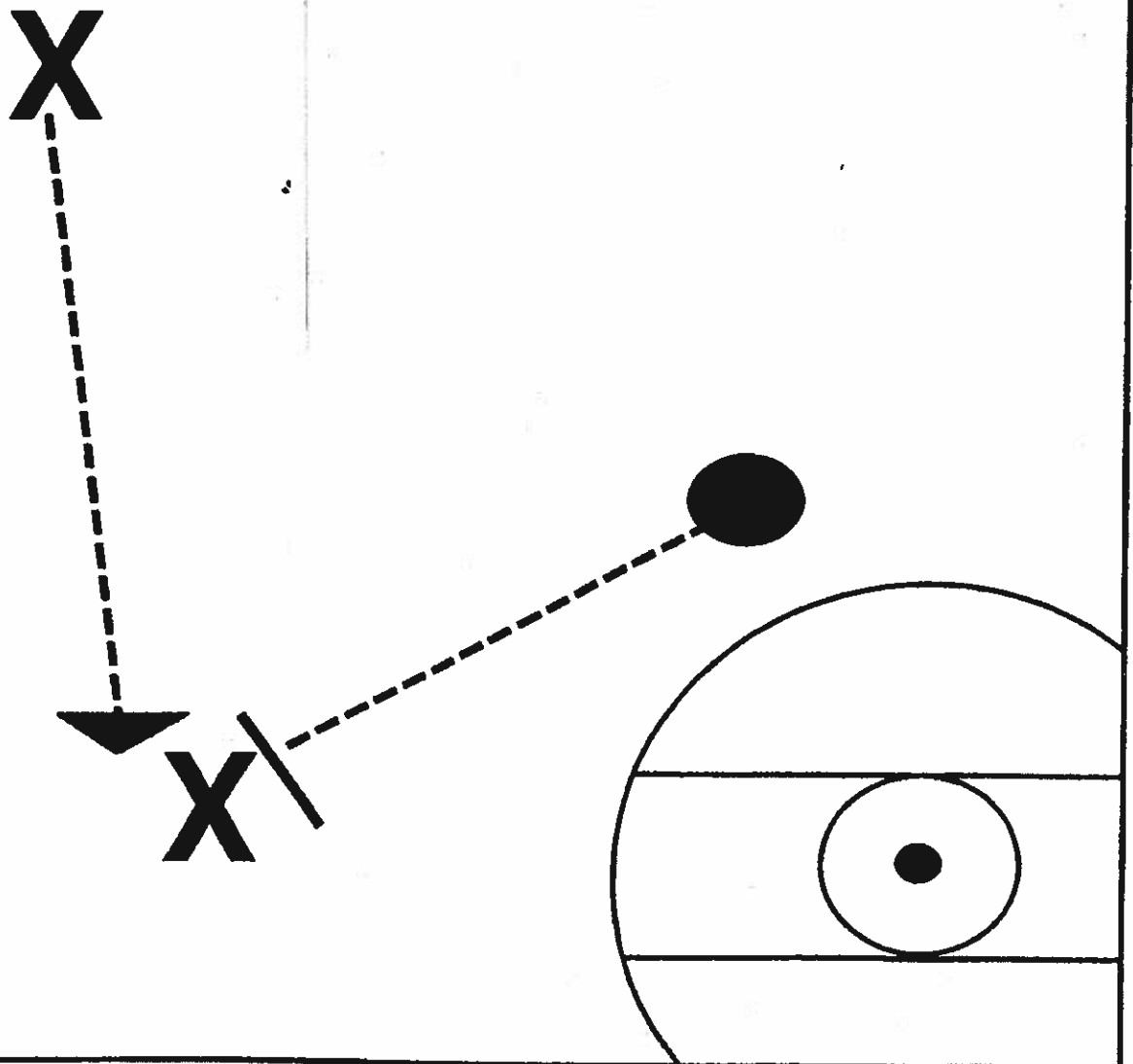


PRACTICE DRILLS

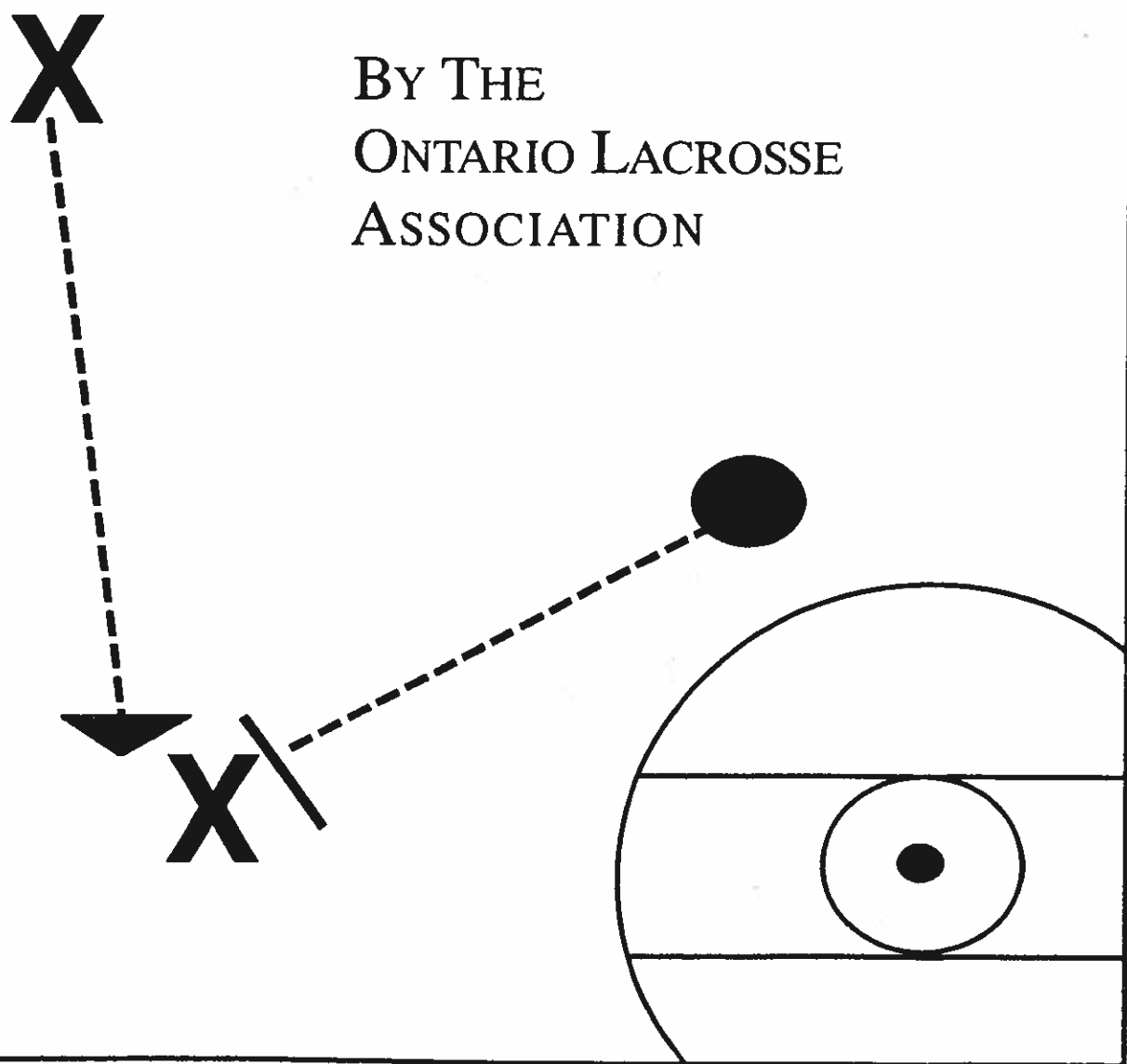
FOR BOX LACROSSE

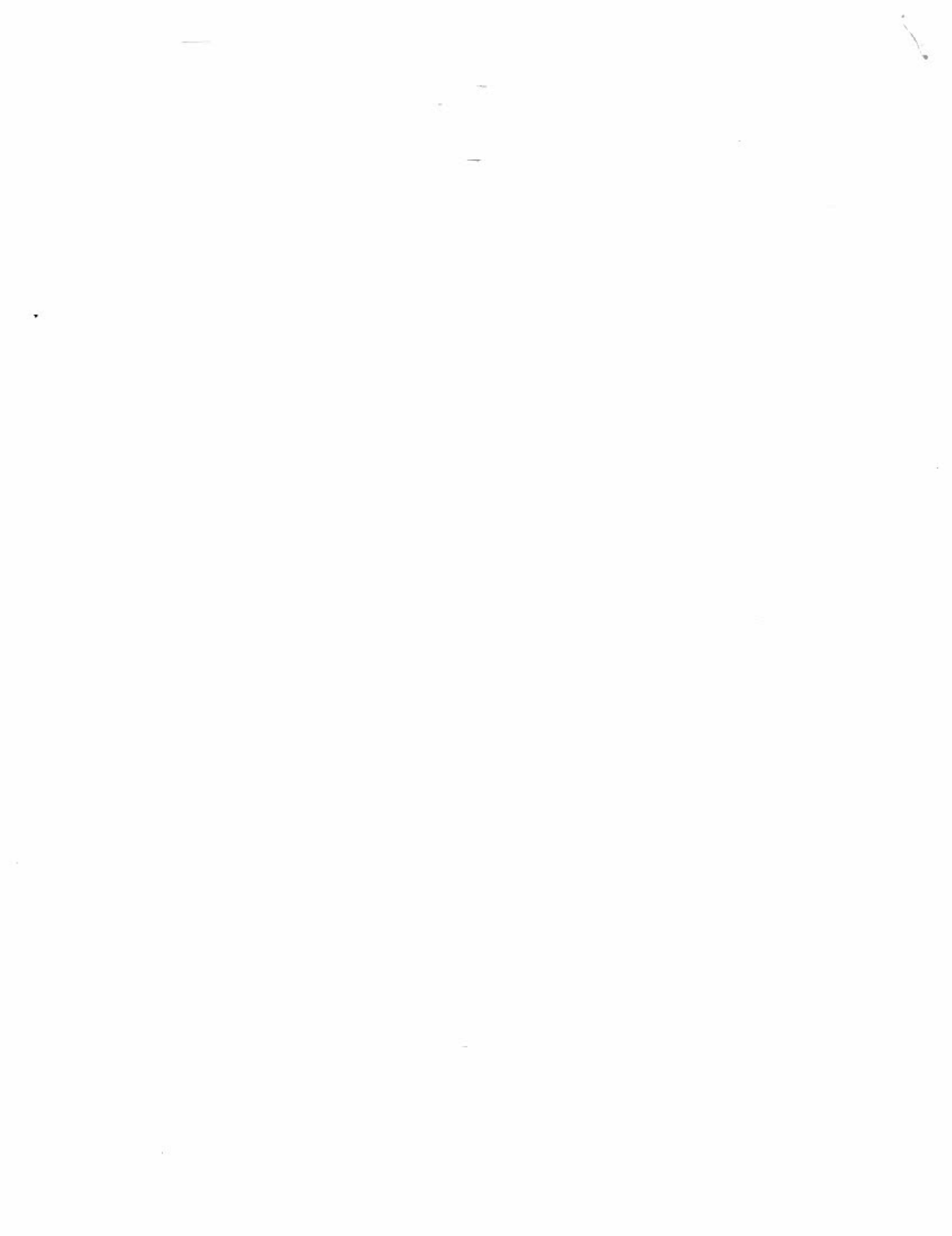


PRACTICE DRILLS

FOR BOX LACROSSE

BY THE
ONTARIO LACROSSE
ASSOCIATION





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TABLE OF CONTENTS

Introduction.....2
Legend for Diagrams.....3
Loose Ball Drills.....4
Passing and Catching Drills.....16
Individual Offense and Defense Drills...33
Fast-Break Drills.....40
Goaltender Drills.....58

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INTRODUCTION

This manual of drills was compiled by members of the “Coaching as a Career” program to assist lacrosse coaches in designing interesting and effective practices. It is hoped that through better quality practices, more skilled and dedicated players will be developed.

The Ontario Lacrosse Association would like to acknowledge the assistance of The Ministry of Tourism and Recreation in the preparation of this manual.

CONTRIBUTING WRITERS

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Revised 1992


T **MAN**
DESIGN


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LEGEND FOR DIAGRAMS


Path of the Player 



Path of the Ball 


Path of the Player with the Ball 

Path of a Rolling Ball 

Pick 

Defensive Player 

Offensive Player  or 

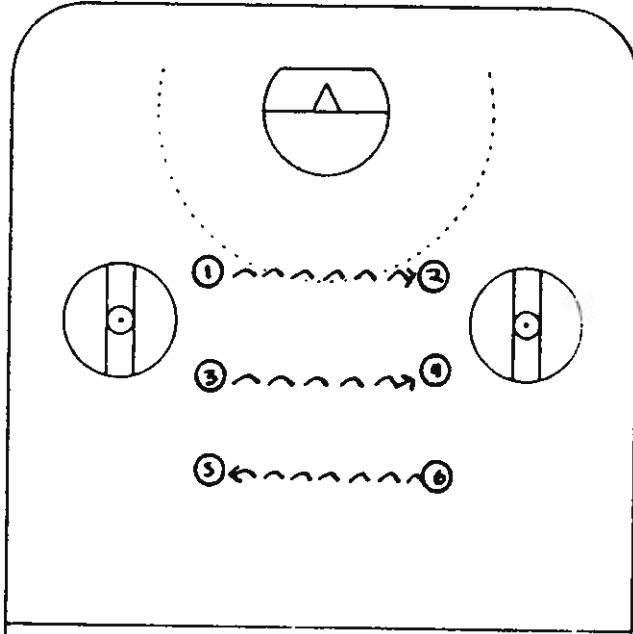
Coach 



LOOSE BALL DRILLS

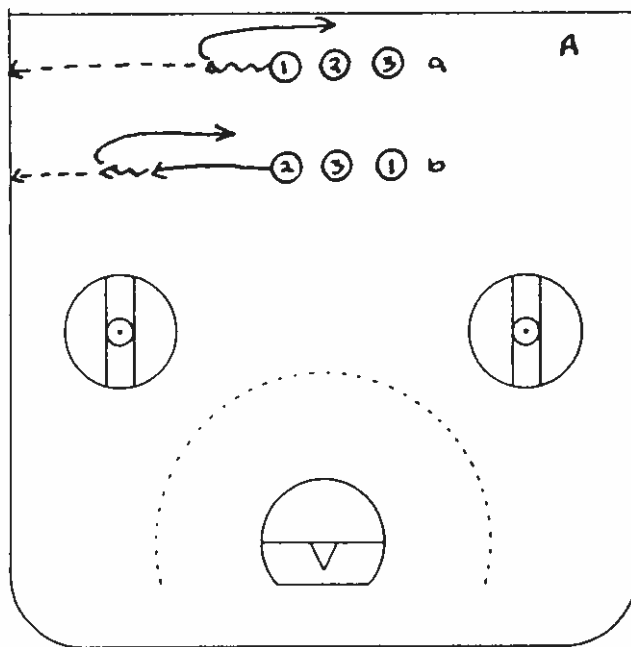
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PARTNER ROLLS



- partners roll ball toward each other, receiver picks up ball and rolls it back
- ball may be rolled by hand if the players are not able to roll ball accurately.

