



USATM
LACROSSE

12U BOX LACROSSE PRACTICE GUIDE



Practice 9

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





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

(AGES 9 - 12)

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 #9 - Advanced LB's & 2-on-1's

Age Group: 12U

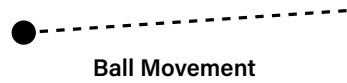
Resources: Lacrosse Box, Lacrosse Balls, Nets, Tape, Universal Screwdriver, Zip Ties, Full Equipment, Pylons, Whistle

Reminders: Dynamic Warm Up Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>
Cradling Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/cradling>
Static Stretching Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Static-Stretches.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

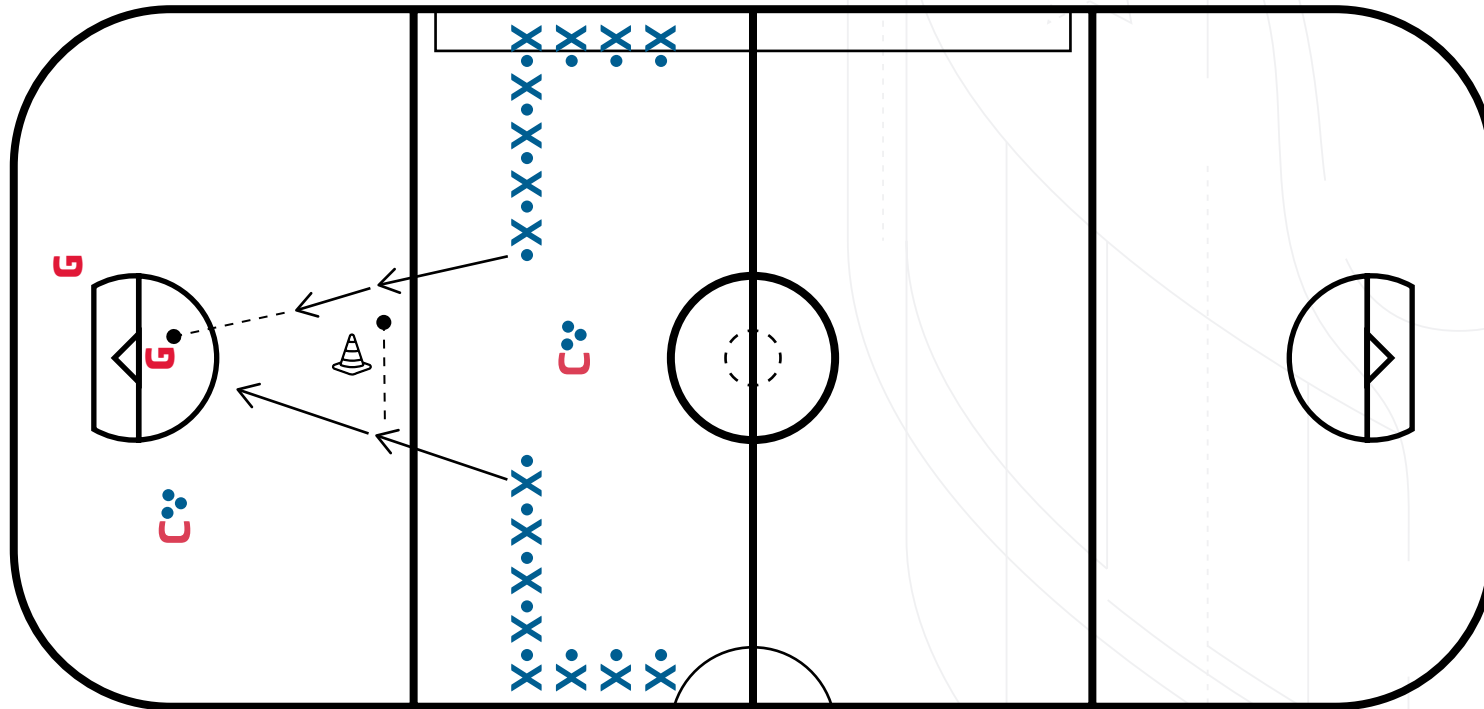
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GOALTENDING DRILL #4C: 2-On-0's

