

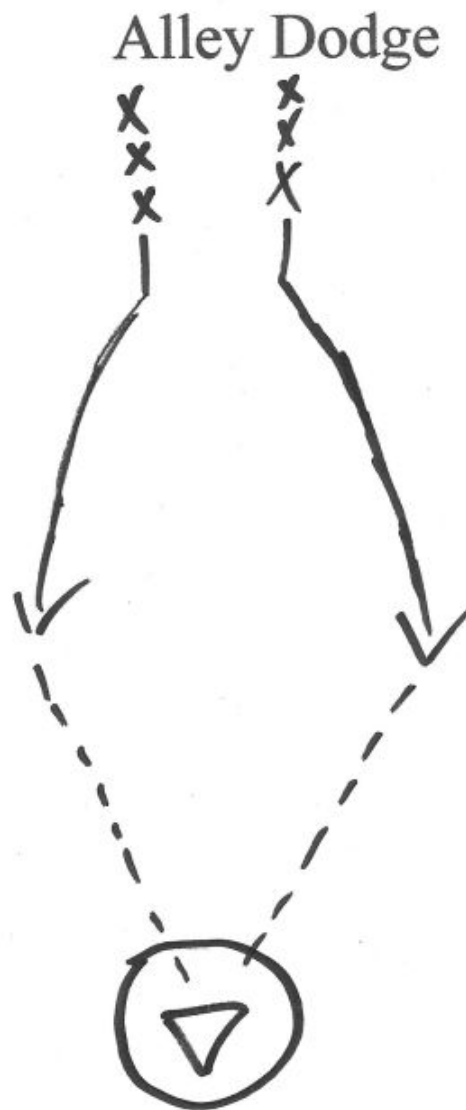
Manitoba Lacrosse Association Coaches Handbook for 2020 Field Season



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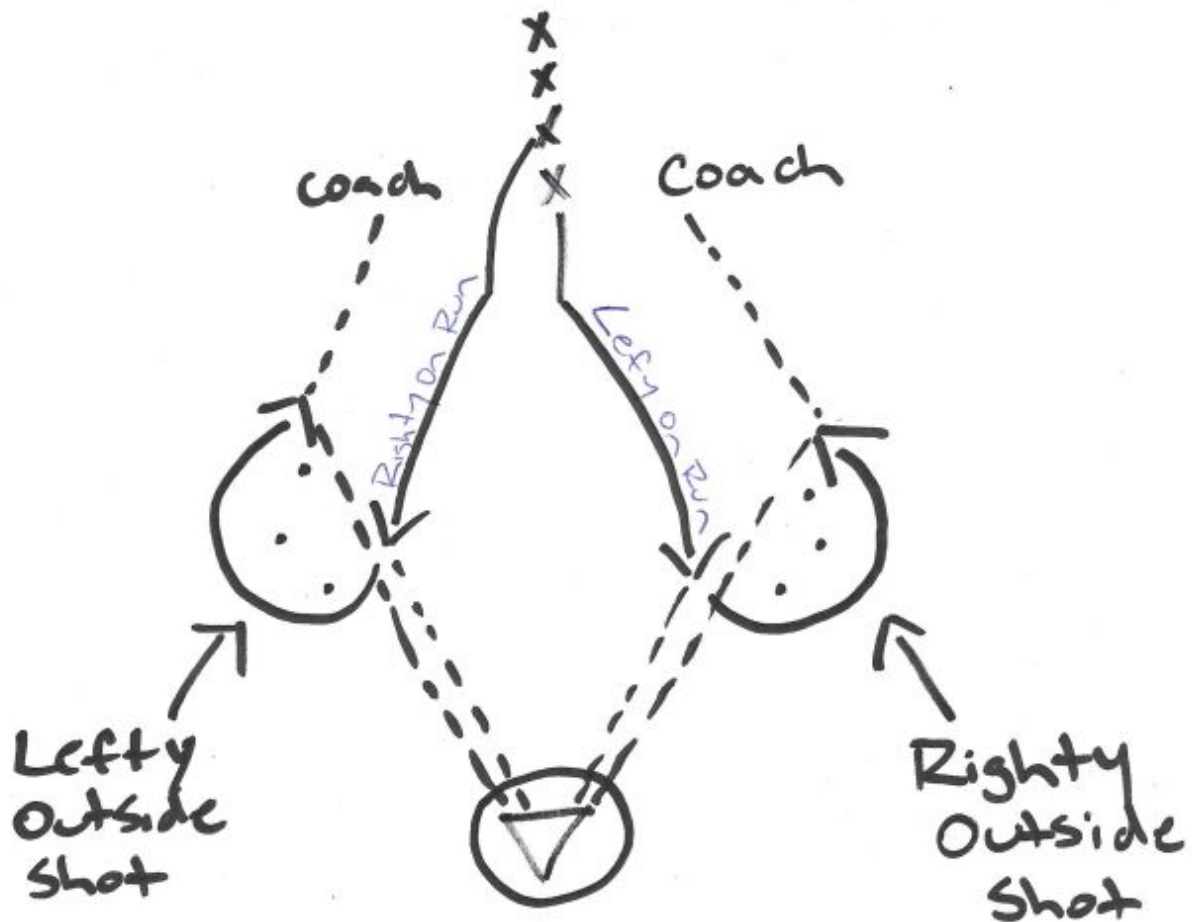
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Players face dodge/split dodge down the alley and shoot on the run

Emphasize shooting while moving your feet (players should not be planting and shooting here)

Alley Dodge and Curl



Players will get into a single line up top.

