

TYKE AND NOVICE PRACTICE PLANS

Introduction

The tyke and novice divisions of Lacrosse New Brunswick will focus on **FUN, FITNESS, COOPERATION and FAIR PLAY.**

There is no contact in these divisions because of the age of the players and the necessity to focus on fundamental skills.

The fundamental skills are: picking up the ball, carrying the ball, passing, catching and shooting. These skills are critical for every player at every level.

We have placed a great deal of attention on the direction of the tyke and novice division games. We have decided that we will be playing games based on the format created by the British Columbia Lacrosse Association (BCLA). This format encompasses all of our ideals and visions for these divisions.

Practices

The tyke and novice divisions are very flexible with respect to the practice plans. We are providing practice plans for all eight practices, but the coaches are invited to create their own practice plans and games, as long as they focus on LNB's goals of fun, fitness, cooperation, fairplay and skill development.

The only difference between the tyke and novice programs is that the tyke division will have coaches on the floor during games to referee the games and assist the players with their positioning and game play. (Similar to the Initiation Program created by the Canadian Hockey Association)

PRACTICE 1

Objectives:		Reminders:	
Pick-ups, Passing, Cradling		All fundamentals are described in the Pre-Level I material	
Time	Activity or Drill	Key Elements	
5 – 10 Minutes	Warm up. Tag, jogging, stretches, etc...		
10 Minutes	Pick-ups Demonstration. One ball per player, allow players to experiment with different methods.	Review basics	
10 – 15 Minutes	Passing Demonstration <ul style="list-style-type: none"> • Players pass to boards and retrieve. • Game - Speed passes 	Look, step, pass. Throw over the top.	
10 Minutes	Cradling Demonstration Games - Fill ‘er up - Fox and Hounds	Loose lower hand	
10 + Minutes	Mini Game Side line lacrosse		

PRACTICE 2

Objectives: Pick-ups, Face offs, Cradling and Control, Team Defense		Reminders: All fundamentals are described in Pre-Level I material.	
Time	Activity or Drill		Key Elements
5 – 10 Minutes	Warm up		Include ball and stick
10 Minutes	Face-off - Describe and Demonstrate <ul style="list-style-type: none"> • Allow pairs to experiment • Game - Face-off control 		
10 – 15 Minutes	Cradling and Control – Review Games - Zig Zag relay - Shuttle relay		Cradle at running speed
10 Minutes	Team Offence – See Pre-Level I <ul style="list-style-type: none"> • Introduce floor balance • Game – Bus or Plane* 		See Pre-Level I – Stick to the middle of the floor.
10 + Minutes	Mini Games <ul style="list-style-type: none"> • Side line lacrosse • Scrimmage. 		

PRACTICE 3

Objectives: Catching, Team Play, Shooting		Reminders:	
Time	Activity or Drill		Key Elements
10 Minutes	Warm up Varied activities		
10 – 15 Minutes	Catching – Describe and Demonstrate <ul style="list-style-type: none"> Partners toss ball Game – up and back 		<ul style="list-style-type: none"> Present target Cushion Ball
10 Minutes	Team Play <ul style="list-style-type: none"> Floor balance Defensive stance 		<ul style="list-style-type: none"> Stress - passing ball up floor Defend scoring area
10 Minutes	Shooting – Review and Demonstrate Games - Speed pass - Target and shoot		Look, step, shoot
10 Minutes			

PRACTICE 4

Objectives: Pass and Catch, Loose Ball Pick-up, Team Play, Shooting		Reminders:	
Time	Activity or Drill	Key Elements	
10 Minutes	Warm up	Include stick and ball	
10 Minutes	Loose Balls – See Pre Level I Games - Stop, Drop and Roll - Two for the corner	<ul style="list-style-type: none"> • Hurry to the ball • Trap and scoop 	
10 – 15 Minutes	Team Play <ul style="list-style-type: none"> • Describe good scoring zone • Describe “taking away space” 	Modify pass-catch shuttle to include shot on goal.	
10 Minutes	Shooting Use any of the Goalie warm-up drills found in this binder.		
10 + Minutes	Mini Game Scrimmage, side line lacrosse		

