



USATM
LACROSSE

12U BOX LACROSSE PRACTICE GUIDE



Practice 8

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 #8 - 1-On-1

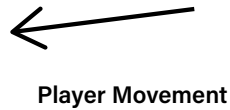
Age Group: 12U

Resources: Lacrosse Box, Lacrosse Balls, Nets, Tape, Universal Screwdriver, Zip Ties, Full Equipment, Pylons, Whistle

Reminders: 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>
Catching 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

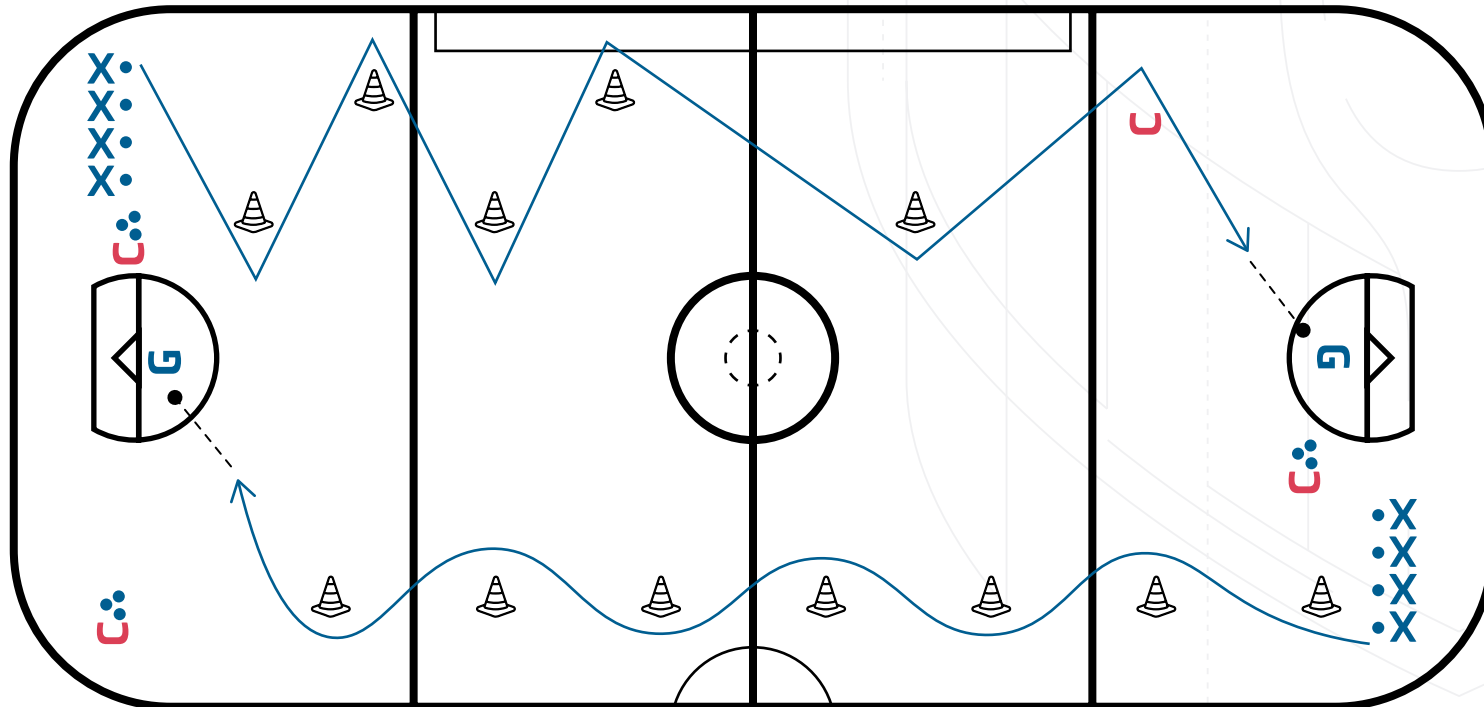


CRADLING DRILL #3A - Dodging Around Pylons (Side-to-Side)

Drill Duration: 8 mins

Description: Variation #2: "Make A Move"

- Demo (1 min): "Hitch Step," "Face Dodge," "Roll Dodge"
- Have players practice each move while standing still with a ball & then with a short run.
- Arrange pylons and/or coaches into any straight, zigzag or combined formation, within an imaginary lengthwise half of the floor (pylons may also be used to mark the floor).
- Have players line up behind the goal-line, in opposite corners, in opposite ends, to start.
- Starting at a jogging speed, having players run up to each cone and make a basic offensive move: "hitch step," "face dodges," "roll dodges (left & right)," around the outside of the pylons, being sure to protect the ball.
- Make sure that they also cut closely around the pylons, with an appropriately timed weight transfer off their outside leg.
- Increase to 75-100 percent speed the second/third time through the pylons once satisfactory technique is established.
- Coaches and/or volunteer players can also stand in place of pylons, applying light pressure.
- The next player doesn't go until the first player is around the second pylon.
- At the end of the drill players take a shot on the goalie. Encourage players to take a quality shot from their proper-floor-side, otherwise drifting if they are on their wrong floor-side.

