

Fundy Lacrosse Association - Drill of the Week

estimated total minutes: 105

This practice plan will contain the Fundy Lacrosse Association's recommended drill of the week, to be distributed to all coaches across all divisions. Each drill will have a progression and regression definition so that you can adjust based on the age skill level of your group. In addition each drill will have an optional competition variation which will allow you to gamify the drill for maximum effort.

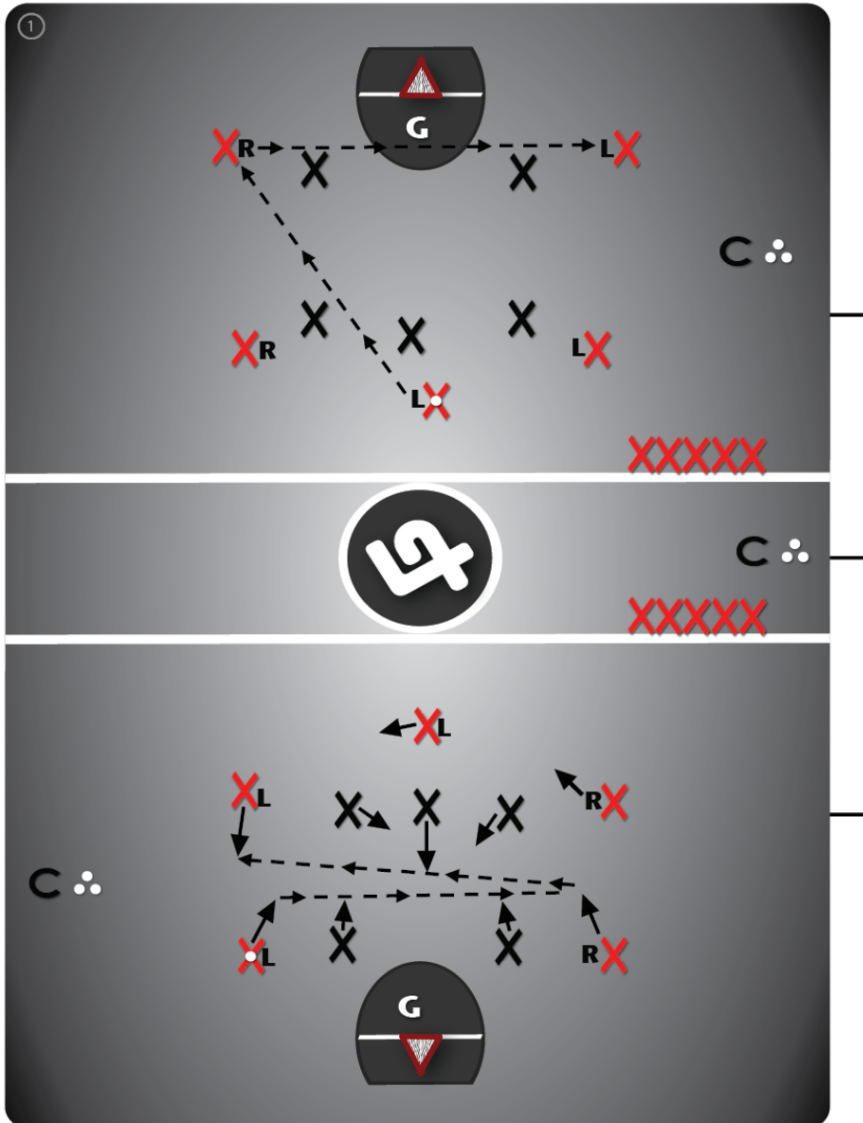


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Week 1: Protect the House

drill #: 1

minutes:



WEEK 1 THEME: Protect the House

Walk through the basics of "House Defense" specifically positioning, on-ball (closed) stance and off-ball (open) stance. Reiterate where help is, that top defenders should avoid getting beaten "over the top" and low defenders need to avoid getting beaten "underneath".

Set up five players in the cardinal offensive positions.

The players on offense should be encouraged to use minimal footwork and primarily "skip passes" as they attempt to "force" the ball through the passing lanes of the "House." If a pass is caught by an offensive teammate, the positioning of all defenders should change accordingly. If the ball is dropped, it should be started at different one of the 5 standard offensive positions.

Rotate groups of players every minute or two, with defenders exiting the drill, offenders moving to defense, and players who were out of the drill now coming in on offense. Players coming into the drill for a second time should switch to a different position, both offensively and defensively. Goalkeepers should practice their footwork as the ball is passed around the perimeter.

Regression: Follow the Coach

The coach will move to each of the five cardinal offensive positions with a ball in their stick. When this happens defensive players should shift their stance and positioning as appropriate, keeping sticks up in the skip-lanes between the coach and the players that are set up on offense.

