

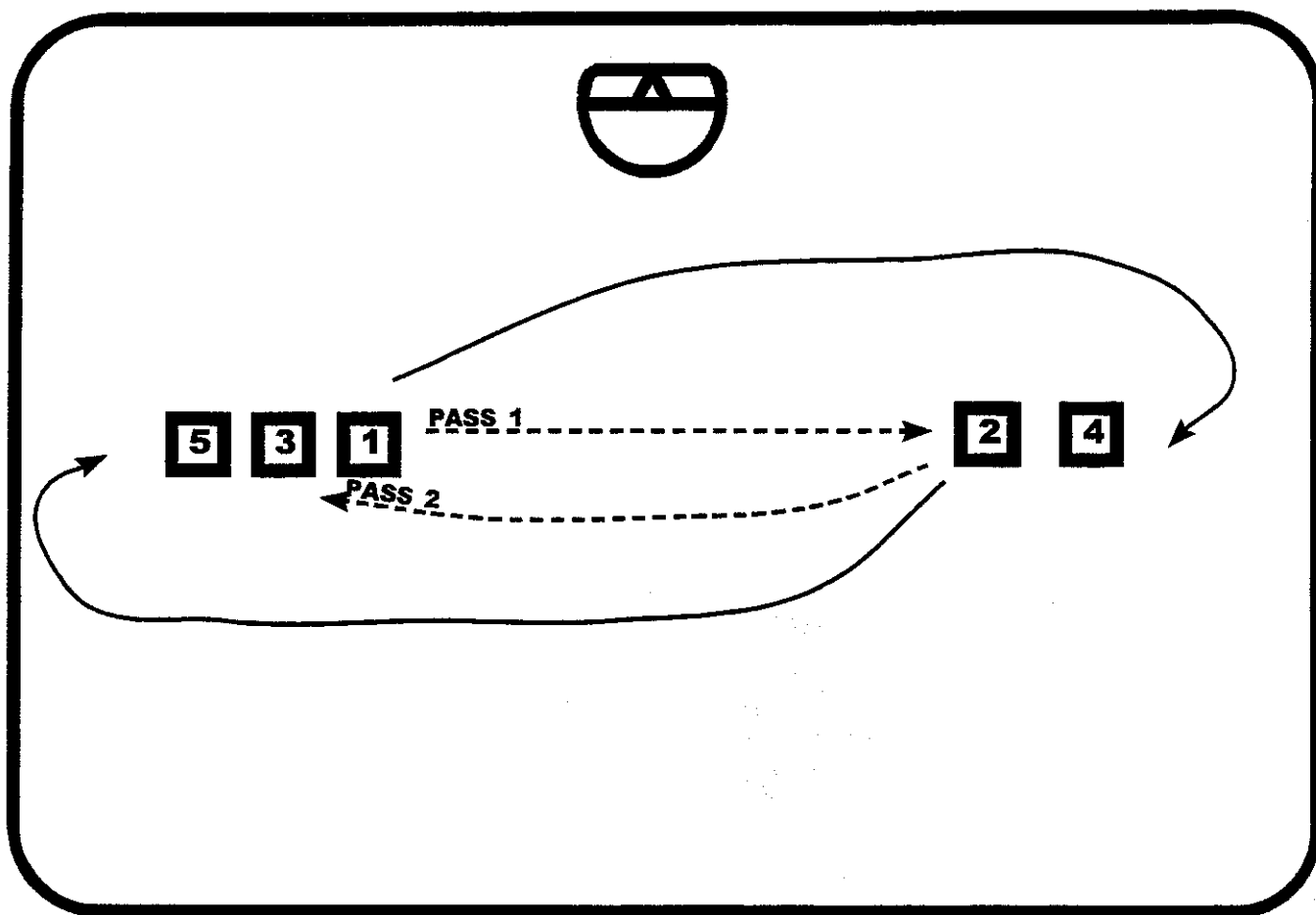
# FAST BREAK DRILLS



# LEADER



# SHUTTLE PASS & RUN



## METHOD OF RUNNING DRILL

- on the whistle player 1 passes to the stick side of player 2
- player 1 then runs to take up position behind player 4
- player 2, all in one motion, catches the pass and passes the ball to the stick side of player 3
- player 2 then runs to the end of the line behind player 5
- this short catch, pass, and run continues until the coach blows the whistle
- the player with the ball rolls it to the goaltender and takes up a position for the return breakout pass from the goaltender
- coaches are to ensure the breakout player is on the correct side of the floor
- the remaining players break down the floor on their correct sides as well looking for a pass
- the five player unit then sets up at the opposite net and can practice an offensive play.

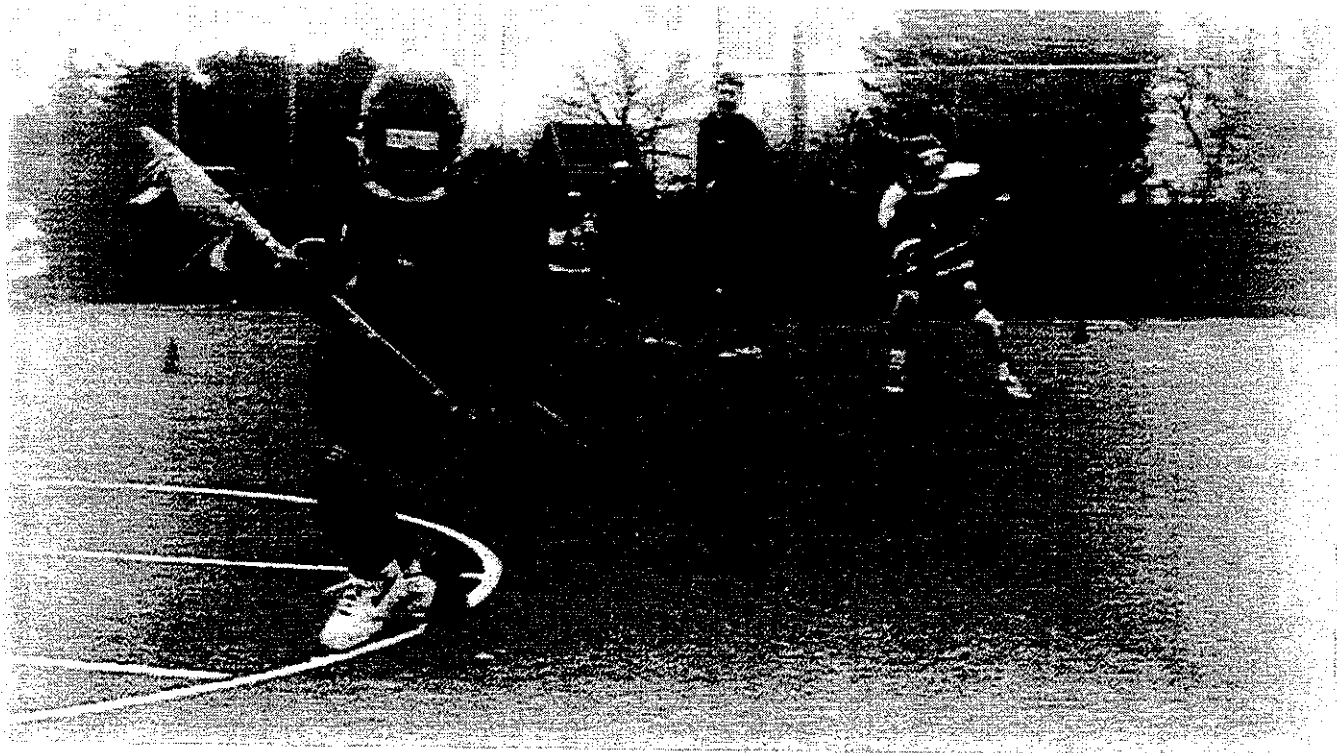
# SHUTTLE PASS & RUN

## NOTE

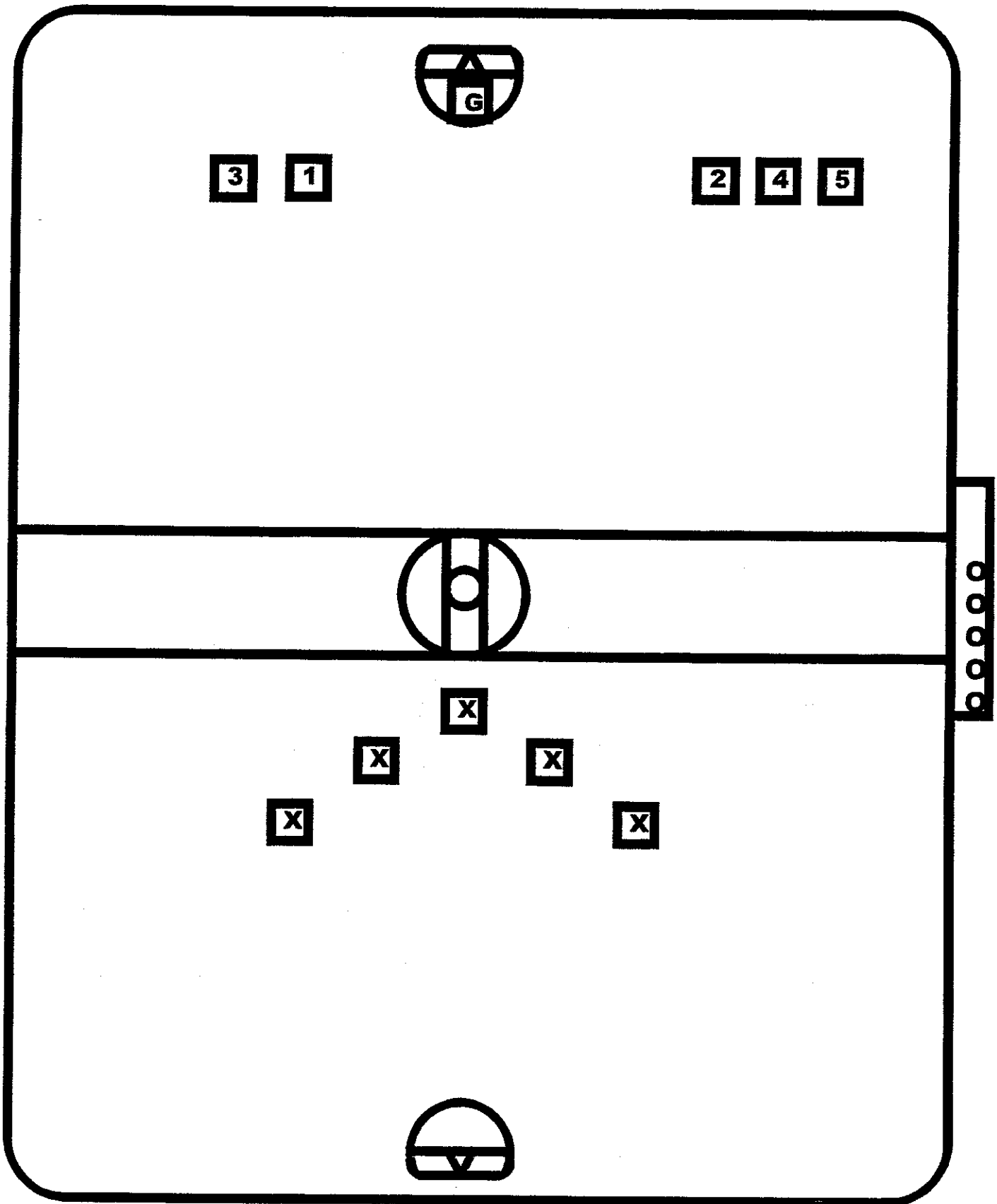
Diagram 1a shows remainder of the drill with shots (left or right) marked in

## USE AND PURPOSE OF DRILL

- teaches short accurate passing and catching with one motion (quick-stick)
- practices break out patterns
- teaches players to go to correct side of the floor when attacking
- practices goaltender break out passing
- can be utilized to practice line changes off the break out
- emphasizes game situations
- promotes unity between 5 players on the unit
- good short sprint conditioner.



