



USATM
LACROSSE

12U BOX LACROSSE PRACTICE GUIDE



Practice 6

Drills and Plans for Running Box Lacrosse for Ages 9 - 12





BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS FOR RUNNING BOX LACROSSE FOR 12U

(AGES 9 - 12)

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 – Breakout & Fastbreak Passing



Age Group: 12U

Resources: Lacrosse Box, Lacrosse Balls, Nets, Tape, Universal Screwdriver, Hacksaw, Zip Ties, Helmets & Gloves, Sticks, Pylons, Whistle

Reminders: Dynamic Warm Up Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>

Transition Skills Analysis: <https://laxlife.ca/fundamental-skills-analysis/transition>

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.

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



Ball Movement



Player Movement



Screen Movement

X X
Players

G
Goalie

C
Coach


Balls

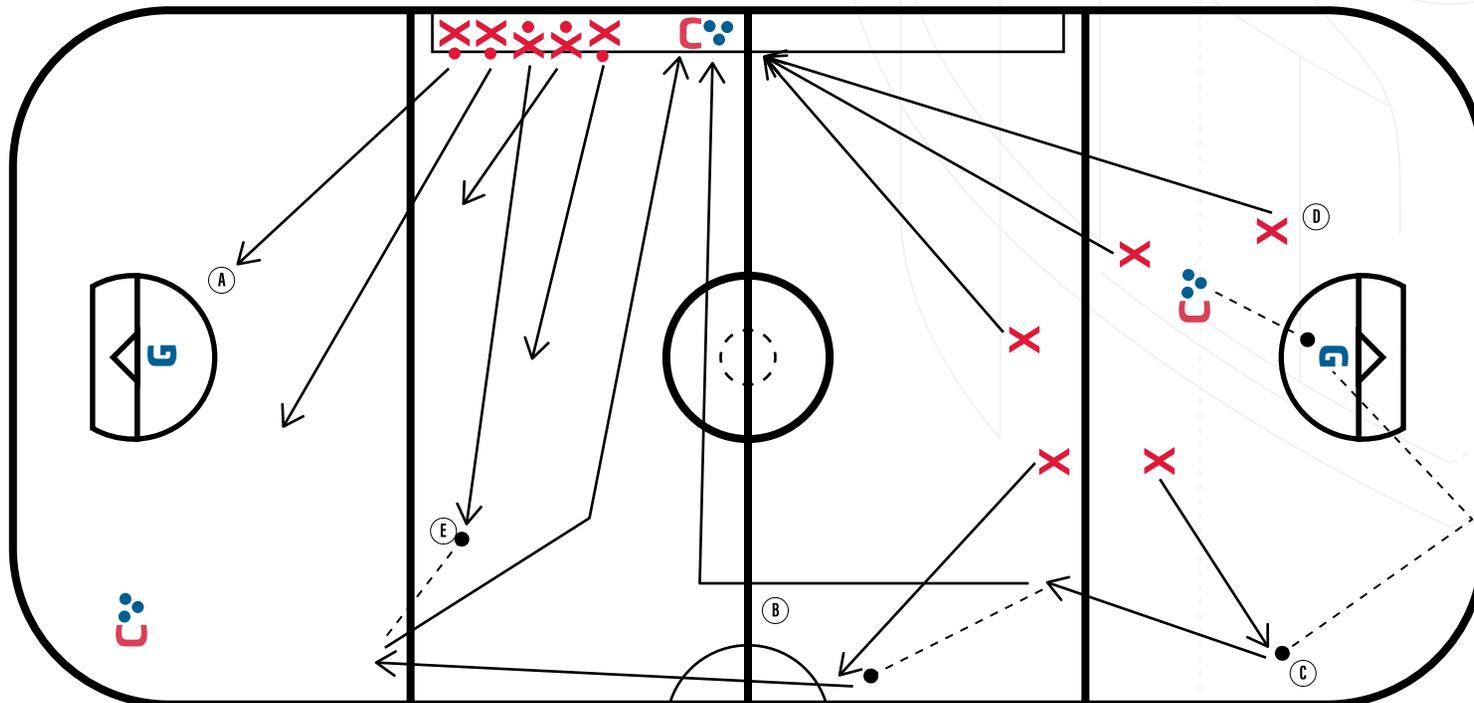

Cones

TRANSITION DRILL 5A: Standard Breakout (“Clearing”)

Drill Duration: 5 mins

Description:

