



USATM
LACROSSE

12U BOX LACROSSE PRACTICE GUIDE



Practice 5

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

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

For more Box Lacrosse Coaching Resources, Please visit:

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

BOX PRACTICE PLANS

Practice #5 - Loose Balls & Individual Defense



Age Group: 12U

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

Reminders: This practice can also be dedicated to shooting-on-the-run instead of set-shooting and arguably could be taught before set-shooting (because it happens more often in games), however we prefer teaching set-shooting first because it is a more stable base to teach proper shooting mechanics from.

Dynamic Warm Up Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>

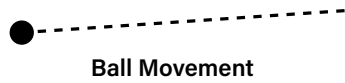
Loose Ball Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/loose-balls-and-face-offs>

Defensive Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/defense>

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: 2 mins

Description: Huddle

- Circle at center-floor
- Land Acknowledgement
- Discussion (1 min): "Defense & Loose Balls"
- Come up with an appropriate word, as a team, for a team cheer.

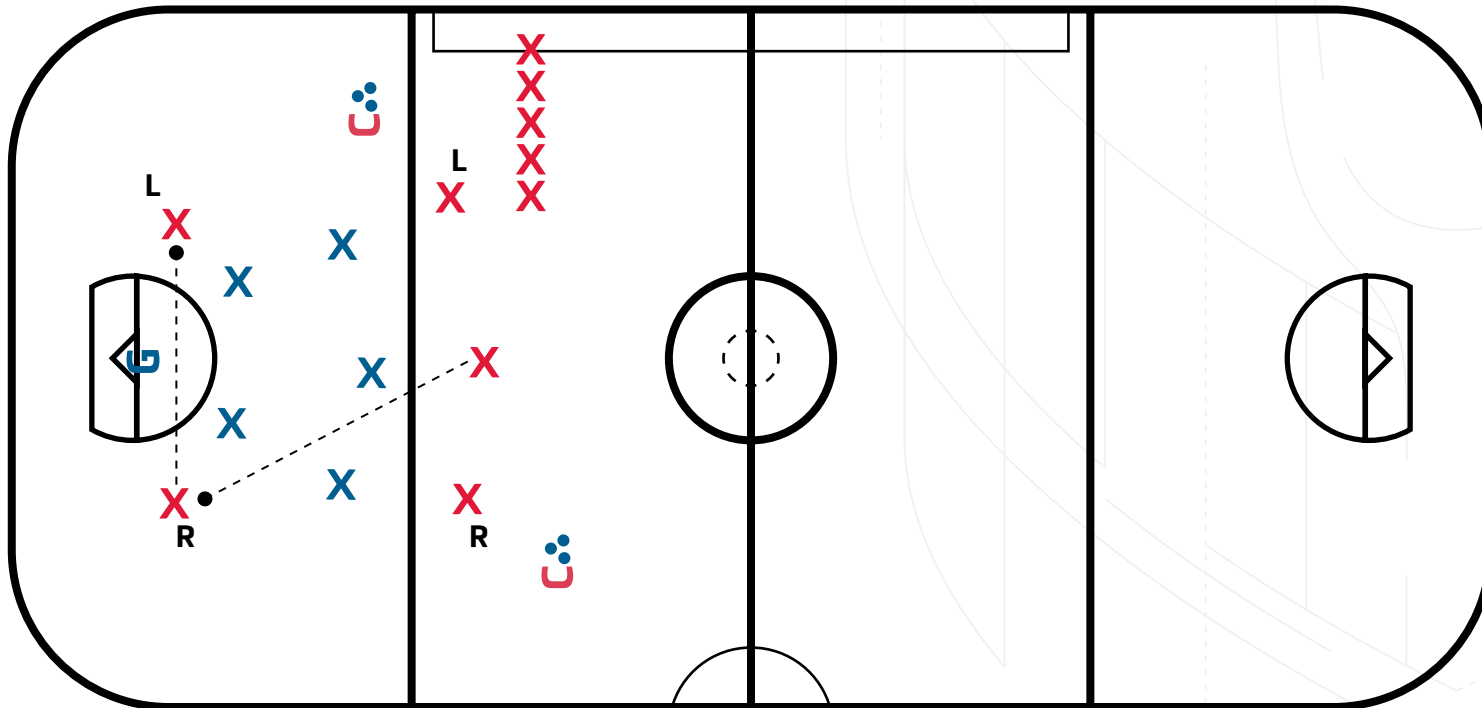


DEFENSE DRILL #0: "House" (Passing & Shooting Lanes)