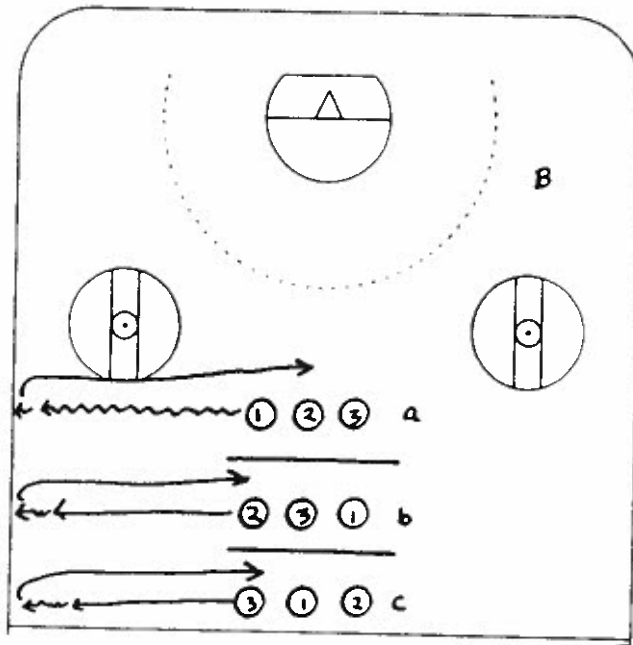
REBOUND DRILLS



(A) Throwing rebound

- Head of each line throws ball at boards and races to back to the end of his line
- Next in line moves to ball, gain possession, makes his throw to boards, then moves to end of the line
- Repeat

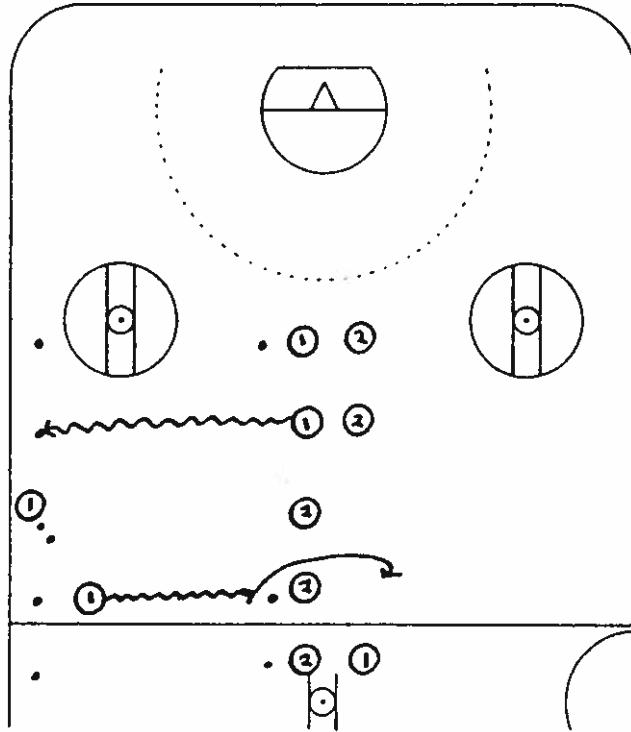
REBOUND DRILLS



(B) Rebound Drop

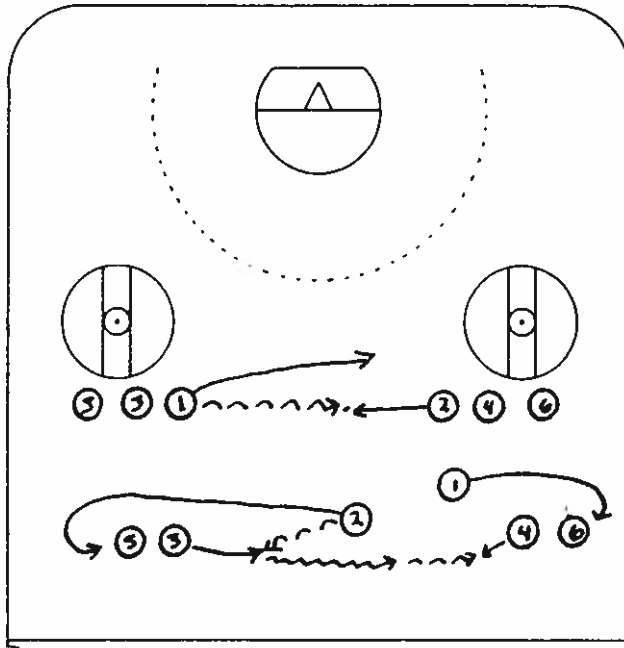
- player #1 carries ball to boards and drops ball off boards
 - player #1 then returns quickly to the end of the line.
 - player #2 races out, scoops up #1's rebound, carries it to the boards, and drops it off the boards.
 - #3 repeats above.
- * The player returning to the line's end may be asked to slide, run backward etc., in order to add an extra conditioning factor.

STATIONARY PARTNER LOOSE BALLS



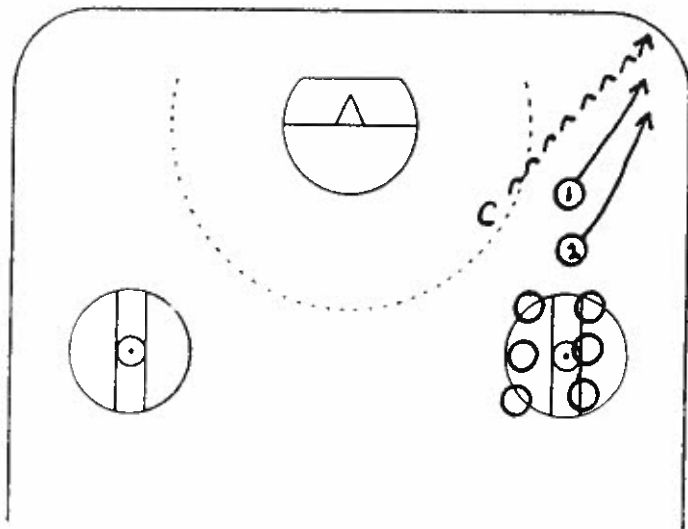
- small groups of 2 or 3 with 2 balls per group.
- player #1 picks up near ball, cradles it to boards, and puts it down.
- #1 picks up far ball and cradles back to line where it is placed on the grounds.
- #2 repeats process.

ROLLING SHUTTLE



- in turn each player moves towards the ball rolled from the opposite line, picks it up, and rolls it back to the next player.
- After rolling the ball back, the player sprints to the end of the opposite line.

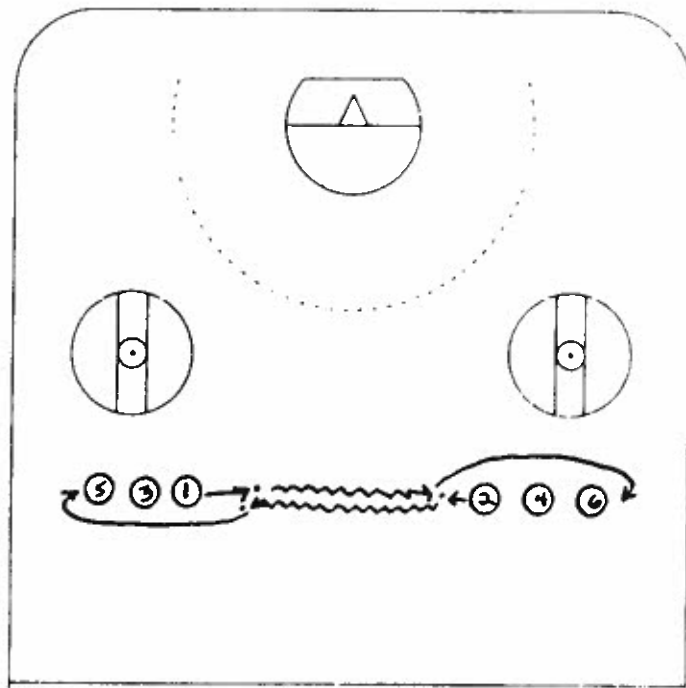
HEAD START



- coach rolls ball into corner
- player #1 has 5' - 6' head start on player #2
- both players race into corner when coach releases ball
- players carry balls back to line and toss to coach when needed.

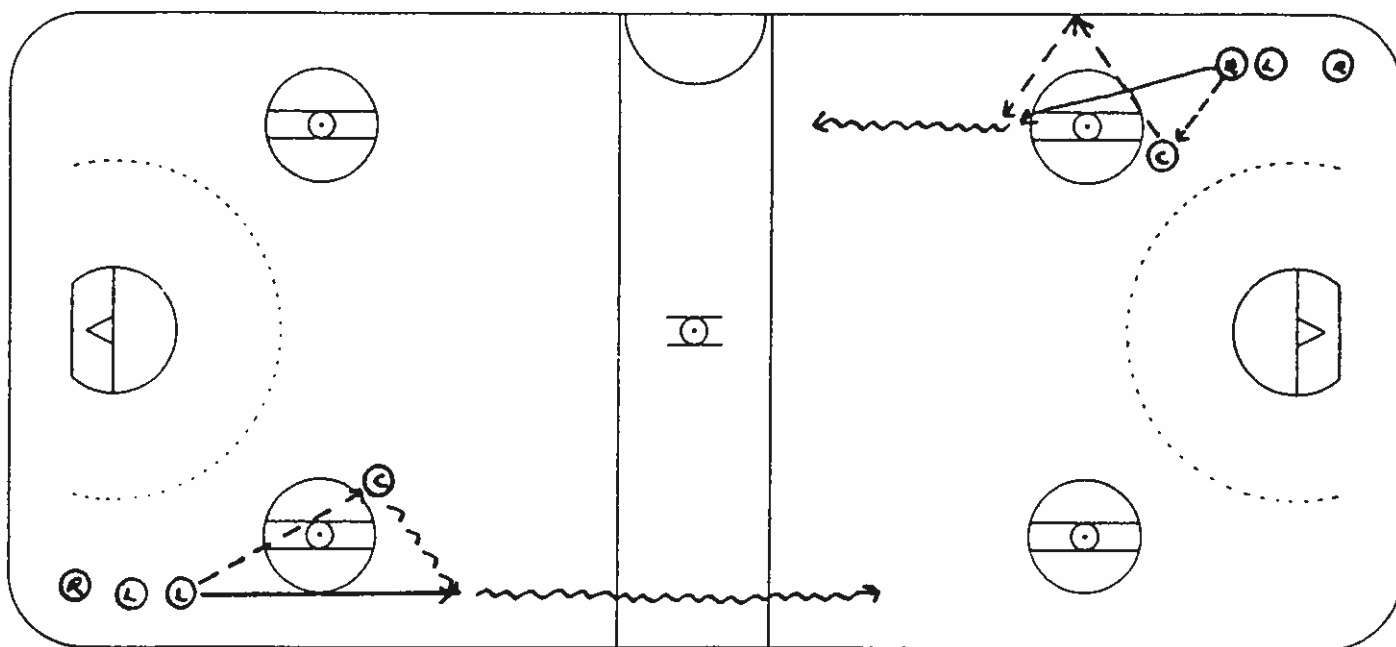
**Stress: (1) Concentration
(2) Control by trailer not to crash first man into the boards

STATIONARY LOOSE BALL SHUTTLE



- #1 picks up ball, carries it to opposite line & places it down
- at the same time #2 is doing the same activity
- other players repeat

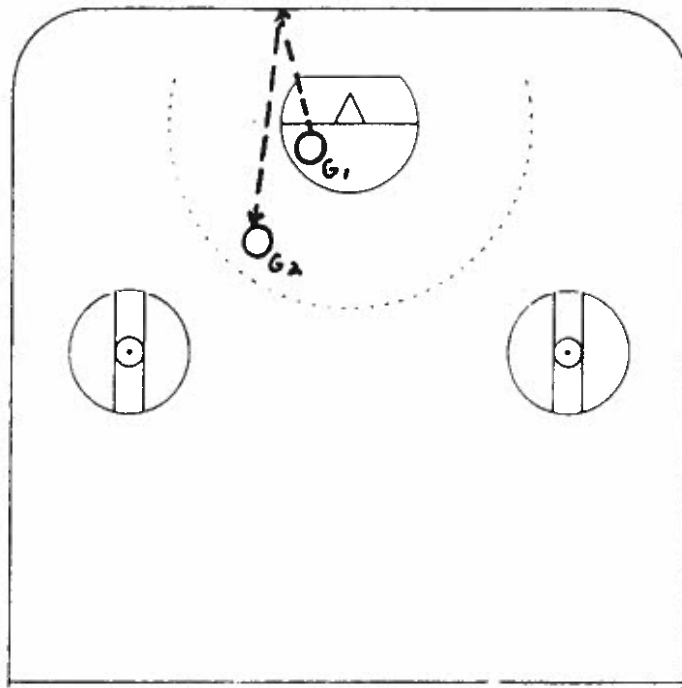
LOOSE BALLS



- players line up as shown, each with a ball
- designated player or coach works as a post
- post receives pass from head of line and then puts the ball on the floor in one of a variety of ways : rolled forward, bounced off floor, bounced off boards, and etc.

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GOALTENDER LOOSE BALL DRILL



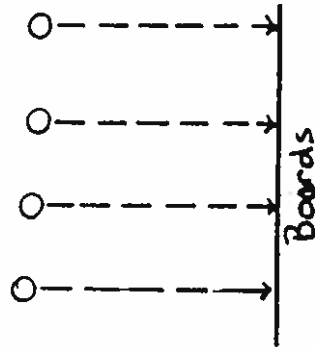
- Goalie shoots ball off backboards - goalie (2) picks ball off and repeats.

NOTE: Use this drill in conjunction with break-outs with players for return pass.

**PASSING
AND
CATCHING DRILLS**

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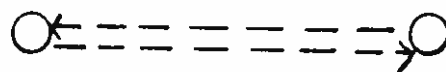
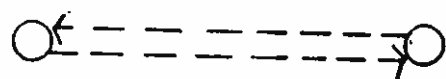
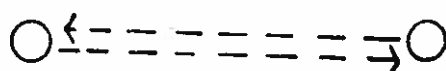
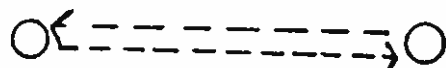
PASSING



- each player with ball standing approximately 10' from the boards
- players throw ball to boards and catch the rebounds
- improves concentration and eye-hand coordination
- players can do this on their own at home

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STATIONARY PAIRED PASSING & CATCHING



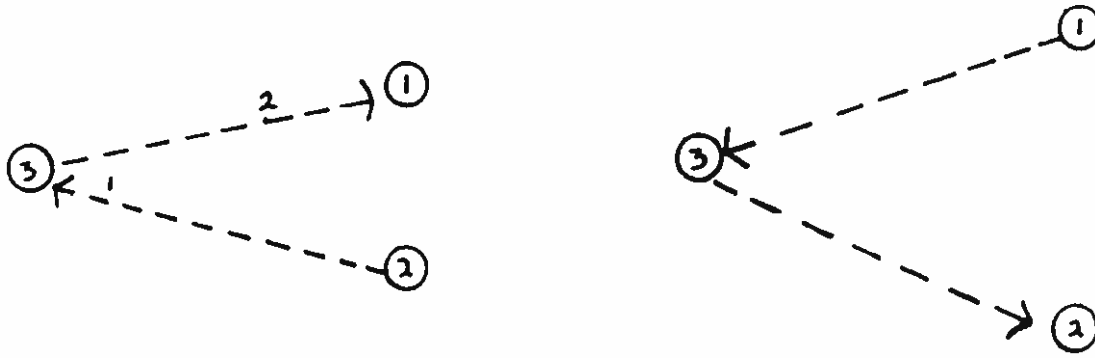
- each pair with a ball

- in order to improve passing accuracy, receiving players should present a target while the passer attempts to hit it.

