



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

# 8U BOX LACROSSE PRACTICE GUIDE



## Practice 8

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](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 #4 - Shooting Basics

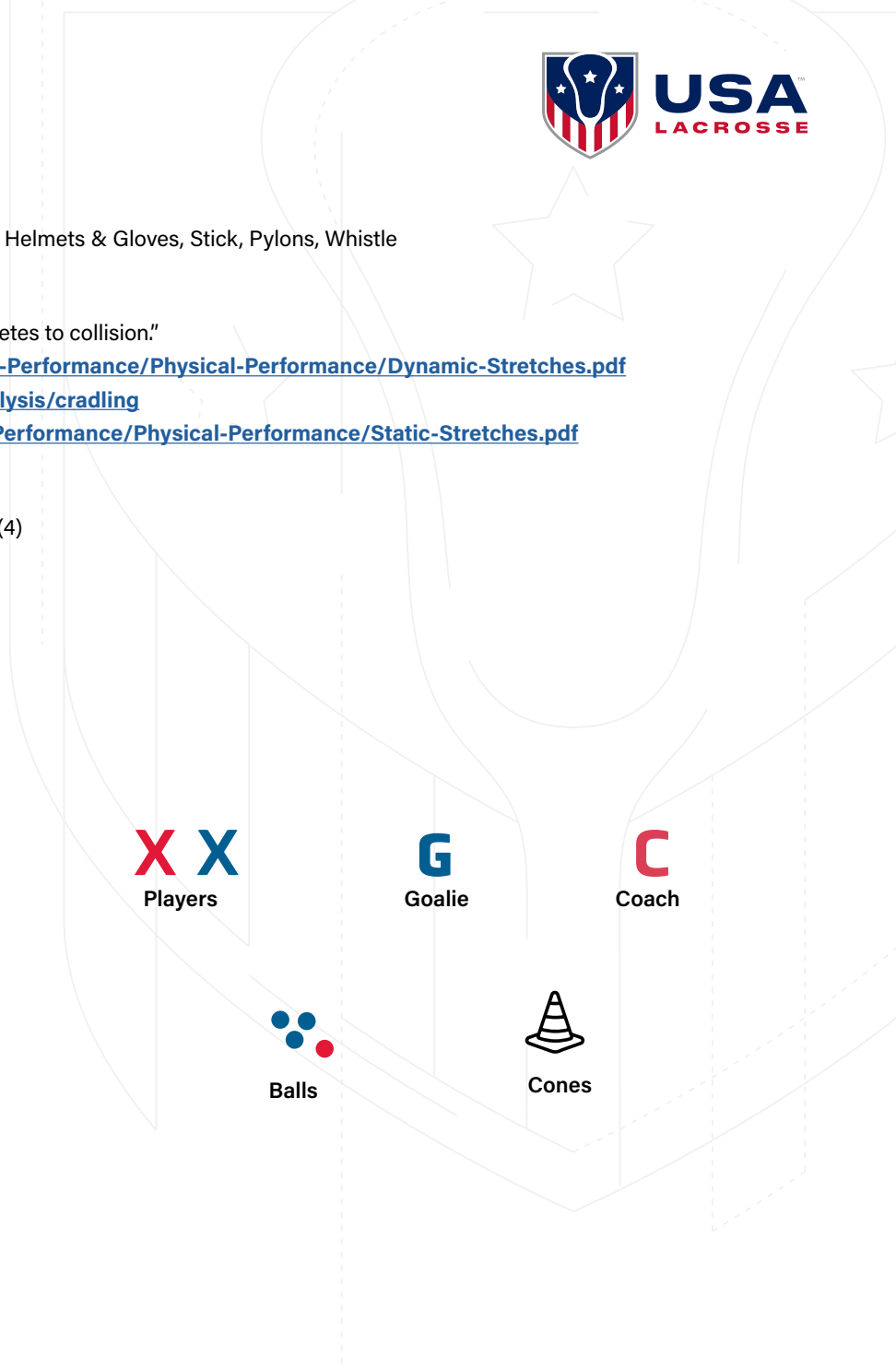
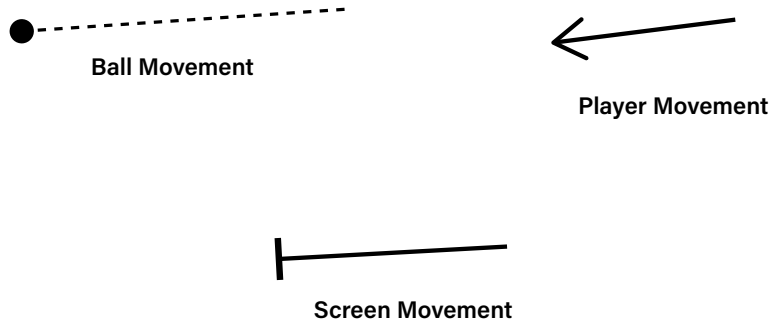
**Age Group:** 8U

**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\*

**Reminders:** Players must be calm and comfortable in contact before we progress athletes to collision."  
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