Drill Duration: 7 mins

Description: Variation #2A: "Player Focused"

- Players are lined up near the restraining lines, on their proper floor sides, with one line or the other starting with balls.
- The coaches should put a marker on the floor (tape, stick, pylon) as a landmark for where the ball carrier should be looking to pass from.
- The purpose of the drill is to teach players where to pass from during a 2-on-1 (imaginary).
- Have two players approach from the shooter position at walking speed, the only rules are that players cannot stop their forward momentum, or the drill is over.
- The ball carrier passes to the other player (near the landmark), who goes in for a quality shot "in tight."
- Advance to 50 percent speed; then back the lines up to the restraining lines, advancing to 75 percent and then 90 percent speed. Switch which side the ball starts on halfway through the drill.
- er-floor-side, otherwise drifting if they are on their wrong floor-side.



DYNAMIC WARM-UP

Drill Duration: 8 mins

Description:

- See if a player is willing to lead the “active dynamic stretches” (prep them ahead of time)
- Circle at center floor
- Land Acknowledgement
- Rehash (1 min): skills learned last practice
- Discussion (1 min): “Commitment/Sacrifice”
- Come up with an appropriate word, as a team, for a team cheer

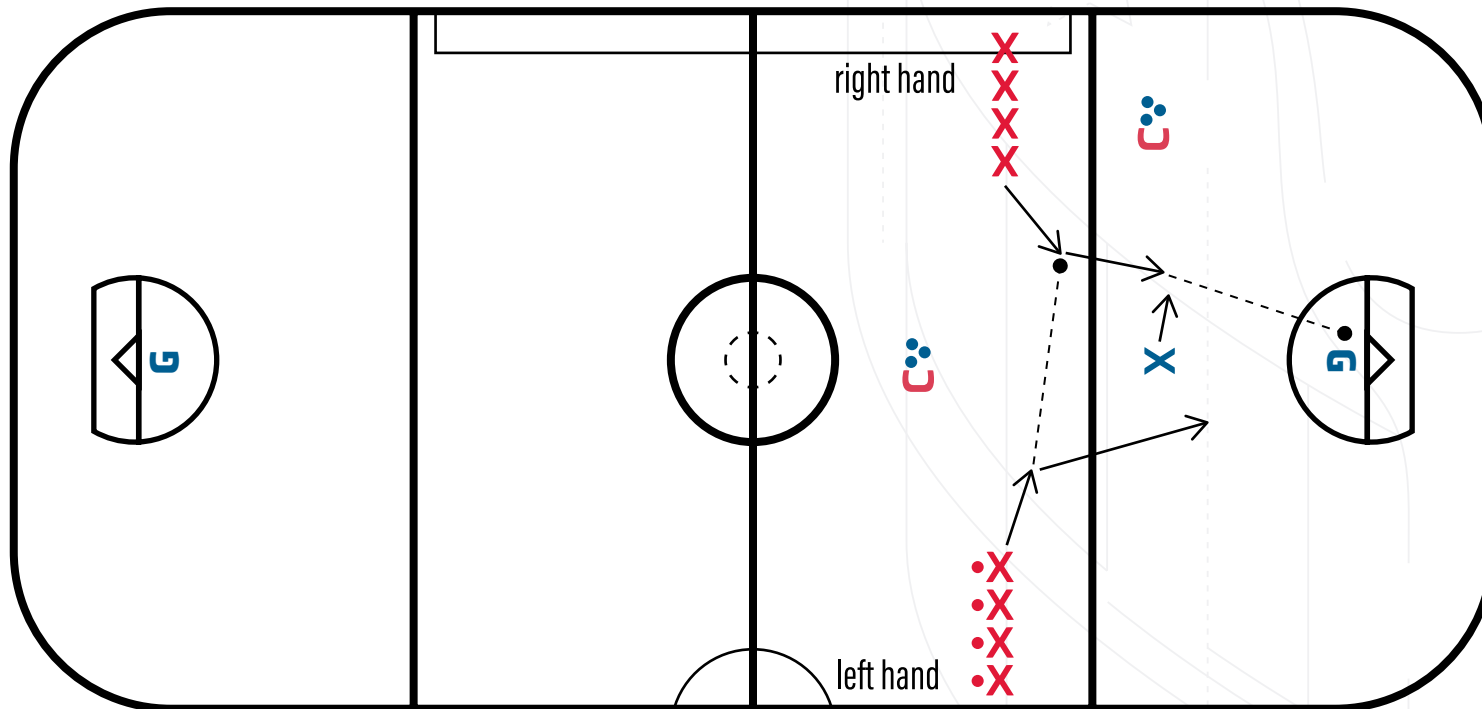


OFFENSE DRILL #8: Offensive Zone "2-On-1's"

Drill Duration: 8 mins

Description: Variation #1 (5 min): "East-West 2-On-1 - Balls High"

- Start in one or both ends, with a line of offensive players at each shooter position (proper floor sides), one line with balls and one without, with a defensive player from the line without balls in the middle. After every player has gone twice, switch everything to the other side.
- The player with the ball carries it toward the net (on the coach's whistle) and either gets a quality shot or successfully passes to the opposite side for a quality shot; the defender does their best to give up a low percentage shot (1 pass only).
- After each rep, the shooter plays defense, the defensive player enters the crease line; and the crease player moves up to the shooter line.

