



USATM
LACROSSE

8U BOX LACROSSE PRACTICE GUIDE



Practice 4

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 #4 - Shooting Basics

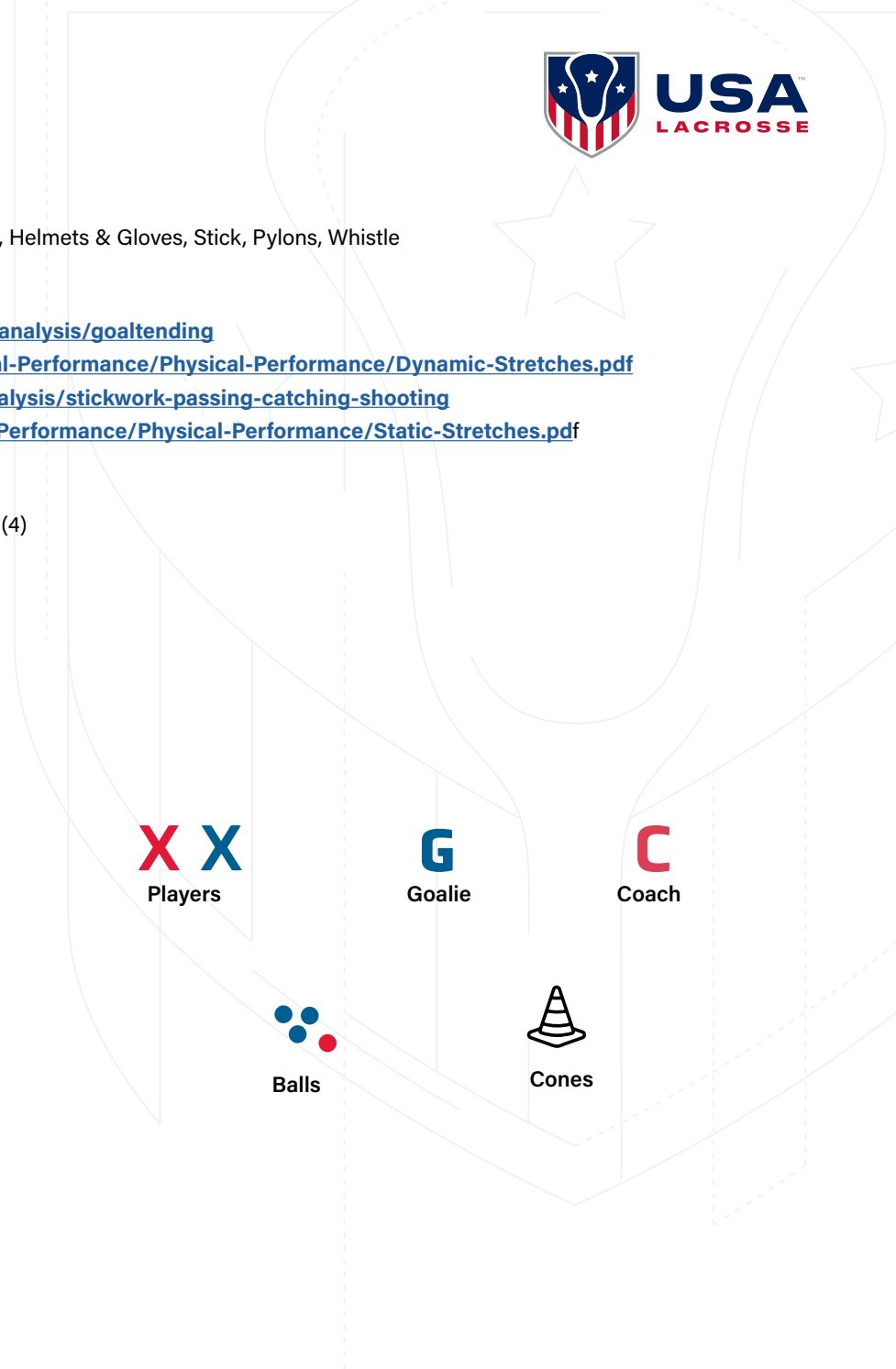
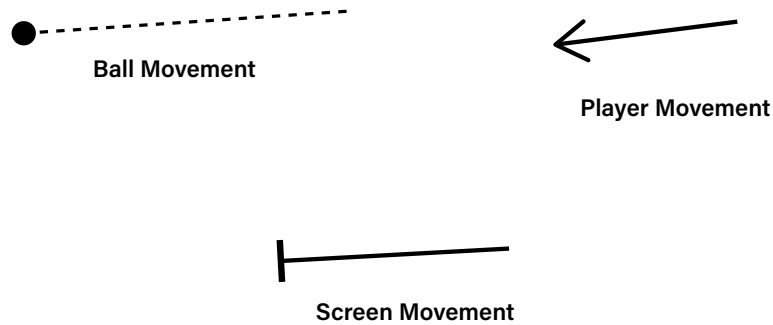
Age Group: 8U

