

Coaching Girls Lacrosse: MIDFIELD / TRANSITION

BREAKOUTS

- Spacing
 - Stay out of the middle of the field
 - Make passes down the sides (not in the middle of the field)
- The ballcarrier should always be able to carry the ball over the restraining line
- Surround the ballcarrier on all sides of the ball for passing options

CLEARs

- Getting open for a clear (or a pass through the midfield) is all about footwork: change of speed and change of direction
 - Attackers should work to lose their defender by making quick, sharp movements
 - Attackers are working for separation between themselves and the defender

REDEFENDING

- Redefending is the equivalent of a press in basketball
 - There should always be someone on the ball
 - All players should 'find their mark'
 - Understand 'goal-side'
- Redefending is successful when each player:
 - Finds a player quickly
 - Hustles relentlessly
 - Never gives up

THE RESTRAINING LINE

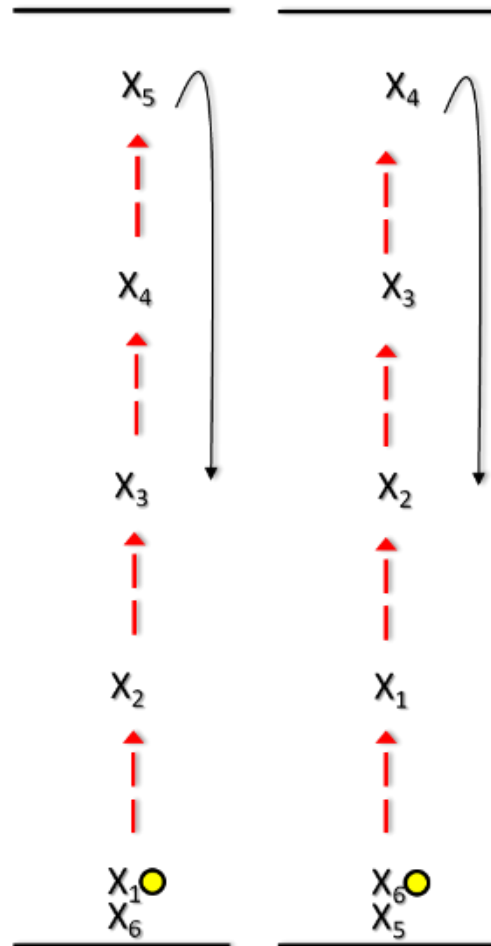
- Offensive considerations
 - 5 attackers in (2 players must hold behind)
 - Ballcarrier should always have the option of carrying the ball over the restraining line
- Defensive considerations
 - First 5 players in (regardless of position)
 - On-ball defender should never worry about holding at the restraining line

MIDFIELD / TRANSITION DRILLS

MIDFIELD / TRANSITION DRILLS:

Sprint Drill

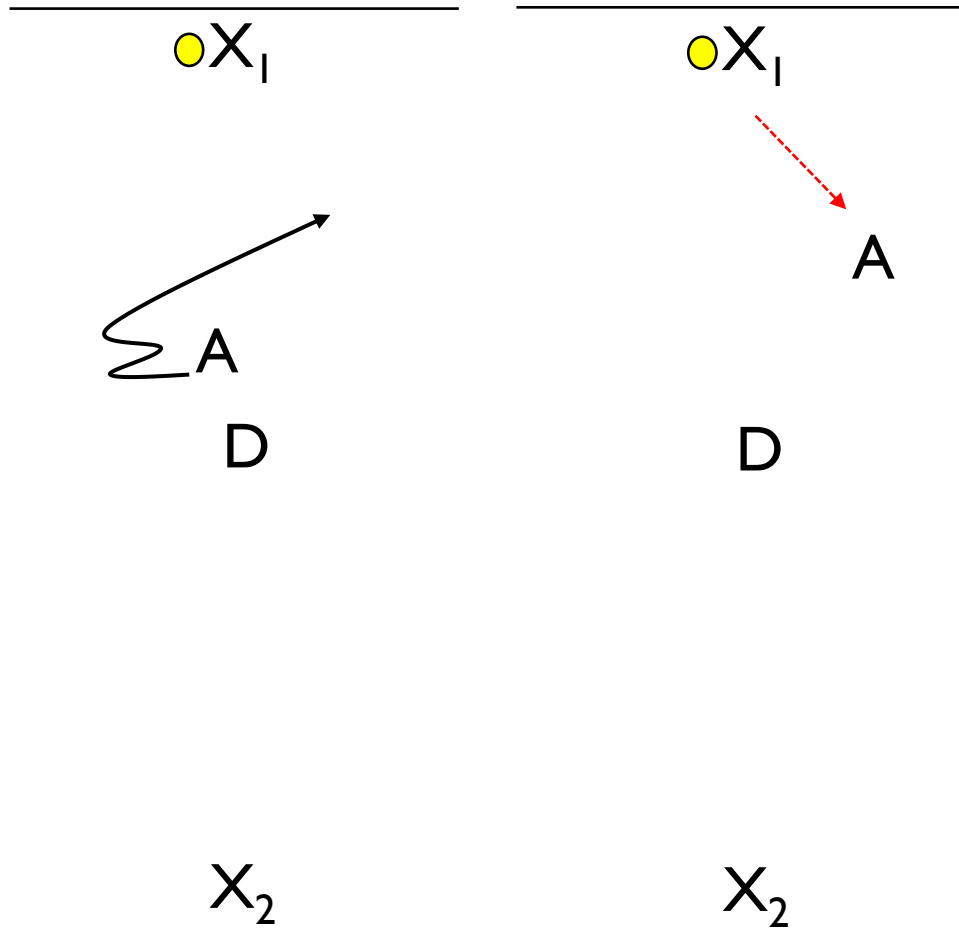
SPRINT DRILL



- Each team sets up as follows: two players on the end line, and four players evenly spaced up the field.
- The first player on the end line, X_1 , has a ball.
 - X_1 passes to X_2 and replaces her as X_2 passes it to X_3 .
 - X_3 then passes to X_4 and X_4 passes to X_5 .
 - Each player replaces the one in front of her.
- When X_5 receives the ball, she sprints back to the opposite end line and passes the ball to X_6 .
- The pattern starts again. Players should vary their stickwork during the sprint and utilize the stationary passers as cones to work on dodges.

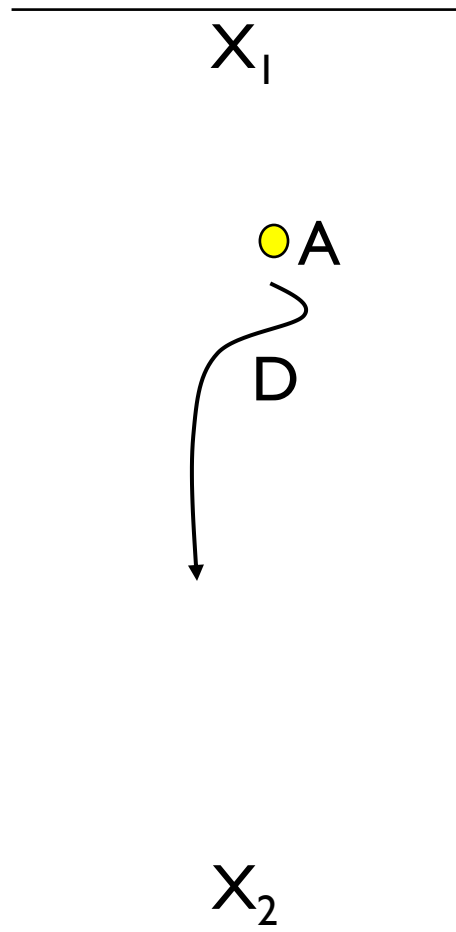
MIDFIELD / TRANSITION DRILLS: A/D Post Passing

A/D POST PASSING



- Divide players into groups of 4. Each group has 2 post players, 1 attacker and 1 defender.
- One of the post players starts with the ball and the attacker and defender are in the middle.
- The attacker is looking to break away from the defender by making sharp cuts and accelerating into space.
- The post player makes a pass or rolls a ground ball to the attacker. (Progress shadow to live defense)

