

MANITOBA LACROSSE ASSOCIATION

---

# COACH DEVELOPMENT PROGRAM

BOX LACROSSE DRILL HANDBOOK

LEARN MORE FROM [WWW.MANITOBALACROSSE.COM](http://WWW.MANITOBALACROSSE.COM)

## 2 on 1 Corner Pressure

### Drill Specifications

Drill Theme: Passing, Shooting, Defense  
Floor Position: Offense

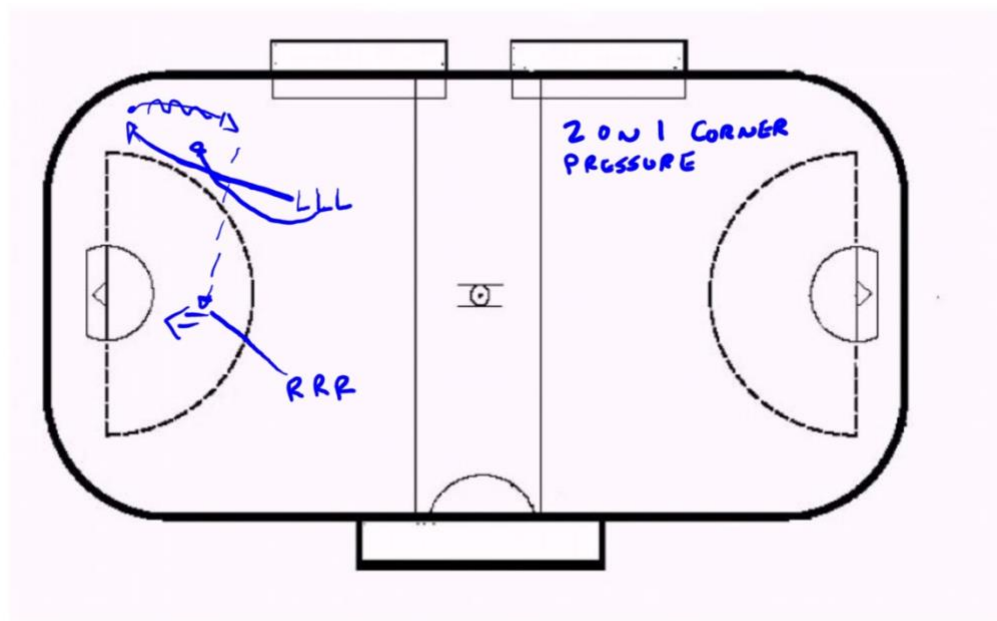
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players how to pass under pressure, and for teaching defenders how to properly approach ball carriers.

### Drill Description

Set up two lines in between the 24-foot line and the restraining line. Have L2 roll the ball in the corner for L1, letting him pick it up and then putting immediate pressure on L1, as he attempts to make a pass to a cutting R1. After R1 shoots, R2 will roll a ball in the corner and apply immediate pressure as he looks for a cutting L3.





**Skills Practiced**

- Shooting
- Passing
- Pressure Defense

**Variation**

N/A

## 2 on 1 Pick and Roll

### Drill Specifications

Drill Theme: Pick and Rolls

Drill Style: Skills

Floor Position: Offense

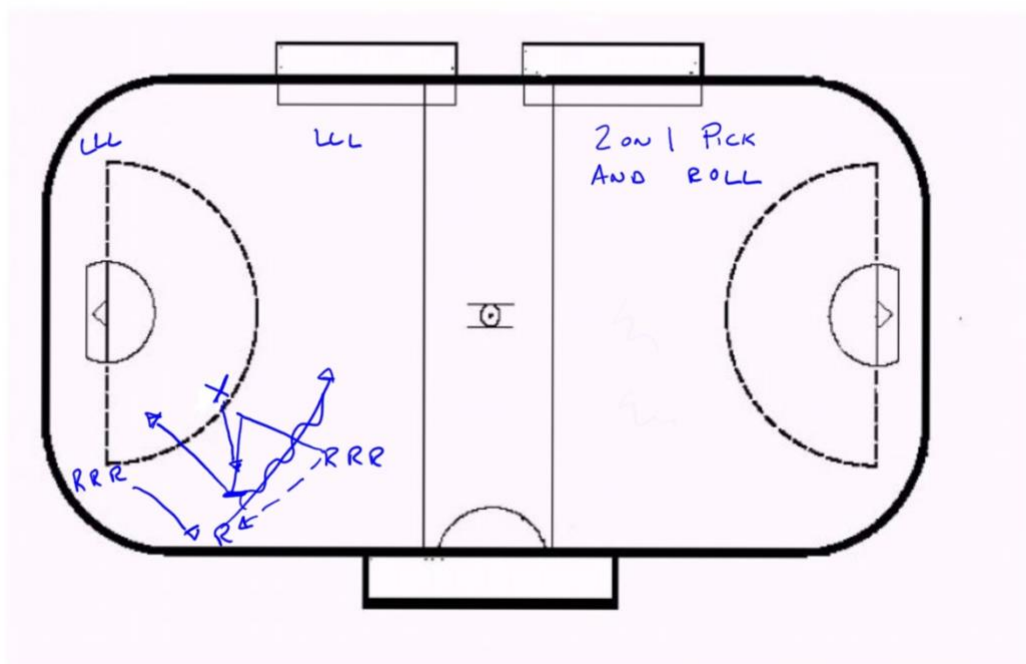
Time Needed: 10

### Objective

This drill is excellent for reinforcing decision making in the pick and roll game

### Drill Description

Set four lines, as is shown below, with balls in the top two lines. The drill will commence with R1 running up to the side boards and receiving a pass from R2. With one defender in the middle. The defender chooses who to defend in the pick and roll, so there is either a shot or a pass to the roll player.





**Skills Practiced**

- Passing and Catching
- Shooting
- Pick and Rolls

**Variation**

N/A

## Carry and Shoot

### Drill Specifications

Drill Theme: Shooting and Recovering  
Floor Position: Offense

Drill Style: Skills  
Time Needed: 10

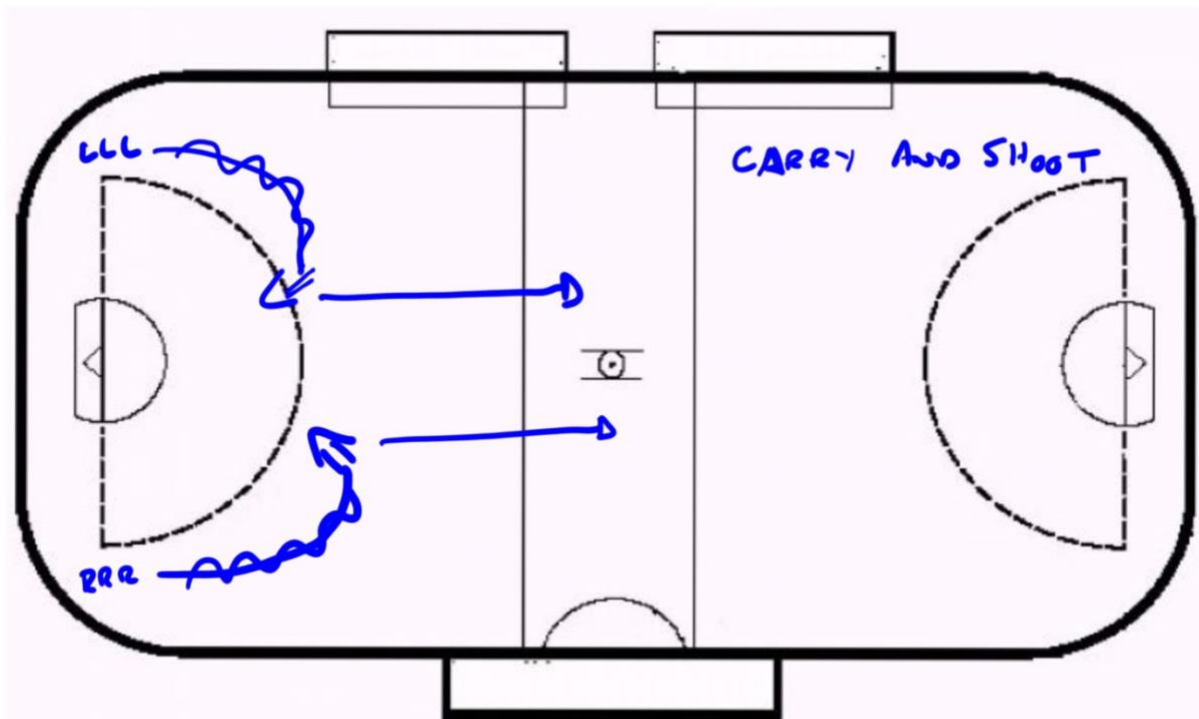
### Objective

This drill is excellent for teaching players how to carry the ball up the floor, shoot, and recover to the defensive end. The objective is to work on carrying the ball, shooting, and recovering to the defensive end.

### Drill Description

Set up two lines in the corners of the arena, splitting up left-handed players and right-handed players. The balls are down low in both lines. L1 will carry the ball up past the 24-foot area, turn their hips, plant their lead foot towards the net, and shoot. After shooting, players will immediately turn and sprint past the restraining line.

Players will alternate repetitions with one player from one side going, followed by a player in the opposite line.





**Skills Practiced**

- Carrying the Ball
- Shooting
- Defensive Recovery

**Variation**

N/A

## Corner Loose Ball, Hit Opposite Cutter

### Drill Specifications

Drill Theme: Loose Balls and Shooting  
Floor Position: Offense

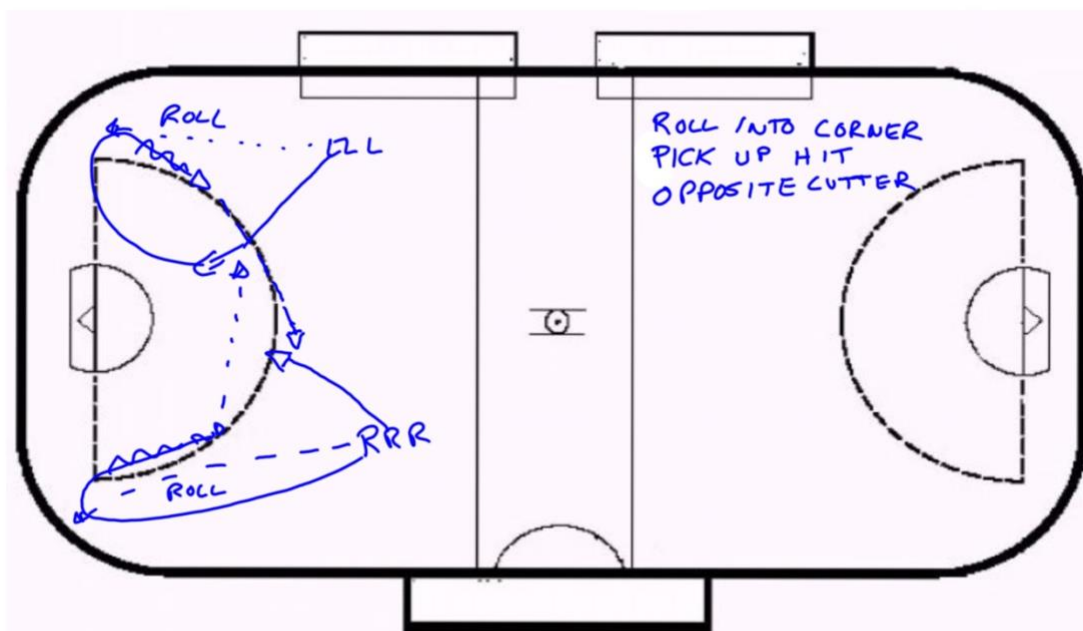
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players how to pick up loose balls, pass across the floor, catching and shooting.

