



Coach Manual

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Introduction & Sabrecats Coaching Philosophy

Please note that we are publishing this before it is complete and that it will continue to be a “work in progress” for some time. We feel that it is important to get the portion that is partially complete out to the coaches right away and then add / refine as we go. We are interested in your feedback and ideas.

Congratulations for taking on the responsibility of becoming a coach, it is thanks to people such as yourself that we are able to continue growing the sport of lacrosse within Calgary. In this section, we will break down key coaching aspects of every age group offering tips, drills, and advice to both new and experienced coaches.

Lacrosse is a sport that many people are inexperienced with and it sometimes may seem overwhelming to a newcomer trying to learn and coach the sport at the same time. It is important to remember lacrosse is a very simple game (there are no secrets!) and help is always available through our technical director Gord Henry if any issues do arise.

Contact Gord on his Cell at 587-432-5583 or by email at laxtr8@yahoo.ca

The keys to coaching lacrosse are no different than any other sport. It is important for coaches to remember the reason we are coaching; which is the players on our teams. It our job to make sure they have a good experience by creating a positive environment and always remembering it is about having fun. Having patience and a positive attitude as the coach contributes to the enjoyment and development of the players.

As coaches it is important that we let our players learn by trial and error. Mistakes are a natural and necessary part of the learning process. We want our athletes to challenge themselves and test their abilities at increasingly difficult levels and situations, and therefore should expect failures to occur. Far more development will occur in this manner than having our athletes play “safe” in order to avoid making mistakes.

In practice, we should be aware of, and limit, the time consumed switching drills, explaining new drills, and providing instruction. Working with a core set of drills that players understand allows the practice to flow better, provides more active time and more repetitions. It allows the players to focus on their fundamentals rather than thinking about what is supposed to be happening in the drill. Challenging the players by increasing the pace of the drills and adding variations or progressions will refine the skills, so that these skills become natural under pressure.

Less is usually more when it comes to an hour practice. Through the drills outlined later players can be taught all aspects of the game and the necessary skills to move onto the next level. Many of the best coaches in world use only a small set of core drills in a whole season unless they are working on something specific in which a drill can be created for. For example, Mike Babcock, the NHL hall of fame coach, has said he only has 10 drills in his arsenal.

Coaching can be frustrating at times, but it is imperative to be patient and positive. Players generally look up to their coaches. They seek the coach’s approval and want to do well. As such, they respond much better to positive reinforcement than frustration or negativity. If we can buy into this philosophy,



and remember it on the floor, our players will be more engaged, will try harder, and will not be afraid to challenge their abilities and make mistakes. You will find it very rewarding to see the development in your players by the end of the season.

General Information and Coaching Cues

- **Have fun!!!** This is the most important job of the coach and the number one priority at all age groups.
- **Proper side of the floor.** In lacrosse players should be on the “proper side” of the floor. When facing the opposition’s goalie, righties will be on the left side of the floor and lefties will be on the right side of the floor so that when they are holding their stick the head of the stick is towards the middle of the floor.

This is absolutely critical on offence due to the fact that it becomes nearly impossible to score from the wrong side of the floor at higher levels. The shooting angles from the wrong side provide a very low percentage shot. On defense, playing on the proper side of the floor improves the defender’s ability to take away the opponent’s “top side”, which we will talk about later.

Getting players to understand this as they learn the game will greatly improve their chances of success and will prevent them from having to break bad habits down the road. For this reason, all drills should be run on both sides of the floor with players always on their proper sides. Righties and lefties are on the correct side for the drills and drills are never run on one side only with both lefties and righties in the same line. The drills can be run more frequently on one side to balance repetitions, if one side has more players.

- **Protect Yourself.** It is very important for coaches to teach players from the very start how to protect themselves from being hit as well as learning proper angles to take when going towards the boards. When near the boards, players should approach at an angle or arc vs. running straight at the boards.

When they catch, or retrieve a loose ball near the boards, they should turn their body so that the head of their stick is facing the boards and they are moving forward vs. pivoting backwards or turning towards the center of the floor where they could be hit backwards into the boards.

- **Scooping.** Recovering loose balls, (balls on the floor), is a critical part of the game at every level, but particularly at younger age groups where loose balls are more common. Lacrosse is a possession game and the team that is best at retrieving loose balls is often the winner.

The proper technique for scooping the ball from the floor is to get “two butts low”, (the butt of the stick and the player’s butt), then scoop under and through the ball quickly. Once the ball is in the stick, bring the stick to the cradling position with the head of the stick over the shoulder and by the ear.

Players can also trap the ball, (cover it with the bottom of their head), then pull the ball backwards and let it roll into their head. This technique is less effective as it requires the player to be stationary while scooping the ball and therefore gives the opposition more time to create



pressure. Wherever possible players should scoop through the ball and get their feet moving to open space.

A player that is chasing down a fast rolling loose ball directly in front of them may have to trap the ball to stop it before being able to scoop it. This is unavoidable at times. If they have time and space, they may also be able to come at the ball from an angle to scoop it on the fly.

Even though it is interference, (loss of possession not a penalty), for a player to be checked when attempting to pick up a loose ball, under all circumstances, players should protect the ball and themselves while scooping it.

- **Cradling techniques.** Coaches should teach players to position the head of the stick over their shoulder, by their ear, and then “cradle” the ball by extending their top hand forward while rolling wrist inward and then reversing the arm and wrist back to place the head beside their ear again. The bottom hand is simply there to loosely position the stick and is not involved in the cradling process.

New players will often cradle the ball low at the side of their body vs. up high near their ear. This is an easier cradling technique to learn, but it is a bad habit that should be avoided. Players who learn to cradle at their waist will resort to this technique under pressure and it is extremely hard to break down the road. Cradling the ball at the side of the body does not protect the ball effectively and does not put the ball in a position where it can be quickly passed or shot.

- **Stick up by ear.** In lacrosse sticks should never be dragging or held by the waist, your stick should always be up by your ear as this makes the player able to catch and shoot without having to move their stick. Whenever players are in a drill they should always have their sticks up and coaches should be reminding them to keep their sticks up by their ears.
- **Passing.** The keys to passing are hand position, stick position, body position, and the throwing motion.

Hand Position: The bottom hand is placed at the base of the stick with the top hand roughly shoulder width apart.

Body Position: Players should be in an athletic stance and sideways so that the bottom hand hip is pointing towards the target.

