



USATM
LACROSSE

16U BOX LACROSSE PRACTICE GUIDE



Practice 4

Drills and Plans for Running Box Lacrosse for Ages 13 - 16





BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS FOR RUNNING BOX LACROSSE FOR 16U

(AGES 13 - 16)

Our Mission:

As the governing body of lacrosse in the United States, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.

Our Vision:

We envision a future that offers everyone a lifelong opportunity to enjoy the sport of lacrosse.

About Box Lacrosse:

Box Lacrosse is played inside the confines of a multi-sport rink. Each team has six total players on the floor to start a game with five runners and one goaltender. Players rotate on and off the floor in shifts to play offense by trying to put the ball in their opponents' goal and play defense by preventing their opponents from scoring on their goal.

Rules:

USA Lacrosse publishes a Box Lacrosse Rulebook annually, found online at usalacrosse.com/box-rules

Insurance:

The USA Lacrosse Member Insurance Program applies whether the lacrosse games or activities are held outdoors or indoors, as long as the established rules approved by USA Lacrosse are enforced. For box lacrosse, USA Lacrosse Box Rules must be followed without modification.

Proper Equipment for Players:

These practice plans require players to be properly equipped with the right equipment. Within the USA Lacrosse Box Rules, Rule 28 Protective Equipment and Rule 29 Goaltender Equipment outline the mandatory equipment that players must wear.

For more information, review the USA Lacrosse Rules and review the latest Equipment Guide that can be found at usalacrosse.com/equipment

For more Box Lacrosse Coaching Resources, Please visit:

[Laxlife.ca](https://laxlife.ca)

BOX PRACTICE PLANS

Practice #4 - Individual Defense

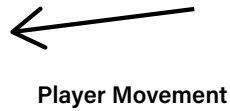
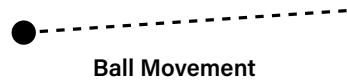
Age Group: 16U

Resources: Lacrosse Box, Lacrosse Balls, Nets, Tape, Universal Screw Driver, Zip Ties, Full Equipment, Pylons, Whistle

Reminders: Dynamic Warm Up Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>
Defensive Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/defense>
Static Stretching Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Static-Stretches.pdf>

