



USATM
LACROSSE

16U BOX LACROSSE PRACTICE GUIDE



Practice 7

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 #7 - Breakout

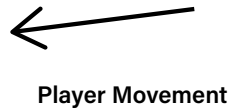
Age Group: 16U

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



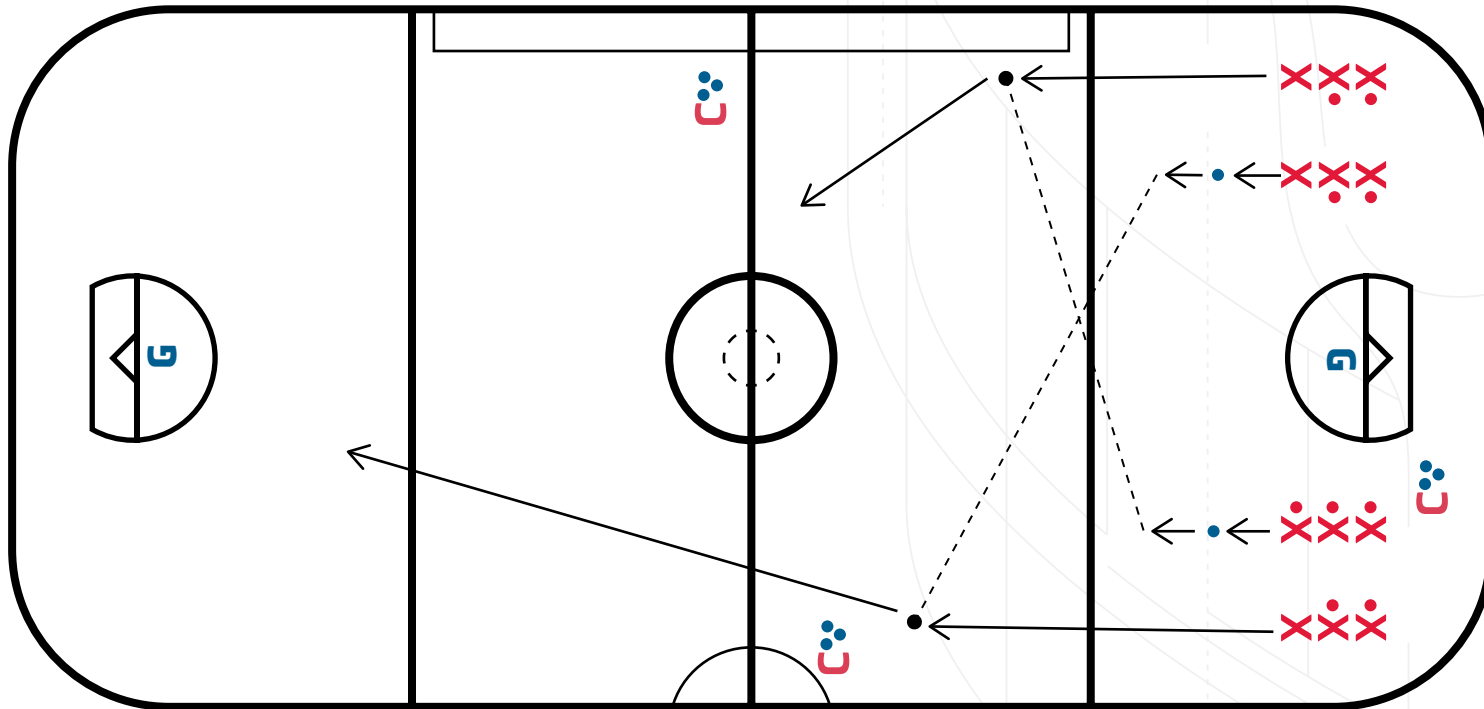
WARM-UP DRILL #14A: 4 Line "Breakout" Passing (Far-Side)

Drill Duration: 8 mins

Description: Variation #1B: "Loose Ball + Far-Side Pass"



- Start in one end of floor with 4 lines evenly spaced from one sideboard to the other. Left- and right-handed players should be on their proper floor sides, respectively. All players should have balls except one player on each side of the floor to start the drill.
- The inside line on one side of the floor will eventually pass, and then receive a pass, from the outside line on the other side of the floor. The remaining two (opposite) lines follow the same protocol, with both groups alternating back and forth for whose turn it is to pass. The player who receives the pass heads to the net on a breakaway at the other end of the floor.
- Switch from one side to the other until all other players are in the opposite end. Players should stay on their proper floor side in the opposite end, switching from inside line to outside line and vice-versa.
- Passers should scoop a loose ball off the ground in front of them and run 4-5 steps forward before making their pass, eventually backpedaling back to the front of their line. The opposite group goes and then the original passer becomes the receiver of a pass.
- This drill is generally used as a warm-up for goalies & players. Players should take outside shots in the beginning but should eventually be allowed to go "in tight," once the goalies are warm. Players should remember to take a "banana curl" towards the net when on a breakaway and focus mainly on overhand passing/shooting.



