



**USA**<sup>TM</sup>  
**LACROSSE**

# 12U BOX LACROSSE PRACTICE GUIDE



## Practice 2

Drills and Plans for Running Box Lacrosse for Ages 9 - 12





## **BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS FOR RUNNING BOX LACROSSE FOR 12U**

(AGES 9 - 12)

### **Our Mission:**

As the governing body of lacrosse in the United States, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.

### **Our Vision:**

We envision a future that offers everyone a lifelong opportunity to enjoy the sport of lacrosse.

### **About Box Lacrosse:**

Box Lacrosse is played inside the confines of a multi-sport rink. Each team has six total players on the floor to start a game with five runners and one goaltender. Players rotate on and off the floor in shifts to play offense by trying to put the ball in their opponents' goal and play defense by preventing their opponents from scoring on their goal.

### **Rules:**

USA Lacrosse publishes a Box Lacrosse Rulebook annually, found online at [usalacrosse.com/box-rules](https://usalacrosse.com/box-rules)

### **Insurance:**

The USA Lacrosse Member Insurance Program applies whether the lacrosse games or activities are held outdoors or indoors, as long as the established rules approved by USA Lacrosse are enforced. For box lacrosse, USA Lacrosse Box Rules must be followed without modification.

### **Proper Equipment for Players:**

These practice plans require players to be properly equipped with the right equipment. Within the USA Lacrosse Box Rules, Rule 28 Protective Equipment and Rule 29 Goaltender Equipment outline the mandatory equipment that players must wear.

For more information, review the USA Lacrosse Rules and review the latest Equipment Guide that can be found at [usalacrosse.com/equipment](https://usalacrosse.com/equipment)

**For more Box Lacrosse Coaching Resources, Please visit:**

**[Laxlife.ca](https://laxlife.ca)**

# BOX PRACTICE PLANS

## Practice #2 – Basic Stickwork and Footwork



**Age Group:** 12U

**Resources:** Lacrosse Box, Lacrosse Balls, Nets, Tape, Universal Screwdriver, Hacksaw, Zip Ties, Helmets & Gloves, Sticks, Pylons, Whistle

**Pre-Practice:** (20 min - Optional): How To Create And Maintain A Usable Stick  
Demo: Demo Stick Stringing

**Post Practice:** (40 min - Optional): Prearranged BBQ with the families on the team

**Reminders:** Goaltending Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/goaltending>  
Dynamic Warm Up Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>  
Cradling Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/cradling>  
Passing/Catching/Shooting Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/stickwork-passing-catching-shooting>  
Static Stretching Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Static-Stretches.pdf>

**4 Phases of a movement:** Preparation (1), Force Production (2), Critical Instant (3), Follow Through (4)

### Diagram Key



Ball Movement



Player Movement



Screen Movement



Players



Goalie



Coach



Balls



Cones

## Introduction

**Drill Duration:** 3 mins

**Description:** Huddle (Circle at Centre-Floor):

- Circle at center floor
- Land Acknowledgement
- Rehash (1 min): skills learned last practice
- Discussion (2 min): "Hard Work/Perseverance"
- Come up with an appropriate word, as a team, for a team cheer



