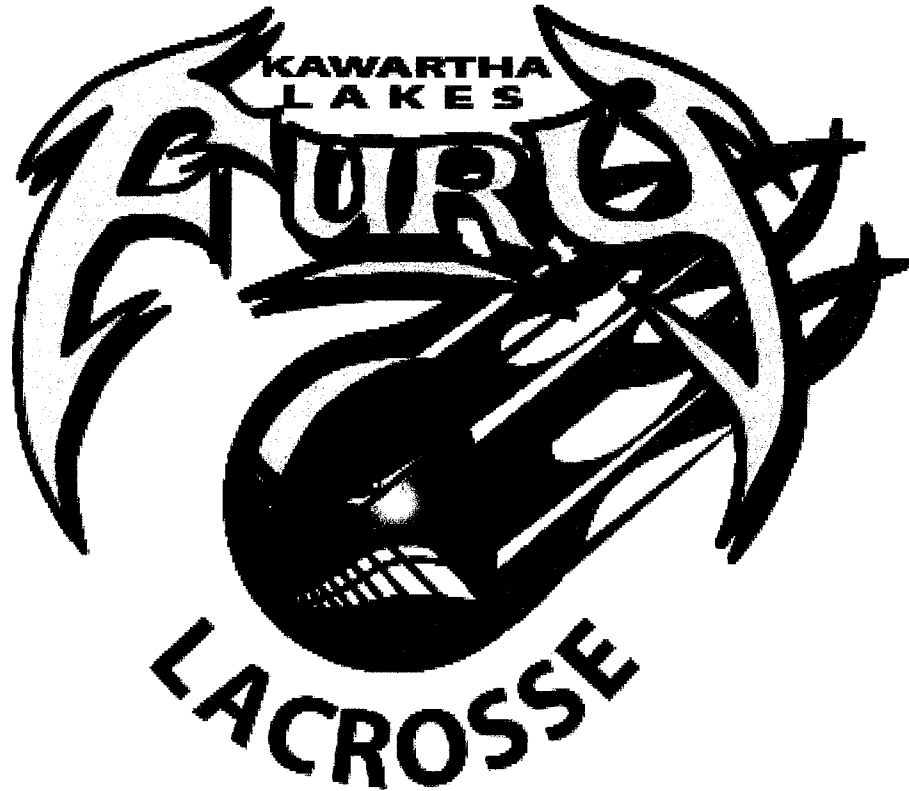


midget Rep H/L
Novice & Pee wee Rep

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

Drew_man54@hotmail.com





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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 