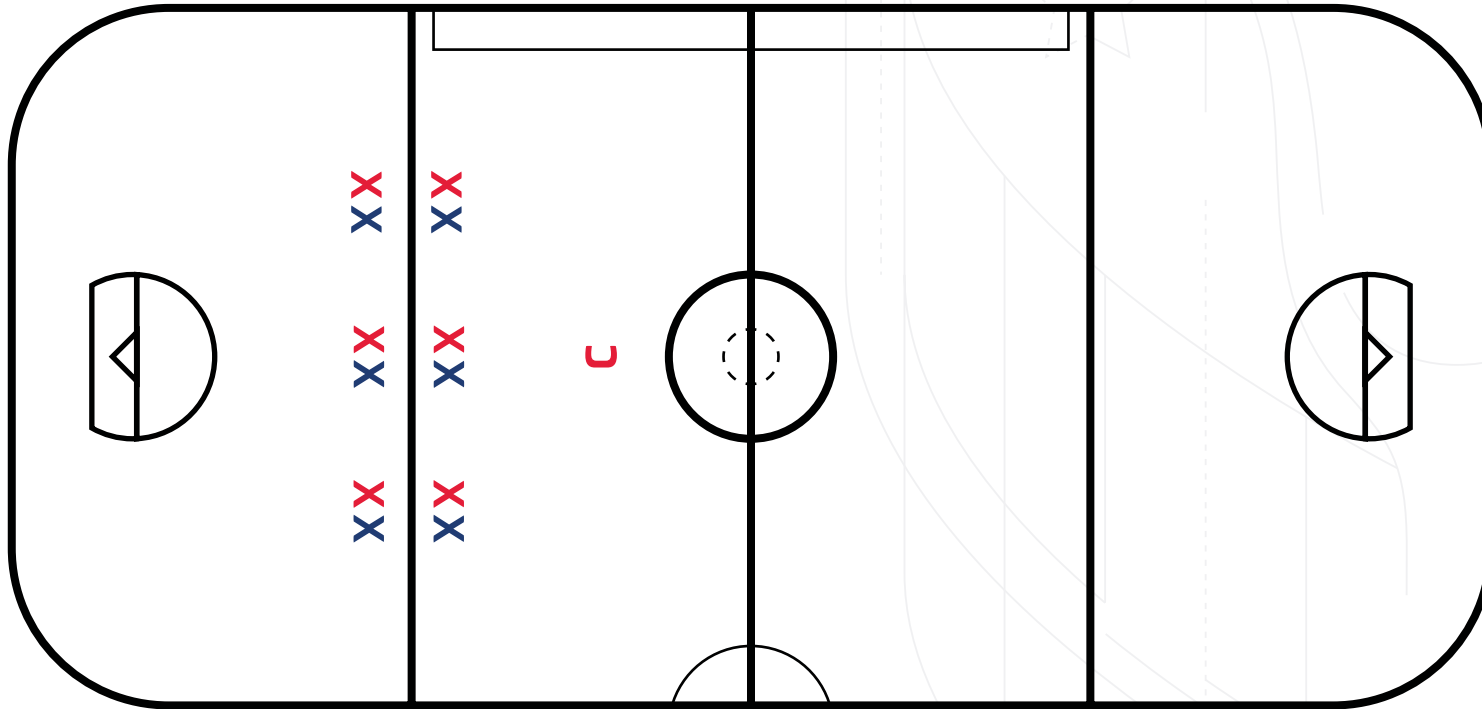


# DEFENSE DRILL #1: Athletic Position (“Balance” & “Footwork”)

**Drill Duration:** 4 mins

**Description:** Variation #1: “Maintaining Balance”

- Discussion (1 min): “Body Contact”
- 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).

