# TRY-IT PLAYER DEVELOPMENT CLINIC GUIDE

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## HOW TO USE THIS GUIDE

This guide was created to help make hosting try-it clinics as easy as possible for Clubs and groups interested in doing so. Planning a successful event takes time and volunteer commitment. This guide is to help get you from start to finish as seamlessly as possible.

Is there something you think we forgot to include? Please let us know by emailing info@albertalacrosse.com.

## FROM PARTICPANT TO PLAYER: THE TRY-IT CLINIC PROCESS

The process to host a try-it clinic takes time and begins long before the first participant picks up a stick. Below are the steps a group needs to consider when planning to host a try-it event.

1. Recruit coaches to facilitate the clinic.
    - Coaches need to be certified at the Lacrosse Canada Minimum Standards for the 14U level in the sector of the clinic.

2. Determine your clinic format.
    - ALA-created lesson plans are available for use in the Resources section of this guide. There are 60- and 90-minute sessions, two hours, and one day.

3. Book a facility. If a field, consider requesting the lines be included with your booking.

4. Determine if equipment will be made available for use during the session.
    - If you do not have equipment, Clubs can contact their LGB while non-member groups can contact the ALA to borrow one.

5. Create a way to track registration.
    - Determine if you'll be charging a fee to participate.
    - Include participant contact information (specifically email) as part of your requested registration information.
    - Excel is an easy program to use for this. RAMP is also an option for member Clubs.

6. Spread the word about your clinic.
    - Share clinic information with your distribution lists and on your digital platforms (website and social media).
    - Send information to the ALA office to be shared through their channels.

7. Put together takeaways for clinic participants.
    - Include information on the Club they would join if they wanted to get involved.

8. Implement clinic.

9. Follow-up with clinic participants to get an evaluation of their experience and encourage them to join a Club.

## OPTIONAL COMPONENTS

Some of the aspects that make a try-it clinic more memorable are optional elements a host Club or group can choose to incorporate. Some of these optional elements include:

- Giveaways
    - Consider using branded items to help raise awareness of your Club or group. These can be small items like stickers or temporary tattoos, or bigger like lanyards or socks.
- Food
    - If you're hosting a full day clinic it is recommended you feed the participants. Not only will they need it for energy, but it keeps them from leaving the clinic, encouraging relationship building with the other participants in the downtime.

# RESOURCES

## CLINIC PROGRAMMING

Try-It Practice Plan – 60 Minutes

U7 & U9
Cradling – Basic 'open carry'. Stick protection (ball, body, D).
Ground Balls – Poop, scoop, protect. Stationary.
Overhand Shooting – Stationary.
Passing & Catching – Rolling and stationary.
Defence – Stick on mesh only.

U11 & U13
Cradling – Basic & Triple threat. Stick protection (ball, body, D).
Ground Balls – Poop, Scoop, Protect. Stationary and on the run.
Shooting – Overhand stationary and on the run.
Passing & Catching – Rolling, stationary, and on the run.
Defence – Body positioning. Stick on mesh only.

U15 & U17
Cradling – Basic & Triple threat. Stick protection (ball, body, D).
Ground Balls – Two butts down. Stationary and on the run.
Shooting – Overhand stationary and on the run.
Passing & Catching –Rolling, stationary, and on the run, quick stick.
Defence – Body positioning. Stick on mesh only.

U7 & U9 Age Group

Introduction: Introduce the stick, the balls, the net. Ask who has played lacrosse before, who has seen it, who has heard of it. What do you know or have you heard? Pass out the sticks, no balls.

Warmup - 10 Minutes - Have players all in line facing coach with stick width between them.

- Poop, Scoop, Protect
    - Focus on motion and getting low to ground. No balls, just pretend. Work on stepping towards ball with same side foot, butt end low to ground, bring stick up by chest and ear after scoop.
- Cradling
    - Basic 'open carry' cradle. Top hand wrist curls up. Bottom hand is loose enough for stick to move, but tight enough to hold on to stick. Top hand does 90% of work.
- Shooting

- Overhand shooting motion. Slide top hand down atleast halfway. Opposite foot forward, drive bottom hand down and away and then top hand and head follow.

Stationary Ground Balls - 5 Minutes

a) Hand out balls. Everyone stays in line. Rep poop, scoop, protect. Check some form, give some pointers.
b) Add in cradling. Poop, scoop, protect, into cradling.

Ice Cream Shop – 5 Minutes

a) Split into multiple teams of max 5 players
b) One ball per group. All get their own little area and crowd around each other.
c) On whistle players take turns scooping ball, bringing to cradle, then dropping. Players cannot scoop a second time until everyone has scooped once, and so on.
d) Teams count scoops out loud. Most scoops win.

Ground Ball Sprint Relay – 5-10 minutes

a) Split into multiple teams' dependant on numbers. Try to have teams under 10 people.
b) Split half and half across from each other. About 15–20-foot spread (shuttle setup).
c) One ball per team. Ball starts on ground. Player 1 scoops and sprints to opposite line then drops ball, next player scoops and sprints back across. Once finished players sit to let coach know they have finished, and cheer on teammates.
d) Team with everyone sitting first is the winner. Do multiple rounds.

Sharks' vs Minnows – 5 Minutes

a) Line up all players on one sideline. Coaches are sharks.
b) On whistle every player has to get to opposite side. If you drop your ball, you are out and become a shark. Sharks can only check head of stick (aim for mesh)
c) We keep going until we get every minnow or one remains and is the winner

Hungry, Hungry, Hippos – 5 Minutes

a) Have teams or everyone for themselves. Coach spreads balls out all over the field
b) On whistle, players sprint to a single ball, scoop it up, and sprint it back to the bucket (if teams have multiple buckets, or make area with cones)
c) Once a player gets to a ball, it is theirs, they can not be checked
d) Team or player who gets most in the bucket, wins

Long Toss – 5 Minutes

a) Working on overhand throwing. Everyone has a ball
b) Everyone lines up facing same direction, on whistle, they throw the ball as far as the can
c) Once everyone throws, sprint to get your ball, then we sprint up to the farthest throw and line up again
d) On whistle, throw again, and continue until other side of field, then come back other way
e) Can be hectic, make sure they only throw the ball on the whistle

Clean Your Room – 5 Minutes

a) Split the field in half, with a net at each end
b) Spread same number of balls on each side. Players start touching their net
c) On whistle, players sprint around and throw all the balls from their side into their net
d) Only throw one ball at a time, and the team with all the balls in their net first, wins

Obstacle Course Relay – 5 Minutes

a) Split into teams (no more than 10 per team)
b) Set out cones for each team to run around. Every player needs a ball
c) Ball must start on the ground for every player. On whistle, first player scoops ball, sprints around all cones while cradling, then back to net and shoots ball in. Next player goes once their team has scored into the net
d) Once you score, return to line and sit and cheer. First team sitting, wins

Debrief – 5 Minutes
Ask what players liked best, what they will remember, and encourage to register!

U11 & U13 Age Group

Introduction: Introduce the stick, the balls, the net. Ask who has played lacrosse before, who has seen it, who has heard of it. What do you know or have you heard? Pass out the sticks, no balls.

Warmup - 10 Minutes - Have players all in line facing coach with stick width between them.

- Poop, Scoop, Protect
  - Focus on motion and getting low to ground. No balls, just pretend. Work on stepping towards ball with same side foot, butt end low to ground, bring stick up by chest and ear after scoop.
- Cradling
  - Basic 'open carry' cradle. Top hand wrist curls up. Bottom hand is loose enough for stick to move, but tight enough to hold on to stick. Top hand does 90% of work.
  - Triple threat. Stick up by the ear. Pass, shoot, dodge from this position.
- Shooting
  - Overhand shooting motion. Slide top hand down atleast halfway. Opposite foot forward, drive bottom hand down and away and then top hand and head follow.
- Passing & Catching
  - Teaching to follow through to target. When catching, top hand at throat of stick.

Stationary Ground Balls - 5 Minutes

a) Hand out balls. Everyone stays in line. Rep poop, scoop, protect. Check form, give pointers.
b) Add in cradling. Poop, scoop, protect, into cradling. Then into triple threat position.

Ground Ball Sprint Relay – 5 minutes

a) Split into multiple teams' dependant on numbers. Try to have teams under 10 people.
b) Split half and half across from each other. About 15–20-foot spread (shuttle setup).
c) One ball per team. Ball starts on ground. Player 1 scoops and sprints to opposite line then drops ball, next player scoops and sprints back across. Once finished players sit to let coach know they have gone, and cheer on teammates.
d) Team with everyone sitting first is the winner. Do multiple rounds.

Long Toss – 5 Minutes

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d) On whistle, throw again, and continue until other side of field, then come back other way.
e) Can be hectic, make sure they only throw the ball on the whistle.

