



**USA**<sup>TM</sup>  
**LACROSSE**

# 16U BOX LACROSSE PRACTICE GUIDE



## Practice 6

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](https://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](https://usalacrosse.com/equipment)

**For more Box Lacrosse Coaching Resources, Please visit:**

**[Laxlife.ca](https://laxlife.ca)**

# BOX PRACTICE PLANS

## Practice #6 - Fast Break

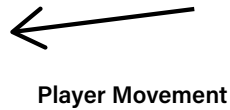
Age Group: 16U

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>  
Transition Skills Analysis: <https://laxlife.ca/fundamental-skills-analysis/transition>  
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



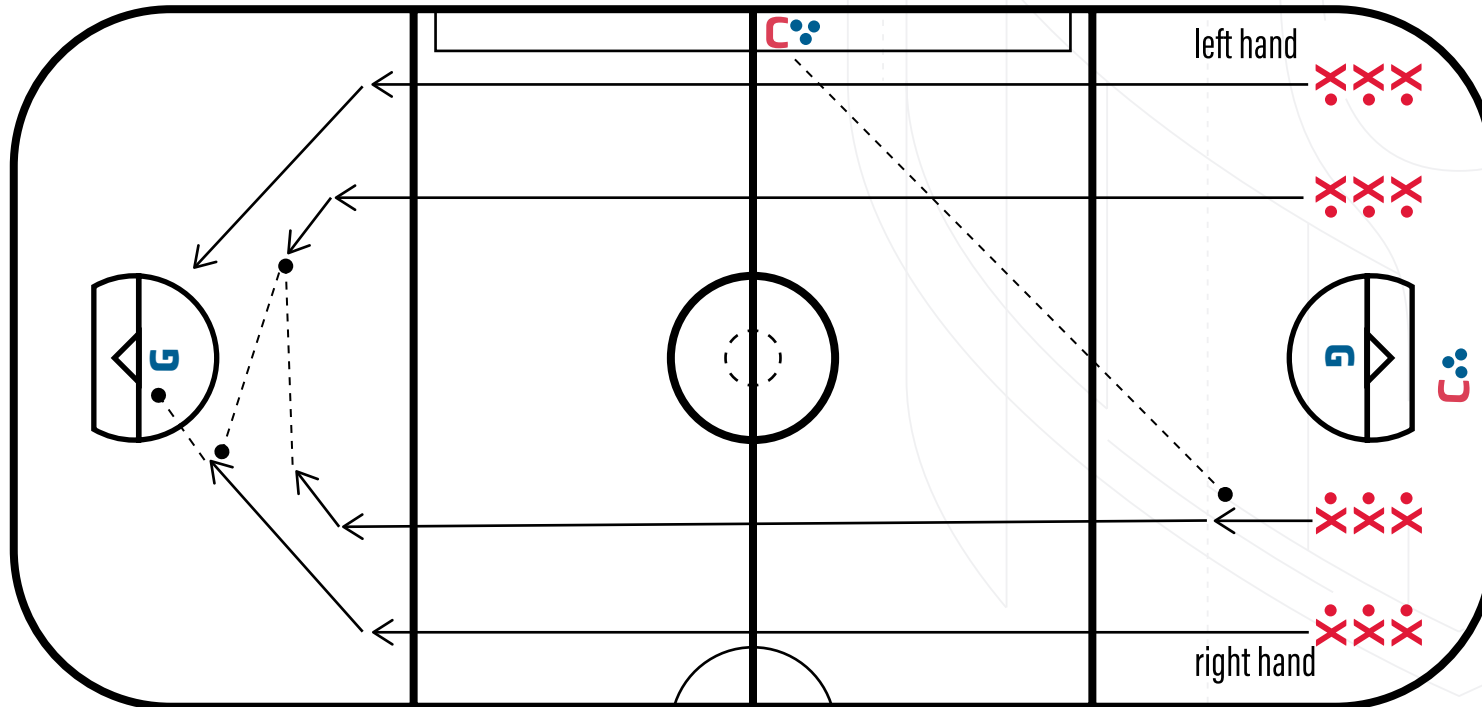
## Transition Drill #0: 4 Lane "Transition Passing"