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

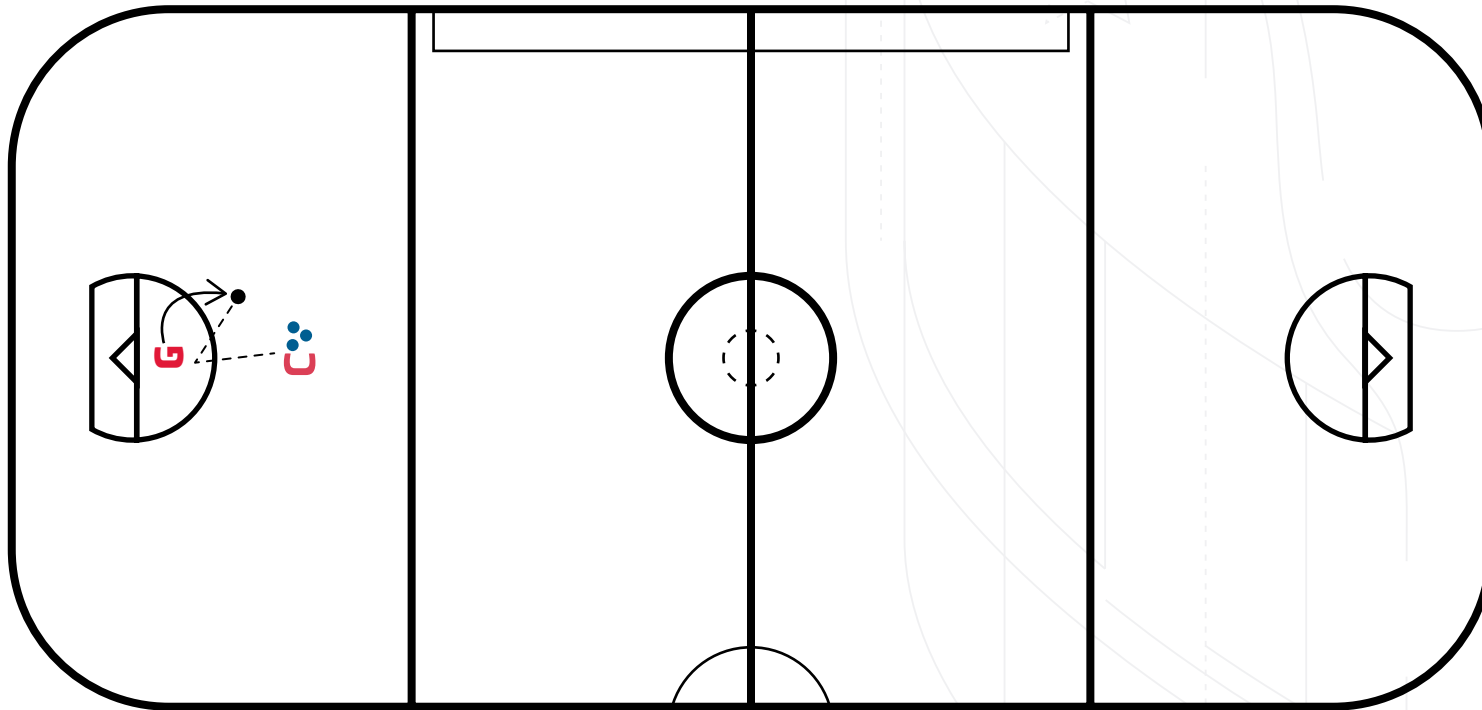


GOALTENDING DRILL #1: Goalie “Stance” & “Rebound Control”

Drill Duration: 10 mins

Description: Variation #1B: “Corner Specific” (1 Shooter)

- Shoot on the goalie from different angles around the perimeter. In this drill the coach tells the goalie which corner they will be shooting at (5-10 shots per corner) prior to starting the drill and when switching between chosen corners.
- Choose more experienced coaches with good stick skills, if possible. For coaches lacking experience, they may also choose to throw the ball with their hand instead of using a stick.
- Make sure to hit the goalie in the chest or leg pads on the first couple of shots (also consider using tennis balls with a beginner goalie).
- *Run this drill simultaneous to drill #2 & #3

