



USATM
LACROSSE

16U BOX LACROSSE PRACTICE GUIDE



Practice 8

Drills and Plans for Running Box Lacrosse for Ages 13 - 16





BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS FOR RUNNING BOX LACROSSE FOR 16U

(AGES 13 - 16)

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 #8 - Intro To Team Offense

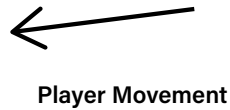
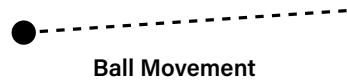
Age Group: 16U

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>
Transition Skills Analysis: <https://laxlife.ca/fundamental-skills-analysis/transition>
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



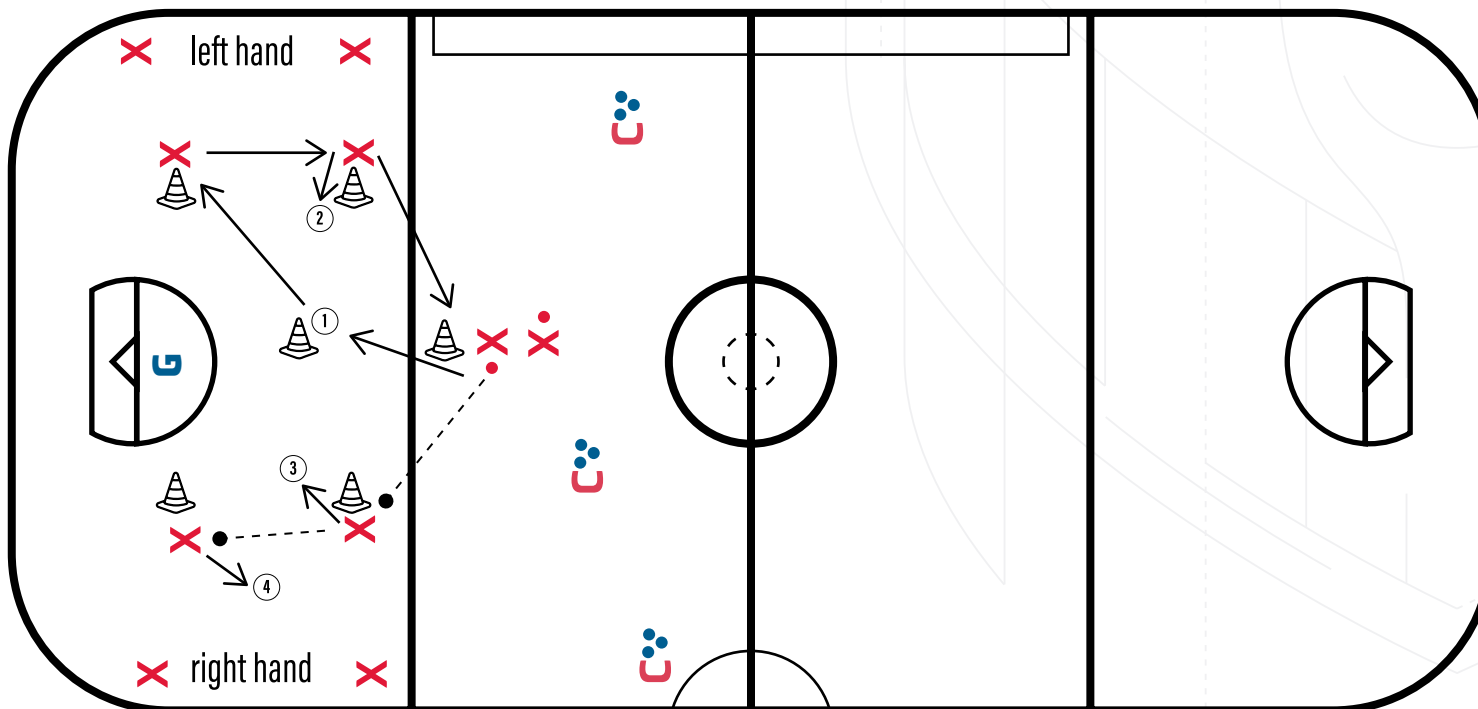
OFFENSE DRILL #0: Motion Offense – Skeleton (“Get It Low”)