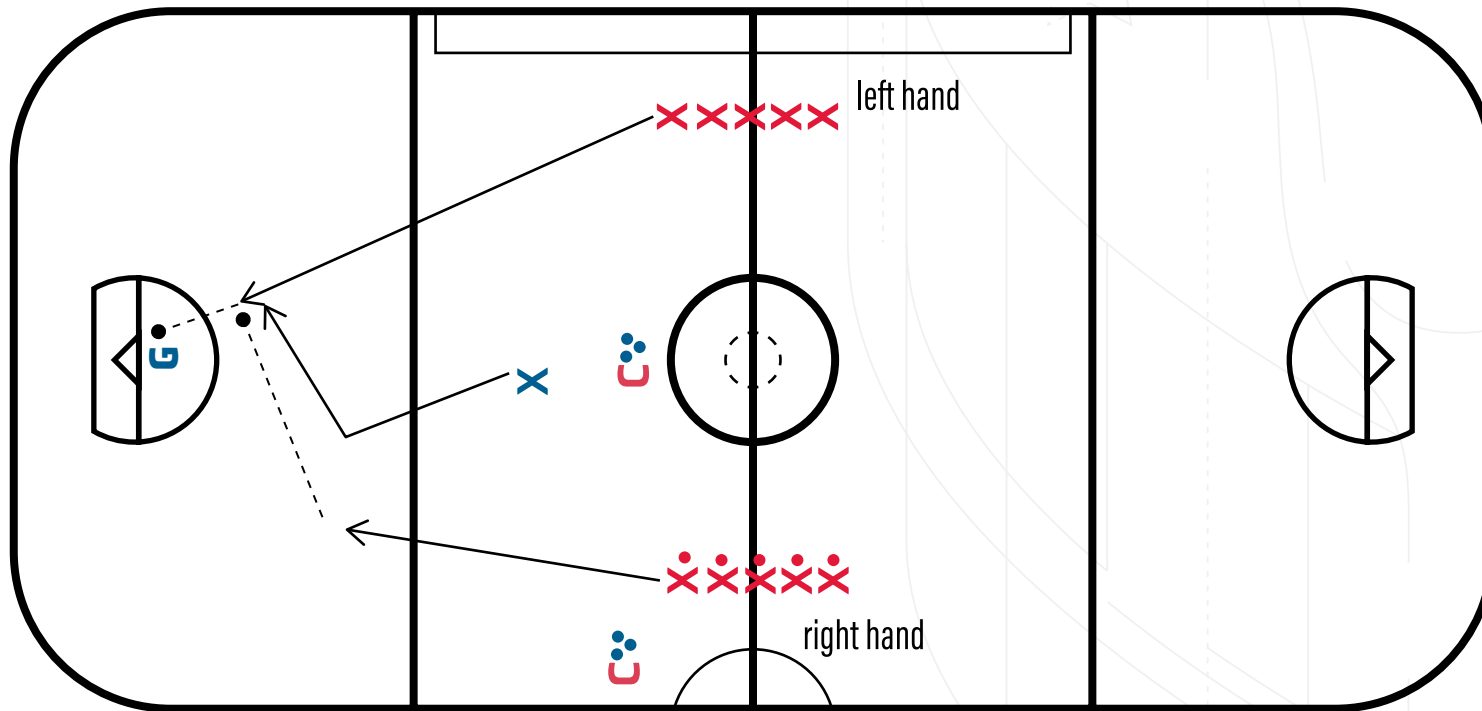


TRANSITION DRILL #8A: 2-On-1 "Fast Breaks" From Center

Drill Duration: 8 mins

Description: Variation #1A: "2-On-1's" (Defender At Center)

- Demo (1 min): "Splitting," "Being A Threat"
- Start with two lines of players at the restraining line (near or far), on their proper floor side, facing one or both directions; with both lines having a chance to start with balls, or a coach sending in a pass to a different line each time.
- A volunteer defender starts a few steps below the restraining line, split between both offensive lines.
- Offensive players attempt a 2-on-1, with the defender starting in the middle of the floor with their "stick up," ready to "fall back."
- Following the first rep through the drill, the last offensive player to touch the ball is on defense, with the other offensive player runs out of the drill along the sideboards.
- Start slow, around 50 percent of maximum speed, advancing to full speed during the latter reps through the drill.
- The ball carrier must always be a threat to shoot, and also be ready to pass if pressured by a defender.
- Water Break = 1 min

