

EAST ROANOKE
Boy's Lacrosse
Instruction Manual

The Seven Basic Stick Skills

- The Exchange:
 - Critical to all other skill development-First skill taught
 - Place ball in players stick. Teach proper technique of the exchange from left to right hand and back
- The Cradle
 - Teach proper cradling technique with two hands-right side
 - Player executes an exchange and cradles with two hands-left side
- The Pass
 - Start by giving the player the feel of the top hand release and the ball gliding off the throwing strings
 - Player holds stick with ball in top hand.
 - Player turns and points opposite shoulder toward player to receive pass.
 - Player lays hand back (cock wrist), then release a one hand pass
 - Player executes an exchange and repeats with other hand
 - Player puts bottom hand on stick and repeats one hand drill, but adds a little pull with bottom to execute a two handed pass
 - Add weight transfer and shoulder turn to complete the pass technique
 - Player executes an exchange and repeats with other hand
- The Catch
 - Teach catching with both hands
 - “Soft” hands (a giving motion).
 - Lock the ball in with a little cradle
 - Incorporate the exchange in passing and catching so players work both hands

The Seven Basic Stick Skills

- The Scoop
 - Two handed scoop
 - Allow the player to use their dominant hand scooping
 - Get the players body low to the ground
 - Stick should be almost parallel to the ground. (Butt end low)
 - Drive through the ball and lock in with a little cradle
 - Explode out of the pack
 - Quickly bring the stick up to protect from a check (stick to ear). Get the player “tall” again.
 - Turn away from pressure with head up looking to pass
- The Protection
 - Errors: “Hanging your lunch”, not cradling (centrifugal force keeps ball in pocket of stick)
 - Keeping the stick “vertical”-stick to ear
 - Using the body to protect stick
 - Turning the upper body away from pressure
 - “The exchange” to move stick away from pressure
- The Shot
 - Time and Room Overhand Bounce Shot
 - Hands away from body
 - Weight shift
 - Cock and release
 - Follow through

Basic Offense Skills

- The Dodge
 - Face
 - Pull stick across body and hold until past defender
 - Split
 - Split step
 - Exchange
 - Accelerate
 - Roll
 - Plant foot
 - Turn tight
 - Exchange
- The Shot on the run
 - Catch and shoot off a cut
 - Shoot on a sweep
 - Quick stick
- The Draw and pass
 - Finding the open player in a 2 on 1, 3 on 2, 4 on 3
- The Two on One Ground Ball (not for u11)
 - Man-ball
 - Vocal
 - “help” call
 - Give and go

Basic Defense Skills

- The position defense
 - Using the feet
 - Drop step
 - Guiding the opponent away from goal
- The Check
 - Poke check
 - Rap check
- The Off ball defense and help
 - See man and ball, angles
 - In a position to help
- The Slide
 - Slide with body (except u11)
 - Vocal

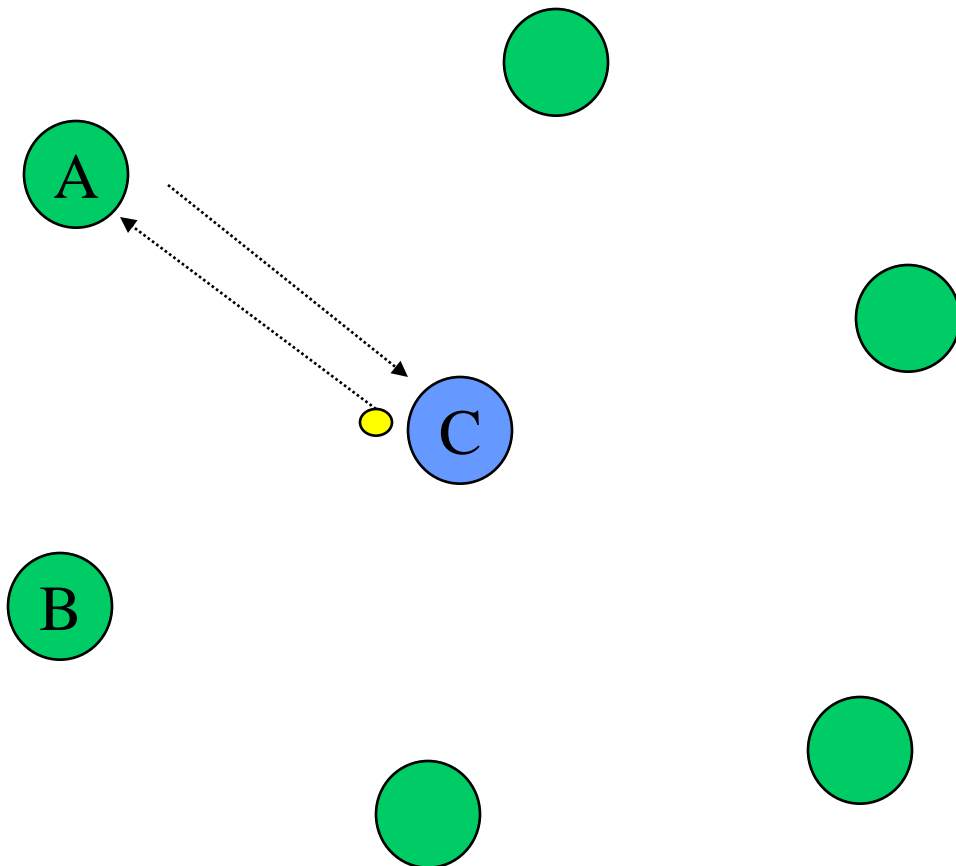
Beginner Drills

- Circle Passing
- Two Player Catch and Throw with an Exchange
- Three Player, Two Ball
- Two Player Ground Ball Yo-Yo
- Four Corners, Three Players
- Keep Away
- Give and Go Shooting
- One on One Offense/Defense in a Box
- Three on Two Quick Decisions
- Fireball Scrimmage

Circle Passing

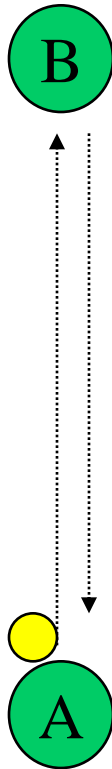
(For Beginners)

Form a circle of players with a coach in the middle. Coach starts with ball and passes around the circle to players helping them with their technique. Work both hands with an exchange. Drill can be done with groundballs also.



Two Player Catch and Throw with an Exchange

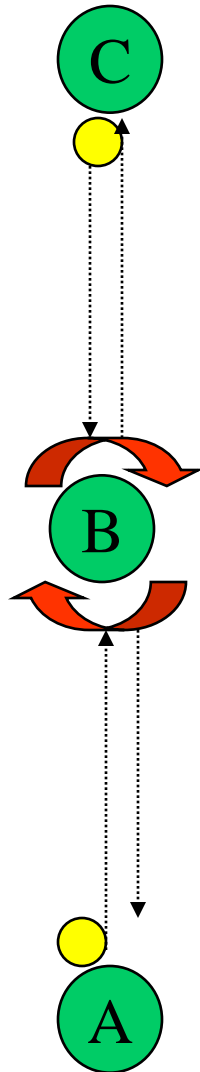
Two players spaced no more than 10 yards apart. Player A throws a pass to Player B. Player B catches, performs an exchange and returns pass. Player B catches, performs an exchange and returns a pass.



Three Player, Two Ball

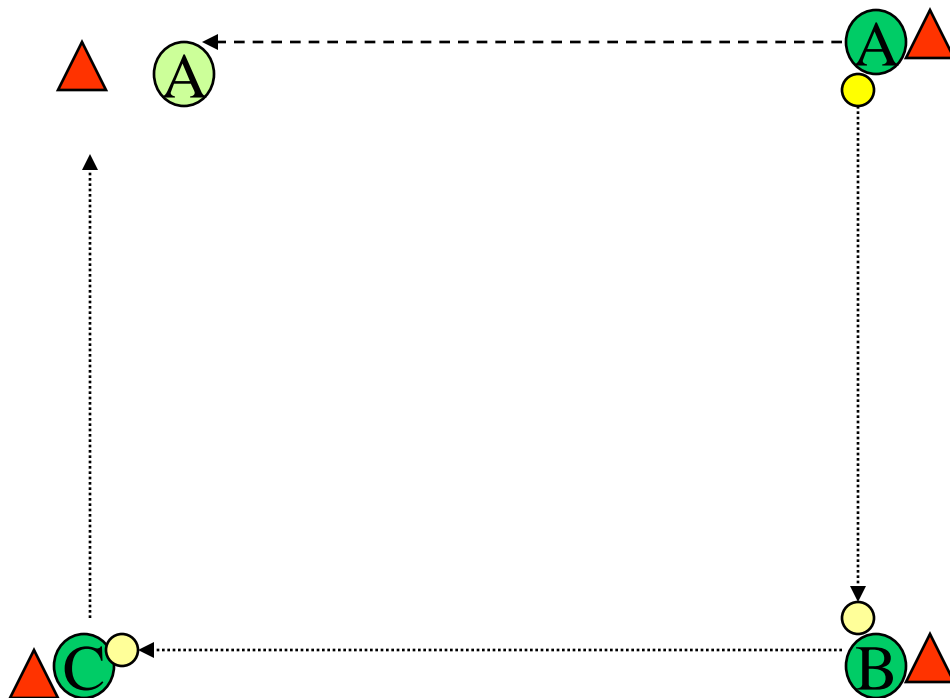
(aka Hamster drill or Monkey in the Middle)

Three players evenly spaced in a line about 10 yards apart. Player A throws a pass to Player B in the middle. Player B returns pass and rotates to Player C. Player C with second ball throws pass to Player B. Player B throws a return pass. Player B rotates again to Player A and repeats drill. Switch players so all get a chance in the middle.



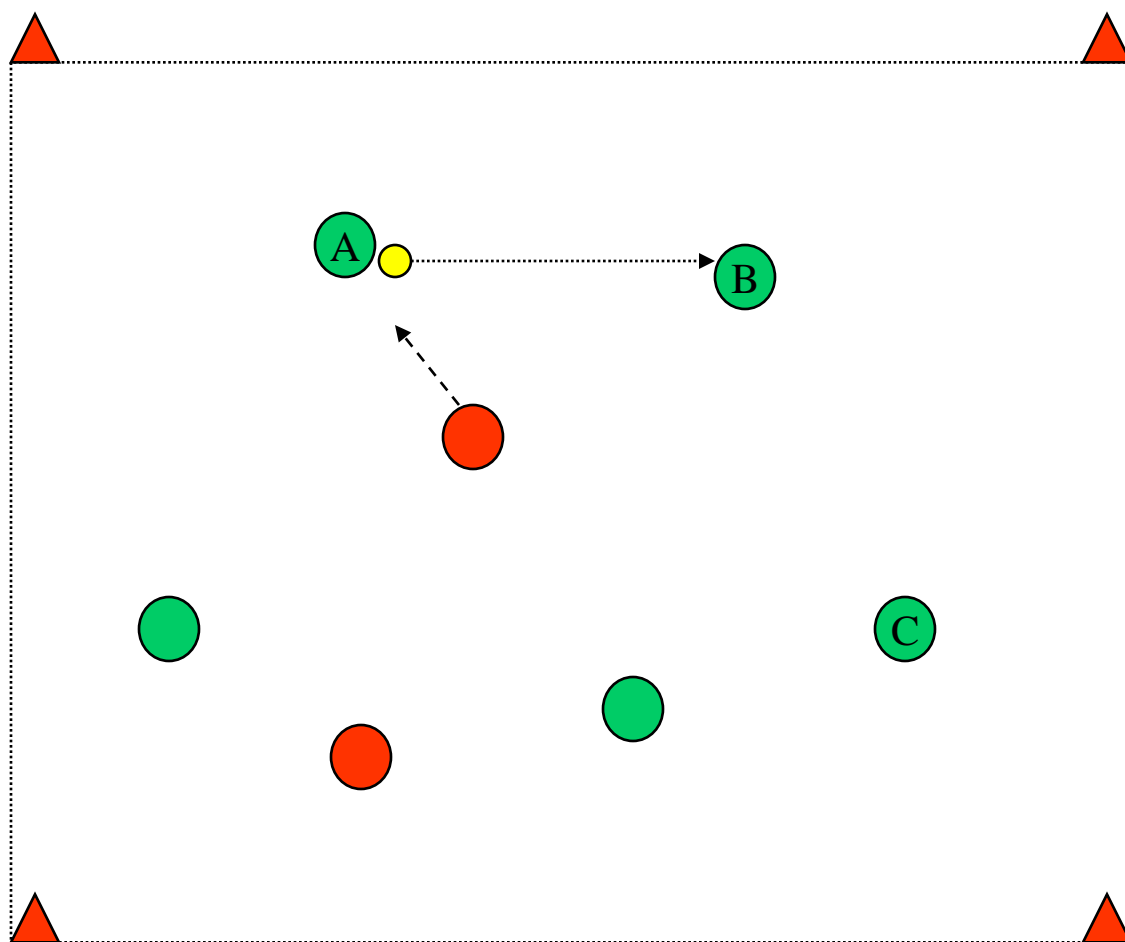
4 Corners, 3 Players

Four cones forming a square about 10 yards apart. Three Players occupy three cones and face center of square. Drill starts in a clockwise direction by Player A throwing a pass to Player B. Player B catches with outside hand, exchanges hands and throws a pass to Player C's outside hand. Player A moves to adjacent cone and receives a pass from Player C on his outside hand. Player A exchanges and throws to Player B who must move up to adjacent cone. Players continue moving to adjacent cones in counterclockwise direction. Reverse drill direction to get right and left hand practice.



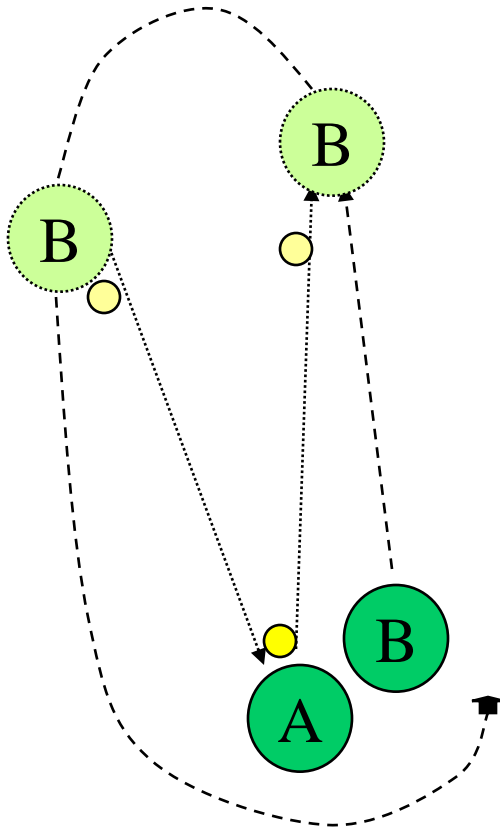
Keep Away

Create a 30 x 30 yard square with cones. Five to Six offense players and two defense players. Offense Player A starts with ball. Objective is to pass the ball to all players and keep away from defenders. Drill can be done with ground balls and passing.