Progression: Dynamic Passing

Same as above except offensive and defensive players are allowed to move with much more freedom, with offensive players still staying within the confines of their offensive position progressing to offensive players being allowed to cycle & fill

Competition: Protect the House

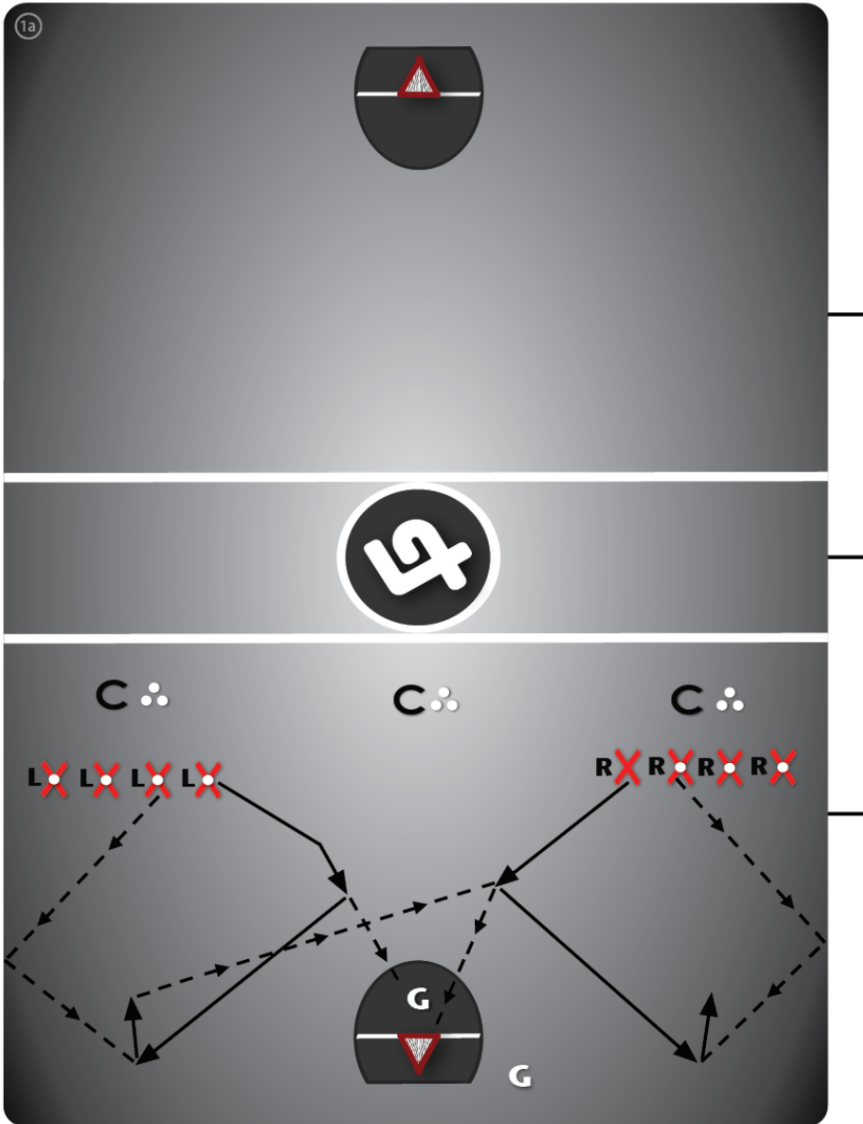
Coaches place a pylon in the middle of the house and all 5 defenders need to box-out while the offensive players try to touch the pylon with their stick. Offensive players have 10 seconds to touch the pylon or it's a win for the defense; offensive players rotate to defense and defensive players exit the drill, with 5 new players coming in on offense.

Next, put a ball in the middle of the house and repeat the same drill, with offensive players needing to scoop the ball and given 15 seconds instead of 10 seconds. If the offensive players get the loose ball, they get another 15 seconds to try and get a shot.

Week 2: Offensive Loose Balls

drill #: 2

minutes: 15



WEEK 2 THEME: Offensive Loose Balls

The first player in one line starts the drill by running down the middle with a ball and taking a shot on the goalie (in all subsequent reps players will run to the net without a ball).

After shooting the ball, the next player from the same line (or the coach for younger divisions) then rolls a loose ball off of the same side boards. The player who just shot picks up the loose ball and passes to the first player from the opposite line, who cuts wide-open through the middle calling for the pass.

Regression: Run it High

In this variation rather than make a pass to the open cutter on the opposite side, the player who collects the loose ball will run the ball high (to the shooter position) and shoot. The opposite line will then go, taking a shot and then gathering a loose ball, running it high and shooting again.

