

CDLA COACHES MANUAL



Peewee, Bantam, Midget

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 - PICK & ROLL



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 - SHORT VERSION
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- 6PASS 2ON1
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- 5-STAR
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 - WITH GOALIE
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- PASS DOWN-PASS ACROSS
- SHUTTLE
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- 4ON3 FROM CENTER
 - WITHOUT CHASER
 - WITH CHASER
- 1 ON 1 FROM THE BOARDS
 - SHOOTER (HIGH)
 - CREASE (LOW)
- 2 ON 2

OFFENSIVE DRILLS

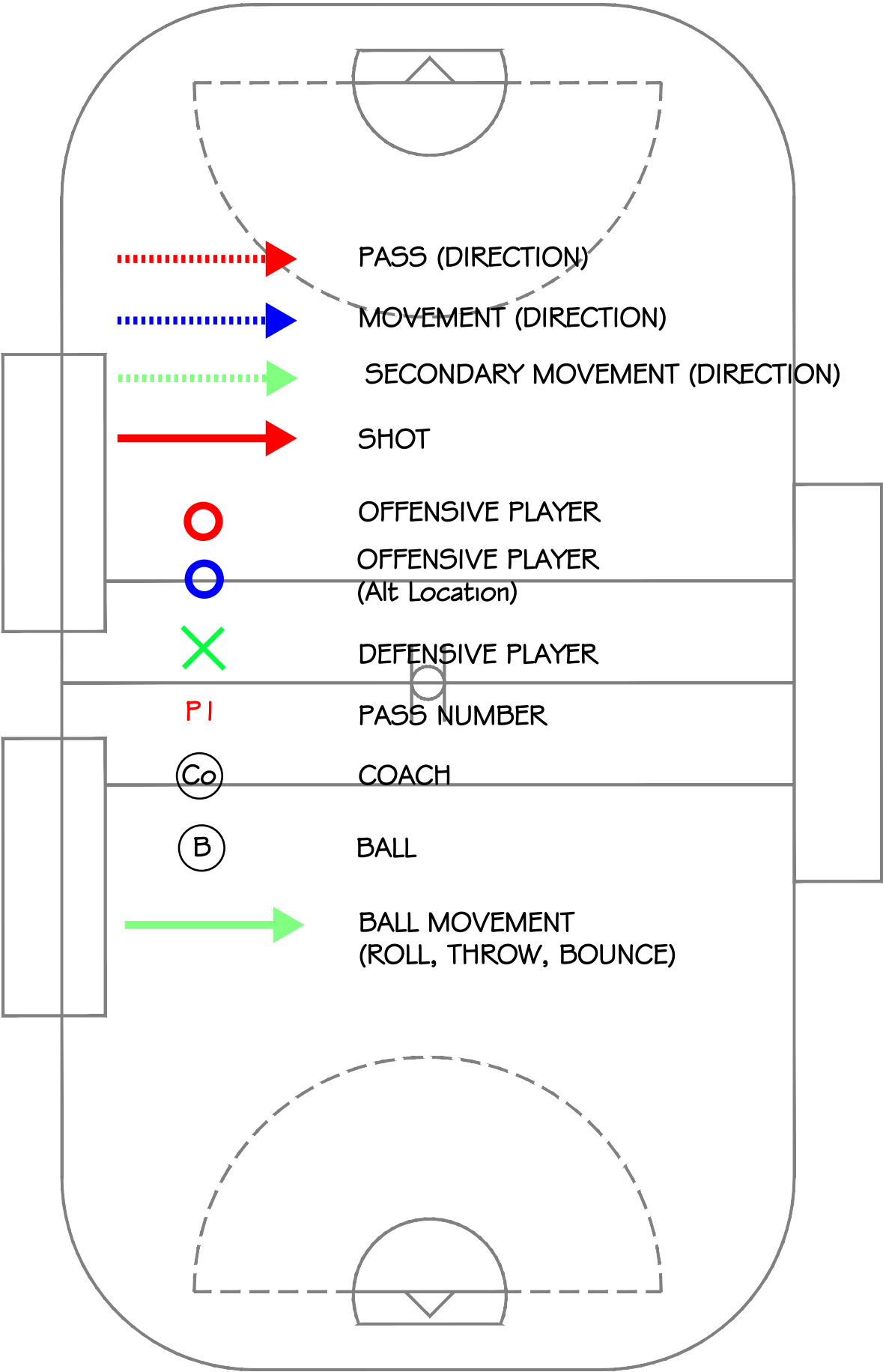
- OFFENSIVE FLOOR POSITIONS
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 - BOX
 - DIAMOND
- FACEOFF
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 - WHEN WINNING FACEOFFS
 - STRETCH THE FLOOR



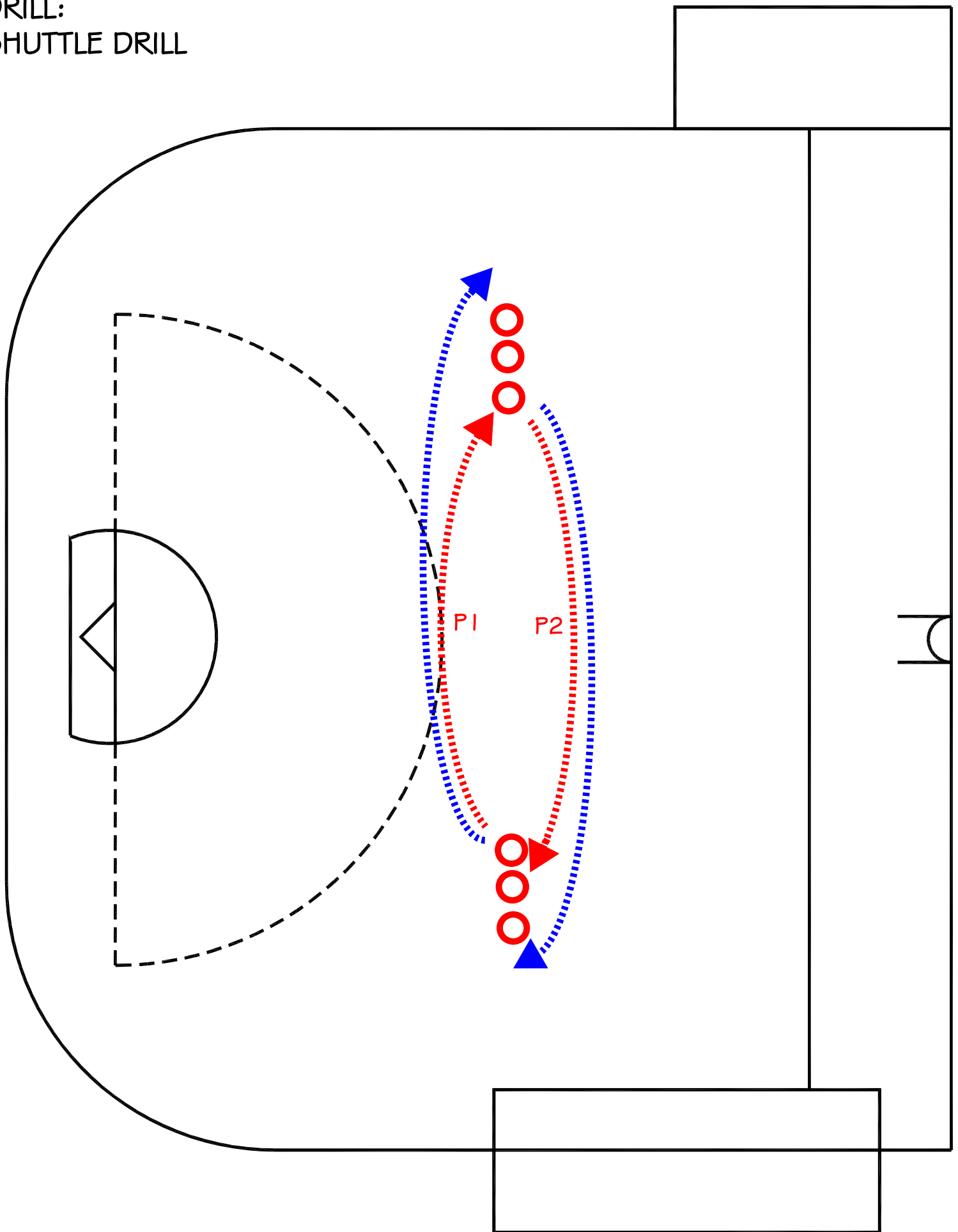
DRILL LEGEND:





PASSING DRILLS

DRILL: SHUTTLE DRILL



DRILL:
SHUTTLE

DRILL TYPE:
WARM UP

LEVEL:
BEGINNER

PURPOSE:

- IMPROVE PASSING AND CATCHING
- ENSURE PROPER TECHNIQUE IS USED
- INTRODUCE PASSING AND CATCHING WITH MOVEMENT

KEY POINTS:

- AIM
- FOLLOW THROUGH
- BEING ALERT
- QUICKLY MOVING TO THE NEXT LINE
- MOVING TOWARDS THE PASS
- MOVING BODY Laterally TO LIMIT CATCHING ACROSS THE BODY

NOTE:

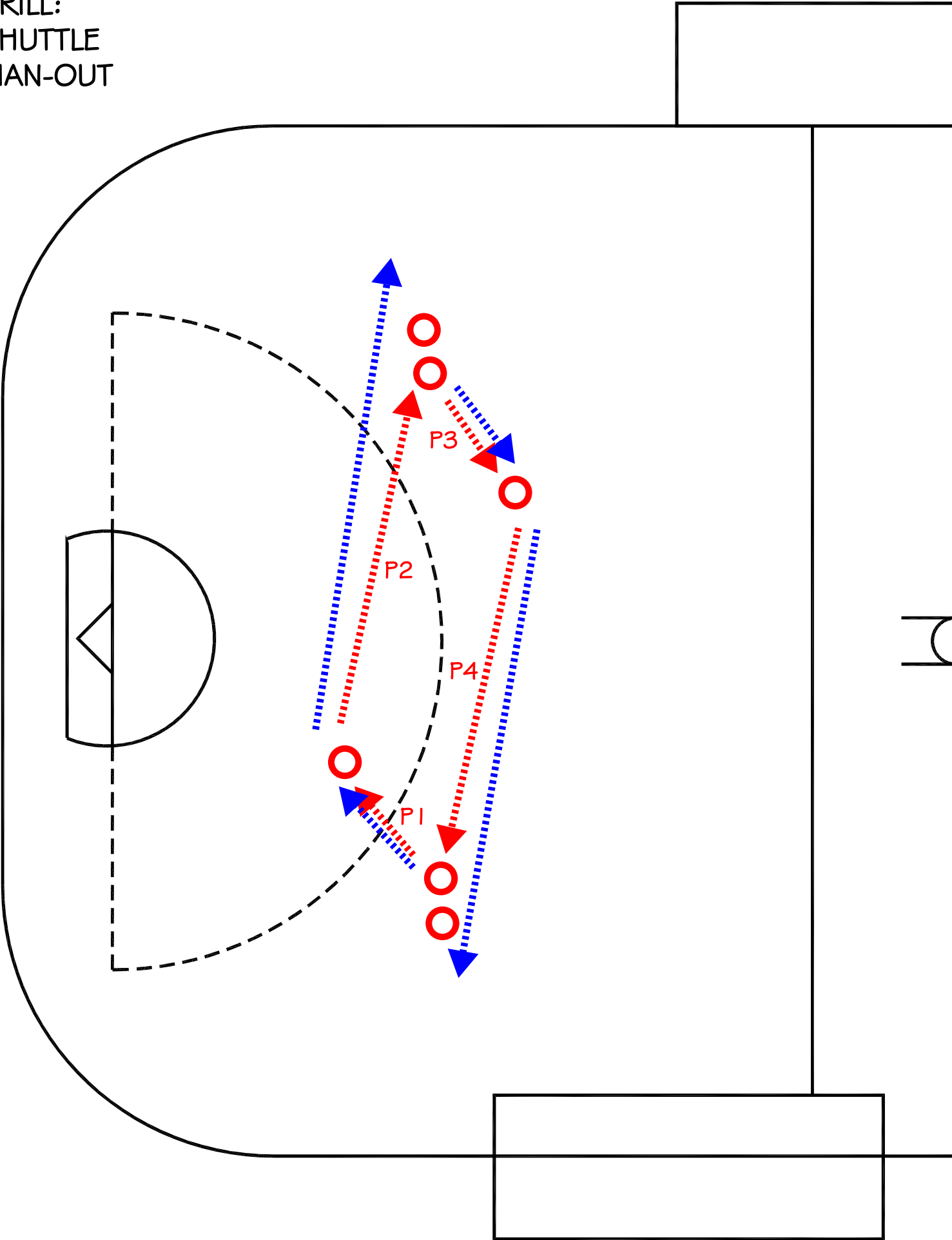
ONCE BASIC UNDERSTANDING AND EXECUTION OF DRILL IS COMPLETED, SPREAD LINES FURTHER APART AND HAVE PLAYERS CATCH AND PASS WHILE IN MOVEMENT – START WITH WALKING AND PROGRESS TO RUNNING.

WHAT DRILLS TO DO NEXT:

- 4 CORNER PASSING
- 5 STAR
- SHUTTLE MAN-OUT

CALGARY DISTRICT LACROSSE ASSOCIATION

DRILL:
SHUTTLE
MAN-OUT



DRILL:
SHUTTLE MAN-OUT

DRILL TYPE:
PASSING & CATCHING

LEVEL:
INTERMEDIATE

PURPOSE:

- IMPROVE PASSING & CATCHING
- CATCHING ON THE MOVE
- CATCHING OVER THE SHOULDER
- INTRODUCE CALLING FOR THE BALL

KEY POINTS:

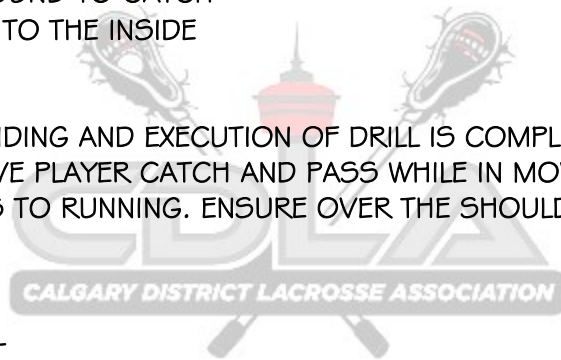
- CALLING FOR THE BALL
- BEING ALERT
- NOT TURNING AROUND TO CATCH
- KEEP STICK HEAD TO THE INSIDE

NOTE:

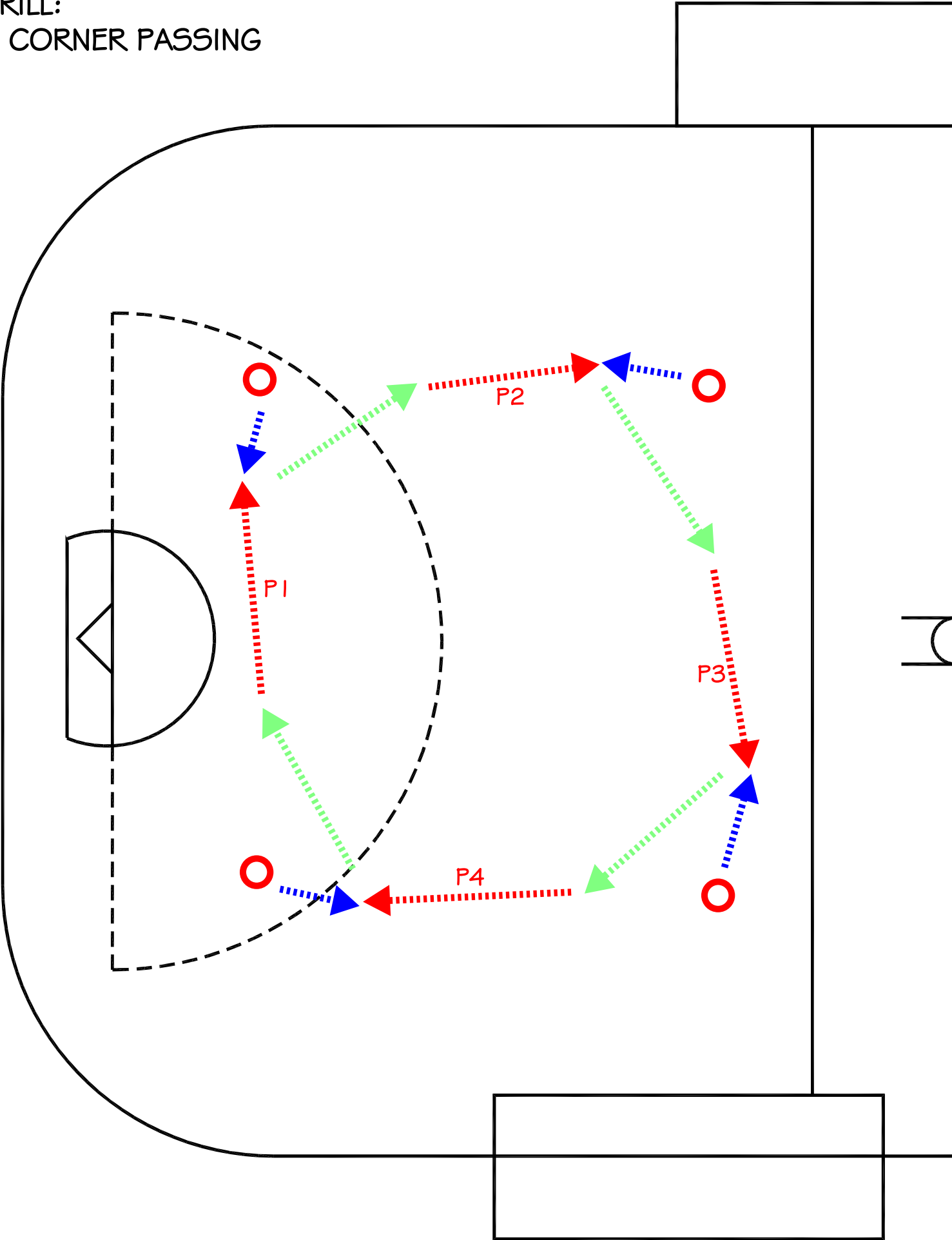
ONCE BASIC UNDERSTANDING AND EXECUTION OF DRILL IS COMPLETED, SPREAD LINES FURTHER APART AND HAVE PLAYER CATCH AND PASS WHILE IN MOVEMENT – START WITH WALKING AND PROGRESS TO RUNNING. ENSURE OVER THE SHOULDER CATCHING

WHAT TO DO NEXT:

- 2 MAN-OUTS
- BASIC BREAK-OUT
- 5-STAR



DRILL:
4 CORNER PASSING



DRILL:
4-CORNER PASSING

DRILL TYPE:
PASSING & CATCHING

LEVEL:
BEGINNER/INTERMEDIATE

PURPOSE:

- PASSING ON THE MOVE
- INCORPORATE MOVEMENT

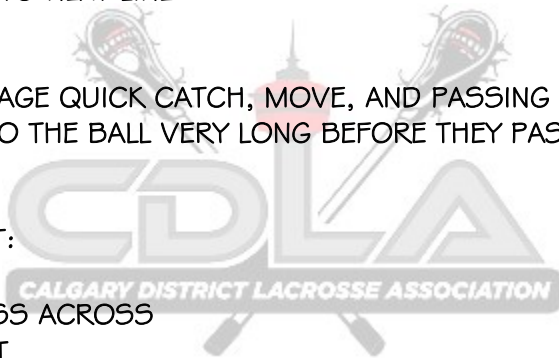
KEY POINTS:

- CALLING FOR THE BALL
- BEING ALERT
- STAYING SPREAD OUT
- MOVING TOWARDS PLAYER WHEN PASSING
- MOVING QUICKLY TO NEXT LINE

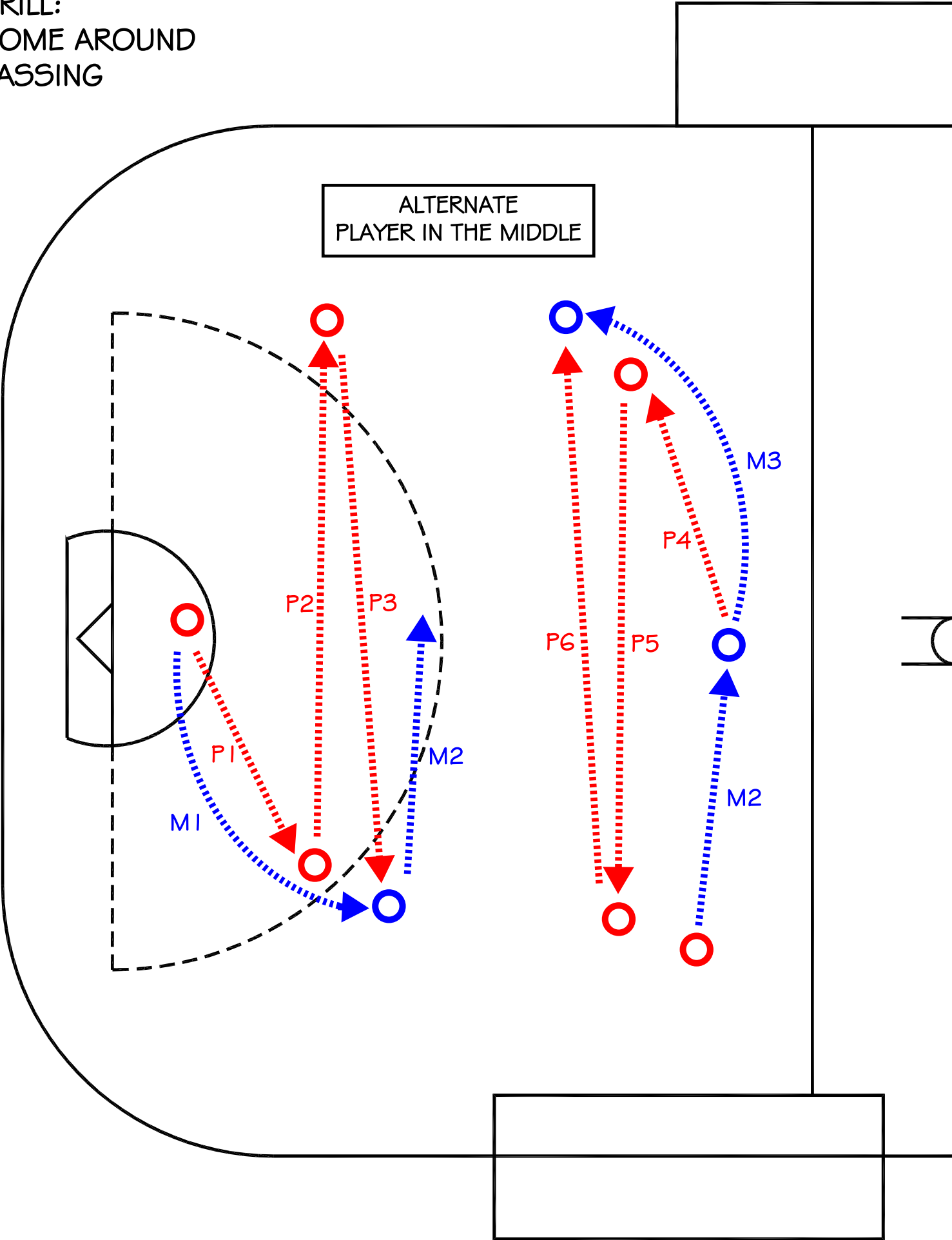
NOTE:
THIS A DRILL TO ENCOURAGE QUICK CATCH, MOVE, AND PASSING MOTIONS, PLAYERS SHOULD NOT HANG ON TO THE BALL VERY LONG BEFORE THEY PASS. ENSURE PLAYERS ARE CALLING FOR THE BALL.

WHAT DRILLS TO DO NEXT:

- 5-STAR
- PASS DOWN – PASS ACROSS
- SHUTTLE MAN-OUT
- COME AROUND PASSING



DRILL:
COME AROUND
PASSING



DRILL:
COME AROUND PASSING

DRILL TYPE:
PASSING & CATCHING

LEVEL:
INTERMEDIATE

PURPOSE:

- TO CATCH THE PASS ON THE MOVE
- TO CATCH THE PASS AFTER COMING AROUND A PLAYER (LOSING SITE OF THE BALL)

KEY POINTS:

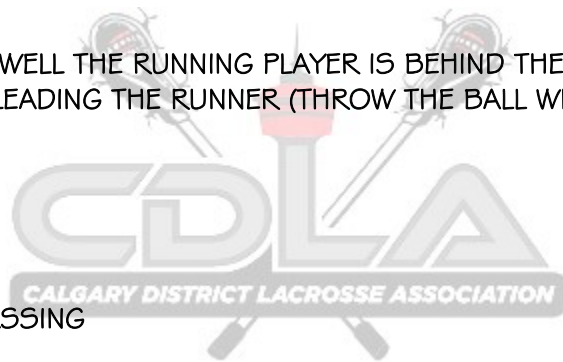
- CALLING FOR THE BALL
- BEING ALERT
- NOT TURNING AROUND TO CATCH
- KEEP STICK HEAD TO THE INSIDE

NOTE:

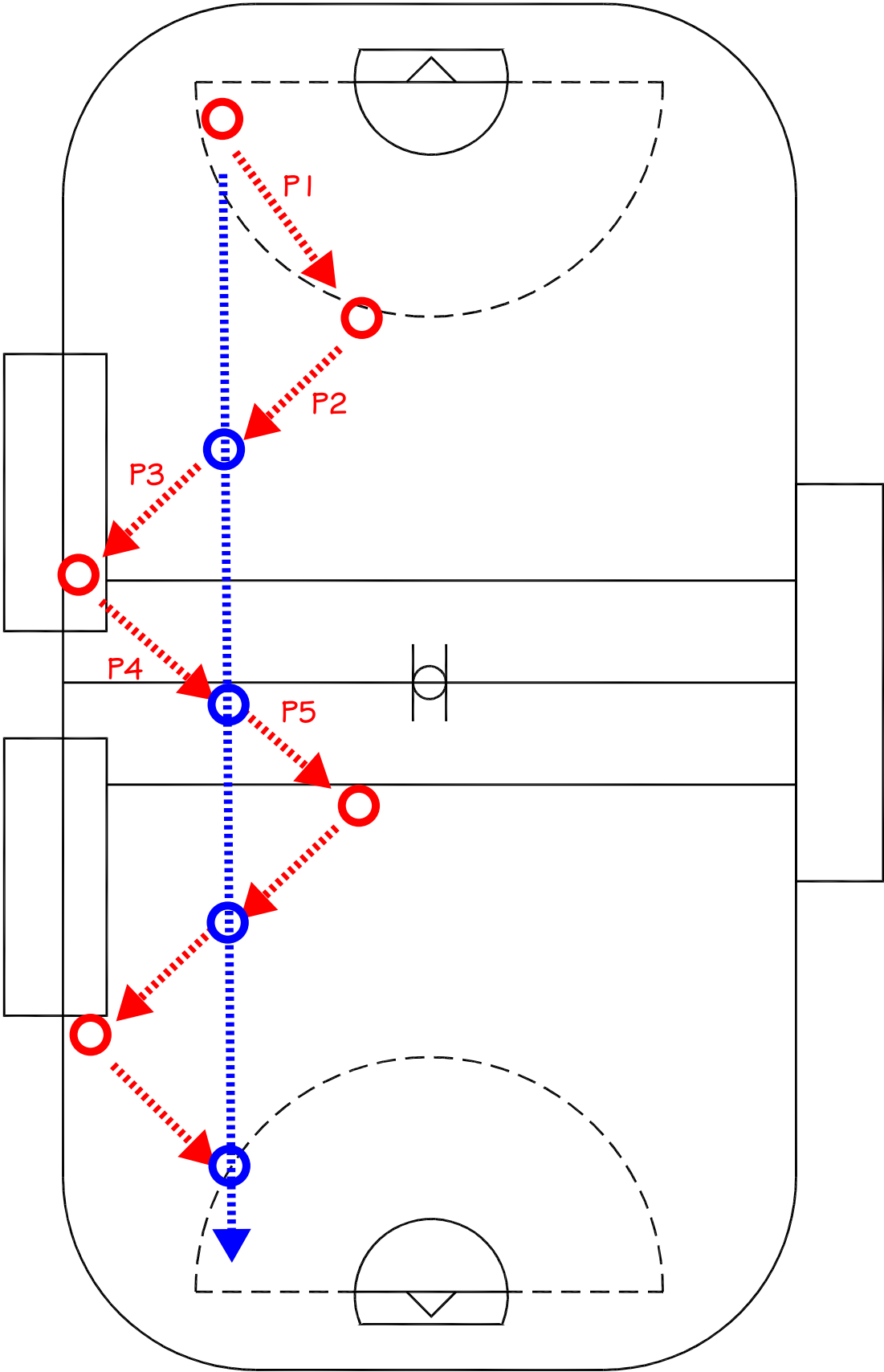
PASS SHOULD BE MADE WELL THE RUNNING PLAYER IS BEHIND THE OPPOSITE PLAYER.
ENSURE THE PASSER IS LEADING THE RUNNER (THROW THE BALL WHERE THE PLAYER WILL BE
NOT WHERE THEY ARE)

WHAT TO DO NEXT:

- 2 MAN-OUTS
- OFFSIDE PICKS
- CROSS FLOOR PASSING



DRILL:
FULL FLOOR INSIDE/OUTSIDE



DRILL:
FULL FLOOR INSIDE/OUTSIDE

DRILL TYPE:
PASSING & CATCHING

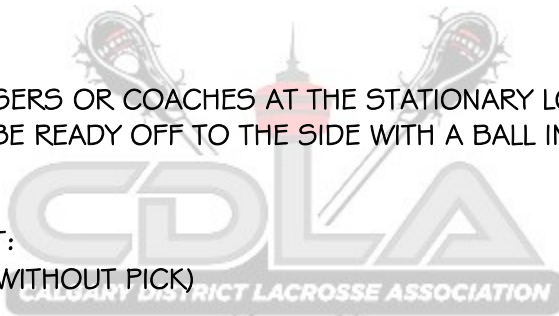
LEVEL:
INTERMEDIATE

- PURPOSE:
- PASSING ON THE MOVE
 - CATCHING ON THE MOVE
 - RECEIVING PASSES FROM BOTH SIDES OF THE FLOOR

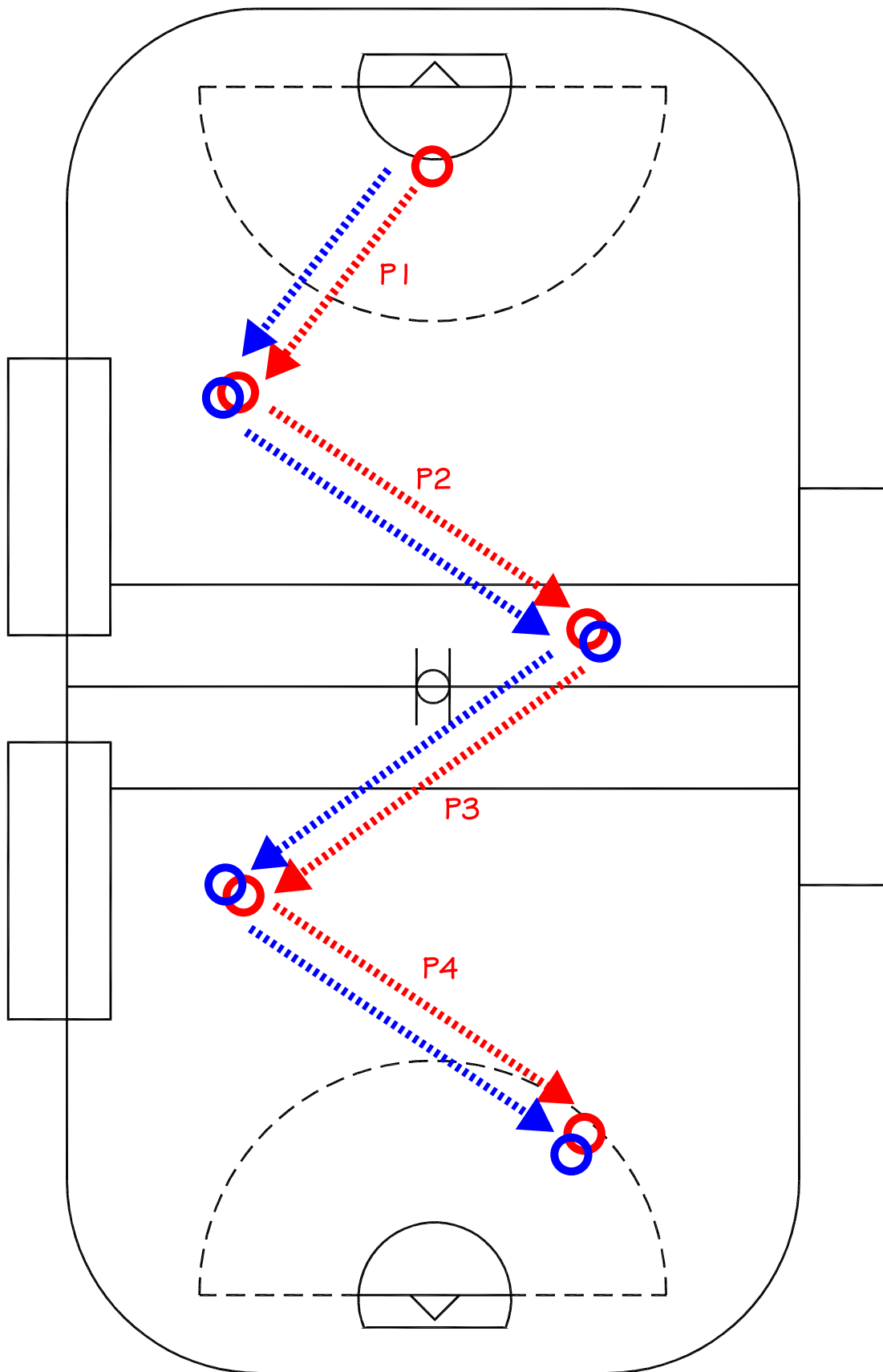
- KEY POINTS:
- PASSES THAT ARE CATCHABLE
 - CALLING FOR THE BALL
 - RUNNING
 - TIMING

NOTE:
TRY TO HAVE GOOD PASSERS OR COACHES AT THE STATIONARY LOCATIONS, COACHES IF NOT INVOLVED SHOULD BE READY OFF TO THE SIDE WITH A BALL IN CASE OF A MISSED OR DROPPED PASS.

- WHAT DRILLS TO DO NEXT:
- PASS & REPLACE (WITHOUT PICK)
 - INDY
 - SHORT PASS – LONG PASS (SHORT VERSION)
 - SHORT PASS – LONG PASS (LONG VERSION)



DRILL:
PASS & REPLACE
(WITHOUT PICK)



DRILL:
PASS & REPLACE
(WITHOUT PICK)

DRILL TYPE:
CATCHING & MOVEMENT

LEVEL:
BEGINNER

PURPOSE:

- PASSING ON THE MOVE
- MOVING QUICKLY BETWEEN SPOTS
- FOLLOWING YOUR PASS

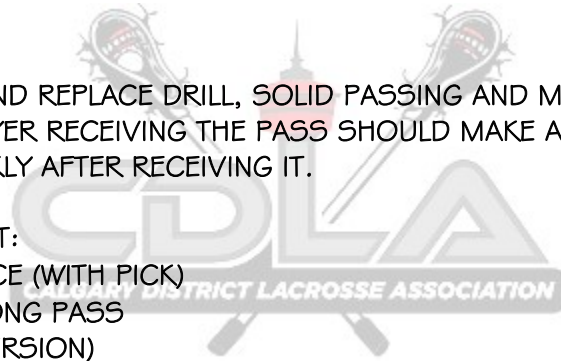
KEY POINTS:

- CATCHING AND PASSING IN A QUICK MOVEMENT
- CATCHABLE PASSES
- MOVING QUICKLY WITH PURPOSE TO NEXT SPOT

NOTE:
THIS IS A BASIC PASS AND REPLACE DRILL, SOLID PASSING AND MOVING QUICKLY SHOULD BE THE FOCUS. THE PLAYER RECEIVING THE PASS SHOULD MAKE A QUICK PIVOT AND RELEASE THE BALL QUICKLY AFTER RECEIVING IT.

WHAT DRILLS TO DO NEXT:

- PASS AND REPLACE (WITH PICK)
- SHORT PASS – LONG PASS
 - (SHORT VERSION)
 - (LONG VERSION)



DRILL:
PASS & REPLACE
(WITH PICK)

DRILL TYPE:
CATCHING & BASIC PICKS

LEVEL:
BEGINNER

PURPOSE:

- PASSING ON THE MOVE
- SETTING BASIC PICK
- FOLLOWING YOUR PASS

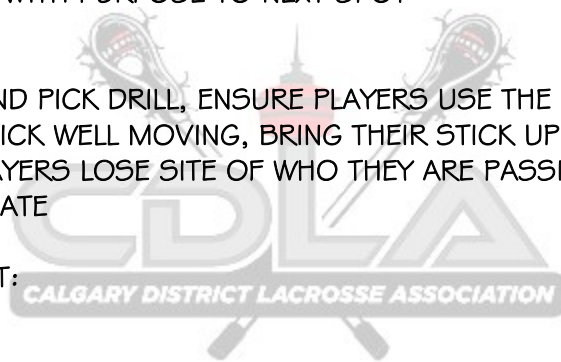
KEY POINTS:

- CATCHING AND PASSING IN A QUICK MOVEMENT
- USING PICK TO MAKE SPACE FOR PASS
- MOVING QUICKLY WITH PURPOSE TO NEXT SPOT

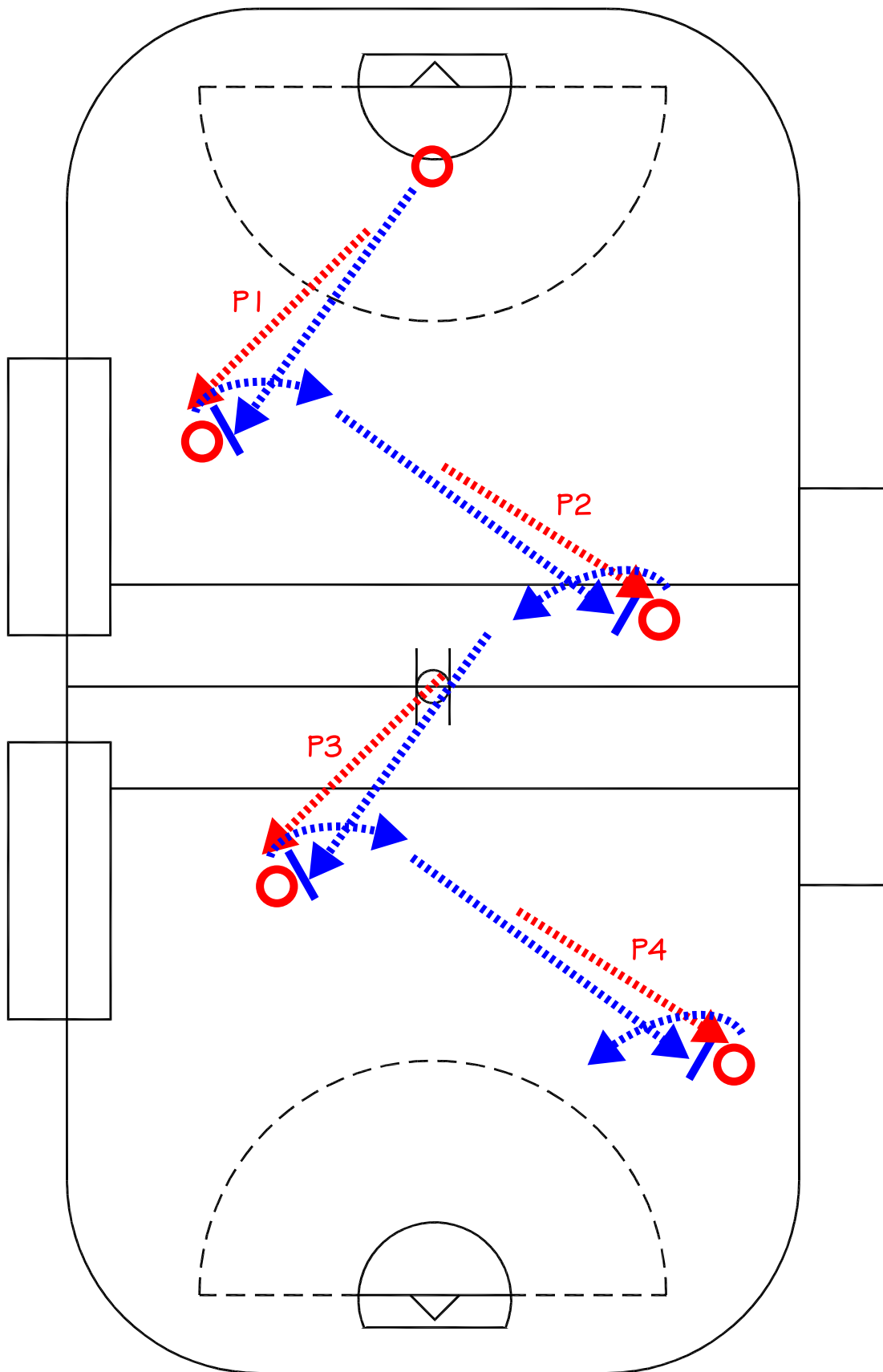
NOTE:
THIS IS A BASIC PASS AND PICK DRILL, ENSURE PLAYERS USE THE PICK BY MOVING UNDER IT. PROTECTING THEIR STICK WELL MOVING, BRING THEIR STICK UP AND MAKING A SOLID PASS IS THE FOCUS. PLAYERS LOSE SITE OF WHO THEY ARE PASSING TOO, WELL ALSO WORKING WITH A TEAMMATE

WHAT DRILLS TO DO NEXT:

- 2 MAN-OUTS
- OFFSIDE PICKS
- SHORT PASS LONG PASS
 - (SHORT VERSION)
 - (LONG VERSION)



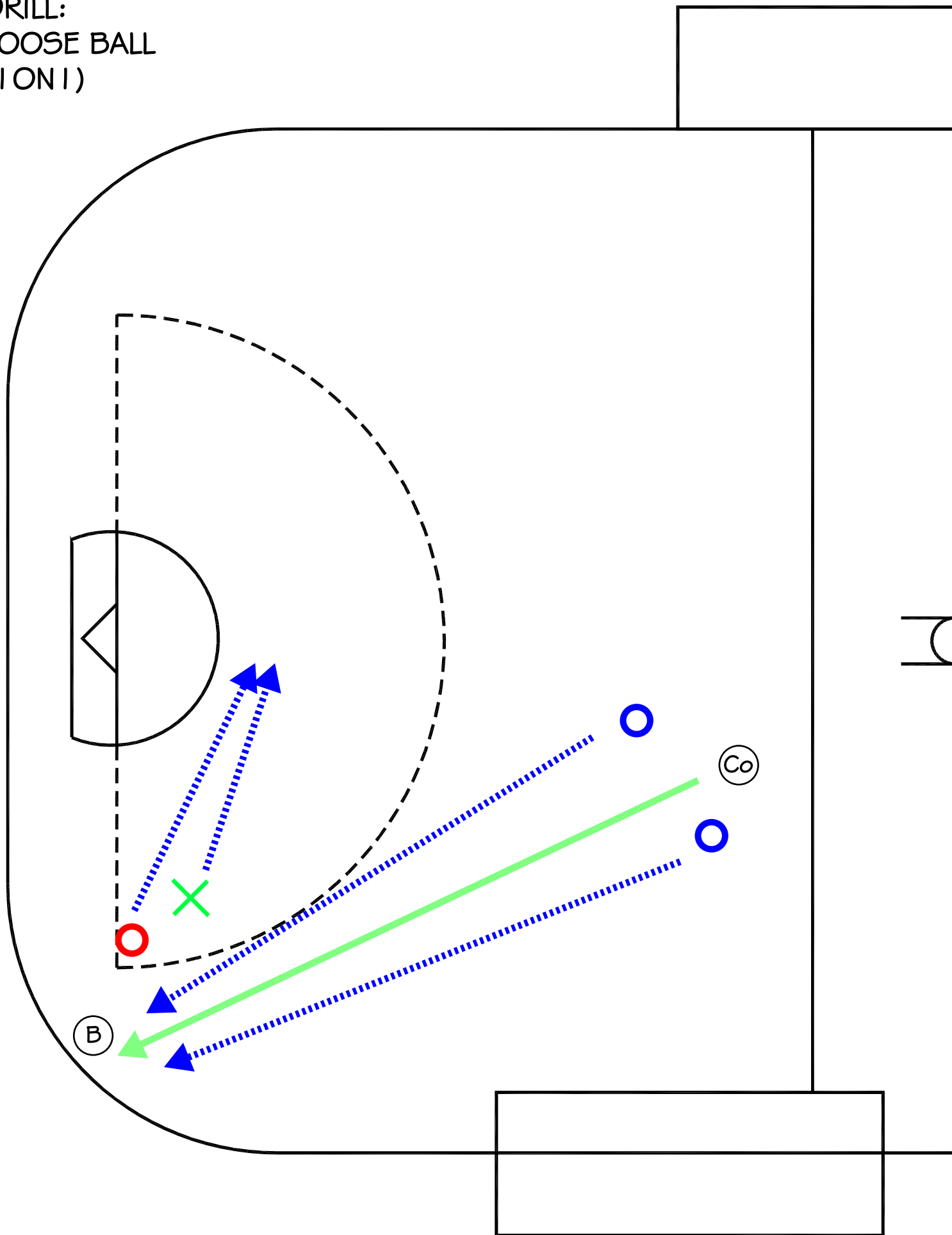
DRILL:
PASS & REPLACE
(WITH PICK)





