



USATM
LACROSSE

FUNDAMENTAL SKILLS ASSESSMENT

**Drills and Plans for Running
Box Lacrosse**



BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS

FUNDAMENTAL SKILLS ASSESSMENT

Our Mission:

As the governing body of lacrosse in the United States, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.

Our Vision:

We envision a future that offers everyone a lifelong opportunity to enjoy the sport of lacrosse.

About Box Lacrosse:

Box Lacrosse is played inside the confines of a multi-sport rink. Each team has six total players on the floor to start a game with five runners and one goaltender. Players rotate on and off the floor in shifts to play offense by trying to put the ball in their opponents' goal and play defense by preventing their opponents from scoring on their goal.

Rules:

USA Lacrosse publishes a Box Lacrosse Rulebook annually, found online at usalacrosse.com/box-rules

Insurance:

The USA Lacrosse Member Insurance Program applies whether the lacrosse games or activities are held outdoors or indoors, as long as the established rules approved by USA Lacrosse are enforced. For box lacrosse, USA Lacrosse Box Rules must be followed without modification.

Proper Equipment for Players:

These practice plans require players to be properly equipped with the right equipment. Within the USA Lacrosse Box Rules, Rule 28 Protective Equipment and Rule 29 Goaltender Equipment outline the mandatory equipment that players must wear.

For more information, review the USA Lacrosse Rules and review the latest Equipment Guide that can be found at usalacrosse.com/equipment

For more Box Lacrosse Coaching Resources, Please visit:

[Laxlife.ca](https://laxlife.ca)

BOX PRACTICE PLANS

Fundamental Skills Assessment



Resources: Open Wall/Field Space or Outdoor/Indoor Lacrosse Box, Lacrosse Balls, Nets, Duct Tape, Universal Screwdriver, Zip Ties, Helmets & Gloves, Sticks, Pylons, Whistle, Name Tags, Sharpie

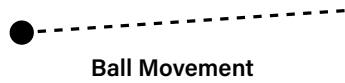
Note - Goalies Are Not Required For This Practice

Pre-Practice: (30 min – Optional) Intros & Ice-Breaker Activity – Appearance Change Elimination

Reminders: Land Acknowledgement
Recognize the importance of the standardization of each drill (needs to be the same pre & posttest)
Coaches explain each drill for 30 seconds max without breaking down the technical aspects of the skill being tested
Players (or ideally coaches/evaluators) fill out their skills tracking sheets using the honor system
<https://laxlife.ca/Resources/Practice-Competition/Player-Profiling/Fundamental-Skills-Tracking-Sheet.pdf>

