



DRILL & SKILL CARDS

A quick reference guide
to lacrosse

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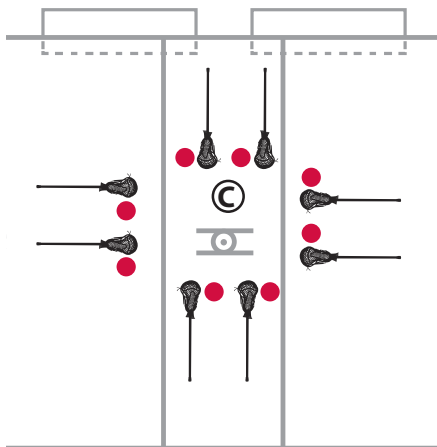
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Trapping & Scooping



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Trapping & Scooping

Stationary Scooping

- A group of players (with balls in their sticks) are in a circle around the coach.
- Players are stationary and repeatedly put the ball on the floor and then trap and scoop it and pick it up.



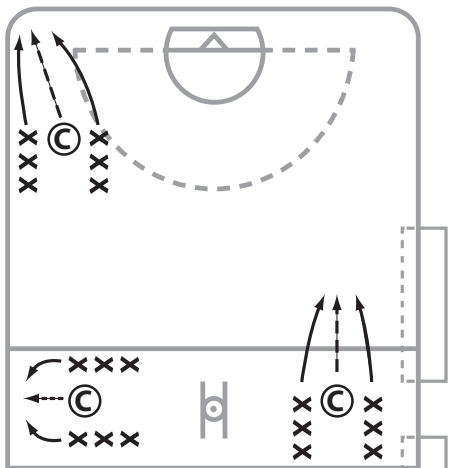
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Loose Balls



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Loose Balls

1-1 Loose Ball

- Players form two lines. Coach has a bucket of balls.
- Coach throws one ball out in the middle of the floor. Two players compete for the one ball.
- Coach throws the ball off the boards. Two players compete for the one ball.
- Coach throws the ball into the corner. Two players compete for the one ball.
- Coach should watch for proper technique.
- Groups rotate to each section.
- Coach ensures that players protect themselves when they go towards the boards.
- Coach should also monitor that players follow the rules on minor interference.



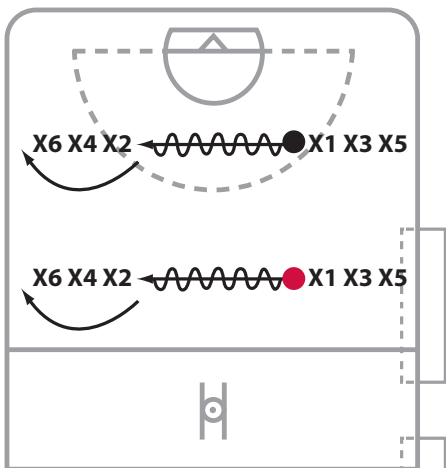
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Cradling



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Cradling

Stationary Loose Ball Shuttle

- Players are in groups of five or six. Half of the players are on one side of the floor and half on the other. Place a ball in front of player one (1).
- On the whistle, player one (1) picks up the loose ball, sprints and cradles the ball and places the ball in front of player two (2).
- Player one (1) then goes to the back of the line he/she just ran to. Player two(2) scoops up the ball, sprints and cradles the ball and places it in front of player three(3).
- Player two (2) then goes to the back of the line he/she just ran to.
- Repeat for several minutes.

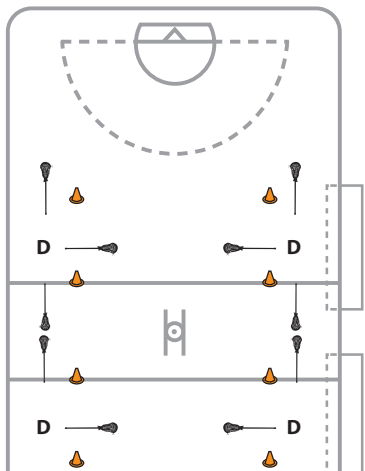


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Passing/Catching



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Passing/Catching

3-Sided Piggy-in-the-Middle

- Utilizing the rag lines at both ends, set up two pylons approximately 5m out from the boards and 5m apart to form a square, whereby the boards form one of the sides (see diagram).
- 4 active participants in each square, one in the middle, three on the open sides.
- 3 players on the sides quickly pass the ball back and forth utilizing quick, accurate passes.
- Player in the middle positions him/herself to intercept the passes.



