



USATM
LACROSSE

16U BOX LACROSSE PRACTICE GUIDE



Practice 3

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 #3 - Body Checking



Age Group: 16U

Resources: Lacrosse Box, Lacrosse Balls, Tennis Balls, Nets, Tape, Universal Screw Driver, Zip Ties, Full Equipment, Pylons, Whistle, Checking Pads, Pool Noodles

Note - Goalies Are NOT Required & 3x3 Nets With An 8-Foot Crease Are Recommended

Pre-Practice: "Players must be calm and comfortable in contact before we progress athletes to collision."

Reminders: Athletic position = Feet parallel (hip width apart), knees slightly bent (1/4 squat aka peak power position), staying on "the balls (forefoot)" of your feet, leaning slightly forward, with head/chest up, abdominals flexed (as if about to be punched in the stomach), a "neutral spine" and "shoulders set."

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

X X
Players

G
Goalie

C
Coach


Balls

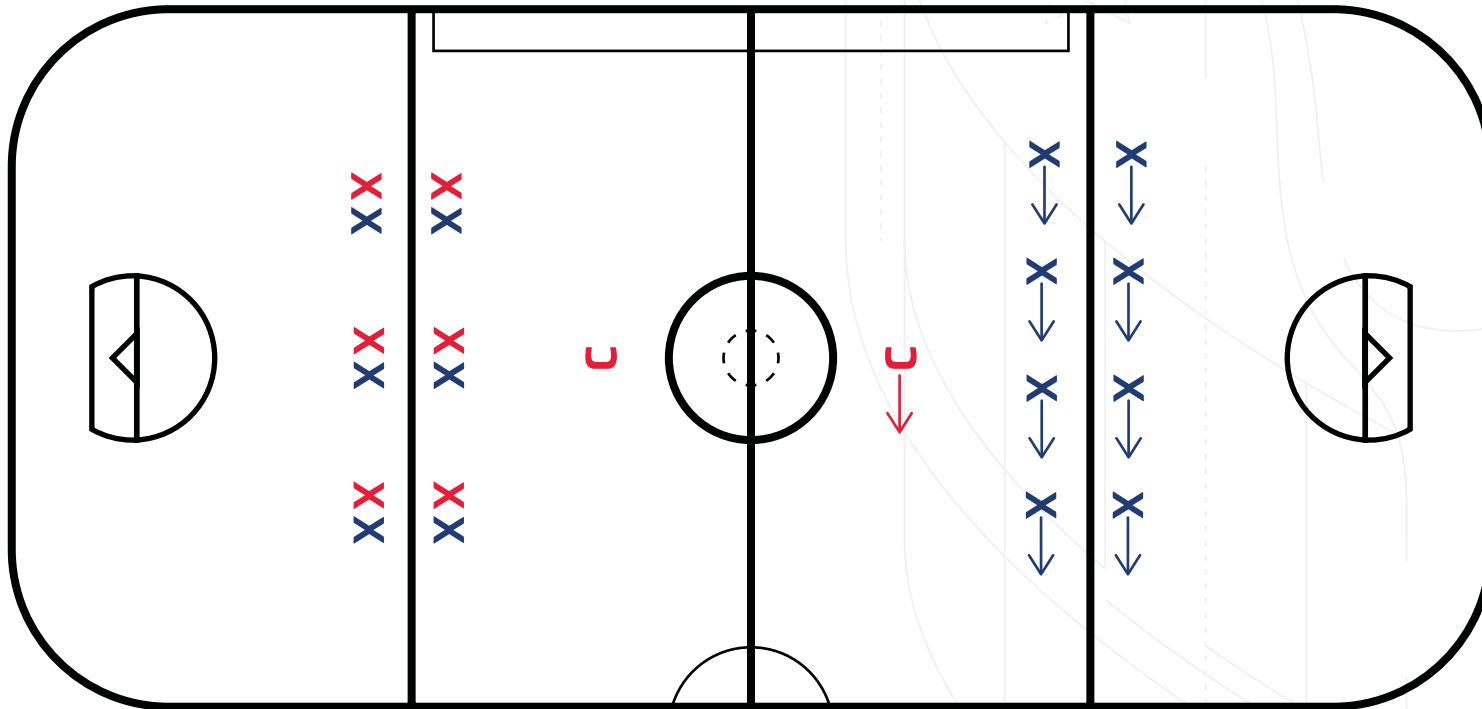

Cones

DEFENSE DRILL #1: Athletic Position (Balance & Footwork)

Drill Duration: 3 mins

Description: Variation #1 (2 min): "Maintaining Balance"

- Demo (1 min): "Athletic Position," "Cross-Check" (Blocking Cross-Checks), "Body-Check," "Slash"
- Players stand in what they believe to be the athletic position and coaches walk around and see if they can push them off balance using a reasonable amount of strength (Variation #1A).
- Players then try to push each other off balance, one at a time, first with no sticks (Variation #1B) and then with sticks using a "push check" (Variation #1C).