4 Phases of a movement: Preparation (1), Force Production (2), Critical Instant (3), Follow Through (4)

Diagram Key



Ball Movement



Player Movement



Screen Movement

X X
Players

G
Goalie

C
Coach



Balls



Cones

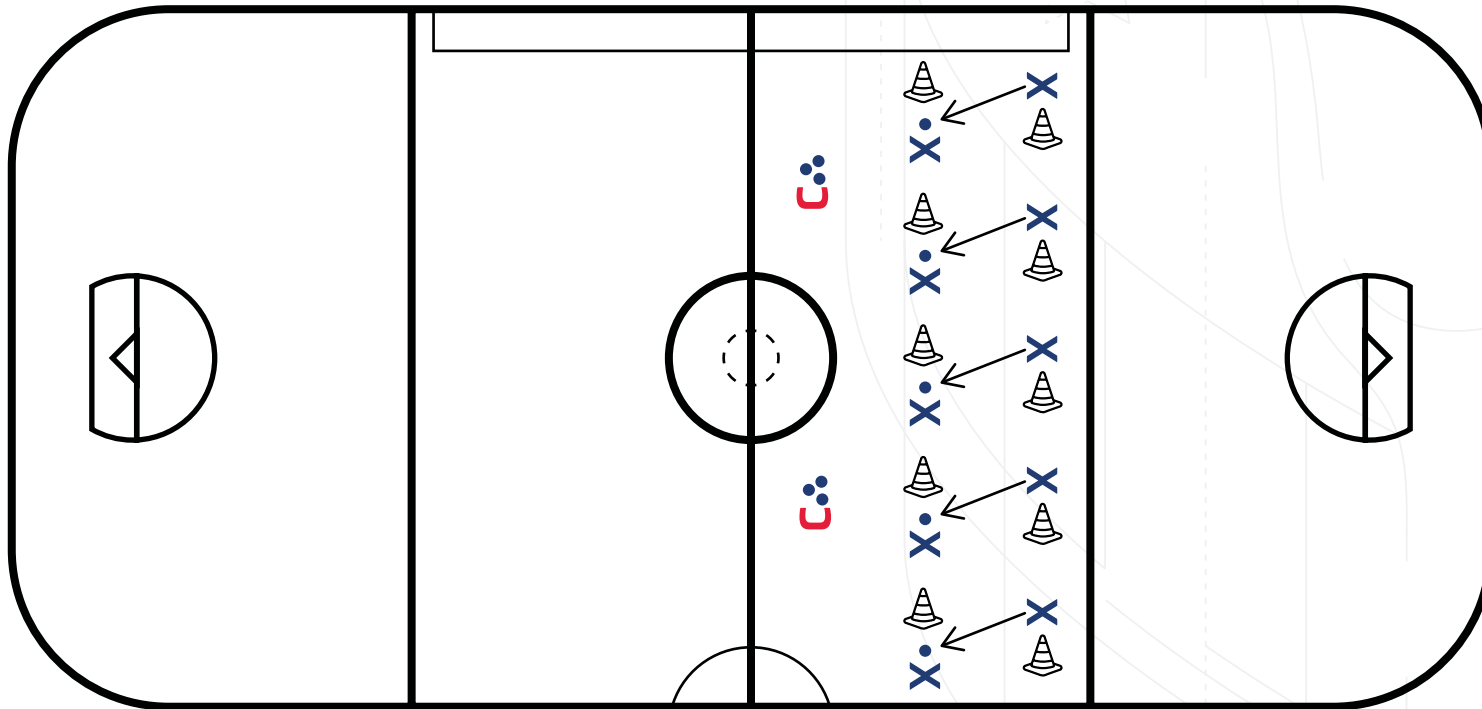
LOOSE BALL DRILL #1A: "Stationary" Pick-Ups (Scooping)

Drill Duration: 8 mins

Description: Variation #3: "Stationary Loose Ball"



- Draw Diagram = 1 min
- Have players line up in equal numbers on their proper floor side crease and shooter positions, on both sides of the floor, in one or both ends, with balls. Goalies switch halfway through the drill if it's commencing in only one end.
- To start, the first player in line on one side will have balls (lefts or rights) and the other side (off-ball) has no balls. On the off-ball side, start with an up-pick from the crease player, doing a V-cut, then setting an imaginary pick at the same-side shooter position. The shooter then cuts around the pick toward the middle, receiving a pass from the opposite side crease position (Shot #1). The picker then "pops" up into the shooter position, receiving a pass from the opposite side shooter (Shot #2).
- Repeat the above actions with the opposite-side players who now have no balls, running another off-ball up-pick. The crease player picks for the same-side shooter, "pops" up into the shooter position, and both receive passes for shots one after another (1 second in between shots).

