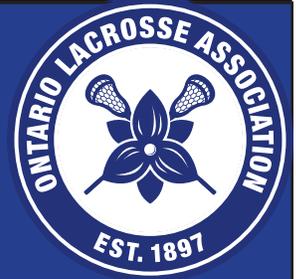


# OLA ENTRY LEVEL COACHING MANUAL

2018 EDITION



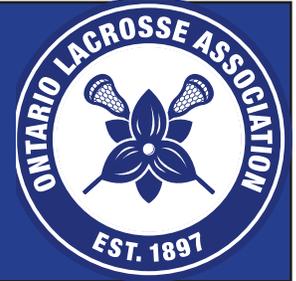
# ENTRY LEVEL COACHES MANUAL



## OLA MISSION STATEMENT

The Ontario Lacrosse Association (OLA) exists to improve, foster, perpetuate and govern the sport of lacrosse within the province of Ontario. To achieve this end, the Board of Directors and staff members of the OLA:

- Direct recreational and competitive lacrosse programs for minor, junior and senior leagues for males and females;
- Protect and serve the mutual interests of all members of the association;
- Coordinate and supervise the provincial championship competitions of the membership, where appropriate;
- Operate provincially representative teams for participation in CLA amateur national championships;
- Encourage participation in the sport of lacrosse at the community (house leagues) and amateur competitive (representative) levels for the greatest number of individuals possible;
- Promote the concept of fair play and respect at all times, including the ideals of winning graciously and accepting defeat with dignity;
- Enhance the positive image of lacrosse by providing development opportunities and initiatives for players, coaches, officials and volunteers to become involved in the game;
- Represent the interests of its membership at the Canadian Lacrosse Association and Federation of International Lacrosse Association levels;
- Teach everyone involved to love the game above the prize.



# ENTRY LEVEL COACHES MANUAL

## TABLE OF CONTENTS

### INTRO

- Purpose of manual

### FUNDAMENTAL LACROSSE SKILLS

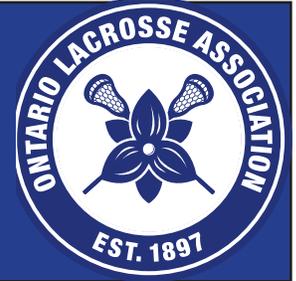
- The Ready Position
- Scooping
- Trap and Scoop
- Cradling and Carrying the Stick
- Catching
- Throwing
- Shooting and Throwing Long Passes

### LONG TERM ATHLETE DEVELOPMENT (LTAD)

- LTAD Overview and Stages
- Physical Literacy
- Activities

### SKILL DEVELOPMENT DRILLS

- Drills



## TABLE OF CONTENTS

### Practice Plans

- Practice Plan Tips
- Safety at Practice
- Sample Blank Template
- Sample practice plans for Tyke, Novice, Peewee

### Rules of the Game

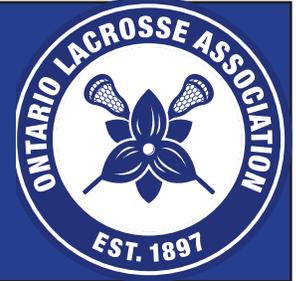
- Rules of the game

### Equipment

- Importance of the Lacrosse Stick
- Equipment Guideline

### Positive Coaching Qualities

- Qualities of a positive coach



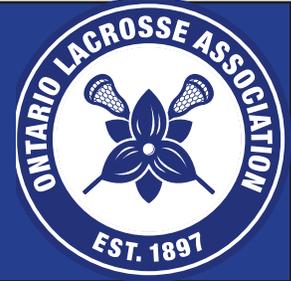
# ENTRY LEVEL COACHES MANUAL

## Introduction

The purpose of this manual is to be a resource for coaches to use for entry level programs. It will help coaches to develop and plan practices that engage athletes and promote physical literacy. Coaches will be able to reference information on the following areas;

- Fundamental skills and strategies
- Athlete development and Physical Literacy
- Skill Development Drills
- Practice Planning
- Rules of the game
- Equipment and importance of the stick
- Positive coaching qualities

This manual will assist the coach in creating fun, safe practices that include age appropriate skills, drills and tactics.



# ENTRY LEVEL COACHES MANUAL

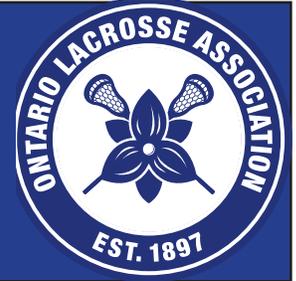
## The Ready Position

The Ready Position is the way to hold the stick in preparation for catching or checking. These fundamentals can be performed more effectively from this basic stance. When players have two hands on their stick and are in the ready position they will be able to react quicker to the movement of the ball and opposing players.

1. Place the top hand below the throat of the stick, about 1/3 of the way down the shaft.
2. Place the bottom hand near the butt end. (Hand spacing depends on the size of the person).
3. The top hand indicates whether the player is right or left handed. Allow the players to experiment to determine which hand feels more comfortable.
4. Bend the arm of the top hand.
5. Position the head of the stick slightly in front of the shoulder and at eye level.

### Common Faults

- Holding the stick with both arms hanging straight down, which results in the stick being parallel to the floor or the head pointing down.
- Holding the stick with one hand and the head of the stick resting on the floor.
- The Natural way to hold the stick is to let the arms hang. If this position becomes a habit, players find it very difficult maintaining the ready position while on the floor and end up missing many opportunities to maintain or gain possession of the ball.



# ENTRY LEVEL COACHES MANUAL

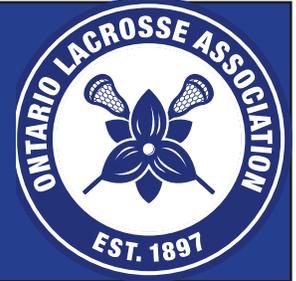
## Scooping

Scooping is the act of picking up the ball. Having both hands on the stick with the top hand at the throat of the stick will offer more stability and control when scooping.

1. Position the instep of the right foot beside the ball for right handers and 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. Both butts down!
3. Push off the back foot to accelerate through the ball.
4. Return to Ready position stick tucked into the body away from opponents.

### Common Faults

- Not getting stick low enough
- Not accelerating through the ball



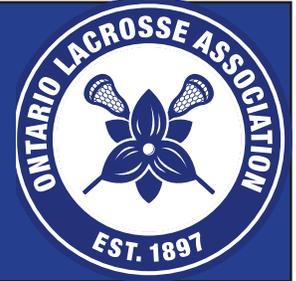
# ENTRY LEVEL COACHES MANUAL

## Trap and Scoop

1. Place the mouth of the stick on top of the ball.
2. Pull the stick back alongside the body, rolling the ball backwards.
3. Drop the mouth of the stick behind the rolling ball, allowing it to roll over the mouth of the stick.
4. Scoop as before and return to the ready position stick tucked in to the body away from opponents.

### Common Faults

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



# ENTRY LEVEL COACHES MANUAL

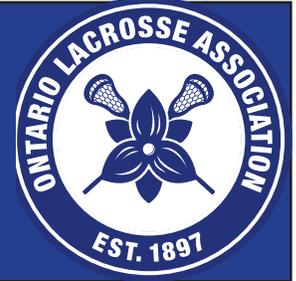
## Cradling & Carrying the Stick

When carrying the stick, the left arm (right handed players) is straight, thus positioning the head of the stick at shoulder height and the handle diagonally across the body. This is more comfortable and relaxed position than the ready position. When carrying the ball, the natural back and fourth movement of the arm will cause the ball to pop out of the stick. Cradling is the rolling of the wrists in sync, with the movement of the arms to keep the ball in the stick.

1. Keep the bottom hand loose to allow the shaft to rotate.
2. Place the top 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.

### Common Faults

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



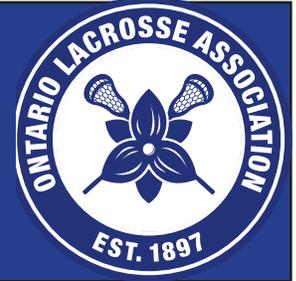
# ENTRY LEVEL COACHES MANUAL

## Catching

1. Start in the Ready Position and slide the top hand to the throat of the stick. As players become more comfortable catching they can gradually slide their top hand down.
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 all the way until it enters the stick.
4. Cushion the incoming ball by bringing the stick back to the Ready Position as the ball enters the stick.

### Common Faults

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



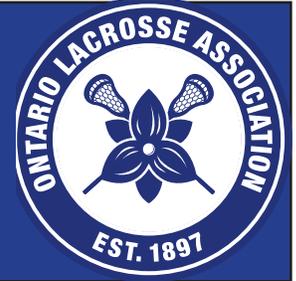
# ENTRY LEVEL COACHES MANUAL

## Throwing

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 throwing action by rotating the hips and shoulders while stepping onto the front foot.
4. Follow through in the direction of the target.

### Common Faults

- Hands too close together
- Hands too far apart
- Stepping with the wrong foot
- Not following through



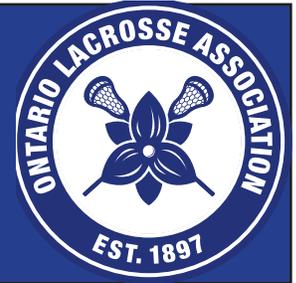
# ENTRY LEVEL COACHES MANUAL

## Shooting and Throwing Long Passes

1. To exert the force required for shooting and for throwing longer passes, use the larger 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 on the stick.

### Common Faults

- 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 the wrong foot.



# ENTRY LEVEL COACHES MANUAL

## Long Term Athlete Development (LTAD)

### [LTAD & Physical Literacy](#)

LTAD is a framework for systematically training and developing physical, mental, and emotional capacities in athletes according to scientifically-recognized principles and stages of human development. As a training, competition, and recovery model, it respects the natural stages of physical, mental, and emotional development in athletes.

Lacrosse for Life is a player development pathway that helps Canadian kids get into lacrosse, have fun, learn skills, and develop to their full potential over the long term. It's based on best practices in sport training and coaching from around the world, and it's our way of keeping lacrosse fun and safe for kids of all ages and sizes, even while we develop the champions of tomorrow.

The Canadian Lacrosse Association has produced this player development pathway in consultation with key members of the Canadian lacrosse community. Lacrosse for Life is a lacrosse-specific adaptation of the generic Long-Term Athlete Development (LTAD) model developed by Sport Canada and presented in the document Canadian Sport for Life. LTAD applies the most current international research in athlete development to the long-term task of developing athletes for championship performance. As an additional benefit, it also promotes greater participation for athletes of all abilities and wellness for a larger segment of Canadian society, regardless of whether or not an athlete chooses to pursue an elite or professional career.

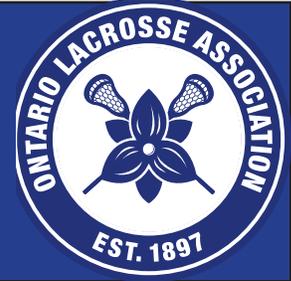
Resources: [\(Click for link\)](#)

[Lacrosse for life Overview](#)

[Lacrosse for Life Stages](#)

[Lacrosse for Life Box Stages](#)

SOURCE: [Canadian Lacrosse Association](#)



# ENTRY LEVEL COACHES MANUAL

## Physical Literacy

*“Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.”*

- The International Physical Literacy Association, May 2014

Physical Literacy creates a foundation to enable athletes to be active for life. By participating in age appropriate physical literacy activities athletes will develop skills, attitudes and confidence to engage in sport. This section is a guide of age appropriate physical literacy activities. It is recommended that coaches include physical literacy activities in each practice. Coaches should make sure they are observing for proper fundamental skill technique. Refer to active for life or [activeforlife.com](http://activeforlife.com) or [sportforlife.ca](http://sportforlife.ca) strategies.



# ENTRY LEVEL COACHES MANUAL

## RIVER BANK

**Suggested Age Group:**  
4-12years

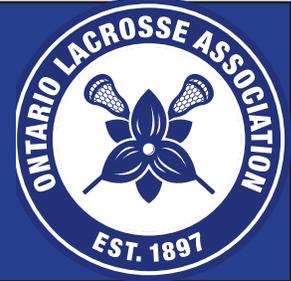
**Equipment:**  
Lacrosse Stick

### Skill Category

- dynamic balance
- coordination
- mental focus
- reaction time

### Instructions:

1. Lay a lacrosse stick on the ground.
2. Designate one side of the stick as the “river”. The other side is the “bank”.
3. When the coach says “river” the athletes must jump with both feet together to the “river” side, and vice versa for “bank”.
4. Try to trick the athletes by saying “river” when they are already on the “river” side or vice versa. They should not jump.
5. Switch between “river” and “bank” faster and faster to make the game more challenging.
6. In small groups, make it an elimination game. Eliminate athletes if they jump to the wrong side. Continue until there is one athlete left.



# ENTRY LEVEL COACHES MANUAL

## CRAB WALK

**Suggested Age Group:**  
5-12years

**Equipment:**  
none

### **Skill Category**

- balance
- coordination
- strength

### **Instructions:**

1. Demonstrate how to crab walk.
2. Squat on ground, place hands behind you, and lift your hips off the ground.
3. Start “walking” using hands and feet.
4. Play follow the leader as you crab walk.
5. Gently lift one leg off the ground and hold while maintaining position, switch sides and repeat.
6. With hips off the ground, right hand reaches up and grabs the left foot at the highest position, release switch sides.
7. Have a crab walk race over a short distance.



# ENTRY LEVEL COACHES MANUAL

## BEAR WALK

**Suggested Age Group:**  
5-8years

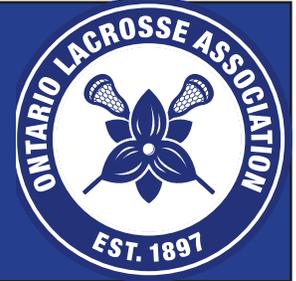
**Equipment:**  
painted line on floor

### **Skill Category**

- balance
- coordination
- strength

### **Instructions:**

1. Demonstrate how to crawl like a bear. Knees do not touch the ground.
2. Find a line on the floor.
3. Crawl along the line on the ground like a tightrope in the circus. Feet and hands must stay on the line.
4. Slowly lift one arm off the ground, switch and repeat.
5. Slowly lift right arm and left leg off the ground, hold, repeat on the other side.
6. Move side to side on the command of the coach.
7. Have a bear walk race over a short distance.