# BREAKOUT WITH DEFENSE AND LINE CHANGE



# BREAKOUT WITH DEFENSE AND LINE CHANGE

## METHOD OF RUNNING DRILL

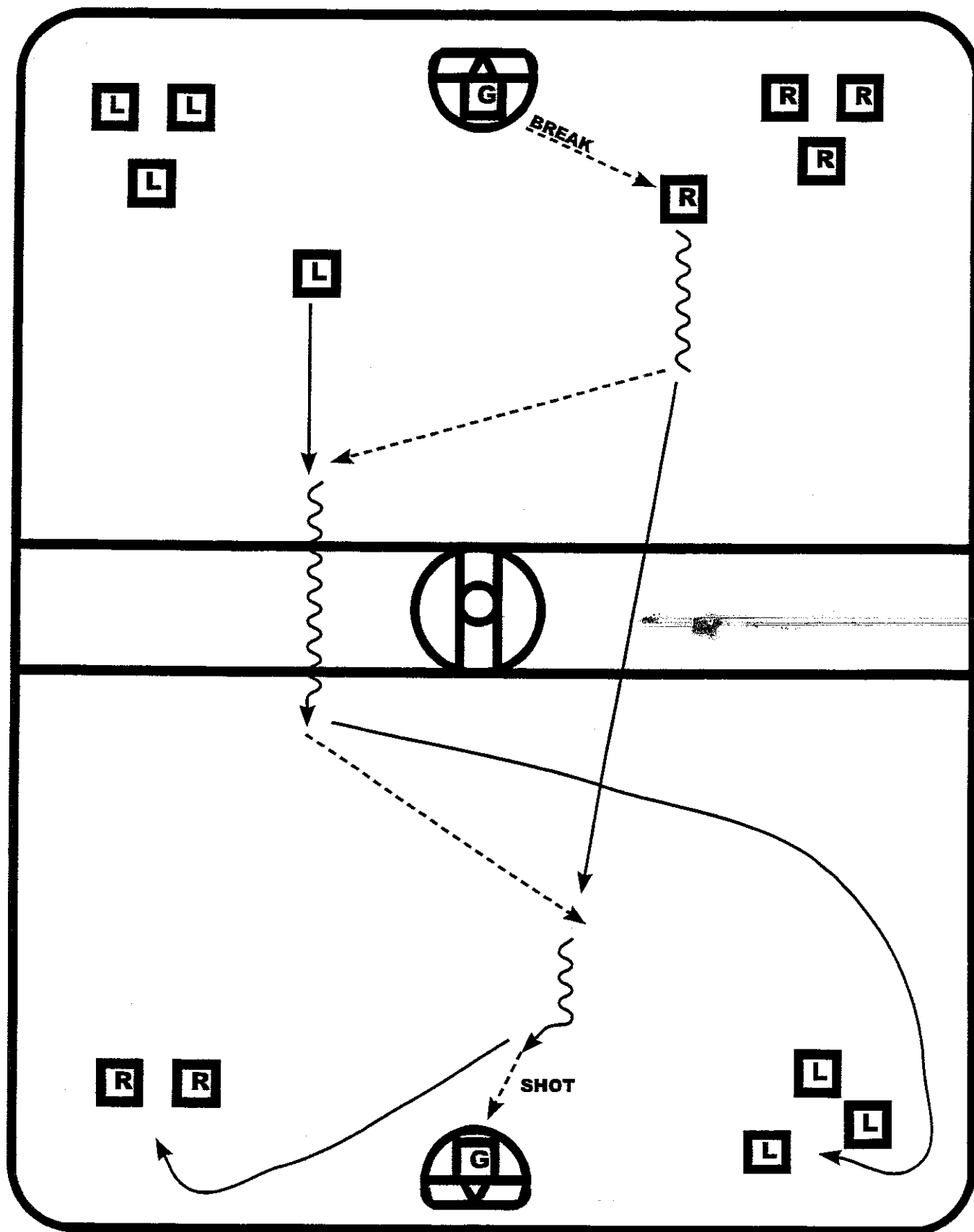
- this drill is run with two (2) or three (3) units. If extra players have them sub in each unit. If less than three complete units, drill can be run offense versus defense or 4 on 5 to practice "man shot ragging" of the ball
- drill starts with one unit doing a shuttle drill, then a breakout, one unit on defense and one unit on bench ready for line change.

## USE AND PURPOSE OF DRILL

- drill incorporates all game activities
- coach can stop drill at any stage to correct faults
- good anaerobic drill with work and rest times when run with 3 units
- if two goalies switch often
- offensive team runs motion offense
- coach to ensure defensive team picks up correct stick on stick checks.



# TWO ON ONE PREPARATION





# TWO ON ONE PREPARATION

## METHOD OF RUNNING DRILL

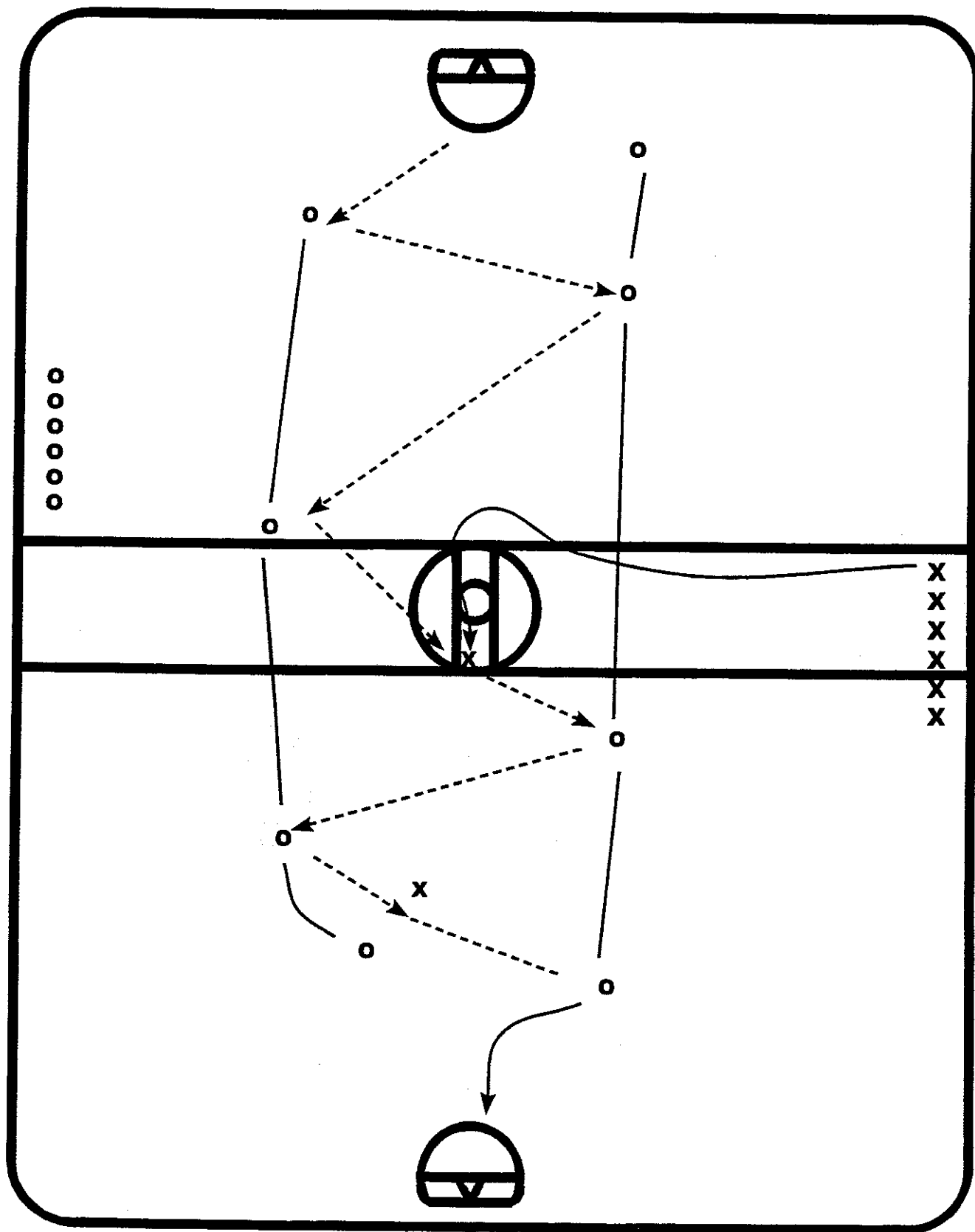
- split team up into four corners
- first two up goalie yells "break"
- goalie hits right player with quick accurate breakout pass
- player [L] immediately sprints down floor taking a pass from player [R]
- player [R] sprints down for a return pass and a scoring opportunity
- play is started from other end

## USE AND PURPOSE OF DRILL

- conditions players for fast break
- players become mentally attuned to the word "break"
- prepares players for the oddment situations
- good wind and sprint conditioner



## 2 ON 1 BREAKOUT DRILL WITH CHASER



# **2 ON 1 BREAKOUT DRILL WITH CHASER**

## **METHOD OF RUNNING DRILL**

- coach sets up two (2) breakout players and one defensive player
- goaltender starts the breakout by passing to the player away from the bench

### **NOTE:**

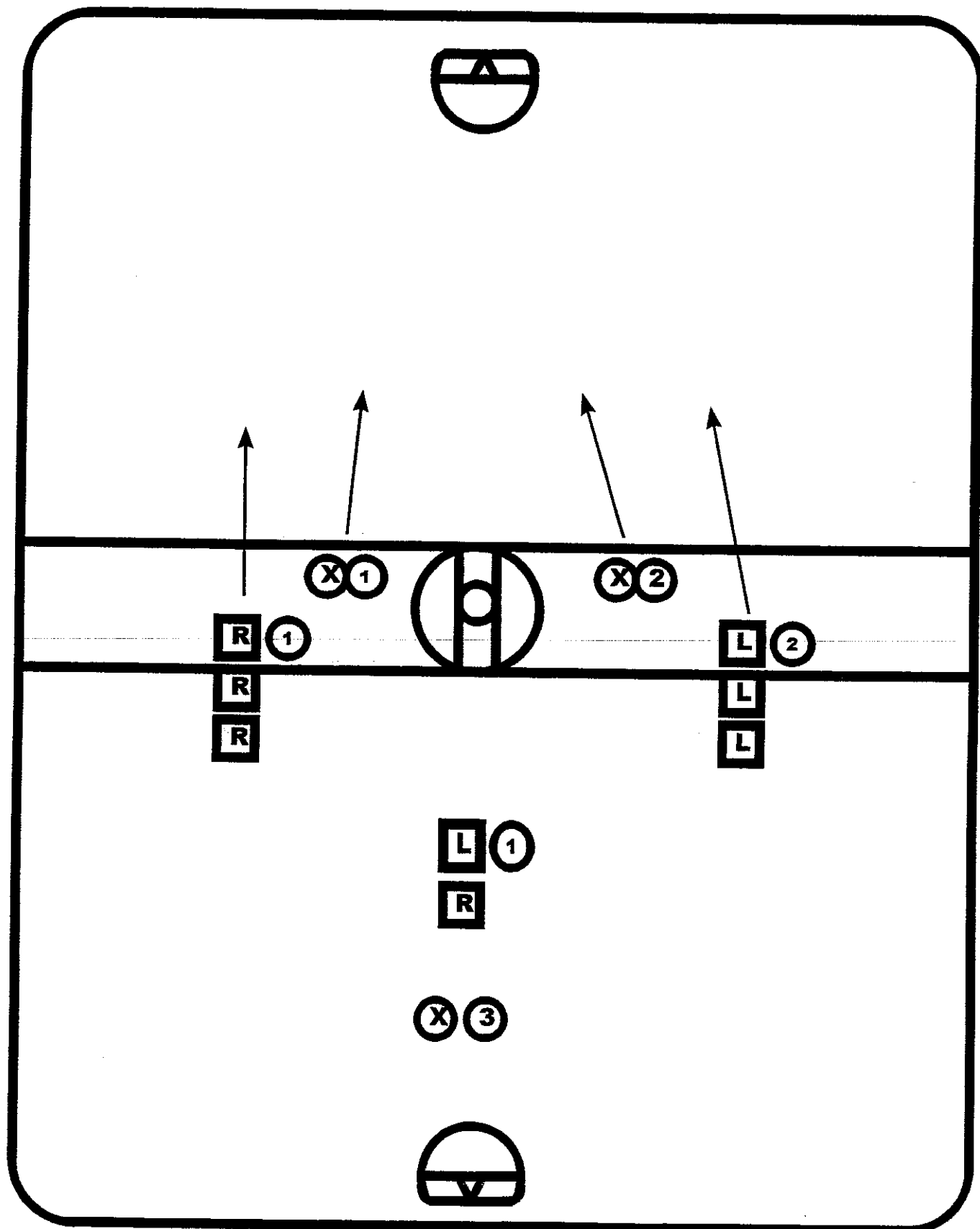
Breakout players must pass ball 3 - 4 times before attempting a shot on goal.

