



USATM
LACROSSE

16U BOX LACROSSE PRACTICE GUIDE



Practice 2

Drills and Plans for Running Box Lacrosse for Ages 13 - 16





BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS FOR RUNNING BOX LACROSSE FOR 16U

(AGES 13 - 16)

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 #2 - Stick & Body Awareness - Set-Shooting



Age Group: 16U

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

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

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>

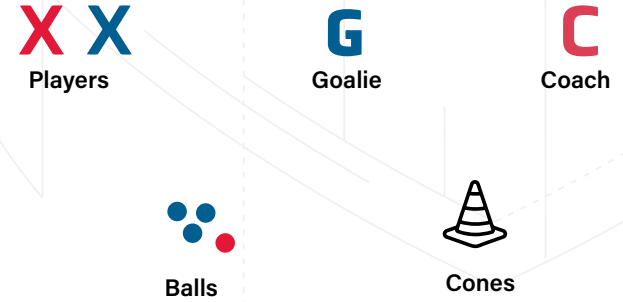
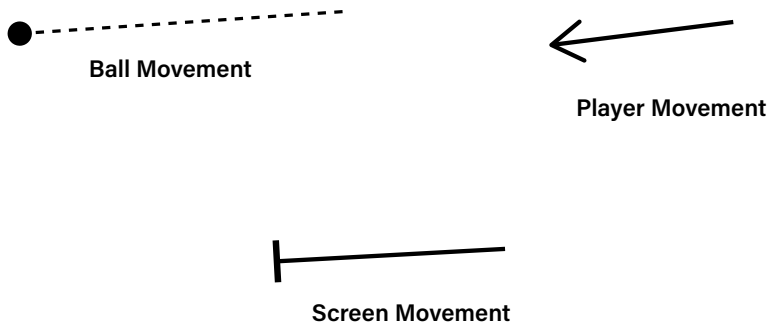
Passing/Catching/Shooting Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/stickwork-passing-catching-shooting>

If a player misses a pass in any catching drill they should get a second attempt to “attack the rebound” (rolled/bounced at them by a coach)

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



INTRODUCTION

Drill Duration: 2 mins

Description: Huddle

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



STICKWORK DRILL #2 - Partner Passing

Drill Duration: 8 mins

Description: Variation #3A To #3C: "Dynamic Pass" (Just Passer/Just Receiver/Both)

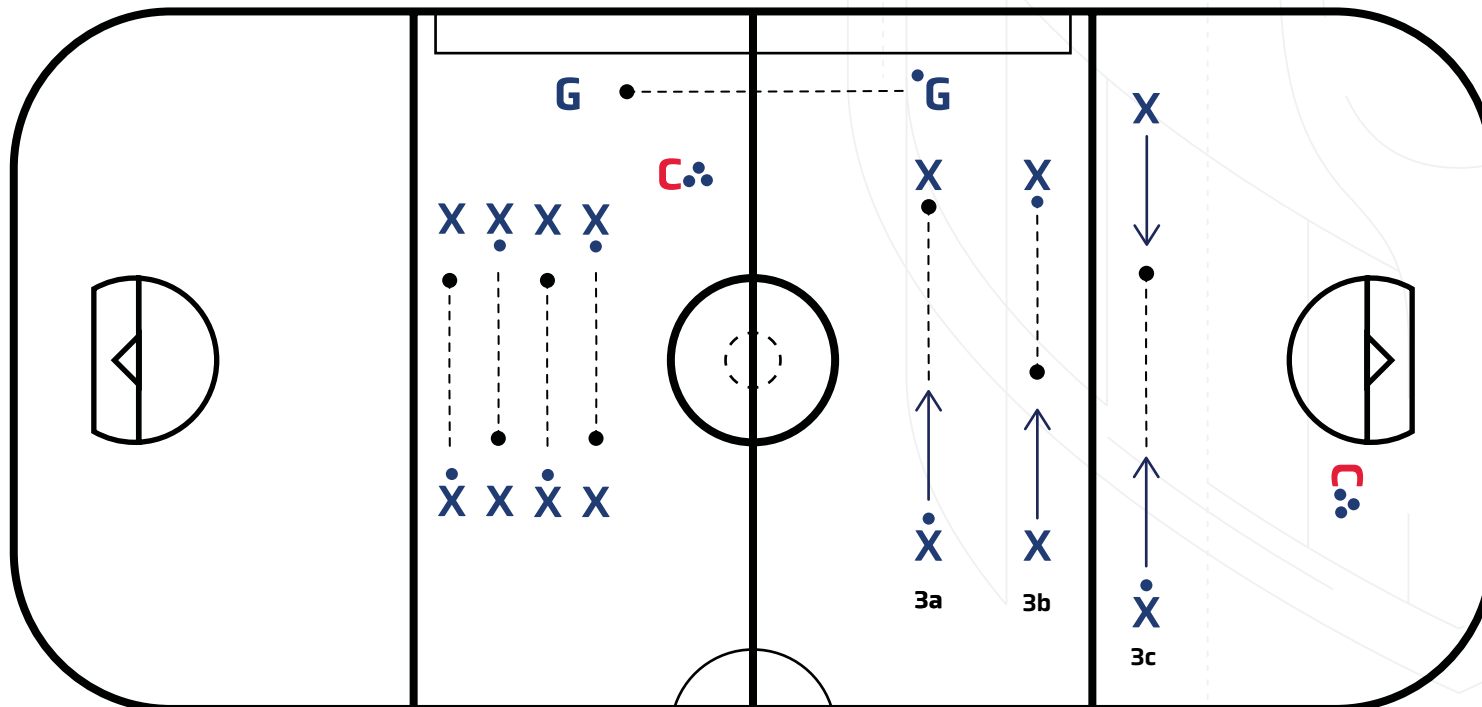
right diagram

- Start with just the passer running toward the receiver from a starting distance of 15 yards away, passing to a stationary receiver, then backpedaling back to their original starting position (Variation #3A - 2 min).
- Next, practice with just the receiver running toward the passer, with the passer using basic footwork (left and right) before making the pass. The player that receives the pass then backpedals back to their starting position, and their partner repeats the said actions (Variation #3B - 2 min).
- Another variation is for both partners to run towards each other, make a pass, and then either continue to run forward to the other side or backpedal back to their starting positions (Variation #3C - 2 min).
- Goalies are practicing passing from various distances.