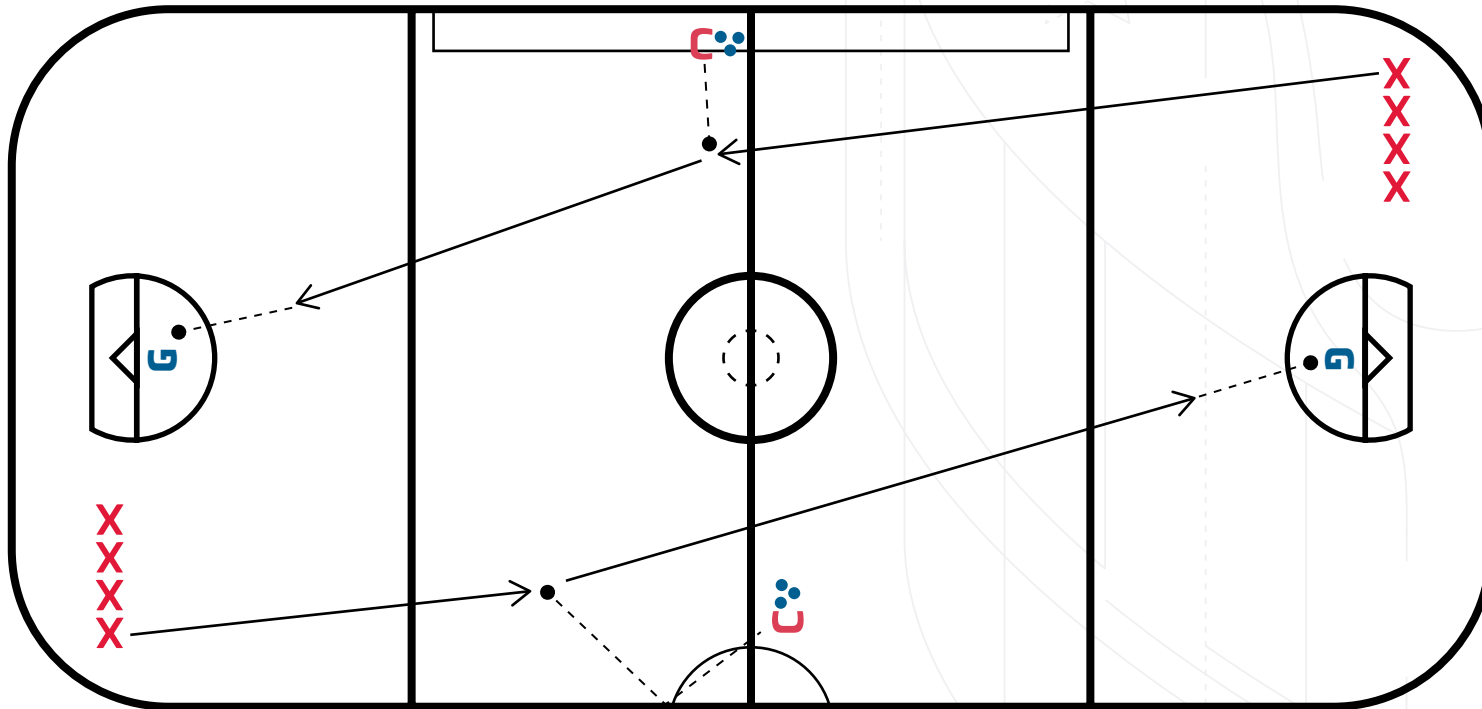


STICKWORK DRILL #3: Loose Ball On-The-Run

Drill Duration: 12 mins

Description: Variation #1B: "Dynamic Loose Balls"

- Coaches divide the floor in half lengthwise (perhaps using pylons); two lines starting in opposite corners (opposite ends).
- Coaches then stand by the sideboards at both sides of center floor and roll a ball to the first player in both lines as they run forward.
- Standardize the direction the loose ball is rolled into the drill, preferably nice a smoothly, and somewhat perpendicular to the oncoming player.
- A successful rep is when a player picks it up (scoops it) all in one motion. Players may finish with a shot on net (for fun).
- Switch which corners the players are starting from halfway through the drill (i.e., after players have 5 reps complete). This forces players to corral half of the balls with their stick to the middle of the floor (cross-body) versus on the board-side.
- Keep track of successful reps out of 10.
- Water Break = 1 min

