



USATM
LACROSSE

8U BOX LACROSSE PRACTICE GUIDE



Practice 7

Drills and Plans for Running Box Lacrosse for Ages 6 – 8





BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS FOR RUNNING BOX LACROSSE FOR 8U

(AGES 6 - 8)

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 #4 - Shooting Basics

Age Group: 8U

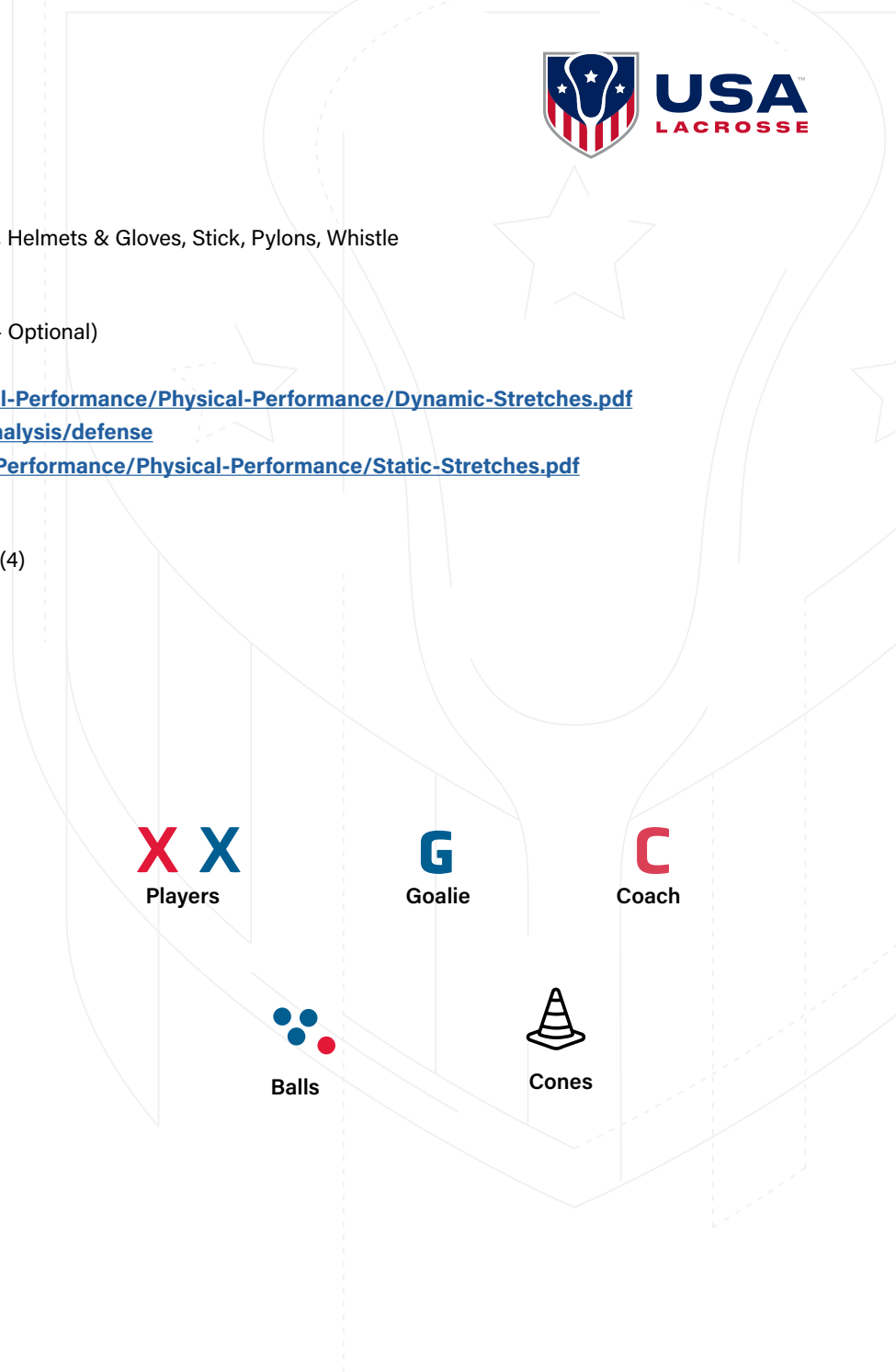
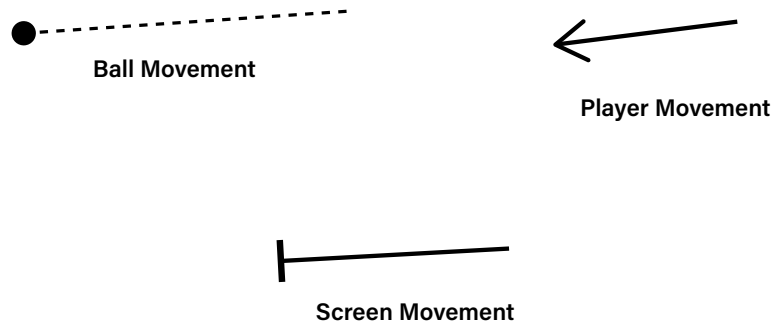
Resources: Lacrosse Box, Lacrosse Balls, Nets, Tape, Universal Screwdriver, Zip Ties, Helmets & Gloves, Stick, Pylons, Whistle
Note - 3x3 Nets With An 8-Foot Crease Are Recommended

