



USATM
LACROSSE

12U BOX LACROSSE PRACTICE GUIDE



Practice 4

Drills and Plans for Running Box Lacrosse for Ages 9 - 12



BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS FOR RUNNING BOX LACROSSE FOR 12U

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

Practice #4 - Shooting On-The-Run Progressions

Age Group: 12U

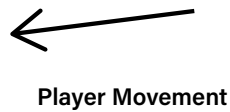
Resources: Lacrosse Box, Lacrosse Balls, Nets, Tape, Universal Screwdriver, Hacksaw, Zip Ties, Helmets & Gloves, Sticks, Pylons, Whistle

Reminders: This practice can also be dedicated to shooting-on-the-run instead of set-shooting and arguably could be taught before set-shooting (because it happens more often in games), however we prefer teaching set-shooting first because it is a more stable base to teach proper shooting mechanics from.

Dynamic Warm Up Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>

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

Diagram Key

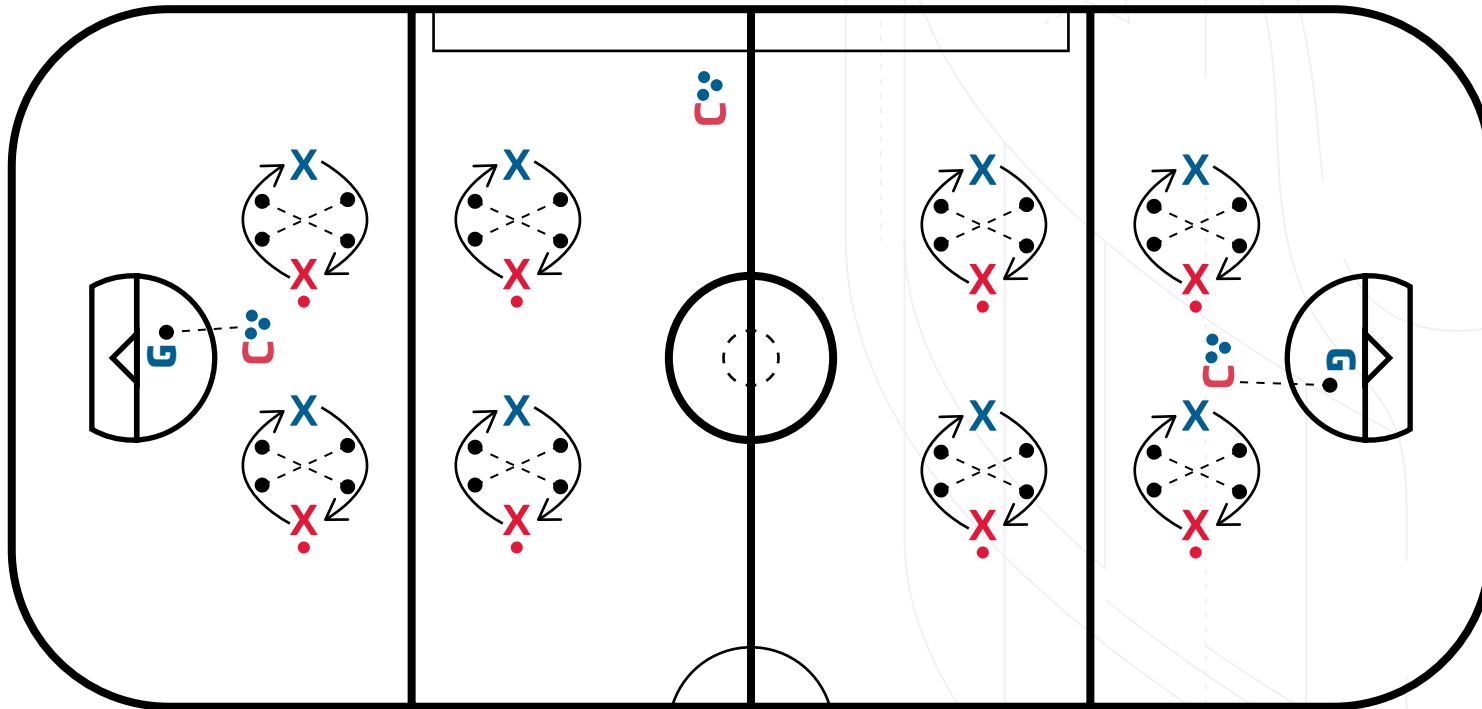


WARM-UP DRILL #8: CP's "Circling" Warm-Up

Drill Duration: 2 mins

Description: Variation #1: "One Ball"