**Drill Duration:** 10 mins

**Description:** Variation #1 (4 min): "4 Lanes Together" (Walk Through)



- Draw Diagram = 1 min
- There are four imaginary "lanes" referenced lengthwise (north south) when running the floor in lacrosse, two outside and two inside.
- The lanes stretch either from a few yards off the sideboards to a few yards outside of the goal posts ("outside lanes"), or from a few yards outside of the goal posts to the middle of the net ("inside lanes").
- Players running in the outside lanes during a fast-break should run as hard as they can to the same-side goal post on a 45° angle, as a general team rule.
- Inside players should be trailing the play, at least slightly (if possible), and will sometimes have to "slow up" to maintain proper "spacing."
- Do a walk through starting in one end of the floor with 4 lines evenly spaced from one side of the boards to the other.
- Left and right-handed players should be on their proper floor sides, respectively (one of the two inside lanes with balls). This drill may also be run from the furthest rag line, instead of the goal-line.
- Coaches send all four lines (lanes) at once, beginning at jogging speed, with outside players having a head-start and middle players trailing behind; progressing to 50 percent, 75 percent, 90 percent and 100 percent speed.
- It can also be effective to run the first few reps without a ball (to get a feel for the spacing), attempting to finish the drill with the spacing shown in the diagram.
- The object of the drill then becomes for players to run all 4 lanes, timing their cuts and maintaining their spacing: finishing with a quality shot.
- Players should stay on their proper floor side in the opposite end, switching from inside line to outside line and vice-versa.