4 Phases of a movement: Preparation (1), Force Production (2), Critical Instant (3), Follow Through (4)

Diagram Key

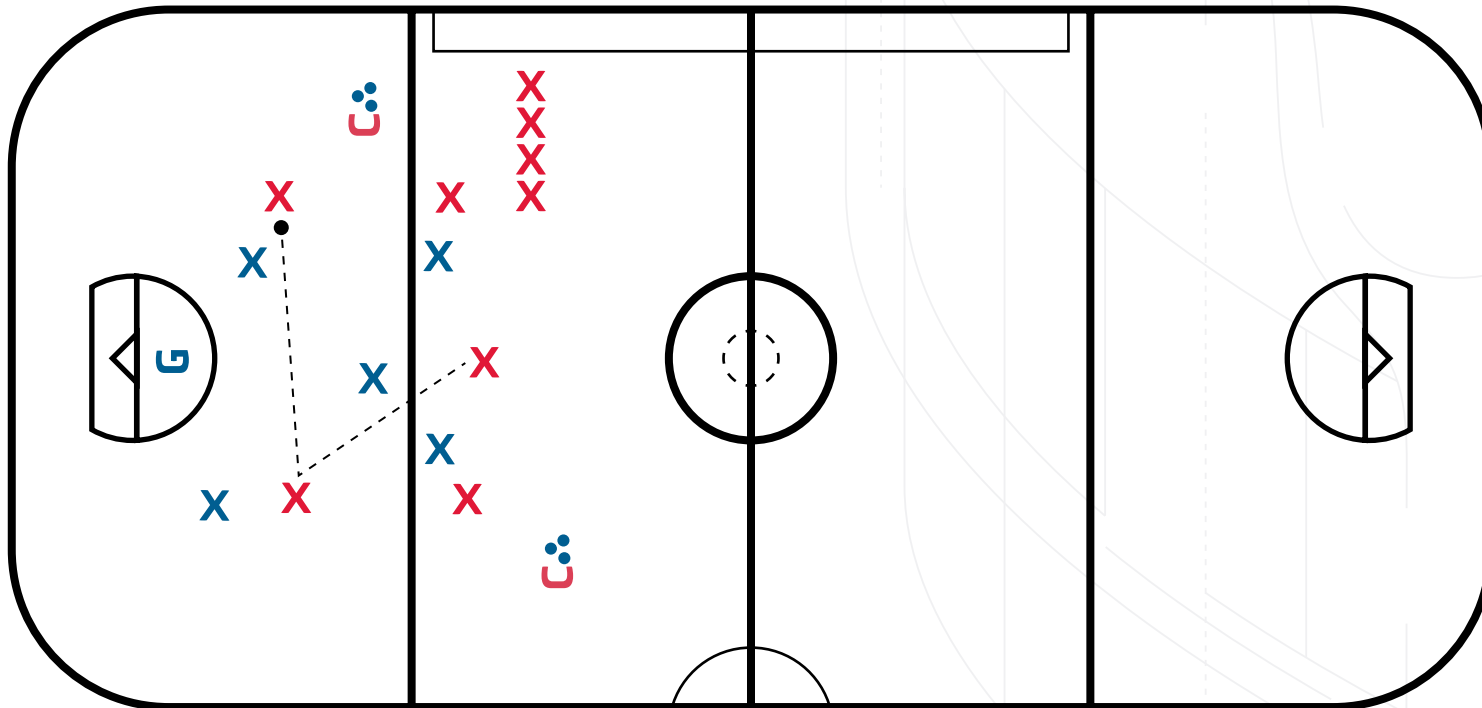


DEFENSE DRILL #0: "House" (Passing & Shooting Lanes)

Drill Duration: 10 mins

Description: Variation #1: "Stationary Passing Lanes"

- Demo (2 min): "House Defense," "Passing Lanes," "Shooting Lanes," "Sagging"
- Organize players into groups of 5 players/coaches (3 strong and 2 weak - proper floor sides), one group starting on offense and another on defense, with any other players waiting to join the drill up near the restraining line.
- Begin with a walk through of the passing/shooting lanes, having players slowly pass the ball around the perimeter (no skip passes) and coaches showing how the positioning of all players changes as the ball position moves.
- The players on offense should then be encouraged to use minimal footwork as they attempt to "skip" the ball through the diagonal passing lanes of the defense.
- The positioning of the defenders should be stationary, less the step necessary to reach for the ball as it is passed through the "House." The defender in the middle may be permitted 1-2 steps.
- Switch the positions of the players every minute or two, with defenders exiting the drill, offenders moving to defense, and players who were out of the drill now coming in on offense.
- Goalkeepers can practice their footwork, with coaches allowing players to take a shot after several completed passes (2 minimum).
- Discussion (1 min): "Defense"



DYNAMIC WARM-UP

Drill Duration: 5 mins

Description: Dynamic Warm-Up:

- Have players demonstrate “stationary dynamic stretches” that they remember from last practice (coach fills in the gaps)
- Circle at center floor
- Land Acknowledgement
- Rehash (1 min): skills learned last practice
- Discussion (1 min): “Mental Toughness”
- Come up with an appropriate word, as a team, for a team cheer.



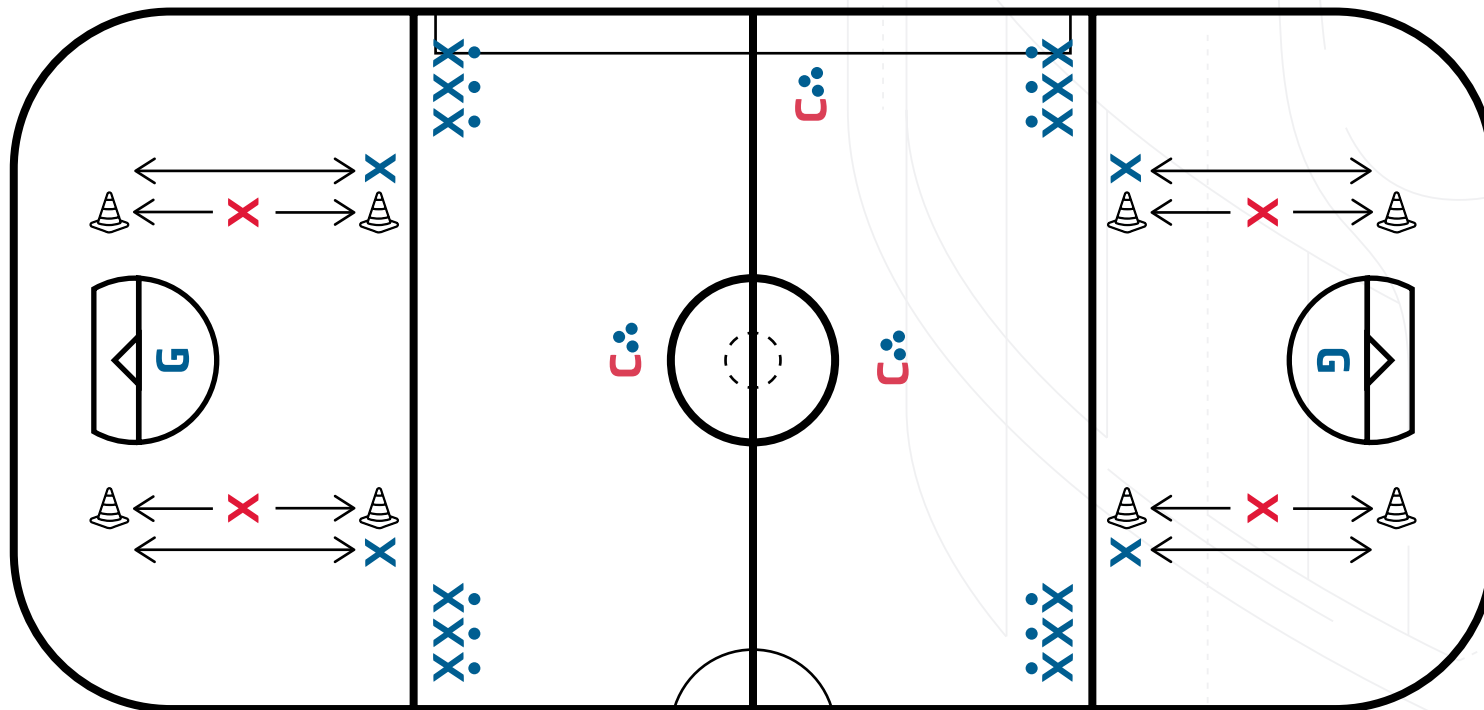
DEFENSE DRILL #3A: On-Ball Shadowing (“Closed Stance”)