Drill Duration: 10 mins

Description: Variation #1A: “Walk Through” (Weak Side Pass)



- Draw Diagram = 2 min
- Use pylons (or hula-hoops) as markers (5 standard offensive positions + middle) for beginner players, to show them exactly where they cycle through on the floor.
- Motion/Look #1 happens after the point player (strong-side) passes to either shooter and then cuts the middle, eventually filling into the strong-side crease position. If this player is wide open, they could in theory receive a give-and-go pass, but that is rarely the case.
- Next, the crease player should pop-out and the ball should then be passed low (deep), triggering Motion/Look #2 which is an off-ball “cut” from the far-side shooter position; this is the first read/look for the new ball carrier.
- After the off-ball shooter cuts they will either receive a pass, or if not fill into the crease position, with the crease player filling up into the shooter position on that side of the floor.
- If no pass is made, Motion/Look #3 is the next decision for the ball carrier to read, which is a cut from the ball-side (same-side) shooter/point position, who looks for a give-and-go return pass; otherwise, a seal the shooter position or a down-pick the crease position.
- If none of those “looks” are open for the ball carrier they should fill/cycle up into the shooter position and take a shot (if it’s there) or swing the ball to the far-side shooter/point (Motion/Look #4), repeating the process (if advanced).
- Throughout this process it is the ball carrier’s responsibility to have their head up, always being a threat as they methodically carry the ball from low to high, passing to any players who are wide open.
- Give all players an opportunity to walk through.