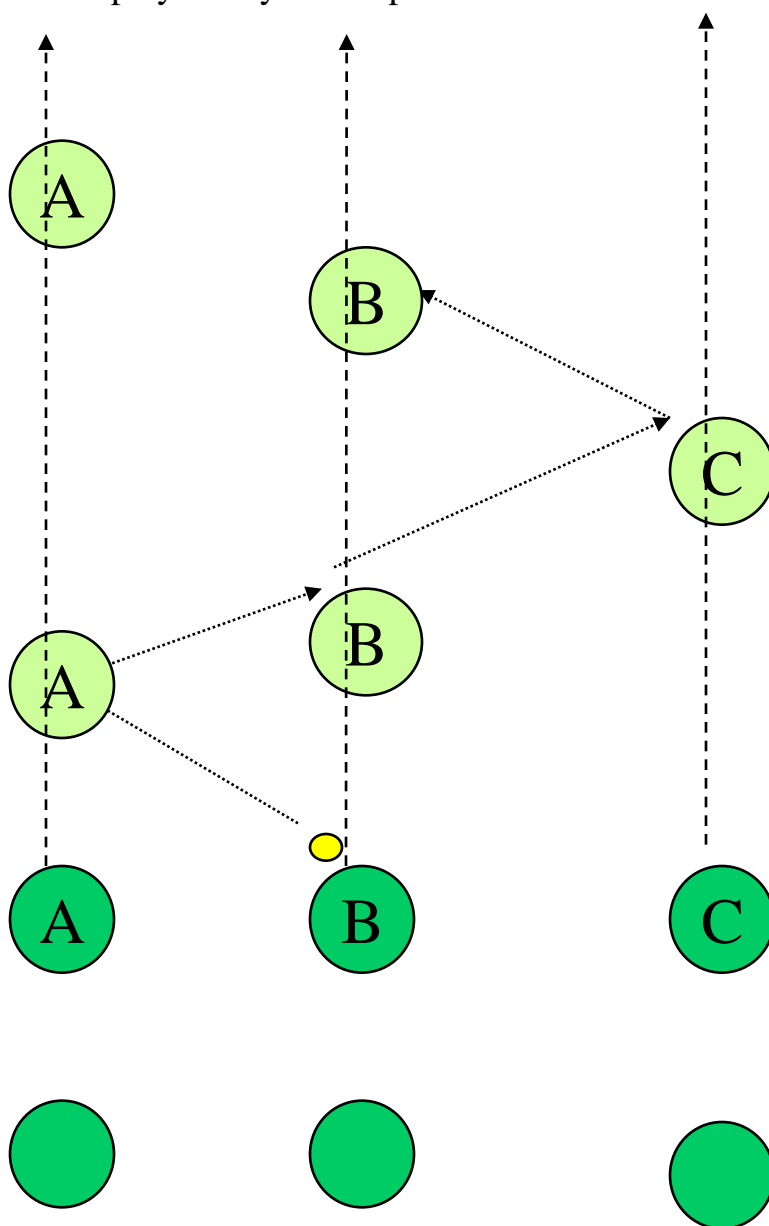
Two Player Ground Ball Yo-Yo

Two players. Player A starts with ball and rolls a ground ball out in front of Player B. Player B scoops ground ball with back to Player A, curls and throws a 7-10 yard pass back to Player A. Player B then runs around Player A and Player A rolls another ground ball for retrieval. After 5 repetitions players switch rolls. Ensure that players work on curls in both directions. This requires that they perform an exchange and put the stick in the non-dominant hand for a pass.



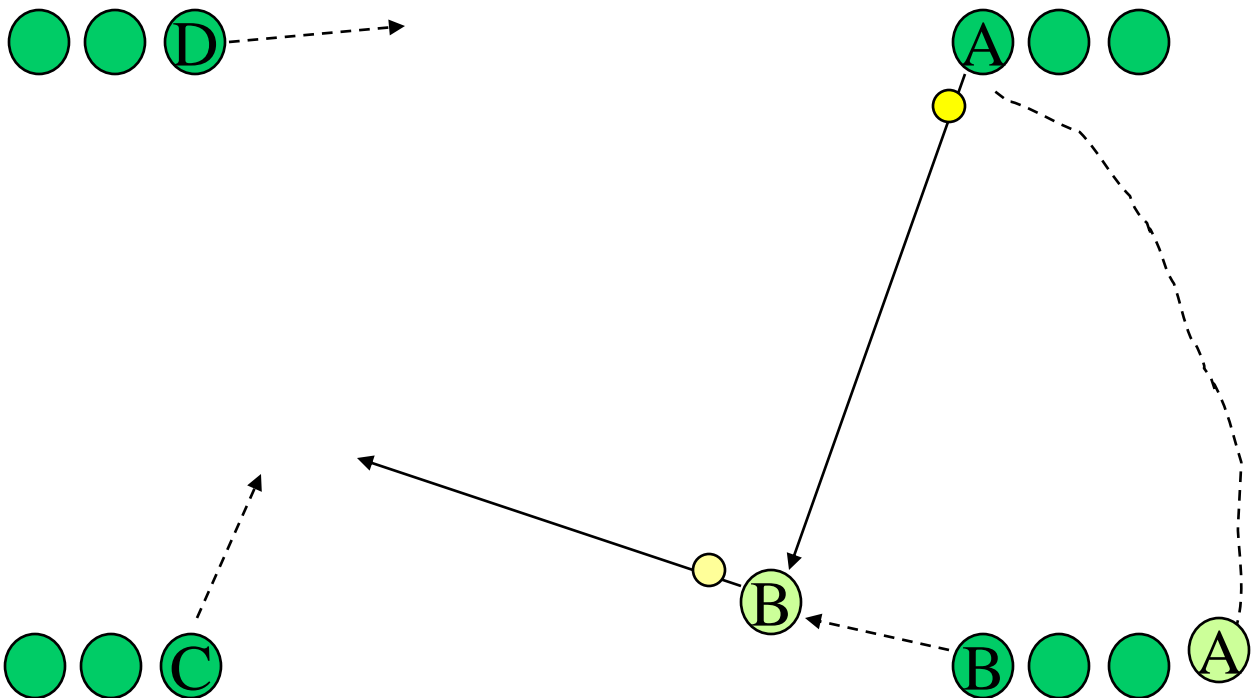
Three Player Ground Ball

Three lines of players at one end of the field. Player in center (B), rolls ball out in front of Player A. Player A scoops and then rolls back to Player B. Player B rolls ball to Player C. Players continue in this manner to other end of field. Drill can be done by throwing passes instead of ground balls. A weave can be added to this drill by player running around player they roll or pass to.



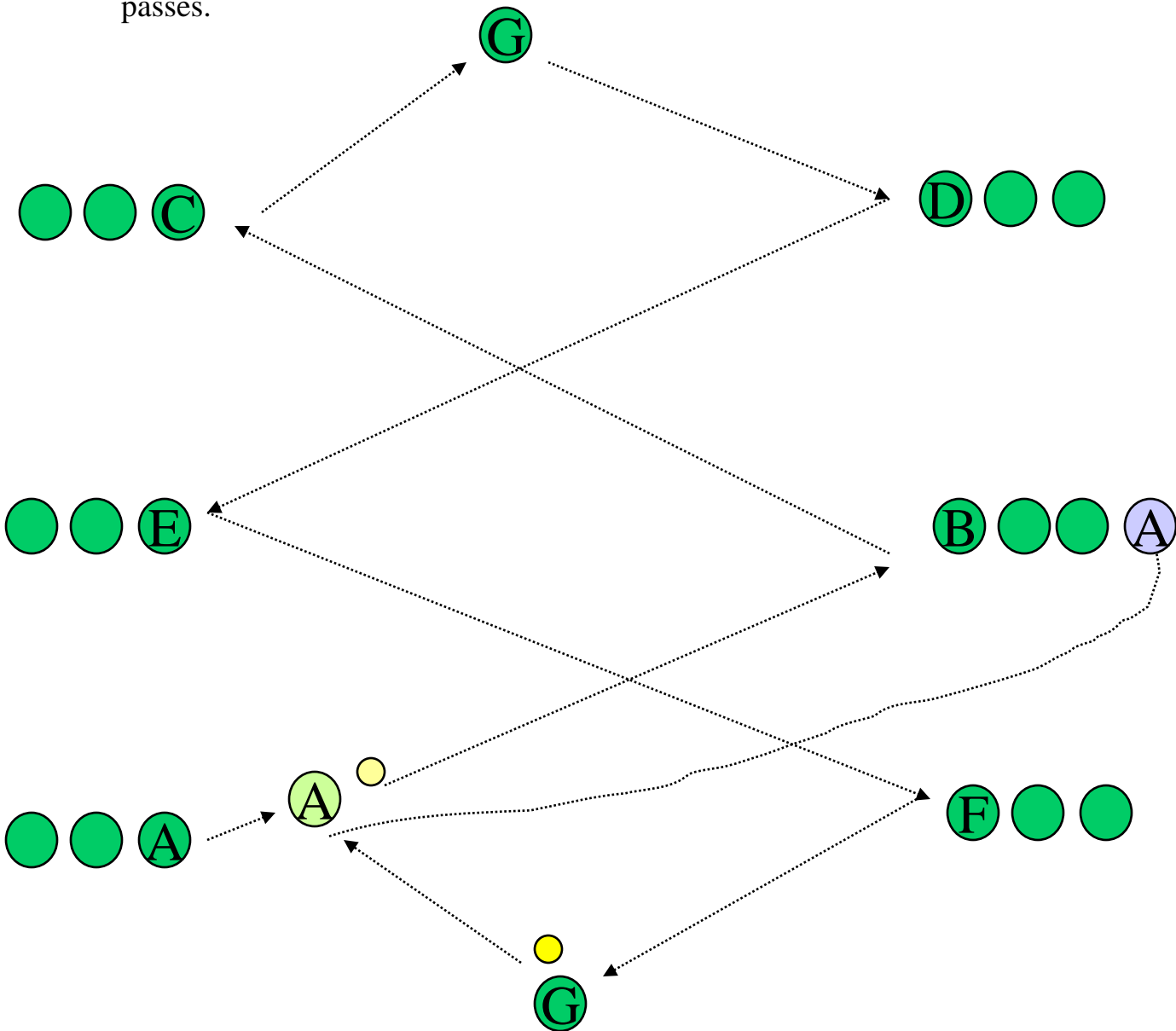
4 Corners

Four lines of players each 20 yards apart. Players face center of square. Drill starts in a clockwise direction by Player A rolling a ground ball out in front of Player B. Player B scoops and rolls out of front of Player C. Player A goes to end of line of Player B. Play continues until all Players have completed a ground ball in each line. Drill can be done with passing also. Reverse drill direction to get right and left hand practice. Players must catch pass over shoulder.



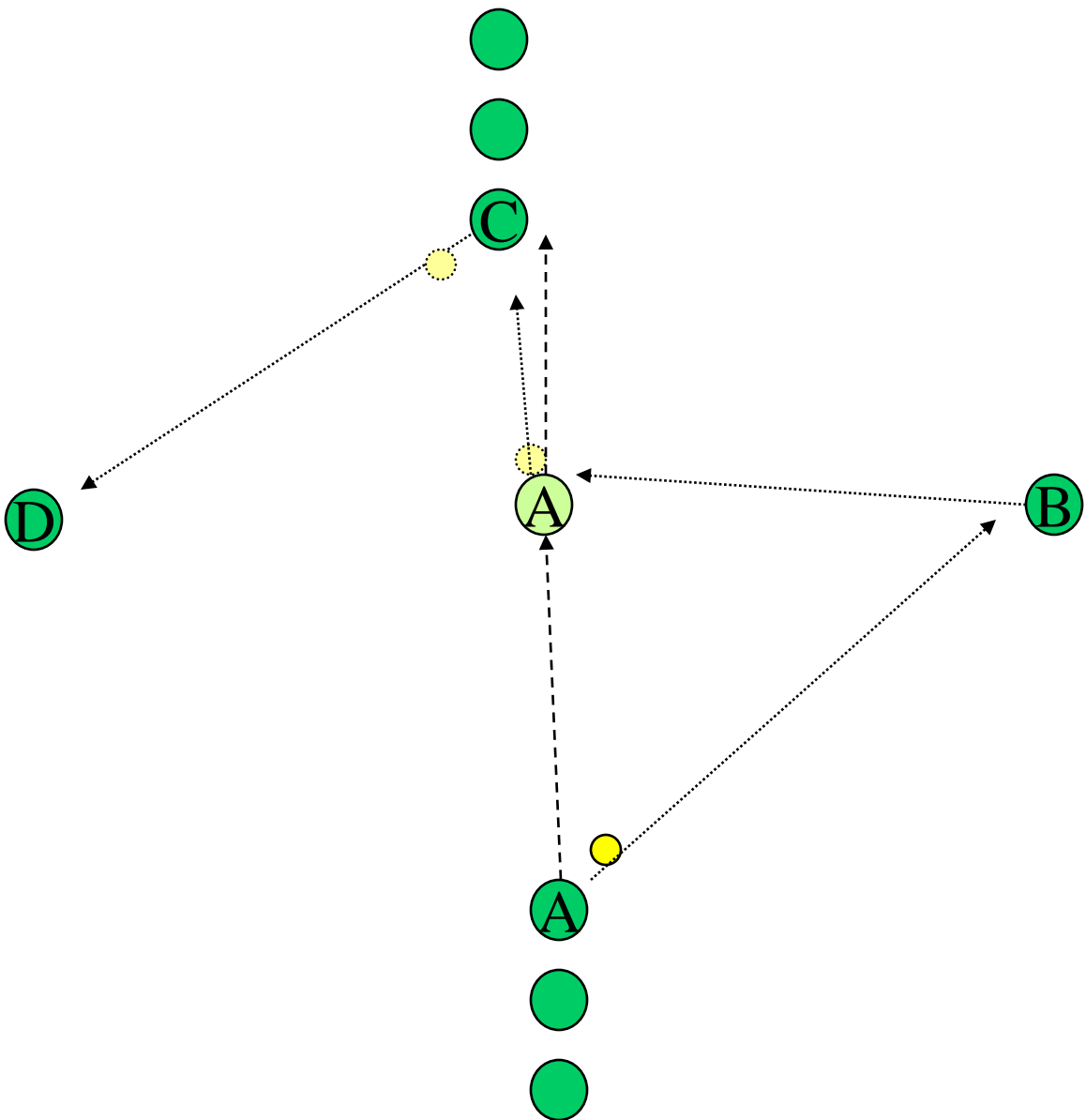
Full Field Diagonals

Six groups of players (3 lines facing each other at sides of field). Center line at center of field. Other lines at restraining line markers. One goalie starts play by throwing a pass to Player A. Player A moves to catch pass and passes diagonally to Player B. Player A goes to end of Player B line. Player throws to Player C and goes to end of Player C line. Player C throws to goalie. Goalie starts drill back by throwing to Player D. Players continue n this manner to other end of field. Drill can be done by rolling ground balls instead of passes.