- Start with players in pairs, in one or both ends of floor. Spread pairings evenly across the designated area, with players 5-10 yards apart.
- With one ball per pairing, have players circle ("side shuffling") clockwise for one minute and then counterclockwise for another minute, passing the ball back and forth.
- If players are struggling to pass the ball, another option is to perform the same task using loose balls.
- Goalies are taking shots from the coaches.



WARM-UP DRILL #6: "Snake" Shooting

Drill Duration: 7 mins

Description: Variation #1 (3 min): "High Variations"

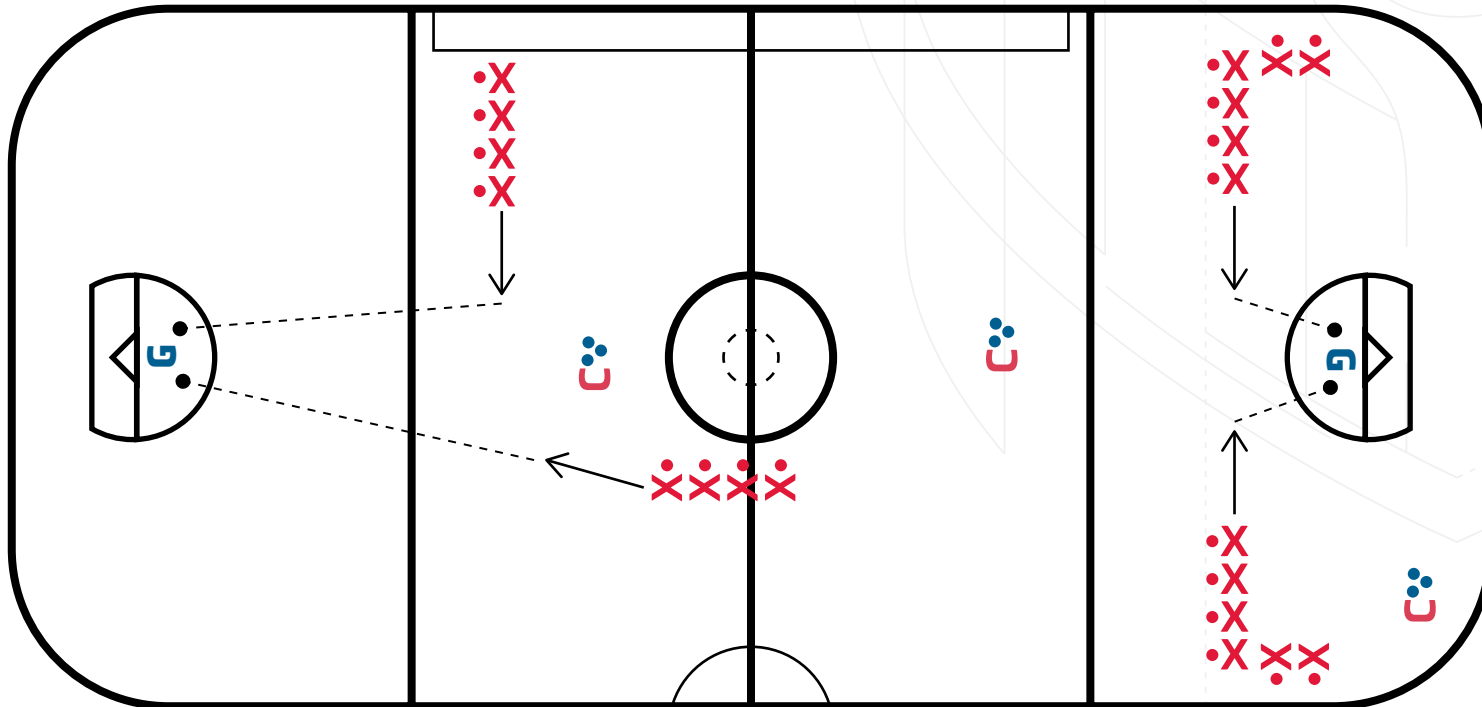
left diagram

- Demo (1 min): "Shooting On-The-Run" (Reach Arms, Rotate Hips & Shoulders, Follow Through)
- Begin in one end of the floor, with lines of lefts and rights on their proper floor side, near where the restraining line meets the "inside lane" (Variation #1A), and later in the "outside lane" wide of the shooter position (Variation #1B).
- One player from each line is sent at a time, as opposed to all players at once.
- In Variation #1A, shots should be taken on-the-run while moving from north-south in orientation. In Variation #1B, shots should be taken "on the run" while "sweeping" east-west in orientation. Each group should go twice from each of these 2 spots, which allows for two goalies to get shots from each area.
- Both variations should have players shooting from a relatively far distance away based on their age; use a pylon as a marker if necessary.
- The next player in line goes after the player in front is approximately 5 yards (1-2 seconds) ahead.
- Make sure players hit the goalie in the chest or leg pads on the first couple of shots. After that, players can work on their accuracy, shooting "around the pipes" and picking corners.
- Assistant coaches should collect balls to help "reload" the players after each time through the drill. Players on the opposite side of the floor can also help out with this process as well.

Variation #2A (3 min): "Low Variations"

right diagram

- Same as the above variation except start with lines at the mid-boards and players sweeping east-west through the middle and taking a shot-on-the-run.



Dynamic Warm-Up

Drill Duration: 8 mins

Description: Variation #1 (4 min): "L-Shot"

- Introduce the "active dynamic stretch" routine
- Circle at center floor
- Land Acknowledgement
- Rehash (1 min): skills learned last practice
- Discussion (1 min): "Great Teammates"
- Come up with an appropriate word, as a team, for a team cheer.
- Water Break = 1 min