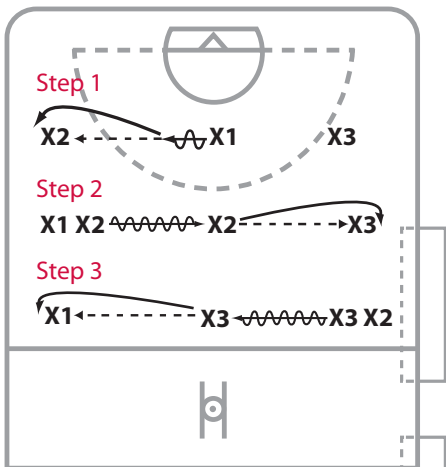
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Passing/Catching



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Passing/Catching

3-Player Shuttle Passing

- Players form groups of three.
- Player X1 starts in the middle with players X2 and X3 about 60 feet apart.
- Player X1 runs toward player X2 and releases a pass after two or three steps.
- Player X1 continues his/her run and takes the place of player X2.
- Player X2 catches the pass from X1 and runs toward player X3 and releases a pass upon reaching the halfway point.
- Player X2 continues his/her run and takes the place of player X3.
- The drill continues in this fashion for several minutes.

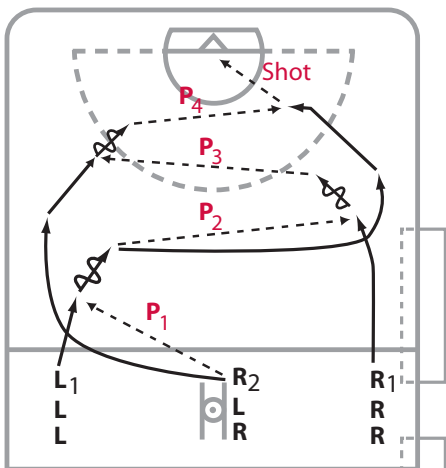


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Passing/Catching

3-Man Weave

- Players line up as shown in the diagram. Ensure the incorrect shot is lined up on the outsides. Centre position can be either shot. Ball starts in the middle.
- Player R2 passes the ball to player L1 and rolls over behind player L1.
- Player L1 cuts into the passing lane, passes to player R1 and rolls over behind player R1.
- Player R1 cuts into the passing lane, passes to R2 and rolls over behind player R2.
- Player R2 cuts into passing lane and passes to player L1.
- Player L1 takes a shot on goal.



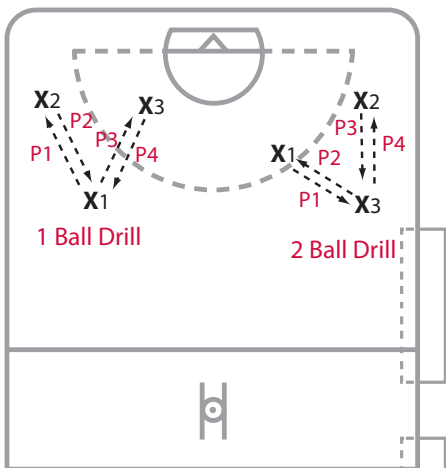
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Passing/Catching

Stationary Diagonal Passing and Catching

- Players form groups of three with starting with one ball in each group. Players form a triangle.
- Player 1 passes to player 3.
- Player 3 passes back to player 1.
- Player 1 passes to player 2.
- Player 2 passes back to player 1.
- Introduce the second ball. Each player should take a turn being the top of the triangle. Continue pattern for several minutes.
- Note: Only one ball should be used for Mini Tyke and Tyke.



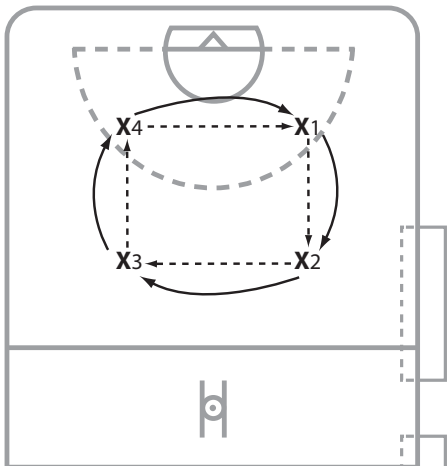
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Passing/Catching

Moving 4-Corners Passing

- Players form a square or rectangle. One ball is used.
- Players pass the ball in a clockwise direction and follow the ball to where they made their pass.
- After several minutes, reverse direction and throw the ball in a counter clockwise direction.