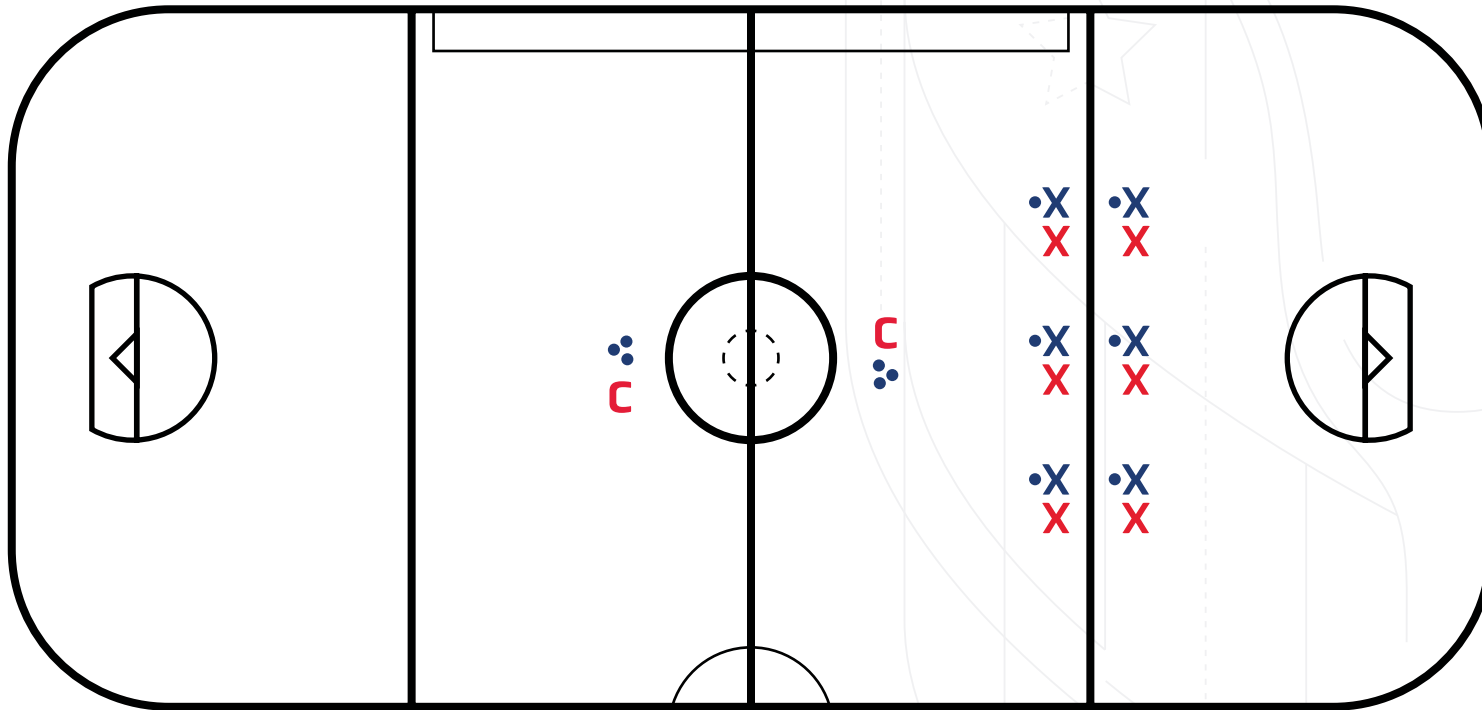


# CRADLING DRILL #1A: Stationary Cradling

**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.
- Most common error = not bending knees and getting low with their stance

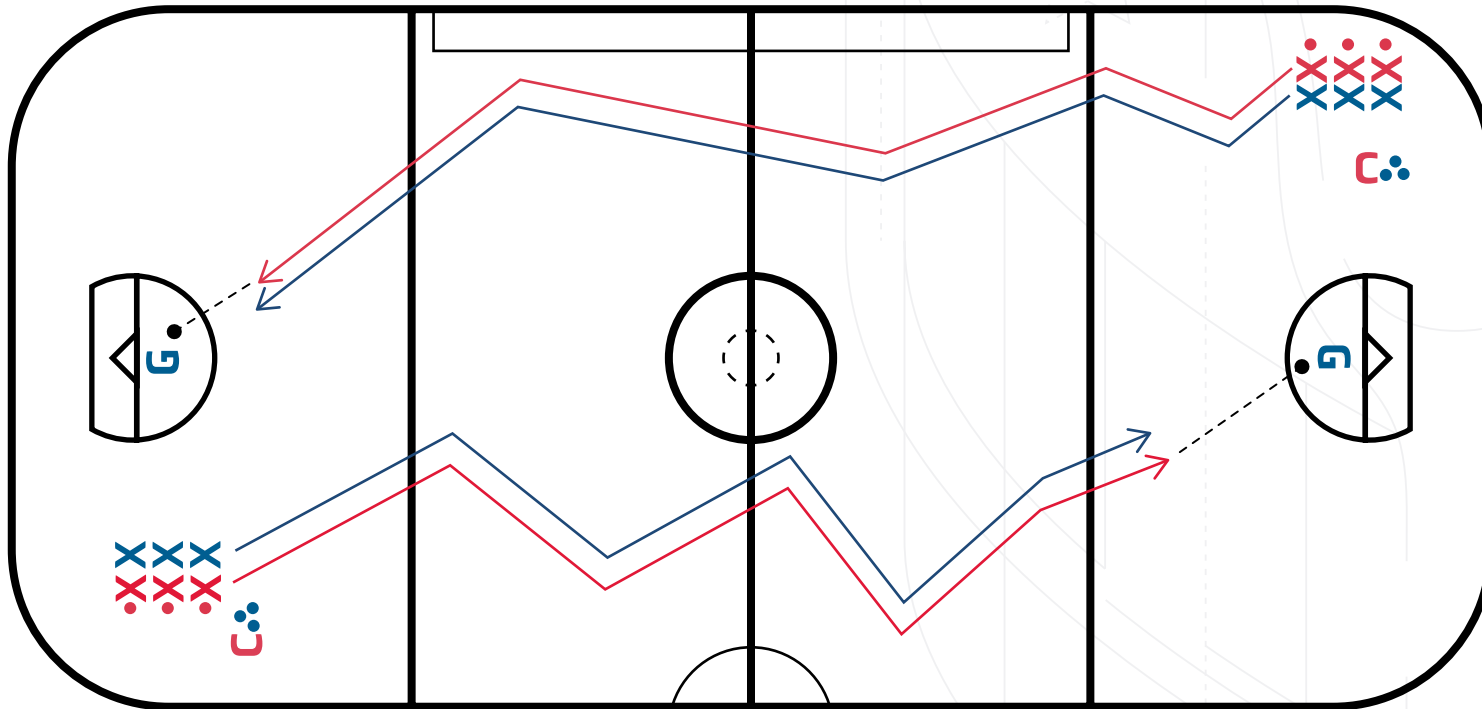


## CRADLING DRILL #3B: "Open Floor" Cradling/Dodging & Checking

**Drill Duration:** 5 mins

**Description:** Variation #1 (5 min): "Strong Hand" (Eye Level)

- Demo (1 min): "Backpedaling," "Drop-Stepping," "Side-Shuffling," "Tracking"
- The coach sends two players at a time (from opposite corners), 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 (making basic offensive "moves"), protecting the ball while the defender shadows their movements defensively; work up to 90 percent speed.
- The defender should place cross-checks (or body checks) on the ball carriers elbows where possible (without lunging), as well as put short slashes on the ball carrier's gloves/stick (in a timely fashion when they are vulnerable).
- The next players don't go until the first group is halfway to the restraining line. Players switch roles (offense or defense) each time through the drill.
- Most common error = not getting low while the defender is tracking backward
- Water Break = 1 min



