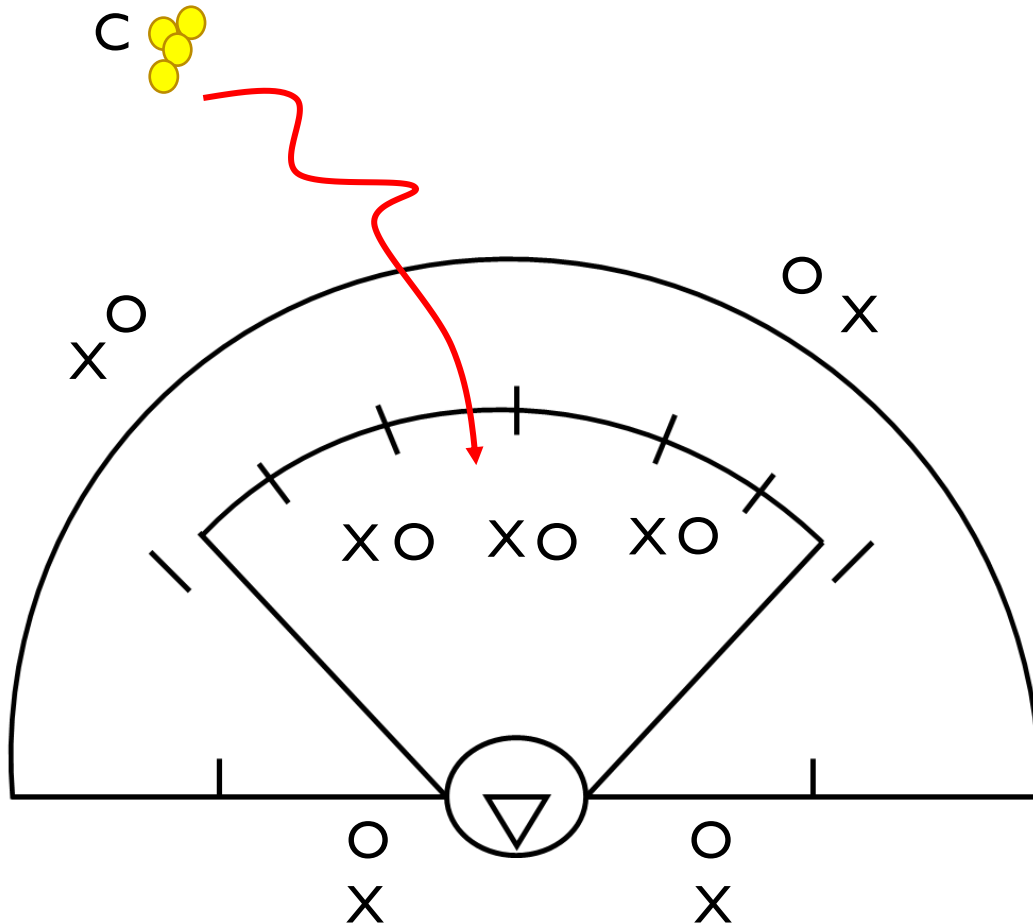


# **Coaching Girls Lacrosse: SETTLED 7v7 DRILLS**

# **SETTLED 7v7 DRILLS:**

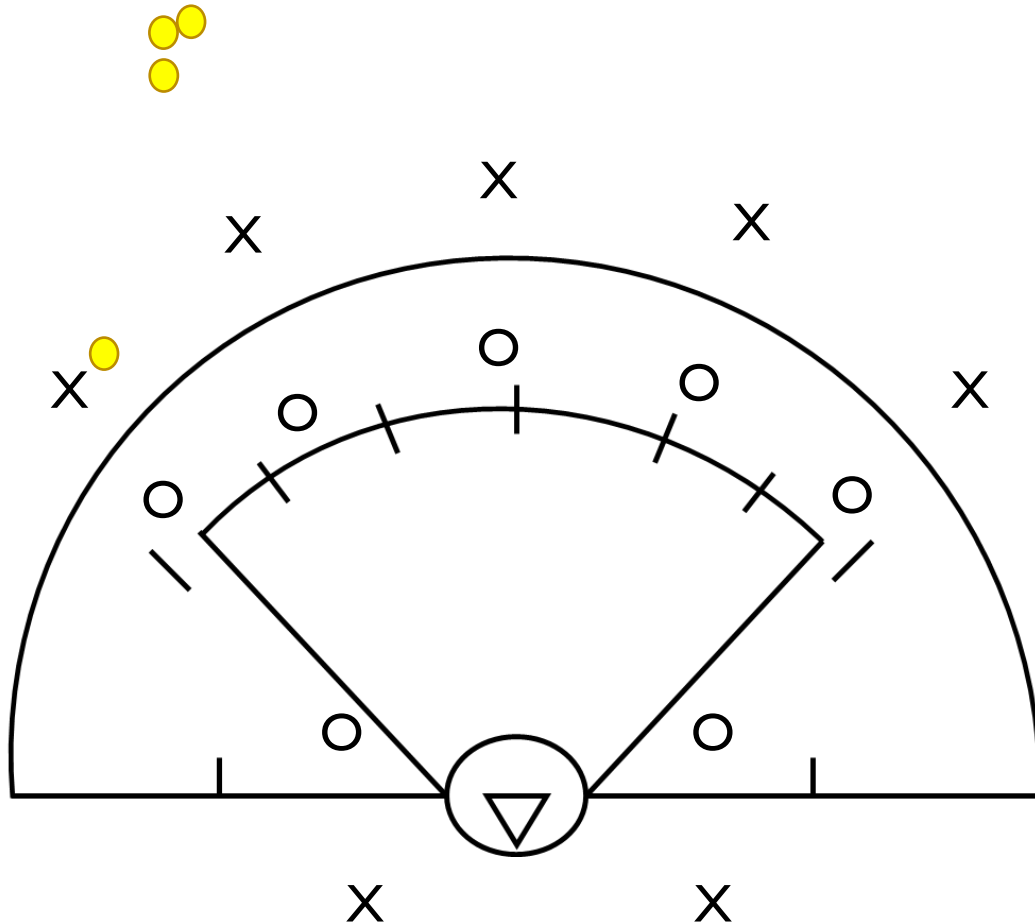
## **7v7 New Ball**

# 7v7 NEW BALL



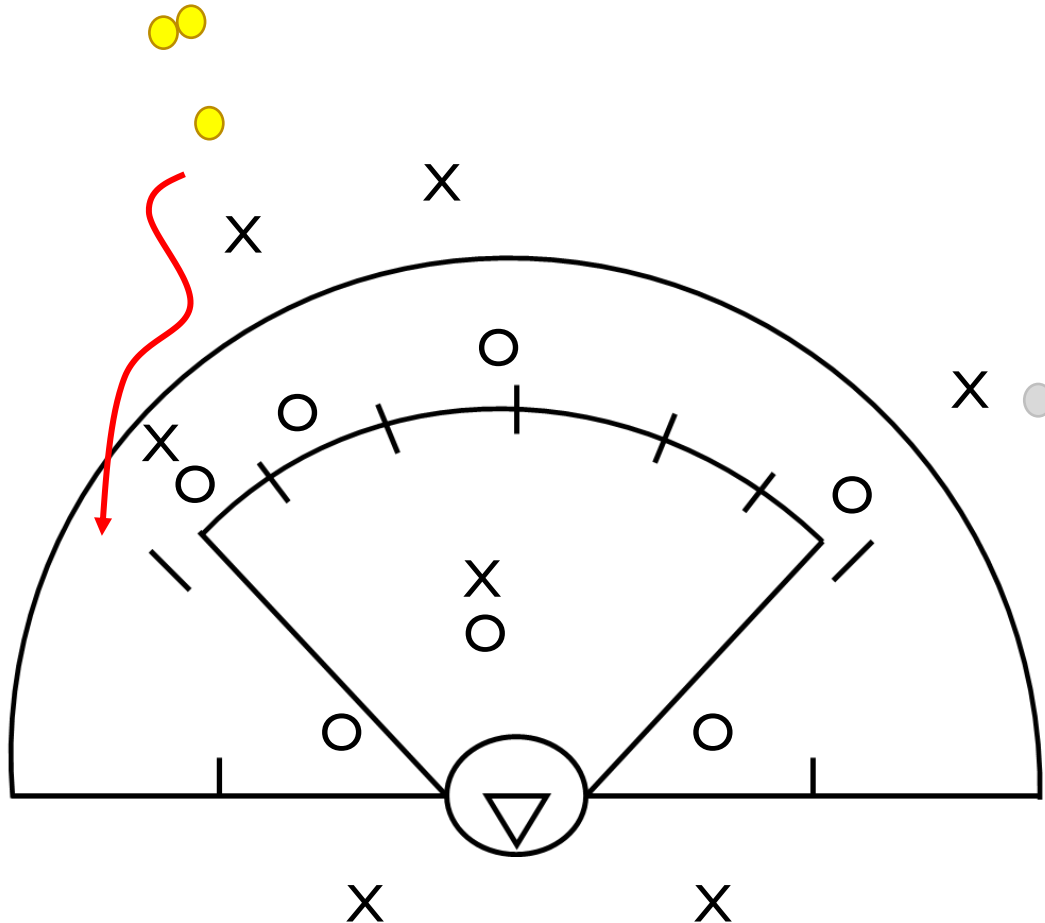
- 7v7 New Ball starts with 3 X and 3 O inside the 8M and 4 X and 4 O outside the 8M.
- The coach rolls a ground ball and X and O competes for possession. The team that picks up the ground ball is on attack and the team that does not is on defense.

