



USATM
LACROSSE

8U BOX LACROSSE PRACTICE GUIDE



Practice 3

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 #3 - Fundamentals & Games



Age Group: 8U

Resources: Lacrosse Box, Lacrosse Balls, Nets, Tape, Universal Screwdriver, Zip Ties, Helmets & Gloves, Sticks, Pylons, Whistle
Note - No Goalies Are Required For This Practice and 3x3 Nets With An 8-Foot Crease Are Recommended

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:
Dynamic Warm Up Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>
Loose Ball Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/loose-balls-and-face-offs>
Catching Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/stickwork-passing-catching-shooting>
If a player misses a pass in any catching drill they should get a second attempt at catching a pass from a coach, otherwise if it's in the offensive zone they should "attack the rebound" (rolled/bounced at them by a coach)
Games Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/games/>
Static Stretching Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Static-Stretches.pdf>

Diagram Key



Ball Movement



Player Movement



Screen Movement



Players



Goalie



Coach



Balls



Cones

Fundamental Skills Analysis

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

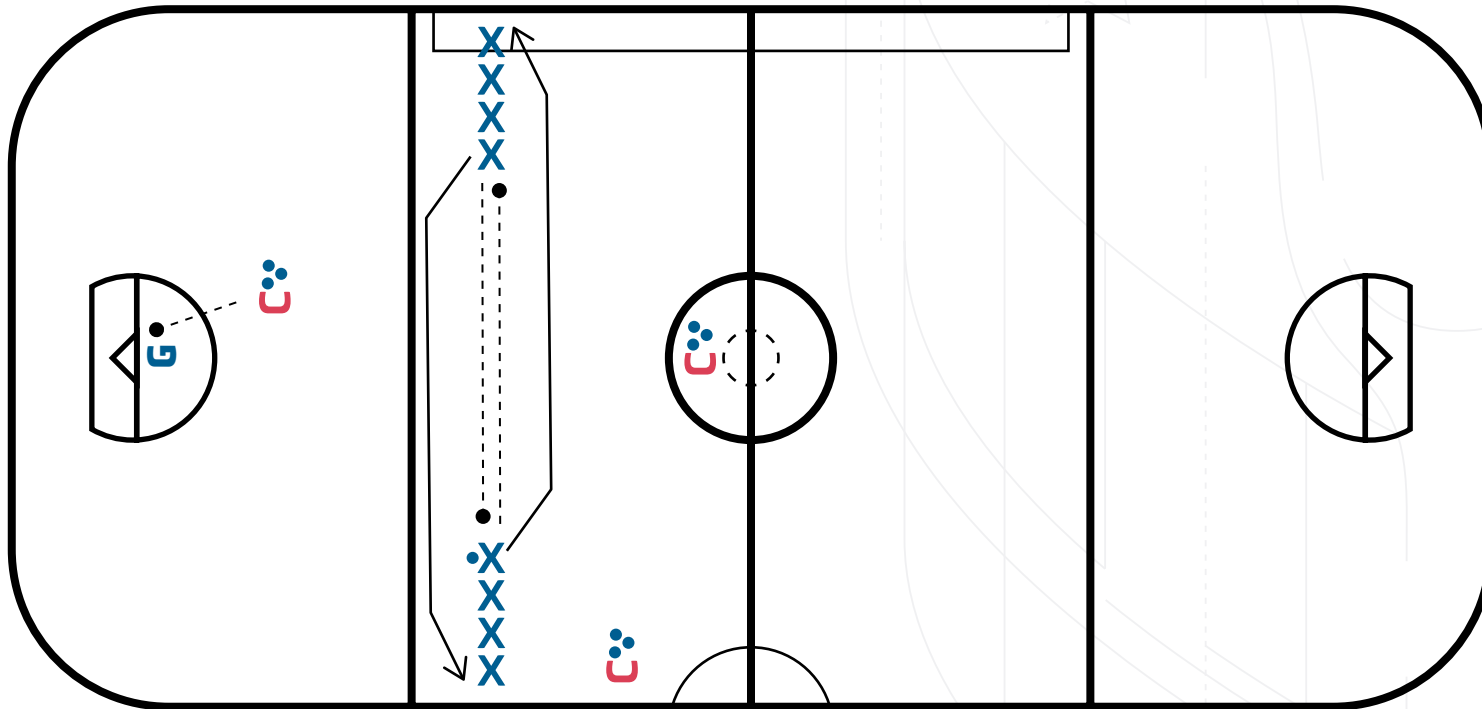


WARM UP DRILL #2A: Line Shuttles (Straight & Traffic)