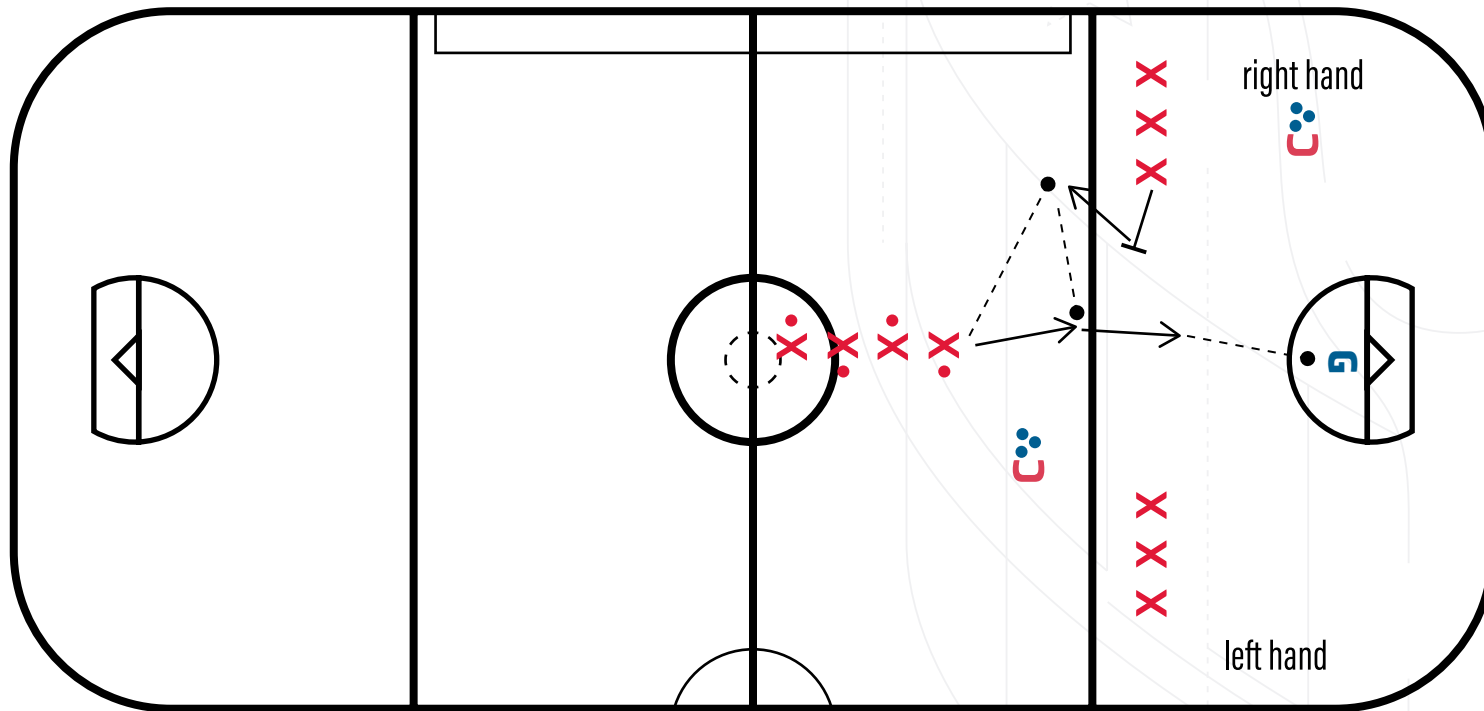


OFFENSE DRILL #1A: "Give & Go's" (Point & Shooter)

Drill Duration: 10 mins

Description: Variation #2B: "Player @ Shooter"

- Demo (1 min): "Popping Out," "Give & Go" ("Pass & Cut")
- Have players lined up in equal numbers on their proper floor-side, a few steps back from the point position, with balls.
- The ball carrier passes to the weak-side shooter position and then cuts the middle, receiving a give-and-go pass for a shot.
- Most common error = players not cutting toward their proper side ("banana curl") when going through the middle
- Water Break = 1 min



DYNAMIC WARM-UP

Drill Duration: 8 mins

Description: Dynamic Warm Up:

- 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): “Lacrosse IQ”
- Come up with an appropriate word, as a team, for a team cheer.

