

Coaching Girls Lacrosse: Intermediate Concepts & Drills Grades 5 - 8

Drill Focus: Offense

**Achieve Lacrosse Coaches Education
Thursday, February 3, 2022**

AGENDA

- Basic skills
 - Cradling/switching hands
 - Throwing/catching
 - Shooting

AGENDA

- Offensive concepts
 - Dodging
 - 1v1 attacking
- Settled offense
 - Spacing/formation
 - Off-ball movement/cutting
 - Setting picks/feeding
- Drills

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
- Players with the best stickwork use a variety of different cradle styles depending on the situation

SWITCHING HANDS

- Switching hands
 - One big cradle to your offside – rotating your hips and shoulders so that the stick is protected
 - Stick should drop between your shoulders
 - Touch the opposite shoulder with your knuckles before releasing your hands to switch
 - Never switch hands while the stick is exposed, in front of the face or into the defender

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

STRONG-SIDE vs. OFF-SIDE

- Strong-side (throwing and catching)
 - Right handed player
 - Right hand on the top of the stick, left hand on the bottom
 - Stick is on the right side of the body
 - Left handed player
 - Left hand on the top of the stick, right hand on the bottom
 - Stick is on the left side of the body
- Off-side (throwing and catching)
 - Right handed player
 - Right hand on the top of the stick, left hand on the bottom
 - Stick is on the LEFT side of the body
 - Left handed player
 - Left hand on the top of the stick, right hand on the bottom
 - Stick is on the RIGHT side of the body

STICKWORK DRILLS

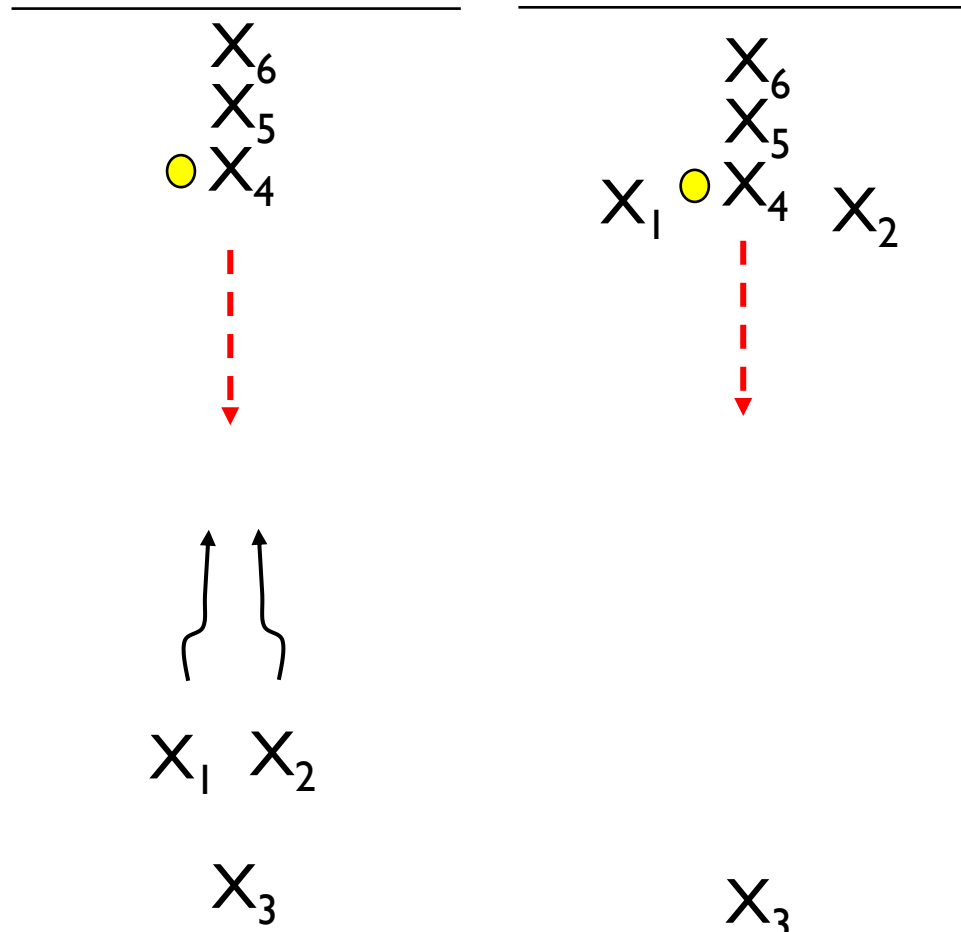
DRILLS FOR THROWING/CATCHING

- 2-stick quick sticks
- 2-ball partner passing cycles
- 2-ball, 2-pass shuttles
- Box passing
- Criss-cross to outlet full-field passing
- 4-man, 2-ball full-field passing

GROUND BALL DRILLS:

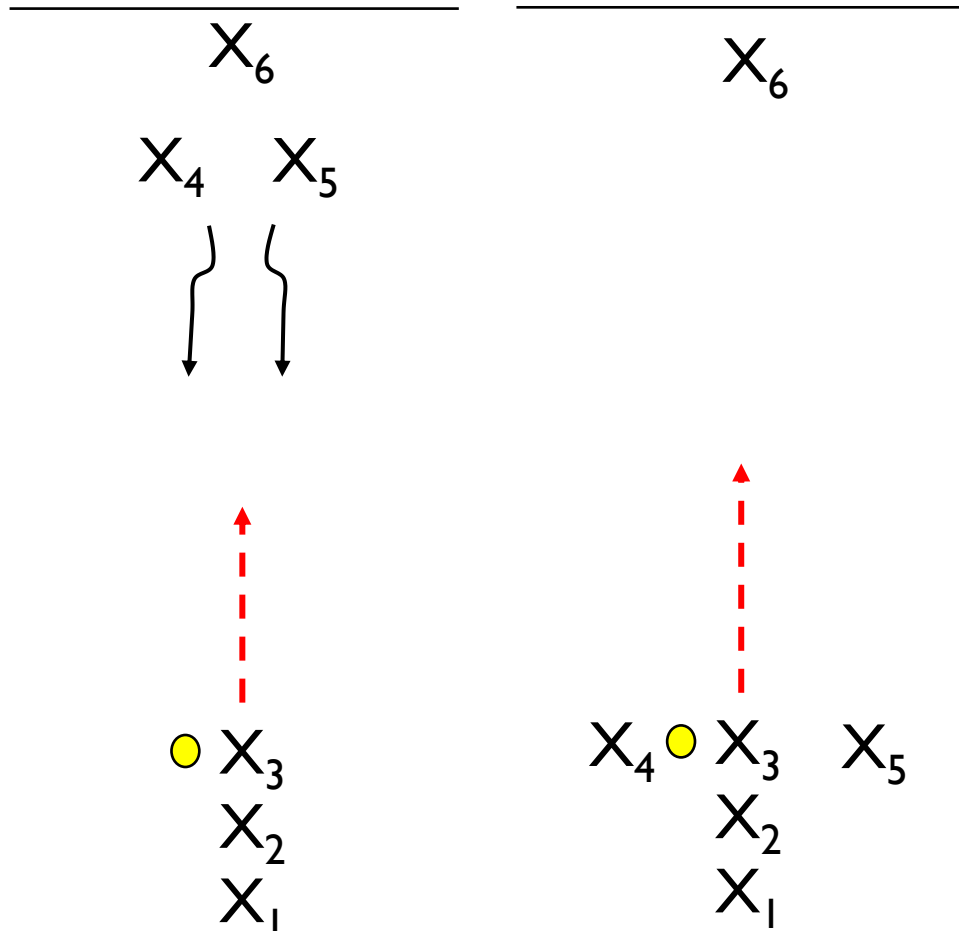
Give & Go Ground Balls

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

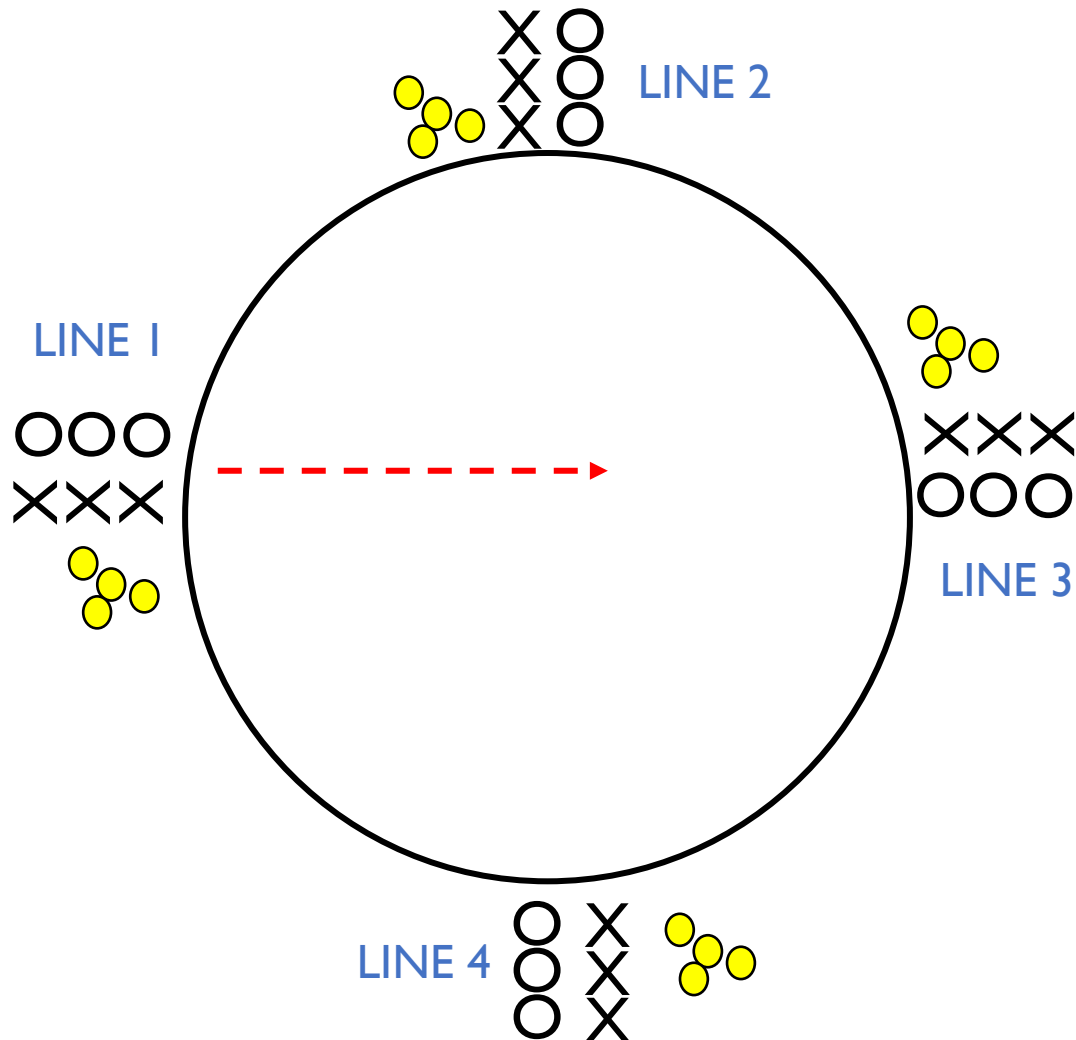


- The drill then repeats to the opposite side. X₃ rolls a competitive ground ball to X₄ and X₅
 - X₄ and X₅ compete for the ground ball. The person who gains possession throws it back to X₃
- X₄ and X₅ then run and line up next to X₃; X₃ rolls a ground ball away and X₄ and X₅ compete for it. Once possession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

GROUND BALL DRILLS:

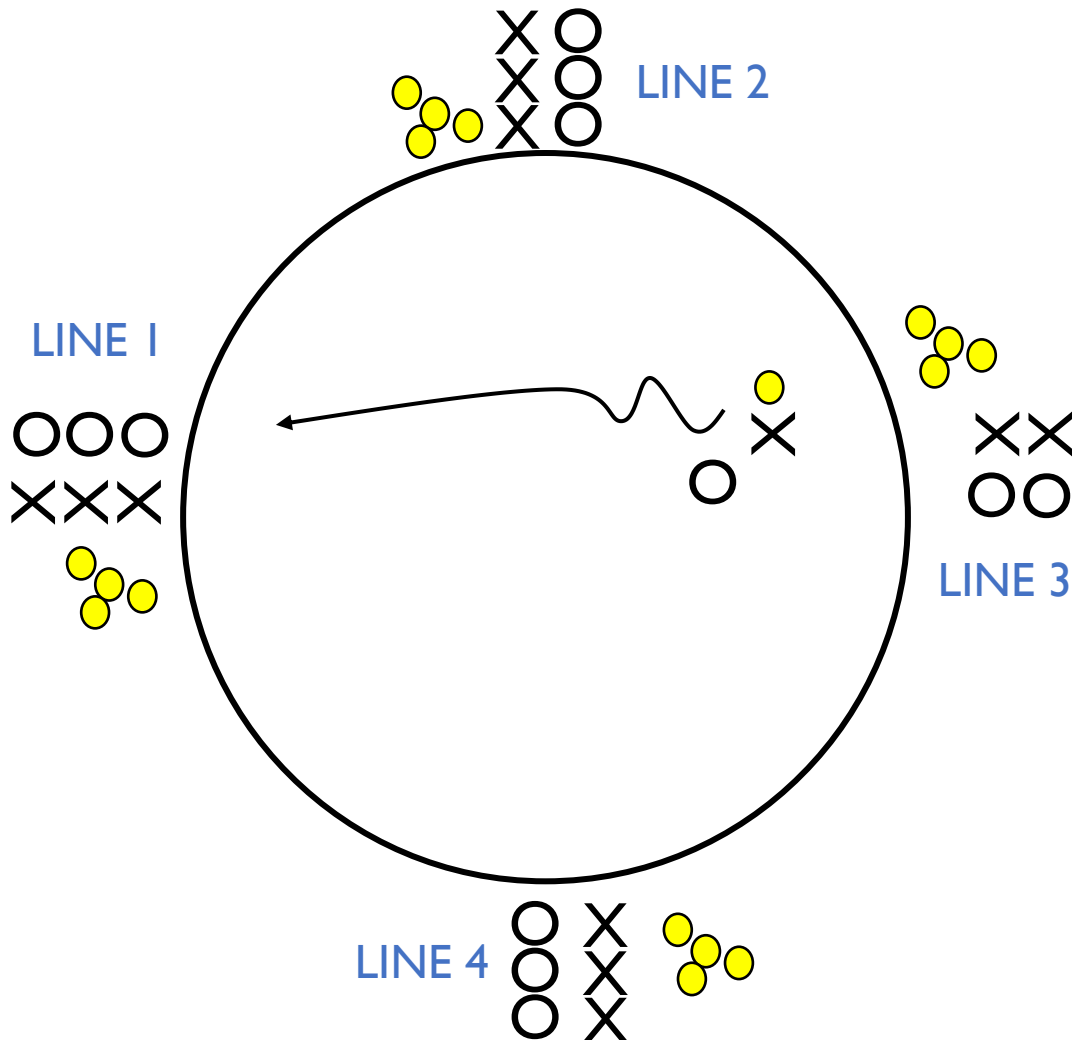
Criss-Cross Ground Ball Drills

CRISS-CROSS GROUND BALLS



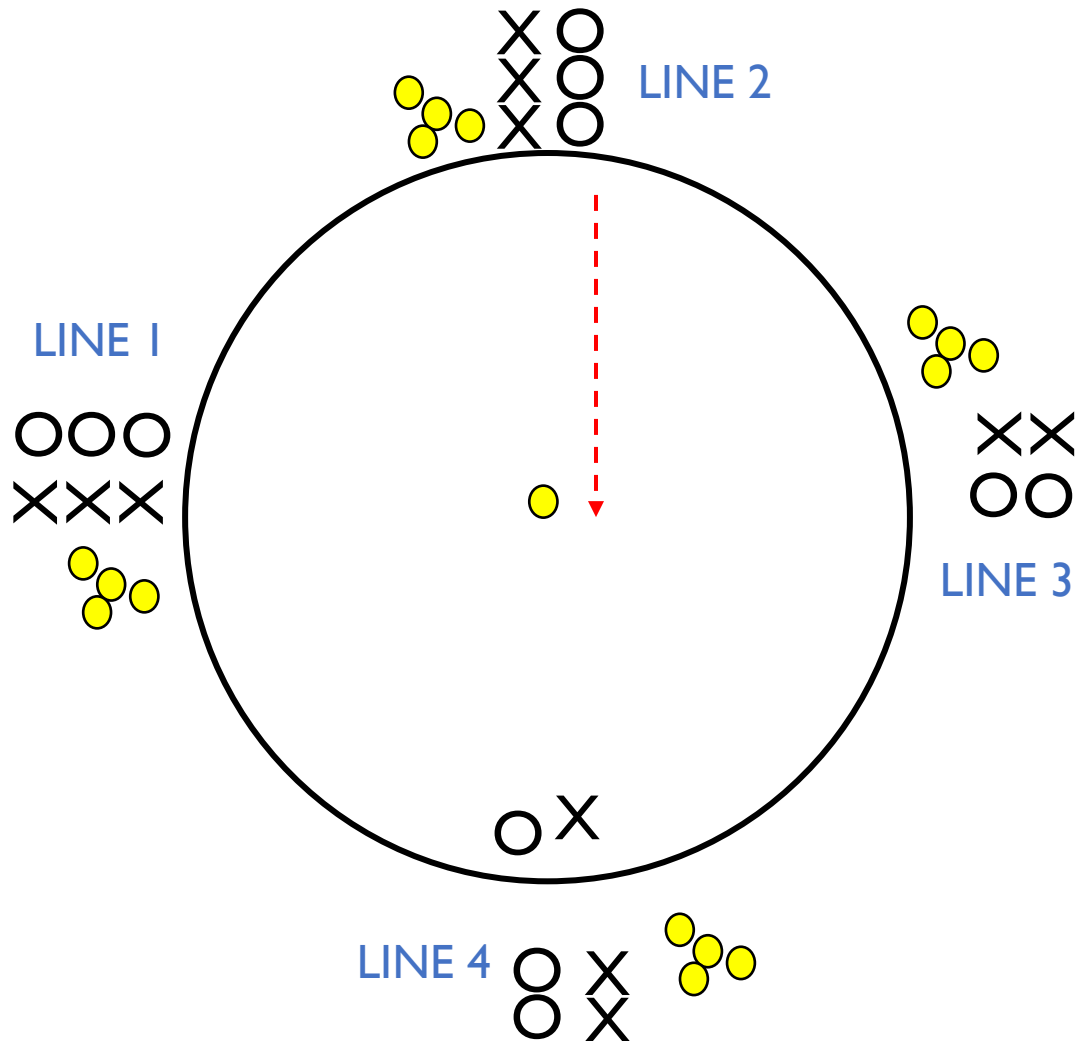
- Divide the players into two teams. Players from each team create four lines around the center circle.
- Each line takes turns rolling a competitive ground ball to the line directly across from them.
 - Line 1 rolls to Line 3
 - Line 2 rolls to Line 4
 - Line 3 rolls to Line 1
 - Line 4 rolls to Line 2

CRISS-CROSS GROUND BALLS



- Line 1 rolls the ground ball to the first two players in Line 3. The player that picks it up throws it back to the line across.

