



USATM
LACROSSE

8U BOX LACROSSE PRACTICE GUIDE



Practice 2

Drills and Plans for Running Box Lacrosse for Ages 6 – 8





BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS FOR RUNNING BOX LACROSSE FOR 8U (AGES 6 - 8)

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 #1 - Fundamentals & Games

Age Group: 8U

Resources: Lacrosse Box, Lacrosse Balls, Nets, Tape, Universal Screw Driver, Hacksaw, Zip Ties, Helmets & Gloves, Sticks, Pylons, Whistle, Empty Garbage Can

Note - Goalies Are Not Required For This Practice

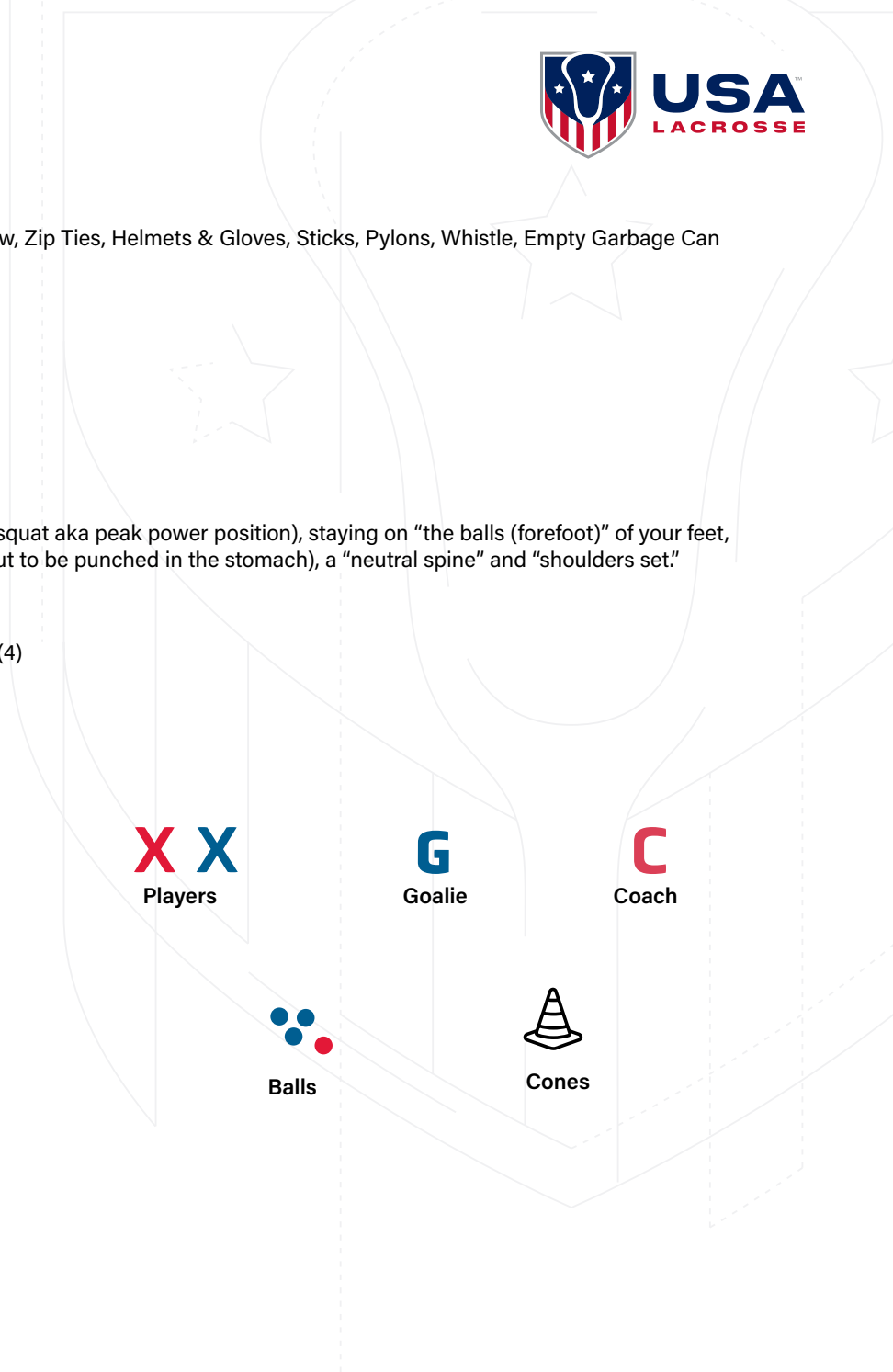
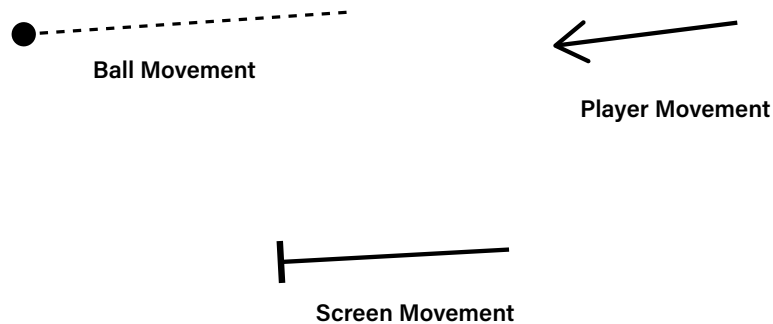
Pre-Practice: (20 min - Optional):
Demo Stick Stringing - How To Create And Maintain A Usable Stick

Post Practice: (40 min - Optional): Prearranged BBQ with the families on the team

Reminders: Athletic position = feet parallel (hip width apart), knees slightly bent (1/4 squat aka peak power position), staying on "the balls (forefoot)" of your feet, leaning slightly forward, with head/chest up, abdominals flexed (as if about to be punched in the stomach), a "neutral spine" and "shoulders set."

