



LACROSSE CANADA School Curriculum



Acknowledgements

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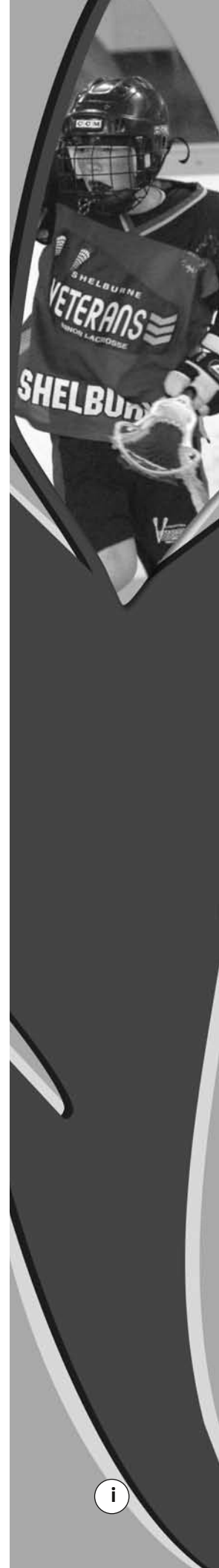


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Preface

The intent of this manual is to provide your students with the opportunity to participate in Canada's National Summer Sport, regardless of your/their level of lacrosse experience, or the equipment and facilities available to your school.

Lacrosse Canada encourages you to be creative and find ways to make these lessons fit your environment. The drills found in this manual can be taught in a gymnasium or outside on a sports field. The equipment that is needed can be adapted depending on whether you are playing indoors or outdoors, or with younger or more mature athletes. The most important thing to keep in mind is the spirit of fair play and the goal of having FUN!

Module 1: Planning Lessons

Time	Activity	Key Elements
5	Warm-Up	Ensure that the warm-up achieves all of the objectives outlined in this manual. Focus on circulation, dynamic stretching and mental preparation.
5	Skill Introduction	Demonstrate the skill, highlighting the teaching points provided in this manual. Review common errors.
10	Drill #1	Run first drill. Stop play to correct errors as needed.
10	Drill #2	See Drill #1.
10	Drill #3	See Drill #1.
5	Cool-Down	Ensure that the cool-down achieves all of the objectives outlined in this manual. Focus on mental review and static stretching.

Warming-Up

Why Warm-Up?

The objectives of the warm-up are to:

1. Increase the core body temperature so the player is sweating
2. Actively stretch all muscles necessary for playing lacrosse
3. Enhance the ability of the muscles to use oxygen (endurance)
4. Activate as many of the muscle fibres as possible (strength)
5. Increase the range of motion about all joints (flexibility)
6. Mentally prepare the players for practices and games
7. Create a positive team atmosphere
8. Create a feeling of readiness for every phase of the game or practice

A warm-up includes the following components:

1. Circulation
2. Stretching
3. Mental preparation

Circulation

Goal is to increase circulation and to raise the heart rate.

Begin at a slow jog and progress to a slow run for 6-8 minutes.

Incorporate as many parts as possible by including cradling a ball or switching hands while doing laps. Throwing the ball against the boards/wall or playing throw and catch will warm the body up for activity and move joints through their range of motion.

Stretching

Stretching is important before activity to increase the fluid within the joints, increase range of motion within the joints, prepare the body for activity and reduce the chance of injury.

Types of Stretching Techniques:

1. Static Stretching– holding a stretch position for a period of time with little or no movement. It is the safest form of stretching and is most appropriate to be done at the end of a workout session.
2. Dynamic Stretching– involves flexibility during sport-specific movement. The joint is moved through the entire range of motion.
3. Ballistic Stretching–involves a bouncing-type stretch. This can lead to injury and muscle soreness if not performed correctly.
4. Active Stretching– occurs when the person stretching supplies the force of the stretch.

In the past, static stretching has been performed before activity but recently the popularity of dynamic stretching has increased as a more applicable type of stretching to do before activity. Dynamic stretching moves the joint through its range of motion,



which functionally is more appropriate. Additionally, it has been shown that dynamic stretching can actually improve muscle performance and power when used as part of a warm-up program.

Dynamic Stretches

Lunges with Twist

Purpose: Warm-up – hip flexors, quads, low back/core, general warm-up.

Technique: With stick on shoulders, athletes perform slow lunges and twist upper body towards front leg.

Prescription: Perform as many as possible to ½ way distance between the boards, then light jog to the other side boards.

Walking on Heels/Walking on Toes

Purpose: Warm-up – ankles, calves, shins.

Technique: Walking with normal stride length but keeping toes off the ground – walking only on heels. Then with normal stride length but keeping heels off the ground – walking on toes.

Prescription: Perform heel walk to ½ way distance between the board, then switch to walking on toes only until the other side.

High Knees

Purpose: Warm-up – hip extensors, glutes, hamstrings.

Technique: With each walking stride lift knee as high as possible towards the chest.

Prescription: Perform at slow walking speed to ½ way distance between the boards, then full speed/jog speed to other side.

Butt Kicks

Purpose: Warm-up – hip flexors, quads.

Technique: Light jog but bringing heels to butt.

Prescription: Perform for the distance of width of floor.

Alternating Side Squats

Purpose: Warm-ups – groin, inner thighs, hamstrings, glutes.

Technique: Begin by facing the end of floor (i.e. with right or left side towards side boards). Step out with one foot to a squat position, hold, and bring feet back together. Turn 180 degrees to face other end of the floor.

Prescription: Perform to ½ way distance between the boards, then jog to the other side.

Sprints

Purpose: Prepare the body for high speed running.

Technique: Sprint between the boards (cross floor).

Prescription: Repeat 2 times.

Mental Preparation Techniques

Relaxation: To relax very tight muscles, have the athletes' tense body parts while inhaling and let go while exhaling to develop the feeling of relaxation.

Imagery: Use phrases such as "See yourself doing..." when giving instruction instead of just the commands of what to do or where to go.

Positive Self-Talk: Help the athlete develop positive, goal-oriented statements – avoid negative words.

Attention Control: Use game plans to give players something specific to focus on.

Emotional Control: Focus on the task or technique rather than on outcomes or an incident.



Module One

Cooling Down

The objectives of the cool down are to:

- Give the body systems time to return to normal
- Stretch the main muscle groups to allow for faster recovery
- Promote the slow deep breathing to enhance relaxation and greater range of motion
- Practice visualization skills by reviewing the practice or game
- Prepare the players for the next game or practices, i.e. announcements, practice or game plans

Mental Review

- Players should be prompted to replay the practice or game to celebrate the successes and to plan ways to strengthen the weaknesses

Stretching

It is important to perform static stretching after activity in order to increase flexibility and range of motion, decrease delayed onset muscle soreness, and to reduce risk of injury.

- Hold stretches for 20-30 seconds
- Take a deep breath and exhale slowly as the muscles are stretched
- Do all stretches while sitting to allow for total relaxation of the stretched muscle

Module 2: SKILLS

Lesson #1: Scooping

How To

1. Position the instep of the right foot beside the ball (left for left-handers).
2. Bend the knees to get the butt of the stick as low as possible keeping head down and eyes on the ball.
3. Push off the back foot to accelerate through the ball.
4. Return to the Ready Position.