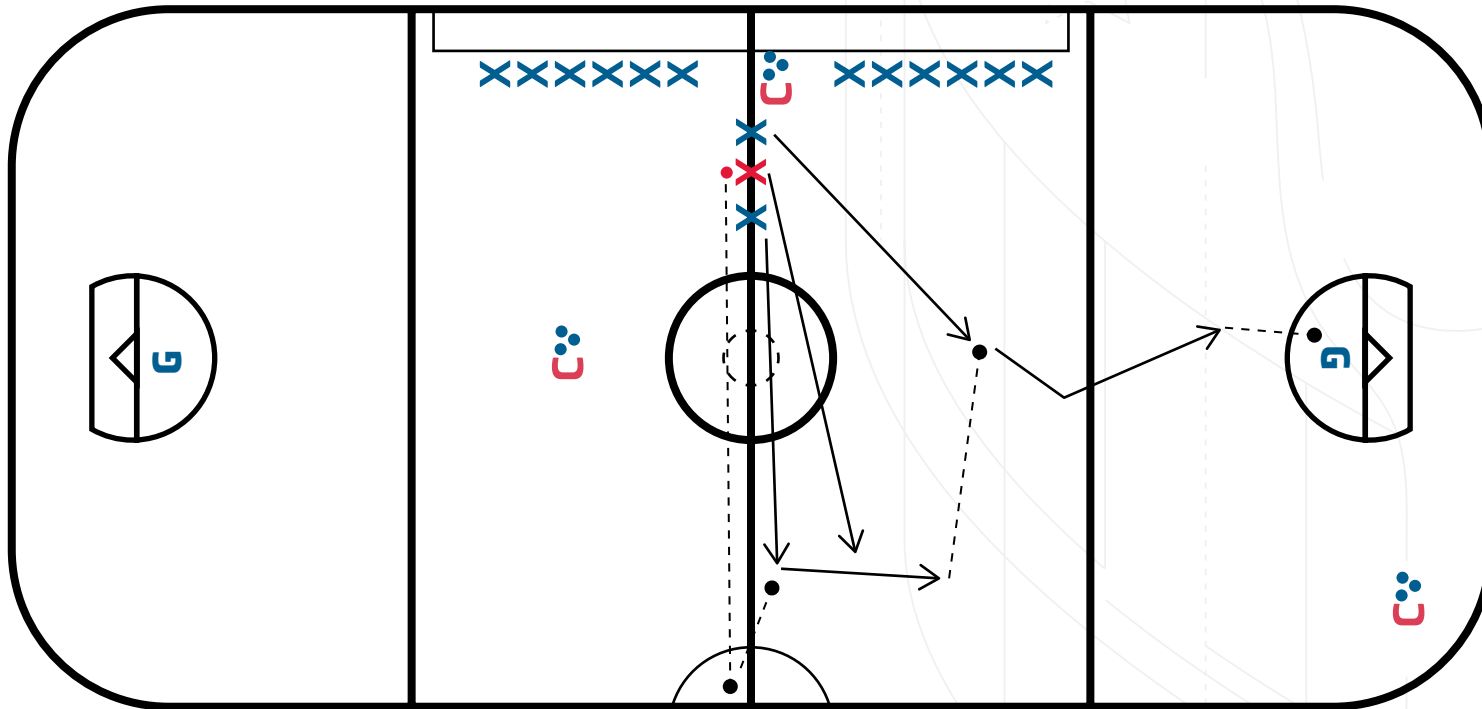


LOOSE BALL DRILL #9: Loose Ball With "Support"

Drill Duration: 7 mins

Description: Variation #1: "Neutral Zone"

- Draw Diagram = 1 min
- With two lines stationed along the boards at center floor, have players come forward in groups of three, standing in an "I" formation (three players in a straight line).
- The second player in line has a ball (or the coach) and rolls it out into the middle of the floor, or off of the boards.
- The first player then goes out and retrieves the loose ball, with the second player in line pursuing them; also giving the first player a 2-second head start.
- The third player gets open to receive a pass back from the first player once they've corralled the loose ball, communicating "here's your help."
- The second player tries to knock down the pass (sticks up) and/or interfere with the first player in getting the ball back to the third person; start with no physical contact.