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

Diagram Key



Introduction

Drill Duration: 2 mins

Description: Huddle (Circle at Centre-Floor):

- Land Acknowledgement
- Discussion (1 min): "Hard Work/Perseverance"
- Rehash (1 min): skills learned last practice
- Come up with an appropriate word, as a team, for a team cheer

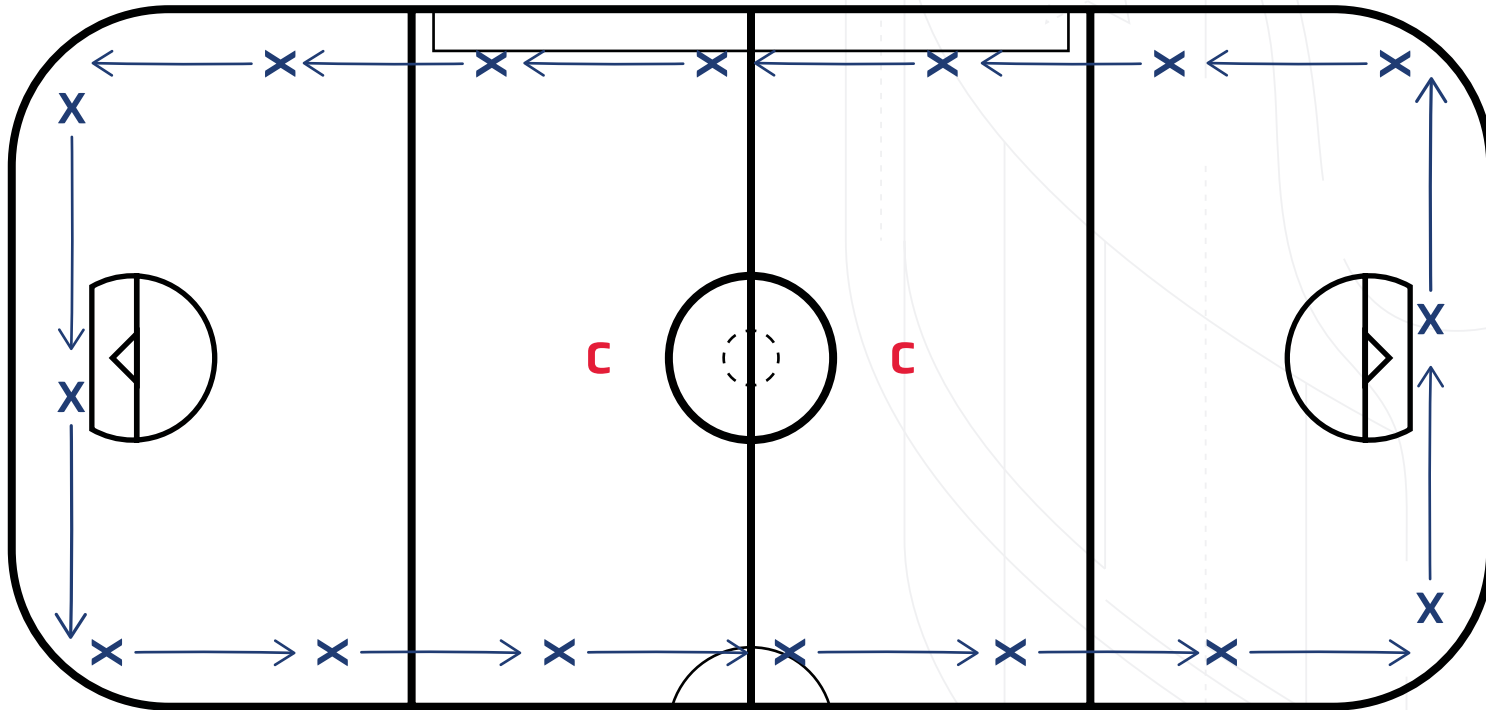


WARM UP DRILL #1: Running Around The Perimeter

Drill Duration: 1 min

Description: Variation #1B: "With Balls"

- Run around the side/end boards with sticks/balls; two-handed cradling (both directions). No passing.
- Most common error = not cradling while running



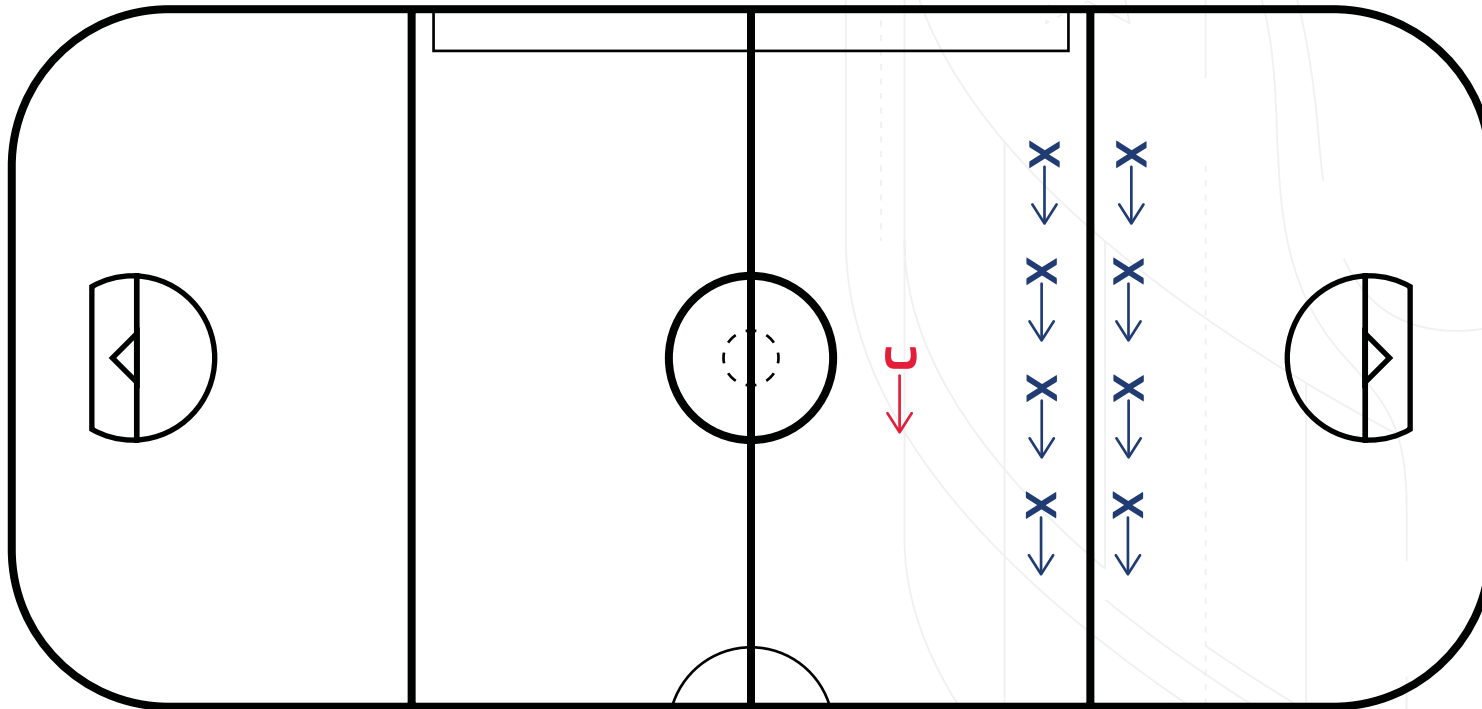
DEFENSE DRILL #1: Athletic Position (“Balance” & “Footwork”)