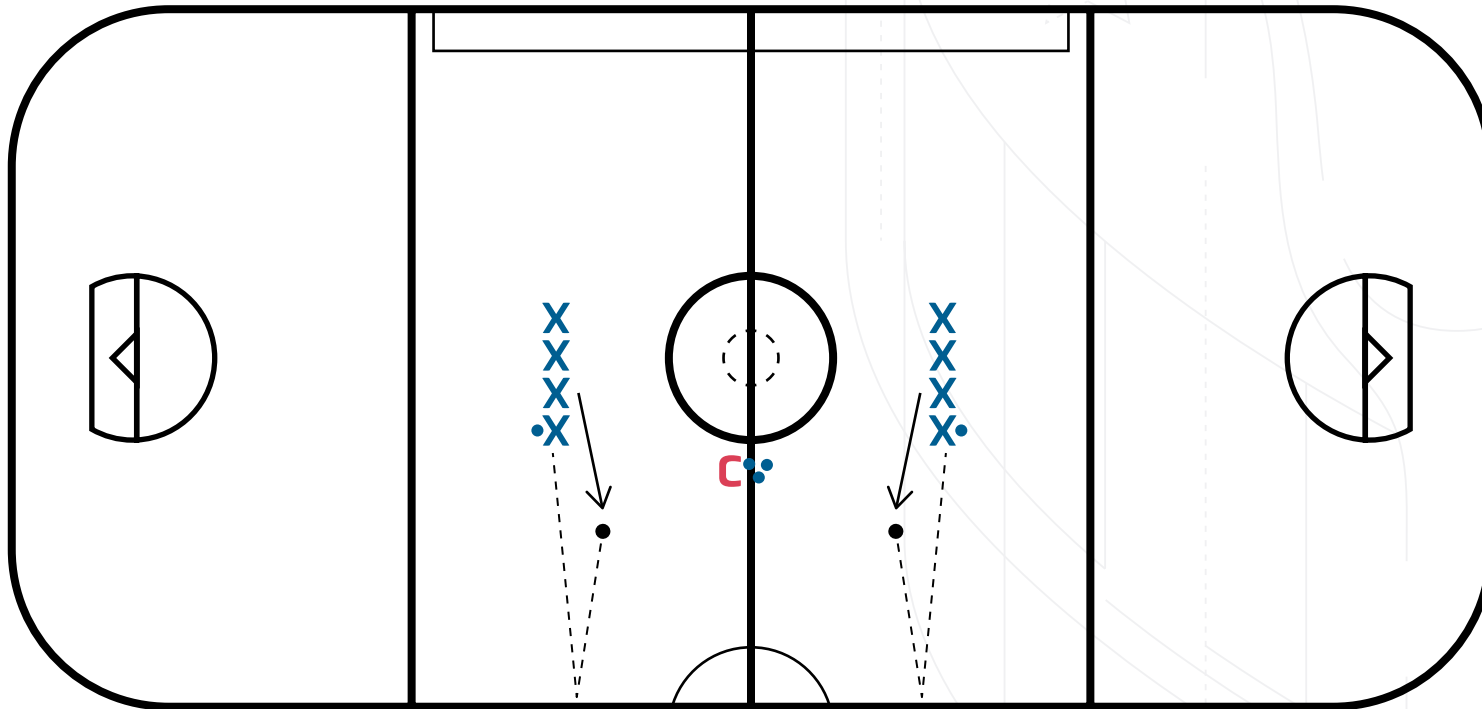


WARM-UP DRILL #3: Board Shuttles

Drill Duration: 10 mins

Description: Variation #1: "Stationary Passing"

- Have players in lines of 3-4 players, facing the sideboards (or a wall), 10 yards away (mark with a pylon), with a 12" x 12" square target taped on the wall.
- The first player in line starts with a ball. This player throws the ball at the target, then gets out of the way of the rebounding ball.
- The next player in line corrals the loose ball and repeats the same action, as does the next player in line, and so on and so forth.
- A successful rep is when the player passes against the wall and the ball hits the tape or any-where inside the square
- Assistant coaches should be ready with extra balls.
- Keep track of successful reps out of 10.

