



USATM
LACROSSE

12U BOX LACROSSE PRACTICE GUIDE



Practice 3

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 #3 – Set-Shooting Progression



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>

Cradling Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/cradling>

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



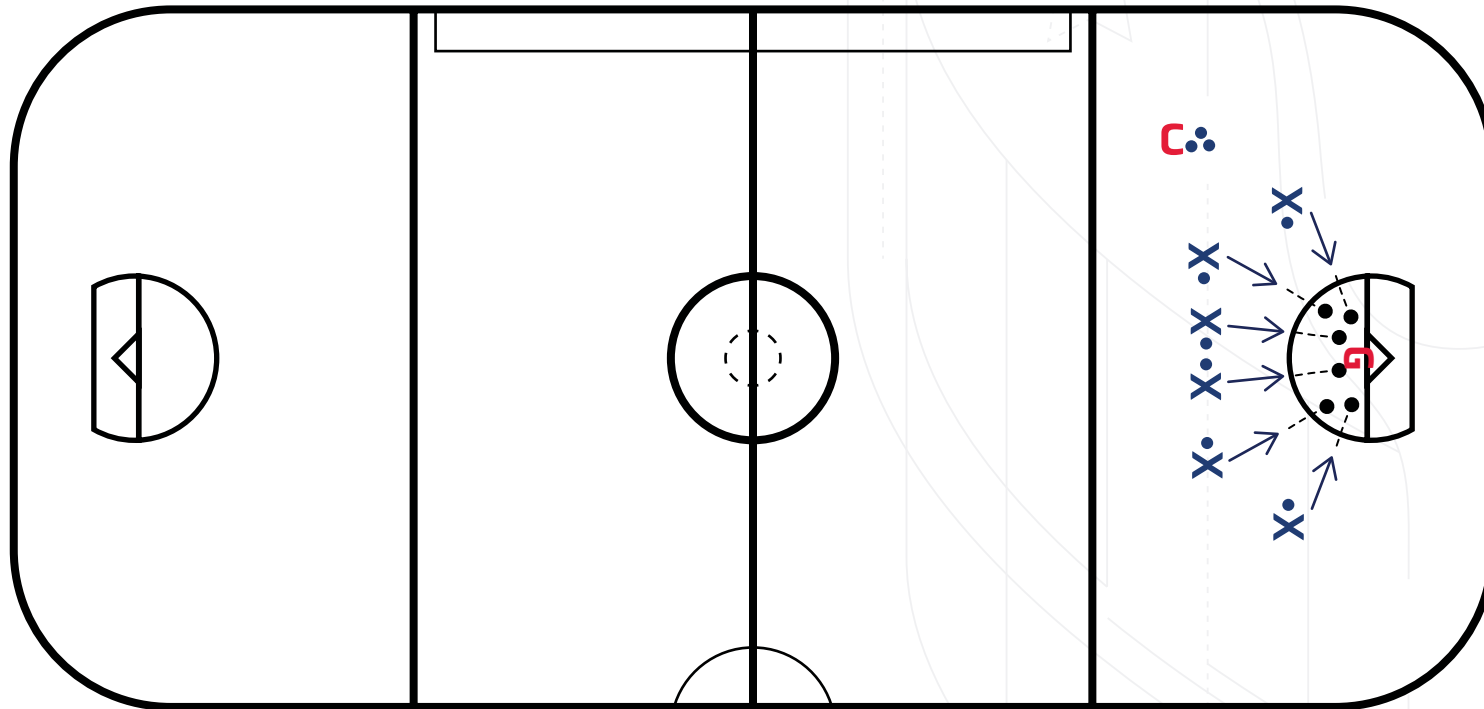
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WARM-UP DRILL #5: Semi-Circle (“Horseshoe”) Shooting

Drill Duration: 8 mins

Description: Variation #3A & #3B: “Side-To-Side” (Outside-In/Inside-Out)

- Demo (1 min): “Prime Scoring Area”
- Arrange players, in both ends of the floor, into an arc (semi-circle) formation, starting 7-8 yards back from the crease.
- This drill incorporates side-to-side shooting, switching from a left-handed to a right-handed shooter on each shot, which helps goalies work on their lateral movement.
- This variation can see the shooters advance from the outside-in, or inside-out.