Stick Position: Raise the bottom hand / butt of the stick to roughly shoulder height and aligned in front with the player’s chin. The arms should be extended slightly away from the body with the bottom elbow up close to the height of the bottom hand. The butt of the stick should point at the target with the top hand elevated so that the head of the stick is above parallel.

Throwing Motion: Step forward with the front foot towards the target while pulling forward with the bottom hand, (keep the bottom hand pointing at the target with the elbow raised). The top hand is raised upward and guides the throw. Follow through to have the head of the stick pointing at the target and rotate the hips to have the belly button pointing at the target. If done correctly, the head of the stick should travel straight over top towards the target versus having a sideways motion.



- **Catching.** The keys to catching are very similar to passing.

Hand Position: The bottom hand is placed at the base of the stick with the top hand roughly shoulder width apart.

Players learning to catch may be more successful by sliding their upper hand up the shaft closer to the head, however when they want to pass, shoot, or cradle the ball they must lower their top hand back down the shaft. If the top hand is not lowered before passing or shooting, the ball will go directly to the floor as they follow through. New players, who raise their hand on the stick for catching, will often forget to lower their hand for passing or shooting. The sooner they can learn to catch with their hands in a ready to shoot, pass, and cradle position the better.

Body Position: Players should be in an athletic stance and sideways so that the bottom hand hip is pointing towards the passer.

Stick Position: Position the stick vertically so that the head of the stick is just above shoulder height. Extend the hands forward towards the passer with the top hand slightly ahead of the bottom hand.

Catching Motion: Cushion the ball as it enters the head of the stick by relaxing the upper hand back towards the shoulder. Ideally the head of the stick will be in ready to pass / shoot position when the ball is received. Players should avoid snapping at the ball and be ready to adjust their stick or body position to receive the ball in a quiet manner.

- **Shooting.** There are several types of shots that are used at the higher levels, overhand, sidearm, sub-shot, backhand, and inside shots. Players should first learn and refine overhand shooting and inside shot techniques before learning more complex shots. Overhand shots create the most scoring angle options and provide the most accuracy from a longer distance.

New or younger players often want to shoot sidearm from a distance because it is easier for them to generate additional power. The problem is that sidearm shots significantly reduce the scoring angles, therefore requiring more accuracy, however the sidearm shot is inherently less accurate. Players that first learn to shoot sidearm will use it as their default shot and this habit is very difficult for them to break.

Once players have a good grasp of overhand and inside shooting, they should be encouraged to experiment and practice other types of shots. Being successful at Lacrosse at higher levels requires creativity and the more options a player has the more creative they can be. They will learn when to use the various shots through trial and error, and through instruction.

Overhand Shot. An overhand shooting motion is very similar to a passing motion except, to generate more force, the hands are cocked back further, the stick is pulled harder with the bottom hand, and the core is engaged to rotate the hips. The overhand shot is best used for outside shots.

Inside Shot. An inside shot, (when the player is in tight to the crease), is more about precisely placing about the ball into an opening than trying to generate force. For better control, the



player will slide the bottom hand up from the butt of the stick. To protect the ball, and because the player does not need to generate a lot of force, the head of the stick is not extended back past the shoulder. The wrists are used to shoot the ball.

Sidearm. As it sounds, a sidearm shot is where the ball is released from the stick at the shooter's side rather than overtop. A sidearm is typically used to shoot around another player, using that player as a screen.

Backhand. This is a shot where the shooter brings the stick head over their opposite shoulder from behind their back. It is typically used when the shooter is in tight to the goal crease and has crossed over to the wrong side of the floor. It essentially creates a "proper side" shot for a shooter on the wrong side of the floor.

Sub-Shot. This is a shot where the ball is released with the stick head close to the floor. It is typically used when there is a lot of traffic between the shooter and the net or where the defense is blocking the overhand shot with their sticks.

In general, players should shoot low, not high. The shape of goalies, (with their equipment on), is like an upside-down triangle with their shoulders being the widest part of the triangle, (most coverage), and their feet being the narrowest part of the triangle, (least coverage). Obviously, players should shoot where there is the least coverage, but for some reason they really like to shoot high. The sooner we can get them shooting low, the more successful they will be.

- **Quiet Sticks.** This refers to reducing or eliminating ball cradling when catching or carrying the ball. Players should be taught to minimize cradling so to keep their stick in a ready position to pass or shoot. Players can get in the unconscious habit of cradling when it is not necessary, which means they are not able to release the ball quickly and therefore lose passing or shooting opportunities.
- **Quick Sticks.** This refers to catching the ball and releasing it almost instantaneously. Quick sticks can be used for passing or shooting.
- **Screen.** A screen is where another player on the floor is used to hide the ball from the goalie while a shot is being taken. A teammate can set a screen individually or as part of a pick or seal, or an opponent can be used as a screen.
- **Pick & Roll.** The purpose of the pick and roll is to create a 2 on 1 opportunity. Teach players with the ball to engage their defender to help the pick be set. If the ball carrier does not engage the defender the defender is more likely to see the pick coming and simply step back and avoid it altogether.

Teach players to set their picks on the opponent's hip. This is the most effective place to set it as it will shift a defender's weight in the opposite direction of the ball carrier. It will also keep the defensive player's stick away from the player to avoid taking a cross check in the chest.

After setting a pick, the player should roll so that the head of his stick faces towards the ball, never turning their back to the ball. If your back is to the ball you can no longer see what is happening or catch a pass if it is passed to you.



- **Seal.** After setting a pick the picker does not roll and instead “seals” the defender in place so that the shooter can use them as a screen and shoot over top or around the screen. The seal has to be set without movement, or interference may be called.
- **Right Play, Right Time.** This is mental cue for communicating with players and it can be used to help them make the better decisions. A few examples: 1) when a player tries to beat an opponent 1 on 1, when he has an open player in a better position to pass to, 2) when a player uses a backhand shot when they are still on the proper side of the floor 3) When a player takes a hard shot from the outside crease position with a few seconds left on the shot clock
- **Eyes to the middle.** On offense, it is important to start teaching players to always be looking to the middle of the floor. The middle of the floor is the most dangerous shooting position and we always want to be looking for opportunities to get the ball to a player who’s stick is open in this area. When a player’s stick is open in the middle of the floor, they should always receive the pass.
- **Every drill goes across the middle.** In lacrosse, every drill should be going through the middle of the floor, never just down the outsides. It is important to remember all drills that we run should bring the players across or to the middle of the floor to start teaching players this is where they are always trying to get to. at all times. This is the highest percentage scoring area on the floor and the more often we get to that position the better our chances of getting open for a shot.
- **Defense.** Defense options are Man on Man or Zone. We will only be talking about Man on Man.