# ENTRY LEVEL COACHES MANUAL

## STANDING BROAD JUMP

**Suggested Age Group:**  
5-6years

**Equipment:**  
Lacrosse Stick

### **Skill Category**

- dynamic balance
- coordination
- strength

### **Instructions:**

1. Lay a lacrosse stick on the ground.
2. Have athletes stand behind the stick, feet together, with toes touching the stick.
3. Show athletes how to jump, bending at knees, bent arms reaching downwards and back, and then throwing arms upwards as you spring forward with feet together.
4. Show athletes how to land with feet shoulder width apart, and knees aligned above feet.
5. Jump with one foot only, then jump with other foot to develop ambidexterity.



# ENTRY LEVEL COACHES MANUAL

## TAG

**Suggested Age Group:**  
5-12years

**Equipment:**  
open space

### Skill Category

- coordination of legs, arms and torso
- dynamic balance
- speed

### Instructions:

1. Define boundaries for the tag area.
2. Play tag with one person who is “it” and tries to tag another athlete.
3. Make the area small enough that players cannot simply run away. It should be possible for the person who is “it” to corner one of the other athletes.
4. With the right size area, players are forced to move quickly side-to-side to duck the tag. This builds foot speed and agility.



# ENTRY LEVEL COACHES MANUAL

## STANDING EXERCISES

**Suggested Age Group:**  
5-12years

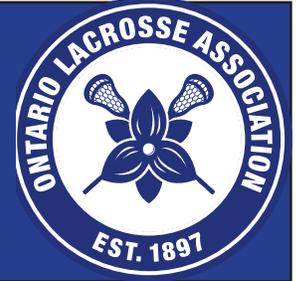
**Equipment:**  
None

### **Skill Category**

- balance
- dynamic balance

### **Instructions:**

1. Stand on one foot for 10 seconds repeat on other foot, repeat move the free leg in front, back, and side.
2. Stand on one foot for 10 seconds repeat on other foot, repeat move arms in different directions.
3. Stand on one foot while catching and throwing a ball to a partner.
4. Stand on one foot for 10 seconds, then dynamically jump in the air and land on the other foot, balance for 10 seconds, then repeat.
5. Standing on one foot, jump back & forth
6. Standing on one-foot jump side to side alternating feet in skating motion (skate jump)
7. Startomg on one foot, leap forward as far as possible landing on the other foot, repeat.



# ENTRY LEVEL COACHES MANUAL

## FOOTWORK TIMING

**Suggested Age Group:**  
7-12years

**Equipment:**  
None

### **Skill Category**

- sense of rhythm

### **Instructions:**

1. Running over a short distance with short choppy steps.
2. Running with hard foot strikes to the ground. (ground force application.)
3. Running with high knees.
4. Skipping in multiple directions: forward, side to side, backwards and in circles.



# ENTRY LEVEL COACHES MANUAL

## LADDER DRILLS

**Suggested Age Group:**  
5-12years

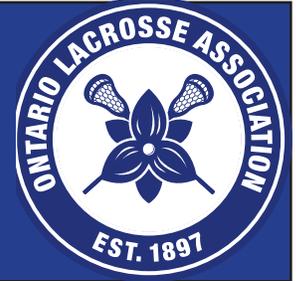
**Equipment:**  
Multiple lacrosse sticks

**Skill Category**

- dynamic balance
- coordination

**Instructions:**

1. Lay multiple lacrosse sticks down on the ground with roughly 10 inches of space between sticks.
2. Athletes run through ladder in a variety of ways
  - straight run
  - hop two feet
  - hop one foot
  - jumping jacks
  - other variations



# ENTRY LEVEL COACHES MANUAL

## MIRROR, MIRROR

**Suggested Age Group:**  
5-12years

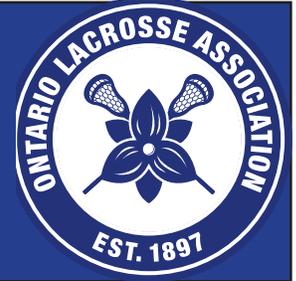
**Equipment:**  
Multiple lacrosse sticks

### **Skill Category**

- reaction time
- coordination
- speed

### **Instructions:**

1. Show athletes the movement options.
  - shuffle side to side
  - running forward
  - back peddling
2. Form two lines of athletes approximately 2 feet apart
3. Designate one line that will dictate the movements and the other that reacts (mirrors)
4. Pair steps out one set a time and mirrors for approximately 10 to 15 seconds.



# ENTRY LEVEL COACHES MANUAL

## Skill Development Drills

This section outlines drills to work on the fundamental skills of lacrosse and game situational activities. Coaches can use these to create practice plans, to work on specific skills or use as a reference for the practice plans found in this manual.



# ENTRY LEVEL COACHES MANUAL

## Coach Hand Toss

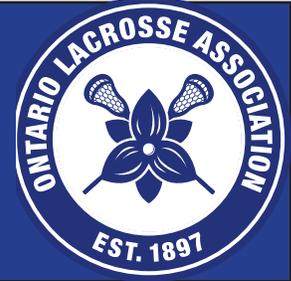
(Tyke)

### Objective

- Practicing the fundamentals of catching while stationary and moving. Stick up, proper hand position, watching ball into stick, and cushioning ball once into the stick.
- Catching a bouncing ball.

### Instructions:

1. In a small group 3-5 per coach have athletes form a semi-circle around the coach. The coach will have 1 ball per athlete and toss the ball to each athlete's stick by their ear. Athlete rolls ball back to coach.
2. Have the same small group line up single file 8-10 feet away from coach. On command athlete will run towards the coach who will toss the ball for athletes to catch. Athletes roll ball back.
3. In single file line 8-10 feet away from the coach. On command athlete will run towards the coach who will bounce the ball for athletes to catch.



# ENTRY LEVEL COACHES MANUAL

## 1 vs 1 LB (loose ball)

(Tyke, Novice, Peewee)

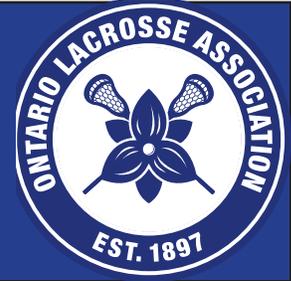
### Objective:

- Scooping, rolling ball, cradling, agility, shooting, and catching.
- Scooping, use body to shield out opponent from ball, proper hand position, cradling, shooting, and safe stick/ trail checks.

### Instructions:

1. Create 2 lines of athletes standing side by side.
2. The coach will roll a ball out in front of the two athletes who will race and compete to pick up the ball.
3. The athlete who picks up the ball will run towards the goal for a shot and the other athlete will try and dislodge the ball.

SKILL DEVELOPMENT DRILLS



# ENTRY LEVEL COACHES MANUAL

## Box Passing Drill

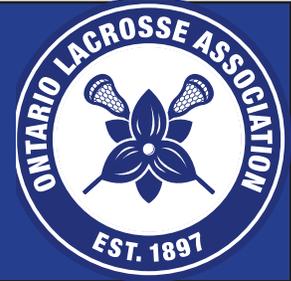
(Novice/Peewee)

### Objective:

- to pass the ball while on the run
- work on catching ball from different angle.

### Instructions:

1. Set up 4 equal lines. 2 in opposite corners of floor and 2 on the boards at the hockey blue line)
2. Start the ball in one line.
3. Athletes will run towards one line and pass the ball.
4. The pass receiver will run towards the next corner of the square and pass.
5. The shooter fills the line they passed two.
6. Continue this in a clockwise motion
7. Change directions to counter clockwise
8. Option to add a second ball



# ENTRY LEVEL COACHES MANUAL

## Bull in the Ring

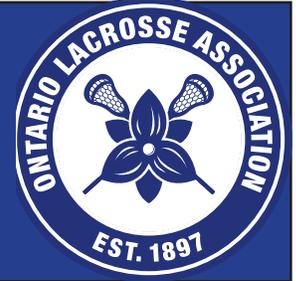
(Tyke, Novice)

### Objective:

- Practicing the defensive tactic of sliding towards ball carrier to close off a lane.
- Getting your body in front of ball carrier.

### Instruction:

1. Place 5-6 athletes in a circle about 2-3 feet apart.
2. Place one athlete in the middle with a ball. This athlete will try and carry the ball outside of the circle.
3. Athletes in the circle will shuffle together and deny an exit lane for the athlete with the ball.
4. Switch athletes in the middle periodically.



# ENTRY LEVEL COACHES MANUAL

## Coach Give and Go

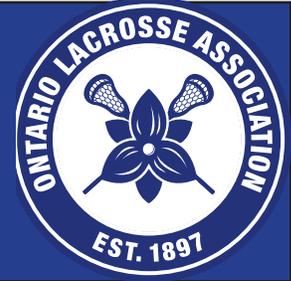
(Tyke, Novice, Peewee)

### Objective:

- passing, catching and shooting

### Instructions:

1. Athletes form two lines. One for left handers and one for right handers.
2. Athlete passes to coach, then runs towards goal, then receives pass from coach and then shoots on goal.



# ENTRY LEVEL COACHES MANUAL

## Coach Hand Toss

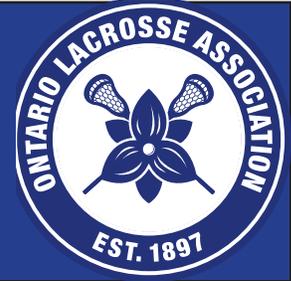
(Tyke)

### Objective:

- Practicing the fundamentals of scooping (get low, proper hand position)
- Cradling with the ball in the stick.

### Instructions:

1. In a small group 3-5 per coach have athletes form a semi-circle around the coach. The coach will have 1 ball per athlete and roll the ball to each athlete. Athlete will scoop ball and roll ball back to coach.
2. Have the same small group line up single file 8-10 feet away from coach. On command athlete will run towards the coach who will roll the ball for athletes to scoop while moving.



# ENTRY LEVEL COACHES MANUAL

## Don't Throw Your Junk In My Backyard

(Tyke, Novice)

### Objective:

- Scooping, carrying the ball, and rolling the ball.

### Instructions:

1. Split athletes into two equal teams and designate half a floor per team.
2. Distribute the same number of balls to each team.
3. In between the restraining lines will be a dead zone that no athlete can enter.
4. On command have athletes scoop and roll ball to the opposite end.
5. After 2 minutes of continuous play stop and count the number of balls at each end.

SKILL DEVELOPMENT DRILLS



# ENTRY LEVEL COACHES MANUAL

## Duracell Drill

(Tyke, Novice, Peewee)

### Objective:

- Scooping, body position, cradling, dodging, agility, shooting
- defensive positioning
- endurance as it may continue for multiple possessions.

### Instructions:

1. Split athletes into two teams.
2. First two athletes on each team compete to score on the goal when coach rolls a ball out. Athletes do not stop competing until someone scores.
3. Variations
  - Add multiple groups at the same time (forces them to be aware of players around them).
  - Keep score between teams (first to \_\_ wins)



# ENTRY LEVEL COACHES MANUAL

## Half floor: 2 on 1 / 3 on 2

(Novice, Pee wee)

### Objective:

- Practicing offensive odd man opportunities

### Instructions:

1. 2 lines at the restraining line. One left handed shot and one right handed shot
2. Set up one defender at the top of the dotted line
3. One line starts with ball, they attack 2 on 1 at the net
4. Line that starts with ball reacts after shot is taken to become the next defender
5. Switch the side the ball starts on through out the drill
6. Encourage to react quickly to defence and run hard back to line

### 3 on 2 option:

1. Add a third line in the middle and a second defender
2. Ball starts in the middle
3. Athletes attack 3 on 2
4. Outside shooters become next defenders, defenders and middle athlete run on outside of drill to fill lines



# ENTRY LEVEL COACHES MANUAL

## Off Ball 3 Station Cutting

(Novice, Peewee)

### Objective:

- Work on the offensive principles of: passing the ball low, V-cuts, sealing defenders, timing your cuts off ball, shooting on the run

### Instructions:

1. Create two lines on the same side of the floor. (on ball side)
2. On opposite side of floor create 3 lines high, middle and low (off ball side).
3. Give each off ball line a number.
4. Ball starts in the high on ball line. Athlete with ball passes to the first athlete in the low line.
5. After passing low athlete v-cuts and seals for low line (athlete who received pass) will look to off ball side for cutter.
6. Coach stands beside the low on ball line and as pass is received will hold up a finger (one, two or three). This triggers which line off ball cuts
7. The off ball player cuts and then shoots on goal



# ENTRY LEVEL COACHES MANUAL

## Opposite Wall LB

(Tyke, Novice, Peewee)

### Objective:

- Practicing the fundamentals of scooping on the run.
- Cradling with the ball in the stick.
- Passing and shooting on the run.

### Instructions:

1. Line athletes up single file against one of the side boards. Each athlete will have a ball that they will give to the coach when it is their turn.
2. The coach will roll the ball over to the opposite wall, the 1<sup>st</sup> athlete will run after the loose ball, scoop it up and run in for a shot. (emphasis should be to get on the proper side of the floor when shooting).
3. Progression: 1<sup>st</sup> athlete scoops up the ball while the 2<sup>nd</sup> athlete cuts to the net and receives pass from the 1<sup>st</sup> athlete.



# ENTRY LEVEL COACHES MANUAL

## Partner Passing

(Novice, Peewee)

### Objective:

- Practicing to, receive pass with stick in the air, proper hand position (top hand near throat), watching the ball into the stick, cushioning ball once in the stick.
- passer practices using over hand throwing method, proper hand position, stepping with opposite foot, follow through towards the target.