### Drill Description

Set up two lines just under the restraining lines, splitting up left-handed players and right-handed players. The balls are in both lines. R2 will roll a ball into the corner for R1, as R1 picks up the ball, L1 will cut into the middle of the floor looking for the pass and shot. After shooting, L2 will roll a ball for L1 into the corner, as R2 cuts into the middle. Lines will continue to alternate.







**Skills Practiced**

- Passing
- Catching
- Loose Balls

**Variation**

N/A

## Crease 2 on 1

### Drill Specifications

Drill Theme: Passing, Shooting, Odd Man  
Floor Position: Offense

Drill Style: Skills  
Time Needed: 10

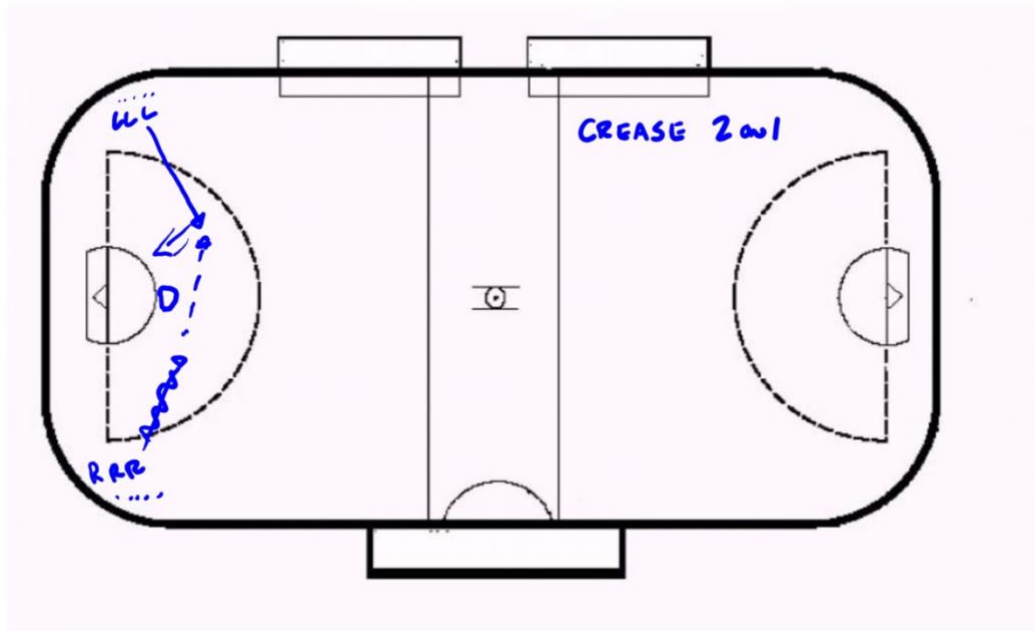
### Objective

This drill is excellent for teaching players how to make quick and decisive passes in offensive transition situations and defenders to play against odd man situations.

### Drill Description

Set up two lines in the corners, split up left-handed and right-handed players on their respective sides. Balls will be in both lines. Start with a defender centered on top of the crease. Either R1 or L1 will drive towards the net with a ball while the other partner finds a passing lane.

The defender will attempt to stop the initial shot from the ball carrier, force an early pass, or/and knock down the pass to the other offensive player.





**Skills Practiced**

- Shooting
- Passing
- Odd Man Situations

**Variation**

N/A

## Cross Shooting and Crease Shooting

### Drill Specifications

Drill Theme: Shooting  
Floor Position: Offense

Drill Style: Skills  
Time Needed: 10

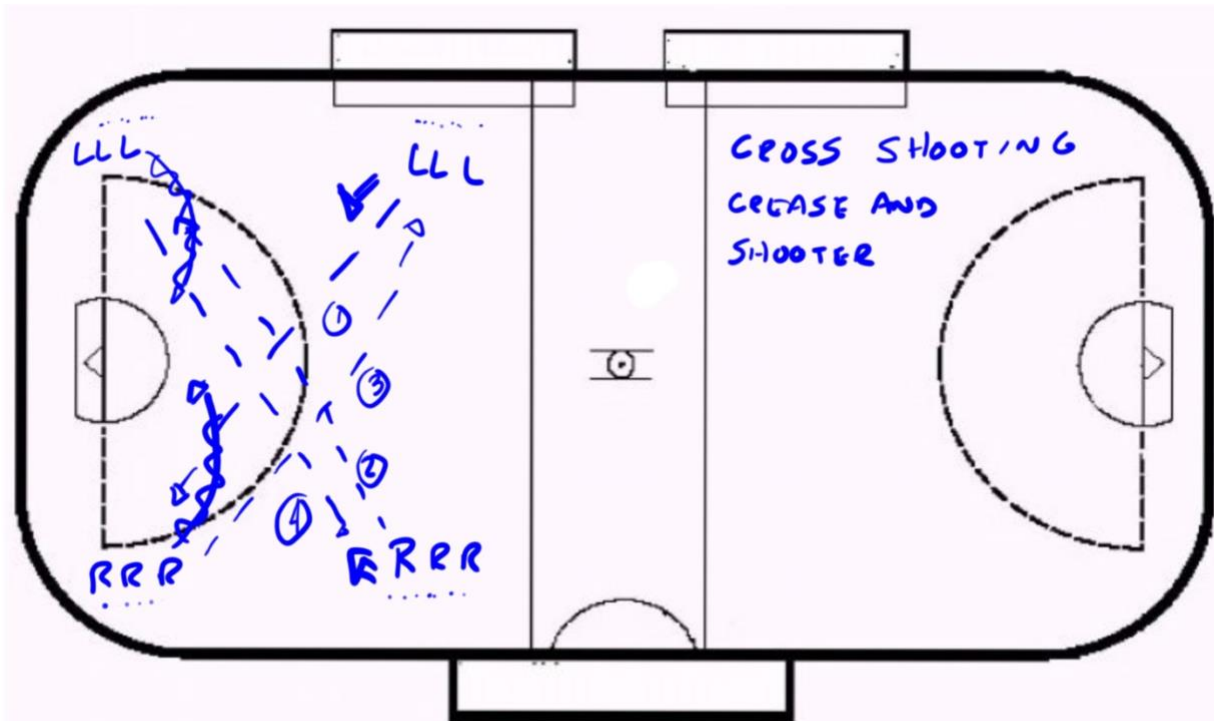
### Objective

This drill is excellent for teaching players how to pass across the floor, catching, and shooting. The objective is to make quick, accurate passes across the floor, while catching and shooting quickly.

### Drill Description

Set up four lines in the corners of the arena, splitting up left-handed players and right-handed players. The balls are in all four lines. [Explain]

Players will alternate repetitions with one player from one side going, followed by a player in the opposite line.





**Skills Practiced**

- Passing
- Catching
- Shooting

**Variation**

N/A

## Four Corner Breakaway Pass

### Drill Specifications

Drill Theme: Shooting, Passing  
Floor Position: Full Floor

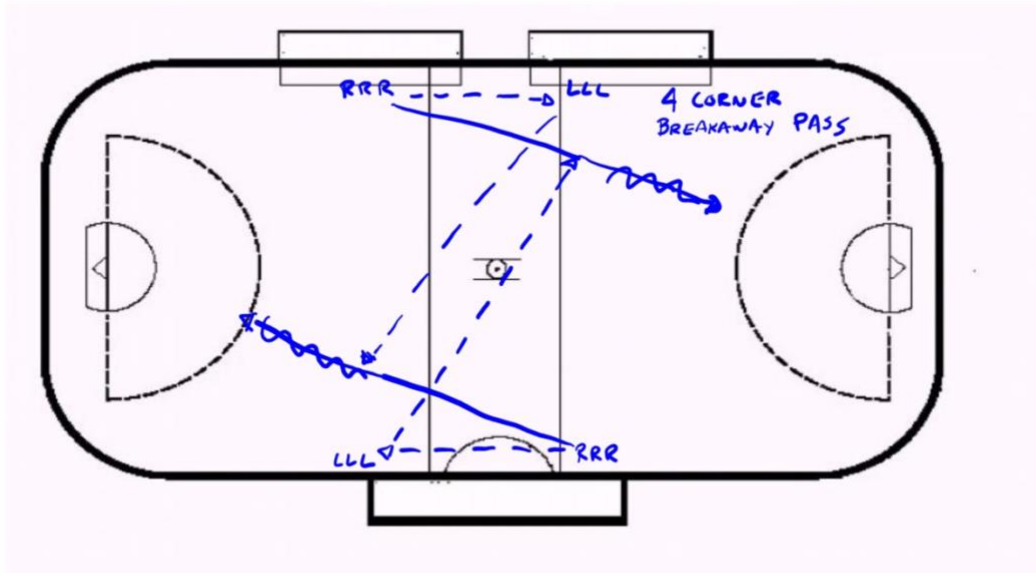
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players coordination while passing and catching, as well as looking up the floor for a shot.

### Drill Description

Set up four lines under the restraining lines, splitting up left-handed players and right-handed players (as shown). Balls will be in all four lines. The drill will run simultaneously from both sides as R1 passes to L1, and R2 passes to L2, R1 will look for the ball across the floor from L2, while R2 will look for the pass across the floor from L1, as they both break towards the net for a shot.





**Skills Practiced**

- Shooting
- Passing

**Variation**

N/A

## Four Corner Give and Go

### Drill Specifications

Drill Theme: Shooting, Passing  
Floor Position: Full Floor

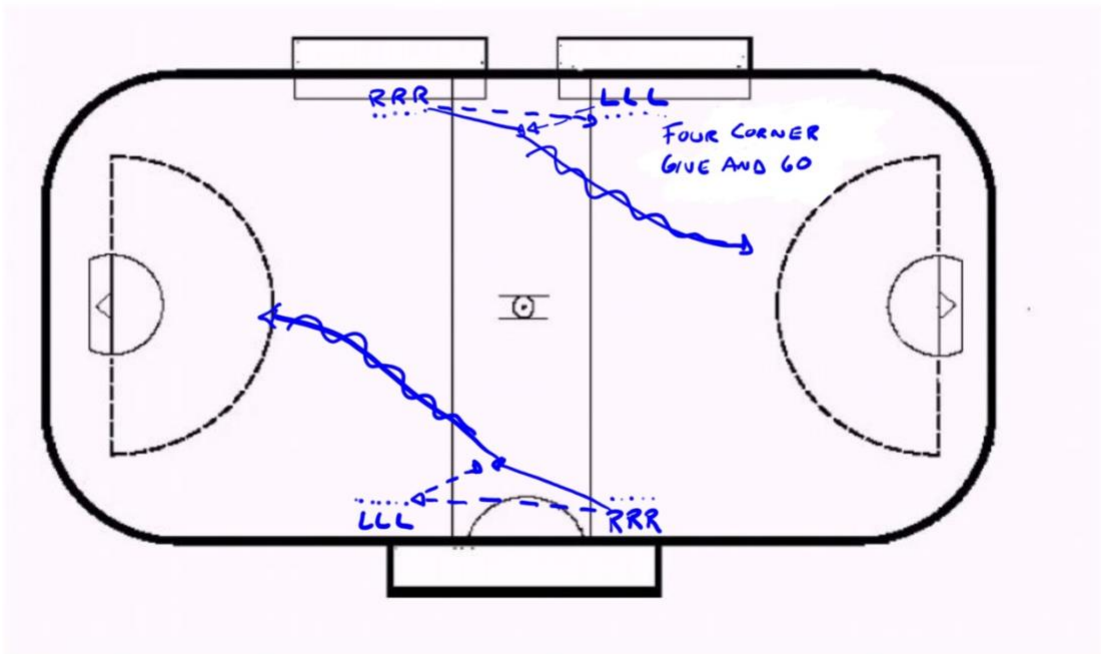
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players coordination while quickly passing and catching, as well as looking up the floor for a shot.

