

# IWLCA DRILL BOOK 2012-13

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Caitlin Moore	Randolph-Macon College	Triangle Drill	High Intensity/Short Sets	303
Katie Hagan	Ursinus College	Fast Break Chaos	High Intensity/Short Sets	304
Brooke Ireland	The College of William & Mary	Blind D Drill	High Intensity/Short Sets	305
Jake Marmul	University of Notre Dame	Box Ball Movement	High Intensity/Short Sets	306
Heather Holt	Old Dominion University	Box Drill	High Intensity/Short Sets	307
Carol Hatton	Dickinson College	GUTS	High Intensity/Short Sets	308
Mallory Poole	Bloomsburg University	Kick the Cone (Pentagon)	High Intensity/Short Sets	309
Tanya Kotowicz	Yale University	Grid Drill	High Intensity/Short Sets	310
Anne Phillips	Yale University	Tap-In Drill	High Intensity/Short Sets	311
Mary Cuddihy	Bryant University	Add-In Drill	High Intensity/Short Sets	312
Michelle Mason	Iona College	Team Trains Team	High Intensity/Short Sets	313-314
Judy Finergthy	Vassar College	5v4 Swing It	High Intensity/Short Sets	315-316
Meghan Harkey	Liberty University	Quicksand	High Intensity/Short Sets	317
Lauren Norris	High Point University	5 Point Shooting Drill	High Intensity/Short Sets	318

Brighe Dougherty	William Smith College	Chaos	High Intensity/Short Sets	319
Emma Wallace	American University	Feeder Shooter	High Intensity/Short Sets	320
Jessica O'Brien	Marist College	5v4 Minute Drill	High Intensity/Short Sets	321
Regan Denham	Liberty University	3 Stops	High Intensity/Short Sets	322
Mindy Richmond	Indiana University of Pennsylvania	Hawk's Best Drill Ever	High Intensity/Short Sets	323
Jen Beck	University of Oregon	Oregon Drill	High Intensity/Short Sets	324
Jen Muston	York College of PA	1-3-2 Progression Drill	High Intensity/Short Sets	325
Kristie Quigley	Seton Hill University	Full Field 5v4	High Intensity/Short Sets	326
Colleen Magarity	University of Colorado	1v1 with Ladder	High Intensity/Short Sets	327
Ann Elliott	University of Colorado	2v2 with Outlet	High Intensity/Short Sets	328
Kerstin Kimel	Duke University	5v4 from 50/50 Ball	High Intensity/Short Sets	329
Jaime Sellers	Coastal Carolina University	1v1 Enders	High Intensity/Short Sets	330
Jessi Lieb Martin	La Salle University	1v1, 2v2, 3v3 Half of the 8M	High Intensity/Short Sets	331
Sarah McKinley	Saint Francis University	Attack vs. 2	High Intensity/Short Sets	332
Jen May Derby	University of Oregon	Holland Drill	High Intensity/Short Sets	333
Stephen Wagner	The College at Brockport	15, 15, 8	High Intensity/Short Sets	334
Chris Halfpenny	University of Notre Dame	Grub Drill	High Intensity/Short Sets	335
Melissa Falen	Notre Dame University of Maryland	Scramble	High Intensity/Short Sets	336
Sarah Lamphier	Guilford College	1v1 to a 4v4	High Intensity/Short Sets	337
Rachel Whitten	Furman University	Crash Drill	High Intensity/Short Sets	338
Jen Kasper	Johns Hopkins University	Bogeys	High Intensity/Short Sets	339-340
Molly Wilkie	University of Maine at Farmington	3 Team Possession	High Intensity/Short Sets	341
Kelly Lickert-Orr	Keuka College	Triangle Trap	High Intensity/Short Sets	342
Chrissy Trescavage & Megan Corrigan	Misericordia University	Bucket Drill	High Intensity/Short Sets	343
Jessy Morgan	University of Virginia	Slide Initiator	High Intensity/Short Sets	344
Eileen Finn	University of New Hampshire	2v2 Must Stop	High Intensity/Short Sets	345
Abby Simpson	Colorado Mesa University	4 Spot	High Intensity/Short Sets	346
Danie Caro	Quinnipiac University	4v4 Add-In Drill	High Intensity/Short Sets	347
Julia Braun	Long Island University -- Bryant	Low D Footwork Drill	High Intensity/Short Sets	348
Jodi Canfield	St. Lawrence University	Navy Drill 3v3	High Intensity/Short Sets	349
Hannah Corkery	Castleton State College	Army Drill	High Intensity/Short Sets	350
Erika Smith	Bridgewater State University	BSU	High Intensity/Short Sets	351
Deb Windett	Wesley College	Chess	High Intensity/Short Sets	352
Jill Redfern	Lehigh University	2v1 with Recovering D	High Intensity/Short Sets	353
Xeni Barakos	Albright College	4-Corner Defense	High Intensity/Short Sets	354
Liz Grote	Bowdoin College	Gladiator	High Intensity/Short Sets	355



**Institution: Wesleyan University**  
**Coach: Holly Wheeler**  
**Name of Drill: Warmup-Train tag**

**Description of Drill:**

In groups of three or four, players work on their communication, shiftiness, and agility with a fun warmup game.

**Equipment Needed:**

None.

**Skills Emphasized:**

Communication with direction.  
Protecting your teammates!

**Diagram of Drill:**

In a group of three, two players are the train standing in single file. One player has her hands on the shoulders (or hips) of her teammate in front of her. The third player faces the front of the train and tries to tag the “caboose” of the train. The front player can protect the caboose with her hands and of course her movement side to side. The caboose constantly tells her teammate where to go, while also physically moving her around and avoiding the tag. The game should be restricted to a 5 x 5 area (no cones are necessary, but you don’t want them running around). Emphasize lateral movement, stay away from the train backing up.

If there is a fourth player, make the train longer—this makes it much more difficult for the tagger.

This can also be done in a circle. So, with a group of four, three players form a circle, hold hands or link arms, and one of the players in the circle is designated to be tagged by the tagger. The circle rotates back and forth as the tagger tries to run around, back and forth, changing directions, being shifty, and tagging the “caboose.”

**Coaching Points of Emphasis:**



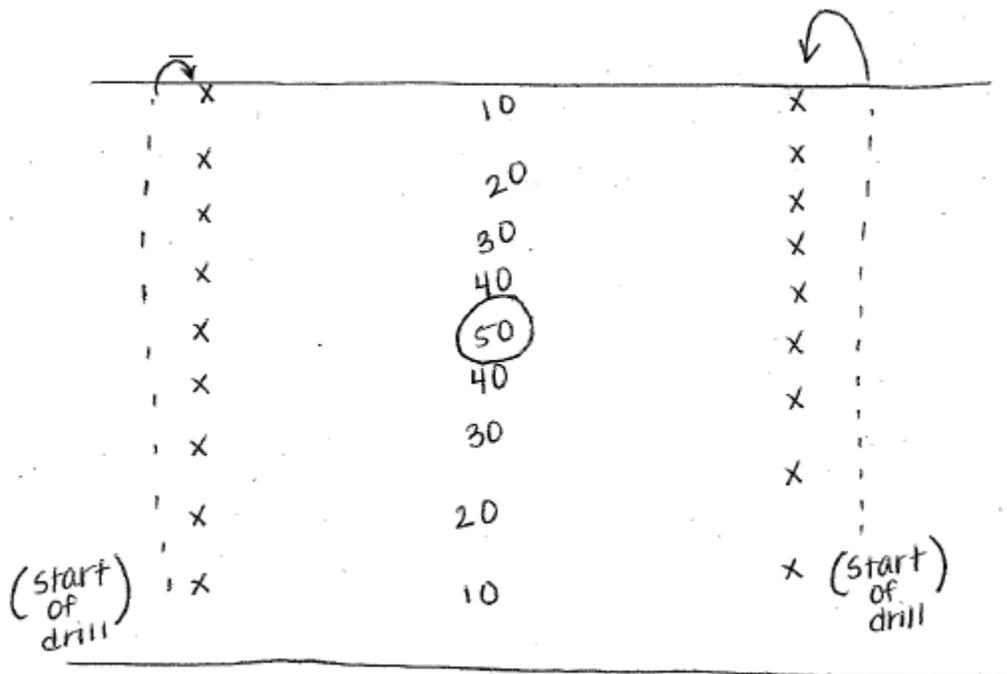
Institution: Queens College  
Coach: Patricia Bonagura & Staci Passafiume  
Name of Drill: Tag Team Relay

**Description of Drill:** Separate your squad into two even teams (based on your squad size). Have one girl from each team line up starting on the ten yard mark, from there have the remainder of the girls line up ten yards from where the first girl started. Each team should have nine girls evenly distributed from the ten yard mark and on. When the coach blows their whistle the girl starting at the end line will sprint a one hundred and ten yard sprint up to her teammate at the ten yard mark: At every mark, each person will be doing a different activity (i.e. planks, sit ups, pushups, jumping jacks, etc...). Once their teammate approaches them, they will stand up and sprint to the next yardmark (domino effect). The drill will come to an end when the person who went first is back in the spot she started. This is a competitive relay race; losing team will have to complete an additional task at the digression of the coach.

**Equipment Needed:** In addition to the standard equipment needed at an everyday practice:  
. One cone (to give the attack a mark on where to begin)

**Skills Emphasized:** Communication

**Diagram of Drill:**





**Institution: Pfeiffer University**  
**Coach: Chelsea Marshall**  
**Name of Drill: 10R/10L Rapid Fire**

**Description of Drill:** You have 2 shooters on either side of the 8 meter each with 10 balls. This is a rapid fire shooting drill that makes your goalie have to adjust their angle and make a save very quickly. The first shooter takes a shot as soon as the ball is on net the second shooter is shooting. The goalie must make the save and immediately find the other shooter and get to the next shot.

**Equipment Needed:** 2 shooters, 20 balls, goal and a goalie

**Skills Emphasized:** hand eye coordination, quick adjustment of angles, getting re set quickly after a shot (working on being ready off a rebound)

**Coaching Points of Emphasis:** Make sure you goalie is not hesitating after a save she needs to realize that immediately after a shot she must be ready for another one. She needs to make the save and right away come across the crease for the next shot. Pay attention to your goalies balance, some girls will over run these saves from side to side and be very off balanced. They need to keep their movements controlled and balanced to be ready for the next save.



**Institution: Pfeiffer University**  
**Coach: Chelsea Marshall**  
**Name of Drill: Color Drill (GK drill)**

**Description of Drill:** You need 2 shooters, one at the top of the 8 meter and the other at X. The player at X has lots of balls that are different colors (or to make it more difficult white balls with different color bands around them). The player at X feeds to the shooter at the top of the 8 Meter and they take the shot on goal. The goalie must make the save and as she is making the save call out the color of the ball that is being shot.

**Equipment Needed:** Balls that are different colors or have different colored rings around them, 2 shooters.

**Skills Emphasized:** it forces you to focus on the ball and not the stick; it also forces you to watch the ball all the way into your stick.

**Coaching Points of Emphasis:** You should focus on the goalie turning and finding the ball quickly. Too often a goalie will turn and find the shooter and not specifically the ball and then is not ready for the shot. Also emphasize the goalie following the ball all the way into her stick with her head.



**Institution: Penn State**  
**Coach: Amy Altig**  
**Name of Drill: Goalie Drills**

### **Description of Drill:**

#### **Empty Stick with tennis balls:**

- Use the empty stick so when you make the save the tennis ball is hitting you. Make sure you are wearing a helmet. Have someone toss the balls to you.
- Focus on having your body and head behind the stick. On high saves you want the ball to hit you square in the helmet. When the ball is mid to low you want the ball hitting your body but you want your eyes behind the ball!

#### **Upside down stick with tennis balls:**

- Turn your stick upside down so the butt end is up. Have someone toss tennis balls at you mid to high height.
- Focus on throwing your hands out at the ball but then break your wrists as you make contact with the ball so the ball falls to the ground in front of you instead of flying away. Keep your head and body behind the ball at all times.
- You can put a target area out around the GK to have her focus on keeping the tennis balls within the assigned area.

### **Equipment Needed:**

- Stick (can be a field stick) without stringing
- Tennis balls

### **Skills Emphasized:**

#### **Empty Stick with tennis balls:**

Focus on having your body and head behind the stick

#### **Upside down stick with tennis balls:**

Focus on throwing your hands out at the ball but then break your wrists as you make contact with the ball so the ball falls to the ground in front of you instead of flying away

### **Diagram of Drill:**

### **Coaching Points of Emphasis:**



**Institution:** Allegheny College  
**Coach:** Mary Lambert  
**Name of Drill:** Pre-Shots Goalie Warm-Up

**Description of Drill:** A series of drills to prepare goalies for shots. Focusing on foot work, hand-eye coordination, and overall quickness.

**Equipment Needed:** Goalie equipment, lacrosse balls, tennis balls. (Wall Needed)

**Skills Emphasized:** Quickness of footwork to apply to stepping to a shot with alacrity. Hand eye coordination, punching hands to ball and following with exaggerated step.

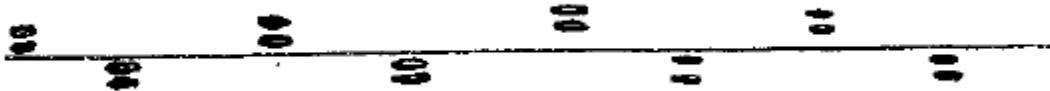
**Diagram of Drill:** All of these drills should be done before the traditional warm up with shots. Get your goalies moving, get them focused on their hands and feet, and ultimately ready for live shots.

Line Hops: Straddle a line on the field.

Lateral Jumps: 30 left, 30 right, 30 both feet

Front/ Back: 30 left, 30 right, 30 both feet

Zig Zag Hops: Two feet together jumping over a line in a zig zag like pattern



Snake Jumps: Two feet together jumping forward, side, middle, side...



Walking Partner Juggling:

One throws balls and the other steps to. Focusing on stepping to the ball and having a fast first hand to catch the ball. Make sure goalies are re setting in order to keep making 45 degree angle steps to ball.

Ego Breaker: (ON WALL WITH TENNIS BALLS)

Find a wall. 2 people needed. Goalie stands in front of wall. 2<sup>nd</sup> person stands behind with multiple tennis balls ready to throw against the wall. Goalie must punch hands to ball and step to as well. The goalie doesn't know where the ball will hit and has to focus on getting to the ball quickly. (making sure to reset as always)

Helmet Throws: Have goalies throw a ball on top of helmet and have them react to the ball with an unpredictable bounce. (Working on quickness of hands).

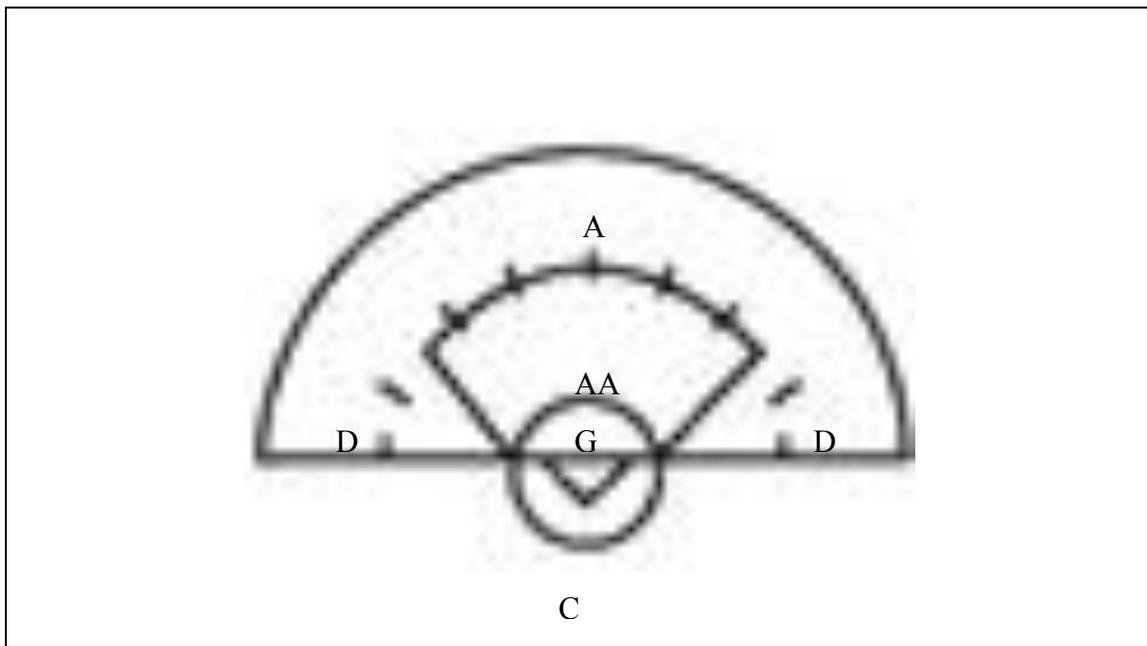
**Coaching Points of Emphasis:** These drills should be done quickly and accurately. These should be difficult for the goalies at first, but as they are familiarized with the tempo, it will become easier and will translate to their efforts in the goal.

**Description of Drill:** Coach rolls out a ball behind cage to activate play. GK, in front of the cage, races after it to gain possession. 2 Attackers standing shoulder to shoulder at the center of the crease pursue the ball trying to gain possession or force a GK turnover. D's at the hashes become active once the ball is touched by the GK or an attacker, giving the GK options for a clear. The high attacker at the 12, joins her teammates on the ride. If D gains possession they clear it to the 30/50/70 (coach decides). If A gains possession at any time, they transition immediately to goal. Coach can add additional A's/D's to build up the drill for greater numbers in transition. Lots of different situations arise in this fast paced drill.

**Equipment Needed:** Balls, Goal, and a lined field.

**Skills Emphasized:** GK: ballhandling under pressure and recovering immediately to cage upon turnover. Clearing. Riding. Transition play. Decision Making.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Goalies staying calm under pressure and making a good clear.
- Defenders coming back on a flat angle to support the GK being pressured.
- Smart decisions in offensive transition by the clearing team.
- Communicating and using proper footwork/angles of approach/containment by the riding team.
- Attacking off the turnover – filling lanes, moving the ball with a purpose and making the defense pay for mistakes on the clear.

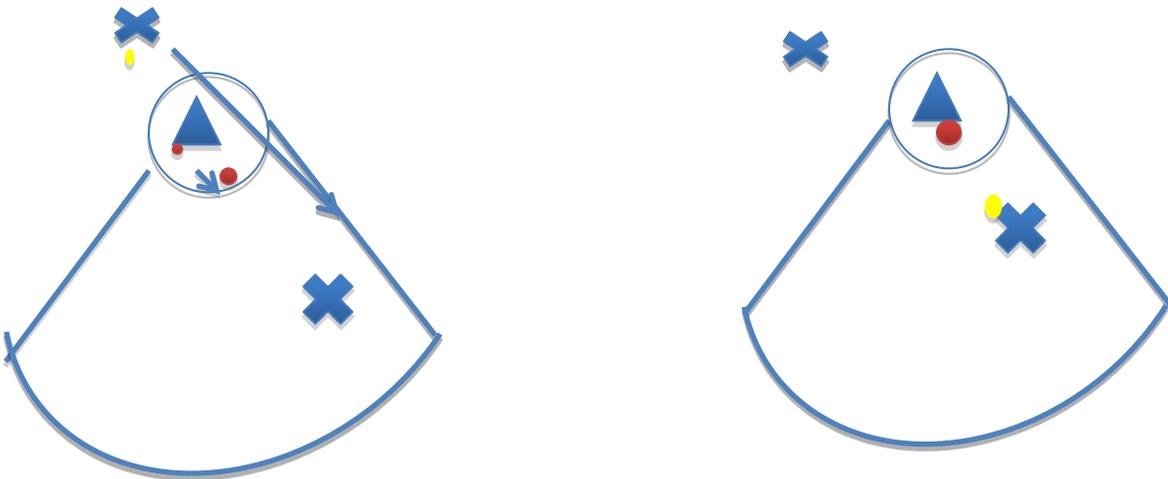
**Description of Drill:** Feeder will start with the ball behind cage. They will either pass the ball to the attacker standing out in the eight or roll the crease. Once the ball is passed to the attacker, they can either shoot, move or pass the ball behind. The goalie is working on never losing sight of the ball, controlling their motion when turning to find and face the shot, staying true to their angles and getting a piece on the shot. This drill is specifically beneficial in an individual session with a GK and two attackers.

**Equipment Needed:** -One feeder, One attacker, Goal keeper and balls.

**Skills Emphasized:**

- Controlled footwork and front to back cage movement.
- Helping GK's see ball move from behind the cage to 8m.
- Muscle memory, no thinking about the motion.
- Solid feeds and good shots for attacker and feeder.

**Diagram of Drill:**



**Coaching Points of Emphasis:** The focus is on creating muscle memory so that goalies do not even have to think about the movement, even in a high-pressure situation

Make sure GK is consistent in never losing sight of the ball and moves quickly and consistently across the cage. Although there is no D, do not allow them to get mentally frustrated. Instead of focusing only on the save, work on good form and getting a piece of the ball.



**Institution: Chowan University**  
**Coach: E. McCaffrey**  
**Name of Drill: Shape and Color Goalie Tracking**

**Description of Drill:** Take four lacrosse balls, on each ball draw one shape, square, triangle, circle, and diamond. Each shape should be a different color and colored in. Taking one ball at a time, shoot on the goalie having them track the ball. Before the save is made, they need to determine the shape and color on the ball.

**Equipment Needed:** 12 lacrosse balls. Using the shapes square, triangle, diamond, and circle -- color each one a different color on the three sets of four balls.

**Skills Emphasized:** Goalie being able to track the ball more efficiently. If they keep an eye on the ball and can determine shape and color, they will learn to track the ball better in goal.

**Diagram of Drill:**

**Coaching Points of Emphasis:** It is important to still make sure all the proper steps are taken. The goalie still needs to step and follow the offensive person with the ball. The ball may be worked around, and the goalie needs to be calling out ball position. They need to be aware, and shots may be taken anywhere in the goal. To ensure goalies do not memorize the balls, it is important to use a variation of the three sets and mix it up.

**Description of Drill:**

The Coach rolls a ball either behind the cage or to one side. They choose whether to throw it long or short (almost to the other sideline or right next to the crease as extremes). The Goalie chooses whether to go out and attempt to get the ball and then clear it to the defenders or to allow the attackers to get the ball and then a 3v2 will be played to goal.

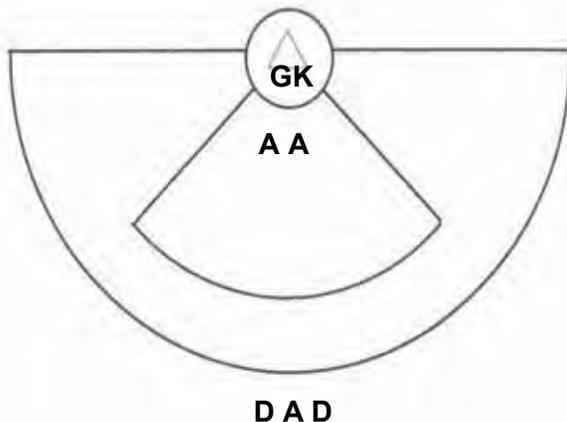
**Equipment Needed:**

Lacrosse sticks, balls, a minimum of 5 field players and a GK.

**Skills Emphasized:**

GK ground balls with pressure, GK clearing with pressure, Man-up/Man-down situations around the goal and in clearing.

**Diagram of Drill:**



- Two attackers start right on the crease
- Two defenders and one attacker start on the 12 meter line

Scenario 1: GK gets the ball, is immediately pressured by the attack and attempts to clear it to the 2 defenders who break out and carry the ball to the 30 yd. line.

Scenario 2: The Attackers win the ball and play a 3v2 to goal.

Scenario 3: Play a 3v3 by adding another defender on the crease.

**Coaching Points of Emphasis:**

- GK learning when it is smart to come out of the crease and go after the ball, emphasize timing and help from defenders.
- Attackers practicing Man-up around the goal: either posting a player up inside the 8 meter or forming a triangle to work the ball, waiting for the best opportunity.
- Defenders practicing Man-down defense with an emphasis on the GK becoming a third defender.
- GK learning and practicing how to clear during Man-down situations and with possible pressure on the ball.

**Description of Drill:**

This drill can be started out as basic as a warm-up for the goalies and advance into a 5 v 5. Set up five cones. 1 at both 2<sup>nd</sup> inside hashes, 1 at both sides of the 8 meter, and one behind the cage.

Step 1-going clockwise, have everyone take 1-2 steps and shoot 50% on goalie. Shots come quickly right after one another like rapid fire. Continue until whole team has shot. Sub in other goalie/goalies and do the same thing. (This is for goalie warm-up).

Step 2-add a different pattern for shots, working on goalie footwork and movement. Shots at 100% now. (Focus on goalie work and shooters using correct form and hand)

Step 3-add a 1v1, change pattern again to work on different footwork and movement for the goalies. (Works on GK and defensive/offensive 1 v 1 skills).

Step 4-add to a 2v2. Start at the cone on the goalies left side on the side of the 8 meter. First group up starts with ball. On whistle, play is over and next 2 groups go. 3<sup>rd</sup> group will be the cone behind cage and the first cone that went. Continue around with 2 groups going at a time. It will always be a different pairing since there are five groups.

Step 5-add to a 3v3.

Step 6-add to a 4v4.

Step 7-add to a 5v5.

**Equipment Needed:**

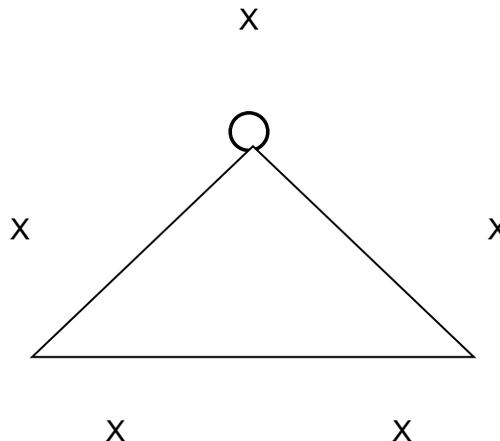
5 cones, tons of balls and pinnies.

**Skills Emphasized:**

Shooting, 1v1, 2v2, 3v3, 4v4, 5v5 offensive and defensive skills, as well as goalie work.

**Diagram of Drill:**

(sorry for the pathetic 8m)



**Coaching Points of Emphasis:**

This all depends on if you want to do this drill for goalie instruction, offensive skills or defensive skills or all of the above. You decide!



**Institution: UMass Amherst**  
**Coach: Brianne LoManto**  
**Name of Drill: Tennis Balls**

**Description of Drill:** This drill is used for goalies and can be done before practice as a warm-up or just a drill for extra work. The goalie will be in the goal while the shooter moves around the 8-meter shooting tennis balls. The goalie will start out using just her dominant hand. The shooter should start stick side high then move to off-stick high to mid shots and low shots. After the goalie is warmed up with using just her hand she will switch to using just a shaft. The shooter can then choose to shoot the tennis balls anywhere or continue using the warm-up pattern, depending on how the goalie feels. After a few rounds the goalie will switch to using a field player's stick and then a goalie stick.

**Equipment Needed:** A women's or men's field stick (one for the goalie, one for the shooter). A shaft. A ball bag full of tennis balls. A net.

**Skills Emphasized:** This drill is emphasizing hand-eye coordination as well as stepping and getting the goalie's body behind the ball. By increasing the surface area of the equipment (hand, to shaft to field stick to goalie stick), it allows the goalie to gain more confidence with a bigger stick.

**Coaching Points of Emphasis:** Make sure the goalie is really stepping with her body behind the ball. The low shots will be difficult when using just the goalie's hand and the shaft so just make sure goalie is stepping with her body behind the ball.

**Description of Drill:** Set up with 7 attackers & 7 defenders (middies are split between teams) milling in the 8m with an extra (8<sup>th</sup> attacker) off the field behind the goal. A=O, D=X

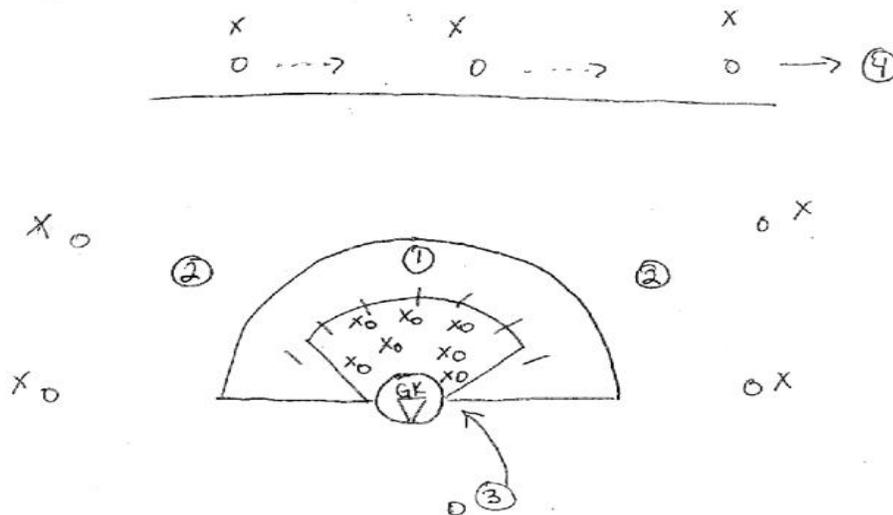
- One of the attackers takes a shot on the GK to simulate a save & clear scenario. Can also set up a free position to start the drill. After the save GK yells clear and defending team breaks out.
- A coach is counting to 8 & within these 8secs, the GK is only allowed to clear to her low defenders (to simulate quick clear)
- After 8secs the coach releases the 8<sup>th</sup> attacker to play pressure on the crease and the GK.
- As soon as the 8<sup>th</sup> attacker gets in front of the crease, one of the attackers furthest from the goal is then released from the field (so the defending team must communicate who is zoning 2 girls while one attacker is on the GK). It should still be 7v7 at this point.
- The GK must step out of the crease quickly after the whistle is blown to prevent being called for 10 secs.

**Equipment Needed:** players, balls, 50yds of space (at least)

**Skills Emphasized:**

- Make the GK look for the quick clear
- Create communication between both teams (to call the furthest girl from the attacking team off the field and to call out who is zoning the 2 girls on the defending team and when to switch off).
- Get the GK comfortable with high pressure situations and how to deal with them
- Make the defending team realize who should be the open girl and how to make themselves available for the easy clear.
- Teach the GK how to use their crease for these situations, and be "OK" with coming out of crease while having vision up field under pressure.

**Diagram of Drill:**



**Description of Drill:** Designed for GK's to work on exploding their hands to the ball while stepping on their 45' angle and staying balanced and in control. Emphasizing how to do less and get more out of saves.

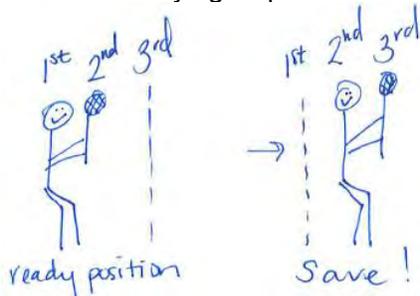
**Equipment Needed:** Bucket of tennis balls and a shaft without a head

**Skills Emphasized:**

1. Exploding hands into the third plane
  - a. In the ready position the body should be in the 1st plane, the hands in the 2nd and the 3rd plane is out in front where the save is being made.
  - b. While making the save the hands should be exploding out into the 3rd plane and the body should follow into the 2nd plane.
2. Stepping on a 45' angle
  - a. The 45' angle is the perfect balance between stepping towards the ball to meet it as far away from the cage as possible and moving laterally enough to cover the entire cage. GK's do not need to sacrifice moving forward towards the ball or laterally to cover the cage when making a save. Every save should be made by stepping towards the ball on a 45' angle to ensure the balance is maintained.
3. Working on staying balanced & keeping the step to the ball the right size
  - a. Too big of a step & the GK will not be able to stay balanced throughout her motion – in addition a bigger step means she will be slower to get to the ball.
  - b. Too small of a step & she will be relying on her hands to do all the work when making a save – her body will not be behind saves and will be more susceptible to goals scored off deflections and rebounds.

**Diagram of Drill:**

Coach has a bucket of tennis balls and is tossing them at the GK—beginning with stick side high and working through all 7 spots. How hard and quickly the tennis balls are coming at the GK can be adjusted to the skill level of GK. The GK just needs time to reset in their ready position in between each "shot". GK (wearing at the very least gloves and her helmet) will be set in her ready position holding the shaft without a head. Her hands should be spaced the same way they are in her ready position but her top hand should be all the way at the top of the shaft. When coach tosses the "shot" to the GK she will step on her 45' angle exploding her hands out in front and trying to punch the tennis ball away with her top hand



**Coaching Points of Emphasis:** The GK should be practicing making every save as she normally would. Her focus is shifted from keeping the ball in her stick to exploding her hands to the ball and punching it away from her while staying balanced and in control with her body. When a GK's hands and body are working together she will be able to do less work and get to the ball quicker. Do less and get more!

**Description of Drill:**

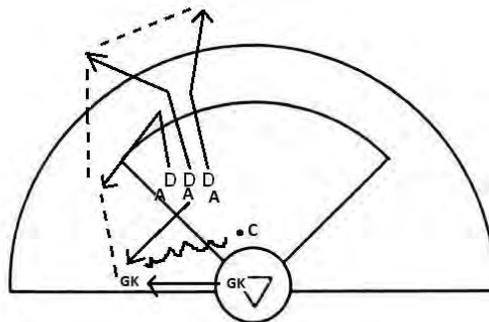
- 1.) Coach stands at the top of the crease with balls. GK in the net. 3v3 at the top of the 8 (waiting to receive the outlet).
- 2.) Coach rolls out ground ball. GK goes after it. One of the re-defenders will drop off and chase the GK and the ground ball. Defenders (clearing team) break out for clear.
- 3.) GK has to scoop up the ground ball and get off an outlet pass, ideally to the open teammate while handling the pressure.
- 4.) Clearing team must make 2 connecting passes.

**Equipment Needed:** Balls, 3 defenders/middies, 3 attackers/middies, GK, Coach

**Skills Emphasized:**

- GK stick handling outside the crease
- GK identifying which teammate is the best pass (the open one)
- Clearing team recognizing space and how to get open if you are the open girl.
- Clearing team making tight passes to teammates that are marked.
- Defending team is working on their ride

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- GK has to keep feet moving as she goes to pass or find the open girl
- Defenders have to recognize which one of their teammates is open and take their defenders away and make cuts appropriately to connect the field.
- Clearing team has to time connecting cuts upfield to get open

**Note:**

- o Can start smaller (without the GK getting pressure ie clearing to a 3v2)
- o Can grow as big as you want it.
- o Can set this up to work both sides or small group

**Description of Drill:** Shooting drill for goalies. From 5 points: two crease rollers, one at center hash, one at each first inside hash.

1. Starts with a free position shot from the center hash
2. Crease roll
3. Pass across the top with a shot from one of the center inside hash lines
4. Second crease roll
5. Shot from the other first inside hash line
6. Start back at 1

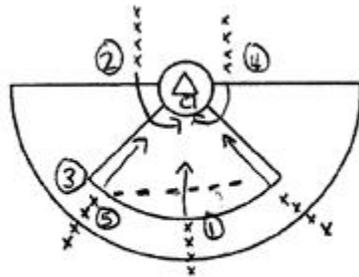
Can add defenders. Can change up shooting locations.

**Equipment Needed:** Bucket of balls

**Skills Emphasized:**

- Focusing on the goalies
- Works on them tracking the ball at a quick pace
- Has them moving in all areas of their crease
- Goalies seeing five different shots in a matter of minutes
- Need to be alert & aware of where the ball is and where it is coming from next

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Tracking the ball from all areas of the 8m
- Goalies are going to get tired quickly, allows them to focus in when they are tired to continue making saves
- Need to be reacting quickly after the shot has taken
- Get set in ready position for the next shot that is following immediately

**Description of Drill:**

Two goalies in the cage. Drill starts with coach sending out a 50/50 ball. The GK who wins the ball has to possess the ball for a given amount of time (0, 3, 5 seconds etc) while the other GK is pressuring hard. When time expires, GK passes the ball to the Coach and sprints back to the cage for a shot. (\*If the defending GK gains possession during that time, she then passes the ball back to the coach, while the GK who lost possession has to sprint back to the cage for the shot). Meanwhile, defending GK is receiving a GB from that pass, and has to quickly pick up the GB and pass the ball back to the coach for the shot on the recovering GK. Timing: recovering GK should save on the run, or be set for no more than 1 second before the shot. The coach is active in the drill; varying cuts as the outlet, cutting for a feed, or sprinting back towards the cage to shoot. Vary the distance and directions of the 50/50 balls.

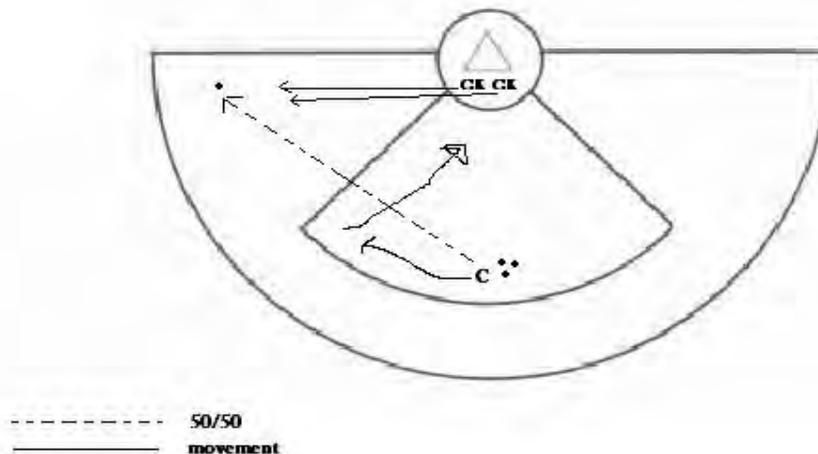
**Equipment Needed:**

2-3 GKs. Balls. Cage. Coach

**Skills Emphasized:**

- Competitive conditioning and footwork with 50/50 balls
- Stick protection/dodging/clearing on the run
- Recovering for a shot when outside the crease
- Tracking the shot in an unsettled situation

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Making a good pass under pressure, and running through the clear. Gk's often stop their feet to clear.
- Immediately recovering (efficient footwork) to cage after the pass is made, and **\*\*tracking the ball whilst recovering.**
- Quick ground ball pick up and release to create the "fast break shot"



**Institution:** DUKE UNIVERSITY  
**Coach:** AMANDA S. BARNES  
**Idea Name:** Goalie World

**Equipment Needed:** All necessary goalie eq. & lots of lax balls. Coach will need stick—ideal if you also have two attackers to shoot with you.

### **Description Of Drill/Skills Emphasized:**

The following is a goalie warm-up progression that may be used as a pre-game routine or modified for everyday use. Obviously you would add different drills to this depending on the day and competition, but I think this is a great foundation for the start of a goalie warm-up routine. \*This is also a great shooting warm-up for attackers. Emphasize to the shooter that the intention of the drill is to warm up the goalie, but that they should focus on shooting with their right and left hand and shot placement.

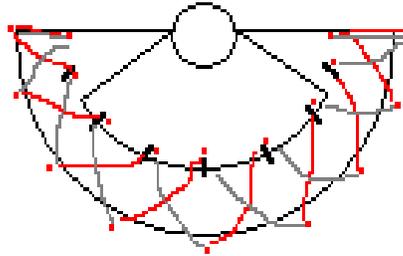
#### **First Progression**

- Start with a dynamic warm-up (10-15 min.)
- Begin with Goalie in the cage and coach (or *responsible* attacker/middie) in the center. Stand center about a step or two in from the 8 meter hash, balls in front for easy pick-up. For approximately 3 min. take shots on the goalies **stick side** high, mid, low, and bounce. Repeat the sequence of shots on the goalies **non-stick side** in the same order, again for about 2 min. This should be done at a more rapid pace/frequency. Repeat this will all of your goalies before moving on
  - *Food for thought: if you are responsible for warming up all of your team's goalies this is a great timed method to ensure everyone is seeing about the same amount of shots in a short period of time. It is often easy to lose track of your shot count when you're casually shooting all over.*

#### **Second Progression**

- Have the goalie go around and back on her arc by herself 2-4 times. (While she is doing this spread out the balls around the outside of the 12 meter. (end line to end line)
- Starting on the 12meter/endline,
  - You will run in to the first hash of the 8 meter (on the end line) and take a shot – High (either side).
  - You will then go back out to the 12 meter above the hash you just shot from and run to the second 8 meter hash and take a shot-High.
  - You will then set yourself up above the second hash on the 12 meter and run to the 3<sup>rd</sup> hash on the 8 meter and take a shot again... You will continue to work your way around the entire 12-8meter, setting yourself up at the 12 meter above the hash you just shot from (10 shots total one-way).
  - After you've gone end line to end line moving right on the arc (shooting all high) repeat the cycle moving left
    - *\*Tip: when you are moving left to right (looking at the cage) use your LEFT hand. Remember-your goalies see left handed shots in a game.*
  - You will go around and back (righty up and lefty up) once shooting all High, once shooting all Mid, once shooting all Low/Bounce, and once shooting Anywhere.
    - *\*You may want 2-3 shooters for this so that it will go faster. Each shooter will start above on the 12 meter where the last shot was taken. Make sure if you do this the shooters WAIT UNTIL THE GOALIE IS SET to start their drive.*

### **Diagram of Drill:**



### **Coaching Points of Emphasis:**

The purpose of the first drill is to allow the goalie a warm-up with straight on shots. This will allow the goalie to first focus on seeing the ball and warming-up the body (hands, feet-stepping) with out having to worry about the movement on the arc.

The second drill will incorporate a more game like scenario. In the second drill the goalie is required to move on the arc and hold an accurate angle (staying square to the ball and not giving the shooter more space on either side of her to shoot at). The movement going right and left will allow the goalie to work on her angles moving in both directions and it will benefit the keeper to see right and left handed shots and sweeps. The purpose of this drill is to allow your goalies to work on their angles and making saves on the move (hence you are taking shots on the move-not stopping to shoot) in a semi-controlled environment.

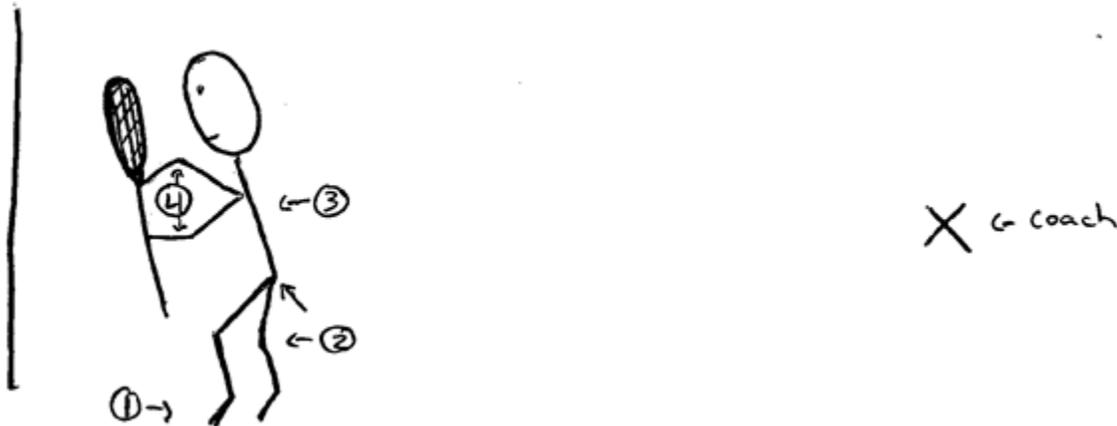
**Description of Drill:** Have the goalie face the wall, in their ready position. Have the coach stand about 4-5 feet away behind the goalie. The coach will throw the tennis ball or lacrosse ball against the wall. As the ball comes off the wall, it is the goalies job to see what is drawn on the ball and say the color or number before they make the save. The focus of this drill is to have the goalie really focusing on ball as it is coming off the wall to make the save, while emphasizing seeing the ball and reaction time

**Equipment Needed:** Tennis balls or lacrosse balls (for advanced goalies) with different color circle drawn on them or different numbers. Goalies need to have all equipment including their stick!

*\*A field player stick can be used as well.*

**Skills Emphasized:** Seeing ball and focusing on ball. Reaction time. Muscle memory.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- 1.) Feet should be shoulder width apart and on the balls of your feet.
- 2.) Knees are slightly bent and your hips pushed back.
- 3.) Chest is upright as to be squared to the shooter.
- 4.) Dominant hand at the head of the shaft and the non-dominant hand about a third of the way up the shaft. Elbows are bent and hands should be about chest level.

*\*Make sure the goalie is stepping up to the ball at a 45-degree angle and remaining balanced.*



**Institution: West Virginia Wesleyan College**  
**Coach: Kaci Milligan**  
**Name of Drill: Goalie Reaction Drill**

**Description of Drill:** This drill begins with the goalie in the cage with their back towards the shooter. The shooter chooses their location on the field without the goalie's knowledge. When the shooter is ready, they will say "Shot" as they shoot and the goalie must turn around and make the save. This is repeated with the shooter choosing different locations in the 8 meters and working different types of shots for the goalie.

**Equipment Needed:** You will need a cage, a goalie and lacrosse balls.

**Skills Emphasized:** This drill is meant to increase the reaction speed for goalies. They must turn when they hear the word "shot" and react to make the save. Goalies must adjust their positioning depending on where the shot is taken. The shooter should work different shots for the goalies so that they can practice adjusting their positioning for various types of shots. This drill is to work with reaction time and can be used for all levels of goal keepers.

**Diagram of Drill:**

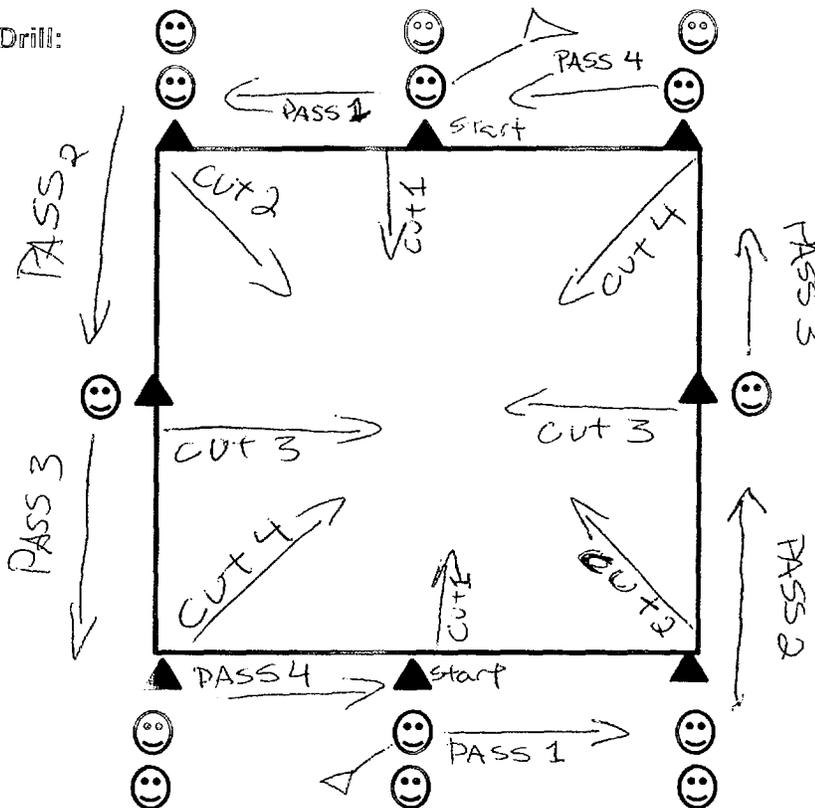
**Coaching Points of Emphasis:** This drill is meant for goalies to work on their reaction times. Make sure that every time the goalies are using the correct technique so that they get into the habit of correctly making the saves. This drill works well with all age groups and can be tailored to different skill levels by the type and speed of the shots. The shooter should choose various locations on the field and various types of shots to help the goalies with their reaction times.

**Description of Drill:** Make a box from the 30 to 30 and the side line to the corner of the center circle (about 30 yards wide). Have 3 cones down at each end line and 2 cones at each half. Multiple players can be behind the each cone on the end line but on the side line cone there is only 1 person on each side. Ball starts with the middle end line person and then gets passed either right or left and must go through 8 points. Once the player has passed the ball they need to cut to the opposite point and refill. The ball needs to progress through the entire box. (Diagram has the ball moving through 4 points but just continue until it gets all the way around)

**Equipment Needed:** 8 cones some balls

**Skills Emphasized:** Stick Work; outside hand catching and heads up cutting

**Diagram of Drill:**



**Coaching Points of Emphasis:** Passing Catching with the outside hand and hustling to the next point. Challenge the Team to get the ball all the way around in 12 seconds



**Institution: University of Detroit Mercy**  
**Coach: Laura Maness**  
**Name of Drill: Partner Warm up**

**Description of Drill:** The purpose of this drill is for high reps, high intensity warm up

**Equipment Needed:** Partner, ball

**Skills Emphasized:** Stick skills, Change of direction, speed

**Diagram of Drill:**

Each person pairs up and stands facing the coach along the side line. The coach stands 10 yards out.

1<sup>st</sup> person in each group goes- 1 handed extended catching- self toss 3 times out and back.

2<sup>nd</sup> person repeats

1<sup>st</sup> person does one handed extended catching- self toss with opposite hand 3 times out and back

2<sup>nd</sup> person repeats

2<sup>nd</sup> person has ball, 1 person cuts out to coach pivots and catches pass right handed, they immediately pass back, touch the sideline and repeat 6 times. They are given 30 seconds to complete this 6 times

Person 1 then throws as person 2 goes out and back 6 times right handed

Repeat each person left handed

Repeat each person using a C-cut, right

Repeat each person using a C-cut left

Repeat each person using a ground ball to

Repeat each person using a ground ball away

(We do pushups 1 for each second over 30 seconds between each rep)

**Coaching Points of Emphasis:**

Good sharp passes at partners stick, changing direction efficiently

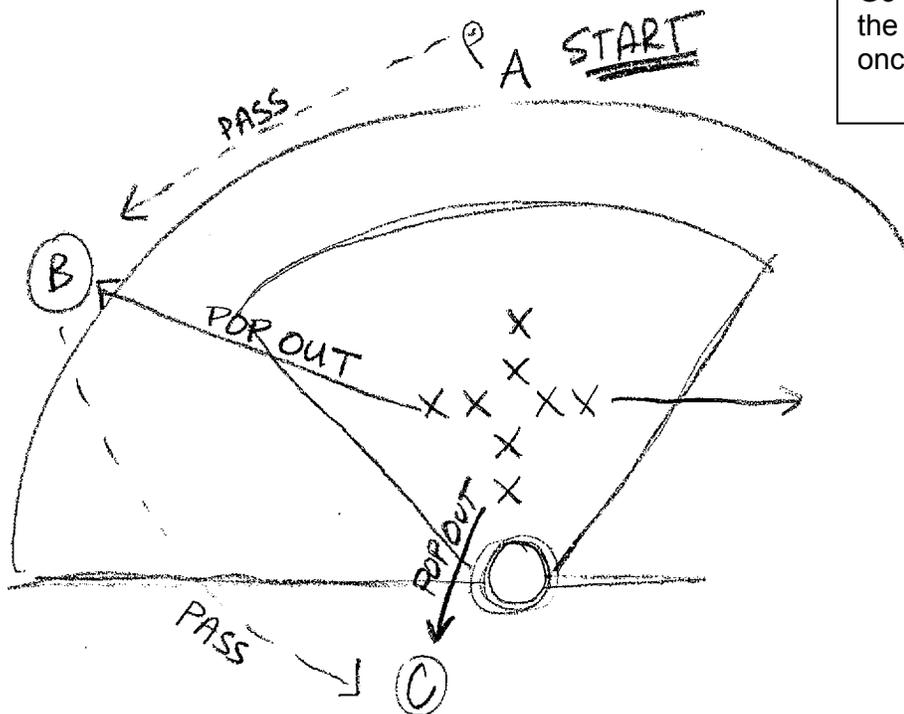
**Description of Drill:** Players start inside the 8M in four lines facing out four different directions. Ball starts at player A — she can begin ball movement in either direction. Player B pops out to receive from player A and continues to move ball to player C.

**Equipment Needed:** Lots of backup balls — sometimes cones so players have "target" of where they need to outlet beyond.

**Skills Emphasized:** Quick and precise ball movement around 8m112m. Practice catch w/ outside hand and switch hands on inside or via roll to outside. Players must perfect timing of their outlet pop — they should not stand and wait for pass — or else re-cut.

**Variations:** Once they have the drill down...add two balls. Allow them then to reverse the direction of the ball. Add in Defense. Ball handler must decide if outlet pass is open or marked. Ball handler can throw a skip pass or carry towards the marked outlet and push them through.

**Diagram of Drill:**



Go back to the end of the line inside the 8M once you pass.



Institution: The College of Wooster  
College Coach: Elizabeth Ford  
Name of Drill: Man U Passing

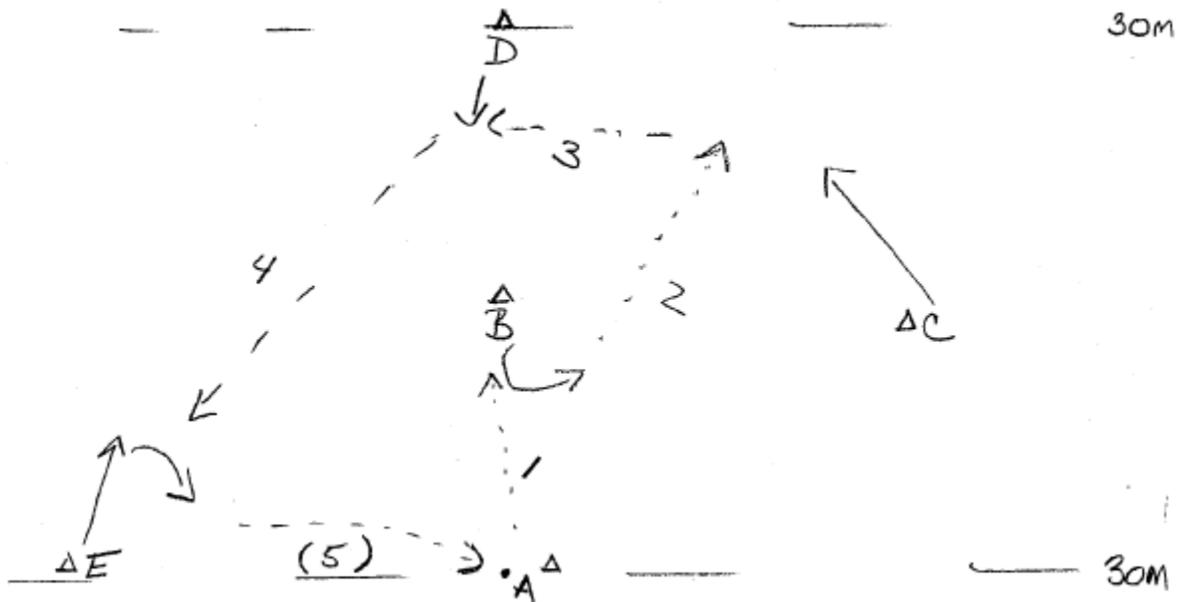
**Description of Drill:** Player A passes to Player B (which can also be a ground ball), who turns out to hit Player C on wing overlap run. Player C hits Player D who passes to Player E. Player E passes or carries ball to starting line.

**Variations:** could make Player D pass to a player going to goal. Run on both sides to work field and hands

**Equipment Needed:** Cones (optional), balls and a bunch of enthusiastic players

**Skills Emphasized:** Passing, movement, catching (variations could use ground balls).

**Diagram of Drill:**





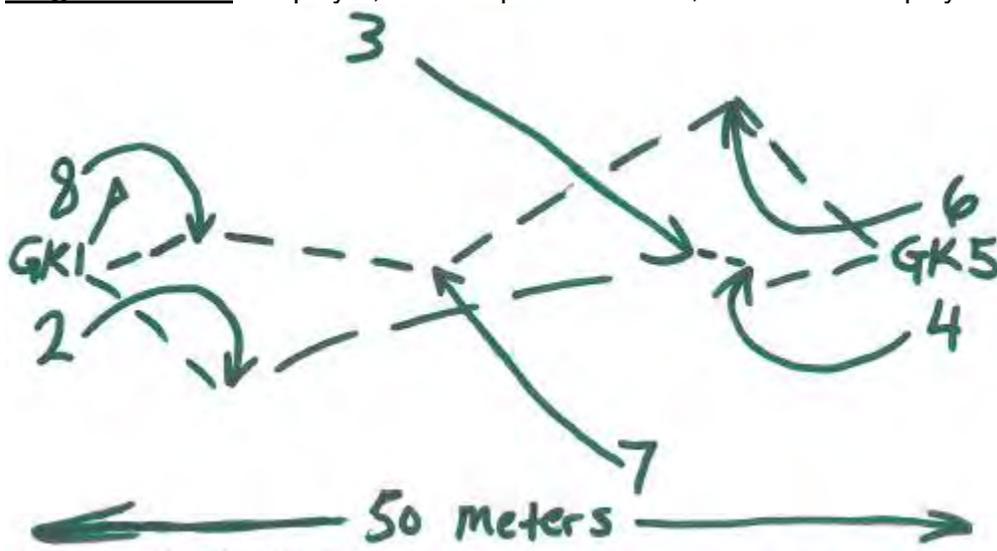
Institution: Notre Dame College  
College Coach: Torrey McGowan  
Name of Drill: NDC

**Description of Drill:** Small space (indoor or half field) with 6 lines clearing from one line to the next and back

**Equipment Needed:** 2 balls and min 12 field players and 2 goalies

**Skills Emphasized:** Stick skill under pressure and transition

**Diagram of Drill:** P = player; ----- = path of the ball; —————> = player running



**Coaching Points of Emphasis:** Performance under pressure, after a short warm up start eliminating players for drops and or bad passes until you are down to a final 3 or 4 players. Making sure we throw leading passes that are caught on the run. Field players follow their pass, so line 2 would move to line 3 and so on, the GK does not move.

**Description of Drill:**

Stickwork warm-up drill. 3 lines set up as if you are going to start shuttles. 1<sup>st</sup> chaos box is set up on the 30 yard line, 50 yard line, and 30 yard line. Team fills each cone evenly. Each shuttle is 60 seconds with a specific skill. Once the 60 seconds expires, players sprint to the next cone to start the next 60 second shuttle. Once all skill sets are rep'd (right hand, left hand, dodges, gb's, etc) move cones in to make chaos box much tighter. Skills rep'd and time used in the smaller box can be similar or completely different from the larger box.

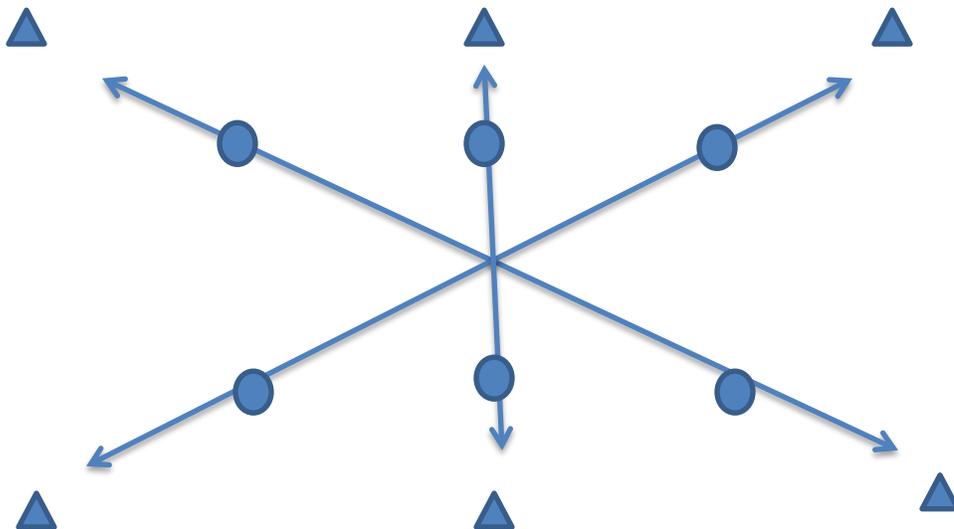
**Equipment Needed:**

Balls for each line (lots of back-up)

**Skills Emphasized:**

Passing, Catching, Communication, any type of dodge/stickwork that is a focus for warm-up, accuracy, keep your head up, finding your teammate in the "chaos", awareness of other players, exploding out of your catch.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Play at speed!
- Keep your head up at all times; communicate with teammates.
- Use "chaos" inside box to work on quick moves.



Institution: Adams State University  
Coach: Mariana DiGiovanni  
Name of Drill: Grizzly 3-minute Wall Ball Challenge

**Description of Drill:** A friendly competitive wall ball challenge for every player. They are competing against themselves and the clock only. Players work in partners; your partner has a stopwatch and the routine is printed in front of them. In addition, the partner should have a few extra balls to give the partner on the wall as they miss. The partner will chase any missed passes so the player on the wall can continue the routine.

**Equipment Needed:** Stick, Goggles, extra balls, and a partner

**Skills Emphasized:** Proper stick skills under pressure. Mastering all different types of sticks skills needed to become the best player possible. Catch in triple threat position; go to the wall with purpose; focus on completing hard passes; aim for a specific spot on the wall. Do not plant your feet!

**Diagram of Drill:**

1. 1 Cradle & out – 10 Left/10 Right (20 Total)
2. Quick stick – 10 Left/10 Right (20 Total)
3. One Handed/One Cradle – 10 Left & 10 Right (20 Total)
4. Catch & Switch (tight switches) – 10 Left & 10 Right (20 Total)
5. Grounders (catch, drop on the ground, scoop, pass) – 5 Left and 5 Right (10 Total)
6. Risers – 5 Left & 5 Right (10 Total)
7. Canadian Right & Lefts – 5 Left & 5 Right (10 Total)
8. Behind the back – 5 Left & 5 Right (10 Total)

**Coaching Points of Emphasis:**



Institution: SUNY Cortland  
Coach: Courtney Farrell  
Name of Drill: Partner Stickers

**Description of Drill:**

This is a stick work drill that we do a few times each week at the beginning of practice to separate our upper and lower body and work on the fundamentals of the game. It can be taken in many different directions. Start with the basics and build to much more complicated tasks as the team gets good at it.

Each member of the team gets a partner; the partners stand approximately 10 yards apart from each other on one sideline, facing across the field (width-wise). It is essentially passing across the field adding in different commands or directions from the coach for their upper and lower body (i.e. upper body: weak side catch, strong side throw; lower body: karaoke with your feet), to keep them competitive and focused, keep track of drops and make everyone go back until its 100% or do a last-group-standing type of exercise.

**Examples of exercises to mix and match:**

- |                                |             |
|--------------------------------|-------------|
| Upper Body:                    | Lower Body: |
| - Strong side pass/catch       | - running   |
| - Weak side pass/catch         | - shuffle   |
| - Backside of stick pass/catch | - karaoke   |
| - Behind the back pass         |             |
| - Quick sticks                 |             |
| - Stick up field/down field    |             |

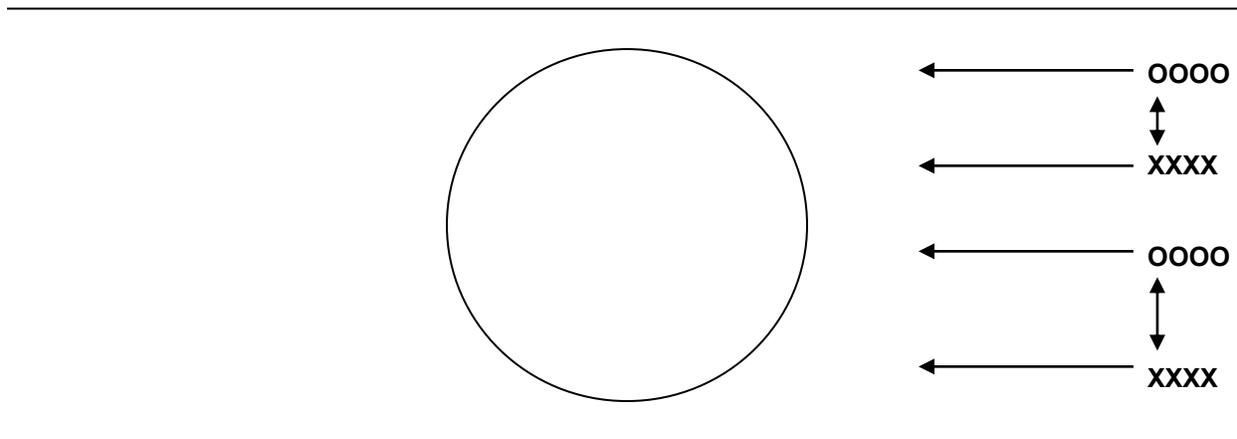
**Equipment Needed:**

Middle of the field (restraining line to restraining line)

**Skills Emphasized:**

Stick work, stick work, stick work, a little bit of conditioning (they are moving and running the whole time), accountability for drops, separating upper and lower body to pass/catch.

**Diagram of Drill:** X's and O's partner with each other and form lines behind one another.



**Coaching Points of Emphasis:**

Keeping the ball in the air and off the ground at all times, focus, stickwork, separating the movements of your upper and lower body.

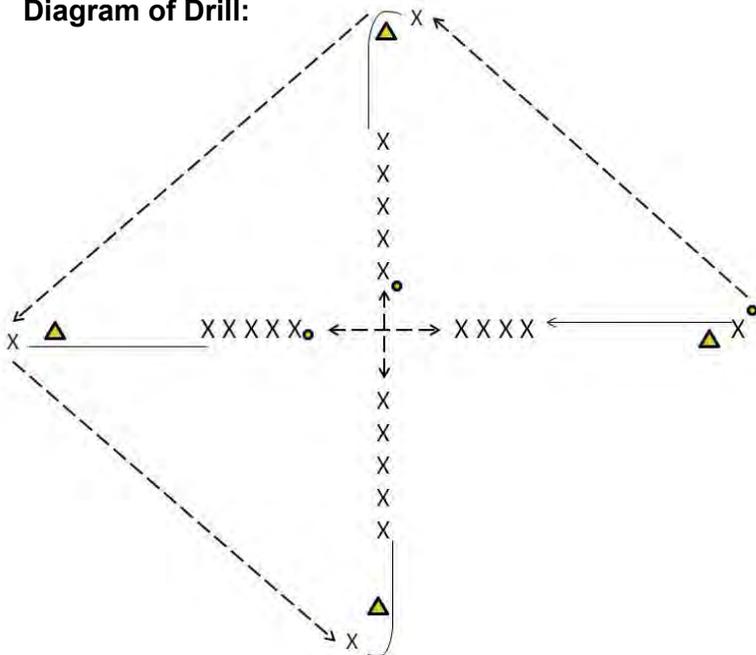
**Description of Drill:** Players are set up in two shuttles 10 yards apart and perpendicular to each other (4 lines that make a plus sign with a cone 5 yards past the last person in each line. Three balls start the drill – one per each shuttle and one ball with the last person in 1 line.

- The two lines will begin shuttle passing through each other with both balls going at the same time
- A third ball will be with the last player in a line who will pass the ball to their adjacent and move forward in the shuttle.
- The last player in the adjacent line will cut out to their cone, receive/pass the ball and move forward in the shuttle
- The outside ball can move either left or right but will remain going one direction until you change it).
- You can alter the drill by varying stickwork inside and outside as well as the direction of the ball on the outside. Be creative, challenge your players and have fun with it!

**Equipment Needed:** Cones, balls, players and lots of energy!

**Skills Emphasized:** Communication, building muscle memory/fine tuning stickwork and passing/catching in a small space.

**Diagram of Drill:**



*\* The inside players continue with small shuttle passing focusing on the assigned stickwork.*

*\*The last person in each line cuts out to the cone to receive the ball, passes to the adjacent line then moves forward into the regular shuttle line.*

**Coaching Points of Emphasis:** Stress the importance of communication between players. Have the players build muscle memory through proper techniques and repetition.

**Description of Drill:**

Five lines start at around half field. Center line has balls, flips to the person right or left of them. They flip to the second line on the opposite side. Then pass to the end line on opposite side of field and they do the same.

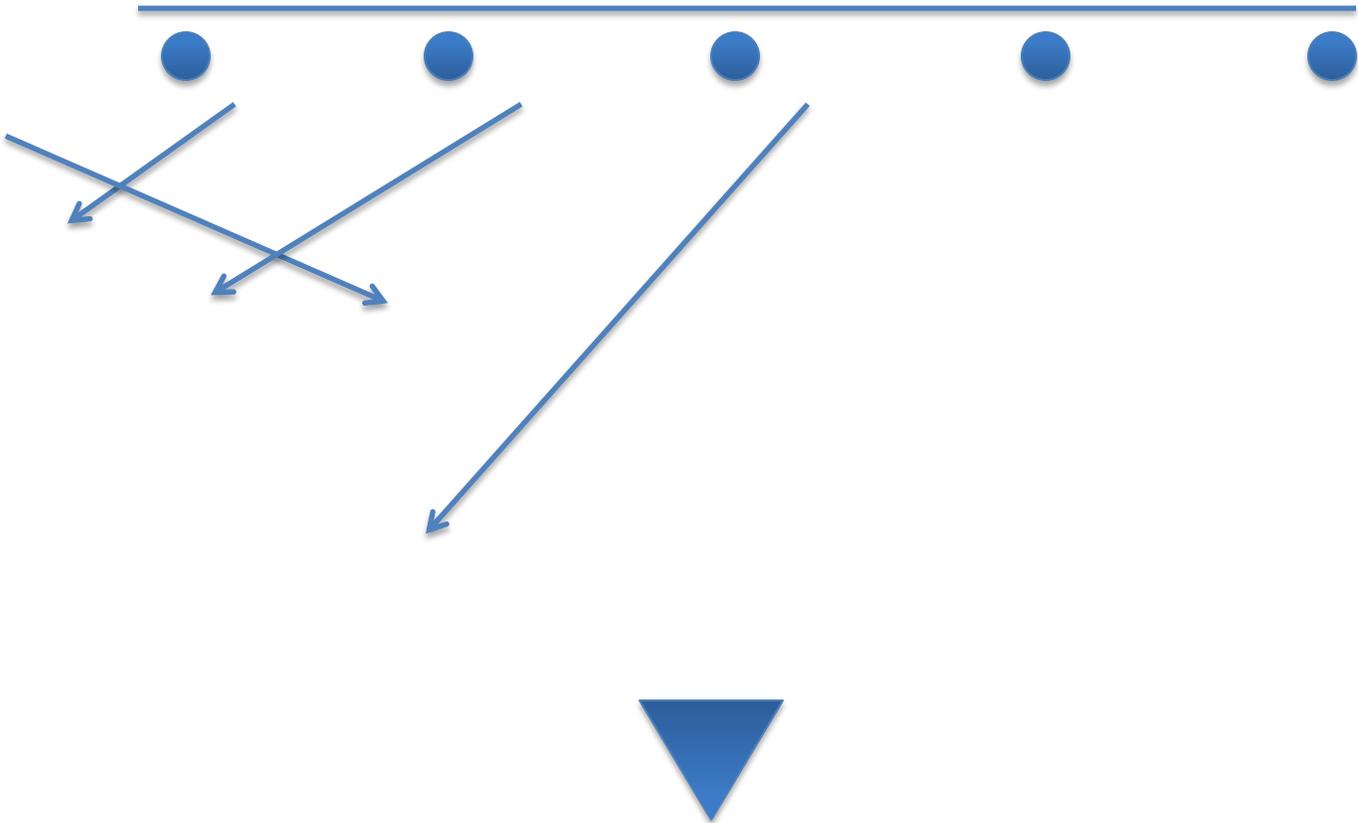
**Equipment Needed:**

Balls and sticks.

**Skills Emphasized:**

Flipping and passing on the run, communication and shots on a fast break. Allows goalies to have shots taken on them from a distance.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Outside players stay wide. Ball "Flipper" goes below the person receiving the ball. Busting up ahead of the ball to receive it. Communication and speed are key factors in this drill.



**Institution: Hofstra University**  
**Coach: Shannon Smith**  
**Name of Drill: Cutting Drill**

**Description of Drill:**

Part A:

- \*Balls are with Attackers 1, 6, 5, and 4 to start
- \*Attackers 1 and 4 will drive to attackers 2 and 3 (attacker 1 drives to 2 and attack 4 drives to attacker 3) at the same time
- \*Attacker 1 passes it to attacker 2 while attacker 4 passes it to attacker 3
- \*Attacker 1 and 4 back door cuts to cage receiving a pass back from attacker 2 and 3
- \*Following with a shot

Part b:

- \*Attacker 2, 3 C cuts to cage at the same time receiving the ball from attackers 6, 5 (2 receives it from 6, 3 receives it from 5)
- \*Following with a shot

\*\*\*\*REPEAT

**Equipment Needed:**

- \*Lacrosse Balls
- \*Cones

**Skills Emphasized:**

- \*Explosive cuts
- \*Leading passes

**Diagram of Drill:**

Please refer to back sheet for Diagram

**Coaching Points of Emphasis:**



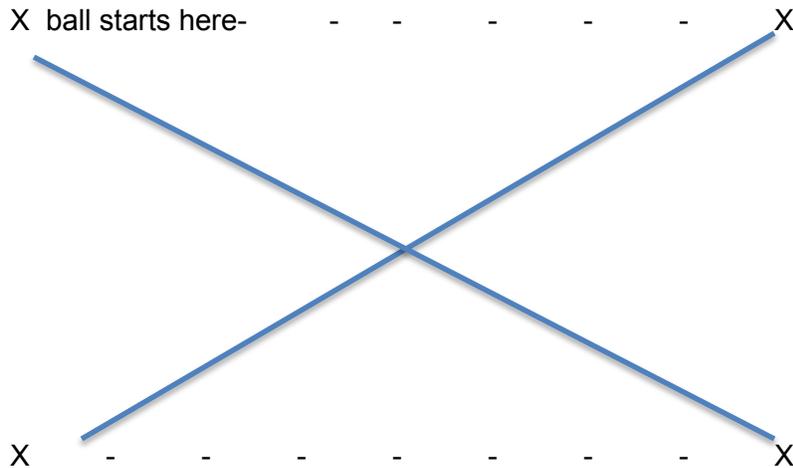
Institution: Brown  
Coach: Sarah Holden  
Name of Drill: Box passing

**Description of Drill:** Instead of shuttle lines, this is a great stickwork drill that works on finesse rather than power. The drill is set up in a box (10x10) and 2 people deep on each corner. Pass across and then over so everyone is getting a touch.

**Equipment Needed:** 4 cones to make the box

**Skills Emphasized:** Follow your pass, working on explosive starts and getting through the middle quickly. Everyone is in fairly close so this drill is great for touch passes, behind the back passes and anything else you want to add into the mix

**Diagram of Drill:** solid lines are being passed across, dotted pass along the outside of box.



**Coaching Points of Emphasis:** Go hard all of the time but have a soft touch at all times.



**Institution: Duke University**  
**Coach: Kristen Waagbo, Assistant Coach**  
**Name of Drill: 5 Points Stick Handling Drill**

### **Description of Drill:**

1. 5 lines on each of the red cones. Each person is going to go through the stickwork/footwork sequence, then advance the ball to the next line.
  - a. You can get two balls going with no defense on (start the balls on opposing cones to allow for good spacing)
  - b. I recommend just one ball going with live defense
2. Main idea is to start at the red cone, advance to one yellow cone, back to the red, advance to the other cone, then back to the red, then get a pass off to the next line.
  - a. *Example 1:* All right handed, Footwork: Left yellow cone, back to red, right yellow cone, back to red, then pass (passing is counter-clockwise)
  - b. *Example 2:* All left handed, Footwork: Right yellow cone, back to red, left yellow cone, back to red, then pass (passing is clockwise)
  - c. *Example 3:* Switching hand, Footwork: Left yellow cone, back to red, square up and switch hands, right yellow cone, back to red, then pass (passing is counter-clockwise)
3. Once you get a good number of reps in without defense, you can throw defense in there to challenge the ball handlers even more.

### **Equipment Needed:**

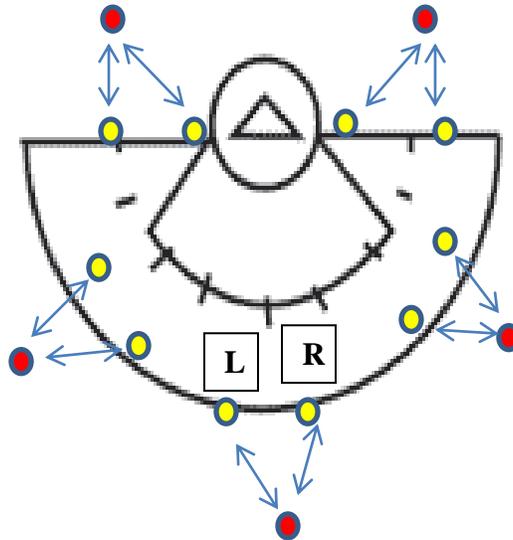
15 cones (5 red, 10 yellow is the below diagram); I like to use Red cones for the cone you start on and retreat to, and Yellow (or another color) cones for the cones that you are striving to get to.

### **Skills Emphasized:**

This drill is designed to improve:

1. Stick handling: specifically stick protection and passing/ball movement
  - a. Body angled to protect stick throughout the entire drill
  - b. Bottom elbow out and used to stay big and strong with pressure on
  - c. Eyes up throughout entire drill to maintain solid vision
  - d. Get hands away from body when retreating back to red cone to make a direct, accurate pass to teammate
2. Footwork
  - a. Concise, quick steps when attacking the yellow cones
  - b. Strong, powerful retreating steps when getting back to red cone
3. Handling the ball with defensive pressure- Challenge & Re-Challenge
  - a. Getting hands free off of retreat steps to be able to unload the ball once you hit the red cone

## Diagram of Drill:



## Coaching Points of Emphasis:

- *Offensively:*
  - Can work on anticipation and timing: Players who will be receiving the ball next should POP OUT and demand the ball from the player who has just gone through the sequence.
  - When defense is on you, offensive players still want to DRIVE their defenders down to the yellow cones (just because you have pressure does not mean you can skimp on getting to the yellow cones)
  - Head up and hands free while retreating to red cone so you can get a pass off IMMEDIATELY upon hitting that cone (we do not want to get to the red cone and cradle and take your sweet time)
- *Defensively:*
  - On-ball defensive players are applying solid pressure and can check if offensive player is hanging their stick
  - Off-ball defensive players not immediately involved in the stick handling sequence can be in good off-ball defensive position and talking

**Description of Drill:**

Passing drill with a rotating defender in the middle trying to block or intercept. Players are in groups of 5 or 7 in a circle formation passing either direction. As they pass, they always skip the person right next to them who turns into the defender. The defender is trying to force the attacker to make a bad pass, block the pass, or just make it difficult in general for the attacker to make the pass. The drill continues to go around in the circle so that the defender is always changing.

1. Xb goes to middle to defend pass between Xa and Xc. Xa passes to Xc.
2. Xd goes to middle to defend pass between Xc and Xe. Xc passes to Xe.
3. Xa goes to middle to defend pass between Xe and Xb. Xe passes to Xb.
4. Drill continues in this format. Switch directions.

**Equipment Needed:**

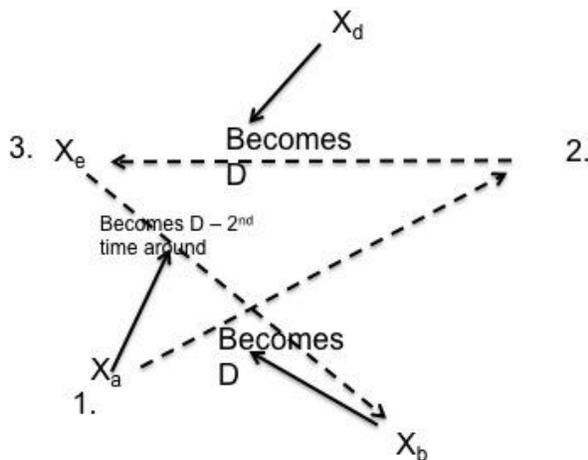
One ball for group of 5 or 7

**Skills Emphasized:**

Attack: passing around the defender; fakes

Defense: blocks, positioning, breakdown steps

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Attack: quick feet, fakes, passing around the defender, moving the ball quickly

Defense: Keeping your stick up, break down steps, positioning



Institution: Dickinson College  
Coach: Ceri Miller  
Name of Drill: Whatever You Want!

**Description of Drill:**

This drill works on defensive footwork as well as clearing for both the defender and goalies

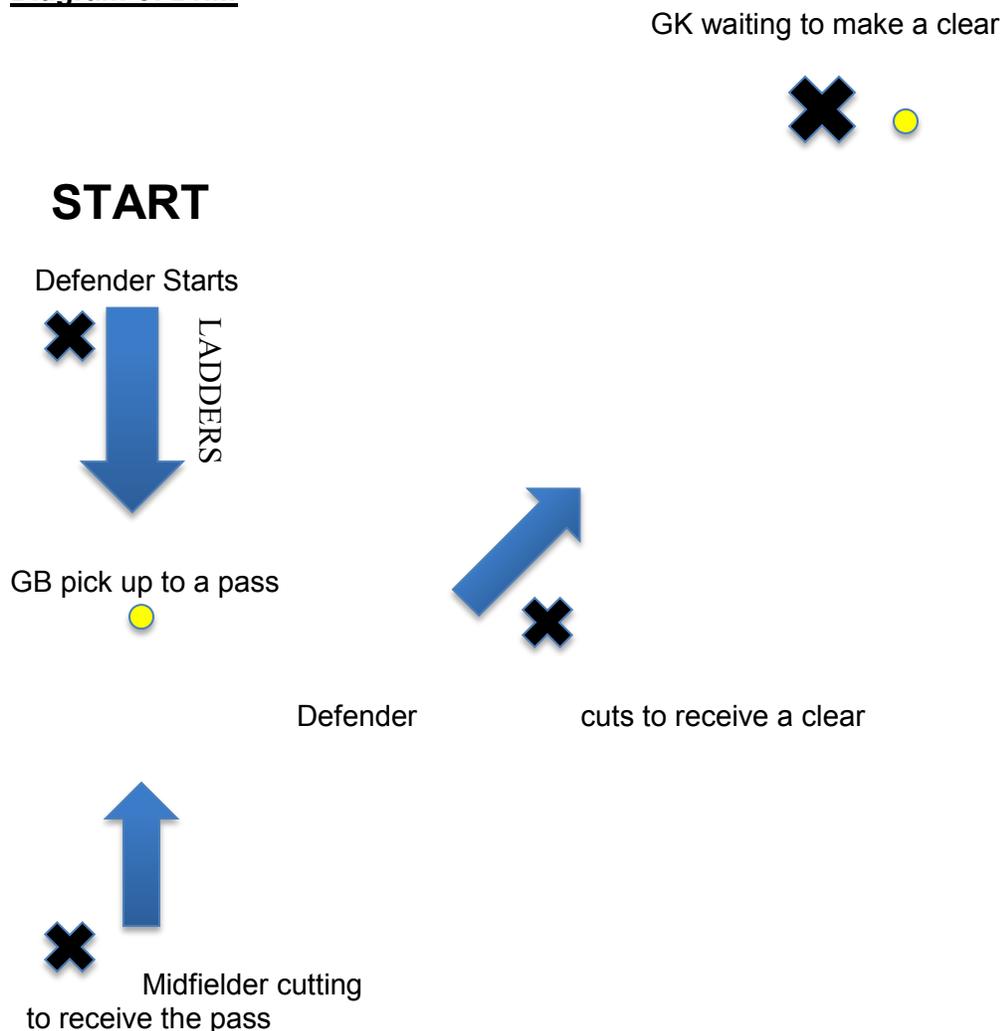
**Equipment Needed:**

- Ladders, Sticks, Balls

**Skills Emphasized:**

- Defensive footwork, Ground Balls, Clearing

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Stress the importance of running through both the GB and pass as well as pivoting right out of it
- You can add on to the drill by adding defense to the midfielder cutting to receive the ball or adding another midfielder for the defender to hit after receiving the pass from the GK

**Description of Drill:** Generally used as a GK warm-up and an offensive refresher on some fundamental components to many different offenses. Throwing/Catching/Shooting

**Equipment Needed:** players (I prefer smaller groups – 10 is plenty), balls

**Skills Emphasized:** Quick, accurate passing, timing of cuts, offensive movements, GK footwork through crease as series builds. Offensive readjustments if options are stopped.

**Diagram of Drill:**

- X1 starts with the ball, passes to X2.
- As X2 is making the catch, X3 becomes the decoy cutter. X4 is immediately cutting and should receive while the decoy moves across (work to cut down delay time between decoy cut and X4 receiving the ball).
- X4 shoots (QS, with fake, etc. depending on if GK warmup or with defense)

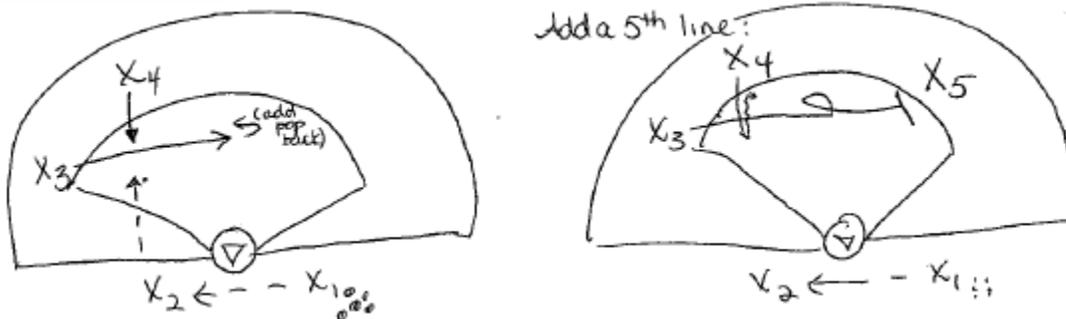
Next phase: X4 makes the catch, but is stopped (or feels has a bad shooting angle). She pulls out with feet moving and uses the correct hand to pass to X3 who has popped back to the ball for the shot.

Next phase: X4 still pulls out, X3 pops but isn't able to get open, so she picks on a NEW line (X5). X4 stays moving and hits X5 off the pick.

Next phase: Play through the entire progression (some acting skills are good if no defense is in), X5 isn't open off the pick, so X4 rolls after setting the pick and she becomes the shooter.

Final phase: Set up the balls on the opposite side and run through the entire progression.

**Diagram of Drill:**



**Coaching Points of Emphasis:** A huge key is: are they asking for and passing with the correct hand at all points throughout the progression. There are many times they'll need to work the switch. Timing of cuts and passing is key. Do they use the decoy, pick etc. and really hit the cutter at the correct time. Work in both directions. We run it for either set minutes with each phase or a certain number of balls for each. Depends on your available time, objective and focus (warm-up or more game play). Can advance and add defense.

SET YOUR ROTATION. I recommend clockwise or counter clockwise depending on where the ball starts. It isn't as simple as follow your pass because of the steps.

**Description of Drill:**

Groups of four, two are on either restraining line and two are working in the middle of the two posts.

The two players (1&2) on the outside are feeding passes into the two (3&4) working in the middle. The idea is to go as hard as you possibly can (about 45 seconds – 1minute) receiving the ball from one teammate, passing it back and then immediately pivoting and cutting asking for the ball from the teammate on the other restraining line. There is no break when you are in the middle. Pivot, and accelerate asking for the ball, once receiving the pass it is one cradle and sharp pass back.

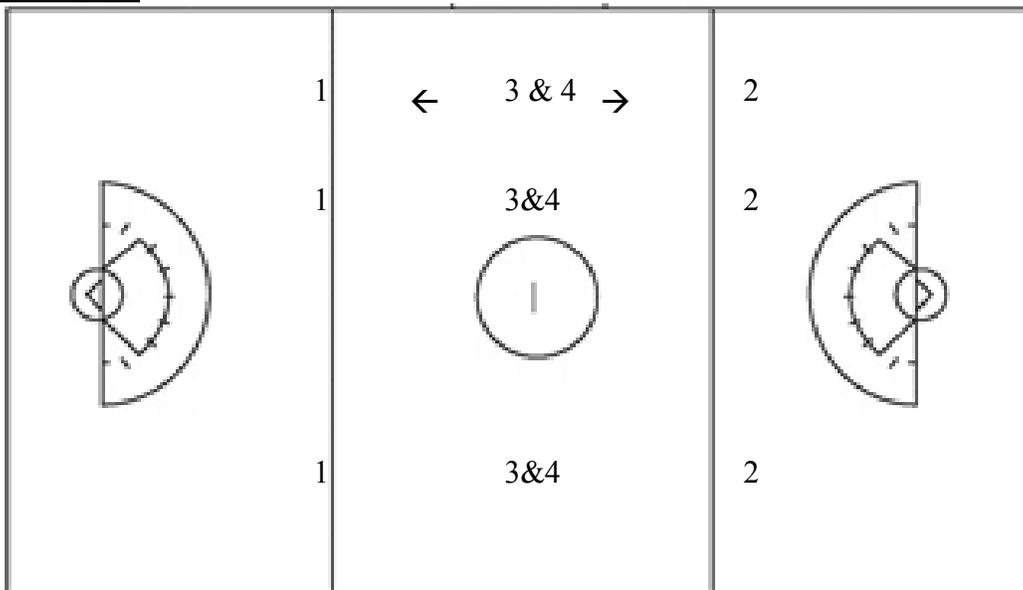
**Equipment Needed:**

Full field and 4 balls per group of 4

**Skills Emphasized:**

- Right and left hand stick work
- Switches
- Split dodge
- Behind the back
- Ground balls
- Over the shoulder cutting
- Quick stick

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Get so much out of the drill going full speed the entire time
- The players have got to make accurate catches and throws even when tired



**Institution: Seton Hill University**  
**Coach: Cristen Sanfilippo**  
**Name of Drill: Long shuttles with defense**

**Description of Drill:**

Shuttles are set up about 50 yards apart  
Everyone switches playing attack and defense  
A and D start next to each other, A has ball is trying to pass to A in far shuttle  
A in far shuttle is cutting and trying to lose their defender  
Defender on ball re-defends  
Defender on A without the ball prevents her from getting pass from far shuttle  
This is high intensity and shuttles should go quickly

**Equipment Needed:**

Lacrosse sticks  
1 Ball  
Back up balls

**Skills Emphasized:**

Long passing  
Re-defending  
Midfield cutting

**Diagram of Drill:**

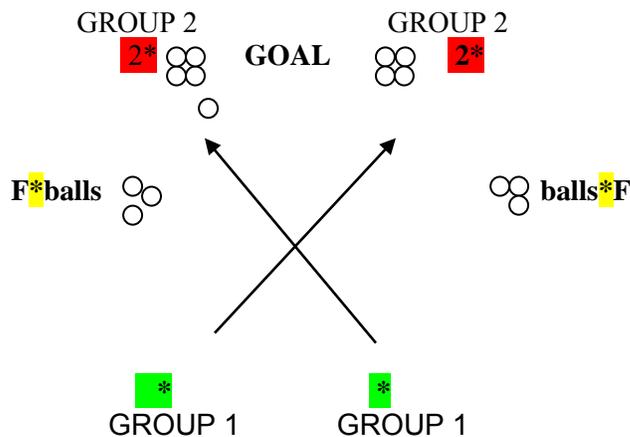
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**Description of Drill:** Shooting drill that creates two x cuts.

**Equipment Needed:** (2) red cones (2) yellow cones (2) green cones

**Skills Emphasized:** \* Catching in tight spaces with both hands \* X cuts

**Diagram of Drill:**



- \*DRILL STARTS OFF WITH FEEDS FROM GROUP 2 FROM CONES 2.
- \*GROUP ONE WORKS TOGETHER TO CREATE AN X CUT FROM UP TOP.
- \*GROUP 2 LINES WILL PASS DIAGONALLY AT THE SAME TIME UP TOP TO GROUP 2 LINES, WHO WILL TAKE A SHOT ON GOAL.
- \*FEEDERS FROM GROUP ONE IMMEDIATELY RUN AROUND THE FEEDER AND X CUT WITH THE OTHER GROUP 2 MEMBER AND RECEIVE FROM THE OPPOSITE FEEDER. IDEALLY, GROUP TWO PLAYERS SHOULD CATCH AT THE SAME TIME.
- \*ROTATION DEPENDS ON COACH

**Coaching Points of Emphasis:** \*Cutting off the shoulders of your teammate, timing of cuts, accurate and timing of passes, communication

**Description of Drill:**

To understand the concept of space including their own and others.

To learn how to move into space and create it, including the importance of timing

1. Place 5 'spaces' in a 20m square of field.
  - Four players stand in a space by themselves, therefore leaving one space empty.
2. Players are to pass the ball between themselves keeping to the following rules:
  - They can only pass to a moving player.
  - They can only move into an empty space.

With all players looking at the ball the person who is in front moves wherever they want, the player behind must go to another space.

If there isn't a space to run into they should wait until there is. Once players understand the drill, most of them will be able to move at the same time. Players will usually start off moving slowly, so give them time to get used to the activity, however, top pace is achievable quite quickly.

**Progression:**

Introduce defenders, commencing with 1 and slowly building up eventually create a 5 v 5 situation.

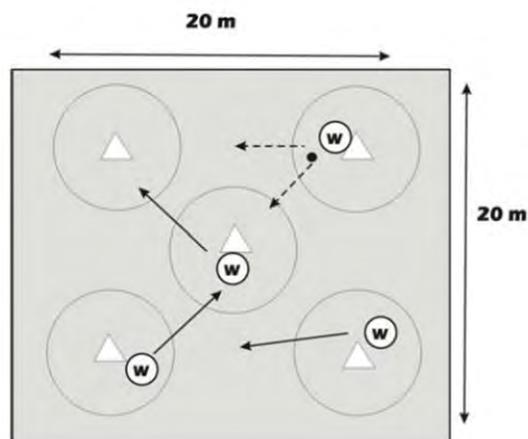
**Equipment Needed:**

- 1 ball
- Sticks plus all other necessary equipment
- Cones for spaces.

**Skills Emphasized:**

- Use of space
- Timing
- Reading play/anticipation

**Diagram of Drill:**



**Coaching Points of Emphasis:**

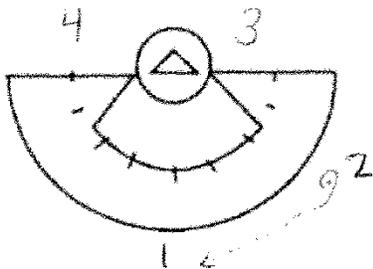
1. Players need to be definite when running to a free space.
2. Back players change direction quickly if they find they are running into a crowded space.
3. Players don't need to run exactly to a marker, just to the area around the marker.
4. When wanting to receive the ball, call the player's name who has the ball.

**Description of Drill:** This drill is designed for quick ball movement on attack. Several elements are emphasized: dodging, outlets, swinging the ball, cutting, and feeding. It puts an offensive movement into a drilled and controlled situation with players in certain spots. You can do the drill with or without defense. Set up players from 5 spots—two behind, two on the wings, and one high.

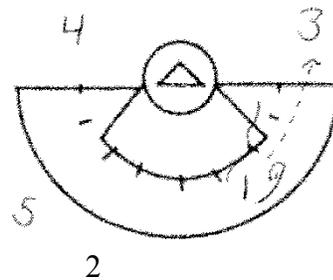
**Equipment Needed:** Goal, 8 meter arc

**Skills Emphasized:** Dodging, feed, cutting, receiving, shooting

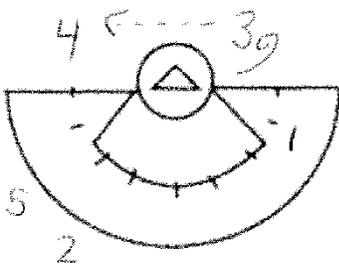
**Diagram of Drill:**



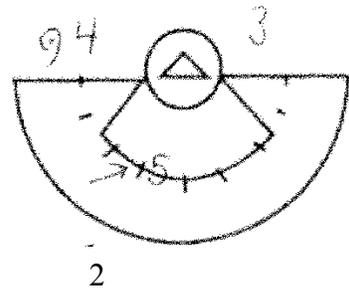
Ball starts at 2 with a pass up to 1. 2 clears through across the 8m to just between 5 and 1. Staying high.



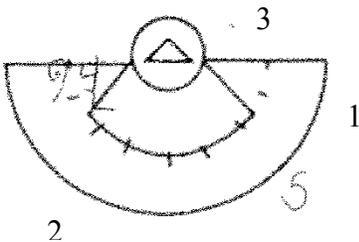
1 challenges down the alley that 2 just created. 1 then swings the ball to 3 who is low and wide for an outlet.



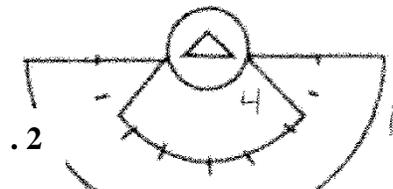
4 calls "one more" and 3 swings the ball behind the cage to 4.



As the ball moves in the air, 5 backdoor cuts through the 8m.



4 looks for 5 on the backdoor, then looks to challenge



4 then outlets the ball high to 2, who looks to challenge and ultimately shoots.

**Coaching Points of Emphasis:** The ball movement must be FAST. Don't allow players to

hesitate or watch the ball move-trust the player will catch your pass and already be on the move. Make sure the phrase "one more" is being used-it is called the one more drill! The different points of attack are important-up high and down low create countering points of attack and are harder for the defense to flip and adjust. There are many options in this drill and you can utilize as many pieces of it as possible.



**Institution:** Elizabethtown College  
**Coach:** Rob Brooks  
**Name of Drill:** Intensity 4 corners

**Description of Drill:** Players are setup 25 yards apart in four corner shuttle lines.

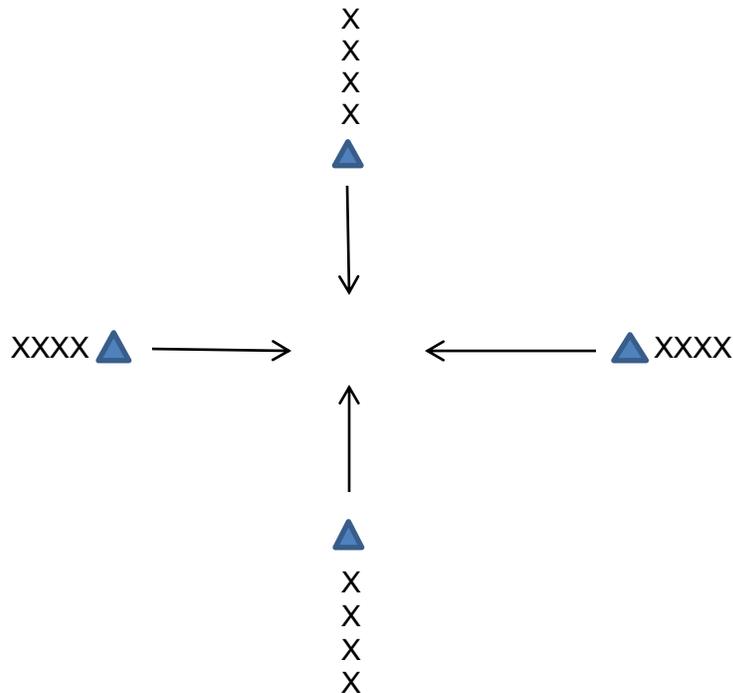
- One ball in each line to start the drill.
- The two lines will begin shuttle passing through each other with both balls going at the same time. (This can be dominate, then to non-dominate passing)
- The two lines then go to ground balls with both balls going at the same time.
- The two lines then go to face dodging off the pass.
- The two lines then go to roll dodging.

To make the pressure exist just shorten the space from 25 yards to 20 yards to 15 yards to 10 yards. This helps with timing, builds trust amongst players, and being used to handle pressure through passing in tight spaces in addition to other skills being honed.

**Equipment Needed:** Balls, Players, Cones

**Skills Emphasized:** Hand/Eye, communication, stick work, and handling pressure.

**Diagram of Drill:**



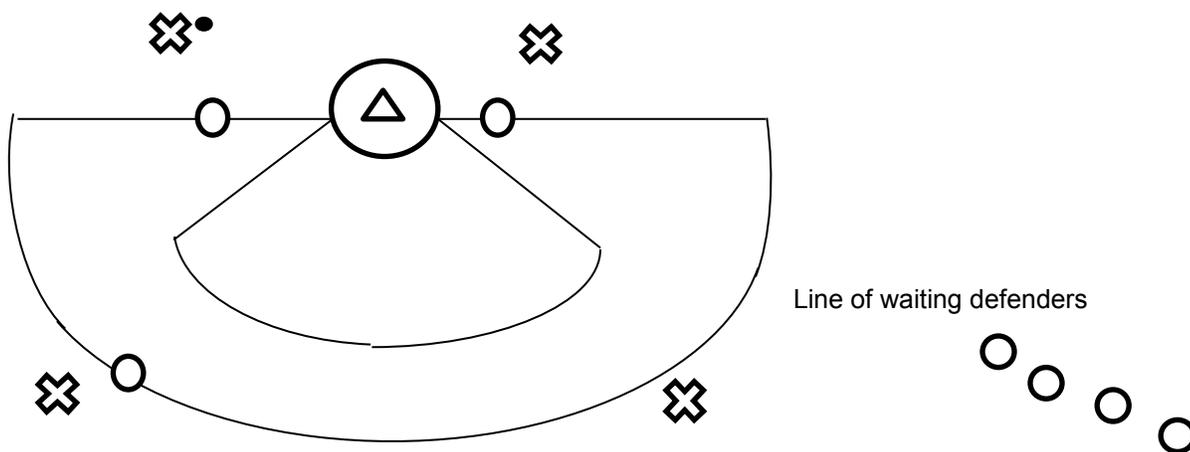
**Coaching Points of Emphasis:** The coaching points of emphasis are communication among players, performance under pressure, and building trust amongst teammates.

