



## Coaches Training - 3/4<sup>th</sup> & 5/6<sup>th</sup>

Great online resource with skills and drills for every age/level player:  
[Lacrosse Drills and Practice Plans \(oakvillelacrosse.com\)](http://oakvillelacrosse.com)

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

Plus this amazing resource created by stoga’s coach for our QS girls!

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### Stickwork

#### Drills:

- Partner passing with variation
- 3 man weave
- 3 man hamster drill
- 8 in the 8 with 4 balls
- Chaos drill
- Carolina Drill
- Box Drills and variations
- Castle Drill
- Alley passing drill
- Star Drill-adding D
- Wall Ball at VF
- Any eye hand coordination drills for girls struggling-make it FUN!

### Shooting

**Concepts:** step with opposite foot, dodge to get into position, fake, 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, “shovel”, choke up, pull to protect and accelerate. Coming to: angle for surface area, watch ball into stick, pull in to protect, box out, attack the ball.

#### Drills:

- Competitive GBs
- 1v1
- 2v2 around cage
- 1v2 to goal

- GB to an outlet
- 3 man groundball elimination
- Grub drill in front of cage
- Circles around crease to GB

## Dodging

**Types:** Face, Split, Roll, Stop and go, jump dodge, shuffle dodge. Remember “happy feet”—protect the ball, hard plant or squash the bug, seal off defender, north/south not east/west, accelerate. “Change your speed, change your direction”, stick protection.

### Drills:

- Dodge the cones (multiple cones)
- Dodging race
- Diamond dodging drill

## Attack

**Concepts:** spread out, pass and move through, balance out, pics, cutting—ask for the ball (one cutter at a time) going to goal HARD! 2 man game

### Drills:

- Man up/Man down drills
- 4v3 add a defender
- US Drill: 3v2, 4v3, 5v4
- 5v3 everyone touches before going to goal
- 3v2 from behind with limited space
- 5v4 from side with limited space
- Numbers attacking drill—each cone gets a number
- Calling out numbers: “3”—3 girls from each team run out to get gb etc.
- Calling out numbers: “32”—3 girls from line 1 and 2 girls from line 2 so 3v2
- 6v6v6 in center circle
- Speed Ball
- Settled 7v7

## 1v1 Defense

**Concepts:** athletic position on toes, knees bent, stick straight up (no cross check), communication terms. “Ball” “Help”, goal side, mirror her stick. In midfield, run with them, turn them into a teammate or force to the sideline (sideline is extra defender). Deny your player the ball.

### Drills:

- 1v1s around the 12m
- Gladiator defense
- Defense without sticks to work on footwork

## Team D

**Concepts:** Work on communication! Sag D or pressure ball, don't go behind, crash when ball is in the middle.

**Drills:**

- D inside 8 with eyes closed while attack passes around, on whistle attack can go to goal. D has to find the ball and mark up
- 4v4 or any match up: coach calls name, that player has to sprint to the 50 and come back in to find open player and mark up
- Any man up/down combo

**Fastbreak**

- 7v6 with trail from opposite 30
- 4v3 or any man up from 50
- Draw to 7v6 one way and 5v4 the other

**Draw**

- Draw control to possession to 3 passes
- 3v3 in box from a toss, make 3 passes

**Other drills**

Speed ball, continuous 3v2, 3v3 diagonal race

**Plays**

ISO-Hot

Cluster cuts-House

Post- 2 in center, pics off of each other

Carolina

**Things to remember:**

**MAKE IT FUN! Lots of competitions! MUSIC!**

**No more than 10min a drill, keep them moving!**

**Start off with a fun game or wall ball**