Drill Duration: 15 mins

Description: Variation #1A & #1B: “Top-Shoulder Landmarking” (Sticks Upside Down/Sticks Normal)



- Demo (1 min): “Top-Side Positioning,” “Closed Stance”
- Arrange two parallel pylons at the crease and shooter positions, in one or both ends of the floor depending on numbers. One offensive player should start outside of, but between the pylons (with a ball), with one defender stationed between pylons ready to shadow the movements of the offender, while maintaining top-side positioning.
- On the coaches first whistle, the player on defense, who has their stick upside-down (Variation #1A), does their best to “stay in line with the offensive players top-side shoulder.” The offensive player does their best to get the defender off-balance using various footwork patterns, while also staying between the pylons.
- After approximately 5 seconds of “shadowing,” the coach blows a 2nd whistle to signal that offensive players are now allowed to take it to the net one-on-one (with the opposite side starting their 5 seconds of shadowing).
- Alternate between sides, with one side “shadowing” on the first whistle and the other side starting on the second whistle. In effect, offensive players in the drill will have roughly 5 seconds to try to get a shot off (10 seconds total time in the drill), before exiting (on the coach’s whistle). After playing offense, players are then next up on defense (after the other side takes their turn), and then exit the drill.
- Halfway through the drill coaches should allow defensive players to hold their stick normally (Variation #1B) and discuss the role of stick-checking.
- Most common error = over-checking on a move underneath, opening the topside for the offender
- Water Break = 1 min