Drill Duration: 10 mins

Description: Variation #1: "Stationary Passing Lanes"

- Demo (2 min): "House Defense," "Passing Lanes," "Shooting Lanes," "Sagging"
- Organize players into groups of 5 players/coaches (3 strong and 2 weak - proper floor sides), one group starting on offense and another on defense, with any other players waiting to join the drill up near the restraining line.
- Begin with a walk through of the passing/shooting lanes, having players slowly pass the ball around the perimeter (no skip passes) and coaches showing how the positioning of all players changes as the ball position moves.
- The players on offense should be encouraged to use minimal footwork and primarily "skip passes" as they attempt to "force" the ball through the passing lanes of the "House." If a pass is caught by an offensive teammate, the positioning of all defenders should change accordingly. If the ball is dropped, it should be started at different one of the 5 standard offensive positions.
- Rotate groups of players every minute or two, with defenders exiting the drill, offenders moving to defense, and players who were out of the drill now coming in on offense. Players coming into the drill for a second time should switch to a different position, both offensively and defensively. Goalenders should practice their footwork as the ball is passed around the perimeter.



LOOSE BALL DRILL #1A: "Dynamic" Pick-Ups (Scooping)

Drill Duration: 4 mins

Description: Variation #1 (2 min): "Scooping Through Traffic"