- as soon as the ball crosses center, one of the players X on the boards runs, touches center circle, then tries to catch up and help the defensive partner
- after shot on net, defensive pair become the breakout and the goaltender starts the return break by passing to the player away from the bench
- at the opposite end a player from team 0 sets up to defend the 2 on 1
- when the breakout pair, X X cross center a player from team 0 runs To center, touches the circle and attempts to aid the defensive partner
- continue the drill both ways until the teams reach the maximum work versus rest time

## **PURPOSE OF DRILL**

- stress the fast break system and at the same time enforcing the Defensive skills of the players
- drill also works both goaltenders at the same time

# THREE ON TWO



# THREE ON TWO

## METHOD OF RUNNING DRILL

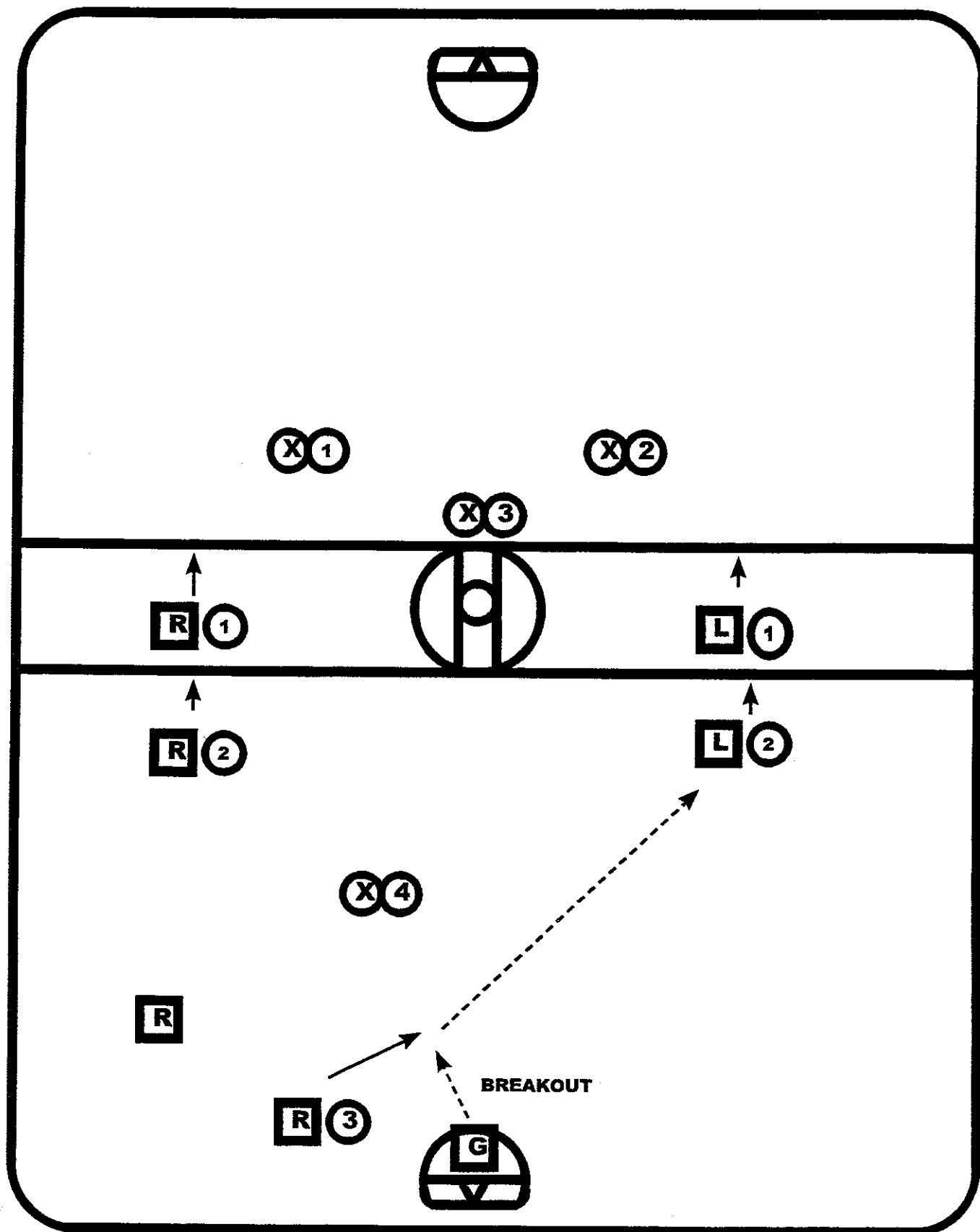
- players set up as in diagram
- on first whistle player [L][1] breaks and scoops up the ball, then players [L][1], [L][2] and [R][1] execute VS [X][1] and [X][2]
- on second whistle player [X][3] is chasing the play to simulate a game situation

## USE AND PURPOSE OF DRILL

- combines offense, defense, pass, catch and conditioning into one drill
- enforces the odd man situation as a result of fast break lacrosse



# FOUR ON THREE SET-UP



# FOUR ON THREE SET-UP

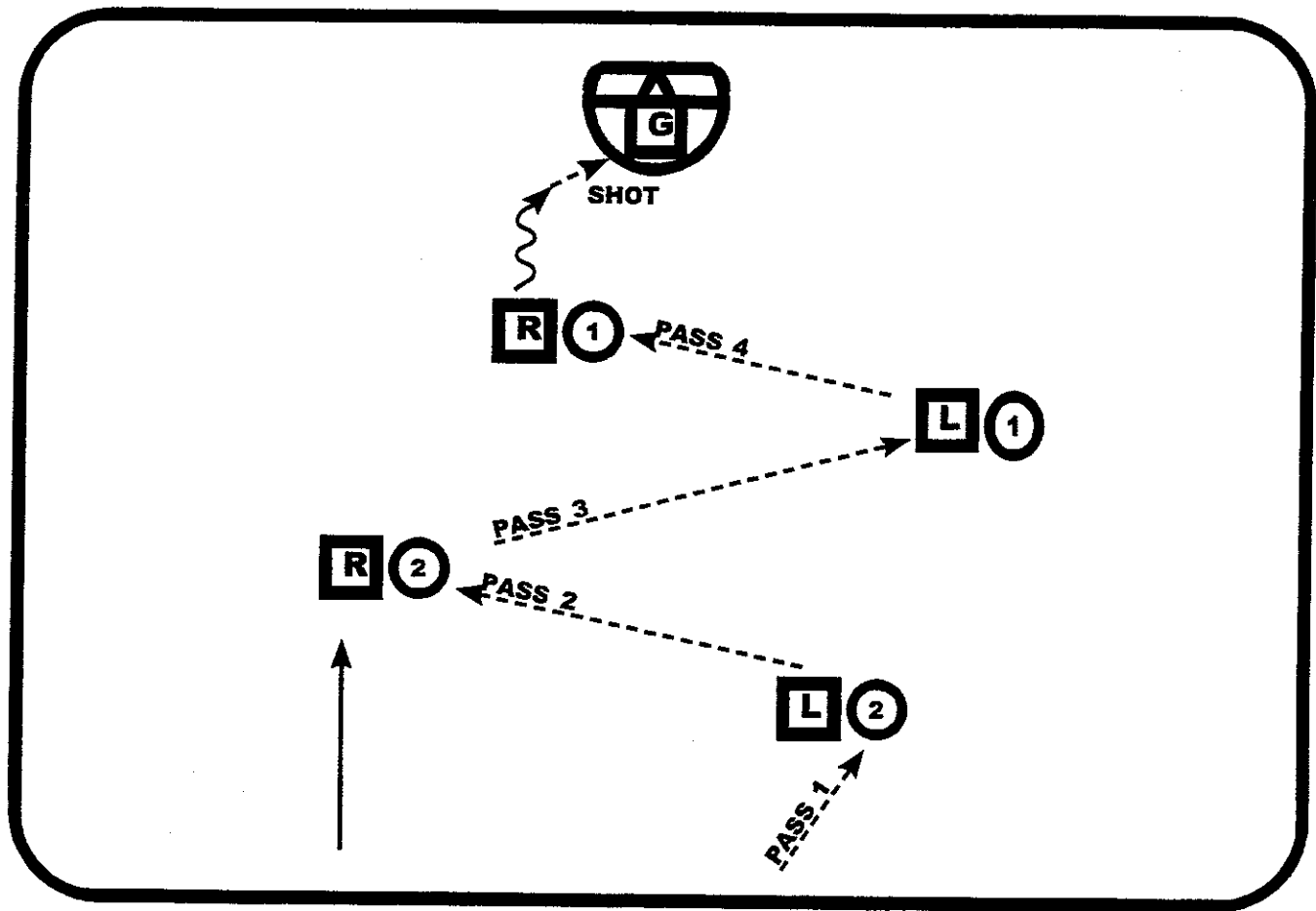
## METHOD OF RUNNING DRILL

**NOTE** It is very difficult to simulate 4 on 3 or 5 on 4 drills. Coaches should take the time and set up different scenarios so that players are mentally alert to react to Any defensive posture. The main theme however, must be emphasized, "Fast Break" produces odd man situations. The first diagram shows initial set up. Always work your drills around the 5 man unit concept. In this case the fifth man is starting the breakout to produce the necessary 4 on 3 situation. Coaches should also use 5man units on defense, by switching each time the drill is run.

The next three diagrams will show three ways of breaking out, practice them all to mentally prepare the player then add defensive postures.



# FOUR ON THREE



## METHOD OF RUNNING DRILL

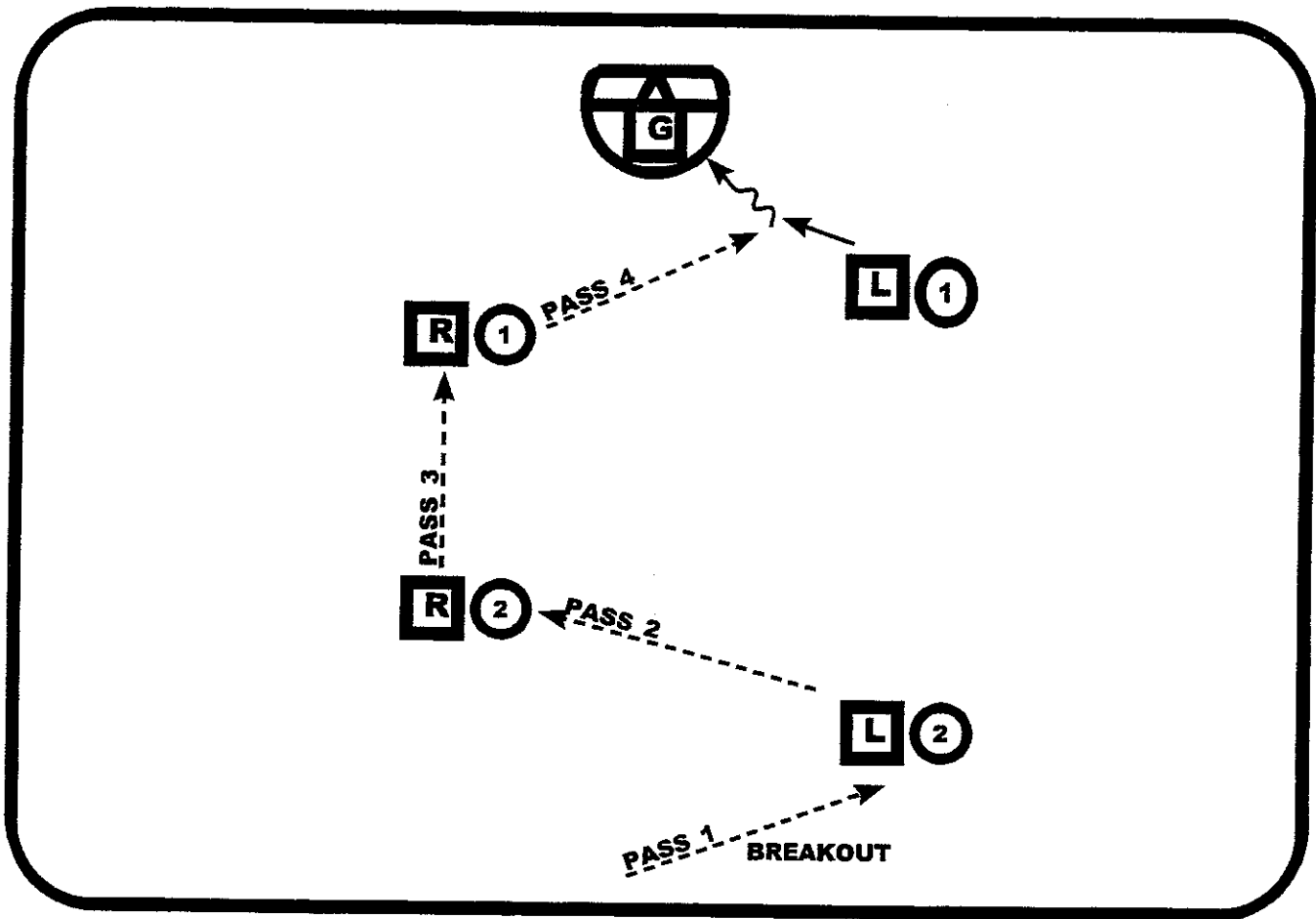
- position players as indicated in the "set up" diagram for 4 on 3 drills
- player [L]2 receives fast break pass from player [R]3
- player [L]2 passes to player [R]2
- player [R]2 passes to player [L]1
- player [L]1 passes to player [R]1 who attempts shot
- switch [R]1 and [R]2 and [L]1 and [L]2 around each time
- drill can also be started by the fast break pass from [R]3 going to [R]2 first then [L]2, then [R]1 and then [L]1 for the shot

## USE AND PURPOSE OF DRILL

- mentally prepare players for automatic reaction to the 4 on 3 situation
- simulates game situations
- combines numerous skills
- mentally stores the view the player will confront in game situations.



