



USATM
LACROSSE

16U BOX LACROSSE PRACTICE GUIDE



Practice 5

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 #5 - Loose Balls & Transition Shooting

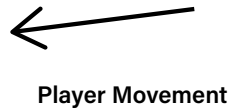
Age Group: 16U

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

Reminders: Dynamic Warm Up Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>
Loose Ball Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/loose-balls-and-face-offs>
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



LOOSE BALL DRILL #1A: "Dynamic" Pick-Ups (Scooping)

Drill Duration: 4 mins

Description: Variation #1 (2 min): "Scooping Through Traffic"

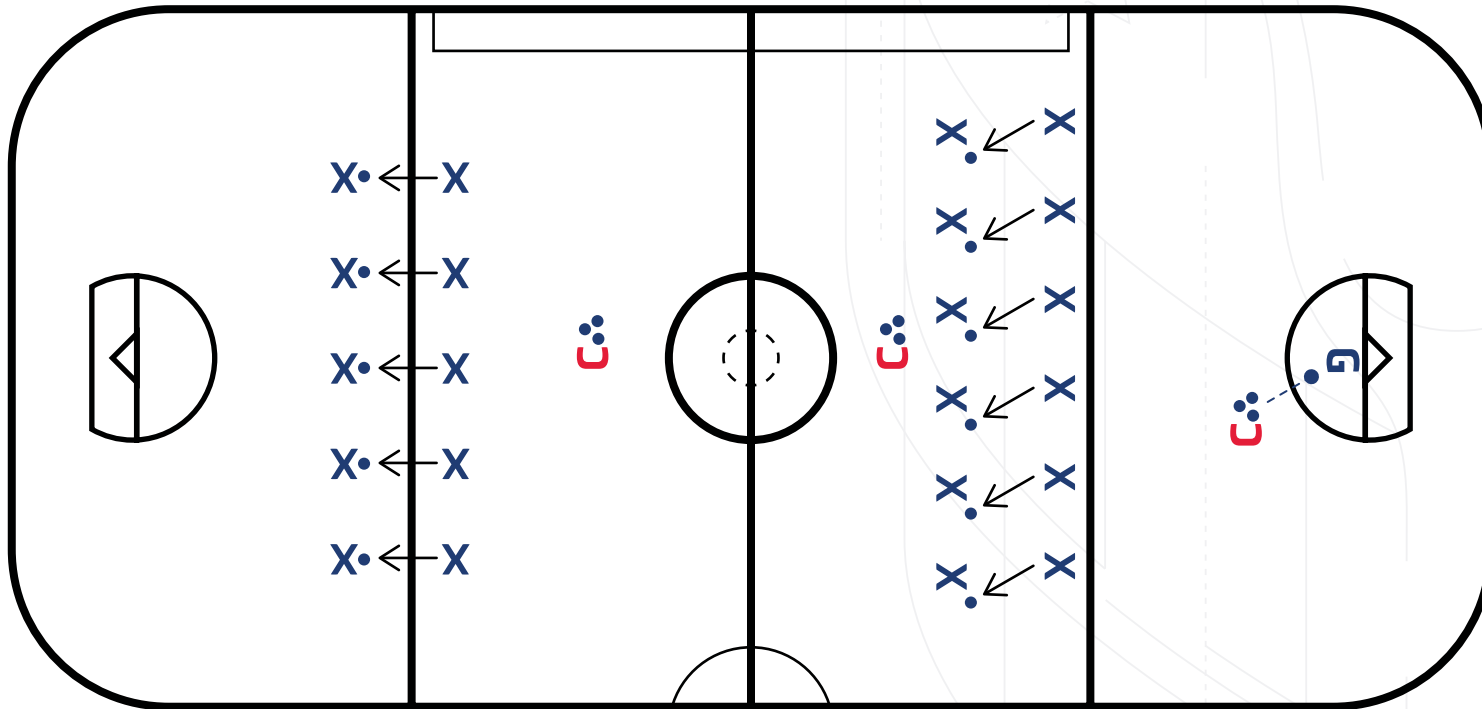
right diagram

- Have players partner up with another player holding their stick behind a stationary ball. The other partner then runs and scoops through the ball/stick "in traffic," continuing forward and placing the ball on the ground, doing the same as what their partner just did for them.
- Goalies can practice scooping loose balls in and around their crease (bringing their stick up to the throwing position as quickly as possible).

Variation #2 (2 min): "Trap & Scoop In Traffic"

left diagram

- Same as the above variation except for further game specific techniques, have players partner up with another player, with one partner standing with a ball between their feet.
- The other partner then runs and trap & scoops the ball "in traffic," continuing forward and placing the ball on the floor doing the same as what their partner just did for them.