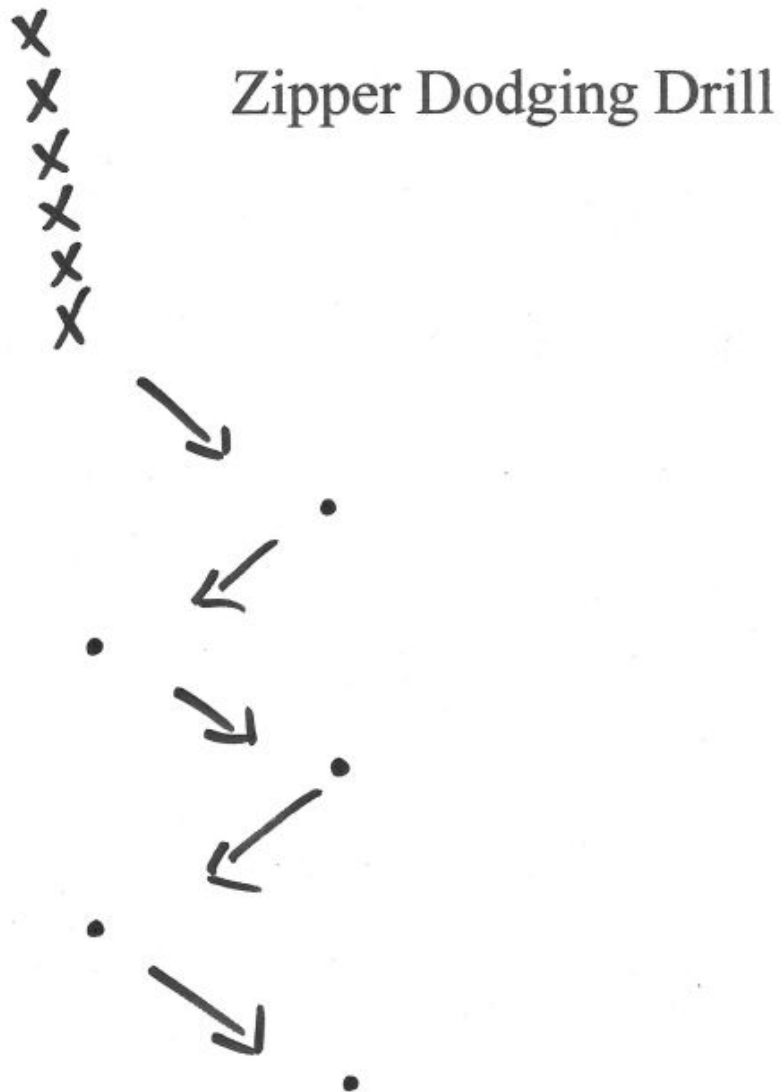
1st player in line will split dodge/face dodge to the left and take a lefty shot on the run.

Immediately after the shot, they will curl back up top for a pass from coach or a designated passer. Cones can be used to designate where to curl to.

Coach/Passer will pass to the player curling who will take a time and room shot with their right hand.

If first player starts by dodging to the left, the second player will dodge to the right. Always alternate sides regardless of what hand the player is.

Drill should be done without a goalie as 2nd player in line goes immediately after 1st player starts his dodge.



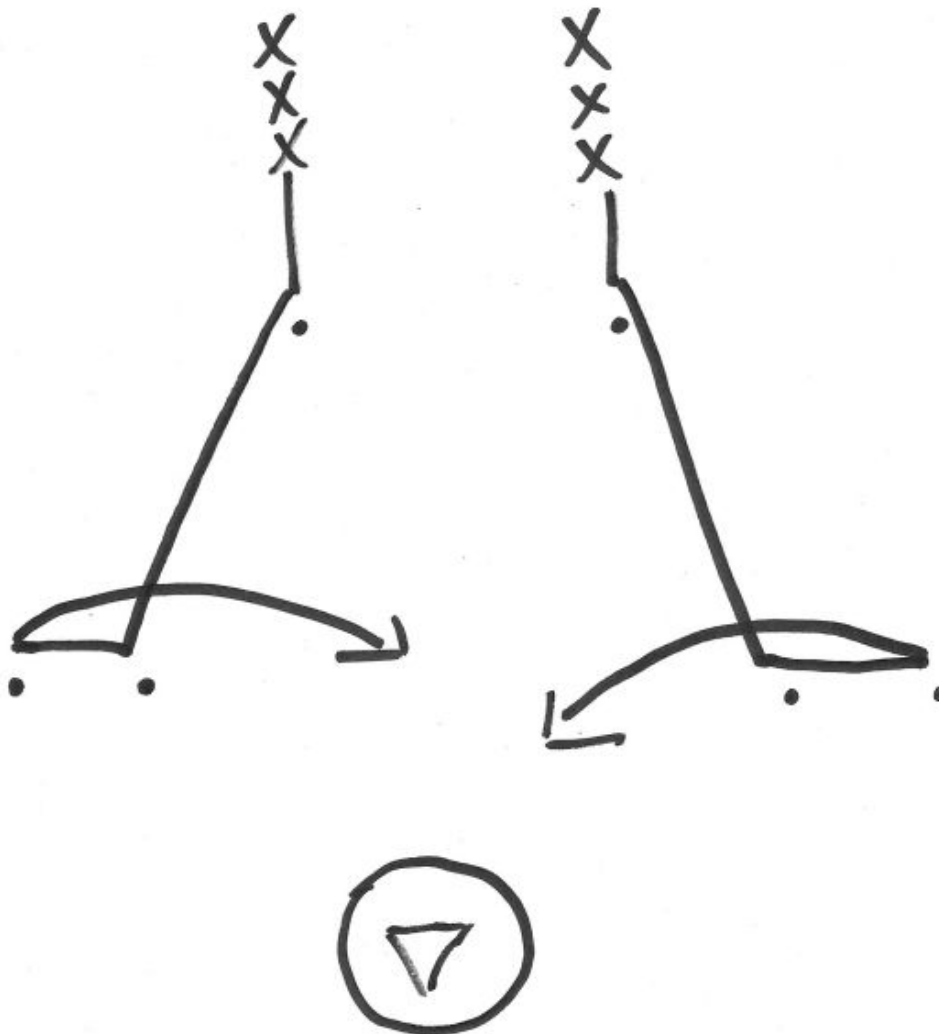
Set up 5 cones in a zipper like fashion about 5-7 yards apart

Each player will attack the cone and split dodge, keeping there stick to the outside

Variation

1. Roll dodge
2. Players choice (split or roll dodge)

Split Dodge – Bounce – Re-Dodge



Have 2 lines of players up top

Coach should put out 3 cones to enforce the lane they are dodging at, and bouncing back to