## GOALTENDING DRILL #1: Goalie “Stance” & “Rebound Control”

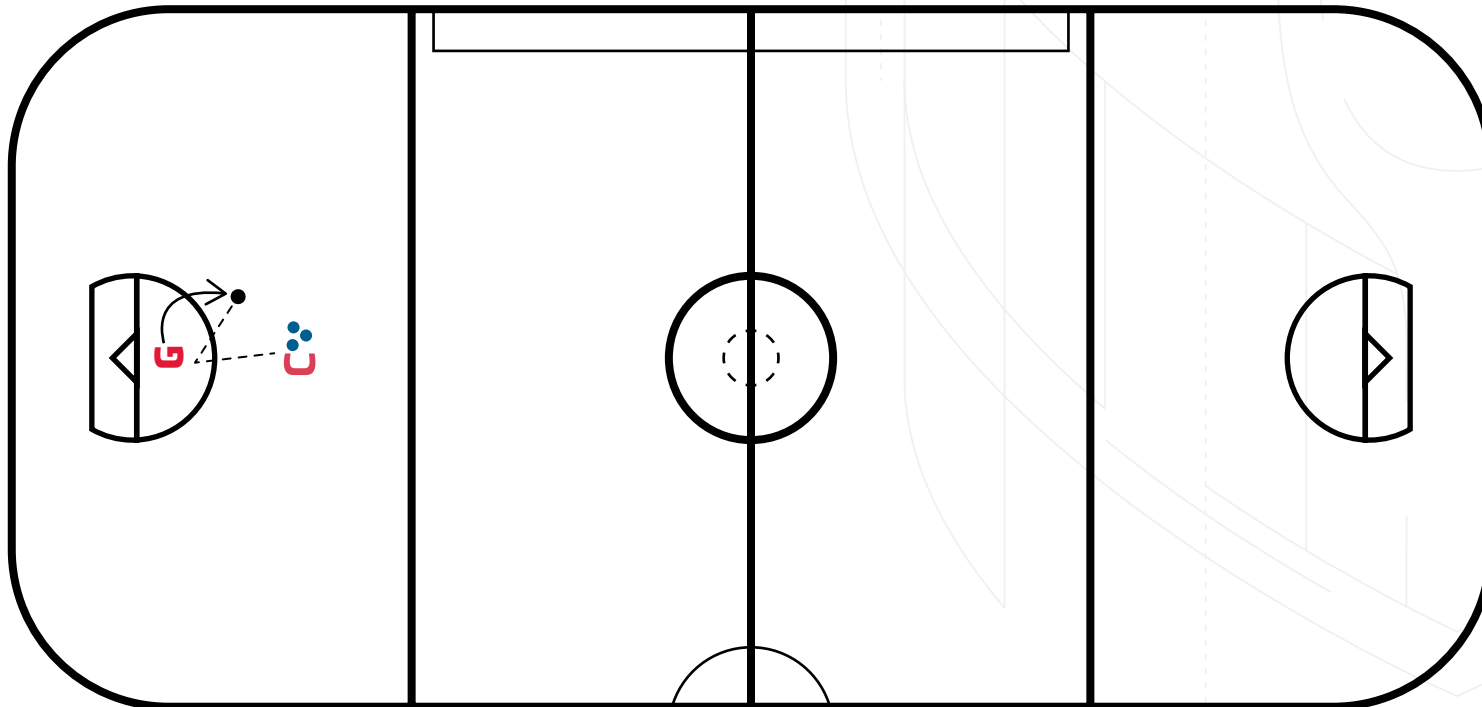
Drill Duration: 10 min

Description: Variation #1A: “Corner Specific”

- Demo (2 min): “Goaltending” (See Fundamental Skill Analysis)
- Shoot on the goalie from different angles around the perimeter.
- The coach tells the goalie which corner they will be shooting at (5-10 shots per corner) prior to starting the drill and when switching between chosen corners (emphasize good goaltending technique).

Variation #1B (5 min): “Different Angles” (Goalie Trap & Scoop)

- Shoot on the goalie from different angles (and release points) around the perimeter, switching to inside shots after shooting a few shots from each of the 5 different angles.
- Instruct goalies to trap and scoop any rebounds that land close by the front of the crease (two-handed).
- Goalies should then bring the ball up into the throwing position ready to transition the ball as quickly as possible, passing the ball back to the coach (who moves around acting like an outlet pass).
- \*\*Run this drill simultaneous to drill #3 & #4\*\*

