

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

Drill Focus: Offense

**Achieve Lacrosse Coaches Education
Thursday, January 13, 2022**

AGENDA

- Game overview
 - Field set up
 - Positions
 - Draw
- Basic skills and drills
 - Holding the stick/cradling
 - Ground balls
 - Throwing
 - Catching

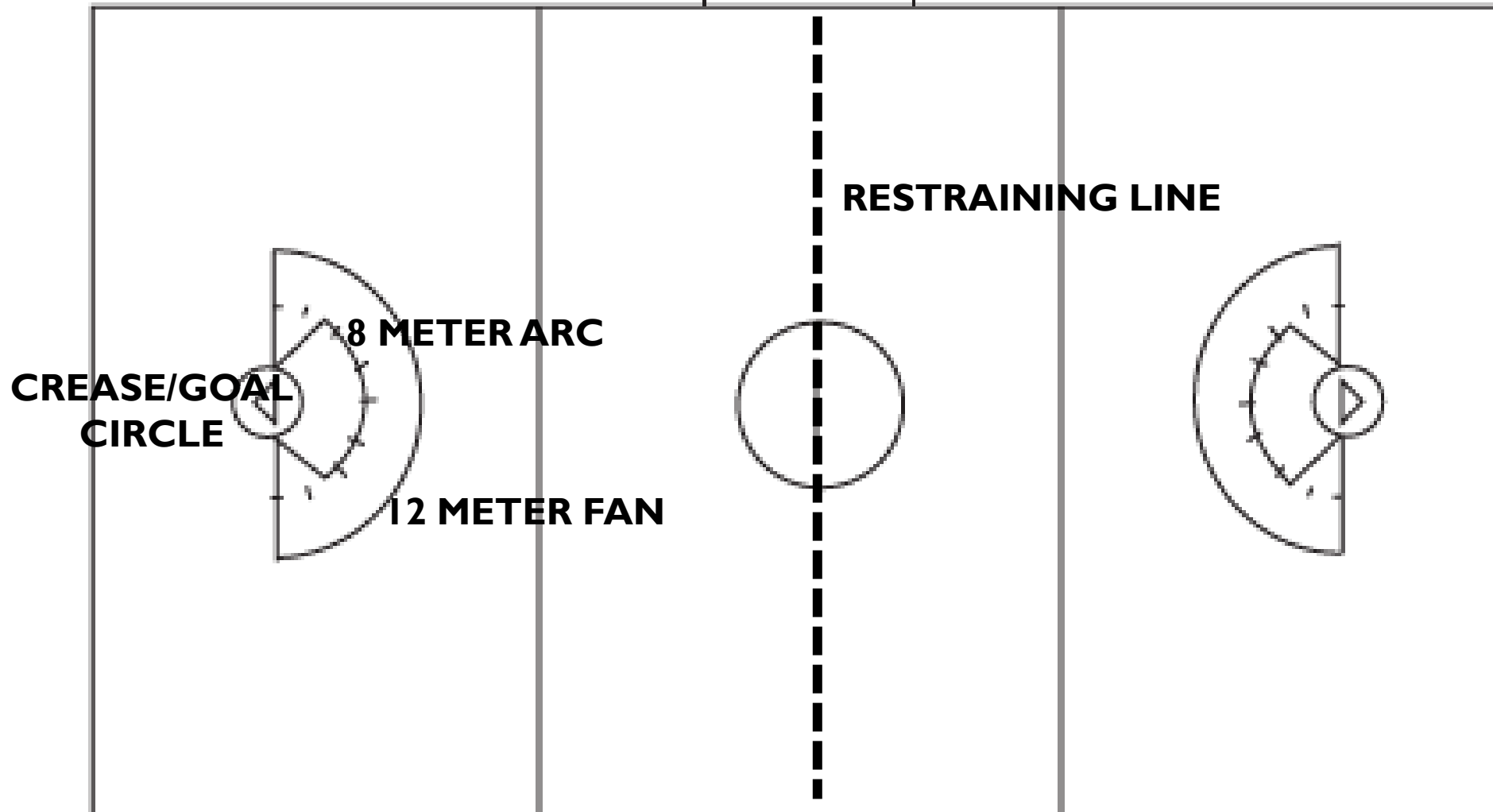
AGENDA