- in order to improve adeptness in catching, the throwers could be asked to move ball around-throwing to the receivers left, right, high and low.

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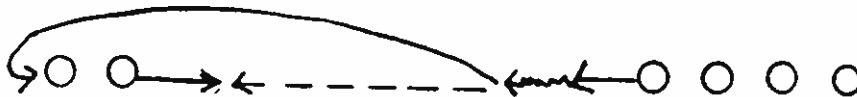
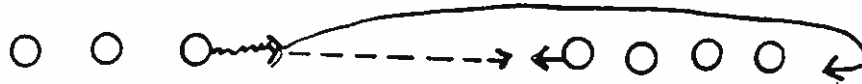
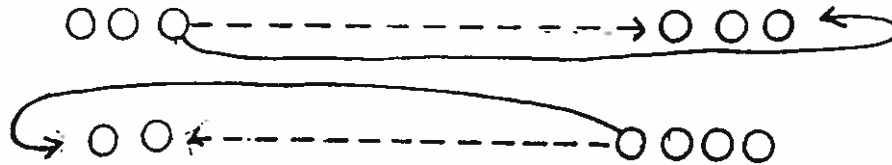
STATIONARY DIAGONAL PASSING & CATCHING



- players form groups of 3 in a triangle as shown
- players 1 and 2 have a ball
- start with player 1 passing the ball to player 3
- number 3 receives the pass and immediately returns the pass back to player 1
- number 3 then looks for a pass from player 2
- players 1 & 2 alternate passing to player 3
- each player should take a turn at assuming player 3 position

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SHUTTLE PASSING DRILL



DRILL (A)

- form uneven groups of 5 as shown
- the first player in the line with 3 players has a ball
- player passes the ball to the first player in the next line then runs to the end of that line and drill continues

DRILL (B)

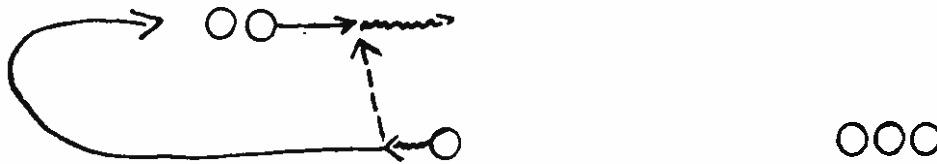
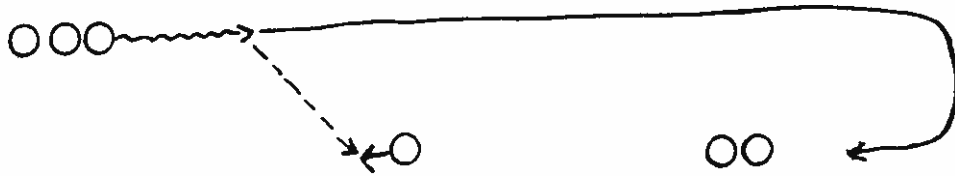
- same as drill (A) except runs a few steps before passing the ball

HELPFUL HINTS:

- remind players to give the passer a target
- have second player in line back up the pass receiver in case of missed pass

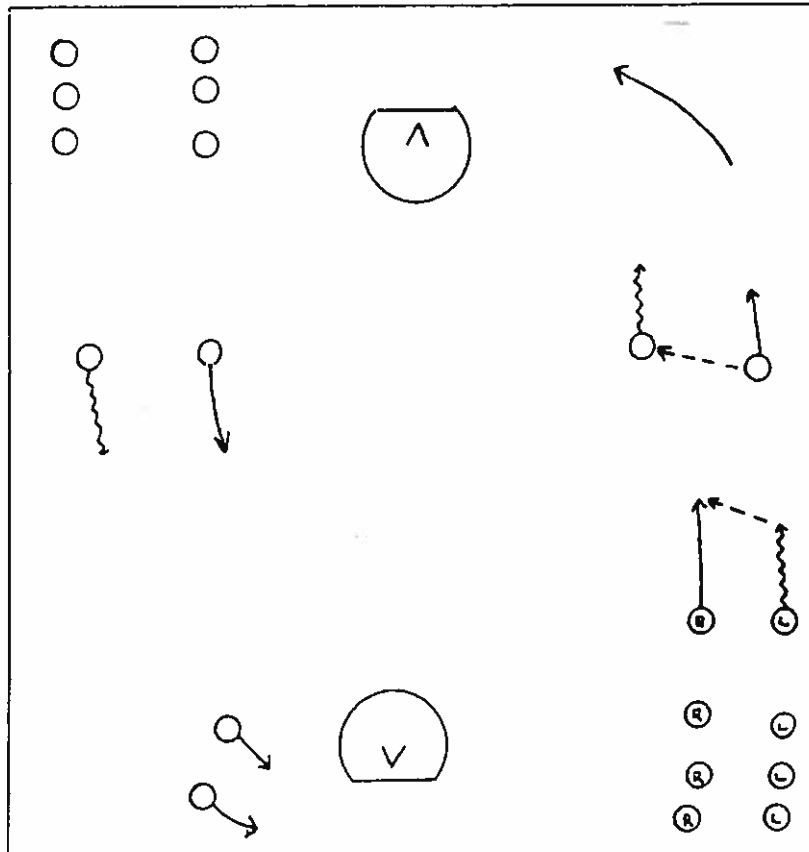
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STAGGERED SHUTTLE



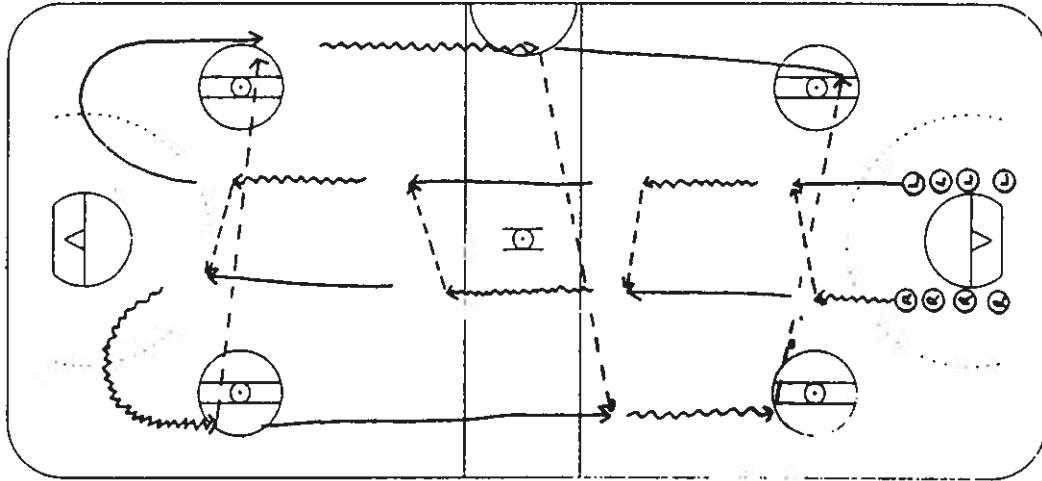
- players form uneven lines of five
- the lines are not directly in front of each other but staggered as shown
- first player in the line of three runs a few steps then passes to the first player in the next line who has run toward him
- the player who received the pass then passes to the next player who has begun to run to the next line

MOVING PAIRED PASSING & CATCHING



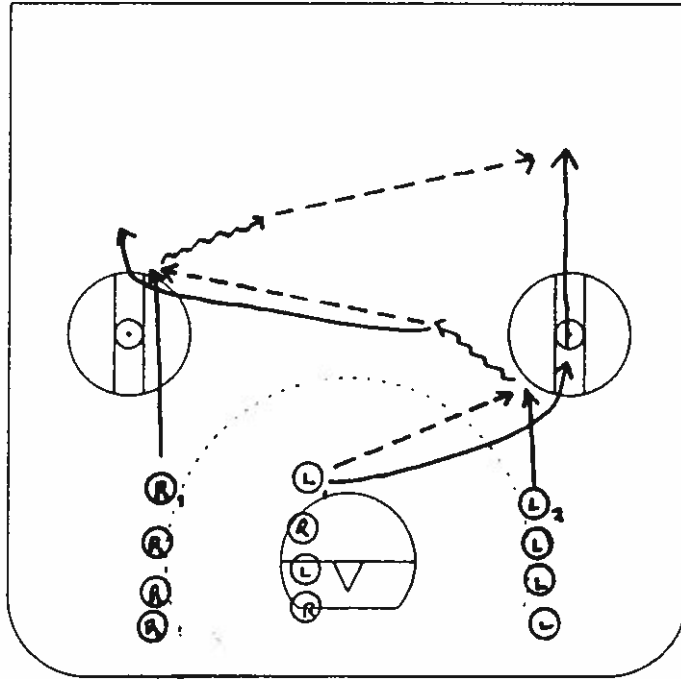
- 1 ball per pair
- start off with walking or very slow jog and advance to full out running
- 2 lines of lefts and 2 lines of rights are formed - one of each in opposite corners of the rink as shown
- all pairs have ball
- 2 players begin by passing the ball back and forth to each other around the perimeter of the rink
- they then fall in at the end of the line in the opposite corner
- both lines should be going at once

MOVING PAIR PASSING (ADVANCED)



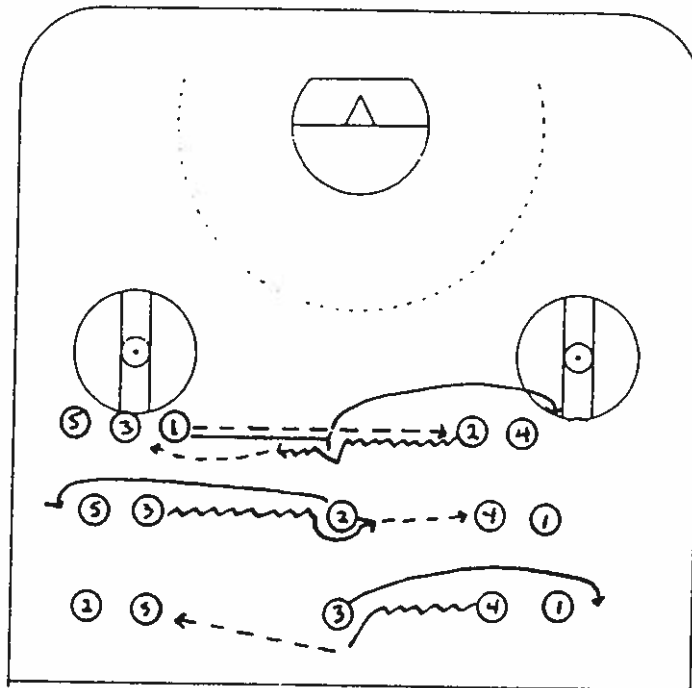
- a line of lefts and a line of rights are formed - one on each side of the net
- each pair has a ball
- the first 2 players run forward passing back and forth to each other
- when they get to the other end of the rink they curl to the outside along the boards and pass across the floor back and forth
- this is a fun drill and keeps everybody active

THREE-MAN WEAVE



- players line up as shown
- player L1 passes to player L2 then runs to his spot
- upon receiving the pass, player L2 runs toward the centre of the floor then passes to player R1 then runs to his spot
- player R1 runs toward centre then passes to player L1
- the drill continues
- rights and lefts should alternate at centre (right-handed centre would pass to the right-handed line)

DODGE & ROLL SHUTTLE PASSING DRILL

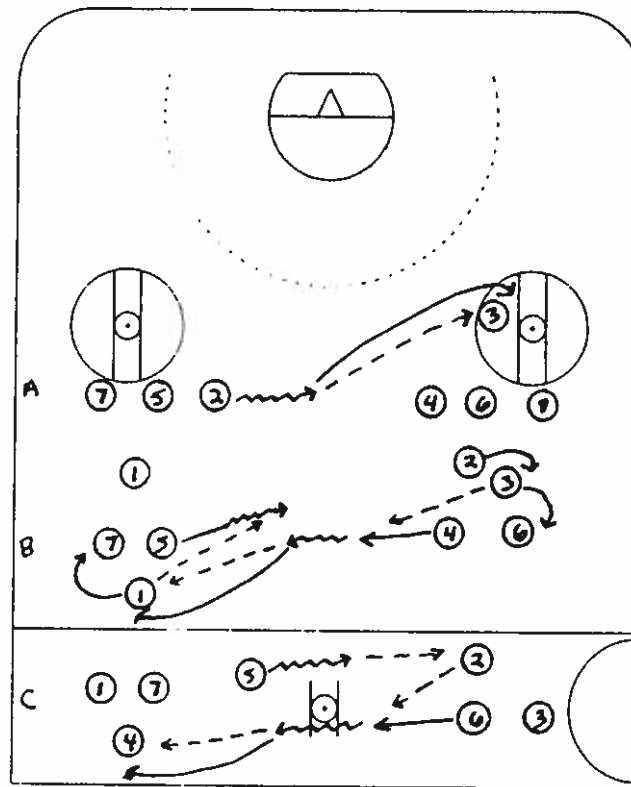


- In this shuttle the man who makes the pass moves to the mid-point and becomes an obstacle around which the receiver must roll or dodge prior to making his pass to the opposite line

- e.g :
- (1) #1 passes to 2
 - (2) #1 moves to mid-point and sets himself
 - (3) #2 catches pass, carries ball, rolls or dodges #1 and passes to #3
 - (4) #2 then becomes the obstacle for #3

* In every case, after being the obstacle the man continues on to the end of other line.