Players split dodge/face dodge down the alley

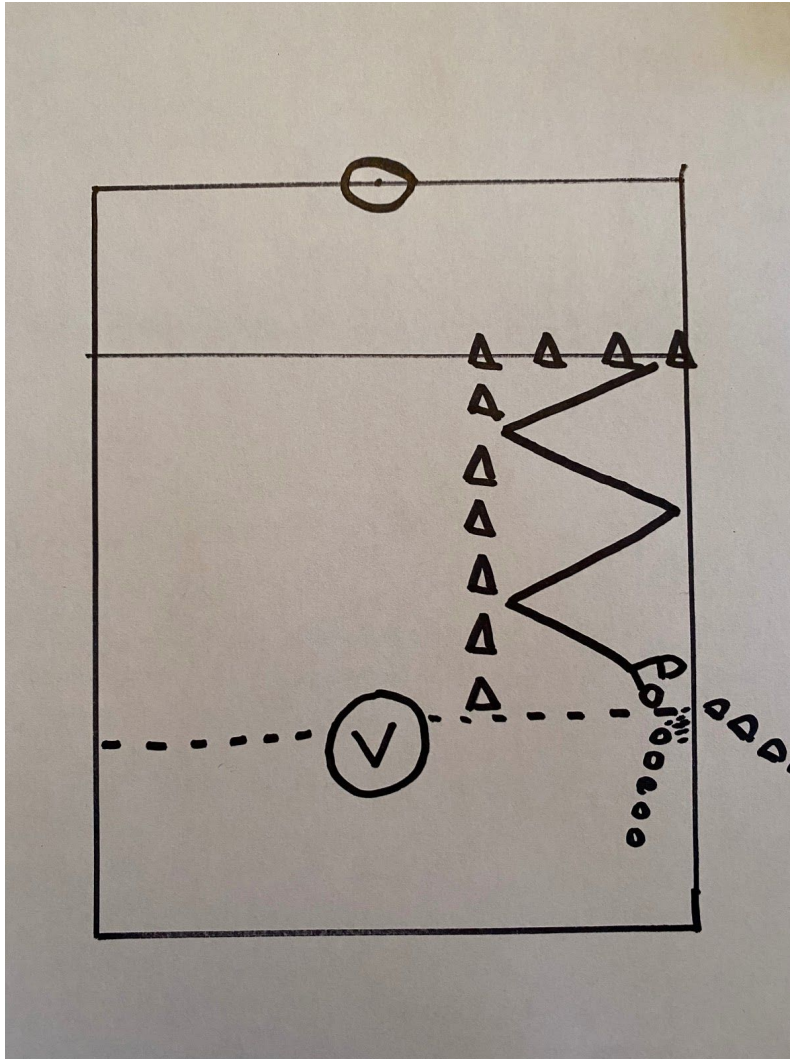
When they hit a cone at the bottom of the dodge, have them bounce back, reset and dodge again. Player can re-dodge topside or underneath.

Line can go at the same time, but have a slight delay to ensure efficiency

Bounce: Opening your hips to the middle of the field, taking a step or two back and re-dodge down the middle.

Defensive Positioning/Stick Placement

(Focus of Drill: for defenders to have great posture in addition to appropriate stick position)

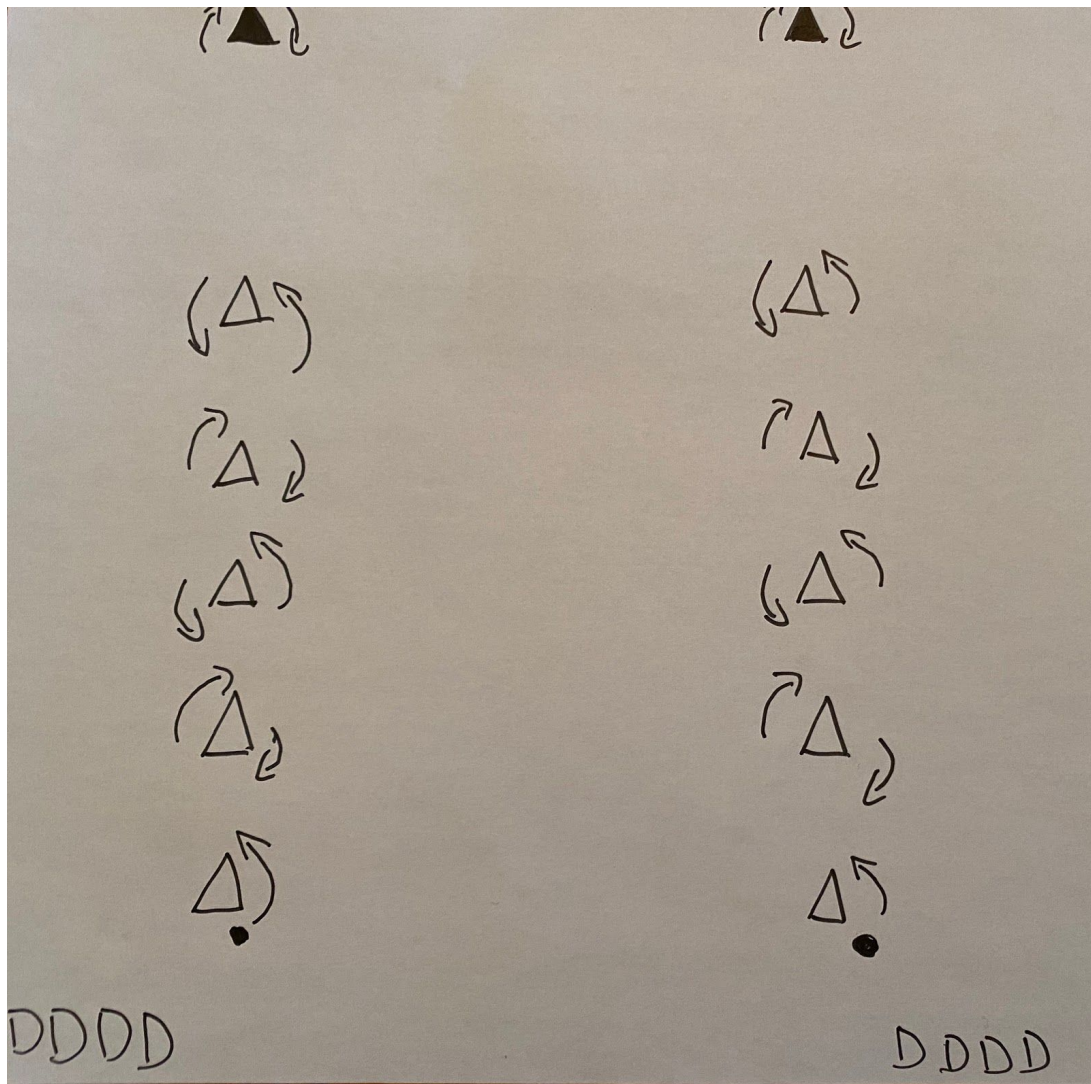


This drill can either be run with short sticks (attack/middies) carrying the ball OR long sticks carrying the ball. Often it is good to have the attack/middies doing a dodging or passing drill at one end, and defenders doing this drill at the other.