Drill Duration: 2 mins

Description: Variation #2: “Follow The Stick” (With Balls)

right diagram

- Have players stand (with nobody else within arm's length) in two different groups, in opposite ends of the floor, with the assistant coaches instructing them to follow their stick (forward, back-pedal, side-shuffle).
- Players should be carrying the ball in the “triple threat position” throughout the drill.
- Each sequence of movements should last between 30-45 seconds (giving players the feel for what an average shift would be like).
- Have players sprint to the opposite end of the floor and repeat the drill in front of the other coach.



LOOSE BALL DRILL #2: Rolling (“Attacking”) A Ball With A Partner

Drill Duration: 5 mins

Description: Variation #1 (2 min): “Loose Ball”

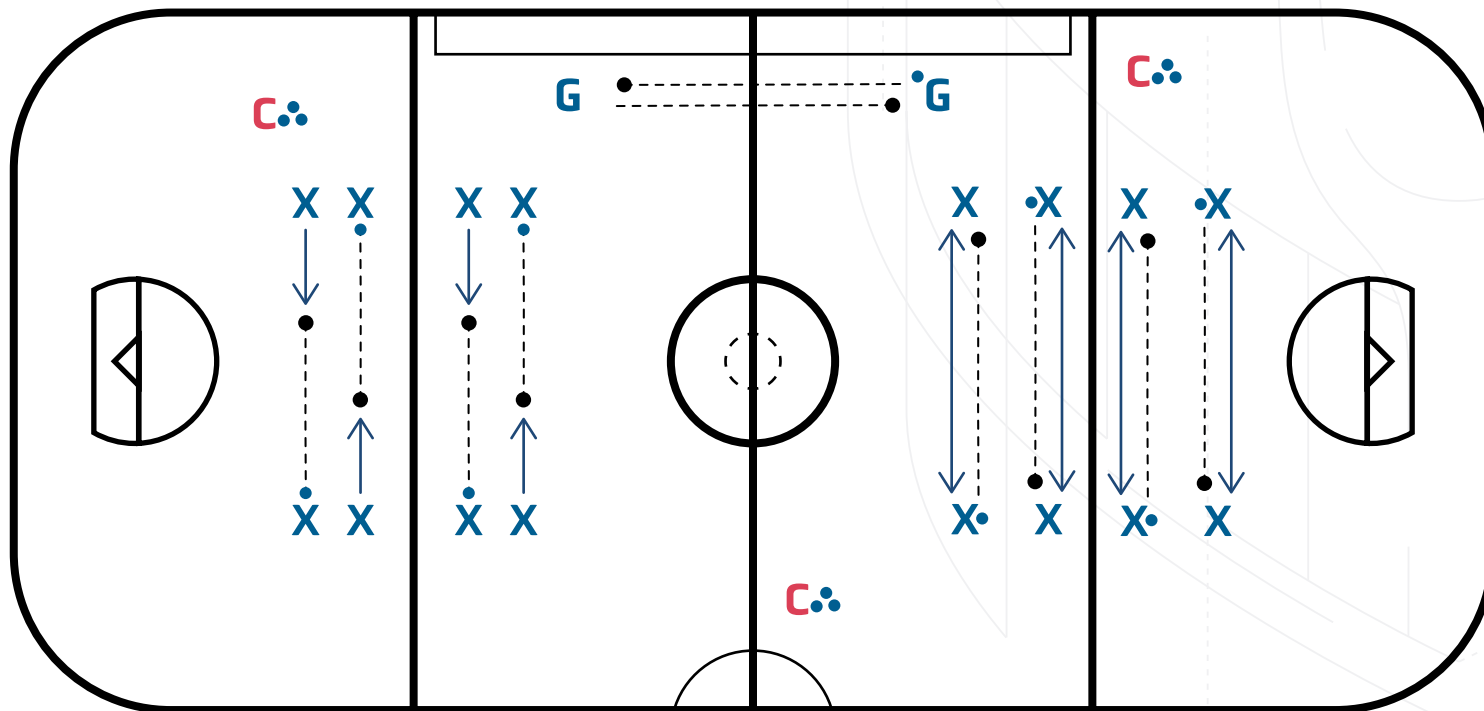
left diagram

- Demo (1 min): “Attacking A Loose Ball” (Keep It In Front Of You)
- Have players line up in pairs 10-15 yards apart, rolling (underhand motion - with their hand if necessary) a ball back and forth.
- As players progress, coaches can have players practice different techniques (“scoop,” “scoop, tuck & turn,” “scoop to triple-threat position.”)
- Most common error = waiting for the ball to arrive instead of “attacking” it