**Description of Drill:** Four attackers are stationed around the goal, two low behind goal line extended and on either side of the cage, and two high above the 12m. Three defenders cover three of the four attackers- one on ball, and two guarding adjacent passes. The attackers are encouraged to move to get open for catching and throwing, but to stay in their general area for the drill. The ball may start with any of the four attackers. On the whistle, the ball is in play and the attackers must work to get a set number of passes completed before they are allowed to shoot (5-10 passes). If an attacker drops the ball, she is out of the drill and replaced by the defender who was guarding her. Another waiting player will come into the drill as a defender. The successful pass count starts over after a dropped pass. Once the attackers successfully complete the set number of passes, they may go to goal and it is a 4v3 situation. The defenders must adjust as the ball is being passed. They must make sure one always marks ball and the others mark the adjacent passes. The goal for the defenders is to make the only option for the attackers the diagonal pass and try to get an interception or knocked-down pass. The play is over after each dropped ball, a goal, or an overthrow.

**Equipment Needed:** ball, cage

**Skills Emphasized:** This drill emphasizes the importance of quick ball movement on attack and how fluid the game moves if they catch everything. For defense, it emphasizes communication and awareness of ball's location.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Hold attack players accountable for dropping and encourage rapid ball movement. Also, make sure they catch the ball away from defenders. Defenders should always cover ball and adjacent passes and keep communicating!



**Institution:** Beloit College  
**Coach:** Meredith Newman  
**Name of Drill:** Zig-Zag Passing

**Description of Drill:** Small group passing drill whereby players follow their passes – ball starts up top with X<sub>1</sub>. Ball passes in chronological order X<sub>1</sub>-X<sub>6</sub>, X<sub>7</sub> Pops in to receive the long ball from X<sub>6</sub> and keeps the flow going. This drill works both left and right hand pass/receive, can add different switches, pass with ground balls, one handed, etc. – lots of variations can create interesting situations and challenges on the base of a simple pattern.

Begin with one ball and seven players. Add more balls to keep players constantly on the move as they understand the pattern. Add time limit and tally number of complete catches for competition between groups.

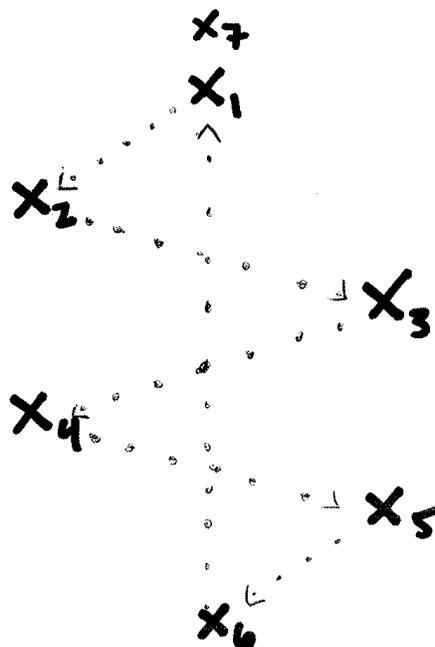
**Equipment Needed:**

6 cones, multiple balls, seven or more players (can add more lines)

**Skills Emphasized:**

Quick, accurate passes with both hands  
Communication  
Passing and working through traffic/under pressure

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Player receiving the ball needs to call out to their passer as more balls are incorporated. Passes need to be accurate, switches tight, and players constantly on the move and ready for the next pass. Time limits create high energy and a sense of urgency – controlled chaos.



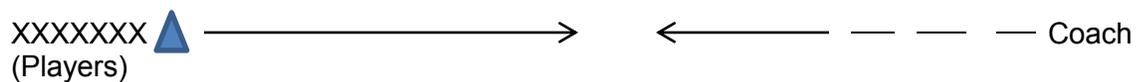
**Institution:** Mercyhurst University  
**Coach:** Cecil Pilson  
**Name of Drill:** Fetch

**Description of Drill:** High-level Ground Ball Drill

**Equipment Needed:** Balls & Cones

**Skills Emphasized:** Getting in front of and running through ground balls

**Diagram of Drill:**



- Players line up behind a cone between 20 & 30 yds. From a coach with the ball bag
- One player sprints toward the coach on the whistle
- The coach throws a ground ball to the player (vary the velocity, bounce, height, etc)
- The player gets in front of the ball and scoops it up and once they have control of the ball they pass it back to the coach and then get back to the end of the line.

**Coaching Points of Emphasis:** Get low, scoop through, hands on the plastic and eyes on the ball into the stick.



**Institution: Augsburg College**  
**Coach: Kathryn Knippenberg**  
**Name of Drill: 3 man ground ball**

**Description of Drill:**

3 players line up on the goal line extended about 5 yards away from the crease. Coach throws out a ground ball and the players charge the ball on the coaches whistle. Whichever player picks up the ground ball is the Attack player trying to go to cage. The two players who did not get the ground ball become defense and work to double team the ball.

**Equipment Needed:**

Cage and balls

**Skills Emphasized:**

Ground ball pick-ups(boxing out, getting low, protected pick-up), Double team defense, Attack in doubled situation.

**Diagram of Drill:**

**Coaching Points of Emphasis:**

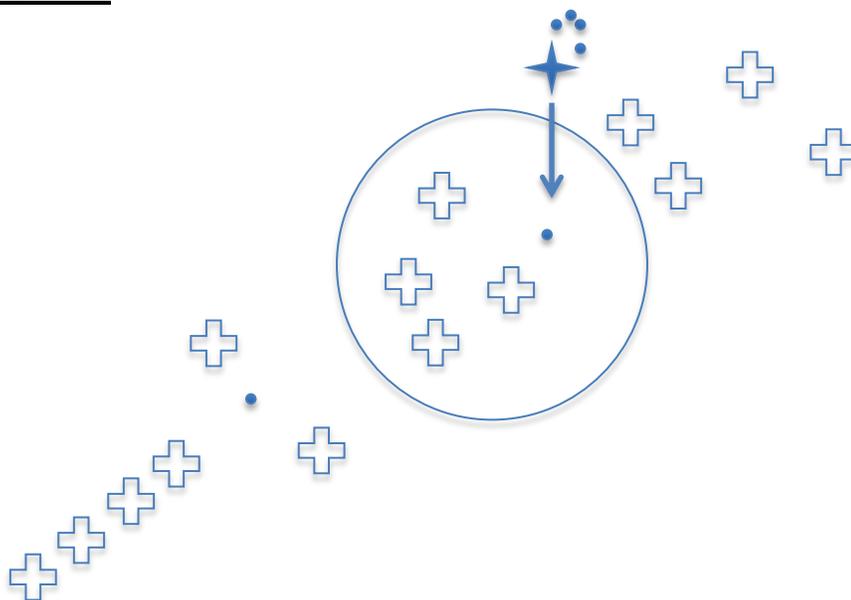
Good ground ball pick-ups, Defense- good body positioning, communication between the double team. Attack- quick feet, stick protection, dodges to get out of double team.

**Description of Drill:** This drill is designed to help players become better at ground balls in and around the center circle off of a draw. Eight to ten players form a "tunnel" going through the center circle (some can be injured players or coaches). Everyone else forms a line at the start of the tunnel (which should be near the outside of the center circle where a draw would typically go, but not completely necessary). To start the drill, the first player in line puts a ball near the first two players in the "tunnel" or "gauntlet." She then runs through the ground ball and tries to make it through 2 or three pairs of tunnel players. The "tunnel" players are looking to check the player who is picking up the ground ball. After the player with the ball makes it to a designated point (coach can decide, it could be after 2 pairs or 3 pairs of tunnel players), she tosses her ball aside and looks to pick up a ground ball coming towards her that is thrown from a coach (or injured player). Again, she looks to pick up the ground ball cleanly and make it through the rest of the gauntlet.

**Equipment Needed:** Besides each player's individual equipment, you will need plenty of balls (all depends on how many people are in the drill) and enough players (or coaches/injured players) to form some kind of tunnel or gauntlet. Another option is to have certain tunnel players use football pads instead of sticks to help players handle more contact.

**Skills Emphasized:** Ground balls – especially those in and around the center circle after a draw.

**Diagram of Drill:**



**Coaching Points of Emphasis:** There should be emphasis placed on having no fear, getting low, cradling with your chest over the ball, being determined and focused. Players should avoid bobbling ground balls and cradling above their head or with their stick exposed in pressure.



Institution: Lynchburg College  
Coach: Bruce Reid  
Name of Drill: Ground Ball Battle

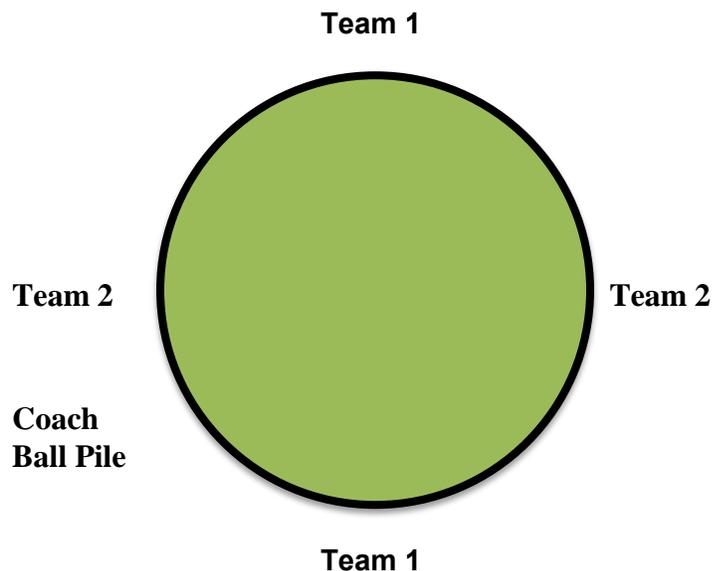
**Description of Drill:**

This is a 2 v 2 ground ball drill inside the center circle. Separate the players into two teams. Form four lines outside the circle (see diagram). A coach throws a ball in the circle. Each player in line will run in to pick up the ground ball. Whoever gains possession must carry or pass the ball outside the circle. If the player carries it out herself, her team receives 1 point. If she makes a pass to her teammate who then carries the ball out of the circle, the team is awarded 2 points. The first team to 15 wins! Use negative points for fouls and empty stick checks. Teammates must work on communication and boxing out.

**Equipment Needed:** One pile of lacrosse balls for the Coach to throw in to the circle

**Skills Emphasized:** Running through ground balls, passing in small space, communication, protecting your stick, checking, and boxing out.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Staying low on ground balls & running through, focus on boxing out, communicating with teammates, protecting your stick.



Institution: University of Pennsylvania  
Coach: Melissa Lehman  
Name of Drill: 1v4 Groundball Drill

**Description of Drill:** This drill is designed to work on groundball skills under pressure. In this drill, pressure will be coming from behind as well as in front of the player picking up the groundball. This drill is intended to help players improve their ability to pick up a groundball without getting checked from behind, while at the same time being able to dodge someone in front of them and get the ball safely out of traffic.

Set-Up:

Need 5 players total and 1 coach

1 player- picking up GB (X)

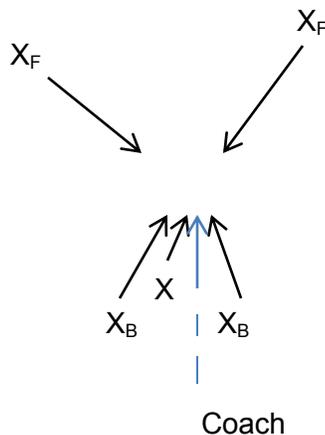
2 players- applying pressure from behind and looking to check (X<sub>B</sub>)

2 players- lined up 7 yards in front looking to pressure. double, and check (X<sub>F</sub>)

Coach rolls out GB. Player looks to pick up the ball and get out of traffic safely

**Equipment Needed:** Lots of balls

**Skills Emphasized:** Groundball technique



**Coaching Points of Emphasis:**

- Getting low to pick up groundball
- Running full speed through the groundball
- Running to space to get out of traffic
- Stick Protection
- Choking up on stick

**Description of Drill:**

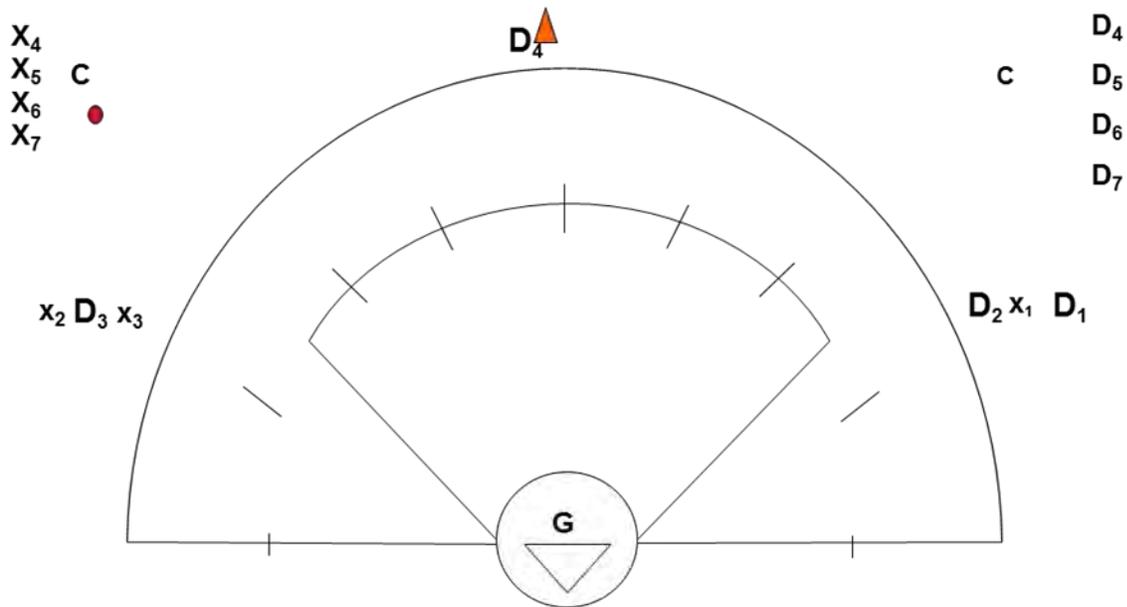
Start in a 2v1 on the 20-yard line (facing the 50-yard line), on either side of the field, close to the sidelines. Set up a team on each side, so each team has an opportunity to be man up on the groundball. Once the 2v1 is set, have one girl in the middle of the field at the 30-yard line (this player is on the team that is man down in the 2v1). The play starts with a coach rolling in a groundball from the 30-yard line. The 2v1 fights for the groundball. If the man up team gets possession the player on the 30-yard line recovers in to make it a 2v2. If the man down team gets the ball they have to outlet it to the player standing on the 30 (who is a post who must have 1 foot on the cone at all times). Once the play is ended by either the defense clearing the ball, or the attack scoring, the 2v1 is set on the opposite side of the field.

**Skills Emphasized:**

- Boxing out for the groundball
- Choking up on your stick to get the groundball
- Running through the groundball
- Pushing the fast break
- Recovering

**Diagram of Drill:**

2v2 GB Drill

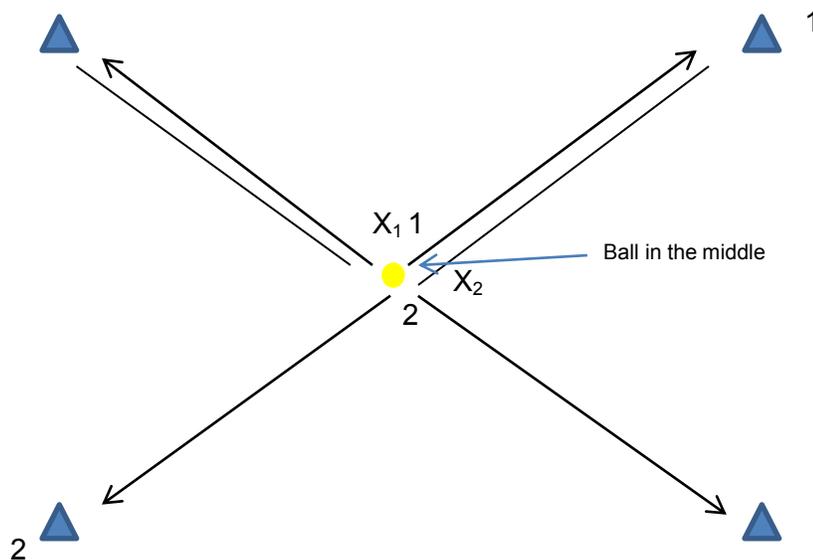


**Description of Drill:** Players start in the middle of the box back-to-back and opposite their teammate. On the whistle each player runs and touches the cone closest to them then turns and touches the diagonal cone; after this the ball in the center is now live and each player fights to win the GB cleanly and out of trouble. You can also run it that on the first whistle players go to the nearest cone and then diagonal back and forth until the second whistle at which point the ball in the middle is live.

**Equipment Needed:** 4 cones set up in a box; one ball per box

**Skills Emphasized:** GB's; getting out of trouble; boxing out; sealing off; positioning

**Diagram of Drill:**



**Coaching Points of Emphasis:** Coming up with a GB cleanly; communications; getting out of trouble; working with your teammate to come up with GB; body positioning in order to win the GB cleanly.



**Institution:** Hendrix College

**Coach:** Peri West

**Name of Drill:** Under/ Over Ground Ball Drill

**Description of Drill: A very simple drill with several options**

On any location of the field you desire, line up 6 players about 5 yards apart from one another. Each player in the line has a ball and her stick. The players in the line hold their sticks at hip height, parallel with the ground and place their ball on the ground below their raised stick. The 7th player, without a ball stands to the left or the right of the line as an outlet passes. The 8<sup>th</sup> player is the driver picking up each ball. She runs under the stick, picks up the ground ball and gets the pass off quickly to the outlet player either to her right or left. She continues through the line at speed picking up and passing off each ground ball.

Once all balls are picked up, the last player in line becomes the outlet pass, the outlet pass player becomes the driver, and the driver goes to the end of the line. Ball are reset in position.

Options:

- Decrease or increase distance of line players, to increase or decrease difficulty of the pick up
- Add another outlet pass to the other side of the line- have driver alternate where she passes
- Have the last ground ball pick up become a 2 v 1 to go (several options here- have the line player and driver be on the same team and attack goal, outlet pass player defending)
- Change the type of pass the player has to make off the ground ball pick up- left hand, right hand, overhead, side arm, opposing shoulder pass

**Equipment Needed:**

- At least 8 players
- Balls
- Field space
- Goals (if want to include)

**Skills Emphasized:**

- Ground ball pick up form, bringing the ball in close and quickly
- Getting off a good and clean pass after the pick up
- Movement off the ground ball
- Getting low to the ground

**With additions to the drill you can create many more skills emphasized:**

- Attacking at speed after a GB
- Defending a fast break
- 2 v 1's, 1 v 2's
- Different pass options

**Diagram of Drill:**

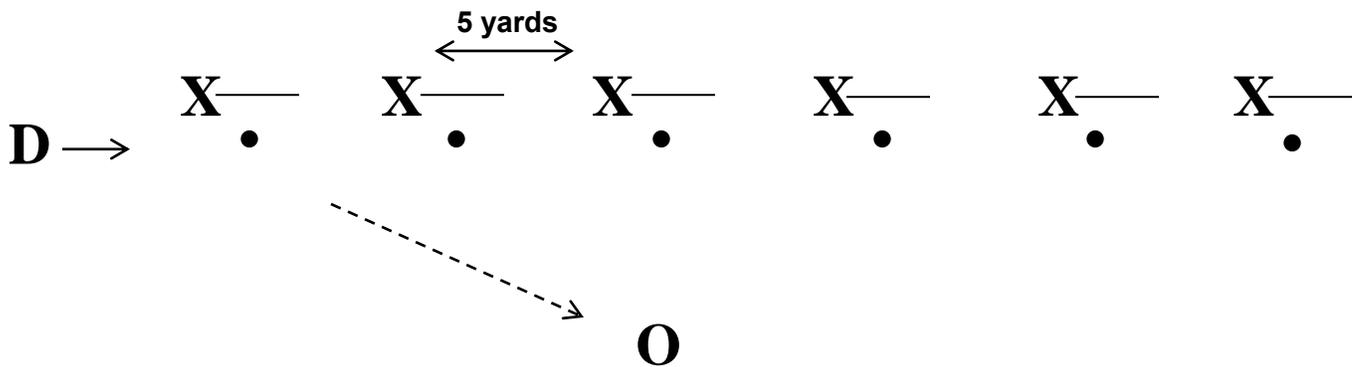
X – Players

O- Outlet

D – Driver

— lacrosse stick

Player D scoops ground ball under the horizontal stick and outlet passes to Y, continuing onto the next ground ball



**Coaching Points of Emphasis:**

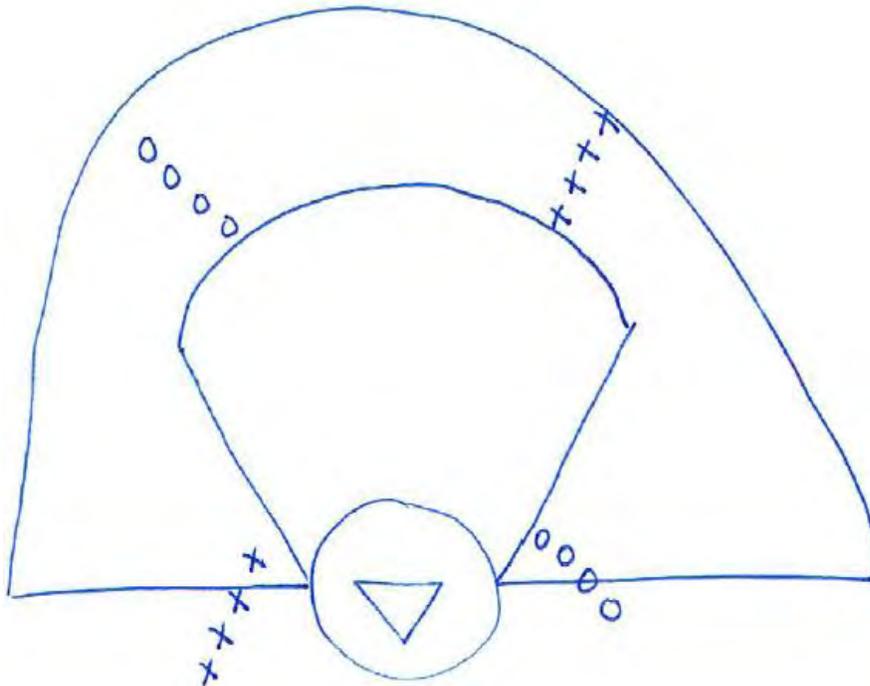
- Get low to the ground to pick up ball
- Keep top hand high on stick
- Run through and keep body over as you bring the ball up
- Protect and quickly look for outlet pass

**Description of Drill:** Goalie releases ball to start drill. If D gets the ball, they clear it out of the 12. If A gets the ball they must make one pass before going to goal. Keep drill moving quickly.

**Equipment Needed:** balls, sticks, goggles, mouthguards

**Skills Emphasized:** Groundballs, constructive cuts

**Diagram of Drill:** Divide into Offense and Defense. Set up teams across from one another. Each round is a 2v2.



**Coaching Points of Emphasis:** Cuts need to be to goal and constructive as opposed to away from goal to set up the 1v1.

**Description of Drill:**

- Shooting Shuttle – number the corners of the goal and mid (can be with or without goalies)
- 2 lines on the corners of the 8 with balls
  - o Feed to opposite side and feeder calls out a number – which is where the shooter must shoot
- Then add another number – fake to the first number and shoot to the second
- Then add a trail D to put pressure on the shooter

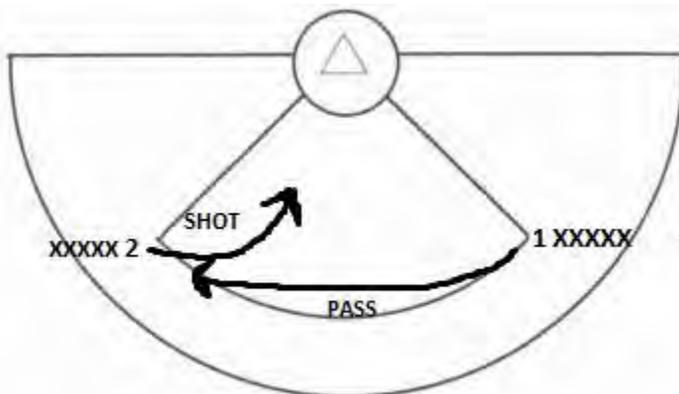
**Equipment Needed:**

- Lax stick, ball & goals

**Skills Emphasized:**

- Accuracy
- Faking
- Shooting under pressure

**Diagram of Drill:**



Goal	
1	2
3	4
5	6

1 calls out a number to 2 and shooter shoots to that number. She rotates to 1's line. The next person in the 2 line feeds and then calls a number to 1.

**Coaching Points of Emphasis**

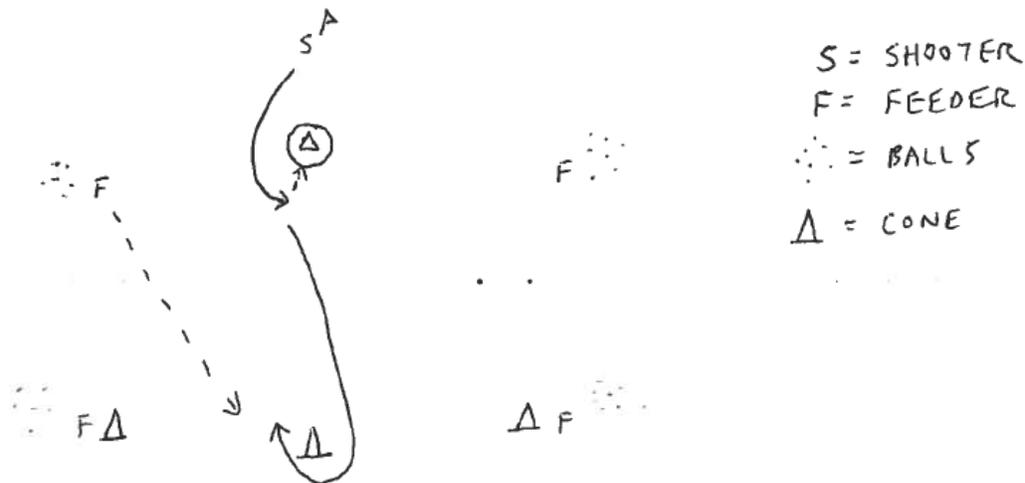
- Focusing on accuracy and placement not so much power
- Focus on faking
  - o Using your shoulders and not your stick to fake
  - o Also using your eyes/head to look to one part and shoot to another
- Add trail D to focus on protection.

**Description of Drill:** A player will complete a shooting drill that encompasses 1 dodge and finish, then 4 other feed and finishes from various spots inside the fan.

**Equipment Needed:** Balls...plenty of them. Tennis balls when appropriate.

**Skills Emphasized:** Dodging; soft hands while cushioning the ball; quick release; finishing. Squaring yourself to the goal to ensure better shot speed and accuracy.

**Diagram of Drill:**



**Variations:** Start point for attack can be from behind. Change up the dodges. If you want to protect your goalies, have the shot from behind be with a tennis ball. For middies, you can start with a dodge from up top.

**Coaching Points of Emphasis:**

Feeders: have the ball ready and get the feed to the shooter on time and accurate  
Shooter: on dodge...execute the dodge with precision and speed. Off-ball...fast pace throughout the drill. As the ball nears your stick, give with the ball and run through the catch. Catch first and then look to goal to see where the goalie is. Ball in stick...don't predetermine your shot or shoot too quickly. Catch and curl to the goal to square yourself to the goal. Placement of the shot is more important than power and I'm not talking about in the corner of the goal high to stick side. ESPN rule...there aren't any style points or bonus points in the stat columns, just if you scored. Quantity not quality mentality.



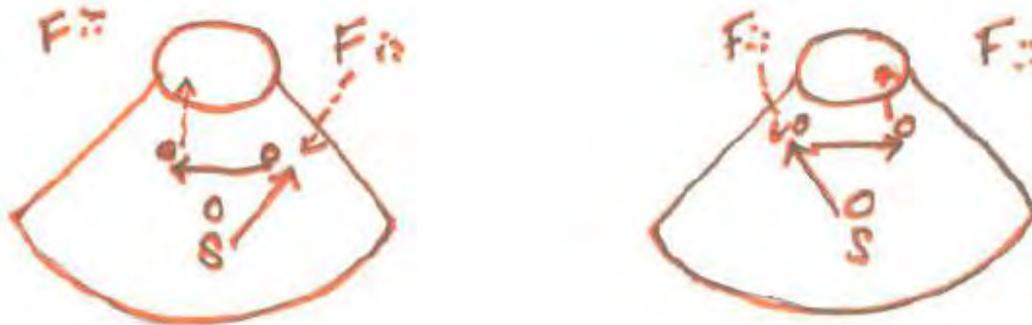
Institution: Morrisville State College  
Coach: Amanda Nobis  
Name of Drill: Triangle Shooting

**Description of Drill:** Have one feeder on each side of the cage at GLE with a pile of balls. Shooter is at X, cuts to the first cone, receives ball, makes quick cut and change of hand as she travels across lines of center. Can throw a quick fake or take quick shot. Once shot is taken shooter returns to top cone and cuts to other cone, receives feed. Runs continue for 30 seconds to 1 minute or so many balls per side.

**Equipment Needed:** Two feeders, three cones, lots of lacrosse balls, goal (goal keeper optional)

**Skills Emphasized:** Quick catch and change of direction, shot placement, works both hands.

**Diagram of Drill:**



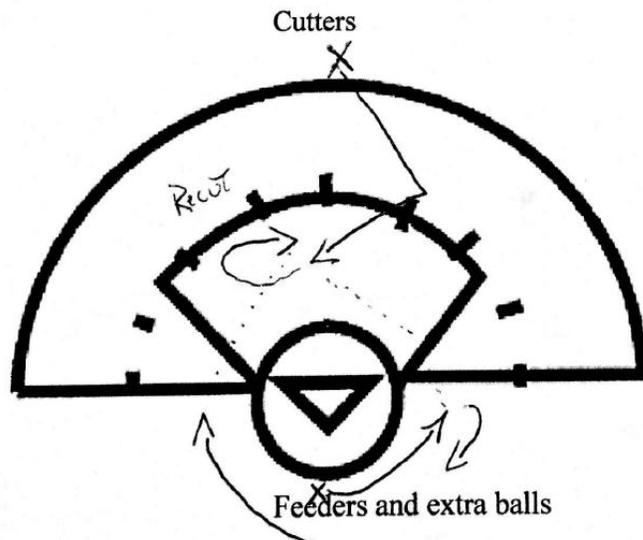
**Coaching Points of Emphasis:** Where to shoot in different situations, quick change of direction and burst of speed, proper footwork, protecting your stick.

**Description of Drill:** This is a good drill to develop good feeders behind the goal and to teach the shooters that one cut sometimes isn't good enough. The feeders are in a line at X to start the drill and the other line is above the 12m. The cutter up top starts her cut and the feeder starts to drive from X. She throws her a pass and then turns back to run through X and pick up the second ball to make a left or a right handed pass. The cutter cuts anyway she wants either cross post or to the ball carrier and then recuts to receive the 2<sup>nd</sup> pass. Work on timing by having the cutter wait a couple of seconds so the feeder has to adjust to her and then add a second cutter and have the feeder feed four balls.

**Equipment Needed:** 2 Balls and a goal

**Skills Emphasized:** Feeding and shooting

**Diagram of Drill:**



**Coaching Points of Emphasis:** Make sure that the feeders are running to GLE with their head up and ready to feed the ball at any time. Have them feed right handed and left handed in the drill so they develop confidence with their off hand. The cutters need to cut at game speed and finish with a fake and a shot.

**Description of Drill:**

Progression 1: 1 line of defenders and 1 line of attackers on each side of the goal. Attacker on right runs out to the cone at the 10 and turns to receive a pass from the opposite line while the defender on the same side runs out to the cone at the 8. Once the attacker receives the ball the defender is live. Opposite side goes as soon as they've fed the ball in.

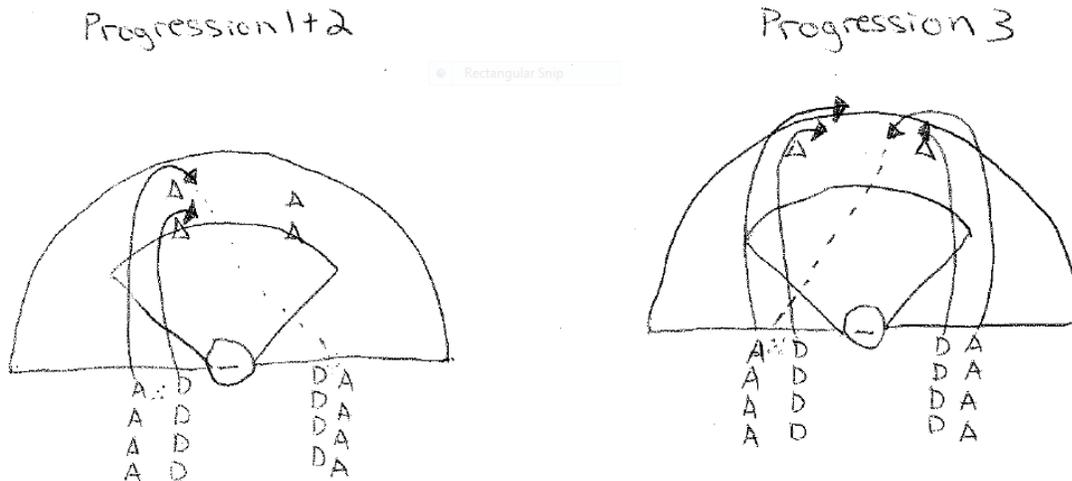
Progression 2: Take away the cone on the 8 meter. The defender is now trying to deny the pass to the cutting attacker.

Progression 3: Move all the balls to one side. One attacker and one defender takes off from each side to make it a 2v2.

**Equipment Needed:** Goal, balls, and 4 cones

**Skills Emphasized:** Feeding and shooting

**Diagram of Drill:** Works on shooters stepping by defenders to receive a feed as well as to take the shot. Focuses on defenders denying the pass and only allowing the attacker to take a low angle shot.



**Coaching Points of Emphasis:** Defense-footwork to control the attacker, body contact on the feed and the shot, communicating through switches  
 Attack- stepping by the defender to receive, getting hands free to shoot, using their teammate to create a scoring opportunity

**Description of Drill: Attackers (and Defenders)\***

Players will focus on a quick dodge from four points around the 12m playing area. They will begin each line with a ground ball tossed out from the second player in line. Once ball is handled they are to complete a dodge around a defensive post, free their hands after getting around the post and take a quick shot on cage within the shooting hot spot. Once dodge is completed from the line 1, line 2 should already be rolling a ground ball out and so forth through all lines.

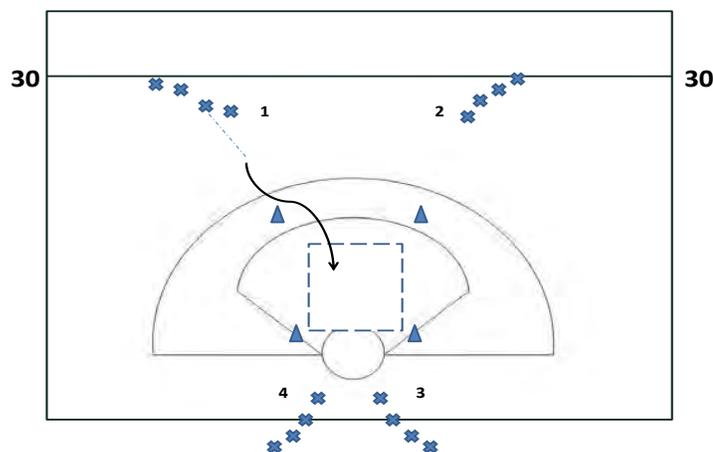
**Equipment Needed:**

Everything needed for playing  
 Bag of balls dispersed at each line  
 Goalies or shooting net  
 Injured reserves can be used as D posts if available

**Skills Emphasized:**

- Dodges dependent of starting position: From behind- question mark, roll over and in, roll under and in. From up top stutter step, face, split etc.
- Quick release on shot, tucked in close placement, outside up top power shot
- Ground ball pickup and getting head up quickly.
- Top lines approaching D must be at full speed

**Diagram of Drill:**

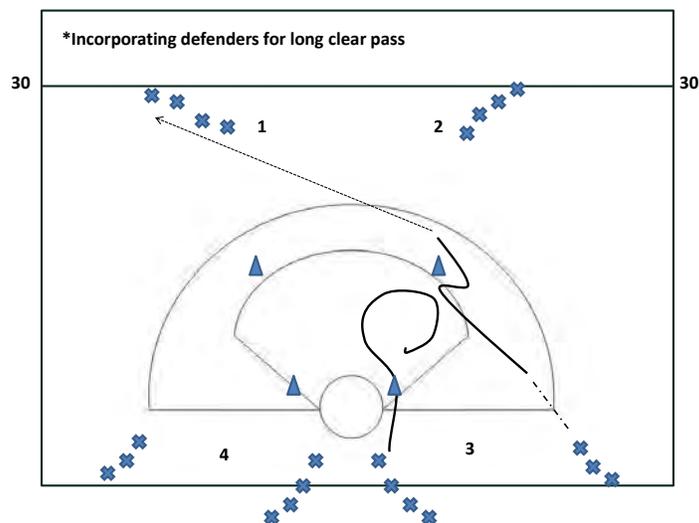


**Coaching Points of Emphasis:**

- After completing dodge attacker must have head up and is ready to take a quick placement shot within the ideal shooting hot spot.
- Defensive posts are to approach the dodger to make the oncoming player adjust into a proper dodge. The dodger should be picking at the defenders top shoulder in hopes of trying to turn their defense.

- Defense can become a little more aggressive by making initial contact and perhaps going for a back check if presented.

**\*Additions:** Adding two lines of low defenders off the 12m corner. From a ground ball pickup, dodge high D post then release cross field for a long pass to top line opposite (player in back of line 1 near the 30 from low line 3) Simultaneous movement with crease dodgers of same number.





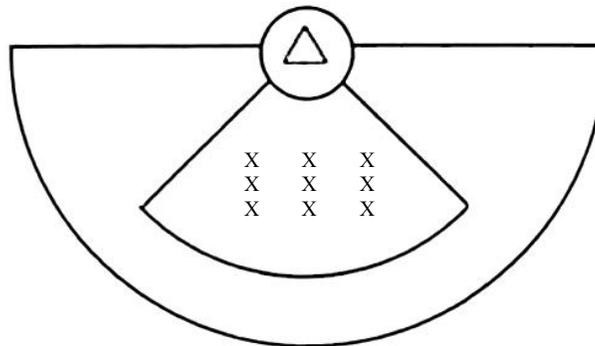
**Institution:** University of Maryland  
**Coach:** Cathy Reese, Lauri Kenis, Caitlyn McFadden  
**Name of Drill:** Not for the Goalie

**Description of Drill:** Set up 3 lines of attackers, each with a ball, about 3 meters from the goal circle. The first attacker in line will start with her back to the goal. The second attacker makes sure the goalie is set and then tells the first attacker to go. She turns, fakes, and shoots. As soon as the shoot is taken and the goalie resets the next line will start. The object is to move the goalie, find the open space in the net, and score. This drill can also be made into a competition to find the last attacker standing. If you miss, you are out.

**Equipment Needed:** Sticks, balls, goal.

**Skills Emphasized:** Faking and shooting.

**Diagram of Drill:**



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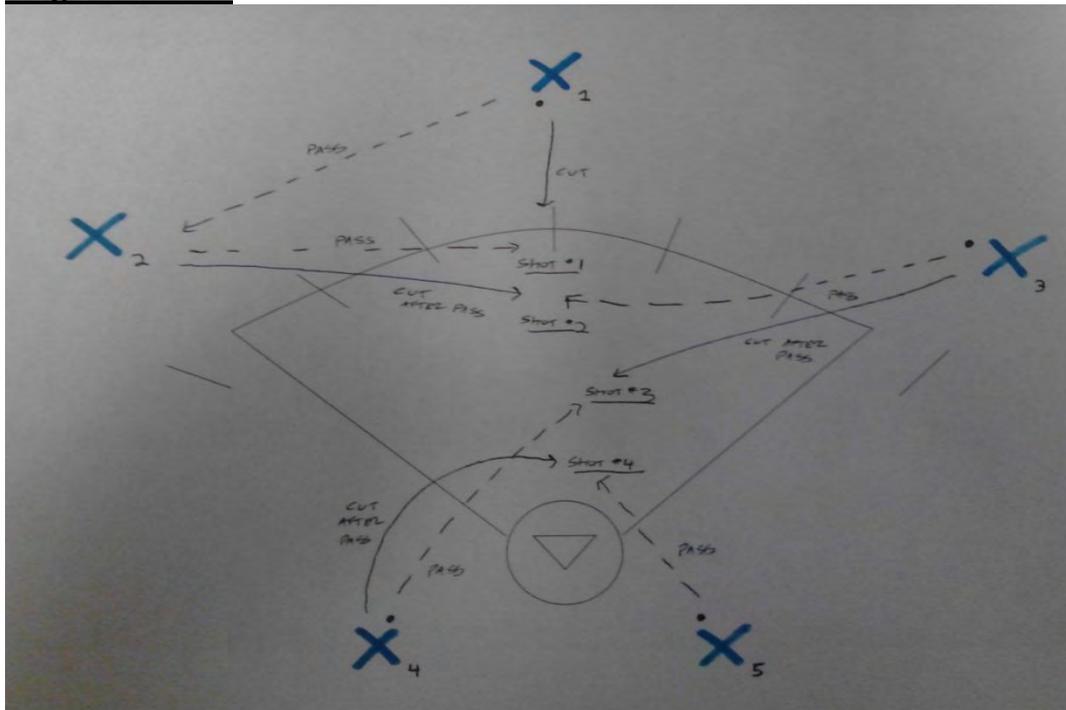
**Coaching Points of Emphasis:** Emphasize throwing fakes before the shot to move the goalie and see the open space in the net. Also emphasize placement over power.

**Description of Drill:** Cutting after you pass and working on shooting with both hands, coming off cuts hard and getting squared to the cage. It is set up like the star drill with 5 points around the cage. Every line except X2 has balls. X1 starts the drill with a give-n-go to X2. X1 takes the first shot. X2 cuts across the 8 meter after she passed to X1 and receives a pass from X3. X2 then shoot. X3 who just passed now cuts down to X4 to receive a pass and shoot. X4 who just passed then curls around the crease to get a pass from X5 and shoots. That is 1 rotation of the drill; 4 shots all off a cut and catch.

**Equipment Needed:** Cage, Goalie, Balls and Players

**Skills Emphasized:** Shooting and cutting

**Diagram of Drill:**



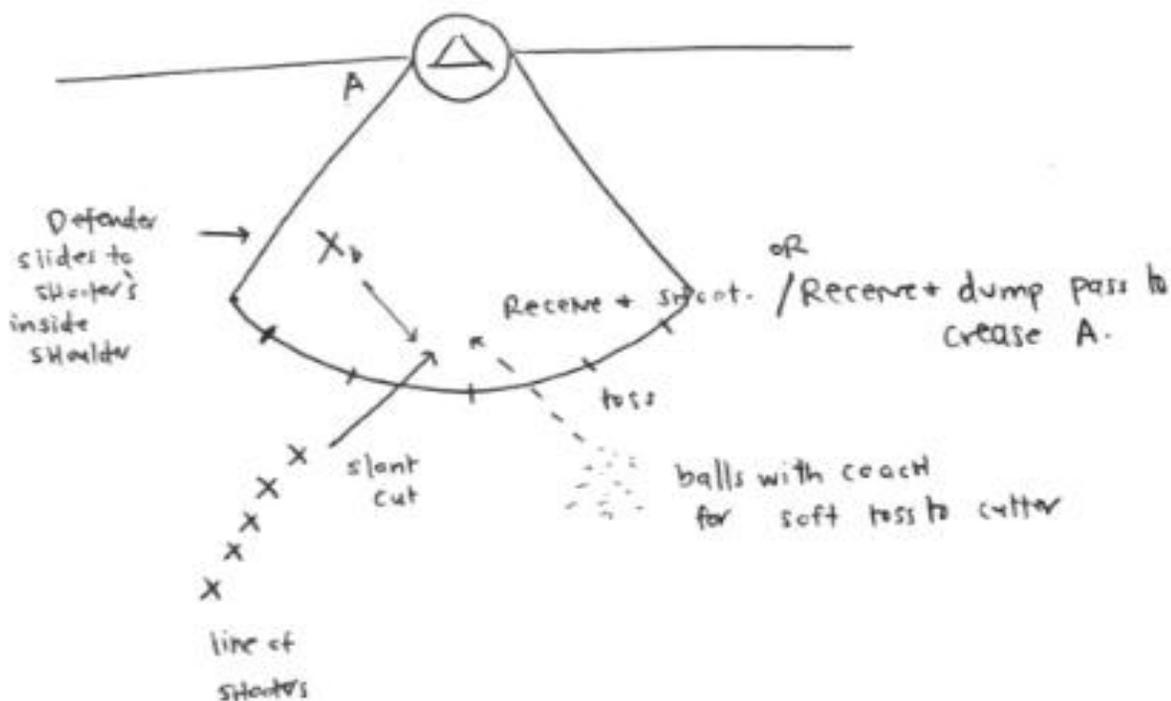
**Coaching Points of Emphasis:** You can add Defense to all the cutters. Working on accuracy and power depending on which point you are shooting from.

**Description of Drill:** Shooting drill with a dump pass option

**Equipment Needed:** Lots of balls and 4 cones

**Skills Emphasized:** Receiving ball with hands away on the move, ripping a quick and accurate shot with hands free, stepping down on the shot. Plus you can progress to the dump pass to the crease attacker (as you would in a 4v3, for example, when the slide comes from low to high).

**Diagram of Drill:**



**Coaching Points of Emphasis:** Cut to goal must be on a slant, not a curl. Receive a pass with hands away from body while stepping down towards goal. Pull stick back so hands are free and ball is hidden from GK view. On the dump pass, you need to get hands free, use little hitch type cradle, and step back or away from oncoming defender.

**Description of Drill:** Set up 2 groups of 3 defenders on each half of the Sm. A line of attackers will set up at the 12m on both sides of the Sm. Defensive players are stationary, just looking to bump and check, while attackers are driving through defender after defender, focusing on stick protection, changing stick levels and faking before releasing a shot. A goalie/shooting net can be in the cage, but drill can work without either.

**Equipment Needed:** Bag of balls, 6 defenders: 3 per side (but you can have less or more depending on numbers)

**Skills Emphasized:**

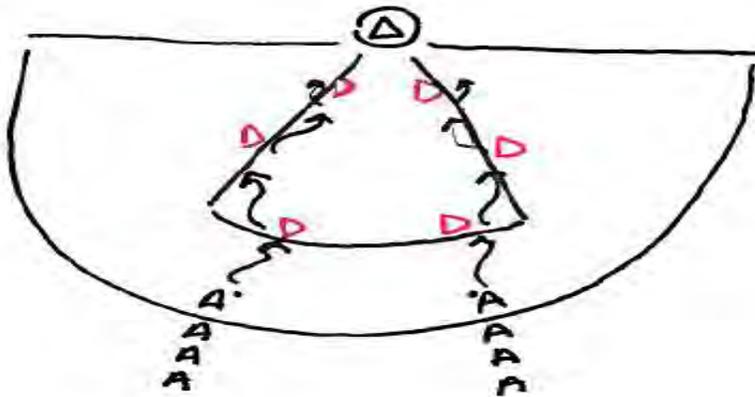
Attack:

1. Stick protection
2. Comfort with stick and changing levels
3. Faking before shot
4. Players are encouraged to fake with more than just their stick (head fakes, shoulder fakes)

Defense:

1. Emphasis on being big
2. Putting attacker under pressure
3. Focus on bumping the attacker and only checking if it's there
4. Timing of check

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Attack:

1. Focus on creativity with stick (dodges, fakes, levels)
2. Stick protection at high speed and under pressure (choke up hands on stick to help keep stick in front of you and between shoulders)
3. Focus on releasing a shot in front of your face as opposed to reaching back and getting backchecked by recovering D
4. Comfort with stick under pressure (protection against essentially 3 defenders)
5. Learning to finish shot under pressure and when you are tired from dodging 3 defenders

Defense (Drill is structured more for attack):

1. Be in good defensive positioning
2. Being patient on defense without throwing checks that aren't there

**Description of Drill:** A passing Drill that incorporates passing, shooting, clearing, and picking while demanding good timing and communication from all involved. Instructions in Diagram

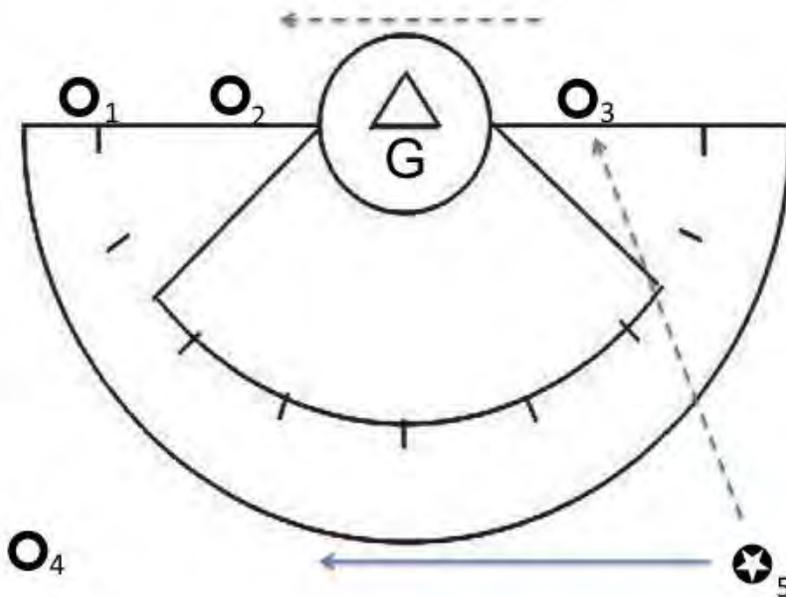
**Equipment Needed:**

Balls  
 Cones

**Skills Emphasized:**

Feeding  
 Receiving on the Move  
 Picking  
 Clearing  
 Timing

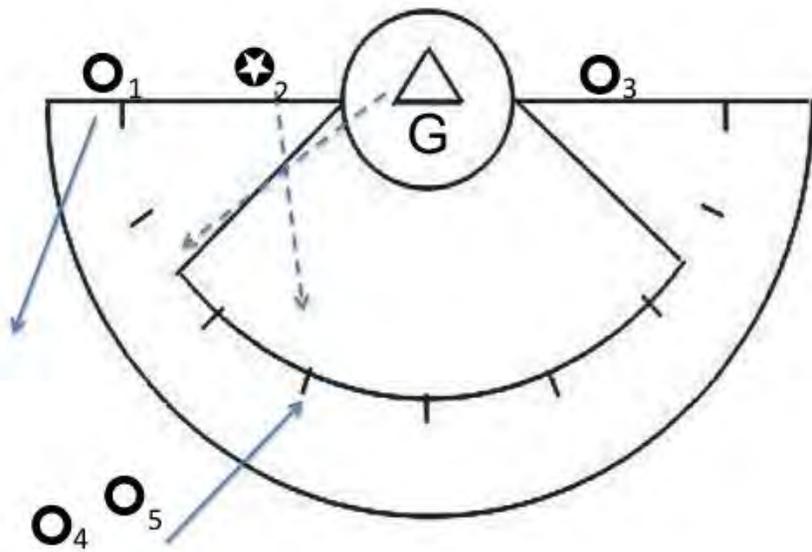
**Diagram of Drill:**



**Coaching Points:**

- \*Encourage goalie to be active around crease to force players to move their feet and be realistic.
- \*Remind players use their outside hand and move onto the ball

- \*Make 5 lines with balls at line 5 and in the crease, to the side of the net
- \*O5 passes to O3 who should be popping away from the net with her left hand
- \*O3 will move her feet to make a pass to O2 who will also be moving onto the ball, away from the crease
- \*At the same time, O5 will begin a cut across the top toward O4



**Coaching Points:**

- Timing of cut off the pick is key  
– she should be coming off as O2 hits the goal line
- Fast pace – get into clear without hesitation

- O5 will set a pick for O4 while O2 (now with the ball) stimulates a crease roll
- O4 will cut hard into the middle and receive the pass for a shot
- G will immediately pick up a ball from beside the goal and clear to O1
- Repeat for reps or time, then switch sides

**Description of Drill:** We use this drill as part of a shooting warm up. The drill integrates vocal defense, two passes, a shot fake, and a shot into each rep. It moves quickly and allows for a lot of shooting reps on the move.

**Equipment Needed:** 1 goal, 4 small cones, 30 lacrosse balls

**Skills Emphasized:**

- Quick passing on the move
- Shot fakes and placement
- Vocal defense/communication
- Quick change of direction

**Diagram of Drill:**



**Coaching Points of Emphasis:** Shoot opposite the feeder and work on specific shot fakes. Change sides and use outside hands to change angles on the goal. Move the ball quickly and both cutters should keep feet moving. Think of this almost like a layup warm-up in basketball.

**Description of Drill:**

Set up 4 shooting lines, each line needs balls. Have one line behind the cage, one line up top outside of the twelve, and a line on each corner of the 8 meter. The ball starts up top, the girl on the crease curls to catch, and steps down to release her shot. Then the girl up top cuts in and pops out to receive the ball from the left corner, dodges, and releases a shot. The left corner curls to receive the ball on the curl, and drives to cage from the player on the right corner. Then the right corner catches the ball as if she is coming off of a pick, from the crease player. You can use this drill without defense or add in dummy defense inside the 8 meter.

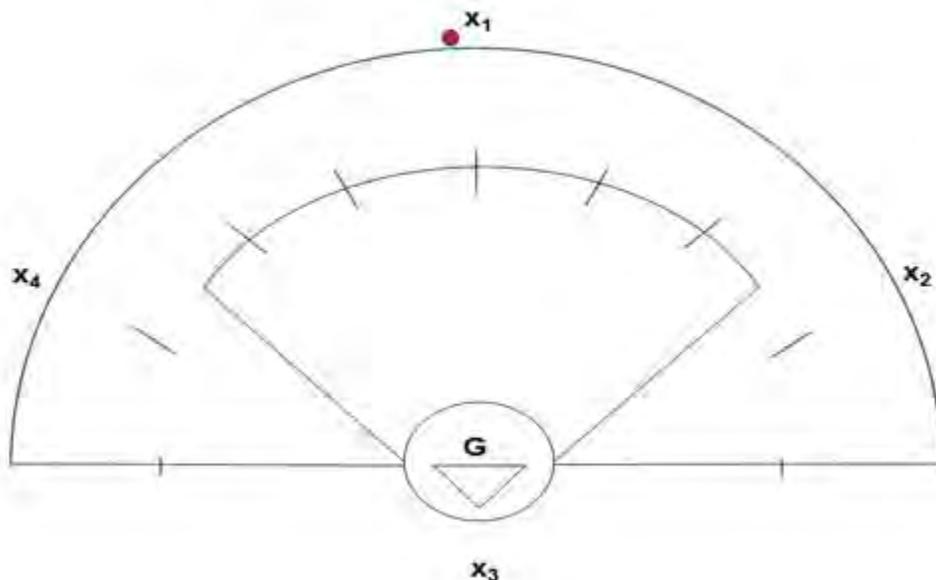
**Equipment Needed:**

**Skills Emphasized:**

- Catching on the move.
- Placing shots.
- Getting your hands up and out to release your shot.
- Feeding.

**Diagram of Drill:**

4 point shooting





Institution: University Of Louisville  
 Coach: Crysti Foote  
 Name of Drill: 6 Point Shooting

**Description of Drill:**

Feeder 1 starts with ball top left (left hand feed) to opposite low topside cutter for righty shot  
 Immediately after shot feeder 2 feeds top right (right hand feed) to opposite low topside cutter for lefty shot  
 Feeder 1 picks up 3<sup>rd</sup> ball and feeds to opposite elbow topside cutter 3 for right hand shot  
 Feeder 2 picks up 4<sup>th</sup> ball and feeds to opposite elbow topside cutter 4 for left hand shot  
 Feeder 3 carries ball behind and can feed shooter 1 or shooter 2 (first 2 shooters rotate high after they shoot) bump or cross  
 Feeder 4 carries ball behind and can feed shooter 3 and 4 (who have rotated high) for bump or cross  
 After all shots are taken you can quickly regroup and even out the lines.  
 Goalie is suggested  
 Can add defense once the timing is down, put on the cutters back

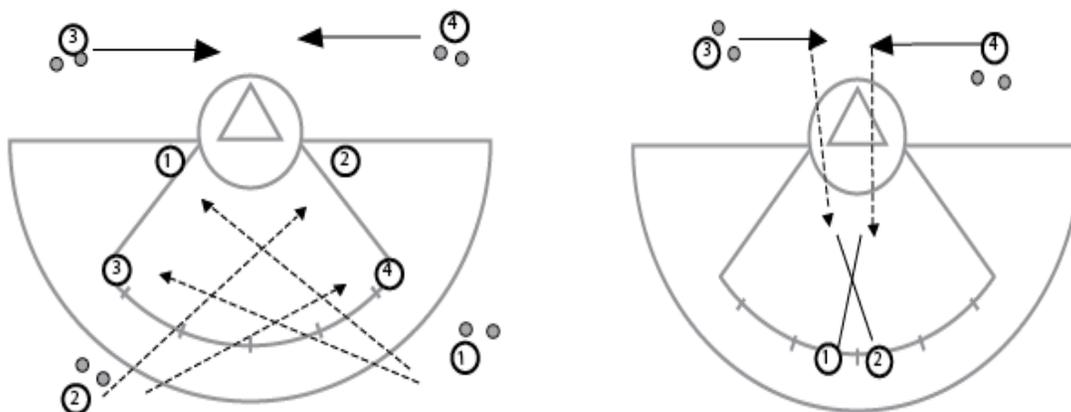
**Equipment Needed:**

Bag of Balls, Shooting Net if no Goalie

**Skills Emphasized:**

Topside cuts, timing of cuts, feeding on the move, feeding from behind, finishing, correct hand up for feeds and shots, communication because it can be confusing!

**Diagram of Drill:**



**Coaching Points of Emphasis:**

**Description of Drill:** Can be done as simple shooting drill. Ball starts on wing. Pass up top to A1 who dodges down wing as A2 cuts through to set a pick for A3. A3 cuts off pick and looks for pass from A1. A2 can roll or be 2<sup>nd</sup> cut. A1 can decide to take outside shot or make pass to A3 or A2. Can add defense on A1 and A2 to force attackers to read defense and make decisions.

**Equipment Needed:** Goal, balls, cones

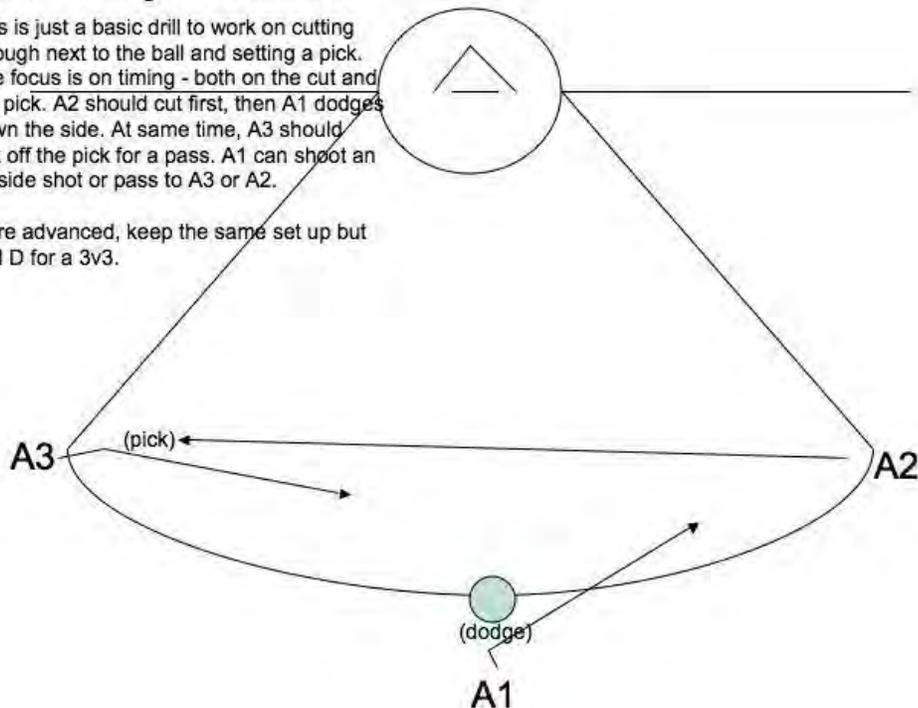
**Skills Emphasized:** Working on offensive movements – creating space, dodging hard, picks/timing on offense, shooting.

**Diagram of Drill:**

**Cut Through With Pick**

This is just a basic drill to work on cutting through next to the ball and setting a pick. The focus is on timing - both on the cut and the pick. A2 should cut first, then A1 dodges down the side. At same time, A3 should cut off the pick for a pass. A1 can shoot an outside shot or pass to A3 or A2.

More advanced, keep the same set up but add D for a 3v3.



**Coaching Points of Emphasis:** Creating space and timing on offense.

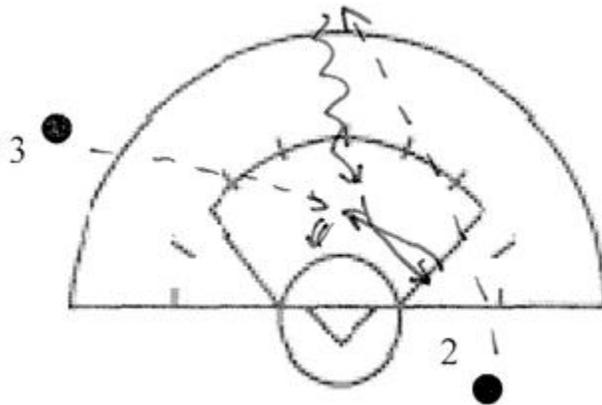
**Description of Drill:** Shooting drill which incorporates dodging and finesse shooting. Ball starts low on the crease with 2. 2 passes to 1, who then dodges to goal. After the shot, 1 goes to 2, and then turns on the goal line to get an inside pass from 3 for a shot in tight.

This drill can be done with defense on the dodge, or a "dummy defender" and also with a trailing defender on the inside shot. After 2 makes the pass, 2 becomes the defender on the inside shot. The defender on the top dodge can also become live to incorporate a 1v1 into the drill.

**Equipment Needed:** Balls, goals

**Skills Emphasized:** Dodging, feeding, inside shot

**Diagram of Drill:**



**Coaching Points of Emphasis:** Making a good dodge from up top using the dummy defender to work on spacing. Timing of the pass from 3 to 2.

**Description of Drill:** A shooting drill to work on 3v3 movement on attack.

Ball starts up top with 1, pass to 2 on elbow, then 1 picks away to 3. 3 and 1 work together, 3 waits for 1 and then comes off pick asking for the ball from 2 for the inside shot.

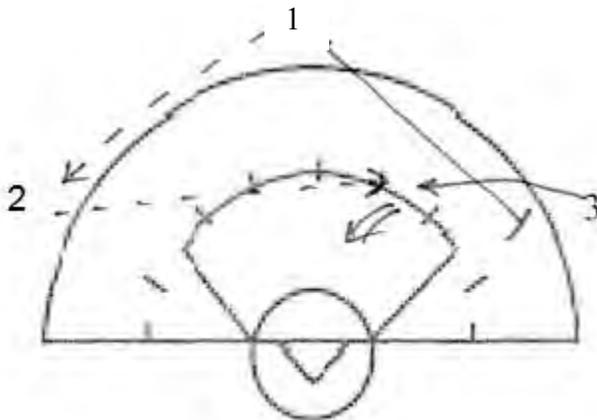
Build up on the drill and add defense. Start the drill the same way, and then after the pick play live 3v3 if the first look isn't there.

The drill can also change by switching the pass and cutting patterns to turn it into a draw and dump drill where after 1 passes to 2, she goes under 1 instead of away.

**Equipment Needed:** Balls, goals

**Skills Emphasized:** Timing, execution of the passes, pick or screen, and shooting

**Diagram of Drill:**



**Coaching Points of Emphasis:** Change the drill to accommodate whatever skills or movements you're working on, but this is a good drill to incorporate teamwork into shooting and feeding.

**Description of Drill:**

This drill can be done as a general stickwork drill or a warm up for shooters and feeders. Depending on the level of goalie (recommended for more advanced GK's), it can be a good drill for them to work on saving in tight shots and the decision making whether to stay at home or come out, as GK's will not have defensive help. But the drill can add defense and make it a live defending the cutter drill. More balls equals more reps without stoppage to collect.

3 different setups for 3 different cuts: (although can add several other cuts & feeds to simulate your offense)

- 1) Same side back door cut & feed (feeders back L & R, cutting lines on both elbows: back door cut from elbow that feeder is on; lead pass to the middle; catch & score)
- 2) Diagonal feed to opposite cutter (same set up as above, except feed the opposite elbow)
- 3) High to low feed, fake in tight (feeders up top, cutters below GLE; feed same side)

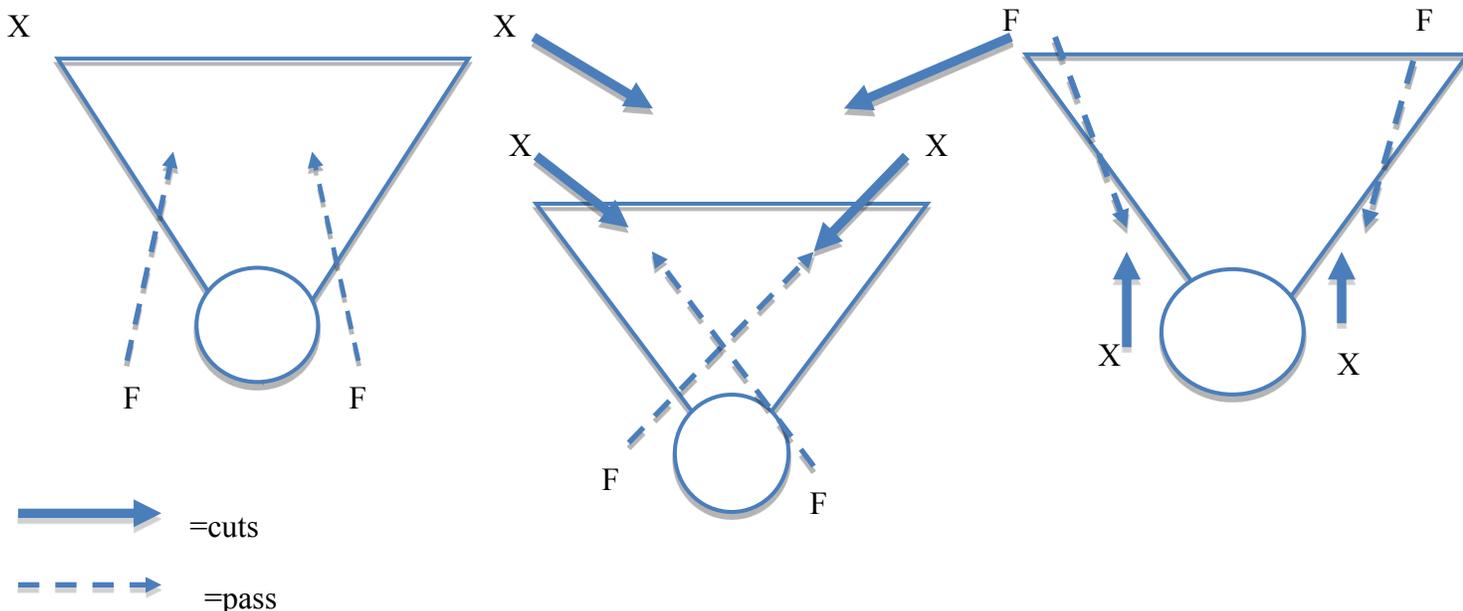
**Equipment Needed:**

Goal, the more balls the better, cones if you feel your players need a consistent starting point

**Skills Emphasized:**

Feeding & finishing; sharpening cuts; reading each other; timing

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Use Deception on cut, drag opposite way want to take off for cut (sharp footwork)
- Leading passing; works passing with both hands if that's what you want to emphasize
- Feeders don't overcradle, have stick open to release ball
- Fake low shoot high or vice versa on shots around the crease
- Can work on delivering the ball early, right as cutter shows OR feed later around an on ball D

**Description of Drill:**

Shooting drill

A<sub>1</sub> starts with ball at the side of the crease. A<sub>1</sub> passes to A<sub>2</sub> and begins her run behind A<sub>2</sub>. A<sub>2</sub> passes ball back to A<sub>3</sub> who then passes ball to A<sub>1</sub> who is now cutting toward cage asking for the ball.

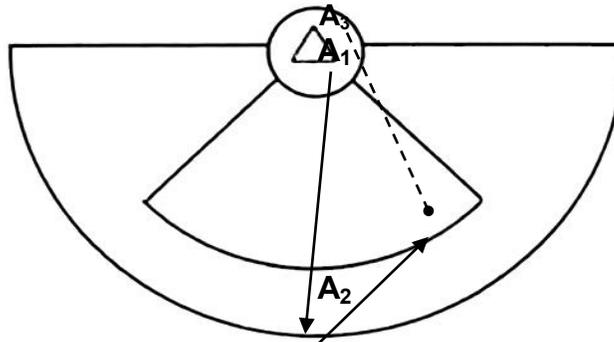
**Equipment Needed:**

Cage, balls, sticks

**Skills Emphasized:**

Accurate passing and catching, making cuts, shooting

**Diagram of Drill:**



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**Coaching Points of Emphasis:**

Angles to cage



**Institution:** Utica College  
**Coach:** Kristin St.Hilaire  
**Name of Drill:** Double Feed Shooting

**Description of Drill:** Two feeders and one shooting line. One feeding line starts behind cage and the second feeding line will be at either hanging hash mark. Shooter starts at center at 12m. Shooter catches first pass from behind cage by the 10m (while moving) shoots by 8m and second pass comes immediately at 6m for a closer range shot.

**Equipment Needed:** Cones to mark the 10m and 6m

**Skills Emphasized:**

- Taking shots from further out
- Multiple passes and shots
- Timely feeding
- Far and close range shots for both right and left hands

**Coaching Points of Emphasis:**

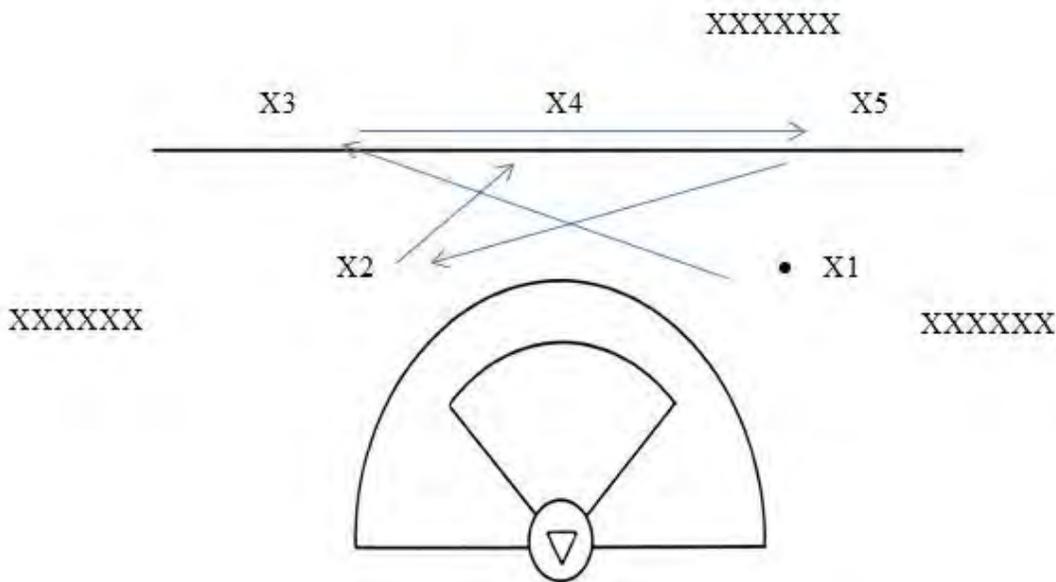
**Description of Drill:** star drill into 3v2

**Equipment Needed:** Balls, Goal

**Skills Emphasized:** Long and short passing, quick feet, shooting, communication

**Diagram of Drill:**

- X1 starts with ball and passes to X3, X3 to X5, X5 to X2, X2 to X4.
- X3, X4, X5 start the 3v2 go to goal..
- After play ends, girls follow their original pass to change lines
- Variation is having another defender at restraining line to sprint down, recover and play 3v3 (use player out of line waiting to play)
- Additional lines ready for players to start next sequence





**Institution:** Northwestern University  
**Coach:** Danielle Spencer  
**Name of Drill:** Backdoor + Re-Cut

**Description of Drill:**

This is a shooting drill, which teaches players to understand: a) the value of cutting through, creating space for a teammate to dodge, b) the value of “re-cutting” on your defender to catch her off guard, and 3) the importance of *timing* these passes and cuts to make them successful.

This drill has 2 shots taken on cage, per sequence.

The drill starts when X1 has the ball. X2 is standing on the wing, pops out to feign asking for the ball, and then quickly backdoors her defender to the inside. This succeeds in a) creating space for X1 to dodge, and b) back-dooring her defender to be open inside.

X1 passes the ball to X2, who will catch and shoot. This is the first shot of the sequence .

As soon as X1 has made her pass, the second person in X2's line will grab a ball and pass a new one to X1. Once X1 catches this, she does a split dodge, and pass down to X3, who is popping out from X to receive the pass.

\*\* while this is happening, X2 has shot the first ball, and proceeds across the 8 meter, setting her self up for a re-cut

X3 receives the ball on the move, and feeds inside to X2 for the second, and final shot.

The drill then starts again with a new ball up top, where X1 just was. X1 will rotate down to X2's line, X2 will rotate down to X3's line, and X3 will rotate up to X1's line.

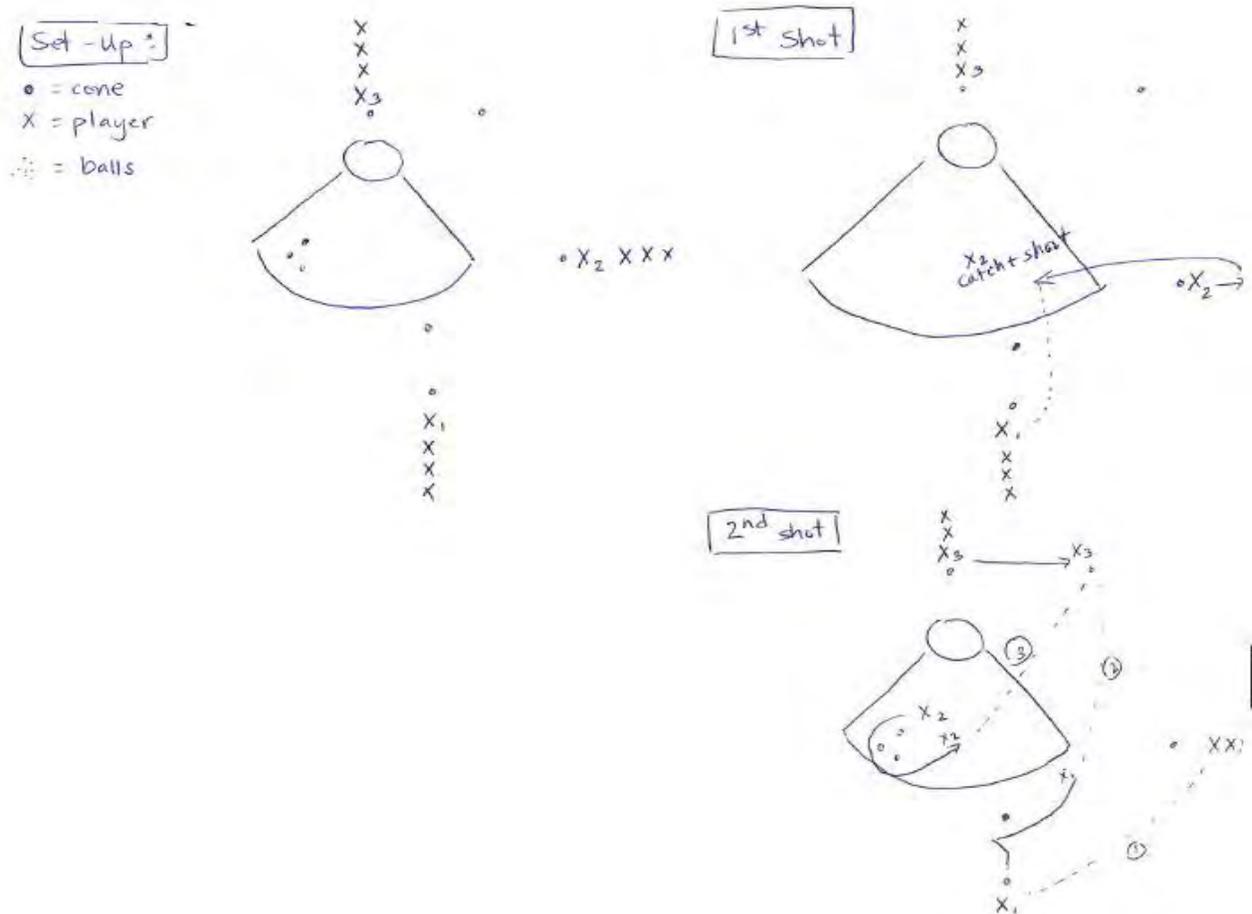
**Equipment Needed:**

Cones, balls, at least 9 players to make the drill run continuously

**Skills Emphasized:**

Split dodge, back-door cut, feeding from low to an inside player, re-cutting on a defender, timing one's cut

## Diagram of Drill:



### Coaching Points of Emphasis:

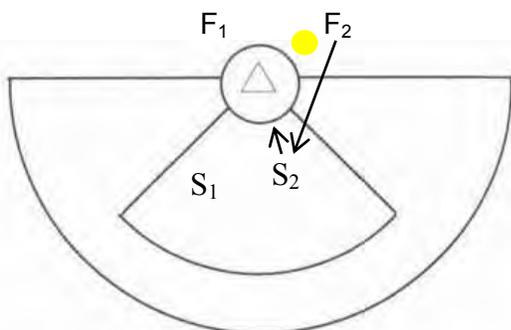
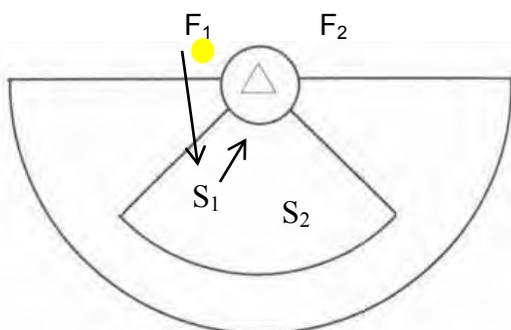
- The Split Dodge by X1 that starts off the drill must be at speed, and aggressive enough to draw the eyes of the "defender" (invisible) who is marking X2, the player who is making the cuts.
- X3 should look to catch on the move, and keep her feet moving while making her pass inside. This will help prevent her pass from being intercepted or easily read by the defense
- X2 should look to time her cut, so that she is cutting towards X3 when she is *ready to feed*, and there is no stall of play

**Description of Drill:** You will need two shooters posted up inside the 8M and 2 feeders on either side of the goal crease. Shooters will stand with their back to the passer and alternate one at a time receiving from the same side feeder with a ball. On the coaches whistle the shooter will turn to the passer, catch the ball, take 1-2 steps and finish on cage. They will do this so each shooter has roughly ten shots.

**Equipment Needed:** Twenty balls – 10 on each side of goal crease

**Skills Emphasized:** Quick shooting, quick reaction, shot placement, quick release feeds

**Diagram of Drill:**



S<sub>1</sub> – Lefty Up

S<sub>2</sub> – Righty Up

**Coaching Points of Emphasis:**

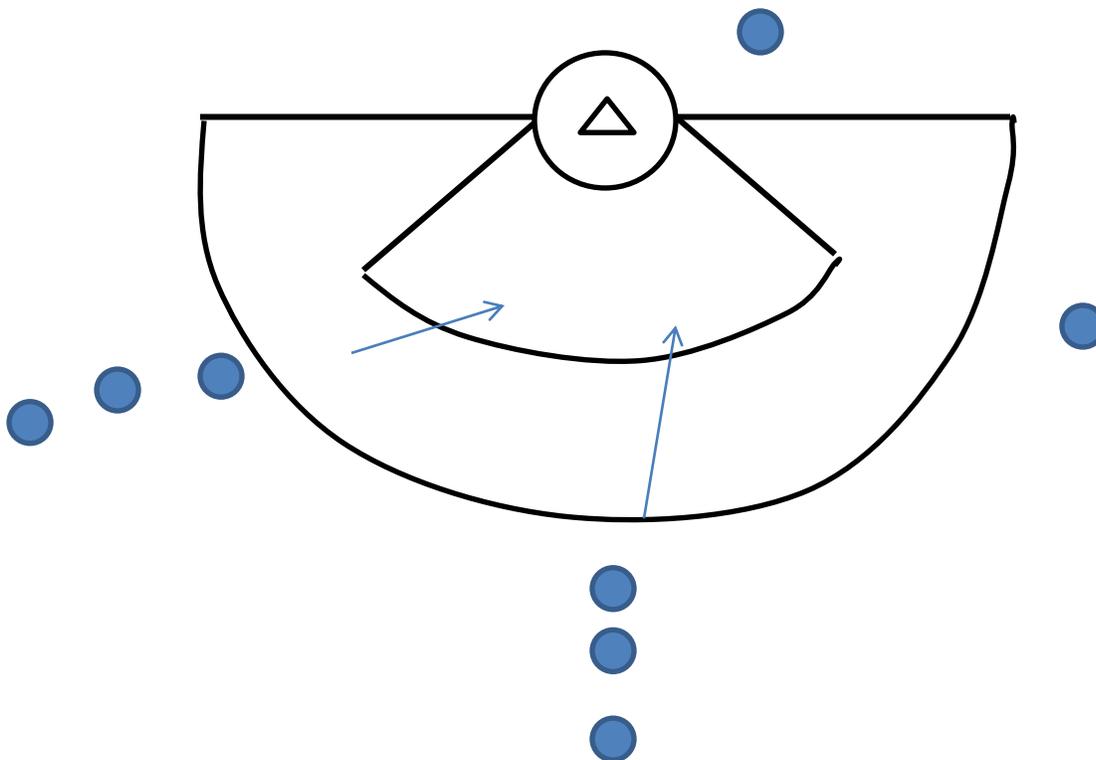
- Limit cradles upon catch to encourage quick sight of cage and shot
- Emphasize quick release/pass with accuracy from feeders
- Goalies can work on turns and angles by playing the ball then turning to play the shooter

**Description of Drill:** Two coaches or players are feeding from one spot behind the goal on the left side and one feeding from the left elbow. Players are in lines up top and on the opposite wing, cutting to each feeder, respectively. Coach will feed and call out a number given to each spot on the goal. The players catch and shoot at the numbered spot (top left=1, top right=2, middle left=3, middle right=4, bottom left=5, bottom right=6)

**Equipment Needed:** Cones to mark where lines go, if needed.

**Skills Emphasized:** Shooting with accuracy, on the move, in tight.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Triple threat, change of speed between precut and cut, snapping the wrist to get an accurate shot, catch first-shoot second. Progress to using fakes and adding defensive pressure on cuts



**Institution: Presbyterian College**  
**Coach: Julie Redman**  
**Name of Drill: Shooting Shuttle**

**Description of Drill:**

Drill starts w 2 lines, one either side of the 8M elbows. Ball can start on either side. Attackers cut towards each other, flip pass stick to stick, then drive to goal. Add in a second pass before shot. Move lines to center of the 8M and add in a feeder from behind - attackers stagger cuts one after another. Feeder can choose to pass to either 1st or 2nd cut. Attackers can choose to shoot directly after pass, or can look to work with other cutter.

**Equipment Needed:**

Balls, cage

**Skills Emphasized:**

Drill focuses on offensive creativity and style.

**Diagram of Drill:**

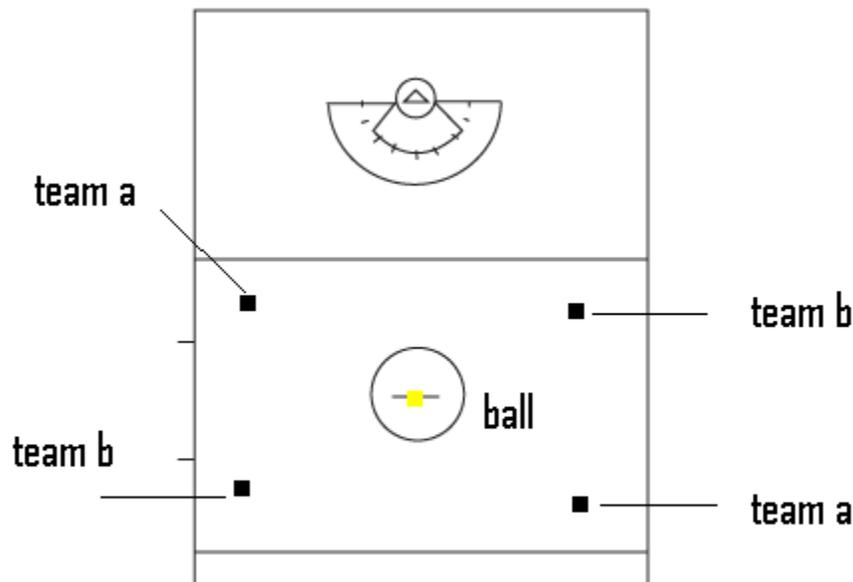
**Coaching Points of Emphasis:** Focus on angles of approach, moving the gk, and shot placement. Encourage creativity, and staying loose

**Description of Drill:** Girls line up center field making a square; 4 lines. Girls diagonal from each other are on the same team (2 v 2). Coach drops the ball in the middle and all 4 players fight for ground ball and it becomes a 2 v 2 fast break

**Equipment Needed:** at least 8 players, balls

**Skills Emphasized:** ground balls, fast break offense, transition to defense, offensive and defensive skills

**Diagram of Drill:**



**Coaching Points of Emphasis:** Fighting through the ground ball. Speed to get back on defense, transition, and endurance.



**Institution: Virginia Wesleyan College**  
**Coach: Fran Pochily**  
**Name of Drill: 5 v 5—2 sets**

**Description of Drill:** 5 attackers spread out around the 12, with 5 defenders inside the center of the 8, touching feet. When an attacker passes the ball, the defenders are released and the play is live. These 10 players will play out 2 rotations: in the first, defense will play high pressure, the second the defense will play a zone. So, after a goal or breakout to the 30, the groups reset and on the attacker's pass, play again, this time in a zone.

**Equipment Needed:** 10 players, a ball, 12 meter and goal

**Skills Emphasized:** Defensive communication, adapting to different styles of play on the offensive and defensive side, passing and catch, shooting, breakouts, clears, everything but the draw 😊

**Diagram of Drill:**

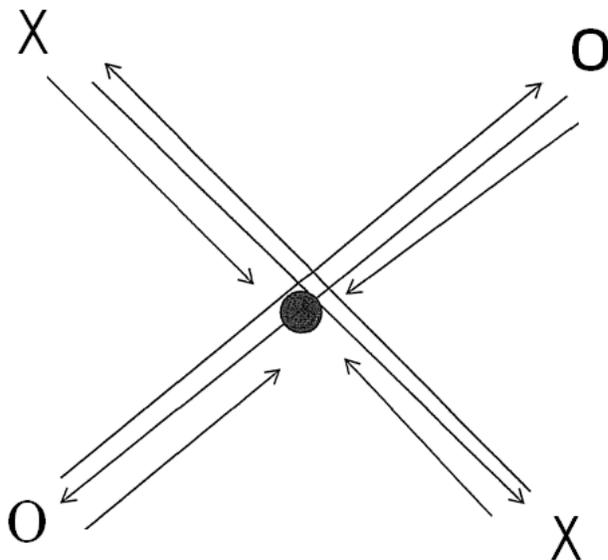
**Coaching Points of Emphasis:** Practice whatever style of high pressure defense and zone defense that you teach your team. By playing one style followed by playing another style, the defenders get used to switching in and out of different sets and how you communicate that. Although the attackers know what style defense they are facing in this drill, they also need to adapt how they attack the goal depending on what the defense is doing. Communication is key on both sides of the ball.

**Description of Drill:** Set up drill by creating a 10 by 10 yard square; can be bigger if needed. The ball is placed directly in the middle of the square. 2 girls are X's 2 are O's. They stand at the cone opposite their team mate. On the coach's whistle each girl runs to the opposite cone, then back to their own cone, then to the middle to fight for the ground ball. Whichever team gets the ground ball is offense, the other team is defense. They try to get 3 consecutive passes (becomes a "keep away"). We set up several squares and have them do this for several repetitions.

**Equipment Needed:** 4 Cones, 1 Ball

**Skills Emphasized:** Communication, Speed & Agility, Ground Ball, Stick Protection, Small sided offense and defense.

**Diagram of Drill:**



**Description of Drill:**

One person starts with the ball and one defender stands in front facing the attacker with the ball. Everyone else sets up around the 8/12. The person with the ball dodges the defender from 15 meters out and as soon as she gets a step, the defender can go. The defense needs to decide if she can recover or if the rest of the team needs to slide to help. The offense is taking advantage of the slides and putting themselves in position to create scoring opportunities.

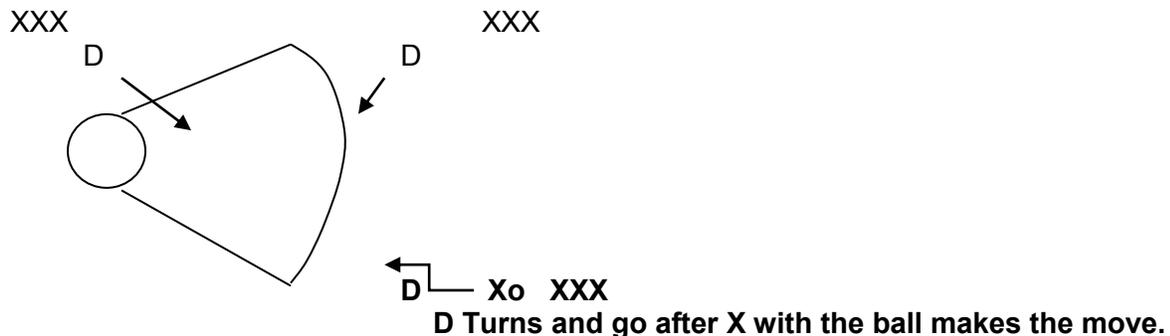
You can do this as a 3 v 3, 5 v 5 or 7 v 7

**Equipment Needed: Goal and balls**

**Skills Emphasized:**

Defense: Communication, Slides  
Offense: Throwing, Catching, Off Ball Movement, Finishing

**Diagram of Drill:**



**Coaching Points of Emphasis:**

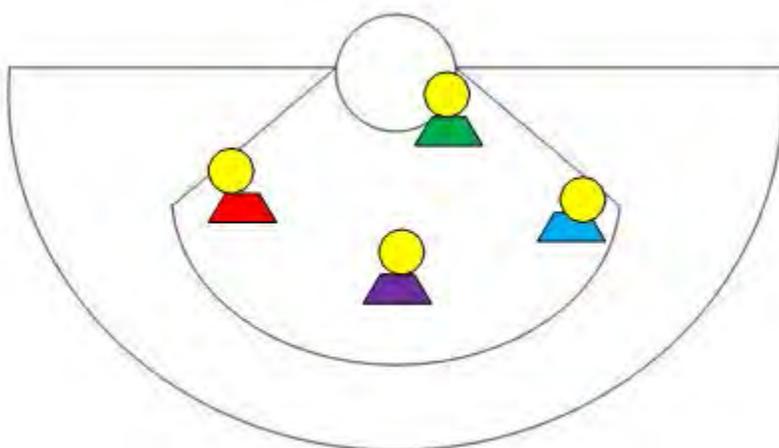
Adjusting to a play after an opponent gets a step on you.  
Defense: Man Down Situations, Communication, Slides  
Offense: Man Up Situations, Take advantage of every opportunity

**Description of Drill:** Fun, competitive drill that works on offensive and defensive 1 v. 1 skill

**Equipment Needed:** Disc Cones, tennis balls

**Skills Emphasized:** Footwork, dodging, forcing

**Diagram of Drill:**



**Coaching Points of Emphasis:** This drill emphasizes both offensive and defensive elements of a 1 v. 1 dodge. The attacker starts at the top of the 12 with a defender on them (no sticks for either player). Before they start the coach calls out the color of the cone that the attacker needs to get to. The defender now knows which cone they need to defend. The attacker needs to get the tennis ball from the top of the cone to get a point. If the defender holds the attacker away from the cone for a pre-determined length of time then they get the point (time is up to you). You can also add your goalie in cage so they can work on directing their defenders.

We do this as a team competition and split the team in half (Black vs. White). Each team gets a set amount of times on attack and a set amount of times on D. The team loves it and gets really into it! It's great!



**Institution: Nazareth College**  
**Coach: Traci Lian**  
**Name of Drill: Ground Ball 2 v. 2 Possession Drill**

**Description of Drill:**

Field players line up behind the 30 facing the opposite 30 in four even lines (two purple lines, two gold lines). The first person in each of the four lines steps up to the line. The coach rolls a ball out anywhere and on the whistle all four go for the GB.

First team to get the GB is transitioning to the opposite 30. They must get a complete pass off to their other teammate and then another complete pass to the GK on the opposite 30 (GK can move horizontally but must stay over the 30). The GK immediately clears to the opposite team she received the pass from and that player must get a complete pass off to her teammate and safely transition the ball back over the original 30 that they started at.

If either of the two teams turns the ball over that team must go to the front of the line and immediately go again. If one or both of the teams complete their passes without drops or turning the ball over they are done and go to the end of the. If more than one GK than alternate each whistle.

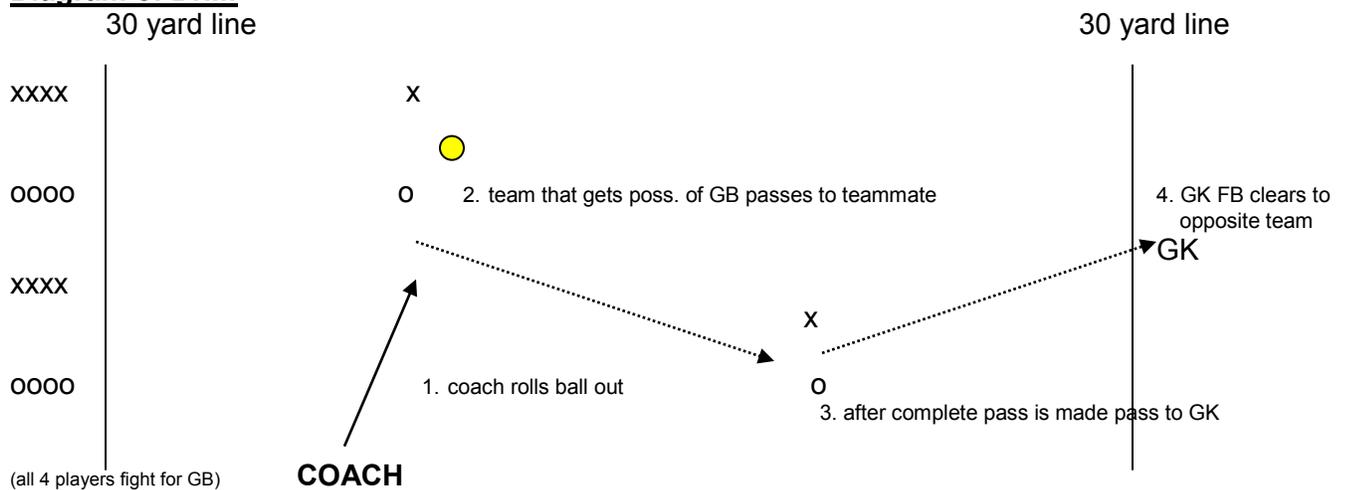
**Equipment Needed:**

A couple balls, restraining lines

**Skills Emphasized:**

- Clean groundball pick-ups (boxing out, running through, no empties, in a crowd)
- Passing and Catching accuracy (using proper hand)
- Clearing (fast break clears... or dodging and cutting to get open)
- 1 v. 1 skills (offensive and defensive skills)

**Diagram of Drill:**



**Coaching Points of Emphasis:**

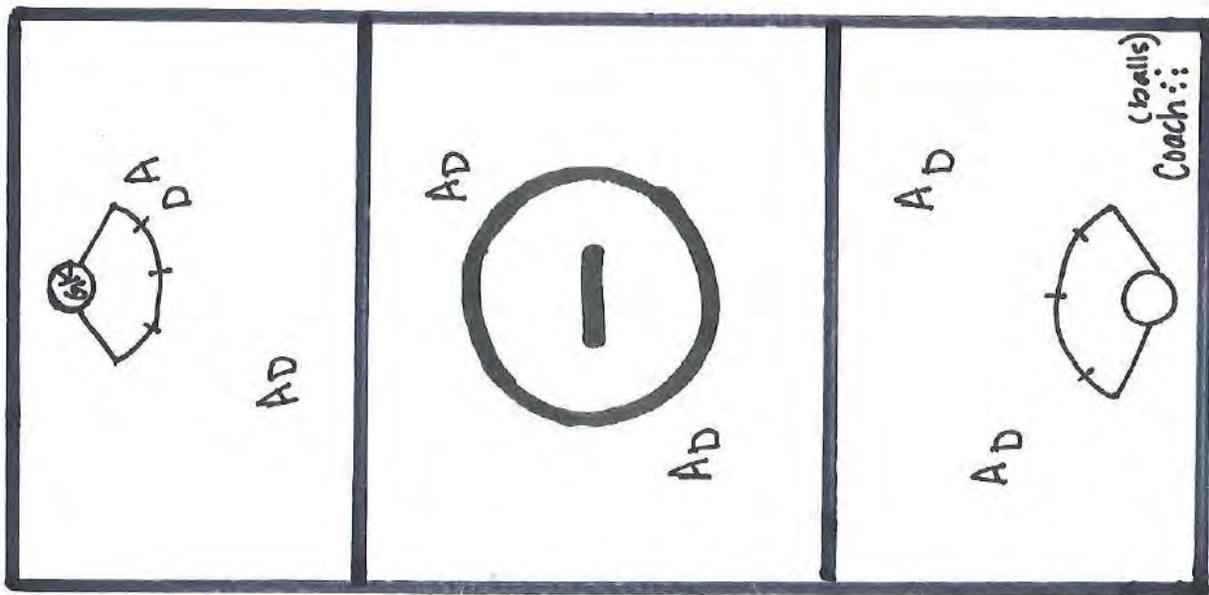
Penalize empty stick checks on the GB's and bad turnovers. Emphasis is on making smart decisions with passes, using the proper hand, as well as working hard to get open. You must pass the ball to your teammate you can't just run it over. Your teammate must work on getting open to receive the pass. This should be fast paced and if you turn the ball over you are penalized by going again which is exhausting.

**Description of Drill:** Separate the field into three sections. Two ends and a middle. 2v2 in each zone; must make a completed pass in the zone before moving on to the next zone; once ball passes through the zones, into the scoring area and a completed pass is made, the 2v2 can go to cage. Rotate from zone to zone.

**Equipment Needed:** Balls, Cones, Goals

**Skills Emphasized:** Making accurate and smart cuts; keeping your feet moving through the catch; defending the cutter (staying defensive minded); working in smaller spaces for more accurate passing

**Diagram of Drill:**



**Coaching Points of Emphasis:** Can easily change the number of players in each zone as well as how big the zones are. Can also make it a progression drill where after the ball moves through each zone, the zones are "activated" (so it can become a 4v4 or a 6v6). Moving the ball quickly and with forward, north-south progress in mind. Once it gets to the attacking end, if there is a turnover or a goalie save, it can go back the other way for defensive midfield transition.

**Description of Drill:** The purpose of the drill is to work on forcing your attacker to your help. An attacker will drive 1v1 on a defender from the top of the 12 and the defender will have to work to force her to her help. The helping defenders will be waiting on the right and left of the defender on ball, between the 8 and the 12. Once the defender forces her attacker to one of the helping defenders, that defender is then engaged in the play. Along with another defender, another attacker is engaged and it becomes a 2v2. The helping defender to the right or left that was not used steps out of the play.

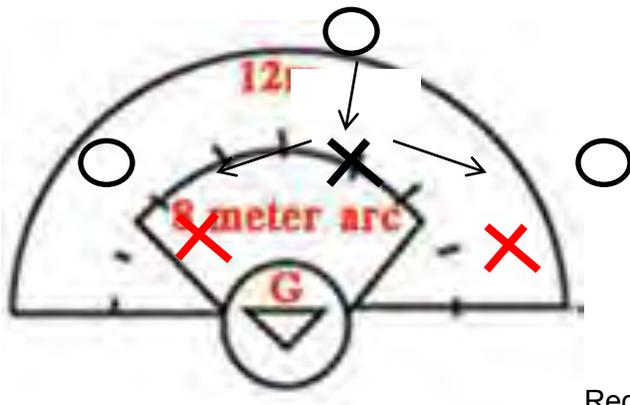
If the attacker driving 1v1 beats the defender to cage and they score, the drill is over. If the goalie makes a save, she is clearing to her defender. If either attacker in the 2v2 scores, the drill is over. If the goalie makes a save, she is clearing to either of her defenders.