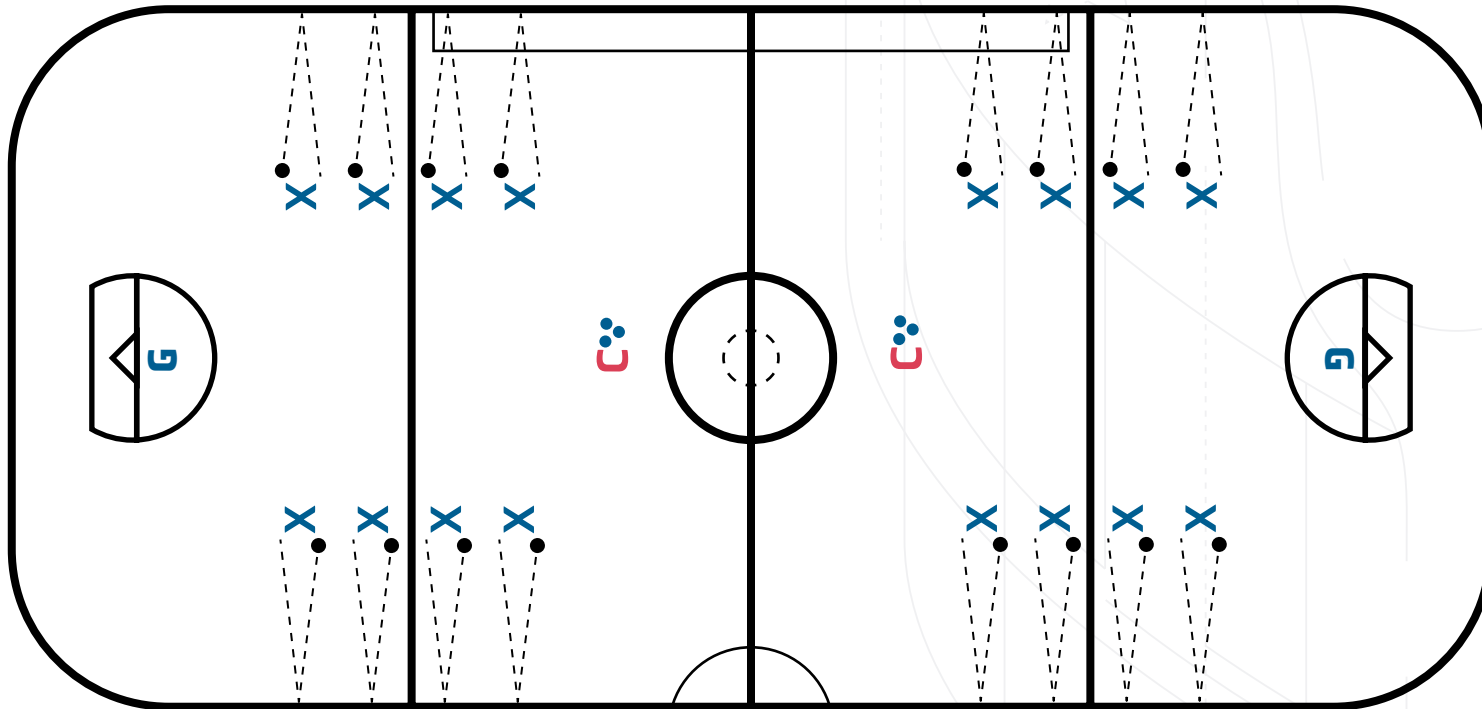


STICKWORK DRILL #1: Passing Against The Boards (“Wall Ball”)

Drill Duration: 0 mins

Description: Variation #1B (4 min): “Normal Pass” (Dynamic)

- Demo (1 min): “Triple Threat Position,” “Release Point,” “Follow Through”
- Spread players out as evenly as possible across the floor space, with players starting 10 yards away from the boards.
- With feet relatively stationary, players should aim for the middle of a pane of glass, getting comfortable with the “release point” of the stick.
- Emphasis should be place on getting one’s body in front of the ball when attempting to catch it (“no reaching”); that way if missed, the ball may hit the player and still be in front of them to scoop up.
- Assistant coaches should be ready with lots of extra balls.
- *Run this drill simultaneous to drill #1