### Instructions:

1. Each athlete finds a partner that they can play catch with. Split partners into 2 groups (1 and 2) group 1 lines up on the left side of the floor and group 2 lines on the right side of the floor 8-10 feet across from their partner. (make sure there is space between the persons beside you. Partners pass back and forth taking turns passing and catching.
2. Move athletes closer together (5-6 feet) and work on getting the ball in out of stick quicker. (cushion pass and push ball out right away)

SKILL DEVELOPMENT DRILLS



# ENTRY LEVEL COACHES MANUAL

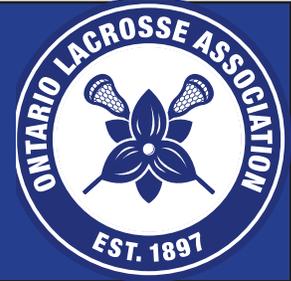
## Pass Down Pick Down

(Novice, Pee wee)

### Objective:

- Work on the offensive principles of: passing the ball low, V-cuts, sealing defenders, shooting around the seal, opening to the ball when rolling off seals, passing to the roller.

1. Create two lines on the same side of the floor. One line up high and one line up low just off the increase in the offensive end.
2. Ball starts in the high line. Athlete with ball passes to the first athlete in the low line.
3. After passing low athlete v-cuts and seals for low line (athlete who received pass) to come around and shoot.
4. Sealer opens up to ball carrier and rolls to the net.
5. Athletes go to opposite line
6. Progression for Pee wee:
  - Athlete who receives pass, then passes to sealer who has opened up to the ball



# ENTRY LEVEL COACHES MANUAL

## Popcorn

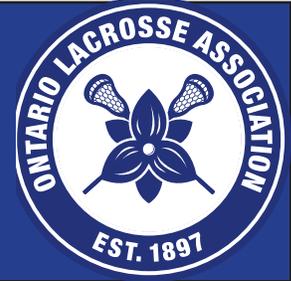
(Tyke, Novice, Peewee)

### Objective:

- Practicing stick protection, cradling, and agility.
- Teaching safe/ well timed stick checks.

### Instructions:

1. Have athletes line up on end line with a ball in their stick. Define an opposite target line the athletes will try and reach with ball in stick (center floor/ restraining line).
2. Coaches will stand in middle and try and pop ball out of the athletes stick as the run to opposite target line. Players who lose ball during the drill will assist coaches in next round.
3. Repeat until one player is left.



# ENTRY LEVEL COACHES MANUAL

## Shoot with Chaser

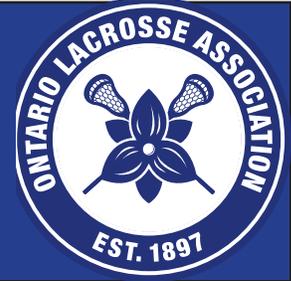
(Tyke, Novice, Peewee)

### Objective:

- Shooting on the run
- Stick protection from chaser
- Practicing the timing of safe stick checks

### Instructions:

1. Athletes form two lines. Outside line will start on their proper side of the floor with a ball in their stick.
2. The athletes in the inside line will be 2-3 feet behind the outside line without a ball in their stick.
3. The outside line will take off towards the goal attempting to get a shot on the net. The inside line reacts to the outside line taking off and attempt to dislodge the ball from the offensive players stick.



# ENTRY LEVEL COACHES MANUAL

## Showdown

(Tyke, Novice, Peewee)

### Objective:

- Practicing cradling and shooting on the run with proper technique.

### Instructions:

1. Athletes form a line at centre.
2. Each athlete runs towards the goal and tries to score on the goaltender.
3. Emphasize that athletes should start out on their proper side and come across the net to get the goaltender moving side to side.
4. Create an elimination competition to declare a winner.



# ENTRY LEVEL COACHES MANUAL

## Shuttle Drills

(Tyke, Novice, Peewee)

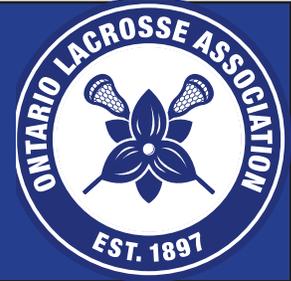
### Objective:

- Scooping, rolling ball, cradling, agility, shooting, and catching.

### Instructions:

1. Split a small group of athletes (5-6) into two single file lines.
2. Have the first person in each group facing the opposite line.
3. The first person in line 1 starts the drill by scooping up a loose ball and rolling to first person in line 2 and then proceeds to the back of line 2. This cycle continues repeatedly between the two lines.
4. There are various progressions you can use for shuttle drills such as:
  - Scoop ball up and then set ball down. (stationary scooping)
  - Scoop ball up and roll ball to opposite line.
  - Scoop ball up and spin with ball in stick, set ball down or roll to opposite line.
  - Pass ball in the air.

SKILL DEVELOPMENT DRILLS



# ENTRY LEVEL COACHES MANUAL

## Snake Shooting

(Tyke, Novice, Peewee)

### Objective:

- shooting on the run
- reacting back to defence

### Instructions:

1. Line athletes up on proper side at restraining line.
2. Each athlete has a ball.
3. First line one athlete after another will carry the ball down the boards and cut across to the middle at the top of the dotted line for a shot on the run.
4. After shot have athlete react/run back to restraining line
5. Opposite line goes.
6. Progression: line up athletes in the corner and follow steps 3-5



# ENTRY LEVEL COACHES MANUAL

## Three Person Weave

(Novice, Peewee)

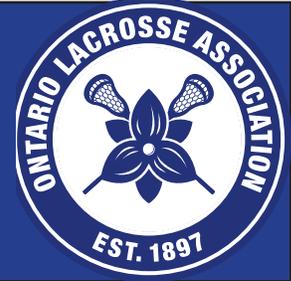
### Objective:

- passing, catching
- shooting while on the run

### Instructions:

1. Create three lines at center floor. One line of left handed athletes (right side of floor), one line of right hand athletes (left side of floor), and a middle line (left and right-handed athletes).
2. Ball starts in the middle and pass to their natural side. (left hands past to left handers)
3. Athlete will follow their pass.

SKILL DEVELOPMENT DRILLS



# ENTRY LEVEL COACHES MANUAL

## Tidy Floor

(Tyke)

### Objective:

- Practicing the fundamentals of scooping (get low, proper hand position) and cradling with the ball.

### Instructions:

1. Gather all balls into a bag or bucket.
2. Station all players in a circle.
3. Toss/ spread all balls out in a large area.
4. Have athletes retrieve all balls (tidy the floor) as fast as they can and return to bag or ball.
5. One ball at a time.
6. Time the exercise to encourage speed.

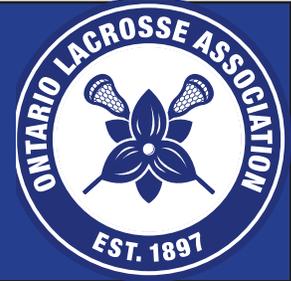


# ENTRY LEVEL COACHES MANUAL

## Practice Plans

Things to consider when designing a practice plan:

- List the drills and skills you want to work on (refer to sample practice plan)
- Incorporate all your coaches/ helpers
- Use time wisely. Make sure there is not idle time for athletes. Set up drills quickly and flow from one to the next
- Maximize individual reps and limit standing around time
- Use groups, stations and rotate them through
- Small groups per station (5-7 athletes)
- Stations length should be 5-6 minutes
- Utilize your space to run various stations/ drills
- Identify key skills, give instruction let them try, refine if necessary and allow them to try again
- Create natural progressions. i.e. Passing and catching standing still then progressing to passing and catching on the run. Give them time to master before progressing
- Incorporate drills that use multiple skills to make good use of limited time
- 95% should be spent on individual skills and no more than 5% on team tactics
- Stations should be FUN i.e. relays, competitions, races
- Warm-up for 5-6 minutes at the beginning of each session
- Incorporate Physical Literacy activities
- Free play for 5-6 minutes at the end of each practice
- Schedu



# ENTRY LEVEL COACHES MANUAL

## Practice Plans

### Station Base Activities:

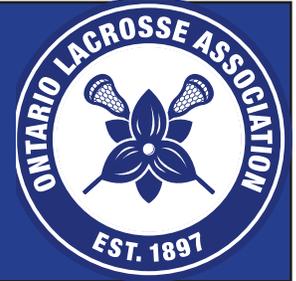
Stations are a great way to keep players moving, engaged and maximizing their repetitions. When creating stations, it is important that each station represents a skill or fundamental element of lacrosse or athlete development. Create the number of stations based on the amount of coaches and space available. At the end of each station encourage hydration.

### Dynamic Warm-up:

Research supports that a dynamic warm-up benefits the body and can help make you a better athlete. When creating a practice plan, it is important to set time for a dynamic warm up. Prior to doing a dynamic warm up have athletes complete a light activity to get the heart rate elevated. Improving Physical Literacy at this age is paramount; try to include running, hopping, twisting, jumping, turning, stopping, starting, and balance exercises in your warm-up.

Examples:

- high knees/knee hugs
- butt Kicks/leg kicks
- lunges/squats
- hopping on one foot/ hopping on other foot/ hopping on both feet
- lateral shuffles/ back pedalling
- arm/leg swings



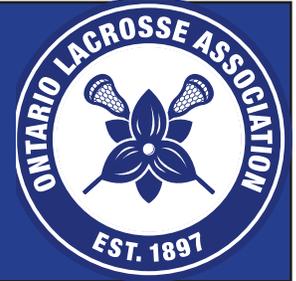
# ENTRY LEVEL COACHES MANUAL

## Practice Plans

### Safety:

Always include Safety in your practice. Below are some suggestions to keep the practice environment safe.

- Check the surface for wet spots, when giving water breaks make sure players drink on bench. If water is on the cement it becomes slippery and very dangerous.
- Close open doors. Doors left open have the potential to cause serious injury if players are hit or fall into them.
- Pick up loose balls off the floor during drills. If stepped on by players knee and ankle injuries can occur.
- Match player by skill and size. Avoid having the biggest athlete checking the smallest athlete.
- Be informed if checking is permitted in your league. If so demonstrate safe checking practices, no stick or body contact on opposing athletes back, neck or head.
- Slashing is not permitted.



# ENTRY LEVEL COACHES MANUAL

## Sample Practice Plan Template

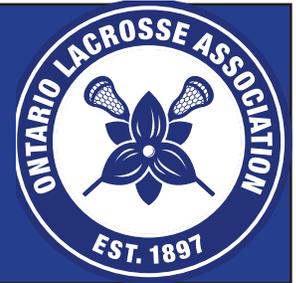
| Date:              | Time:             | Location:    |
|--------------------|-------------------|--------------|
| Time               | Activity or Drill | Key Elements |
|                    |                   |              |
|                    |                   |              |
|                    |                   |              |
|                    |                   |              |
|                    |                   |              |
|                    |                   |              |
|                    |                   |              |
|                    |                   |              |
| Things to work on: |                   |              |



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 1

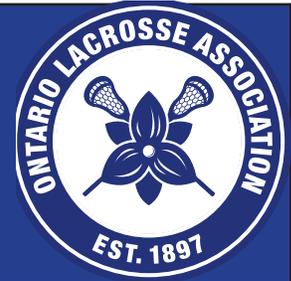
| Duration | Activity or Drill  | Key Elements   |
|----------|--|--|
| 5 min    | Coach Hand Toss <ul style="list-style-type: none"> <li>• Stationary</li> <li>• Moving towards coach</li> <li>• Bouncing ball</li> </ul>                                  | <ul style="list-style-type: none"> <li>• Stick up in the air (present a target)</li> <li>• Proper hand positioning (Top hand near throat)</li> <li>• Keep eye on the ball</li> <li>• Cushion stick back as ball enters.</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>  | <ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>  |
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Stationary pick up</li> <li>• Roll to opposite line</li> <li>• Moving pick up and add spin</li> </ul> | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> </ul>   |
|          | Hydration break  | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>  |
| 5 min    | Tidy Floor   | <ul style="list-style-type: none"> <li>• Scooping</li> <li>• Cradling</li> </ul>   |
| 5 min    | Coach Give and Go  | <ul style="list-style-type: none"> <li>• Stick up by ear when passing and catching</li> <li>• Step with opposite foot</li> <li>• Follow through</li> </ul>   |



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 1

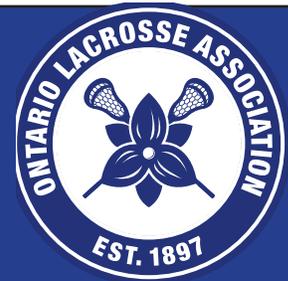
| Duration           | Activity or Drill                       | Key Elements  |
|--------------------|---|---|
| 5 min              | River Bank (Physical Literacy Activity) | <ul style="list-style-type: none"><li>• Stick on the floor</li><li>• Listen carefully for instructions</li></ul>        |
|                    | Hydration break                         | <ul style="list-style-type: none"><li>• Step into benches</li></ul>   |
| 5 min              | 1 vs 1 Loose Ball                       | <ul style="list-style-type: none"><li>• Body position</li><li>• Scooping technique</li><li>• Safe stick check</li></ul> |
| 5 min              | Don't Throw Your Junk In My Backyard    | <ul style="list-style-type: none"><li>• Proper techniques for scooping, rolling the ball, cradling</li></ul>            |
| 5 min              | Free Play                               | <ul style="list-style-type: none"><li>• Monitor for safety</li></ul>  |
| Things to work on: |   |   |



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 2

| Duration | Activity or Drill  | Key Elements   |
|----------|--|--|
| 5 min    | Coach Hand Toss <ul style="list-style-type: none"> <li>• Stationary</li> <li>• Moving towards coach</li> <li>• Bouncing ball</li> </ul>                                  | <ul style="list-style-type: none"> <li>• Stick up in the air (present a target)</li> <li>• Proper hand positioning (Top hand near throat)</li> <li>• Keep eye on the ball</li> <li>• Cushion stick back as ball enters.</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>  | <ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>  |
| 5 min    | Relay Race <ul style="list-style-type: none"> <li>• weave through cones</li> </ul>   | <ul style="list-style-type: none"> <li>• Work on power cradle</li> <li>• Work on ready position cradle</li> </ul>  |
|          | Hydration break  | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game  |  |
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Stationary pick up</li> <li>• Roll to opposite line</li> <li>• Moving pick up and add spin</li> </ul> | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> </ul>   |

