Practice Name: U15 Boys
Date: 5/20/2013
Coach: Joe Admin
Estimated Duration: 110 minutes

Drills:
- [ ] 10 Minute Active Stretch 10 minutes
- [ ] 4 Corner Over the Shoulder GB's and Passes Drill 10 minutes
- [ ] Canadian 2 v 2 Ground Balls 15 minutes
- [ ] 4 on 3 Forevers 15 minutes
- [ ] 2 v 2 Drill 15 minutes
- [ ] 6 v 5 Drill 15 minutes
- [ ] 10 v 10 Drill 20 minutes
- [ ] 3 Man Relays 10 minutes

Notes:

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### 10 Minute Active Stretch

**Drill Specs**
- **Drill Theme:** Warm Up
- **Field Position:** Offense, Defense, Midfield, Goalies
- **Time Needed:** 10 Min
- **Field Location:** Midfield
- **Skill Level:** Basic

**Objective**
Active Stretching allows players to stretch while doing activity, which avoids stretching cold muscles. This warm up is suggested for players at the beginning of each practice and the end of each practice.

**Drill Description**
Have your players line up in a straight line and give them a series of active stretches that they can do, examples are below:

- Walking Stretches
- Lunges
- Walking Squats
- Leaps
- Bounds
- Hops
- Jumps
- Twists

**Skills Practiced**
- Warm Up
- Conditioning

**Variation**
Vary the exercises to allow the players a change of pace.
4 Corner Over-the-Shoulder GB’s and Passes

Drill Specs
- Drill Theme: Ball Movement
- Field Position: Offense, Defense, Midfield
- Drill Style: Warm Up, Skills
- Time Needed: 10 Min
- Field Location: Midfield, Attack Zone
- Skill Level: Basic

Objective
Improve catching on the run and over the shoulder, practice switching hands, throwing to the “Box” area around the shoulders.

Description of Drill
Mark 4 corners with cones and put at least 3 players in each corner. Start with one ball and rotate counterclockwise catching over left shoulder and passing with right hand. Change directions halfway through drill, add more balls as player skill will support. Players in line wait for “break” call then are rolled a ground ball while moving upfield. Be sure the players focus on leading their teammates on both passing and groundballs.

Skills Practiced
- Ball Movement (Catching and Throwing)
- Strong and Weak Hand Play
- Ground Balls
- Conditioning

Variations
Have the players switch from passes to ground balls. In addition, have player sprint the sides and jog the top of the attack box for added conditioning. Also, on a whistle you can reverse directions of the drill. Repeat this to keep the drill moving and to keep the players on their toes.
Scoop and Clear Drill

Drill Specs

<table>
<thead>
<tr>
<th>Drill Theme:</th>
<th>Ground Balls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Position:</td>
<td>Defense, Goalies</td>
</tr>
<tr>
<td>Drill Style:</td>
<td>Skills, Warm Up</td>
</tr>
<tr>
<td>Time Needed:</td>
<td>10 Min</td>
</tr>
<tr>
<td>Field Location:</td>
<td>Attack Zone</td>
</tr>
<tr>
<td>Skill Level:</td>
<td>Intermediate</td>
</tr>
</tbody>
</table>

Objective

To teach defensive players to scoop through ground balls that happen around their crease area, and then transition the ball away from the goal and then up the field.

Description of Drill

Have 2 lines of defensive players behind the goal, about 5 yards away from goal line extended. Place 2 goalies in the cage, one to the right and one to the left. The coach will be 15 yards away from the goal with a bucket of balls. The coach will shoot low, soft shots to the goalies, which deflect the balls in front of the crease in the rebound zone. The players in line behind the cage will rush up and scoop the ground ball out of the rebound zone and break out to the wing with the ball, then turn around and throw back to the goalie. The player will break up the field and receive a clearing pass from the goalie at that time. The drill repeats after the goalie clears out the pass.

Skills Practiced

- Ground Balls
- Clears
- Communication
- Conditioning

Continued on next page
Scoop and Clear Drill, Continued

Variations

Add another player down field at half field that your defensive players will relay the ball to once they receive the clearing pass from the goalie.