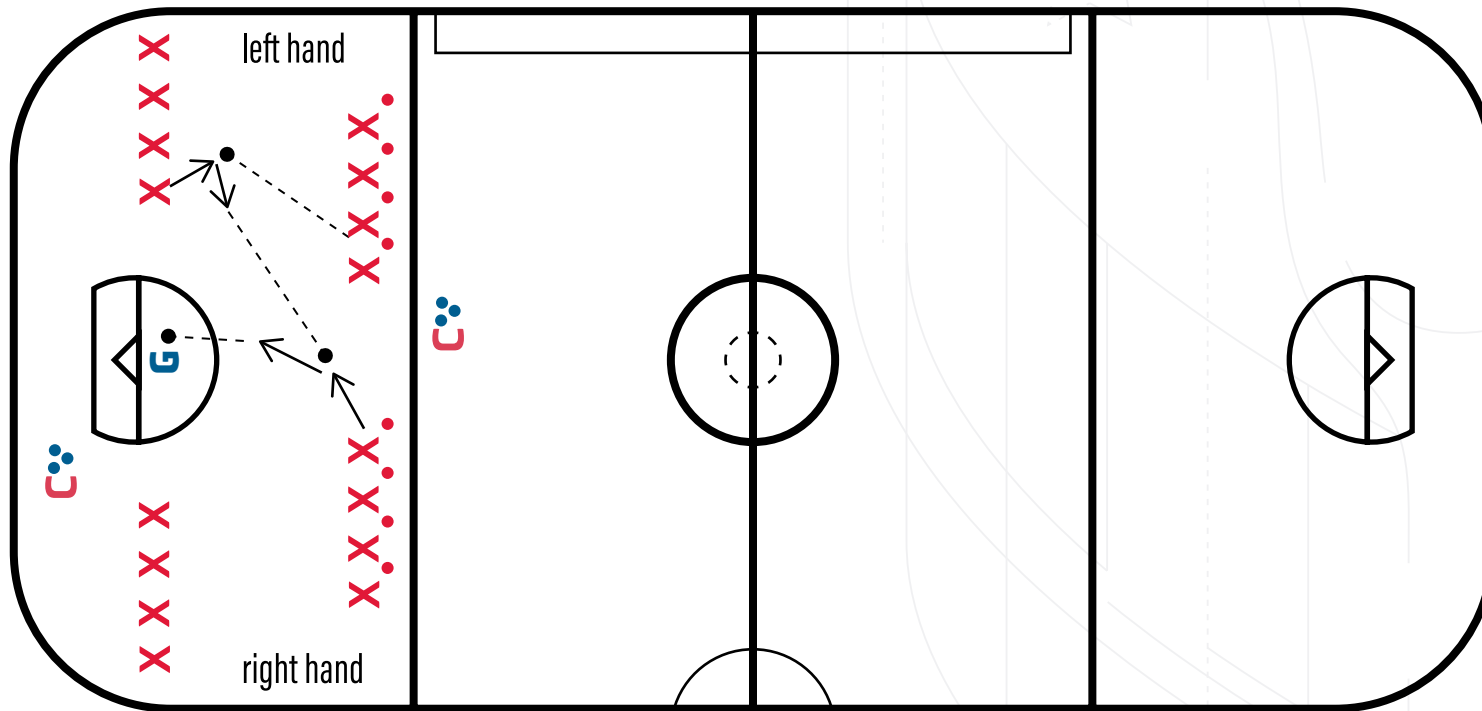


OFFENSE DRILL #2: Off-Ball “Cutters”

Drill Duration: 12 mins

Description: Variation #2: “Pass Low; Off-Ball Cutter”

- Demo (1 min): “Off-Ball Cutting”
- 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 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.
- Most common error = timing the off ball cut when the ball is passed low