LOOSE BALL DRILLS

DRILL:
LOOSE BALL
(1 ON 1)



DRILL:

LOOSE BALL (1 ON 1)

DRILL TYPE:

LOOSE BALL, BATTLE

LEVEL:

BEGINNER (CONTACT)

PURPOSE:

- RETRIEVING A LOOSE BALL
- 1 ON 1 BATTLE TO THE GOAL

KEY POINTS:

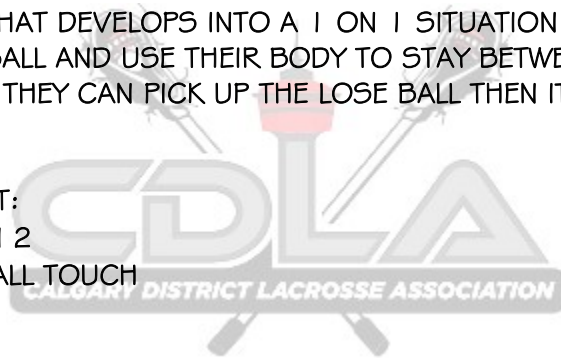
- USING BODY TO PROTECT LOOSE BALL
- SCOOPING AND MOVING
- STRONG ON THEIR STICK

NOTE:

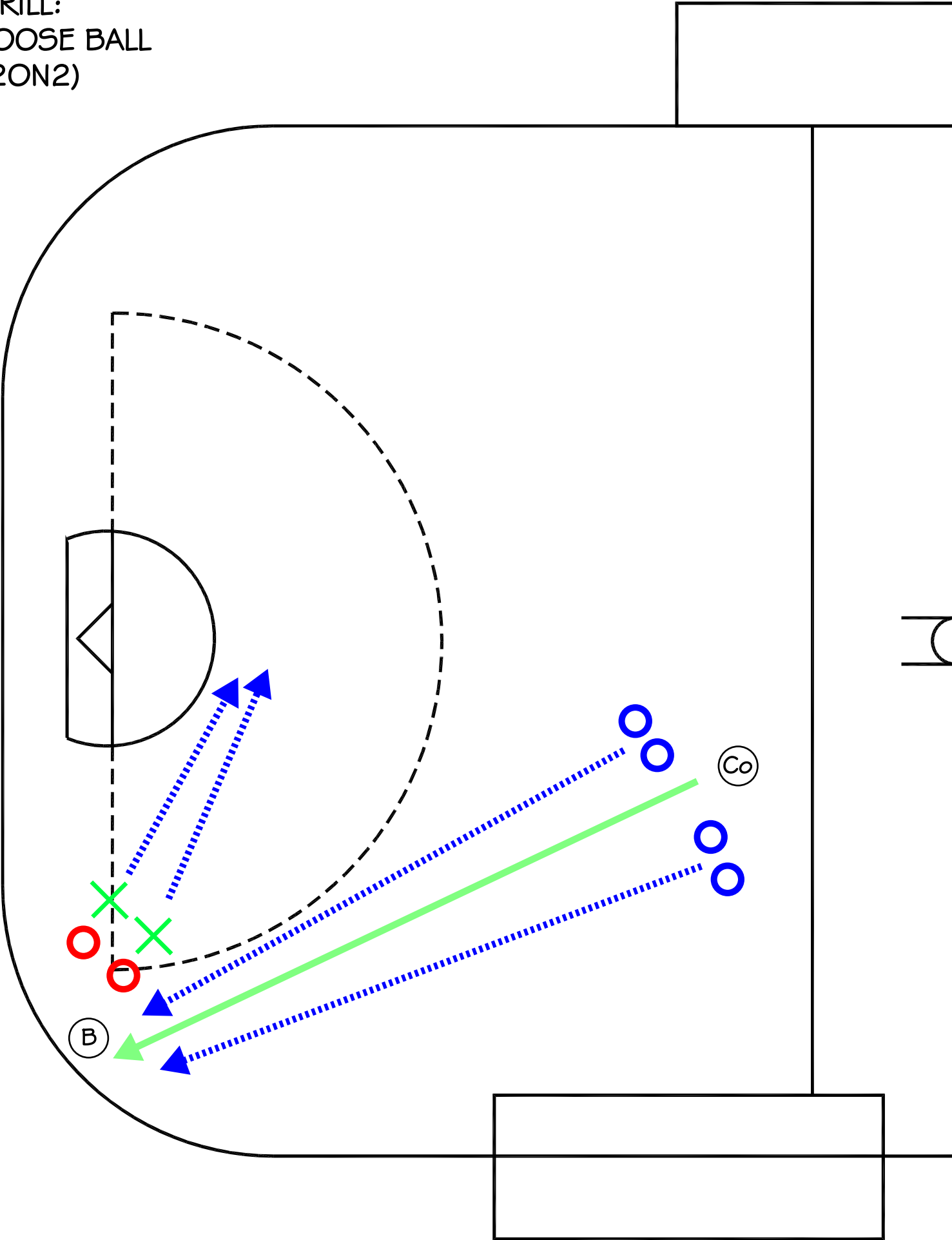
THIS IS A BATTLE DRILL THAT DEVELOPS INTO A 1 ON 1 SITUATION. PLAYERS NEED TO QUICKLY MOVE TO THE BALL AND USE THEIR BODY TO STAY BETWEEN THE BALL AND THE OPPOSING PLAYER UNTIL THEY CAN PICK UP THE LOSE BALL THEN IT IS A BATTLE TO THE NET.

WHAT DRILLS TO DO NEXT:

- LOOSE BALL 2 ON 2
- CROSS FLOOR WALL TOUCH
- 3 ON 2 ON 1



DRILL:
LOOSE BALL
(2ON2)



DRILL:

LOOSE BALL (2 ON 2)

DRILL TYPE:

LOOSE BALL, BATTLE

LEVEL:

BEGINNER (CONTACT)

PURPOSE:

- RETRIEVING A LOOSE BALL
- 2 ON 2 BATTLE TO THE GOAL
- START SETTING PICKS
- WORKING TOGETHER

KEY POINTS:

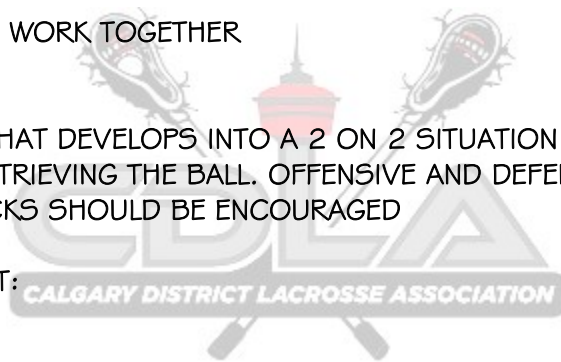
- COMMUNICATION
- PLAYERS NEED TO READ EACH OTHER
- SET PICKS
- PLAYERS NEED TO WORK TOGETHER

NOTE:

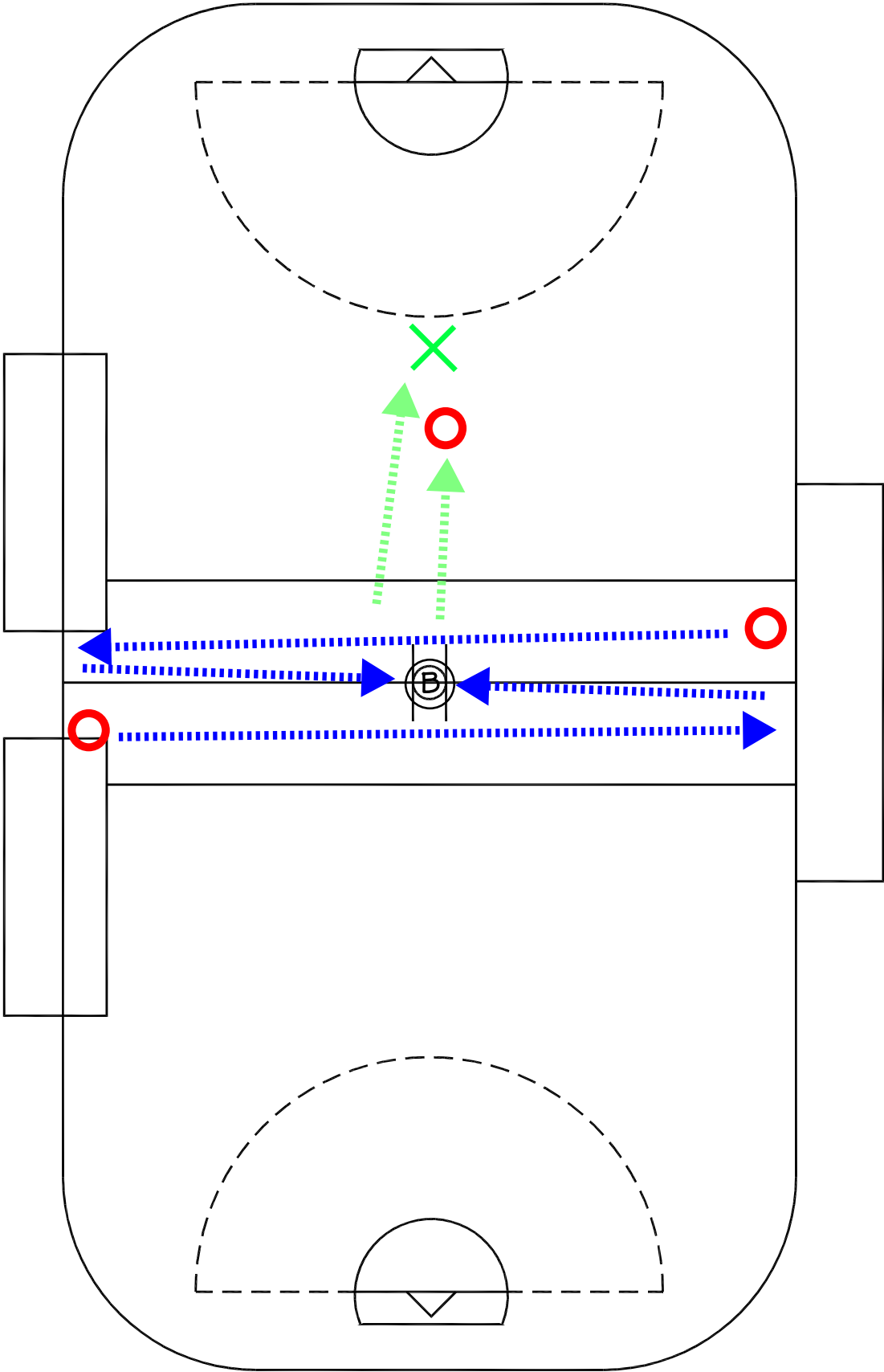
THIS IS A BATTLE DRILL THAT DEVELOPS INTO A 2 ON 2 SITUATION. PLAYERS NEED TO COMMUNICATE WHEN RETRIEVING THE BALL. OFFENSIVE AND DEFENSIVES PARTNERS NEED TO WORK TOGETHER. PICKS SHOULD BE ENCOURAGED

WHAT DRILLS TO DO NEXT:

- 6 PASS 2 ON 1
- JERRY
- 3 ON 2 WITH CHASER
- 2 ON 2 – ON BALL



DRILL:
CROSS FLOOR WALL TOUCH



DRILL:
CROSS FLOOR WALL TOUCH

DRILL TYPE:
LOOSE BALL, BATTLE

LEVEL:
INTERMEDIATE (CONTACT)

PURPOSE:

- RETRIEVING A LOOSE BALL
- 1 ON 1 FAST BREAK

KEY POINTS:

- MOVING QUICKLY
- READING THE OTHER PLAYER
- GOING HARD TO THE CAGE

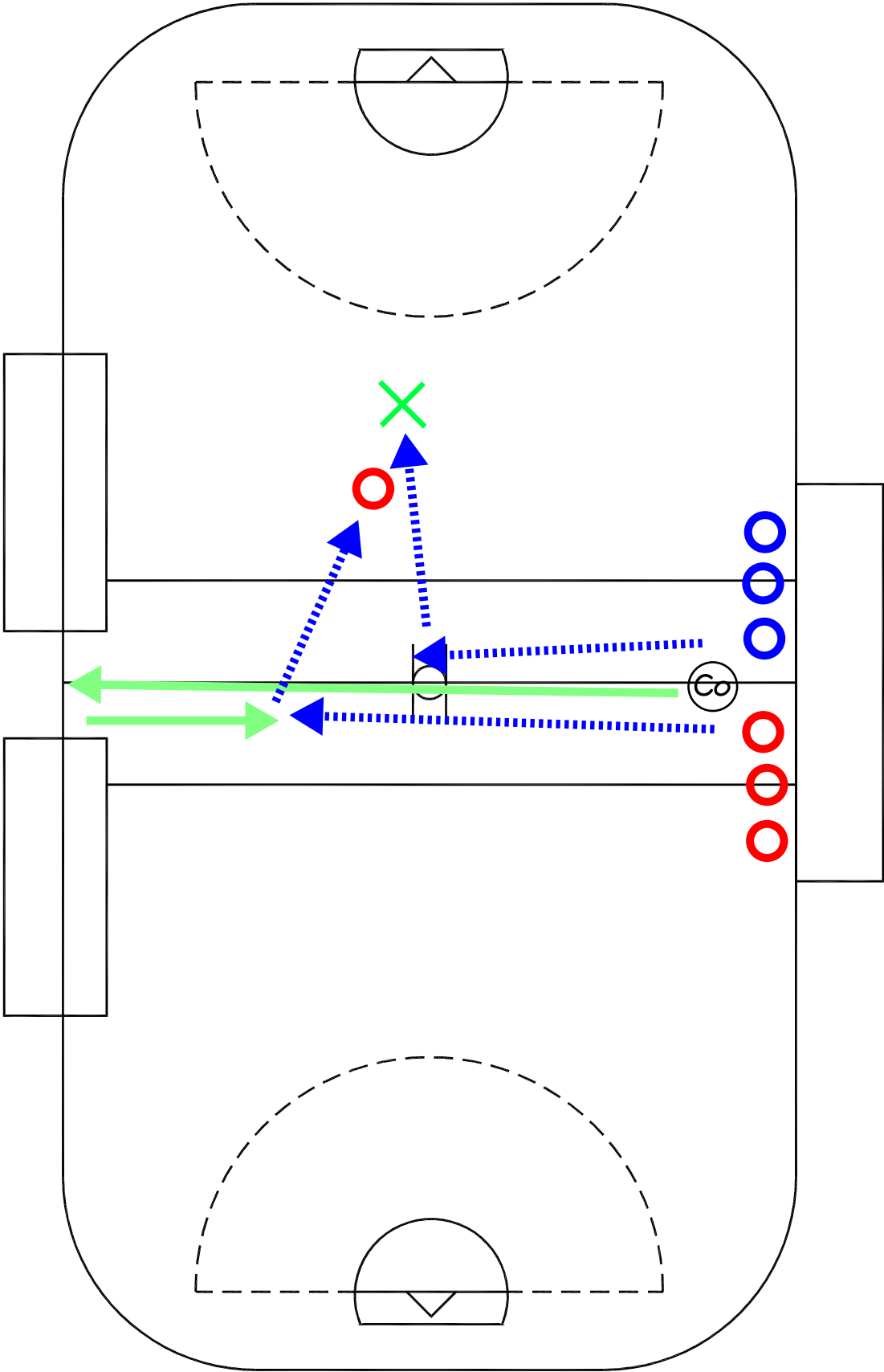
NOTE:
THIS IS A HUSTLE DRILL, IT SHOULD BE FAST PACED. PLAYERS NEED TO OUT RUN AND OUT WORK THE OPPOSING PLAYER.

WHAT DRILLS TO DO NEXT:

- RAINBOW PASSING
- OFF THE WALL
- 5 ON 5 SCRAMBLE



DRILL:
OFF THE WALL



DRILL:
OFF THE WALL

DRILL TYPE:
LOOSE BALL, BATTLE

LEVEL:
INTERMEDIATE

PURPOSE:

- RETRIEVING A LOOSE BALL
- 1 ON 1 FAST BREAK

KEY POINTS:

- MOVING QUICKLY
- READING THE OTHER PLAYER
- GOING HARD TO THE CAGE

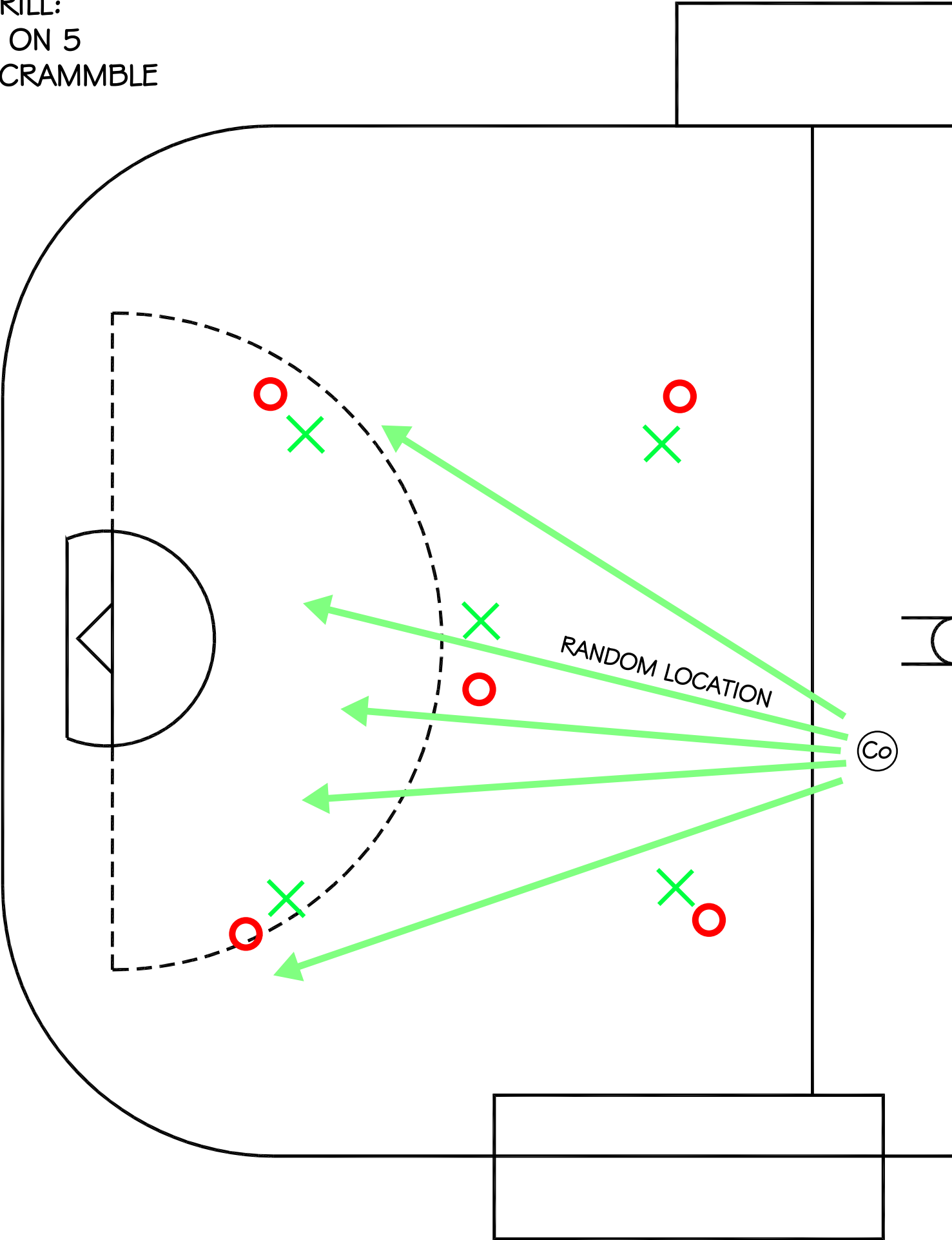
NOTE:
THIS IS A HUSTLE DRILL, IT SHOULD BE FAST PACED. PLAYERS NEED TO OUT RUN AND OUT WORK THE OPPOSING PLAYER.

WHAT DRILLS TO DO NEXT:

- 5 ON 5 SCRAMBLE
- LOOSE BALL TURN AND RUN



DRILL:
5 ON 5
SCRAMBLE



DRILL:
5 ON 5 SCRAMBLE

DRILL TYPE:
LOOSE BALL, BATTLE

LEVEL:
BEGINNER/INTERMEDIATE

PURPOSE:

- RETRIEVING A LOOSE BALL
- BASIC 5 ON 5 PLAY
-

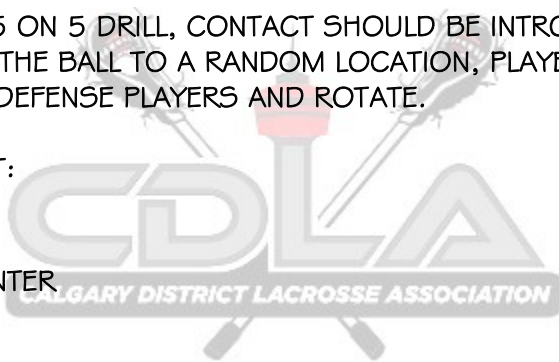
KEY POINTS:

- COMMUNICATION
- PLAYING WITH 5 A SIDE

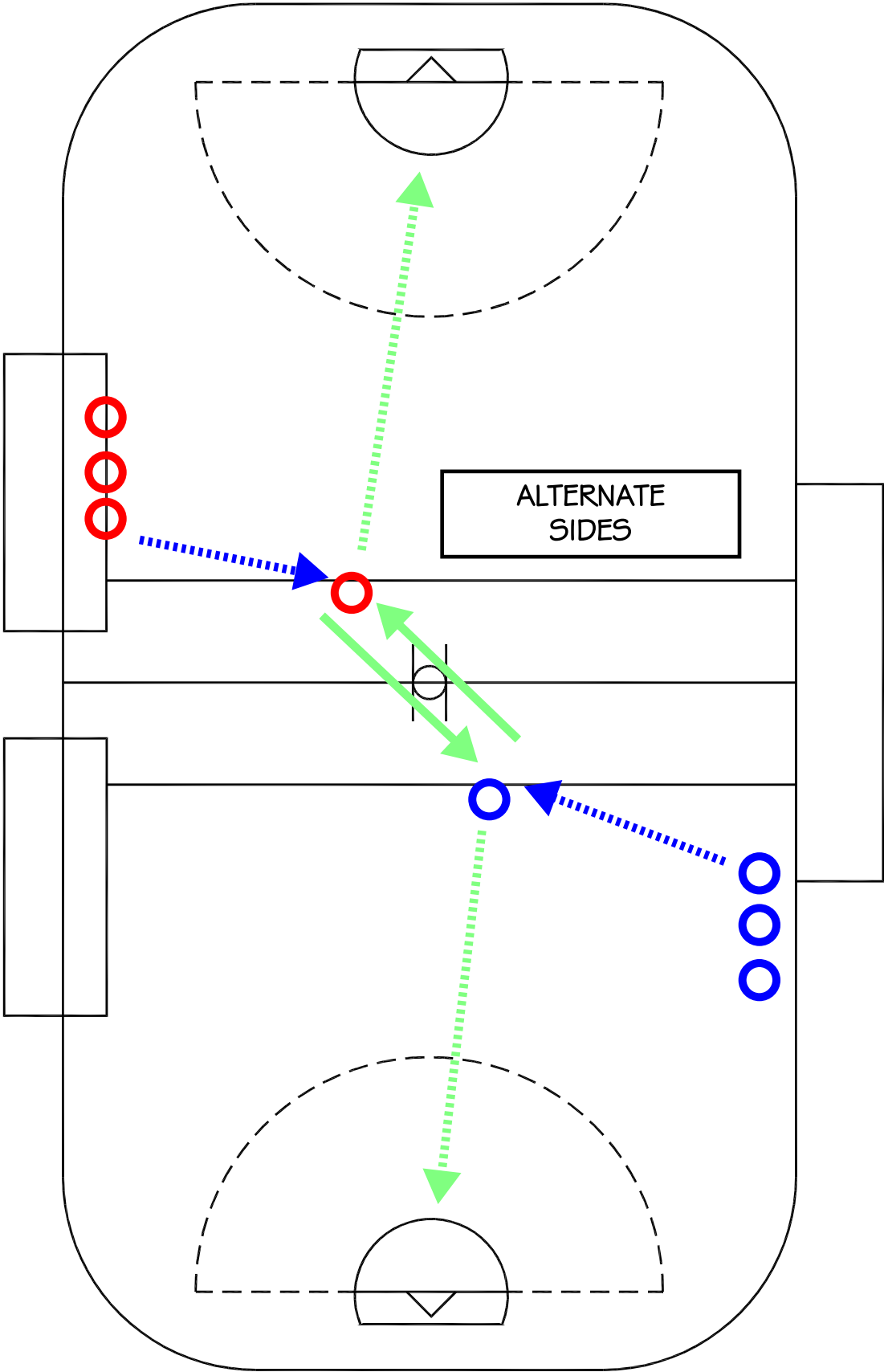
NOTE:
THIS IS AN ENTRY LEVEL 5 ON 5 DRILL, CONTACT SHOULD BE INTRODUCED IN STAGES.
COACHES SHOULD ROLL THE BALL TO A RANDOM LOCATION, PLAYERS THEN BATTLE.
ASSIGN OFFENSIVE AND DEFENSE PLAYERS AND ROTATE.

WHAT DRILLS TO DO NEXT:

- JERRY DRILL
- 5 MAN SET
- 4 ON 3 FROM CENTER
- MOTION OFFENSE



DRILL:
LOOSE BALL TURN AND RUN



DRILL:
LOOSE BALL TURN AND RUN

DRILL TYPE:
LOOSE BALL, BREAK AWAY

LEVEL:
BEGINNER

PURPOSE:

- RETRIEVING A LOOSE BALL
- BREAK AWAYS

KEY POINTS:

- ROLLING A BALL AND RECEIVING A BALL
- RUNNING FULL SPEED AT THE NET
- TIMING

NOTE:
THIS IS A HUSTLE DRILL, IT SHOULD BE FAST PACED.

WHAT DRILLS TO DO NEXT:

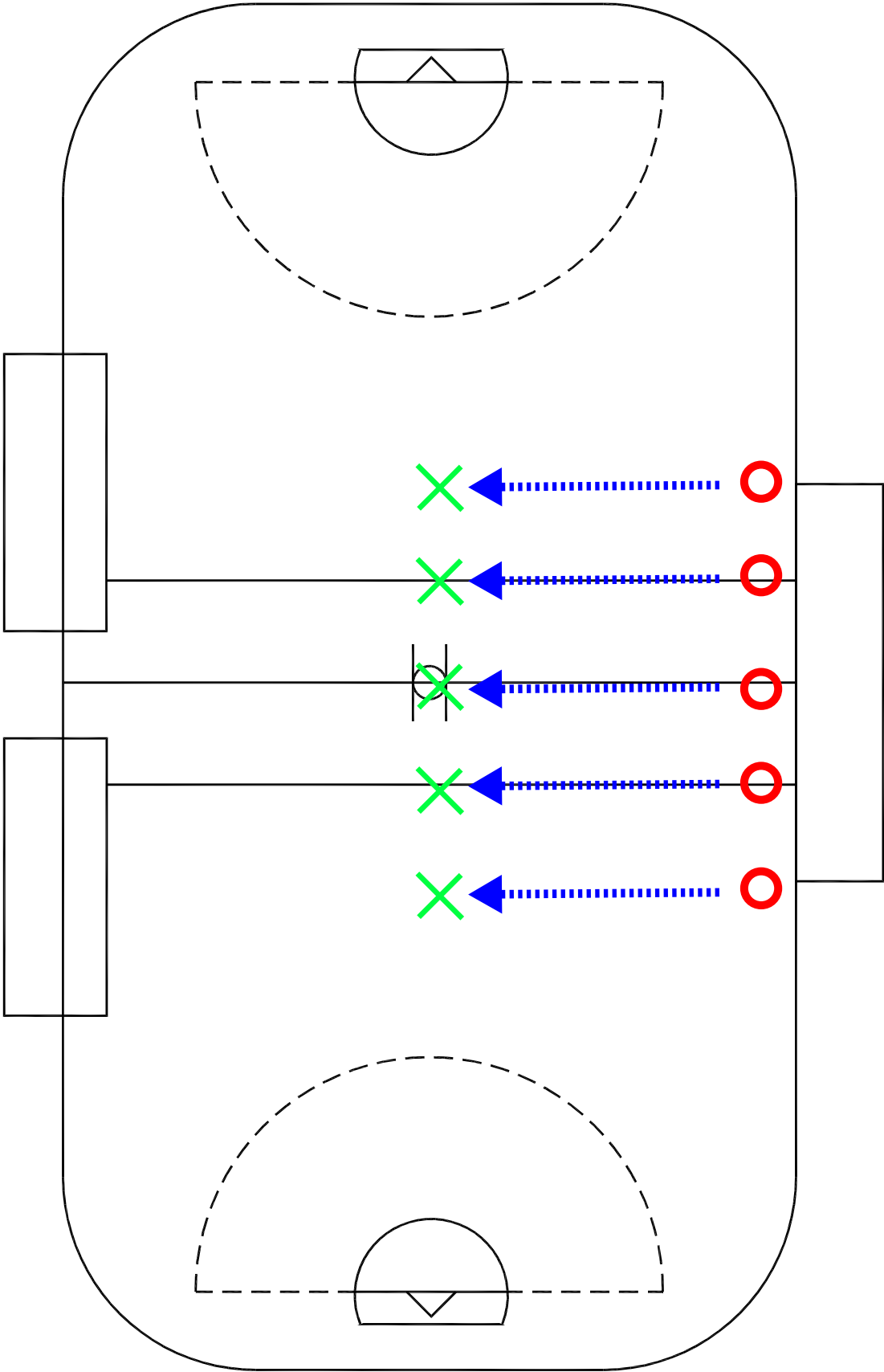
- RAINBOW PASSING
- FULL FLOOR 3 ON 2 ON 1
- 5 ON 5 SCRAMBLE





CRADLING DRILLS

DRILL:
CROSSFLOOR 1 ON 1



DRILL:
CROSSFLOOR 1 ON 1

DRILL TYPE:
CRADLING/BATTLE

LEVEL:
BEGINNER

PURPOSE:

- PROTECTING THE STICK
- GOOD BODY POSITIONING

KEY POINTS:

- KEEPING STICK PROTECTED WITH BODY
- ROLLING AND MOVING TO GAIN ADVANTAGE
- TRYING TO CONTROL THE OFFENSIVE PLAYER
- NOT LUNGING

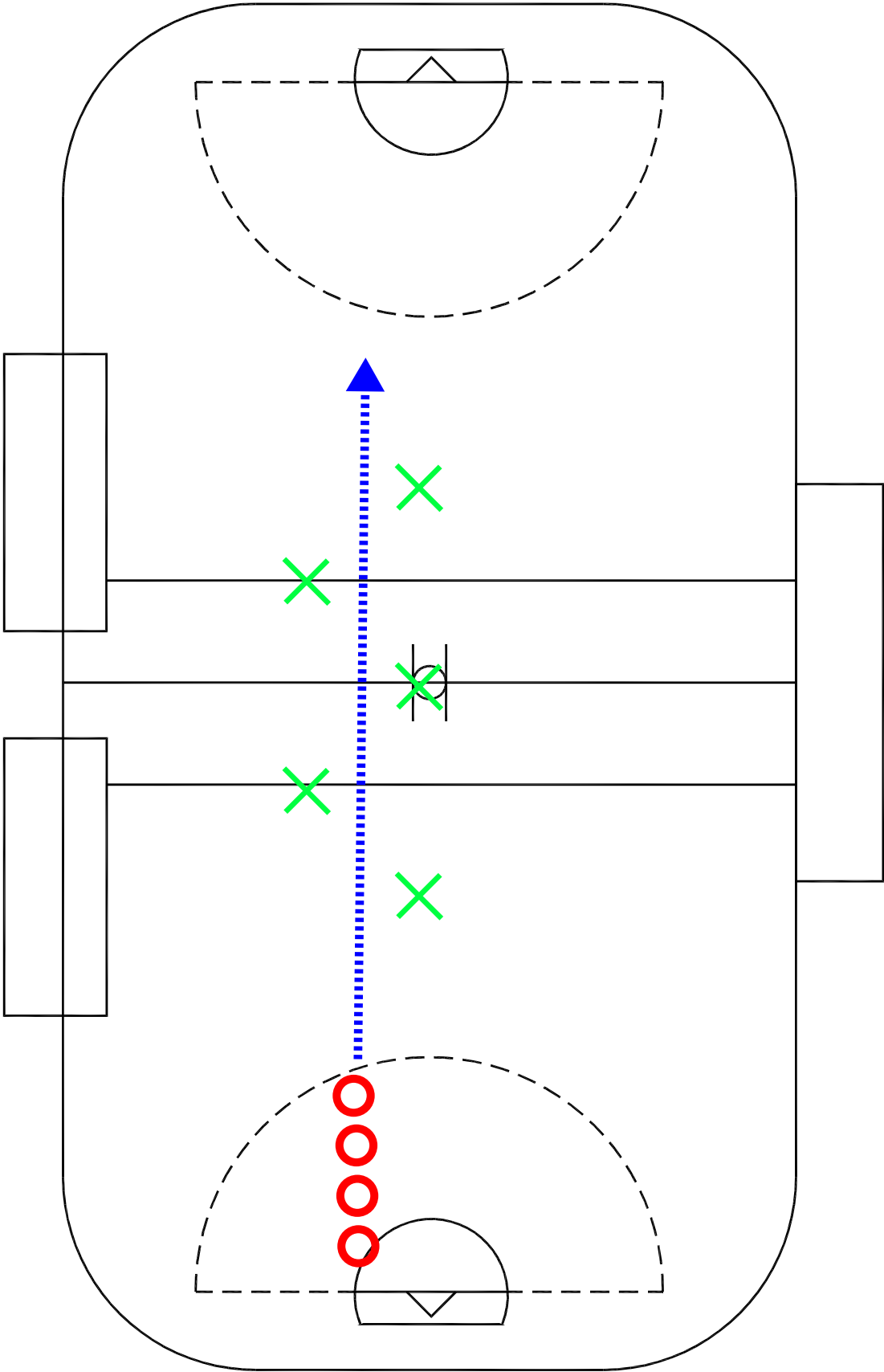
NOTE:
THIS IS A BASIC DRILL, IT SHOULD BE CONTROLLED; CONTROL LEVEL OF EFFORT, AND WHETHER IT IS OFFENSIVE OR DEFENSIVE FOCUSED

WHAT DRILLS TO DO NEXT:

- MODIFIED GAUNTLET
- 1 ON 1 FROM BOARDS
 - HIGH
 - LOW



DRILL:
MODIFIED GUANTLET



DRILL:
MODIFIED GAUNTLET

DRILL TYPE:
CRADLING

LEVEL:
BEGINNER

PURPOSE:

- PROTECTING THE STICK
- GOOD BODY POSITIONING

KEY POINTS:

- KEEPING STICK PROTECTED WITH BODY
- MOVING FAST

NOTE:
THIS IS A HUSTLE DRILL, IT SHOULD BE FAST PACED. ADJUST DEFENSIVE EFFORT AND ENSURE THERE ARE NO CHEAP SHOTS OR WILD STICK SWINGING.

WHAT DRILLS TO DO NEXT:

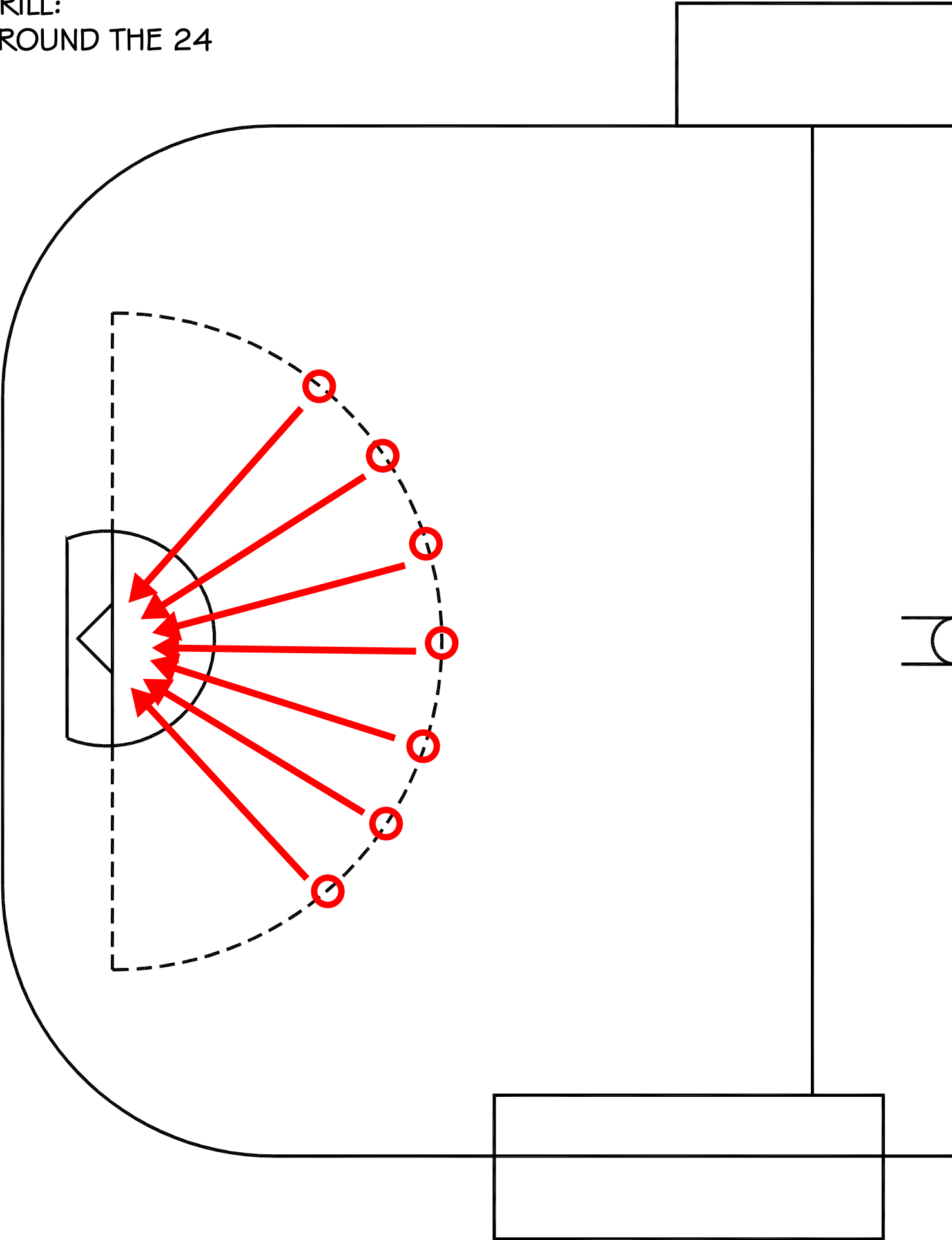
- CROSSFLOOR 1 ON 1
- JERRY DRILL WITH PRESSURE (LOW)





SHOOTING DRILLS

DRILL:
AROUND THE 24



DRILL:
AROUND THE 24

DRILL TYPE:
SHOOTING

LEVEL:
BEGINNER

PURPOSE:

- STATIONARY SHOOTING
- WORK ON FORM & STANCE

KEY POINTS:

- LOTS OF SHOTS
- SET AND SHOOT
- FOCUS ON MECHANICS OF SHOOTING

NOTE:

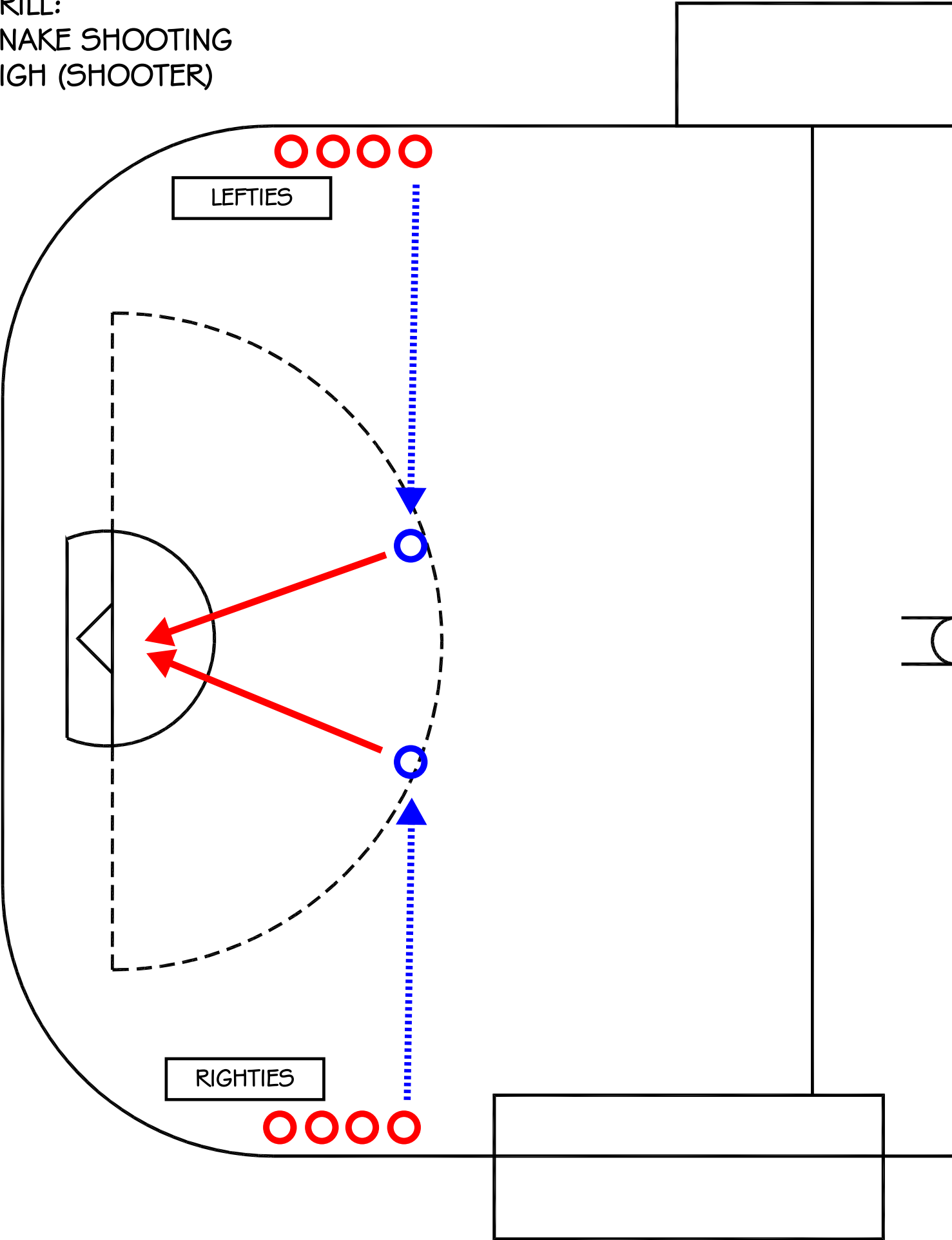
MAKE SURE THE PLAYERS STAY NEAR THE 24, DON'T LET PLAYERS OVER CRADLE AND TAKE A BUNCH OF STEPS TO RELEASE THE BALL. THIS CAN BE FOR SHOOTERS OR GOALIES. START ON ONE SIDE AND WORK AROUND THE 24 OR ALTERNATE SIDES.