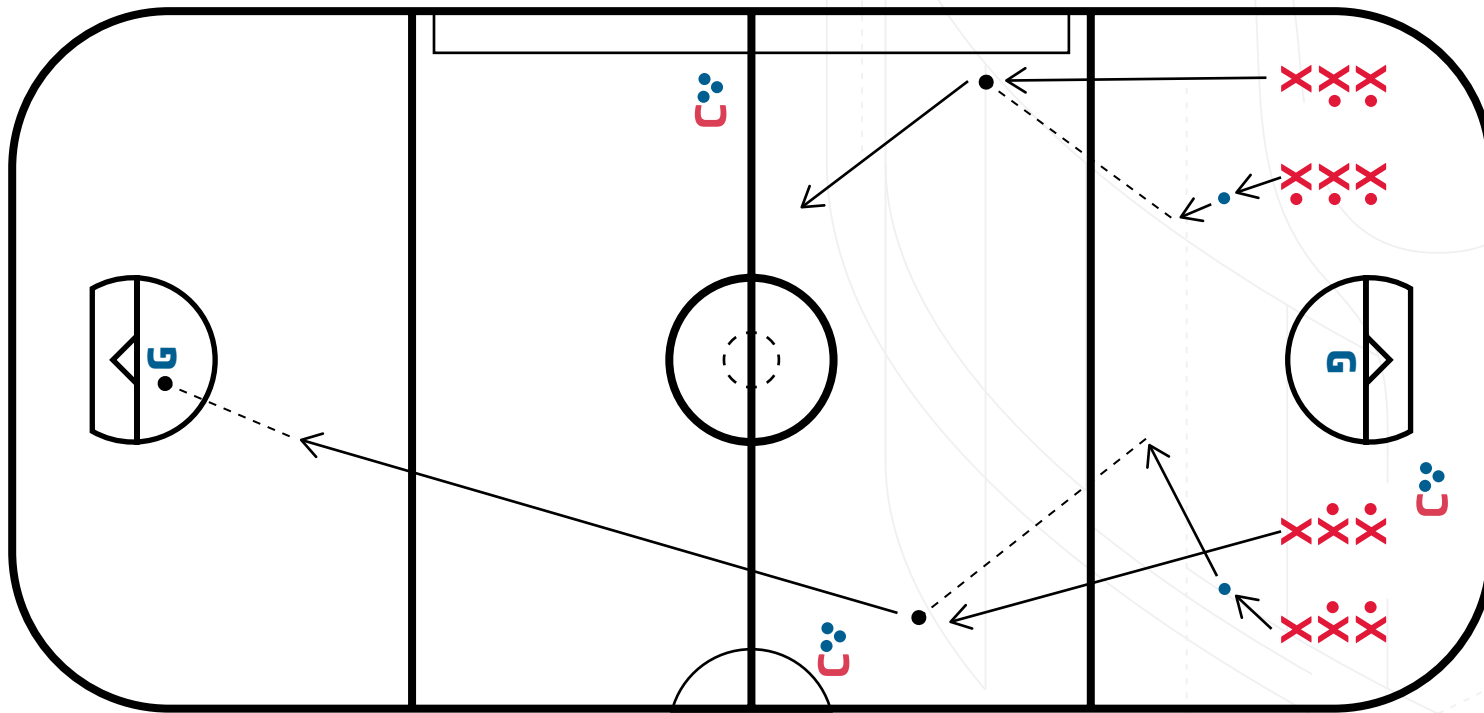
WARM-UP DRILL #14B: 4 Line "Breakout" Passing (Far-Side)

Drill Duration: 7 mins

Description: Variation #2B: "Loose Ball + Same-Side Pass"



- Start in one end of floor with 4 lines evenly spaced from one sideboard to the other. Left- and right-handed players should be on their proper floor sides, respectively. To start the drill, all players should have balls except one player on each side of the floor.
- Starting with the players in the inside lines having balls, on the same side of the floor the first player from the outside line takes off running full speed to get ahead of the play, while the first player from the inside line scoops a loose ball off the ground in front of them, running a few steps towards the middle and delivering a pass (then back-pedals back to the front of the line).
- The player who receives the lead pass need to hold the "outside lane" until they receive a pass, then run to the far-end for a breakaway shot. The opposite side lines then repeats the same protocol, leaving the outside lines with balls and the inside lines without.
- The outside line on one side of the floor starts by crisscrossing with the player in the inside line, who runs to the outside lane and repeats the protocol above.
- Switch from one side to the other until all other players are in the opposite end. Players should stay on their proper floor side in the opposite end, switching from inside line to outside line and vice-versa.
- This drill is generally used as a warm-up for goalies & players. Players should take outside shots in the beginning but should eventually be allowed to go "in tight," once the goalies are warm. Players should remember to take a "banana curl" towards the net when on a breakaway and focus mainly on overhand passing/shooting.
- Water Break = 1 min



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
- Rehash (1 min): skills learned last practice
- Come up with an appropriate word, as a team, for a team cheer



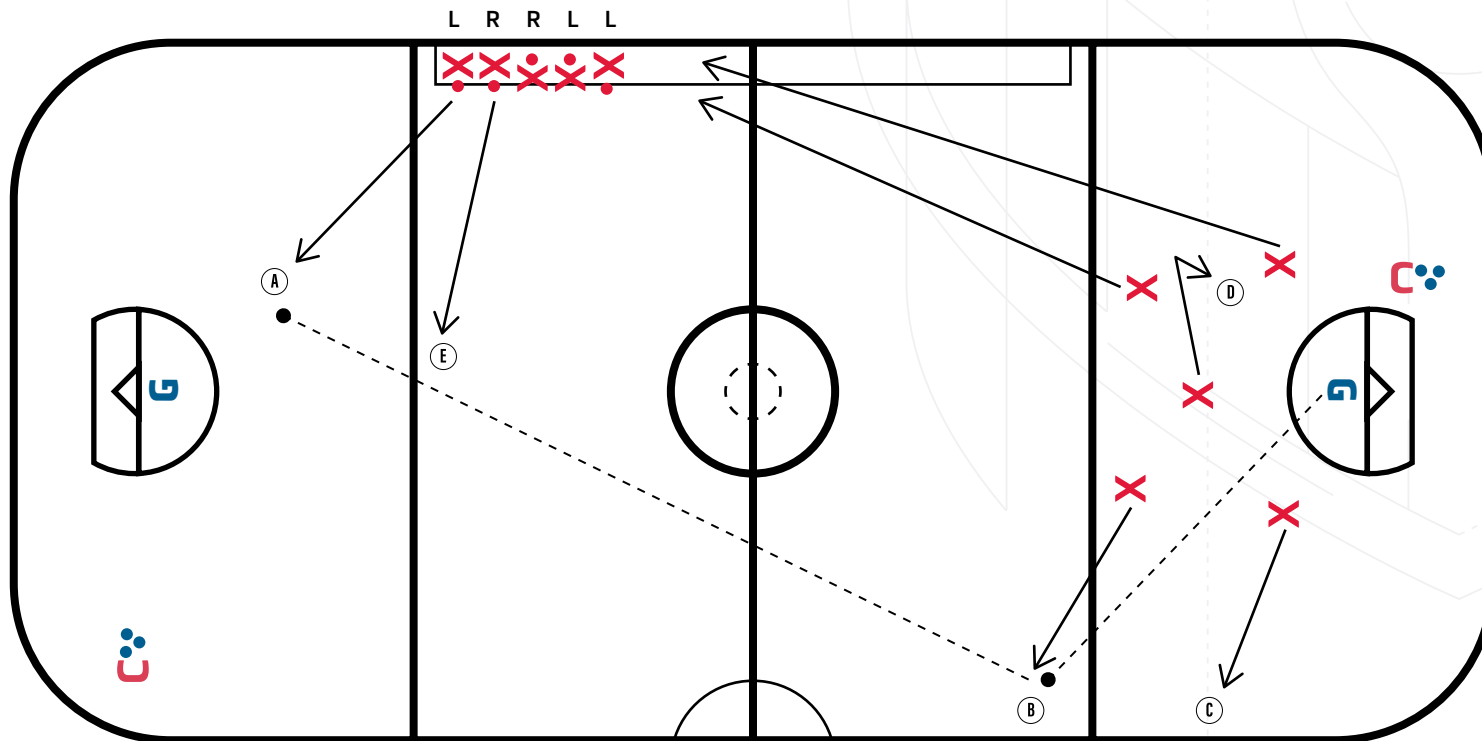
SYSTEMS DRILL #7: Standard Breakout (“Clearing”)