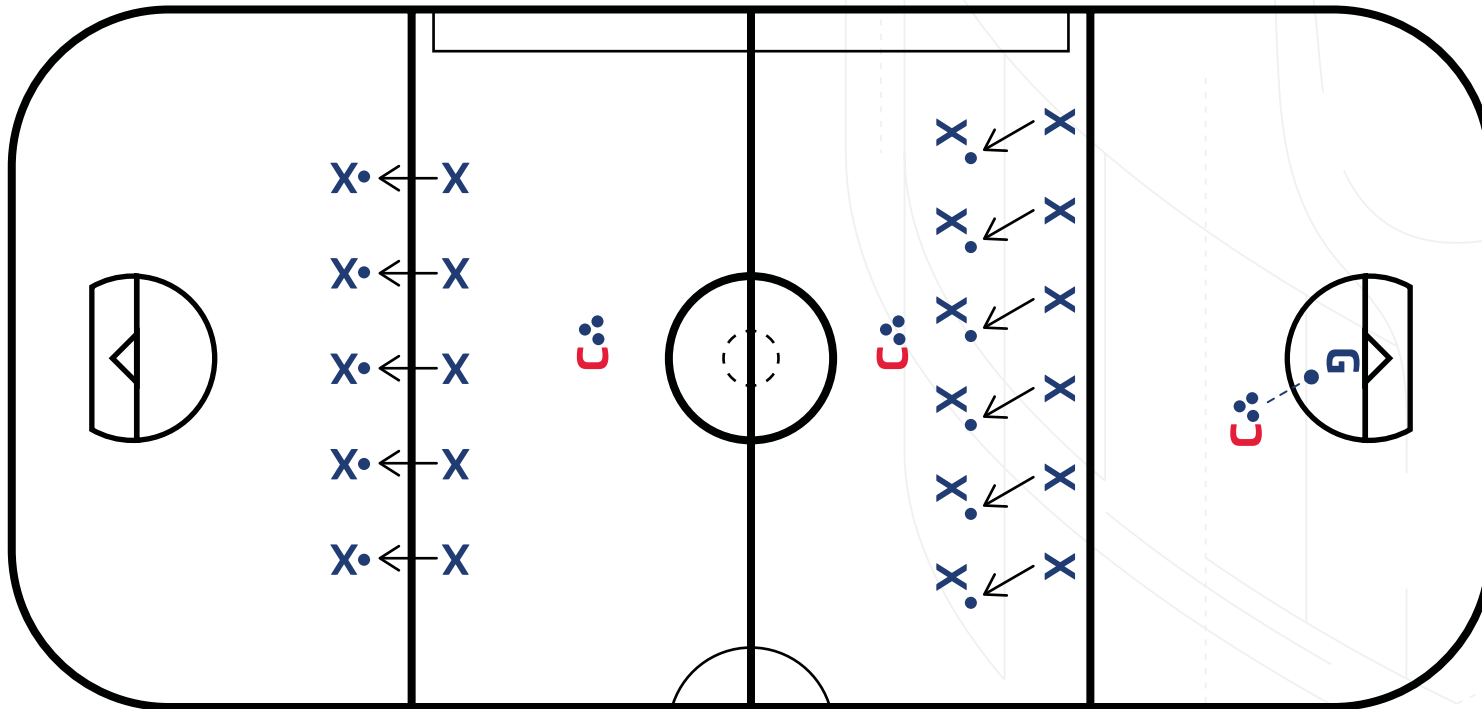
right diagram

- Have players partner up with another player holding their stick behind a stationary ball. The other partner then runs and scoops through the ball/stick "in traffic," continuing forward and placing the ball on the floor, doing the same as what their partner just did for them.
- Goalies can practice scooping loose balls in and around their crease (bringing their stick up to the throwing position as quickly as possible).

Variation #2 (2 min): "Trap & Scoop In Traffic"

left diagram

- Same as the above variation except for further game specific techniques, have players partner up with another player, with one partner standing with a ball between their feet.
- The other partner then runs and trap & scoops the ball "in traffic," continuing forward and placing the ball on the floor and doing the same as what their partner just did for them.
- Goalies can take shots from a coach or practice passing.