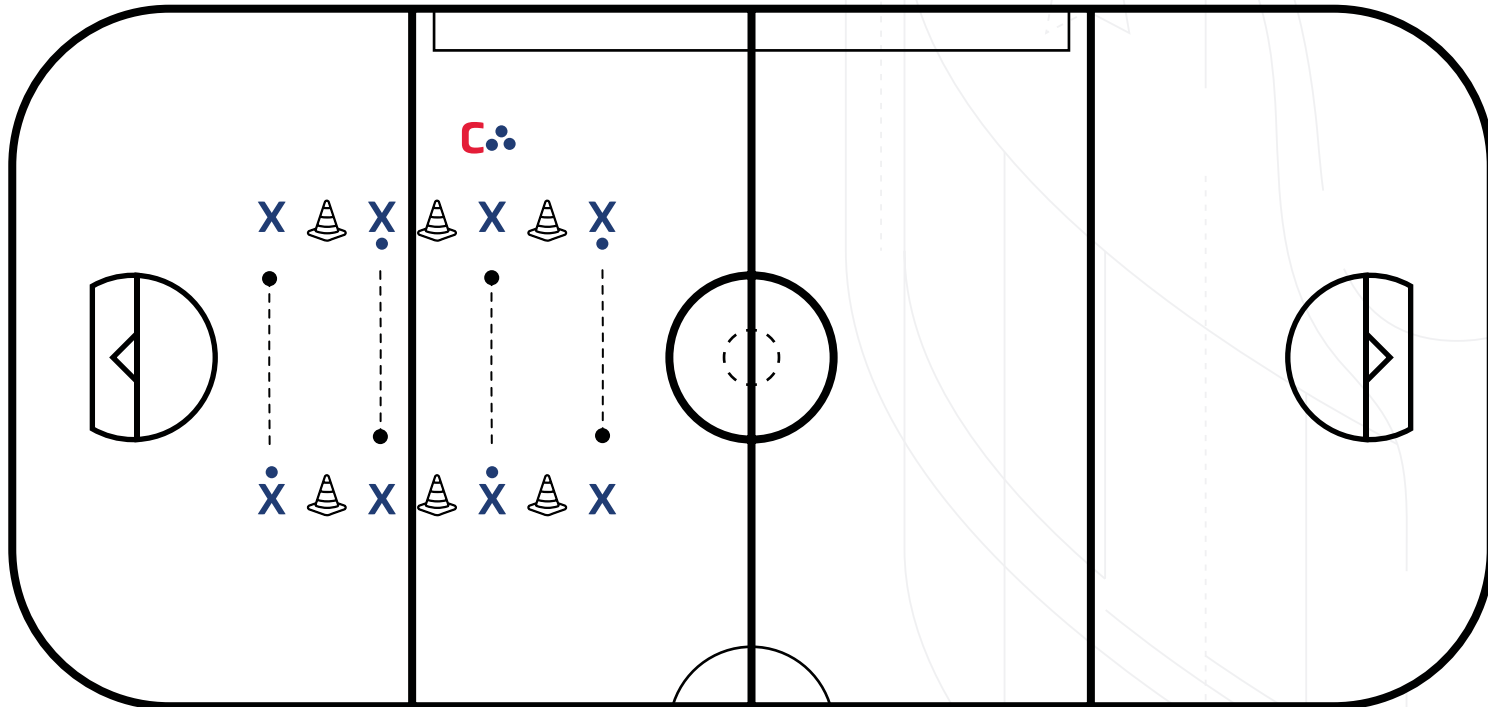


STICKWORK DRILL #2: "Partner Passing"

Drill Duration: 8 mins

Description: Variation #2: "Stationary Catching"

- Players are lined up in pairs, 7-10 yards apart (depending on age), marked with pylons. Partners pass back and forth counting the number of successful catches.
- If the pass is UNCATCHABLE (i.e., opposite side of the player's body than that which they are holding the stick; below their waist or high above their head), extra attempts may be allowed at the coach's discretion.
- Players can use their hands to pass the ball if required.
- Assistant coaches should be ready with extra balls.
- Keep track of successful reps out of 10.

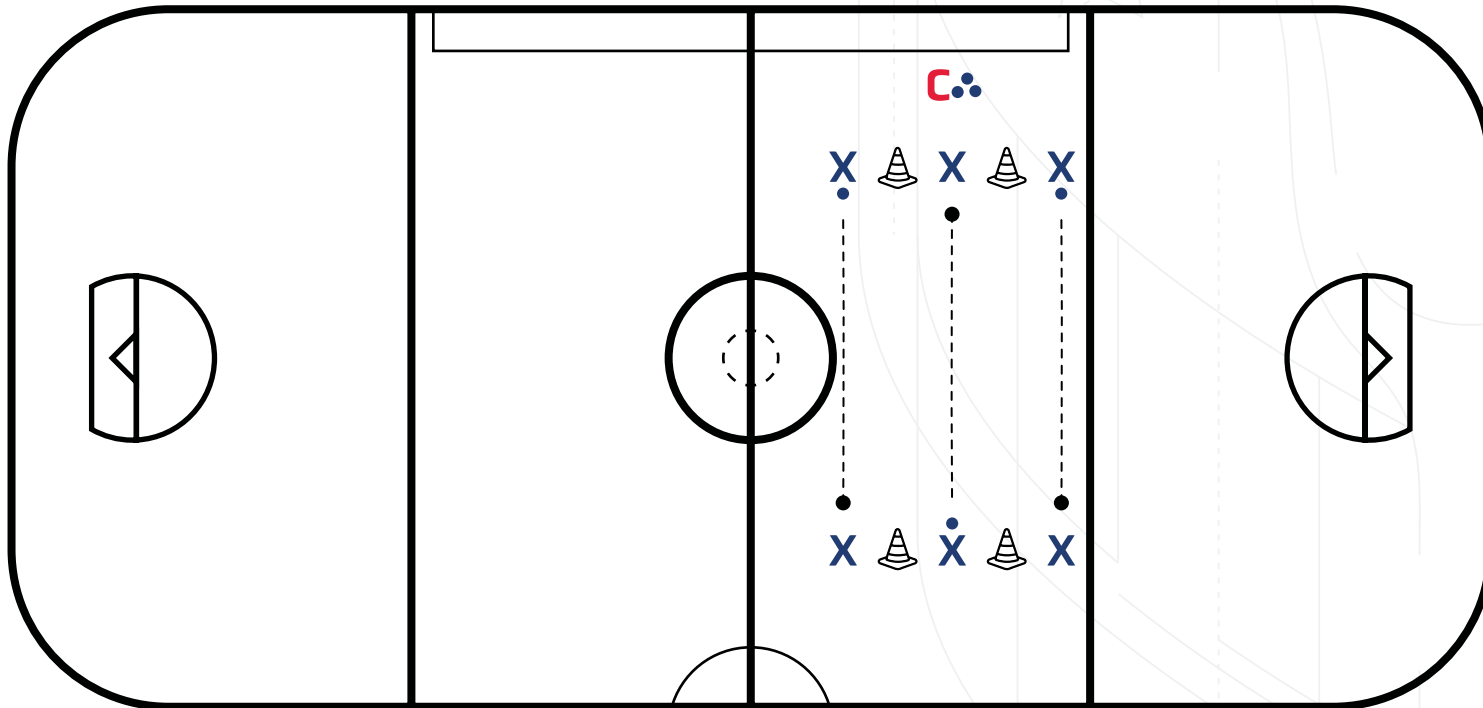


STICKWORK DRILL #2: "Partner Passing"

