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## **DRILL LINKS**

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## STICKWORK – HOLDING THE STICK

This is the very first thing that beginners need to learn. Players need to learn to hold the stick correctly before they can learn to use it. The biggest mistake that young players have is that they hold the stick tightly in the palm of their hands. The stick should be held loosely. The top hand should hold the stick loosely in the base of the fingers with the palm towards the back of the stick. The bottom hand should be holding the stick with mostly just the thumb and pointer fingers.

A good way to show the top hand position is to lay the stick on the ground with the head facing down and pointing away from the player. Have them pick the stick up with their top hand without wrapping their fingers around the stick. This will place the palm at the back of the stick and place it in their fingers.

Have the players put the stick on the ground and then pick it up. Inspect each player's hands to see that they are holding it in their fingers and not in their palms. Then have them cradle a few times and make sure that they are using their fingers and not just their wrists to rotate the stick.

## STICKWORK – CRADLE DOWN THE LINE

**Drill Set Up:** In our Down the Line drills, players each have their own ball and all players are lined up, side by side, across an endline or sideline. If there are too many you can always go in 2 separate groups. If all players go in one group, make sure to give them a couple of seconds rest in between each rep. If you go in two groups, make sure to give the first group a good sized head start before the second group goes.

**Drill Execution:** In this Cradling drill, we want to start with a 2 hand cradle (power cradle). The bottom hand acts mostly just as a pivot. The biggest issues are typically that the player is only twisting the stick without the head of the stick going in a large arc and creating centrifugal force. Make sure that the stick is moving and curling at the same time, the bottom hand is pretty quiet, and the top hand is making a motion similar to a bicep curl, but the motion is also slightly across the body. It is also common to see the players be out of rhythm between his running cadence and his cradle. It should be a one to one cadence, unless/until the player truly gets it and has multiple strides per cradle. Have each player first walk up the field and see if their motion and cadence are correct. Once they get this, they can do this drill jogging/running and can end up doing it in a sprint when proficient.

### **Stress Points:**

- Top hand near throat, bottom hand on butt end
- Bottom hand acts mostly as a pivot, stays near hip
- Top arm and hand “curl”
- Curl is not vertical but partially across body
- correct rhythm with feet and cradle

We are looking for to focus on good form through the cradle and slowly build from walking to jogging to running.

## STICKWORK – GROUND BALLS DOWN THE LINE

**Drill Set Up:** In our Down the Line drills, players each have their own ball and all players are lined up, side by side, across an endline or sideline. If there are too many you can always go in 2 separate groups. If all players go in one group, make sure to give them a couple of seconds rest in between each rep. If you go in two groups, make sure to give the first group a good sized head start before the second group goes.

**Drill Execution:** In this Groundball drill, we are simply having the players roll the ball out in front of them and pick it up. Start with the players walking, then have them do it jogging and finally running. Good form is important. Make sure that the player's foot that is on the same side as the head of his stick, is placed along side and slightly behind the ball. He then must get his stick back and bend his legs to get his butt lower to the ground. As he scoops his stick through the ball he must also lower his back hand to get the butt end of his stick to almost skim the ground. He then must step through with his back foot and bring the stick up to a position that is similar to the top of a 2 hand cradle.

### **Stress Points:**

- Top hand near throat, bottom hand on butt end
- Stick side foot placed to the side of the ball and slightly behind
- Bend legs to get lower to ground
- Start with hands back and scoop through ball while stepping through
- Bring head of stick (with ball in it) up to a 2 hand cradle position

We are looking for to focus on good form through the scoop and slowly build from walking to jogging to running.

## STICKWORK – SCOOP AND THROW

This drill is a basic introduction into throwing a lacrosse ball. Here we are simply having the players scoop a lacrosse ball off of the ground, get themselves into a good throwing position and throw the ball into a net or a goal. Without the distraction of having to “throw it to a player”, the player gets the opportunity to concentrate on the combined motion of picking up the ground ball, getting the stick into a threat position and throwing the ball.

This drill can be run with just a few or multiple players. If there are just a few players, they can be in a line and the coach can place the ball down and attend to each player. If there are more than 3-4 players they can line up about 3-4 yards apart in a line or an arc in front of the net or goal and all go in a sequence one right after the other. That way the coach can quickly attend to each player and the players can get multiple reps in a short period of time.

As the player bends and scoops up the ball, he then should get his feet turned so that his foot on the side of his bottom hand is forward and he is turned slightly so that his top hand side hip is away from his target. His Bottom hand should be at the bottom of the stick and this top hand should be slightly lower than half way down the stick. He should get his hands up near his shoulder, drop the head of the stick to just above parallel and then turn his shoulders, torso and arms simultaneously to throw the ball at his target.

### **Stress Points:**

- Stick should be in players fingers not in his palms
- Arms, torso and wrists should all work in unison
- Player should follow through so stick head at least points at target, if not further
- Weight should transfer from back foot to front foot through the motion

You should have as many balls as possible so that you can get multiple repetitions from each player before you have to “reload”. Close attention should be paid to proper form here as this is critical to the foundation of fundamental we are building.

## **STICKWORK – STATIONARY TOSS AND CATCH**

This is a great way to get players to learn to catch properly. Getting players used to catching the ball correctly from the beginning is a huge step in allowing them to develop skills properly.

In this drill players pair up with each other. One player will have a stick in their hands and the other will be tossing the ball with their hand. Have the players stand about 3-4 yards apart. The payer with the stick should get their stick “up in the box” with the bottom hand close to their body and the top hand slightly more forward. The bottom hand should be on the bottom of the stick and the top hand should be about halfway down the stick. traditional theory was it was easier to catch with the top hand near the throat and then as they get better they can slowly lower their hand. It has been proven that this deters development. It does not take much longer for players to master catching the correct way with their top hand lower on the stick and then there is no need to “relearn” with their hand lower.

The other player should toss the ball “up into the box” and the player should “give” with the ball as if they are catching and egg and trying not to break it. This brings the stick back to a Threat Position. If the player needs to give a little cradle to settle the ball in their stick that is fine, but attention should be paid to making the stick remain as “quiet” as possible. The player with the ball then tosses the ball back to the thrower.

## **STICKWORK – TOSS, CATCH AND THROW**

This drill is a progression out of the Scoop and Throw drill. It allows the coach to lightly toss a ball to the player and gives the player the opportunity to get used to the idea of having the ball come to them “up in the box” and having them “Give” with the ball and ending in a Threat position.

**Drill Set Up:** Lines should be formed in an arc at an appropriate distance form the goal, about 8-10 yards away. There should be as many lines as there are coaches. The coach should get on one knee at the front of the line. He will be tossing the balls to the players. Left handed players will have to be on the opposites side of the coach than the right handed players. Therefore put all of the lefties together in one line, and if need be add some righties to that line to even out the numbers. This coach will have to turn around to feed the lefties. Balls should placed in the front of every line and replaced often if possible.

**Drill Execution:** Each player will step out, get into a good sideways threat position, receive the pass “up in the box” and shoot with good form and follow through. When receiving the ball the player should be sideways and have his knees bent and his stick

“up in the box”. The bottom hand should be on the bottom of the stick and the top hand should be at the middle or below the middle of the stick. Putting the top hand at the throat of the stick is detrimental to the proper development of fundamentals. The coach should lightly toss the ball right into the players stick. The player should “give” with the pass and end up with their hands in a good threat position. The player should then get into the same throwing position as in scoop and throw and proceed to throw the ball at his target.

**Drill Focal Points:**

- Stick “up in the box”
- Top hand no higher than halfway up the stick
- “Give” during the catch
- End the catch in the “Threat” position
- Good throwing motion towards the target

## **SKILL DEVELOPMENT – SCRAMBLE GROUND BALLS – SKIP AND SCOOP**

In our Scramble Ground Ball Drills we are working on getting the ball up off the ground with good form and function, and then getting your head up immediately so as not to run into other players, much like in a real game.

