

Winter Break Offensive Progression

Weekly Focus:

Week 1 – Stickwork → Footwork

Week 2 – Shooting → Shot Placement → Shooting around an obstacle

Week 3 – Dodging → Dodging → Dodging → Stick protection

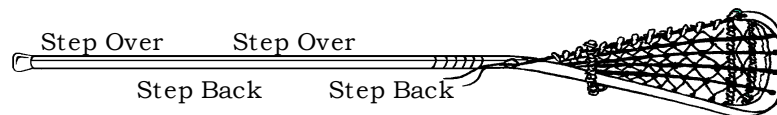
Week 4 – Stickwork → Shooting → Dodging

Week #1

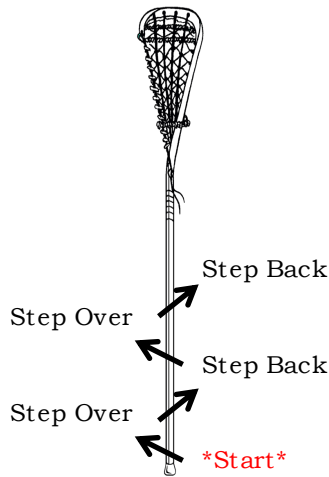
Stickwork and footwork – follow the stickwork progressions in the packet from Rhodes. Below are additional stickwork and footwork workouts to challenge yourself!

Exercises with an extra lacrosse stick – footwork while passing:

- Put an extra lacrosse stick horizontally in front of you:
 - Step 2 feet over, 2 feet back while passing
 - 20 passes right, 20 passes left – quick stick
 - 10 passes right – catch off-stick, 10 passes left – catch off-stick



- Put the stick vertically next to you:
 - Step 2 feet over, 2 feet back while passing
 - 15 passes right, 15 passes left



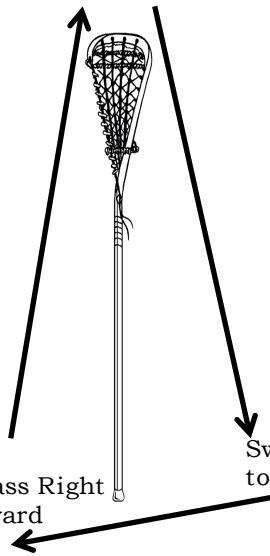
➤ Keep the stick around:

- Start at that is on the your right side, you will have your stick in your right hand. Pass the ball, run up to the head of the stick, catch the ball and protect your stick, drop step around the head and along the shaft, switch hands and shuffle to the start. Keep doing this until you are comfortable, then switch hands and direction.

vertical and shuffle

the butt of the stick ground - it will be on

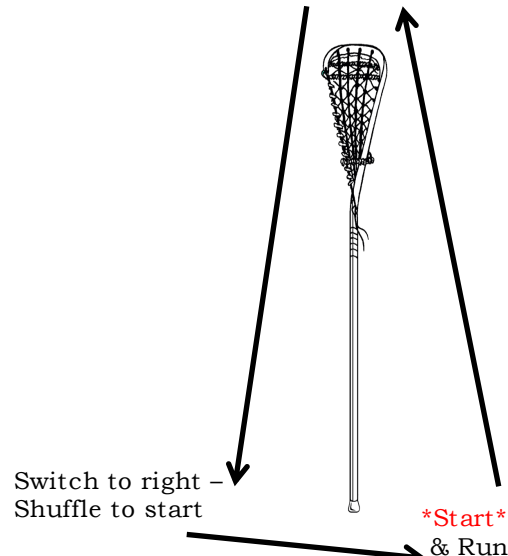
Catch right - Drop step



Start - Pass Right & Run forward

Switch to left - Shuffle to start

Catch left - Drop step



Switch to right - Shuffle to start

Start - Pass left & Run forward

➤ Put the stick horizontal to you and shuffle while passing:

- Start at the butt of the stick, your stick should be facing the stick head on the ground so you can work on leading passes/catches. Pass and begin shuffling over the top of your stick. Once you get to the head of the stick, drop step and switch hands, begin passing and catching while shuffling back to the start.
- Work to get 40 passes starting with your right hand, switch the stick direction, 40 passes starting with your left hand.

Start

Pass Right → Catch → Pass → Catch → Pass → Catch → Pass → Catch

Drop step - Switch to left



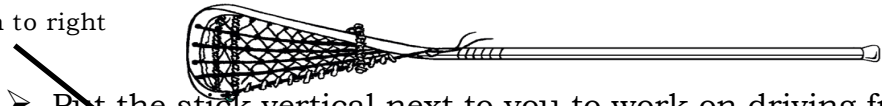
Catch ← Pass ← Catch ← Pass ← Catch ← Pass ← Catch ← Pass



