

PX Lax 8 Week Box Lacrosse Plan *Tentative*

Goals

- Get a clear understanding of box lacrosse, keeping players on the correct sides and using their strong hands and having floor and space awareness when they are on the floor.
- Defensive positioning can really transfer over to the field game. Body position and being physical.
- Offensively, box lacrosse can help stick work with catching passes inside and having defenders within close range. This forces players to work hard to get open and improve hand eye coordination.
- Cardio, Fast paced 30 second shot clock and a lot of going up and down the floor quickly and having to make smart decisions when you're tired.

Overall

We would like to have enough numbers and interest to be able to turn this into more scrimmage based box lacrosse through the last maybe 3 or 4 weeks of this camp. We can run through all the basics for the first half and give them the understanding, but putting it to the test and letting them have some fun with it at the end would be the best way to learn. Hopefully throughout the 8 weeks of this box lacrosse we can keep building on simple principles and skills week by week and make it into a fun learning experience that hopefully builds better all around lacrosse players by showing them a different style of lacrosse that they are not familiar with. Personally I was fortunate enough to see very high end box lacrosse my entire life and I can 100% tell you it helped my field lacrosse game immensely, even when I got to higher level and at the D1 collegiate level. Building on all these skills throughout the duration is how this should ideally go for these kids and I think it can be a real hit while also having a ton of fun along the way.

Week 1 & 2 (1:15)

(5 Minutes)

- Line Drills or Star Drill in 2 Ends

(10 Minutes)

- Dynamic Warmup

(10 Minutes)

Shooting @ Both Ends

- Pass down Pick down, come over shoot
- Pick and Roll
- Pass Down Slip Middle

(20 Minutes) - Will be 5ish minute demo to start with rules/Organization

2 vs 2 @ Both Ends

- Working on Defensive position, calling switches on picks and being physical
- Offensively, trying to run through same progressions as previous shooting drills
- 2 Leftys Play O, Then go over and play D on 2 Rights, play offense then defense then out for both sides

(15 Minutes)

3 vs 3 @ Both Ends

- Working on different concepts/spacing/movements (Demo), and drill will run the exact same.
- Top man has to work on either setting double pick up top, or cutting through the middle and replacing at the bottom (Will Run through Demo Before)

(15 Minutes)

4 vs 4 Full Floor

- Split teams and go full floor 4 vs 4. Working on playing real game like scenario. Changing after defense and changing on the fly to keep it flowing.

(5 Minutes)

- Cool Down / Questions

Week 3 & 4 (1:15)

(5 Minutes)

- Line Drills or Star Drill in 2 Ends

(10 Minutes)

- Dynamic Warmup

(10 Minutes)

Shooting @ Both Ends

- Pass down Pick down, come over shoot
- Pick and Roll
- Pass Down Slip Middle

(30 Minutes)

5 vs 5 @ Both Ends

- Work on spacing, clock awareness, offensive possession keys and defensive responsibilities
- Go over the set and how we want it to look, and then we can just run it, let them play and stop and teach when possible - Best way for them to learn on the fly.

(15 Minutes)

5 vs 4 Power Play @ Both Ends

- Work on offensive spacing, quick passing and stepping into lanes
- Defensively, we can run a box formation (Maybe Diamond) but we will work on where to be and where to be facing and having your stick up
- We can rotate everybody in both sides and just get as many reps on this as possible in 15 or so minutes

(5 Minutes)

- Cool Down / Questions

Week 5 & 6 (1:15)

(5 Minutes)

- Line Drills or Star Drill in 2 Ends

(10 Minutes)

- Dynamic Warmup

(10 Minutes)

Shooting @ Both Ends

- Pass down Pick down, come over shoot
- Pick and Roll
- Pass Down Slip Middle

(15 Minutes)

3 vs 3 Full Floor

- Get up and down and work on 2 man games as well as having that man off ball and being able to use that.
- Defensively we can see some room so they'll need to be physical and we can see them push some transition.

(35 Minutes) - Full Floor

5 vs 5 Live (Stopping for Coaching Points to lead into Week 7&8)

- 2 Teams, Full Floor, penalties and power Plays - Every coaching point we need to work through we will blow the whistle and explain it.
- I'll call a few cheap penalties just so we can work a little bit more on how power plays should look, and go over ragging the ball for the short handed team.

Week 7 & 8

- 2 Teams - Live Scrimmage

I'll try to come up with maybe a prize or something, if the numbers are good throughout the duration and its more than 2 teams then we can get creative but I think this will work.

- Teach them box lacrosse for 6 weeks and then put it to the test.

Week 9 (Field Starting)

Main Focus

- Build off skills we have developed inside, the box program should be a test for them to understand two man game on the field, hopefully some pick and rolls and an improvement in finishing inside and catching while defenders are near them.
- Dodging with head up and hands free, no more running into triple teams, lets react to slides and know when to pass and when to go
- Off ball play, hopefully now after being inside they will find out as I say "how to make their defender screw up" hoping they have some improvement off ball and off ball spacing
- Physical Defense, good body positioning and spatial awareness.