- Draw Diagram = 2 min
- Walk Through = 3 min
- A “breakout” is a structured approach to transition the ball safely and efficiently out of the defensive zone, as a team.
- Each player has set responsibilities as to exactly where to go and what to do if their goalie makes a save, or if there is any sort of turnover by the opposing team’s offense.
- After a shot on net by the opponent, or the goalie/defender has corralled the rebound or loose ball, all other defenders should run (or backpedal) to the “standard breakout positions” (See Diagram) based on their relative floor position (whoever is closest).
- The two players closest to the bench should “run hard to the bench” to try and help create a fast-break (“bench assist”), with the two players on the far-side (opposite the bench-side) being the most utilized outlets (Position B & C). Players should be aware not to leave the defensive zone too early, supporting the ball if one of their teammates needs an outlet to pass to.
- The key outlet is the player in the middle (Position D), in having to decide whether to run hard to the bench or do a buttonhook as an emergency outlet if all other outlets are well covered.
- If the goalie has the ball to start the breakout it is important that they spot the open player and quickly make a high percentage pass, without hesitation. If no outlet is available, the goalie should step out of the crease behind the net (to avoid a 5 second call) and the team should take a slow break approach to transitioning the ball.
- The first look for the goalie (if advanced) should be down the floor for a breakaway (Position A), but only if wide open. Intermediate goalies should look to initiate a fast break (position B), if possible. For beginners, or if pressure is applied, players on the far-side should button hook down as far as the mid-boards and GLE (where required), for an easy outlet pass. Otherwise, a player may quickly come into the crease and get the ball from the goalie, running it out.
- For the most part the ball should be moved up the side boards opposite the player’s bench, unless there is a fast break. The golden rule: “when in doubt, run it out.”
- Transitioning defensive players should “run the ball deep” and “in two’s,” looking for “late” transition (trailers) and eventually pass the ball off to players coming on the floor from the bench (Position E); changing if there is more than 16 seconds left on the shot clock (in the “Offense-Defense” transition system).
- If playing in a “Two-Way” transition system and having players start on defense, all players should run the length of the floor upon breaking out, getting to their proper floor side if possible (except the ball carrier who should generally carry the ball away from the bench). If playing offense first, players will later play defense and then two-players will have to stay and start the “breakout” back towards the offensive zone before changing.