# FOUR ON THREE



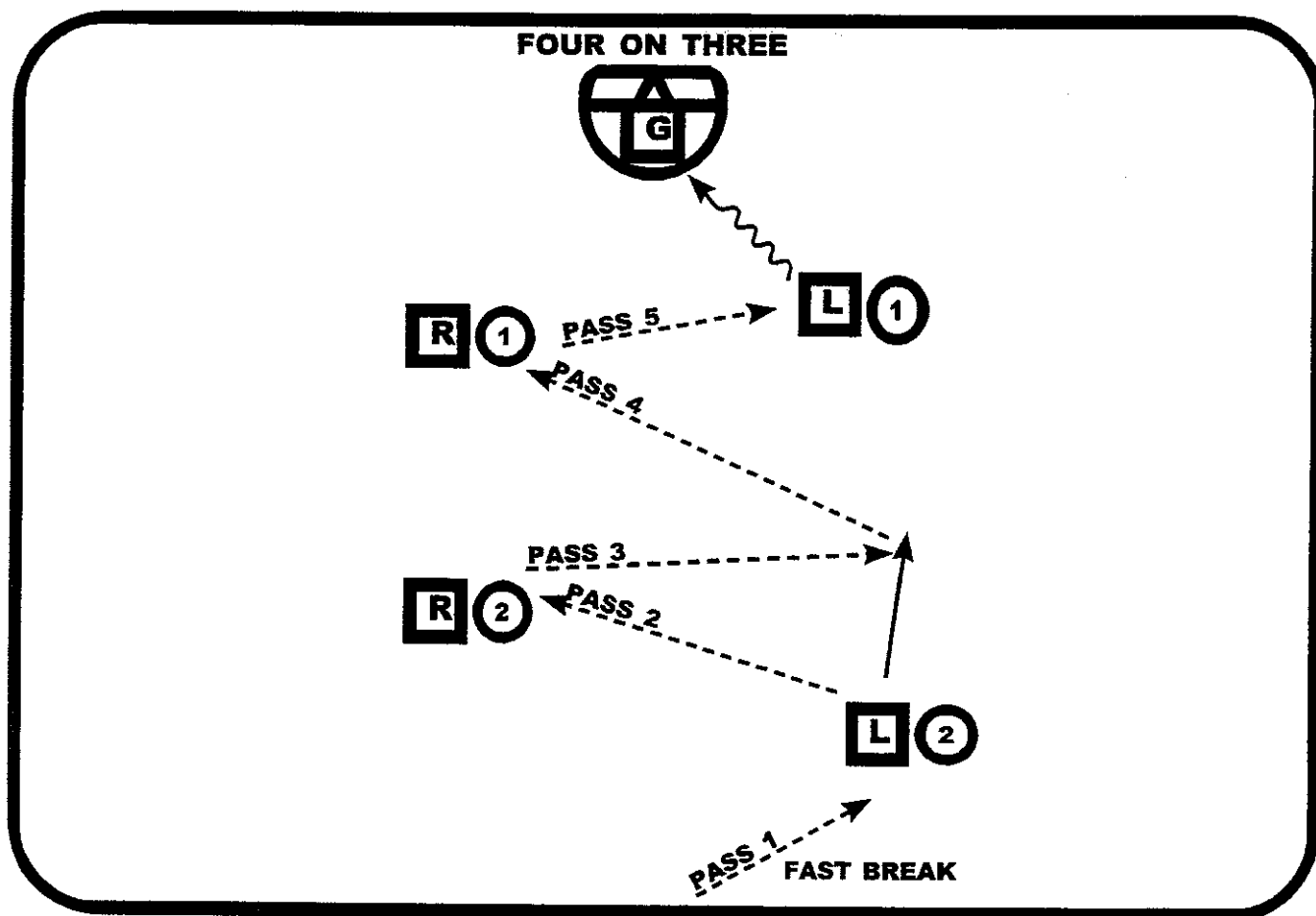
## METHOD OF RUNNING DRILL

- position players as indicated in the "set up" diagram for 4 on 3 drills
- player [L]2 receives fast break pass from player [R]3
- player [L]2 passes to player [R]2
- player [R]2 passes to player [R]1
- player [R]1 passes to player [L]1 who attempts shot
- switch players around each drill
- drill can also be started by player [R]3 passing to player [R]2 then [L]2, [L]1 and to [R]1 for the shot
- drill can also be started by utilizing the shuttle pass drill

## USE AND PURPOSE OF DRILL

- mentally prepares players for automatic reaction to the 4 on 3 situations
- simulates game situations
- combines numerous skills
- mentally stores the view the players will confront in game situations

# FOUR ON THREE



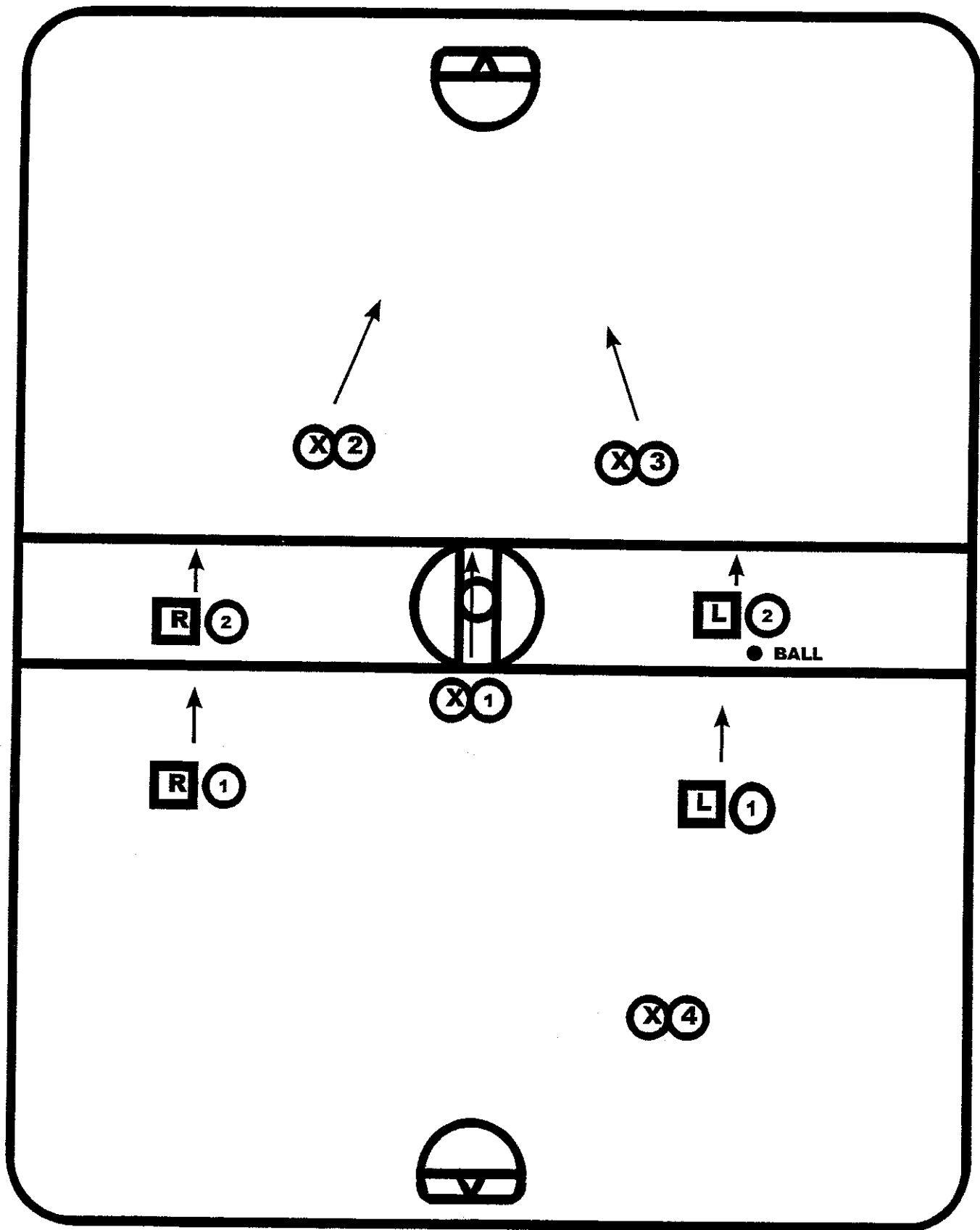
## METHOD OF RUNNING DRILL

- position players as indicated in the "set up" diagram for 4 on 3 drills
- player [L]2 receives fast break pass from player [R]3
- player [L]2 passes to player [R]2
- player [R]2 returns pass to [L]2
- player [L]2 passes to player [R]1
- player [R]1 passes to player [L]1 who attempts the shot
- player [L]2 can also pass to player [L]1 then to player [R]1 for the shot
- play can also start with player [R]2 receiving the fast break pass and remainder of steps accordingly

## USE AND PURPOSE OF DRILL

- mentally prepares players for automatic reaction to the 4 on 3 situations
- simulates game situations
- combines numerous skills
- mentally stores the view the players will confront in game situations

# DEFENSE VS FOUR ON THREE



# DEFENSE VS FOUR ON THREE

## METHOD OF RUNNING DRILL

- position players as shown in diagram
- on first whistle player [L]1 scoops up ball
- players [R]1, [R]2, [L]1 and [L]2 attack players [X]1, [X]2 and [X]3 for a shot on goal
- on second whistle player [X]4 chases play to simulate game situations.

