



USATM
LACROSSE

8U BOX LACROSSE PRACTICE GUIDE



Practice 6

Drills and Plans for Running Box Lacrosse for Ages 6 – 8





BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS FOR RUNNING BOX LACROSSE FOR 8U

(AGES 6 - 8)

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 #6 - Catching & Shooting



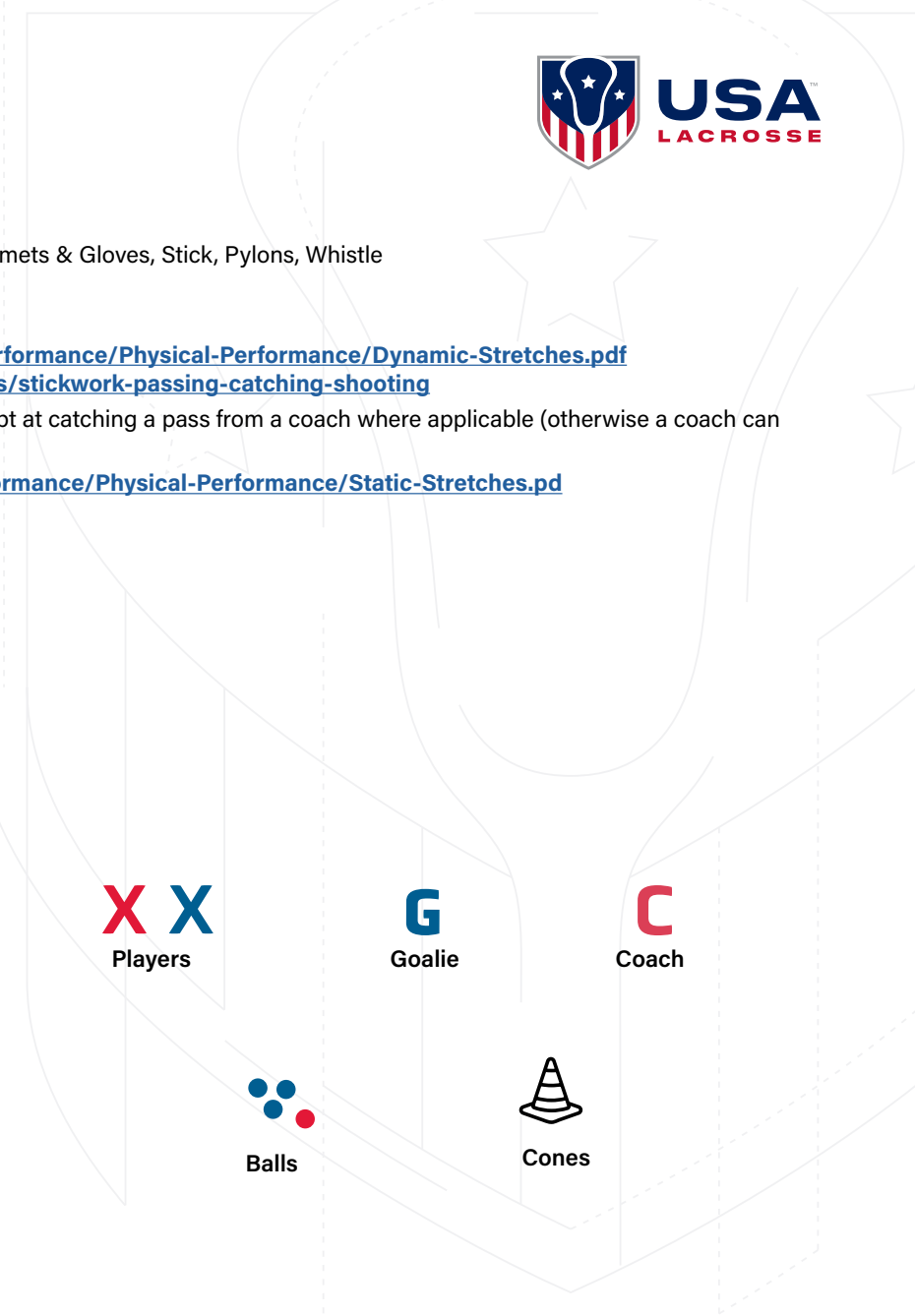
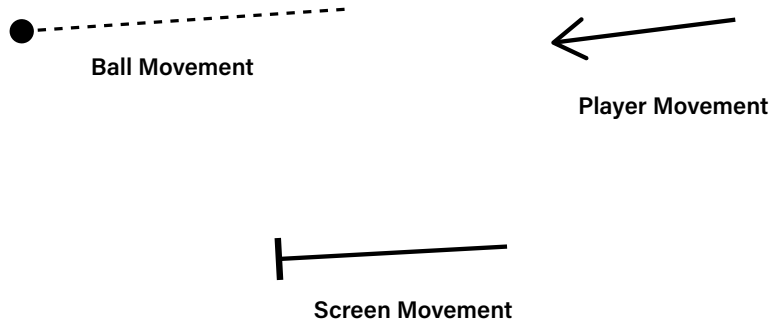
Age Group: 8U