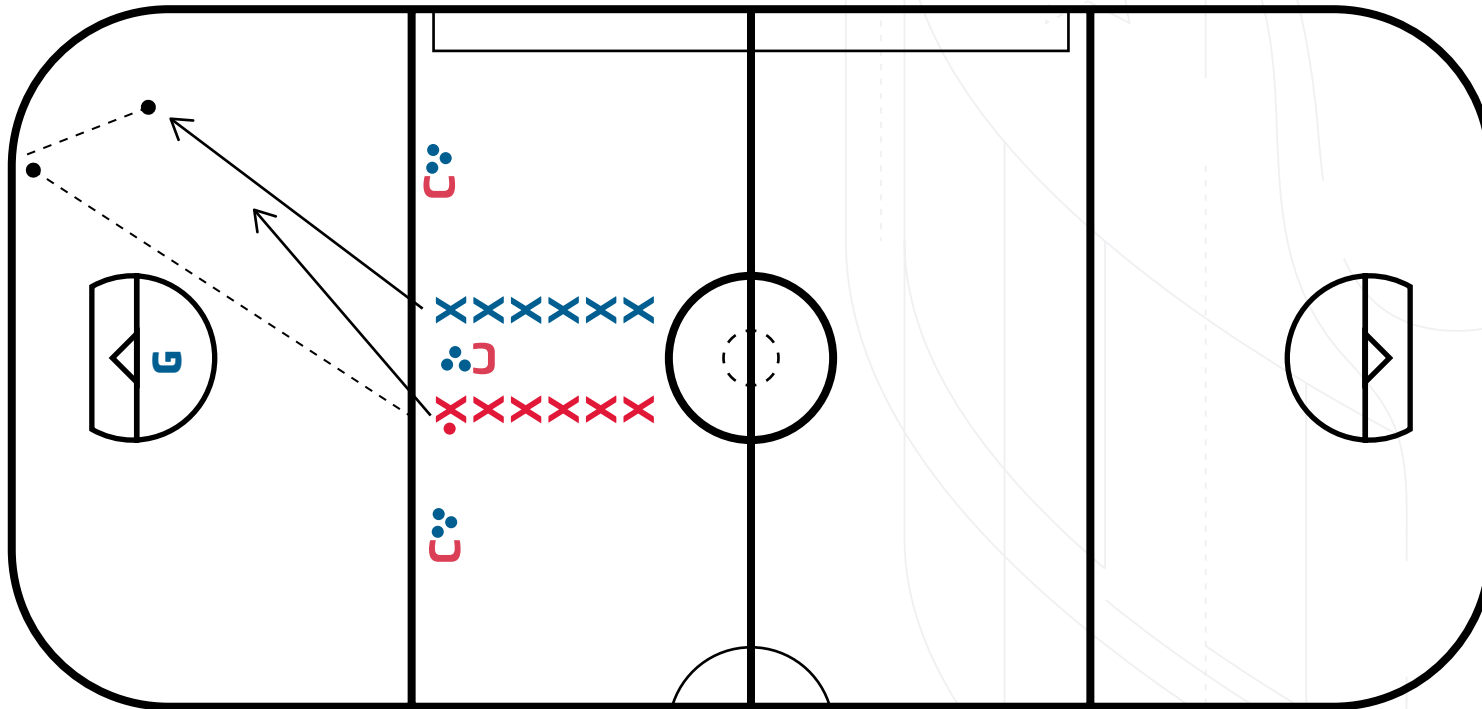


LOOSE BALL DRILL #10: Loose Ball “Battles”

Drill Duration: 5 mins

Description: Variation #1: “1 Vs. 1 Battle”

- Demo (1 min): “Minor Interference”
- Have a line of players positioned on each side of the coach (facing the goalie), who is standing with balls at the point position, in one or both ends of the floor.
- The coach rolls the ball into either corner, with players reacting upon first sight of the ball.
- The two players battle for the loose ball and once someone gets it, that player is now on offense and goes to the middle to try and score (circling the net if required to get onto their proper floor side). Players should have 5 seconds max to play 1-on-1, at the coach’s discretion.
- The player furthest away from the ball to start should not sacrifice their defensive position unless it is a 50-50 ball.
- The coach whistles the play dead at their discretion, trying to keep a “flow” to the drill (10 seconds max).