WHAT DRILLS TO DO NEXT:

- SNAKE SHOOTING
- JERRY DRILL
 - HIGH
 - LOW
- PASS DOWN PASS ACROSS



DRILL:
SNAKE SHOOTING
HIGH (SHOOTER)



DRILL:
SNAKE SHOOTING
HIGH (SHOOTER)

DRILL TYPE:
SHOOTING

LEVEL:
BEGINNER

PURPOSE:

- MOTION SHOOTING

KEY POINTS:

- LOTS OF SHOTS
- RUNNING AND SHOOTING

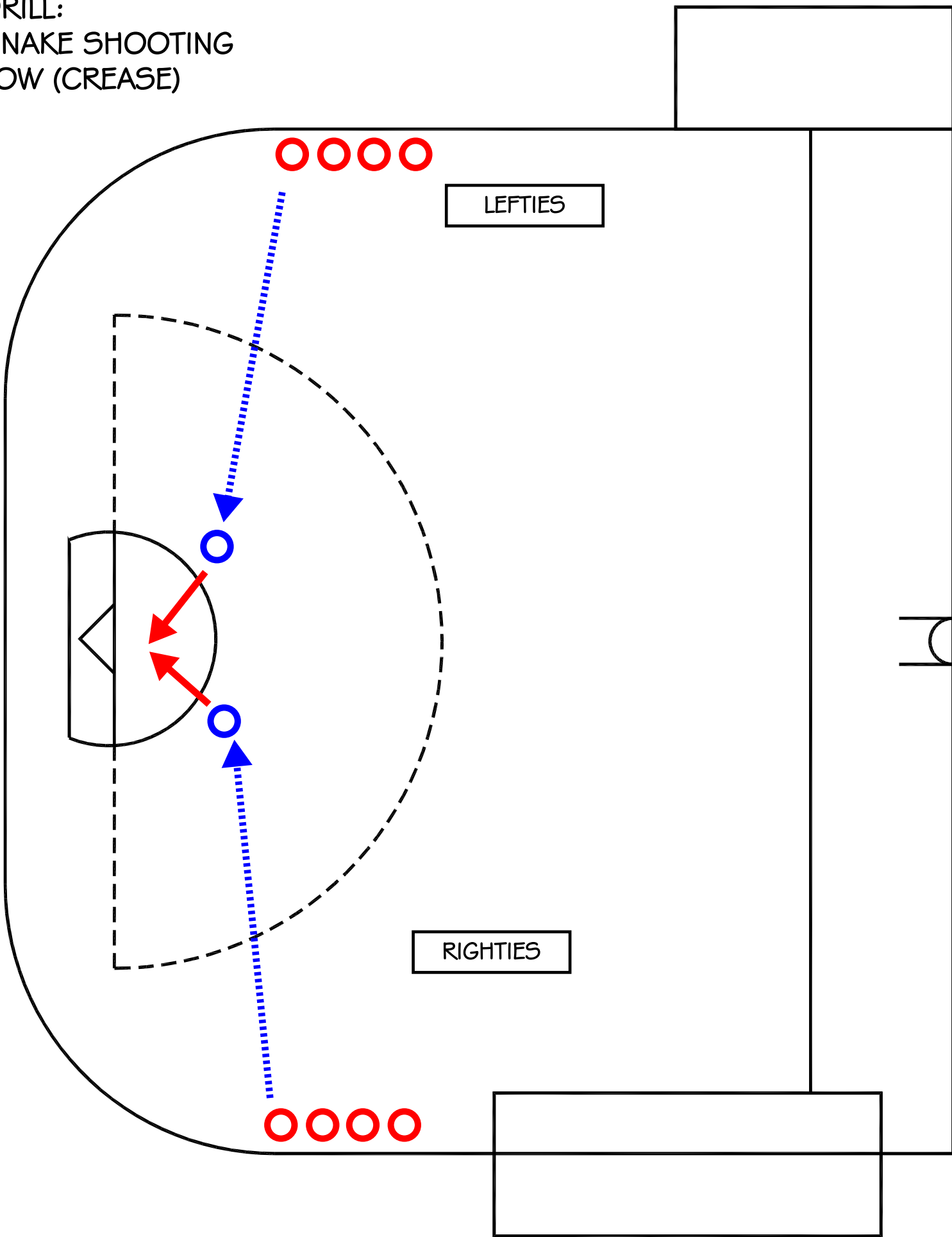
NOTE:
SPACE PLAYERS OUT TO ALLOW GOALIE TO GET SET. PLAYERS SHOULD SPRINT OFF THE WALL AND SHOOT ON THE RUN.

WHAT DRILLS TO DO NEXT:

- PASS DOWN PASS ACROSS
- JERRY DRILL
 - HIGH
 - LOW



DRILL:
SNAKE SHOOTING
LOW (CREASE)



DRILL:
SNAKE SHOOTING
LOW (CREASE)

DRILL TYPE:
SHOOTING

LEVEL:
BEGINNER

PURPOSE:

- MOTION SHOOTING

KEY POINTS:

- LOTS OF SHOTS
- RUNNING AND SHOOTING

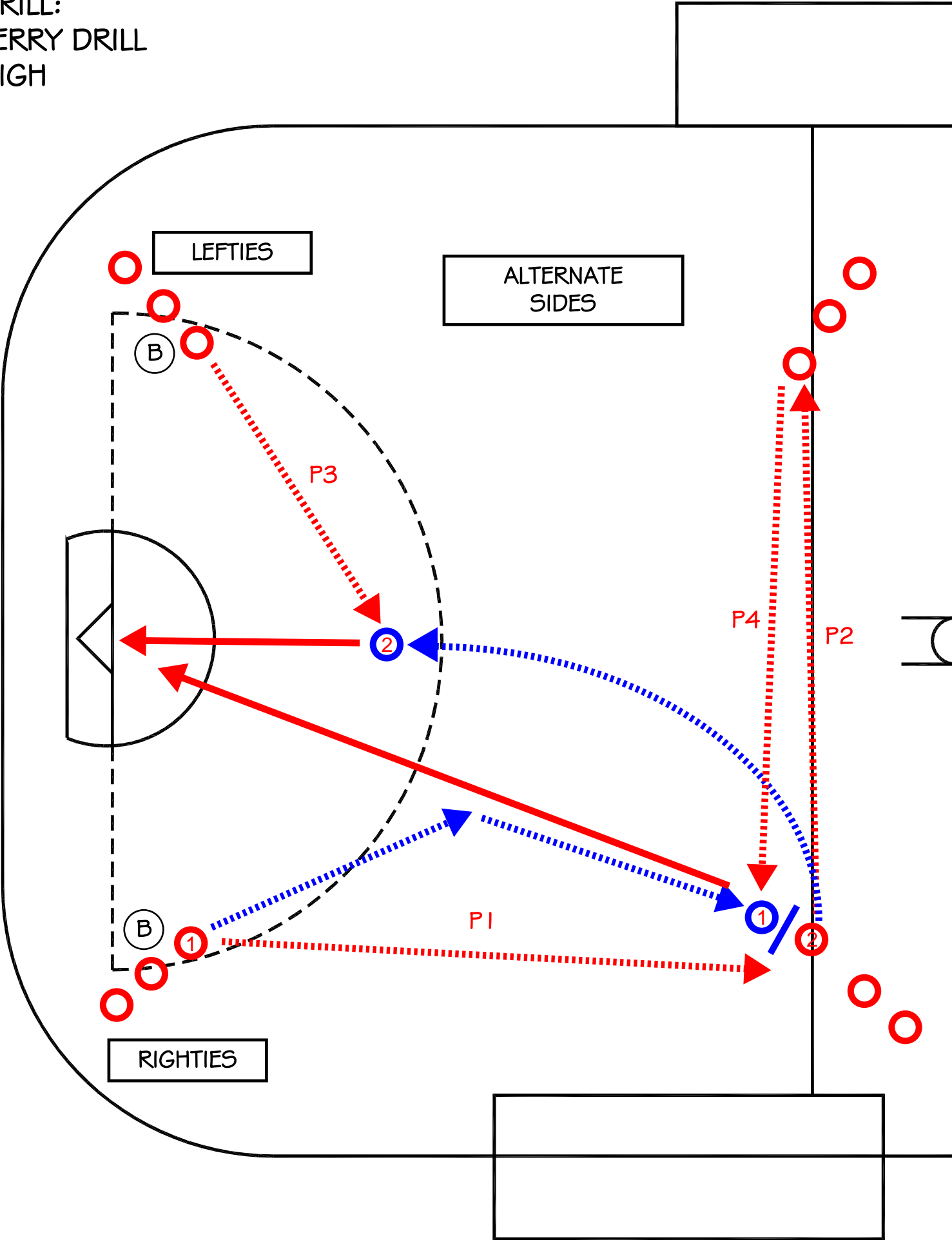
NOTE:
SPACE PLAYERS OUT TO ALLOW GOALIE TO GET SET. PLAYERS SHOULD SPRINT OFF THE WALL AND SHOOT ON THE RUN.

WHAT DRILLS TO DO NEXT:

- PASS DOWN PASS ACROSS
- JERRY DRILL
 - HIGH
 - LOW



DRILL:
JERRY DRILL
HIGH



DRILL:
JERRY DRILL (HIGH)

DRILL TYPE:
SHOOTING/PASSING/MOVEMENT

LEVEL:
INTERMEDIATE

PURPOSE:

- MIMICS A TYPICAL OFFENSIVE PATTERN
- LOTS OF BALL MOVEMENT
- OFFENSE FROM THE HIGH SIDE OF THE ZONE (SHOOTER)
- USING PICKS

KEY POINTS:

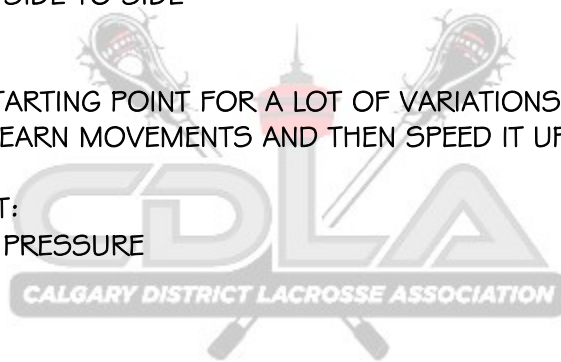
- MOVE QUICKLY
- TIMING
- ALTERNATE FROM SIDE TO SIDE

NOTE:

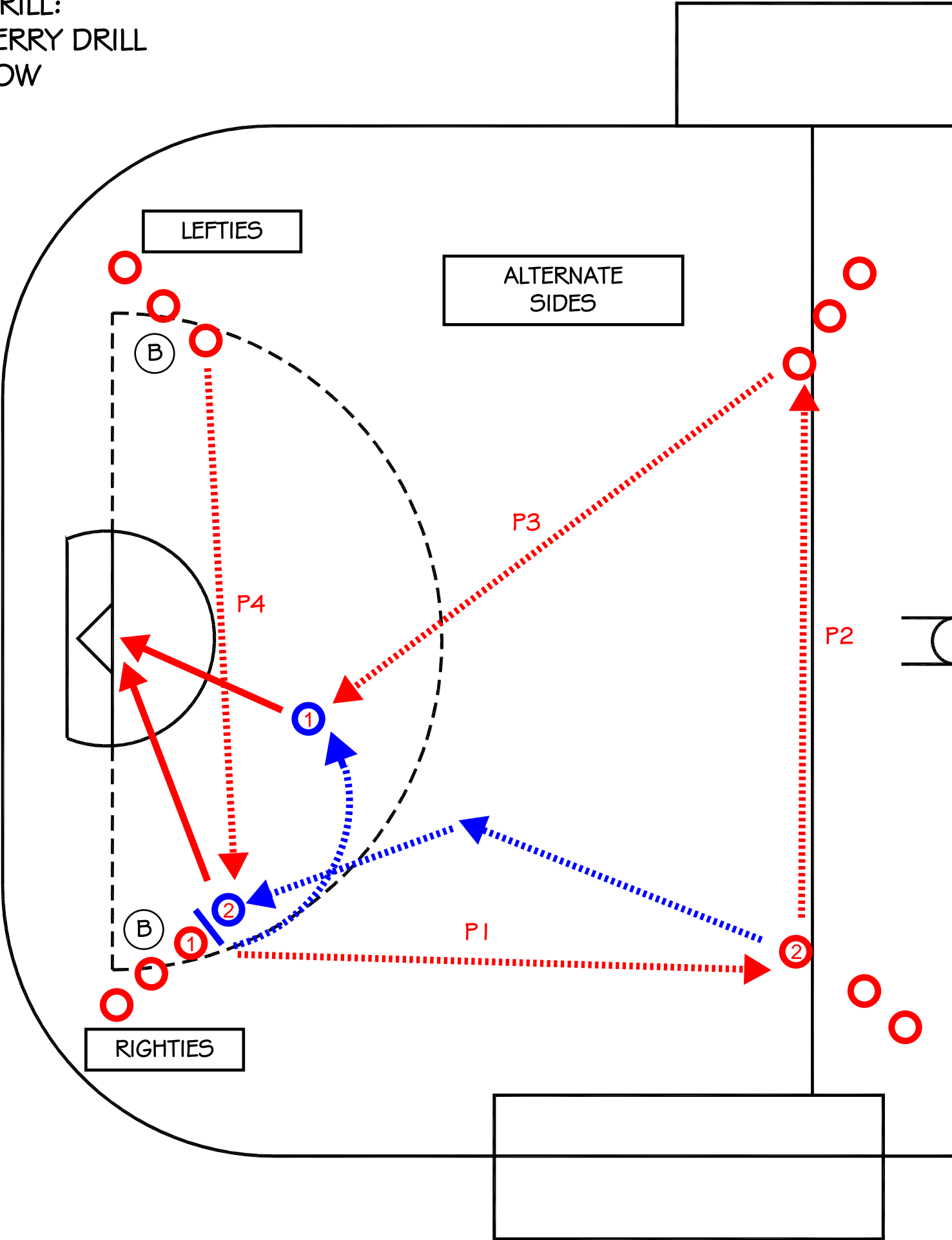
THIS DRILL IS A GOOD STARTING POINT FOR A LOT OF VARIATIONS. RUN THROUGH IT SLOWLY UNTIL PLAYERS LEARN MOVEMENTS AND THEN SPEED IT UP.

WHAT DRILLS TO DO NEXT:

- JERRY DRILL WITH PRESSURE
 - HIGH
 - LOW
- MOTION OFFENSE
- 2 ON 2
- DOUBLE PASS & CUT



DRILL:
JERRY DRILL
LOW



DRILL:
JERRY DRILL (LOW)

DRILL TYPE:
SHOOTING/PASSING/MOVEMENT

LEVEL:
INTERMEDIATE

PURPOSE:

- MIMICS A TYPICAL OFFENSIVE PATTERN
- LOTS OF BALL MOVEMENT
- OFFENSE FROM THE LOW SIDE OF THE ZONE (CREASE)
- USING PICKS

KEY POINTS:

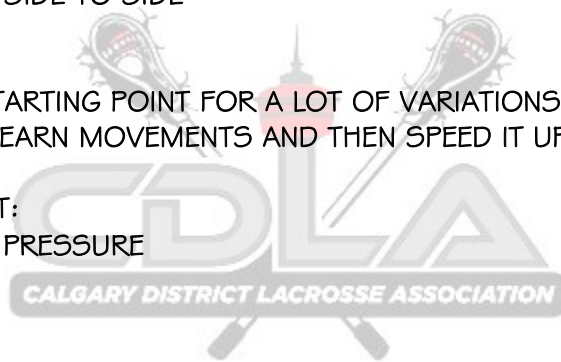
- MOVE QUICKLY
- TIMING
- ALTERNATE FROM SIDE TO SIDE

NOTE:

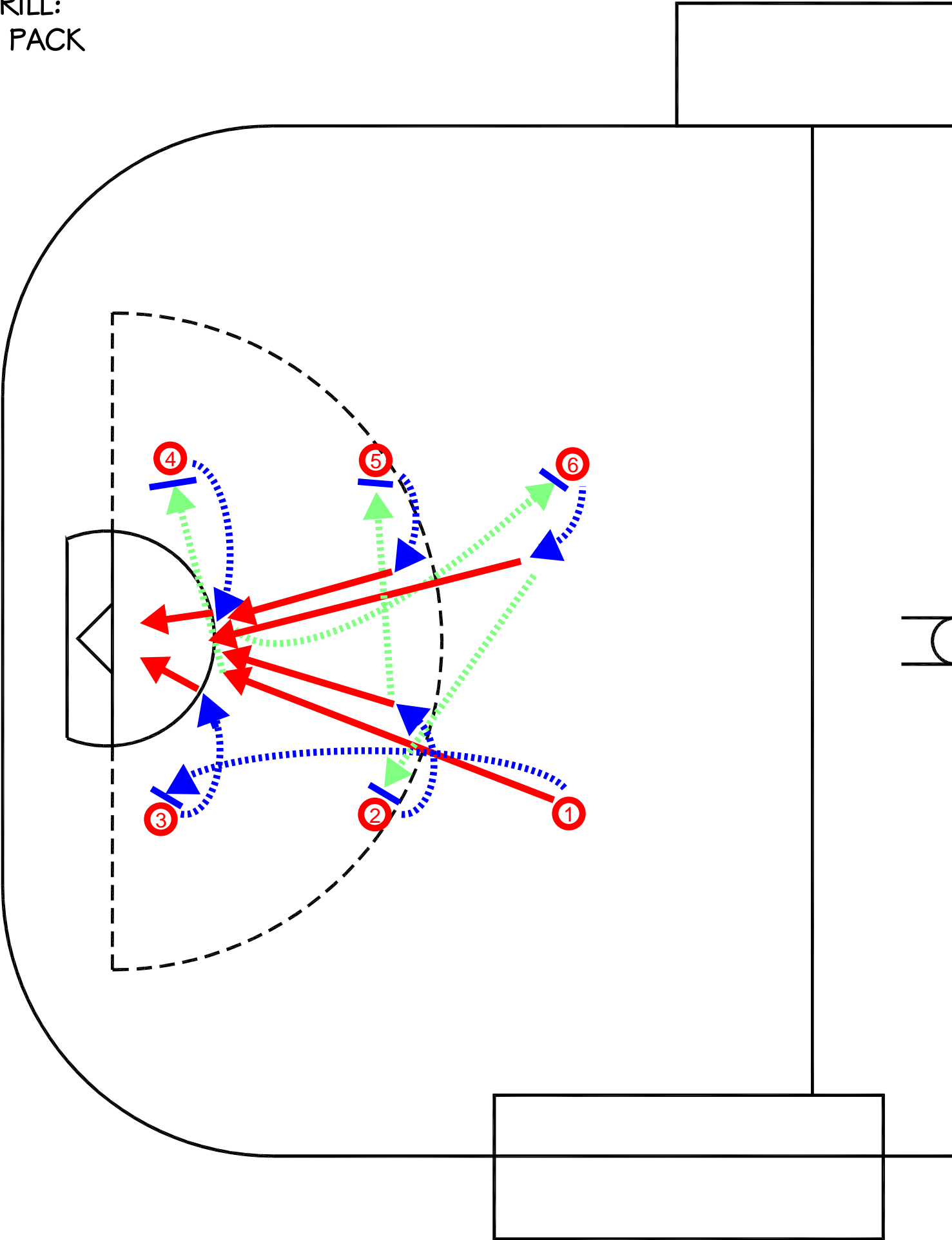
THIS DRILL IS A GOOD STARTING POINT FOR A LOT OF VARIATIONS. RUN THROUGH IT SLOWLY UNTIL PLAYERS LEARN MOVEMENTS AND THEN SPEED IT UP.

WHAT DRILLS TO DO NEXT:

- JERRY DRILL WITH PRESSURE
 - HIGH
 - LOW
- MOTION OFFENSE
- 2 ON 2
- DOUBLE PASS & CUT



DRILL:
6 PACK



DRILL:
6 PACK

DRILL TYPE:
SHOOTING

LEVEL:
INTERMEDIATE

PURPOSE:

- SHOOTING FROM DIFFERENT LOCATIONS
- SETTING BASIC PICKS

KEY POINTS:

- SHOOT, MOVE, PICK

NOTE:
CAN BE USED AS A COMPETE DRILL (LEFTIES VS RIGHTIES), THIS DRILL PROMOTES SHOOTING AND MOVING, AS WELL AS BASIC PICKS.

WHAT DRILLS TO DO NEXT:

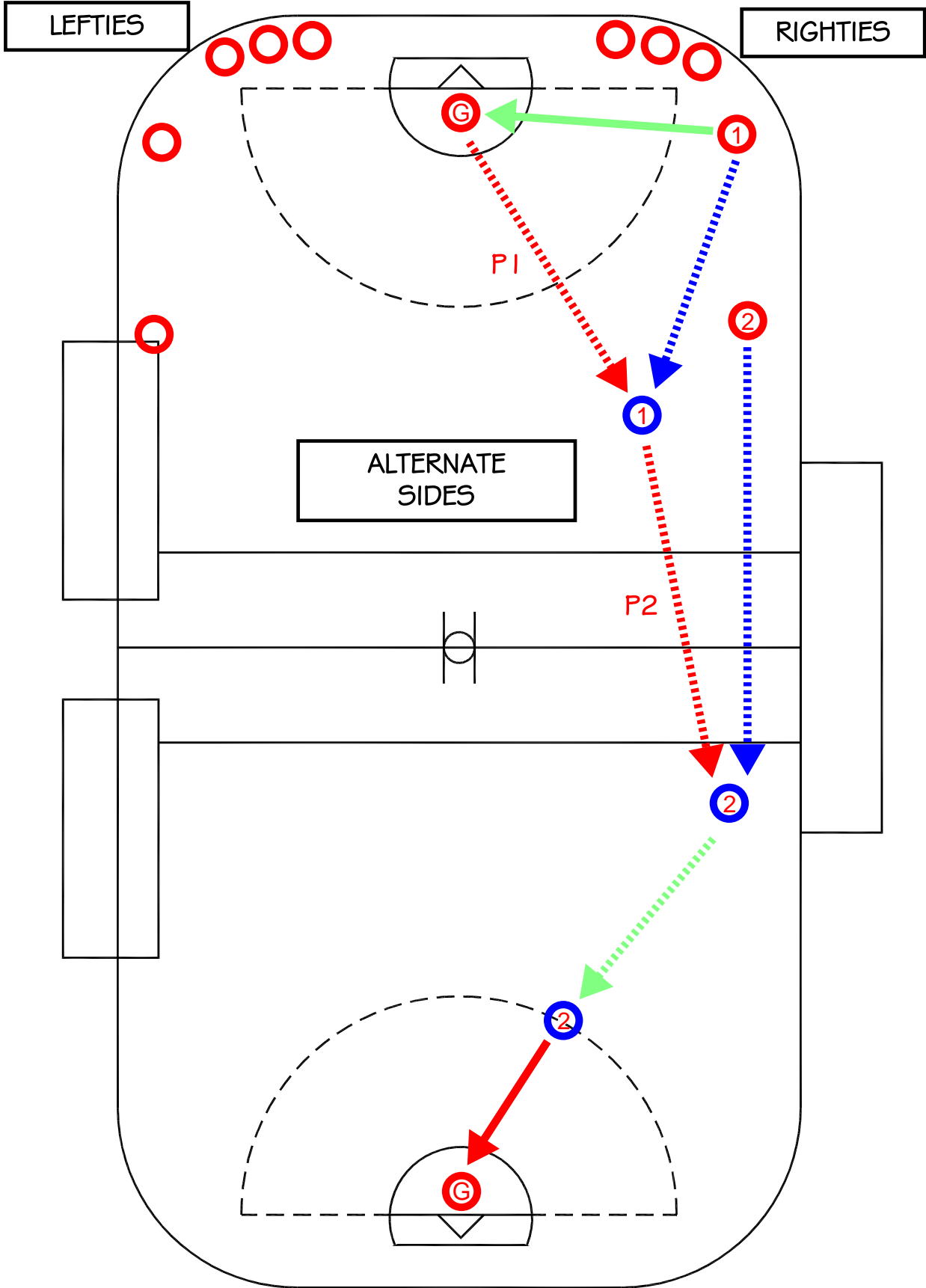
- JERRY DRILL WITH PRESSURE
 - HIGH
 - LOW
- SNAKE SHOOTING





TRANSITION DRILLS

DRILL:
2-MAN OUTS
BLUELINE BREAK AWAY



DRILL:

2-MAN OUTS (BLUELINE BREAK AWAY)

DRILL TYPE:

BREAK OUT/TRANSITION

LEVEL:

BEGINNER

PURPOSE:

- PASSING OUT OF THE DEFENSIVE ZONE
- PASSING ON THE MOVE
- CATCHING ON THE MOVE AND OVER THE SHOULDER

KEY POINTS:

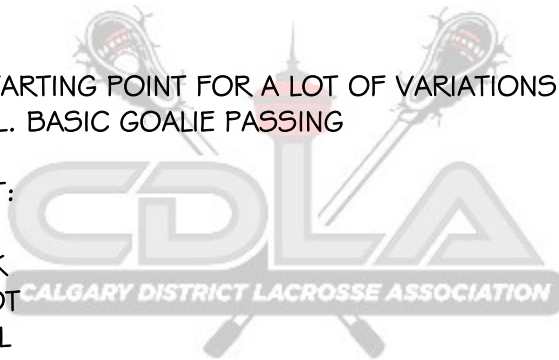
- RUNNING
- STAYING WIDE ON THE BOARDS AND CUTTING HARD TO THE NET
- ALTERNATE FROM SIDE TO SIDE

NOTE:

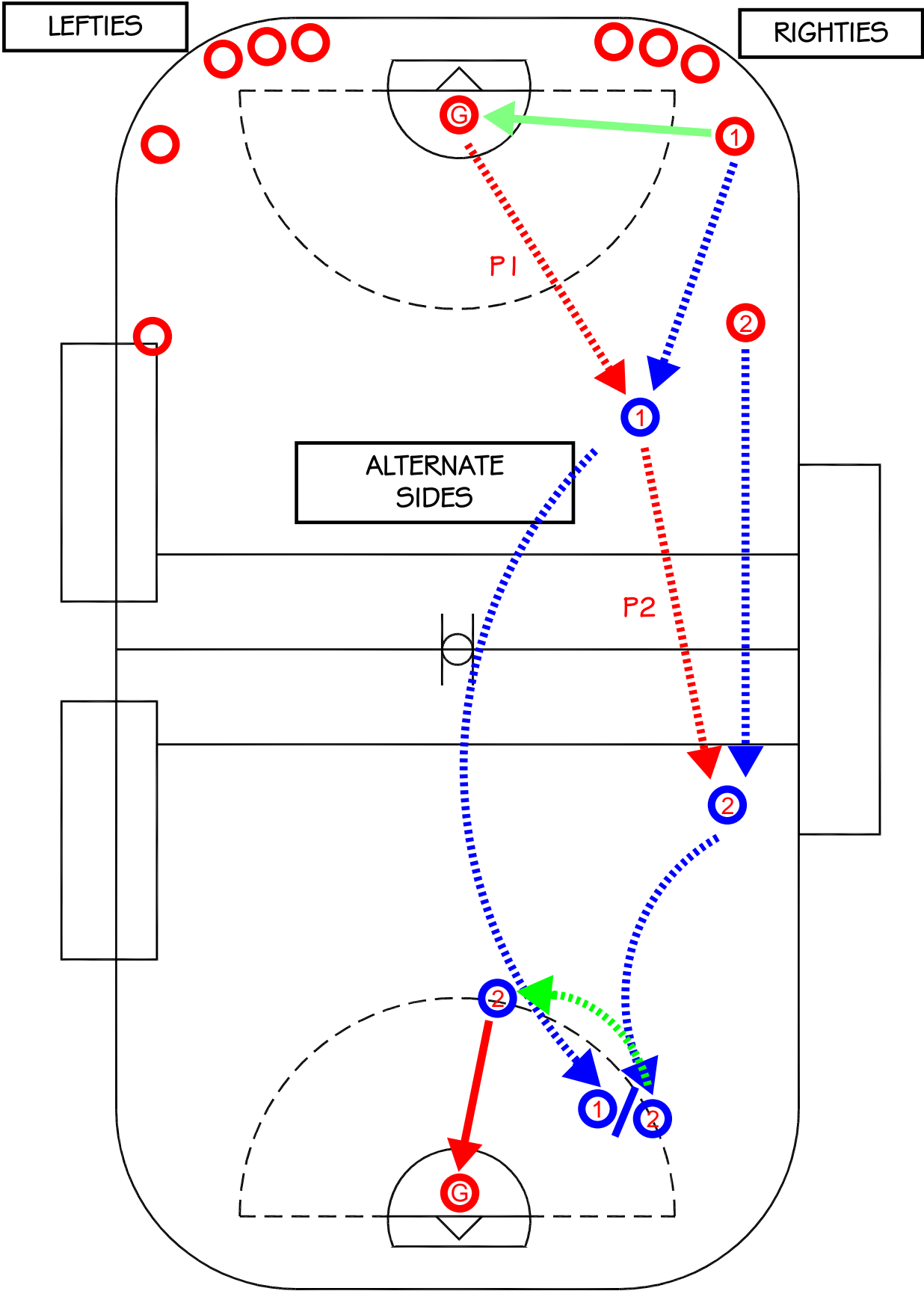
THIS DRILL IS A GOOD STARTING POINT FOR A LOT OF VARIATIONS. CAN BE USED AS A PRACTICE WARM UP DRILL. BASIC GOALIE PASSING

WHAT DRILLS TO DO NEXT:

- 2-MAN OUT
 - PASS BACK
 - PICK & SHOT
 - PICK & ROLL
 - OFF THE BENCH
- SHORT PASS - LONG PASS
 - SHORT VERSION
 - LONG VERSION



DRILL:
2-MAN OUTS
PICK & SHOT



DRILL:
2-MAN OUTS (PASS BACK)

DRILL TYPE:
BREAK OUT/TRANSITION

LEVEL:
BEGINNER

PURPOSE:

- PASSING OUT OF THE DEFENSIVE ZONE
- PASSING ON THE MOVE
- BASIC TRANSITION OFFENSE

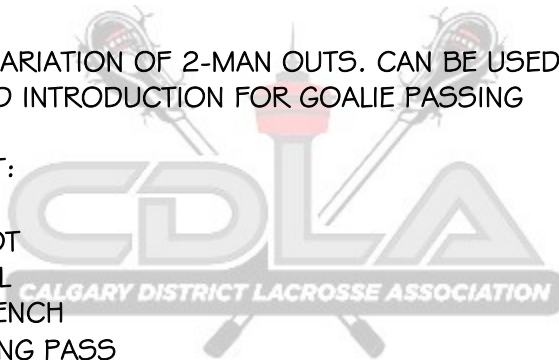
KEY POINTS:

- STAYING WIDE ON THE BOARDS AND CUTTING HARD TO THE NET
- ROLLING OUT AND MAKING A PASS TO A CUTTER
- ALTERNATE FROM SIDE TO SIDE

NOTE:
THIS DRILL IS ANOTHER VARIATION OF 2-MAN OUTS. CAN BE USED AS A PRACTICE WARM UP DRILL. THIS IS A GOOD INTRODUCTION FOR GOALIE PASSING

WHAT DRILLS TO DO NEXT:

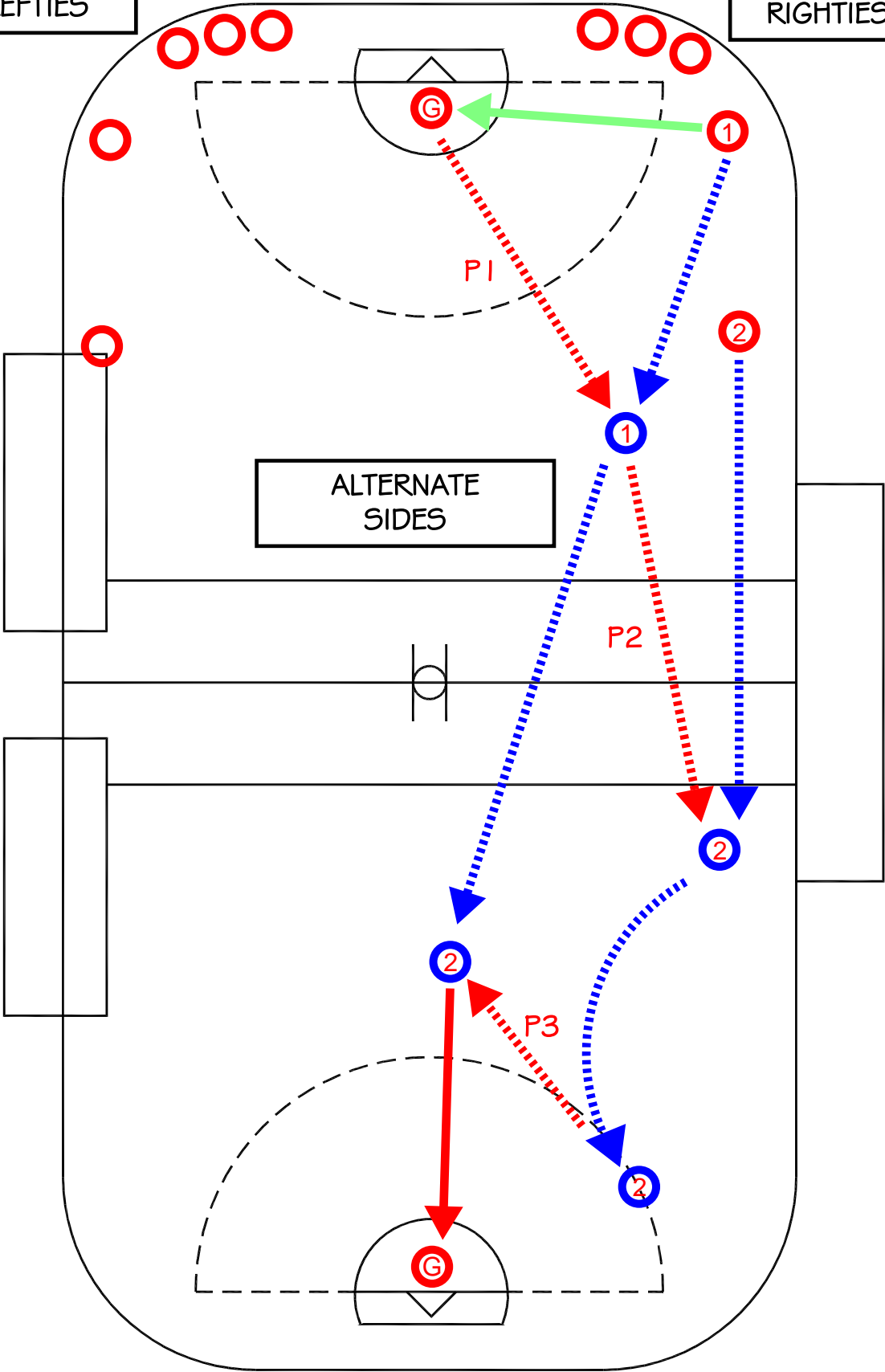
- 2-MAN OUT
 - PICK & SHOT
 - PICK & ROLL
 - OFF THE BENCH
- SHORT PASS - LONG PASS
 - SHORT VERSION
 - LONG VERSION



DRILL:
2-MAN OUTS
PASS BACK

LEFTIES

RIGHTIES



DRILL:

2-MAN OUTS (PICK & SHOT)

DRILL TYPE:

BREAK OUT/TRANSITION

LEVEL:

BEGINNER

PURPOSE:

- PASSING OUT OF THE DEFENSIVE ZONE
- PASSING ON THE MOVE
- BASIC TRANSITION OFFENSE

KEY POINTS:

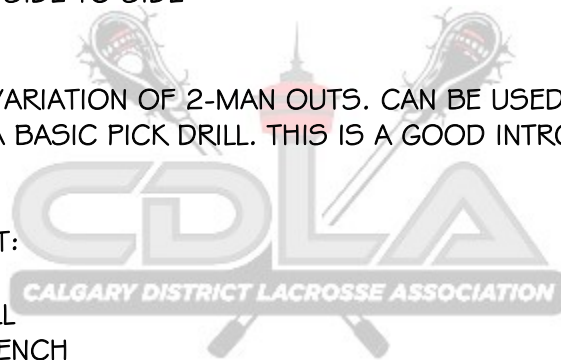
- STAYING WIDE ON THE BOARDS
- ROLLING OUT, WAITING FOR A PICK
- STEPPING AROUND THE PICK AND TAKING A SHOT
- ALTERNATE FROM SIDE TO SIDE

NOTE:

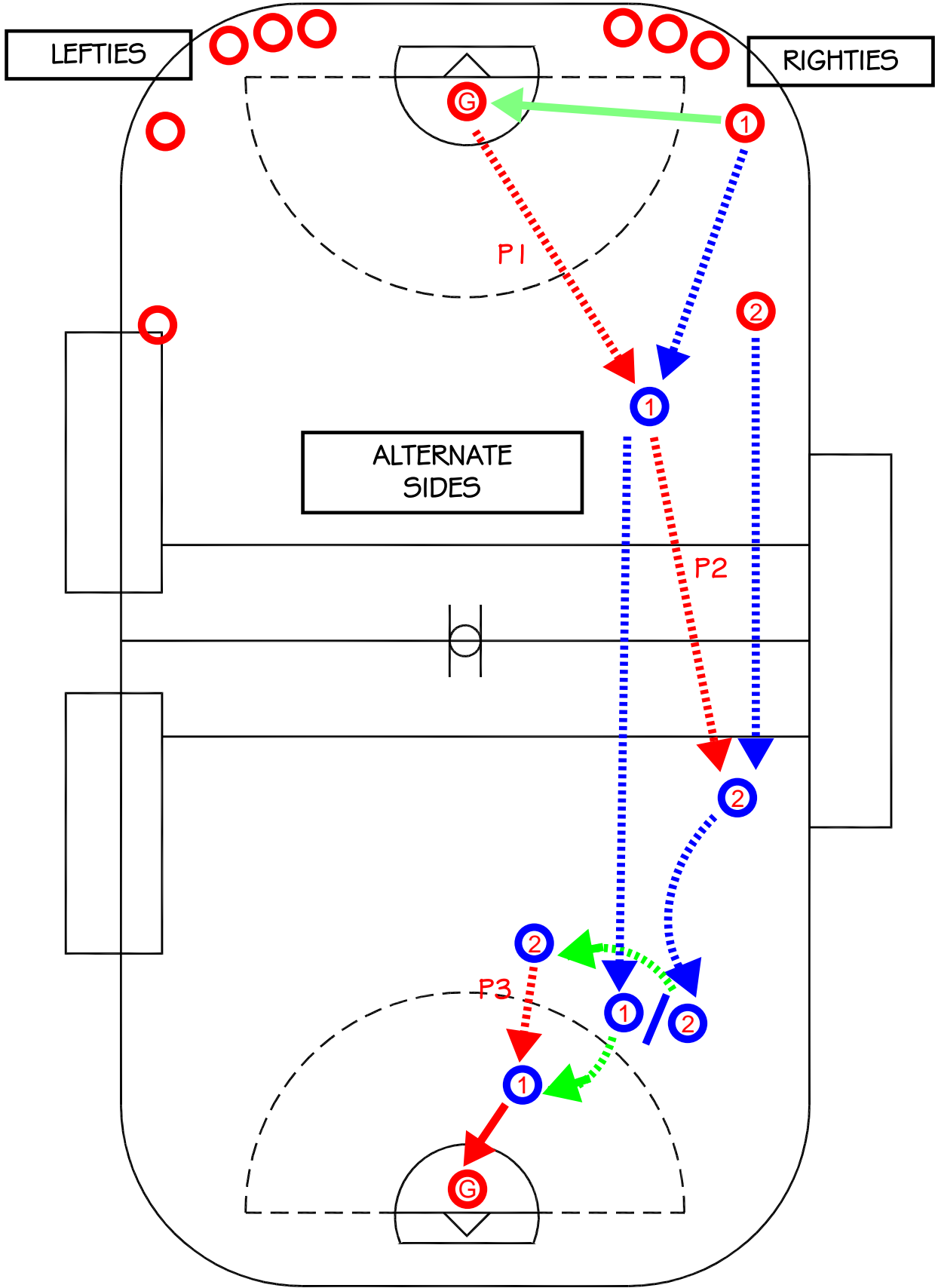
THIS DRILL IS ANOTHER VARIATION OF 2-MAN OUTS. CAN BE USED AS A PRACTICE WARM UP DRILL. THIS IS ALSO A BASIC PICK DRILL. THIS IS A GOOD INTRODUCTION FOR GOALIE PASSING

WHAT DRILLS TO DO NEXT:

- 2-MAN OUT
 - PICK & ROLL
 - OFF THE BENCH
- SHORT PASS - LONG PASS
 - SHORT VERSION
 - LONG VERSION
- RAINBOW PASSING



DRILL:
2-MAN OUTS
PICK & ROLL



DRILL:

2-MAN OUTS (PICK & ROLL)

DRILL TYPE:

BREAK OUT/TRANSITION

LEVEL:

INTERMEDIATE

PURPOSE:

- PASSING OUT OF THE DEFENSIVE ZONE
- PASSING ON THE MOVE
- BASIC PICK AND ROLL

KEY POINTS:

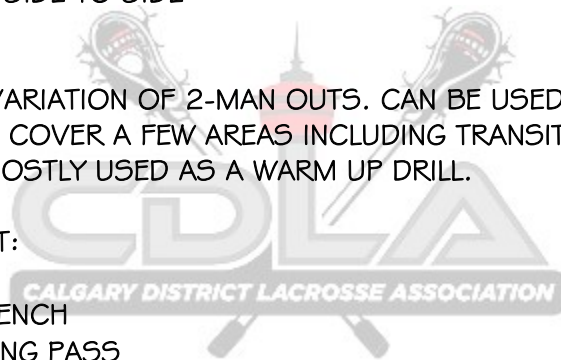
- STAYING WIDE ON THE BOARDS
- ROLLING OUT, WAITING FOR A PICK
- ROLLING WITH STICK OPEN TO THE PASS
- ALTERNATE FROM SIDE TO SIDE

NOTE:

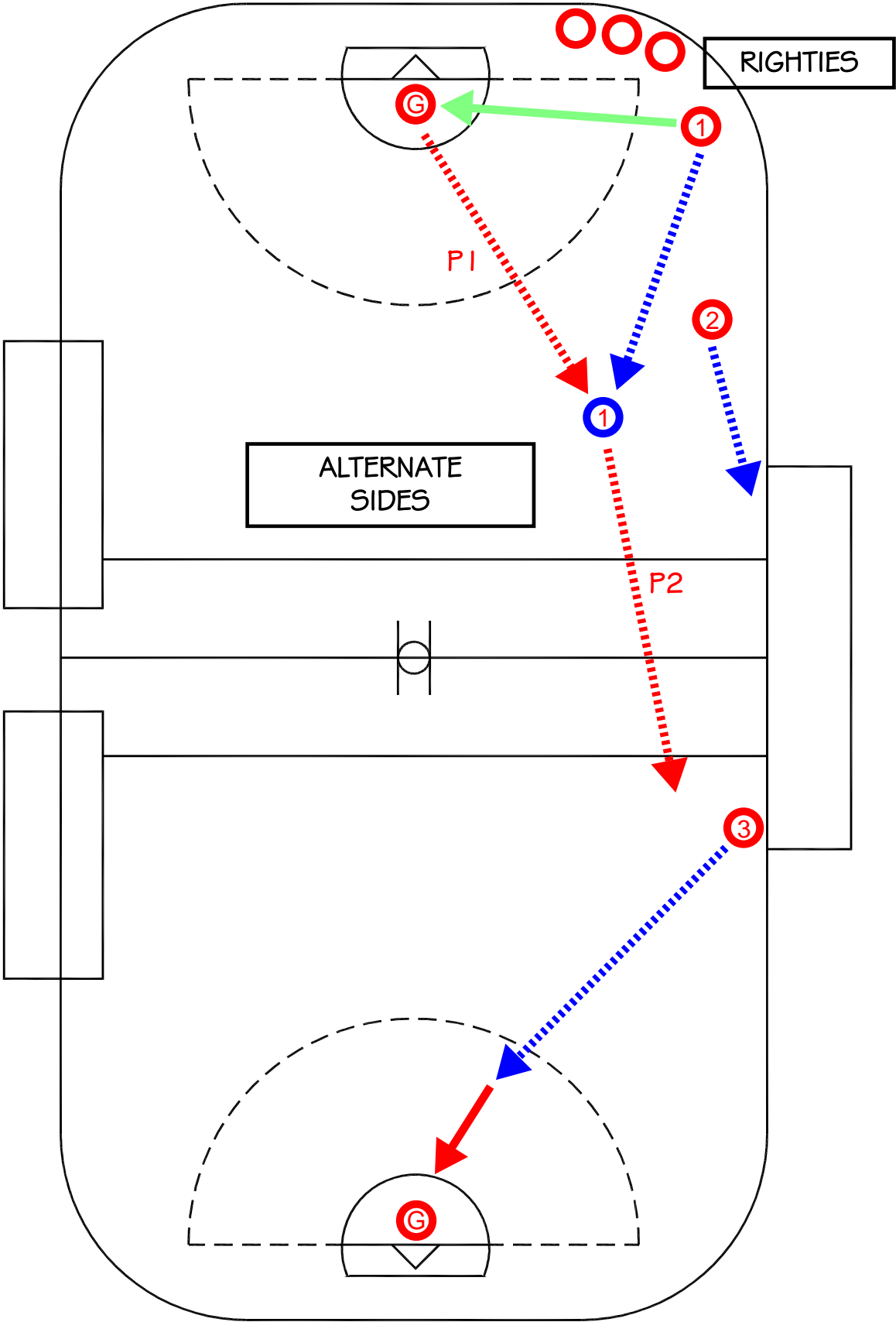
THIS DRILL IS ANOTHER VARIATION OF 2-MAN OUTS. CAN BE USED AS A PRACTICE WARM UP DRILL GOOD DRILL TO COVER A FEW AREAS INCLUDING TRANSITION, GOALIE PASSING, BASIC PICK AND ROLL. MOSTLY USED AS A WARM UP DRILL.