DRILL #2

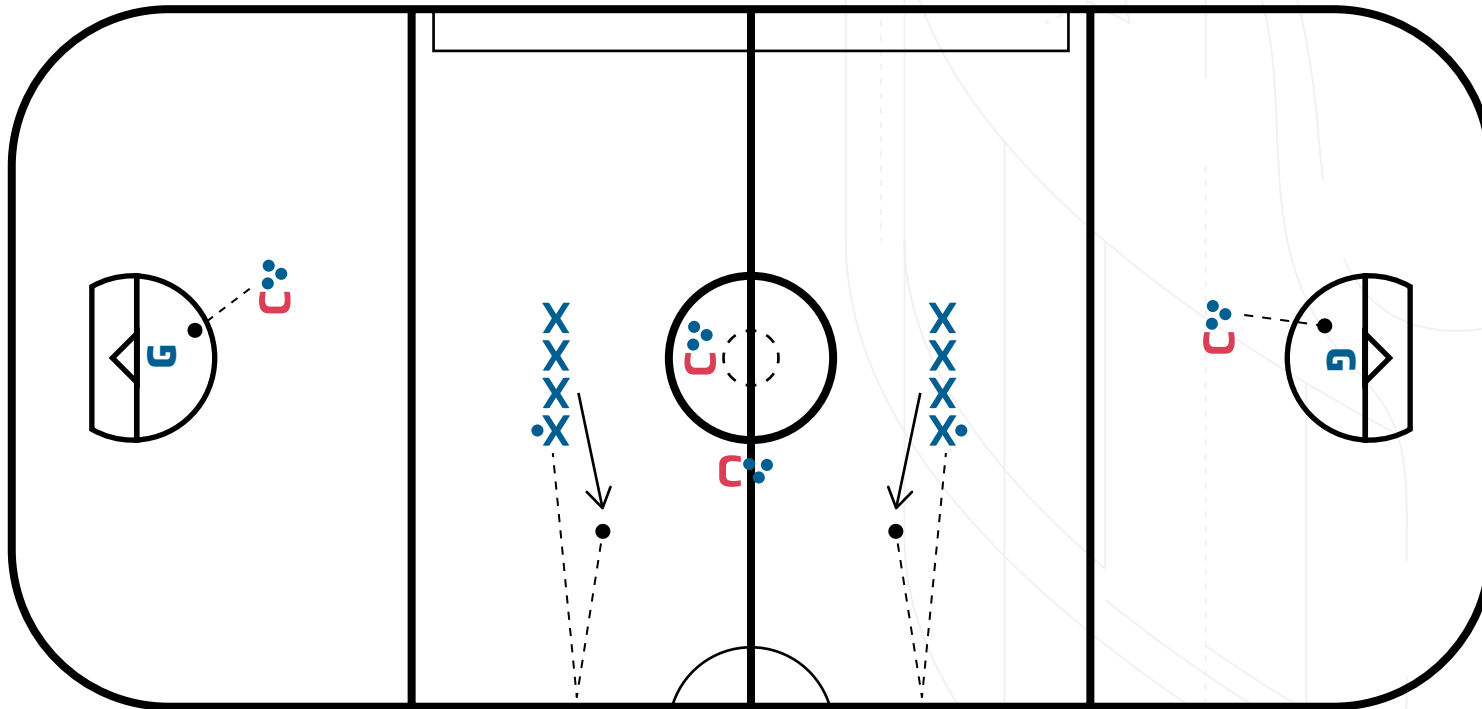
BOX LACROSSE PRACTICE #4

WARM-UP DRILL #3: Board Shuttles

Drill Duration: 0 mins

Description: Variation #1 (5 min): "Strong Hand" (Eye Level)

- 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)



Dynamic Warm-Up

Drill Duration: 5 mins

Description: Dynamic Warm-Up:

- Try to find volunteers to demonstrate “stationary dynamic stretches” that they remember (see link in plan notes)
- Show the goalies the static stretching routine
- Circle at center floor
- Land Acknowledgement
- Rehash (1 min): skills learned last practice
- Water Break = 1 min

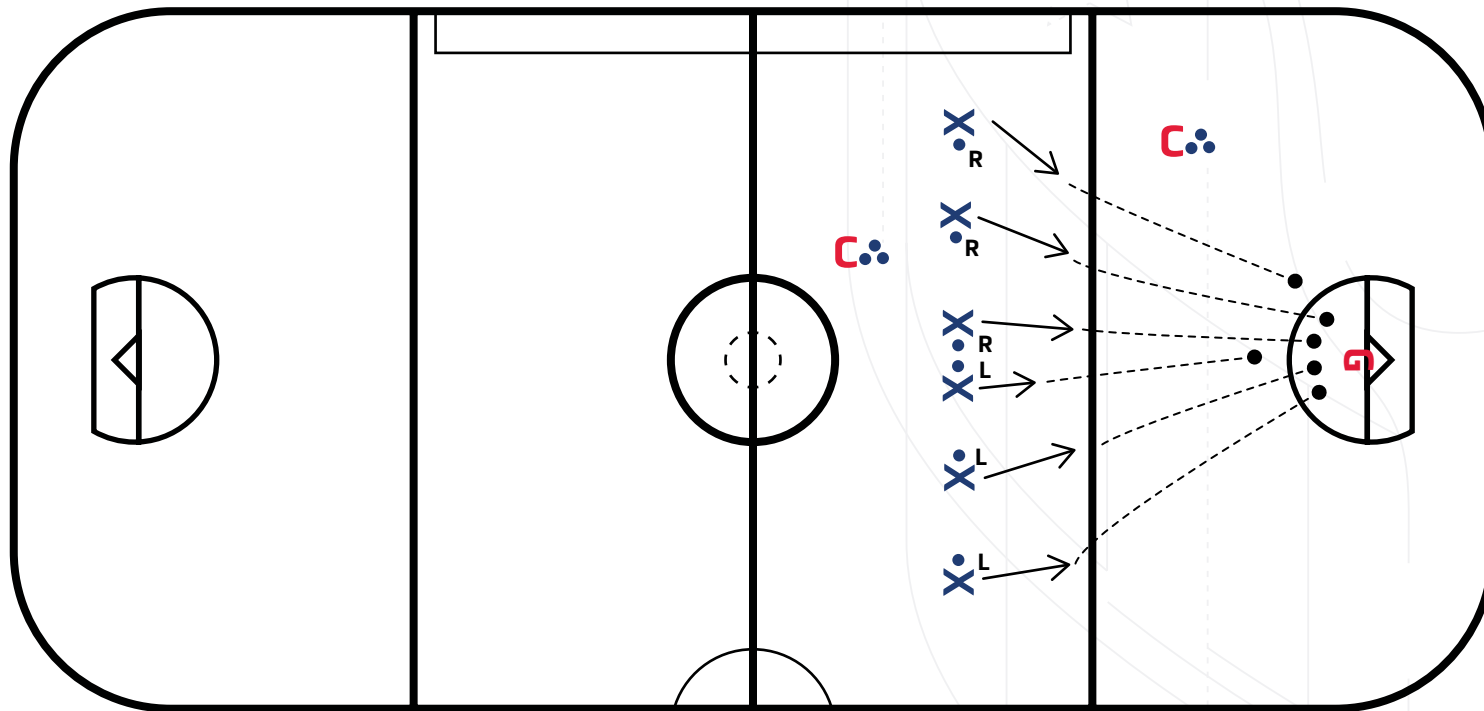


WARM-UP DRILL #5: Semi-Circle (“Horseshoe”) Shooting

Drill Duration: 8 mins

Description: Variation #2: “L To R/R To L” (Outside & Inside)