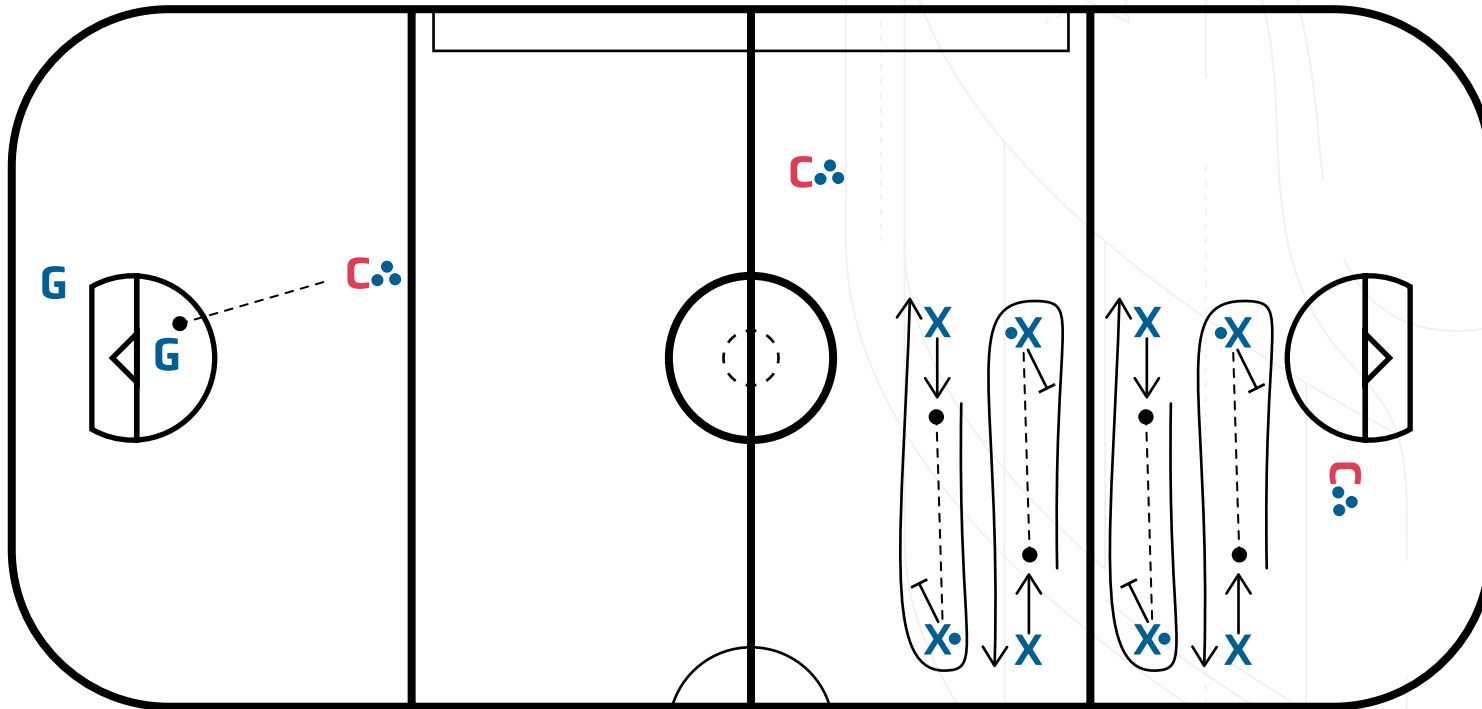


LOOSE BALL DRILL #2: rolling (“Attacking”) A Ball With A Partner

Drill Duration: 3 mins

Description: Variation #2B: “Loose Ball + Cradle Around Partner”

- Demo (1 min): “Attacking The Ball”
- Have players line up in pairs 10-15 yards apart, rolling a ball back and forth.
- One partner rolls the loose ball, the other attacks it then cradles around the partner who rolled it to them, back to their original starting position. Alternate back and forth.
- The player without the ball may be permitted to try and strip the ball from their partner as they cradle around them.
- Goalies can take shots from a coach or practice passing.