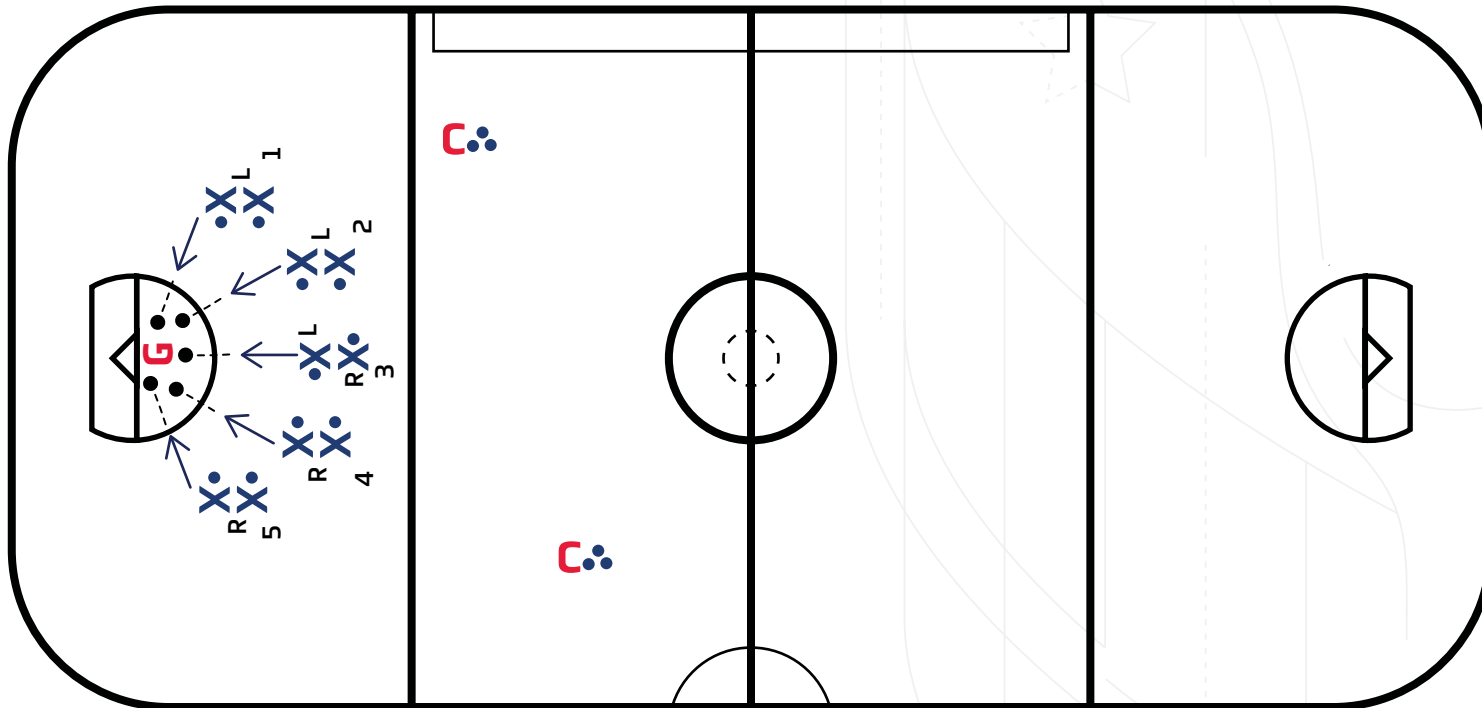


WARM-UP DRILL #5: Semi-Circle (“Horseshoe”) Shooting

Drill Duration: 5 mins

Description: Variation #6A: “Kneeling Shot” (L to R/R to L)

- Arrange players, in both ends of the floor, into an arc (semi-circle) formation, starting 10 yards back from the crease.
- There should be five lines at the 5 standard offensive positions with the player behind the player at the front of the line loading up the player who is kneeling on one knee (triple threat position), with balls. This player is kneeling (split stance) with the opposite leg of their “strong hand” forward. These players are shooting and can be loaded with between 1-5 balls before rotating, working their way from one side to the other.
- There should be at least one second in-between shots; starting on the opposite side the next time through the drill.



OFFENSE DRILL #2: Off-Ball “Cutters”

Drill Duration: 10 mins

Description: Variation #1A (4 min): “Pass To Coach”