A/D POST PASSING

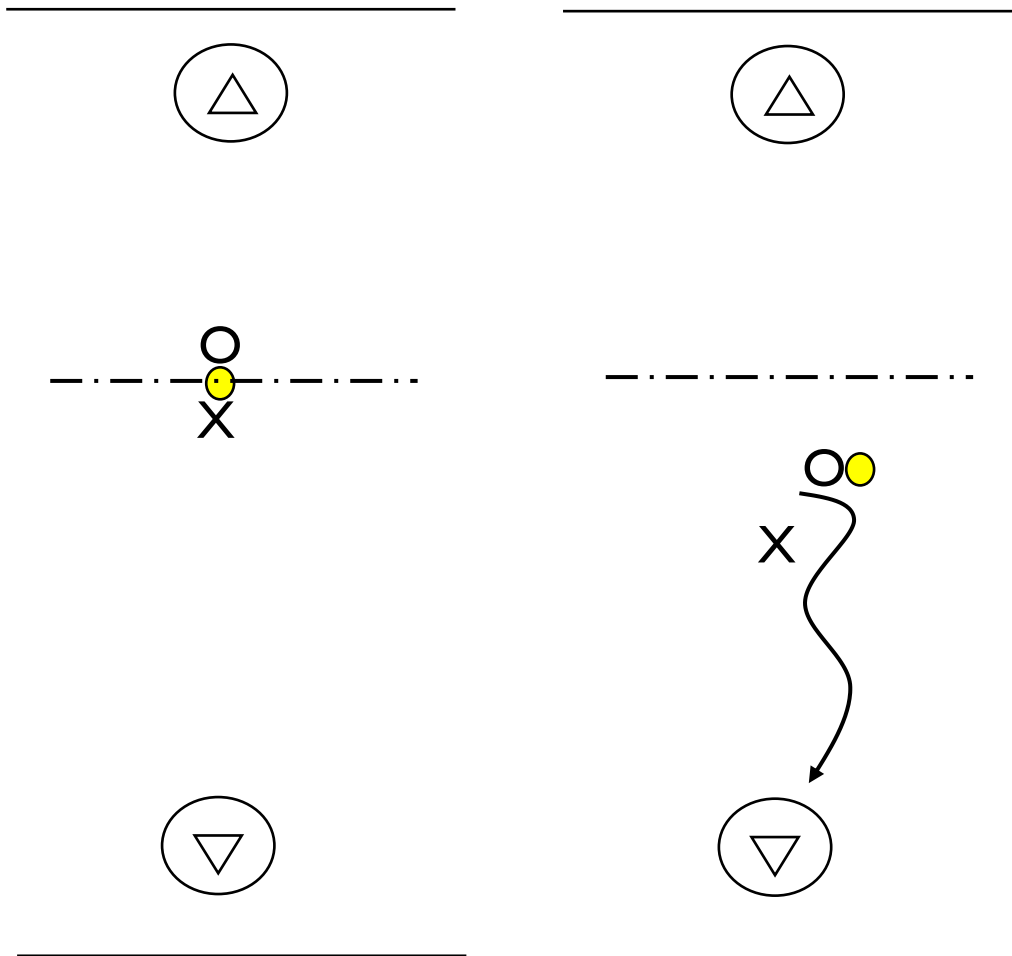


- The attacker then dodges around the defender and throws the ball to the opposite post.
- The play then repeats from the opposite side.

MIDFIELD / TRANSITION DRILLS:

Brave Hearts

BRAVE HEARTS

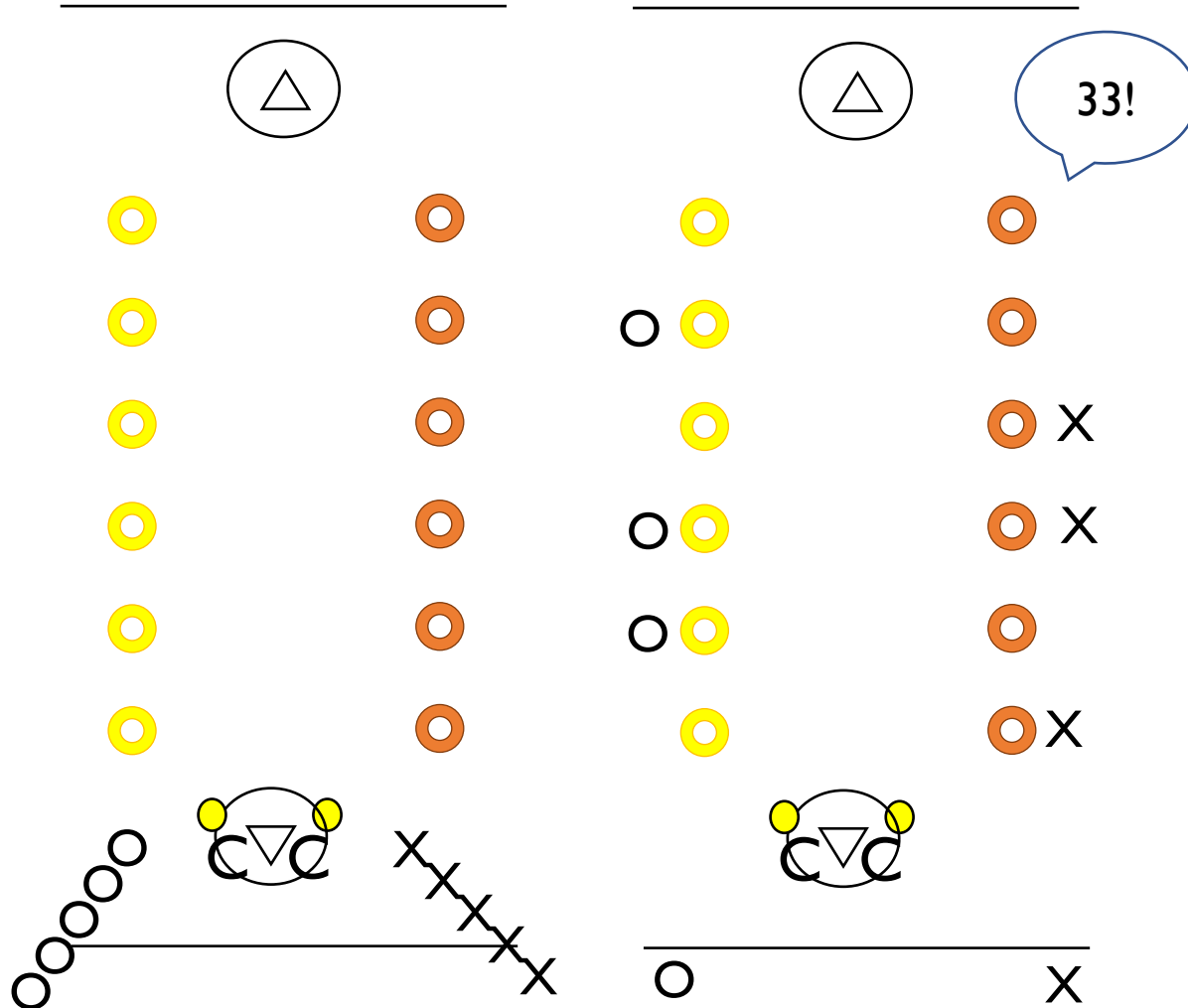


- Brave hearts are 1v1s that start with a draw. The field should be approximately 25-30 yards long.
- Two players line up for a draw. Once the draw is taken, the player that gets the ball is on attack and the other is the defender.
- They go 1v1 to goal and the first player to score a goal wins.

MIDFIELD / TRANSITION DRILLS:

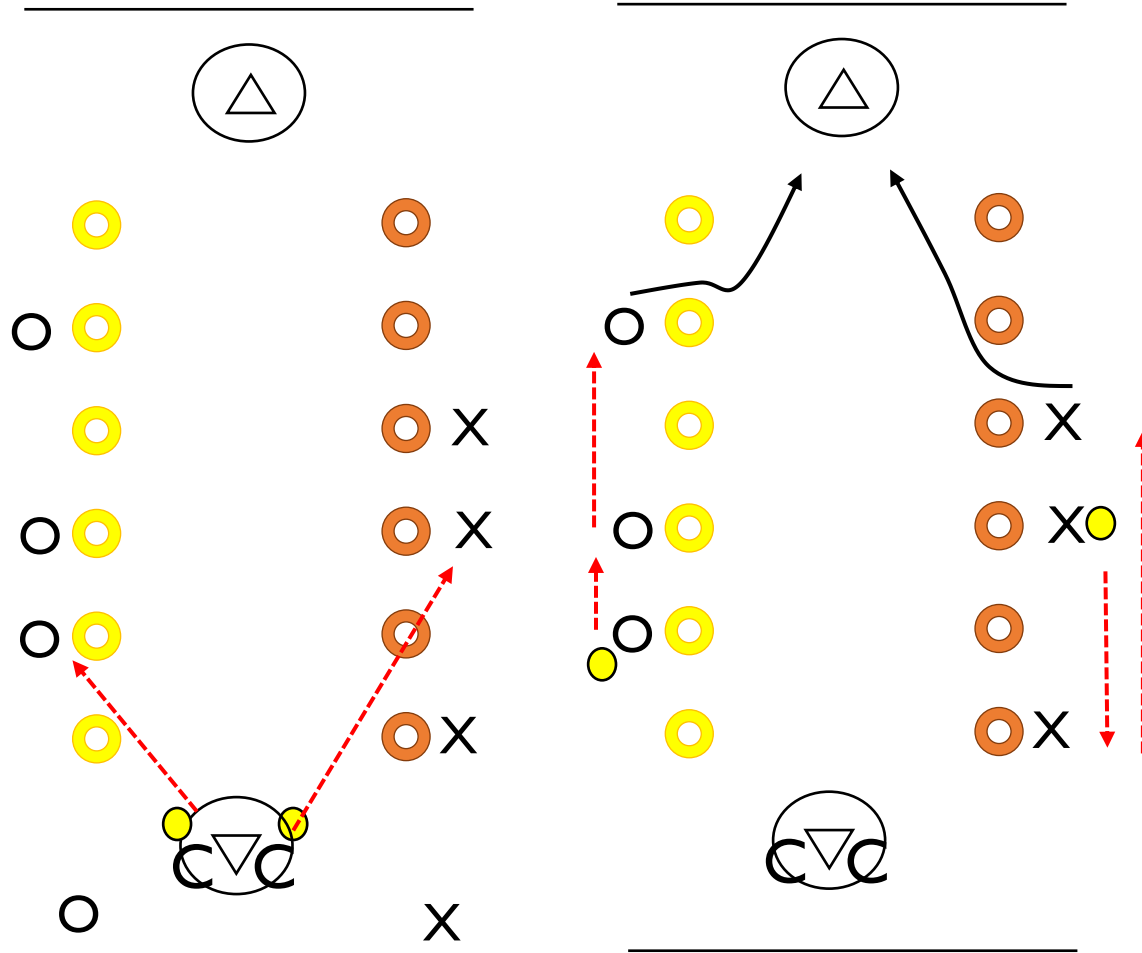
Elevens

ELEVENS



- Divide players into two teams. Each team lines up on either side of the cage at goal line extended.
- There are two coaches (or goalkeepers) in the crease, each who have a ball.
- The coach calls out a multiple of 11. (The first digit represents the number of players in the drill and the second represents the number of passes need.
- On the whistle, the players sprint to any cone on their side of the field.

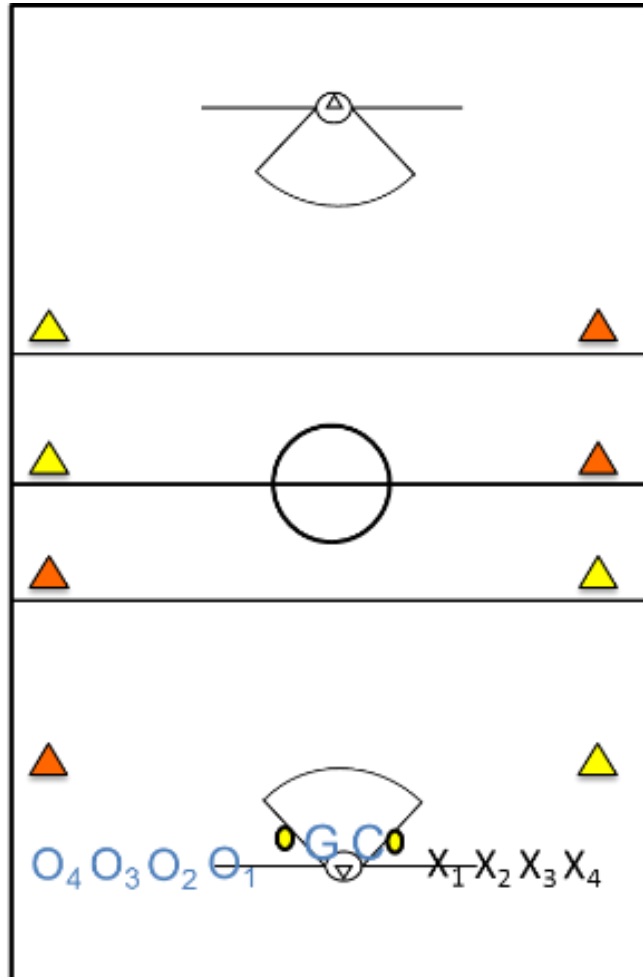
ELEVENS



- The coach or goalkeeper can throw the ball to any player on her side.
- The ball must be passed to every player in the drill. (The pass from the coach counts as the first pass and the team needs 3 passes in this example.)
- Once all 3 passes have been completed, the last player with the ball sprints to the other side of the field and takes a shot. The team that scores a goal first, wins!

