



USATM
LACROSSE

16U BOX LACROSSE PRACTICE GUIDE



Practice 9

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 #9 - Off-Ball Pick & Rolls

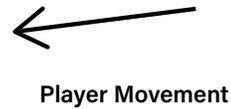
Age Group: 16U

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

Reminders: Dynamic Warm Up Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>
Stickwork Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/stickwork-passing-catching-shooting>
Offensive Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/offense/>
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

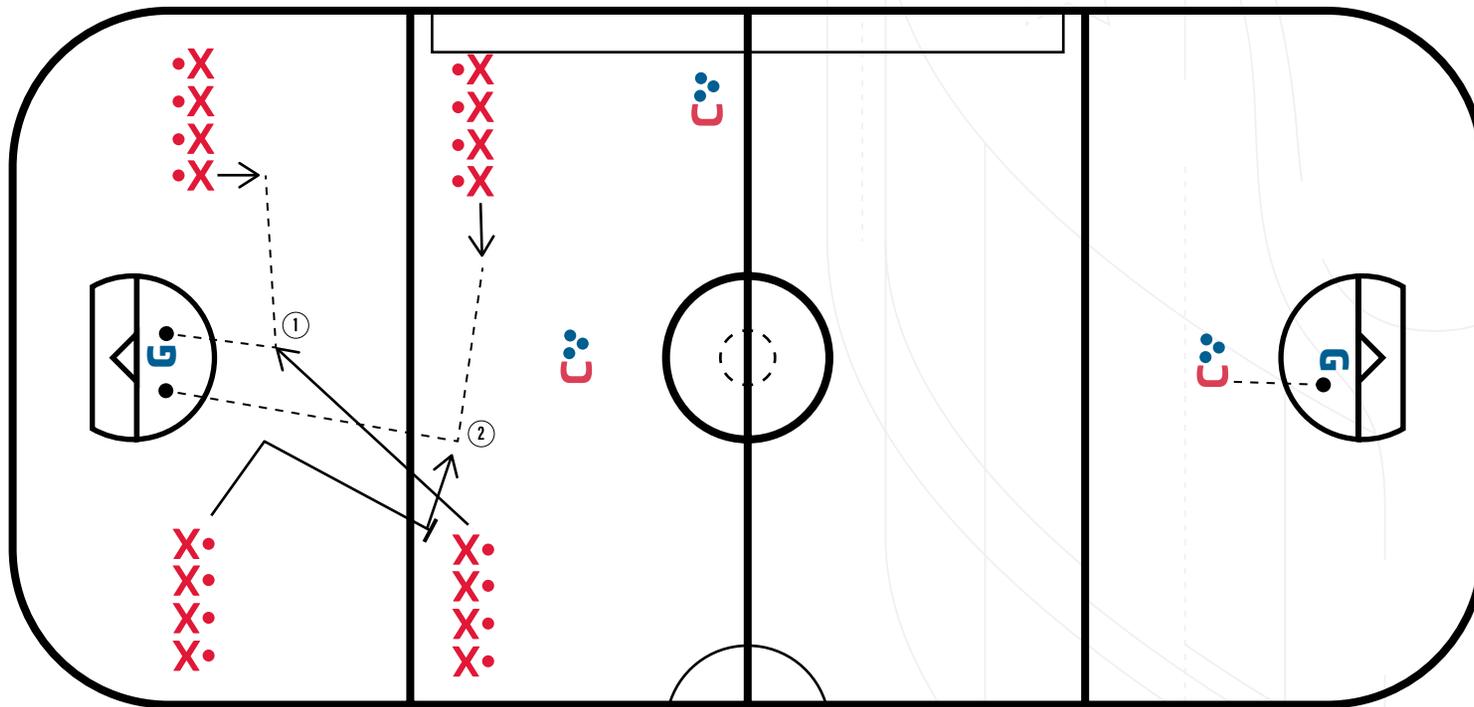


WARM-UP DRILL #13: 1 Pick, 2 Shots

Drill Duration: 8 mins

Description: Variation #1: "Off-Ball Up-Pick"

- Draw Diagram = 1 min
- Have players line up in equal numbers on their proper floor side crease and shooter positions, on both sides of the floor, in one or both ends, with balls. Goalies switch halfway through the drill if it's commencing in only one end.
- To start, the first player in line on one side will have balls (lefts or rights) and the other side (off-ball) has no balls. On the off-ball side, start with an up-pick from the crease player, doing a V-cut, then setting an imaginary pick at the same-side shooter position. The shooter then cuts around the pick toward the middle, receiving a pass from the opposite side crease position (Shot #1). The picker then "pops" up into the shooter position, receiving a pass from the opposite side shooter (Shot #2).
- Repeat the above actions with the opposite-side players who now have no balls, running another off-ball up-pick. The crease player picks for the same-side shooter, "pops" up into the shooter position, and both receive passes for shots one after another (1 second in between shots).