Man on Man Defense. Teach players how to set-up on Man on Man Defense so that every defensive player is covering an offensive player. There should be no doubling up on one player unless you have more players on the floor, and players should be calling out which player they are defending.

Take Top Side on Defense. Stress that it is most important for the defense that we can’t allow a player to beat us on the top-side. When we are beat top-side there is no help available. The offensive player’s stick is open, and they have an uncontested lane to the middle of the floor, which is the most dangerous shooting area.

Defenders should approach opponents at the proper angle to avoid getting beat high. The defenders low side shoulder should be aligned with the offensive player’s top side shoulder giving him no angle to go over the top side of the defender and forcing him underneath / down low.

Stick Check. A stick check is where a defensive player swings their stick at ball carrier’s stick in an attempt to dislodge the ball. Stick checking is effective at younger ages when the ball is not well protected, but is highly ineffective at higher levels. Skilled players can easily avoid a stick check and often the defender swinging his stick is left standing still as the ball carrier dodges and runs past them. The sooner defenders can learn to play body position vs. stick checking the better.

- **Communication.** Teach the importance of communication between players on the floor in various situation.



Talking on defense. Start introducing the basics for talk, getting players to calling out the man they are covering as well teaching them to call for help if they are beat.

Calling for passes. Players should never receive a pass without calling for it. It is important for coaches to highlight this to their teams and make sure they are calling for the ball anytime they want it during drills

- **Expect the ball.** Players need to always be expecting the ball in drills even when the drill does not call for them to receive it (stick has to be up by the ear in ready position). In a game, players should always make themselves a pass option and the more often they practice having their sticks ready the more likely they will develop muscle memory to be in a ready position.
- **Transition Options.** Teams will transition from offense to defense when they lose possession of the ball in the offensive zone. They transition from defense to offense when they gain possession of the ball in the defensive zone. When a transition occurs, players will make changes from the bench. The number of players that make the change, determines the type of transition being used.

Offense / Defense transition. This is where players are designated as being either an offense or defense player and will only play in the offensive or defensive zone. When there is a change of possession, all the players change. This is seen in the NLL, but is not allowed in minor lacrosse and coaches can be suspended for using this system.

5-5 Transition. This is where all players on the floor will change to / from the bench on the change of ball possession in the defensive zone. When the team that is playing defense retrieves the ball, all five players will go to the bench for a change. Players coming onto the floor will play first in the offensive zone, then if they lose possession they will stay on the floor and play in the defensive zone, and if they regain possession they will then begin changing and get the ball to the next set of 5 players coming onto the floor, and they will get off the floor. All the players will play offense, defense, then off.

1-4 Transition. This is where 1 player will stay on during the transition to offense and then change on the transition to defense. The remaining 4 will change from defense to offense. 1 player is playing defense, offense, off and 4 players are playing offense, defense, off.

2-3 Transition. This is where 2 players transition defense, offense, off and 3 players transition offense, defense off. It can also be done in the reverse.

More About the 2- 3 Transition from Gord Henry, Technical Director

There have been some enquires from coaches and parents about the use of a 2-3 transition within the Sabrecats Association.

With a 2–3 transition, players are designated as either being a “2” or a “3” for a game. There will be two 2’s and three 3’s on each line. In the defensive zone, when the defending team gains control of the ball, the defending team will change the three “3” players. The 2’s will carry the ball up the floor, joined by the replacement 3’s.



If those five players lose possession of the ball in the offensive zone, the two “2” players will then go to the bench for a change. The replacement 2’s will then join the 3’s on defense. (It can also be done oppositely, where the 3’s change on transition for offense to defense).

I do not recommend teaching or using this transition for a few reasons:

1. Some teams use this system to put players in restricted positions, where 2’s and 3’s have different roles on the floor offensively and defensively. We are highly recommending that Lacrosse be taught with a motion offense and a man on man defense. In a motion offense, all players should be involved in the play and moving between the various “positions” (Shooter, Crease, X) on their side of the floor.

A restrictive 2-3 system may mean that certain players “must stay high” during their shift, preventing them from participating in the desired motion offense. If the 2–3 system is used, players should never be restricted to “positions” on the floor.

2. Some teams have also designated players as 2’s or 3’s for the season, or the large majority of the games. The only reason for doing this is to ensure that certain players are kept in the positions that the coach wants. This may help a team win more in the short term, but it is detrimental to the development of the players, and the team in general. If a 2 -3 system is being used, players must rotate equitably through the season as 2’s and 3’s.
3. Finally, while a 2-3 transition can be used successfully at younger ages, particularly where the fall back rule exists; it is unsuccessful and extremely rare to see it used at higher levels.

To be clear, the Sabrecats Association is not “forbidding” the use of a 2-3 transition. Some coaches may disagree with me and they do have flexibility in how they teach the game and manage the bench. At the same time, if a coach decides to use a 2-3 system, it is mandatory that players be rotated through the 2 & 3 roles equitably over the course of the season so that they develop all aspects of their game.

We will be holding a specialty clinic focused on Transition Options, the pros and cons of each, and to counteract the systems. Coaches who want to know more about alternate transition options are encouraged to attend.



Drill Set

Below you will find a set of drills that, when taught consistently and correctly, will develop the fundamental skills that we want to teach. We have included a description of the drills and some key teaching points. These drills also provide a progression of skill development so that players will eventually be ready to play at the Junior level and above, should that be their goal.

As players progress through age groups, many of the drills will remain constant and the focus will be on increasing the pace of the drills and refining the skills within the drills. Variations and progressions to the drills will be provided to keep the drills interesting and to increase the difficulty.

We have created a “Playart Link” for most of the drills. Click on the links to see the drill in motion. In all of the Playart drills, Blue Dots = Rights, Gold Dots = Lefts, Coach = Red

This [video](#) shows the drills being run in progression with a group of players ranging from Novice to Midget. Gord Henry provides a narrative with verbal cues and teaching points.

As mentioned earlier, we are publishing this manual while it is a work in progress, so some information will be more complete than others.

1. Introductory Drills

a. Hula Hoop, Offensive Wheel

- i. Playart [Link](#)
- ii. The drill is used to teach basic offensive movement to younger players, i.e. Mini-Tyke, Tyke, and lower level Novice Players
- iii. Drill Description

For this drill, hula hoops are placed on the floor, where the 5 typical “positions” would be on offense. There are 2 Crease position, (down low by the goal crease on either side), 2 Shooter positions, (up high near the top of the 24 line on either side) and 1 “X” position, (near the center, up high above the 24 line).