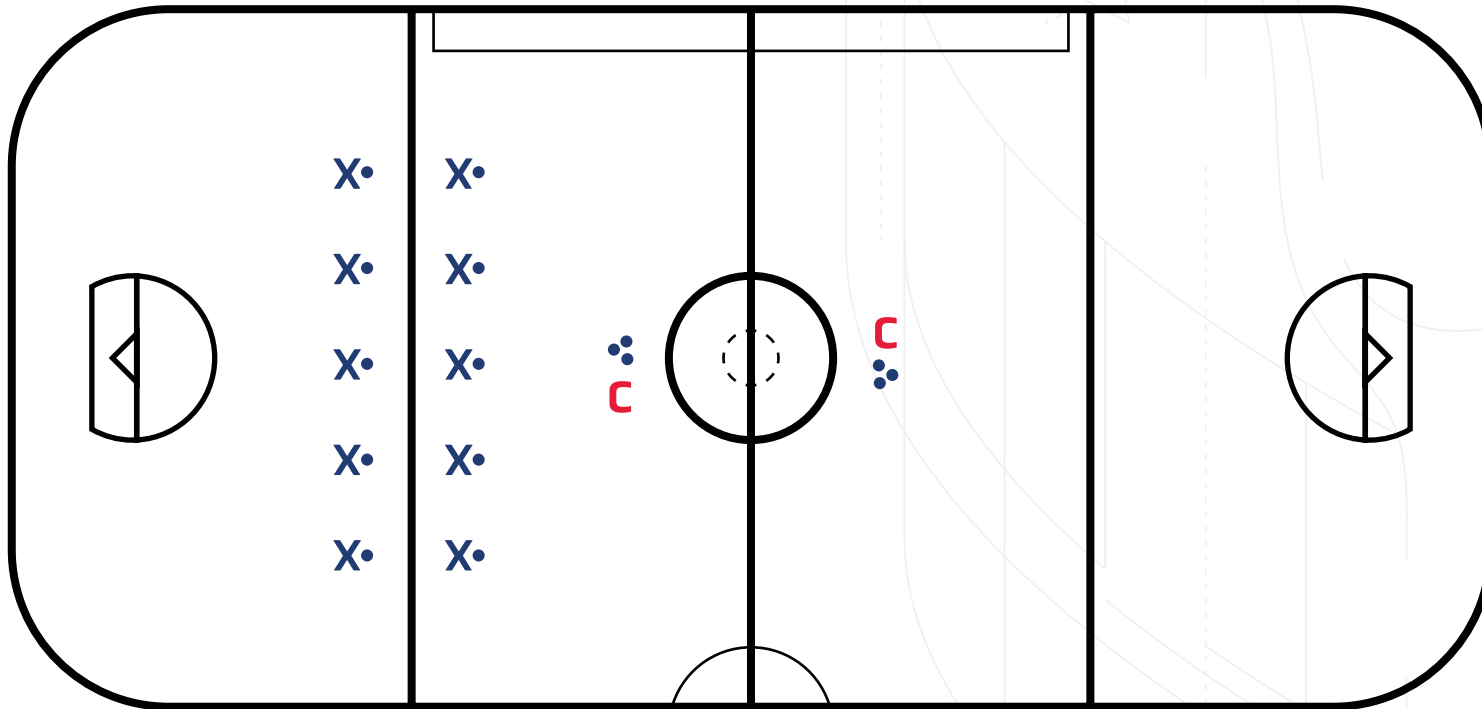


## CRADLING DRILL #1A: Stationary Cradling

Drill Duration: 5 mins

Description: Variation #1 (2 min): "Stationary Cradling"

- Demo (1 min): "Cradling," "Ball Protection"
- Have players stand (with nobody else within arm's length) as a group, holding the stick on whatever side of their body feels most comfortable, with a ball in their stick.
- From a stationary position, have players practice the two-handed cradling technique, as described in the Cradling Skills Analysis.
- Build up to walking around while cradling, emphasizing the coordination of timing your stride with your cradle.
- Most common error = bottom hand cradling
- \*\*Run this drill while other coaches warm up the goalies in drill #2\*\*