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): “Commitment/Sacrifice”
- Come up with an appropriate word, as a team, for a team cheer.

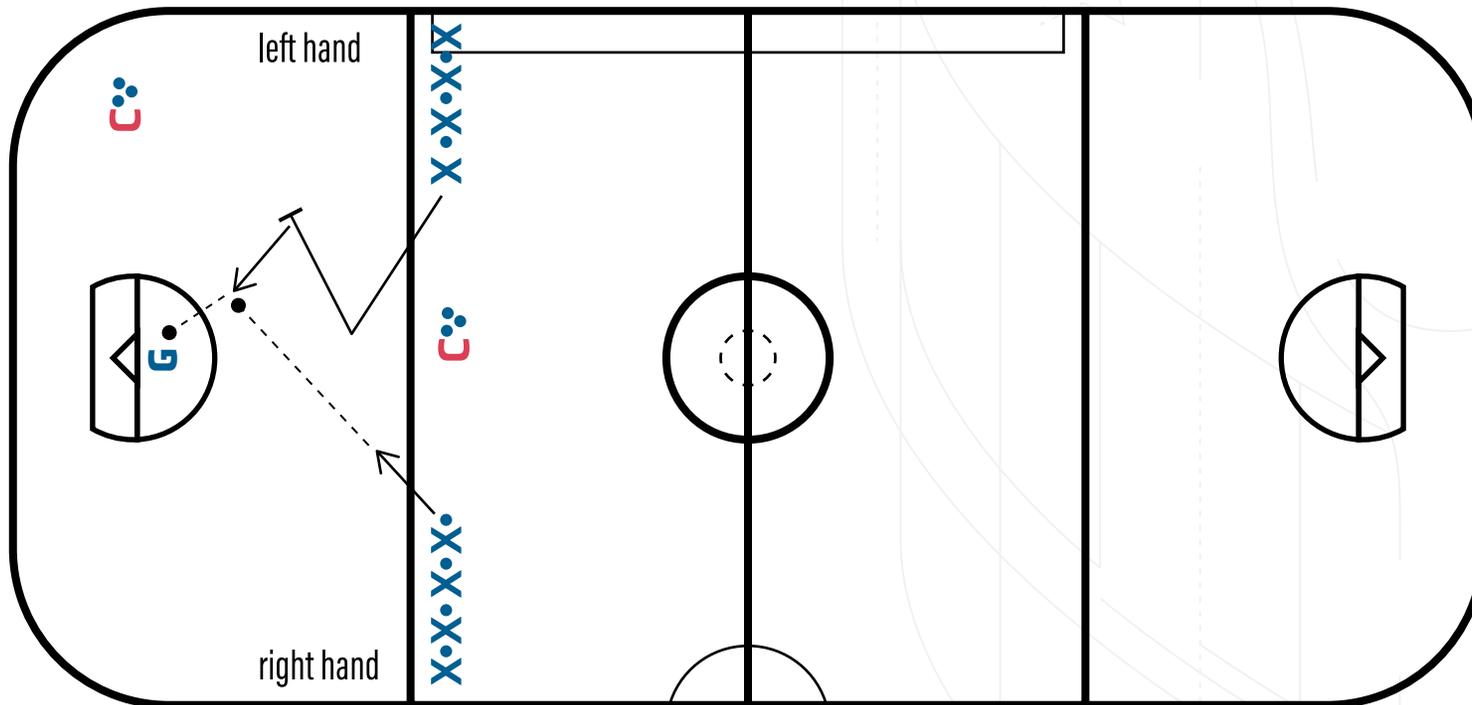


OFFENSE DRILL #5A: Off-Ball “Pick & Roll” (Down Pick)

Drill Duration: 7 mins

Description: Variation #1A: “Adjacent Pass”

- Demo (1 min): “Pick & Roll”
- Begin with a line of left-handed and a line of right-handed players, on their proper floor sides, at the shooter positions, in one or both ends of the floor.
- All players have balls except the first player in line. This player does a V-cut to the middle and sets a “pick” (on an imaginary defender) at the crease position, “rolling” to the net and receiving an adjacent pass from the same-side shooter (next player in line), who is moving their feet and being a threat.
- The drill alternates from side-to-side with the passer then becoming the picker on the next rep.