**Equipment Needed:** None

**Skills Emphasized:**

- Communication between defenders and other defenders
- Communication between defenders and their goalie
- Solid 1v1 defense
- Dictating your attackers movements
- 2v2 defense-slides, double teams
- clears

**Diagram of Drill:**



Red Xs-helping defenders

**Coaching Points of Emphasis:**

- Approaching the attacker-when and where
- Body positioning
- Forcing to help
- 2 way communication the entire time between goalie and on-ball defender and between other defender and on-ball defender

**Description of Drill:**

- 4 Lines around the 8 (1 high, 2 on the wings, 1 behind) with Balls, Attack, Defense, and a ladder on the 12M to the 8M
- 1v1
  - o Attacker gets the ball off a pass and goes through the ladder doing a designated footwork
  - o As the Attacker gets the ball and goes through the ladder the D runs to touch the goal line and then back to play D in a 1v1 to goal
- 3v3
  - o Add the 2 lines on either side of the ball – so they go through the ladder (A) and touch the lines (D) as well and play out a 3v3

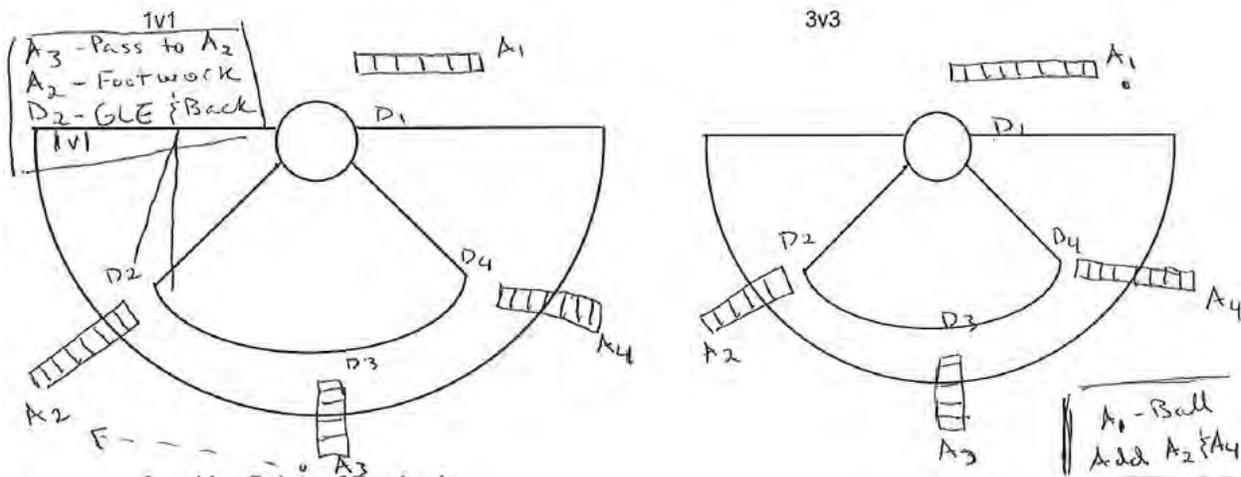
**Equipment Needed:**

- Ladders, 8M

**Skills Emphasized:**

- 1v1 A and D
  - o A – Dodging hard; D – Approach and stopping the Attacker
- 3v3
  - o A – Dodging hard, cutting through; D – Communication, approach, slides

**Diagram of Drill:**



**Coaching Points of Emphasis:**

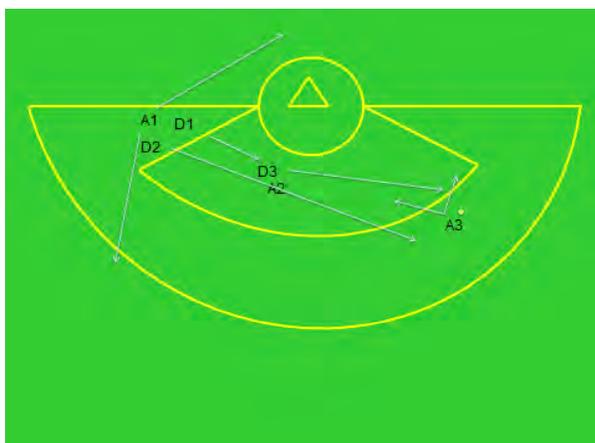
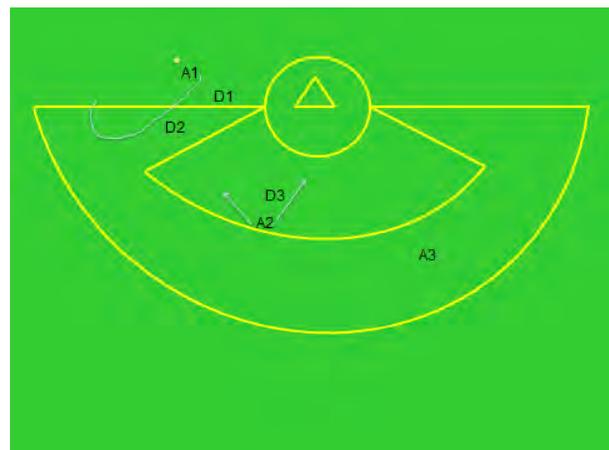
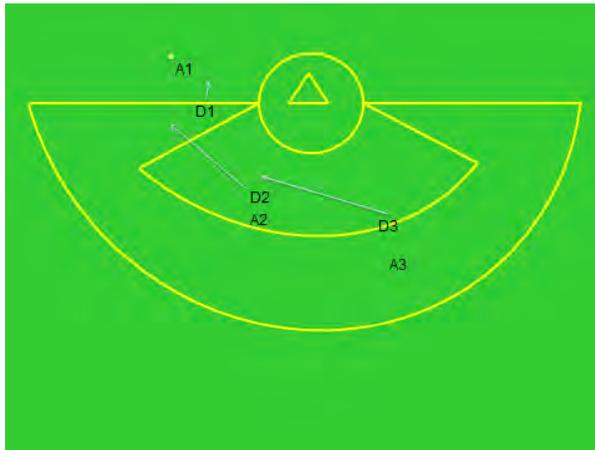
- Attacker – making a good hard dodge and going straight to goal
- Defender – focusing on approach and making a stop

**Description of Drill:** High pressure drill that focuses on quick decision making. 3 v 3 set up around cage or cone. Player with ball (A1) starts with dodge, D2 half slides or full slides to double with D1, D3 slides to A2, A1 rolls out of double team, skip passes to A3, A3 re-dodges to middle or down alley. D3 slides back to A3, D1 or D2 recovers to help double, D1 or D2 takes A2. Players will rotate. The drill can be continuous or you can break it down to 2 or 3 passes. I have my players play both attack and defense.

**Equipment Needed:** Balls, cone/goal to designate cage.

**Skills Emphasized:** The drill works on stick work, cutting to get open, passing under pressure, dodges, double teams, defensive slides, recovery defense, anticipation, and communication

**Diagram of Drill:**



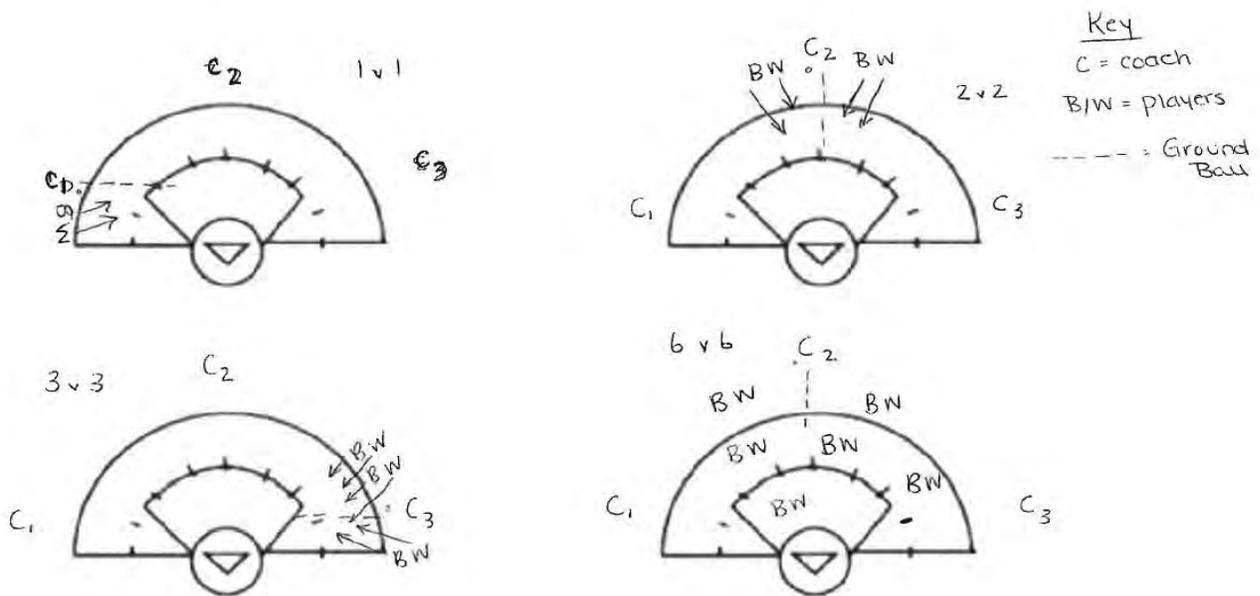
**Coaching Points of Emphasis:** **Attack** – Stick work and protection, composure to get out of double, finding the open player. **Defense** – Communication, slides (reacting as the ball is in the air), double teams, good defensive body position,

**Description of Drill:** Competitive GBs to cage ranging from 1v1 to 2v2 to 3v3 to finally a 6v6  
 Keep score of how many GBs each team gets and how many goals

**Equipment Needed:** Balls, cones, cage.

**Skills Emphasized:** Groundballs, boxing out, spacing, offense & defense in a small space

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Ground Balls – Focus on boxing out; Finding the outlet
- Attack – Spacing; Field awareness; Be creative for scoring opportunities
- Defense – 1v1's; Force wide; Staying low; Use help when available

**Description of Drill:**

- Set up: a 10 x 10 yd box in front of goal cage
- Divide the team into 2 groups
- Coach, ready to feed balls into play, should be standing just outside the 12m
- If the offense scores, they get another ball to play out
- If the offense misses cage, makes a bad pass, defense causes a turnover/knockdown or GK save...offense gets another chance, but after 2 mistakes
- After 2 mistakes, new group of 4 comes in on attack
- After set amount of time, switch which team is on offense/defense

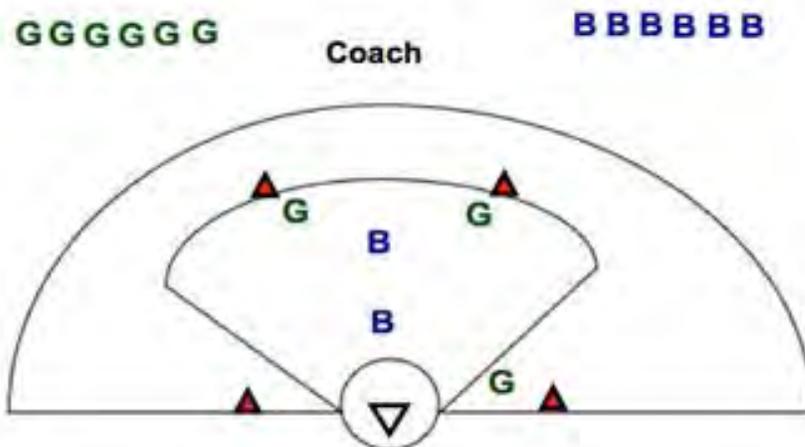
**Equipment Needed:**

- Cones

**Skills Emphasized:**

- Offensively emphasizes:  
 Good decision making and quick ball movement under pressure  
 Read the defenders  
 Create passing lanes work for the best shot  
 Make a defender commit and then move the ball quickly
- Defensively emphasizes:  
 Communication  
 Correct slides/positioning  
 Take something away

**Diagram of Drill:**





Institution: Goucher College  
Coach: Katie Trainor  
Name of Drill: Pentagon Passing

**Description of Drill:**

- A passing drill designed to work on stickwork, off ball movement and defensive positioning and awareness.
- You have 2 teams of 5 players. One team starts with a player on each cone and are on "attack", they are looking to pass the ball around to the open teammates around the 5 cones. Attackers can cut around their cones, but cannot switch spots, forcing the attackers to get open in small spaces.
- After every 3 completed passes (drops do not count) the defensive team adds a defender in, trying to win the ball back as quickly as possible.
- Once the 5<sup>th</sup> defender enters, the coach may start to time the attacking team to see how long they can possess.
- Once the defensive team comes up with the ball, the 2 teams swap and the attacking team becomes the defensive team, etc.

**Equipment Needed:**

- 5 cones, 10 players, a few balls
- Size of drill totally dependent on coach.

**Skills Emphasized:**

- Stickwork: using outside hand to pass/catch, passing/catching under pressure
- Defense: communication, causing turnovers, body positioning, double teaming, defensive risk taking and overall field awareness
- Attack: communication, cutting under pressure, stickwork under pressure, overall field awareness

**Diagram of Drill:**

X=cone ; o = ball  
a= attacker; d=defender

X<sub>a</sub>

X<sub>a</sub>

X<sub>a</sub> o

ddddd

X<sub>a</sub>

X<sub>a</sub>

**Coaching Points of Emphasis:**

See skills emphasized.

**Description of Drill:**

1 v 1 boxes work on defensive footwork, recovering to the hip with two hands when an attacker gets a step ahead, and staying in front of the ball. To begin, break the team up into groups of two. The groups don't necessarily have to be an attacker/midfielder and defender; the footwork done in this drill is beneficial for every player on the field. The attacking player will start with the ball on one side of the box and take the defender 1 v 1. The goal for the attacker to get through to the other side of the box, while the defender is looking to keep them on a line, preventing them from pushing their way through or beating them with a move. The 5 yds of space allows for the defender to recover incase the attacker is able to get a step on them. The defender should **only** be using their feet, not going for the check at all. Since this is a major point of the drill, it is best to start out with the defender not holding a stick or give them shortened shafts without the head. This emphasizes the need for footwork when a defender is trying to recover quickly on an attacker and prevents them from reaching.

**Equipment Needed:**

- Each group of two players needs four cones or markers to map out a 5 x 5 yd square
- Small, cut lacrosse shafts to use before adding full sticks

**Skills Emphasized:**

- Footwork
  - o Working on quick side to side footwork
  - o Keeping the attacker in front
- Keeping contact
  - o Attackers want to make space before making a move, especially in such a confined area. Make sure the defender is stepping up (as opposed to backing up) and making good strong contact with their hands out and stick up.
- Stick up! Forcing attacker to weak hand
- Recovering to the hip
  - o If the attacker has a step on the defender make sure they are recovering with a strong hand to their hip followed quickly by their other hand to force the attacker to slow down and decide to change direction.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Recovering with your feet
- Stepping **forward** rather than backward when the attacker gets a step on the defender
- Defender needs to keep their eyes on the stomach of the attacker. This forces them to watch their body instead of the stick.



**Institution:** Drew University  
**Coach:** Julia Steier  
**Name of Drill:** Agility Ground Balls

**Description of Drill:** This is a competitive ground ball drill, which incorporates short sprints, quick change of directions and explosiveness in a small area. Can work with large teams or when you're low in numbers.

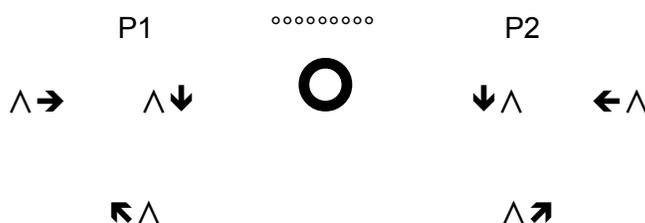
Form a small triangle with cones (5 yards x 5 yards x 6 yards) on one side of the crease and then create a mirror image on the other side.

P1 vs. P2 They start at the cone nearest to the goal. When the whistle blows they sprint out to the cone, get low touch it, back peddle diagonally to the other cone, touch it, then pivot and explode to the starting point and at this time the coach rolls the ball out for competition. Can be used as "hidden conditioning" depending how far out you roll the ball. Switch sides once the whole team has gone through. Can vary the exercise to the cones (i.e. side shuffle, karaoke, 1-legged hops, etc.).

**Equipment Needed:** Bucket of balls, 6 cones (3 cones to make a triangle), and game faces 😊

**Skills Emphasized:** Agilities, footwork, explosiveness

**Diagram of Drill:**



**Coaching Points of Emphasis:** Change of speed, stopping on a dime, quick pivots, body control. This can be a team competition, so concentrate on being aggressive on groundball pick ups, stick protection, getting low, cutting off the opponents lane, boxing out.

**Variations:** Can have the person who picks up GB go to goal for 1v1s. Or add outlet player above 30 so player can get head up for the quick outlet pass. Or add a ladder before the first cone for additional footwork. Or have players do push-ups then get into agilities.



**Institution:** Colby College  
**Coach:** Kim Williams  
**Name of Drill:** 3v2 Triangles

### **Description of Drill:**

Three attackers set up in the shape of a triangle in a small space (about ten yards apart)

- Two defenders step out
  - One on ball
  - One off ball
- Attackers move the ball using quick ball movement and fakes to force the defense to have to constantly slide and communicate
  - The attackers should focus on only moving in the small space and staying within a step of the cone
- The off ball defender overplays to one side and the on ball defender must try to force the attacker to pass to that side by cutting off the angle on the open side
  - Ensure the defender does not turn her back to the open attacker

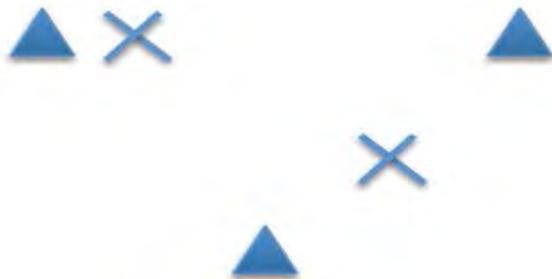
### **Equipment Needed:**

- Cones
- Balls
- Players

### **Skills Emphasized:**

- **Offense –**
  - **Stickwork**
  - **Quick ball movement**
  - **Fakes**
- **Defense –**
  - **Communication**
  - **Slides**
  - **Forcing**
  - **Footwork**
  - **Cutting off angles**
  - **Keeping stick up and in the passing lane**
  - **Hard pressure on ball**

### **Diagram of Drill:**



### Coaching Points of Emphasis:

- Defense
  - o Communication
    - We focus on communication between the two defenders.
    - The off ball defender must constantly tell the on ball defender if she is on her right or her left so the on ball defender can force the attacker to pass to that side.
  - o Forcing
    - Because of having to play man down, we want the defenders to have more of a focus and purpose when they are putting pressure on ball instead of just pressuring the attacker straight up. We constantly stress forcing the attacker to pass to where their **help** is.
  - o Slides
    - While the defense is sliding, we want their sticks to be up in the passing lane.
    - The off ball defender who is sliding to ball should focus on approaching the attacker from the correct angle to hide the open attacker and force right back to where the other defender is.
    - We usually start small with just 3 v 2 and then build up to 7 v 6 so the defense sees the concepts come to life in a game-like situation.
- Offense
  - o Quick ball movement
  - o Using less cradles and moving the ball quickly
  - o Faking the defender so they are constantly on their toes
  - o Keeping possession in a very small space
  - o Quick reactions and decision making
  - o Keeping stick on the outside of the defender



**Institution: University of Mary Washington**  
**Coach: Jess Glazer**  
**Name of Drill: Crash Drill**

**Description of Drill:** You set up 5 cones centered around the 8 and the goal. Two cones will be about 3 steps to the left and right of the goal circle placed on the goal line extended. Place the next two cones in a straight line above the 8 to form a box. The fifth cone goes directly in the center of the 8. Have 5 offensive players each take a cone. Add four defensive players to match up on them. Goalie in the cage. Offensive players have to stay on their cone and can't move too much. This drill is about fast ball movement for the attack and learning not to hold it too long. The only player who can shoot is the girl on the middle cone. Goal of the defense is to pick up the most threatening players (Ball, two adjacent passes, and middle girl) leaving the girl furthest away from the ball open. Ball starts with you at the top of the 12. Pass it in to any attack player to start the drill. The attack passes however they want while the defense makes the appropriate slides. Any time the ball gets passed to the middle, the defense should yell CRASH and get their bodies and sticks in there so the attacker can't get a shot off.

**Equipment Needed:** Cones, bucket of balls.

**Skills Emphasized:** Offensively: Quick ball movement. Quick finishes. Defensively: Fast slides, staying light on your toes, stick up to get interceptions, anticipation, picking up the most threatening players, communicating, and crashing hard to the middle.

**Diagram of Drill:**

**Coaching Points of Emphasis:** To the defense: Make sure they are making slides with their sticks up ready for blocks/interceptions. Stress communication, letting each other know when they can leave the middle girl to go pick up an outside player. Keeping your head on a swivel; this is a great drill to help your defense with not focusing on one thing for too long and staying light on their toes. Watch 3 seconds---checking in and checking out of the 8.

To the offense: Stress quick, smart ball movement. Using the correct hands so they don't telegraph their passes. If the middle girl is ever open make the feed into the middle and take the quick shot. You want your offense to make the defense pay for making a late or wrong slide in this drill.



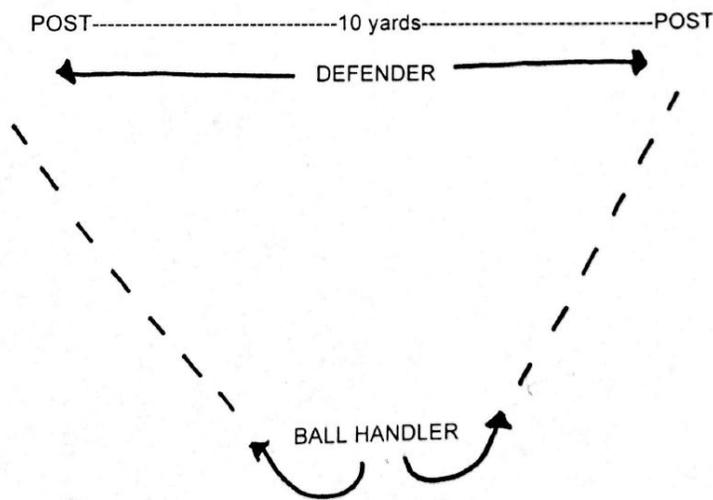
**Institution:** Franklin & Marshall College  
**Coach:** Christina Fried  
**Name of Drill:** Anticipation Drill

**Description of Drill:** For this drill you will set up three players in a triangle, about 10 yards apart. A defender will stand between two girls in the triangle; the third will have the ball in her stick with her back to the defender. The girl with the ball will toss it to herself. Make an exaggerated turn toward one of the post players and then make a pass. It's the defenders job to read the direction the ball handler is turning and make the interception before the ball reaches the post. The defender becomes more successful at the drill you can have the two posts move further apart to challenge the defender.

**Equipment Needed:** Ball, 4 players

**Skills Emphasized:** Reading the ball handler's movement in order to better anticipate the pass and make an interception.

**Diagram of Drill:**



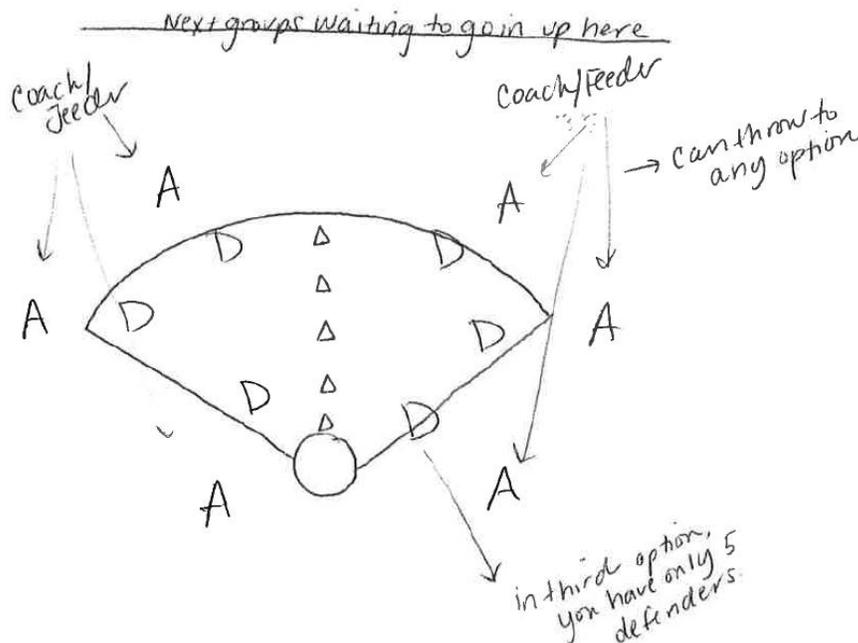
**Coaching Points of Emphasis:** Make sure the defender is set up in the middle she is on her toes and reading to move in either direction depending on what direction the ball handler turns so she can make the interception. We also emphasize the defender making herself big in order to pick off the passers.

**Description of Drill:** Basic Set up: put a line of cones down the middle of the 8 meter as a barrier. Set up 3 attackers and 3 defenders on either side of the 8 meter. 2 coaches/feeders are up top with the balls. Coach throws in ball to any attacker on their side. One ball becomes dead (with a shot or a turnover), Other coach immediately throws the ball into their side. Each side gets 2 balls each then switches new people in. You can also add time limits to the attackers (15 sees to play out their 3v3). Drill: There are a couple options you can do with this drill. 1) Only allow the 3 attackers and 3 defenders with the ball to be live. Once ball is played out, next side gets to go. No one can cross the line of cones. 2) Allow the defenders from the opposite side to also be live. Opposite defenders can send 1 person from their side over to slide when necessary to double or send double. In this case- attackers also have the advantage to look to opposite side to move the ball. 3) Only 5 defenders are in this time, with 6 attackers. After Coach throws ball in, defenders have to communicate to slide a defender across so that there is always a 3v3 on either side.

**Equipment Needed:** Cones and balls.

**Skills Emphasized:** The first one emphasizes working in tight spaces for A & D. Communication for A&D, making space on attack. The second twist works on shifts on D, doubles on D, D covering the weakside, Attack looking up & swinging ball to weakside, Attack getting out of doubles. The third twist is great for man up Attack- looking to take advantage when D is late to slide/moving ball quickly. Great for man down 0-anticipation & breaking down feet to ball

**Diagram of Drill:**



**Description of Drill:**

There are 3 boxes in a line, each box 5 yds x 5yds. In Box 1, there is an attacker and defender. In Box 2, there is a defender. In Box 3, there is an attack and defender. A 1v1 starts at the top of Box 1. Once the attacker reaches Box 2, the defender from the Box 2 doubles ball with the defender from Box 1 (but starts at the backside of the box to communicate to close the double). As the double happens, the attacker from Box 3 must remain in her box to get open, with her defender marking. The attacker who started with ball can only use Box 1 and Box 2 to get space and make a pass into Box 3.

**Equipment Needed:**

- 8 cones
- 1 ball
- 3 defenders
- 2 attackers

**Skills Emphasized:**

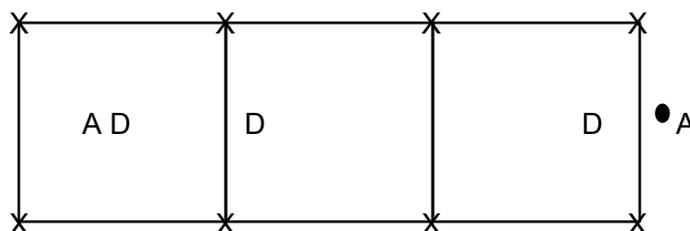
Defensively

- Aggressive and clean D
- Communication in a 1v1 and a double
- Denying close range pass

Offensively

- 1v1s
- Getting out of a double
- Making a great pass with pressure in a tight space

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Defensively

- Containing the attackers to one side of the box
- Communication

Offensively

- Reading the defense, handling pressure
- Working a small space effectively
- Stick protection while under pressure

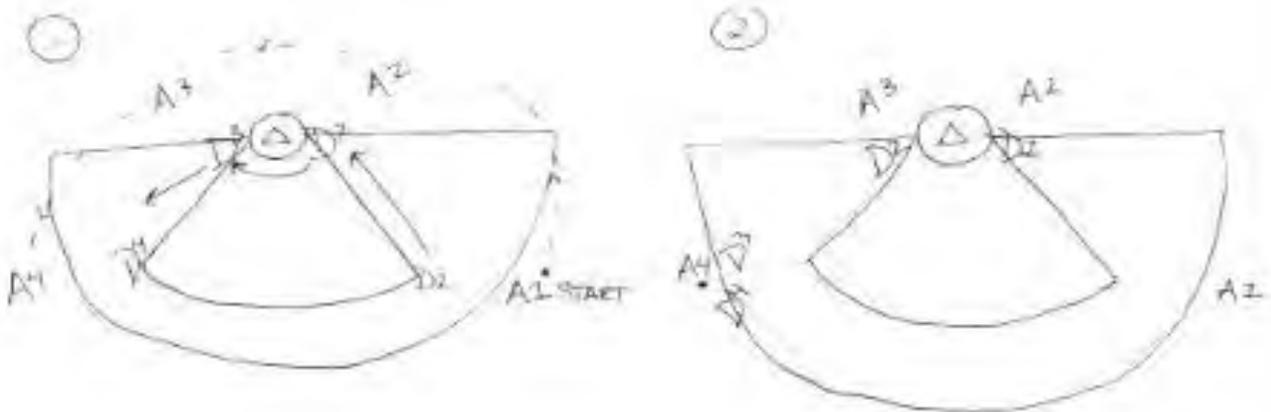
**Description of Drill:** The purpose of this drill is to work on the defensive slide across the crease, communication when to send the slide, and the timing and approach of the double team.

**Equipment Needed:** Ball, Goal, 4 Attackers, 4 Defenders

**Skills Emphasized:** Defensive sliding and doubling

**Diagram of Drill:**

1. Begin the drill by positioning two attackers on either side behind the crease; the other two outside the 12M at the elbows. The four defenders will match up evenly on each of the attackers (Diagram #1)
2. Start ball with Attacker #1. Have the attack move the ball counterclockwise down low behind the cage and swinging it across and all the way up to Attacker #4.
3. As the attack moves the ball behind cage and up to A4, D1 sends D2 to slide across the crease to take D3's position, while simultaneously sending D3 to slide up and double the ball with D4. A4 will look to challenge once she receives the ball.



**Coaching Points of Emphasis:**

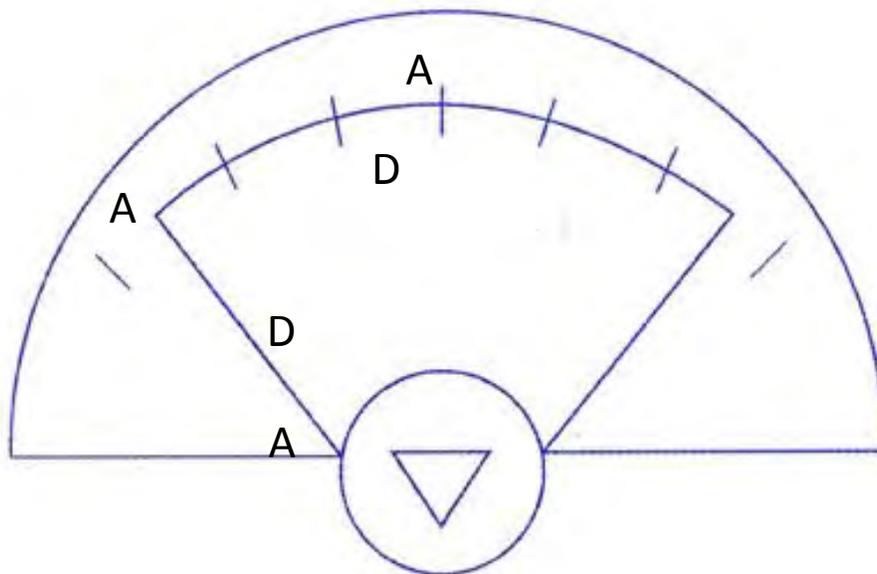
- On the Crease Slide – emphasize communication of sending the slide as well as the timing
- On the Double Team – emphasize the commitment to the double as well as the angles and footwork used to approach. Sticks should be up ready to block a pass attempt. Both defenders should be communicating to each other at all times.

**Description of Drill:** Set up a 3 v 2 with 3 offensive players inside the 8 and on only ½ of the 8.

**Equipment Needed:** No additional equipment

**Skills Emphasized:** **Offense:** Stickwork in small spaces, ball movement, reading the defense - **Defense:** No a defensive drill but there areskills that are still being worked on - **Communication, sliding, goalie as part of defensive unit**

**Diagram of Drill:**



**Coaching Points of Emphasis:** Quick ball movement, read defense to determine pass, maintain spacing. There should only be 2-3 passes before a shot is taken. We usually run this from both sides, alternating sides to keep me players engaged and moving quickly.

**Description of Drill:** This drill allows defenders to practice being in a man down situation while simultaneously teaching attackers to work quickly together to take advantage of being man up. There are 2 defensive lines and 3 offensive lines. One defender (1) starts with the ball in to the right of the crease and passes it to another defender (2) as shown in the diagram below. The ball then moves to the three attackers in the order indicated by the numbers below, allowing passes to be made without interference. Once the ball is in the attacker's stick at the top of the 12m, the 3v2 is played out. After making her first pass, defender 1 should move to the left of the crease and yell to her teammate to force left.

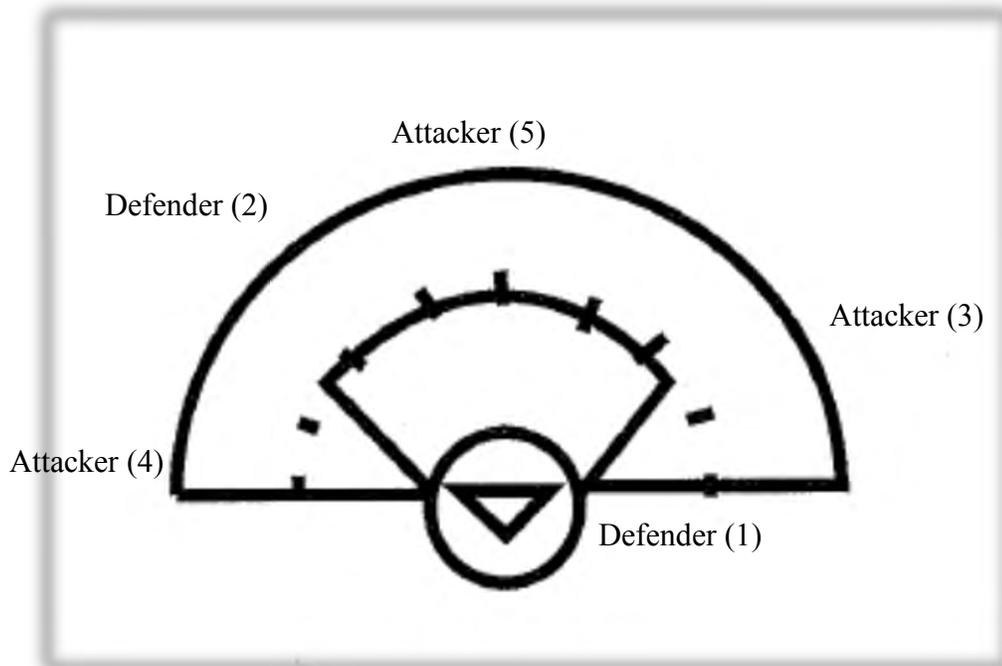
**Equipment Needed:**

A pile of balls

**Skills Emphasized:**

Move the ball quickly to generate a scoring opportunity.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

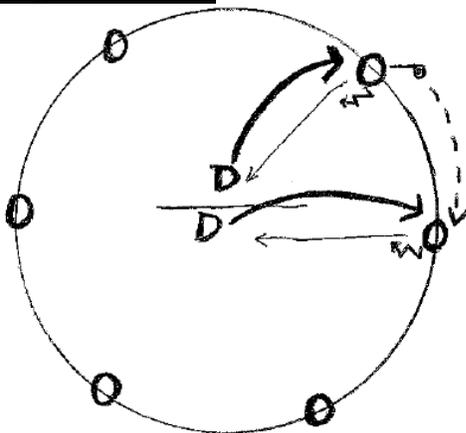
Attackers need to focus on moving the ball quickly and getting the shot off. Stop the play and move on to the next one after about 20 seconds since a man up situation does not normally last that long in a game. The defenders should focus on talking and forcing their girl to their help.

**Description of Drill:** 6-8 Players space themselves out and around either the center draw circle or the arch. Two players are selected to go through the drill first and place themselves either in the middle of the draw circle or at the center hash of the 8m (depending on which area of the field you are using). One player on the outside will have a ball and one player in the middle is selected to go approach ball first. The defensive player in the middle takes an angle and a big approach to ball while being directed by her other defensive teammate in the middle as to which direction to force and what dodge she should expect to see from the player. Offensive players should be given a specific dodge to show the defender before each round. The player approaching ball closes out and tries to prevent the dodge (and possibly re-dodge) while maintaining body contact and not chasing stick. Once the offensive player has tried to dodge unsuccessfully once or twice, she will move the ball to her adjacent. The defensive player quickly gets back in the hole (communicating "in") while her teammate repeats the process/skills. The players will alternate until they have defended each offensive player either once or twice (depending on how tired you want them to be). Two new defenders then take place of the two in the middle.

**Equipment Needed:** 1 Ball and 8-10 players

**Skills Emphasized:** Communication, defensive approach on ball, quick recovery back to help D position, closing out on ball, and identifying specific dodges.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Defensive drill working on communication within a unit, approach out on ball, identifying the dodge, keeping contact, not chasing the stick, and retreating back into "the hole" for help defense. The defensive player is also trying to identify set-up for specific dodges and prevent the re-dodge. The two defensive players should be using lingo like:

- Got ball" – player approaching ball
- Force left or right" – player in the hole
- Keep her there" – player in the hole
- Watch the split" or "roll" – player in the hole
- Get in" – player in the hole as she becomes the player out on ball
- In" – player retreating back to the middle



**Institution: Stonehill College**  
**Coach: Katie Conover**  
**Name of Drill: Black & Blue**

**Description of Drill:**

You need an attacker at the top of the center circle, a defender on each side of the circle waiting to double the ball, and a coach near the cones throwing the ball to the attacker to start the drill.

\*The coach feeds the ball to the attacker. The catch signals the defense to start working on getting a double.

\* The attacker is trying to get in between the two cones and the defense is trying to establish a double and reroute the attacker from -getting to goal space.”

\* The defense communicates who has body and who has ball. They are forcing weak and into the double.

\* The goal of the defense is to be physical and make contact to slow the ball down long enough to get a double there.

Once your kids are comfortable with the defensive communication and footwork you can add more of the mf transition. You can add attackers and defenders coming back to the ball. This will force the attackers to make good decisions with the ball under pressure and it will force your low attackers to make aggressive cuts back to the ball in transition.

**Equipment Needed:**

Balls

Center circle

2 cones

**Skills Emphasized:**

**Defense:**

Defensive communication

Getting to the space first and turning attacker into the double

Slowing down the ball

Good defensive body positioning and breaking down their feet

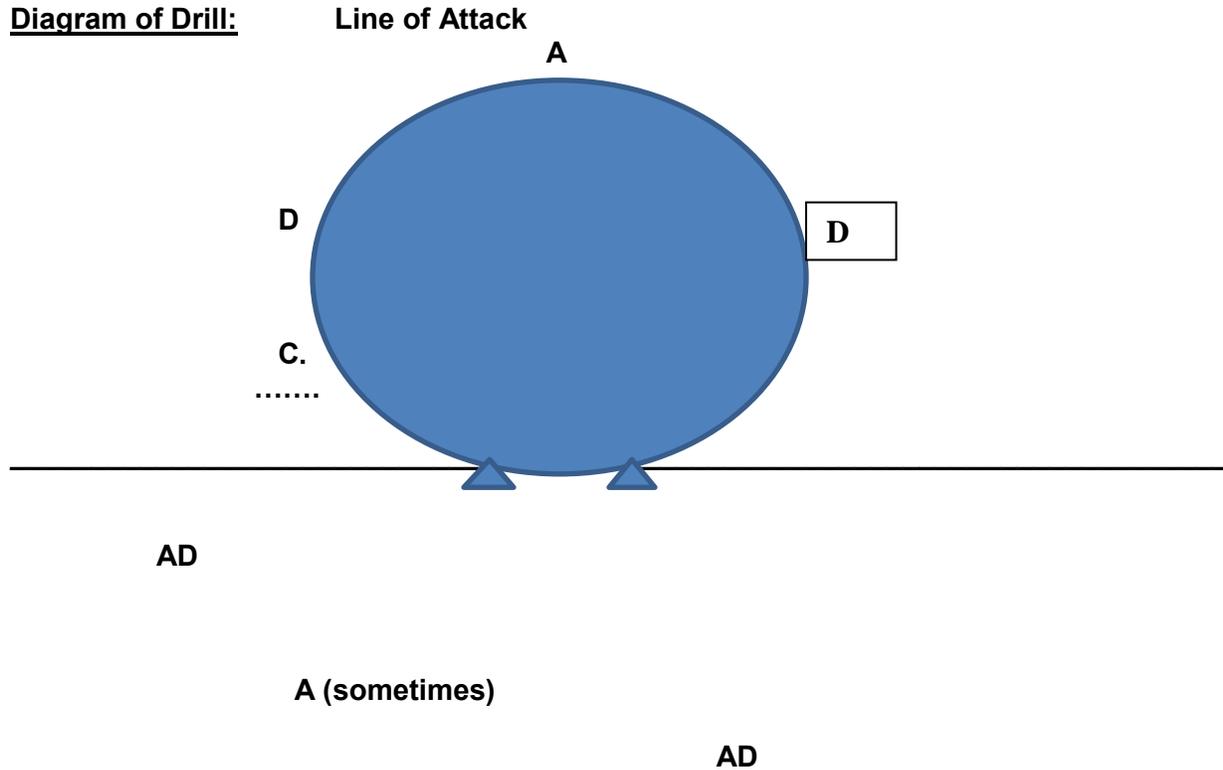
**Attack:**

Making good decisions under pressure

Aggressive/effective cuts back to ball

Focus on minimizing turnovers

**Diagram of Drill:**



**Coaching Points of Emphasis:**

The focus of this drill is for teach the defense what their specific job is. The first defender on ball gets to the space first, slows the ball own and forces to double. The second defender on ball doubling needs to let her teammate know she is on her way. She needs get tot eh double and V her feet to close out space before she uses her stick to play D.

You really want to make sure your team is communicating like crazy.

The attack needs to play heads up and they need to make smart decisions under pressure.



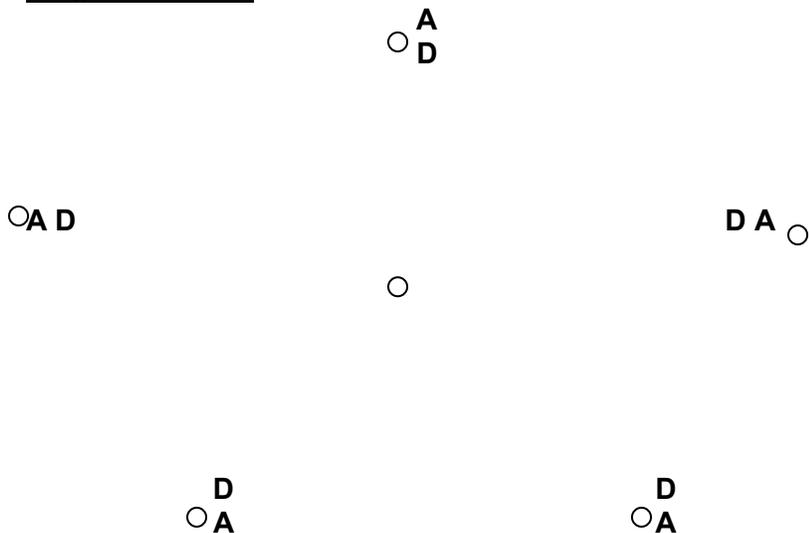
**Institution: Houghton College**  
**Coach: Amanda Brenon**  
**Name of Drill: Pentagon Drill**

**Description of Drill:** Set up 5 cones in the shape of a pentagon, about 10 yards apart. Put a 6<sup>th</sup> cone in the center of the pentagon. At each outside cone, there will be an offensive and defensive player. Offense moves around the outside of the pentagon and passes the ball to teammates. Offense is trying to touch the center cone with the ball in their stick. Defense is practicing good defensive positioning/stance and strong double teams.

**Equipment Needed:** 6 cones, 1 ball

**Skills Emphasized:** Offense: quick passing, strong dodges, backdoor cuts  
 Defense: communication, defensive positioning/stance, double teams

**Diagram of Drill:**



**Coaching Points of Emphasis:** Communication on offense and defense, moving the ball quickly, defensive positioning

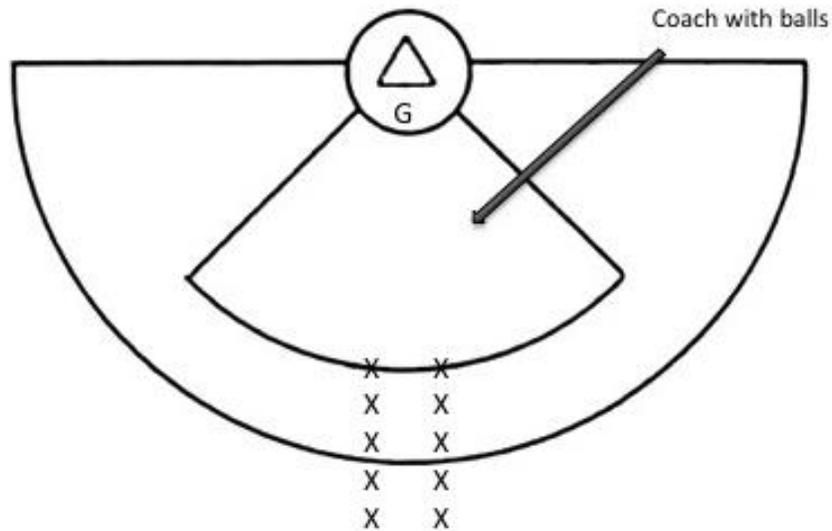
Source: Women's Lacrosse: A guide for advanced players and coaches by Janine Tucker and Maryalice Yakatchik

**Description of Drill:** Two lines at the top of the 8M. Players begin with their backs to the goal. Coach will roll ball out into the middle of the 8M on the whistle player's turn & go for the ground ball. If you pick up the ground ball you become the Attacker & look to get a quick shot off. If you do not get the ball you become the Defender. Defender's job is to force a poor shot without fouling. As soon as the shot is taken or the Attacker is forced out the whistle blows & the next ball & group go.

**Equipment Needed:** Bag of Balls, whistle

**Skills Emphasized:** Ground Balls inside the 8M. Quick shooting. Decision Making. Defensive positioning & play inside the 8M without fouling.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Attack: Quick shooting, good decision making. Defense: Forcing the shooter to take a poor shot without fouling.



**Institution:** Hofstra University  
**Coach:** Katie Hertsch  
**Name of Drill:** Off-ball Cone Defense

**Description of Drill:**

- Set up 3 cones in an L shape. You can put the cones at any distance you would like. (About 5-10 yards apart)
- 2 players take the roles of attackers and the 1 takes the role of a defender
- An unmarked attacker simulates having the ball and being the driver. The other defender and attacker are marked up on the cone. The defender is in good low defensive stance while making her “V” giving her the ability to see both ball and her attacker.
- The attacker (with the ball) then drives toward the middle cone while the defender tries to slide to the space in front of the cone before the attacker arrives. As the defender is sliding, she is keeping her stick nice and big in an upright position. When the defender gets to the cone, she breaks her feet down and makes contact with the attacker in a low, defensive stance.
- Each player then walks back to their original starting cones to repeat this sequence again.

Variations:

- The tempo of this drill and the amount of reps you do can be varied.
- Each player can rotate through each position if desired.
- The cones can be moved at different spots to simulate sliding at different angles.
- You can do the drill with or without sticks
- The attacker with the ball and challenge or re-challenge at different times to keep the defender honest
- The off ball attacker can simulate cutting or back-dooring to make sure the defender keeps their “V”

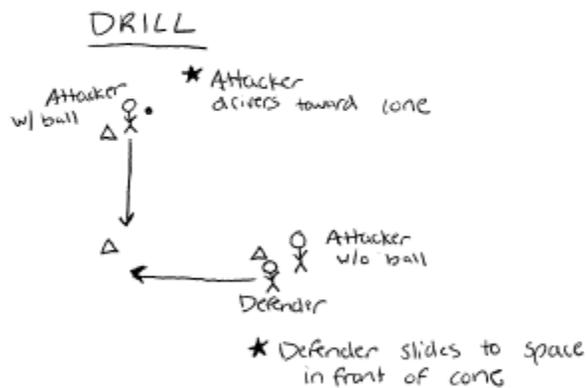
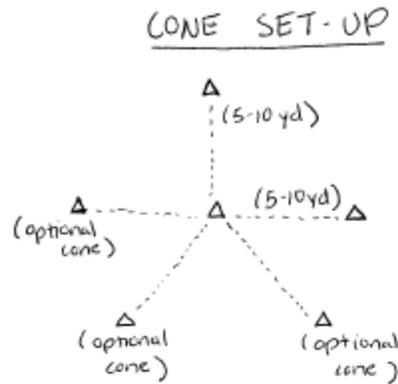
**Equipment Needed:**

Cones

**Skills Emphasized:**

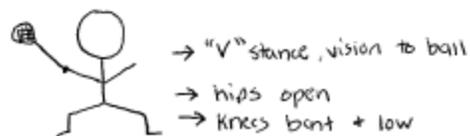
- STAYING LOW AND READY while off ball
- Sliding to the space in front
- Footwork
- Readiness to slide with open hips & vision to ball

## Diagram of Drill:



## EMPHASIS

\* Defense off-ball positioning



## **Coaching Points of Emphasis:**

- Making sure defenders are staying low and always ready to slide
- They should keep their "V" –having vision of ball and girl, with hips open ready to slide, not closed off to the off-ball attacker
- Defenders should slide with a big stick and get nice and low when they arrive at the cone
- Have quick feet- ready on toes before sliding and break down feet quick when making contact at the cone.

**Description of Drill:**

Working on the mechanics and options out of a simple Drive, Draw, Dish

- 3 **A**'s line up above 12 meter in a 3v3 formation
- 3 **D**'s are ready inside of the 12 to defend them
- Ball starts in middle attack line where that attacker chooses to drive the left or right seam
  - Whatever Seam she drives, a 2v2, D-D-D scenario is live
- Play out the 2v2 until a defensive stop or shot is made- always trying to stay in the double until the pass is made, then recover

**BUILD UP:**

- Can do the same drill anywhere around the fan to simulate different D-D-D attack scenarios
- Can add 1v1 on each of the elbows so there is a "slide" and 2<sup>nd</sup> cutter
- Can make both sides live, once the initial seam is driven

**Equipment Needed:**

- Balls & Net

**Skills Emphasized:**

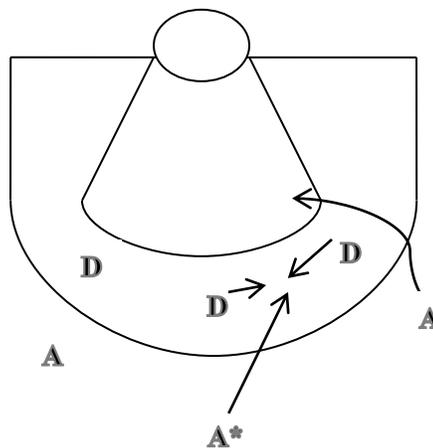
**ATTACK:**

- Driving a Seam to draw the double
- Recognizing if you are doubled (if not then go to goal)
  - If doubled, DRIFT out of the double, head up looking to dish

**DEFENSE:**

- Footwork and timing of the double
- If doubling, double 100%
- No FOULS!
- Recover HARD if a successful pass is made

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- On **Attack**, Focus on making the DRIFY, part of the traditional D-D-D→ Don't want to pass through the double team
- Don't panic, you can simply Run out of the double while protecting the ball→ don't just pass out b/c you think you "have to"
- **Defensively**, stress the importance of not hesitating! IF you are not in a full double but also not covering your girl, you are doing NOTHING. Make a choice and stick with it, 100%!

**Description of Drill:** 4 - 6 feeders outside the perimeter. 1v1 in 8m. Repeat to all feeders.

**Attacker:** Cut to ball with correct hand, quick dodge around defender, and shoot. Focus on quick change of speed/direction. Cut immediately to the next feeder. Can modify with 3 second count with ball.

**Defender:** Deny the cut and force the attacker out. Defender must be cautious about the critical scoring area and getting too high on attacker, staying goal side but denying the pass. Make contact right away.

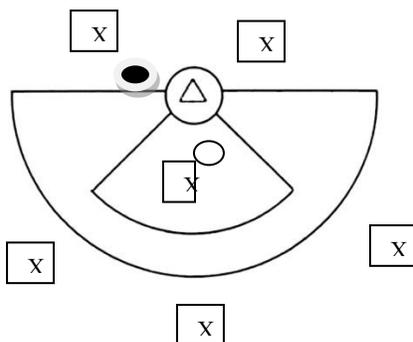
**Equipment Needed:** Goal

**Skills Emphasized:**

**A:** Change of speed & direction, reading defender, quick fake & finish under pressure

**D:** Body positioning on cutters in 8, footwork, strong body contact, communication

*Diagram of Drill: Example - To start, ball is on right side of crease (GK perspective), attacker in middle cuts down to ball and defender steps up on diagonal to deny the cut. If attacker backdoors, defender must adjust, backpedal and step back into space.*



**Coaching Points of Emphasis:**

**A:** Emphasize quick cuts and catch defender off guard. Understand when the ball moves, how to break free from defender who needs to quickly correct their body positioning.

**D:** Focus on body positioning of cutters in the 8 as the ball moves. Knowing where D wants to force the attacker before A catches the ball – what shot are you giving up? Emphasis on forcing the attacker out, giving the GK an easier save. Focus on staying low and moving feet quickly with attacker, ready to make contact when she receives the ball. Communication when ball is passed inside the 8.

**Description of Drill:**

6x6, 8x8 or 10x10 box - 2 defenders inside, one attacker on each side of the box. Each attacker can work along their whole side of the box cone to cone. Moving the ball around the box, the attackers must recognize an opportunity to attack the interior of the box and attempt to carry the ball through to the opposite side to score a point. The ball can only be passed between two sides that connect with each other, and cannot be passed through the box. The D will then try to either turn the attacker out or execute a double to cause a turnover for a point.

\*\*A pass through the box can be added as a next level progression to simulate attacking off of and defensive adjustments to skip pass.

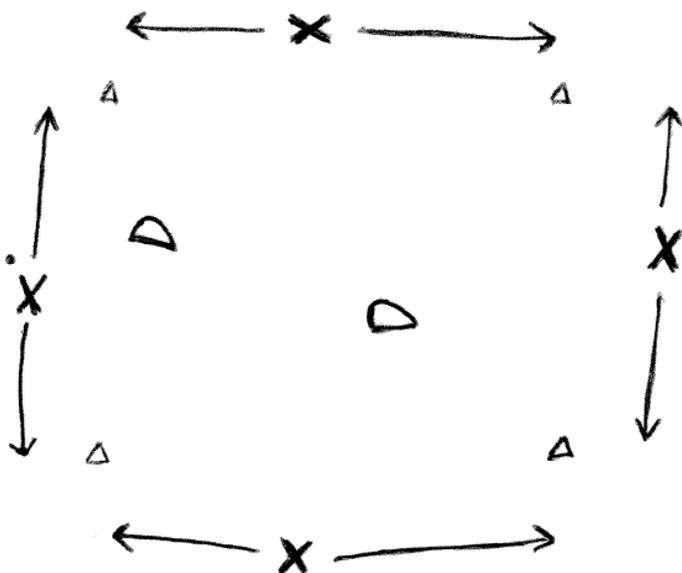
**Equipment Needed:**

Four cones, extra balls

**Skills Emphasized:**

Stick work and footwork in a tight space, vision, attacking first step, defensive communication and positioning, double team execution, recovering out of the double.

**Diagram of Drill:**



## **Coaching Points of Emphasis:**

### Attackers:

- Must recognize when the D is not balanced, when the 1<sup>st</sup> defender is late or has momentum in the wrong direction BEFORE OR AS THEY ARE RECEIVING THE BALL and attack the box trying to get out the opposite side.
- Must use outside hand and quick switches, can shorten the pass/create a better lane by moving along their side of the box.
- Ball movement creates opportunities - focus on pass fakes, deception with eyes and body, changing levels.
- Can also attack the box if the on ball defender is hanging way off or committing too early to the double – creating a draw and dump situation
- With ball must recognize when 2<sup>nd</sup> defender is cheating up to next pass exposing the lane and take 1<sup>st</sup> defender 1v1 with a quick move (face dodge, pass fake, sword dodge, roll dodge if 1<sup>st</sup> defender gets overzealous, etc).

### Defenders:

- 1<sup>st</sup> defenders job is to pick a side and force one way, 2<sup>nd</sup> defenders job off ball is to have maximum vision and anticipate the pass, on ball to force ball back the way it came.
- Should focus on closing passing lanes stick first to cause hesitation and follow with body position/contact to force one way or another, but cannot go outside of the box with their feet.
- Pairs want to keep the ball on one half of the box to limit the options for offense – not trying to take all the options away, just forcing the attacker to make a particular choice.
- If attack attempts a 1v1, first defender is still trying to force same way towards help, if a double opportunity arises mid-box the D are looking to cause a turnover; if the attacker backs out in time, D must communicate and execute tracking the pass out of the double and forcing back to partner if possible, but more importantly denying the 1v1 opportunity.

**Description of Drill:** Start with 2 lines high (attackers) and 2 lines low (defenders). One of the low players rolls the ball to the high player on the same side of the goal. As she rolls it, she must make sure her approach is correct, so that she doesn't get beat. She has to make a C cut approach as she approaches so that she greets the attacker and can make contact, rather than running at her and getting beat by a simple dodge.

The drill can be built into a 2v2 as well. One defender rolls to the high attacker, the other defender and attacker join the drill. Communication between defenders and goalie is important, especially when working through double teams or man-down.

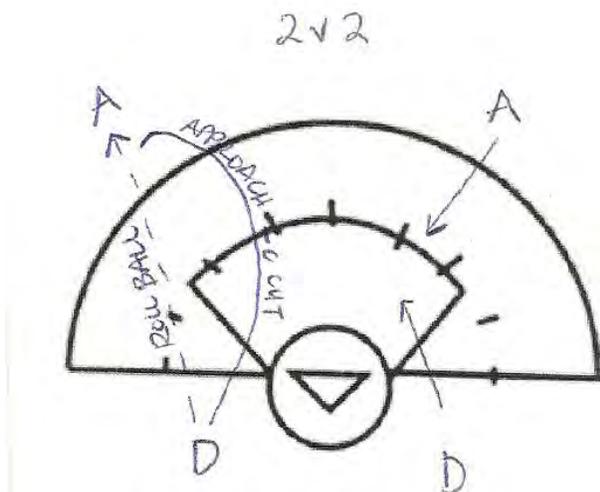
**Equipment Needed:** Ball, Goal & Keeper, Goggles and Mouthguard

**Skills Emphasized:**

1. Communication with Goalkeeper (or other defender if applicable)
2. Approaching the attacker:
  - a. Breaking down steps
  - b. Using a C cut approach instead of running straight at attacker
3. Greeting the attacker: force OUT and guide down the 8 meter, forcing bad angle shot

**Diagram of Drill:**

\*Add additional lines (3v3 and 4v4) to create more game-like atmosphere. As more players are added, communication and team defense become more and more important.



**Coaching Points of Emphasis:** Focus on good 1v1 defense and then develop into team defense as players are added. Make defenders responsible for their player!



Institution: Saint Anselm College  
Coach: Holly Drown  
Name of Drill: The Circle Game

**Description of Drill:**

Split the team into 3 teams. Two teams start inside the circle, the 3rd team is scattered around the circle in defensive position ready to check. One of the teams in the circle will start with the ball and will count their consecutive passes while the other team plays defense. If there is a change of possession, turnover or if the ball goes out of bounds, the 3<sup>rd</sup> team will jump on and immediately play defense while the team that lost the ball will come off and scatter around the circle. Each team will keep track of their consecutive passes and you can pick any number to play up to. The first team to get to that number will win.

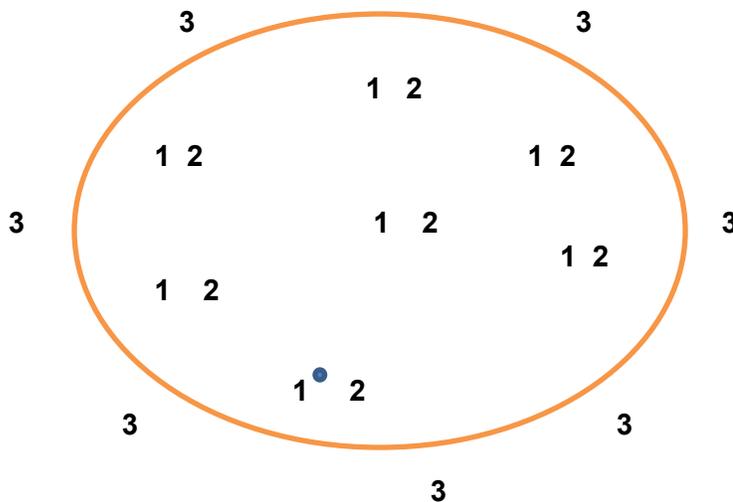
**Equipment Needed:**

-Draw Center Circle.

**Skills Emphasized:**

Small Space Stickwork, Protection, Communication, Double Teams, Checking

**Diagram of Drill:**



**Coaching Points of Emphasis:**

This basic possession drill works on small space stickwork/protection as well as communication and double teams/checking. It's important to encourage the attackers to keep their feet moving and to get open using both hands. Defensively, it works both on ball and off ball defense and forcing into a double team. It's a faced paced, competitive drill so directive communication is stressed.

**Description of Drill:** Set up four defenders, two on goal line extended just off the crease and two on the hash marks adjacent to the center hash at the top of the 8 meter. Set up one attacker inside the center of the 8 meter. The coach or feeder sets up with balls about 15 meters out. The coach or feeder passes the ball into the attacker. The defenders crash on the shooter with their sticks up. In a controlled manner, defenders look to get a piece of the attacker's stick on the shot.

**Equipment Needed:** Lacrosse balls, cage, 8 meter

**Skills Emphasized:**

**Defensively:** Communication, stick positioning, and crashing

**Offensively:** Catching, seeing the net, and finishing quickly

**Goalie:** Communication, staying set, making the save, and clearing

**Diagram of Drill:**



**Coaching Points of Emphasis:**

**Defensively** they should be communicating that ball is in and to crash. The defenders need to get into a good defensive position on the shooter without fouling. Their sticks should be up and under control. Their goal is to get a piece of the shot and then finish the play whether it be a ground ball or chasing the wide shot. They should break for the clear on the caused turnover or save.

**Offensively** the attacker needs to catch, see the net, and finish quickly in a tight space. The goalie should be communicating that ball is in and to crash. She needs to stay set, make the save and clear.

**Variation:** Add four attackers who the defenders are marked up on. The four attackers become active after the feed. The attacker in the 8 meter can either try to get her shot off or kick it to the outside to play out the 5v4 man up situation.



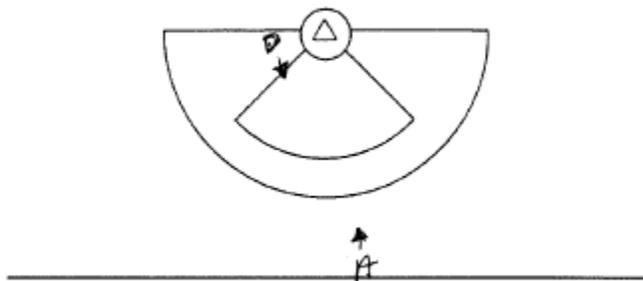
Institution: Liberty University  
Coach: Jacquelyn Duggins  
Name of Drill: Continuous Add-On

**Description of Drill:** Essentially starts as a 1v1, which can build up to as high as a 7 v 7. This drill starts with the goalie clearing it to the attacker at the 12-meter (or higher). Defense is down at the crease and attack is lined up at the top of the 12 or above. If the defender stops the attacker in the 1 v 1 then the attacker pulls out and feeds to the next attacker coming to goal. Then another defender slides into the drill (from the crease) and it becomes an even 2 v 2. If the defense stops the 2 v 2 then the attacker pulls out and feeds it into the attacker up top; then it becomes a 3 v 3. This same pattern is implemented all the way to the 7v7.

**Equipment Needed:** Balls, sticks, goals and players (at least 7 defenders and 7 attackers plus a goalie)

**Skills Emphasized:** Proper 1v1, communication, slides, reading the situation, building up to playing settled lacrosse

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Defense: being loud, proper slides, seeing the next player coming in (reading the situation)

Attack: being assertive and making a decision, anticipating the next player coming in (taking advantage of the play or scenario)

**Description of Drill:** Two teams mixed with attackers, defense and midfield players. Four players set up offensively in a square around the goal, these remain as the attacking "posts" throughout the drill. Offensive movement must be limited to a few steps. There are three defensive players inside the square and goalie in her cage. There is a permanent feeder from up top, each group gets 4 balls (one to each point on offense). Offense must move the ball quickly to try and score however, if there is a dropped ball, save, knock-down, play is dead. Offense is looking for a new feed from the feeder. After the offense receives all four balls the team that was playing defense now is on the offensive posts. This allows for both offensive and defensive players to work on both positions. Points can be given for each goal scored on attack and each interception/knock down and clean pick up on defense.

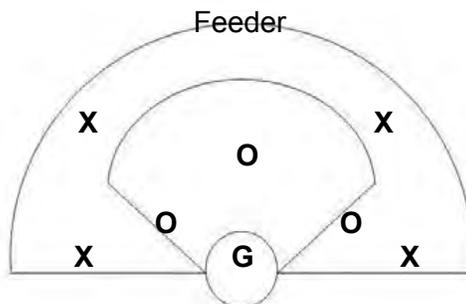
**Equipment Needed:** Goal, 4 cones

**Skills Emphasized:**

**Offense:** Moving the ball quickly on attack around the 8m, using your outside hand, capitalizing on man-up situation, gaining control

**Defense:** Slides, communicating, being big, stick-to-stick, forcing bad shots/passes

**Diagram of Drill:**



**Coaching Points of Emphasis:**

**Offense:**

- Ball movement must be fast and with your outside hand (passing and receiving)
- Changing the level while passing (throwing fakes)
- Capitalizing on man-up situations
- Taking a quality shot when open

**Defense:**

- Slides
- Seeing ball and girl
- Forcing bad passes and getting interceptions
- Communicating



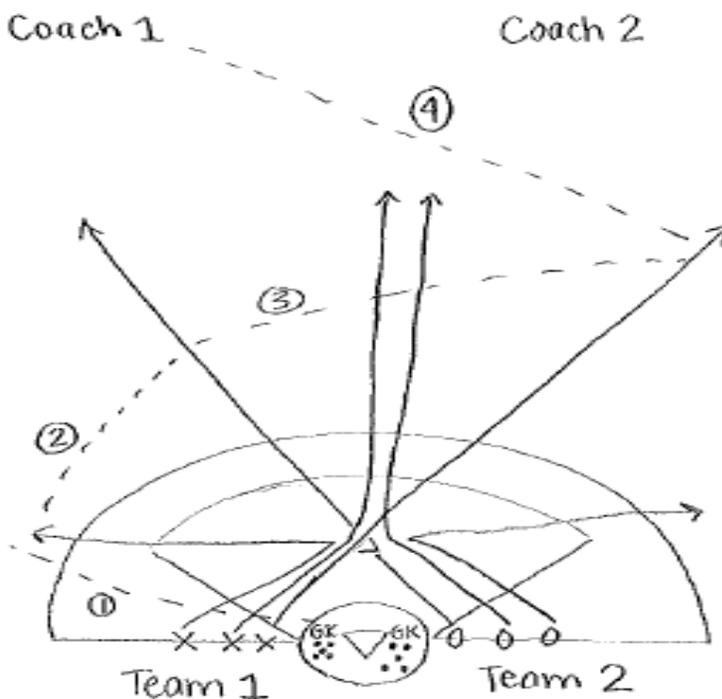
Institution: Young Harris College  
Coach: Katie Ilott  
Name of Drill: Clear 3v3 Challenge

**Description of Drill:** There are two teams with 3 lines on either side of the goal. Each team has their own goalie. The goalie starts the drill by yelling "Clear" then will pass the ball to the first cutter. The 3 field players move the ball upfield and pass to their assigned coach at half-field. The first team to make a successful pass to their coach is on offense and will receive the ball back; the losing team is dropping in on defense after their make their pass to their coach. It is a competitive 3v3. Make sure that you assign one goalie to stay for the shot, and the other to step aside.

**Equipment Needed:** Balls, one cone

**Skills Emphasized:** Good angle passes, using outside hands, moving the ball quickly, dropping in on defense, pushing fast break

**Diagram of Drill:**



**Coaching Points of Emphasis:** Passing and catching in outside hands, moving the ball quickly on the clear and on the 3v3.

**Description of Drill:**

- 3 attackers start behind the cage with 3 defenders playing goalside. 2 attackers high without defense.
- High attackers are simply outlet players that are signaling low players to start their move.
- Ball starts top center, swings thru the elbow to A3 behind. Once the ball is behind, both these A are out.
- During ball movement, A1 moving to center hash, A2 moving to elbow.
- A3 receives and drives hard opposite crease for challenge or feed. A2 reading D for sniper cut, pop out or pick across. A1 reading D for slip in for feed from A3 or feed from A2 if DT and slide go and they use 2 pass (out of double team then A2 feeds in) or holding space for A2's sniper cut.
- Defense must adjust triangle, prepare for backdoor/topside cuts and be ready to send DT/Slide – all while being pulled off ball at speed.
- Build to a 5v5 where outlet players are now live with their own defenders. They move ball as stated above then work together opposite ball...creating space for 3v3 to work and deciphering when they should get involved.

**Skills Emphasized:** Off ball defense / Off ball attack / Defensive and offensive communication

**Diagram of Drill:**



**Coaching Points of Emphasis:**

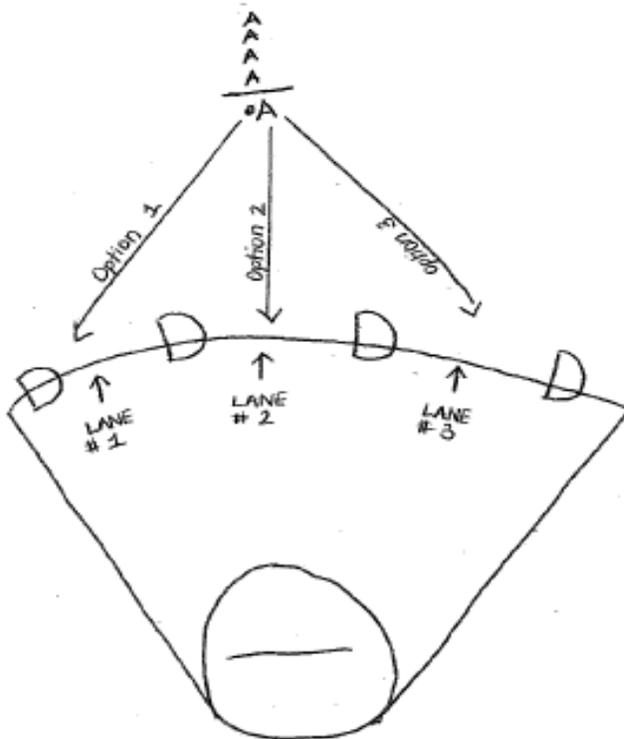
- Create movement situations within which the defense and attack can learn to thrive. Creates a 3v3 in  $\frac{3}{4}$  of the 8m.
- D - off ball triangles – good and bad – become obvious.
- A – attackers who are and aren't able to read their defender and read the situation become obvious.
- Emphasizes team play combined with individual accountability.

**Description of Drill:** Separate your squad into two even teams (based on your squad size). Have one girl from each team line up starting on the ten yard mark, from there have the remainder of the girls line up ten yards from where the first girl started. Each team should have nine girls evenly distributed from the ten yard mark and on. When the coach blows their whistle the girl starting at the end line will sprint a one hundred and ten yard sprint up to her teammate at the ten yard mark: At every mark, each person will be doing a different activity (i.e. planks, sit ups, pushups, jumping jacks, etc. . .). Once their teammate approaches them, they will stand up and sprint to the next yardmark (domino effect). The drill will come to an end when the person who went first is back in the spot she started. This is a competitive relay race; losing team will have to complete an additional task at the digression of the coach.

**Equipment Needed:** In addition to the standard equipment need at an everyday practice – one cone (to give the attack a mark on which to begin)

**Skills Emphasized:** Communication; Recognizing to double/when to slide; attack recognizing when to pull out of the double.

**Diagram of Drill:**



**Description of Drill:**

Start with 3v3 on each side of the arc with cones separating the two 3v3 groups. Ball starts on the bottom right of the crease (if you are looking at the cage) and swings counter clockwise to the top, so the defense forces the double outside and swings to the player at the top of the arc. Once the player has the ball, she immediately drives to cage. The defense must make a square stop; the adjacent defender must make a decision and communicate with their teammate if they are coming to double. If the defense decides to double, the offense then has the opportunity to try and hit the draw-and-dump. If the defense makes a stop the player pulls out and outlets the ball in either direction. The ball then swings to the player at the crease on the opposite side of the arc and that player drives to cage. The player can only activate their teammate if the double comes; otherwise it is a 1v1 on the crease, beginning the 3v3 on the opposite side. The player driving may hit the draw and dump, but we do not let them hit the open girl opposite the ball. If they outlet it to the open player they must swing the ball to the opposite side of the 8 meter. (It is always a crease drive on the right side and it is always a top drive on the left).

**Equipment Needed:**

- Cones (to cut the arc in half)

**Skills Emphasized:**

Defense

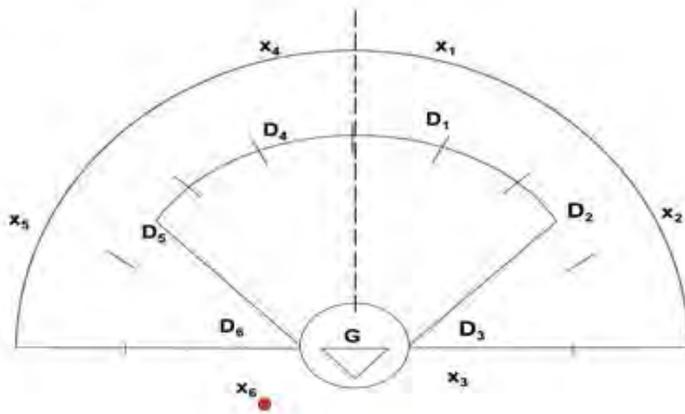
- Doubles
- Making a square stop
- Communicating

Offense

- Driving "north/south" not "east/west"
- Pulling out with your head up
- Keeping possession of the ball
- Draw and dump

**Diagram of Drill:**

3v3 Half the arc



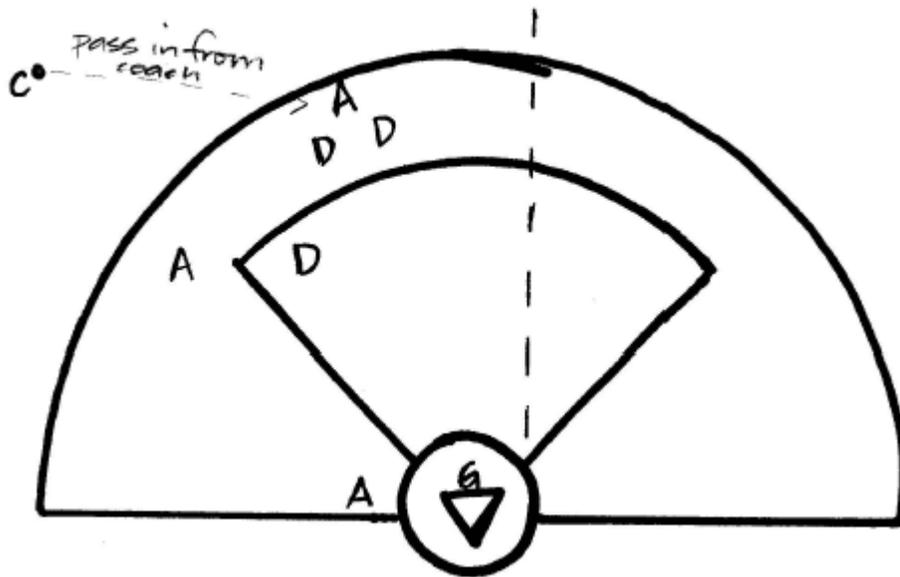
**Description of Drill:** 3v3 on half the 8m with attacker starting in a double team. Attackers line up on half the eight- one at the top, one on the elbow, one low. Two defenders are right on top of attacker who will receive ball (attacker at top of 8m). Other defender guards two. Coach throws ball into attacker with 2 defenders on her. They must let her catch the ball; the drill starts as soon as she catches the ball. Attacker with the ball must handle the double for 5 seconds before other players are released and 'live'. Play out the 3v3.

**Equipment Needed:** Balls

**Skills Emphasized:**

- A- Handling a double, pulling double out to create space, finding open player
- O- Effective double teams (applying pressure/closing double, footwork, etc), knowing when to call it off or stay on, effectively marking the 2v1 behind the ball.

**Diagram of Drill:**

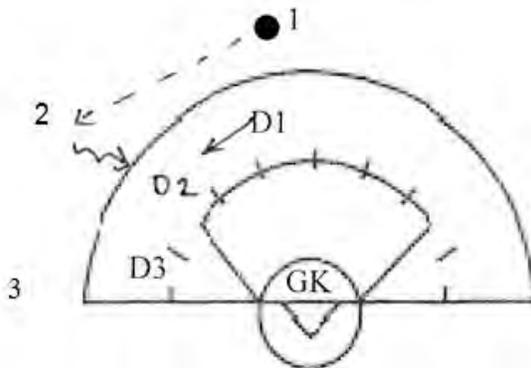


**Description of Drill:** Starts out as a 3v3 with defense on all 3 attackers and a goalie. 1 passes to 2 to start the drill, after 1 passes, she is out of the drill. After the ball is passed to 2, D1, who was on 1 on ball becomes the help defender. When 2 looks to go, D1 goes to help double, and D2 forces her to the help. D3 looks to shut off 3 when the double happens.

**Equipment Needed:** Balls, goal

**Skills Emphasized:** Double, forcing to help, communication

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Defense is working on communication and execution of the double. Defender needs to make contact on the ball before the second defender doubles. D2 needs to force 2 to D1 and D3 locks off on adjacent and does not slide unless the double gets beat.

Attack is looking to beat the double and move the ball to get to goal.

**Description of Drill:** This drill is set up to get a lot of simulated draws done in a short time. Set two coaches or two players in the middle of the center circle with as many balls as possible. Set up two lines on one side of the circle and two lines on the opposite side of the circle. Set up two post lines on the restraining lines that will be used for quick outlet passes. The drill starts at with both sides going at the same time. The pairs on each side compete for the draw control and once possession is established they must hit the outlet pass which is on the restraining line in front of them. The other player plays defense on the ball. Once a pair goes, they go to the end of the opposite line. It creates a circular movement within the drill.

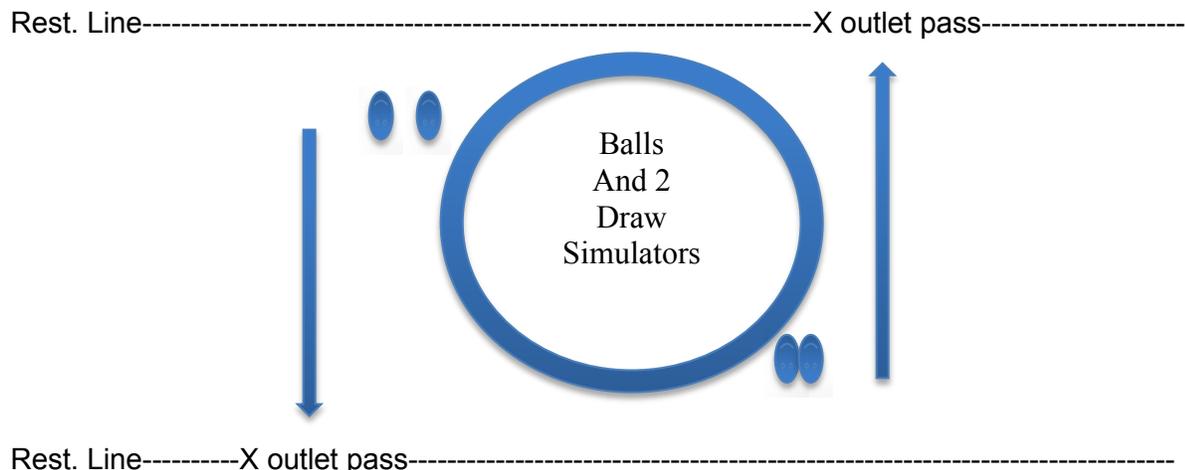
- 1<sup>st</sup> round- Lines are right on the circle and competing for draw control.
- 2<sup>nd</sup> round- Lines are 5+ yards off of the circle, competing for draw control.
- 3<sup>rd</sup> round- Lines are behind the restraining line, competing for draw control.

This can be built to include two groups going at the same time on the same side (ex. One on the circle, one behind the restraining line).

**Equipment Needed:** As many balls as possible.

**Skills Emphasized:** Boxing out, reading the trajectory of the ball, gaining possession and maintaining it, hitting the outlet pass with pressure on.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Boxing out, Reaction time, communication, possession of the ball when it is in your stick, work for the open passing lane, pass within the open passing lane.

**Description of Drill:**

There are 2 attackers and 2 defenders in this drill. One attacker (X1) is a feeder off one elbow with a defender playing dummy D1 on the feed. There is another attacker (X2) off the opposite elbow with a defender (D2) right on them. And X2 and D2 start at the same time on the coaches call and X1 cuts into the 8m asking for the ball. D2 tries to deny the pass and plays tight until shot. X1 feeds ball to X2 who catches ball and shoots. D1 can play live after a few feeds. Can switch feed to other side.

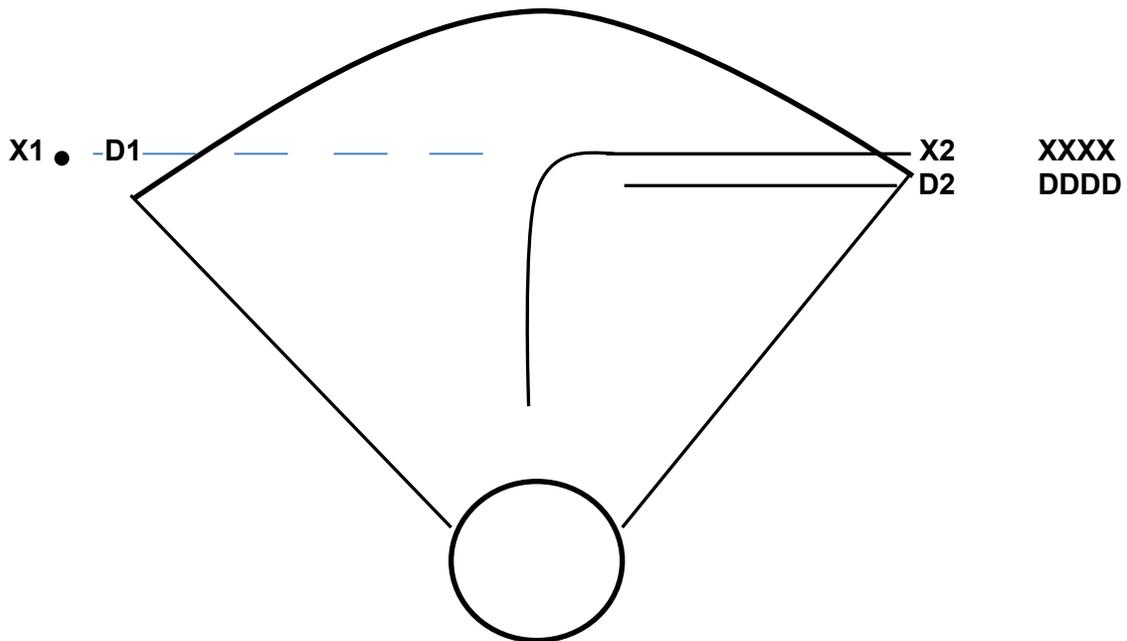
**Equipment Needed:**

Balls  
 Goal  
 8m

**Skills Emphasized:**

D- deny the pass, jam the cutter  
 A- feeds with pressure, catch and shot under pressure

**Diagram of Drill:**



**Coaching Points of Emphasis:**

D2 sees ball and girl, jams the cutter  
 X2 cuts hard asking for ball, may need to pop high for the feed (jab step)  
 X1 don't feed if it is not there, don't telegraph the pass  
 D1 stick up, looking for knock down

**Pinch Drill** starts defenders pinching an attacker at the 8 meter in a double team and emphasizes doubling for possession. Defenders must communicate body and stick and maintain their V position as they work together to cause a turnover, gain possession, and make a pass to start the offense.

**Drill Description:** Two defenders start in a double team on the 8 meter. One attacker starts inside the double - reinforce that attackers must start in the double team because attackers don't like to feel this kind of pressure. The doubling defenders work on communicating and executing the 2-point play (caused turnover and groundball pick up). Defenders must communication body and stick. Defenders may have to create their pinch, or V, more than once before the pinch can shift to stick and body position. Once in stick and body position, the stick side defender goes for the check. Once the ball is released encourage defenders to box out and collect the groundball. The defender who is collecting the ball passes to her teammate who is breaking into a passing lane.

Add an attacker cutting into the 8-meter from behind the crease. This will help the defenders to learn how to play recovery defense once an attacker has split or beaten the double team. Once the double team is broken, one defender must ride the attacker to force a low percentage shooting angle or recognize that she is beat and look for the strip check from behind as the attacker shoots or feeds the ball. The other defender must drop into the 8 meter. She must have her stick in the passing lane looking for the knock down or interception. Encourage the goalie go for high percentage interceptions or stay set for the shot where there is no way can make the interception.

**Equipment Needed:**

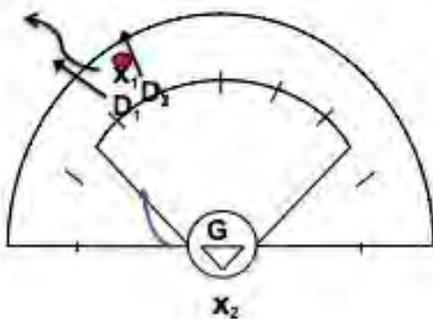
- pinnies & balls
- players & goalie

### Skills Emphasized:

**Defensive Skills:** establishing defensive position, maintaining the pinch, communicating body and stick, checking, boxing out, ground ball pick ups, breaking for the outlet pass to start the offense

**Offensive Skills:** getting out of the double team, splitting the double team or taking on one defender

### Diagram of Drill:



### Coaching Points of Emphasis:

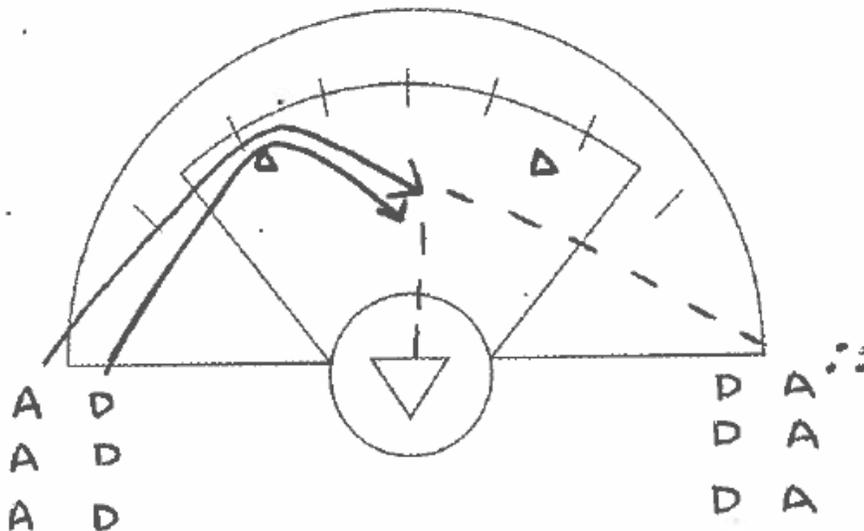
- Are the defenders pinching the double team in a V?
- Are the defenders communicating body and stick and working together to cause the turnover?
- Is one of the defenders breaking into a passing lane as the other defender collects the groundball?
- Are the defenders recognizing when the attacker has beaten the double team and playing recovery defense?
- Is the attacker maintaining her cool under pressure?
- Is the attacker using tactical strategies to beat the double team?
- Is the off ball attacker posting inside the 8 meter ready to catch and shoot as soon as her teammate splits the double team?

**Description of Drill:** A line of offensive players and a line of defensive players line up on the intersection of the 12m and goal line extended (on each side of the cage). The defensive line is to the inside, on the goal side. Place a cone just inside the 8m, in line with the second hash. The offensive player cuts from GLE around the cone looking to receive the ball from the offensive player on the opposite side. The defender is fighting to maintain position while also going around the cone and denying the ball. When the attacker receives the ball the defender maintains body position while a shot is taken.

**Equipment Needed:**

**Skills Emphasized:** This drill is designed to teach defenders to fight for their position and dictate the attacker's movement on cuts. The drill also works on defenders denying feeds inside.

**Diagram of Drill:**



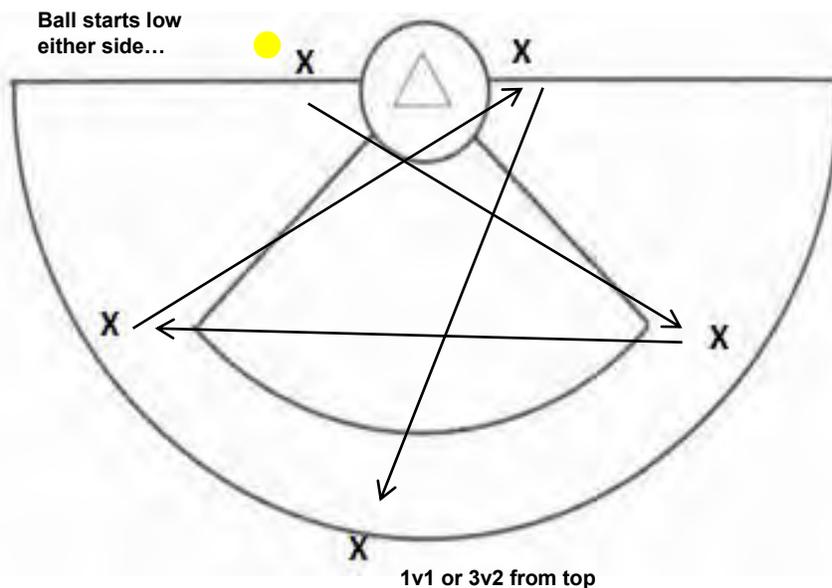
**Coaching Points of Emphasis:** Focus on defenders positioning their bodies so not to allow the attacking player to run them off the cone. Encourage players to be aggressive when fighting for the inside spot when turning around the cone. It is also important to be sure that defenders are able to keep their head on a swivel to see the ball as they come around cone, looking to deny the feed.

**Description of Drill:** A line of offensive players and a line of defensive players line up on the intersection of the 12m and goal line extended (on each side of the cage). The defensive line is to the inside, on the goal side. Place a cone just inside the 8m, in line with the second hash. The offensive player cuts from GLE around the cone looking to receive the ball from the offensive player on the opposite side. The defender is fighting to maintain position while also going around the cone and denying the ball. When the attacker receives the ball the defender maintains body position while a shot is taken.

**Equipment Needed:**

**Skills Emphasized:** This drill is designed to teach defenders to fight for their position and dictate the attacker's movement on cuts. The drill also works on defenders denying feeds inside.

**Diagram of Drill:**





**Institution:** Erskine College  
**Coach:** Bob Dachille  
**Name of Drill:** Gauntlet

**Description of Drill:** You split into an attack group and a defense group. Defense plays the drill without a stick. Drill begins about 5 yards above the 12 on either side, after about 6 minutes, switch to work other side. Cones funnel from a top corner towards the crease and they are wider at the top than towards the crease

The drill is a 1 v. 1 drill with the attacker driving to cage trying to score. The defender is without a stick and is focusing on keeping her player down the side of the field. The defender is successful if she either forces the attacking player outside of the cones or forces a low angle, low percentage shot.

**Equipment Needed:** Balls, Stick (ATTACK ONLY), Goggles, Mouthguard, and Cones

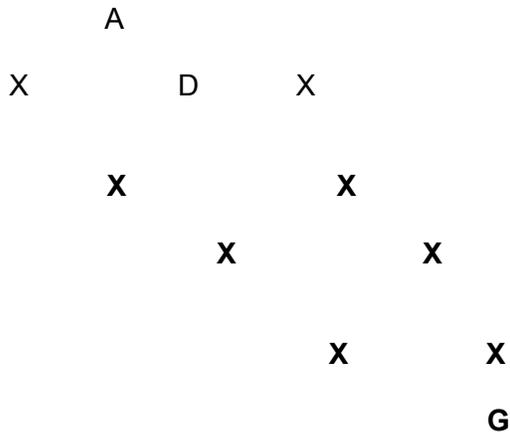
**Skills Emphasized:** Proper Footwork, Defensive Positioning, Effective Dodging, and Shooting around the Crease

**Diagram of Drill:**

(X's are Cones, A is Attacker, D is Defender, G is Goalie/Ballpark where crease is

Restraining Line

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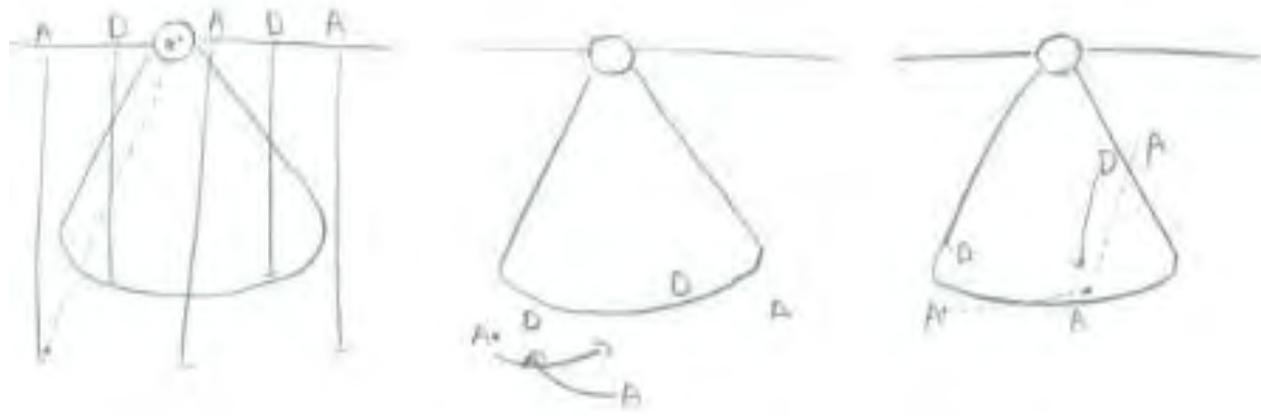
**Coaching Points of Emphasis:** The purpose of this drill (for our use) is to really stress the importance of 3 key factors. First, we want to hammer home how proper footwork is more important than undisciplined stick checking. This drill clearly demonstrates how good footwork can help the defender dictate where the attacking player goes. Second, this drill helps us focus on defensive positioning. Our goal is to take away the middle of the field, and this drill helps us emphasize how to properly line up and force to where we want the attacking player to go. Finally, it helps us both offensively and defensively in terms of seeing what's a high percentage shot. Defensively, we always want to force down the side and allow for a low angle, low percentage shot. Offensively, we want to get our shots of towards the middle of the field, as that significantly increase our shooting percentage.

**Description of Drill:** Ball starts with goalie, 3 attackers and 2 defenders spread across GLE. Drill start and attackers sprint up above the 12. Goalie passes to either attacker on the wing (not on the attacker in the middle). Attacker who receives the ball flips the ball to the middle attacker and then go into the 3v2 from high.

**Equipment Needed:**

**Skills Emphasized:** The Flip; Quick ball movement and decision making from offense; High pressure on ball for defense – make the flip difficult for the offense.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Offensively: spacing off ball – don't allow one defender to mark two attackers; being deceptive; flip/fake flip – change it up on the defense so you know they are playing you honest; quick decision making – reading where the space is/open player and attacking that.

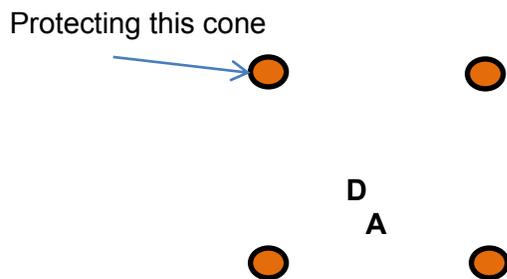
Defensively: communication on the flip/communication off ball.

**Description of Drill:** Defensive footwork warm-up drill. There are four cones and two people, one on attack one on defense. Defender picks a cone and works on footwork and positioning to keep attacker from reaching that cone. Each player goes for one minute at a time protecting the cone.

**Equipment Needed:** 4 cones

**Skills Emphasized:** Footwork and positioning on defense. Footwork and working in small spaces for attack.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Focus on footwork, body contact, posture, keeping attacker in front and not allowing the attack to create space to re-attack. Make contact and readjust to movement of attack.



Institution: Daniel Webster College  
Coach: Phoebe Hopkins  
Name of Drill: not that box

**Description of Drill:**

Split the team into two groups

1 defender stands just below the 12 meter straight up from the goal. There are two boxes off of both her shoulders on 45 degree angles and one box directly behind her (4-5 meters away). 1 offender (with ball) approaches the defender. The defense gets a point every time she successfully forces the offender into her weak-hand box. The offender gets a point when she gets into the box behind the defender.

Play for 5 minutes, keep track of points. After 5 minutes have offense and defense switch and play for another 5 minutes.

**Equipment Needed:**

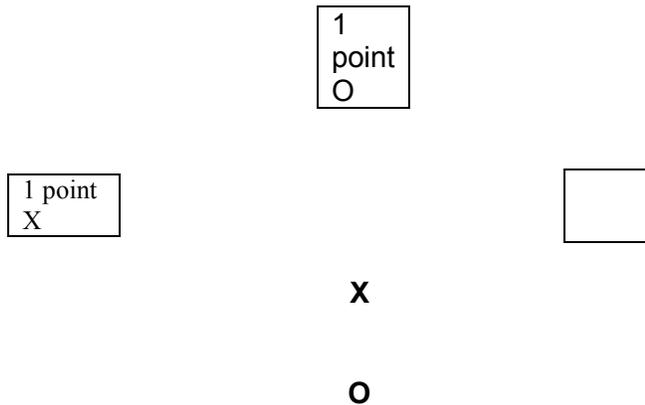
Cones (12)

**Skills Emphasized:**

Defense: forcing to weak side, not letting offense switch/choose

Offense: switching hands, keeping her body between the ball and the defender, quick footwork to beat the defense

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Help work with defenders to cut off the offender's motion. When she makes a move to go strong side, defender steps into the new space she is trying to use, thus forcing her to stay on her weak side.

Encourage offenders to use both hands effectively



**Institution: Presbyterian College**  
**Coach: Mallory Miller**  
**Name of Drill: Bump the Cutter**

**Description of Drill:**

Drill starts w 3 lines of offense and defense along the top of the 8M and a feeder behind. Starts as a 1v1. Defense's goal is to direct the cutter away from the center of the 8m, keeping them on one side. Offense's goal is to work the defender with hard cuts in the 8m and to get open to receive the feed with a good angle to shoot.

Build into a 2v2. Starts with the 1v1 the adjacent defender can choose to "check in" or "crash" into the 8m to help with the cutter. Once the defender enters the 8m to help, the adjacent attacker becomes live and it is now a 2v2.

**Equipment Needed:**

Balls, cage

**Skills Emphasized:**

Defensive positioning, opening up to ball

**Diagram of Drill:**

**Coaching Points of Emphasis:** Focus on keeping attacker on 1 side of the 8M, making defensive contact.

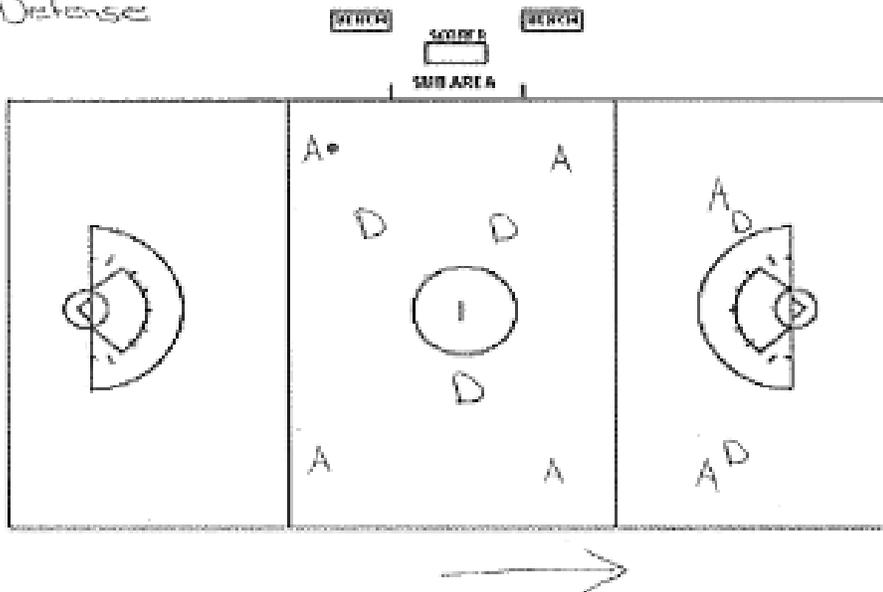
**Description of Drill:** Split team into 2 groups (attack/defense) 6 attackers/5 defenders are playing at a time, 4 attackers start between the opposite 30 and 30 closest to goal. The 4 attackers need to make 3 passes in the area before transition into their attacking end. 3 defenders start between the 30s, they are looking to create a turnover. The remaining 2 attackers and 2 defenders set up in the attacking 30. Once the 4 attackers make 3 passes they are looking up field to goal. Fast break situation 6v5.

