



Coaches Training – 1st & 2nd grade division

Great online resource with skills and drills for every age/level player, including very beginners!

[Lacrosse Drills and Practice Plans \(oakvillelacrosse.com\)](http://oakvillelacrosse.com)

US lacrosse “mobile coach”: <https://www.uslacrosse.org/coaches/mobile-coach>

Plus this resources created over time by our board member coaches!

Concepts & Drills

Stickwork

Concepts: How to hold the stick, cradling, passing/catching. Step with opposite foot, point the laser to target, elbows up, push/pull motion, follow through, rainbow pass, ask for the ball, give with it to catch.

Drills:

- Any eye hand coordination drill-make it FUN!
- Red light green light with cradling
- Sharks and Minnows
- Follow the leader
- Coaches Call
- Freeze cradling with music
- Partner passing
- Zipper Race

Shooting

Concepts: step with opposite foot, dodge (anything to do to get around a defender), don't shoot too far out, bottom hand up-point to the target, elbows up, push and pull. Bottom elbow punch back.

- Create any pattern of passing/dodging to a shot (be creative)

Groundballs

Concepts: Going away: getting low (both hands and body), “shovel”, choke up, pull to protect. Coming to: watch ball into stick, pull in to protect, box out. Run through the pick up, don't stop.

Drills:

- Hungry hippos!

- Competitive GBs
- 1v1
- 2v2 around cage
- 1v2 to goal
- 3 man groundball elimination
- Grub drill in front of cage
- Circles around crease to GB

Dodging

Types: Roll, Stop and go, change speed, change direction, change hands, protect the ball.

Drills:

- Dodge the cones (multiple cones)
- Dodge and shoot

Attack

Concepts: spread out, pass and move through, balance out, getting free from defender, introduce “cutting” – go to goal, not shooting into defender

Defense

Concepts: Goal side, ball side, stick to stick “shadow”, 3 second defense, stick up, arms out.

Practice ideas

Practice 1

- “get to know you” activity/ice breaker/game
- brief intro to all 4 skills:, cradle, throwing/catching, groundballs
- (how to hold stick, positioning of hands, body)
- Fun game
- Team names, pinnies

Practice 2/3: Skills

- More practice: Cradle, throw/catch, groundballs
 - Teams split in 2 if they have 2 coaches available (divide skills and switch...)
- Fun games (hungry hungry hippos... contest: how many catches each pair can get...)
- Game rules

Practice 4: Offense (passing)/Defense

- In teams, split if possible
 - Review concepts

- One coach offense/passing/asking for ball/moving, one coach defense (shadowing, footwork), switch
- Scrimmage within own team (20-25 min)

Practice 5: Field Positioning & Shooting

- In teams, split if possible
 - Review concepts
 - One coach offense/defense/cutting, one coach shooting, switch
- Scrimmage within own team (20-25 min)

Practice 6: fun games/scrimmages

- And anything you have left to cover (or in response to the last game)...

Drills/Skills/Etc. (by session)

Session 1:

- Get to know each other. team name, etc
- Is my stick the right length? How do I put all my gear on? Mouthguard in sock when not in mouth (less chance of it on the ground or lost). How do I hold my stick? (right or left handed)
- Groundballs – bend knees, foot next to ball, both hands DOWN, touching the grass, move through the ball
- Cradle – not ear to ear anymore.
- Throw – make a “rainbow” (arch from behind head to target, not down to ground)
- Catch – stick upright, “give” with the ball, no pancake pass

Session 2/3:

Same 4 skills, enough time and focus to physical put girls in the correct position for each

- 1. Scoop 2. Cradle 3. Catch/Throw
 1. GBs. Hungry hungry hippos – lots of balls in middle (more than you have girls), girls split into 2 groups. Two home bases (small area designated as each teams’ “goal). Blow whistle, girls all run out and scoop balls, one at a time, and bring back to base. Team with most when all balls are collected wins.
 2. CRADLE.
 3. CATCH/THROW. Contest – in pairs, see how many consecutive passes they can get, start close, move back.

Session 4: Offense/Defense

- Offense – idea of passing (they will need 3 before shooting when they get to games), and cutting or simply moving towards open space, not following the ball or the girl with the ball...
 - Star drill- Girls ask for the ball with stick up and facing out, don't start “cutting” until the girl with the ball actually has the ball and is looking to pass
- Defense – “shadowing”. Have girls pair up. One has ball and is practicing cradling on the move, other shadows her with her stick up and a foot or two away from her partners. Have them move slowly to get the hang of it, not run away from each other. They should practice moving forward, backwards, side to side...
- Leave time to scrimmage – very basic and teach them the 3 pass rule, spreading out, watch for cutting, not following and defense.

Session 5: Field Positioning & Shooting

- Field positioning – set up the field and have girls move through positions. Talk about offense and defense and how you use the whole field and line up that way at the start (not like soccer)... introduce the draw
- Shooting. Talk about the differences between a shot and a pass (shot is harder, faster, can release lower and bounce...) Drill can be just a semi-circle around the goal and take shots, or line of girls to receive one pass from you and then shoot.
- Leave time to scrimmage – add in the concept of positions, now you have a real “job”