LOOSE BALL DRILL #2: Rolling (“Attacking”) A Ball With A Partner

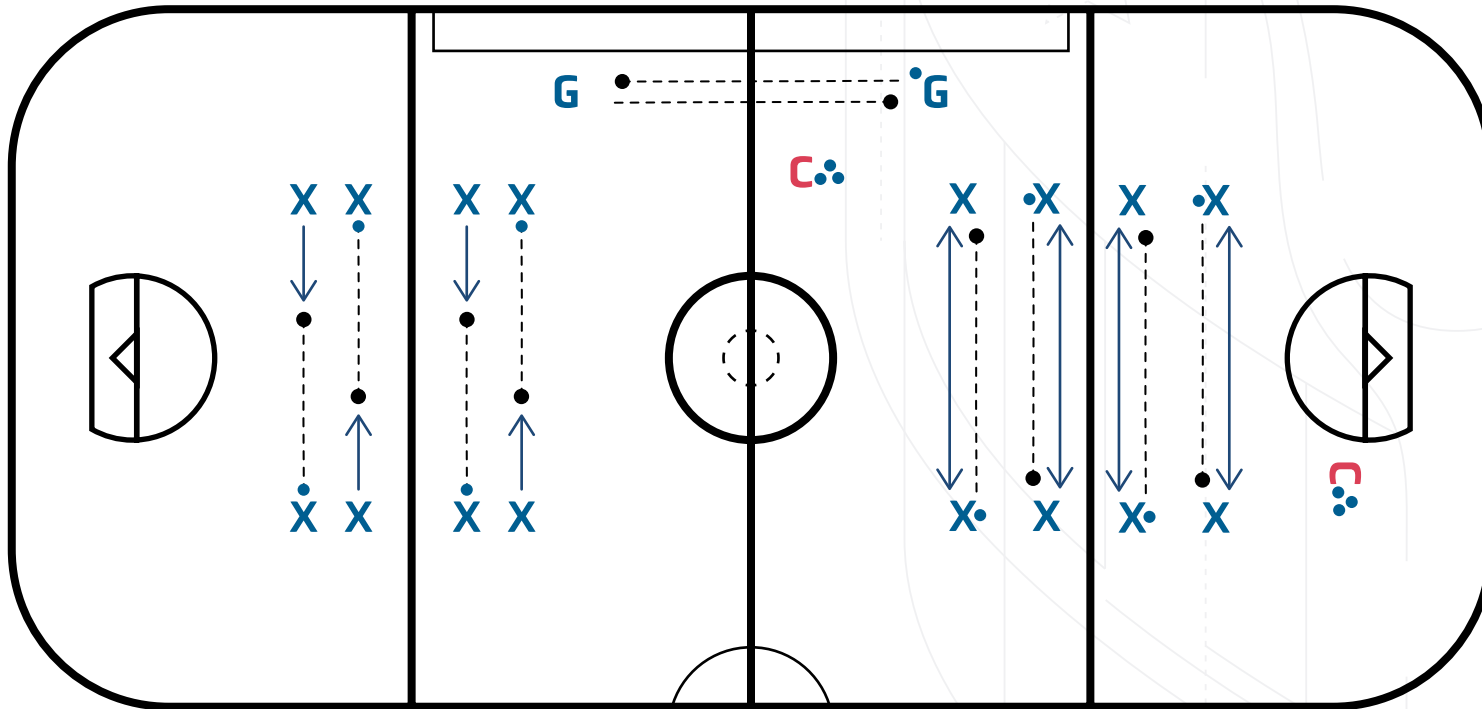
Drill Duration: 5 mins

Description: Variation #3 (2 min): “Loose Balls Away”

- Have players line up in pairs 15 yards apart, rolling a ball back and forth.
- The player without the ball runs towards their partner until they are parallel, at which point they turn and run back towards where they just came from.
- As this happens, the partner then slowly rolls the ball away from them (aiming for halfway towards where they just came from). That player picks up the loose ball, runs to their original spot; and the other partner repeats the same protocol.
- Goalies can practice partner passing from mid-range distance

Variation #4 (3 min): “Batting & Kicking”

- Same set-up as the variation above except one partner bats or kicks (could also alternate between the two actions) the ball to the other partner, who attacks the loose ball and then back-pedals back to the starting position.