**Drill Set Up:** Start by breaking the kids up into groups of 8-10 players. You need to mark off enough 7-8 yard square boxes with cones so that each group gets their own box. There should be a coach at each box. Each player gets a ball

**Drill Execution:** In this drill each player is going to drop their own ball, pick it up and accelerate out a few steps and then repeat. The idea here is that all of the players must spread out around the box and stay inside the box. This forces players to have their head up coming out of the scoop and avoiding other players. In the Skip and Scoop we want the player to “Skip” once on his back foot elevating his torso and then having to exaggerate the bending of the legs to get both the players butt and the butt end of his stick low to scoop through the ball. Once they accelerate out of the scoop, the player turns and finds an open spot and does it again. It is supposed to be chaotic and players are trying to avoid contact with each other, but if it happens they should have good balance to be able to maintain possession.

**Stress Points:**

- Skip to Elevate Torso
- Bend legs to get “2 Butts down”
- Accelerate through ball
- Protect Stick as you carry a few steps
- Get your head up to avoid contact

This can turn into a little competition where either the coach watches and determines whose form is the best, or they can have the players count how many they can accomplish in 45 seconds.

## **SKILL DEVELOPMENT – SCRAMBLE GROUND BALLS – SKIP AND SCOOP W EXCHANGE**

This is run exactly as our Skip and Scoop drill except after the player scoops and drives forward a few steps instead of dropping the ball and scooping it again, he must drop the ball and then scoop another ball. This forces the player to really get his eyes looking out for balls, he must react quickly before another player picks it up, and forces them to work on picking up balls that may not be in a perfect position right in front of them.

## **SKILL DEVELOPMENT – SCRAMBLE GROUND BALLS – SCOOP AND SPIN**

In our Scramble Ground Ball Drills we are working on getting the ball up off the ground with good form and function, and then getting your head up immediately so as not to run into other players, much like in a real game.

**Drill Set Up:** Set this drill up just like you did in Skip and Scoop.

**Drill Execution:** This Drill is run exactly like our Skip and Scoop drill, but as the player is accelerating out of the scoop and is protecting the stick, he must spin and maintain his stick protection. They should work on spinning both ways as that happens in game situations.

**Drill Focal Points:**

- Skip to Elevate Torso
- Bend legs to get “2 Butts down”
- Accelerate through ball
- Get your head up and Protect Stick as you Spin to avoid contact

This can turn into a little competition where either the coach watches and determines whose form is the best, or they can have the players count how many they can accomplish in 45 seconds.

## **SKILL DEVELOPMENT – SCRAMBLE GROUND BALLS – SCOOP AND SPIN W EXCHANGE**

This is run exactly as our Scoop and Spin drill except after the player scoop, spins and drives forward a few steps instead of dropping the ball and scooping it again, he must drop the ball and then scoop another ball. This forces the player to really get his eyes looking out for balls, he must react quickly before another player picks it up, and forces them to work on picking up balls that may not be in a perfect position right in front of them.

## **STICKWORK – STATIONARY WRISTERS**

This drill is set up and run the same way as our stationary catch drill, but we are working on throwing with just our wrists and lower arms and *not* using our upper arms or shoulders. Using this technique, players rapidly gain good feel for the ball. It has also



been shown to dramatically increasing a players overall stick work and even top speed on his shot.

**Drill Set Up:** Set up just as you were in Stationary Catch, but the players should only be about 4-5 yards apart depending on age. The players hands should be in the same spots as in Stationary Catch with the bottom hand on the butt end and about 6-8" of shaft showing between the hands.

**Drill Execution:** The player with the ball gets their stick up into a threat position with elbows facing forward, butt end facing towards their partner and the stick just slightly above parallel, Girls will probably be slightly higher than boys sticks. To throw the ball, the player should use his lower arms and wrists at the same time. As they extend at the elbow, they should snap their wrists forward. The motion has an abrupt end just **after** the ball is released. The top hand should be forward of the bottom hand and the head of the stick should be pointing forward above their partners head. The other player should have his stick up in the box and receive the ball gently in his stick by giving with the ball and ending in a threat position. Players should see how many catches they can make in a row, or how many in a minute, without jeopardizing proper form and technique.

**Stress Point:**

- Start in a Threat Position
- Use only lower arms and wrists
- Snap wrists for maximum torque
- Receive ball by gently giving with the throw

## **STICKWORK – STATIONARY CATCH**

In our stationary catch drill we are working on proper throwing and catching technique. To set up the drill have the players line up with a partner about 7 yards apart. Each pair should be about 3 yards apart from each other lined up side by side. The idea is for the players to play catch and see how many they can get in a row. It is critical that coaches keep a supply of balls behind each player so that when they miss (and they will) they just turn around and grab another ball.

Throwing Technique: Player should hold the stick in his hands with a light grip and the stick closer to his fingers than his palms. Make sure they do not have a tight choking grip on the stick. The top hand should be lower than half way on the stick and the bottom hand should be right down at the butt end. he should stand with his opposite foot forward (same foot as the bottom hand on the stick). Attention should be paid so that the players steps slightly and follows through with his pass. They should be making sure to throw the ball right to the other players stick which should be up in "the box".

Catching Technique: This player should hold his stick lightly in his hands with his bottom hand at the bottom of the stick and his top had about half way on the stick. If the player absolutely needs to hold his top hand up by the throat of the stick that is ok, but as he gets better he needs to work on lowering that hand. Getting it down to the middle of the stick allows the player to learn to feel the stick and ball much better.

As the drill goes along, the coach should blow one whistle and each player takes one step backwards. When he blows 2 whistles they take one step forward. Changing the distance forces players to work on their throwing touch. As they are further apart he needs to be confident in throwing hard towards his partner. As they get closer he needs to add a little touch and still throw hard enough to be up in the player's box.

***NOTE!!:*** For players that are really having a hard time catching, get a coach to work with them 1 on 1 and have the coach run *The Stickwork – Stationary Toss and catch drill.*

## **PARTNER PASSING – SIDEWAYS OUTSIDE**

This drill is a progression out of our Stickwork – Stationary Catch Drill. Here we have the players turn 90 degrees so that they are each facing sideways to their partner so that their sticks are “Outside”, meaning they are in the hand away from their partners (left handers will have their right shoulder near their partners and vice-versa). Make sure that both of the players feet are pointed perpendicular to their partner. Many players try to cheat and have the foot closer to their partner at a bit of an angle towards their partner. We are really trying to get the players to turn at the hips and make the passes and catches.

**Throwing Technique:** Player should hold the stick in his hands with a light grip and the stick closer to his fingers than his palms. Make sure they do not have a tight choking grip on the stick. The top hand should be lower than half way on the stick and the bottom hand should be right down at the butt end. They should turn at the hips and throw from a threat position. They should be making sure to throw the ball right to the other player's stick which should be up in “the box”.

**Catching Technique:** This player should hold his stick lightly in his hands with his bottom hand at the bottom of the stick and his top hand about half way on the stick. If the player absolutely needs to hold his top hand up by the throat of the stick that is ok, but as he gets better he needs to work on lowering that hand. Getting it down to the middle of the stick allows the player to learn to feel the stick and ball much better.

## **PARTNER PASSING – SIDEWAYS INSIDE**

This drill is a progression out of our Stickwork – Sideways Outside Drill. Here we have the players turn 90 degrees so that they are each facing sideways to their partner so that their sticks are “Inside”, meaning the stick is in the hand close to their partners (left handers will have their left shoulder near their partners and vice-versa). Make sure that both of the players feet are pointed perpendicular to their partner. Many players try to cheat and have the foot closer to their partner at a bit of an angle towards their partner. We are really trying to get the players to turn at the hips and make the passes and catches.