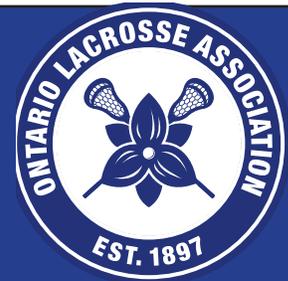


# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 2

| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
|          | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>  |
| 5 min    | Coach Give and Go <ul style="list-style-type: none"><li>• Out of the corner</li></ul>         | <ul style="list-style-type: none"><li>• Stick up by ear when passing and catching</li><li>• Step with opposite foot</li><li>• Follow through</li></ul>               |
| 5 min    | Standing Broad Jump<br>(Physical Literacy)  | <ul style="list-style-type: none"><li>• Demonstrate proper jumping technique</li><li>• Show athletes how to land</li><li>• Use Lacrosse Stick on the floor</li></ul> |
| 5min     | Snake Shooting <ul style="list-style-type: none"><li>• High</li><li>• Out of corner</li></ul> | <ul style="list-style-type: none"><li>• Have stick up and ready</li><li>• Step with proper foot</li><li>• React out to restraining line</li></ul>                    |
| 5 min    | Popcorn   | <ul style="list-style-type: none"><li>• Cradling</li><li>• Stick protection</li><li>• Safe stick checks</li></ul>  |
| 5 min    | Free Play   | <ul style="list-style-type: none"><li>• Monitor for safety</li></ul>   |

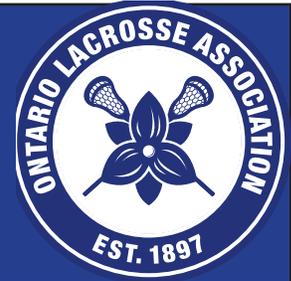
Things to work on:



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 3

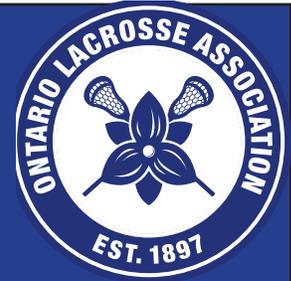
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Coach Stick Toss <ul style="list-style-type: none"> <li>• Stationary</li> <li>• Moving towards coach</li> <li>• Bouncing ball</li> </ul>                                | <ul style="list-style-type: none"> <li>• Stick up in the air (present a target)</li> <li>• Proper hand positioning (Top hand near throat)</li> <li>• Keep eye on the ball</li> <li>• Cushion stick back as ball enters.</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>  |
| 5 min    | Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>  | <ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul>   |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Bear Walk (physical literacy) <ul style="list-style-type: none"> <li>• Work through progressions</li> <li>• End with a race</li> </ul>                                  | <ul style="list-style-type: none"> <li>• Knees do not touch ground</li> </ul>  |



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 3

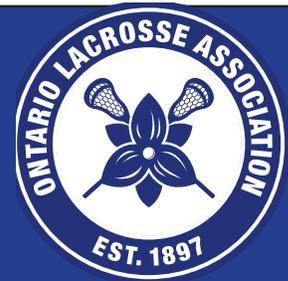
| Duration           | Activity or Drill   | Key Elements  |
|--------------------|---|---|
| 5 min              | Opposite Wall LB <ul style="list-style-type: none"><li>From coach</li></ul> | <ul style="list-style-type: none"><li>Get low when scooping</li><li>Keep hands wide</li><li>Tuck in while running</li><li>Keep stick high when shooting</li></ul> |
|                    | Hydration break   | Step into benches   |
| 5 min              | Shoot with a Chaser   | <ul style="list-style-type: none"><li>Protect stick from chaser (shooter)</li><li>Time safe stick checks (chaser)</li></ul>                                       |
| 5 min              | Don't Throw Your Junk In My Backyard  | <ul style="list-style-type: none"><li>Proper techniques for scooping, rolling the ball, cradling</li></ul>  |
| 5 min              | Duracell Drill  | <ul style="list-style-type: none"><li>Head up</li><li>Ends when one athlete scores</li></ul>  |
| 5 min              | Free Play   | Monitor for safety  |
| Things to work on: |   |   |



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 4

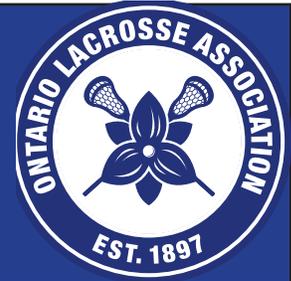
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Coach Stick Toss <ul style="list-style-type: none"> <li>• Stationary</li> <li>• Moving towards coach</li> <li>• Bouncing ball</li> </ul>                                | <ul style="list-style-type: none"> <li>• Stick up in the air (present a target)</li> <li>• Proper hand positioning (Top hand near throat)</li> <li>• Keep eye on the ball</li> <li>• Cushion stick back as ball enters.</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>  |
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Stationary pick up</li> <li>• Roll to opposite line</li> <li>• Pass in the air</li> </ul>            | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>   |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Ladder Drills (physical literacy)   | <ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>   |



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 4

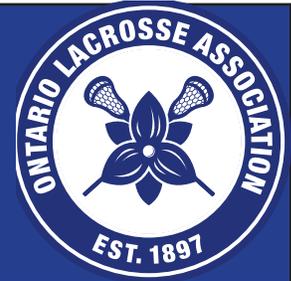
| Duration           | Activity or Drill  | Key Elements   |
|--------------------|--|--|
| 10 min             | Introduction to Line Changes<br>1 <sup>st</sup> & 3 <sup>rd</sup> Period <ul style="list-style-type: none"> <li>• Defence</li> <li>• Offence</li> <li>• All 5 run off</li> </ul> 2 <sup>nd</sup> Period <ul style="list-style-type: none"> <li>• Offence</li> <li>• Defence</li> <li>• Change</li> </ul> | <ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• Explain, model, athletes walk through it, practice live with an imaginary ball</li> </ul> |
|                    | Hydration break  | Step into benches  |
| 5 min              | Coach Give and Go <ul style="list-style-type: none"> <li>• Out of the corner</li> </ul>  | <ul style="list-style-type: none"> <li>• Stick up by ear when passing and catching</li> <li>• Step with opposite foot</li> <li>• Follow through</li> </ul>                         |
| 5 min              | 1 vs 1 Loose Ball  | <ul style="list-style-type: none"> <li>• Body position</li> <li>• Scooping technique</li> <li>• Safe stick check</li> </ul>  |
| 5 min              | Free Play  | Monitor for safety   |
| Things to work on: |  |  |



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 5

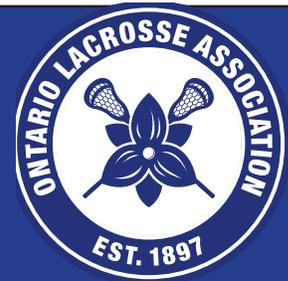
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>  | <ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>  |
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Stationary pick up</li> <li>• Roll to opposite line</li> <li>• Pass in the air</li> </ul>            | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>               |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 5

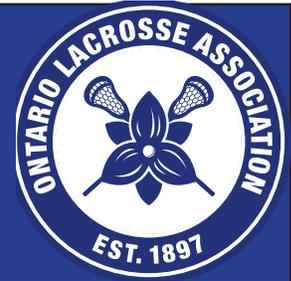
| Duration           | Activity or Drill   | Key Elements  |
|--------------------|---|---|
| 5 min              | Review Line Changes   |   |
| 5 min              | Crab Walks (Physical Literacy Activity) <ul style="list-style-type: none"><li>• Practice</li><li>• Followed by race</li></ul> | <ul style="list-style-type: none"><li>• Work on technique</li><li>• Challenge them to lift arm/leg</li></ul>  |
| 10 min             | House Defence <ul style="list-style-type: none"><li>• Players line up in 5 positions</li></ul>                                | <ul style="list-style-type: none"><li>• See tactical skills for instructions</li><li>• Explain, model, athletes walk through it, practice live while coach has ball</li></ul> |
|                    | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>   |
| 5 min              | Show Down   | <ul style="list-style-type: none"><li>• Run in hard</li><li>• Shoot ball hard</li></ul>   |
| 5 min              | Free Play   | Monitor for safety  |
| Things to work on: |   |   |



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 6

| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Stationary pick up</li> <li>• Roll to opposite line</li> <li>• Pass in the air</li> </ul>            | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>                   |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>  |
| 5 min    | Opposite Wall LB <ul style="list-style-type: none"> <li>• From coach</li> </ul>   | <ul style="list-style-type: none"> <li>• Get low when scooping</li> <li>• Keep hands wide</li> <li>• Tuck in while running</li> <li>• Keep stick high when shooting</li> </ul> |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Bull in the Ring  | <ul style="list-style-type: none"> <li>• Slide together to close gaps</li> </ul>   |

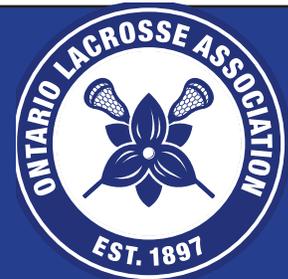


# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 6

| Duration | Activity or Drill   | Key Elements  |
|----------|---|---|
| 5 min    | Review House Defence  | <ul style="list-style-type: none"><li>• Use bull in the ring to help review</li></ul>   |
| 5 min    | River Bank (Physical Literacy Activity)   | <ul style="list-style-type: none"><li>• Stick on the floor</li><li>• Listen carefully for instructions</li></ul>                                  |
|          | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>   |
| 10 min   | Offensive Concept: Give and Go  | <ul style="list-style-type: none"><li>• Stick high, Aim for target</li><li>• Present target</li></ul>   |
| 5min     | Snake Shooting <ul style="list-style-type: none"><li>• High</li><li>• Out of corner</li></ul> | <ul style="list-style-type: none"><li>• Have stick up and ready</li><li>• Step with proper foot</li><li>• React out to restraining line</li></ul> |
| 5 min    | Free Play   | Monitor for safety  |

Things to work on:



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 7

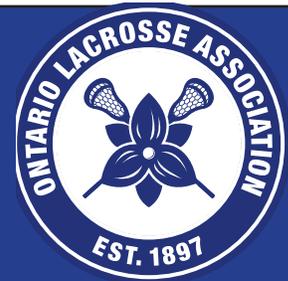
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>  | <ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul>     |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>  |
| 5 min    | Opposite Wall LB <ul style="list-style-type: none"> <li>• From coach</li> </ul>   | <ul style="list-style-type: none"> <li>• Get low when scooping</li> <li>• Keep hands wide</li> <li>• Tuck in while running</li> <li>• Keep stick high when shooting</li> </ul> |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Review Give and Go  |  |
| 5 min    | Ladder Drills (physical literacy)   | <ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>   |



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 7

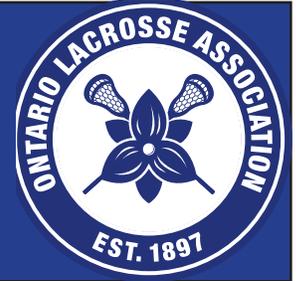
| Duration           | Activity or Drill   | Key Elements  |
|--------------------|---------------------|---|
|                    | Hydration break     | <ul style="list-style-type: none"><li>• Step into benches</li></ul>   |
| 5 min              | 1 vs 1 Loose Ball   | <ul style="list-style-type: none"><li>• Body position</li><li>• Scooping technique</li><li>• Safe stick check</li></ul>         |
| 5 min              | Tidy Floor          | <ul style="list-style-type: none"><li>• Scooping</li><li>• Cradling</li></ul>   |
| 5 min              | Shoot with a Chaser | <ul style="list-style-type: none"><li>• Protect stick from chaser (shooter)</li><li>• Time safe stick checks (chaser)</li></ul> |
| 5 min              | Free Play           | Monitor for safety  |
| Things to work on: |                     |   |



# ENTRY LEVEL COACHES MANUAL

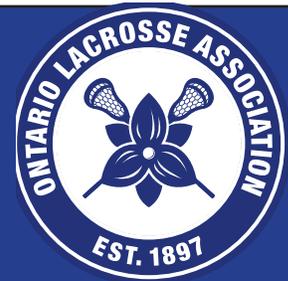
## Tyke Practice Plan 8

| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Partner Passing   | <ul style="list-style-type: none"> <li>• Proper technique for passing and catching</li> </ul>  |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>  |
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Stationary pick up</li> <li>• Roll to opposite line</li> <li>• Pass in the air</li> </ul>            | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul> |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Standing Exercises (physical literacy)  | <ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>   |
| 5 min    | Review Line Changes   | <ul style="list-style-type: none"> <li>• Live practice without ball</li> </ul>   |



## Tyke Practice Plan 8

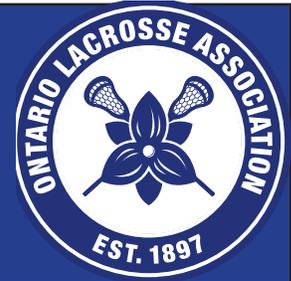
| Duration           | Activity or Drill  | Key Elements  |
|--------------------|--|---|
|                    | Hydration break  | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>   |
| 5min               | Snake Shooting <ul style="list-style-type: none"> <li>• High</li> <li>• Out of corner</li> </ul> | <ul style="list-style-type: none"> <li>• Have stick up and ready</li> <li>• Step with proper foot</li> <li>• React out to restraining line</li> </ul> |
| 5 min              | Duracell Drill   | <ul style="list-style-type: none"> <li>• Head up</li> </ul>   |
| 5 min              | Show Down  | <ul style="list-style-type: none"> <li>• Run in hard</li> <li>• Shoot ball hard</li> </ul>  |
| 5 min              | Free Play  | Monitor for safety  |
| Things to work on: |  |   |



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 9

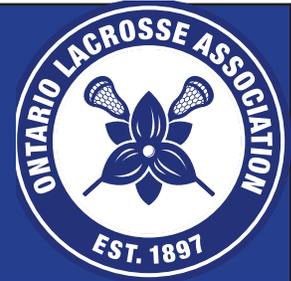
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>  | <ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>  |
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Stationary pick up</li> <li>• Roll to opposite line</li> <li>• Pass in the air</li> </ul>            | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>               |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Tag (physical literacy)   | <ul style="list-style-type: none"> <li>• No sticks</li> </ul>  |
| 5 min    | Review House Defence  | <ul style="list-style-type: none"> <li>• Live practice coach with ball</li> </ul>  |