### Drill Description

Set up four lines under the restraining lines, splitting up left-handed players and right-handed players (as shown). Balls will be in all four lines. The drill will run simultaneously from both sides as R1 passes to L1, cuts towards the net and quickly receives the ball back from L1 for a Breakaway Shot. After L1 passes, L1 will pass to R2, and quickly receive the ball back breaking towards the other end of the floor.







**Skills Practiced**

- Shooting
- Passing

**Variation**

N/A

## Four Corner Loose Ball Exchange

### Drill Specifications

Drill Theme: Shooting, Loose Balls  
Floor Position: Full Floor

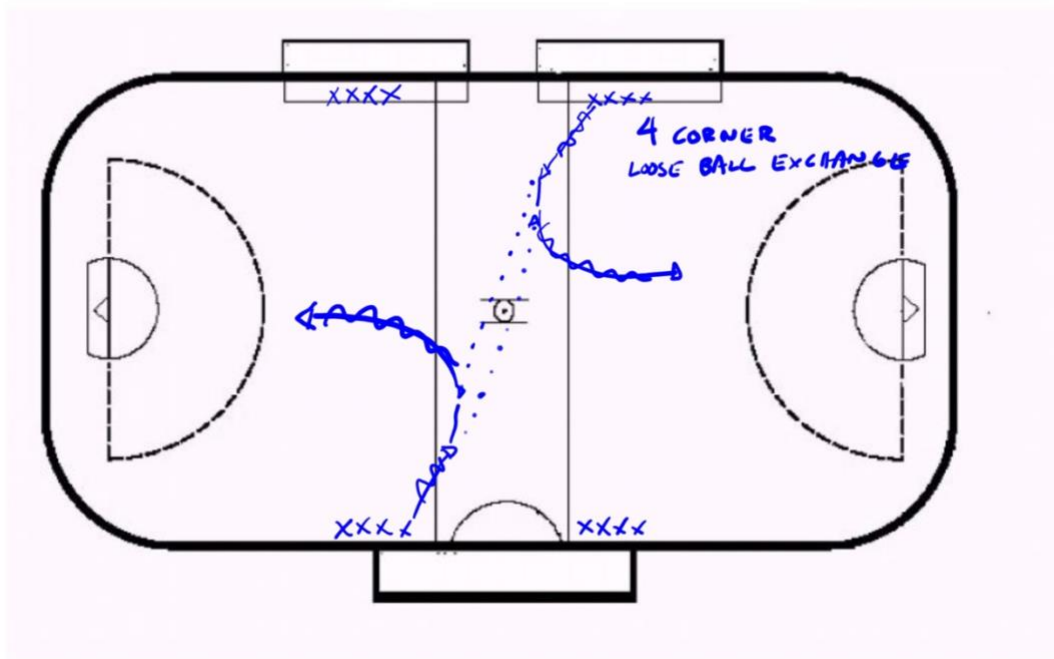
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players coordination while picking up a loose ball, as well as looking up the floor for a shot.

### Drill Description

Set up four lines under the restraining lines, with balls in all four lines. Players from opposite lines will each have a ball and roll it diagonally to their partner. After the players receive their partner's loose ball, they will turn to their respective sides and run towards the net for a breakaway shot.





**Skills Practiced**

- Shooting
- Loose Balls

**Variation**

Four Corner Pass Exchange

## Four Corner Pass Exchange

### Drill Specifications

Drill Theme: Shooting, Passing  
Floor Position: Full Floor

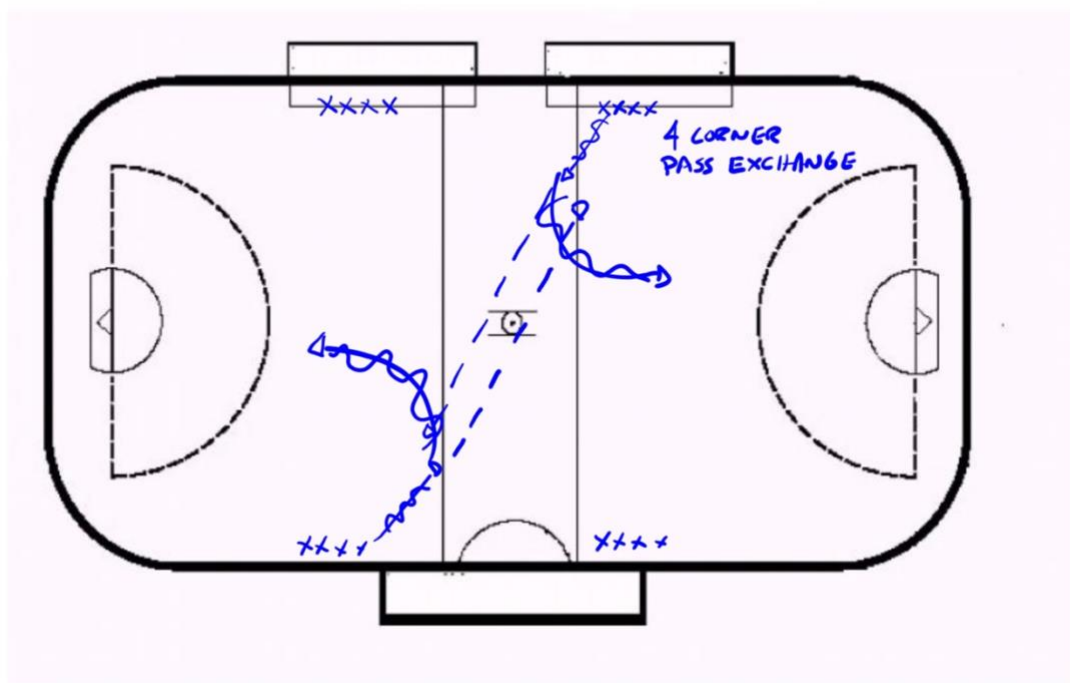
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players coordination while passing and catching, as well as looking up the floor for a shot.

### Drill Description

Set up four lines under the restraining lines, with balls in all four lines. Players from opposite lines will each have a ball and pass diagonally to their partner. After the players receive their partner's pass, they will turn to their respective sides and run towards the net for a breakaway shot.





**Skills Practiced**

- Shooting
- Passing

**Variation**

Four Corner Loose Ball Exchange

## Goalie Breakout Pass

### Drill Specifications

Drill Theme: Shooting, Passing, Transition

Drill Style: Skills

Floor Position: Full Floor

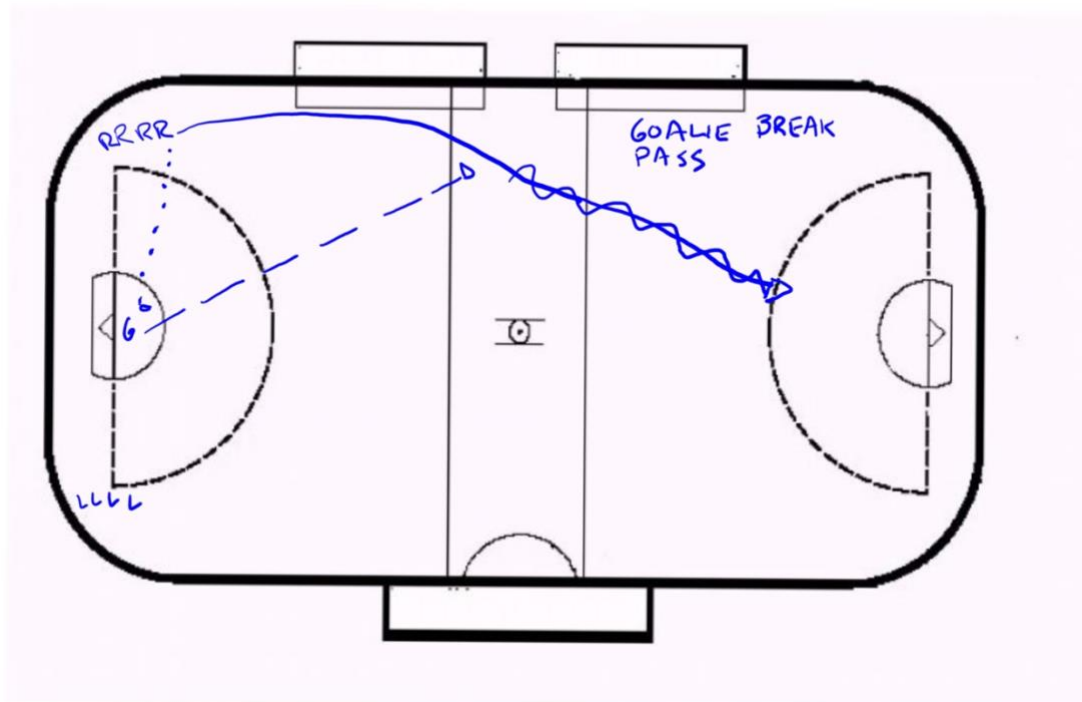
Time Needed: 10

### Objective

This drill is excellent for teaching players coordination while passing and catching while running the length of the floor, as well as simple breakout mechanics.

### Drill Description

Set up two lines in the corners of one end, splitting left-handed and right-handed players as shown. The drill commences with a pass from R1 to the goalie, he will then break up the floor looking for the ball back from the goalie for a breakaway shot. Sides will alternate.





**Skills Practiced**

- Shooting
- Passing
- Offensive Transition

**Variation**

Two Man Break, Two Shots

## Head Start

### Drill Specifications

Drill Theme: Loose Balls, Defense  
Floor Position: Offense

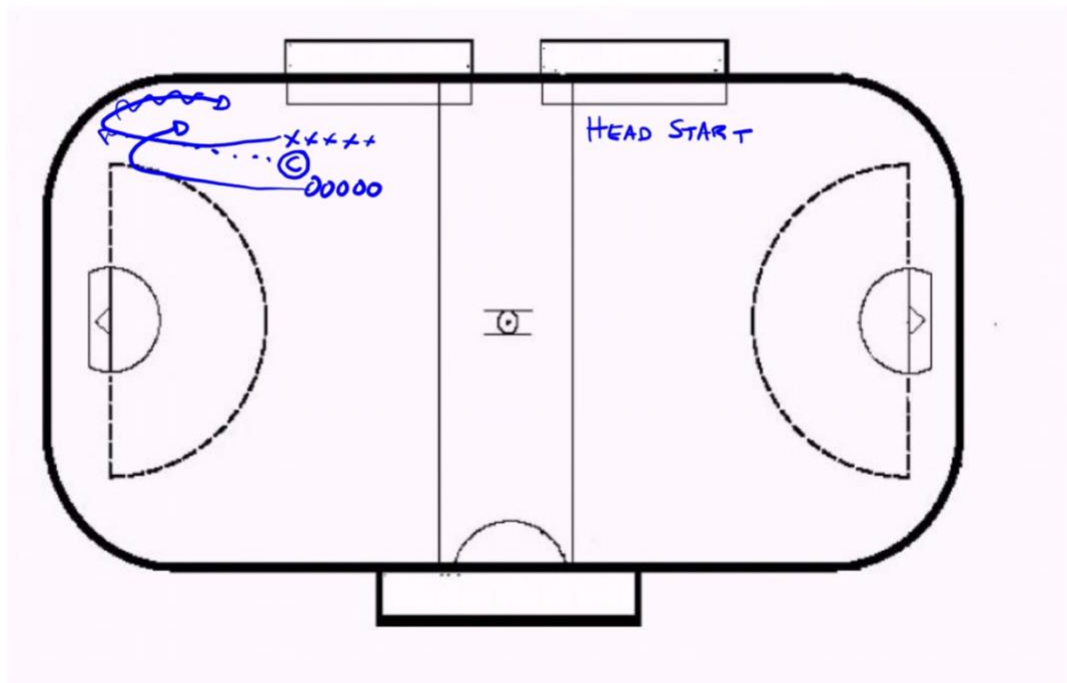
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players how to pick up the ball and elude pressure.