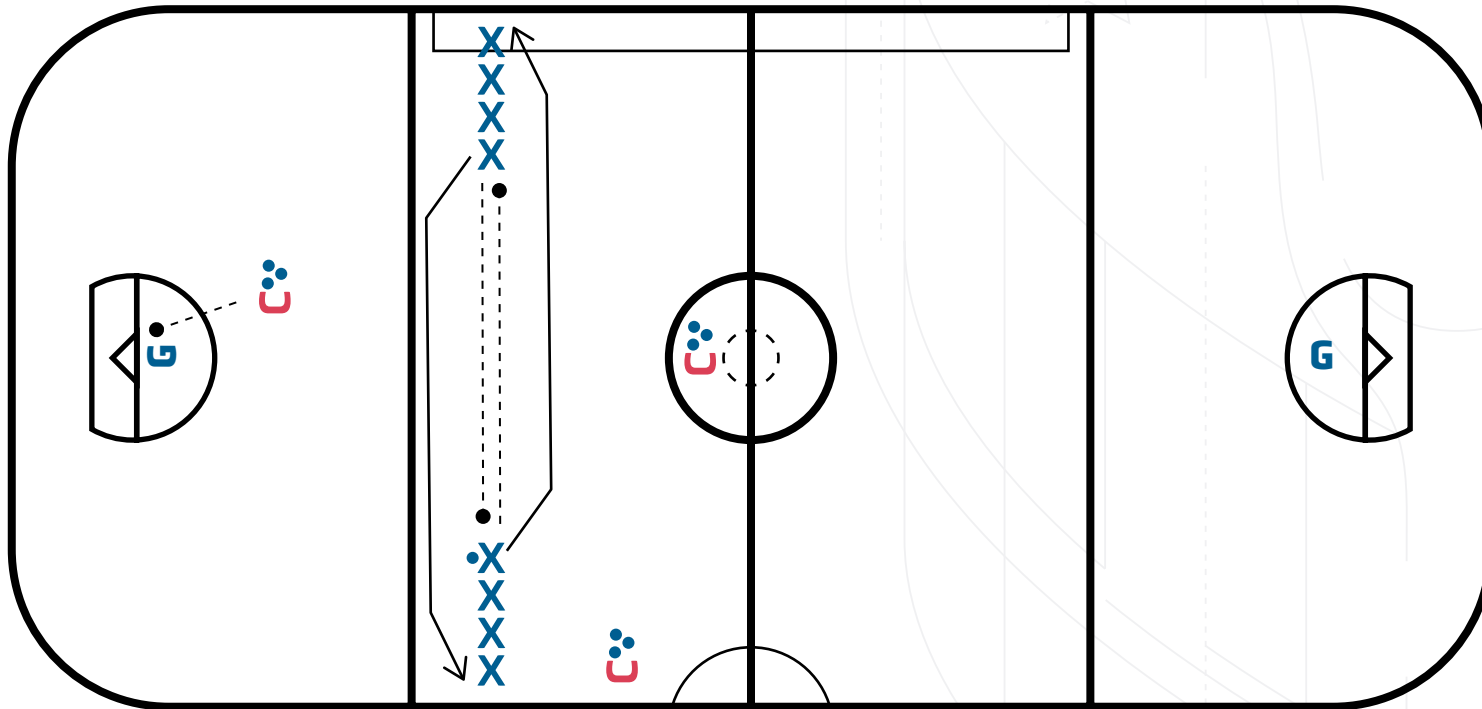


## WARM-UP DRILL #2A: Line Shuttles (Straight & Traffic)

**Drill Duration:** 2-5 mins

**Description:** Variation #1B to #1C & #2A: "Loose Ball + Passing Shuttle" (Scoop + 1Up/1Down + Straight Passing)

- Have players lined up in two lines facing each other (approximately 15 yards apart), near the shooter positions, in one or both ends of the floor.
- The first player in each line begins with a short run forward (one being in possession of the ball), being sure not to leave too early (which can disrupt the timing of the drill).
- In Variation #1B (2 min), players roll a loose ball to the line across from them, then run to the back of the line that they rolled it to. There's also the "one up, one down" variation, alternating between a pass and a loose ball (Variation #1C - 3 min).
- In Variation #2A (5 min), players pass the ball to the line across from them, then run to the back of the line that they passed it to.
- \*\*Run this drill while other coaches warm up the goalies in drill #2 (after drill #3)\*\*



## Dynamic Warm-Up

**Drill Duration:** 5 mins

**Description:** Dynamic Warm-Up:

- Introduce “stationary dynamic stretching” routine, <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>
- Show goalies the static stretch routine
- Water Break = 1 min