Partner Passing – 5 Minutes

a) Start 6 feet apart. 1 minute. Back up 2 steps on whistle, continue 1 minute. Back up 2 steps on next whistle, continue 1 minute. Come back to original distance for quick sticks (no cradling), continue 1 minute

Zig-Zag Passing, Stationary – 5 Minutes

b) Split into 2 teams. Split balls evenly and put at start of line. Players line up across from each other in zig zag pattern
c) On whistle, start of line starts passing balls to next player in line, and so on
d) Balls need to get all the way to the other end of line and placed on ground
e) First team to get all balls to other end, wins

4 Player, 2 Ball Passing – 5 Minutes

a) Players in groups of 4. 1 player in "middle", other players line up 8 feet away in a fan shape
b) Fan players need 2 balls between them. First player passes into middle, middle passes to player who had no ball. Then second player passes ball in, and pass goes back out to first player who has no ball. Continue for 1 Minute then switch middle

3 Step Outside Shooting – 5 minutes

a) Line up every player facing a net. On whistle, every player shoots at net
b) Butt end is aimer, lead hip towards target. Follow through with head pointing towards target on release, then finish with head pointing low and away
c) After all shots, players run to get their ball, and run back to line up again
d) Can not lineup in same place twice

Obstacle Course Relay – 5 Minutes

a) Split into teams (no more than 10 per team)
b) Set out cones for each team to run around. Every player needs a ball
c) Ball must start on the ground for every player. On whistle, first player scoops ball, sprints around all cones while cradling, then back down to net and shoots ball in. Next player goes once their team has scored into the net
d) Once you score, return to line, sit and cheer. First team sitting, wins

Sharks' vs Minnows – 5 Minutes

a) Line up all players on one sideline. Coaches are sharks to start
b) On whistle every player has to get to opposite side. If you drop your ball, you are out and become a shark. Sharks can only check head of stick (aim for mesh)
c) We keep going until we get every minnow or one remains and is the winner

Debrief – 5 Minutes
Ask what players liked best, what they will remember, and encourage to register!

U15 & U17 Age Group

Introduction: Introduction of coaches. Ask who has played lacrosse before, who has seen it, who has heard of it. What do you know or have you heard? Pass out the sticks and balls.

Warmup – 10 – 15 Minutes - All players grab balls

- Hit the boards/wall
    - Start rolling the ball against the boards. Emphasis on getting low to pick up the loose ball. Bottom hand has to get lower than the hips. Scoop through the ball. After scooping ball, cradle and bring stick up to ear (talking on the phone). Then roll again
    - Throw ball against board. Aim for a target near top of the boards (coaches can tape X's or markers). Make sure we are stepping with opposite foot. When we wind up to pass/shoot use our butt end as a marker. Where your butt end is aimed is where the ball goes. OVERHAND
- Lap it up! Balls in stick and coaches in the middle
    - Cradling with our sticks up high ready to make a lacrosse play. While we do laps pass to the coaches in the middle (give and go). Based on level coaches can roll the ball back or pass it

Quick dynamic stretch

- Side boards to side boards quick stretch followed by side shuffle and coach pointing stick to give players direction (run forward, backwards, shuffle left and right). Once again, ball in stick

Partner Passing – 5 Minutes

a) Players 6-8 feet apart to start. Back up 2 steps on whistle. Back up 2 more steps on next whistle. Then come closer and work quick sticks (no cradling)

b) If players are doing well at this, go straight to shuttles next. If not do 2 ball passing

4 Player 2 Ball Passing – 5 Minutes

a) Players in groups of 4. 1 player in "middle", other players line up 8 feet away in a fan shape
b) Fan players need 2 balls between them. First player passes into middle, middle passes to player who had no ball. Then second player passes ball in, and pass goes back out to first player who has no ball. Continue for 1 Minute then switch middle

Shuttle – 5 - 10 Minutes

a) Ground balls rolling to opposite line. Get low and scoop through the ball
b) Passing line to line. Always presenting target when receiving pass and cushioning pass like you are catching an egg. Passing the ball, use butt end as your aim and follow through on every pass. Its okay if you miss a pass, just run to get the ground ball and get back in the drill! We all make mistakes so don't get mad.

1 pick 2 shots (High low shooting) – 10 minutes

a) 4 lines, 2 lines of lefties and 2 of righties. Low line is goal line extended at the edge of the 24 (15-20 feet away from the net if not on lacrosse floor). High line is vertically parallel to low line and 20-25 feet higher than low
b) Balls in every line! Right side starts, low line does a V cut and sets a pick for top line (we can start this drill by asking who knows what a pick is, who has played basketball or lacrosse and understands a pick). We can take a minute or two to talk about the basics of a pick. Will get into more depth on pick and roll fundamentals in sessions 3-5. High line cuts off pick and receives pass from low lefty line and shoots on net, this is an inside shot. Picker rolls and receives pass from opposite high line and takes outside shot. Left line is up next
c) Make sure we are always watching our passes into our stick before we think about shooting, one step at a time mentality
d) Shooting mechanics are similar to passing. Where our butt-end points is where the ball will go. Overhand = Accuracy!! We will see many players shoot from the hip or ¾. Talk about outcomes of a shot overhand vs sidearm
e) End with a competition. If there are goalies, first side to score 5 goals. If no goalies, first to hit a post (Righties vs lefties)

Offensive Dodging – 10 Minutes

Line of Righties and Lefties at blue line or restraining line. Balls in both lines. Coaches play dummy defence

a) Break down 3 dodges to start
   1. Split dodge – Fake going to your off side, plant outside foot, sell with shoulder and then explode the other way
   2. Roll dodge – Act like you are going top side, step back foot into defender and start spinning towards boards, protect stick into your body and carry momentum down boards towards the net
   3. Swim move – Show this move after going over split and roll. This is more for fun! Set up defender

like you are going top side, put stick in strong hand and "swim" over the defender. Go to cage and finish

Full floor ground balls and passing gauntlet – 5 – 10 Minutes

a) Need 4 individuals (coaches and a couple players) to line up at restraining lines. The rest of the players in both corners with balls
b) Players start with a ball and roll the ball (second time through we progress to passing) to coach at first restraining line who rolls/passes pack to the players, after getting ball back they give it to coach at far restraining line, get it back and shoot on goal. Use players to feed if limited number of coaches. Make sure feeders rotate
c) Focus is on retrieving ground balls and passing and catching with feet moving
d) If they are getting the hang of it, they can go up the middle and pass to left coach first and right coach second (or vice versa)

Circle aiming challenge (spots on the floor if not on lacrosse floor) – 5 Minutes

a) Start at left faceoff dot. You have to throw it into the net with no bounce. If you score you go to right faceoff dot. If you miss stay at your line
   Once you score at both faceoff circles you go to center line and have to score but are allowed one bounce
b) Great opportunity to focus on aiming with butt end and making sure you are shooting overhand

Full floor relay – 5 – 10 Minutes

a) Players start in one end and 3 cones are set up equal distance for the whole length of the floor
b) Start with the player picking up a loose ball (get low and scoop through the ball)
c) At the first cone do a split dodge, second cone roll dodge, third cone swim. Pass to coach after, they pass back and then you have to score on the net. Once the ball goes into the net the next player in line goes
d) IT IS A RACE

Debrief – 5 Minutes
Ask what players liked best, what they will remember, and encourage to register!

Try-It Practice Plan – 90 Minutes

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Passing & Catching – Rolling and stationary.
Defence – Stick on mesh only.

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Defence – Body positioning. Stick on mesh only.

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Ground Balls – Two butts down. Stationary and on the run.
Shooting – Overhand stationary and on the run.
Passing & Catching –Rolling, stationary, and on the run, quick stick.
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    - Overhand shooting motion. Slide top hand down at least halfway. Opposite foot forward, drive bottom hand down and away and then top hand and head follow.

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e) Can be hectic, make sure they only throw the ball on the whistle

Clean Your Room – 10 Minutes

a) Split the field in half, with a net at each end
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c) On whistle, players sprint around and throw all the balls from their side into their net

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Obstacle Course Relay – 10 Minutes

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Ground Ball Sprint Relay – 10 minutes

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d) On whistle, throw again, and continue until other side of field, then come back other way.
e) Can be hectic, make sure they only throw the ball on the whistle.

Partner Passing – 10 Minutes
a) Start 6 feet apart. 1 minute. Back up 2 steps on whistle, continue 1 minute. Back up 2 steps on next whistle, continue 1 minute. Come back to original distance for quick sticks (no cradling), continue 1 minute. Repeat making fun competition at each distance.

Zig-Zag Passing, Stationary – 10 Minutes
a) Split into 2 teams. Split balls evenly and put at start of line. Players line up across from each other in zig zag pattern
b) On whistle, start of line starts passing balls to next player in line, and so on
c) Balls need to get all the way to the other end of line and placed on ground
d) First team to get all balls to other end, wins

4 Player, 2 Ball Passing – 5 Minutes
a) Players in groups of 4. 1 player in “middle”, other players line up 8 feet away in a fan shape
b) Fan players need 2 balls between them. First player passes into middle, middle passes to player who had no ball. Then second player passes ball in, and pass goes back out to first player who has no ball. Continue for 1 Minute then switch middle

3 Step Outside Shooting – 5 minutes
a) Line up every player facing a net. On whistle, every player shoots at net
b) Butt end is aimer, lead hip towards target. Follow through with head pointing towards target on release, then finish with head pointing low and away
c) After all shots, players run to get their ball, and run back to line up again
d) Can not lineup in same place twice

Obstacle Course Relay – 10 Minutes
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Sharks' vs Minnows – 10 Minutes
a) Line up all players on one sideline. Coaches are sharks to start
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Debrief – 5 Minutes
Ask what players liked best, what they will remember, and encourage to register!