Resources: Lacrosse Box, Lacrosse Balls, Nets, Tape, Universal Screwdriver, Zip Ties, Helmets & Gloves, Stick, Pylons, Whistle
Note - 3x3 Nets With An 8-Foot Crease Are Recommended

Reminders: Dynamic Warm Up Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>
Catching Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/stickwork-passing-catching-shooting>
If a player misses a pass in any catching drill, they should get a second attempt at catching a pass from a coach where applicable (otherwise a coach can roll in a loose ball that acts as a rebound)
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

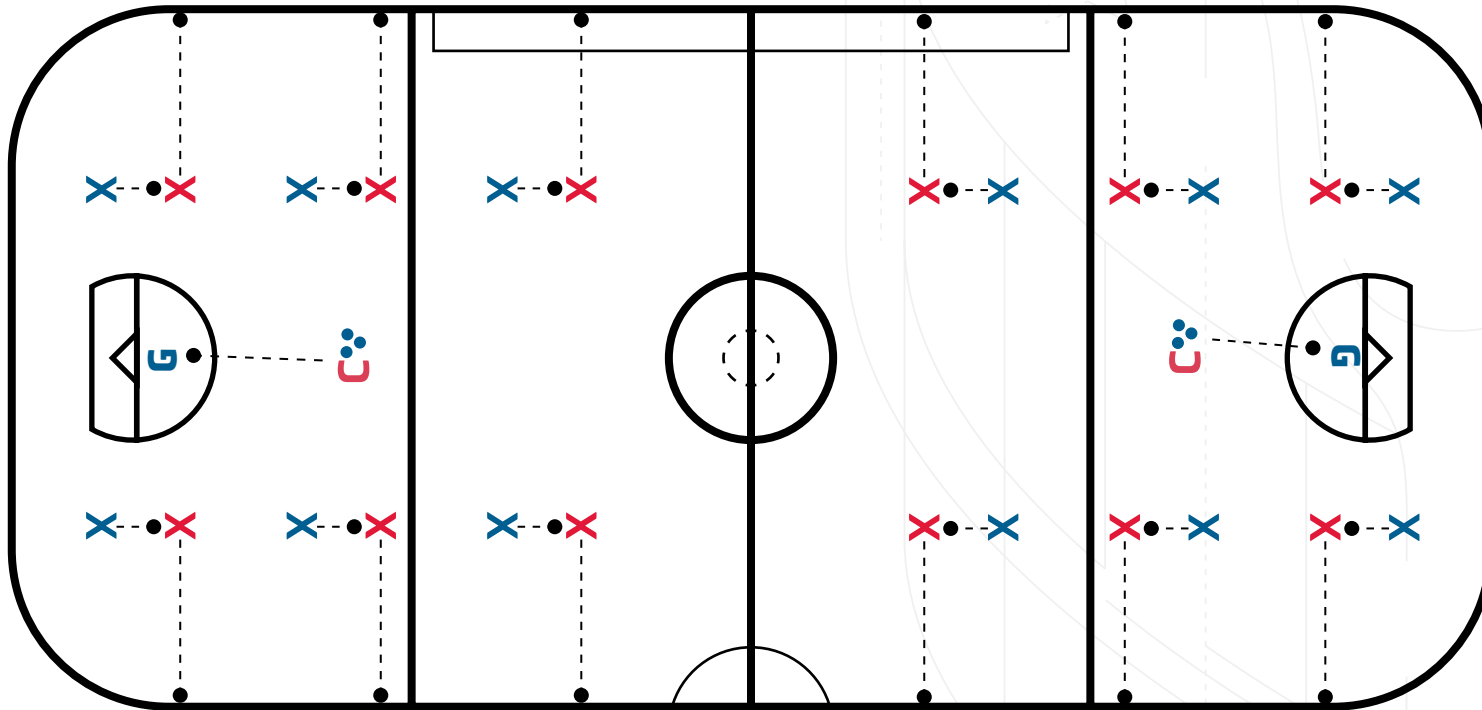


STICKWORK DRILL #2: Partner Passing

Drill Duration: 5 mins

Description: Variation #1C: "Catch & Shoot" (Bare Hand Pass)

- Start with players in partners, 3-5 yards apart; facing the side boards.
- With one ball between the partners, the player with the ball underhand passes the ball with their bare hand to their partner a couple of yards across from them. The partner then tries to seamlessly catch and shoot the ball all in one motion.
- Each player should get at 10 quality attempts to catch the ball in this fashion before switching roles.
- Goalies are taking shots from coaches as a warm-up.