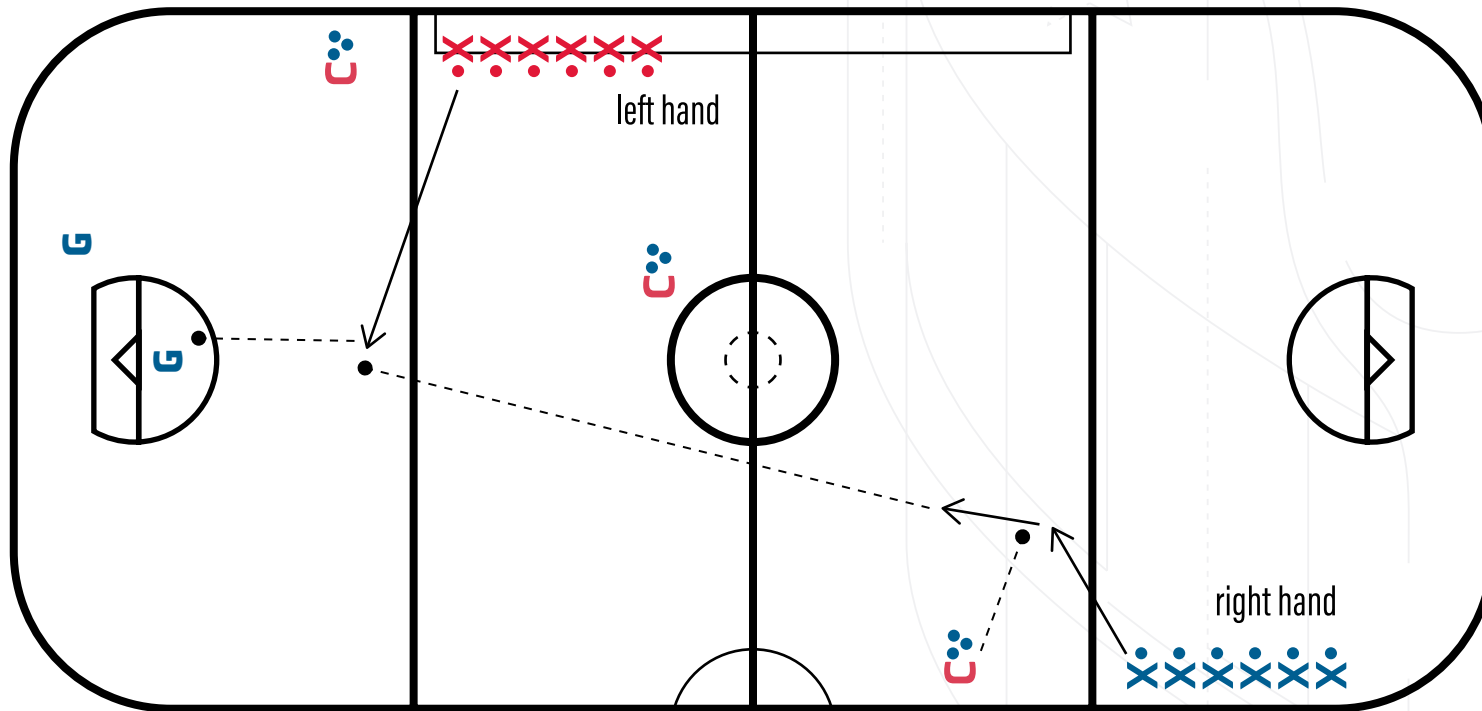


LOOSE BALL DRILL #7A: Defensive Zone Loose Ball (Long Pass)

Drill Duration: 10 mins

Description: Variation #1: "2 Lines" Or Variation #2: "4 Lines" (Depending On Numbers)

- Begin with 2 or 4 lines of players, on their proper floor side, each 5 yards back from the restraining lines, against the boards (or on the bench where possible) and facing the neutral zone. With only two lines of players (passers and receivers), both goalies would start in the same end (as seen in the diagram).
- The coach designates which line (or lines) are "passers" and which line (or lines) are "receivers," prior to starting the drill.
- The drill starts with a loose ball being rolled into the defensive zone by a coach or the second player in line (Variation #1B). The first player in line pursues the ball, corralling it on-the-run and quickly passing it up-floor to the receiver who is running toward the net on a breakaway.
- Coaches change the direction of the drill halfway through, with the passers becoming the receivers and vice-versa (goalies switch ends). Players exiting the drill should get back into the same line they started in, being sure to stay out of the way of the next players in line.
- Overhand passing is the most accurate and should be promoted when players are uncontested in games. Players on the breakaway should make a banana curl towards the net after receiving the pass.