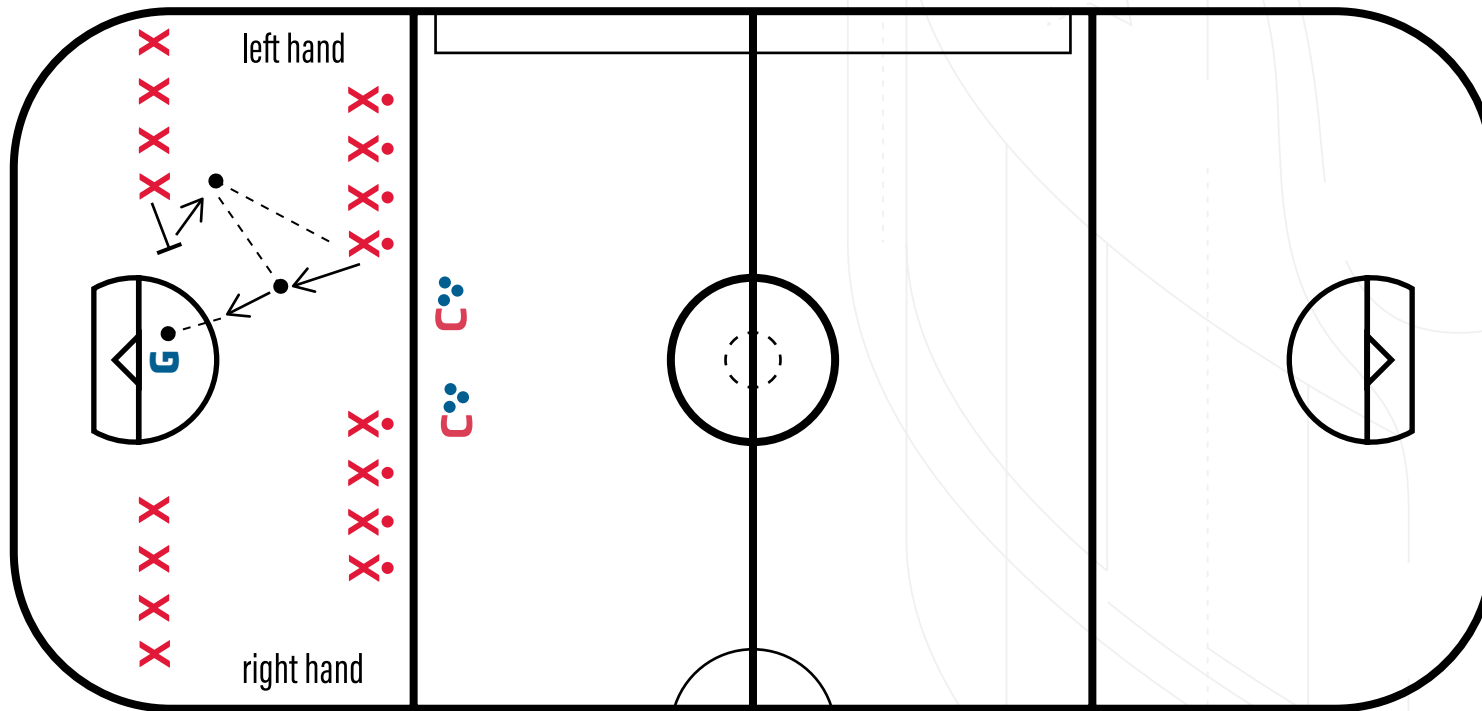


OFFENSE DRILL #1B: "Give & Go's" (Shooter & Crease)

Drill Duration: 7 mins

Description: Variation #2: "North-South Give & Go"

- Demo (1 min): "Timing," "Touch Passes"
- Have players line up in equal numbers on their proper floor side, in the crease and shooter positions, on both sides of the floor, 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.
- 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/receiving the pass
- Water Break = 1 min