OVER-THE-SHOULDER SHUTTLE PASSING DRILL



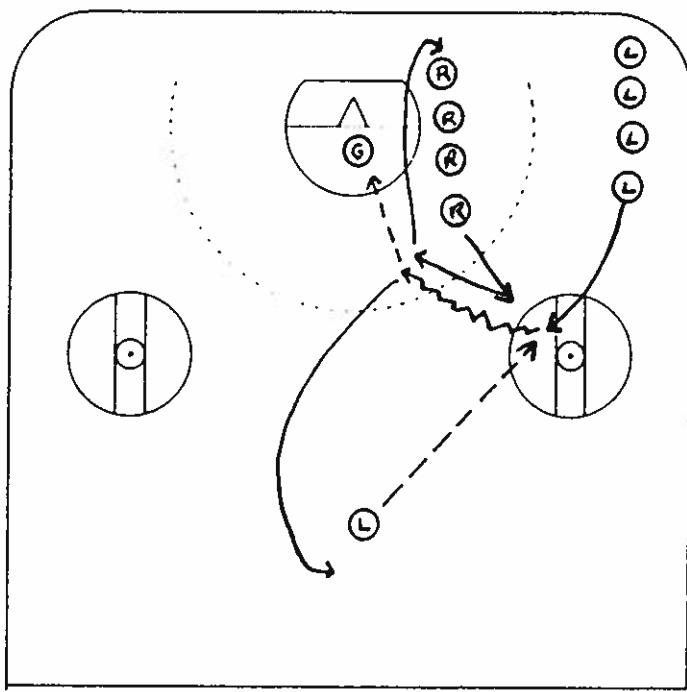
- to start drill #2 moves with ball & makes a pass to #3 & then sprints to #3's position
- at this point, #4 breaks and receives pass from #3 from behind
- #3 then moves to his line
- #4 passes to #1 and then moves to #1
- #1 hits #5 with pass as he breaks across

**INDIVIDUAL OFFENSE
AND
DEFENSE DRILLS**

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PREFACE

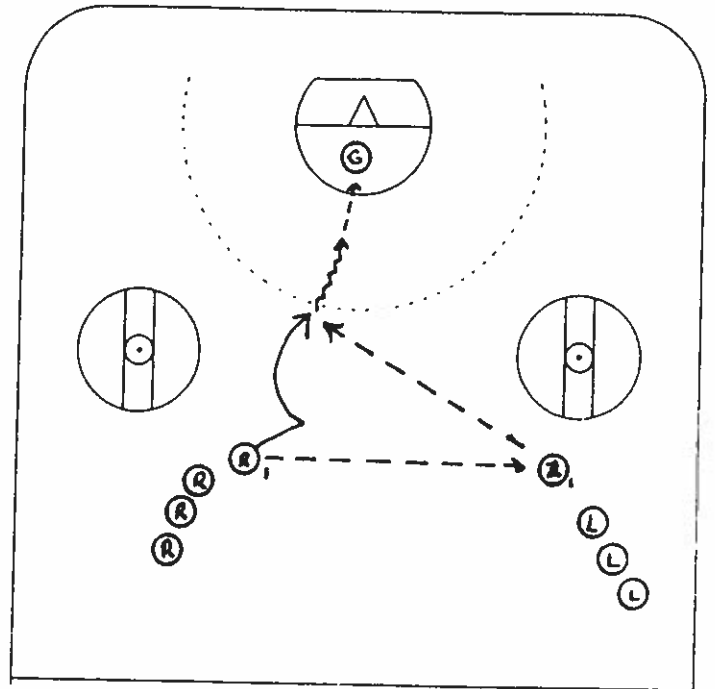
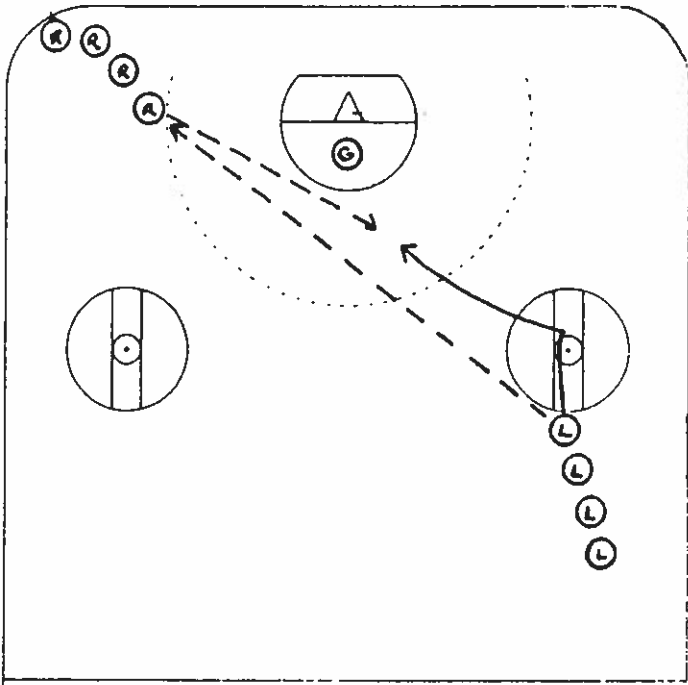
Object of defensive player is to maintain good position. Don't try to knock offensive player off his feet. Use stick, forearm and shoulder to contain offensive player. When backpeddling, don't cross feet, use a schuffle step.



ONE ON ONE

- L's start in corner and come out for pass from L1
- When L2 receives pass, 'R' comes out to meet him and one on one begins
- 'R' tries to steer offensive player using stick, forearm and shoulder
- Use both sides. e.g. Rights switch to offensive

GIVE AND GO

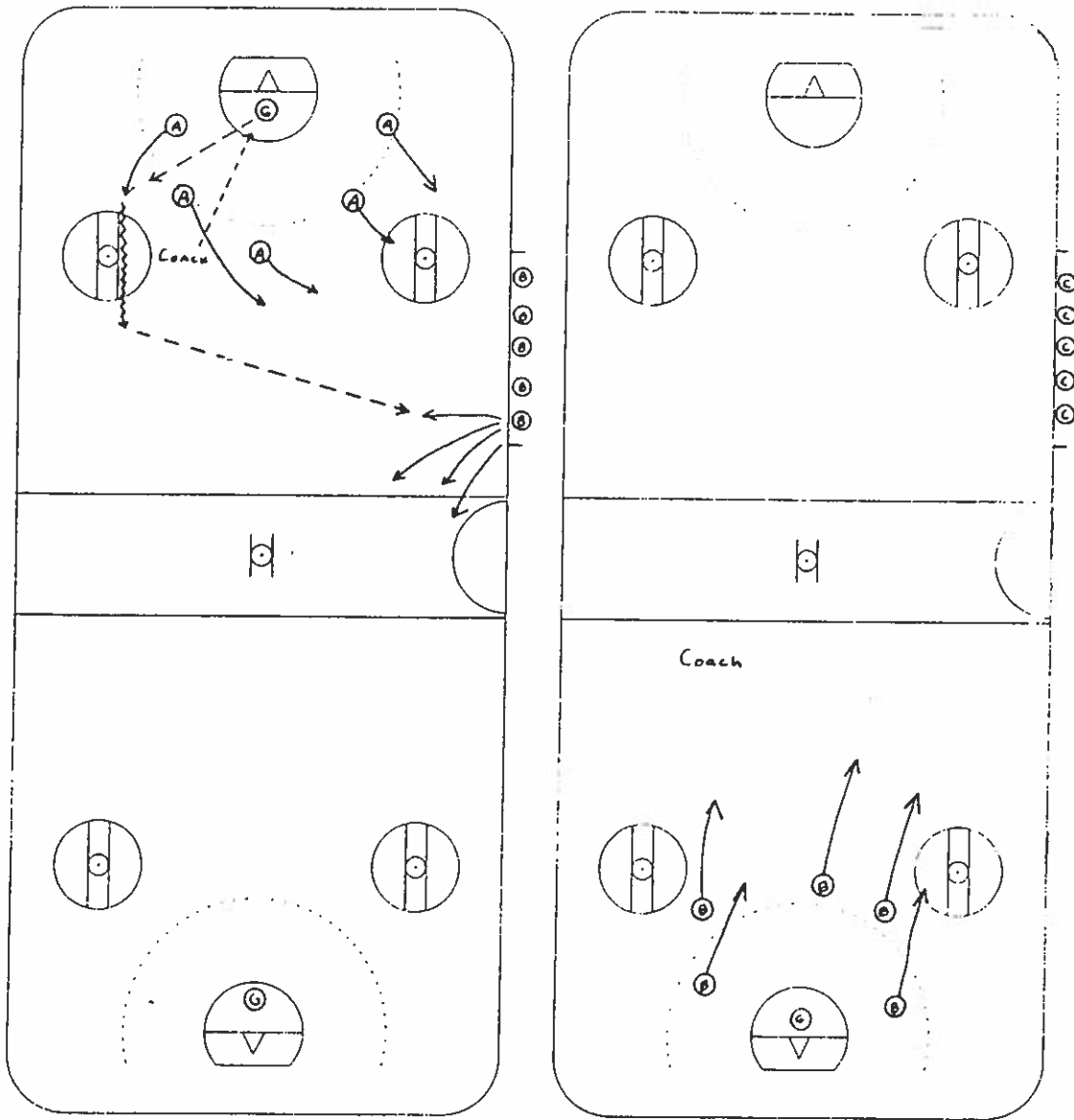


Corner Give and Go

* operate from both sides of the floor

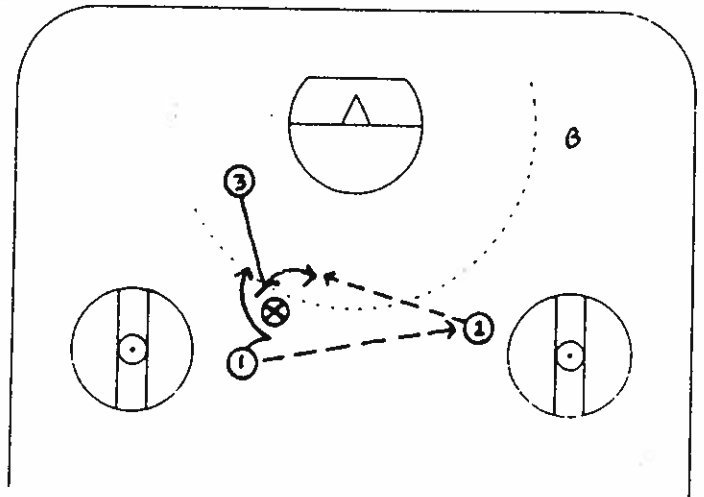
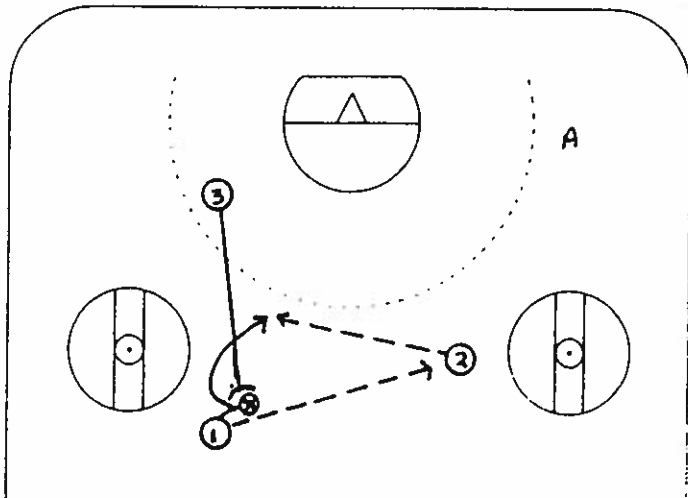
- player with the ball passes to teammate then makes a cut and breaks to the net.
- the player who received the pass then hits the breaking player who takes a shot on goal.
- it is important for the breaking player to make a cut to simulate getting free.
- you may want to occasionally put a defender in so the player learns to break around him.

LINE CHANGES



- Unit 'A' moves around in their defensive formation
- Coach throws ball to goaltender and line change is initiated.
- four 'A's race to bench while the release man for 'A' takes pass.
- 'B' break out off bench into the offensive zone, run their offense and break back on defense on coaches signal.
- 'B' move around on defense and initiated change for Unit 'C' as before.

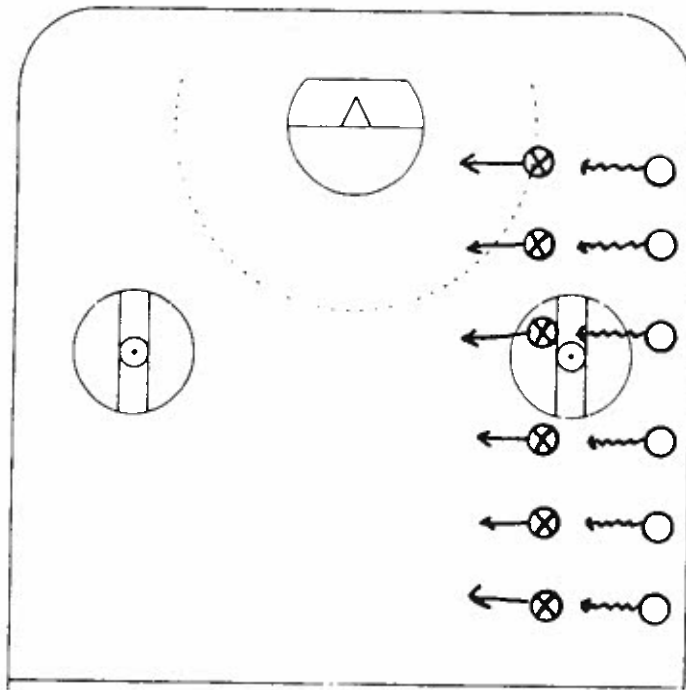
PICK SERIES (OFF THE BALL)



- (A) - 1 passes to 2
 - player 3 sets a pick for player 1
 - player 1 runs around the pick toward the goal and receives a pass from 2
- (B) - 1 passes to 2
 - player 3 sets a pick for player 1
 - player one fakes as if he is going around pick to draw defender
 - player three then steps off and receives a pass from player 2
 - in a game situation - this drill would be used after the first pick was done a number of times
- operate from both sides
- 'X' should provide minimum opposition at first, and increase it as the offensive skill is mastered
- A second defender could be added so that both players #1 and #3 are covered creating a 3 on 2 in which the offense utilizes the pick off the ball

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CROSS-RINK CHECKING DRILL



- O's with ball. Object is to make 'X' work hard.

- 'X' develop technique of using stick on one side and forearm and shoulder on the other.

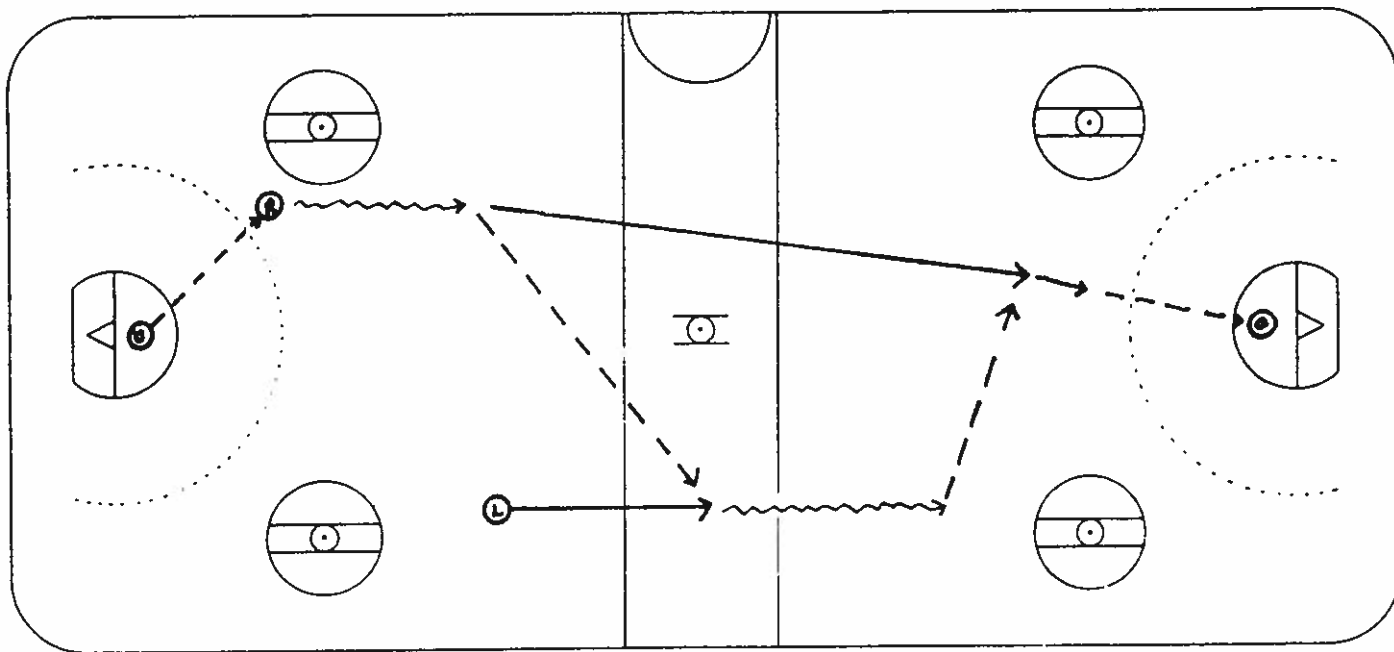
- When you reach opposite boards, switch positions and come back other way.





