Practice Name: U9 Girls
Date: 5/20/2013
Coach:
Estimated Duration: 60 minutes

Drills:
☐ 5 Minute Active Stretch 5 minutes
☐ Modified Shuttle Pass Drill 10 minutes
☐ Hogan Lacrosse Butt to Butt Drill 10 minutes
☐ 4 v 4 Drill 15 minutes
☐ 12 v 12 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.
Modified Shuttle Pass Drill

**Drill Specs**

<table>
<thead>
<tr>
<th>Drill Theme: Ball Movement</th>
<th>Drill Style: Warm Up, Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Position: Offense, Defense</td>
<td>Time Needed: 10 Min</td>
</tr>
<tr>
<td>Field Location: Midfield</td>
<td>Skill Level: Basic</td>
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</tbody>
</table>

**Objective**
The Modified Shuttle Pass Drill is a basic drill that allows for many touches for each player as they pass the ball and work skills through the drill. The basis of the shuttle drill is to keep the ball in the air and work on your form passing.

**Drill Description**
The drill is set up with two cones at least 10 yards apart. Each cone should have 3 players behind the cone. On the whistle the player at the front of cone 1 will jog two steps toward cone 2 and pass the ball with her right hand, and then return to the back of her line. The player at cone 2 catches with her right hand only and then jogs two steps towards cone 1 and continues the pass and returns to the back of her line. When the coach feels that the players have all worked the right hand enough, they will call “Left-Left” and have your players catch and throw left hand to left hand. Vary the drill with having the players then go “Catch Right - Throw Left” and “Catch Left and Throw Right”. Continue with whatever additional variation you would like your players to accomplish.

**Skills Practiced**
- Ball Movement (Catching and Throwing)
- Maintaining Possession

**Variations**
To vary these drills add in ground balls, quick sticks, or behind the back passes to vary the drills.
Hogan Lacrosse “Butt to Butt DRILL”

Drill Specs

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

Objective

This drill helps players understand body awareness, how to lower your levels, and work for a groundball. But most importantly after scooping the ball, run away from pressure.

Description of Drill

Thanks to Matt Hogan of Hogan Lax for this great drill – the “Butt to Butt Drill”
This drill is a 2 person drill that has both players standing back to back with a ball between them on the ground. On the whistle the players turn and attempt to gain possession of the ground ball. Pick the ball up and get away from pressure.

Players are Butt to Butt, with the ball between them!

Continued on next page
### Hogan Lacrosse “Butt to Butt DRILL”, Continued

**Skills Practiced**
- Ground Balls
- Stick Checking

**Variations**
Add a third player as an outlet pass, and after the ball is picked up by one of the two players fighting for the ball, then the third player will break out and receive the pass as an outlet.
4 v 4 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 has players work 4 on 4 in the attack zone.

Drill Description

Have 4 players on offense go against 4 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.
12 v 12 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 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.