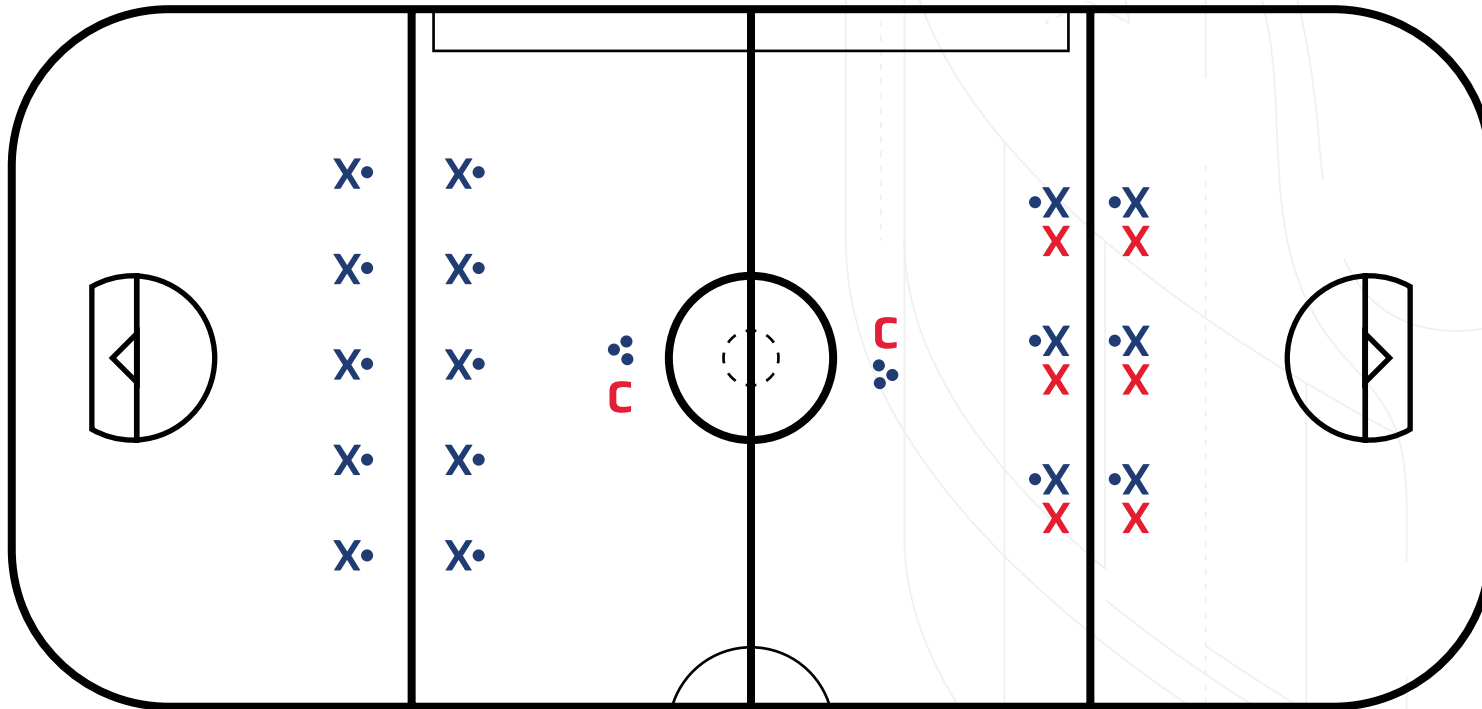


CRADLING DRILL #1A: Stationary Cradling

Drill Duration: 2 mins

Description: Variation #2: "Checking A Partner"

- Have players pair up and body check (Variation #2A), cross check (Variation #2B) and/or slash (Variation #2C) each other on the arm-pad 5 times, both in stationary and dynamic fashion.
- Cue players to keep their "feet on the ground" when bodychecking, "cross-check down," and "slash short." Also teach players to block a cross-check by keeping their stick up.

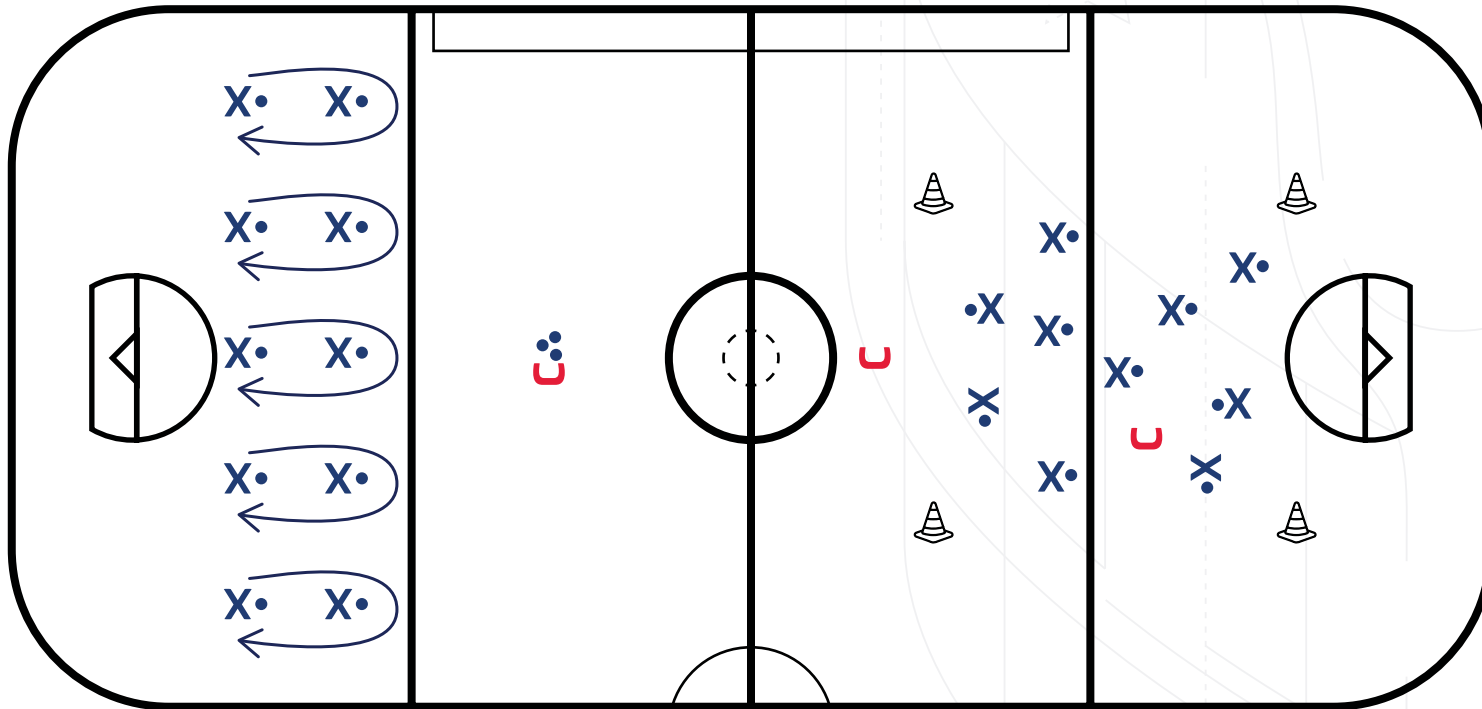


CRADLING DRILL #1B: Dynamic Cradling

Drill Duration: 3 Minutes

Description: Variation #3A: "Cradling Around A Partner"

- Line players up across from each other (5 yards away), with balls, and have them take turns cradling around their partner; both directions - left & right (Variation #3A - 1 min).
- Advance to removing a ball from one partner (Variation #3B - 2 min) and after cradling around them, rolling them a loose ball.
- The player without the ball is also allowed to try and strip the ball from the player as they cradle around them.
- Most common error = not protecting their stick from their opponent.