CRISS-CROSS GROUND BALLS

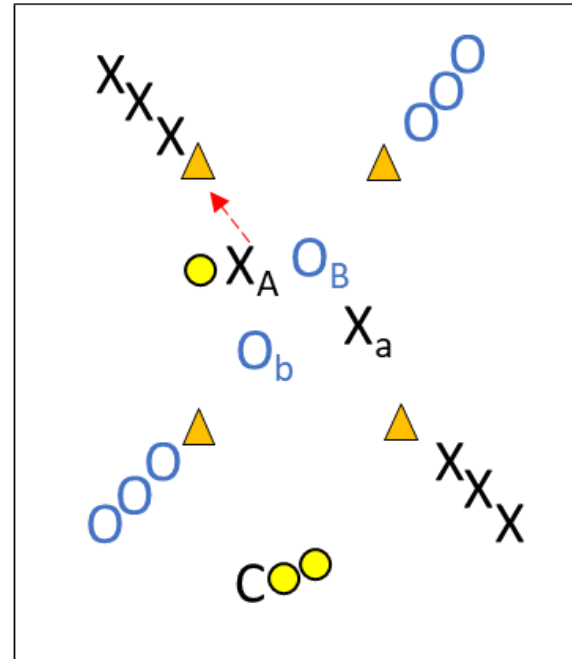
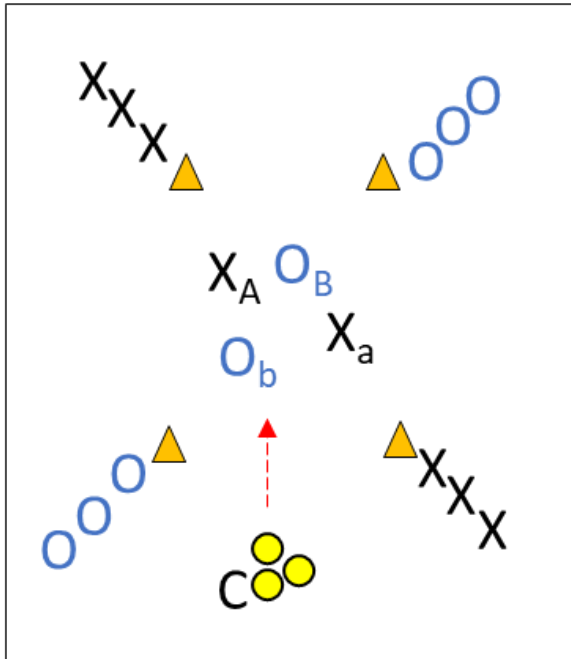


- Line 2 rolls a competitive ground ball to Line 4. The player who picks it up is throwing it back to Line 2.
- The pattern continues.
- Player should mix up the stickwork with ground balls, bounce passes and balls in the air.

GROUND BALL DRILLS:

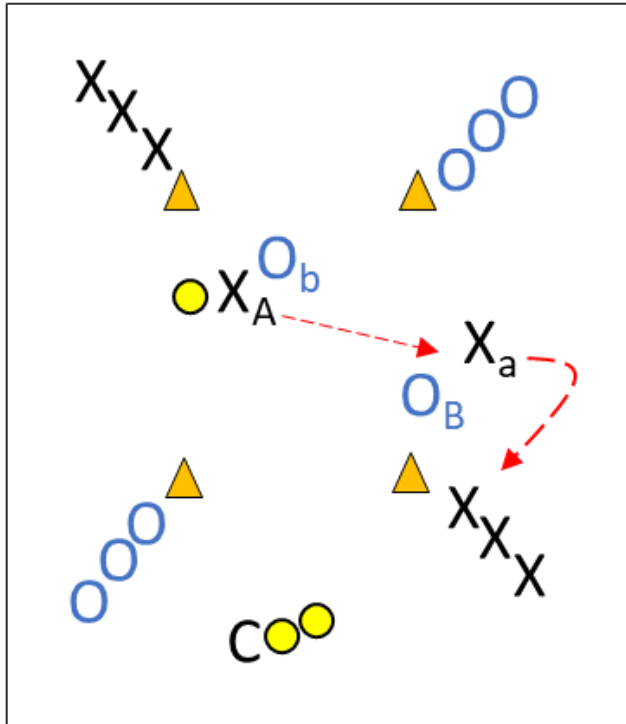
2v2 Ground Ball Competition

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

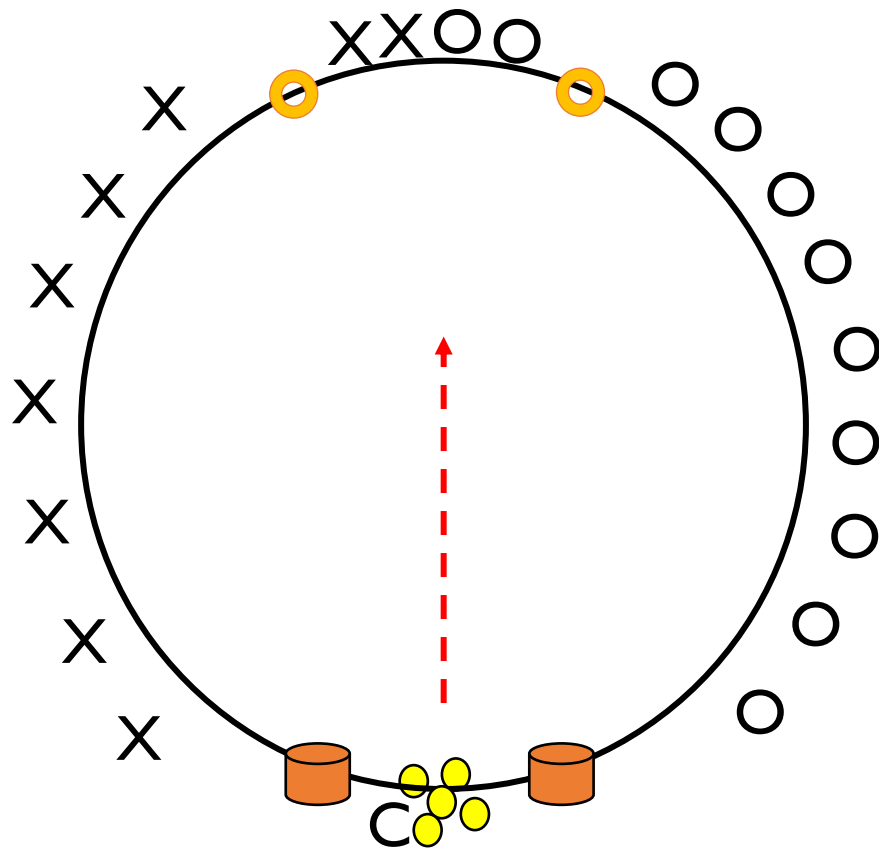


- To earn an additional point, the player with possession can complete a pass to her teammate inside the drill (X_A to X_a) and then pass the ball to a teammate in either outside line.
- Each group gets 2 ground balls so they can earn up to 4 points per set.