Drill Duration: 2 mins

Description: Draw Diagram = 2 min



- A “breakout” is a structured approach to transition the ball safely and efficiently out of the defensive zone, as a team.
- Each player has set responsibilities as to exactly where to go and what to do if their goalie makes a save, or if there is any sort of turnover by the opposing team's offense.
- After a shot on net by the opponent, or the goalie/defender has corralled the rebound or loose ball, all other defenders should run (or backpedal) to the “standard breakout positions” (See Diagram) based on their relative floor position (whoever is closest).
- The two players closest to the bench should “run hard to the bench” to try and help create a fast-break (“bench assist”), with the two players on the far-side (opposite the bench-side) being the most utilized outlets (Position B & C). Players should be aware not to leave the defensive zone too early, supporting the ball if one of their teammates needs an outlet to pass to.
- The key outlet is the player in the middle (Position D), in having to decide whether to run hard to the bench or do a buttonhook as an emergency outlet if all other outlets are well covered.
- If the goalie has the ball to start the breakout it is important that they spot the open player and quickly make a high percentage pass, without hesitation. If no outlet is available, the goalie should step out of the crease behind the net (to avoid a 5 second call) and the team should take a slow break approach to transitioning the ball.
- The first look for the goalie (if advanced) should be down the floor for a breakaway (Position A), but only if wide open. Intermediate goalies should look to initiate a fast break (position B), if possible. For beginners, or if pressure is applied, players on the far-side should button hook down as far as the mid-boards and GLE (where required), for an easy outlet pass. Otherwise, a player may quickly come into the crease and get the ball from the goalie, running it out.
- For the most part the ball should be moved up the side boards opposite the player's bench, unless there is a fast break. The golden rule: “when in doubt, run it out.”
- Transitioning defensive players should “run the ball deep” and “in two's,” looking for “late” transition (trailers) and eventually pass the ball off to players coming on the floor from the bench (Position E); changing if there is more than 16 seconds left on the shot clock (in the “Offense-Defense” transition system).
- If playing in a “Two-Way” transition system and having players start on defense, all players should run the length of the floor upon breaking out, getting to their proper floor side if possible (except the ball carrier who should generally carry the ball away from the bench). If playing offense first, players will later play defense and then two-players will have to stay and start the “breakout” back towards the offensive zone before changing.