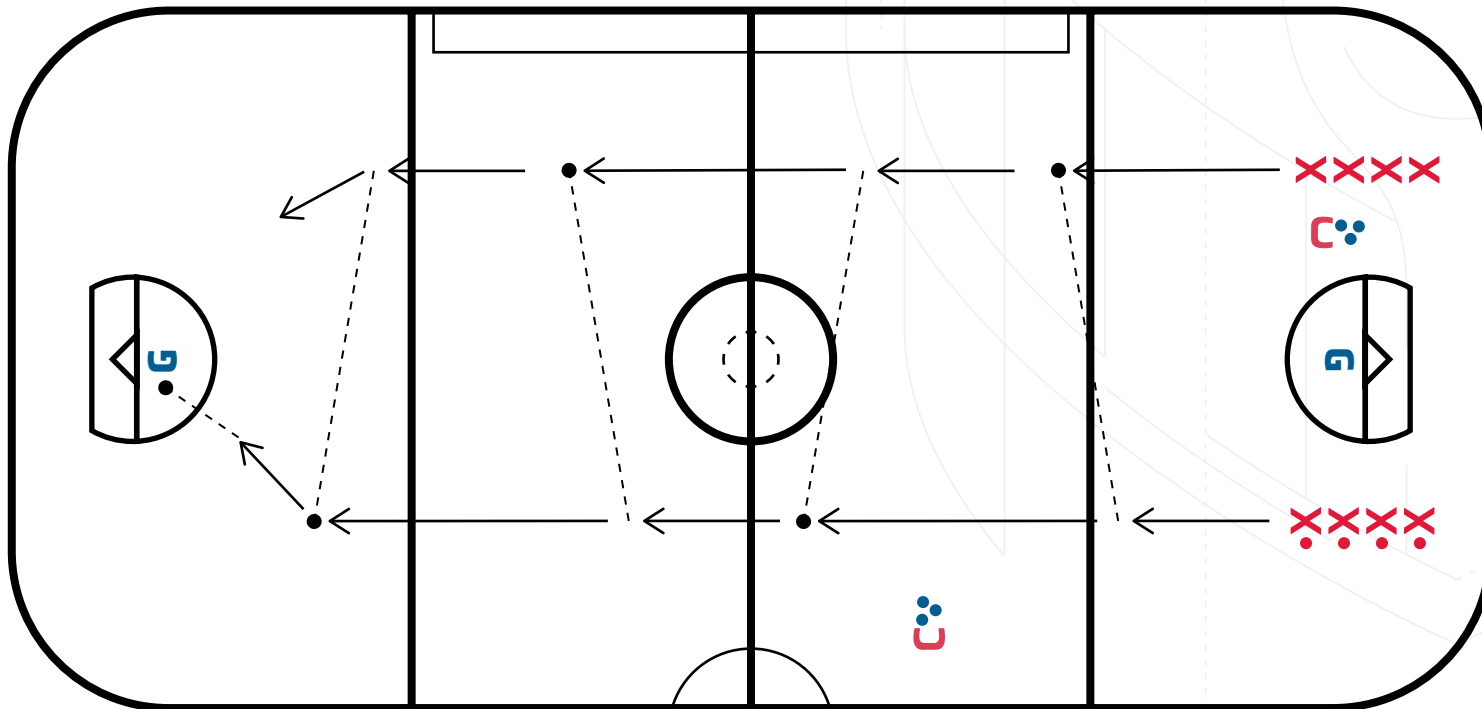
## STICKWORK DRILL #4: Partner Passing On-The-Run

**Drill Duration:** 12 mins

**Description:** Variation #1A (4 min): "Staggered" (Wrong Side & Proper-Side)

\*left diagram\*

- Demo (1 min): "Lead Passing," "Drifting"
- Start with two parallel lines on the sides of one of the creases, with players on their wrong floor sides (having them switch to their proper floor sides halfway through the drill). One line starts with balls, switching who starts with the ball the next time through the drill.
- Have players start "in two's," at a starting distance of approximately 3-5 yards (depending on age), with just the receiver running forward with a "head on a swivel," while the passer uses basic footwork (staying relatively stationary) to deliver the pass.
- Progressively increase the starting distance of the players apart, having them run the length of the floor, and ideally take a shot from their proper floor side ("drifting" or "crisscrossing" near the prime scoring area); re-setting to go back the other way after shooting.
- No side-shuffling is allowed for this drill; players should always be running straight forward. For timing purposes, coaches should send the next pairing when the players ahead are at the nearest restraining line.
- Assistant coaches should be ready with lots of extra balls.
- Advance to players running alongside each other, start slow, around 50 percent of maximum speed, with players on their wrong-floor-side, advancing to full speed during the latter reps through the drill (Variation #1B - 3 min).
- Next, have players do the same speed build up with players on their proper floor sides (Variation #1C - 3 min).
- Water Break = 1 min