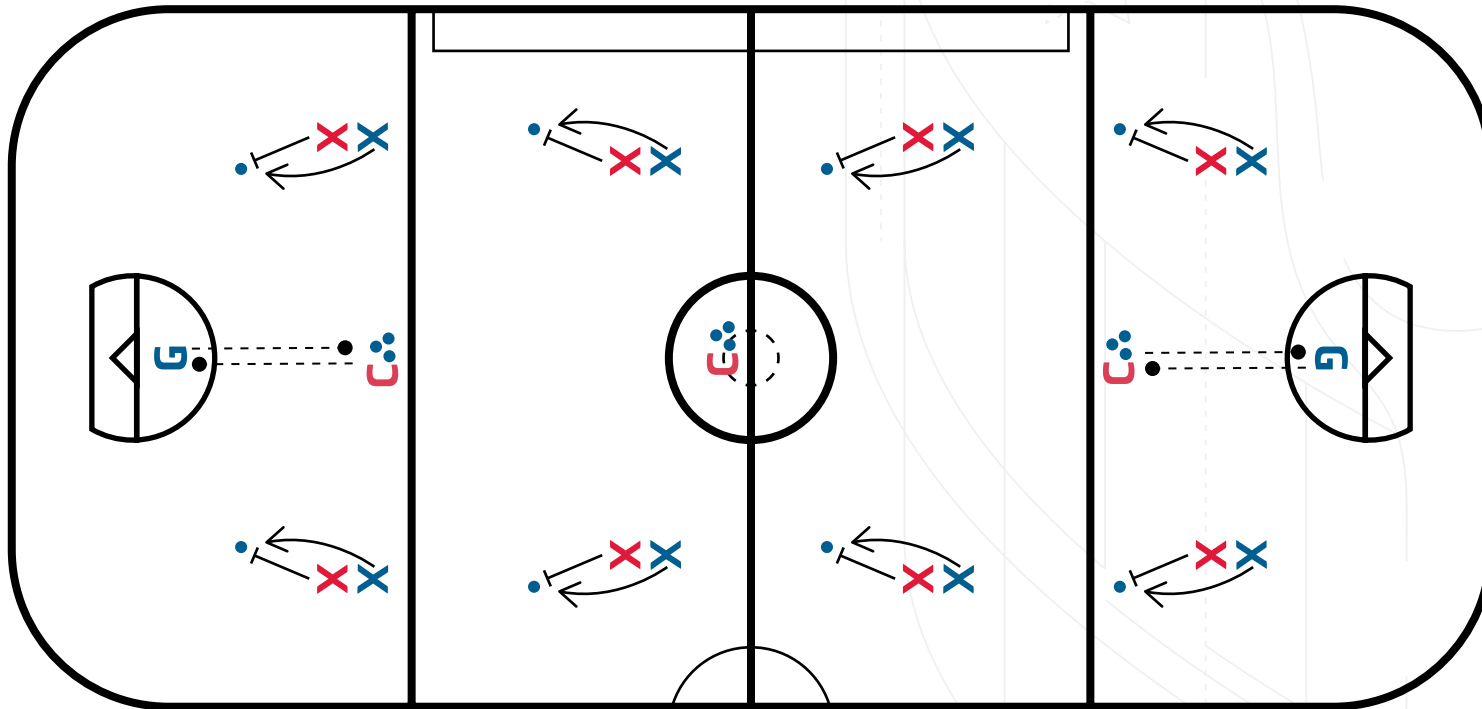


DEFENSE DRILL #5A: Rollies Partner "Box Out" Drill

Drill Duration: 5 mins

Description: Variation #1 To #3: "1 Vs. 1" (No Sticks/With Sticks)"

- Demo (1 min): "Boxing Out" & "Footwork" (Hips In Front Of Opponent)
- Start with players in pairs, spread out in one or both ends of the floor, with a ball on the ground.
- The drill starts with one defensive player (stick "upside-down") standing over top of the ball (back to the opponent), the other player trying to pick up the loose ball while the defender "boxes out." The drill is finished when the coach blows their whistle (10 seconds).
- The player who was on offense then turns their stick upside-down and goes to defense; the original defender turns their stick back over and switches roles with the offender.
- Advance to both players holding their sticks normally (Variation #2), starting back-to-back (Variation #3)