GROUND BALL DRILLS:

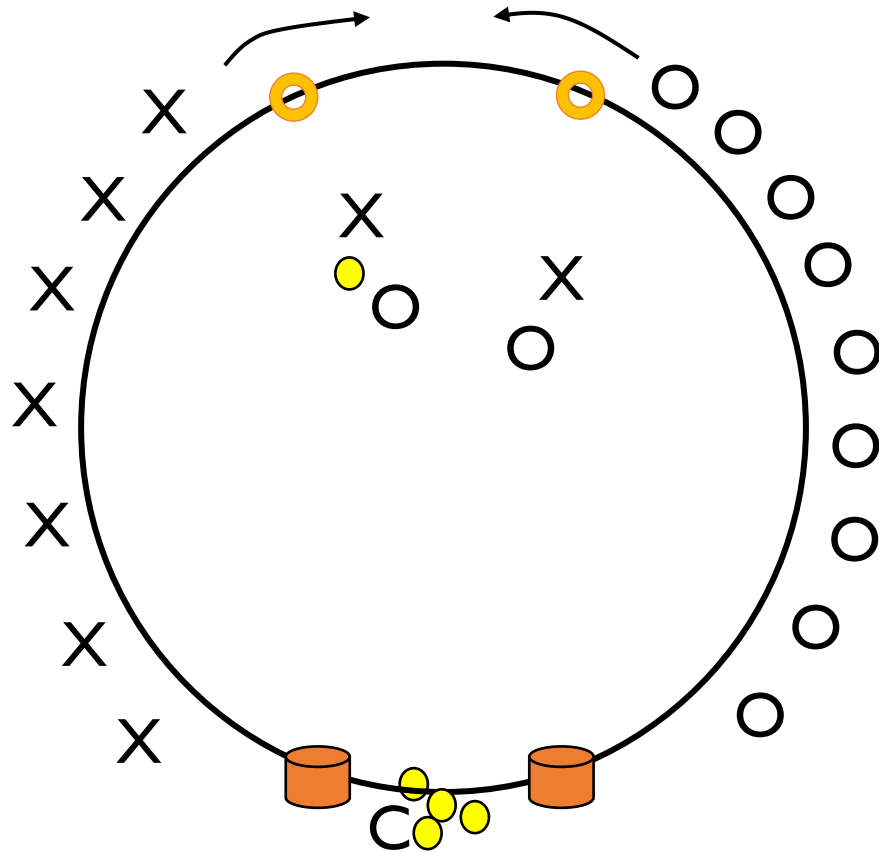
Center Circle Ground Ball Comp

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.

SHOOTING

- Shooting form (similar to throwing)
 - Arms up away from the body, stick back behind you
 - Bottom hand up in front of the body
 - Engage your hips/torso; square hips and shoulders to cage before shooting
- Push/pull motion
 - Bottom hand pulls; top hand pushes
 - Follow through across torso to the opposite side of your body
- Keep your feet moving towards the cage and always run through your shot

SHOOTING ON GOAL

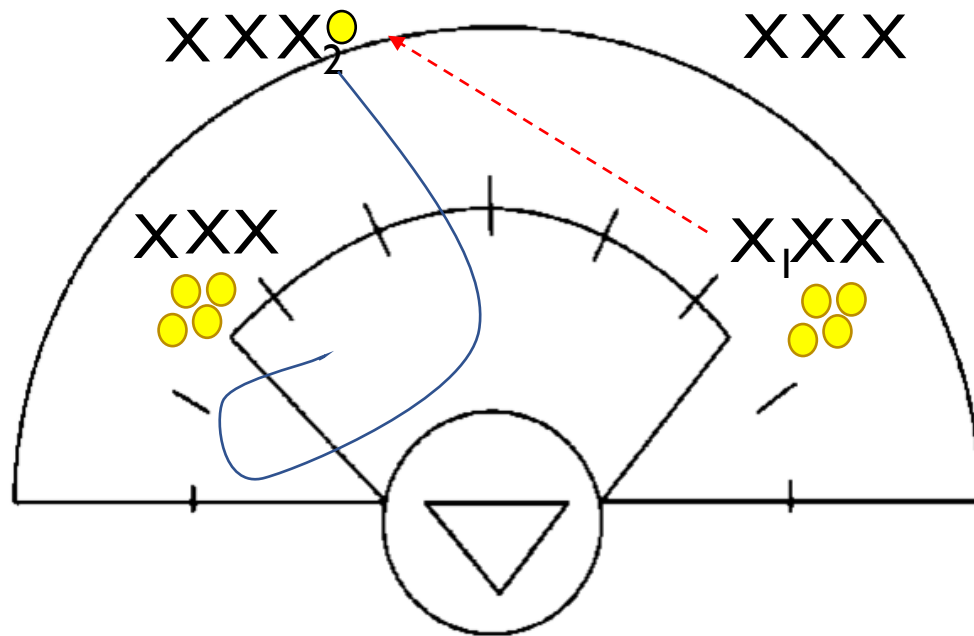
- Sight the goal
 - Don't look at the goalkeeper
 - Always aim 6-8 inches inside the net
 - Corners are an excellent place to shoot, but an even better place to shoot is where the goalie is not
- Power vs. placement
 - Shooting for power/pace to limit the goalkeeper's reaction time
 - Take some speed off of the shot, focus on faking and improving accuracy
- When shooting off a feed, always make sure to catch the ball before attempting to shoot

SHOOTING DRILLS

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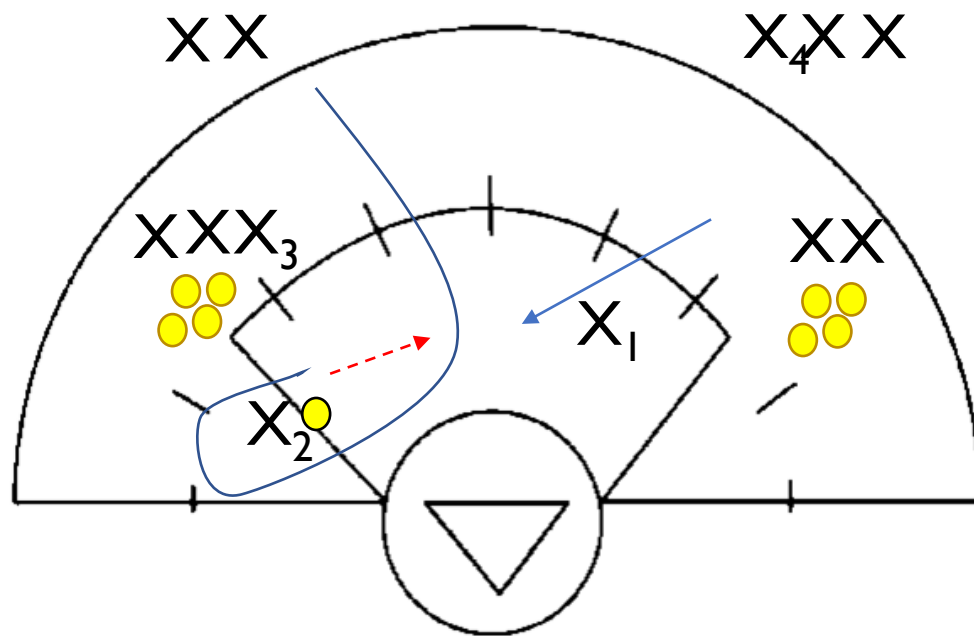
Four Line Curl Shooting