Progression: Adjacent Pass/Swing Pass

Instead of passing to a cutter from the opposite line after scooping the loose ball, this player sends an adjacent pass back up to the player that

rolled them a loose ball (next player in line on the same side) and this player then makes a swing pass to the player at the front of the other line. The player receiving the pass can either cut to the net and receive the pass (same as Variation #1) or they can take an outside shot; eventually running into the corner scooping a loose ball to keep the drill going.

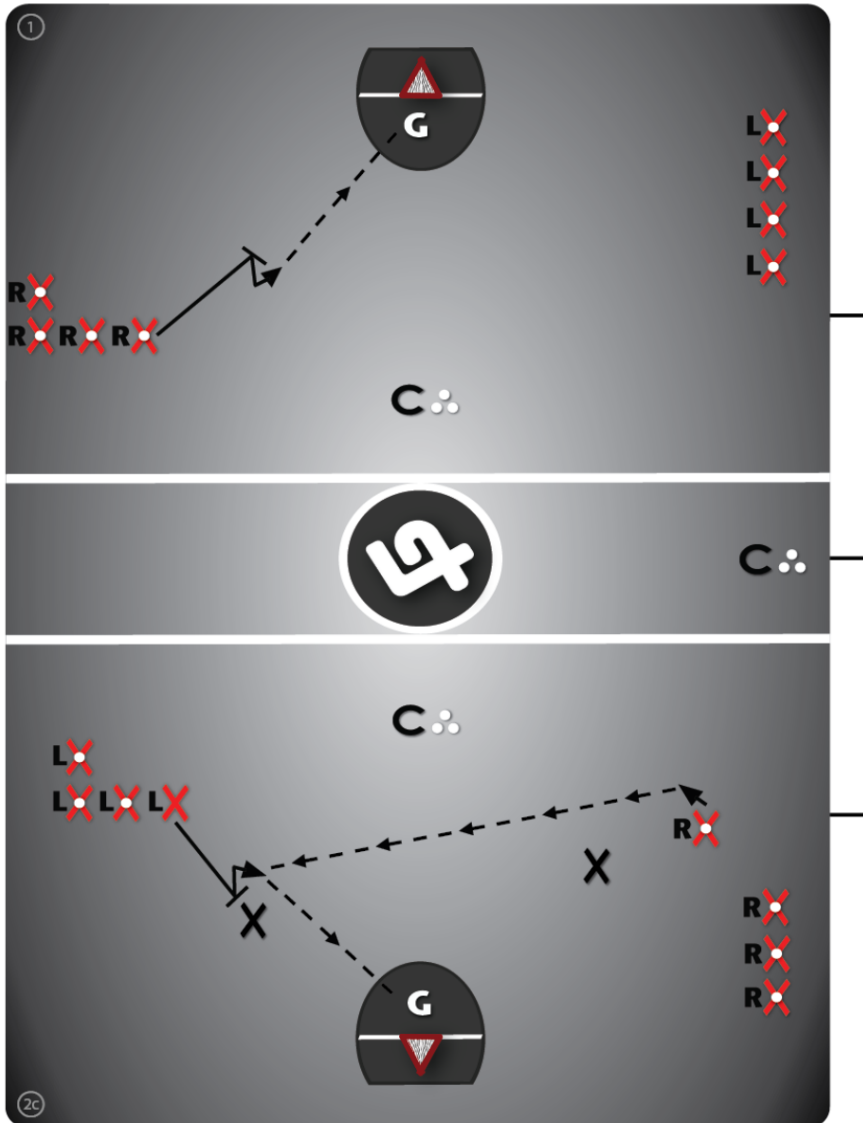
Competition: No Drops/No Misses Game

For every ball that is dropped and/or misses the net during the drill players will have to sprint from one side-board (or end-board) to the other. For every goal that is scored, one sprint is removed from the total, with goalies having to run if the players keep their sprint total at or below zero.

Week 3: Top-Down Dodges

drill #: 3

minutes: 15



WEEK 3 THEME: Top-Down Dodges

The first player on one side of the floor or the other, first "power cradles" forward (against an imaginary defender) while protecting the ball, stops, then quickly brings their hands up to the triple threat position and takes a set-shot, simulating a bull-dodge.

Have players work on the the smooth transition from cradling to shooting, as well as executing the drill with intensity.

Alternate sides each rep and also switch positions of the lines between mid-boards and shooter halfway through the drill.

After working through the bull-dodge for a short time, introduce the concept of the face-dodge, which will then allow the player to get underneath the defender for an inside scoring chance.

Regression: Ready to Shoot

Start in Triple Threat position and focus on the footwork of the dodge rather than the transition from power cradle to triple threat.

Progression: Dummy Defenders

Dummy defenders are added, allowing for players to get the shot the first few times, gradually increasing the intensity. This variation gives offensive players a sense for the timing and momentum needed to get an effective shot over-top of the screen, often set-up with a step back after the initial "separation."