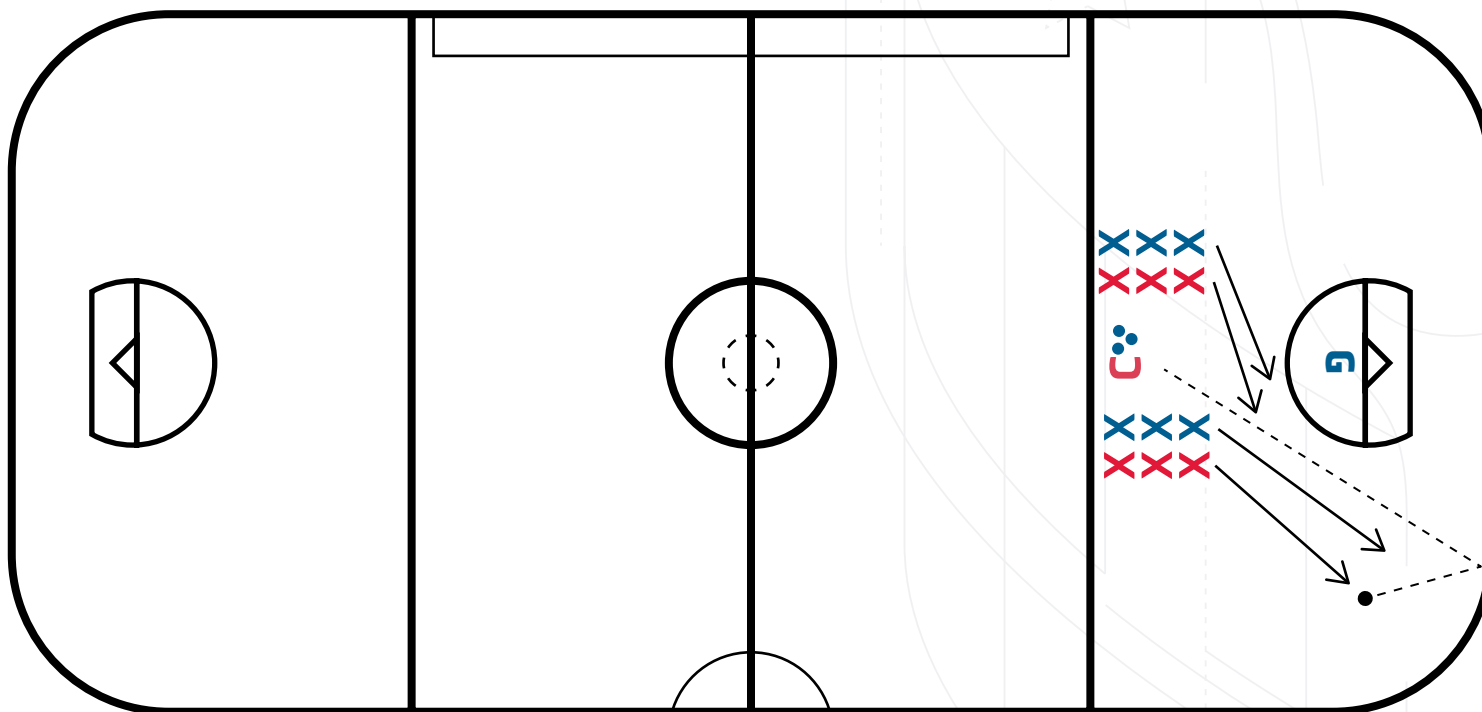


LOOSE BALL DRILL #10: Loose Ball "Battles"

Drill Duration: 5 mins

Description: Variation #2: "2 Vs. 2 Battle"

- Same as drill #7 except have two lines of players, side-by-side on both sides of the coach (4 lines total - two teams).
- Players should be encouraged to battle against different players as much as possible. Offensive players should attack their rebounds and get awarded another 5 seconds if they obtain the ball; defenders should be encouraged to clear the zone upon obtaining a loose ball.
- Water Break = 1 min



CONCLUSION

Drill Duration: 5 mins

Description: Cool Down:

- Circle at center floor
- Try to find volunteers to lead the lower body and upper body "static stretch" routine (in the dressing room)
- Finish on a positive note



DRILL #10

BOX LACROSSE PRACTICE #9