WHAT DRILLS TO DO NEXT:

- 2-MAN OUT
 - OFF THE BENCH
- SHORT PASS - LONG PASS
 - SHORT VERSION
 - LONG VERSION
- CONTINUOUS BACK CHECK
- 6PASS 2 ON 1



DRILL:
2-MAN OUTS
OFF THE BENCH



DRILL:
2-MAN OUTS (OFF THE BENCH)

DRILL TYPE:
BREAK OUT/TRANSITION

LEVEL:
INTERMEDIATE

PURPOSE:

- PASSING OUT OF THE DEFENSIVE ZONE
- PASSING ON THE MOVE
- BREAK FROM THE BENCH

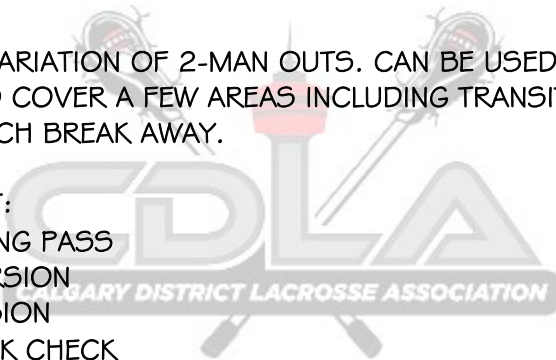
KEY POINTS:

- STAYING WIDE ON THE BOARDS
- BREAKING HARD FROM THE BENCH
- ALTERNATE FROM SIDE TO SIDE

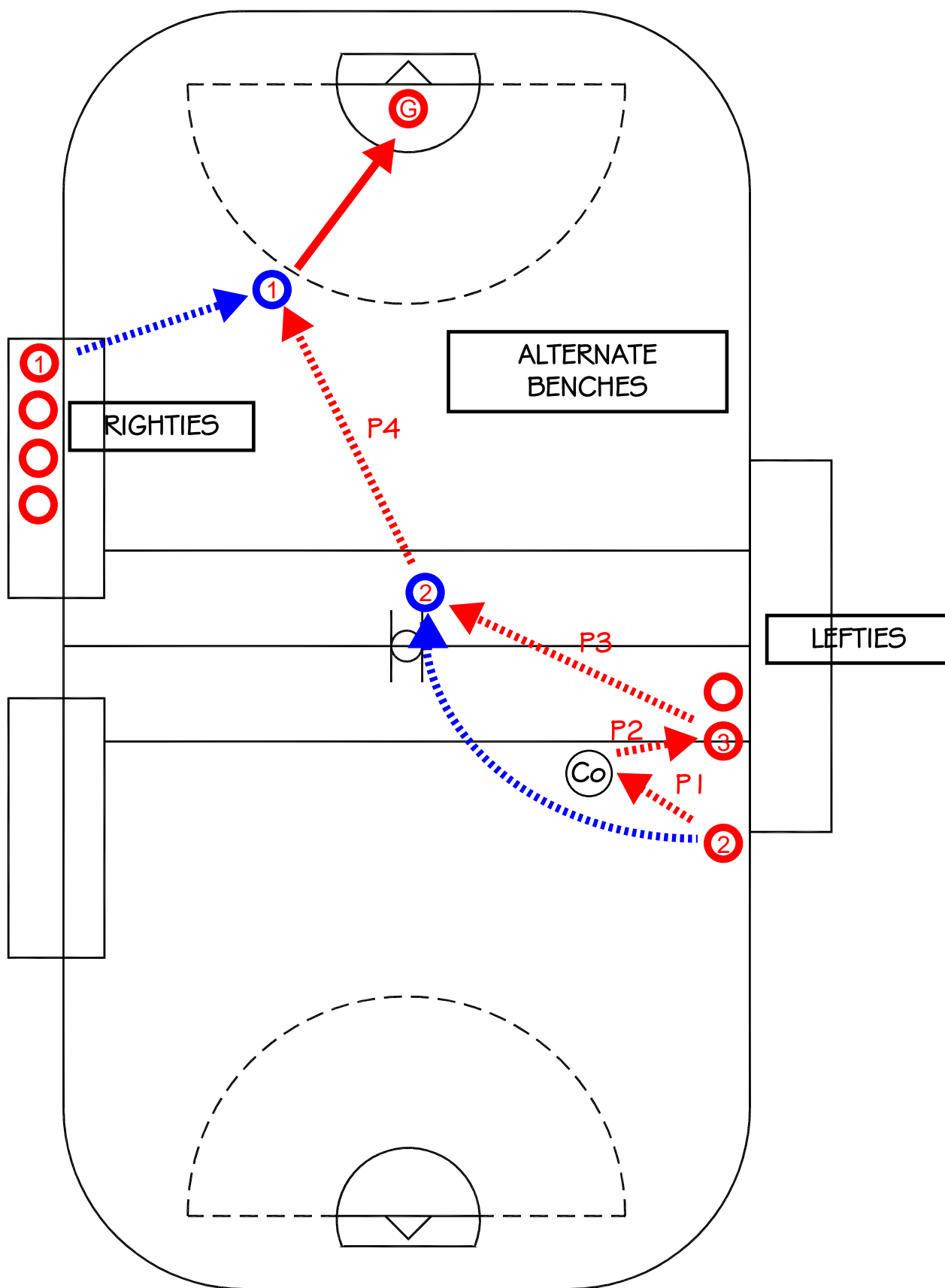
NOTE:
THIS DRILL IS ANOTHER VARIATION OF 2-MAN OUTS. CAN BE USED AS A PRACTICE WARM UP DRILL. GOOD DRILL TO COVER A FEW AREAS INCLUDING TRANSITION, GOALIE PASSING, BASIC MAN OFF THE BENCH BREAK AWAY.

WHAT DRILLS TO DO NEXT:

- SHORT PASS - LONG PASS
 - SHORT VERSION
 - LONG VERSION
- CONTINUOUS BACK CHECK
- 6PASS 2 ON 1



DRILL: INDY



DRILL:
INDY

DRILL TYPE:
BREAK OUT/TRANSITION

LEVEL:
INTERMEDIATE

PURPOSE:

- PASSING INTO THE OFFENSIVE ZONE
- PASSING ON THE MOVE
- CATCHING OVER THE SHOULDER

KEY POINTS:

- QUICK PASSING
- GOING HARD TO THE NET OFF THE BENCH

NOTE:

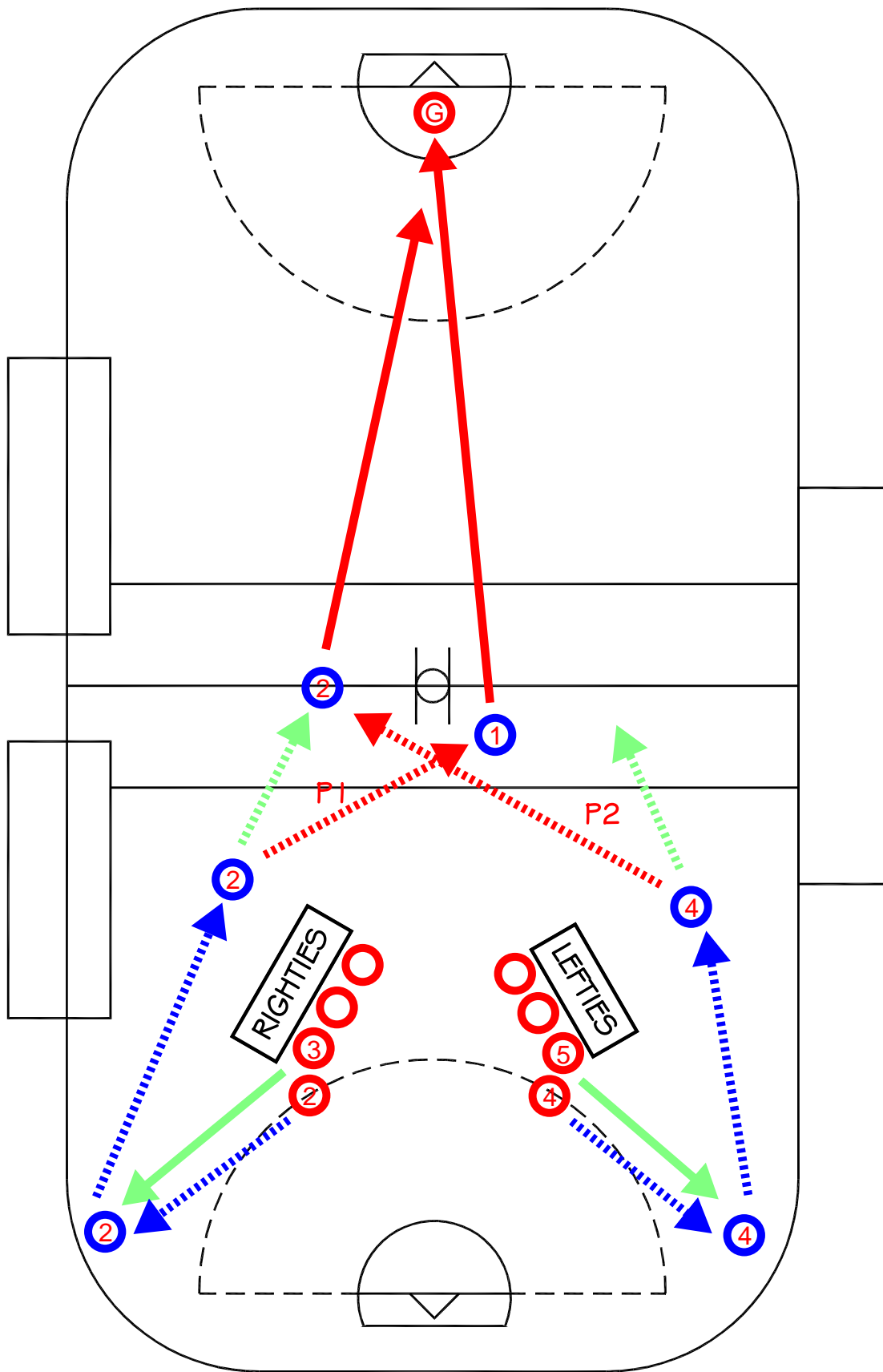
DRILL TO EMPHASIZE CUTTING HARD TO THE NET. QUICK PASSING MOVING INTO THE OFFENSIVE ZONE

WHAT DRILLS TO DO NEXT:

- 6PASS 2 ON 1
- RAINBOW PASSING
- FULL FLOOR 3 ON 2 ON 1



RAINBOW PASSING



DRILL:
RAINBOW PASSING

DRILL TYPE:
BREAK OUT/TRANSITION

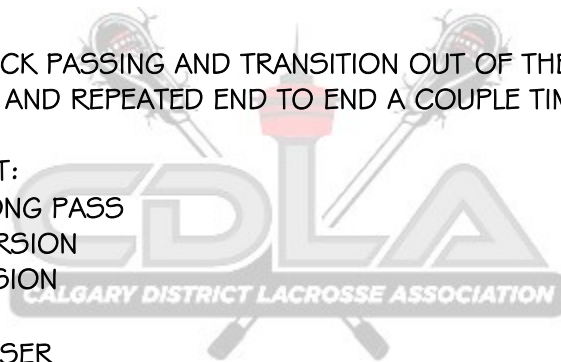
LEVEL:
INTERMEDIATE

- PURPOSE:
- PASSING OUT OF THE DEFENSIVE ZONE
 - LOOSE BALL RECOVERY
 - HARD PASS OUT OF THE ZONE

- KEY POINTS:
- QUICK MOVEMENTS
 - READ THE BALL OF THE WALL
 - BREAKING HARD TO THE NET

NOTE:
DRILL TO EMPHASIZE QUICK PASSING AND TRANSITION OUT OF THE DEFENSIVE ZONE.
SHOULD BE FAST PACED AND REPEATED END TO END A COUPLE TIMES.

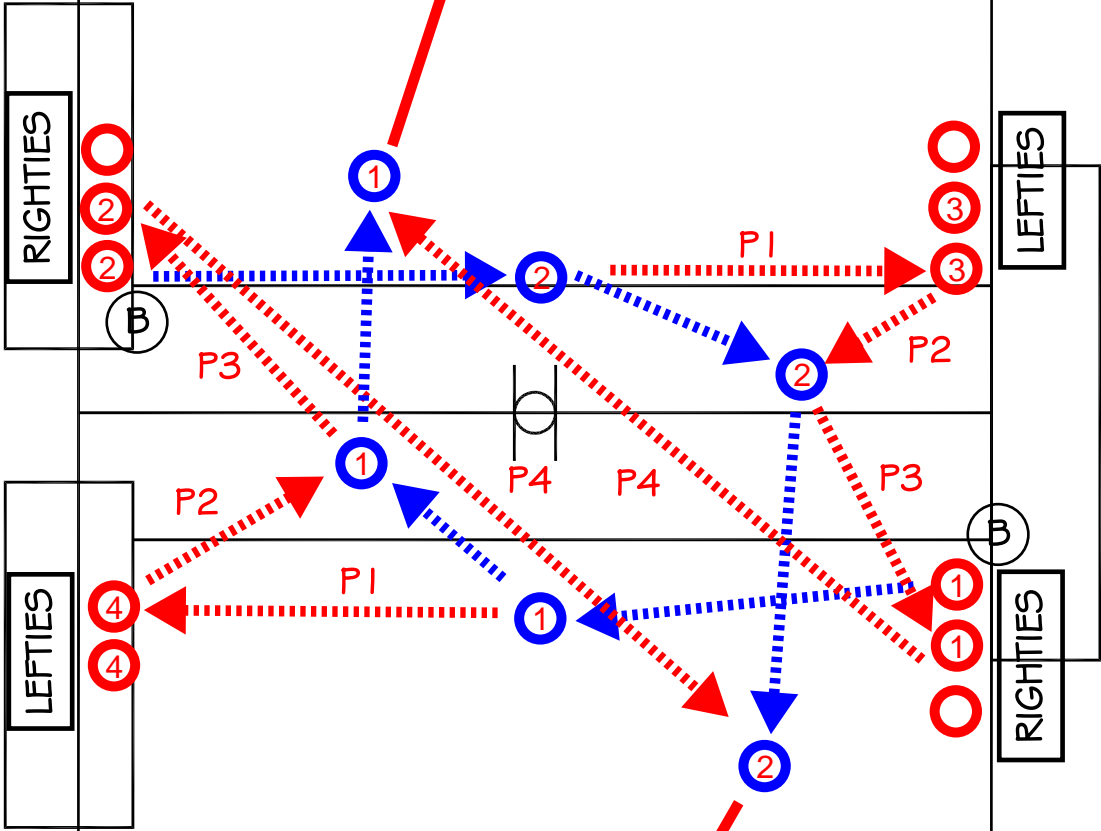
- WHAT DRILLS TO DO NEXT:
- SHORT PASS – LONG PASS
 - SHORT VERSION
 - LONG VERSION
 - INDY
 - 3 ON 2 WITH CHASER



DRILL:

SHORT PASS - LONG PASS

SHORT VERSION



DRILL:
SHORT PASS – LONG PASS
(SHORT VERSION)

DRILL TYPE:
PASSING/TRANSITION

LEVEL:
INTERMEDIATE

PURPOSE:

- QUICK PASSING
- QUICK MOVEMENTS
- COMMUNICATION

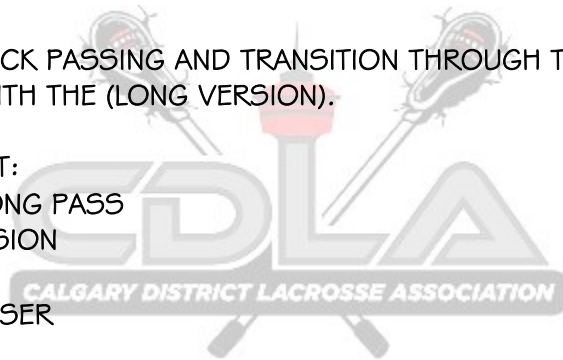
KEY POINTS:

- CALLING FOR THE BALL, MOVING QUICKLY
- CATCHING ACROSS THE BODY

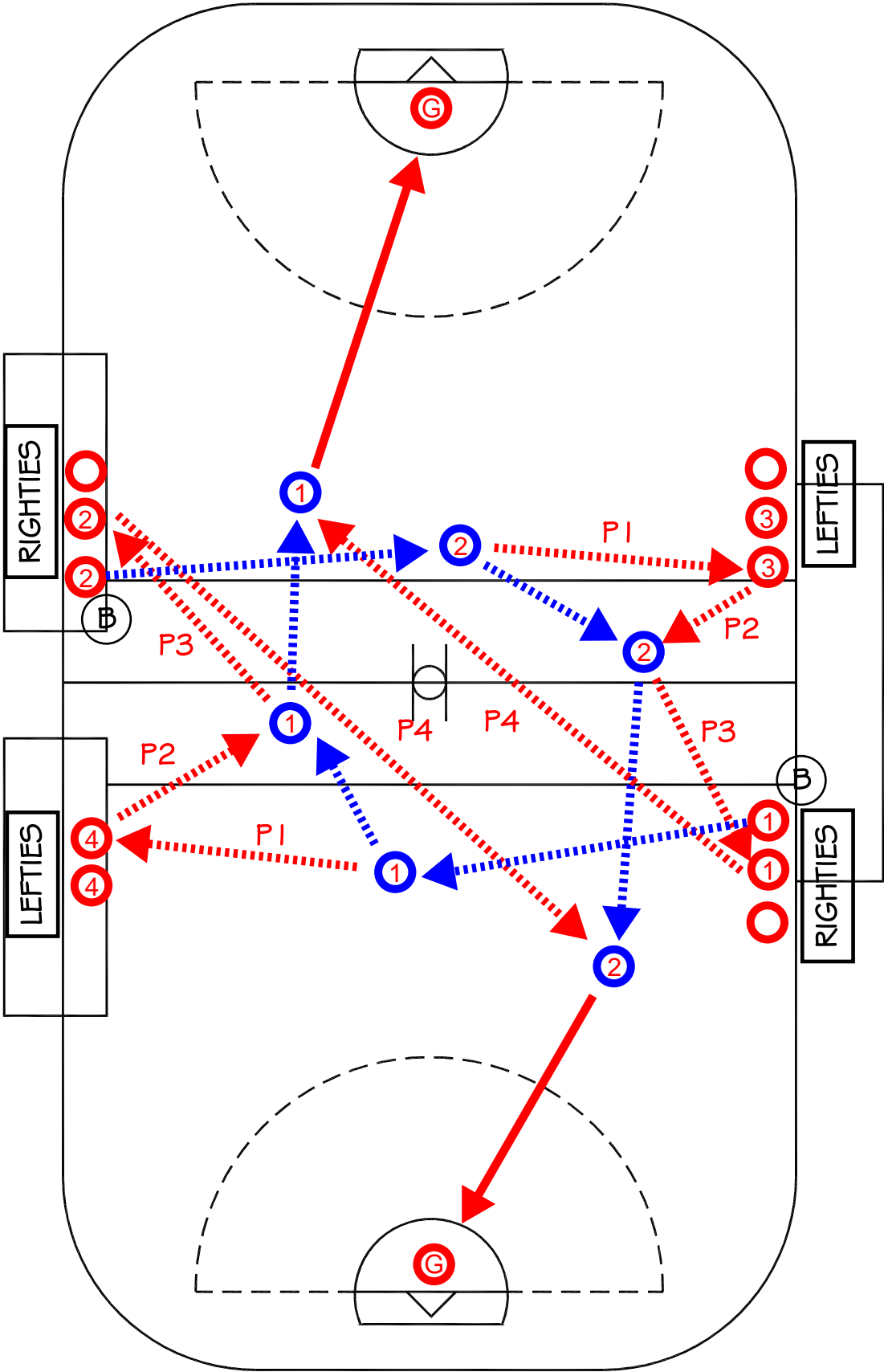
NOTE:
DRILL TO EMPHASIZE QUICK PASSING AND TRANSITION THROUGH THE NEUTRAL ZONE. RUN THIS IN CONJUNCTION WITH THE (LONG VERSION).

WHAT DRILLS TO DO NEXT:

- SHORT PASS – LONG PASS
 - LONG VERSION
- 6PASS 2 ON 1
- 3 ON 2 WITH CHASER



DRILL:
SHORT PASS - LONG PASS
LONG VERSION



DRILL:
SHORT PASS – LONG PASS
(LONG VERSION)

DRILL TYPE:
PASSING/TRANSITION

LEVEL:
INTERMEDIATE

PURPOSE:

- QUICK PASSING
- QUICK MOVEMENTS
- BREAK AWAY PASSES

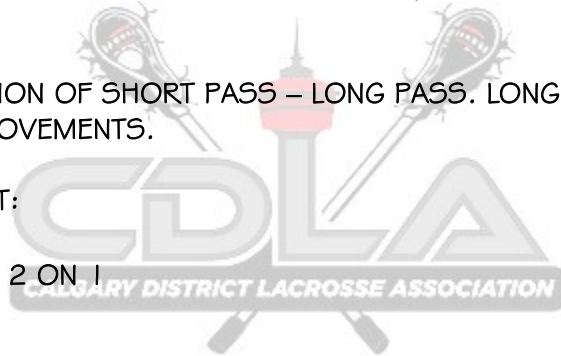
KEY POINTS:

- CALLING FOR THE BALL, MOVING QUICKLY
- CATCHING ACROSS THE BODY
- STEPPING INTO P4 AND MAKING A DIRECT PASS (NOT A LOBE)

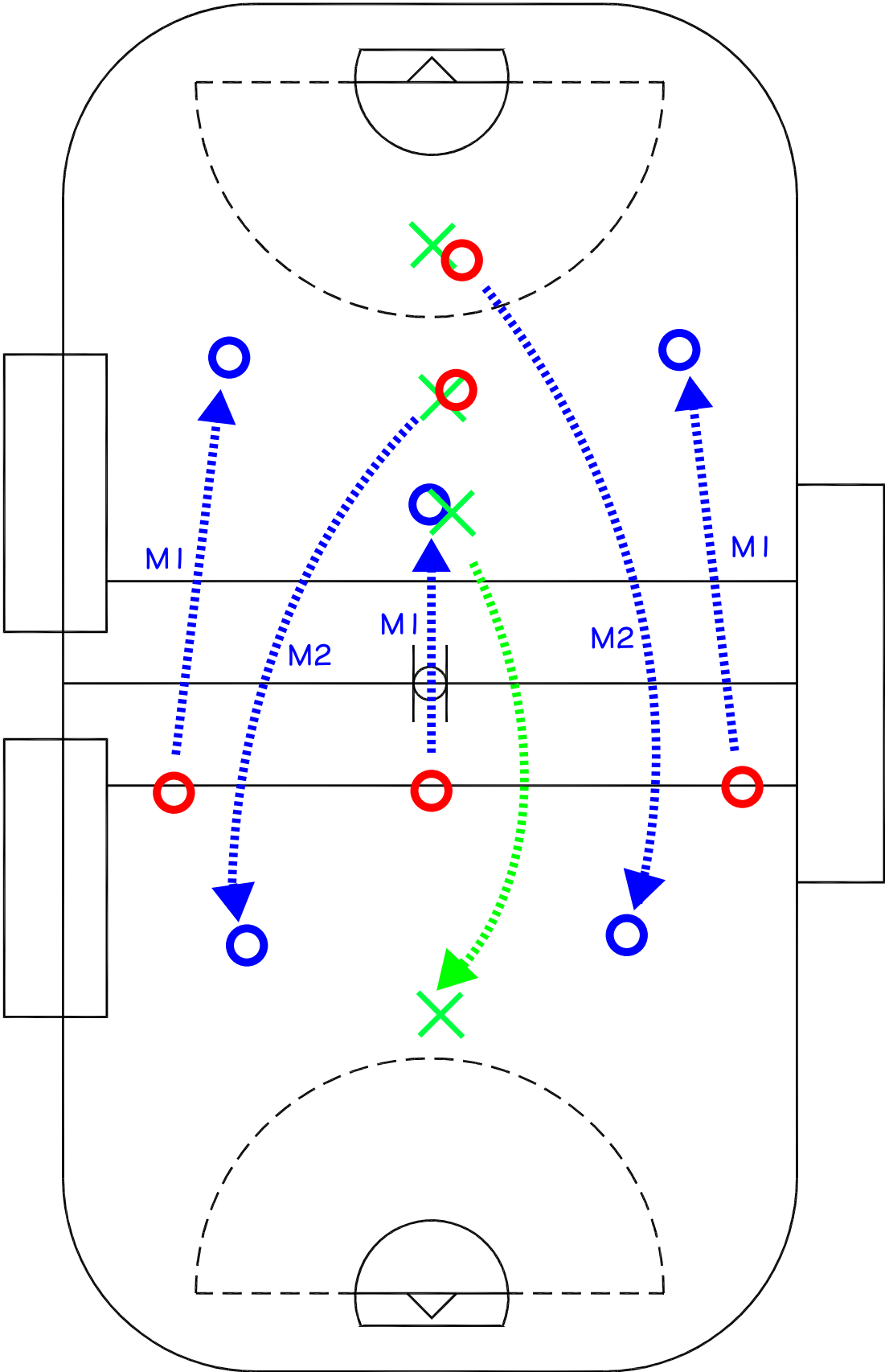
NOTE:
THIS IS THE NEXT VARIATION OF SHORT PASS – LONG PASS. LONGER PASSING DRILL WITH LOTS OF PASSES AND MOVEMENTS.

WHAT DRILLS TO DO NEXT:

- 6PASS 2 ON 1
- FULL FLOOR 3 ON 2 ON 1
- 5 MAN SET



DRILL:
FULL FLOOR 3 ON 2 ON 1



DRILL:
FULL FLOOR 3 ON 2 ON 1

DRILL TYPE:
TRANSITION

LEVEL:
INTERMEDIATE

PURPOSE:

- FAST BREAK
- QUICK PASSES
- DEFENSIVE PRESSURE ON BALL
- QUICK DEFENSIVE RECOVERY

KEY POINTS:

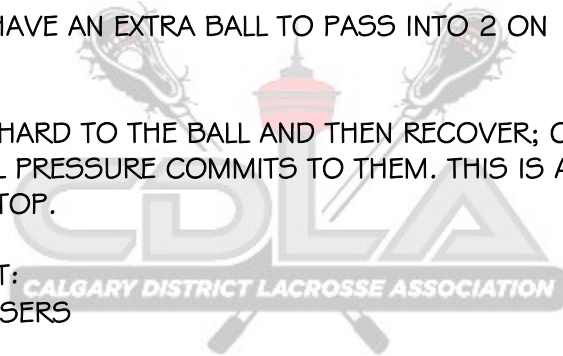
- BALL MOVES UP THE MIDDLE OF THE FLOOR
- DEFENSIVE PLAYERS SHOULD COMMUNICATE
- AFTER SHOT OR TURN OVER QUICK TRANSITION INTO 2 ON 1
- GOALIE SHOULD HAVE AN EXTRA BALL TO PASS INTO 2 ON 1

NOTE:

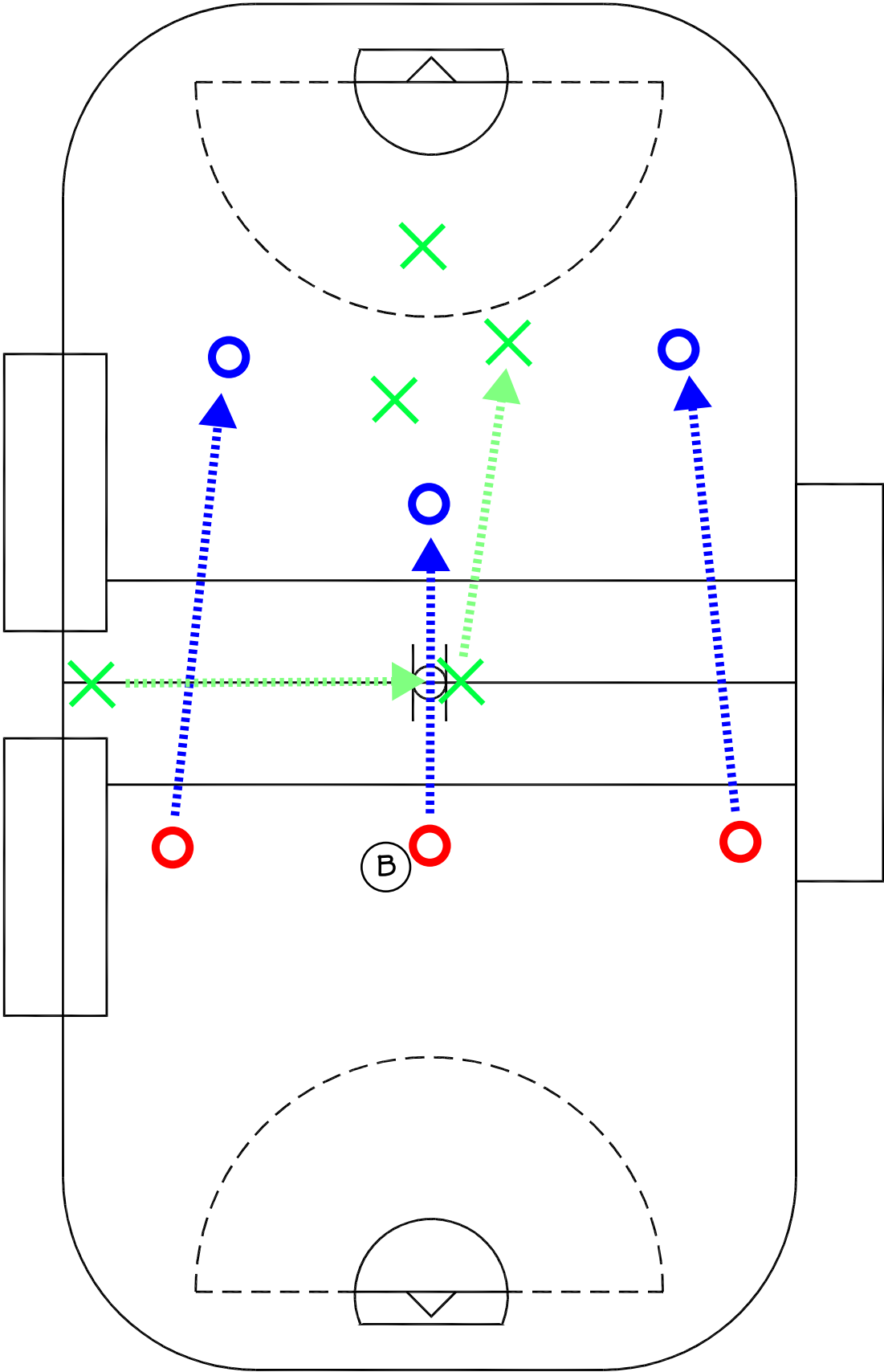
DEFENSE SHOULD JUMP HARD TO THE BALL AND THEN RECOVER; OFFENSIVE PLAYERS SHOULD NOT PASS UNTIL PRESSURE COMMITS TO THEM. THIS IS A FAST BREAK DRILL, PLAYERS SHOULD NOT STOP.

WHAT DRILLS TO DO NEXT:

- 3 ON 2 WITH CHASERS
- 5 MAN SET
- 2 ON 1 FROM CORNER



DRILL:
3 ON 2 WITH CHASER



DRILL:

3 ON 2 WITH CHASER

DRILL TYPE:

TRANSITION

LEVEL:

BEGINNER

PURPOSE:

- FAST BREAK
- QUICK PASSES
- DEFENSIVE PRESSURE ON BALL
- QUICK DEFENSIVE RECOVERY

KEY POINTS:

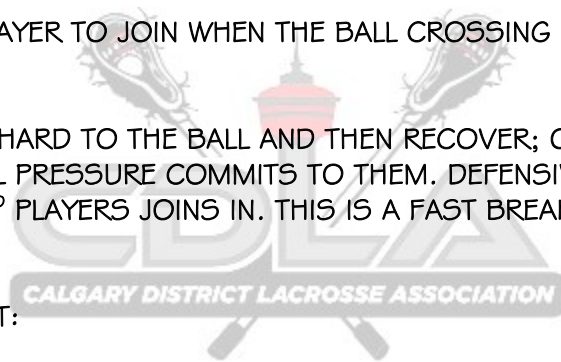
- BALL MOVES UP THE MIDDLE OF THE FLOOR
- DEFENSIVE PLAYERS SHOULD COMMUNICATE
- QUICK PASSES
- 3RD DEFENSIVE PLAYER TO JOIN WHEN THE BALL CROSSING CENTER

NOTE:

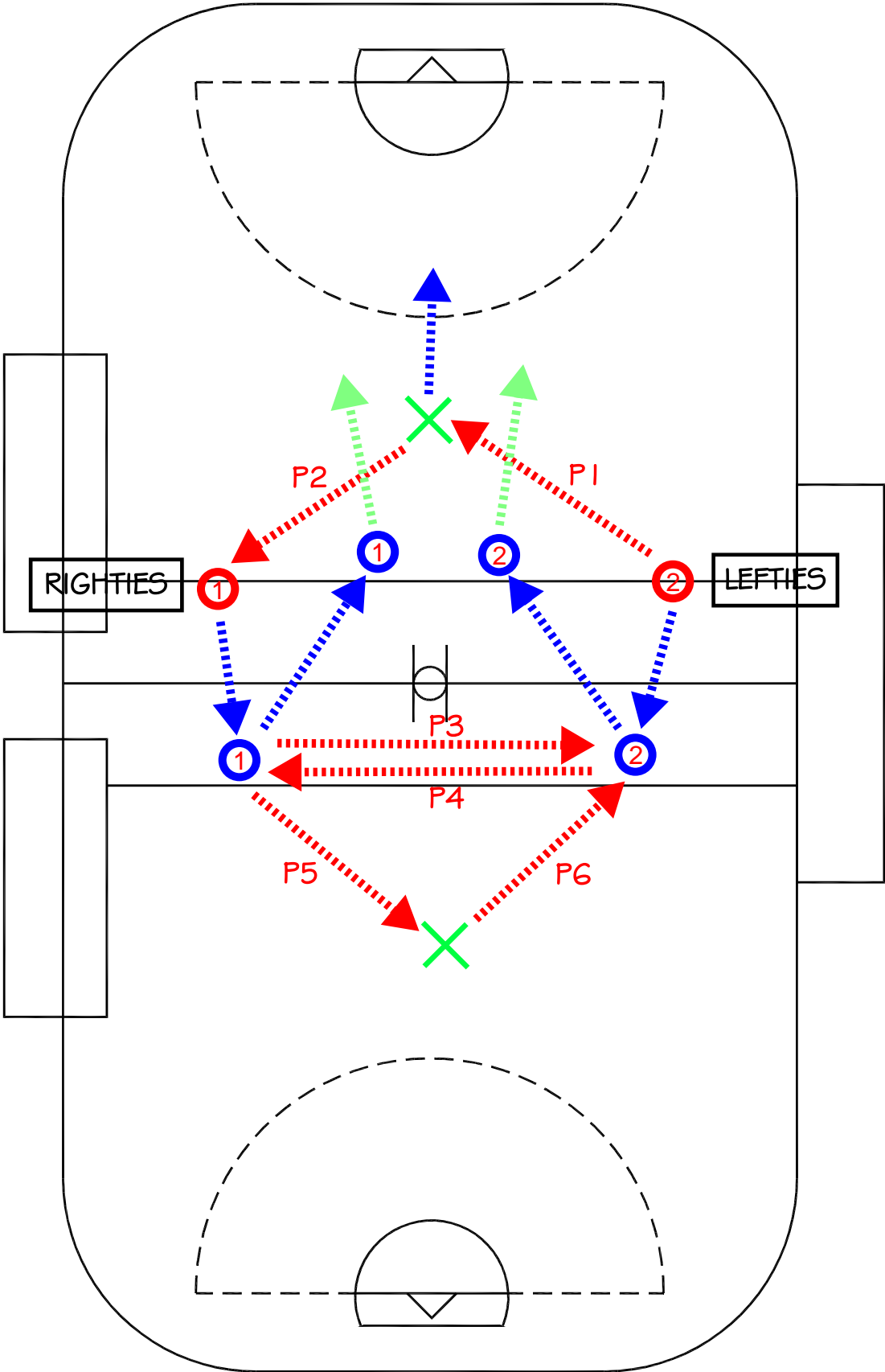
DEFENSE SHOULD JUMP HARD TO THE BALL AND THEN RECOVER; OFFENSIVE PLAYERS SHOULD NOT PASS UNTIL PRESSURE COMMITS TO THEM. DEFENSIVE PLAYERS NEED TO COMMUNICATE WHEN 3RD PLAYERS JOINS IN. THIS IS A FAST BREAK DRILL, PLAYERS SHOULD NOT STOP.

WHAT DRILLS TO DO NEXT:

- 5 MAN SET
- 2 ON 1 FROM CORNER
- CROSS FLOOR WALL TOUCH



DRILL:
6PASS 2 ON 1



DRILL:
6PASS 2 ON 1

DRILL TYPE:
TRANSITION

LEVEL:
ADVANCED

PURPOSE:

- FAST BREAK
- QUICK PASSES
- DEFENSIVE PRESSURE ON BALL

KEY POINTS:

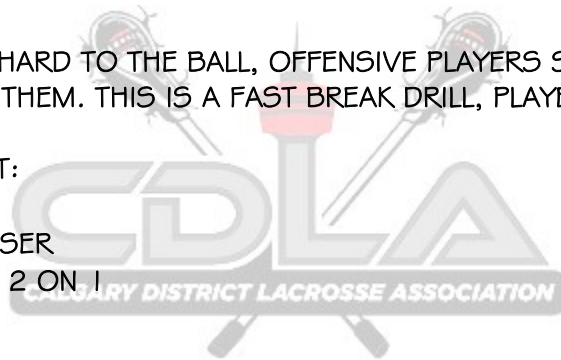
- HARD TO THE NET
- QUICK PASSES
- MAKE THE PASSES DIFFICULT

NOTE:

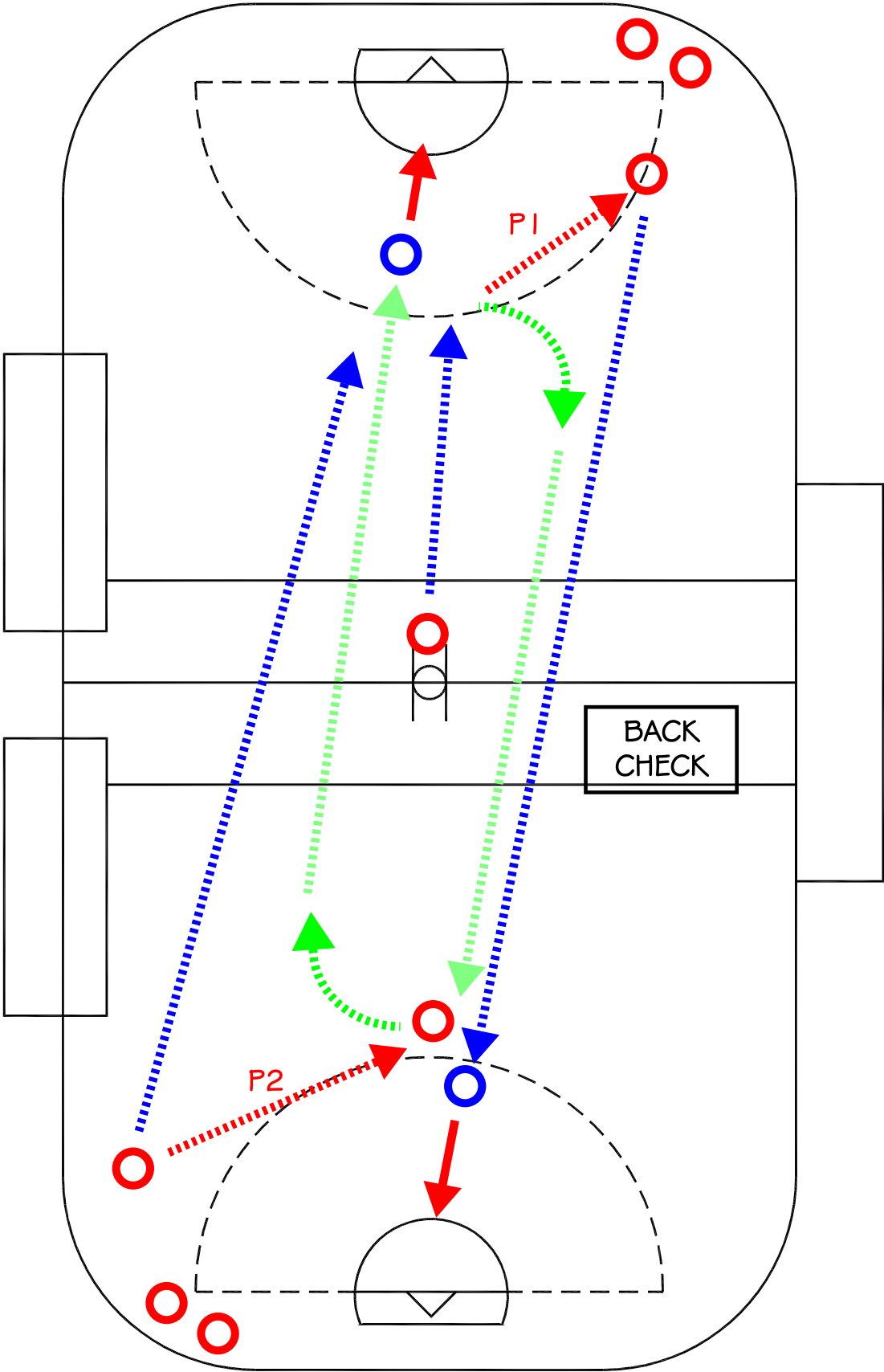
DEFENSE SHOULD JUMP HARD TO THE BALL, OFFENSIVE PLAYERS SHOULD NOT PASS UNTIL PRESSURE COMMITS TO THEM. THIS IS A FAST BREAK DRILL, PLAYERS SHOULD NOT STOP.

