

Intros

Ground Ball Technique

Back Hand Low, Top hand on plastic, scoop through, etc
Go to space. Ball release

Drills

Sully 1 on 1 GB drill attack 2 on 1
Butt to butt
Box out
Old School man ball - add on with breaks, etc.
2 lines BG with quick dodge

STICKWORK... Warmup and technique

Push Pull passing catching

Drills

catch 1 throw 2
Partner passing up field. Hips forward twist torso
Move to front of Cage

Drills

2 lines Banana Curls
Catch on move shoot o hand low and away
Scoop and shoot same
Give n go
scoop give n go
catch on move. Plant roll shoot

Drills

Explain O shoulder and purpose
Top of box 2 lines. O shoulder on move across to shot low away
Same drill w/ give go added

Drill

4 cone in tight. Need 2 coaches
Player gets gb then head up feeds cutter then cuts off cone

SHOOTING

Show technique. Hand placement. Etc..

Drill

cones on top. Split dodge into shot on run Over goal
Move 2nd goal..split dodge feed across field
Time and room over goal. Focus on footwork
Hitch fake shoot on run
split dodge attack goal

Drill

EXPLAIN 2-3-1 OFFENSE and how this drill applies
Single line balls w/ coach. Dodge cone curl back hit player top o
line and he drives and shoots

Drill

4 corner Mids drive hard and feed cross cage to attack
attack finishes. Next att feed mid for time and room

DODGES

From attack side Split, Roll, Q, inside roll
Show 5 cone dodging drill

TRANSITION DRILLS

- 5 line up top
- 5 line (3 v 2) with wing lines low
- 4v3 in box at corners
- 2 on 1 simple..make decision and find space

- Using 2 goals
- 3 on 2...2 on 1 back
- 3 on 2 both ways West genny drill
- 4 on 4 on 4 will explain(3 teams of 4)

4 on 4 Half Field

- Great way to teach everything
- Have def slide quickly. Forces players to move ball and throw back

CLEAR AND RIDES-

Team Defense- Don't chase wide. Stay in tight.

GOALIE PLAY - I have a handout and can do a quick over view

RESOURCES ANY COACH CAN USE

<http://video.kudda.com/sports/boys+lacrosse>

<http://www.youtube.com/ndlaxtv>

www.riteintherain.com/ Great stuff for waterproof paper