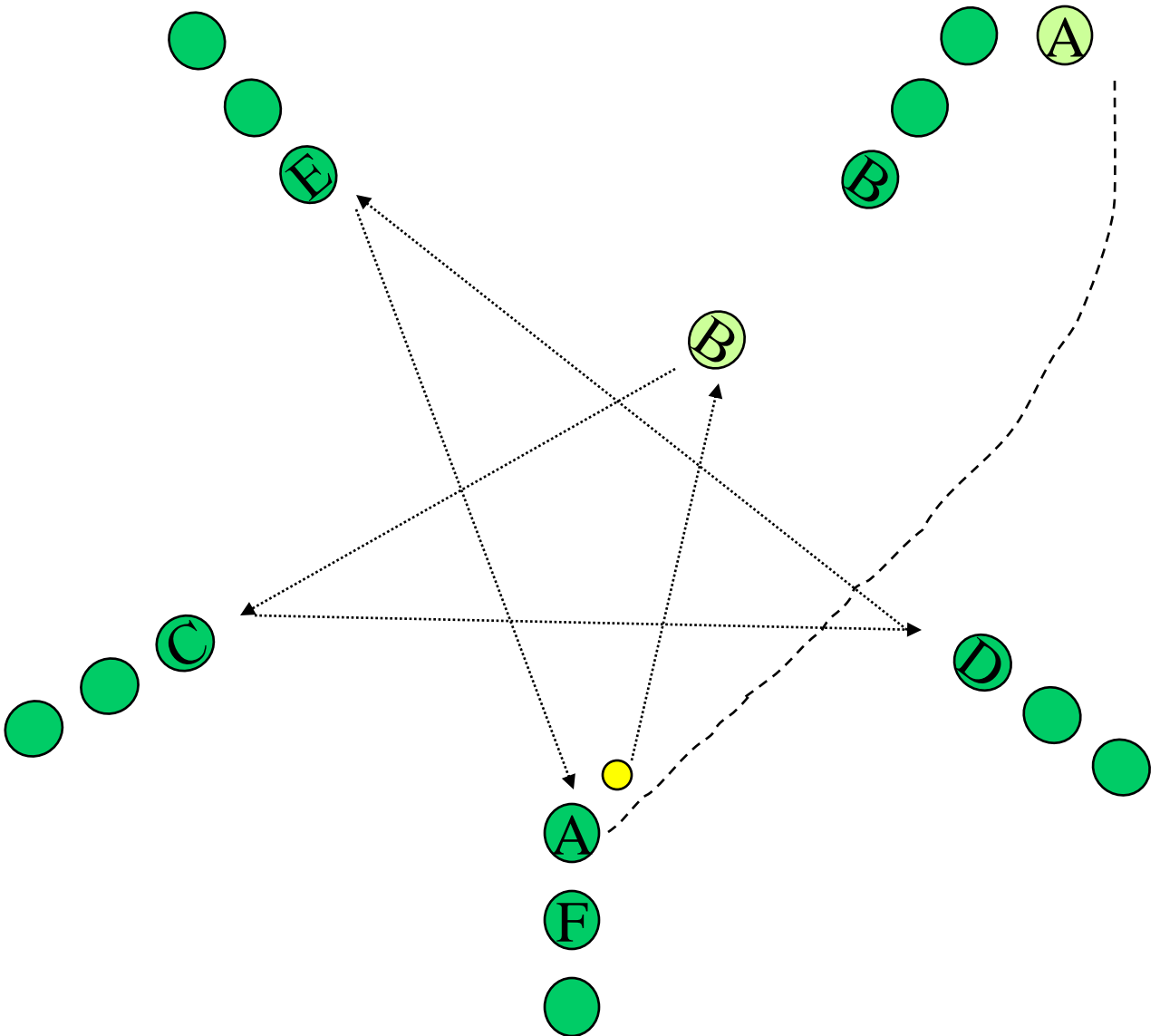
Big Diamond

Two lines facing each other 30 yards apart. 2 Players on wing (B, D). Drill starts with Player A throwing a pass to Player B. Player A runs toward Player C line and receives a pass back from Player B. Player A catches pass and throws to Player C. Player C continues drill back by throwing ball to Player D. Player A goes to end of Player C line. Reverse direction to work both hands.



Star

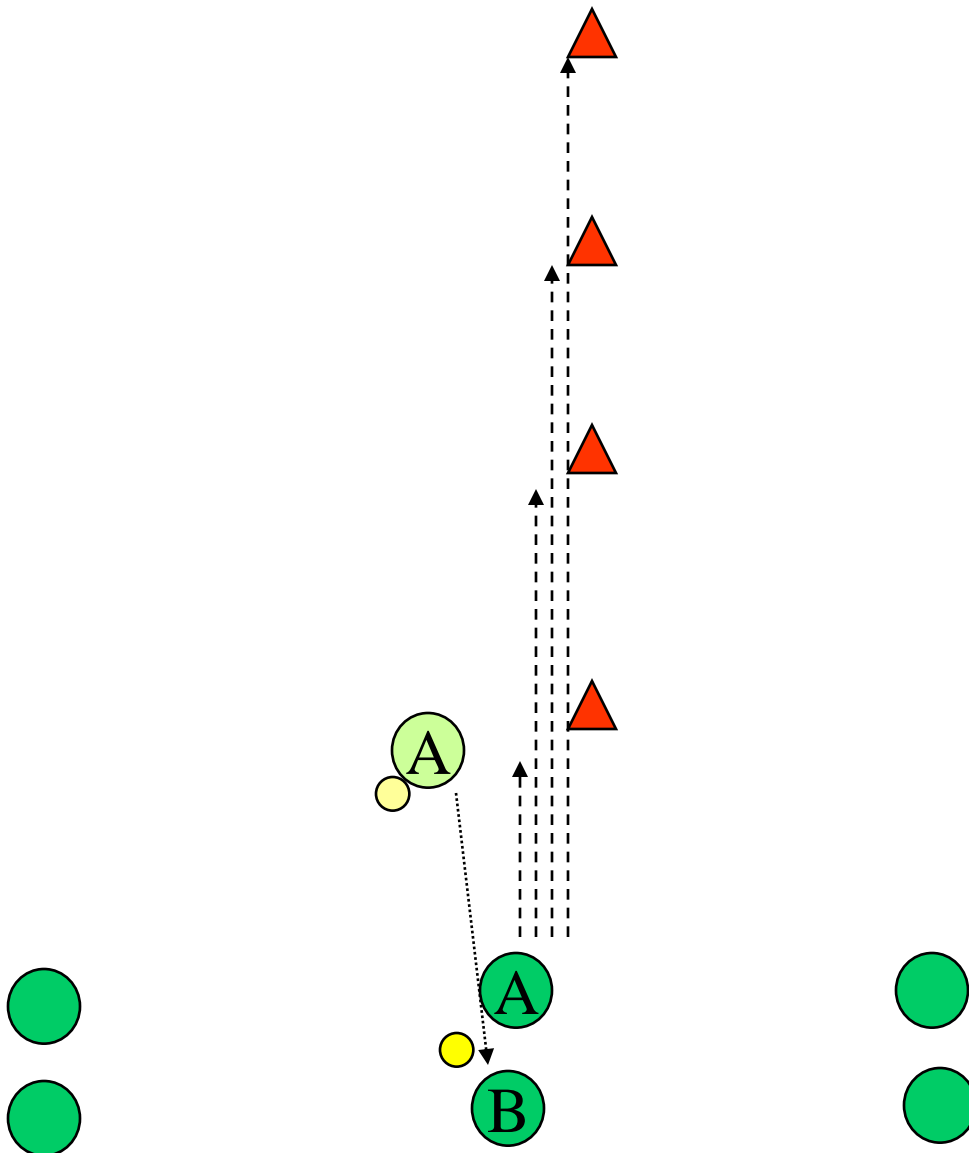
5 lines of players forming a star facing center. Drill begins with Player A skipping the line to his right and throwing a pass to Player B. Player B moves toward center of star, catches pass and throws pass to Player C. Player C throws to Player D. Player D throws to E. Player E throws to Player F to start another round of the drill. Players go to end of the line they threw to.



Groundball Suicides

(Conditioning drill)

Multiple (4-5) lines of players at each end of the field. No more than 4 players in a line. Second Player in line rolls out a ground ball (half-way to first cone). Player A sprints to ball, scoops and continues sprint to first cone. Player A then curls and throws pass back to Player B. Player A sprints back to front of line. Player B rolls ball to first cone and Player sprints to ball, scoops and then sprints to second cone, curls and throws pass back to Player A. Player A sprints back to front of line. Continue drill for all cones.



One on One Offense/Defense in Box

Create a 10 x 10 yard square with cones, Figure 1. One offense player and one defense player. Offense player, A starts with ball just outside box on side 1. Objective is to get to other side of box by dodging defense player B. Player A has 10 seconds. Work on players roll, split and face dodges. Player B must work on footwork. Start with Player B using just hands, no stick. Boxes can be stacked to have players run through one after the other, figure 2.

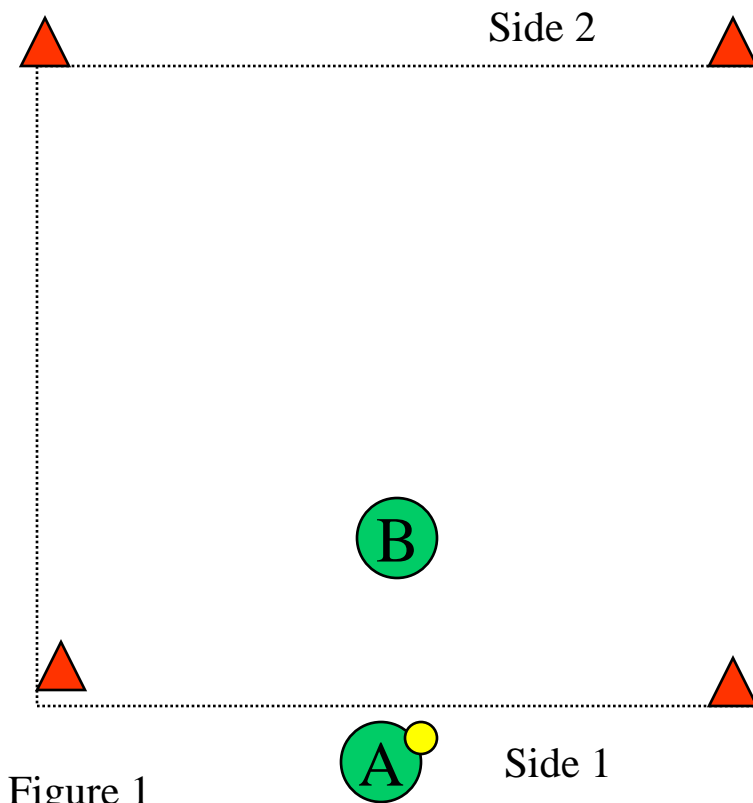


Figure 1

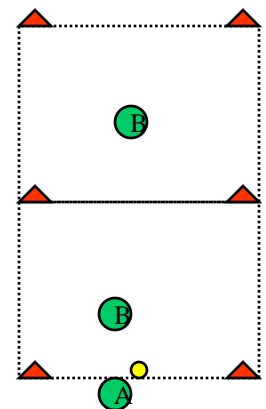
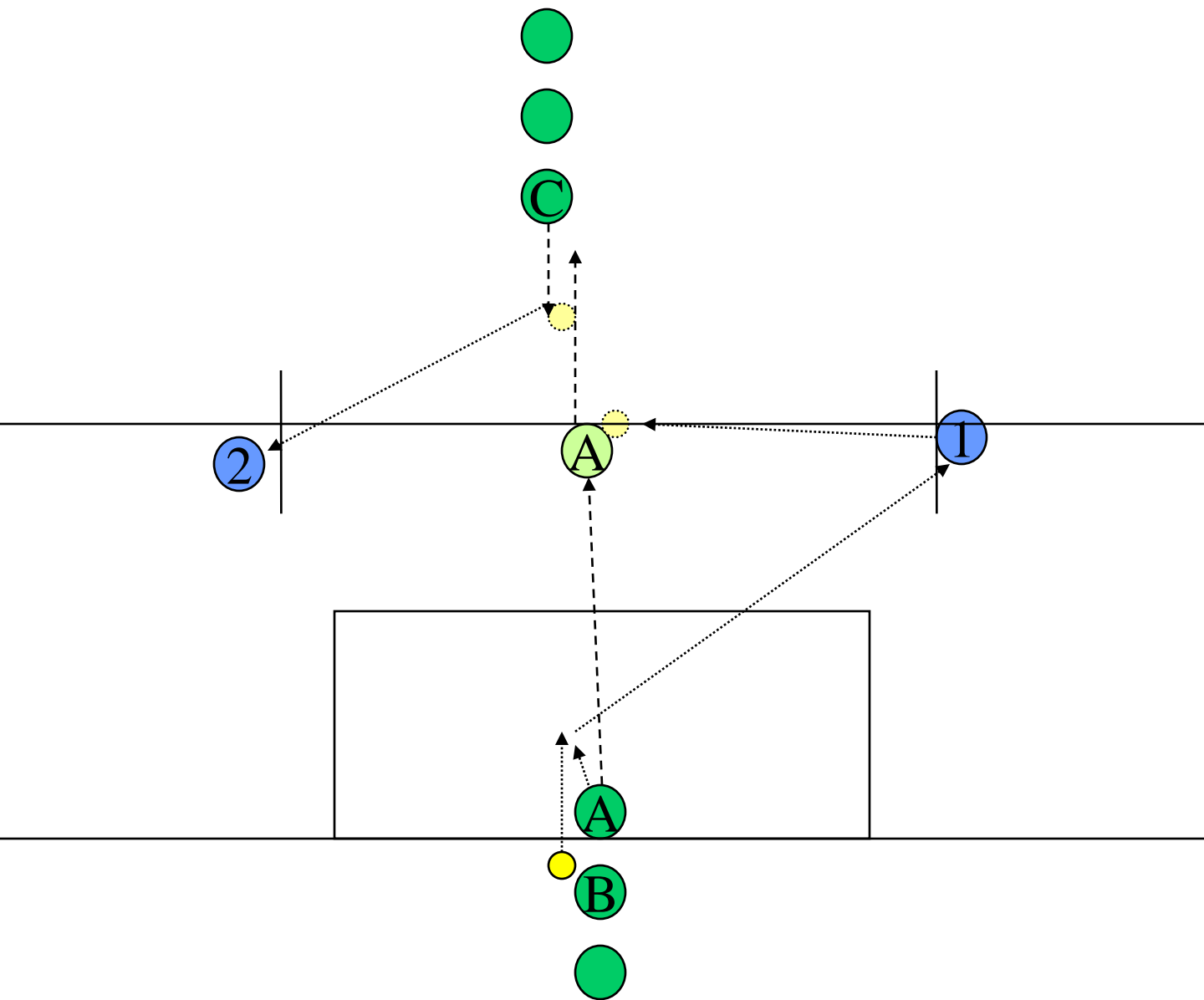