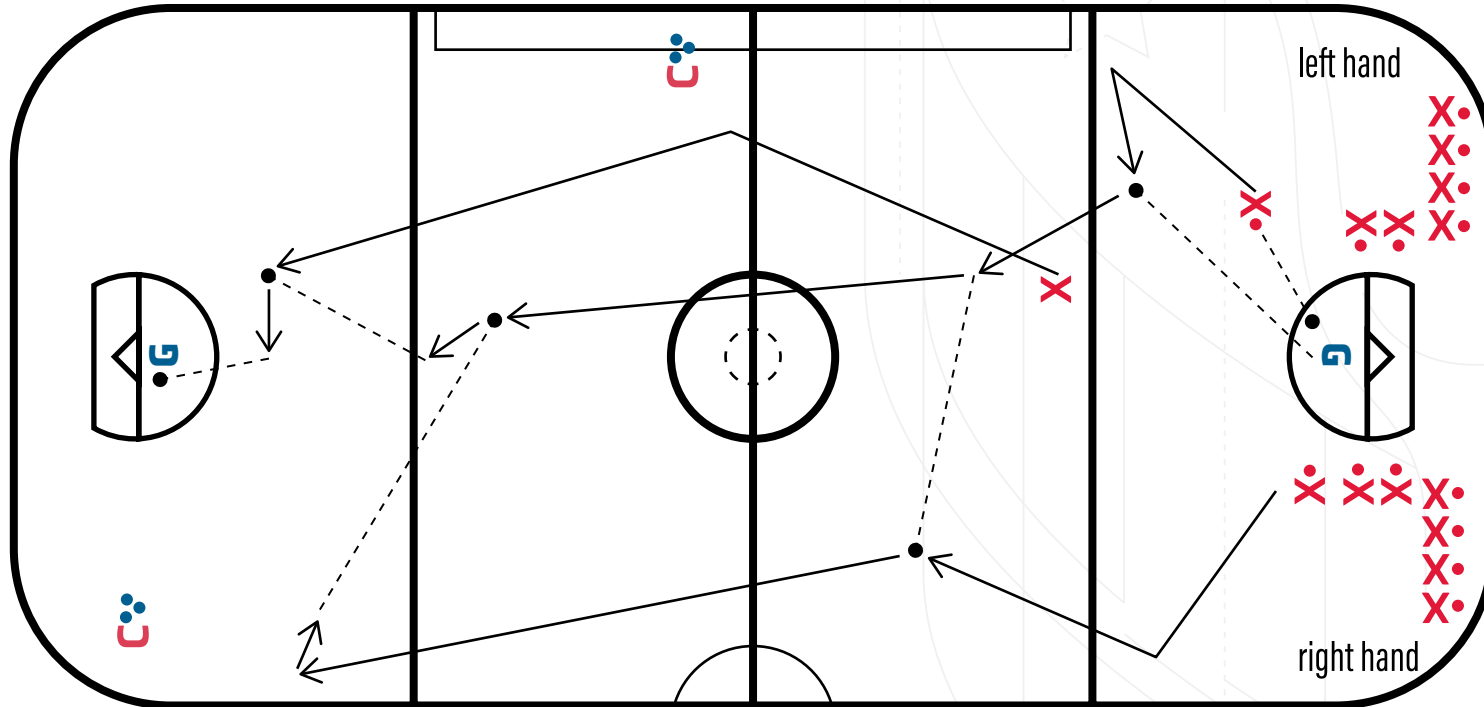


## TRANSITION DRILL #4A: Multiple Player Out & Ups

Drill Duration: 8 mins

Description: Variation #1B: "Hit The Trailer "

- Start with 2 lines of players, on their proper floor sides, on both sides of the crease, at one end of the floor.
- The low defender with the ball rolls or bounces the ball into the goalie and both low defenders run (or backpedal) towards the mid-boards, while the high defender runs hard towards where the restraining line meets the sideboards, but not until the goalie has possession of the ball. The single player from the opposite sideline also breaks along the boards on their side of the floor.
- The low defender from the line with two players receives the pass, runs up-floor (towards center floor) making a pass to the player running along the sideboards in the far-side lane, who now cuts away from the boards on a 45° angle, subsequently making a pass to the single player on the bench side (replicating a bench assist scenario) for a breakaway shot.
- Whatever line had only two players participate sends one player the next time through the drill (unless there is a shortage of lefties or righty's).
- Water Break = 1 min



## DYNAMIC WARM-UP

**Drill Duration:** 10 mins

**Description:** Dynamic Warm Up:

- Try to find volunteers to demonstrate the “active dynamic stretches” that they remember (coach fills in the gaps)
- Circle at center floor
- Land Acknowledgement
- Rehash (1 min): skills learned last practice
- Discussion (1 min): “Discipline”
- Come up with an appropriate word, as a team, for a team cheer.

