

Coaching Girls Lacrosse: Introductory Concepts & Drills Grades 1 - 4

Drill Focus: Midfield

**Achieve Lacrosse Coaches Education
Thursday, January 27, 2022**

AGENDA

- Basic skills and drills
 - Stick protection/faking
 - Stick tricks
 - Throwing and catching on the move
- Draws
 - Technique
 - Circle personnel

AGENDA

- Midfield Concepts and drills
 - Clears and breakouts
 - Redefending
 - The restraining line
- Practice Planning and Weekly Focus

STICK PROTECTION

- Stick protection
 - Protection is the simple act of cradling on all sides of your body
 - For example: strong side, offside, back behind, down in front, high, mid, low
 - Be comfortable moving the stick through your hands and handling the stick no matter where your hands are placed
 - Use the body! Rotate hips, torso, and shoulders to protect your stick
 - Always keep your head up and feet moving

FAKING

- Faking can be done with both the body and the stick
- Stick fakes
 - Short, mini-cradles highlighted by quick wrist movements
 - Can occur before a dodge, pass or shot
- Body fakes
 - Use head, shoulder, and torso movements for misdirection or to get a defender/goalkeeper off balance
- Being able to throw fakes demonstrates control over one's stick and confidence with the ball in the stick

FAKING & STICK PROTECTION DRILLS

FAKING AND STICK PROTECTION

- Simon Says
- Stick range star drill
- One-on-one pivot drill
- 3-person stick protection

STICK TRICKS

- While most 'stick tricks' will not be done during a game, the purpose of these movements is to help players learn how to handle the stick and control the ball within the stick
 - Many stick tricks consist of one-handed movements that help develop wrist – strength and improve hand-eye coordination

STICK TRICKS

- One-hand horizontal throws and catches (routines)
 - Back-of-the-stick
 - Around-the-back
 - Through-the-legs
- One-handed scoops or one-handed high grabs
- Bouncing the ball off the butt end
- Figure 8 cradles
- Rainbow twirl

STICKWORK ON-THE-MOVE

- Learning how to throw and catch while moving are two of the most difficult skills to learn
 - Develop hand-eye coordination
 - Learning how to adjust the body to make a catch
- Throwing on the move
 - Run up the field and throw the ball as far as you can
 - Place 'targets' on the field and throw the ball as close to the target as you can
 - 'Cat and mouse' – learning how to throw the ball with a defender near you
- Catching on the move
 - Start with running 'routes' and using 'football tosses' or 'softball high pops'
 - Coach-player interactions so coaches can put the ball on the stick

STICKWORK DRILLS

STICKWORK ON-THE-MOVE DRILLS

- Team handball
- Football running routes (Quarterback and wide receiver)
- Lacrosse Golf
- Monkey in the middle
- Partner passing cycles
- Give and go passing