Drill Duration: 8 mins

Description: *Variation #1A & #1B: "Loose Ball Shuttle" (Scoop/Trap & Scoop)

- Draw Diagram = 1 min
- Have players lined up in two lines facing each other (approximately 15 yards apart), near the shooter positions, in one or both ends of the floor.
- The first player in each line begins with a short run forward (one being in possession of the ball), being sure not to leave too early (which can disrupt the timing of the drill).
- Start with a "stationary loose ball," with players scooping, and later "trap & scooping," the ball and then placing it back down in the same spot (middle of the shuttle) before running to the back of the opposite line (Variation #1A).
- Next, have players roll a loose ball to the line across from them, then run to the back of the line that they rolled it to (Variation #1B).
- Most common error = the timing of the drill can be thrown off if players leave their line too early/late



STICKWORK DRILL #3: Corraling On-The-Run

Drill Duration: 12 mins

Description: Variation #1A & #1B (5 min): "Dynamic Loose Balls" (Stationary & Bouncing Ball Placement)

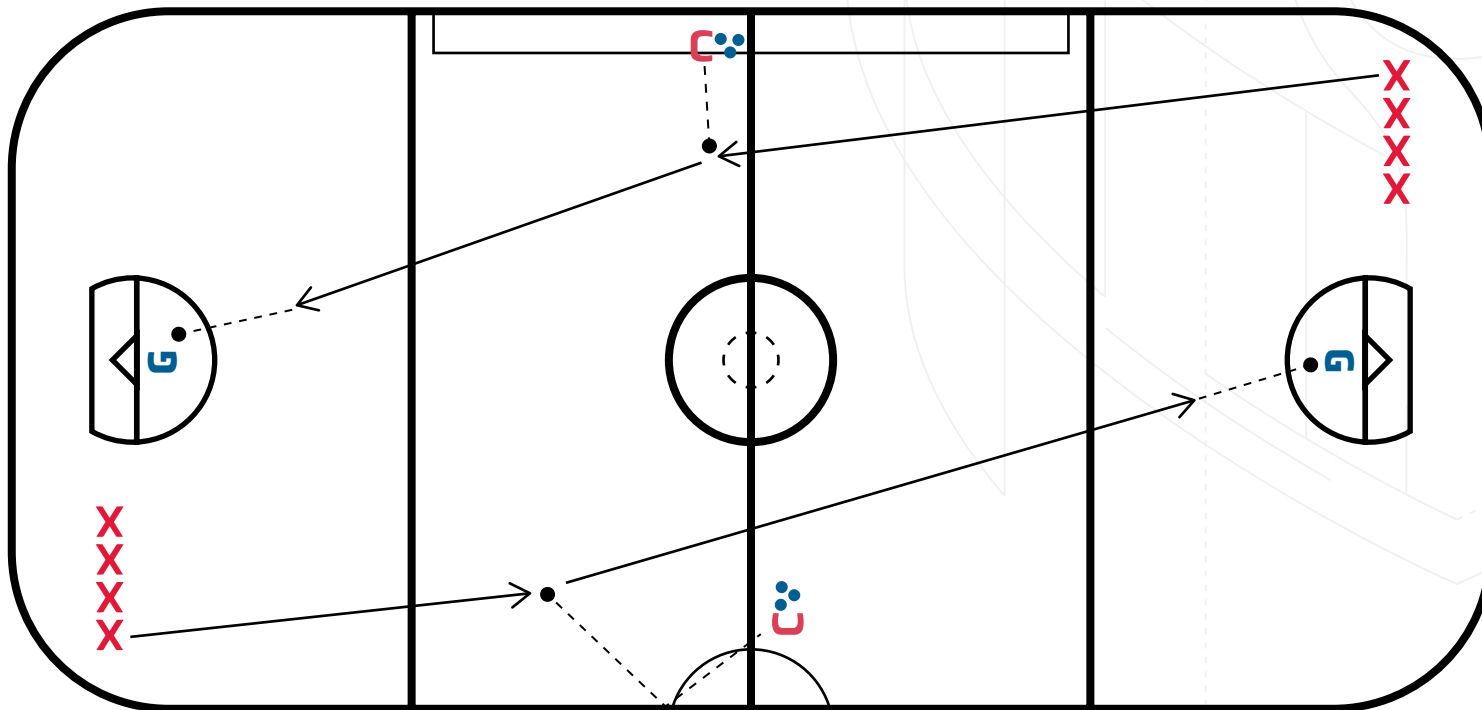
bottom side of diagram

- Divide the full floor in half lengthwise with an imaginary line (or using pylons). Organize players into lines, in opposite corners, at opposite ends of the floor (this drill could also be done on half of the floor as well).
- Lines should switch sides halfway through the drill in order to practice scooping (and later catching) the ball on both sides of the player's body.
- Have players run to pick-up the loose ball on-the-run, somewhere near center floor, cradling the ball toward the net for a breakaway shot once they've possessed it (drifting if approaching from their "wrong-floor-side").
- Start with a stationary ball placement (Variation #1A). Next, bounce the ball off of the boards (Variation #1B)
- Most common error = players shooting from their "wrong floor side"

Vriation #2A (7 min): "Dynamic Catching"

top side of diagram

- Divide the full floor in half lengthwise with an imaginary line (or using pylons). Organize players into lines, in opposite corners, at opposite ends of the floor (this drill could also be done on half of the floor as well).
- Lines should switch sides halfway through the drill in order to practice catching the ball on both sides of the player's body (cross body).
- Have players run in a straight line two yards closer to the middle of the floor than where the coach is standing.
- As the player approaches, the coach throws the ball straight up into the air for the player to then run underneath and catch, ideally with their stick in "triple threat position"
- Water Break = 1 min



Dynamic Warm-Up

Drill Duration: 5 mins

Description: Dynamic Warm-Up:

- Introduce "stationary dynamic stretching" routine (see link in plan notes)