WHAT DRILLS TO DO NEXT:

- 5 MAN SET
- 3 ON 2 WITH CHASER
- FULL FLOOR 3 ON 2 ON 1



DRILL:
CONTINUOUS BACK CHECK



DRILL:
CONTINUOUS BACK CHECK

DRILL TYPE:
TRANSITION

LEVEL:
BEGINNER

PURPOSE:

- FAST BREAK
- BREAK AWAY WITH A CHASER
- FULL FLOOR RUNNING

KEY POINTS:

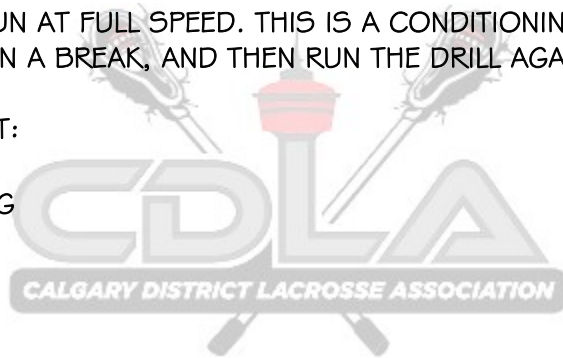
- HARD TO THE NET
- RUNNING HARD

NOTE:

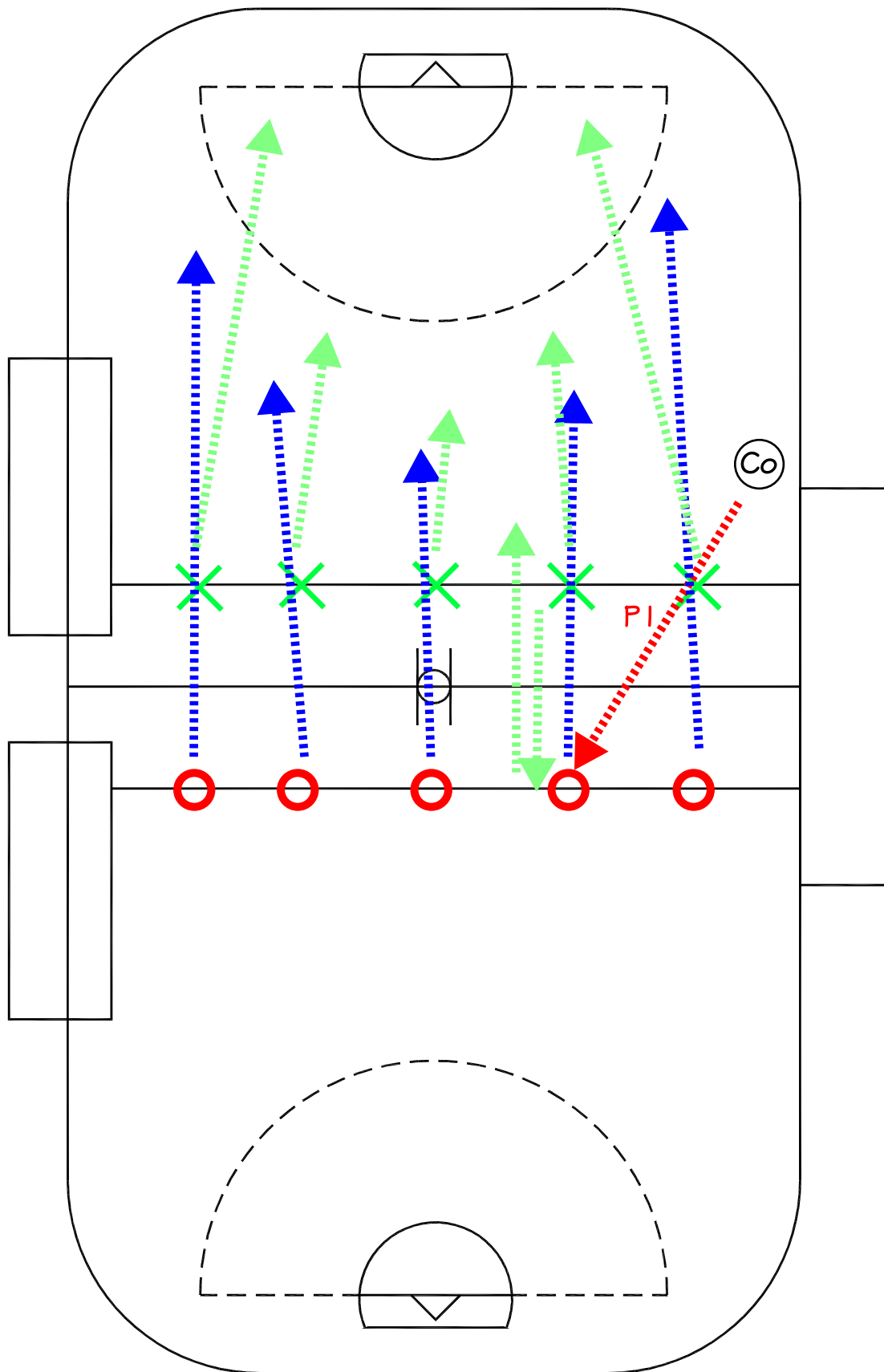
DRILL IS MEANT TO BE RUN AT FULL SPEED. THIS IS A CONDITIONING DRILL, SHOULD BE RAN FOR A FEW MINUTES THEN A BREAK, AND THEN RUN THE DRILL AGAIN.

WHAT DRILLS TO DO NEXT:

- 2 MAN OUTS
- RAINBOW PASSING



DRILL: 5 MAN SET



DRILL:
5 MAN SET

DRILL TYPE:
TRANSITION

LEVEL:
INTERMEDIATE/ADVANCED

PURPOSE:

- 5 ON 5 TRANSITION
- OFFENSIVE AND DEFENSIVE COMMUNICATION

KEY POINTS:

- TALKING WHEN FALLING BACK ON DEFENSE
- OFFENSE WORKING TOGETHER

NOTE:
PLAYERS SHOULD WORK TOGETHER, OFFENSE SHOULD USE A 30 SECOND CLOCK. DEFENSE SHOULD FOCUS ON PICKING UP A MAN AND COMMUNICATING WHEN OFFENSIVE PLAYERS MOVE. COACH THROWS OR ROLLS THE BALL TO RANDOM OFFENSIVE PLAYER, DEFENSIVE PLAYER NEEDS TO TAG UP TO THE OPPOSITE BLUELINE AND THEN JOIN THE DEFENSE.

WHAT DRILLS TO DO NEXT:

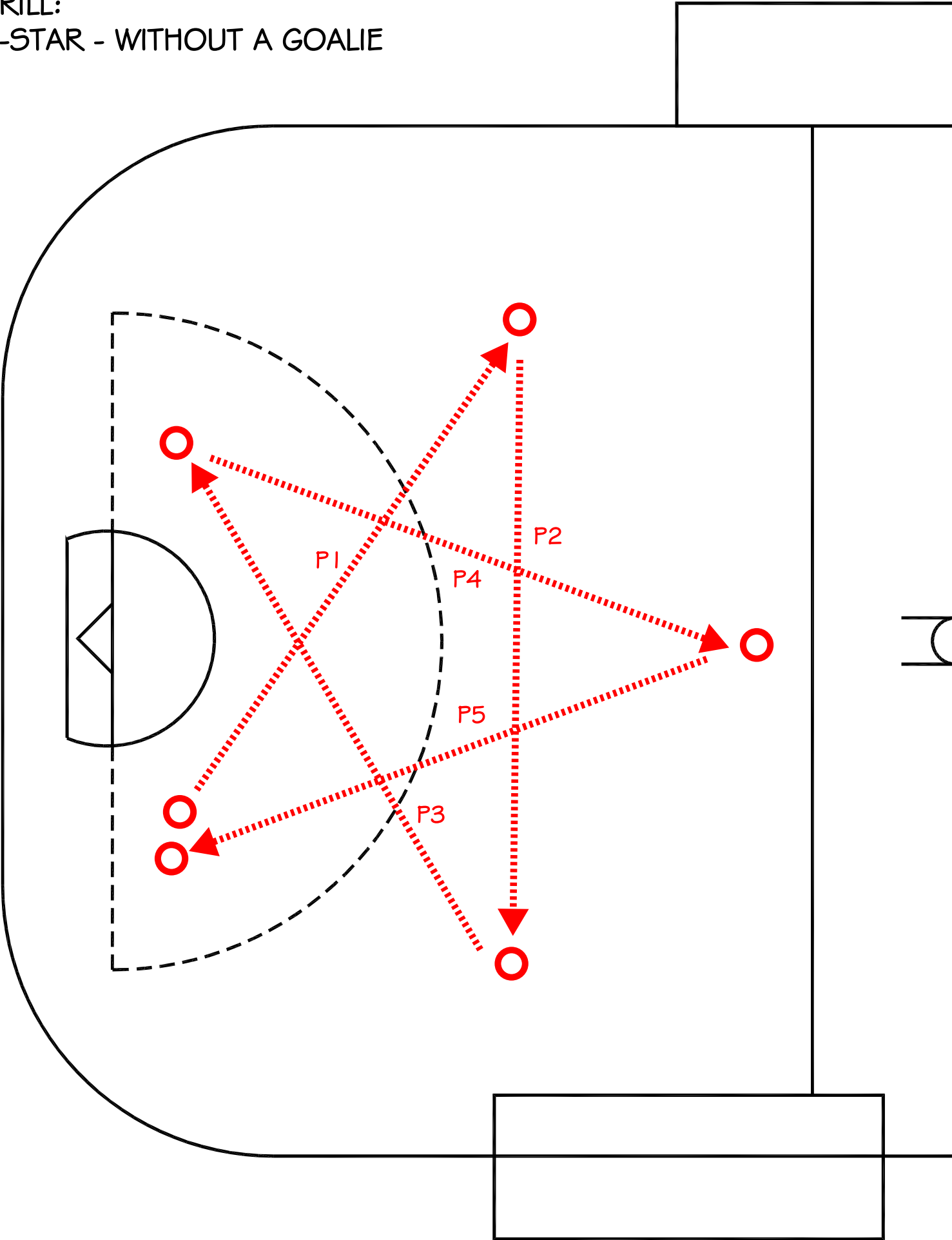
- 6 PASS 2 ON 1
- 2 ON 2 (OFF BALL)
- 4 ON 3 FROM CENTER (WITH A CHASER)





WARMUP DRILLS

DRILL:
5-STAR - WITHOUT A GOALIE



DRILL:
5 STAR (WITHOUT A GOALIE)

DRILL TYPE:
WARM UP/PASSING

LEVEL:
INTERMEDIATE

PURPOSE:

- QUICK BALL MOVEMENT
- BASIC MOVEMENT

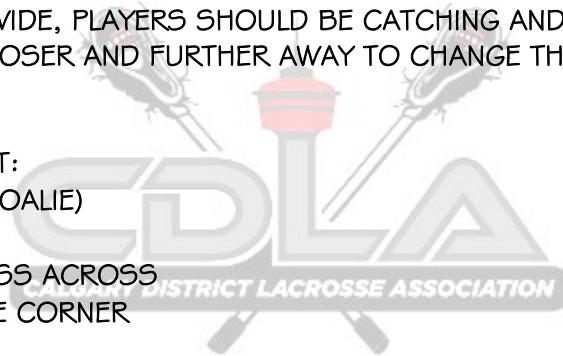
KEY POINTS:

- FOLLOWING YOUR PASS
- HAVING STICKS READY
- BEING ALERT

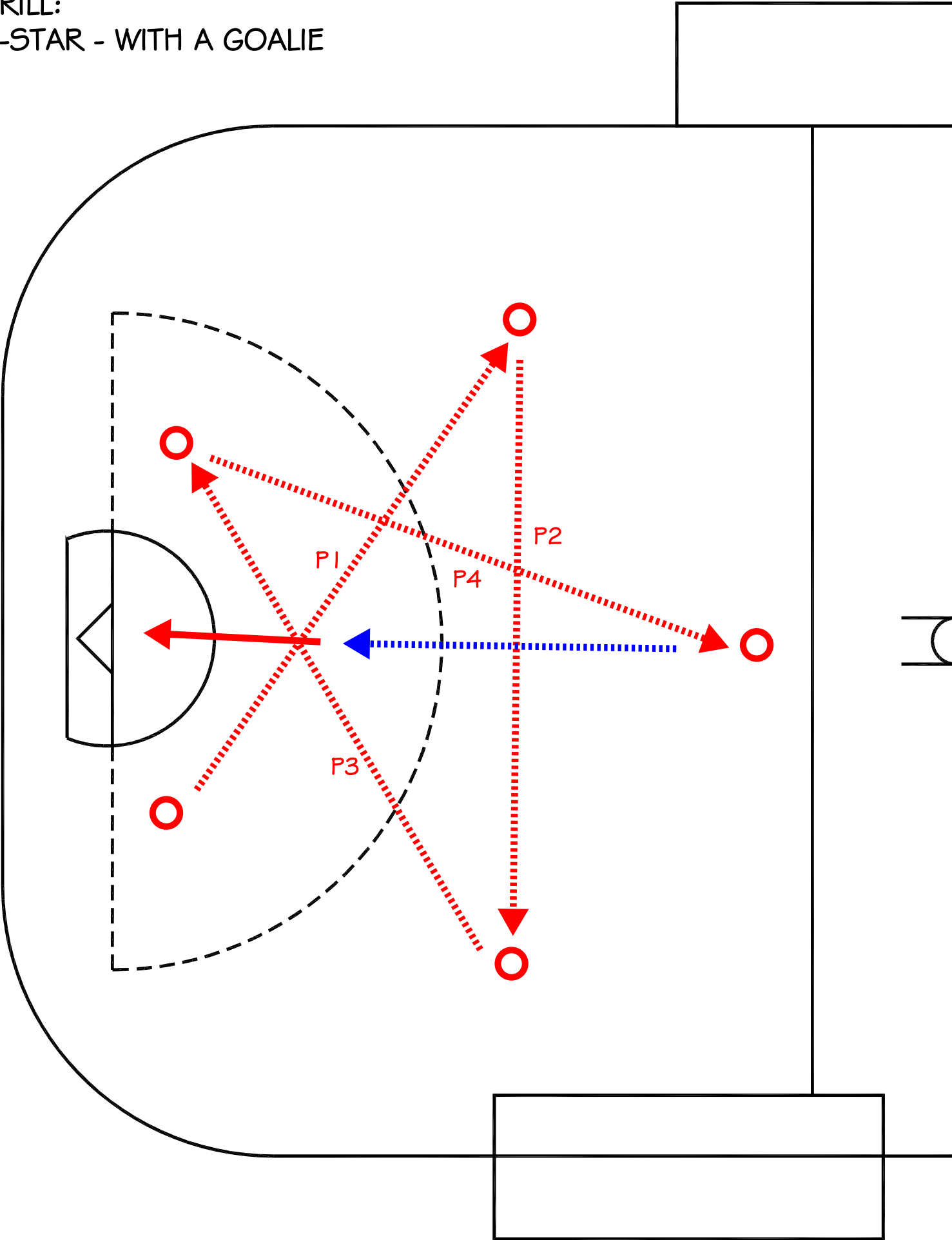
NOTE:
LINES SHOULD BE KEPT WIDE, PLAYERS SHOULD BE CATCHING AND PASSING ON THE RUN.
LINES CAN BE MOVED CLOSER AND FURTHER AWAY TO CHANGE THE TYPE OF PASS (CROSS
FLOOR, QUICK STICK).

WHAT DRILLS TO DO NEXT:

- 5 STAR (WITH A GOALIE)
- OFFSIDE PICKS
- PASS DOWN – PASS ACROSS
- 2 ON 1 FROM THE CORNER



DRILL:
5-STAR - WITH A GOALIE



DRILL:

5 STAR (WITH A GOALIE)

DRILL TYPE:

WARM UP

LEVEL:

INTERMEDIATE

PURPOSE:

- QUICK BALL MOVEMENT
- BASIC MOVEMENT
- WARM UP GOALIE

KEY POINTS:

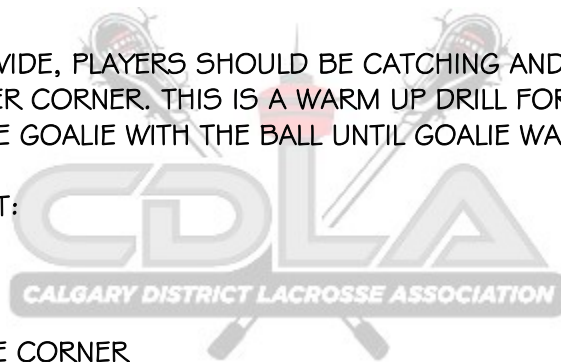
- FOLLOWING YOUR PASS
- GET SHOTS ON NET
- HAVING STICKS READY

NOTE:

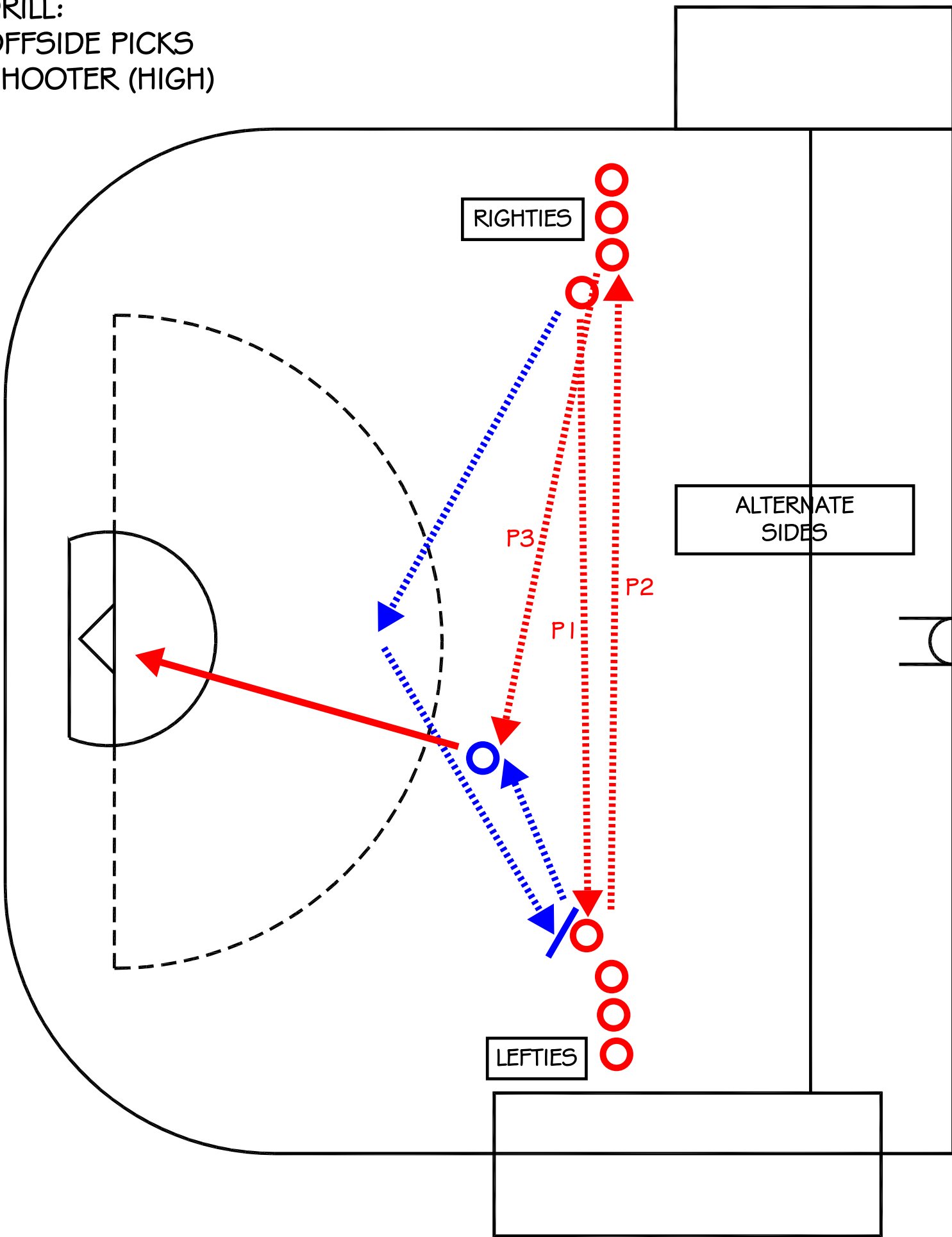
LINES SHOULD BE KEPT WIDE, PLAYERS SHOULD BE CATCHING AND PASSING ON THE RUN. BALL CAN START IN EITHER CORNER. THIS IS A WARM UP DRILL FOR THE GOALIE ALSO, PLAYERS SHOULD HIT THE GOALIE WITH THE BALL UNTIL GOALIE WARM.

WHAT DRILLS TO DO NEXT:

- OFFSIDE PICKS
 - HIGH
 - LOW
- 2 ON 1 FROM THE CORNER
- JERRY



DRILL:
OFFSIDE PICKS
SHOOTER (HIGH)



DRILL:
OFFSIDE PICKS
SHOOTER (HIGH)

DRILL TYPE:
WARM UP

LEVEL:
INTERMEDIATE

PURPOSE:

- QUICK BALL MOVEMENT
- BASIC PICK AND ROLL
- OUTSIDE SHOTS

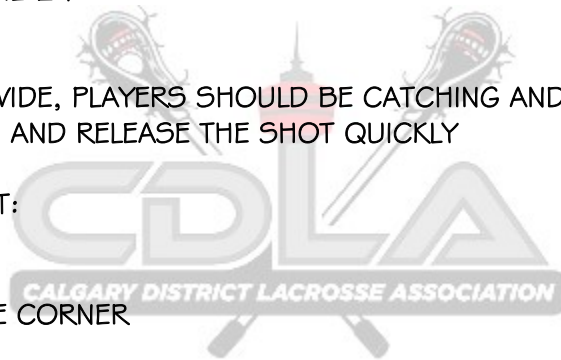
KEY POINTS:

- V-CUT IN AND SET PICK
- TURN, CATCH, AND SHOOT QUICKLY
- FROM OUTSIDE THE 24

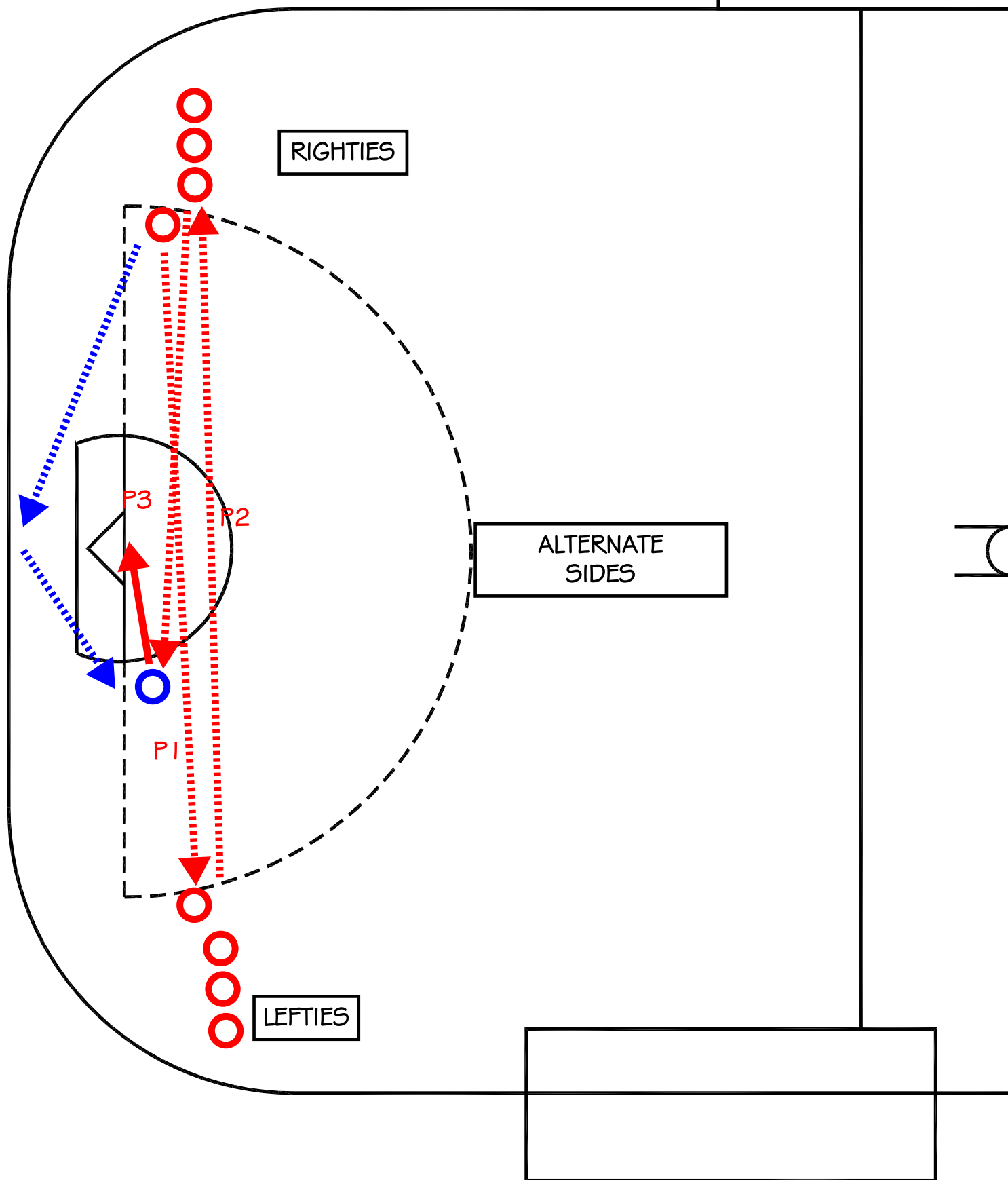
NOTE:
LINES SHOULD BE KEPT WIDE, PLAYERS SHOULD BE CATCHING AND PASSING ON THE RUN.
PLAYERS SHOULD CATCH AND RELEASE THE SHOT QUICKLY

WHAT DRILLS TO DO NEXT:

- OFFSIDE PICKS
 - LOW
- 2 ON 1 FROM THE CORNER
- JERRY



DRILL:
OFFSIDE PICKS
CREASE (LOW)



DRILL:
OFFSIDE PICKS
CREASE (LOW)

DRILL TYPE:
WARM UP

LEVEL:
INTERMEDIATE

PURPOSE:

- QUICK BALL MOVEMENT
- BASIC PICK AND ROLL
- QUICK STICK SHOTS

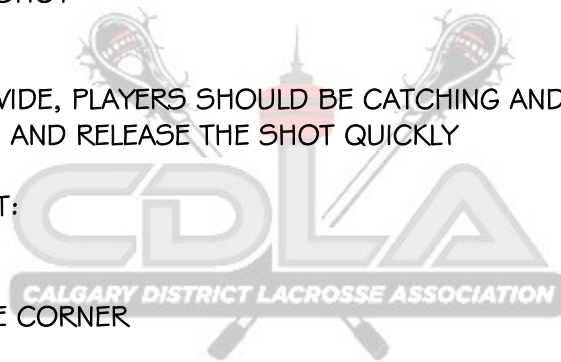
KEY POINTS:

- CUT AROUND THE NET AND SET PICK
- TURN, CATCH, AND SHOOT QUICKLY
- QUICK FAKE AND SHOT

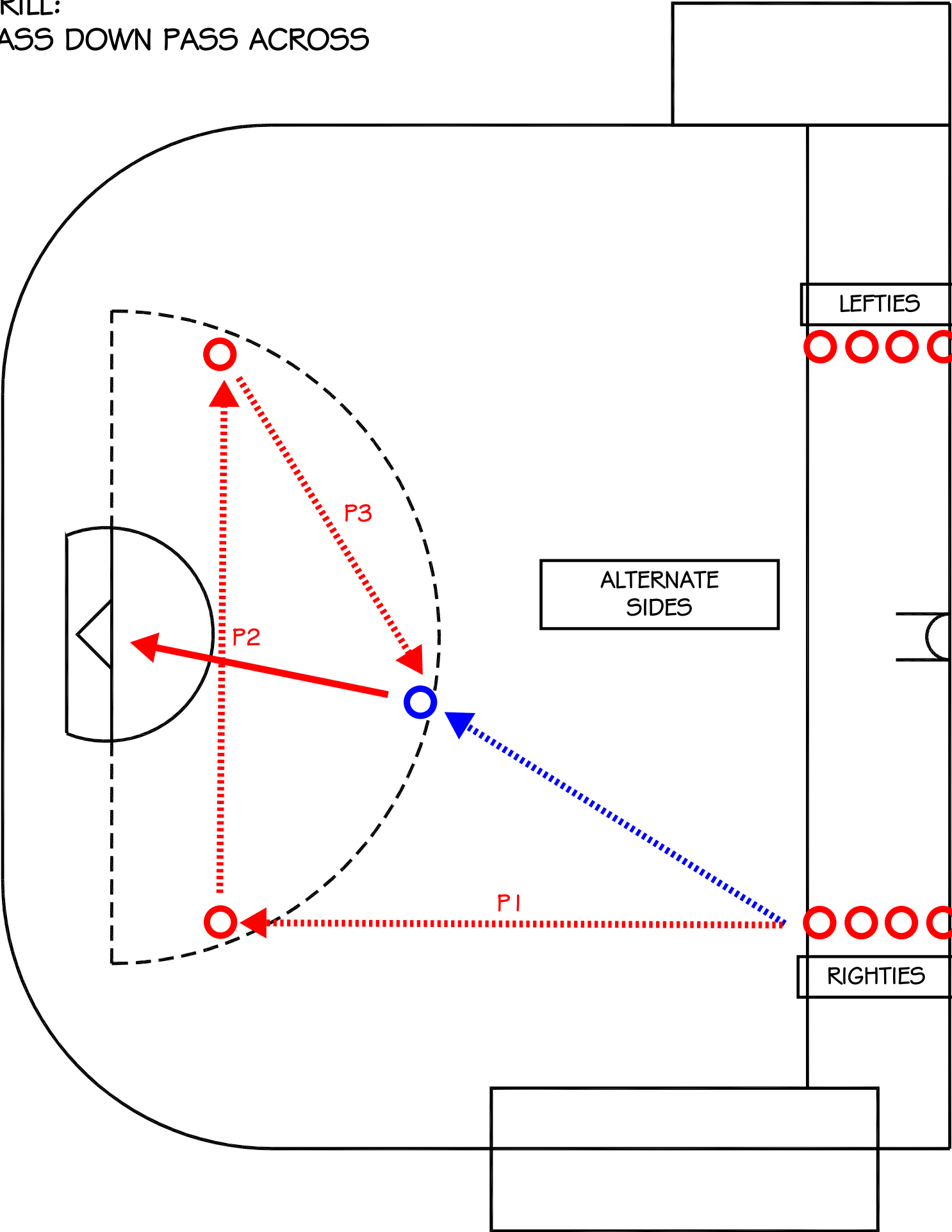
NOTE:
LINES SHOULD BE KEPT WIDE, PLAYERS SHOULD BE CATCHING AND PASSING ON THE RUN.
PLAYERS SHOULD CATCH AND RELEASE THE SHOT QUICKLY

WHAT DRILLS TO DO NEXT:

- OFFSIDE PICKS
 - LOW
- 2 ON 1 FROM THE CORNER
- JERRY



DRILL:
PASS DOWN PASS ACROSS



DRILL:
PASS DOWN PASS ACROSS

DRILL TYPE:
WARM UP

LEVEL:
BEGINNER

PURPOSE:

- PASSING
- CUTTING TO THE NET

KEY POINTS:

- QUICK PASSES
- TIMING CUT TO THE NET

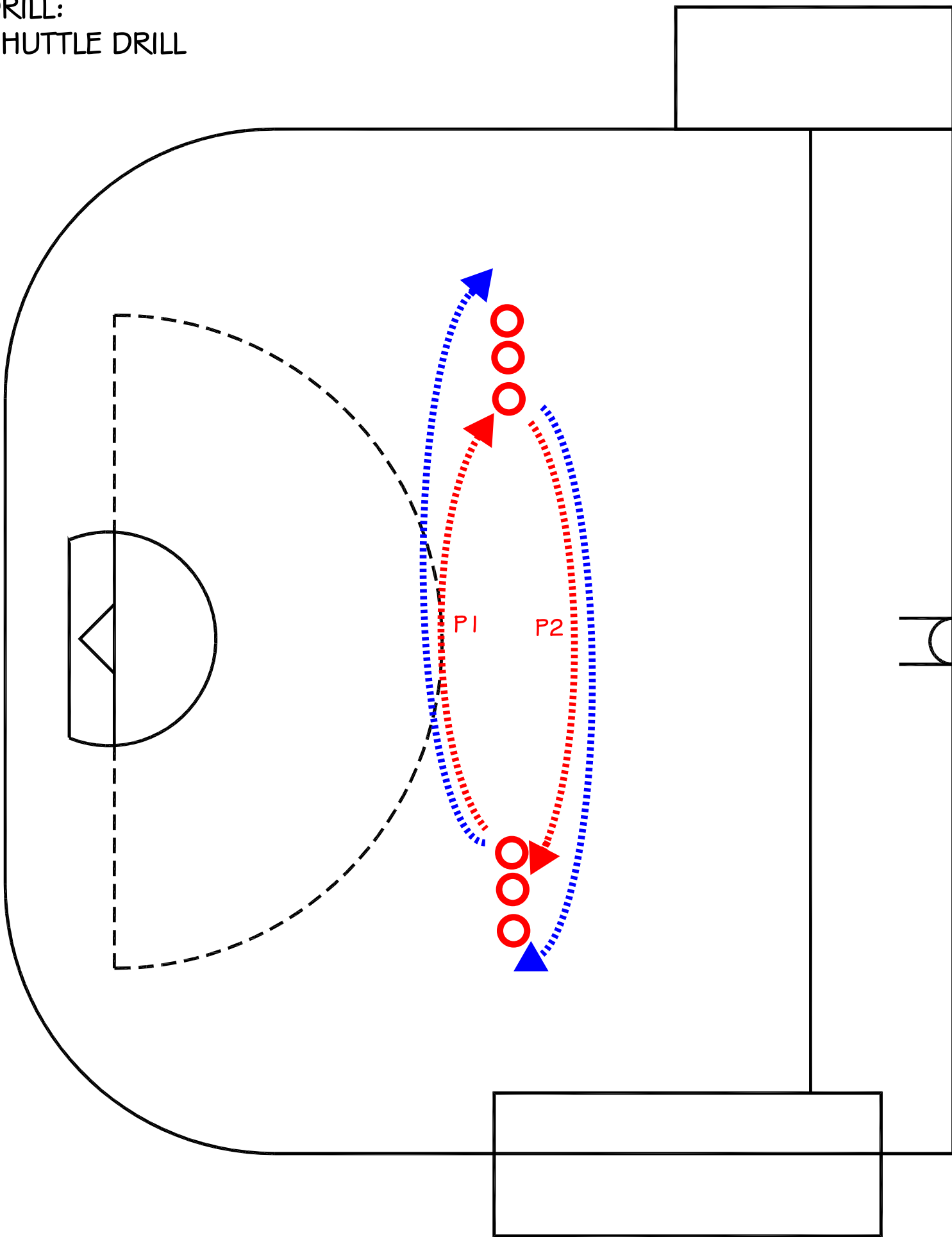
NOTE:
ALTERNATE SIDES AND PASSERS, PUT THE STRONGEST PASSERS AT THE PASSING SPOTS
ON THE CREESE

WHAT DRILLS TO DO NEXT:

- OFFSIDE PICKS
 - HIGH
 - LOW
- JERRY
- SNAKE SHOOTING



DRILL:
SHUTTLE DRILL



DRILL:
SHUTTLE

DRILL TYPE:
WARM UP

LEVEL:
BEGINNER

PURPOSE:

- IMPROVE PASSING AND CATCHING
- ENSURE PROPER TECHNIQUE IS USED
- INTRODUCE PASSING AND CATCHING WITH MOVEMENT

KEY POINTS:

- AIM
- FOLLOW THROUGH
- BEING ALERT
- QUICKLY MOVING TO THE NEXT LINE
- MOVING TOWARDS THE PASS
- MOVING BODY Laterally TO LIMIT CATCHING ACROSS THE BODY

NOTE:

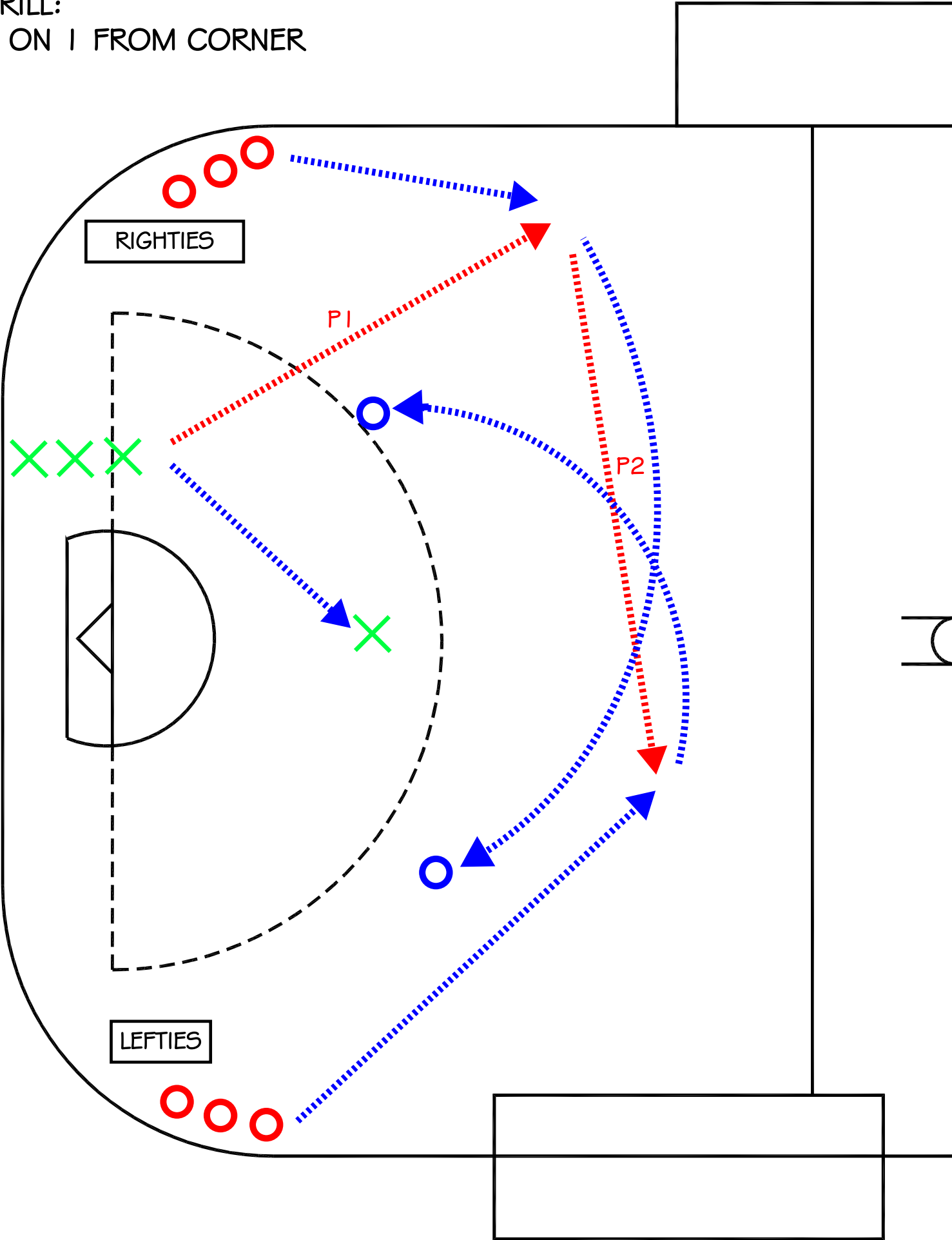
ONCE BASIC UNDERSTANDING AND EXECUTION OF DRILL IS COMPLETED, SPREAD LINES FURTHER APART AND HAVE PLAYERS CATCH AND PASS WHILE IN MOVEMENT – START WITH WALKING AND PROGRESS TO RUNNING.

WHAT DRILLS TO DO NEXT:

- 4 CORNER PASSING
- 5 STAR
- SHUTTLE MAN-OUT

CALGARY DISTRICT LACROSSE ASSOCIATION

DRILL:
2 ON 1 FROM CORNER



DRILL:

2 ON 1 FROM CORNER

DRILL TYPE:

WARM UP

LEVEL:

INTERMEDIATE

PURPOSE:

- FAST BREAK WARM UP DRILL
- BASIC PASSING AND CATCHING
- BASIC CONTACT

KEY POINTS:

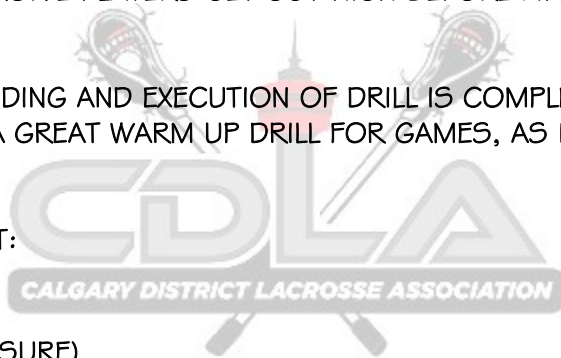
- QUICK PASSES ACROSS THE FLOOR
- HARD TO THE NET 2 ON 1
- DEFENSE TO JUMP HARD OR TAKE AWAY PASS
- MAKE SURE OFFENSIVE PLAYERS GET OUT HIGH BEFORE ATTACKING THE ZONE

NOTE:

ONCE BASIC UNDERSTANDING AND EXECUTION OF DRILL IS COMPLETED IT CAN BE TURNED INTO A 3 ON 2. THIS IS A GREAT WARM UP DRILL FOR GAMES, AS IT HAS A LITTLE BIT OF EVERYTHING.