DYNAMIC WARM-UP

Drill Duration: 8 mins

Description: Dynamic Warm-Up:

- Have players demonstrate “stationary dynamic stretches” that they remember from last practice (coach fills in the gaps)
- Circle at center floor
- Land Acknowledgement
- Discussion (1 min): “Shooting”
- Come up with an appropriate word, as a team, for a team cheer
- Water Break = 1 min



DRILL #2

BOX LACROSSE PRACTICE #3

STICKWORK DRILL #5A: "Step" & Shoot

Drill Duration: 10 mins

Description: Variation #1 (4 min): "L-Shot"

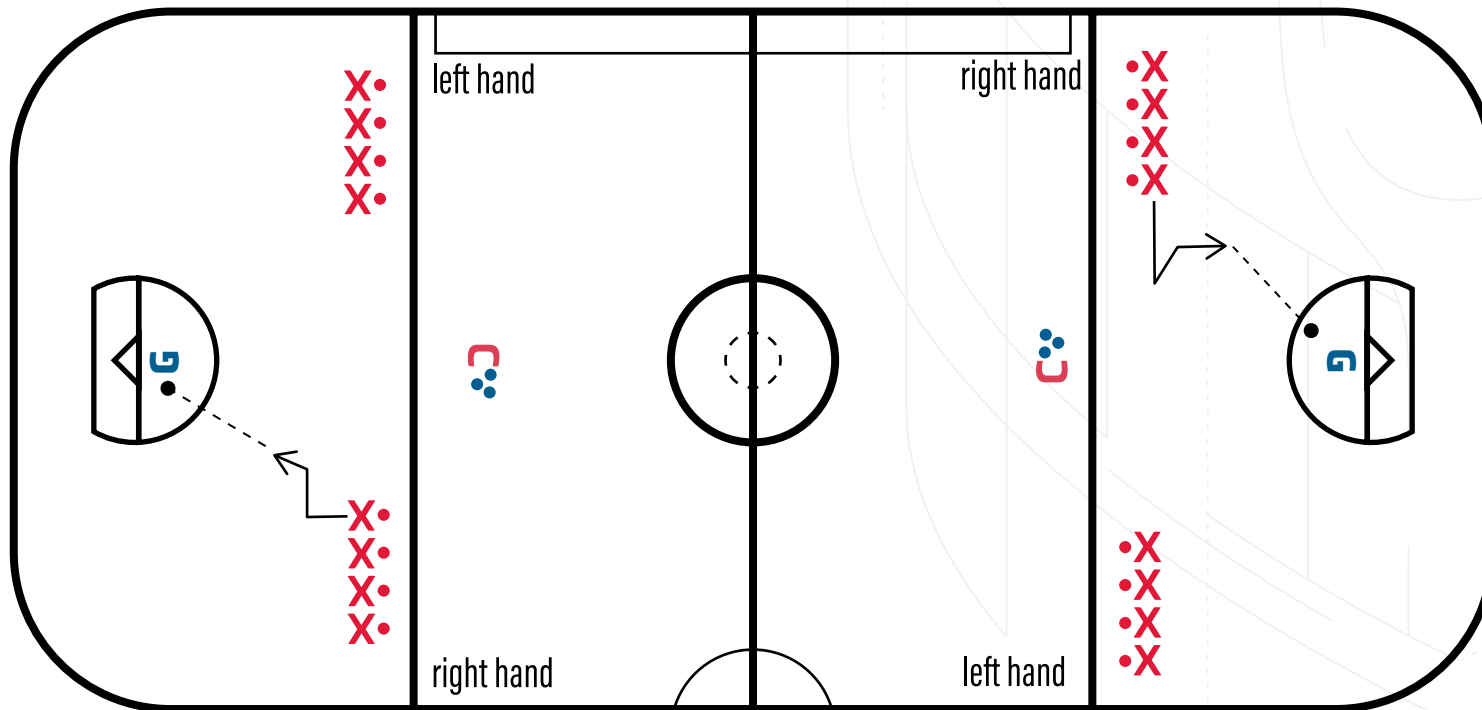
left diagram

- Demo (1 min): "L-Shot"
- Begin with a line of left-handed and a line of right-handed players on their proper floor sides, at the shooter positions, in one or both ends of the floor, both lines with balls. Use pylons to mark out the foot work pattern.
- The first player in either line takes a "hitch-step" toward the board-side, planting off of their outside leg and cutting toward the middle (2-3 steps max), "setting" their feet ("perpendicular" to the net) for an outside shot.
- The opposite line then takes a turn, alternating back and forth, giving the goalie 1-2 seconds in between reps to re-set.

Variation #2 (4 min): "Drag Shot"

*right diagram

- The first player in either line takes a jab-step to the topside planting off their inside leg and pivoting into a back-pedal ("drag") toward the "board-side." At this point the player should re-establish their momentum towards the net (north-south) and take a shot while still in the prime scoring area.
- Most common error = shooting off the back foot instead of stepping into the shot