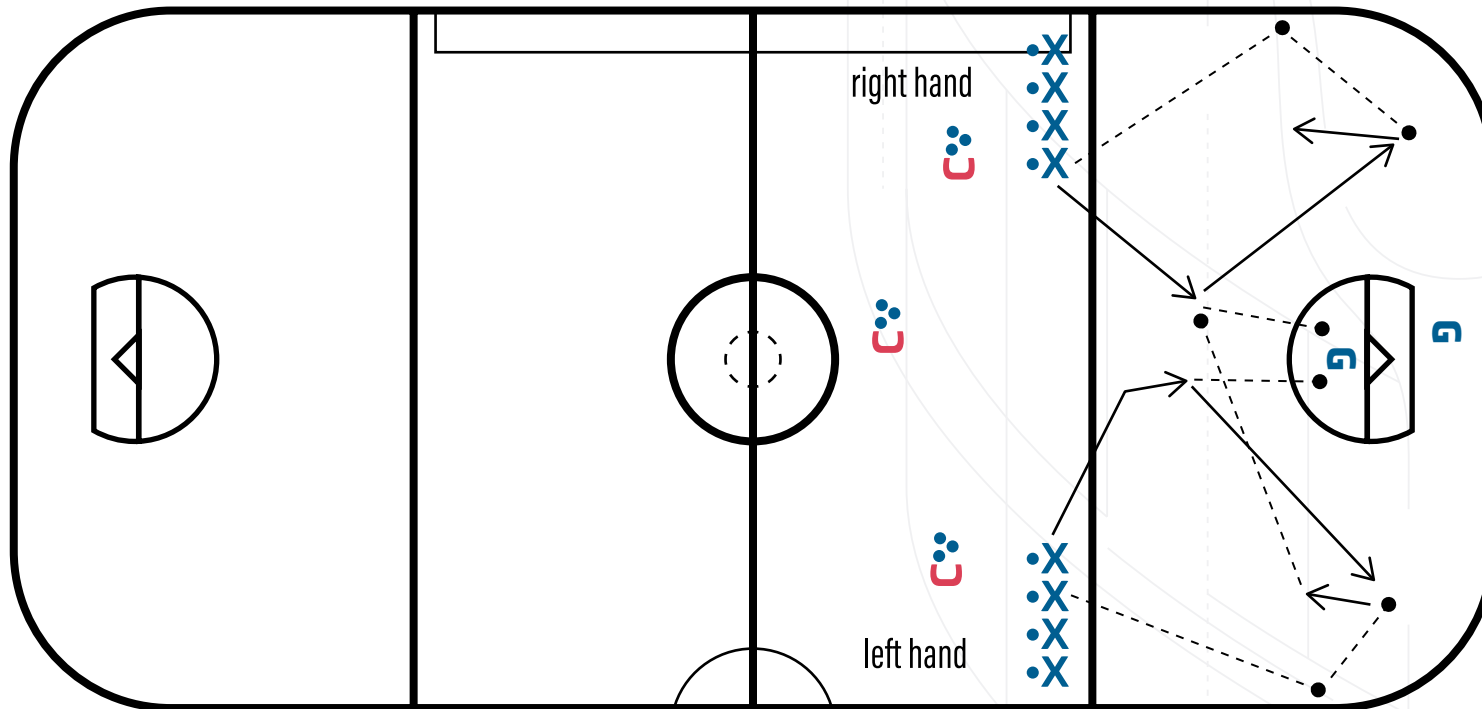


LOOSE BALL DRILL #7B: Offensive Zone Loose Ball (Broken Play)

Drill Duration: 10 mins

Description: Variation #1A & #1B: "Low/Mid Loose Ball (Rebound)"

- Discussion (1 min): "Multiple Re-Sets"
- Begin with a line of left-handed and a line of right-handed players on their proper floor sides, a few yards higher than the shooter positions.
- The first player in one line starts the drill by running down the middle with a ball and taking a shot on the goalie (in all subsequent reps players will run to the net without a ball).
- After shooting the ball, the next player from the same line then rolls a loose ball off of the same side boards. The player who just shot picks up the loose ball and passes to the first player from the opposite line, who runs wide-open down the middle calling for the pass.
- The opposite sideline then rolls a ball into the opposite side corner and repeats the above protocol, alternating from side-to-side.
- Advanced players can challenge each other with tricky bounces off the boards and coaches can also ask that players roll/bounce the ball to varying spots: low (Variation #1A - 4 min) & mid-boards (Variation #1B - 4 min)
- Game To 7 (Lefty's vs. Righty's)
- Water Break = 1 min



DYNAMIC WARM-UP

Drill Duration: 8 mins

Description: Dynamic Warm-Up:

- Introduce the “active dynamic stretching” routine
- Circle at center floor
- Land Acknowledgement
- Rehash (1 min): skills learned last practice
- Discussion (1 min): “Great Teammates”
- Come up with an appropriate word, as a team, for a team cheer.