DRILL #4

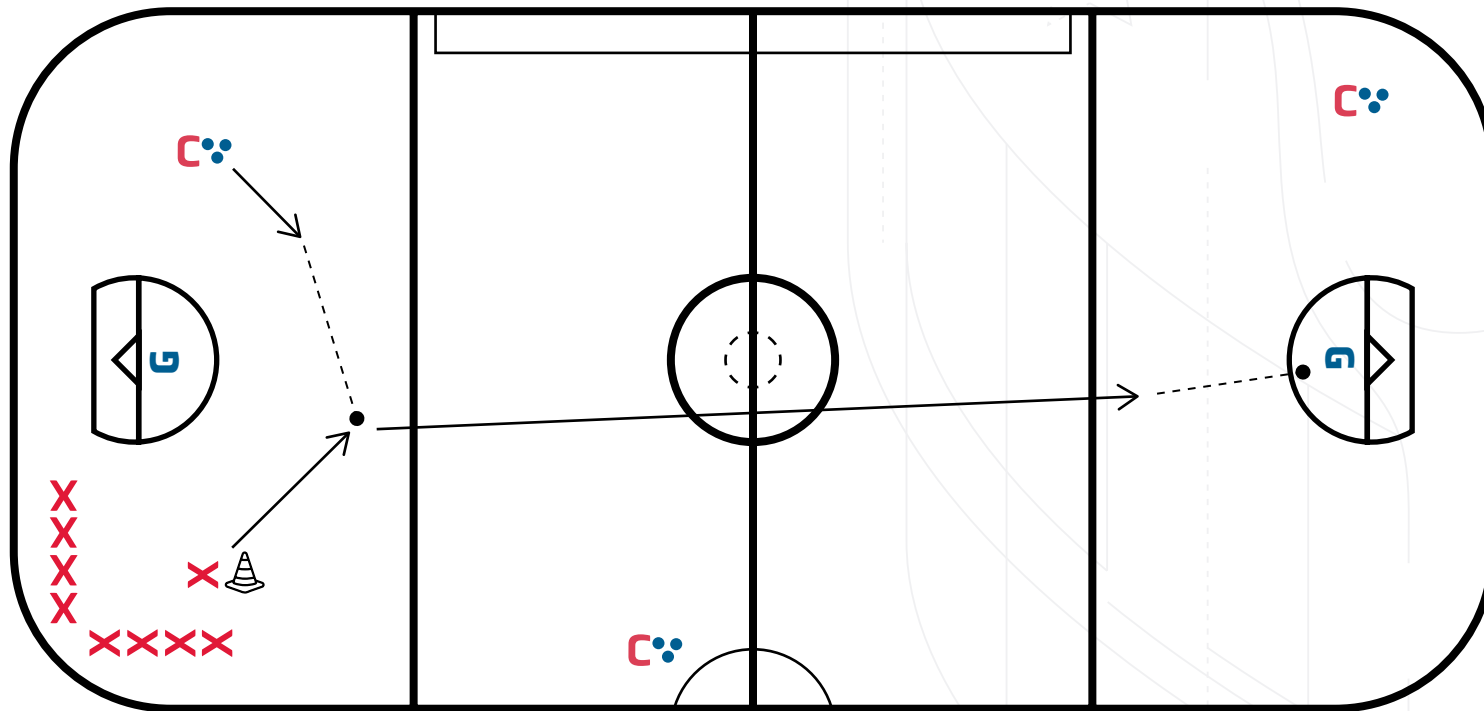
BOX LACROSSE PRACTICE #3

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

Drill Duration: 8 mins

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

- Demo (1 min): “Pushing The Ball,” “Lanes”
- Start with one line in the far-side corner, left’s and rights mixed together, 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.
- Most common error = player receiving the pass slowing down in anticipation of the pass

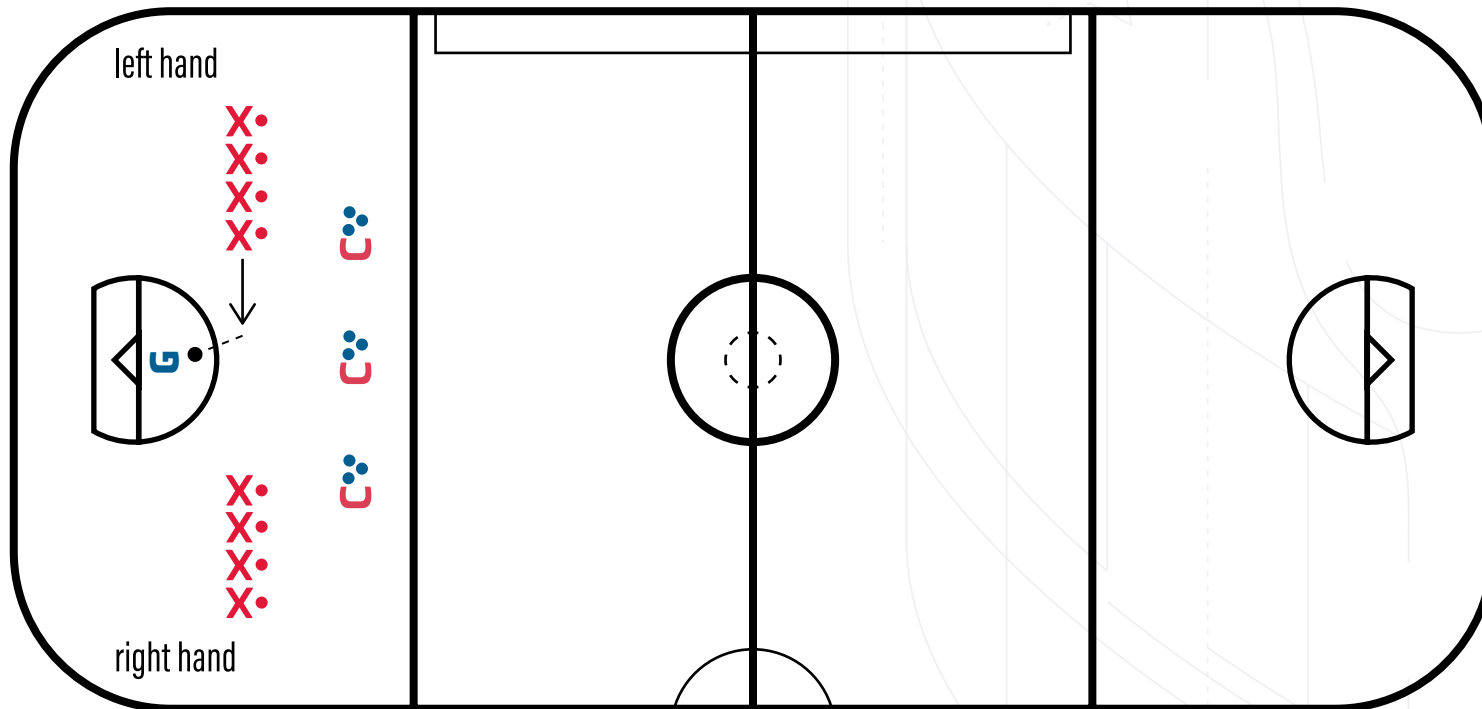


STICKWORK DRILL #8A: "Finish" In Front

Drill Duration: 8 mins

Description: Variation #1B: "On-Ball"

- Demo (1 min): "Finishing In Front"
- Players start lined up on their proper floor side crease position, with balls already in their sticks; the drill alternating from side to side each rep.
- One player from each line should be positioned facing the net, on a 45 degree angle from the near-side post, before eventually stepping towards the far-side of an imaginary goaltender, trying to shoot the ball off of the far-post and into the net.
- Have players sprint out of the drill and touch the restraining line after each rep.