Variation #5 (2 min): "Face Away" (Stationary)

left diagram

- Start with one partner facing away from the other partner, looking back to receive a pass over their back shoulder (still showing a target). Partners are 20 yards apart and the passer takes a short run at the start of the pass.
- After passing the ball, both partners switch relative positions, with the former passer now facing away and catching the ball over their shoulder (Variation #4A).

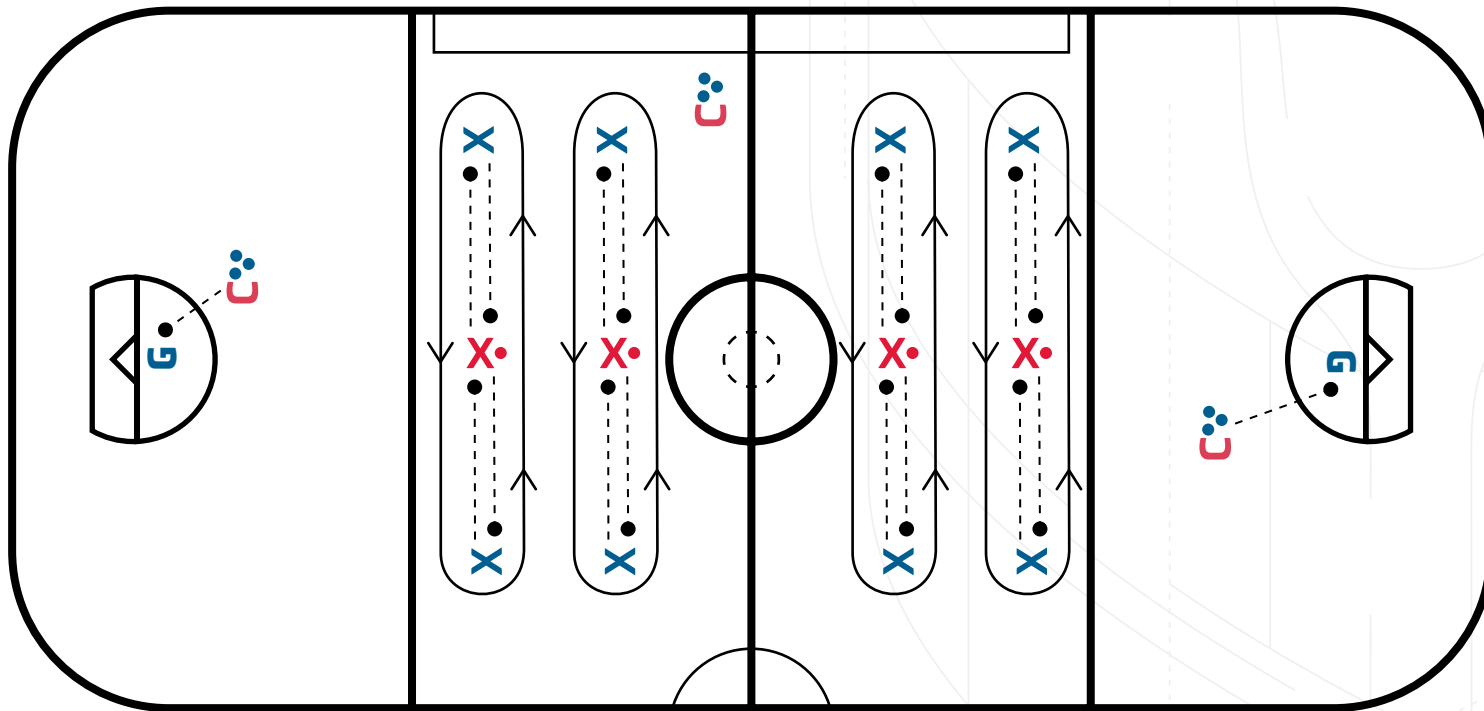


WARM-UP DRILL #7A: 3 Player Shuttle (Lead Passing)

Drill Duration: 5 Minutes

Description: Variation #6: "Lead Pass"

- Arrange players into groups of 3, in a straight line, with the outside players approximately 15 yards apart and a third player in the middle.
- Switch who is in the middle every 30 seconds at the sound of the coach's whistle, with each player getting two turns in middle.
- The "middle player" runs around the "outside players" continuously for 30 seconds, with their stick on their proper-side (lefty's run clockwise, righty's run counter-clockwise). The player in the middle receives a "lead pass" after running around the outside player.
- After receiving the pass, the middle player passes the ball back to the same player, who then passes it to the other outside player, who eventually makes the next lead pass.
- The pass back to the middle player should be there as soon as they turn the corner, with the middle player having their stick beside their ear ("triple threat position") for a target.
- The outside passer needs to anticipate where the player will be and pass it to a spot/area.
- Each player should take two turns as a middle player, at 30 second intervals.