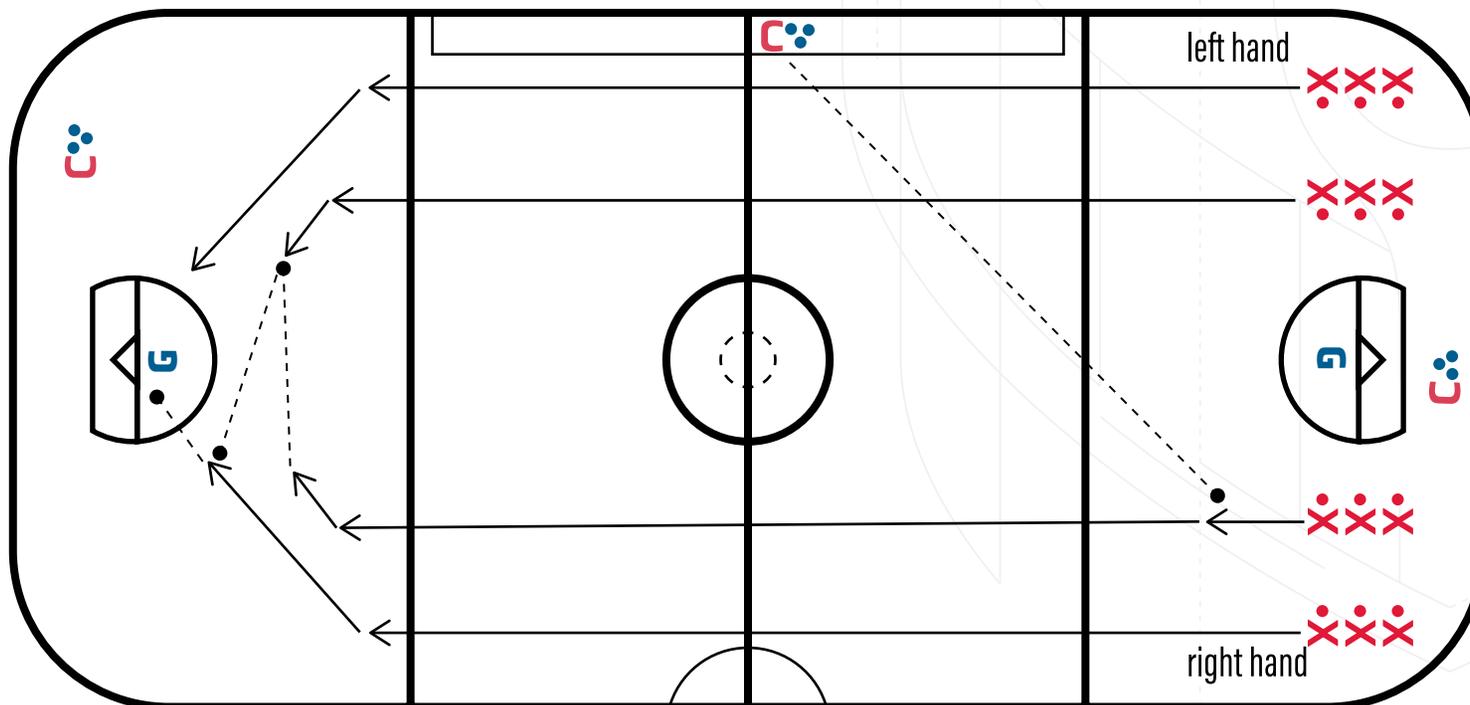


TRANSITION DRILL #0: 4 Lane "Transition Passing"

Drill Duration: 5 mins

Description: Variation #1 (4 min): "4 Lanes Together" (Walk Through)

- Draw Diagram = 1 min
- There are four imaginary "lanes" referenced lengthwise (north south) when running the floor in lacrosse, two outside and two inside.
- The lanes stretch either from a few yards off the sideboards to a few yards outside of the goal posts ("outside lanes"), or from a few yards outside of the goal posts to the middle of the net ("inside lanes").
- Players running in the outside lanes during a fast-break should run as hard as they can to the same-side goal post on a 45° angle, as a general team rule.
- Inside players should be trailing the play, at least slightly (if possible), and will sometimes have to "slow up" to maintain proper "spacing."
- Do a walk through starting in one end of the floor with 4 lines evenly spaced from one side of the boards to the other.
- Left and right-handed players should be on their proper floor sides, respectively (one of the two inside lanes with balls). This drill may also be run from the furthest restraining line, instead of the goal-line.
- Coaches send all four lines (lanes) at once, beginning at jogging speed, with outside players having a head-start and middle players trailing behind; progressing to 50 percent, 75 percent, 90 percent, and 100 percent speed.
- It can also be effective to run the first few reps without a ball (to get a feel for the spacing), attempting to finish the drill with the spacing shown in the diagram.
- The object of the drill then becomes for players to run all 4 lanes, timing their cuts and maintaining their spacing: finishing with a quality shot.
- Players should stay on their proper floor side in the opposite end, switching from inside line to outside line and vice-versa.