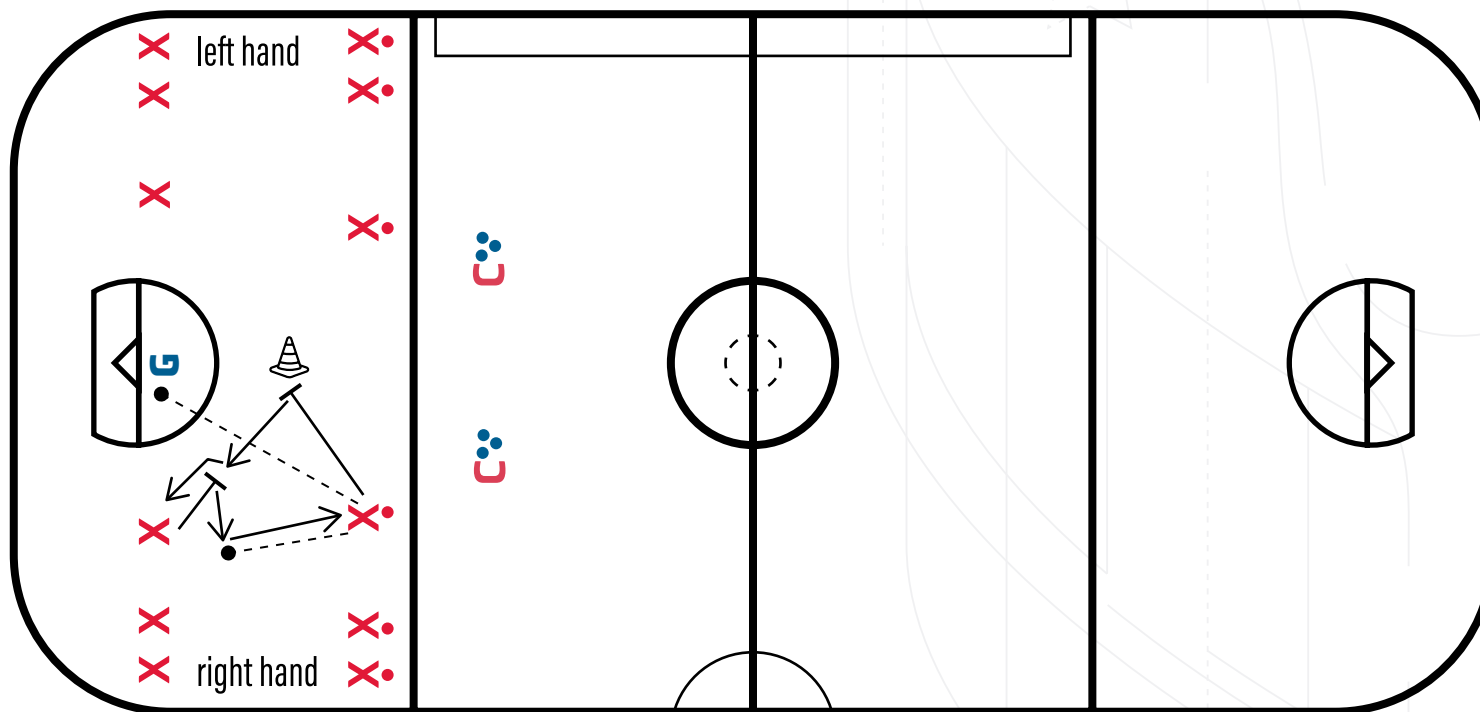


OFFENSE DRILL #3A: On-Floor "Cycle & Fill"

Drill Duration: 7 mins

Description: Variation #1: "Pass Low; Carry High"

- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor sides, at the crease and shooter positions, on both sides of the floor. Other players set to go in this drill should be near the boards.
- The drill commences on one side of the floor at a time, with the crease player first engaging their defender (imaginary) then popping out and receiving a pass from the shooter.
- Players should constantly be "calling for a pass," as a good habit.
- After making the pass down to the crease player the on-ball shooter delays for one-second (which mimics allowing the off-ball cutter to cut first) then V-cuts to the middle looking for a give-and-go and replaces the crease player, who subsequently carries the ball up to the shooter position.
- Repeat this "cycling" action until the original shooter returns to the shooter position, at which point they take a set-shot and then the other side of the floor takes their turn.
- New players enter the drill on the side that just went (waiting for the coach's whistle), with players exiting the drill and switching between the shooter and crease lines.
- Water Break = 1 min



OFFENSE DRILL #4A: "Seal/Screen" The Shooter

Drill Duration: 15 mins

Description: Variation #1A (5 min): "High Screen & Shot"