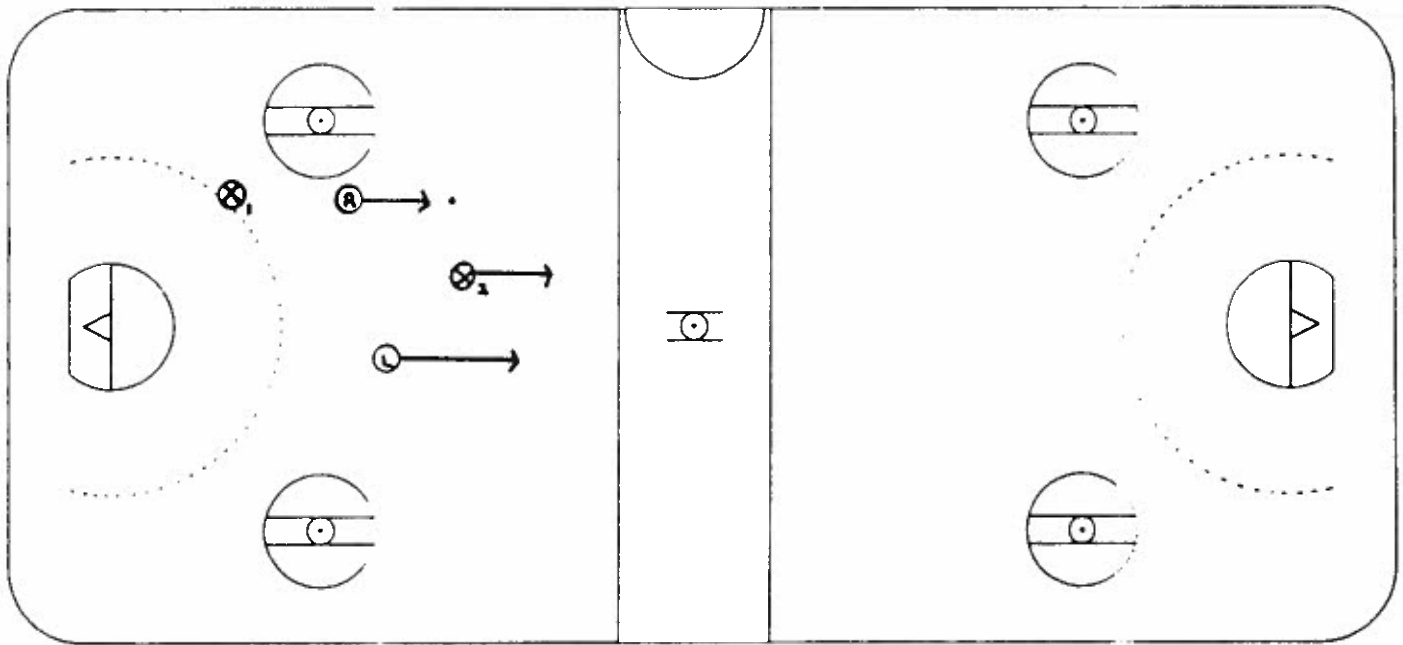
FAST-BREAK DRILLS

DRILL TO PREPARE FOR 2 ON 1 SITUATIONS



- players line up as in diagram
- goalkeeper passes ball to R who is breaking
- R passes ahead to L who goes hard down sideline and then returns pass to R who takes shot.

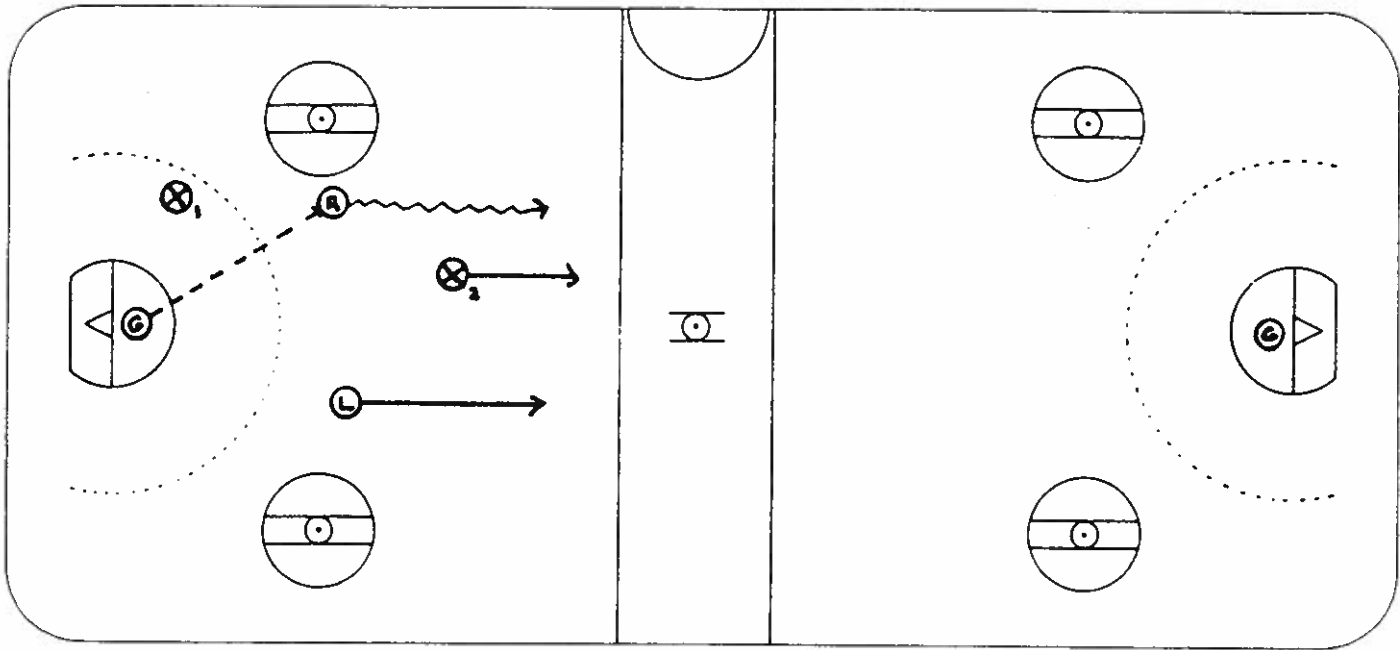
2 ON 1



- players set up as in diagram

- coach blows whistle and R breaks and scoops ball from floor. R and L then execute 2 on 1 vs X2. Meanwhile X1 is chasing on the play to simulate game conditions.

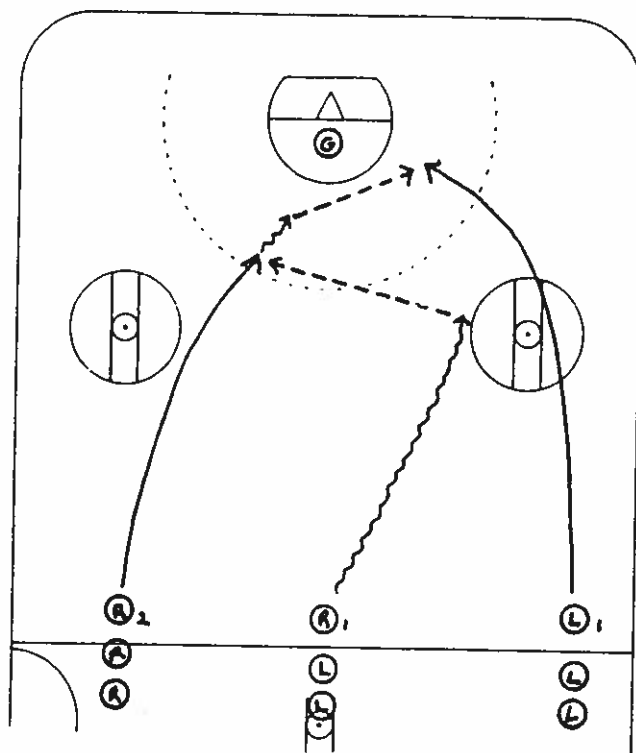
2 on 1



- players set up as in diagram

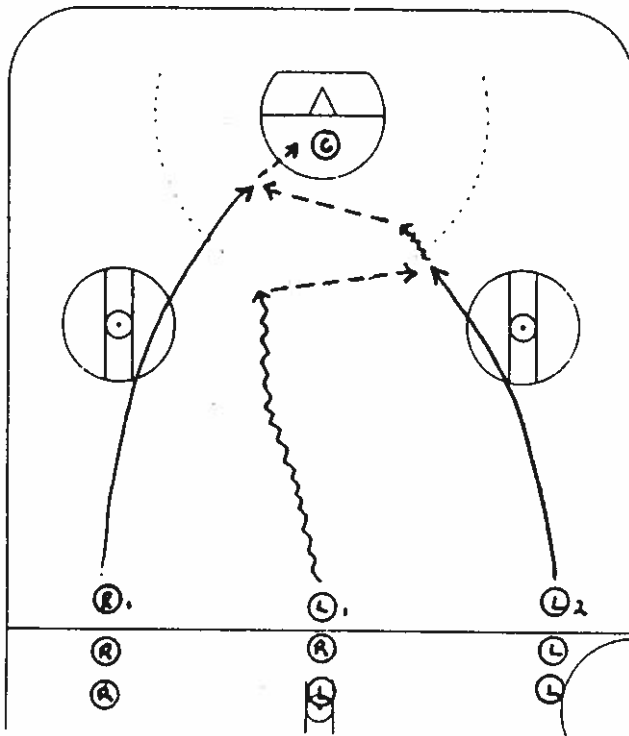
- coach blows whistle and R and L break out. Goaltender passes to R or L and they execute a 2 on 1 vs X2. Meanwhile X1 is chasing on the play to simulate game conditions.

DRILL TO PREPARE FOR 3 ON 2 SITUATION (A)



- players line up as in diagram
- L1 moves quickly towards net looking for pass from R1
- R1 moves towards net favouring L1's of the floor. He fakes a pass to L1 and also makes himself a threat.
- R1 then hits R2 with a throw back pass. R2 has been timing his cut to the net.
- R2 hits L1 with pass for shot.

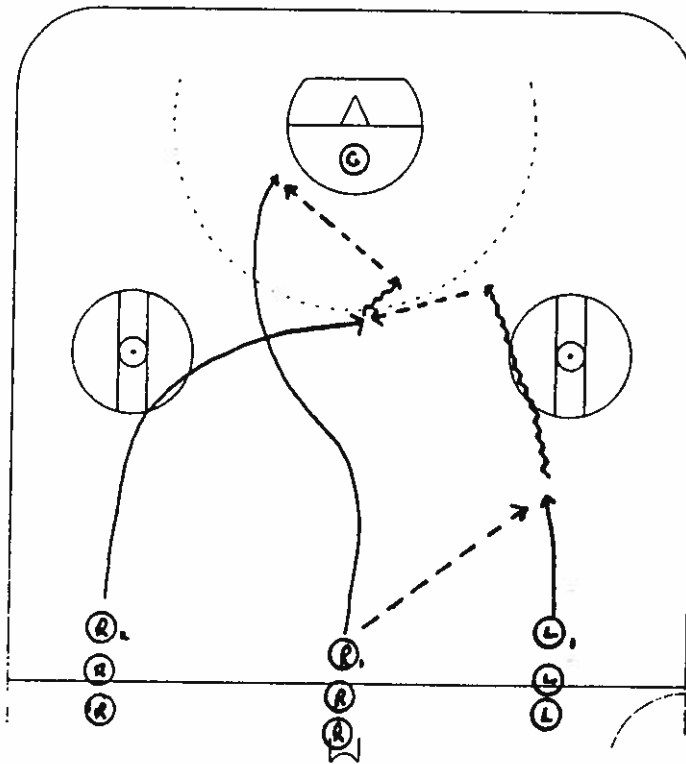
DRILL TO PREPARE FOR 3 ON 2 SITUATION (B)



- Opposite of previous drill (A)

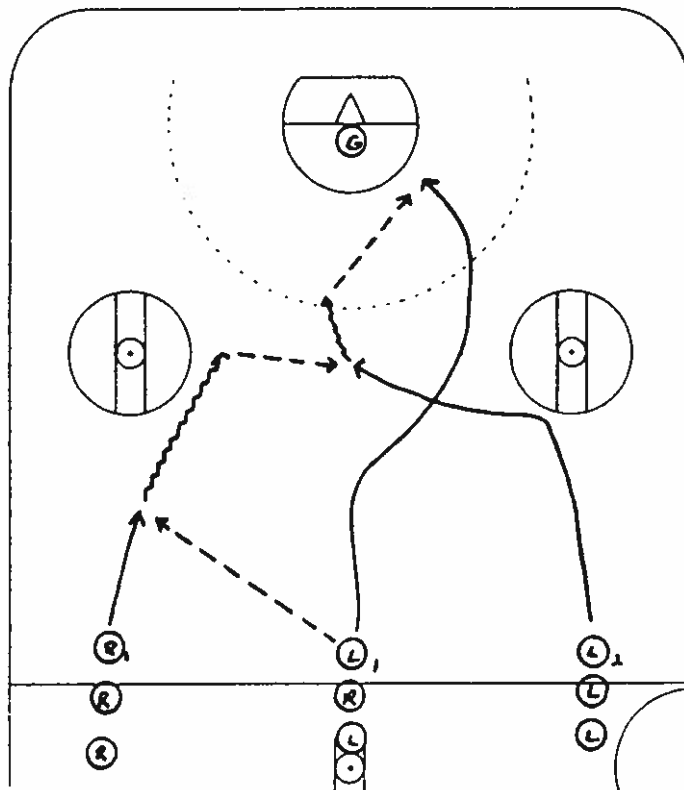
- left starts with the ball.