- Arrange players, in both ends of the floor, into an arc (semi-circle) formation; starting 7-8 yards back from the net.
- Have players take turns shooting, working their way from one side to the other, with one second in-between shots (start on the opposite side the next time through the drill).
- Each time through the drill have players move a little farther away from the net, until 10 yards back.
- After a player shoots they should “react back,” sprinting to the restraining line. Coaches should help these players reload with a ball and have them line up again in the same end.
- After a few cycles through the drill, bring players “in tight,” two yards from the crease, for the goalie to work on their reaction time.



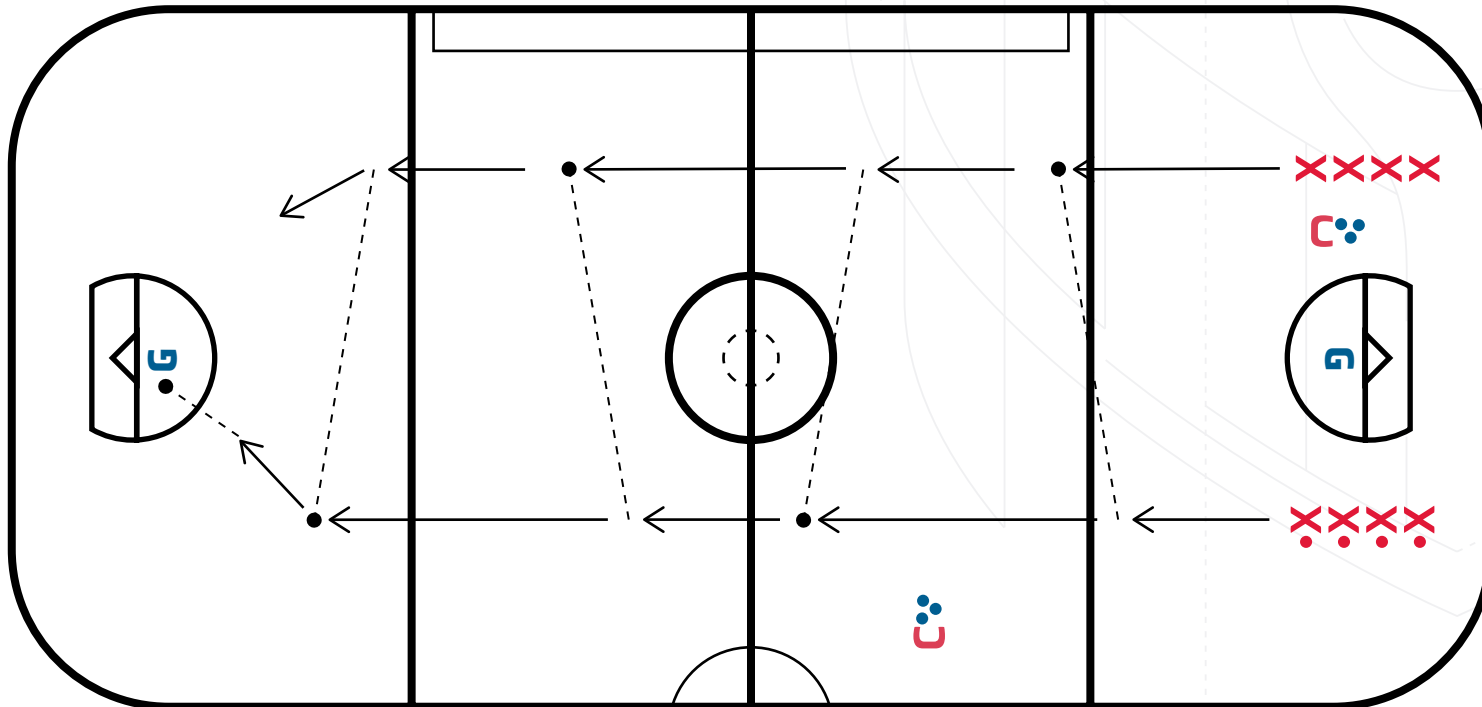
STICKWORK DRILL #4: Partner Passing On-The-Run

Drill Duration: 5 mins

Description: Variation #1A To #1C: "Progressive Build Up" (Staggered)