PRACTICE 5

Objectives: Team Play, Shooting, Offensive Skills, Pick-ups and Cradling		Reminders:	
Time	Activity or Drill	Key Elements	
10 Minutes	Warm Up		
10 – 15 Minutes	Team Play <ul style="list-style-type: none"> Review defensive stance and positioning. Sideline lacrosse. 	<ul style="list-style-type: none"> Take away space Deny scoring area 	
10 – 15 Minutes	Offensive Skills Demonstration <ul style="list-style-type: none"> Dodge* Team space Airplane Game* 	See Pre-Level I	
10 Minutes	Game <ul style="list-style-type: none"> Tag while cradling a ball Zig Zag Relay 	Emphasize dodging around the cones	
10 Minutes	Shooting – Review and Demonstrate Games - Speed pass, target - Goalie Drills*	Included in Binder	
10 Minutes	Pick ups and Cradling - Review Games - Fox and Hounds - Shuttle Relay		

PRACTICE 6

Objectives: Start Putting It All Together		Reminders:	
Time	Activity or Drill	Key Elements	
10 Minutes	Warm up		
10 – 15 Minutes	Passing, Catching, Cradling Games - Stop, Drop and Roll - Up and Back	More games – Two to the Corner	
10 – 15 Minutes	Shooting and Passing - Review Games - Speed pass, target shooting, - Goalie Drills*	* Included in binder	
10 Minutes	Face offs – Review Rules* <ul style="list-style-type: none"> • Set up in game situation • Game – Face off control 	* See Pre-Level I	
10 + Minutes	Mini Game <ul style="list-style-type: none"> • Goalie warm up drills • Scrimmage 		

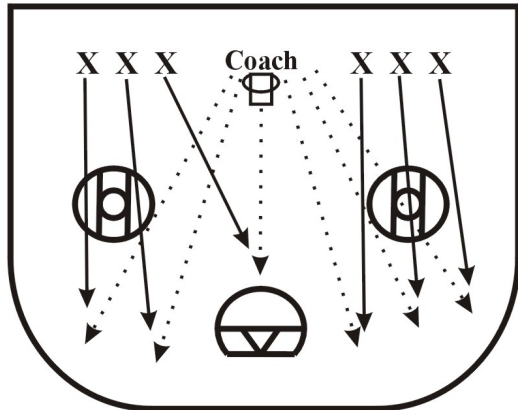
PRACTICE 7

Objectives:		Reminders:	
Putting it all Together			
Time	Activity or Drill	Key Elements	
10 Minutes	Warm up		
10 – 15 Minutes	Cradling Control and Speed Games - Fox and Hounds - Shuttle Relay - Zig Zag Relay	Review	
10 Minutes	Pass and Catch <ul style="list-style-type: none">• Players in pairs pass and catch• Add in jogging	Use games such as “up and back”	
10 Minutes	Team Play – Floor Positions <ul style="list-style-type: none">• Sticks to the middle• Mirror Drill	<ul style="list-style-type: none">• Create space• Take away space	
10 + Minutes	Game Warm up and Scrimmage <ul style="list-style-type: none">• Goalie warm up drills• Scrimmage or side line lacrosse		

PRACTICE 8

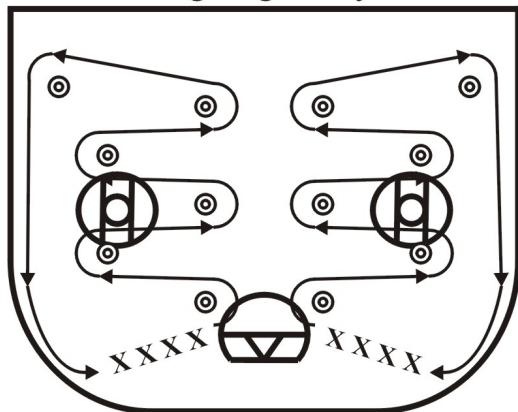
Objectives: Individual Team Needs		Reminders: <ul style="list-style-type: none"> • Ues Pre-Level I and Goalie Drills • Be Creative with Your drills
Time	Activity or Drill	Key Elements
10 Minutes	Goalie Warm Up Drill	
5 – 10 Minutes	Floor Space Air Plane Drill	
15 Minutes	Specific Team Needs Work on the skills that your team requires: Pick ups, Passing, etc...	<ul style="list-style-type: none"> • Use the Games • Demonstrate
5 – 10 Minutes	Pass and Go Players in pairs. Pass then sprint to a new spot and receive the pass back.	
10 + Minutes	Team Play Mini games	<ul style="list-style-type: none"> • Review defense and stance • Sticks to the middle

