

Tyke, Paperweight, Peanut

Box lacrosse



Practice Drills

Welcome to the Kawartha Fury Lacrosse Coaching fraternity.

This year we are stressing a number of things .First and foremost is safety hitting from behind and high sticking will not be tolerated

Secondly we must make it fun for the players

Thirdly we would like to try and use the drills in these packages as training drills as they will stress the proper techniques that lead to good players

I would like to make myself available to all the coaches if they have any questions .Feel free to email me or come and see me at the arena .I will make time to listen and help as best as I am able .If I don't have a answer I will find one and get back to you.

I would again like to stress that we are all about fun and great times .Lets make 2012 the best year for lacrosse in Kawartha Lakes and make the players of this year lifelong lacrosse players

Andrew Maechtel

Technical Director Kawartha Lakes Fury Lacrosse

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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 

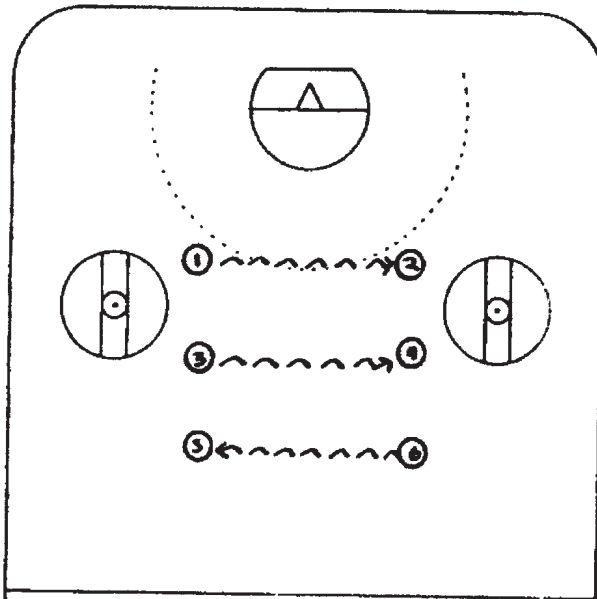
Pick 

Defensive Player 

Offensive Player  OR 

Coach 

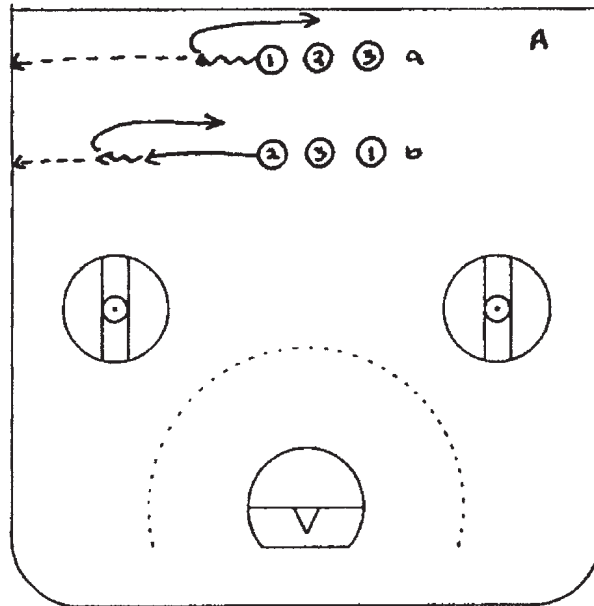
PARTNER ROLLS



- 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

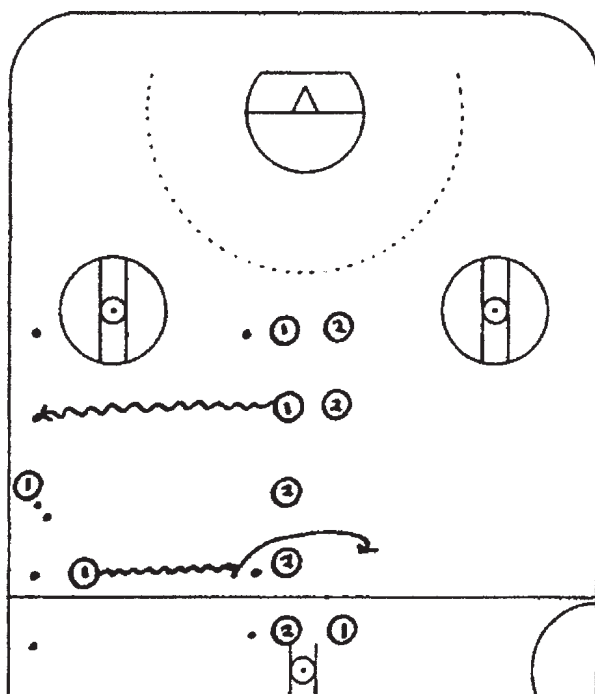


(A) Throwing rebound

- 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

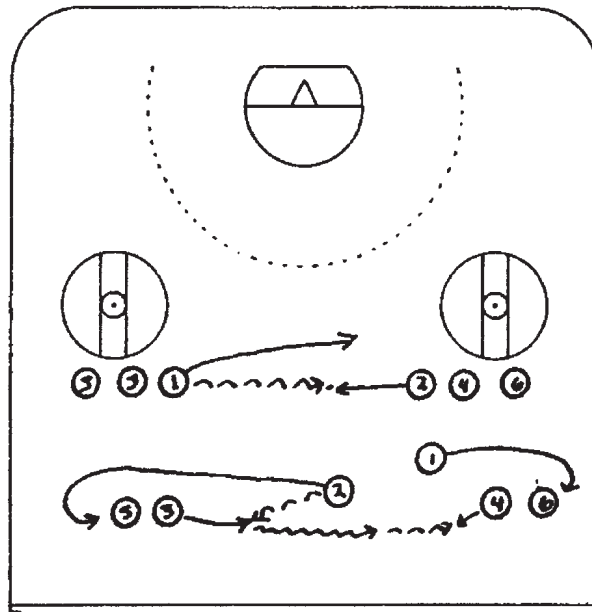
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STATIONARY PARTNER LOOSE BALLS



- 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

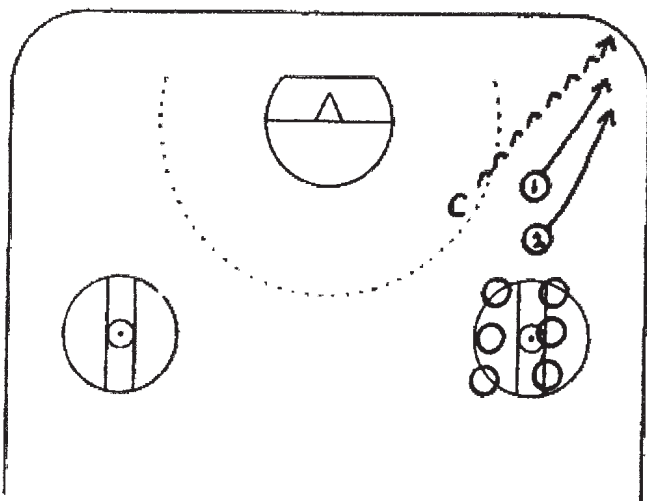


- in turn each player moves towards the ball rolled from the opposite line, picks it up, and rolls it back to the next player.

- After rolling the ball back, the player sprints to the end of the opposite line.

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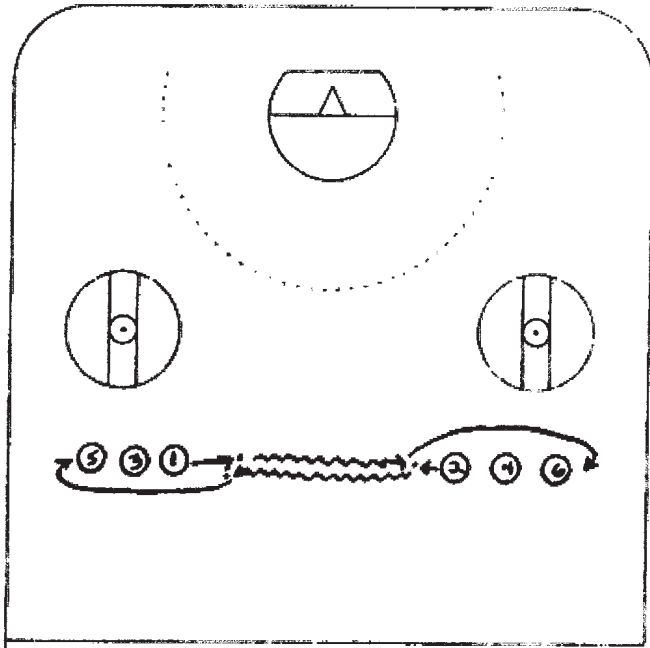
HEAD START