Variation #2A (2 min): “Loose Ball & Cradle”

right diagram

- Same as the drill variation above except one partner scoops the loose ball and then cradles around the partner (left side & right side) that rolled them the ball. Alternate back and forth.
- Most common error = not protecting the ball as they cradle around their partner



STICKWORK DRILL #2: Partner Passing

Drill Duration: 10 mins

Description: Variation #2 (2 min): "Long Pass"

left diagram

- Start at 10 yards apart (then 15m, then 20m).
- On longer passes have young players start with a crow hop, similar to a long throw to home plate in baseball ("throw the ball high and far on a 45° angle").
- As players get farther away from each other the release point (where the ball comes out of the stick) will have to be slightly further behind the players head in order for the pass to make it to the target in the air; especially for younger/weaker players.
- Variation #3A to #3C (5 min):

"Dynamic Pass" (Just Passer/Just Receiver/Both)

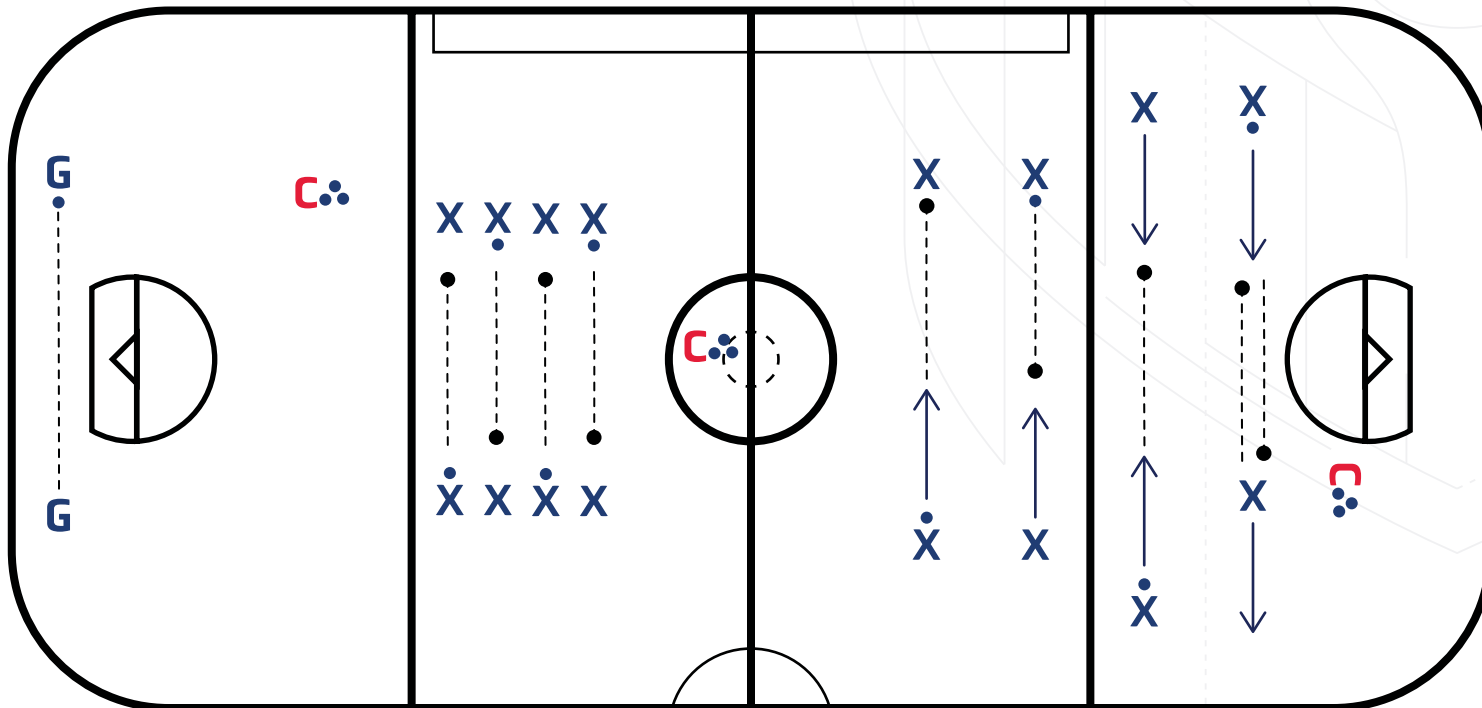
right diagrams

- Progress to just the passer running toward the receiver from a starting distance of 10-15 yards away, passing to a stationary receiver, then backpedaling back to their original starting position (Variation #3A).
- Next, practice with just the receiver running toward the passer, with the passer using basic footwork (left and right) before making the pass. The player that receives the pass then backpedals back to their starting position, and their partner repeats the said actions (Variation #3B).
- Another variation is for both partners to run towards each other, make a pass and then either continue to run forward to the other side, or backpedal back to their starting position (Variation #3C).

Variation #4A (2 min): "Face Away" (Stationary)

left diagram

- Start with one partner facing away from the other partner, looking back to receive a pass over their back shoulder (still showing a target).
- After passing the ball, both partners switch relative positions, with the former passer now facing away and catching the ball over their shoulder while "stationary" (Variation #4A).
- Water Break = 1 min