Catch ← Pass ← Catch ← Pass ← Catch ← Pass ← Catch ← Pass ← Catch ← Pass Left

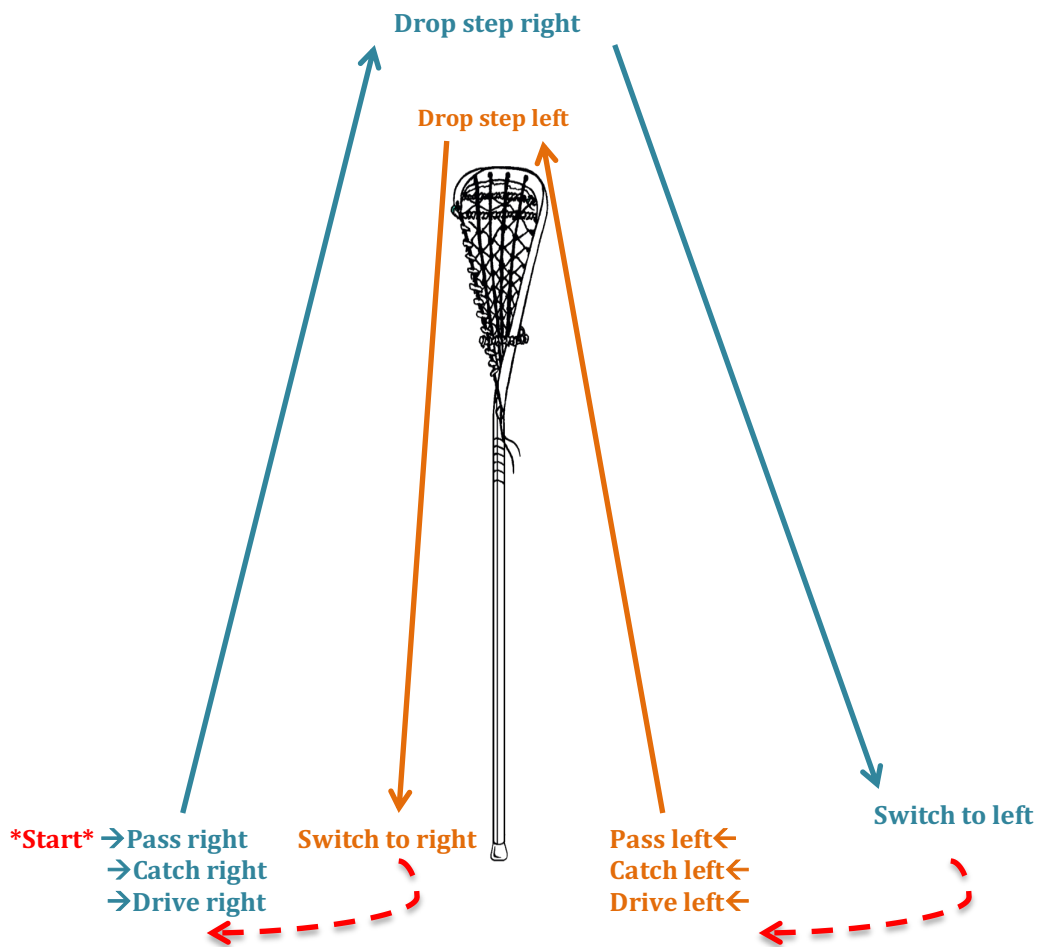
Start

Drop step - Switch to right



➤ Put the stick vertical next to you to work on driving from the catch and drop stepping

- Start with the stick on your right side and your stick in your right hand. Pass the ball, catch and immediately drive forward, break down your feet and drop step back. Switch to your left and begin the same steps left handed - pass, catch, drive, drop step, switch back to right...
- 20 drives right, 20 drives left



Exercises with an extra lacrosse stick – hand-eye coordination:

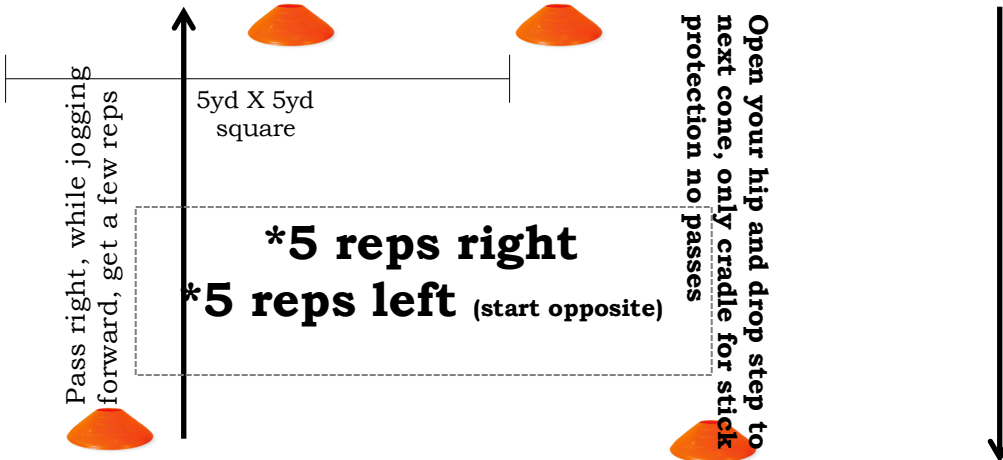
- Use 2 lacrosse sticks, one in each hand and one ball to warm up
 - Keep your hands higher on your stick so you can catch and release the ball quickly. Speed is important!

- Pass the ball back and forth 20 times – 10 touches left, 10 right
- Then use this combination: pass right, catch right, pass right, catch left, pass left, catch left, pass left, catch right....
- Add another ball, one in each stick **Try to eliminate any lag between passes, keep the ball hot!
 - Start low with flip passes one at a time, keep yourself in an athletic stance – flip right, catch right, flip left, catch left...20 reps each hand
 - Move to eye level passes – 20 passes each hand, keep a quick pace
 - Finish with high passes 3-4 feet above your head – 20 passes each hand
- Go back to one ball, 2 sticks
 - Turn so your side is facing the wall. Inside hand closest to wall catches a pass behind and outside hand catches a lead pass in front. Keep the pace quick!
 - 20 passes with right side to wall, 20 passes left side to wall.