Figure 2

Full Field Big Diamond

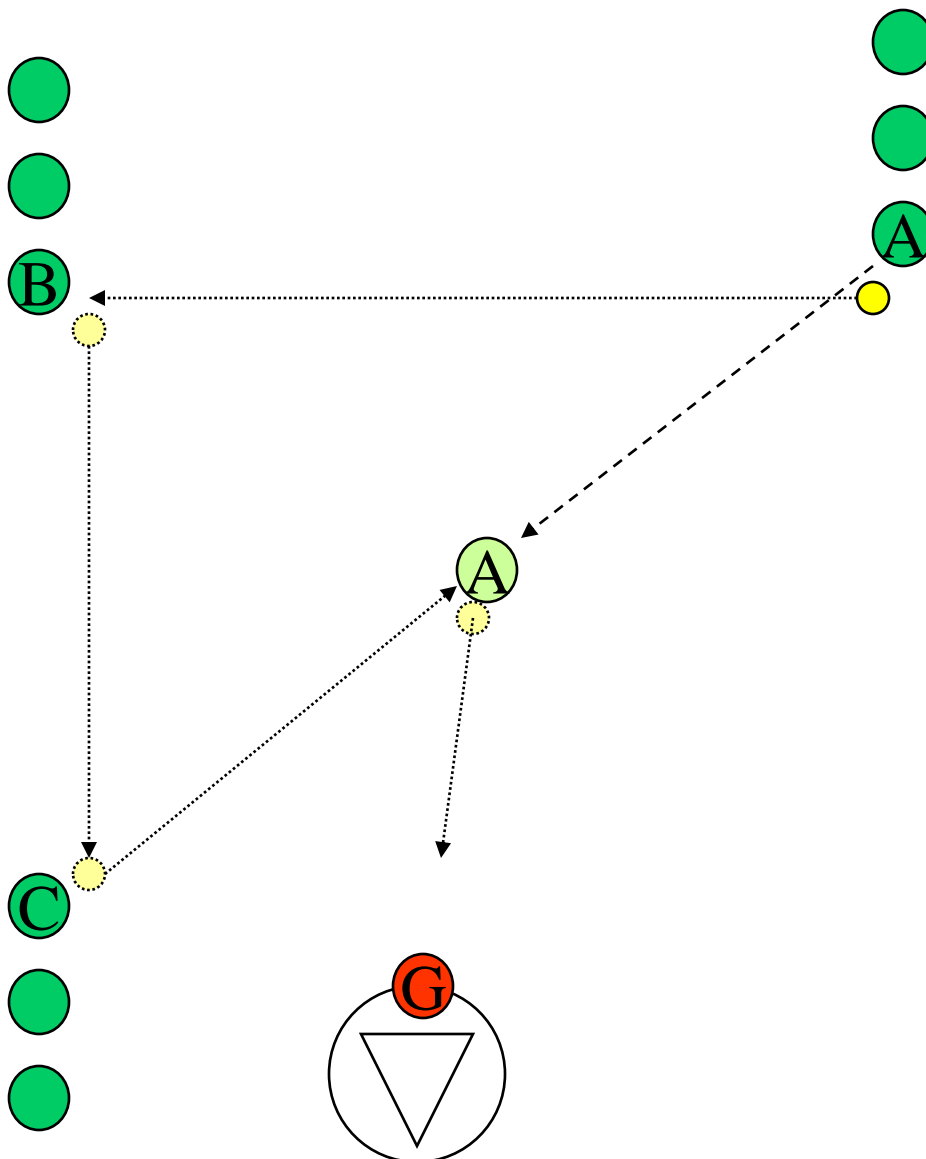
(Conditioning drill)

Two lines facing each other at field end lines. 2 coaches on wing (B, D). Drill starts with Player B rolling a groundball out in front of Player A. Player A scoops and sprints toward middle of field. Player A throws a pass to Coach 1 who is at midfield. Player A keeps running toward Player C line and receives a pass back from Coach 1. Player A catches pass and rolls ball to Player C. Player C continues drill back by scooping groundball, sprinting and throwing a pass to Coach 2. Player A goes to end of Player C line. Reverse direction to work both hands. Drill can be started with 2 balls-one at each end. Offset lines to avoid collisions.



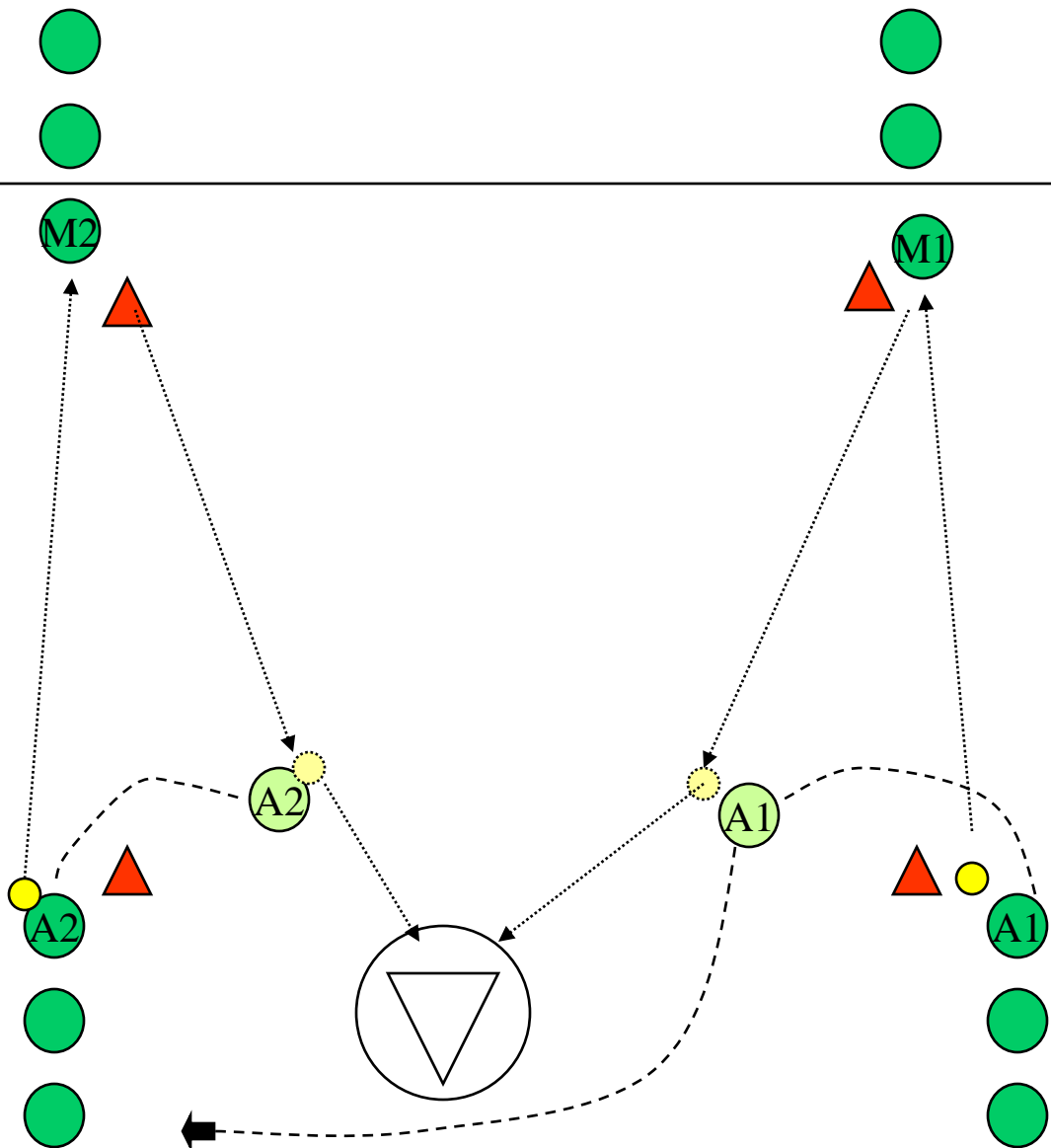
Cutter Shooting drill

3 lines of players. Two at midfield position about 20 yards from goal. One in a feeding position to the left or right of goal. Player A passes to Player B who passes to Player C. Player A cuts to goal and Player C feeds back to Player A who shoots. Players go to end of line that they passed to. Move feeding line to other side of goal to work both left and right hand shooting.



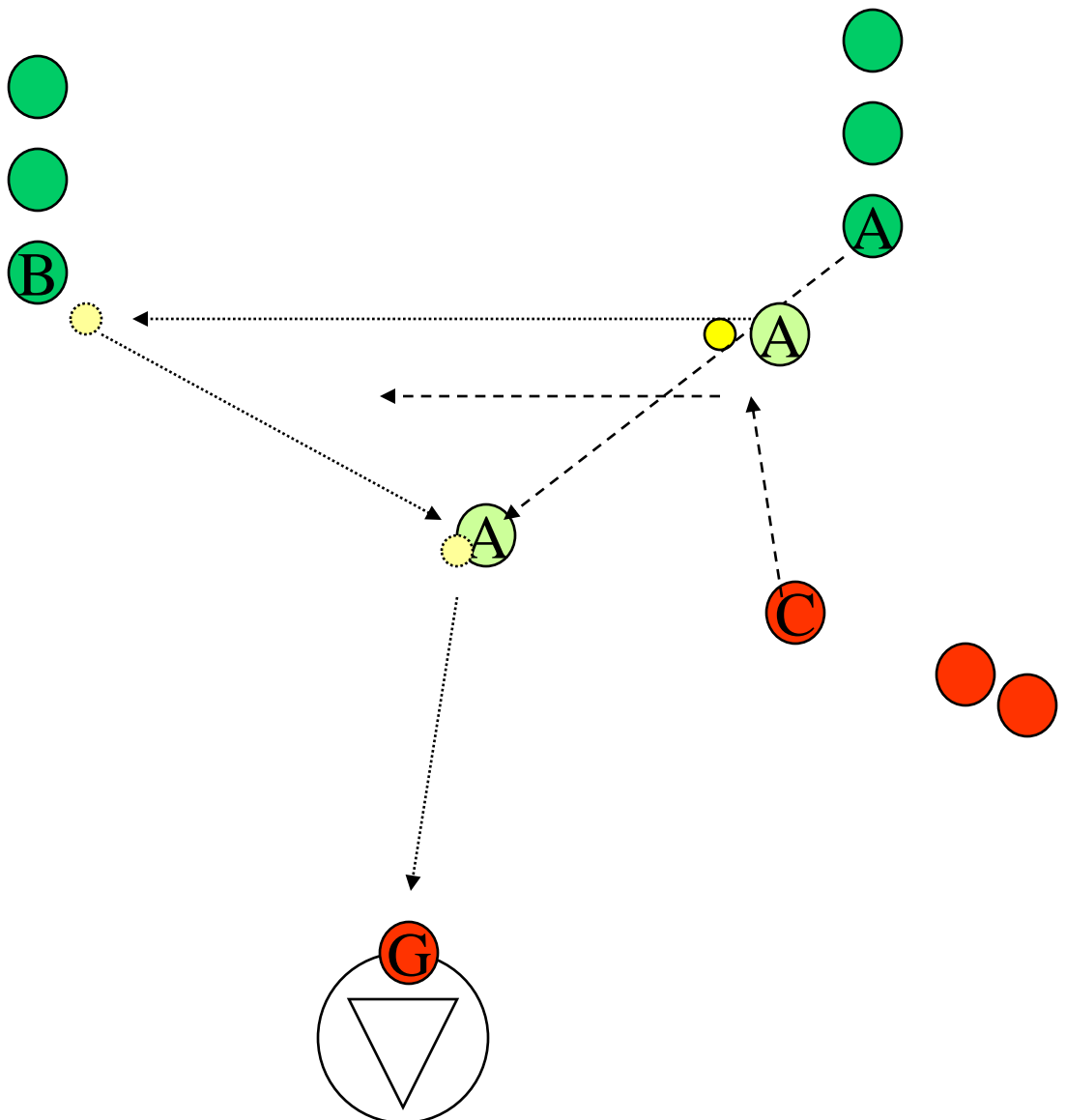
Shooting Gallery drill

4 lines of players. Two lines at midfield position about 5 yards inside Restraining line. Two lines about 5 yards up from the goal line and 10 yards to the left and right of the goal. Drill starts with the Attackers, A1 and A2 passing to M1 and M2. Attackers cut around cones and receives a pass from Midfielders (a give and go). Attackers then shoot on goal. A1 goes to end of A2 line. A2 goes to end of M2 line. Reverse drill with Midfielders passing to attackers. Attackers then pass back to cutting middle for a shot on goal.



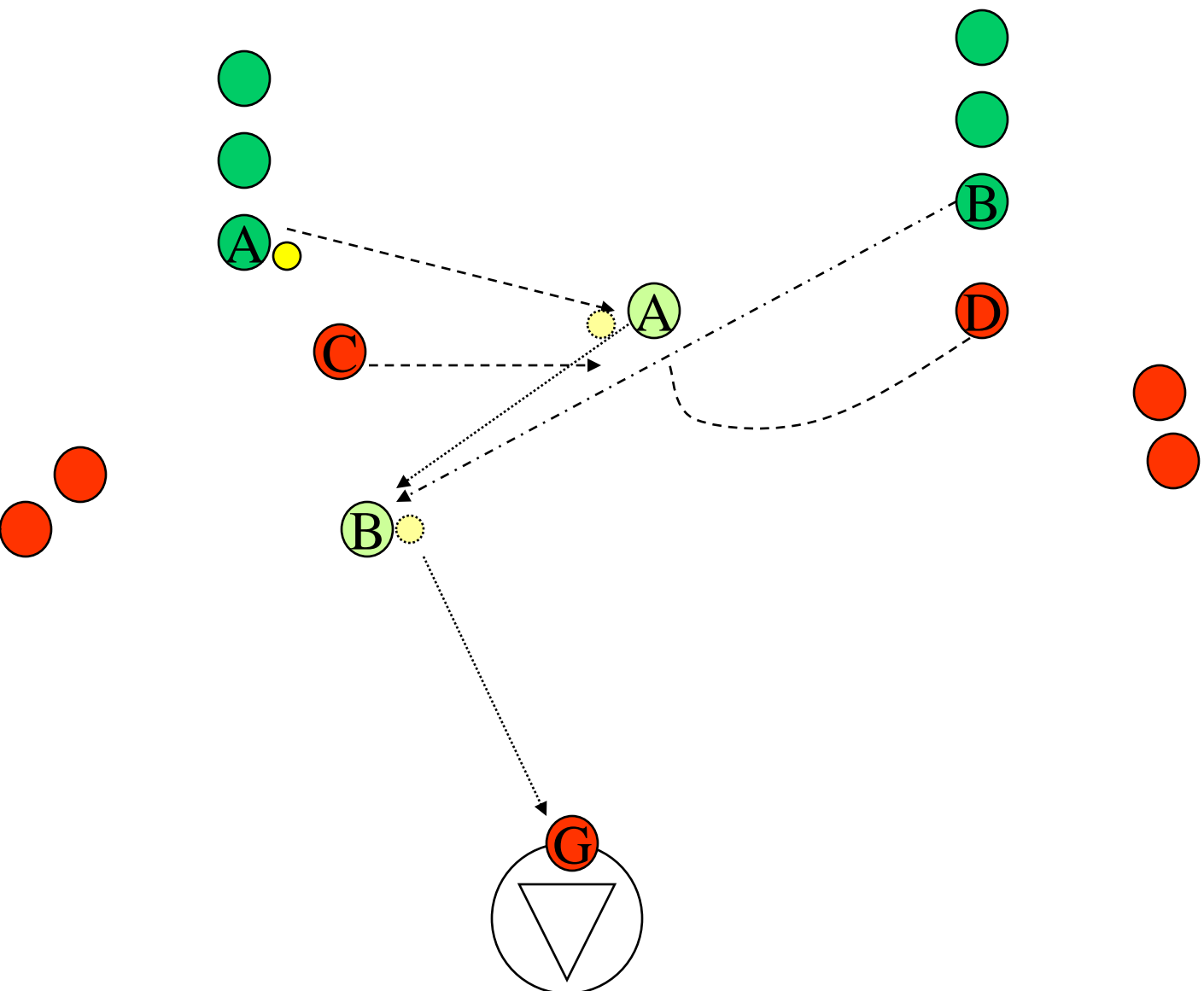
Give and Go Shooting drill

3 lines of players. Two at midfield position about 20 yards from goal. One in a defense position to the right of goal. Player A starts with ball and makes a move toward goal. Player C, defender, moves to stop Player A progress. Player A passes to Player B. Player C then moves toward player B. Player A cuts backdoor to goal and Player B feeds back to Player A who shoots. Players move counter clockwise to switch lines.