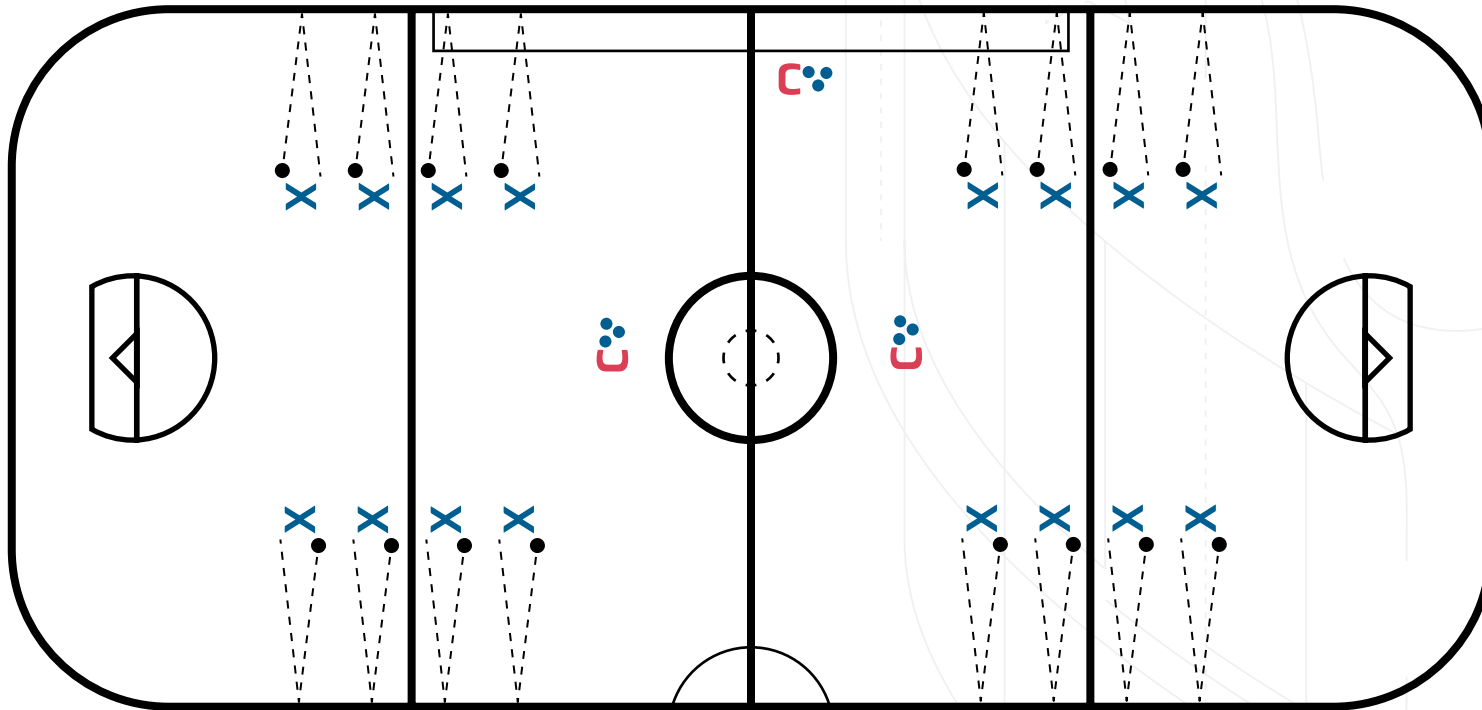


STICKWORK DRILL #1: Passing Against The Boards (“Wall Ball”)

Drill Duration: 3 mins

Description: Variation #4: “Set-Shooting” (Overhand)

- Demo (1 min): “Set-Shooting” (Time & Space)
- Spread players out as evenly as possible across the floor space, starting 15 yards away from the boards (or a wall)
- Progressively try shooting the ball at “the wall” with more power.
- Ideally players start perpendicular to the boards, take a “crow hop,” rotate hips/shoulders/trunk and snap wrists.
- Most common error = not keeping arms “up and away” from their body while loading up to shoot



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

Drill Duration: 10 mins

Description: Variation #2A (4 min): “All @ Once” (Progressively Further Game)