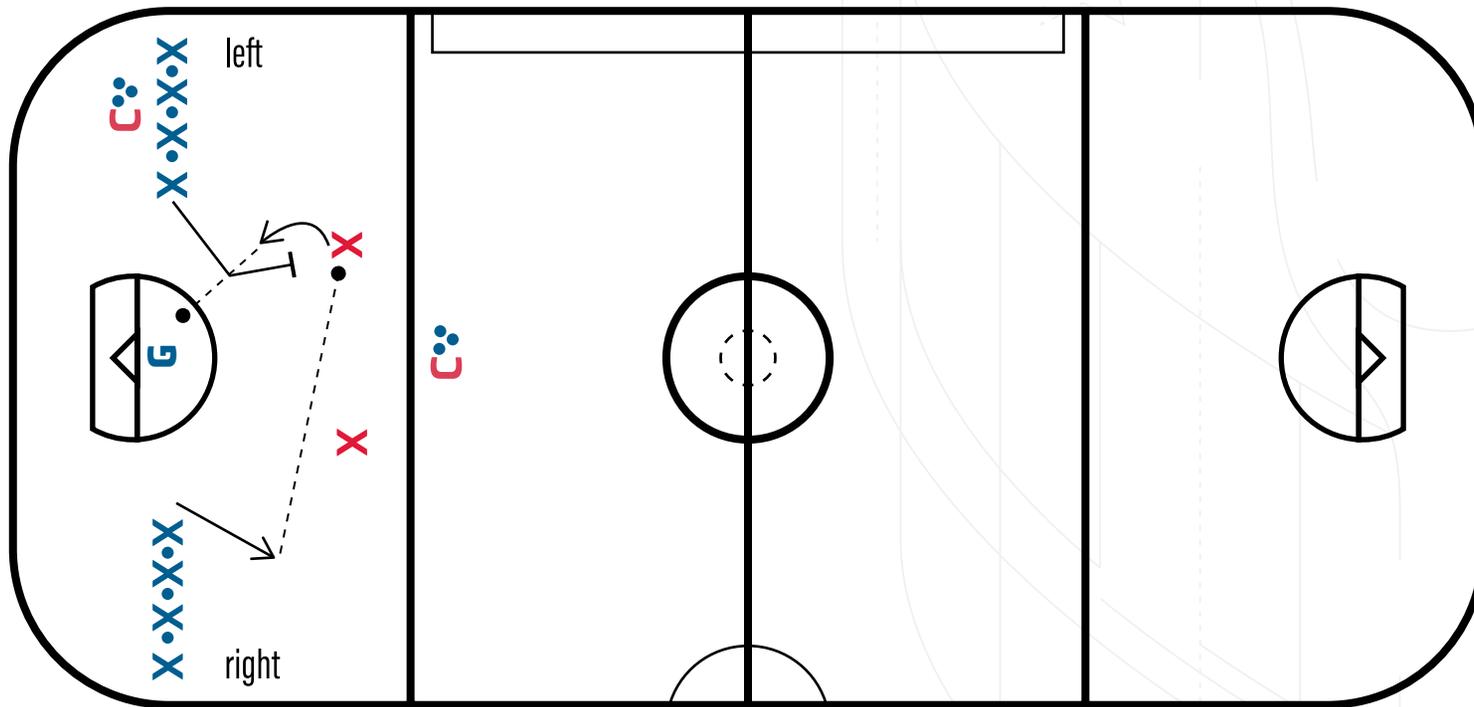


OFFENSE DRILL #5B: Off-Ball Pick & Roll (Up-Pick)

Drill Duration: 8 mins

Description: Variation #1A: "Adjacent Pass"

- Begin with a line of left-handed and a line of right-handed players, on their proper floor sides, at the shooter positions, in one or both ends of the floor.
- All players have balls except the first player in line. This player does a V-cut to the middle and sets a "pick" at the shooter position (on an imaginary defender), "rolling" to the net and receiving an adjacent pass from the same-side crease player (next player in line), who is moving their feet and being a threat.
- The drill alternates from side-to-side with the passer then becoming the picker on the next rep.
- Water Break = 1 min