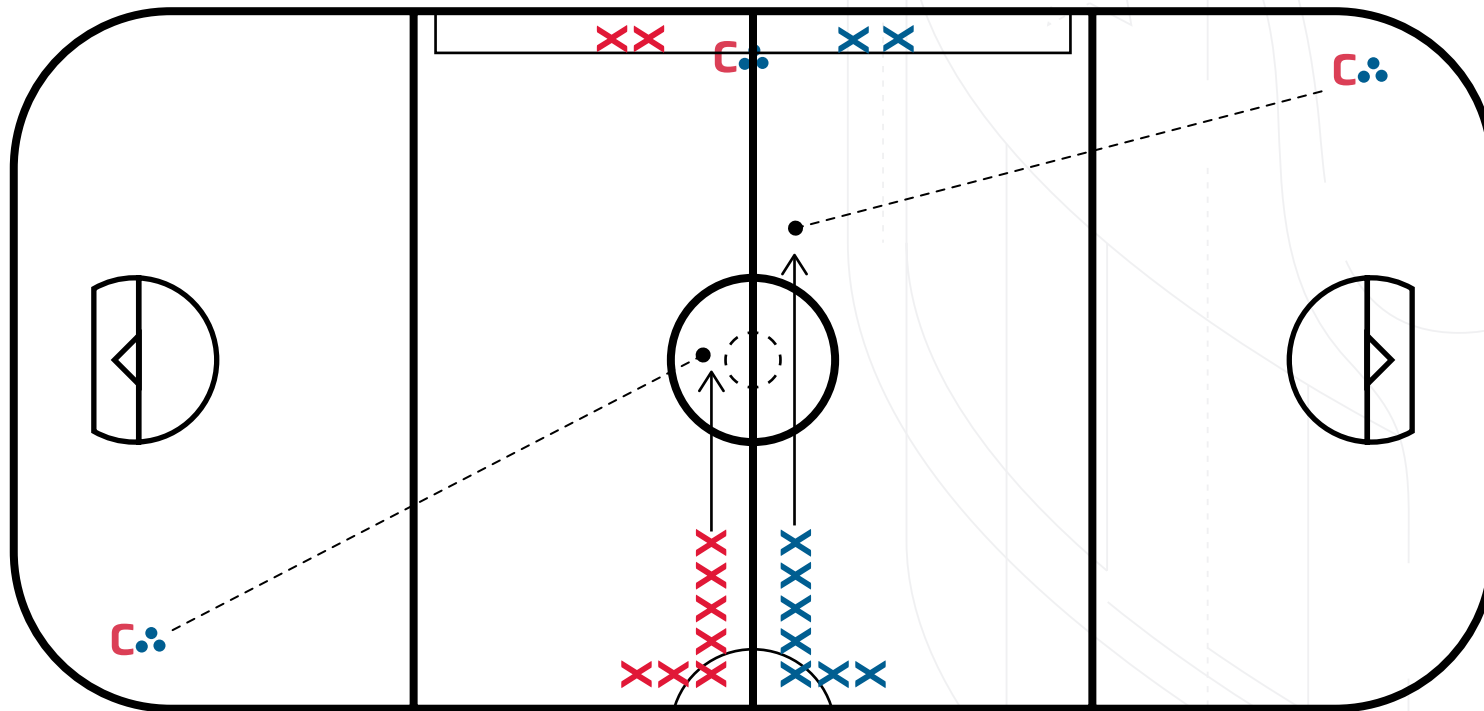


GAMES DRILL #12: Catch On The Run Game

Drill Duration: 10 mins

Description: Variation #2: "Teams"

- Arrange players into two separate groups, without balls, starting with the first player in each group at the restraining line near the sideboards (all other players standing behind).
- Coaches start in opposite corners, in opposite ends of the floor, with plenty of balls.
- On the whistle, the first player in each line runs across the restraining line from one side to the other.
- Each of the coaches then sends a lead pass or loose ball to the player running across the floor, who is required to catch the ball in order to stay in the game.
- If the coach deems their pass uncatchable, the player can start over at the coach's discretion.
- If one team's player drops the ball and the opposing team catches it, the opposing team is scored with a point.
- Both teams send a new player each round, and games can be played up to 7.
- Water Break = 1 min

