RETURN TO PLAY

SUGGESTED PRACTICE ACTIVITIES AND GAMES MODIFICATIONS GUIDE
INTRODUCTION:

All games and activities in this guide are appropriate with the modifications for athletes in Stage 3 of the US Lacrosse Return to Play Guidelines. Some may also be appropriate for Stage 2 if modified further to ensure social distancing. Coaches should be aware of the stipulations for their area, their program’s requirements and evaluate all activities before implementing.

We strongly suggest that coaches complete the Developing the Individual Athlete course and the How to Coach Kids course at learning.uslacrosse.org to make the most out of these activities.

All games can be found in the Level 1 “Developing the Individual Athlete” (DIA) or Level 2 “Developing the Team Player” (DTP) Practice Plans in the US Lacrosse Mobile Coach App. To access the games:

INSTRUCTIONS

1. Download the USL Mobile Coach App (available for iphone and android) uslacrosse.org/coaches/mobile-coach
2. You will be prompted to log into your US Lacrosse account. Log in or click “skip” (clicking skip will enable you to access limited content).
3. Click on “Coaches”
4. Click on “Practice Plans”
5. Click on the preferred practice plan, either “Developing the Individual Athlete Clinic Drill Bank” (for groups of 3 or fewer) or “Developing the Team Player Drill Bank” (for groups of 4-6). For groups larger than 6, the games can be played as written.
GROUPS OF 3 OR FEWERS PLAYERS

Most Level 1 “Developing the Individual Athlete” games can be done independently, in pairs, or in groups of 3. Games using 3 or fewer players are:

<table>
<thead>
<tr>
<th>Skill</th>
<th>Game</th>
<th>Number of Players</th>
<th>Modifications or Additional Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground Balls</td>
<td>Messy Backyard</td>
<td>2+</td>
<td>Equal number of players needed on both sides</td>
</tr>
<tr>
<td>Ground Balls</td>
<td>Hungry Hippos</td>
<td>2+</td>
<td>Equal number of players needed in each line (can have empty lines)</td>
</tr>
<tr>
<td>Ground Balls/Draw Possession</td>
<td>Hunger Games</td>
<td>2+</td>
<td>Start players on opposite sides of center circle</td>
</tr>
<tr>
<td>Cradling</td>
<td>Pinnie Tag</td>
<td>2+</td>
<td>As written</td>
</tr>
<tr>
<td>Cradling</td>
<td>Zig Zag Sprints</td>
<td>1+</td>
<td>Set up cones to keep players appropriately socially distanced</td>
</tr>
<tr>
<td>Catching</td>
<td>Pop Toss</td>
<td>1+</td>
<td>As written</td>
</tr>
<tr>
<td>Catching/Passing/</td>
<td>Post Game</td>
<td>3 (or multiples</td>
<td>Set up game in multiples of 3, if an odd number, the extras can play defense on ball</td>
</tr>
<tr>
<td>Ground Balls/Defense Body</td>
<td></td>
<td>of 3)</td>
<td></td>
</tr>
<tr>
<td>Positioning</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Passing</td>
<td>Pass It Down</td>
<td>3+</td>
<td>As written</td>
</tr>
<tr>
<td>Shooting</td>
<td>Lock and Load</td>
<td>1+</td>
<td>Start with a ground ball pick up instead of placing the ball in stick</td>
</tr>
<tr>
<td>Defense Body Positioning</td>
<td>Cat and Mouse</td>
<td>3</td>
<td>Set up game in multiples of 3, if an odd number, one person can play “coach” to the defender</td>
</tr>
<tr>
<td>Defense – Forcing to a Space</td>
<td>Forcing Box</td>
<td>3+</td>
<td>Force to a cone instead of to a person for the 4th slot on the “box”</td>
</tr>
</tbody>
</table>
Level 2 “Developing the Team Player” games using 3 or fewer players are:

<table>
<thead>
<tr>
<th>Skill</th>
<th>Game</th>
<th>Number of Players</th>
<th>Modifications or Additional Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small-sided offense and defense</td>
<td>Forcing box</td>
<td>2-5 athletes per box</td>
<td>Mark boxes at least 10’x10’ using cones as markers</td>
</tr>
</tbody>
</table>

We recommend structuring your practice to run the games by working on skills in the following order: ground balls, cradling, catching, throwing, shooting, dodging, defense body positioning, defense forcing to a space.