We do not want players to think of playing a “position”, as this leads to players standing still on the floor and we want to teach a motion offense. The hula hoops are there to provide a frame of reference and structure that younger players can understand and have fun with. Once the players understand the structure, the hula hoops should be removed as soon as possible. When the players are in motion, they will continually be moving and replacing each other in these relative “positions”.

Five players start, with one in each of the hoops. There should be 2 lefties on the right side of the floor, (when facing the net) and 2 righties on the left side of the floor. The X position can be either a righty or a lefty. If a righty is on X then the setup is “Strong Right” and “Weak Left” and the opposite if a lefty is at X.

The ball starts in the “X” position and X swings the ball, (passes it), to the weak side shooter position who then passes it down to the weak side crease position. The crease position runs the ball up to the shooter position and the shooter replaces the crease position. The weak side shooter then passes the ball back to X. X then swings the ball to the strong side shooter and cuts towards the net, then runs to replace the crease position, (which should be empty).



When the shooter receives the pass from X, he takes the ball and replaces the empty X position, (x is cutting towards the net). The crease position then moves up to replace the empty shooter position, (leaving his crease position empty for X to replace). The ball is now back at X and the drill repeats.

This drill only uses 5 players, so the other players should be working on something else while this drill is being run. It is very hard to get young players to watch and learn from other players, so keep the other players busy and focus on teaching this to 5 players at a time, until they understand the movement.

iv. Teaching Points

1. Be patient and don't expect them to understand or do this drill well right away.
2. Make sure all the players keep their sticks up and are ready for the ball always, not just when it is their turn catch the ball
3. When players have the ball, they should have the head of their stick up by their ear vs. down low at their side.

b. Hula Hoop, Defensive Transition

- i. Playart Link being developed
- ii. This drill is used to show players how to transition from defense to offence when gaining possession of the ball in the defensive zone. There are various transition options, however for this drill we will be working with a 5-5 transition. See Transitions in the general section for more information on other transitions.
- iii. Drill Description

For this drill, hula hoops are placed on the floor, where the 5 typical "positions" would be on defense. There are 2 defending the Crease position, (down low by the goal crease on either side), 2 defending the Shooter positions, (up high near the top of the 24 line on either side) and 1 defending the "X" position, (near the center, up high above the 24 line).

The ball is "shot" on the goalie to initiate a possession change and a transition from defense to offense. At this point the players defending X and the bench side shooter position will immediately change. The player defending the off-bench side crease and shooter position will move out towards the boards as a pass option for the goalie. The player defending the bench side crease position will monitor the pass to the off-bench side player, ready to either help / defend in the case of a turnover or go quickly to the bench for a change.

Once the pass is made and possession is gained by one of the off-bench side players, the remaining players will go quickly to the bench for a change. The ball carrier will run the ball up the floor to center and pass the ball to one of the oncoming players.

iv. Teaching Points

1. Be patient and don't expect them to understand or do this drill well right away.
2. Make sure all the players keep their sticks up and are ready for the ball always, not just when it is their turn catch the ball
3. When players have the ball, they should have the head of their stick up by their ear vs. down low at their side.



4. Players need to get to the bench quickly. The longer they take to get to the bench the less time the new offensive group will have with the ball.

c. Loose Ball in Corner

- i. Playart [Link](#)
- ii. This drill is used for players to learn proper scooping techniques, cradle the ball by the ear and turn towards the boards with their sticks.
- iii. Drill Description

For this drill balls are placed on the blue lines on both sides for lefties and righties. A coach will roll the ball into the corner and one player will go into the corner pick up the ball. When they pick up the ball they should be moving with the ball, not standing still.

The player then continues moving towards the coach and passes back to the coach, and cuts towards the net. The coach passes back to the player, who takes a shot on the goalie. Alternate sides so the goalie isn't facing two shots at once.

iv. Teaching Points

1. It is important to teach players not to run straight at the ball but to go at an angle learning to protect themselves so they cannot get hit straight from behind into the boards.
2. Once the player picks up the ball, make sure they raise the head of their stick over their shoulder, by their ear, to protect the ball.
3. The player should turn along the boards, with the head of their stick closest to the boards. It important to turn towards the boards as this protects their stick and gets them ready to absorb a hit with the boards, if it does come.

d. Ball Protection & Shoot Drill

- i. No Playart Link
- ii. Use this drill to teach the players how to engage a defender and roll off them properly.
- iii. Drill Description

In this drill, players will line up in two lines on the blue line on their proper side. A coach will stand on the top of the circles on both sides. One at a time players will run towards the coach driving their lower hand shoulder into the coach and protecting the ball up over their shoulder by their ear before rolling, and then driving to the net and taking a shot. Once the player gets past the coach the next player can start going.

iv. Teaching Points

1. Ensure the players roll off the coach on the proper direction. They should be rolling so that the head of their stick is facing the middle of the floor.



e. Relay Games

- i. No Playart Link
- ii. This is a fun game for kids that gets them running and competing with basic skills.
- iii. Drill Description

For relay games the balls will be on the left and right sides on the blue line or in the corner depending on the version being run. Players will be lined up on their respective side (never having a lefty play on the righty side or so forth even it is to make the lines even).

On the coaches signal the players will, one by one, run down and pick up a ball in the corner, then run back to the blue line. Once the player crosses the blue line the next player can enter the drill. This drill continues until every player has picked up a ball and returned to the blue line.

As an alternate, two nets can be brought down and put on the goal line, in front of each line and players will run down and take a shot, then return to their line. In a shooting relay, all players will have a ball in their stick in line at the blue line.

iv. Teaching Points

- 1. Ensure the players turn towards the boards when they pick up the ball and that they carry the ball by their ear instead of at their side.

f. Coach Pass

- i. Playart [Link](#)
- ii. This drill is for players learning to pass. The players should be lined up 4 -5 feet from the boards, so that the coach can stop missed balls and players are not running all over to retrieve them.
- iii. Drill Description

In this drill, a coach will line up with 3-5 players in a line with the players approximately 4 – 5 feet from the boards. Having the players near the boards will allow the coach to stop many of the missed passes and keep the players from running all over to get the missed balls. It is good to have extra balls around the coach so the drill doesn't stop if balls roll away.