## Dynamic Warm-Up

**Drill Duration:** 12 mins

**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 (7 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.)



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

**Drill Duration:** 5 mins

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

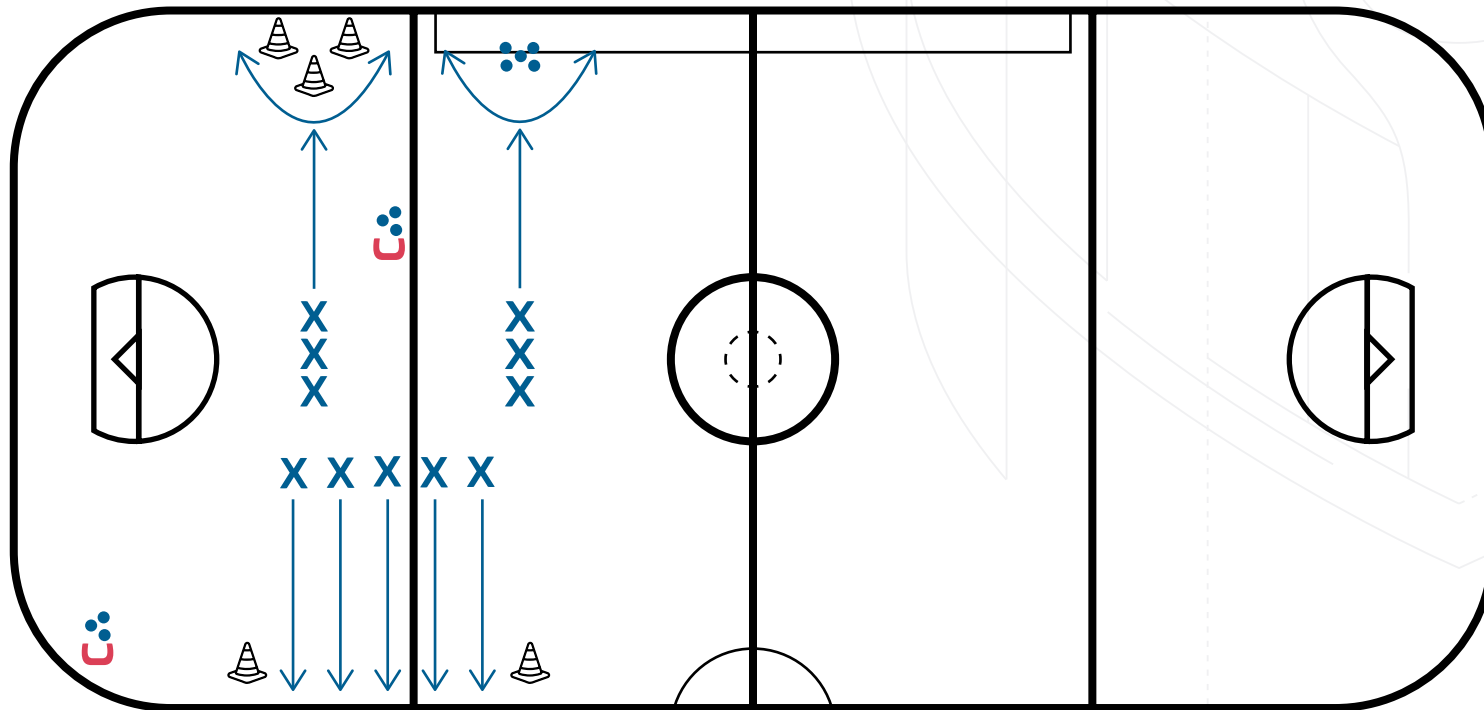
\*bottom diagram\*

- Demo (1 min): "Coming To Balance"
- Have players lined up roughly 10 yards away from the sideboards. 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 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 inside of the pylons 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.
- Water Break = 1 min