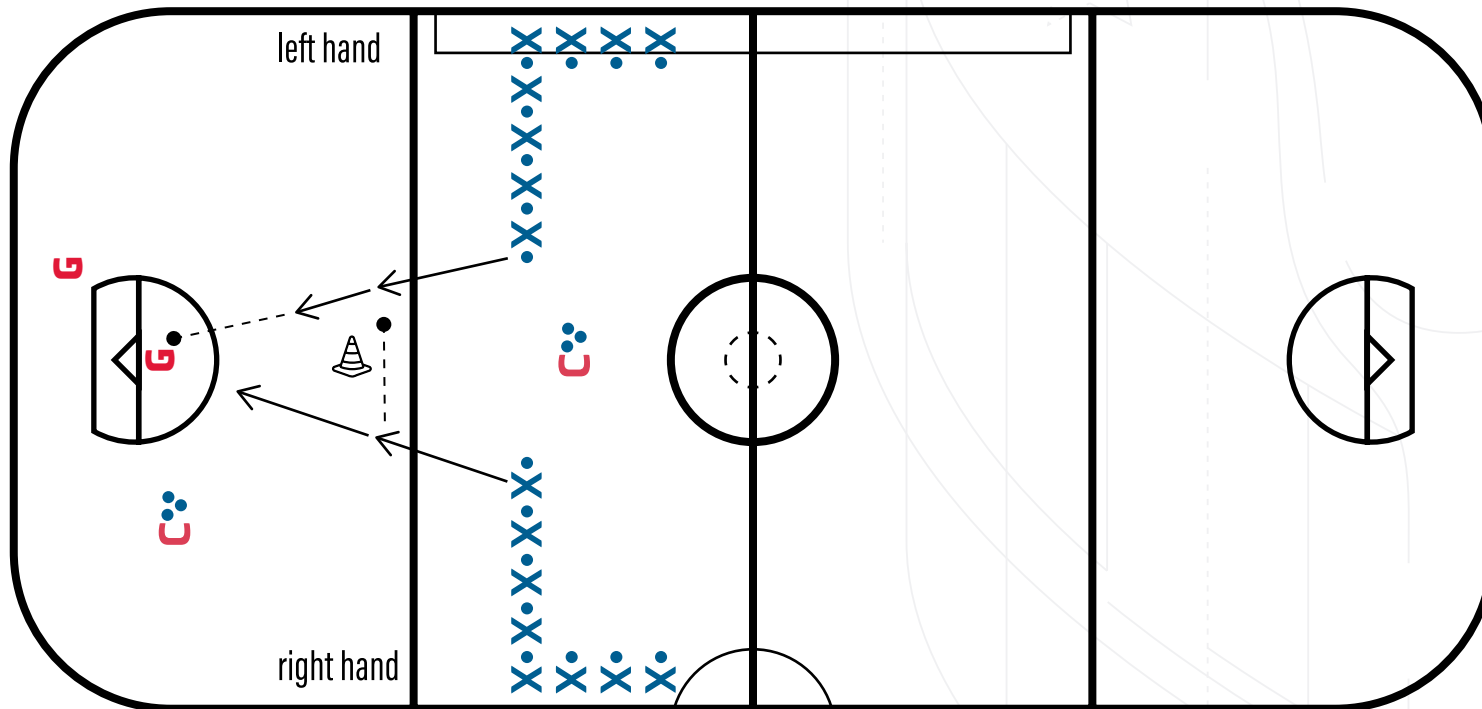


## GOALTENDING DRILL #4C: 2-On-0's

Drill Duration: 8 mins

Description: Variation #2A: "Player Focused"

- Players are lined up near the rag-lines, on their proper floor sides, with one line or the other starting with balls. The coaches should put a marker on the floor (tape, stick, pylon) as a landmark for where the ball carrier should be looking to pass from.
- The purpose of the drill is to teach players where to pass from during a 2-on-1 (imaginary).
- Have two players approach from the shooter position at walking speed, the only rules are that players cannot stop their forward momentum, or the drill is over.
- The ball carrier passes to the other player (near the landmark), who goes in for a quality shot "in tight." Advance to 50 percent speed; then back the lines up to the restraining line, advancing to 75 percent and then 90 percent speed.
- Switch which side the ball starts on halfway through the drill.