Fill 'er Up



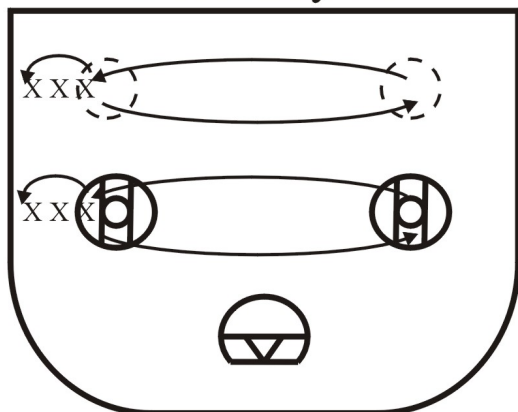
- Take a bucket of balls and spread them around on the floor.
- Have players collect them as quickly as possible, concentrating on pick-ups and cradling, and return them to the bucket.
- Keep throwing the balls out for as long as you like.
- A progression to a game might be to have two teams retrieve balls as quickly as possible.

Zig Zag Relay



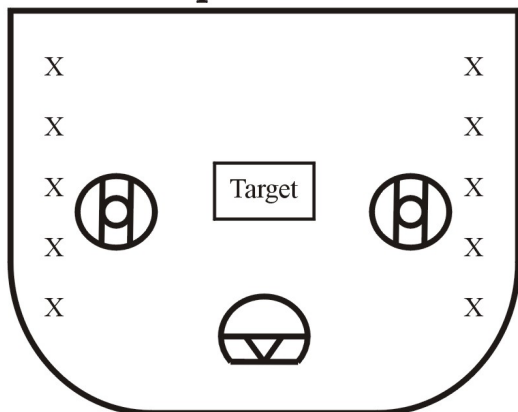
- Place two lines of cones, gloves, etc., in a zig zag pattern.
- Each player has a ball.
- Line up two teams behind the goal line.
- At the whistle have one player at a time run the course returning along the boards.
- Next player leaves when the first player passes the second pylon.
- Focus on cradling.

Shuttle Relay Run



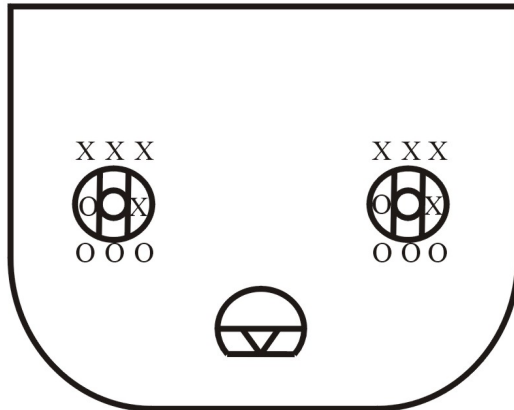
- Line up two teams behind the end face-off circles, or a designated spot, and place a ball in each of the circles.
- At the whistle the first player picks up a ball and runs to the opposite circle.
- The player puts the ball down in the circle and picks up another ball.
- He then runs back to the starting circle and puts the ball down and the next player goes.
- Focus on cradling and pick ups.