- Offensive Concepts and drills
 - Dodging
 - Shooting
 - Spacing

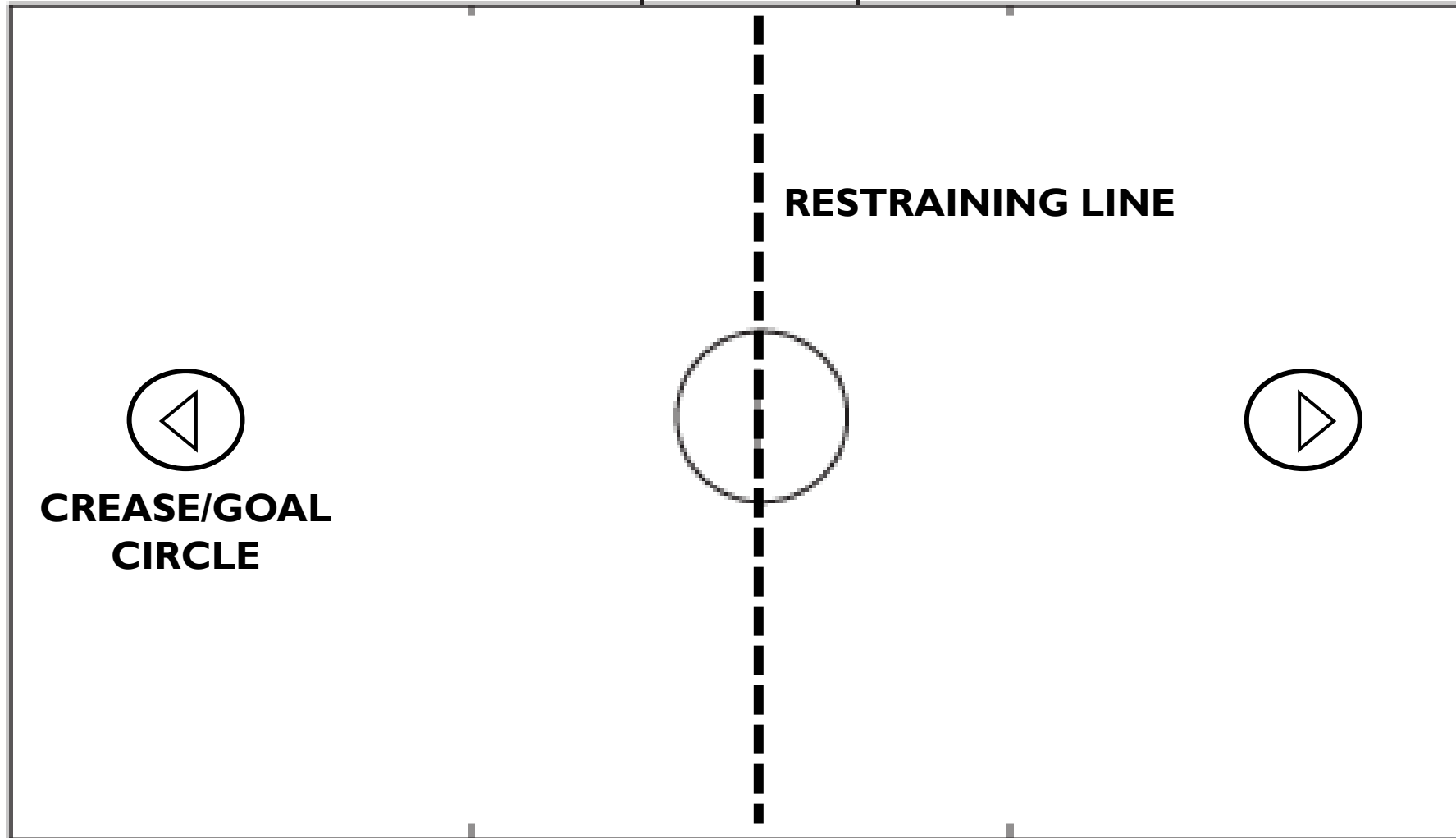
PLAYING AREA

- Field dimensions
 - 60-70 yards x 35-40 yards
- Limited field markings
 - No 8-Meter arch or 12-M fan
 - Midfield serves as the restraining line

FIELD SET UP W/FIELD MARKINGS



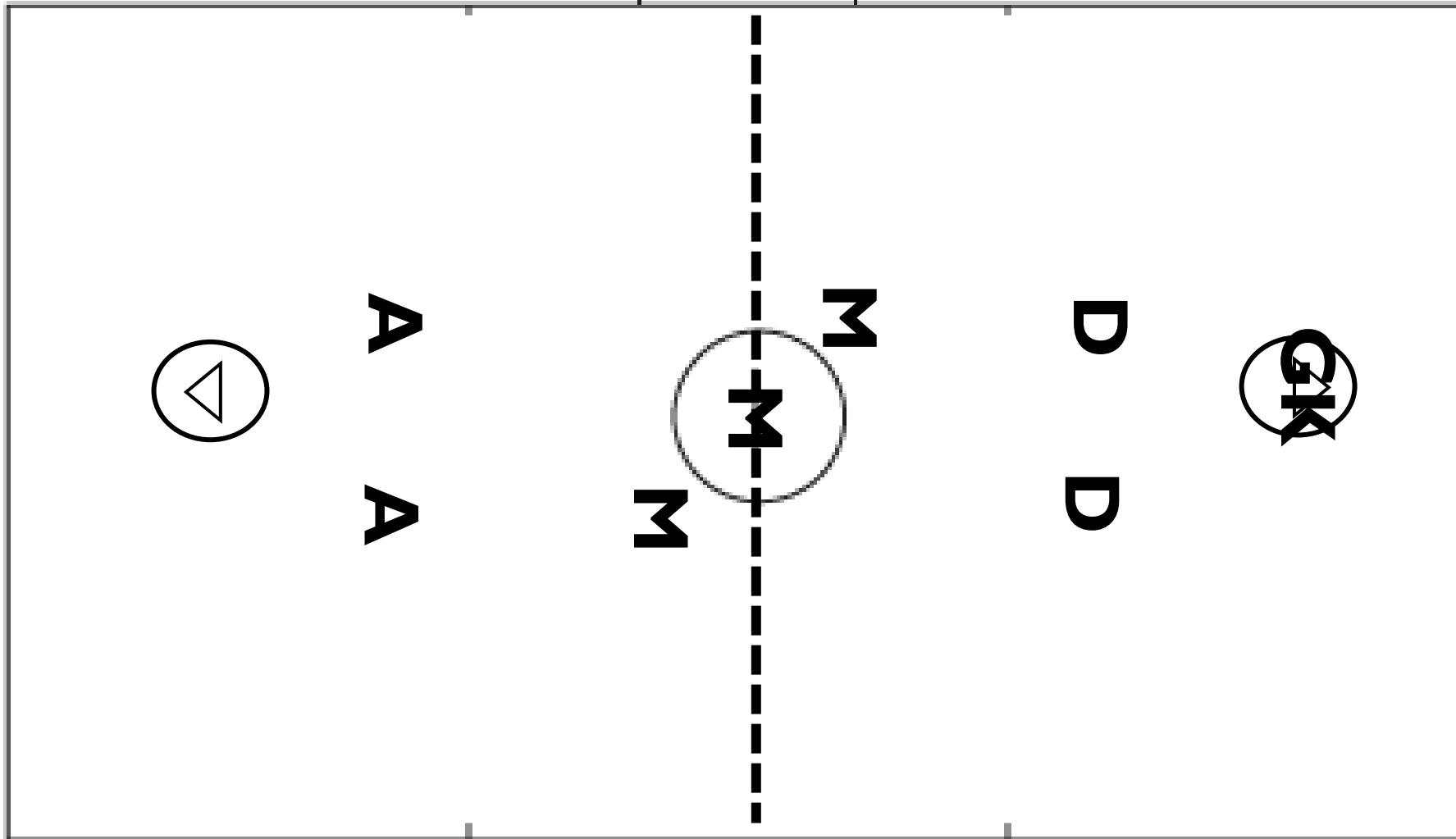
FIELD SET UP (8 v 8)