U15 & U17 Group

Introduction: Introduction of coaches. Ask who has played lacrosse before, who has seen it, who has heard of it. What do you know or have you heard? Pass out the sticks and balls.

Warmup – 15 Minutes - All players grab balls
- Hit the boards/wall
  - Start rolling the ball against the boards. Emphasis on getting low to pick up the loose ball. Bottom hand has to get lower than the hips. Scoop through the ball. After scooping ball, cradle and bring stick up to ear (talking on the phone). Then roll again
  - Throw ball against board. Aim for a target near top of the boards (coaches can tape X's or markers). Make sure we are stepping with opposite foot. When we wind up to pass/shoot use our butt end as a marker. Where your butt end is aimed is where the ball goes. OVERHAND
- Lap it up! Balls in stick and coaches in the middle
  - Cradling with our sticks up high ready to make a lacrosse play. While we do laps pass to the coaches in the middle (give and go). Based on level coaches can roll the ball back or pass it
- Quick dynamic stretch
  - Side boards to side boards quick stretch followed by side shuffle and coach pointing stick to give players direction (run forward, backwards, shuffle left and right). Once again, ball in stick

Partner Passing – 5 Minutes
a) Players 6-8 feet apart to start. Back up 2 steps on whistle. Back up 2 more steps on next whistle. Then come closer and work quick sticks (no cradling)

4 Player 2 Ball Passing – 5 Minutes
a) Players in groups of 4. 1 player in "middle", other players line up 8 feet away in a fan shape

b) Fan players need 2 balls between them. First player passes into middle, middle passes to player who had no ball. Then second player passes ball in, and pass goes back out to first player who has no ball. Continue for 1 Minute then switch middle

Shuttle – 10 Minutes
Ground balls rolling to opposite line. Get low and scoop through the ball
Passing line to line. Always presenting target when receiving pass and cushioning pass like you are catching an egg. Passing the ball, use butt end as your aim and follow through on every pass. Its okay if you miss a pass, just run to get the ground ball and get back in the drill! We all make mistakes so don't get mad

1 pick 2 shots (High low shooting) – 10 minutes

a) 4 lines, 2 lines of lefties and 2 of righties. Low line is goal line extended at the edge of the 24 (15-20 feet away from the net if not on lacrosse floor). High line is vertically parallel to low line and 20-25 feet higher than low
b) Balls in every line! Right side starts, low line does a V cut and sets a pick for top line (we can start this drill by asking who knows what a pick is, who has played basketball or lacrosse and understands a pick). We can take a minute or two to talk about the basics of a pick. Will get into more depth on pick and roll fundamentals in sessions 3-5. High line cuts off pick and receives pass from low lefty line and shoots on net, this is an inside shot. Picker rolls and receives pass from opposite high line and takes outside shot. Left line is up next
c) Make sure we are always watching our passes into our stick before we think about shooting, one step at a time mentality
d) Shooting mechanics are similar to passing. Where our butt-end points is where the ball will go. Overhand = Accuracy!! We will see many players shoot from the hip or ¾. Talk about outcomes of a shot overhand vs sidearm
e) End with a competition. If there are goalies, first side to score 5 goals. If no goalies, first to hit a post (Righties vs lefties)

Offensive Dodging – 10 Minutes

a) Line of Righties and Lefties at blue line or restraining line. Balls in both lines. Coaches play dummy defence
b) Break down 3 dodges to start
   1. Split dodge – Fake going to your off side, plant outside foot, sell with shoulder and then explode the other way
   2. Roll dodge – Act like you are going top side, step back foot into defender and start spinning towards boards, protect stick into your body and carry momentum down boards towards the net
   3. Swim move – Show this move after going over split and roll. This is more for fun! Set up defender like you are going top side, put stick in strong hand and "swim" over the defender. Go to cage and finish

Full floor ground balls and passing gauntlet – 10 Minutes

a) Need 4 individuals (coaches and a couple players) to line up at restraining lines. The rest of the players in both corners with balls
b) Players start with a ball and roll the ball (second time through we progress to passing) to coach at first restraining line who rolls/passes pack to the players, after getting ball back they give it to coach at far restraining line, get it back and shoot on goal. Use players to feed if limited number of coaches. Make sure feeders rotate
c) Focus is on retrieving ground balls and passing and catching with feet moving
d) If they are getting the hang of it, they can go up the middle and pass to left coach first and right coach second (or vice versa)

Circle aiming challenge (spots on the floor if not on lacrosse floor) – 5 Minutes

a) Start at left faceoff dot. You have to throw it into the net with no bounce. If you score you go to right faceoff dot. If you miss stay at your line
   Once you score at both faceoff circles you go to center line and have to score but are allowed one bounce
b) Great opportunity to focus on aiming with butt end and making sure you are shooting overhand

Full floor relay – 10 Minutes

a) Players start in one end and 3 cones are set up equal distance for the whole length of the floor
b) Start with the player picking up a loose ball (get low and scoop through the ball)
c) At the first cone do a split dodge, second cone roll dodge, third cone swim. Pass to coach after, they pass back and then you have to score on the net. Once the ball goes into the net the next player in line goes
d) IT IS A RACE

Debrief – 5 Minutes
Ask what players liked best, what they will remember, and encourage to register!

Try-It Practice Plan – 120 Minutes

U7 & U9
Cradling – Basic 'open carry'. Stick protection (ball, body, D).
Ground Balls – Poop, scoop, protect. Stationary.
Overhand Shooting – Stationary.
Passing & Catching – Rolling and stationary.
Defence – Stick on mesh only. *No defence drills in 1 session.

U11 & U13
Cradling – Basic & Triple threat. Stick protection (ball, body, D).
Ground Balls – Poop, Scoop, Protect. Stationary and on the run.
Shooting – Overhand stationary and on the run.
Passing & Catching – Rolling, stationary, and on the run.
Defence – Body positioning. Stick on mesh only. *No defence drills in 1 session.

U15 & U17
Cradling – Basic & Triple threat. Stick protection (ball, body, D).
Ground Balls – Two butts down. Stationary and on the run.
Shooting – Overhand stationary and on the run.
Passing & Catching –Rolling, stationary, and on the run, quick stick.
Defence – Body positioning. Stick on mesh only. *No defence drills in 1 session.

U7 & U9 Age Group

Introduction: Introduce the stick, the balls, the net. Ask who has played lacrosse before, who has seen it, who has heard of it. What do you know or have you heard? Pass out the sticks, no balls.

Warmup - 10 Minutes - Have players all in line facing coach with stick width between them.

- Poop, Scoop, Protect
  - Focus on motion and getting low to ground. No balls, just pretend. Work on stepping towards ball with same side foot, butt end low to ground, bring stick up by chest and ear after scoop.
- Cradling
  - Basic 'open carry' cradle. Top hand wrist curls up. Bottom hand is loose enough for stick to move, but tight enough to hold on to stick. Top hand does 90% of work.
- Shooting
  - Overhand shooting motion. Slide top hand down at least halfway. Opposite foot forward, drive bottom hand down and away and then top hand and head follow.

Stationary Ground Balls - 5 Minutes

a) Hand out balls. Everyone stays in line. Rep poop, scoop, protect. Check some form, give some pointers.
b) Add in cradling. Poop, scoop, protect, into cradling.

Ice Cream Shop – 5 Minutes

a) Split into multiple teams of max 5 players
b) One ball per group. All get their own little area and crowd around each other.
c) On whistle players take turns scooping ball, bringing to cradle, then dropping. Players cannot scoop a second time until everyone has scooped once, and so on.
d) Teams count scoops out loud. Most scoops win.

Ground Ball Sprint Relay – 10 minutes

a) Split into multiple teams dependant on numbers. Try to have teams under 10 people.
b) Split half and half across from each other. About 15–20-foot spread (shuttle setup).
c) One ball per team. Ball starts on ground. Player 1 scoops and sprints to opposite line then drops ball, next player scoops and sprints back across. Once finished players sit to let coach know they have finished, and cheer on teammates.
d) Team with everyone sitting first is the winner. Do multiple rounds.