Players should play offense, and then play defense against the same line, before eventually joining the back of the same line they started in.

Progression: Off-Ball Dodging

Same as above except the offender receives a pass from the offensive player on the far-side, after knocking their check back with a bull dodge.

The passer then becomes the receiver and vice-versa, with the defender window washing the passer on their side.

After working through the bull-dodge for a short time, introduce the concept of the face-dodge off-ball, which will then allow the player to get underneath while protecting their stick, allowing the player to flash it in-tight for an inside scoring chance.

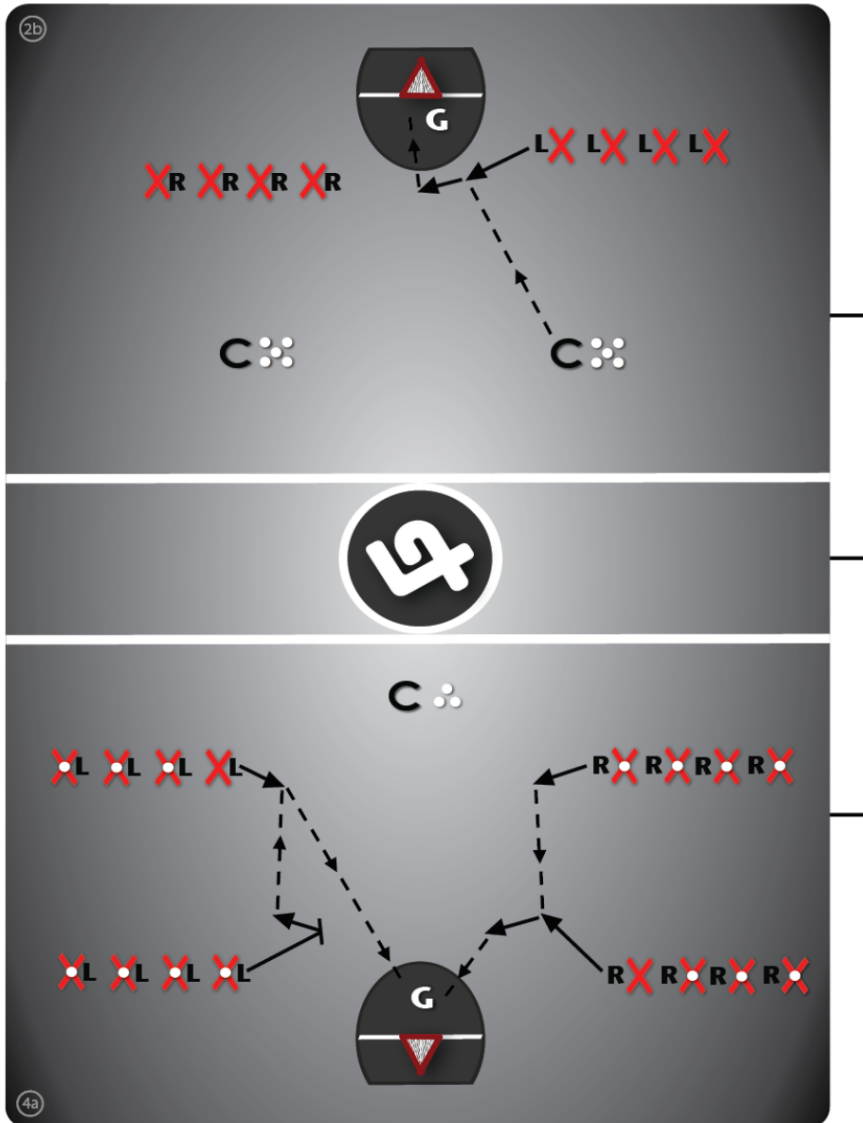
Competition: Active Defenders

Allow defenders to engage fully. When offensive players generate a scoring opportunity the defensive player must do pushups before returning to the line. Should the defensive player get a stop, the offensive player must do pushups before returning to the line.

Week 4: Inside & Outside Shooting

drill #: 4

minutes: 15



WEEK 4 THEME: Inside & Outside Shooting

Players line up on either side of the goal in-line with the top of the crease. Coaches will pass a ball down to the player who is cutting over the top of the crease to receive a pass and finish in-tight. Coaches should alternate sides and ensure the goaltender is set before starting the next player in line.

After a few reps coaches will move to the crease position, passing the ball high while the player "sweeps" over the top for a quick shot. The player should be ready to step down/crow hop immediately so key in on body positioning, making sure that the player is already set up for the shot as they turn the corner on the sweep.

Regression: No Passes

Players start with a ball and enter the drill on the coaches signal.

Progression: Four Corners

In this variation players will line up at all four points, and the coach will initiate the drill by passing in a consistent sequence (Low Left, High Left, Low Right, High Right, etc).