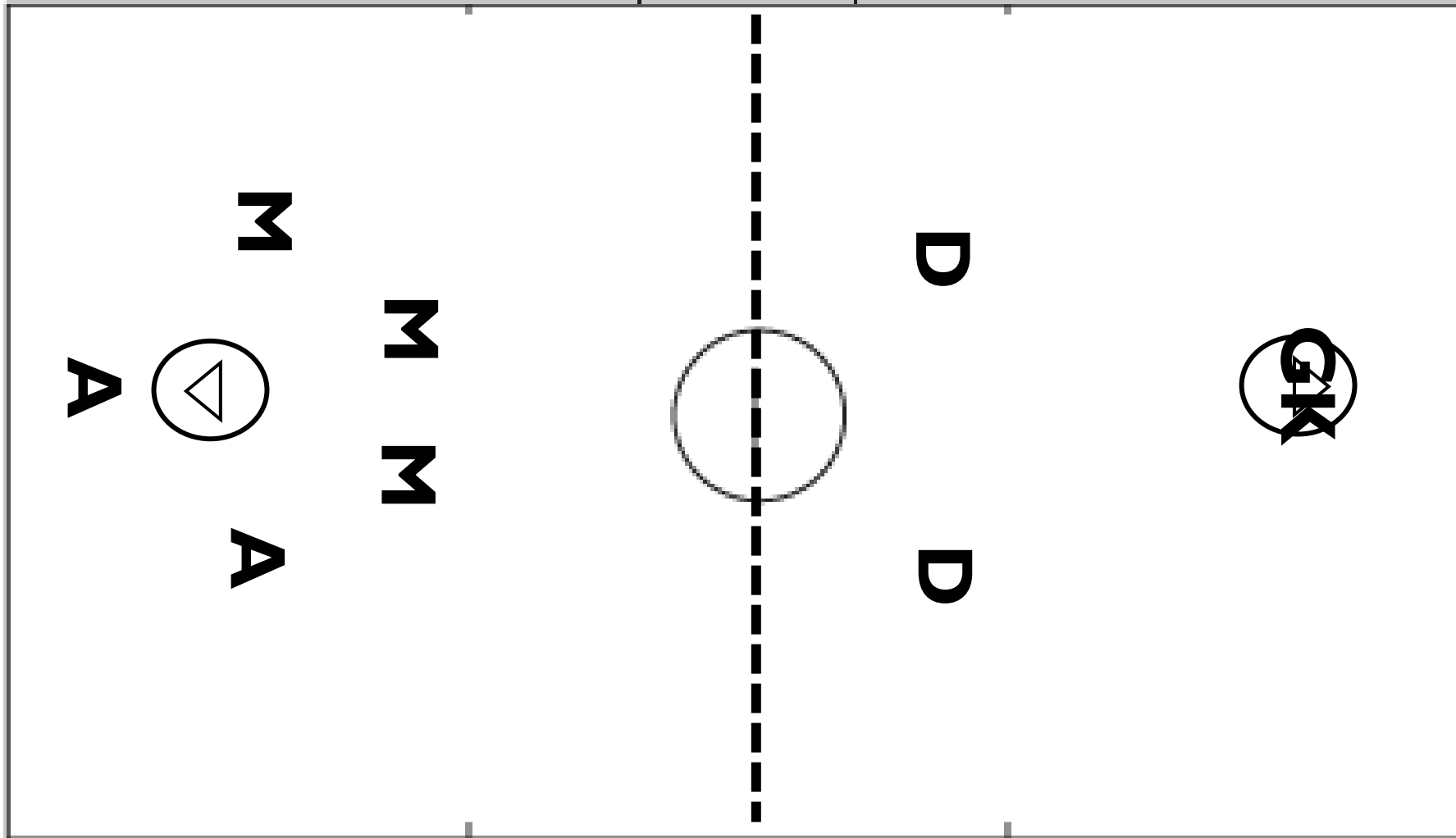
FIELD SET UP

- During a draw (to begin the game or after a goal is scored):
 - Only 3 players are allowed at the midfield (around the center circle) until possession has been established
- During play
 - 5 players are allowed in the zone (area from restraining line to end line)
 - 2 players must stay behind the restraining line
- Positions
 - Attackers – 2
 - Midfielders – 3
 - Defenders – 2
 - Goalkeeper – 1 (optional)

POSITIONS DURING A DRAW



POSITIONS DURING PLAY



DRAW

- The draw starts the game and restarts the play after a goal
 - 2 players in the center of the field stand together on the center line
 - Holding the stick horizontally, the players put the heads of the sticks together and apply pressure
- The ball is placed in between the backs of the heads of their sticks
- Still applying pressure against the other girl's stick, both girls bring their sticks upward rapidly together, releasing the ball at the top.