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 9

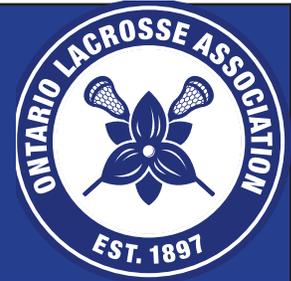
| Duration           | Activity or Drill              | Key Elements  |
|--------------------|--------------------------------|---|
|                    | Hydration break                | <ul style="list-style-type: none"><li>• Step into benches</li></ul>   |
| 5 min              | Shoot with a Chaser            | <ul style="list-style-type: none"><li>• Protect stick from chaser (shooter)</li><li>• Time safe stick checks (chaser)</li></ul>   |
| 5 min              | Tidy Floor                     | <ul style="list-style-type: none"><li>• Scooping</li><li>• Cradling</li></ul>   |
| 5 min              | Opposite Wall LB<br>From coach | <ul style="list-style-type: none"><li>• Get low when scooping</li><li>• Keep hands wide</li><li>• Tuck in while running</li><li>• Keep stick high when shooting</li></ul> |
| 5 min              | Free Play                      | Monitor for safety  |
| Things to work on: |                                |   |



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 10

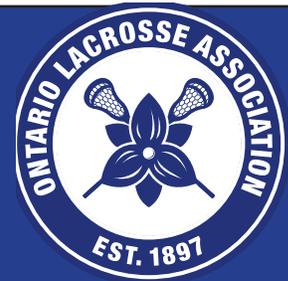
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Stationary pick up</li> <li>• Roll to opposite line</li> <li>• Pass in the air</li> </ul>            | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Model exercises</li> <li>• Watch for good technique/ form</li> </ul>  |
| 5min     | Snake Shooting <ul style="list-style-type: none"> <li>• High</li> <li>• Out of corner</li> </ul>  | <ul style="list-style-type: none"> <li>• Have stick up and ready</li> <li>• Step with proper foot</li> <li>• React out to restraining line</li> </ul>        |
|          | Hydration break   | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Ladder Drills (physical literacy)   | <ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>   |



# ENTRY LEVEL COACHES MANUAL

## Tyke Practice Plan 10

| Duration           | Activity or Drill   | Key Elements   |
|--------------------|---------------------|--|
| 5 min              | Review Give and Go  | <ul style="list-style-type: none"><li>• Live practice coach with ball</li></ul>  |
|                    | Hydration break     | <ul style="list-style-type: none"><li>• Step into benches</li></ul>  |
| 5 min              | Shoot with a Chaser | <ul style="list-style-type: none"><li>• Protect stick from chaser (shooter)</li><li>• Time safe stick checks (chaser)</li></ul>    |
| 5 min              | Popcorn             | <ul style="list-style-type: none"><li>• Proper cradling technique</li><li>• Stick protection</li><li>• Safe stick checks</li></ul> |
| 5 min              | Show Down           | <ul style="list-style-type: none"><li>• Run in hard</li><li>• Shoot ball hard</li></ul>  |
| 5 min              | Free Play           | Monitor for safety   |
| Things to work on: |                     |  |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 1

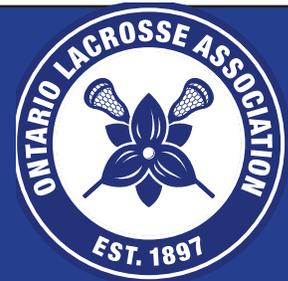
| Duration | Activity or Drill  | Key Elements   |
|----------|--|--|
| 5 min    | Partner Passing  | <ul style="list-style-type: none"> <li>• Proper technique for passing and catching</li> </ul>  |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul>  | <ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>   |
|          | Hydration break  | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>  |
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Stationary pick up</li> <li>• Roll to opposite line</li> <li>• Moving pick up and add spin</li> </ul> | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> </ul>   |
|          | Hydration break  | Step into benches  |
| 5 min    | Coach Give and Go  | <ul style="list-style-type: none"> <li>• Stick up by ear when passing and catching</li> <li>• Step with opposite foot</li> <li>• Follow through</li> </ul> |
| 5 min    | Bear Crawls<br>(Physical Literacy Activity)  | <ul style="list-style-type: none"> <li>• Work on technique</li> </ul>  |

# ENTRY LEVEL COACHES MANUAL



## Novice Practice Plan 1

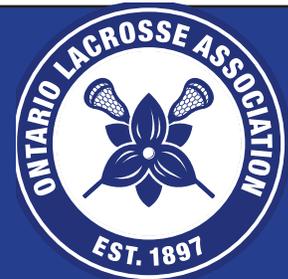
| Duration           | Activity or Drill | Key Elements   |
|--------------------|-------------------|--|
| 5 min              | Popcorn           | <ul style="list-style-type: none"><li>• Proper cradling technique</li><li>• Stick protection</li><li>• Safe stick checks</li></ul> |
|                    | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>  |
| 5 min              | 1 vs 1 Loose Ball | <ul style="list-style-type: none"><li>• Body position</li><li>• Scooping technique</li><li>• Safe stick check</li></ul>            |
| 5 min              | Duracell Drill    | <ul style="list-style-type: none"><li>• Head up</li></ul>  |
| 5 min              | Free Play         | <ul style="list-style-type: none"><li>• Monitor for safety</li></ul>   |
| Things to work on: |                   |  |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 2

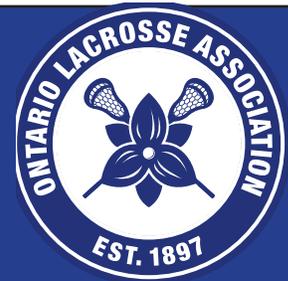
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>  | <ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>   |
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in the air</li> <li>• Off the boards</li> </ul>                | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>               |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Crab Walks (Physical Literacy Activity) <ul style="list-style-type: none"> <li>• Practice</li> <li>• Followed by race</li> </ul>  | <ul style="list-style-type: none"> <li>• Work on technique</li> <li>• Challenge them to lift arm/leg</li> </ul>  |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 2

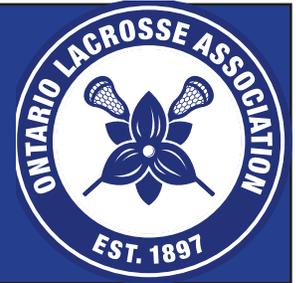
| Duration           | Activity or Drill  | Key Elements   |
|--------------------|--|--|
| 10 min             | Introduction to Line Changes<br>1 <sup>st</sup> & 3 <sup>rd</sup> Period <ul style="list-style-type: none"> <li>• Defence</li> <li>• Offence</li> <li>• All 5 run off</li> </ul> 2 <sup>nd</sup> Period <ul style="list-style-type: none"> <li>• Offence</li> <li>• Defence</li> <li>• Change</li> </ul> | <ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• Explain, model, athletes walk through it, practice live with an imaginary ball</li> </ul> |
| 5 min              | 2 on 1 Half Floor  | <ul style="list-style-type: none"> <li>• Stick up and draw the defender</li> <li>• Shoot on net if defender does not attack ball carrier</li> </ul>                                |
|                    | Hydration break  | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>  |
| 5 min              | Snake Shooting <ul style="list-style-type: none"> <li>• High</li> <li>• Out of corner</li> </ul>   | <ul style="list-style-type: none"> <li>• Have stick up and ready</li> <li>• Step with proper foot</li> <li>• React out to restraining line</li> </ul>                              |
| 5 min              | Free Play  | <ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>   |
| Things to work on: |  |  |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 3

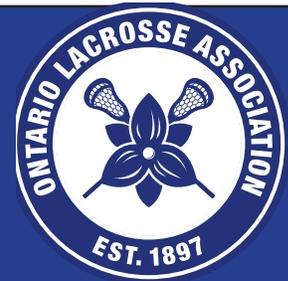
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in the air</li> <li>• Off the boards</li> </ul>                | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>   |
| 5 min    | Shoot with a Chaser   | <ul style="list-style-type: none"> <li>• Protect stick from chaser (shooter)</li> <li>• Time safe stick checks (chaser)</li> </ul>                           |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Mirror Mirror (Physical Literacy) <ul style="list-style-type: none"> <li>• Side shuffles</li> <li>• Forward backwards</li> </ul>  | <ul style="list-style-type: none"> <li>• Work on proper footwork</li> </ul>  |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 3

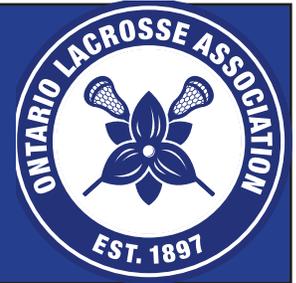
| Duration           | Activity or Drill  | Key Elements   |
|--------------------|--|--|
| 10 min             | House Defence <ul style="list-style-type: none"> <li>• Players line up in 5 positions</li> </ul> | <ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• Explain, model, athletes walk through it, practice live while coach has ball</li> </ul> |
| 5 min              | 1 vs 1 Loose Ball  | <ul style="list-style-type: none"> <li>• Body position</li> <li>• Scooping technique</li> <li>• Safe stick check</li> </ul>  |
|                    | Hydration break  | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>  |
| 5 min              | Coach Give and Go <ul style="list-style-type: none"> <li>• From the corner</li> </ul>            | <ul style="list-style-type: none"> <li>• Stick up by ear when passing and catching</li> <li>• Step with opposite foot</li> <li>• Follow through</li> </ul>                       |
| 5 min              | Free Play  | <ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>   |
| Things to work on: |  |  |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 4

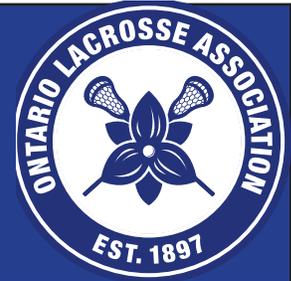
| Duration | Activity or Drill   | Key Elements  |
|----------|---|---|
| 5 min    | Partner Passing   | <ul style="list-style-type: none"> <li>• Proper technique for passing and catching</li> </ul>   |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>  |
| 5 min    | 3 person Weave <ul style="list-style-type: none"> <li>• Start without ball</li> <li>• Add in ball</li> </ul>  | <ul style="list-style-type: none"> <li>• First pass goes to proper side</li> <li>• Have athletes shorten pass by running towards one and other</li> <li>• Stick up, be ready to receive pass</li> </ul> |
|          | Hydration break   | Step into benches   |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |   |
| 5 min    | Ladder Drills (physical literacy)   | <ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>  |
| 10 min   | Offence <ul style="list-style-type: none"> <li>• Pass down</li> <li>• Seal down</li> </ul>  | <ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• V-cut on seal</li> </ul>   |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 4

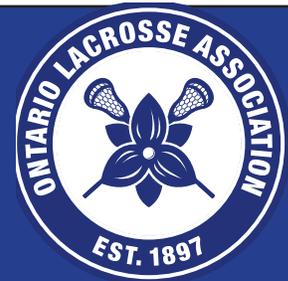
| Duration           | Activity or Drill   | Key Elements  |
|--------------------|---|---|
| 5 min              | Opposite Wall LB <ul style="list-style-type: none"><li>• From coach</li></ul> | <ul style="list-style-type: none"><li>• Get low when scooping</li><li>• Keep hands wide</li><li>• Tuck in while running</li><li>• Keep stick high when shooting</li></ul> |
|                    | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>   |
| 5 min              | Popcorn   | <ul style="list-style-type: none"><li>• Proper cradling technique</li><li>• Stick protection</li><li>• Safe stick checks</li></ul>  |
| 5 min              | Free Play   | <ul style="list-style-type: none"><li>• Monitor for safety</li></ul>  |
| Things to work on: |   |   |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 5

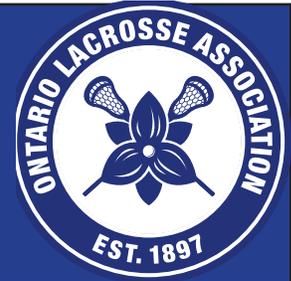
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>  | <ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>   |
| 5 min    | Relay Race <ul style="list-style-type: none"> <li>• weave through cones</li> </ul>  | <ul style="list-style-type: none"> <li>• Work on power cradle</li> <li>• Work on ready position cradle</li> </ul>  |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Standing Exercises (physical literacy)  | <ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>   |
| 5 min    | Review Line Changes   | <ul style="list-style-type: none"> <li>• Live practice without ball</li> </ul>   |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 5

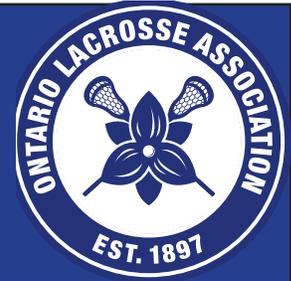
| Duration           | Activity or Drill  | Key Elements   |
|--------------------|--|--|
| 10 min             | Offence <ul style="list-style-type: none"> <li>• Pass down</li> <li>• Seal down</li> <li>• Roll to the middle</li> </ul> | <ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• V-cut on seal</li> <li>• Roll to middle, open up to ball</li> </ul> |
|                    | Hydration break  | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>  |
| 5 min              | Duracell Drill   | <ul style="list-style-type: none"> <li>• Head up</li> </ul>  |
| 5 min              | Show Down  | <ul style="list-style-type: none"> <li>• Curl out to proper side</li> <li>• Run in hard</li> <li>• Shoot ball hard</li> </ul>                                |
| 5 min              | Free Play  | <ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>   |
| Things to work on: |  |  |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 6

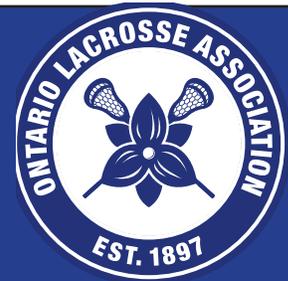
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in the air</li> <li>• Off the boards</li> </ul>                | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>   |
| 5 min    | 2 on 1 Half Floor   | <ul style="list-style-type: none"> <li>• Stick up and draw the defender</li> <li>• Shoot on net if defender does not attack ball carrier</li> </ul>          |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | 1 vs 1 Loose Ball   | <ul style="list-style-type: none"> <li>• Body position</li> <li>• Scooping technique</li> <li>• Safe stick check</li> </ul>                                  |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 6