The coach will pass the ball to each player and receive the ball back, going through all players back and forth. Try to get as many coach helpers as possible to reduce the player to coach ration and to increase the reps for each player.

iv. Teaching Points

- 1. Look for good passing and catching mechanics as described in the general section of this manual.
- 2. Teach quiet sticks, i.e. catch the ball without punching at it or cradling between catching and passing. Have the players hold the ball quietly over their shoulder for a couple of seconds before returning the pass.

v. Progressions

- 1. Have the players face dodge, then return the pass



2. Throw the ball to the wrong side. They should use a face dodge motion and turn their wrists inward to catch the ball on the wrong side.
3. Use 4 players, without a coach, and then get two balls going at the same time.

2. Warm Up Drills

a. Continuous Swing

- i. Playart [Link](#)
- ii. This drill should be used for warm-up in every practice instead of a stationary dynamic. It gets the muscles loose as well as incorporating passing and catching.
- iii. Drill Description

For this drill, the players line up behind the goal line, a few feet wide of the crease, on their correct side. One player from each line will start at the blue line. One of the players at the blue line will start with a ball (for this example we it will be the right-handed player).

Once the players are in position, the first player in the righty line near the crease will “pop out” to the half boards where he will call for the pass. The high righty who started with the ball will pass him the ball to the player at the half boards, cut to the middle, then cut back to set a pick for the player on the half boards.

Once the pick has been set, the player who set the pick will roll towards the net cutting in front of the net, with his stick up ready to accept a pass. This player will not get a pass and will cut across the crease, then behind the net and back to the Righty line. At the same time, the ball carrier will come high off the pick high pass to the Lefty (who has moved from the high left position to the “X” position to support the ball carrier). After the righty has passed the ball to the lefty at “X”, he will continue to the “X” position and wait for the ball to return, (after the left side has run their pick and roll).

When the lefty has received the pass at “X” the first player in the lefty line down low will “Pop out” to the half boards to receive the ball from “X”. The lefties will perform a pick and roll, the same as the right side has already done until the ball is passed to the righty waiting on “X”. The drill now repeats continuously.

iv. Teaching Points / Refining the Drill

1. Eyes to the middle. Ball carriers should always be looking for an open stick in the middle. In this drill, the ball is not being passed to the roll, but they ball carrier should always look to them anyway to make it a habit.
2. Pickers should roll with the head of their stick up and pointing in the direction of the ball carrier, ready to receive a pass.
3. After cutting across the crease, the roller should open their hips and continue facing the ball carrier with their stick up, ready to receive a pass.
4. Keep the players from spreading out wide in the lines and up top. It is important that they learn to start inside, engage the defense, then pop out to create free space.



v. Progressions

1. Coach in middle holding up various fingers – Players look to the coach and call out the number of fingers they see
2. Variation Coach / Player in middle – Give & Go Passing with the low player before and after the pick.

b. Give and Go

- i. Playart [Link](#)
- ii. This drill should be taught at all levels. Give and go's can be used all over the floor to avoid pressure and create offense.
- iii. Drill Description

Players will be on the proper side of the floor. Half of the players on each side will form a line at the goal line, a few feet wide of the crease. The other half will form a line at the blue line, towards the middle of the floor.

Players near the restraining line will have a ball. Choose a side to start the drill and the first player from the crease will “pop out” to the half boards with their stick up to receive a pass. The high player on that side will pass the ball to the player on the half boards, then cut towards the net. The player on the half boards will immediately return the pass to the cutting player.

Sides will alternate the drill.

i. Teaching Points

1. Ensure the players continue running as they cut to the net. They should not be stopping to receive the pass.
2. If the original pass is dropped, the cutter should run through the crease and back around the net, instead of stopping. The pass can then be made to the player behind the net and the passer can cut to the front of the net for a return pass.

- ii. Progression – High to Low. Players start with the ball down low, run to the half boards, pass to the high player and then cut to the net for a return pass.

3. Offense

a. East – West Pick & Roll

- i. Playart [Link](#)
- ii. This is an essential lacrosse skill and should be taught as soon as players are ready, definitely at the Novice level and above.
- iii. Drill Description

Players will be on the proper side of the floor. Half of the players on each side will form a line at the goal line, a few feet wide of the crease. The other half will form a line at the blue line, towards the middle of the floor. Balls will be at the top and each player in the line, should have a ball.

Choose a side to start and the first player from the crease will “pop out” to the half boards with their stick up to receive a pass. The player at the top will pass down to the player at the half boards and then



cut to the middle of the floor with their stick up ready to receive a pass. They will not get the pass (assume they are covered), so they will cut back to set a pick for the ball carrier on the half boards.

The ball carrier will drive past the shoulder of the picker and high towards the top middle of the 24 line. After executing the pick, the picker will roll towards the net with their stick up, ready to receive a pass. The ball carrier has the option to pass to the roll, or take an outside shot. The high player will go to the high line and the roller will go to the low line on the proper side.

iii. Teaching Points

1. Make sure the players understand the options for a shot or a pass to the rolling player. The ball carrier should take a look at the roller to see if that option is open, even if they are going to shoot. The roller should have their stick up and be ready for a pass.
2. Work on the timing of the pick so that they are meeting shoulder to shoulder.
3. A coach can be used as a defender to be picked. The ball carrier should engage the defender, so the pick can be set.

b. North – South Pick and Roll

- i. Playart [Link](#)
- ii. Players should understand the various pick options at an early age, Novice and above.
- iii. Drill Description

Players will set up the same as the East West pick and roll above.

Choose a side to start and the first player from the crease will “pop out” to the half boards with their stick up to receive a pass. The player at the top will pass down to the player at the half boards, but instead of cutting to the middle, they will immediately go to set a pick for the ball carrier on the half boards.

This pick would be used when there is immediate pressure on the ball carrier on the half boards, so the passer does not have time to cut and must go help the ball carrier with a pick right away.

After setting the pick, the picker will roll towards the net with their stick up, ready to receive a pass. The ball carrier will drive past the shoulder of the picker and high towards the top middle of the 24 line. The ball carrier has the option to pass to the roll, or take an outside shot. The high player will go to the high line and the roller will go to the low line on the proper side.

iv. Teaching Points

1. Same as East West Pick and Roll

c. Double Pick and Roll

- i. Playart [Link](#)
- ii. Introduce this pick option when players understand the East West and North South Picks
- iii. Drill Description



Players will set up the same as the East West pick and roll above.

Choose a side to start and the first player from the crease will “pop out” to the half boards with their stick up to receive a pass. The player at the top will pass down to the player at the half boards, cut to the middle and then run an East West pick and roll. The roller then comes back to the ball carrier to set a South North pick and roll.