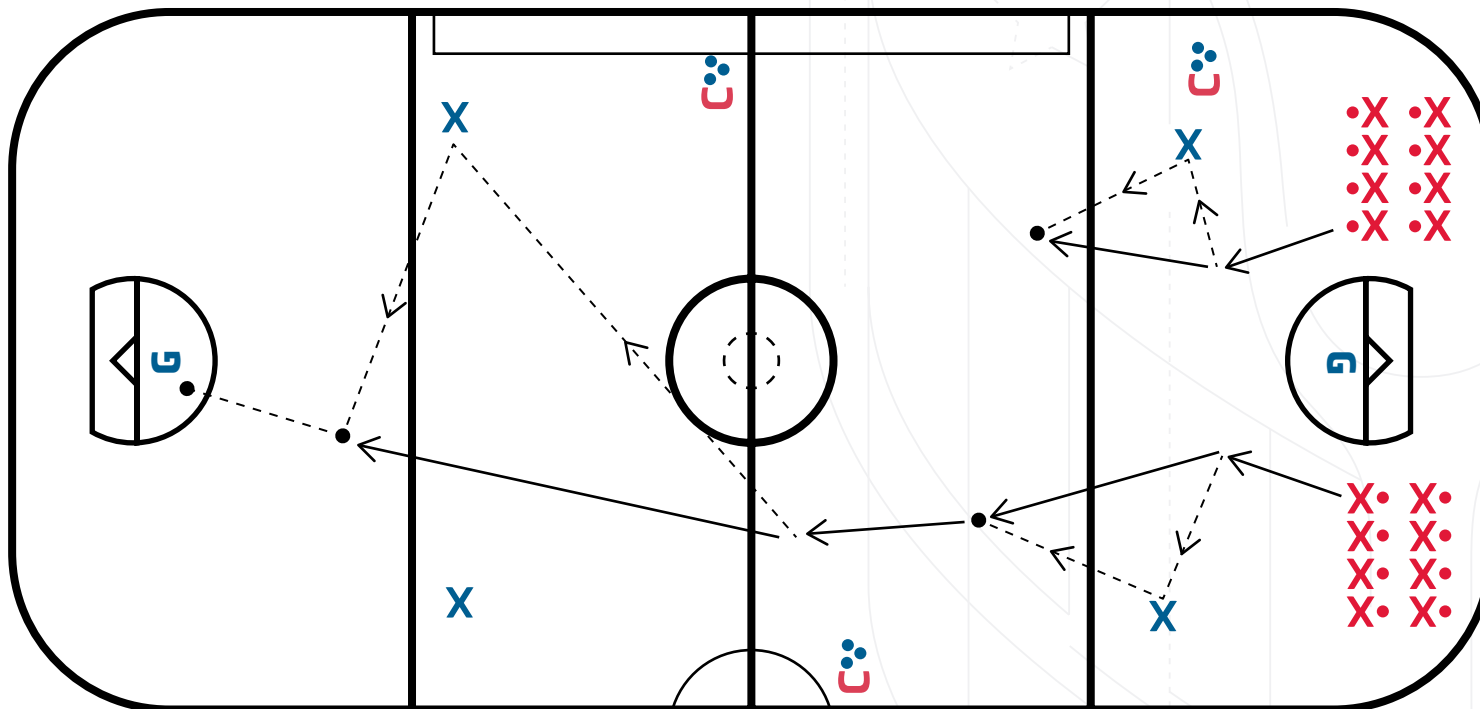
WARM-UP DRILL #16A: Face-Off Dot Drill (LB/Pass)

Drill Duration: 10 mins

Description: Variation #1A: "Far-Side/Near-Side Mix"



- Start with two lines, lefties and righties, in one end of the floor (facing up-floor), with players on their proper floor sides. 4 "volunteer passers" should also begin standing a few yards higher than the 4 shooter positions (near the hockey "face-off dots"), at both ends of the floor (2 + 2).
- The basic premise of the drill is that players will pass to the close ("near-side") volunteer, or "far-side" volunteer, receive a pass or a loose ball back, then run and make a pass to the opposite end near-side (or far-side) volunteer, again getting a pass or loose ball back and eventually running to the net for a breakaway shot.
- Both lines alternate back and forth until every player has run to the other end of the floor; 4 new volunteer passers should take over and coaches should switch up the sequence order.
- Do this continually until every player has had a chance as a volunteer passer (4x). The next player in the other line shouldn't take their turn until the player in front of them has reached the restraining line.