### Drill Description

One player starts a few feet in front of other. Roll ball in corner and first player gets ball with defender on him. Focus is on picking up loose ball and then running out of corner to elude checker.







**Skills Practiced**

- Loose Balls
- Defense

**Variation**

N/A

## Inside and Outside Shooting

### Drill Specifications

Drill Theme: Shooting off Pick and Rolls  
Floor Position: Offense

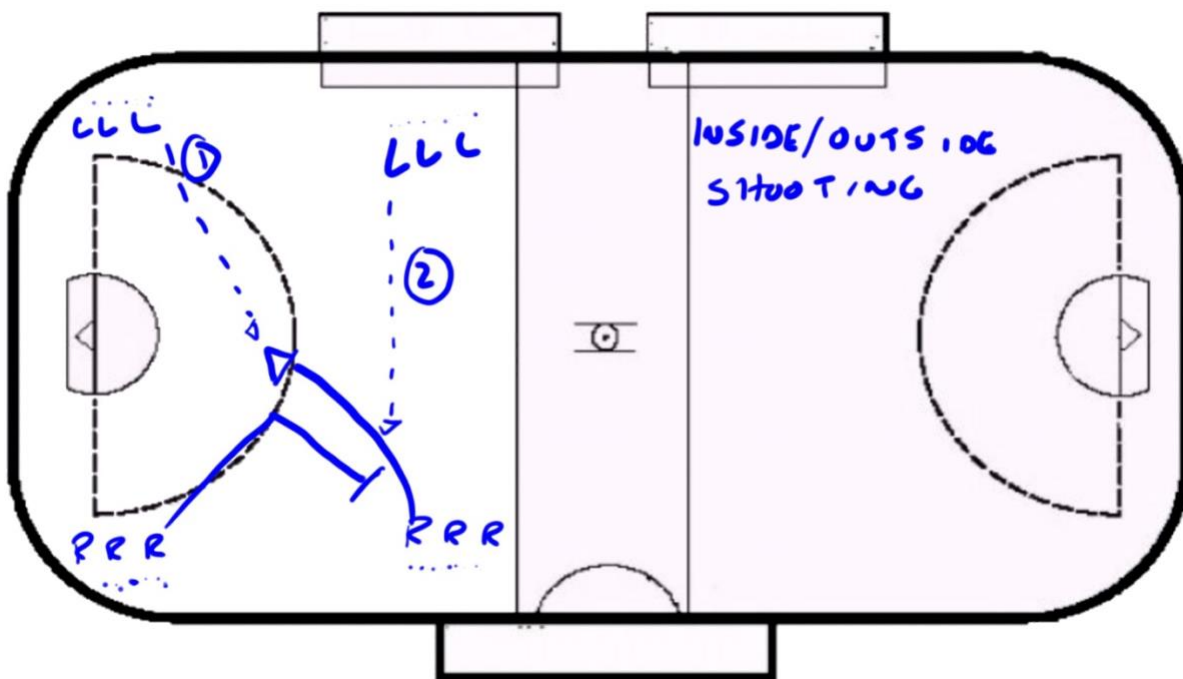
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players how to pass across the floor, catching and shooting off of pick and rolls.

### Drill Description

Set up four lines in the corners of the offensive end, splitting up left-handed players and right-handed players. The balls are in all four lines. R1, without a ball, will cut into the middle and break towards R2 to set a pick. R2 will run off the pick and look for the ball from L1, while running to the far post. R2 will roll, opening up towards L2, as L2 passes it across the floor to R2 for a shot. After both R1 and R2 have shot, L1 and L2 will complete the same pattern.





**Skills Practiced**

- Passing
- Catching
- Pick and Rolls

**Variation**

Have the player, who is coming off the pick, go underneath instead of over top of the pick.

## Pattern Passing

### Drill Specifications

Drill Theme: Passing  
Floor Position: Full Floor

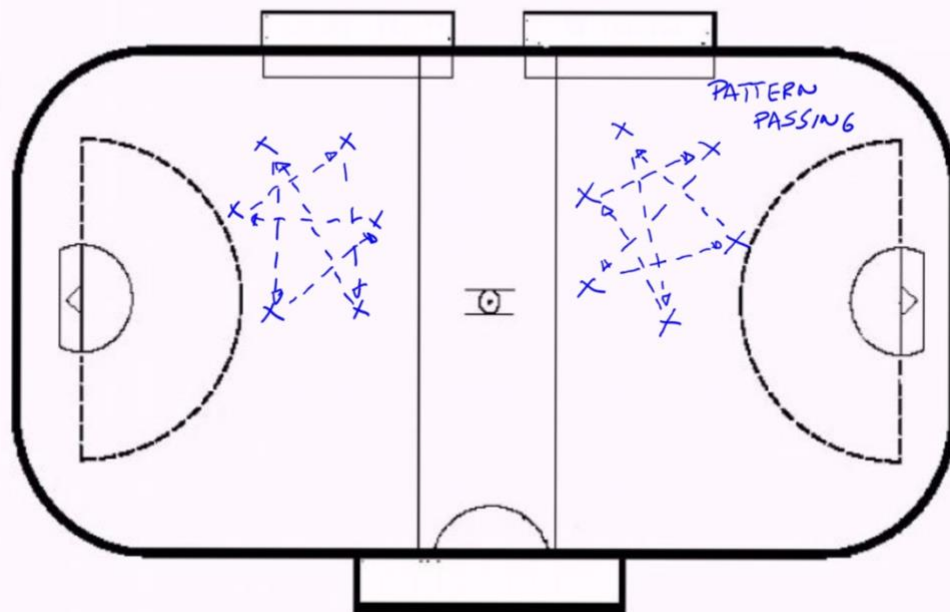
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for reinforcing quick and accurate passing in traffic

### Drill Description

Start with one ball and pass the same pattern with quick passes. Keep adding balls and keep the pattern with all the passes.





**Skills Practiced**

- Passing

**Variation**

N/A

## Pairs Passing, Up and Back

### Drill Specifications

Drill Theme: Passing  
Floor Position: Full Floor

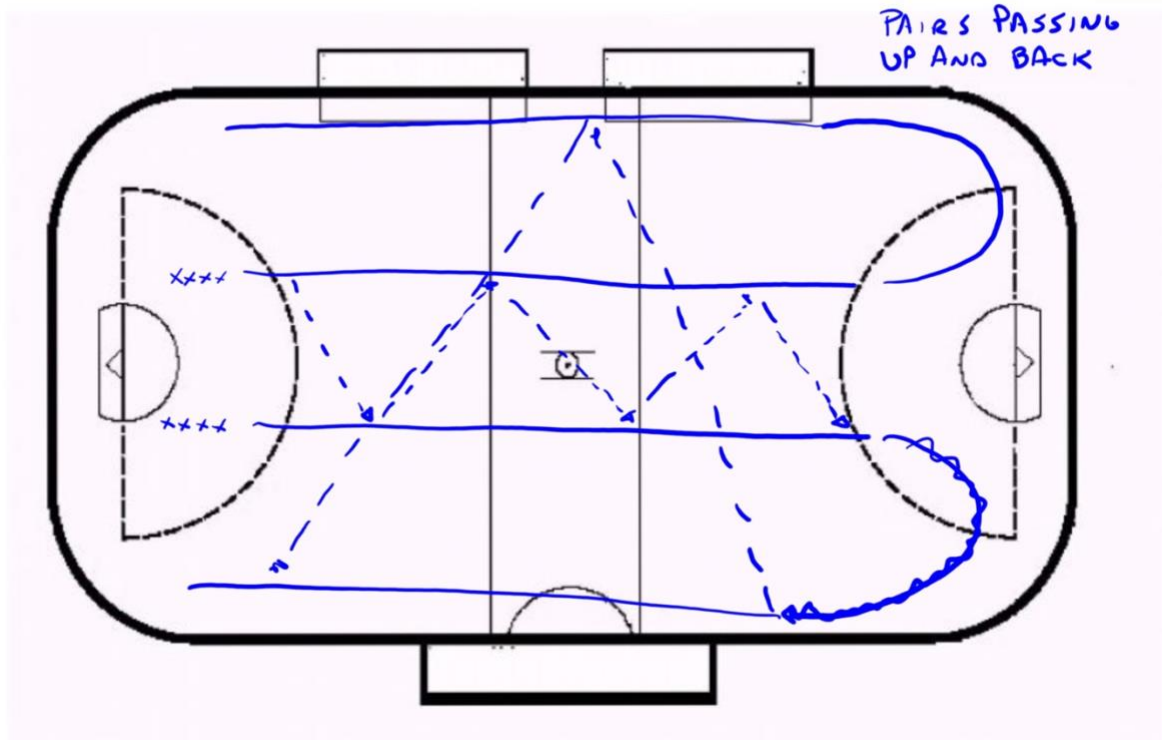
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players coordination while passing and catching while running the length of the floor.

### Drill Description

Set up two parallel lines just outside of the top of the crease. The drill commences with a pair of players (one from each line) begin to make short passes as they run up the floor. As the pair of players reach the top of the twenty-four-foot line. They will both curl to the outside and run along the boards making more lengthy passes back down to the end they started in.