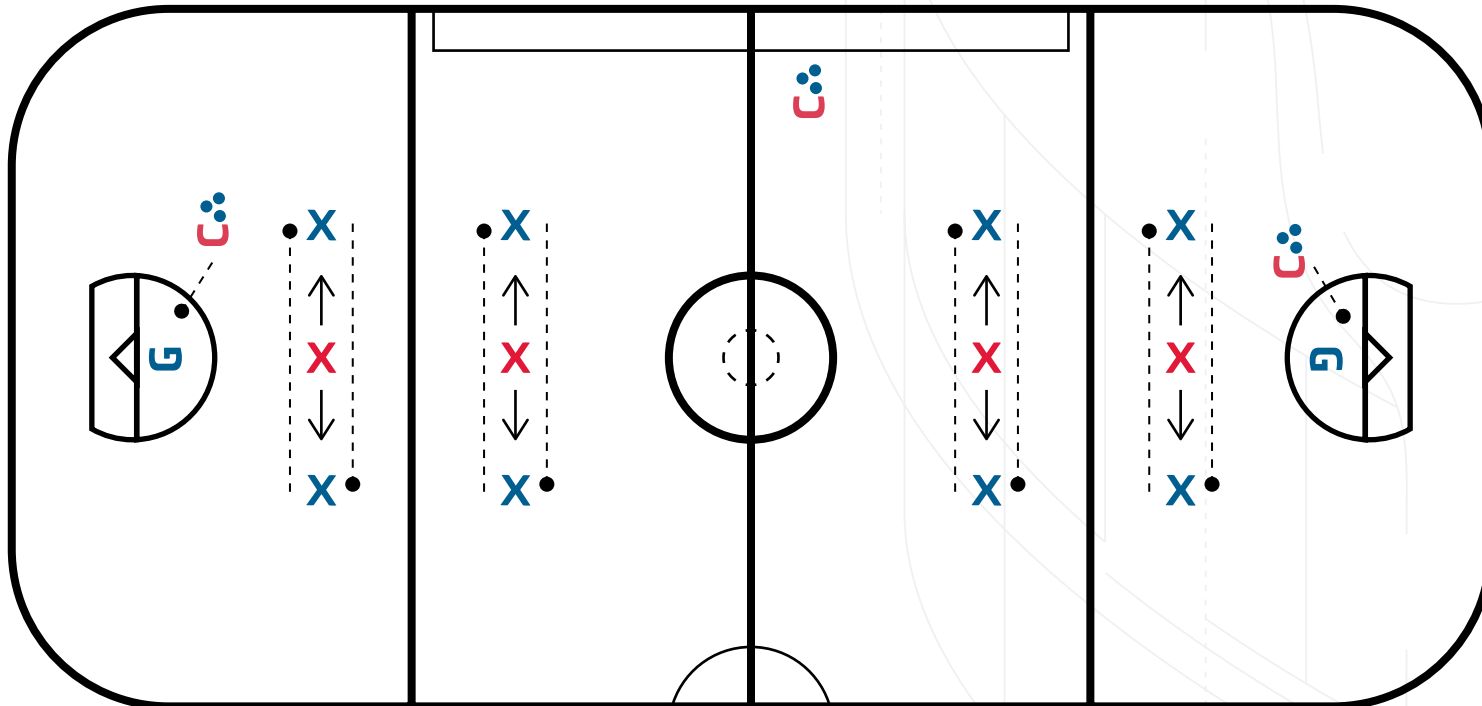


DEFENSE DRILL #2: Monkey in the Middle (“Sticks Up”)

Drill Duration: 5 Minutes

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. Encourage outside players to mix up their “release points” and throw the ball on different angles (side-arm & underhand, etc.).
- Most common error = players not keeping their stick in the passing lane while approaching the ball carrier.
- Goalies are taking shots from the coaches.



DYNAMIC WARM-UP

Drill Duration: 7 Minutes

Description: Dynamic Warm-Up

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



STICKWORK DRILL #1: Passing Against The Boards "Wall Ball"

Drill Duration: 5 Minutes

Description: Variation #2B (2 min): "High Pass" (Hips Perpendicular)

