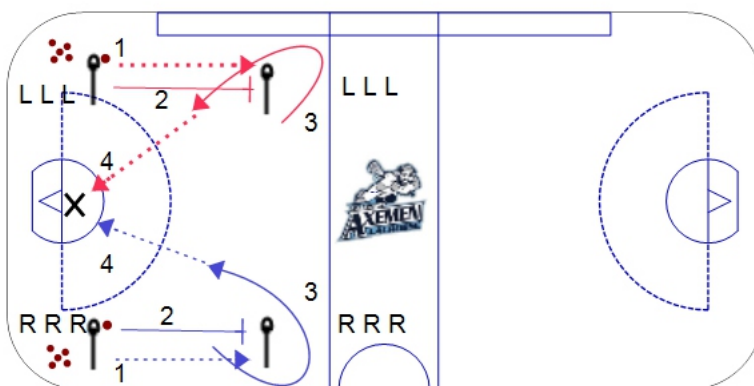
Key points : Passing Picks Catching Shooting

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

Title : Pass, Pick & Shoot - Outsid Category #1 : Evaluations Category #2 : Pee wee Boys

### Description

- Starting in 4 corner positions with balls at low corners
- Start on left side, low left passes to high left and follows their pass setting a pick for the high left player
- High left player runs around the outside, and down towards the net for an inside shot
- Repeat on other side
- After 5 minutes, instruct players to set picks on the inside, and have the top player step around the pick and take an outside shot (not run towards the net)



Key points : Passing Picks Catching Shooting

Drill no. : 4a

Duration : 8

Minutes

From : 32mins

To : 40mins

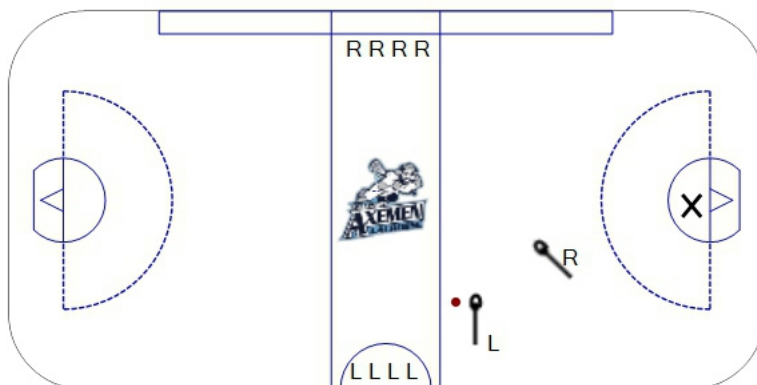
Title : 1 vs 1 - Left Side Offence

Category #1 : Evaluations

Category #2 : Pee wee Boys

### Description

- Left starts with the ball, with a right defender lined up against them
- Once in the proper position, floor coach yells "go"
- 1 on 1, until ball is stripped, shot is taken, or 10 seconds has passed
- Once over, offensive player goes to play defense on opposite side



### Key points :

Offensive Skill

Defensive Skill

Hustle/Toughness

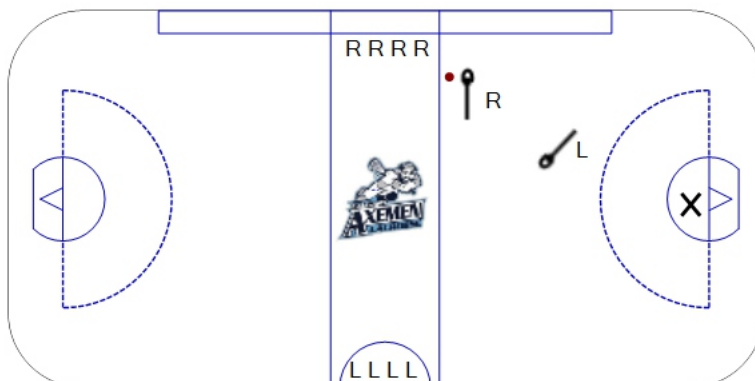
Shot

Drill no. : 4b Duration : Minutes From : 32mins To : 40mins

Title : 1 vs 1 - Right Side Offence Category #1 : Evaluations Category #2 : Pee wee Boys

### Description

- Right starts with the ball, with a left defender lined up against them
- Once in the proper position, floor coach yells "go"
- 1 on 1, until ball is stripped, shot is taken, or 10 seconds has passed
- Once over, offensive player goes to play defense on opposite side



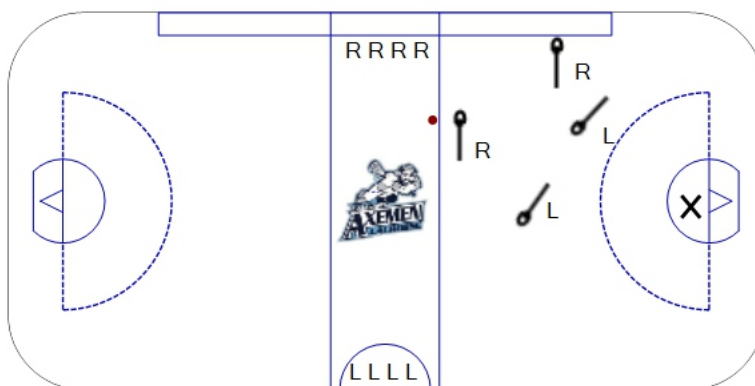
Key points : Offensive Skill Defensive Skill Hustle/Toughness Shot

Drill no. : 5a Duration : 8 Minutes From : 42mins To : 50mins

Title : 2 vs 2 - Right Side Offence Category #1 : Evaluations Category #2 : Pee wee Boys

### Description

- 2 Rights start with the ball, with 2 left defenders lined up against them
- Once in the proper position, floor coach yells "go"
- 2 on 2, until ball is stripped, shot is taken, or 10 seconds has passed
- Once over, offensive players go to play defense on opposite side



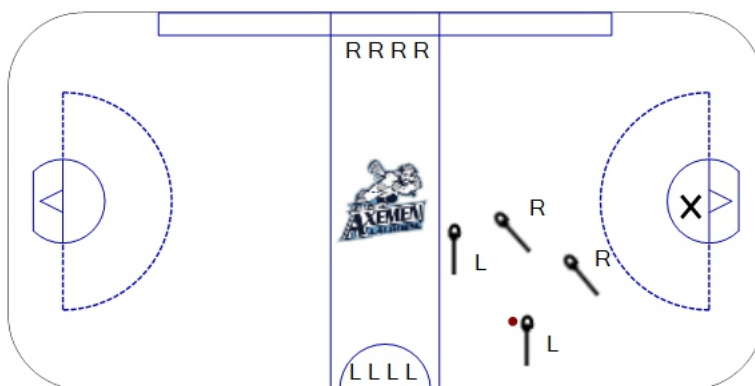
Key points : Iso/Team Offensive Skill Iso/Team Defensive Skill Hustle/Toughness Shot

Drill no. : 5b Duration : Minutes From : 42mins To : 50mins

Title : 2 vs 2 - Left Side Offence Category #1 : Evaluations Category #2 : Pee wee Boys

### Description

- 2 Lefts start with the ball, with 2 right defenders lined up against them
- Once in the proper position, floor coach yells "go"
- 2 on 2, until ball is stripped, shot is taken, or 10 seconds has passed
- Once over, offensive players go to play defense on opposite side



Key points : Iso/Team Offensive Skill Iso/Team Defensive Skill Hustle/Toughness Shot