# 7v7 NEW BALL



- The attack should balance to begin every set and defense should look to mark up.
- The attack is looking to score. If at any time the defense causes a turnover or the goalkeeper makes a save, the defense clears the ball out and sets up on attack.

# 7v7 NEW BALL

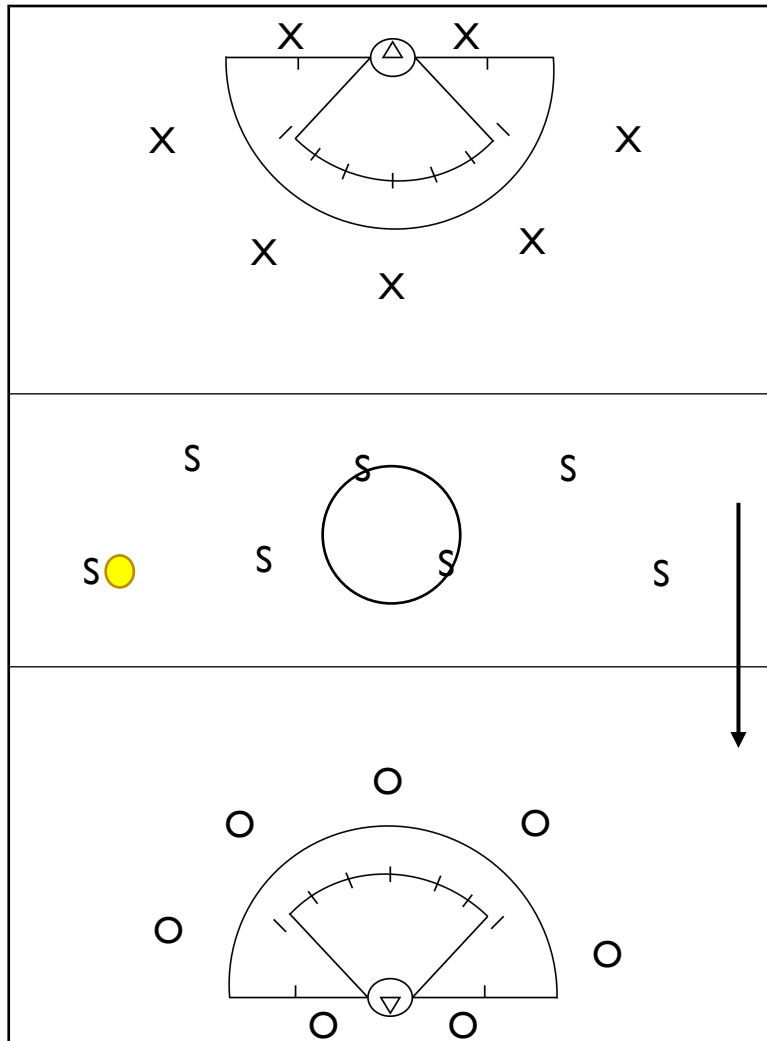


- At any time, the coach blows a whistle, the ball that was being played becomes dead and the players compete for the next ground ball.
- The team that gains possession is on attack.
- Each group should get approximately 5 balls.