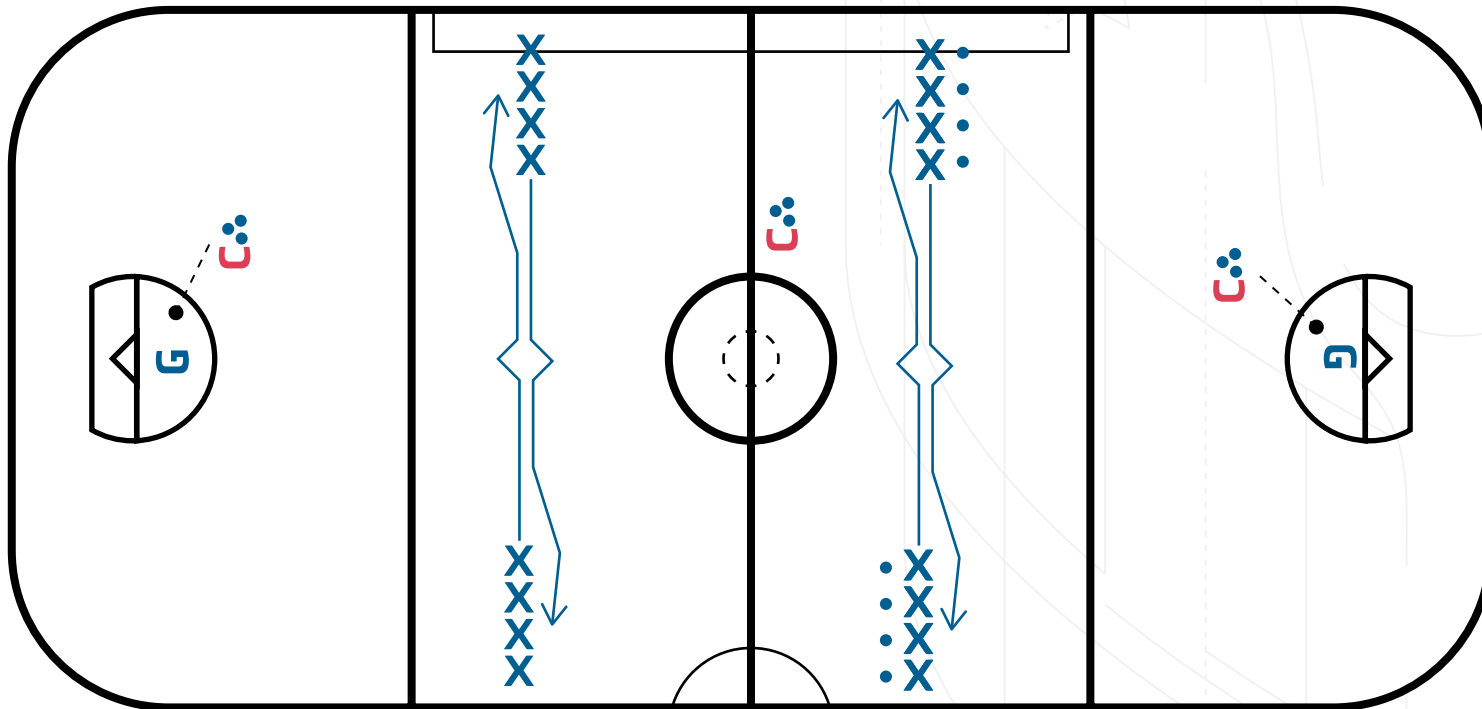


## CRADLING DRILL #5: Cradling/Dodging "Traffic" Shuttle

**Drill Duration:** 5 mins

**Description:** Variation #1: "Dodge Your Opponent"

- 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 runs toward each other practicing one of the following: "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 back of 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 mins