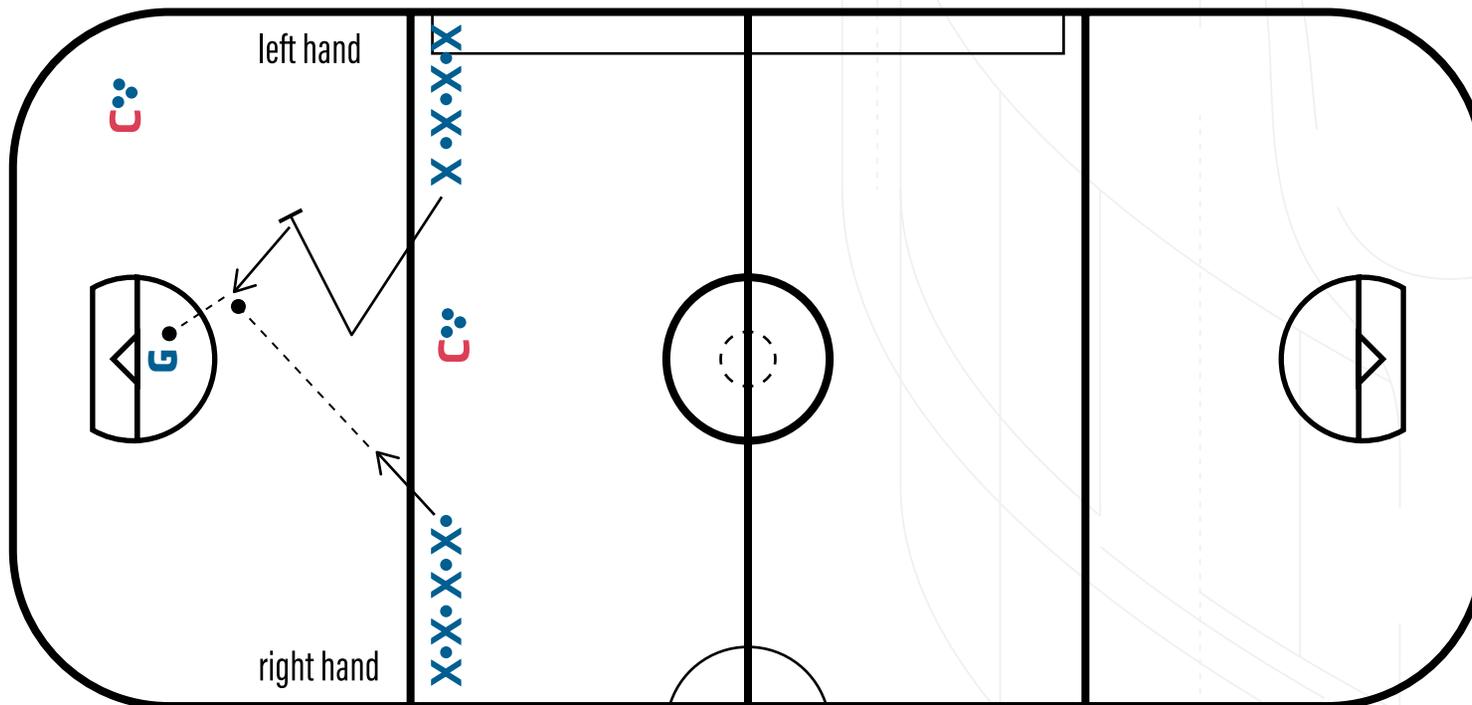


OFFENSE DRILL #5A: Off-Ball Pick & Roll (Down-Pick)

Drill Duration: 7 mins

Description: Variation #2B: "Dummy Defenders" (Skip Pass)

- Demo (1 min): "Creating Separation"
- Have players partner up and practice pushing off the pick to create separation ("straight arms").
- Begin the drill with a line of left-handed and a line of right-handed players, on their proper floor sides, at the shooter positions, in one or both ends of the floor.
- All players have balls except the first player in one of the lines. This player does a V-cut to the middle and sets a "pick" (on a volunteer "dummy" defender) at the crease position, "rolling" to the net and receiving a skip pass from the opposite-side shooter, who is moving their feet and being a threat.
- The picker should aim to "pick on the hip" of the defender, setting "legal" picks and practicing rolling to the net quickly and efficiently. The defining feature as to whether it is a legal pick usually comes down to whether the pickers arms were straight, as opposed to "blowing up" the defender.
- The drill alternates from side-to-side with the passer then becoming the picker on the next rep. The picker then becomes the dummy defender while the other side takes their turn, and the dummy defender exits the drill and back into line.

