

# ***Great Drills for Lacrosse Coaches***

Source of info: [www.toplacrossedrills.com](http://www.toplacrossedrills.com)

## **Table of Contents**

Lacrosse Drills for Kids .....	2
Lacrosse Drills for Beginners.....	4
Lacrosse Defensive Drills .....	6
Youth Lacrosse Drills.....	8
Lacrosse Goalie Drills .....	10



# Lacrosse Drills for Kids



Lacrosse is a great sport for kids to play that encourages athleticism but also gives kids a way to enjoy themselves and have a lot of fun. But not all of the drills that are featured on our site are geared towards [younger players](#) and so as a result we've created this list of [great lacrosse drills](#) that have been specially designed with kids in mind.

**Sharks & Minnows:** Here's an extremely fun lacrosse drill that kids love to play.

To set up have around five kids stand inside of a box that's around ten by thirty meters in size and have the rest of the kids stand on one end line and give each of them their own ball.

Then on the coaches signal the minnows (the kids with the balls) must try to get passed all of the sharks (the kids inside of the box) and to the other end line without losing their ball to one of the sharks. Any players that lose their ball to a shark becomes a shark but cannot run around the box like the other sharks and must stay still.

The minnows must continue to run through the box until there is only one player left who is then declared the winner.

**Gladiators:** Have all of the players form a circle shape on the field with two of the players standing inside of the circle and each given a ball.

On the coaches signal the players on the outside of the circle must then poke and slap check at the two players inside but aren't allowed to move any closer to them. The two players inside of the circle also bump each other.

The center player that drops their ball first is out and a new challenger from the outer circle replaces them as the new gladiator.

**Stealing Bacon:** To play steal bacon divide up players into two equal teams and then have them line up on two opposite sides of the field giving each player a number from 1 onwards (so the first player of each line is '1', the second player of each line is '2', the third player of each line is '3' and so on).

Next the coach must stand in the middle of the two lines, drop a ball on the ground and then shout a number. Then the kids from each of the teams that has been given that number must run out to the ball and try to bring it back to their teams line. Each time a player successfully takes the ball and brings it back to their line their team scores a point and the first team to reach ten points wins the game.

**Egg Toss:** To perform this drill players should be split into pairs and they must then throw and catch the ball between them and their partner. Each time they make a successful throw and catch they must take a step back so that that it's getting harder and harder.

The last pair to drop the ball (also known as the "egg") wins the game.

# Lacrosse Drills for Beginners



For players just starting out a lot of the other [lacrosse drills](#) that are features on our site might be a little too advanced and not so suited towards the beginner player. So to remedy this below we have compiled a collection of some of the very best lacrosse drills for beginners that are out there so that players that are new to the game have a way to work on their lacrosse skills too.

**The Wall Ball Drill:** The wall ball drills is a great lacrosse drill for beginner players that teaches players about three of the most fundamental skills involved in lacrosse: catching, passing and shooting.

To perform it players should stand around ten feet away from the wall and try to bounce the ball a few inches in front of the wall so that it kicks up in a high lob and is easy to catch. Players should aim to catch twenty balls using their stronger hand and once they've done that they should switch to their weaker hand.

Then as they successfully hit and catch twenty balls using their weaker hand they should focus on trying to hit specific targets on the wall with their shots helping them to work on their accuracy.

**Ground Balls Drill:** One of the first things that players must learn to do (even before they learn to cradle or pass) is to gain possession of the ball which usually involves scooping it off of the ground and here's a great beginner lacrosse drill for practicing this.

The drill is performed by splitting players into pairs and then players must simply roll grounders back and forth between their and their partner.

**The Triangle Drill:** This drill will help beginner players to become fluent in passing the ball to a team mate. The drill requires three players to stand in the formation of a triangle with around ten yards between each player.

Then one player should start with a ball and pass to the player on their right using their right hand. That player must then catch the ball using their left and then pass the ball to the next player using their right hand. This process should continue until the players have successfully gone right around the triangle a total of ten times without any mistakes.

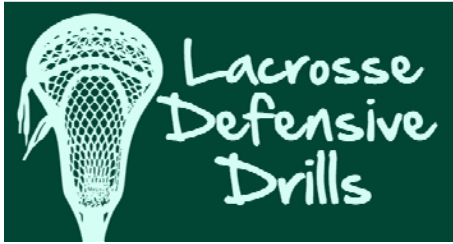
Once successful they should switch to using their left hand to throw and their right hand to catch until they also successfully manage this for ten full rounds of the triangle without any mistakes.

**Cradling Drill:** Another one of the first skills that beginner players will need to learn and master is cradling. To help players to become proficient at cradling they should perform this drill.

Players should simply jog for thirty yards back and forth and each time they should use a different basic cradling technique.

These three techniques are: the two handed underhand cradle (where both hands carry the stick at hip height), the upright cradle (where the players holds the stick in both hands vertically using the top hand to control the head) and the one handed upright cradle (which allows players to use their other hand to hold off [defenders](#)).

# Lacrosse Defensive Drills



As the old saying goes “the best offense is a good defense” and it couldn’t be more true in lacrosse too. Sure offensive skills are vital but without a solid defense it’s unlikely that a team will be winning any matches any time soon.

Luckily however learning strong defense skills can all be done through the use of lacrosse defensive drills and below you’ll find a hand picked selection of some of the very best defense drills out there!

**Keepaways:** This fun drill will help players to improve on their ability to stop offensive players from attacking whilst their defensive is short handed.