**Skills Practiced**

- Passing

**Variation**

N/A

## Pass Down, Opposite Cut Shot

### Drill Specifications

Drill Theme: Shooting  
Floor Position: Offense

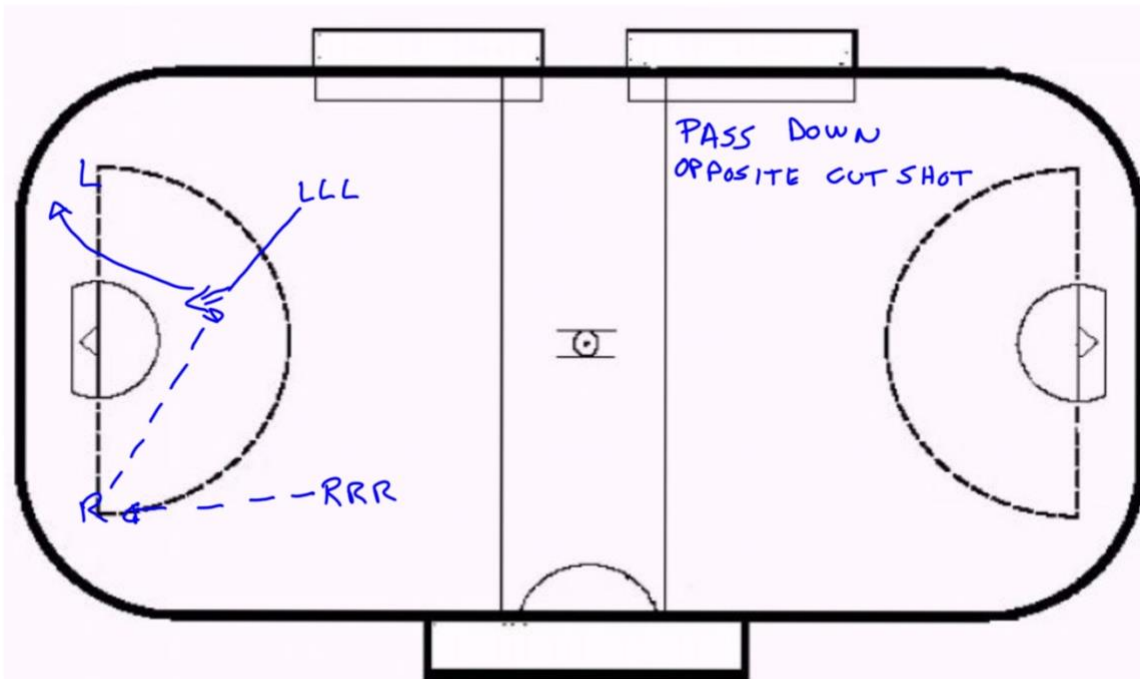
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players how to pass across the floor, catching, shooting, and recover to the defensive end. The objective is to make quick

### Drill Description

Set up four lines in the corners of the arena, splitting up left-handed players and right-handed players. The balls are in the top two lines. R1 will pass down to R2, while L1 cuts to the middle of the floor, receiving a pass from R2. L1 will recover the opposite corner and receive a pass from L2, as R3 cuts to the middle of the floor.



### Skills Practiced





- Passing
- Catching
- Shooting
- Cutting

**Variation**

N/A

## Pick Series: Give and Go

### Drill Specifications

Drill Theme: Two-Man Game  
Floor Position: Offense

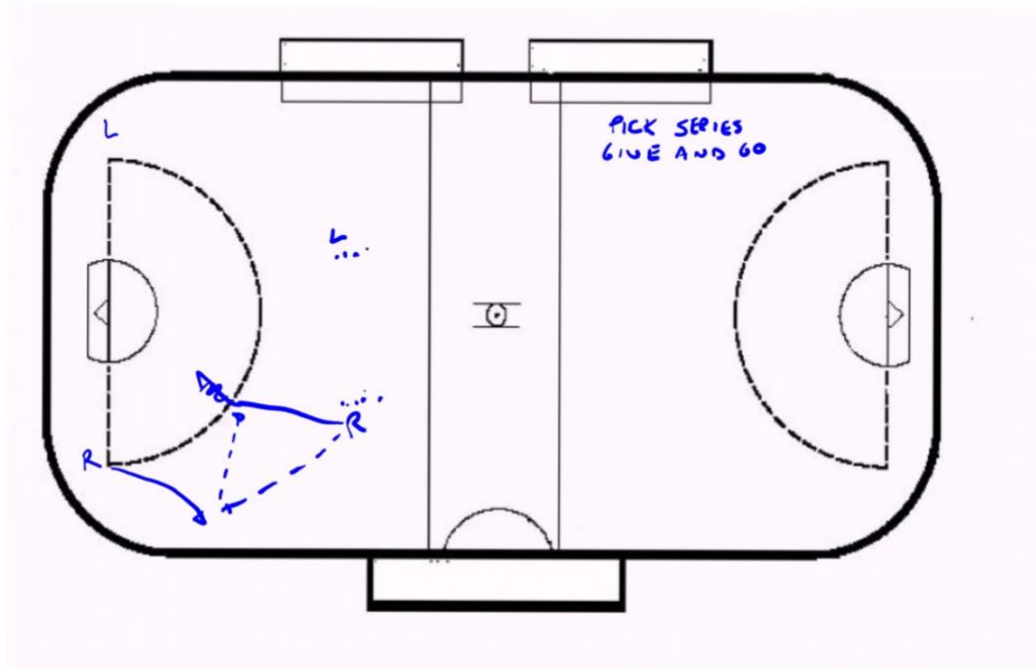
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players the fundamentals of the two-man game on offense.

### Drill Description

Set four lines, as is shown below, with balls in the top two lines. The drill will commence with R1 running up to the side boards and receiving a pass from R2. Immediately after making the pass to R1, R2 will cut aggressively towards the net looking for the ball back from R1 for a shot.





**Skills Practiced**

- Passing
- Shooting
- Two-Man Game

**Variation**

Pick Series: Pass to Roll, Shot, Swing Pass to Roll.

## Pick Series: Pass to Roll

### Drill Specifications

Drill Theme: Two-Man Game  
Floor Position: Offense

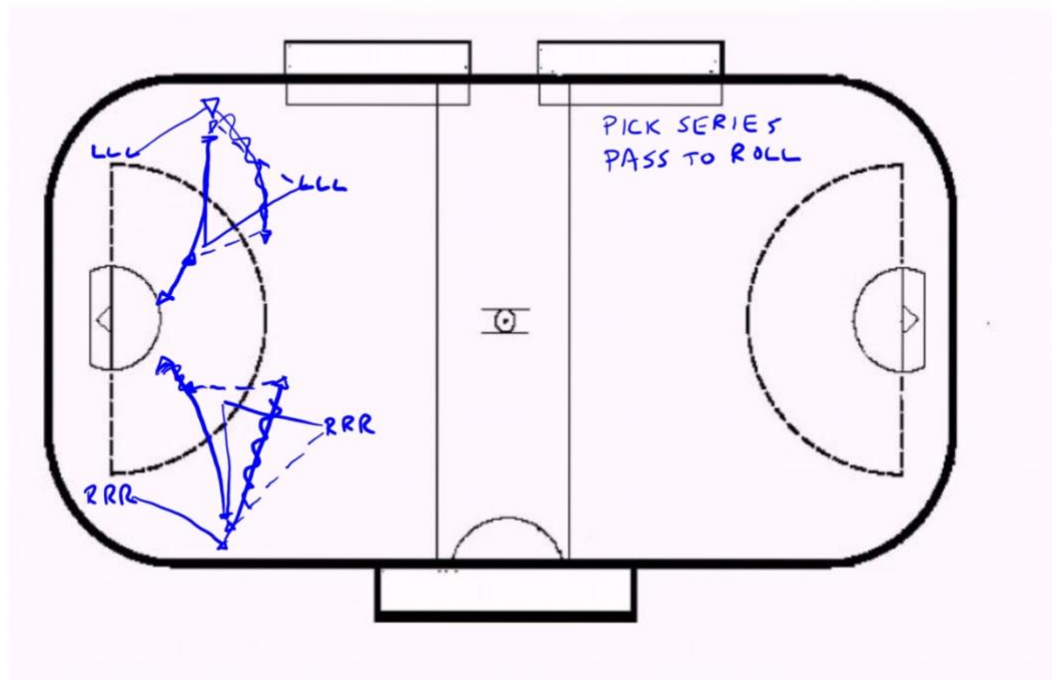
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players the fundamentals of the two-man game on offense.

### Drill Description

Set four lines, as is shown below, with balls in the top two lines. The drill will commence with R1 running up to the side boards and receiving a pass from R2. Immediately after making the pass to R1, R2 will cut aggressively towards the net looking for the ball but once reaching the middle will come straight out towards R1 to set a pick on the top side. R1 will run off the pick, as R2 rolls to the middle, opening up towards the ball carrier to receive the pass in the middle of the floor.





**Skills Practiced**

- Passing
- Shooting
- Two-Man Game

**Variation**

Pick Series: Give and Go, Shot, Swing Pass to Roll.

## Pick Series: Shot

### Drill Specifications

Drill Theme: Two-Man Game  
Floor Position: Offense

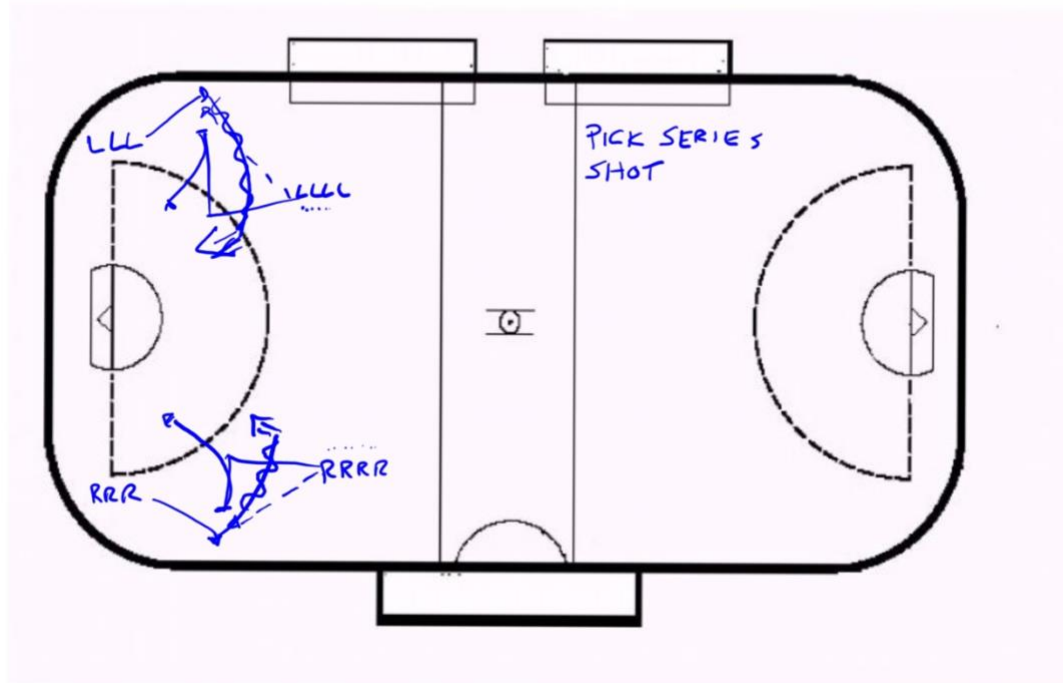
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players the fundamentals of the two-man game on offense.

### Drill Description

Set four lines, as is shown below, with balls in the top two lines. The drill will commence with R1 running up to the side boards and receiving a pass from R2. Immediately after making the pass to R1, R2 will cut aggressively towards the net looking for the ball but once reaching the middle will come straight out towards R1 to set a pick on the top side. R1 will run off the pick looking to shoot a few steps after running off the pick.