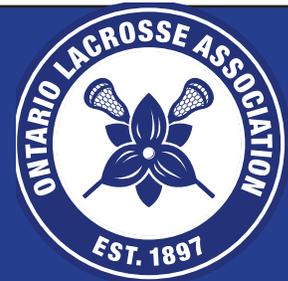
| Duration           | Activity or Drill  | Key Elements   |
|--------------------|--|--|
| 5 min              | Bear Crawls (Physical Literacy Activity)   | <ul style="list-style-type: none"> <li>• Work on technique</li> </ul>  |
| 5 min              | Review House Defence <ul style="list-style-type: none"> <li>• Coach passes around the outside</li> </ul>                 | <ul style="list-style-type: none"> <li>• Identify where help comes from</li> </ul>   |
|                    | Hydration break  | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>  |
| 5 min              | Offence <ul style="list-style-type: none"> <li>• Pass down</li> <li>• Seal down</li> <li>• Roll to the middle</li> </ul> | <ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• V-cut on seal</li> <li>• Roll to middle, open up to ball</li> </ul> |
| 5 min              | Coach Give and Go  | <ul style="list-style-type: none"> <li>• Stick up by ear when passing and catching</li> <li>• Step with opposite foot</li> <li>• Follow through</li> </ul>   |
| 5 min              | Free Play  | <ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>   |
| Things to work on: |  |  |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 7

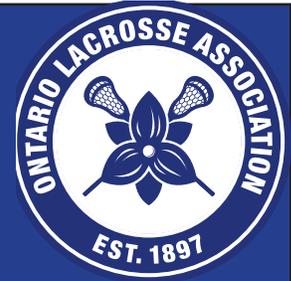
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Partner Passing   | <ul style="list-style-type: none"> <li>• Proper technique for passing and catching</li> </ul>  |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>   |
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in the air</li> <li>• Off the boards</li> </ul>                | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul> |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Mirror Mirror (Physical Literacy) <ul style="list-style-type: none"> <li>• Side shuffles</li> <li>• Forward backwards</li> </ul>  | <ul style="list-style-type: none"> <li>• Work on proper footwork</li> </ul>  |
| 5 min    | Shoot with a Chaser   | <ul style="list-style-type: none"> <li>• Protect stick from chaser (shooter)</li> <li>• Time safe stick checks (chaser)</li> </ul>                           |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 7

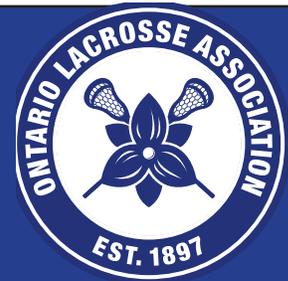
| Duration           | Activity or Drill  | Key Elements   |
|--------------------|--|--|
| 5 min              | Opposite Wall LB <ul style="list-style-type: none"> <li>• From coach</li> <li>• Progression: scoop and pass to cutter</li> </ul> | <ul style="list-style-type: none"> <li>• Get low when scooping</li> <li>• Keep hands wide</li> <li>• Tuck in while running</li> <li>• Keep stick high when shooting</li> </ul> |
|                    | Hydration break  | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>  |
| 5 min              | Offence <ul style="list-style-type: none"> <li>• Pass down</li> <li>• Seal down</li> </ul> Roll to the middle                    | <ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• V-cut on seal</li> <li>• Roll to middle, open up to ball</li> </ul>                   |
| 5 min              | Snake Shooting <ul style="list-style-type: none"> <li>• High</li> <li>• Out of corner</li> </ul>                                 | <ul style="list-style-type: none"> <li>• Have stick up and ready</li> <li>• Step with proper foot</li> <li>• React out to restraining line</li> </ul>                          |
| 5 min              | Free Play  | <ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>   |
| Things to work on: |  |  |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 8

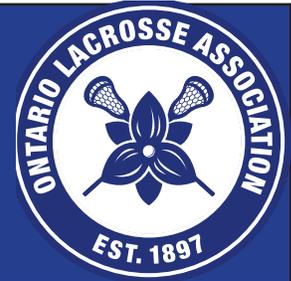
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>  | <ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>   |
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in the air</li> <li>• Off the boards</li> </ul>                | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul>               |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Ladder Drills (physical literacy)   | <ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>   |
| 5 min    | Review Line Changes   | <ul style="list-style-type: none"> <li>• Live practice without ball</li> </ul>   |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 8

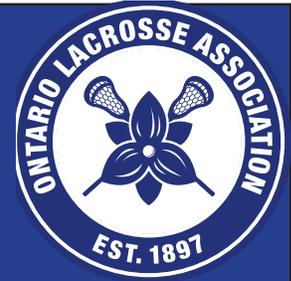
| Duration           | Activity or Drill  | Key Elements   |
|--------------------|--|--|
| 5 min              | Shoot with a Chaser  | <ul style="list-style-type: none"><li>• Protect stick from chaser (shooter)</li><li>• Time safe stick checks (chaser)</li></ul>                          |
|                    | Hydration break  | <ul style="list-style-type: none"><li>• Step into benches</li></ul>  |
| 5 min              | Offence <ul style="list-style-type: none"><li>• Pass down</li><li>• Seal down</li><li>• Roll to the middle</li></ul> | <ul style="list-style-type: none"><li>• See tactical skills for instructions</li><li>• V-cut on seal</li><li>• Roll to middle, open up to ball</li></ul> |
| 5 min              | 2 on 1 Half Floor  | <ul style="list-style-type: none"><li>• Stick up and draw the defender</li><li>• Shoot on net if defender does not attack ball carrier</li></ul>         |
| 5 min              | Free Play  | <ul style="list-style-type: none"><li>• Monitor for safety</li></ul>   |
| Things to work on: |  |  |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 9

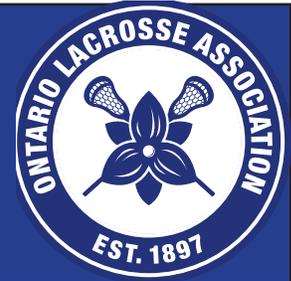
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in the air</li> <li>• Off the boards</li> </ul>                | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>   |
| 5 min    | Partner Passing   | <ul style="list-style-type: none"> <li>• Proper technique for passing and catching</li> </ul>  |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Standing Exercises (physical literacy)  | <ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>   |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 9

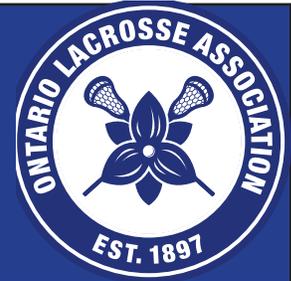
| Duration           | Activity or Drill | Key Elements  |
|--------------------|-------------------|---|
| 5 min              | Popcorn           | <ul style="list-style-type: none"> <li>• Proper cradling technique</li> <li>• Stick protection</li> <li>• Safe stick checks</li> </ul>  |
| 5 min              | Coach Give and Go | <ul style="list-style-type: none"> <li>• Stick up by ear when passing and catching</li> <li>• Step with opposite foot</li> <li>• Follow through</li> </ul>  |
|                    | Hydration break   | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>   |
| 5 min              | 3 man Weave       | <ul style="list-style-type: none"> <li>• First pass goes to proper side</li> <li>• Have athletes shorten pass by running towards one and other</li> <li>• Stick up, be ready to receive pass</li> </ul> |
| 5 min              | Show Down         | <ul style="list-style-type: none"> <li>• Curl out to proper side</li> <li>• Run in hard</li> <li>• Shoot ball hard</li> </ul>   |
| 5 min              | Free Play         | <ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>  |
| Things to work on: |                   |   |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 10

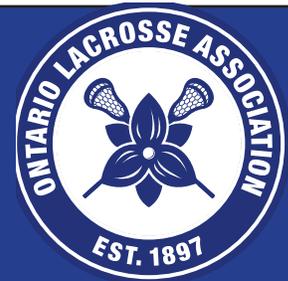
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Partner Passing   | <ul style="list-style-type: none"> <li>• Proper technique for passing and catching</li> </ul>  |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Watch for proper technique/ form</li> </ul>   |
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in the air</li> <li>• Off the boards</li> </ul>                | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> <li>• Present target</li> <li>• Stick high, aim for target</li> </ul> |
|          | Hydration break   | Step into benches  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Mirror Mirror (Physical Literacy) <ul style="list-style-type: none"> <li>• Side shuffles</li> <li>• Forward backwards</li> </ul>  | <ul style="list-style-type: none"> <li>• Work on proper footwork</li> </ul>  |
| 5 min    | Review Changes  |  |



# ENTRY LEVEL COACHES MANUAL

## Novice Practice Plan 10

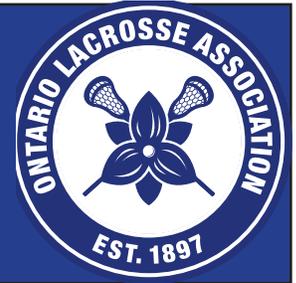
| Duration           | Activity or Drill  | Key Elements  |
|--------------------|--|---|
| 5 min              | Review House Defense   |   |
|                    | Hydration break  | <ul style="list-style-type: none"><li>• Step into benches</li></ul>   |
| 5 min              | 3 man Weave  | <ul style="list-style-type: none"><li>• First pass goes to proper side</li><li>• Have athletes shorten pass by running towards one and other</li><li>• Stick up, be ready to receive pass</li></ul> |
| 5 min              | Offence <ul style="list-style-type: none"><li>• Pass down</li><li>• Seal down</li><li>• Roll to the middle</li></ul> | <ul style="list-style-type: none"><li>• See tactical skills for instructions</li><li>• V-cut on seal</li><li>• Roll to middle, open up to ball</li></ul>  |
| 5 min              | Free Play  | <ul style="list-style-type: none"><li>• Monitor for safety</li></ul>  |
| Things to work on: |  |   |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 1

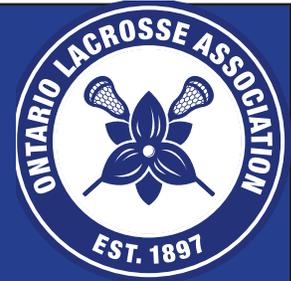
| Duration | Activity or Drill  | Key Elements   |
|----------|--|--|
| 5 min    | <ul style="list-style-type: none"> <li>Partner Passing</li> </ul>  | <ul style="list-style-type: none"> <li>Proper technique for passing and catching</li> </ul>  |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>High knees</li> <li>Butt Kicks</li> <li>Leg Kicks</li> <li>Lateral Shuffles</li> <li>Carioca</li> </ul>      | <ul style="list-style-type: none"> <li>Watch for good technique/ form</li> </ul>   |
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>Stationary pick up</li> <li>Roll to opposite line</li> <li>Moving pick up and add spin</li> </ul> | <ul style="list-style-type: none"> <li>Get low when scooping, spread hands wide</li> </ul>   |
|          | Hydration break  | <ul style="list-style-type: none"> <li>Step into benches</li> </ul>  |
| 5 min    | Coach Give and Go  | <ul style="list-style-type: none"> <li>Stick up by ear when passing and catching</li> <li>Step with opposite foot</li> <li>Follow through</li> </ul> |
| 5 min    | Crab Walks (Physical Literacy Activity)  | <ul style="list-style-type: none"> <li>Work on technique</li> <li>Challenge them to lift arm/leg</li> </ul>  |
|          | Hydration break  | <ul style="list-style-type: none"> <li>Step into benches</li> </ul>  |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 1

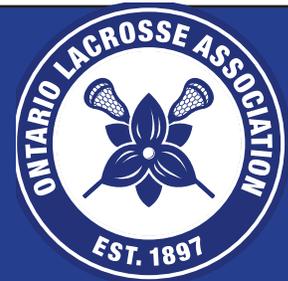
| Duration           | Activity or Drill                    | Key Elements  |
|--------------------|--------------------------------------|---|
| 5 min              | 3 Person Weave                       | <ul style="list-style-type: none"><li>• Follow your pass</li><li>• Work on technique</li></ul>                          |
| 5 min              | Don't Throw Your Junk in My Backyard | <ul style="list-style-type: none"><li>• Proper techniques for scooping, rolling the ball, cradling</li></ul>            |
| 5 min              | 1 vs 1 Loose Ball                    | <ul style="list-style-type: none"><li>• Body position</li><li>• Scooping technique</li><li>• Safe stick check</li></ul> |
| 5 min              | Free Play                            | <ul style="list-style-type: none"><li>• Monitor for safety</li></ul>  |
| Things to work on: |                                      |   |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 2

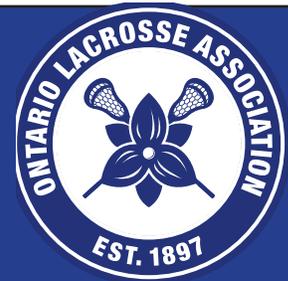
| Duration | Activity or Drill   | Key Elements  |
|----------|---|---|
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in Air</li> </ul>  | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> </ul>  |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Watch for good technique/ form</li> </ul>  |
| 5 min    | 3 Person Weave  | <ul style="list-style-type: none"> <li>• Follow your pass</li> <li>• Work on technique</li> </ul>   |
|          | Hydration break   | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>   |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |   |
| 5 min    | 2 on 1 Half Floor   | <ul style="list-style-type: none"> <li>• Stick up and draw the defender</li> <li>• Shoot on net if defender does not attack ball carrier</li> </ul> |
| 5 min    | Mirror Mirror (Physical Literacy) <ul style="list-style-type: none"> <li>• Side shuffles</li> <li>• Forward backwards</li> </ul>  | <ul style="list-style-type: none"> <li>• Work on proper footwork</li> </ul>   |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 2

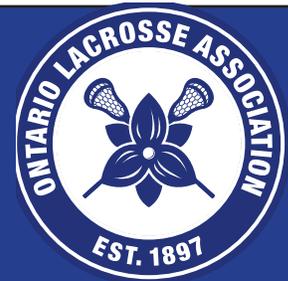
| Duration                               | Activity or Drill  | Key Elements   |
|--|--|--|
|  | Hydration break  | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>  |
| 10 min                                 | Introduction to Line Changes<br>1 <sup>st</sup> & 3 <sup>rd</sup> Period <ul style="list-style-type: none"> <li>• Defence</li> <li>• Offence</li> <li>• All 5 run off</li> </ul> 2 <sup>nd</sup> Period <ul style="list-style-type: none"> <li>• Offence</li> <li>• Defence</li> <li>• Change</li> </ul> | <ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• Explain, model, athletes walk through it, practice live with an imaginary ball</li> </ul> |
| 5 min                                  | Duracell Drill   | <ul style="list-style-type: none"> <li>• Head up</li> </ul>  |
| 5 min                                  | Free Play  | <ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>   |
| Things to work on:<br><br><br><br><br> |  |  |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 3