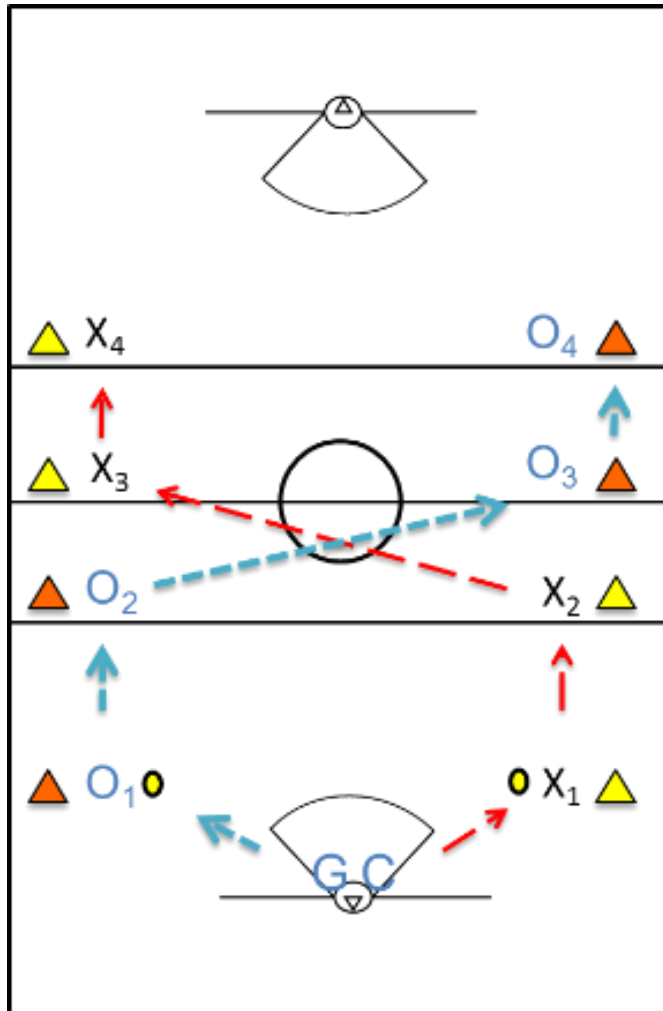
MIDFIELD / TRANSITION DRILLS: Greatest Clearing Drill Ever

GREATEST CLEARING DRILL



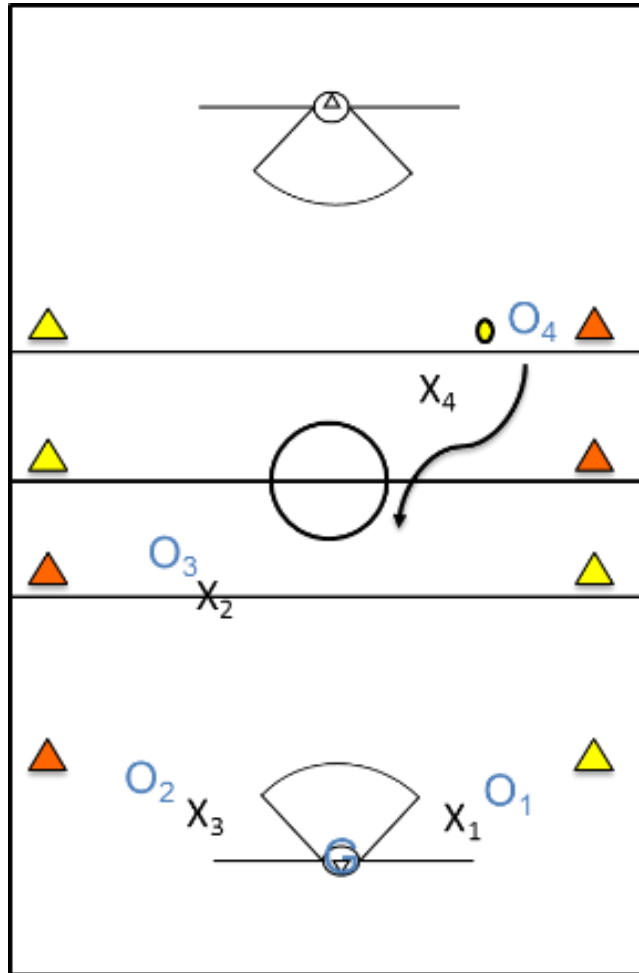
- Divide players into two teams. 4 Xs line up on one side of the goal line one side of the goal and 4 Os line up on the other.
- There are two coaches (or a coach and a goalkeeper) in the crease with balls. The coach sets out four cones for each team between the goal line extended and the opposite restraining line.
- The coach defines the same passing pattern for both teams to transition the ball from a goalkeeper/coach clear to the opposite restraining line via each of the four players.

GREATEST CLEARING DRILL



- The coach defines the same passing pattern for both teams to transition the ball from a goalkeeper/coach clear to the opposite restraining line via each of the four players.
- On the coach's whistle, all four players from each team sprint to one of the cones.
- Once a player gets to the closest cone, the goalkeeper/coach clears a ball to that player.
- The ball is then passed between teammates in the predetermined passing pattern.