Stick Protection & Defence – 10 Minutes

a) Partner up with 1 ball. Players line up on side boards/lines. One player has ball facing middle, other player has no ball facing ball carrier (defender)
b) On whistle, players slowly go across the floor. Defence focus is body position, stay between ball carrier and other side of field. Two hands on stick. Offence focus is keeping good stick protection while moving and under pressure (ball, body, D)
c) If O drops ball, let them pick up and continue to other side. Rotate O and D each rep

Dodge & Shoot – 10 Minutes

a) Have dodges on pylons, coaches, other players, depending on numbers
b) Work on two basics – Split strong hand and roll dodge
c) Split strong is top side dodge, roll is back side dodge
d) After dodge get stick to triple threat and shoot

Sharks' vs Minnows – 10 Minutes

a) Line up all players on one sideline. Coaches are sharks.
b) On whistle every player has to get to opposite side. If you drop your ball, you are out and become a shark. Sharks can only check head of stick (aim for mesh)
c) We keep going until we get every minnow or one remains and is the winner

Hungry, Hungry, Hippos – 10 Minutes

a) Have teams or everyone for themselves. Coach spreads balls out all over the field

b) On whistle, players sprint to a single ball, scoop it up, and sprint it back to the bucket (if teams have multiple buckets, or make area with cones)
c) Once a player gets to a ball, it is theirs, they can not be checked
d) Team or player who gets most in the bucket, wins

Long Toss – 5 Minutes
a) Working on overhand throwing. Everyone has a ball
b) Everyone lines up facing same direction, on whistle, they throw the ball as far as the can
c) Once everyone throws, sprint to get your ball, then we sprint up to the farthest throw and line up again
d) On whistle, throw again, and continue until other side of field, then come back other way
e) Can be hectic, make sure they only throw the ball on the whistle

Clean Your Room – 10 Minutes
a) Split the field in half, with a net at each end
b) Spread same number of balls on each side. Players start touching their net
c) On whistle, players sprint around and throw all the balls from their side into their net
d) Only throw one ball at a time, and the team with all the balls in their net first, wins

Obstacle Course Relay – 10 Minutes
a) Split into teams (no more than 10 per team)
b) Set out cones for each team to run around. Every player needs a ball
c) Ball must start on the ground for every player. On whistle, first player scoops ball, sprints around all cones while cradling, then back to net and shoots ball in. Next player goes once their team has scored into the net
d) Once you score, return to line and sit and cheer. First team sitting, wins

3 Zone Game – 15 Minutes
a) Split teams as even as possible. Make 3 distinct zones on field
b) Put equal number of players in each zone for each team. Nets at each end
c) Players cannot leave zones, have to pass zone to zone trying to score in other team's net. Hit posts to score. Defence no cross-checking. Stick on mesh, body position
d) After 5 minutes, rotate zone. Have 2 balls or more depending on size of group

Debrief – 5 Minutes
Ask what players liked best, what they will remember, and encourage to register!

U11 & U13 Age Group

Introduction: Introduce the stick, the balls, the net. Ask who has played lacrosse before, who has seen it, who has heard of it. What do you know or have you heard? Pass out the sticks, no balls.

Warmup - 10 Minutes - Have players all in line facing coach with stick width between them.

- Poop, Scoop, Protect
  - Focus on motion and getting low to ground. No balls, just pretend. Work on stepping towards ball with same side foot, butt end low to ground, bring stick up by chest and ear after scoop.
- Cradling
  - Basic 'open carry' cradle. Top hand wrist curls up. Bottom hand is loose enough for stick to move, but tight enough to hold on to stick. Top hand does 90% of work.
  - Triple threat. Stick up by the ear. Pass, shoot, dodge from this position.
- Shooting
  - Overhand shooting motion. Slide top hand down atleast halfway. Opposite foot forward, drive bottom hand down and away and then top hand and head follow.
- Passing & Catching
  - Teaching to follow through to target. When catching, top hand at throat of stick.

Stationary Ground Balls - 5 Minutes

a) Hand out balls. Everyone stays in line. Rep poop, scoop, protect. Check form, give pointers.
b) Add in cradling. Poop, scoop, protect, into cradling. Then into triple threat position.

Ground Ball Sprint Relay – 10 minutes

a) Split into multiple teams' dependant on numbers. Try to have teams under 10 people.
b) Split half and half across from each other. About 15–20-foot spread (shuttle setup).
c) One ball per team. Ball starts on ground. Player 1 scoops and sprints to opposite line then drops ball, next player scoops and sprints back across. Once finished players sit to let coach know they have gone, and cheer on teammates.
d) Team with everyone sitting first is the winner. Do multiple rounds.

Long Toss/Wall Ball – 5 Minutes

a) Working on overhand throwing. Everyone has a ball.
b) Everyone lines up facing same direction, on whistle, they throw the ball as far as the can.
c) Once everyone throws, sprint to get your ball, then we sprint up to the farthest throw and line up again.
d) On whistle, throw again, and continue until other side of field, then come back other way.
e) Can be hectic, make sure they only throw the ball on the whistle.

Stick Protection & Defence – 10 Minutes

a) Partner up with 1 ball. Players line up on side boards/lines. One player has ball facing middle, other player has no ball facing ball carrier (defender)
b) On whistle, players slowly go across the floor. Defence focus is body position, stay between ball carrier and other side of field. Two hands on stick. Offence focus is keeping good stick protection while moving and under pressure (ball, body, D)
c) If O drops ball, let them pick up and continue to other side. Rotate O and D each rep

Dodge & Shoot – 10 Minutes

a) Have dodges on pylons, coaches, other players, depending on numbers
b) Work on three basics – Split strong hand, roll dodge, face dodge
c) Split strong is top side dodge, roll and face dodge are back side dodges
d) After each dodge important to get stick to triple threat and get ready to shoot

Partner Passing – 10 Minutes

a) Start 6 feet apart. 1 minute. Back up 2 steps on whistle, continue 1 minute. Back up 2 steps on next whistle, continue 1 minute. Come back to original distance for quick sticks (no cradling), continue 1 minute. Repeat with competitions.

Zig-Zag Passing, Stationary – 5 Minutes

a) Split into 2 teams. Split balls evenly and put at start of line. Players line up across from each other in zig zag pattern
b) On whistle, start of line starts passing balls to next player in line, and so on
c) Balls need to get all the way to the other end of line and placed on ground
d) First team to get all balls to other end, wins

4 Player, 2 Ball Passing – 5 Minutes

a) Players in groups of 4. 1 player in "middle", other players line up 8 feet away in a fan shape
b) Fan players need 2 balls between them. First player passes into middle, middle passes to player who had no ball. Then second player passes ball in, and pass goes back out to first player who has no ball. Continue for 1 Minute then switch middle

3 Step Outside Shooting – 5 minutes

a) Line up every player facing a net. On whistle, every player shoots at net
b) Butt end is aimer, lead hip towards target. Follow through with head pointing towards target on release, then finish with head pointing low and away
c) After all shots, players run to get their ball, and run back to line up again
d) Can not lineup in same place twice

Obstacle Course Relay – 10 Minutes

a) Split into teams (no more than 10 per team)
b) Set out cones for each team to run around. Every player needs a ball
c) Ball must start on the ground for every player. On whistle, first player scoops ball, sprints around all cones while cradling, then back down to net and shoots ball in. Next player goes once their team has scored into the net
d) Once you score, return to line, sit and cheer. First team sitting, wins

Sharks' vs Minnows – 10 Minutes

a) Line up all players on one sideline. Coaches are sharks to start

b) On whistle every player has to get to opposite side. If you drop your ball, you are out and become a shark. Sharks can only check head of stick (aim for mesh)
c) We keep going until we get every minnow or one remains and is the winner

3 Zone Game – 15 Minutes
a) Split teams as even as possible. Make 3 distinct zones on field
b) Put equal number of players in each zone for each team. Nets at each end
c) Players cannot leave zones, have to pass zone to zone trying to score in other team's net. Hit posts to score. Defence no cross-checking. Stick on mesh, body position
d) After 5 minutes, rotate zone. Have 2 balls or more depending on size of group

Debrief – 5 Minutes
Ask what players liked best, what they will remember, and encourage to register!

U15 & U17 Age Group

Introduction: Introduction of coaches. Ask who has played lacrosse before, who has seen it, who has heard of it. What do you know or have you heard? Pass out the sticks and balls.

Warmup – 10 – 15 Minutes - All players grab balls
- Hit the boards/wall
  - Start rolling the ball against the boards. Emphasis on getting low to pick up the loose ball. Bottom hand has to get lower than the hips. Scoop through the ball. After scooping ball, cradle and bring stick up to ear (talking on the phone). Then roll again
  - Throw ball against board. Aim for a target near top of the boards (coaches can tape X's or markers). Make sure we are stepping with opposite foot. When we wind up to pass/shoot use our butt end as a marker. Where your butt end is aimed is where the ball goes. OVERHAND
- Lap it up! Balls in stick and coaches in the middle
  - Cradling with our sticks up high ready to make a lacrosse play. While we do laps pass to the coaches in the middle (give and go). Based on level coaches can roll the ball back or pass it
- Quick dynamic stretch
  - Side boards to side boards quick stretch followed by side shuffle and coach pointing stick to give players direction (run forward, backwards, shuffle left and right). Once again, ball in stick

Partner Passing – 5 Minutes
a) Players 6-8 feet apart to start. Back up 2 steps on whistle. Back up 2 more steps on next whistle. Then come closer and work quick sticks (no cradling)
b) If players are doing well at this, go straight to shuttles next. If not do 2 ball passing