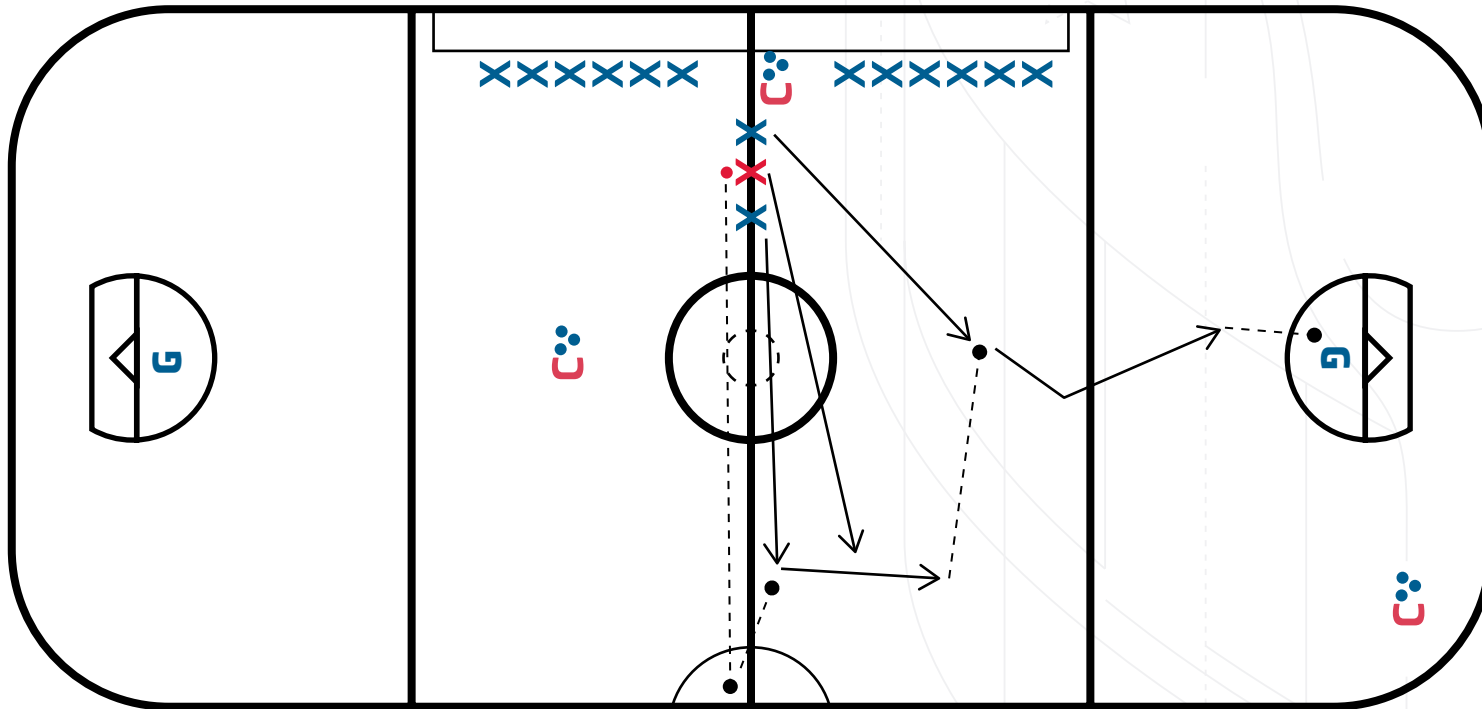


LOOSE BALL DRILL #9: Loose Ball With "Support"

Drill Duration: 10 mins

Description: Variation #1: "Neutral Zone"

- Draw Diagram = 1 min
- With two lines stationed along the boards at center floor, have players come forward in groups of three, standing in an "I" formation (three players in a straight line).
- The second player in line has a ball (or the coach) and rolls it out into the middle of the floor, or off of the boards.
- The first player then goes out and retrieves the loose ball, with the second player in line pursuing them; also giving the first player a 2-second head start.
- The third player gets open to receive a pass back from the first player once they've corralled the loose ball, communicating "here's your help."
- The second player tries to knock down the pass (sticks up) and/or interfere with the first player in getting the ball back to the third person; start with no physical contact.
- Water Break = 1 min