Speed Pass



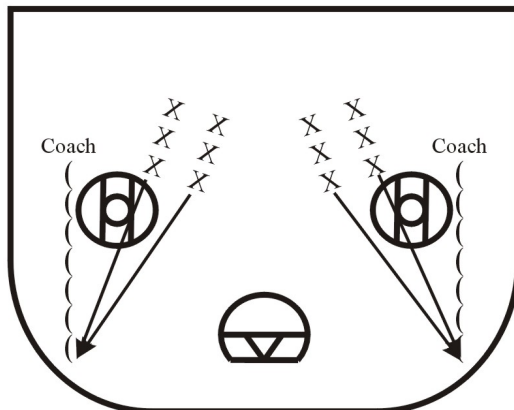
- Place a target of some kind between two teams. A garbage can will do.
- Each player has a ball.
- At the whistle, have players pass as quickly and accurately at the target.
- Have the teams keep score of their number of hits.
- Focus on passing and pick ups.

Face Off Control Game 1



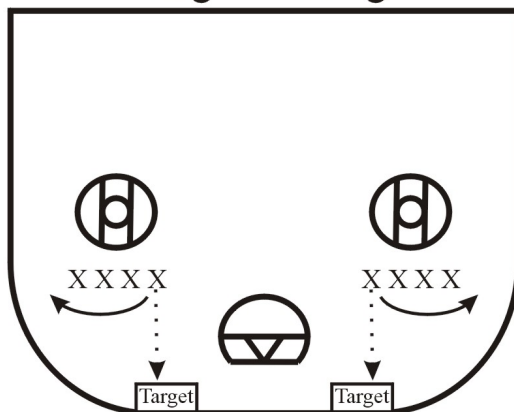
- Line up two teams on either side of a face off circle.
- Have various players line up and take the draw.
- At the whistle have players try to win the draw to their team.
- You can keep score if you wish.
- A progression would be to line up in game situation positions.

Two to the Corner



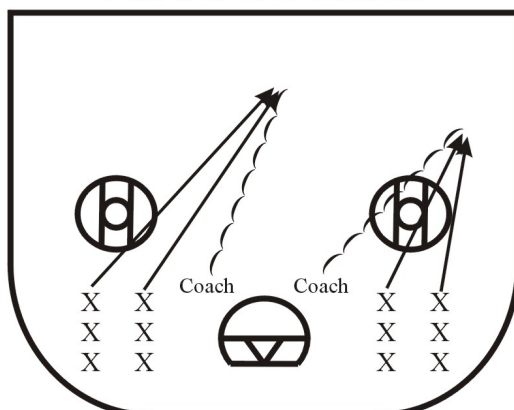
- Have players line up in pairs at the face-off circles.
- Coaches roll a ball into the corner.
- At the whistle the first pair of players run to retrieve the ball.
- The drill ends with possession.
- Focus on body position and pick ups.
- Ensure the players literally keep their heads up to protect themselves. (i.e. Keep your chin up and look with your eyes)

Target Shooting



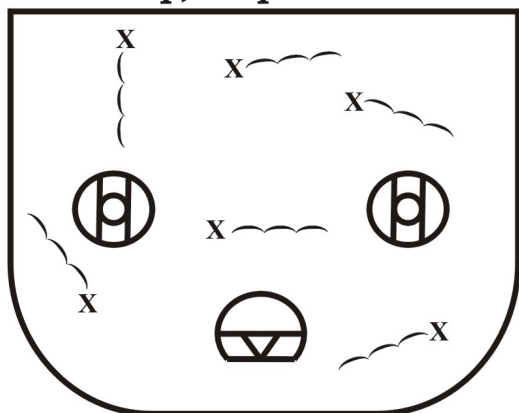
- Divide into groups with one ball per group.
- Attach a target to the glass or boards.
- At the whistle the first player picks up the ball and shoots.
- The player retrieves the ball and places on the floor in front of his team.
- The next player repeats. The winning team has the most hits.
- Distance and size of target will vary with skill level.
- Focus on accuracy.