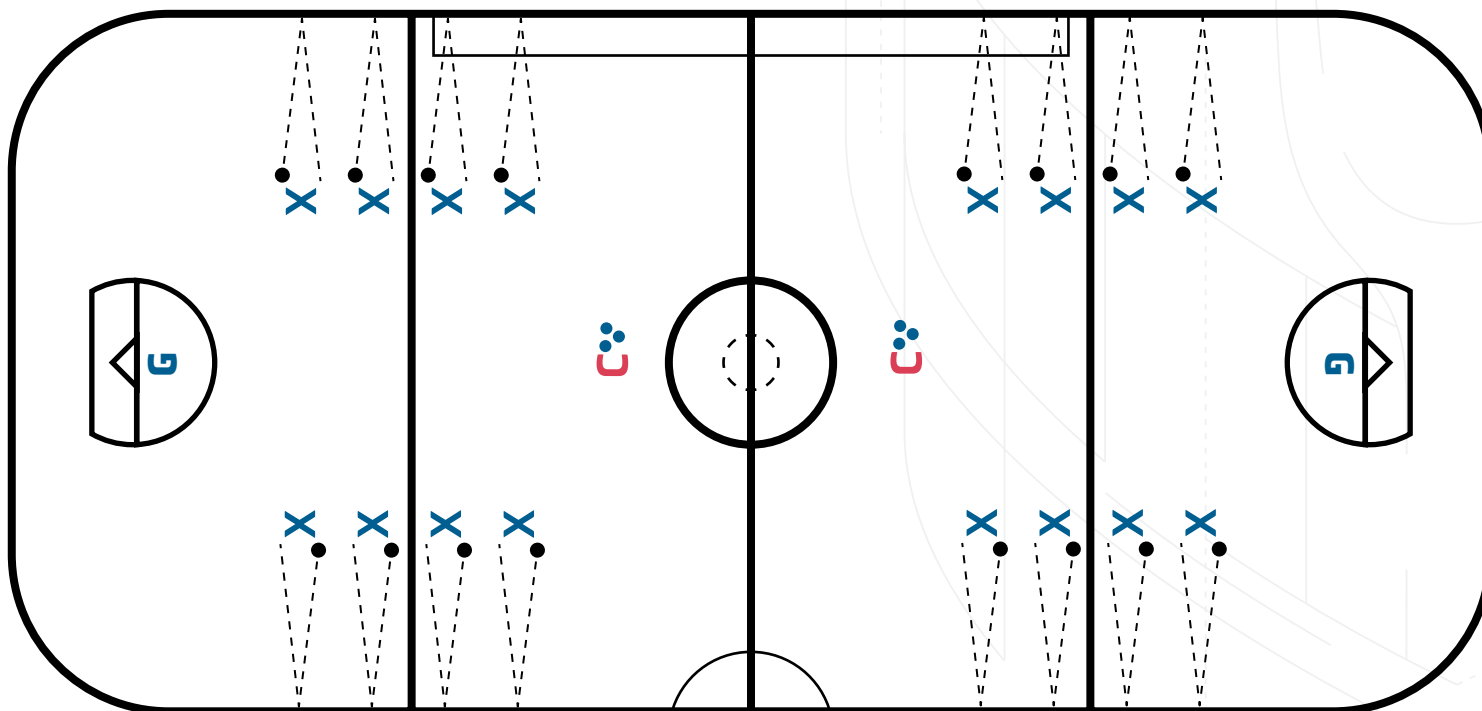


STICKWORK DRILL #1: Passing Against The Boards ("Wall Ball")

Drill Duration: 8 mins

Description: Dynamic Warm-Up

- Dynamic stretches - stationary routine (see plan notes)
- Circle at center floor
- Land Acknowledgement
- Rehash (1 min): skills learned last practice
- Come up with an appropriate word, as a team, for a team cheer.
- Water Break = 1 min



STICKWORK DRILL #6A: Catch & Shoot

Drill Duration: 15 mins

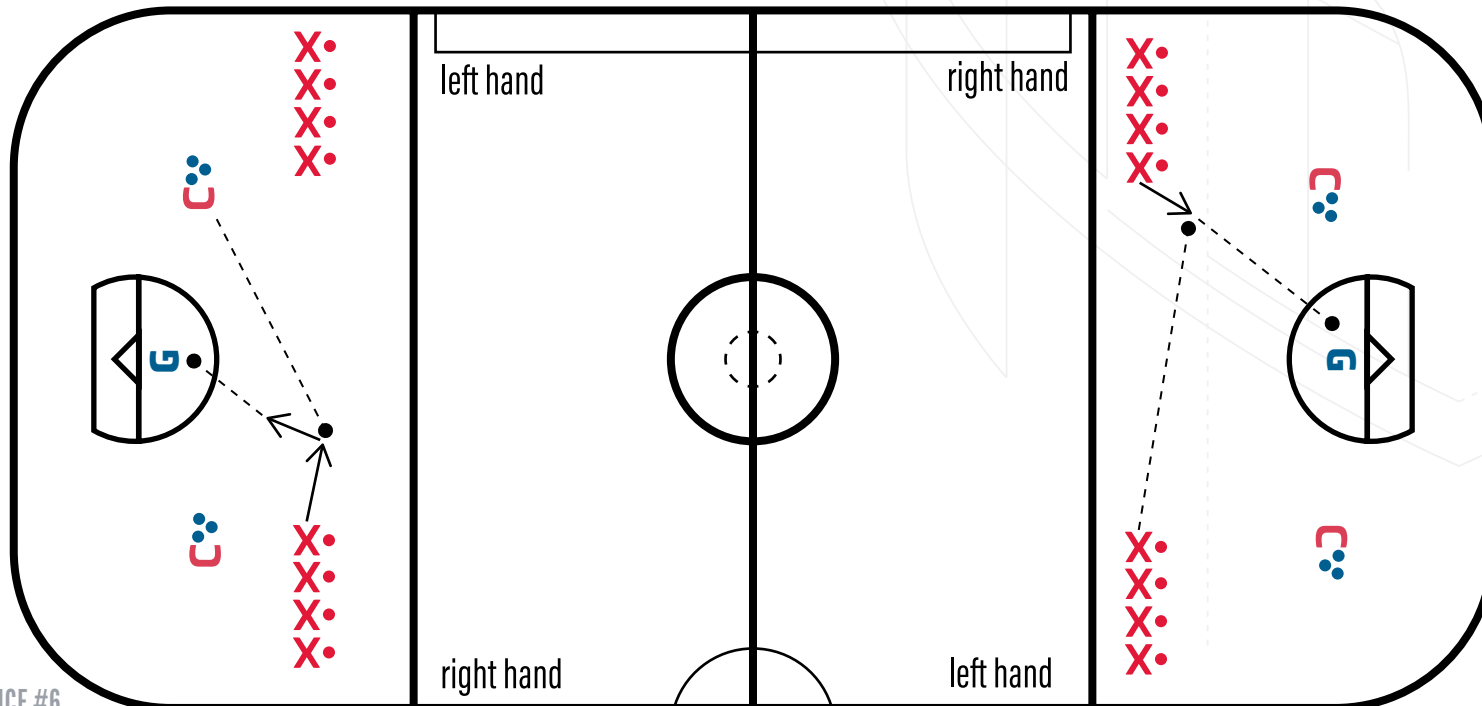
Description: Variation #1A (7 min): "Coach Passers" (Shooter-To-Shooter)

- Have players line up in groups of 3 to 5, facing the sideboards (or a wall); standing approximately 15 yards away.
- The first player in line starts with a ball. This player runs a few steps forward and "passes" the ball against the glass/boards, aiming for "eye level," so the ball bounces back to the next player in line (ideally toward their "strong hand").
- The next player in line has to corral the loose ball and repeat the same action as the player in front of them, and so on and so forth.
- Encourage beginners to get in front of the ball with their body, instead of reaching with their arms. Assistant coaches should be ready with extra balls. *Run this drill simultaneous to drill #1 (after drill #2)
- Demo (1 min): "Catch & Shoot"
- Begin with a line of left-handed and a line of right-handed players on their proper floor sides, a few steps back from the shooter positions.
- The coaches have all the balls and are standing at one of the shooter positions, on opposite sides of the floor. One coach passes to the line of "righty" shooters and the other coach passes to the line of "lefty" shooters.
- If beginners are having trouble the coach can also kneel 1-2 yards across from the player, with a pile of balls, underhand flipping them to the players in line (using their hands).
- The first player in each line should be ready with their stick in the "triple threat position." The coach then passes to the first player in that line who attempts to catch and shoot the ball as efficiently as possible. Coaches should give players a second attempt at a catch if they miss the first pass.
- Continue the drill until all players have had several opportunities to "catch & shoot."
- Coaches should get players to help them "reload" every time the ball supply gets low.
- Most common error = twirling their stick or cradling before shooting