**Equipment Needed:** Balls, cage, full team

**Skills Emphasized:** Possession, fast break-numbers up attack, numbers down defense

**Diagram of Drill:**

A = Attack  
D = Defense



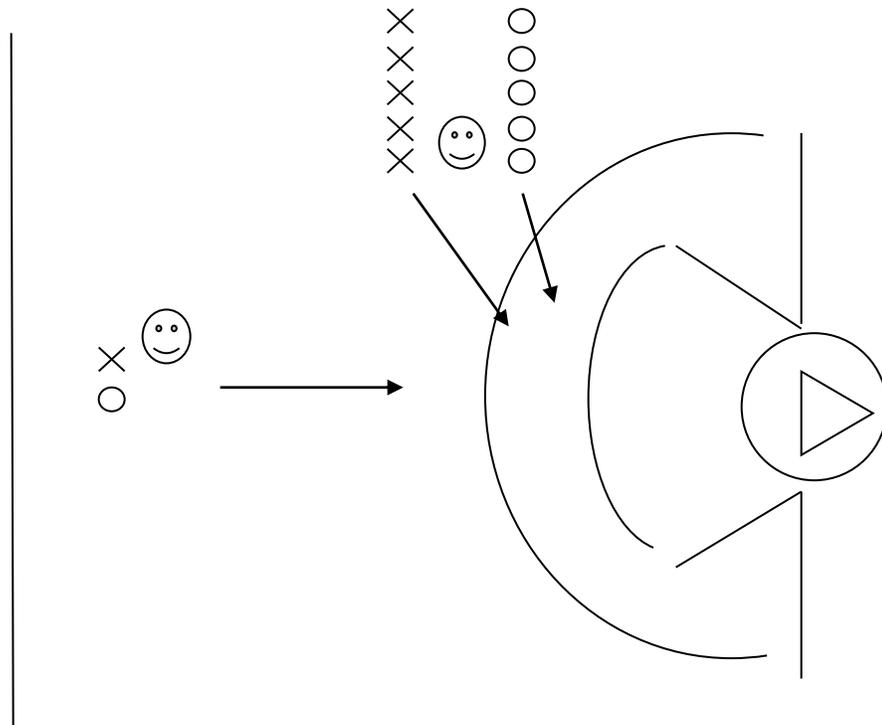
**Coaching Points of Emphasis:** Quick passing in transition. Attackers need to stay spread and use the field. Defense – communication! Work on dropping into the 8M and slowing down the attack in transition.

**Description of Drill:** Divide the team into two even teams so there are draw specialist in each group. A draw specialist from each team takes the draw from a point below the restraining line. Two lines are set up to the side near the top of the 12M. Draw specialist are instructed to draw to themselves on the whistle. A second coach releases a player from each team at their discretion creating either a man up or man down situation for the attacking team.

**Equipment Needed:** drill works best with 10+ players, at least 4 of which can take the draw so it is not the same two people taking the draw each time.

**Skills Emphasized:** forces the draw specialists to draw to themselves, box out and gain possession of the draw and quickly bring the ball to the 12M. Additional players force the ball handler to either pass quickly or drive hard to goal.

**Diagram of Drill:**



**Coaching Points of Emphasis:** encourage the ball handler to keep their head up and look for oncoming defenders and the open attack player. Incoming defenders look to slow the ball down and force the player outside. This drill is meant to be fast paced and continuous. If a pass goes wide blow the whistle to end the play and start the next draw.



**Institution: Boston University Lacrosse**  
**Coach: Kim Hillier**  
**Name of Drill: 1v2 Ride to Half Arc Fast Break 3v2**

### **Description of Drill:**

Coaching Points of Emphasis: The main focus of the drill is the ride for the low attackers, as well as the low defenders handling the pressure of the double team and not forcing bad passes or turning the ball over.

- Coach 1 will stand below GLE with balls.
- Lines of attack and defensive subs will be placed above the 30 (off to the side) and below GLE (off to the side).
- On whistle, coach will roll ball out to the side, above GLE. (See diagram)
- D1 will sprint through the GB and look to clear to D2. Goalie may be used as well.
- A1 will be riding on ball, forcing to a direction-sideline or middle, waiting for A2 to jump double after being released by coach.
- If a turnover is caused in the 1v2 ride, A1 & A2 go to goal against D1 only.
- Once ball gets to D2, D2 quickly passes to A3 for a 3v2 FB to cage.

(This drill can be set up and played on both sides of the split arc- one side at a time for more reps)

### **Equipment Needed:**

- Cones- to split the arc in half from behind GLE up through the restraining line, balls.

### **Skills Emphasized:**

A1- Communication through the on ball ride –“have ball, got her sideline/middle”

- Forcing a direction that you dictate by your team's ride- using a big stick to take away easy feeds, breaking down feet and slowing down ball, to eventually turn her into doubler A2. No over running or fouling.

A2- Communication with A1 when released –“Keep her sideline, double, double, turn her to me”

- Closing gap with stick up and feet. No over running or fouling.

D1- Sprinting through a clean GB pick up with head up field.

- Protect stick, be confident, listen for help and get ball safely over 30.

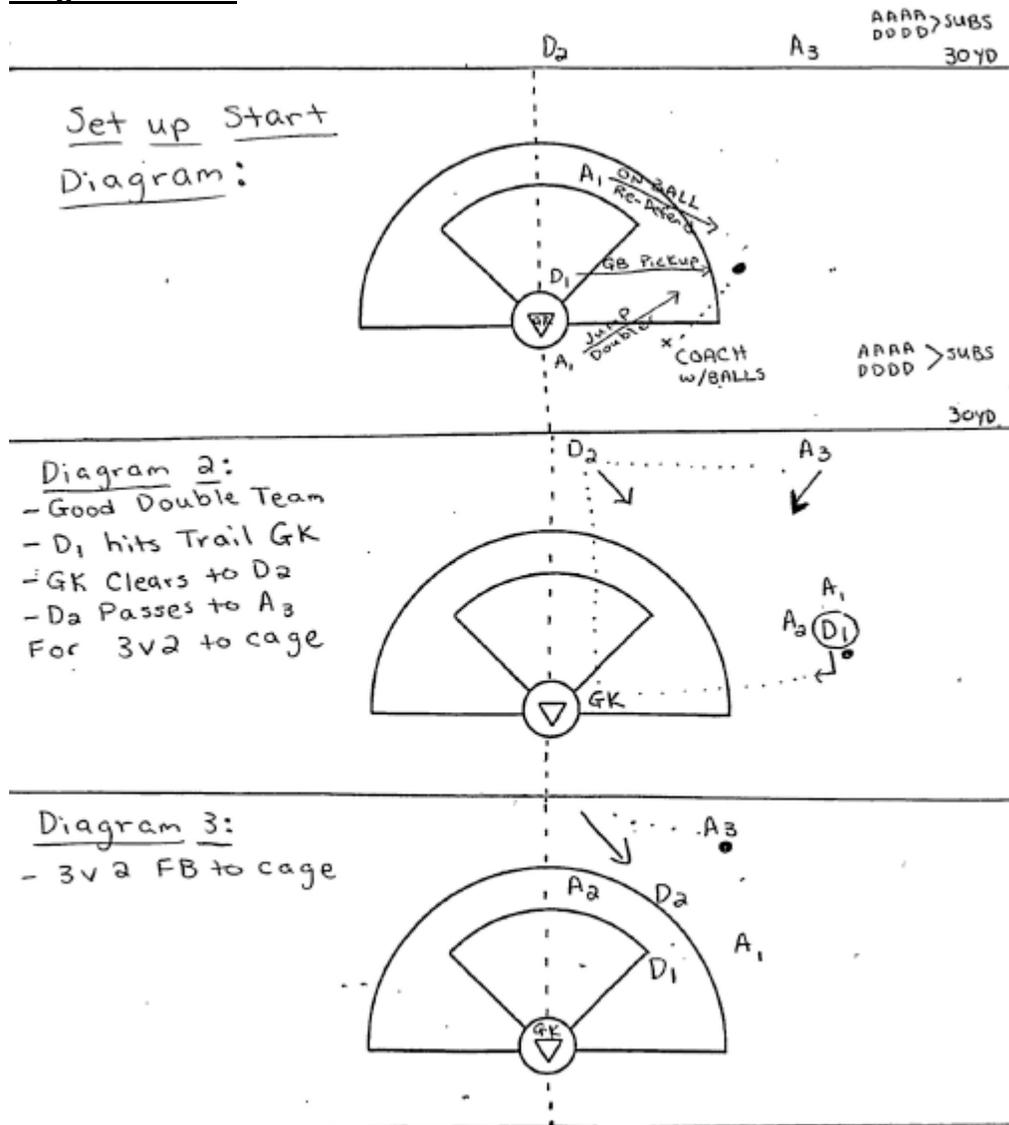
GK- can step out of crease to communicate and help D1 by calling out –“Frail.”

- Good clear if used to D2.

D2- Being a presence to help by communicating with both D1 and GK to receive pass off clear.

- Slowing down the fast break.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Attacking Points: Communicate, breaking feet down, take away middle, stick up, NO FOULING, execute the man-up by pushing to cage, finding the 2v1.

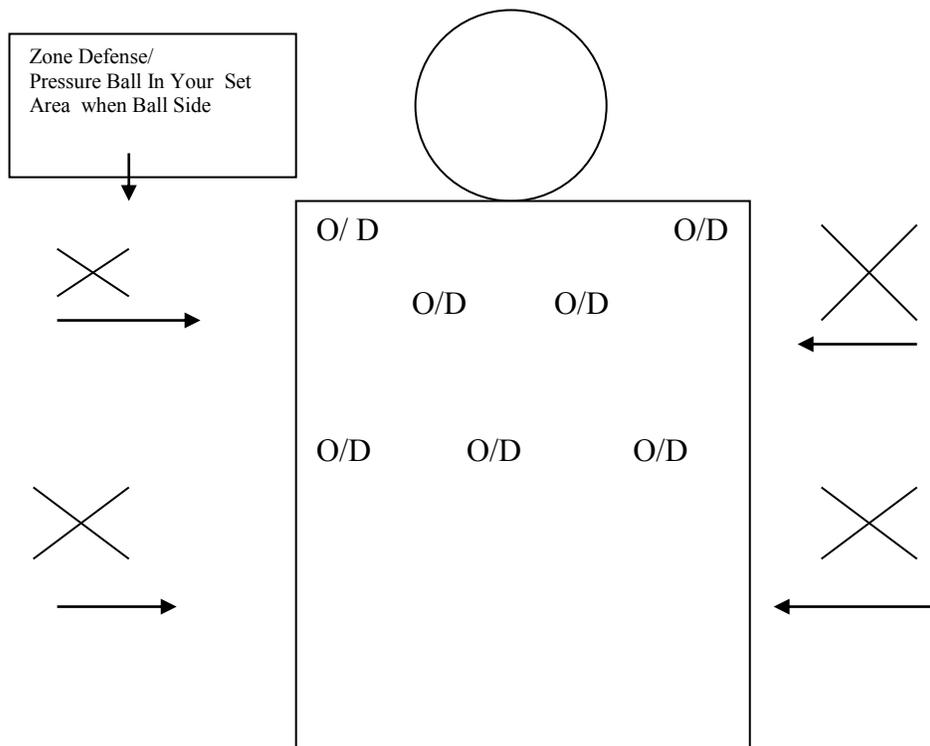
Defensive Points: Confidence, communicating and listening for help, protect stick, attack space, talk through the man-down, STOP BALL.

**Description of Drill: Pressure Clearing Drill- 7v7 Clears with added Zone Pressure on the outsides. 2 Zone Defenders on each sideline ready to put pressure on ball. Once ball has passed their zone area they are out of the play.**

**Equipment Needed:**

**Skills Emphasized: Clearing the ball**

**Diagram of Drill:**

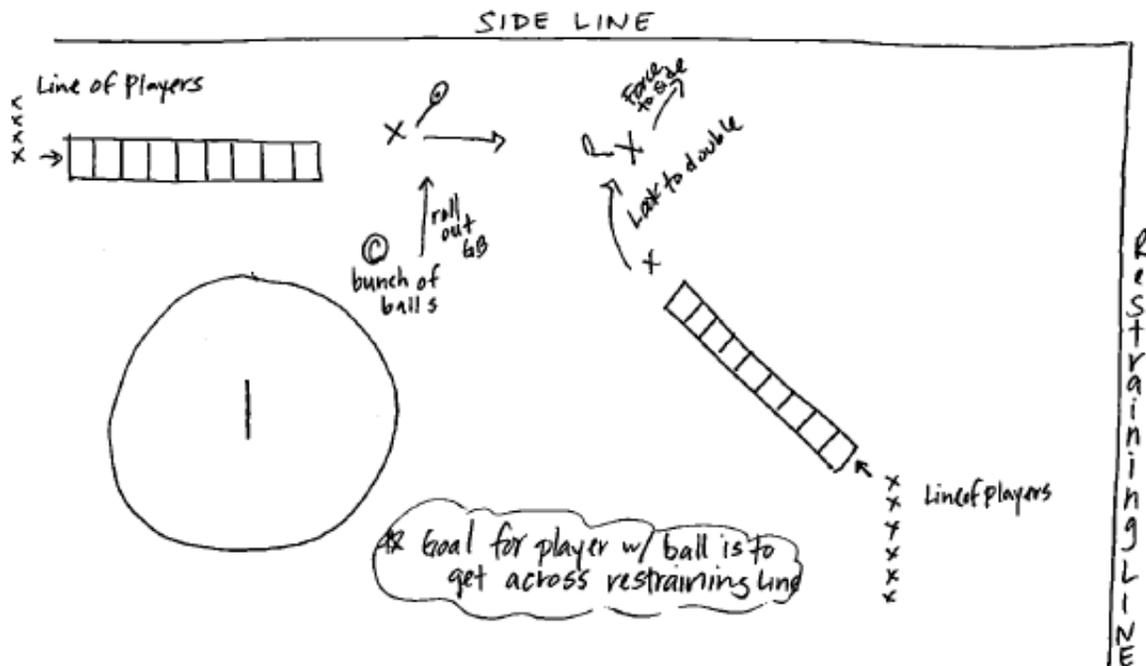


**Description of Drill:** This drills main focus is to work on re-defending/ride using the side line initially and then looking for the double in the midfield. Set one ladder at the midfield line and the other ladder with be diagonal, closer to the restraining line. One player at a time goes through the midfield ladder while two players are going through the ladder by the restraining line. Once the player gets through the ladder at midfield, a ball is rolled out for her. The first player out of the other ladder plays defense on the girl with the ball, while trying to force her to the side line. Once the second player gets out of the ladder, she then goes to help looking for the double team.

**Equipment Needed:** Two ladders and balls

**Skills Emphasized:** This drill is great for both attackers and defenders working on the double team. It is s also great for teaching the first defender to play big and force them to the side line. Using the ladders is a nice addition to work on footwork. You can have them go through the ladder doing whatever footwork you would like.

**Diagram of Drill:**

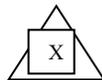
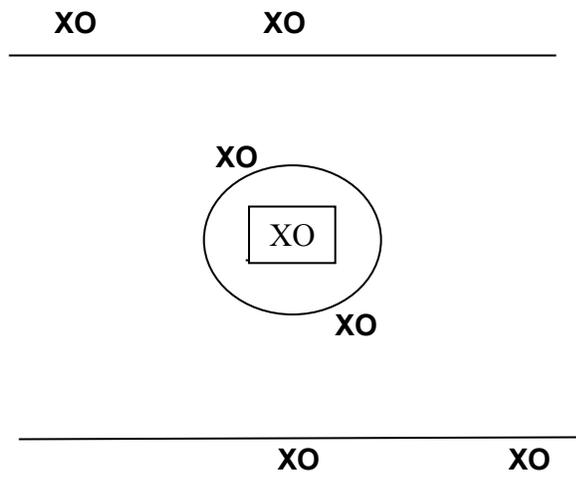
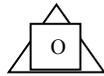


**Description of Drill:** 5 v 5 off the draw drill. The team is split evenly in half with attackers, midfield, and defense on both teams. The drill starts with a draw, whatever team gets the draw is on offense the other team is on defense. Each team must keep 2 people behind the line so 3 midfielders that were on the circle and the two behind the lines are live in a 5 v 5. That is not over until the attack scores or the defense clears the ball to the 50. It then starts with another draw.

**Equipment Needed:** Normal Practice Equipment

**Skills Emphasized:** Draw controls, Transition defense and attack, then into settled defense and attack.

**Diagram of Drill:**



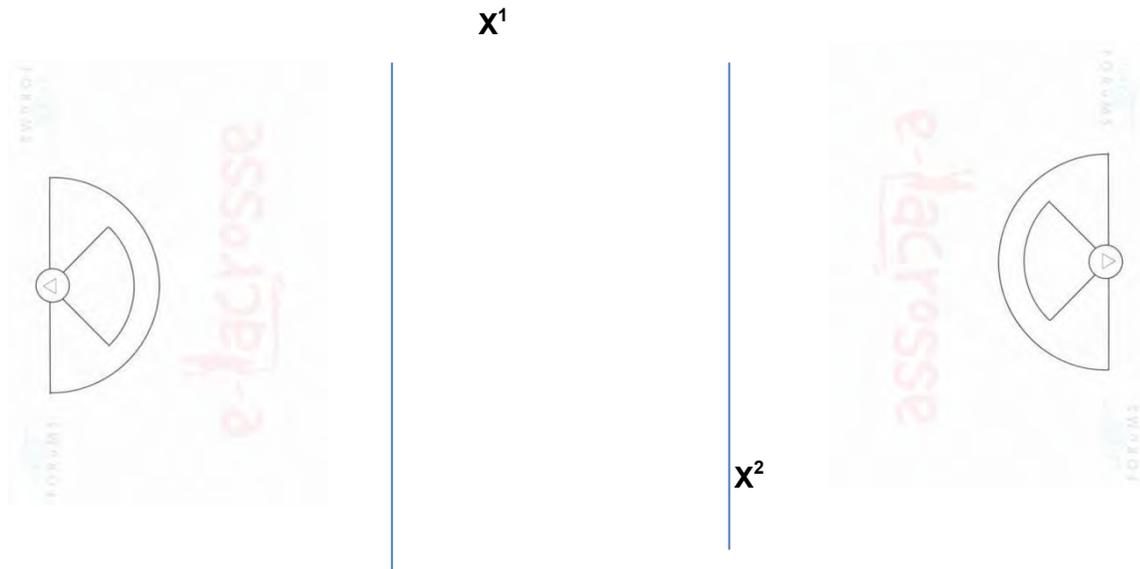
**Coaching Points of Emphasis:** It is a fast moving drill that is great for conditioning and working on the transition game, but also knowing when to slow the ball down when the midfield is tired. As a coach it is good to watch and concentrate on the players learning to communicate with each other on when the ball needs to be slowed down, it is also good to know when there is a man up in transition and when to go to goal.

**Description of Drill:** There are two outlet lines on both 30 yard lines, opposite and diagonal from one another. There are two marked pairs randomly placed inside the 8 meter. The goalie will clear to the closest restraining line containing the outlet pass ( $x^1$ ). They then, quickly pass to the opposite 30 yard line ( $x^2$ ). The second pass away is the man up situation heading straight to cage and the two marked pairs. They are trying to quickly score on a man up situation while the first outlet passer is sprinting in as a trail defender. The play is called dead when a shot or a turnover occurs, then the goalie picks up another ball and clears it to their closest thirty outlet line (was the offensive line from the other side) and then they pass it to the opposite 30 yard line and become the new trail defender. The drill is continuous.

**Equipment Needed:** Full field and two cages with goalies, balls at both ends.

**Skills Emphasized:** Emphasizing the man up transition while defense is communicating to a tail defender

**Diagram of Drill:**



**Coaching Points of Emphasis:** Make sure that the marked up pair of defenders are listening to the trail defender telling them where they should be sliding. Offensively, the players are staying wide and moving the ball rather than themselves.



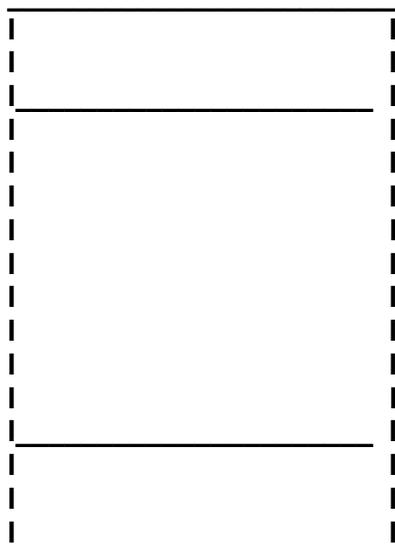
**Institution: UALBANY**  
**Coach: Battaglino, Davos, Ladouceur**  
**Name of Drill: None**

**Description of Drill:** Shortened field set up like football field with two end zones (one for each team). Objective is to throw a pass to someone already in the end zone. Defenders may follow their mark anywhere on the field. Double team is also an option. Players may not run across the line into the end zone for point to count.

**Equipment Needed:** Lacrosse stick, goggles, mouth guard and ball

**Skills Emphasized:** Works on spacing, breaking free from off ball defenders and handling pressure. Team without the ball can work on jumping the double.

**Diagram of Drill:**



**Make it 5v5 inside the mini football field. Add more players to make it more difficult to get open or harder to handle the ball/ easier to double team.**

**Description of Drill:** Split into two teams, ex: Blue & Yellow. Blue starts in center circle, they are free moving and they are the possession team. Yellow starts lined up behind one another where the outside of the center circle and 50 yard line meet. Blue begins passing it to one another, once a blue passes, they need to move for another teammate to use that space. Meanwhile Yellow begins counting the passes, and on every Third pass, one yellow (defender) may enter the circle. This can build up to a variety of different scenarios based on how well blue is passing. If Blue (possession team) loses the ball and it goes outside of the circle or a yellow comes up with the caused turnover or ground ball, the two teams switch roles, so blue becomes defense and yellow becomes the possession team.

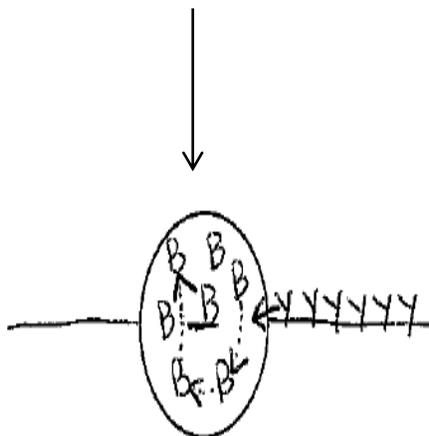
**Variation:** For a drill progression and to incorporate transition offense and defense, girl up/girl down scenarios, have the 2 teams compete like normal in the center circle. When the coach has the girl up/girl down scenario he/she wants, blow the whistle and have the players in the circle go to goal. EXAMPLE: If there are 7 blue possession players in the middle, and they have built up enough passes for 4 defenders from yellow team to come in, coach blows the whistle, and they play out the 7v4 going to goal from the center circle. You can add in the remaining 3 recovering defenders for an even 7v7 if you want, or keep it uneven to work on those types of scenarios. \*You can also set up an area you want to use with cones for a smaller or larger space if necessary, and depending on the skill of the group, or how many number of players you are working with.

**Equipment Needed:** Pinnies, balls, Defined space (cones)

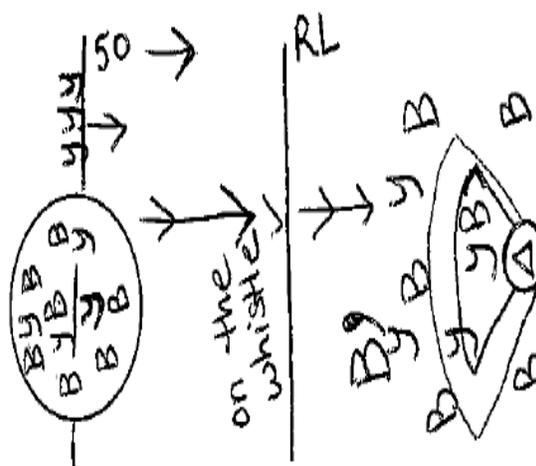
**Skills Emphasized:** Stick work, handling pressure, moving off ball, getting open, good defensive positioning, defensive communication, double teams, caused turnovers, transition offense & defense (for the progression), girl up/girl down scenarios

**Diagram of Drill:**

\*Every 3<sup>rd</sup> Pass Defender comes in



\*Pressure circle to goal (progression)



### **Coaching Points of Emphasis:**

**Possession Team Focus:** Good stickwork and seeing the open girl. Encourage possession team to think one play ahead of the defenders and use no look passes and quick passes to keep the ball ahead of the defenders who are entering in. When under pressure, keep moving and keep composed when finding the open teammate. Once you pass, move, so your teammate can use that space. You can change the type of passing the offensive/possession team does; examples: all ground balls, all non-dominant passing, all 1 handed passes, no sticks for either team (focus on moving effectively off ball.)

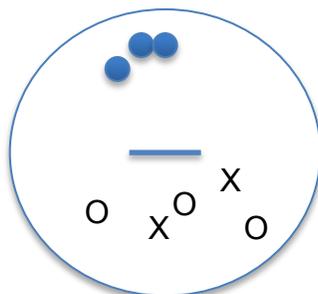
**Defensively:** focus on communicating (GOT BALL, HOT, WITH YOU, DIRECTING) good defensive positioning – stick up, ready for knock downs/interceptions, athletic stance, two hands on the stick when player is ON BALL, 1 hand on stick when player is OFF BALL, anticipation of where next pass is going, and double teaming to get the ball if necessary, Other skills: ground balls & caused turnovers. Defensively, the players should be BIG and trying to cover as much space as possible since that team is girl down for the majority of the time. You can challenge the defending team to never let their stick head drop below their head when they are the defensive team-if it does (coach keeps a running tally) they do sprints or some kind of reinforcement challenge.

**Description of Drill:** You start with 2 teams in the circle lying face down on the ground. You can have a 3 V 3 and work up to a 7 V 7. Coach throws a ball near the players. Team to come up with the ground ball is on offense and that team goes to goal.

**Equipment Needed:** Balls

**Skills Emphasized:** Reaction to the ball, ground balls and communication. Offense: good transition play pushing the ball, finding the open player. Defense: stopping ball and marking up.

**Diagram of Drill:**



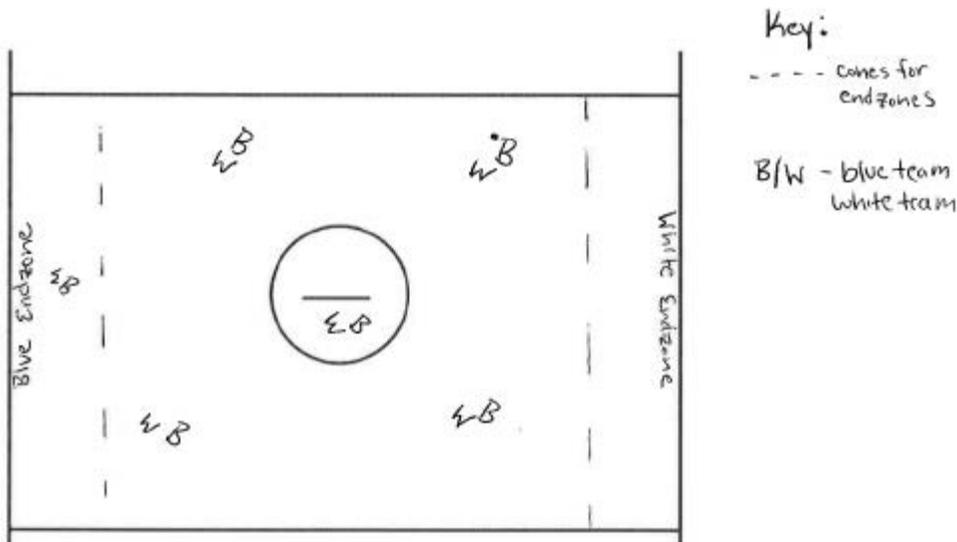
**Coaching Points of Emphasis:** Really helps the offense work on pushing the ball to goal. You can add rules for passes or a time limit. Defense has to assess the situation and mark up and stop the ball.

**Description of Drill:** It is a 6v6 keep-a-way drill where the team with the ball works towards one endzone by passing the ball up field. In order to gain a point the offensive team must catch the ball in the endzone. The person with the ball cannot move. Off-ball offensive players need to work to get open. Defense tries to deny or intercept the ball and take it the other direction. Extra players are lined up along the sideline ready to sub in. (You can also have the subs be stationary passing options along the sideline).

**Equipment Needed:** Restraining lines and cones to indicate end zone

**Skills Emphasized:** Transition ball movement; Off-ball movement; Passing under pressure.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

**Attack**

- Pass and move
- Communicate to set picks
- Passing under pressure

**Defense**

- Transition defense
- Cutting of adjacents



**Institution:** Trinity College (CT)  
**Coach:** Kate Livesay  
**Name of Drill:** Defensive Transition

### **Description of Drill:**

This drill is designed to get attackers and middies working together to put initial pressure on the other team as they attempt to transition the ball down the field. This drill specifically breaks the field into three lanes to help attackers and middies with their zones of pressure while focusing most on the attackers ability to force the opposing team into a double. It is also a great opportunity to talk about ANGLES of recovery and how to sustain pressure in this drill.

Start with a settled 7v7 (blue team on attack, gold team on defense). Tell the attacking team they have 10 seconds to shoot. Once the shot is taken (no matter if it scores or is saved) both teams prepare for a goalie clear. The blue team is now defending the gold as they try to transition the ball to the far RL. The blue attackers retreat to the near RL and the blue middies call their spots (right sideline, middle, left sideline) and retreat to the 50 yd line. The blue team is trying to prevent the gold team from getting the ball to the far RL. If they are really struggling with this in the beginning – start with time specific goals. Give the blue team a goal of keeping gold from crossing the RL for 10 seconds – then 15 and keep bumping it up until they are ready to completely prevent the other team from crossing the far RL.

### **Equipment Needed:**

- \*Full field.
- \*14 field players (7v7 and 1 GK). Once people get the hang of it, you can add players. 18 field players (9v9 with two defenders set up behind the R.L. and 1 GK) and then full field 12v12.
- \*1 ball

### **Skills Emphasized:**

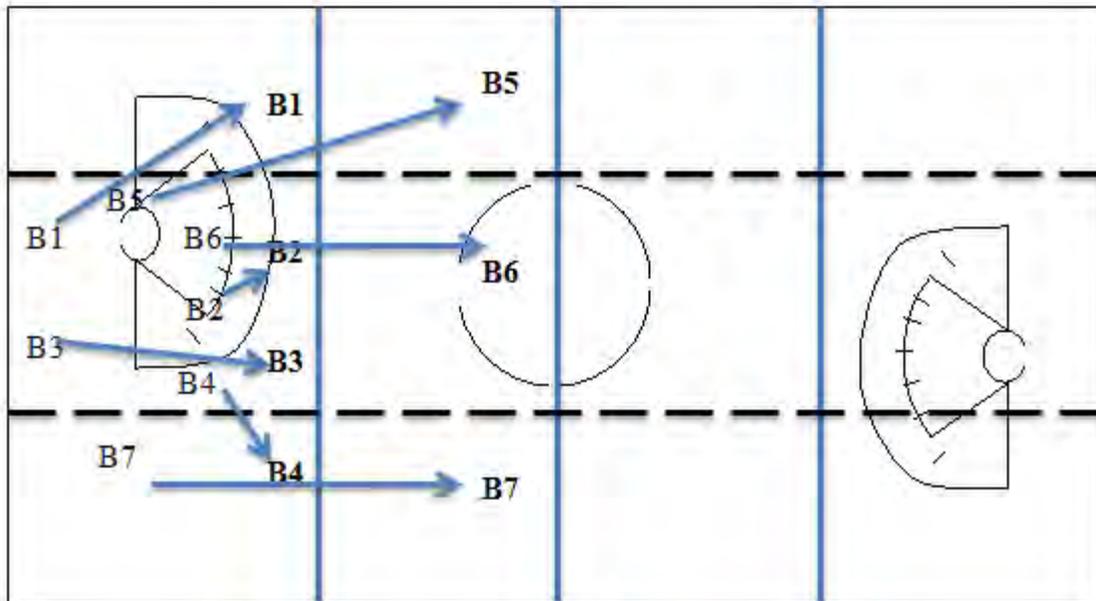
- \*Initially greeting a player – slowing them down and turning them into pressure (*great to work on this skill in a small grid prior to doing the full field pressure*)
- \*Denying adjacent passes in the closest two zones
- \*Double teams
- \*Shifting on ANGLES

### **Coaching Points of Emphasis:**

- \***Communication** is key. Attackers have to communicate about where they are retreating to on the RL as well as talking about bringing players to a double team. They have to have an awareness of who is behind them and communicate with the middies about covering open people.
- \***Shifting.** There is a lot of shifting involved in this type of zone pressure. Different people become dangerous as the ball moves so there is a lot of anticipating options and sliding to take them away. *Must shift while the ball is in the AIR!*
- \***Recovering on angles.** Attackers have the hardest time with this but once they understand that by recovering back and not just over – they can meet the opponent instead of chase the opponent – they are much more effective in keeping the pressure ON. Sustained pressure is what we are working towards.
- \***Prioritizing zones of pressure.** Shift heavily into the closest two zones of pressure – virtually ignoring the furthest zone from where the ball is cleared to.
- \***Keep the ball in front of you.** An important concept to stress! That is why we work on recovering on angles, so that we stay in front of the ball. We do not want the ball to pass over us or by us!

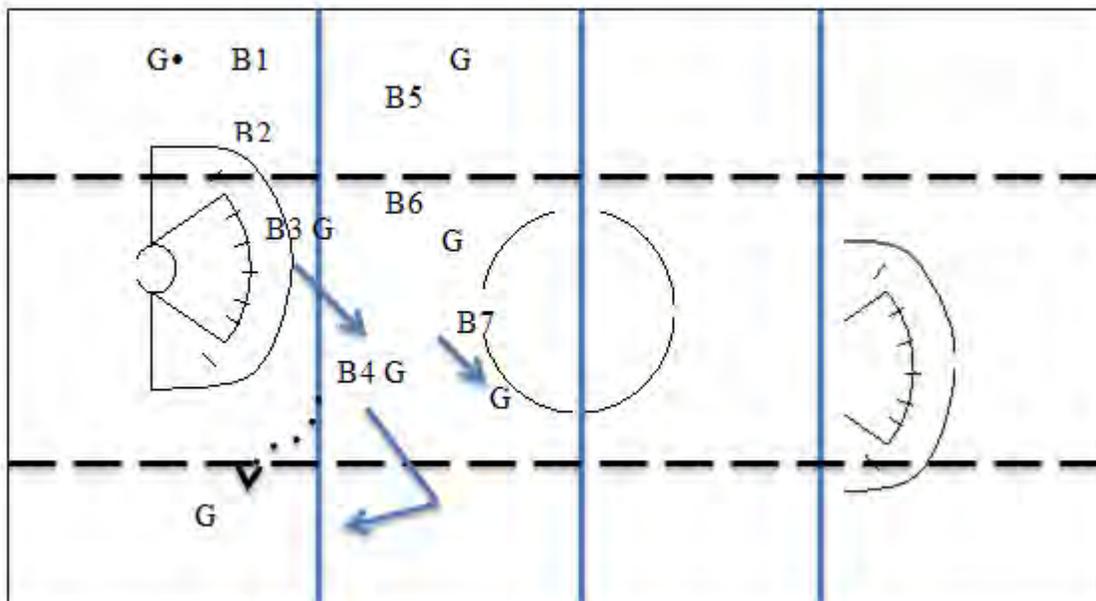
### **Diagram of Drill:**

- \*Begin in 7v7 and on GK attacking team (or Blue team) retreats to their defensive zones



\*Ball is cleared to one side and the blue team shifts to pressure ball and take away adjacents. Notice the blue team is *overloading the two zones* closest to the ball.

\*If ball is reversed to the far side (since that's really the only option we are giving the gold team) – while the ball is in the air – B3 shifts to take B4's player while B4 drops back on an angle so that she can greet the player with the ball by being in front. *(In dotted lines is what most attackers do naturally and you can see how they then get beat and begin chasing the ball)*



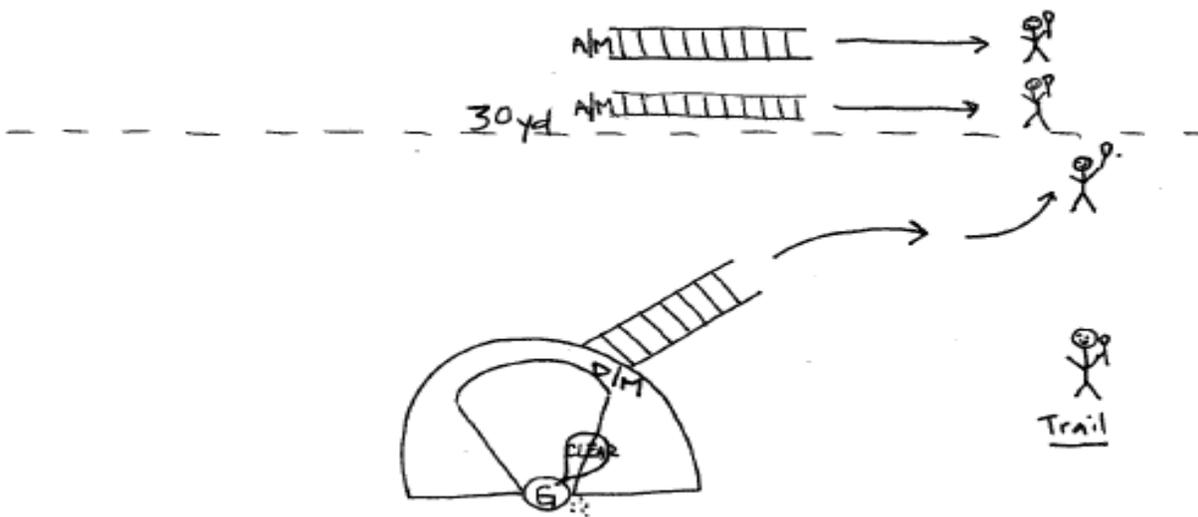
\*Once the team gets more comfortable with their zones and shifting, you can introduce the idea of forcing the clear to one side to try to dictate the shifts more.

**Description of Drill:** Start with three lines (one with low defenders & middies) and the other two with low attackers & middies. The first ladder should be angled from the 12meter towards the sideline. The second ladder should be placed across the 30yd line (about 15 yards away from the sideline). The third ladder should be 5 yards above it- parallel to the second ladder. The goalie starts with the ball and yells clear. When the low defender/middie goes through the first ladder, the low attackers/middies lined up in the second and third ladders can start. Once the defender gets the clear she should look to push the ball up the sideline where she will come into contact with two approaching attackers/middies. They will look to force the defender out of bounds or else send her backwards towards her trail. The defender has three options (run it, split the double by heading towards the middle, or reverse it and use the trail). We typically use a coach or an injured player as the trail.

**Equipment Needed:** 3 ladders per side. Feel free to use both sides so two sets can go at a time.

**Skills Emphasized:** Footwork, goalie clears, stick protection, keeping your feet moving when you have the ball, recognizing when you should run it and when you should reverse it.

**Diagram of Drill:**



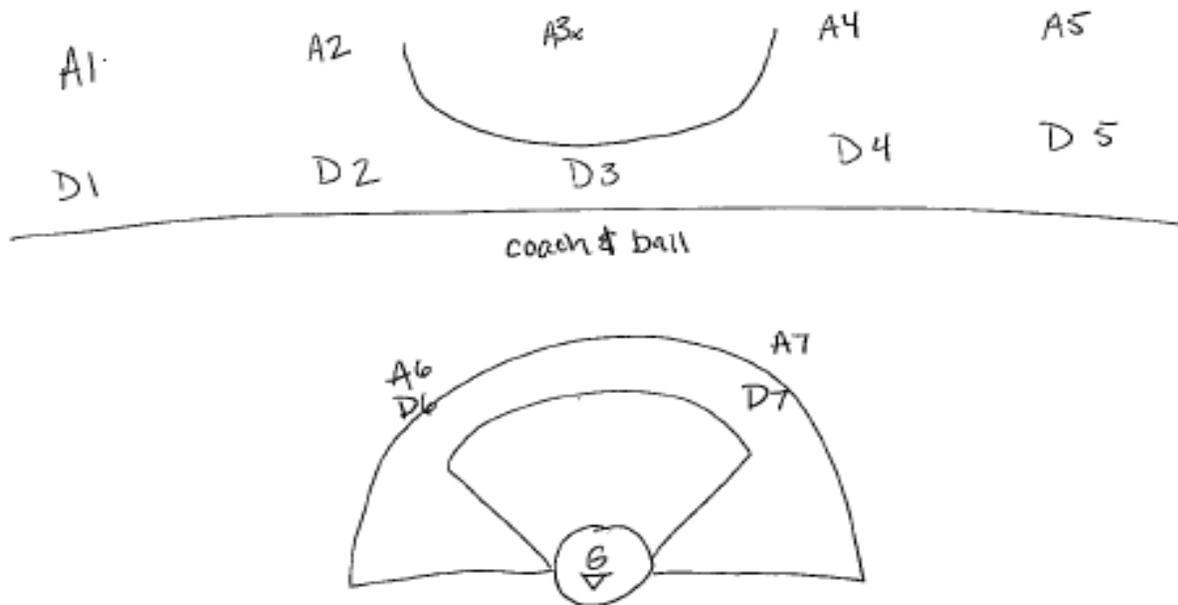
**Coaching Points of Emphasis:** Footwork when going through the ladder, curling when receiving the clear. Keeping your feet moving at all times when re-defending AND when reversing the ball, and stick protection.

**Description of Drill:** Drill starts when Coach rolls a GB to A1. A1 picks up GB and proceeds to attack the goal with the rest of her team. When D1 realizes the GB is going to her girl she needs to sprint back and touch the cone where A1 was standing while the rest of the defenders proceed to slow down ball and shut down the fast break while D1 recovers. Drill is stopped when attack scores or when defense successfully clears the ball to midfield. All players return to where they started, and drill is repeated like this 5 times until every A at midfield has picked up the GB one time and every D has been in the "recovery" position (also to work on conditioning of those coming down from the midfield). \*Note: Drill may be modified for a longer recovery sprint for D or for a longer man-down time. If you have limited space, you can vary the match-ups for example making it a 3v3 recovery from the midfield.

**Equipment Needed:** Lacrosse balls, 10 cones

**Skills Emphasized:** Transition; Defending the fast break in the midfield; Attack fast/slow break options; Man-up/down situations.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Communication; Defense sliding to ball & slowing it down in the midfield; Offense recognizing fast break opportunities & moving the ball quickly to the open girl; Attack being able to recognize when the fast break opportunity has passed.

**Purpose:** Practice ground balls and draws in a man up/man down situation within the Midfield.

**Directions/Set-up:**

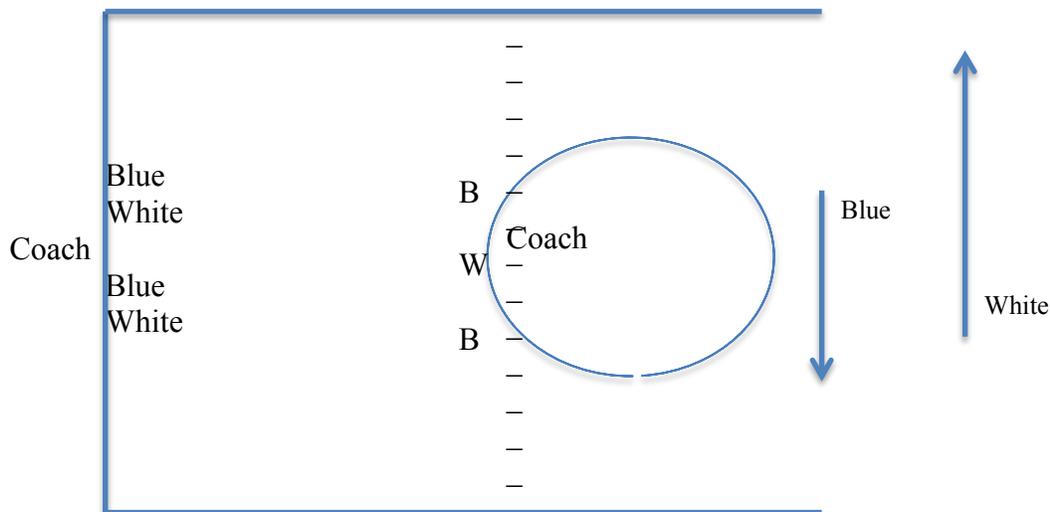
1. Split up the team into two separate teams.
2. Line up two pairs (2 v 2) at the 50 yd line sideline across from the edge of the draw circle.
3. Line up a 2 v 1 on the edge of the draw circle (one team will then be a man up).
4. Have one coach behind the sideline group, and one behind the draw line group.
5. Determine which way each team is going.
6. On the whistle one coach gives out either a GB or Draw ball. Whichever team receives the ball, they must complete one pass to get it over their prospective 30 yd. line.
7. Players must stay inbounds. Out of bounds is outside the sideline, and outside the edge of the draw circle.
8. Coaches: alternate who throws the ball out/what kind of GB/DC's they are and make sure to switch which team is a man-up/man-down

**Equipment Needed:** Cones to mark off boundaries

**Skills Emphasized:** GB/Draw form (go to and through), quick ball movement, boxing out opponent

**Diagram of Drill:**

1. Sideline Ground Ball



**Coaching Points of Emphasis:**

- Communication off the ground ball or -Draw”
- Boxing out for your teammate/in order to get the ball
- Stick protection under pressure
- Recognition of space
- THINKING TWO STEPS AHEAD OF THE PLAY! Seeing -What’s next?”

Offensively:

- Quick ball movement
- Possessing the ball under pressure while looking for the open player
- Using pre-work to get open for ball
- Communication and working together

Defensively:

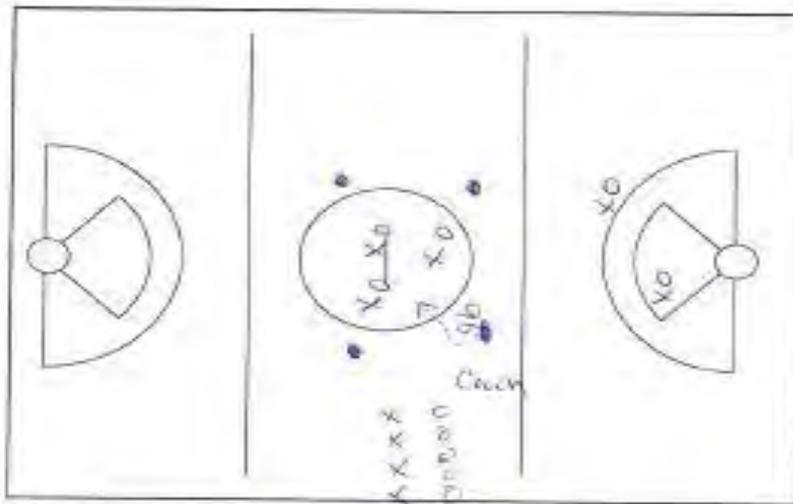
- Man up situation- trying to get a double successful double team
- Trap opponent into the sideline
- Body positioning in the midfield (how to make good contact to slow ball down in transition)
- Man down- defend the space
- Communication

**Description of Drill:** The drill starts with a big box at half field (20x30 yards) with 3v3 (white v dark) in that box. Over the restraining line it is 2v2 (white v dark). A ground ball is rolled into the big box the team that comes up with it needs to get 2 complete, consecutive passes before the ball can exit the box towards the goal. If the other team comes up with it via interception, check or caused turnover they then need to get 2 consecutive passes before it can leave the box. If at any point the ball goes outside the box, the players should leave the ball and get ready for another one to be immediately rolled in by the Coach. Once there are 2 passes an attacking player (and her defender) with the ball can leave the box and go towards goal. Her other attackers over the restraining line should be moving off the ball to get open for her. There needs to be one pass before they can shoot. Attackers below the restraining line should be moving prior to the ball exiting the big box. They need to time their cuts and not make the same cut (have one cut to the ball and the other around the crease). If the defense comes up with the ball they should play it out to their teammates in line waiting to come on. If the goalie saves it play it out as well.

**Equipment Needed:** Lots of balls, cones

**Skills Emphasized:** This drill works on contested ground balls; cutting, passing and catching in confined areas under pressure; cutting in transition and taking advantage of a fast break.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

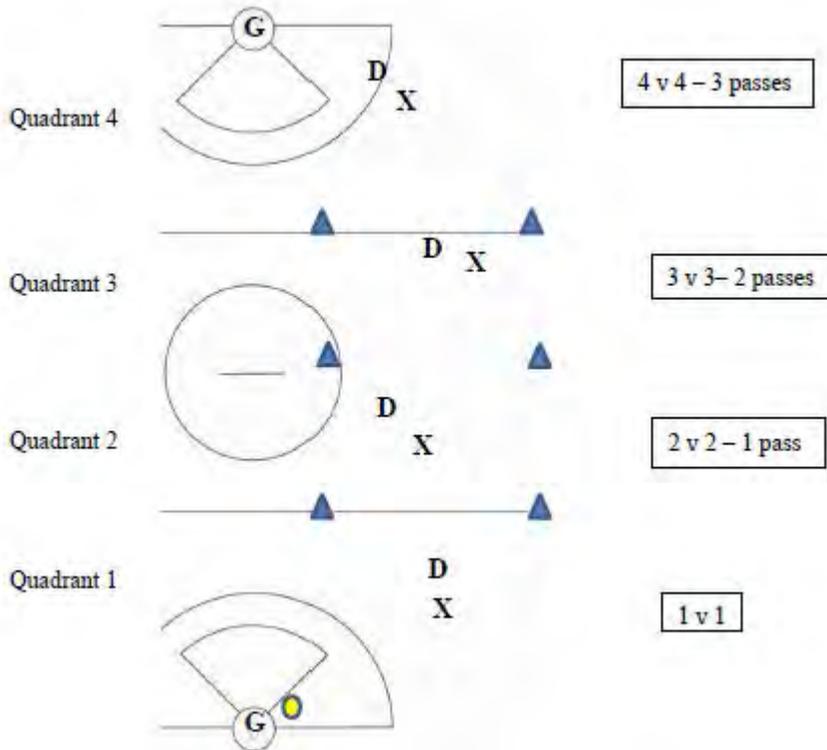
In the big box players should focus on running through the gbs, quick passes and cuts (give and gos work great!). Over the restraining line the Attackers should be moving off the ball and moving before the ball is released from the big box. Also make sure that the 2 attackers are making different cuts: 1<sup>st</sup> attacker should cut to ball 2<sup>nd</sup> attacker should crease cut and hit the trail coming down.

**Description of Drill:** Set up cones in the appropriate areas as seen in diagram and explained in Equipment Needed. Two players will set up in each of the 4 quadrants and goalies on either end of the field. One will play D and X will be the clearing player. D will be re-defending on X, while X is looking to clear the ball up field. Ball will start with the goalie in quadrant 1 and cleared out to X. X will then carry to quadrant 2 where it becomes a 2 v 2 and 1 pass needs to be made. After pass is complete those two players will make a 3 v 3 in quadrant 3 where 2 passes need to be completed. After passes are completed it becomes a 4 v 4 in quadrant 4 where 3 passes need to be made before the shot is taken.

**Equipment Needed:** 6 Cones. 1 cone set up on 30 yard line 15yds inside the field from sideline and 1 cone on sideline. Next set of cones at mid field, 15yds inside the field and 1 on the sideline. Last set of cones at the 30 yard line 15yds inside the field and 1 on the sideline. This will divide the field up in 4 quadrants.

**Skills Emphasized:** This drill works on full length of the field clearing with a buildup of players throughout the drill. It is set up using a lane down one side of the field

**Diagram of Drill:**



**Coaching Points of Emphasis:** Clearing down the lane using outside hand, showing for your teammate into space, and getting open from your defender to create an outlet for your teammates.



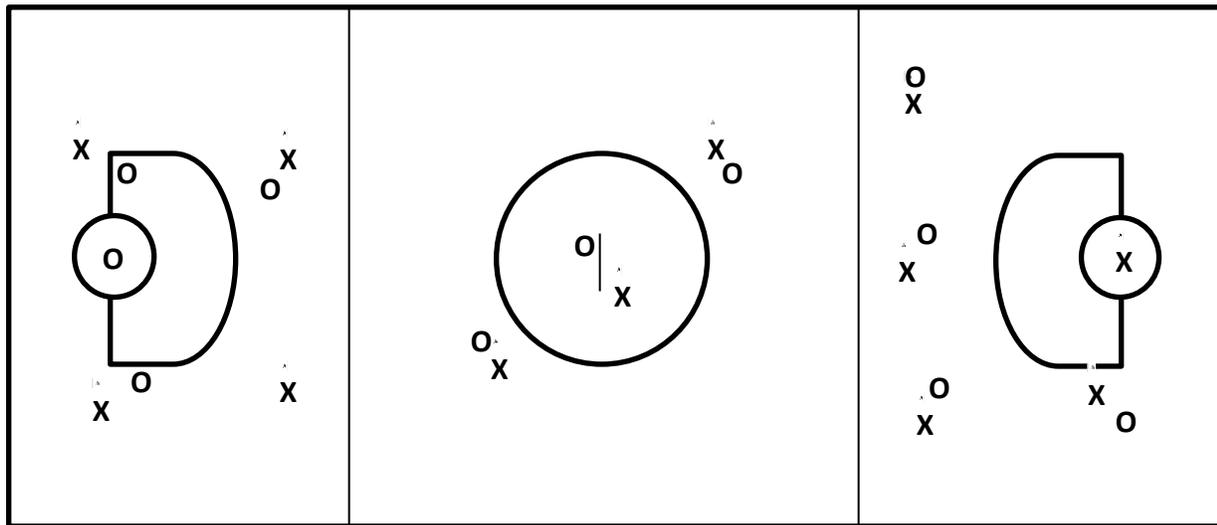
**Institution:** Southwestern University (TX)  
**Coach:** Matthew Grosso  
**Name of Drill:** Draw Control to Cage

**Description of Drill:** This drill allows a team to work on not only the Draw Control, but also incorporates transition offense and defensive strategies. You can either contest the draw normally or create situations by simulating the draw (throwing ball up or to areas of field). The team possessing the draw has 25 seconds to try and score. You can also alter the drill and have a 'half field' version with an attacking team trying to score and a defending team trying to possess and clear the ball to the other restraining line (this allows you to practice this drill with as few as 7A and 7D).

**Equipment Needed:** No special equipment needed. This is a full speed game situation drill with two full teams.

**Skills Emphasized:** Transition Offense (fast and slow break), Transition Defense (man-up/man-down), Boxing Out, 50/50 Ball Competitions, Ball Possession, Decision Making. This drill also allows you to hone in on the players who can take/win, possess or defend the draw well (Draw Control Middies).

**Diagram of Drill:** There is no set diagram for the drill. Set the draw up like you would for a game. Create different situations for your team to work on by changing the number of attackers or defenders behind the restraining lines. This will allow you to practice seeing different 'looks' based on the scouting reports of your opponents.



**Coaching Points of Emphasis:**

- Make it a competition and keep track of which team scores/defends/possesses the best.
- Start even (4A & 4D), but work in other situations and see if you are still able to score (from a slow break) when the balance changes and the defenders have the advantage.
- Create challenges for your Center by matching her up against different types of players.
- You don't always have to go forward immediately, encourage reversing the ball and using the whole width of the field while transitioning.
- The helps work on: 1. Boxing out on/in the Draw Circle, 2. Staying with your mark behind the restraining lines, 3. Stopping the immediate shot down the center of the field, 4. Man-up/Man-down Situations, 5. Transition Vision/Decisions (A&D), 6. Smart possessions.

**Description of Drill:**

Full field transition drill – Ball starts with pass to X2 from the goalie. The ball then transitions up the field X2 → X3 → X4 → X5 → X6 → X7. X7 then does a full field sprint and gets back in line. The players should follow their pass to make this drill continuous.

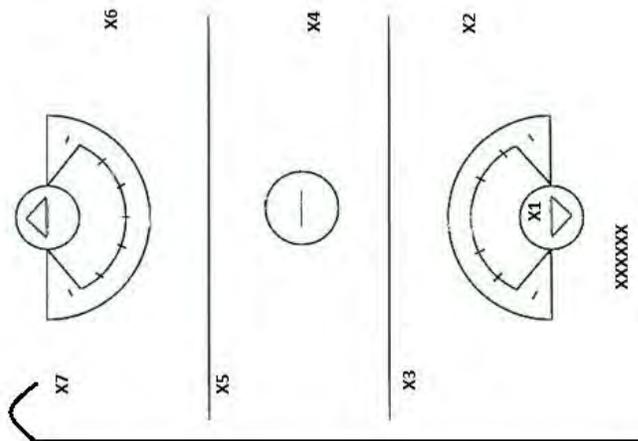
The ball is considered “hot” as long as it hasn’t been dropped. As soon as the ball is dropped, it becomes “cold.” The players in the drill should constantly be communicating the status of the ball, hot or cold, with each other. The goal is get a completely “hot” transition all the way down the field (no drops at all). Ex: Run the drill all dominant hand until 10 “hot” transitions are completed & then move on and do the drill until 10 “hot” transitions are completed non-dom.

**Equipment Needed:**

Cones  
 Balls

**Skills Emphasized:**

Timing of cuts  
 Accurate passing  
 Communication  
 Full field transition



**Diagram of Drill:**

**Coaching Points of Emphasis:**

- \* Players should constantly be communicating throughout the drill.
- \* Make sure players are keeping the field spread out close to the side lines and are making appropriately timed cuts on to the ball.

**Description of Drill:**

Set up the field by creating three zones (See diagram). Create three teams of 5 and place each team in a different zone (use different colors for the teams).

At the start of the game each team must start in their own zone. The game starts by the coach/G playing the ball to the team on offense (Zone 1). The pass serves as a cue for the team on defense (Zone 2) to enter the offensive zone (Zone 1). The team in possession of the ball must complete X consecutive passes before being allowed to play the ball over the middle zone to the opposite end of the field to the other team on offense (Zone 3). The team on defense tries to take away passing options and to win the ball back. If the team in possession of the ball manages to play the ball to the opposite end to the other team (Zone 3), the team on defense transitions and starts to defend the new team in possession. When the team on defense gains possession they will play the ball to the opposite end (to the other team on offense). The team that lost possession becomes the team on defense, and immediately transitions to the opposite end. The new team in possession of the ball must complete X consecutive passes before playing the ball to the opposite end.

**Equipment Needed:**

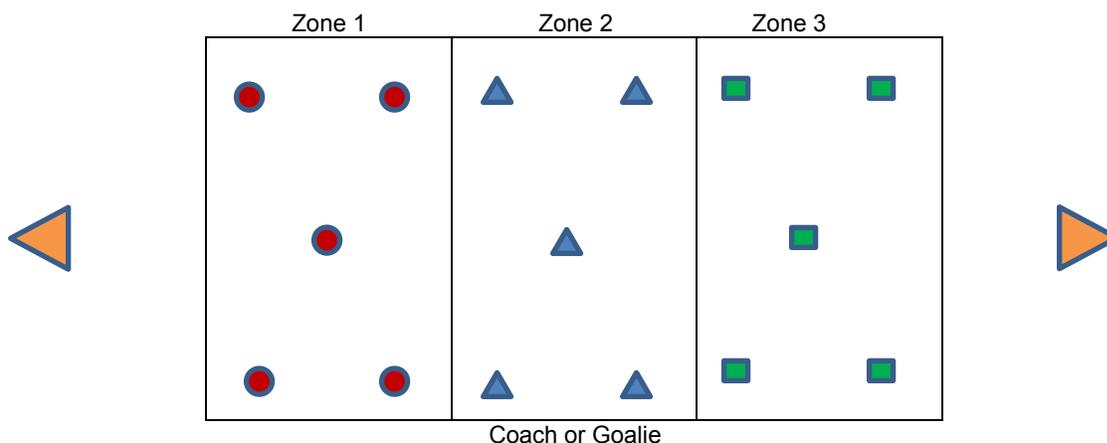
Disc cones for boundaries, Lacrosse balls, 1-2 goals (optional)

**Skills Emphasized:**

Offensive and Defensive concepts including transition

**Diagram of Drill:**

● Offense ▲ Defense ■ Offense (2)



**Coaching Points of Emphasis:**

Modify the game to fit the needs of your team including number of players and area of emphasis by varying the size of zones, number of attackers/defenders, or by placing restrictions on offense or defense/individual players/different zones. Use Goalies for restarts instead of the coach, as neutrals or additional players at the end zones/sidelines, or add goals at end zones (if team on defense gains possession in the "attacking zone," allow X offensive players to counterattack and try to score), etc.

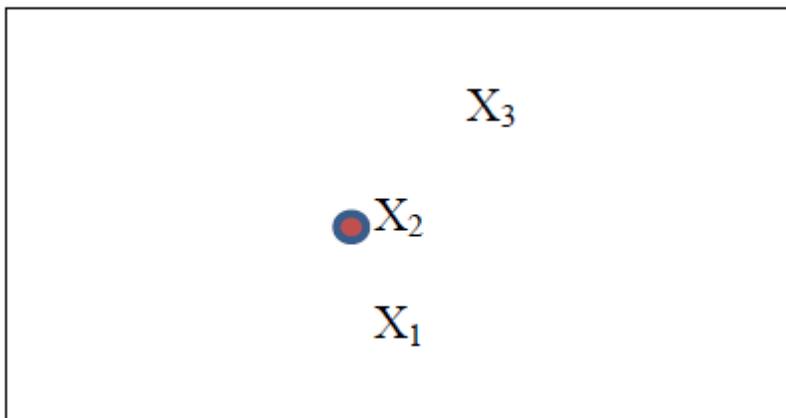
**Description of Drill:** Incorporate riding and double team tactics from the London Bridge Drill. Remind attack to immediately play defense all the way through the opposite restraining line. Remind defense to be secure with the ball, always looking up the field. Remind midfielders their duty – to slow the ball down for attack to help set up the double team.

**Equipment Needed:** 3 players per group X<sub>1</sub>, X<sub>2</sub>, X<sub>3</sub>

**Skills Emphasized:** Ground balls, Riding, Double Teams

**Diagram of Drill:**

X<sub>1</sub> X<sub>2</sub> X<sub>3</sub> should set up as below. Drill can be set up anywhere on the field. Can be set up to end in shot, or set up with boundaries for timed drill sets.



X<sub>2</sub> should be standing with ball on the ground parallel with foot, stick out from hip, upside down, forming an arch over the ball for X<sub>1</sub> to run through. X<sub>1</sub> goes for the groundball.

As soon as X<sub>1</sub> recovers the ground ball, X<sub>2</sub> sprints to catch up in the ride, while X<sub>3</sub> meets X<sub>1</sub> in the midfield, slowing her down.

X<sub>2</sub> and X<sub>3</sub> work on doubling X<sub>1</sub> and recovering the ball.

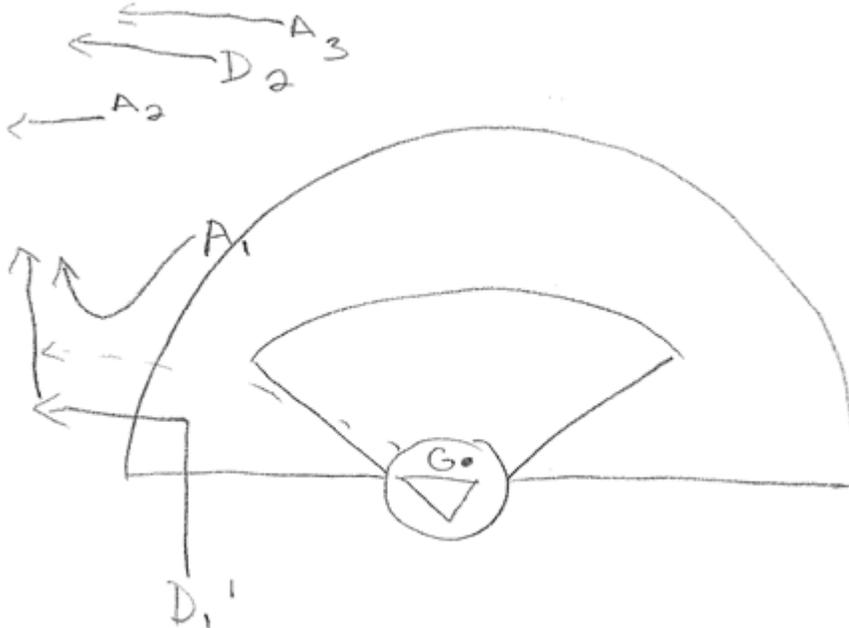
**Coaching Points of Emphasis:** Everyone has to learn defense! When we lose the ball, we ride all the way to the restraining line. Ground ball techniques: butt low, knuckles ground level, running through, and scooping up and cradling immediately. Slow down ball in the midfield. Don't go for the 1v1 check. Wait for teammate. Talk on the double team: who has body, who has ball.

**Description of Drill:** Goalie starts with ball and clears to a low “defender” cutting for the clear. The “attacker” must break-down their feet and force the ball carrier to the side-line. As the ride is happening, the player coming into the double works to get in position and the last “attacker” covers the “open defender”. Once the “attackers” have created the midfield trap and forced the turnover they play a 3v2 towards the goal. Alternate sides so all footwork can be practiced.

**Equipment Needed:** Balls, pinnies

**Skills Emphasized:** Foot-breakdown to midfield ride, midfield doubles, and finding the open player following the caused turnover.

**Diagram of Drill:**



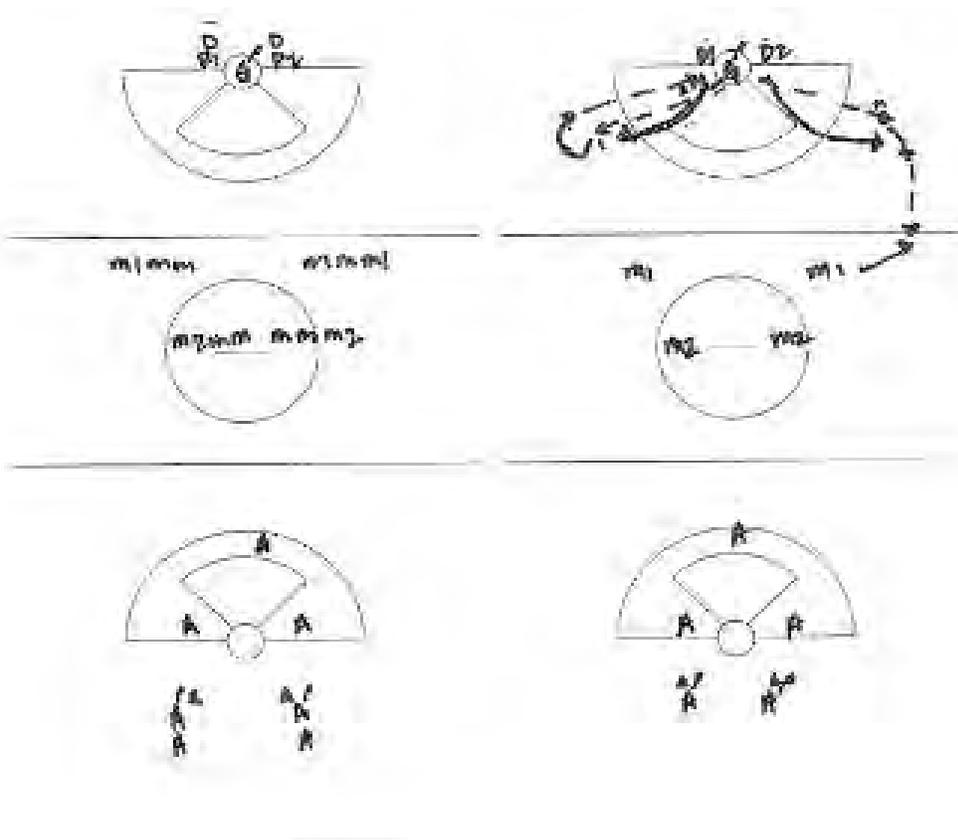
- D<sub>1</sub> cuts for ball
- A<sub>1</sub> allows D<sub>1</sub> to receive pass and then starts midfield ride
- A<sub>2</sub> begins to approach to double with A<sub>1</sub>
- D<sub>2</sub> cuts to help D<sub>1</sub>
- A<sub>3</sub> covers D<sub>2</sub> to prevent pass
- Either clear to 50 yard line or play out to 3v2

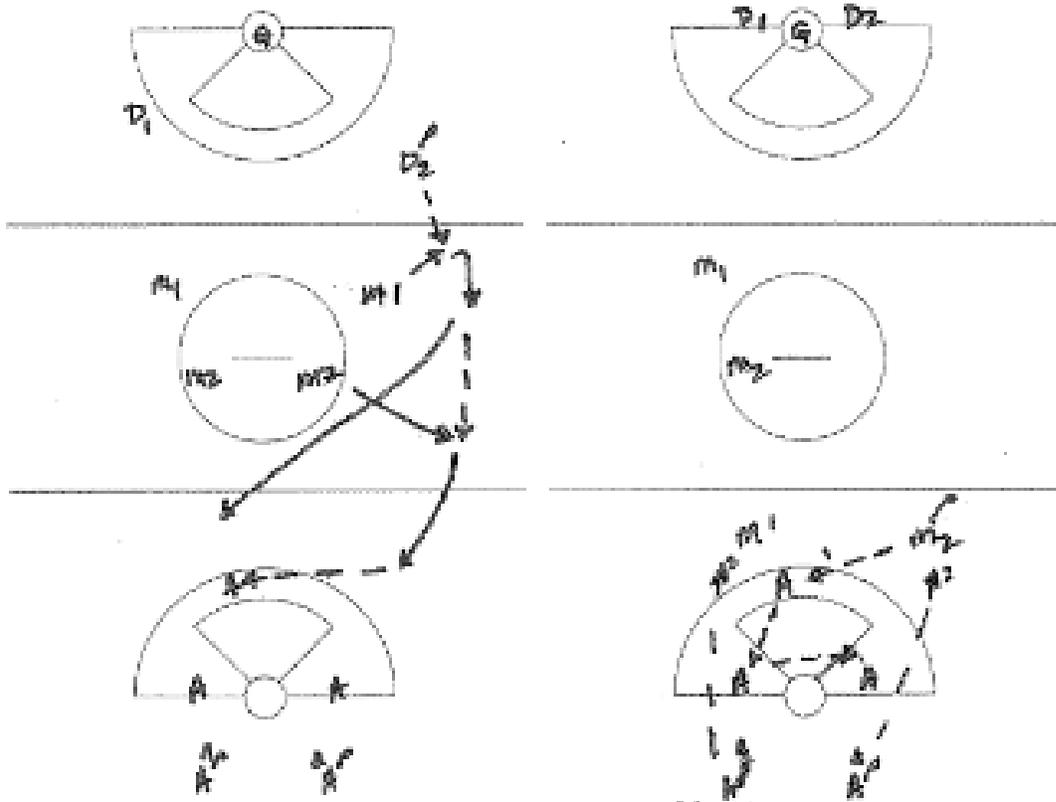
**Description of Drill:** Goalie starts with ball. 2 lines of defenders will be on either side of crease breaking towards the sideline. The goalie will throw a break out pass to one defender. The D<sub>1</sub> catches the pass and will take 3 more steps and turn to the outside to redirect the ball through the GK to get the ball to D<sub>2</sub>. D<sub>2</sub> makes a pass to M<sub>1</sub>. M<sub>1</sub> should break down to the ball. M<sub>2</sub> is breaking up field to receive the ball from M<sub>1</sub>. M<sub>2</sub> then pass the ball to the point Attacker. Three attackers should be set up in a triangle. Two attackers will be set up at the cones with balls on either side of "X". Once the ball moves to the attack they move the ball with in the triangle with the backside attack finishing with a shot. M<sub>1</sub> & M<sub>2</sub> follow the ball and look to receive a pass from the down low attackers at the cones. They finish with a shot. A new ball is started from the GK going the opposite direction.

**Equipment Needed:** 2 Goals, ball bucket, 2 cones

**Skills Emphasized:** Full Field drill that allows you to work on clearing the ball, transitioning it from defense to offense and shooting.

**Diagram of Drill:**





**Coaching Points of Emphasis:** Quick pass in transition to proper areas of the field, hitting the cutter on the run. Changing fields with the ball. Offensively, quick ball movement and shot placement.

**Description of Drill:** Divide your players into two teams. Divide the field into “grids” using the sidelines, end lines, and restraining lines as boundaries. You can have three “grids”, four (split center grid down the middle) or six (divide the field in half down the center).

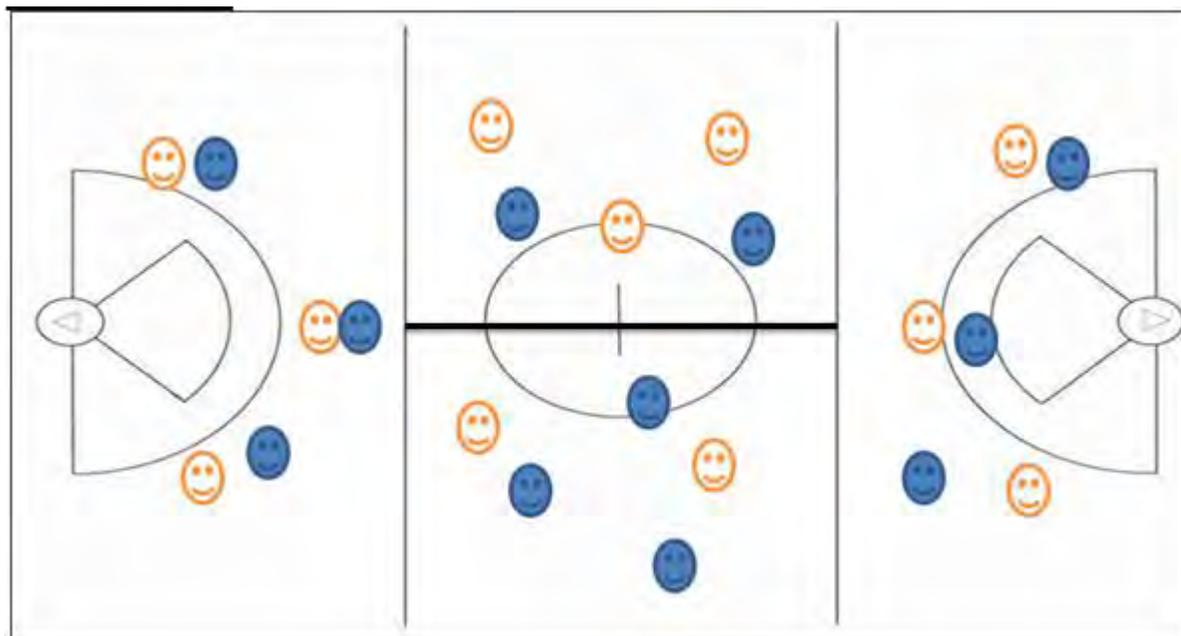
Fill each grid with members of each team, this is a full field drill going to goal, so you want to make sure you have your players in the correct positions. The objective of the drill is to move the ball down the field by passing it to create a scoring opportunity. It helps to show spacing and levels on the transition/clear and to work on cutting in the midfield.

Initially have your players stay in their assigned grids. You can switch players in the grids after goals/set time to have them in different spots. Build up to allow the player who passed the ball to follow her pass and enter the grid to create man-up/down situations (once in the new grid she stays there unless she passes to another grid. Goalies do not have to follow their passes). If a player enters into another grid without passing, it is a turnover. You can also start with man-up/down grids to create different scenarios. It's essentially a full-field scrimmage restricting players to certain areas on the field. You can start with a draw or just throw the ball in to one of the grids.

**Equipment Needed:** Full field

**Skills Emphasized:** Midfield ball movement, transition cutting, midfield picks/working together to get open.

**Diagram of Drill**



**Description of Drill:**

Start with two attacking lines and three defensive lines up top at the half field line. It will be a 3v2 to goal with the defense channeling the attackers to the outside and doubling near the sideline. The third defensive player is taking away the adjacent attacker.

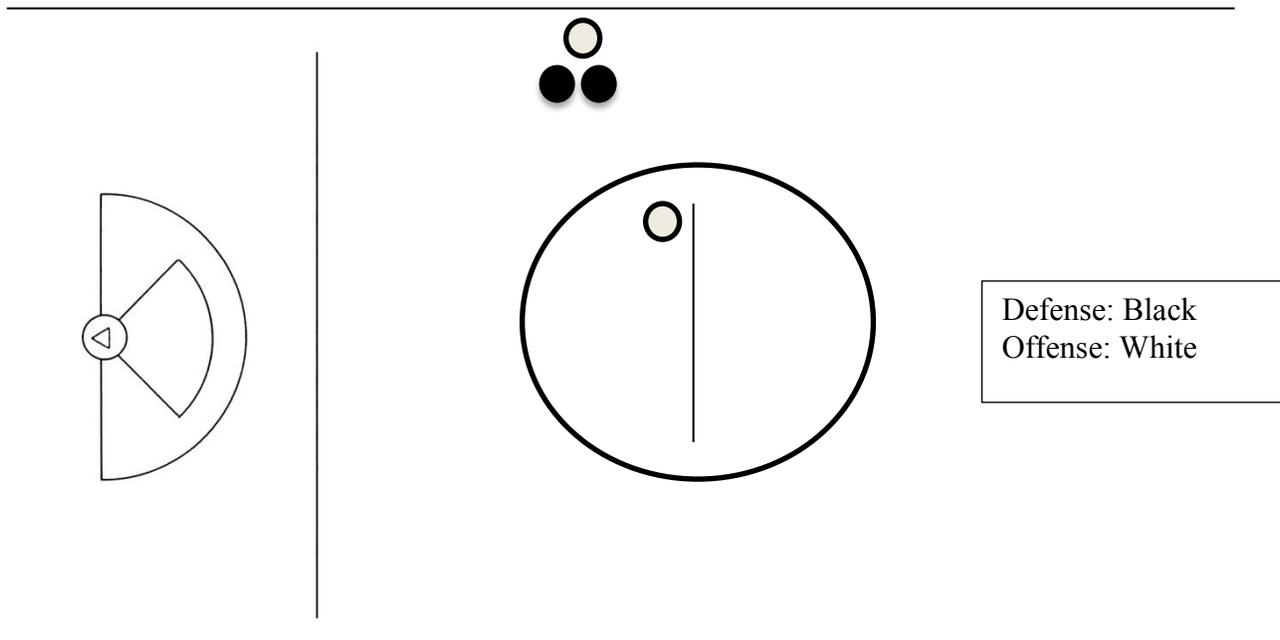
**Equipment Needed:**

Bucket of balls and one net.

**Skills Emphasized:**

Defense: Channeling to the outside, and doubling in the midfield.  
 Attack: Breaking a double, going to cage

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Communication is key! While channeling, have the defense player use "small" feet and don't over commit, avoiding her attacker to get a step inside. Make sure the defenders are telling each other to "turn her back" as soon as her help is there and pinch the double to the outside, using the sideline as a third defender. The third defensive player is marking tight on adjacent.



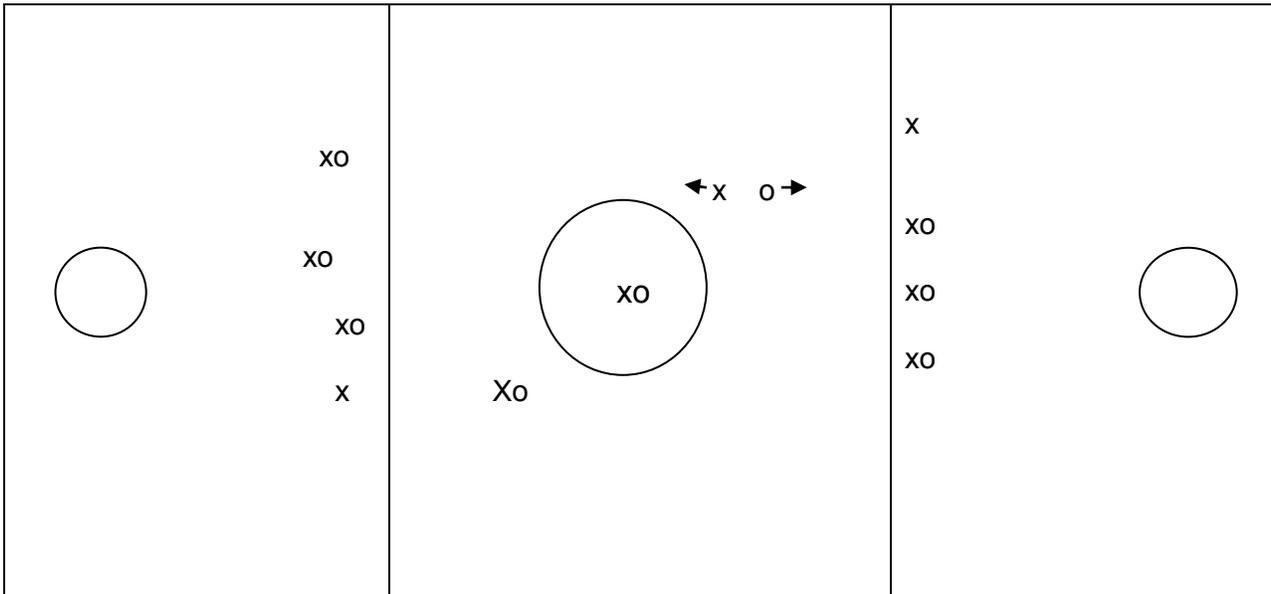
**Institution:** Amherst College  
**Coach:** Chris Paradis  
**Name of Drill:** Draw and Card Strategies

**Description of Drill:** Full Field Transition and/or player-up/player-down (card) strategies. Start the drill with a draw (3v3) and set up player up or player down behind one of the RL (3v4 or 4v3). This can be a pure transition drill (7v6), or it can be a card strategy and clock management drill by putting 2 minutes on the clock. This is also useful if you are down a few players at practice due to injuries.

**Equipment Needed:** Full Field, 1 ball, clock

**Skills Emphasized:** Draw (on ball and off), time management, player up/player down defenses and offenses.

**Diagram of Drill:** In this scenario, x's are playing 7v6 on attack and 7v6 on defense, and the o's are 6v7 on attack and 6v7 on defense.



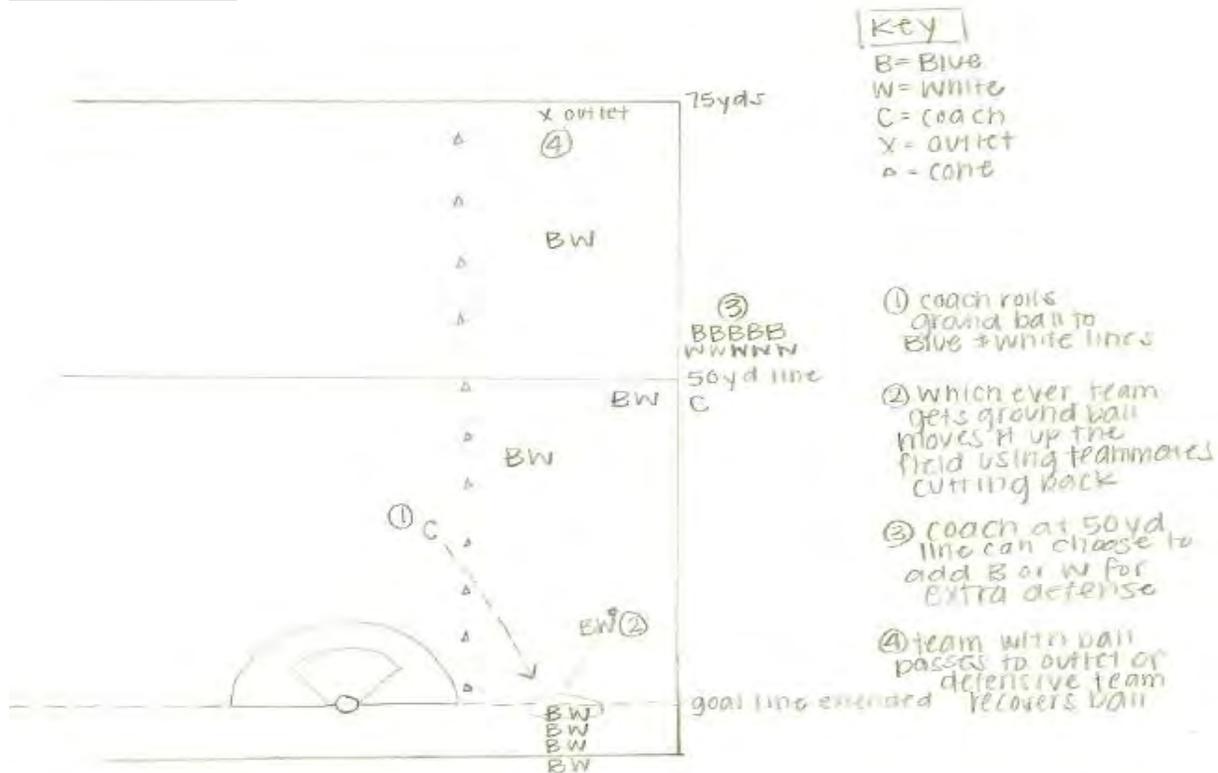
**Coaching Points of Emphasis:** Give your team the offensive/defensive sets they are to work on at each end, as well as time management strategies before each draw. This is a drill that you can set up multiple ways to help your players understand scenarios they might encounter in a game situation. For example, the clock could be set to a specific time and score in order to simulate a game situation and to work on clock management in relation to the score of the game.

**Description of Drill:** This drill begins with a competitive ground ball. The team that controls the ground ball is the attacking team and moves the ball up field with a series of cut back options from teammates. The team that does not get the ball is the defensive team and tries to keep the attacking team from moving the ball up the field successfully. The coach positioned on the 50yd side line can choose to add additional players to the defensive team at any time to make it more difficult for the attacking team to get the ball up the field and handle the ball under pressure. That repetition of the drill ends when the attacking team moves the ball down the field to the outlet, or the defensive team takes the ball away from the attacking team.

**Equipment Needed:** Lacrosse balls, cones.

**Skills Emphasized:** Competitive ground balls, cutting back to ball in transition, stick work under pressure, defense in midfield, (double teams and getting out of doubles- when extra defenders are added)

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Pick up ground ball cleanly
- Time cuts back to ball, work with teammates to create layers of cuts and options
- Keep head up when carrying the ball and make good, clean pass or carry ball if necessary
- Defensively, force out to sideline, communicate with teammates, and be tight on cutters.
- Extra defenders work to double ball

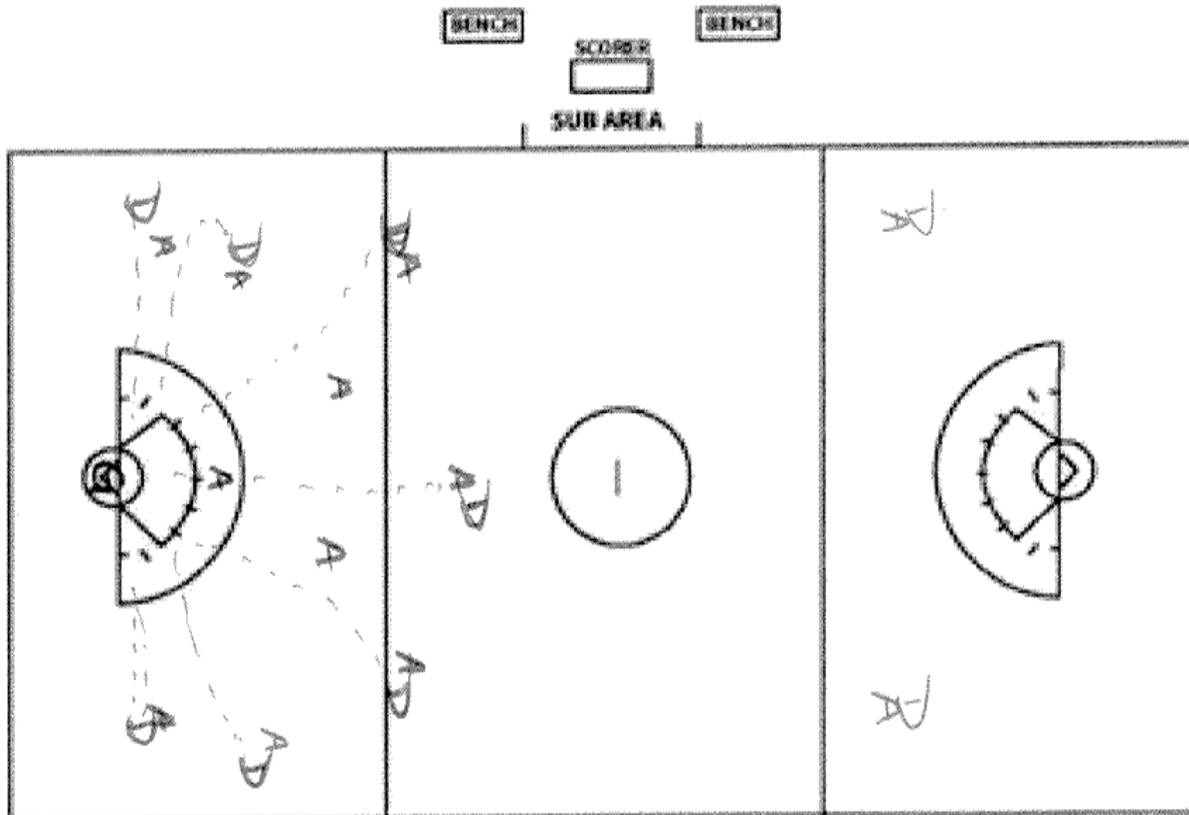
**Description of Drill:** 10 v 7 clearing drill. 7 defenders are trying to transition the ball to their Offensive end vs. 10 attackers looking to cause a turnover. This is done to simulate, the pressure that some Defensive Rides create. On the far 30yard line are 2 low attackers staying low to create space, but working together to be the next option when the ball is worked up.

Start by having your 7 defenders use your traditional clearing pattern. The 10 attackers can then mark up on the initial clear while others pick a zone and one the ball is out, look to double and trap the ball.

**Equipment Needed:** Lined Field. 22 field players. 1 Ball (extras if wanted)

**Skills Emphasized:** Decision making while under pressure (defenders and goal keeper), as well as precise passing as catching while under pressure. Players need to work extremely hard to get open and use direct and concise communication to be successful. North / South as opposed to running East/ West.

**Diagram of Drill:**



### **Coaching Points of Emphasis:**

#### 7 Defenders:

- Are looking to clear to space and recognize when open.
- Must check back to see when appropriate cuts should be made.
- Should work together to get open, Example. screens and communication.
- Protect the ball once in your possession, Example: Keep with in the box and do not stop your feet.
- Are looking to move the ball quickly to beat the re-defending attackers.
- Goalie must make a good decision to keep possession of ball and have accurate clears.

#### 10 Attackers:

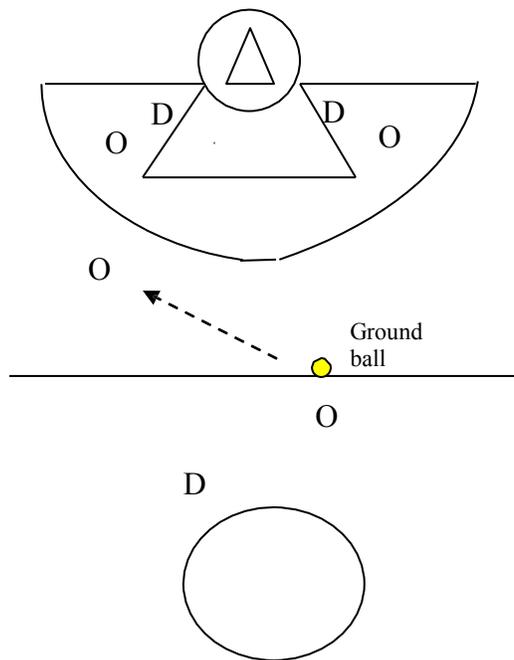
- Are looking to deny cutters who are looking to get open.
- Anticipate where the next pass is going to go and looking to intercept it.
- Should double the ball when it is initially cleared, and look it trap it on the sidelines.

**Description of Drill:** Fast break / defense recovery

**Equipment Needed:** Minimum of 20-30 balls

**Skills Emphasized:** Defensive communication, offensive recognition/finding open player

**Diagram of Drill:**



- 1) Ground ball pick up, enter pass to top O. Player that picks up GB is not in play.
- 2) Defensive trailer (starting 3-4 steps behind) hustles to enter into play
- 3) Once pass is entered, top side O attacks to start 3 v 2
- 4) Defensive trailer should make the effort to turn this into a 3 v 3
- 5) Defense rotates from trailer to low D left, low D right, then restart
- 6) Offense rotates from GB pick up, to top side O, to low O left, low O right, then restart

**Coaching Points of Emphasis:**

- Defensive communication – man down situation / cover two
- Offense – decision making/finding open person & moving to open space

**Description of Drill:** Create a 10 yard lane using the sideline and small cones between the two 30 yard lines. Start an offensive midfielder (A1) at her defensive 30-yard line with a riding attacker/midfielder (D1) 5 yards behind the offensive midfielder. Place another riding attacker/midfielder (D6) at the 50-yard line. Over the attacking 30-yard line, place four attackers (A2-A5) and four defenders (D2-D5) in a box outside the 12m. Start the drill with the offensive midfielder (A1) carrying the ball into her offensive end. The goal of the two riding attackers/midfielders (D1, D6) is to trap the offensive midfielder (A1) using the sideline and cause a turnover. The offensive midfielder's goal is to get the ball over the 30 yard line and become "live" with the four attackers and four defenders behind the 30 yard line. If she beats both riding attackers/midfielders and brings the ball into the attacking end, it becomes a 5v4 when the offensive midfielder joins the 4v4 in the attacking end. You may also want to send one of the riding attackers/midfielders to trail the offensive midfielder.

**Equipment Needed:** Cones

**Skills Emphasized:**

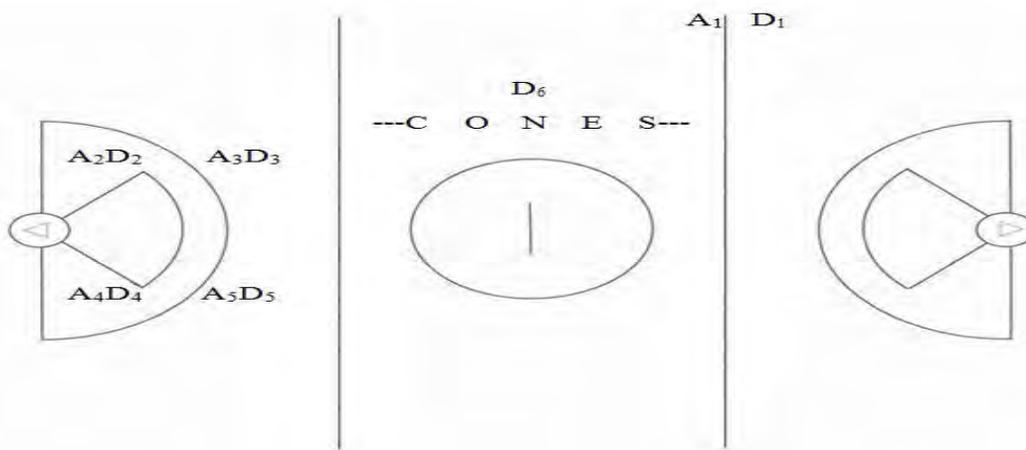
Riding Attacker/midfielder (D1, D6): Slowing down the ball; breaking down their feet and keeping the offensive midfielder to the sideline; good decision making while stick checking.

Offensive midfielder (A1): Attack the riding attacker/midfielders with speed; keep their stick protected and feet moving. Once over the attacking 30 yard line, the offensive midfielder must recognize her spacing and move the ball if a defender slides or go to goal if the lane is open.

Attackers (A2-A5): Communicate if there is a man-up situation; hold their space to spread out the defense; have good footwork while catching, distributing, and shooting the ball; get into passing lanes with and without the ball; make the proper decisions about where to move the ball or shoot; move the ball quickly; Limit cradling; finish shots.

Defenders (D2-D5): Communicate the man-down situation; communicate through the slides; pick up the ball carrier and anticipate the slides on the back side; move with speed with their sticks in the passing lanes.

**Diagram of Drill:**

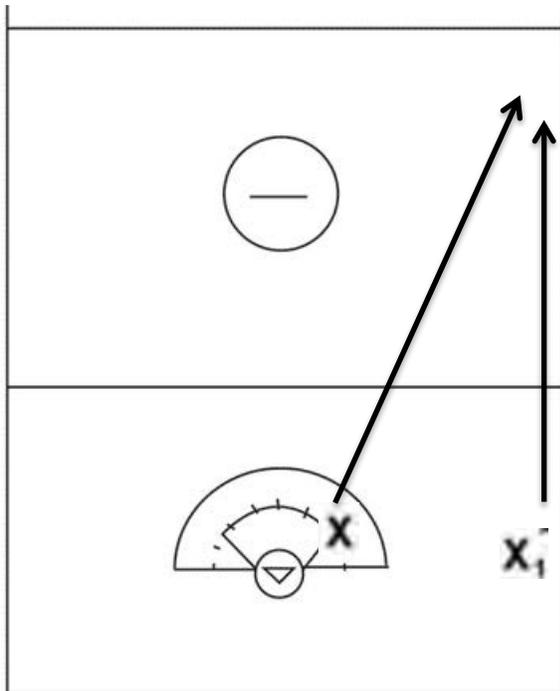


**Description of Drill:** Players line up in two different lines, (one on the goal line extended and the other at the corner of the 8 meter). On the whistle, one girl from each line races to the 50 yard line. Line X1 is trying to get to the 50 yard line without being stopped by line X.

**Equipment Needed:** This drill can be done with or without a ball and equipment (goggles, mouth guard, and stick).

**Skills Emphasized:** This drill is excellent for helping players work on their approach.

**Diagram of Drill:**



**Coaching Points of Emphasis:** We want the players to work on their approach, so line X wants to meet line X1 (or the player with the ball) where they are going not where they are.

**Description of Drill:** This drill concentrates on transition. It can be used for both attack transition and defensive transition.

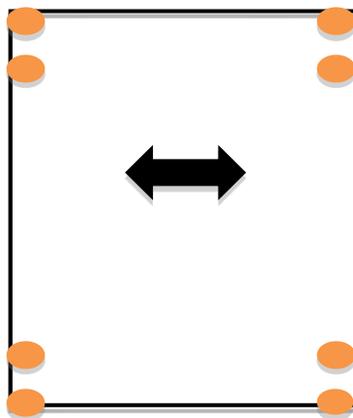
2 teams- Can be offense vs defense or mixed

Play in between the restraining lines. On both sidelines on both restraining lines you will make a 5 foot "gate." Determine before hand which way each team is "attacking" and they can use the entire width of the field. Ball can be moved forward and backward as many times as needed. Defense can man mark or play a zone. To receive a point you must pass the ball through the gate to a teammate; it can be either gate on the side you are attacking. Ball is then given to the other team.

**Equipment Needed:** 8 cones

**Skills Emphasized:** Passing, catching, spacing, width and depth, communication and patience moving the ball

**Diagram of Drill:**



**Coaching Points of Emphasis:** Transition concepts: spacing, width and depth, maintaining space as the ball is moving. Leaving the furthest from the ball open if double team is on (bumping)



**Institution: Canisius College**  
**Coach: Scott Teeter**  
**Name of Drill: Pressure Box Transition Drill**

**Description of Drill:** Move the ball through the midfield under pressure by handling the pressure and recognizing who is the open player in a confined space.

1. Player 1 starts with the ball under pressure. Player 2 and three start at their cone and move up field into the next box.
2. Player 2 and 3 check back to the ball and enter their box. Defender 1 picks up player 2 or player 3.
3. Player passes the ball to either player 2 or 3 (which one is open). Defender 1 tries to slide to ball.
4. Once player 2 or 3 catches the ball, player 4 and 5 head up field and check back to ball, trying to receive the next pass and so on.
5. Once ball moves to next box players rotate and get ready for next ball.

**Equipment Needed:** Bucket of balls, Cones

**Skills Emphasized:**

Player with ball:

- Advance up field by handing the defenders pressure
- Protecting their sticks
- Head up
- Move the ball to open player with appropriate pass. No blocked passes
- Move to the next cone

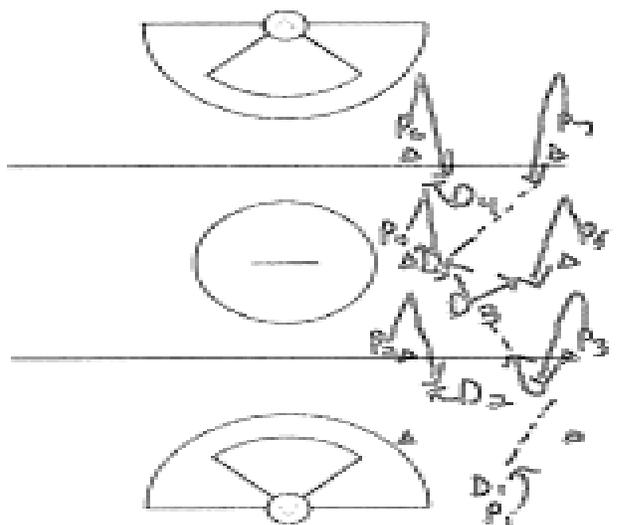
Defense:

- Turn the ball handler.
- Slow down the ball knock down passes and compete for the GB.
- Mark up most dangerous player
- No fouls

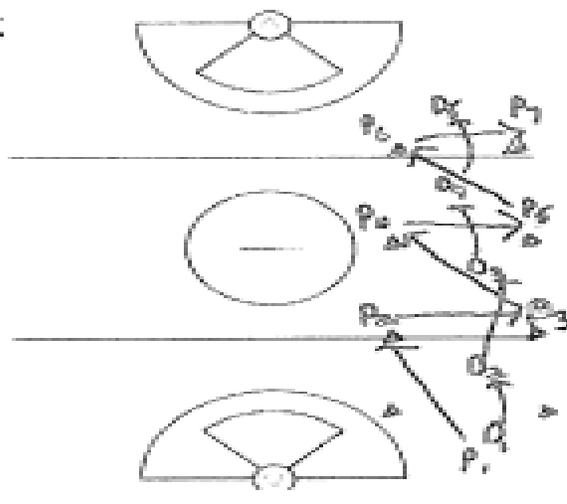
Off-ball Attackers:

- Advance up field and check back to ball
- Work with teammate. Check back at different levels
- Ask for the ball with the correct hand
- Turn away from the sliding defender and head up field.