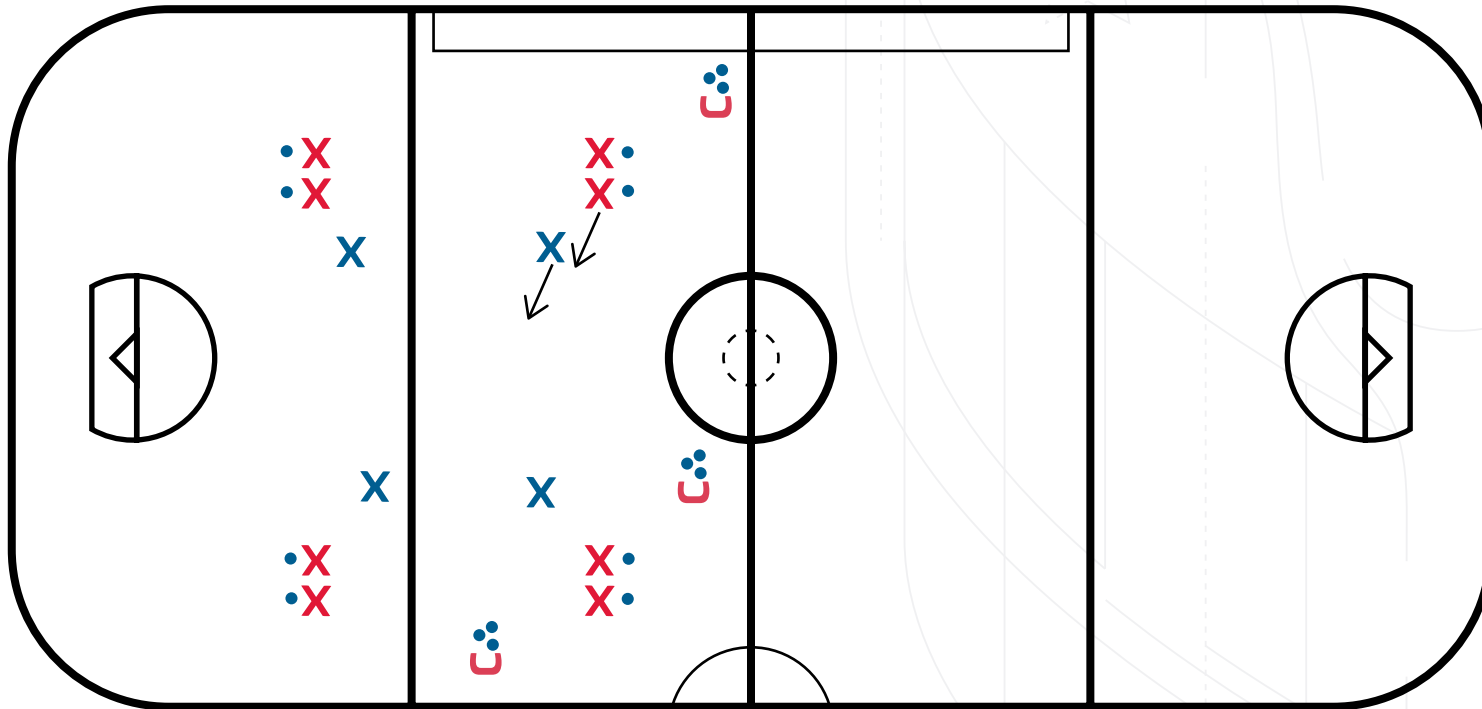


DEFENSE DRILL #6A: 4 Corner Checking ("Top-Side Defense")

Drill Duration: 12 mins

Description: Variation #1: "1 Corner At A Time"

- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor sides, crease, and shooter positions.
- Have one volunteer, or appointed player from each line, start on defense.
- Each time the coach blows the whistle a different one of the "4 corners" takes a turn playing 1 vs. 1, working either clockwise or counterclockwise around the horn.
- After a player plays offense, they then move into the defensive position the next time around; eventually exiting the drill and switching with the opposite line on their proper floor side.
- The offender's task is to protect the ball and get to the net for a quality shot from their proper floor side (5 seconds max).
- The defender has done their job if they force the offender to take a shot from their wrong floor side, or otherwise don't allow the offender to get a quality shot.



DEFENSE DRILL #7: "Recover" Topside

Drill Duration: 10 mins

Description: Variation #1A: "On-Ball Crease Position"