Exercises with cones – offensive footwork and stickwork:

Wall

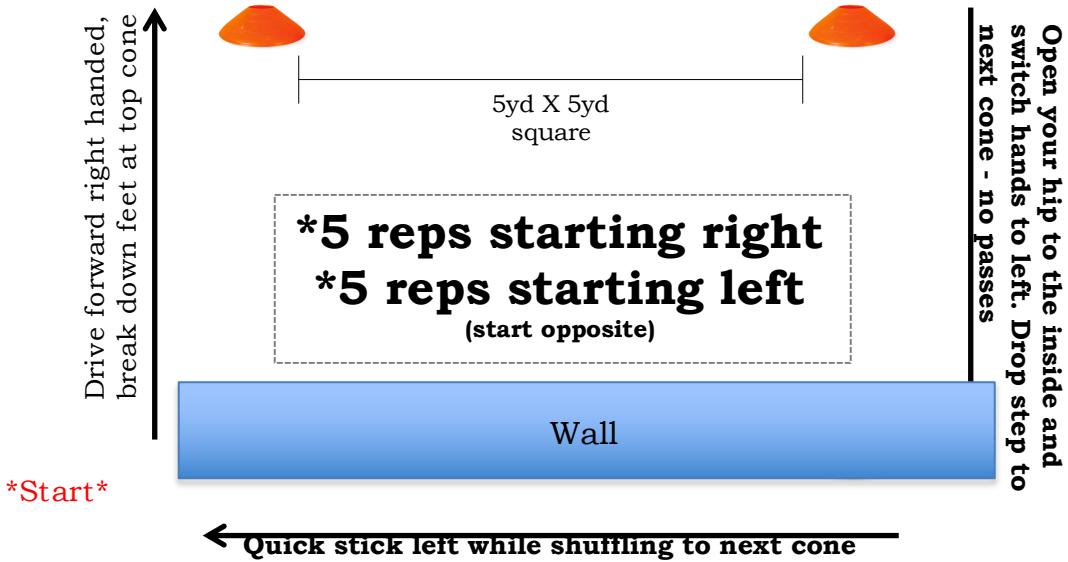
Quick stick right while shuffling to next cone



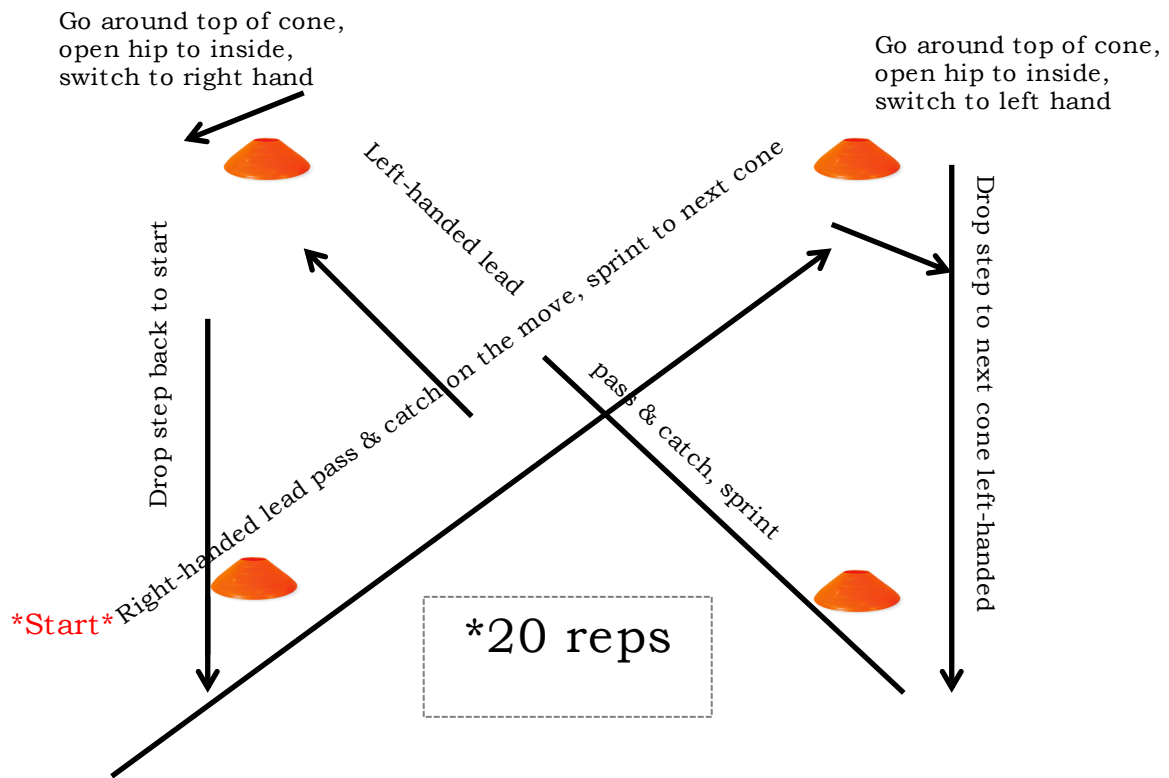
Start

Pass right, catch off-stick while shuffling to start

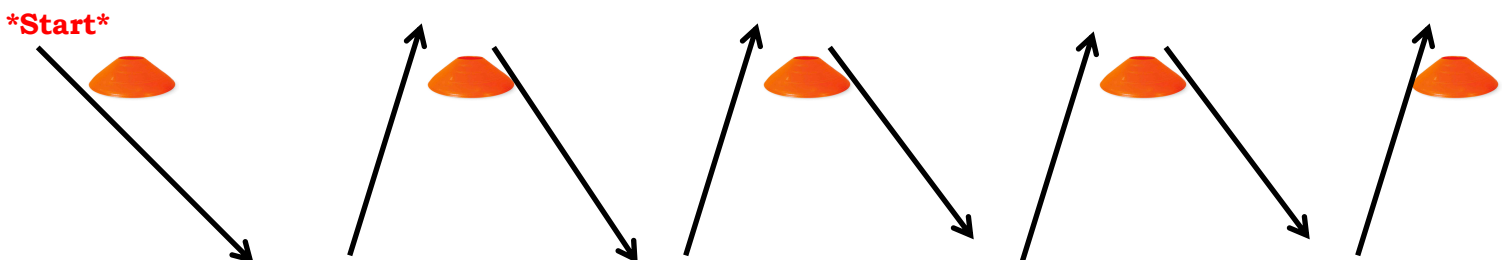
Quick stick right while shuffling to next cone