Common Errors

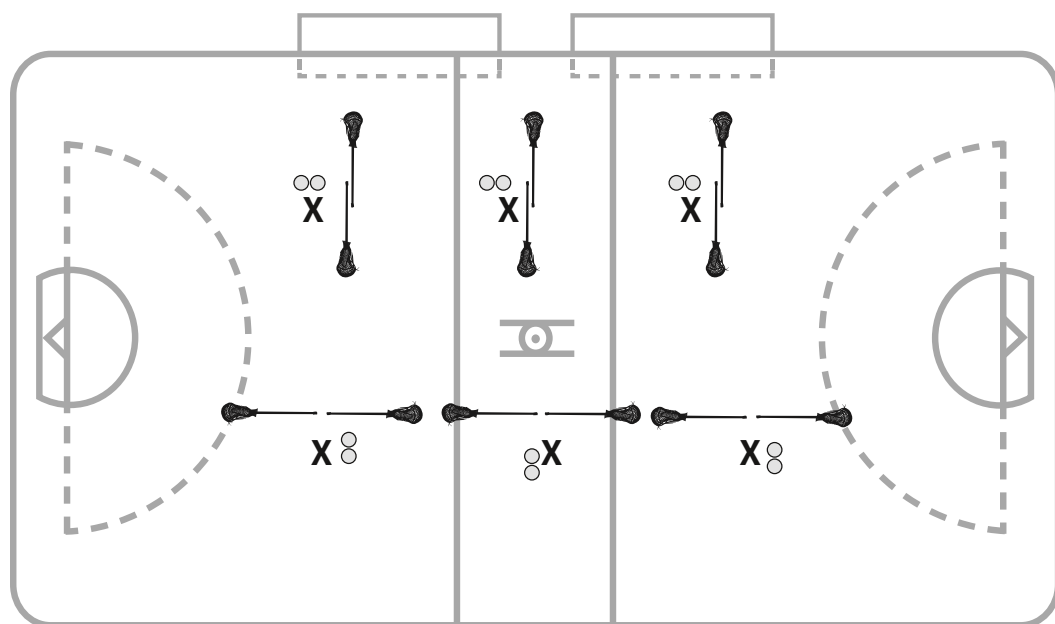
- Not bending the knees.
- The handle of the stick being more vertical than it is parallel to the ground.
- Not accelerating the stick head through the ball by pushing off of the back leg.



Module Two

Drill #1: Open Floor Loose Ball

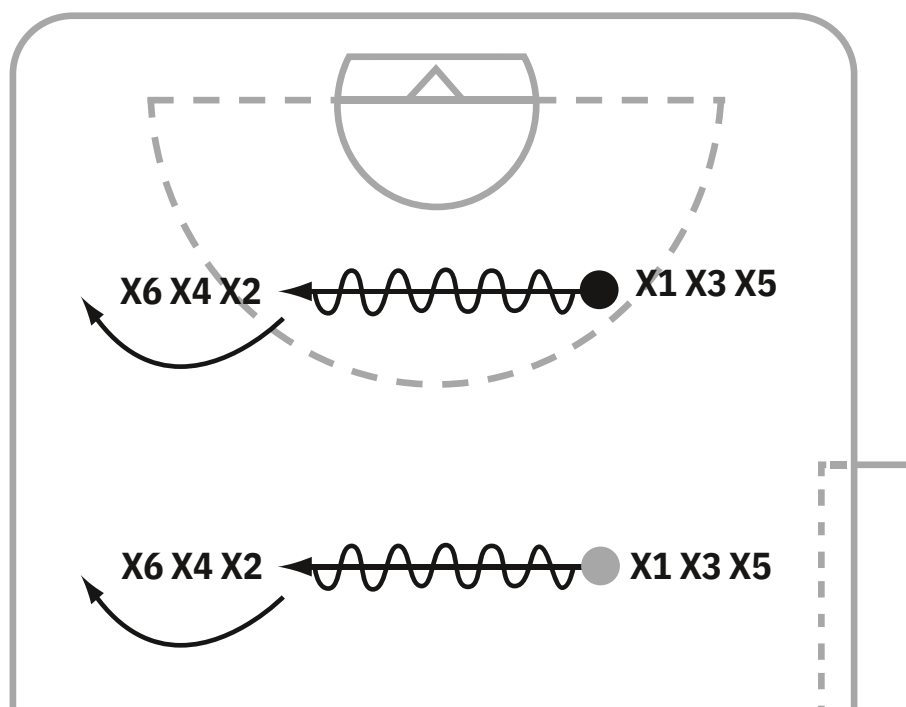
Diagram:



Purpose: An excellent drill for honing open floor loose ball skills.

Procedure:

1. Split players into groups of three. Two players line up back to back with 6-10 inches apart. Third player takes a ball holds it at head level between the player and drops shouting "loose."
2. The two players play for possession of the loose ball. Losing player becomes the ball drop person.
3. Repeat the procedure until drill terminated.

Drill #2: Stationary Loose Ball Shuttle**Diagram:**

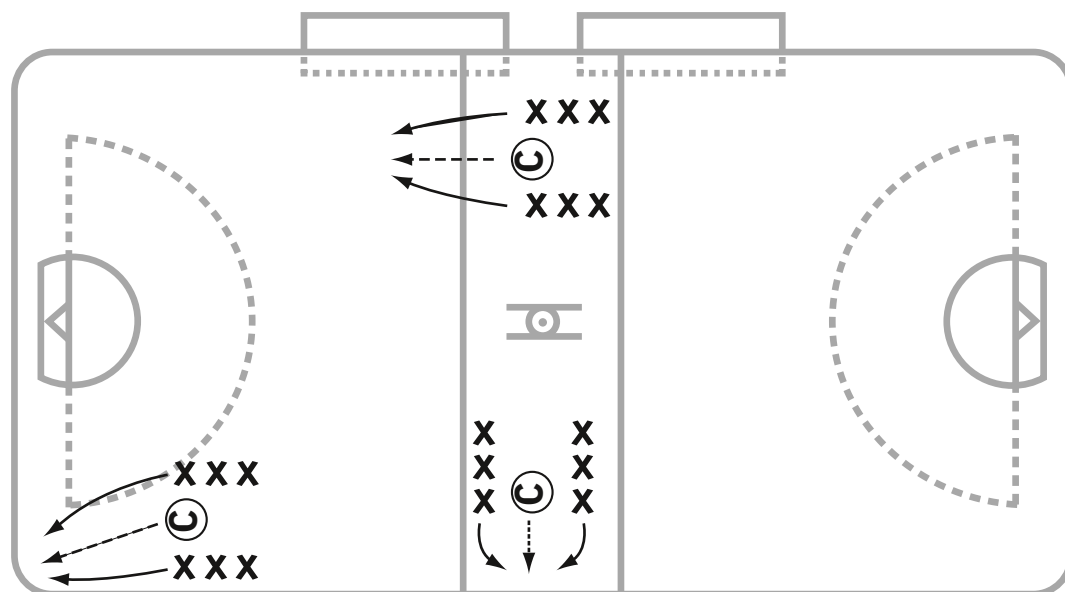
Purpose: To practice the techniques of scooping, rolling and cradling.

Procedure:

1. Players are in groups of five or six. Half of the players are on one side of the floor and half on the other.
2. Place a ball in front of player one.
3. On the whistle, player one picks up the loose ball, sprints and cradles the ball and places the ball in front of player two. Player one then goes to the back of the line they just ran to.
4. Player two scoops up the ball, sprints and cradles the ball and places it in front of player three. Player two then goes to the back of the line they just ran to.
5. Repeat for several minutes.

Drill #3: 1-1 loose ball

Diagram:



Purpose:

To teach players to battle an opponent for a loose ball.

Procedure:

1. Players form two lines. Coach has a bucket of balls.
2. Coach throws one ball out in the middle of the floor. Two players compete for the one ball.
3. Coach throws the ball off the boards. Two players compete for the one ball.
4. Coach throws the ball into the corner. Two players compete for the one ball.
5. Groups rotate to each section.

Notes:

1. Coach should watch for proper technique.
2. Coach ensures that players protect themselves when they go towards the boards.
3. Coach should also monitor that players follow the rules on minor interference.