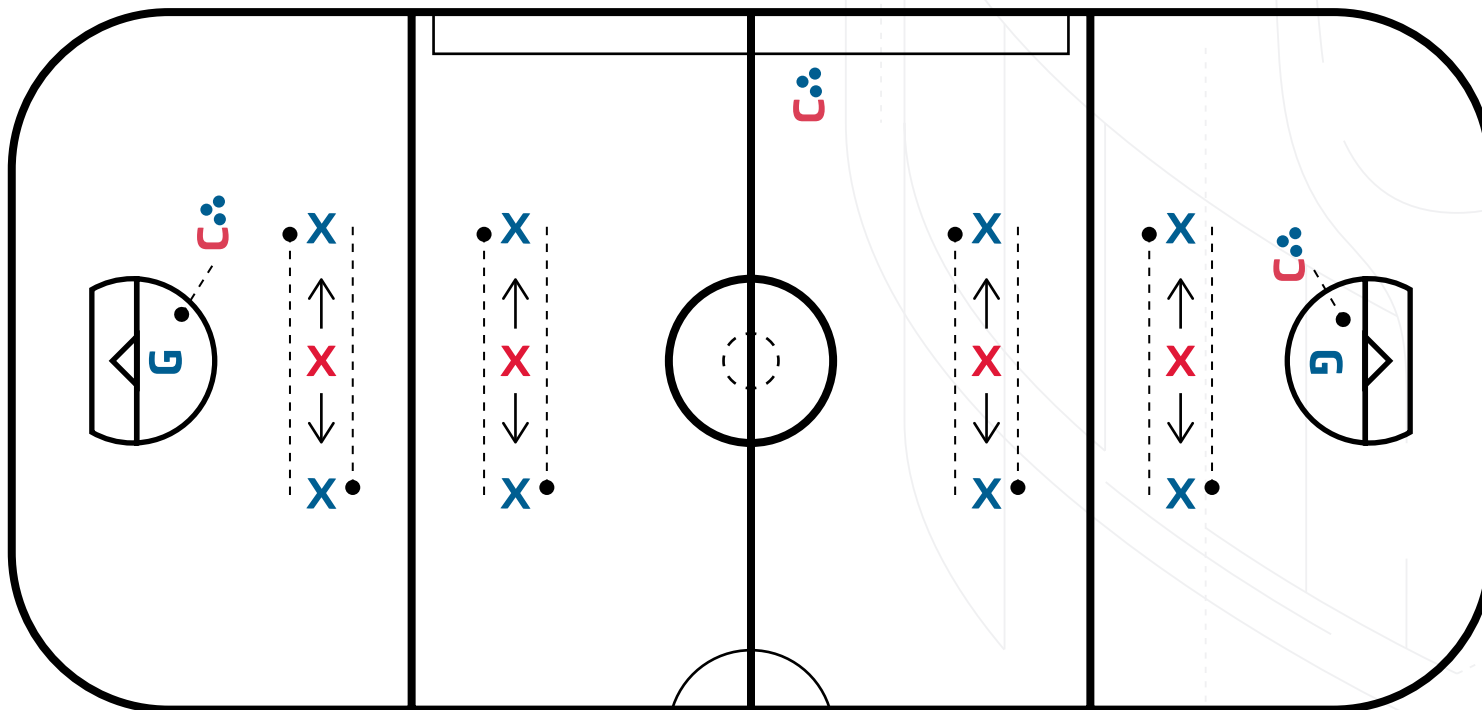


DEFENSE DRILL #2: Monkey In The Middle (“Sticks Up”)

Drill Duration: 5 mins

Description: Variation #1A & #1B: “Forward + Side Shuffle”

- Demo (1 min): “Sticks Up”
- Arrange players into groups of 3, in a straight line, with the outside players approximately 15 yards apart.
- The player in the middle runs continuously back and forth, with their “stick up,” trying to knock down and/or pick-off passes being made by the outside players. The middle player should also mix in different footwork patterns at the coach’s discretion: running forward (Variation #1A) & “side-shuffling” both directions (Variation #1B).
- Note: the purpose of this drill is for the defender to practice “knocking down” passes, therefore the outside passers should deliberately try to pass the ball through the defenders stick (no lob passes permitted).
- Each player should take two turns in the middle, at 30 second intervals.
- Most common error = players not keeping their stick in the passing lane while approaching the ball carrier.
- Goalies can take shots from a coach or practice passing.
- Water Break = 1 min



DYNAMIC WARM-UP

Drill Duration: 7 mins

Description: Dynamic Warm Up:

- Try to find volunteers to demonstrate the “active dynamic stretches” that they remember (coach fills in the gaps)



DEFENSE DRILL #4A: Shot Blocking ("Close The Gap")

Drill Duration: 10 mins

Description: Variation #1A (4 min): "Stick Length Away"