- 1) Start by laying cones 10-15 yards apart, this should be about 30-40 yards long (15x40 rectangle).
- 2) players will start in the bottom corner of the rectangle already in ready position (chest up, butt down, stick pointed in front of them at their offensive player)
- 3) offensive player will then jog and/or run in a zigzag pattern while the defender is constantly matching their speed and attempting to contain the offensive player when they roll.
- 4) The defender wants to ensure their stick is in front of the offensive player in order to deter their forward progress.

NHL Hockey

(focus of Drill: Ball movement when ball is on ground)

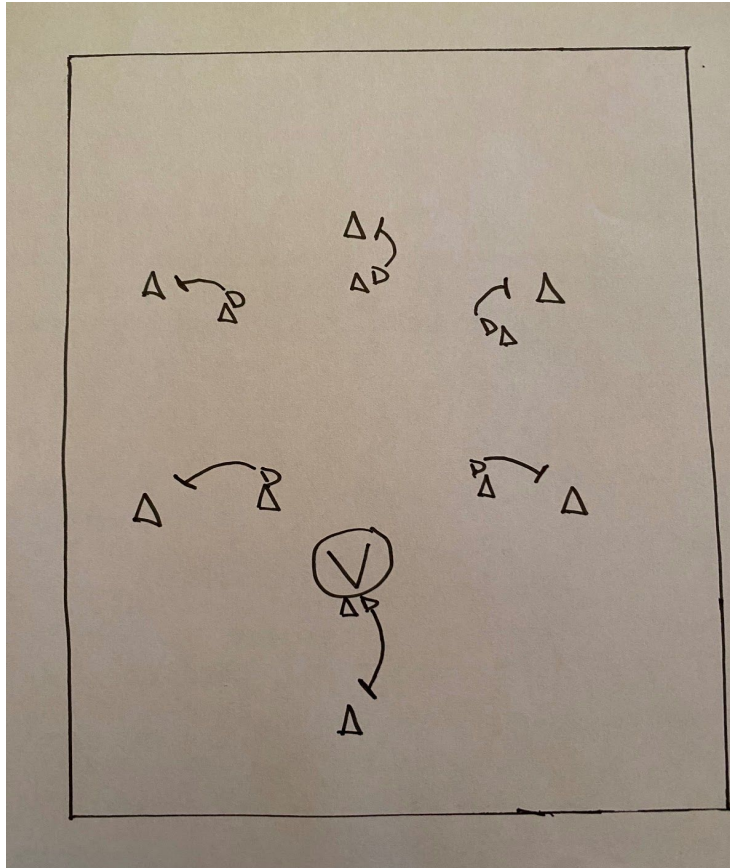


This is an extremely fun and competitive drill that works on stick skills and ground balls with your team.

- 1) Players will be split up evenly into two separate groups in which they will be competing against the other team.
- 2) Arrange 5 cones 2 yards apart from each other with a sixth cone 5 yards from the last
- 3) Each team will receive one ball that will start at the feet of the first in line.
- 4) The goal of the drill is to “hockey” the ball back and forth between the cones until you reach the last of the first five cones, in which you pick the ball up, sprint **AROUND** the sixth cone and come back through the cones in the opposite direction
- 5) Once the first player has gone down and back, the next player in line may begin.
- 6) First team to complete it with all players going through, wins the competition

6 Spot Approaches

(Focus of Drill: Working on approaching the ball at different spots on the field)



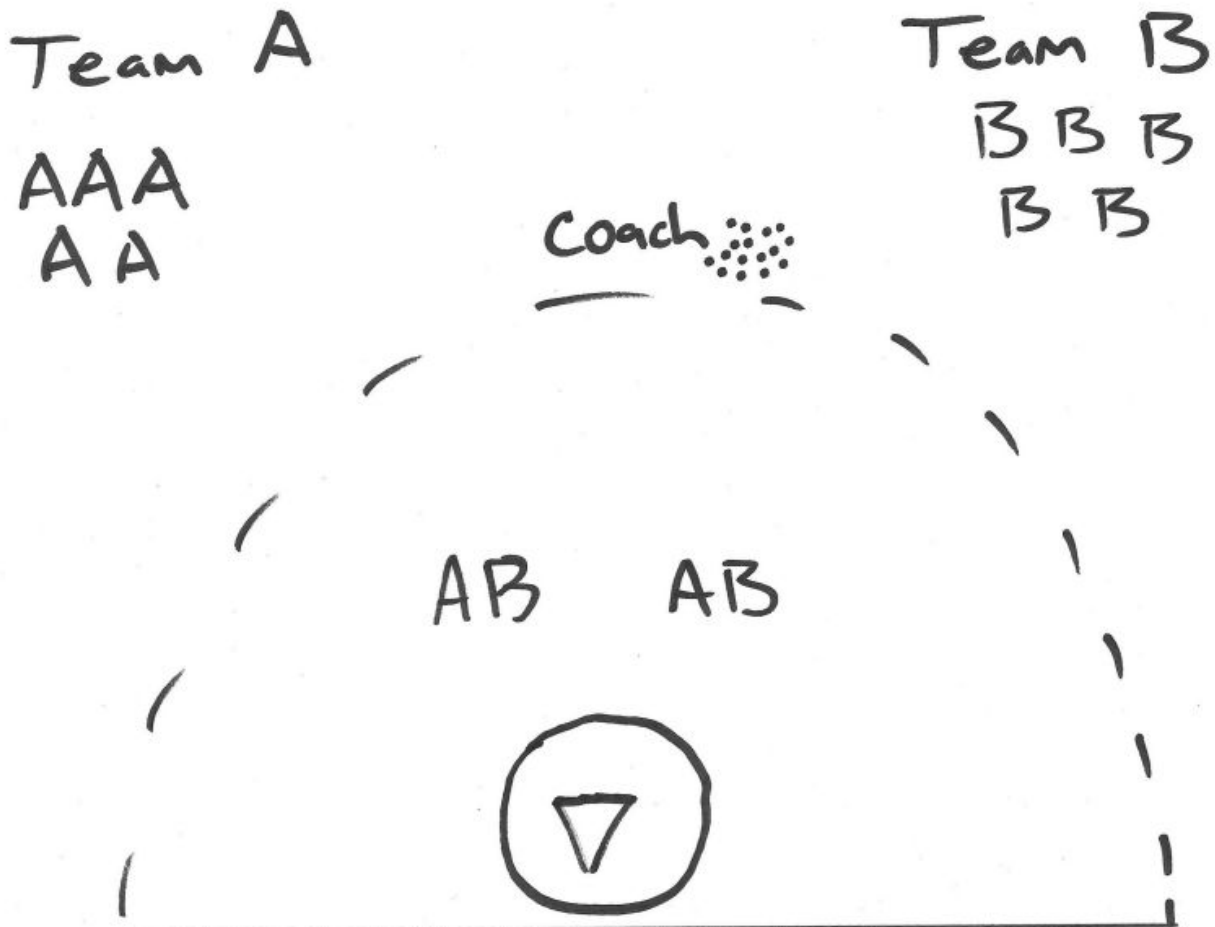
It is crucial for defenders to know how and when to approach the ball at all spots of the field.