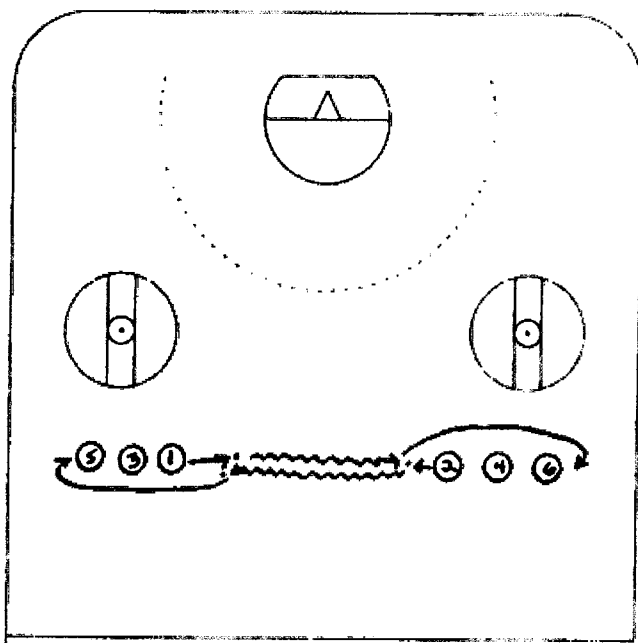
Pick 

Defensive Player 

Offensive Player  or 

Coach 

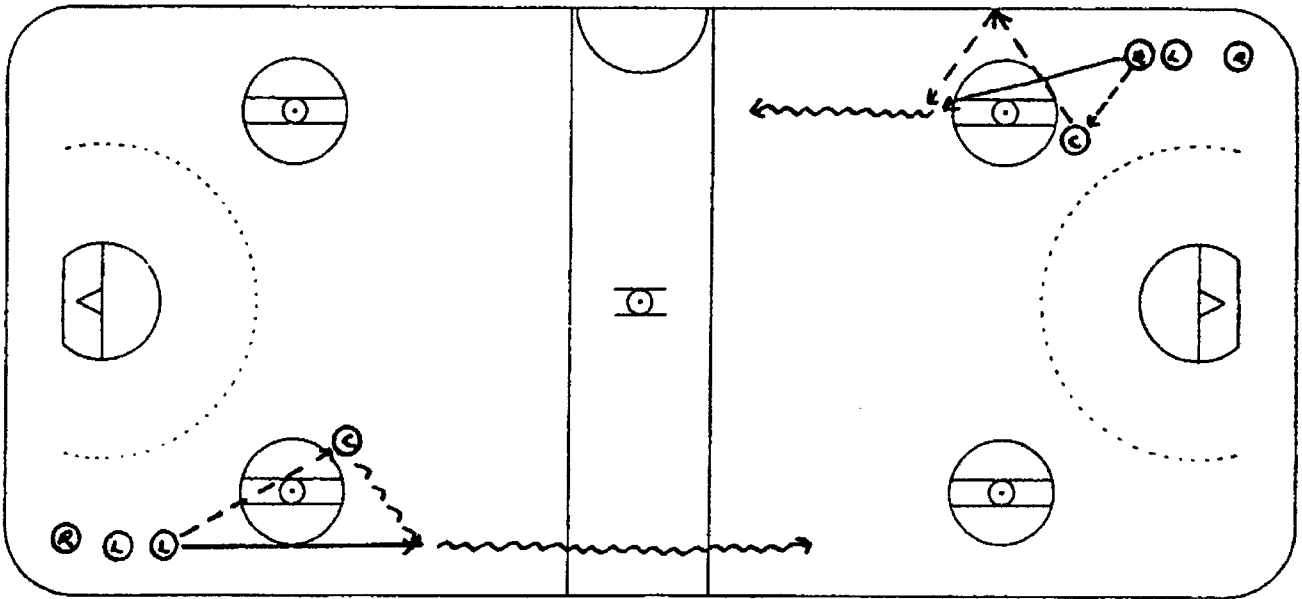
STATIONARY LOOSE BALL SHUTTLE



- #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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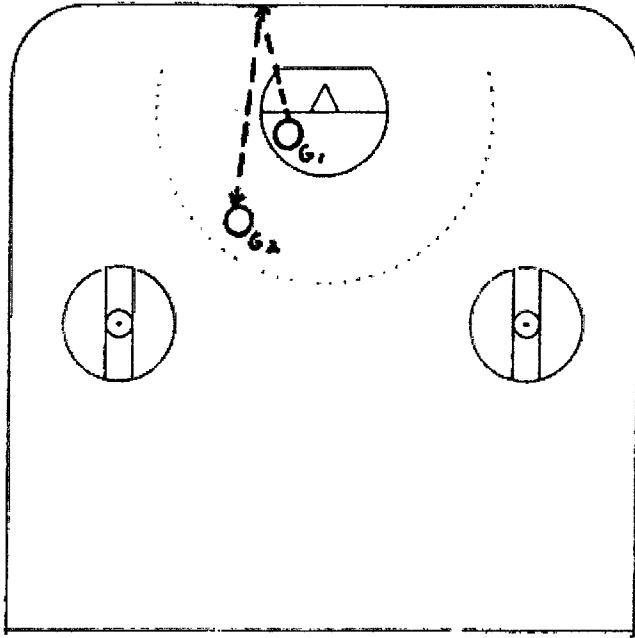
LOOSE BALLS



- 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.

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GOALTENDER LOOSE BALL DRILL

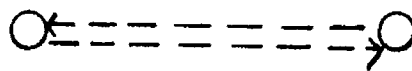
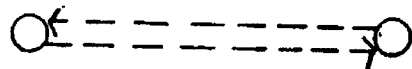
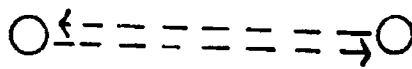
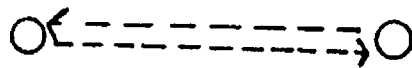


- Goalie shoots ball off backboards - goalie (2) picks ball off and repeats.