# **SETTLED 7v7 DRILLS:**

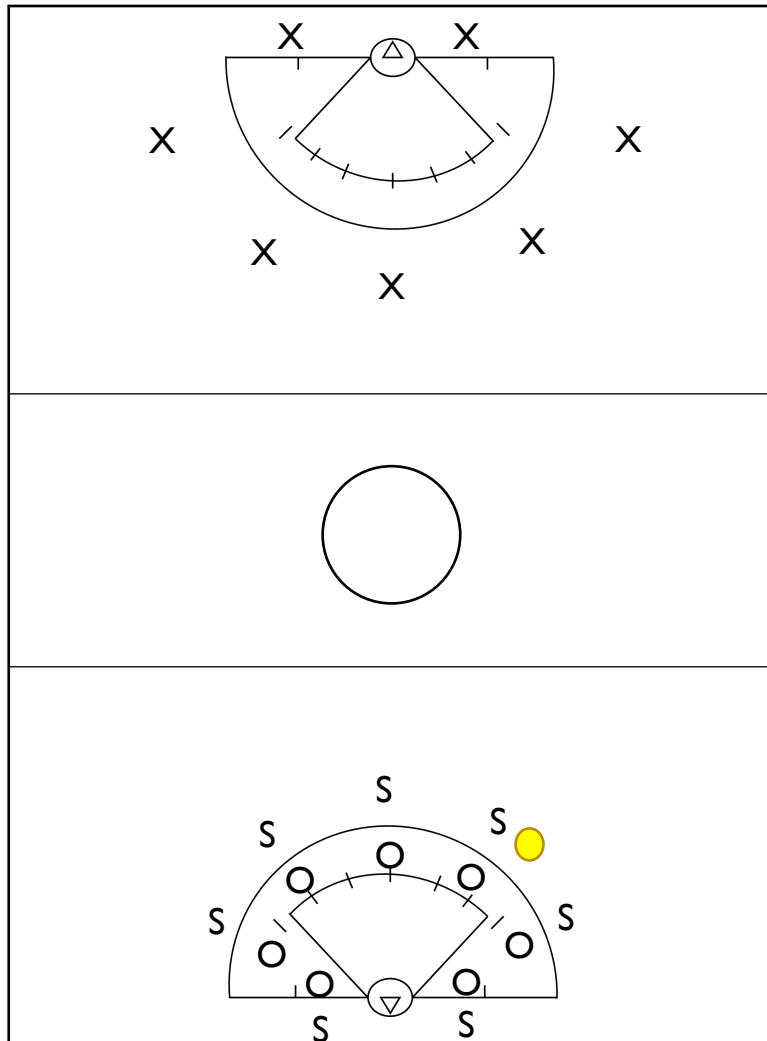
## **7v7v7 Make It / Take It**

# 7v7v7 MAKE IT / TAKE IT



- Divide players into three teams. (If there are fewer than 21 players, modify the drill to a 6v6v6 or 5v5v5 and move the cages in to the restraining lines.)
- Team S lines up in the midfield with a ball.

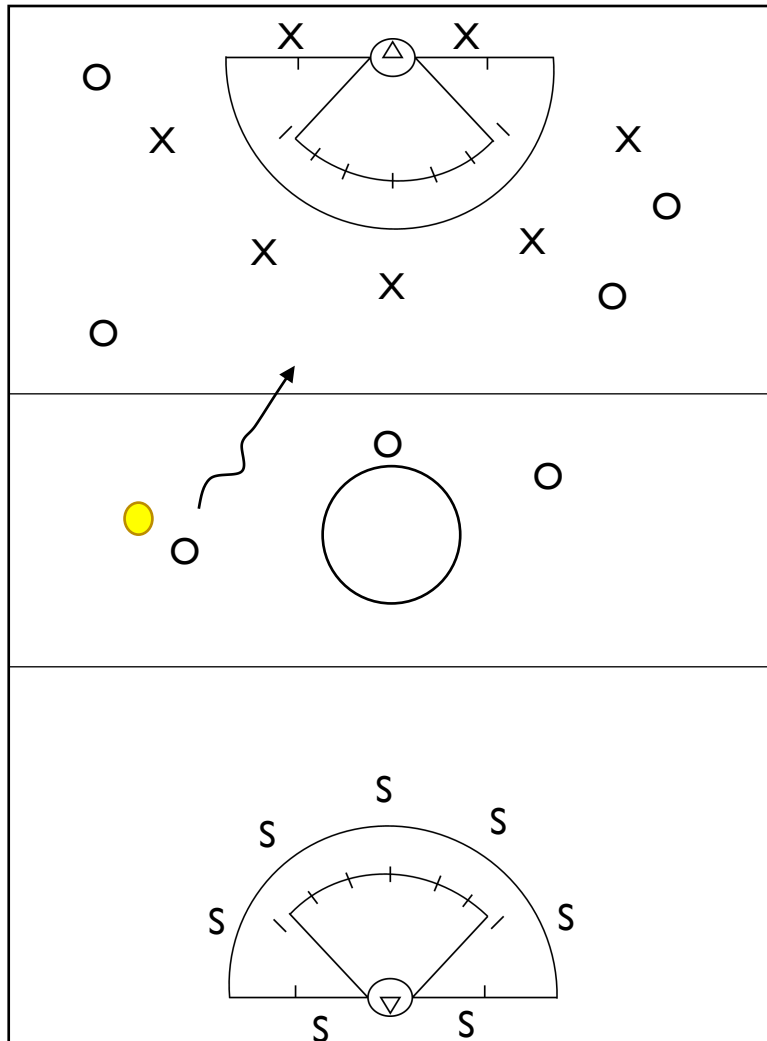
# 7v7v7 MAKE IT / TAKE IT



- Team S will attack Team O.
  - If Team S scores, the goalkeeper will clear the ball back to Team S and they will transition the ball to the other side of the field and attack Team X.
    - Team O should ride and work to get the ball back. If Team O causes a turnover, Team O becomes attack and goes back to the same goal.
  - If Team S doesn't score, Team O will clear the ball and if successful, will attack Team X on the opposite end.



# 7v7v7 MAKE IT / TAKE IT

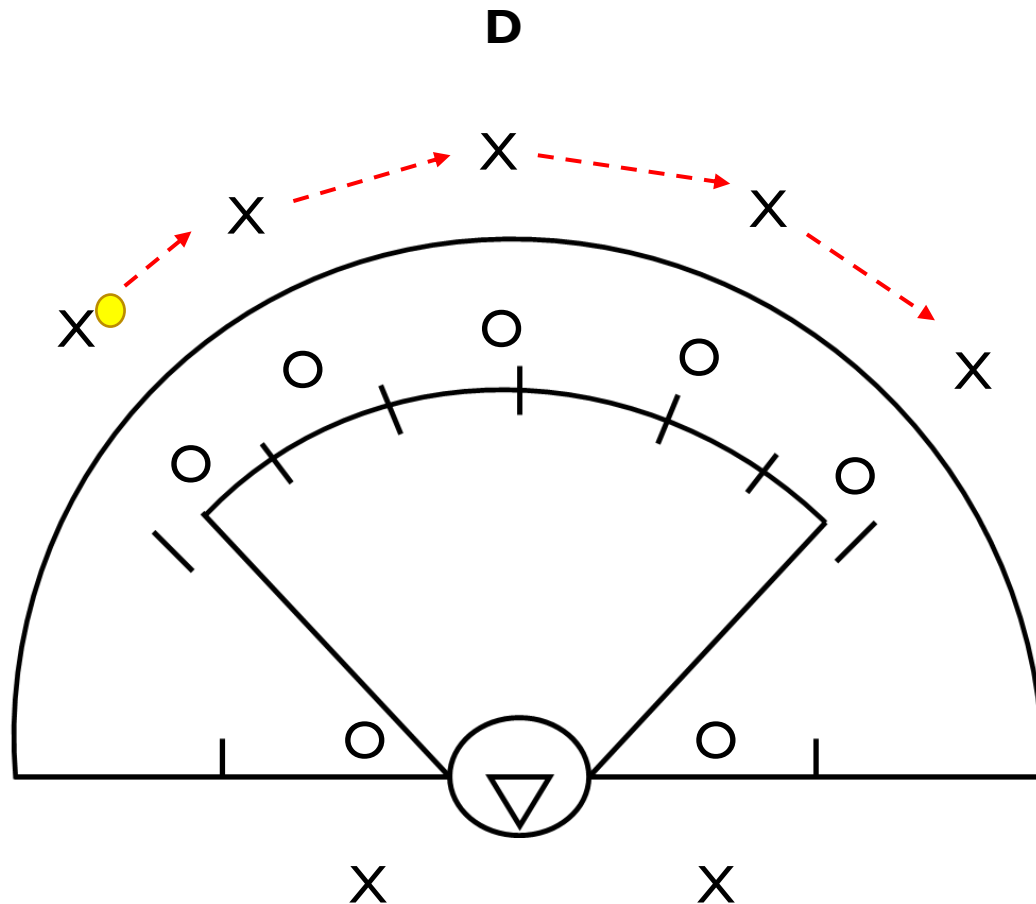


- Team O will attack Team X.
  - If Team O scores, the goalkeeper will clear the ball back to Team O and they will transition the ball to the other side of the field and attack Team S.
    - Team X should ride and work to get the ball back. If Team X causes a turnover, Team X becomes attack and goes back to the same goal.
- If Team O doesn't score, Team X will clear the ball and if successful, will attack Team S on the opposite end.