DRILL TO PREPARE FOR 3 ON 2 SITUATION (C)



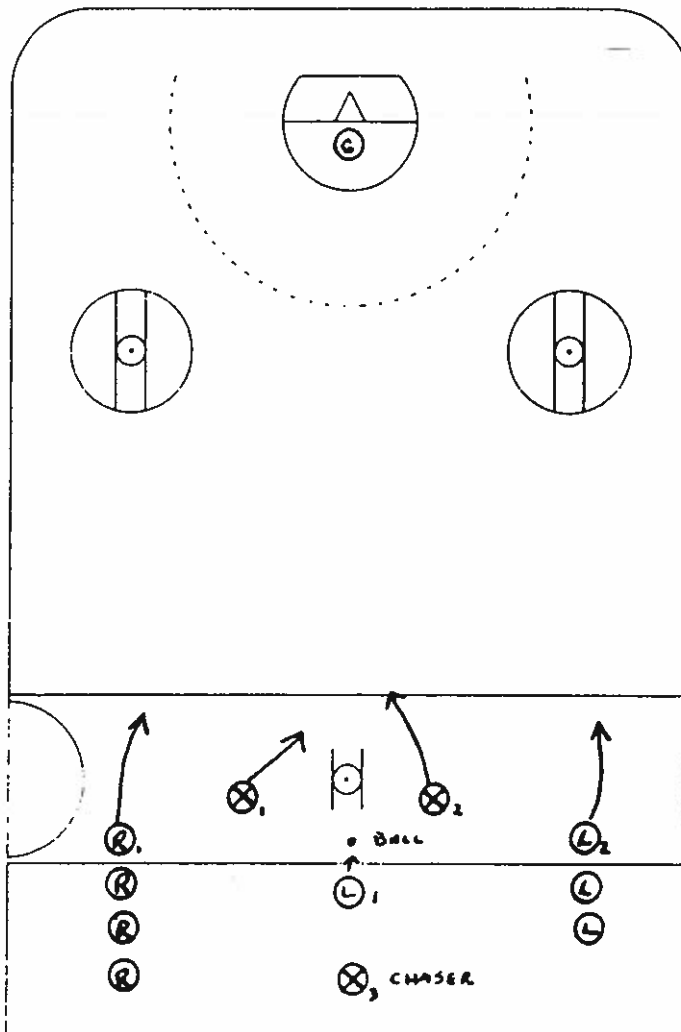
- players set up as in diagram
- L1 moves down side and receives pass from R1
- R1 cuts through middle looking for return pass. He moves to his own side of the floor
- R2 delays his cut to the middle and receives pass from L1 who has continued to make himself a threat
- R2 hits R1 with pass for shot

DRILL TO PREPARE FOR 3 ON 2 SITUATION (D)



- Opposite of previous drill (C)

3 ON 2 DRILL

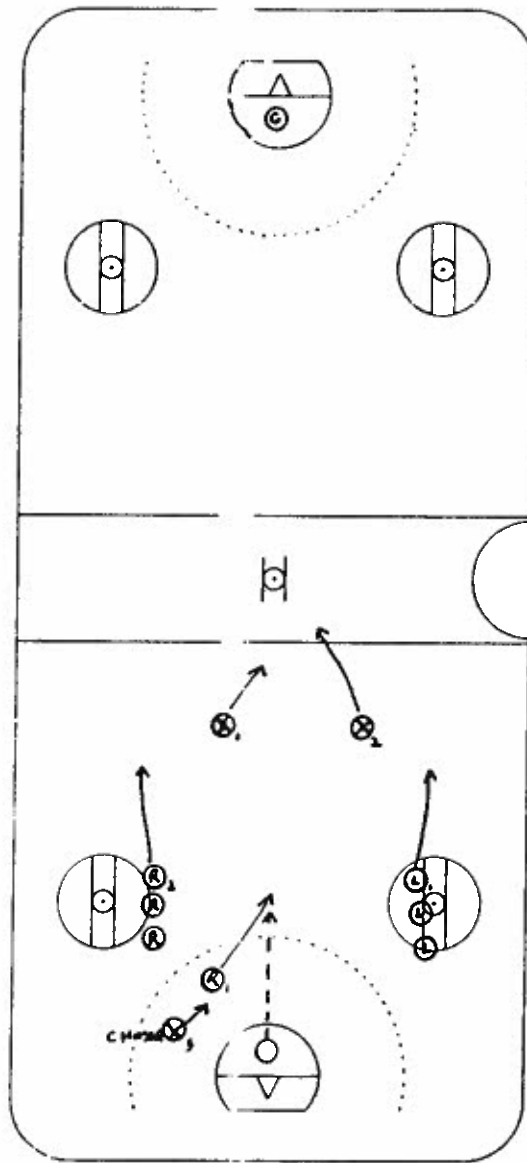


- players set up as in diagram

- coach blows whistle and R1 breaks and scoops ball from floor. Then R1, R2 and L1 execute 3 on 2 vs X1 and X2

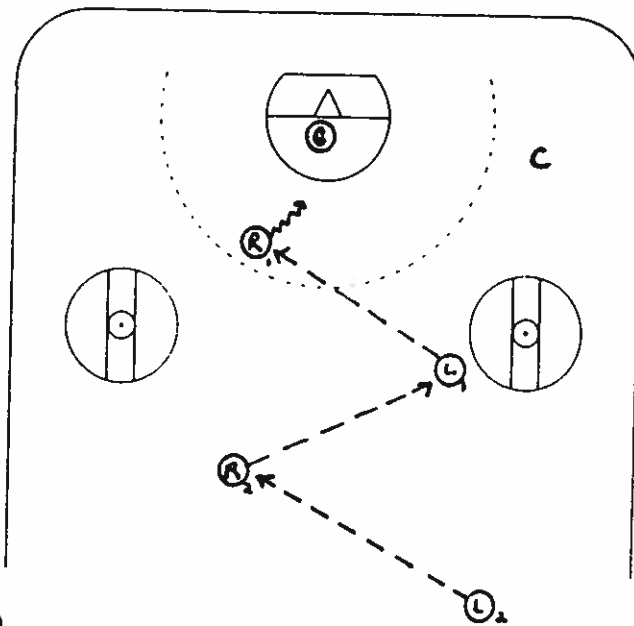
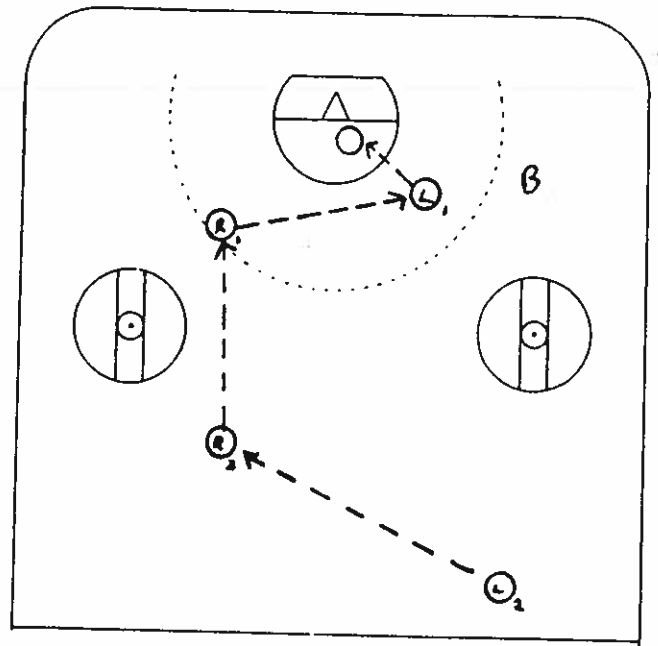
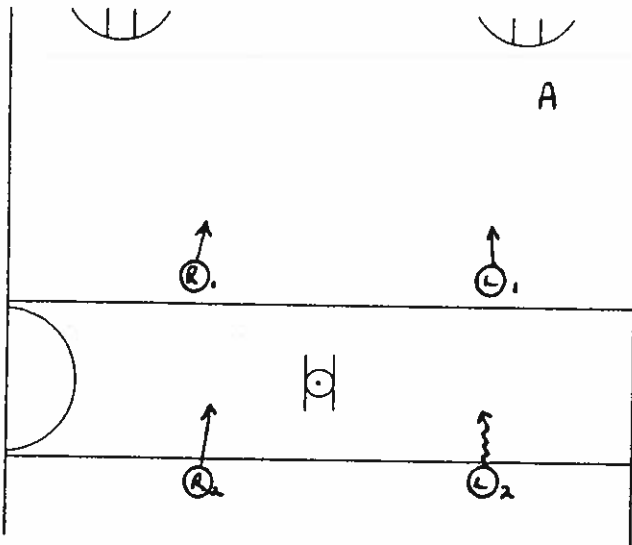
- meanwhile X3 is chasing on the play to simulate game conditions.

3 ON 2 DRILL



- Players set up as in diagram
- coach blows whistle and R1, R2 and L1 break out.
- Goaltender hits R1 with pass and R1, R2 and L1 execute 3 on 2 vs X1 and X2
- meanwhile, X3 is chasing on the play to simulate game conditions.

DRILL TO PREPARE FOR 4 ON 3 SITUATION

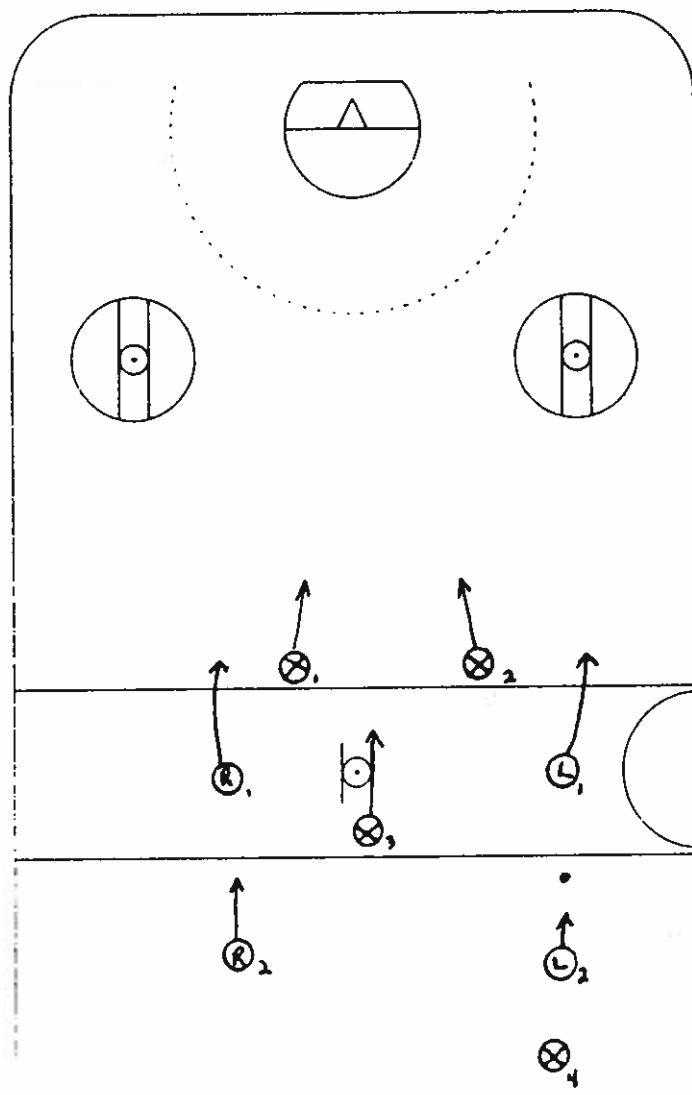


- set up as in diagram (a)

- assume that defense will step up in triangle (1-2) defensive alignment, the four players move down

- (b) - L2 moves ball to R2 who quickly feeds R1
- R1 hits L1 who has moved into open for shot.
- (c) - L2 moves ball to R2 who passes through the middle to L2
- L1 hits R1 who has moved into open for shot
- (d) - another possibility has L2 receiving a return pass from R2 and then moving the ball to either L1 or R1 who in turn makes another pass to complete to play.

4 ON 3

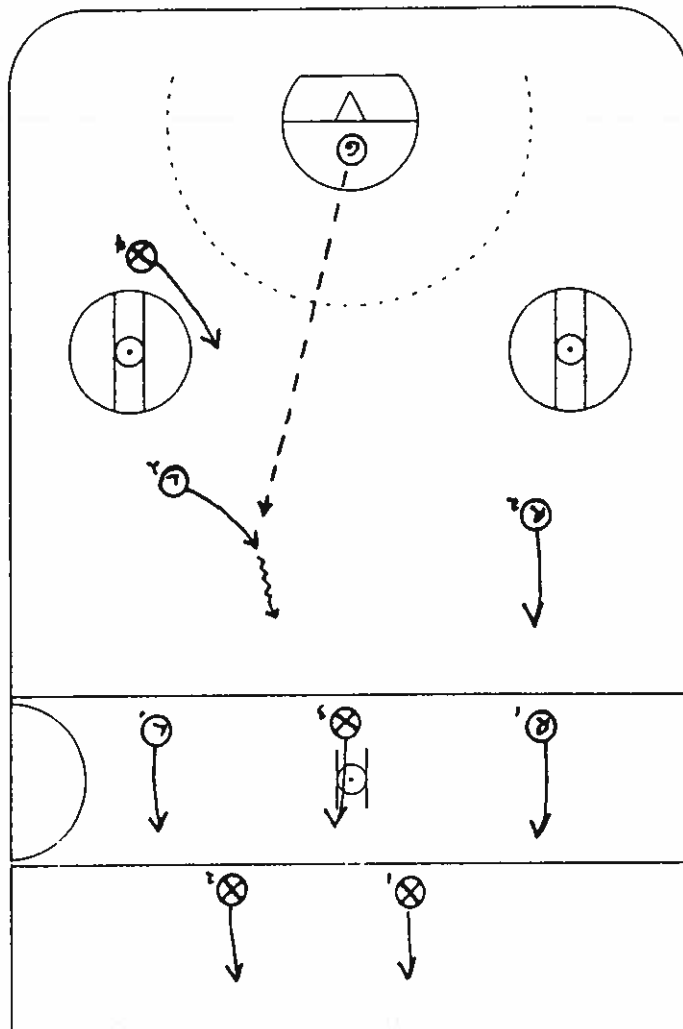


- set up as in diagram

- coach blows whistle and L2 breaks and scoops ball from floor. Then L1, L2, R1 and R2 execute 4 on 3 vs X1, X2 and X3

- meanwhile X4 is chasing on the play to simulate game conditions.

4 ON 3



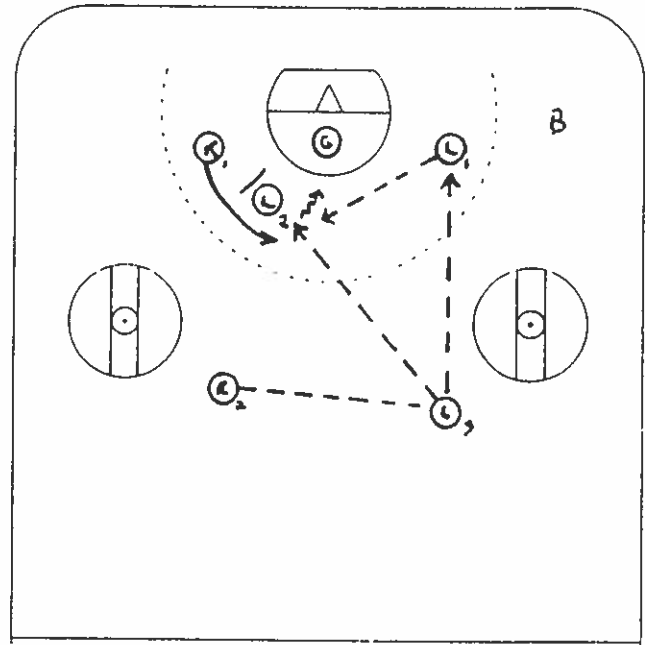
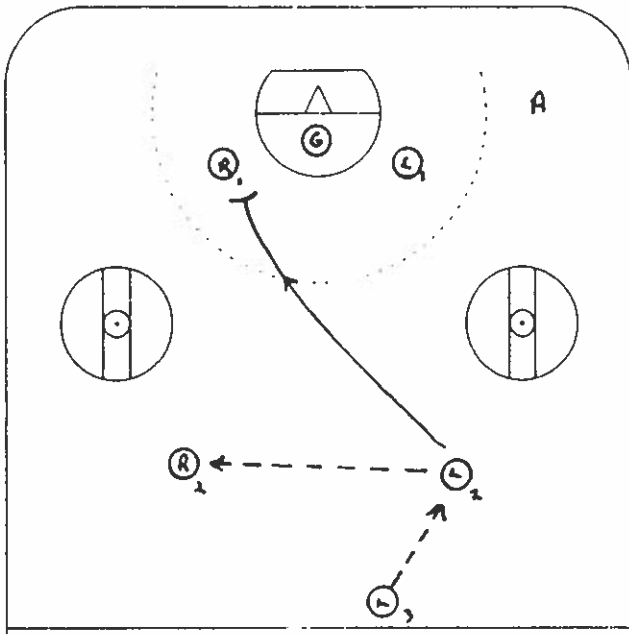
- set up as in diagram

- coach blows whistle and R1, R2, L1 and L2 break out.