Progression: Players Pass

Same as above except the passes will come from the players in line. Everyone should have a ball except the two players beginning the drill.

The players in the high line will pass to the players in the low line then wait for the next player in the opposite line to pass to them to complete the drill.

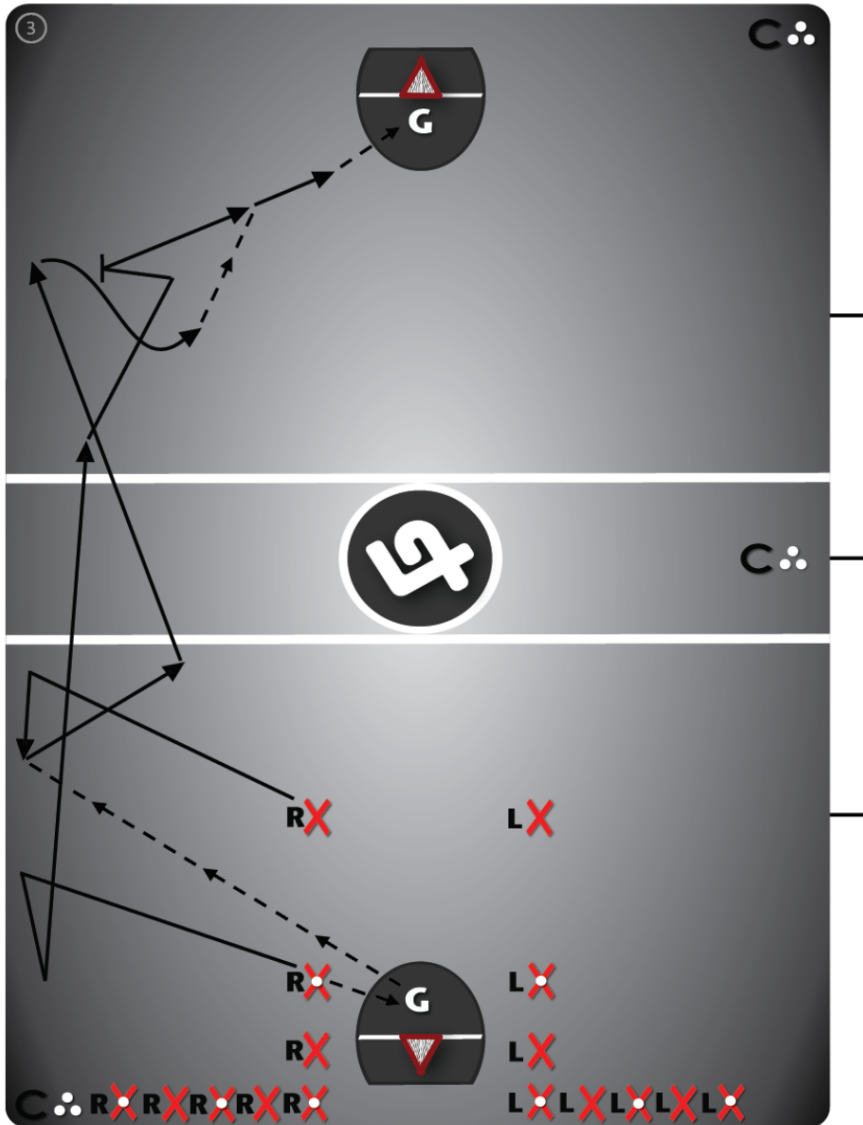
Competition: Lefts vs Rights

Track goals scored and drops, each goal results in a point for the scoring team, each drop removes a point for the offending team. Whichever team has the most points at the completion of the drill wins. Losing team does sprints/pushups/etc as agreed upon by players and coaches.

Week 5: Out and Ups

drill #: 5

minutes: 15



WEEK 5 THEME: Breaking Out

Start with 2 lines of players, on their proper floor sides, on both sides of the crease, at one end of the floor.

The second player in line should be ready with a ball and the first player in line should be ready without a ball. The drill alternates from side to side with the next two players set to go in the drill waiting until the group ahead is at least half-way to the far-end net before they go.

The first player in line steps out to the shooter position and the second player to the crease position. The low outlet rolls or bounces the ball into the goalie and then runs (or backpedals) to the mid boards, while the high outlet runs hard along the boards toward the other end of the floor (not leaving the defensive zone until the goalie has control of the ball).

The high outlet stops short of the restraining-line and button hooks back toward the mid-boards, while the low outlet also button hooks from the mid-boards back to GLE. The goalie then makes a lead pass the low outlet, who then turns around and runs up-floor (toward centre-floor), making a pass to the high outlet (eye contact), who simultaneously cuts away from the boards on a 45° angle towards the net for a breakaway shot.

Half-Floor Variation:

Work one side at a time (Righties first then Lefties, etc) Once the players exit the zone, have them make one pass across the floor to a player or pair of players entering from the bench, this player will then go in for a shot on net on the same size as the drill.