**Throwing Technique:** Player should hold the stick in his hands with a light grip and the stick closer to his fingers than his palms. Make sure they do not have a tight choking grip on the stick. The top hand should be lower than half way on the stick and the bottom hand should be right down at the butt end. They should turn at the hips and throw from a threat position. It is very important to stress that the player's butt end must be pointing at their partner and the stick is in a good shouldered position to make

the pass. They should be making sure to throw the ball right to the other players stick which should be up in "the box".

Catching Technique: This player should hold his stick lightly in his hands with his bottom hand at the bottom of the stick and his top hand about half way on the stick. If the player absolutely needs to hold his top hand up by the throat of the stick that is ok, but as he gets better he needs to work on lowering that hand. Getting it down to the middle of the stick allows the player to learn to feel the stick and ball much better.

## **2'S – EXPLANATION**

Our 2's formation is used for a series of partner passing drills that works on many different skills. All of our Forward and Backward drills are designed to get the players used to moving their feet in either a forward or backward direction and pass the ball in any direction. We focus on separating the upper body from the lower body and making sure that the player keeps his feet moving as he turns his upper torso only to make the pass. Our Shuffle progression teaches many important skills that are used while maintaining a good shuffle up field.

To start this drill, players should be in lines of no more than 6 or 7 players. 2 lines make up one set for this drill. Use as many sets as necessary. The idea is that the first person in each set of lines are partners...and so on as they go back through the pairs of lines. The first pair starts the drill and the second pair should not start until the first pair has moved up field about 10 yards. Keeping good separation between pairs is important so that players do not run into each other. The drill should be run for about 40 yards...or from Goal line extended to half field.

It is also important that extra balls be laid between the sets of players and continually replaced. Tell the players if they drop a ball to just turn around and grab another. No need for them to be chasing balls all over the field. The idea is to get as many reps in as possible. It is also a good idea for coaches to have a ball in their stick or hand (or both) and to flip it to players if they happen to drop one.

## **2'S – FORWARD STICKS OUTSIDE W/ PUMP FAKE AWAY**

Run this drill exactly as we do in the video for "2's Forward Sticks Outside" but add in a pump fake. This is a simple little skill that is simply a small cradle with or without a little head fake away from the intended pass area. This is not a big pass fake where the stick is twirled completely around, it is just a simple quick little cradle meant to freeze the defender or at least require that he respect that you could make that pass.

## **3'S – EXPLANATION**

Our 3's Formation is a 3 man passing drill that is used to work on many different skills while getting all of the players a large quantity of touches in a short period of time. For these drills the players should get in groups of 3. One "end man" should be on a sideline, the other "end man" should be about 10 yards away (adjust as necessary). The "middle man" starts in different places depending on the drill. Watch the video to get the exact starting point for the middle man. It is also important that extra balls be placed near each of the "end men" so that if a ball is missed he can just grab another and keep the drill going. Coaches should continually replace these balls as needed. Make sure that the extra balls are not in the way of the middle man who is running the drill. Each drill should be run for 30 seconds with each player. So run it for 30 seconds...blow the whistle...put the next one in and blow the whistle to start again. If the drill is only using one hand, the drill should be run twice, once with each hand. If the drill uses both hands (as in Figure 8's) it only needs to be run once.

## **3'S GROUND BALLS**

This is a simple ground ball drill that works on picking up a ground ball and immediately getting your stick to a threat position and moving that ball. Set up just like all of our 3's drills. The middle man throws the ball to one end. The end player receiving the ball rolls the ball so it stops about 4 yards in front of him. The middle man runs past the ball and all the way up to their partner. They turn around right in front of their partner and, with proper form, explodes and picks up the ground ball. He must accelerate through the ball and get their stick up to a threat position right away and throws to the other end man. The process then repeats.

### **Stress Points**

- End Man rolls the ball out 4-5 yards so it stops
- Accelerate through the pick up
- Stick immediately goes to a threat position
- Pass the ball within a couple of steps of picking up the ball

## **SHORT LINE DRILLS – EXPLANATION**

In our short line drills, we get in standard “Line Drill” formation with no more than 3 players in any line. The lines should be facing each other about 12-15 yards apart. To start the drill the ball should be in the front of one line. The player in the front of the other line comes towards the ball carrier. He should come a little more than half way, so he is about 4-5 yards from the ball carrier. He then breaks down and gets in a good defensive stance. As the ball carrier goes by he should give a 75% effort to throw one stick check to the spot that he sees the ball carrier may be vulnerable.

The defender then goes to the back of the line that he is near (not the line he started in). The ball carrier must explode past the defender and immediately return to a threat position. The then snaps a pass to the line ahead of him and stops and plays defense. In the beginning it will probably be necessary continually remind the players to stop and play defense after they pass.

- Lines 12-15 yards apart
- First defender 4-5 yards from ball carrier
- Good defensive stance
- One stick check
- Dodges/protect and accelerates past defender
- Immediately return to threat position and snap a pass
- STOP AND PLAY DEFENSE

This drill is designed as a high rep drill that should be run at about 75% of full speed.

The ball carrier should focus on all of the teaching points of each specific skill. We are trying to build form and confidence in all of the different situation. The defense is looking for a vulnerability and throwing one good check. It is important to attend to the specific teaching points of each specific dodge or stick protection skills.

## **SHORT LINE DRILLS – STICK PROTECTION**

Set-Up in our Short Line drill formation.

The ball carrier approaches the dummy defender and gets into a good one handed stick protection position. With his top hand near the head, bottom arm and hand are forward and down and the stick carried up near his ear, the ball carrier should carry close enough to the defender so he has to protect his stick. As the carrier gets within the defenders reach, he should roll his off shoulder up and forward to add even more protection.

- Good One-handed stick protection position
- Accelerate past defender
- Roll off shoulder up and forward when within defenders reach
- Immediately return to a Threat Position
- Snap a good pass and STOP AND PLAY DEFENSE

We are looking for this drill to run rapidly and focus on a good stick protection position stand and accelerate past the defender. We also want the player to quickly get back to a threat position and snap a pass. In the beginning you will need to continually remind the players to stop and play defense after they snap a pass.

## SHORT LINE DRILLS – WIND UP FACE DODGE

Set up in our Short Line Drill formation.

The ball carrier then approaches the dummy defender and goes into a wind up position (shuffle or “sidewinds” into the wind up) the face dodges the defender. After he gets past the defender he immediately passes to the front of the other line and stops and plays dummy defense. The other dummy defender goes to the back of the original ball carriers line. The stress points are:

- Wind up in a good position (as in the Shuffle Wind Up video)
- Good face dodge carried low and forward (as in Shuffle Wind-Up Face Dodge video)
- Accelerate past the defender
- Return to a threat position and snap a pass
- STOP AND PLAY DEFENSE

We are looking for the drill to run rapidly and focus on good form through the face dodge and good acceleration past the defender. We are also looking for quick return to a Threat Position and snapping a good pass.

## SHORT LINE DRILLS – WIND UP HITCH AND GO

**Drill Set Up:** Set-Up in our Short Line drill formation.

**Drill Execution:** The ball carrier approaches the dummy defender and goes into a wind up position (shuffle or “sidewinds” into the wind up). The player then plants and drives off his REAR foot driving him around the “topside” of the defender. He should quickly return to a threat position and snap a pass to the other line. They then stop and play dummy defense. The other dummy defender goes to the back of the original ball carriers line.

**Stress Points:**

- Wind up in a good position (as in the Shuffle Wind Up video)
- Player must explode off the back foot changing directions to the top side.
- Maintain a Threat position with his stick to make an immediate pass
- Stop and play defense

We are looking for the drill to run rapidly and focus on good form with a good drive off of the back foot and “hitch and go” around the top of the defender to the topside. We are also looking to have the stick in a good threat position to make a quick pass after the dodge. In the beginning you will need to continually remind the players to stop and play defense after they snap a pass.