WHAT DRILLS TO DO NEXT:

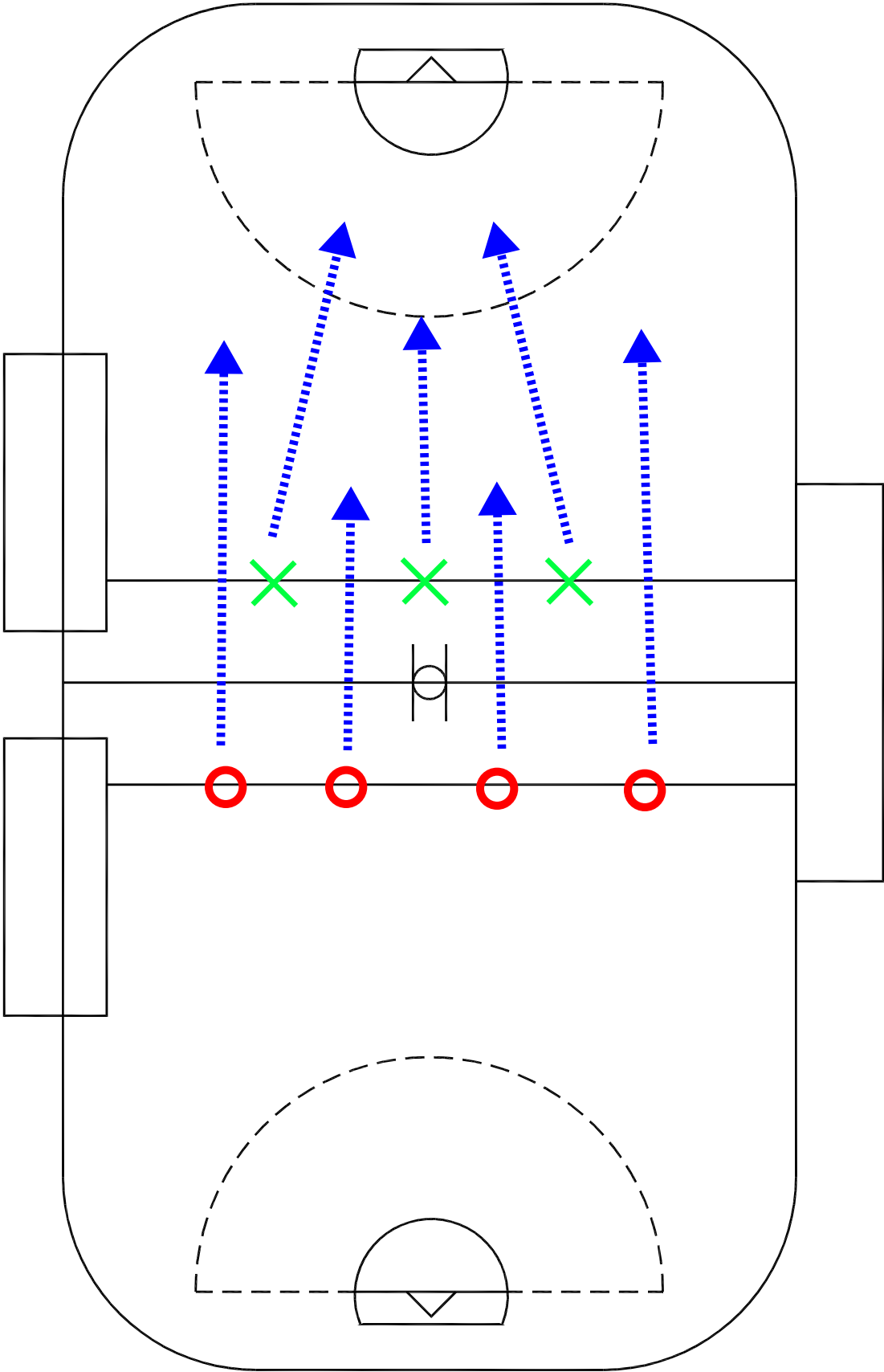
- 3 ON 2 ON 1
- 2 ON 2
- JERRY (WITH PRESSURE)





DEFENSIVE DRILLS

DRILL:
4 ON 3 FROM CENTER
(WITHOUT CHASER)



DRILL:

4 ON 3 FROM CENTER (WITHOUT CHASER)

DRILL TYPE:

FAST BREAK

LEVEL:

INTERMEDIATE

PURPOSE:

- FAST BREAK FROM CENTER
- DEFENSE COMMUNICATE
- OFFENSE TO TAKE ADVANTAGE OF NUMBERS

KEY POINTS:

- DEFENSE NEED TO BACK INTO THE HOLE QUICKLY
- DEFENSE NEED TO SLIDE QUICKLY
- DEFENSE HAS TO COMMUNICATE
- OFFENSE NEEDS TO TAKE ADVANTAGE OF NUMBERS

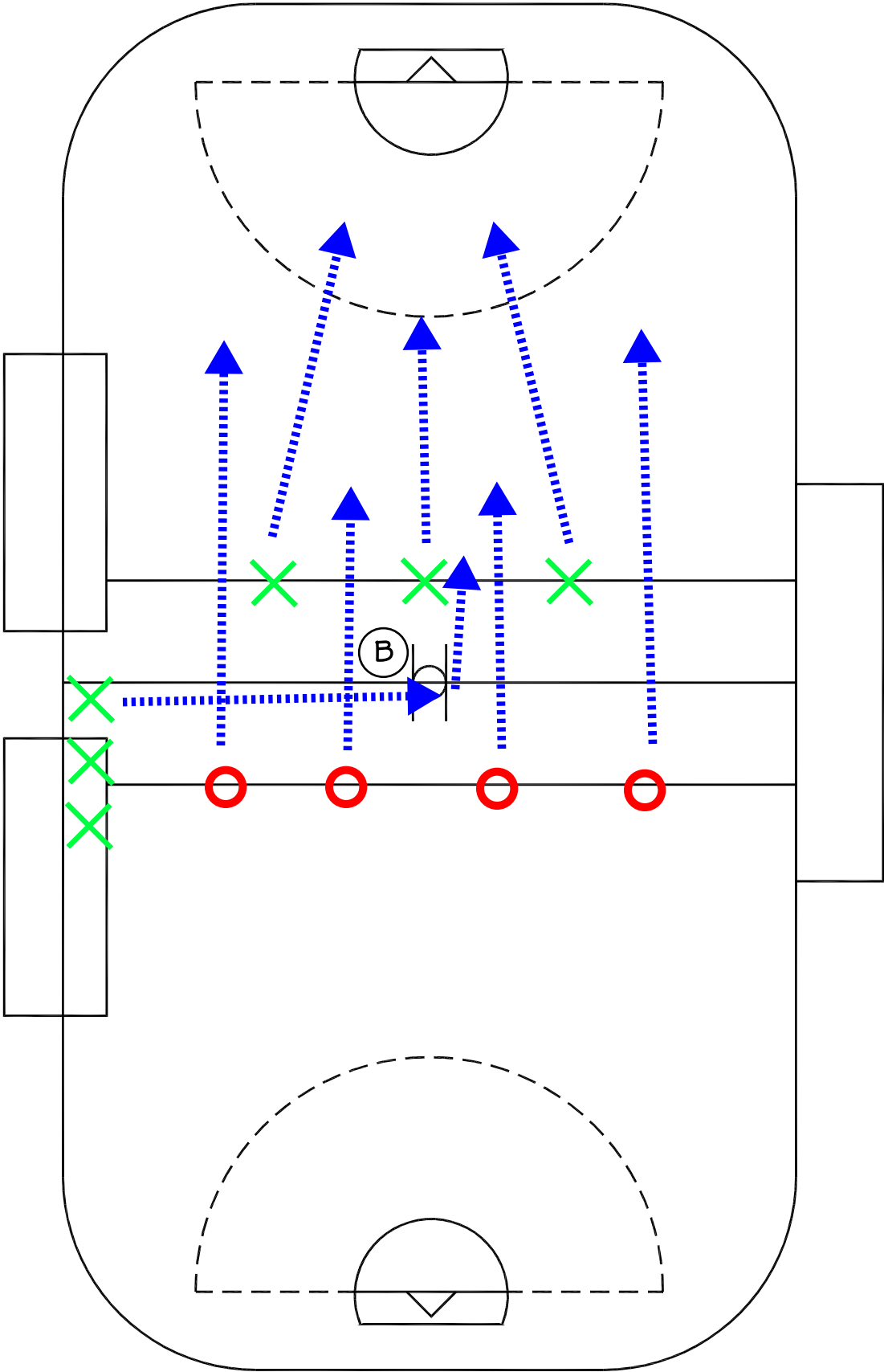
NOTE:

BASIC ODD MAN FAST BREAK DRILL, ONCE PLAYERS HAVE AN UNDERSTANDING OF THE DRILL MOVE QUICKLY INTO ADDING A CHASER. ENSURE OFFENSE IS GOING TO THE NET AND TAKING ADVANTAGE OF ODD MAN RUSH.

WHAT DRILLS TO DO NEXT:

- 4 ON 3 FROM CENTER (WITH CHASER)
- FULL FLOOR 3 ON 2 ON 1
- 6PASS 2 ON 1

DRILL:
4 ON 3 FROM CENTER
(WITH CHASER)



DRILL:

4 ON 3 FROM CENTER (WITH CHASER)

DRILL TYPE:

FAST BREAK

LEVEL:

INTERMEDIATE

PURPOSE:

- FAST BREAK FROM CENTER
- DEFENSE COMMUNICATE
- OFFENSE TO TAKE ADVANTAGE OF NUMBERS
- CHASER TO RUN BACK HARD

KEY POINTS:

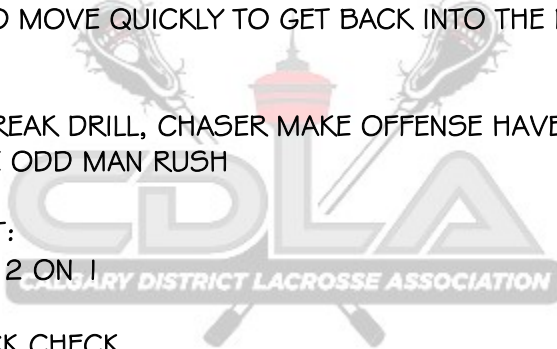
- DEFENSE NEED TO SLIDE QUICKLY
- DEFENSE HAS TO COMMUNICATE
- OFFENSE NEEDS TO TAKE ADVANTAGE OF NUMBERS
- CHASER NEEDS TO MOVE QUICKLY TO GET BACK INTO THE PLAY

NOTE:

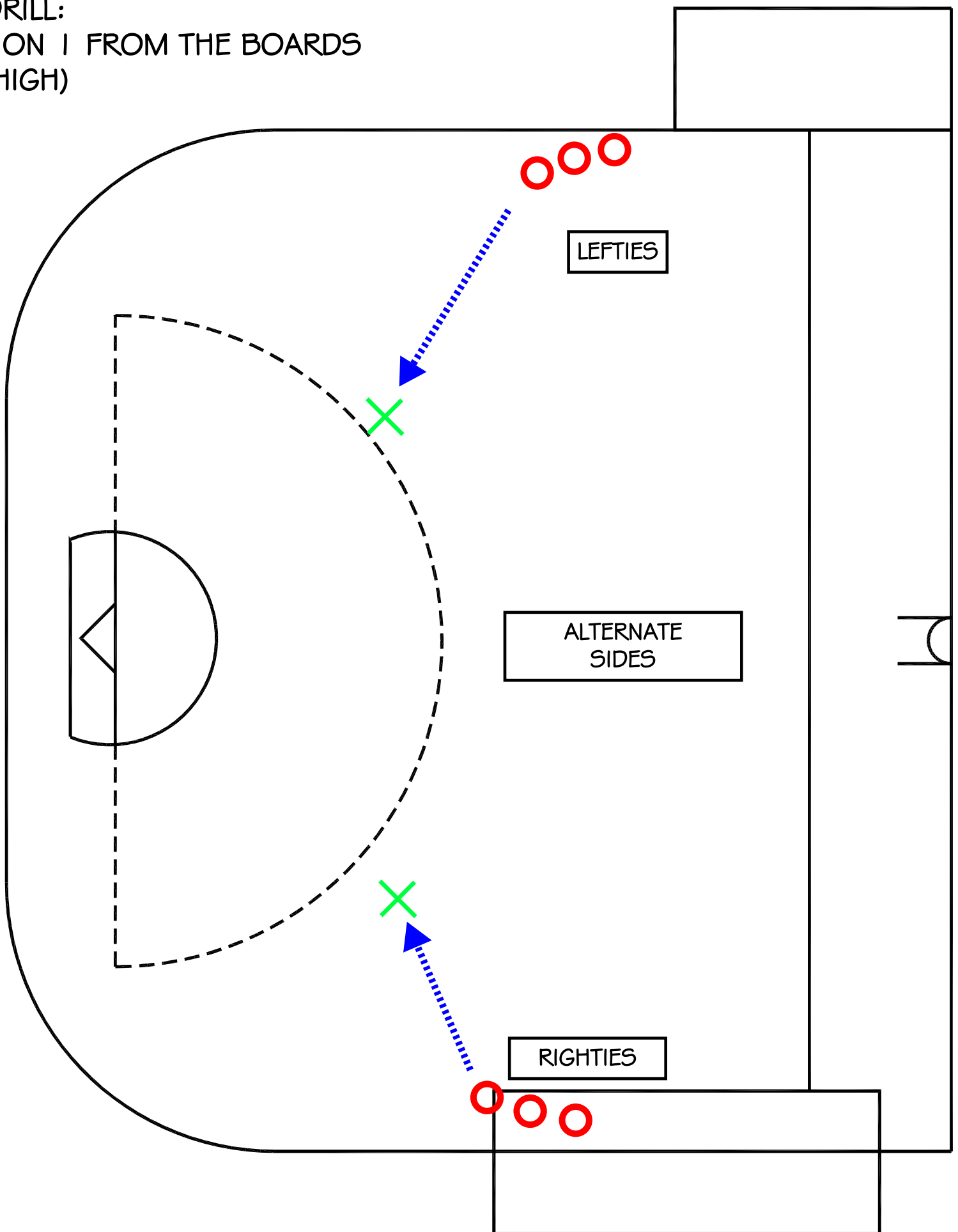
BASIC ODD MAN FAST BREAK DRILL, CHASER MAKE OFFENSE HAVE TO MOVE QUICKLY TO TAKE ADVANTAGE OF THE ODD MAN RUSH

WHAT DRILLS TO DO NEXT:

- FULL FLOOR 3 ON 2 ON 1
- 6PASS 2 ON 1
- CONTINUOUS BACK CHECK



DRILL:
1 ON 1 FROM THE BOARDS
(HIGH)



DRILL:

1 ON 1 FROM THE BOARDS (HIGH)

DRILL TYPE:

BATTLE

LEVEL:

INTERMEDIATE

PURPOSE:

- 1 ON 1 BATTLES
- DEFENSE TO FOCUS ON STAYING BETWEEN PLAYER AND THE GOAL
- OFFENSIVE TO GET TO THE NET AND GET A QUALITY SHOT

KEY POINTS:

- STAY ON ONE SIDE OF THE FLOOR
- ALTERNATE SIDES
- DEFENSE SHOULD NOT LUNGE OR OVER COMMIT

NOTE:

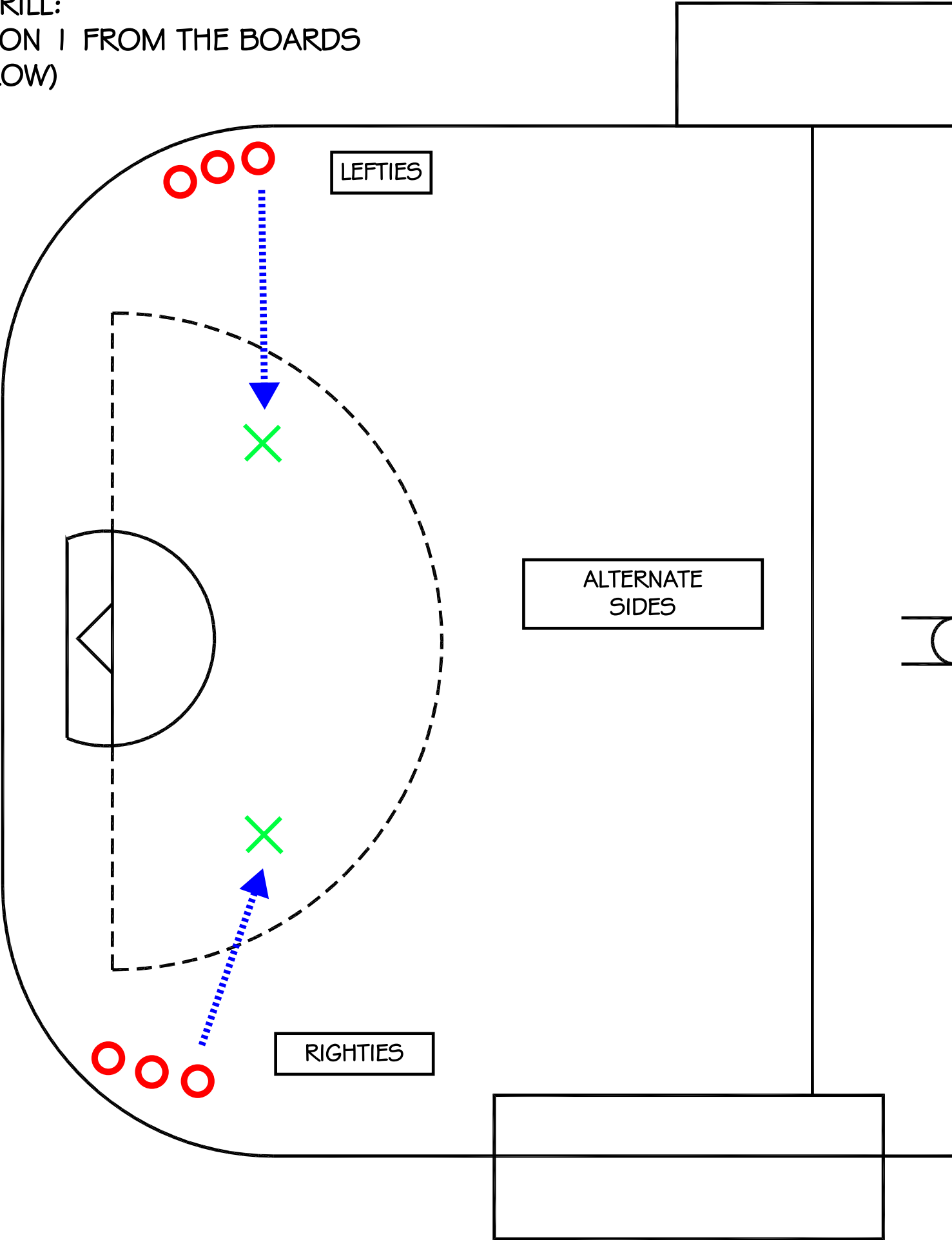
THIS IS AN INTRODUCTION, ONCE BASIC UNDERSTANDING IS ACHIEVED MOVE QUICKLY INTO 2 ON 2

WHAT DRILLS TO DO NEXT:

- 1 ON 1 FROM THE BOARDS (LOW)
- 2 ON 2 FROM THE BOARDS
- JERRY DRILL WITH PRESSURE (HIGH)
- JERRY DRILL WITH PRESSURE (LOW)



DRILL:
1 ON 1 FROM THE BOARDS
(LOW)



DRILL:

1 ON 1 FROM THE BOARDS (LOW)

DRILL TYPE:

BATTLE

LEVEL:

INTERMEDIATE

PURPOSE:

- 1 ON 1 BATTLES
- DEFENSE TO FOCUS ON STAYING BETWEEN PLAYER AND THE GOAL
- OFFENSIVE TO GET TO THE NET AND GET A QUALITY SHOT

KEY POINTS:

- STAY ON ONE SIDE OF THE FLOOR
- ALTERNATE SIDES
- DEFENSE SHOULD NOT LUNGE OR OVER COMMIT

NOTE:

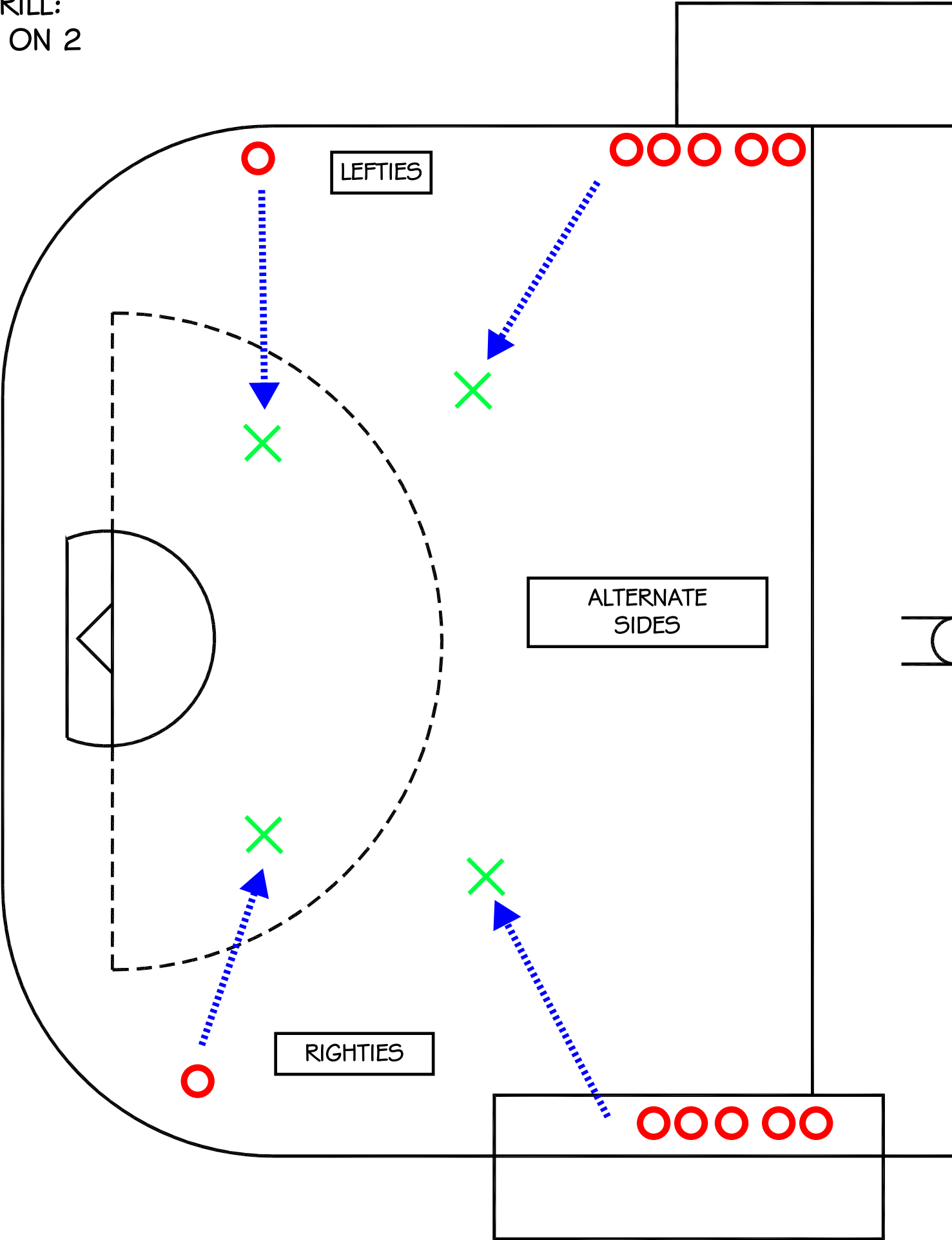
THIS IS AN INTRODUCTION, ONCE BASIC UNDERSTANDING IS ACHIEVED MOVE QUICKLY INTO 2 ON 2

WHAT DRILLS TO DO NEXT:

- 1 ON 1 FROM THE BOARDS (HIGH)
- 2 ON 2 FROM THE BOARDS
- JERRY DRILL WITH PRESSURE (HIGH)
- JERRY DRILL WITH PRESSURE (LOW)



DRILL:
2 ON 2



DRILL:
2 ON 2

DRILL TYPE:
BATTLE

LEVEL:
INTERMEDIATE

PURPOSE:

- 2 ON 2 BATTLES
- DEFENSE TO FOCUS ON STAYING BETWEEN PLAYER AND THE GOAL
- OFFENSIVE TO WORK TOGETHER

KEY POINTS:

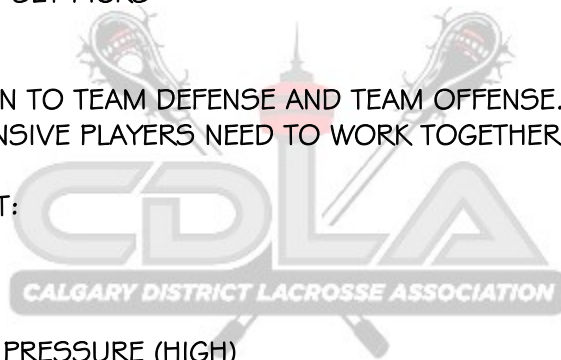
- STAY ON ONE SIDE OF THE FLOOR
- ALTERNATE SIDES
- DEFENSE SHOULD NOT LUNGE OR OVER COMMIT
- OFFENSE SHOULD SET PICKS

NOTE:

THIS IS AN INTRODUCTION TO TEAM DEFENSE AND TEAM OFFENSE. A VARIETY OF PICK SHOULD BE USED. OFFENSIVE PLAYERS NEED TO WORK TOGETHER.

WHAT DRILLS TO DO NEXT:

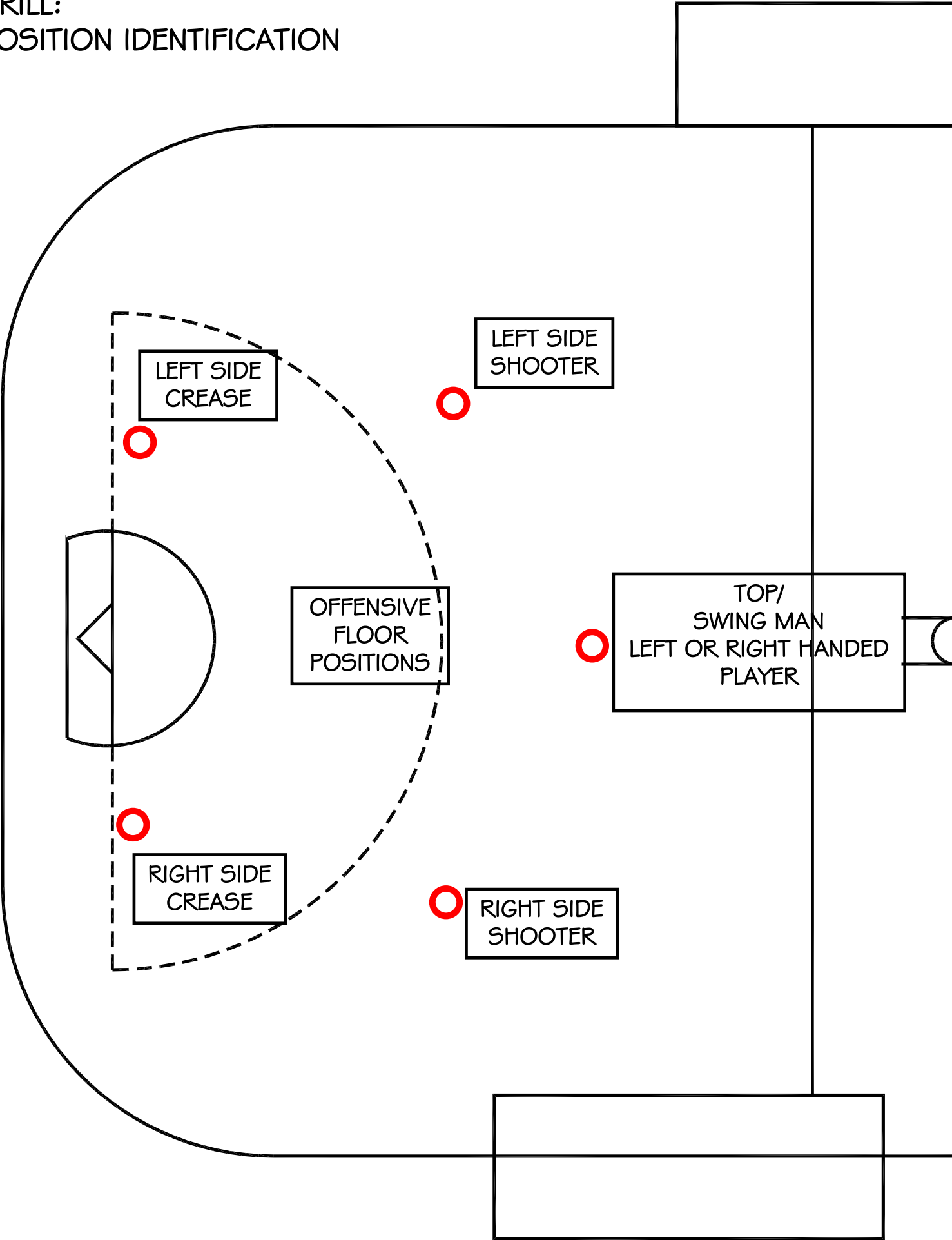
- 2 ON 2
 - ON BALL
 - OFF BALL
- JERRY DRILL WITH PRESSURE (HIGH)
- JERRY DRILL WITH PRESSURE (LOW)



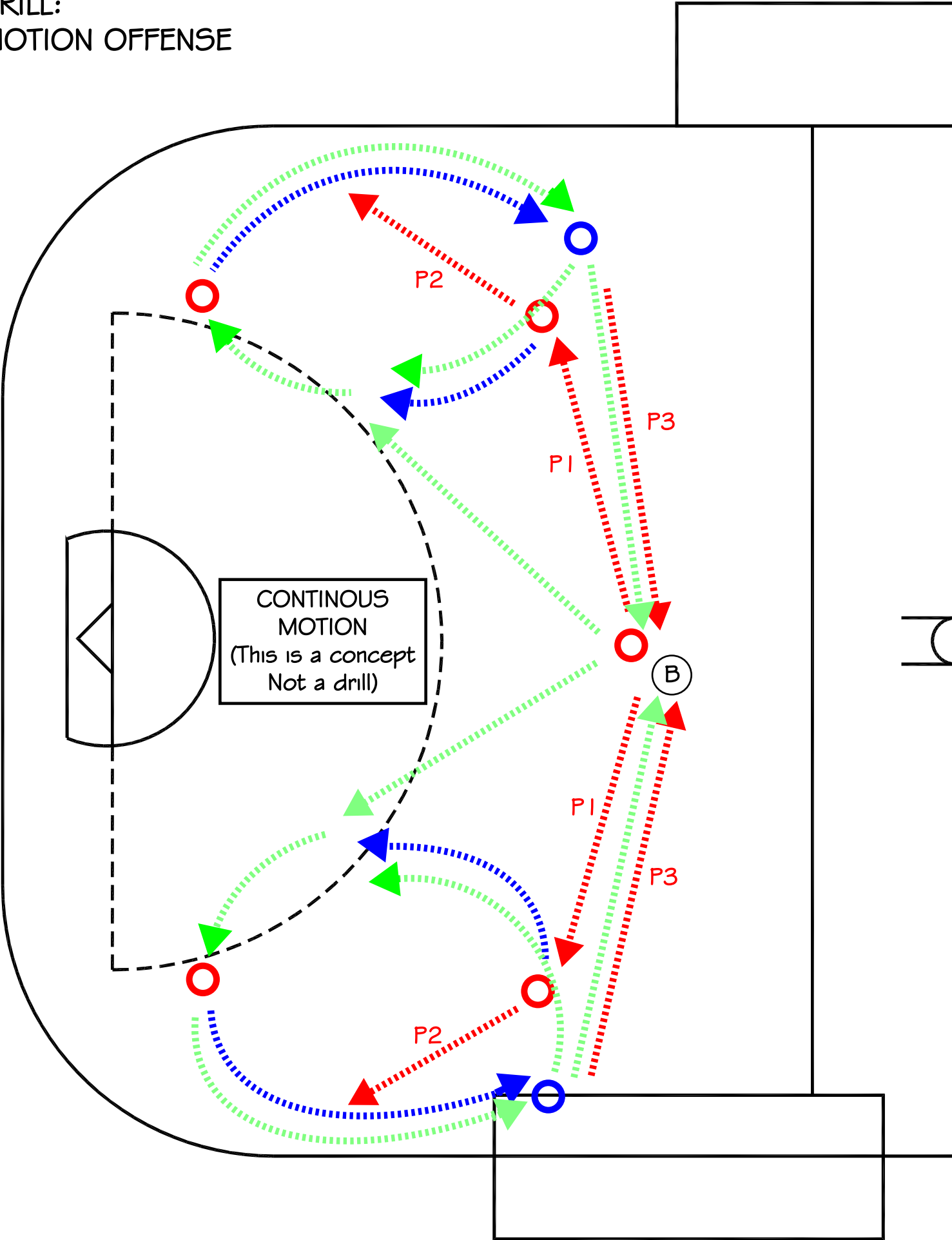


OFFENSIVE DRILLS

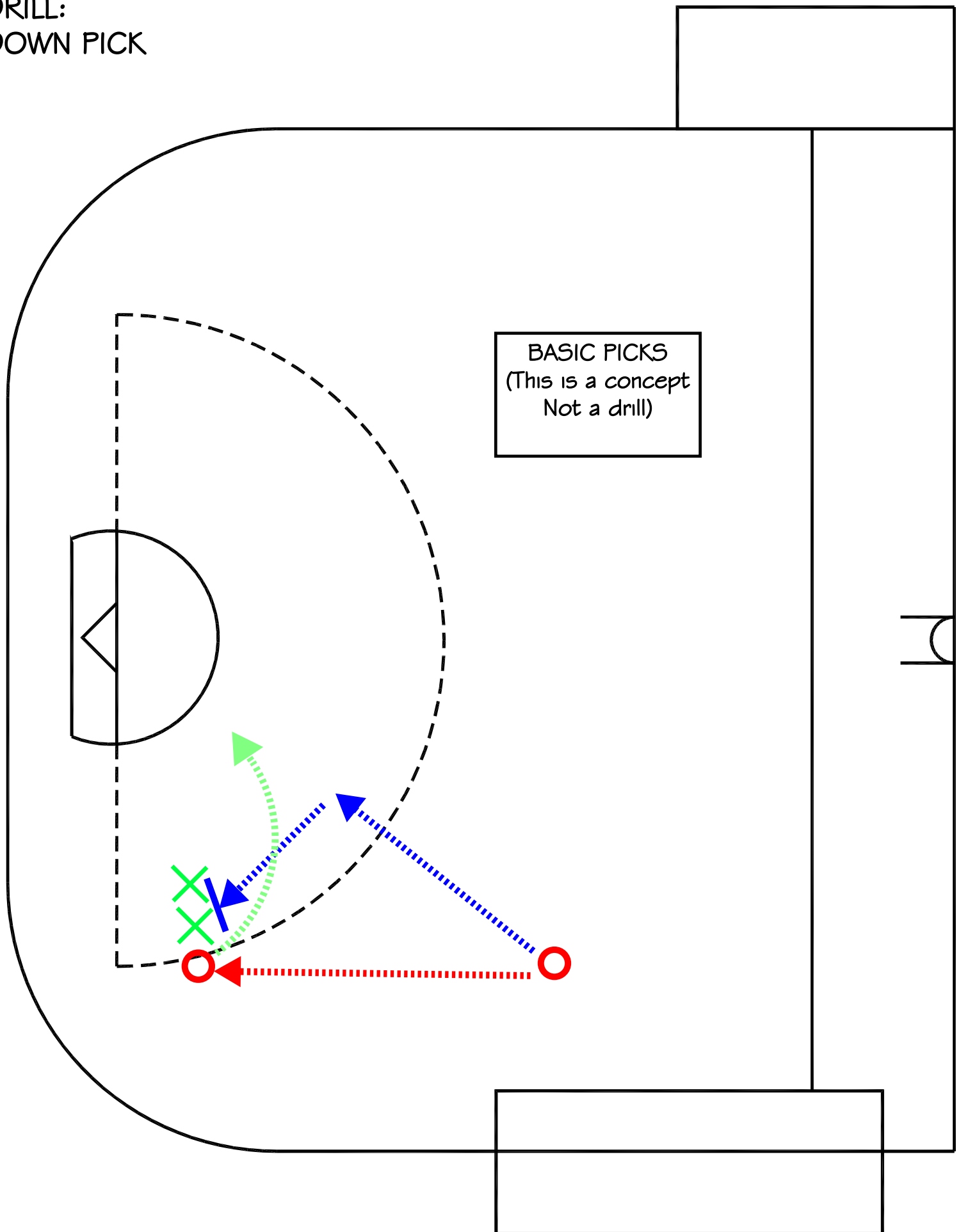
DRILL:
POSITION IDENTIFICATION



DRILL:
MOTION OFFENSE

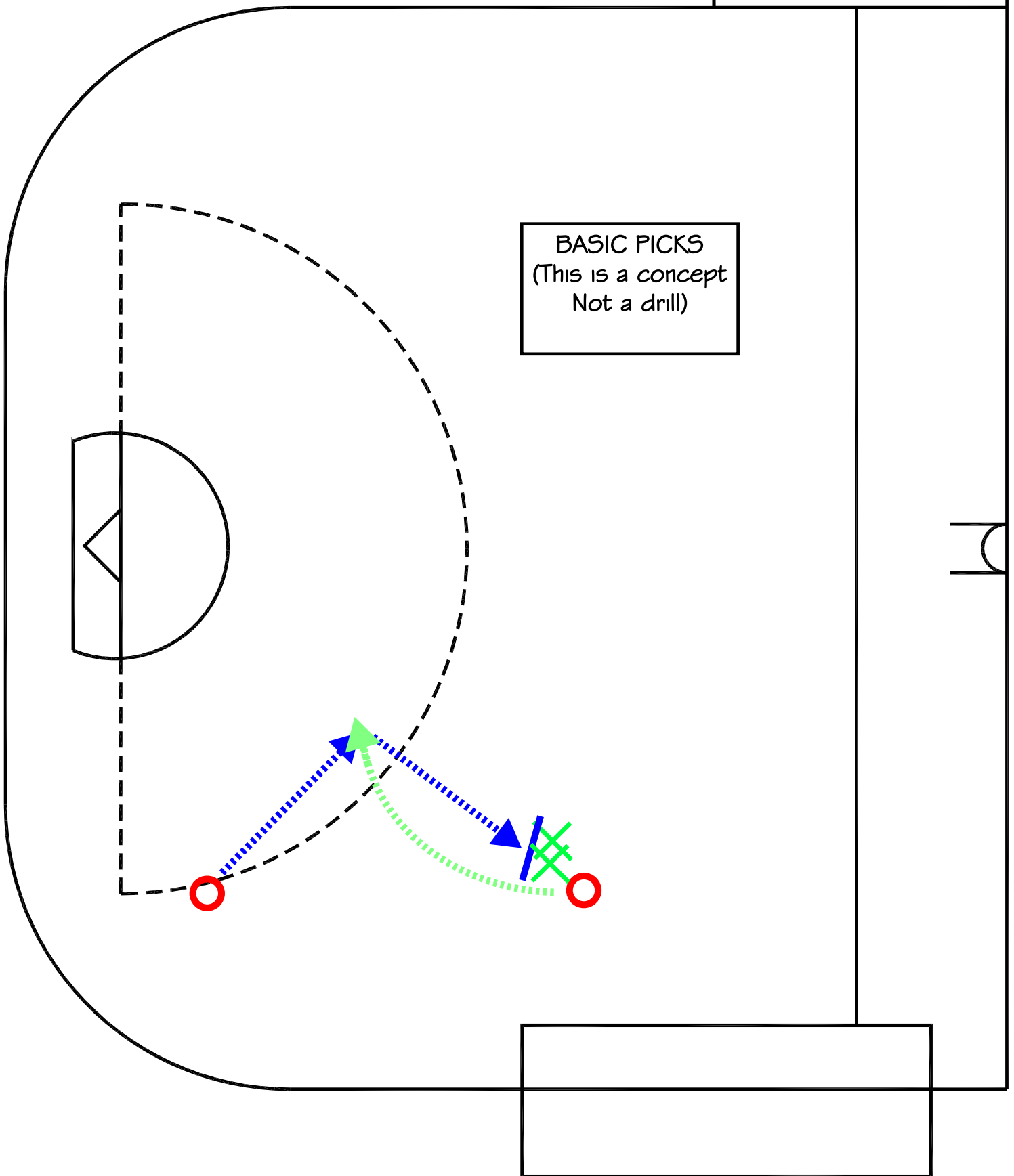


DRILL:
DOWN PICK



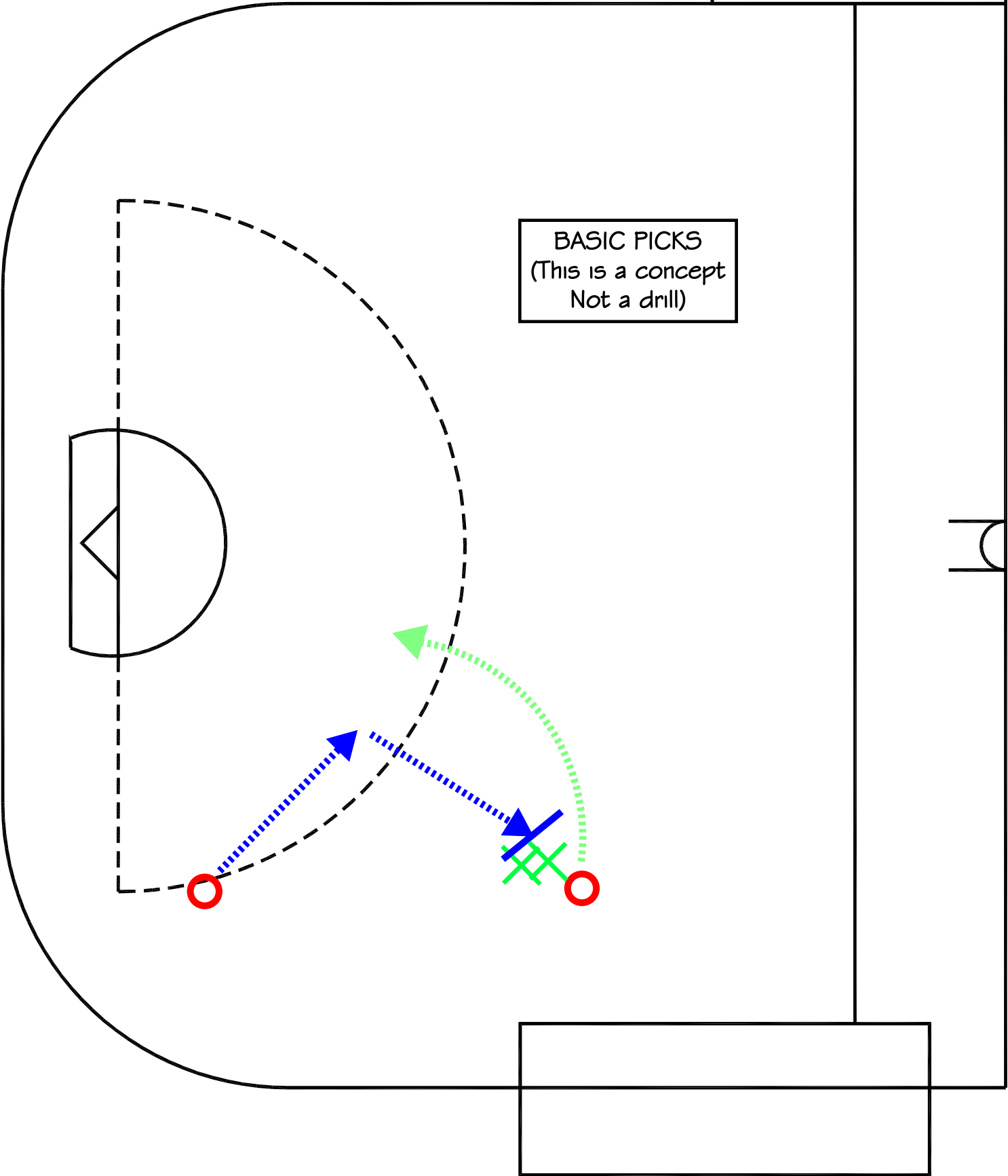
DRILL:
UP PICK
(UNDER CUT)

BASIC PICKS
(This is a concept
Not a drill)



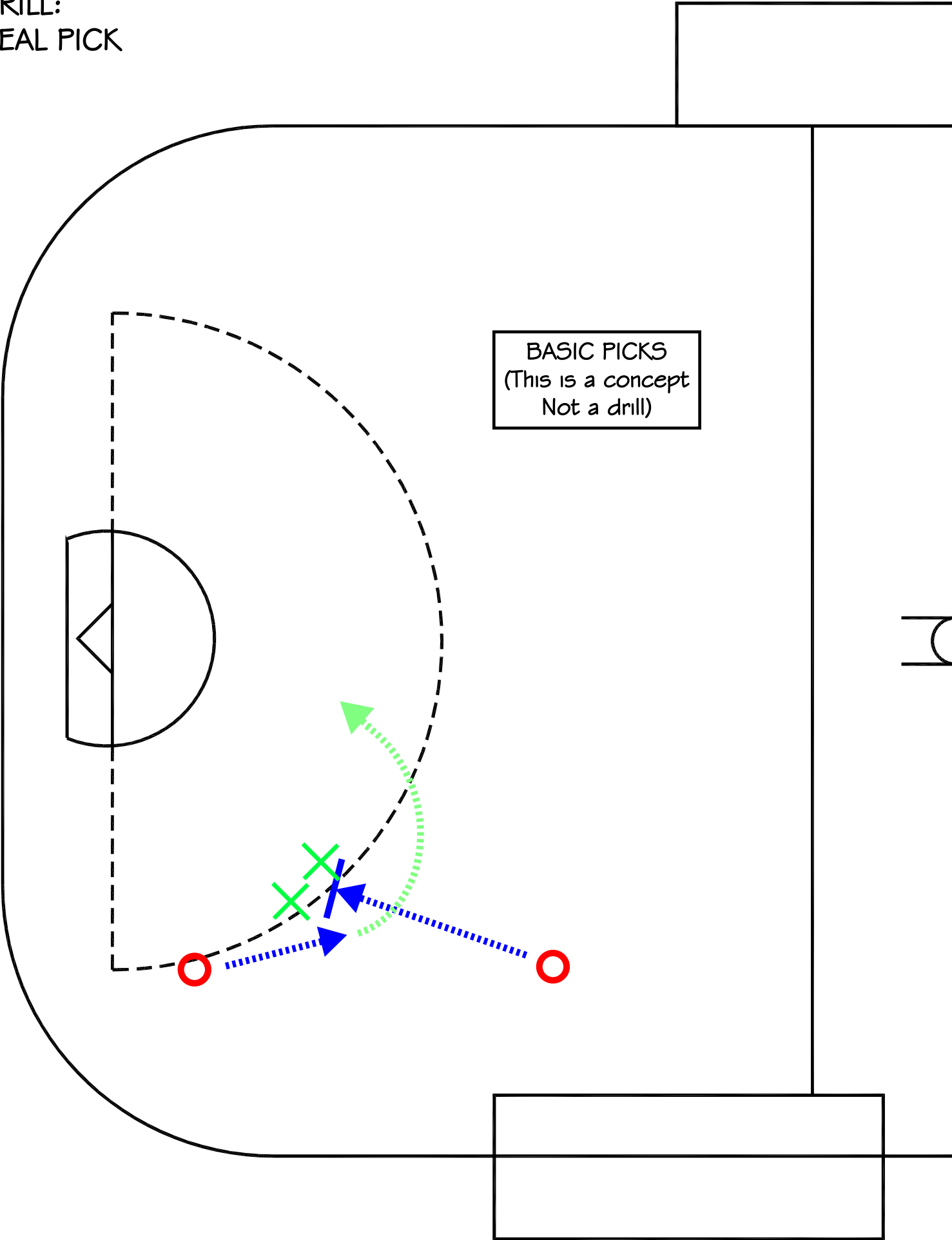
DRILL:
UP PICK
(OVER CUT)