Drill Duration: 12 mins

Description: Variation #3A: "Dynamic Passing" (Passer Only)

- Players are lined up in pairs, 10-15 yards apart (depending on age), marked with pylons. With one ball per pairing, the ball carrier makes a short run forward before passing the ball to their partner. If the pass touches the partner's stick then it is to be deemed a successful repetition (unless UNCATCHABLE - see previous drill).
- The original passer backpedals back to where they started (marked by pylons) and with their partner repeating the said action.
- Assistant coaches should be ready with extra balls.
- Keep track of successful reps out of 10.
- Water Break = 1 min

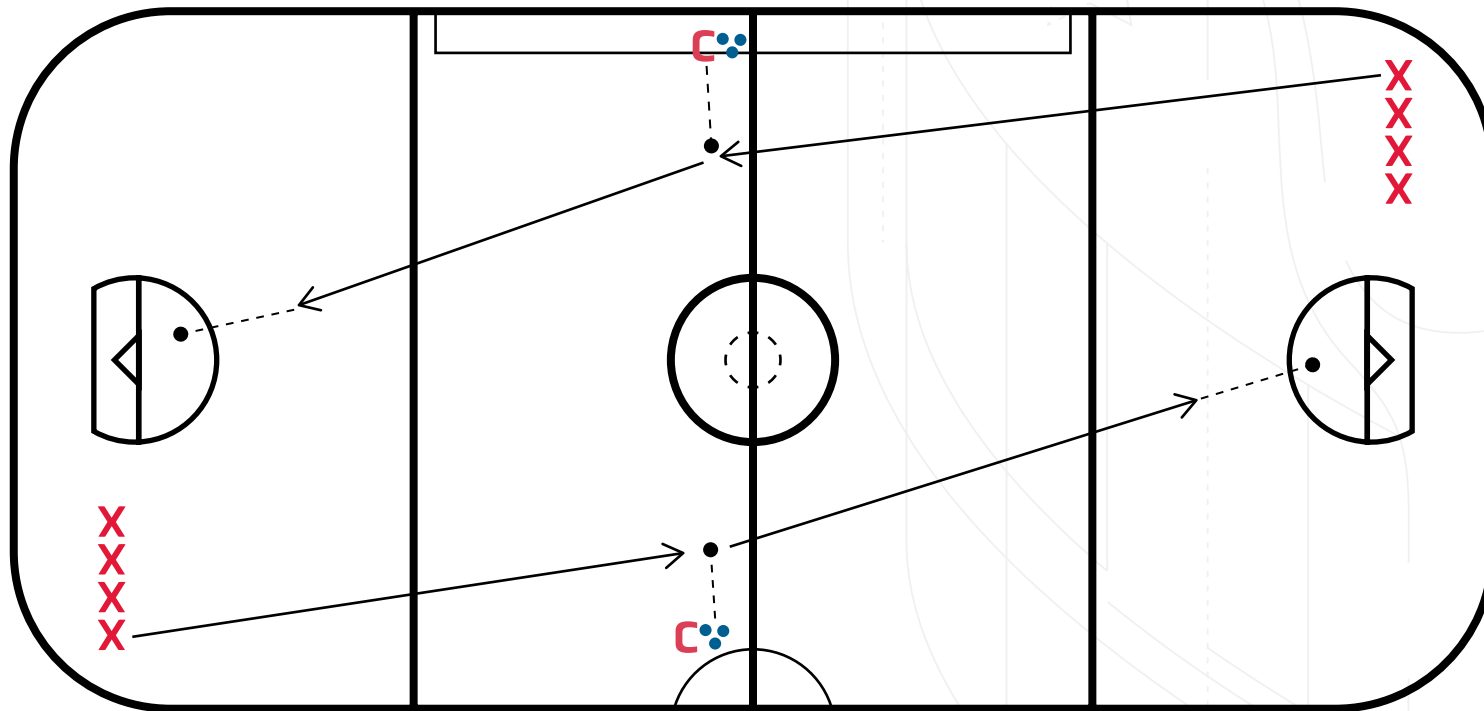


STICKWORK DRILL #3: Loose Ball On-The-Run

Drill Duration: 12 mins

Description: Variation #2A: "Dynamic Catching"

- Coaches divide the floor in half lengthwise with pylons; two lines starting in opposite corners (opposite ends).
- Coaches stand against the boards at center floor and as the first player in both lines run forward, they flip the ball up in the air for the player to catch while running (for a successful rep).
- Switch which corners the players are starting from halfway through the drill (i.e. after players have 5 reps complete). This forces players to catch half of the balls with their stick to the middle of the floor (cross-body) versus on the board-side.
- Keep track of successful reps out of 10.