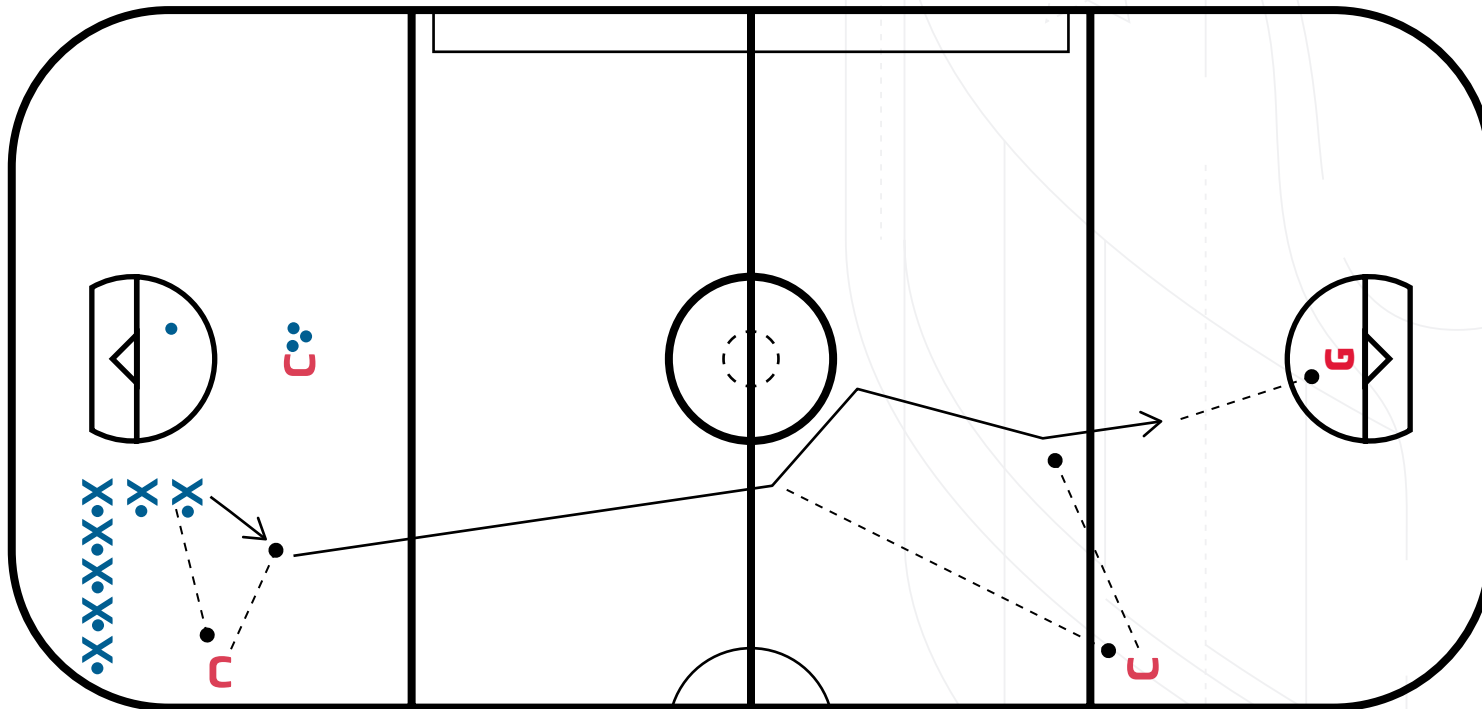


GOALTENDING DRILL #3A: Goalie "Breakout Pass"

Drill Duration: 7 mins

Description: Variation #1B: "Breakout Pass"

- Arrange players in one end, on the opposite side of the floor from the benches ("far-side").
- Have players flip the ball to the goalie (or coach if there's only one goalie) and run from beside the crease out and up to the mid boards, button-hooking back toward goal-line-extended for a pass from the goalie.
- Players should work on running the button hook pattern properly, with goalies timing the pass. The goalies should also strive to corral the ball and quickly get the ball up into the throwing position.
- Players who catch the ball complete a give-and-go with a coach standing near the mid-boards in the far-end, running in on a breakaway at the other end of the floor.
- Most common error = throwing the ball too hard when teammate is relatively close ("soften up")

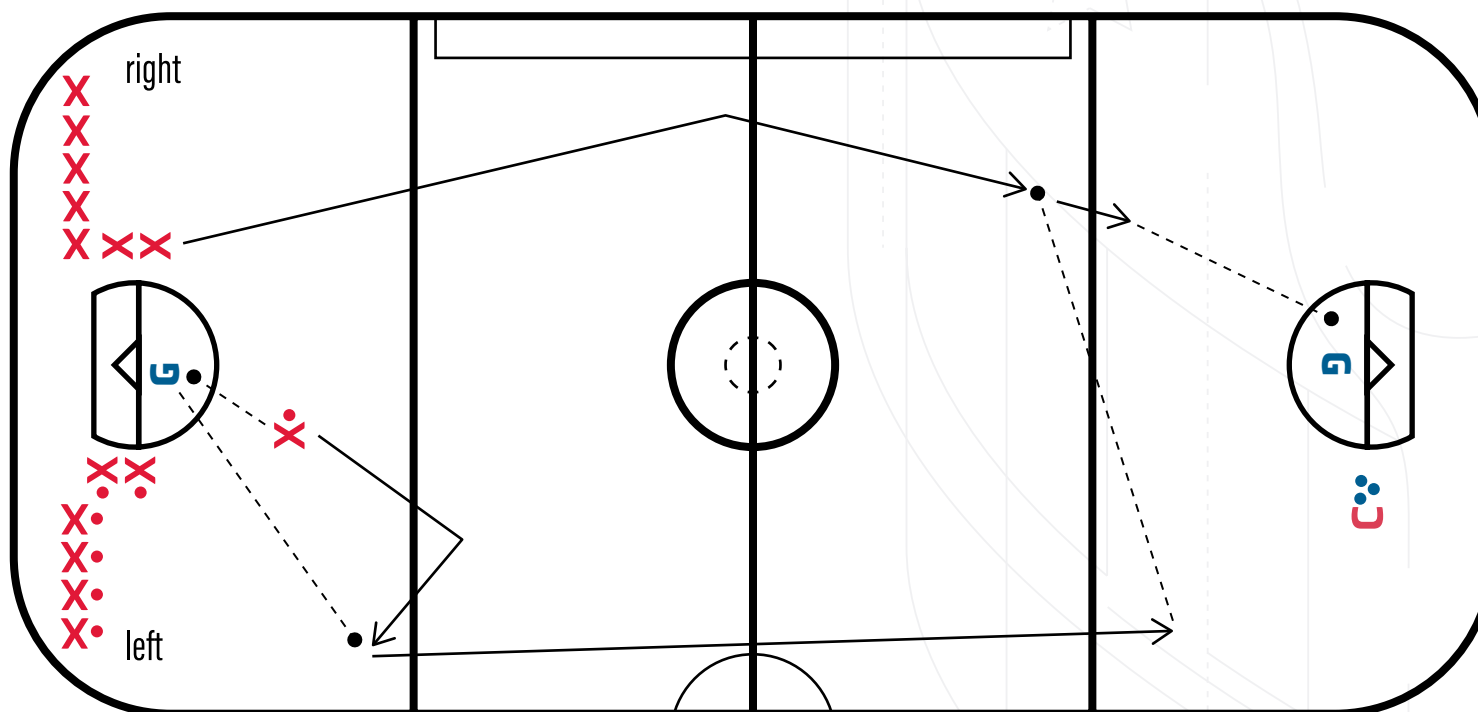


TRANSITION DRILL #1B: Basic Out & Up ("Run It Deep")