- 1) Set up 6 cones in the common dodging areas of the field (see diagram above)
- 2) Place another cone 7 yards away, to the inside, of the dodging cones above.
- 3) Players will rotate clockwise throughout all the cones, it is suggested that you stagger the starting position of the players to allow for most reps in minimal time.
- 4) Players will start on the inside cone, and approach the outside cone ensuring to approach taking away the middle of the field and approach high.

Coaching Points:

- 1) When the athletes are approaching they want to take away the middle of the field. (top corners you want to approach so that you are between them and the middle of the field, not the goal) (bottom corners same idea, approach to take away middle of the field) (For directly behind the net and directly top center you must take away a side. no correct side to force just ensure you are forcing a side.
- 2) you can progress this drill as follows. approach → backpedal → drop stop to run.

Thunder Dome



Split all players into 2 teams, Team Dark and Team Light

The goal of Thunder Dome is to play 2v2 or 3v3 with 3 separate balls looking for 3 quick shots. Coach can use cones for a dome, but it is not necessary.

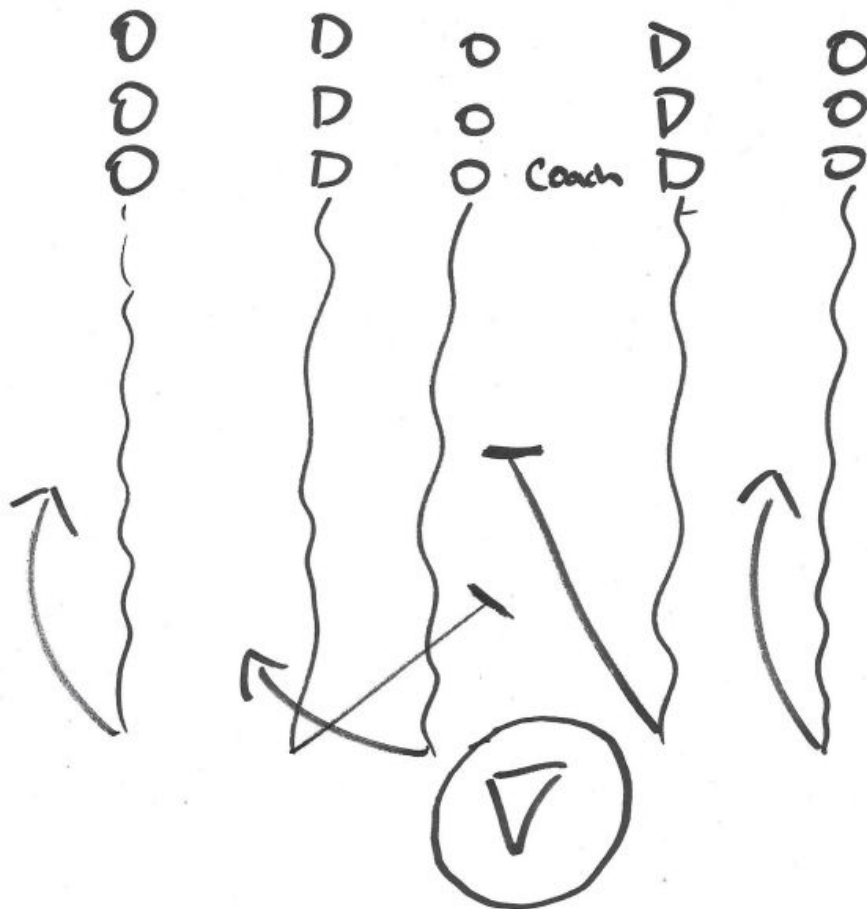
Coach will throw 1 ball in (ground ball or pass), players will attempt to get a quick shot off.

A shot on goal should come within a few seconds (Allow players to be creative)

Coach will immediately follow with a 2nd ball, followed by a 3rd ball

If a ball is taking too long (Long ground ball/not taking a shot on net etc.) Coach says, "New Ball" and will put a new ball into play. After 3 balls, rotate new players in. Keep score.

3v2 @ at the Cage



Split all players into 2 teams, Team Dark and Team Light

Designate Offence and Defence

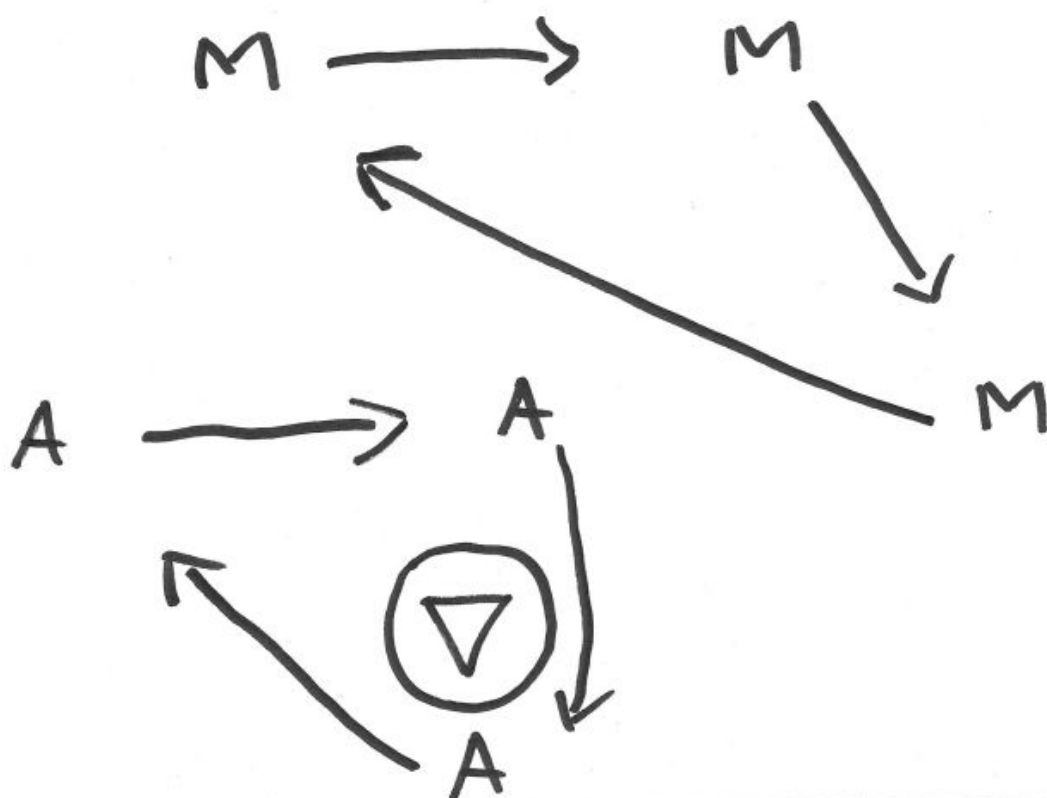
On coaches whistle all 5 players will run to the goal-line and then turn back up field