- Demo (1 min): "Lead Passing," "Drifting"
- Start with two parallel lines on the sides of one of the creases, with players on their wrong floor sides, having them switch to their proper floor sides in latter reps through the drill.
- One lines of players start with balls, (switch halfway), having players start "in two's," at a starting distance of approximately 3-5 yards away from each other.
- The most basic form of this drill ("staggered") is when just the receiver runs forward with a "head on a swivel," while the passer uses basic footwork (staying relatively stationary) to deliver the pass (Variation #1A).
- The passer then runs forward and becomes the receiver, while the original receiver becomes the passer.
- Progressively increase the starting distance of the players apart, having them run the length of the floor, and ideally take a shot from their proper floor side ("drifting" near the prime scoring area); re-setting to go back the other way after shooting.
- Start slow, around 50 percent of maximum speed (jogging), with players on their wrong-floor-side, increasing to 75 percent speed during the latter reps through the drill (Variation #1B).
- Next have players do the speed build up with players on their proper floor side (Variation #1C).
- The receiver will either need to open their hips to receive the pass or catch it cross-body (depending on the location of the pass).
- For timing purposes, coaches should send the next pairing when the players ahead are at the nearest restraining line.
- Assistant coaches should be ready with lots of extra balls.
- Most common error = throwing the ball too hard when their partner is relatively close ("soften up")



WARM-UP DRILL #6: "Snake" Shooting

Drill Duration: 15 mins

Description: Variation #1 (7 min): "High Variations"

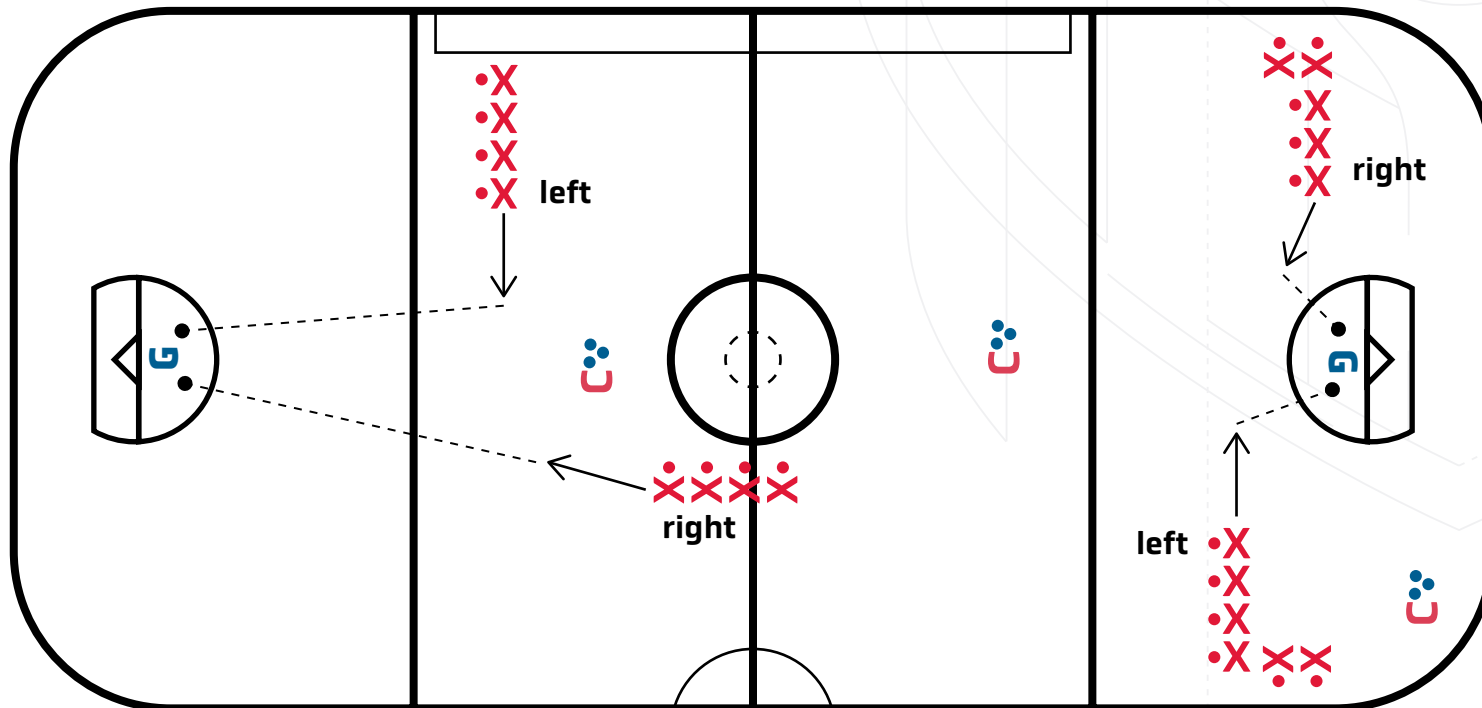
left diagram

- Begin in one end of the floor, with lines of lefts and rights on their proper floor side.
- The first player in one of the lines leads a group toward the net, either lefts or rights, with one group going then the other. The next player in line goes after the player in front is approximately 5 yards (1-2 seconds) ahead. Another option is to send 1 player at a time; alternating sides each rep.
- Make sure players hit the goalie in the chest or leg pads on the first couple of shots (see goalie warm-up). After that, players can work on their accuracy, shooting "around the pipes" and picking corners.
- Start with lines of players near where the restraining line meets the inside lane (Variation #1A), or in the outside lane wide of the shooter position (Variation #1B).
- In Variation #1A, shots should be taken on-the-run while moving from north-south in orientation.
- In Variation #1B, shots should be taken "on the run" while "sweeping" east-west in orientation.
- Each group should go twice from each of these 2 spots, which allows for two goalies to get shots from each area.
- Both variations should have players shooting from a relatively far distance away based on their age; use a pylon as a marker if necessary.
- Assistant coaches should collect balls to help "reload" the players after each time through the drill.
- Most common error = using mostly arms to shoot instead of rotating hips/shoulders (trunk) for power