DYNAMIC WARM-UP

Drill Duration: 10 Minutes

Description: Dynamic Warm-Up (5 min)

- Active dynamic stretch routine, <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>

Preparation For Contact (5 min):

- Athletic position
- Sudden onset impulse force
- Posture positioning (quick feet then posture)
- Static and dynamic balance (jumping and landing on one leg, etc.)
- Falling, Tumbling, Crawling, Grappling (Freestyle, Folkstyle, BJJ, Judo and more)
- Rolling (somersaults + uneven/changing forces) + pushing drills (knee tag, etc.)
- Water Break = 1 min



CRADLING DRILL #4: Coming to Balance Drill (Contact Prep)

Drill Duration: 5 Minutes

Description: Variation #1 (2 min): "Stop On A Dime"

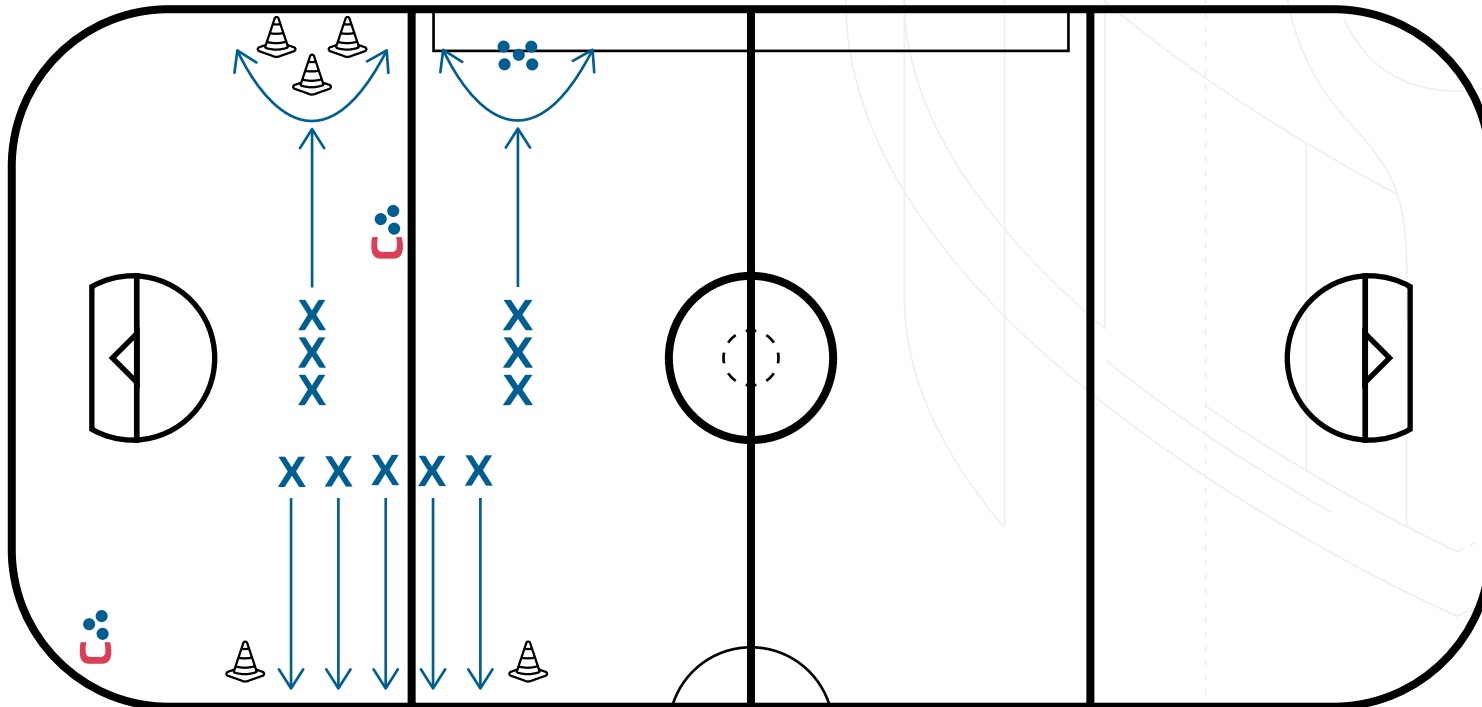
bottom left diagram

- Demo (1 min): "Coming To Balance," "Body Contact"
- Have players lined up roughly 10 yards away from the sides boards. Players should be facing the boards, with pylons marking a "cushion" area 1 yard away from the boards. When the coach says go, all \ players run toward the pylons at a progressively faster speed each rep through the drill, starting at 50 percent speed.
- The goal of the players is to slow their momentum and "come to balance," taking as few steps as possible as they approach the pylon, attempting to stop exactly where the pylons are without losing their balance and falling into the "cushion" area.
- Coaches should identify the proper speed to challenge the athleticism of the athletes, having them perform several reps at their ideal speed.

Variation #2B (2 min): "Balance, Engage & Release"

top left diagram

- Same as the above variation except this time players are in single file lines and run toward a cluster of pylons in an equilateral triangle formation (2 yards x 2 yards x 2 yards).
- The first player runs up to the top pylon, comes to balance, then side shuffles in a semi-circle formation from side-pylon to side-pylon (mimicking a loose ball "scrum"); eventually sprinting out of the drill (Variation #2A).
- Players should switch which side of the triangle they start their side-shuffle on each time through the drill.
- Next, add a pile of balls that players can scoop a loose ball from after the footwork pattern mentioned above (Variation #2B).
- The other option is for coaches to roll a loose ball into the drill as players are completing their side-shuffle pattern.