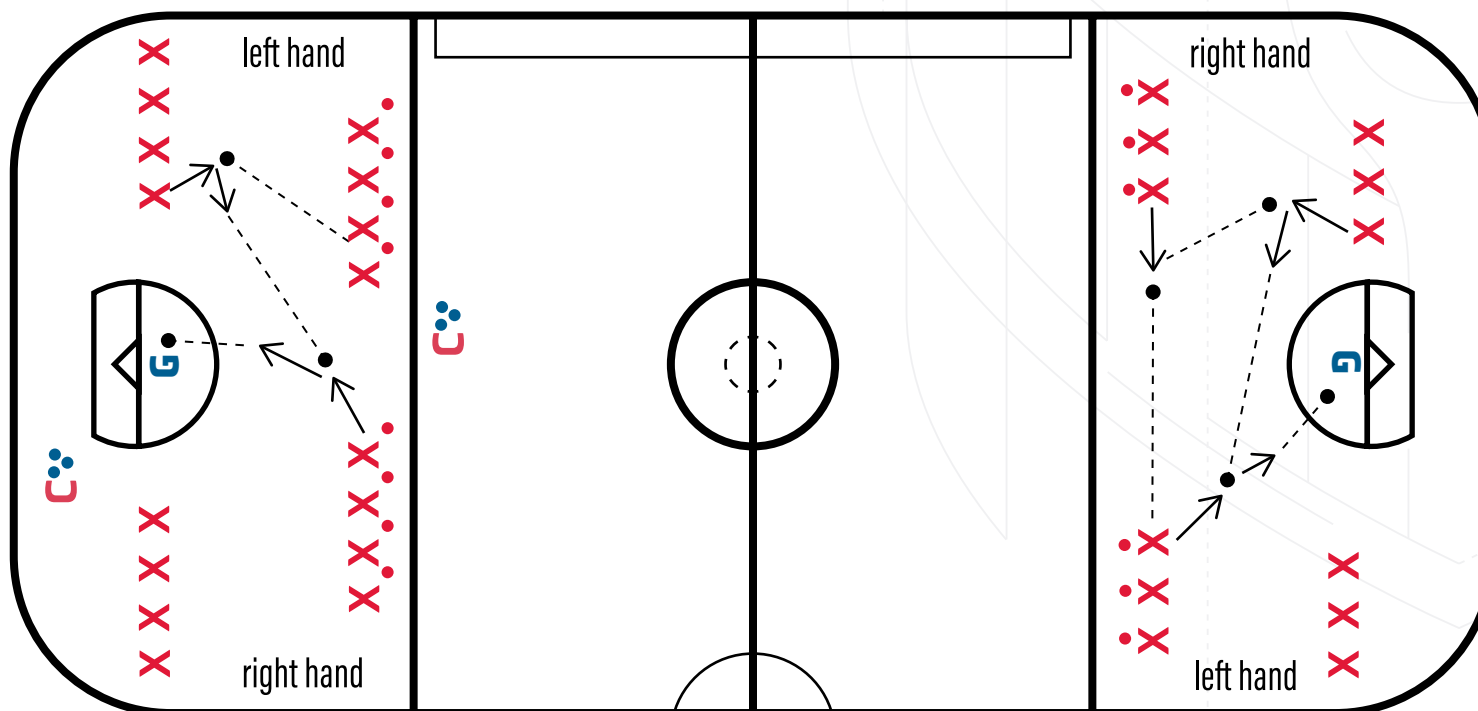
left diagram

- Demo (1 min): “Popping Out,” “Timing”
- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor sides, in the crease and shooter positions, on both sides of the floor.
- This drill starts on one side of the floor with the shooter passing down to the coach on their side of the floor, and the off-ball shooter cutting the middle, receiving a pass for a shot.
- After making the pass down, the opposite side shooter cuts the middle and receives a pass for a shot.
- Alternate this pattern back and forth with “shooters” passing first and then cutting during the very next repetition in the drill.
- Most common error = timing the off ball cut when the ball is passed low

Variation #2 (5 min): “Pass Low; Off-Ball Cutter” (Player Passers)

right diagram

- This drill starts on one side of the floor with the crease player first engaging their defender (imaginary) then popping out and receiving a pass from the same-side shooter.
- After making the pass down to the crease player the opposite side shooter cuts the middle and receives a pass for a shot.
- Alternate this pattern back and forth with “shooters” passing first and then cutting during the very next repetition in the drill. After taking a turn in the shooter line, players rotate down to the crease line and vice-versa.
- Most common error = passers not keeping their feet moving while making and receiving the pass



OFFENSE DRILL #1B: "Give & Go's" (Shooter & Crease)

Drill Duration: 10 mins

Description: Variation #1A (4 min): "Pass To Coach" (North-South)