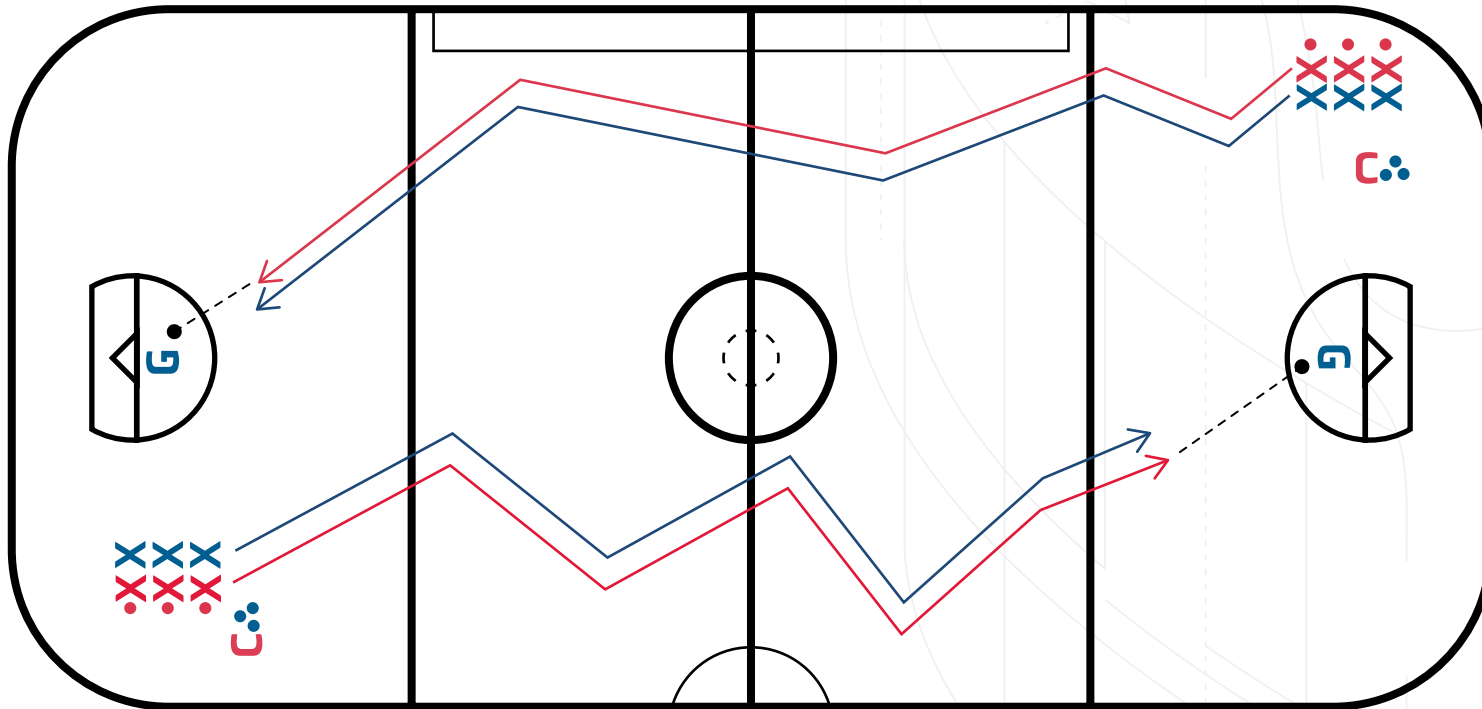


CRADLING DRILL #3B: "Open Floor" Cradling/Dodging & Checking

Drill Duration: 5 mins

Description: Variation #3: "Footwork + Checking" (Making Moves)

- Demo (1 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).
- The player on defense should be practicing back-pedaling, drop-stepping, side-shuffling, looking their "check" in the chest and staying low on the balls of their feet, while maintaining top-side positioning. 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