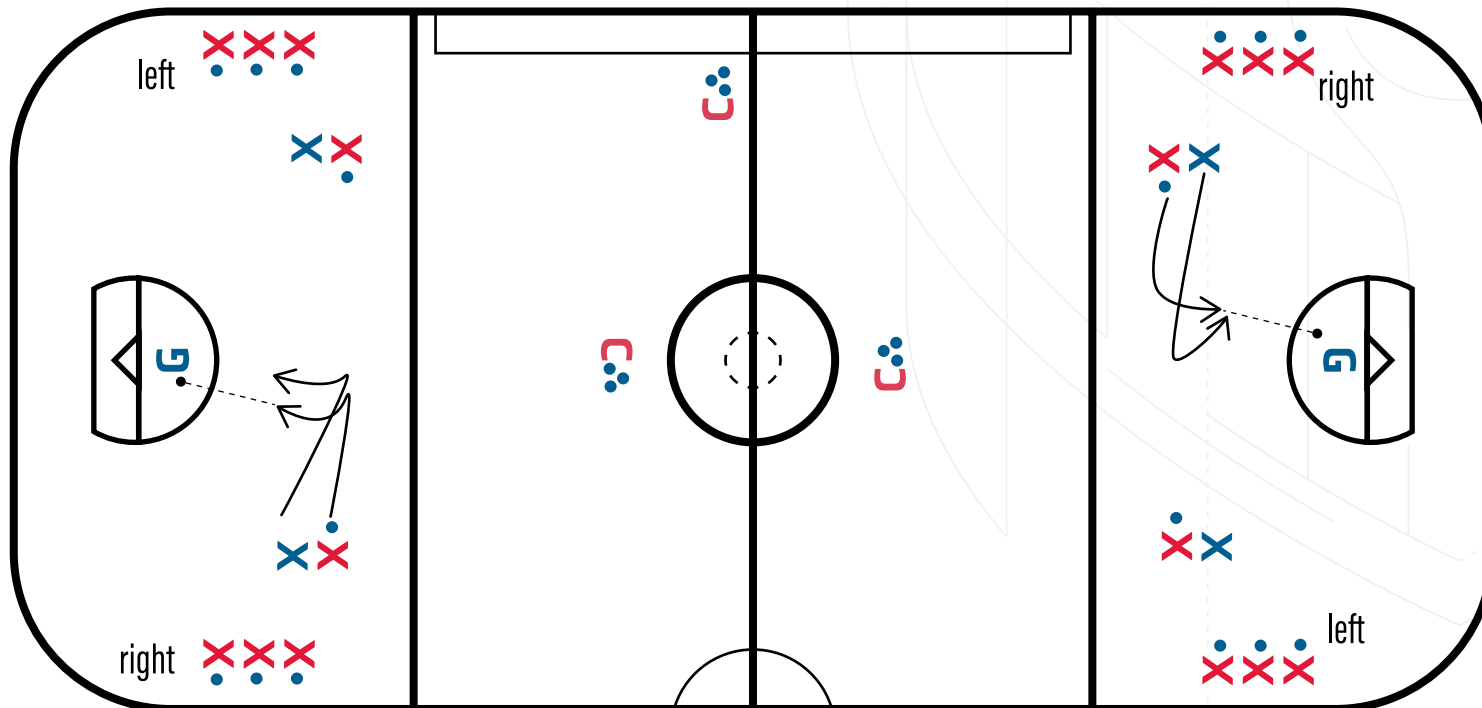
left diagram

- Demo (1 min): "Clamping"
- Arrange players in one or both ends of the floor depending on numbers.
- Have them stationed on their proper floor sides, with a defender standing underneath and facing the shoulder of the offender (in an open stance), positioning themselves so that they are deliberately giving up the topside (inside lane).
- Have one volunteer, or appointed player from each line, start on defense at the crease position. Each time the coach blows the whistle it alternates which sides' turn it is.
- Coaches should let the players play 1 vs. 1 for no more than 5 seconds before blowing the whistle for the other side to take their turn.
- After a player plays offense, they then move into the defensive position against the opposite-handed line on the next rep.

Variation #2A: "On-Ball Shooter Position"

right diagram

- Same as above except players start the drill near the shooter position instead of the crease position. The defender's responsibility becomes to force the offensive player "underneath" and into the crease, without giving up a shot.
- Water Break = 1 min
- Next, add a pile of balls that players can scoop a loose ball from after the footwork pattern mentioned above (Variation #2B).
- The other option is for coaches to roll a loose ball into the drill as players are completing their side-shuffle pattern.



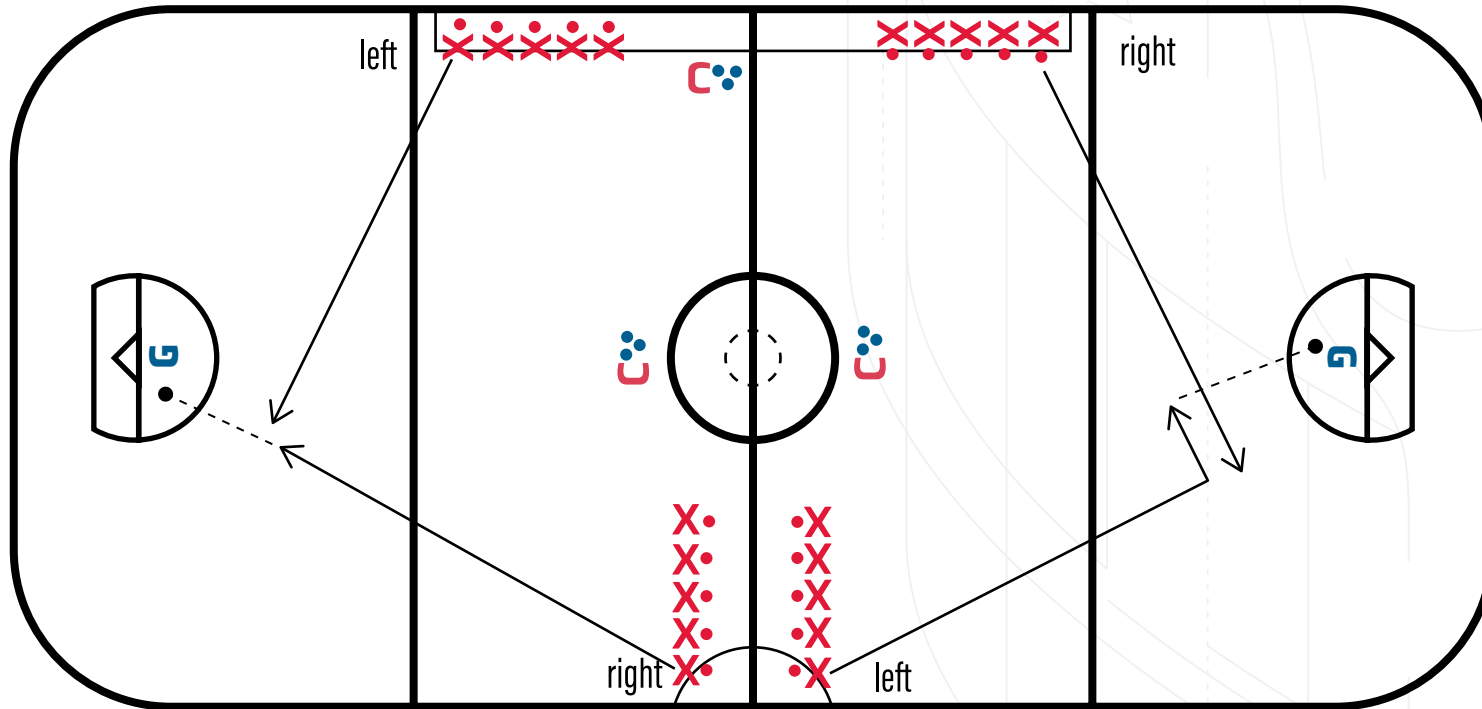
TRANSITION DRILL #7A: Walt's "Partial Breakaway" Drill