Drill Duration: 10 mins

Description: Variation #1B: "Run It Deep"

- Demo (1 min): "Running it Deep," "Late Transition"
- Start with two lines of players, lefties and righties, in one end of the floor (facing up-floor), on both sides of crease, with one line having balls and the other being without.
- Balls should alternate which side of the floor they start on each time through the drill, with the line passing the balls always being the one opposite to the bench side ("away from the bench").
- The player at the front of the line with balls starts at the shooter position and the first player in the other line of players (without balls), starts at the crease position.
- The first player in line rolls their ball to the goalie, runs to where the restraining line meets the sideboards and then cuts back to the ball ("button hook") receiving a pass from the goalie.
- After the player who started the play receives the pass, the player on the far-side without a ball takes off running at a speed that will allow them to come into the play as a "trailer" in the far-end.
- The player with the ball "runs it deep" to the mid-boards in the far-end and passes to the trailer, reacting back after passing as a good habit, and then exiting the drill alongside the boards.
- Water Break = 1 min

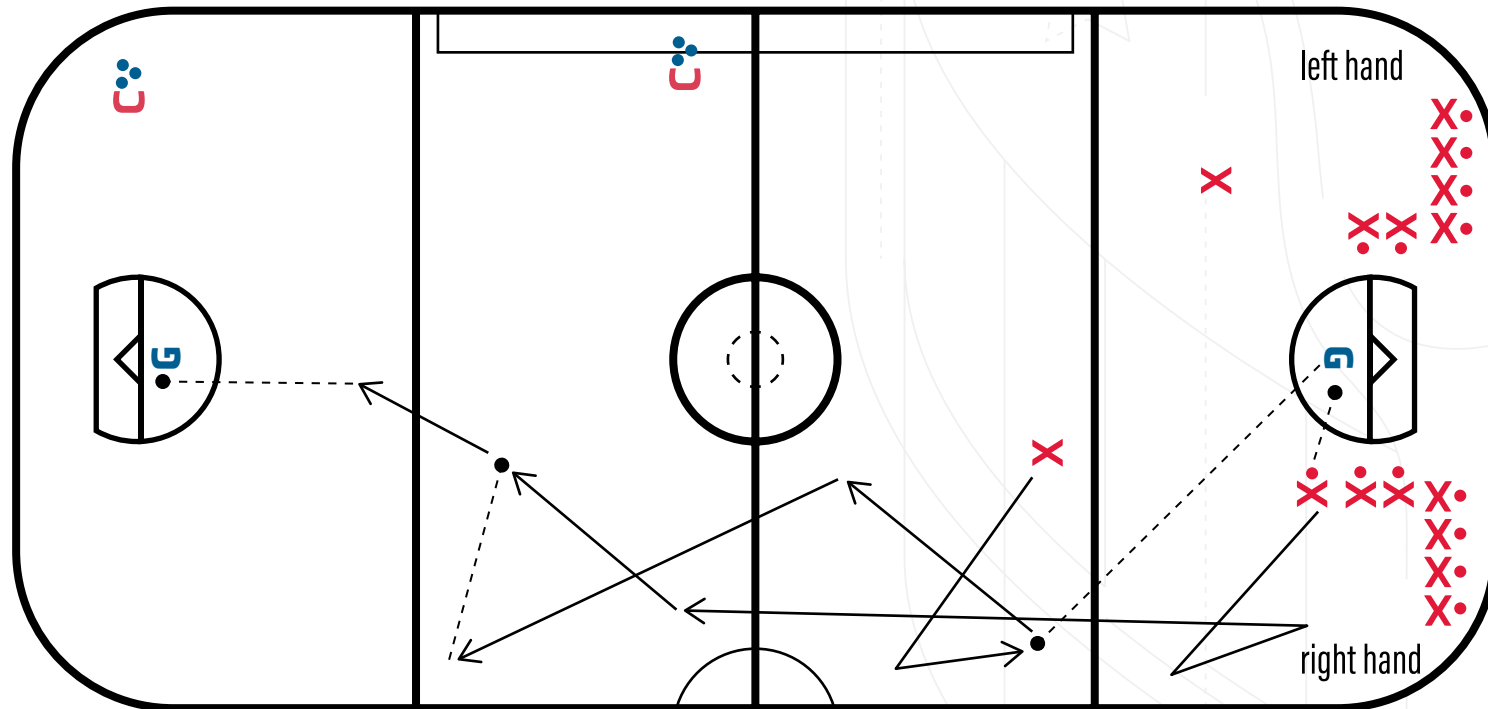


TRANSITION DRILL #3B: 2 Player Out & Ups (“Support”)

Drill Duration: 10 mins

Description: Variation #1B: “Support The Goalie” (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 second player in line should be ready with a ball and the first player in line should be ready without a ball. The drill alternates from side to side with the next two players set to go in the drill waiting until the group ahead is at least half-way to the far-end net before they go.
- The first player in line steps out to the shooter position and the second player to the crease position. The low defender rolls or bounces the ball into the goalie and then runs (or backpedals) to the mid boards, while the high defender runs to where the restraining line meets the sideboards; both players button hooking back to the ball.
- The goalie passes the ball to either player, who then turns around and runs up-floor (initially toward center floor), passing or “running the ball deep” to the mid-boards (aka “half board”) and hitting the trailer with a pass, for a shot.