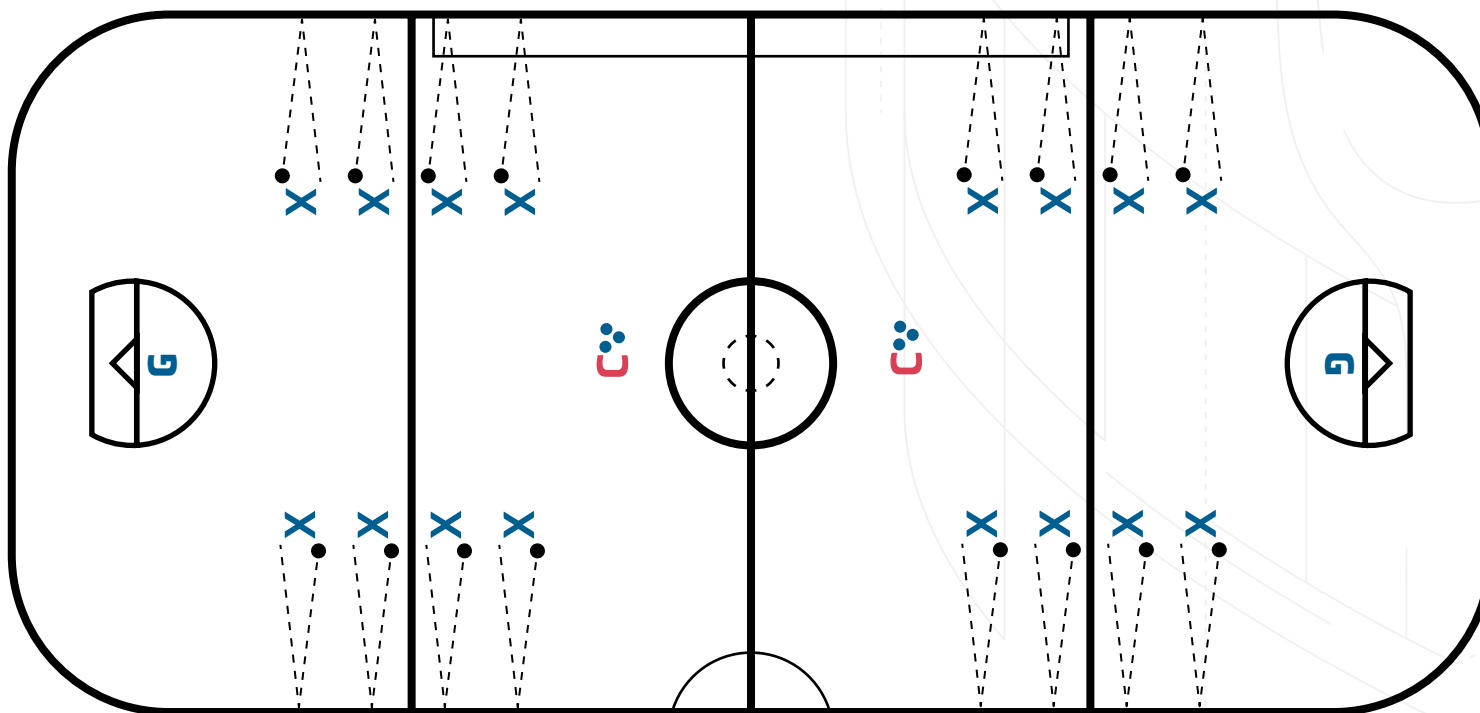
left diagram

- Spread players out as evenly as possible across the floor space, standing 2 yards away from the boards. Have players pick a spot high (on the glass or arena wall) and try to catch the ball directly (track success catches made in a row without a drop).
- Have players work on "soft hands" while having hips perpendicular, which is used as a warm-up technique for quick release catching and shooting.

Variation #4 (2 min): "Set-Shot"

right diagram

- Demo (1 min): "Set Shooting"
- Starting 15 yards away from the boards, try shooting the ball at "the wall" with more power.
- Remember to start players perpendicular to the boards, taking a "crow hop" (demo), rotating hips/shoulders/trunk and snapping wrists.
- Most common error = not reaching arms "up and away" as a preparatory movement

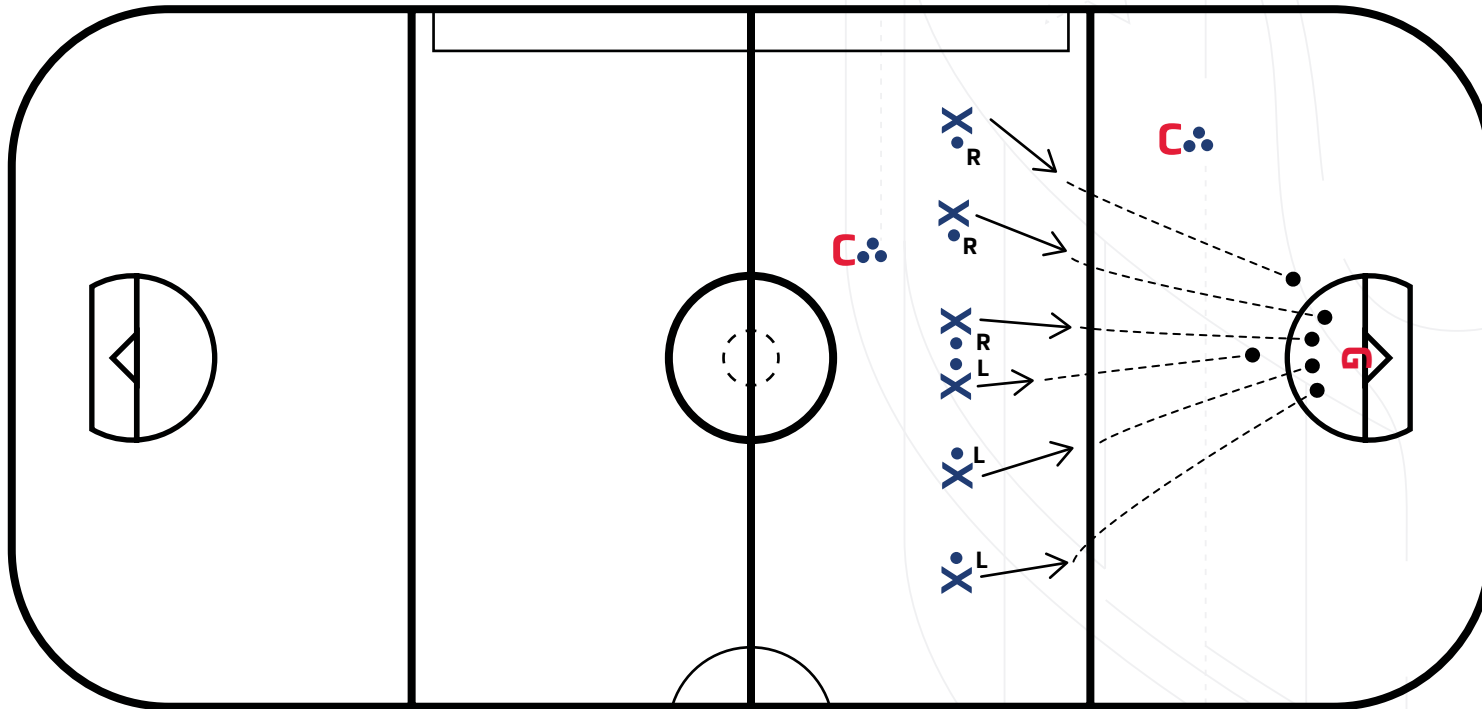


WARM-UP DRILL #5: Semi Circle (“Horseshoe”) Shooting

Drill Duration: 7 Minutes

Description: Variation #2A: “L To R/R To L” (Outside & Inside)

- Arrange players, in both ends of the floor, into an arc (semi-circle) formation, starting 10 yards back from the crease.
- Have players take turns set shooting, working their way from one side to the other, with one second in-between shots (start on the opposite side the next time through the drill).
- Each time through the drill have players move a little farther away from the net, until 12 yards back.
- After a few cycles through the drill, bring players “in tight,” two yards from the crease, for the goalie to work on their reaction time.