**GROUPS OF 4-6 PLAYERS**

“Developing the Individual Athlete” games that use 4-6 players are:

<table>
<thead>
<tr>
<th>Skill</th>
<th>Game</th>
<th>Number of Players</th>
<th>Modifications or Additional Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dodging</td>
<td>Cross the Pond</td>
<td>4+</td>
<td>Set up cones or place a hula hoop in center circle, players run through middle to get to the opposite side of the “pond” Work with players 1 v 1 on change of speed and direction by using lines on a field to “come back to” with stationary or moving defender</td>
</tr>
<tr>
<td>Individual Defense – Midfield</td>
<td>Heroes and Villains</td>
<td>4+</td>
<td>Set up “on ramp” with the modification of setting up two ramps with 6 feet of space in between each one</td>
</tr>
<tr>
<td>Cradling/Stickwork</td>
<td>Have One, Need One</td>
<td>4+</td>
<td>Increase size of game space to allow for social distancing</td>
</tr>
<tr>
<td>Individual Defense and Offense – Midfield</td>
<td>4 v 3 box game</td>
<td>4+</td>
<td>Run 3v2, run without defense, or use stationary markers (such as trees, cones) as defenders</td>
</tr>
</tbody>
</table>
“Developing the Team Player” Games using 4-6 players are:

<table>
<thead>
<tr>
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<th>Game</th>
<th>Number of Players</th>
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</thead>
<tbody>
<tr>
<td>Double Teams</td>
<td>Ball hunt</td>
<td>4</td>
<td>Establish the “double team” concept using cones to decrease the number of needed players</td>
</tr>
<tr>
<td>Team Defense and Goalie Clears</td>
<td>Best game ever</td>
<td>5 (4 field players, 2 on each team, plus a goalie)</td>
<td>The number of players can be decreased to 4 if coach “clears” the ball or if a player on one team picks it up from inside the crease or goal circle</td>
</tr>
<tr>
<td>Offensive Ball Movement</td>
<td>Keep Away to Goal</td>
<td>4+</td>
<td>Use cones to mark the space</td>
</tr>
<tr>
<td>Settled Offense and Defense</td>
<td>PCR (Pass-Cut-Replace)</td>
<td>3+</td>
<td>As written</td>
</tr>
</tbody>
</table>

The following games can be played with the modification of only 3 players on each “team.”

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</thead>
<tbody>
<tr>
<td>Team Defense</td>
<td>Flock of Geese</td>
<td>6, 3 per team</td>
<td>As written</td>
</tr>
<tr>
<td>Team Defense and Goalie Clears</td>
<td>Jail Break</td>
<td>6, 3 per team</td>
<td>As written</td>
</tr>
<tr>
<td>Slides and Crashing</td>
<td>Red Raider</td>
<td>6, 3 per team</td>
<td>Instead of using 4 players on each team, use 3 players and leave one cone empty</td>
</tr>
<tr>
<td>Team Defense – Positioning</td>
<td>5 v 5 line dance</td>
<td>6</td>
<td>Use 3 players on each side for a 3 v 3 line dance, or use more players if they are appropriately socially distanced.</td>
</tr>
<tr>
<td>Team Defense – Slides and Crashing</td>
<td>6 v 6 line dance in a circle</td>
<td>6</td>
<td>Use 3 players on each side for a 3 v 3 line dance, or use more players if they are appropriately socially distanced.</td>
</tr>
</tbody>
</table>

Most “Developing the Team Player” games will require a lot of space in order to adhere for 6 feet of social distancing in all directions.
GROUPS OF 6 OR MORE PLAYERS
For groups larger than 6, all “Developing the Individual Athlete” and “Developing the Team Player” games can be played without modification.

COACHING TIPS
Consider taking advantage of the following coaching opportunities:
• This is a great time to work on long passes! Try games like post drill using a “short, short, long” passing pattern.
• Focus on conditioning. Players are likely to come back out of “game shape” even if they have been exercising on their own. Take advantage of the social distance required within each game by incorporating appropriate conditioning elements within each game itself.
• Try using this time to coach more players individually. With players further apart, coaches will be able to “see” more things, making it easier to make small corrections for things like body positioning and footwork on defense, and hand position during passing and catching.

ADDITIONAL CONSIDERATIONS
1. Equipment: As players arrive at practice, ensure they are already wearing all needed equipment. Depending on the policy of the location where practice is held, you may also consider forehead temperature checks and hand washing prior to stepping onto the field.
2. Water Bottles: Each player should bring his or her own water bottle, labeled with their name, to practice. Have players place them at least 6 feet away from each other on the side of the field or on a bench.
3. Cones: each coach should bring their own set of cones, and each coach only touches his or her own set. We recommend coaches set up cones for all games prior to the start of practice.
4. Balls: for individual skills, players use their own personal ball (brought to practice by them, with their name on it, and they are the only person who touches it). For games where balls must be shared, the coach will set out balls for each game ahead of time at each station (spacing them apart as appropriate). Players only touch balls with their sticks. Balls and sticks alike are cleaned/sanitized after each practice.
5. Lines: A best practice is to try and minimize lines of players as much as possible. For any game where a line of players waiting is unavoidable, space cones, hula hoops, or other markers an appropriate distance away from each other as a visual for players to adhere to social distancing.
6. Huddles: Replace team huddles by sending out virtual communications to players before and after practice as necessary.