Fox and The Hounds



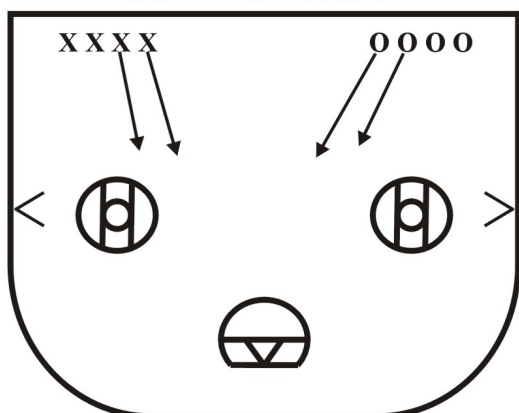
- Similar to "Two to the Corner".
- Players form up with partners behind the coaches.
- Coaches toss the ball anywhere on the floor.
- At the whistle the pairs race to catch the "Fox".
- Ends with possession. Repeat.
- Focus on fitness, body position, and pick ups.

Stop, Drop and Roll



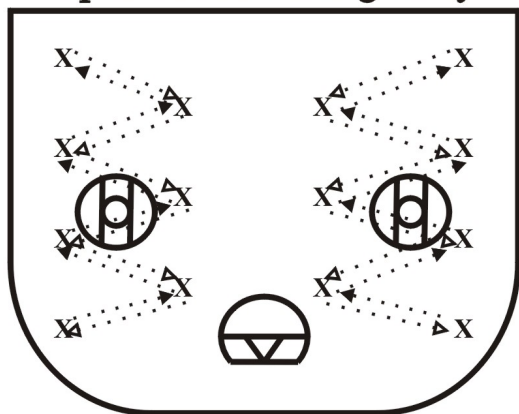
- Players spread out around the floor each with a ball.
- Players are to jog continuously.
- At the whistle the players stop, roll the ball away and retrieve it.
- Focus on cradling and pick ups.

Side Line Lacrosse



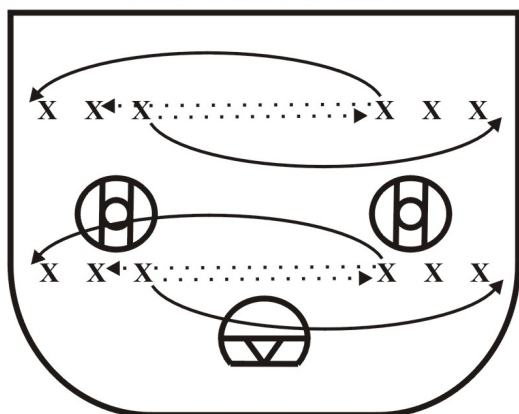
- This is a mini game.
- Split team into two groups.
- As the coach blows the whistle one, two or three times, the matching number of players run out to pick up the ball and try to score.
- The coach varies the time.
- Focus on passing, shooting, and team play.

Up and Back Passing Relay



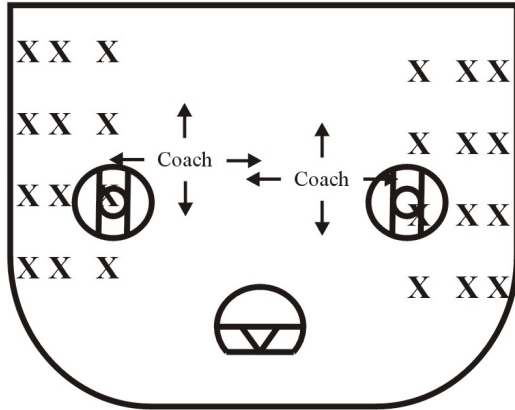
- Place players in two teams.
- Place players in two lines facing each other.
- Start the ball at one end and pass the ball across and up one player until the ball has been up and back.
- Winning team is first to finish.

Pass Catch Shuttle



- Divide the players into groups.
- Have groups line up one behind the other while another group is doing the same facing the first group from across the floor.
- The first player passes across to the first player in the opposite line then follows his pass and goes to the end of the line.
- Repeat for as long as desired.
- A progression could be for more than two groups to compete for most completed passes.

Mirror Drill



- Place players in about four lines.
- Have the first four players step up and take a defensive stance. (See Pre-Level I)
- The coach then points his stick in the direction he wants the players to move.
- Repeat with the next four.
- Focus on footwork and defensive positioning.