## Diagram of Drill:



Rotation:



## Variations:

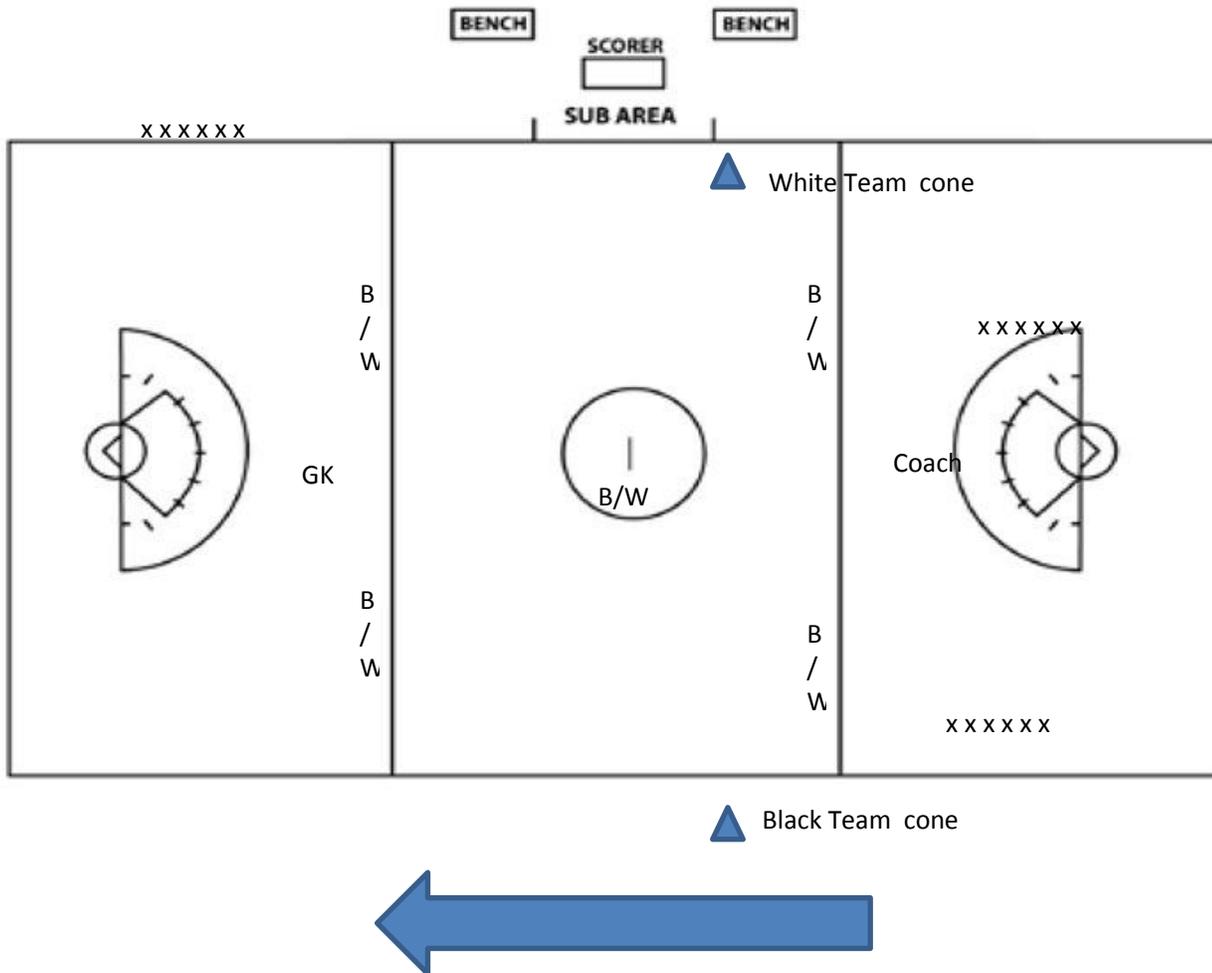
1. Add second defender to each box
2. Finish with 1v1 to goal
3. Allow trailing defender to apply pressure
4. Allow player 2 and 3 to pass the ball to each other
5. Add more or fewer boxes

**Description of Drill:** This drill creates uneven situations in transition. It starts with 2 A/D pairs at the opposite restraining line from where the coach is with the balls. The GK starts outside of the cage anywhere between the 12m arc and the restraining line. The two cones are placed on opposite sidelines. The cones need to be designated for each team color (i.e. black team and white team). To start, a coach calls out a player's jersey number (can progress to 2-3 numbers to create more uneven situations). That player must touch her team's cone before she is incorporated into the drill. It forces the defense to communicate and assess coverage as well as the offense to find the open player and create scoring opportunities using "one more".

**Equipment Needed:** 2 cones

**Skills Emphasized:** Communication, quick ball movement, recovery defense and angles

**Diagram of Drill:**



Drill progresses "uptown" from where coach is standing. All players start with backs to coach who calls out one or more #s to hit their respective "team cones"; the coach then rolls out GB. Players head uptown in transition and have to react to man-up/man-down situations depending on what #s are called out. Fill lines are marked as "x"

**Coaching Points of Emphasis:**

\***Offense:** recognize quickly whether or not they are man-up or man-down. If man-up they want to push the ball for fastbreak, man-down they want to hold and avoid double teams.

\***Defense:** players need to recognize man-up or man-down situation and take advantage of man-up. If man-down they need to time slides and communicate, hopefully slowing ball long enough for everyone to be back in the drill for an even situation.

**Progression:**

\*Add more pairs on the "uptown" end to create 7v7

\*Add more "team cones" so that players choose which one they will touch so that situation and timing are not predictable as to when and where recovering defender is coming from.

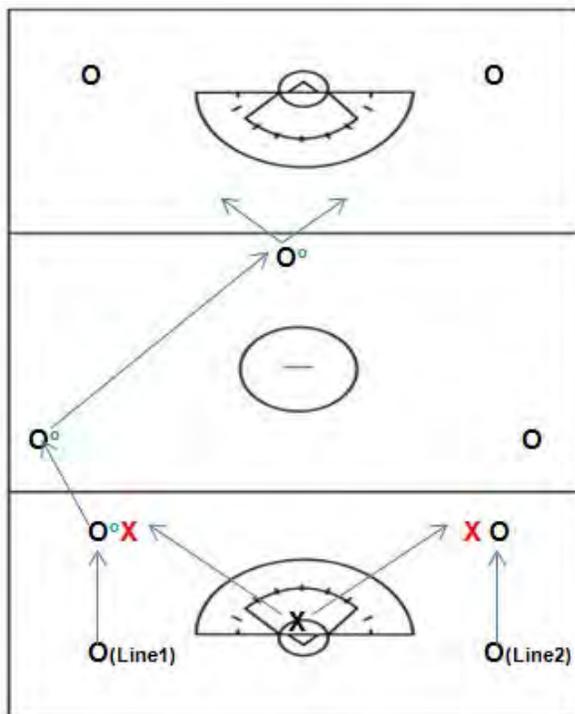
\*Change where GK starts drill

**Description of Drill:** This drill incorporates both clearing and transitioning. During the drill, clearing comes from the goalie to initiate a saved shot or a caused turnover. The object of the drill is to encourage players to clear the ball up field by breaking away from their opponents while incorporating cuts. The drill also persuades the goalie(s) to clear the ball with a quick pass to a breakaway player. The drill can incorporate all field players or focus strictly on defensive players. Essentially, the goalie(s) starts with the ball and clears to a player cutting up field from Line 1 or 2. The player cutting can have defensive pressure to initiate a "ride." Using cuts, the player tries to free herself from the defender to receive a pass from the goalie. Once caught the player transitions up field to players staggered above the 30 and passes the ball to issue the transition. This drill can incorporate two breaking lines, on either side of the cage, if there are two available goalies

**Equipment Needed:** Cones, goalie equipment, full or half field, lacrosse cage

**Skills Emphasized:** Clearing/Transitioning, Over the shoulder passing/catching, Defensive ride, Cutting away and toward the ball, Goalie communication

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Evenly spreading the field upon transition
- Making cuts toward and away from goalie(s) to get open and receive the pass
- Using quick passes to transition the ball up field into offensive territory
- Differentiating cuts (L-cut, V-cut, etc.)
- Verbal communication



**Institution: Holy Cross**  
**Coach: Patricia Sutton**  
**Name of Drill: Gauntlet**

**Description of Drill:**

5v5 across the width of the field and between the 50 yard line and the restraining line, these are hard boundaries. Roll out a ground ball to the attacker with her D trailing to stimulate a fast break. As soon as the first attacker picks up the ground ball the Trail D is released. The attack pushes the ball upfield as quickly as possible while the D shifts to try and slow down ball. Attackers on the wings move to get open as the D slides. The D does not want to slide up to ball and leave open an easy lob pass overhead. The D is also looking to rush ball and force a bad pass, force ball out of bounds or cause a turnover. Any attacker can get it over the opposite side line to complete the drill. You can make it a competition between two teams by giving each team a certain number of attempts and a point for each successful attempt.

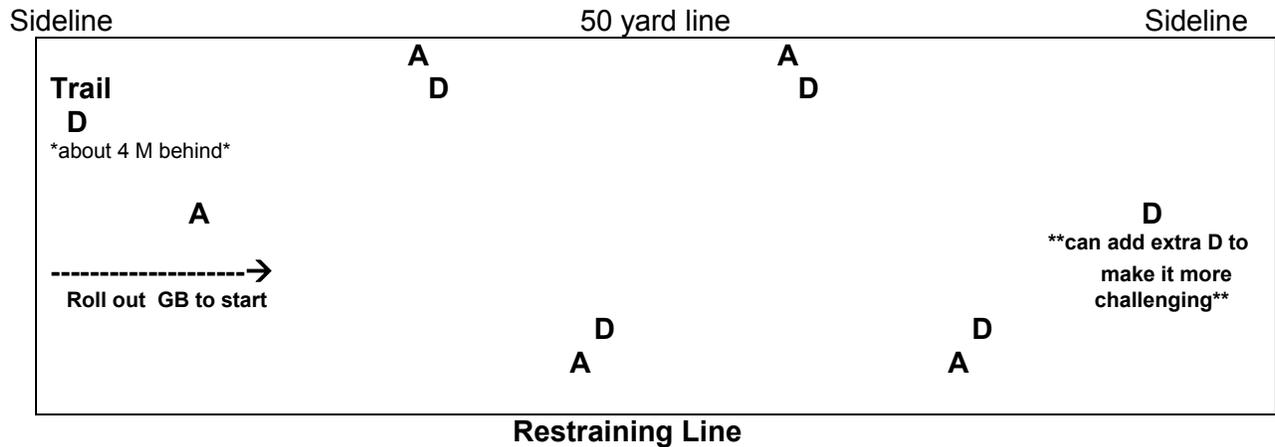
**Equipment Needed:**

10-12 players, two lines across the width of a lacrosse field that are 20 yards apart. We like to use the restraining line and 50 yd line.

**Skills Emphasized:**

Offensively, working in a narrow space and keeping your head up when you have ball to find the open girl one or two passes away. Continually looking upfield and trying to push the ball forward into a fast break. Defensively, looking to slow down ball enough so that the trail D can get into the play and making the correct slides as to not leave the lowest person open.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Pushing the Ball in transition and with speed, forcing the defenders to slide to open up your teammates. Keeping your head up with ball and seeing downfield. Passing and catching under pressure. Timing and Defensive Communication, trying to hold slide for the right time and also slowing down ball. Staying organized in fast break situations.

**Description of Drill:**

In the 6 line drill there are 6 lines, two on either side of both restraining lines and two lines on either side of the 50. There are two goalies standing on each 12. The goal of this drill is for the ball to move quickly and sharp up the field. It allows for every girl to get many touches. There should always be at least two balls going at once. To begin both goalies on either 12 should start with a long clear passing it to the person in the bottom line who is breaking up the field to receive a pass. She then receives it and passes it across the field to the middle line that is cutting away or to depending on what you are working on. The middle lines then proceeds to catch and release the ball to the opposite bottom line.

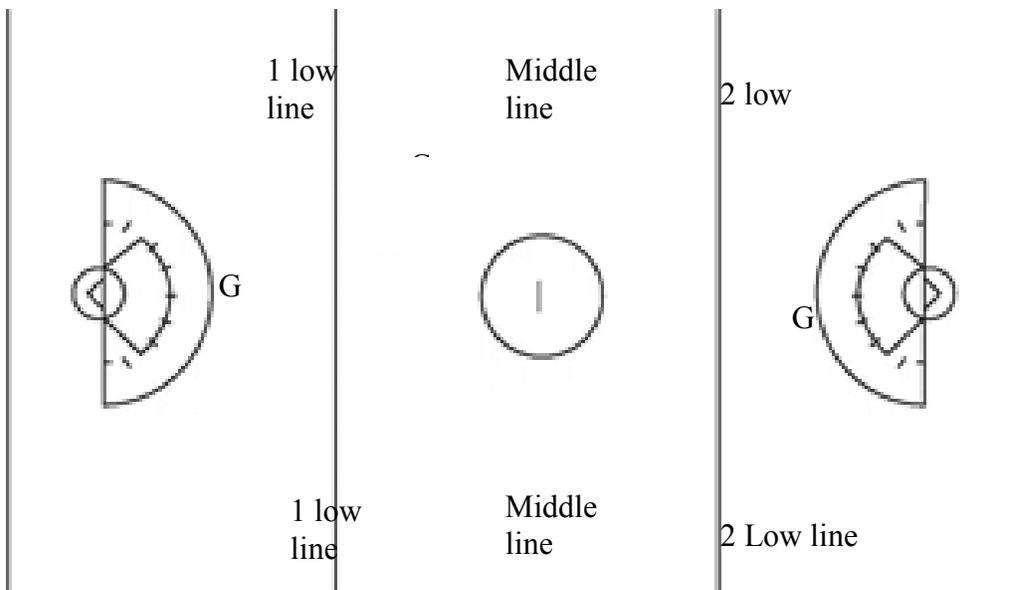
**Equipment Needed:**

10-20 balls, always should have back up balls in every line.

**Skills Emphasized:**

Efficient and fast transition up the field  
Long cut to receive the clear from the goalie as you would to try to beat a ride  
Stick work for both left and right hands  
Receiving over the shoulder  
Catching and a quick change of hands

**Diagram of Drill:**



**Coaching Points of Emphasis:**

There should be no reason for dropped balls as there are no defenders.

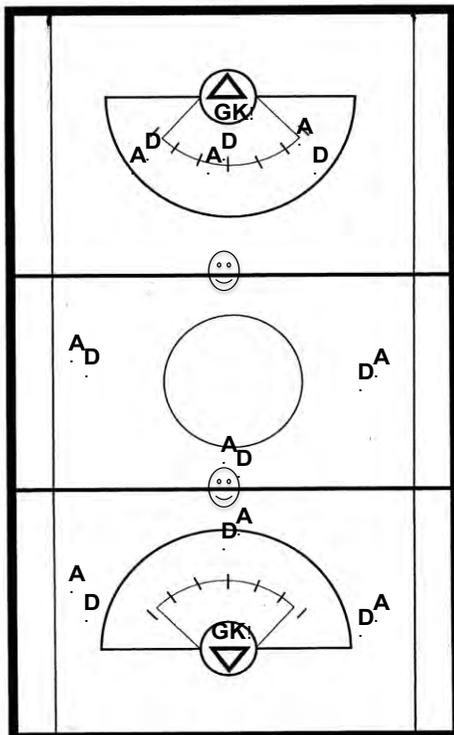
- many different pieces you can add to this drill to expand the teams stick work ie: catch right/throw left, over the shoulder, all right one way, all left the other way, can switch the rotation and have the ball move the opposite direction

**Description of Drill:** This drill focuses on full-field transition starting from the Goalie with a 3v3 in each “designated section” of the field. The Goalie clears the ball to one of her teammates in that section, who then works to clear the ball to the coach/extra player standing at the boundary line. Once the coach/extra player receives the ball, they will then pass to one of the players in the next section. That player (located in the midfield section) then passes to a different coach/extra player standing at the boundary line. Once the coach/extra player receives the ball, they pass to one of the players in the final designated section of the field, where there is a shot on goal (or should be!). This is then repeated as both teams transition the ball up and down the field continuously throughout the drill. Players can only work within their designated section and the ball cannot be carried into the next section; players must pass to a coach/extra player. Variation: build up to a 4v4 or 5v5 within each designated section.

**Equipment Needed:** Full Lacrosse Field (2 creases, restraining lines, etc.) and Balls.

**Skills Emphasized:** clears and re-defending (Transition), cutting to/away from ball (different types, timing, & angles), passing and catching under pressured, spacing in small areas, settled attack and fastbreak options.

**Diagram of Drill:**



- Section 1= Restraining line & boy's box lines (ball starts w/ GK here to begin drill).
- Section 2 (Midfield Area)= In between both restraining lines & boy's box lines.
- Section 3= Restraining line & boy's box lines.
- Players can set-up however you decide within their box when waiting for the ball to transition into their designated box.

 = Coach/Extra Player

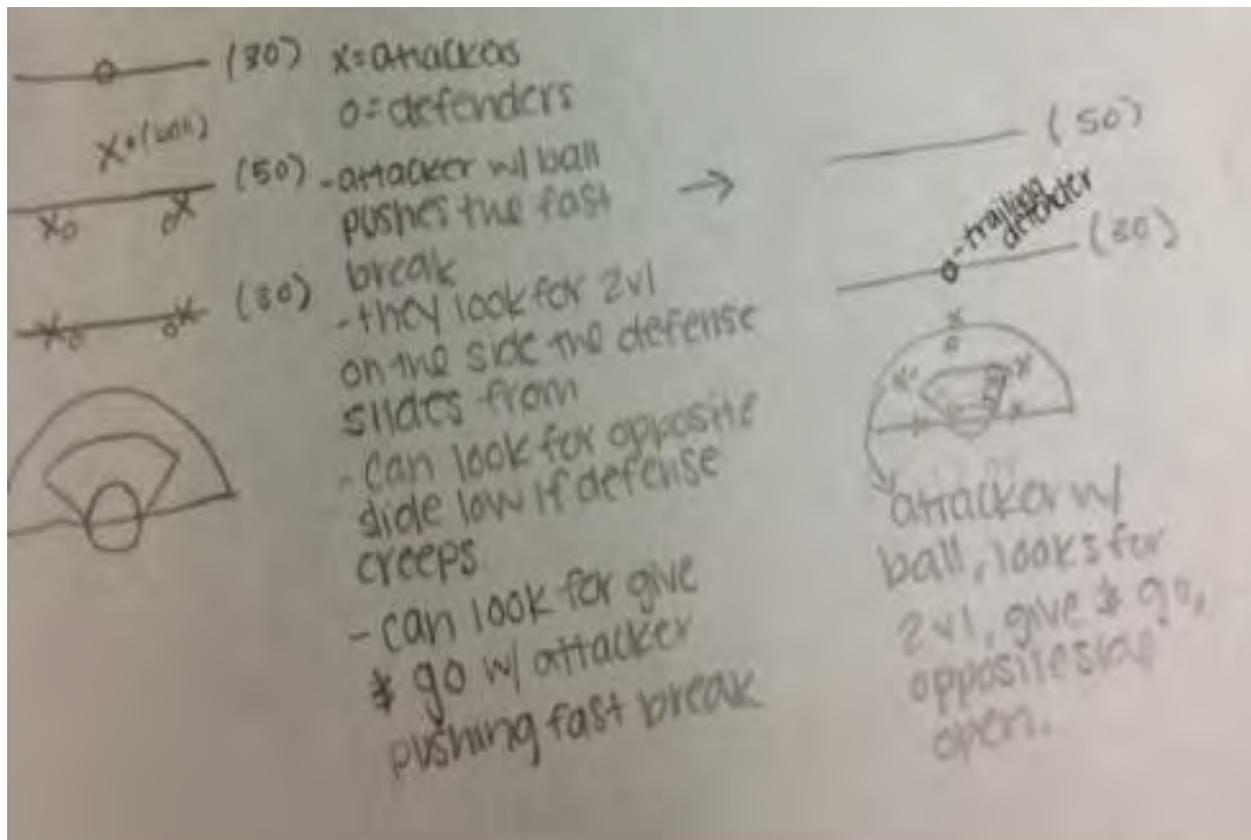
**Coaching Points of Emphasis:** A key idea that should be emphasized is the concept of tempo, on both the attacking and defensive end of the field. In understanding the fast pace tempo of the drill, players should recognize to handle the quick turnaround as the ball is transitioning up and down the field continuously.

**Description of Drill:** Attacker starts with ball in between opposite 30 & 50. Defender starts behind the 30. Attacker pushes the fast break and looks for open attackers, depending on how the defense slides.

**Equipment Needed:** Sticks, balls, cage

**Skills Emphasized:** Pushing fast break, decision making, ball movement and defense playing man down.

**Diagram of Drill:**

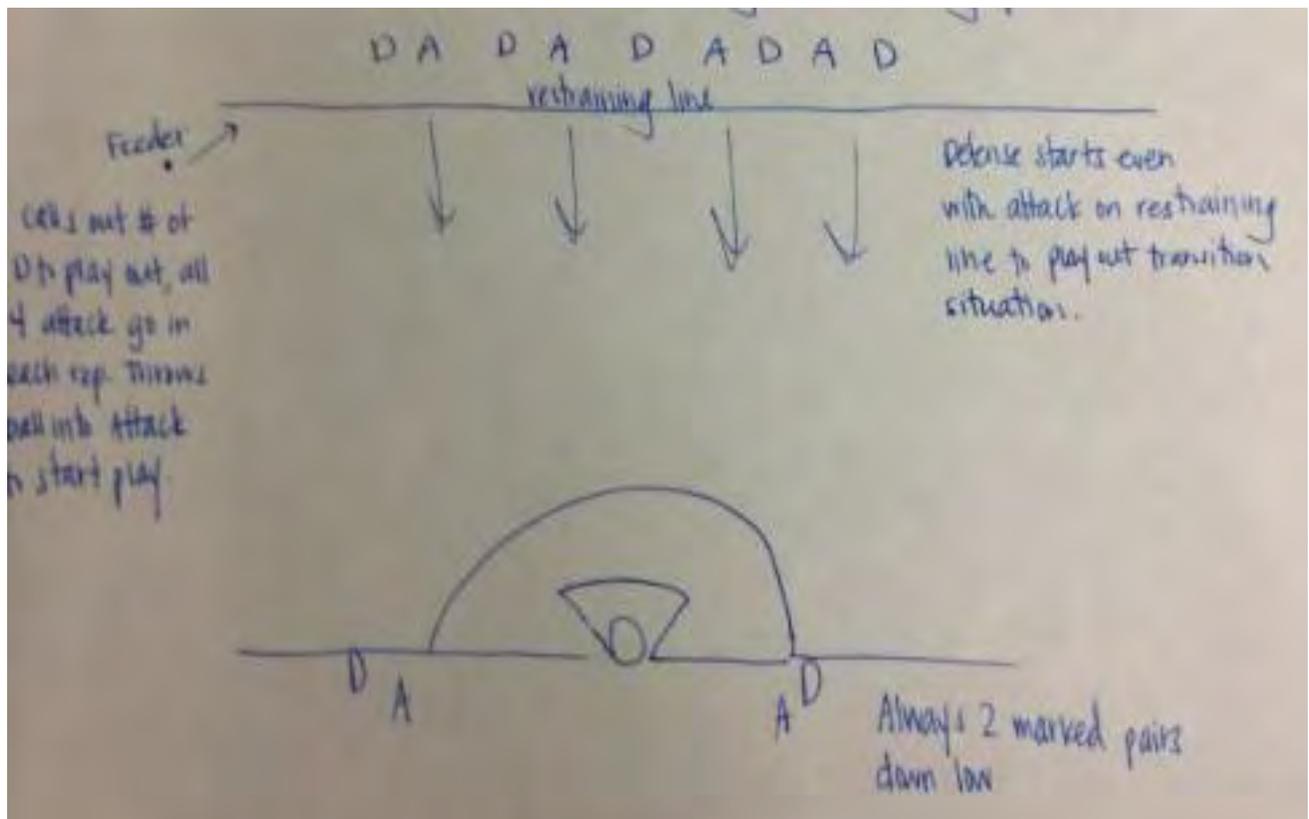


**Description of Drill:** 6v6 Man-Up/Man-Down – 2 marked pairs below on GLE. Line of 4 attack, 5 defense up on restraining line. Feeder to outside calling in number of D to play.

**Equipment Needed:** Sticks, balls, cage

**Skills Emphasized:** Man-Up/Man-Down Defense: recognizing situation, organizing quickly, slides, leaving the furthest away open, solid doubles. Man-Up/Man-Down Offense: attack breaking the double, finding open player.

**Diagram of Drill:**



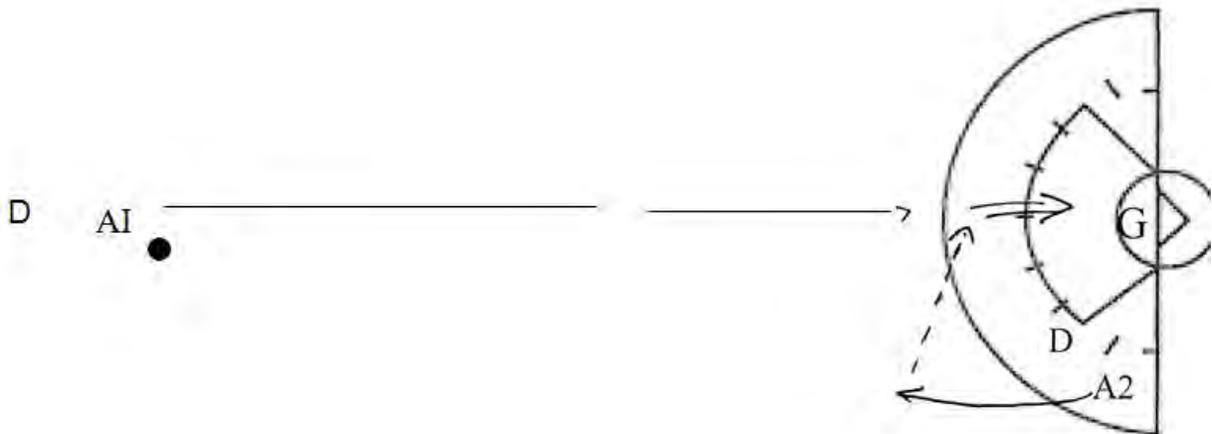
**Coaching Points of Emphasis:** If defense is man-up – they must double. If even – teams play out the 6v6. If the attack is up – defense must organize to mark ball/slow it down, coming in and communicate slides. Marked pairs below can work up to ball and provide option behind.

**Description of Drill:** Ball starts at the 50 with a fast break and trailing defender. There is an attack and defense at the goal line. A1 pushes transition, A2 cuts up to the ball. A1 passes to A2 cutting up to the ball outside the 12m. A1 keeps running and A2 passes back to A1 for the give and go fast break.

**Equipment Needed:** Balls, goal

**Skills Emphasized:** Good passes, A2 is cutting up to the ball to pop out, finishing the shot. .

**Diagram of Drill:**



**Coaching Points of Emphasis:** Attackers are looking to make decisions early and need to make their passes outside of the 12m. Taking advantage of the man up situation, and going to goal without hesitating so the trail defender catches up.

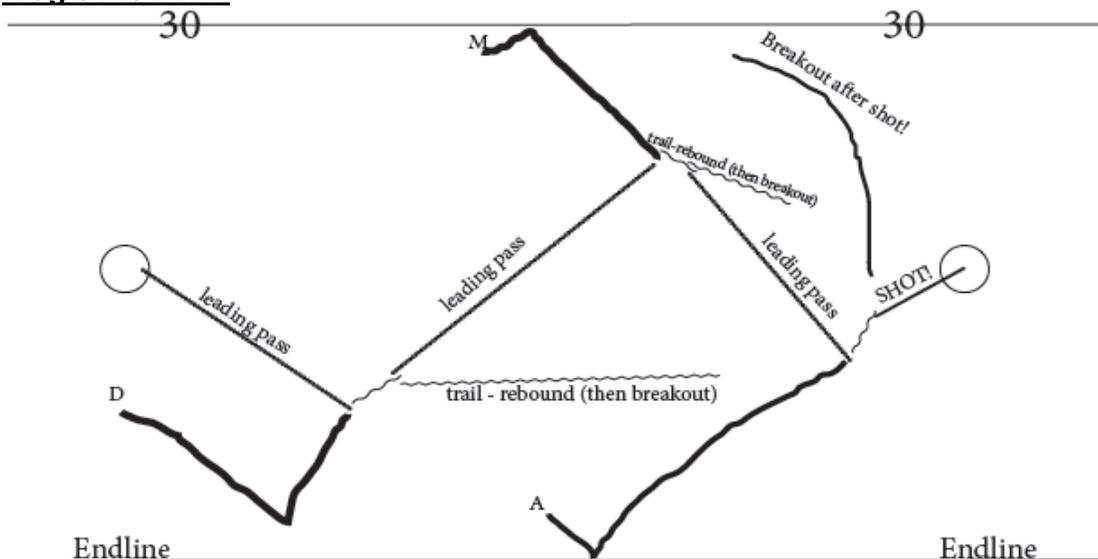
Defense is looking to slow down the ball if possible, and the low defender is working on being a presence of trying to disrupt the play.

**Description of Drill:** This is a fast break transition drill that encourages spacing, timing and passing and shooting under pressure. The drill features three players (1 A, 1 M, 1 D) and can use a GK or coaches/injured players to start the transition break. Goals are spaced on opposite sides of the field going across the field, on the 10 yard lines. GK begins with the ball and clears it to the defender who hits the midfielder cutting up field on opposite angle. The midfielder makes a soft 1/2 cradle and delivers a pass to the attacker who is also making a n upfield cut on the opposite angle as the middle. The attacker shoots the ball quickly. Defender & middle look to play the rebound or pipe if it comes. After the ball is in the cage or missed, all players break out and the outlet goes to the shooter (opposite side of shot) for a quick clear. RUN #2 - After catching the clear, the attacker looks for the defender who looks for the middle for the shot. Attacker and defender look for the rebound - if no rebound they break out. RUN #3 - Outlet quickly to the shooter (middle) who looks for the attacker breaking opposite angle and then finishing with the defender shooting. The attacker and middle look for the pipe/rebound. Drill is complete. Next group starts immediately as the final shot is taken.

**Equipment Needed:** Need a goalie or shooting net, or shooting corners (preferred). A person needs to outlet the ball on both sides of the field. Need at least three balls (ball bag for the team drill preferred as this drill moves fast). Two goals, or turn trash cans on their side and shoot for the hole (if you are working without goals).

**Skills Emphasized:** Spacing. Stick work on the run. Anaerobic conditioning. Reflexes. Communication. Shooting. Transition instinct.

**Diagram of Drill:**



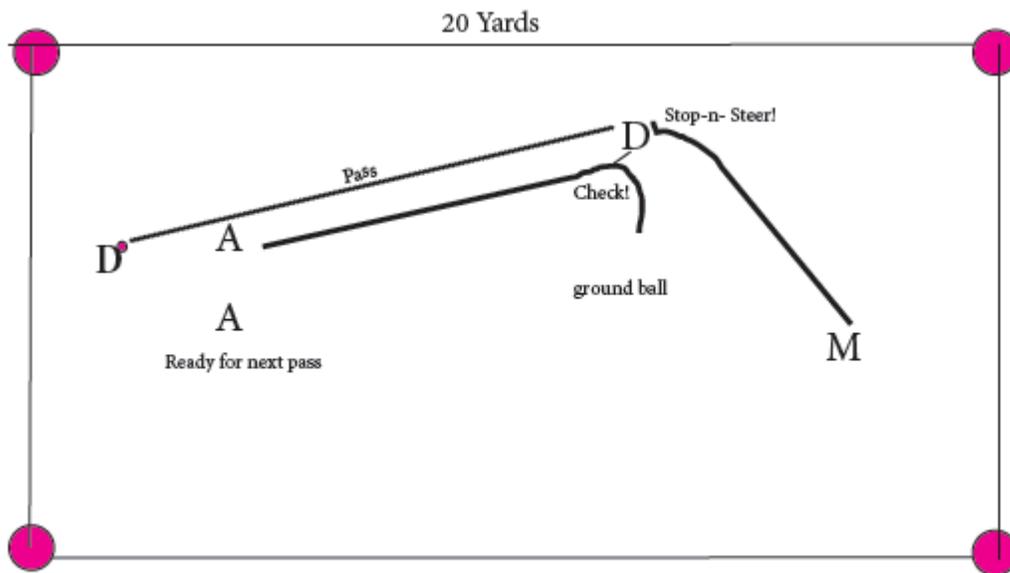
**Coaching Points of Emphasis:** The players must constantly be focused on their spacing and relative positioning in the drill. It's a narrow field - the players must learn how to correctly cut to space and maintain their angular integrity while they go at full speed. Put a TON of pressure on players in this drill and push their tempo - they will respond with better play when more is demanded of them. Do not permit linear passes in transition - that may work in high school or with an illegal stick but it does not lead to consistent success in college fast breaks.

**Description of Drill:** In a competitive environment we want to recreate the random chaos provided by a ride in the open field. We also want to make things painfully simple for the players to understand. Riding must be simple - it can't be a ton of thinking. The players must learn to react to cues and create plays in an athletic environment. This is a 2-v-3 drill where the adjacent pass (the only pass available) is allowed so we can keep working on the point of the drill: stop the ball, steer the ball, check the ball. Again, simple is better defensively - it makes it happen faster! This situation is also one that occurs constantly on a ride - this is not just a "cool drill" - it's a situational drill.

**Equipment Needed:** Four Cones, a ball

**Skills Emphasized:** body position, body control (fitting and steering), checking, ground balls, stick protection, quickness, aggression, boxing out and communication.

**Diagram of Drill:**



NOTE: Dark line, player movement, occurs after the pass. Drill continues after the GB is picked up - passed back to first player. Players continue to work. Drill goes for 30-seconds. Super intensity.

**Coaching Points of Emphasis:** Players are constantly moving - even the ball handlers, marked as Defenders here. This drill is an excellent way for D's to learn how to handle the ball under extreme pressure. Every ground ball is competitive. The ball handlers can move the pass at any time after the double team arrives - force the THREE riding players (A, A, and M above) to work their tails off and continue to analyze the situation and get their bodies in the best positions, using the best angles. Checking work is a huge key - want to minimize penalties on checks by working on poke and down checks in key moments of intensity. Body position determines the outcome of a legal check - anticipate where that GB is headed after a check and be the first to the ball.



Institution: Jacksonville University  
 Coach: Sarah Gallion  
 Name of Drill: 5 Point Random Transition Drill

**Description of Drill:** This is a Man-up/Man-down Transitional drill that focuses on 2 Cones placed to the right and left sides of the field and 1 cone in the middle of the field on the restraining line. Attack and Defensive lines are at each cone. You label which cones correspond to which number 1-5. The number that is called is only for the defense to know how many defenders will be released. EX. If the number 3 is called, all 5 attackers are in play as well as defenders at cones 1, 2 and 3. Play until a shot or turnover. Make it more difficult by putting a time limit on the attack for amount of seconds OR number of passes. On the save, goalie must work to clear the ball under pressure.

**Equipment Needed:** Five Cones, lots of balls, whistle

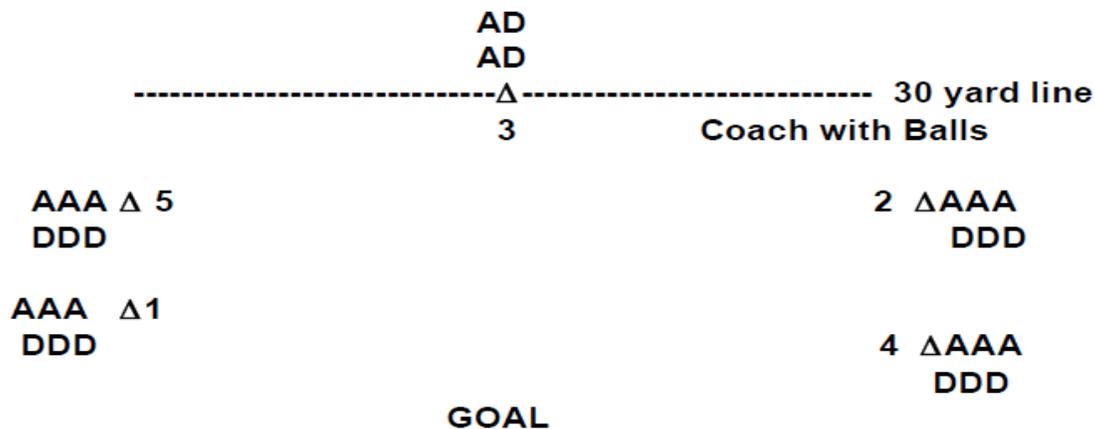
**Skills Emphasized:**

**Transitional Skills** – Attack focuses on man-up and defense focuses on man-down. You have the ability to create even 5v5 situations as well depending on the needs of your team.

**Attack** – finding the open player and moving the ball quickly. Getting off the best possible shot in a short amount of time. If you start with attack having a huge advantage and get to less and less, you can give them confidence.

**Defense** – Getting to the most dangerous man as quickly as possible, slowing down the ball in order to stop the Fast Break, communication, and forcing the attack to make a bad decision with your slide patterns and pressure

**Diagram of Drill:**



**Coaching Points of Emphasis:**

**Defense** – Getting to the most dangerous attacker first. They must LISTEN and absorb when they are to go in and when they are not (make them accountable for the focus). You must slow down the ball and slide while the ball is in the air. Very important for defenders to work on keeping stick up to get a knockdown or interception as well. Communication is very important to know who is covering what and sliding where.

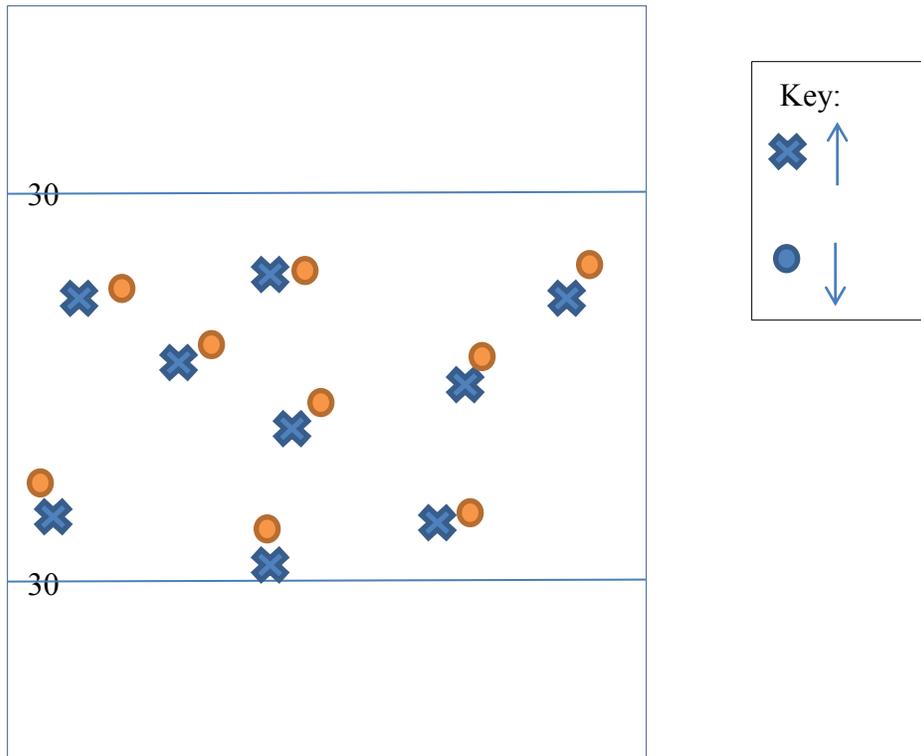
**Attack** – Make the ball move to rotate the defense quickly and find the 1v0. The time restraint will work on the speed of them finding the man-up side of the field. The passing restraint will force the attack to focus on finding the initial man-up side of the field first and hitting the open player.

**Description of Drill:** Transition Drill between the 30's, divide girls into 2 teams, ball starts at their own 30, they have to transition the ball to the opposite 30, as soon as they get to the 30, drop the ball and play defense. Do this for time; each team gets a point when the ball reaches the opposite 30.

**Equipment Needed:** Just sticks and balls

**Skills Emphasized:** Moving the ball fast through the midfield and transition defense, by slowing the ball and slowing the player it takes the opposite team longer to transition the ball.

**Diagram of Drill:**



**Coaching Points of Emphasis:** This drill is extremely game like, it forces them to look up and use each other in the transition and to move the ball quickly, gives them a sense of urgency in the midfield, once the ball is transitioned it forces them to drop and play defense, it's very good for their reaction time once a ball is turned over. It's awesome for defense in transition, forces them to get into good position and play good body defense, slowing the ball and slowing the transition because it is for time.

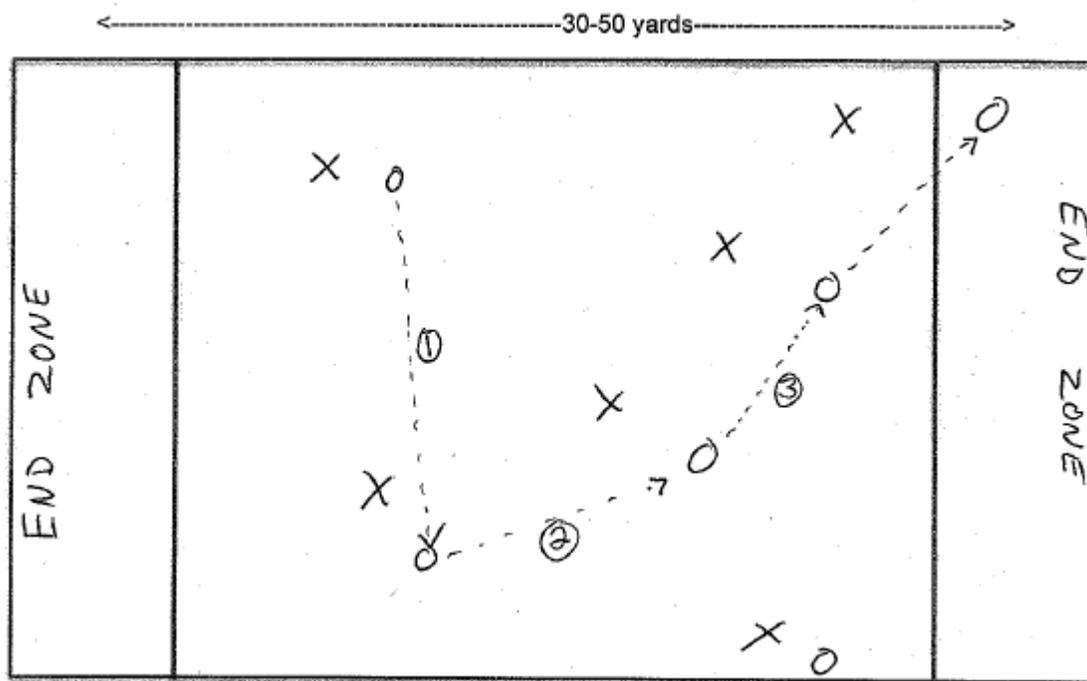
**Description of Drill:** Possession drill with two teams who attempt to control the ball into their own zone.

**Equipment Needed:** Cones, pinnies, 1 ball

**Skills Emphasized:**

Attack: ball protection, stick skills, changing levels on passes, off ball movement  
Defense: help side and back side defense, communication, on-ball footwork

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Spreading out and using every inch of space on offense
- Off-ball movement (replacing, going away-cutting back)

**Potential Adjustments:**

- Increasing/decreasing the size of the drill or number of players
- Making one player a neutral player who is always offense or always defense to create a man-up/man-down situation
- Changing scoring point values to emphasize assists or 1v1's
- Put a neutral player on the sideline who must touch ball once to encourage finding an outside outlet
- Changing number of passes required



Institution: Rensselaer Polytechnic Institute  
Coach: Leslie DeLano  
Name of Drill: #'s Ride/Clear

**Description of Drill:** Create clear & ride situations that demands flexibility, communication and full field awareness.

**Equipment Needed:** Any number of players (7v7+). Suggest making laminated sheets with numbers 0-9.

**Skills Emphasized:**

- **GK:** Identify & execute clear to available player based on pattern of riding team.
- **Clearing Team:** Work effectively individually to create a clear route and work together to identify available player.
- **Riding Team:** Identify the most dangerous opposition on the field. Create a ride that is proactive and predictable.

**Diagram of Drill:**

-Can start with any number of players 7v7+. The riding team assigns themselves numbers 1-N.

-Clearing team looks away while coach holds up a number (can be with your fingers-use two hands for number over 5; or with laminated cards). (Example: coach holds up #6, this happens to be Jenny on the ride team)

-7v7 jumble in & around 12m.

-GK picks up ball; —Clear”.

- Clear team runs routes to get free, Goalie looks for outlet, Ride team picks up players. Depending on objectives of the coach, Jenny (#6) can pressure the goalie or can drop out of the play for 3 seconds.

-On a successful outlet from the GK, play it out to the far RL or to cage.

-On a turnover, the ride team counter-attacks.

**Coaching Points of Emphasis:**

- Riding team must identify most dangerous players in both scenarios based on team strategy.
- Clearing team must identify their available player and work as a group to get her the ball from the GK.
- GK must handle the pressure of a defender in front of her while assessing the appropriate decision for the clear.

**Modifications:**

- When “0” is held with a number, that person falls out of the play for 3 seconds and must communicate to her team that there is an open player. She rejoins the ride after 3 seconds & the team must figure out the bump and slides.
- When a double number is held up —22 —44 —8” (we have two cards of each number), the person assigned that number jumps the goalie.



Institution: Stanford University  
Coach: Brooke McKenzie  
Name of Drill: GB Transition

**Description of Drill:** 3 players in white fight for a ground ball above the restraining line. Whoever gets the ground ball has to get it over the straining line...the other two are doubling the ball. Once the ball is over the restraining line the double team is off. The player with the ball is now pushing the fast break....attack in white, defense in red. There can be a 1v1, 2v2, 3v3, 4v4, 5v5, or a 6v6 waiting below the line. You can set them up differently every time if you want. Play out the man up/man down situations.

**Equipment Needed:**

Lacrosse lines  
Bucket of balls for the ground balls  
Whistle to start and end play

**Skills Emphasized:**

Posses the ground ball  
Transition ball safely over the restraining line  
Execute the fast break  
Slow the fast break

**Diagram of Drill:**

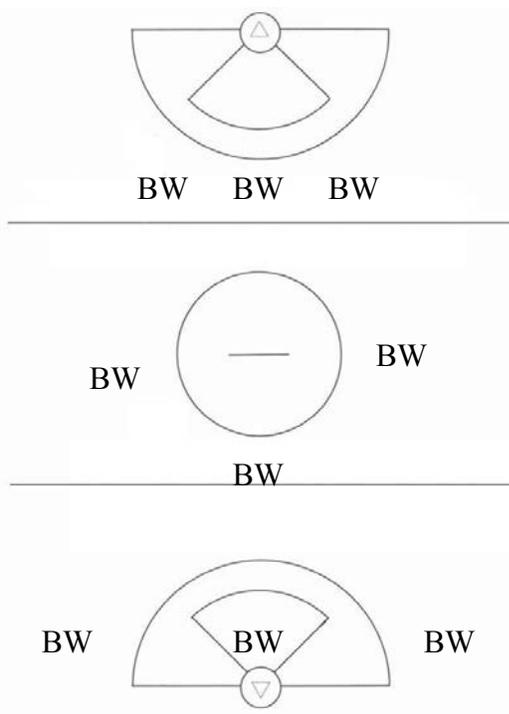
**Coaching Points of Emphasis:**

Protecting your stick in a ground ball  
Running safely out of a double  
Communication offensively and defensibly  
Active GK helping with open players low  
Quick ball movement.

**Description of Drill:** This is a full field transition drill, 9V9 plus 2 goalies (1 at each end). The ball starts on one end with the goalie and that team has to transition the ball without crossing over their boundaries. The ball then starts at the other end and the other team has to successfully transition the ball down the field. The 3 low defenders and attackers on either end cannot run the ball over the restraining line closest to them and the 3 midfielders have to stay in between both restraining lines in the middle of the field. If you want to make it a competition drill: Each team gets 10 balls and they get 1 point for successfully clearing the ball all the way down the field through each section without a dropped pass and 3 points for a successful transition ending in a goal at the opposite end.

**Skills Emphasized:** Moving the ball up-field in transition efficiently and effectively. This drill works on passing and catching in transition, the timing of cuts and learning when to get rid of the ball and when to carry it.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Work on getting open early, using all of your space on the field and switching the field if needed. Defensively in transition all girls need to be goal side, communicate with each other and work on NOT sliding up-field.



**Institution: SUNY Oswego**  
**Coach: Brandi Lusk**  
**Name of Drill: Pressure Zig Zag (Full Field)**

**Description of Drill:** This drill works on pressure catching and throwing during transition (and conditioning). You should pair up your players by position and put them with someone that will challenge them. By the goal you will want to pair up an attack player that could use some extra shooting and a defender to also challenge her. Goalies start with the ball and they will pass in the direction diagramed below, and then the drill begins. Typically, you should leave 1 girl on offense and 1 girl on defense for 3-5 minutes, then switch it up. Players remain in their designated areas on the field unless the coach switches them (don't follow your pass in this drill, but sprint back to your starting spot). You can rotate players as you want. The ball should be moving up both sides of the field at the same time, try to get 3-4 balls going at once to keep the team moving. You want a lot of reps, during this drill. The drill can end at a certain time limit or when your team successfully passes the ball with out dropping it for time limit or complete rotation around the field (with the goalies making key saves). You can make it have defensive challenges as well, by ending the drill when the defense denies a certain amount of passes or makes the offensive player force mistakes.

**Equipment Needed:** 1 ball bag by each goal, extra balls by each "line" (out of the way) to keep the drill going if there are major over throws. Cones if you want to make sure that your players start at certain spots to run in.

**Skills Emphasized:** Catching and passing under pressure, conditioning, cutting to and from the ball, goalie clears, seeing the field.



**Institution: Wheaton College**  
**Coach: Emily Kiablick**  
**Name of Drill: 4 v 3 + 1 + 2 v 1**

**Description of Drill:**

- High Attack and Defense Lines Set-up on the 50. Low lines are waiting behind the end line with the first two attack and defense players stepping into play.
- GK Clear to A1 or A2: A1, A2, A3, A4 vs D1, D2, D3 for a 4v3.
- Once the Ball Crosses the 30, Recovery Defender, D4, can enter the play.
- Once D4 Crosses the 30, A5, A6 and D5 can enter the play.

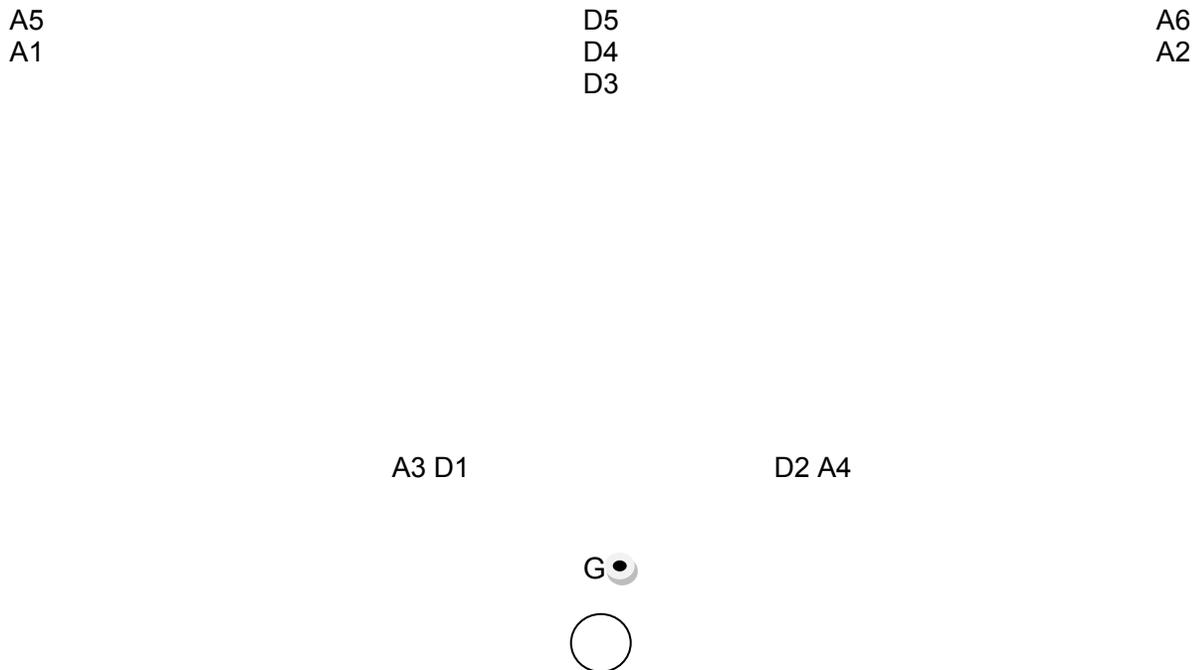
**Equipment Needed:**

- A Goal and Half the Field

**Skills Emphasized:**

- Fast Break: Scoring Before D4 Recovers
- Secondary Break: Finding the Open Secondary Break which will likely be A5 or A6
- Other Skills: Clears, Lead Passes, Feeding, Shooting, Tactical Awareness, Defending Player Down situations, Stick to Stick Passing and Receiving, Defensive Communication

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Initial 4 Attack players should work to Frame the Goal in a Box. If two players end up in the same area it will allow for 3 defenders to cover all attack players.
- Work to stay Stick to Stick on Attack... This will help players avoid passing through a defender's stick and give the shooter the best angle.
- Pay Attention! Just because you are not the first in line doesn't mean you're not a part of it.
- A Variation would be to add another 2 defenders and 1 attack player at the end for a final stage of settled attack.

**Description of Drill:** 8v8 in between the 30's. Set up gates with cones at the corners of the 30's. Team in possession of ball is trying to "clear" through one of two gates and get the ball to the GK outside the box. Team "riding" is trying to cause a turnover and prevent team from clearing through gates. Once either GK gets the ball, she then has to clear to her team who will attempt to get ball through the gates to the other GK. Keep score!

**Equipment Needed:** Cones, pinnies, balls, restraining line

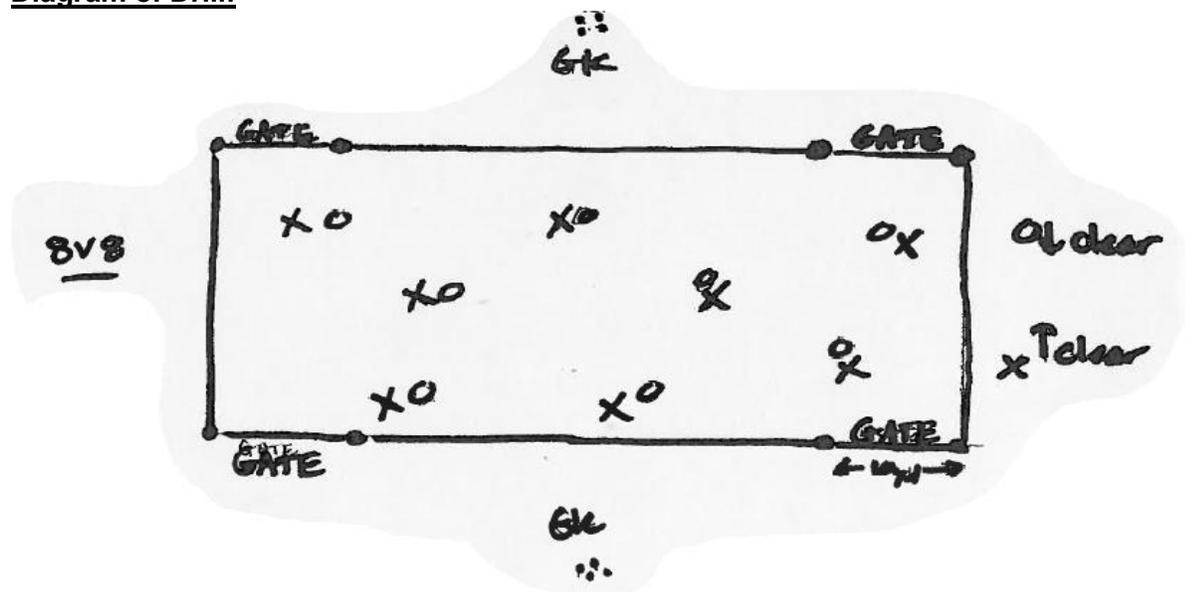
**Skills Emphasized:**

GK's: making good decisions in clearing ball and getting into passing lanes. You decide if you want GK involved as an option to switch the field or not.

Field players: work on everything that comes into riding and clearing the ball. As soon as the clearing team successfully clears the ball they have to re-defend so this drill is great practice for "switching gears" from having composure in the clear to relentless pressure of the re-defend.

Skills: Getting open, reading the pressure of the field, switching fields, off-ball movement, getting out of doubles, closing intelligent doubles, shutting off adjacents, composure with the ball in high pressure situations, using the entire space in making decision on where to move the ball.

**Diagram of Drill:**



**Other Variations:** You can add a neutral player who is always riding to make it more difficult for the clearing team. Shut off the back pass to the GK. Add the pressure of time in which they have to clear the ball.



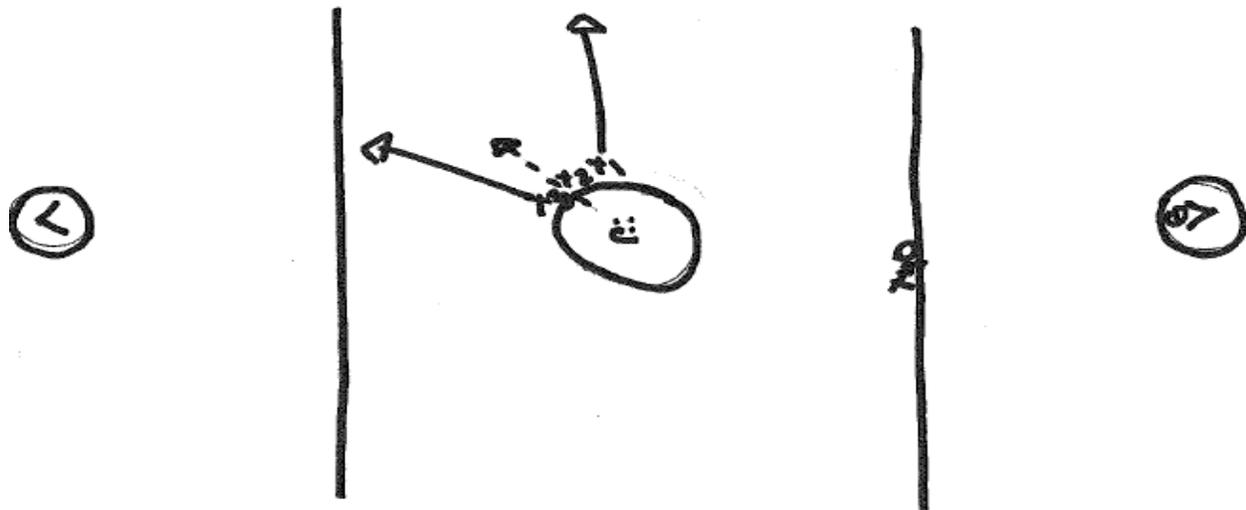
**Description of Drill:** This drill works on transition and small group play. You can work on ground balls, draw controls, and quick transition passing into a man up/ down or even situation.

**Equipment Needed:** Coach, 3-7 offensive players, 3-7 defensive players, goalie, balls

**Skills Emphasized:** Transition passing, recovery defense, man-up/man-down situations

**Diagram of Drill:**

1. Coach (or injured player) rolls ball out diagonally away from the cage that is being transitioned to.
2. X2 cleanly picks up the ground ball; X3 breaks away from the ball and X1 breaks towards the side line.
3. X2 passes the ball back to X3 and then becomes the recovery defender.
4. X3 looks to pass the ball out to X1 and then transition to cage.
5. X4 and O are not active until the ball is passed out to X1 and transition begins.
6. The drill then becomes a 3 v 2 to cage.
7. You can add players on the opposite side of the field to the ball in order to generate a backside transition pass.
8. You can add pressure by having players mark up.



**Coaching Points of Emphasis:**

1. Quick transition passing.
2. Clean ground ball pick ups and passing without pressure.
3. Getting below the ball as a recovery defender.
4. Getting above the ball as a trail attacker, or getting in a passing lane to assist the ball.
5. Getting open for the ball if you are already below the ball in transition.
6. Using numbers to generate scoring opportunities.



**Institution: Stanford University**  
**Coach: Lauren —Lö Schwarzmann**  
**Name of Drill: 3v3v3 Draw Drill**

### **Description of Drill:**

Divide the group evenly into 3 teams (red, white and blue). Send 3 members out from each team to start. One player from red and one player from white line up to take the draw (blue player stands in the middle beside the draw takers). 3 opposing players line up on one side of the draw circle, with the remaining 3 players lined up across from them on the opposite side of the circle. Draw goes up, players fight to win possession.

\*You have the option to possess for a certain amount of time, designate a number of passes or get it over your offensive 30.

### **Equipment Needed:**

Cones (make a smaller field with them around the draw circle between the restraining lines), Draw circle, Restraining lines, Ball, 3 different pinnie colors

### **Skills Emphasized:**

Draw takers and signals  
Boxing out on the circle  
Reading where the draw goes  
Being an outlet for your teammate when she wins the draw  
Moving to space with and without the ball – special awareness  
Communication on offense and defense  
Defensively - Being a presence around the ball/slowing down whoever wins it

### **Diagram of Drill:**

### **Coaching Points of Emphasis:**

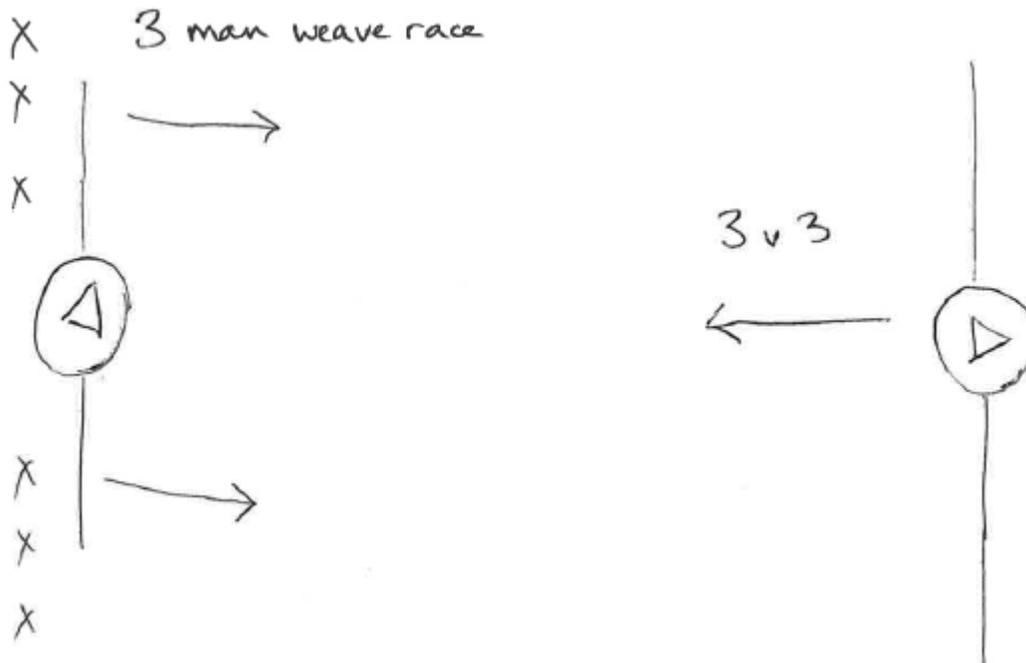
Keep your feet moving with the ball  
Be proactive off the draw circle  
Protect your stick when you have the ball  
Do not run to the corners, run to space  
Anticipate cuts and directively communicate – on both sides of the ball

**Description of Drill:** Two 3-man weaves compete up the field to get first shot off. Team that shot receives clear back from goalie and immediately plays 3v3 back towards the opposite goal.

**Equipment Needed:** Balls, 2 goals

**Skills Emphasized:** Transition play, accurate passing, immediate redefend, fast break

**Diagram of Drill:**

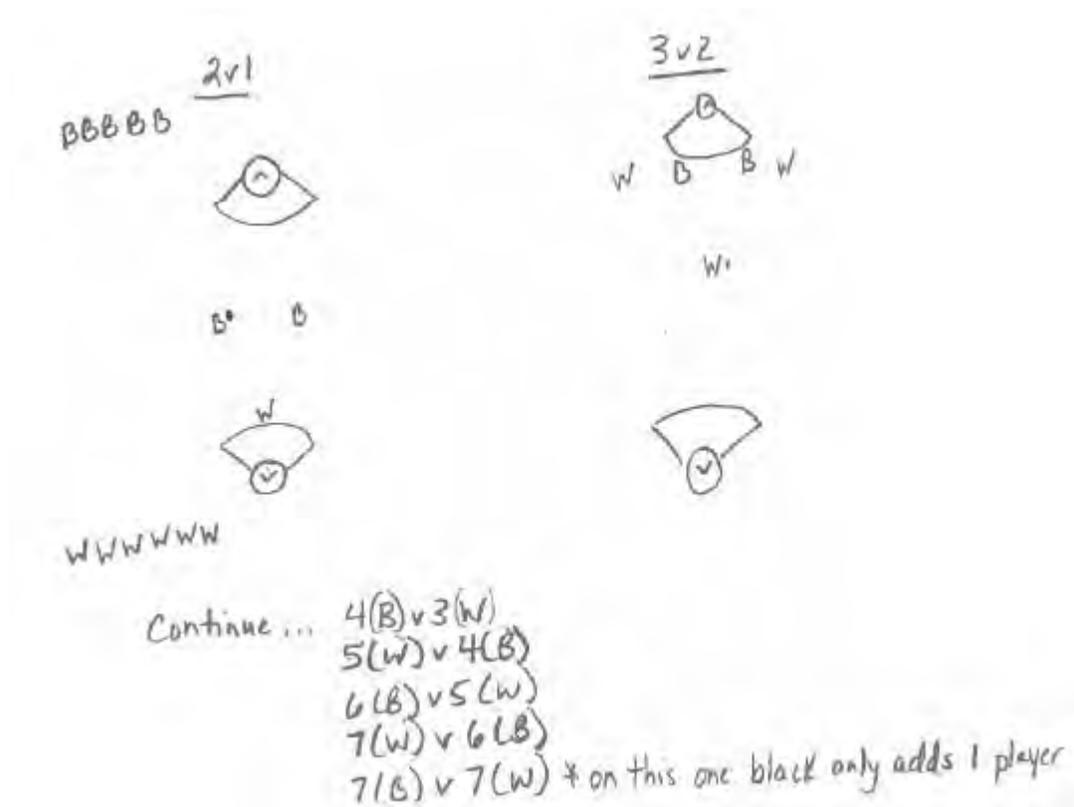


**Description of Drill:** Play half field. Divide team into two separate teams (black vs. white). Start with a 2(B) v. 1(W). Once the goalie makes a save, a goal is scored, or there is a turnover, the white team adds 2 players and it becomes a 3(W) v 2(B). Again, once there is a goal, save or turnover the Black team then adds 2 players and it becomes a 4(B) v 3(W). The next transition white would add 2 players and it would be 5(W) v 4(B). After the next transition down the field black would add 2 players and it becomes a 6(B) v 5(W). On the next transition white adds 2 players and it is a 7(W) v 6(B). Once there is a goal, save or turnover then black adds one player and finish with a 7(B) v 7(W).

**Equipment Needed:** 1 ball, minimum of 7 players per team

**Skills Emphasized:** Transition defense and attack; proper spacing; moving the ball quickly; seeing the field; communication.

**Diagram of Drill:**



**Description of Drill:**

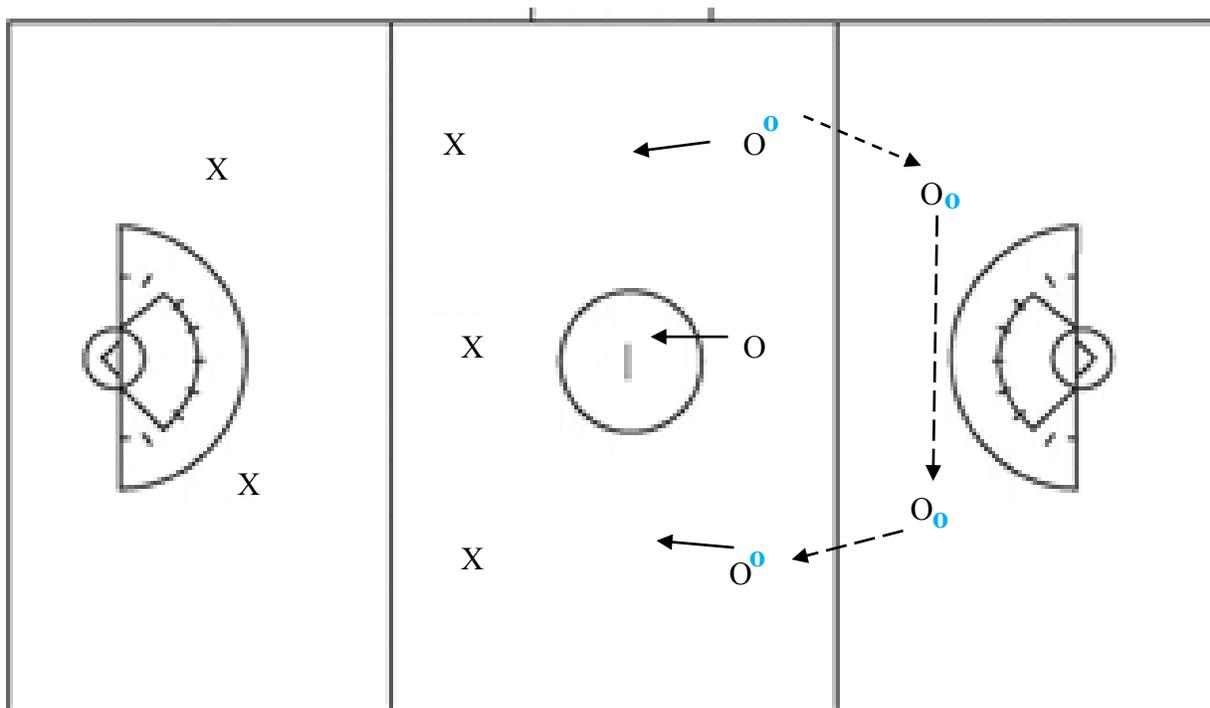
2 groups split evenly – setup 60 yards apart. 5 players break out from both sides. 3 players break out higher level with 2 players supporting. Gk starts clear on both sides at same time to the higher level. Clear goes to a player in the higher level. Player who catches the clear will have to pass back and reverse to the other side of the field working through both defenders. The High level 3 players - attack opposite side.

D players can't start to play defense until they have touched the ball on the reverse.

**Equipment Needed:** 2 cages - balls

**Skills Emphasized:** use of outside hand – catching efficiently – main up / man down - transition

**Diagram of Drill:**



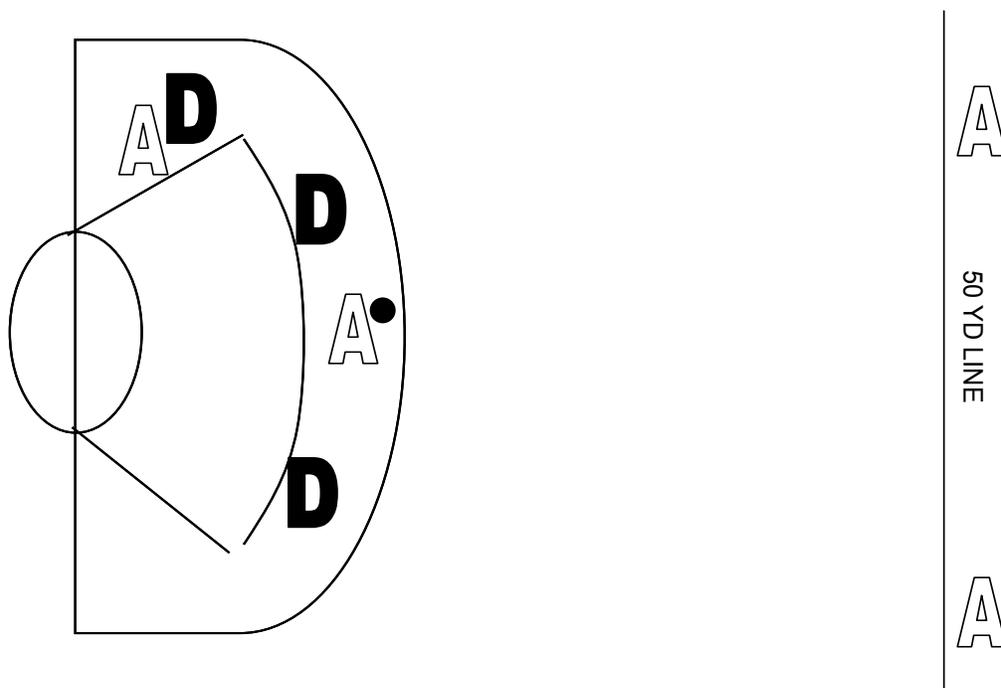
**Coaching Points of Emphasis:** Outside hands, keeping width offensively (staying spread so you can see the open person), passing lanes, defensively communication and shifting – getting in after getting the ball up to the offense

**Description of Drill: 8m Shot/ Clear/ Defensive Transition to 50yd line/ Man-Up Attack back to goal** -- Start with 2A and 3D set up for an 8m shot. Coach blows whistle for 8m direct shot. Live play follows. If there is a rebound or wide shot, play it out. If goalie makes save, she should be patient and clear to the open defender. Defensive unit transitions the ball to the midfield where the ball is passed off to one of two Attackers positioned near L & R sidelines on the 50yd line. Once A has the ball, the other attacker at the 50 releases and the transition now comes back down the same ½ of the field in a 4v3 fast break to goal. Build up by adding A and D down low on the 8m shot. Can also add recovery D behind the 50 for even situation to goal (only allow the D behind the A who catches the pass to be active).

**Equipment Needed:** balls, 1 goal cage, field markings for 8m arc, 12m fan and 50 yd line

**Skills Emphasized:** Game like reaction and play. Uneven transition out of the D and uneven transition into the A. Making sure there is a SAFETY on every D transition out. Riding attackers need to mark the deepest cutters leaving the only D open low. As the #'s increase communication needs to intensify as to who is marking who in the RIDE.

**Diagram of Drill:**



**Coaching Points of Emphasis:** This drill simulates a defensive turnover in the midfield and the resulting recovery needed in the backfield. Communication is key! Attack must ride well and also execute their fast break. Defense must cut and move to help GK isolate the open player on the clear; D must transition cleanly to the 50 and have a SAFETY. D must react to uneven situation and slide to take ball and cover two on the back-side.



**Institution: Wilkes University**  
**Coach: Kammie Towey**  
**Name of Drill: Marathon Drill**

**Description of Drill:** You have two evenly split teams. The coach rolls out a ball for one play from Team #1 to Goalie #1 making it a 1 v none. Goalie #1 either makes the save and clears out the ball or gets a ball out of the cage and clears a ball to one player from Team #2 headed to Goalie #2 making it a 1 v 1. Then Goalie #2 makes the save or clears the ball out to a player coming in from Team #1 making it a 2 v 1. Team #2 will then have a 2 v 2 and so forth and so on till all players have gone from each team and you end on an even 7 v 7 or more. The coach stands at center field sending players in from each team accordingly. Once everyone has gone in from each team, you have them take a water break and then run the drill again.

**Equipment Needed:** 2 goals, 2 goalies, 2 cones, balls in each cage and one with the coach and players.

**Skills Emphasized:** Man Down Defense, clearing, quick movement of the ball in transition, man up offense and accurate shooting. It can also be used as a part of conditioning.

**Coaching Points of Emphasis:** The drill works on man down defense and man up situations on offense. It works on quick ball movement in transition, pushing the ball fast if you are a man up, getting back on defense if you are a man down and accurate clearing. It also works on accurate shooting and endurance. It is important to communicate well on defense and offense and take advantage of the man up situations in transition.

Coaching point: Whoever was first in line for each team will be last in line the second time around and whoever was last in line will be first in line the second time around.

Make sure the goalie clears to the players coming in from center field.

The second time around Team #2 will start and be in the man up situations since Team #1 was a man up the first time around.



**Institution: Regis College (MA)**  
**Coach: Liz Conant**  
**Name of Drill: 5 v 4 continuous**

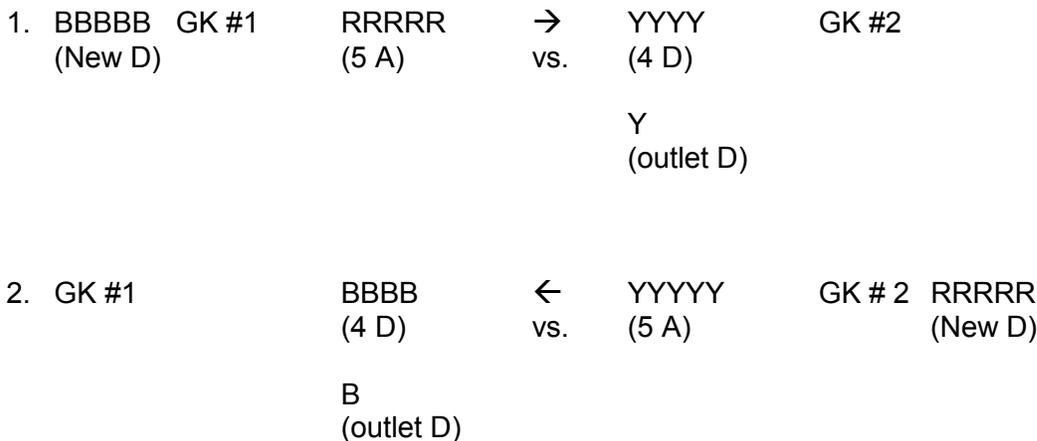
**Description of Drill:** Teaches fast-break transition offense and defense.

- Goalie #1 at one end, goalie #2 at midfield goal.
- The three groups of five players- red team, yellow team, black team.
- Five red players attack four yellow players, who are defending GK 2's net.
- The team wearing black is not involved yet; they are waiting for a change of possession to defend GK 1's net.
- The yellow team on defense has a fifth teammate, waiting off to the side as a clearing option; she is activated once the red attackers score or lose possession.
- If red scores, GK 2 gets a new ball and starts the clearing transition out to the yellow team.
- After red loses possession, they stay at the end they were just shooting on with GK 2 and wait to defend. One of the red team members must wait off to the side as a clearing option.
- The yellow team transitions out and prepares to attack GK 1's end, joined by their fifth yellow teammate who was waiting off to the side until the change of possession. The black team defends GK 1's net.

**Equipment Needed:** Half field. Two goals; one regular goal, one portable at midfield. Midfield goal will need cones for crease, as well as 8 meter arc. Need three different colored sets of five pennies. 15 field players (3 teams of five players), plus two goalies.

**Skills Emphasized:** Transition offense and defense, catching, throwing, cradling, shooting, goalie saves and clears.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

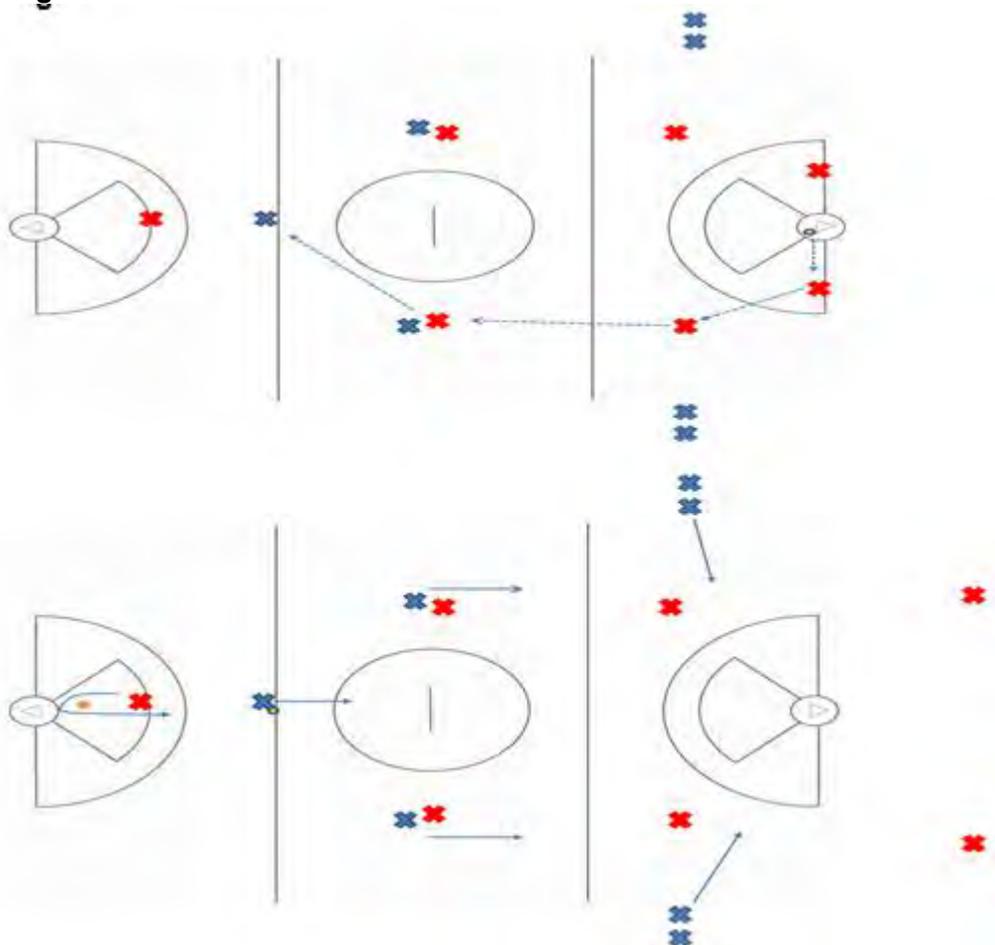
- This is a 5 v 4 man-up situation, but initially, the attacking players often fail to capitalize on the fact that they have a numerical advantage.
- The player with the ball always needs to be a threat and challenge towards goal.
- The fifth unmarked attacker must to recognize that she is not being covered and therefore, she is a passing option.
- Defenders need to communicate, stop ball high, get their sticks up in passing lanes, and slide to cover.

**Description of Drill:** A goalie clear into a simulated breakout into a 5v4. The goalie clears the ball to one of two defenders (either side of the field). The defender then breaks the ball up the wing and passes off to the midfielder who is being marked. That midfielder then turns and passes the ball to the last individual further up the field. That final player then brings the ball back down towards the goal for a 5v4 with a defender recovering from behind. This can be conducted on a smaller scale as well.

**Equipment Needed:** 1 goal, balls, cone

**Skills Emphasized:** Clearing the ball and breaking it out of the defensive end. Getting open in the midfield. Fast break man-up situations.

**Diagram of Drill:**



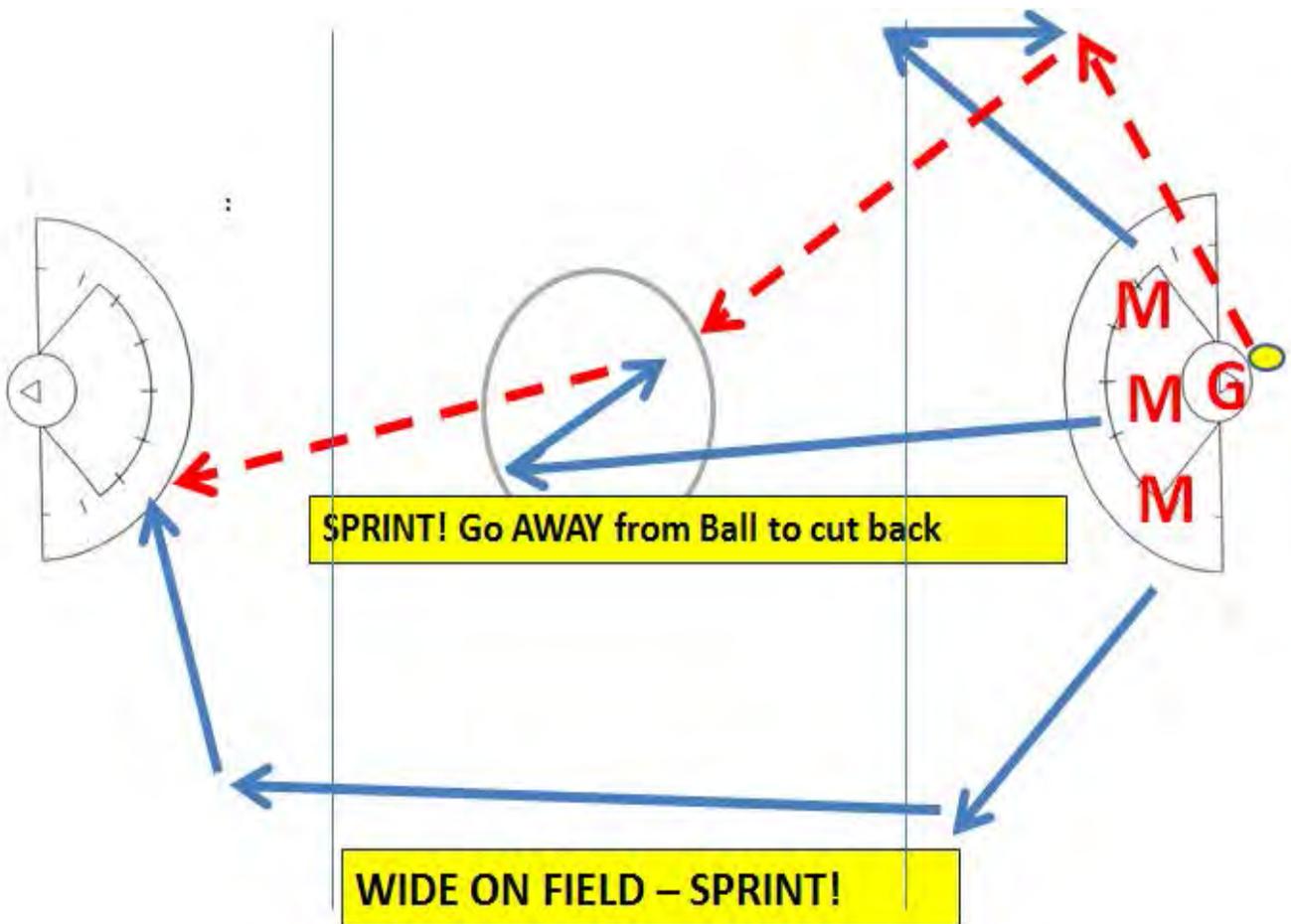
**Coaching Points of Emphasis:** Breaking the ball out up the wings. Getting in on a fast break (both defensively and offensively). Holding space in the man up situation (box and 1 on attack). Recognizing when you are man up vs. man even.

**Description of Drill:** See below

**Equipment Needed:** Balls, players

**Skills Emphasized:** Transition down the field quickly, staying wide, cutting to open space

**Diagram of Drill:**





Institution: Saint Joseph's University  
Coach: Jebb Chagan  
Name of Drill: Midfield UP-BACK Drill

**Description of Drill: Emphasis on defensive and offensive transition as well as fast and slow breaks. Goalie clears and conditioning for midfielders**

**Equipment Needed: 2 goals, balls**

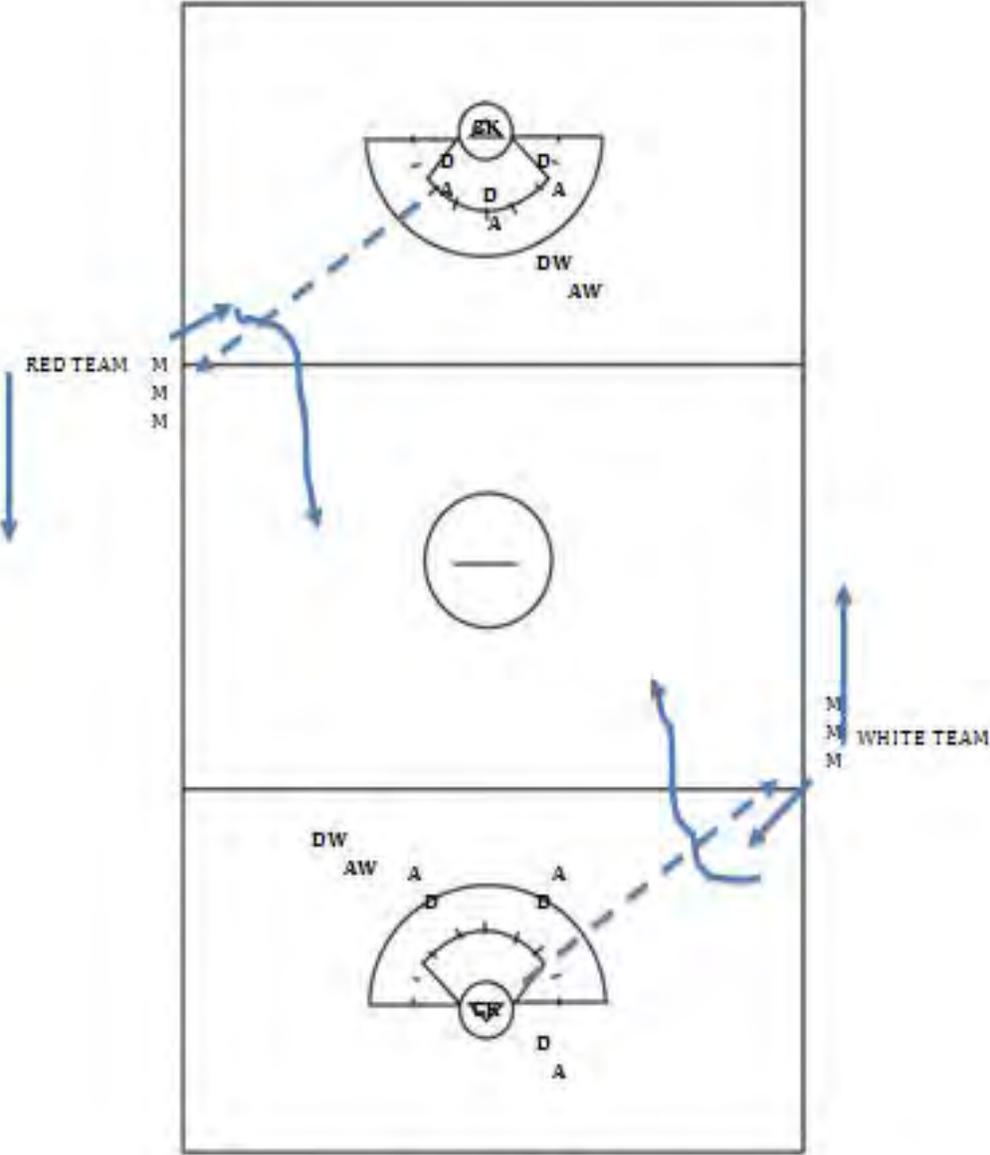
**Instructions/Set-up:**

1. Divide into two teams (field diagram depicts teams as Red and White)
2. Each end of the field should contain 3 attack and 1 "A-Wing" as well as 3 defenders and 1 "D-Wing".
3. Each team has a goalie (GK) in cage as well.
4. Any midfielders or anyone who wants to work on full field attacking and defending should place themselves on the 30's. (See diagram-labeled as "M's").

**Running of drill:**

1. Each cage has lacrosse balls in it.
2. Drill starts with GK outlet to one of their midfielders who breaks from the 30 back to the GK. This allows the GK to also work on their clears.
3. Once the midfielder has the ball, that player heads down the field towards the opposite cage. Hence there should be a 5v4 fast break to cage.
4. Each time a midfielder enters the field to receive an outlet pass (which signifies that it is their turn, they must complete 3X's-total, up and down the field). This means 2 total times up the field on offense and 1 time back on defense.
5. So when looking at the field diagram, the player labeled M1 on the white team would start the drill by receiving the GK outlet and work to create a 5v4 fast break. Once that break ends, due to a turnover, GK save, goal etc....M1 would now head back down the field to play defense (thus that would fulfill their defensive shift).
6. If the "RED" GK made the save (or a goal was scored or out of bounds etc)...the GK would outlet the ball for the first time to her "M1" who is checking back down to her from the 30. Thus, the "RED" midfielder would be starting her 1<sup>st</sup> time down the field.
7. Because team "WHITE" already has a midfielder on the field, depending on how hard team "RED" pushed the ball, you may have either a fast break or a "slow/all-even" break.
8. If team "WHITE" GK made a save, the M1 "WHITE" midfielder would be on her last trip down the field (#3). While a "WHITE" M2 would now step on the field to start the 1<sup>st</sup> of her three trips.
9. The "RED" M1 would then be getting back on defense for the first time (this would equal 2/3 trips total on the field however).
10. There should never be more than two midfielders for one team stepping on the field at one time.
11. Game ends either because you establish a point total to achieve or the coach established a time limit.

Diagram of Drill:



Midfield Up -Back Drill  
 Emphasis: Transition and Fast & Slow Break

**Description of Drill:** Cone off a lane from the 25 to the 50, about 25 yards wide. Split into two teams: Green and White. There will be a line of Green and a line of White on the 25, and another line of each on the 50. Let White start with the ball at the 25, first Green in line will play defense. White will try to pass to her White teammate first in line on the 50. The White player at the 50 must pre-cut before receiving the pass, and the Green defender at the 50 will allow the pass, starting to defend once the White has possession. If the White player loses possession, by either by dropping the ball or throwing an interception, the Green player may challenge for possession. If Green gets possession, she passes to her Green teammate on the other side of the field and White plays defense. Generally, start with no checking, but it can be added in. Also, pressure can be added to the player receiving the pass.

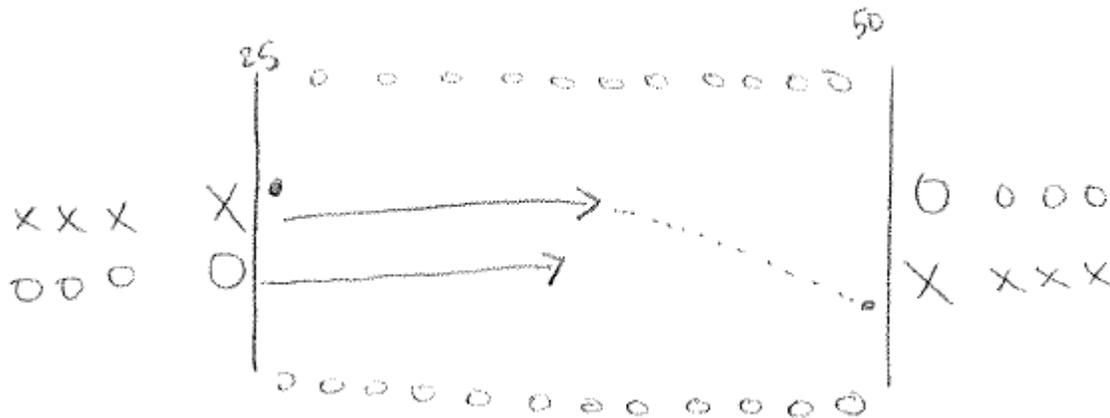
**Equipment Needed:** Stick, balls, goggles, pinnies

**Skills Emphasized:**

**Offensively:** maintaining possession under pressure, receiving and passing under pressure, keeping eyes up and making passes only when a teammate is open, protecting the stick, communicating with teammates

**Defensively:** putting strong pressure on the ball, pressure on adjacents, midfield-like body positioning, and if/when checking is added: smart checks without sacrificing body position, back checks

**Diagram of Drill:**



**Coaching Points of Emphasis:** Communication, putting strong pressure on the ball and also staying composed with pressure on, smart checking, 1v1 offensive and defensive skills.

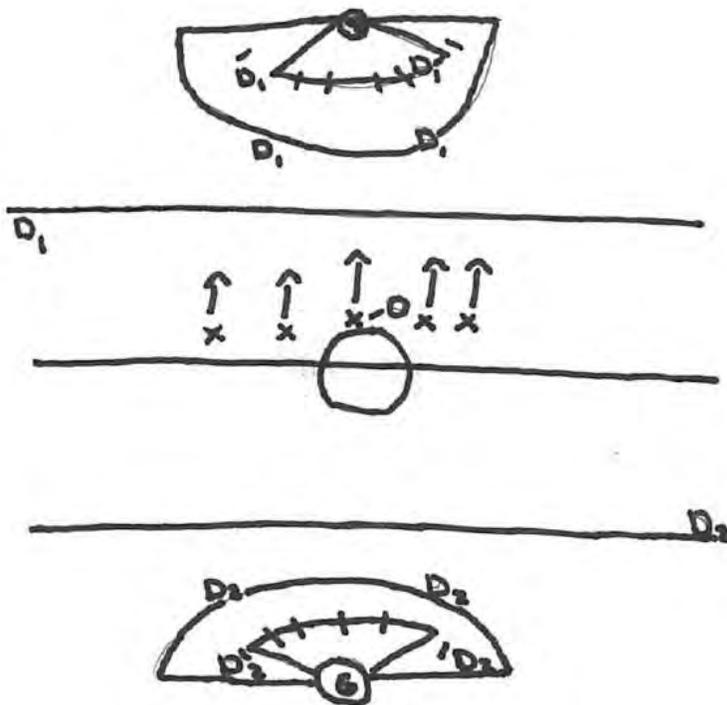
This drill can start out pretty basic, but is able to progress by adding checking and/or the level of pressure on the player receiving the pass.

**Description of Drill:** You will split your team into teams of 5-6. Three teams will begin on the field at once. One team will be at each end with 4 players out as defense. There is a team at midfield with 5 players who will attack one of the ends. After shot is taken or turnover occurs, the team who was on offense is done and the team who was on defense will break out on a clear. You will have the 5<sup>th</sup> player standing at restraining line to get clear pass and begin the 5v4 going the other way. Continue process until you complete drill.

**Equipment Needed:** Full field, 2 goalies, 2 cages, pinnies

**Skills Emphasized:** offensive transition, man-down defense, clears

**Diagram of Drill:**



**Coaching Points of Emphasis:** Emphasize spacing and the first two players down field pushing towards the pipes; keeping wide to keep defense spread out. Emphasize to the defense to keep ball wide and force one or more passes. The player who receives pass from goalie should push middle once over midfield to get proper spacing for fast break. Diagonal passes will be key to breaking down the defense.

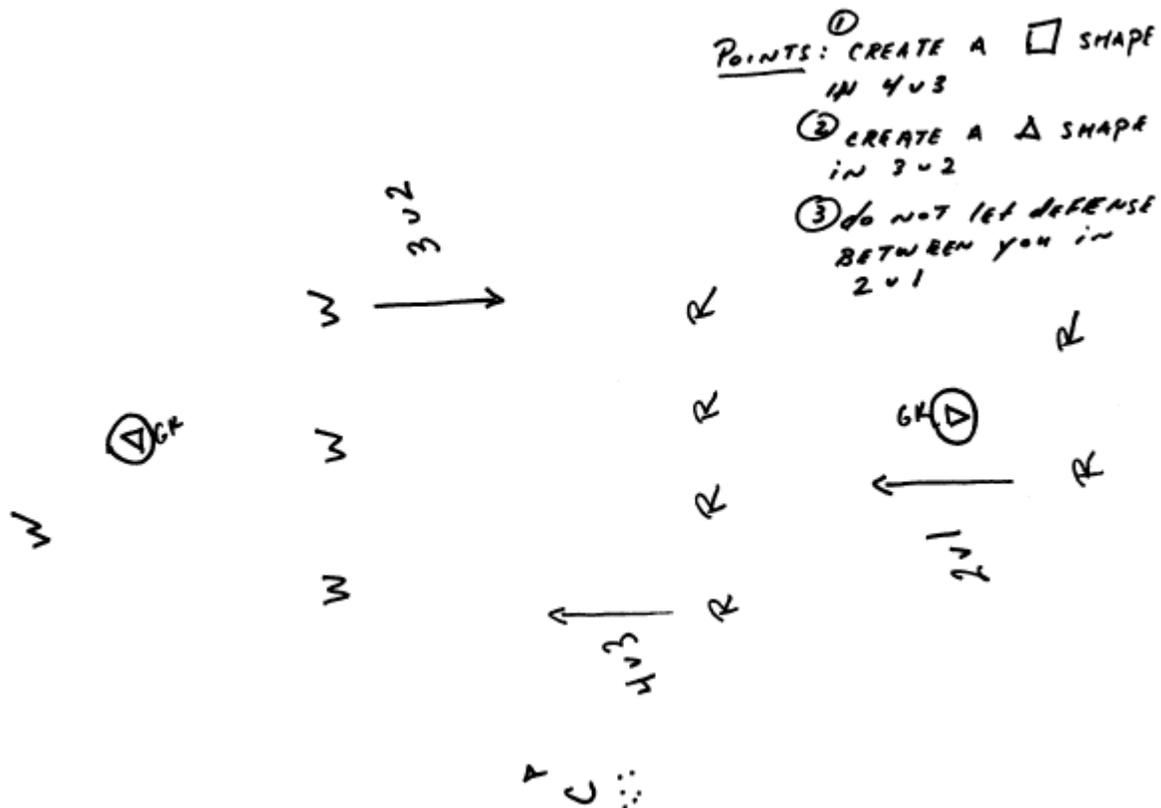
**Description of Drill:** Split at least 12 players into two teams (red/white for the example). Start with 4 white players against 3 players in red. Roll the ball to white and have them attack goal creating a 4v3. After there is a goal/save/cause turnover, play goes in the opposite direction using the same 3 defenders that were just in (became offense) and attack other direction. 2 white players step in to play defense and this creates your 3v2. White will then attack to create the 2v1 to finish play.