This pick would be used when the defense has made an effective switch and the ball carrier is under pressure after the initial pick and roll.

After setting the second pick, the picker will roll towards the net with their stick up, ready to receive a pass. The ball carrier will drive past the shoulder of the picker and high towards the top middle of the 24 line. The ball carrier has the option to pass to the roll, or take an outside shot. The high player will go to the high line and the roller will go to the low line on the proper side.

- v. Teaching Points
 - 1. Same as East West Pick & Roll

- d. Slip Pick
 - i. Playart Link in progress
 - ii. Introduce this pick option when players understand the East West and North South Picks.
 - iii. Drill Description

Players will set up the same as the East West pick and roll above.

Choose a side to start and the first player from the crease will “pop out” to the half boards with their stick up to receive a pass. The player at the top will pass down to the player at the half boards, then run to set a North South pick for the ball carrier. In this case the player that is going to set the pick realizes that the defense is on his back and not in a position to stop them from cutting to the middle so they “slip” / abandon the pick and cut to the middle with their stick up ready for the pass. The ball carrier makes a pass to the slip pick cutting to the middle.

The high player will go to the high line and the roller will go to the low line on the proper side.

- iv. Teaching Points
 - 1. Players need to have awareness of the positioning their defender has on them. If the defender is on their back instead of the defensive side, they have an open lane to the net.

- e. Pick & Roll to Seal Pick
 - i. Playart [Link](#)
 - ii. Introduce this drill when players understand and are able to execute the basic picks above.
 - iii. Drill Description

This drill starts with an East West pick and roll as described above. After rolling to the net, the picker comes back up to set a seal pick on the defender. The seal is used as a screen on the goalie and the ball carrier shoots around or over the seal.



iv. Teaching Points

1. The shooter needs to use the seal to screen their shot from the goalie.

f. 4-Man Game, On Ball - Off Ball Pick & Roll (Both Sides)

- i. Playart [Link](#)
- ii. This drill should be taught at the novice level and up. It is a basic motion offensive play.
- iii. Drill Description

Players will set up the same as the East West pick and roll above.

Choose a side that will start with the ball. In this drill, both the on ball and off ball sides will run a pick and roll. To start the drill, the first player from the crease ON EACH SIDE will “pop out” to the half boards with their stick up to receive a pass. The player at the top will pass down to the player at the half boards on the strong side. This will be the “On Ball” side. The passer will then cut and perform a pick and roll with the ball carrier. At the same time, the off-ball player will also perform a cut, pick, and roll.

After setting the pick, the on-ball picker will roll towards the net with their stick up, ready to receive a pass. The two off-ball players will also cut to the middle with their sticks up ready for a pass. The ball carrier will have 3 pass options, plus the option to shoot.

iv. Teaching points

1. Have players recognize the options that are being created and make sure every player without the ball is ready for a pass.
2. Work on the timing so that the off ball players are open as the ball carrier is coming off the pick
3. If the ball is dropped on the initial pass, continue the play. The high off ball player can cut through the crease back into the off-ball crease position. The off-ball crease player will replace the shooter that is cutting through.

g. 3 Man Game, Toronto Rock

- i. Playart [Link](#)
- ii. This is an advanced motion offence, that requires focus. It can be taught at the highest level of Novice by the end of the season.
- iii. Drill Description

iv. Teaching Points

h. 5 Man Game, Toronto Rock

- v. Playart Link
- vi. This is an advanced motion offence, that requires focus. It can be taught at the highest level of Novice by the end of the season.
- vii. Drill Description



For this drill 5 players set up to fill all the offensive positions. The ball starts at X. The strong side shooter stays inside and the strong side crease pops out to the half boards. At the same time X will move towards the strong side boards and make a pass to the half boards. If properly executed, there should be an open passing lane to the half boards.

After making the pass, X immediately goes to set a North-South pick on the half boards, while the strong side shooter cuts to the net as the first pass option. For the drill, we assume this pass option is covered, but if he was open in a game we would pass to him. Not getting the pass, the shooter cuts across the crease and goes around behind around the net to fill the crease position on their side.

When X goes to set a pick on the half boards, the weak side shooter comes up to replace X and the weak side crease moves to the half boards. The ball is still with the player at the half boards and since the pass to the original cutter was covered, he passes the ball to X. The X position having been filled by the weak side shooter.

X now passes the ball down to the weak side half boards and then immediately goes to set a North-South pick & Roll. As this is happening, the strong side shooter moves up to replace X. Also, the strong side crease is moving up to replace the shooter, and the original cutter is coming around the back of the net to fill the strong side crease.

From the weak side pick and roll, the ball is passed back to X and one of the weak side players will cut high while the other weak side player cuts low toward the net. This creates 2 more off ball passing options.

At this point, if the timing is right, X will have the ball and will have 2 off ball passing options, (high and low), an option to pass to the low strong side player at the crease, plus they have the option to shoot. If open, the low off ball player is the desired passing target for this progression.

viii. Teaching Points

- a. When players cut down low across the crease, as they get to the far side of the crease, they should open their hips so that they are facing back up the floor vs. the end boards. This allows them to know where the ball is and to continue being a pass option all the way as they fill the lower crease position on their side. A give and go play with a player behind the net can be very effective.
- b. Make sure the players understand all the options that are being created. The Toronto Rock is a series of options that you have already built in other drills. The idea is for players to begin recognizing options as they happen on the floor and then reacting to them, rather than teaching them a designed “play”.
- c.

5. Transition Drills

i. Breakout drill / 5-5 Transition from Defense

- i. Playart Link in progress
- ii. Use this drill to teach a basic transition.
- iii. Drill Description



For this drill, 5 players set up on the floor, where the 5 typical “positions” would be on defense. There are 2 defending the Crease position, (down low by the goal crease on either side), 2 defending the Shooter positions, (up high near the top of the 24 line on either side) and 1 defending the “X” position, (near the center, up high above the 24 line).

The ball is passed amongst the players until the coach calls “shot”. The player with the ball takes a shot on the goalie and the ball is played from there. A soft shot can be taken if you want to practice playing the ball. Have some spare balls ready in case the ball goes out of the D zone.

If the goalie does not get the ball, then we assume that our defensive players get the rebound and with the possession change the players transition from defense to offense. The player that retrieved the ball will try and run the ball out of the defensive zone to center. The highest 3 players will immediately run to the bench for a change and the lowest, off-bench side player, will stay on for support until the ball carrier has evaded pressure, or has passed the ball to the replacement offensive players.