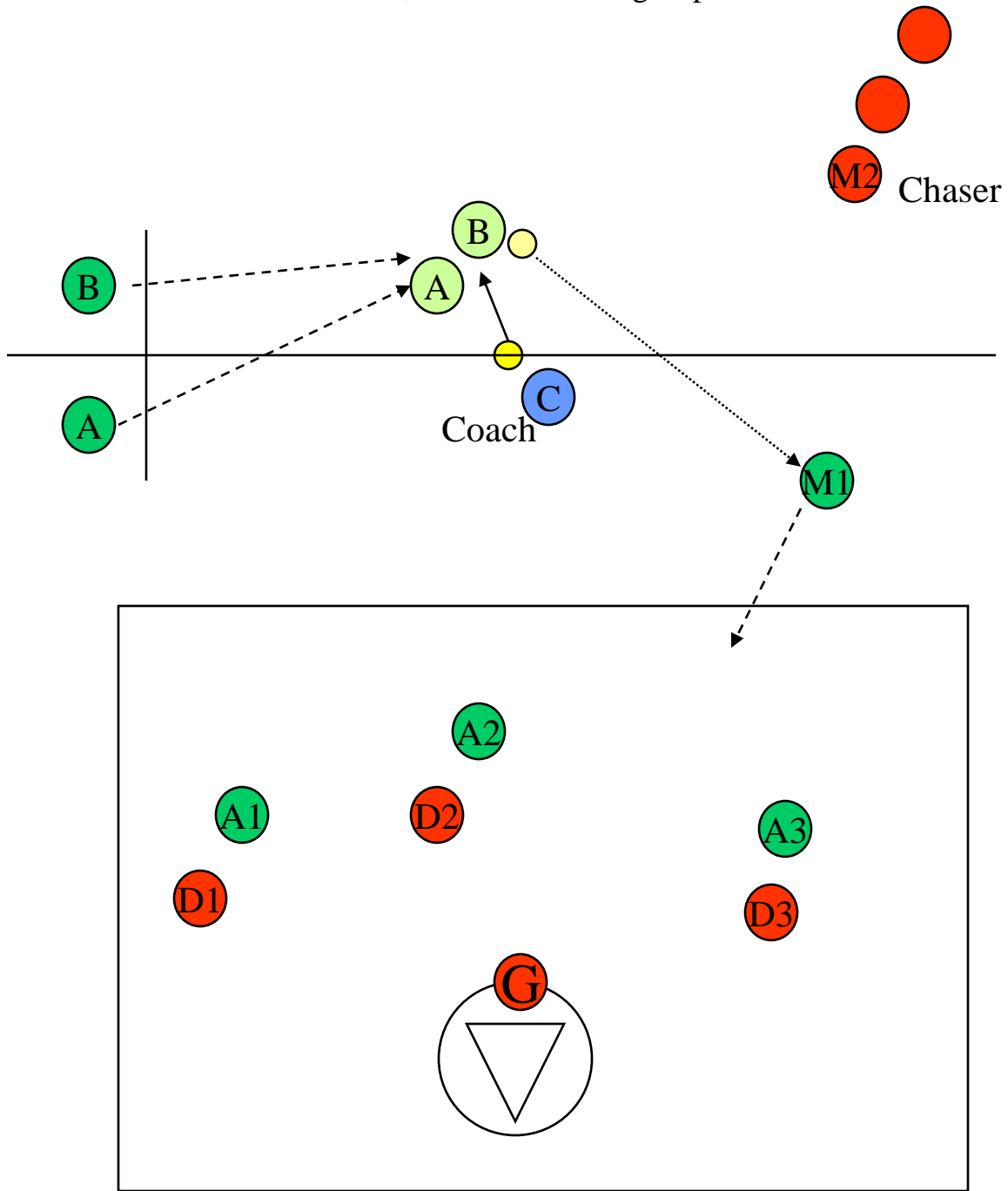
Dodge and Dump Drill

4 lines of players. Two at midfield position about 20 yards from goal. Two in a defense position to the right and left of goal. Player A starts with ball. Player B cuts through for Player A to dodge. Player A makes a sweeping dodge. Player C, defender goes with Player A. Player D, defender, starts with Player B but comes back to double Player A. Player A feeling double passes to Player B who catches and shoots.



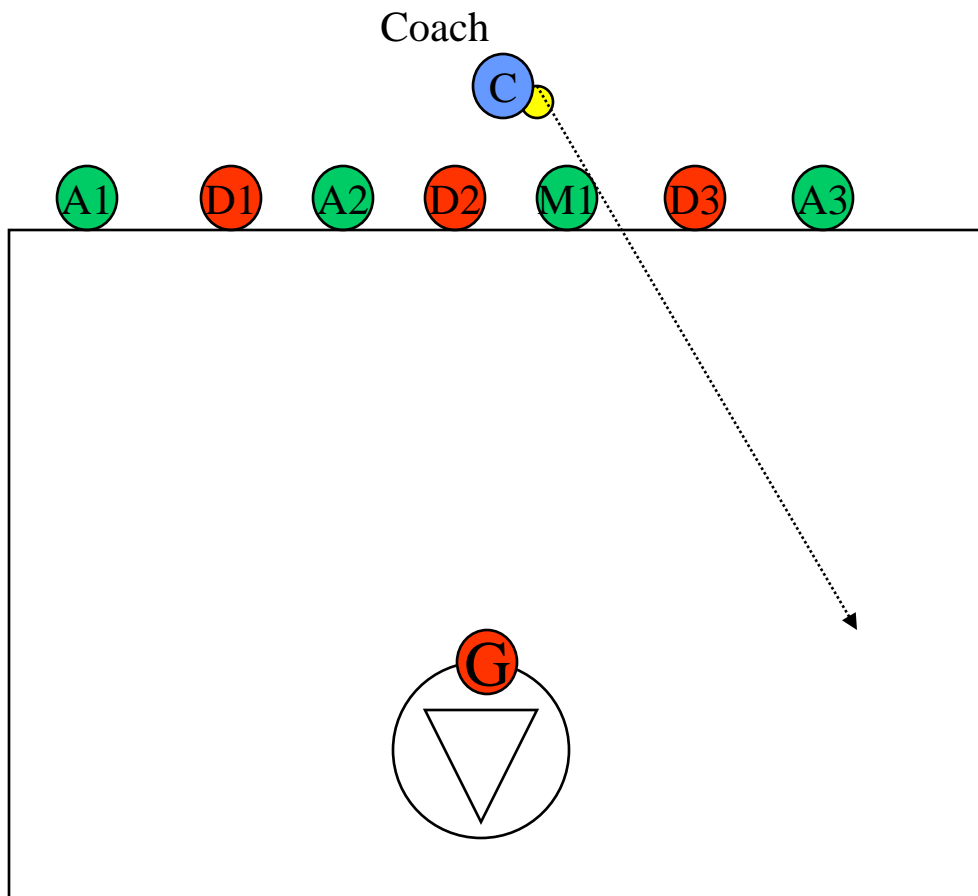
Wing Fast Break

Coach simulates a faceoff by rolling a ball out from the center field. Two wing middies battle for the ball and the one who comes up with it looks for M1, the break middle. Groundball winner passes to M1 and M1 breaks to goal for a 4 on 3. M2 is a chaser and tries to stop the fast break. Defense must slide to stop ball carrier. Allow one shot or 15 seconds to convert, then start a new group



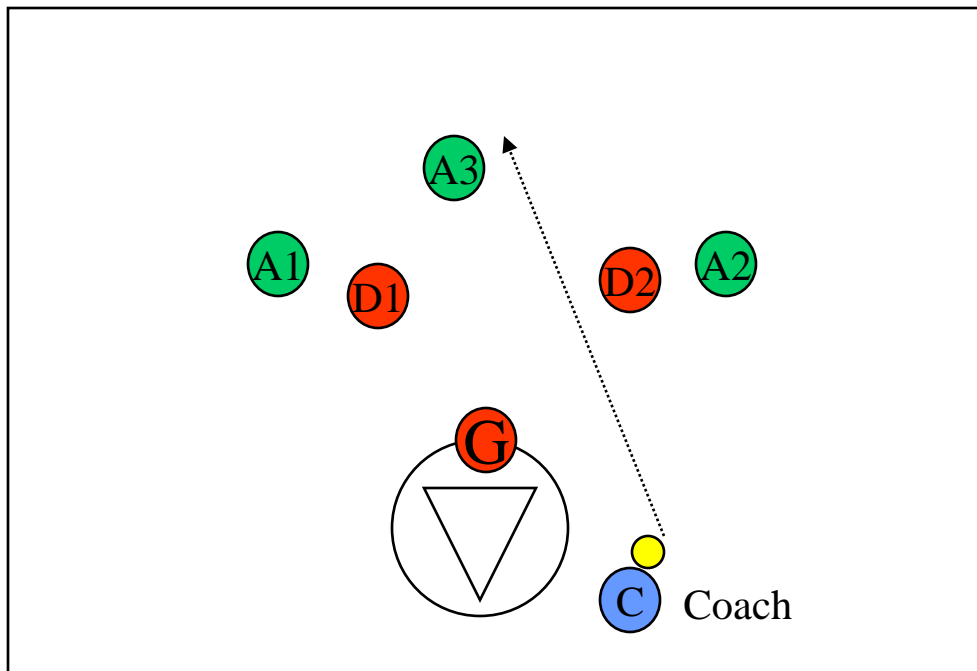
4 on 3

Seven lines of players. Four attackers, three defenders. Coach rolls a ground ball into the box area. Players fight for groundball. If attackers come up with the ball, they have 20 seconds to attack the goal and use their 4 on 3 advantage. Defenders try and clear using the goalie.



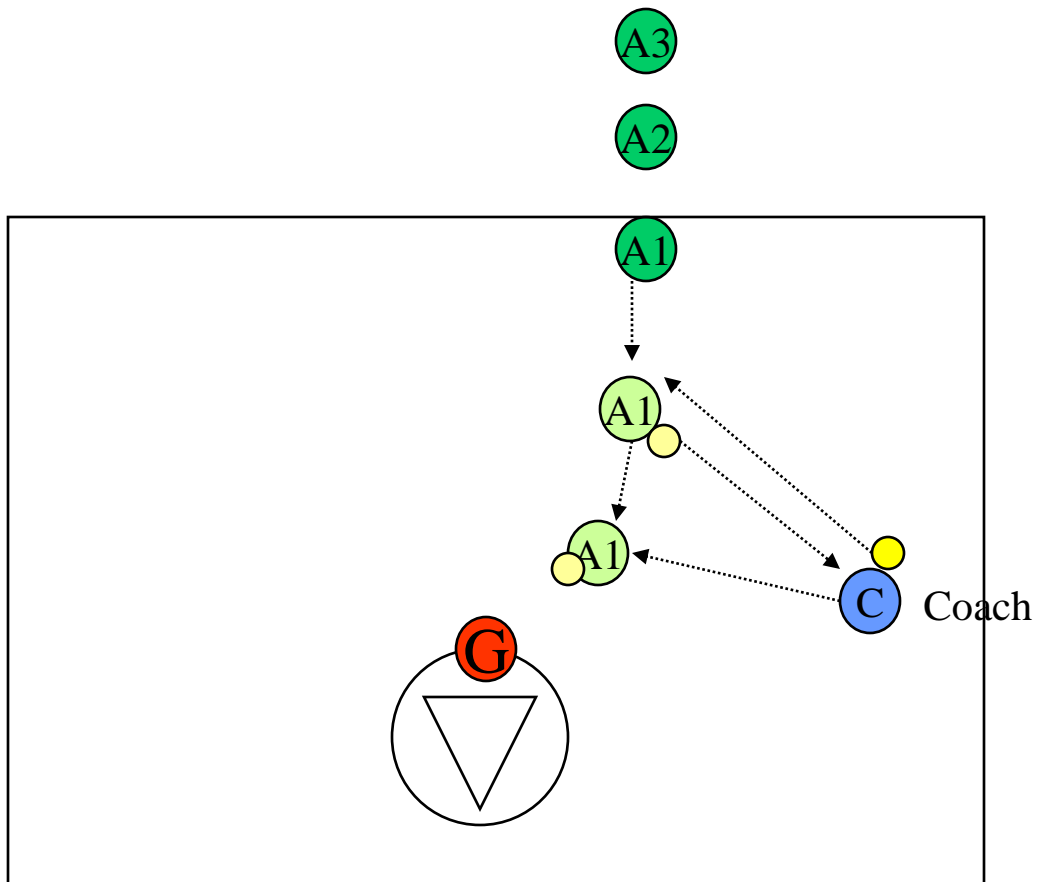
3 on 2 Quick Decisions

Five players. Three attackers, two defenders. Players have back to coach. Coach rolls a ground ball into the box area from behind the goal. Players fight for groundball. Free attacker A3 has advantage. If attackers come up with the ball, they have 10 seconds to attack the goal and use their 3 on 2 advantage. Defenders must slide to stop Attacker with ball. Defenders try and clear using the goalie. This is a short drill. Do not let play continue for more than 10 seconds after ground ball retrieved.



Give & Go Drill

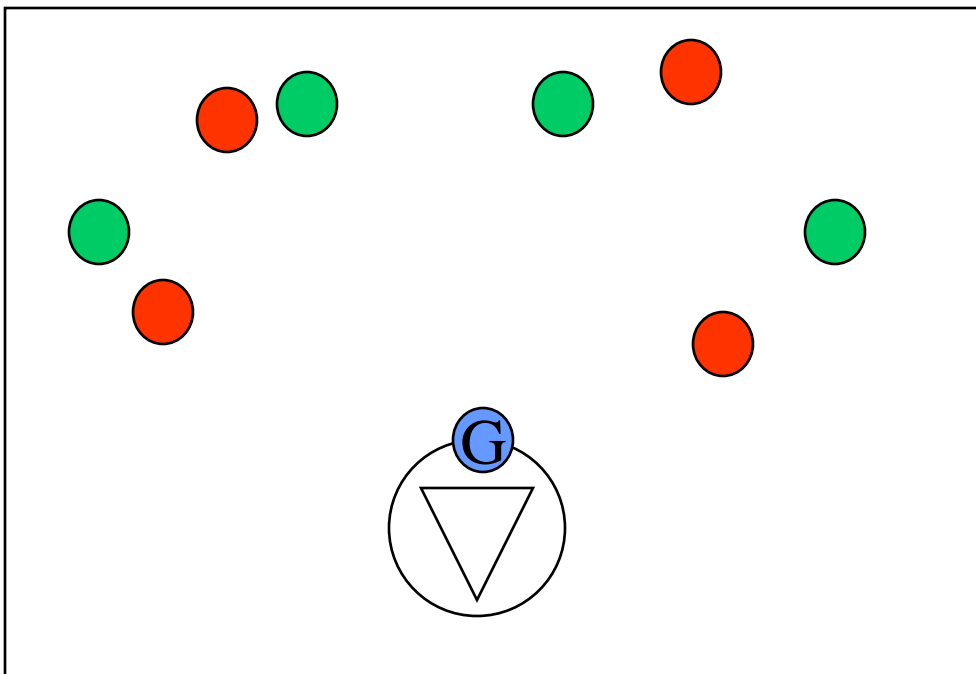
Line of attack and middies. Coach rolls ball toward A1 in line. Player A1 picks up ground ball and passes to coach. Player A1 then cuts toward goal, receives a pass from coach and shoots. A player can replace coach as the feeder. After player passes to A1, player goes to end of line. He is replaced by A1 who is now the feeder.