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

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STATIONARY PAIRED PASSING & CATCHING



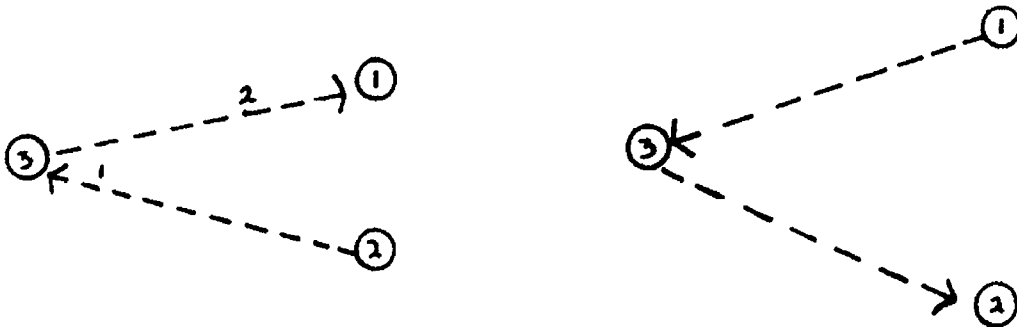
- each pair with a ball

- 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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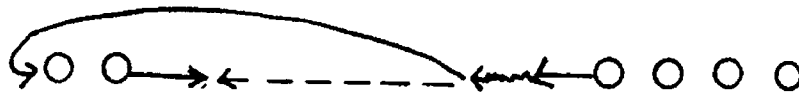
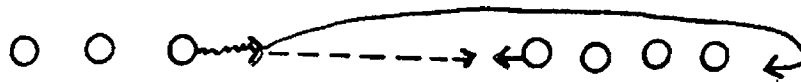
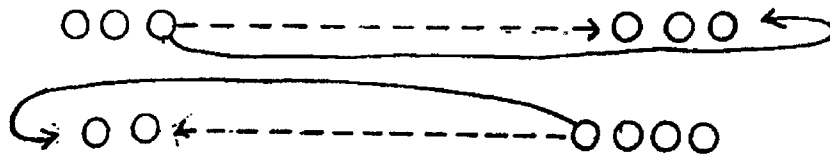
STATIONARY DIAGONAL PASSING & CATCHING



- 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

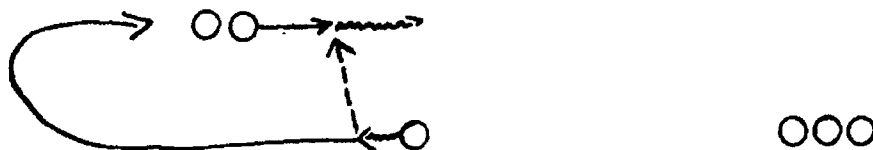
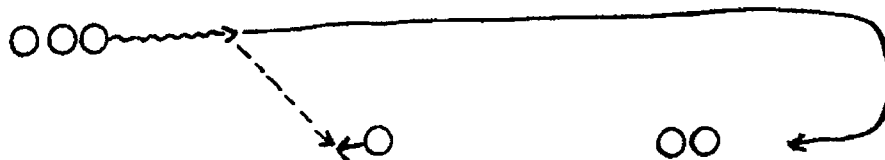
- DRILL (B)**
- same as drill (A) except runs a few steps before passing the ball