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

Drill Duration: 10 Minutes

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

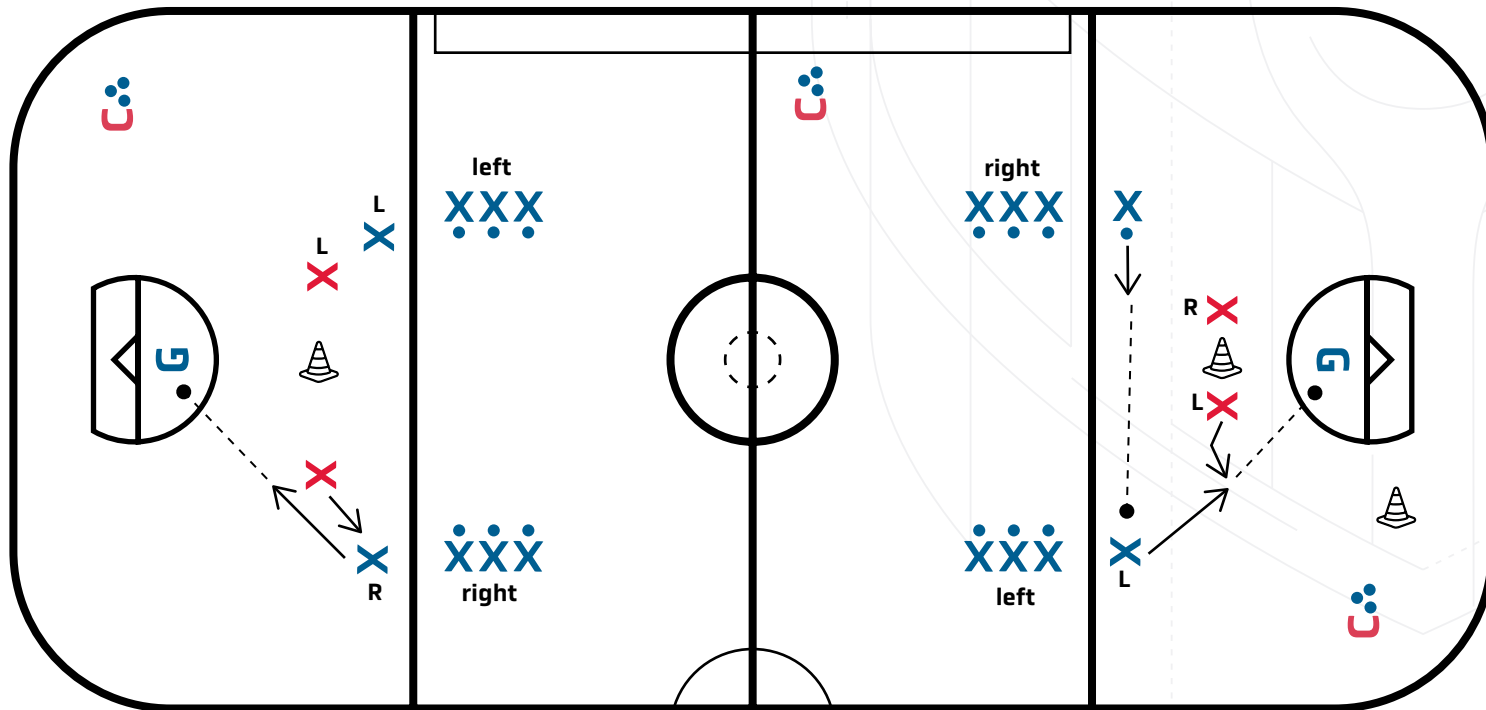
left diagram

- Demo (1 min): "Closing the Gap," "Arriving in Control"
- Start with lines of left-handed & right-handed players in the shooter positions on their proper floor sides, in one or both ends of the floor.
- 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 is 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

- 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 a pylon in "the middle") "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.
- Most common error = stick and/or body not in the "shooting lane"
- Water Break = 1 min