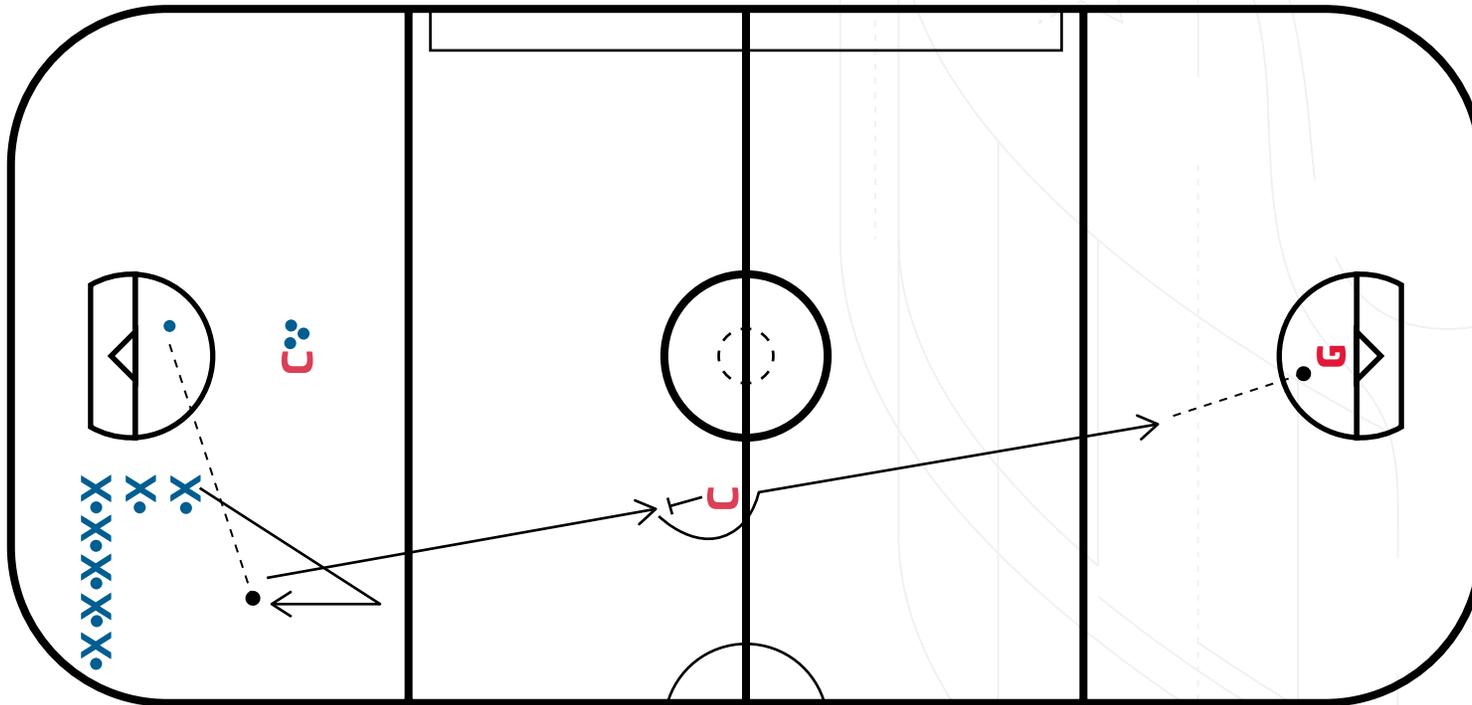


GOALTENDING DRILL #3A: Goalie "Breakout Pass"

Drill Duration: 10 mins

Description: Variation #1B: "Breakout Pass"

- Arrange players in one end, on the opposite side of the floor from the benches ("far-side").
- Have players flip the ball to the goalie (or coach if there's only one goalie) and run from beside the crease out and up to the mid boards, button-hooking back towards "goal-line-extended" for a pass from the goalie.
- Players should work on running the button hook pattern properly, with goalies timing the pass. The goalies should also strive to corral the ball and quickly get the ball up into the throwing position.
- Players who catch the ball (or not) then run up and around the coach (protecting the ball) who is standing near center floor, eventually running in on a breakaway at the other end of the floor.
- Most common error = throwing the ball too hard when teammate is relatively close ("soften up").
- Water Break = 1 min



Dynamic Warm-Up

Drill Duration: 8 mins

Description: Dynamic Warm-Up:

- See if a player is willing to lead the “active dynamic stretches” (prep them ahead of time)
- Circle at center floor
- Land Acknowledgement
- Rehash (1 min): skills learned last practice
- Discussion (1 min): “Discipline”
- Come up with an appropriate word, as a team, for a team cheer.



Transition Drill #1A: Basic Out & Up (“Get To The Middle”)