Fireball

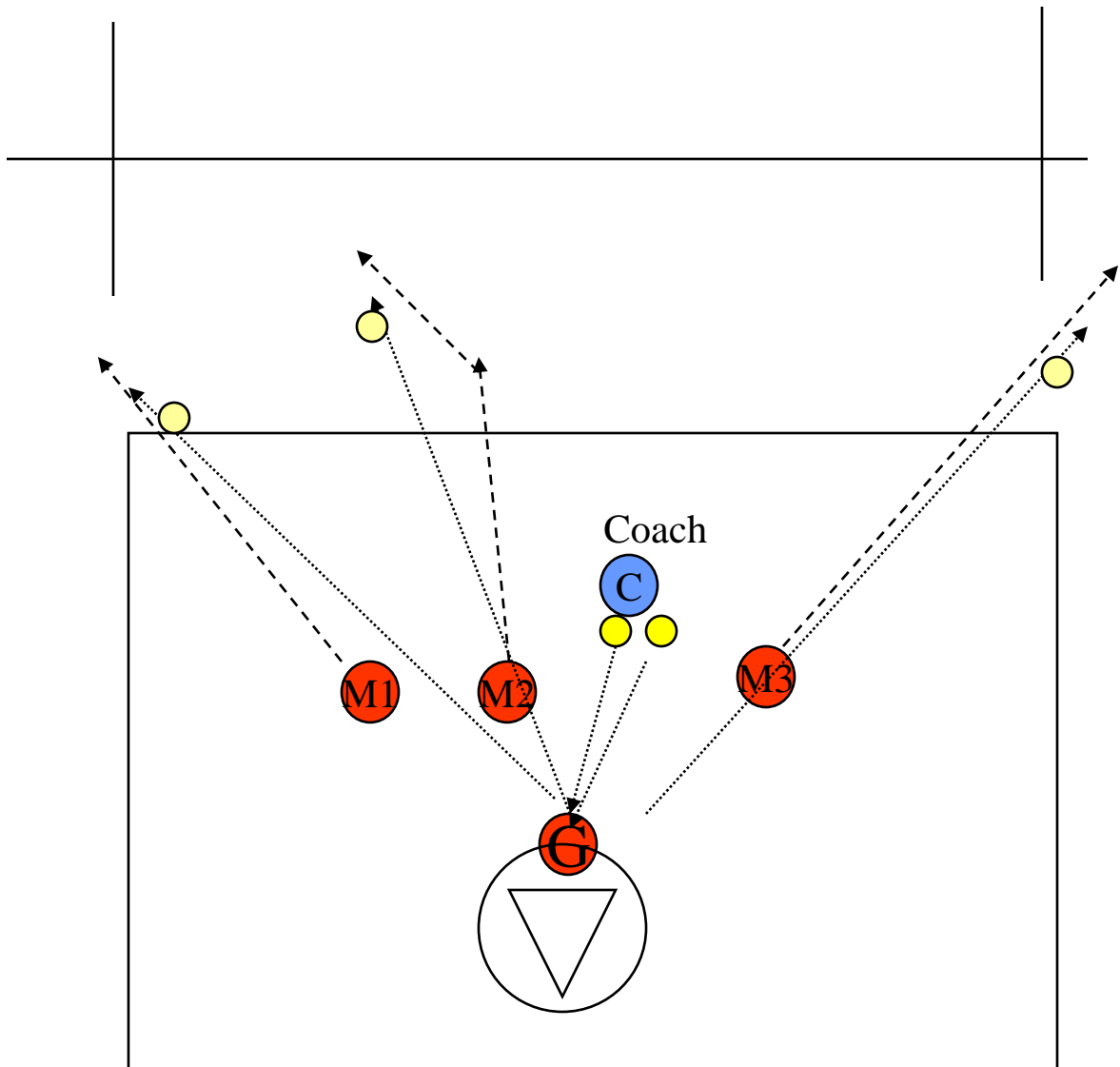
Two groups of players. Start with 3 on 3 and go up to 6 on 6.. Coach throws a ball into the air. Players fight for possession of the ball. If a player catches the ball before it hits the ground, his/her team gets two points. Player must first pass to the coach, then coach passes to open player from that team. If possession is lost and the other team picks up the loose ball, they must pass to the coach who then passes to a player of that team. Each team tries to score a goal when they have possession. One point is awarded for a goal. After a goal, a new fireball is thrown.

Coach



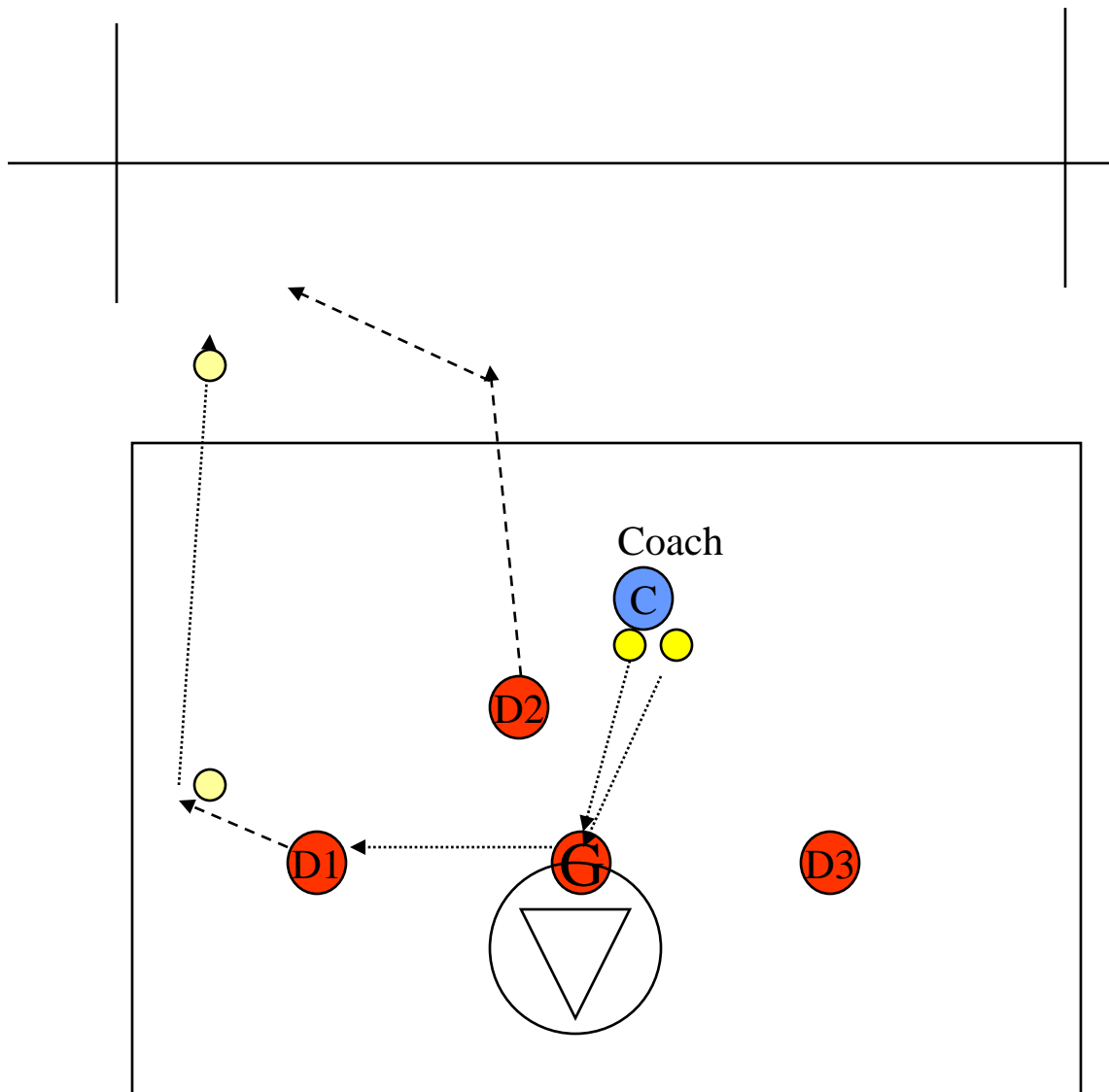
Middie Clear Drill

Three middle lines in front of the goal. Coach throws shot at Goalie who catches, controls and yells “break”. Middie 1 breaks up and out toward faceoff wing line. After Goalie 1 throws pass repeat for Middie lines two and three. Middie brings ball back around sideline and behind goal.



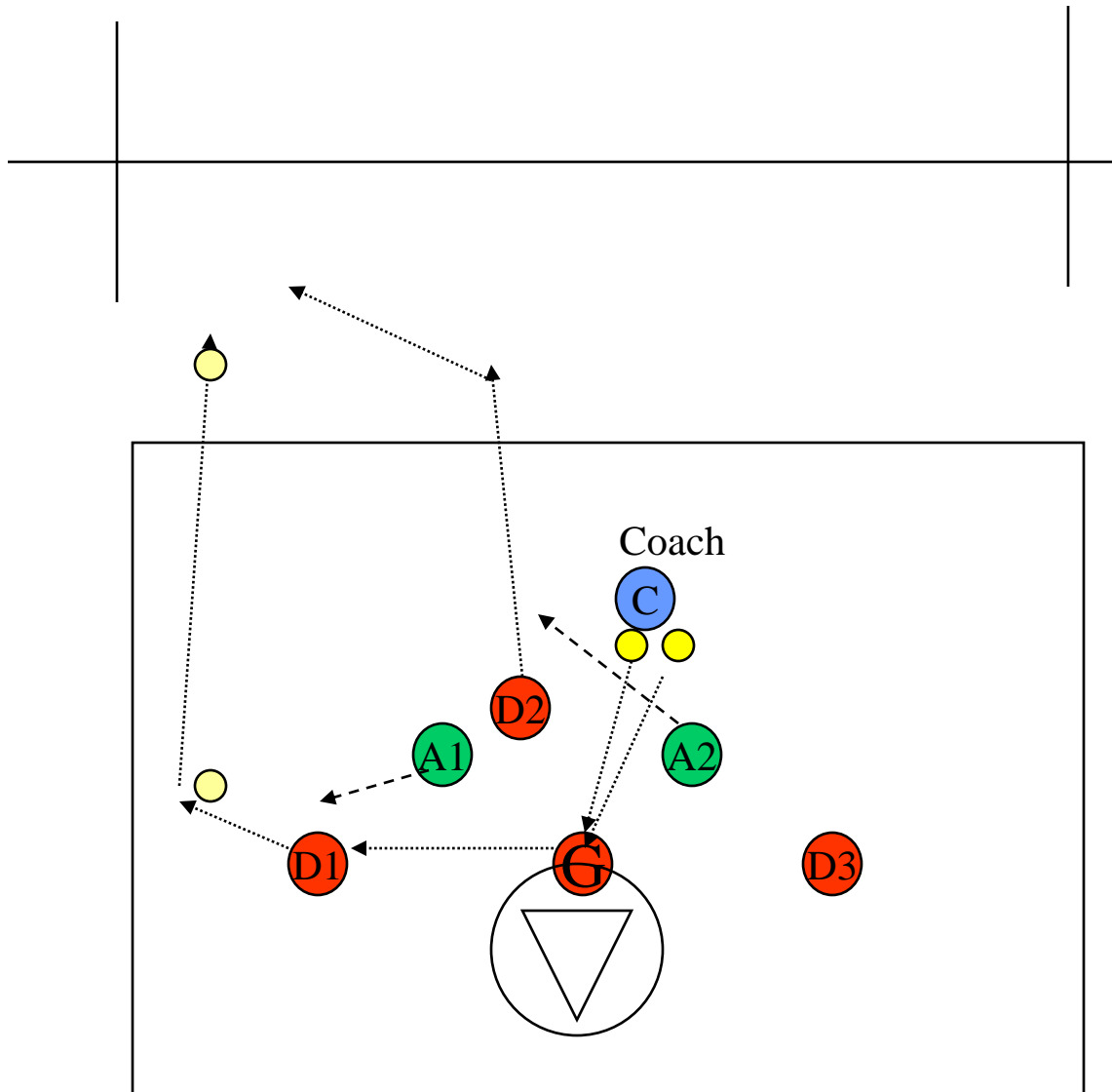
Defense Clear Drill

Three defense lines in front of the goal. Coach throws shot at Goalie who catches, controls and yells “break”. Defense 1 breaks up out toward sideline. Goalie throws pass to Defense 1 who catches over the shoulder and turns up-field. Defense 2 breaking up-field runs out toward wing faceoff line. Defense 1 throws pass to Defense 2. Repeat for other side with Defense 2 breaking out on same side as Defense 3 and out toward faceoff wing line.