**NOTE** Ball can be alternated from player [L]1 and [R]1 to start drill

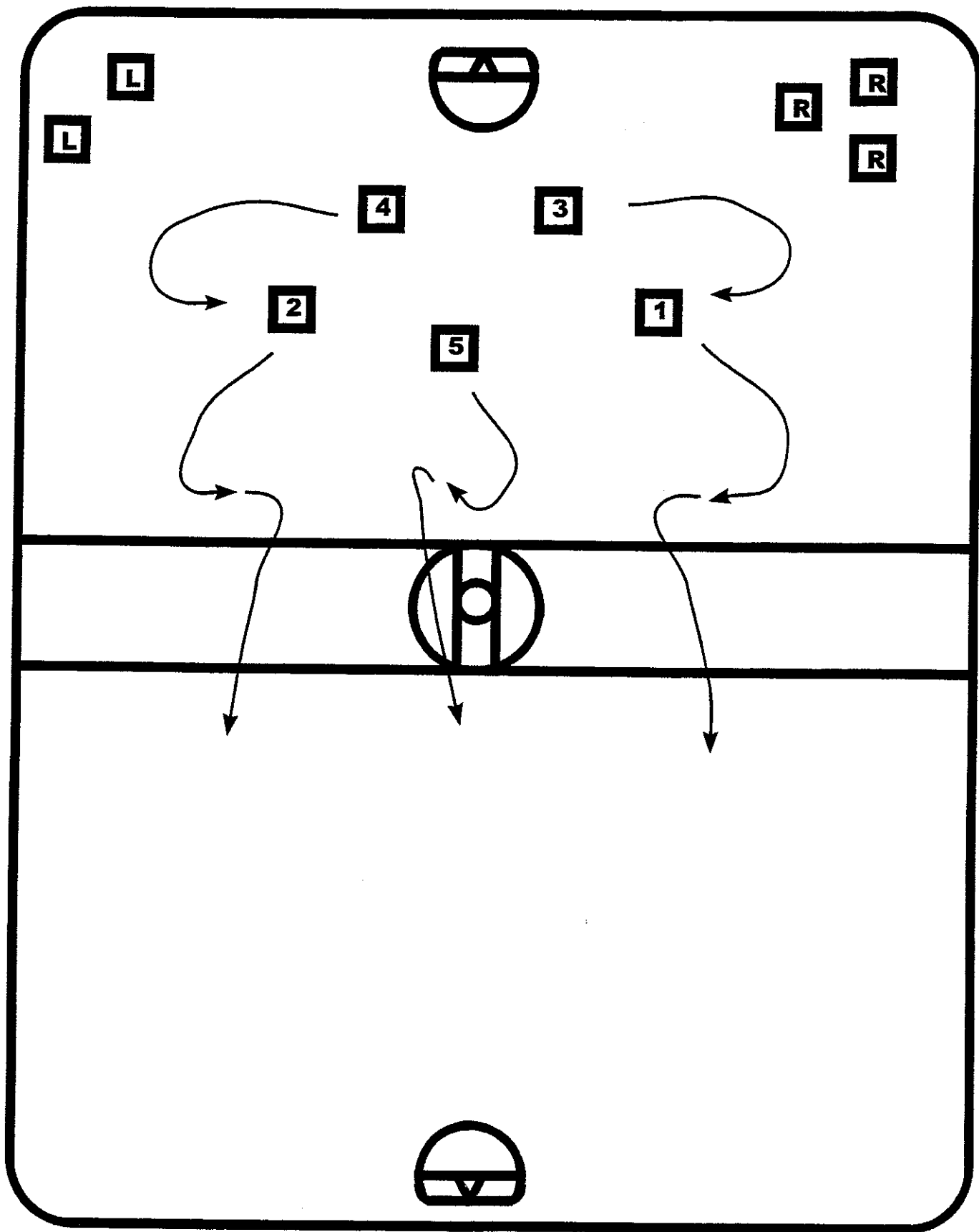
- ball can start with 5th player on attacking unit passing from back to corner face offs to player [L]1 or player [R]1
- ball can start with goaltender, then to breakout 5th player at either face off circle who in turn starts with pass to player [R]1 or [L]1
- in all cases defensive player [X]4 breaks on the second whistle

## USE AND PURPOSE OF DRILL

- to simulate game situation
- to mentally prepare players for transition from defense to offense.



# BREAKOUT DRILL



# BREAKOUT DRILL

## METHOD OF RUNNING DRILL

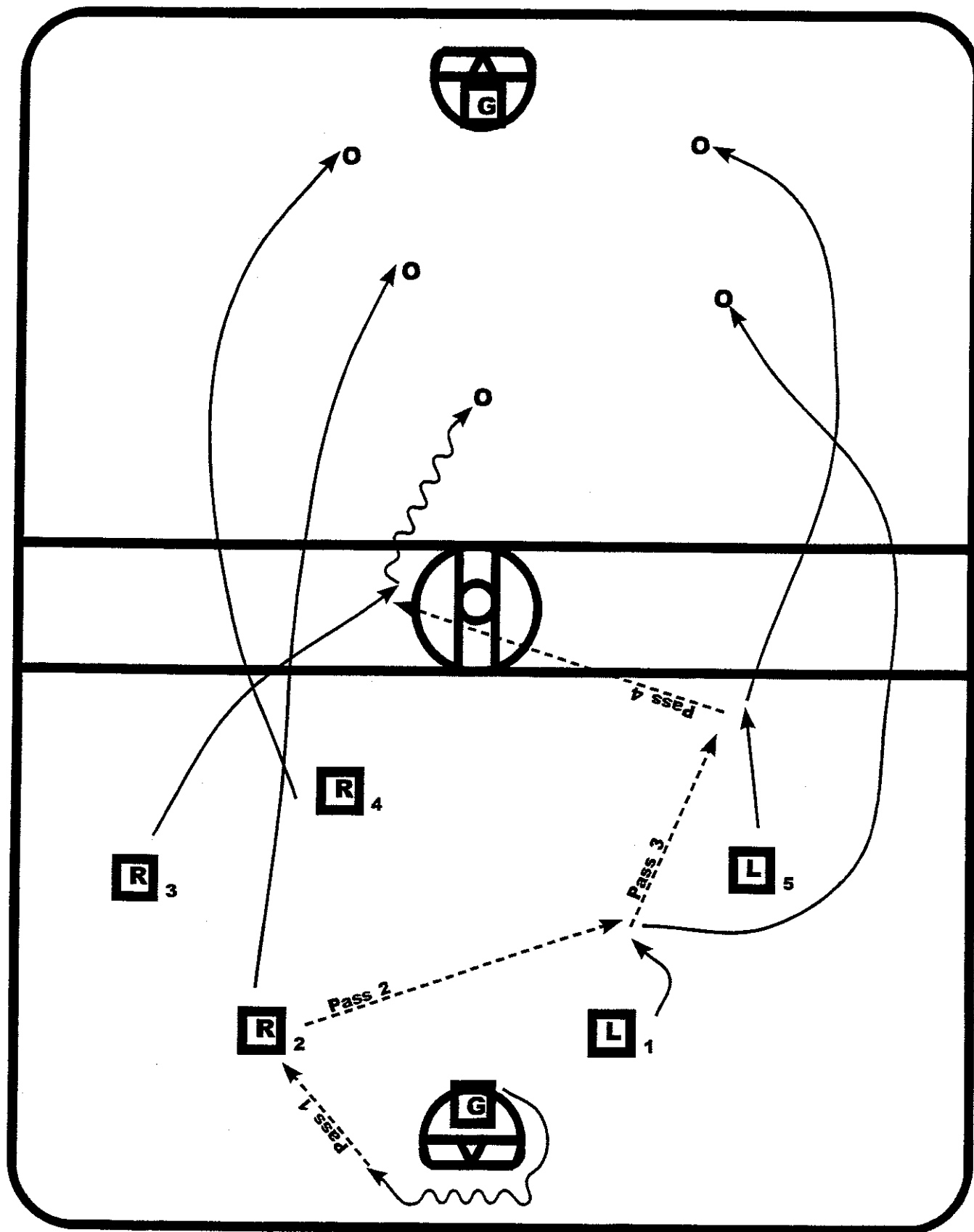
- this breakout is set up and run to introduce "breakout" to young or inexperienced teams. This system also ensures the ball is started up the floor from the goalie all players break down the floor then hook back to receive outlet pass. When ball is passed and caught, remainder of the unit runs full speed down into offensive zone coaches must ensure goaltender makes safe pass or that players [3] and [4] come back and retrieve the ball if run with two (2) units and perhaps spare player, run as shown, if run with three (3) use one unit on defense to practice defensive Skills

## USE AND PURPOSE OF DRILL

- ball control, movement and pass catch
- positioning for breakout pass
- goalie clearing passes
- stress passing down the sides not across the floor
- use the drill and add, motion offence in the offensive zone, defense can be added, line changes can also run off this drill



# SIMPLE BREAKOUT



# SIMPLE BREAKOUT

## METHOD OF RUNNING DRILL

After shot, 30 second clock or turn over goalie yells "Break"

- deepest player [R]2 as shown either takes pass from goalie or in less talented or younger age groups goes into crease retrieves the ball and comes out on correct side of floor.

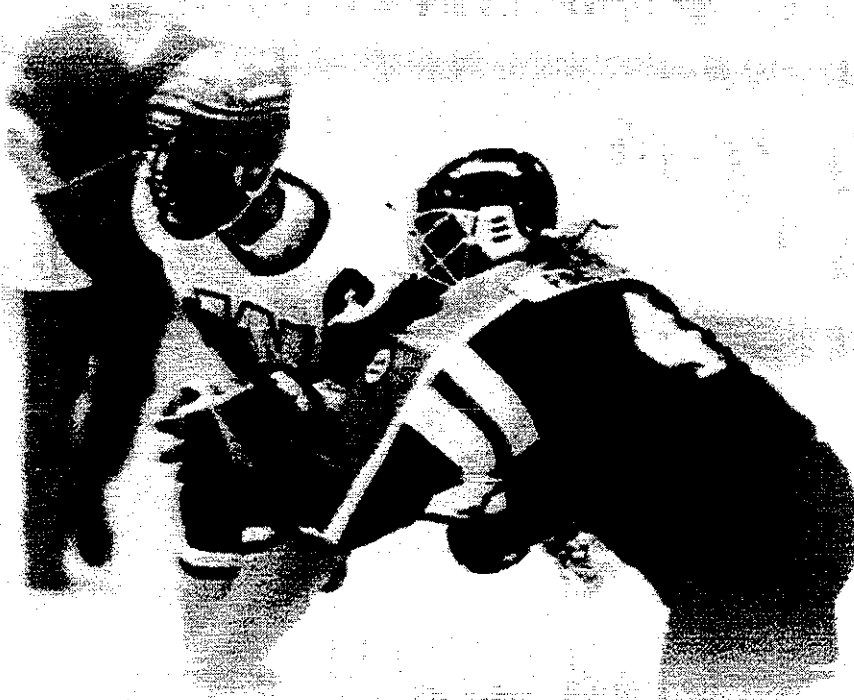
**NOTE** Ensure [L]1 stays back to ensure ball comes out or if [R]2 is covered he becomes the outlet player.

- [R]2 passes to [L]1 who makes an over-the-shoulder pass to [L]5.
- [L]5 passes to [R]3 who takes ball into offensive zone

**NOTE** Primary role is to move the ball safely out of your end. Ensure players are switched around to different positions each time drill is run.

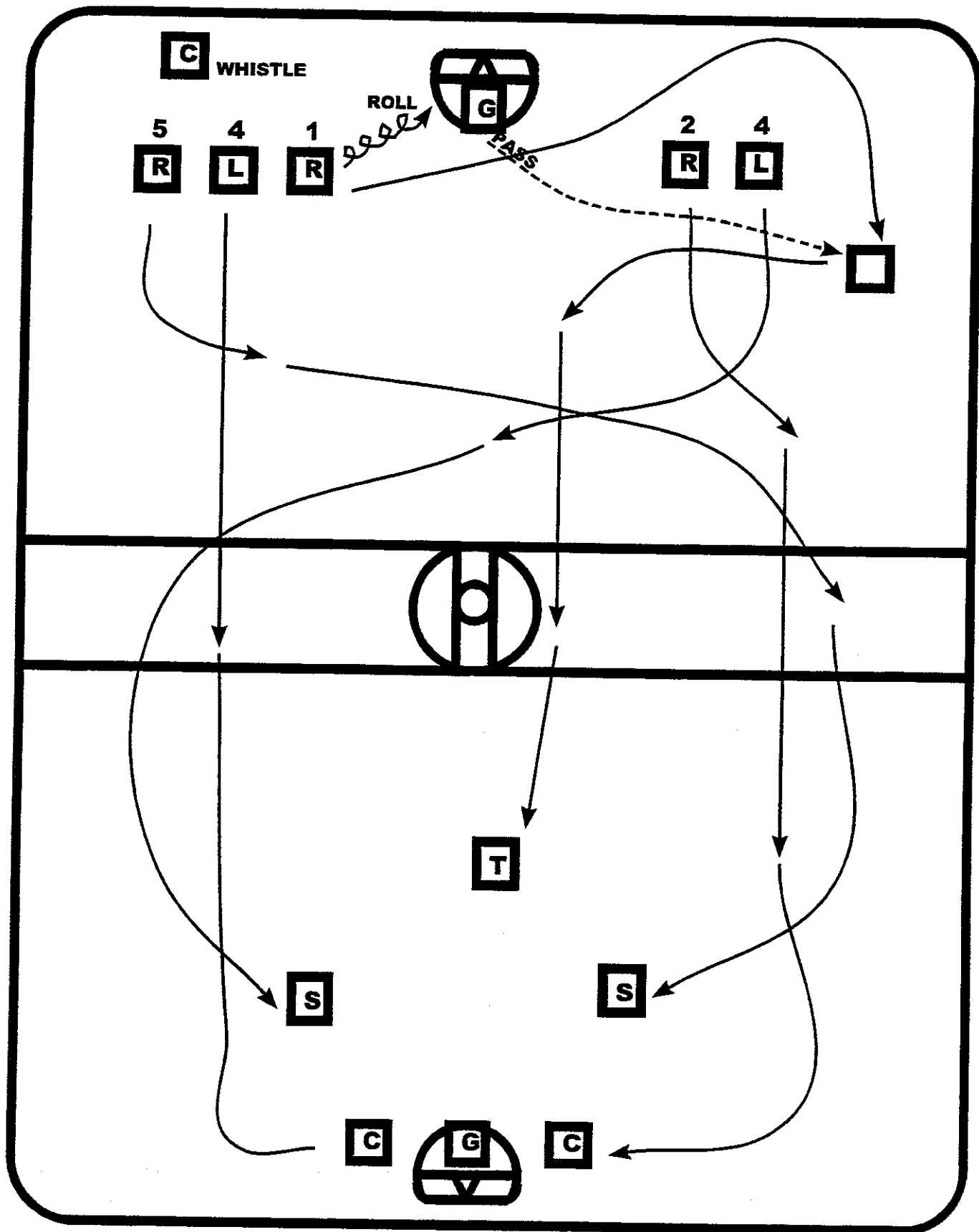
## USE AND PURPOSE OF DRILL

- safe quick way to move the ball
- excellent tool to teach different variations by adding one or two Pressing defenders to simulate game situations.