Drill Duration: 10 mins

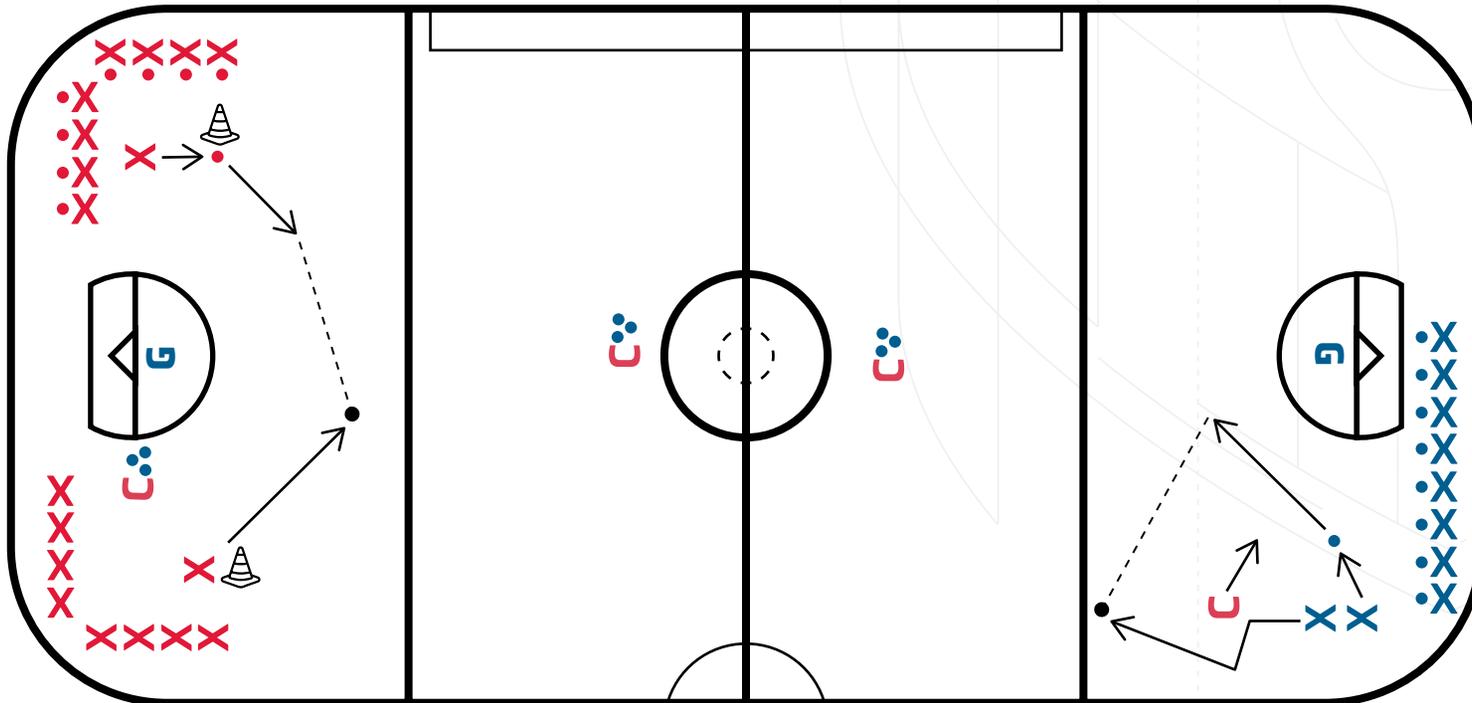
Description: Variation #1B (4 min): “Far-Side Pass”

- Demo (1 min): “Pushing The Ball,” “Lanes,” “Suicide Passes”
- Start with two lines in the corners, with players on their proper floor-side, in one end of the floor (facing up-floor), with a pylon 5 yards out from the sideboards near the mid-boards, on both sides.
- The line of players on the bench-side starts with balls, and the first player in line cuts to the middle after someone from the far-side line (no balls) cuts to the middle ahead of the play. The ball carrier delivers a lead pass to the first player in line, who runs the length of the floor on breakaway.
- After passing, players go to the back of the line and once everyone in the other line has gone, the passers now receive a pass from the coach (or goalie), running a button hook (not shown in diagram) in the middle and then going for a breakaway in the far-end.
- The line of passers and the line of receivers switch roles each time through the drill, with the passers always starting on the bench side (which ingrains the habit of running “away from the bench” during a breakout).
- Also make sure that players have the opportunity to pass and catch, on both sides of the floor (i.e., proper-side & wrong-side), in both ends.
- Most common error = ball carrier not getting to the middle before they make their pass

Variation #2B (5 min): “Same-Side Pass”

right diagram

- The line of players should be on the far-side only (to ingrain the habit of running away from the bench). The first player in line (no ball) cuts from the corner around the pylon with the next player in the same line cutting to the middle with a ball and delivering a lead pass to the first player, who stays in the “outside lane,” eventually running the length of the floor on breakaway.
- The passer then becomes the receiver the next rep through the drill.

