

Navarre Lacrosse Practice Plan

Duration: 1 hour 45 mins

Time	Activity
10 mins	Run & Stretch
10 mins	Line drills (passing, over the shoulder, ground balls, dodges)
30 mins	Stations These drills should focus on concepts that are common to all playing positions: defensive positioning, dumpster tag, passing on the run, 1 v 1, 3 v 2, boxing out, etc... Try to have 2 stations or more operating simultaneously, then switch after 15 mins
10 mins	Water break
15 mins	Position specific drills Defense: clearing Middie/attack: fast breaks, sweeps, pass & pick plays
30 mins	Scrimmage (5 v 5 half field if split teams, 7 v 7 full field if combined)