# BREAKOUT FROM THE SHUTTLE



# BREAKOUT FROM THE SHUTTLE

## METHOD OF RUNNING DRILL

- units could be 3 rights and 2 lefts or 3 lefts and 2 rights. Drill shown is 3 rights and 2 lefts
- this break out is excellent drill to enforce correct side of floor for right and left handed players
- simulates game situation because players doing the shuttle drill could be on either side when "break" is called
- [C] blows whistle and [1] rolls ball into [G], because he is a right hander he goes to other side of floor to receive outlet pass remainder of players cut down floor looking back for pass or to help outlet pass begin.

## NOTE

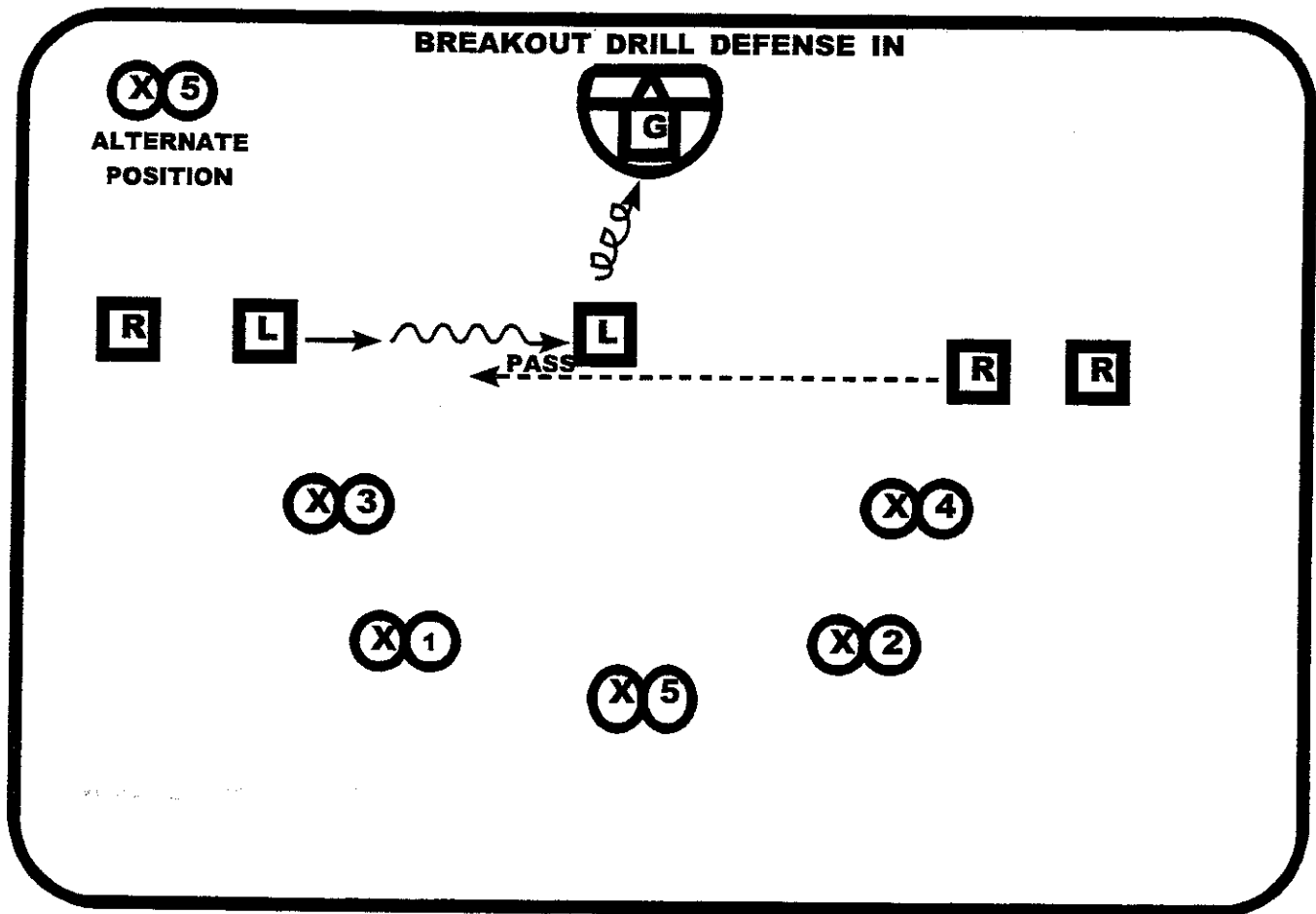
During game if [1] is trapped next close player peels back to help or [G] starts out and up floor. First down floor on each side is creaseman, next two are shooters and 5th player top. On way down, unit captain yells which number will shoot off the motion offense.

## USE AND PURPOSE OF DRILL

- every game situation can be simulated off this drill, offense, defense and line changes
- totally game orientated
- mentally stimulating



# BREAKOUT DRILL DEFENSE IN



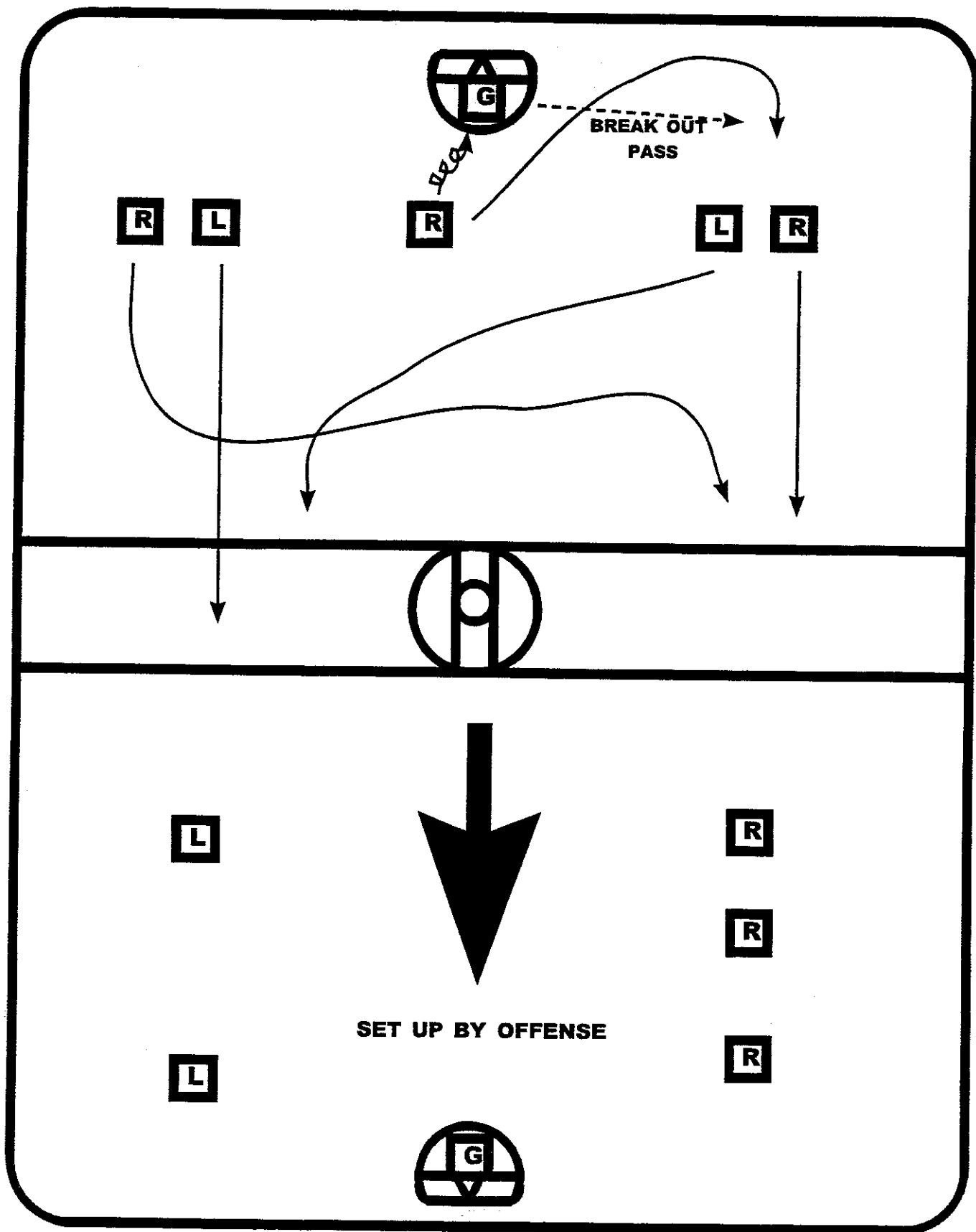
## METHOD OF RUNNING DRILL

- Players can set up as shown to simulate 5 on 5
- Players can set up with player [X]5 in alternate positions to simulate 5 on 4. During this drill for 5 on 4 player [X]5 breaks on second whistle.

## USE AND PURPOSE OF DRILL

- in all cases the coach must establish a breakout routine or plan.
- Players are mentally prepared to react to "break"
- DO NOT DESIGNATE POSITIONS to the attacking 5 man units.
- First left and right down the floor take up creasemen position. Second left and right down the floor take up cornermen or shooter positions.
- Third right or left can take up top position or load one side with three Rights or left
- when in defensive zone with ball, run your set motion offense.