# **SETTLED 7v7 DRILLS:**

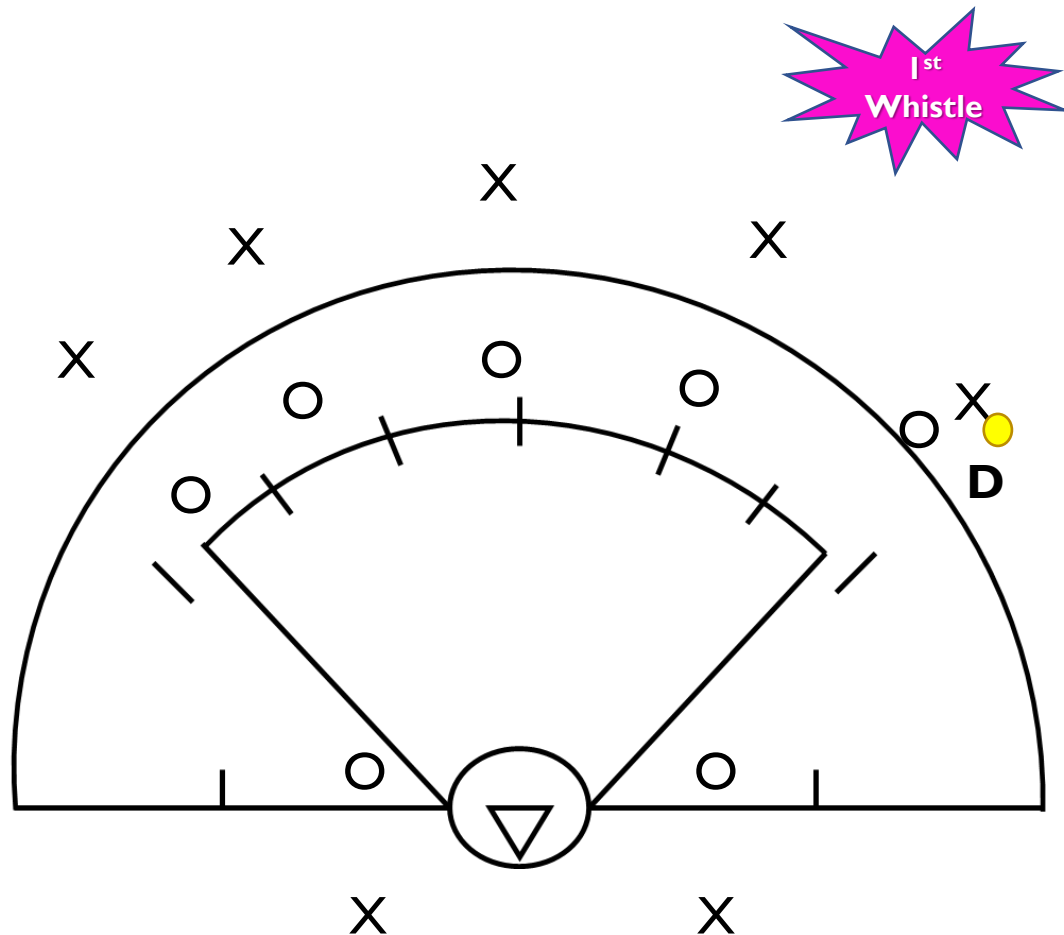
## **7v7 Hold Ball**

# 7v7 HOLD BALL



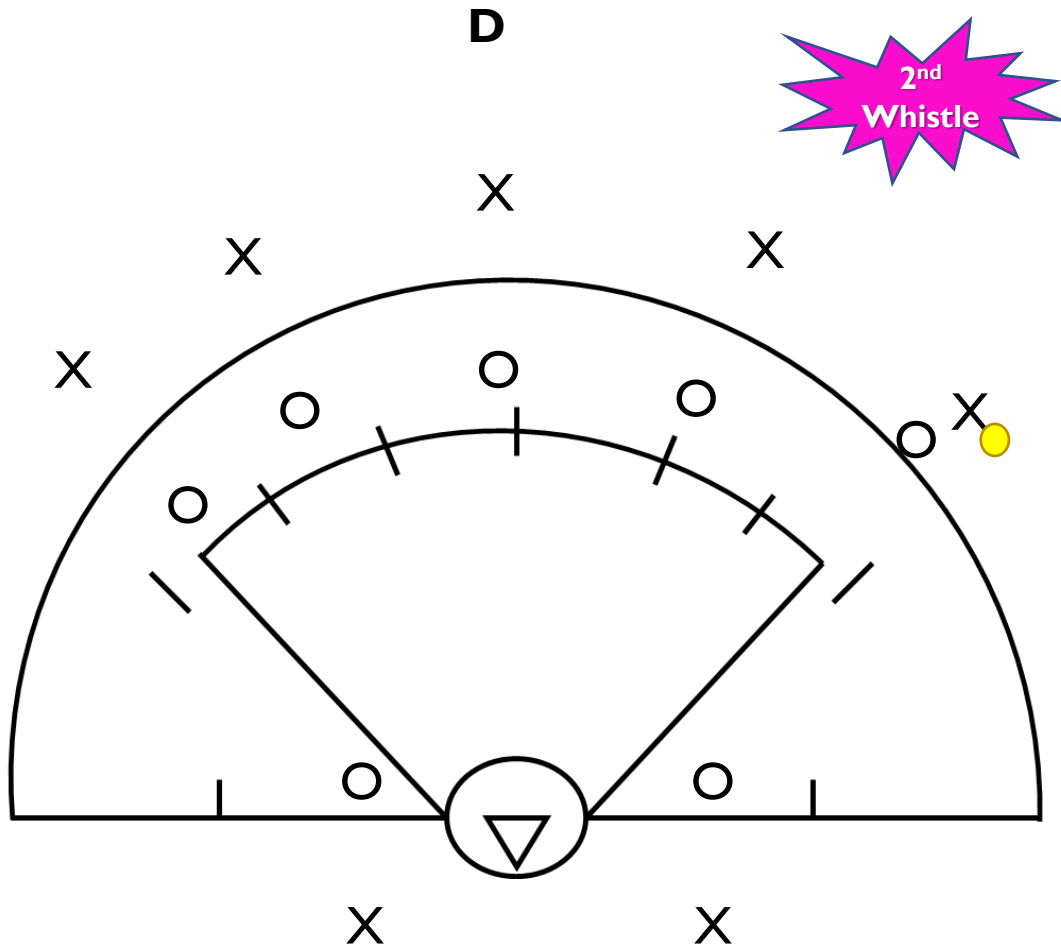
- 7v7 HOLD Ball starts with 7 attackers and 7 defenders. The attackers, X, are working the ball around the perimeter.