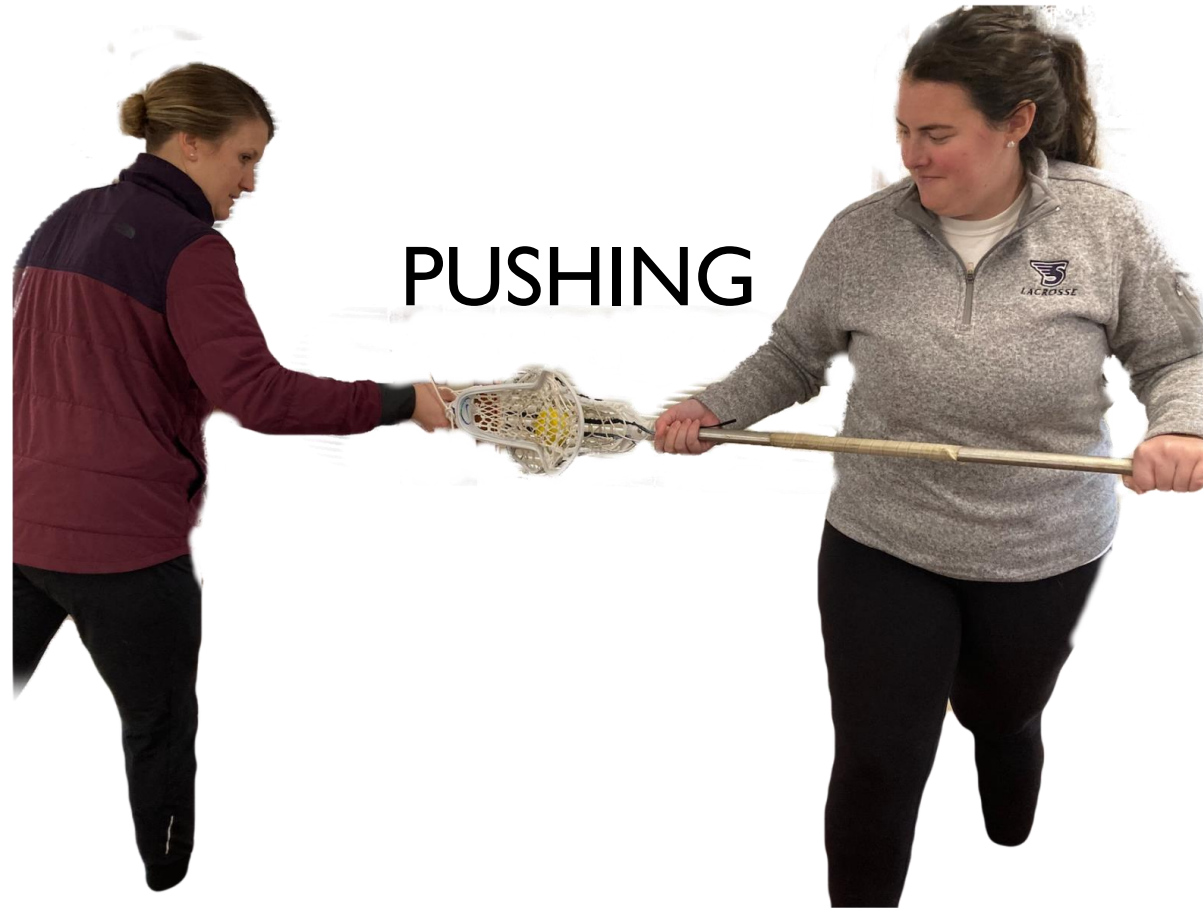
DRAW TECHNIQUE

- The ball must be placed in the top third of the stick

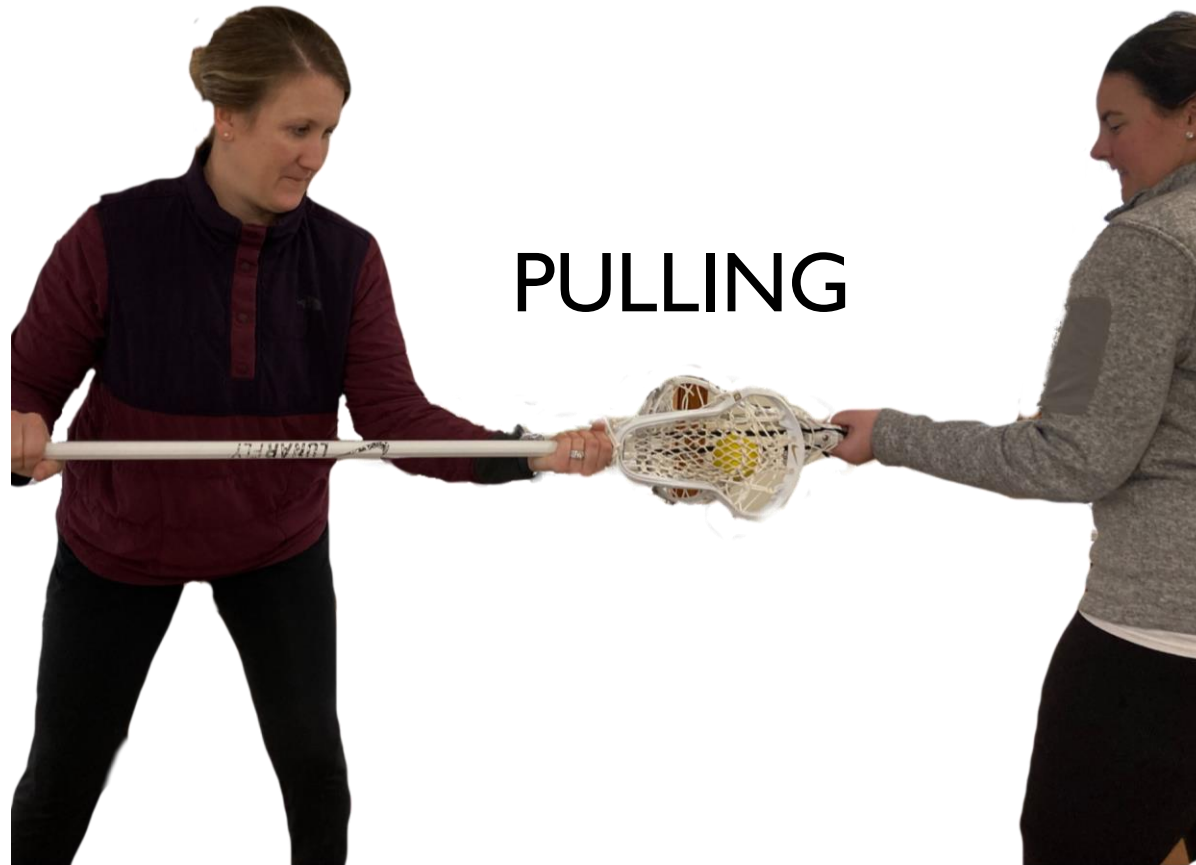


- Push vs. pull
 - Push: right hand at the top of the stick; center's back is to her goal, the back of her stick facing her
 - Pull: left hand is at the top of the stick; center is facing her goal, the open face of the stick facing her