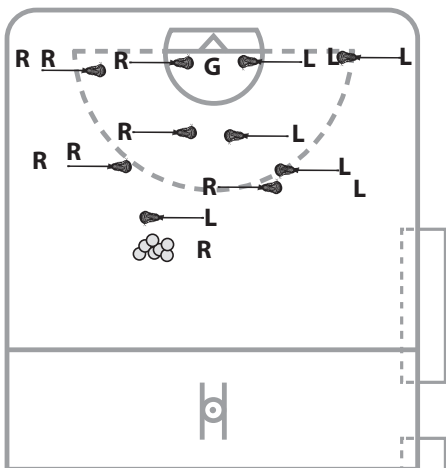
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Overhand Shot



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Overhand Shot

Fun Shooting Drill

- Line up players as shown.
- Players at the front of the lines are in a basic man-up formation.
- Drill starts with the five players throwing quick passes to each other.
- As soon as any player feels he/she has the goaltender beaten, take the shot.



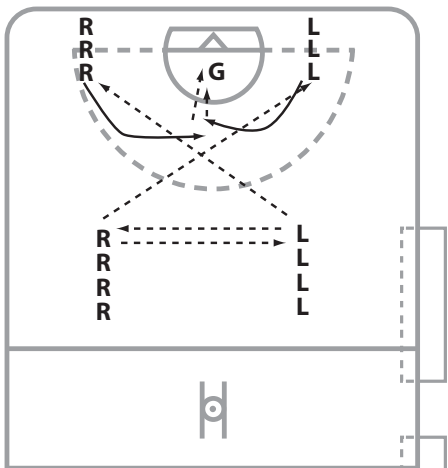
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Pass/Catch/Shoot



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Pass/Catch/Shoot

4-Corner Shooting Drill

- Players line up in four rows, two behind the net and two on top of the prime scoring area.
- The player at the top left passes across to the top right. Top right passes down to the bottom left. Bottom left then moves in front of the goal for a shot. Players change lines based on where they pass the ball.
- The player at the top right passes across to the top left. Top left passes down to the bottom right. Bottom right then moves in front of the goal for a shot.
- Players change lines based on where they passed the ball.
- Variations can have the bottom players pass and the top players shoot.



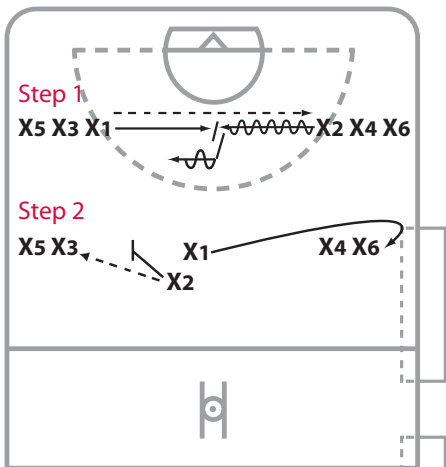
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Rolling



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Rolling

Roll Dodge Shuttle Pass

- Players form groups of 5-6, half on one side of floor, half on other.
- Player X1 has a ball and passes the ball to player X2, then runs to set up a passive check for player X2.
- Player X2 catches the pass and runs towards the passive check set up by X1.
- Player X2 performs a roll dodge around player X1.
- Player X1 continues to back of opposite line.
- Player X2 passes to player X3 then sets up a passive check for player X3.
- Drill continues for all players in group and is continuous for several minutes.



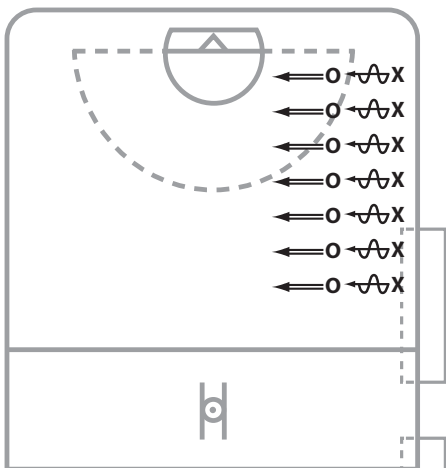
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Cross Checking



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Cross Checking

Cross Floor Checking

- Players pair up according to size and weight.
- "X" players each have a ball and start off on the boards on one side of the floor.
- "X" players "go at" the "O" players in an attempt to get past them.
- "O" players use body position and cross check the "X" players in an attempt to prevent them from getting past.
- "O" players back up as they continue to check the "X" players.
- When players reach the opposite side, reverse roles.

