



USATM
LACROSSE

8U BOX LACROSSE PRACTICE GUIDE



Practice 9

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 #9 - Fundamentals & Games

Age Group: 8U

Resources: Lacrosse Box, Lacrosse Balls, Nets, Tape, Universal Screw Driver, Hacksaw, Zip Ties, Helmets & Gloves, Sticks, Pylons, Whistle, Empty Garbage Can

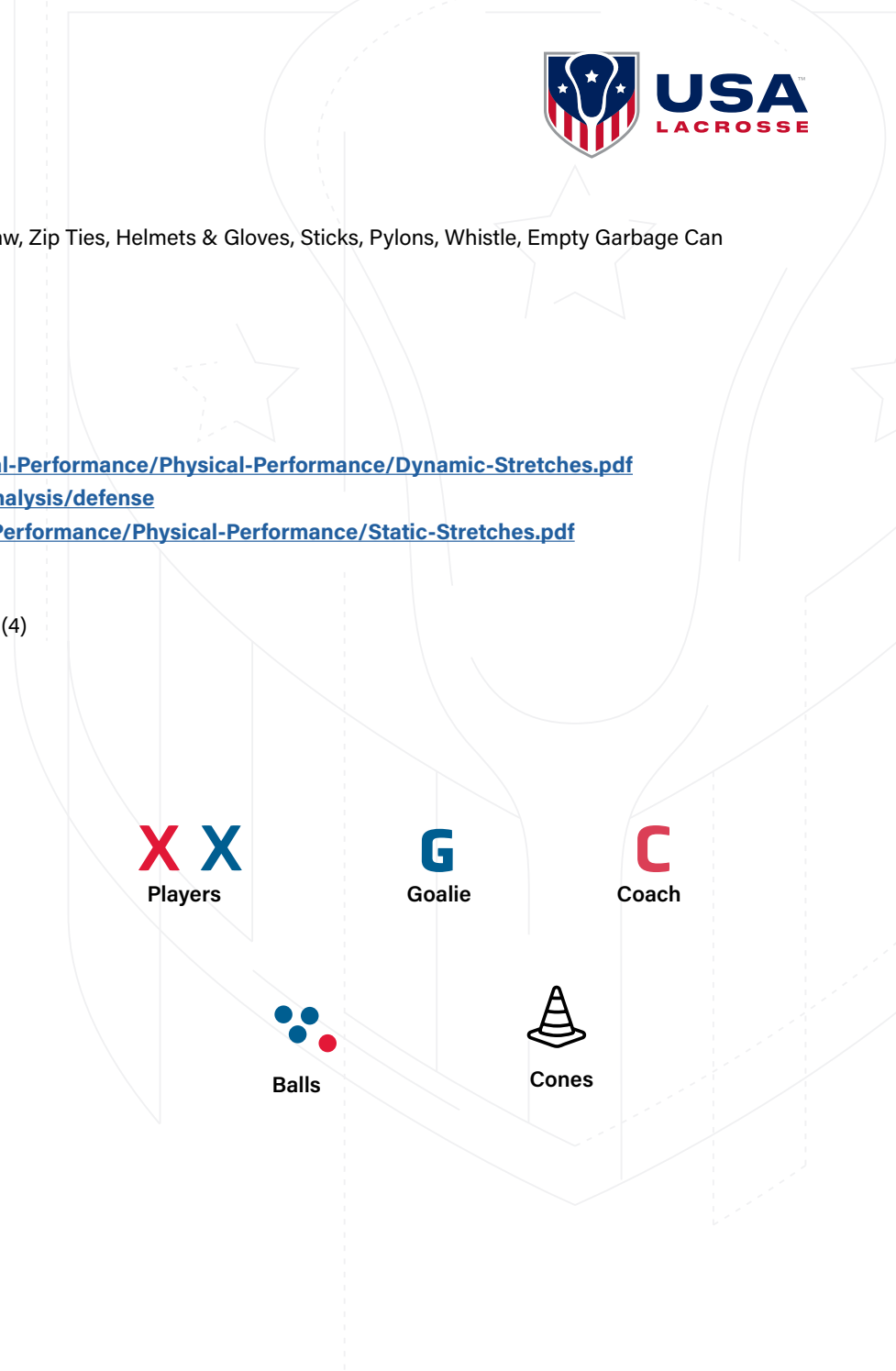
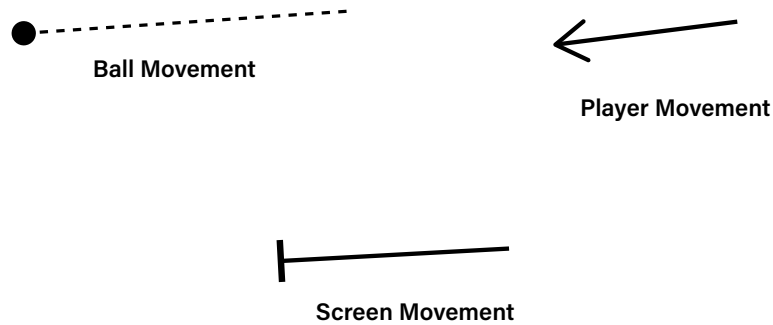
Note - Goalies Are Not Required For This Practice