4 Player 2 Ball Passing – 5 Minutes
a) Players in groups of 4. 1 player in "middle", other players line up 8 feet away in a fan shape

b) Fan players need 2 balls between them. First player passes into middle, middle passes to player who had no ball. Then second player passes ball in, and pass goes back out to first player who has no ball. Continue for 1 Minute then switch middle

Shuttle – 5 - 10 Minutes

a) Ground balls rolling to opposite line. Get low and scoop through the ball
b) Passing line to line. Always presenting target when receiving pass and cushioning pass like you are catching an egg. Passing the ball, use butt end as your aim and follow through on every pass. Its okay if you miss a pass, just run to get the ground ball and get back in the drill! We all make mistakes so don't get mad

1 pick 2 shots (High low shooting) – 10 minutes

a) 4 lines, 2 lines of lefties and 2 of righties. Low line is goal line extended at the edge of the 24 (15-20 feet away from the net if not on lacrosse floor). High line is vertically parallel to low line and 20-25 feet higher than low
b) Balls in every line! Right side starts, low line does a V cut and sets a pick for top line (we can start this drill by asking who knows what a pick is, who has played basketball or lacrosse and understands a pick). We can take a minute or two to talk about the basics of a pick. Will get into more depth on pick and roll fundamentals in sessions 3-5. High line cuts off pick and receives pass from low lefty line and shoots on net, this is an inside shot. Picker rolls and receives pass from opposite high line and takes outside shot. Left line is up next
c) Make sure we are always watching our passes into our stick before we think about shooting, one step at a time mentality
d) Shooting mechanics are similar to passing. Where our butt-end points is where the ball will go. Overhand = Accuracy!! We will see many players shoot from the hip or ¾. Talk about outcomes of a shot overhand vs sidearm
e) End with a competition. If there are goalies, first side to score 5 goals. If no goalies, first to hit a post (Righties vs lefties)

Offensive Dodging – 10 Minutes

a) Line of Righties and Lefties at blue line or restraining line. Balls in both lines. Coaches play dummy defence
b) Break down 3 dodges to start
   1. Split dodge – Fake going to your off side, plant outside foot, sell with shoulder and then explode the other way
   2. Roll dodge – Act like you are going top side, step back foot into defender and start spinning towards boards, protect stick into your body and carry momentum down boards towards the net
   3. Swim move – Show this move after going over split and roll. This is more for fun! Set up defender like you are going top side, put stick in strong hand and "swim" over the defender. Go to cage and finish

Stick Protection & Defence – 5 Minutes

a) Partner up with 1 ball. Players line up on side boards/lines. One player has ball facing middle, other player has no ball facing ball carrier (defender)
b) On whistle, players slowly go across the floor. Defence focus is body position, stay between ball carrier and other side of field. Two hands on stick. Offence focus is keeping good stick protection while moving and under pressure (ball, body, D)
c) If O drops ball, let them pick up and continue to other side. Rotate O and D each rep

Full floor ground balls and passing gauntlet – 10 Minutes

a) Need 4 individuals (coaches and a couple players) to line up at restraining lines. The rest of the players in both corners with balls
b) Players start with a ball and roll the ball (second time through we progress to passing) to coach at first restraining line who rolls/passes pack to the players, after getting ball back they give it to coach at far restraining line, get it back and shoot on goal. Use players to feed if limited number of coaches. Make sure feeders rotate
c) Focus is on retrieving ground balls and passing and catching with feet moving
d) If they are getting the hang of it, they can go up the middle and pass to left coach first and right coach second (or vice versa)

Pick and roll fundamentals – 10 Minutes

a) Break down a V cut. Picking player gets to the middle of the floor, looking for the ball. The player then makes a second cut towards the ball carrier. This way the pick is being set where the defender can't see the pick coming
b) The ball carrier needs to set up his defender like he is going 1 on 1! When the pick is getting close to happening, they need to get gap closure and run their defender right off the pick! Call this 'misdirection'

Circle aiming challenge (spots on the floor if not on lacrosse floor) – 5 Minutes

a) Start at left faceoff dot. You have to throw it into the net with no bounce. If you score you go to right faceoff dot. If you miss stay at your line
   Once you score at both faceoff circles you go to center line and have to score but are allowed one bounce
b) Great opportunity to focus on aiming with butt end and making sure you are shooting overhand

Full floor relay – 10 Minutes

a) Players start in one end and 3 cones are set up equal distance for the whole length of the floor
b) Start with the player picking up a loose ball (get low and scoop through the ball)
c) At the first cone do a split dodge, second cone roll dodge, third cone swim. Pass to coach after, they pass back and then you have to score on the net. Once the ball goes into the net the next player in line goes
d) IT IS A RACE

Numbers game – 5-10 Minutes

a) Two teams, one on each bench. Alternating which team is playing Offence and which is playing defence every possession. Coach yells a number up to 5. That's how many O players go out and 1 less D player comes out (if you yell 4 then O team sends out 4 and D 3). After each possession we switch which team is on offence
b) Play a fun game to 5

3 Zone Game – 10 Minutes

a) Split teams as even as possible. Make 3 distinct zones on field
b) Put equal number of players in each zone for each team. Nets at each end
c) Players cannot leave zones, have to pass zone to zone trying to score in other team's net. Hit posts to score. Defence no cross-checking. Stick on mesh, body position
d) After 5 minutes, rotate zone. Have 2 balls or more depending on size of group

Debrief – 5 Minutes
Ask what players liked best, what they will remember, and encourage to register!

Try-It Day Camp/Multi Session - 3 Sessions

U7 & U9
Cradling – Basic. Triple threat. Stick protection (ball, body, D). Dodging (Split, roll, face).
Ground Balls – Poop, scoop, protect. Stationary. On the run.
Shooting – Overhand. Stationary. On the run.
Passing & Catching – Rolling. Stationary.
Defence – Stick on mesh only.

U11 & U13
Cradling – Basic. Triple threat. Stick protection (ball, body, D). Dodging (Split, roll, face).
Ground Balls – Poop, Scoop, Protect. Stationary. On the run.
Shooting – Overhand. Stationary. On the run.
Passing & Catching – Rolling ball on the run. Stationary in the air. Give and go.
Defence – Body positioning. Stick on mesh only.

U15 & U17
Cradling – Basic. Triple threat. Stick protection (ball, body, D). Dodging (Split, roll, swim).
Ground Balls – Two butts down. Stationary. On the run.
Shooting – Overhand. Stationary. On the run.
Passing & Catching – Rolling. Stationary. On the run. In the air. Stationary. On the run.
Offence – Cutting (front & back). Pick & roll (Front & back). On ball.
Defence – Body positioning. Stick on mesh. Approach, breakdown, top side. Switching.

U7 & U9 – Session 1 of 3

Introduction: Introduce the stick, the balls, the net. Ask who has played lacrosse before, who has seen it, who has heard of it. What do you know or have you heard? Pass out the sticks, no balls.

Warmup - 10 Minutes. Have players all in line facing coach with stick width between them.

- Poop, scoop, protect
    - Focus on motion and getting low to ground. No balls, just pretend. Work on stepping towards ball with same side foot, butt end low to ground, bring stick up by chest and ear after scoop.
- Cradling
    - Basic ‘open carry’ cradle. Top hand wrist curls up. Bottom hand is loose enough for stick to move, but tight enough to hold on to stick. Top hand does 90% of work.
- Shooting
    - Overhand shooting motion. Slide top hand down at least halfway. Opposite foot forward, drive bottom hand down and away and then top hand and head follow.

Stationary Ground Balls - 5 Minutes

a. Hand out balls. Everyone stays in line. Rep poop, scoop, protect. Check some form, give some pointers.
b. Add in cradling. Poop, scoop, protect, into cradling. Ball, body, D stick protection.

Ice Cream Shop – 5 Minutes

a. Split into multiple teams of max 5 players
b. One ball per group. All get their own little area and crowd around each other.
c. On whistle players take turns scooping ball, bringing to cradle, then dropping. Players cannot scoop a second time until everyone has scooped once, and so on.
d. Teams count scoops out loud. Most scoops win.

Ground Ball Sprint Relay – 5-10 minutes

a. Split into multiple teams dependent on numbers. Try to have teams under 10 people.
b. Split half and half across from each other. About 15–20-foot spread (shuttle setup).
c. One ball per team. Ball starts on ground. Player 1 scoops and sprints to opposite line then drops ball, next player scoops and sprints back across. Once finished players sit to let coach know they have finished, and cheer on teammates.
d. Team with everyone sitting first is the winner. Do multiple rounds.