## **THROWBACK EXPLANATION**

The Throwback drills are designed to work on stick skills while your body is changing direction and quickly getting you stick into a position to move the ball. Often during a game, the ball needs to be moved to a player that is behind you, and we work on many different ways of doing that with these drills.

To start the drill you should have three or four players in a line, one behind the other. The first player in line has the ball and he will be running out, performing the skill and throwing back to the player behind him in different ways. Once the ball is thrown back, the player quickly returns to the back of the line and gets ready to go again. This player must NOT run back into the drill so as to interfere with the next player performing his repetition. Also it is important for the player who is receiving the ball to wait until he catches it to begin his repetition.

The lines will need to have about 5 yards on each side of them (so lines about 10 yards apart) and also have about 10 yards ahead of them so they do not run into other players.

There should be a pile of balls next to the first person in each line in case a pass is missed and these balls should be replaced by coaches throughout the drill.

## **THROWBACK – 180 AWAY**

In this drill the player with the ball should carry the ball with his stick head high (near his shoulder/ear) and sprint out about 5 yards. If he is carrying it right handed, he should then immediately turn 180 degrees to the left (so he is facing back towards his partner). His stick must immediately go into a threat position, and quickly snaps a pass back to the next player in line while continuing to back away from his partner. he should continue about 3-4 steps after he releases tee ball.

The teaching points are:

- Carry the ball high and spring
- Quickly turn and get the stick to a threat position
- Snap a quick pass back to the next player
- Continue to back away for 3-4 steps
- Younger/novice players should start doing just strong hand (then both hands later in the season)
- Older/more experienced players should do it both directions

This is a very high repetition drill and should be run for a total of about 3 minutes.

## **THROWBACK – MONEY PASS**

In this drill the player with the ball should carry the ball with his stick head high (near his shoulder/ear) and sprint out about 5 yards. If he is carrying it right handed, he should then immediately turn his hips 90 degrees to the left (so he is facing to the left of his original position). His stick must immediately go into a threat position, and he backs away quickly, at a 90 degree angle from his original path of motion, and quickly snaps a pass back to the next player in line.

The teaching points are:

- Carry the ball high and spring



- Quickly turn and get the stick to a threat position
  - Make sure they back away from the original path at 90 degrees
  - Snap a quick pass back to the next player
  - Younger/novice players should start doing just strong hand (then both hands later in the season)
  - Older/more experienced players should do it both directions
- This is a very high repetition drill and should be run for a total of about 3 minutes.

## SKILL DEVELOPMENT – 2V0

Our 2v0 drill is our first step in engaging a second player in the drill. We are working on maintaining spacing and passing to our partner in different situations. I would recommend not having a goalie on the cage for this drill.

**Drill Set Up:** Have two lines above the restraining line about 10 yards apart. Younger ages should be about 5 yards above the restraining line and older players should be closer to mid field. Run the drill with the ball in one line so every player gets a few reps and then switch the balls to the other line. It is best if the players in the line that is to the right (as you're facing the cage) play left handed and the other line play right handed. This allows the players shuffle or run facing their partner and have the sticks trailing them and away from any defenders.

**Drill Execution:** The ball carrier initiates and has 4 options:

- Pump faking to his partner, carrying straight down the line and shooting
- Pump faking to his partner, carrying straight down the line then turning his hips up-field and snapping a pass to his partner
- Carrying straight down the line then turning his hips up-field to snap a pass to his partner
- Passing across and running down the line and getting a pass back (give and go style)

It is important that each player be “in play” and ready to receive or pass the ball throughout the drill. No matter which option is chosen, the original ball carrier should be going towards the goal ahead of his partner. The original off ball player (who might now have the ball because of a give and go) should trail slightly behind so as to make it harder when a defender is introduced. It is also important that each player maintain the spacing from his partner by running straight ahead and not closer to his partner. Players will tend to creep in towards each other and this will make it easier for the defender (when introduced) to cover both players.

**Drill Focal Points:**

- Ball carrier must initiate one of the stated options
- Off ball player must react accordingly and always be in an open lane
- Original ball carrier should be ahead of original off ball player
- Players should maintain their lanes and stay spaced apart

## SKILL DEVELOPMENT – 2V0 PASS ACROSS PICK ACROSS

In our 2v0 Pass Across Pick Across drill we are learning the fundamental motions of a pick (or screen) and roll. We want to stress correct body position for both players. I would recommend not having a goalie in the cage for this drill.

**Drill Set Up:** Have two lines at the restraining line about 10 yards apart. Drill should be run from both sides up top. You can run it one way and then the other, alternate sides or player's choice, but the younger levels should focus on one side and then the other. At first I would run the drill from one side and the ball carrier always going “over the top”

or coming off the pick towards the center of the field. Then run it with the ball carrier going “Underneath” or down the ally. This allows players to get used to turning towards the ball the correct way when rolling off. It is also important to understand that this is a very “hand oriented” drill. It is imperative that the ball carrier (not the pick man) be right handed on the right side and left handed on the left side (looking out from the cage). It is better of the pick/roll man is that same hand, but can still be effective if he is the opposite hand.

**Drill Execution:** The player with the ball should pass across and immediately cut the middle of the field. He should not stand and watch the pass and make sure it is caught...cut right away. He cuts for two purposes. First, if his defender does not follow him, he is going to the cage on a perfect give and go. Or, if the defender does cover him he is now in a great position to set a pick from the inside out, at which point he breaks off his cut and heads up to set a pick or a screen. A “Pick” is typically set very close to the defender if the defender happens to be playing off of the offensive player. A Screen is usually set further away from the defender allowing the ball carrier to run his defender towards the screen with the purpose of using it as a pick or the possibility that the defense tries to switch early the pick man can slip the pick and turn straight to the cage and be wide open. The ball carrier should set up his offender by engaging him and giving the possibility he could split down the ally. When the pick or screen are set, the then drives towards it with his stick protected and in two hands. As he passes the pick the first thing the ball carrier should do is “Look Back” at his team mate. This does two things. He will always be able to see if the pick cause any confusion and if his team mate is open. It can also freeze the on ball defender as he does not know what is going on behind him and maybe he thinks he needs to cover the pass. He then reads the play and drives to the cage for a good shot. The pick man must focus on opening towards the ball carrier at all times. No matter which side the drill is on, or which way the ball carrier goes (over the top or underneath) he must open to the ball. He must also react quickly. Often you see kids stand there and admire their pick as the ball carrier is going to the cage and the pick mans defender is recovering back into position. It is important to explain to the players up front that the pick man is setting the pick to get HIMSELF open and not the ball carrier. This often gets them to get out of the pick sooner. The pick man then rolls and goes to the cage with the ball carrier, even if he is not supposed to get the ball in the drill. Run it a few times with the ball carrier going to the cage, and then run it with the ball carrier hitting the roll man. In either case...both players should continue to the cage as if they could end up with the shot. Then run it with the ball carrier going underneath, and then both ways on the other side.

**Drill Focal Points:**

- Pass then cut the middle of the field
- Ball carrier must Look Back
- Roll Man must Open with his chest to the ball carrier
- Roll man must roll quickly sometimes even early if possible
- Long Poles play offense too!!

## SKILL DEVELOPMENT – 2V0 PASS DOWN PICK DOWN

This drill is run almost identically to **Skill Development – 2v0 Pass Across Pick Across** , except it is run from the top down the side and not across. However it is almost imperative that both players play the same hand. The pick/roll man will be very ineffective if he plays the opposite hand. Lefties on the left hand side and righties on the right hand side (looking out from the cage).

Ball starts up top, low player should be about 10-13 yards wide of the crease and 5 yards above GLE. Top players passes down and cuts the middle. It is imperative that the low man wait for the pick. He should pretend to engage his man as if he is going to dodge and wait for the pick to get set. Often the player will receive the pass and just start going right away. This makes the pick man chase the defender and will most likely result in a moving pick. Once the pick is set, he should then run off the pick mans shoulder, look back and drive to the cage.