**Skills Practiced**

- Passing
- Shooting
- Two-Man Game

**Variation**

Pick Series: Pass to Roll, Give and Go, Swing Pass to Roll

## Quick 2 on 0

### Drill Specifications

Drill Theme: Passing, Shooting, Defense  
Floor Position: Offense

Drill Style: Skills  
Time Needed: 10

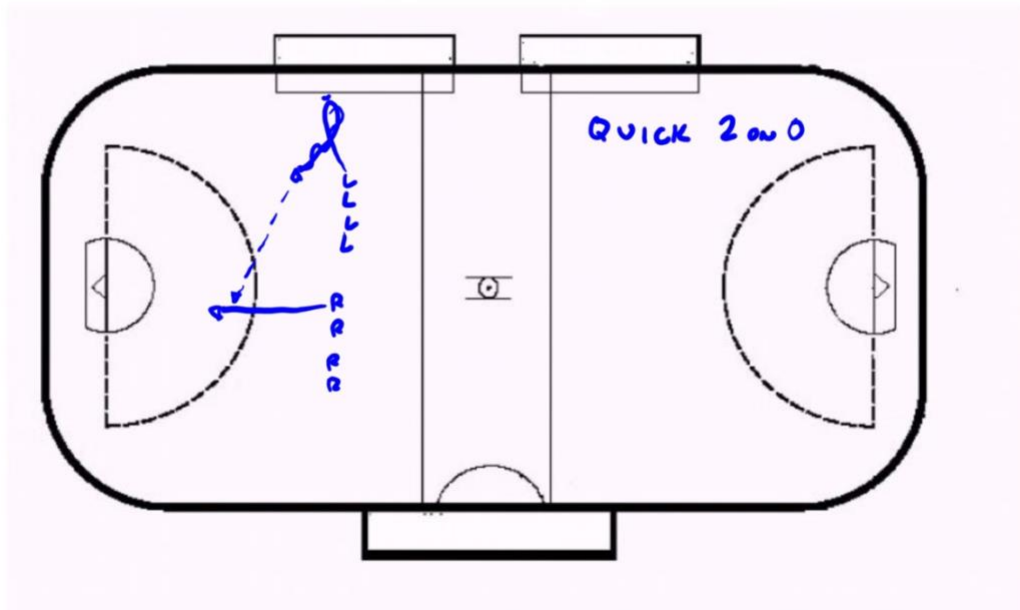
### Objective

This drill is excellent for teaching players how to make quick and decisive passes in offensive transition situations.

### Drill Description

Set up two lines just under the restraining line, split up between left-handed and right-handed players on their respective sides, facing the same direction. The balls will start in one line. L1 will start the drill, by sprinting with a ball towards the bench, planting, turning and looking to R2 who will cut directly towards the net, looking for the pass and shot.

After five (5) minutes or after all the balls have been depleted, switch sides, having the opposite line make the pass.







**Skills Practiced**

- Shooting
- Passing
- Offensive Transition

**Variation**

N/A

## Side Shuffle, Trailer Shot

### Drill Specifications

Drill Theme: Transition and Shooting

Drill Style: Skills

Floor Position: Offense

Time Needed: 10

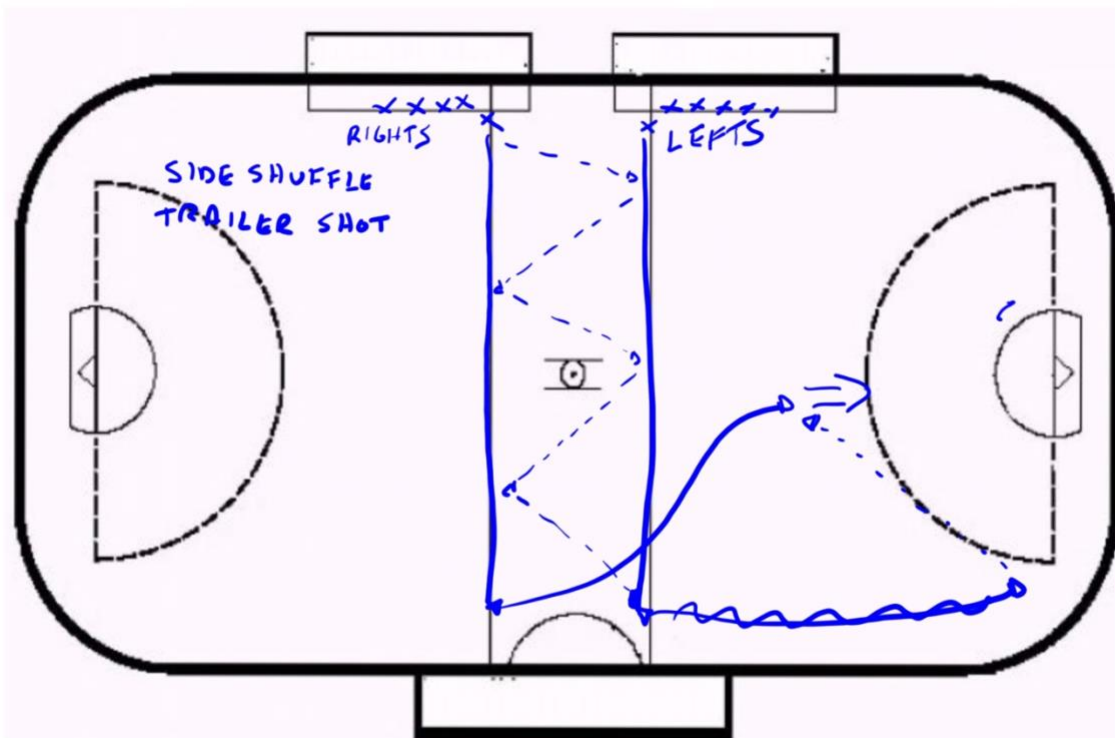
### Objective

This drill is excellent for reinforcing lateral movement while passing. Moreover, it is excellent for teaching players to drive the floor, turn, and look for trailers.

### Drill Description

Set up two lines in the changing area near the benches. L1 and R1 will start by shuffling parallel to each other, while passing back and forth. Once players come near the boards, L1, with the ball, will turn and drive towards the net, turn towards the corner and look to R2 streaking down the middle of the floor.

After L1 and R1 reach the centre, L2 and R2 will begin.





**Skills Practiced**

- Passing
- Catching
- Shooting
- Lateral Movement
- Transition

**Variation**

N/A

## Star Pass

### Drill Specifications

Drill Theme: Passing  
Floor Position: Central

Drill Style: Skills  
Time Needed: 10

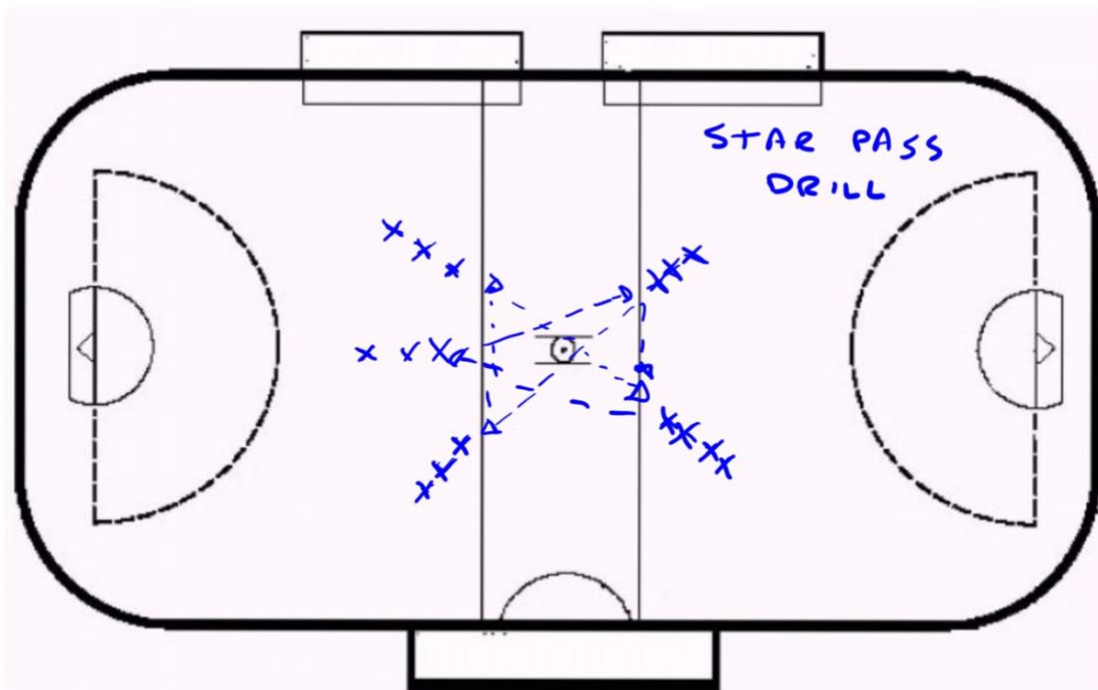
### Objective

This drill is excellent for reinforcing passing through traffic.

### Drill Description

Set up five lines in a star position. The balls are all in one line. X1 will pass to X2, X2 will pass to X3, X3 will pass to X4, X4 will pass to X5, and X5 will complete the pattern by completing a pass to X6.

Players will follow their pass and fill the line that they passed to.





**Skills Practiced**

- Passing and Catching

**Variation**

Add more balls going at once for increased difficulty.

## Star Shooting

### Drill Specifications

Drill Theme: Passing and Shooting

Drill Style: Skills

Floor Position: Offense

Time Needed: 10

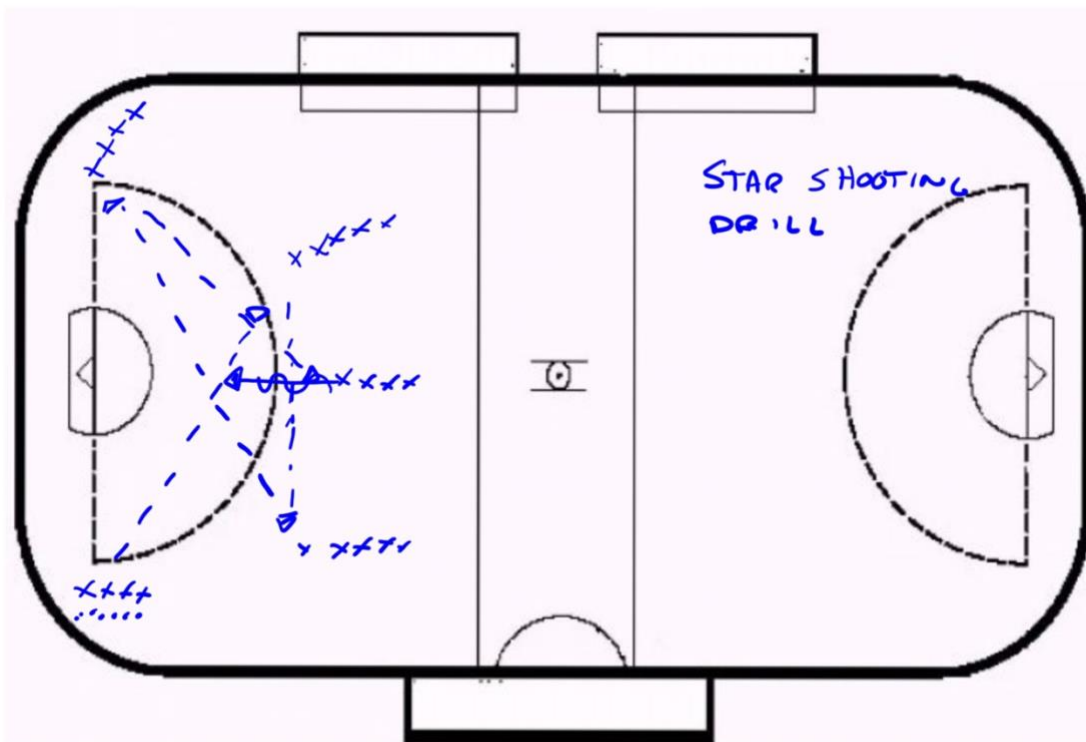
### Objective

This drill is excellent for reinforcing passing through traffic and shooting.

### Drill Description

Set up five lines in a star position. The balls are all in one line in the corner. X1 will pass to X2, X2 will pass to X3, X3 will pass to X4, X4 will pass to X5, and X5 will complete the pattern by shooting on the net.

Players will follow their pass and fill the line that they passed to. After shooting, players will fill the line with the balls.