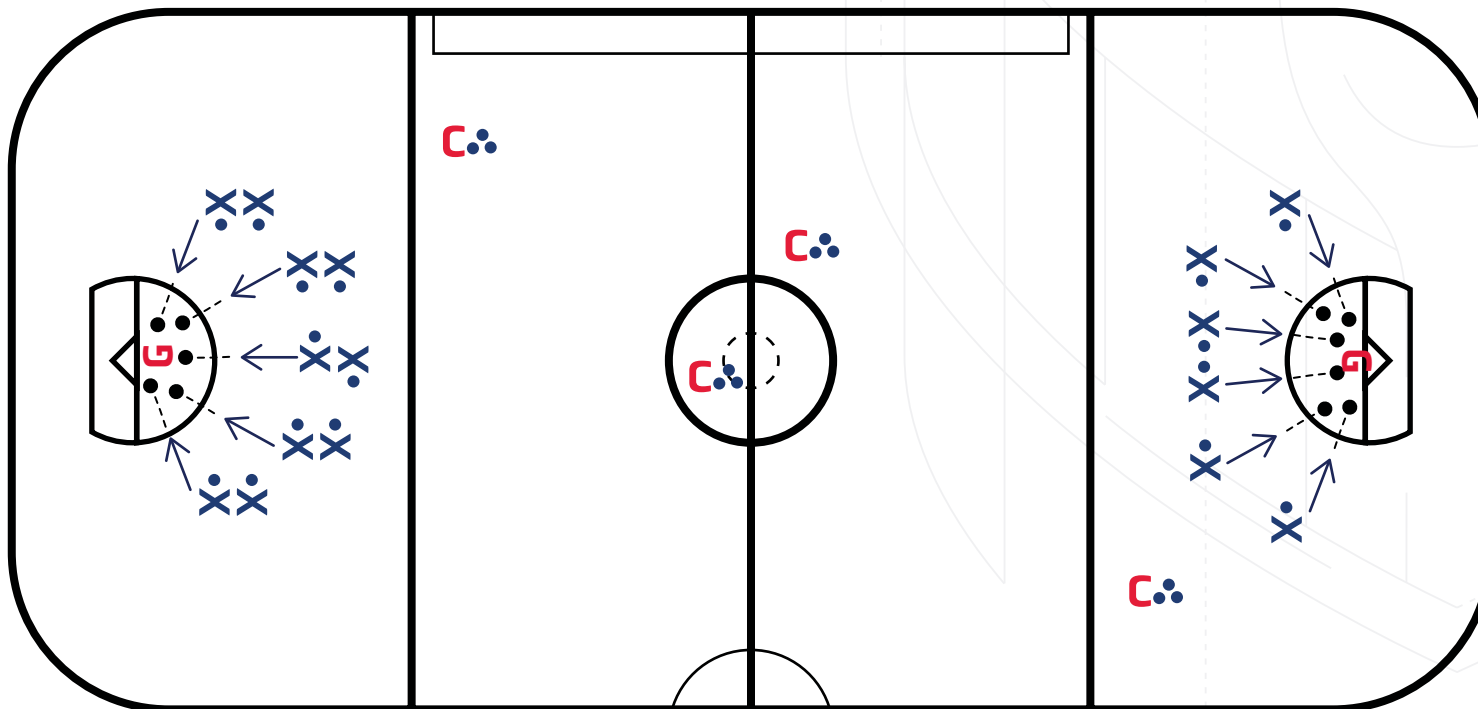
right diagram

- Demo (1 min): “Proper Floor Side,” “Prime Scoring Area”
- Arrange players, in both ends of the floor, into an arc (semi-circle) formation; starting 5 yards back from the crease.
- Have all players shoot from the same distance every time, keeping track of the total number of goals scored; trying to get score more each time through.
- If more goals are scored, everyone moves further away; if less goals are scored, everyone takes a step forward.
- Continue until players score more goals than the round before, from 20m away.

Variation #5 (4 min): “Shot On-The-Run” (L To R/R To L)

left diagram

- Demo (1 min): “Shooting-On-The-Run”
- Arrange players into five lines at the 5 standard offensive positions, instead of the semi-circle formation.
- Have players take turns taking shots on the run starting 10 yards away, working their way from one side to the other, with one second in-between shots; start on the opposite side the next time through the drill.

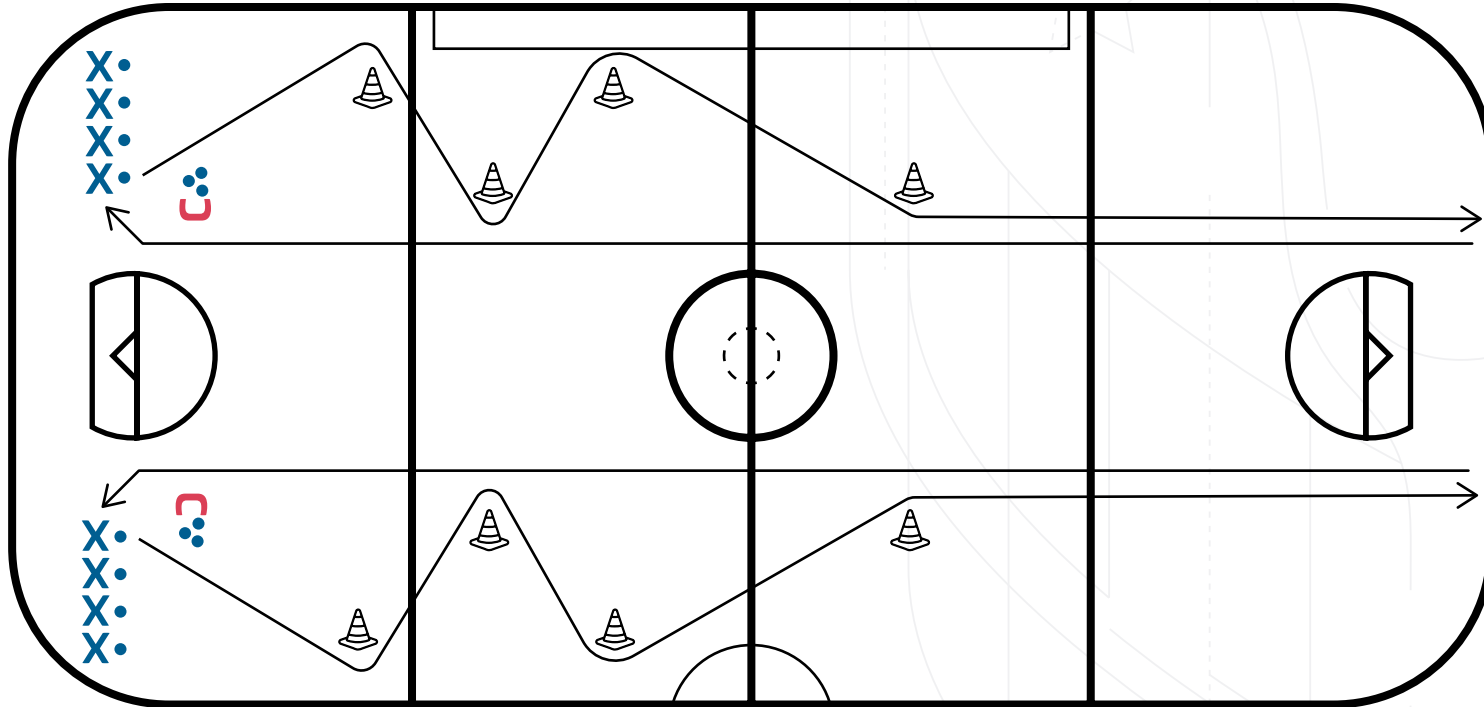


GAMES DRILL #3B: Cradling Relay Races (North-South)

Drill Duration: 5 mins

Description: Variation #1: "Weave"

- Create a lengthwise (north-south) pylon formation on both sides of the floor and arrange players into 2 lines of equal numbers.
- Have a relay race around the pylons, with players touching the far-end boards then sprinting back to the start, while cradling the ball with the best technique possible.
- Roll or pass the ball to the next player in line; the next player cannot go until the player ahead of them crosses "goal-line-extended".
- Continue the drill until every player has gone.
- Water Break = 1 min