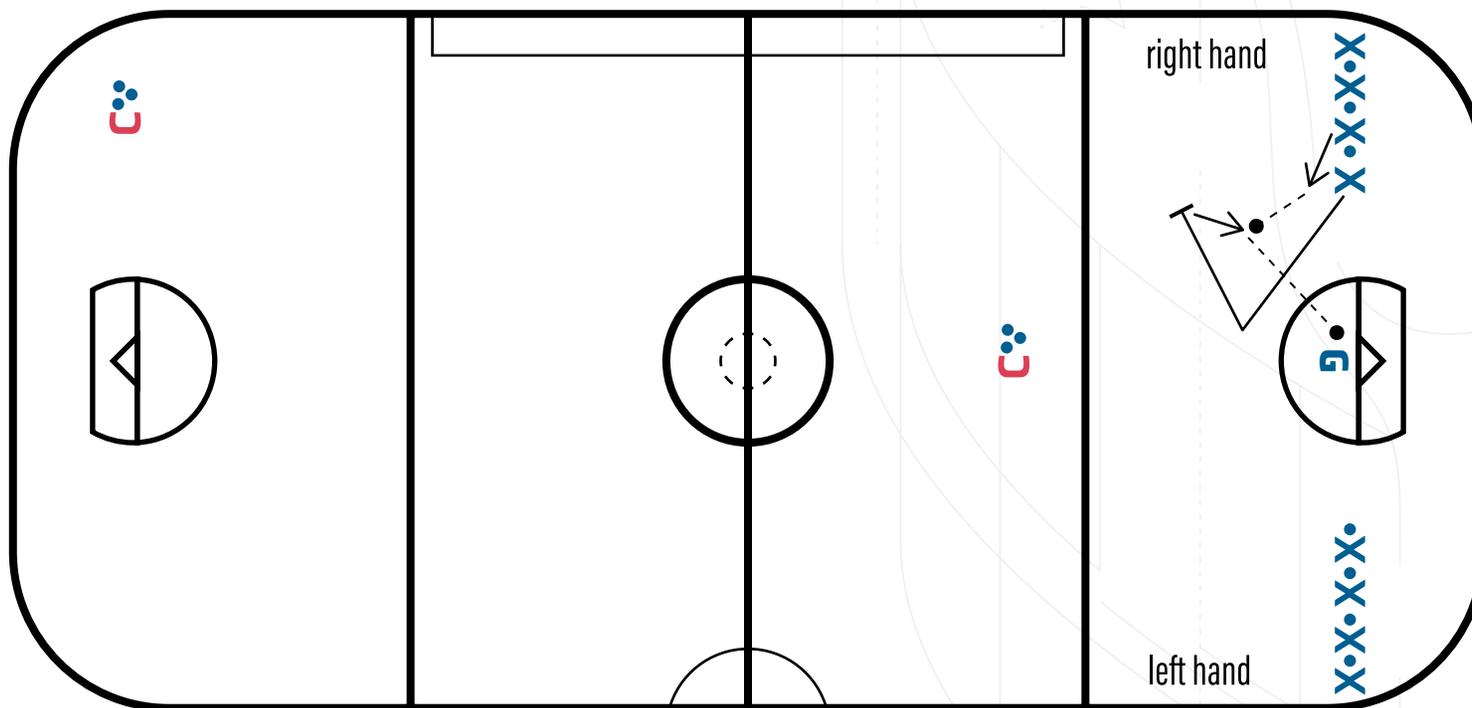


OFFENSE DRILL #5B Off-Ball Pick & Roll (Up-Pick)

Drill Duration: 7 mins

Description: Variation #2B: "Dummy Defenders" (Skip Pass)

- Begin the drill with a line of left-handed and a line of right-handed players, on their proper floor sides, at the shooter positions, in one or both ends of the floor.
- All players have balls except the first player in one of the lines. This player does a V-cut to the middle and sets a "pick" at the shooter position (on a volunteer "dummy" defender), "rolling" to the net and receiving a skip pass from the opposite-side crease player, who is moving their feet and being a threat.
- The picker should aim to "pick on the hip" of the defender, setting "legal" picks and practicing rolling to the net quickly and efficiently. The defining feature as to whether it is a legal pick usually comes down to whether the pickers arms were straight, as opposed to "blowing up" the defender.
- The drill alternates from side-to-side with the passer then becoming the picker on the next rep. The picker then becomes the dummy defender while the other side takes their turn, and the dummy defender exits the drill and back into line.