GREATEST CLEARING DRILL

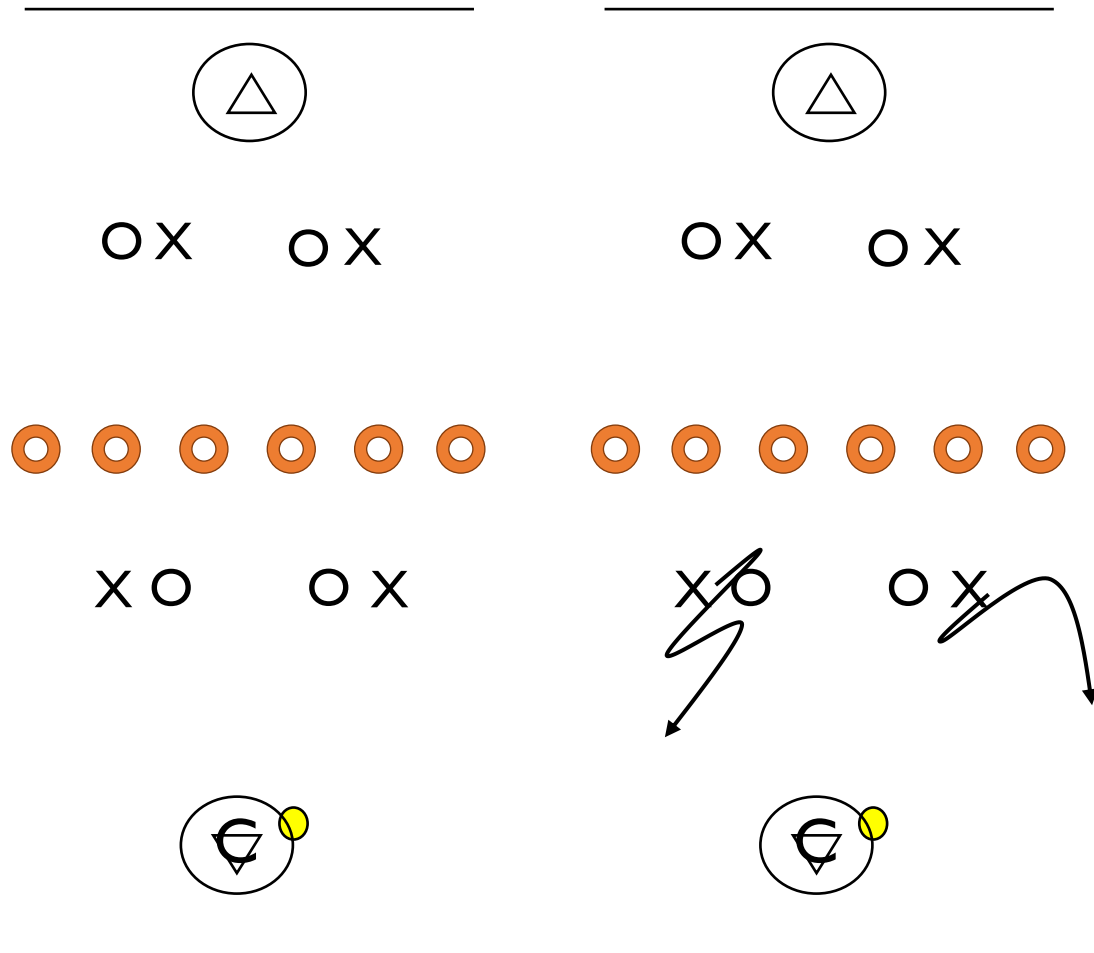


- The team that gets the ball to the last player/furthest cone first becomes the attacking team and the other team drops their ball and becomes the defense.
- The play transitions from the opposite restraining line back to the goal. Once the play has ended, the drill resets.

MIDFIELD / TRANSITION DRILLS:

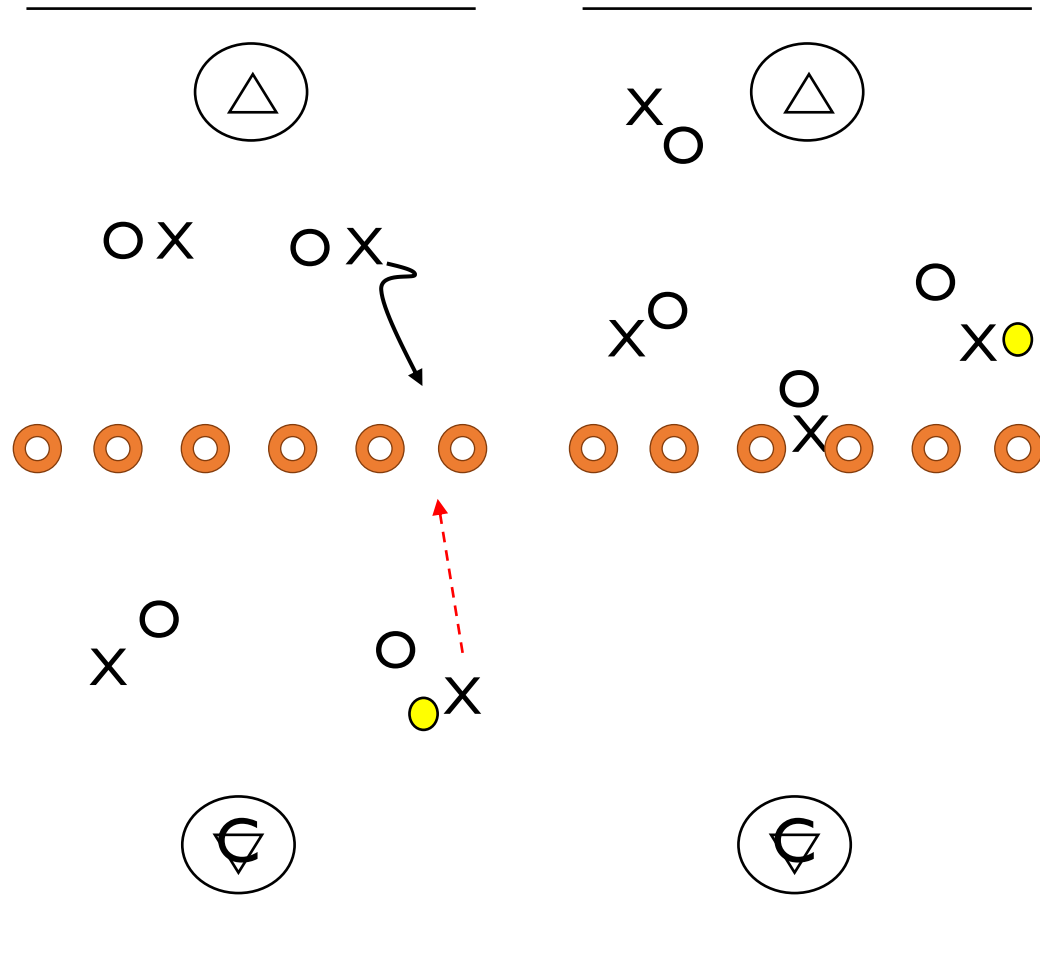
4v4 Pass or Go

4v4 PASS OR GO



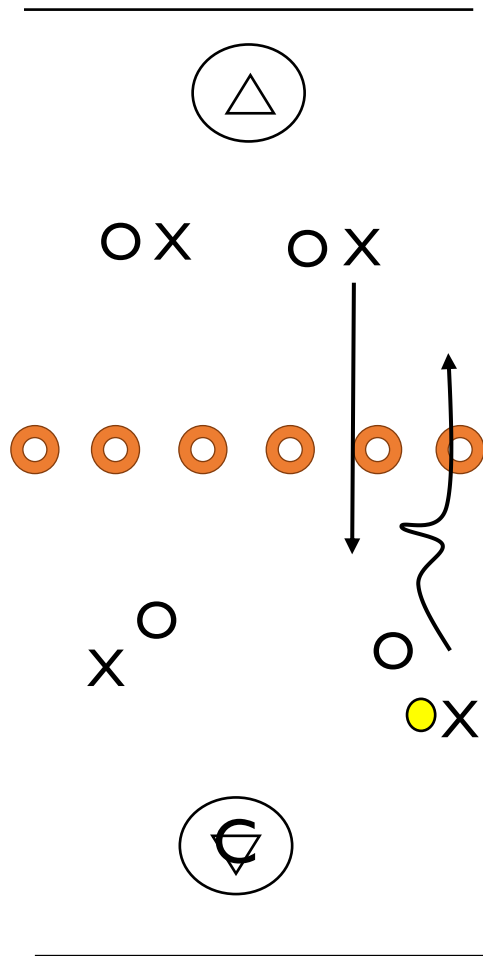
- Divide players into two teams. Divide the field in half.
- The coach identifies the team that is on attack and the team that is on defense
- The 2 attackers in the zone are working to get open for a clear from the coach/goalkeeper.

4v4 PASS OR GO



- Once the clear is made, the attackers must make a pass before crossing the 50 (row of cones.)
 - The two attackers in the offensive zone must be working to receive a pass.
- Once the pass is made, the two attackers who were working to get the clear join in the offensive end to create a 4v4

4v4 PASS OR GO



- Progress the drill to allow the player who catches the clear to carry the ball over the 50 (row of cones) by making an attacker come back over the line.
- Once the ballcarrier crosses the 50,