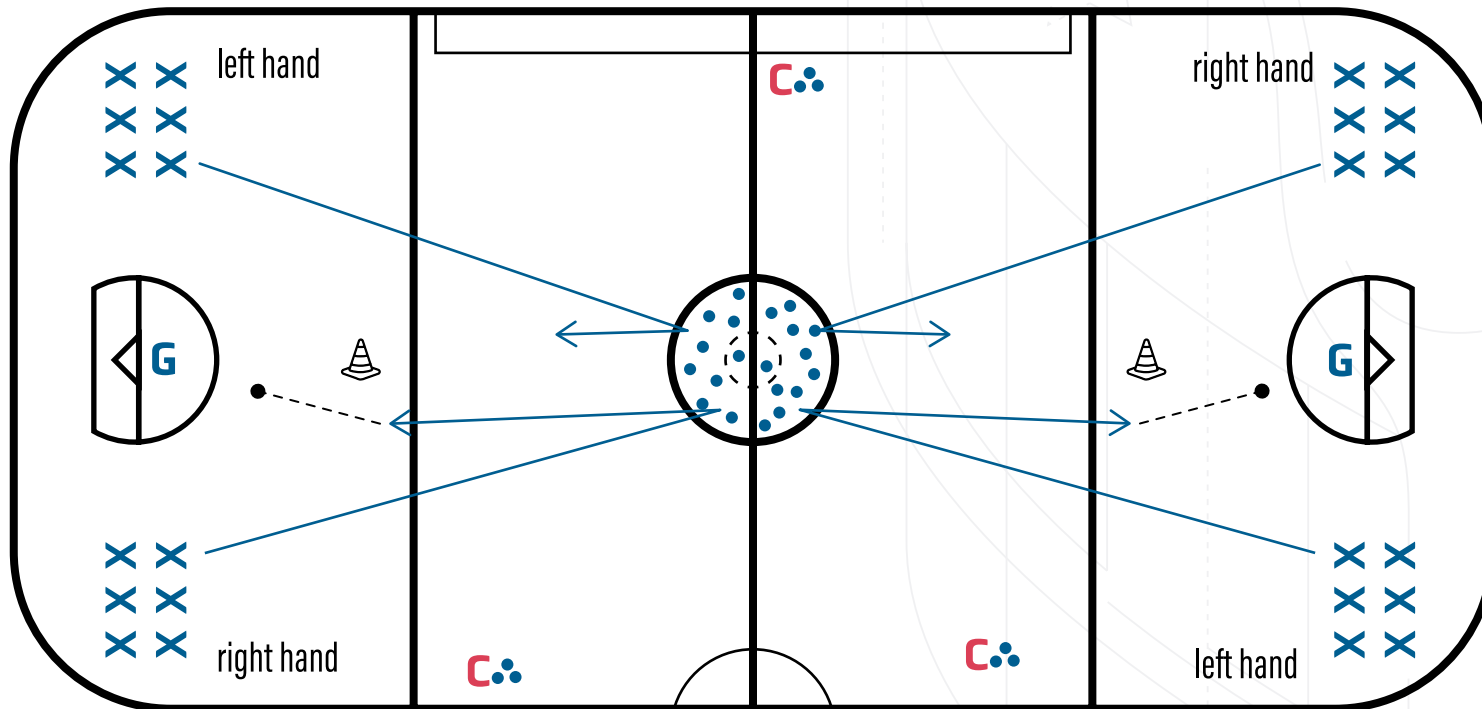


GAMES DRILL #11: Shooting Relay Races

Drill Duration: 7 mins

Description: Variation #1: "Without Goalies" (Game To 10)

- Start with a large amount of balls on the ground inside of the face-off circle, with a pylon stationed in "the middle" (10-12 yards back from the net).
- Arrange players evenly, in one or both ends of the floor depending on numbers. Preferably, they are stationed on their proper floor sides (lefts & rights), in both corners, behind goal-line-extended (GLE).
- Other players set to go in this drill should be against the boards, tucked tightly in the corner to avoid getting hit by balls.
- On the whistle the first player in each line needs to run to center floor, pick up a loose ball, and run back toward the goal in the end they started from.
- Players must take a "set-shot" (preferably overhand) before the pylon for it to count, playing a game to 10 where players get one shot and no attempts at rebounds ("hitting the post" counts for 2).