**Equipment Needed:** Need at least 12 players total & 2 goalies, 3 balls to put into play. Set goals in crease and the other at the center draw circle.

**Skills Emphasized:**

Great drill for working defensive to offensive transition using odd person situations. We also emphasize creating shapes as quickly as possible.

**Diagram of Drill:**





**Institution: Thomas College**  
**Coach: Lauren Bickford**  
**Name of Drill: Assassins**

**Description of Drill:** Two teams are evenly split and line up on opposite sidelines. Each team must decide how many players they are going to send in (without knowing the other team's number).

For example: If they are teams of 8 they have to send in 1-8 and can only use each number once. If they choose to send in 4 on the first round then they can't use that number again (they must send in 1, 2, 3, 5, 6, 7, or 8) for the remaining rounds.

To start each round, a coach sends in a 50/50 ball. Whoever wins the ball is attack and the other team must defend. The teams play out the point. If the attacking team scores, they get a point. If they do not score or defense causes a turnover, there is no point.

**Equipment Needed:** Sticks, balls, players, feeder, 1 goal

**Skills Emphasized:** man up/man down opportunities, communication, 50/50 balls

**Diagram of Drill:**

**Description of Drill:**

- Four stationary attackers, each standing at a cone, move the ball between one another while one defender at a time gets added into the drill each time the whistle blows.
- As defenders come in, they must communicate and anticipate in order to get an interception or knock down.
- If the coach blows the whistle twice quickly, the attackers may go to goal- this can happen at any time, not necessarily when it has become a 4v4. It could be a 4v3 and so on.

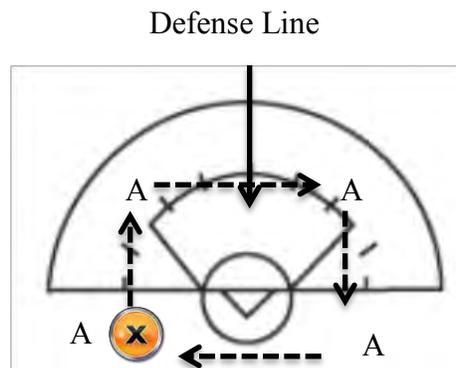
**Equipment Needed:**

- Cones to mark where the attackers should stand.

**Skills Emphasized:**

- Defensive communication and anticipation of ball movement in man-down situations.
- Getting good pressure on the ball, even when man-down, such that you're able to create stress for the attacker and limit her ability to find her open teammate.
- Taking away passing lanes to eliminate open attackers.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- STICKS UP to knock down passes and take away passing lanes when forcing to help.
- As help defense comes in, they must communicate about where the on-ball defender should be forcing (on-ball defense should force to their help).
- Hustle and anticipation. Off-ball defense should read the attackers eyes and body language to sprint from point A to point B to jump the pass.
- Breaking down feet and staying low as you approach the ball so that you're in solid defensive positioning if the double whistle blows and the attackers are suddenly able to go to goal.

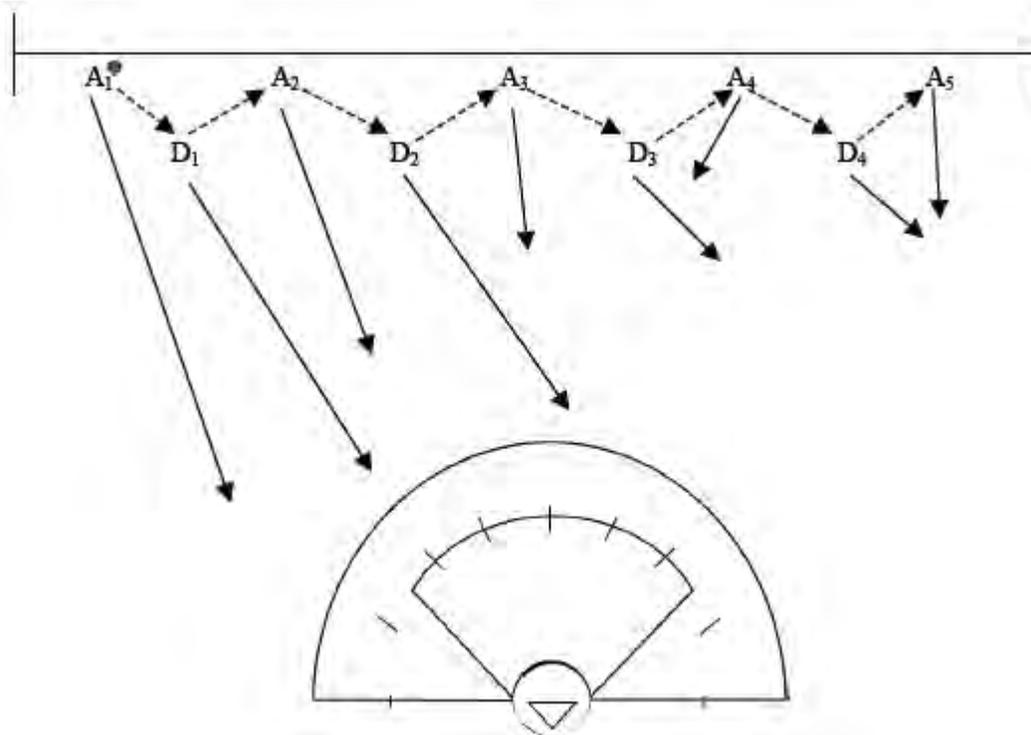
**Description of Drill:** *The 5v4 “W” Drill is a fast break drill designed to operate at a quick and game---like pace. There will be trailing defensive and offensive players in a real game situation so the five offensive players must learn the importance of moving the ball quickly, ahead of the slide and the defensive players must learn to slow the ball, defend from the middle out and still take something away.*

**Equipment Needed:** Lacrosse balls, field, goal and 12---18 players

**Skills Emphasized:** Pushing a man---up fast break, defending a fast break while man---down, unsettled play and quick ball movement.

**Diagram of Drill:**

The “W” Drill begins with five offensive players on the 50 yard line, spread nearly sideline to sideline. Four defensive players line up on the 45 yard line staggered between each offensive players. The ball starts with the offensive player on either end (be sure to alternate which end starts the drill), she passes to the defensive player closest to her and then sprints in and holds above goal line extended.



In the set---up above, the ball starts with A1 and she passes to D1 before sprinting in towards the 8m. D1 passes to A2 and then begins to get in towards the middle of the 8m, all the while seeing the ball and seeing any players around her. The first defensive player in is extremely important to

the drill. She is the quarterback and voice as she has everything in front of her and can see all players coming in towards the goal. A2 passes to D2, D2 passes to A3, A3 passes to D3, D3 passes to A4, A4 passes to D4 and finally D4 passes to A5. All players are now live and the offensive players look to push the ball towards the goal while the defending players try to slow the ball down and take away the adjacent passes.

### **Coaching Tip**

*Instruct the final two offensive players to utilize the 2v1 that has been created with the ball carrier (A5) and adjacent attacker (A4). The defender on ball must look to get in the ball carrier's hands and force a pass. In a game there will be trailing defenders, each pass the offense is forced to make, the more time there is for the trailing defenders to get in.*

Keys to the Drill:

- Are the defenders communicating effectively? Using a name and direction when talking with one another?
- Are the offensive players moving the ball quickly and with a purpose, while shifting into appropriate passing lanes to receive the ball?
- Is the on ball defender taking something away and getting in the ball carrier's hands?  
Are adjacent passes defended while leaving the far player open?
- Are defenders playing with sticks up in the passing lanes?
- Are the offensive players recognizing when there is a 2v1 on the backside and taking advantage of the man---up opportunity?

### **Additional Modifications**

Add an offensive and defensive player so the drill becomes a 6v5 or even add two to each side for a 7v6. This becomes especially necessary because of the new yellow card rule and man---up/man---down scenarios in games.

Set up with a 6v5 "W" Drill and have the coach add in two trailing defenders and one trailing attacker once the ball has reached the final attacker. This is much more realistic and forces the defense to communicate to one another as the trailing defenders are coming in as well as taking away the trailing attacker option.

**Description of Drill:**

Three lines of attackers are at the restraining line facing the goalie. Goalie clears the ball to one of the sides (left or right, just not middle). The attacker that catches the ball passes to the D on the same side. D passes to center attacker. Center attacker passes to other D. D passes to last attacker. From there, everyone has touched the ball and it has made it back up high.

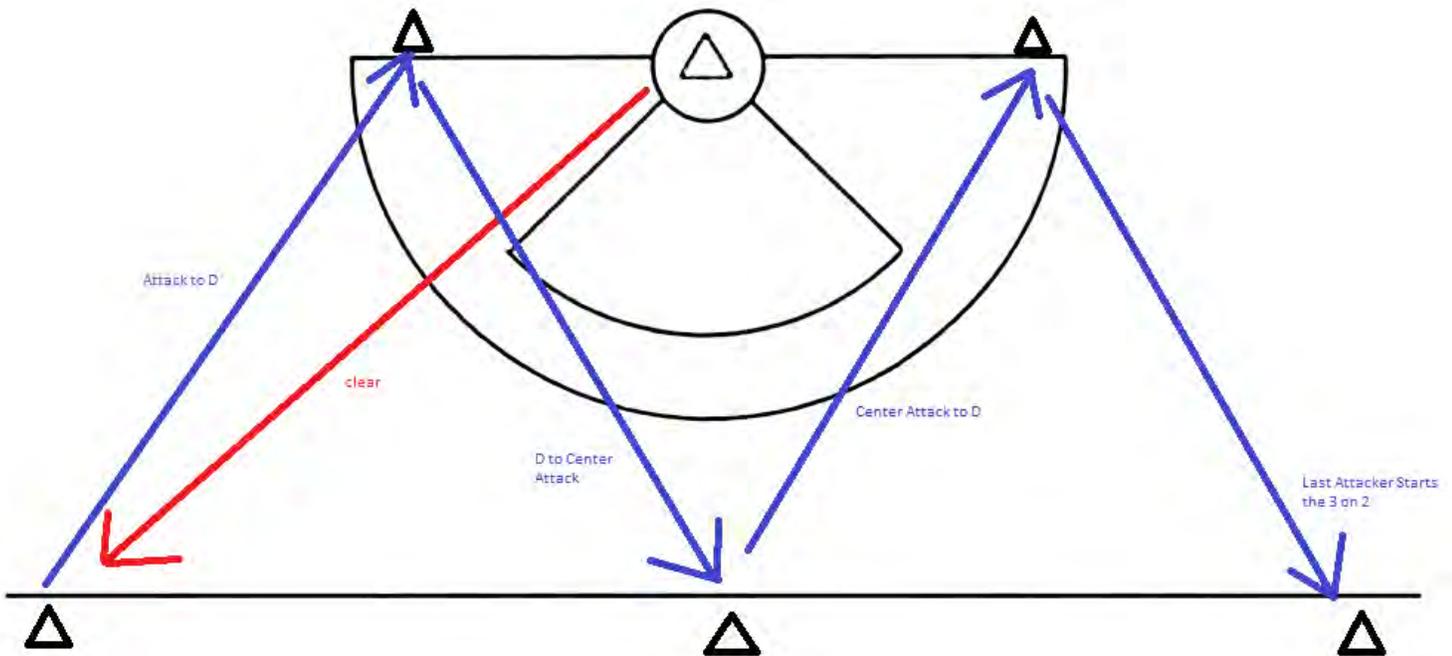
The three attackers can play 3 on 2 against the defenders that were just a part of the stationary passing.

**How to Rotate:** Once the shot is taken the shooter returns up to the attacking line, D go up to be attackers and the two attackers that didn't shoot stay to play D.

**Equipment Needed:** one net, a few balls, at least 5 players and a goalie

**Skills Emphasized:** goaltenders clearing ball to sides not center, long passes for D to push up, tight game situation plays around the net for A and D, ball movement during uneven attacking numbers

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Quick passes once in the 8m should lead to a shot on goal
- Defense talking to negotiate who has two and who has the ball
- Creating space as an attacker to get open away from the D when close to goal.

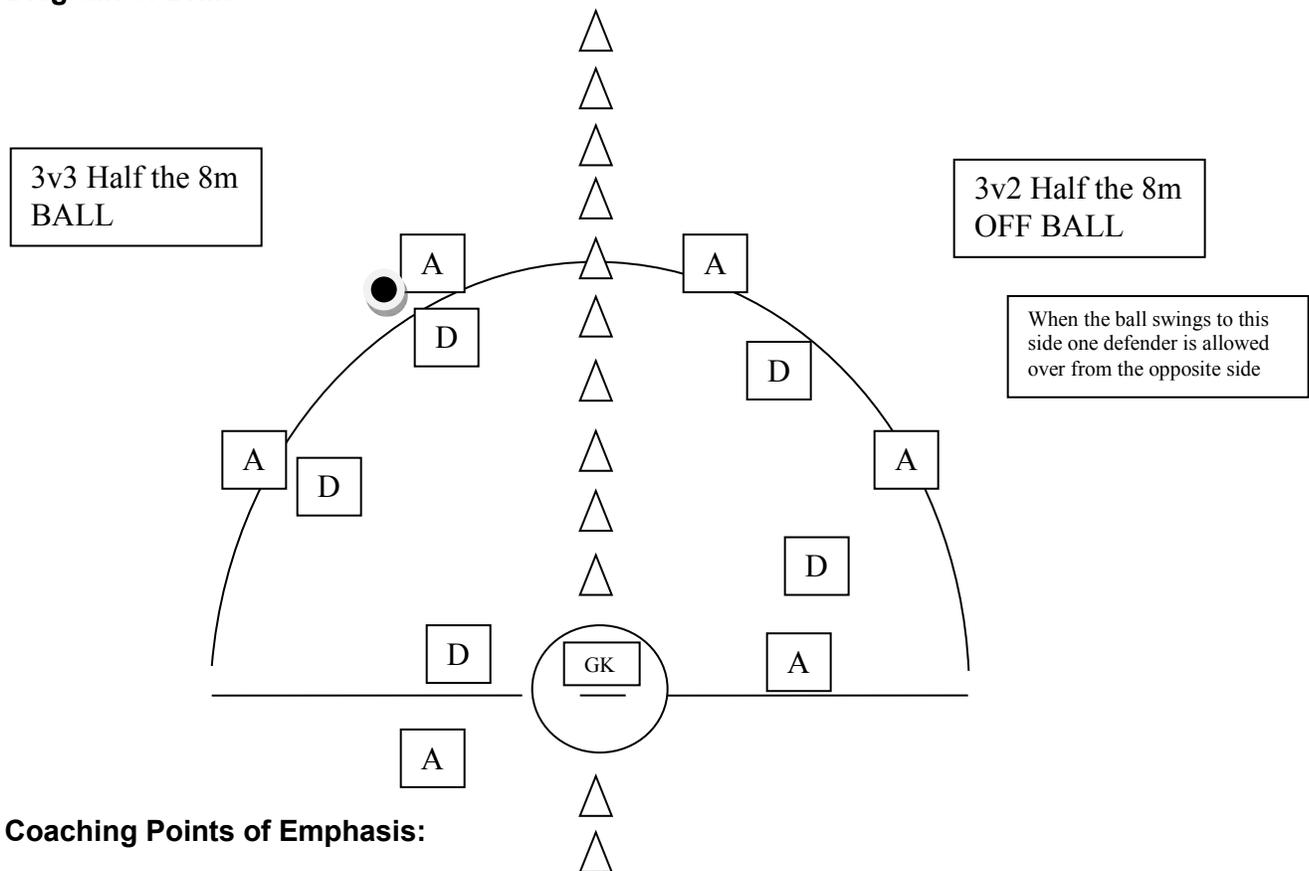
Description of Drill: 3v2 half the 8m/ 3v3 half the 8m

Equipment Needed: 8m, Cage, Cones

Skills Emphasized: Man Up/Man Down

Defense communicating and working through a 3v2 while waiting for it to become an even situation

Diagram of Drill:



Coaching Points of Emphasis:

Both sides of the 8m are live. The 3 attackers on each side must stay on their side. One defender will switch sides when the ball changes sides to make it into a 3v3.

**DEFENSE-** key is communication on the side of the 3v2 by the defenders along with communicating when the third defender is able to make it over.

**ATTACK-** working the ball and especially the side of the 8 where there is a 3v2

**Description of Drill:** This is a man up/man down situation in the 8 meter. The drill starts with a 3 v 3 from the top. There is 1 extra attacker on the 20-25yd line off to the side and 1 extra attacker behind cage. The attack has to stay spread out and make 3 completed passes prior to going to cage; however, at any given time they can throw the ball to one of the extra attackers. Once the attacker receives the ball they **MUST** challenge if the defense collapses well they must release the ball to 1 of the 3 attackers already in and then get out. The defense must adjust as quickly as possible to the player going to goal unmarked and then readjust again when the ball is released or shot. Coaches should monitor for 3 seconds and shooting space for the defense and quick ball movement and hard challenges for the attack.

**Equipment Needed:** 8 meter, balls

**Skills Emphasized:**

**Attack:** ball movement, communication, challenges, shooting, draw and dumps

**Defense:** 1 v 1, double teams, defending shooting space, 3 second awareness, communication

**Goalies:** quick movement, communication, goalie clears

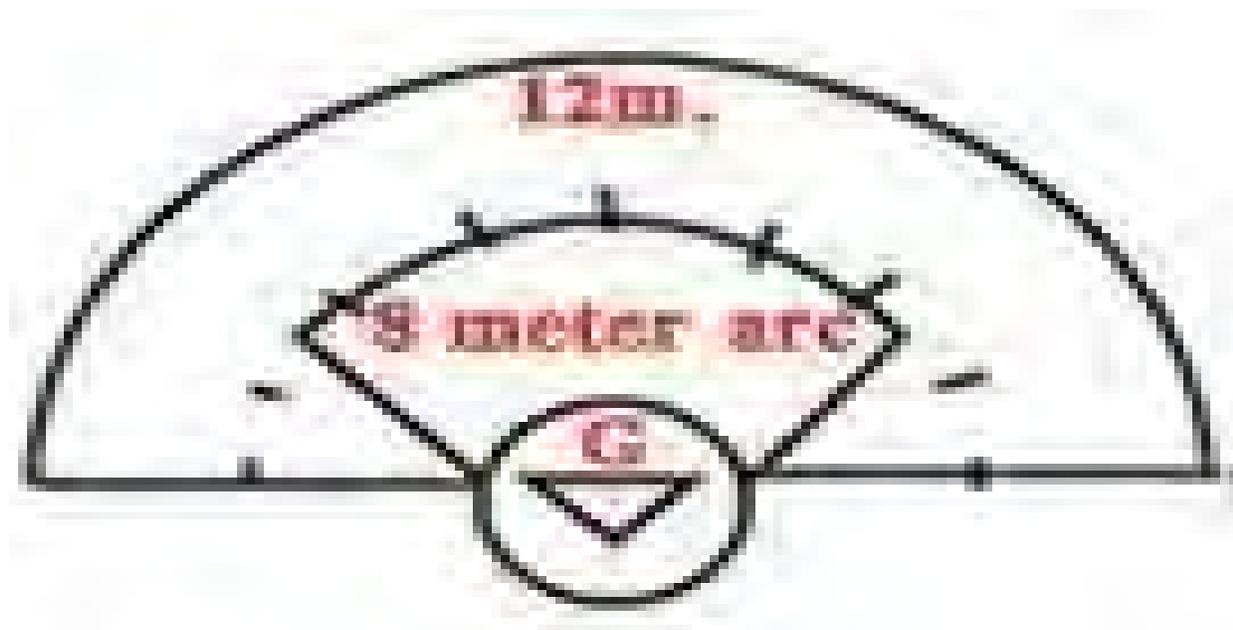
**Diagram of Drill:**

A4

A1

A2

A3



**Coaching Points of Emphasis:**



**Institution: Thiel College**  
**Coach: Kati Robbins**  
**Name of Drill: 8 Meter Shot to a Clear to a 3v2**

**Description of Drill:**

The drill begins with 3 people on the 8 Meter all in White and 2 players in Blue on the GLE. On the whistle the girl with the ball takes 1 or 2 steps and shoots the ball. The other 2 attackers (players in White) cut out for the clear and receive a clear from the Goalie. Once one of the players catches the ball she makes a cross field pass to her teammate. After the catch they attack the defense for a 3v2. The girls in Blue need to be aware of the attacker who is already playing low. The defense (Blue Team) plays 3 rounds before rotating out.

**Equipment Needed:**  
**Goal, Plenty of Balls**

**Skills Emphasized:**  
**8 Meters Shots, Quick Clear from a Goalie, Cutting Out for Clear, Passes Across the Field, Seeing Options on 3v2 to goal**

**Diagram of Drill:**

**Coaching Points of Emphasis:**

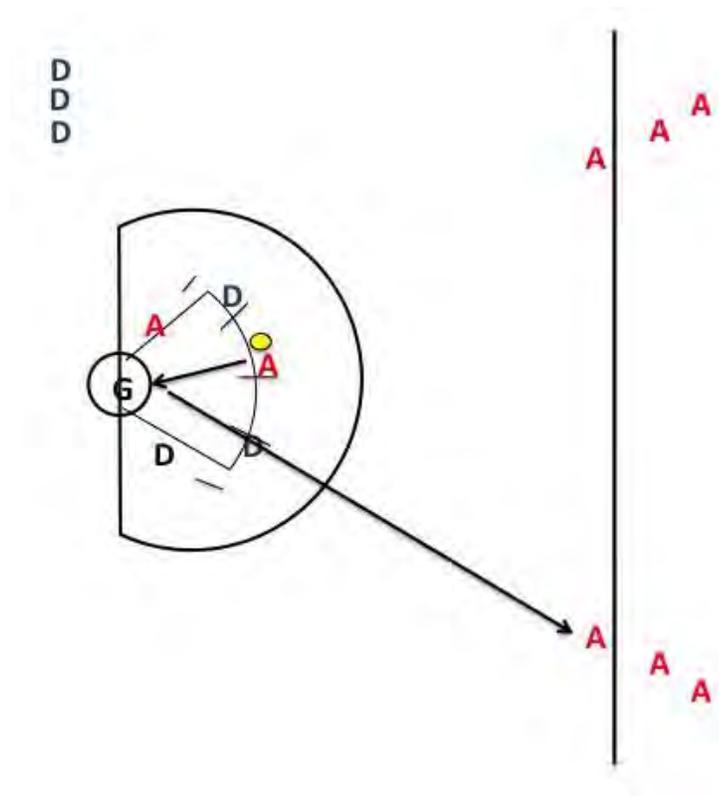
- Focus on a power shot on the 8 Meter
- Goalie making the save and then looking for a quick clear or holding the ball for a distance clear
- Good long pass across the field
- Driving hard to attack the defense for the 3v2
- Quick passes to a shot
- Defense working on communication and dropping on angles to cover the ball and 2 attackers
- Have the goalie work on becoming more active and coming up with an interception or marking the open attacker
- If the defense get the ball on the 3v2 make them clear the ball up to the 30 yard line

**Description of Drill:** 8 meter shot 2v3 situation, into a 4v3 fast break situation from the 40. The drill begins with 2 attackers and 3 defenders set up on any of hashes on the 8 meter for a free position. Choose 1 attacker to take an 8 meter shot. On the whistle the attacker must take the shot, while the 3 defenders are crashing in to cause a turnover. If the shot goes wide they play it out. If attack gets the ball back they must go to goal working a 2v3, while Defense is looking to double. If defense gets the ball they can either give it to the goalie to clear or clear it themselves to 2 attackers waiting at the 40 yard line. If the ball is saved on the initial shot or a goal is scored, the goalie will clear it out to the waiting attackers at the 40. Once cleared out the drill now becomes a 4v3 where the attack is now pushing the fast break, man up situation. The drill is over once a goal or save is made.

**Equipment Needed:** 8 meter, Cage, Sticks, Balls.

**Skills Emphasized:** Shots under pressure, Man up/down situations on Defense and Attack, Fast breaks, Clears, Double Teams

**Diagram of Drill:**



**Coaching Points of Emphasis:** 8 meter shot can be passed to a teammate off the whistle but a shot must be taken. Find a way to take advantage of the player up situations both defensively (strong doubles, no fouls) and offensively (double cuts).

**Description of Drill:** Set up cones to divide the 12 into two halves. Start with three offensive players and two defensive players in each half with defender straddling the center line. Coach passes a ball into one side of the 12 and the defender straddling the line moves to make it a 3v3. Players play out the 3v3 until a goal, save or turnover. Immediately after the goal, save or turnover the coach passes a ball into the other side of the 12, where they play 3v2 until a defender slides over from the first side to make it 3v3.

**Equipment Needed:** Cones, balls, a 12M arc

**Skills Emphasized:**

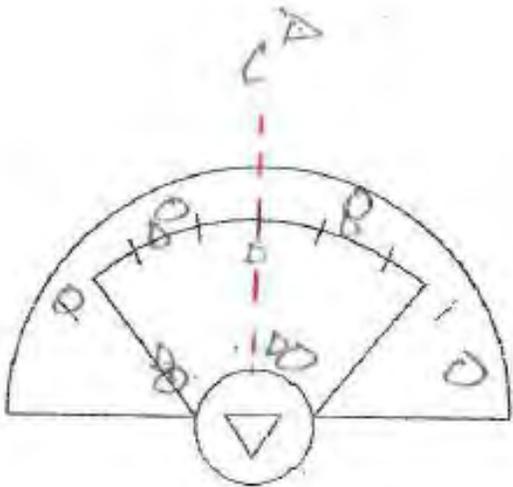
**Offense:**

Quick ball movement, working together in a small area, maximizing use of the space allowed.

**Defense:**

Communication, smart & efficient doubles, forcing offense towards boundaries

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Change up where the "3rd, defender starts and slides from. Communication and awareness is key for the defenders, especially when sliding from 1 half to the other (bump, don't run by a teammate to cover an offensive player). Offense work together for best option, create space for ball and be aware of doubles.

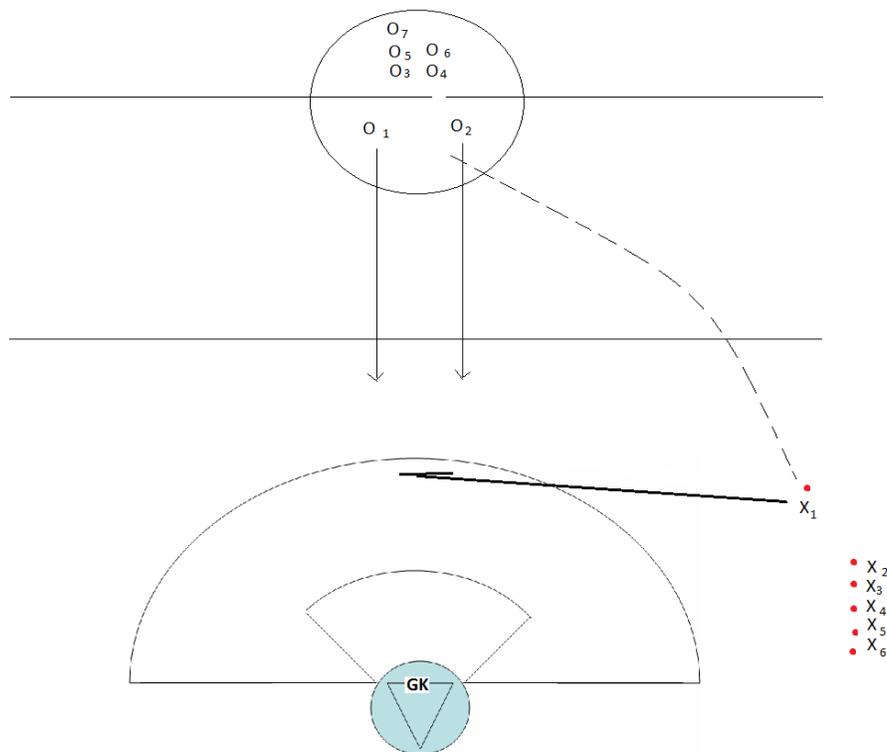
**Description of Drill:** This is progression drill. Defense (X1) starts by passing a long ball to Offense (O1&2), creating a 2v1 to goal. When the play is dead, previous players remain on the field and in play while X2 passes a long ball to O3 creating a 3v2 with previous players. When the play is dead, all players remain on the field and X3 clears to O4 creating a 4v3 with the previous players. This continues until a 7v6 to cage is completed. All players then clear off and the drill begins again.

**Equipment Needed:** 6 Balls per group

**Skills Emphasized:** *Offensive* – Quick ball movement, seeing the open player, fast breaks, man-up opportunities

*Defensive* – Slowing the break, quick slides, Communication, dictating the attack

**Diagram of Drill:**



**Coaching Points of Emphasis:** Both teams must focus on communication. Defense should meet attack above the 12m and force to a side, slowing the break. Attack should see opportunities with fast ball movement to break down the defense.

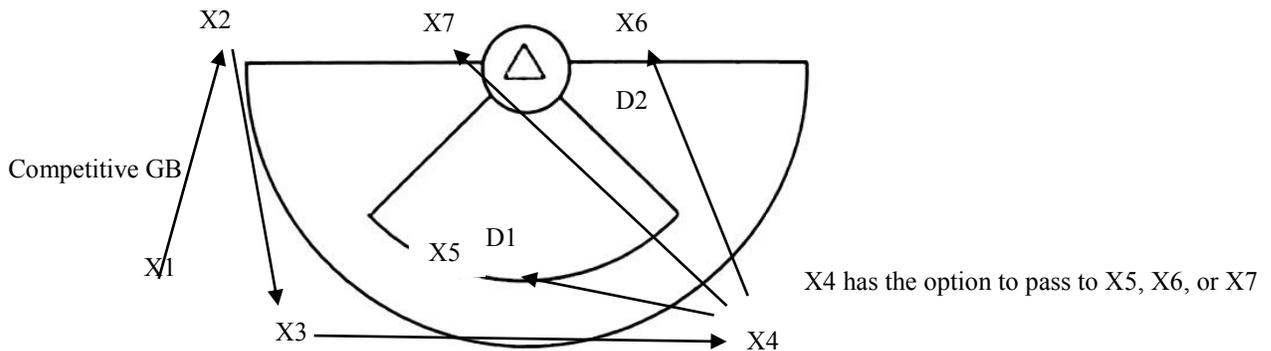
\*Can be switched for **offense** to constantly have man down opportunities.

**Description of Drill:** Start with X1 rolling a GB to X2, make it a competitive GB between X1 & X2. Whoever wins GB, passes ball to X3, who turns to the outside and passes to X4. X4 then can make the decision of who to pass to, X5, X6, or X7. She wants to hit X5 cutting across the 8m, but if defender is playing her tight, she can make the pass to crease attackers (X6 & X7). There is a defender on X6 who will need to slide across the crease depending on where ball goes. Once the ball is passed in to either X5, X6, or X7, it becomes a 3 v 2 (X5, X6, & X7) with D1 & D2. This drill should be done from both sides.

**Equipment Needed:** Bag of Balls; 1 cage; field markings for 8m & 12 m

**Skills Emphasized:** Competitive GB's; passing; catching; timing of cuts; catching under pressure; man up/man down; defensive slides; communication; shooting

**Diagram of Drill:**



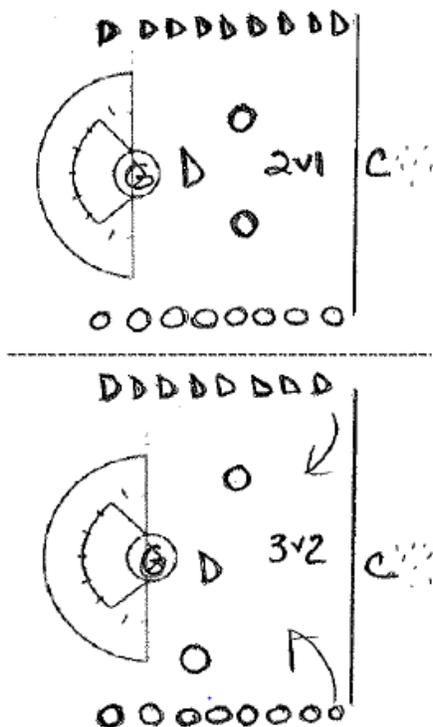
**Coaching Points of Emphasis:** Attack: Quick ball movement; crisp on point passes; timing of cuts; finding the open person for a good shot. Defense: Communication; good slides; sticks in passing lanes.

**Description of Drill:** This drill is a continuous drill that adds in an attacker and a defender after each play. It starts as a 2v1 and adds in until you reach a 7v6. If the offense scores, the coach (standing at the restraining line) feeds in a ball to the incoming attacker. If the defense gets the ball or the goalkeeper makes the save they must clear it to the coach at the restraining line. This repeats after each play with both an attacker and a defender adding in until the numbers get to a 7v6. After the 7v6 is finished all players involved go to the end of their lines and a new 2v1 comes out.

**Equipment Needed:** 1 goal, many balls, critical scoring area.

**Skills Emphasized:** This is a continuous player up (offense) and player down (defense) drill that starts with a 2v1 and builds to a 7v6

**Diagram of Drill:**



**Coaching Points of Emphasis:** This drill emphasizes communication and player down strategies for the defense and player up strategies for the offense. The offense must recognize where the open player is and attack effectively. The defense must recognize where the open player is and work together in any way the coach has specified to hold the attack and take the ball away or make a save. Clearing the ball back to the coach and re-defending are also points that can be emphasized.



**Institution: Colgate University**  
**Coach: Heather Young**  
**Name of Drill: Man-Up/Man-Down Build Up**

**Description of Drill:** Buildup of man-up/man-down, making sure that you are switching so that each group gets a chance to play man-up. Focus on the points that you want your Offense to do while man-up, man-down as well as your Defense.

**Equipment Needed:** Your players & balls

**Skills Emphasized:** Man-up/Man-Down

**Diagram of Drill:** Use this drill over a 2-3 day period at practice. Start small; make a box just outside of the 8 or 12. Have offense start man-up, 3v2. Focus on moving the ball quickly in a small area and getting good open looks. Have defense focus on communication, slides & being big while man-down. Build up to a 4v3, build up to a 5v4, build up to a 6v5. (You can go to 7v6, spend as much time on each as you would like).

SWITCH.

Have defense start man up, 3v2 and build up. Have defense focus on double teams, staying in doubles & getting good balanced checks off. Have offense focus on keeping the ball hot, still driving to cage hard & the proper way to get out of a double team.

Once you feel that your team is doing a good job in the small area, transition the next day to having the ball start from a clear to the offense at the 30. Again build up and then switch so D is man-up. To keep the pace quick, we have our goalies immediately clear to the next group of offense after a goal, keeps everyone on their toes and into the drill.

We found that the repetitiveness of the buildup over a couple day period was very helpful for our players, once they mastered the small in tight area, it was easier for them to progress to having more space, being able to see the field and break everything down.

**Coaching Points of Emphasis:**

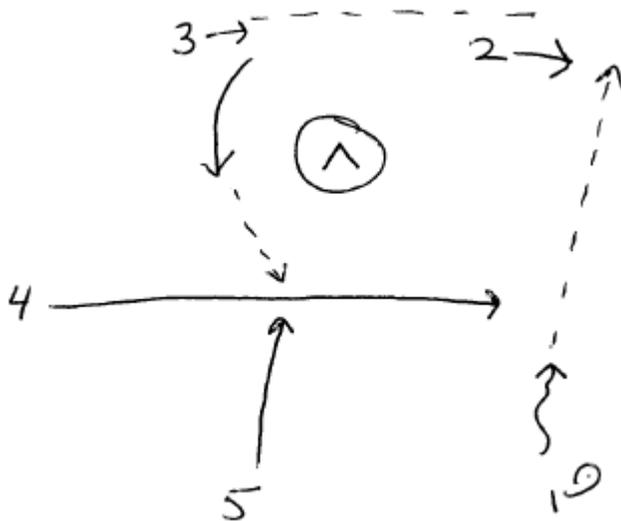
Have one coach in charge of the offense and one coach in charge of the defense, so that they can keep emphasizing the specific concepts to each group over & over. The repetitiveness of the 'build-up' also helps to hammer the points home. Be competitive and have the Offense & Defense compete against each other (points for goals, points for successful stops/clear outs).

**Description of Drill:** Begin with a lane dodge. Kick it to front side outlet who swings it quickly to the weak side to expose the 2v1 (4&5). 4 makes the cut through to draw defender with her and 5 cuts into the space looking for feed from 3. As you get good at this initial motion add in more attack and add defenders that you will manipulate at first so that the attackers learn how to make the correct reads. You can then have the initial ball carrier throw back depending on where you want the slide coming from and reverse your rotation.

**Equipment Needed:** Bag of balls and a cage

**Skills Emphasized:** This drill is designed for the girls to quickly move the ball out of a double team and to find the open player on the weak side, as well as improve weak side attackers' awareness out of a double team.

**Diagram of Drill:**



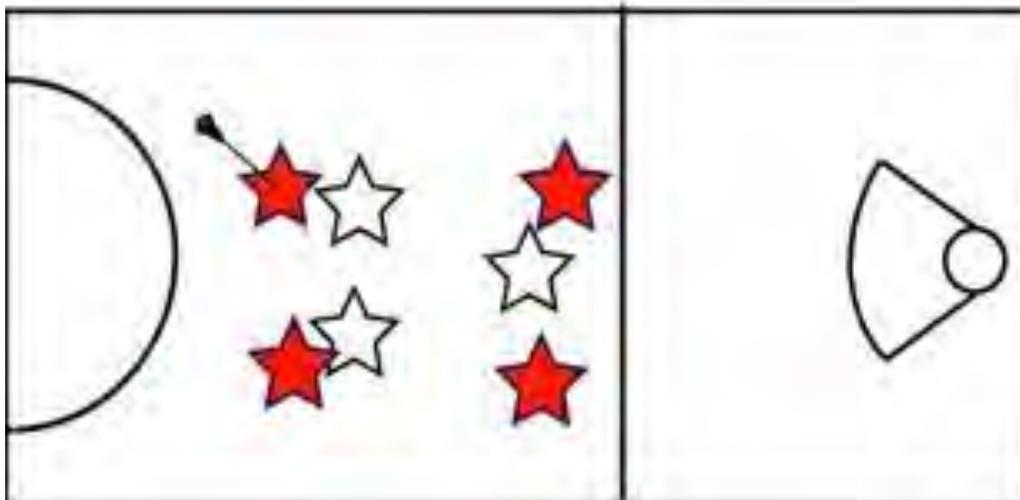
**Description of Drill:** Drill begins in a box passing set up. The box consists of 4 attackers on the outside points with 3 defenders on the inside marking up. The attacking team starts out in the box and must complete 4 passes while being defended. The defenders in the box are working together, communicating on who has two and where to force ball. Once those 4 passes have been completed (no dropped passes) the attacking team fast breaks to cage while the defensive unit works man down, attempting to slow ball and break up the fast break play.

**Equipment Needed:** 4 Cones, Balls, Goal cage

**Skills Emphasized:** **Offensively:** Moving ball quickly in the box, not allowing defenders to get Set up. Man up transition, Focus on pushing the fast break and finding the open player. The offensive unit is working on handling the defensive pressure, using the appropriate hand to make the pass, and making good passes.

**Defensively:** Forcing attacker's pass to the adjacent locked off player, while other defender has two. The drill also works on man down defense, focusing on slowing ball and recovering into the 8 meter.

**Diagram of Drill:**



**Description of Drill:** 4 defender and 5 attackers  
2 defenders at the pie and 2 up top of the 8 meter  
2 attackers on the side of the cage, 2 attackers on either elbow, and 1 attacker at the top of the 8 meter

Coach – Rolls the ball out the center Attacker  
Defense – Crashes immediately on the ball

Attack – if the center attacker does not have the shot she either passes the ball to another attacker or pulls the ball out of the 8M and swings the ball to her teammates.

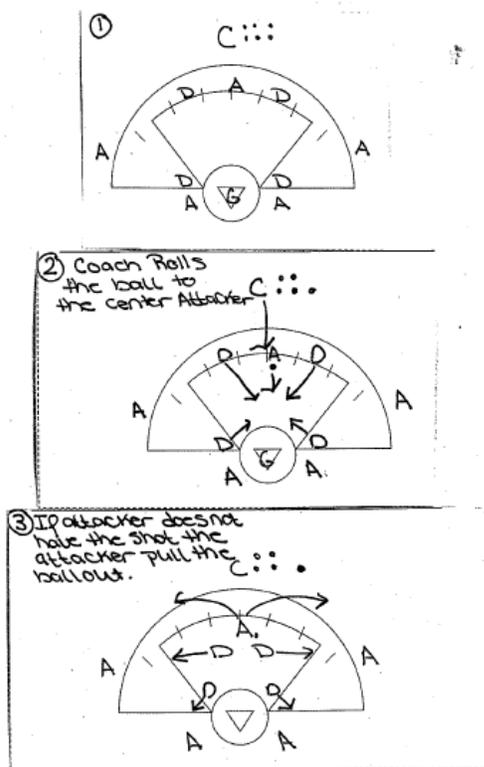
**Equipment Needed:** Bag of balls, 9 players, goalie and a goal

**Skills Emphasized:** Defense works on crashing in the 8 meter and not causing shooting space. Defense needs to recognize they are in a zone and calling crash immediately.

The attack is working on swinging the ball quickly outside the 12 meter and making a quick accurate shot to goal. Working on clean passes by the attacker and making sure they are using their outside hand. Attack needs to see the open man and the shooter needs to square up to the goal taking a quick shot.

Goalies must stay set for the shot also calling the crash and communicating with their defense.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Defense needs to be working together on their slides and communicating that the player furthest from the ball has 2 attackers.

Attack must see the open man and work on double cuts. Attackers must keep their sticks tight when in the 8 meter.

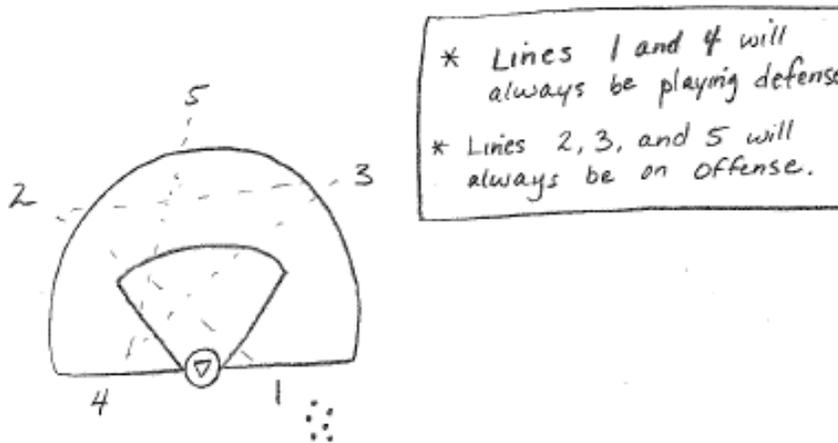
Goalies must see the ball at all times communicating with the defense.

**Description of Drill:** Start with 2 lines on each side of the crease and 3 lines up top a few yards beyond the 12meter (see diagram below for the set up). The ball always starts with the line on the right side of the crease and the drill begins with a 1v1 to goal. Looking at the diagram, to start, line 1 will pass to 2, line 2 passes to 3, line 3 passes to 4, and line 4 passes to 5 just like a typical star passing pattern... you join the line you passed to for rotation purpose. Once line 4 passes to 5, it becomes a 1v1 to goal. The second stage of the drill is the 2v2 to goal. The drill will begin with line 1 again, this time line 1 and line 2 hold, once line 4 passes to line 5, line 2 and 5 are on offense going 2v2 to goal against line 1 and 4. The third stage of the drill is the 3v2. Drill starts the same, but now everyone holds, and the 3 top lines are attacking 3v2 to goal against the two low lines.

**Equipment Needed:** Bag of balls

**Skills Emphasized:** This drill emphasizes many different skills including man-up and man-down situations, quick ball movement, 1v1 dodges and of course the goalies see a variety of different shots.

**Diagram of Drill:**



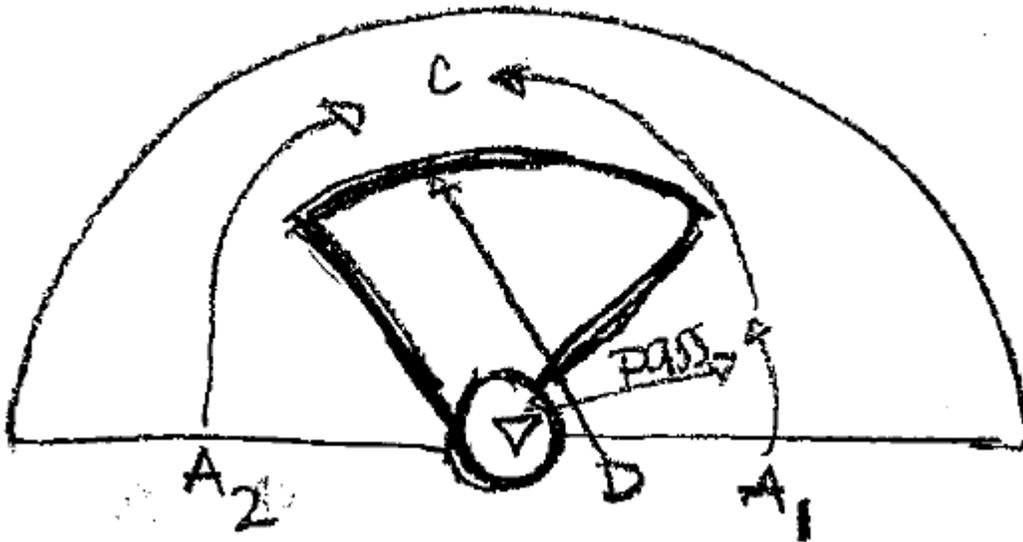
**Coaching Points of Emphasis:** Must make good passes and focus on the catch for the drill to run smoothly and look crisp. Communication is key, both offensively and defensively during the man-up and man down situations set up in the drill.

**Description of Drill:** Working on Man-Up/small space play

**Equipment Needed:** Balls/Cones

**Skills Emphasized:** Stick work, offensive creativity, stepping up defensively

**Diagram of Drill:** C -- cone



- Goalie starts with ball and pass to A<sub>1</sub>
- Attackers criss cross at cone – either flip pass or fake flip
- Defender has hard pressure on ball or flip
- 2v1 to goal

**Coaching Points of Emphasis:**

- Work on hard drives to cage to commit defender
- Defender works on taking options away

**Description of Drill:**

This is a breakout drill that turns into a man-up/man-down scenario, 3v2. The drill encompasses a goalie clear and some disorganization, allowing for communication on the defensive end to get themselves organized as quickly as possible and quick decision making on the offensive side of the ball to take advantage of the disorganization. To make this more competitive, we like to keep score, offense v defense.

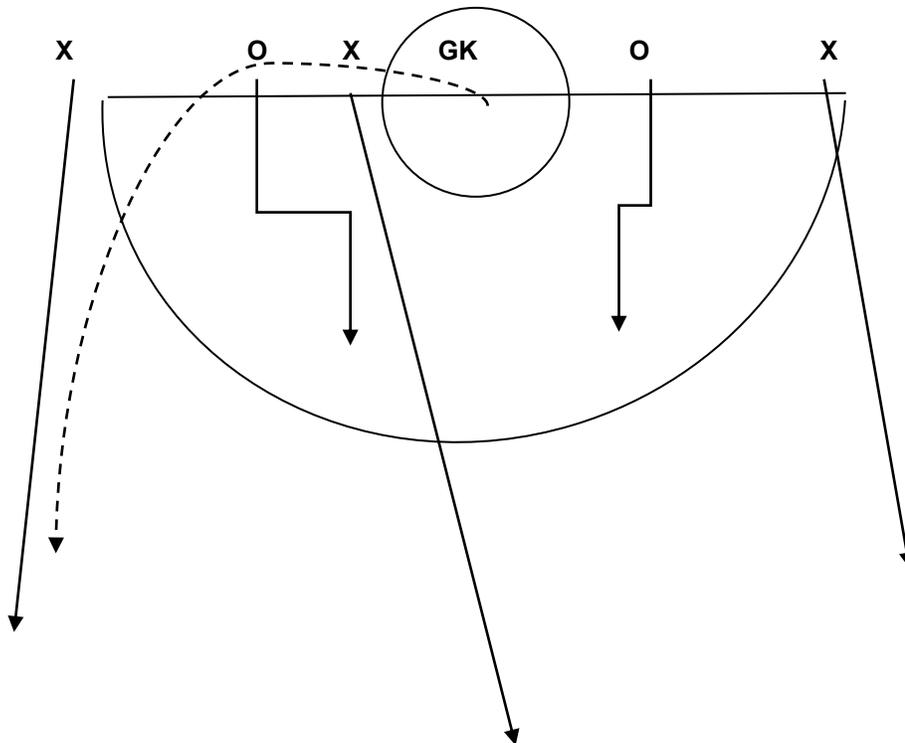
**Equipment Needed:**

Goal and 1/3 of the field.

**Skills Emphasized:**

Goalie clear, small-sided man-up/man-down, communication, organization on defense and playing a man-down situation, quick decision making and ball movement on offense and capitalizing on a man-up situation.

**Diagram of Drill: X – offense O – defense**



**Coaching Points of Emphasis:**

Offensive quick ball movement, defending uneven situations, accurate goalie clear, recovery for D.

**Description of Drill:** Split your team in half and have them line up outside the center circle. To start, have 5v5 in the circle. Throw the ball into the circle and whatever team comes up with the ball is on offense with 5 attackers. The other team must have a player step off and will be on defense with 4 players. So it is a 5v4 in the center circle;(you can manipulate numbers up and numbers down on offense & defense depending on what you want to focus on) offense is playing “keep away” from defense without stepping out of bounds, throwing the ball away, or having the ball stripped away. If they do step out of bound, throw the ball away, or have the ball stripped from them it is automatically the defenses ball and offense will have to lose a player and become defense while defense becomes offense and a player comes back in.

The other members on their team will be right outside of the circle and they can sub on their own and on the fly as play continues. When one team turns the ball over they must quickly add or subtract a player depending on who has possession of the ball.

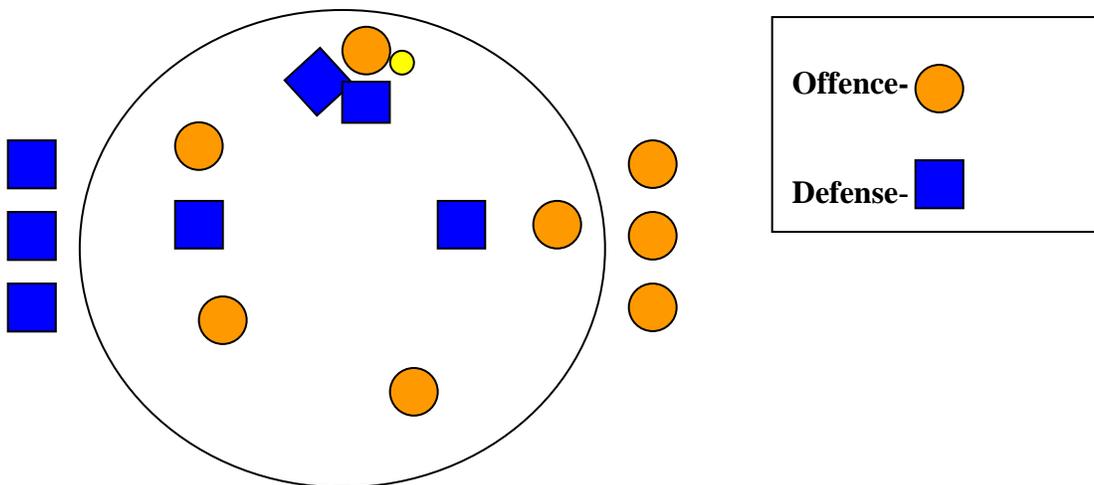
**Equipment Needed:** Stick, goggles, ball, and draw center circle

**Skills Emphasized:**

Offense: Pass and move; protecting your stick; keeping head up in traffic; passing with outside hand; communication; timing cuts and making hard cuts

Defense: Communication; sticks up on d; working on approaching in passing lane; break down steps; marking two or three players at once; keeping head on a swivel; working on doubling

**Diagram of Drill:**



**Coaching Points of Emphasis:**

**Offense-** Must pass and cut to space asking for the ball looking for a give and go. If the player does not cut after she passes the team will owe a sprint. Offense must also catch on the move and is not allowed to stand and catch. Offense should try to get as many clean catches in a row as possible.

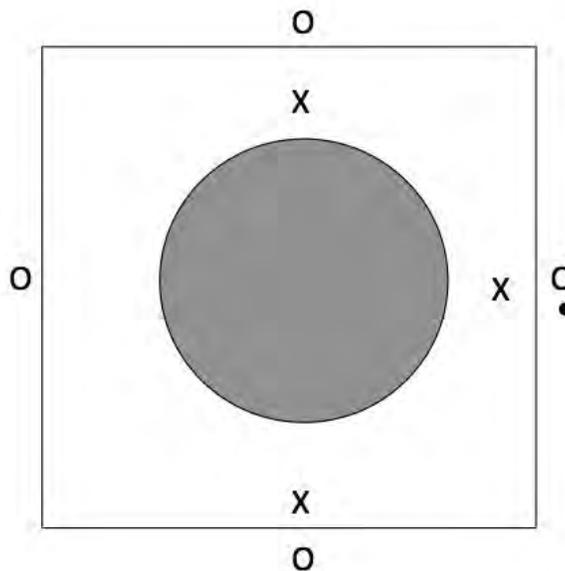
**Defense-** Defense must focus on good body positioning; and must not go for the check unless they have good body positioning first. Encourage defense to communicate and take chances. Defense should look to double team and cut off adjacent passes.

**Description of Drill:** Four attackers on the outsides of the box with three defenders inside the box. The attack should stay on the sides of the box rather than the corners forcing defense to guard space rather than an individual person. Offense moves the ball amongst themselves, starting stationary and then eventually being able to exchange spots and cut through the box. Defense should focus on communicating and sliding properly. The circle in the center of the box is a no-go area for defense. Simulating the 8m, they should not be in that area for more than 3 seconds. This drill can also be run as a 3v4 or 4v4.

**Equipment Needed:** Cones

**Skills Emphasized:** Man down/Man up situations, guarding space

**Diagram of Drill:**



**Coaching Points of Emphasis:** Defensive slides, communication and quick ball movement

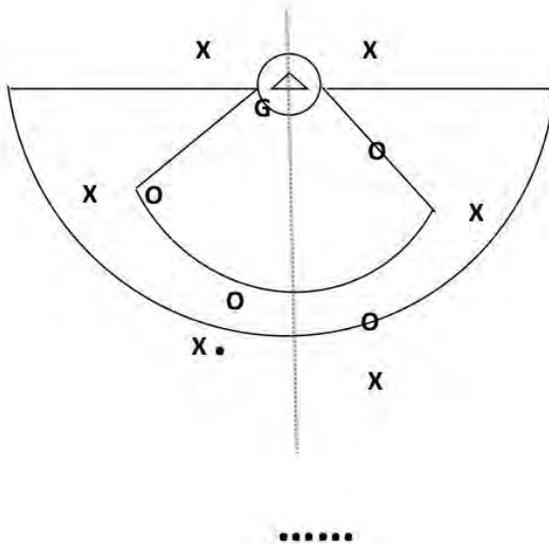
Depending on if you run a man or zone defense you can tailor this to teach defense to guard space rather than people.

**Description of Drill:** Started as a 3v2 drill that we progressed into 6v4. Our players have really enjoyed it and it works on numbers up/down as well as quick ball movement on attack, defensive communication and movement. We typically start with 3v2s from the side on both sides of the 12M and then progress to the 6v4. This way everyone gets a lot of reps and touches as well as can progress from the small 3v2s to the larger 6v4 setting. In 3v2 they must have 3 passes before cutting/going to goal and in 6v4 we allow the attackers to only move/switch with adjacent cones until 5 passes when we then allow cutters through the 12. We typically have the ball start up top.

**Equipment Needed:** 6 cones, ball

**Skills Emphasized:** Communication, defensive slides, quick ball movement, numbers up/down, identifying open player offensively as well as most important marks defensively

**Diagram of Drill:**



**Coaching Points of Emphasis:** D: Talking on D, marking up on adjacents, active GK, taking chances, not being afraid of getting beat, playing big/stick in passing lane; A: Heads up/quick ball movement, playing with discipline, double-cuts, spacing/identifying where and when to cut; being a threat.



**Institution: Shenandoah University**  
**Coach: Rebecca Watkins**  
**Name of Drill: Circle of Champions**

**Description of Drill:** 3 Attackers begin running clockwise around the outside of the crease while 2 Defenders along with the goalie begin to run counter clockwise inside the crease. The coach throws a ball into play. If the attack gets the ball they go to goal, if the defense or goalie gets the ball they clear the ball out to the thirty.

**Variations-**

- You can use any number of A or D- create a man up situation for Attack or make the numbers even.
- You can place the defense and goalie on the outside of the crease.
- Make the attack get a certain number of passes before scoring
- Play this full field on the center circle and add numbers

**Equipment Needed:**

Balls/Crease/Goal

**Skills Emphasized:**

This works on multiple skills:

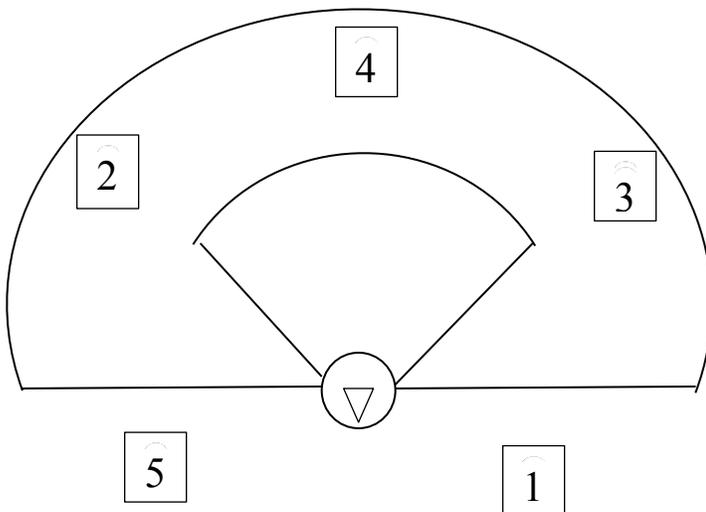
- Quick ground ball pick up
- Communication immediately when ball is played
- Creating quick scoring opportunities
- Defending quickly
- Man up/man down situations
- Clearing on defense

**Description of Drill:** Ball moves in a pattern around the 8m. Once you pass the ball you are active. Offense cannot shoot until all 3 players have touched the ball. Defense is trying to break up passes before offense can get a shot off.

**Equipment Needed:**

**Skills Emphasized:** Defense: Sliding, Staying big, Sticks in passing lanes  
 Offense: Quick ball movement, Splitting the defense

**Diagram of Drill:**



**Passing Pattern:**  
 1 throws the ball to 2 and comes to the middle of the 8m to play defense.  
 2 throws the ball to 3 and joins 1 playing defense.  
 3 passes to 4 (now it is a 2v2 1&2vs.3&4).  
 4 passes to 5 (3v2 everyone is active)

Defense can intercept/knock down a pass at any time and run it out of the 12m to end that round.

Attackers are trying to move the ball quickly to the open player. Stay in a threatening position.

**Coaching Points of Emphasis:**

**Defense:** Slide big w/ your stick up, know where the attackers are, and anticipate the slides.

**Offense:** Keep ball moving, ask for the ball away from the defenders (correct hand), keep the triangle formation to spread defense out and make slide longer.

**Description of Drill:**

1. Players split into two separate teams (mix defense/attack/middies together because everyone plays everything).
2. Set up 6 cones outside of the 12 meter where each pair will start (one player from either team – one cone will only have one player on it)
3. Coach rolls/throws/pops up a ball from anywhere – whatever team gets the ball is on attack – other team is on defense
4. The ball is played out until there is a goal, goalie save, or the ball goes outside the 12 meter (12 meter is the boundary line)
5. Each 6v5 group gets 3 balls in a row and then the groups switch

**Equipment Needed:**

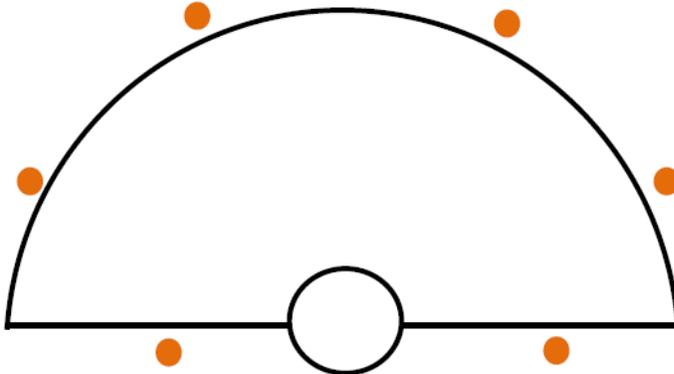
1. Balls
2. Cones
3. 12 Meter

**Skills Emphasized:**

- Defense:**
1. Communication
  2. Quick Slides
  3. 50/50 balls in a small space

- Attack:**
1. Quick ball movement
  2. Quick shots
  3. Passing in a tight space

**Diagram of Drill:**



**Coaching Points of Emphasis:**

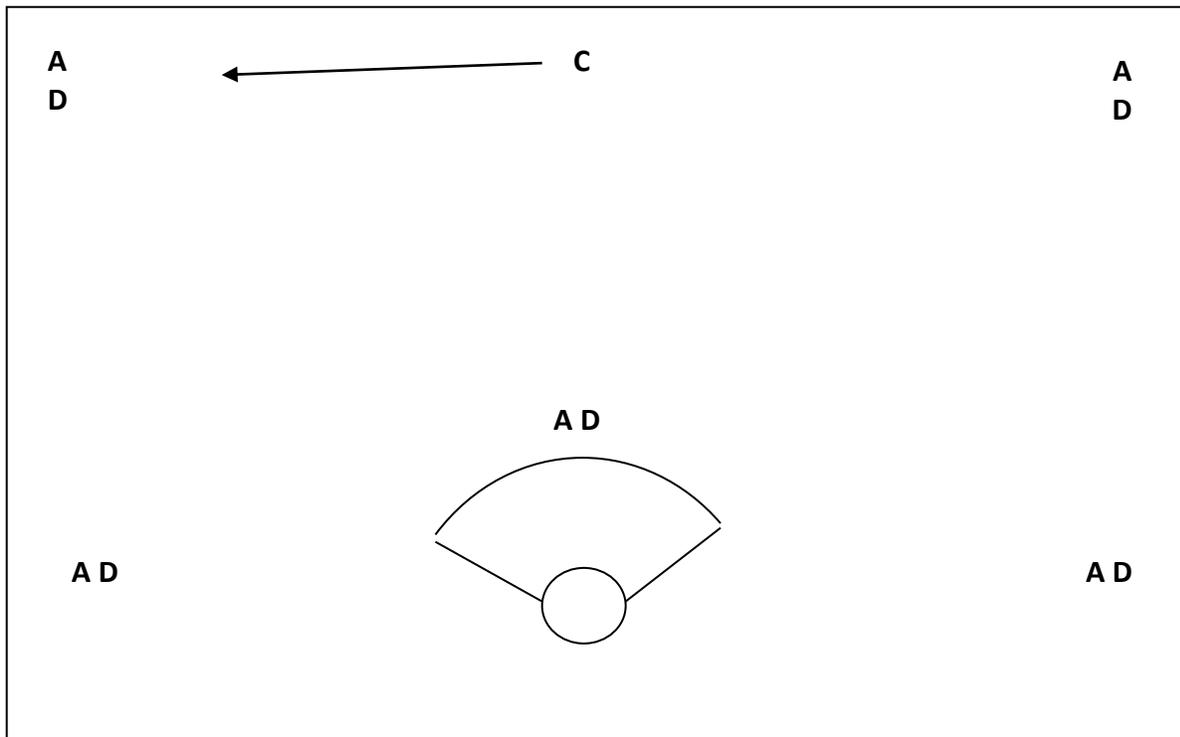
1. Defense must communicate and protect the middle. Being aggressive and gritty on ground balls and all 50/50s inside the 12 meter is critical
2. Attack must move the ball quickly, good passes, catching in a tight space and getting quick shots off

**Description of Drill:** We use this drill to work on man-up, man-down situations. Start with a marked pair in each corner and a marked pair in the middle. Coach rolls the ball to one of the marked pairs and if the attacker gains possession, the defender holds out (attack is now up 5v4). If the defender gains possession, she must pass the ball to another attacker in the drill (the original holds out) and now the defense is up 5v4. We do play it out (i.e. the defense clears to the 30). Coach can roll/throw to any line to start the drill

**Equipment Needed:** lacrosse balls

**Skills Emphasized:** Defense-communication, doubling/backer, sliding. Attack-communication, recognizing the situation and finding the free player, protecting the stick in a double team, looking for the fast break if it's there.

**Diagram of Drill:**



**Coaching Points of Emphasis:** When up a player: getting the attack to stay composed (take your time, get the defense moving so you can find the free player if you don't have a fast break); defense needs to know what they're in (backer, doubling), then shut down the adjacents. When down a player: attack needs to move the ball quickly, not allowing the D to get set; D needs to work on their slides and making sure the back side has 2'.  
 Variations: 1.) you can add another marked pair in the middle, 2.) play from midfield, 3.) you can play even

**Description of Drill:**

This is a defensive drill designed to help defenders work in man down situations. Four attackers step out, one at each cone. Three defenders will line up in the center facing the coach and count off 1, 2, and 3. The coach will then throw the ball to any attacker while calling out 1, 2, or 3. The defender who's number is called will take ball. One of the remaining two defenders must cover the attacker that is same side of the ball and the other defender will take opposite side of ball and have 2 or "deuces". The attacker will then move the ball to one of the open girls and now the defender with 2 or "deuces" will take ball. This continues on until the defenders get the ball back.

In short, Rule #1. Always mark same side that ball is on. Rule #2. "deuces" always takes ball.

**Equipment Needed:**

Four cones set up 8 meters apart.

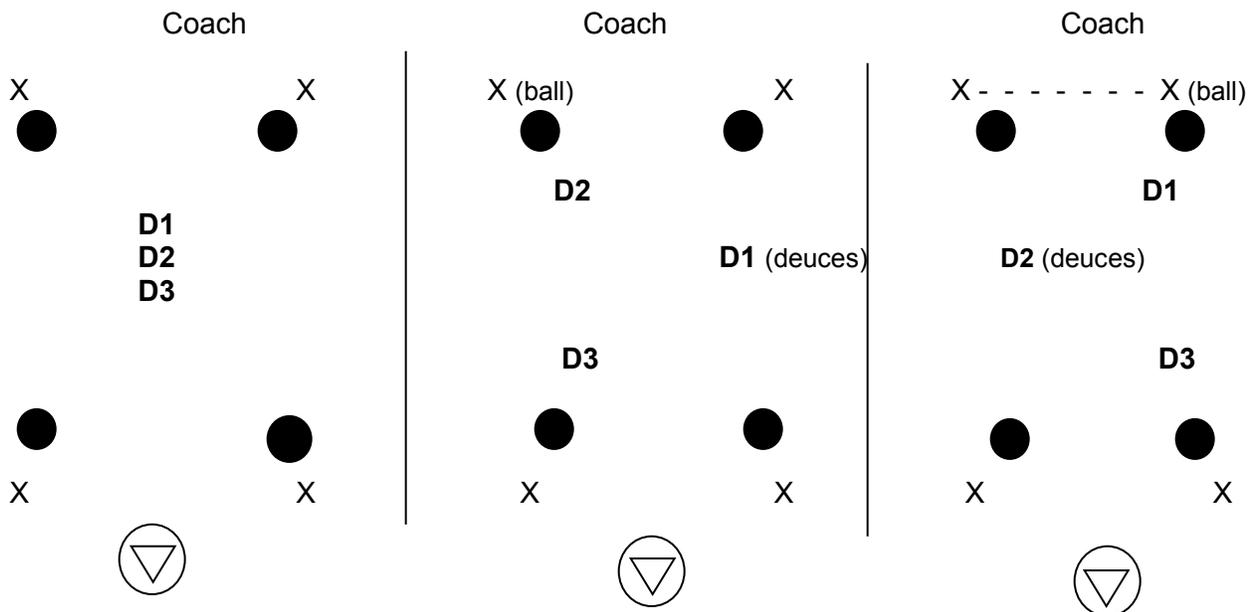
You do not need a cage but it can be helpful when explaining what same side means.

**Skills Emphasized:**

Attack: Moving the ball quickly and passing under pressure.

Defense: Pressuring ball, moving from having two, to picking up ball, communication.

**Diagram of Drill:**



**Description of Drill:** Attacker picks up GB and challenges towards the goal with 4 defenders closing in on her. Add in two supporting attackers to protect ball and reattack the goal 3v4.

1. Coach rolls GB to Attacker. Attacker tries to go to the goal and get off a shot.
2. All 4 defenders release once attacker picks up GB and close in on the attacker trying to slow down attacker and make a play without fouling.
3. The two additional attackers (next person in line behind the two top defenders) trail the play and support the ball carrier.
4. If attacker passes to teammate play out the 3v4 (defense trying to double the ball) staying within the cones.
5. If goalkeeper makes a save, the defenders break for a clear to the outside lane(s); leaving the middle clear. Two defenders should clear each side. Clear to the restraining line.
6. Attackers redefend three of the defenders. Goalie should hit the open player.

**Equipment Needed:** Balls/Cones

**Skills Emphasized/Coaching Points of Emphasis:**

Attacker:

1. Attack the goal under pressure.
2. Protecting their sticks
3. Weaving side to side
4. Shooting under pressure
5. Protecting ball and passing to teammate

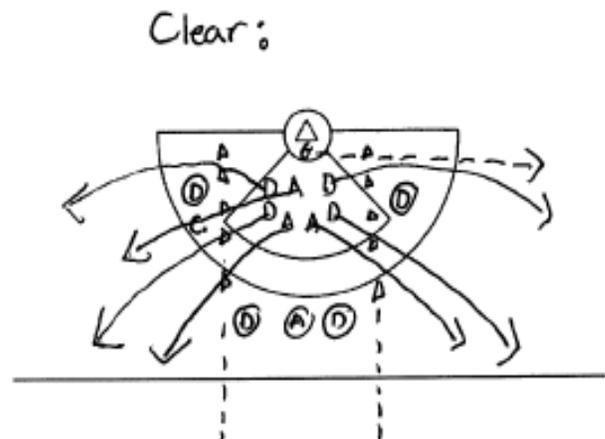
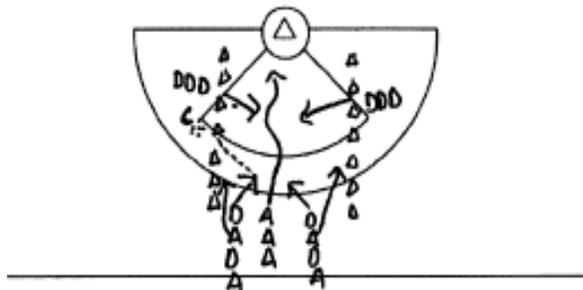
Defense:

1. Closing in on the attacker
2. Bodying up, slowing down defender, and angling
3. Do not foul, make appropriate check
4. Double or mark up

Off-ball Attackers:

1. Support teammate by moving to open space
2. Ask for the ball with appropriate hand
3. Move ball out of doubles and attack the 1v1
4. Move feet

**Diagram of Drill:**

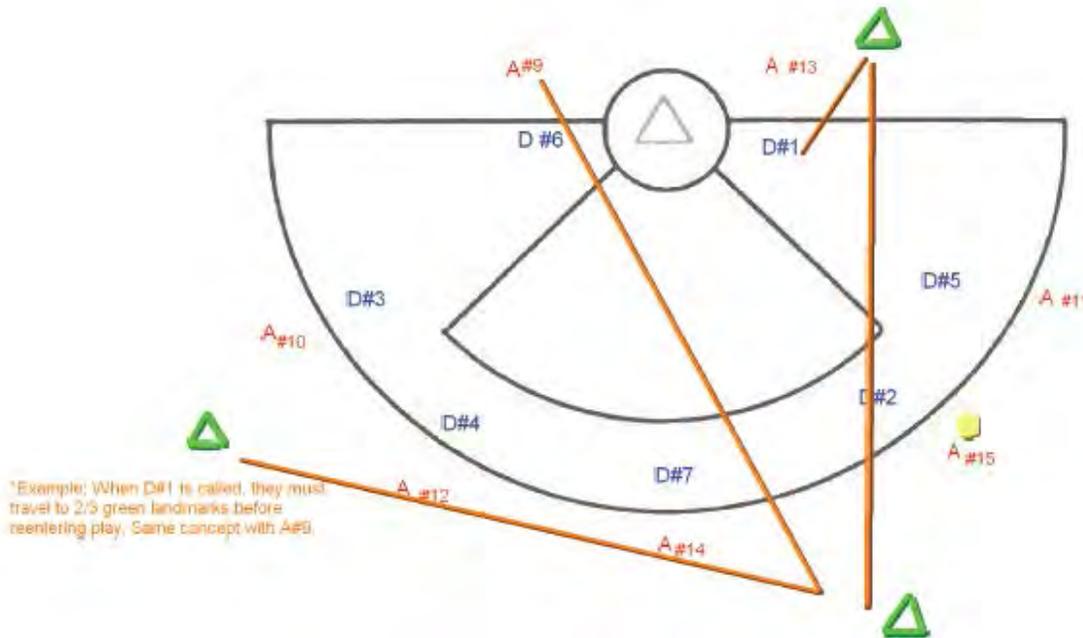


**Description of Drill:** Drill is designed to work on unsettled man up / man down situations, both offensively and defensively. Number your defenders (ex: you have 8, #1-8) and number your attackers (ex: you have 10 attackers, #9-18.) Drill will start in a settled 7v7 situation and then you can begin calling numbers. You can use cones, or coaches as landmarks. When the defender or attackers number is called, they must touch 2 out of 3 (or whichever you decide) landmarks before reentering the attack or defense. Landmarks can move throughout the drill, if cones are used just have them set in different locations on the perimeter. Sub and rotate middies as needed, middies only need one number.

**Equipment Needed:** Balls in the back of cage, cones optional

**Skills Emphasized:** Simulates various man up / man down situations on both offensive and defensive sides of the ball. Defensive focus: communication when leaving, sliding and doubling. Offensive focus: effective ball movement and spacing to create scoring opportunity or to run out time on the penalty.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Offensively: recognizing where the man-up situations are (where slide or double is coming from) and effective ball movement / spacing to counteract.
- Defensively: recognizing the situation, communication and timing.

**Description of Drill:**

Split into 2 teams. One team designated attack and the other defense. Switch halfway through. 2 v 2 in the 8 meter. 2 lines of attack on 30yd line and 3 lines of defense. Attack will always have 4 (2 in the 8 and 2 coming from lines up top) and will be fed the ball. While ball goes in, will call 1, 2 or 3 to determine how many defenders go in from the top lines.

**Equipment Needed:**

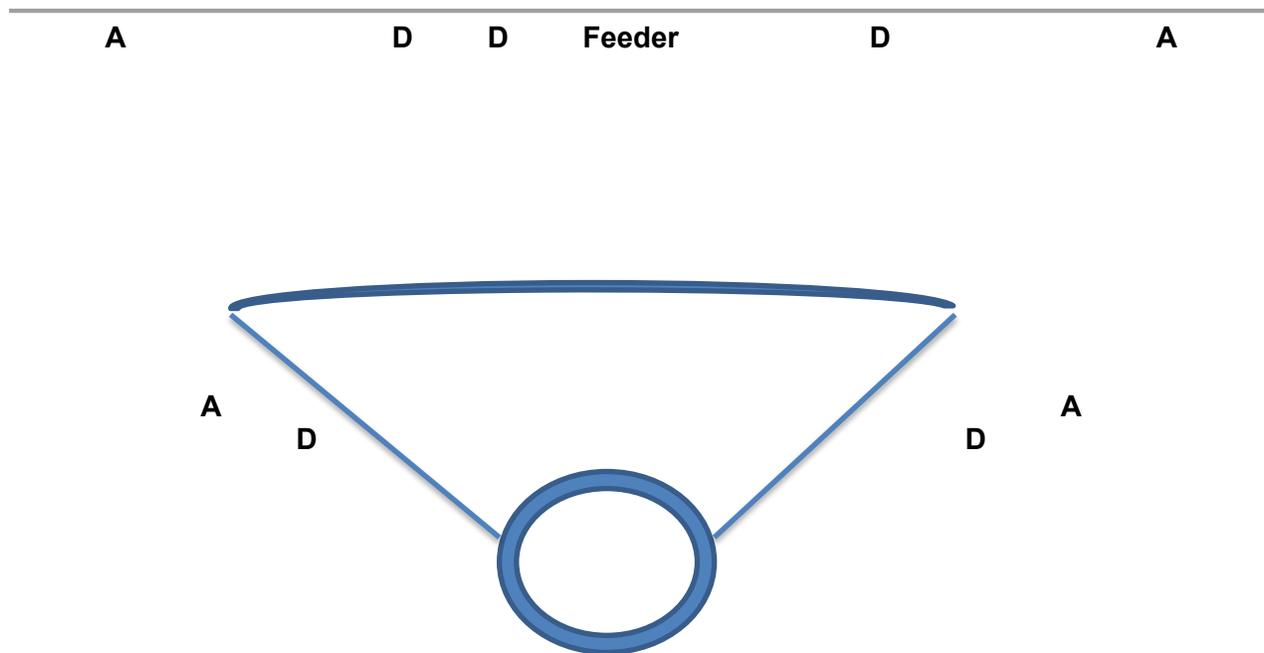
Balls, Cones, Cage

**Skills Emphasized:**

Man Up/ Man Down on both sides of the ball.

**Diagram of Drill:**

30yd line



**Coaching Points of Emphasis:**

Recognizing numbers on both sides. Defensive communication and sliding. Offensive communication and ball movement.

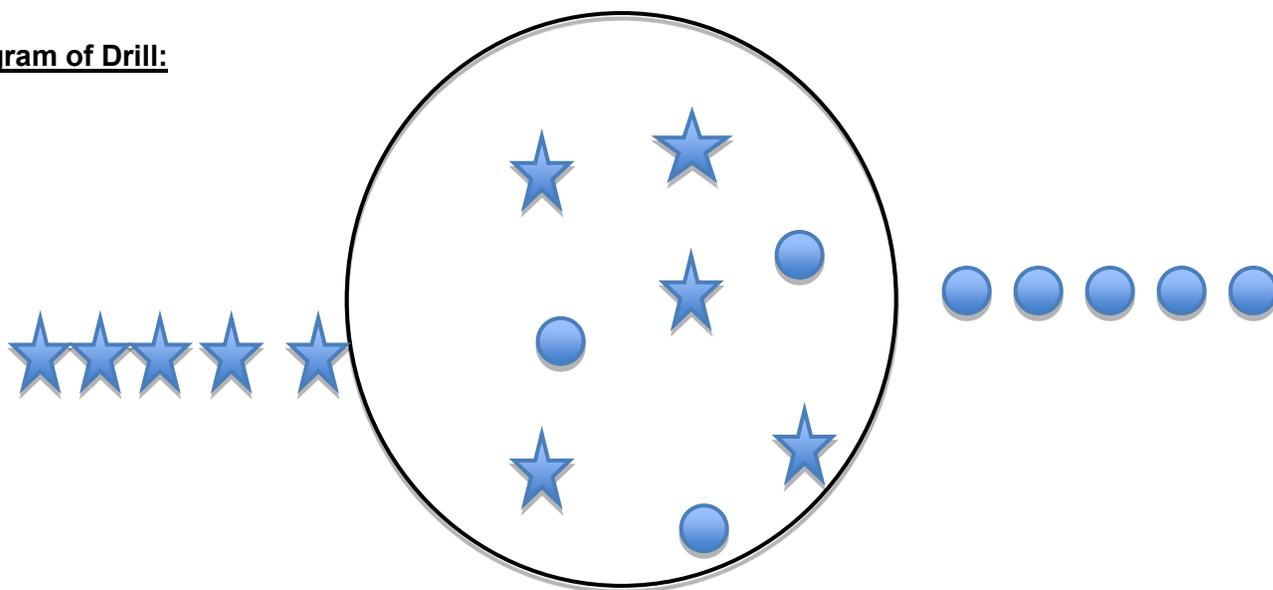
**Description of Drill:** This game can be played with many variations. Using 2 teams and the center circle as boundaries, start with one team "man up". In the diagram it is 5v3. The STAR team has more players and is on attack and they are trying to earn points by passing the ball and maintaining possession. When there is a clean change in possession or the ball goes out of bounds it switches so that now the CIRCLE team has possession. The teams must quickly adjust the number of players in the circle by either adding players from the line or taking players of the field.

You can change the drill by changing the number of players in the circle, by changing the rules on how to earn points and also how the change in possession occurs.

**Equipment Needed:** none

**Skills Emphasized:** Passing in tight spaces, maintaining possession, defensive communication

**Diagram of Drill:**



**Coaching Points of Emphasis:**

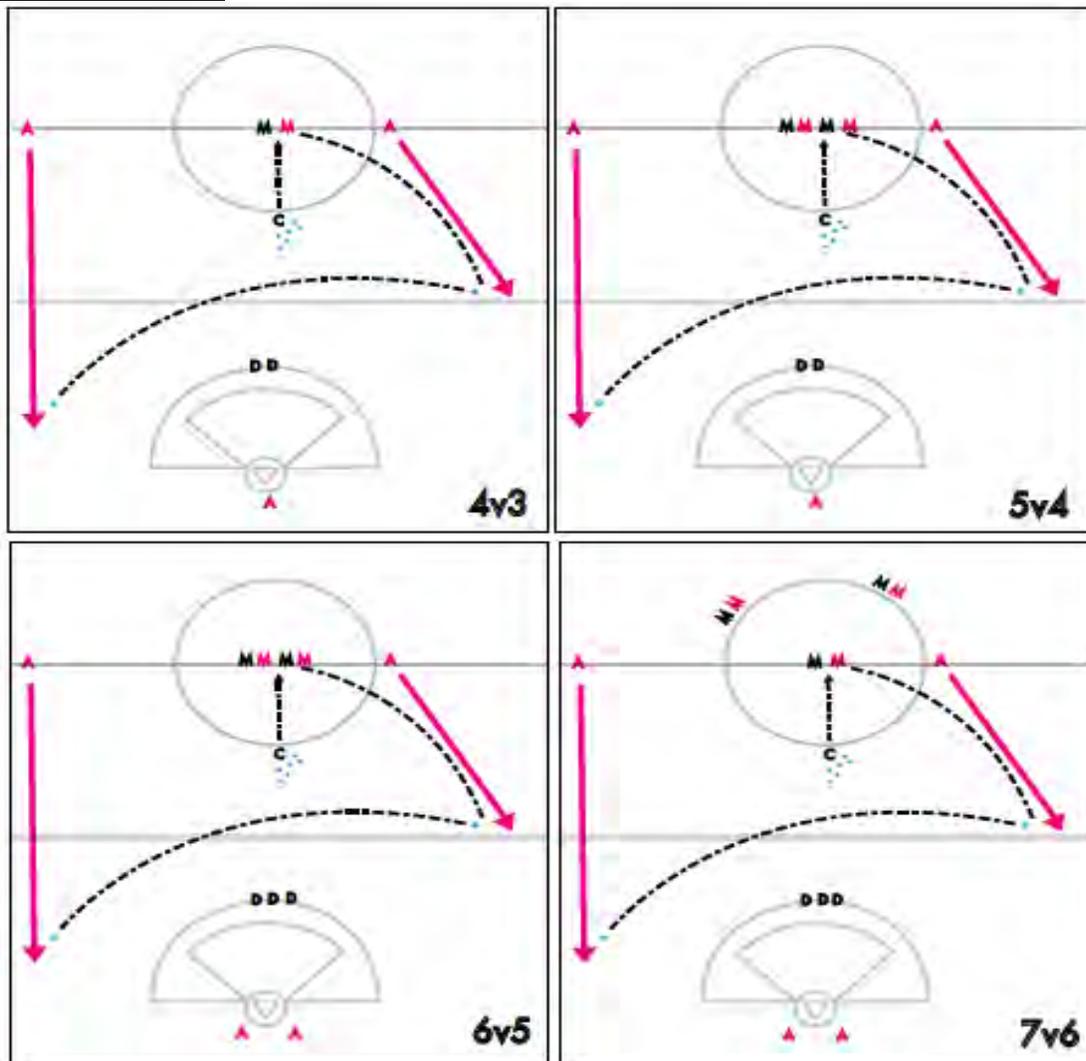
- Move the ball quickly
- Continue to move with the ball
- Be dynamic, work together to get open
- Defense communicate

**Description of Drill:** Begins with a 50/50 ball from coach at center circle. Player who comes up with the ball is on attack; other player is on defense. Attacker moves the ball wide to teammate on 30 yard line. That player then sends ball cross-field to teammate who is cutting down opposite sideline. As soon as the ball is released for the cross-field pass the drill is "live." (Players that begin the drill in the center circle for the 50/50 ball cannot cross the 30 yard line until the drill is live).

**Equipment Needed:** Balls

**Skills Emphasized:** Man-Up / Man-Down out of Transition

**Diagram of Drill:**

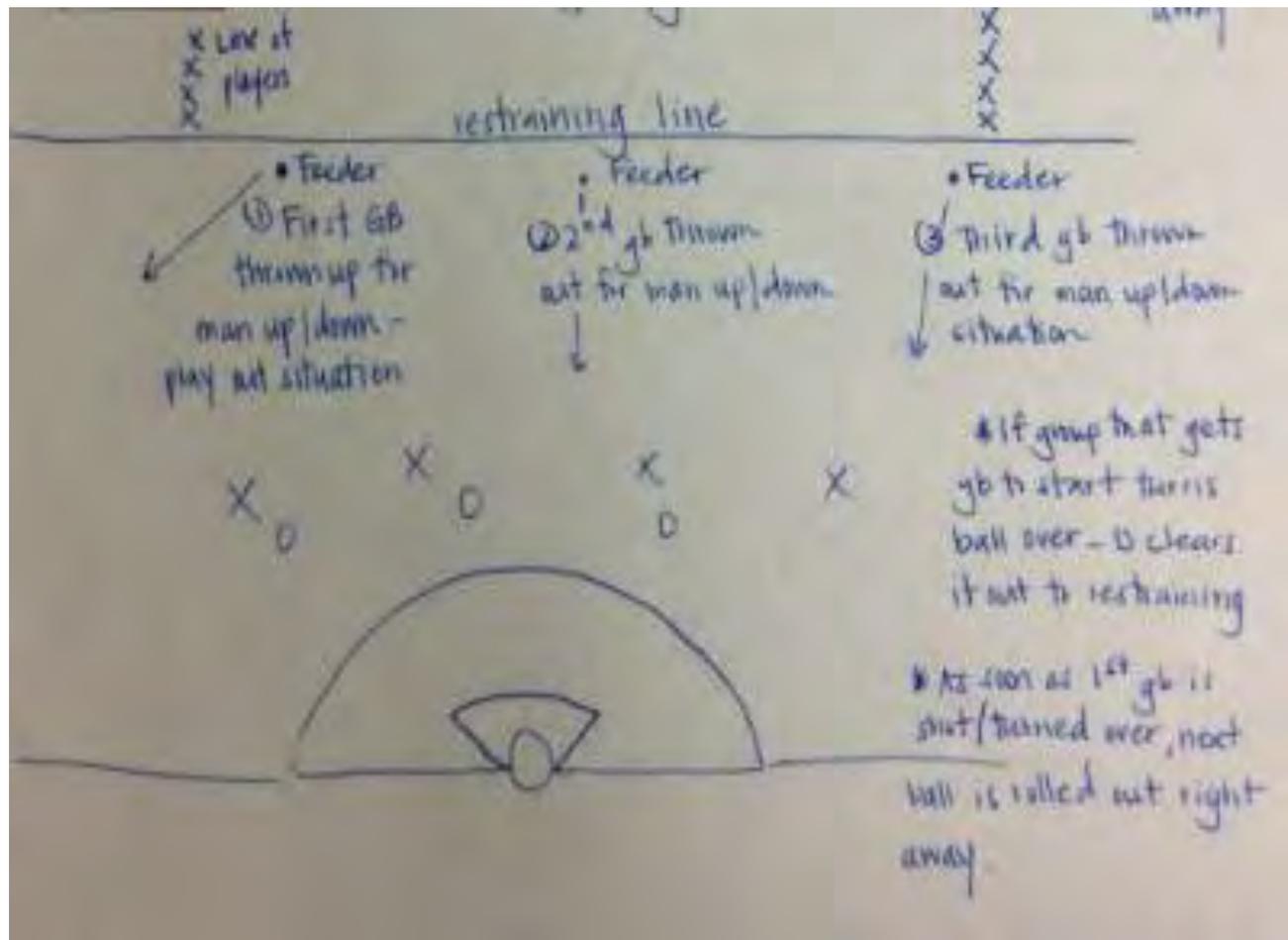


**Description of Drill:** 4v3, 5v4, 4v4, 5v5 ground balls in the 8m to cage

**Equipment Needed:** sticks, balls, cages

**Skills Emphasized:** Clean ground ball pick-ups, man-up/man-down situations, smart decisions & ball movement on attack, recognizing man-up/man-down and organizing right away.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

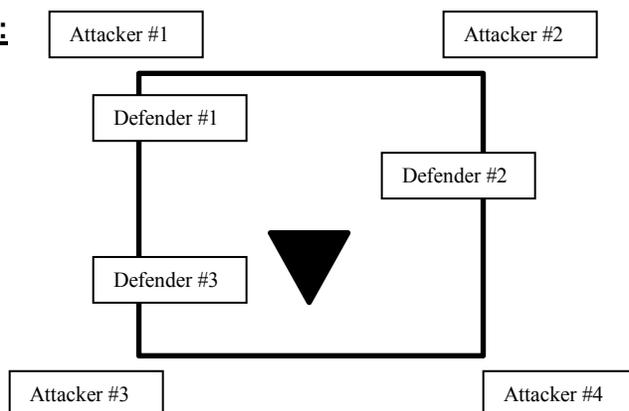
- Group on attack stay spread to make it harder for D to slide
- D communicate either double (if man up), even (if even), who has ball/two (if man down)
- Each rep should be different number of players to keep everyone alert.

**Description of Drill:** In a square around the cage with four points set up your 4 attackers outside the twelve above the goal and on the goal line extendeds farthest points. Have your 3 defenders inside the box area. Have the attackers working the ball around fast on the outside while the defenders are communicating, working on slides, and making sure not to be caught in 3 seconds. When the whistle blows whichever attacker has the ball becomes the feeder and can only feed ball in—they cannot be part of the 3v2. The defender who was closest to ball now tries to body up on the feeder to get a knock down and work on the feeder having body pressure on while getting off the ball. The other 3 attackers are working on space and timing for cuts, they want to get the ball fed in and begin their 3v2. The other 2 defenders are working on communicating and keeping their head on a swivel trying to determine who the bigger threat is. Once the ball gets fed into the 3 attackers it becomes a 3v2. It can start below the goal or above and get fed from below the goal or above, depending on when the coach blows the whistle. It will mimic different situations—slow break with feed in the 3v2 from behind, fast break with feed from above.

**Equipment Needed:** Ball, cones, whistle, 8 meter 12 meter, goal

**Skills Emphasized:** Man up/Man Down situations, feeding with pressure on, moving the ball fast and with a purpose, communication on defense, slides on defense, finding the open girl

**Diagram of Drill:**



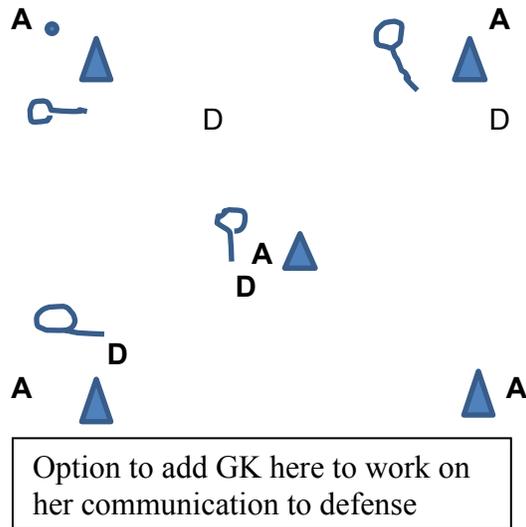
**Coaching Points of Emphasis:** . It will mimic different situations—slow break with feed in the 3v2 from behind, fast break with feed from above—depending on what you want to work on with your time try and place the whistle being blown specifically in the location you want a feed in from.

**Description of Drill:** 5 attack players are settled in a domino pattern roughly 10yd x 10yd. The attacker's main objective is to pass the ball quickly and accurately, seeing how many times they can get the ball successfully into the middle person with little to no defensive pressure. The 4 defenders are working on pressuring ball and adjacents and the middle at all times. The defenders need to work on their anticipation of slides, using their sticks to dictate and deny the appropriate passing lane, and successfully covering middle. If the ball is thrown into the middle player, the defense is also supposed to crash on that person. An addition would be to add the goalkeeper

**Equipment Needed:** 5 flat cones, 5 attackers with one ball and 4 defenders

**Skills Emphasized:** A drill to work on defensive bumping, sliding and communicating. The attack skills are quick ball movement, accurate passing, anticipation and being deceptive to the defense.

**Diagram of Drill:**



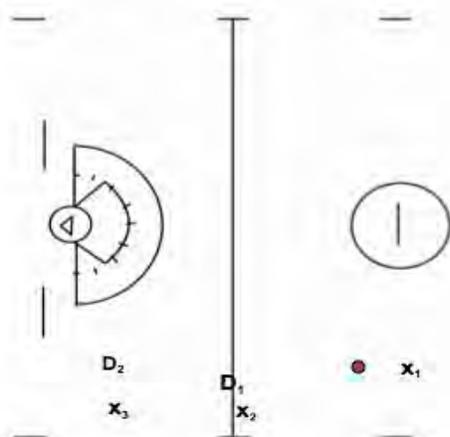
**Coaching Points of Emphasis:** COMMUNICATION!! Approach to attack with stick in passing lane and —big presence. Break down your footwork on approach, so you remain in athletic stance. Cover the middle at all times, so communication on who should slide and bump from the middle without leaving them open.

**Description of Drill: 3v2 from the wing (stay on one side of the field, you can pick either side).** The drill starts with X1 picking up a ground ball in front of the 50. She is in control and wants to first be a threat to cage. As the defense adjusts to where the ball is, the offense can pick apart the defense to get a quick and high percentage shot. If the defense gets the ball back they need to clear the ball through the restraining line. (See variation below)

**Equipment Needed:** Stick, ball, cage, pinnies

**Skills Emphasized:** Offensively: Being a threat to cage, quick decision making, quick ball movement, spacing, high percentage shots. Defensively: Communicating, slowing the ball carrier, closing space, stick up in the passing lane.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

**Offensively:** This is a transition and shooting drill. You are man up so you want to push the fast break to get a high percentage shot. The ball carrier wants to go hard and be a threat. At the same time, the off ball attackers must keep their spacing and stay in a passing lane to be an option. The ball movement will depend on the defensive sliding.

**Defensively:** You are in a man down situation. Communicating and slowing the ball down are very important. Keep your stick up in a passing lane and close space on the ball carrier. The tighter the attack and the more passes the offense has to make, the easier it is for the defense. The low defender is the key communicator. She is sending the high defender to ball, while trying to avoid a low to high slide.

**Variation:**

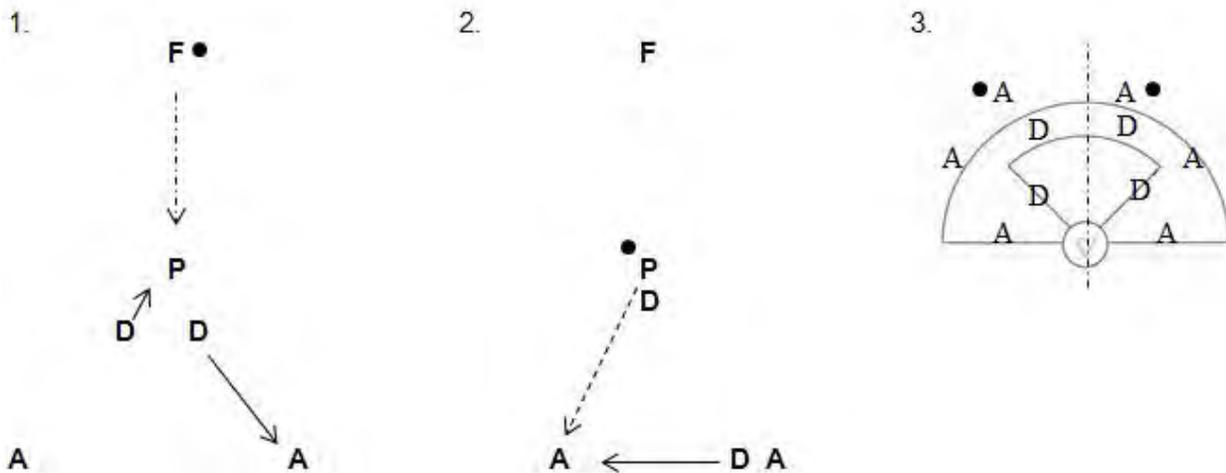
X2 can pop to X1 to be an option, which will keep her D honest. If X1 hits her, X1 should continue down field to look for the give-and-go from X2.

As the ball is moving down field X3 wants to get low to the goal line extended. She can cut through and open up to ball. This creates space for the other attackers, as well as, brings the second defender further away from ball.

**Description of Drill:** Ball starts with Feeder (can be an injured player/coach). Feeder passes to the Post. Prior to the pass, the defenders communicate which will mark ball and which will mark an open Attacker. Post receives ball, turns to read the defense and pass to the open attacker. Defense slides accordingly so that ball is marked. The attacker that received the pass then reads the D to find the next pass- either the other attacker or the post player. Progression (3)- Divide the 8m in half vertically, 3v2 on either side- one side at a time, applying principles from Read the D drill.

**Skills Emphasized:** This drill is designed to teach attackers to read the off ball defender in man up situations, also helps the defense understand priorities in man down situations.

**Diagram of Drill:**



**Coaching Points of Emphasis:** While this drill is designed for attackers, it's also useful for defenders to learn man down concepts (communication-off ball defender should be directing on ball attacker, playing big, moving while the ball is in the air, always mark ball, not sliding ball to ball, etc). Post needs to take a smart angle to face attackers, keep her head up and get her hands free to make a good pass. Attackers need to have their stick on the outside and flash to the ball (they should not be cutting). Moving the ball quickly will also make it challenging for the Defense. Watch to make sure your ball handlers are not looking at their teammates, but at the off ball defender, this will help them increase the speed at which they make decisions.

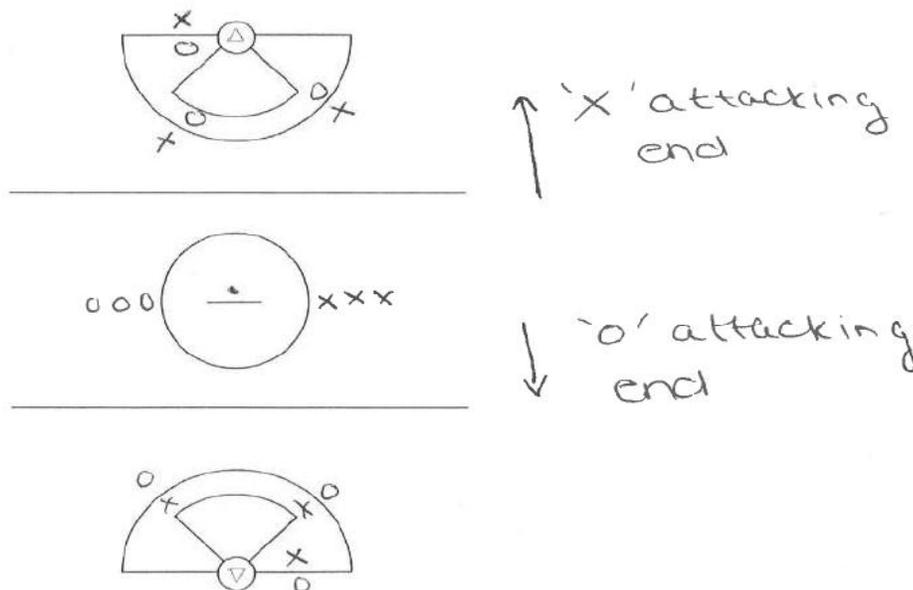
**Description of Drill:** The drill starts when a ball is rolled out and two midfielders compete for the ground ball in the center circle. Whoever wins the ball will sprint down to her attacking end to work with other members of her team to score. Depending on her speed, this will create a fast break situation.

- If the shot goes in, these middies are done and a new ball is started at the center.
- If the shot is saved, the goalie clears the ball to a new middle (on her team) cutting from the center circle. The attacking middle must then recover and play defense. The middle that was originally on defense is done.
- If the shot is wide or hits the post there are two options:
  - o If the attacking team gets the ball, they continue to work the ball around and try to score.
  - o If the defense gets the ball, it is the same situation as a goalie save.

**Equipment Needed:** Balls in the back of cage, cones optional

**Skills Emphasized:** This drill is great for conditioning as well as stimulating man up / man down situations. The main objective of this drill is to push the fast break on the attacking end and to work on re-defending and recovery defense.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Communication on defense, defending man down situation, pushing the fast break on offense (sense of urgency), hustle, re-defending, & recovery defense. Game like situation.