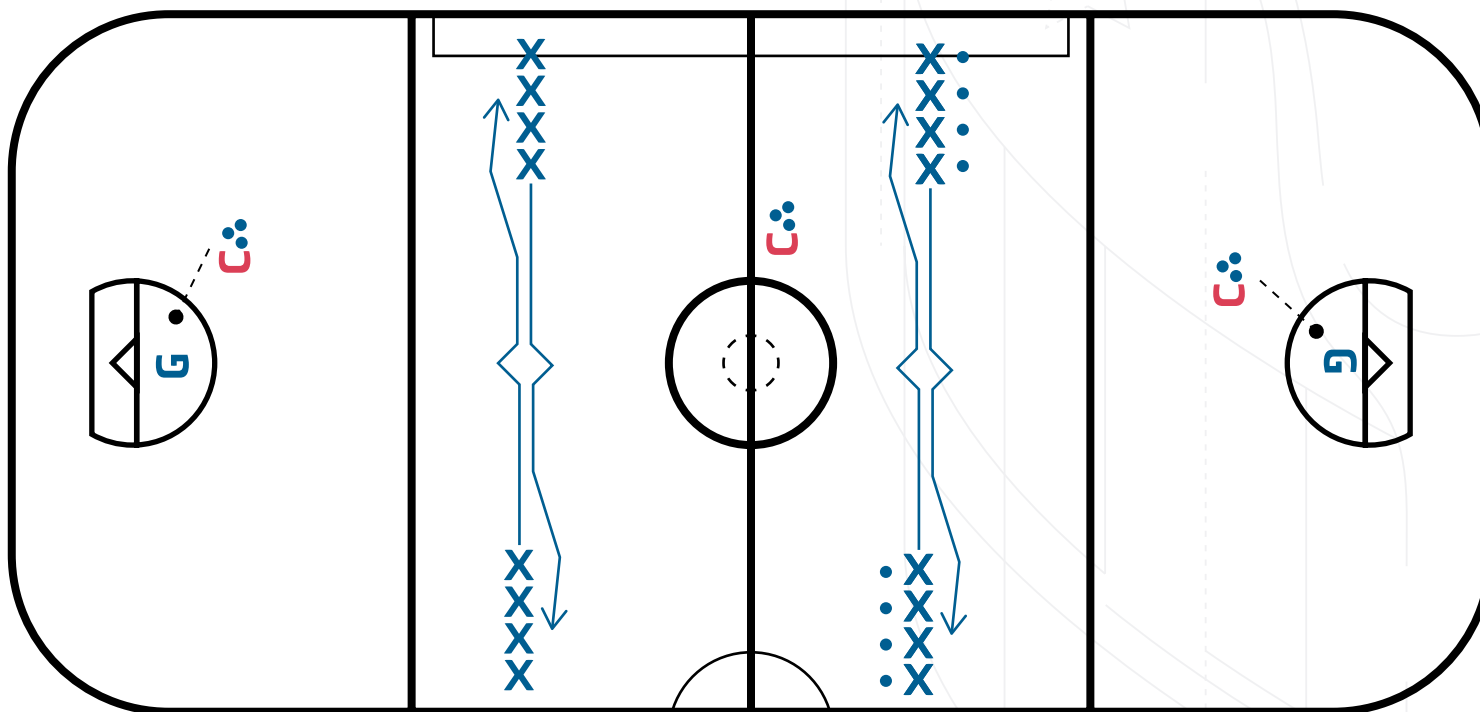
Cradling Drill #5: Cradling/Dodging "Traffic" Shuttle

Drill Duration: 5 Minutes

Description: Variation #1: "Dodge Your Opponent"

left diagram

- Have players lined up in two lines facing each other (approximately 15 yards apart), outside of the shooter positions, in one or both ends of the floor.
- Players in both lines have no balls (Variation #1A - top diagram), and later have balls (Variation #1B - bottom diagram).
- The first player in each line cradles toward each other practicing one of the following: "hitch steps" "face dodges" or "roll dodges (left & right)."
- The next player in line doesn't go next until the players ahead of them have made their "move" and run to the far-side line. Have players build up their speed with each rep through the drill.



CRADLING DRILL #2: The Gauntlet (Ball Protection)

Drill Duration: 5 Minutes

Description: Variation #1 (2 min): "No Balls"