Pre-Practice: (20 min - Optional):
Demo How To Put On Equipment - 20 Minutes Prior To Practice

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



LOOSE BALL DRILL #1A: "Dynamic" Pick-Ups (Scooping)

Drill Duration: 4 mins

Description: Variation #1 (2 min): "Scooping Through Traffic"

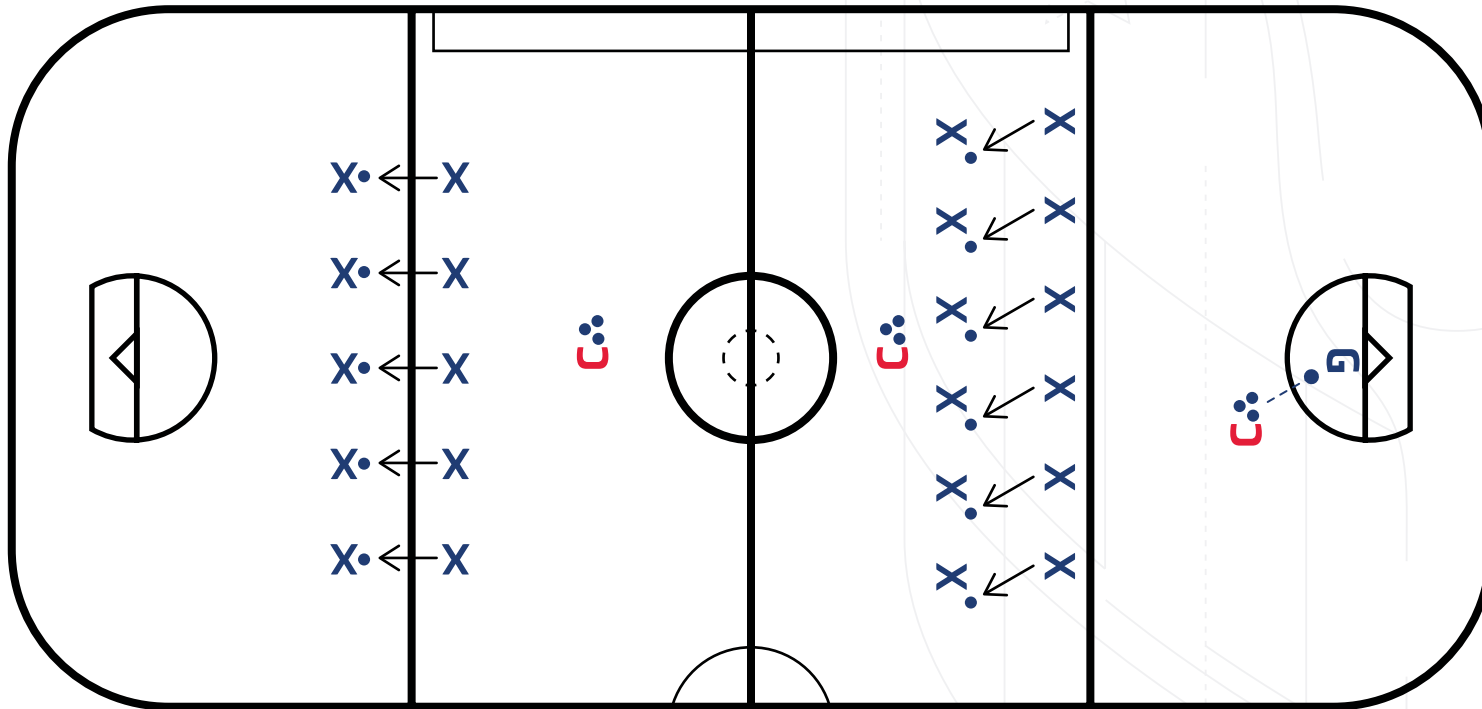
top diagram

- Have players partner up with another player holding their stick behind a stationary ball. The other partner then runs and scoops through the ball/stick "in traffic," continuing forward and placing the ball on the floor, doing the same as what their partner just did for them.
- Goalies can practice scooping loose balls in and around their crease (bringing their stick up to the throwing position as quickly as possible).

Variation #2 (2 min): "Trap & Scoop In Traffic"

bottom diagram

- Same as the above variation except for further game specific techniques, have players partner up with another player, with one partner standing with a ball between their feet.
- The other partner then runs and trap & scoops the ball "in traffic," continuing forward and placing the ball on the floor doing the same as what their partner just did for them.