BASIC PICKS
(This is a concept
Not a drill)



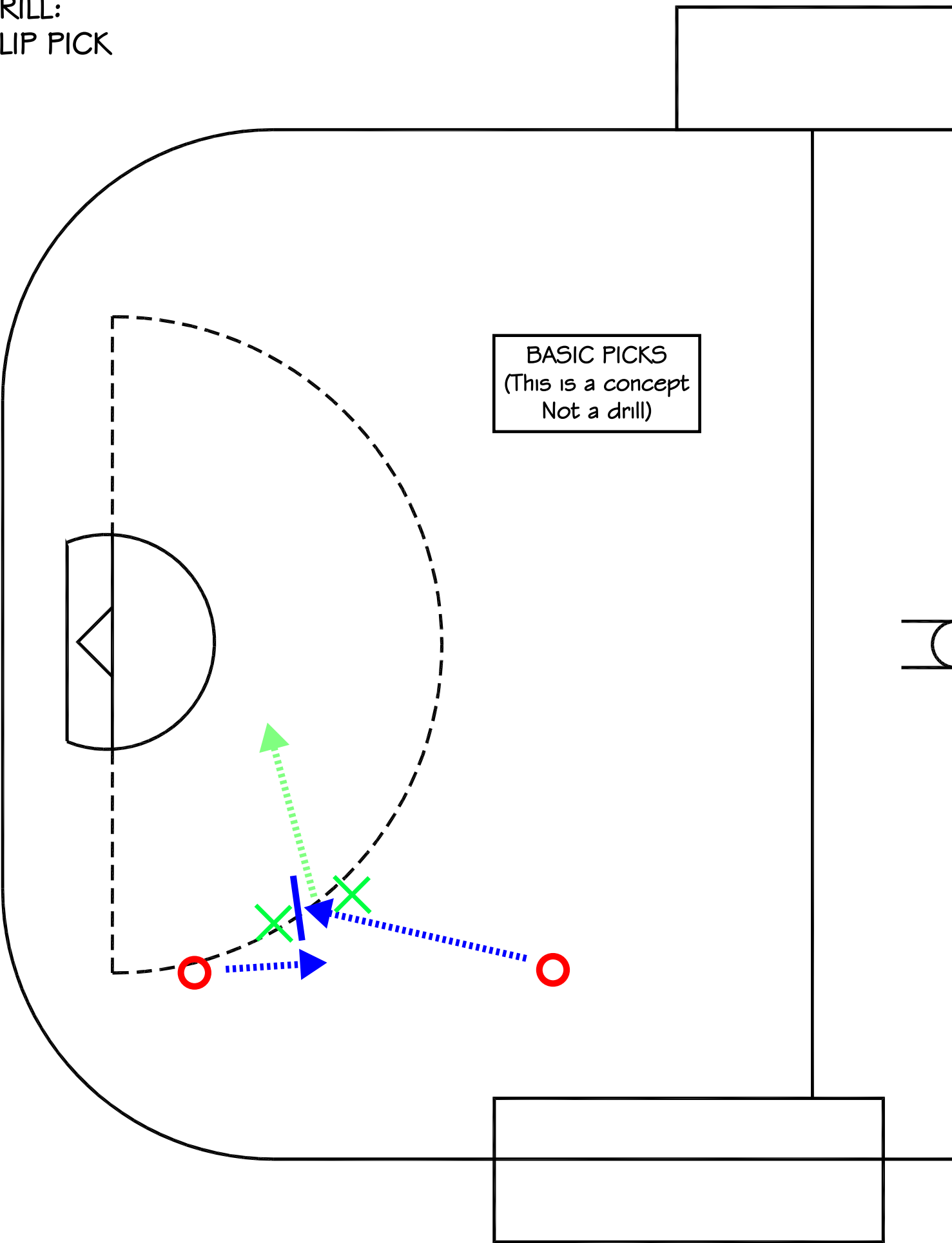
DRILL:
SEAL PICK

BASIC PICKS
(This is a concept
Not a drill)

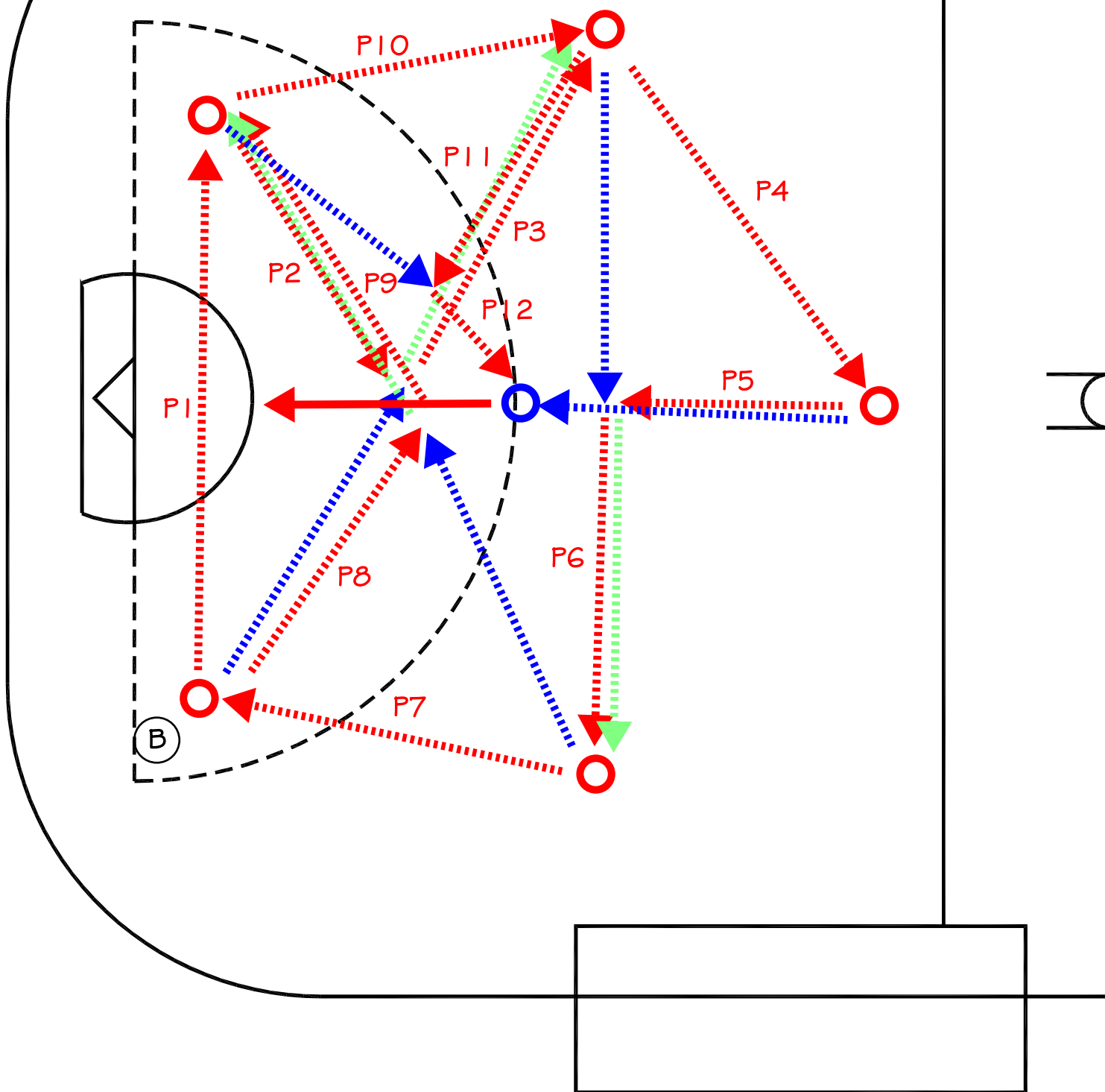


DRILL:
SLIP PICK

BASIC PICKS
(This is a concept
Not a drill)



5-STAR (GIVE AND GO)



DRILL:
5-STAR (GIVE AND GO)

DRILL TYPE:
OFFENSIVE

LEVEL:
INTERMEDIATE

PURPOSE:

- BASIC GIVE AND GO PASSING
- EXECUTING GIVE AND GO FORM MULTIPLE SPOTS

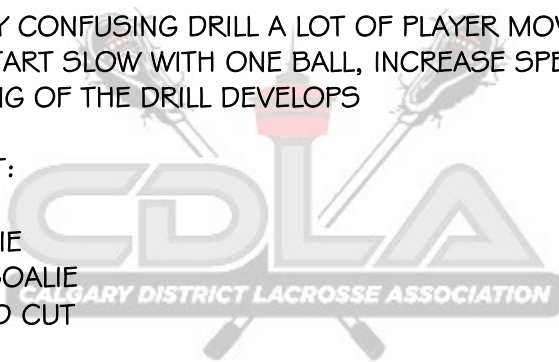
KEY POINTS:

- CATCHABLE PASSES
- KEEPING STICK UP
- QUICKLY MOVING FROM LINE TO LINE

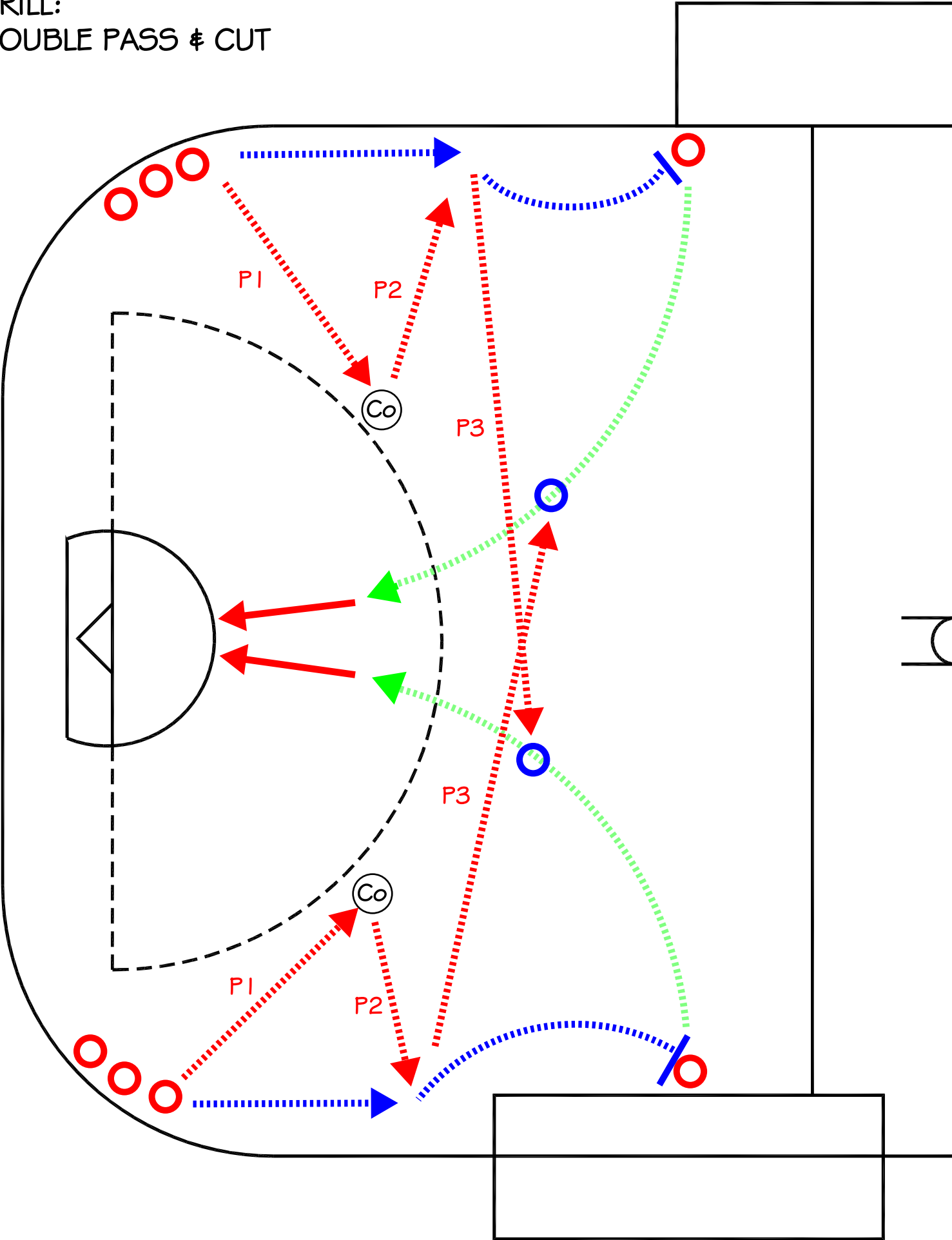
NOTE:
THIS IS AN INTENTIONALLY CONFUSING DRILL A LOT OF PLAYER MOVEMENT, PASSING AND CATCHING IN TRAFFIC. START SLOW WITH ONE BALL, INCREASE SPEED AND NUMBER OF BALLS AS UNDERSTANDING OF THE DRILL DEVELOPS

WHAT DRILLS TO DO NEXT:

- 5 STAR
 - WITH GOALIE
 - WITHOUT GOALIE
- DOUBLE PASS AND CUT
- JERRY



DRILL:
DOUBLE PASS & CUT



DRILL:
DOUBLE PASS & CUT

DRILL TYPE:
OFFENSIVE

LEVEL:
INTERMEDIATE/ADVANCED

PURPOSE:

- CROSS FLOOR PASSING TO A CUTTER
- QUICK BALL MOVEMENT

KEY POINTS:

- CUTTING HARD FROM THE TOP
- QUALITY PASSES
- ALTERNATE SIDES

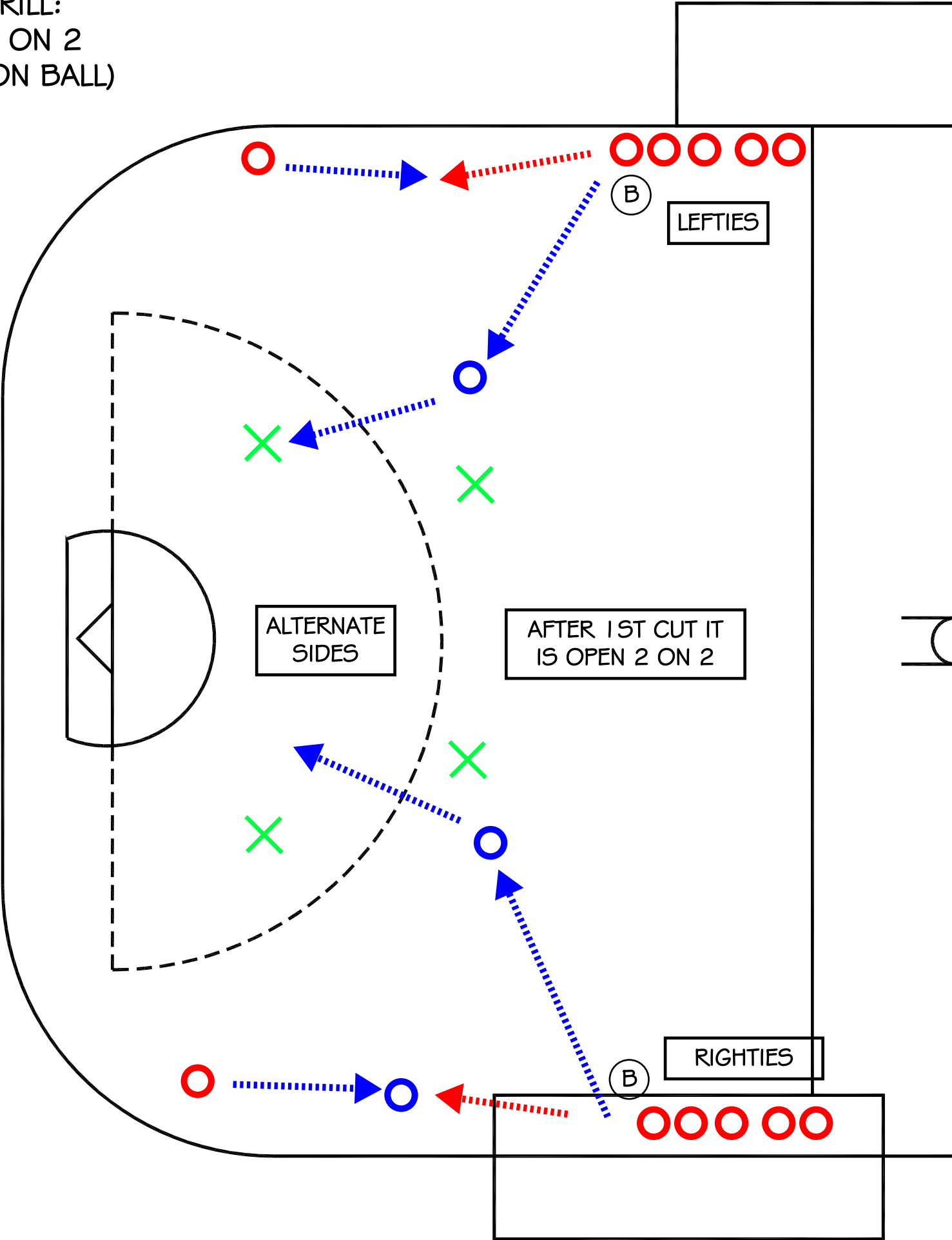
NOTE:
THIS IS A FAST-PACED DRILL PLAYERS NEED TO MOVE QUICKLY FROM ONE SPOT TO ANOTHER AND ALWAYS BE AWARE

WHAT DRILLS TO DO NEXT:

- JERRY DRILL (WITH PRESSURE)
 - HIGH
 - LOW
- 5 MAN SET



DRILL:
2 ON 2
(ON BALL)



DRILL:
2 ON 2 (ON BALL)

DRILL TYPE:
OFFENSIVE

LEVEL:
INTERMEDIATE/ADVANCED

PURPOSE:

- 2 ON 2 BATTLE
- BASIC 2 MAN OFFENSE

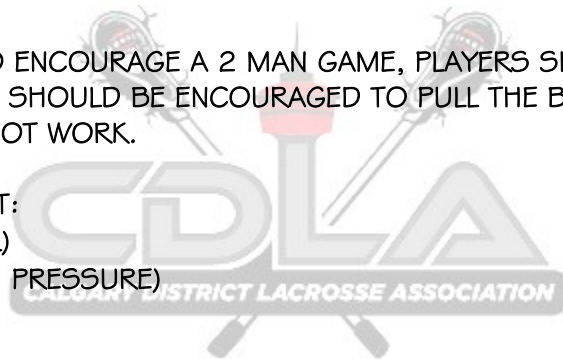
KEY POINTS:

- SETTING PICKS
- MOVING TOGETHER
- ALTERNATE SIDES
- OFFENSE GOES TO DEFENSE

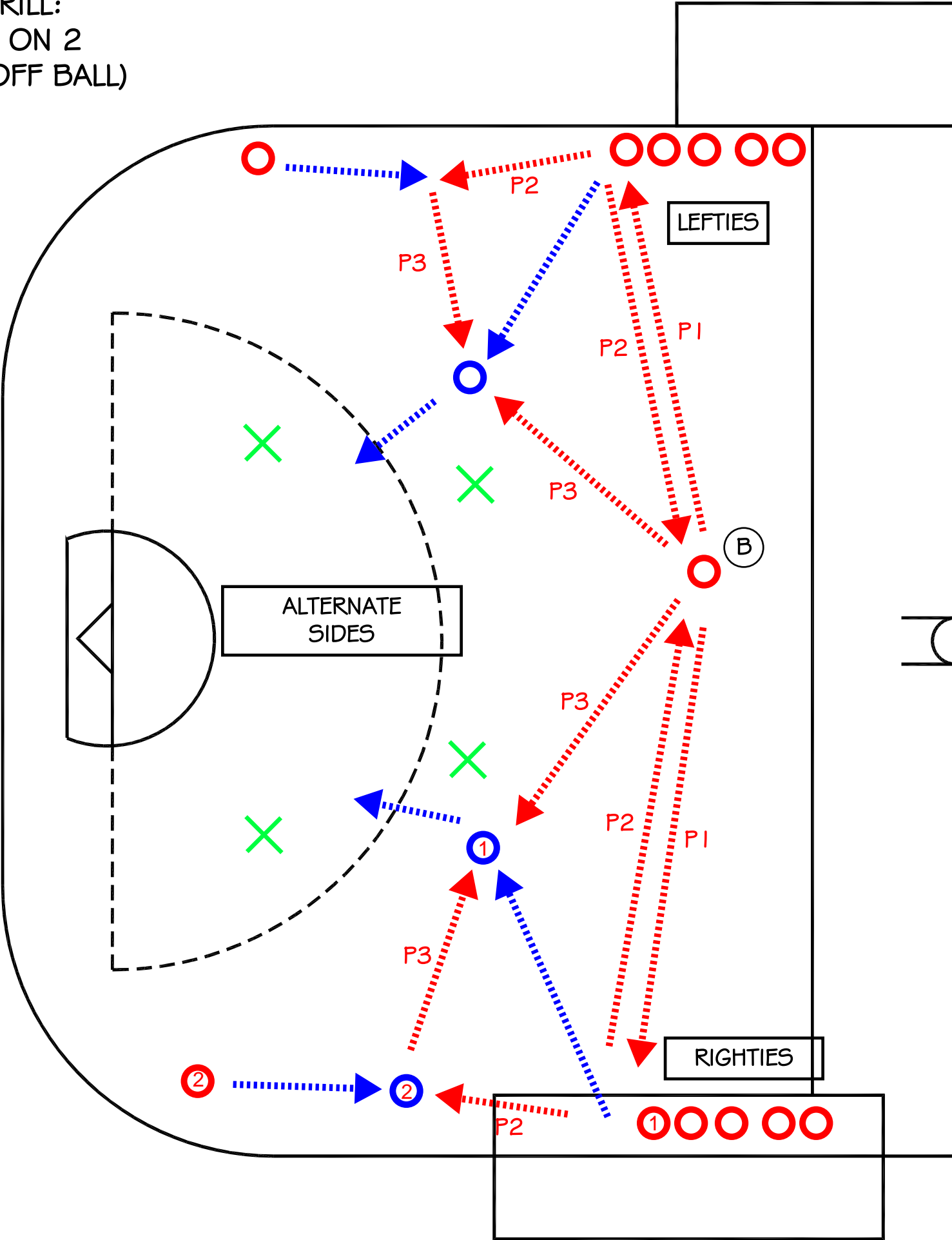
NOTE:
BASIC OFFENSE DRILL TO ENCOURAGE A 2 MAN GAME, PLAYERS SHOULD MOVE TOGETHER WITH PURPOSE. PLAYERS SHOULD BE ENCOURAGED TO PULL THE BALL OUT AND RESET IF FIRST MOVEMENTS DO NOT WORK.

WHAT DRILLS TO DO NEXT:

- 2 ON 2 (OFF BALL)
- JERRY DRILL (WITH PRESSURE)
- 5 MAN SET



DRILL:
2 ON 2
(OFF BALL)



DRILL:
2 ON 2 (OFF BALL)

DRILL TYPE:
OFFENSIVE

LEVEL:
INTERMEDIATE/ADVANCED

PURPOSE:

- 2 ON 2 BATTLE
- BASIC 2 MAN OFFENSE
- WORKING WITHOUT THE BALL

KEY POINTS:

- SETTING PICKS
- MOVING TOGETHER
- GETTING OPEN FOR A PASS
- ALTERNATE SIDE
- OFFENSE GOES TO DEFENSE

NOTE:

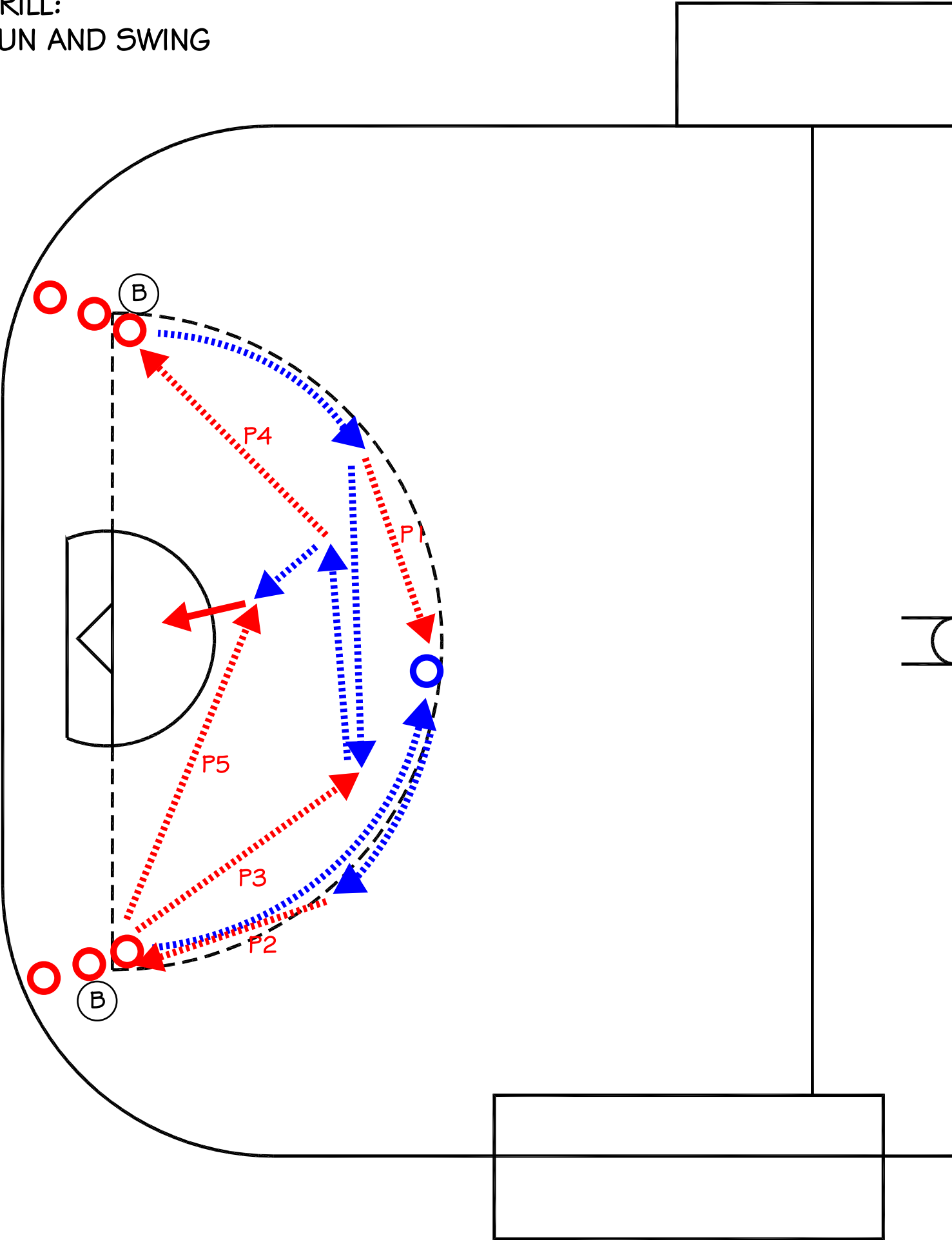
BASIC OFFENSE DRILL TO ENCOURAGE A 2 MAN GAME, PLAYERS SHOULD MOVE TOGETHER WITH PURPOSE. PLAYERS SHOULD BE ENCOURAGED TO PULL THE BALL OUT AND RESET IF FIRST MOVEMENTS DO NOT WORK. BALL SHOULD COME FROM THE OPPOSITE SIDE. TOP OR SWING MAN IS LIVE, CANNOT CUT OR MOVE BUT SHOULD BE INVOLVED WITH THE PASSING.

WHAT DRILLS TO DO NEXT:

- JERRY DRILL (WITH PRESSURE)
- 5 MAN SET
- DOUBLE PASS & CUT

CALGARY DISTRICT LACROSSE ASSOCIATION

DRILL:
RUN AND SWING



DRILL:
RUN AND SWING

DRILL TYPE:
OFFENSIVE

LEVEL:
INTERMEDIATE

PURPOSE:

- SWINGING THE BALL
- PLAYER MOTION
- MOVING BALL FROM SIDE TO SIDE

KEY POINTS:

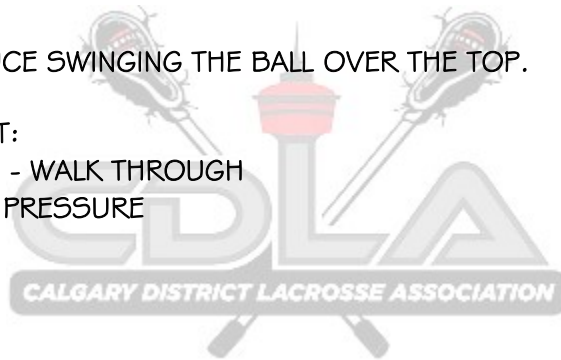
- QUICK PASSES
- QUICK TURNS
- GOOD PASSES

NOTE:

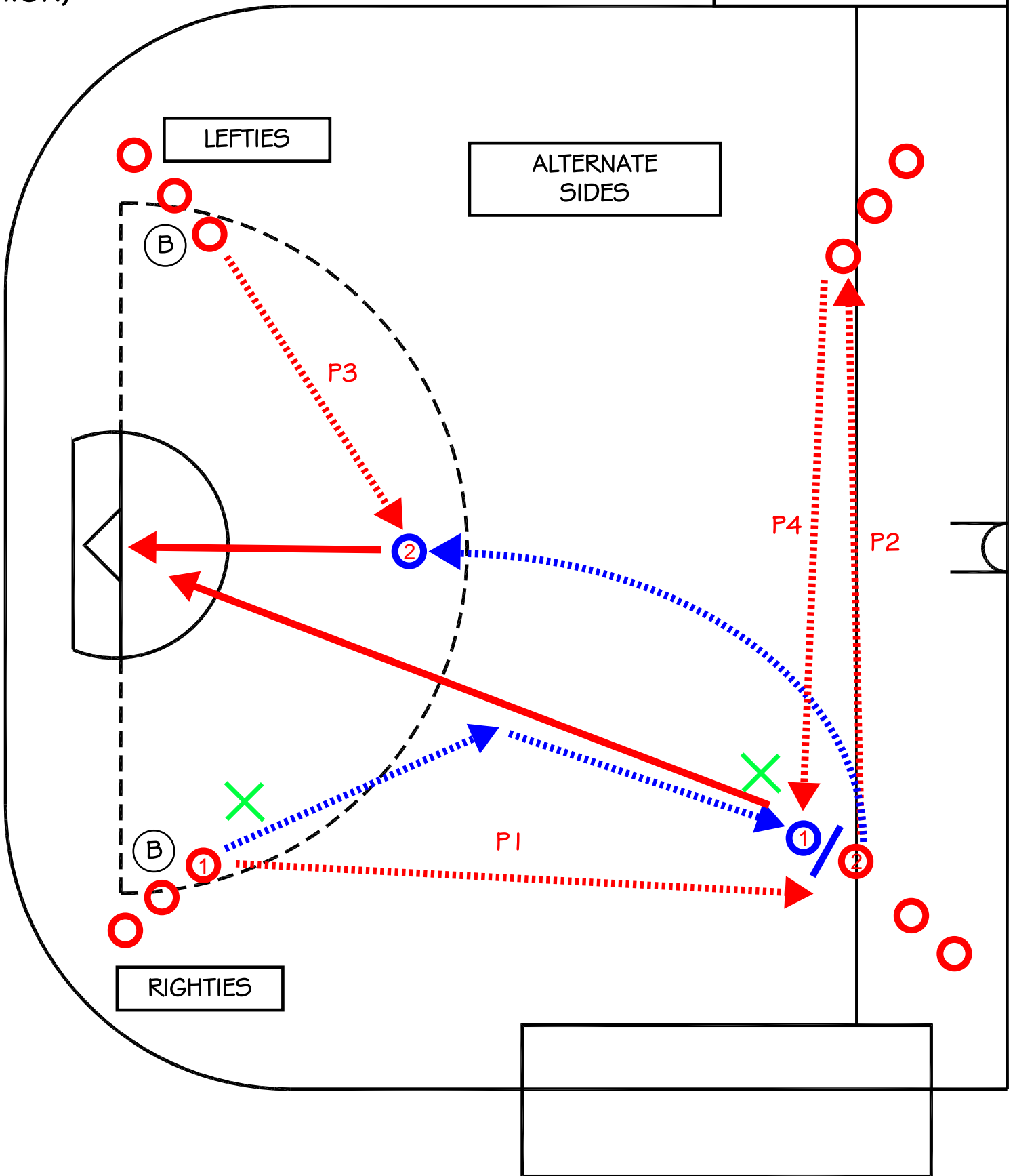
BASIC DRILL TO INTRODUCE SWINGING THE BALL OVER THE TOP.

WHAT DRILLS TO DO NEXT:

- MOTION OFFENSE - WALK THROUGH
- JERRY DRILL WITH PRESSURE
 - HIGH
 - LOW



DRILL:
JERRY DRILL
WITH PRESSURE
(HIGH)



DRILL:
JERRY DRILL WITH PRESSURE (HIGH)

DRILL TYPE:
OFFENSIVE

LEVEL:
INTERMEDIATE/ADVANCED

PURPOSE:

- BALL MOVEMENT
- SETTING PICKS AND ROLLING
- LIGHT DEFENSE

KEY POINTS:

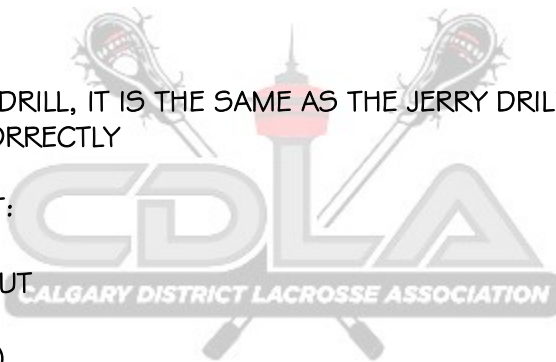
- SETTING PICKS
- CUTTING HARD
- QUICK PACE
- LIGHT DEFENSE

NOTE:

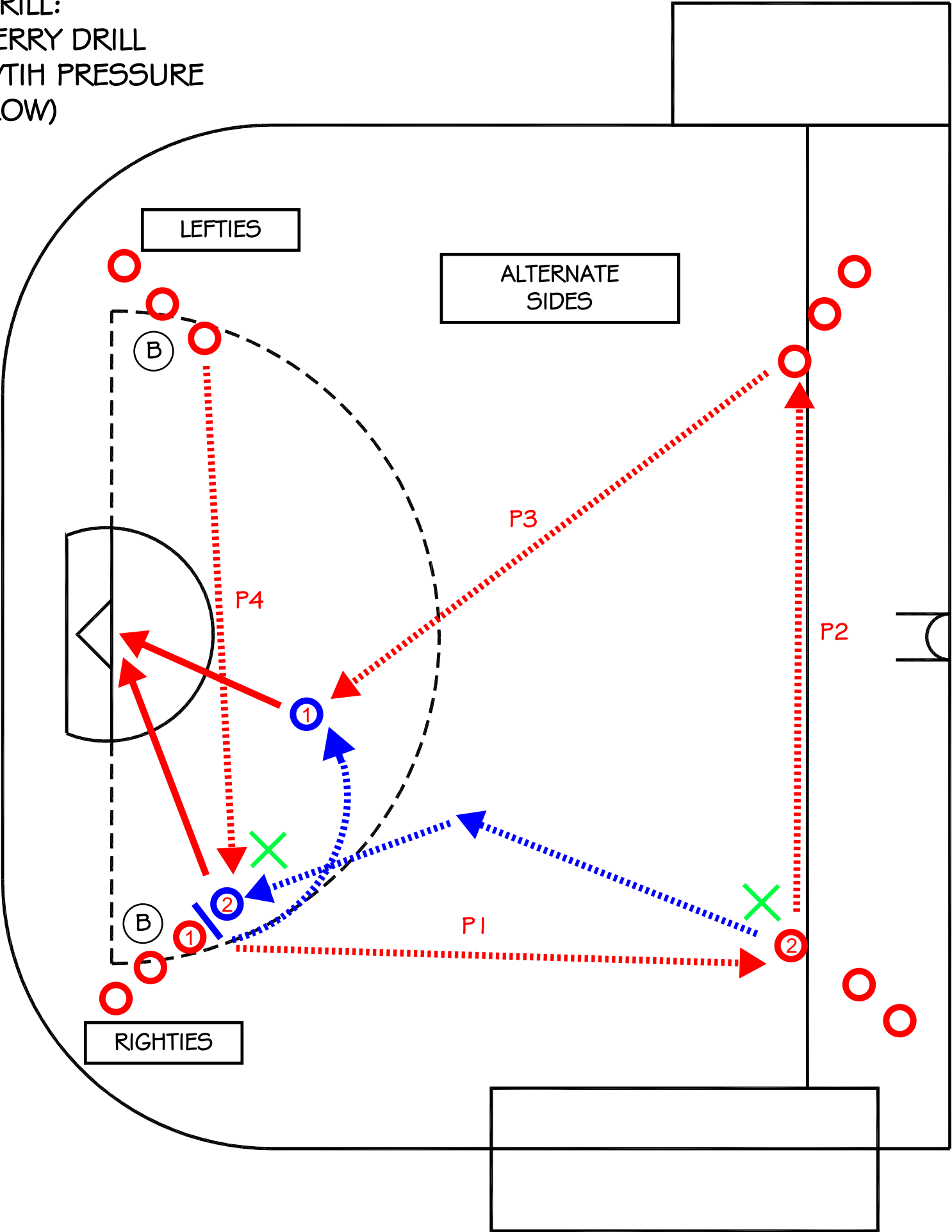
THIS IS A PROGRESSION DRILL, IT IS THE SAME AS THE JERRY DRILL WITH LIGHT DEFENSE TO TEACH SETTING PICKS CORRECTLY

WHAT DRILLS TO DO NEXT:

- 5 MAN SET
- DOUBLE PASS & CUT
- 2 ON 2 (ON BALL)
- 2 ON 2 (OFF BALL)



DRILL:
JERRY DRILL
WITH PRESSURE
(LOW)



DRILL:
JERRY DRILL WITH PRESSURE (LOW)

DRILL TYPE:
OFFENSIVE

LEVEL:
INTERMEDIATE/ADVANCED

PURPOSE:

- BALL MOVEMENT
- SETTING PICKS AND ROLLING
- LIGHT DEFENSE

KEY POINTS:

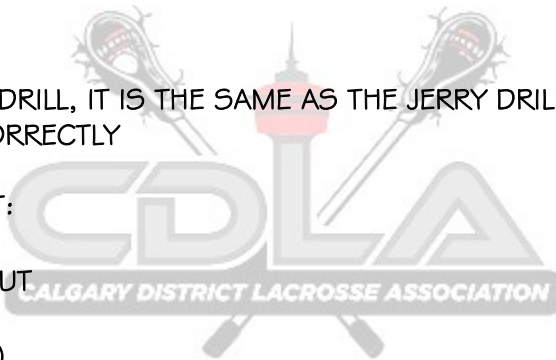
- SETTING PICKS
- CUTTING HARD
- QUICK PACE
- LIGHT DEFENSE

NOTE:

THIS IS A PROGRESSION DRILL, IT IS THE SAME AS THE JERRY DRILL WITH LIGHT DEFENSE TO TEACH SETTING PICKS CORRECTLY

WHAT DRILLS TO DO NEXT:

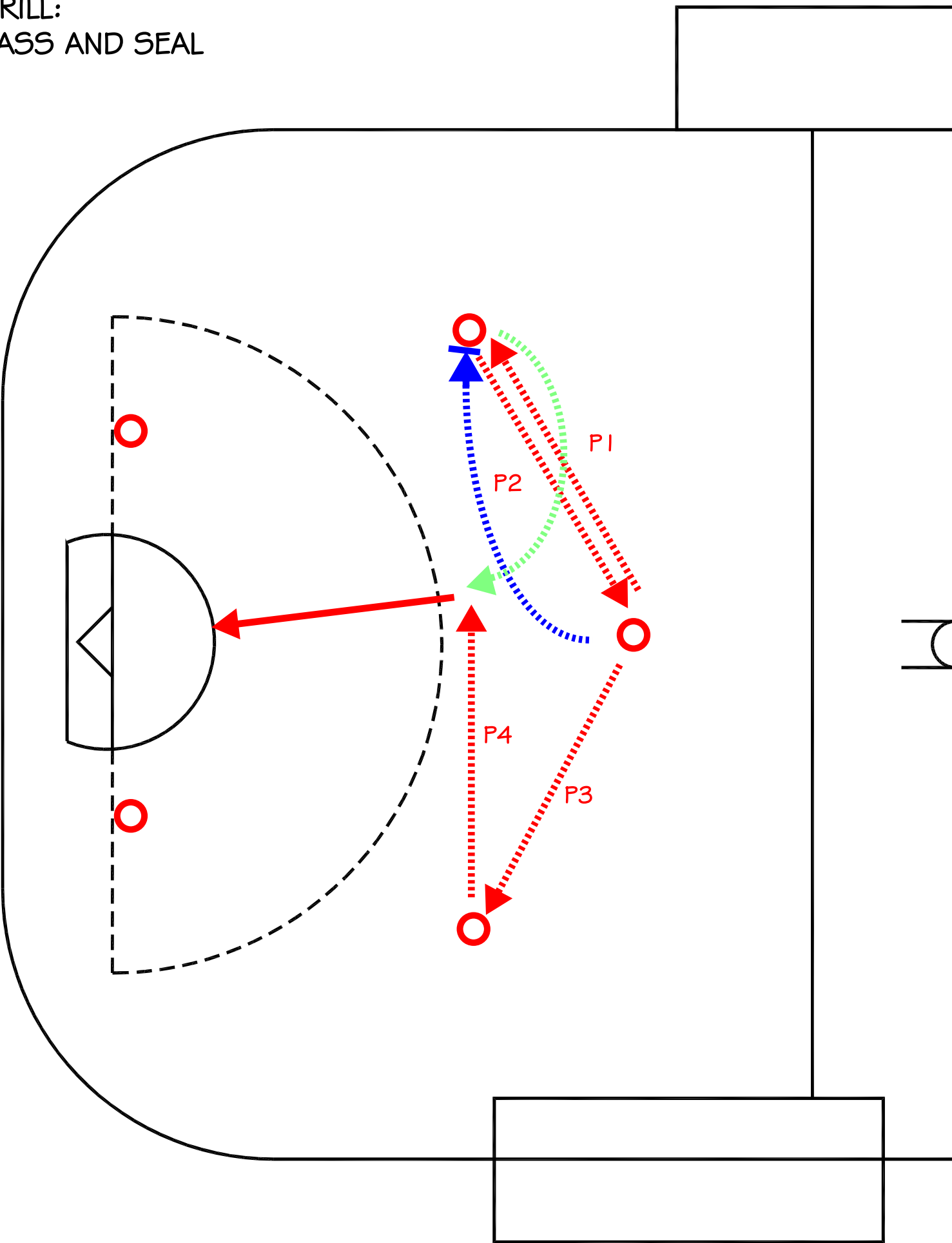
- 5 MAN SET
- DOUBLE PASS & CUT
- 2 ON 2 (ON BALL)
- 2 ON 2 (OFF BALL)





SPECIAL TEAMS POWERPLAY

DRILL:
PASS AND SEAL



DRILL:
PASS AND SEAL

DRILL TYPE:
POWERPLAY

LEVEL:
BASIC

PURPOSE:

- PASS AND PICK
- OUTSIDE SHOT

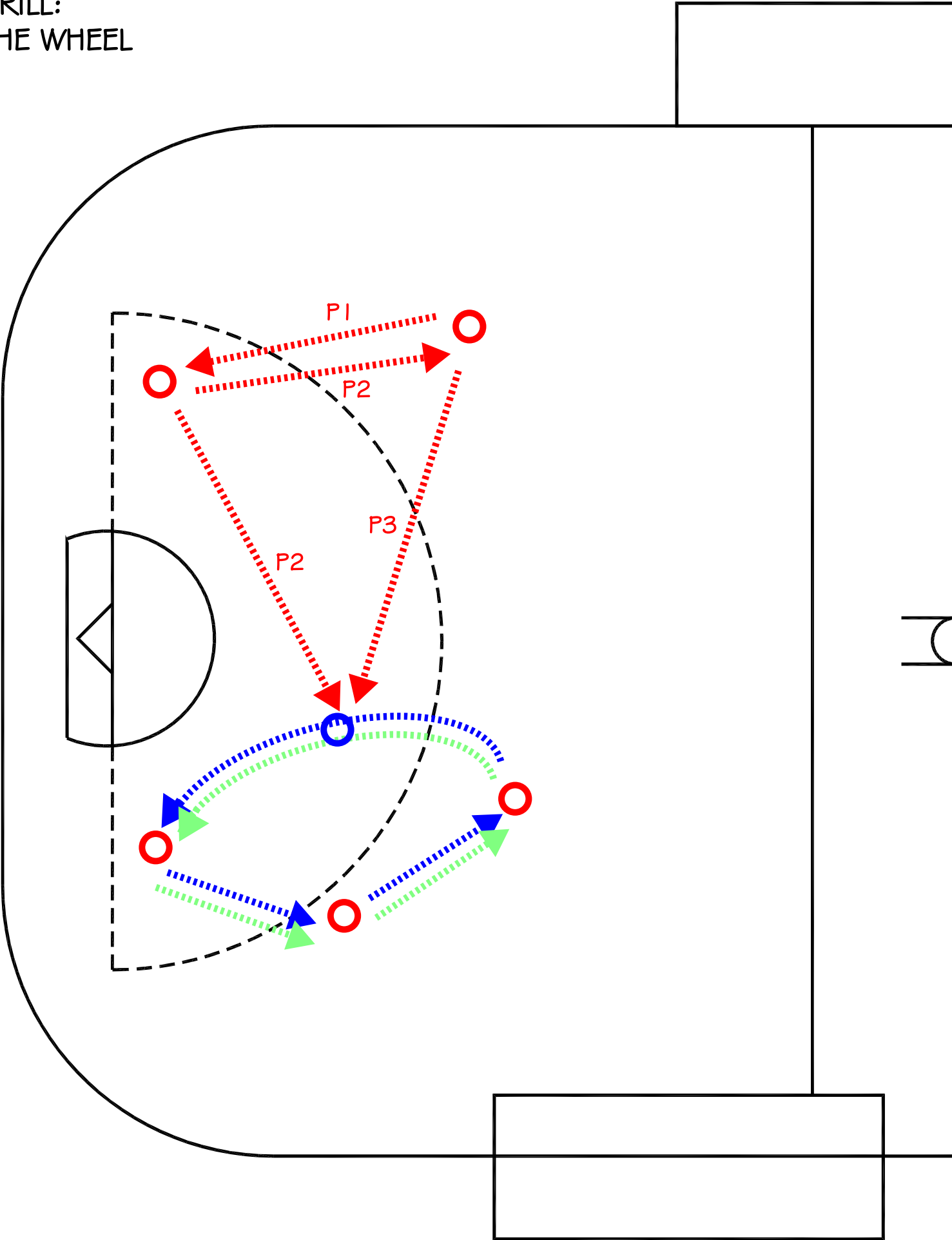
KEY POINTS:

- FAKE PICK AND CUT HARD TO OPPOSITE SIDE TO SET PICK
- QUICK CATCH AND SHOT

NOTE:
BASIC CROSS TOP PICK, SET SEAL PICK TO OPEN SHOOT FOR A SHOT FROM THE TOP.