Defense Clear Drill- Pressure

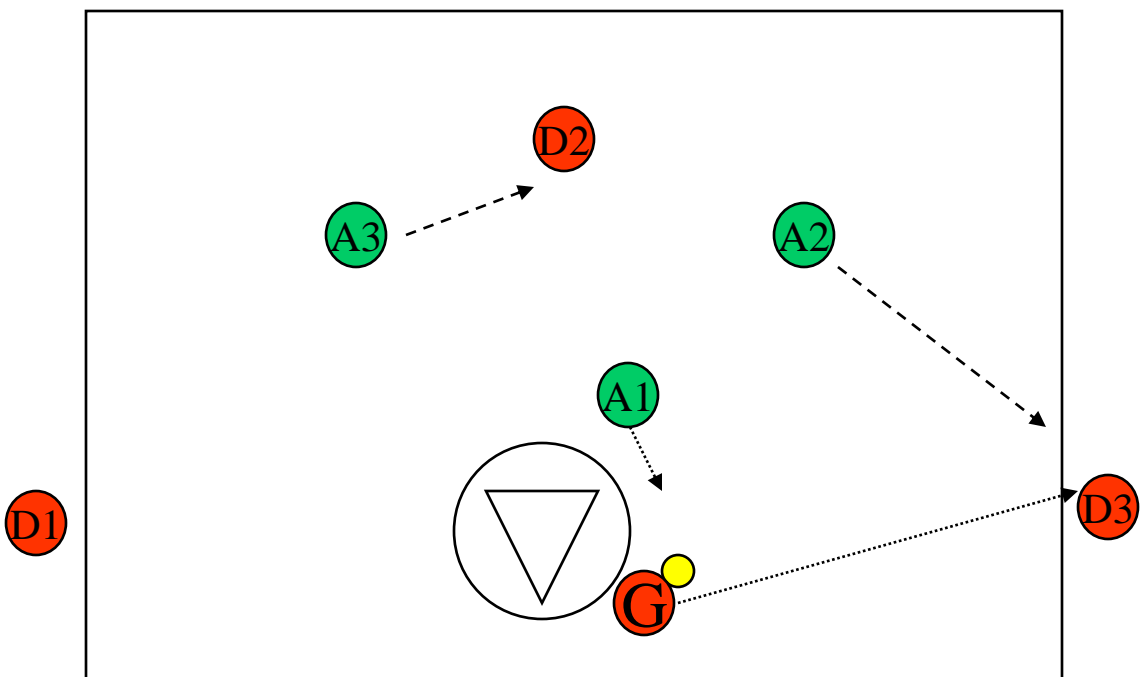
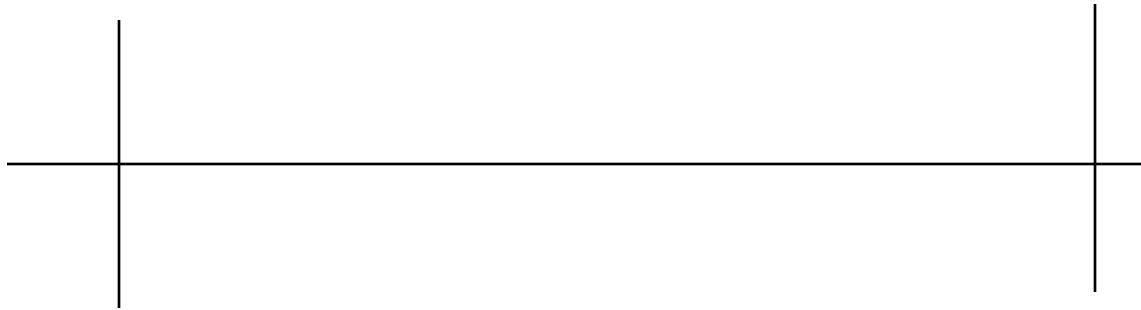
Three defense lines in front of the goal. Two Attackman. Coach throws shot at Goalie who catches, controls and yells “break”. Defense 1 breaks up out toward sideline. Goalie throws pass to Defense 1 who catches over the shoulder and turns up-field. Attack 1 pressures Defense 1. Defense 2 breaking up-field runs out toward wing faceoff line. Attack 2 follows Defense 2. Defense 1 throws pass to Defense 2 if open. If not can throw cross field pass to Defense 3 or curl back and throw pass to goalie who will throw to Defense 3. Repeat for other side- Defense 3.



Attack Ride Drill

(Triangle Ride)

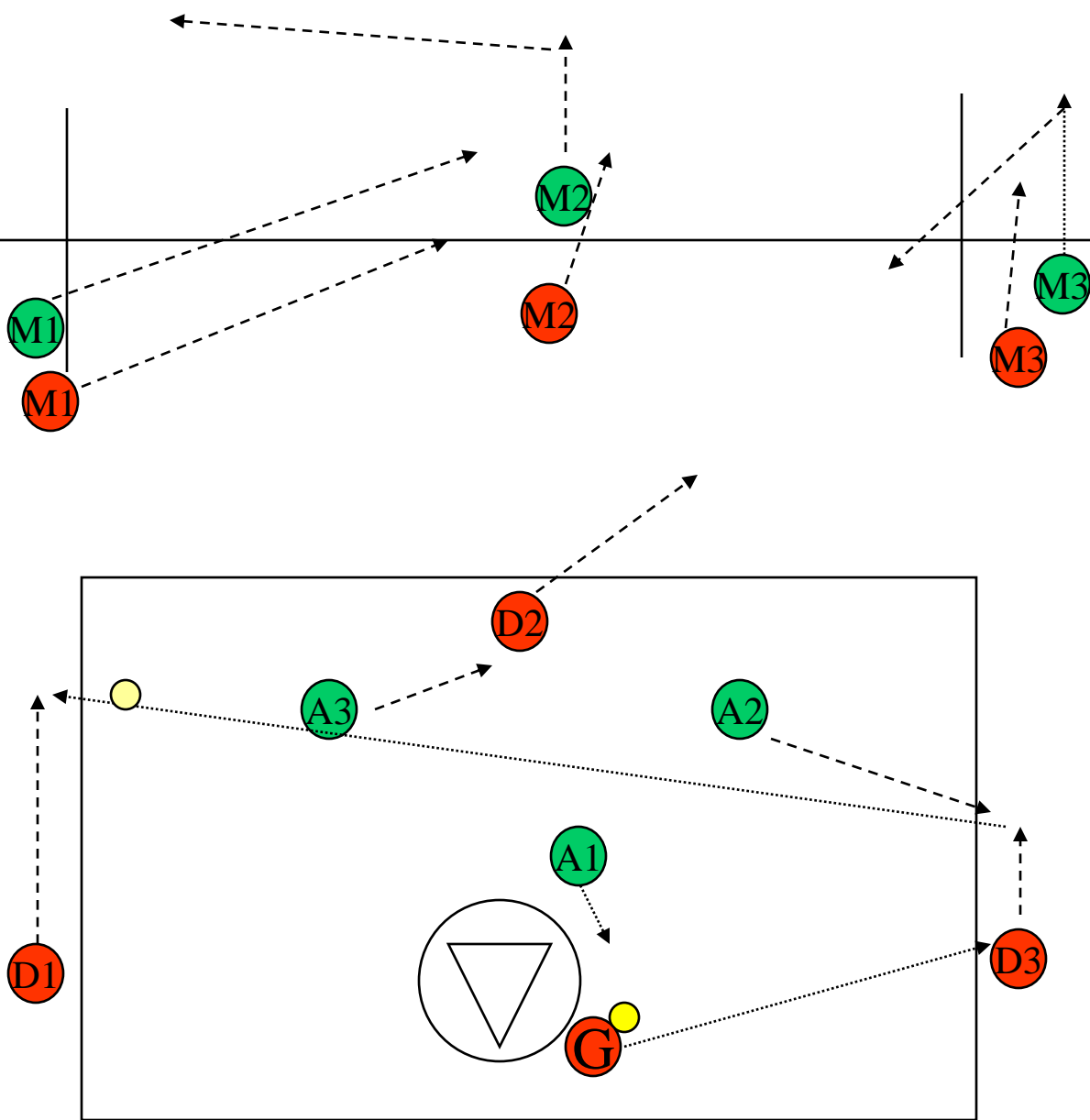
Three defensemen and a goalie. Three attackers. Ball starts with goalie behind the goal. Attack 1 pressures the goalie to pass to one of the wing defensemen, D3. Attack 2 pressures D3, Attack 1 stays with goalie to shut off the adjacent pass. Attack 3 covers the Defenseman in the middle of the field, D2. Objective is to make Defense3 throw the cross field pass to Defenseman 1. When this happens A3 slides to D1 and A1 moves up field to cover D2. A2 moves to center of field ready to jump the goalie if D1 pass back.



Settled Clear Drill

(Regular clear)

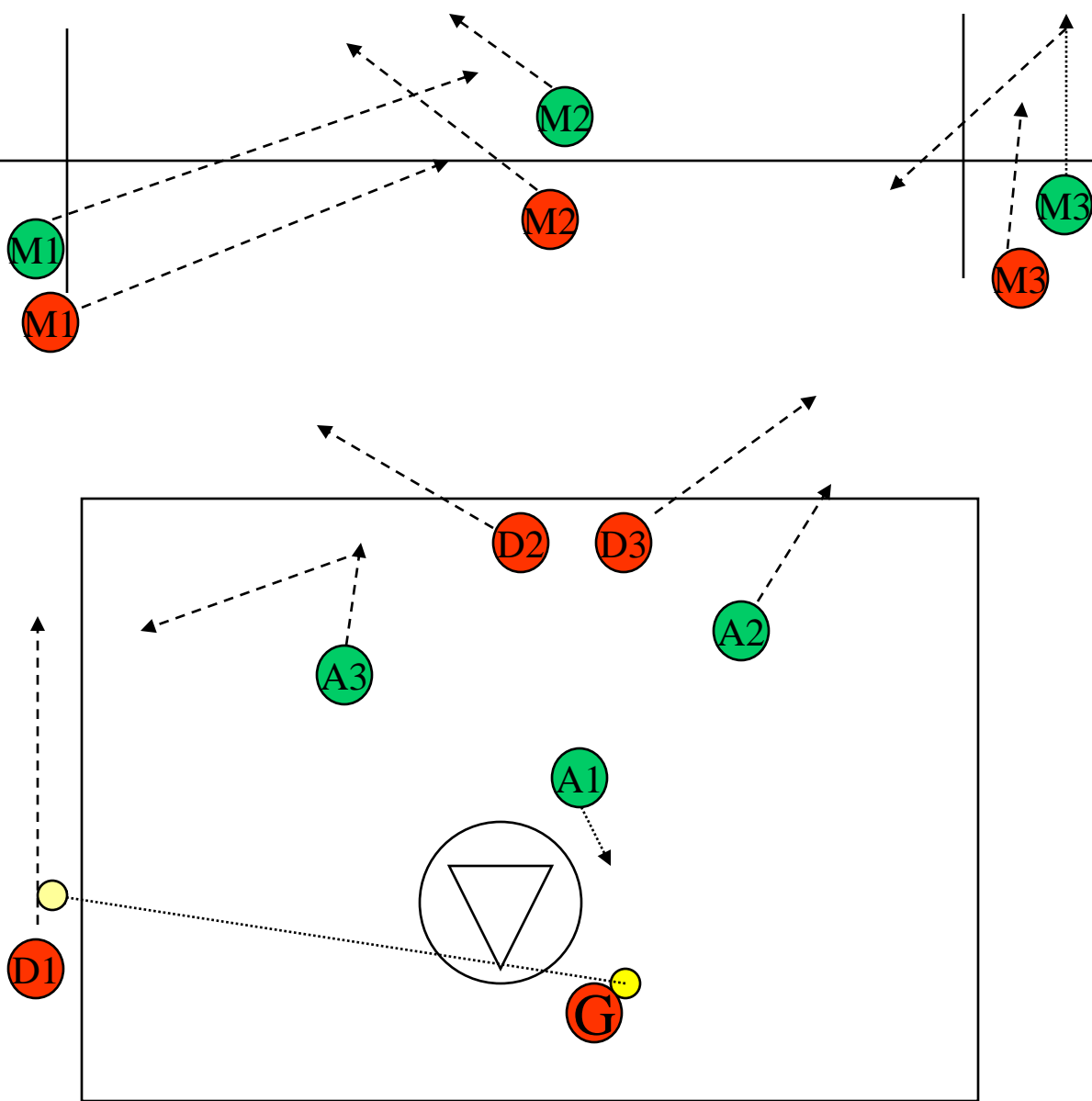
Ball starts with goalie behind the goal. Attack 1 pressures the goalie to pass to one of the wing defensemen, D3. Attack 2 pressures D3, Attack 1 stays with goalie to shut off the adjacent pass. Attack 3 covers the Defenseman in the middle of the field, D2. D3 has two options; a pass to D2 cutting up field if Attack 3 does not cover or a pass to D1 moving up field on opposite wing. D1 can carry over midfield or look to M2. M3 must come back to be onside should D1 carry across midfield.



Settled Clear Drill

(D Split clear)

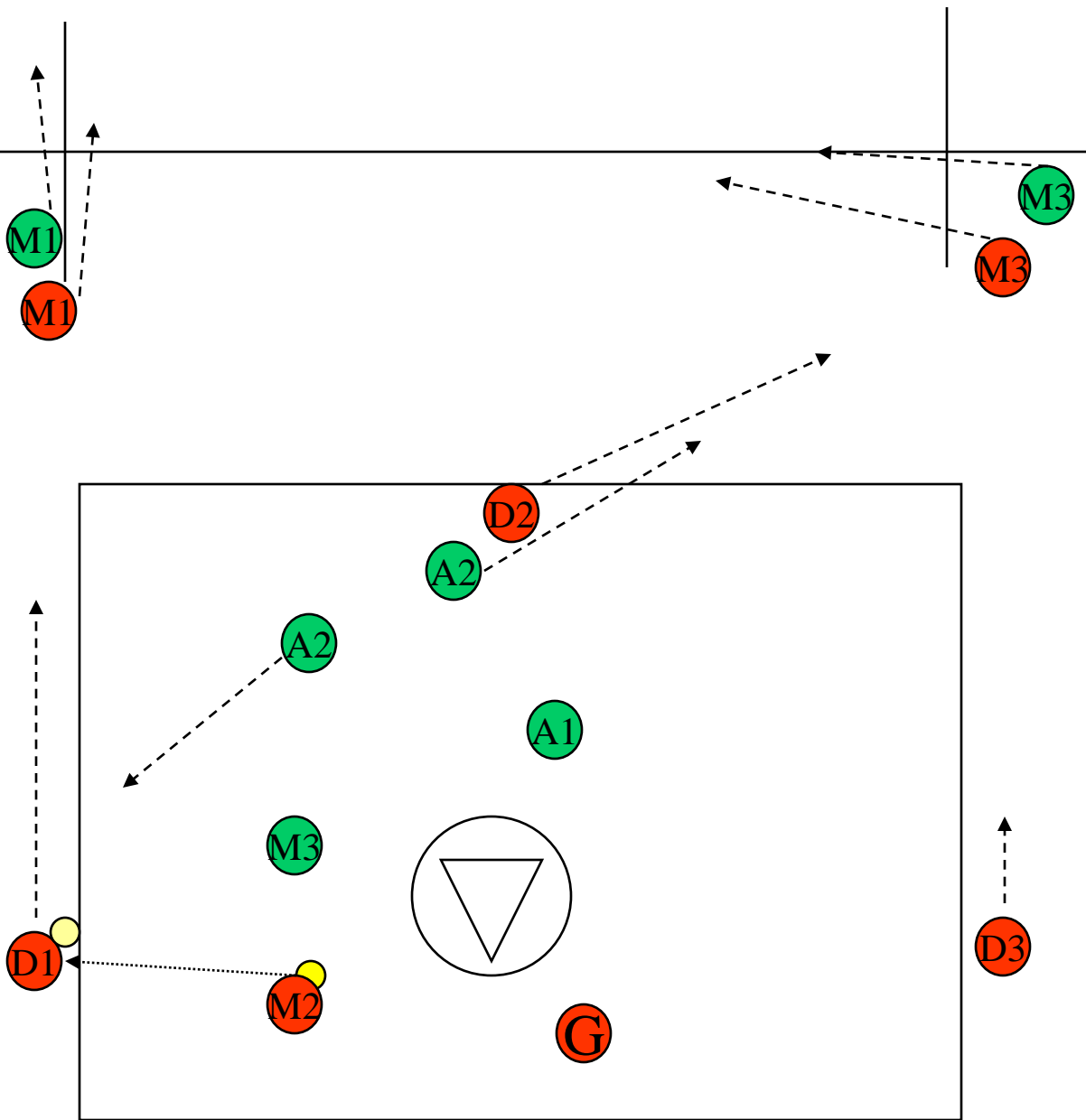
Ball starts with goalie behind the goal. 2 Defense stack at restraining line. Goalie calls clear and defense split toward wing lines. Attack 2 and Attack 3 must stay with D2 and D3 on split. Attack 1 pressures the goalie to pass to one of the wing defensemen, D1. Attack 3 drops to pick up D1 heading upfield. D1 throws pass to D2. M3 must be aware to stay onside should D2 clear across midfield. D2 looks for M1 or M2.