Long Toss – 5 Minutes

a. Working on overhand throwing. Everyone has a ball
b. Everyone lines up facing same direction, on whistle, they throw the ball as far as the can
c. Once everyone throws, sprint to get your ball, then we sprint up to the farthest throw and line up again
d. On whistle, throw again, and continue until other side of field, then come back other way
e. Can be hectic, make sure they only throw the ball on the whistle

Clean Your Room – 5 Minutes

a. Split the field in half, with a net at each end
b. Spread same number of balls on each side. Players start touching their net
c. On whistle, players sprint around and throw all the balls from their side into their net
d. Only throw one ball at a time, and the team with all the balls in their net first, wins

Obstacle Course Relay – 5-10 Minutes

a. Split into teams (no more than 10 per team)
b. Set out cones for each team to run around. Every player needs a ball
c. Ball must start on the ground for every player. On whistle, first player scoops ball, sprints around all cones while cradling, then back to net and shoots ball in. Next player goes once their team has scored into the net
d. Once you score, return to line and sit and cheer. First team sitting, wins

Sharks' vs Minnows – 5-10 Minutes

a. Line up all players on one sideline. Coaches are sharks.
b. On whistle every player has to get to opposite side. If you drop your ball, you are out and become a shark. Sharks can only check head of stick (aim for mesh)
c. We keep going until we get every minnow or one remains and is the winner

Debrief – 5 Minutes

a. Ask what players liked best, what they will remember, and tee up session 2
b. Catching, stick protection, defence, and shooting

U7 & U9 – Session 2 of 3

Review Session 1 – 5 Minutes

a. Who remembers the parts of the stick? (Head, shaft, mesh)
b. How do we protect the ball? (Stick, body, D)
c. How do we throw the ball? (Overhand, slide top hand down, butt end aimer)

Warmup – 10 Minutes

- Stationary ground balls – 3 Minutes
- Lap it up – 3 Minutes
- Long Toss – 3 Minutes

Catching – 5 Minutes

a. Catching the ball is like catching an egg. Have to cushion it
b. Play wall ball first. If outside, partner passing
c. Stress hand at top of stick for maximum control. Wall ball, if possible, otherwise partner up

Cradle Snake w/Shot – 5 Minutes

a. Have multiple lines going at once
b. Set up series of cones in a line, 5 cones max
c. Players start with ground ball, scoop, weave cones cradling, then shoot on net
d. Pretend cones are like defenders, keep stick protected from cones

Clean Your Room – 5 Minutes

a. Split the field in half, with a net at each end
b. Spread same number of balls on each side. Players start touching their net
c. On whistle, players sprint around and throw all the balls from their side into their net
d. Only throw one ball at a time, and the team with all the balls in their net first, wins

Stick Protection & Defence – 5 Minutes

a. Partner up with 1 ball. Players line up on side boards/lines. One player has ball facing middle, other player has no ball facing ball carrier (defender)
b. On whistle, players slowly go across the floor. Defence focus is body position, stay between ball carrier and other side of field. Two hands on stick. Offence focus is keeping good stick protection while moving and under pressure (ball, body, D)
c. If O drops ball, let them pick up and continue to other side. Rotate O and D each rep

Dodge & Shoot – 5 Minutes

a. Have dodges on pylons, coaches, other players, depending on numbers
b. Work on two basics – Split strong hand and roll dodge
c. Split strong is top side dodge, roll is back side dodge
d. After dodge get stick to triple threat and shoot

C-Cut Shooting – 5 Minutes

a. Have players separate in to right and left (both ends if possible)
b. Balls up top with coach, set up a couple cones on each side to draw out C
c. Players run c-cut pattern on floor take pass or loose ball from coach, shoot

Full Floor Relay – 5-10 Minutes

a. Players start in one end and 3 cones are set up equal distance for the whole length of the floor
b. Start with the player picking up a loose ball (get low and scoop through the ball)
c. At the first cone do a split dodge, second cone roll dodge, third cone stick up to triple threat. Once the ball goes into the net the next player in line goes
d. IT IS A RACE. Cheer teammates after you finish

Sharks' vs Minnows – 5 Minutes

a. Line up all players on one sideline. Coaches are sharks
b. On whistle every player has to get to opposite side. If you drop your ball, you are out and become a shark. Sharks can only check head of stick (aim for mesh)
c. We keep going until we get every minnow or one remains and is the winner

Debrief – 5 Minutes

a. Ask what players liked best, what they will remember, and tee up session 3
b. Session 3 is Game Day! All fun games and relays

U7 & U9 – Session 3 of 3 (Game Day!)

Review Session 2 – 5 Minutes

a. Who remembers what triple threat is?
b. Who remembers how we play defence (2 hands, position between check and net)?

c. Who remembers how to keep stick protected (ball, body, D)?

Warmup – 10 Minutes
- Lap it up (Coaches in middle checking form, taking passes, rolling GB's)– 3 Minutes
- Partner Passing (8 feet, 10 feet) – 3 Minutes
- Shuttle Drill (Ground balls, in air)– 3 Minutes

Ice Cream Shop – 5 Minutes
a. Split into multiple teams of max 5 players
b. One ball per group. All get their own little area and crowd around each other
c. On whistle players take turns scooping ball, bringing to cradle, then dropping. Players cannot scoop a second time until everyone has scooped once, and so on
d. Teams count scoops out loud. Most scoops win

Sharks' vs Minnows – 5 Minutes
a. Line up all players on one sideline. Coaches are sharks.
b. On whistle every player has to get to opposite side. If you drop your ball, you are out and become a shark. Sharks can only check head of stick (aim for mesh)
c. We keep going until we get every minnow or one remains and is the winner.

3 Zone Game – 15 Minutes
a. Split teams as even as possible. Make 3 distinct zones on field
b. Put equal number of players in each zone for each team. Nets at each end
c. Players cannot leave zones, have to pass zone to zone trying to score in other team's net. Hit posts to score. Defence no cross-checking. Stick on mesh, body position
d. After 5 minutes, rotate zone. Have 2 balls or more depending on size of group

2 Zone Game – 15 Minutes
a. Same teams if fair, if not make trades. Split zones at half. Same rules
b. Have to pass zone to zone. Hit posts to score. Multi ball. Defence no cross-checking, stick on mesh, body position

U11 & U13 – Session 1 of 3

Introduction: Introduce the stick, the balls, the net. Ask who has played lacrosse before, who has seen it, who has heard of it. What do you know or have you heard? Pass out the sticks, no balls.

Warmup - 10 Minutes - Have players all in line facing coach with stick width between them
- Poop, Scoop, Protect
    - Focus on motion and getting low to ground. No balls, just pretend. Work on stepping towards ball with same side foot, butt end low to ground, bring stick up by chest and ear after scoop

- Cradling
  - Basic 'open carry' cradle. Top hand wrist curls up. Bottom hand is loose enough for stick to move, but tight enough to hold on to stick. Top hand does 90% of work
  - Triple threat. Stick up by the ear. Pass, shoot, dodge from this position
- Shooting
  - Overhand shooting motion. Slide top hand down at least halfway. Opposite foot forward, drive bottom hand down and away and then top hand and head follow
- Passing & Catching
  - Teaching to follow through to target. When catching, top hand at throat of stick

Stationary Ground Balls - 5 Minutes

a. Hand out balls. Everyone stays in line. Rep poop, scoop, protect. Check some form, give some pointers
b. Add in cradling. Poop, scoop, protect, into cradling. Then into triple threat position

Ground Ball Sprint Relay – 5-10 minutes

a. Split into multiple teams' dependent on numbers. Try to have teams under 10 people
b. Split half and half across from each other. About 15–20-foot spread (shuttle setup)
c. One ball per team. Ball starts on ground. Player 1 scoops and sprints to opposite line then drops ball, next player scoops and sprints back across. Once finished players sit to let coach know they have gone, and cheer on teammates
d. Team with everyone sitting first is the winner. Do multiple rounds

Long Toss – 5 Minutes

a. Working on overhand throwing. Everyone has a ball
b. Everyone lines up facing same direction, on whistle, they throw the ball as far as the can
c. Once everyone throws, sprint to get your ball, then we sprint up to the farthest throw and line up again
d. On whistle, throw again, and continue until other side of field, then come back other way

Partner Passing – 5 Minutes

a. Start 6 feet apart. 1 minute. Back up 2 steps on whistle, continue 1 minute. Back up 2 steps on next whistle, continue 1 minute. Come back to original distance for quick sticks (no cradling), continue 1 minute

Zig-Zag Passing, Stationary – 5 Minutes

a. Split into 2 teams. Split balls evenly and put at start of line. Players line up across from each other in zig zag pattern
b. On whistle, start of line starts passing balls to next player in line, and so on
c. Balls need to get all the way to the other end of line and placed on ground
d. First team to get all balls to other end, wins

4 Player, 2 Ball Passing – 5 Minutes

a. Players in groups of 4. 1 player in "middle", other players line up 8 feet away in a fan shape
b. Fan players need 2 balls between them. First player passes into middle, middle passes to player who had no ball. Then second player passes ball in, and pass goes back out to first player who has no ball. Continue for 1 Minute then switch middle

3 Step Outside Shooting – 5-10 minutes

a. Line up every player facing a net. On whistle, every player shoots at net
b. Butt end is aimer, lead hip towards target. Follow through with head pointing towards target on release, then finish with head pointing low and away
c. After all shots, players run to get their ball, and run back to line up again
d. Cannot lineup in same place twice

Debrief – 5 Minutes

a. Ask what players liked best, what they will remember, and tee up session 2
b. Stick protection, defence, shooting

