

LACROSSE

Supers

Fun Lacrosse Drills for Youth Players

Catching and Throwing

Ultimate Lacrosse (like ultimate Frisbee)

1. 2 teams of even number of players and 1 ball. Cones if needed
2. **Purpose**- to move the ball as a team across the field without dropping it to the other side to score points
3. **Rules**
 - a. Create a field big enough for the number of players with 2 end zones
 - b. Both teams start in their end zone. Coach will throw the ball into the middle and blow a whistle to start the game. Players run out and pick up the ground ball. First to get the ground ball starts with possession.
 - c. **Players may not take more than 3 steps with the ball.** If they do, they ball goes to the other team
 - d. If the ball drops to the ground, the other team gets it.
 - e. No contact with players. If a player is touched, they may take 5 steps forward toward the end zone
 - f. First team to 3 goals wins the game

Zipper

1. 2 lines of players, can be multiple groups. Number of balls depending of lines
2. **Purpose** – to work on passing and catching. To work as a team moving the ball. To move the ball quickly without running around
3. **Rules**
 - a. Ball starts at one end and gets tossed back and forth, proceeding up the lines
 - b. Have a timer so the players race the clock. Can make it competitive with large number of players; first group of 2 lines to get the ball through wins

Lacrosse Golf

1. 1 ball per player, 1 bucket or trash can
2. **Purpose** – to work on accurate passing. Work toward later to accurate clears
3. **Rules**
 - a. Place a trash can/bucket at a point a distance from the players
 - b. Players take turns throwing the ball into the trash can/bucket
 - c. Player with the least number of passes into the trash can/bucket wins

GroundBalls

Hungry Hippo

1. 2 teams of players, 2 buckets or trash cans, and a large number of lacrosse balls (30 minimum)
2. **Purpose** – to work on groundballs, endurance, and speed
3. **Rules**
 - a. Start with 2 teams on the same line on either side of a coach
 - b. the coach throws out all the balls into an area
 - c. At the whistle, all players run out and pick up ground balls. Then cradle back to their bucket and place the ball inside.
 - d. When all the balls have been picked up, team with the most balls wins.

Musical Ground Balls

1. All players with 1 or 2 fewer balls than players
2. **Purpose** – to work on recognizing the a ground ball and quickly picking it up. Work on speed
3. **Rules**
 - a. All players lay on the ground with their heads toward the middle of a designated area. Coach puts balls in the middle

- b. On the whistle, players jump up and pick up a ground ball as quickly as possible and pick up a ground ball
- c. Those unable to get one must sit out. Rest of the players reset and the Coach removes 1 or 2 balls
- d. Continue until there is one winner

London Bridge

1. One ball, coach with stick, a cone
2. **Purpose** – To get low on ground balls
3. **Rules**
 - a. Set a ball on the ground in front of a coach. The coach's stick is out horizontally at waist high
 - b. Players must pick up the ground ball while going below the coach's stick then run to and around the cone. On the way back they must drop to ball in front of the coach
 - c. After everyone has gone through, next time the stick should start to lower so players must "sprint" through the ball. If they miss the ball or get hit by the stick, the player is out.
 - d. Player that can go the lowest wins

Egg Hunt

1. All players into 2 groups, large number of balls (30 minimum), one cone, one goal
2. **Purpose** – for players to work on groundballs, cradling, shooting
3. **Rules**
 - a. Put all the balls in the middle of the field
 - b. Have all of the players line up in front of the goal with their backs to the balls
 - c. Set one cone out about 10 yards past the balls on the opposite side from where the kids are

d. On the whistle, players need to hop up, run scoop a ball, cradle the ball around the cone and back, and then take a shot on goal

e. First group to get all the players to make a goal wins

Messy Backyard

1. 2 groups of players, a large number of balls (15 to 30 balls), cones for boundaries, stop watch

2. **Purpose** – To improve scooping on groundballs, cradling, and endurance

3. Rules

a. Have two groups of players on opposite sides of a designated area (use cones to make the boundaries). Coach places the balls in the middle

b. On the whistle, players scoop up balls and run to their opposing team's "backyard" and place the ball there.

c. Players may take balls from their backyard and place them in the opposing team's backyard

d. After a designated amount of time, the team with the least number of balls on their side wins

Cradling

ThunderDome

1. Cones to make a circle, each player with 1 ball, coach(s) in the middle

2. **Purpose** – Players to improve cradling and stick protection

3. Rules

a. All the players are in the middle of a designated area with a ball.

b. On a whistle, players must run around and protect their sticks from coach(s) who are trying to knock the ball out.

c. If a player drops the ball or gets the ball knocked out, then they must go out of the area and wait till the next game.

d. Last player standing wins.

Gladiator

1. Cones to make a circle, players around the circle, 2 players in the middle, one ball

2. **Purpose** – Players to improve on cradling and stick protection

3. **Rules**

a. 2 players stand in the middle of the circle, rest of the players around the circle.

b. On the whistle, players outside the circle may poke or lift check at the 2 players inside the circle, but are not allowed to move any closer

c. 2 players in the middle bump each other

d. If a player drops their ball first is out and a new challenger from the outer circle replaces them as the new gladiator

Sharks and Minnows

1. An area (30 yards longx10 yards wide) with 2 “safety zones,” each player with a ball, coaches in the middle zone

2. **Purpose** – Players to improve cradling with the ball, stick protection, and endurance

3. **Rules**

a. All players start on one side (these are the minnows), with coaches or players depending on preference in the middle (these are the sharks).

b. On the whistle, minnows try to cross the “shark zone” to the other side without dropping their ball. Sharks may bump or stick-check the minnows to make them drop the ball. Players who drop the ball must stand to the side till the drill is done

c. Last player to hold onto the ball wins.

d. ***Variation***- Players who drop the ball must stand still and be allowed to stick check minnows still running through for added difficulty.