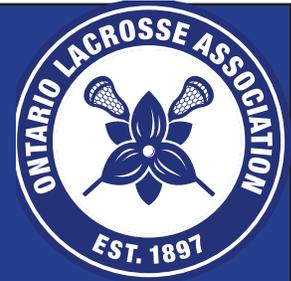
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | <ul style="list-style-type: none"><li>• Partner Passing</li><li>• Move closer for quick sticks</li></ul>  | <ul style="list-style-type: none"><li>• Proper technique for passing and catching</li></ul>  |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"><li>• High knees</li><li>• Butt Kicks</li><li>• Leg Kicks</li><li>• Lateral Shuffles</li><li>• Carioca</li></ul> | <ul style="list-style-type: none"><li>• Watch for good technique/ form</li></ul>   |
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"><li>• Roll to opposite line</li><li>• Pass in Air</li><li>• Off boards</li></ul>                      | <ul style="list-style-type: none"><li>• Get low when scooping, spread hands wide</li></ul>   |
|          | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Coach Give and Go   | <ul style="list-style-type: none"><li>• Stick up by ear when passing and catching</li><li>• Step with opposite foot</li><li>• Follow through</li></ul> |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 3

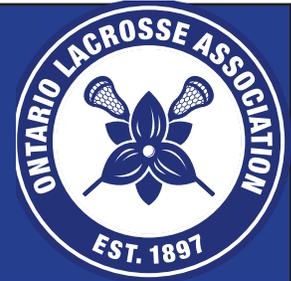
| Duration           | Activity or Drill   | Key Elements  |
|--------------------|---|---|
| 5 min              | Crab Walks (Physical Literacy Activity) <ul style="list-style-type: none"><li>• Practice</li><li>• Followed by race</li></ul> | <ul style="list-style-type: none"><li>• Work on technique</li><li>• Challenge them to lift arm/leg</li></ul>  |
|                    | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>   |
| 10 min             | House Defence<br>Players line up in 5 positions   | <ul style="list-style-type: none"><li>• See tactical skills for instructions</li><li>• Explain, model, athletes walk through it, practice live while coach has ball</li></ul> |
| 5 min              | Shoot with a Chaser   | <ul style="list-style-type: none"><li>• Protect stick from chaser (shooter)</li><li>• Time safe stick checks (chaser)</li></ul>   |
| 5 min              | Free Play   | <ul style="list-style-type: none"><li>• Monitor for safety</li></ul>  |
| Things to work on: |   |   |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 4

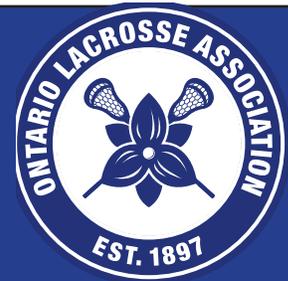
| Duration | Activity or Drill   | Key Elements  |
|----------|---|---|
| 5 min    | Wall Ball Exercises <ul style="list-style-type: none"><li>• Individual off board</li><li>• Quick sticks</li></ul>   | <ul style="list-style-type: none"><li>• Proper technique (stick up, hand position, stepping with opposite foot)</li><li>• Cushioning ball during quick sticks</li></ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"><li>• High knees</li><li>• Butt Kicks</li><li>• Leg Kicks</li><li>• Lateral Shuffles</li><li>• Carioca</li></ul> | <ul style="list-style-type: none"><li>• Watch for good technique/ form</li></ul>  |
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"><li>• Roll to opposite line</li><li>• Pass in Air</li><li>• Off boards</li></ul>                      | <ul style="list-style-type: none"><li>• Get low when scooping, spread hands wide</li></ul>  |
|          | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>   |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |   |
| 5 min    | Ladder Drills (physical literacy)   | <ul style="list-style-type: none"><li>• Work on balance and coordination</li></ul>  |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 4

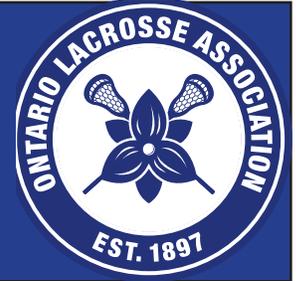
| Duration           | Activity or Drill   | Key Elements   |
|--------------------|---|--|
| 10 min             | Offence <ul style="list-style-type: none"><li>• Pass down</li><li>• Seal down</li><li>• Roll to the middle</li><li>• Pass to roller</li></ul> | <ul style="list-style-type: none"><li>• See tactical skills for instructions</li><li>• V-cut on seal</li><li>• Roll to middle, open up to ball</li></ul> |
|                    | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>  |
| 5 min              | 2 on 1 Half Floor   | <ul style="list-style-type: none"><li>• Stick up and draw the defender</li><li>• Shoot on net if defender does not attack ball carrier</li></ul>         |
| 5 min              | Coach Give and Go   | <ul style="list-style-type: none"><li>• Stick up by ear when passing and catching</li><li>• Step with opposite foot</li><li>• Follow through</li></ul>   |
| 5 min              | Free Play   | <ul style="list-style-type: none"><li>• Monitor for safety</li></ul>   |
| Things to work on: |   |  |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 5

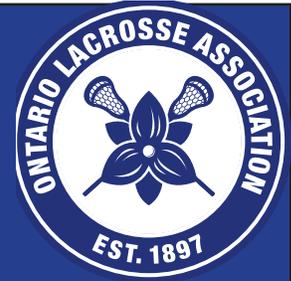
| Duration | Activity or Drill   | Key Elements  |
|----------|---|---|
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"> <li>• Roll to opposite line</li> <li>• Pass in Air</li> <li>• Off boards</li> </ul>                        | <ul style="list-style-type: none"> <li>• Get low when scooping, spread hands wide</li> </ul>  |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Watch for good technique/ form</li> </ul>  |
| 5 min    | 3 Person Weave  | <ul style="list-style-type: none"> <li>• First pass goes to proper side</li> <li>• Have athletes shorten pass by running towards one and other</li> <li>• Stick up, be ready to receive pass</li> </ul> |
|          | Hydration break   | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>   |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |   |
| 5 min    | Standing Exercises (physical literacy)  | <ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>  |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 5

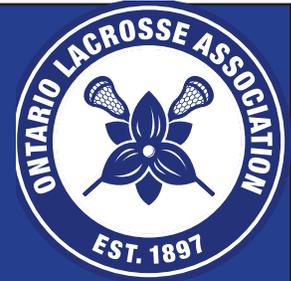
| Duration           | Activity or Drill   | Key Elements  |
|--------------------|---|---|
| 10 min             | Offence-Off Ball 3 Station Cutting  | <ul style="list-style-type: none"><li>• Time your cuts</li></ul>  |
|                    | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>   |
| 5 min              | Snake Shooting <ul style="list-style-type: none"><li>• High</li><li>• Out of corner</li></ul> | <ul style="list-style-type: none"><li>• Have stick up and ready</li><li>• Step with proper foot</li><li>• React out to restraining line</li></ul> |
| 5 min              | Shoot with a Chaser   | <ul style="list-style-type: none"><li>• Protect stick from chaser (shooter)</li><li>• Time safe stick checks (chaser)</li></ul>                   |
| 5 min              | Free Play   | <ul style="list-style-type: none"><li>• Monitor for safety</li></ul>  |
| Things to work on: |   |   |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 6

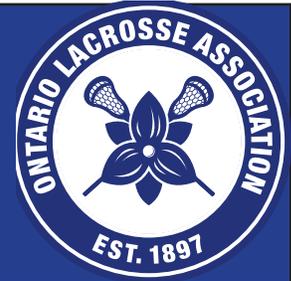
| Duration | Activity or Drill   | Key Elements  |
|----------|---|---|
| 5 min    | Partner Passing <ul style="list-style-type: none"> <li>• Move closer for quick sticks</li> </ul>  | <ul style="list-style-type: none"> <li>• Proper technique for passing and catching</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Watch for good technique/ form</li> </ul>            |
| 5 min    | Box Passing Drill   | <ul style="list-style-type: none"> <li>• Catching from different angles</li> </ul>            |
|          | Hydration break   | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>                         |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |   |
| 5 min    | Mirror Mirror (Physical Literacy) <ul style="list-style-type: none"> <li>• Side shuffles</li> <li>• Forward backwards</li> </ul>  | <ul style="list-style-type: none"> <li>• Work on proper footwork</li> </ul>                   |
| 5 min    | Offence-Off Ball 3 Station Cutting  | <ul style="list-style-type: none"> <li>• Time your cuts</li> </ul>                            |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 6

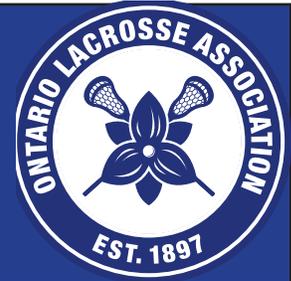
| Duration           | Activity or Drill | Key Elements  |
|--------------------|-------------------|---|
|                    | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>   |
| 5 min              | 3 Person Weave    | <ul style="list-style-type: none"><li>• First pass goes to proper side</li><li>• Have athletes shorten pass by running towards one and other</li><li>• Stick up, be ready to receive pass</li></ul> |
| 5 min              | 2 on 1 Half Floor | <ul style="list-style-type: none"><li>• Stick up and draw the defender</li><li>• Shoot on net if defender does not attack ball carrier</li></ul>  |
| 5 min              | 3 on 2            | <ul style="list-style-type: none"><li>• Stick up and draw the defender</li><li>• Shoot on net if defender does not attack ball carrier</li></ul>  |
| 5 min              | Free Play         | <ul style="list-style-type: none"><li>• Monitor for safety</li></ul>  |
| Things to work on: |                   |   |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 7

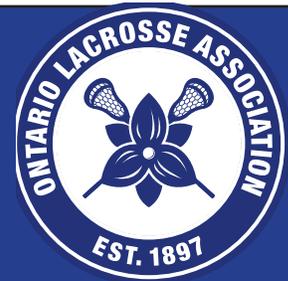
| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Wall Ball Exercises <ul style="list-style-type: none"> <li>• Individual off board</li> <li>• Quick sticks</li> </ul>  | <ul style="list-style-type: none"> <li>• Proper technique (stick up, hand position, stepping with opposite foot)</li> <li>• Cushioning ball during quick sticks</li> </ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt Kicks</li> <li>• Leg Kicks</li> <li>• Lateral Shuffles</li> <li>• Carioca</li> </ul> | <ul style="list-style-type: none"> <li>• Watch for good technique/ form</li> </ul>   |
| 5 min    | Box Passing Drill   | <ul style="list-style-type: none"> <li>• Catching from different angles</li> </ul>   |
|          | Hydration break   | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>  |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Ladder Drills (physical literacy)   | <ul style="list-style-type: none"> <li>• Work on balance and coordination</li> </ul>   |
| 5 min    | Review Line Changes   |  |
|          | Hydration break   | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>  |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 7

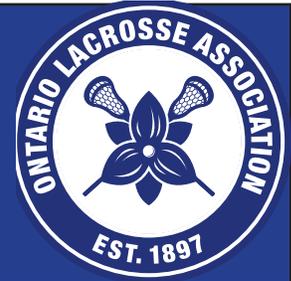
| Duration           | Activity or Drill   | Key Elements  |
|--------------------|---|---|
| 5 min              | 3 on 2  | <ul style="list-style-type: none"><li>• Stick up and draw the defender</li><li>• Shoot on net if defender does not attack ball carrier</li></ul>                          |
| 5 min              | Offence <ul style="list-style-type: none"><li>• Pass down</li><li>• Seal down</li><li>• Roll to the middle</li><li>• Pass to roller</li></ul> | <ul style="list-style-type: none"><li>• See tactical skills for instructions</li><li>• V-cut on seal</li><li>• Roll to middle, open up to ball</li></ul>                  |
| 5 min              | Opposite Wall LB <ul style="list-style-type: none"><li>• From coach</li></ul>   | <ul style="list-style-type: none"><li>• Get low when scooping</li><li>• Keep hands wide</li><li>• Tuck in while running</li><li>• Keep stick high when shooting</li></ul> |
| 5 min              | Free Play   | <ul style="list-style-type: none"><li>• Monitor for safety</li></ul>  |
| Things to work on: |   |   |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 8

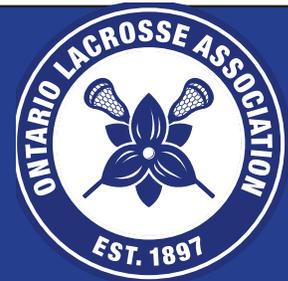
| Duration | Activity or Drill   | Key Elements  |
|----------|---|---|
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"><li>• Roll to opposite line</li><li>• Pass in Air</li><li>• Off boards</li></ul>                      | <ul style="list-style-type: none"><li>• Get low when scooping, spread hands wide</li></ul>  |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"><li>• High knees</li><li>• Butt Kicks</li><li>• Leg Kicks</li><li>• Lateral Shuffles</li><li>• Carioca</li></ul> | <ul style="list-style-type: none"><li>• Watch for good technique/ form</li></ul>  |
| 5 min    | 3 Person Weave  | <ul style="list-style-type: none"><li>• First pass goes to proper side</li><li>• Have athletes shorten pass by running towards one and other</li><li>• Stick up, be ready to receive pass</li></ul> |
|          | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>   |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |   |
| 5 min    | Bear Crawls (Physical Literacy Activity)  | <ul style="list-style-type: none"><li>• Work on technique</li></ul>   |
| 5 min    | Review of House Defence   |   |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 8