Coach will roll/pass a ball towards the offence

Complete a quick 3 on 2 (Should take 5-7 seconds)

Switch offence and defence halfway through the drill

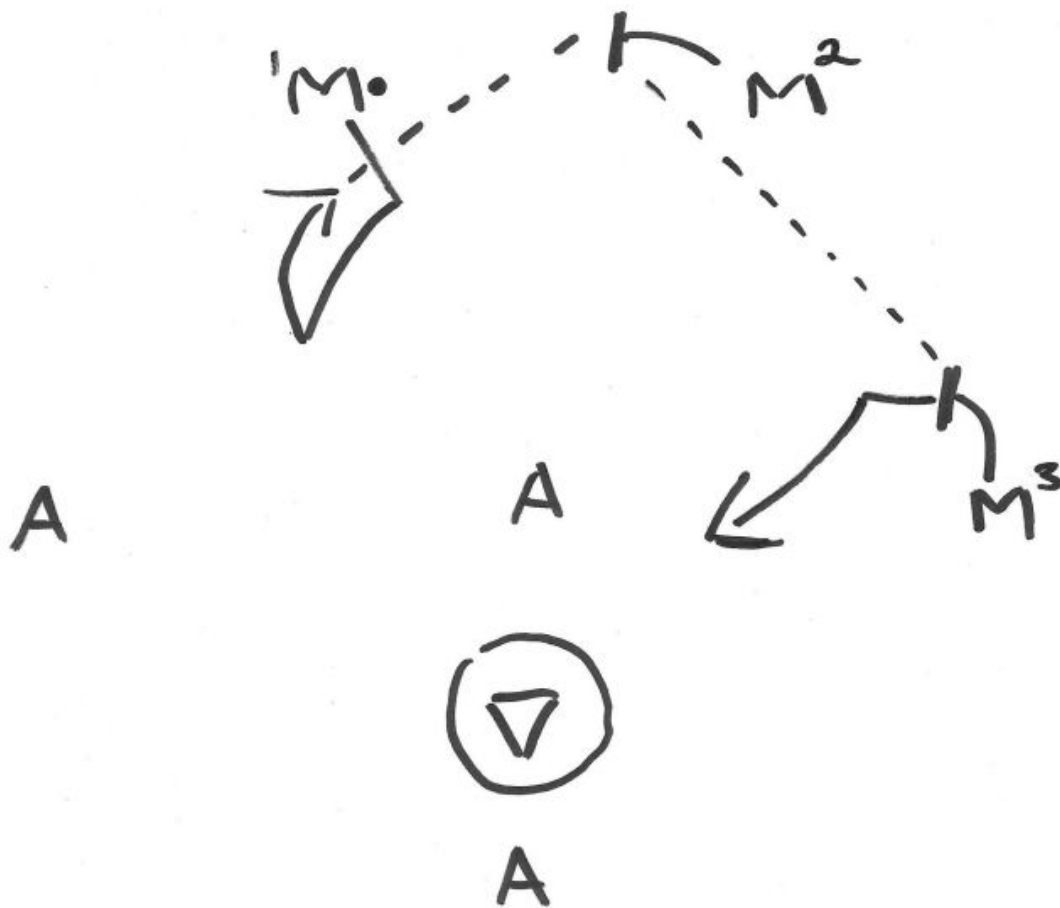
2-3-1 Offence



2-3-1 Offence – The ball typically gets swung around the outside

2 Triangles – Cuts and dodges within your triangle

2-3-1 Offence



2-3-1 Offence – The ball typically gets swung around the outside

Roll Back Option

M1 dodges down the alley and attempts to force a slide

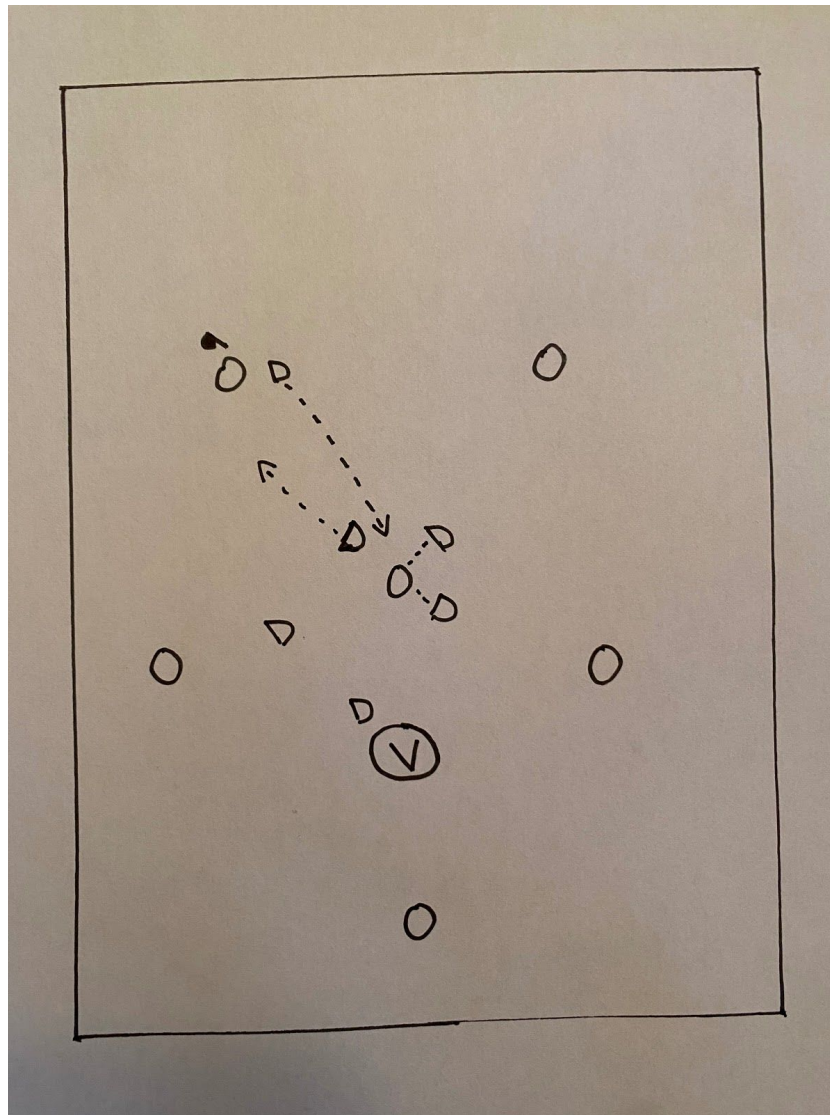
M1 will roll back and hit to M2 who is moving towards the ball