Quick stick left while shuffling to next cone



- Drive forward ready to feed and drop step around cones
 - Feeding and catching throughout the footwork cones
 - Go through right, go back through left
 - Always go over top and underneath the cones – head up!!
 - 10 times through right, 10 times through left (should get 2-3 passes each time through the cones)
 - If you don't have cones use other objects

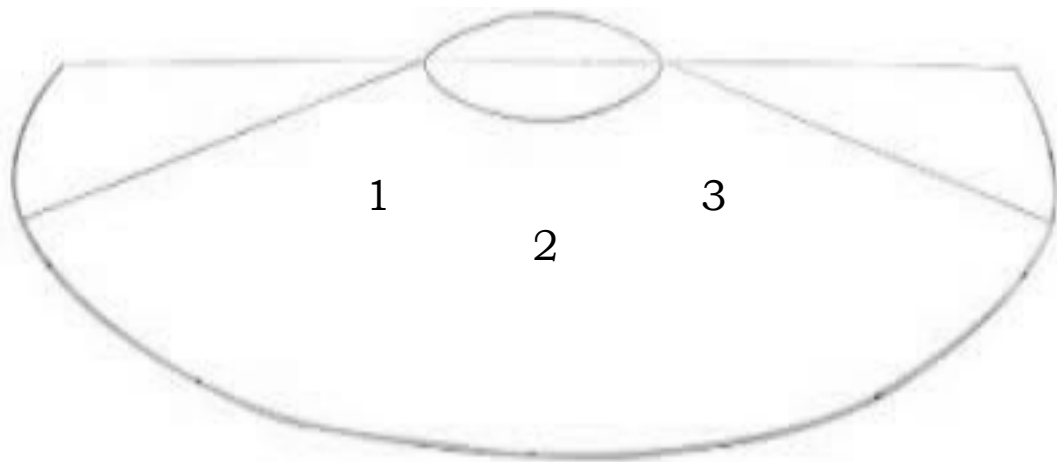


Week

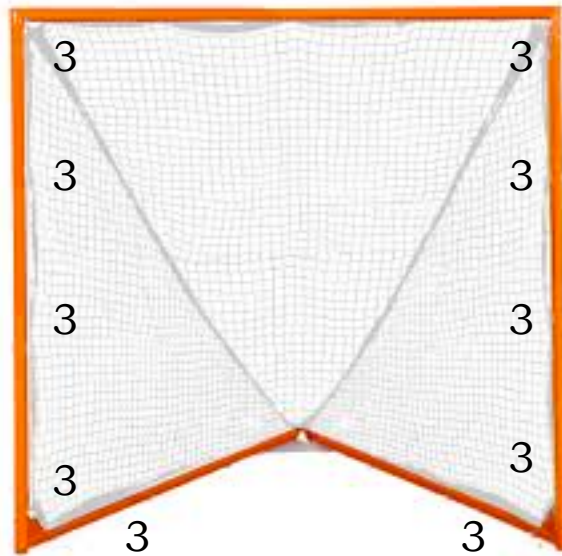
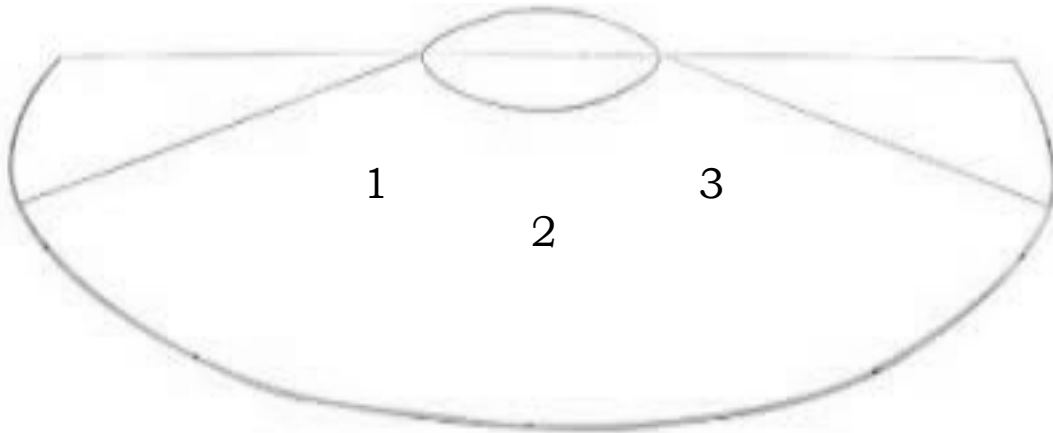
Shooting, shot placement, and shooting around an obstacle – This week you should take hundreds of shots and watch yourself improve! Take risks - use various levels and different release points so when you come back you can shoot from anywhere. If you have a partner to feed to you that is awesome, but one is not needed. You can put a goal next to a wall and the wall can be your feeder. Up to you!