Regression: Loose Ball Recovery

Start with a loose ball off of the mid-boards instead of a pass from the goalie. Players will make one pass and exit the zone in a pair, running down the floor for a shot.

Progression: Hit the Trailer

Same as the above variation except the player who receives the "head-player pass" carries the ball to the mid-far-side boards and hits the trailer with a pass, for a shot.

Progression: Pick and Roll

Another variation of this drill would be for the player who receives the head-player pass (possibly from the goalie) to carry the ball to the mid-boards and execute a pick & roll with a same-handed player coming late into the play,

Competition: No Drops/No Misses Game

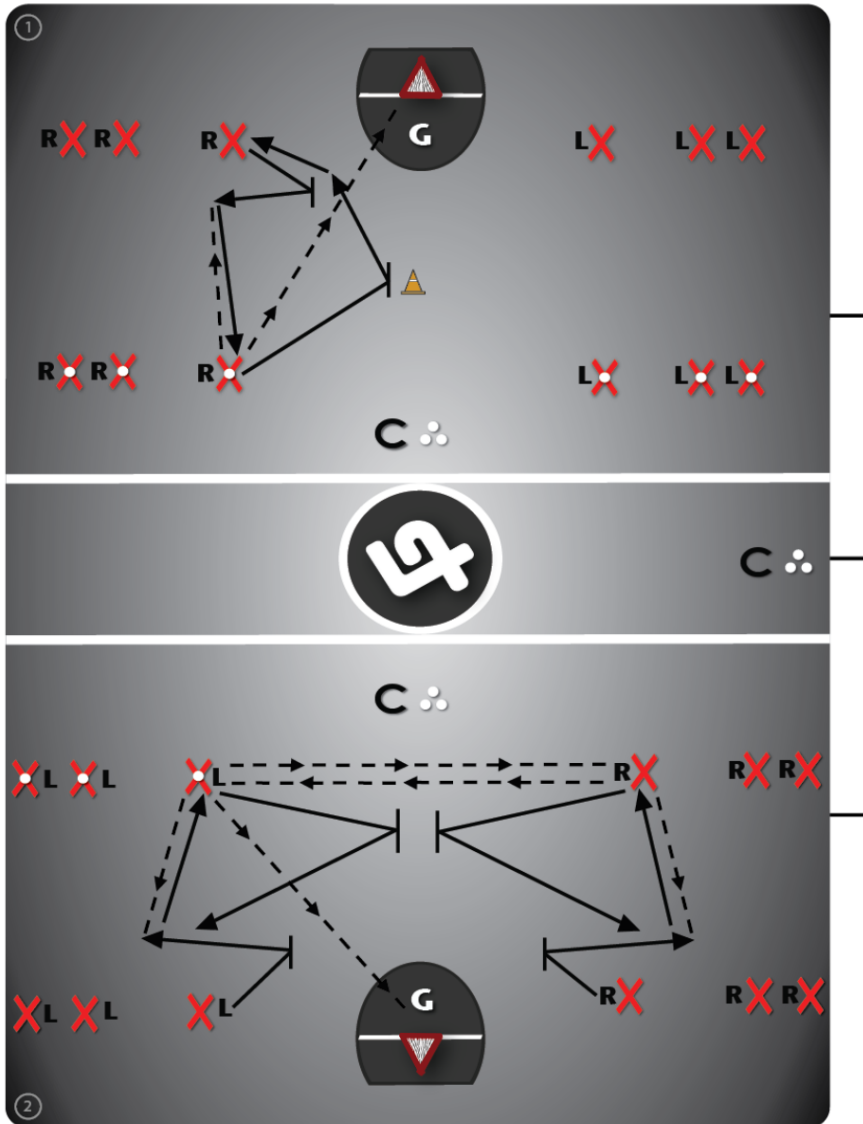
For every ball that is dropped and/or misses the net during the drill players will have to sprint from one side-board (or end-board) to the

other. For every goal that is scored, one sprint is removed from the total, with goalies having to run if the players keep their sprint total at or below zero.

Week 6: On-Ball Cycle

drill #: 6

minutes: 15



WEEK 6 THEME: On-Ball Cycle (2-Man)

The drill commences on one side of the floor at a time, with the crease player first engaging their defender (imaginary) then popping out and receiving a pass from the shooter. Players should constantly be "calling for a pass," as a good habit.

After making the pass down to the crease player the on-ball shooter delays for one-second (which mimics allowing the off-ball cutter to cut first) then V-cuts to the middle looking for a give-and-go and replaces the crease player who subsequently carries the ball up to the shooter position.

Repeat this "cycling" action until the original shooter returns to the shooter position, at which point they take a shot and then the other side of the floor takes their turn.