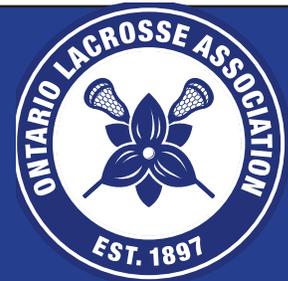
| Duration           | Activity or Drill   | Key Elements  |
|--------------------|---|---|
|                    | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>   |
| 5 min              | Offence-Off Ball 3 Station Cutting  | <ul style="list-style-type: none"><li>• Time your cuts</li></ul>  |
| 5 min              | Snake Shooting <ul style="list-style-type: none"><li>• High</li><li>• Out of corner</li></ul> | <ul style="list-style-type: none"><li>• Have stick up and ready</li><li>• Step with proper foot</li><li>• React out to restraining line</li></ul> |
| 5 min              | Popcorn   | <ul style="list-style-type: none"><li>• Proper cradling technique</li><li>• Stick protection</li><li>• Safe stick checks</li></ul>                |
| 5 min              | Free Play   | <ul style="list-style-type: none"><li>• Monitor for safety</li></ul>  |
| Things to work on: |   |   |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 9

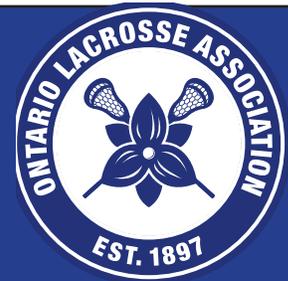
| Duration | Activity or Drill   | Key Elements  |
|----------|---|---|
| 5 min    | Partner Passing <ul style="list-style-type: none"><li>• Move closer for quick sticks</li></ul>  | <ul style="list-style-type: none"><li>• Proper technique for passing and catching</li></ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"><li>• High knees</li><li>• Butt Kicks</li><li>• Leg Kicks</li><li>• Lateral Shuffles</li><li>• Carioca</li></ul> | <ul style="list-style-type: none"><li>• Watch for good technique/ form</li></ul>            |
| 5 min    | Box Passing Drill   | <ul style="list-style-type: none"><li>• Catching from different angles</li></ul>            |
|          | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>                         |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |   |
| 5 min    | Mirror Mirror (Physical Literacy) <ul style="list-style-type: none"><li>• Side shuffles</li><li>• Forward backwards</li></ul>                                     | <ul style="list-style-type: none"><li>• Work on proper footwork</li></ul>                   |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 9

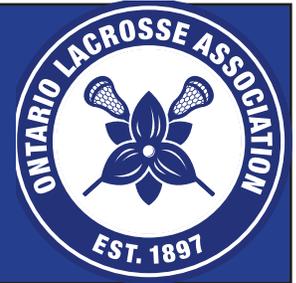
| Duration                           | Activity or Drill  | Key Elements   |
|------------------------------------|--|--|
| 5 min                              | Offence <ul style="list-style-type: none"> <li>• Pass down</li> <li>• Seal down</li> <li>• Roll to the middle</li> <li>• Pass to roller</li> </ul> | <ul style="list-style-type: none"> <li>• See tactical skills for instructions</li> <li>• V-cut on seal</li> <li>• Roll to middle, open up to ball</li> </ul> |
|                                    | Hydration break  | <ul style="list-style-type: none"> <li>• Step into benches</li> </ul>  |
| 5 min                              | 1 vs 1 Loose Ball  | <ul style="list-style-type: none"> <li>• Body position</li> <li>• Scooping technique</li> <li>• Safe stick check</li> </ul>                                  |
| 5 min                              | Snake Shooting <ul style="list-style-type: none"> <li>• High</li> <li>• Out of corner</li> </ul>   | <ul style="list-style-type: none"> <li>• Have stick up and ready</li> <li>• Step with proper foot</li> <li>• React out to restraining line</li> </ul>        |
| 5 min                              | 3 on 2   | <ul style="list-style-type: none"> <li>• Stick up and draw the defender</li> <li>• Shoot on net if defender does not attack ball carrier</li> </ul>          |
| 5 min                              | Free Play  | <ul style="list-style-type: none"> <li>• Monitor for safety</li> </ul>   |
| Things to work on:<br><br><br><br> |  |  |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 10

| Duration | Activity or Drill   | Key Elements   |
|----------|---|--|
| 5 min    | Shuttle drill progression <ul style="list-style-type: none"><li>• Roll to opposite line</li><li>• Pass in Air</li><li>• Off boards</li></ul>                      | <ul style="list-style-type: none"><li>• Get low when scooping, spread hands wide</li></ul> |
| 5 min    | Dynamic Warmup <ul style="list-style-type: none"><li>• High knees</li><li>• Butt Kicks</li><li>• Leg Kicks</li><li>• Lateral Shuffles</li><li>• Carioca</li></ul> | <ul style="list-style-type: none"><li>• Watch for good technique/ form</li></ul>           |
| 5 min    | Box Passing Drill   | <ul style="list-style-type: none"><li>• Catching from different angles</li></ul>           |
|          | Hydration break   | <ul style="list-style-type: none"><li>• Step into benches</li></ul>                        |
| 5 min    | Coach to choose a skill/ tactic that athletes need to work on based on last practice/game   |  |
| 5 min    | Ladder Drills (physical literacy)   | <ul style="list-style-type: none"><li>• Work on balance and coordination</li></ul>         |
| 5 min    | Offence-Off Ball 3 Station Cutting  | <ul style="list-style-type: none"><li>• Time your cuts</li></ul>                           |



# ENTRY LEVEL COACHES MANUAL

## Peewee Practice Plan 10

| Duration           | Activity or Drill    | Key Elements  |
|--------------------|----------------------|---|
|                    | Hydration break      | <ul style="list-style-type: none"><li>• Step into benches</li></ul>   |
| 5 min              | Review Line Changes  |   |
| 5 min              | Review House Defence |   |
| 5 min              | Show Down            | <ul style="list-style-type: none"><li>• Curl out to proper side</li><li>• Run in hard</li><li>• Shoot ball hard</li></ul> |
| 5 min              | Free Play            | <ul style="list-style-type: none"><li>• Monitor for safety</li></ul>  |
| Things to work on: |                      |   |



# ENTRY LEVEL COACHES MANUAL

## Rules of the Game

*It is the coaches' responsibility to ensure:*

- *The rules are enforced as they are written.*
- *Emphasize athletes should follow the rules.*
- *Teach skills rather than abuse the rules to gain an advantage.*

*Typically, you can break rules down into the following two principles:*

- 1) If an act creates an unfair advantage, then there is a rule against it.*
- 2) If an act could endanger an athlete, then there is a rule against it.*

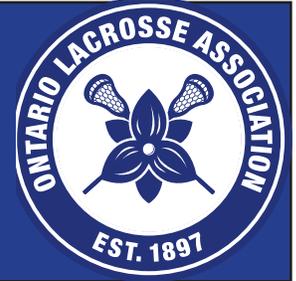
## Key Rules in Lacrosse

### Safety Rules

1. *Checking from behind (Rule 38)-athletes can not contact opposing players back*
2. *Cross-checking (Rule 40)-athletes can only cross check on the arm and front of the body between shoulders and waist of opposing player*
3. *High- sticking (Rule 50)-any contact to the head is not permitted*
4. *Slashing (Rule 64)-stick to stick contact is allowed, the stick is not permitted to contact the body*

### Advantage Rules

1. *Crease Play (Rule 39)-offensive players are not allowed to step into opposing crease*
2. *Too many players (Rule 36)-5 players and a goal tender per side, a runner can be substituted for a goal tender to create a 6th player*
3. *Free Hand (Rule 46)-player with the ball can not use free hand to ward off defensive player*



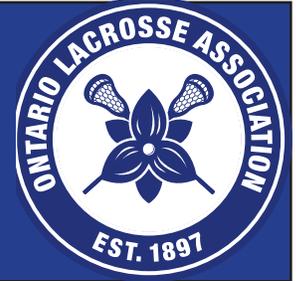
# ENTRY LEVEL COACHES MANUAL

## Rules of the Game

### Other

1. When ball goes out of play, possession is awarded to the team who did not touch it last. Exception: when the ball hits the post from a shot, possession remains with offensive team
2. For novice and above, teams have 30 seconds to get a shot on net or there is a change in possession
3. Face offs occur at start of periods and after a goal
4. During substitutions players must step in change box in front of players bench before replacement steps on floor.

[CLICK HERE for link to the CLA Rule Book](#)



# ENTRY LEVEL COACHES MANUAL

## Equipment

### Lacrosse Stick

To be successful in lacrosse it is imperative that each athlete has a stick that will give them an opportunity to succeed. Many players can get frustrated by lack of success which is a direct result of having an improper stick.

*Make sure to consistently inspect all athlete's sticks for the following:*

- o In good condition -strings are not frayed*
- o Pocket depth -the proper depth of pocket will impact cradling, throwing and catching. Make sure the pocket is not too shallow or too deep*
- o Length of stick (for peewee and below the minimum length is 34")*

Sticks that are too long make it difficult to cradle, throw and catch. To measure a stick length measure from top of the head of the stick to the butt end.

Coaches should foster the relationship between the athlete and their stick.

- Encourage them to take their stick with them wherever they go. Lacrosse is a simple game to practice all you need is a ball and a wall.
- Athletes should be encouraged to personalize their stick to create a connection and to care for it. They can personalize by using tape, shooting strings, dye jobs, etc.



# ENTRY LEVEL COACHES MANUAL

## Equipment

With regards to player safety coaches must ensure that their athletes have proper fitting equipment.



### Box Lacrosse

For the summer box season, the *Ontario Lacrosse Association*

### Equipment Guidelines

looks at the gear you need, to bring your game...

#### PLAYER



- 1 Helmet:** All helmets must be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap which must be properly secured on both sides and cannot be altered from the manufactured form.
- 2 Facemask:** Cannot allow the head of the stick or ball to make contact with the face. The mask must be CSA approved for ice hockey or NOCSAE approved and must be approved for helmet model that is mounted on.
- 3 Mouth Guard:** Mandatory.
- 4 Shoulder Pads:** One piece pad made of flexible, high density impact foam pad with poly-plastic shoulder caps. When properly fitted offers protection for upper body and shoulders.
- 5 Arm & Elbow Guards:** Light weight hard plastic or high density impact foam that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.
- 6 Lacrosse Gloves:** High density impact foam and leather or nylon offer protection and flexibility. New contour cuff systems allow full range of motion at the wrist for maximum protection and mobility. Gloves cannot be altered from the original manufacturer's design (ie palms cannot be cut out).
- 7 Lacrosse Stick:** Plastic head with aluminum, carbon graphite or titanium enhanced alloy shafts of various shapes and textures. The stick cannot be strung to with-hold the ball from play. Only one stop allowed.
- 8 Lacrosse Stick Width:** Standard stick width specifications are 4.5" to 8" inside measurement at the widest point.
- 9 Lacrosse Stick Length:**
  - Pee Wee and under (12 years and under) — 34" to 46"
  - Bantam and up (13 years +) — 40" to 46"
  - Federation of International Lacrosse (FIL) — 40" to 46"
- 10 Rib & Back Pads:** A one piece light weight plastic and high density impact foam pad which offers protection for the rib and back area.
- 11 Lacrosse Shoes:** Suitable indoor shoes. Durable synthetic leather upper that won't wear out. Responsive flat rubber outsole that is built for play on flat surfaces such as astro turf, concrete & other hard surfaces. This outsole was created specifically for the Box Game.
- 12 Athletic Support & Cup.**



#### GOALTENDER

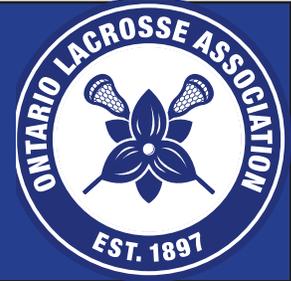
**CLA Goalie Sizing Chart**

| CLA Patch | Age Division  |
|-----------|---------------|
| 1         | Tyke & Novice |
| 2         | Pee Wee       |
| 3         | Bantam & up   |



- 1 Helmet:** All helmets must be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap which must be properly secured on both sides and cannot be altered from the manufactured form.
- 2 Facemask:** Cannot allow the head of the stick or ball to make contact with the face. The mask must be CSA approved for ice hockey or NOCSAE approved and must be approved for helmet model that is mounted on.
- 3 Goaltender Throat Guard:** Mandatory. High-grade plastic construction, attaches to goalie face shield, protects throat and neck.
- 4 Mouth Guard:** Mandatory.
- 5 Arm & Chest Protector:** A mandatory one piece upper body protector constructed from high density/low density closed cell foam and high-density polyethylene plastic provides superior protection. Fully moulded plastics with offset ridging used in key areas for maximum safety. Articulating belly and arms designed to keep protective padding in place and maximize flexibility. Full back and kidney padding offer the goalie greater protection.
- 6 Goaltender Gloves:** High density impact foam and leather or nylon offer protection and flexibility. New contour cuff systems allow full range of motion at the wrist for maximum protection and mobility.
- 7 Goaltender Pants:** Exclusively for lacrosse goalies. Extensive frontal protection combined with inner thigh inserts provide safety in crucial key areas. Moulded components maximize safety using lightweight, breathable materials. Anatomically designed for protection and mobility.
- 8 Goaltender Leg Guards:** Moulded from high-density polyethylene (HDPE 5100) providing superior protection. Inner cradle stabilizes leg pad, side extensions offer complete calf coverage. Full ankle drop with moulded inserts provide maximum foot protection, multi strapping anchors pad in place.
- 9 Lacrosse Stick:** Standard goalkeeper stick width specifications are up to 15" inside measurement at the widest point and no restriction on overall length.
- 10 Lacrosse Shoes:** Suitable indoor shoes.
- 11 Athletic Support & Cup**





# ENTRY LEVEL COACHES MANUAL

## Positive Coaching Qualities

*It is important for coaches to create a positive environment for athletes to learn physical literacy, to develop fundamental skills, to understand how to work in a team environment and to develop character in sport and life.*

- *Coaches should be positive and smile a lot*
- *Compliment each athlete by name at each station*
- *Give out lots of high fives/ fist bumps between coaches and athletes*
- *Model/participate*
- *Have multiple ways to praise success*
- *Focus on how to improve rather than weaknesses*
- *Use positive language*
- *Be approachable*
- *Be kind*
- *Promote self esteem*
- *Communicate using age appropriate words*
- *Get down to athletes' eye level to communicate*
- *Show respect to your athletes, opponents, officials and parents*