STICKWORK DRILL #5A: Step & Shoot

Drill Duration: 10 minutes

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

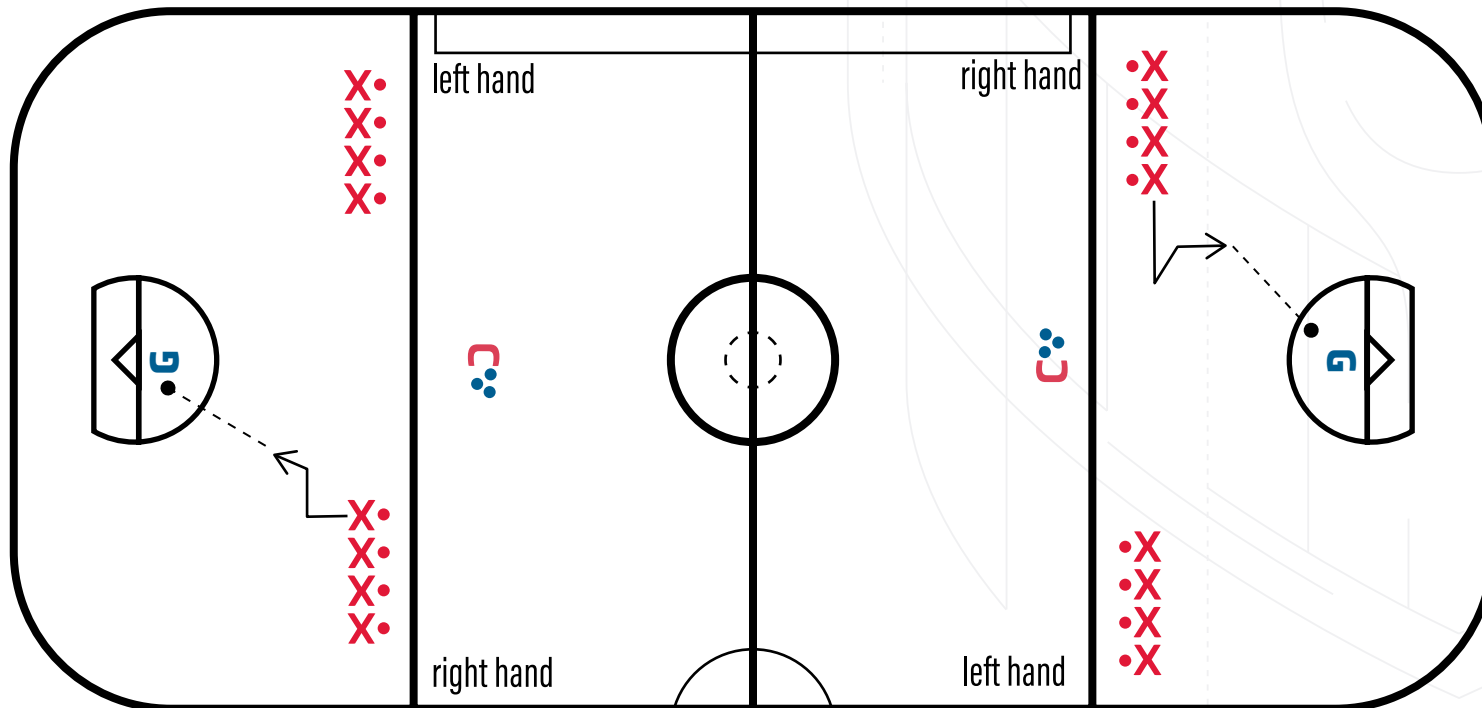
left diagram

- 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 footwork patterns where necessary (vary the distances).
- 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

- Demo (1 min): "Drag Shot"
- 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.