Shooting and shot placement drills:

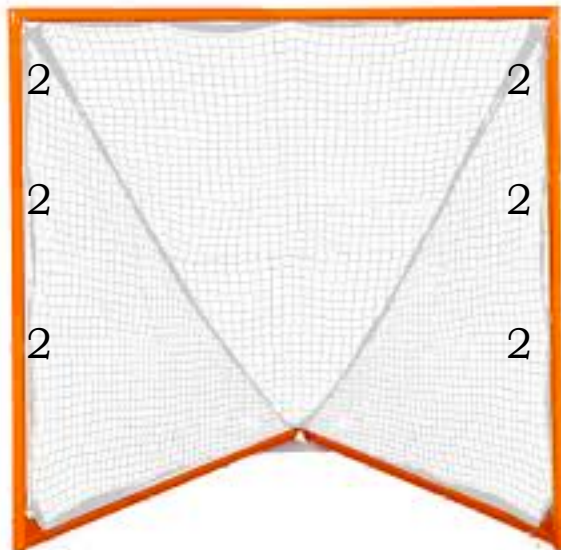
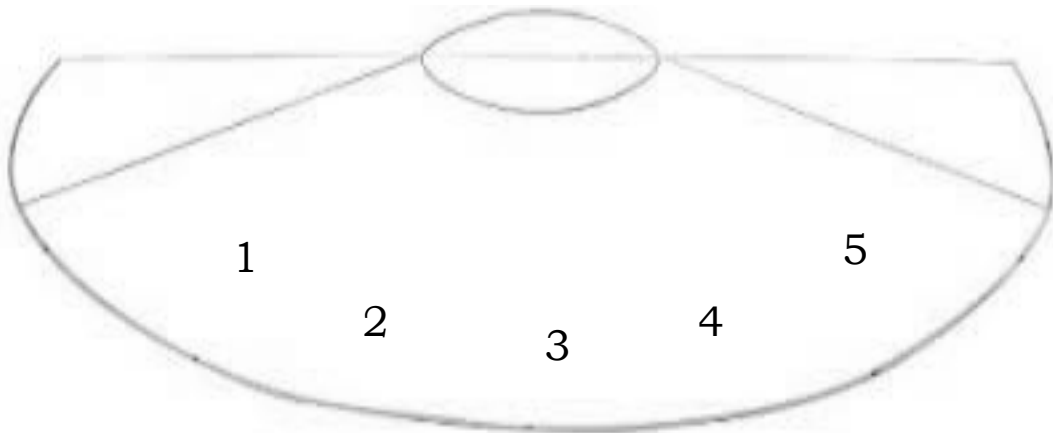
- Top hand accuracy
 - Kneel on one knee (stick in right hand, right knee on ground, left knee up, left hand on left thigh...left hand do opposite)
 - Take 25 shots from 3 places one-handed right hand up, go back through and take 15 shots one-handed left hand up from 3 places.



- 2 hands – 5 adding power to the 5 shot
 - Kneel on one knee (stick in right hand, right knee on ground...left hand do the opposite)
 - Take 30 shots from 3 places right hand up, go back through and take 30 shots left hand up from 3 places
 - Keep your arms big, use your abs and finish your shot across your body (bottom hand to pocket) – follow-through should hit the ground or get close to it

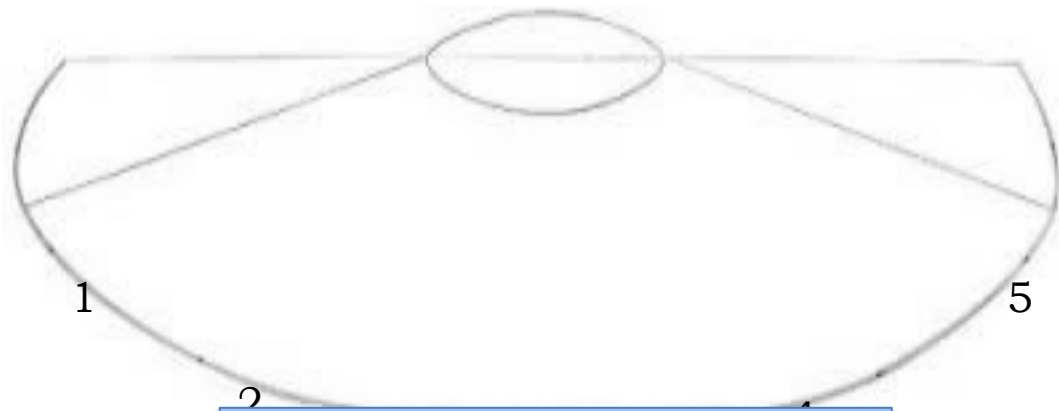


- 2 hands – One step & FINISH
 - Stand this time, work on power shots – keep the same motion you just worked on by finishing across your body with big arms out and away from your body
 - Take 20 shots from 5 places right hand up, go back through and take 20 shots left hand up from 5 places
 - One of the 2 shots in each targeted place around the goal frame needs to be an over the top finish! The other shot can be a side arm or riser



2 2 2 2

- 2 hands – Finishing on the move
 - Keep the same motion you just worked on by finishing across your body with big arms out and away from your body – shoot on the move!
 - You can either: start your cut from a hash mark and receive a feed to finish on the move or you can pick up a ground ball and finish on the move.
 - Take 20 shots from 5 places right hand up, go back through and take 20 shots left hand up from 5 places
 - Finish from all levels and releases! Make sure to master your over the top shot though!