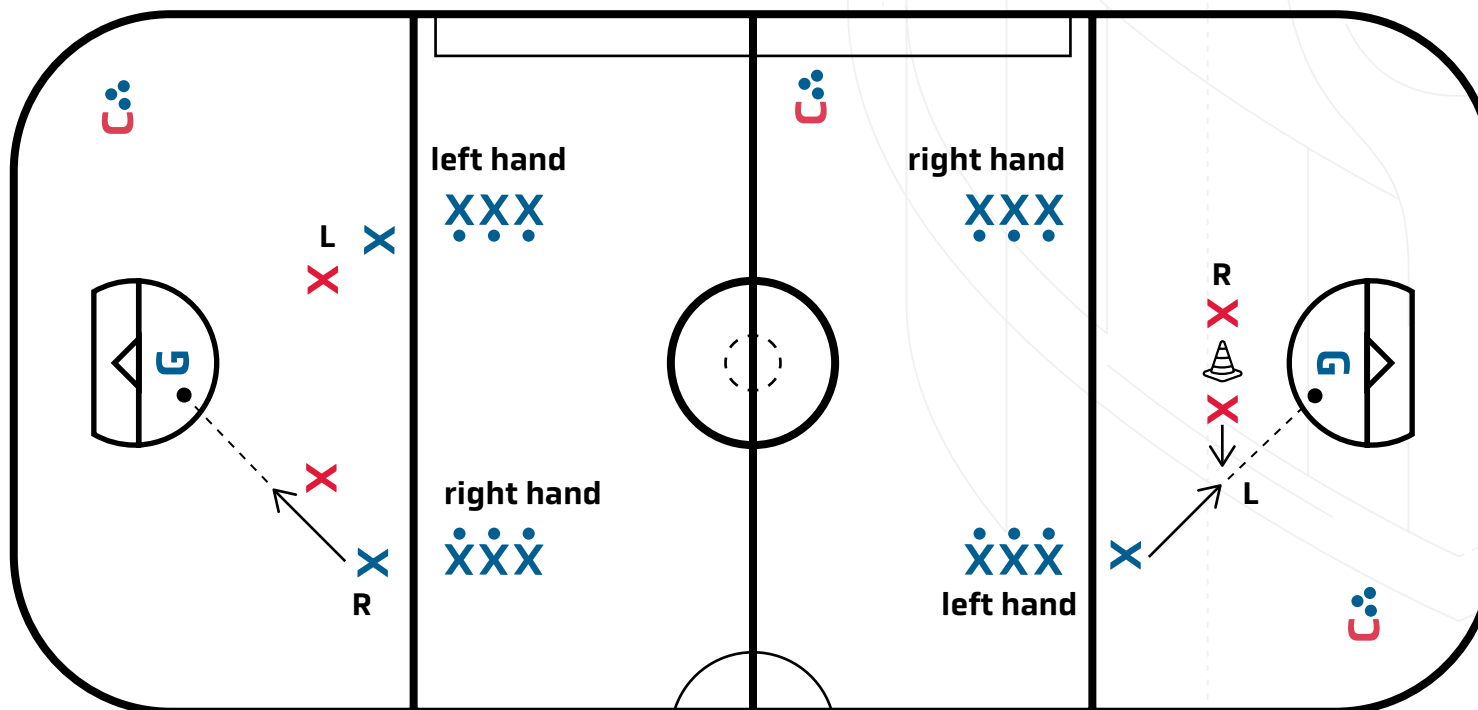
left diagram

- Demo (1 min): "Shooting Lanes"
- Start with lines of left-handed & right-handed players in the shooter positions on their proper floor sides.
- Each player in line should have a ball, with a "same-handed" defender standing between them and the net, with their "hips to the boards."
- The player in the shooter position (on one side of the floor) should try to get a shot on net while the defender, standing a sticks length away, attempts to block the shot.
- After the shot, the defender who just finished the drill runs to the back of the line and the offensive player that just shot is now on defense, waiting for players on the other side of the drill to take their turn.
- Another option being to have each player attempt to shot block every player in their line (Variation #1B), until all players have had on turn on defense.

Variation #2A (4 min): "Start At The Pylon"

right diagram

- Demo (1 min): "Closing the Gap," "Arriving in Control"
- Play starts when the coach blows their whistle, at which point the player in the shooter position (on one side of the floor) should try to get a shot on net while the defender (starting from the pylon) "closes the gap" (side-shuffling) with their stick up, attempting to block the shot.
- Coaches may also choose to have players use tennis balls at first, if defenders are reluctant to stand in the shooting lane. Golden rule = don't get used as a screen.
- After the shot, the defender who just finished the drill runs to the back of the line and the offensive player that just shot is now on defense, waiting for players on the other side to take their turn.