Lesson #2: Cradling

How To

1. Keep the bottom hand loose in order to allow the shaft to rotate.
2. Place the hand near the throat.
3. Place both thumbs along the shaft, not around it.
4. When the arm moves back, extend the wrist. When the arm moves forward, flex the wrist, thereby creating a cradling or rocking movement.
5. The arms should be held close to the body.

Common Errors

- Moving the arm back and forth and not flexing the wrist.
- Tension in the wrist.
- Lack of coordination.

Drill #1: The Snake

Purpose: Ball control drill

Procedure:

1. Players line up 1 stick length apart from the man in front of them. The line does not have to be straight. Each player has a ball.
2. The player at the front of the line weaves in between each player and stops 1 stick length from the end of the last player.
3. This continues until the coach feels the player have warmed up. Players should cradle and practice head fakes throughout this drill.

Drill #2: Cradle jog & sprint

Purpose: Develop cradling skills at various paces.

Procedure:

1. Players line up single file, each with a ball.
2. Staying in line, the players jog slowly around the box cradling the ball.
3. Last player sprints to the front of the line. Next sprinter begins when the first sprinter is halfway to the front.

Notes: Useful to have a coach set the jogging pace because the players have a tendency to accelerate!

Progressions: Increase the distance between players and have the sprinter weave through the group.



Lesson #3: Passing/Catching

Passing: How To

1. Turn so that the shoulder is facing the target.
2. Extend the arms straight back with the elbow pointing at the target.
3. Start the passing action by rotating the hips and shoulders while stepping onto the right foot.
4. Follow through in the direction of the target.

Passing: Common Errors

- Lining up with the chest facing the target.
- Pushing with the top hand.
- Using the arms and not the body to generate the force.
- Not transferring the weight from back to front.
- Throwing off of the wrong foot.

Catching: How To

1. Start in the Ready Position and slide the top hand to the throat of the stick.
2. Present a target by extending the stick head up and in the direction of the passer.
3. Move the head like a glove into the path of the ball and watch the ball fall into the stick.
4. Cushion the incoming ball by bringing the stick back to the Ready Position as the ball enters the stick.

Catching: Common Errors

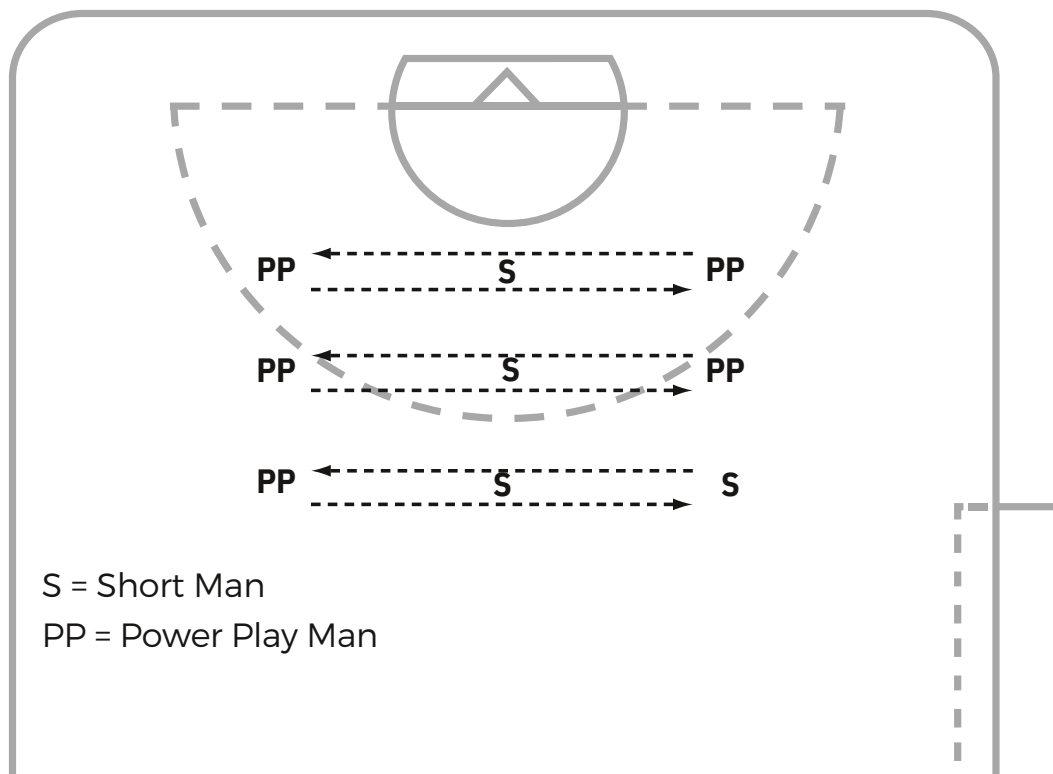
- Hitting at the ball instead of letting the ball fall into the pocket.
- Twirling your stick, instead of cushioning the ball.



Module Two

Drill #1: Piggy in the Middle

Diagram:

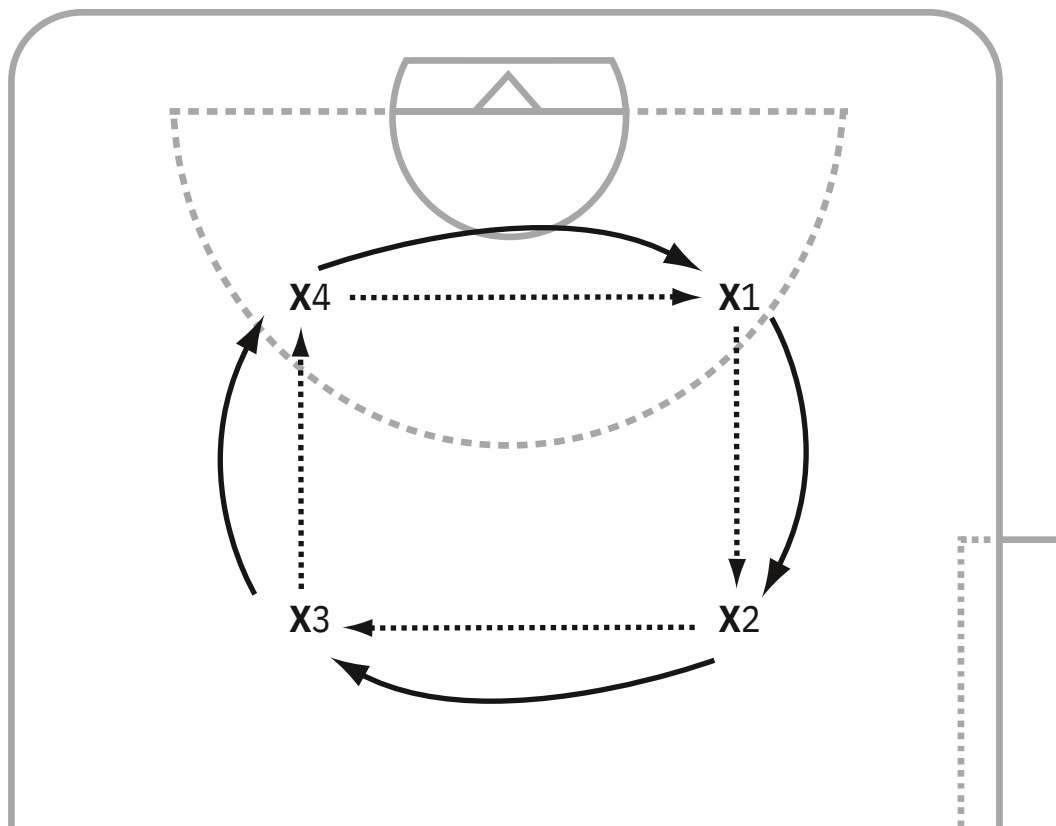


Purpose:

- To practice the techniques of passing when the passing lane is occupied.
- Build confidence of completing the receptions.
- Younger(new)playershaveareluctancetopassthroughadefender.