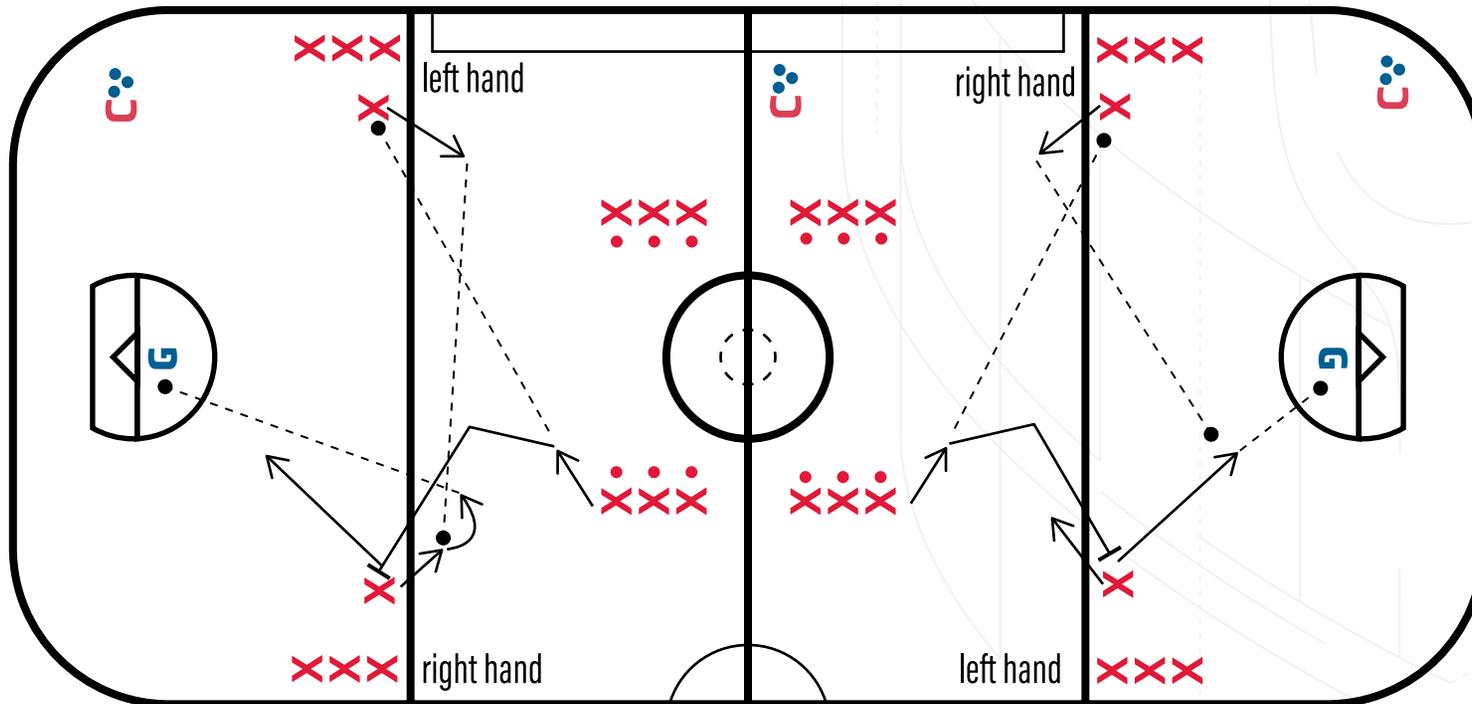
OFFENSE DRILL #5C: Alberta Off-Ball Pick Variations (1&2)

Drill Duration: 10 mins

Description: Variation #1 & #2: "Pass To Shooter & Roller"

left diagram

- Draw Diagram = 1 min
- Begin in one or both ends of the floor with groups of lefts and rights on their proper floor side, in 1 of 2 different spots on the floor: high (near the point position) or down "low" (near the mid-boards or crease positions).
- The balls start up high with the ball carrier running to the point position, passing to the far-side mid-board, V-cutting to the middle and then picking at the same-side mid-board.
- Depending on the position of the pick (north-south vs. east-west) the two players come off the pick (in their respective "lanes") and one of them receive a pass from the ball carrier who is moving their feet near the opposite mid-board. The passer can be told to pass to the shooter coming around the pick (Variation #1 - top diagram - 4 min) or the roller (Variation #2 - bottom diagram - 4 min).
- The passer (feeders) can have the option to hit either passing option, with coaches making sure players are properly spaced coming off picks. The coach can also pass to the secondary option that was not passed to, if trying to maximize repetitions for players/goalies (once players have figured out the drill orientation).
- Players at the mid-boards pass one rep, get picked for on the next rep, and then switch lines: players in the high line switch lines after picking.
- Water Break = 1 min



OFFENSE DRILL #7A: Six Nations Shuffle (Off-Ball Picks)

Drill Duration: 10 mins

Description: Variation #1 (7 min): "Off-Ball Down-Pick"