To prepare create a ten by ten yard square with cones and place three attackers on three of the corners of the square. Then place a defender in the center of the square.

When the coach yells “go” the attackers must pass to one another and the defender must try to intercept the ball.

The drill continues until the defender successfully intercepts the ball and then the positions are rotated.

**Foot Positioning Drill:** This drill is designed to teach defenders how to stay with an offensive player when they try to drop step or roll.

The defensive player should stand opposite an offensive player with their knees bent a little bit and with their stick at an angle. They should also have their top foot up and facing the back of the attacking player.

When the coach yells "go" the attacking player must try to pivot and roll to lose the defending player and they are doing so the defender must drop step on their back foot to try to shadow him and block his path to the goal.

Repeat the drill a few times before swapping the roles of the attacker and defender.

**The Knock Down:** Here's another drill that's great for improving on a players' defensive skills.

This drill is performed with a defender standing to the left side of the cage, a [goalkeeper](#) inside of the goals and the coach standing about ten yards in front of the crease facing the cage.

Next the coach passes the ball to the goalkeeper and as they do so the defender must run in from the left side to try to either tip, catch or knock the ball down.

The defender then moves to the right and another defender should take their place as the drill continues on.

# Youth Lacrosse Drills



These days a lot of youth are playing lacrosse. It's a fantastic and fun sport for young people as well as a great way to stay fit and active. The following drills have all been especially designed for the young player and will help to improve on a wide variety of important lacrosse skills ranging from passing to goalkeeping.

**The Diamond Pass:** A player should never stand still whilst they are catching or throwing in a game and this drill will teach players to move and cut while they're making a catch or throw.

To set up for the diamond pass drill have four players form the shape of a diamond with one player at each corner of the diamond. One of the players should have a ball and there should also be a cone placed right in the center of the diamond and make sure all four lines of the diamond are about ten yards away from cone.

Next the player with the ball must pass it with their right hand to the player to their right and that player must V-cut in towards the cone and then move back to their original position to catch the pass left-handed and with their stick on the outside.

When that player has caught the ball they must then change the stick to their right hand and passes the ball to the player on their right and the process repeats itself.

After several goes around the diamond reverse the passing order.



**Youth Goalkeeping Drill:** Here's a youth lacrosse drill that's designed especially to [help goalkeepers to refine their skills](#) improving their reaction time as well as footwork and and speed abilities. All that it requires is a wall and a tennis ball.

The drill begins with the goalkeeper standing about seven to eight feet away from the wall and facing it and the coach standing a few feet behind and slightly to the side of the goalkeeper.

The coach should then throw the tennis ball against the wall at all sorts of different angles so that it bounces back towards the goalkeeper. The goalkeeper must then work out where the ball is going to bounce back to and quickly move into position to save it.

**Bowling:** This is a great [lacrosse drill](#) for teaching players the skill of scooping ground balls whilst they are running on the field.

To perform this drill start by dividing the players up into two groups and have both groups form a line with the coach standing in between of the two lines.

The drill begins when the coach blows a whistle and rolls the ball out ahead. The players at the front of each line must then run and try to get possession of the ball. Whichever player gets possession first must then break to the goal for a shot whilst the other player must play defense.

# Lacrosse Goalie Drills



Goalkeeping is one of the most important jobs in a game of lacrosse and the abilities of the goalkeeper can often make the difference between winning and losing a match. Luckily there are some great ways for lacrosse goalies to refine their skills and become master goalkeepers and one of the very best ways to do so is by performing lacrosse goalie drills.

Perform these [drills](#) often and any goalie can soon pick up all of the crucial skills involved in great goalkeeping so that they can block more shots from their opponents and win more matches!

**The Brick Wall:** Here a great lacrosse drill for goalkeepers that are looking to improve on their reaction time. Start by having the goalkeeper stand about five yards away from a brick wall and then have another player stand a further five yards from the goalkeeper.

The second player should then take shots at the brick wall and after the ball has hit the wall the goalkeeper should attempt to save the ball. Start the shots slow and gradually build up to a faster pace.

This is a great drill for training goalies to become good at taking quick shots that they may not necessarily see until the very last second.

**The Goalie Pass:** Not only is it important that a goalie must be able to stop a ball but they then must be able to pass it to one of their team mates and this drill does an excellent job at training goalkeepers to do just that.

To perform this drill the coach starts with the ball in the center around ten yards away from the goals and then takes a shot at the goals where the goalie must try to save the ball. When the goalie saves the ball they then yell 'clear!' and the first player on his right runs fifteen to twenty yards upfield. The goalies aim is to hit his teammate in stride with a crisp pass.

The coach then takes another shot at goals and the goalie one again saves and yells 'clear!' but this time throws to the first player on their left who must also run fifteen to twenty yards upfield.

Then just continue repeating this process until every player on the team has caught a clearing pass from the goalkeeper.

And to make it even more interesting you can add the rule that every time the goalie makes a bad pass they must do five push ups and every time one of the other players drop a good pass they must also do five push ups!

**High to Low:** This is an excellent lacrosse goalie drill for training the goalkeeper to save from all sorts of angles. To perform this drill two players must stand ten to fifteen yards from the goals with one of the left hand side and the other on the right hand side.

Both players must then take alternate shots at the goals beginning at a shoulder level height and then gradually progressing down to ankle level. When both of the players have taken ten shots they then go reverse the process and start aiming higher and higher until they get to shoulder level again. When this is done you can then also have the players take ten bounce shots at the goals.