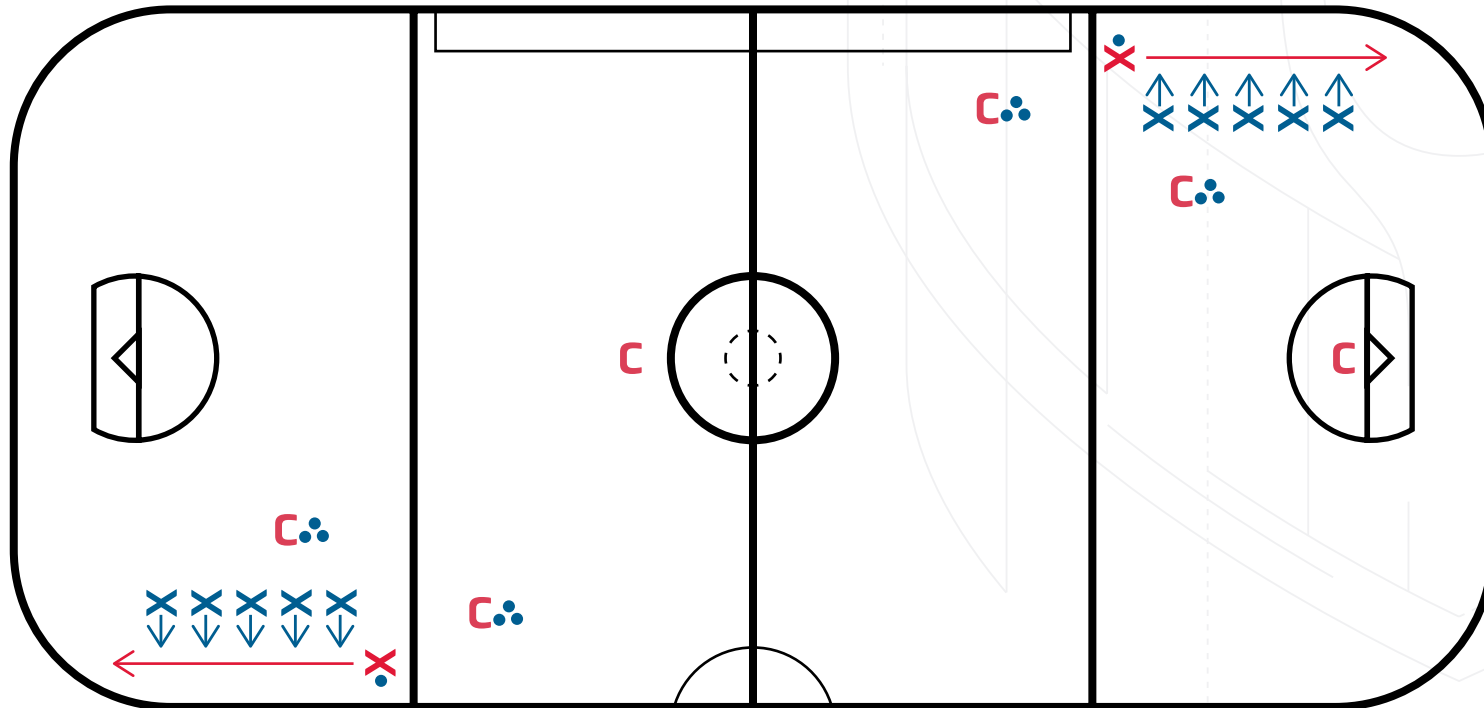
left diagram

- Divide the floor in half with an imaginary line lengthwise and have the players in spread out groups of 3-5 players, 2-3 yards from the sideboards and 3-5 yards from each other.
- Players should be spread out in the line such that they cannot touch anyone within a minimum of a stick-length away (preferably further). The lines can be on opposite sides in the same "end," opposite ends, or on both sides in both ends (using the full floor).
- For beginners, players can also match up against one other player, instead of going against a line of multiple players (build up the intensity from 50 percent to 100 percent). Further, if a player is not physically fit for contact, they can be pulled aside to work 1-on-1 with a coach.
- The player at the front or back of the line steps back from the group and aligns themselves between the 2-3-yard gap left between the players still in line, and the boards. This player takes their time working through the gauntlet (3-5 players), taking a check from each of their teammates in line.
- Any player who takes a "penalty" during the drill needs to run a lap of the box and get back in their position in line. Everyone gets a turn running through the gauntlet, taking three reps each overall (1st rep - slash, 2nd rep - body check, 3rd rep - cross check).

Variation #2 (3 min): "With Balls"

right diagram

- Same as the above variation except the player running through the gauntlet is now carrying a ball.



CRADLING DRILL #4: Coming To Balance Drill (Contact Prep)

Drill Duration: 5 Minutes

Description: Variation #3 (2 min): "Balance & Roll Off"

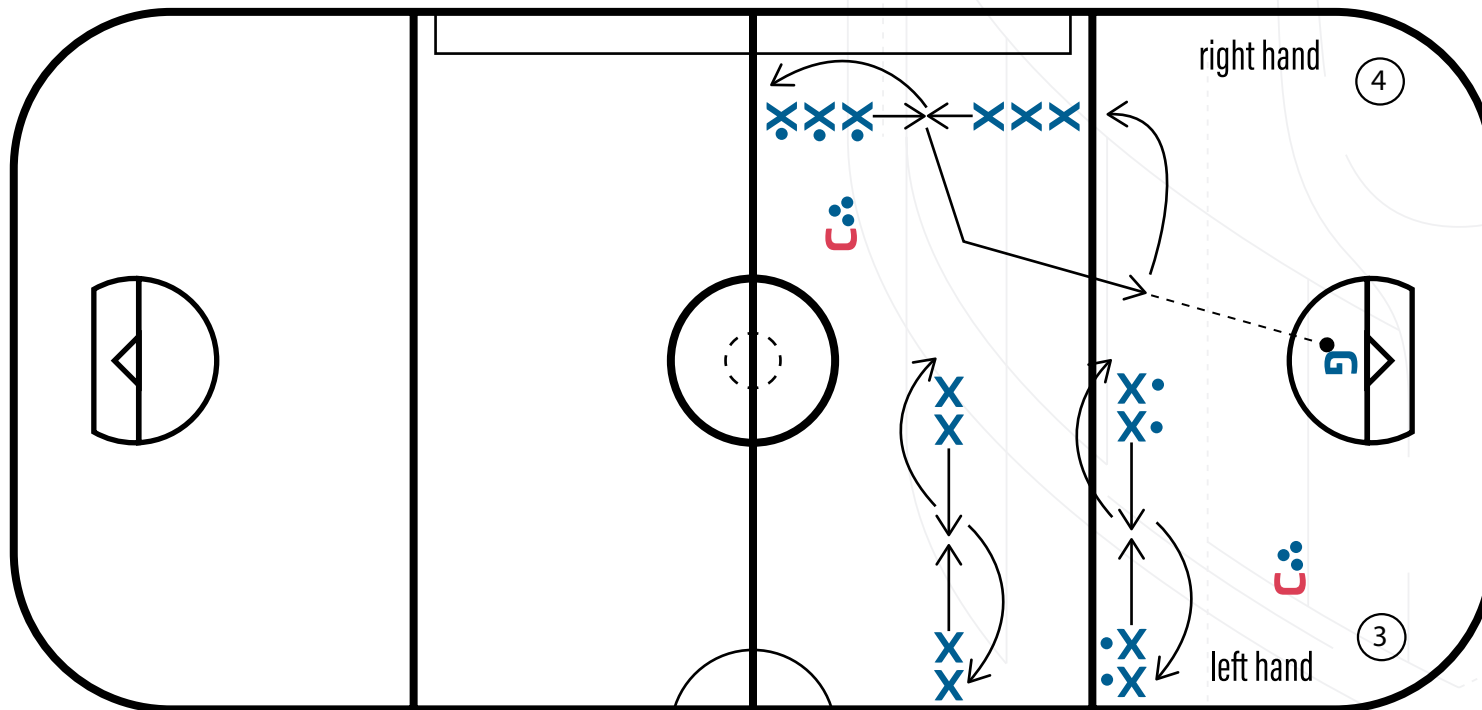
right diagram

- Have players start in single file lines that are facing each other, 5-10 yards apart.
- The first two players run toward each other at 25 percent speed and body check each other (or a coach with a checking pad), trying to spin or roll off of the check as the contact is initiated.
- Progressively build up the speed that players approach each other. Start the drill with no balls (Variation #3A) and advance to both players having balls, attempting not to drop them as they initiate their contact (Variation #3B).
- Players exit the drill to the back of the opposite line after taking their turn.