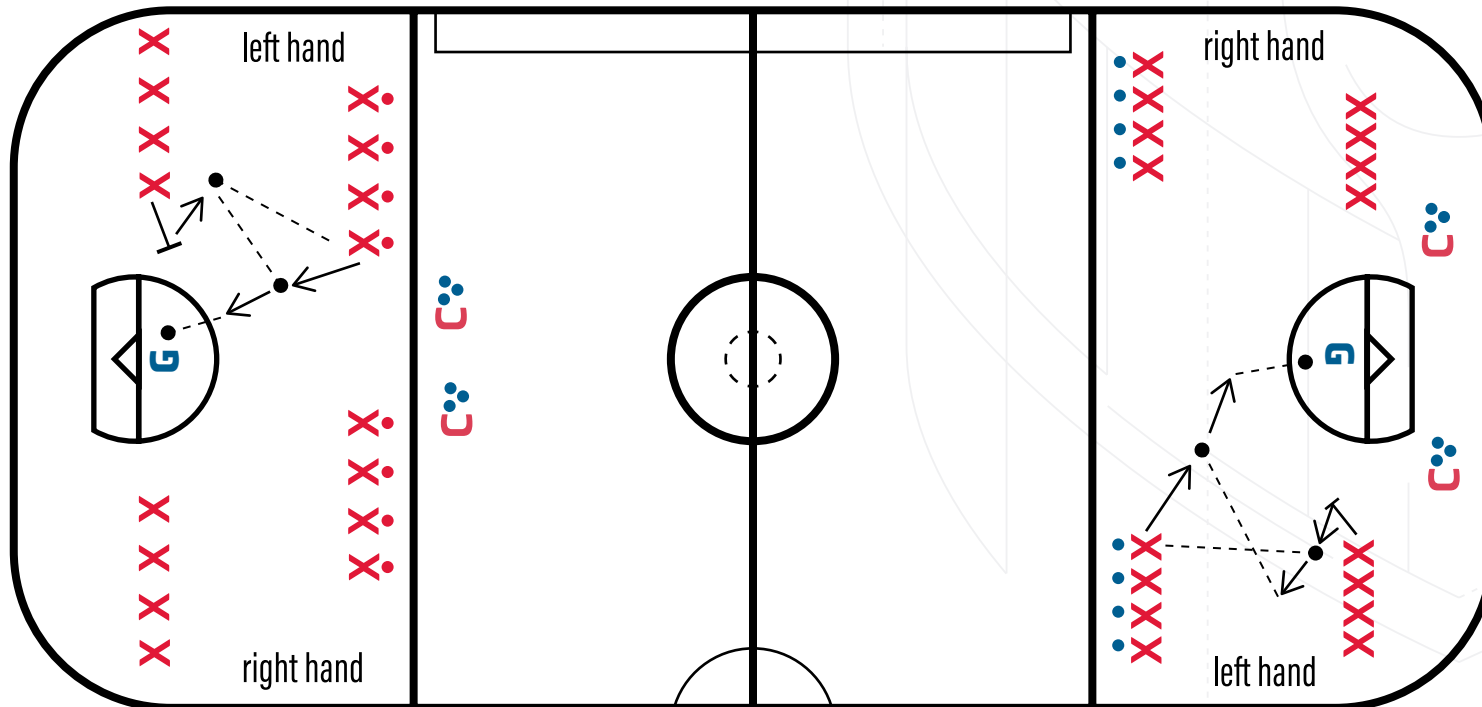
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- Demo (1 min): "Touch Passes"
- Have players lined up in equal numbers on their proper floor side, at the shooter positions, on both sides of the floor, in one or both ends. Balls are at the shooter lines, with coaches in the corner near the crease position.
- The ball carrier fades towards the side boards, passes low then cuts to the middle. The coach receives the pass and passes it back to the cutter (before they reach their wrong side) in the middle of the floor.

Variation #2 (4 min): "North-South Give & Go" (Player Passers)

right diagram

- Have players lined up in equal numbers on their proper floor side, at the crease and shooter positions, on both sides of the floor, in one or both ends, balls at the shooter lines.
- To start the drill, the ball carrier fades toward the side boards, passes low then cuts to the middle (1 second delay).
- The crease players pop out to receive the pass ("flashing their stick") and passes it back to the cutter (before they reach their wrong side) in the middle of the floor (Variation #2A).
- Alternate this pattern back and forth on both sides of the floor. After taking a turn in the shooter line, players rotate down to the crease line and vice-versa.
- Most common error = passers not keeping their feet moving while making and receiving the pass
- Water Break = 1 min



TRANSITION DRILL #1A: Basic Out & Up (“Get To The Middle”)

Drill Duration: 15 mins

Description: Variation #1C (7 min): “Far-Side Pass” (Coach Passer)