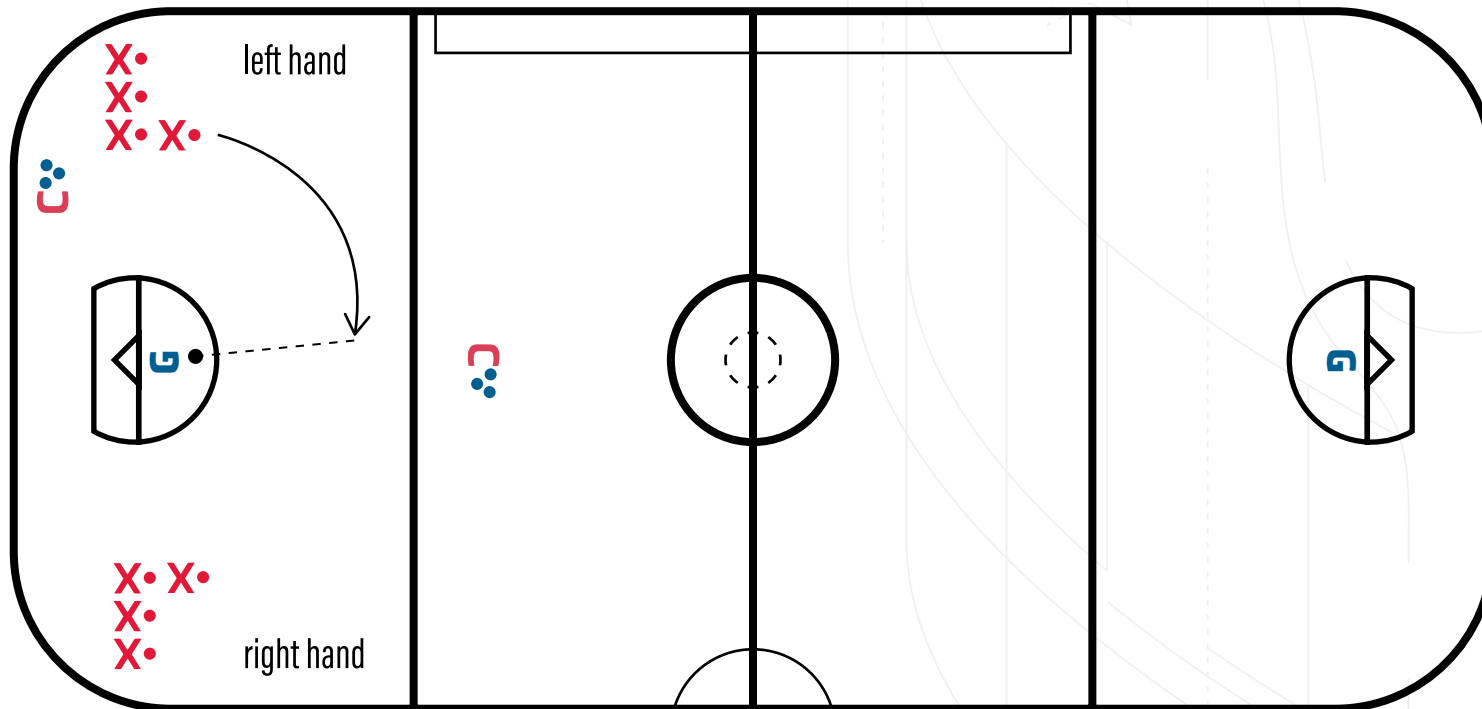


STICKWORK DRILL #5B: "Carousel" & Shoot

Drill Duration: 7 mins

Description: Variation #1: "Carry High & Shoot"

- Demo (1 min): "Body Momentum," "Quick Release"
- Arrange players in one or both ends of the floor depending on numbers.
- Have them stationed on their proper floor sides, at the crease position on both sides of the floor. Other players set to go in this drill should be in the corners.