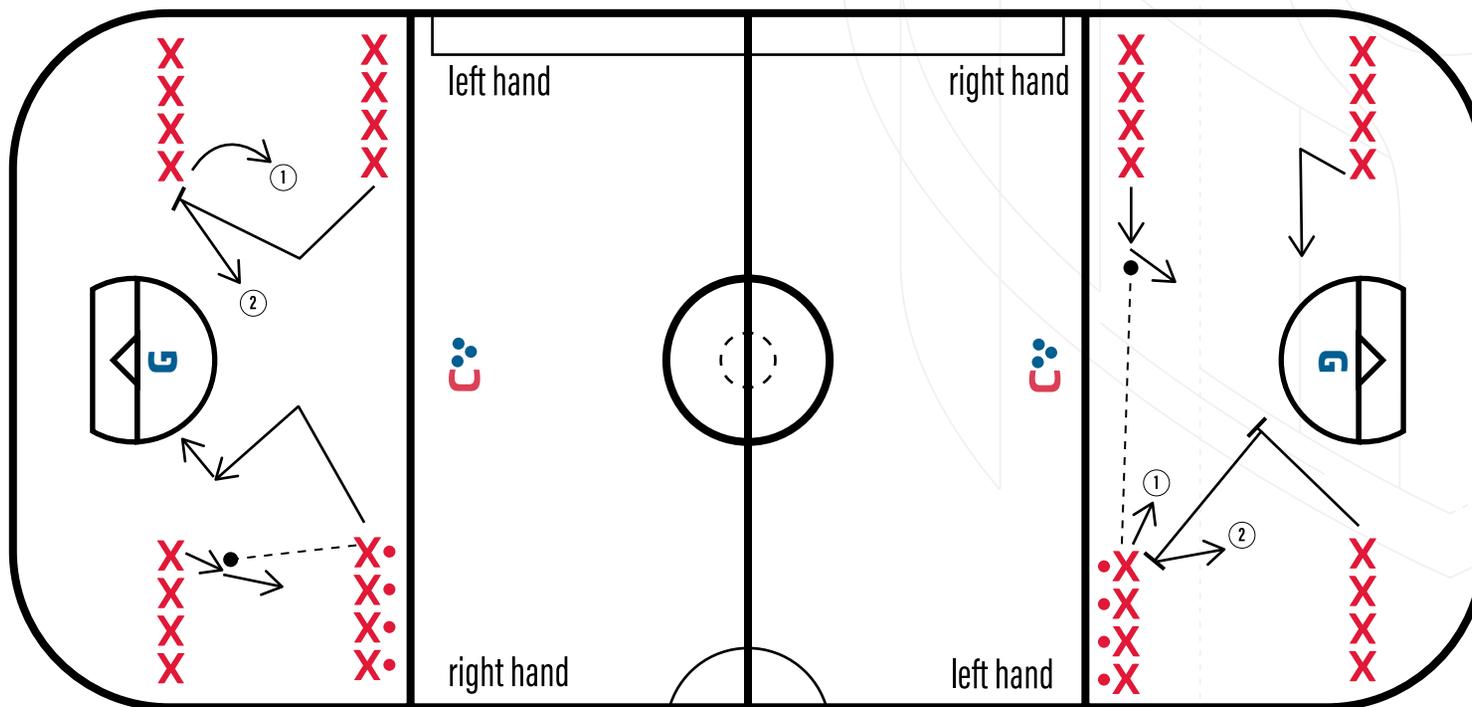
left diagram

- Draw Diagram = 1 min
- 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.
- The drill starts with balls at the shooter position on one side of the floor, with the crease player first engaging their defender (imaginary) then popping out and receiving a pass from the same-side shooter. As more advanced variation, you could also start with a swing pass, and then a pass down.
- The off-ball shooter cuts through the middle, eventually setting a pick at the crease after a V-cut. The crease player with the ball carries the ball up toward the shooter position, as the same-side shooter cuts toward the net and eventually fills the crease (cycle). The off-ball picker rolls to the net, as the crease player comes around the pick and up into the mid-boards "soft spot."
- The ball carrier keeps their feet moving and passes to either option (spend a few minutes on each); with the player who receives the pass taking a quality shot or making a series of passes and cuts for more advanced players.
- Switch balls to starting at the opposite-side shooter position once players have had sufficient reps passing both up high and down low.

Variation #2 (7 min): "Off-Ball Up-Pick"

right diagram

- Starting with a swing pass from shooter to shooter, the crease player on the side that started with a ball does an up-pick as soon as they recognize that the shooter is making the swing pass.
- The shooter who receives the pass acts like a threat and once the up pick is set, passes to either the player coming over top of the pick (east-west) or to the roller (who takes the opposite lane to the net); this player may also pass to the same-side crease player who then becomes the "feeder."
- The player who receives the pass takes a quality shot or makes a series of passes and cuts for more advanced players.
- Switch balls to starting at the opposite-side shooter position once players have had sufficient reps both up high and down low.