**Description of Drill:** The ball starts with the keeper. Two attackers and one defender start just outside the 12m at the GLE (right of the cage). An additional defender is just outside the 12m/GLE to the left of the cage. A final line of attack is at the 50 yard line.

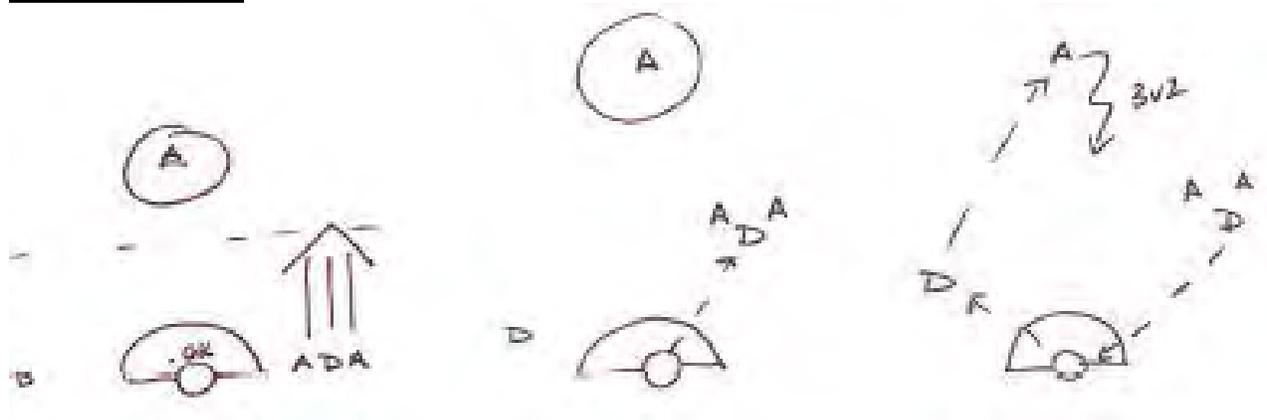
On the whistle, the two attackers and one defender sprint to the 30 then pivot back to the GK. The goalie clears to the defender (sometimes we ask the attackers to double after the catch). Once the ball is played, the defender looks to either break the double and hit the attacker at the 50 or redirect the ball to the GK. If the ball gets redirected to the GK, she then hits the other defense line who passes the ball to the 50.

Once the attacker comes up with the ball (either by stripping the first defender, the clear from the 1<sup>st</sup> defender or the redirect) the ball moves back to the goal in a 3v2. Add a trail defender and/or pairs to progress the drill and switch sides of the field for the clear.

**Equipment Needed:** Balls (starting with the Keeper) and a single cage

**Skills Emphasized:** The drill is designed to work on clearing to a marked defender, redirecting the ball & pushing a man up 3v2.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

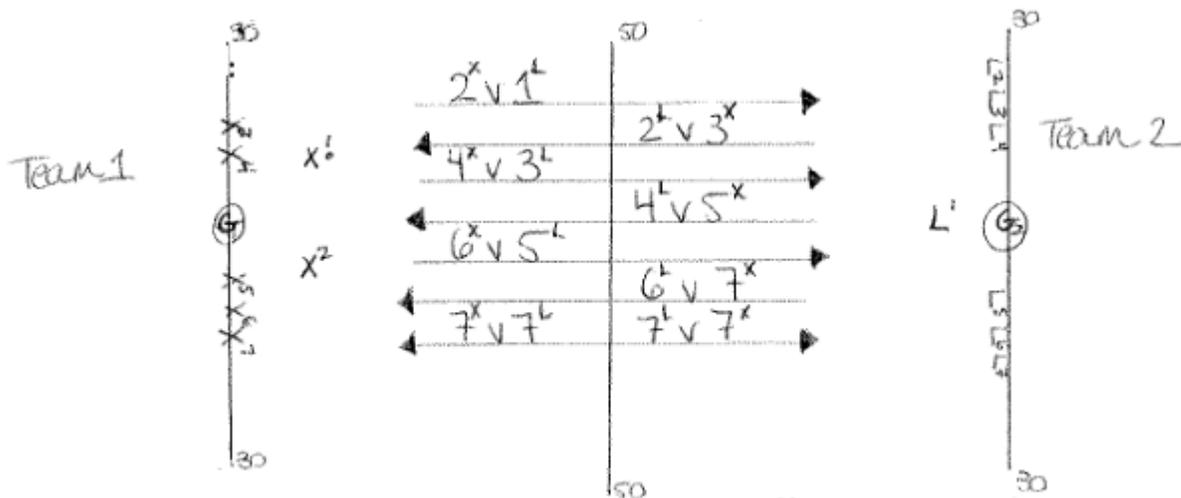
- Getting the defense to handle pressure- run through your catch, turn up field & engage the double.
- Quick ball movement from the goalie and attackers.
- Getting organized after a turnover.

**Description of Drill:** Two equal teams (split by positions and ability). Move goals to the 30's and play a short field or keep a full field if you want the team to run a lot on fast breaks. Team1 will play man up and Team2 will play man down (this will switch after a 7v7). Team1 with the ball will start with 2 players and receive a goalie clear looking to fast break against 1 defender from the Team2 who is waiting at the 50. (Ball must move quick and play must develop immediately or drill is not beneficial). These players will play out the entire rotation until the end with no break. On a goal, long shot (goes far behind the cage) or a save shot, the goalie will outlet the ball to either defender who was just defending or another player from Team2 who just entered. Team1 will release another defender making it a 2 (Team2-now on offense) v 3 (Team3-now on defense). The play is run through and again on any goal, long shot or save shot the goalie will outlet to one of the 3 already existing players from T1 or another one who has entered. Team2 will have the existing 2 players along with one more who has entered to help on defense making it a 4 (Team1) v 3 (Team2). Each time there is a goal, long shot or save shot each team will release 1 player until it becomes a 7v7. It is up to the coaches discretion for how long you would like the 7v7 to play out. At the end, Team2 should now start with Man-Up on offense while Team1 takes their time on Man-Down.

**Equipment Needed:** 2 cages, extra balls in the goal crease, pinnies

**Skills Emphasized:** Man-Up – look to push the ball and attack where the defense is not. Ball movement must be quick and efficient in order to capitalize on advantage. Man-Down – look to contain, show and use your goalie as an extra defender to help cover and jump passes. Try to slow the ball down and take away any lanes to cage.

**Diagram of Drill:**



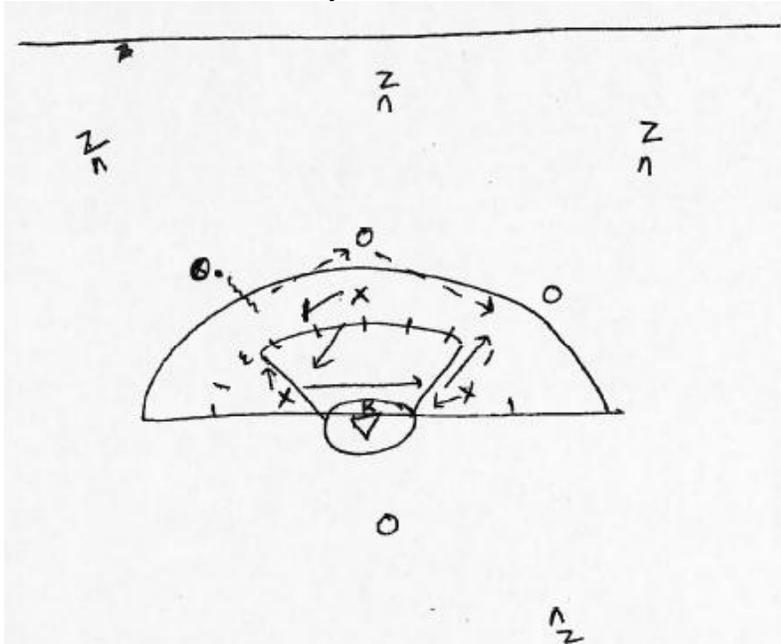
**Coaching Points of Emphasis:** Man-Up: The ball moves faster than any one person. Keep the ball hot when necessary and look to have the defense commit to allow for an open shot for the help. Help should always try to maintain an advantage of being front of the ball, looking to attack the cage where the defense is not by continuous movement. Man-Down: This is a fast break situation, so look to contain as if you had help coming on the way. Play ball and remainder defense must look to cover 2 and slide and adjust when needed.

**Description of Drill:** This is man-up/man-down drill to encourage high level defensive play focusing on the slides and the creation of caused turnovers. Points are only awarded to the defending team, but to get on defense the offense must score.

**Equipment Needed:** Three teams of at least 6 players, balls, goal, lined crease, 8M, 12M and 4 cones.

**Skills Emphasized:** Defensive slides, communication, and double teams. Offensive ball movements and off ball cuts and mobility.

**Diagram of Drill:** Three teams evenly spread out at the four cones. Team "X" starts on defense, Team "O" on offense. GK clears to one of the four "O" players to start 4v3 to goal. If Team "X" gains possession of the ball then they clear past 30m – one point awarded – New 3 players on defense, Team "X" stays on defense. GK clears to Team "Z" If Team "O" can get a shot off from inside center of 8M or they score, Team "O" now defends and GK clears to Team "Z"



**Coaching Points of Emphasis:**

- Communication – extremely important in man down to communicate where the 2v1 is to have effective slides.
- Open stance to ball – when off ball defenders need to see the ball and the off ball options. This allows for an earlier and more effective denial of a cutter or the cross crease slide.
- Ball pressure – on drives, the ball pressure has to be strong enough to take away central passing options and force into doubles. Communication of the needed recovery run is important.
- GK as an 8<sup>th</sup> defender – GK can look for options to help take away passing and angles.
- Offensive ball movement – moving the ball quickly should open up options for undefended cuts and passes. Look to drag defenders out of shape to expose 2<sup>nd</sup> and 3<sup>rd</sup> options.

**Description of Drill:**

Man up 5v4 inside the 12 meter – mimicking a man up game scenario. By creating “staple set ups/ looks” for man up situations we know where our teammates are, how our opponent will shift and where our scoring looks will come from; therefore elevating our scoring rate.

**Skills Emphasized:**

Man up / Man down skills, stickwork, quick decision making, communication

**Points to Emphasize:**

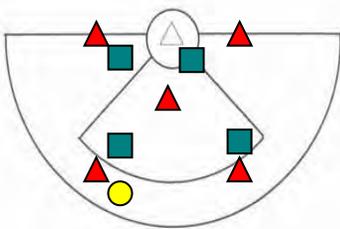
- LET THE BALL DO THE WORK – Limit cutting to “2 step curl cuts” only.
- As the ball moves CHECK MIDDLE each time prior to moving it again.
- Be patient for the BEST scoring opportunity, not just the quickest – make your opponent make the mistake.

**Common Mistakes**

- Players see they are open and cut to the middle.
- Players challenging with a defender on them – not moving the ball.
- Coaching Mistake - Rewarding a “quick, lucky or selfish” goal rather than sticking to team philosophy.

**Diagram of Drill:**

“5 on the Dice”



**Set up**

The attack makes a “5 on the dice” set up with four defenders inside.

**Rules**

\*Only the attacker in the middle may shoot on net. \*Defense must always shift to mark ball carrier even if she can’t shoot.

**Play**

Attack must hold shape and work the ball around to work the defense and make them shift – leaving the middle person open at some point. They are looking to hit the middle player when open to get a good shot on cage. Players are DISCOURAGED from cutting or changing the shape of the “die” more than 2 steps. Quick ball movement, checking middle and good stickwork are KEY!

**Next Level**

Advance to that any player may shoot provided that they are open. This will case the defense great stress and more opportunity for attack scoring – just like in a game. Encourage ball movement to make the defense work and find the WIDE OPEN opportunity.

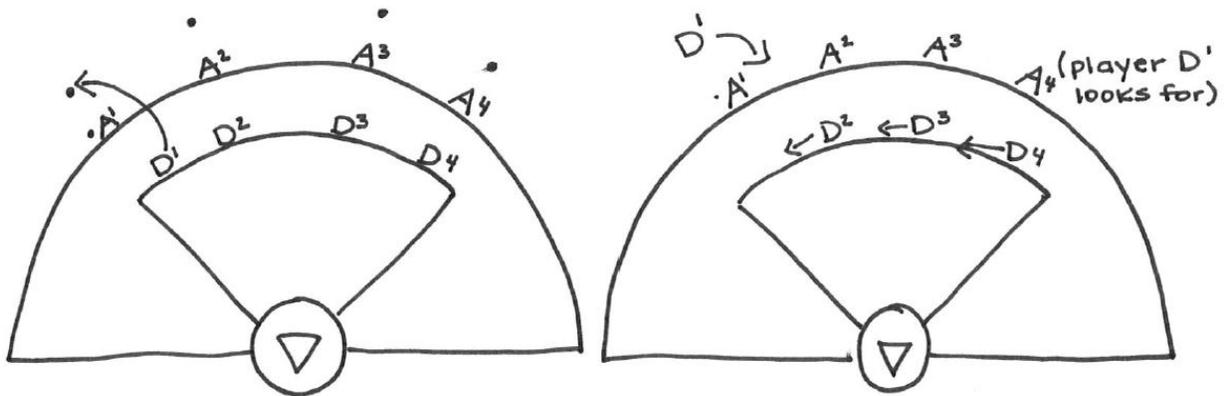
**Description of Drill:** 4 cones on the 15M, 4 Attackers on the 12M, 4 Defenders on the 8M.  
Coach passes ball to one Attacker:

1. The on ball defender must sprint to the cone behind the attacker. This simulates a trailing defender.
2. The other 3 off ball defenders must adjust to cover ball
3. First defender must return to defense and find the open man (in the critical scoring area) or listen to help defenders to determine where to go.

**Equipment Needed:** 4 Cones, ball, goal

**Skills Emphasized:** Man-Down Defense

**Diagram of Drill:**



**Coaching Points of Emphasis:** Off ball slides, communication, pushing attacker to outside

**Description of Drill:**

A little twist on 3v2. A good warm-up drill for a game or practice.

Starting with the ball on the top right, the attacker passes to the defense, the defense passes to the center attacker, she passes to the other defender, and then she passes to the top left attacker. From there, you run a 3v2. All players can move as the ball is being passed. Can also start with a GK clear.

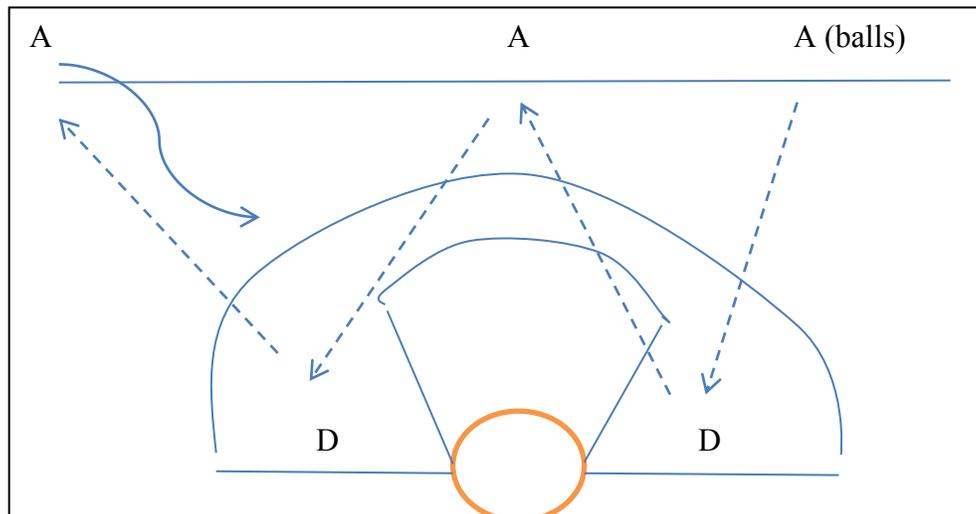
**Equipment Needed:**

Goal, balls, pinnies (for offense and defense)

**Skills Emphasized:**

Man-up situation, communication on defense.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Movement on attack and a quick shot
- Communication on defense
- Basic throwing and catching under some pressure.

**Description of Drill:**

Set up a 5-8 yard Box with cones. (Note: The smaller the box, the higher the intensity.) Place 5 players inside, 3 offensive and 2 defensive, with one ball. On the Coaches whistle, the offensive players move the ball quickly to find the open player working on fakes, movement, stick protection, and keeping their eyes up. Defense works on communication and anticipation. After 60-90 seconds, on the coaches' whistle, the players switch. We do this drill for 5 minutes as warm ups before practice or game.

**Some variations:**

1. Quick Stick
2. Ground Balls
3. One Hand/One Hand Ground Balls

**Equipment Needed:**

**4 Cones**

**Balls**

**Pinnies/Colors to Designate who is offense and who is defense**

**Skills Emphasized:**

**Man-Down Defense**

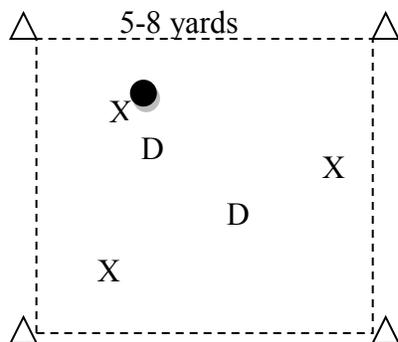
**Defensive Anticipation**

**Offensive Stickwork in a confined area**

**Keeping Eyes Up Offensively**

**And Best of all: Conditioning!**

**Diagram of Drill:**



I love this drill and so do my girls. NOT only is this a great warm up for defensive communication, but it also encourages my players, offensive and defensive, to think a step ahead. My offensive players love this because it pushes them out of their comfort zone and also allows them to be creative with their stick!

**Coaching Points of Emphasis: Encourage your players to move and to keep their eyes up!**  
**Always think a step ahead.**

**Description of Drill:**

1. Coach rolls ball behind goal for goalie GB
2. Attackers then double team goalie
3. Goalie attempts to clear to defenders waiting on the elbows
4. If Goalie loses GB to the attacker or the clear fails, it is a 2v2 with defenders on elbows
5. If the clear is successful, defender clears to attacker on 50yd
6. All defenders recover to 8m as attackers push a fast break 4v3, defense clears to 30yd
7. Rotate all D out, Rotate 2 Low Attackers to High and 2 High Attackers Out

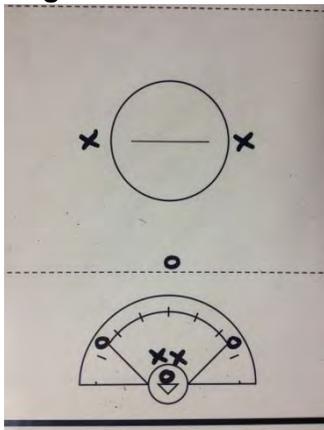
**Equipment Needed:**

1. Half of the Field
2. Balls

**Skills Emphasized:**

1. Attack Man Up
2. Defense Man Down
3. Goalie Clears

**Diagram of Drill:**



**Coaching Points of Emphasis:**

1. Goalie keeping head up in clear, communicating through man down
2. Defenders getting open in the clear, communicating through man down
3. Attack keep a "box" and do not go behind in man up



**Institution: RIT**  
**Coach: McGuigan**  
**Name of Drill: 2 Minute Drill**

**Description of Drill:** This is designed to be a high-energy drill, while showing composure, and ability to make quick decisions, the defense or the offense must prevail. Set-up in a half field, you can go 7v7, 7v6, 6v7. It is situational end of game scenario's. Ex. Offense has ball in offensive end, down 11-10 with 2 min. left. OR Defense is up 11-10, trying to clear ball, with 2 minutes left. Points awarded for either scoring, or preventing scenario. Best 3 out of 5 scenarios, sprints for losers.

**Equipment Needed:** Field with markings, you can clear to other restraining line. You can start with Draw also.

**Skills Emphasized:** Clearing, Passing, groundballs, Double-teaming, pressuring ball, etc.

**Diagram of Drill:** set-up 7v7, man-up man-down. You can start settled, unsettled, start off a draw. Blow whistle, 2 min. of play, call fouls, issue yellow cards. First two scenarios, stop to make coaching points, than let it play out after that.



**Coaching Points of Emphasis:** Be sure to keep drill under control, player safety is paramount. Especially with under 30 seconds to play. This is an excellent conditioning drill. Use this first week and fill it if you can, use it as a coaching moment.



**Institution: Boston University**  
**Coach: Natalie Wills**  
**Name of Drill: Dynamic 8m**

### **Description of Drill:**

- Set up: Drill begins with a free position shot set up at any hash mark on the 8 meter of their choice with a defender on each side and a third defender set up behind on the 12 meter
- Coach stands to the right or left of the goal cage at GLE with balls
- Whistle is blown once to release the 8 meter shot
- Defender behind should break out for a quick clear anticipating the shot will be saved
- If ball is saved:* shooter goes to goalie to begin riding. The goalie will look to hit one of the three defenders with a quick clear.
- If goal is scored:* coach blows the whistle two times, and a loose ball is rolled out in the 8 meter. Defenders and goalies attempt to get the ground ball out quickly. The attacker looks to pick up the loose ball and finish the second shot.
- If there are 2 goalies, each goalie should take 5 8m shots each while the other uses this time to rest. If there is a third goalie, they should rotate every third 8m shot.

### **Equipment Needed:**

- 8 meter arch with hash marks
- At least 4 players are need for this drill and a goalie (Other players can be included, both on offense and defense, set up in a normal 7v7 manner)

### **Skills Emphasized:**

#### **-Shooter:**

- 8 meter free position shot
  - \*Getting off the hash quickly with lead foot and creating space in 8 meter while protecting stick
- Anticipating rebounds
  - \*Pick up ground ball and finish second shot or recognize when it's necessary to pull out and maintain possession
- Riding on goalie with stick up at all times on the save

#### **-Defense:**

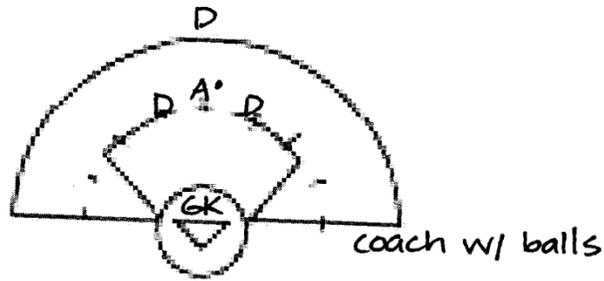
- Defending the free position shot
- Breaking out for the clear
- Clearing out a ground ball/rebound

#### **-Goalie:**

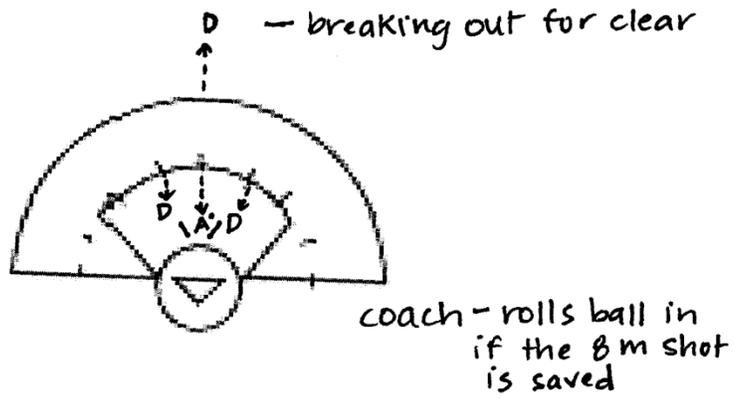
- Defending 8 meter shots
  - \*Staying square to shooter taking as few as steps as possible
- Hitting the quick clear on the save
  - \*See the riding attackers stick and either follow through on the pass or throw a side arm pass around the attacker
- Defending the rebound shot or picking up the loose ground ball cleanly
  - \*If the ball is on the ground, the goalie's stick should be on the ground anticipating the quick, low shot

Diagram of Drill:

Set up:



At whistle:



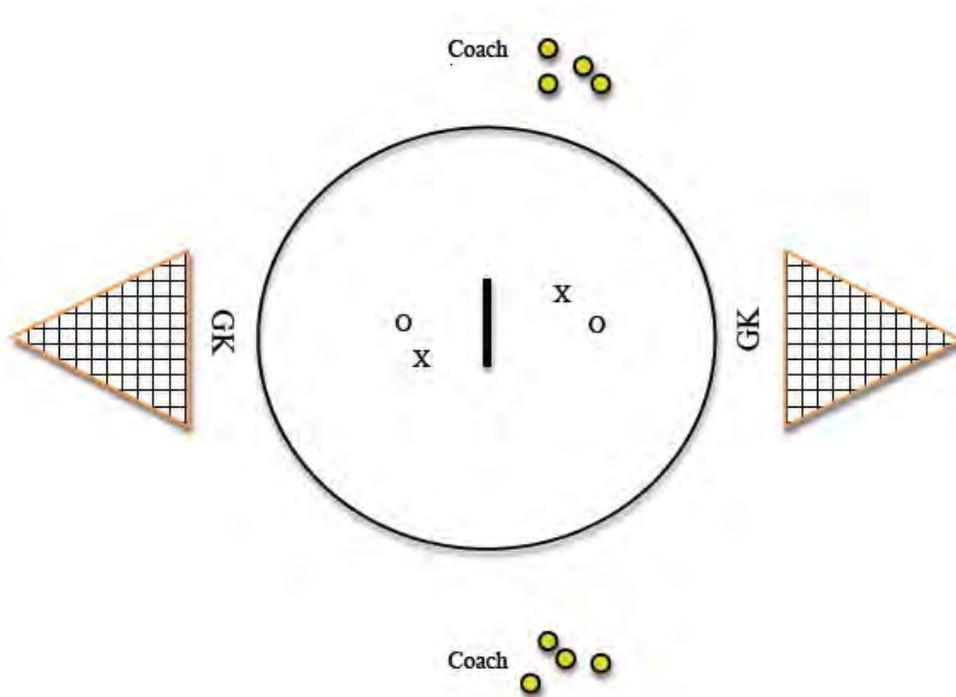
**Description of Drill:** Place both goals about 2-3 yards off the center draw circle, on opposite sides. Have a GK in each goal. Start with a 2v2 (or 3v3) inside the center circle. Toss in a ground ball (or aerial ball). Once a team has possession, give them 5 seconds to take a shot on their opposing GK. If there is a turnover, give the team who recovered it a new 5 seconds to shoot. If the ball is saved, goes outside of the circle, or the 5 seconds runs out, chuck the ball outside of the circle and immediately a coach tosses in a new GB. Once again, allow 5 seconds for a shot after possession is controlled.

Give each group of 2v2 at least 7-10 ground balls before a new group goes, or have each group go for a set time – 30 sec, 1 min, etc. You can give points for goals, saves, CTs, successful GB pick-up, defensive shut downs, etc.

**Equipment Needed:** 7-15 balls, 1-2 coaches feeding balls into circle, 2 goals, preferably 2 goalies, at least 4 field players.

**Skills Emphasized:** Keeping basic skills strong through fatigue, ground balls, small game skills, creating a quick shot, conditioning, etc..

**Diagram of Drill:**





**Institution: Duquesne**  
**Coach: Mike Scerbo**  
**Name of Drill: America Drill**

**Description of Drill:**

Full Field Drill with flexibility regarding the number of players on either end. The drill begins with whatever match-ups the coach wishes to see on either end of the field with attackers and defenders. We will do 2v2, 3v3, or 4v4 depending on numbers and how many people we want running in the midfield. These match-ups must start below the restraining line of their respective ends but then run the drill the way they play the game riding and clearing based on the situation. Then divide the midfield group into match-ups you want to see and be creative. You can have a 2v2, a 3v2, a 1v1, depending on what you want to focus on, odd numbers, even sets, etc. The drill begins with a 50/50 ball to the midfielders at the 50. Pick it up and play. The coach should have a dozen or so balls on them so they can start and stop the play at any point to encourage ground ball battles or create transition. We will usually time the midfield run between 3-4 minutes then go to the second group of midfielders. We will run the drill for 20 minutes taking a 2 min break half way.

**Equipment Needed:**

Full Field, 2 cages, and a dozen balls

**Skills Emphasized:**

All facets of the game and can be customized so the coach can dictate different concepts on different days.

This is a major conditioning drill as well.

**Diagram of Drill:**

None needed

**Coaching Points of Emphasis:**

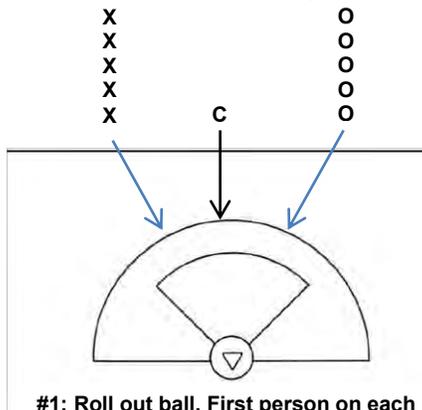
Conditioning for sure. The rest is all up to you, odd numbers, riding/clearing, fast break, slow break, loose balls, special situations, small sided, settled offense/defense, etc. It all depends on how you run the drill and how often/where you send in a new ball.

**Description of Drill:** This drill works on man-up, man-down and 50/50 balls. Split the team into two teams, one defensive team and one offensive team. Each team will line up in a single file line at the restraining line with the coach standing in the middle. The coach will toss out a 50/50 ball for a 1v1 situation, which is played out until the offense scores or the D clears the ball to the 30. Immediately after that play is over, the coach hands the ball to the offensive line at the restraining line for a 2v1. This continues through a 2v2, 3v2, 3v3, 4v3, 4v4, 5v4 and 5v5. Once a player enters the drill, she is in it until the whole sequence is complete. For every even situation a ground ball is rolled out. For every man-up situation, offense starts with the ball.

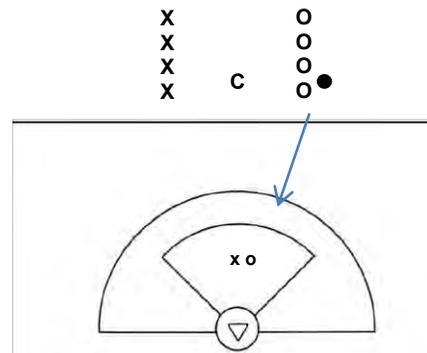
**Equipment Needed:** Sticks, goggles, mouth guard, bag of balls and one goal

**Skills Emphasized:** Recognizing game situations, 50/50 balls, transitional D and O

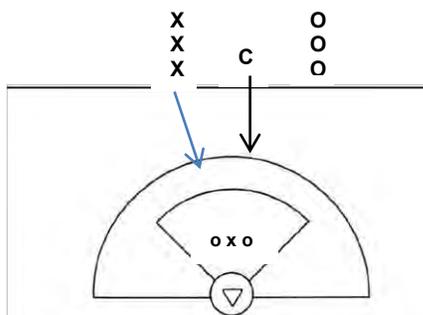
**Diagram of Drill (First four steps, but continues until full 5v5)**



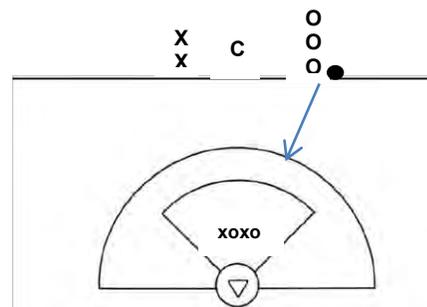
#1: Roll out ball. First person on each line goes out for GB. Play until goal is scored or ball is cleared.



#2: O and D stay in. Coach hands ball to the next offender in line for a 2v1. Play until goal is scored or ball is cleared.



#3: O and D stay in. Coach rolls out GB as one more D adds in. Play out until goal is scored or ball is cleared.



#4: O and D stay in. Coach hands ball to the next offender in line for a 3v2. Play until goal is scored or ball is cleared.

**Coaching Points of Emphasis:** Proper ground ball pick-up, awareness of man up vs. man down vs. even situation, moving the ball quickly, communication on D.

**Description of Drill:** Divide the 8m in half with cones. Facing cage, an attacker starts at the top of the 12m on the right half of the 8m. The attacker has a defender behind and a defender in front on the 8m, and the ball is placed on the ground in front of the attacker. On the left half of the 8m, there is a 3v3 waiting to be released. On the whistle, the attacker and two defenders are released into a 1v2 towards cage. If the attacker can't get the shot off, then the ball is outletted to an attacker from the waiting 3v3 coming behind cage. Ball is swung into the 3v3 half of the 8m and confined to that half. 1v2 are out of the drill once ball is swung to the 3v3.

**Variation:** Once 1v2 swings ball to 3v3, the 2v1 stays in drill to give defense a man-up opportunity.

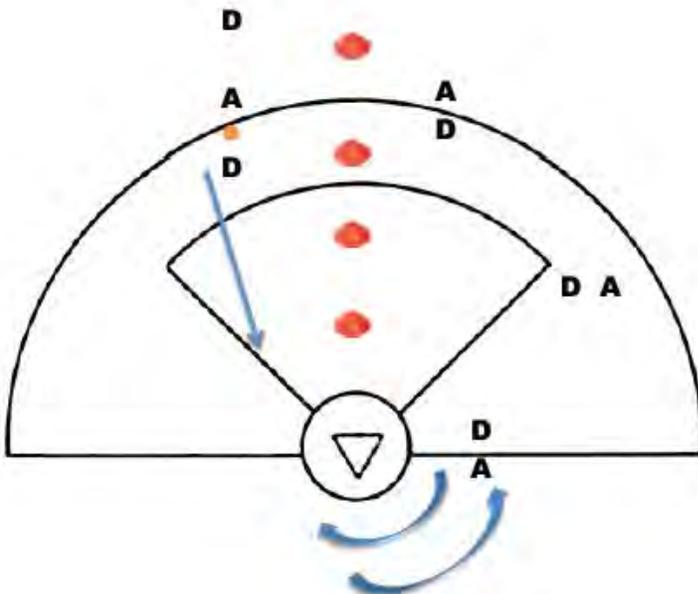
**Equipment Needed:** Cones, balls

**Skills Emphasized:**

1v2 Portion: Attack – groundball pick-up, working on quick first move around defender, get shot off on cage; Defense – working on slowing down attacker so trailing defender can get in for the double-team.

3v3 Portion: Timing the outlet behind cage once attacker in 1v2 can't get shot off, swinging in ball into the 3v3 portion, play 3v3 in confined half of the 8m.

**Diagram of Drill:**



**Coaching Points of Emphasis:** 1v2 has one chance to drive to cage. If they cannot get the shot off they must outlet the ball behind. Emphasize quick initial dodges around initial defenders and decision making on shots – shots at good angles.

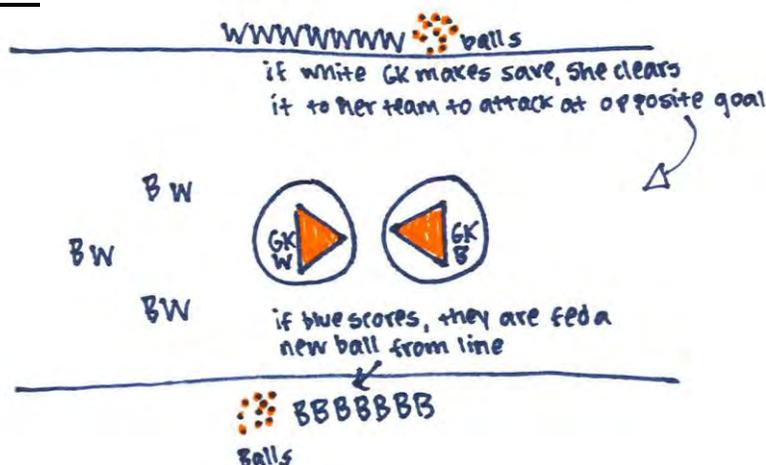
### Description of Drill:

- Put two goals back-to-back anywhere on field with creases marked out with cones. If you have a field lined with men's and women's lacrosse creases it is easy to just put one goal in the women's crease facing one way, and a goal in the men's crease facing the other way.
- Goalies are in each goal. Divide group into 2 teams, blue and white, (positions don't matter) and line up on opposite sides of the playing area near goals. (see diagram) Designate which team scores at which goal.
- Play 3v3 for one minute around the back-to-back goals. 3 players from each team try to score (at their own goal) as many goals as possible in 1 minute while the other team defends. As soon as a goal is scored, the scoring team is quickly passed a NEW ball from one of their teammates who is standing on the side of the playing area.
- If the GK makes a save or the other team intercepts or picks up a ground ball, etc they attack their goal and the other team defends. After every goal the team that scores receives a feed from their own team, "make it-take it" style.
- Coach keeps score of each goal. This is a quick scoring game. If one team is taking too long to score or clear or misses a scoring opportunity, the coach can throw a ball to other team.
- After one minute a new 3v3 group comes in and the score continues to accumulate.
- After all players have gone, the team with most goals wins. Goalies can compete for number of saves or save percentage.

**Equipment Needed:** 2 goals set up back-to-back, creases (can use cones), lots of balls

**Skills Emphasized:** Scoring, quick passes, transition, competition, finesse, quick GK clears.

### Diagram of Drill:



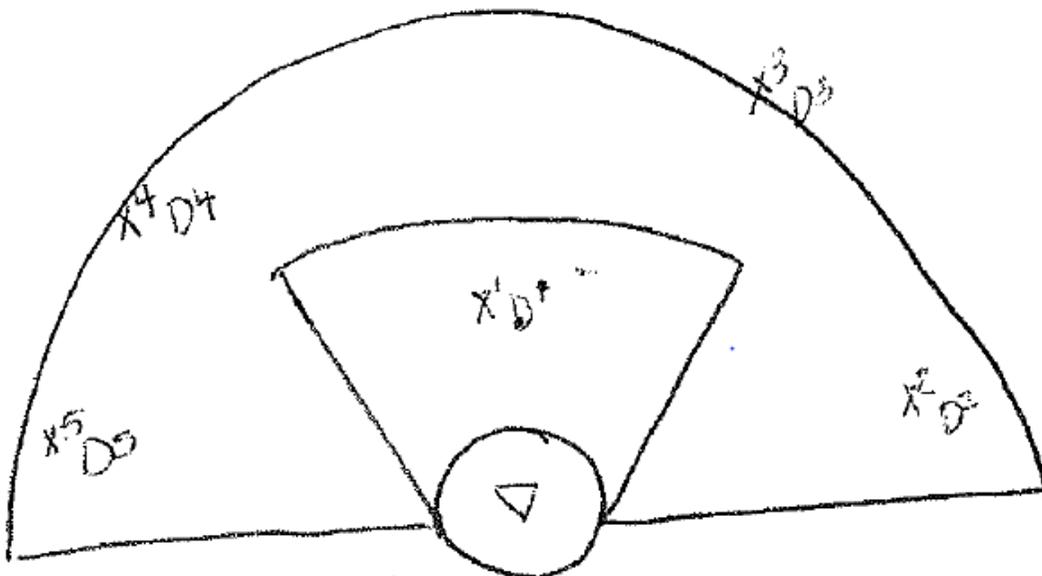
**Coaching Points of Emphasis:** Encourage players to find the open shot quickly. This drill emphasizes quick thinking and reactions.

**Description of Drill:** A quick 1v1 drill with four outlet passes. Offensive player in the middle is looking to make quick cuts to get the ball and go to goal.

**Equipment Needed:** 4 cones

**Skills Emphasized:** Offense: quick shot after receiving a pass from one of the four outlet lines.  
Defense: staying tight on cutters.

**Diagram of Drill:**

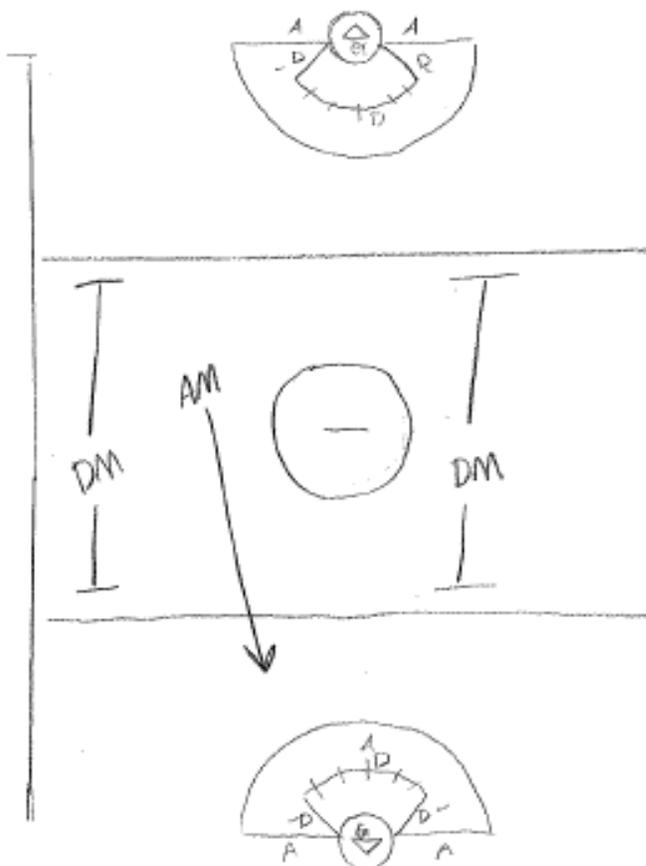


**Coaching Points of Emphasis:** Quick cuts by offensive player; quick shot after receiving pass from outlet; tight defense on the offensive player making it hard for her to get the shot off.

**Description of Drill:** Full field: 3A & 3D in each Bm, 3M in the center circle. 1AM starts with the ball and brings it to the re training line. 20M (who can only defend between restraining lines) double the ball. 4v3 to goal. After change of possession, the AM must break out for the goalie clear. AM carries the ball through another midfield double and into the opposite Bm for another 4v3. After the change of possession, you can: 1. change a DM to the AM or 2. a sub sprints in off the sidelines to be the new AM and the old AM gets subbed out.

**Skills Emphasized:** Ball protection/possession: beating a double: double teams

**Diagram of Drill:**



**Coaching Points of Emphasis:** Successful 4v3: Ball protection/possession:  
Doubles: Beating a Double: Fast/hard cut for the outlets

**Description of Drill:**

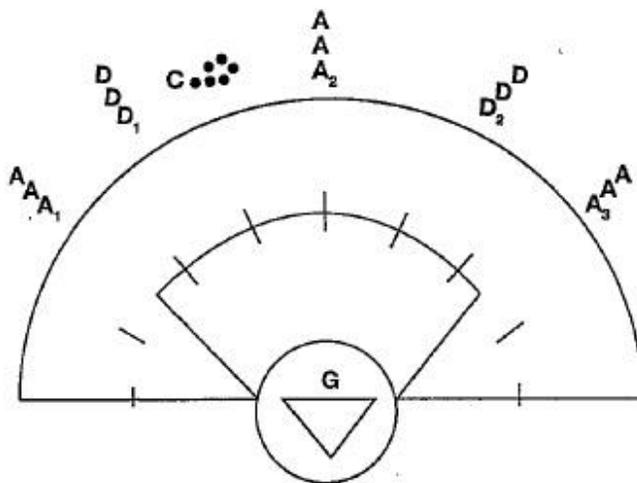
Separate offensive and defensive lines around the 12 meter, alternating. Once the drill begins the 12 meter acts as the boundary. The coach will roll out a ground ball, the first player in each line will play the ball. If the offense comes up with the ball they are trying to score immediately. If the attack drops the ball or defense causes a turnover the defense must clear the ball to the 12. If the defense comes up with the ground ball to start they must clear the ball to the 12. After a shot or clear the coach rolls another ball out. Each group will get four balls to play out.

**Skills Emphasized:**

Offensively- Getting the ground ball under pressure, making quick decisions under pressure, keeping shape, stay spread and getting the most out of the limited space. Look for the open player on the back side. Pressure the ball immediately on a turnover or ground ball.

Defensively- getting the ground ball under pressure, making contact on the ball carrier, stick up, anticipating the attacks next move, cover the backside.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

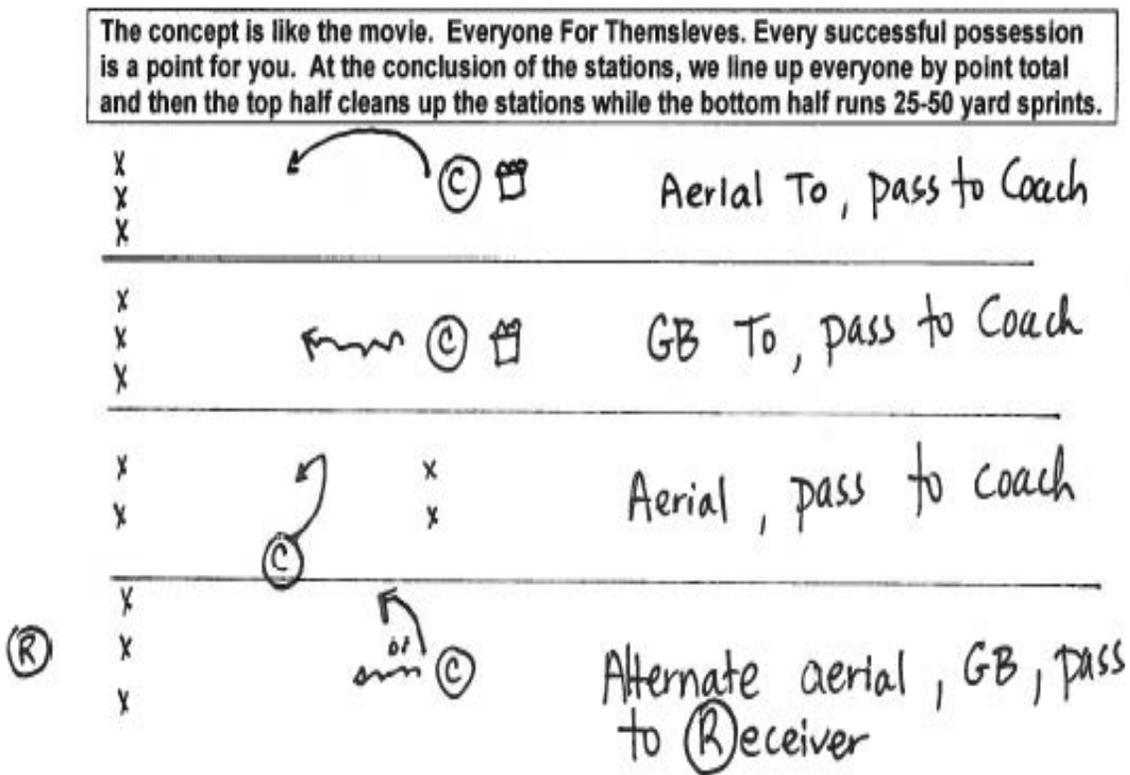
Competitive 3v2 drill that focus quick decision making. Defensively players must slide, pressure the ball, and force weak hand bad angle shots. Offensively players need to move the ball quickly, find the open player while keeping space and utilize the space. Players need to run through the ground ball and protect their stick.

**Description of Drill:** To get better at the Draw Control

**Equipment Needed:** cones, balls, sticks, goggles, mouthguards, whistle

**Skills Emphasized:** 50-50 ball possession

**Diagram of Drill:** This is a stations set-up: 2 minutes each, 30 seconds to move to the next drill.



**Coaching Points of Emphasis:**

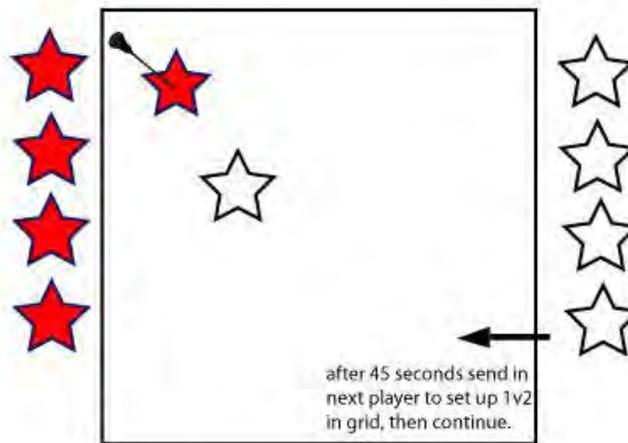
- Moving through possession of the 50-50 ball, both ground and aerial
- Getting the "killer instinct" in a crowd of your opponents"
- Protected draw possession
- Protected ground ball possession

**Description of Drill:** 15x15 yard grids (adjust size based on skill level), with even, and uneven situations with an additional focus on Double Teaming. Rotations work in 1 min increments broken up into 45 and 15 second increments. Creating situations with 1v1 into 1v2 into 2v2, 2v3 into 3v3, up to 5. Divide team into 2 groups, and keep score on completed passes. Start teams on different sides of grid.

**Equipment Needed:** cones, watch, reversibles

**Skills Emphasized:** Individual defense, angle of approach, double teams, handling pressure cutting off ball

**Diagram Of Drill:**



**Coaching Points of Emphasis:**

- Start in a 1v1 for 45 seconds, defense focus on throwing checks and getting ball back; attacker focus on handling pressure
- Add second defender at 45 sec mark for 15 seconds, defenders execute DT, attacker handles additional pressure gets two defenders to one side. Then add additional attacker for 45 seconds for a 2v2....
- Continue the process up to desired players.
- Every time Attack completes a pass they get a point, if there is a turnover that team is on attack and other team adds in Defenders only at scheduled increments so it is possible to have one team go from a 1v2 into a 2v1 if the original attacking team lost the ball.
- Add extra conditioning by making additional players jog around grid until entering.

**Notes:**



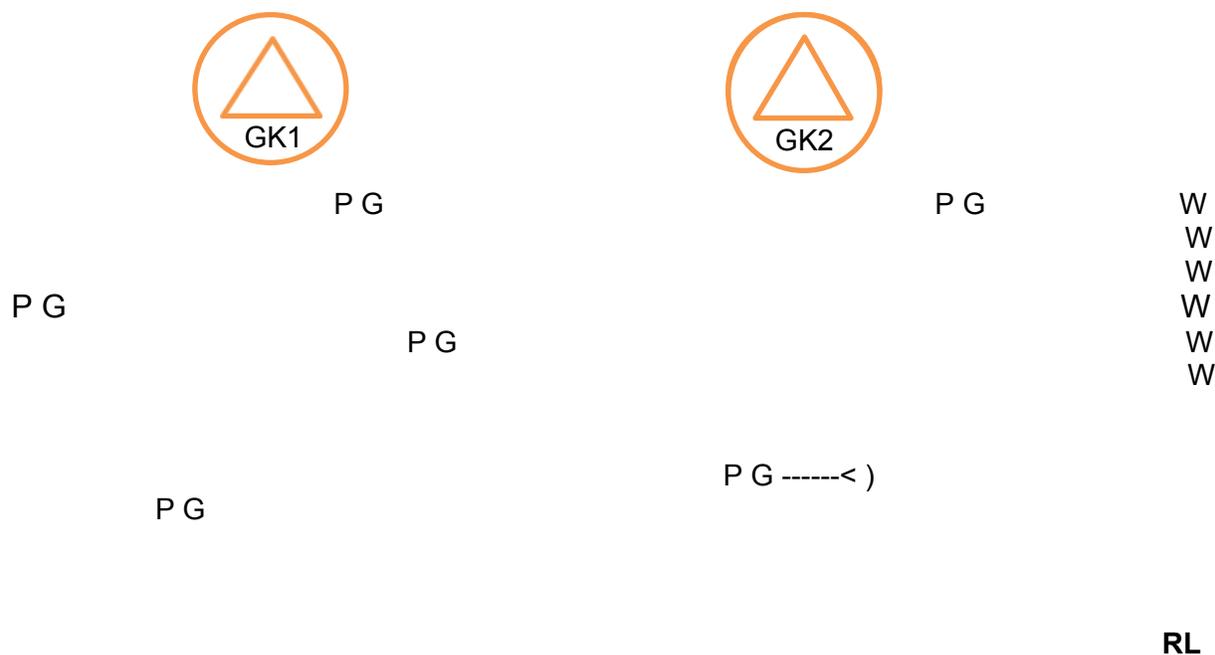
**Institution:** West Chester University  
**Coach:** Ginny Martino  
**Name of Drill:** Half-Court 2 Goal Drill

**Description of Drill:** A scrimmage~ 5v5 or 6v6 with 3 teams and 2 goals. Each game will be 2 minutes long. Teams rotate at the ends of the 2 minutes (Gold goes off, White comes on & Purple stays). Each team plays an equal amount of games. Purple and Gold teams begin the drill as White waits on the sidelines. Gold attacks either goal as Purple defends. Any attacking team can score on either cage. If a goal is scored, the GK clears to the opposing team. If the defending team (Purple in this scenario) causes a turnover or the GK makes a save, the defense (Purple) now becomes attack and must clear the ball to the RL before attacking either goal. Gold now becomes defense. At least 3 players from each team must clear the RL before they can turn and attack the goals. Play continues as a half-court game for 2 minutes.

**Equipment Needed:** 2 goals set up side by side facing the same direction, 2 GK's, 1 ball, 3 teams of 5v5 or 6v6.

**Skills Emphasized:** Creating space, anticipating, field awareness, stick work, defensive slides, communication, thinking outside of the box.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Players must think outside of the box. Have them be creative in attacking both goals at the same time. Be aware of openings and opportunities the defense gives them. Defense must communicate & make effective slides to protect both goals. Anticipate!



**Institution: Fairfield University**  
**Coach: Laura Field**  
**Name of Drill: Competitive 2 min shooting drill**

**Description of Drill:** This is a competitive/fun drill for shooting and a little bit of defense.

- Split the group in half mixed offense and defense—this is a good drill for when you're already split and at one end so that the groups are smaller.
- Half the group at the restraining line (or at least the field hockey circle if you have that on your field) with all the balls
- Half the group at the goal line
- The line up top gets 30 seconds to go to goal with NO defender and in any combination they choose (ie. a 1 v. GK, 4v GK...any combo).
- The next attacking group in line cannot go on attack until ALL members of the group before them get back to the restraining line.
  
- After 30 seconds 1 defender comes in from the goal line.
- Each additional 30 seconds you add a defender

First 30 seconds: No defender  
Second 30 seconds: 1 defender  
Third 30 seconds: 2 defenders  
Last 30 seconds: 3 defenders

Keep score and switch the groups

**Equipment Needed:** Balls, Watch

**Skills Emphasized:** Strategy and communication:

**Diagram of Drill:**

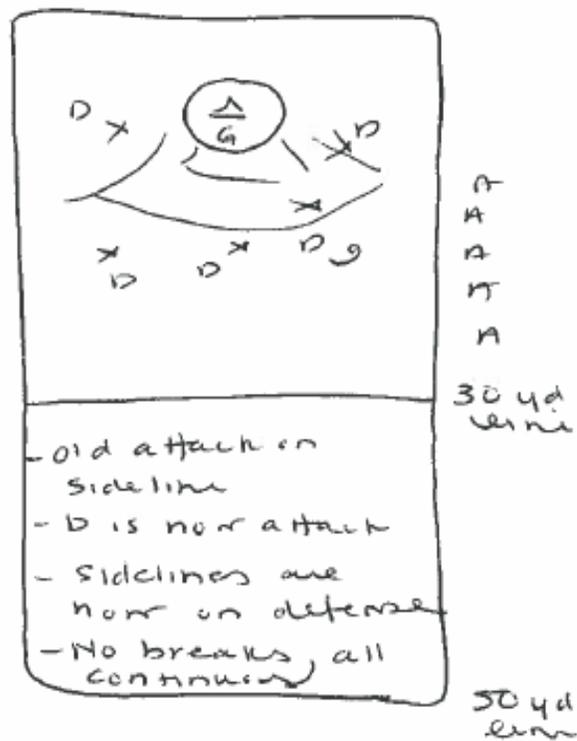
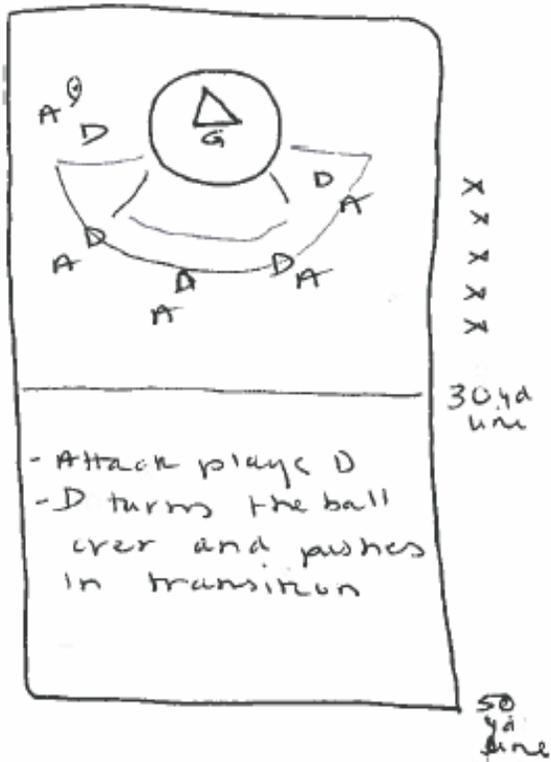
**Coaching Points of Emphasis:** Think about strategy, if you choose a 1 v GK the goalie knows who is shooting, if you don't mix attackers and defenders in each group then you get very tired very quickly. You can switch people out defensively quickly but you must talk. If you aren't scoring on offense and take too much time you are wasting other people's opportunity.

**Description of Drill:** We do this a lot in the offseason and pre-season; it works with any amount of numbers. Keeps things competitive, very high-tempo, the girls get really into it and it helps our sidelines stay LOUD and FOCUSED (and learning!). Typically we break into 4 even groups, and uniform them accordingly (navy, gold, non-pinnie, white pinnie, etc). We play it out like a halfcourt basketball game; where the clearing line can be anything you'd like - for quicker sets, use restraining, for emphasis on clearing, use the 50. Only goals count for points, and we will play to a number (10 is popular). On an offensive turnover, the attack gets off; the defense has to clear it as the sideline team 'on deck' hustles onto the field, marking up the offensive transition. First to 10 wins. It works the girls, is very fast paced, and the coaching benefits are obvious!

**Equipment Needed:** Regular practice equipment- and boundary lines (use coaches if your paint has faded). Also, you need enough pinnies in different colors that you can separate your team into 3-5 even groups. (We never go more than 4 groups).

**Skills Emphasized:** Offensive -- Possession, execution, fast/slow breaks, setting up the play, working for a whistle. Defensive -- slowing down the fast break, marking up, communication, forcing the turnover, clearing. Sidelines -- watch and learn from other teams mistakes, always focused on the drill (a quick turnover means they need to get on and fast).

**Diagram of Drill:**



**Coaching Points of Emphasis:** We stay on/near the sidelines for this drill, to coach the sidelines as the play is breaking down on the field. Each rep out should look better, and as teams turn the ball over and hit the sidelines; we can quickly go over what happened and how to correct it. At least 2 coaches is optimal for this drill, as you need to have a whistle on the play at all times. Major focuses are possession and execution for the attack. Defensively we are on them to promote the turnovers and be aggressive so they can get an opportunity to get the ball and put it away for a goal. You can separate your groups anyway you'd like, a group of attack, group of midfielders, group of defense, or groups with all skills and positions mixed. Can be done with any skill level!

**Description of Drill:** 5v5 star is extremely competitive and forces the attackers to anticipate, think outside the box, and handle the high pressure of the defense. There should be 5 cones placed around the cage that will make a star with 5 passes. Usually it's two low, one on each elbow, and one high. At each cone, there are lines of attackers and defenders... the attackers will be the only ball handlers. The ball starts low with the attacker and the unit has to pass in the star formation before they can begin the 5v5. The defense is full go from the start and they are tight on ball & on the cutter. The attacking players have to communicate & read each other... they also need to get out of their comfort zone with the passes. Encourage flip passes, BTB's, ATW's, bounce or anything creative – they just need to get the ball to their teammate. Once the last pass is made to the top attacker, the play is live. From here you can adjust the drill based on what you'd like to work on:

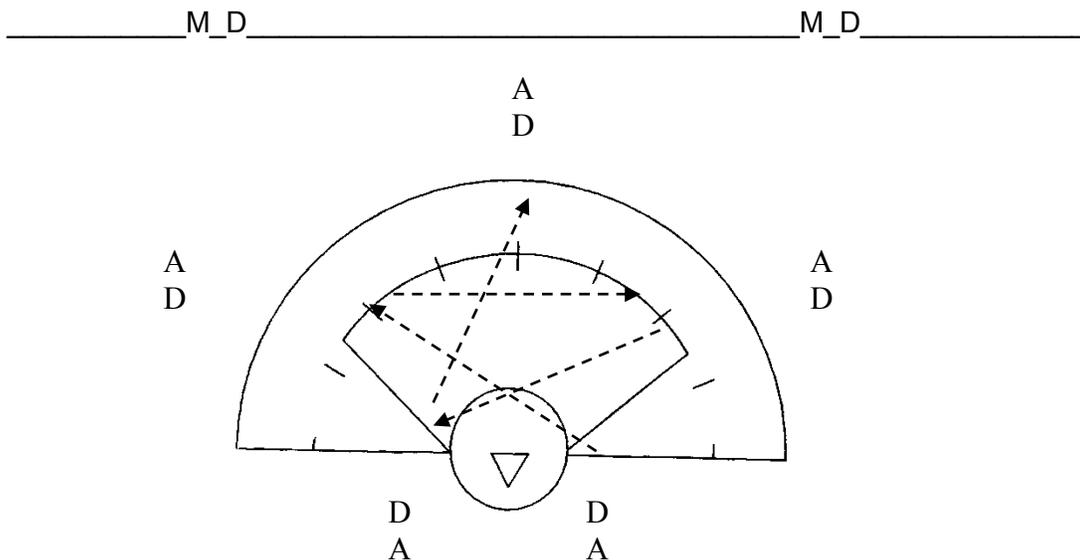
- Top attacker has to drive – so working on the other attackers creating space for the drive & D reading the play & sending the double early or turning the attacker away from the driving lane.
- Getting the ball to X – looking for the slow break, then into the 5v5 (can add two middies coming in from the Rline)
- Attackers have a certain amount of time to get a shot off
- 3 sec rule on attack & in transition

If the D comes up with the ball at any point throughout the drill, they need to clear it to a certain point. If they get it back before the 5v5 starts, the only players that can help in the transition are the ones that are live (if the ball hasn't gotten to them yet, they are not live). To make it even more competitive, you can go Attack vs Defense – 1 point for completing the 5 passes, 1 point for a goal, 1 point for a GK save, 1 point for a clear.

**Equipment Needed:** Balls, Cones, & a Cage

**Skills Emphasized:** Stickwork under pressure, creative stickwork, timing, passing to space, cutting, reading the defense, cutter defense, on ball defense, team attack, team defense, slow break – variation with 2 M's cutting from Rline

**Diagram of Drill:**





Institution: Fairfield University  
Coach: Michael Waldvogel  
Name of Drill: Half field scramble

**Description of Drill:**

- Offense at 50 yard line; defense at 30 yd line sideline.
- Call out numbers: 1<sup>st</sup> number called is attacking group, 2<sup>nd</sup> number is defensive
- Set any combinations you choose.
- Have the defenders come from low so they have to work on their approach
  
- Variations:
- No offense or defense pre-designation. Coach has all the balls with her/him (a player can hold them and feed to coach) and throws the ball out when they call numbers and whoever wins plays it out; offense to goal, defense to a clear.
- Keeping the clear in the —box to work on defensive stick skills

**Equipment Needed: Balls, pinnies**

**Skills Emphasized: Transition, uneven situations, communication, stopping ball, breaking down the situation in front of you, seeing what you —have”, defensive footwork**

**Diagram of Drill:**

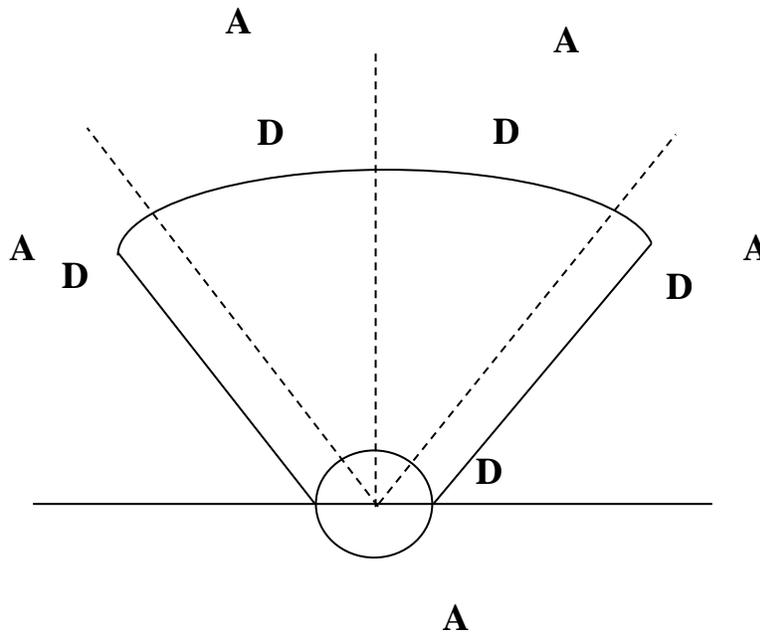
**Coaching Points of Emphasis:**

**Description of Drill:** You divide the 8 meter into five spaces by cones. Starting out in a 1 v 1, the 1 v 1 plays out. If the on ball defender forces her attacker to the other zone, that defender is now engaged, along with their attacker in that zone. The defenders are not allowed to go until the attacker is forced into their zone. Both attackers and defenders are then live playing in a 2 v 2. The 2 v 2 plays out until a goal or the defenders drive the ball carrier into the next zone. If the defender in the adjacent zone is engaged, the drill then becomes a 3 v 3. You then build up all the way to a 5 v 5.

**Equipment Needed:** Cones, Cage, 8 Meter lines

**Coaching/Skills Emphasis:** Defensively, the defenders are working on stopping the 1 v 1, forcing in the correct direction and the communication off ball from the defenders who are not engaged. It also works on the timing of the slide and double from the defenders who are in the not active zones. The defensive sets adding players from a 1 v 1 to a 2 v 2 all the way up to a 5 v 5 are also worked on. From an attacking perspective, the attackers are working on working their way out of a man down situation, in addition to moving the ball quickly once a double is engaged or defenders are added. Any small number attacking sets are also developed with the small sided play. Specific skills emphasized are the 1 v 1 attack and defense, team attack and defense along with the communication that goes with each of those.

**Diagram of Drill:**



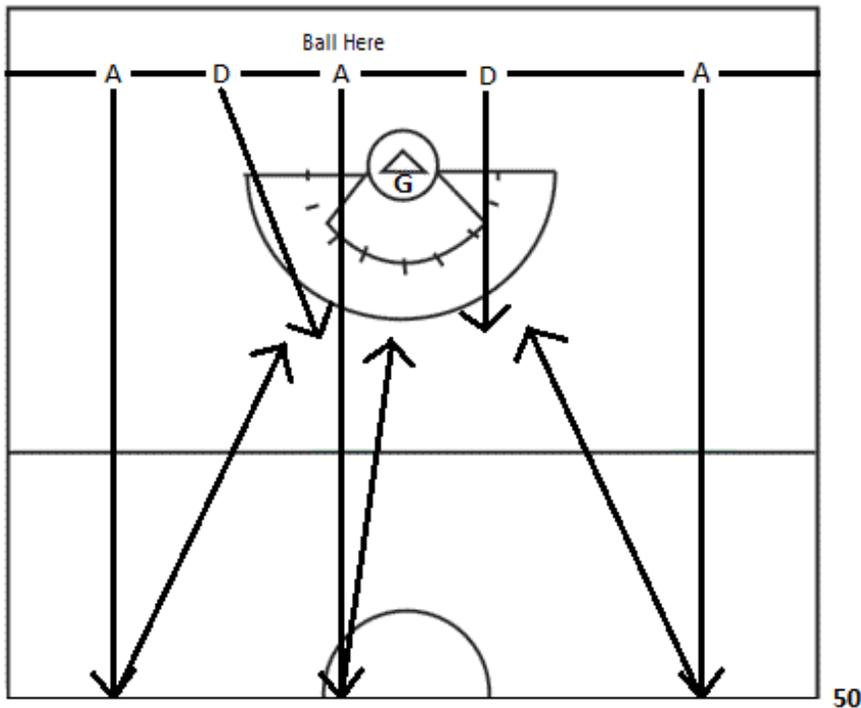
**Description of Drill:**

- 5 lines on the GLE outside and middle line(3) are attack
- Inside lines are defense (2)
- 3 attacking players *sprint* to the 50 yard line (middle attacker with the ball) while the 2 defenders *sprint* to the 40yd line (or designated location)
- Once every attacker hits the 50 pivot and transition into a 3v2 to goal

**Equipment Needed:** Goal, bag of balls, laxers.

**Skills Emphasized:** Attack: man-up situations, fast ball movement, transition, shooting; Defense: man-down situations, defensive transitioning, defensive footwork/movement; Goal Keepers: footwork, positioning, high reps of shots; Fitness; Footwork

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Attack: Ball movement, reading the defense, finishing off the fast-break, spacing (keeping their angles)
- Defense: Communication, positioning, slowing down the ball, keeping the attack wide, forcing the extra pass
- General: This is a high-intensity, fast paced drill. There should be a lot of repetitions; also used as a fitness drill.
- Variations of drill: Change the point of attack, add in a trail defender (which would make it a 3v3), add in goalie clear.

**Description of Drill:** This drill is designed for Man-Up, Man-Down and Even situations that demand both sides of the ball to communicate and organize at game speed. The drill needs 4 marked pairs in the 12, two lines of mid-fielders wide on the restraining line, and 3 lines of defenders on the restraining line. The drill requires a feeder to start the drill and call 1, 2, or 3. The three lines of defenders at the r-line are designated numbers for each line, first line is 1, second is 2, and third is 3. The drill starts with the feeder passing the ball wide to a mid-fielder, as the ball is in the air the feeder then calls out 1, 2, or 3. If 1 is called 1 defender goes into live play, if 2 then 2 defenders, if 3 three defenders. Once 1, 2, 3 is called for the defenders then the drill is live and can be played out in 6 v 5, 6 v 6, or 6 v 7 situation.

**Variations:**

- If you want to work with smaller numbers you can use 2 or 3 marked pairs, which then makes the situations: 3 v 2, 3 v 3, 3 v 4 or 4 v 3, 4 v 4, or 4 v 5.
- You can also make it into a transition drill just by backing up the mid-fielder and defenders to the 50.

**Coaching Points of Emphasis:**

Emphasis for attack: communication, recognition of the situation 6 v 5, 6 v 6, or 6 v 7, quick ball movement to shift the defense, and finding the holes in the defense.

Emphasis for defense: communicate early on whether man up, even or man down, organize quickly on and off ball, and send the double when man up.

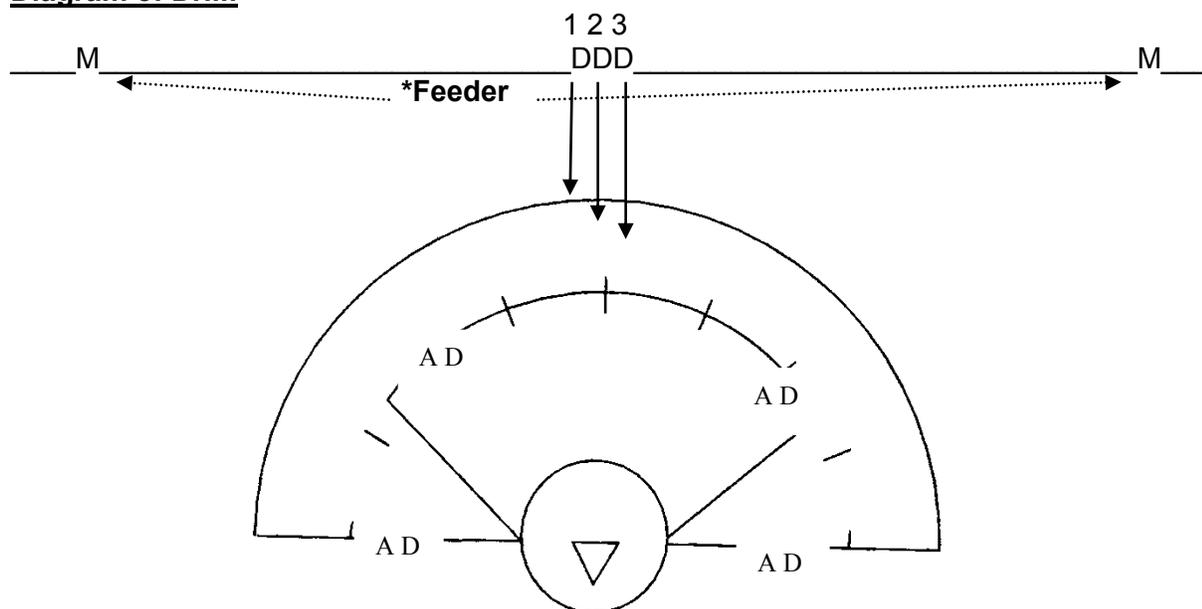
**Equipment Needed:**

1 Cage, Restraining Line, and 8 Meter

**Skills Emphasized:**

Man Up Attack, Man Down Attack, Man Up Defense, Man Down Defense, Game Sense, Communication and Awareness

**Diagram of Drill:**



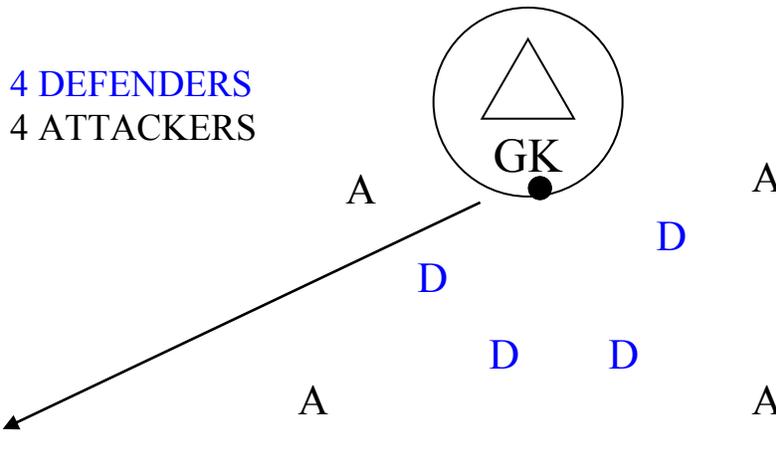
**Description of Drill:** This drill is a 5 v 4 transitional drill full field.

\*You can start with a 3 v 2 (32) progression and build into 33,43,44,54,55,65,66,76,77 full field. You can also create a man down situations, etc.

**Equipment Needed:** 2 goals and 1 ball...extra balls are helpful for missed shots, etc.

**Skills Emphasized:** Space recognition on field, quick outlets with defending, fast break as well as slow break tactical play. It is also really great conditioning if you work man up progressions and it is a continuous drill which makes it dynamic.

**Diagram of Drill:**



4 DEFENDERS  
 4 ATTACKERS

1. GK CLEARS TO 1 DEFENDER.
2. DEFENDER MUST OUTLET BALL.
3. OUTLET ATTACKS TO CREATE 5V4.
4. ON SAVE OR GOAL, DEFENDER GETS BALL & MUST OUTLET TO START 5V4 OTHER WAY.

---

5 V 4

X

4 DEFENDERS / SET UP AT THIS END  
 4 ATTACKERS



**Description of Drill:**

*Set Up:* Set 2 cones 5-10 yards across from one another. Coach stands in the middle of the cones with the ball bucket. Have 2 lines of players standing shoulder to shoulder, 5-10 yards from the coach.

*Drill:* Coach feeds a 50/50 ball to the first 2 players in line; the players respond to whistle and compete to gain possession of the ball. The player that comes up with the ball is on offense and looks to touch both cones, while the defender tries to prevent the player with the ball from reaching the cones.

**Equipment Needed:** Two Flat Cones, Bucket of Balls, Whistle

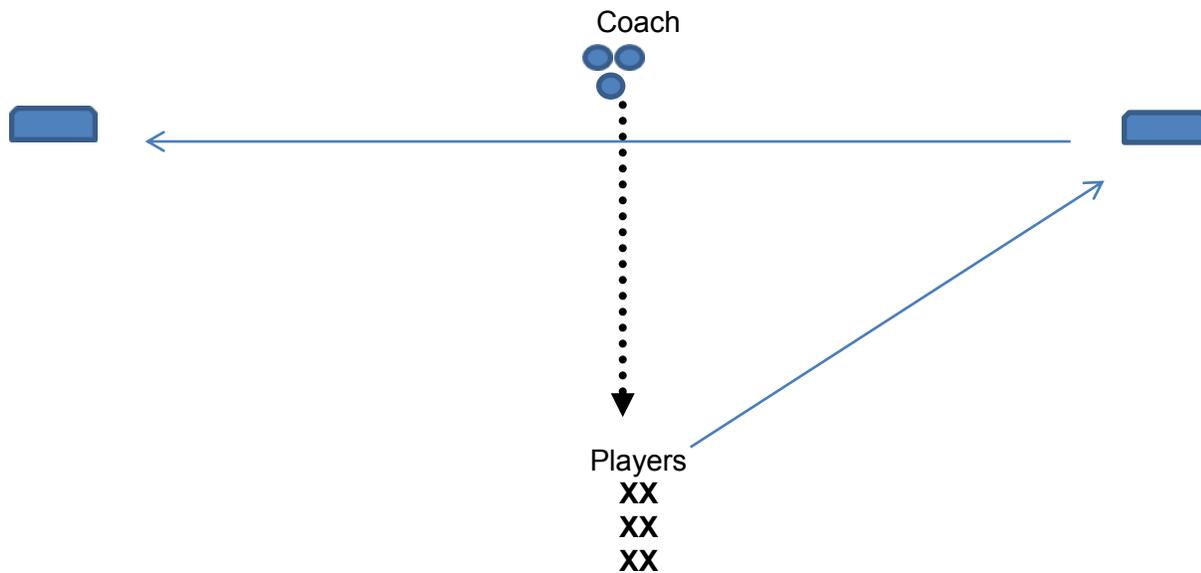
**Skills Emphasized:**

*50/50 (ground & air) emphasis:* feeling pressure, running through the groundball, body positioning, protection, response and reaction to whistle

*Offense emphasis:* Stick protection, dodges in small spaces, vision, get to cones as quickly as possible

*Defense emphasis:* Recovery from loss of ball, body positioning, holding space and dictating attackers' movement

**Diagram of Drill:**



**Coaching Points of Emphasis:** Stress the importance of running through the 50/50 for a clean pick up and bringing the stick straight into protection. Make sure the players' first move is boxing out/cutting off the opposing player, and the players go for the ball not the check. Offensively the players need to keep their head up while making a quick move to the cone. Defense needs to anticipate where the offensive player is going, and hold their space with body positioning and footwork.

**Description of Drill:** This is a fun drill that we find covers a lot. Use the center circle, and put a trash barrel in the middle. Divide the team into (2) teams, one attack, one defense (can you 7's, but any # works). Have players spread out around the circle, without sticks. The attack is attempting to get the football (or ball of choice) into the barrel by running it in, or a feed in. Defense uses their bodies to stop them. Attack is awarded one point for a run in, two points for a pass; defense is awarded one point for a good swarming double causing a drop/stop, two for an interception.

\*When starting have attackers stay in same spots (use disc cones to show if needed), once they start getting the hang of it progress into lateral, adjacent switching, to all out movement. Once players understand the point of the drill with the football, we add sticks to the attack, defense without, and then progress to everyone with sticks.

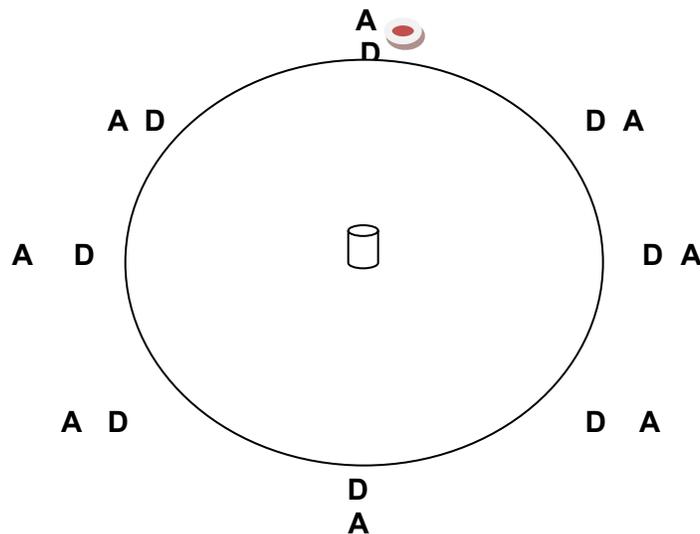
**Equipment Needed:**

- Barrel
- Football or soft round ball
- Disc cones (optional)
- Goggles & Mouth guards
- Sticks

**Skills Emphasized:**

- *COMMUNICATION* is huge in this drill (sometimes even award points for good, loud talking)
- Sliding/Doubling
- Crashing
- Hedging
- Proper stick positing on defense
- Movement on attack: back door cuts
- Feeding

**Diagram of Drill:**



**Description of Drill:** 7 cones placed around the circle where players line up, an additional 2 cones to serve as the goal the attack must run through. Coach rolls a ball out to any player, the two adjacent players on her right and left have to play defense and double team the ball. The attacker's goal is to get past the double team and through the two cones indicated.

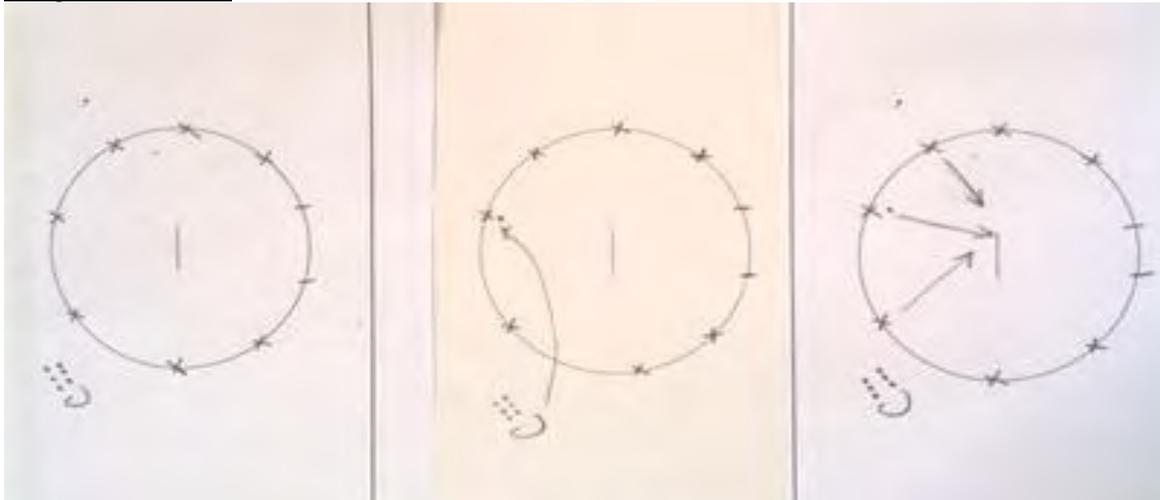
**Equipment Needed:** Bag of balls, 9 cones

**Skills Emphasized:**

Attack is working to break the shoulder, catch the defense turned away or back door cut, and get past the double team.

Defense must communicate, have proper double team positioning, footwork and turn the attacker to get a clean check.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Defense needs to communicate the entire time, which has stick/body, where they are trying to move the attacker, and footwork.

The attack is working on driving up their elbows to force the defenders to step back then break through the double team and recognize when the defense is turned, see the ponytail.



**Institution: Simmons College**  
**Coach: Amanda Maxwell**  
**Name of Drill: Conditioning 3v2**

**Description of Drill:** Split team in two groups, Attack and Defense. Attack sets up in 3 lines along restraining line; defense sets up in 2 lines on either side of the goal on the endline. On whistle 3 attack and 2 defense sprint to opposite line (RL or EL) and back, first to complete the sprint receives a pass from coach. Coach can position themselves wherever they would like to feed balls. If attack receives pass it is a 3v2 to goal (1 point for a goal). If defense receives pass then they need to get the ball over the restraining line (1 point). Keep track of points to make it competitive

**Equipment Needed:** Bag of balls, 20 players

**Skills Emphasized:** conditioning, working in a numbers up situation for attack, reading when to go to goal hard, double teaming when defense has the ball, defense working in a numbers down situation, taking care of the ball to get past the RL, communication



**Institution:** The University of Findlay  
**Coach:** Kat Enders  
**Name of Drill:** Three Color Box Drill

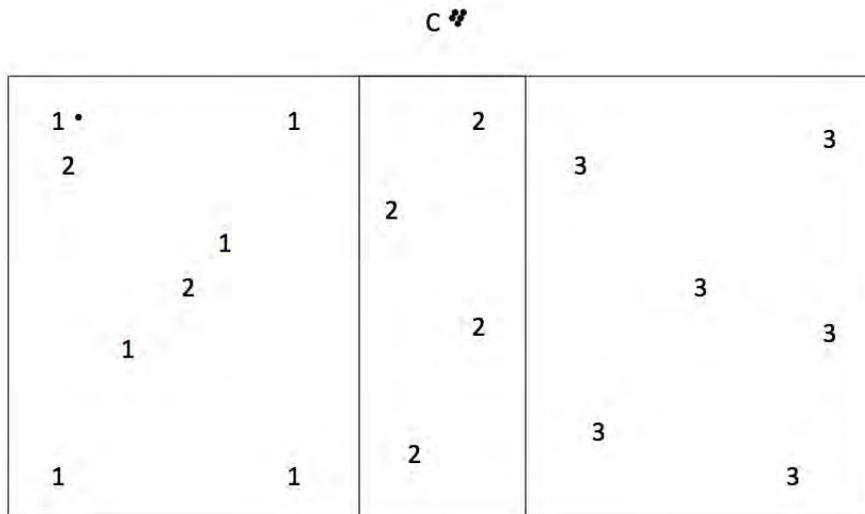
**Description of Drill:** Three even teams, one in each of the two large boxes and one in the narrow middle box. The coach feeds a ball into one of the teams in the large boxes and two defenders from the middle box are released into that box. The goal is for the team with the ball in the large box to have everyone touch the ball. If they do then they clear the ball over to the other large box. If the offense steps out of bounds, drops the ball or defense causes a turnover the team that turned over the ball goes into the middle box and the team that was playing defense then claims that large box. If the pass is completed two new defense from the middle box play defense in the large box that just received the pass. The defense remaining in the middle box can attempt to intercept the long pass between boxes or get the back check while remaining in the narrow box. The ultimate objective is to move the ball quickly within your box and not have to give up your box and play defense because of turnovers.

This drill should be run continuously, transitioning quickly from one box to the next. You can add a points system awarding a point to a team every time they complete a pass to the opposite large box. The number of players per team can be changed, just don't forget to adjust how many defense can enter the box.

**Equipment Needed:** Cones, Balls, Three colors of shirts/pinnies

**Skills Emphasized:** Quick Ball movement, Offensive movement, stick protection, man-down defense

**Diagram of Drill:**



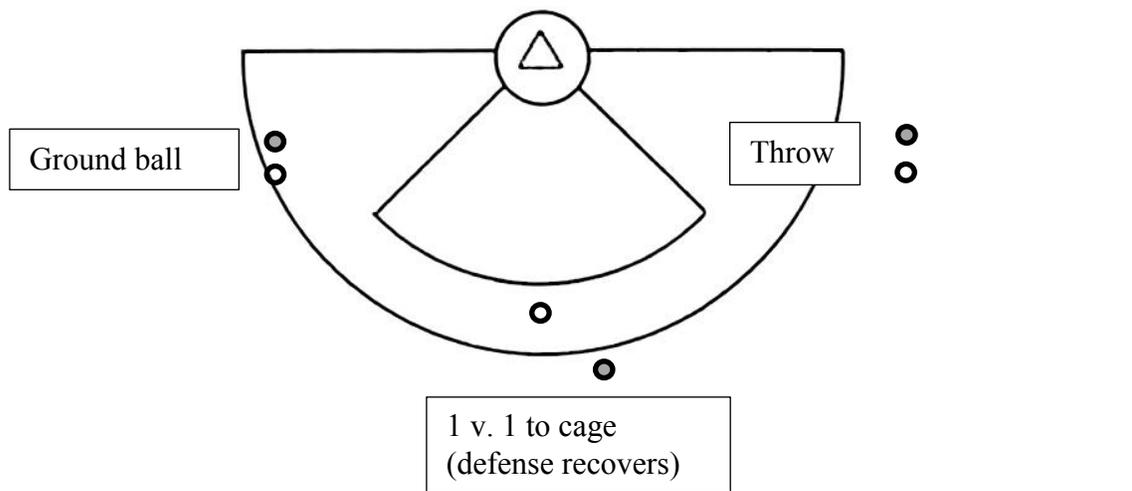
**Coaching Points of Emphasis:** Offense should always have their feet moving and be moving the ball quickly. Defense should focus on communication and using the sidelines to their advantage.

**Description of Drill:** There are 6 lines in this drill; 3 defensive lines (grey circles) and 3 offensive lines (white circles) with coaches/throwers in front of the “throw” line and behind the “ground ball” line. To start, the whistle blows and a ball is thrown to the “throw” line – offense looks to go to cage and defense looks to clear out beyond the 30. The next whistle blows and it is a 1 v. 1 defensive recovery. The next whistle blows and a ground ball is thrown in front of players, again offense looks to go to cage and defense is looking to clear out. Players rotate clockwise.

**Equipment Needed:** Bucket of balls, 3 yellow cones, 3 orange cones and 2 coaches/throwers.

**Skills Emphasized:** Quick step/reaction to a throw, one v. one recovery defense and ground balls.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

1. High intensity/fast paced drill
2. Quick bursts of speed
3. Different game-like situations packed into one drill. Be sure the is involved as a trail during clears.

**Description of Drill:** 7 attackers, 7 defenders—everyone sprints to a cone (random). Drill begins with GK clear to the Attack or Coach throws in a groundball to everyone.

**Attackers**—look to push the ball, attack the cage, get in before defense sets up. Keep your head up, Go hard at the defense and look to create quick scoring opportunities. Goal for the attackers is to play fast and to take a lot of shots, take risks (not always pretty).

**Defenders**- look to get in, stop ball, communicate early and often, defense has to make decisions quickly. Constantly assess and reassess the situation. Goal for the defenders is to stop the fast break.

On GK save—defense clears it out. Shot goes wide—play is over. Ball goes out of bounds—play is over. Once play is over, everyone sprints back to a cone for the next ball in.

**Equipment Needed:** 14 cones, Bag of lacrosse balls.

**Skills Emphasized:** Hidden conditioning, Playing (smart) when you're tired, Quick decision making, Man up and Man down situations, Making athletic decisions, Communication. Everyone has to talk!

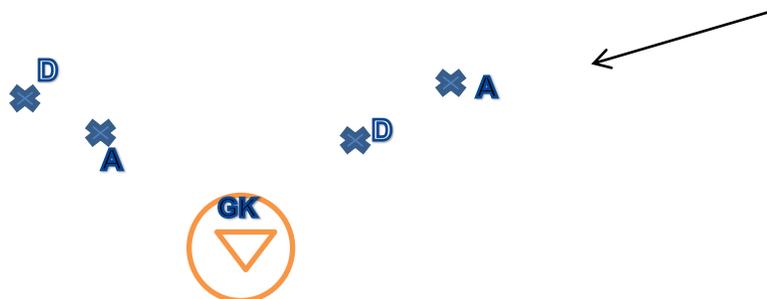
**Attackers**- Vision, quick ball movement, find the holes quickly, play fast, take risks, organized chaos.

**Defenders**- Stop ball—stop the fast break, get in quickly, assess the situation, COMMUNICATION.

**Diagram of Drill:**



Don't have to use these cones



**Coaching Points of Emphasis:** **Attackers**- Play fast but don't rush. Keep your head up. Go hard at the defense. Take good, smart risks, move the ball! **Defenders**-Get pressure on the ball right away. Talk out the slides and the help defense, see the whole field. Be athletic!

**Description of Drill:** Seven defenders are inside the 8M in front of the cage. They lay face down in a circle facing each other, with eyes dosed. Seven attackers are moving through a skeleton offense until the coach blows the whistle. Defenders then get up quickly and communicate to find ball and pick up players.

1<sup>st</sup> Progression- Offense continues to move in a motion offense without going to goal.

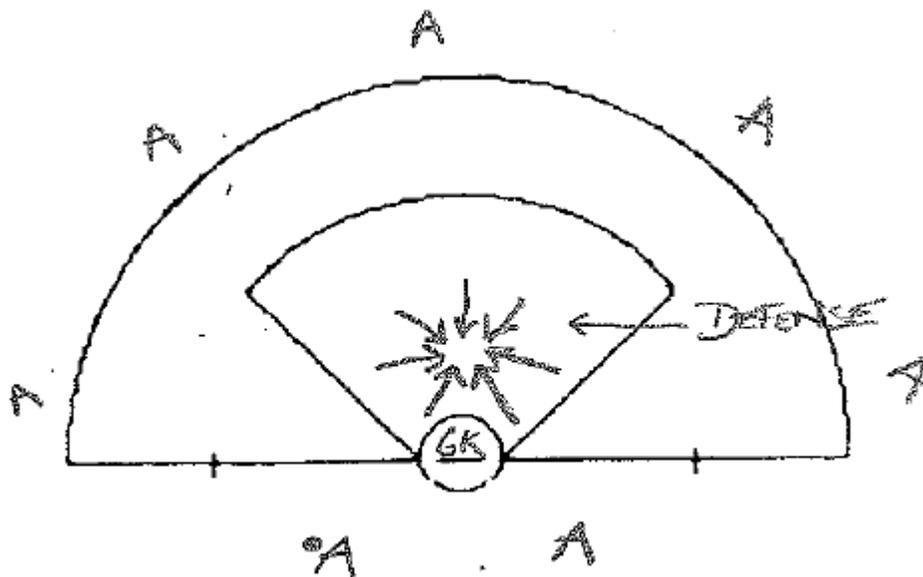
2<sup>nd</sup> Progression- Offense is allowed to go to goal when coach yells "GO".

3<sup>rd</sup> Progression – Offense goes to goal as soon as whistle is blown for defenders to get up. The GK is in the goal the entire time communicating to defense where ball is located.

**Equipment Needed:** Goal, 8M, 7 Attackers, 7 Defenders, 1 GK

**Skills Emphasized:** Defensive communication and having to react quickly. Listening to GK, finding ball, preparing for slides, etc.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

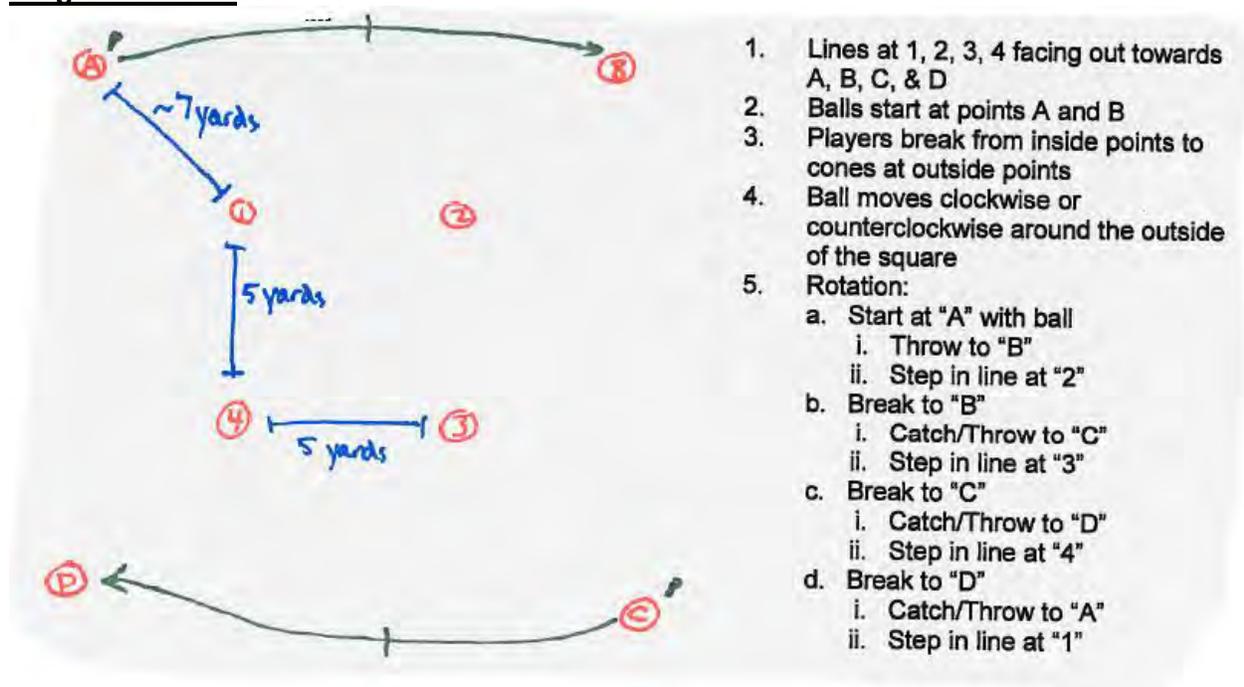
- \*Defense must react quickly and get STICKS UP right away
- \*Person taking ball must identify ball as soon as possible and call "I GOT BALL"
- \*Off Ball defenders find open players and cutters quickly and be ready for slides.
- \*Defenders need learn when to listen and when to communicate. They must work together.

**Description of Drill:** High intensity/short set ball movement drill designed to improve passing and catching on the run in a simulated offensive set.

**Equipment Needed:** 8 cones, 2 balls, 12 players

**Skills Emphasized:** Cutting, special awareness, passing and catching, catch to dodge to pass.

**Diagram of Drill:**



1. Lines at 1, 2, 3, 4 facing out towards A, B, C, & D
2. Balls start at points A and B
3. Players break from inside points to cones at outside points
4. Ball moves clockwise or counterclockwise around the outside of the square
5. Rotation:
  - a. Start at "A" with ball
    - i. Throw to "B"
    - ii. Step in line at "2"
  - b. Break to "B"
    - i. Catch/Throw to "C"
    - ii. Step in line at "3"
  - c. Break to "C"
    - i. Catch/Throw to "D"
    - ii. Step in line at "4"
  - d. Break to "D"
    - i. Catch/Throw to "A"
    - ii. Step in line at "1"

**Coaching Points of Emphasis:**

- Break to spot to catch pass like you are breaking to a spot in an offensive rotation
- On pass, place the ball on the proper side of your teammate – lead them with the ball
- Ball and player should arrive to outside cone at the same time (timing).
- Mix up rotation and move after catching the ball
  - o Catch to an outside roll, catch to an inside split, catch one-handed, every other pass a ground ball, "bad pass" to reverse catch, etc.
- High-rep, high speed drill
- Spread out cones to make it a slower warm up drill



**Description of Drill:**

GUTS is a 3 v 3 inside the center circle. Play is started with a high ball thrown into the circle. The team that comes up with the ball is trying to make 3 consecutive passes before they are able to exit the circle. The defensive team is trying to cause a turnover by either forcing the ball carrier out of bounds, checking or intercepting a pass. When there is a change of possession the team with the ball then attempts 3 completed passes. We divide our team into red and white and then run groups of three in and out of the circle. At times, you will have a team of three who cannot get out of the circle (the more they play the more tired they become and the sloppier things get). We make them work through it.

\*\*A variation is GB GUTS. You can use the same set up (3 v 3 in the circle) except a ball is rolled into the center circle and the group that comes up with the ball uses their teammates on the outside to make a completed pass. I will let this group have six GB's and then I switch out the red and white teams in the circle. I usually play this to a set # of points – 25.

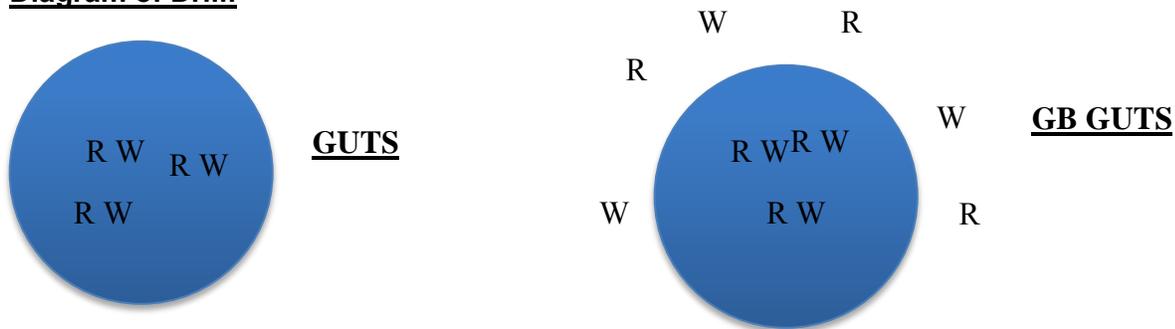
**Equipment Needed:**

- Bag of Balls
- Coach or injured player to throw ball in play

**Skills Emphasized:**

- stick protection & catching/passing under pressure
- constant movement with and without the ball
- setting picks
- double teaming
- communication
- fitness

**Diagram of Drill:**



**Coach & ball bag**

**Coach & ball bag**

**Coaching Points of Emphasis:**

**\*executing in a small space and when tired \* making smart decisions with and without the ball \* being aggressive for 50/50 balls and when playing defense \* communicating on offense and defense in order to help your teammates get out of the circle**



Institution: Bloomsburg  
Coach: Mallory Poole  
Name of Drill: Kick the Cone (Pentagon)

**Description of Drill:**

The design of this drill is to get the attack working the ball, look to create shifts in the defense, and find openings in the middle. Defensive focus is communication, defending space and taking away passing angles.

1. Drill starts by attacker with the ball challenging to draw a defender
2. Each attacker must look to stay in their wedge
3. Attackers can cut from their outside cone, to the middle cone, but should not stay in the middle, rather cut back out to create space

\*Points can be scored if attackers touch the middle cone while maintaining possession of the ball on either a pass in or drive. Defenders can score by breaking up the play.

Progression: Add a defender to go even 5v5. Attackers need to really look to draw the double team, move the ball and be patient for openings in the middle. Defenders look for hard double team, forcing the ball back to where it came from, still taking away angles.