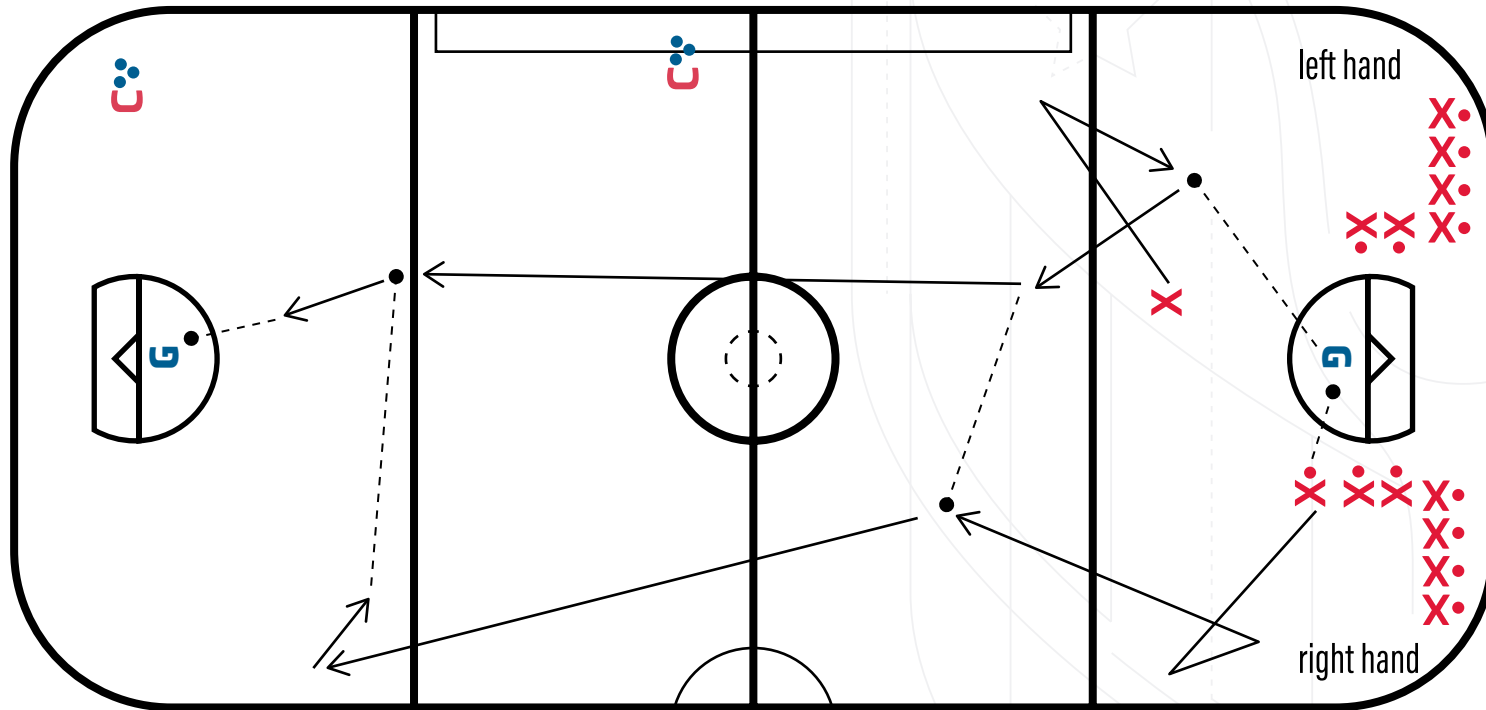


TRANSITION DRILL #3C: 2 Player Out & Ups (Emergency Outlet)

Drill Duration: 10 mins

Description: Variation #1B (10 min): "Emergency Outlet" (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 line of players on the far-side from the bench with balls.
- The next two players set to go in the drill should wait until the group ahead is at least half-way to the far-end net before they go.
- The player from the bench-side line steps into the middle, with the player on the far-side stepping in at the crease position.
- The crease defender rolls or bounces the ball into the goalie and then runs (or backpedals) to the mid boards, while the bench-side defender runs hard toward the bench, with both players eventually "button hooking" back to the ball and the bench-side player receiving a pass from the goalie. This player then passes the ball to the player on the far-side, who then "runs it deep" and passes to the trailer on the bench-side.



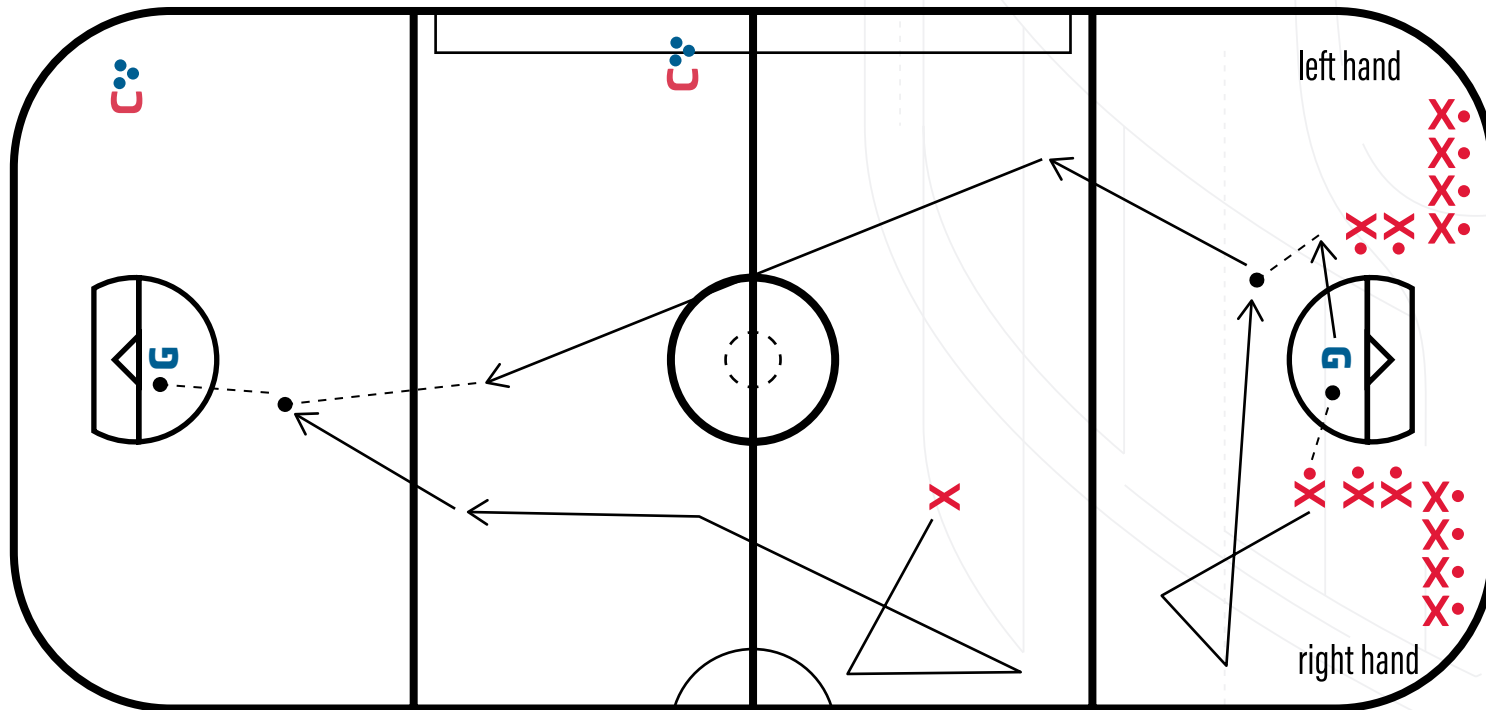
TRANSITION DRILL #3D: 2 Player Out & Ups (“Slow Break”)