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

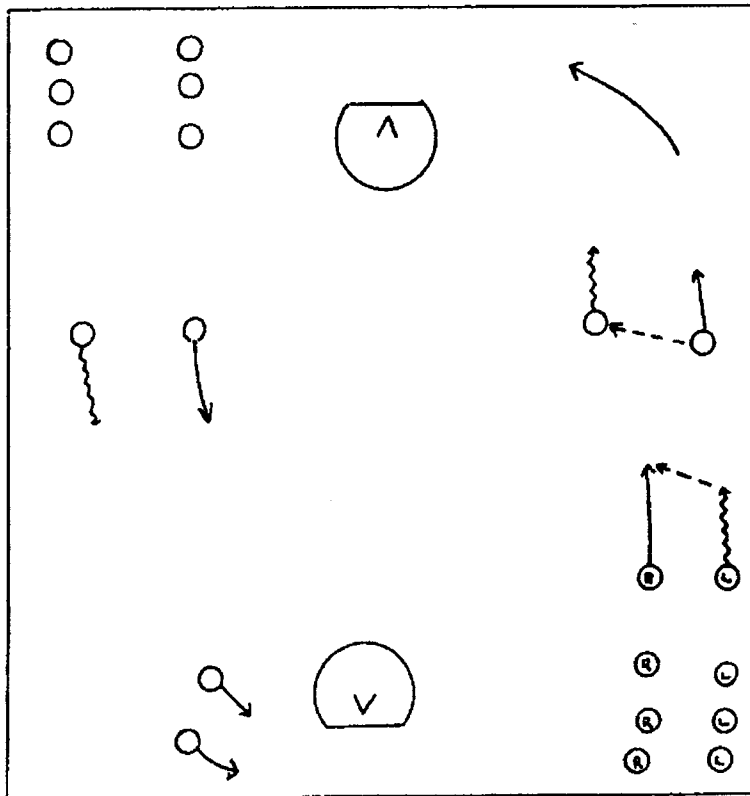
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STAGGERED SHUTTLE



- 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

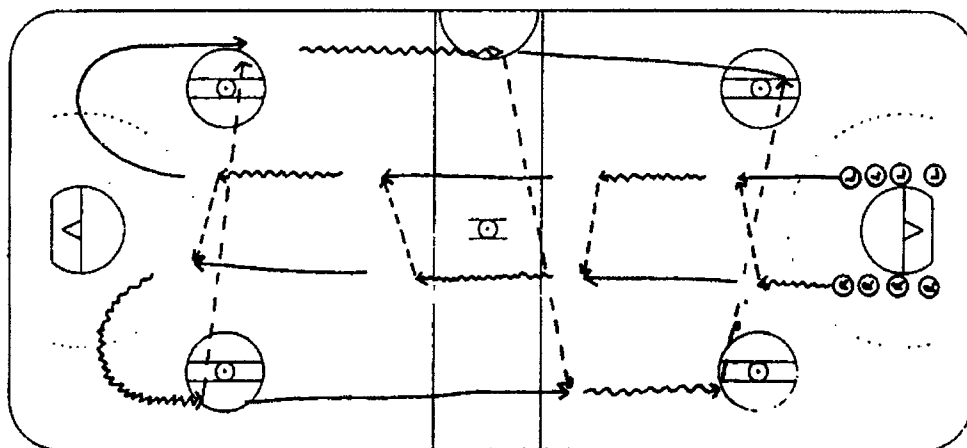
MOVING PAIRED PASSING & CATCHING



- 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

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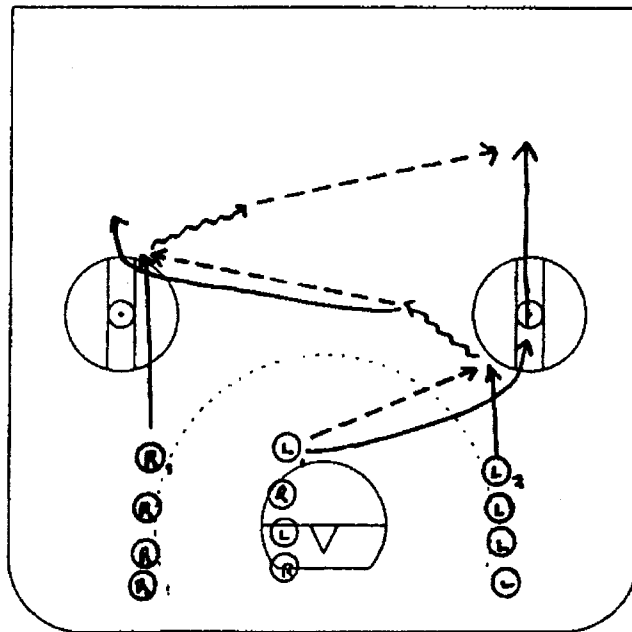
MOVING PAIR PASSING (ADVANCED)