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

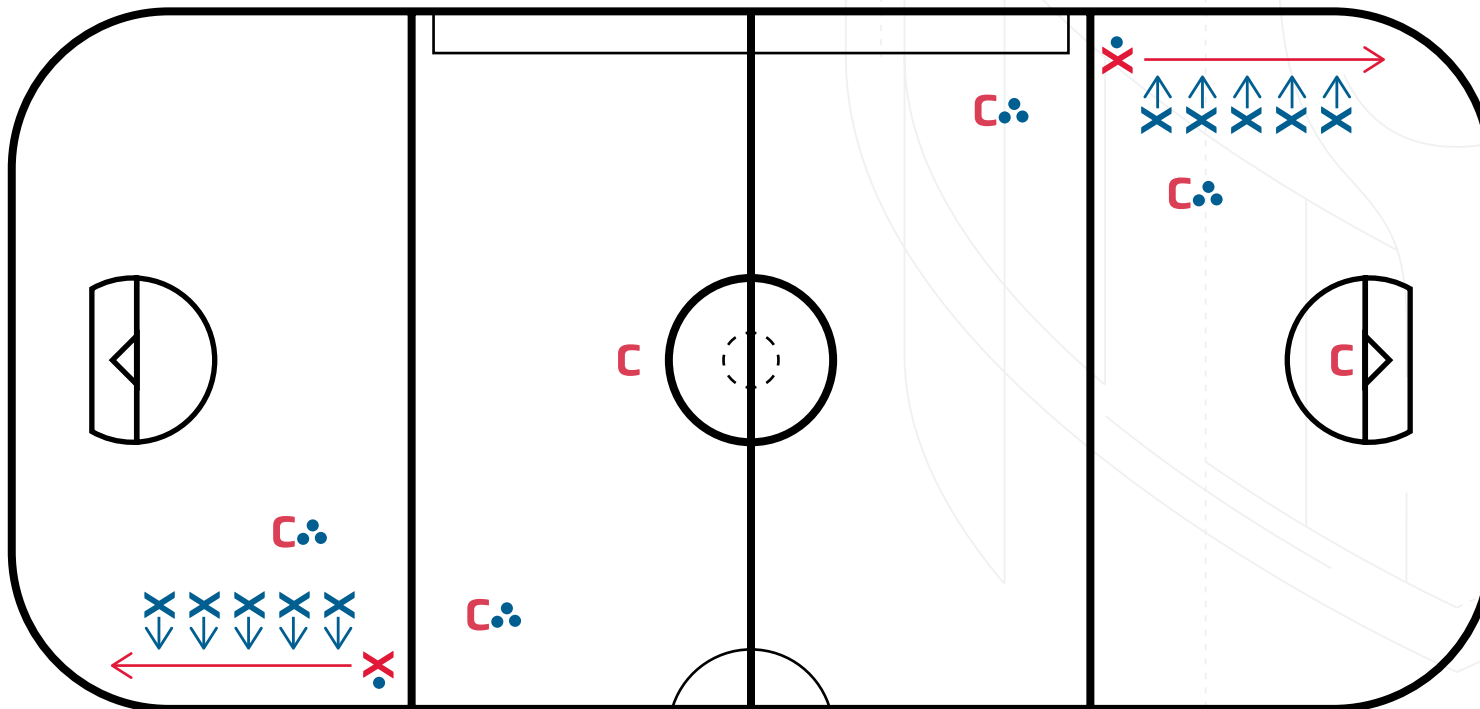
\*left diagram\*

- Divide the floor in half with an imaginary line lengthwise (or by using pylons) 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 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), depending on the number of players.
- Certain players who may be apprehensive 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 speed). 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 Mins

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

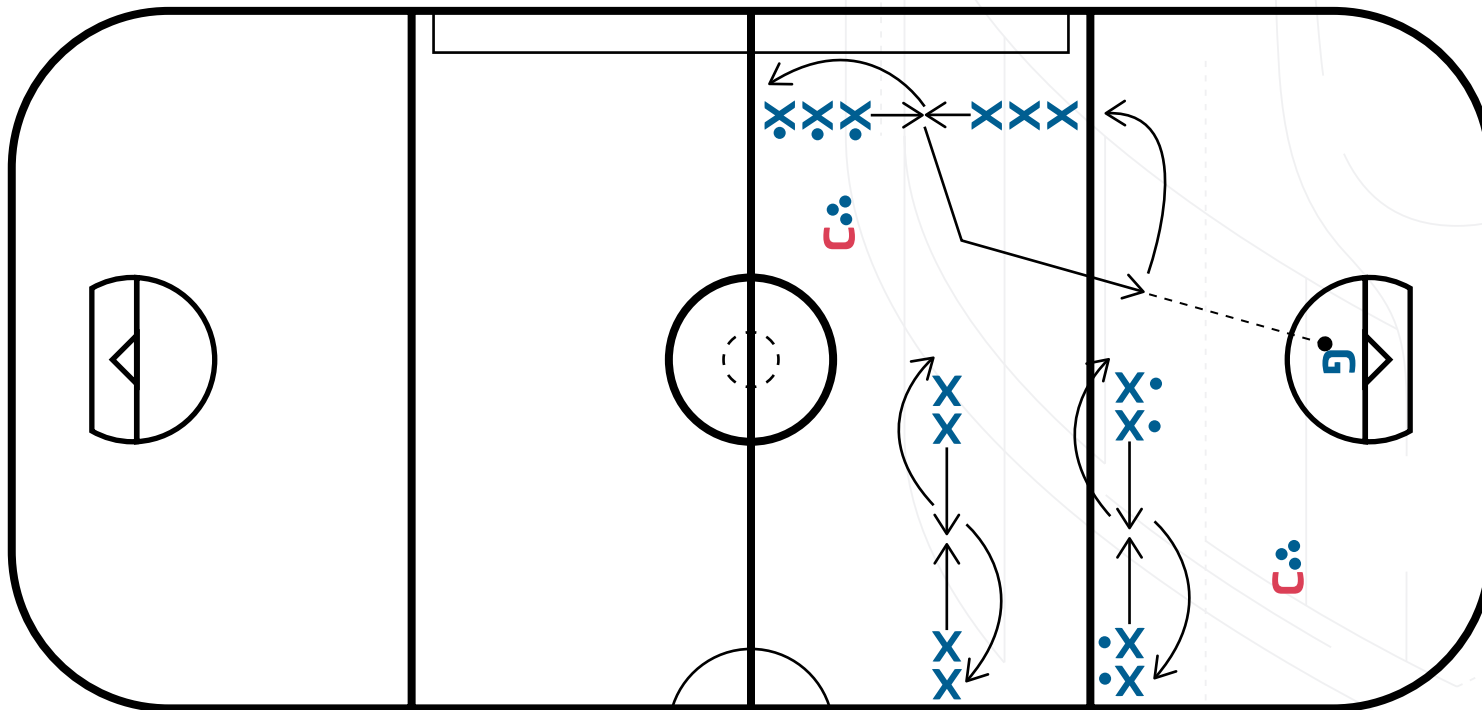
\*bottom left diagram\*

- 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 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"**