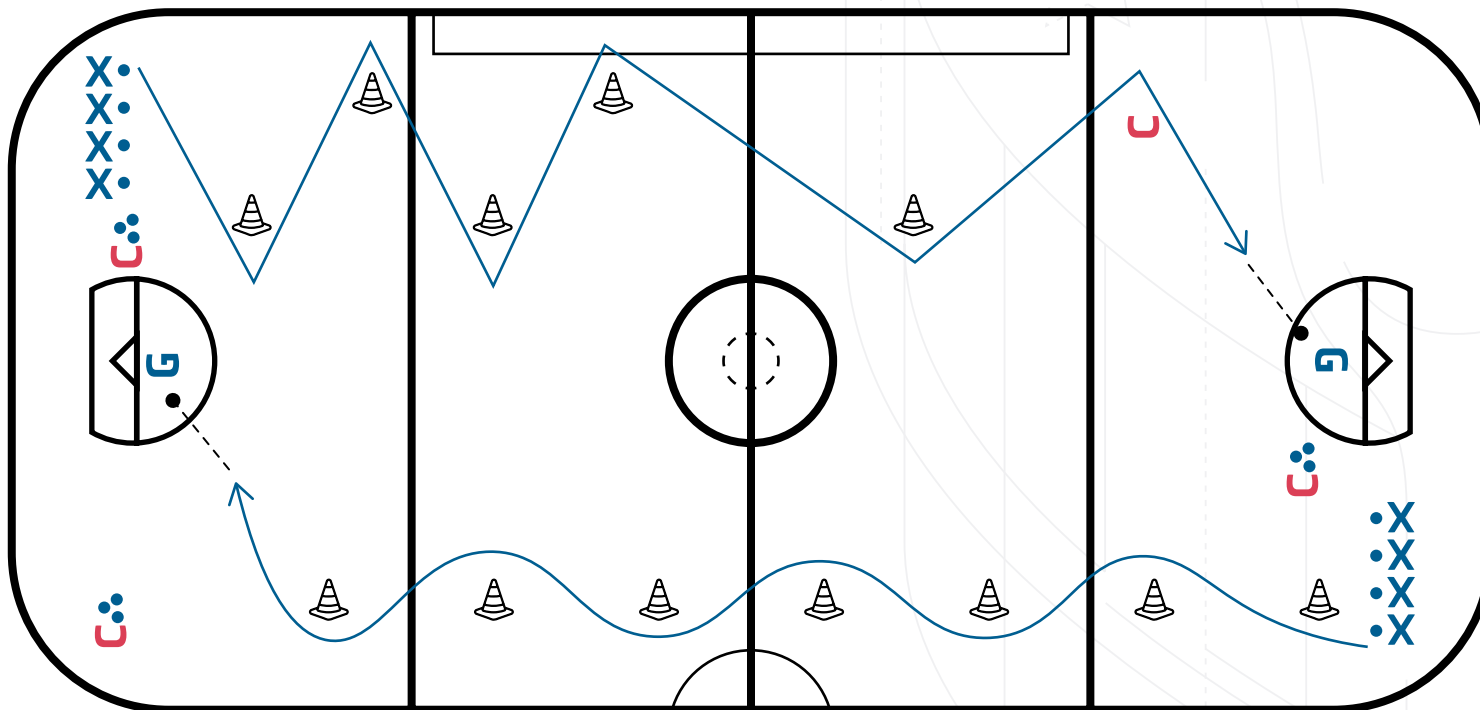


## Cradling Drill #3A: Cradling/Dodging Around Pylons (“Side-To-Side”)

Drill Duration: 7 mins

Description: Variation #1: “Speed & Agility Build Up”

- Arrange pylons into any straight, zigzag, or combined formation, within an imaginary lengthwise half of the floor.
- Have players line up behind the goal-line, in opposite corners, in opposite ends, to start.
- Start at walking speed, emphasize the coordination of walking and cradling. Work up to 50 percent speed, having players weave through the pylons, being sure to protect the ball.
- Increase to 75-100 percent speed the pylons once satisfactory technique is established.
- The next player doesn't go until the player in front of them is at the nearest restraining line.
- At the end of the drill players take a shot on the goalie (inside or outside)
- Encourage players to take a quality shot from their proper-floor-side, otherwise drifting if they are on their wrong-side.
- Most common error = not protecting the ball when cradling around the cones/coaches



## CRADLING DRILL #3B: "Open Floor" Cradling/Dodging & Checking

Drill Duration: 10 mins

Description: Variation #1A (3 min): "Defender Footwork Only"