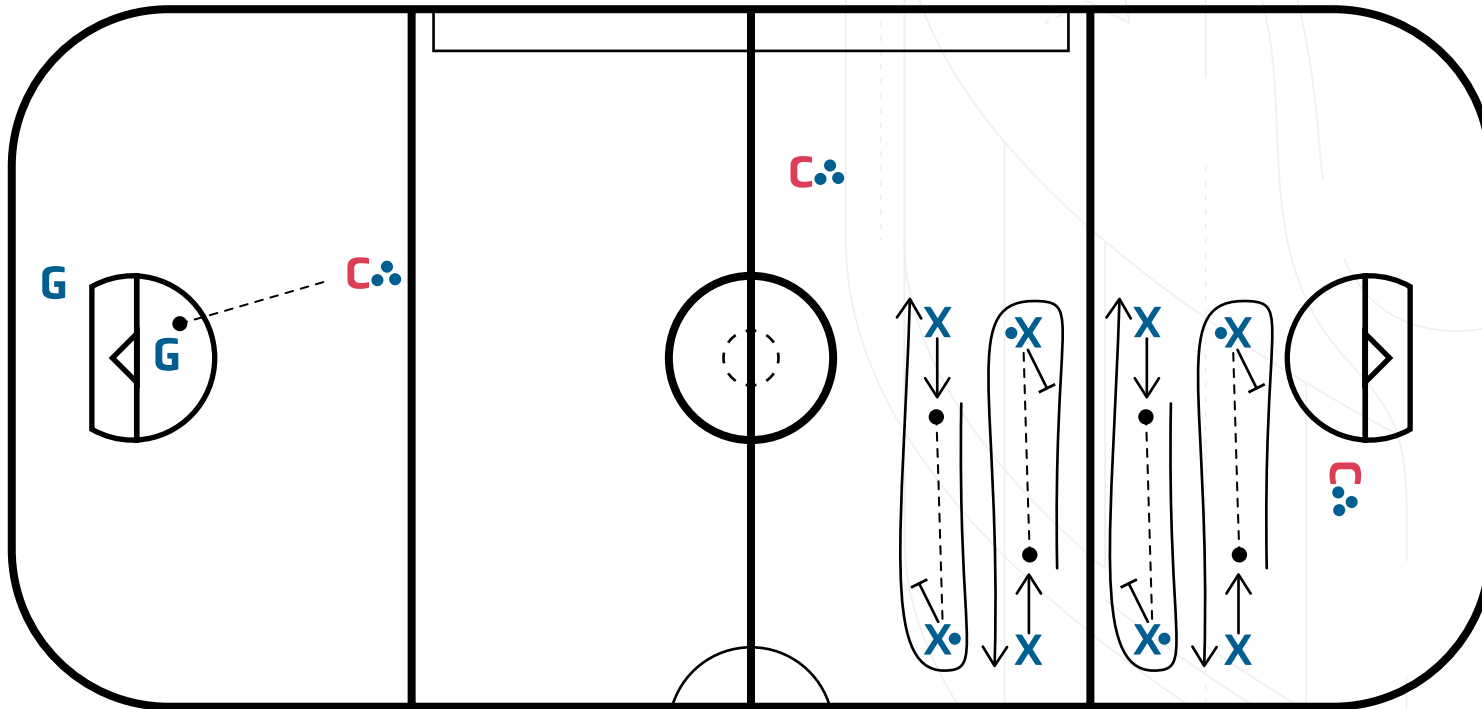


LOOSE BALL DRILL #2: Rolling (“Attaching”) a Ball With a Partner

Drill Duration: 2 min

Description: Variation #2B: “Loose Ball + Cradle Around Partner”

- Demo (1 min): “Arriving In Control”
- Have players line up in pairs 10-15 yards apart, rolling (underhand motion - with their hand if necessary) a ball back and forth.
- One partner rolls the loose ball, the other attacks it then cradles around the partner who rolled it to them, eventually running back to their original position. Alternate back and forth.
- The player without the ball should try and strip the ball from their partner as they cradle around them.
- Goalies can take shots from a coach, passing rebounds back where possible.



LOOSE BALL DRILL #3: Repetitive "Loose Balls On-The-Run"