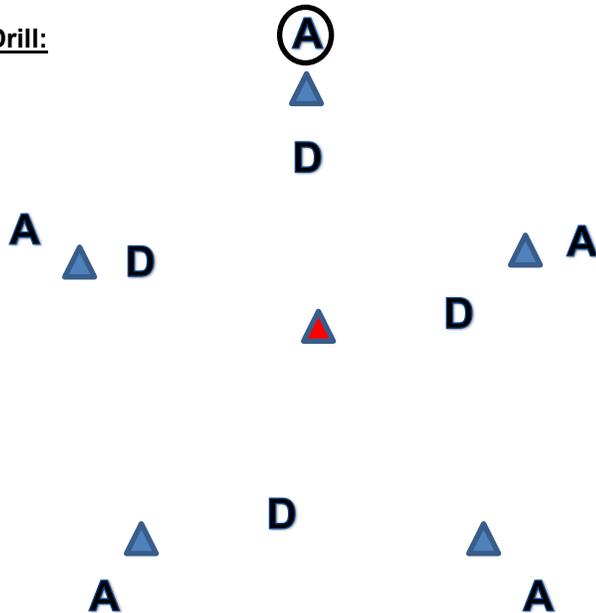
**Equipment Needed:**

Cones (5-8 yards between cones)  
Ball(s)  
9-10 players

**Skills Emphasized:**

Attack: Ball movement, recognizing defensive shifts and open space  
Defense: Guarding space, communication

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Attack: Patience, let the ball work for you, **\*use ball fakes**  
Defense: Anticipation, ball awareness (high pressure on ball)

**Description of Drill:** Begin with 1v1 in each box. One coach/REC at each end; ball starts with one coach & when the ball successfully transitions through 3 boxes to the opposite coach, it is a point for that team.

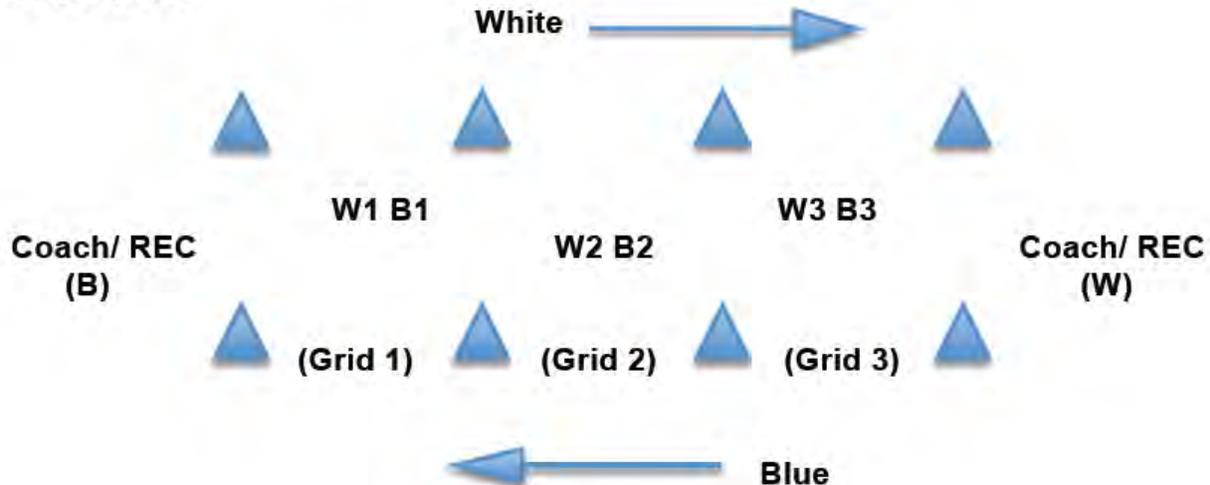
**Equipment Needed:** 8 cones, 3-5 yard boxes connected

**Skills Emphasized:** Small space execution. Handle 1 progression.

**Diagram of Drill:** Example – B coaches passes into Grid 1 to W1. W1 works to pass into Grid 2 to W2, W2 works to pass into Grid 3 to W3. W3 works to get a clean pass out to W coach; if they are successful this give White 1 point. If Blue team forces a caused turnover, their goal is to pass the ball successfully through Grid 3, 2, 1 and then to B coach for a point.

**W-White Team**

**B-Blue Team**



**Coaching Points of Emphasis:**

- Clean Execution
- Handle One – Offensively and Defensively
- Decision Making and Timing is Important
- Work 1 box ahead of the ball – “work early”
- Work together
- If you’re not open in first 3 steps, re-cut

**Variations:**

- Same concepts just using GB’s
- Progress by adding 2v2 in each box
- With Sticks/Without Sticks

**Description of Drill:**

- 3 lines of attack & defense randomly placed around 8 meter
- 1 line of attack with balls (point of attack can change)
- One coach (C) at each line of attack and defense
- Whistle starts the drill/ goal or clear out ends drill
- Coaches tap in players from their line (different times, same time, not at all, etc.)
- Change up areas of lines

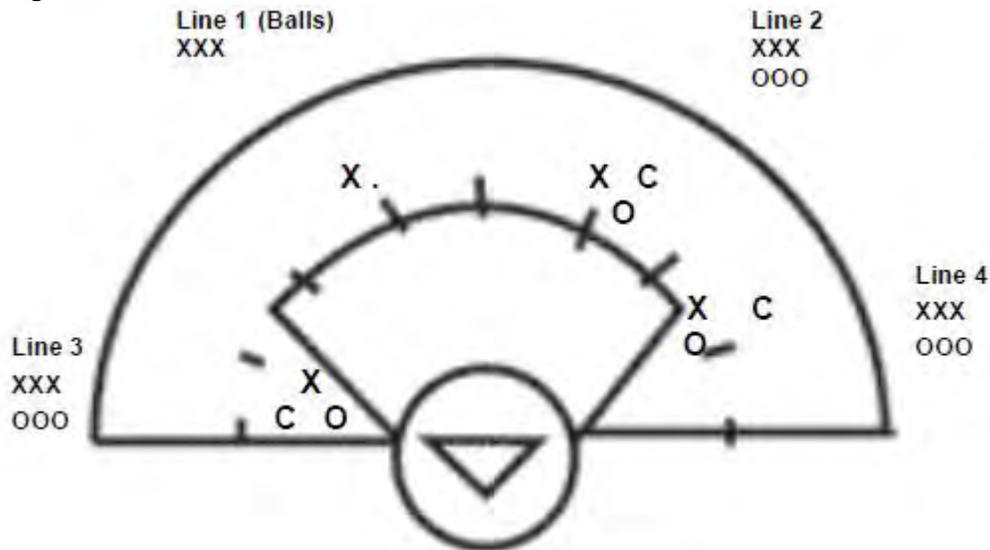
**Equipment Needed:**

- 8 meter
- Goal
- Balls

**Skills Emphasized:**

- Quick decision making
- Awareness
- Ball Movement
- Space
- Defense/Marking the most important player

**Diagram of Drill:**



**Coaching Points of Emphasis:**

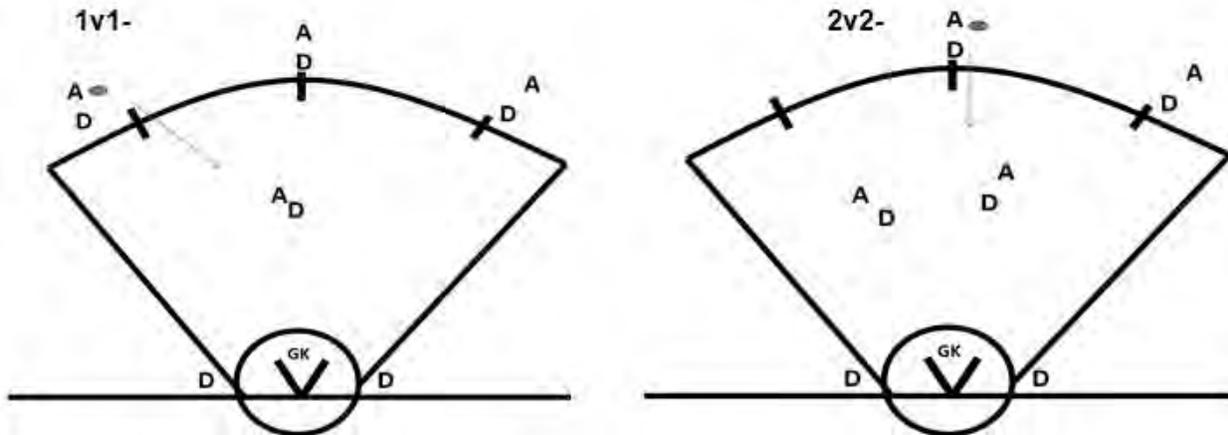
- Communication
- Passing with Speed
- Defense – playing big and take up space
- Execution
- Finishing out the play (Goal/Out of Bounds/Clear/Rebounds)

**Description of Drill:** Team pares up into attack and defense and fills in five spots on the 12 meter with an attacker and defender starting in the middle of the 8 meter. Every line needs a ball and the drill starts from the top left corner by passing into the attacker in the middle who works to get open. Once the attacker receives the ball she then takes a 1v1 to cage. Once the shot is off, the line that passed it in to start (top left) is now live and with the pair that started in the middle staying in and is now a 2v2 inside. They work to get open by receiving the ball from the middle line. Once that shot is off, the middle line is now live and it's a 3v3 receiving the ball from the top right line. This goes until every line is live in a 6v6. The feeders could also be marked

**Equipment Needed:** Lacrosse balls and goal

**Skills Emphasized:** Cutting, feeding, 1v1 offense and defense, pic's, double teams, working in small groups to larger groups, decision making with fast break goals and settled offence.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Making sure that they bring their defender away before cutting to receive the ball. Not forcing passes or shots. Communicating and working together on offence and defense. Drill does not have to start from the same place. Can add another pair to make it 7v7.



**Institution: Iona College**  
**Coach: Michelle Mason**  
**Name of Drill: Team Trains Team**

**Description of Drill:** Create groups of 5-8 players. The number of cones needed will be equal to the number of players in each group. Cones set 5-10yds apart.

### **SET 1**

#### *Phase 1:*

Player 1 sprints to first cone and back, picks up Player 2  
Player 1 and 2 sprint to second cone and back  
Player 1 drops off Player 2, and picks up Player 3. Player 1 and 3 sprint to third cone and back  
Player 1 drops off Player 3, and picks up Player 4. Player 1 and 4 sprint to fourth cone and back  
Player 1 drops off Player 4, and picks up Player 5. Player 1 and 5 sprint to fifth cone and back  
Player 1 now becomes player 5. Player 2 repeats series, then 3, 4, 5. Player 5 and 1 sprint to last cone and back. Phase 1 is completed once all players have gone through the series. Immediately after finishing Phase 1, Phase 2 begins.

#### *Phase 2:*

Player 1 sprints to first cone and back, picks up Player 2  
Players 1 and 2 sprint to second cone and back, pick up Player 3  
Players 1, 2, and 3 sprint to third cone and back, pick up Player 4  
Players 1, 2, 3, and 4 sprint to fourth cone and back, pick up Player 5  
Players 1, 2, 3, 4, and 5 sprint to last cone and back  
Once Player 1 gets back to start, Player 2 repeats the series.  
Player 1 now becomes Player 5. Player 3, 4, 5 repeat series. Phase 2 is completed once all players have gone through the series.

***Rest 3-5min between each SET***

### **SET 2**

Same as Set 1 but first sprint is to far cone and back, working backwards through series.

### **SET 3**

Same as Set 1

To make it **competitive**, tell Team that the first group to successfully complete Phase 1 and 2 of Set 1 will have a Phase of their choice subtracted out of one of the next 2 Sets. Depending on number of groups competing, maybe reward the top 2 teams.

To make it more **challenging**, place two cones side by side at each marker. The first runner in the series picks up each cone and hands off stack to Player 2 to replace; repeat throughout each Phase.

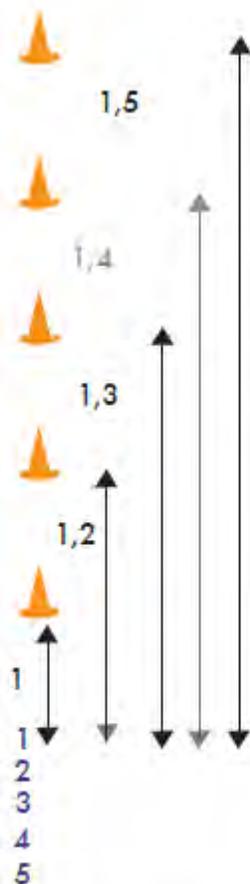
**Equipment Needed:** Cones

**Skills Emphasized:** Conditioning, mental toughness, teamwork, communication

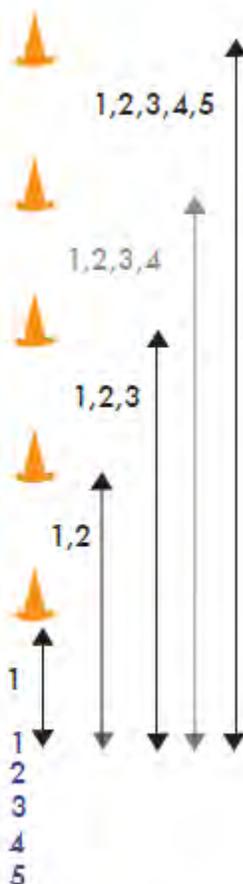
**Diagram of Drill:**

# TEAM TRAINS TEAM

**FOCUS:** Conditioning | Mental Toughness



## PHASE 1



## PHASE 2

\*Repeat for all players in each phase

**Coaching Points of Emphasis:**

This drill has been designed to get the players to push each other and be accountable for their teammates' success at completing a challenge. Increase the level of competition by increasing distance of cones, including sticks and balls, or giving a reward/consequence.

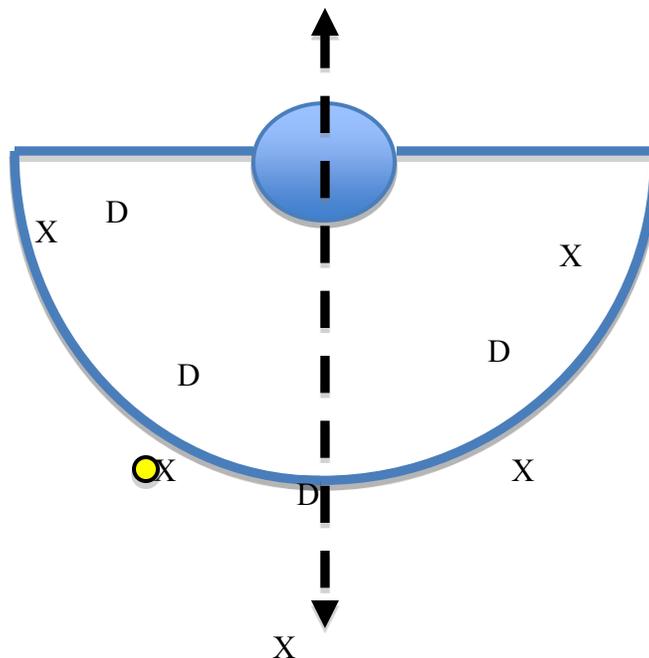
**Description of Drill:** Teaches attack players to see and respond to player-up (2 v 1 or 3 v 2) scenario. 12 meter is divided in half with cones from the top of the 12 to the area behind the goal circle. Five attack players spread out either around the top of the 12 or behind (the drill can be run from the top or behind the goal). Only three players from each team may be in one half of the 12 at a time. Attack players can cut, pick, pass or drive, but should recognize the player-up situation on the other half of the field and swing the ball to exploit the numbers advantage. Players will naturally shift so that there is a three v three on one side of the 12m. Defense has to communicate and rotate onto attackers while being aware of shooting space and three seconds. If goalie makes a save, clear to defense to the restraining line.

Variations: 1. Set time limits for ball possession on one side  
2. Defense must double team and pressure out on the ball carrier  
3. Can add in a 5<sup>th</sup> defender  
4. Require a certain number of passes, or specific shooting hand or technique

**Equipment Needed:** 12m area with cones dividing it in half, both in front and behind goal circle

**Skills Emphasized:** Ball movement, awareness, quick first-step attack, defensive communication and sliding.

**Diagram of Drill:**



### **Coaching Points of Emphasis:**

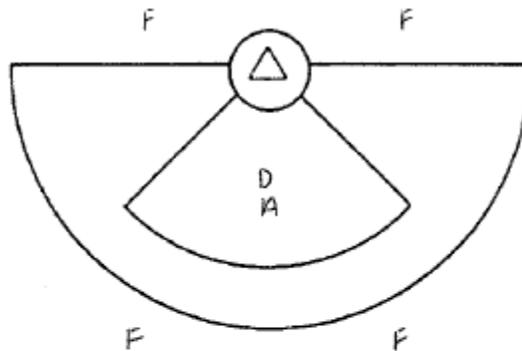
- Move the ball, see advantage and swing it
- Attack free space
- Force out or Left, don't allow drive up the middle
- Attack from the top or behind – change it up
- Look for back door cutters
- Defensive communication and body position to limit attackers options
- Can be a fast paced and fun drill with many shots, lines of attackers and defenders ready to jump in

**Description of Drill:** There are four feeders each with 2 balls, two feeders behind goal one on each side, and two up top above the 12 across from each feeder below. An attacker and defender start in the middle of the 8 and on the whistle the attacker can cut to any feeder to receive the ball. The defender is attempting to deny each pass the attacker is trying to receive. Once the attacker receives the ball the attacker takes the 1 v 1, ideally trying to get a quick shot off, while the defender is trying to steer her out. The attacker then continues to receive two balls from each feeder in any order she chooses before that group is over, for a total of 8 balls. Once the ball hits the ground it is considered "dead" and a new ball needs to be fed in. (Drill can be modified adding a defender on each feeder who is intended to block down passes)

**Equipment Needed:** Goal, 6 girls at a time (each full equipped), 8 balls

**Skills Emphasized:** Communication, change of speed, hard cuts, stick work, accurate passes, quick release on the shot, good defensive positioning.

**Diagram of Drill:**



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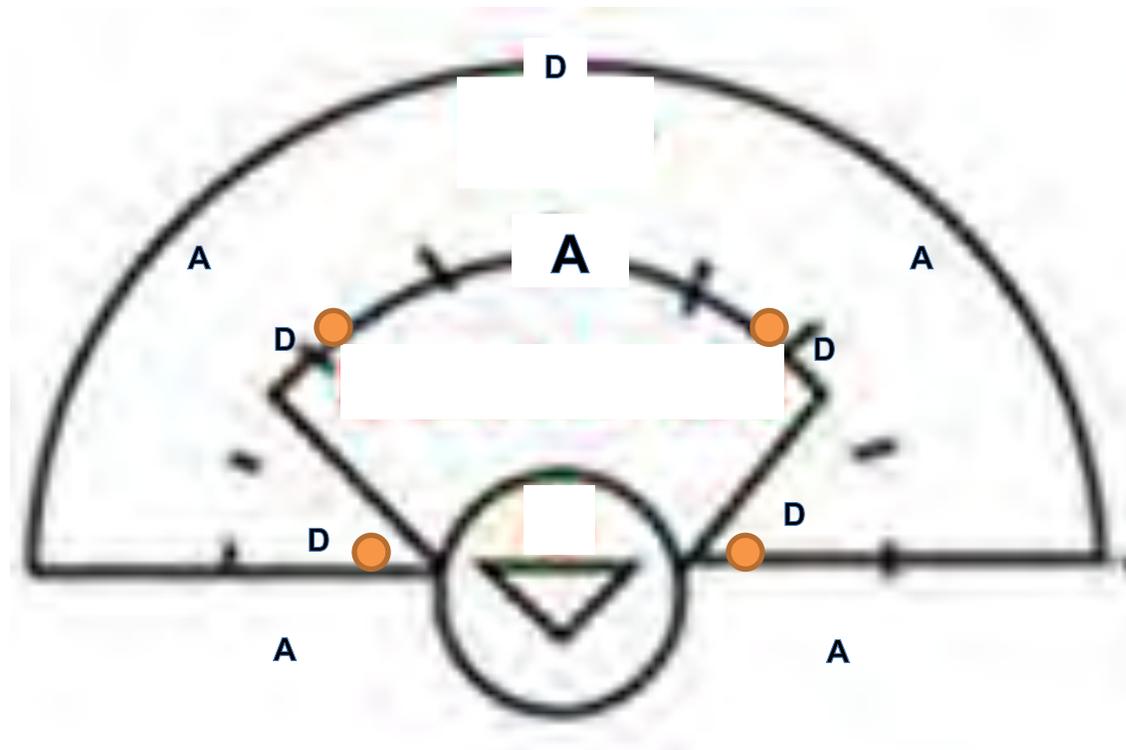
F= feeder  
A= attacker  
D= defender

**Description of Drill:** One attacker goes at a time, and will get 5 shots at once. There needs to be an attacker and defender at each cone, and balls at each cone. It starts with an 8m shot from the center hash, and there is a defender behind her and the two top defenders start on the hashes next to her and run in. Then the attacker will sprint to the bottom right cone, explode off it with a defender on her back to receive a ball from the opposite cone, turn and shoot. She immediately repeats this at bottom left cone, top right cone, than top left cone. Defenders are going for the back check each time. Defenders are also defending the feeders at each cone. Balls should be fed to them as they turn off the cone. If a ball is not caught, it is dead, and you just cut to the next cone in the sequence. This drill goes quickly, and should take no longer than 20 seconds for someone to go through.

**Equipment Needed:** Cones

**Skills Emphasized:** 8 meter shooting, inside shooting, stick protection, checking, and feeding

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Quick turns off the cone-explosive cuts
- Catching in front of your body-moving your body to ball, not your stick
- Faking before you shoot-watching the goalie react
- Shooting from in between your shoulders and not hanging your stick
- Moving your feet to feed and being deceptive with the feed
- Checking-keeping your feet moving, quick sharp checks



**Institution: William Smith**  
**Coach: Brighde Dougherty**  
**Name of Drill: Chaos**

**Description of Drill:**

7v7v7 inside the 30

**Equipment Needed:**

3 different color pinnies

**Skills Emphasized:**

Offensively: Passing under pressure, creating space, communication and accurate shooting

Defensively: Communication, sliding, doubles

**Diagram of Drill:**

One team of 7 starts with the ball and must complete a set numbers of passes, while staying inside the 30, before they can shoot. The other two teams of 7 are on defense taking away all passing options and communicating to send a double to ball. If one of the teams on defense causes a turn-over or comes up with the ball, they are now on attack and the other two teams are on defense. The first team to score a set amount of goals wins.

**Coaching Points of Emphasis:**

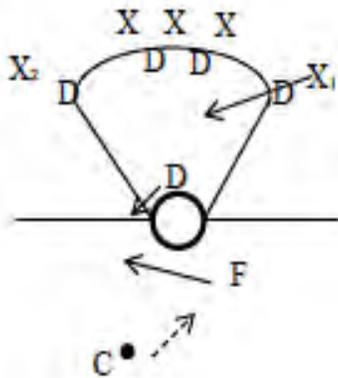
Allow the mistakes to happen and teams to learn to work together

**Description of Drill:** Feeder shooter drill works on feeding from behind the GLE under pressure as well as timing of cuts and finishing on the move.

**Equipment Needed:** Just the essentials

**Skills Emphasized:** Feeding around defenders and goalies from behind the gle. Finding the open girl under pressure. Timing your cuts and catching and shooting on the move. Defensive communication and look for knock downs on the feed. GK reacting to low to high passes.

**Diagram of Drill:**



Coach passes the ball to the feeder (F) who is on the move, the crease defender goes with her trying to deny the feed. As F comes around the left side of the crease X<sub>1</sub> dodges around the defender and cuts to ball to catch and shoot. F gets another ball from C as she moves to the right side of the cage and feeds to X<sub>2</sub> coming off a dodge. F gets a ball from coach as then the remaining attackers break (D plays the cuts but needs to pick a girl and hold on her so we have 1 open option).

**Coaching Points of Emphasis:**

- Fake before you feed to get the defender off balance
- Giving enough space between the GK and your defender to get a pass off
- Timing of the cuts so the shooters have a good angle
- Make the feeder go through the drill a couple times in a row to get them used to making decisions when they are tired.
- To make it harder allow the defender to pressure behind using the crease
- Keep your GK active

**Description of Drill:**

5 groups - one Red and one White – behind the restraining line facing the goal. Coach #1 at the restraining line throws out a ground ball. Whichever team does not pick up the ball, drops one defender. The minute starts, as 5 attackers against 4 defenders have one minute (and endless feeds from sideline) to score as many goals as possible. The point of the drill will be to instill a sense of urgency and movement in the attacking unit and wait for the open girl for best shot option.

Coach #2 becomes the feeder from the sideline after the initial GB. She/he feeds the attack a new ball after every goal, and overthrown shot. Drill is dead before one minute only if defense can come up with the ball and cross the restraining line.

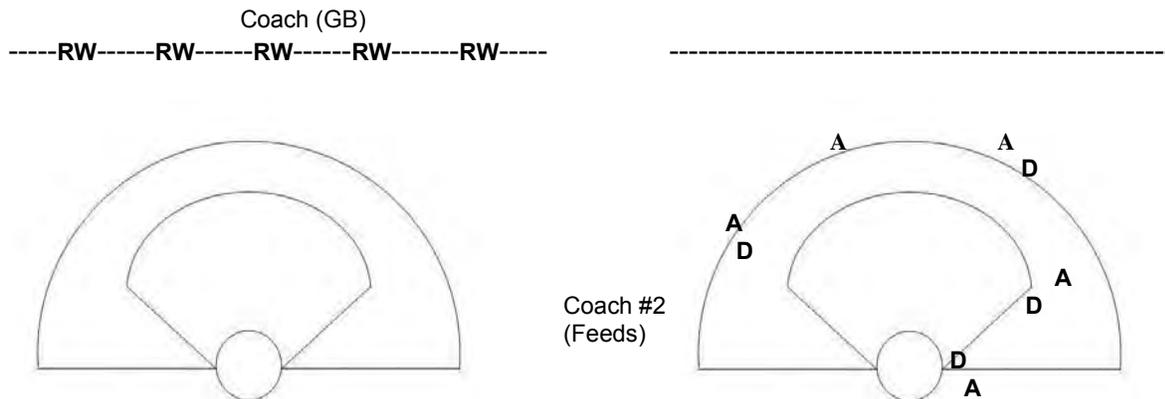
**Equipment Needed:**

Balls, Goalie in goal

**Skills Emphasized:**

Ground balls, quick passes and ball movement, shot selection, constant off-ball movement, man-up on attack, man-down on defense, pressured situations, communication....

**Diagram of Drill:**



1:00 minute starts when team picks up GB

Coach #2 feeds to attack

**Coaching Points of Emphasis:**

Be sure to make it a competition-type drill, especially if you have players who aren't used to being low attackers or defenders. Ground balls should be a main concern since defense is a man-down if they don't come up with ball. 1 point for every goal on attack, 1 point for successful clear to restraining line. This can also work with other man-up combinations, depending on squad size.



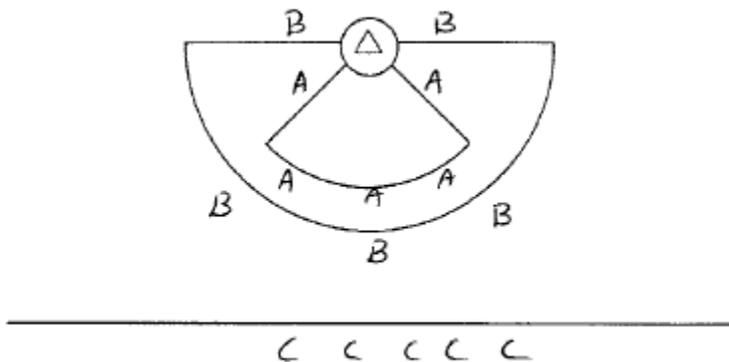
Institution: Liberty University  
Coach: Regan Denham  
Name of Drill: 3 Stops

**Description of Drill:** This drill emphasizes, competitiveness, and defensive play. Adapted from a basketball drill, divide your team into 3 teams (A, B, and C). We typically do a 5 v 5 situation but you could do a 6 v 6 or 7 v 7 scenario. Team A begins by playing defense against Team B. If Team A is able to stop Team B by causing a turnover or the goalie making a save, Team A gets 1 stop. Team A now plays defense against Team C. If Team A stops Team C, they now have 2 consecutive stops. They now take on Team B again. If Team A gets another stop, they now have 3 consecutive stops and they get to play offense. If Team A scores they then play defense again, and are able to get "points" in the drill. Run the drill for 10-15 minutes.

**Equipment Needed:** Goals, 8M Arch

**Skills Emphasized:** Defense (communication, teamwork, 1v1 skills), Competitiveness

**Diagram of Drill:**





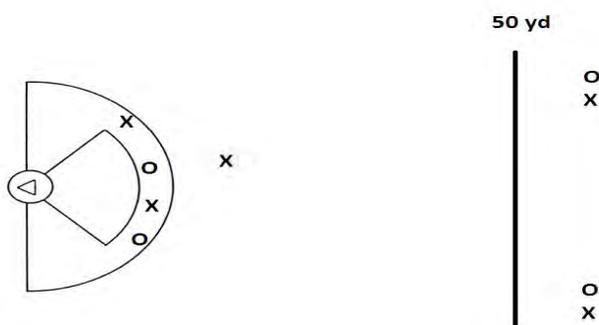
**Institution:** Indiana University of Pennsylvania  
**Coach:** Mindy Richmond  
**Name of Drill:** Hawk's Best Drill Ever

**Description of Drill:** This is a great drill that works on a little bit of everything! The drill starts with 2 attackers and 3 defenders set up on the 8 for a defended 8 meter shot. There are also 4 midfielders set up above the 50yd line, 2 in one color and 2 in the other. On the whistle one of the attackers takes the shot, whether the shot goes in or not, the goalie then takes the ball and clears it out to one of the 3 defenders who are then working to clear it out to one of the 2 designated midfielders who is above the 50 yd line cutting back to. The two middies are marked by the other 2 middies. As soon as the ball is successfully transitioned to 1 of the 2 designated midfielders, these 2 middies along with the 2 attackers then turn and push a 4 v 3 against the 3 defenders who are working to drop back in and slow the ball down.

**Equipment Needed:** At least 9 players at a time, balls, pinnies, a goalie, goal & 8 meter arc

**Skills Emphasized:** 8 meter shooting, defending 8 meter shots, goalie clears, defensive transitioning, attack ride, timing cuts back to the ball, defending the transition, man up/man down offense and defense

**Diagram of Drill:**



**Coaching Points of Emphasis:** This is the base set up for this drill. In this scenario there are only two attackers defending three defenders, therefore once the ball is released, the attackers need to use their voices to communicate the shift playing big with their sticks. It is a great way to get the attackers communicating shifts during the ride which is an important skill set for them to have. You can also adjust the drill adding a third or fourth attacker to put pressure on the goalie and to mark each one of the defenders making them work hard to get open. A point of emphasis for the midfielders is cutting hard back to the ball and timing their cut, which seems to be an area that a lot of players need to work on. You can keep midfield subs off to the side, once the two defending midfielders are done trying to deny the pass, they then slough off and do not play into the 4 v 3. These 2 middies can then be the next 2 middies to cut back to receive the ball and play out the 4 v 3, while you sub in the next 2 defending middies. This drill can be adjusted in many ways to create different clear out and man up/ man down scenarios.



Institution: University of Oregon  
Coach: Jen Beck  
Name of Drill: Oregon

**Description of Drill:**

Settled play at two goals, playing the same ball.  
You can choose the numbers that play at both ends (7v7 and 5v5 for example).  
The field is set up with one restraining box facing another restraining box.  
The restraining line serves as a line that cannot be crossed  
Green defense is passing the ball up to green offense, yellow going the other direction

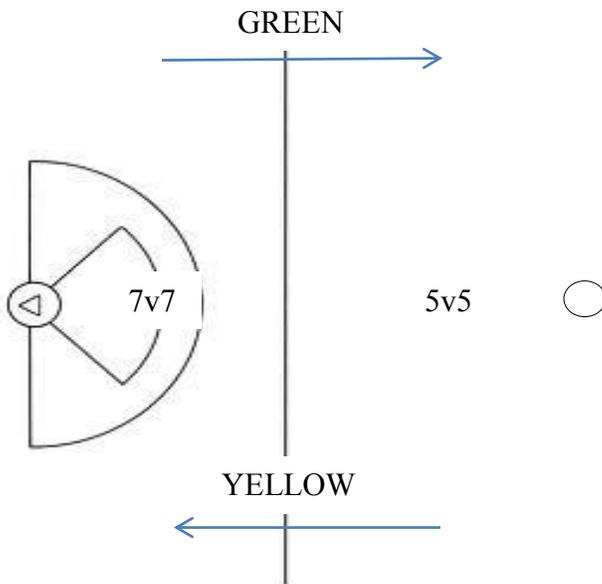
**Equipment Needed:**

One goal set up with 8M/crease, the other goal set up 60yds away.  
If you have portable creases, cones, 8M you can add them to the opposite goal.  
One ball

**Skills Emphasized:**

Different connections with specific players  
Cut back connections between defenders & attackers (& defenders locking off/pressuring)

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Coach has the flexibility to run different offenses/defenses at either cage  
Coach has the flexibility to highlight different points of the game that need adjustments  
More players can be involved than scrimmaging if you do 7v7 at each end



**Institution:** York College of PA  
**Coach:** Jen Muston  
**Name of Drill:** 1-3-2 progression drill

**Description of Drill:** This drill is meant to be fast paced and high intensity. It is a continuous progression drill...It starts out with a 1v2, right into a 3v2, right into a 2v2.

The 2 defenders stay in for the entire drill. On the whistle, they play out the first 1v2 to goal. On a shot/goal/turnover, blow the whistle to end that play and the next play immediately starts with the 3v2 (same defense in). Play it out until there's a shot/goal/turnover, then blow the whistle to end this round which immediately starts the 2v2 (same defense in). After the 3 rounds play out, all new players come in for the next round.

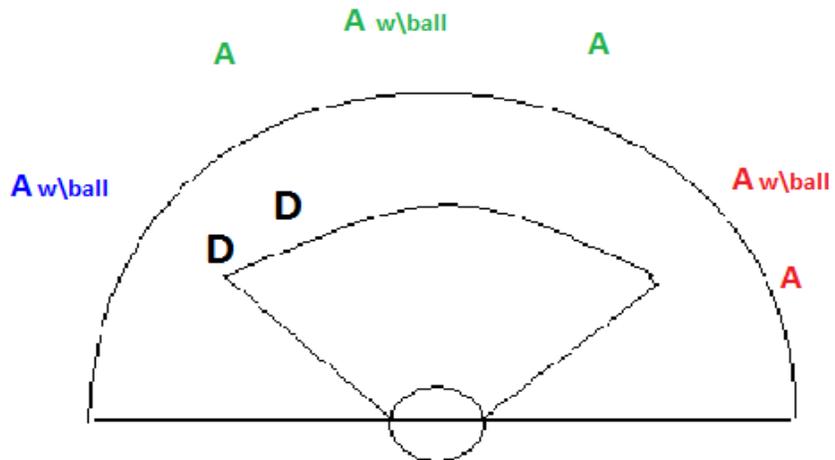
\*If the defense gets the ball on the turnover they play until the whistle, and then just toss that ball to the side as they are sprinting back in for the next play.

**Equipment Needed:** Balls, 1 goal cage, 6 lines with players in each line

**Skills Emphasized:** On offense and defense - Recognizing the situation, man-up, man-down, even up, using teammates, making quick decisions. On Defense: Communication, awareness, and fitness. Knowing your surroundings and reacting quickly to each situation.

**Diagram of Drill:**

(2 defenders stay in for all three rounds)  
 Round 1: 1v2  
 Round 2: 3v2  
 Round 3: 2v2  
 Then re-set everyone



**Coaching Points of Emphasis:**

**1v2 defensive** points of emphasis: defensive positioning in the double team, closing the double, talking through it and not fouling. **Offensive** emphasis: keep your feet moving, pick a side and go, keep stick protected.

**3v2 defensive** points of emphasis: who has ball and who has two? Communicate; be ready to slide/shift when ball is moved. **Offensive** points of emphasis: Move yourself, quickly move the ball, and find/expose the open player in the man-up.

**2v2 defensive** points of emphasis: Communicate, who has ball, where are we forcing, be ready to slide/crash if your teammate gets beat. **Offensive** points of emphasis: Use each-other and work together for a good shot.

**Description of Drill:**

M1 starts with the ball attacking the cage in a 5v4. When a shot is taken and there is a goal or a save M2 enters for the clear as a defender. The attackers and M1 are working to re-defend and find the new midfielder to slow the ball down or cause a turnover. If they get a turnover they play 5v5 to goal and repeat with a new midfielder coming in. If the defense and M2 clear the ball to the 50, M2 moves up field to play the opposite side 5v4. Repeat play.

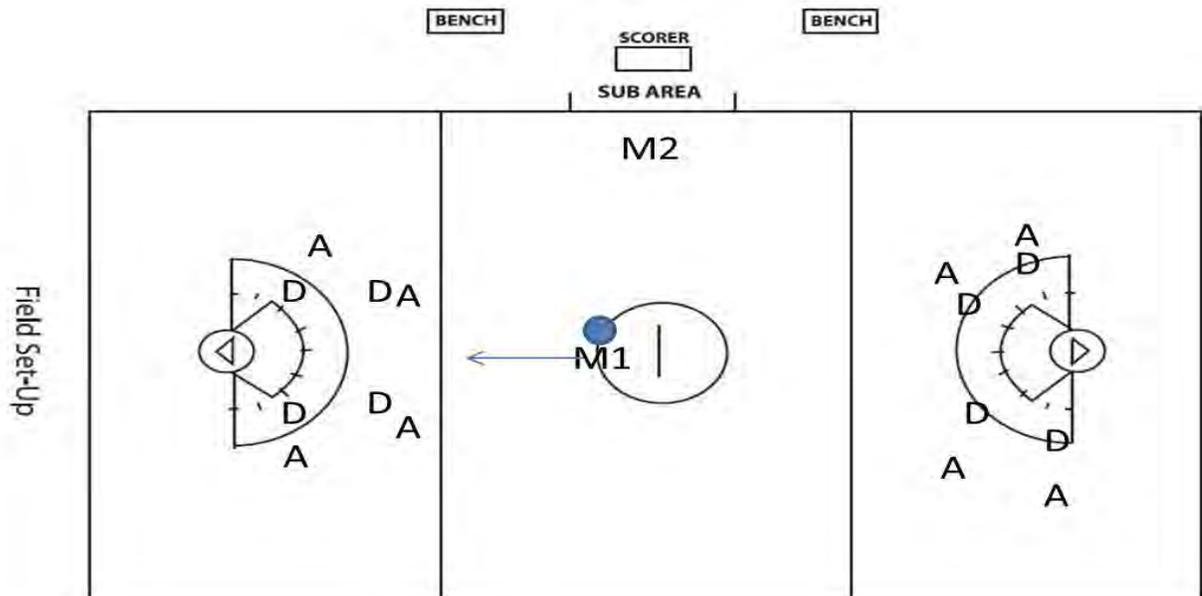
**Equipment Needed:**

8 midfielders, 8 defenders, 2 goalies, 2 midfielder and sub middies, 1 ball

**Skills Emphasized:**

Pushing the fast break, man down play on defense, quick clears, re-defending, communication

**Diagram of Drill:**



**Coaching Points of Emphasis:**

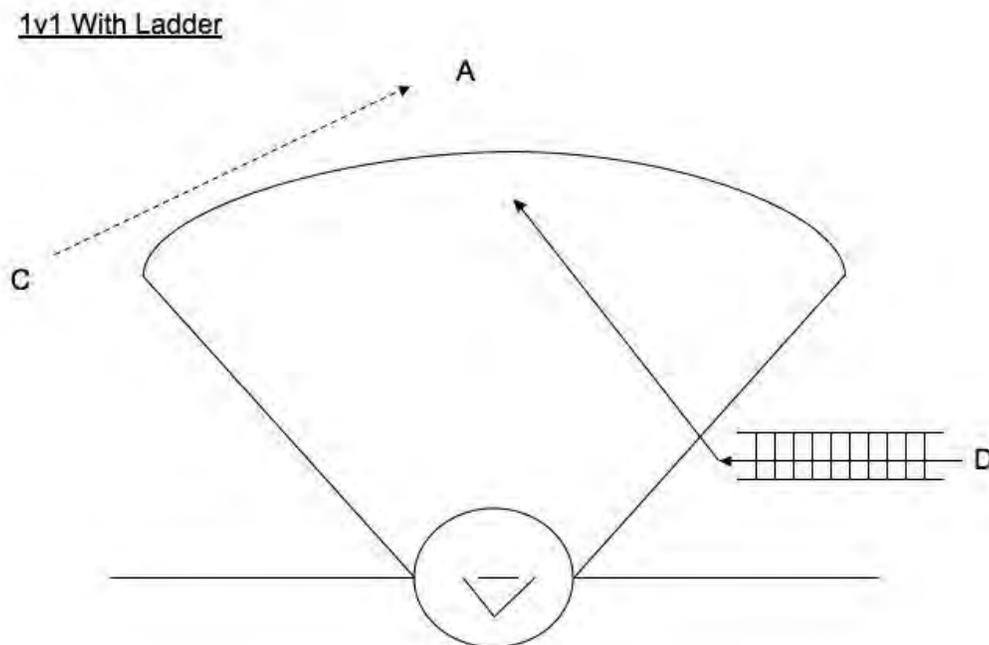
Capitalizing on man-up opportunities, re-defending, playing man down defense, quick clears

**Description of Drill:** Focus of this drill is mostly on defense – 1v1 and footwork. Obviously, attackers should also focus on their 1v1 moves and challenging defenders. Defenders must work hard to get through the ladder and out to the attacker. Coach can control the drill a little bit by determining when they throw the pass to the attacker and allow her to go 1v1.

**Equipment Needed:** Ladder, Goal, Balls

**Skills Emphasized:** Defensive footwork and 1v1s.

**Diagram of Drill:**



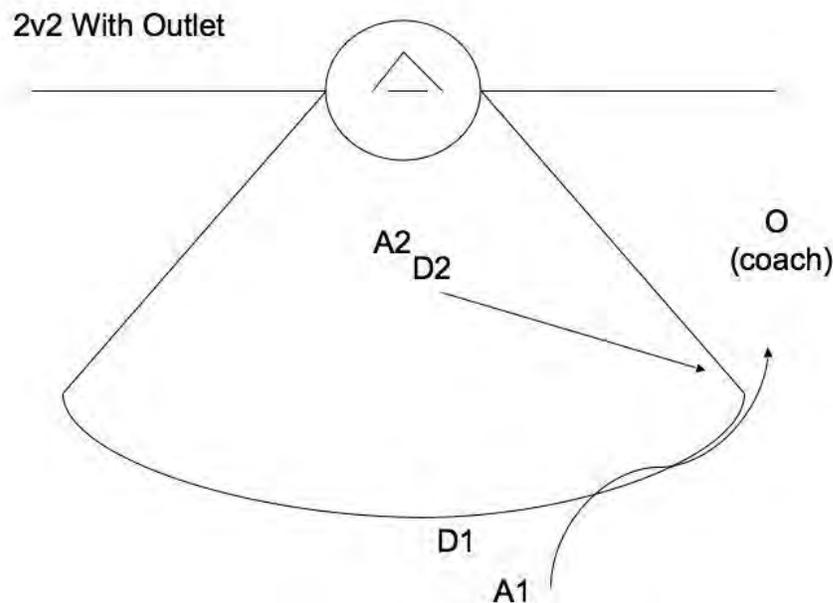
**Coaching Points of Emphasis:** Footwork – quick feet, getting out to attacker and breaking down to force her in direction goalie communicates.

**Description of Drill:** This drill focuses on doubles teams on defense and composure on offense. Drill starts with a 1v1 up top (A1/D1). D2 in middle is the slide defender and works on communication and sliding. Once defender forces attacker to one side we slide aggressively onto double team. Attacker has to pass to coach and cannot pass to middle – allows defense to actually lock in double. Attacker must handle the pressure of double team. Once coach receives the pass he/she can make the pass to the open attacker as defenders work to recover.

**Equipment Needed:** Goal, balls, 2 teams

**Skills Emphasized:** Defensive double teams and communication. Offensive composure.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Communication on defense, locking in on double team and taking a good angle on slide. Composure on offense to execute under pressure.

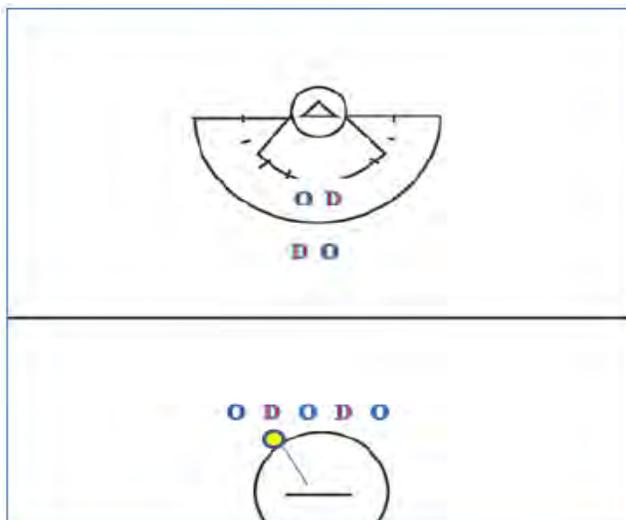
**Description of Drill:**

1. Set Up: 3v2 set up high (inside or just outside the center circle), 2 marked pairs low (1 just above the 12m, 1 just above the 8m) – can always adjust the starting alignment.
2. Coach standing in the middle of center circle throws a 50/50 ball toward the 3v2 high.
  - a. If D gets it, they clear it right back to the 50
  - b. If O gets it, they push it down the field for a 5v4
3. Drill is played out until O scores, or D makes a stop and is able to clear the ball out.

**Skills Emphasized:**

1. Offensively: Creating high percentage shot from front side of cage quickly
  - a. High players
    - i. Eliminating defenders high up the field
    - ii. Covering different levels/widths of the field
    - iii. Being a threat to cage
  - b. Lower players
    - i. Thinking ahead of the play and decision making
      1. whether to be an outlet wide or to pinch and be scoring threat
    - ii. Staying in front of the cage and making defenders make hard decisions.slides
    - iii. Putting yourself in a position to catch & shoot (using right & left)
    - iv. Fast and crisp ball movement
2. Defensively:
  - a. High defenders
    - i. Slowing the ball down in transition
    - ii. Ball side press, and weak side recover
  - b. Lower defenders
    - i. Anticipate the next pass
    - ii. Land body
    - iii. FINISH THE PLAY

**Diagram of Drill:**



**Description of Drill:** Full field continuous 1v1, with transitional pressure stickwork

**Equipment Needed:** Cones

**Skills Emphasized:**

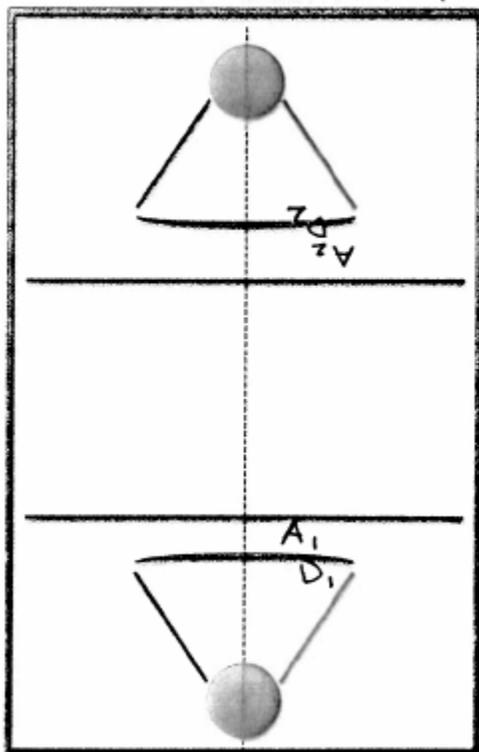
Offensively:

1. Up-cutting to the ball/timing
2. Change of direction after reception/pivot
3. Dodging when tired
4. Shot selection when tired
5. Trail checking used in re-defend

Defensively:

1. Positioning on up-cuts (can have them goal side or ball side)
2. 1v1 defensive positioning once the attacker receives
3. Ability to hit the "reset button" after a shot is taken or goal is scored
4. Transitional stickwork-using the correct hand, using speed, awareness of where opponent is behind them

**Diagram of Drill:**



**Running the Drill:**

1. A1 receives an outlet pass from X1 and 1v1s to cage against D1.
2. On the shot/goal/save, D1 is breaking out to receive an outlet pass from X1. A1 is on her back trying to back-check.
3. D1 continues to run and does a give-and-go with X2 (A1 still on her back)
4. D1 continues to carry and passes to A2 who is upcutting with D2 on her back.
5. A2 receives and 1v1s to cage. (A1 and D1 are now done)
6. On the shot/goal/save D2 breaks out to receive an outlet from X3 (A2 on her back), then proceeds to give and go with X2.
7. A new attacker and defender are waiting on the other end and the drill runs continuously.
8. Once the team understands the flow, you can have it running on both halves of the field.

X spots. = passing Lines

**Description of Drill:**

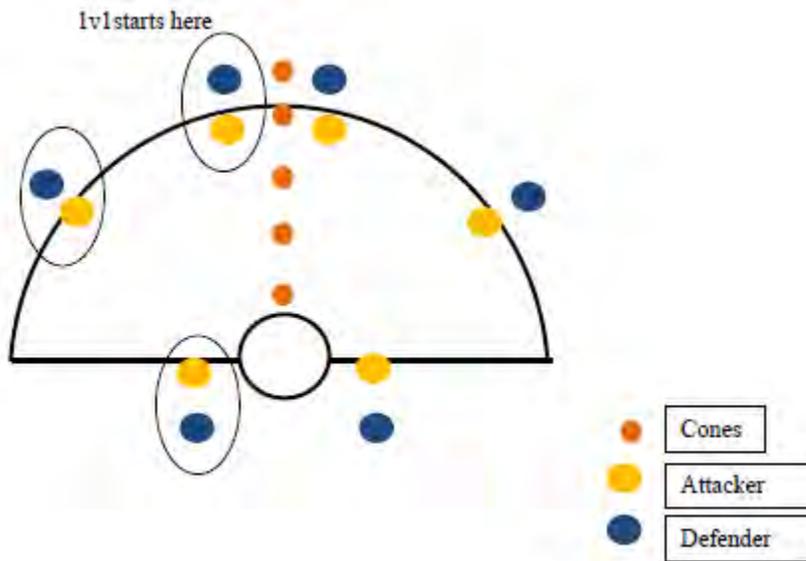
1. Attackers and defenders setup in 6 lines (3 on half of the 8 meter, 3 on the other)
2. Set up a line of cones down the middle of the 8 meter
3. 1v1 starts from the top middle – players may not cross over to the other half of the 8 meter
4. After the 1v1 goes, that attacker returns to the top of the 8 meter to get another ball and then it is a 2v2 (with the attacker next to ball)
5. After that play ends the second attacker returns to the outside of the 8 meter for another ball and then you play out the 3v3.
6. After the right side of the 8 meter goes, the left side begins immediately after with the 1v1, then 2v2, etc.

**Equipment Needed:** Balls, Cones, 8M

**Skills Emphasized:**

1. Attack: Quick passes, cuts, shots, working together in a tight space to get open
2. Defense: Communication, quick double teams, ground balls inside the 8 meter

**Diagram of Drill:**



**Coaching Points of Emphasis:**

1. Attack: Look to eliminate the defender quickly in a small space and get the quick shot off. If not there, look for the quick pass, draw and dump, give and go, etc.
2. Defense: Lots of communication. Need to have good body positioning (forcing them out) look to jump the double team, get aggressive on ground balls.

**Description of Drill:**

- 1 attacker starts with a ball on the left side of the field (close to sideline, below restraining line), 2 defenders play the 1v2;
- Immediately after a shot or turnover, the 2 defenders run to the top of the restraining line where 3 attackers are ready to play the 3v2; play out the 3v2 until a shot or turnover
- the 2 defenders run to the right side of the field where they meet the final group with 2 attackers and play out of the 2v2 until a shot or turnover
- New D comes in once they have completed the 1v2, 3v2 and 2v2

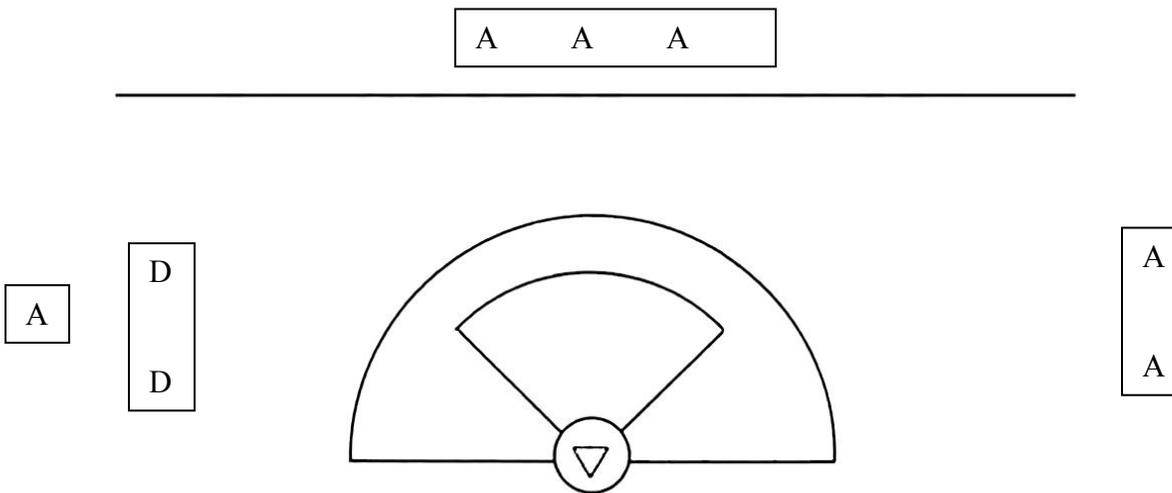
**Equipment Needed:**

- 6 attackers and 2 defenders; balls at each of the 3 attack lines

**Skills Emphasized:**

- 1v2, 2v2 and 3v2....defense to work on double teaming/sliding, but most importantly communication
- Attack to work on quick ball movement and handling pressure in double team situations

**Diagram of Drill:**



**Coaching Points of Emphasis:**

- Defense: communication is KEY. Force attackers into double situations; must adjust quickly to man up, man down situations
- Attack: move the ball quickly spread the defense; do not make it easy for them to double/or play two.



**Institution: University of Oregon**  
**Coach: Jen May Derby**  
**Name of Drill: HOLLAND DRILL**

**Description of Drill:**

Divide into 3 equal teams. Each team should order themselves from OLDEST to YOUNGEST and memorize their own teams order. Players don't have sticks or goggles, just mouth guards. Mark off an area of play (ex. Inside of the restraining line). All players are inside the box and coach throws in a ball. Players fight for possession of the ball. The team who comes up with possession must pass the ball between players on their team from OLDEST to YOUNGEST. Players can roll the ball to each other or throw the ball to each other. Teams who do not come up with possession are playing defense on the team with possession. The team who successfully gets all of their players to touch the ball in order from OLDEST to YOUNGEST wins.

Rules: There really are no rules except you must stay inside the box. Players can push, shove, tackle, triple-team, face guard, anything goes.

Variations: you can add in a 2<sup>nd</sup> ball so that there are 2 balls circulating at once, you can change the order (YOUNGEST to OLDEST, numerically by roster #, etc.) in which the ball must be passed, you can eliminate the order and go for most passes in 5-minute period, you can have players use sticks

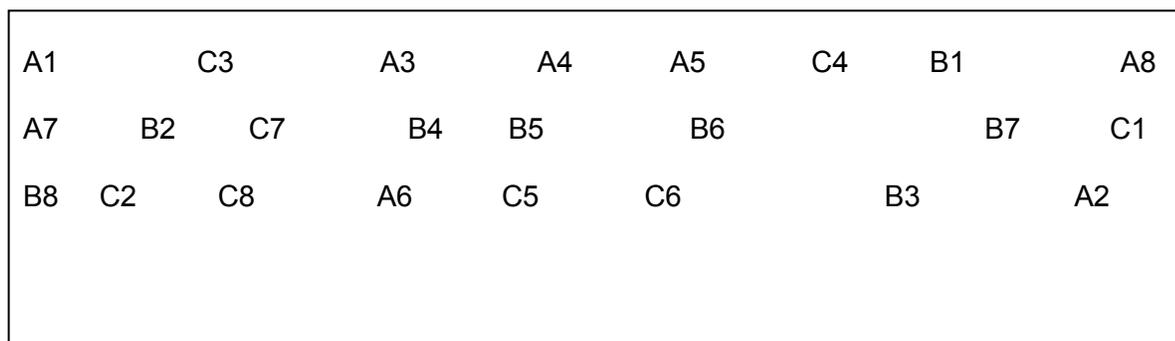
**Equipment Needed:**

1 or 2 balls  
 Mouth guards

**Skills Emphasized:**

TOUGHNESS, team work, communication  
 Double teams, quick ball movement

**Diagram of Drill:**



**Coaching Points of Emphasis:** Playing physical, double teams, quick ball movement



**Institution: The College at Brockport**  
**Coach: Stephen Wagner**  
**Name of Drill: 15,15,8**

**Description of Drill:** Split your team into two competitive groups. The purpose of the drill is to cover special situations quickly in practice in a competition setting. There are three phases of the competition, draw control, ground balls inside the 8 and free position shots. Each point in the first two phases represents an earned free position.

- 1) 15 Draw controls. The two teams draw against each other and the first team to cross their attacking 30 gets a point. (each point is one free position opportunity)
- 2) 15 ground balls inside the 8. 4v4 inside the 8, it can either start as a groundball or a deflected shot from the goalie. To get a point the team must get the ground ball clean, a foul results in a point for the other team. (each point represents a free position opportunity)
- 3) Free position shots. Each team now gets free position opportunities based on their point total. Like a shootout in Hockey each team must rotate through its players on both offense and defense. I like to start on the outside hash with just one defender and rotate through the rest of the hashes in order. Each hash I change where the defense is so the attackers have to think about the space available to them.

**Equipment Needed:** Balls, Pinnies, draw circle, 8 meter and an abacus if struggle keeping track of points like me.

**Skills Emphasized:** A competitive way to teach your team the importance of extra opportunities.

**Diagram of Drill:**

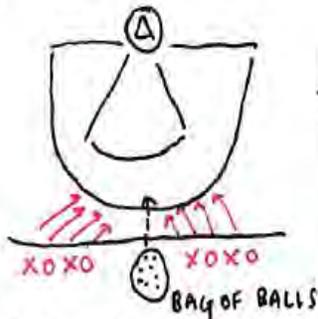
**Description of Drill:** High intensity/short set ground ball movement that creates unsettled situations in front of the goal. Each rep consists of two ground balls.

**Equipment Needed:** 1 goal, bag of balls, 2 teams of at least 4 players

**Skills Emphasized:** Ground ball pickup, communication, matching up defensively in front of the net, recognizing when to push the fast break or pull out in an unsettled situation.

**Diagram of Drill:**

A SET UP : BALL #1



**NOTE:**  
 -THERE IS NO  
 BREAK BETWEEN  
 BALL #1 AND  
 BALL #2

SET UP: BALL #2



1. Have two groups of 4 line up at the restraining line to begin the drill
2. Throw a ground ball anywhere in front of the groups
3. Whoever picks up the ball becomes offense
4. On a save, goal, or defensive clear the whistle blows and another ground ball is thrown into play
5. The players fight for the ground ball, and whoever picks it up is on offense
6. After a goal, save, or defensive clear the drill is done and the next group is up

**Coaching Points of Emphasis:**

Coach can change up the ground ball to work on different things:

- Give a player a fast break to have her finish under pressure
- Change where the second ground ball is put into play:
  - o This can be behind the net for more attack, directly to a player, or to space



Institution: Notre Dame of Maryland University  
 Coach: Melissa Falen  
 Name of Drill: Scramble

**Description of Drill:**

- two to four (or more) lines behind the goal line extended...players in pinnies for 2 teams
- goalie or coach rolls ball anywhere in fan
- players from designated lines fight for ball
- team gaining possession immediately looks to go to goal and shoot; team w/o possession plays defense

Variations:

- lines can be designated by team for even up situations or for man-up/down
- lines can be added and/or moved around 12
- time limit can be placed from possession to shot
- coach or goalie can call out which lines can pursue ball at toss

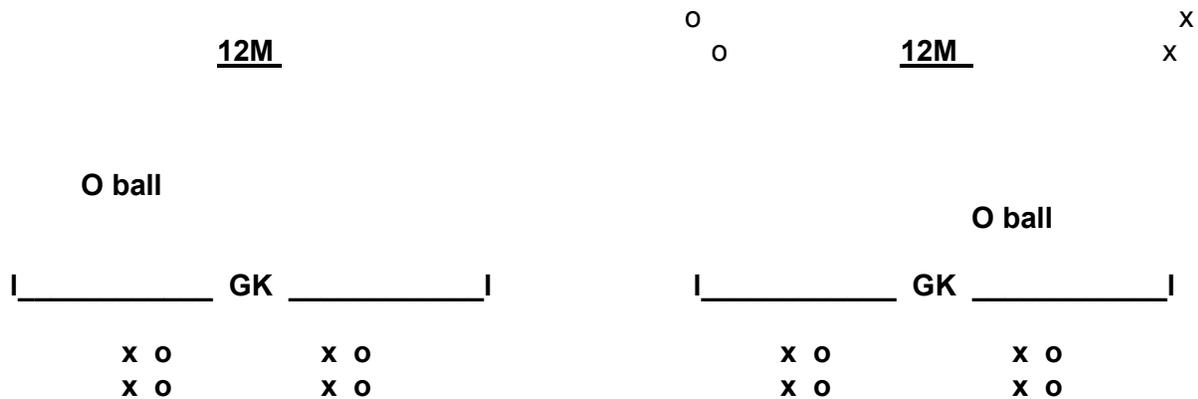
**Equipment Needed:**

Goal, balls, pinnies

**Skills Emphasized:**

Obtaining possession of 50/50 balls, 2 v 1, 2 v 2 (and up) to goal, ground ball pick-ups

**Diagrams of Drill:**



**Points of Emphasis:**

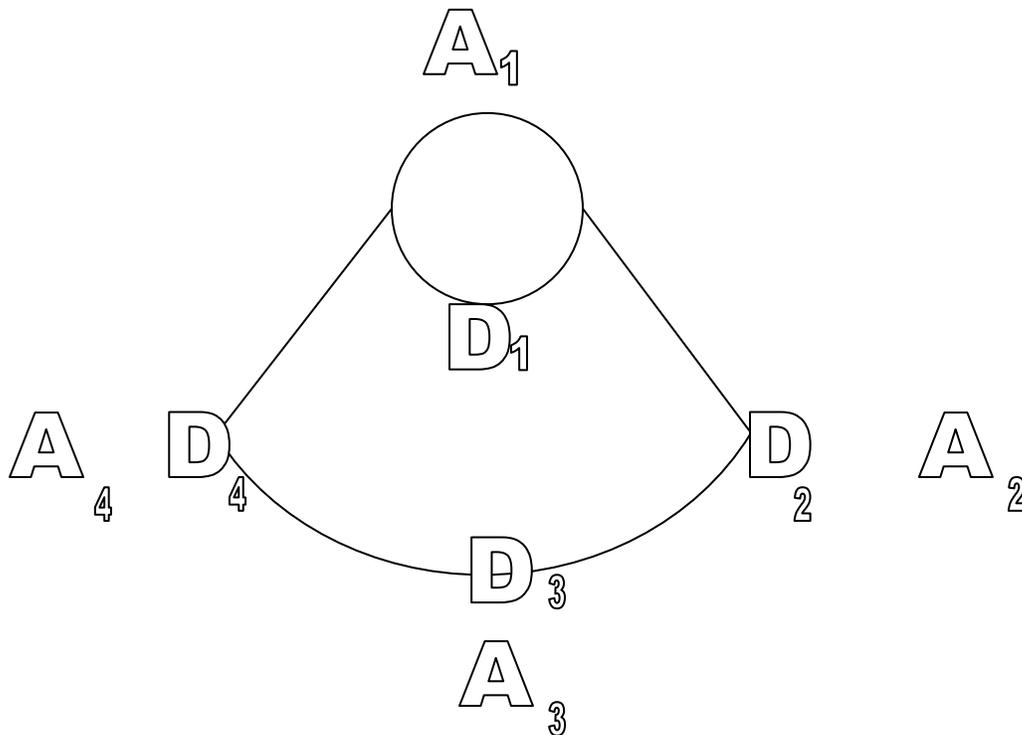
Quick transition to goal on offense and finding "marks" quickly on defense, communication, finding open player in man-up or man-down situations; boxing out when appropriate when going for possession, goalie with stick down while ball is on the ground, "seeing" option to "flick" ball at goal

**Description of Drill:** There will be 4 attackers and 4 defenders. Each attacker will have a ball. The first ball will start behind cage with A1 and D1 for a 1v1 around the crease. Once the ball is no longer in play from a goal, shot, out of bounds or a caused turnover a new ball immediately starts with an attacker coming from the elbow then becoming a 2v2. Once attack no longer has possession another ball is started from the top of the 8m and then becomes a 3v3. The last ball will come from the other elbow which builds up to a 4v4. The original pair (A1 and D1) will stay in for the entire build up to a 4v4.

**Equipment Needed:** Balls, goal, and 8m

**Skills Emphasized:** Offense looking to challenge the 1v1 or create a 2v1 situation. Defense recognize the new point of attack and look for double teams. Both offense and defensive communication.

**Diagram of Drill:**



**Coaching Points of Emphasis:** This drill gets both attack and defense to have to think quickly and work on communicating especially as the numbers build up.

**Description of Drill:**

Set up 7 attackers around the 12 meter arc or higher, make sure the attackers are balanced around. Each attacker has a defender on the 8 meter arc. There is 1 attacker in the middle of the 8 meter without a defender. The attackers then pass the ball around and eventually feed the ball into the middle attacker. The defenders crash on the shooter getting their feet to the attacker with their sticks up and make contact with the attacker. The attacker tries to get a shot off if possible.

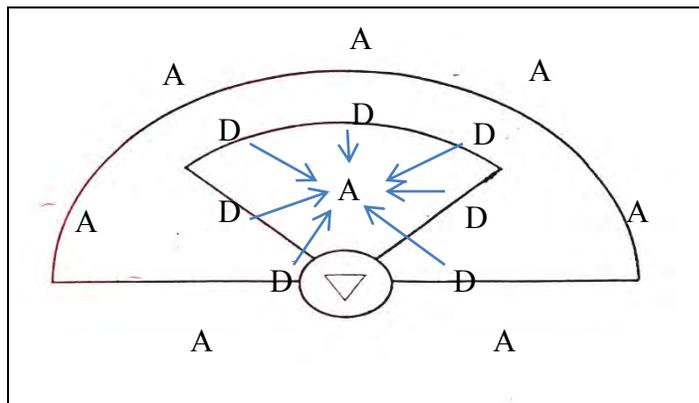
**Equipment Needed:**

8 and 12 meter arc  
Goal  
Ball

**Skills Emphasized:**

Defensive Crashing- moving quickly to get to the center and make contact on the attacker.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Make sure each player opposite ball is sagging in as the ball moves around the attackers. Be sure each defender gets into good defensive position on the shooter while making contact without fouling. Do the defenders communicate with each other?

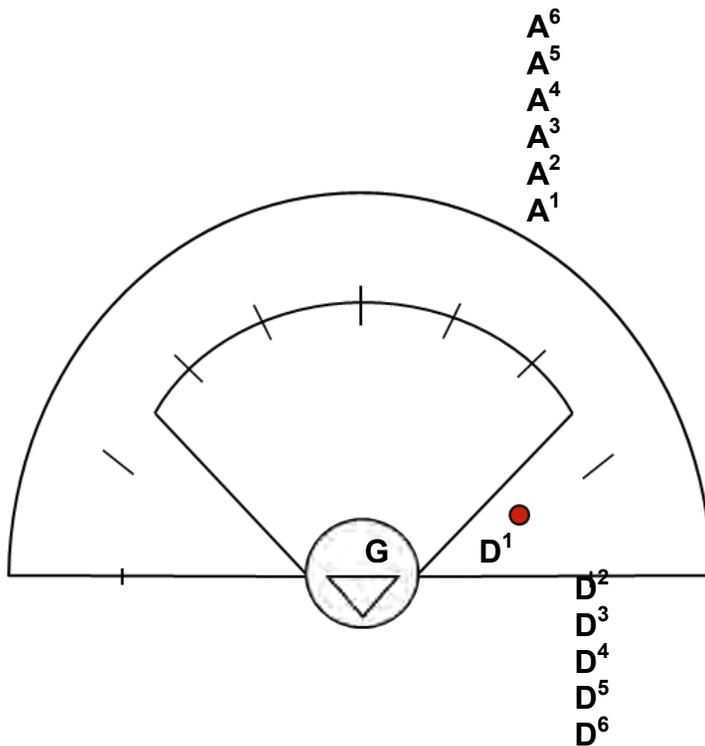
**Description of Drill:** Bogeys is a fast-paced, competitive drill that is applicable for all players, no matter their position. Teamwork is a constant in Bogeys. The idea that a player always has a teammate to help her allows for better chemistry and teamwork to develop. Enthusiasm and energy are encouraged to make this drill as successful as possible!

**Equipment Needed:** 8 meter and lacrosse balls; 14 players or more and a goalie

**Skills Emphasized:** 1v1 Defense/Offense, Dodging, Shooting, Man-Up/Man-Down Play, Clearing, Riding, Small-sided Play, High Intensity/Short Sets

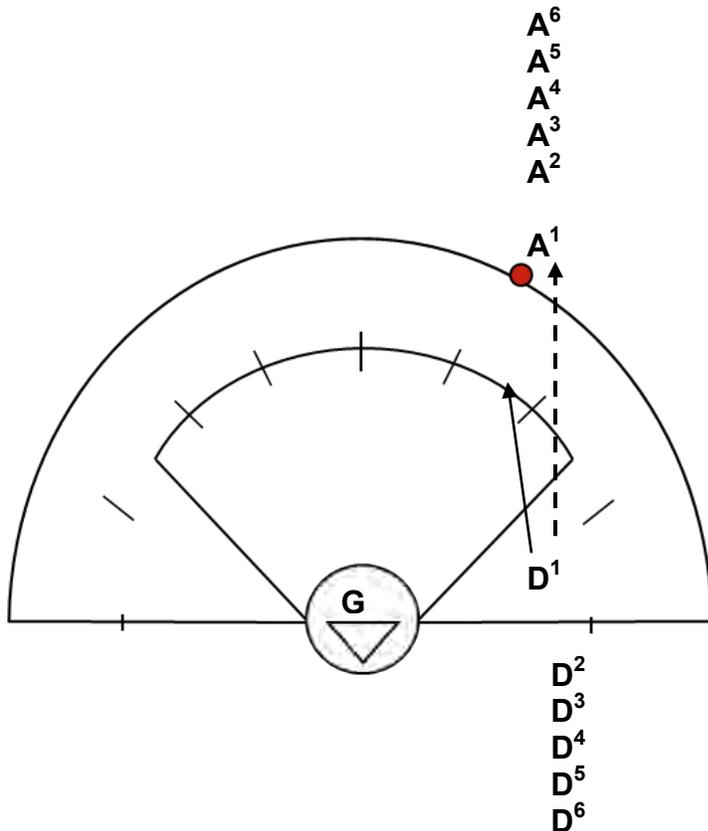
**Diagram of Drill:**

Bogeys is set up with a line of attackers on the right side of the 8M, beyond the 12M, and a line of defenders opposite the attackers behind goal line extended. The first defender in line has a ball and the rest of the balls can be put behind the crease. Midfielders can split up evenly between the two groups. Players behind must always pay close attention as the ball can quickly be shot or passed behind.



To Begin - - Pass from defender to first attacker in line

The drill begins with the first defender in line, D<sup>1</sup>. She passes the ball to the first attacker in line, A<sup>1</sup>. Immediately, D<sup>1</sup> approaches ball and A<sup>1</sup> looks to drive to cage creating a 1v1. If A<sup>1</sup> can beat D<sup>1</sup>, she can look to score off of her dodge to cage. If A<sup>1</sup> is immediately stopped or cannot get a quality shot off, she has the option to pass back to A<sup>2</sup> as her outlet.



Next Step - - Utilizing the outlet, building to a 2v2, 3v3...7v7

If A<sup>1</sup> decides to pass to A<sup>2</sup>, who is able to move from the line to get in to a good passing lane, then another defender comes in to create a 2v2. Play continues. Each time the attackers pass to a new outlet in line, another defender comes in until one of three things happens: (i) the attackers score. (ii) the defensive unit makes a stop or save and successfully clears the ball beyond the 12M. (iii) seven attackers and seven defenders have entered the drill, and at that point play will continue until the attackers have scored or the defense has completed a successful clear.

Keys to the Drill:

- Are the attackers challenging hard to goal even though they have the option to pass?
- Are the defenders playing solid 1v1 defense and forcing the attacker wide?
- As additional attackers enter the drill, are they communicating and getting into good passing lanes?
- As additional defenders enter the drill, are they communicating, finding ball and a girl?
- Are players finishing the drill? Riding hard, clearing hard, playing to the whistle?

**Coaching Points of Emphasis:** Encourage players to still go hard and try to score; all the while remembering they do have an outlet or help coming in. Players can take risks, both offensively and defensively, but it must remain game like. In a game, a player would not be challenging 1v1 for more than 5 seconds before additional players entered the picture! **Inside the Drill** - - The coach should be looking to develop players that are competitive, smart, and are quick at making decisions under pressure. A -goal- should be set before the drill starts (i.e. first team to 10), and consequences or rewards can be administered at the coaches discretion.



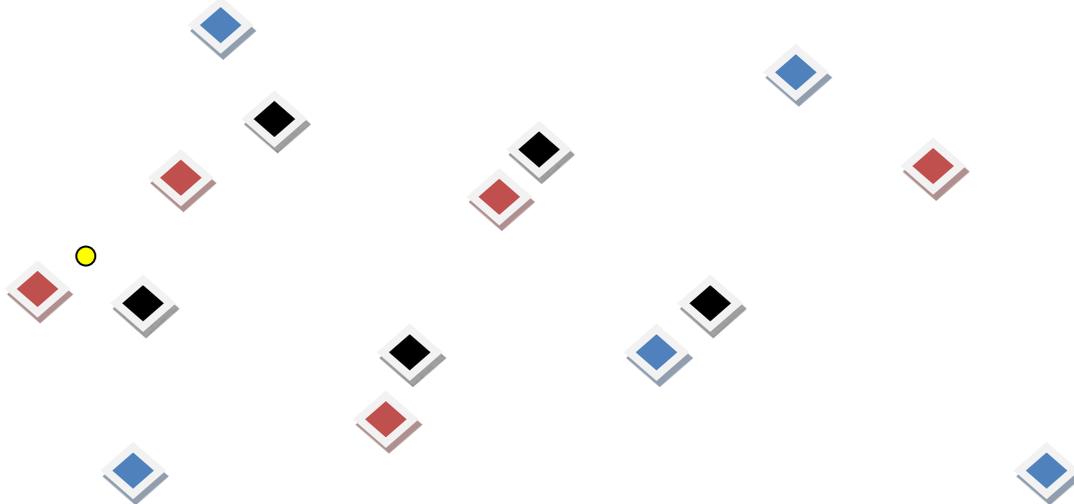
Institution: U Maine Farmington  
Coach: Molly Wilkie  
Name of Drill: 3 team possession

**Description of Drill:** Separate team into 3 smaller teams (best to not have more than 5 or 6 on a team, so you could have several groups of this). There are always 2 teams keeping possession of the ball with 1 team on defense. The 2 teams with the ball are working to maintain possession with good hard passes, no easy turnovers etc.. If the ball is dropped or turned over, the team who gave up possession immediately becomes the defensive team and the defensive team now joins in as 1 of the 2 teams in possession of the ball.

**Equipment Needed:** At least 2 colors of pinnies

**Skills Emphasized:** Possession, finding the open player(should always be open players), quick transition from defense to offense/offense to defense.

**Diagram of Drill:** Blue and Red are in possession of the ball, black is on defense. If someone on the red team turns the ball over/drops it, then only the red team becomes D, and black would join blue in possession



**Coaching Points of Emphasis:** Protect ball, eyes up, defensive teamwork to create turnovers



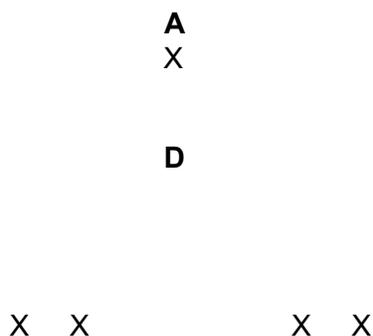
**Institution:** Keuka College  
**Coach:** Kelly Lickert-Orr  
**Name of Drill:** Triangle Trap

**Description of Drill:** The offensive player starts at the top center cone, while the defender starts in the middle of the triangle. At the start of whistle, the offensive player will look to catch the defender off guard and try to get through the cones at the bottoms of the triangle. If the defender stops them, they must return to the top cone and try again. I typically run it for 30-45 seconds before switching.

**Equipment Needed:** Offensive & Defensive player, mini sticks (cut extra shafts in half, or flip sticks upside down so they can't check) and 5 cones set up in a triangle setting, two of the 5 cones will be used to make a path for the offensive player to run through.

**Skills Emphasized:** Offensive player looking to make a quick decision and use cuts, defensive player working on playing the body and not going for a check.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Defense playing good body position, getting in front of the offensive player and forcing them to return to the start. Offensive player is looking to protect their stick and make cuts to get through the openings.



**Institution: Misericordia University**  
**Coach: Chrissy Trescavage & Megan Corrigan**  
**Name of Drill: Bucket Drill**

**Description of Drill:**

Team defense. Place ball bucket in center of 8M. 5-7 players on Attack and Defense, spread around 12M. Implement any specific team defensive rules. Attack's objective is to drive to bucket, and Defense's objective is to double team and slide to prevent Attack from reaching bucket. Defensive focus is on communication and slides.

**Equipment Needed:**

1 Ball, and bucket or ball bag.

**Skills Emphasized:**

Defensive Communication, Defensive Footwork, Defensive Theory

**Diagram of Drill:**

Not needed

**Coaching Points of Emphasis:**

Breaking down defensive slides and double teams. Focus on defensive communication, identifying who has ball, who has help, and where the slides are coming from. Defense keeping sticks up and making strong on ball defensive contact.

**Description of Drill:**

In a 7v7 set-up, the coach will throw in a ball to any attacking player (in any of the 7 spots) The Defensive player on that initial throw-in must run past the ball carrier and touch a cone. The attacking players are all live from the moment the ball is thrown in; thus forcing a slide from the defense.

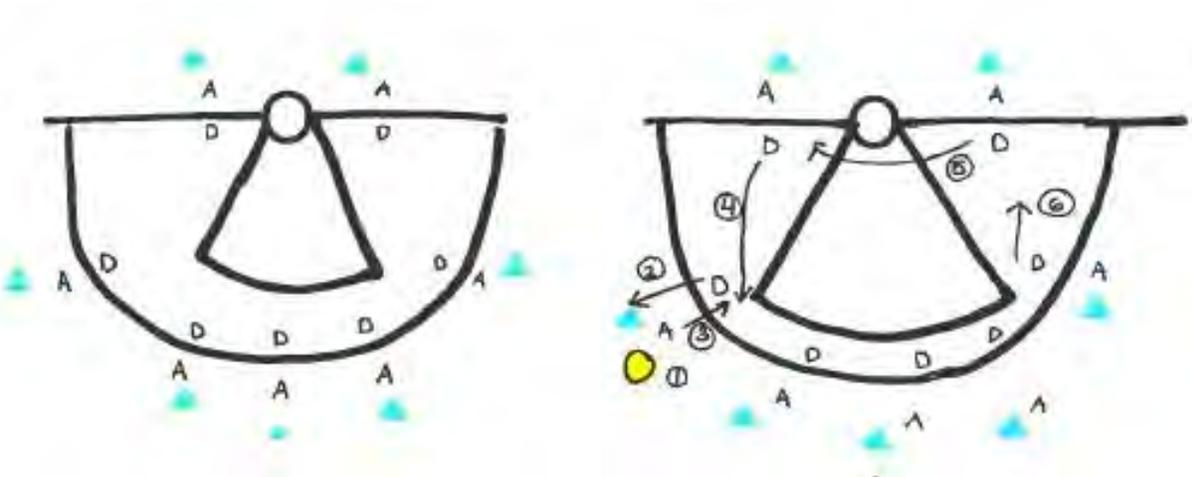
**Equipment Needed:** Ball, 7 cones

**Skills Emphasized:** Sliding. Communication

**Diagram of Drill:**

Cones Placed at 7 spots.

Ball is thrown in and the defender on ball goes out to touch the cone. Initiating the defensive slides.



**Coaching Points of Emphasis:**

You can make the drill more complex by making both ball and strong side tough cones. You can also start man down; which would cause the defense to always shift.



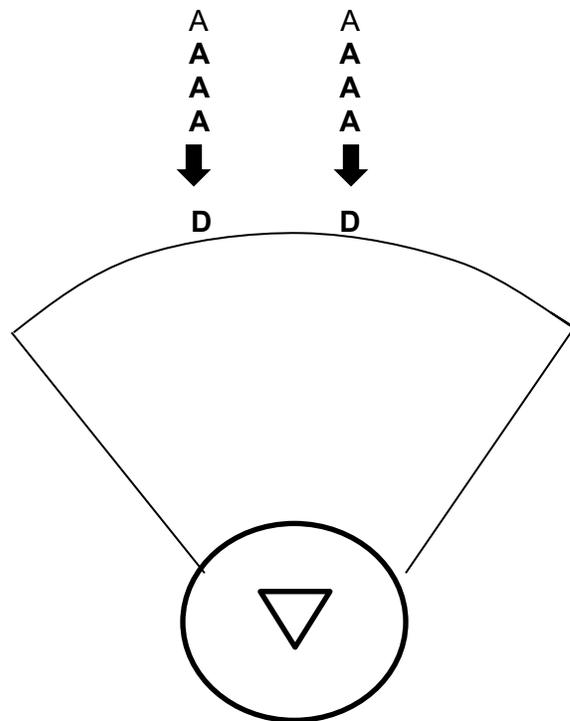
Institution: University of New Hampshire  
Coach: Eileen Finn  
Name of Drill: 2v2 Must Stop

**Description of Drill:** 2 lines of attackers up top above the 12, each pair with a ball. 2 defenders step out. Attackers go on the coach's whistle. If attack scores, coach blows the whistle, the defense stays in and another pair attacks. Defenders stay in until they make a stop **and** complete a clear to the 30. On a wide shot, if the attack backs it up, defense stays and a new attacking pair comes in. If the defense backs up the wide shot, they must finish the clear from a restart on the endline.

**Equipment Needed:** Balls, goal

**Skills Emphasized:** Mental toughness, communication, 1v1 defense, help defense

**Diagram of Drill:**



**Coaching Points of Emphasis:** Maintain high speed and quick reps. Focus is on moving on to the next thing quickly, executing when you're tired, and finishing the play strong. Don't be tempted to bail players out...the point is for players to learn how to maintain toughness and composure when they are exhausted. Attackers may start to feel bad and not go immediately on the whistle—be sure to push the pace.



**Institution: Colorado Mesa University**  
**Coach: Abby Simpson**  
**Name of Drill: 4 Spot**

**Description of Drill:** Two lines on the restraining line and two lines on the goal line extended, both of which are attackers and midfielders. The fifth line starts next to the cage and is comprised of defenders and midfielders. Each of the four attack lines will be given a number 1-4. The coach calls out two numbers (any two numbers) and the first person in each of those two lines will be playing offense against one defender. The first number called will be the girl who starts with the ball. This starts as a 2v1. After a while the drill moves on to a 3v2. The coach calls out 3 numbers (with the first number called beginning with the ball) and like before those numbers are offense and now are playing against 2 defenders. This continues for 4v3 and eventually it becomes 4v4.

**Equipment Needed:** Balls at each offensive line, cage

**Skills Emphasized:** Communication, man up situations, man down situations,

**Diagram of Drill:**

**Coaching Points of Emphasis:** Make sure the defense is talking, and properly sliding since they are in a man down situation. Attack needs to make sure that they are spreading out and keeping their heads to find that open girl and get a quick shot off since they are in a man up situation.

**Description of Drill:**

This drill begins as a basic 4 v 4 drill (with a GK), and as it progresses, becomes a player up/player down drill. How many players to add for offense or defense will be at the coach's discretion, so you can emphasize what you specifically need to improve. Once the whistle blows to start the 4 v 4 drill, the coach can add an extra defender or an extra attacker from the lines at the restraining line. The offense wins the possession if they score and the defense wins if they can clear the ball to the restraining line.

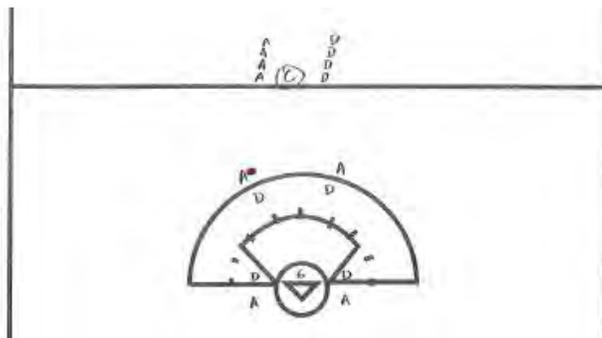
**Equipment Needed:**

Goal cage, balls, cones to mark Offense and Defense lines, pinneys to distinguish offense and defense.

**Skills Emphasized:**

COMMUNICATION and AWARENESS. If players do not recognize whether they are even, player up, or player down, they will lose the possession. For the attackers, finding the open player is critical when they are up; when they are down, they need to focus on moving the ball quickly before the double arrives and maintaining poise to keep possession of the ball. Defenders must communicate so they can pressure and double the ball when they are player up and so they can slide to the most dangerous player when they are down.

**Diagram of Drill:**



**Coaching Points of Emphasis:**

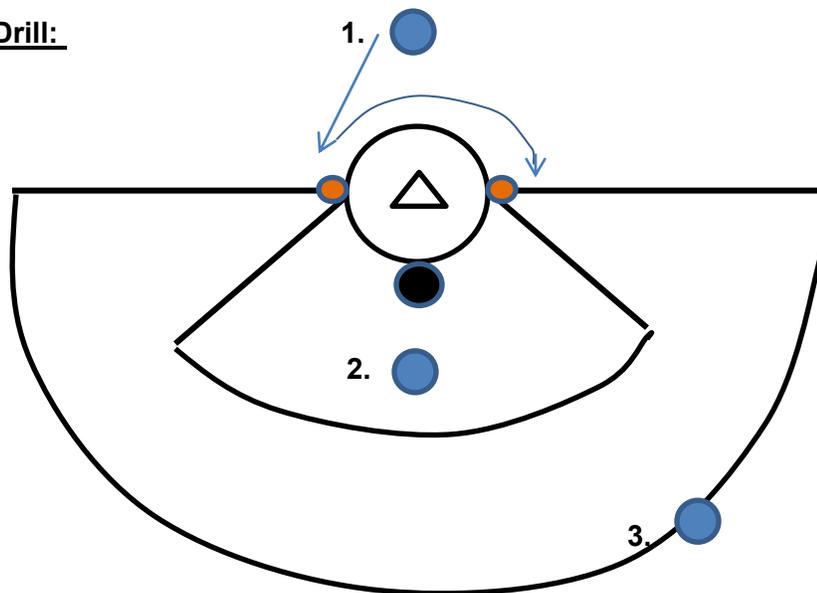
Depending on how long the possession lasts, the coach could add additional attackers or defenders to change which team is up a player or make the advantage even greater. You can also decide whether or not to allow the players waiting in line to help their teammates in the drill to recognize and communicate the situation. Coaches can also add stipulations to each possession: Offense – must drive to goal and penetrate the 8m before they can make a pass; Defense – must double team every time the ball carrier enters the 8m fan.

**Description of Drill:** Coaches or attackers in 3 spots (blue circles) ball starts behind. Defender (black circle) starts on top of crease. 1. Attacker challenges to one side, defender tries to beat them to the cone, attacker challenges to other side, d tries to beat them to the cone (attack can change direction mid challenge to make it more difficult for defense). 2. After crease challenges attacker passes to middle player, defense says "ball in" and "crash!" and makes good contact with girl with ball. Middle player passes ball to top attacker and defender checks out of the 8 (practice avoiding three seconds). 3. When 3<sup>rd</sup> attacker gets ball she looks middle and looks to challenge, defender crashes again on an angle with stick first trying to avoid shooting space.

**Equipment Needed:** Cones

**Skills Emphasized:** Defense is working on beating attackers to the spot around the crease, getting out of 3 seconds, and staying out of shooting space while trying to meet ball.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Fast footwork and beating your opponent to space, good posture, keeping body out of shooting space when approaching on the wing, talking and crashing when ball is fed in.



**Institution: St. Lawrence University**  
**Coach: Jodi Canfield**  
**Name of Drill: Navy Drill 3v3**

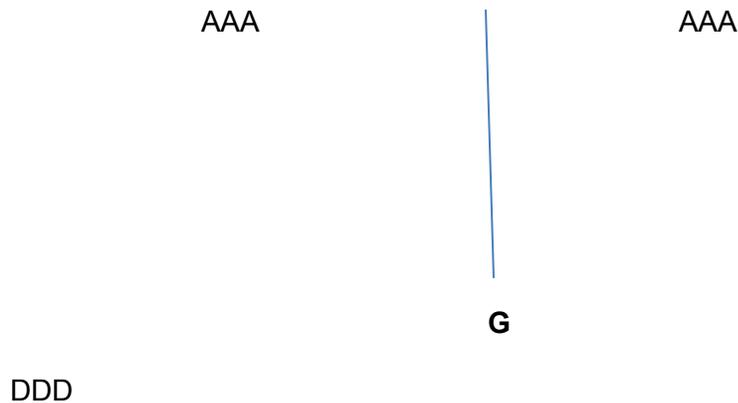
**Description of Drill:** This is a 3v3 high intensity drill. The 8 meter is divided in half. Place cones from the center hash to the goal. There is a single line of defense players behind the goal and to the side. Send the defense out 3 at a time. There are two lines of attack players one in each half at the top of the 12 m. (make sure you have at least 3 players in each line). One side of the attack sends three players in going to goal hard. The ball can be with any of the players. They get a shot off and score or are stopped. They cannot cross over the midline of the arc. IMMEDIATELY after they get a shot off, the other side sends their 3 players in. The defense has to cross the midline and stop this next set of three. The drill is done after the two sets of attack have gone. Send out another 3 defense players and start again.

This is a fun, high intensity drill. We usually set a goal for how many goals the attack has to achieve. The defense –wins” by not allowing the attack to reach their goal. We also set goals for how many saves the goalies should make. For example, if you run 10 rotations (each having 2 sets of three for a total of 20 shot opportunities), then you could say the attack has to score 10 times...goalies have to make 10 saves, etc.

**Equipment Needed:** cones, balls, 8 m, net

**Skills Emphasized:** Defensively stopping ball. Helping slides. Communication. Offensively, going to goal hard. Offensive 1v1 moves. Small game offensive movement.

**Diagram of Drill:**



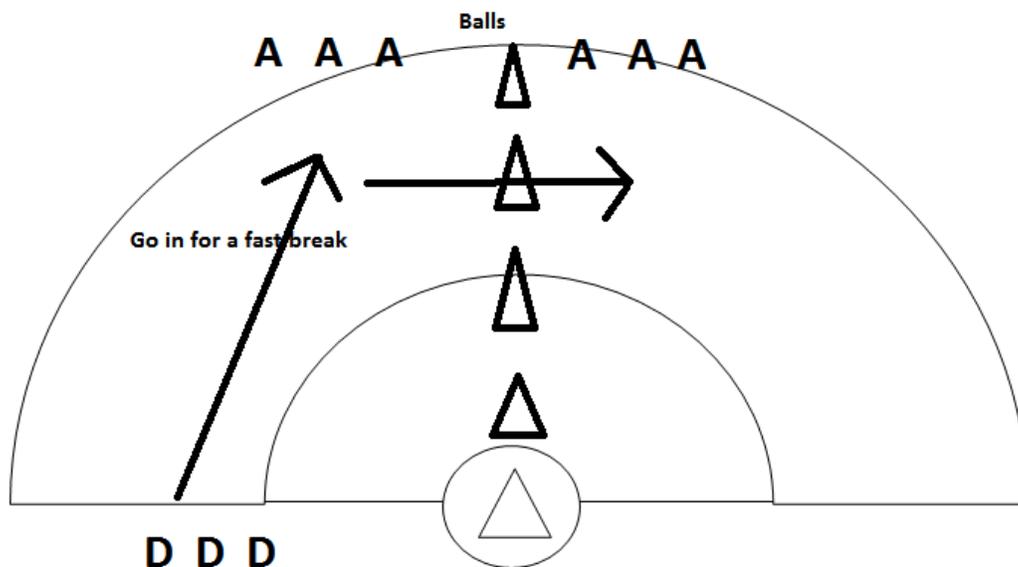
**Coaching Points of Emphasis:** Having the attack go hard to goal. Keep the defense going out to –meet” the attack. Do not let them retreat when the ball is coming at them. Stop the ball high. Offensively, getting a well placed shot off. Offensive spacing and small game movement.

**Description of Drill:** Set up a line down the middle of the 12 meter. Have 3 attack on top of the 12 (on each side of the line). Defenders start on one side below the GLE. It starts with a 3v3 on the left side of the cone. Once the ball is dead due to a shot or turnover the current D quickly hustle to the other side of the cones because there will be 3 new attackers coming in for a fast break.

**Equipment Needed:** Balls, Cones

**Skills Emphasized:** Defensively: slowing/stopping ball early, pushing the attack out of the 8.  
Attack: creating space in a small area, moving the ball quickly

**Diagram of Drill:**



**Coaching Points of Emphasis:** Keep the drill going quickly

**Description of Drill:**

Players work on creating and cutting to space, dodging of a pass, crease rolls, dodging and finishing from both sides of the goal. Looking for speed and reps. Quick drill.

Bucket of balls at lines 1 and 2. Four lines. Rotate clockwise/counter clockwise.

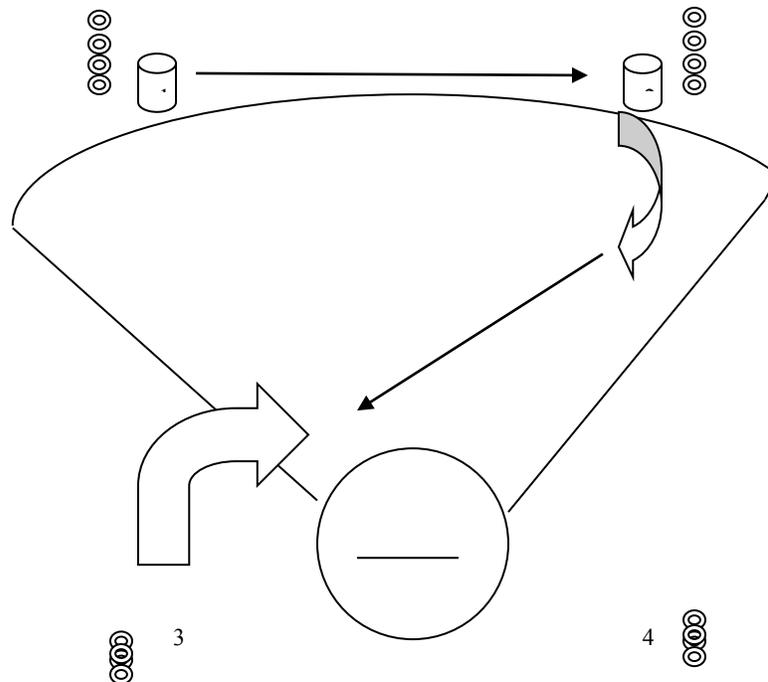
Player from line 1 passes to player at line 2 who dodges off pass and hits cutting player from line 3 who is rolling the crease from behind. Girl from line 3 fakes and finishes.

-Flip it" - player from line 2 passes to player at line 1 who dodges off pass and hits cutting player from line 4 who is rolling the crease from behind. Girl from line 4 fakes and finishes.

**Equipment Needed:** Balls, cones and goal.

**Skills Emphasized:** Spacing, reading, passing, catching, dodging, cutting and finishing.

**Diagram of Drill:**



**Coaching Points of Emphasis:** Once players get the hang of it, it can be a quick, fast drill. Dodger stays wide from finisher, so she is receiving the pass on the backside.



**Institution: Wesley College**  
**Coach: Deb Windett**  
**Name of Drill: Chess**

**Description of Drill:** 7v7 game for half field. Goals at endline and midfield. Teams of 7 are on each sideline. Ball is placed in middle of playing area. Each team can chose to send any number of players out from 1 to 7 on each play. The players sent out will play until a goal is scored. Teams will then huddle again and decide how many players to send out each time, until all 7 choices are made. You may only send a particular number out one time during the game.

**Equipment Needed:** Teams of 7, plus a gk, balls, 2 goals, and pinnies

**Skills Emphasized:** recognizing numbers situations, conditioning

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Competitive game, see if teams are keeping track of numbers the other team have used, to try and get the edge. We call this a thinking game-why we call it chess

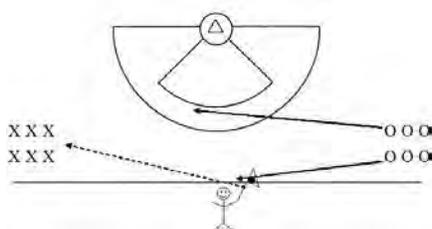
**Description of Drill:** A competitive drill which emphasizes the conversion of the 2v1 and the stopping of the 2v1.

**Equipment Needed:** Balls, coach at the restraining line to put ball into play and keep score. First team to 10 or play for time (6-8 minutes)

**Skills Emphasized:** Non-dominant shooting, faking, recovery defense, communication, loose ball pick-ups

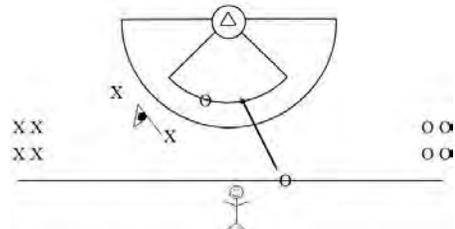
**Diagram of Drill:**

1)



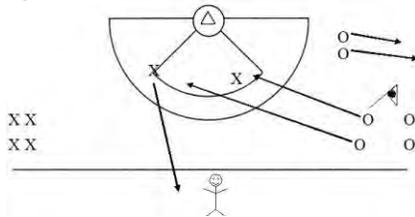
- Coach throws a loose ball to line X'.
- Both X' players enter on attack.
- One player from line O' enters on defense. The other O' runs to the restraining line to become the recovering defender.

2)



- Team X' attacks the net in a 2v1
- Play out as O' recovers on defense
- Once play is over, defenders (O') exit

3)



- If attack scores, coach enters new ball to team O'
- \*\*If goalkeeper saves ball, she clears to line O'
- One X' player recovers to restraining line to become recovering defender while her teammate remains as defense
- Team O' attacks...drill repeats

**Coaching Points of Emphasis:** Encourage your GK to stay alert and clear the ball to the non-shooting team on any save. Encourage the recovering defender to identify passing lane and get body and stick in position. Communication - especially about recovering defender! Encourage attack to convert 2v1 opportunity quickly.



**Institution: Albright College**  
**Coach: Xeni Barakos**  
**Name of Drill: 4 corner defense**

**Description of Drill:**

Set up four cones in a box have 1 girl stand at each cone. Inside the circle have one defensive and one offensive player in the middle. The outside girls have their sticks and 1 ball, the outside girls pass around the ball and the defensive player works on moving/adjusting to good defensive positioning as ball is passed around. Middle girls do NOT have a ball they are just working on footwork and cutting. Sub in girls in 30 second intervals

**Equipment Needed:** Stick and ball, 4 cones

**Skills Emphasized:** defensive positioning, cutting and passing

**Diagram of Drill:**



**Coaching Points of Emphasis:**

Make sure defensive player is getting low and seeing ball and girl  
Offensive player is working to get open, setting strong cuts to ball  
Outside box players use outside hands for catching and passing



Institution: Bowdoin College  
Coach: Liz Grote  
Name of Drill: Gladiator

**Description of Drill:** Teaching team defensive concepts. 5v5 without sticks with a bucket in the middle of the 8 meter area. Each defender has a designated area they are assigned to at the start of the drill, as the drill progresses this can change. We have the attack work in stages in order to let the defense progress one step at a time. In all of the below stages the attackers should look to challenge to the bucket to score – test the defense constantly!!

- 1- attack passes ball around and looks to drive to the bucket
- 2- attack can pass and exchange
- 3- attack can pass and cut through

Defense is looking to stop drive in stage one, double team if a drive happens, slide when players are allowed to cut through etc...

**Equipment Needed:** Bucket, nerf ball, tennis ball, or easily thrown ball

### Skills Emphasized:

#### Team defense-

- **communication** - got ball' help right, help left' double' got your back' go' etc.- whatever lingo your team uses. Use a progression for team talking as well. You can designate one person to talk for everyone, build to two and three people that can speak. This emphasizes the importance of communication. Be sure players are SPECIFIC with language- SALLY Ball', Sally double' etc. This is a great time to work on the language your team will use and react best to.

- **footwork** - getting pressure out to ball quickly, dropping in quickly while still seeing ball and player after ball is passed, closing double teams and stick them, slides when needed, taking cutters through. D

-**Protect the middle of the 8**- this is where everyone wants to shoot from so learn to keep them out!

This game gets VERY competitive during practice; I highly recommend that players wear mouth guards. Goggles can get in the way, I don't recommend wearing them. Attackers will start diving for the bucket!

### Diagram of Drill:

