

MANITOBA LACROSSE ASSOCIATION

COACH DEVELOPMENT PROGRAM

NOVICE PRACTICE PLANS

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Practice 1

<p>6:30 Ball off Boards</p> <p>6:35 3 Man Weave</p> <p>6:45 O and D Practice</p> <p>7:15 Breakouts</p> <p>7:30 End Practice</p>	<p>Take a line at one end to work on O. Take 2 lines to other end to play 5 on 5 and practice D. At the D end the O can just play “jungle ball.” The emphasis is on channeling up, contain pressure on the ball, stepping back down to cup off lane and helping when needed. Also, boxing out, calling out men, cross checking on cuts.</p> <p>Regular and on line change!</p>
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Practice 2

7:30	Stationary Passing	
7:35	2 On 0's	
7:45	Breakouts	Regular and from Line Change
8:00	1 on 1's Out of Corner	Use Cut off Sticks
8:15	3 On 2's	From $\frac{3}{4}$ Floor
8:30	End Practice	



Practice 3

5:30	Warm Up and Stretch	
5:35	Stationary Passing	
5:40	2 On 0's	
5:45	Outlet to Breakout from Bench	
5:55	Outlet – Same Side Break	
6:00	Breakouts	Regular and from Line Change
6:10	3 On 2's	
6:20	1 On 1's Out of Corner	Use Cut Off Sticks
6:30	1 On 1 Loose Balls	Hit Opposite Side Cutter
6:40	5 On 5	Cutter System vs. House
6:55	Fitness	
7:00	End Practice	



Practice 4

6:30	Stationary Passing	
6:35	2 On 0's	
6:40	2 Man Out	
6:50	Outlet to Breakout from Bench	
7:00	Breakouts	Regular and from Line Change
7:15	Press	1 and 2 Man Press
7:25	5 On 5	House Buster! D practice with emphasis on contain pressure, channeling up, knowing where man is at all times. Boxing out!
		New Drill!
7:40	Slide Shooting Drill	
7:55	4 Corner Shooting	
8:00	Fitness	
8:05	End Practice	



Practice 5

5:30	Stationary Passing	
5:35	2 On 0's	
5:40	Outlet to Breakout from Bench	
5:50	Breakouts	Regular and from Line Change
6:05	4 Corner Shooting	Work on Mid Range shot coming around a pick/seal. Work on shots from crease and stepping out and off ball cuts.
6:20	5 On 5	At one end 2 lines play 5 on 5. D play man to man, O play regular offense using cutter system. At other end 5 on 0 using house buster.
6:35	Press	
6:45	Slide Shooting Drill	
6:55	Fitness	
7:00	End Practice	



Practice 6

6:30 Stationary Passing	
6:35 2 Man Out	
6:45 Outlet to Breakout From Bench	
6:55 Outlet to Hit Opposite Side Outlet	
7:00 1 On 1's Out of Corner	Cut Off Sticks First, then Regular Sticks
7:10 Loose Balls – Hit Opposite Side Cutter	
7:20 Slide Shooting Drill	
7:30 Breakaway Chase from Center	
7:35 End Practice	



Practice 7

5:30	Stationary Passing	
5:35	2 On 0's	
5:40	Outlet to Hit Opposite Side Outlet	
5:45	Outlet to Breakout From Bench	
5:55	Breakouts	Regular and from Line Change.
6:05	5 On 5 Scramble	No Ball. Call out man, stay with man.
6:15	5 On 5	2 Lines at one end 5 on 5, other line at other end 5 on 0 and work on house buster.
6:35	4 Corner Shooting	Mid-range shot coming around pick/seal. Shots from crease, stepping out and off ball cuts for shot.
6:45	Press	
6:55	Fitness	
7:00	End Practice	



Practice 8

6:30 Stationary Passing	
6:35 2 Man Out	
6:45 Outlet to Breakout From Bench	
6:55 Outlet to Hit Opposite Side Outlet	
7:00 1 On 1's Out of Corner	Cut Off Sticks First, then Regular Sticks
7:10 Loose Balls – Hit Opposite Side Cutter	
7:20 Slide Shooting Drill	
7:30 Fitness	
7:35 End Practice	