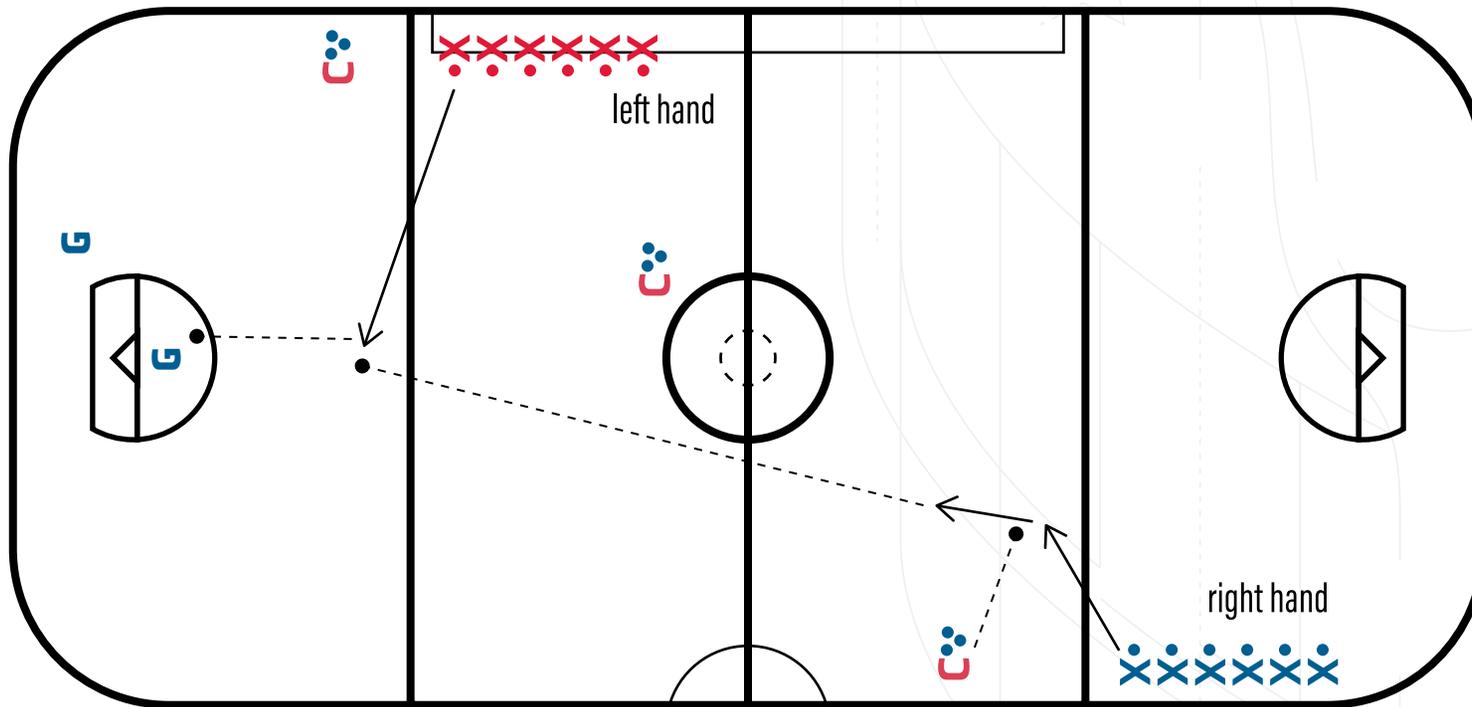


LOOSE BALL DRILL #7A: Defensive Zone Loose Ball (Long Pass)

Drill Duration: 10 mins

Description: Variation #1: "2 Lines" Or Variation #2: "4 Lines" (Depending On Numbers)

- Begin with 2 or 4 lines of players, on their proper floor side, each 5 yards back from the restraining lines, against the boards (or on the bench where possible) and facing the neutral zone. With only two lines of players (passers and receivers), both goalies would start in the same end (as seen in the diagram).
- The coach designates which line (or lines) are "passers" and which line (or lines) are "receivers," prior to starting the drill.
- The drill starts with a loose ball being rolled into the defensive zone by a coach or the second player in line (Variation #1B). The first player in line pursues the ball, corralling it on-the-run and quickly passing it up-floor to the receiver who is running toward the net on a breakaway.
- Coaches change the direction of the drill halfway through, with the passers becoming the receivers and vice-versa (goalies switch ends). Players exiting the drill should get back into the same line they started in, being sure to stay out of the way of the next players in line.
- Overhand passing is the most accurate and should be promoted when players are uncontested in games. Players on the breakaway should make a banana curl towards the net after receiving the pass.
- Water Break = 1 min