Pre-Practice: Demo How To Put On Equipment - 20 minutes Prior to Practice (20 min - Optional)

Reminders: Dynamic Warm Up Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>
Defensive Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/defense>
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



CRADLING DRILL #3B: "Open Floor" Cradling & Checking

Drill Duration: 8 mins

Description: **Variation #1 (2 min): "Defensive Footwork" (No Ball Carrier)**

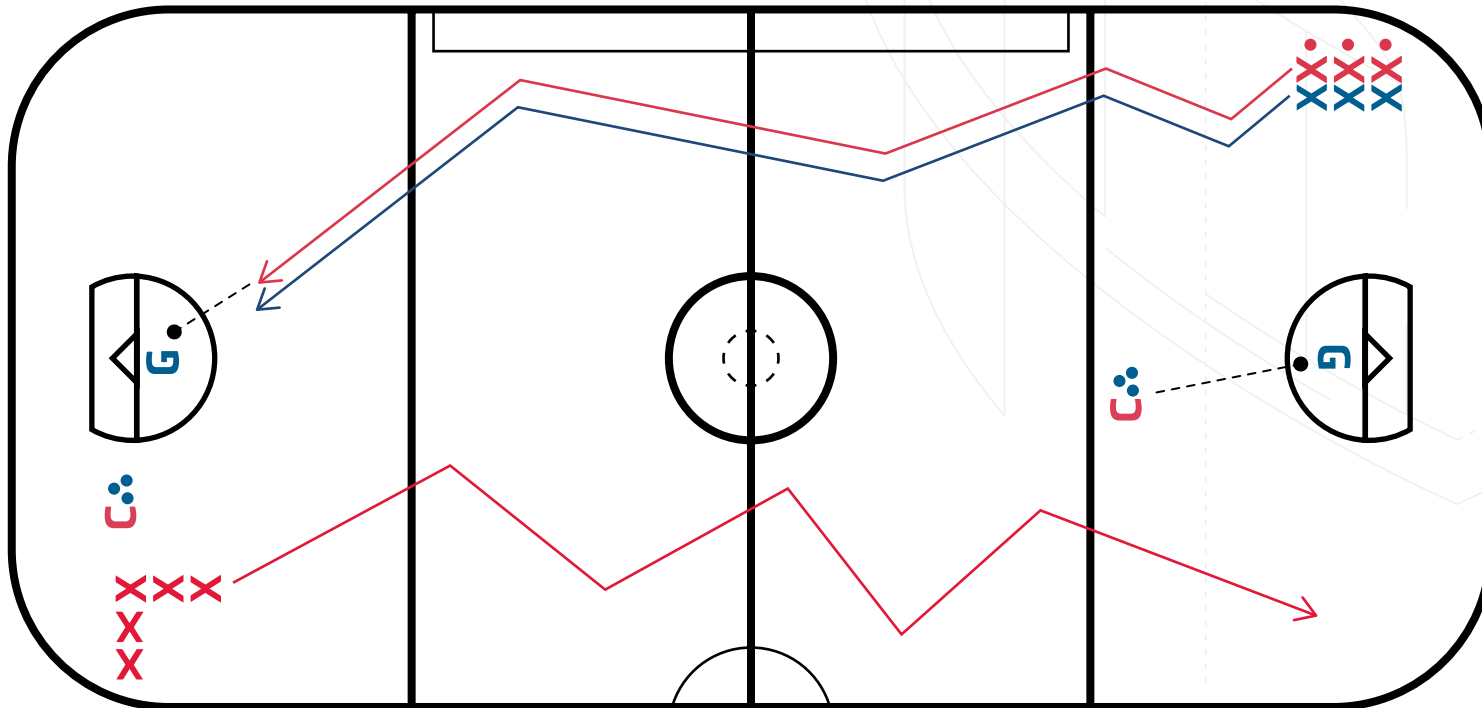
bottom diagram

- Demo (1 min): "Defensive Footwork" (Side-Shuffle & Drop-Step)
- Divide the floor in half with an imaginary line (or by using pylons) lengthwise and have players in opposite corners of the floor.
- One player after another practices "tracking" backward, all the way down the floor (no ball carrier) at a cadence of 2 drop steps one way; 2 drop steps the other.
- The next players don't go until the first group is halfway to the restraining line.
- Most common error = not getting low while the defender is tracking backward

Variation #2 (4 min): "Footwork + Ball Carrier"

top diagram

- Re-Hash (1 min): "Face-Dodge," "Roll Dodge"
- Divide the floor in half with an imaginary line (or by using pylons) lengthwise and have players in opposite corners of the floor.
- The coach sends two players at a time, starting with one player on defense a few steps ahead of, and facing, the offensive player.
- The offensive player starts with the ball and zigzags up the floor cradling at 50 percent running speed, while the defender shadows their movements defensively, using good footwork and staying balanced. Work up to 90 percent speed.
- The next players don't go until the first group is halfway to the restraining line.
- The player on defense should be practicing back-pedaling, drop-stepping, side-shuffling, tracking, looking their "check" in the chest, staying low on the balls of their feet, while maintaining top-side positioning.
- When the ball carrier approaches the prime scoring area, the defender should get out of the way and let them take a shot on the goalie.
- Encourage players to hit the goalie with the ball on the first couple of shots.
- Most common error = not getting low while the defender is tracking backward



DYNAMIC WARM-UP

Drill Duration: 8 mins

Description: Dynamic Warm-Up

- Introduce the “active dynamic stretching” routine, <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>
- Water Break = 1 min
- Circle at center floor
- Land Acknowledgement
- Come up with an appropriate word, as a team, for a team cheer