Drill Duration: 10 mins

Description: Variation #1: "Ball In Stick"



- Start with defenders on the bench and offenders on their proper floor sides against the far-side boards. The offensive players against the boards should be in a line, just inside the restraining lines (with balls), generally 2-3 yards back from where the defenders are getting on the floor off of the bench (defenders switch benches after 5 minutes).
- Defenders and offenders start at the same time (triggered by the first movement of the offender), with coaches helping time it so the offender gets to the net on a "partial breakaway," with defenders sprinting from the bench and ideally meeting them in the middle.
- Offenders should be sprinting as well, but can also change speeds, or do a one-on-one move, to try and evade the defender. Defenders should close the gap accordingly (arriving in control), maintaining "top-side" positioning, but also being careful not to get beat underneath.
- When the play is over, defenders should run hard to the far end bench and offenders should curl (toward the benches) out of the drill and back into line.
- If a particular team is playing the "two-way" transition system, it would be worthwhile to have offenders and defenders switch roles for each rep.

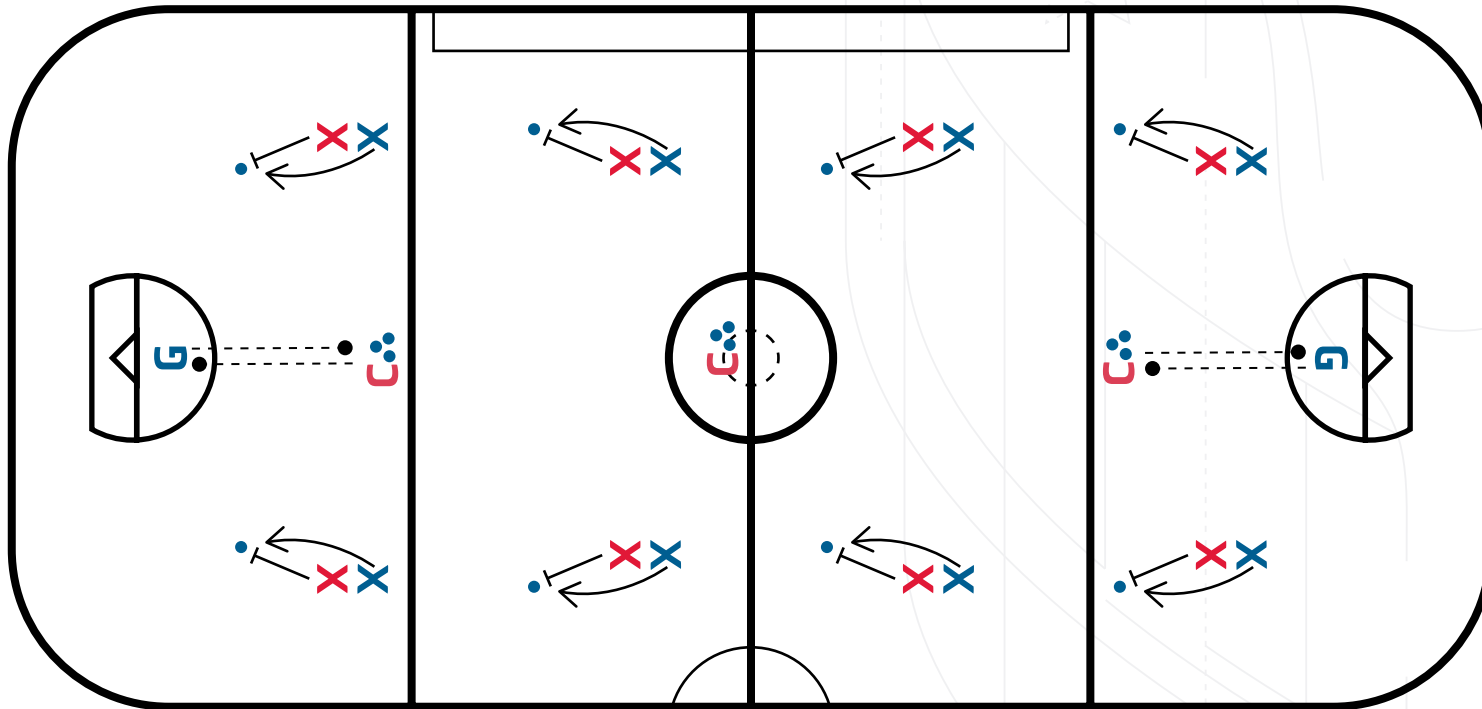


DEFENSE DRILL #5A: Rollies Partner "Box Out" Drill

Drill Duration: 8 mins

Description: Variation #1 To #3: "1 Vs. 1"