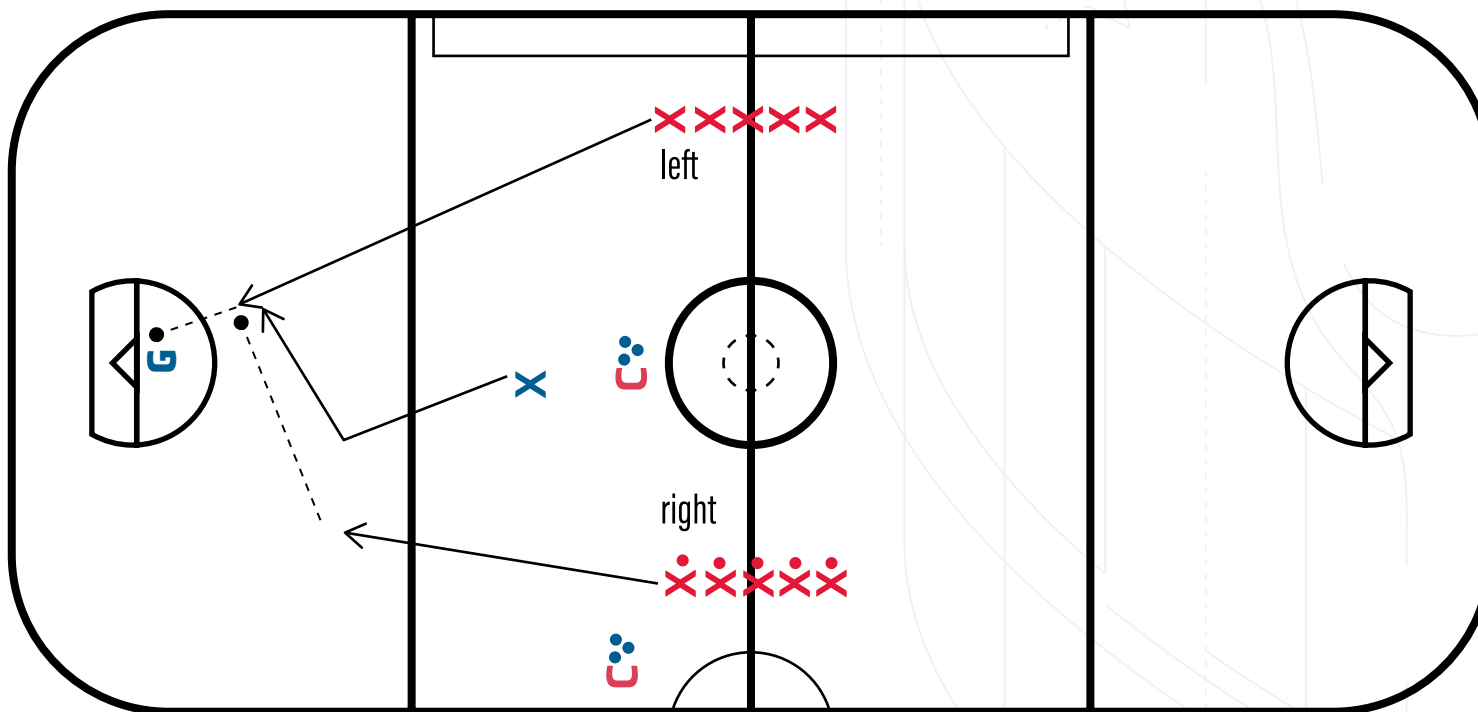


## TRANSITION DRILL #8A: 2-On-1 "Fast Breaks" From Center

Drill Duration: 10 mins

Description: Variation #1A: "2-On-1's" (Defender At Center)

- Demo (1 min): "Splitting," "Being A Threat"
- Start with two lines of players at the restraining line (near or far), on their proper floor side, facing one or both directions; with both lines having a chance to start with balls, or a coach sending in a pass to a different line each time.
- A volunteer defender starts a few steps below the rag-line, split between both offensive lines.
- Offensive players attempt a 2-on-1, with the defender starting in the middle of the floor with their "stick up," ready to "fall back."
- Following the first rep through the drill, the last offensive player to touch the ball is on defense, with the other offensive player runs out of the drill along the sideboards.
- Start slow, around 50 percent of maximum speed, advancing to full speed during the latter reps through the drill.
- The ball carrier must always be a threat to shoot and be ready to pass if pressured by a defender.
- Water Break = 1 min