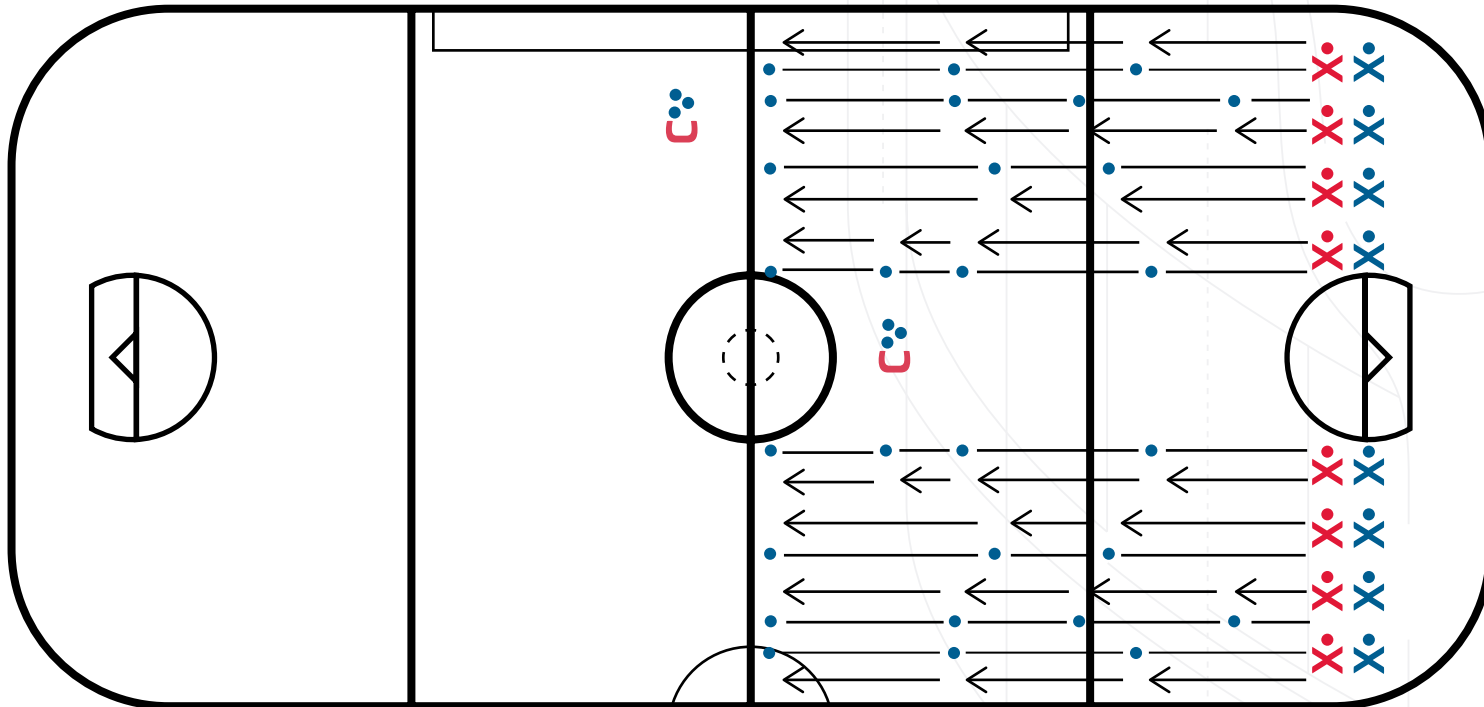
Drill Duration: 2 mins

Description: Variation #1: "Loose Ball On-The-Run"

- Start in one end of floor with 2 rows of players (numbered "1's" and "2's"), evenly spaced, all players with balls in their stick.
- The coach sends the first group down the floor, having them practice picking up loose balls using the "scoop" and "trap & scoop" technique, after first rolling a short distance in front of them. Coaches should stress quality over quantity.
- After the first group gets to center floor, the coach sends the second group.



alternating left/right hand



Dynamic Warm-Up

Drill Duration: 7 mins

Description: Dynamic Warm-Up

- Active dynamic stretching routine, <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>
- Circle at center floor
- Land Acknowledgement
- Rehash (1 min): skills learned last practice
- Discussion (1 min): "Great Teams"
- Come up with an appropriate word, as a team, for a team cheer.
- Water Break = 1 min

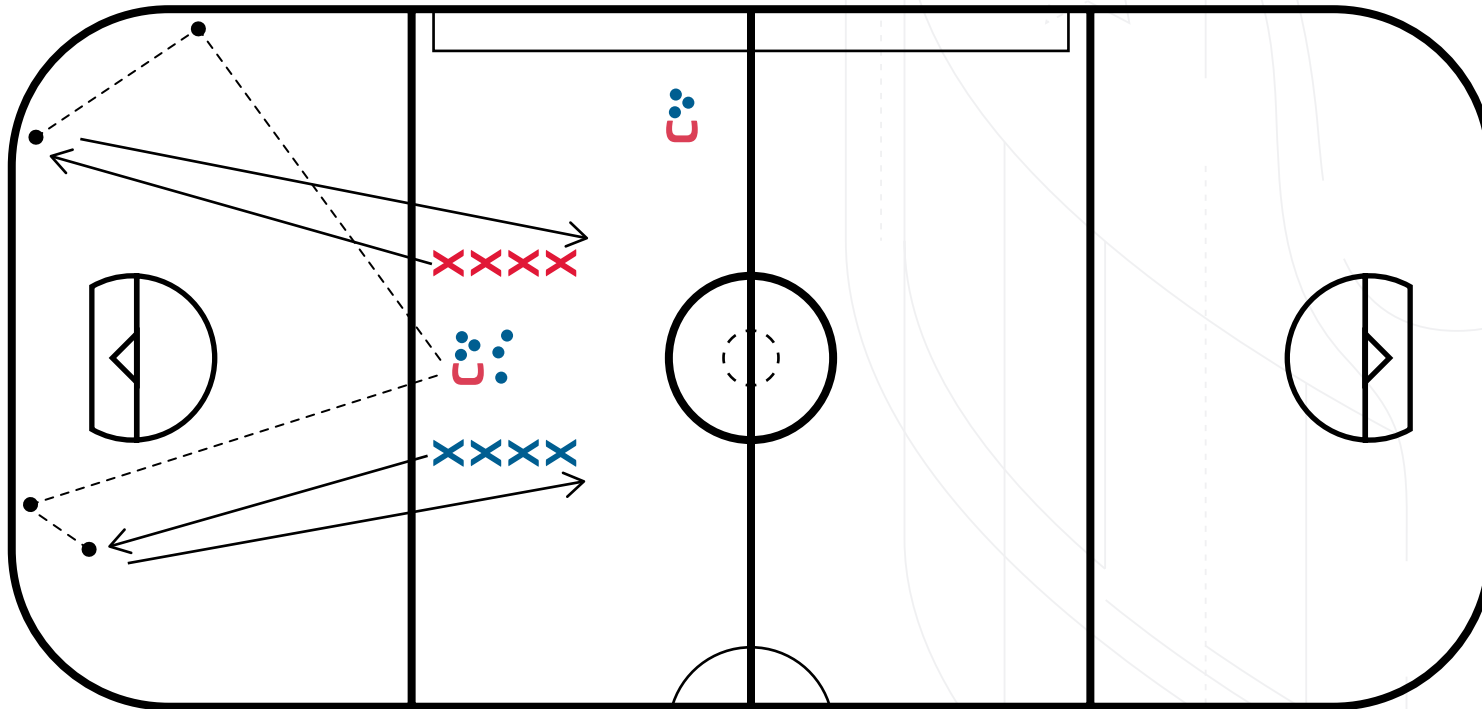


LOOSE BALL DRILL #4: Loose Ball Sans Pressure

Drill Duration: 5 mins

Description: Variation #1: "LB In The Corner"

