

Lacrosse – Bantam Team Practice

So ... You coaching a lacrosse team. You have a team roster, the equipment manager gave you a set of jerseys, a dozen balls, and some goalie gear. You've called your first practice. Eighteen eager young faces stare back at you. Now what do you do?

Here's a couple of practice ideas that will get you through the season. If you follow this pattern, everyone be sure to have a good time and learn a few things along the way.

Practice Structure

- 1. pair off passing the ball back and fourth. Why? Blood to muscles, eye coordination, warm up for the younger ones who have to chase the ball they didn't catch. Once all the players are on the floor,**
- 2. explain what you are going to do today. "Today we have an hour, we are going to do a series of drills including... at the end if we get through everything we will have a short scrimmage etc, we will take a couple of water breaks but only for 2 minutes each. Etc. If you have questions during the practice shout them out"**
- 3. start your working practice.**

Warm up

While all the players are on the floor in pairs passing back and forth you can actually start the practicing by getting the players to

- 1. move close together for "quick stick" practice and**
- 2. further apart for long throws. Have better players on the team? get them to**
- 3. 4 basic passing in the air, bounce, roll, flip**
- 4. switch hands. Include goalies. (experienced player)**
- 5. run couple of laps (always will a ball)**

NEVER STRETCH AT THE BEGINNING WITHOUT WARMING UP FIRST

Mother of all Lax drills (Give and Go)

- 6. 5+ man Shuttle**
 - Drop-p/u**
 - With Spin or fake**
 - Add defense (1 cross check)**
- 3-man shuttle**
 - speed**
 - accuracy**
 - good warm up**
 - add defense**
- 7. 4 corner pass**
- 8. 5 corner pass – 1 ball**
- 9. 5 corner pass – 2 balls**

10. Give and Go

2 lines – page 21+

3 line weave

Introduce Screen

Introduce Picks

Break-out

Transition

2 on 1

3 on 1

4 on 2

5 on 3

3 on 2

4 on 3

5 on 4 – Specialty Teams

Loose Ball

11. 1 on 1

12. in the corner

13. along the boards (L and R)

14. open floor

15. 2 on 2

winner on offence, looser on defense

winner on defense, looser on offence

16. Games (offence/defense)

Gain the Circle

Clear the Circle

Run the Weave

Run the Weave with Steer Check

Run the Weave with cross check

Run the Gauntlet (supervise carefully)

Stick length from boards

Can't move feet

17. 3 on 3

18. 4 on 4

in combination with

transition drill

defensive positioning

offensive drill

One On one Defense Drill

19. Positional play

Floor position

20. One On one Defense Drill

Set up the House

- Checking inside the 24ft. vs. outside
- 21. Get back
 - Man to Man
 - Sag Defense
 - Checking inside the 24ft. vs. outside
 - Get back when to fore-check
 - Transition
 - Short man

Four Corner Passing

- 22. passing the ball around a square.
- 23. 2 players at each position. Pass, follow the ball and go to the end of the line.
- 24. Change directions.
- 25. Move the square closer together, farther apart.
 - Make them wait to catch the ball then sprint a short distance then pass.
- 26. Catch on the run.
 - Catch over the shoulder (have you taught them this yet? At the beginning of the practice with players passing back and forth have them catch over the shoulder in a stationary position)

Pick & Roll

- 27. Start with the basic. Here is what it looks like when you are picking the ball carrier. Progressions: (24 variations)
- 28. Pick at the top and roll.
- 29. Pick in a corner and roll.
- 30. Pick and roll & receive pass to shoot from all those locations.
- 31. 2 on 2 pick and roll from all locations.
- 32. Pick & roll off the ball.
- 33. Lose ball in corner Pick & roll, shot.
- 34. 1 set motion offence

The Weave

- 35. Run the Gauntlet.
- 36. Run the Gauntlet against the wall.
- 37. Have the line moving (slow jog) while the ball carrier sprints through the weave, players about 8 feet apart (make sure they all have a ball).
- 38. 2 on 2 half floor
- 39. 3 on 3 half floor
- 40. 4 on 4 full floor

Shooting

- 41. Combine with Goalie coaching
- 42. Overhand
- 43. Bounce

- 44. Stationary
- 45. On the run

Breaking Out / Transition

- 46. Goalie makes save and passes to player at face off circle who runs to the other end. Add defense? Passes?
- 47. Defense sets up the house. You walk then through where they go when the goalie makes a save.
- 48. 2 to the face off circles (1 on each side) one center of the defensive end half way to center of floor,
- 49. 2 fast breaking. Goalie passes up the sides! To the face off circles. 2nd pass should hit the center face off area. 3rd to one of the other players up floor. This is the 3 pass, fast break. By the end of the year your team should be doing this.
- 50. Matching up
- 51. Man to man

Conclusion

- 52. run (with ball) Not more than a couple of minutes for bantams
- 53. wind sprints (with ball) Not more than a couple of minutes for bantams
- 54. stretching at centre floor
- 55. talk about next game/practice
- 56. socialize

HAVE FUN and the players will too.