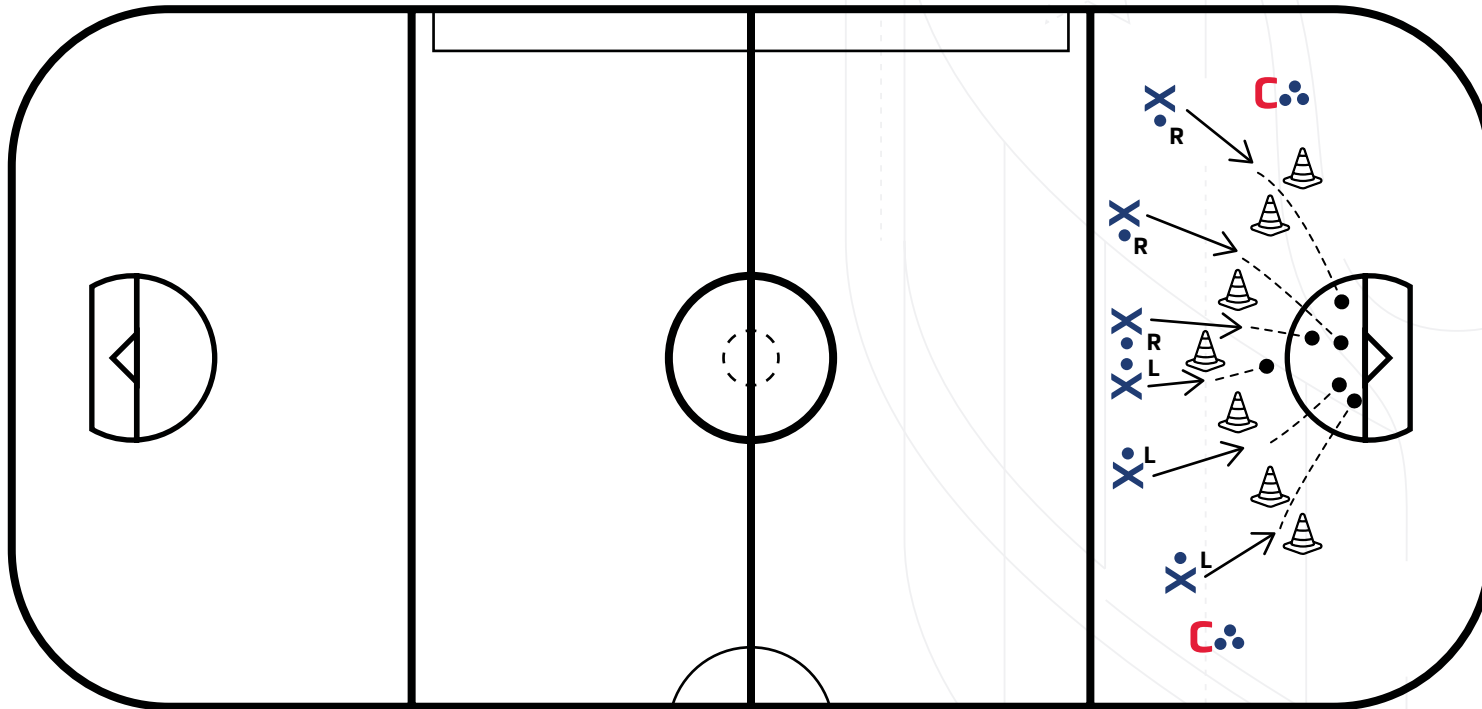


WARM UP DRILL #5: Semi-Circle ("Horseshoe") Shooting

Drill Duration: 12 mins

Description: Variation #1A: "All At Once" (Stationary Cradling & Shooting)

- Arrange players into five lines at the 5 standard offensive positions (marked with pylons), on their proper floor sides, in one or both ends of the floor.
- From 12 yards away, players need to cradle the ball up and down three times before subsequently taking a crow-hop then a set-shot on net from behind the pylon in front of them (10m away from the net).
- All players shoot at the same time.
- Players rotate lines after each shot, rotating between the crease, shooter, and point position on their proper floor side.
- A successful rep is if the player doesn't drop the ball and hits the net with their shot.
- Keep track of successful reps out of 10.
- Water Break = 1 min