Finish in this general area - away from crease



2

2

2

2

2

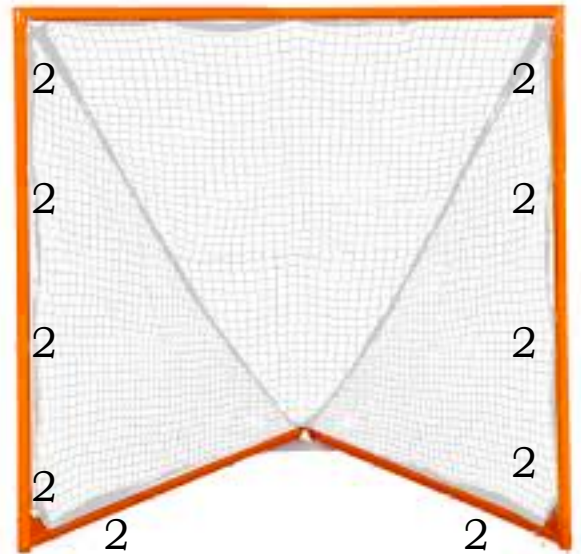
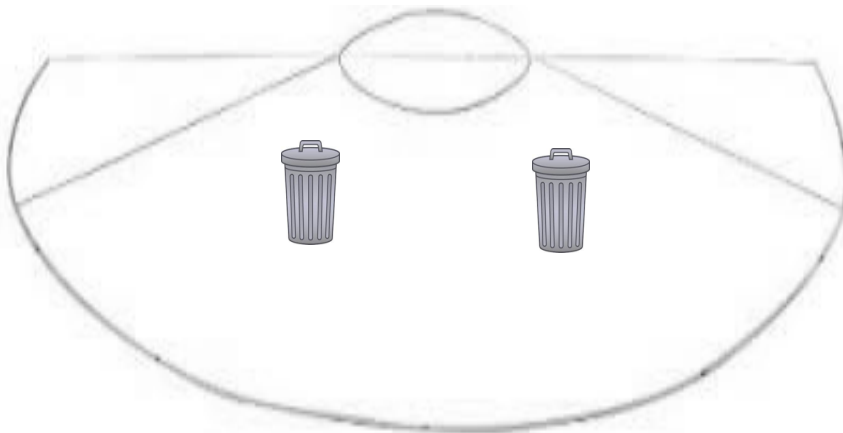
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Shooting around an obstacle: 3 Part Progression²

- Finishing around a trashcan (or human): PART 1
 - Start with a pile of 20 balls – give yourself room to shoot
 - Pick up a ball with your side to the trash can, stick out and away protected with your shoulders, step around with your inside foot and RIP A SHOT!
 - Take 20 shots at each trash can – 20 right, 20 left.
 - Finish from all levels and releases!



- Finishing around a trashcan (or human): PART 2
 - Now begin with a running start up to the trashcan and step around to RIP A SHOT!
 - Take 20 shots at each trash can – 20 right, 20 left.

- Finish from all levels and releases!

- Finishing around a trashcan (or human): PART 3
 - Run at the trashcan as if you were going to shoot down the middle of the 8M, roll around and finish towards the outside quickly! One step around!
 - Take 20 shots at each trash can – 20 right, 20 left.
 - Finish from all levels and releases!

Week #3:

Dodging, dodging, dodging...and stick protection – It is important that anytime you do any of these dodging drills you are asking yourself: *Is my stick exposed? Could I get checked or bobble the ball?* If the answer is “yes” or “maybe” work harder to protect your stick! Also, there is no point in continuing to practice a dodge if that particular dodge exposes you to checks or bobbles – change it up!

Dodges to master:

- Split dodge
 - Start working on these dodges using a men’s style split dodge
 - Try this dodge while taking a box out step – hip protection and shoulder protection
 - Try multiple split dodges in a row to “shake” a defender
 - See if you can do a fake split dodge

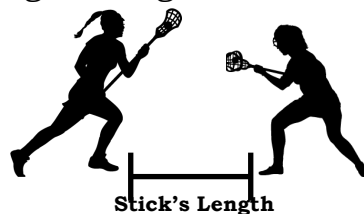
****Always split dodge with your stick head under your chin****
- Roll dodge
 - Bring your stick with you! Don’t leave it behind...
 - If you look down: can you see the ball the whole time?
- Change of speed/direction (without a face dodge)
 - Important to keep your stick protected the entire time – don’t face dodge and expose your stick in front of you
 - Keep bottom arm tight against your abs so a defender doesn’t make you bobble the ball upon contact
 - All about footwork and **SPEEEEEED!!** See a lane and GO!
- “Shake”
 - Have to sell your defender
 - Use your shoulders, head and footwork – keep your hips going in the direction of cage but your shoulders and head are telling the defender you’re going somewhere else

- Stutter step
 - FOOTWORK!
 - Make sure you have plenty of space – if you try to stutter step too close you are most likely going to get a charge call when you run into the defender
 - Practice this dodge carefully – pay attention to where your stick is throughout the approach
- Fake feed/fake pass
 - All about quick hands and sell, sell, sell!
 - Give yourself space so your fake isn't easily checked
 - Go to cage in the opposite direction of your fake 😊
- Tuck underneath
 - Recognize the right time and place – probably on an elbow
 - Use your levels, shoulders and a seal step

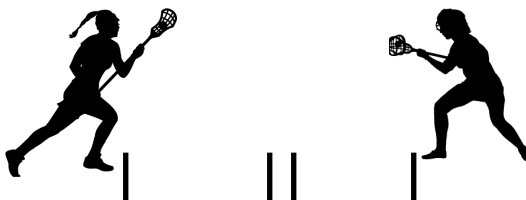
Concepts to remember when dodging:

- Stick protection – if you do expose your stick to a defender, make sure you have enough space so they can't get an easy check. Also, once you beat a defender remember that they are now behind you and you need to bring your stick in front for a tight finish.
- Shoulders – your shoulders are so important when dodging! Not only do they protect your stick from checks, but they can also help you throw fakes in your dodges. Sometimes defenders look up from your hips and watch your shoulders or stick - this will help you fake them out and get to cage! Use them to your advantage and practice protecting your stick in both hands and from all different levels. Also, practice minimizing the time your shoulders are square to a defenders shoulders.
- Space – you need a lot of space to move defender's hips and get to cage. *Defenders want to make contact early so attackers can't make any moves, making it hard for them to see a lane or open up their hips. Pull them out (at or above the 12M) so you have a ton of space to beat them and get to cage.