- The first player on one side of the floor carries the ball from low to high, from the crease position up to the shooter position, and then steps into a set-shot.
- Pylons may also be used for players to curl around, being sure that they have their "head up" looking at the middle while "carrying high."
- Most common error = not re-establishing momentum back towards the net before shooting
- Water Break = 1 min



Stickwork Drill #6A: Catch & Shoot

Drill Duration: 10 mins

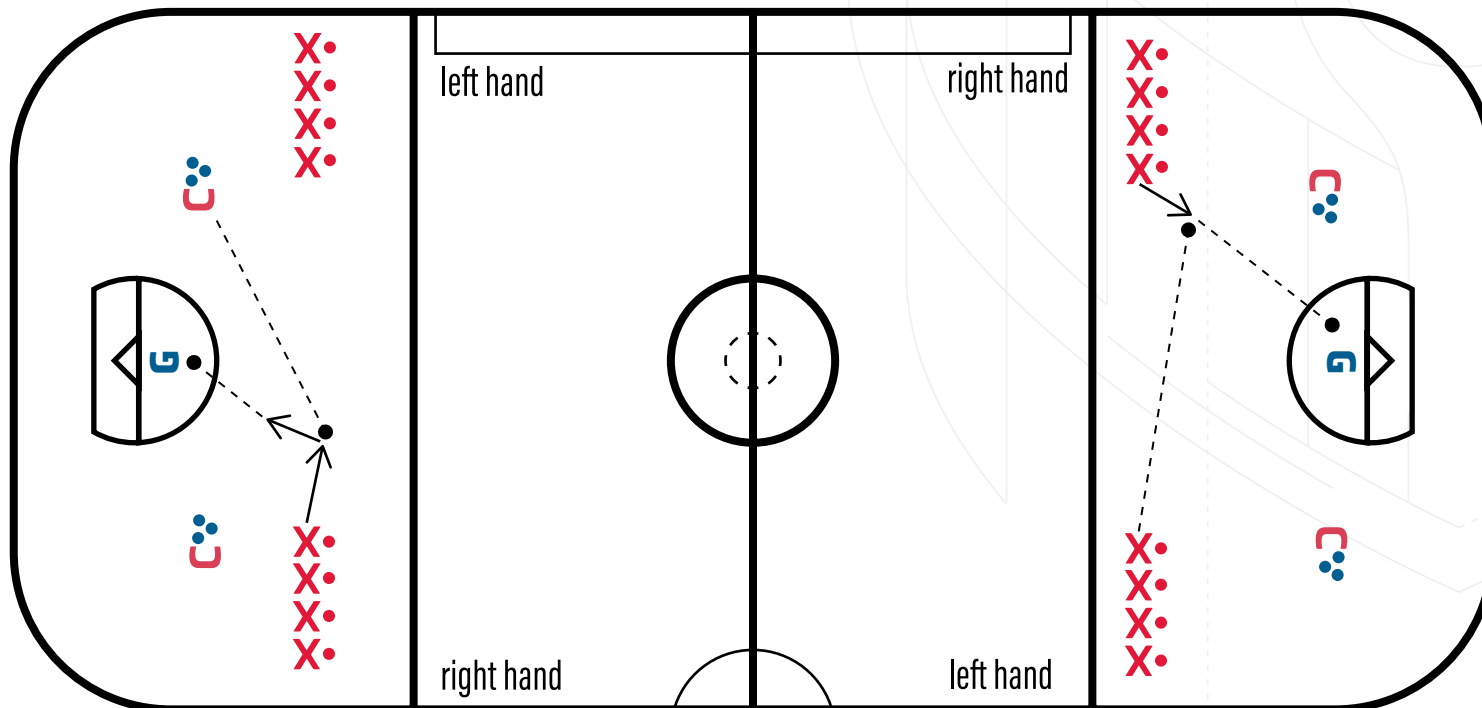
Description: Variation #1A (4 min): "Coach Passer" (Shooter-To-Shooter)