Drill Duration: 8 mins

Description: Variation #1A: “Goalie Max Support”

left diagram

- Draw Diagram = 1 min
- Start with 2 lines of players, on their proper floor sides, in both corners, at one end of the floor.
- The second player in line should be ready with a ball and the first player in line should be ready without a ball. The drill alternates from side to side with the next two players set to go in the drill waiting until the group ahead is at least half-way to the far-end net before they go.
- The first player in line steps out to the shooter position and the second player to the crease position. The low defender rolls or bounces the ball into the goalie and then runs (or backpedals) to the mid boards, while the high defender runs hard along the boards toward the other end of the floor (not leaving the defensive zone until the goalie has control of the ball).
- The high defender stops short of the restraining line and button hooks back toward the mid-boards, while the low defender also button hooks from the mid-boards back to GLE. The low defender then cuts across the top of the crease and receives a flip pass from the goalie, who steps outside of the crease after 4 seconds.
- The high defender proceeds to run ahead of the play and into the outside lane. This player continues in the outside lane and as the ball carrier approaches the prime scoring area, they make a dump pass to the player in the outside lane, who simultaneously cuts toward the net on a 45° angle receiving a pass and finishing in tight.
- Water Break = 1 min

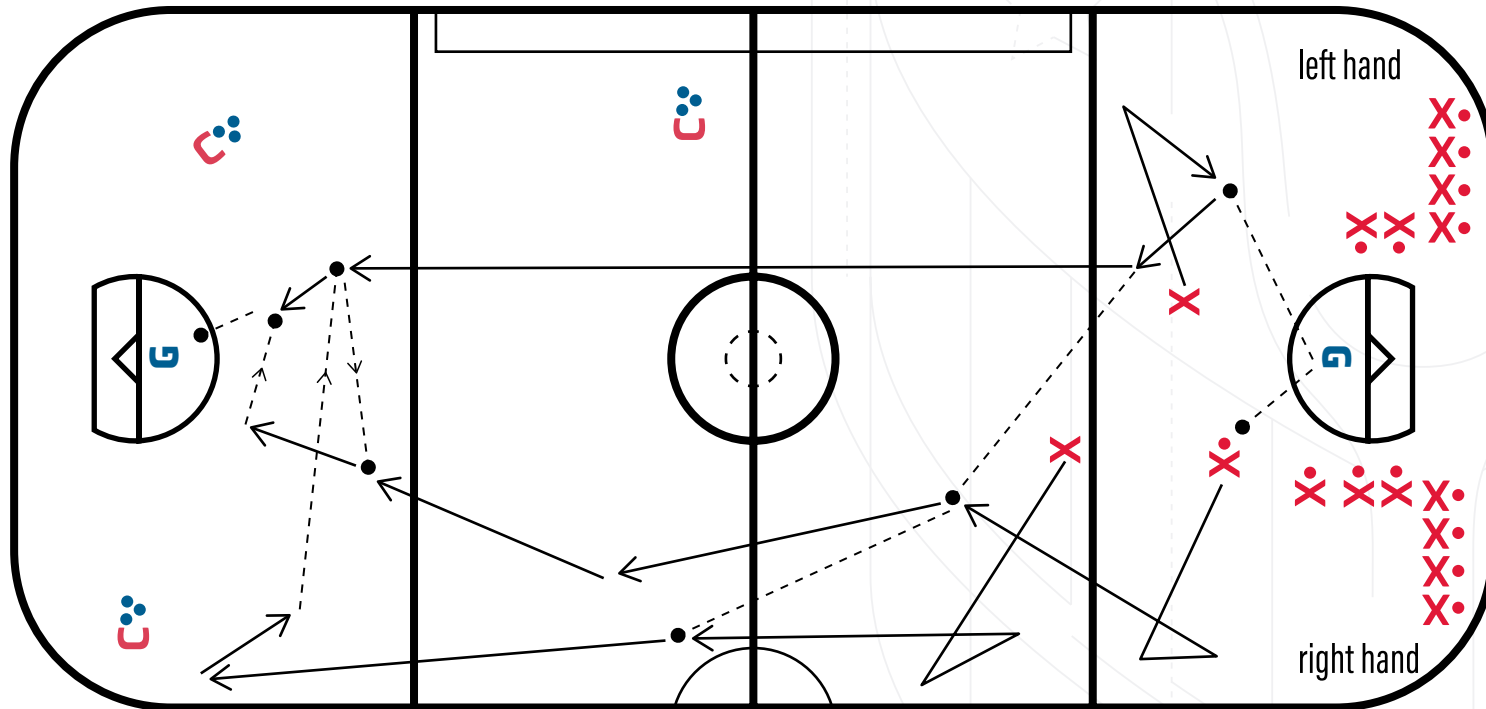


TRANSITION DRILL #4B: Multiple Player Out & Ups (“Slow Break”)