- Have a line of players on both sides of the coach, standing near the shooter position on both sides of the floor (coach standing at the point position with balls - behind the players).
- The first player set to go in the drill should be facing their respective corner. This drill can take place in one or both ends of the floor.
- The coach rolls the ball into one corner at a time, with the first player in line attacking and corralling the loose ball, then running it to the middle of the floor and putting it back in the pile in front of the coach.
- Players should alternate lines each time through the drill and coaches should mix in a variety of styles and locations of loose balls.
- Goalies can take shots from a coach, passing rebounds back where possible.

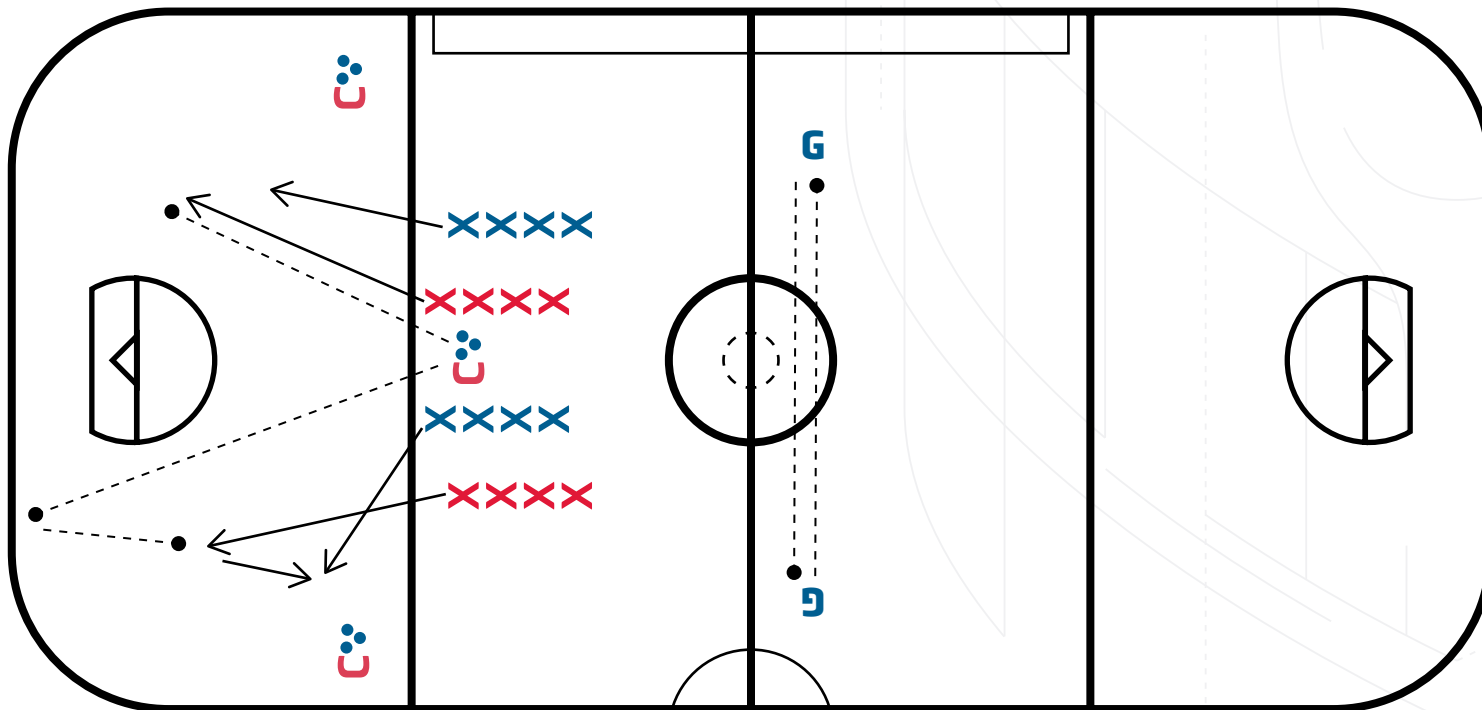


LOOSE BALL DRILL #8A: Loose Ball With "Pressure"

Drill Duration: 5 mins

Description: Variation #1: "LB With A Chaser"

- This drill can take place in one or both ends of the floor.
- Have two lines of players, one on each side of the coach near the shooter position, on both sides of the floor (coach standing at the point position with balls).
- The first two players set to go in the drill should be facing the corners.
- The coach identifies one line or the other as getting a head start.
- The coach then blows a first whistle after preemptively rolling or bouncing a ball into either corner, with the identified first player pursuing the loose ball and the second player leaving on a second whistle.
- The second player should follow the play closely, on the defensive side of the ball, battling if the player drops the ball.
- Otherwise, the objective of the drill is to scoop the loose ball, run to open space and eventually pass or flip the ball back to the coach.
- The coach also has the option of blowing the play dead at their discretion, trying to keep a "flow" to the drill.
- Players should be encouraged to battle against different players each time through the drill.
- Goalies can take shots from a coach, passing rebounds back where possible.