Again start by going “over the top” and then run it “underneath” with either a face dodge or a tow drag.

## SKILL DEVELOPMENT – TIME AND SPACE SHOOTING

In Time and Space shooting we are working on good shooting form and allowing the kids to really use all of their body to feel the ball come correctly off of the stick. We run this drill for a few practices just looking for form and velocity. We then start adding accuracy by picking corners or bounce shots.

**Drill Set Up:** Lines should be formed in an arc at an appropriate distance form the goal 9-15 yards depending on age and skill. There should be as many lines as there are coaches. The coach should get on one knee at the front of the line. He will be tossing the balls to the players. Left handed players will have to be on the opposites side of the coach than the right handed players. Therefore put all of the lefties together in one line, and if need be add some righties to that line to even out the numbers. This coach will have to turn around to feed the lefties. Balls should placed in the front of every line and replaced often if possible.

**Drill Execution:** In a semi rapid fire manner each player will step out, get into a good sideways threat position, receive the pass “up in the box” and shoot with good form and follow through. When receiving the ball the player should be sideways and have his knees bent and his stick “up in the box”. After they receives the pass, they get their hands back and away from their body into a good wind-up position with their head looking at the goal. As they brings their hands back, they should coil their torso for maximum power, transfer their weight from the back foot to the front foot and then uncoils their torso and shoots as hard as they can. The stick path should be at 3/4 (10:30 or 1:30 on a clock) or higher. The players momentum should then carry them towards the goal when they follow through. The coach needs to be able to observe each

shot and make a quick correction if necessary before the next player shoots. Shooter then gets in the back of his own line.

**Drill Focal Points:**

- Body sideways to goal
- Hands Back and Away from body
- Torso “coiled” for maximum torsion
- Weight transfer from back foot to front foot
- Stick 3/4 or over the top
- Follow through with stick and body towards goal

## **SKILL DEVELOPMENT – SHOOTING ON THE RUN**

In our Shooting on the Run drill we are working on good form while shooting on the run and focusing on keeping the shooters feet moving.

**Drill Set Up:** 2 lines should be formed at the restraining line and about 20 yards apart so as not to interfere with each other. Balls should be placed at the front of each line and players should be prepared and get a ball in their stick early so that we can run this in a rapid fire manner. Balls should be replaced as often as possible. Once they are out...stop the drill and quickly re-load the lines and start again.

**Drill Execution:** In a rapid fire manner each player should drive with his stick to the outside of his arc. When preparing to shoot, the player must get their hands back and away from their body and coils their torso (still keeping his feet running). As they plant their front foot, they should raise their front elbow and shoulder, uncoil their torso and shoot as hard as they can. On the follow through their trailing foot (not the plant foot) should continue driving and if done correctly the player will continue forward with his momentum and possibly even end up turning around and running backwards along the same path. Often you will see the player falling away from the cage on the follow through. This is losing momentum and speed on the shot. This **MUST** be corrected! Once the shot is taken, the other line should then go as long as the shooting path is clear. We are looking to get this going so we have a shot every 3-5 seconds. This allows each player to shoot often.

**Drill Focal Points:**

- Drive to net with stick in both hands
- Hands Back and Away from body
- Torso “coiled” for maximum torsion
- Stick 3/4 or over the top
- Follow through with stick and body towards goal often ending up running backwards on follow through

## SKILL DEVELOPMENT – STAR DRILL

In the Star Drill we work on snapping passes sharply while having to keep an eye out for players, and in the multi ball drill, other balls.

**Drill Set Up:** arrange 5 lines like at the points of a standard 5 point star. Each line should have no more than 3 players. Also, the diagonal pass that is made should be in the 7-10 yard range depending on age group and skill level.

**Drill Execution:** 1 coach should have the balls so that if one is dropped they look to him for a re-load. The coach give the ball to a player and he then throws either 2 guys to his left (call this “Clockwise” or two guys to his right (Call the Counter Clockwise”). He then follows the pass and goes to the back of the line that he threw to. The receiver immediately catches and snaps a pass 2 players either Clockwise or Counterclockwise, depending on the initial pass. This then continues in a star pattern. If a ball is dropped, that player looks to the coach and gets a re-load, and then finishes his pass so as not to screw up the flow of the drill. That coach can also be the one to choose the appropriate time and place to add another ball. Older groups can get up to 3 balls going and it can become a nice team building exercise as well as great stick work.

### **Drill Focal Points:**

- Passes should be snapped from a Threat Position
- Pass should be to the receivers “box” or the area beside the players head out to his shoulder
- Run drill both ways to gets used to throwing both ways
- Using a single hand is not bad as long as it is run both ways
- Keep the sticks QUIET!!!

## SKILL DEVELOPMENT – STAR DRILL MULTI BALL

Run This drill exactly as the Star Drill but add more balls. Start the drill as you did in the Star Drill but after a few successful rounds, add another ball. All players must be aware that there are multiple balls in play. The next player in line must be aware as the ball may be coming sooner than expected. If a ball is dropped or missed the coach can re-load that player or give to the next player in a line to start again.

## SKILL DEVELOPMENT – DEFEND THE CONE

In this Defensive oriented drill we are working on defensive footwork and body positioning. The idea is for the first offensive player to go at about a 75% effort trying to get to the cone (goal) The second offensive player goes full effort to the goal while the defender is recovering. Playing with or without sticks, the defensive players need to use their feet to get their body in the right position to be able to stop the offensive player.

### **Drill Set Up:**

Break up the offense and defense so you have about 5-6 guys in a group (both offensive and defensive players in each group). Each group should have their own cone. Set the line up about 7-8 yards from the cone. Have the defensive player drop

step out and the second and third players in line get balls in their sticks. Set the defensive player about 2-3 yards in front of the offensive player between the ball and the cone. The defensive player should get in a good athletic stance with his hands up and in near his chest.

**Drill Execution:**

The offensive player should start with a drive and/or a dodge (split, face, rocker, roll etc) trying to get to the cone. He should not go 100% but probably around 75%. The defensive player should use their feet to maintain his position between himself and the cone and use his hands by pushing on the back and shoulders of the offensive player to control him and keep him away from the cone. Each repetition should last about 5-8 seconds. Once the first offensive player has gone for 5-8 seconds, blow the whistle and the defensive player should immediately return to the starting position. You should blow the whistle again for the next offensive player to go right when he returns to the starting position and gets in a good stance. In the beginning allow the defensive player to get back and get set, but as they get better at the drill, blow the whistle as the defensive player is recovering to the starting point so that he must begin to think about using angles to get to the right spot. It is important that all players play both offense and defense. Long poles should use their long poles when on offense!! In essence the first offensive player is going 75%, the second is going 100%. The same defender is going on each of those two players.

## **SKILL DEVELOPMENT – DEFEND THE CYLINDER**

In this Defensive oriented drill we are working on defensive footwork and body positioning. The idea is for the offensive player to go at about a 75% effort trying to get to the cone (goal). Playing without sticks, the defensive players need to use their feet to get their body in the right position to be able to stop the offensive player. This drill is a progression out of our Defend the Cone drill as it teaches the defense to protect the cylinder in front of the cage and force the offensive player down the ally to the side or behind the goal

**Drill Set Up:**

Break up the team in half for one end of the field or quarters for both ends. Make sure you have both offensive and defensive players in each group. Lefties should all be on the right hand side of the cage (looking at the cage). Righties can go there as well. Set the lines up about 5 yards inside the restraining line out at the edges of the box, one on each side. Have the defensive player drop his stick and step out and the second and third players in line get balls in their sticks. Set the defensive player about 2-3 yards in front of the offensive player and should be positioned parallel to the ball and not between the ball carrier and the goal. The defensive player should get in a good athletic stance with his hands up and in near his chest.