DRAW TECHNIQUE



DRAW TECHNIQUE



DRAW TECHNIQUE

PULLING

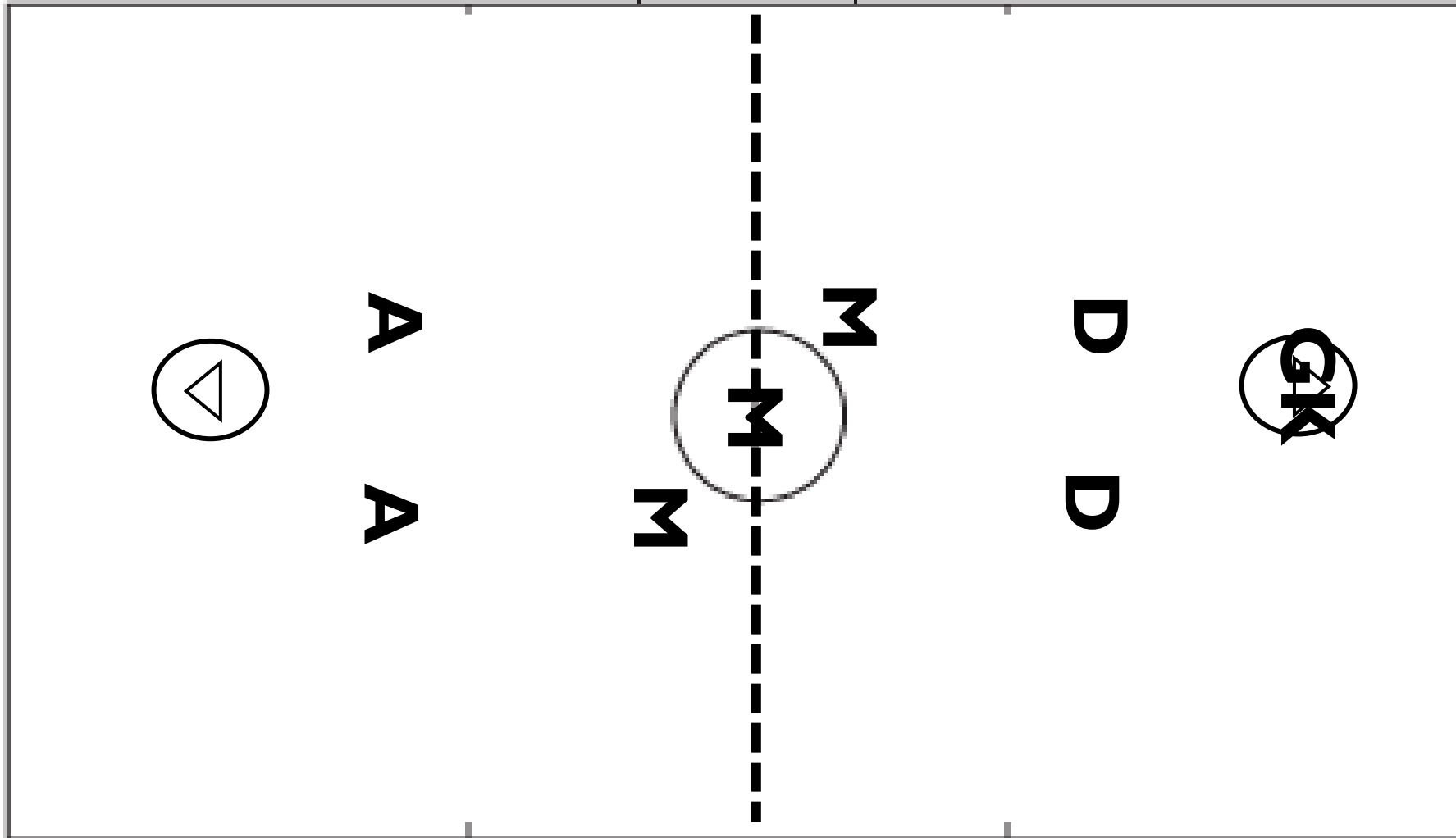


PUSHING

DRAW TECHNIQUE

- Stance
 - Balanced and strong
 - Two feet toeing the line, one foot in front of the other, on an angle
- Hand positioning
 - Top hand should clutch the throat, palm up
 - Bottom hand should be as close to the bottom of the stick as possible, palm down
- Follow-through
 - The follow-through dictates where the ball is going to go
 - Pull back over the shoulder, straight up, down-the-line

DRAW SET UP



DRAW CIRCLE PERSONNEL

- Positioning
 - Adjust your location to where the ball is going or where the center can “place” the draw
- Be proactive, not reactive
 - Quick first step and box out (to get a step on your opponent or to allow your teammate to get the ball)
- Keep your feet moving
 - If you gain possession, keep feet moving, head up, and stick protected
- Support the ballcarrier from all angles
 - Everyone on the field should be ready for the draw (even those behind the restraining lines)

DRAW DRILLS

DRAW DRILLS

- For the drawer
 - Quick whistles
 - 'Jump balls'
 - Draw Queen of the Hill
- For players on the circle
 - Reaction drill (with ball catches and ball snatches)
 - First step competitions