- 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

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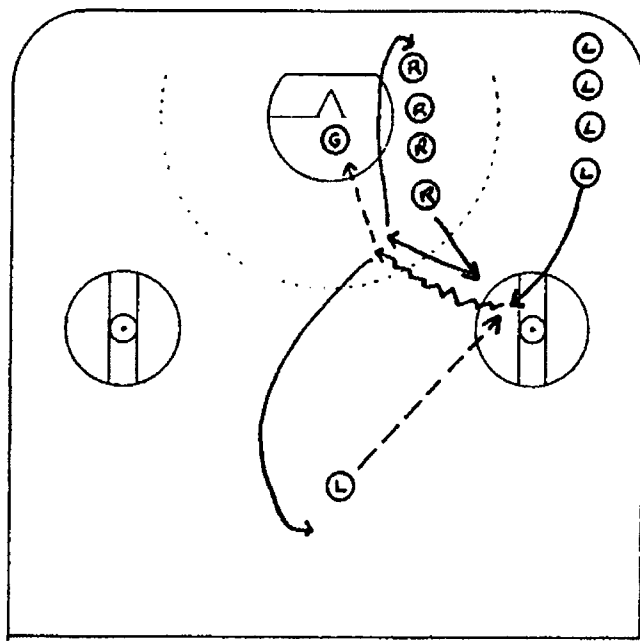
THREE-MAN WEAVE



- 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)

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.

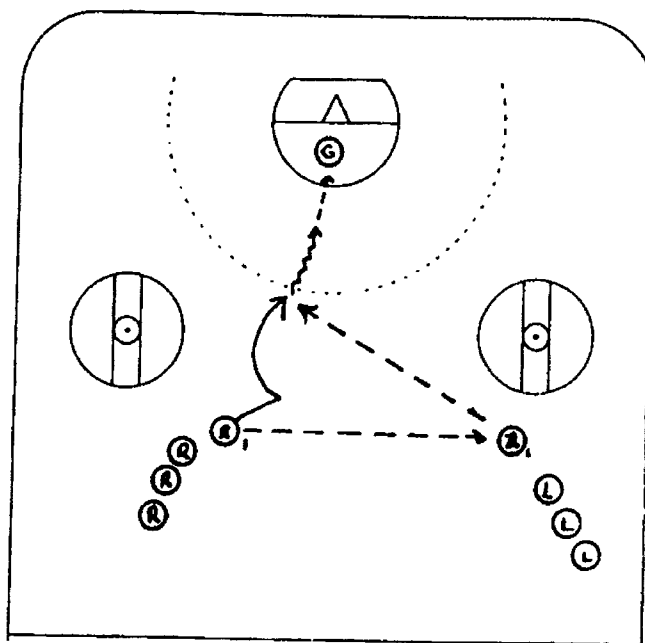
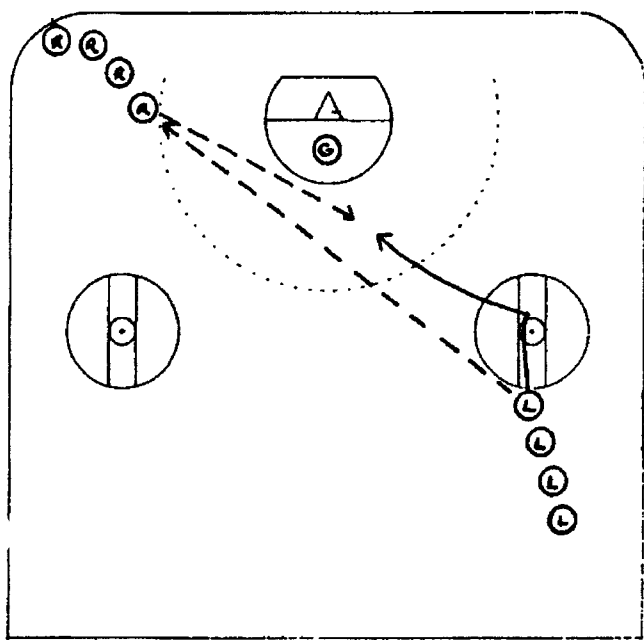


ONE ON ONE

- 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

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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.

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://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/>