Regression: Loose Ball Cycle

Coach sends a loose ball into the corner for the crease player to pick up. This player then carries the ball high for a shot while the high player cuts through and replaces the crease player at the low position for the next rep.

Progression: Swing Pass & Cut

Same as the above except after passing down and carrying high, the ball is swung to the opposite-side shooter, who either takes a shot or is effectively in a "Freelance" scenario, passing to any of the open players. Otherwise, intermediate/advanced players can repeat the pass low, carry high cycle on the opposite side of the floor; with the original passer who started the drill eventually taking a shot (as seen in the bottom diagram).

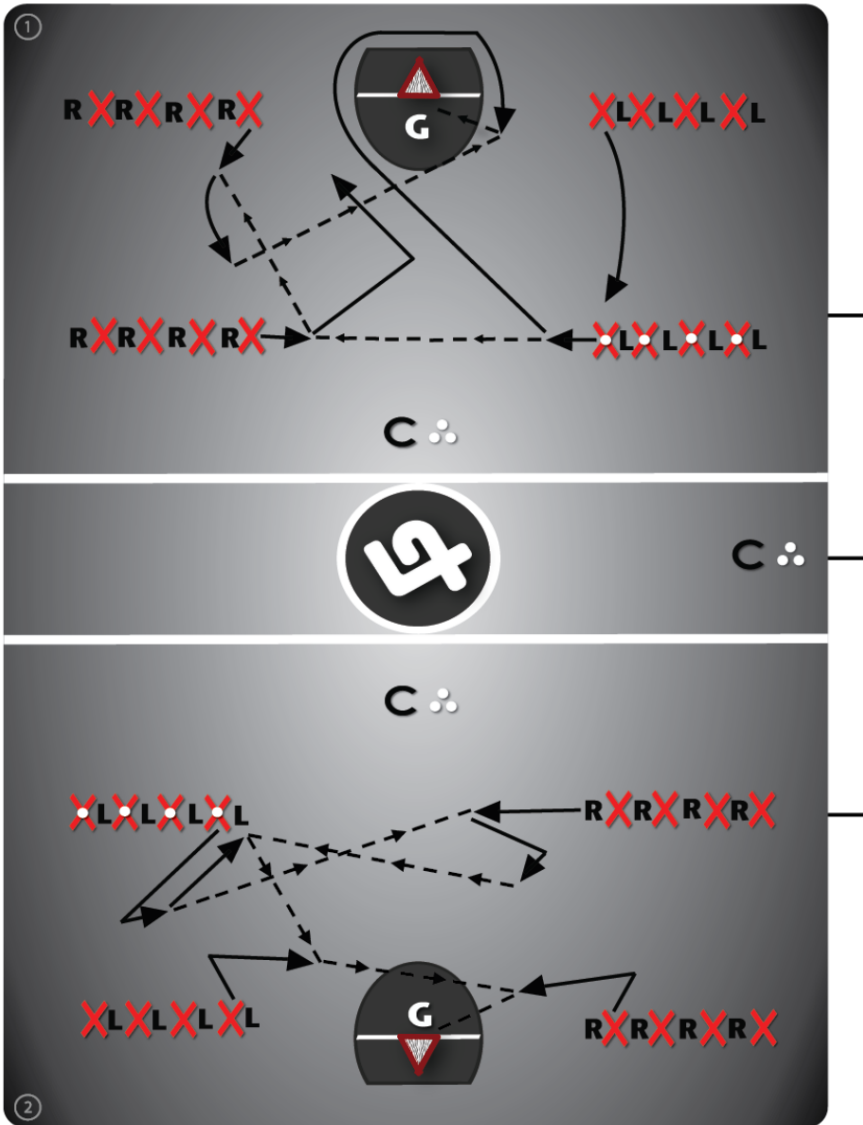
Competition: No Drops/No Misses Game

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Week 7: Off-Ball Cycle

drill #: 7

minutes: 15



WEEK 7 THEME: Off-Ball Cycle (2-Man)

The shooter on the side of the floor with balls starts the drill by swinging the ball over to the other shooter, and as soon as the other shooter passes down to the crease, they cut the middle.

The crease player looks off (or fakes a pass to) the cutter and carries the ball up to the shooter position after the shooter on the same-side delays for 1 second (which allows the off-ball cutter to cut first) and then cuts the middle looking for a north-south give-and go pass (eventually filling the crease position).

The original off-ball cutter then fills the crease position (circle the net option) and the crease player from the same-side (off-ball) fills up to the shooter position. The ball carrier can then pass to any teammate, finishing the play with a quality shot.

Regression: Pass to Coach

The player at the shooter position will pass to the coach at the opposite shooter position before cutting through and cycling with the player at the crease position. The coach will then pass to the player cycling up from the crease for a catch and release shot.