DYNAMIC WARM-UP

Drill Duration: 8 mins

Description: Dynamic Warm-Up:

- See if a player is willing to lead the “active dynamic stretches” (prep them ahead of time)
- Circle at center floor
- Land Acknowledgement
- Discussion (1 min): “Mental Toughness”
- Come up with an appropriate word, as a team, for a team cheer.
- Water Break = 1 min

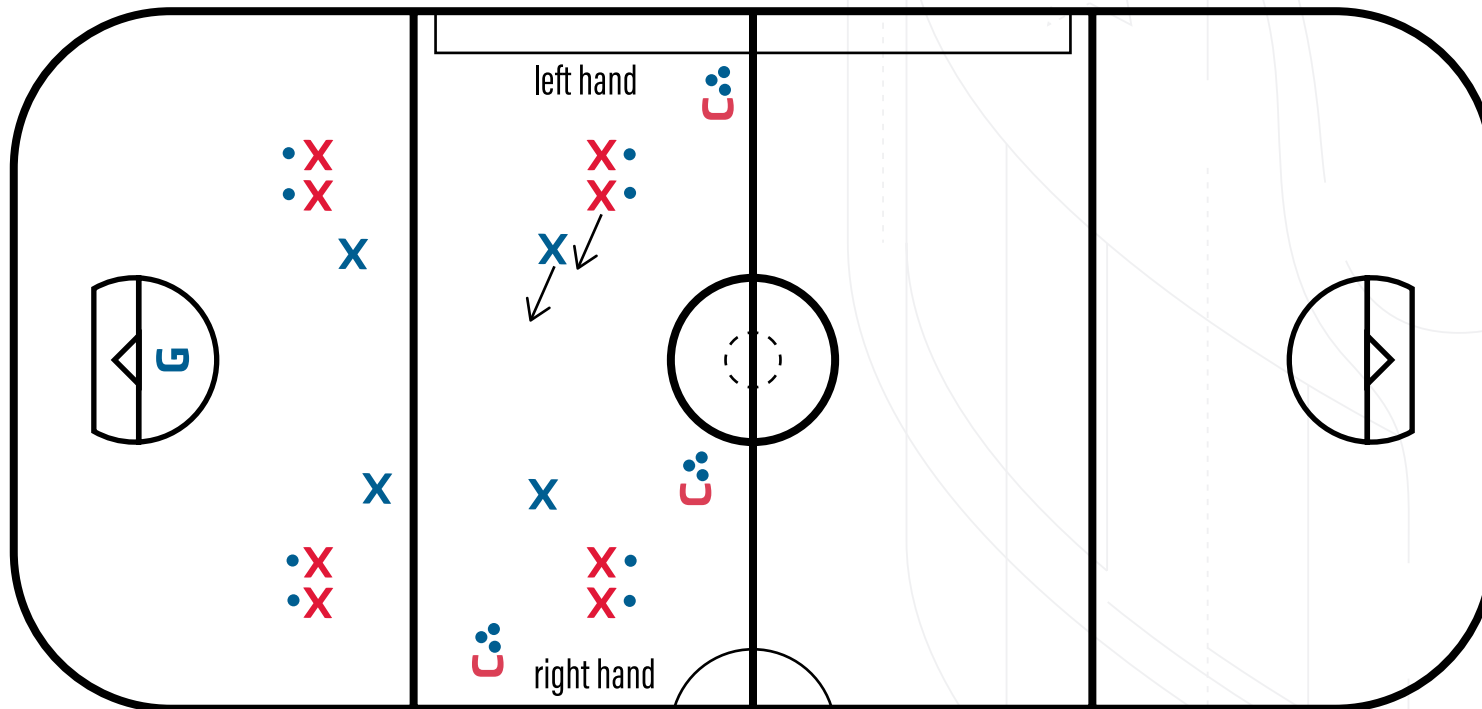


DEFENSE DRILL #6A: 4 Corner Checking (“Top-Side Defense”)

Drill Duration: 12 mins

Description: Variation #1B: “1 Corner At A Time” (Sticks Normal)

- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor side, crease, and shooter positions.
- Have one volunteer, or appointed player from each line, start on defense.
- Each time the coach blows the whistle a different one of the “4 corners” takes a turn playing 1 vs. 1, working either clockwise or counterclockwise around the horn.
- After a player plays offense, they then move into the defensive position the next time around; eventually exiting the drill and switching with the opposite line on their proper floor side.
- The offender’s task is to protect the ball and get to the net for a quality shot from their proper floor side (5 seconds max).
- The defender has done their job if they force the offender to take a shot from their wrong floor side, or otherwise don’t allow the offender to get a quality shot.
- Water Break = 1 min



DEFENSE DRILL #7: "Recover" Topside

Drill Duration: 10 mins

Description: Variation #1A: "On-Ball Crease Position"

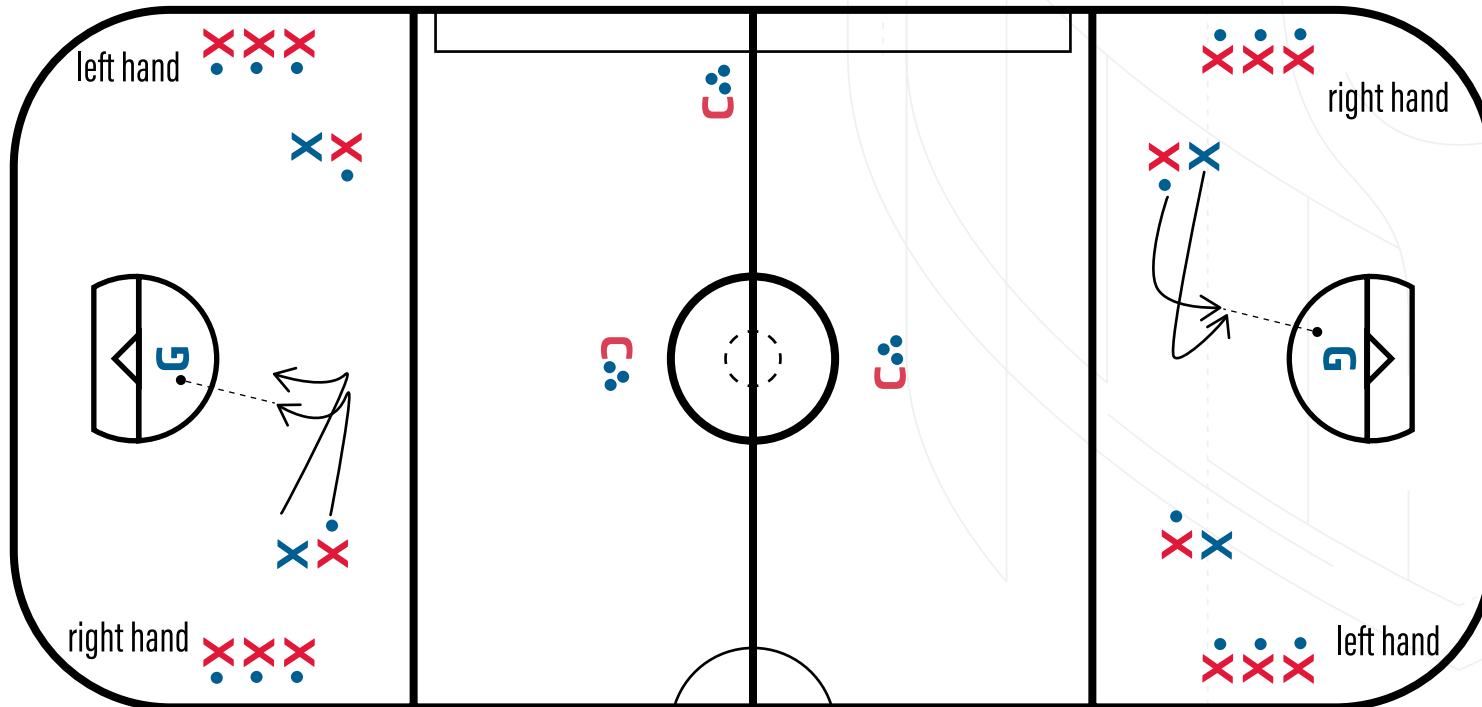
top diagram

- Demo (1 min): "Clamping"
- Arrange players in one or both ends of the floor depending on numbers.
- Have them stationed on their proper floor sides, with a defender standing underneath and facing the shoulder of the offender (in an open stance), positioning themselves so that they are deliberately giving up the topside (inside lane).
- Have one volunteer, or appointed player from each line, start on defense at the crease position. Each time the coach blows the whistle it alternates which sides' turn it is.
- Coaches should let the players play 1 vs. 1 for no more than 5 seconds before blowing the whistle for the other side to take their turn.
- After a player plays offense, they then move into the defensive position against the opposite-handed line on the next rep.

Variation #2A: "On-Ball Shooter Position"

bottom diagram

- Same as above except players start the drill near the shooter position instead of the crease position. The defenders' responsibility becomes to force the offensive player "underneath" and into the crease, without giving up a shot.