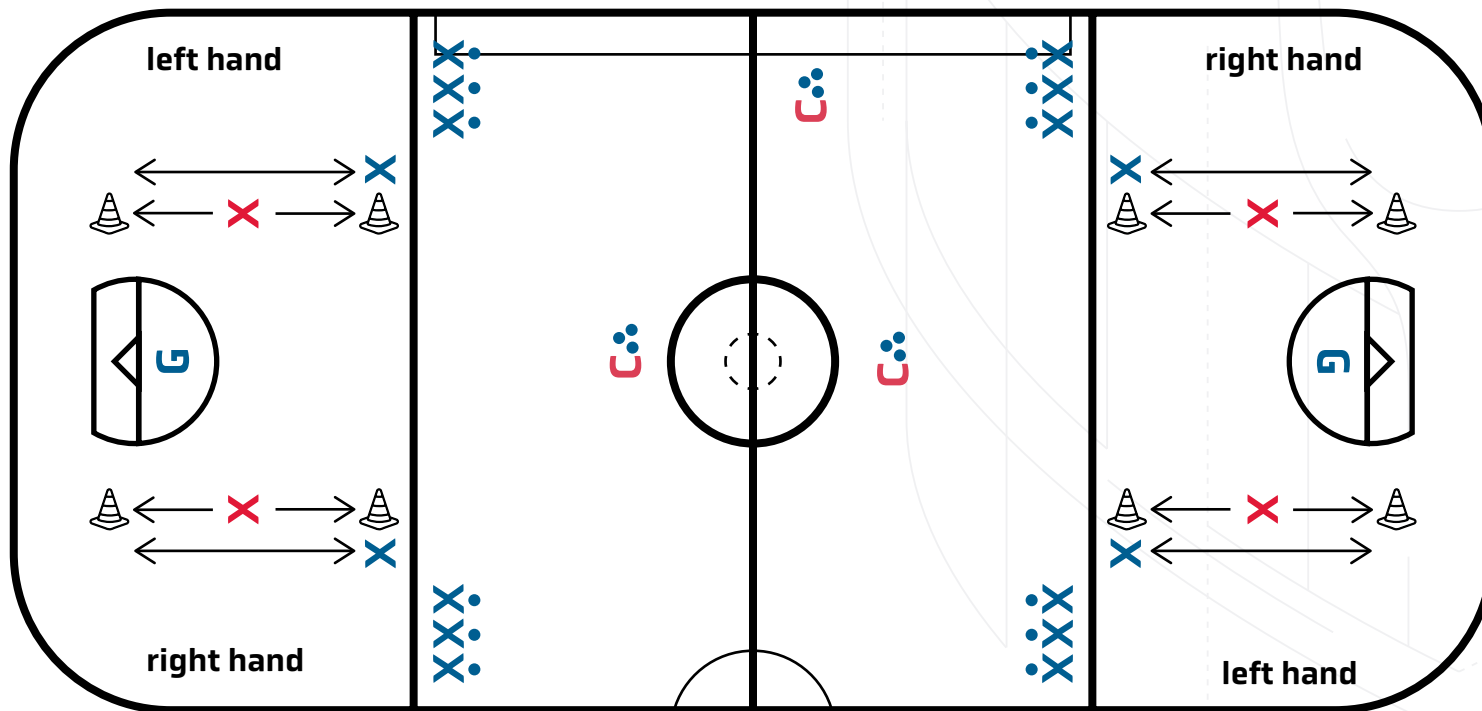
DEFENSE DRILL #3A: On-Ball Shadowing (“Closed Stance”)

Drill Duration: 10 mins

Description: Variation #1A & #1B: “Top-Shoulder Landmarking” (Sticks Upside Down/Sticks Normal)



- Demo (1 min): “Top-Side Positioning,” “Closed Stance”
- Arrange two parallel pylons at the crease and shooter positions, in one or both ends of the floor depending on numbers. One offensive player should start outside of, but between the pylons (with a ball), with one defender stationed between pylons ready to shadow the movements of the offender, while maintaining top-side positioning.
- On the coaches first whistle, the player on defense, who has their stick upside-down (Variation #1A), does their best to “stay in line with the offensive players top-side shoulder.” The offensive player does their best to get the defender off-balance using various footwork patterns, while also staying between the pylons.
- After approximately 5 seconds of “shadowing,” the coach blows a 2nd whistle to signal that offensive players are now allowed to take it to the net one-on-one (with the opposite side starting their 5 seconds of shadowing).
- Alternate between sides, with one side “shadowing” on the first whistle and the other side starting on the second whistle.
- In effect, offensive players in the drill will have roughly 5 seconds to try to get a shot off (10 seconds total time in the drill), before exiting (on the coach’s whistle). After playing offense, players are then next up on defense (after the other side takes their turn), and then exit the drill.
- Halfway through the drill coaches should allow defensive players to hold their stick normally (Variation #1B) and discuss the role of stick-checking.
- Most common error = over-checking on a move underneath and opening the topside for the offender.