U11 & U13 – Session 2 of 3

Review Session 1 – 5 Minutes

a. Who remembers the 3 parts of ground balls? (Scoop, poop, protect)
b. When shooting, which foot do we put forward and step with? (opposite)
c. What are the 3 keys to catching a pass? (Give a target, hand at throat, cushion)

Warmup – 10 Minutes

- Lap it up – 3 Minutes – Coach stands in middle and check cradling form, take passes
- Long Toss/Wall Ball – 3 Minutes – Check form and give tips
- Shuttle Drills – 3 Minutes – Ground balls, then in the air

Stick Protection & Defence – 5 Minutes

a. Partner up with 1 ball. Players line up on side boards/lines. One player has ball facing middle, other player has no ball facing ball carrier (defender)
b. On whistle, players slowly go across the floor. Defence focus is body position, stay between ball carrier and other side of field. Two hands on stick. Offence focus is keeping good stick protection while moving and under pressure (ball, body, D)
c. If O drops ball, let them pick up and continue to other side. Rotate O and D each rep

Dodge & Shoot – 10 Minutes

a. Have dodges on pylons, coaches, other players, depending on numbers
b. Work on three basics – Split strong hand, roll dodge, face dodge
c. Split strong is top side dodge, roll and face dodge are back side dodges

d. After each dodge important to get stick to triple threat and get ready to shoot

Full Floor Relay – 5-10 Minutes

a. Players start in one end and 3 cones are set up equal distance for the whole length of the floor
b. Start with the player picking up a loose ball (poop, scoop, protect)
c. At the first cone do a split dodge, second cone roll dodge, third cone face dodge. Once the ball goes into the net the next player in line goes
d. IT IS A RACE. Cheer teammates after you finish

Zig-Zag Passing – Stationary – 5 Minutes

a. Split into 2 teams. Split balls evenly and put at start of line. Players line up across from each other in zig zag pattern
b. On whistle, start of line starts passing balls to next player in line, and so on
c. Balls need to get all the way to the other end of line and placed on ground
d. First team to get all balls to other end, wins

C-Cut Shooting – 5 Minutes

a. Have players separate in to right and left (both ends if possible)
b. Balls up top with coach, set up a couple cones on each side to draw out C
c. Players run c-cut pattern on floor take pass or loose ball from coach, shoot
d. Add face dodge to drive for inside shot

Target Shooting – 5-10 Minutes

a. Place a target in each net (bring them to same end)
b. Two teams. Players line up in half moon around net (imagine 2-4)
c. One shot at a time as we go around. Keep track of how many hits
d. If coach has money to burn, can make it toonie shoot, tape toonie in net (make it take it)

Line Passing – 5-10 Minutes

a. Two teams line up opposite each other. 12 feet apart or so
b. 2-3 players from each team go into middle. Ball starts with one team. Goal is to complete as many passes as possible from the line outside (all stationary), to inside players who are moving trying to get open. 3 players from other team in middle are playing defence, no contact, only disrupt passes
c. Both teams get chance on offence. 1 point awarded to team that completes more, swap middle players

Debrief – 5 Minutes

a. Review on shooting, dodging, defence
b. Tee up session 3 (game day! All games and competitions)

U11 & U13 – Session 3 of 3 (Game Day!)

Review Session 2 – 5 Minutes

a. Who can name our 3 dodges? (Split, roll, face)
b. Who can name keys to defence? (Position between net and check, 2 hands on stick)
c. What position do we put the stick in prior to shooting? (Triple threat)

Warmup – 10 Minutes

- Lap it up – 3 minutes – Check form and take passes in the middle, roll GB back
- Partner passing – 3 minutes – 8 ft, 10 ft
- Shuttles – 3 minutes – ground balls, in the air

Full Floor Relay – 10 Minutes

a. Players start in one end and 3 cones are set up equal distance for the whole length of the floor.
b. Start with the player picking up a loose ball (poop, scoop, protect)
c. At the first cone do a split dodge, second cone roll dodge, third cone face dodge. Once the ball goes into the net the next player in line goes. Cheer teammates on

3 Zone Game – 15 Minutes

a. Split teams as even as possible. Make 3 distinct zones on field
b. Put equal number of players in each zone for each team. Nets at each end
c. Players cannot leave zones, have to pass zone to zone trying to score in other team's net. Hit posts to score. Defence no cross-checking. Stick on mesh, body position
d. After 5 minutes, rotate zone. Have 2 balls or more depending on size of group

Line Passing – 5-10 Minutes

a. Two teams line up opposite each other. 12 feet apart or so
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c. Both teams get chance on offence. 1 point awarded to team that completes more, swap middle players

2 Zone Game – 15 Minutes

a. Same teams if fair, if not make trades. Split zones at half. Same rules
b. Have to pass zone to zone. Hit posts to score. Multi ball. Defence no cross-checking, stick on mesh, body position

U15 & U17 - Session 1 of 3

Introduction: Introduction of coaches. Ask who has played lacrosse before, who has seen it, who has heard of it. What do you know or have you heard? Pass out the sticks and balls.

Warmup – 10 – 15 Minutes - All players grab balls

- Hit the boards
  - Start rolling the ball against the boards. Emphasis on getting low to pick up the loose ball. Bottom hand has to get lower than the hips. Scoop through the ball. After scooping ball, cradle and bring stick up to ear (talking on the phone). Then roll again
  - Throw ball against board. Aim for a target near top of the boards (coaches can tape X's or markers). Make sure we are stepping with opposite foot. When we wind up to pass/shoot use our butt end as a marker. Where your butt end is aimed is where the ball goes. OVERHAND
- Lap it up! Balls in stick and coaches in the middle
  - Cradling with our sticks up high ready to make a lacrosse play. While we do laps pass to the coaches in the middle (give and go). Based on level coaches can roll the ball back or pass it
- Quick dynamic stretch
  - Side boards to side boards quick stretch followed by side shuffle and coach pointing stick to give players direction (run forward, backwards, shuffle left and right). Once again, ball in stick

Partner Passing – 5 Minutes

a. Players 6-8 feet apart to start. Back up 2 steps on whistle. Back up 2 more steps on next whistle. Then come closer and work quick sticks (no cradling)
b. If players are doing well at this, go straight to shuttles next. If not do 2-ball passing

4 Player 2 Ball Passing – 5 Minutes

a. Players in groups of 4. 1 player in "middle", other players line up 8 feet away in a fan shape.
b. Fan players need 2 balls between them. First player passes into middle, middle passes to player who had no ball. Then second player passes ball in, and pass goes back out to first player who has no ball. Continue for 1 Minute then switch middle

Shuttle – 5 Minutes

a. Ground balls rolling to opposite line. Get low and scoop through the ball
b. Passing line to line. Always presenting target when receiving pass and cushioning pass like you are catching an egg. Passing the ball, use butt end as your aim and follow through on every pass. It's okay if you miss a pass, just run to get the ground ball and get back in the drill! We all make mistakes so don't get mad

1 pick 2 shots (High low shooting) – 10 minutes

a. 4 lines, 2 lines of lefties and 2 of righties. Low line is goal line extended at the edge of the 24 (15-20 feet away from the net if not on lacrosse floor). High line is vertically parallel to low line and 20-25 feet higher than low
b. Balls in every line! Right side starts, low line does a V cut and sets a pick for top line (we can start this drill by asking who knows what a pick is, who has played basketball or lacrosse and understands a pick). We can take a minute or two to talk about the basics of a pick. Will get into more depth on pick and roll fundamentals in sessions 3-5. High line cuts off pick and receives pass from low lefty line and shoots on net, this is an inside shot. Picker rolls and receives pass from opposite high line and takes outside shot. Left line is up next
c. Make sure we are always watching our passes into our stick before we think about shooting, one step at a time mentality
d. Shooting mechanics are similar to passing. Where our butt-end points is where the ball will go. Overhand = Accuracy!! We will see many players shoot from the hip or ¾. Talk about outcomes of a shot overhand vs sidearm
e. End with a competition. If there are goalies, first side to score 5 goals. If no goalies, first to hit a post (Righties vs lefties)

Offensive Dodging – 10 Minutes

a. Line of Righties and Lefties at blue line or restraining line. Balls in both lines. Coaches play dummy defence
b. Breakdown 3 dodges to start
   1. Split dodge – Fake going to your off side, plant outside foot, sell with shoulder and then explode the other way
   2. Roll dodge – Act like you are going top side, step back foot into defender and start spinning towards boards, protect stick into your body and carry momentum down boards towards the net
   3. Swim move – Show this move after going over split and roll. This is more for fun! Set up defender like you are going top side, put stick in strong hand and "swim" over the defender. Go to cage and finish

Full floor ground balls and passing gauntlet – 5 Minutes

a. Need 4 individuals (coaches and a couple players) to line up at restraining lines. The rest of the players in both corners with balls
b. Players start with a ball and roll the ball (second time through we progress to passing) to coach at first restraining line who rolls/passes pack to the players, after getting ball back they give it to coach at far restraining line, get it back and shoot on goal. Use players to feed if limited number of coaches. Make sure feeders rotate
c. Focus is on retrieving ground balls and passing and catching with feet moving
d. If they are getting the hang of it, they can go up the middle and pass to left coach first and right coach second (or vice versa)