If it is a goalie ball, then the players defending X and the bench side shooter position will immediately change. The player defending the off-bench side crease and shooter position will move out towards the boards as a pass option for the goalie. The player defending the bench side crease position will monitor the pass to the off-bench side player, ready to either help / defend in the case of a turnover or go quickly to the bench for a change.

Once the pass is made and possession is gained by one of the off-bench side players, the remaining players will go quickly to the bench for a change. The ball carrier will run the ball up the floor to center and pass the ball to one of the oncoming players.

The oncoming players will then go setup in offense, pass the ball around and take a shot. They will then run down to play defense, starting the drill over.

iv. Teaching Points

- a. Players need to be aware of what is happening during the transition. They cannot just turn their backs and run off the floor.
- b. Players need to change with urgency. It is important to get the replacement players on quickly and begin offense.

j. Off Bench Transition to 5 Man Toronto Rock

- i. Playart [Link](#)
- ii. This drill can be taught at the highest novice level and up. It is a transition that sets up an NLL offense. It assumes a 1 – 4 transition where 4 players are changing on transition from defense to offense and 1 player is changing from offense to defense.
- iii. Drill Description

For this drill, the team starts on the bench except for one player that starts with the ball on their proper side, positioned on the boards away from the bench at center. This player represents the player who has carried the ball out of the defensive zone and into the offensive zone. The other players have gone to the bench for a change and replacement players are coming off the bench to play offense.



The coach then gets that player to bring the ball into the offensive zone as he releases 4 players off his bench. In the playart example, a Lefty has transitioned the ball up the floor, so the players coming off the bench will be Righty, Righty, Lefty, Righty.

The first righty will cut through the middle, go behind the net, and fill the off-ball half board position. The second righty off the bench will cut through the middle go behind the net and setup in the low crease position. The third player, a lefty, will cut to the middle and go set a pick for the ball carrier. The final player, a righty, will run straight to the high bench side, setting up in the X" position. The team is now set up into a basic 5-man offense.

iv. Teaching points

1. Each player coming off the bench is a pass option for the ball carrier on the boards. The ball carrier should be looking to them and in a game, would make the pass if their stick was open.
2. Players coming off the bench should be looking to the ball carrier for a pass, having their sticks up and ready to accept a pass if their sticks are open

6. Offence / Defense Drills

k. One on One

- i. Playart Link
- ii. Use this drill at all levels. It develops offensive creativity and ball protection skills and defenders learn skills to prevent players from getting to the net or getting a good shot.
- iii. Drill Description

There are several variations of one on one drills. Players can start from a low position in the corner, the shooter position, or X. An offensive player can start with the ball, they may have to get open for a pass from the coach, or they can compete for a loose ball.

iv. Teaching Points

- a. In all versions, ensure that players start on their proper side, or if it is a loose ball drill that they player that gets the ball takes the ball to their proper side.
- b. Defenders should work on body positon, taking away "top side" to prevent players from getting to the middle with their sticks open for a high-quality shot.
- c. Defenders should avoid using a stick check, unless the offensive player presents the stick in an open position where the ball can be easily knocked out of the stick. Stick checks are ineffective at higher levels and aggressive stick checks will leave the defender vulnerable to be beat.
- d. Defenders should be taught to positon themselves quickly and aggressively, but to have patience. Containment and preventing the offensive player from beating them is the primary objective of the defender. Turning the ball over is a secondary objective.



I. Two on Two

- i. Playart Link
- ii. Use this drill at all levels. It develops two-man offensive creativity, pick & roll skills, and ball protection skills. Defenders learn man on man skills and how to respond to a pick and roll.
- iii. Drill Description

Players will form lines outside the restraining line or blue line, on their proper side. One side will start on offence, (lefties in this case). Two lefties will start on offense and will position themselves high and low, (shooter and crease) in the zone. Two righties will play defense and position themselves on the defensive side of the lefties playing offense.

The coach starts with the ball at X and the offensive players need to get open for a pass. They can engage their defender and pop out for a pass, or they can work together using picks. Once the offense has the ball, they work together to get the best possible scoring opportunity. Defenders work together to prevent a quality scoring opportunity.

The play is over when the offense takes a shot, loses the ball, or the coach determines the play is over. The 2 lefty players that were playing offense will now go over to the other side to play defense against 2 righties that are ready at the shooter and crease positions. The 2 righty defenders will go to the back of the righty line. Repeat the drill from the righty side.

iv. Teaching Points

- a. Make sure the offense stays on their proper side of the floor. Stop the play if the offense goes to the wrong side of the floor, other than to get a loose ball.
- b. wrong side of the floor.
- c. Offense should be trying to create 2 on 1 opportunities using pick and rolls, but also must be aware when open lanes are available for a drive to the net or a good quality shot.
- d. Defenders must work together as well, preventing 2 on 1 opportunities from a pick by preventing the pick or switching coverage if a successful pick is made.
- e. Stress the importance of communication on the floor for both the offense and defense.

7. **Passing / Shooting Drills**

a. Quick Stick Shooting

- i. Playart [Link](#)
- ii. Use this drill to develop quick stick passing skills.
- iii. Drill Description

For this drill, the balls will be on one side, (lefty or righty) at the shooter position. We will use the righties at the shooter position for this example.

The lefties will then be lined up on the goal line extended about 3 feet back from the crease. Righties will be split between the X and shooter positions.



The righty at shooter start with the ball and pass it to the player at X. X will pass the ball back to the shooter. Once the shooter gets the ball back, they will make a crisp pass to the lefty on the crease for a quick stick shot.

iv. Teaching points

- a. Make sure goalies are following the ball and not just standing for a shot. They should be tracking the ball as it goes to the center passer and then tracking it back for the shot. It is important coaches do not forget shooting drills are as much for the goalies as the players
- b. Work on quiet sticks when passing, i.e. no cradling between passes. The ball should be cushioned slightly over the shoulder when it is being caught, so that it can be immediately released for the return pass, or pass to the crease.
- c. Passing accuracy is important for quick stick passing. Make sure players present a proper target for the pass, with the head of their stick to the side of their ear and out front of their body.
- d. The player receiving the ball at the crease should work on a variety of shots, i.e. short side, across the crease, fakes, down low, etc.

b. Power Play Shooting

- v. Playart [Link](#)
- vi. Use this drill to work on quick stick passing and outside shooting.
- vii. Drill Description

Players will line up in two lines at the top of the 24 foot in the righty and lefty shooting positions with balls on either side. One player will go in the middle to represent the “X” position, approximately 10 feet above the 24 line, simulating a power play setup.