Practice 9

6:30	Stationary Passing	
6:35	2 Man Out	
6:45	Outlet to Breakout From Bench	
6:55	Outlet to Hit Opposite Side Outlet	Against a Press
7:05	3 On 2's	Add In Chasers and Trailers from Bench
7:20	1 On 1's Out of Corner	Cut Off Then Regular Sticks
7:30	Fitness	
7:35	End Practice	



Practice 10

6:30	Stationary Passing	
6:35	3 Man Weave	
6:40	4 Corner Shooting	
6:50	Slide Shooting Drill	
7:00	Pick and Roll	
7:10	3 On 3 Half Court Games	
7:25	Breakaway Chase	
7:30	End Practice	



Practice 11

5:30	Stationary Passing	
5:35	2 Man Out	
5:45	Outlet to Breakout from Bench	
5:55	Outlets to 2 on 0	Against a Press
6:05	5 Man Breakouts	Regular and from Line Change
6:15	Pick and Roll	
6:25	5 On 5	
6:40	Power Play – Man Short	
6:55	Fitness	
7:00	End Practice	



Practice 12

6:30	Stationary Passing	
6:35	2 On 0's	
6:40	Outlet Passes	Against a Press
6:50	5 Man Breakouts	
7:00	1 on 1's Out of Corner	Use Cut off Sticks
7:10	Loose Balls	
7:20	4 Corner Shooting	Hit Opposite Side Cutter
7:30	Fitness	
7:35	End Practice	



Practice 13

5:30	Stationary Passing	
5:35	2 On 0's	
5:40	2 Man Out	
5:50	Outlet to Breakout from Bench	
6:00	Outlets to 2 On 0	
6:10	5 Man Breakouts	Regular and From Line Change
6:20	3 On 2's	From $\frac{3}{4}$ Floor
6:35	Pick and Roll	
6:50	5 On 5	
7:00	End Practice	



Practice 14

5:30 Warm Up and Stretch	
5:35 Stationary Passing	
5:40 2 On 0's	
5:45 Outlet to Breakout From Bench	
5:55 3 On 2's	With Chasers and Trailers
6:05 5 Man Breakout	
6:15 5 On 5	
6:25 1 On 1's	With Regular and Cut Off Sticks
6:35 Loose Balls	Hit Opposite Side Cutter
6:45 4 Corner Shooting	
6:55 Fitness	



Practice 15

6:30 Stationary Passing	
6:35 3 Man Weave	Warm Up Goalies
6:40 2 On 0's	
6:45 2 Man Out	
6:55 Outlet's to 2 On 0	
7:00 Outlet to Breakout from Bench	
7:10 4 Corner Shooting	
7:20 Breakaway Chase	
7:25 Fitness	
7:30 End Practice	



Practice 16

8:00	Stationary Passing	
8:05	2 On 0's	
8:10	Outlets to 2 On 0's	
8:15	Outlet to Breakout from Bench	
8:20	3 On 2's	With Chasers and Trailers
8:30	1 On 1's	Cut off sticks!
8:40	5 On 5	
8:55	Fitness	



Practice 17

6:30	Stationary Passing	
6:35	2 On 0's	
6:40	Outlet's to 2 on 0's	
6:45	2 Man Out	
6:50	5 Man Breakouts	Regular and from line change.
7:00	3 On 2's	With Chasers and Trailers.
7:10	5 On 5	
7:25	Fitness	
7:30	End Practice	



Practice 18 “Last Practice”

6:00	Stationary Passing	
6:05	2 On 0's	
6:10	Outlets to 2 On 0's	
6:15	Outlet to Breakout from Bench	
6:25	5 Man Breakouts	Regular and from line change
6:35	Pick & Roll	
6:45	3 On 2's to 5 On 5	Chasers and Trailers from Bench
7:05	1 On 1's	
7:15	3 Man Weave	
7:20	Slide Shooting Drill	
7:30	Kick Mom's Butts!	
8:00	End Practice	
9:15	Bedtime!	

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



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