**Skills Practiced**

- Passing and Catching
- Shooting

**Variation**

Add more balls going at once for increased difficulty.

## Swing Pass and Shot

### Drill Specifications

Drill Theme: Passing and Shooting

Drill Style: Skills

Floor Position: Offense

Time Needed: 10

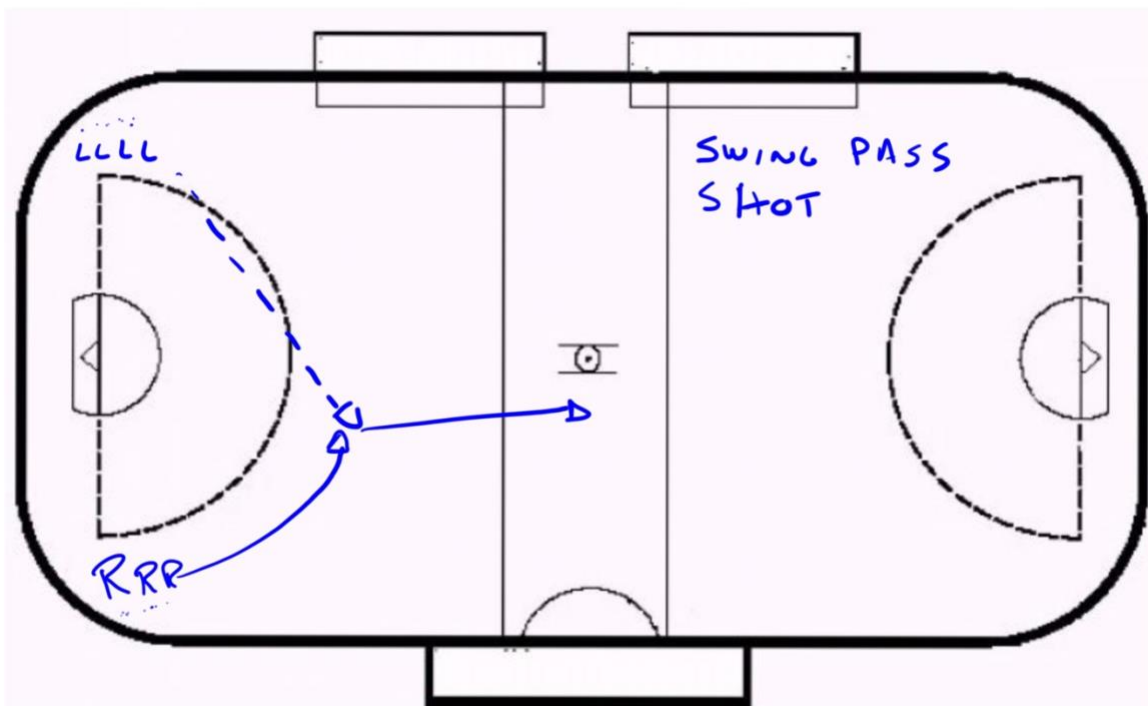
### Objective

This drill is excellent for reinforcing passing across the floor, shooting, and recovering.

### Drill Description

Set up two lines in the corners of the offensive end, splitting left-handed and right-handed players. R1 will cut up past the 24-foot circle and catch a pass from L1, who is in the corner. R1 will shoot and then immediately sprint past the restraining line. After passing, L1 will cut up past the 24-foot circle and receive a pass from R2.

Sides will alternate repetitions.







**Skills Practiced**

- Passing and Catching
- Shooting

**Variation**

N/A

## Three Man Weave

### Drill Specifications

Drill Theme: Shooting, Passing  
Floor Position: Full Floor

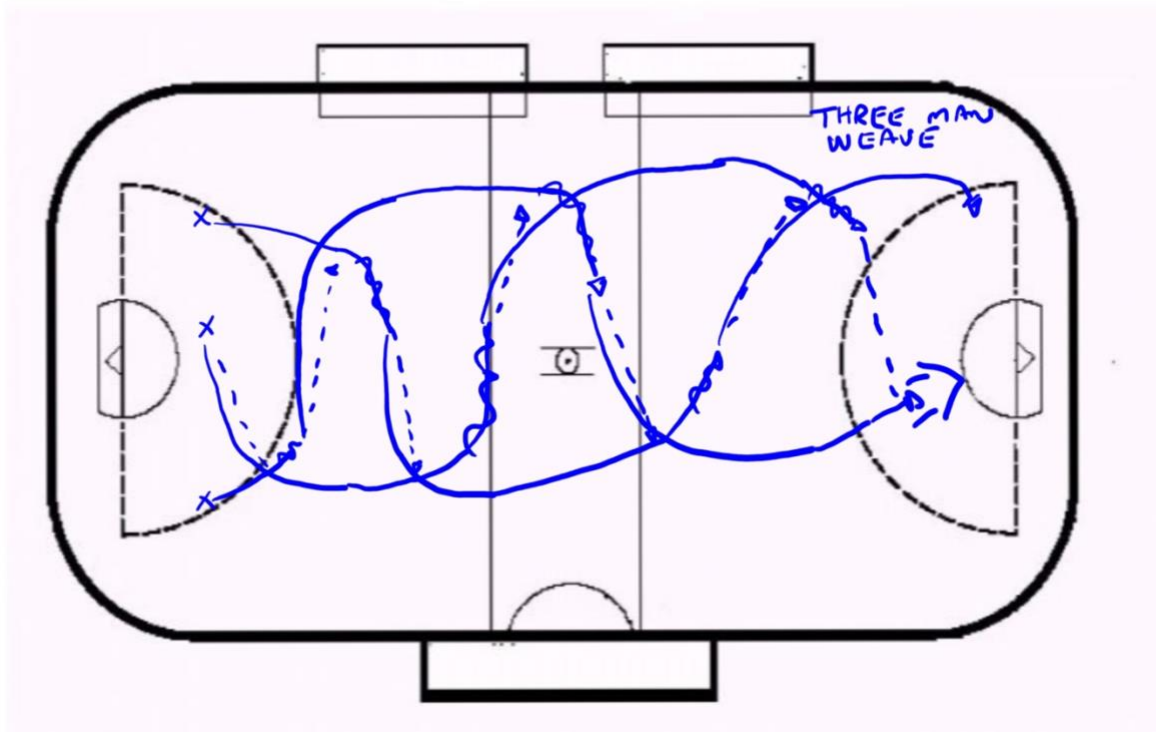
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players coordination while passing and catching while running the length of the floor.

### Drill Description

Set up three lines just above the crease. Have the player in the middle line pass the ball to one of the other players and have him follow his pass. The player who catches the ball, moves in a sharp diagonal towards the center of the floor, as he passes the ball to the player on the opposite side of the floor, who is moving diagonally ahead of him. The player who was initially in the middle, has now moved behind the player he threw the ball to, while the player now throwing the ball will proceed to move behind the player that he has passed to. The drill will culminate with one of the three players taking a shot on net.





**Skills Practiced**

- Shooting
- Passing

**Variation**

N/A

## Two Man Break, Two Shots

### Drill Specifications

Drill Theme: Shooting, Passing, Transition  
Floor Position: Full Floor

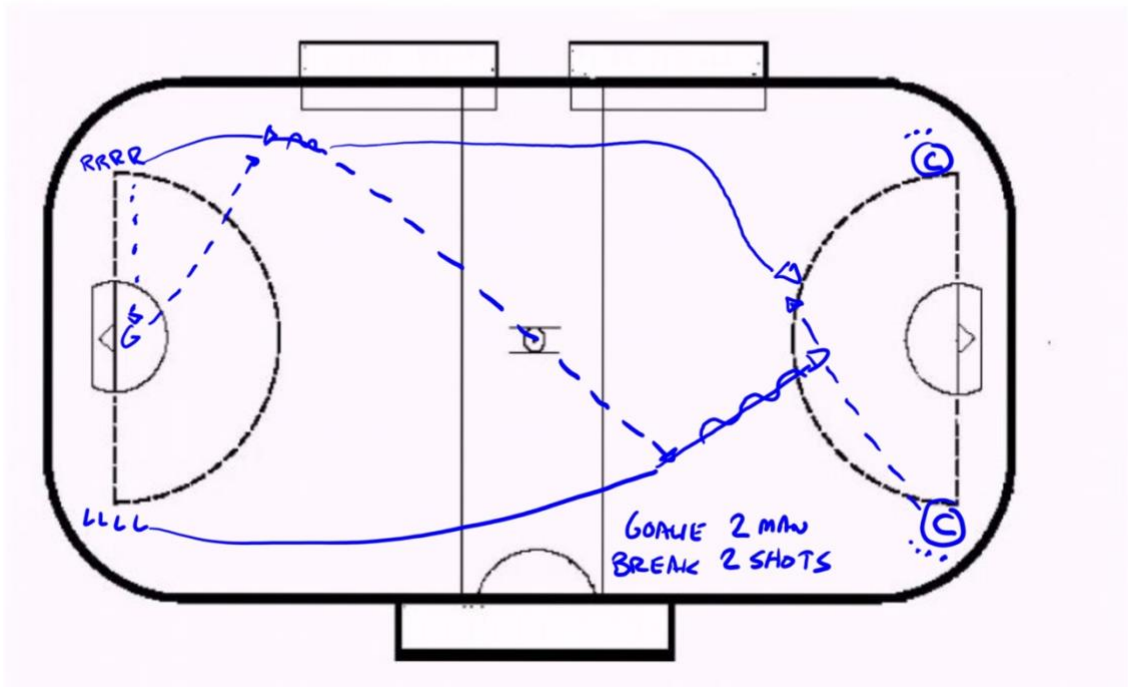
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players coordination while passing and catching while running the length of the floor, as well as simple breakout mechanics.

### Drill Description

Set up two lines in the corners of one end, splitting left-handed and right-handed players as shown. In the opposite end have two coaches posted in the corners with balls. The drill commences with a pass from R1 to the goalie, he will then break up the floor looking for the ball back from the goalie. Simultaneously, L1 will streak down the length of the boards, edging towards the middle of the floor to receive the ball from R1 for a shot. After passing, R1 will streak up the floor and cut into the middle looking for a pass from one of the coaches in the corners.