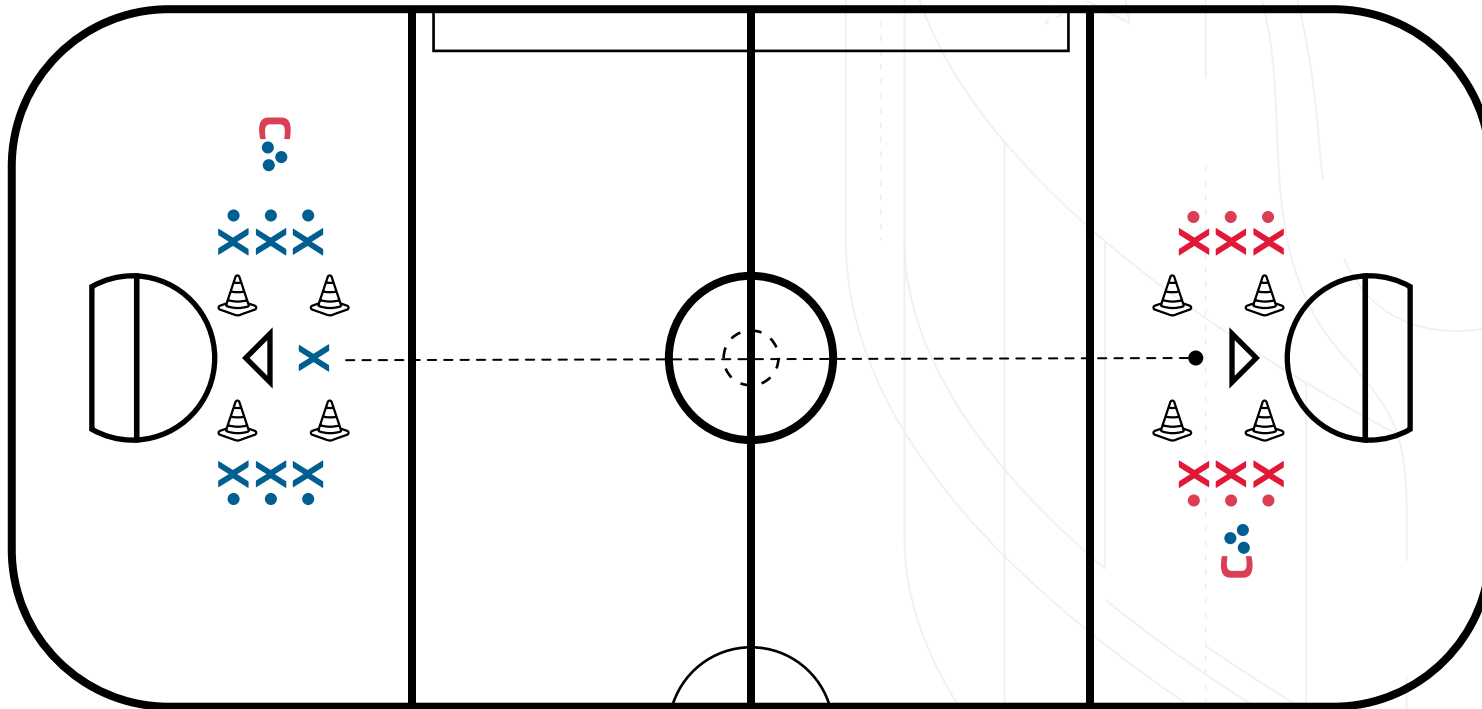


GAMES DRILL #9: Long Shot Game

Drill Duration: 7 mins

Description: Variation #2: "Teams"

- Push the nets forward and start with two parallel lines on both sides of a make-shift crease made out of pylons, in both ends of the floor;
- Have one player at a time from each team step into the crease and on the coach's, whistle take a shot at the net in the other end of the floor.
- Players must not step onto any part of the crease line while taking their shot or their shot doesn't count, regardless if it goes in or not.
- Each team is playing against the other, with games up to 7 goals.



Conclusion

Drill Duration: 0 mins

Description: Cool Down

- Huddle at center floor
- Come up with an appropriate word, as a team, for a team cheer.
- Static stretches - in the dressing room - introduce leg routine (see link in plan notes)