Space we think we need:



**Space we actually need:

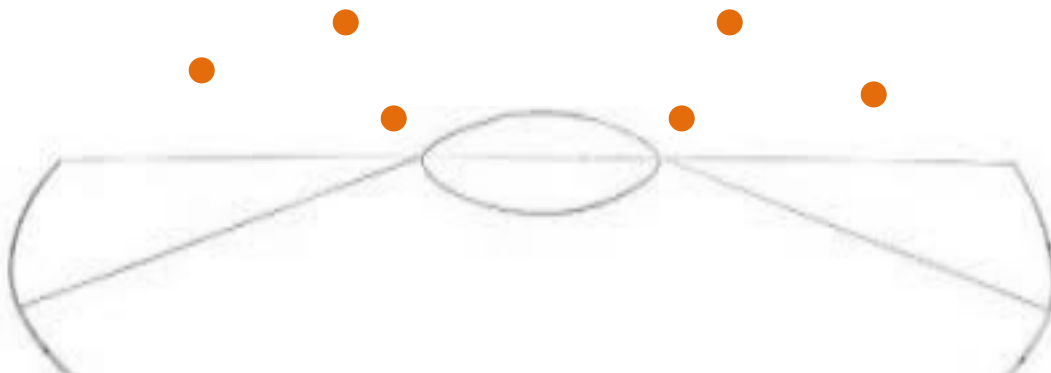


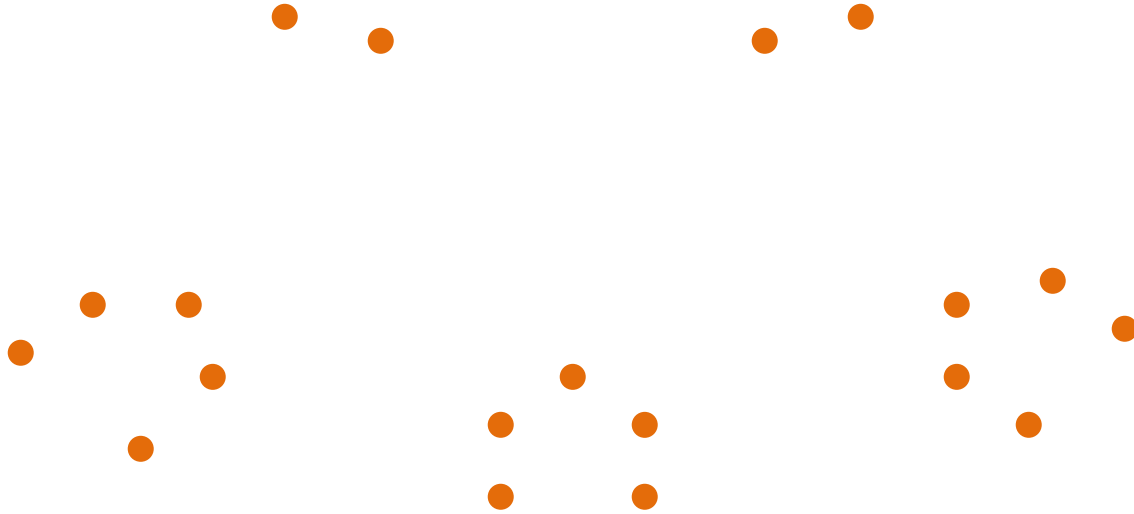
Space to move 'D' Space they are going
to "step up" in

- Shifty – think about dodging from a defenders perspective...*what type of dodger is the hardest to mark?* Answer: Shifty attackers who can change their speed and direction on a dime are very tough to guard. Embody this ideal shifty dodger! Practice changing your direction and boxing out to seal your defender off. Practice different levels and loosen up - bend at your hips and avoid playing vertical and stiff.
- Hips – just like defenders watch our hips, we need to see theirs as well. Their hips will tell you where they want you to go, as well as where you can go (once we make them switch hips or open up). Work hard to make your defender open their hips to the lane you want and you should have them beat!
- Vision – be able to see the play developing in front of you. Many times our dodges will create so much more off ball than on ball. Meaning your dodges will not result in a goal scored by you directly, but can create open cuts across the 8M, they can attract double teams (which means man-up situations), and so much more. However, we need to be able to see these situations develop! See what is in front of you: is my lane open? What type of defender is on me? Is my teammate setting up a cut? Are my hands ready to feed an open cutter? What space do I have to re-dodge? Is there a double coming my way? Is an adjacent open to move the ball? We need to see all of this and recognize what we need to do every time we are dodging!!
- DODGE, REDODGE & DODGE AGAIN ☺
 - **Never settle!**