- Demo (1 min): "Catch & Shoot"
- Begin with a line of left-handed and a line of right-handed players on their proper floor sides, a few steps back from the shooter positions.
- The coaches have all the balls and are standing at one of the shooter positions, on opposite sides of the floor. One coach passes to the line of "righty" shooters and the other coach passes to the line of "lefty" shooters.
- If beginners are having trouble, the coach can also kneel 1-2 yards across from the player, with a pile of balls, underhand flipping them to the players in line (using their hands).
- The first player in each line should be ready with their stick in the "triple threat position." The coach then passes to the first player in that line who attempts to catch and shoot the ball as efficiently/quickly as possible. Continue the drill until all players have had several opportunities to "catch & shoot."
- Coaches should get players to help them "reload" every time the ball supply gets low.
- Most common error = twirling their stick or cradling before shooting

Variation #2A (4 min): "Shooter-To-Shooter Pass"

right diagram

- Begin with a line of left-handed and a line of right-handed players on their proper floor sides, a few steps back from the shooter positions.
- Start with the balls on one side only, and then the other. The first player in the line with no balls and all other subsequent players in that line should be ready to receive a pass (stick in the triple-threat position), from shooter-to-shooter. This player attempts to quickly and efficiently "catch & shoot" the ball.
- Continue the drill until all players have had several opportunities to "catch & shoot."
- Water Break = 1 min



STICKWORK DRILL #5B: "Carousel" & Shoot

Drill Duration: 10 mins

Description: Variation #2A (4 min): "Skip Pass To Shooter" (Coach Passer)