**Skills Practiced**

- Shooting
- Passing
- Offensive Transition

**Variation**

N/A

## Two Man Break, Two Shots

### Drill Specifications

Drill Theme: Shooting, Passing, Transition  
Floor Position: Full Floor

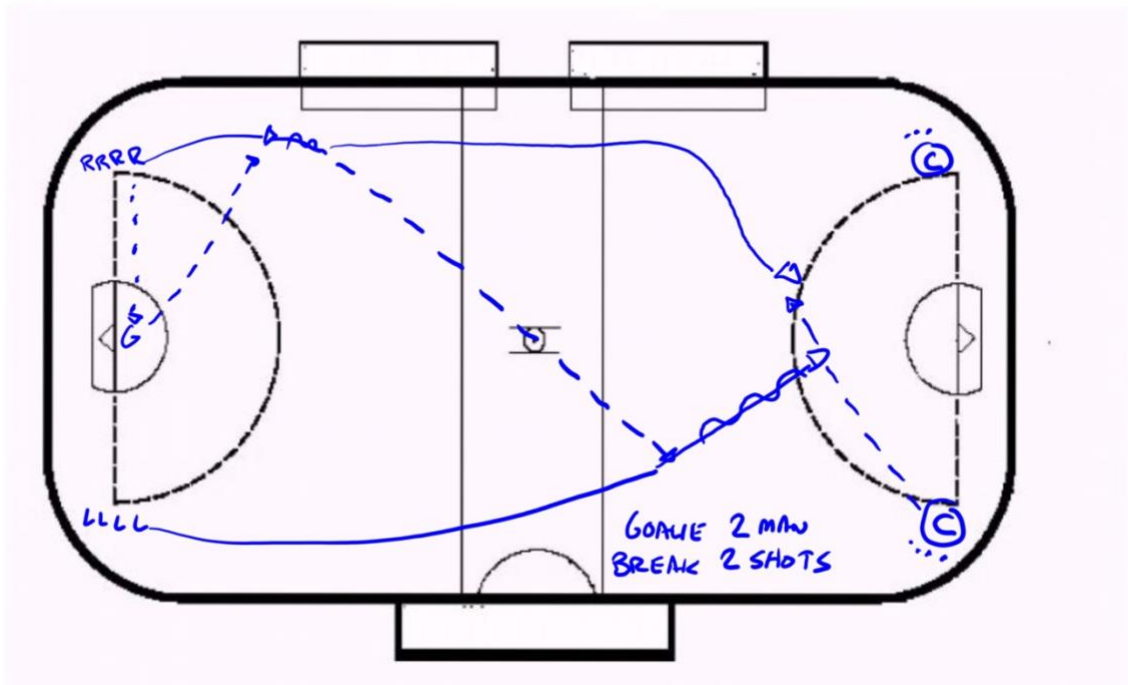
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players coordination while passing and catching while running the length of the floor, as well as simple breakout mechanics.

### Drill Description

Set up two lines in the corners of one end, splitting left-handed and right-handed players as shown. In the opposite end have two coaches posted in the corners with balls. The drill commences with a pass from R1 to the goalie, he will then break up the floor looking for the ball back from the goalie. Simultaneously, L1 will streak down the length of the boards, edging towards the middle of the floor to receive the ball from R1 for a shot. After passing, R1 will streak up the floor and cut into the middle looking for a pass from one of the coaches in the corners.





**Skills Practiced**

- Shooting
- Passing
- Offensive Transition

**Variation**

N/A

## Up Pass, Swing Pass Shooting

### Drill Specifications

Drill Theme: Passing, Shooting, Odd Man  
Floor Position: Offense

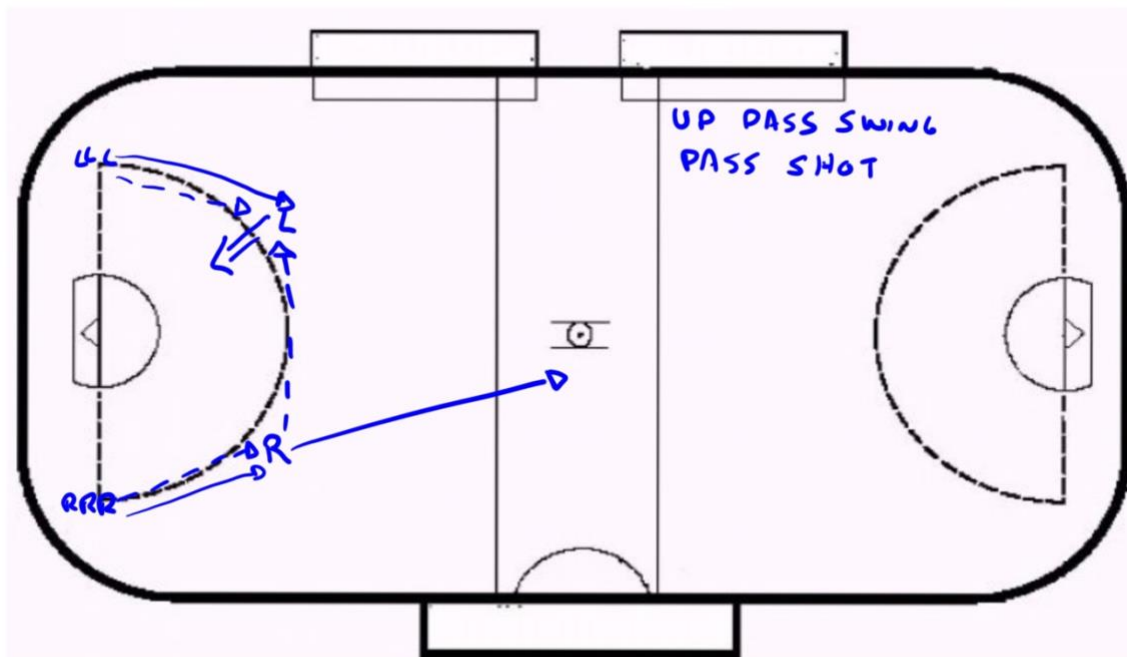
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for reinforcing passing across the floor, shooting, and recovering.

### Drill Description

Set up two lines as shown below. With balls in both lines. R1 and L2 will simultaneously run up pass the 24-foot line as L1 arrives L2 will pass the ball from the corner up to L1, L1 will then swing the ball across to R1 for a shot.







**Skills Practiced**

- Shooting
- Passing
- Recovering

**Variation**

N/A

## Up Pick and Roll with a Shot

### Drill Specifications

Drill Theme: Pick and Rolls Shooting  
Floor Position: Offense

Drill Style: Skills  
Time Needed: 10

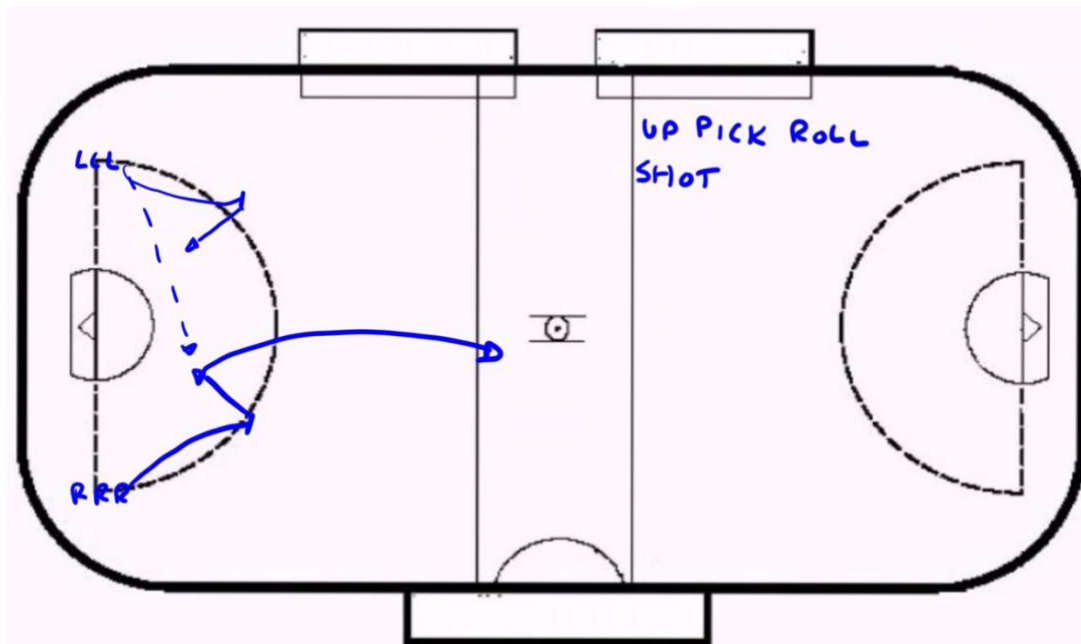
### Objective

This drill is excellent for teaching players the fundamentals of an up pick and roll and shooting.

### Drill Description

Set up two lines in the corners, splitting up left-handed players and right-handed players. The balls are in both lines. R1 will shallow cut up to the edge of the 24-foot line, roll towards L1 and cutting into the middle looking for a pass and a shot. After passing L1 will repeat the process with the pass coming from R2.

Lines will continue to alternate.





**Skills Practiced**

- Passing
- Catching
- Shooting
- Pick and Rolls

**Variation**

N/A

## Wide Touch Boards Shooting

### Drill Specifications

Drill Theme: Pick and Rolls Shooting  
Floor Position: Offense

Drill Style: Skills  
Time Needed: 10

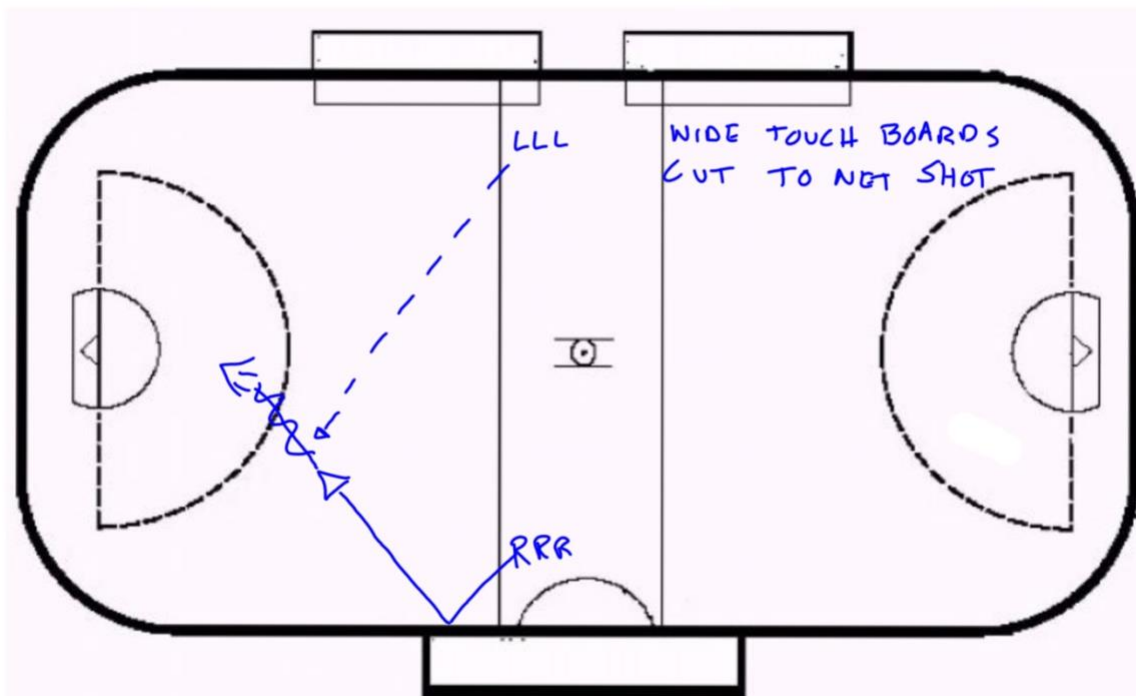
### Objective

This drill is excellent for teaching players the fundamentals of an up pick and roll and shooting.

### Drill Description

Set up two lines adjacent from each other in the offensive end. The balls will be in both lines. The drill will start with R1 touching the boards and running towards the net while receiving a pass from L1. After shooting, R1 will turn and sprint past the restraining line. After passing L1 will touch the boards and cut across the floor receiving a pass from R2.

Lines will continue to alternate.





**Skills Practiced**

- Passing
- Catching
- Shooting

**Variation**

N/A



**A Product of the Manitoba Lacrosse Association's  
Coaching Development Program**



**Manitoba Lacrosse Association**

**145 Pacific Avenue  
Winnipeg, Manitoba  
R3B 2Z6**

**+1 (204) 925-5684**

**[lacrosse@sportmanitoba.ca](mailto:lacrosse@sportmanitoba.ca)**

**[www.manitobalacrosse.com](http://www.manitobalacrosse.com)**