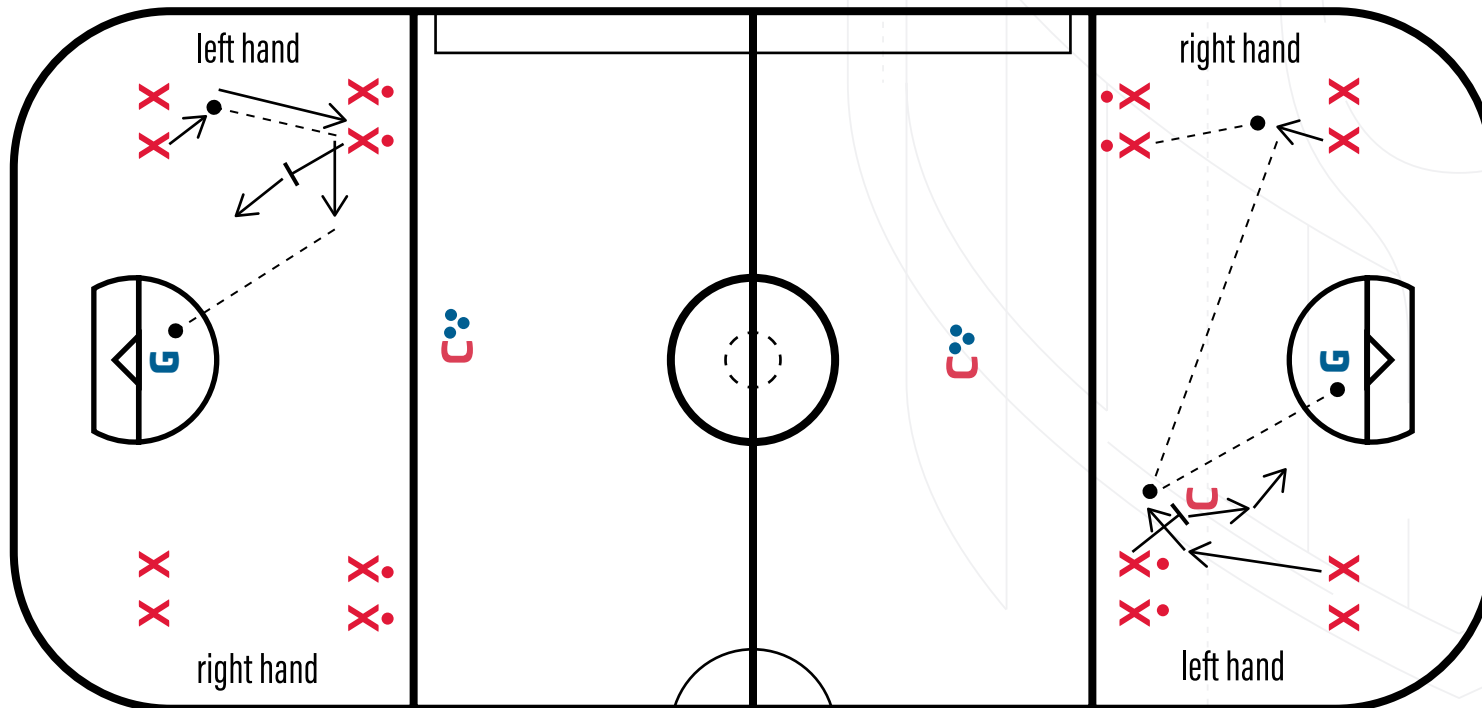
left diagram

- Demo (1 min): "Sealing"
- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor sides, at the crease and shooter position on both sides of the floor.
- The shooters begin with the ball and start the drill on one side with a pass down to the same-side crease player (who "pops" out to receive the pass).
- After receiving the pass, the crease player runs up to the shooter position and the player at the shooter position seals an imaginary defender (timing is paramount). The crease player then takes an outside shot around or over top of the screen being established by their teammate (could be a set-shot, drag or sweep).
- The player sealing the imaginary defender attacks the rebound.

Variation #3 (7 min): "Skip Pass"

right diagram

- Is the same as the above variation except the drill starts on one side with a pass down to the crease player. The crease player pops out to receive the pass and then sends a skip pass to the far-side shooter, for a "screen shot."
- Alternate this action from side-to-side, with players first passing then receiving a pass on their side, before eventually exiting the drill and switching lines.
- Water Break = 1 min