HOLDING THE STICK

- Appropriate size
 - Clutch the throat of the stick; extend the stick back along your arm; mark where the stick touches the shoulder
 - Cut off the excess stick that extends beyond the shoulder
 - Becomes more manageable to hold and easier to control the ball
- Hand placement
 - Top hand placed $\frac{3}{4}$ of the way up the stick
 - Bottom hand placed on the bottom of the stick

CRADLING

- Gentle yet swift rocking motion to keep the ball in the stick
 - Utilizes force/physics to keep the ball from popping out
 - Loose grip
- Most players develop their own unique cradle which protects the ball
 - Flat stick in a rocking motion
 - Vertical stick with small half circles - ear to nose
 - Vertical stick across the entire body

GROUND BALLS

- Picking up the ball off of the ground
 - The top hand should be placed at least $\frac{3}{4}$ of the way up the stick for maximum control
 - The stick should be held horizontal to the ground
 - Scoop beneath the ball and drive through until ball is secure in the stick (as if shoveling snow)
- Players cannot cover or rake the ball into their stick
 - Cannot use the strings of the stick to cover the ball in any way

THROWING

- Hand positioning
 - In general, the bottom hand is placed at the very bottom and top hand about 6-8 inches from the head
 - Players can adjust where their hands are depending on comfort
- Stick held horizontally or at a slight angle
 - Arms up away from the body
 - Top hand pushes the stick up and away from the shoulder
 - Bottom hand is held out in front of the body
- Throwing motion
 - Push/pull: bottom hand pulls and the top hand pushes (i.e. throwing a ball overhand)
 - Use the entire body: hips, torso, shoulders, arms
 - Follow through across your body

CATCHING

- To catch the ball
 - Players should have a soft grip – allow the stick to rest lightly in the fingertips
 - Keep the stick facing the ball by giving a target (top hand is extended out in front and the bottom hand is closer to the body)
 - Give motion (with stick and body) as the player sees the ball into her stick
 - ‘Give motion’ can be done whether a player is catching overhand or underhand
- Adjust your body and your stick to catch
 - Avoid reaching out to the ball and wrapping it into the stick

STICK HANDLING DRILLS

DRILLS FOR CRADLING

- Simon says
- Pinnie tag
- I-hand GB bucket drop
- Sharks and minnows
- What time is it, Mr. Fox?
- Red light, green light

STICKWORK DRILLS

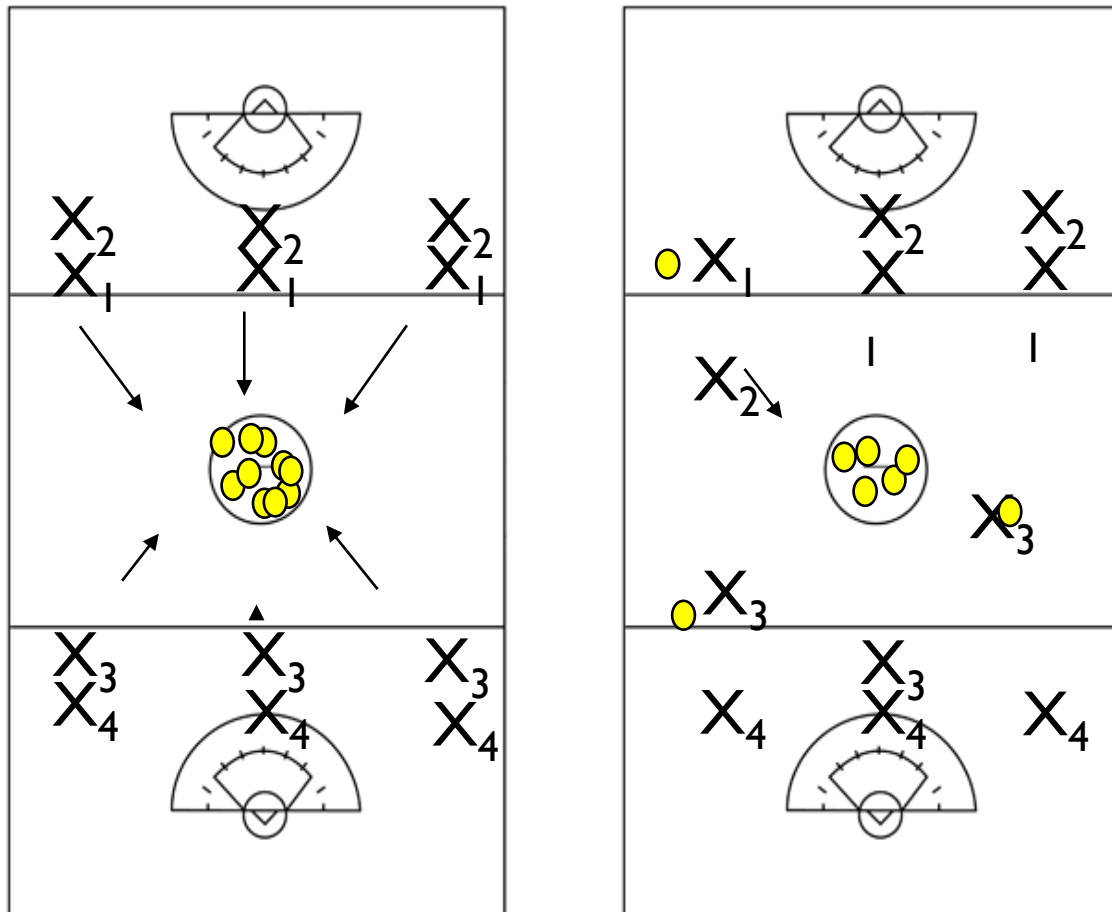
DRILLS FOR THROWING/CATCHING

- Partner passing
 - Routines
 - Water balloons
 - On one knee
 - On the move
- Longest pass competition
- 2-stick quicksticks
- Stick tricks
- 3-person post-passing
- Sprint drill