Procedure:

1. Line up the Power-Play and Man Short players as indicated in the diagram with the extra man-short player positioned as indicated.
2. The players on the outside attempt to pass the ball through the player in the middle. The player in the middle attempts to intercept the pass.

Drill #2: Moving Four Corner Passing**Diagram:****Purpose:**

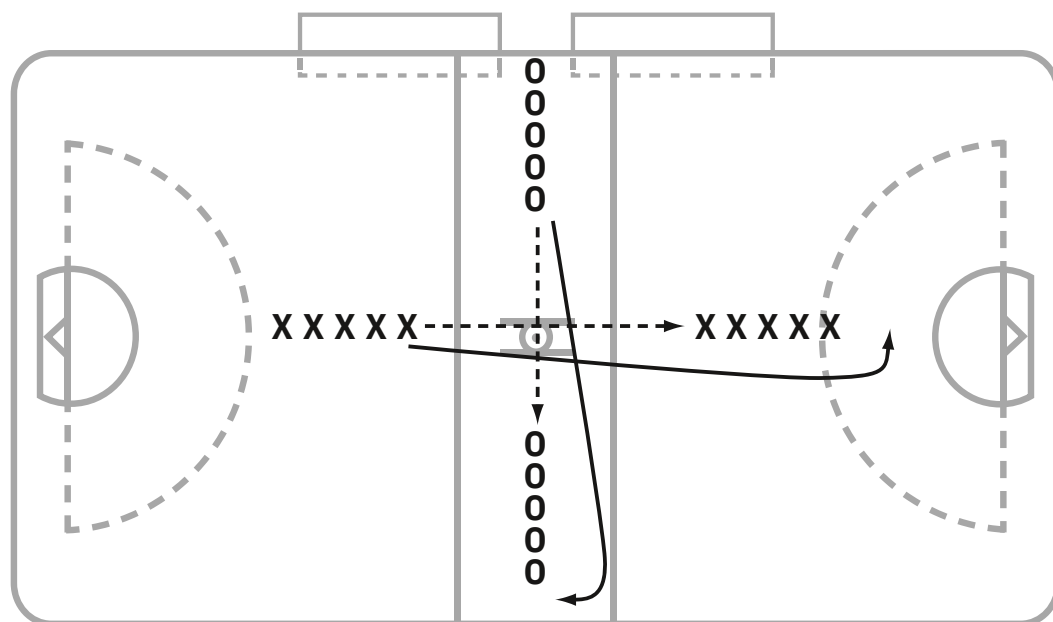
To practice the techniques of passing and catching while in motion.

Procedure:

1. Players form a square or rectangle. One ball is used.
2. Players pass the ball in a clockwise direction and follow the ball to where they made their pass.
3. After several minutes, reverse direction and throw the ball in a counterclockwise direction.

Drill #3: Passing/Catching Drill with Traffic

Diagram:



Purpose:

To practice the techniques of passing and catching while on the run and with other impeding traffic.

Procedure:

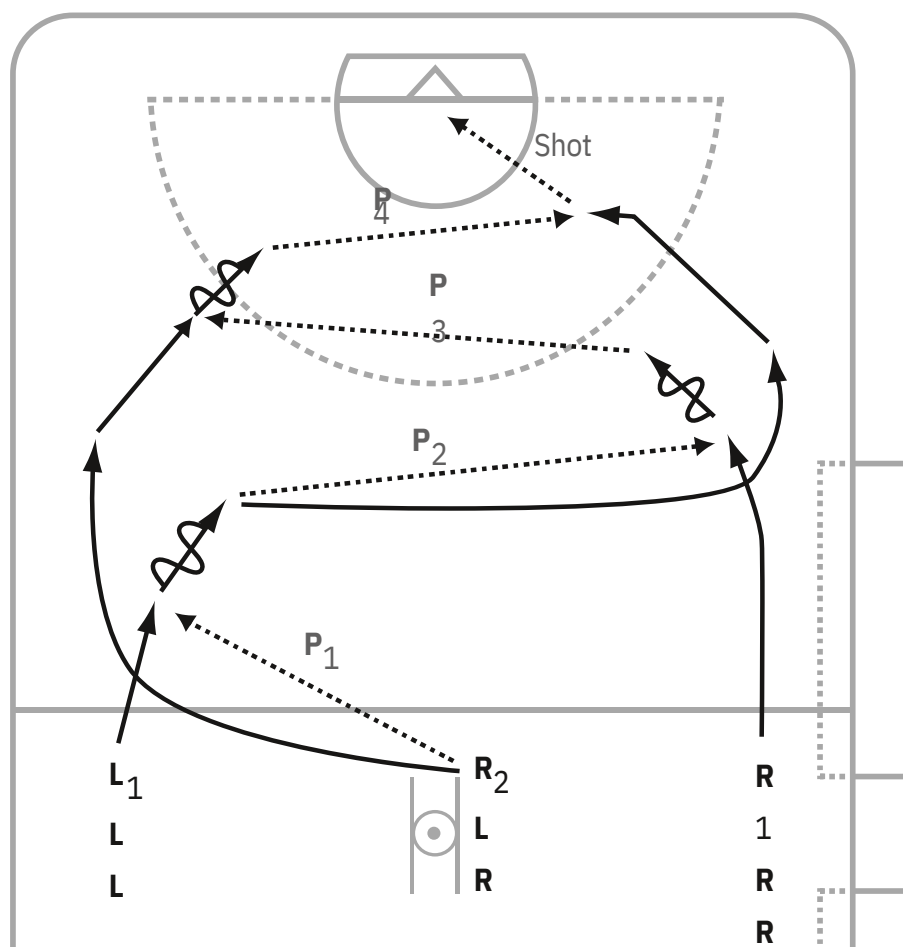
1. Players form groups of three or more and line up in the shape of a cross.
2. Players in the 'X' line shuttle pass back and forth. At the same time, players in the 'O' line also shuttle pass back and forth.
3. After passing, players run to the back of the opposite line.

Progressions:

1. Make sure players use both hands when passing and catching.
2. Have players use a bounce pass.
3. Have players roll the ball instead of passing.
4. Have players use a backhand pass.

Lesson #4: Passing/Catching**Drill #1: 3-Man Weave**

Diagram:



Purpose:

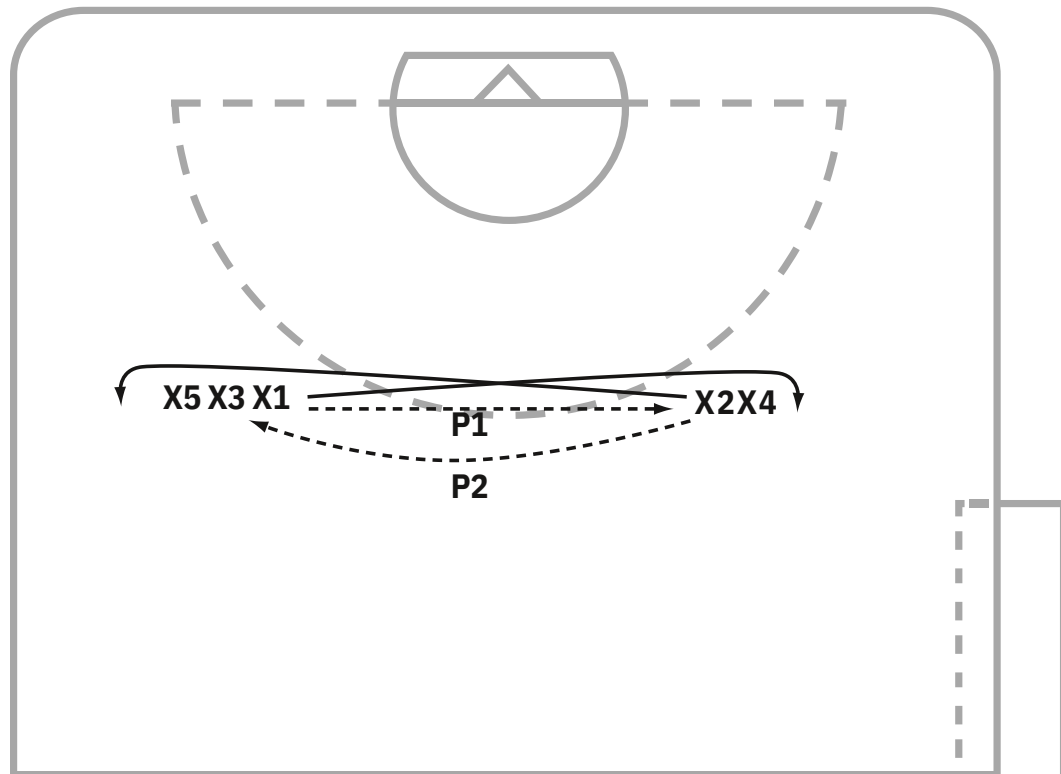
To practice the techniques of passing and catching on the run.