Circle aiming challenge (spots on the floor if not on lacrosse floor) – 5 Minutes

a. Start at left faceoff dot. You have to throw it into the net with no bounce. If you score you go to right faceoff dot. If you miss stay at your line. Once you score at both faceoff circles you go to center line and have to score but are allowed one bounce
b. Great opportunity to focus on aiming with butt end and making sure you are shooting overhand

Full floor relay – 5 – 10 Minutes

a. Players start in one end and 3 cones are set up equal distance for the whole length of the floor
b. Start with the player picking up a loose ball (get low and scoop through the ball)
c. At the first cone do a split dodge, second cone roll dodge, third cone swim. Pass to coach after, they pass back and then you have to score on the net. Once the ball goes into the net the next player in line goes
d. IT IS A RACE

Debrief – 5 Minutes
Ask what players liked best, what they will remember, and review passing, shooting and other key takeaways

U15 & U17 - Session 2 of 3

Review Session 1 – 5 Minutes

a. Who remembers the 3 parts of ground balls? (Scoop, poop, protect)
b. When shooting, which foot do we put forward and step with? (opposite)
c. What are the 3 keys to catching a pass? (Give a target, hand at throat, cushion)
d. What are 3 offensive moves we can do? (Spin/Roll, Split, Swim)

Warmup – 10 – 15 Minutes - All players grab balls

- Hit the boards
  - Start rolling the ball against the boards. Emphasis on getting low to pick up the loose ball. Bottom hand has to get lower than the hips. Scoop through the ball. After scooping ball, cradle and bring stick up to ear (talking on the phone). Then roll again
  - Throw ball against board. Aim for a target near top of the boards (coaches can tape X's or markers). Make sure we are stepping with opposite foot. When we wind up to pass/shoot use our butt end as a marker. Where your butt end is aimed is where the ball goes. OVERHAND
- Lap it up! Balls in stick and coaches in the middle
  - Cradling with our sticks up high ready to make a lacrosse play. While we do laps pass to the coaches in the middle (give and go). Based on level coaches can roll the ball back or pass it
- Quick dynamic stretch
  - Side boards to side boards quick stretch followed by side shuffle and coach pointing stick to give players direction (run forward, backwards, shuffle left and right). Once again, ball in stick

Shuttle Passing – 5 Minutes

a. 4 lines 20 feet apart to start
b. Start with groundballs. Scoop through the ball and place it down. Lines alternate
c. Passing with the ball in the air. Present target when catching and cushion the ball. Once players get the hang of it, we can do a competition to 10 with no drops
d. Depending on skill level we can do one man out, over the shoulder passing/catching

Stick Protection & Defence – 5-10 Minutes

a. Partner up with 1 ball. Players line up on side boards/lines. One player has ball facing middle, other player has no ball facing ball carrier (defender)
b. On whistle, players slowly go across the floor. Defence focus is body position, stay between ball carrier and other side of field. Two hands on stick. Offence focus is keeping good stick protection while moving and under pressure (ball, body, D)
c. If O drops ball, let them pick up and continue to other side. Rotate O and D each rep

Pick and roll fundamentals – 5-10 Minutes

a. Break down a V cut. Picking player gets to the middle of the floor, looking for the ball. The player then makes a second cut towards the ball carrier. This way the pick is being set where the defender can't see the pick coming
b. The ball carrier needs to set up his defender like he is going 1 on 1! When the pick is getting close to happening, they need to get gap closure and run their defender right off the pick! Call this 'misdirection'

Cross floor pick and shot – 10 minutes

a. Players in lines 10 feet above the 24-foot dotted lines. Players start on their wrong side of the floor (Lefties on the left side of the goal and righties on the right side)
b. Balls in both lines on the ground, everyone needs to be ready to have a ball in their sticks! First righty in line passes ball to the lefty. They follow their pass across to the lefty line. The lefty immediately passes the ball to the next righty in the line. The righty who followed their pass is now setting a pick on the lefty line and rolling to the net to receive a pass from the righty line
c. Now lefties go and we continue alternating
d. Follow through on our shots
e. End with a competition. If there are goalies, first side to score 5 goals. If no goalies, first to hit a post (Righties vs lefties)

Circle aiming challenge (spots on the floor if not on lacrosse floor) – 5 Minutes

a. Start at left faceoff dot. You have to throw it into the net with no bounce. If you score you go to right faceoff dot. If you miss stay at your line
   Once you score at both faceoff circles you go to center line and have to score but are allowed one bounce
b. Great opportunity to focus on aiming with butt end and making sure you are shooting overhand

Full floor relay – 5 – 10 Minutes

a. Players start in one end and 3 cones are set up equal distance for the whole length of the floor
b. Start with the player picking up a loose ball (get low and scoop through the ball)
c. At the first cone do a split dodge, second cone roll dodge, third cone swim. Pass to coach after, they pass back and then you have to score on the net. Once the ball goes into the net the next player in line goes
d. IT IS A RACE

Debrief – 5 Minutes
Review defensive positioning, pick and roll because next session we bring it all together for games!

U15 & U17 – Session 3 of 3 (Game Day!)

Review Session 2 – 5 Minutes

a. Who can name keys to the pick and roll? (V cut, set up pick/gap closure, roll)
b. Who can name keys to defence? (Position between net and check, 2 hands on stick)
c. What position do we put the stick in prior to shooting? (Triple threat)

Warmup – 10 Minutes

- Lap it up – 3 minutes – Check form and take passes in the middle, roll GB back
- Partner passing – 3 minutes – 8 ft, 10 ft
- Shuttles – 3 minutes – ground balls, in the air

Full Floor Relay – 10 Minutes

a. Players start in one end and 3 cones are set up equal distance for the whole length of the floor.
b. Start with the player picking up a loose ball (poop, scoop, protect)
c. At the first cone do a split dodge, second cone roll dodge, third cone face dodge. Once the ball goes into the net the next player in line goes. Cheer teammates on

3 Zone Game – 10 Minutes

a. Split teams as even as possible. Make 3 distinct zones on field
b. Put equal number of players in each zone for each team. Nets at each end
c. Players cannot leave zones, have to pass zone to zone trying to score in other team's net. Hit posts to score. Defence no cross-checking. Stick on mesh, body position
d. After 5 minutes, rotate zone. Have 2 balls or more depending on size of group

2 Zone Game – 10 Minutes

c. Same teams if fair, if not make trades. Split zones at half. Same rules
d. Have to pass zone to zone. Hit posts to score. Multi ball. Defence no cross-checking, stick on mesh, body position

7 second game – 5-10 Minutes (depending on skill)

a. Two teams, playing 4 on 3 at each end. The offence has 7 seconds to shoot the ball, then defence has 7 seconds to pass to their offence on the other side of centre
b. Great game for quick passing, but need to judge skill level first. Encourages us to move our feet and make quick passes. Increase time accordingly

Numbers game – 5-10 Minutes

a. Two teams, one on each bench. Alternating which team is playing Offence and which is playing defence every possession. Coach yells a number up to 5. That's how many O players go out and 1 less D player comes out (if you yell 4 then O team sends out 4 and D 3). After each possession we switch which team is on offence
b. Play a fun game to 5

Shootout!! 5 Minutes (encourage trick shots)

a. End with a fun shootout. Show the players what a backhand, reverse backhand/around the world, between the legs, one handed etc. shot looks like and finish with a fun shootout

Quick follow up and encourage everyone to register for lacrosse!

# APPENDIX A

## REGULATION 40, CAMP/NON-LEAGUE SANCTIONING

The Alberta Lacrosse Association is dedicated to player development through co-operation with Member and Non-member organizers by promotion and sanctioning of Camps and Non-League Programming. This sanction process is for camps and not for league programs.

40.01 All camps sanctioned by the ALA must be open to all ALA Members.

40.02 All camps sanctioned must not compete with ALA or ALA Member Club programming.

40.03 All camps sanctioned by the ALA must have all instructors/coaches adequately trained as per Lacrosse Canada Minimum Coaching Standards for the U15 age division. List of all instructor/coaches MUST be supplied.

40.04 New player camps operating more than five (5) days must register players who were not registered with the ALA the previous regular season in RAMP. ALA Registration fees will apply.

40.05 Entities who are not ALA Members must be registered as a Body Corporate.

40.06 Entities who are not ALA Members must provide an insurance certificate with 5M Liability and the ALA co-insured.

40.07 ALA Members cannot request sanctions for non-ALA members.

40.08 ALA Members are prohibited from securing floor time for non-ALA Member sanction request.

40.09 ALA sanction will only be available for ALA Members who are in good standing and for partner programs of the ALA who adhere to the ALA Code of Conduct.

40.10 The camp sanction fee for the year will be:

- $100 for ALA Members
- $200 for non-profit, non-ALA members
- $300 for non-ALA members

40.11 The ALA will communicate only ALA sanctioned camps to the ALA Membership.

GUIDE TO STARTING A NEW CLUB

https://cloud.rampinteractive.com/ablax/files/ALA%20Guide%20to%20Starting%20a%20New%20Club%2C%20Sep%202022.pdf