**Drill Execution:**

The offensive player should start with a drive and/or a dodge (split, face, rocker, roll etc) trying to get to the cylinder in front of the goal. He should not go 100% but probably around 75%. The defensive player should use their feet to maintain his position between himself and the cylinder and use his hands by pushing on the back and

shoulders of the offensive player to control him and keep him away from the cylinder and force him down the alley towards the back of the goal and not “over the top” towards the cylinder. Each repetition should last about 5-8 seconds. Have each defensive player go for 2 repetitions without any rest in between. Once the first offensive player has gone for 5-8 seconds, blow the whistle and the defensive player should immediately return to the starting position. You should blow the whistle for the next offensive player to go right when he returns to the starting position and gets in a good stance. In the beginning allow the defensive player to get back and get set, but as they get better at the drill, blow the whistle as the defensive player is recovering to the starting point so that he must begin to think about using angles to get to the right spot. It is important that all players play both offense and defense. Long poles should use their long poles when on offense!!

## **SKILL DEVELOPMENT – 2V1 RESTRICTED GROUND BALLS**

This drill is a modification of the standard 2v1 ground ball drill. One of the problems with that drill is that it is always the fastest and quickest player that gets the ball and he is typically capable of just running straight ahead and away from pressure. In this drill we restrict the amount of room in front of the players and make it a more realistic ground ball.

Get 10 or so players outside of the sideline somewhere down below the restraining line. Then put three players out on the side restraining line facing towards the sideline. The outside two players are on the same team and the middle player is on his own. The coach should get behind them (so between their backs and the cage). He then rolls out the ball and tells the players to “Go”. Players should not go until the coach says “Go”. The coach should also change up the cadence. Sometimes throw it and say “Go” right away, or throw it and let it stop and wait a second or two then say “Go”.

Teaching points that should be stressed:

- Shade off opposing players as opposed to “Taking them out”
- Get through the ball
- Look for open space to flip or kick the ball too
- Accelerate to space with the ball and your head up

Once the ground ball is picked up, that team (single or double) is on offense and goes to the cage. If the two man team gets it, look for good solid 2v1 offense and defense. Good spacing, passing lane control and goal awareness. If the one man team gets it, look for acceleration to the cage and good doubling defense. Don’t sit back and play a zone, attack the ball.



## **TEAM DEVELOPMENT – MUSICAL GROUND BALLS**

In Musical Ground Balls we run the drill as if it were Musical Chairs (kids game). Break up into groups of about 4-5 players (6 is ok but kind of big). Each group will run their own drill. If the group has 5 players, have them all line up side by side. You can have them face the balls, face away from the balls, get on their stomachs or their backs, whatever you prefer. Always place one less ball than there are players in the drill. Spread the balls out about at least 7 yards away and up to 12 yards away, and no less than a couple yards between balls. On the whistle the players are to go pick up a ground ball and return past the original starting line. The players should all use the same form and technique that we learned in our scramble ground ball drills. The single player that does not come back with a ball is eliminated, and you run it again with one fewer ball. Eventually coming down to a 2v1 ground ball. The one back with the ball is the winner. It is important to stress that even if all the balls get picked up, that last player can still try to take the ball away from a ball carrier prior to him crossing the starting line again. This allows for all players to remain in the drill even after all the balls are picked up. If you have multiple groups, you can then take all the winners and have them run the drill for the “championship”. Players that are not in can cheer on their team mate.

The stress points are:

- Good form scooping through ball
- Get stick up to cradle position to protect stick
- Accelerate through scoop and turn/spin away from any pressure
- Continue to hustle back through starting line
- If you don't get a ball, take one away from someone else

## **TEAM DEVELOPMENT – RELAY RACE – CRADLE AND SPRINT**

In this Relay Race we are working on good form in cradling and pushing them to run as fast as they feel comfortable. Break up into groups of 4-7 players. Each group should get in a line one behind the other, and the first player in each line should be lined up behind a common line. One coach should watch the line, and another should go to a line that is about 30-40 yards away (end line to restraining line or side of box to side of box are good examples). On the whistle, the first player is to sprint while cradling (one hand cradle or two hand cradle) in proper form all the way across the other line and back. You should start with the second player already having a ball in his stick and going once the ball carrier crosses the original start line. You can progress to the ball carrier dropping the ball and the next players scooping on the run then cradling. If you do this, the next player in line should not go until the ball carrier crosses the starting line. Players that are not running should cheer on their team mate.

The stress points are:

- Good form cradling ball
- Rhythm between cradle and strides

- Make sure the next player up in line does not go before ball carrier crosses line

## TEAM DEVELOPMENT – SHARKS AND MINNOWS

This is a great game for the younger players that teaches them to protect the ball and the stick while keeping their head up and trying to run through multiple defenders. To set up this drill you need to have an area marked off with two lines about 30 yard apart. Depending on the age group, this could be from a restraining line to mid field or restraining line to restraining line. All players should have a ball in their stick and be behind one of the restraining lines, these are the “Minnows”. You need to have 2-4 coaches in between the restraining lines with sticks, these are the “Sharks”. On the whistle, the Minnows try to get across to the other line. The Sharks are trying to knock the ball out of the Minnows sticks. If the ball falls out and hits the ground, the Minnow is out and becomes a Shark on the next round. This will eventually increase the number of Sharks and decrease the number of Minnows.

Players should work on good stick protection form and run quickly. Also, keeping your head up and looking for an opening between all of the Sharks will help the player get across more easily.

Sharks should be careful to keep their stick under control and just use poke checks and solid footwork to get the ball out. No one handed swinging or any checks up near the head should ever be allowed!!

## TEAM DEVELOPMENT – 2 V 1

In our 2 v 1 Drill we utilize the pump fake, Wind Up and possibly the face dodge in a low level decision making drill. The ball carrier only needs to decide if to pass one place or go to the cage (or shoot i guess also). This allows the players to try out the skills they have learned and see how they can create opportunities and capitalize on them.

**Drill set up:** Have three lines of players as close to the mid-line as possible. The first player in the middle line steps out to play defense. He should drop in about 8 yards or so. We try to keep lefties in the right line (as you face the goal) if at all possible. One of the offensive players starts with the ball and they go to the goal in a 2v1.

**Offensive Focal Points:** Ball carrier needs to either draw the man too him with a wind up or open up a clear path the the cage by getting the defender to lean or move towards the other offensive player with a fake. If neither of those works, a quick carry down the ally should make the defender commit one way or the other.

**Defensive Focal Points:** The defender must maintain a good balanced stance allowing him to react either way. Maintaining a position that gives him access to both the passing lane and the ball carriers path to the goal, the defender should manage his separation so as to minimize the easiest option. Using a “Show Slide” he could “Show” (ie. fake a slide) to the the ball carrier in hopes of forcing a pass, but since he has anticipated it, he may be able get to the receivers hands soon after he receives it. All he needs to be able to do is disrupt the pass and allow it to be dropped. That is usually enough time for any trailing players to recover and even up the situation.

- Ball Carrier should never have to dodge

- Off Ball player should make himself available
- Should end in a 1v0 on the goalie

## TEAM DEVELOPMENT – 2V1 WEST GENNY

West Genny is a great drill that allows us to run our 2v1 drill in a continuous drill and makes it a competitive game-like situation. Typically this is played with the goals about 35 – 45 yards apart depending on age group, skill level and available space. Smaller sometimes can be better. Split the team into two colors splitting up the defense and the lefties evenly. We will call them Black and White. Lines of each color behind their own defensive goal. First team on defense send out one defensive players. First offensive team then sends 2 new offensive players (one from each line) down and they run a 2v1 as described in our 2v1 drills write ups. Once a goal is scored or the ball hits the ground, that possession is over. At that point, the last offensive player to touch the ball is out and the other one must immediately run back to play defense. The Team that was just on defense now sends out 2 new players on offense and the drill continues. We do not want to have the offense that is coming down try to cheat and leave early, they must start below GLE and wait for the coach to release them. We are not trying to make this a horse race...let the defense get a good start on getting back. Also the ball carrier should use pump fakes and wind ups to draw his man to him before passing or shooting.