FOUR LINE CURL SHOOTING



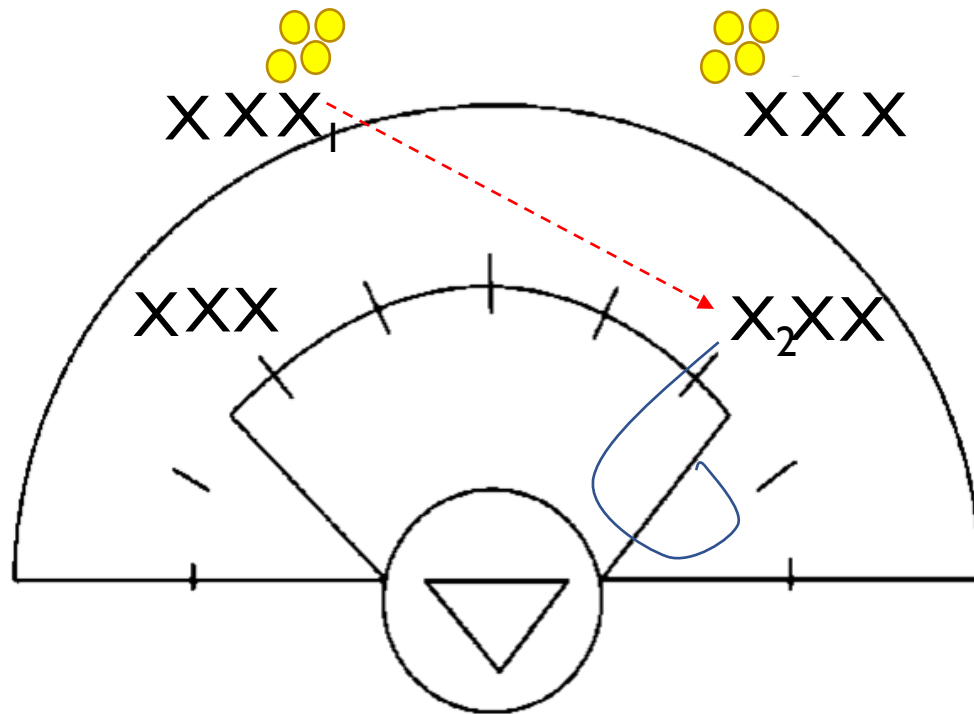
- Set up four lines, ball are in the lower lines on the 8 meter, outside lines just above the 12.
- The player that starts with the ball in the stick is always going to be the shooter.
- X_1 feeds up to X_2 on the diagonal. X_2 is driving down to net and curling off and turning to feed to X_1 who has cut away from the goal then back to the middle.

FOUR LINE CURL SHOOTING



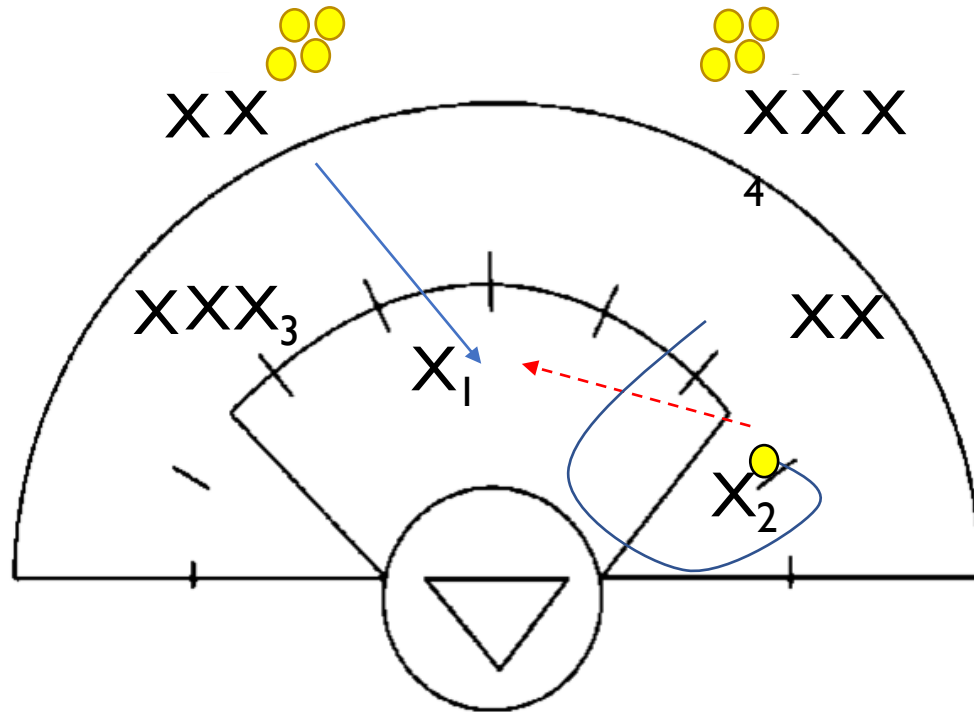
- Trying to simulate a drive to goal, defense playing good solid defense and attack pull out of the 8 meter looking for an opposite cutter.
- Repeat on the opposite side with X₄ and X₃.
- Make sure shooter get there body/hips to face the goal and shoot with feet on the move.

FOUR LINE CURL SHOOTING 2



- Set up Four Lines, Ball are in the lower lines on the 8 meter, outside lines just above the 12.
- The player that starts with the ball in the stick is always going to be the shooter.
- X_1 feeds down to X_2 on the diagonal. X_2 is driving down to net and curling off and turning to feed to X_1 who has cut away from the goal then back to the middle.

