

Lacross

The Fastest
Game on Two
Feet



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Please note: the video links throughout the presentation are for your benefit. Please refer to them

Goals of the Clinic

Goals for each instructor should be the following:

- Teach the of fundamental skills (Scoop, Catch, Throw, Shoot, Dodge – and combination of skills)
- Keep on schedule to keep pace going
- Provide a safe environment for playing
- Having fun





One-Hour Clinics Schedule



Introduction 5-mins

- History of game
- Objective of game
- Any personal lacrosse stories

Catching & Throwing 15-mins

- 5 yards (5 meters) apart

Station Drills 20-mins

- Groundballs
- Cradling

Mini-Game 20-mins

- Safety is important
- Have fun



Two-Hour Clinics Schedule

**Can drop and allow the extra time for game*

**Do shooting only if goal is available*

Introduction 5-mins

- History of game
- Objective of game
- Any personal lacrosse stories

Water Break 5-mins

- Hydration time

Catching & Throwing 15-mins

- 5 yards (5 meters) apart

Station Drills 20-mins

- Defense
- Dodging & Shooting**

Station Drills 20-mins

- Groundballs
- Cradling

Mini-Game 35-mins

- Safety is important
- Have fun

Line Drill 10-mins

- Split to multiple lines if needed*

Catching & Throwing Talking Points



Hand and Body positioning:

- Catching: Top hand should be on top of stick
 - Talk about providing a “target” for passer
 - “Soft hands” when receiving pass
 - Shoulders squared to passer
- Throwing: Top hand should be about hip apart
 - “Perpendicular” shoulders to target
 - Front foot pointed at target
 - Follow through with hands and shoulders
 - Women’s game; bottom hand pulls in towards elbow



Men’s game: Catching and Throwing

https://www.youtube.com/watch?v=aLH_Qw5NxA

Women’s game: Catching and Throwing

<https://www.youtube.com/watch?v=gZs9qaRMUlg>

Stations: Groundballs & Cradling



Groundballs Talking Points:

- Top hand at top of stick
- Bottom hand close to ground
- Leading foot next to ball
- Run through groundball

Groundballs Drill Ideas:

- 1 v 1
- 3 v 2
- Groundball and throw to partner

Cradling Talking Points:

- Top hand does most of work
- Bottom hand to control bottom stick
- "Soft hands" and use fingers
- Moon shape movement of top hand
- Watch for hockey players as they tend to cradle with bottom hand as this is incorrect

Cradling Drill Ideas:

- Cradle 10yds and throw back
 - Can be a relay race between 2+ lines
- Cradle around box
 - Can race or have 4-5 players per box and last one to drop ball wins

Men's game: Groundballs

https://www.youtube.com/watch?v=PIGxCchHU_I

Men's game: Cradling

<https://www.youtube.com/watch?v=jQ5XWICe6K8>

Women's game: Groundballs

<https://www.youtube.com/watch?v=e-n1hmBw-3k>

Women's game: Cradling

<https://www.youtube.com/watch?v=A9L8VsFjDaE>

Stations: Dodging & Shooting

Dodging Talking Points:

- Many types of dodges (split, roll, hitch, etc.) but focus on the face-dodge as it's the easiest
- Bring stick across face, with ball between facemask and mesh/leather, from one shoulder to the other
- Most dodges start with running at defender and initiating about two stick lengths from defender

Dodging Drill Ideas:

- Dodge at cones set up in zigzag
- Dodging through coach's poke check

Men's game: Dodging

<https://www.youtube.com/watch?v=ztcFGvFX67s>

Men's game: Shooting

<https://www.youtube.com/watch?v=ujqm0sdy93M>

Shooting Talking Points:

- Top hand about hip apart
- Arms and elbows away from body
- Shoulders "perpendicular" to target
- Front foot pointed at target
- Follow through with hands and shoulders

Shooting Drill Ideas:

- Time and room
- Shooting on the run; down alley
- Catch and shoot



Women's game: Dodging

<https://www.youtube.com/watch?v=3MIKUKicdII>

Women's game: Shooting

https://www.youtube.com/watch?v=_xg8rdiS6-s

Stations: Defense

Defense Talking Points:

- Communication
 - "I got ball"
- Body position
 - Wide feet and stick out front
- Checks – *stick checks only*
 - Women's can only stick check



Men's game: Defense

<https://www.youtube.com/watch?v=k9TXeKzVyGE>

Men's game: 4v3 (same as women's 4v3 video)

<https://www.youtube.com/watch?v=-dg9dGKeDOc>

Defense Drill Ideas:

- Keep player out of middle (no checks)
- Add defensive player to zigzag dodging drill
- Poke check down the line drill



Women's game: Defense

<https://www.youtube.com/watch?v=c78QcgU4-s4>

Women's game: 4v3

<https://www.youtube.com/watch?v=-dg9dGKeDOc>



Mini-Game Talking Points



****Safety safety safety****

- Make sure players are playing safe!!
- With a Goal: Split into two teams and play half the length of a lacrosse field or shorter. Shots on goal counts as one point. No goalie for safety reasons
- Without a Goal: Split into two teams and play half the length of a lacrosse field or shorter. Create an “end zone” area where players have to catch the ball in it to count as a point
- Remind players to incorporate all that they’ve learned into the game
- Three pass rule before shooting/scoring in end zone. Passes do not need to be caught to count but needs to be an actual effort towards a teammate
- Only two players (one from each team) can go after a groundball. *Any more then hockey players will tend to use sticks to play the ball on the ground like a hockey game*
- Most important: HAVE FUN

Thank you and have fun!