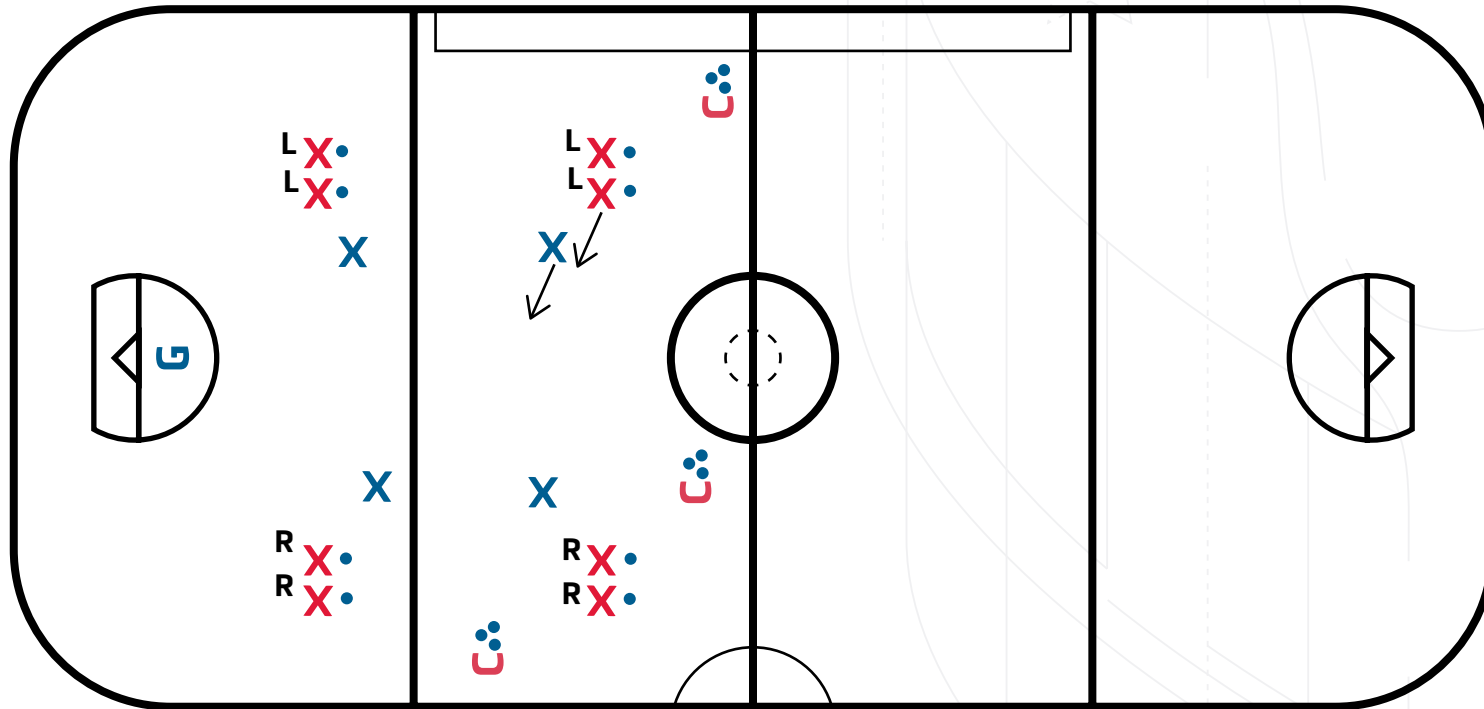


DEFENSE DRILL #6A: 4 Corner Checking (“Top-Side Defense”)

Drill Duration: 8 mins

Description: Variation #1B: “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 joining 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.
- Water Break = 1 min