Variation #4 (2 min): "Open Floor Check"

left diagram

- Same as the above variation except there is now a defensive line (no balls), and an offensive line (with balls). Lines can be north-south (as seen in diagram) or east-west in orientation.
- After receiving a body check from the defender, the ball carrier attempts to continue their momentum toward the net for a shot, with both players switching lines after the drill.
- Water Break = 1 min

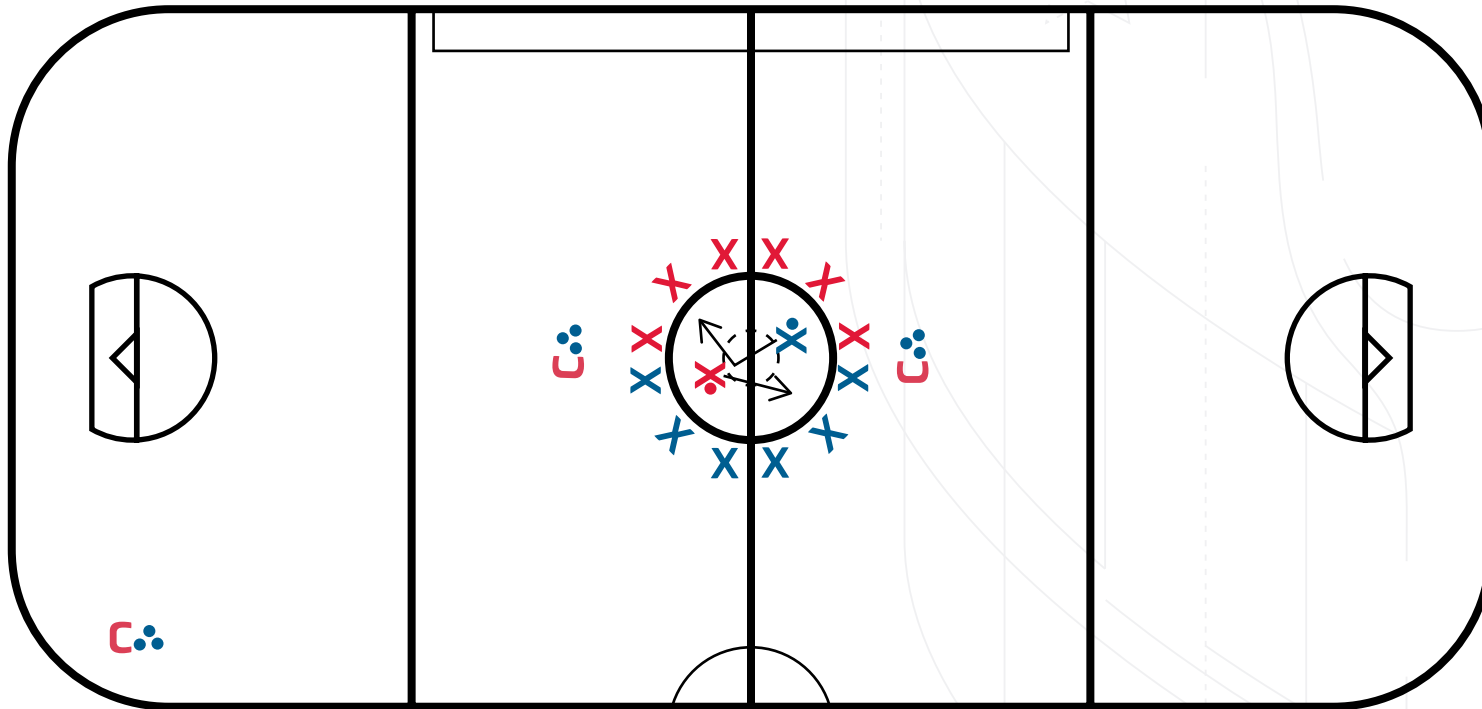


GAMES DRILL #15: Kings Court

Drill Duration: 5 minutes

Description: Variation #2: "Teams"

- Have players stand around the face-off circle, or in two separate smaller circles.
- Two players start in the middle of the circle, both with balls in their stick.
- The players on the outside of the circle are able to strip the ball at any time if either of the players in the middle comes too close. If the players in middle aren't dropping the ball for an extended period of time, the coaches can instruct players on the outside to take one or two steps forward or back at any time.
- Players in the middle may also bump (body check) each other in an effort to dislodge the opponent's ball.
- If a player drops a ball, the opposing team is scored with a point. Both teams send a new player into the circle each round, and games can be played up to 10 drops.