Procedure:

1. Players line up as shown in diagram. Ensure the incorrect shot is lined upon the outsides. Centre position can be either shot. Ball starts in the middle.
2. Player R2 passes the ball to player L1.
3. Player R2 rolls over behind player L1.
4. Player L1 cuts into the passing lane and passes to player R1.
5. Player L1 rolls over behind player R1.
6. Player R1 cuts into the passing lane and passes to R2.
7. Player R1 rolls over behind player R2.
8. Player R2 cuts into passing lane and passes to player L1.
9. Player L1 takes a shot on goal.

Drill #2: Shuttle Pass and Run

Diagram:



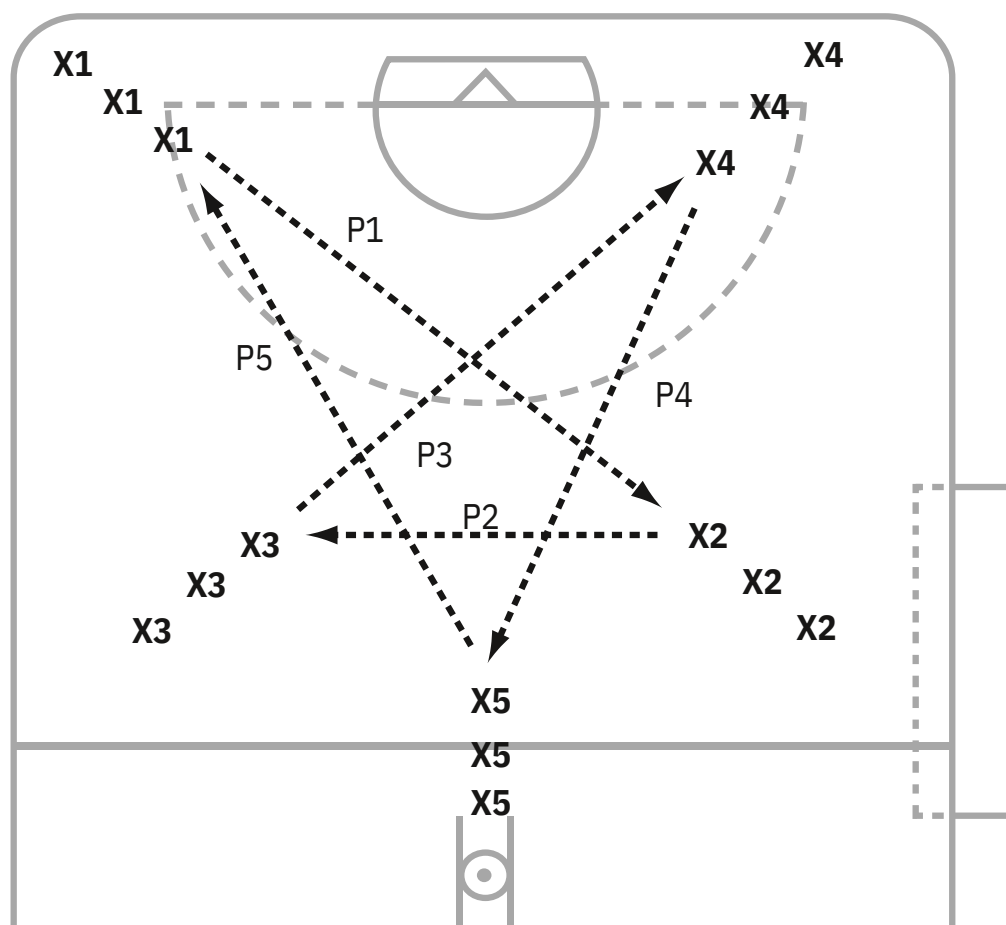
Purpose:

- To practice the technique of passing and catching.
- Teaching the short stick pass.
- Catching and passing in one motion.

Procedure:

1. Players line up as shown in the diagram.
2. Player X1 passes the ball to the "stick side" of player X2.
3. Player X1 follows their pass and takes up a position behind player X4.
4. Player X2 catches the pass and passes (all in one motion) to player X3.
5. Player X2 follows their pass and takes up a position behind player X5.
6. The drill continues in this fashion for several minutes.

Progressions: Have players on the move while passing and catching.

Drill #3: Star Drill**Diagram:****Purpose:**

To practice the techniques of passing and catching on the run as well as practice concentration and focus skills.

Procedure:

1. Players align themselves in groups in the positions known as right crease, left crease, right shooter, left shooter, and point.
2. Player X1 passes to player X2 and follows their pass.
3. Player X2 passes to player X3 and follows their pass.
4. Player X3 passes to player X4 and follows their pass.
5. Player X4 passes to player X5 and follows their pass.
6. Player X5 passes to player X1 and follows their pass.
7. The drill continues for several minutes with the same rotation.

Lesson 5: Shooting

How To

1. To exert the force required for shooting use the muscles of the legs and trunk.
2. For added speed, snap the hips around to face the target.
3. For added accuracy, keep the hands soft and try to relax.

Common Errors

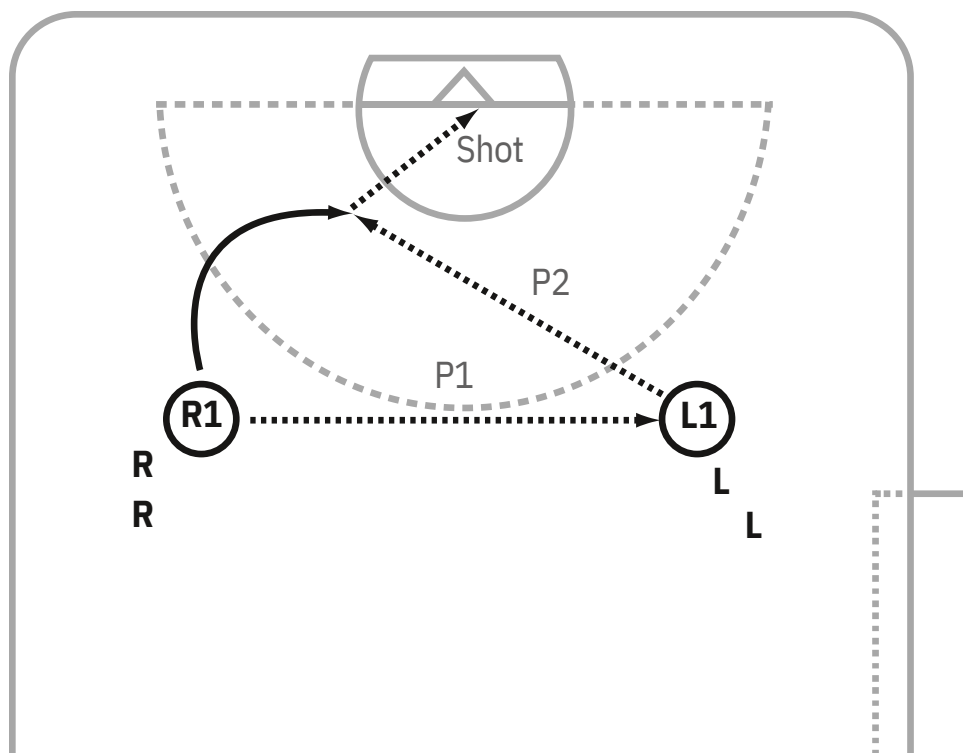
- Lining up with the chest facing the target.
- Pushing with the top hand.
- Using the arms and not the body to generate the force.
- Not transferring the weight from back to front.
- Throwing off of the wrong foot.