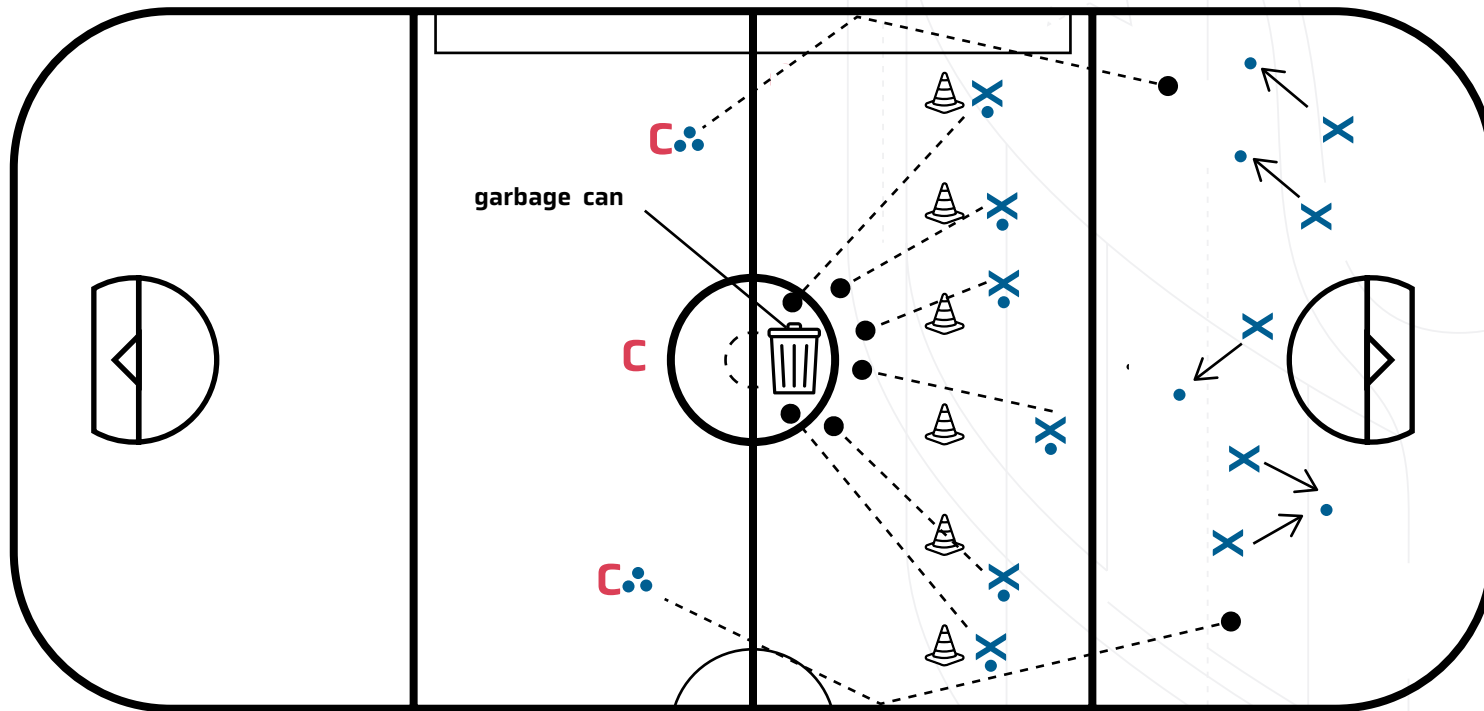


GAMES DRILL #6: Lax Darts

Drill Duration: 5 mins

Description: Variation #2: "Free For All"

- Place a garbage can in the middle of the face-off circle.
- Have all players on one side of the restraining line with coaches on the other side, actively collecting balls to send back to the players.
- Alternatively, the garbage can could be placed in the crease, with coaches behind the players, instead of in front of them.
- Place pylons on the ground to mark the start line, which should be an appropriate distance away from the garbage can, depending on skill level.
- All players can throw balls as they are returned by coaches, and players can battle for the loose balls (no slashing) until somebody corrals one (at which point they are free to shoot).

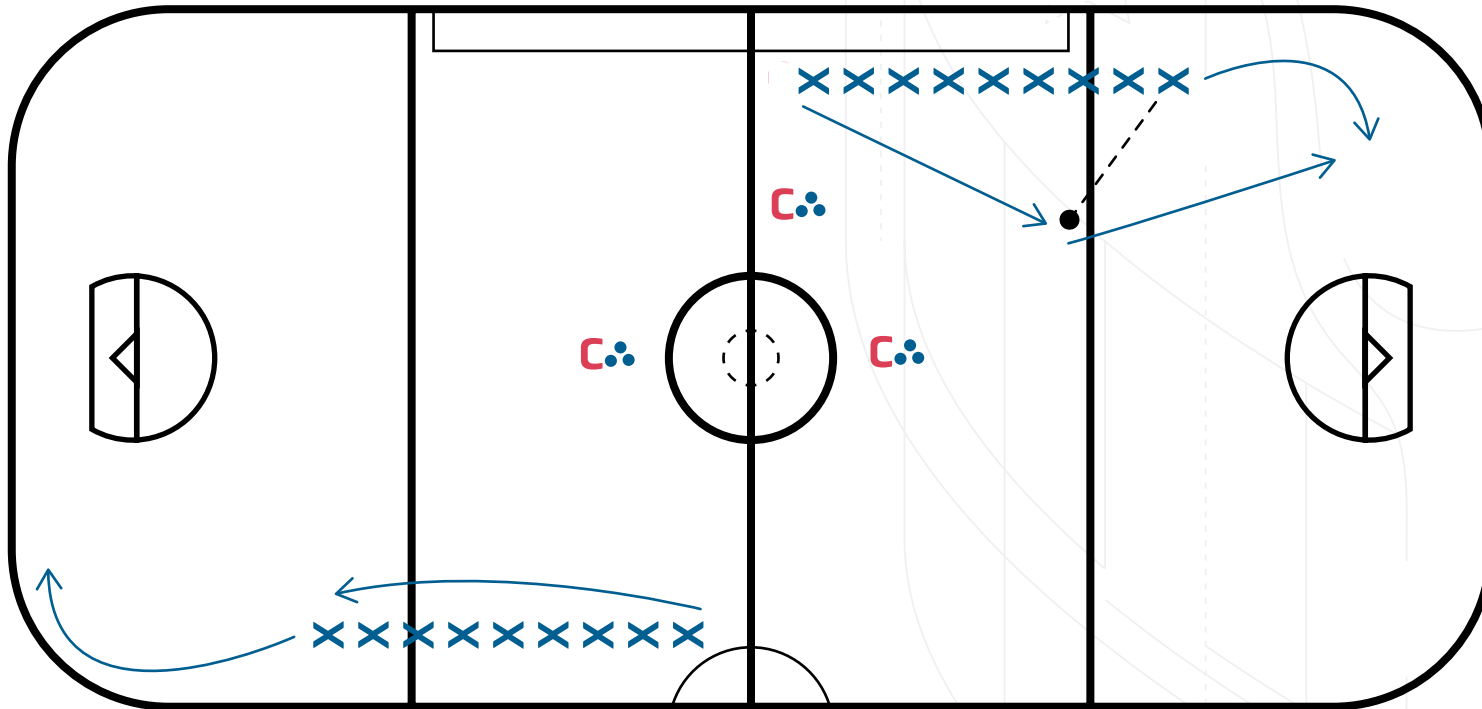


CARDIO DRILL #1: Rabbit Run

Drill Duration: 7 mins

Description: Variation #1B: "Single Line" (With Balls)

- Discussion (1 min): "Fitness"
- Start with the entire team in a line along the boards (1 yard away from each other).
- Players jog at the same speed around the outside of the box, with the player at the back of the line sprinting up to the front of the line (with balls - cradling).
- Once this player reaches the front of the line, the next player at the back of the line begins their sprint. The only rule is no stepping in the crease.
- Be sure to have the lines switch directions at the halfway point of the jog.
- Water Break = 1 min



Conclusion

Drill Duration: 2 mins

Description: Cool Down

- Circle at center floor
- Have players demonstrate "static stretches" that they know.
- Come up with an appropriate word, as a team, for a team cheer.



DRILL #12

BOX LACROSSE PRACTICE #2