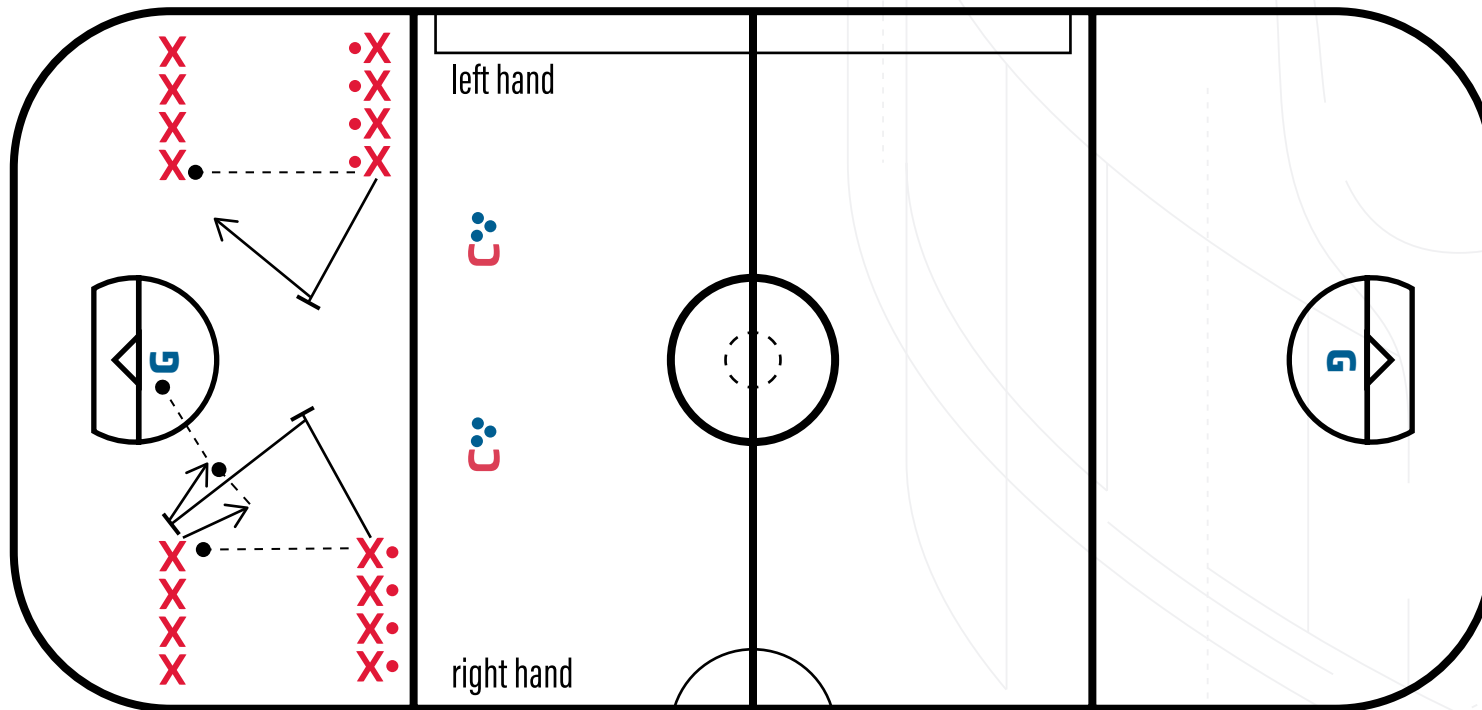
OFFENSE DRILL #6A: On-Ball Skeleton Pick & Rolls

Drill Duration: 15 mins

Description: Variation #1: "Pick With Options" (Down Pick)



- Demo (1 min): "Pick & Roll"
- Have players line up in equal numbers on their proper floor side crease and shooter (or mid-boards) positions, on both sides of the floor.
- In a down-pick scenario the shooter picks for the same-side crease player. There are two options off each pick: shoot (Variation A - not shown in diagram) or pass to the roller (Variation B - as shown in diagram).
- Picks can be set on any side of a defender, who is imaginary in this case (read body position). The player being picked for should "react" to which direction the pick is set and not leave until the pick arrives. At that point, they come around the pick on either the topline or board-side, with the "roller" taking the opposite "lane" to the net (inside lane vs. outside lane).
- Make sure the pickers are rolling after setting the pick, turning the shortest route possible towards the net, without "turning their back towards the play" (i.e., roll 90° instead of 270°). Even if they don't get the pass they should be prepared to "attack rebounds."
- Practice both options for 7 minutes (both shooting and passing to the roller off the pick), making sure players first do a V-cut running to the middle before setting the pick, with the ball-carrier and picker brushing shoulders coming off of the pick.



CONCLUSION

Drill Duration: 5 mins

Description: Cool Down:

- Circle at center floor
- Introduce the upper body "static stretch" routine
- Finish on a positive note



DRILL #9

BOX LACROSSE PRACTICE #8