M2 will catch the ball and immediately swing to M3 on the wing.

M3 can now dodge from the wing

M3 can dodge underneath or over the top but should dodge with their head up looking for an open pass in the middle.

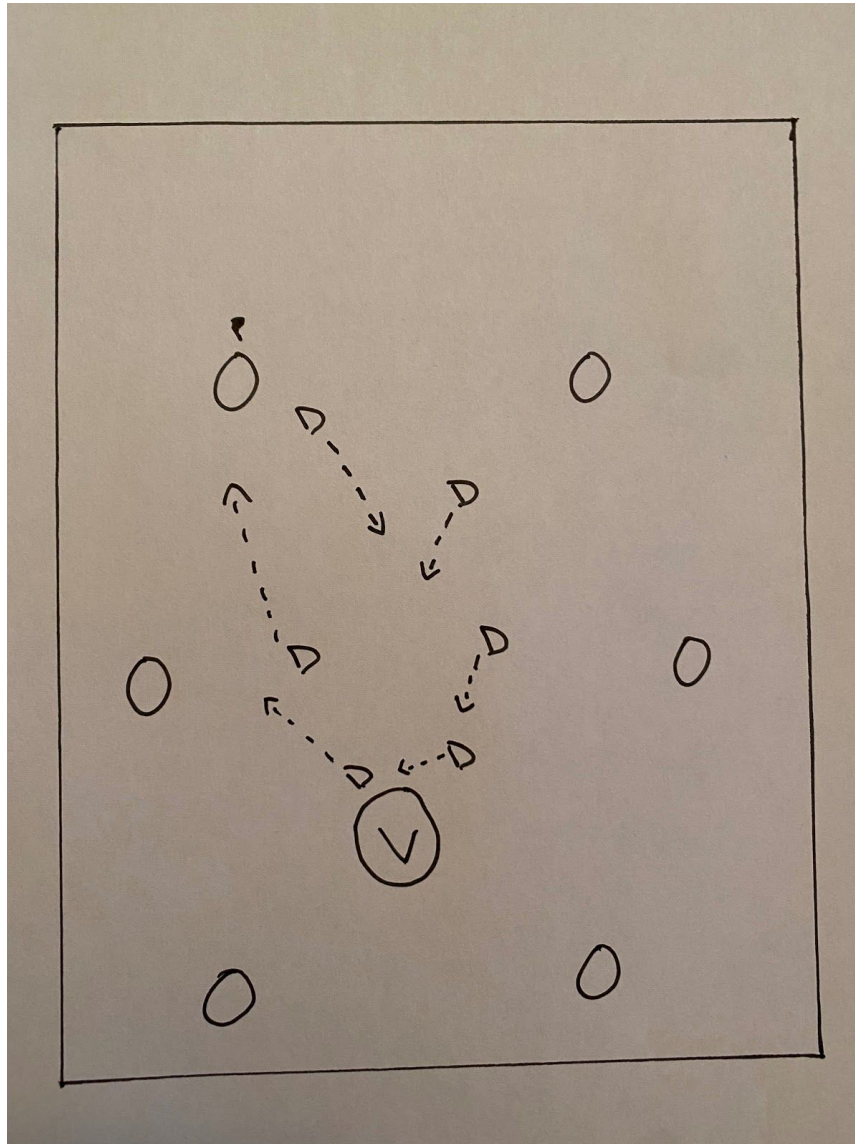
Black Defence (Defence vs 1 person inside)



The most important aspect of defence is that EVERYONE works together. you are better off with 6 guys doing the wrong thing, than 5 doing it right and 1 wrong.

- 1) Black defence is a basic man to man defence that is great for all ages. It tests the ability of the offence to string together passes and beat their defenders.
- 2) At the beginning of the defensive set each player must be guarding a player (defence cover attack, midfield cover midfield)
- 3) within this defence we have a "slide". A slide is essentially your help in case you ever get beat by the offensive player.
- 4) the slide ALWAYS comes from the man who is inside the defence with help or a "push", coming from the person who is furthest away to assist if they have to slide.