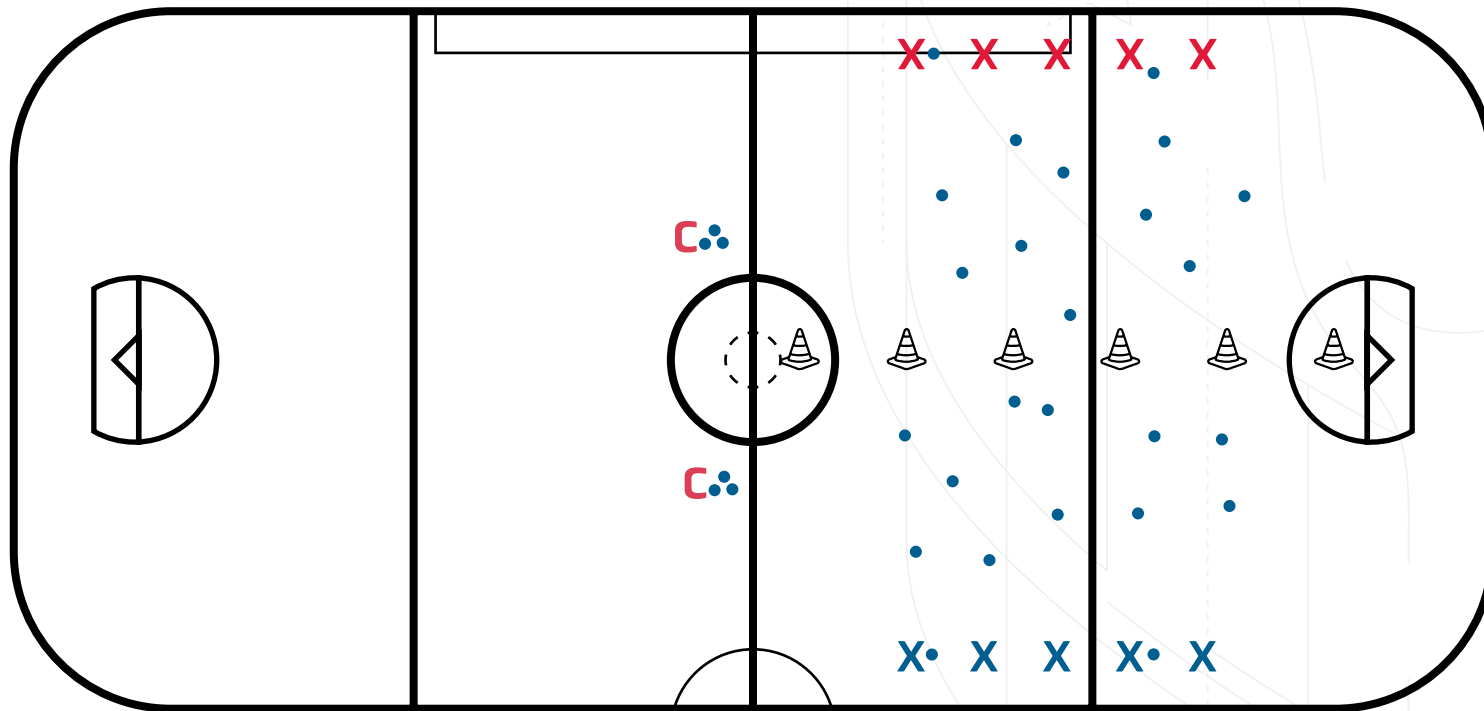


GAMES DRILL #13: Tennis Ball Dodgeball

Drill Duration: 12 mins

Description: Variation #2: "Lax Dodgeball"

- Start with all players in one zone, with the restraining line as a boundary. The coach also puts cones along the middle as a center line, dividing the floor in half widthwise, leaving two teams with equal numbers on both sides of the line.
- Coaches leave multiple tennis balls along the center line and instruct all players to take their place, with one foot against the sideboards to start.
- After the whistle is blown, any player who gets hit by a tennis ball must sit down but are still able to fish for loose balls and participate, but can only stand up if they, or their teammate, catches a ball in the air.
- The game ends when all players on one side of the center line are sitting down. Bounce shots are acceptable, but balls that bounce off of the sideboards and hit a player do not count.
- If playing this game in a gymnasium, if a player can throw the ball through the opponent's basketball hoop, all players who are sitting down are free to stand up.



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

Drill Duration: 15 mins

Description: Variation #1A (6 min): "Stick Length Away"