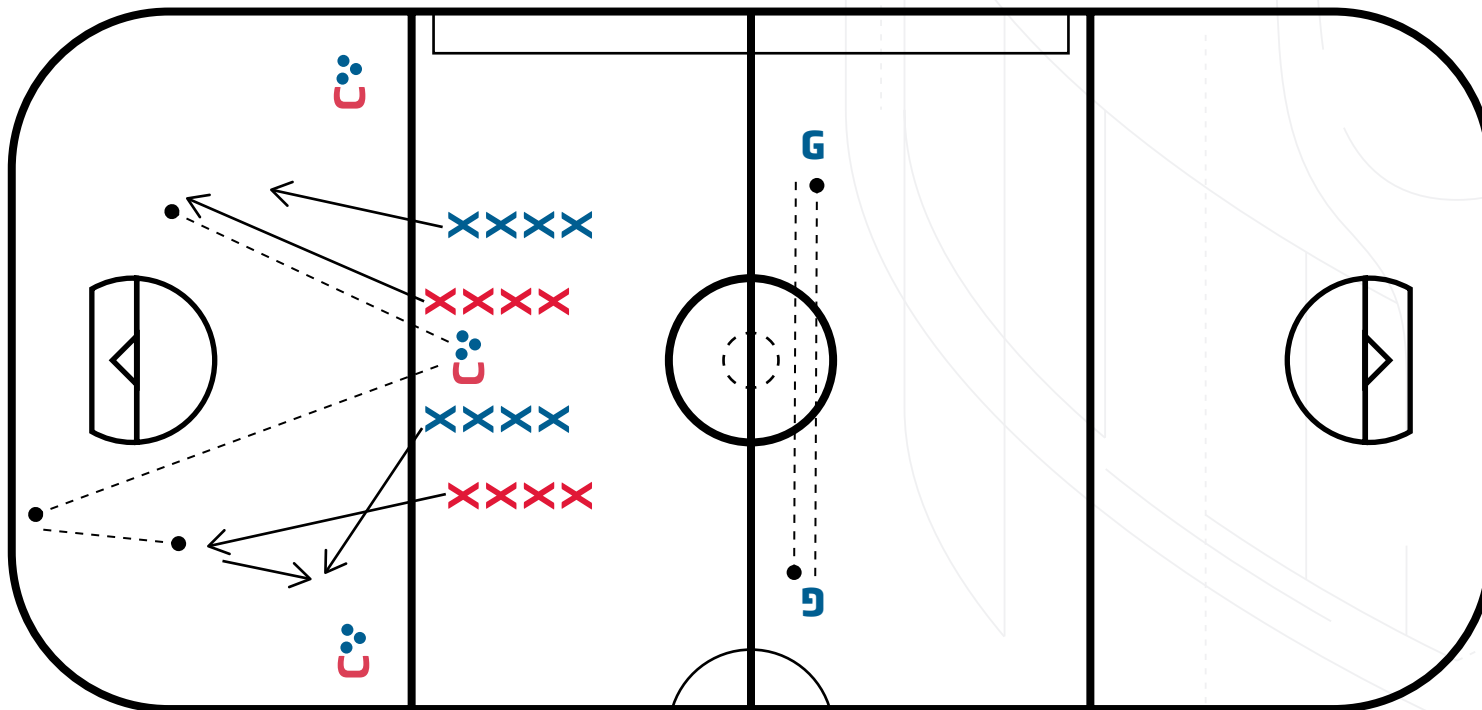


LOOSE BALL DRILL #8A: Loose Ball With "Pressure"

Drill Duration: 10 mins

Description: Variation #1: "LB With A Chaser"

- Have two lines of players side-by-side on both sides of the coach (4 lines total), standing near the shooter position on both sides of the floor (coach standing a few steps in from the point position with balls - behind the players).
- The first two players set to go in the drill should be facing the corners. This drill can take place in one or both ends of the floor.
- The coach identifies one line or the other as having a head start over the other. The coach then blows a first whistle after preemptively rolling or bouncing a ball into either corner, with the identified first player pursuing the loose ball and the second player perhaps leaving on a second whistle.
- The second player should follow the play closely, on the defensive side of the ball, battling if the player drops the ball.
- Otherwise, the object of the drill is for the player with the head start to scoop the ball and run past the defender (ideally towards the middle) and eventually pass or flip the ball back to the coach.
- The coach also has the option of blowing the play dead at their discretion, trying to keep a "flow" to the drill.
- Players should be encouraged to compete against different players each time through the drill.



CONCLUSION

Drill Duration: 2 mins

Description: Static Stretches:

- Circle at center-floor
- Try to find volunteers to lead the lower body “static stretch” routine
- Finish on a positive note