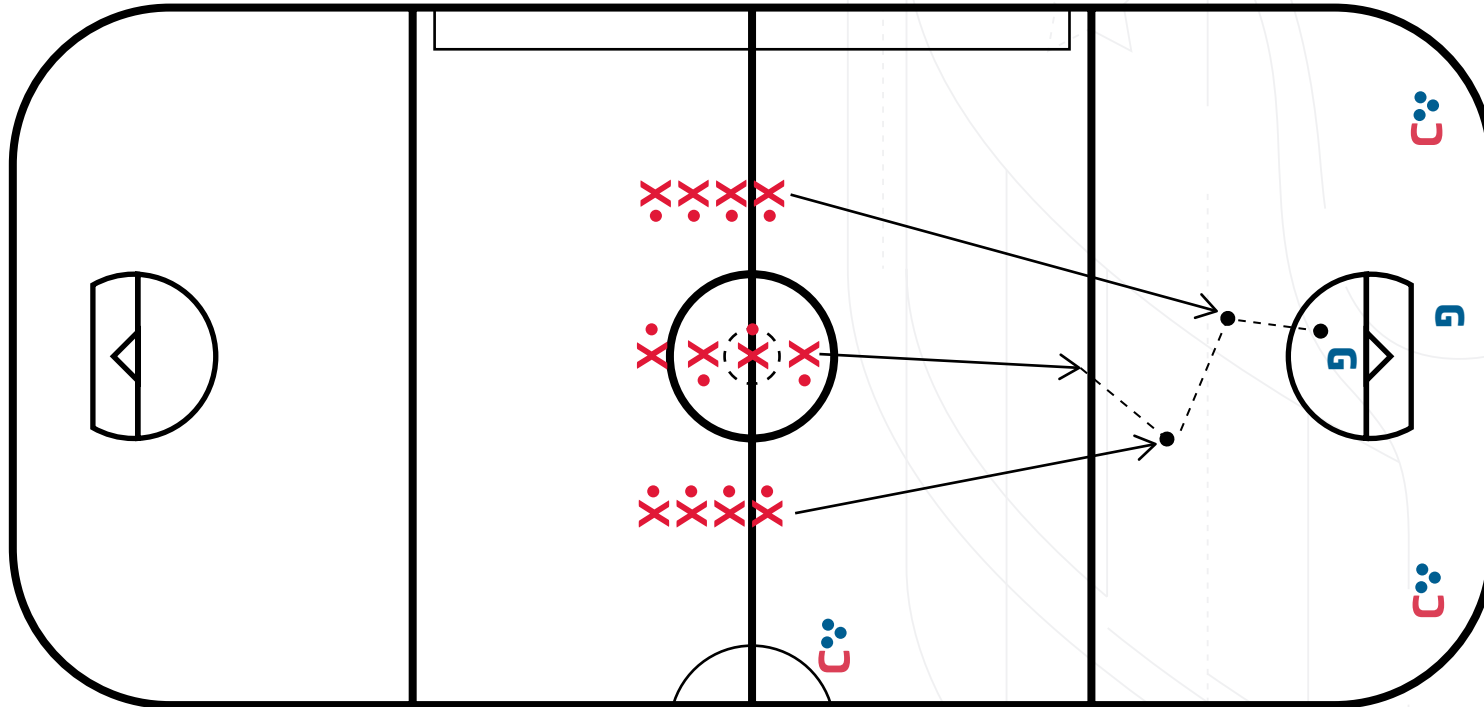


## WARM-UP DRILL #15A: 3 Player "Weave"

Drill Duration: 7 mins

Description: Variation #3: "Hold Your Lane"

- Demo (1 min): "3-On-2's" (Walk Through - No Defense)
- Start with 3 lines at center floor, two outside lines with players on their proper floor side and a third line in the middle (with balls) made up of both left-handed and right-handed players.
- Facing one or both directions, players in the middle line start by running forward and not passing until they are at the cusp of the prime scoring area. There is no set order of who should pass to whom after that.
- The outside line that received the first pass then passes to the other outside line, as they cut towards the net. This player looks to the net as if they're shooting (Option #1) and shoots or passes to the player ("trailer") who started the drill in the middle lane (Option #2), finishing with a shot from their proper side.
- Players then exit the drill by jogging along the sideboards and out of the way of the next group in the drill.