# BREAK OUT DRILL 5 ON 4 OR 5 ON 5



# BREAK OUT DRILL 5 ON 4 OR 5 ON 5

## METHOD OF RUNNING DRILL

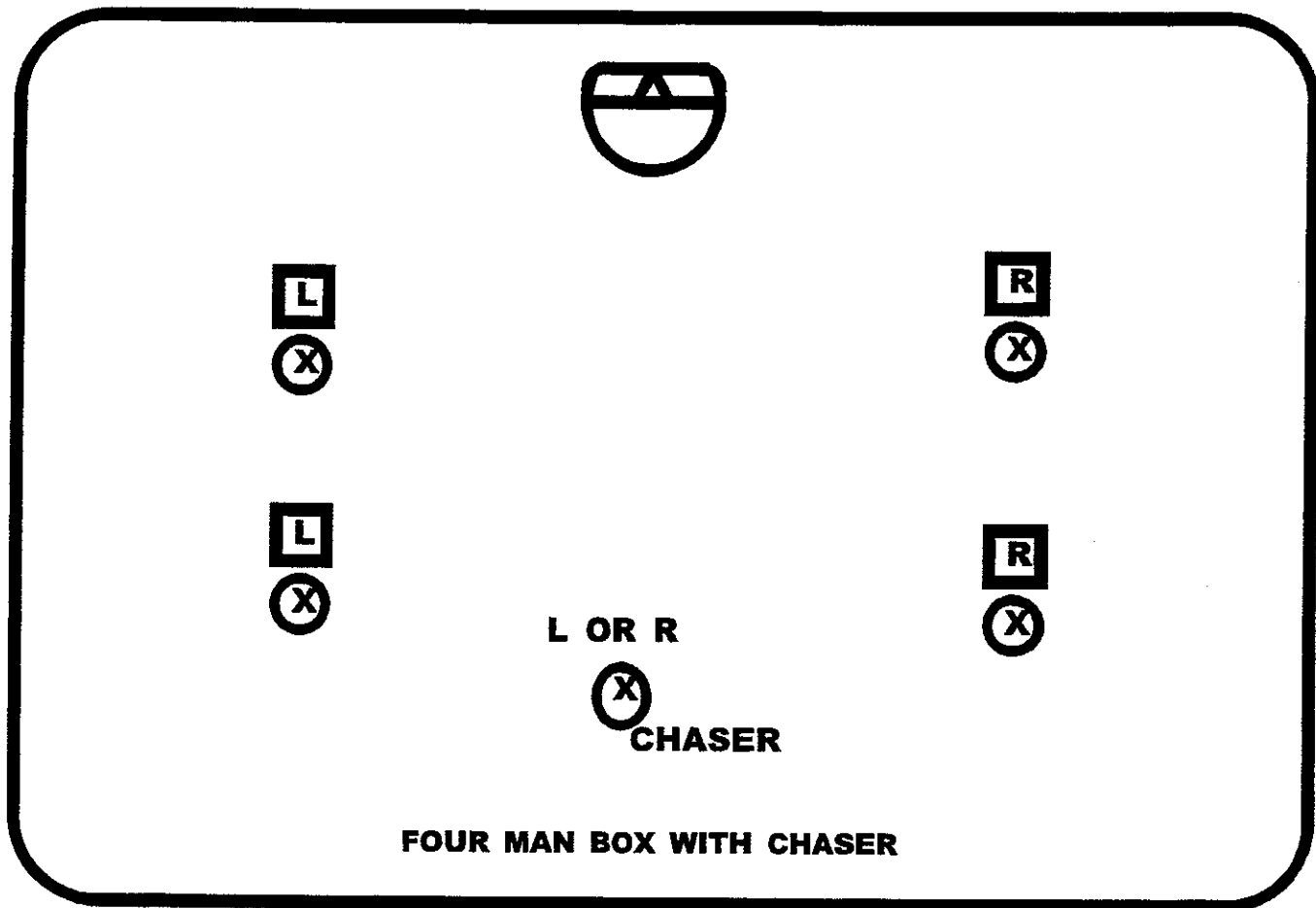
- coach sets up the shuttle pass drill
- on the whistle the player with the ball rolls the ball into the goaltender
- player rolling in the shot then goes to the correct side of the floor for the breakout pass. E.g.: right handers go to left side, left handers go to right side
- remaining players bust down floor by rolling onto right sides of the floor
- coaches are to encourage head manning of the ball to create odd man situations
- when ball and players arrive in the defensive zone set up as shown for start of motion offense
- without defense have players run through complete motion offense
- with defense, take what is offered and attempt to score
- on shot have offense drop back for defense and defensive team, start shuttle drill and attack on whistle.

## USE AND PURPOSE OF DRILL

- complete game situation presented
- use of all lacrosse skills
- complete use of true 5 man lines or units
- can also be used for start of 5 on 4 drill
- can be run with or without defense
- the shuttle drill should always be used to start because the players when playing defense never know where they will be when possession is gained. This drill simulates that condition every time.



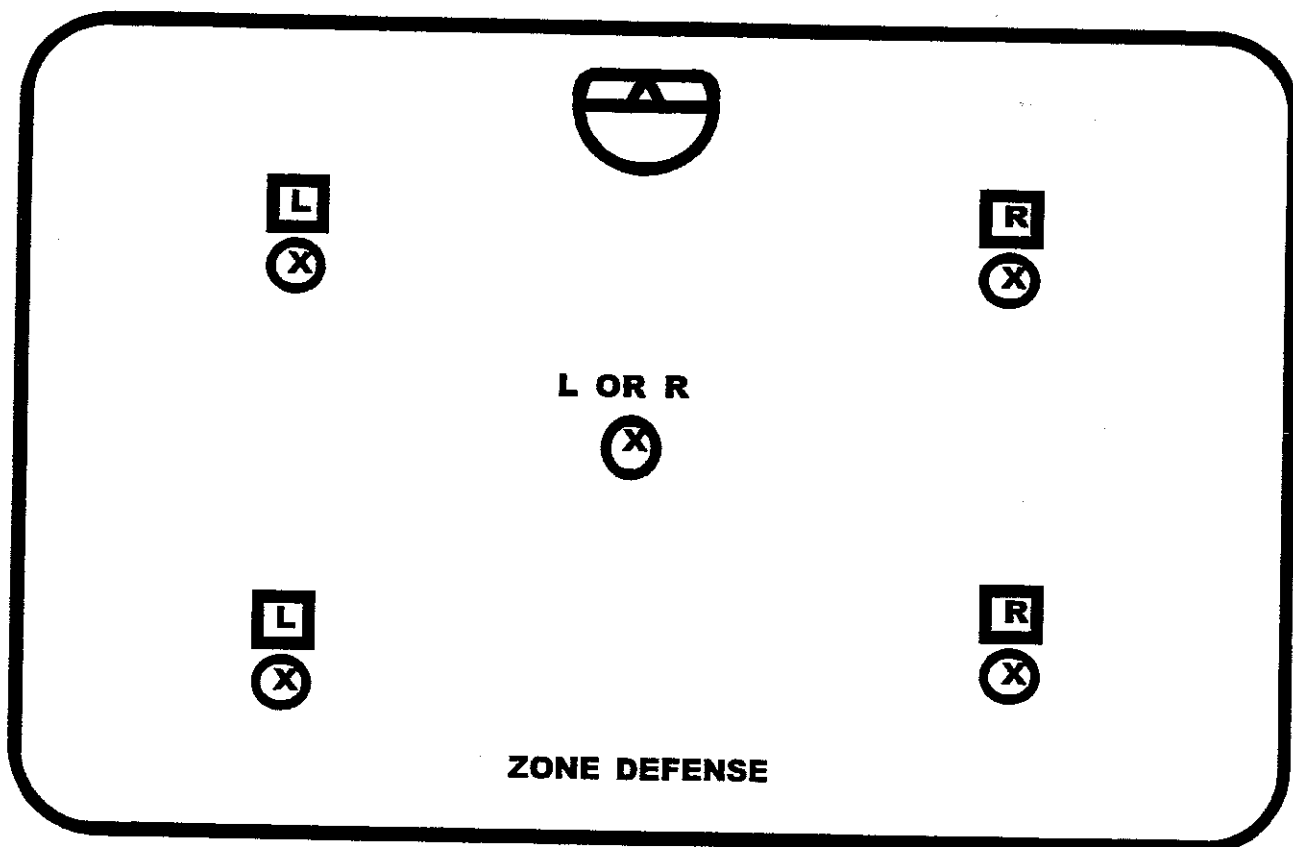
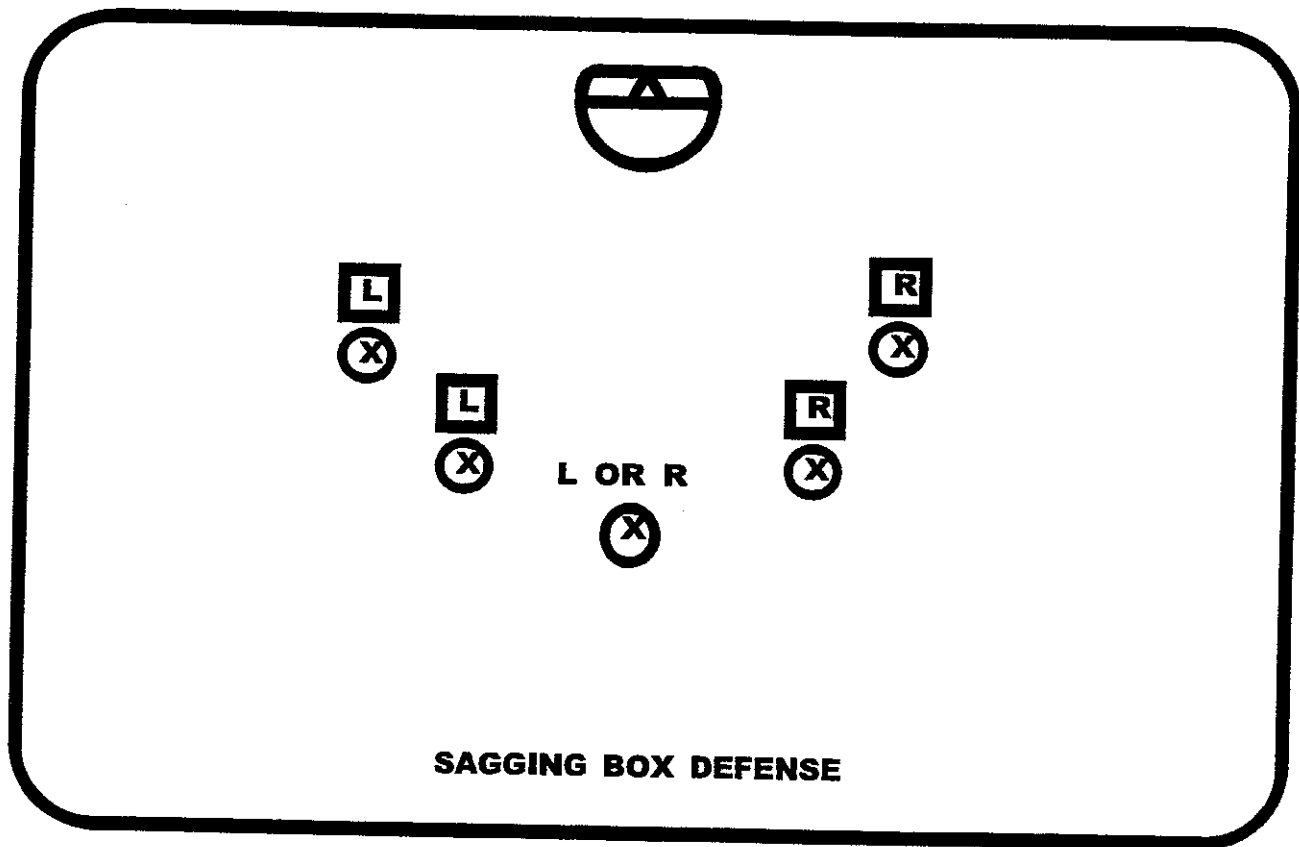
# BREAKOUT PATTERNS FROM SET DEFENSE



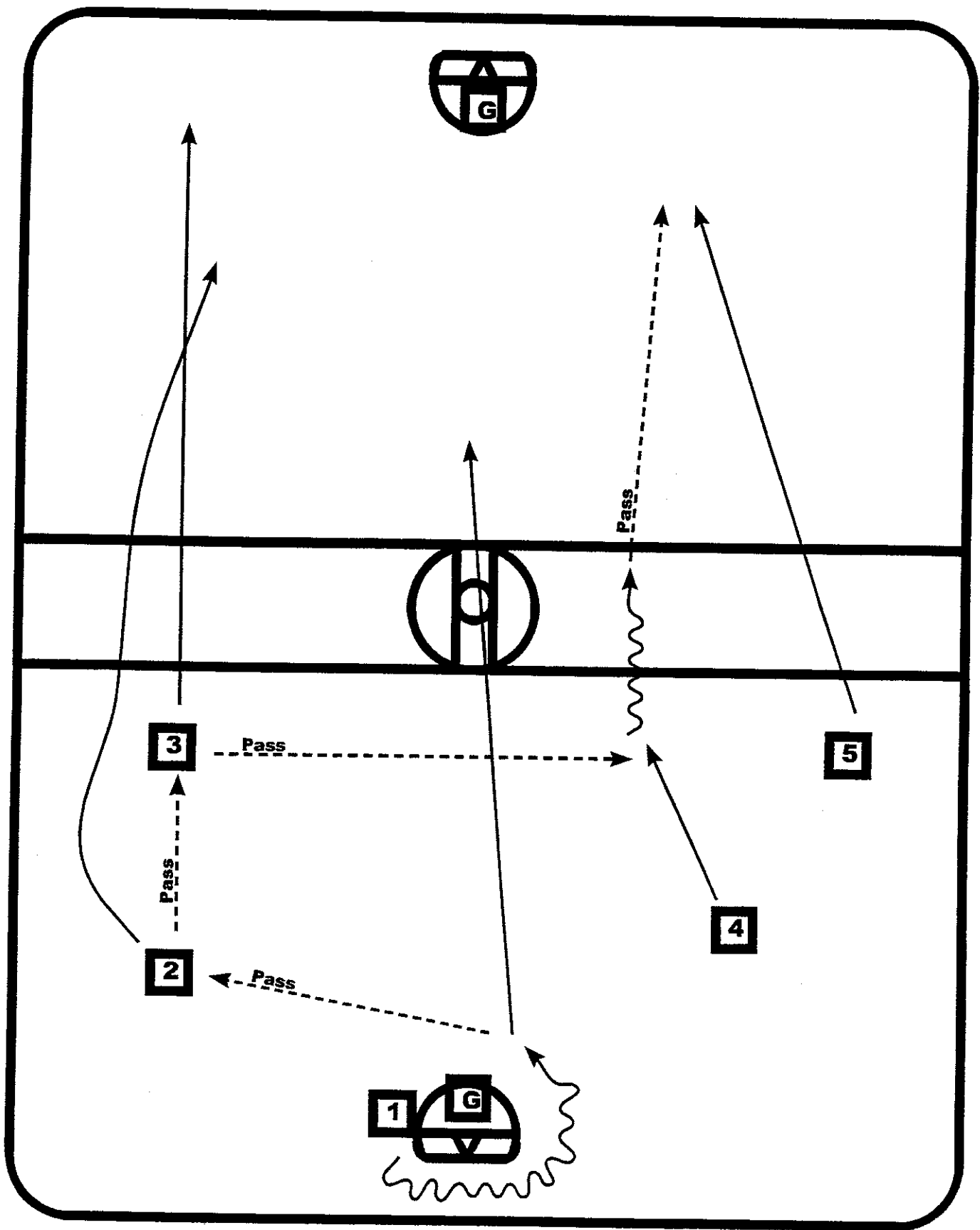
## METHOD OF RUNNING DRILL

- coaches who use set defenses must also establish a breakout play
- coaches must establish a drill which will mentally establish an image to the 5 man unit
- when the "break" is heard, the players will react to the pattern outlined by the coaching staff
- whatever pattern is outlined, coaches must ensure that the odd man situation is stressed and that players attack at full speed and then set up in the defensive zone