Settled Clear Drill

(Four Across)

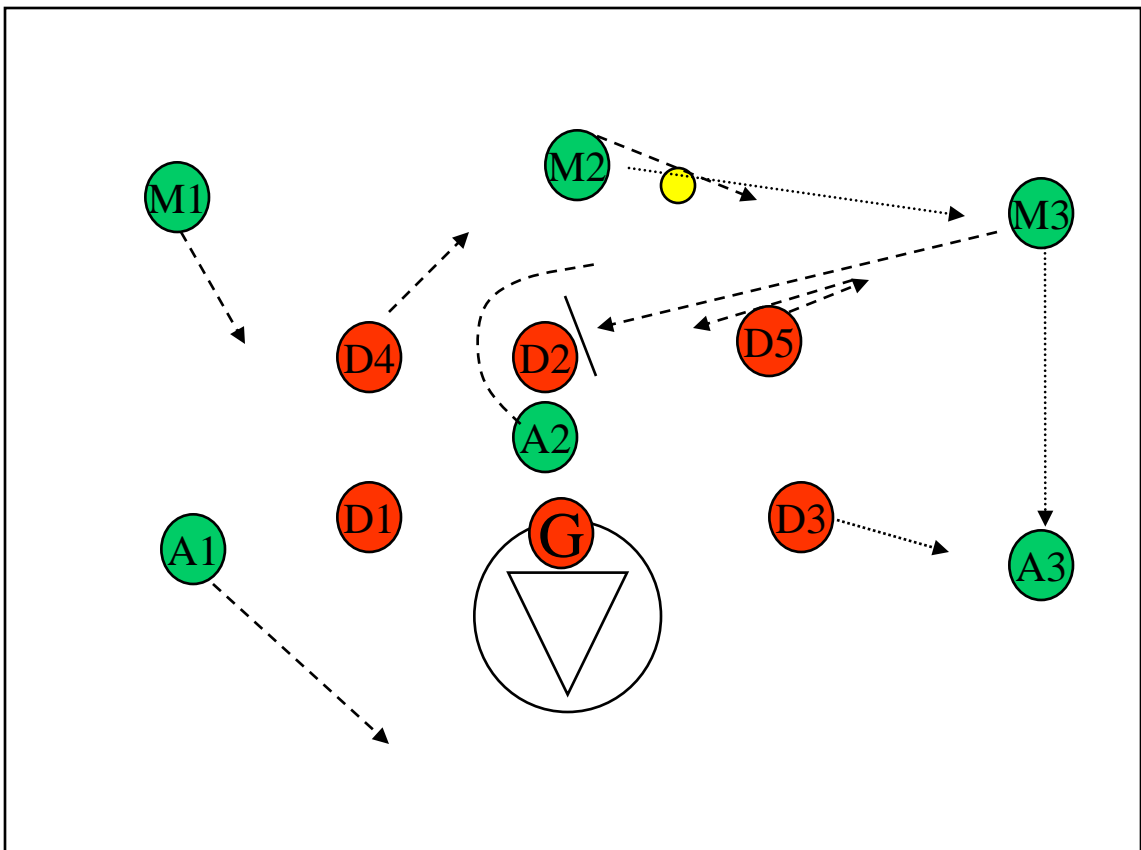
Ball starts with goalie behind the goal. Attack 1 pressures the goalie. Goalie has option to pass to wing defense man or close defenseman, D2. Ideally work the two on one on the side with both defenseman



Man Up (3-3, “Drift”)

Ball starts with M2. M2 passes to M3 who passes to A3. M3 cuts to goal. A3 looks for M3 first. If M3 covered by defender, D5, A3 waits for M2 to slide over to fill void created by M3 cut. M3 sets pick on crease defender D2. A3 passes to M2 who may shoot. If D5 slides to M2, then M2 looks to crease Attackman, A2, who has run off pick set by M3. A1 looks to back up shot.

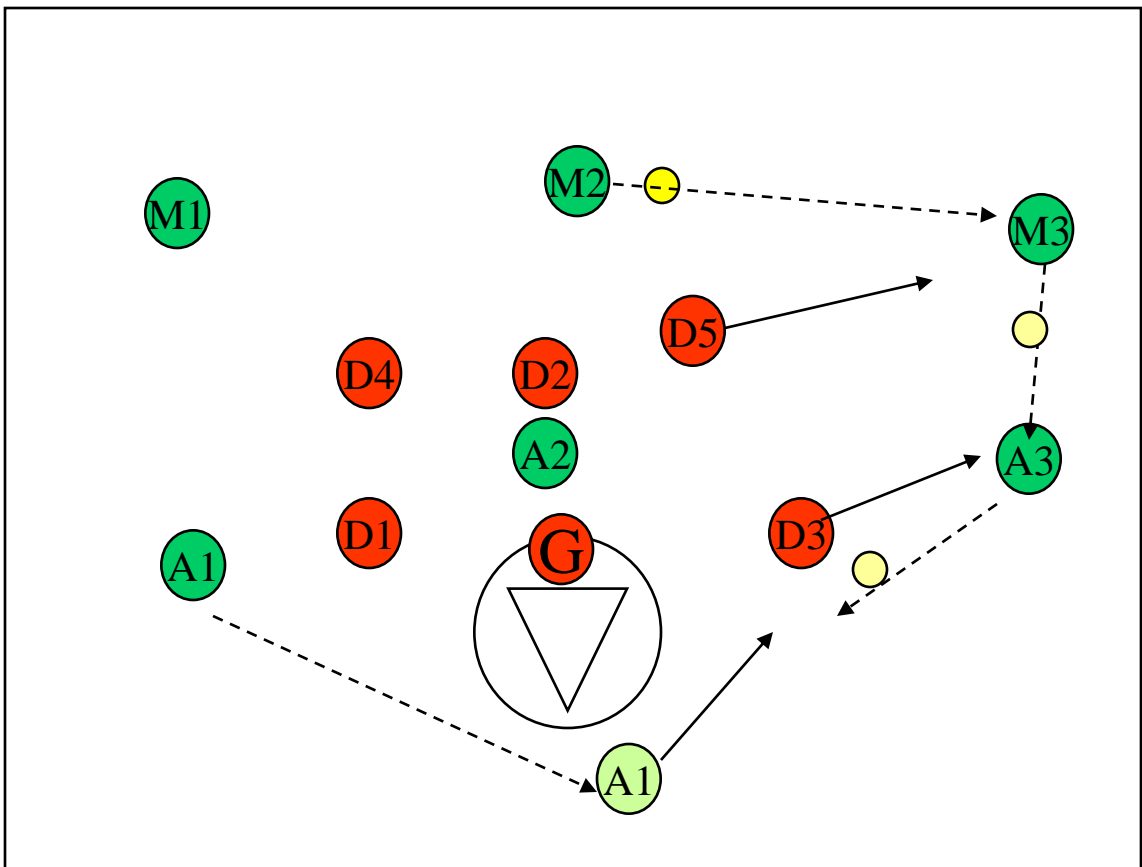
Another option after M3 cuts and M2 slides include M2 passing to A3 if D3 slides to M2. A3 can also look over the top to M1.



Man Up

(1-3-2, “Rabbit”)

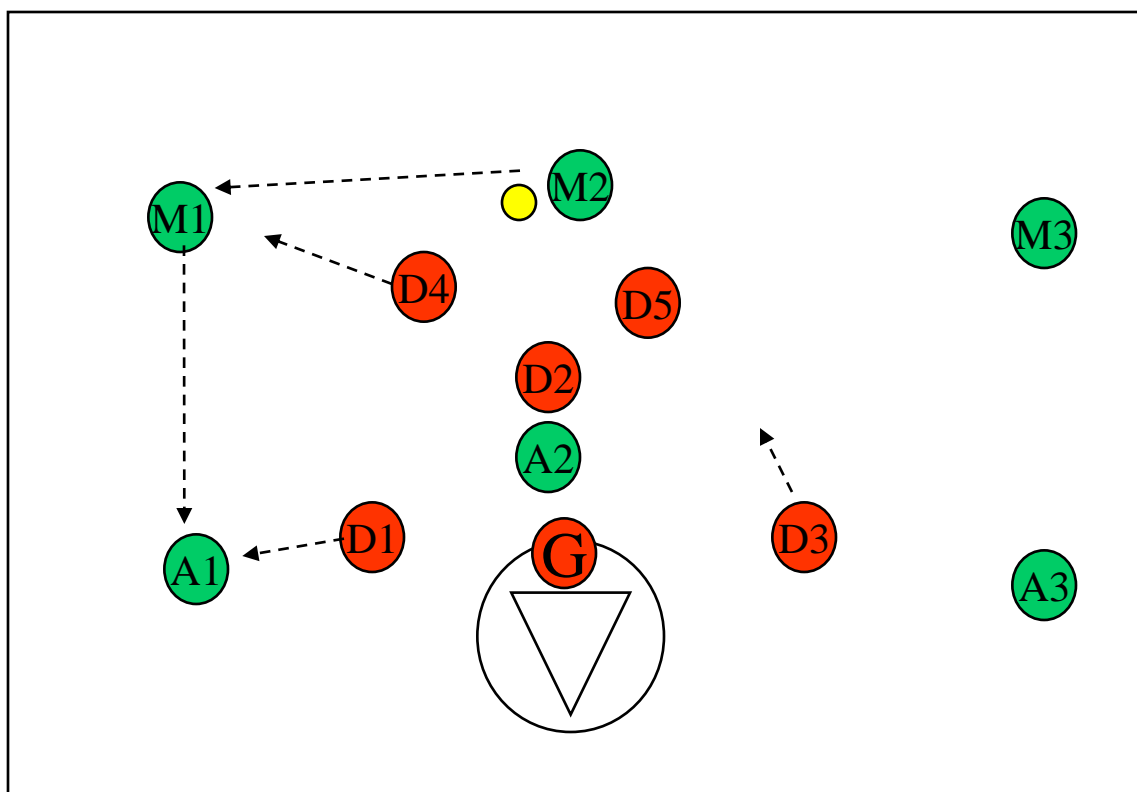
Ball starts with M2. M2 passes to M3 who passes to A3. A3 must look to shoot and draw D3. A1 moves to “x” on pass to M3 then cuts toward goal on pass to A3.. A3 passes to A1 who can shoot or if slide comes pass to crease, A2, or back to A3 or M2



Man Down

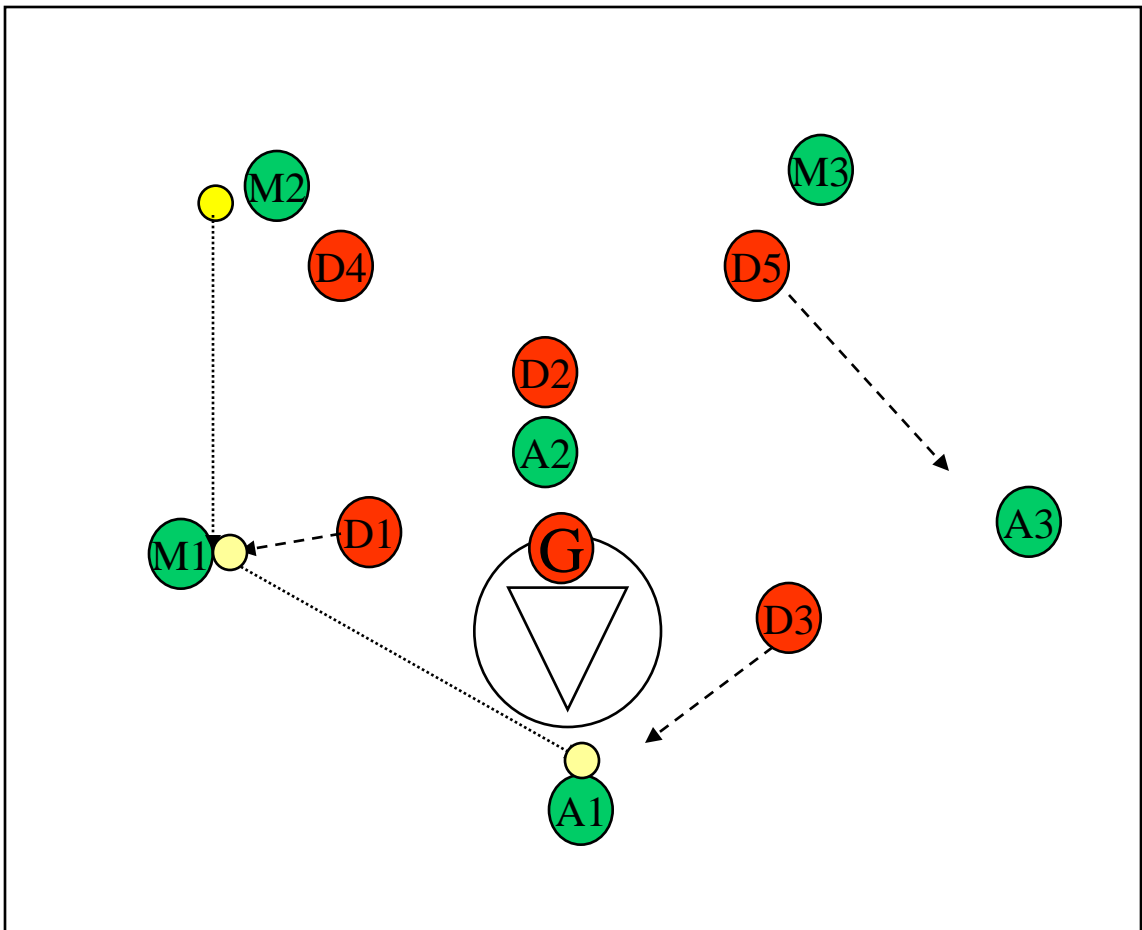
(Box and One Zone)

Ball starts with M2. D5 and D4 “pinch” M2 forcing a pass to offense players on his right or left. M2 passes to M1. D4 slides to M1. D5 stays closer to M2 than M3. D3 moves up to slide on M3 if there is a skip pass.



Man Down (Rotation)

Ball starts with M2. D4 plays M2. M2 passes to M1. D1 slides to M1. As M1 catches the ball, D3 rotates to A1. D5 splits M3 and A3. M1 passes to A1 and D3 completes rotation (slides) to A1. As A1 catches the pass, D5 rotates to A3 and D4 splits M2 and M3. D1 steps up to split M1 and M2. The point to emphasize is that the furthest two offense players from the ball are being split by one defender.



Man Down

(Zone on a 1-3-2)

Ball starts with M2. D4 plays M2. M2 passes to M1. D1 slides to M1. As M1 passes to A1 who moves toward the right side of goal. D3 comes out to stop A1. D5 and D4 drop in to split A3, M3 and M2. D1 slides up to split M1 and M2.