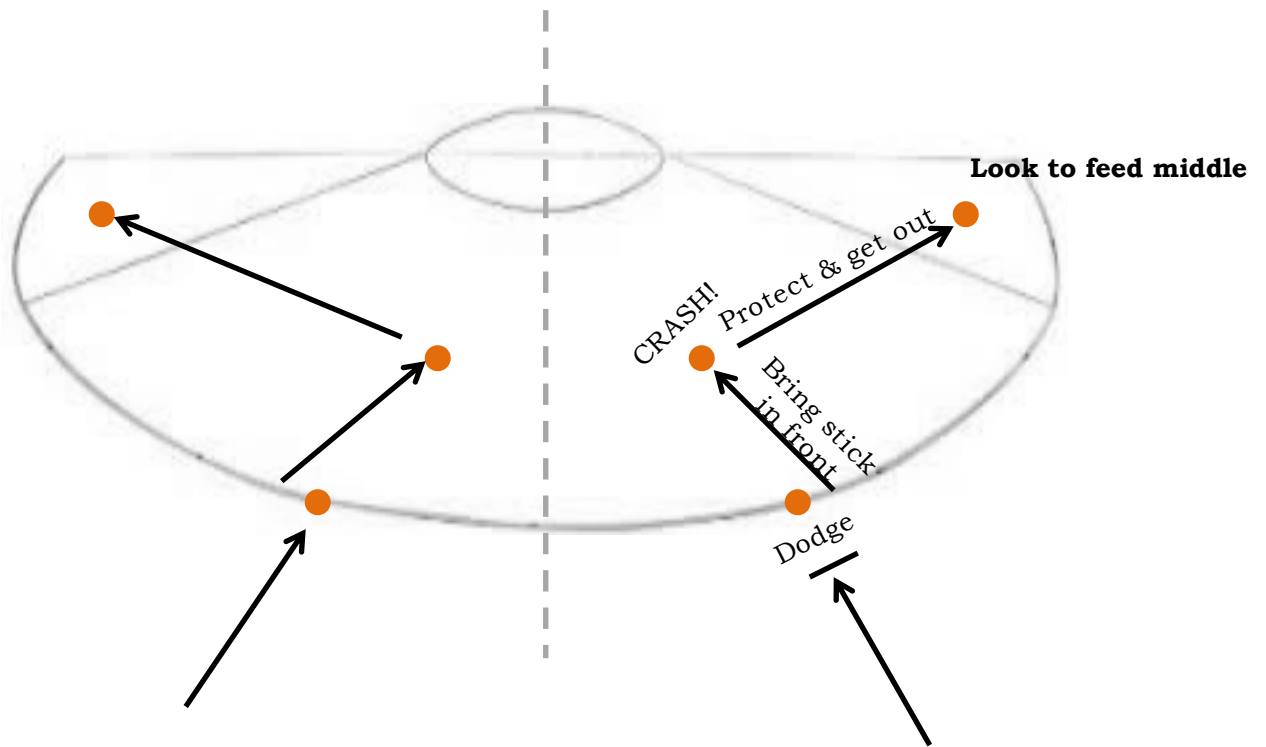
Dodging Drills:

- Star Dodges from 5 points
 - Full speed! 10 reps at each star – change up your dodges and re-dodges.
 - Practice starting from both sides of the star
 - After your last dodge, go to cage and finish hard and smart





- Dodge → Protect → "CRASH" → Curl out to feed
 - Use different dodges when approaching the first cone
 - Practice your levels when drop stepping or curling out after "Crash" comes
 - Get in the habit of looking back to the middle for a feed
 - 15 Reps both sides



Week #4

Reflect on your progress. This week do a combination of the drills that you believe are most important for you to work on before coming back next week. Pick a few stick work exercises, some shooting drills and work on a variety of dodges!

Go through this checklist and whatever is left – start there!

Stickwork & Footwork

- Right hand catching high passes on the move
- Right hand catching regular passes on the move
- Right hand catching off-stick passes on the move
- Right hand catching low passes on the move
- Right hand catching low off-stick passes on the move
- Left hand catching high passes on the move
- Left hand catching regular passes on the move
- Left hand catching off-stick passes on the move
- Left hand catching low passes on the move
- Left hand catching low off-stick passes on the move
- Righty twizzlers
- Lefty twizzlers
- Righty BTB
- Lefty BTB

- ❑ Righty ATW
- ❑ Lefty ATW
- ❑ 2 lax stick, 1 lax ball workout
- ❑ 2 lax stick, 2 lax ball workout
- ❑ Righty drop stepping
- ❑ Lefty drop stepping
- ❑ Zig-zag feeder footwork

Shooting & Shot Placement

- ❑ Right hand - Top hand accuracy
- ❑ Left hand - Top hand accuracy
- ❑ Right handed – One step finish – Power
- ❑ Right handed – One step finish – Accuracy
- ❑ Right handed – On the move – Over the top finishes
- ❑ Right handed – On the move – Side arm
- ❑ Right handed – On the move – “Worm burners”
- ❑ Left handed – One step finish – Power
- ❑ Left handed – One step finish – Accuracy
- ❑ Left handed – On the move – Over the top finishes
- ❑ Left handed – On the move – Side arm
- ❑ Left handed – On the move – “Worm burners”
- ❑ Right handed – Catching and finishing inside the 8M
- ❑ Left handed – Catching and finishing inside the 8M
- ❑ Right handed – Finishing around an obstacle – Over the top
- ❑ Right handed – Finishing around an obstacle – Side arm
- ❑ Right handed – Finishing around an obstacle – “Worm burner”
- ❑ Right handed – Finishing around an obstacle – Roll backs
- ❑ Left handed – Finishing around an obstacle – Over the top
- ❑ Left handed – Finishing around an obstacle – Side arm
- ❑ Left handed – Finishing around an obstacle – “Worm burner”

- ❑ Left handed – Finishing around an obstacle – Roll backs
- ❑ Right handed – In tight finishes
- ❑ Left handed – In tight finishes
- ❑ Right handed – Outside finishes
- ❑ Left handed – Outside finishes

Dodging & Stick Protection

- ❑ Right handed – Split dodges
- ❑ Left handed – Split dodges
- ❑ Right handed – Roll dodges
- ❑ Left handed – Roll dodges
- ❑ Right handed – Change of speed/direction
- ❑ Left handed – Change of speed/direction
- ❑ Right handed – “Shake”
- ❑ Left handed – “Shake”
- ❑ Right handed – Stutter step
- ❑ Left handed – Stutter step
- ❑ Right handed – Fake feed/fake pass
- ❑ Left handed – Fake feed/fake pass
- ❑ Right handed – Tuck under
- ❑ Left handed – Tuck under
- ❑ Right handed – Stick protection
- ❑ Left handed – Stick protection
- ❑ Right / Left dodges – Spacing
- ❑ Right / Left dodges – Shiftiness
- ❑ Right / Left dodges – Watching & moving hips effectively
- ❑ Right / Left dodges – Vision & recognition
- ❑ Right / Left dodges – Dodge, Re-dodge, dodge again!

- ❑ Right / Left dodges – Star dodges
- ❑ Right / Left dodges – Reaction to “CRASH” – Curl to be feeder