GROUND BALL DRILLS

GROUND BALL DRILLS: Hungry, Hungry Hippo

HUNGRY, HUNGRY HIPPO

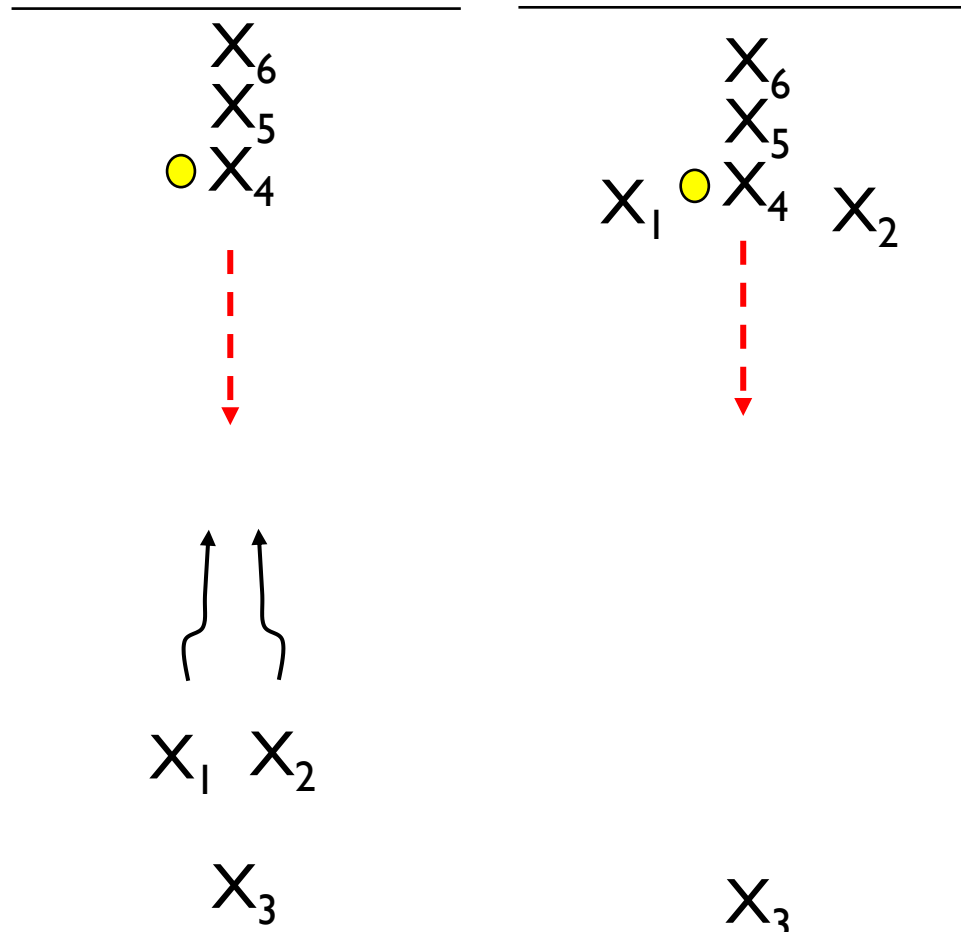


- Partners line up on the restraining line, while a bucket of balls are scattered in the center circle; can compete in groups of two or two teams depending on field set up
- First player from each pair sprints into the middle gets a ground ball, sprints back to teammate and has to complete 2 passes.
 - Once the two passes are caught, ball gets dropped at their feet. The next teammate runs in to the middle get another the ground ball.
- Coach in the middle should make sure players are getting low and running through ground ball; if they cover or bobble the ball send player back and her teammate goes.
- Continue until all balls are gone. The object is to get the most ground balls either for your pair or your team.

GROUND BALL DRILLS:

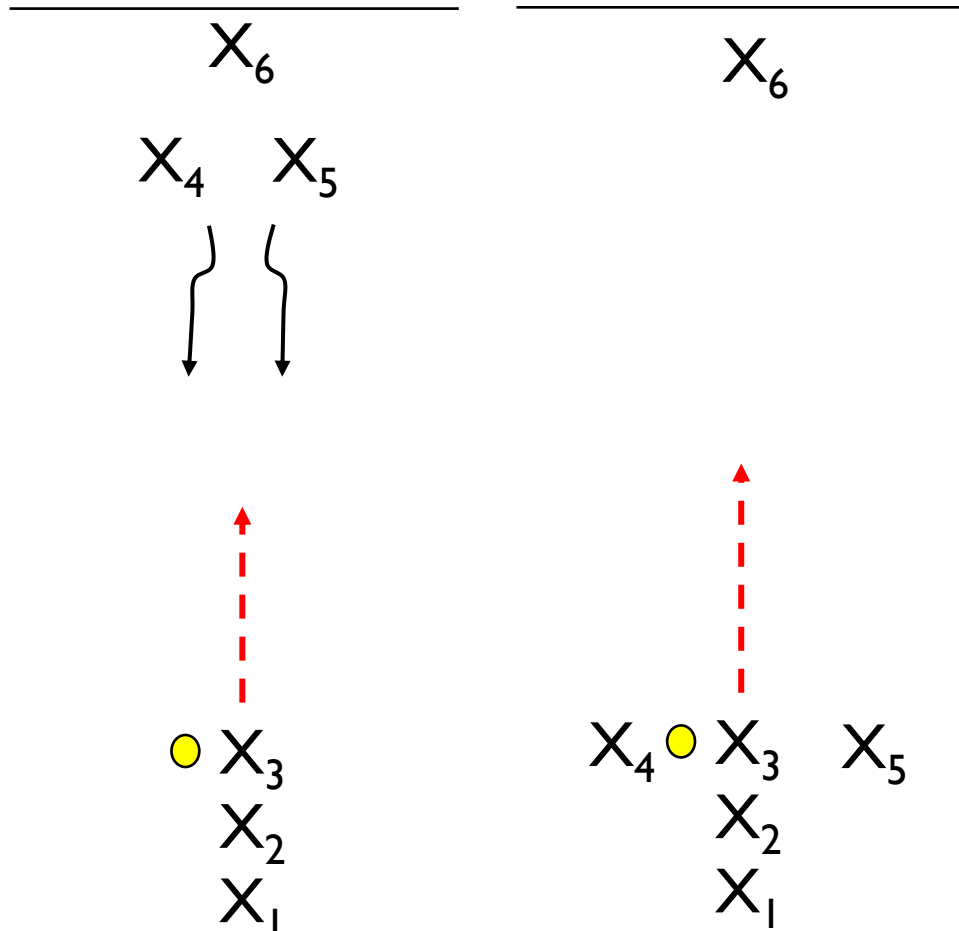
Give & Go Ground Balls

GIVE & GO GROUND BALLS



- Divide players into groups of 6. 3 players line up across from the other 3. Players are about 20 yards apart.
- The first player in the far line, X₄, rolls a ground ball to first two players in the near line.
 - X₁ and X₂ compete for the ground ball. The person who gains possession throws it back to X₄, the post player.
- X₁ and X₂ then run and line up next to X₄; X₄ rolls a ground ball away and X₁ and X₂ compete for it. Once possession is gained, she throws the ball to X₃.

GIVE & GO GROUND BALLS

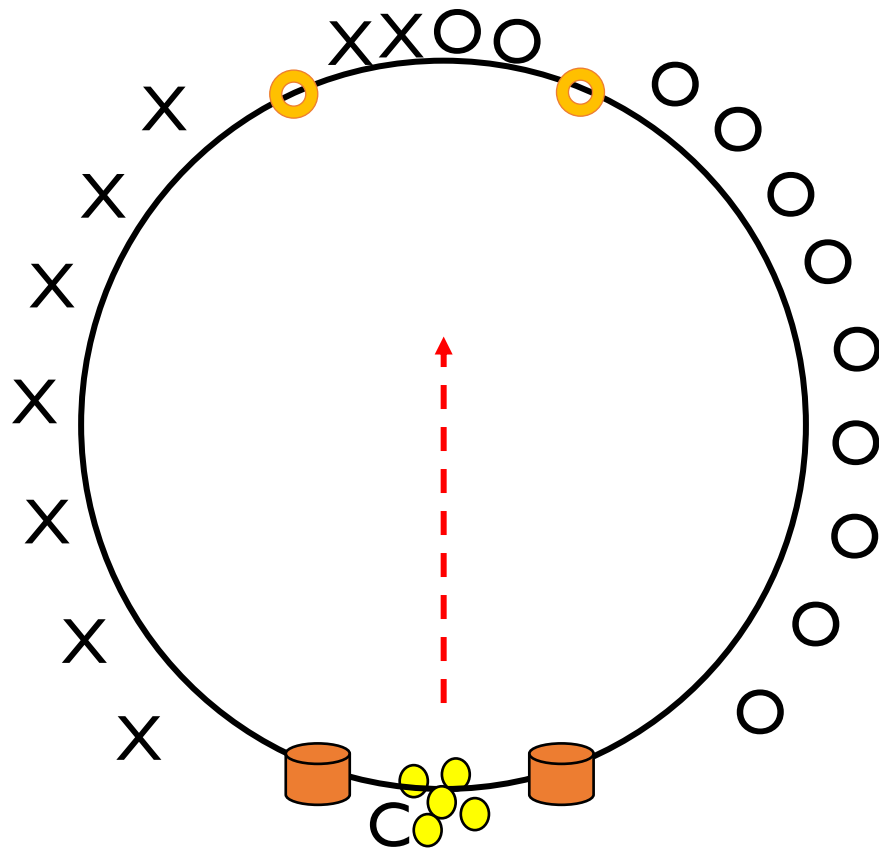


- The drill then repeats to the opposite side. X₃ rolls a competitive ground ball to X₄ and X₅
 - X₄ and X₅ compete for the ground ball. The person who gains possession throws it back to X₃
- X₄ and X₅ then run and line up next to X₃; X₃ rolls a ground ball away and X₄ and X₅ compete for it. Once possession is gained, she throws the ball to X₆.

GROUND BALL DRILLS:

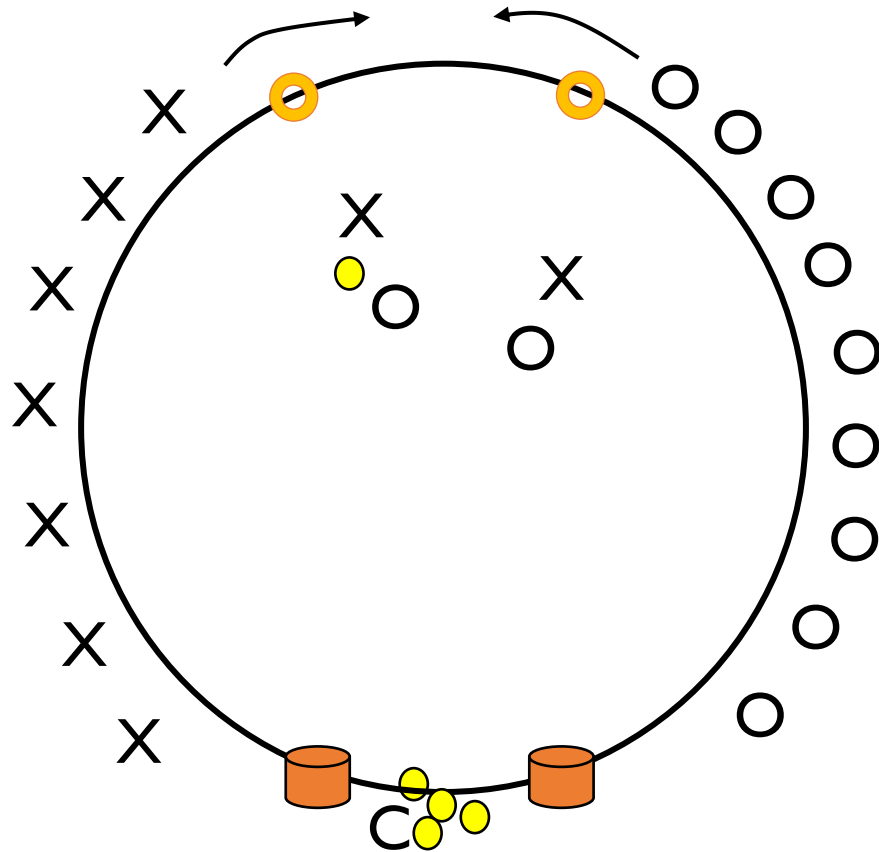
Center Circle Ground Ball Comp

CENTER CIRCLE GROUND BALL COMP



- Divide players into 2 teams; players on each team line up around the center circle (as shown.)
- 2 cones are placed at the top of the circle as the 'doorway;' the coach stands at the bottom of the circle with a pile of balls
- The first two players from each team enter into the 'doorway.' The coaches rolls a ground ball and the players compete for possession.

CENTER CIRCLE GROUND BALL COMP

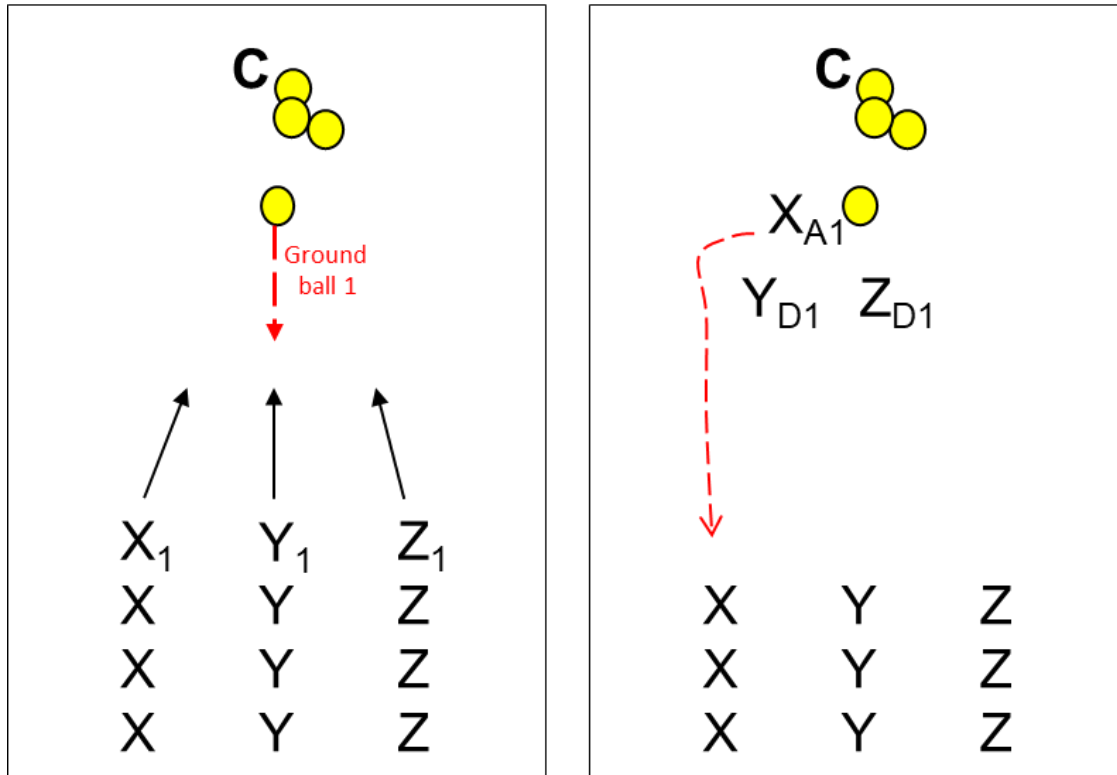


- Teams earn points for clean ground ball pick ups, passes made between teammates and successful passes back to the coach.
 - Players could also drop the ball in the bucket instead of passing it back to the coach.
- Once the play has ended, the players in the drill replace at the bottom of the circle and the next four players cycle up into the doorway for the next ground ball.

GROUND BALL DRILLS:

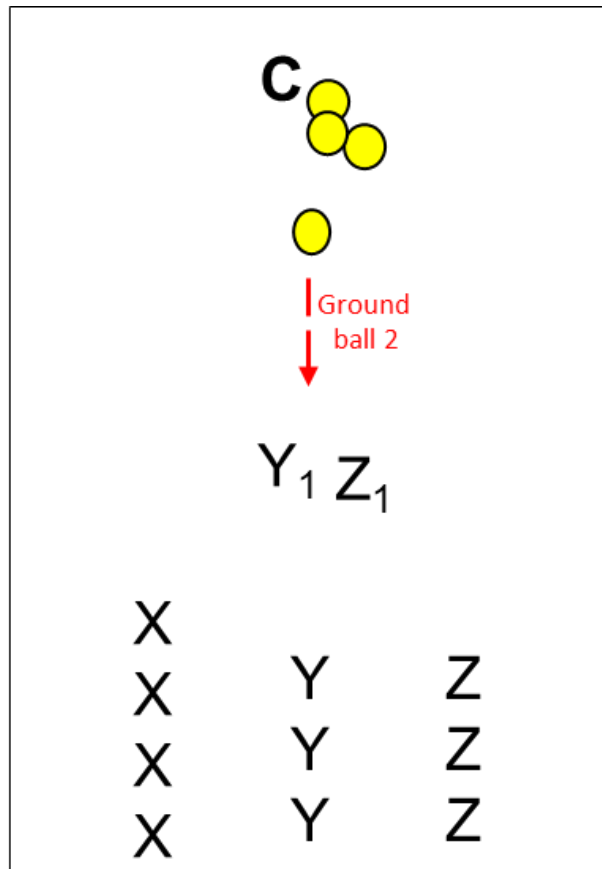
3-Color Ground Ball Comp

3-COLOR GROUND BALL COMPETITION



- Divide players into three teams. Each team forms its own line along the sideline. The coach has a pile of balls.
- The coach rolls out a ground ball and the first player in each line competes for possession.
 - Once possession has been gained, the player who has the ball is on attack and the other two are defenders.
 - The attacker is working to successfully handle the double-team and run the ball or complete a pass back to a teammate in her line. If she is successful, she earns two points for her team and exits the drill.