- goaltender hits L2 with pass and then the offense executes a 4 on 3 vs X1, X2, and X3.

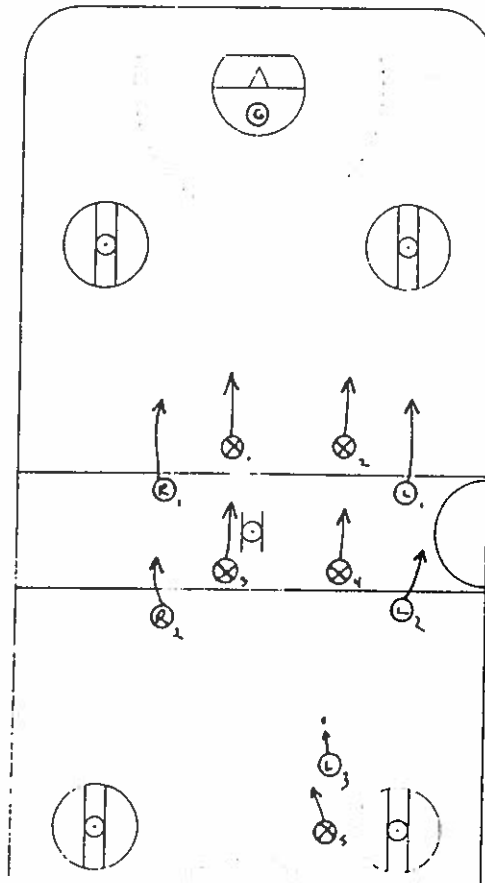
- meanwhile X4 is chasing on the play to simulate game conditions.

DRILL TO PREPARE FOR 5 ON 4 SITUATION



- players set up as in diagram but more towards defensive portion of floor.
- players move down the floor together and L3 passes ahead to L2 (or R2)
- L2 moves it across to R2 and then cuts for return pass. If he does not receive pass he picks for R1 - diagram (a)
- L3 moves into created for him by L2's movement - Diagram (b)
- L3 may shoot or move the ball to L1 or R1 who is coming off L2's pick
- L1 may also pass to R1

5 ON 4

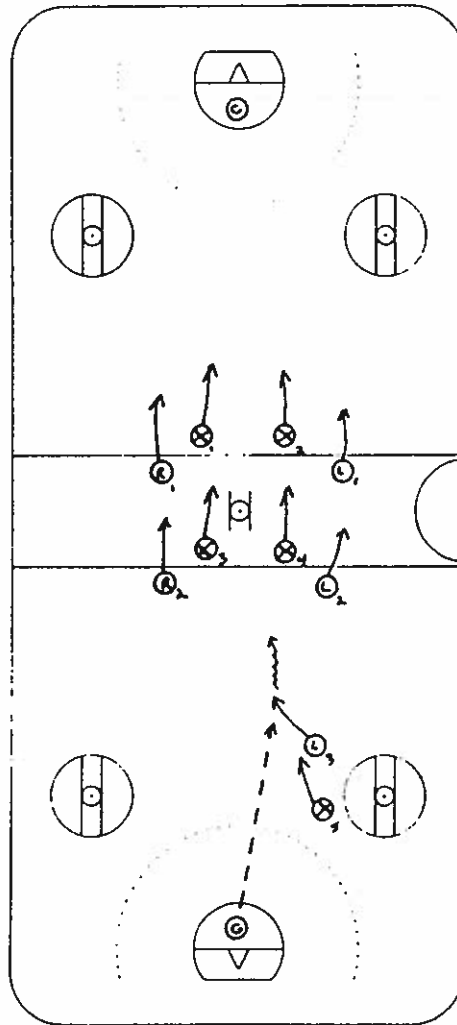


- set up as in diagram

- coach blows whistle and L3 breaks and scoops ball. Then offense executes 5 on 4 vs, defense.

- meanwhile X5 is chasing on play to simulate game conditions

5 ON 4

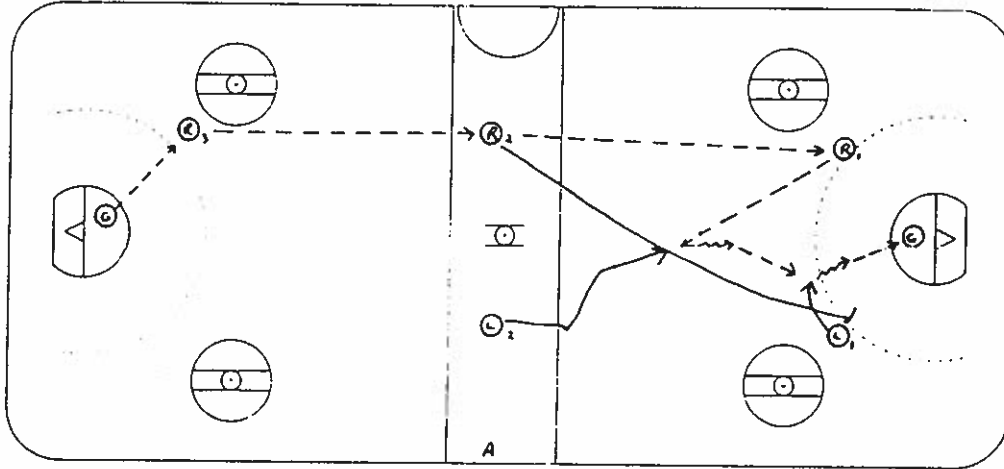


- set up as in diagram
- coach blows whistle and offense breaks out.
- goaltender hits L3 with pass and offense executes 5 on 4 vs defense
- meanwhile X5 is chasing on the play to simulate game conditions

BREAKOUT PATTERNS

- (All players handling ball in practice)
- Purpose of drill is to have players move up the floor in an organized manner.

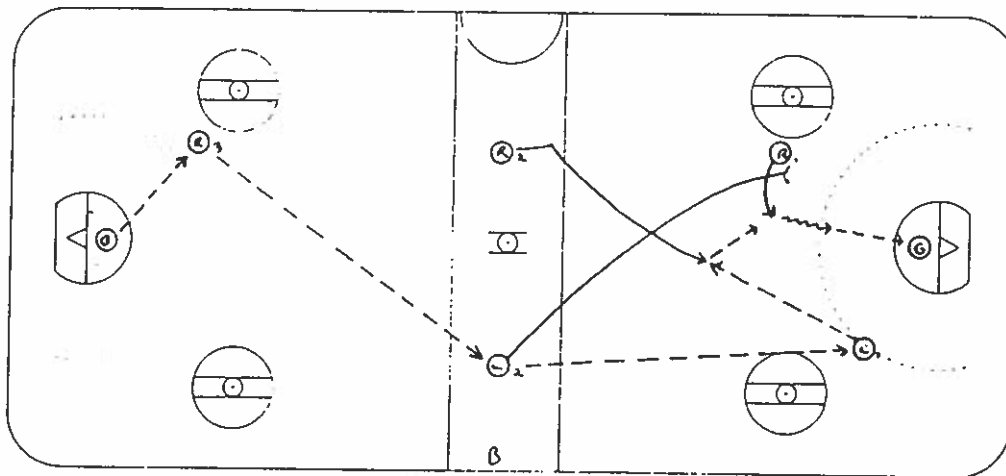
(a)



- goalkeeper to R3 to R2 to R1 - R2 cuts for return pass and sets pick for L1

-L2 cuts and receives pass from and then hits L1 coming off pick

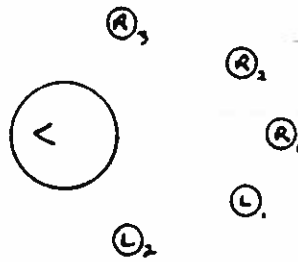
(b)



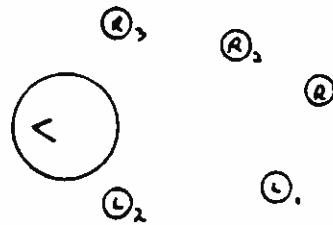
- Same drill except second pass moves across the floor from R3 to L2

The preceding breakout patterns should begin the set positions listed below

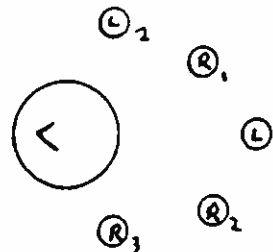
(i) HORSESHOE FORMATION



(ii) DIAMOND FORMATION



(iii) MIXED HORSESHOE:



- (d) Build breakouts against partial defense i.e. 5 vs 2
5 vs 3
5 vs 4

Always try to advance the ball to open man is furthest down the floor to create possible 2 on 1 , 3 on 2 , 4 on 3, 5 on 4.

(e) If no advantage, a secondary play is necessary for a 5 on 5 offense. The breakout pattern gets the team down the floor quickly.



GOALTENDER DRILLS

GOALTENDER DRILLS

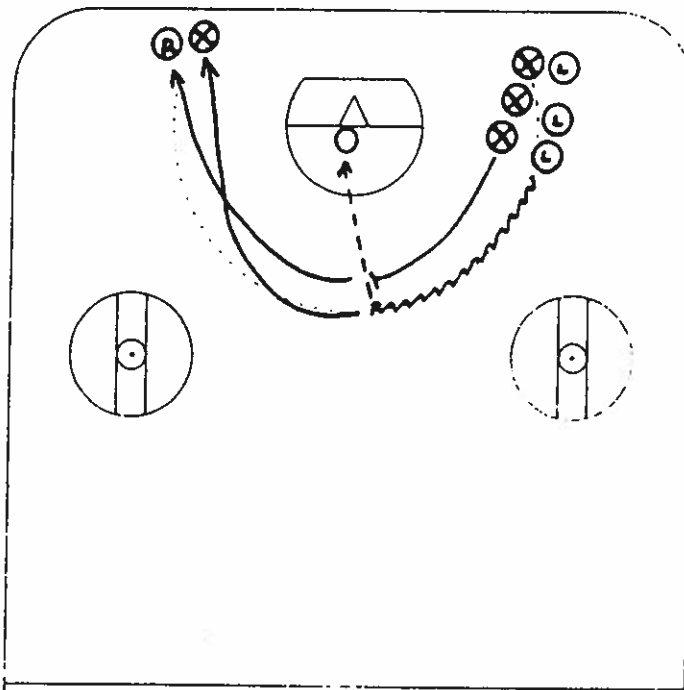
PREFACE

In drills when positioning and reaction are being stressed, sponge ball is recommended.

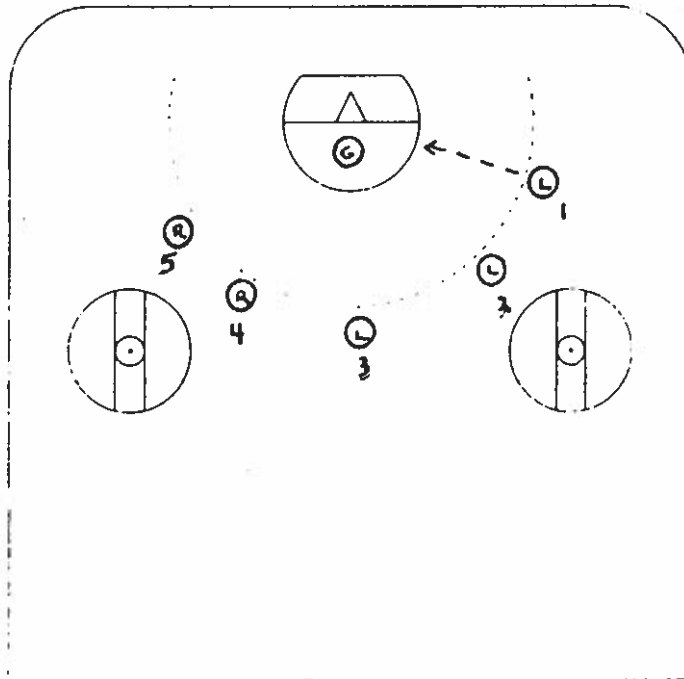
SCREEN SHOTS

Lefts have ball. Rights checking - using 'X' as a screen - ball carrier shoots ball as he cuts across in front of goal.