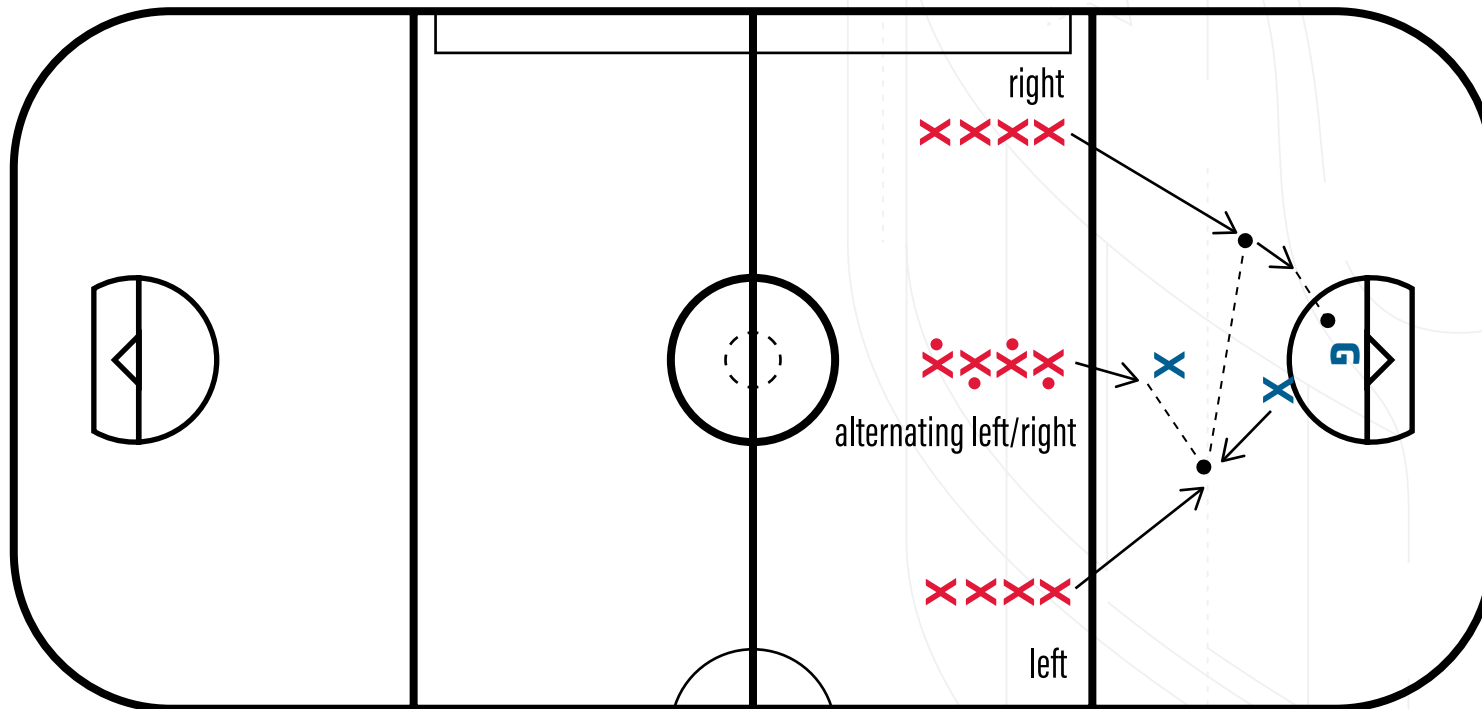


## TRANSITION DRILL #8A: 3-On-2 "Fast Breaks" From Center

**Drill Duration:** 8 mins

**Description:** Variation #2A: "3-On-2's" (Defenders At Center Floor)

- Demo (1 min): "I-Formation"
- Start with three lines of players at the restraining line (near or far), on their proper floor side (middle line is mixed), facing one or both directions; the middle line having balls.
- Two volunteer defenders start a few steps below the restraining line, split between both offensive lines.
- The two defenders fall back from the "I" formation as the offensive players approach, defending the offensive players up as high as possible.
- Following the first rep through the drill, the last offensive player to touch the ball is out of the drill, with the other two offensive players staying in on defense.
- The offensive player who starts with the ball should carry it to the middle, with the outside players "running their lanes" toward the crease. Once the ball carrier receives pressure, they should pass the ball to either outside lane, otherwise go to the net for a shot (be deceptive).
- Outside players are essentially in a 2-on-1 after the first pass is made and should either shoot or pass depending on their angle.
- Water Break = 1 min