Note:

If lacrosse nets are not available, hockey nets can be used. If hockey nets are unavailable, a panel of a schoolyard fence or a taped off section of a gymnasium wall can be used as a goal.

Drill #1: Give and Go

Diagram:



Purpose:

To practice the technique of passing the ball and cutting to receive a return pass.

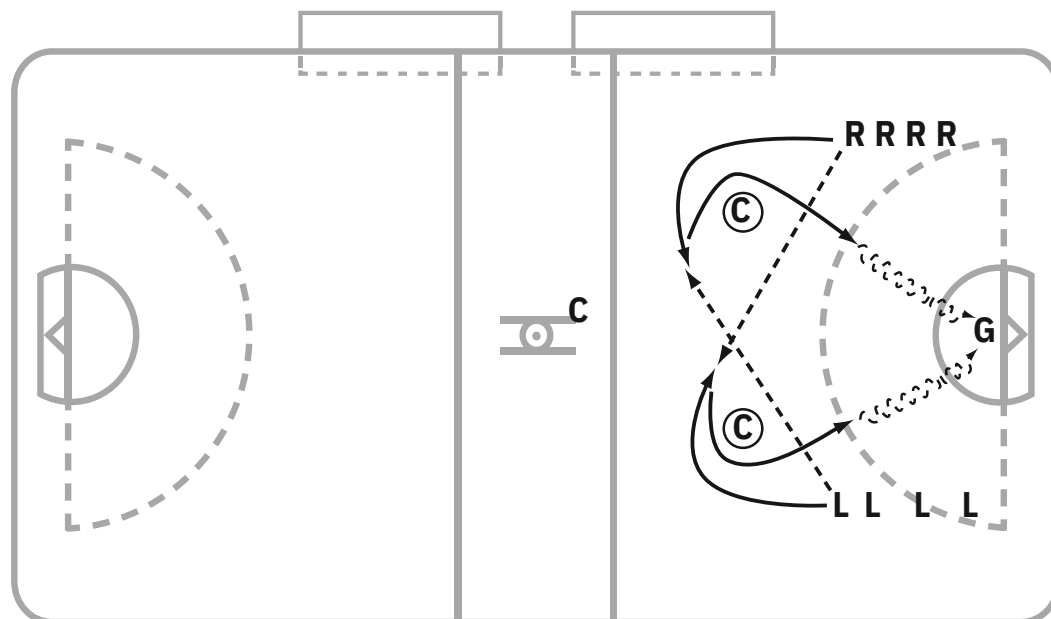
Procedure:

1. Players line up as shown in diagram.
2. Player R1 passes to player L1.
3. Player R1 moves down floor and makes a cut into a passing lane.
4. Player L1 returns pass to player R1 who finishes with a shot on goal.

Progressions: Practice this drill from both sides of the floor.

Drill #2: Catch and Doyle

Diagram:

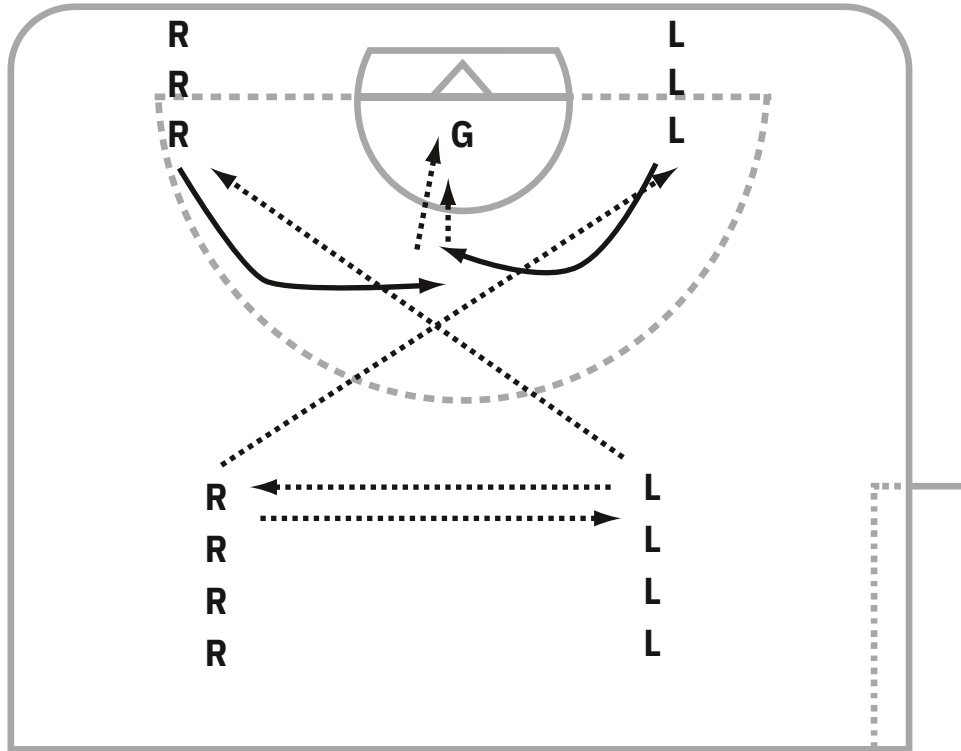


Purpose:

Incorporate passing, catching, running and shooting.

Procedure:

1. Player cuts around cone and receives pass from opposite.
2. Roll outside and away from pressure after catch.
3. Shoot within 3-4 steps.

Drill #3: 4-Corner Shooting Drill**Diagram:****Purpose:**

A drill that combines passing/catching/shooting.

Procedure:

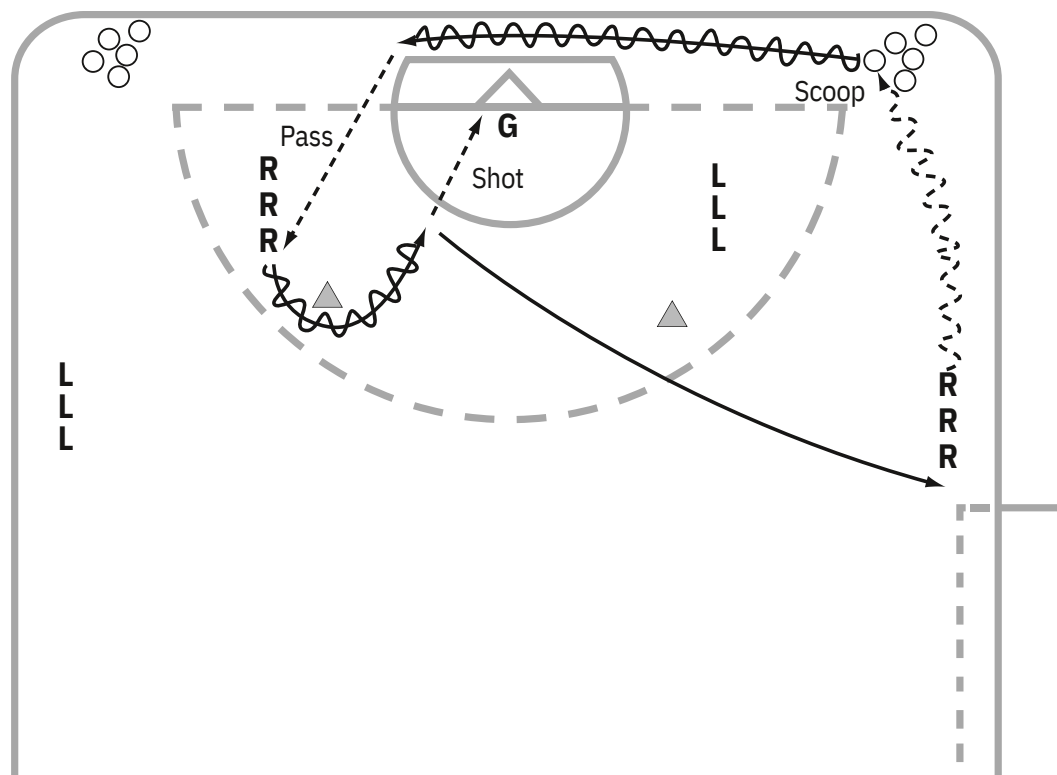
1. Players line up in four rows, two behind the net and two on top of the prime scoring area.
2. The player at the top left passes across to the top right.
3. Top right passes down to the bottom left.
4. Bottom left then moves in front of the goal for a shot. Players change lines based on where they pass the ball.
5. The player at the top right passes across to the top left.
6. Top left passes down to the bottom right.
7. Bottom right then moves in front of the goal for a shot.
8. Players change lines based on where they passed the ball.

**Module Two**

Lesson 6: Putting it all together

Drill #1: Ball Control Pass and Shoot

Diagram:

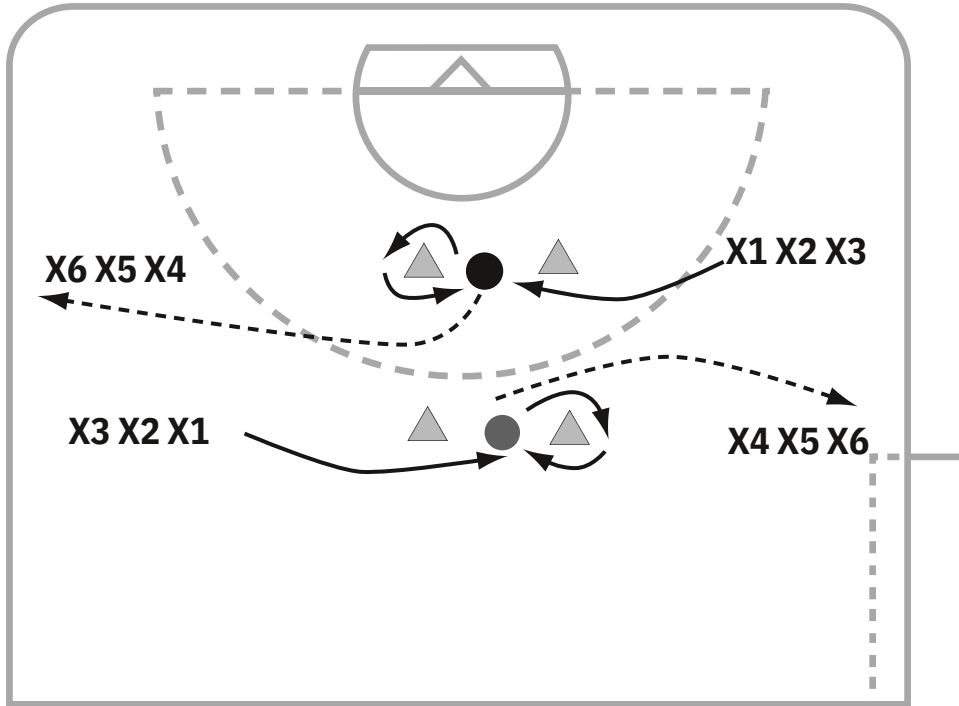


Purpose:

- To practice the techniques of loose ball retrieval, passing, catching, shooting and 1-on-1.

Procedure:

1. Players line up as shown in diagram. Right-handed player on boards runs in and scoops up a loose ball in the corner, cradles, and runs behind the net.
2. When they reach other side of crease, they pass the ball to the front of the right-handed line and joins the back of the line they just passed to.
3. Player receiving pass runs forward then cuts back toward net, takes a shot on net, then runs to the back of the right-handed line on the boards.
4. The drill is then repeated with the left-handed players.
5. Drill continues in this fashion for several minutes.

Drill #2: Pivot Shuttle**Diagram:**

Purpose: To practice the techniques of scooping, cradling and pivoting.

Procedure:

1. Players work in 5 or 6-person units. Half the unit on one side of the floor and half on the other.
2. Place pylons approximately 2 meters apart, place a ball in the middle.
3. Player one X1 runs out, scoops up the ball, and cradles while pivoting 360 degrees.
4. Player one X1 then places ball back on the floor and runs to the back of the opposite line.
5. All players repeat the action of X1.
6. Repeat for several minutes.

Notes:

- Coaches must ensure right-handers and left-handers pivot correctly around the pylon (defender), ensuring the stick and ball remain to the outside.
- Coaches must ensure players are pivoting in both directions in order to introduce the changing of hands.



Module Two

Drill #3: Scrimmage

Purpose:

To practice all of the skills that students have learned over the course of the module in a game-like setting.

Procedure:

- Create a scrimmage opportunity for the last lesson. Divide class into two.
- No offside.
- Players can only hold the ball for 5 seconds. Defence is body position only (no stick/body checking).
- To score you have to pass it successfully to the goalie that you are attacking (they are on the same team).

Notes:

This format is meant for field lacrosse. If a field is not available to you, depending on the size of the class, you may have to create lines for each team. If this is the case, make sure to rotate lines often.

Module 3: GOALTENDING

Lesson 7: Stance and Angles

Stance: How To

1. Keep your feet shoulder-width apart.
2. Keep your weight evenly distributed.
3. Keep your back straight, and head up.
4. Hold your stick 4-6 inches in front of your feet.
5. Have your free hand (blocking hand) out to the side.
6. Hold the stick firmly with a hand placed on the shaft near the throat for control.

Angles: How To

- Move laterally tracking the ball carrier.
- Step towards the ball.
- Anticipate the trajectory of the ball.

Note:

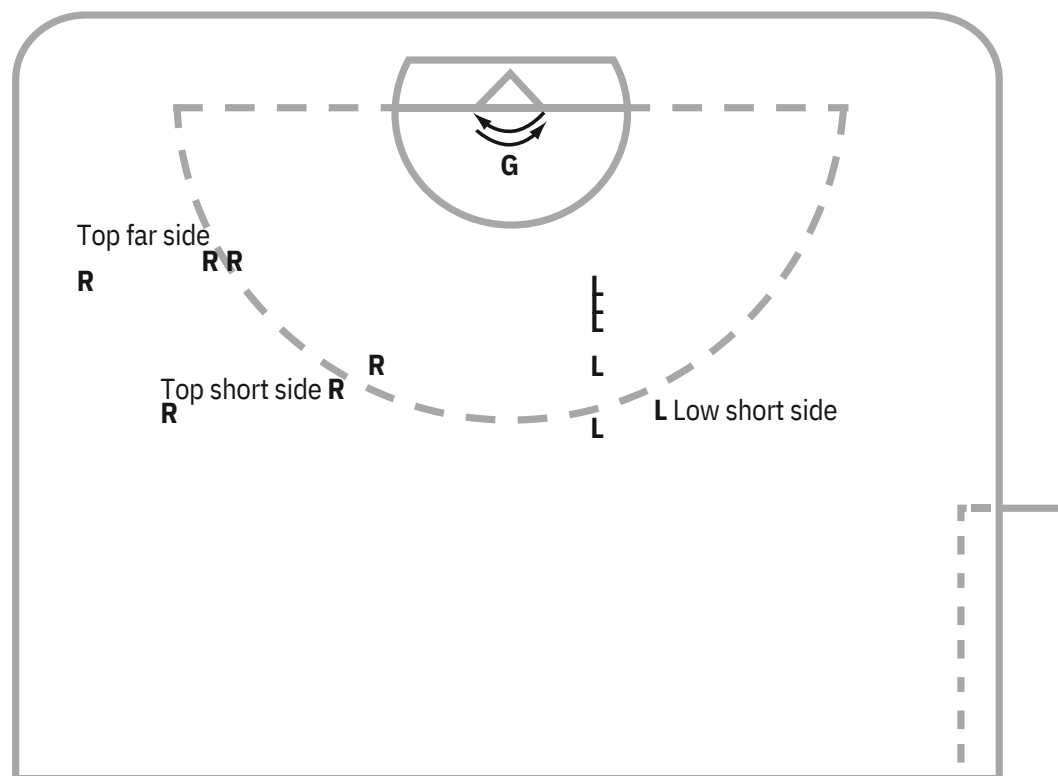
- The following drills should only be performed if you have at least one complete set of goaltender gear. Otherwise, goals can be left empty, or you can place some sort of obstruction in the net to make scoring goals more difficult.