The shooter position will start with the ball and will pass back and forth with the player in the “X” position. When the shooter gets the return pass they will take an outside shot at the net.

viii. Teaching points

1. Make sure goalies are following the ball and not just standing for a shot. They should be tracking the ball as it goes to the center passer and then tracking it back for the shot. Its important coaches do not forget shooting drills are as much for the goalies as the players
2. Work on quiet sticks when passing, i.e. no cradling between passes. The ball should be cushioned slightly over the shoulder when it is being caught, so that it can be immediately released for the return pass, or pass to the crease.
3. Passing accuracy is important for quick stick passing. Make sure players present a proper target for the pass, with the head of their stick to the side of their ear and out front of their body.
4. Work on proper shooting mechanics or the outside shot. The head of the stick should be pulled back and up and at an upward angle slightly above he shooters head. Their hands should be away from their body. Their body should be positioned so that their hips and shoulders are pointing at the net. Rotate and use the legs and core of the body to



generate power. Outside shots should be an “explosion” of the body with maximum effort.

8. Special Teams

a. Short Man

- I. Playart Link in Progress
- II. Use this drill...
- III. Drill Description

- IV. Teaching Points

b. Man Up

- I. Playart Link in Progress
- II. Use this drill...
- III. Drill Description

- IV. Teaching Points

Age Group Breakdown

Mini Tyke and Tyke

Objectives for the season

You have done a great job as a coach if, by the end of the season, your players have learned:

- 1) The proper side of the floor for them to be on. They won't go to the proper side during a game, but this concept needs to be introduced to them so they understand what it means.
- 2) To properly scoop loose balls off the floor
- 3) To get the ball over their shoulder by their ear so they can protect it and be ready to pass or shoot.
- 4) To cradle the ball over their ear vs. at their side
- 5) To properly retrieve a loose ball near the boards, coming at an angle and turning the proper way off the boards to protect themselves
- 6) Proper passing and catching mechanics
- 7) Proper overhand shooting mechanics

Appropriate Drills

- 8) Loose Balls / Ball Protection
- 9) Coach Passing
- 10) Give & Go
- 11) Hoola Hoop, Offensive Wheel
- 12) Relay Games
- 13) One on One
- 14) Scrimmage



Novice

Objectives for the season

You have done a great job as a coach if, by the end of the season, your players have learned:

- 1) The proper side of the floor for them to be on. They usually position themselves on the proper side during a game. At this age, and depending on their level, many players will drift off their side of their floor and shoot from the wrong side of the floor.
- 2) Further development and refinement of the Tyke skills above.

Introduce

- 1) Man on Man defense
- 2) Proper defensive positioning
- 3) How to properly transition on and off the floor
- 4) Pick and Roll options

Appropriate Drills

- 1) Swing drill
- 2) Give & Go
- 3) Pick and Roll
- 4) One on One
- 5) Two on Two
- 6) Transition Drill 5-5
- 7) Quick Stick Passing and Shooting
- 8) Scrimmage

Peewee

Objectives for the season

You have done a great job as a coach if, by the end of the season, your players have learned:

- 1) The proper side of the floor for them to be on. They consistently position themselves on the proper side during a game and rarely drift off their side of their floor or shoot from the wrong side of the floor.
- 2) Further development and refinement of the Novice skills above.

Introduce

- 1) Short man and Man Up
- 2) 5 Man Game Options

Appropriate Drills

- 1) Swing drill
- 2) Give & Go
- 3) Pick and Roll
- 4) One on One
- 5) Two on Two
- 6) Transition Drill 5-5
- 7) Quick Stick Passing and Shooting
- 8) Toronto Rock
- 9) Man Up and Man Down
- 10) Scrimmage



Bantam

Objectives for the season

You have done a great job as a coach if, by the end of the season, your players have learned:

- 1) The proper side of the floor for them to be on. They consistently position themselves on the proper side during a game and rarely drift off their side of their floor or shoot from the wrong side of the floor.
- 2) Further development and refinement of the Pee wee skills above.

Introduce

- 1) Alternative Transitions. 1-4
- 2) Additional 5 man game options

Appropriate Drills

- 1) Swing drill
- 2) Give & Go
- 3) Pick and Roll
- 4) One on One
- 5) Two on Two
- 6) Transition Drill 5-5
- 7) Quick Stick Passing and Shooting
- 8) Toronto Rock
- 9) Georgia Swarm
- 10) Man Up and Man Down
- 11) Scrimmage

Midget

Objectives for the season

You have done a great job as a coach if, by the end of the season, your players have learned:

- 1) The proper side of the floor for them to be on. They consistently position themselves on the proper side during a game and almost never drift off their side of their floor or shoot from the wrong side of the floor.
- 2) Further development and refinement of the Bantam skills above.

Introduce

- 1)

Appropriate Drills

- 1) Swing drill
- 2) Give & Go
- 3) Pick and Roll
- 4) One on One, Two on Two
- 5) Transition Drill 5-5
- 6) Quick Stick Passing and Shooting
- 7) Toronto Rock
- 8) Georgia Swarm
- 9) Man Up and Man Down
- 10) Scrimmage



Sample Practice Plan - Novice

Drills (Today's Drills Highlighted)

Warm up

❖ Continuous Swing drill	5 Min
○ With pass to middle	5 Min
❖ Give and Go	
○ Low to high	5 Min
○ High to low	5 Min

Passing / Shooting

❖ Coach Pass w/ Progressions	15 Min
❖ Quick Stick – Shooting	15 Min
❖ Power Play Shooting	15 Min

Offense

❖ Hula Hoop, Offensive Wheel	
❖ East West Pick & Roll	5 Min
❖ North South Pick & Roll	5 Min
❖ Double Pick & Roll	5 Min
❖ Slip pick	5 Min
❖ Pick & Roll to Seal Pick	10 Min
❖ 4 Man Game, On-Ball, Off Ball	10 Min
❖ 3 Man Game, Toronto Rock	10 Min
❖ 5 Man Game, Toronto Rock	15 Min

Transition

❖ Hula Hoop, Transition	15 Min
❖ Breakout/ 5-5 Transition from Defense	20 Min
❖ Off Bench Transition to Toronto Rock Offence	30 Min

Offense / Defense

❖ Loose Ball in Corner	10 Min
❖ One on one	15 Min
❖ Two on two	15 Min

Fun Games

❖ Relay Games	5 Min
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Special Teams

❖ Power play/short man	30 Min
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