Variation #2A (7 min): "Shooter-To-Shooter Pass" (Player Passers)

right diagram

- Begin with a line of left-handed and a line of right-handed players on their proper floor sides, a few steps back from the shooter positions.
- Start with the balls on one side only, and then the other. The first player in the line with no balls and all other subsequent players in that line should be ready to receive a pass (stick in the triple-threat position), from shooter-to-shooter. This player attempts to quickly and efficiently "catch & shoot" the ball.
- Continue the drill until all players have had several opportunities to "catch & shoot."

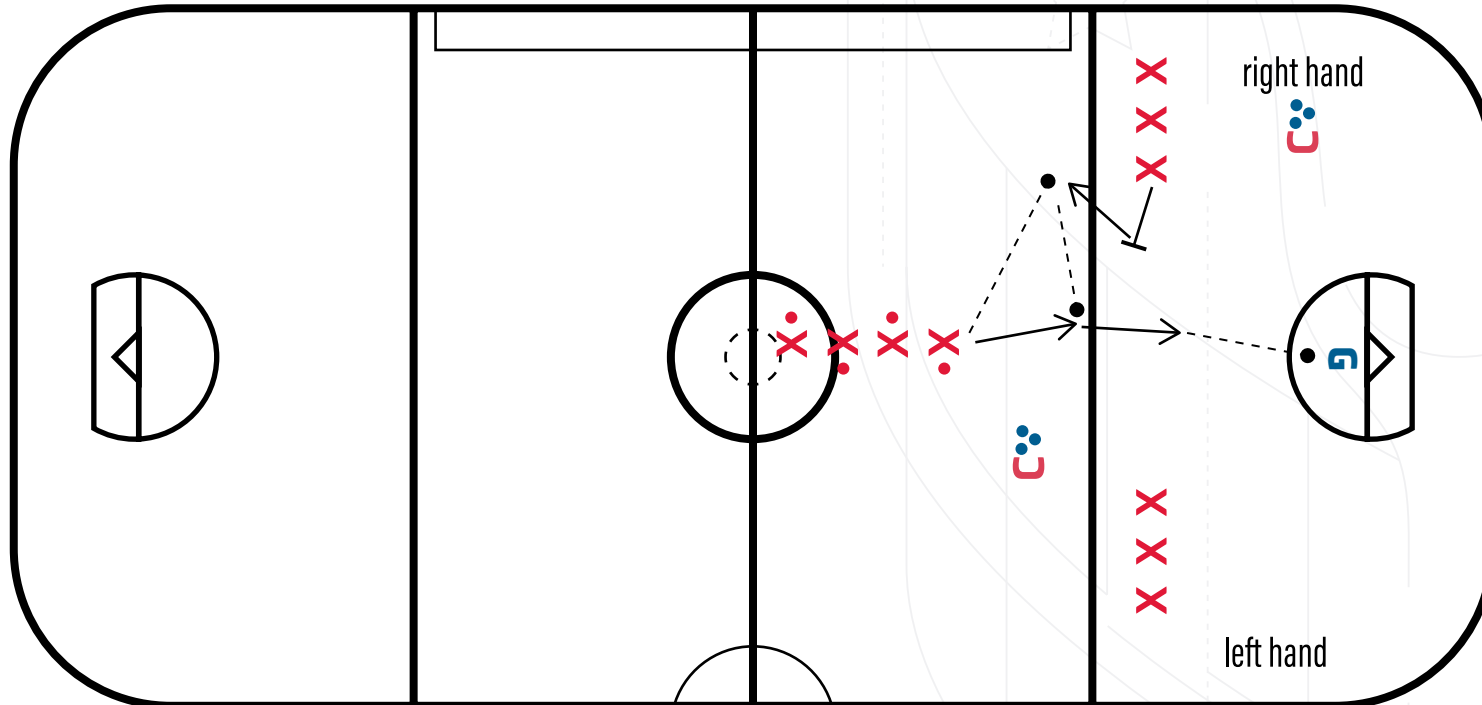


OFFENSE DRILL #1A: "Give & Go's" (Point & Shooter)