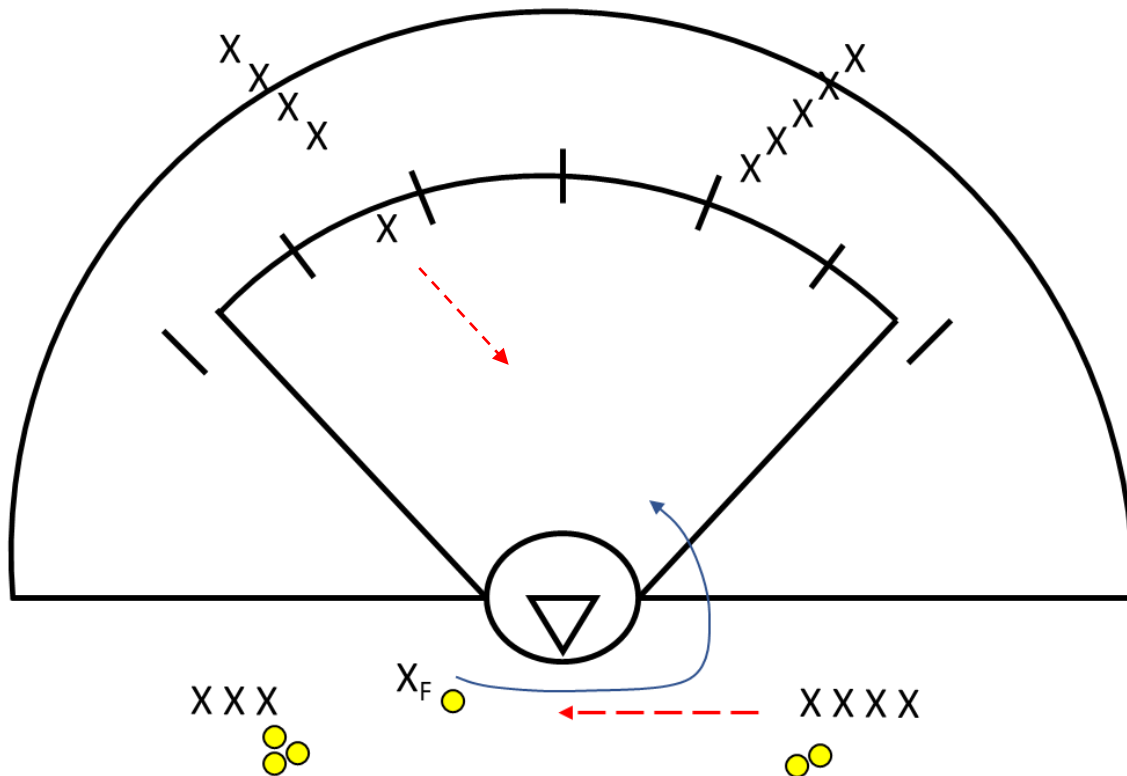
FOUR LINE CURL SHOOTING 2



- Trying to simulate a drive to goal, defense playing good solid defense and attack pull out of the 8 meter looking for an opposite cutter.
- Repeat on the opposite side with X₄ and X₃.
- Make sure shooter get there body/hips to face the goal and shoot with feet on the move.

SHOOTING DRILLS: COUGAR SHOOTING DRILL

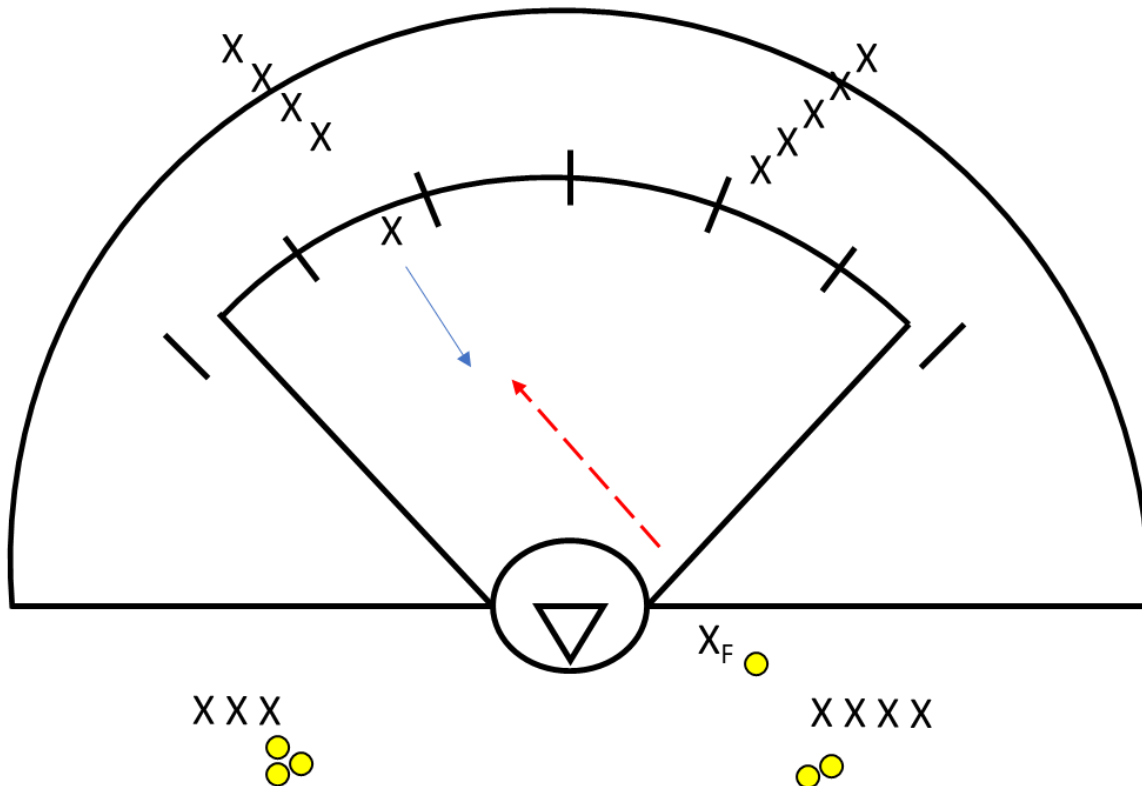
COUGAR SHOOTING DRILL



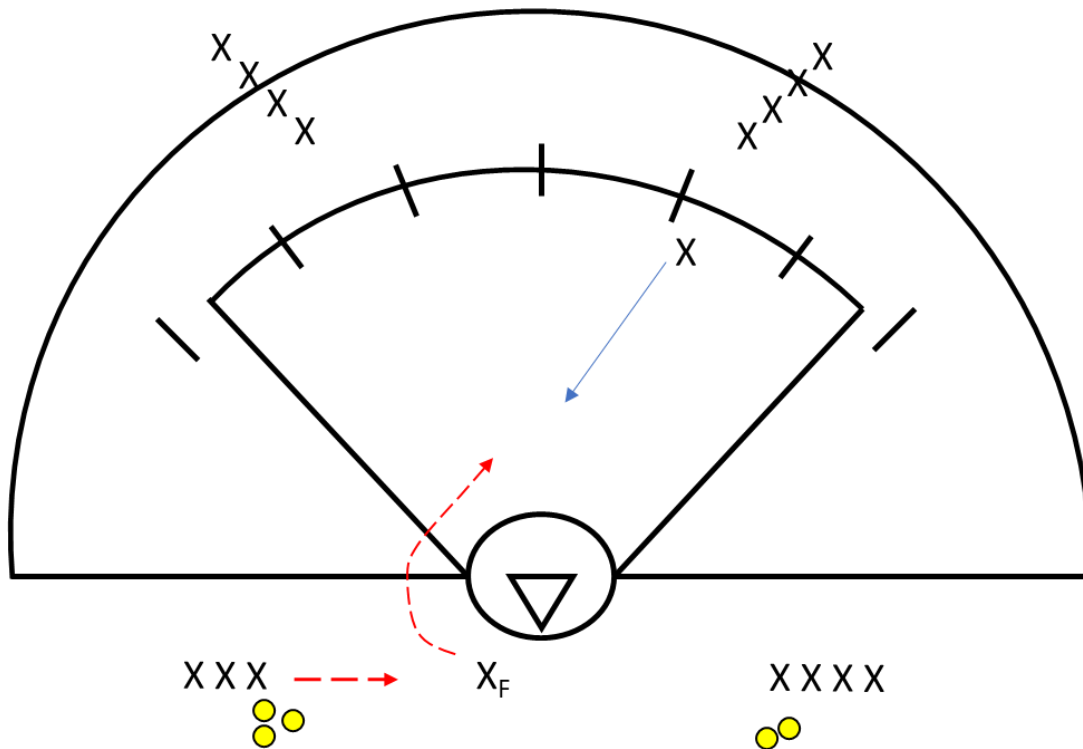
- Two lines of players form at the 12M. 2 lines of players are behind the goal, standing to the right and the left of each post with a pile of balls.
- One player at a time is selected to be the “feeder.” Each feeder makes two passes (one to each top line.) Feeds are always made on the diagonal.
- The feeder cuts to the line on the right, receives the pass and curls the crease.