# 7v7 HOLD BALL



- On the whistle, an extra defender, D, enters into the drill and the player with the ball must maintain possession or 'HOLD' the ball.
- The on-ball defenders should double the ball and the ballcarrier cannot pass the ball or go to the goal until the second whistle blows.
  - If the defense causes a turnover, the defense becomes the attack and starts their pass around.

# 7v7 HOLD BALL

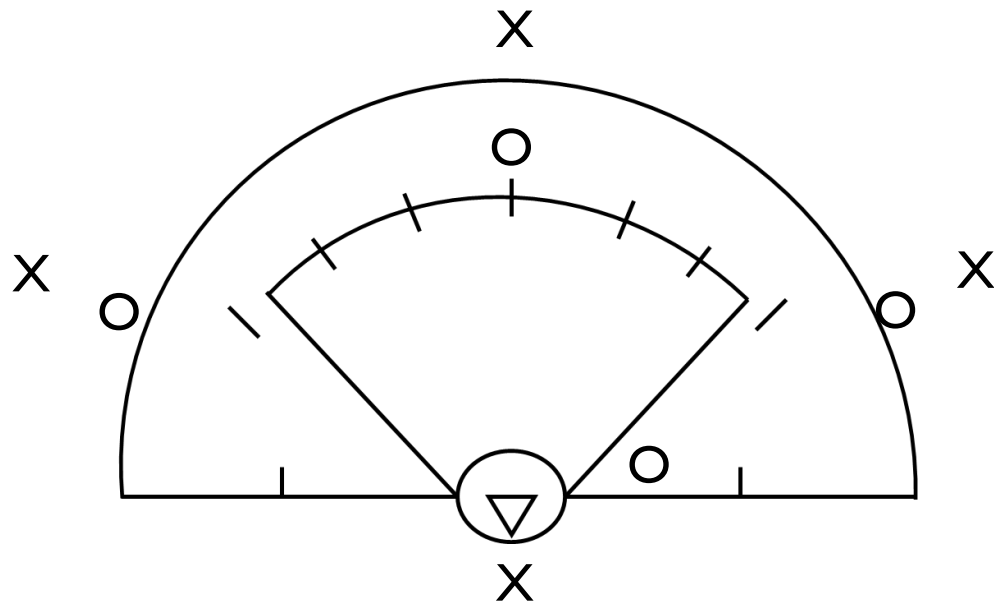
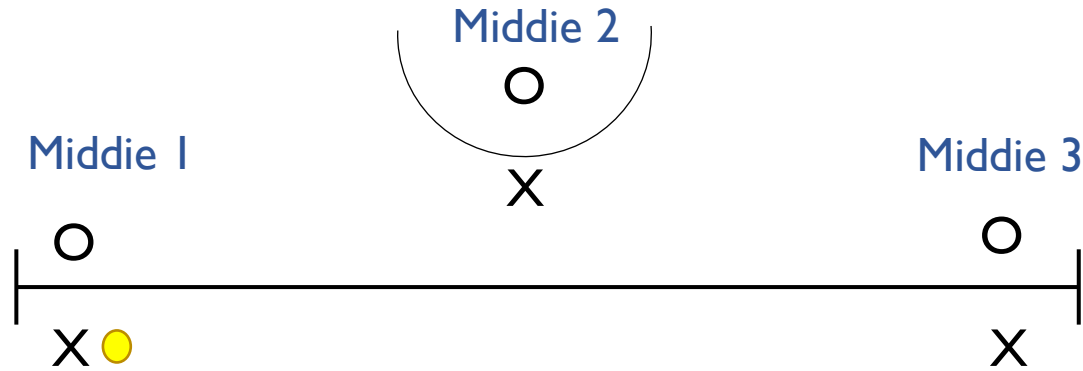


- On the second whistle, the extra defender, D, drops off, and the play becomes a live 7v7.
- The attack can pass or go to goal.

