Practice Name: U15 Girls
Date: 5/22/2013
Coach:
Estimated Duration: 120 minutes

Drills:
- 10 Minute Active Stretch 10 minutes
- 3 Man Weave 15 minutes
- 1v1 Ground Ball to Finish 10 minutes
- 3v3v3 Circle 10 minutes
- 12 v 12 Drill 20 minutes
- Double Team Progression Drill 20 minutes
- Extend and Recover Drill 10 minutes
- Pressure Box Drill 15 minutes
- 3 Man Relays 10 minutes

Notes:

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# 10 Minute Static Stretch

<table>
<thead>
<tr>
<th>Drill Specs</th>
<th>Drill Theme: Warm Up</th>
<th>Drill Style: Warm Up</th>
<th>Field Location: Midfield</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Field Position: Offense, Defense, Midfield, Goalies</td>
<td>Time Needed: 10 Min</td>
<td>Skill Level: Basic</td>
</tr>
</tbody>
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### Objective
Static Stretching allows players to stretch specific muscle groups in a specific order directed by their coaching staff.

### Drill Description
Have your players line up or circle up and give them a series of static stretches that they can do, examples are below:

- Standing Stretch Down, Legs Apart, Down to the Right, Down to the Left
- Seated Right Leg out, Left Leg Out, Butterfly’s, etc.

### Skills Practiced
- Warm Up
- Conditioning

### Variation
Vary the exercises to allow the players a change of pace.
3 Man Weave Drill

Drill Specs

- **Drill Theme:** Ball Movement
- **Field Position:** Offense, Defense, Midfield
- **Drill Style:** Skill, Conditioning
- **Time Needed:** 15 Min
- **Field Location:** Full Field
- **Skill Level:** Basic

Objective

To work together as teammates move the ball down the field in a weave pattern. Focuses on ball movement, timing, accuracy, and communication.

Drill Description

Start with three lines across the goal line extended. One line at the end of the goal line extended, one line in the middle by the goal cage with balls and a third line at the opposite goal line extended. The ball begins in the middle line, that player throws the ball in the air releasing the 2 other players, set up on the goal line extended, on a full sprint to the top of the 12-meter fan and 30-yard restraining line. Once the player in the middle line catches the ball, the player who ran to the 12-meter fan cuts back for the ball on a 45-degree angle. Once the second player receives the ball, the middle line passer follows behind. Once the second players receives the ball the third player who ran to the 30-yard restraining line cuts back for the ball and the second player curls around to create the weave pattern. The ball is continuously passed, and the player follows their pass.
# 1 v 1 Ground Ball to Finish

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

**Objective**
To work on a 50:50 ground ball pick up and an immediate pass for a shot on goal.

**Drill Description**
Start with 2 lines off to the side of the cage on the goal line extended and 1 line on the opposite side of the cage on the goal line extended. The coach will roll the ball out to the line of attack and line of defense. Whichever player gains possession must get a good pass off to the attacker cutting across crease for a shot. The player who does not gain possession becomes the defender, not allowing an easy pass and a low angle shot.
# 3v3v3 Circle

<table>
<thead>
<tr>
<th>Author Name</th>
<th>Stacey Freda</th>
<th><strong>Author School</strong></th>
<th>Framingham High School</th>
</tr>
</thead>
</table>
| **Drill Specs** | Drill Theme: Even Strength  
Field Position: Offense, Defense, Midfield  
Time Needed: 10 Min | Drill Style: Game, Warm-Up  
Field Location: Midfield  
Skill Level: Intermediate |
| **Objective** | To work on quick ball movement under pressure. |
| **Drill Description** | Start by dividing the players into 3 teams. The center circle will be the boundary for this drill. Inside the circle will be 3 players from each team, 3v3v3. There will only be 1 ball. Teams must maintain possession without turning over the ball or going out of bounds. |

![Diagram](image-url)
12 v 12 Full Field Drill

Drill Specs

| Drill Theme: Even Strength | Drill Style: Games | Field Location: Full Field |
| Field Position: Offense, Defense, Midfield | Time Needed: 20 Min | Skill Level: Basic |

Objective
Drill that has players work 12 on 12 in the full field.

Drill Description
Have 12 players on one team go against 12 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.
Double Team Progression Drill

Drill Specs

<table>
<thead>
<tr>
<th>Drill Spec</th>
<th>Details</th>
</tr>
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<tbody>
<tr>
<td>Drill Theme:</td>
<td>Double Teams</td>
</tr>
<tr>
<td>Field Position:</td>
<td>Offense, Defense</td>
</tr>
<tr>
<td>Drill Style:</td>
<td>Skills, Games</td>
</tr>
<tr>
<td>Time Needed:</td>
<td>20 Min</td>
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<tr>
<td>Field Location:</td>
<td>Half Field</td>
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<tr>
<td>Skill Level:</td>
<td>Advanced</td>
</tr>
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</table>

Objective

The Double Team Progression Drill is intended to build a strong settled defense that can double team in small area. It builds into a game situation that required constant doubles, slides, and resetting.