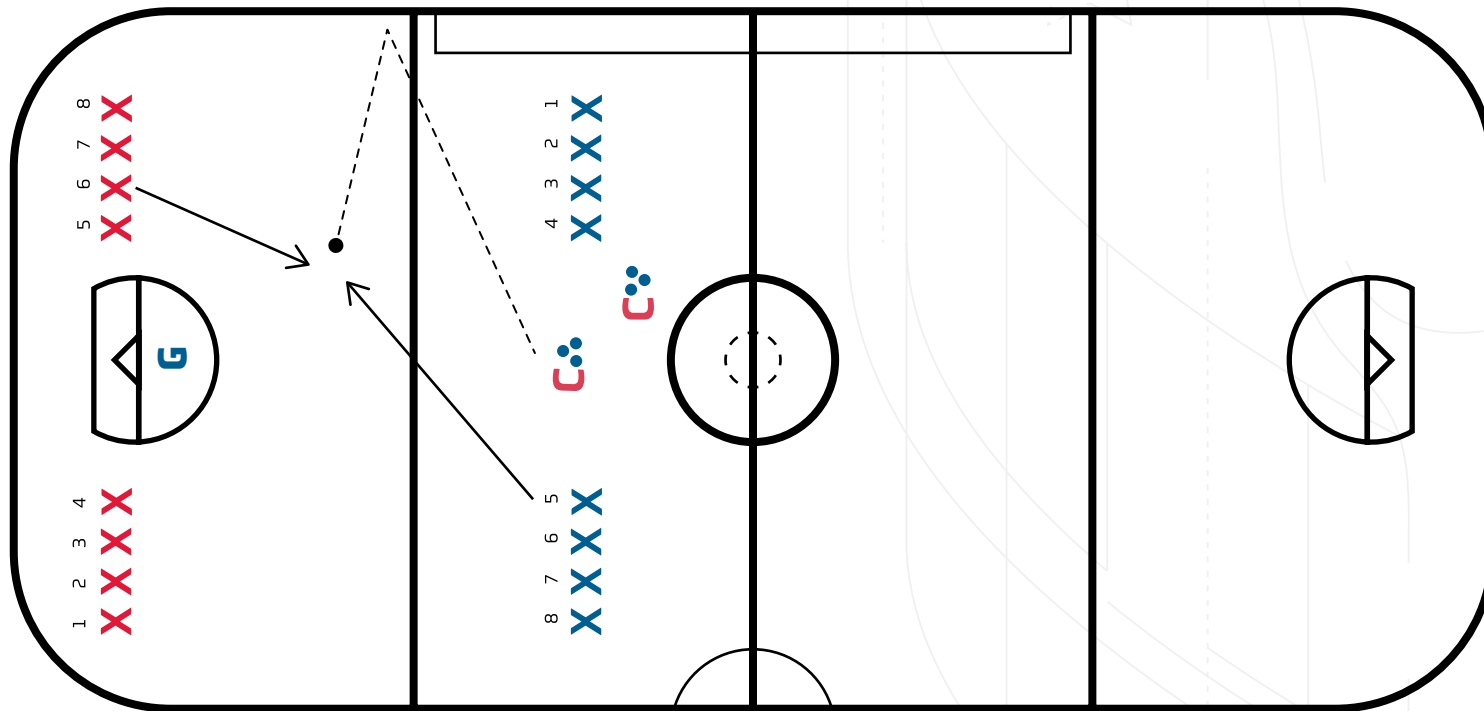


GAMES DRILL #17: Loose Ball Numbers Game

Drill Duration: 10 mins

Description: Variation #1: "1 Vs. 1"

- Start in one or both ends of floor with 2 teams evenly spaced from one side of the boards to the other (facing away from the middle), one near the restraining line and one near the goal-line.
- Give players a number, depending on how many players are on each team; players must remember their number.
- The coach rolls a loose ball into the middle of the zone and then yells out a number between one and however many players there are in each line (generally between 1-8).
- For example, if the number five was called the players with the number five in each line would turn around and run after (battle for) the loose ball.
- The player who picks up the ball can then go to the net for a shot, and the player who doesn't get the loose ball then tries to recover and play defense (5 seconds max).
- This drill can also be done with no shooting, just loose balls.
- Water Break = 1 min

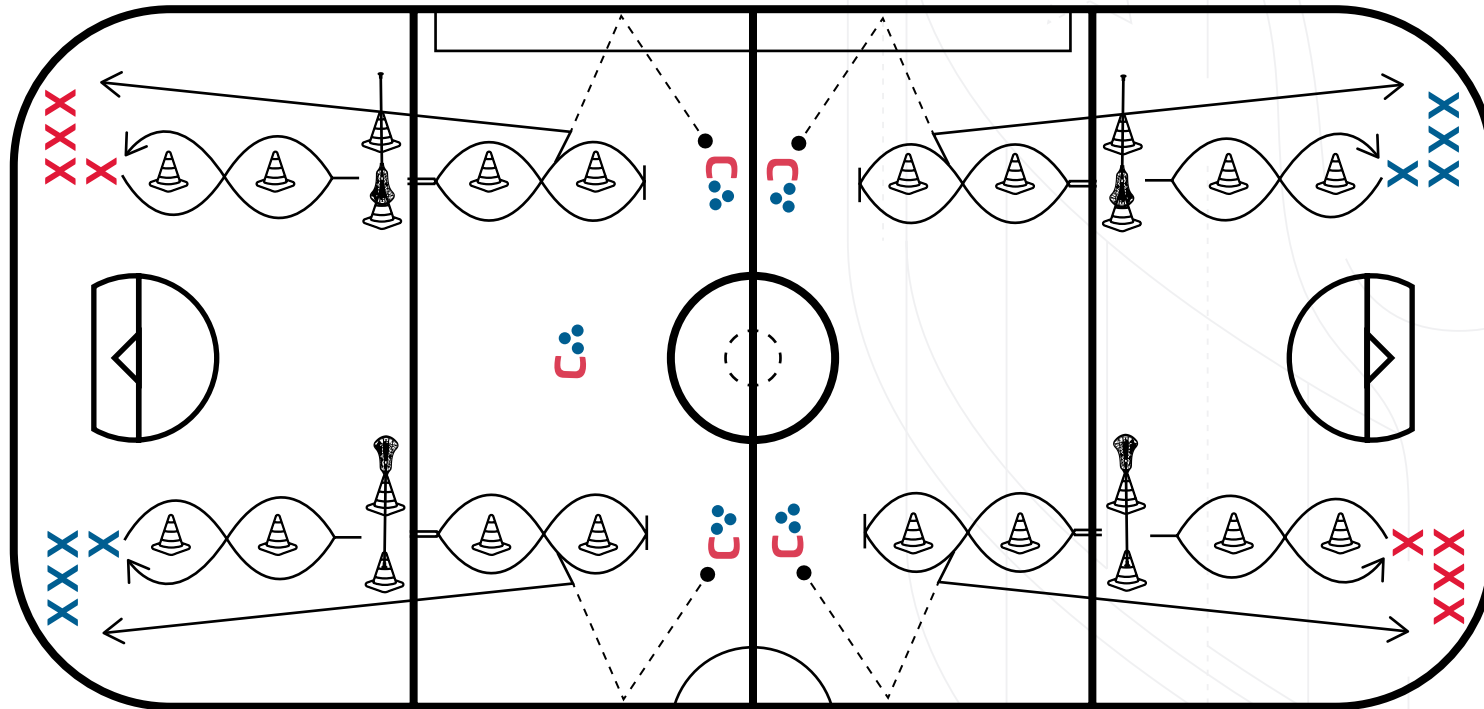


GAMES DRILL #16A: Loose Ball Agility Relay

Drill Duration: 5 mins

Description: Half-Floor Or Full Floor:

- Start with two, or four, relay teams in one or both ends of the floor, running the drill half-floor or full floor in orientation.
- With four or more pylons in a straight line (or zig-zag pattern) relative to the starting line established prior to the race (perhaps marked with another pylon), add another obstacle at the mid-way point of the relay race (suggestion = two pylons with a stick laying across).
- Also position a coach at the end of the pylons, with a pile of balls close by (same number of balls as players in line).
- The first player in each line (no balls) weaves through the pylons, jumps over or dodges around the obstacle, and weaves through the remaining pylons, eventually body-checking the coach.
- After the body check, the coach drops a loose ball near the sideboards and the player must scoop the ball and run straight to the back of the line they started in before the next player can go (Variation #1A).
- Another option is for players to have to weave back through the pylons and obstacle, before sitting down at the back of the line with their ball (Variation #1B).
- The first team with all players sitting down with their ball in their stick, wins. The losing team does push-ups, planks, body weight squats, sprints, etc....

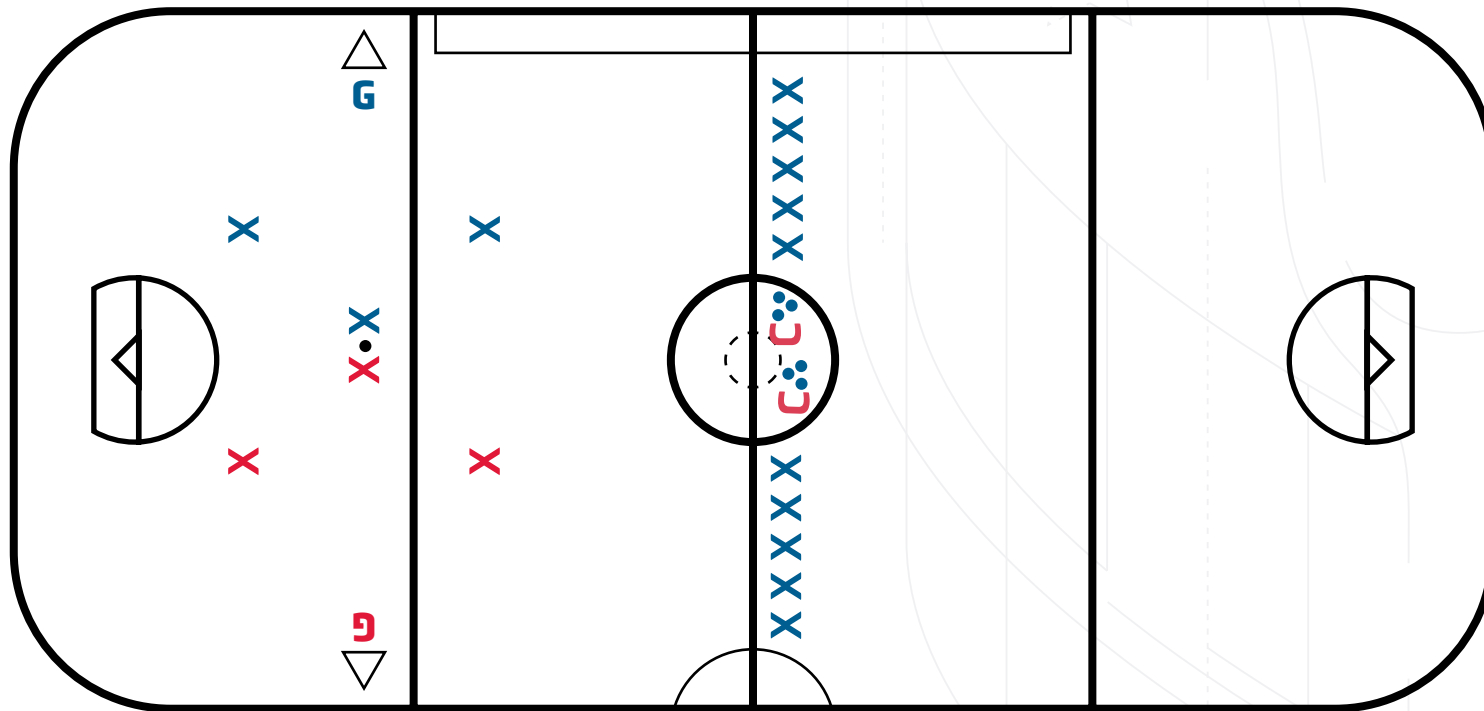


GAMES DRILL #19: Small Sided Games

Drill Duration: 30 minutes

Description: Variation #1: "3 Vs. 3"

- Arrange two teams equally on both sides of the restraining line, in one or both ends of the floor depending on numbers: with players facing into the defensive/offensive zone.
- On one side of the restraining line is "Team 1" and on the opposite side is "Team 2" (make more creative names if possible).
- Move the nets against the sideboards, halfway between the goal-line and restraining line.
- The first 3 players in line on each team enter the drill, starting with a face-off or loose ball. If it's a loose ball, have players enter from the defensive side, closest to the goalie.
- Shift length can be timed intervals (1 or 2 minutes)
- If at any point during the games the ball is near the restraining line, the players not in the drill should be encouraged to "bat the ball" back into play, helping establish good "flow" in the drill.



CONCLUSION

Drill Duration: 2 mins

Description: Cool Down

- Circle at center floor
- Land Acknowledgement
- Debrief - lessons learned
- Remind players to perform static stretches in dressing room



DRILL #13

BOX LACROSSE PRACTICE #3