Cradle Relay Races

1. Group of players, each group with a ball, a cone per group

2. **Purpose** – for players to work on cradling and endurance

3. **Rules**

a. Players are in groups with a straight line, a cone at a distance from the lines.

b. On the whistle, players must run, cradling a ball around the cone and back. Players may pass the ball to the next person in line or place it on the ground for a groundball.

c. Before the next player can go, the moving player must cross the end line. Afterwards, the player must go to the back of the line and sit down

d. Group with all the players completing the course and sitting down wins.

e. *****Variation***** - Can change the rules, make a more complicated course, etc. to change the difficulty and/or fun

Messy Backyard

1. 2 groups of players, a large number of balls (15 to 30 balls), cones for boundaries, stop watch

2. **Purpose** – To improve scooping on groundballs, cradling, and endurance

3. **Rules**

a. Have two groups of players on opposite sides of a designated area (use cones to make the boundaries). Coach places the balls in the middle

b. On the whistle, players scoop up balls and run to their opposing team's "backyard" and place the ball there.

c. Players may take balls from their backyard and place them in the opposing team's backyard

d. After a designated amount of time, the team with the least number of balls on their side wins

The Fox and the Farmer

1. 1 Farmer and the rest Foxes in a designated area, each player with a ball, and flags or pinnies for foxes

2. **Purpose** – for players to work on cradling, stick protection, dodging, and endurance

3. Rules

a. Coach sets up an area in which the players cannot leave. Each “fox” must wear flags or pinnies on their waist (better to put them in the front of the player, or in the shorts in front of the player so they learn to use their body as a shield)

b. On the whistle, players run around cradling a ball and dodging the “farmer.” The farmer without a stick runs around and tries to pull the flag or pinnie from the players.

c. A player is out if they drop the ball or lose their flag/pinnie

d. Last person standing wins and becomes the next farmer

Shooting

Score on the Chewbacca

1. Players with a ball, coach in goal with a silly costume.

2. **Purpose** – To shoot on a goalie and have fun

3. Rules

a. Coach puts on a costume and goalie gear. Players get to shoot and score on the coach they can

b. Costumes can vary, I chose a Chewbacca suit because I have one

Dodging

The Fox and the Farmer

1. 1 Farmer and the rest Foxes in a designated area, each player with a ball, and flags or pinnies for foxes

2. **Purpose** – for players to work on cradling, stick protection, dodging, and endurance

3. Rules

- a. Coach sets up an area in which the players cannot leave. Each “fox” must wear flags or pinnies on their waist (better to put them in the front of the player, or in the shorts in front of the player so they learn to use their body as a shield)
- b. On the whistle, players run around cradling a ball and dodging the “farmer.” The farmer without a stick runs around and tries to pull the flag or pinnie from the players.
- c. A player is out if they drop the ball or lose their flag/pinnie
- d. Last person standing wins and becomes the next farmer

Offense and Defense

Fireball

1. 2 groups of players, a ball, a goal
2. **Purpose** – For players to work on teamwork and all fundamental skills
3. **Rules**
 - a. Start with two groups of players, one “white” and one “dark.” Split the groups further with 2 lines on each wing, one white and one dark
 - b. Coach stands up top right outside the restraining line with a ball. Coach then gives a number (1, 2, or 3) to call for that number of players from each line
 - c. On the whistle, coach rolls out a ground ball and it becomes a ground ball scrum. When one side wins the ground ball, that team becomes the offense; the other team becomes the defense
 - d. Teach the defensive team to mark up on an offensive player
 - e. Teach the offensive team to V-cut to get open for passes
 - f. Play becomes a scrimmage until a goal or a defensive clear is made back to the coach

Lacrosse Basketball

1. 2 groups of players (5v5 or 6v6), one ball, a goal or bucket or trash can
2. **Purpose** – To work as a team moving the ball, spacing, and defensive play

3. Rules

- a. Set up inside a restraining box. Can use a bucket, trash can, or goal, but no goalies
- b. Offense must move the ball around without dropping it. Make 3 passes before shooting. If the ball hits the ground, it goes to the other team.
- c. Work on spacing and movement to open space. May put a shield on the lacrosse net for more difficulty (shooting the corners or sides of the goal)
- d. Set a time limit or number of goals. Team with the most wins.

Braveheart

1. 2 players, goalies or no goalies.
2. **Purpose** – for players to work on cradling, stick protection, dodging, and endurance

3. Rules

- a. Two players start in the middle on a face-off.
- b. On the whistle, players fight for the ball. Player with possession runs to his opponent's goal to score, the other player plays defense.
- c. Continue till a goal is scored. Do this as individual players or as a team with the most points wins.

Agility based Drills

Mirror Drill

1. A designated area with four cones, sticks or no sticks, 2 groups of players
2. **Purpose** – For players to work on defense and mirror an opponent who is moving on offense
3. **Rules**
 - a. 2 lines of players on opposite sides of a box. Each player in the front of the line participates.
 - b. One line is designated offense, the other defense. The offensive player makes 4 moves inside their section. The other player must mimic the offensive player,

following him as quickly as possible. This will help teach defense and moving faster than the offensive player.

c. After everyone goes through the line, have the lines switch between offense and defense

Catch the Robber

1. 2 large circles on the ground in a vertical line, 2 lines of players

2. **Purpose** – For players to improve defensive speed

3. **Rules**

a. Have 2 lines of players. Line 1 starts in front, Line 2 starts a couple feet behind.

b. On the whistle the “offensive” player runs around the 2 circles in a “figure 8.” The “defensive” player has to chase the other player and tag him before he crosses the finish line.

c. Have the players switch lines so they move between offense and defense.