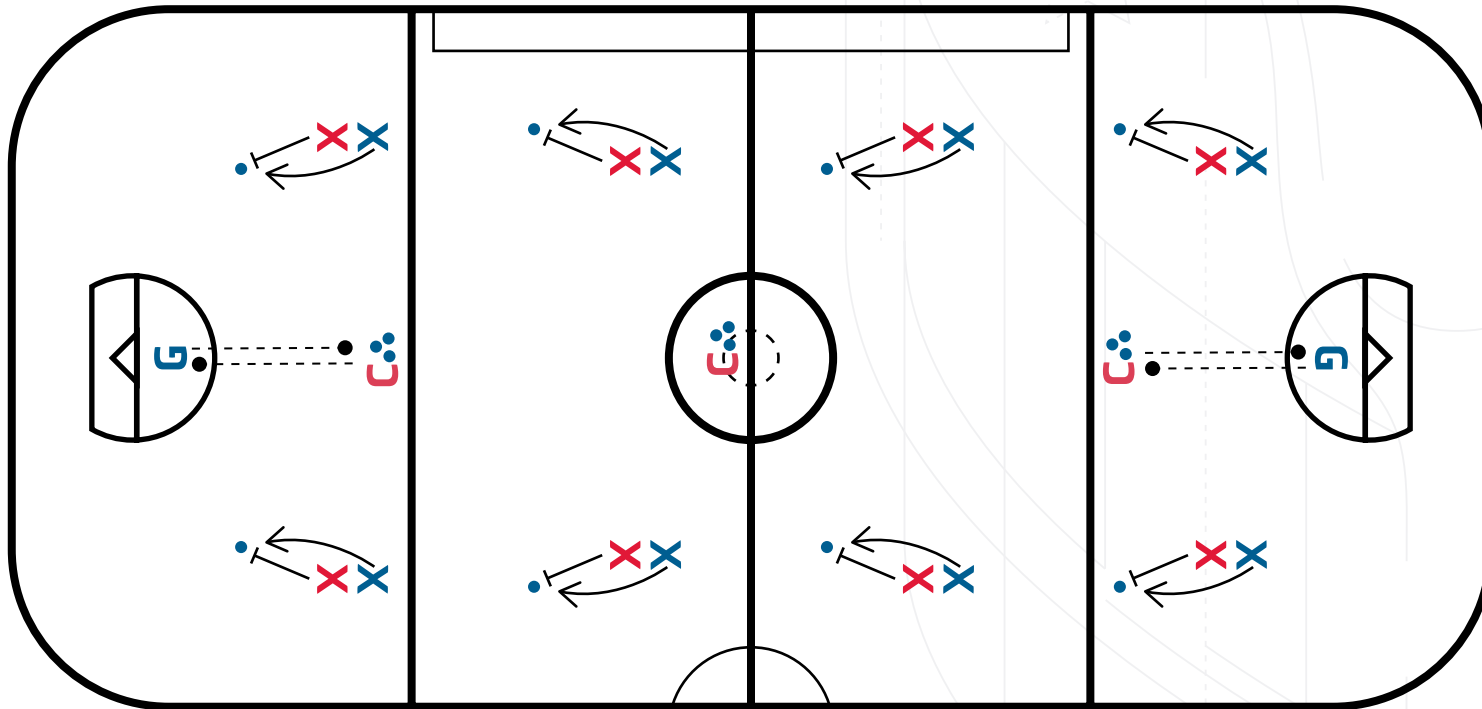


DEFENSE DRILL #5A: Rollies Partner "Box Out" Drill

Drill Duration: 7 mins

Description: Variation #1 to #3: "1 Vs. 1" (Sticks Upside-Down/Sticks Normal)

- Demo (1 min): "Boxing Out" & "Footwork" (Hips In Front Of Opponent)
- 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."
- The drill is finished when the coach blows their whistle (10 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), and later players starting back-to-back (Variation #3).