\*bottom right 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

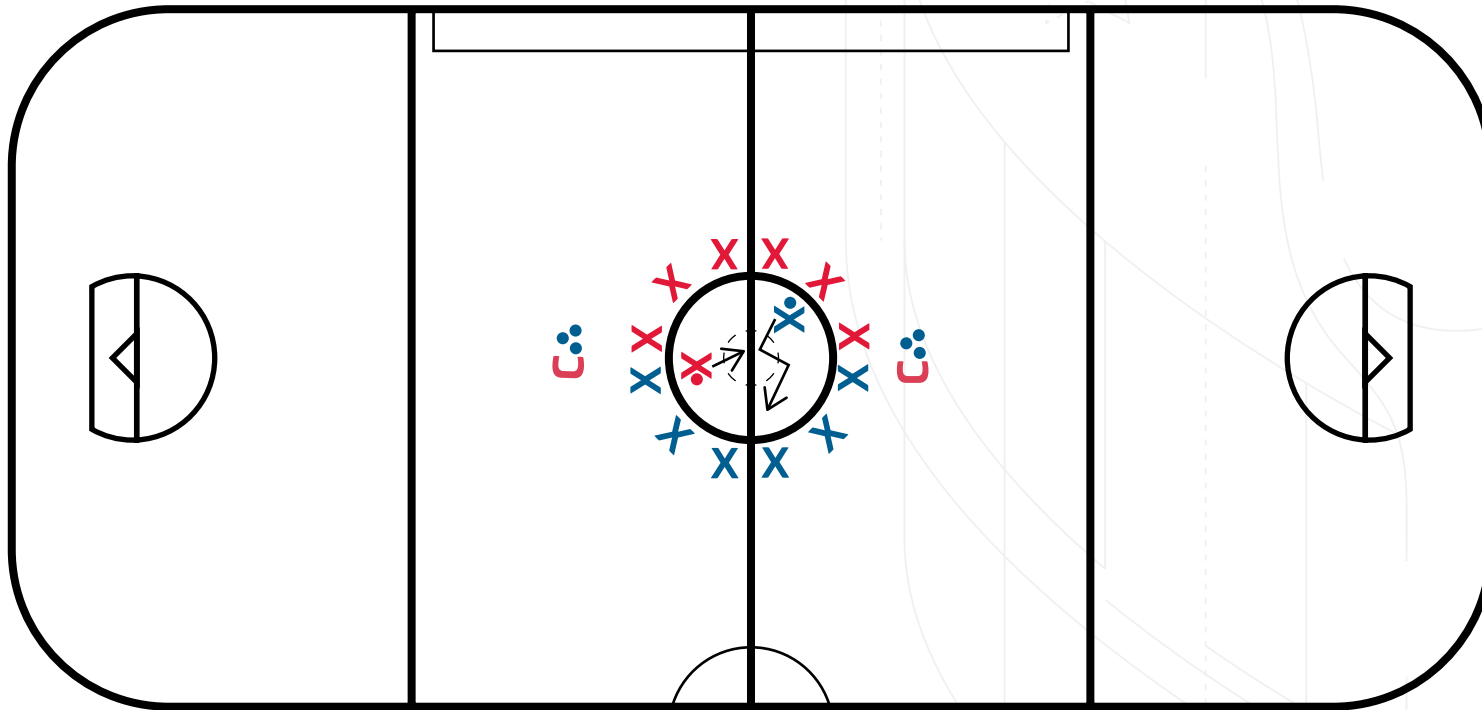


## GAMES DRILL #15: King's Court

**Drill Duration:** 5 mins

**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.
- Players in the middle should bump (body check) each other 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.
- The players on the outside of the circle can 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, the coaches can also instruct players on the outside to take one or two steps forward (or two steps back if it's too tight) at any time.



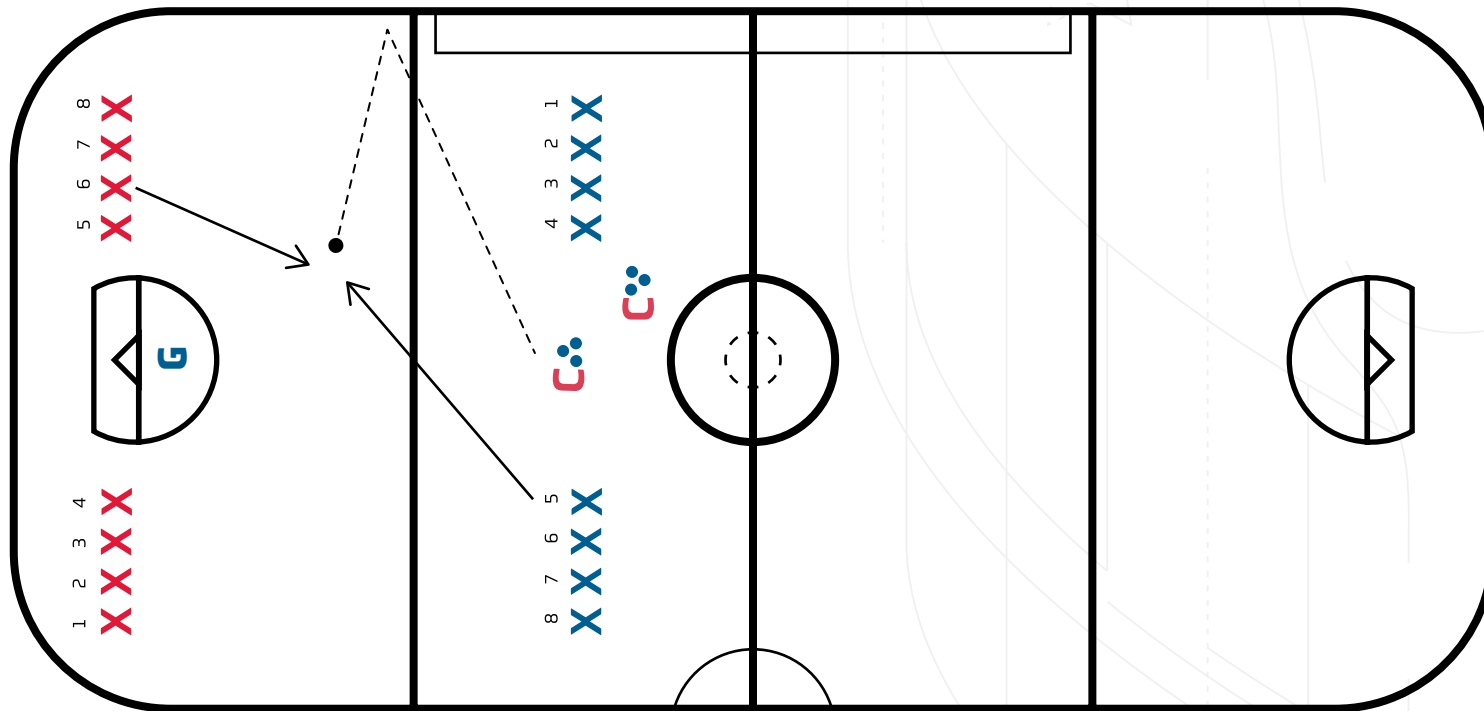
## Games Drill #17: Loose Ball Numbers Game