## TRANSITION DRILL #8B: Broken Play 2-On-1's & 3-On-2's

**Drill Duration:** 15 mins

**Description:** Variation #2B (7 min): "3-On-2's" (Defenders At Center Floor)

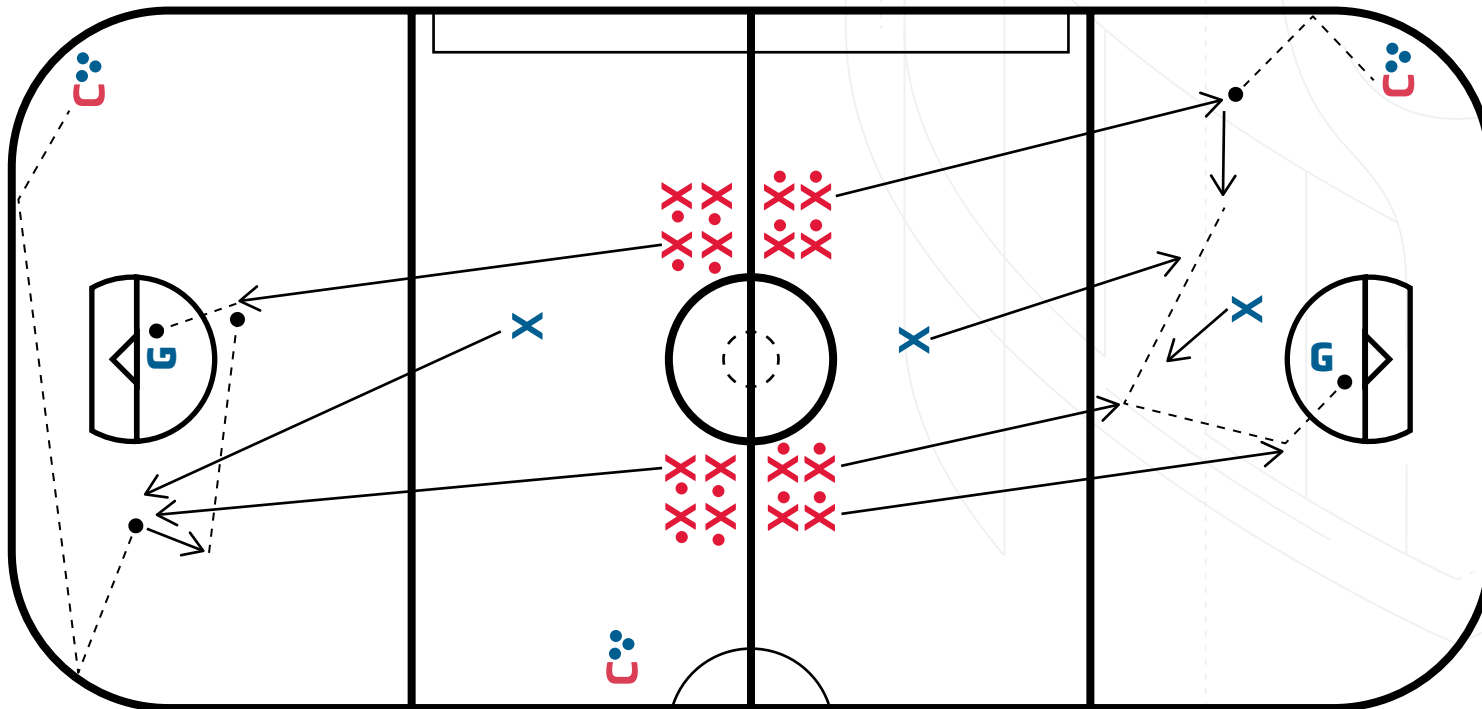
\*right diagram\*

- Discussion (1 min): "Broken Plays"
- Start with three lines of players at the restraining line (near or far), on their proper floor side (middle line is mixed), facing one or both directions (depending on numbers).
- Two volunteer defenders start just below the restraining line, in the "I-formation."
- Following the first rep through the drill, the last player to touch the ball is out of the drill, with the other two players staying in on defense.
- The defenders should start facing away from the offensive players, with all players reacting upon sight of the loose ball.
- A coach starts the drill by dumping a loose ball into the offensive zone. The defenders then need to pressure the ball, or retreat into position to "split" the offensive players, trying to "force" them to take a bad shot.
- Offensive players attempt a 3-on-2 if they get the opportunity, otherwise apply pressure to the defenders if they happen to get the loose ball. In that case, they should attempt to force a turnover and then take the ball to the net on a "broken" play.

**Variation #1A (7 min): "2-On-1's" (Defender At Center Floor)**

\*left diagram\*

- Same as Variation #2 except one player plays defense and two lines of offensive players (lefts & rights) are in the drill, instead of three. One volunteer defender starts on defense up near the restraining line.
- Following the first rep through the drill, the last offensive player to touch the ball is out of the drill, with the other offensive player running up to the restraining line to play defense.



## CONCLUSION

**Drill Duration:** 5 mins

**Description:** Cool Down:

- Circle at center floor
- Try to find volunteers to lead the lower body “static stretch” routine
- There was a high volume of running in this practice so players should be sure to stretch diligently
- Finish on a positive note