Variation #2 (7 min): "Low Variations"

right diagram

- Same as above except start with lines at the mid-boards (Variation #2A) or at/near where GLE meets the sideboards (Variation #2B).
- In Variation #2A, players should sweep east-west through the middle and take a shot-on-the-run, and in Variation #2B players "crease walk" east-west across the front of the net.
- Coaches can place a stick on the floor as a marker if players are shooting from their wrong floor side ("crossing the imaginary line").
- Water Break = 1 min

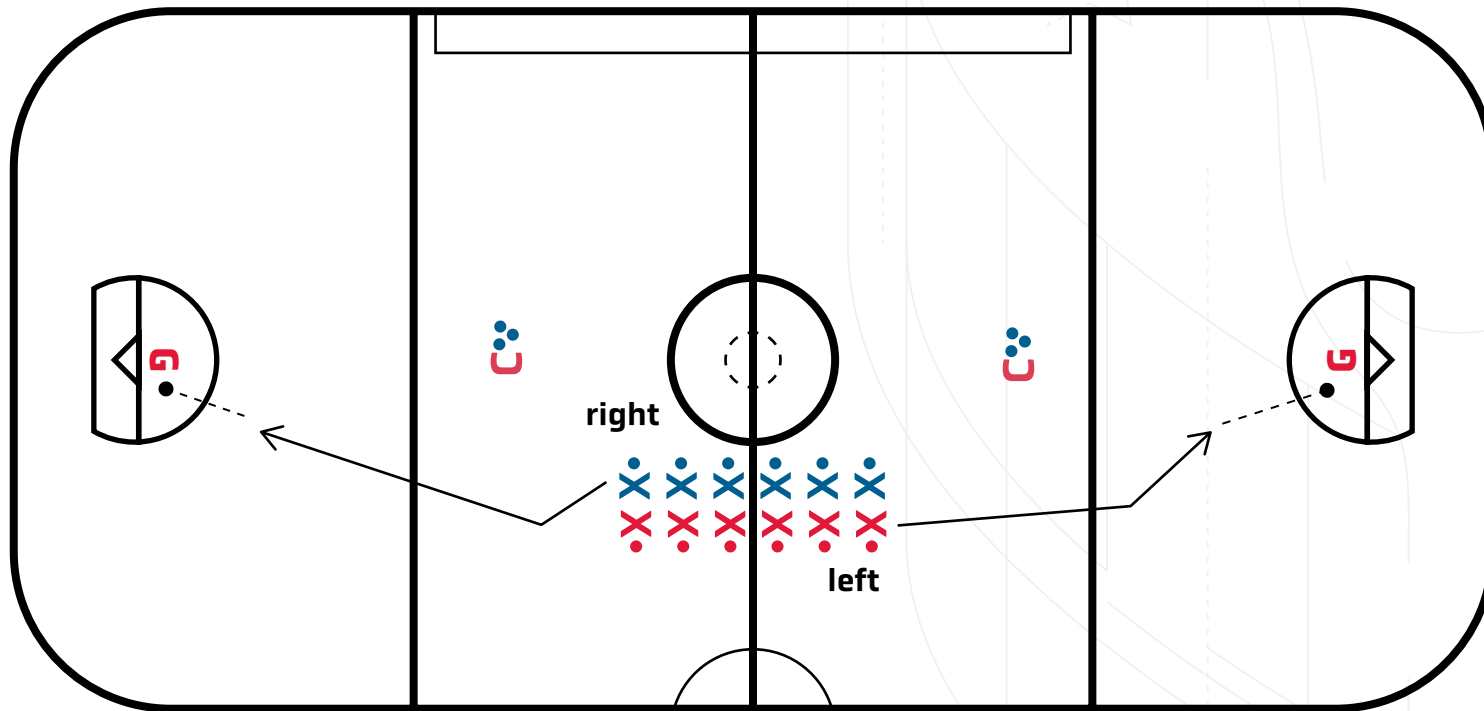


GOALTENDING DRILL #4A: Breakaway Competition

Drill Duration: 10 Mins

Description: Variation #2: "Team Competition"

- Demo (1 min): "Banana Curl"
- Have players line up in two teams, at center floor, with one team lined up facing the goalie at one end, and the other team facing the opposite end.
- Teams are usually divided up as either lefty's versus righty's (if numbers are even).
- Each team sends one player at a time on a breakaway on the goaltender.
- Players should be encouraged to run at full speed, taking a "banana curl" towards the net (use pylons to direct them if necessary), thus, staying on proper floor side and getting best angle possible.
- Goalies should "track rebounds" and practice passing the ball back to the player that just shot (outlets), if they are able to corral the rebound.
- Once everyone has shot on both teams, the losing team has to then sprint the length of the floor and back (keep track of total goals by each team).