Drill Duration: 7 mins

Description: Variation #1A: "Pass To Coach" (Weak-Side Pass)

- Demo (1 min): "Give & Go," "Pass & Cut"
- Have players lined up a few steps back from the point position, with balls.
- The ball carrier passes to the weak-side coach and then cuts to the middle, receiving a give-and-go pass for a shot.
- After shooting players should scoop a loose ball from somewhere out of the play and then get back into the line.
- Most common error = players not cutting toward their proper side when going through the middle
- Water Break = 1 min

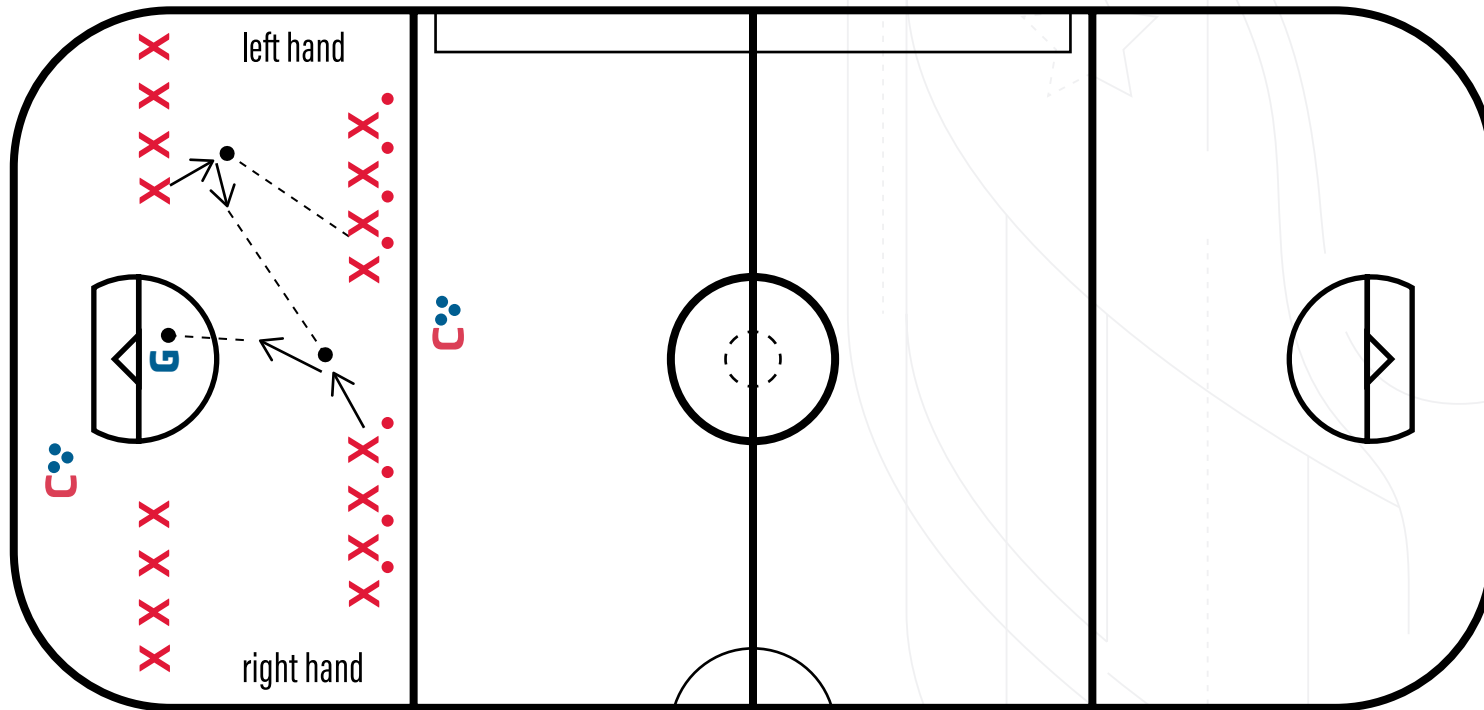


OFFENSE DRILL #2: Off-Ball “Cutters”

Drill Duration: 8 mins

Description: Variation #1A: “Pass To Coach”