# **SETTLED 7v7 DRILLS:**

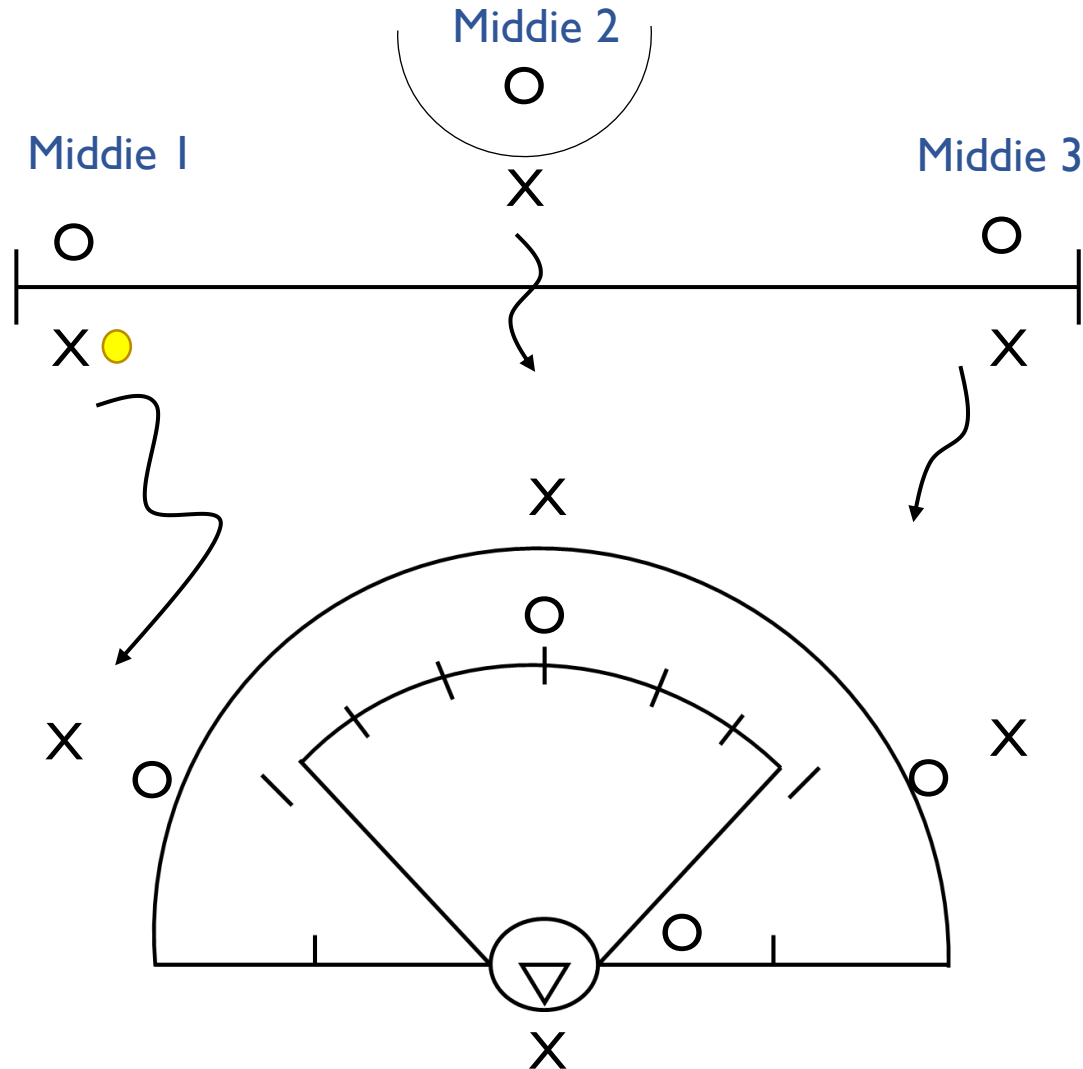
## **Conestoga 7v7**

# CONESTOGA 7v7



- Divide players into two teams. Choose one team to start on attack and the other team to start on defense.
- Start four attackers and four defenders in the zone (near the CSA.)
- Line up two pairs midfielders on the restraining line and one pair of midfielders at the bottom of the center circle.
  - The midfielders on defense must line up 5 yards behind the midfielders on attack.

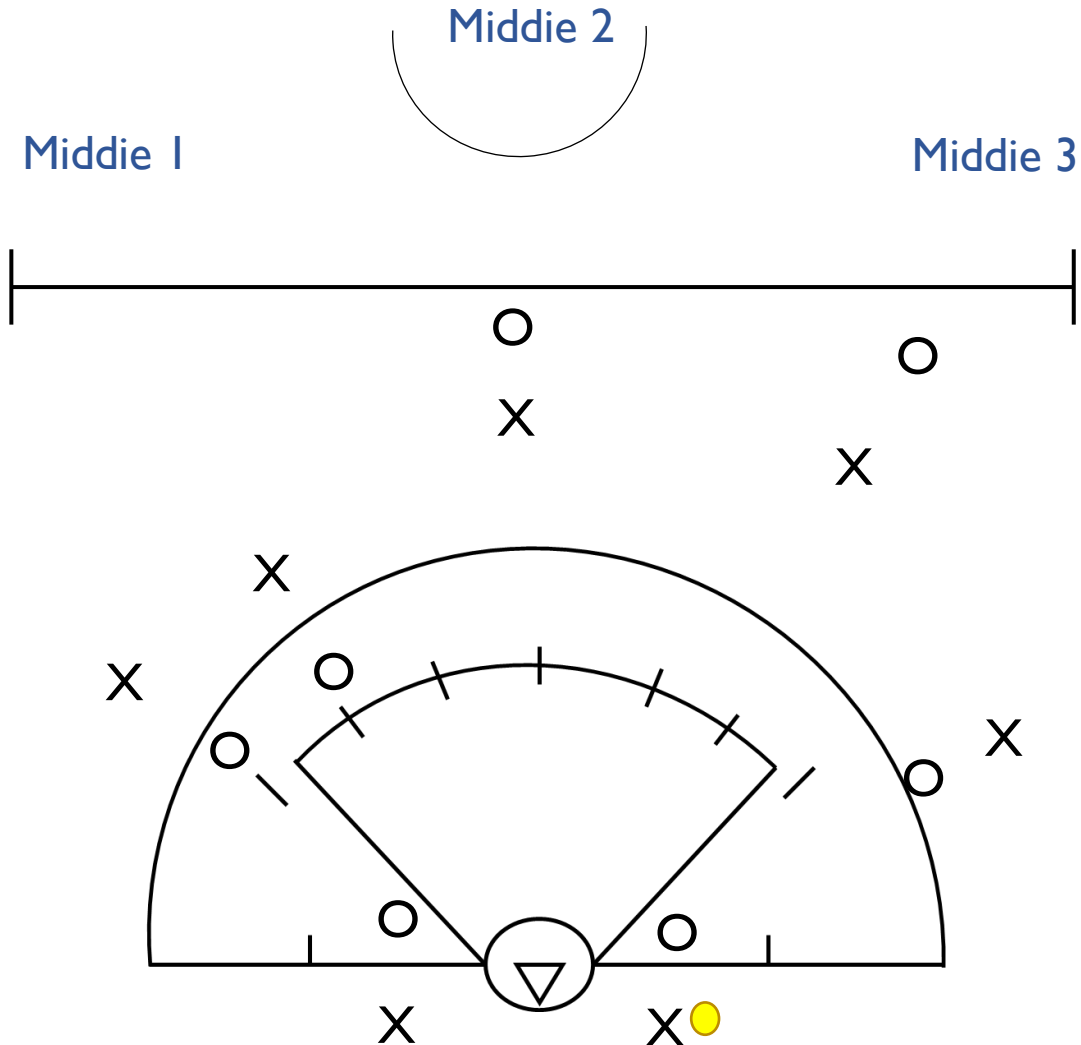
# CONESTOGA 7v7



- The coach can start the ball with any offensive player that she wants. The coach will then release the midfielders in a staggered manner.
  - Middie 1 starts
  - Middie 3 starts 5 seconds later
  - Middie 2 starts 5 seconds later
  - When the attacking middie releases, the defender joins as well.