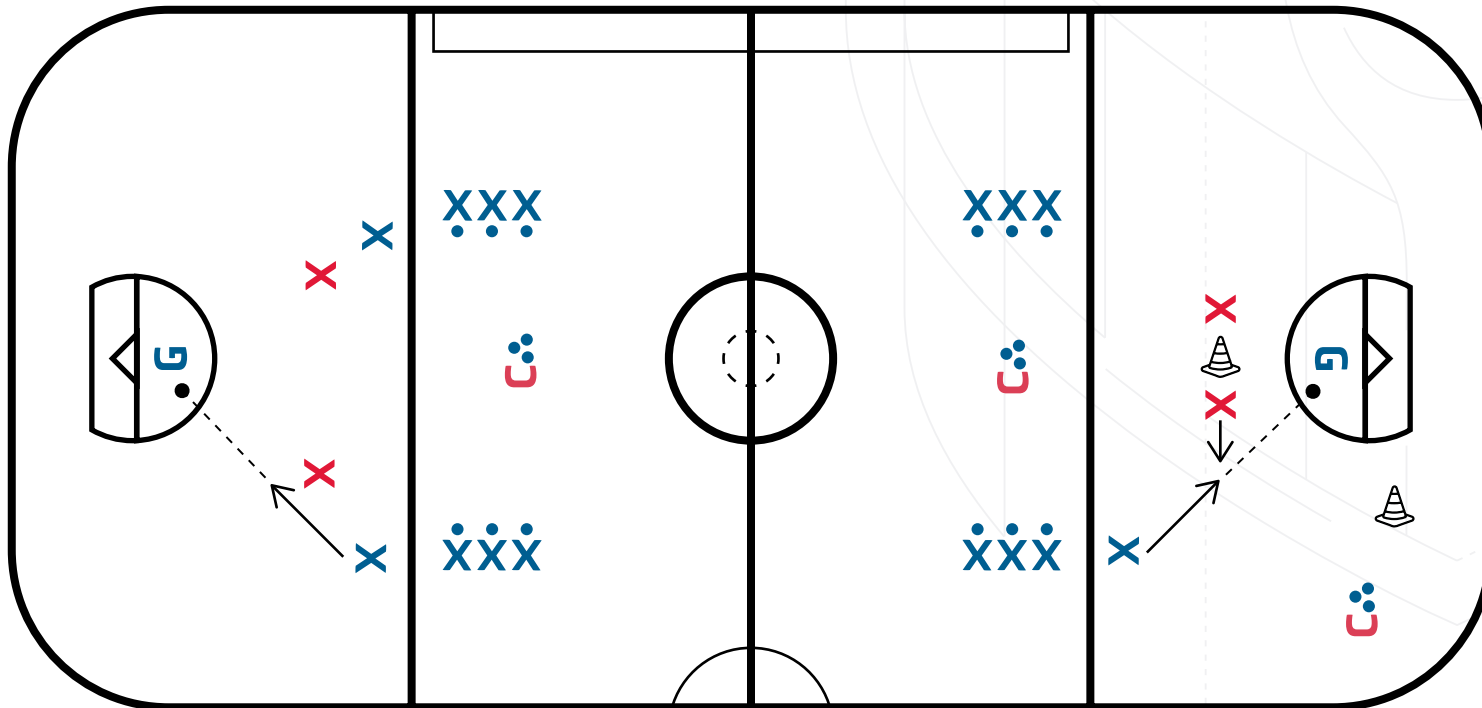
left diagram

- Demo (1 min): "Shooting Lane"
- Start with lines of left-handed & right-handed players in the shooter positions on their proper floor sides.
- 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 (6 min): "Start At The Pylon"

right diagram

- Demo (1 min): "Closing the Gap," "Arriving in Control"
- Same as above except players now start further away, at a pylon placed in the middle of the defensive zone.
- 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 the pylon) "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.