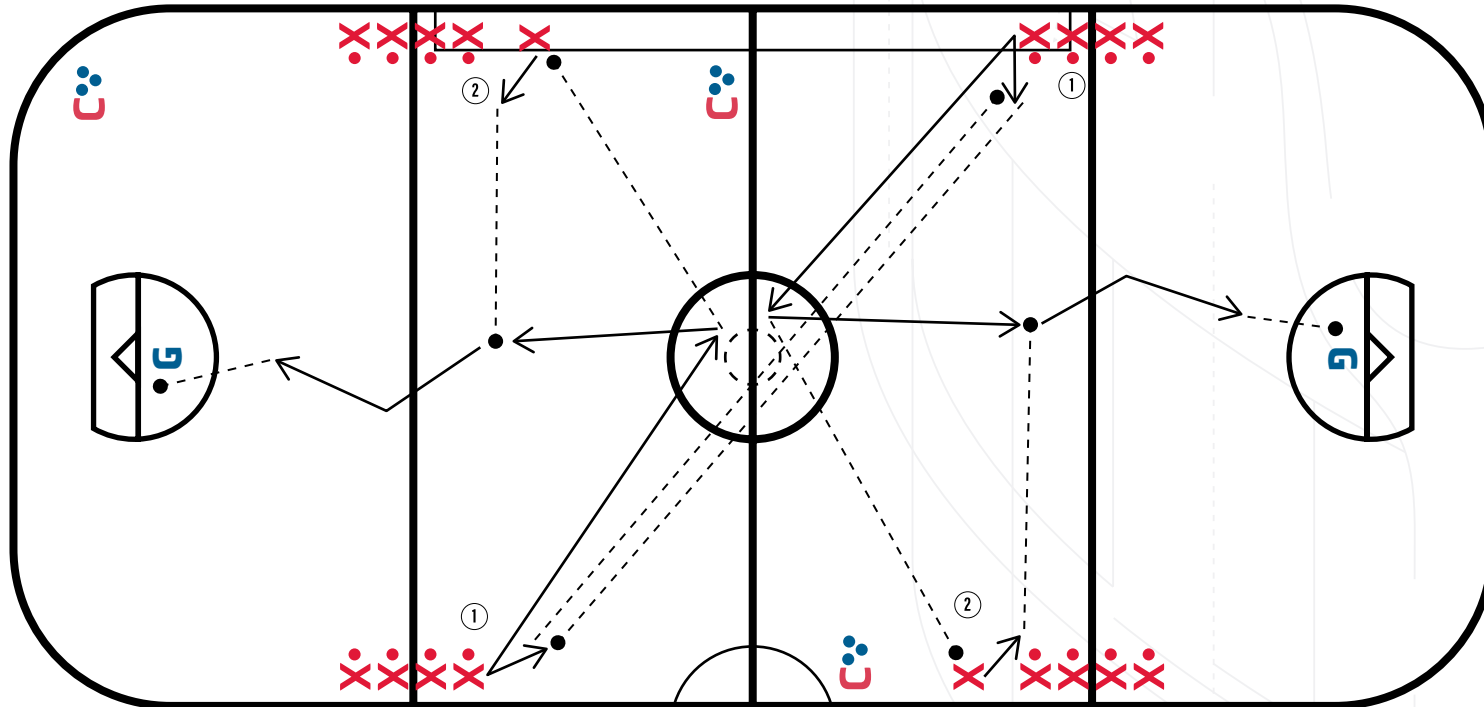


WARM-UP DRILL #17C: Hockey Blue Line Drill (Diagonals)

Drill Duration: 8 mins

Description: Variation #1A: "Loose Ball Exchange" (Far-Side Pass)

- Begin with 4 separate lines, each 5 yards back from the restraining lines, against the boards and facing the neutral zone.
- The drill starts with two players in diagonally opposite lines making eye contact (so they leave at the same time) then running forward and rolling a loose ball to the line diagonally across from them.
- These two players are now running mirror image patterns. They scoop the ball, run to the face-off dot at center floor, then cut back towards the zone they started in and pass back to the first player in the line on the opposite side of the floor.
- A give-and-go pass is then exchanged with the original player who started the drill, who had cut to the net after making the first pass in the give-and-go.

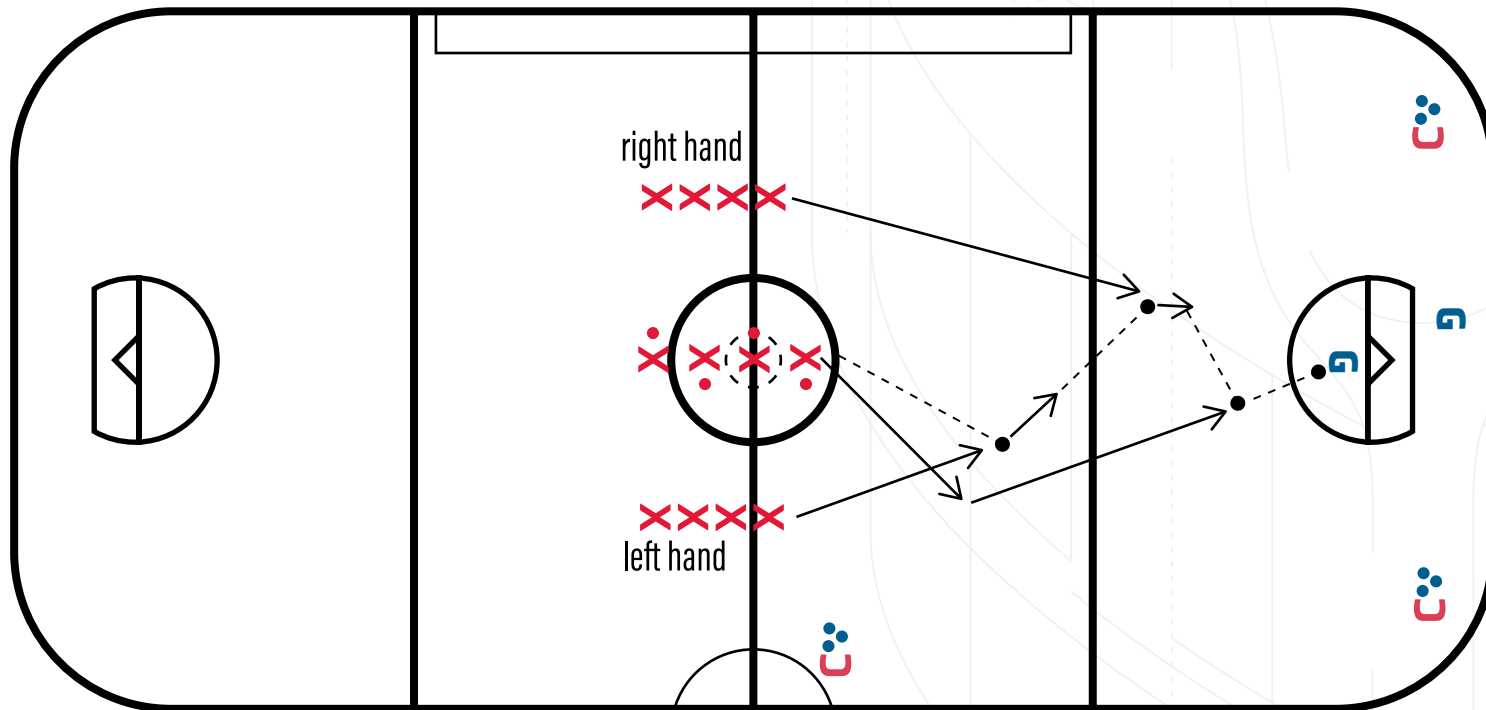


WARM-UP DRILL #15A: 3 Player "Weave"

Drill Duration: 10 mins

Description: Variation #2: "Progressively Closer" (Passes Only)

- 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 throwing a pass to the line of same-handed players (i.e., right-handed players pass to the right-handed player line). All players subsequently follow their pass and "fill" the "lane" of the player they passed to.
- 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 and shoots (Option #1) or passes to the player who started the drill in the middle line (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.
- Start progressively closer to the net each time through the drill. By moving the players closer they are forced to make quicker decisions.

