

Practice Plan

Team: **Axemen Lacrosse Club**Practice Date: **2018 Evaluations**Prepared by: **Colin Risi, CD**Theme or Skill emphasis: **Tyke Evaluations Day 3**

Objectives / Main tasks :

To evaluate Mini Tyke players in their personal lacrosse skill for the purpose of making Parity Lacrosse teams.

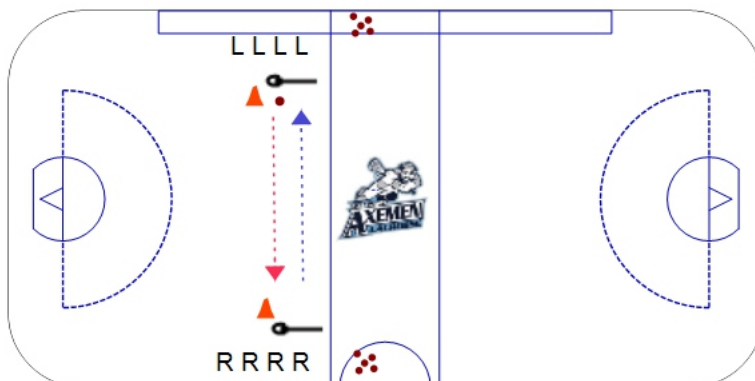
#	Duration (min)	Drill name - Activity	Categories	Key points - Instructions
1	5	Organization / Warm Up Pinnies		On Floor / Get Evaluation Pinnies On
2	5	Warm Up Game ** Coaches Choice		
3	15	Drill Station #1: Shuttle: Scoop & Cradle	Drill Stations - One on each side of the floor	2 min organize/explain drills 6 min station 1 min change sides 6 min station
4		Drill Station #2: Cradle, Run & Shoot (Low to High)		
5	5	Water Break / Organize Scrimmage		Mini Tyke will play HALF floor scrimmages
6	28	Scrimmage		
7	2	Off Floor		All pinnies left on the field / Change to next Group
8				
9				
10				
11				
12				
13				
14				
15				

Drill no. : 1 Duration : 6 Minutes From : 10mins To : 25mins

Title : Shuttle: Roll Category #1 : Evaluations Category #2 : Tyke

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)



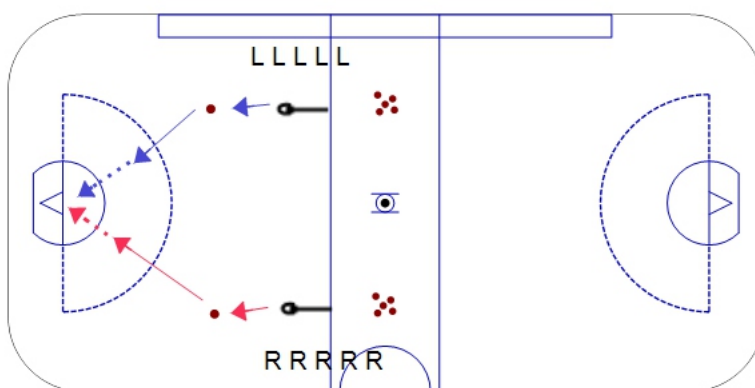
Key points : Hustle Cradle Control Following Directions

Drill no. : 2 Duration : 6 Minutes From : 10mins To : 25mins

Title : Loose Ball: Pick Up/Run/Shoot Category #1 : Evaluations Category #2 : Tyke

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 facing toward the net
- Players will pick up a ball on the ground, cradle it and then take a shot on the net



Key points : Hustle Loose Ball Pick Up Cradle Shooting