- Demo (1 min): "Boxing Out," "Batting The Ball," "Kicking The Ball"
- Start with players in pairs, spread out in one or both ends of the floor, with a ball on the ground. The drill starts with one defensive player (stick "upside-down") standing over top of the ball (back to the opponent), the other player trying to pick up the loose ball while the defender "boxes out" (Variation #1 - 2 min)
- The drill is finished when the coach blows their whistle (10-20 seconds). The player who was on offense then turns their stick upside-down and goes to defense; the original defender turns their stick back over and switches roles with the offender.
- Advance to players holding their sticks normally (Variation #2 - 2 min) and starting back-to-back (Variation #3 - 2 min).
- Goalies are working on loose balls around the crease with a coach.
- Water Break = 1 min



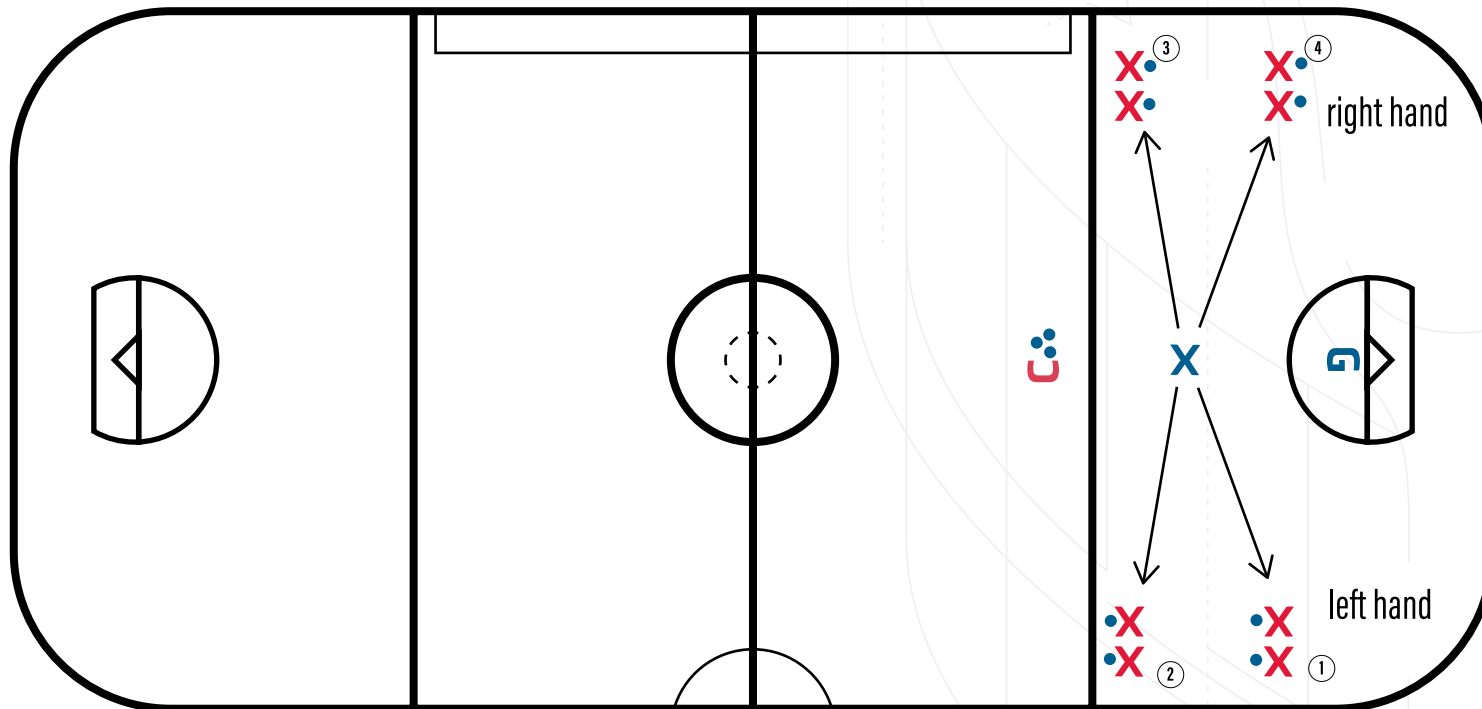
DEFENSE DRILL #6A: 4 Corner Checking (“Topside Defense”)

Drill Duration: 10 mins

Description: Variation #2: “All 4 Corners”

right diagram

- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor side, crease and shooter positions.
- Have one volunteer, or appointed player, start in the middle of the defensive zone ready to play defense. This player then goes sequentially from corner to corner, eventually playing 1-on-1 defense against an offender from each respective corner.
- Offensive players do not take their turn until the defender is in position, starting once the defender touches the offenders' gloves with their stick (etiquette).
- The defender is finished with a corner when the play is done, at the coach's discretion (whistle). Offenders should alternate between the shooter and crease lines each time through the drill. Continue until every player has had a turn on defense.
- The defender has done their job if they force the offender to take a shot from their wrong floor side, or otherwise don't allow the offender to get a quality shot.