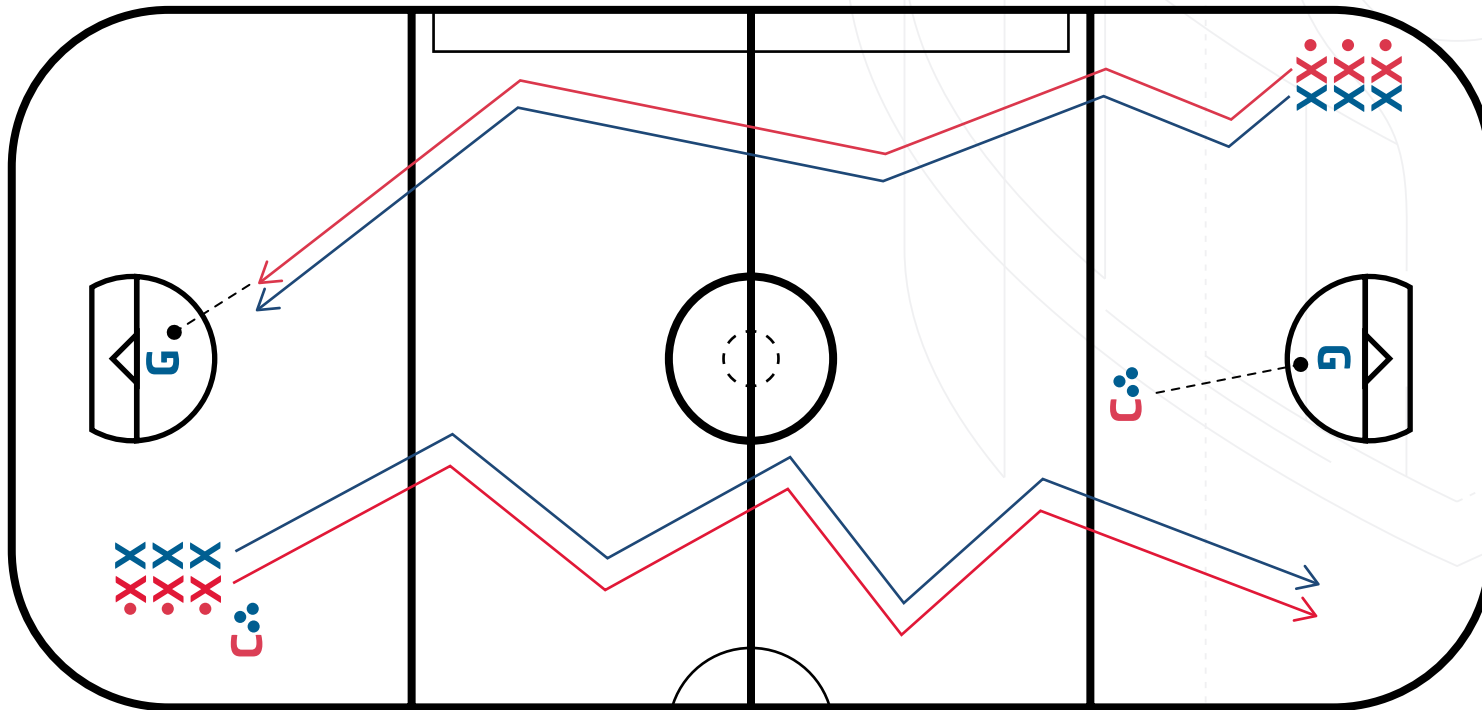
\*bottom of diagram\*

- Demo (1 min): "Backpedaling," "Drop-Stepping," "Side-Shuffling," "Tracking"
- Divide the floor in half with an imaginary line lengthwise and have players in opposite corners of the floor.
- One player after the other practices "tracking" backward, all the way down the floor (no ball carrier) at a cadence of 2 drop-steps one way; 2 drop-steps the other.
- The next player in line doesn't go until the player ahead of them is halfway to center floor.

Variation #2 (4 min): "Footwork + Ball Carrier"

\*top of diagram\*

- Demo (2 min): "Body-Checking," "Cross-Checking" & "Slashing"
- The coach sends two players at a time, starting with one player on defense a few steps ahead of, and facing, the offensive player.
- The offensive player starts with the ball and zigzags up the floor cradling at 50 percent running speed (making basic offensive moves) while the defender shadows their movements defensively, using good footwork and staying balanced (cross-checking & slashing when balanced).
- The next players don't go until the first group is at the nearest restraining line.
- The defender concedes the shot when the ball carrier approaches the prime scoring area.
- Players switch roles (offensive or defensive) each time through the drill.
- Most common error = not getting low while the defender is tracking backward