# BREAKOUT PATTERNS FROM SET DEFENSE



# MINOR LACROSSE BREAKOUT





# MINOR LACROSSE BREAKOUT

## METHOD OF RUNNING DRILL

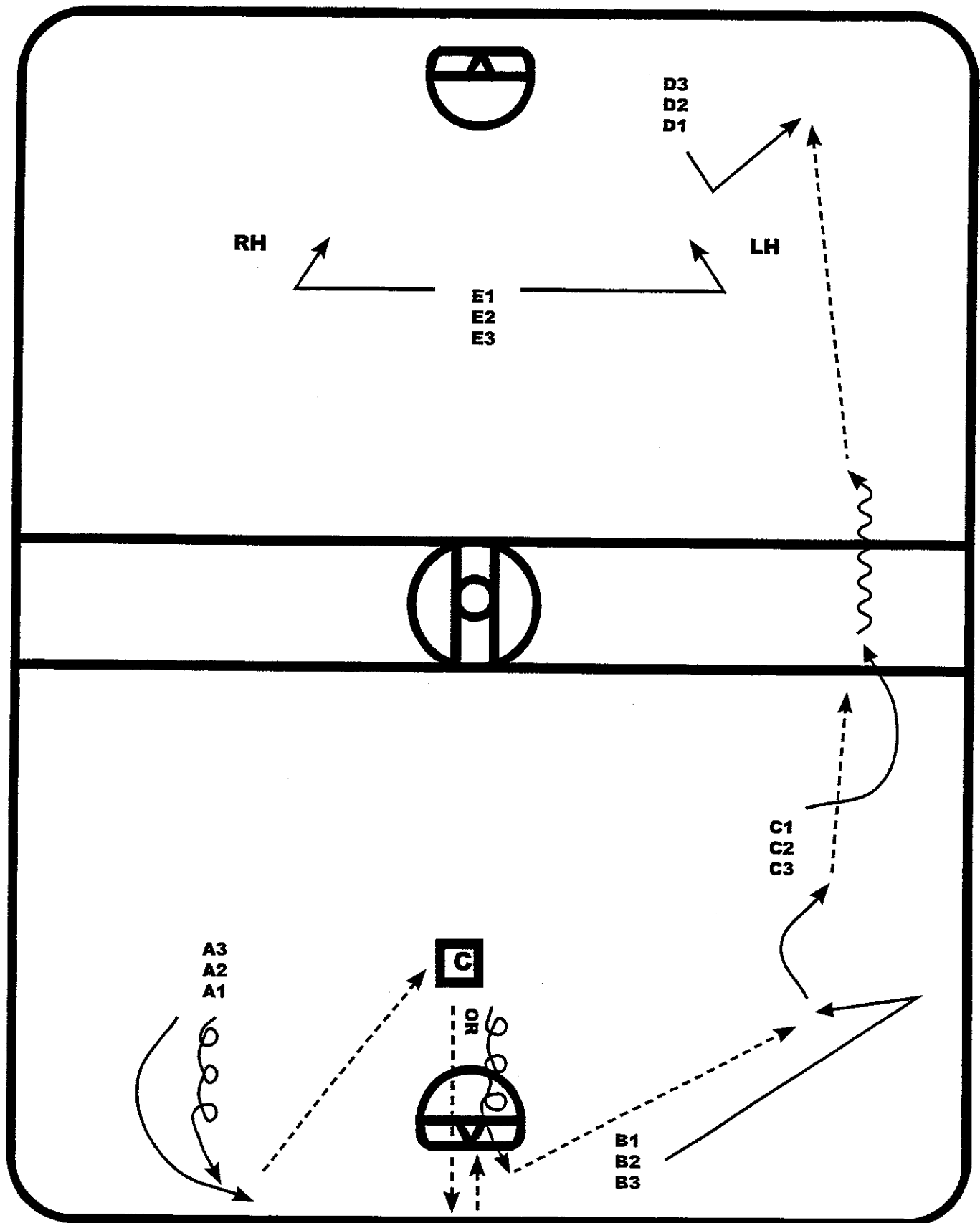
- player [1] takes ball from goalie and runs out back of the crease to correct side of the floor
- pass to player [2] who headman's the ball to player [3]
- player [4] moves towards middle, receives pass from player [3]
- walk the team through ensuring that a minimum of 3 passes occur
- stress correct position for players to take up in offensive zone, e.g.; first player to crease, second player to shooter spot then carry on with the motion offense
- when goalie becomes skilled or proficient, he or she can flip the ball or pass the ball to position [1] player.

## USE AND PURPOSE OF DRILL

- progressive break out for minor players
- coach can speed and vary the break out as necessary
- coach can add some defense to the drill to simulate game conditions.



# COMBINATION DRILL



# COMBINATION DRILL

## METHOD OF RUNNING DRILL

- [A]2 rolls ball into corner-calls, "Loose Ball", [a]1 attacks loose ball, picks it up and quickly passes to coach (good place to utilize injured player or second goalie)

**NOTE** As [A]1 approaches the ball, have [A]2 yell out "man on you right/left/back", this is done so as [A]1 learns to place his body appropriately to keep his body between the ball and/or imaginary opponent.

- the coach either rolls the ball to goalie or bounces the ball off back boards so it rebounds within the crease to give the goalie practice at turning and controlling rebounds/loose balls, (if goalie misses coach picks up rebound).
- goalie or coach call "break", [B]1 runs a flare route to boards and turns quickly back to face the goalie. The goalie or coach then hits [B] with an outlet pass
- [C]1 runs a flare and takes a pass from [B]1 over the shoulder and proceeds into the offensive zone. Note - both [B]1 and [C]1 must be **on the run!**
- [D]1 waits until [C]1 enters zone then forces the imaginary defender in and "Pops Out" to receive pass
- [D]1 then hits [E]1 with quick pass and [E]1 cuts latterly left or right, depending if left or right shot and cuts to the net for shot.

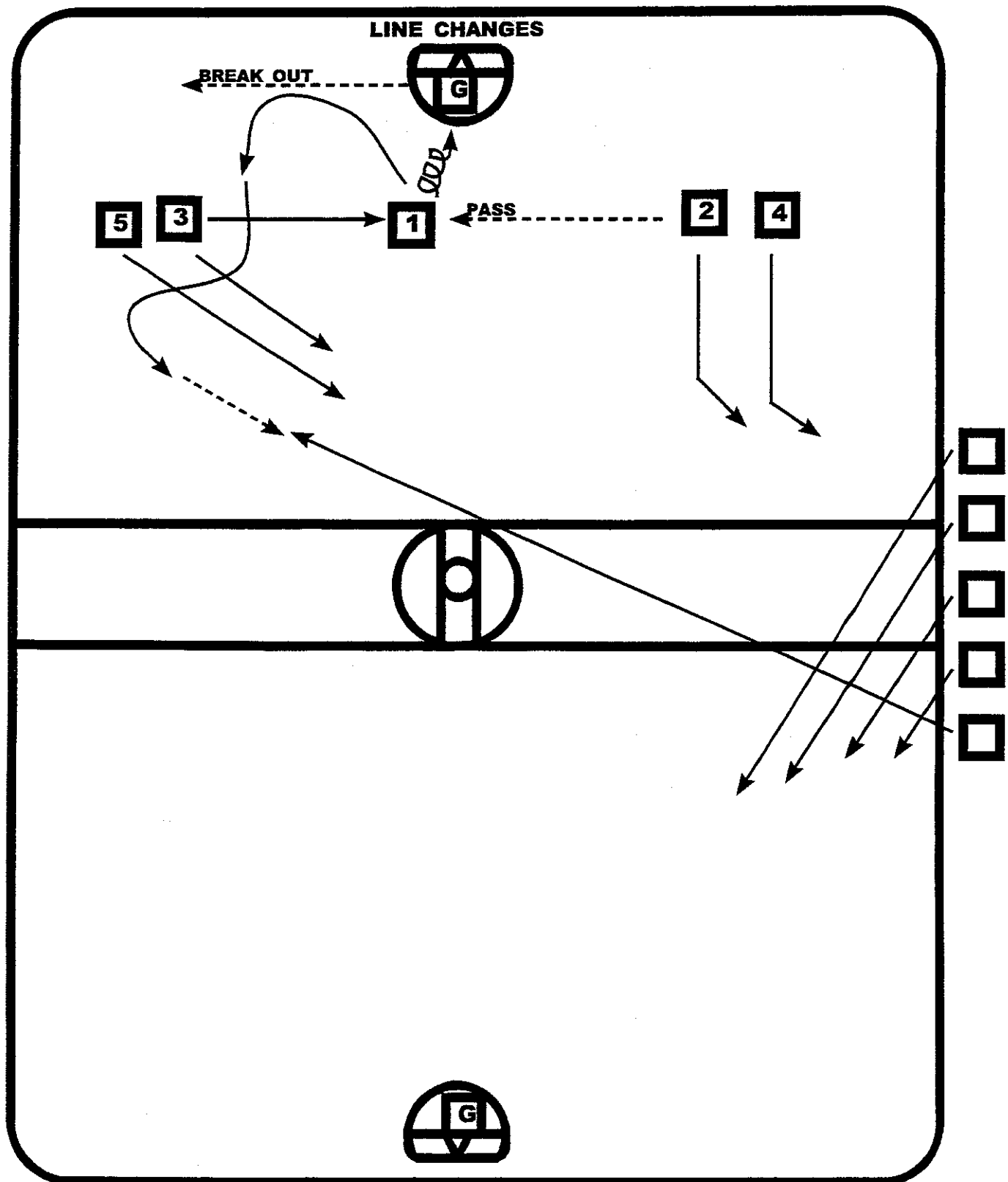
**NOTE** Add passive defense when drill is performed well; then active defense as necessary

- players move positions after completing skill A to B, B to C, C to D, D to E and E to A
- run drill on both sides of the floor; if players on wrong side, have them cross over the floor to correct side if practicing a break out. If only practicing the skills run down designated side.

## USE AND PURPOSE OF DRILL

- practices numerous "game" skills at a fast pace:
- loose balls
- communication
- mental prep.
- goalie rebounds, outlet passing and stopping shots
- break out skills, routes, over-the-shoulder pass/catch
- cutting to the net
- feeding the cutters
- engaging and breaking free for pass
- shooting
- defense 1 on 1 when applied.

## LINE CHANGES



# LINE CHANGES

## METHOD OF RUNNING DRILL

- coach sets up shuttle pass drill
- unit on bench ready for line change
- players on line change set up, take a shot on net, then start Shuttle pass drill ready for line change in the opposite direction
- coach sets up players in bench for next line change

**NOTE** Coach to utilize line change techniques outlined in the Certification technical clinics. Coach to set up shuttle pass as outlined in this manual.

- on whistle player with ball rolls it to the goaltender and takes up position away from bench for breakout pass
- player receiving breakout pass controls the line change

## USE AND PURPOSE OF DRILL

- combines passing, shooting, positioning skills
- mentally prepares players for game situations
- line changes and breakouts become skilled parts of your offensive game
- goaltenders are mentally prepared for game situations