COUGAR SHOOTING DRILL

- The feeder passed the ball to the first person in shooting line on the diagonal. The receiver takes a shot.



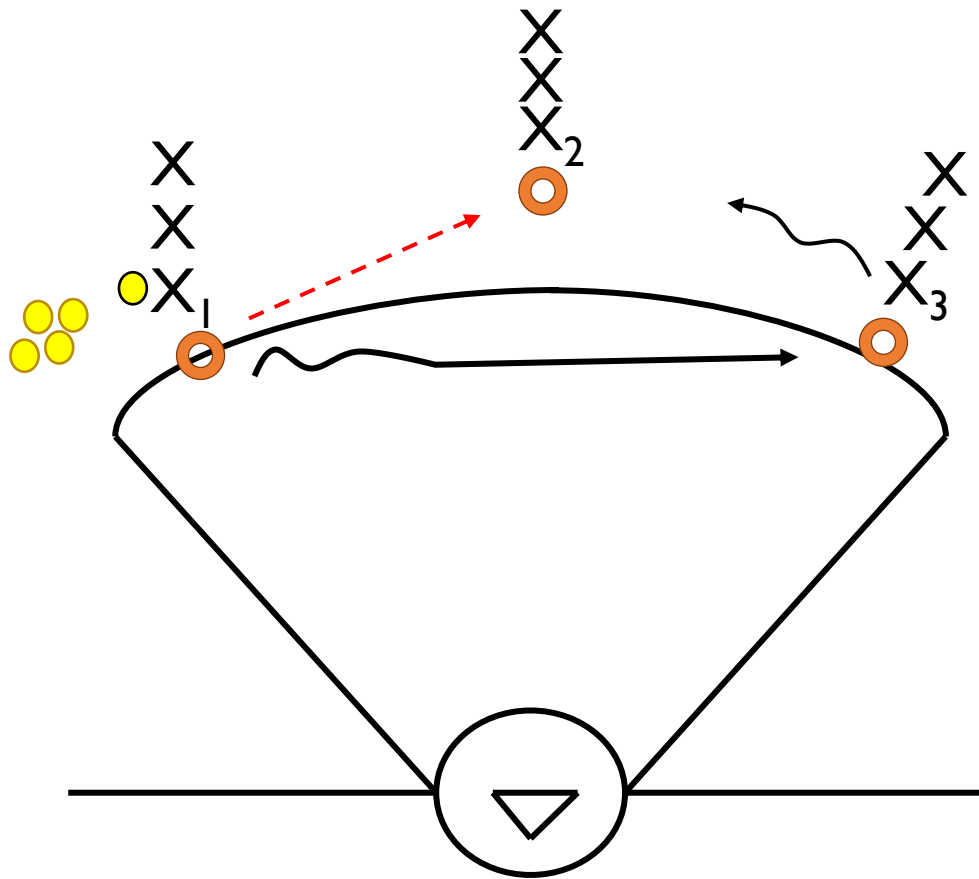
COUGAR SHOOTING DRILL



- The feeder then cuts back to the left line, receives the pass, curls the crease and feeds the opposite shooting line.
- The receiver takes a shot.
- The next player in the opposite low line becomes the next feeder.

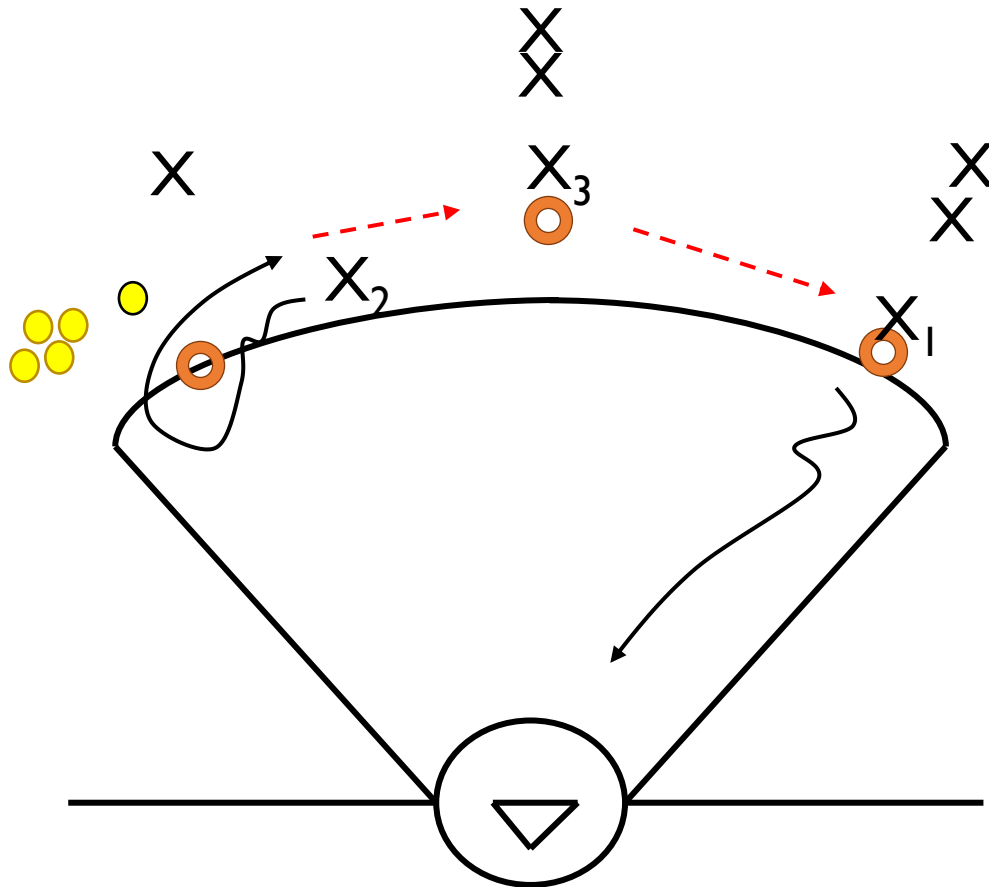
SHOOTING DRILLS: Dodge, Pass, Pass

DODGE, PASS, PASS



- Set up three lines outside the 8M
- X_1 passes to X_2 . X_1 cuts through to the far cone.
- X_2 receives the ball and begins to dodge toward the first cone. At the same time, X_3 cuts up to the middle cone.

DODGE, PASS, PASS



- X_2 dodges and curls around the first cone. X_2 passes to X_3 and then X_3 passes to X_1 .
- X_1 receives the pass and dodges to goal and takes a shoot.