Progression: Drag & Support

The shooter on the side of the floor with balls starts the drill by dragging from the shooter position to the somewhere near the mid-boards. At the same time the opposite-side shooter supports the ball by filling up to the point position (shortening up the pass), at which point they receive a pass from the ball carrier at the mid-boards; crease players play the "L" during this time.

The player now at the point position then drags back to the shooter position, while the off-ball shooter fills near the point position. The shooter with the ball subsequently passes to the "support player" or either crease player, with advanced players freelancing for a few passes and taking a quality shot (at the coaches discretion).

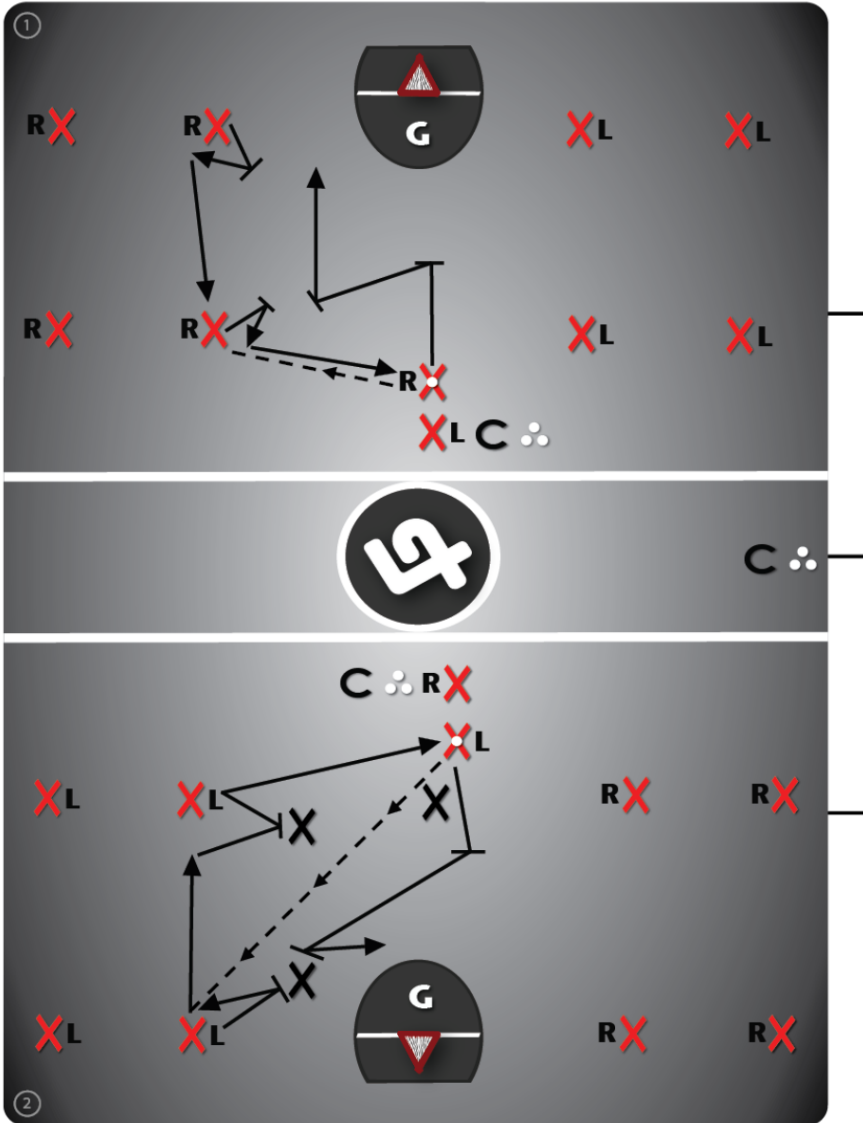
Competition: No Drops/No Misses Game

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Week 8: 3-Man Cycle

drill #: 8

minutes: 15



WEEK 8 THEME: 3-Man Cycle

Players are encouraged to cycle through each floor position a few times, then the coach blows the whistle and a shot is taken; at which point the other side of the floor begins its turn. New offensive players (opposite-handed) should then enter the drill and all others should exit ("on the hop"), while the opposite side is taking their turn.

Regression: Loose Ball Cycle

Coach sends a loose ball into the corner for the crease player to pick up. This player then carries the ball high for a shot while the high player cycles to the point and the point player cycles down to the crease.

Progression: Double Down Seal

A "double down" seal, also known as a "double post," is when both the point and shooter on the strong-side (on-ball) seal their checks while the crease player carries the ball high, filling into the shooter position ideally for an open shot.

Competition: Game to 7

Play a game of lefty's versus righty's up to 7 goals (lefty's playing

defense against the righty's and vice versa), with the losing team doing push-ups, sit-ups, planks, body weight squats, sprints, etc.