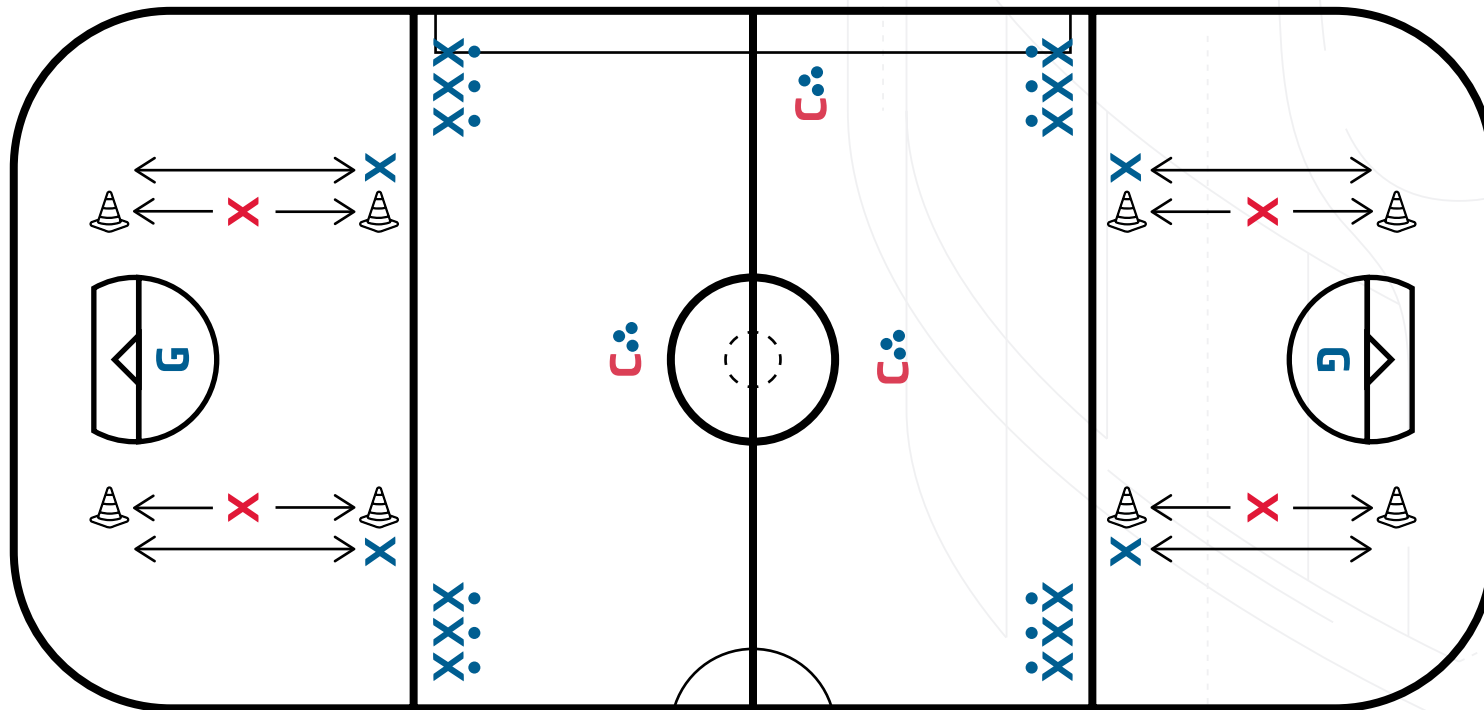
DEFENSE DRILL #3A: On-Ball Shadowing (“Closed Stance”)

Drill Duration: 15 mins

Description: Variation #1A & #1B: “Top-Shoulder Landmarking” (Sticks Upside Down/Sticks Normal)



- Demo (1 min): “Top-Side Positioning,” “Closed Stance”
- Arrange two parallel pylons at the crease and shooter positions, in one or both ends of the floor depending on numbers. One offensive player should start outside of, but between the pylons (with a ball), with one defender stationed between pylons ready to shadow the movements of the offender, while maintaining top-side positioning.
- On the coaches first whistle, the player on defense, who has their stick upside-down (Variation #1A), does their best to “stay in line with the offensive players top-side shoulder.” The offensive player does their best to get the defender off-balance using various “moves,” while also staying between the pylons.
- After approximately 5 seconds of “shadowing,” the coach blows a 2nd whistle to signal that offensive players are now allowed to take it to the net one-on-one (with the opposite side starting their 5 seconds of shadowing).
- Alternate between sides, with one side “shadowing” on the first whistle and the other side starting on the second whistle. In effect, offensive players in the drill will have roughly 5 seconds to try to get a shot off (10 seconds total time in the drill), before exiting (on the coach’s whistle).
- After playing offense, players are then next up on defense (after the other side takes their turn), and then exit the drill.
- Halfway through the drill coaches should allow defensive players to hold their stick normally (Variation #1B) and discuss the role of stick-checking.
- Most common error = over-checking on a move underneath and opening the topside for the offender



CONCLUSION

Drill Duration: 2 mins

Description: Cool Down

- Circle at center floor
- Static stretches – legs, <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Static-Stretches.pdf>
- Come up with an appropriate word, as a team, for a team cheer.