You may also add the pitch and pursuit drill to the end of this drill to have attack players ride the clear up the field.
4 on 3 Forevers Drill

Author Name: John Pirie  
Author School: The Governors School

Drill Specs
- Drill Theme: Even Strength
- Field Position: Offense, Defense, Midfield
- Drill Style: Game, Conditioning
- Time Needed: 15 Min
- Field Location: Half Field
- Skill Level: Intermediate

Objective: Switching from offense to defense after a turnover

Drill Description: This drill is a continuous 4v3 drill. Players are placed into two groups regardless of position. Lines 1-4 (white pinnies) will attack as a 4v3. The player who shoots the ball is out regardless of whether or not he scores. The remaining three players will remain in the drill and defend against 4 new players from lines 5-8 (dark pinnies). Players should be encouraged to find the layup shots, not outside blasts.
2 v 2 Drill

Drill Specs
- Drill Theme: Even Strength
- Field Position: Offense, Defense
- Drill Style: Games
- Time Needed: 15 Min
- Field Location: Attack Zone
- Skill Level: Basic

Objective
Drill that have players work 2 on 2 in the attack zone.

Drill Description
Have 2 players on offense go against 2 players on defense.
The coach can start the ball from a ground ball or a pass into the players.
Player go until there is a goal, save, clear or whistle.

Skills Practices
- Stick Handling
- Ball Movement
- Defensive Positioning

Variation
Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.
**6 v 5 (Man Up vs. Man Down) Drill**

**Drill Specs**
- Drill Theme: Number Advantages
- Field Position: Offense, Defense
- Drill Style: Skills, Games
- Time Needed: 15 Min
- Field Location: Half Field
- Skill Level: Basic

**Objective**
Drill that have players work 6 on 5 in the half field. You can work either 6 on 5 with the offense up a player or the defense up a player.

**Drill Description**
Have 6 players on offense go against 5 players on defense. The coach can start the ball from a ground ball or a pass into the players. Player go until there is a goal, save, clear or whistle.

**Skills Practices**
- Stick Handling
- Ball Movement
- Defensive Positioning
- Slides

**Variation**
Switch and have your defense go up with 6 players and the offense work with 5 player. Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.
10 v 10 Full Field Drill

Drill Specs

Drill Theme: Even Strength
Field Position: Offense, Defense, Midfield

Drill Style: Games
Time Needed: 20 Min

Field Location: Full Field
Skill Level: Basic

Objective

Drill that have players work 10 on 10 in the full field.

Drill Description

Have 10 players on one team go against 10 players on another team. The coach can start the ball from a ground ball, face off, or a pass into the players. Players go until there is a goal, save, clear or whistle.

Skills Practices

- Stick Handling
- Ball Movement
- Defensive Positioning

Variation

Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.
3 Man Relays

**Drill Specs**

<table>
<thead>
<tr>
<th>Drill Theme: Conditioning</th>
<th>Drill Style: Conditioning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Position: Offense, Defense, Midfield, Goalie</td>
<td>Time Needed: 10 Min</td>
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<tr>
<td>Field Location: Attack Zone</td>
<td></td>
</tr>
<tr>
<td>Skill Level: Intermediate</td>
<td></td>
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</tbody>
</table>

**Objective**

3 Man Relays has your players focus on stop and go sprinting, much like in game situations. This type of conditioning is great for the game of lacrosse and is done for a set amount of time, with interval resting periods.

**Drill Description**

Set up 2 cones about 10 yards apart. A player stands at each cone and there is one additional player in the middle. On the coaches whistle the player in the middle will sprint to a cone and tap hands with the player at that cone. That player will then sprint to the other cone and releases that player. This will continue for duration of 2 minutes. At 2 minutes the players will get a 1 minute break. Repeat this drill until you hit your required duration.

![3 Man Relay diagram]

**Skills Practiced**

- Conditioning

**Variation**

Add a ground ball to each sprint or a specific dodge.