Drill Description

In the first 2 progressions of this drill the 12 meter area is split down the middle including the area directly behind the goal. Players are using a smaller area to accomplish their goal of double teaming the attacker with the ball, creating turnovers and transitioning the ball out of the defensive end. Attackers must also stay on one side of the field when doing the first two progressions. Each progression forces the defenders to work as a unit with good communication and to close a double, anticipate passes, and take risks. The final progression is a 4v4 or 5v5 and requires the defenders to work as a unit to slide, double team and re-set in a more game-like situation.

Skills Practiced

- Double Teaming on Defense
- Slides and Crashing
- Settled Defense
- Settled Offense

*Continued on next page*
Progression 1—*Double team in a small space.*
There are three attackers and three defenders to start the drill. The attacker at the top of the 8 meter area has the ball and starts in a double team. The lowest attacker to the crease is marked by the remaining defender. The attacker on the wing of the 8 meter is left open. On the coaches whistle play begins. The attacker with the ball tries to drive to goal or pass. Defenders are double teaming, sliding and resetting (if a pass is made). If the defense gets the ball they transition out with one pass.

Progression 2—*Close the double team*
This begins as a 3v3 with one attacker high on the 8 meter, one on the wing of the 8 meter and one low. The ball starts low with A3 who passes the ball to A2 who passes it to A1. A1 receives the ball and drives to goal. At the same time A2 makes her pass she starts working her defender D2 with jab steps and V-cuts. D3 recognizes that A1 is going to drive to the cage and sends D2 to double-team. D3 is then looking to knock down or intercept a pass to A2 or A3. Attackers try to shoot or pass, if defenders gain control they must transition the ball out with one pass.

*Continued on next page*
Progression 3—Expand the drill to a 4v4 then a 5v5.

The field is no longer split and the drill plays out inside the 12 meter area and behind the goal. Start with a 4v4. All players are bunched up together inside the 8 meter arc. The coach starts the drill by tossing a high ball into the group. If the attackers get the ball, they look to get a quick shot off if they have it. If they don’t have the shot, they pass or drive to goal. Defenders need to communicate, mark up and react to any attacker driving and double the ball. If defenders double and the attack moves the ball, the defenders must communicate and reset out of the double. If a defender gains control of the initial ball tossed in by the coach, they need one pass to transition the ball out of the 12 meter. The next ball into the group is a ground ball from the coach; they continue to alternate between one high ball and one ground ball. Progress to 5v5.
Extend and Recover

**Drill Specs**
- **Drill Theme:** Defensive Drills
- **Field Position:** Defense
- **Drill Style:** Skills, Conditioning
- **Time Needed:** 10 Min
- **Field Location:** Half Field
- **Skill Level:** Intermediate

**Objective**
To improve on ball & off ball defensive positioning, including approaching ball carrier & recovering to 'hole' in good 'help' position after a pass is made.

**Drill Description**
Start as modified 2v2, with 2 offensive players moving the ball back & forth forcing the defensive players to move into correct position – when your player is receiving the ball you should ‘extend’ to ball, break down, and take away the top side. When your player passes the ball you should drop step, turn in the direction of the pass/ball, with your stick up & in passing land while quickly ‘recovering’ to a good ‘help’ position in the hole. When playing off-ball you should maintain the “player-you-ball” triangle.

D1 is playing ball carrier X1. When X1 passes to X2, D1 drop steps, turns toward ball and recovers to help position in the hole. D2 simultaneously extends to play X2 receiving the pass.

*Continued on next page*
Extend and Recover, Continued

Skills Practiced

- Off Ball Defense
- Defensive Positioning
- Defensive Footwork
- Conditioning

Variation

This drill can be expanded to 4v4 where 4 defensive players are in constant motion moving to ‘on-ball’ or ‘off-ball’ positions as the ball is passed around perimeter.
Pressure Box Drill

Drill Specs

<table>
<thead>
<tr>
<th>Drill Theme: Even Strength</th>
<th>Drill Style: Games</th>
<th>Field Location: Midfield</th>
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Objective

Teach your team to move the ball in limited space and also pursuit the ball to cause turnovers. This drill allows players to move the ball and work on looking off players before they pass to their target. Communication is key in this drill and the drill can be made into a conditioning drill as well.

Drill Description

Start with ten players, five in dark and 5 in white. The dark team sets up with 5 cones set up in a box, and one in the middle. A player is standing over top of each cone and is limited to about 2 steps away from each cone, so they do not run and change cones. The dark team will pass a ball around to any open player, and after 3 passes the white team sends in a player to defender and pressure a turnover. After 3 more passes another player is added, and this process goes on until it is 5 v 5. At any time, when a turnover occurs the white team will take the ball and move over to the next set of cones, set up with 5 players over cones and start the 3 pass rule. Dark adds one player per every 3 passes.

![Pressure Box Diagram]

CHECKING VARIATION

Focus on patience, staying balanced, timing, quick strike, gaining possession of the ball at all times.

Continued on next page
Pressure Box Drill, Continued

Skills Practices

- Stick Handling
- Ball Movement
- Defensive Positioning

Variation

Add checking to the drill as listed above in the description. A checking variation can improve any drill based on the rules your age group is playing.
3 Man Relays

Drill Specs
- Drill Theme: Conditioning
- Field Position: Offense, Defense, Midfield, Goalie
- Time Needed: 10 Min
- Skill Level: Intermediate

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 coach's 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.

Skills Practiced
- Conditioning

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