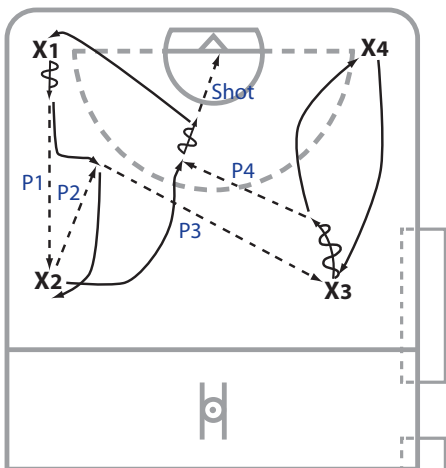


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Cutting & Replacing



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Cutting & Replacing

Pass and Cut

- Players form a box around the goal.
- Player X1 passes to player X2 and continues to follow the pass then cuts sharply toward middle of floor and receives a return pass from X2.
- Upon receiving the pass from X2, player X1 immediately passes to player X3 then takes up the position of player X2.
- Meanwhile, player X2 slides across the floor and breaks into a passing lane to receive a return pass from X3, takes a shot on net, then moves to the position vacated by player X1.
- X3 continues down to position X4 and X4 rolls out to open floor and takes up position vacated by X3.
- Alternate drill starting in X1 and X4.



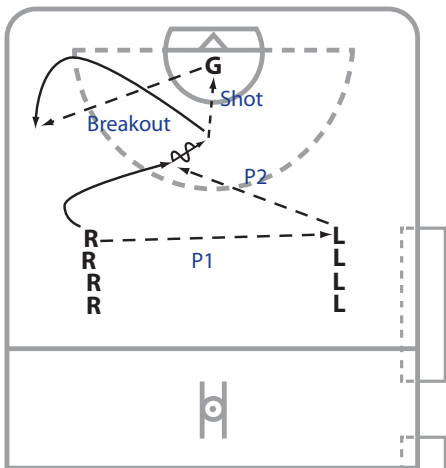
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Give & Go



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Give & Go

Give & Go

- Players line up as shown in diagram.
- Front right handed player passes to front left handed player, then v-cuts to receive a return pass.
- Right handed player then takes a shot on net then rolls to the corner and up the floor to receive a breakout pass from the goaltender.
- Alternate sides and run the drill for several minutes.



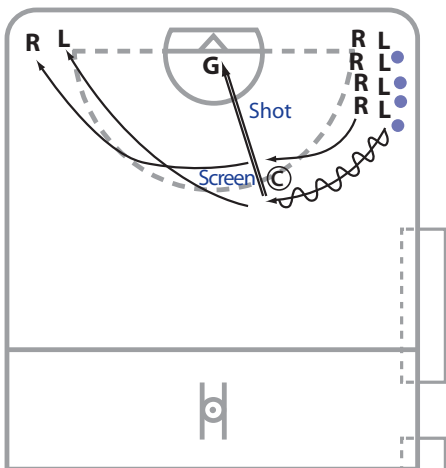
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Screens



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Screens

Screen Shots

- Players line up as shown in diagram.
- The right handed players will act as defenders to start.
- Player L1 breaks out of the corner with a ball and is chased by right handed defensive player (R1).
- When player L1 reaches the pick or screen, he/she immediately shoots over or around the pick or screen. (In this case it is the coach).
- After the shot, player L1 rolls into the other corner to act as a defensive player when drill is run from the opposite side.
- Player R1 carries on into the other corner to become the offensive player when the drill is run from the other corner.



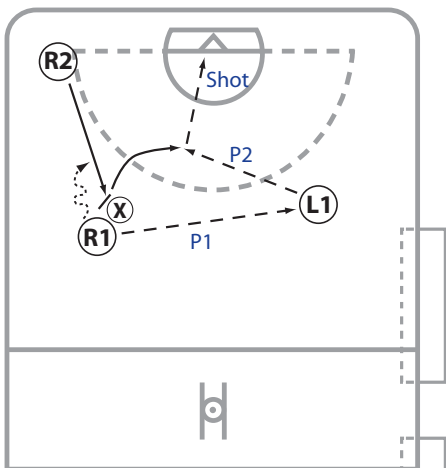
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Pick & Roll



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Pick & Roll

Pick & Roll

- Line up players as shown in diagram.
- Player R1 has a ball.
- Player R1 'pops out' and makes a pass to player L1.
- Player R1 engages check 'X'.
- Player R2 comes up and sets a pick for player R1.
- Player R1 rolls around check and pick.
At the same instant, R2 rolls off the pick and heads into a passing lane. Player L1 passes to R2 who ends with a shot on goal.