DRILL #8

BOX LACROSSE PRACTICE #9

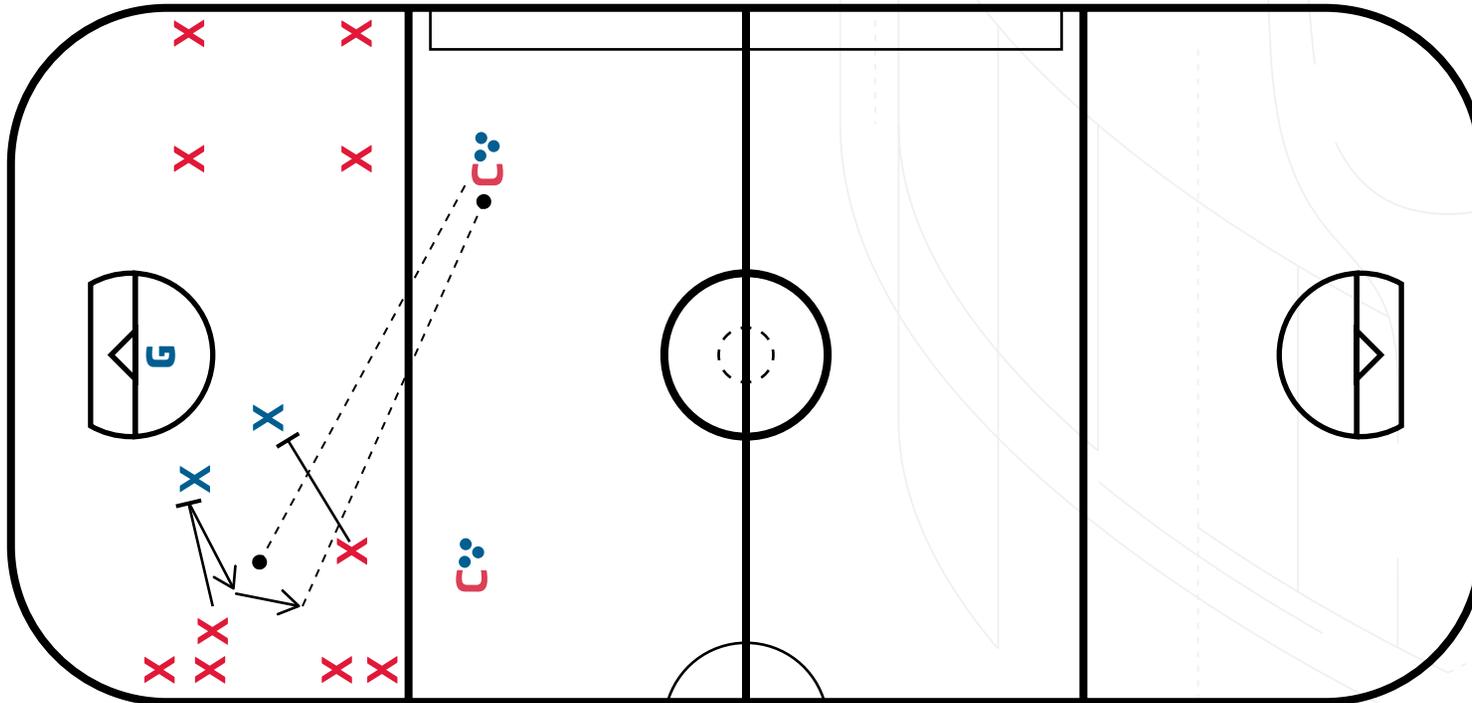
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DEFENSE DRILL #12C: 2 Vs. 2 Off-Ball

Drill Duration: 20 mins

Description: Variation #1: "2 Vs. 2 With A Passer"

- Players should be lined up near the crease and shooter positions, on their proper floor sides, in one or both ends of the floor. A coach or perhaps an injured player should then act as a "passer," standing somewhere near the shooter position (or "point position" if working with both sides in one end) on the opposite side of the floor, with balls.
- Start with 2 offensive players at the crease (low) and shooter (high) positions, with 2 defenders stationed in an "open stance." Defenders switch to a "closed stance" whenever the ball is caught by a player on their side.
- Offensive players continuously pick, seal and/or cycle, trying to get open off-ball, while the coach or volunteer passer tries to make as many consecutive passes as possible to an open player; defenders practice their "switching" techniques and abide by the "2-for-1 rule" while also practicing their clamping skills.
- Coaches/volunteer may also choose to take a shot at any time, forcing the defenders to "box-out" and the goalie not to cheat; goalies should also communicate any loose balls ("ball down").
- For this drill, allow ball carriers (including coaches) only 3 seconds to hold onto the ball, completing as many passes back and forth as possible, until a ball is dropped. Keep track of which duo gets the most successful catches.
- Give players 20 seconds maximum if passes aren't dropped and count down the last 5 seconds of the shot clock, at which point the players can look to generate a quality shot.
- After they have taken their turn, offensive players switch positions with the defensive players, and defensive players exit the drill.
- Water Break = 1 min



CONCLUSION

Drill Duration: 2 mins

Description: Variation #1: "2 Vs. 2 With A Passer"

- Jog 2 laps of the arena
- Player led static stretching routine (lower & upper body) in dressing room