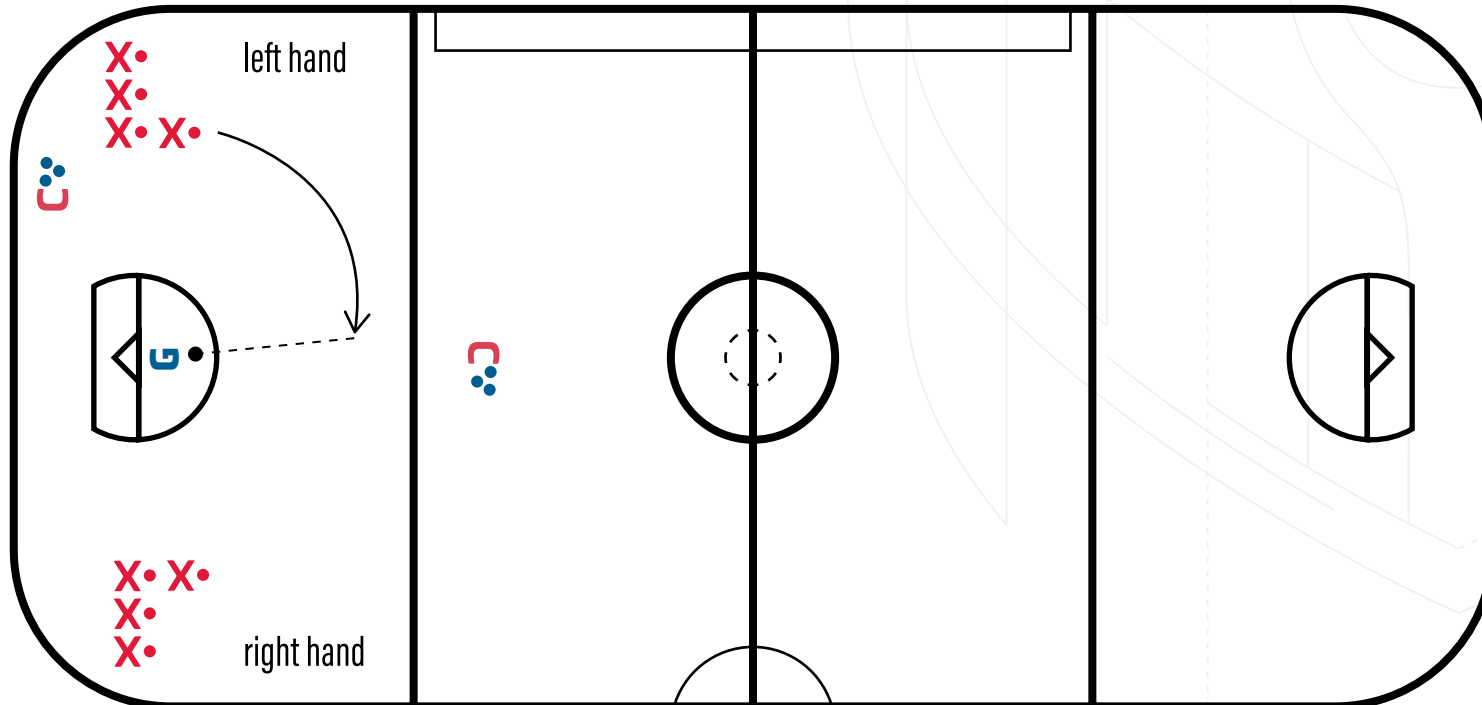
left diagram

- Demo (1 min): "Lead Pass"
- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor sides, at the crease position, on both sides of the floor (no balls). Other players set to go in this drill should in the corners.
- The first player on one side of the floor runs from low to high (crease position to shooter position), ideally receiving a lead pass from the opposite side coach just before they arrive.
- After catching the ball this player must shift their momentum downhill (north-south) and take a set-shot as quickly as possible (ideally all in one motion).
- The first player from the opposite side repeats the same action.
- Most common error = not re-establishing momentum back towards the net before shooting

Variation #2B (5 min): "Skip Pass To Shooter" (Player Passers)

right diagram

- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor sides, at the crease position, on both sides of the floor. Other players set to go in this drill should in the corners.
- The first player on one side of the floor runs from low to high, from the crease position up to the shooter position, and ideally receives a lead pass just before they arrive: planting their feet and taking an outside shot.
- The pass comes from the far-side crease player, who is moving their feet prior to delivering the pass. The passer then repeats the same action, receiving a pass from the opposite side.