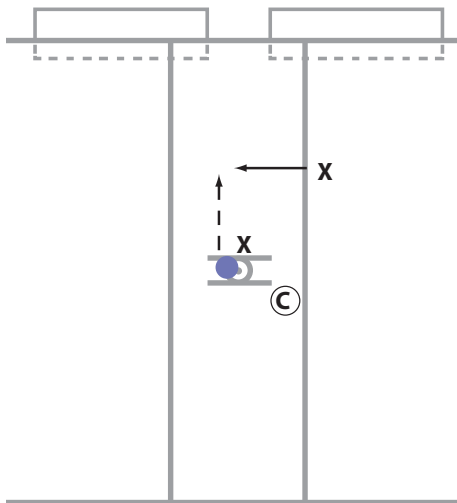


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Face-Off



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Face-Off

Partners Face-Off Drill

- Players choose partners with one ball.
- One player lines up for the faceoff and draws the ball to the partner who traps it for control, scoops it and then passes it back to the partner.
- Then they switch. This drill teaches the face-off person the idea of quickly getting into the play.



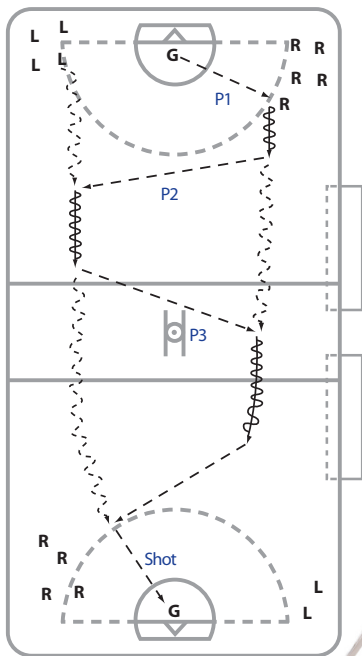
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Odd-Person Rush



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Odd-Person Rush

2-on-1 Preparation

- Players line up in the four corners of the floor as shown.
- Goaltender at one end yells “break” and throws a pass to the right hander in his/her end.
- A left hander joins the right hander and they pass the ball back and forth down the floor.
- The rush finishes with a shot at goal.

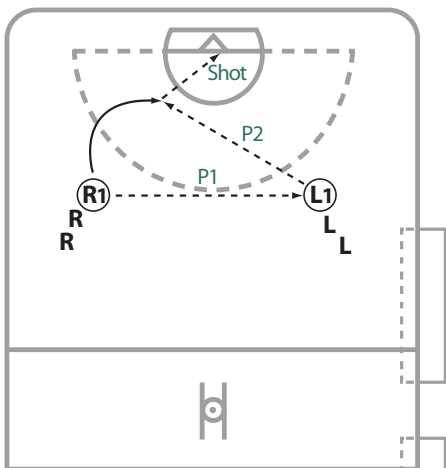


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Stance



Goaltending

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Stance

Give and Go

- Players line up as shown in diagram.
- Player R1 passes to player L1.
- Player R1 moves down floor and makes a cut into a passing lane.
- Player L1 returns pass to player R1 who finishes with a shot on goal.
- Note: Goaltender must move to adjust to each pass.

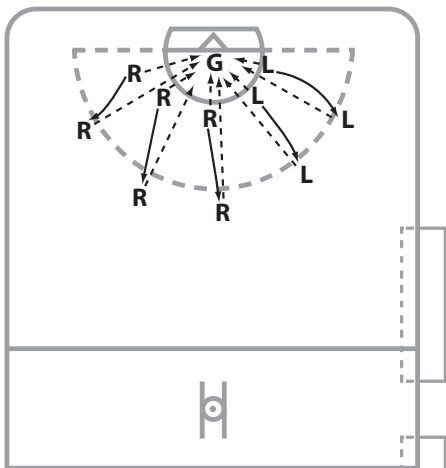


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Angles



Goaltending

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Angles

Horseshoe Drill

- Players line up as shown in diagram.
- Goaltender indicates when to start and which side to start on.
- Players should start with bounce shots into the pads and progress to shooting for the corners.
- The horseshoe starts with the players close to the goal and taking inside shots, then it moves backwards and players start taking outside shots.
- Note: This warm-up is for the goaltender, not the shooters.



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