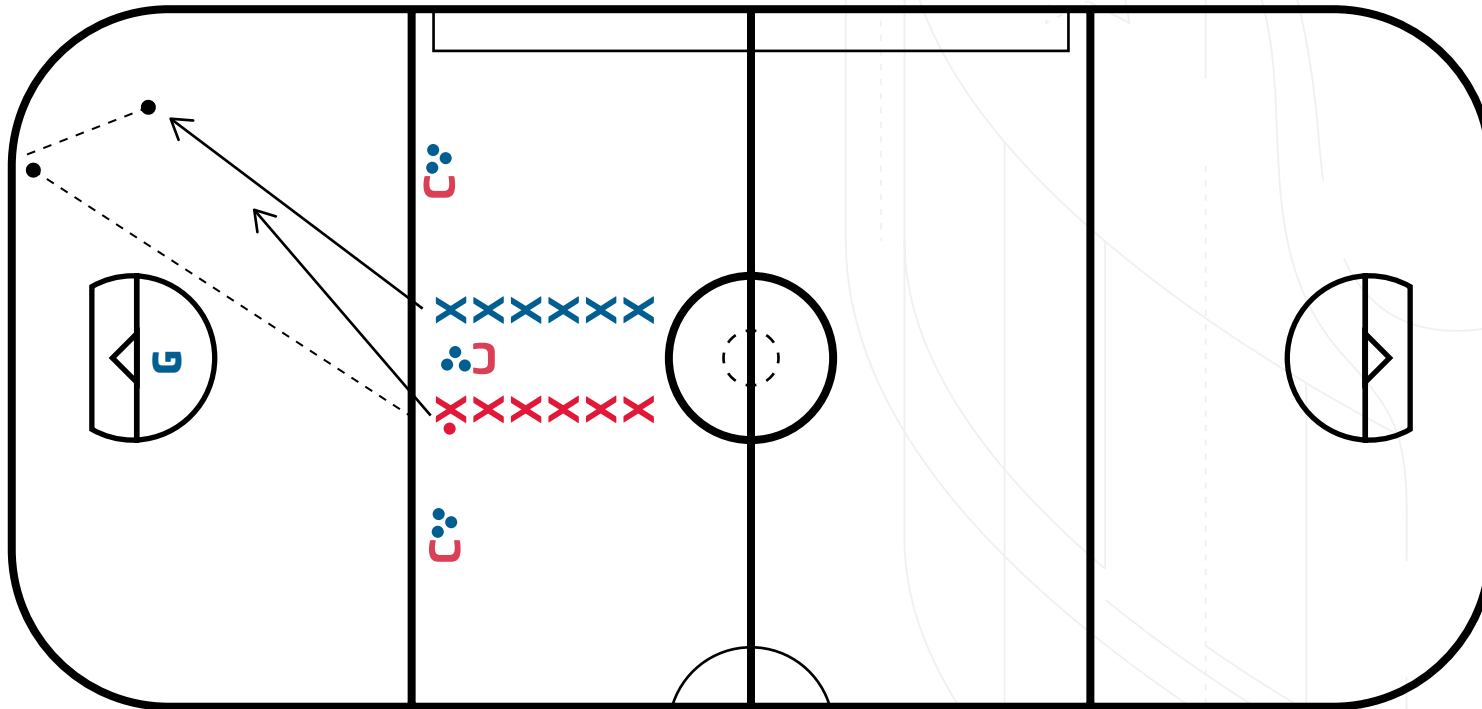


LOOSE BALL DRILL #10: Loose Ball "Battles"

Drill Duration: 10 mins

Description: Variation #1: "1 Vs. 1 Battle"

- Demo (1 min): "Minor Interference"
- Have a line of players positioned on each side of the coach (facing the goalie), who is standing with balls at the point position, in one or both ends of the floor. The coach rolls the ball into either corner, with players reacting upon first sight of the ball.
- The two players battle for the loose ball and once someone gets it, that player is now on offense and goes to the middle to try and score (circling the net if required to get onto their proper floor side). Players should have 5 seconds max to play 1-on-1, at the coach's discretion.
- The player furthest away from the ball to start should not sacrifice their defensive position unless it is a 50-50 ball. The coach whistles the play dead at their discretion, trying to keep a "flow" to the drill (10 seconds max).
- Water Break = 1 min



CONCLUSION

Drill Duration: 2 mins

Description: Cool Down:

- Circle at center floor
- Introduce the lower body "static stretch" routine
- Finish on a positive note



DRILL #10

BOX LACROSSE PRACTICE #3