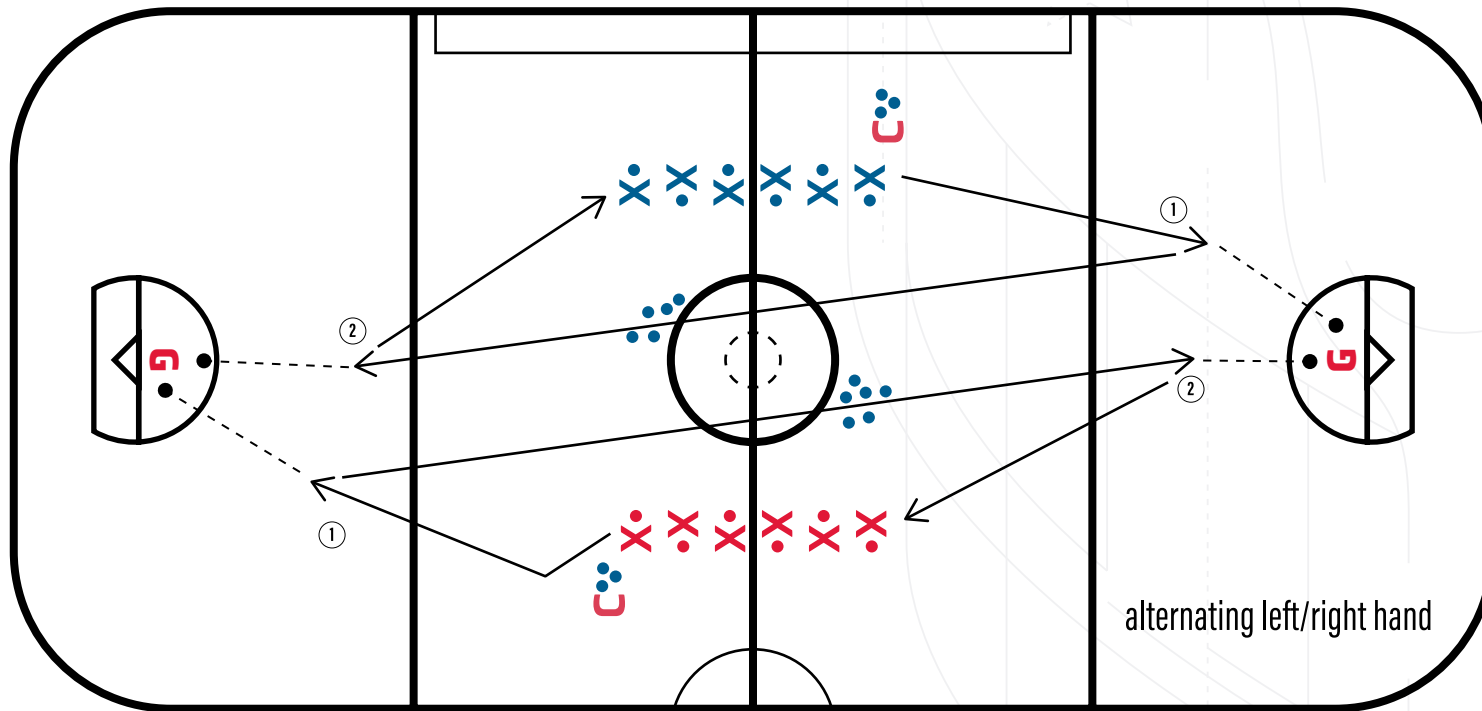


GOALTENDING DRILL #4B: Double Breakaway Competition

Drill Duration: 10 mins

Description: Variation #4: "Double Breakaway"

- Have players line up in two teams, at center floor, with one team lined up facing the goalie at one end, and the other team facing the opposite end. Teams are usually divided up as either lefties versus righties (if numbers are even), or otherwise as offensive players versus defensive players.
- Put all the balls in a pile at center floor; players do a breakaway at one end, come back pick a loose ball up at center, and do a breakaway at the other end (cardio emphasis).
- The next player in each line can't go until the original player has returned to their line at center. Teams can compete against each other, playing a game up to 7 goals, with the losing team doing extra sprints.
- Water Break = 1 min



CONCLUSION

Drill Duration: 5 mins

Description: Cool Down

- Circle at center floor
- Have players try to recall the leg stretches from the previous practice (coach fills in the gaps)
- Finish on a positive note