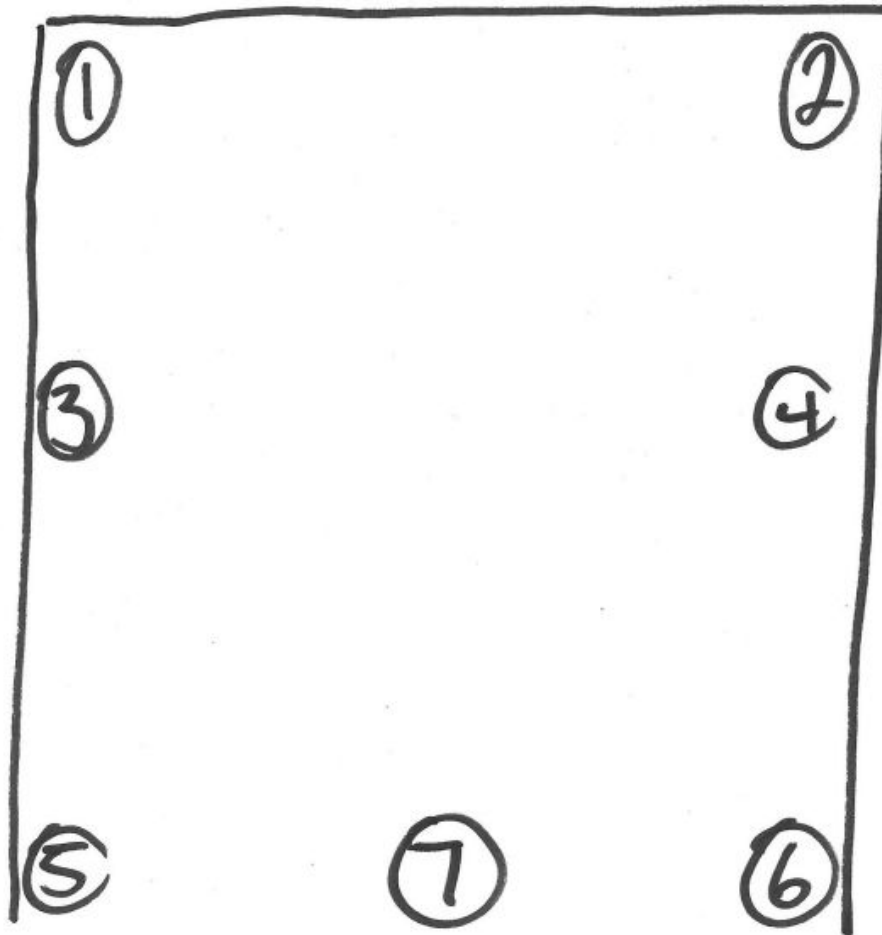
White Defence (Man to Man Defence vs no one inside)



This is a terrific, basic defence to run against an “open set” offence (no one inside = open set).

- 1) the same with our black defence above, the white defence is built around a man to man principle.
- 2) with our white defence however, we do not have someone inside that we can slide from, so we must slide “adjacent” (from the guy next to the ball carrier)
- 3) when an offence is running an open set they often pick on a defender and dodge them in order to get a mismatch and good shot at the goal. we must be ready to slide adjacent as seen in the diagram above and be ready to “push” (help), from the others on the perimeter.

Goalie Warm Up



There are 7 Designated spots for a goalie to be warmed up

Coach/Shooter should take 8-10 shots at each designated spot and tell the goalie where you are shooting.

Goalie notes:

Goalie should attack the ball with both feet, do not let the goalies back foot drag.

On low shots, the head of the goalie stick should steer the ball into the ground.

On bounce shots, follow the ball, bend the knees and pop up with the ball.

Do NOT pop the ball into the air to cushion it. Allow the ball to die in the goalie stick.

Rough Practice plan (1hr)

0-10: Warm up

10-20: Stick work (Shuttles progression is an awesome drill for stick work).

- 1) Rolling the ball
 - 2) passing the ball with stick to the inside
 - 3) passing the ball with stick to the outside
 - 4) get an outlet pass
- Don't be afraid to work some offhand into this stick work warm up.

20-30: offensive specific drills (pick one from above)

defensive specific drills (pick one from above)

30-40: Team specific drills (pick one from above)

40-60: Working on offensive and defensive sets (listed above)

Lacrosse Basics

Passing

- Passing is one of, if not the most important skills through lacrosse. Without it, the game is virtually unplayable. It is important that you spend quality time with your team ensuring they have the fundamentals of passing grasped before you move onto different techniques.
- steps for passing (all steps provided will be for a **RIGHT** hand dominant player)
 - To hold the lacrosse stick for passing, we want our left hand at the bottom of the shaft, and our right hand $\frac{1}{3}$ to $\frac{1}{2}$ up the shaft of the stick.
 - it's important to get the players to step with opposition (left foot steps and leads) when passing. * A great way to get younger kids to understand how to pass effectively is to use the cue "stand on your skateboard/surfboard". Often the kids will understand and stagger there feet in the appropriate fashion.
 - Next important aspect is to get the hands AWAY from the body. We do not want the hands to be close to the body as it greatly diminishes the amount of power you are able to generate.
 - have the athletes point the butt end of their stick towards their target and instruct them to create a catapult motion (pull down with left hand, push with right hand) this will allow for proper passing technique from the athlete.

Catching

- As with passing, catching is a fundamental skill that cannot be overlooked, ample time must be asserted into practice times to allow for the development of this skill.
- steps for catching (all steps provided will be for a **RIGHT** hand dominant player)
 - to begin catching, place your right hand at the top/throat of your lacrosse stick
 - place your left hand at the very bottom of the lacrosse stick (if the stick is too big for the player, instruct them to bring their left hand up the lacrosse shaft to a comfortable position.
 - Next, we want the stick IN FRONT of the athlete with the head of the stick facing the athlete throwing the ball. This allows the ability to track the ball from the air, into the head of their stick. This is the most important step throughout the catching process, often athletes will have their stick down around their hip with the head facing to the sky, sort of like a shovel, we need to avoid this mistake at all costs as it promotes poor technique.
 - lastly, instruct the athlete to receive the ball as if they are catching an egg (similar to receiving a hockey pass). We want our athletes to have "soft" hands which will promote successful catches throughout the early stages of their lacrosse career.

Ground Balls

- Along with passing and catching, ground balls are equally as important. It allows for control of the game in addition to the ability to play the game faster.
- Steps for a successful ground ball (all steps provided will be for a **RIGHT** hand dominant player)
 - The athletes hand positions will remain the same as they were in catching (right hand at the top, left hand at the bottom)
 - A terrific cue you can provide to the athletes is “get your two butts low”, meaning the butt end of the stick, and their butts, the lower to the ground you are the better.
 - When you go to scoop up a ground ball, you want to step with your right foot just to the right of the ball, get your butts low to the ground and scoop **THROUGH** the ball.
 - if these techniques are followed as instructed, you will have successful athletes that can scoop ground balls.

Goal line extended (GLE): The goal line extended to the side lines (useful when teaching O or D)

Slide: Seen in defence. A slide is essentially your help. Often offensive players will beat defensive players 1v1 which is ok, but its important you have someone to help and this is our slide person. The slide person (defence) will go to the offensive player with the ball in order to help their defender that is on the ball.

Push or fill: Our slide will always come from the inside of our defence (unless there is no one inside, rarely happens though). When our slide person slides, the offensive player he was covering inside will be left open, so that's why we have a push. a push comes from the defender who is furthest away from the ball, and they offer help to the inside offensive player until the defender can get back inside.