- Maintain good 2v1 philosophy
- Use good wind up and pump fakes
- Long poles play offense too!!
- Make it a lot of fun

## TEAM DEVELOPMENT – 3V2 CARRY AND MIRROR

In the 3v2 Carry and Mirror we deviate slightly from the 3v2 Classic and work on adding the decision making that happens in a dynamic situation as the ball carrier is moving and the his team mates and defense man are reacting accordingly.

**Drill Set Up:** Set up the drill exactly as specified in the 3v2 Classic set up.

**Drill Execution:** This time instead of winding up and drawing the top defender out (As in 3v2 Classic), the ball carrier is going to carry the ball to one side towards the low man. He is not dodging his defender, but instead is carrying to one side maintaining separation from the defender and even bowing out a little bit to try and draw the defender out towards him. He should maintain his stick in a Threat Position and have his head up to look for seems to hit the opposite low man. The low man that the ball carrier is running towards must immediately react by “Mirroring” the ball carrier. This means he is cutting underneath, behind the on ball defender and replacing the ball carrier in the top position. All the time he should be facing the ball carrier and in a position to receive a pass and take a shot or move the ball quickly. At some point the ball carrier must make the correct pass to the most open man. The drill then continues until either the ball hits the ground or there is a good shot.

**Drill Focal Points:**

- Carry the ball to one side without dodging
- Ball carrier must “bow out” so as not to engage the defender completely
- Low man must Mirror immediately and “bow in” to maintain separation
- Ball carrier and opposite low man must look for passing seams
- Defense must react accordingly including “Show” to incite a bad pass.

## **TEAM DEVELOPMENT – 3V2 PASS MIRROR CARRY**

This drill is very similar to **Team Development – 3v2 Carry and Mirror** but instead the carry is being done by one of the low men. The drill starts as usual with the top man drawing the top defender. He then passes to one side and immediately cuts towards the goal. Upon receiving the pass and recognizing the top man cutting, he immediately carries the ball up to the top. He has to follow the same rules as the top man in the previous drill:

- Carry in an arc towards the outside
- Do not engage the defender, keep your distance
- As you pass the cutting man, have your stick in a Threat position and Look Back at him
- If the skip pass is not open, allow yourself to get near the top before making any play

Make sure that the top player is making a definitive cut after his pass so that the lower man knows to start carrying right away. If the top man hesitates, the low man is not going to know what to do.

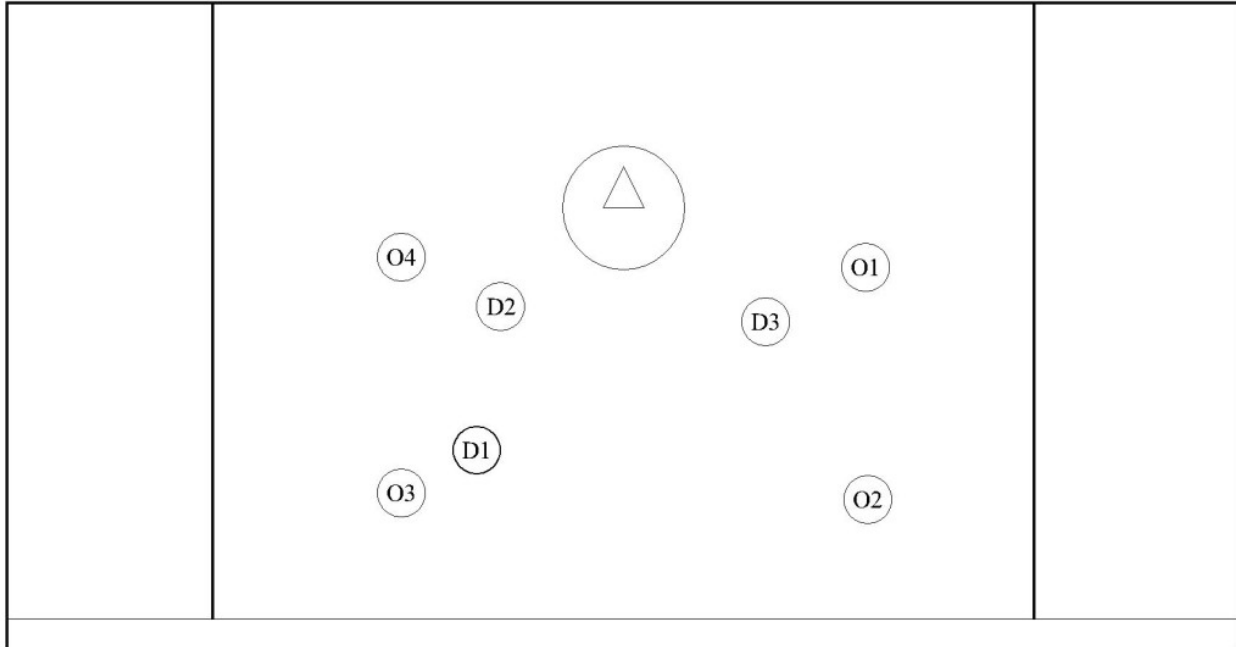
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West Genny is a great drill that allows us to run our 3v2 drill in a continuous drill and makes it a competitive game-like situation. Typically this is played with the goals about 35 – 45 yards apart depending on age group, skill level and available space. Smaller sometimes can be better. Split the team into two colors splitting up the defense and the lefties evenly. We will call them Black and White. Lines of each color behind their own defensive goal. First team on defense send out two defensive players in an I formation. First offensive team then sends 3 new offensive players (one from each line) down and they run a 3v2 as described in our 3v2 drills write ups. This can be run with any of the 3v2 variations. Once a goal is scored or the ball hits the ground, that possession is over. At that point, the last offensive player to touch the ball is out and the other two must immediately run back to play defense, communicate and get into an “I” formation. The Team that was just on defense now sends out 3 new players on offense and the drill continues. We do not want to have the offense that is coming down try to cheat and leave early, they must all start below GLE and wait for the coach to release them. We are not trying to make this a horse race....let the defense get a good start on getting back. Also the ball carrier should not try to draw the defender until his other two teammates are at or close to their lower positions.

- Maintain good 3v2 philosophy
- Use good wind up and pump fakes

- Long poles play offense too!!
- Make it a lot of fun

## 4V3 STATIC



### Set Up:

In this drill there are 4 offensive players and 3 defensive players. Offense sets up in a Box, and whenever Possible O1 and O2 should be left handed. If you only have one lefty in the drill he should go down to O1. It does not make sense for lefties to play at O3 or O4 unless you have more than 2 lefties in the drill (not likely). If O1 has to play right handed, he should work on getting higher above goal line extended so that he is a threat to shoot. In the above diagram, the ball is starting at O3. Therefore D1 plays the ball (from the inside). D2 and D3 then cover the next 2 biggest threats which are the lower 2 offensive players. They should play inside their men and shade/be prepared to make a slide on the first pass.

### Running the Drill:

The Player that starts with the ball passes across to the other top guy (only open guy at the beginning). His only other option would be to pump fake across eliciting a slide, and making a skip pass to the opposite low corner, but that should not happen!! The ball is moved as quickly as possible trying to get an good shot from 10 yards or in from any of the 4 players. The offensive players will not be changing positions, but will be moving 4-5 yards in any direction to maintain an open passing lane and get a good feed or shot. The drill can start at either of the top positions, and the offense should designate where the ball is by raising his stick with the ball in it. The coach should also designate

“Ball is Top Left” for O2 and “Ball is Top Right” for O3. The Top defender gets in position of the player with the ball and the drill starts. Once the ball is missed or hits the ground, the repetition is over and another should start with the ball up top again. Rotate players every couple of repetitions.

