Practice Name: U9 Boys
Date: 5/20/2013
Coach: Joe Admin
Estimated Duration: 60 minutes

Drills:
☐ 5 Minute Active Stretch 5 minutes
☐ Triangle line Drills 10 minutes
☐ Alley Ground Ball Drill 10 minutes
☐ 3 v 3 Drill 15 minutes
☐ 10 v 10 Drill 20 minutes

Notes:


http://www.uslmobilecoach.com/jkc-usl/PrintPlan.do 5/20/2013
## 5 Minute Active Stretch

| Drill Specs | Drill Theme: Warm Up  
Field Position: Offense, Defense, Midfield, Goalies | Drill Style: Warm Up  
Time Needed: 5 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.
**Triangle Line Drills**

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

**Objective**
Virtually all line drills can be run in triangles, use for passing and ground balls. Triangle drills are exhausting if run properly, constant motion, players well spread out, changing direction regularly. Triangles should not be run every day, great for variation from standard line drills (1.5 minutes each way, then switch, then rest).

**Description of Drill**
Use cones to teach the distance you want the players to run and the triangle form that the players should keep (distances of 15-20 yards between points is ideal). Have the players move the ball in one direction and then follow the pass to the next cone or locations. The player receiving the pass should look to catch the ball on the run and get rid of the ball as soon as they can to the next player. All players should be moving constantly and should work on moving the balls as fast as they can.

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

**Variations**
Spread players out to increase conditioning and length of passes. You can also reverse directions on a whistle to keep the players moving both directions and reacting to the other players, the whistle, and the situations. Look to have your players do this drill at game speed.
Alley/Ground Ball Drill

Author Name: Lou Corsetti
Author School: Atlanta Youth Lacrosse

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

Objective
To have players work ground balls in game play situations, learn to move under pressure, and gain field awareness.

Drill Description
Set up three cones on the end line in the alley of the attack zone. The coach rolls the ball out, and the player at each cone must go after the ground ball, gain possession and throw it back to the coach. They must stay in the alley (side-line to restraining line), and if they don’t they lost the ground ball. You can mix it up and have 2 on 1 and 3 on 2 ground balls. The concept is to get them to stay in the close confines of the Alley. If you have 2 on 1 or 3 on 2 they must pass it to each man on their team before they get it back to the coach. You can also put the ball on the side line and have them go after it and see what they do when the ball is 6 inches from the line. Emphasize groundball fundamentals and pushing from behind (why it is illegal).

Alley/Ground Ball Drill

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Alley/Ground Ball Drill, Continued
3 v 3 Drill

Drill Specs

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Objective

Drill that have players work 3 on 3 in the attack zone.

Drill Description

Have 3 players on offense go against 3 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.
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.