- Demo (1 min): “Off-Ball Cutting”
- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor sides, in the crease and shooter positions, on both sides of the floor.
- This drill starts on one side of the floor with the shooter passing down to the coach on their side of the floor, and the off-ball shooter cutting to the middle, receiving a pass for a shot.
- Alternate this pattern back and forth with “shooters” passing first and then cutting during the very next repetition in the drill.
- Most common error = timing the off ball cut when the ball is passed low

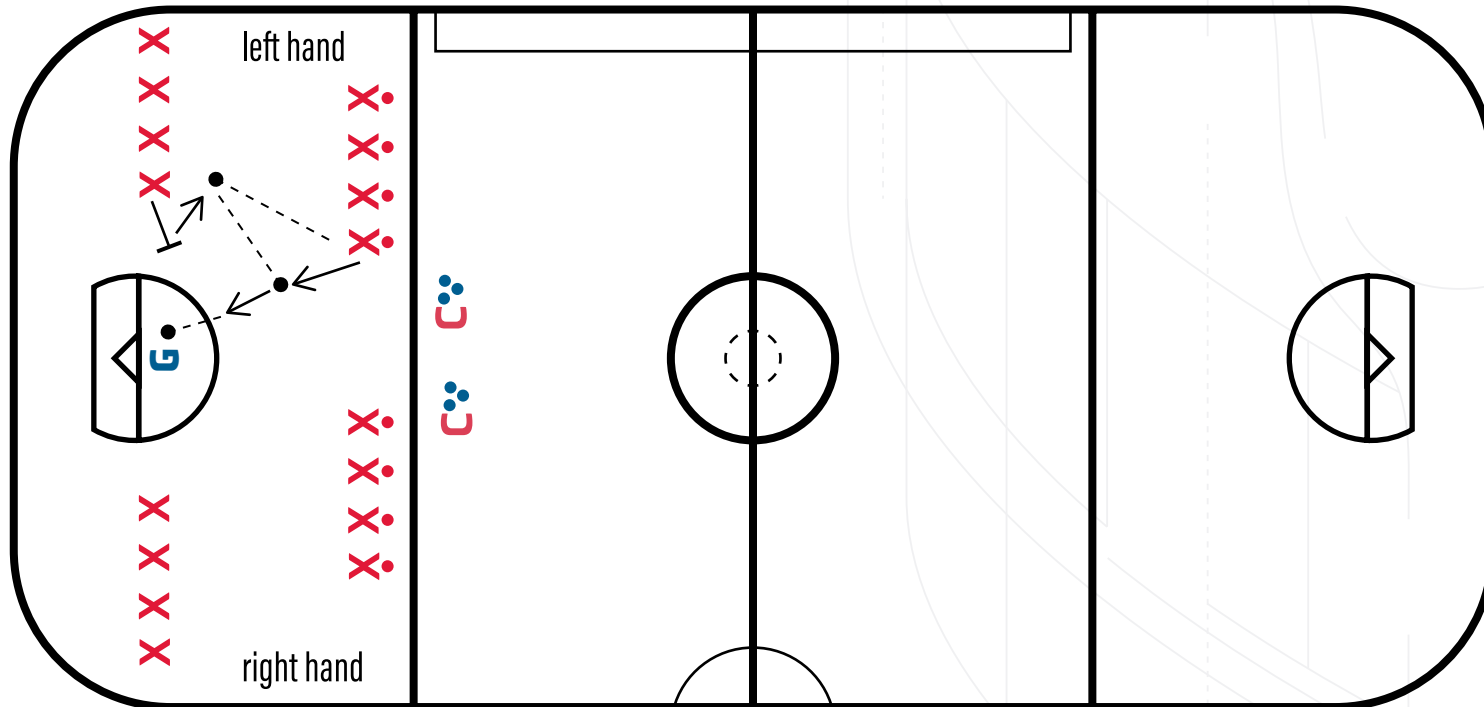


OFFENSE DRILL #1B: "Give & Go's" (Shooter & Crease)

Drill Duration: 7 mins

Description: Variation #1A: "Pass To Coach" (North-South)

- Demo (1 min): "Touch Passes"
- Have players lined up in equal numbers on their proper floor side, at the shooter positions, on both sides of the floor, in one or both ends. Balls are at the shooter lines, with coaches in the corner at the crease position.
- The ball carrier fades towards the side boards, passes low then cuts to the middle. The coach receives the pass and passes it back to the cutter (before they reach their wrong side) in the middle of the floor.
- Water Break = 1 min