3-COLOR GROUND BALL COMPETITION

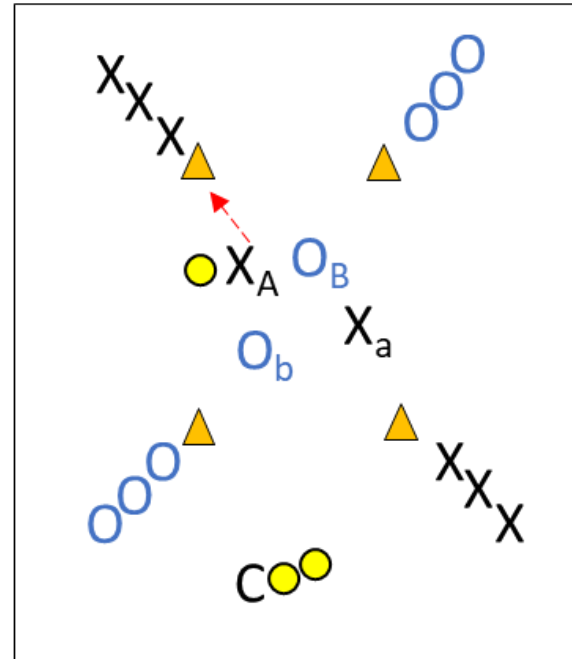
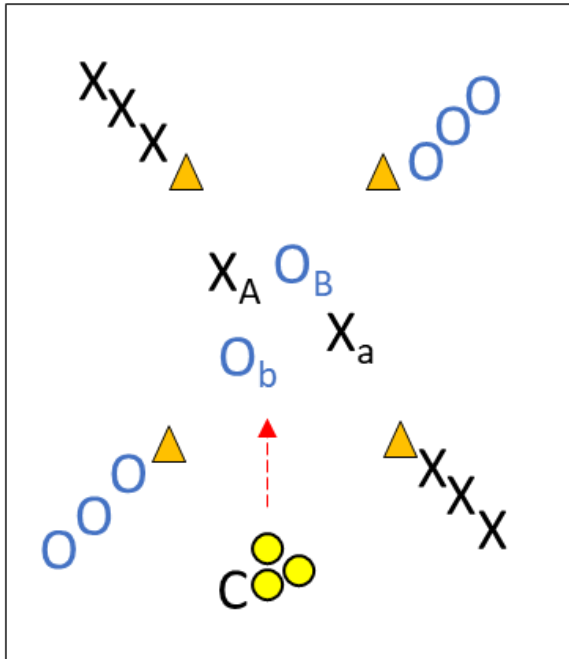


- The coach then rolls second ground ball to the remaining two players and they compete.
 - The player who gains possession is working to run the ball back or complete a pass to a teammate in her line. The second ground ball is worth one point.
- The play then starts again with the next three players in line.

GROUND BALL DRILLS:

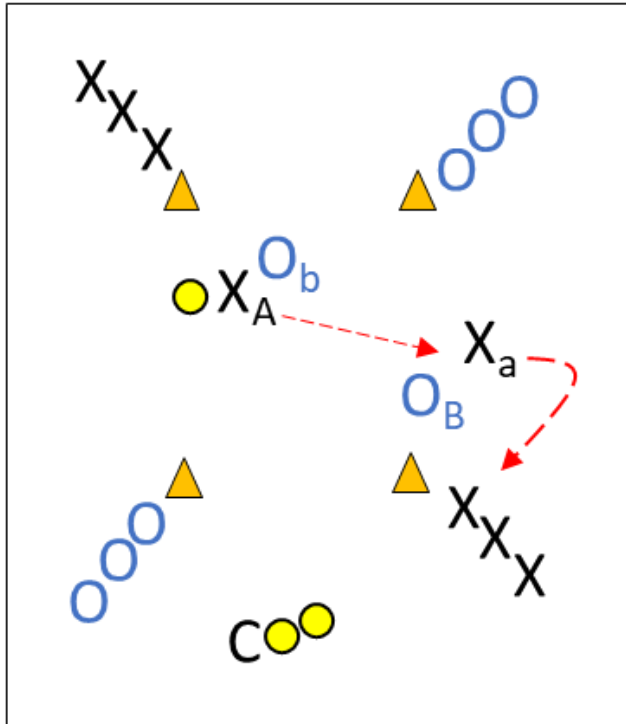
2v2 Ground Ball Competition

CENTER CIRCLE GROUND BALL COMP



- Players are divided into two teams. Each team will have two lines – each line in opposite corners of the square.
- The first player from each line enters the middle of the square. The coach rolls a ground ball and the first 4 players (1 from each line) compete for the ground ball.
 - Once possession has been established, the player with the ball has two options. For 1 point, the player with possession can complete a pass to one of her teammates in either of the team's two lines.

CENTER CIRCLE GROUND BALL COMP



- To earn an additional point, the player with possession can complete a pass to her teammate inside the drill (X_A to X_a) and then pass the ball to a teammate in either outside line.
- Each group gets 2 ground balls so they can earn up to 4 points per set.