Offensive Stress Points:

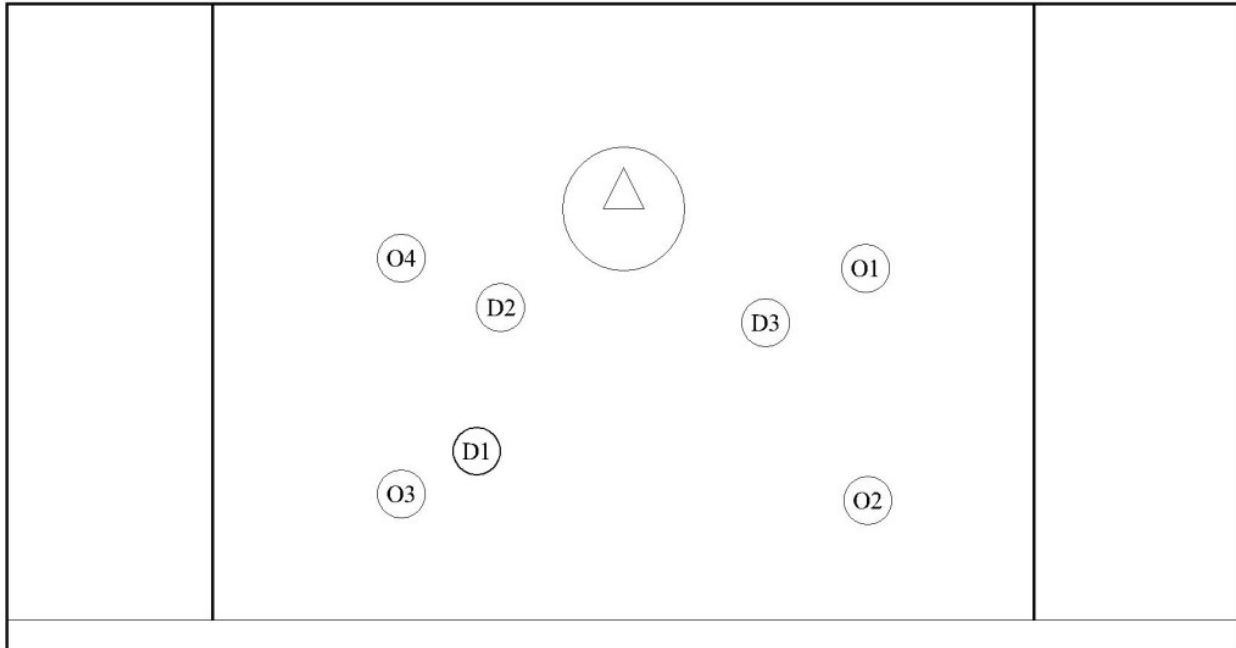
- Following the “Odd Man Situation Rules” Never pass the ball to a covered man
- Low men need to stay in passing lanes. This means when the ball is with O3, low man O1 should be tight to the crease and Low man O4 should be wide. As the ball moves across to O2, O1 should get wide and O4 should crash the back side of the crease. This allows them to stay in the passing lane in the open space between D1 and D2 as they are making their slides.
- Ultimately we are looking for a skip pass which completely messes up the defensive slides. A Skip pass is a diagonal pass through the box, either from high to low or low to high.
- Players need to learn to “Pre-Read” the defense before receiving the pass. This means instead of just watching the ball move around, he needs to be able to see the defenders and know if he has a skip pass opportunity before he receives the pass. If that is not possible he should immediately move the ball to the only open man which is usually the player he received the ball from. Usually players catch the ball, then look at the defense, then make a decision and make the pass. During the time it takes to make those decisions, the defense has made its slide.

Defensive Stress Point:

- On Ball man always call “I got Ball”
- Off ball players all need to shade towards their slide, but not allow a pass to their “check”.
- Players should shuffle into their slide instead of committing fully by running at the ball carrier. This allows them to recover if the ball is moved immediately.
- The only time to fully commit is when you know you will be able to break up the play on the particular catch.
- The idea is to make the offense make as many passes as possible to possibly make a bad pass.

This is a great drill to end warm ups before games to get the players working on thinking and moving the ball as quickly as possible.

## 4V3 DYNAMIC



Set Up:

Set this drill up exactly as you did for 4v3 Static.

Running the Drill:

The difference that we have in this drill is that we are no longer staying stationary all of the time. In this drill I want to add some off ball movement. We run the drill just as we did with the 4v3 Static, but when the ball goes from O3 (in the above diagram) across to O2 and THEN down to O1, O3 will cut the middle of the field towards the ball carrier. At the same time as the cut, O4 begins to “float” back up to the top right where O3 was originally. O3 only cuts as far in as the near pipe and then backs away to the low right, always looking at the ball. This is a v cut and with the “float” by O4 creates a “cycle” on the backside of the play.

Offensive Stress Points:

- To get the ball to the low man (to allow the cut) the ball must be moved quickly from the top man. If the top man receives a pass, hesitates and then passes low, the defense has had time to suck into the middle and take away any chance of a feed to the cutter.
- Low men need to stay in passing lanes. This means when the ball is with O3, low man O1 should be tight to the crease and Low man O4 should be wide. As the ball moves across to O2, O1 should get wide and O4 should crash the back side of the crease. This allows them to stay in the passing lane in the open space between D1 and D2 as they are making their slides.

- Players need to learn to “Pre-Read” the defense before receiving the pass. This means instead of just watching the ball move around, he needs to be able to see the defenders and know if he has a skip pass opportunity before he receives the pass. If that is not possible he should immediately move the ball to the only open man which is usually the player he received the ball from. Usually players catch the ball, then look at the defense, then make a decision and make the pass. During the time it takes to make those decisions, the defense has made its slide.

Defensive Stress Point:

- On Ball man always call “I got Ball”
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- The only time to fully commit is when you know you will be able to break up the play on the particular catch.
- The idea is to make the offense make as many passes as possible to possibly make a bad pass.

This is a great drill to end warm ups before games to get the players working on thinking and moving the ball as quickly as possible.

## **4V3 WEST GENNY**

This drill is the same as 3v2 West Genny. If you have only learned the Static version then just use that. If you have learned the Dynamic version, then either version can be run. Make sure to split the teams up as evenly as possible skill wise. It is also very important to make sure the lefties and righties and the short and long poles (if applicable) are split up evenly as well.

Stress Points:

- Always bring the ball into the drill with a player that will be one of the top men
- Make sure the low men get to position quickly and not wait for the ball carrier
- Play stops when goal is scored or the ball hits the ground
- Last player on offense to touch the ball is out and the other three get back and play defense immediately
- Lefties must always be on the left hand side of the field as stated in the drill

This is a great drill to run and keep score. It is a great team building drill.



## **HALFY GROUND BALLS – LACROSSE**

This is similar to the Skip and Scoop Ground Balls drill. The difference is that you only have half as many balls as there are players. Spread the balls and players out. Once the whistle blows players immediately try to pick up a ball. A player that gets to a ball immediately picks it up and gets his head up to pass the ball to a player that does not have a ball. All players should have their head up and look for open lanes both for passing and receiving. Players without balls should try to alert someone picking up a ball that they are open by calling their name. Once the pass is made and completed, the ball should be dropped, and each player should either look for another ball to pick up or look to receive a pass by calling someone's name. Players are not allowed to throw a pass to, or receive a pass from their most recent partner.

Run this drill for about 2 minutes. It is important for the coach to keep the energy going by attending to players' form, and reminding them to communicate loudly. Without the coach being vocal, the energy in the drill can fall off quickly. We are looking for the players to really work on getting the ball up and out of their stick as quickly as possible.

## **HALFY GROUND BALLS – HOCKEY**

This drill is run just like Halfy Ground Balls, but each player is to flip (or "goose") the ball to open space before picking it up. Too often in youth lacrosse players are bunched up trying to pick up the ground ball. When there are multiple sticks in at the ball, it is best to get the ball into open space and go after it. This is particularly effective on a face off where there typically are not many players around the ball.