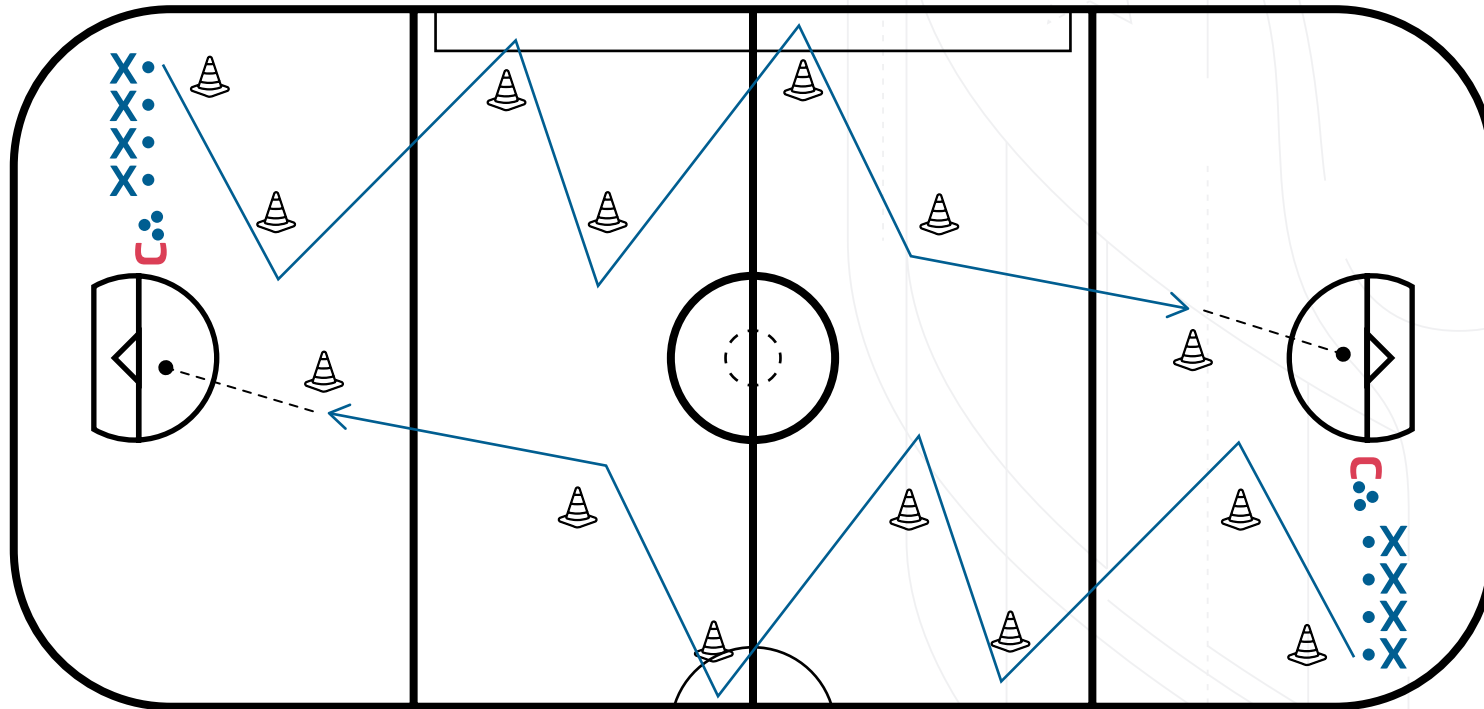


CRADLING DRILL #3A: Cradling Around Pylons

Drill Duration: 12 mins

Description: Variation #1: "Dynamic Cradling & Shooting"

- The coach divides the floor in half lengthwise, with two lines in opposite ends.
- Within each half there should be a zigzag pylon formation (6 pylons 10 yards apart). Players must cradle around the pylons (no drops) & shoot the ball into the net from 10 yards away (marked with a 7th pylon) for a successful rep.
- Players should be encouraged to shoot on-the-run, without checking up into a "crow-hop" (which is otherwise known as a "set-shot").
- Keep track of successful reps out of 10.



TACTICS ANALYSIS

Drill Duration: 2 mins

Description: Huddle

- Circle at center floor
- Debrief on the experience
- Hand in tracking sheets to coaches
- Come up with an appropriate word, as a team, for a team cheer.