90 Minute Practice Plan (1) - (Can Change these up with different drills, ideally we keep these drills competitive and fast paced for 90 minutes)

Lap + Stretch - 10 Minutes

Stick Work (Options) - 10 Minutes

- 6 Line Passing
- Line Drills
- 3 man 2 ball

Loose Balls - 15 Minutes

Options

- Fan GB 3vs3 or 2vs2
- Battle 1 vs 1 from 2 Sides

2vs2 from 3 Spots - 20 Minutes

Left side, Behind, Right Side

Working on 2 man game we learned in box lacrosse

True North - 20 Minutes

Split teams in 2, even numbers. 3 Lines behind the cage, 2 lines up top.

2 Lines up top (Leftys & Rights) send 2 Defensive players to crease, ball is entered and its a 3vs2 from behind the cage. As this ends, the 2 defensive players from before jump out to crease spots, 3 offensive players before set up a triangle on D, 2 new players from top 2 lines come in with a ball and its 4vs3 from the top. When that ends, the 2 new players who came from the top line now fill the 2 d spots and it's again a 3vs2 from behind.

So, continuous 3vs2 from behind into a 4vs3 from up top.

West Jenny - Either have field or Full field 4vs3 - 15 Minutes

6vs6 - 15 Minutes

- Hope to have numbers for 2 sides, or competitive 2 reps then switch everyone out.

Practice Plan 2 - 90 Minutes

Lap + Stretch - 10 Minutes

Stick Work (Options) - 10 Minutes

- 6 Line Passing
- Line Drills
- 3 man 2 ball

Shooting Reps - 10 Minutes

- Step down, roll back, split dodge
- Attack comes around, question mark, drive up pass back into a drive up and shoot. Simulating off ball movement and being "on a string" with each other

Loose Balls - 15 Minutes

Options

- Fan GB 3vs3 or 2vs2
- Battle 1 vs 1 from 2 Sides

3vs3 - Up top and Behind - 15 Minutes

Ideally simulating attack and midfield positions. Attack will play against 3 poles, midfield will play against each other.

Midfielders will play offense, defense then switch out.

6vs6 - 30 Minutes

Competition Format, so let's switch midfielders around at the halfway point, goal is 1 point and a clear is half a point for D - 15 Minutes for a 300 yard sprint.

Practice Plan 3 (Individual position work)

Lap + Stretch - 10 Minutes

Stick Work (Options) - 10 Minutes

- 6 Line Passing
- Line Drills
- 3 man 2 ball

Shooting Reps - 10 Minutes

- Step down, roll back, split dodge
- Attack comes around, question mark, drive up pass back into a drive up and shoot. Simulating off ball movement and being "on a string" with each other

Loose Balls - 15 Minutes

Options

- Fan GB 3vs3 or 2vs2
- Battle 1 vs 1 from 2 Sides
- 6 Line Passing Loose Balls

Positional Work - 20 Minutes

Defense

- Foot work, stick work, positional (Dodge each other without sticks in a 10ydx10yd space)

Midfielders

- Step Downs, Alley Dodges.
- Power Form (Shoot as hard as you can from 2yds out on an open cage, work on form)
- Off ball movement, React to dodges (Go Over, Go Under, Get Through, Stretch Behind)

Attack

- Low Angle Shooting
- Crease Finishes
- String passing - Carry up, question mark and pass behind continuously to each side

Air Force 5vs5 full field - 20 Minutes

- Defense and Attack set up normally on both ends. Each end has 2 lines of midfielders at the 40 yard line. Goalie will outlet ball to a midfielder in line and he will go down on a 4vs3 and his partner will stay at the 50, when that finishes the 2 midfielders who were in will get back on defense, the goalie will outlet to the next 2 midfielders after the 4vs3 and move it up field who will go down on a 5vs5 to the other side. This will play out, the midfielders will be going offense to defense then going back to their lines. Goal of this is to try to push transition numbers when possible.

Evaluation Category Drills

Category 2 - Stick Skills

- Wall ball, Pass, Get a rebounder. Reps

Category 3 - Fitness

- Hit the gym, focus on main lifts (Bench, Squat, Legs), Run 2 Miles twice a week, 300 yard sprints, 150 yard sprints.

Category 4 - Offense

- Watch Tape, Watch College games and watch a certain player. You can always improve your off ball game. On ball work on your stick and shot as much as possible.
- Film and watching people play will make you better.

Category 5 - Shooting Dominant Hand

- Reps. Finish a bucket of balls then do it again. Power wise, try to get your arms away from you and work on rotating your body. Your back should be facing your target after a proper shot.
- Put targets up, use cans if you have to in the 4 corners and try to hit them until you can't miss.

Category 6 - Shooting Non Dominant Hand

- Try to mirror everything that feels comfortable in your strong hand. Stand in front of a mirror and try to mimic every comfortable movement. Work on getting your hands away from your body and rotating but work on locking your wrists and aiming low and away to get through your shot.

Category 7 - Defense

- Film, watch your favorite player and see the moves they make during the game.
- Communicate, you cannot talk enough on defense so put a heavy emphasis on being the loudest person on the field.
- Focus on your footwork, and keeping your man in front of you at all times.

Category 8 - Goalie

- Hand eye coordination drills - Youtube is flooded with awesome drills for goalies that all work to improve your spot. Tough to explain so youtube is your gold mine for positional work. Also just getting shot on is fantastic practice.