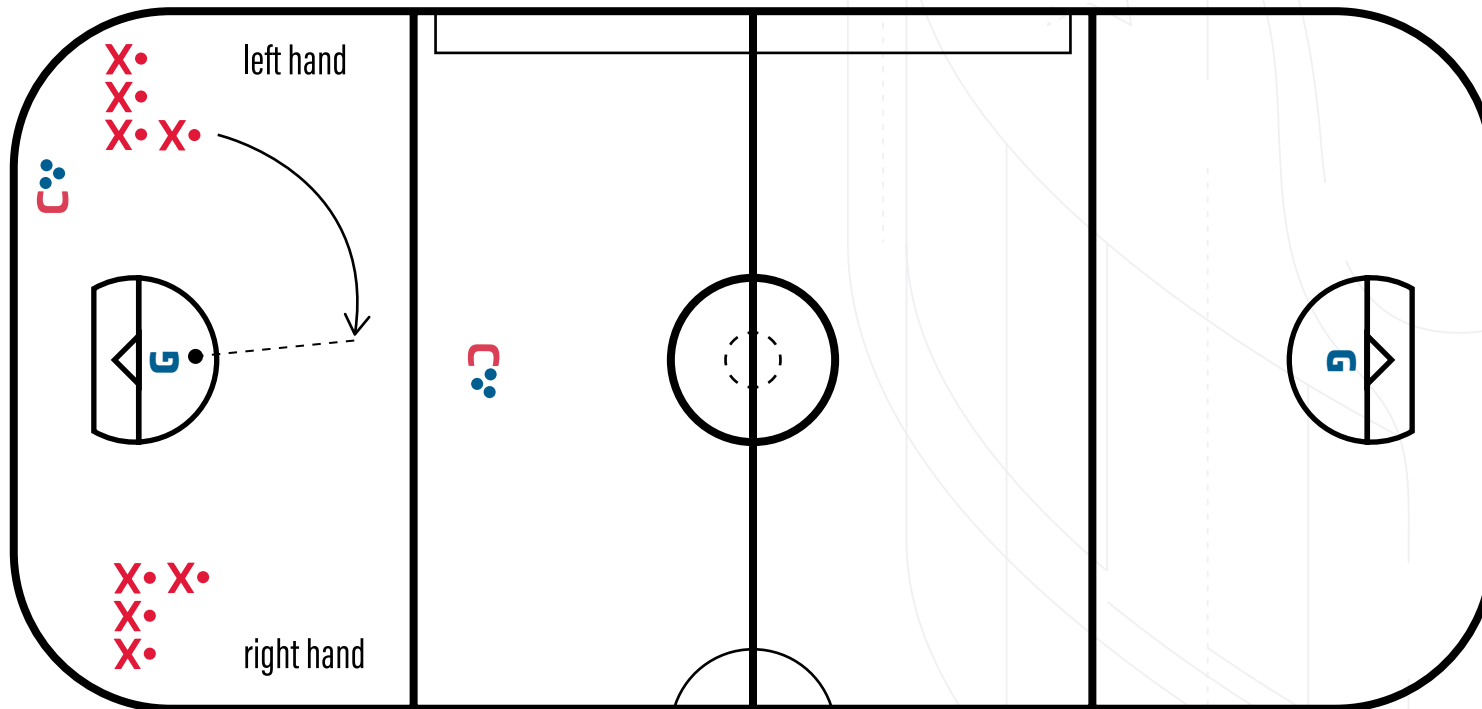


STICKWORK DRILL #4: Partner Passing On-The-Run

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."
- Water Break = 1 min

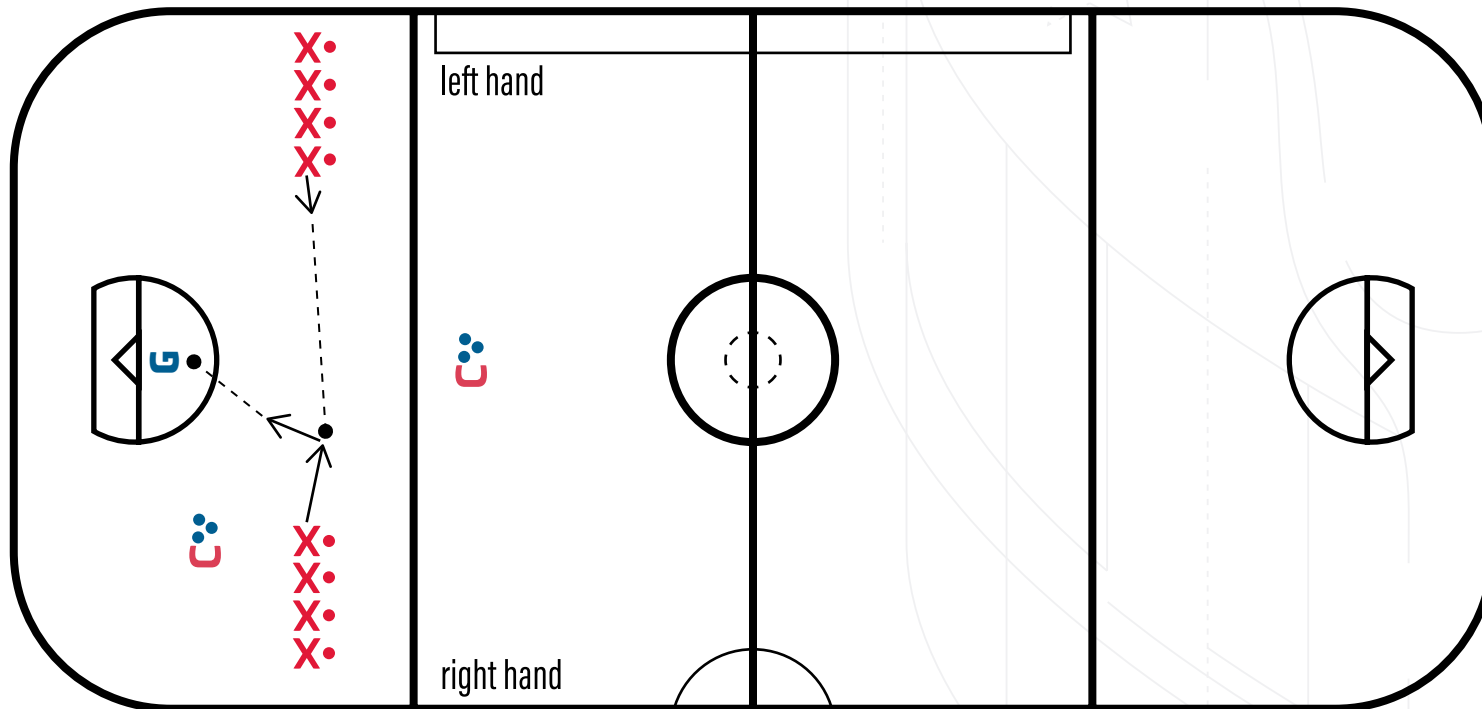


STICKWORK DRILL #6A: Catch & Shoot

Drill Duration: 7 mins

Description: Variation #2B: "Shooter-To-Shooter Pass"

- 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.
- For less experienced players 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."