Module Three

Drill #1: Goaltender Shooter Drill

Diagram:



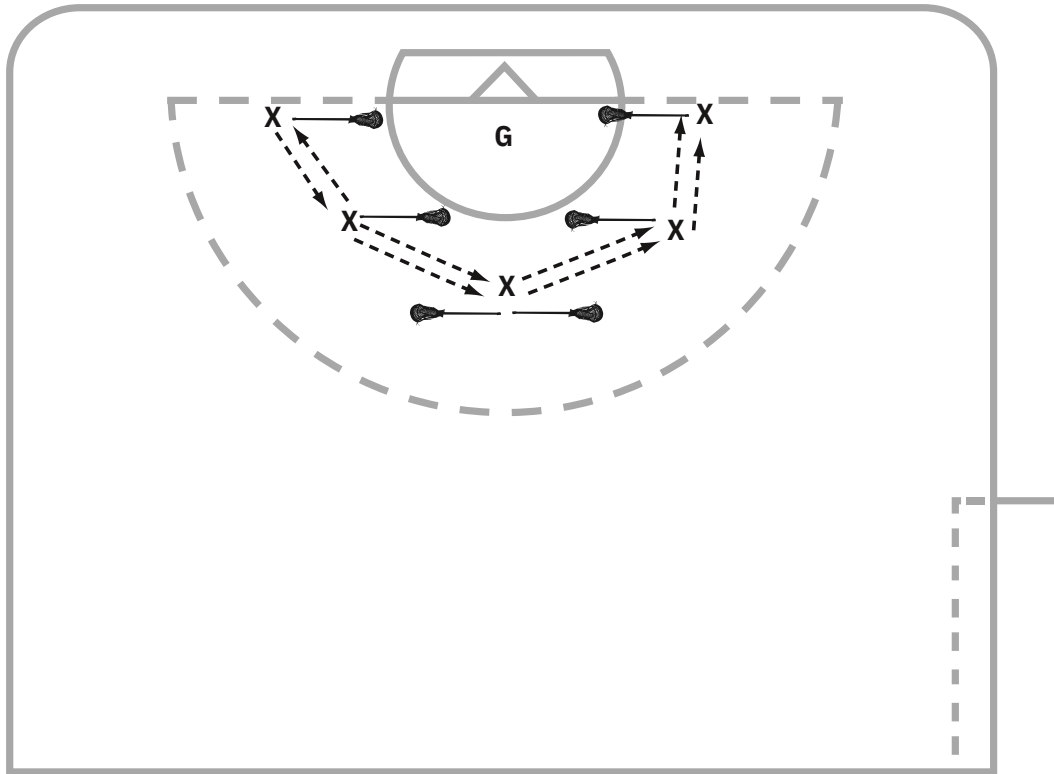
Purpose: To practice the techniques of angles, lateral movement and in/out positioning.

Procedure:

1. Position players as shown in the diagram.
2. Start at either far left or far right and work across.
3. Each player has two balls and shoots as diagrammed.

Drill #2: Reaction Drill for Goaltenders

Diagram:



Purpose:

- To practice the technique of lateral movement and following the ball.
- To practice the technique of "quick stick" passing.

Procedure:

1. Set up pass shown in the diagram. This formation is known as the "power play" formation.
2. The players pass the ball around while the goaltender reacts to each pass. Players will stop periodically to tell the goaltender where they see openings.

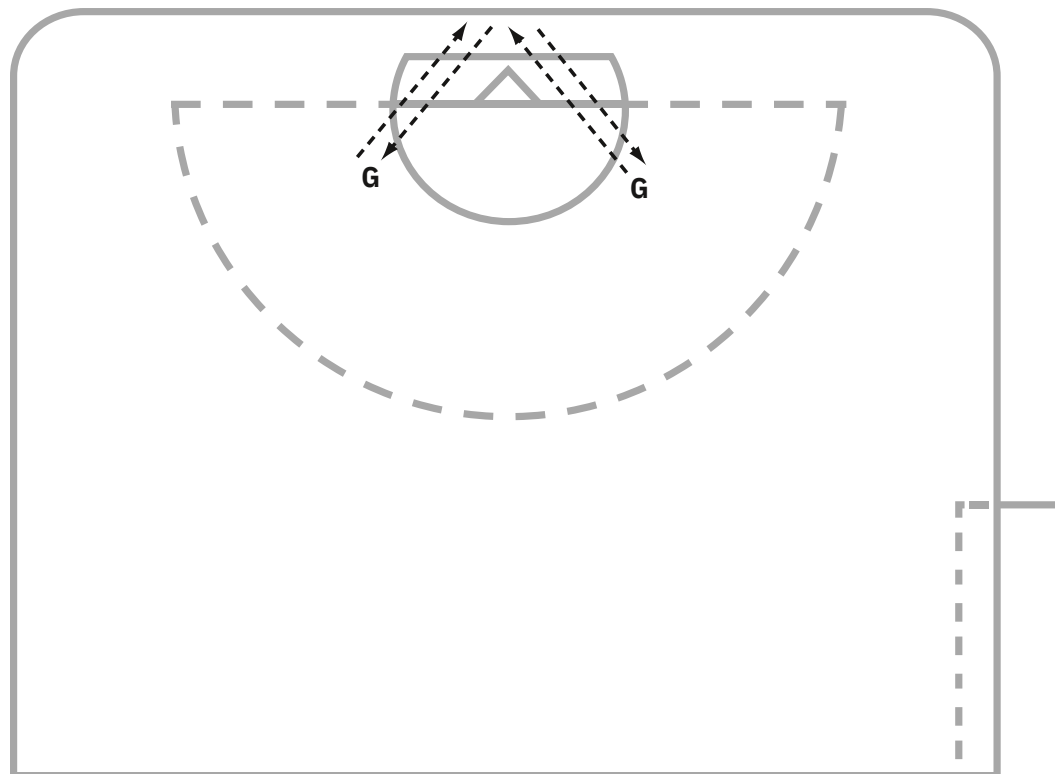
Progressions: Include shooting in the drill.



Module Three

Drill #3: Goaltender Loose Ball Drill

Diagram:



Purpose: To practice the techniques of retrieving rebounds.

Procedure:

1. Goalies alternate shooting the ball off the backboards for the other goalie to retrieve a loose ball.

Notes:

1. The drill works best if the goaltenders are standing in their stance facing down floor when the shot is taken off the boards.
2. The drill can also be used in conjunction with a breakout pass from the goaltender after they retrieve the loose ball.



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