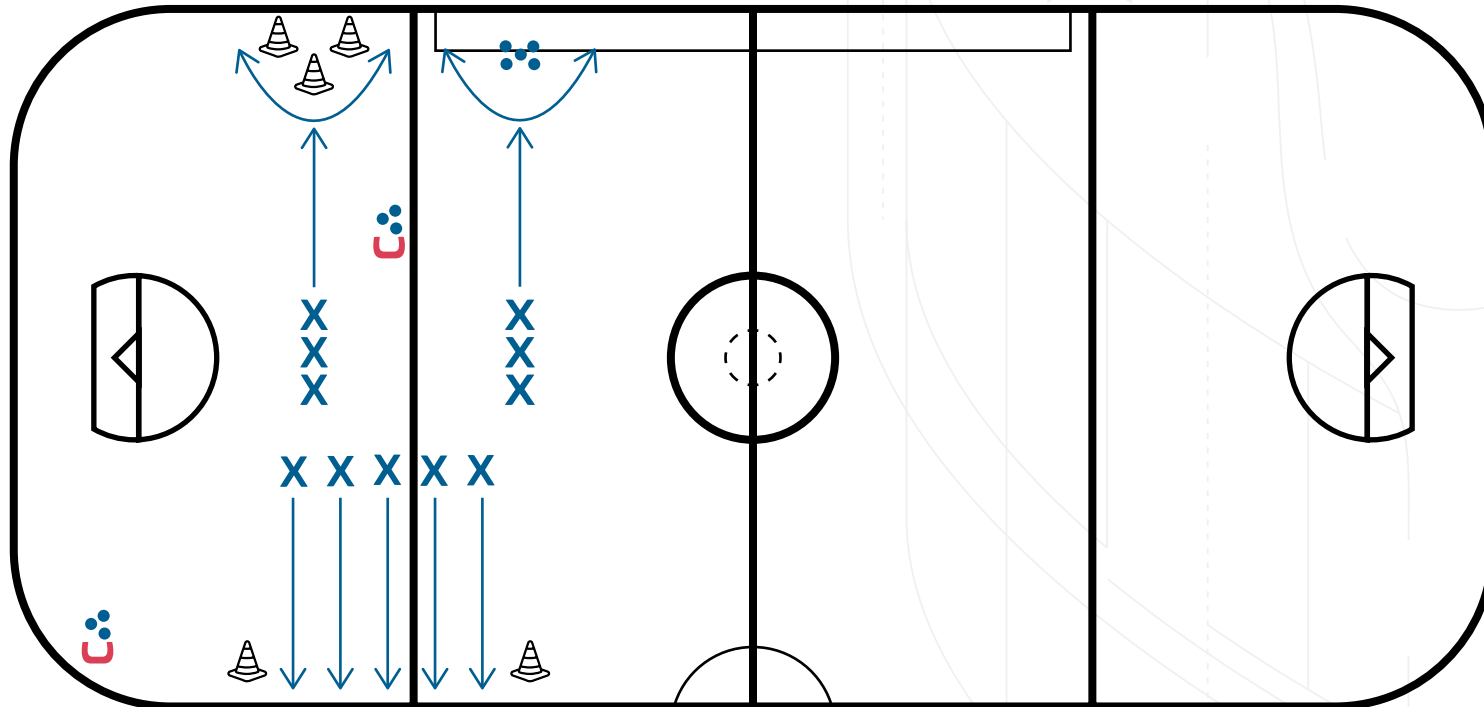


CARDIO DRILL #4: Stops & Starts

Drill Duration: 5 mins

Description: Variation #1: "4 Groups" (Forward, Backward, Side-Shuffle & Tracking)

- Start with 4 groups of approximately even numbers (one group can have an odd number, if required), lined up east-west in orientation, halfway between the end-line and the restraining line (using pylons for markers where necessary), in both ends of the floor. Give each group a number between 1-4.
- On the first whistle, all the players in group number one run up and touch the restraining line and back to the starting position. On the second whistle group two takes their turn on so on and so forth, until it's group number ones turn to go again.
- Coaches should mix up the number of sprints in a row that each group does (generally between 1-4) and the style of sprint demanded of the players (mix between running forward, backward and side-shuffling).
- Most common error = not touching the line (cheating)
- Goalies in full equipment may be permitted to do less reps than then players (half the amount).



GOALTENDING DRILL #4A: Breakaway Competition

Drill Duration: 5 Mins

Description: Cool Down

- Circle at center floor
- Static stretches - upper & lower body routine, <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Static-Stretches.pdf>
- Come up with an appropriate word, as a team, for a team cheer.