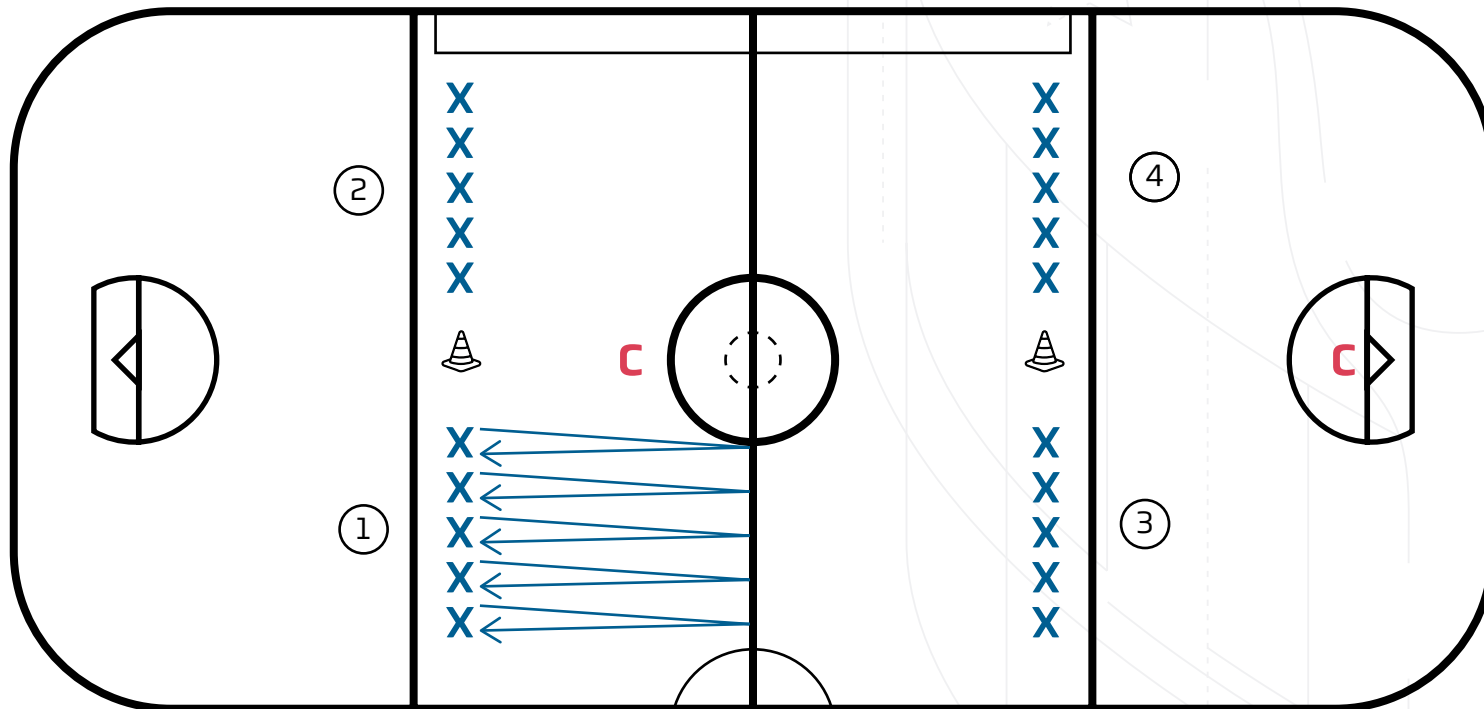


CARDIO DRILL #4: Stops & Starts

Drill Duration: 5 mins

Description: Variation #1: "4 Groups" (Forward, Backward, Side-Shuffle & Tracking)

- Start with 4 groups of approximately even numbers (one group can have an odd number, if required), lined up east-west in orientation, half way between the end-line and the restraining line (using pylons for markers where necessary), in both ends of the floor. Give each group a number between 1-4.
- On the first whistle, all of the players in group number one run up and touch the restraining line and back to the starting position. On the second whistle group two takes their turn and so on and so forth, until it's group number one's turn to go again.
- Coaches should mix up the number of sprints in a row that each group does (generally between 1-4) and the style of sprint demanded of the players (mix between running forward, backward, side-shuffling and tracking).
- Most common error = not touching the line (cheating)
- Goalies in full equipment may be permitted to do less reps than then players (half the amount).



CONCLUSION

Drill Duration: 2 mins

Description: Cool Down:
bottom of diagram

- Circle at center floor
- Static stretches - introduce leg routine, <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Static-Stretches.pdf>
- Finish on a positive note