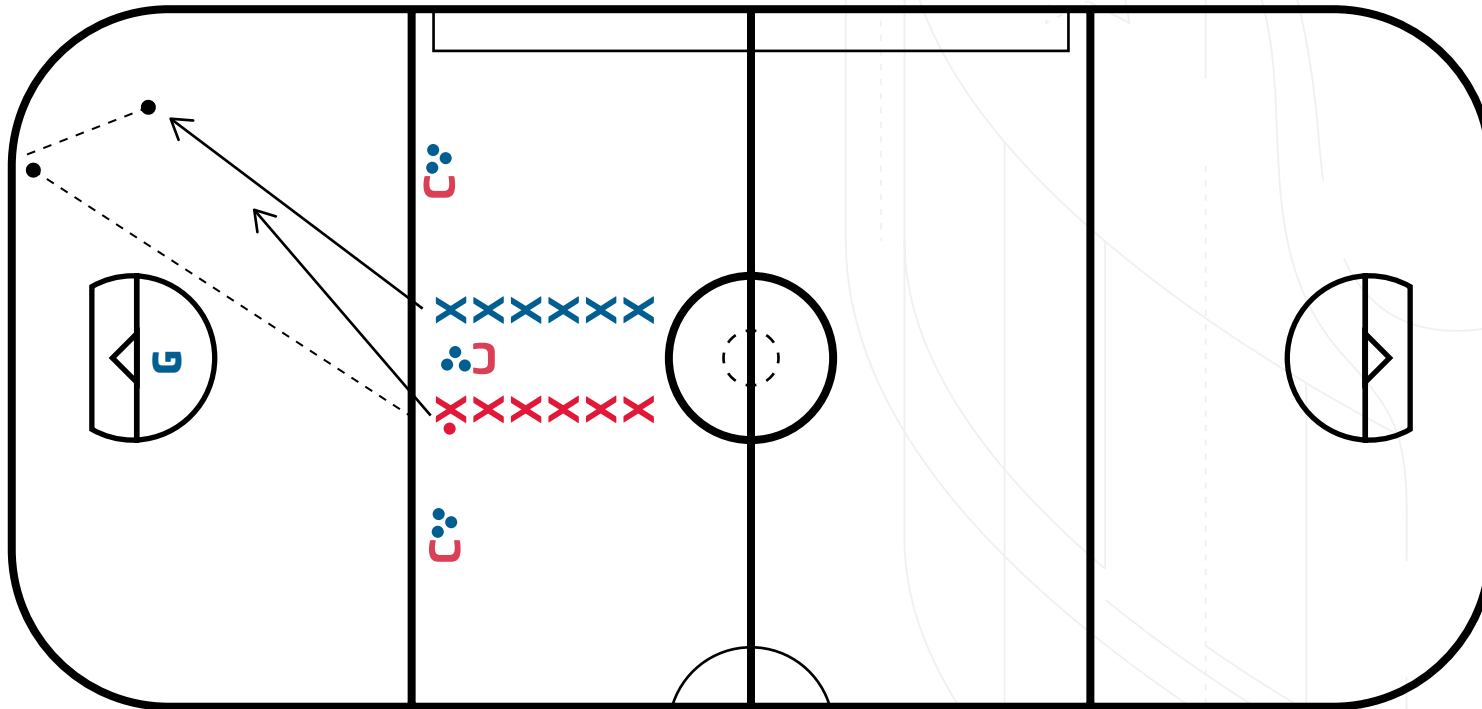


LOOSE BALL DRILL #10: Loose Ball "Battles"

Drill Duration: 8 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

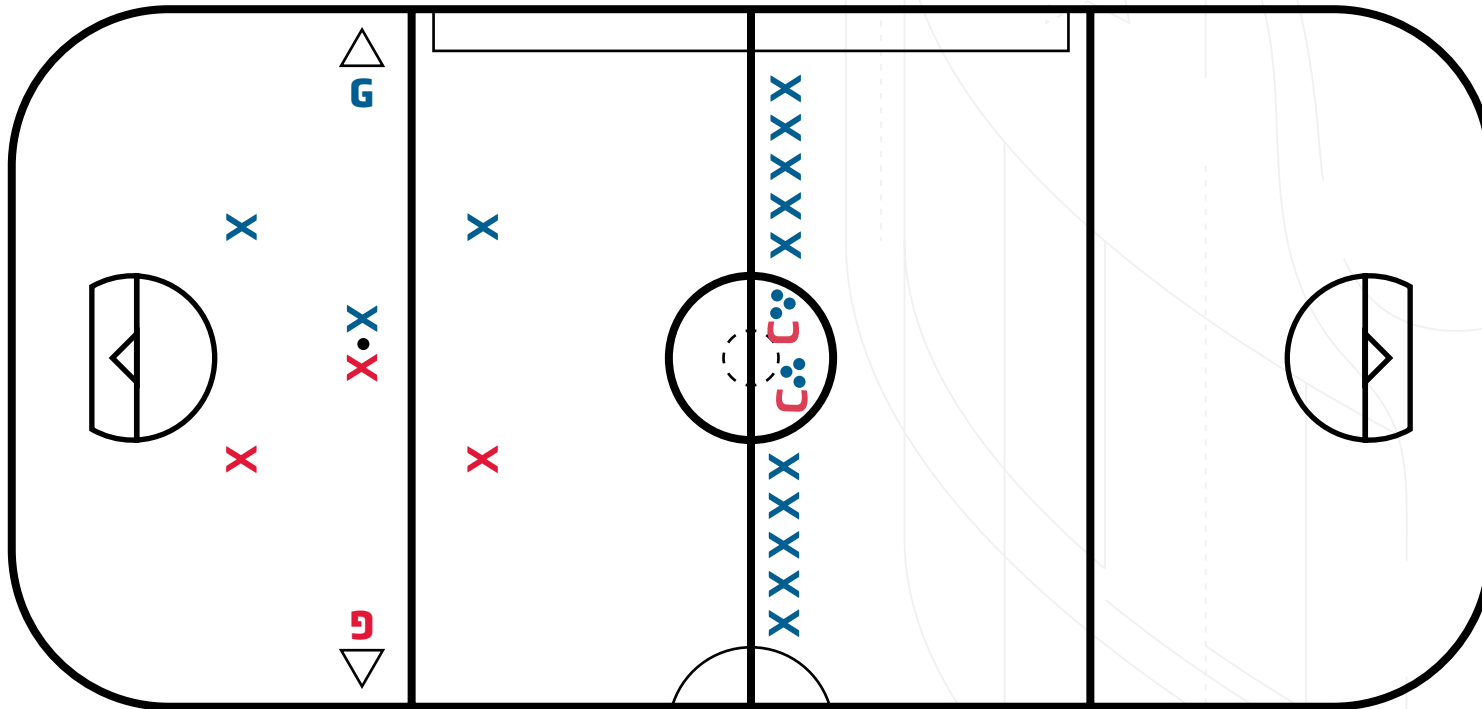


GAMES DRILL #19: Small-Sided Games

Drill Duration: 12 mins

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

- Arrange two teams equally on both sides of the restraining line, in one or both ends of the floor depending on numbers: with players facing into the defensive/offensive zone.
- On one side of the restraining line is "Team 1" and on the opposite side is "Team 2" (make more creative names if possible).
- Move the nets against the sideboards, halfway between the goal-line and restraining line.
- The first 3 players in line on each team enter the drill, starting with a face-off or loose ball. If it's a loose ball, have players enter from the defensive side, closest to the goalie.
- Shift length can be timed intervals (1 or 2 minutes)
- If at any point during the games the ball is near the restraining line, the players not in the drill should be encouraged to "bat the ball" back into play, helping establish good "flow" in the drill.



Conclusion

Drill Duration: 2 mins

Description: Cool Down:

- Circle at center floor
- Static stretches – legs, <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.