- 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

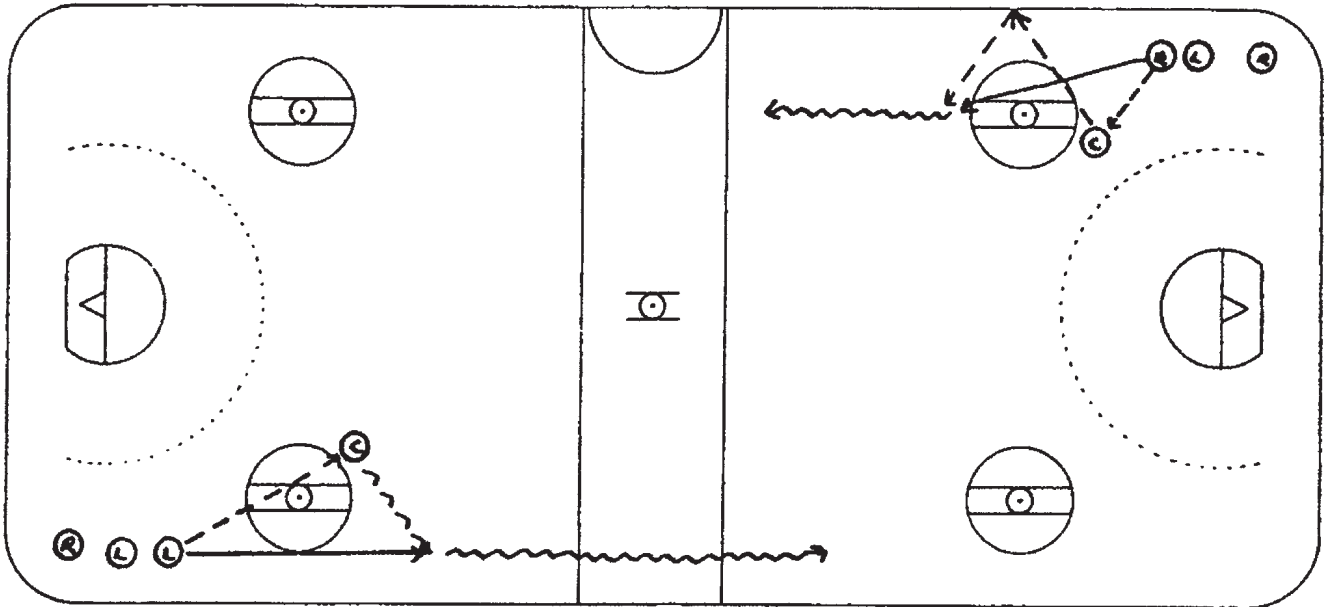
STATIONARY LOOSE BALL SHUTTLE



- #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

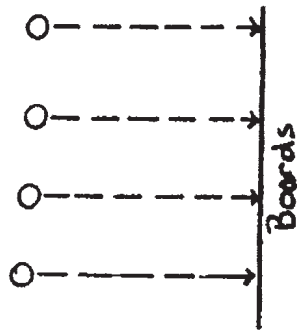
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LOOSE BALLS



- 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.

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

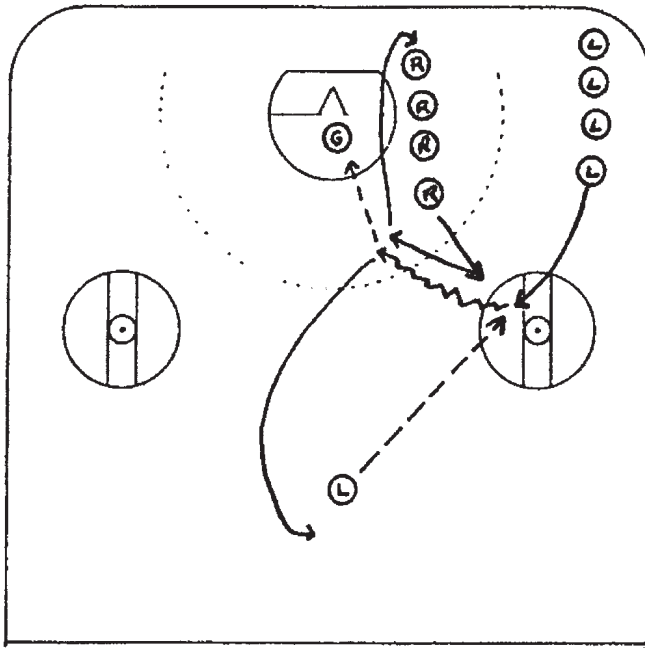
- in order to improve passing accuracy, receiving players should present a target while the passer attempts to hit it.

- 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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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

Lacrosse Drill Resources

<http://www.fundyriptide.ca/pdfs/coaches/Practice%20Drills.pdf>

<http://www.weymouthyouthlax.com/Page.asp?n=20540&org=weymouthyouthlax.com>

<http://www.howtoplaylax.com/BEGINNER/BEGINNER/HOW%20TO%20PLAY%20LACROSSE%20BEGINNER%20DRILLS.html>
www.simplylacrosse.com/lacrosse-drills.html

[http://www.playsportstv.com/major-league-lacrosse/chris-eck face-off-basics](http://www.playsportstv.com/major-league-lacrosse/chris-eck-face-off-basics)

<http://lacrosse-drills.blogspot.ca/>

<http://www.northportlax.com/pdf/coaching/LacrosseDrills&PracticePlans.pdf>

<http://tlppower.wordpress.com/201102/09/great-warmup-drill-for-box-or-field-lacrosse-video/>