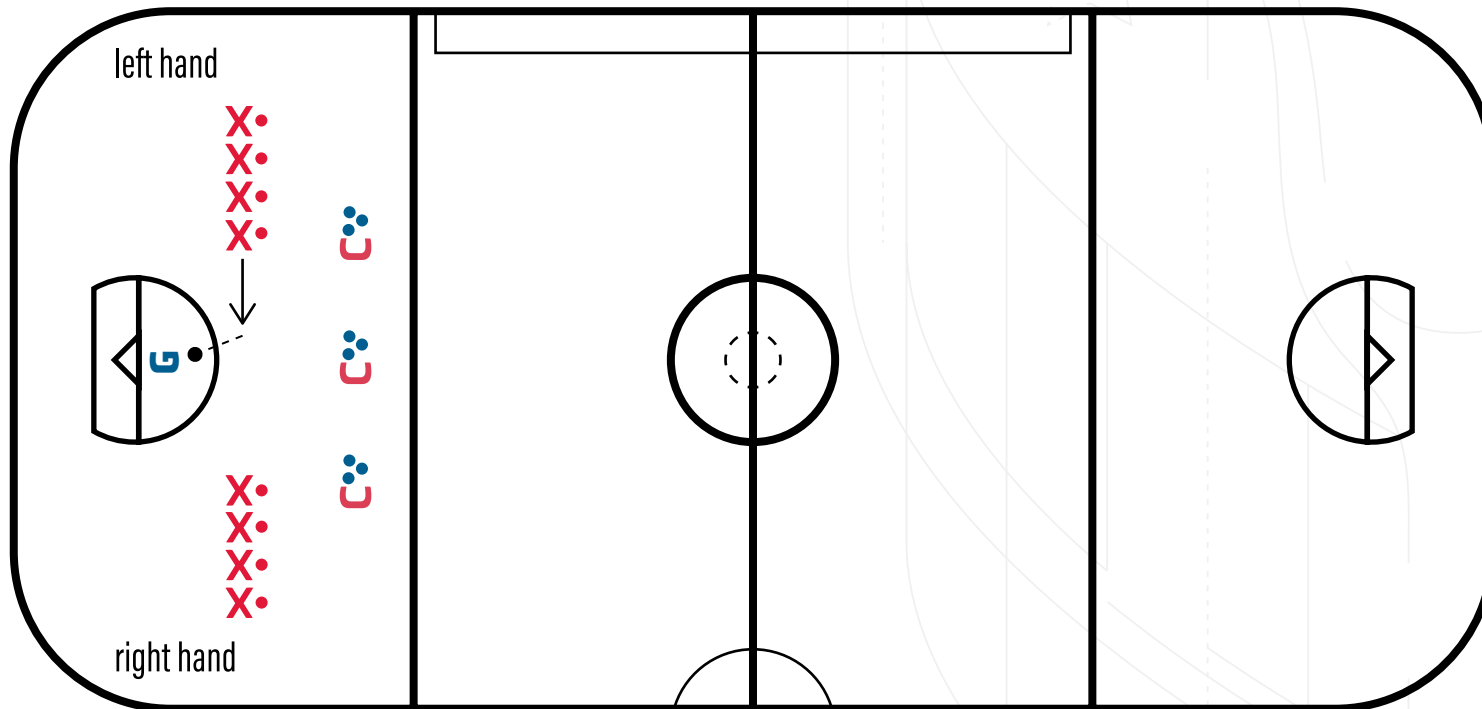


## STICKWORK DRILL #8A: "Finish" In Front

Drill Duration: 10 mins

Description: Variation #1B: "On-Ball"

- Demo (1 min): "Finishing In Front"
- Players start lined up on their proper floor side crease position, with balls already in their sticks; the drill alternating from side to side each rep.
- One player from each line should be positioned facing the net, on a 45 degree angle from the near-side post, before eventually stepping towards the far-side of the goaltender, trying to shoot it off of the far-post and into the net (unbeknownst to the goalie).
- Have players sprint out of the drill and touch the restraining line after each rep.
- Players can also be given the chance to practice different series of fakes on the goalie "in tight," practicing different patterns first against the boards and later against the goalie from varying distances, starting in perfect position.
- Most common error = not getting across the net and settling for a bad angle



## Conclusion

**Drill Duration:** 4 mins

**Description:** Cool Down

- Circle at center floor
- Have players demonstrate "static stretches" that they know.
- Finish on a positive note