Drill Duration: 10 mins

Description: Variation #1B: “Support Passes” (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: with the line on the far-side from the bench having balls.
- Two players from the far-side line step into the drill at the crease and shooter positions; crease defender has the ball. One player from the bench-side line also steps into the drill, standing in the middle (“middle outlet”). The player with the ball rolls it into the goalie and all 3 players run to their designated breakout spots, but hooking back to the ball once they are there.
- The goalie passes the ball to the middle outlet, who then passes the ball to the closest player on the far-side. This player passes the ball to the high outlet, who runs it deep to the far-side mid-boards and hits one of the trailers with a pass, for a shot.
- Players should alternate roles each time through the drill, with the ball always being passed “away from the bench” after the first pass from the goalie.



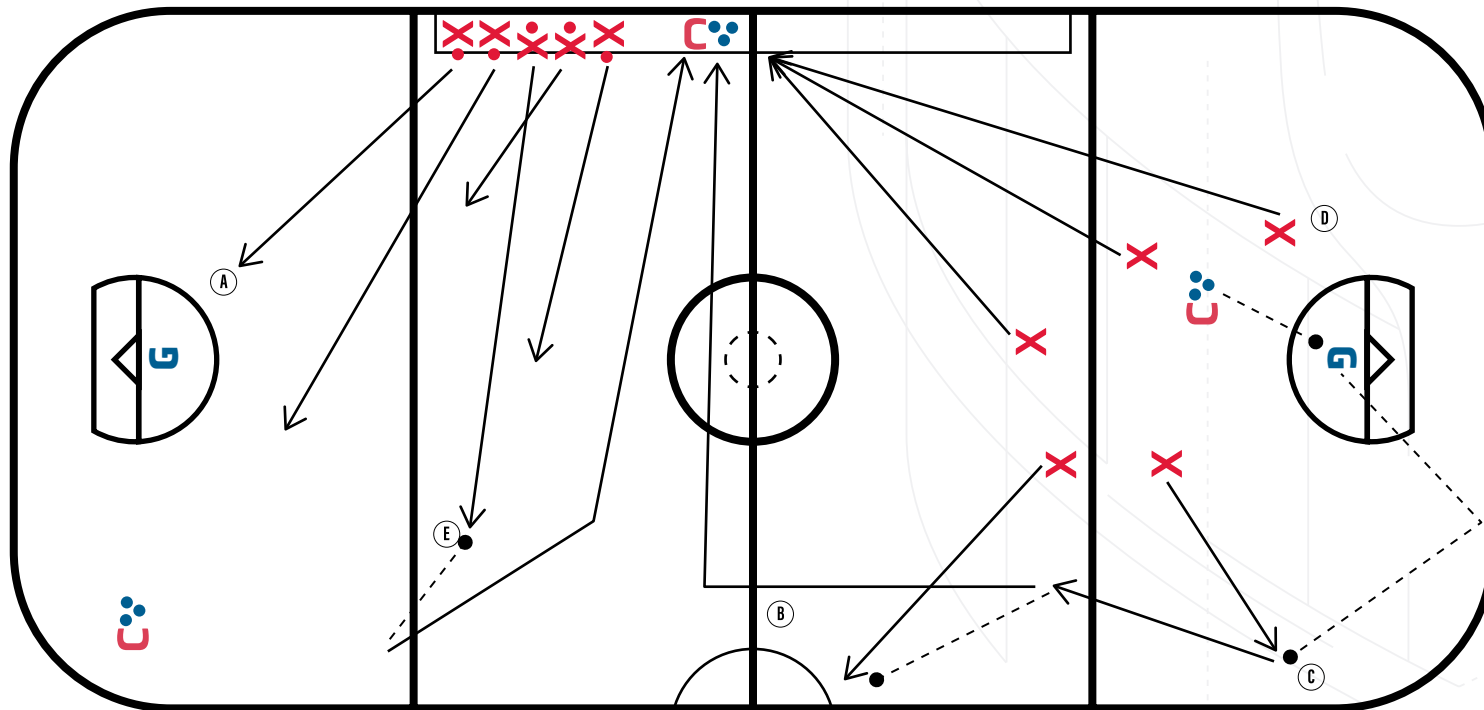
TRANSITION DRILL #5A: Standard Breakout Drill (“Clearing”)

Drill Duration: 10 mins

Description: Variation #1A: “No Defense”



- Walk Through = 2 min
- Start with 5 players in the basic “house” defense with the rest of the players on the bench at the offensive door, for either a shortchange (not shown in diagram) and/or long change scenario.
- A coach starts with a ball in the middle of the defense, taking a shot at the goalie or sending a loose ball into play to begin the drill.
- The goalie or a defender corrals the rebound, with all other defenders running (or backpedaling) to the standard breakout positions relative to their floor position (whoever is closest), with their “eyes on the ball”
- The first look for the goalie, if advanced, should be down the floor to Position A (proper floor side) for a breakaway, but only if wide open.
- Intermediate goalies should look to Position B to initiate a fast- break, if possible.
- Position D is the key outlet, in having to make a decision whether to run to the bench or do a buttonhook in the middle of the defensive zone, as an emergency outlet if all other outlets happen to be covered.
- The two players closest to the bench should “run hard to the bench” to try and help create a fast- break (bench assist), but only once they are sure their team has possession of the ball.
- Transitioning defensive players should then “run the ball deep” and “in two’s,” passing the ball off to Position A or E and finish the line change with the rest of their teammates. These 5 new players then fall back to the defensive zone after every player touches the ball: breaking out and line changing the very next rep.



DRILL #12: 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