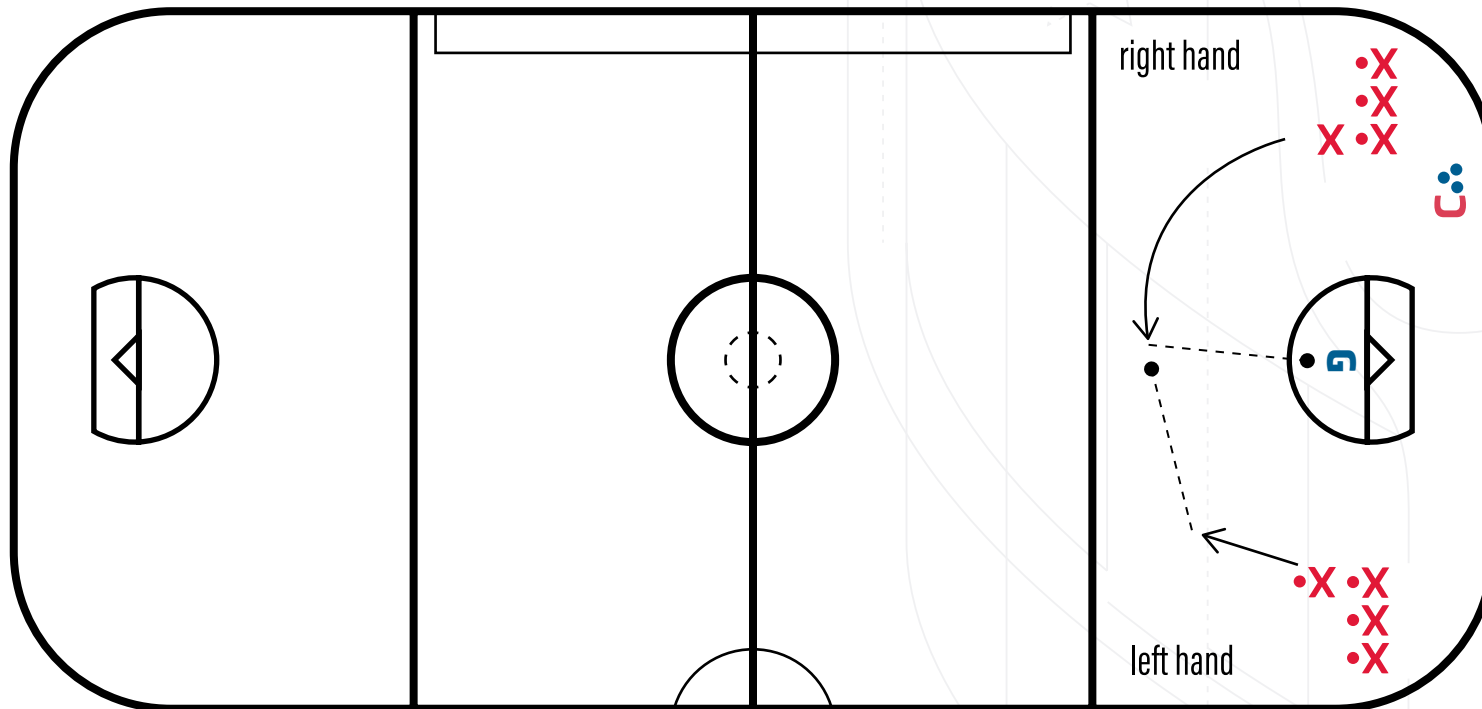


STICKWORK DRILL #5B: Carousel & Shoot

Drill Duration: 8 mins

Description: Variation #2A: "Skip Pass To Shooter"

- 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. Other players set to go in this drill should be 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. 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

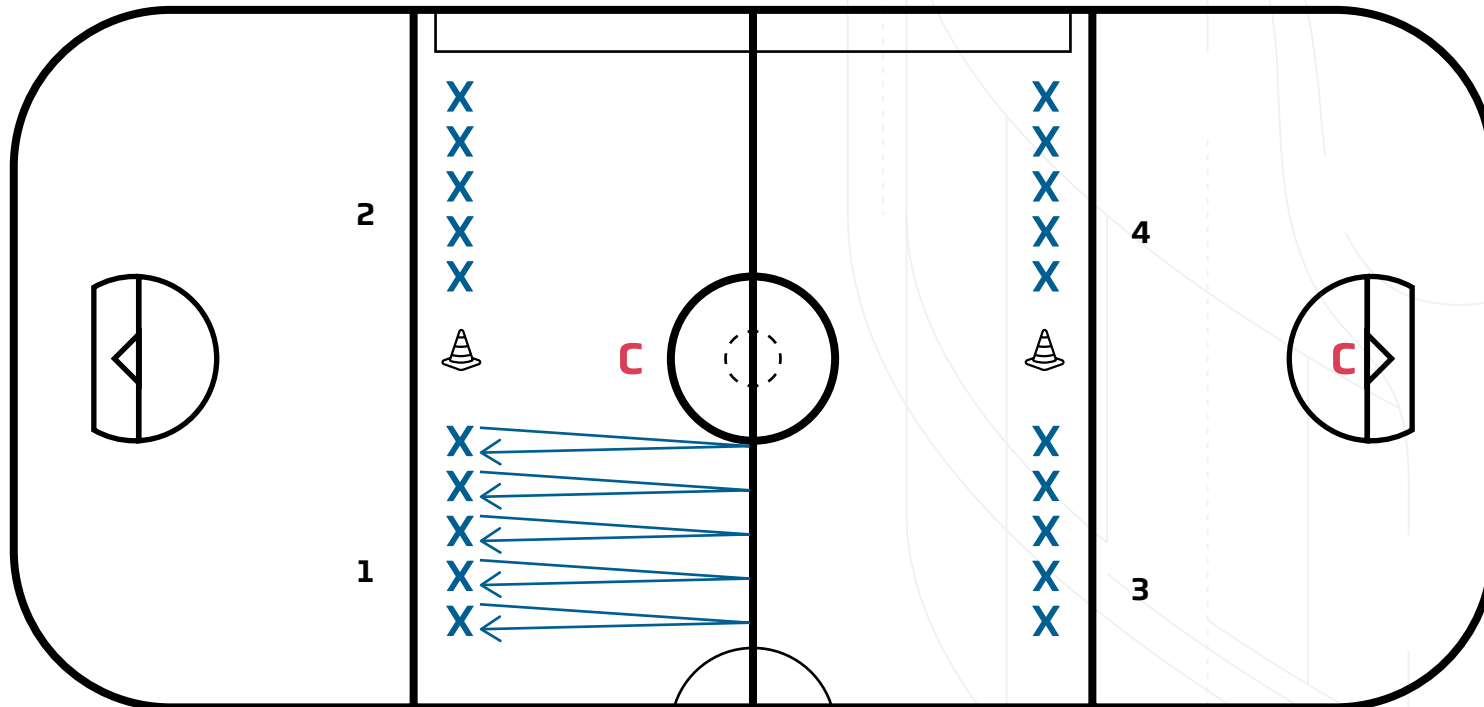


CARDIO DRILL #4: Stops & Starts

Drill Duration: 7 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 necessary), lined up east-west in orientation, halfway 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 on so on and so forth, until it's group number ones 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).
- Water Break = 1 min



CONCLUSION

Drill Duration: 2 mins

Description: Cool Down

- Circle at center floor
- Have players demonstrate lower body “static stretches” that they know
- Finish on a positive note