# CONESTOGA 7v7

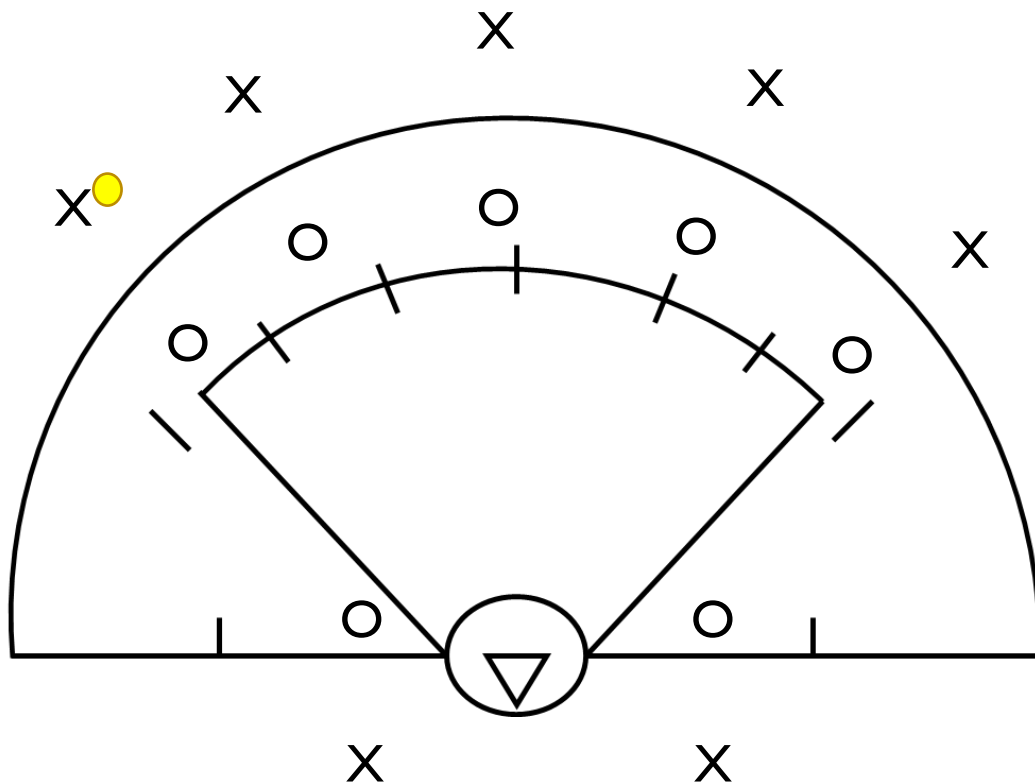


- The purpose of the drill is to work through the phases of transition, take advantage of the unsettled situations and then get organized for settled.
  - Push the fast break (and man-up.)
  - Work through the slow break by getting the ball behind the net and look for the middies trailing in.
  - Get all players in and organized for settled 7v7.

# **SETTLED 7v7 DRILLS:**

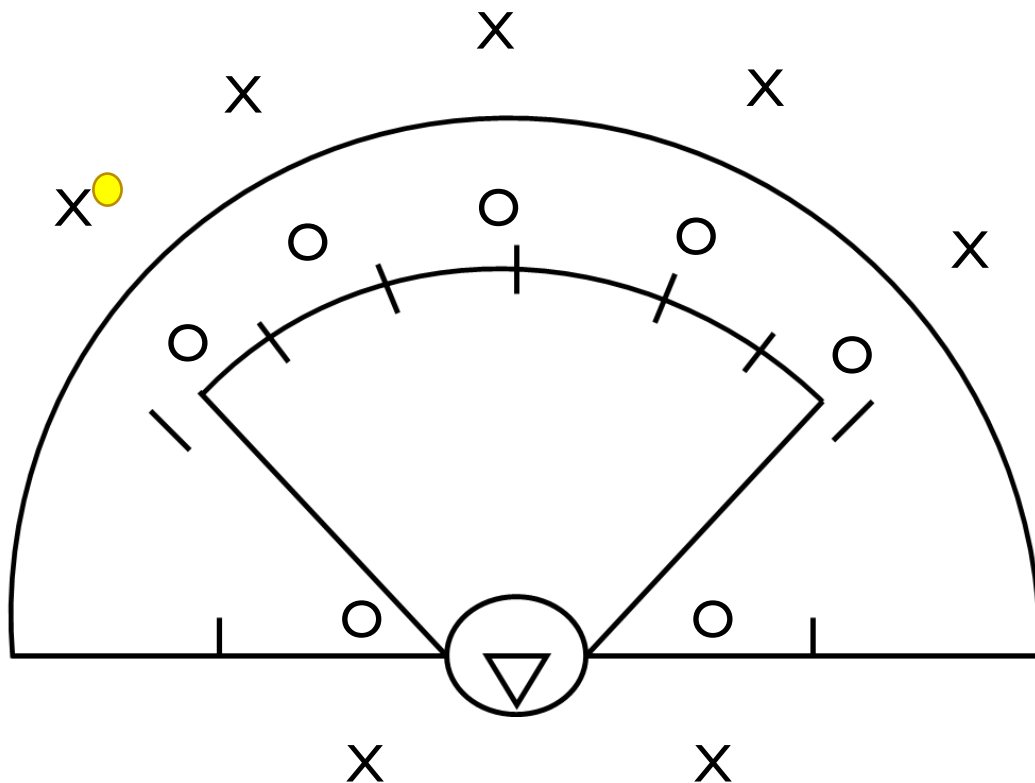
## **Hingham 7s**

# HINGHAM 7s



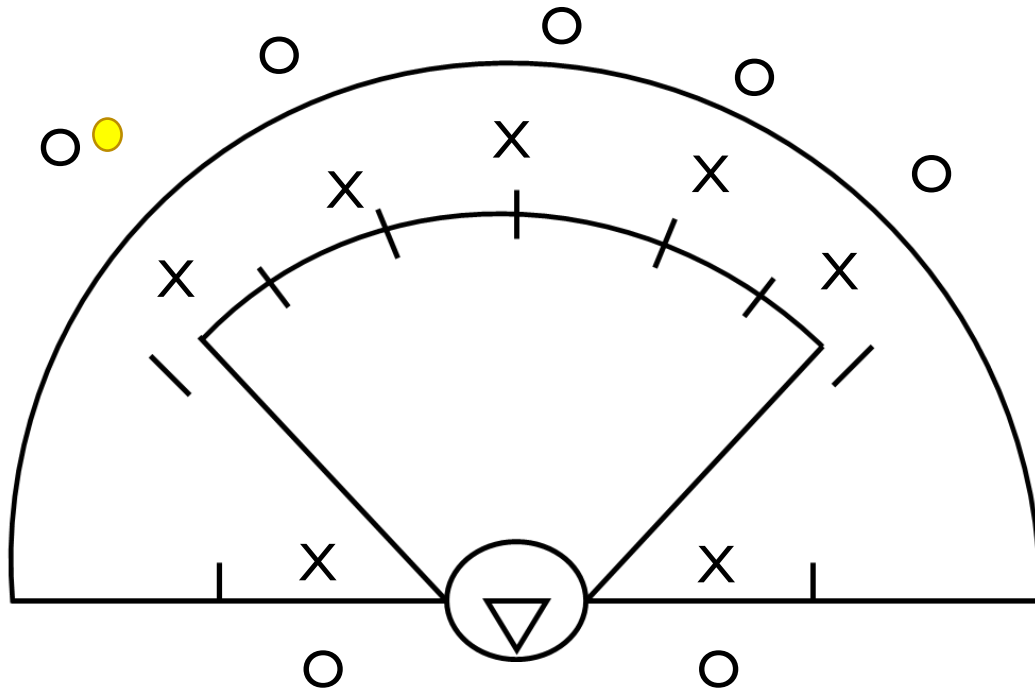
- Divide the players into two teams. Hingham 7s start with 'Rock-Paper-Scissor' between one player from each of the teams. The team that wins elects to play offense or defense first.
- Teams will play 7v7. Each team will get 4, 1:00 possessions on offense (and defense). Teams will alternate between offense and defense.

# HINGHAM 7s



- X wins 'Rock-paper-scissor' and elects to play attack first.
- X has 1:00 to score.
  - If the attack scores, they earn 1 point and they become defense for the next set.
  - If the attack doesn't score and the defense gets possession, the defense must hold on to the ball for the remainder of the minute (within the CSA). The attack can work to get the ball back. If they do, they can go back to goal provided there is time left on the clock.)