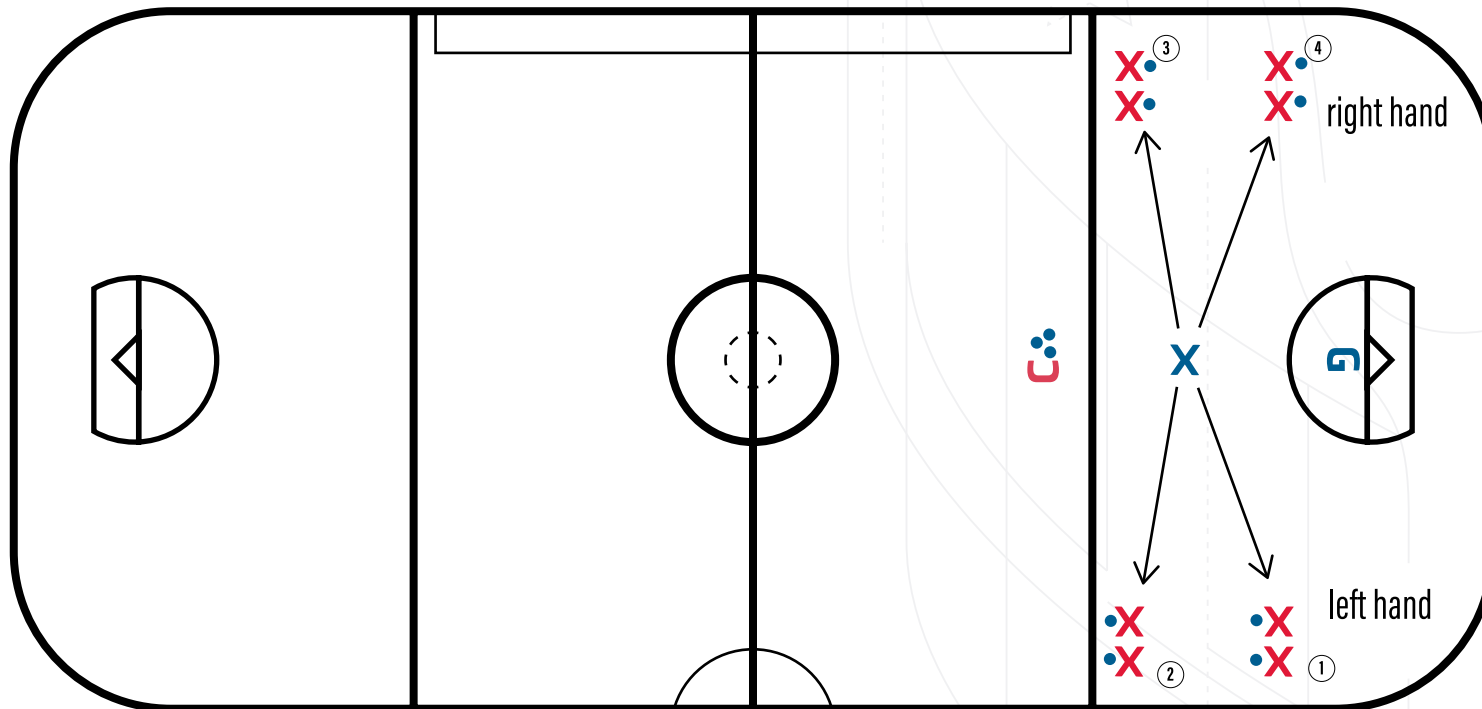


DEFENSE DRILL #6A: 4 Corner Checking (“Top-Side Defense”)

Drill Duration: 12 mins

Description: Variation #2: “All 4 Corners”

- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor side, crease, and shooter positions.
- Have one volunteer, or appointed player, start in the middle of the defensive zone ready to play defense. This player then goes sequentially from corner to corner, eventually playing 1-on-1 defense against an offender from each of the 4 respective corners.
- Offensive players do not take their turn until the defender is in position, starting once the defender touches the offenders' gloves with their stick (etiquette).
- The defender is finished with a corner when the play is done, at the coach's discretion (whistle). Offenders should alternate between the shooter and crease lines each time through the drill. Continue until every player has had a turn on defense.
- The defender has done their job if they force the offender to take a shot from their wrong floor side, or otherwise don't allow the offender to get a quality shot.
- Water Break = 1 min



CONCLUSION

Drill Duration: 5 mins

Description: Cool Down:

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