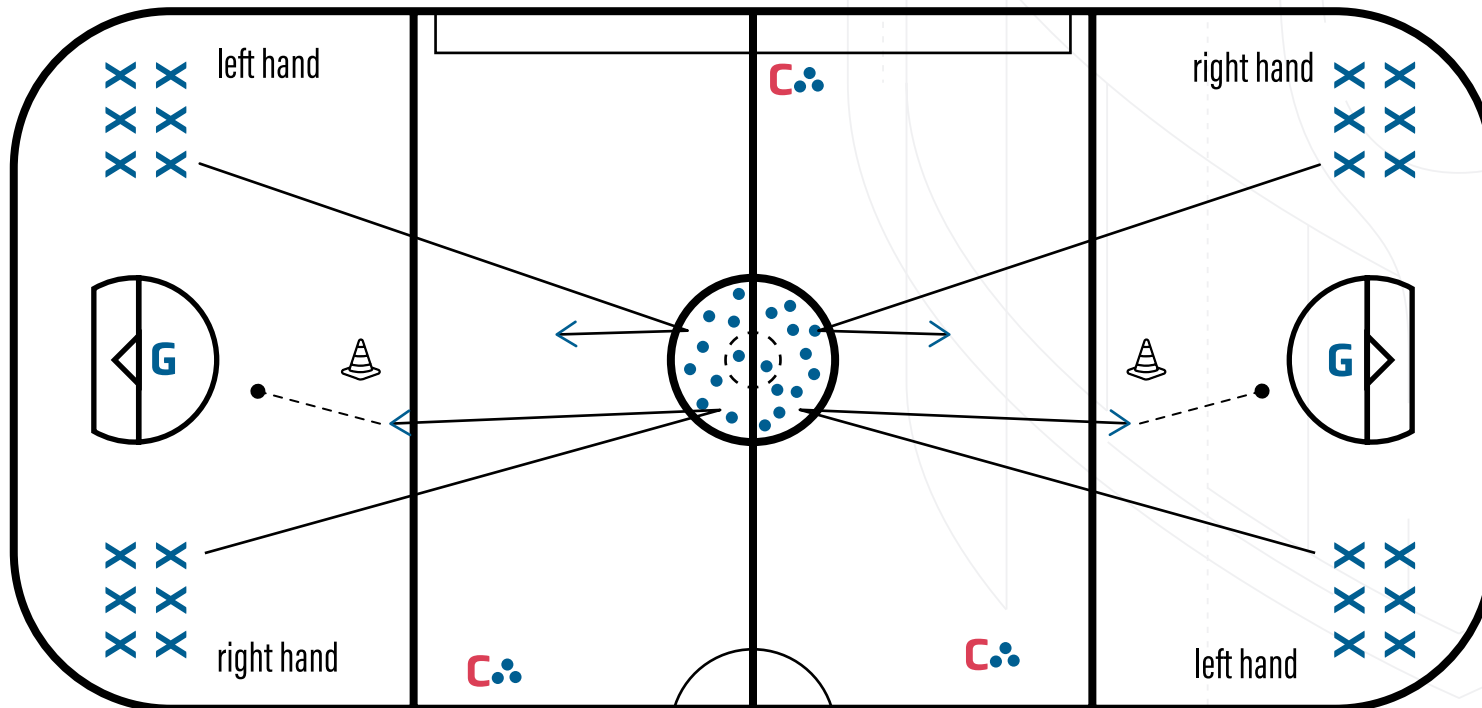


GAMES DRILL #11: shooting Relay Races

Drill Duration: 5 mins

Description: Variation #2A: "With Rebounds"

- Start with a large amount of balls on the ground inside of the face-off circle, with a pylon stationed in "the middle" (10 yards back from the net).
- Arrange players evenly, in one or both ends of the floor depending on numbers.
- Have them stationed on their proper floor sides (lefts & rights), in both corners, behind goal-line-extended (GLE).
- Other players set to go in this drill should be against the boards, tucked tightly in the corner to avoid getting hit by balls.
- This drill should be performed first as a shot-on-the run, using a set-shot the second time through.
- On the whistle the first player in each line needs to run to center floor, pick up a loose ball, and run back toward the goal in the end they started from.
- Players must take a shot from before the pylon for it to count, and if they miss the net they must scoop up the rebound and shoot it in the net (from anywhere outside the crease) before the next player in their line can go.
- Goalies must also be looking at the player in order for a goal to count. If goalies make the save, they should direct the rebounds out of the crease.
- Nobody should shoot if a player is going for a rebound in front of them (safety).
- The first team to have every player complete the drill and be sitting down in their line, wins the game.



Conclusion

Drill Duration: 2 mins

Description: Cool Down:

- Circle at center floor
- Coach implements upper body static stretch routine (see link in plan notes)
- Come up with an appropriate word, as a team, for a team cheer



DRILL #10

BOX LACROSSE PRACTICE #4