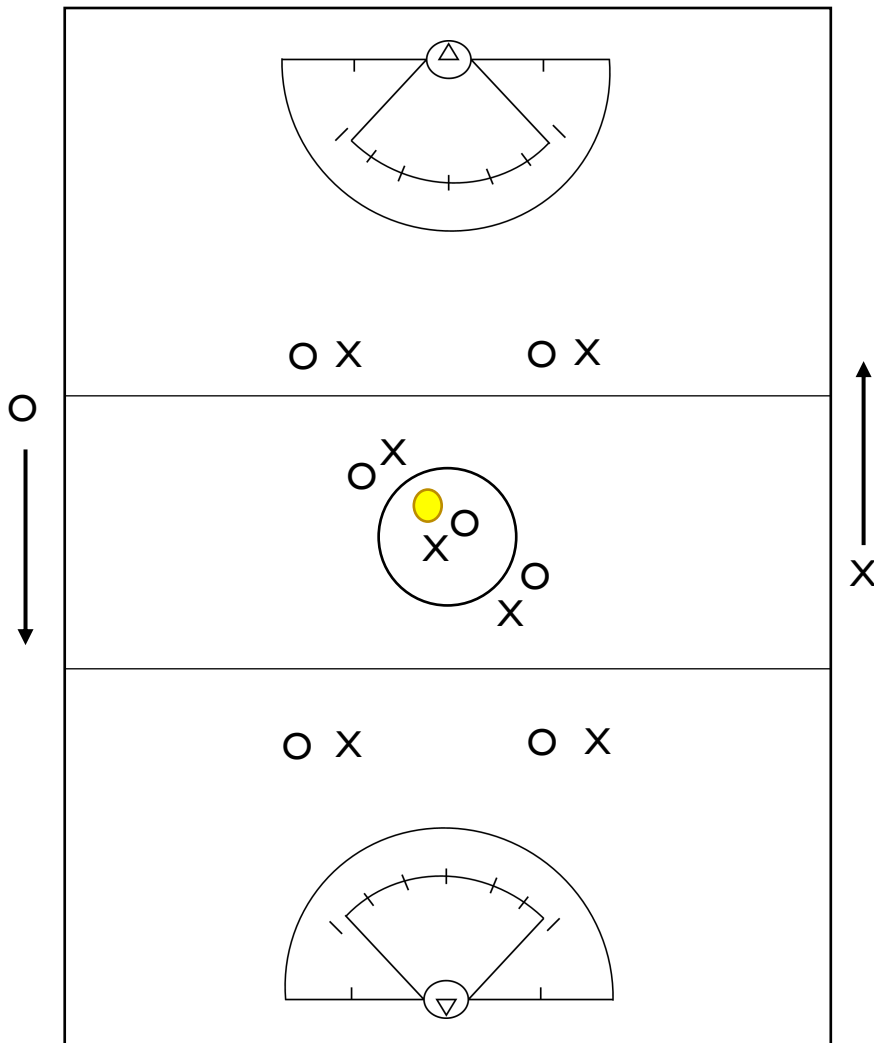
# HINGHAM 7s



- The play resets and each team has to substitute.
- O has 1:00 to score.
  - If the attack scores, they earn 1 point and they become defense for the next set.
  - If the attack doesn't score and the defense gets possession, the defense must hold on to the ball for the remainder of the minute (within the CSA). The attack can work to get the ball back. If they do, they can go back to goal provided there is time left on the clock.)

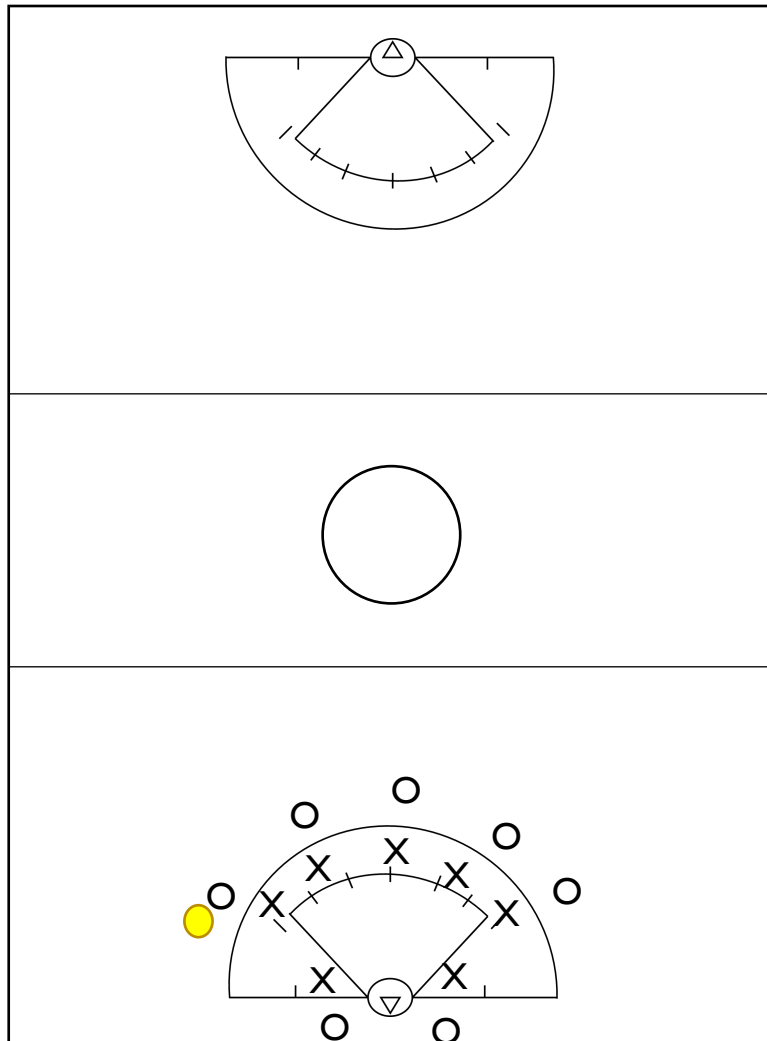
# **SETTLED 7v7 DRILLS: Double Time**

# DOUBLE TIME



- Divide players into two teams.
- The goal of Double Time is to try to create game situations and realistic play scenarios. You can play it as a 7v7 or 11v11 depending on numbers.
- Start with a draw control.
  - The team that wins the draw control is on attack.
  - The attack has :45 to score once possession has been established.
  - If they score within the time limit, they earn 1 point and the drill resets with another draw.

# DOUBLE TIME



- If the attacking team does not score, or the goalkeeper makes a save, or the defense causes a turnover, the defense works to clear the ball to the opposite end.
  - The new attacking team now has 1:30 to score (from the time that they got possession.)
  - If they score, they earn 1 point.
- If neither team scores after each team gets one offensive possession, no point is rewarded and the drill resets at the draw circle.
- Try to go for 10 rounds or first team to 5 points.
  - There is no specific assignment on how to play out the sets, but teams should work on their offensive movement/sets and defensive schemes.