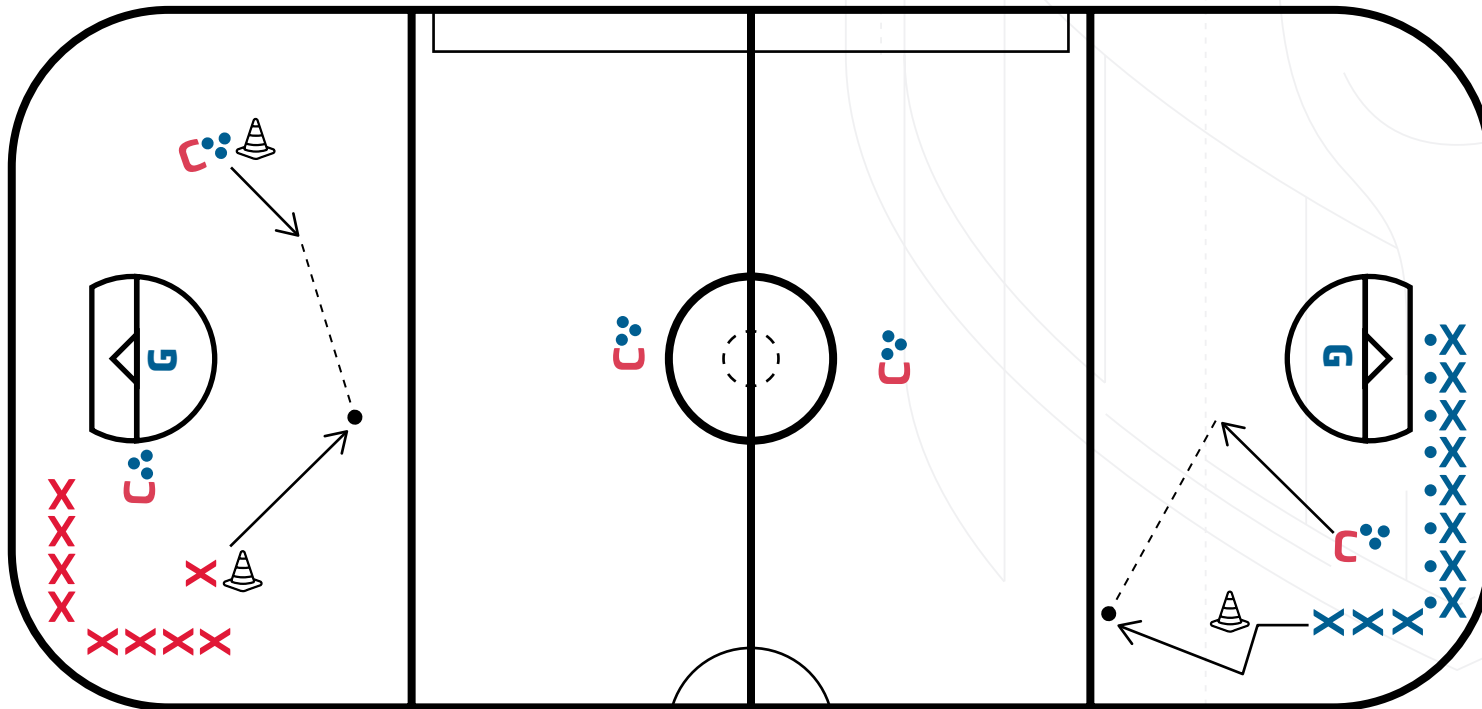
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- Demo (1 min): “Pushing The Ball”
- Start with one line in the far-side corner, lefties and righties mixed, in one end of the floor (facing up-floor), with a pylon 5 yards from the sideboards at around the mid-boards, on both sides.
- The first player in line cuts to the middle ahead of the play.
- The coach delivers a lead pass to the first player in line, who runs the length of the floor on breakaway.
- Additional coaches should be ready to make a second pass attempt in the far-end if the first pass is dropped

Variation #2C (7 min): “Same-Side Pass” (Coach Passer)

right diagram

- The line of players should be on the far-side only (to ingrain the habit of running away from the bench).
- The first player in line cuts from the corner around the pylon with the coach in the same line cutting to the middle with a ball and delivering a lead pass to the first player, who stays in the outside lane, eventually running the length of the floor on a breakaway.
- Most common error = player ahead of the play not holding in the outside lane long enough (resulting in a “suicide pass”)



CONCLUSION

Drill Duration: 3 mins

Description: Cool Down:

- Circle at center floor
- Have players try to recall the leg stretches from the previous practice (coach fills in the gaps)
- Finish on a positive note.