DRILL:
THE WHEEL



DRILL:
THE WHEEL

DRILL TYPE:
POWERPLAY

LEVEL:
BASIC

PURPOSE:

- CONTINUOUS MOVEMENT
- TRYING TO OPEN UP A SHOT

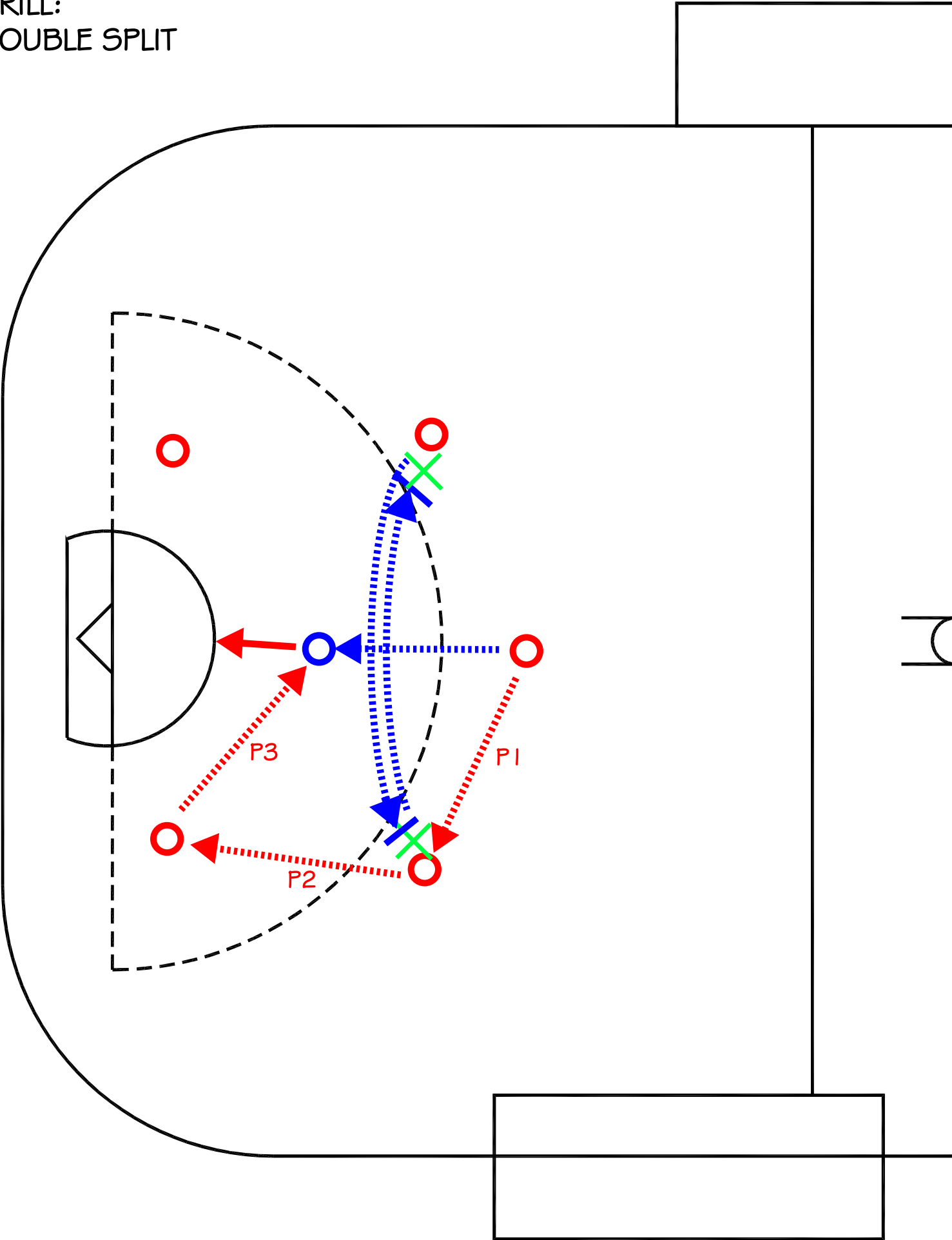
KEY POINTS:

- ONE SIDE OF THE FLOOR CONTINUOUSLY CUTS THROUGH THE MIDDLE
- OPPOSITE SIDE MOVES THE BALL FROM CREESE TO SHOOTER AND BACK

NOTE:
TRYING TO GET THE DEFENSE LOST AND SET A SEAL FOR AN OVER THE TOP SHOT



DRILL:
DOUBLE SPLIT



DRILL:
DOUBLE SPLIT

DRILL TYPE:
POWERPLAY

LEVEL:
BASIC

PURPOSE:

- CROSSING PICKS
- OPEN LANE DOWN THE MIDDLE

KEY POINTS:

- TIMING ON PICKS
- AFTER BALL IS MOVED TO THE CREASE SHOOTERS NEED TO SET PICKS QUICKLY
- TRYING TO TURN DEFENSIVE PLAYERS

NOTE:

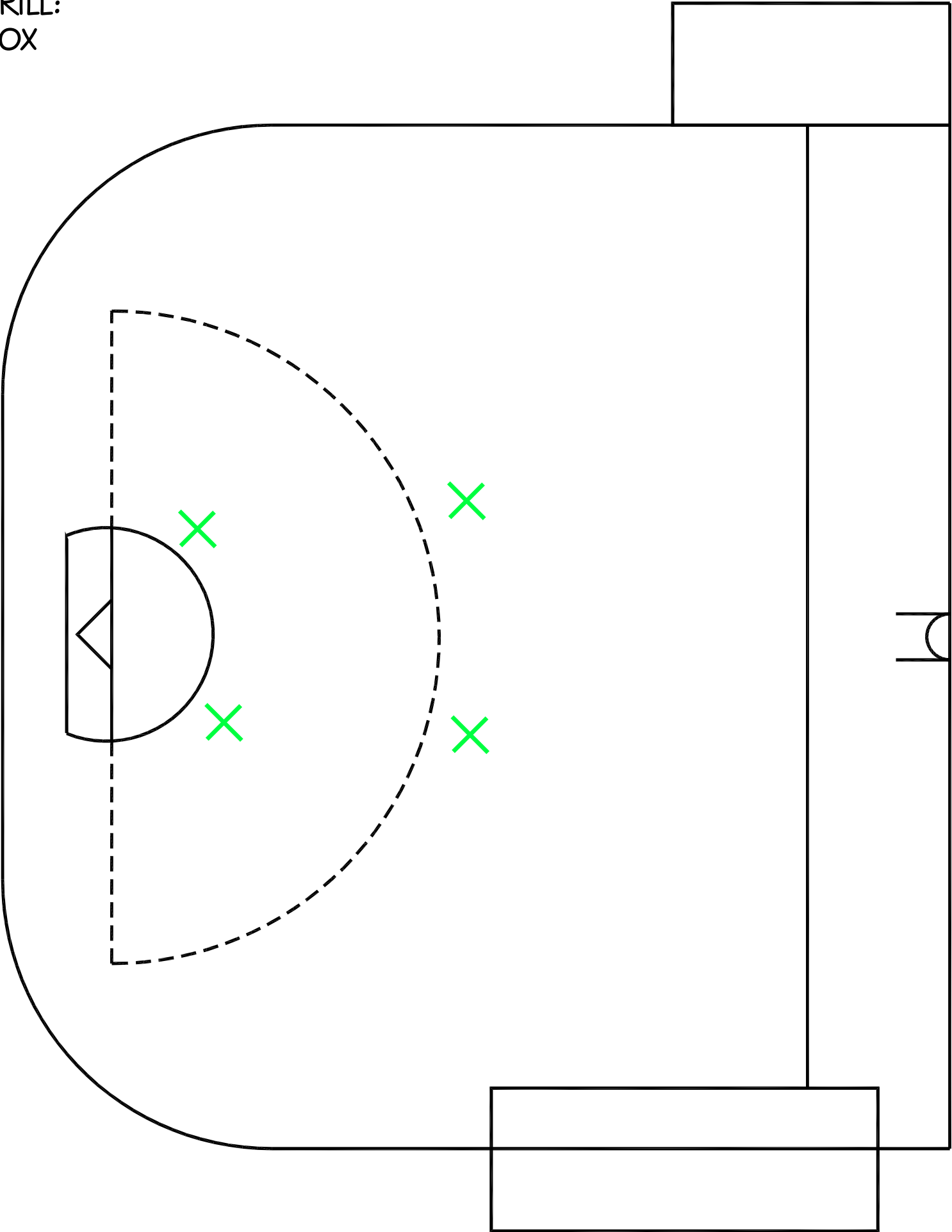
TIMING IS THE MOST IMPORTANT THING WITH THIS PLAY, MUST WORK TOGETHER.





SPECIAL TEAMS SHORTMAN

DRILL:
BOX



DRILL:
BOX

DRILL TYPE:
SHORTMAN

LEVEL:
BASIC/ADVANCED

PURPOSE:

- TAKE AWAY QUICK STICK ON THE CREASE
- FORCE AND SHOT FROM SHOOTER OUT WIDE

KEY POINTS:

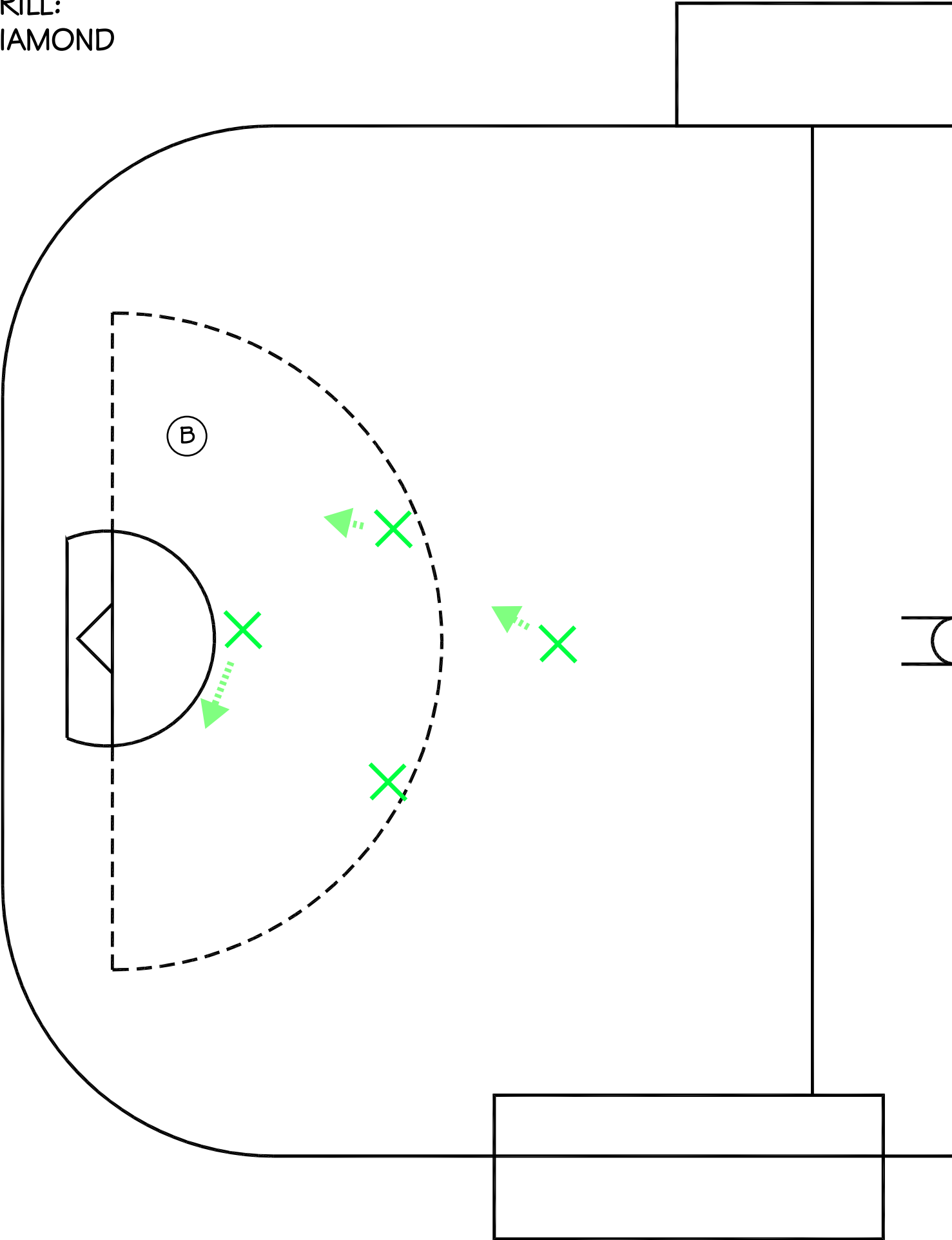
- CREASE DEFENSE OPPOSITE THE BALL SITS SLIGHTLY LOWER THAN THE OFFENSIVE CREASE MAN
- TOP DEFENSIVE PLAYERS HAVE TO MOVE IN AND OUT QUICK TO FORCE THE SHOOTERS WIDE

NOTE:

THIS IS THE MOST COMMON AND EFFECTIVE SHORTMAN SETUP AND SHOULD BE USED ALMOST ALL THE TIME



DRILL:
DIAMOND



DRILL:
DIAMOND

DRILL TYPE:
SHORTMAN

LEVEL:
BASIC/ADVANCED

PURPOSE:

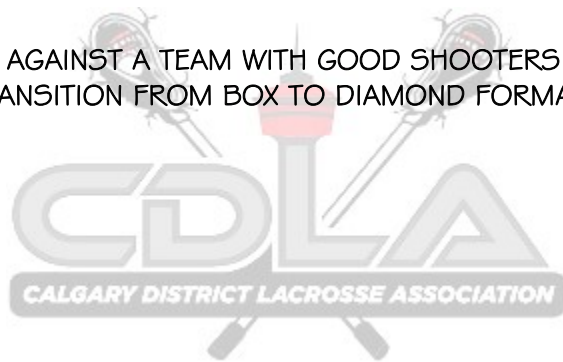
- TAKE AWAY ONE SIDE OF THE FLOOR
- ALLOW WEAK SIDE CREASE SHOT

KEY POINTS:

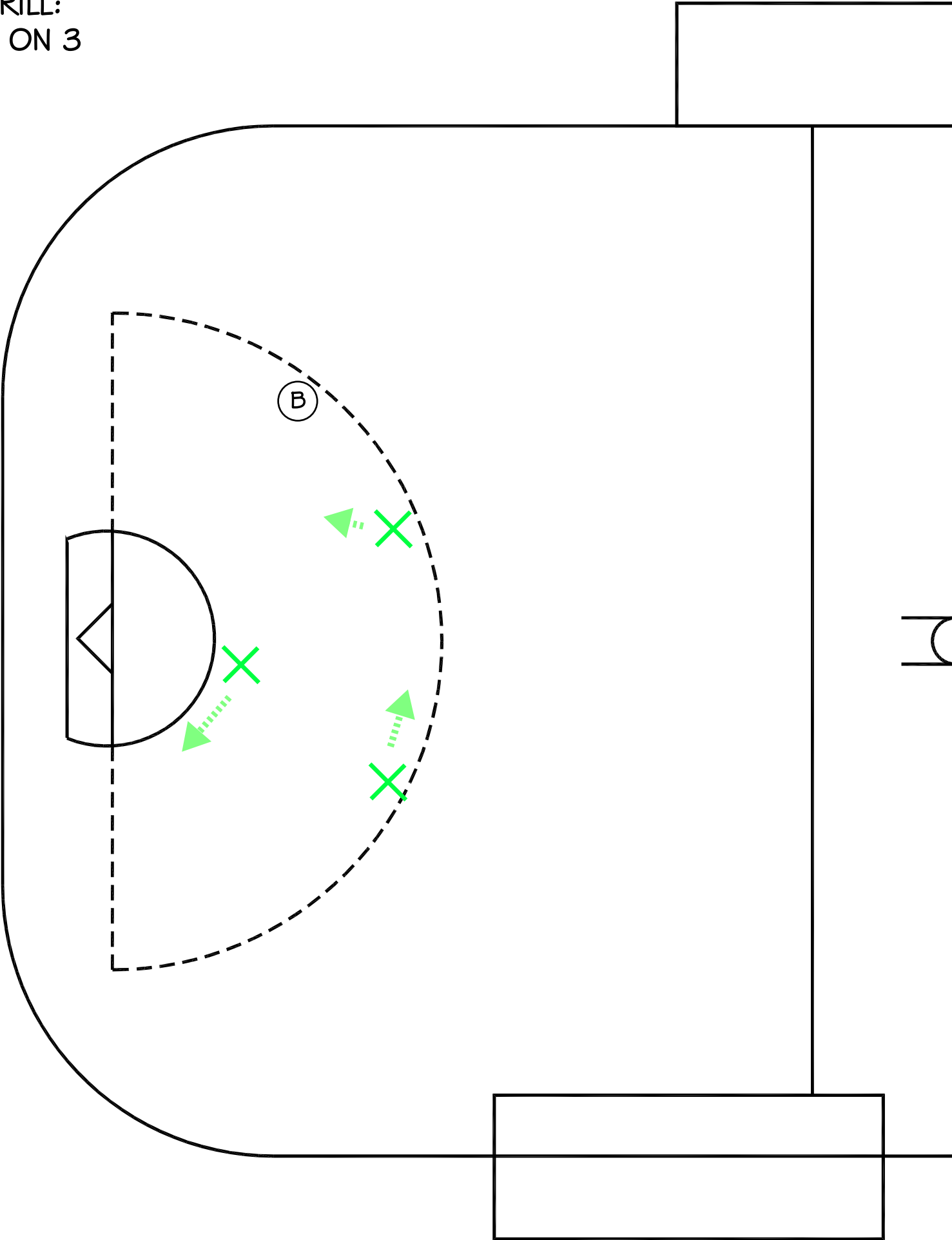
- CREASE DEFENSE OPPOSITE THE BALL SITS SLIGHTLY HIGHER THAN THE OFFENSIVE CREASE MAN
- THE 3 OTHER DEFENSIVE PLAYERS SHOULD TAKE AWAY POSITION AND PASSING LANES FROM THE TOP AND SHOOTER OFFENSIVE PLAYERS.

NOTE:

THIS IS MOST EFFECTIVE AGAINST A TEAM WITH GOOD SHOOTERS, DEFENSIVE PLAYERS MUST LEARN HOW TO TRANSITION FROM BOX TO DIAMOND FORMATIONS, AND PROPER SLIDES.



DRILL:
4 ON 3



DRILL:
4 ON 3

DRILL TYPE:
SHORTMAN

LEVEL:
BASIC

PURPOSE:

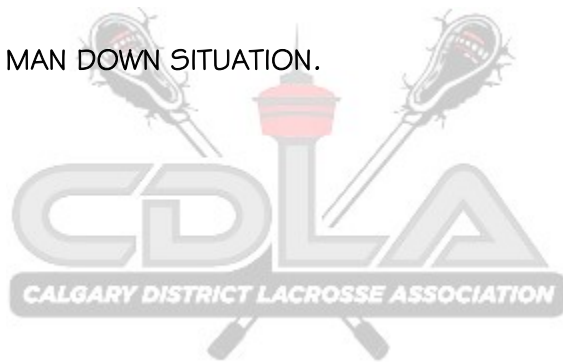
- TAKE AWAY ONE SIDE OF THE FLOOR
- ALLOW WEAK SIDE CREASE SHOT

KEY POINTS:

- CREASE DEFENSE OPPOSITE THE BALL SITS SLIGHTLY LOWER THAN THE OFFENSIVE CREASE MAN
- THE 2 OTHER DEFENSIVE PLAYERS SHOULD TAKE AWAY POSITION AND PASSING LANES FROM THE TOP AND SHOOTER OFFENSIVE PLAYERS.

NOTE:

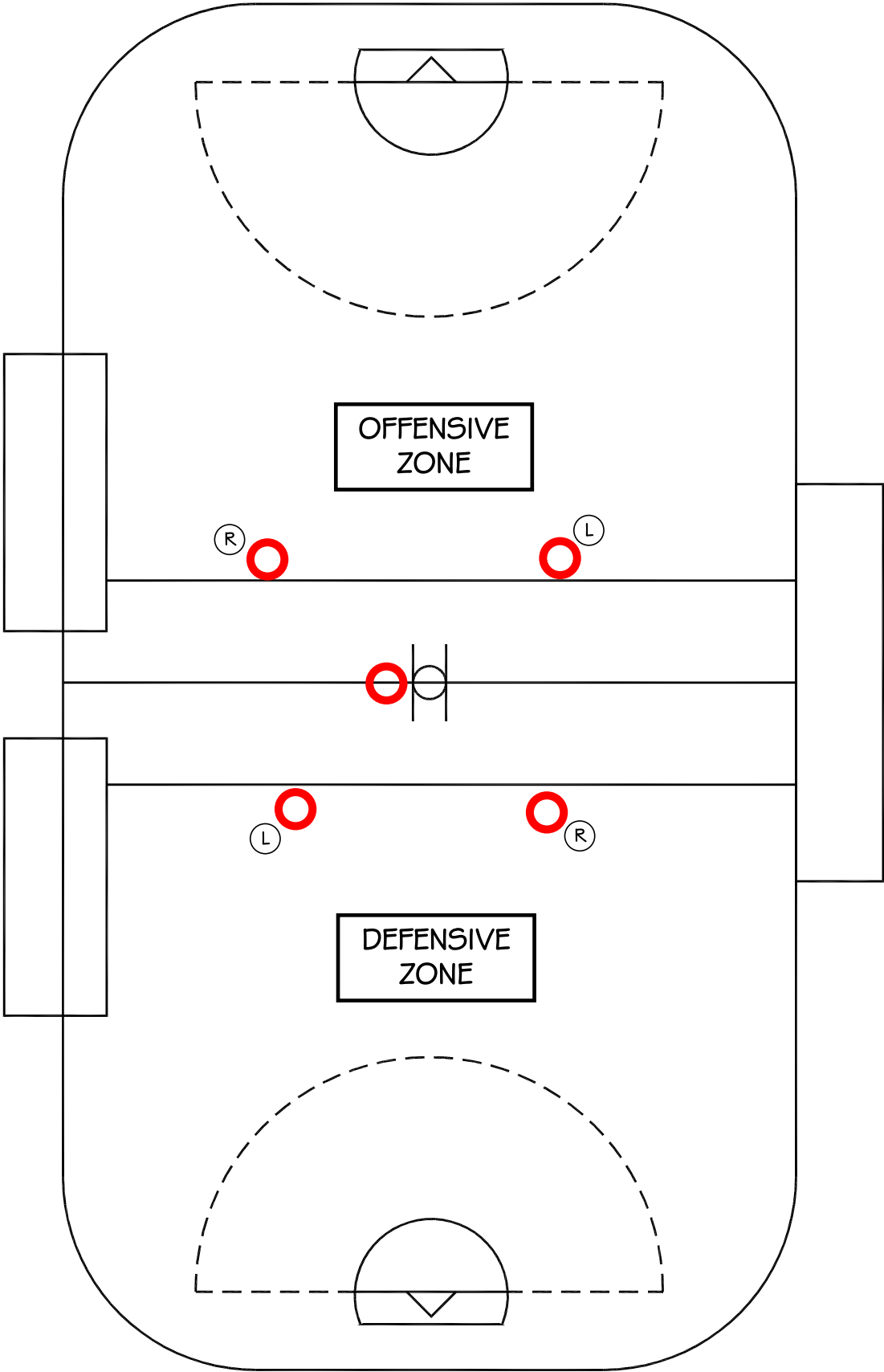
USED WHEN IN A 4 ON 3 MAN DOWN SITUATION.





SPECIAL TEAMS FACEOFF

DRILL:
BASIC



DRILL:
BASIC

DRILL TYPE:
FACEOFF

LEVEL:
BASIC

PURPOSE:

- MATCH UP MAN FOR MAN

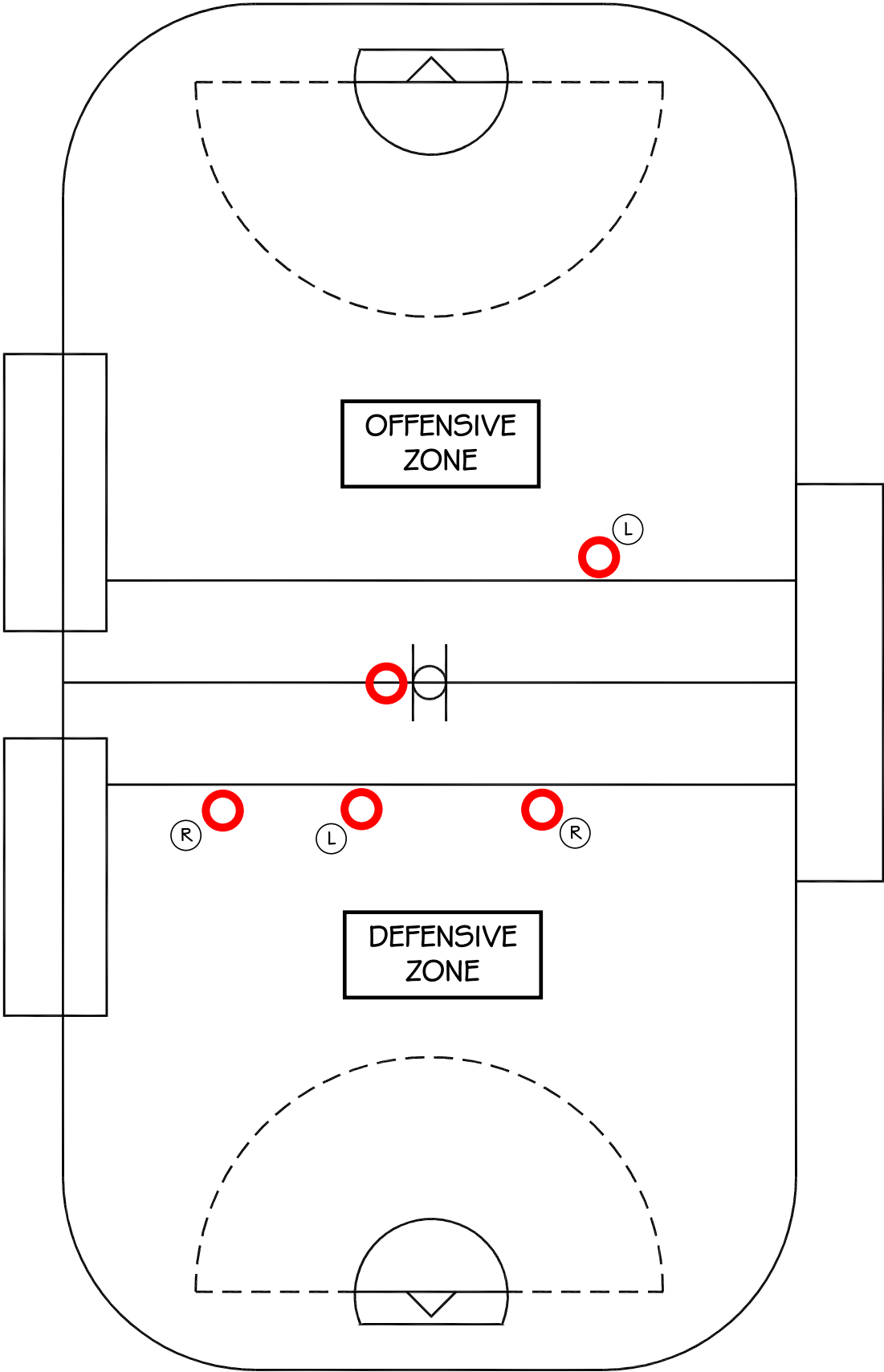
KEY POINTS:

- DEFENSIVE PLAYERS SHOULD TAKE THE INSIDE OF THE FLOOR
- OFFENSIVE PLAYER SHOULD TAKE THE OUTSIDE OF THE FLOOR

NOTE:
THIS IS THE FIRST FACEOFF FORMATION AND IS USED IN MOST SITUATIONS.



DRILL:
WHEN LOOSING FACEOFFS



DRILL:
WHEN LOOSING FACEOFFS

DRILL TYPE:
FACEOFF

LEVEL:
INTERMEDIATE

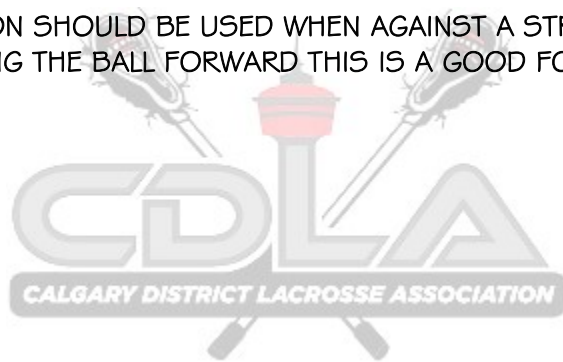
PURPOSE:

- BETTER DEFENSIVE FORMATION
- TAKE AWAY FAST BREAK

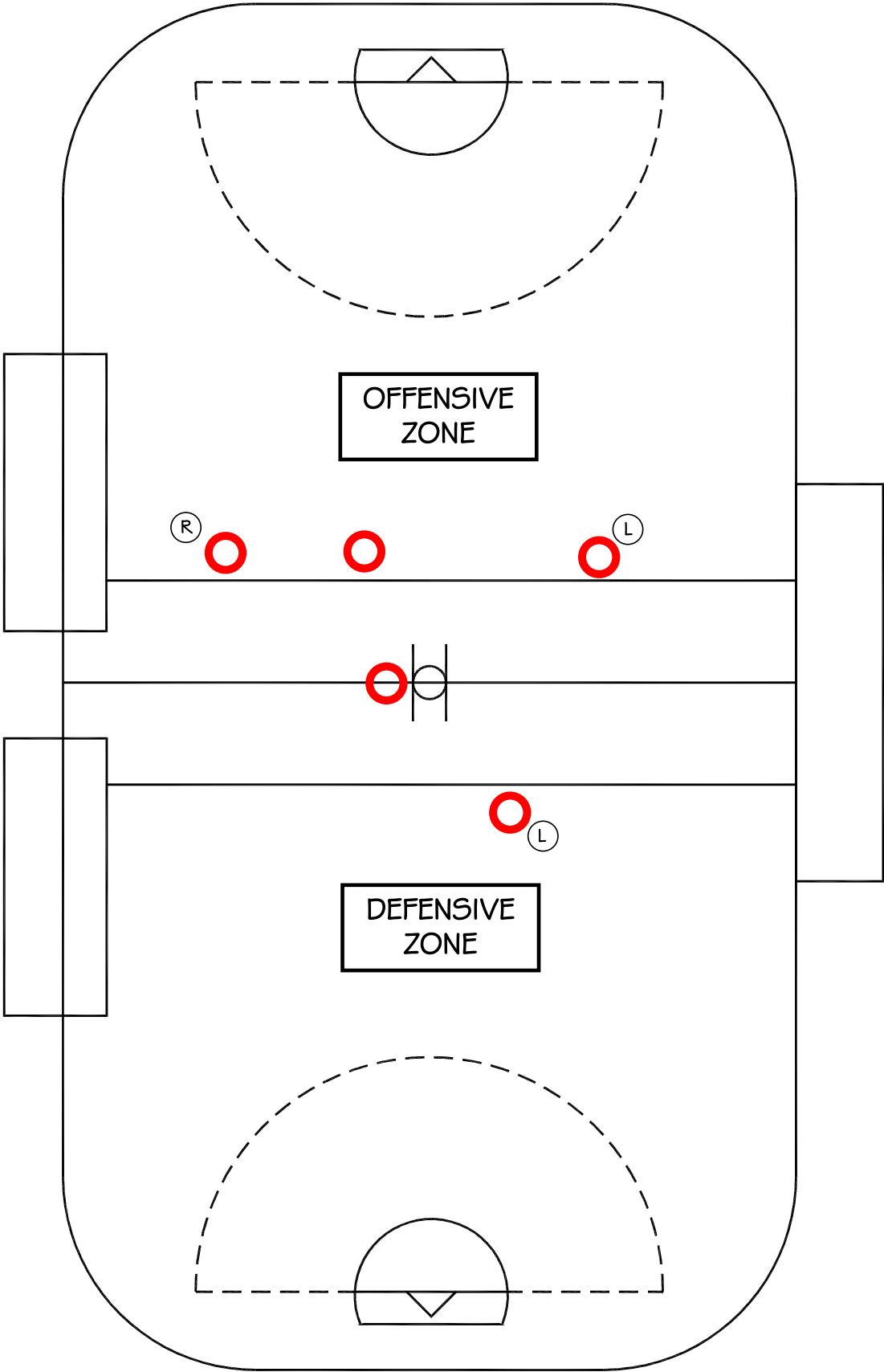
KEY POINTS:

- 2 PLAYERS FALL BACK IMMEDIATELY
- 1 PLAYER CHALLENGES FROM THE BACK
- 1 PLAYER CHALLENGES FROM THE FRONT

NOTE:
THIS FACEOFF FORMATION SHOULD BE USED WHEN AGAINST A STRONG FACEOFF PLAYER.
IF OPPOSITION IS WINNING THE BALL FORWARD THIS IS A GOOD FORMATION.



DRILL:
WHEN WINNING FACEOFFS



DRILL:
WHEN WINNING FACEOFFS

DRILL TYPE:
FACEOFF

LEVEL:
INTERMEDIATE

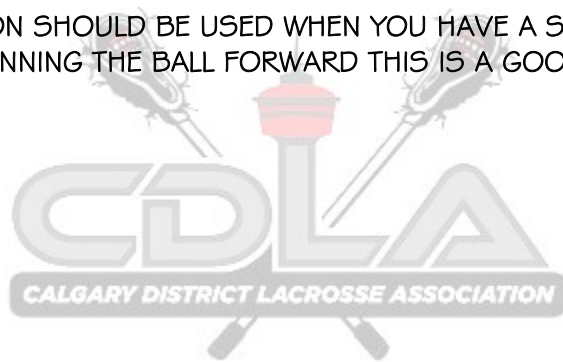
PURPOSE:

- BETTER OFFENSIVE FORMATION
- GAIN A FAST BREAK

KEY POINTS:

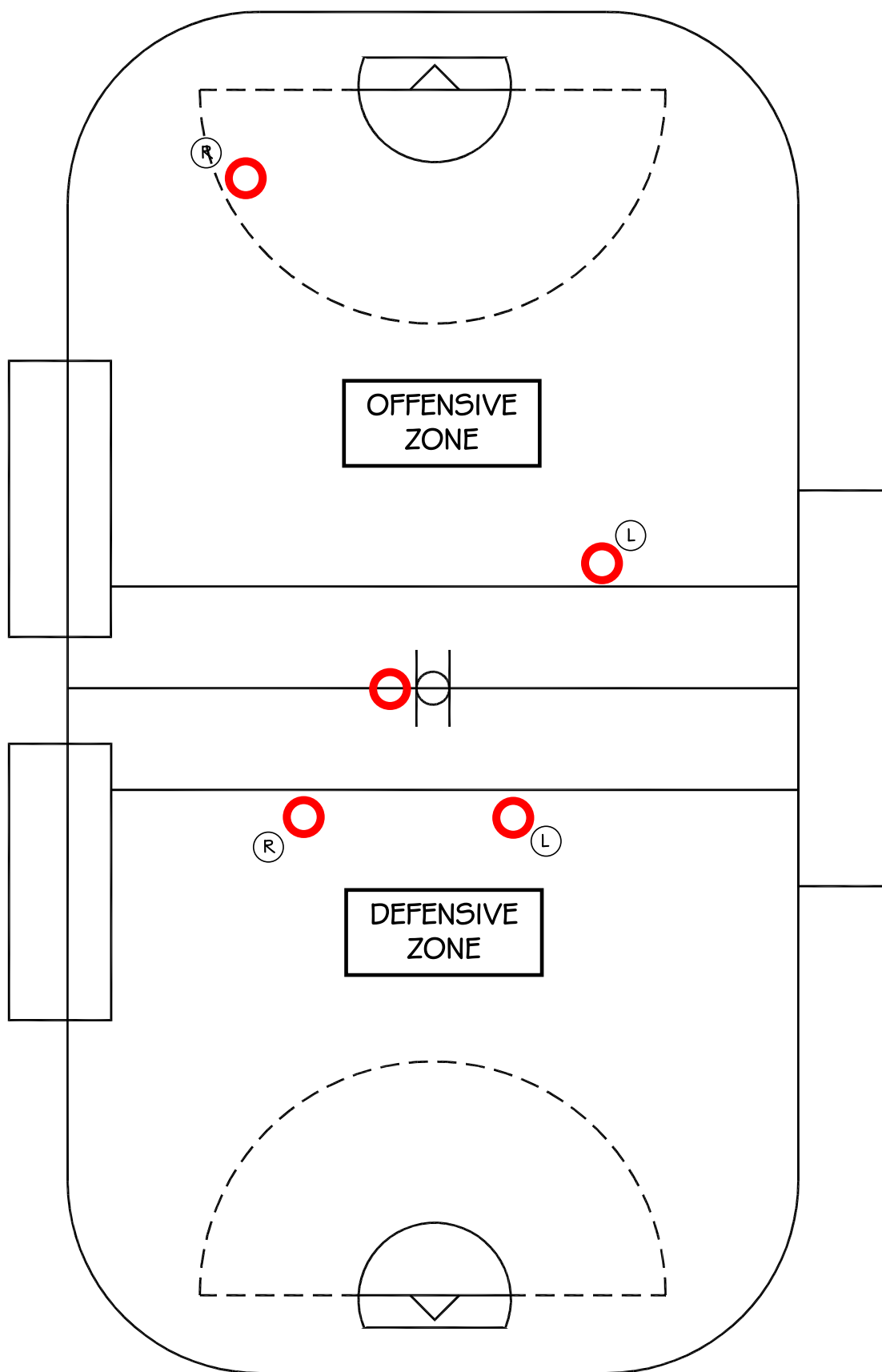
- 2 PLAYERS PUSH THE FLOOR RIGHT AWAY
- 1 PLAYER CHALLENGES FROM THE BACK
- 1 PLAYER CHALLENGES FROM THE FRONT

NOTE:
THIS FACEOFF FORMATION SHOULD BE USED WHEN YOU HAVE A STRONG FACEOFF PLAYER.
IF FACEOFF PLAYER IS WINNING THE BALL FORWARD THIS IS A GOOD FORMATION.



The diagram illustrates a basketball court layout with the following features:

- Offensive Zone:** The top half of the court, labeled "OFFENSIVE ZONE". It contains a red circle with an "R" (Right) label and a red circle with an "L" (Left) label.
- Defensive Zone:** The bottom half of the court, labeled "DEFENSIVE ZONE". It contains a red circle with an "R" (Right) label and a red circle with an "L" (Left) label.
- Key:** A central rectangular area containing a red circle with an "R" (Right) label and a red circle with an "L" (Left) label.
- Three-Point Arcs:** Dashed lines forming semi-circles at the top and bottom of the court.
- Keyhole:** A small triangle at the top center of the court, pointing downwards.
- Keyhole:** A small triangle at the bottom center of the court, pointing upwards.



DRILL:
STRETCH THE FLOOR

DRILL TYPE:
FACEOFF

LEVEL:
ADVANCED

PURPOSE:

- TRY TO MAKE A 2 ON 1

KEY POINTS:

- SEND 1 PLAYER UP THE FLOOR RIGHT AWAY
- RUN THE FLOOR AS SOON AS POSSESSION IS GAINED

NOTE:
THIS FACEOFF FORMATION SHOULD BE USED WHEN YOU NEED A GOAL. POSSESSION MUST BE GAINED QUICKLY, IF NOT PLAYER NEEDS TO GET BACK QUICKLY.