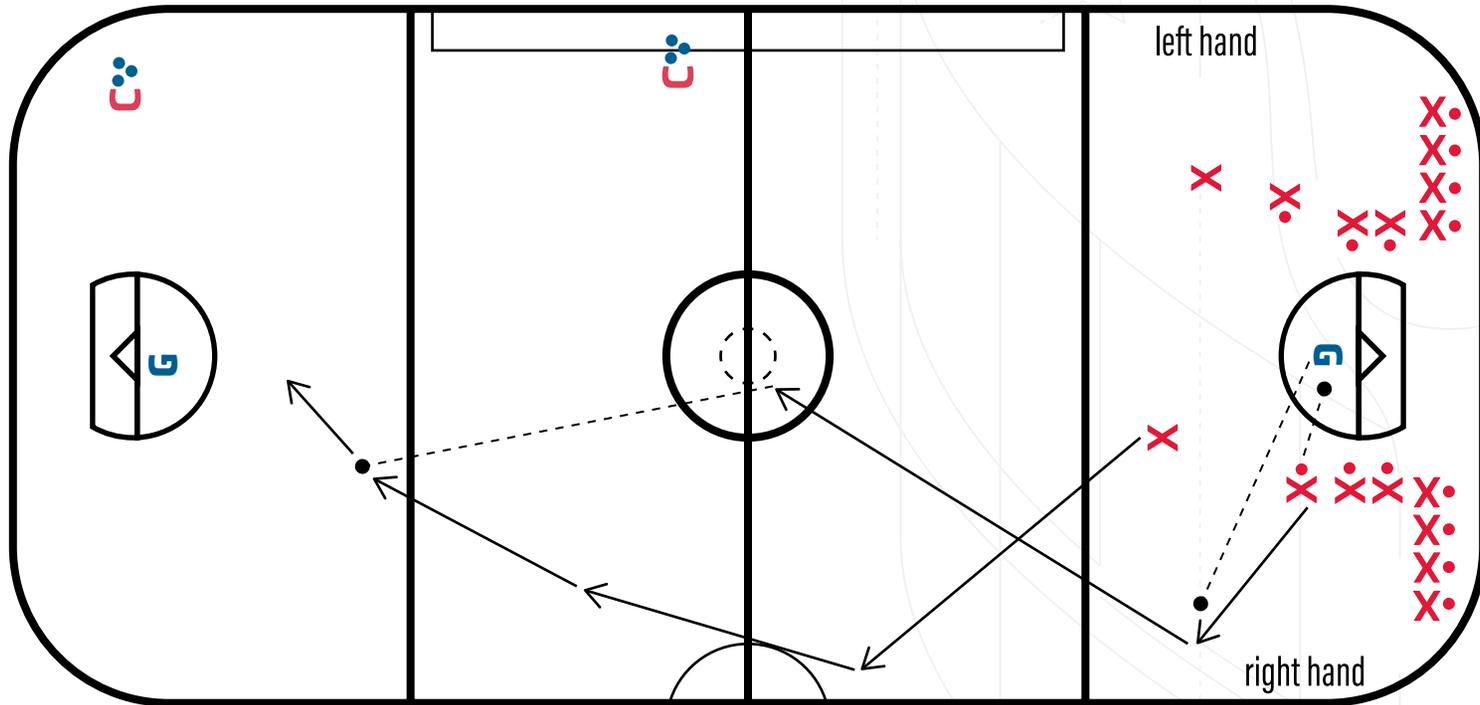
TRANSITION DRILL #3A: 2 Player Out & Ups ("Push" The Ball)

Drill Duration: 10 mins

Description: Variation #1A (4 min): "Stick Length Away"

left diagram

- Demo (1 min): "Lanes" + "Running in Two's"
- Start with 2 lines of players, on their proper floor sides, on both sides of the crease, at one end of the floor.
- The second player in line should be ready with a ball and the first player in line should be ready without a ball. The drill alternates from side to side with the next two players set to go in the drill waiting until the group ahead is at least at center floor before they go.
- The first player in line steps out to the shooter position and the second player to the crease position. The low defender rolls or bounces the ball into the goalie and then runs (or backpedals) to the mid boards, while the high defender runs hard along the boards toward the other end of the floor (not leaving the defensive zone until the goalie has control of the ball).
- The low defender receives a pass from the goalie near the mid-boards and runs hard up-floor (towards center floor), making a pass to the high defender (eye contact), who simultaneously cuts away from the boards on a 45° angle towards the net for a breakaway shot. BGG



CONCLUSION

Drill Duration: 2 mins

Description: Cool Down:

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