**Drill Duration:** 5 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 (4- 5 players per team is ideal when doing 1 vs. 1's).
- 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.

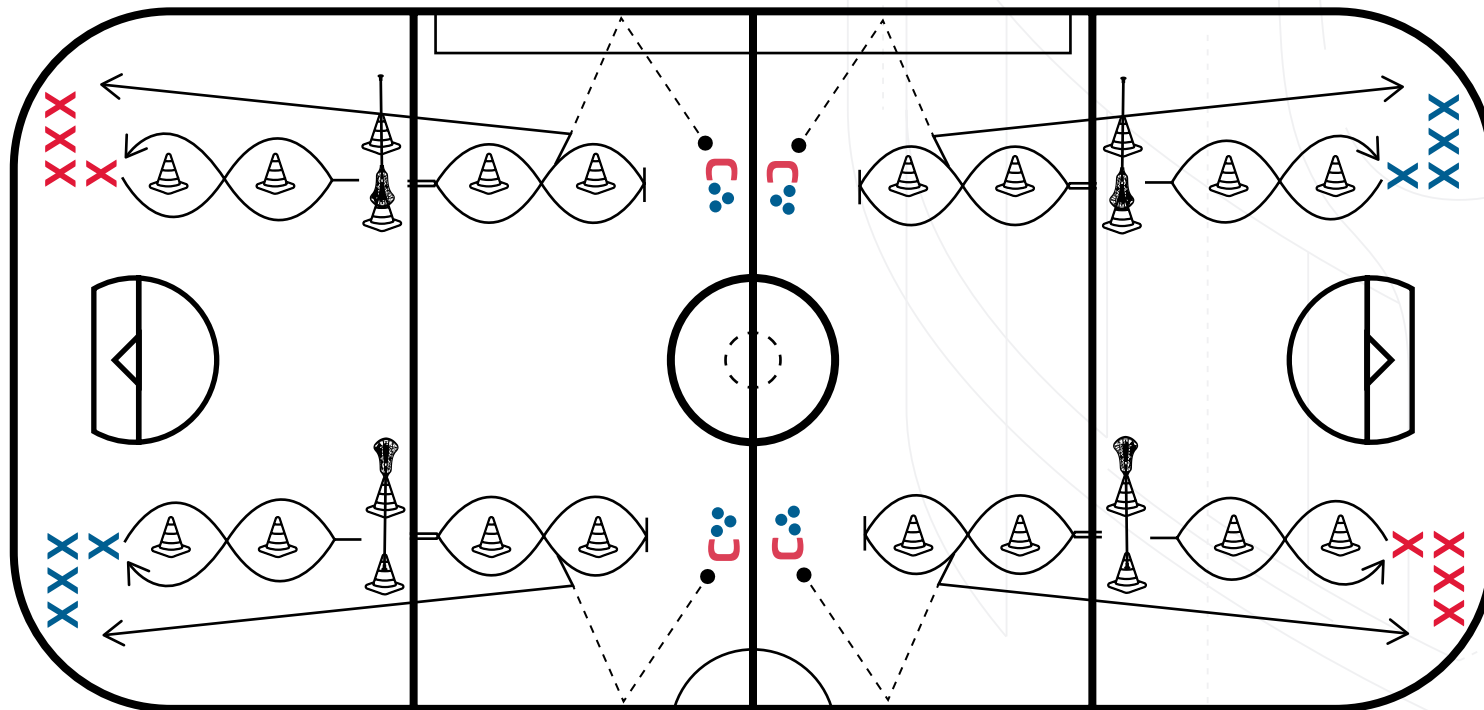


## Games Drill #16A: Loose Ball Agility Relay

**Drill Duration:** 5 mins

**Description:** Variation #1A: "Agility Relay"

- 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 zigzag 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).
- 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 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 run a 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.
- Losing team does push-ups, planks, body weight squats, sprints, etc.
- Water Break = 1 min



## CONCLUSION

**Drill Duration:** 2 mins

**Description:** CoolDown

- Huddle up at center floor
- Debrief - lessons learned
- Remind players to perform static stretches in dressing room, <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Static-Stretches.pdf>