Goalie must see ball then a screen



GOALTENDER SHOOTING DRILL



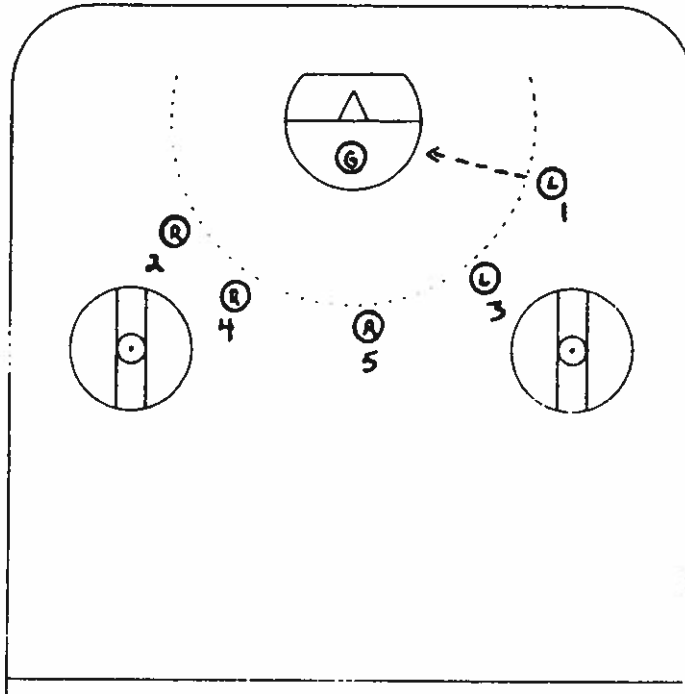
SHOOTING DRILL:

- All players have a ball
- Shots from right to left
- Goalie gives signal to start
- Reload and repeat

NOTE: Goalie dictates order and initiates drill when he`s ready

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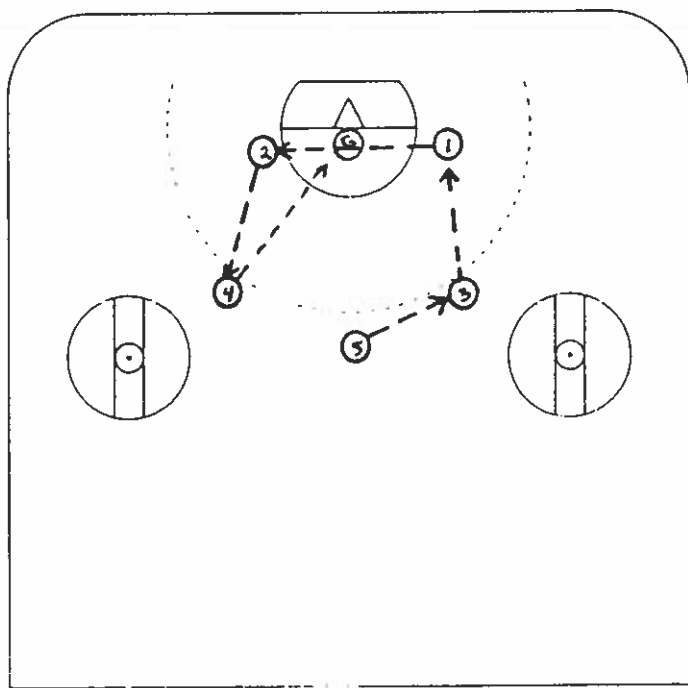
GOALTENDING SHOOTING DRILL



- Goalie gives signal and shooters alternate shots

NOTE: Goalie dictates order and initiates drill when he`s ready

GOALTENDER REACTION DRILL

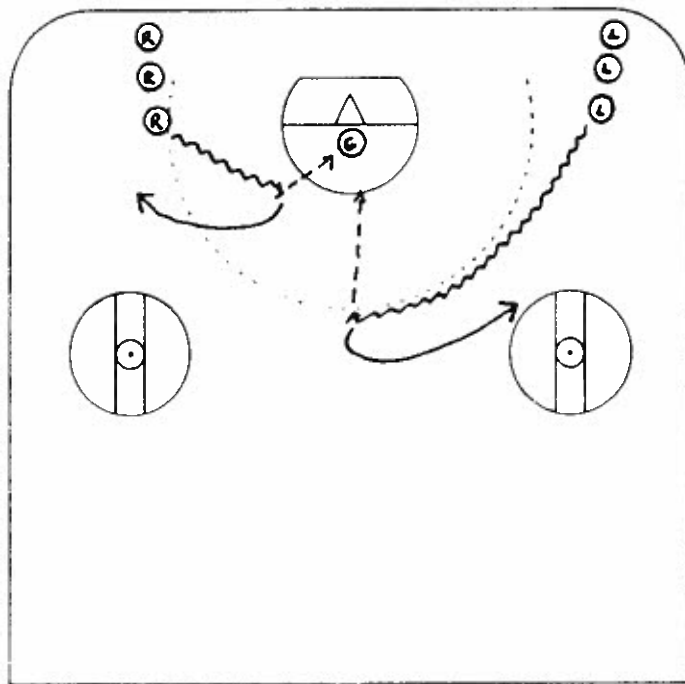


* Power Play Formation

STEP I: Players move ball around and stop periodically to tell goalie where openings are.

STEP II: Players shoot ball when they see opening

GOALTENDER LATERAL MOVEMENT DRILL

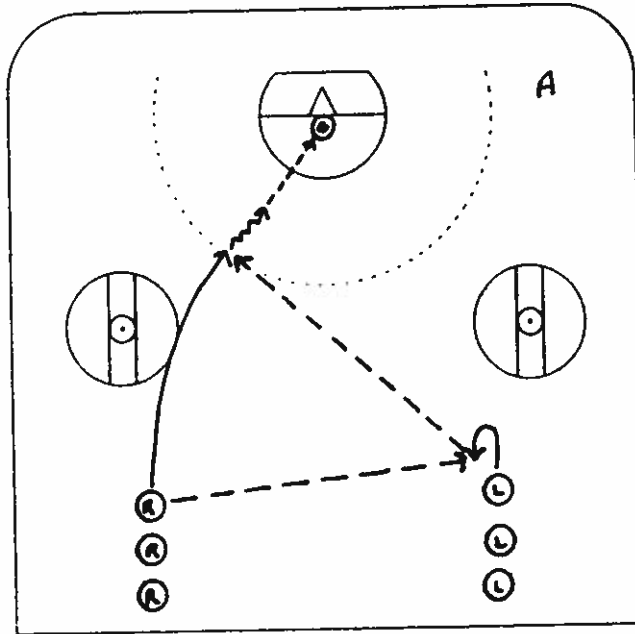


NOTE: Alternate lefts and rights

- players cut across and fire bounce or overhand shot

B2 - alternate left and right. lefts shoot from dotted line, rights shoot from crease.

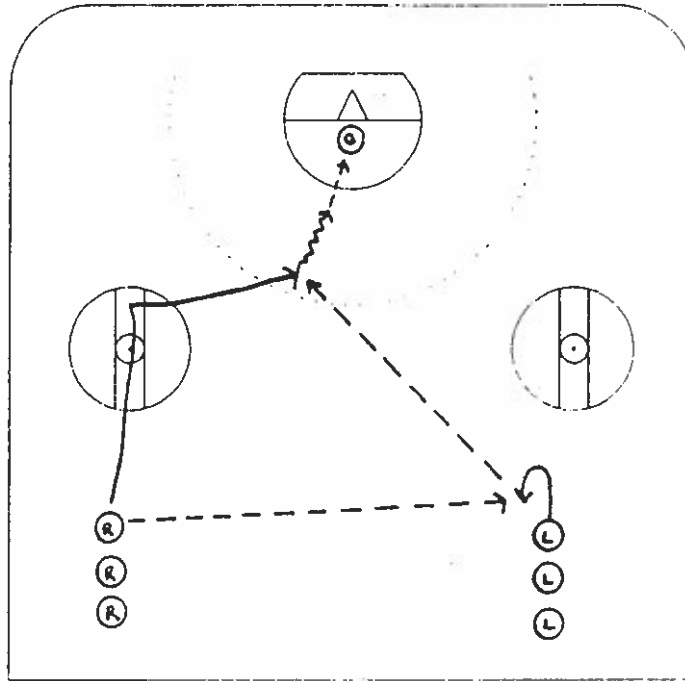
GIVE & GO SHOOTING DRILL (A)



- * Helps goaltender react to shooter receiving pass from opposite side
- rights have ball. lefts button-hook, and receive pass.
- Rights get return pass, go down and shoot.
- Repeat with ball with lefts.

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GIVE & GO SHOOTING DRILL (B)

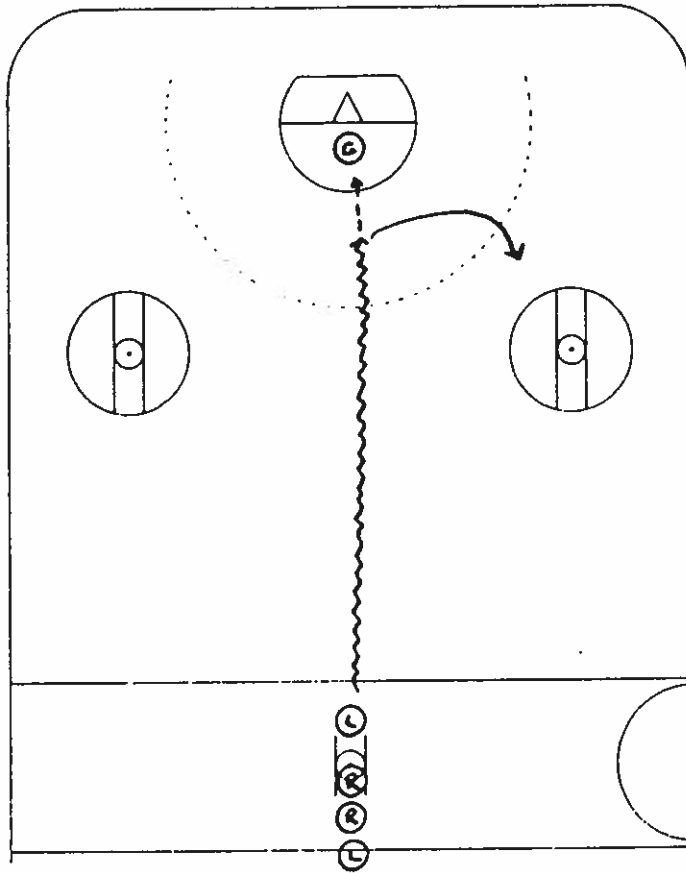


* Helps goaltender react to shooter cutting across after receiving pass from opposite side

NOTE: Shooters cut across opposed to (a) where it's a straight shot.

* Repeat with lefts.

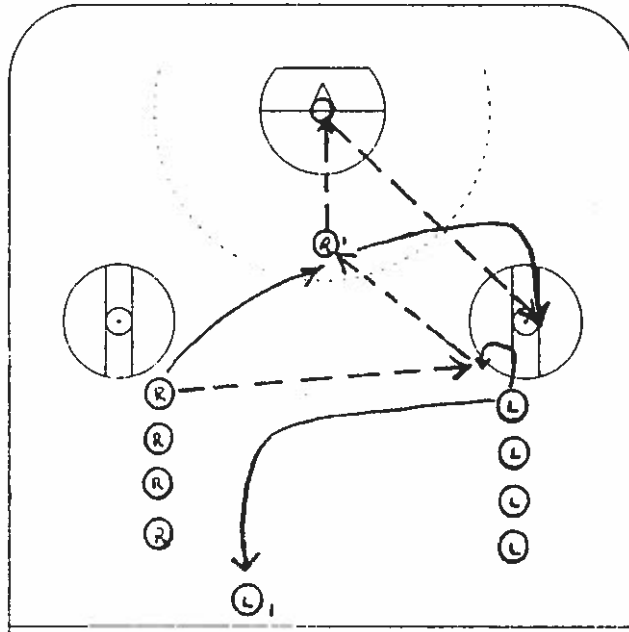
GOALTENDER DRILL SHOWDOWN



NOTE: Timing of shooters is important for goalie to get benefit from drill.

- allow him to react to shot, re-set before next shot
- sponge ball may be used to prevent injury

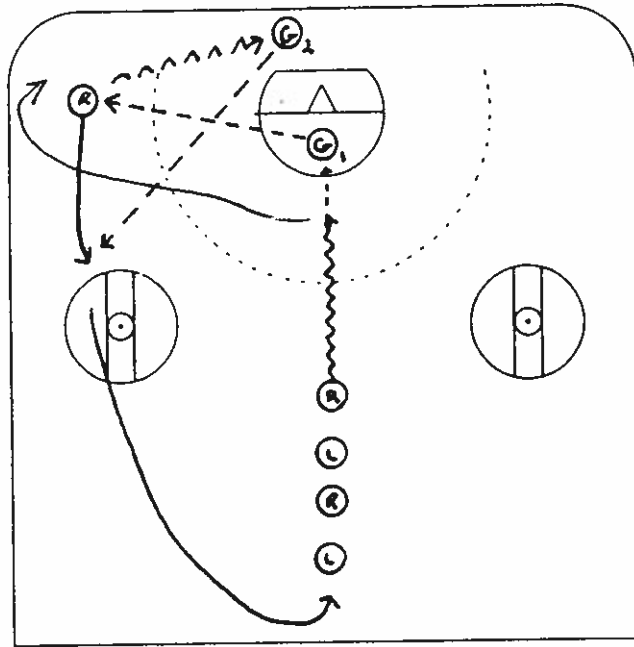
GOALTENDER RELEASE PASS DRILL



- Lefts button-hook and receiver pass
- Rights cut through receive pass and shoot at goalie
- Goalie has option of who to pass to
- Rights have ball
- * Goalie has option to pass to L1 or R2

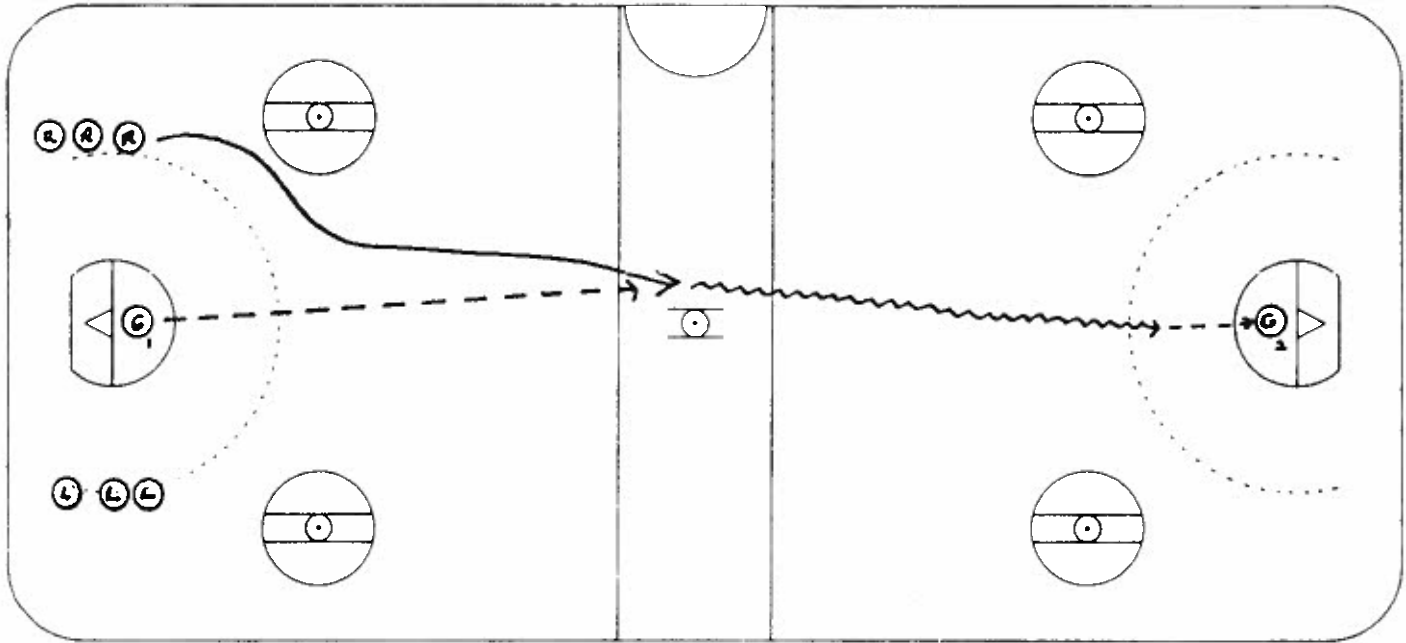
GOALTENDER LOOSE BALL DRILL

WITH RELEASE PASS



- players line up in centre of floor
- all players have a ball
- first player runs in on goal and shoots at the goaltender
- the goaltender makes the save and makes a release pass to the shooter who has now gone into the corner
- the player who received the pass then rolls the ball to the other goaltender and breaks up the floor
- second goaltender hits the breaking player with a pass
- * be sure only one player goes at a time

GOALTENDER BREAK-OUT PASSING DRILL



- Player rolls ball to goalie and breaks out for return pass

NOTE:

- alternate left and right
- alternate length of passes
- goalie should simulate game conditions, do not leisurely throw the passes

