



香港棍網球總會
HONG KONG LACROSSE ASSOCIATION



HONG KONG LACROSSE ASSOCIATION

DRILL BOOK
練習指南

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Contact us:
Tel: 21143405
Email: info@hklax.org

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Introduction

A quality practice should be FUN, therefore coaches and their athletes will be more satisfied with the time they spend on training and they will want to practice more. To plan and execute a quality practice, here are some points to consider:

- More touches, less waiting time - the time players spend working, they learn new skills and improve.
- Tailor-make practice plans to meet to the athletes' need and abilities.
- Provide of variations and progressions of skills - once the players are able to perform a certain skill smoothly, coach can consider progressing to a higher difficulty. For example, when the player is able to scoop the ball up consistently with no pressure, coach can add interference when player is scooping up the ball.
- Use game-based or race-based drills for more fun and motivate players.
- Use station-based practices - group size at each station is smaller so that coach can give more personal instructions to each player.

Especially when coaching children, you may want to:

- Keep the drill simple and explanation straight forward - children have shorter attention span.
- Use cones to guide the players where you want them to go.
- Bring lots of enthusiasm and energy – keep a positive tone, speak up and make eye contacts.
- Talk to children at eye level - get down on one knee if necessary.
- Compliment each kid by name.
- Use lots of high-fives and cheers to interact with children.

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Ice Breakers

Cat and Mouse

Skill Level: Basic

Skill(s) Practiced: 1v1 Defense

Drill Duration: 5 minutes

Resources: 4 cones

Set Up: Groups of 3. Set up a 5m x 5m box.

How to Play:

1. 3 players are in the box. They are the “Cat”, the “Mouse” and the “grandpa”.
2. Grandpa protects the mouse from the cat by staying in front of the cat.
3. If the cat tags the mouse, then the three players switch roles and play again.
4. The drill repeats until each player has done all three roles 2 times.

Variation(s):

- Modify size of the box. Add more cats, mice, and/or grandpas.



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Knee Tag

Skill Level: Basic

Skill(s) Practiced: Footwork

Drill Duration: 5 minutes

Resources: /

Set Up: Players are in pairs and spaced out on the field.

How to Play:

1. In 30 second intervals, players aim to touch their partner's knee as many times as possible.
2. Meanwhile, they move their legs to avoid or use hands to block their partners from touching their knees.

Safety Remark(s):

- To minimize the chance of head to head collision accident, set a rule that left hand is only allowed to touch the left knee and right hand is only allowed to touch the right knee.



Cone Flip

Skill Level: Basic

Skill(s) Practiced: Agility, Body Coordination

Drill Duration: 5 minutes

Resources: 30 cones

Set Up: Scatter 30 cones on the ground, 15 facing upwards and 15 facing downwards. Evenly split the players into Team A and Team B.

How to Play:

1. In a one-minute interval, Team A tries to flip the cones upwards while Team B does the opposite.
2. The team having more cones of their side wins.

Coaching Point(s):

- Encourage players to do a big lunge to get their body low, which is similar to the motion of picking up a ground ball.



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Mirror Drill

Skill Level: Basic

Skill(s) Practiced: Defensive Footwork

Drill Duration: 5 minutes

Resources: 2 cones per pair

Set Up: Put 2 cones 7 meters apart. Players are in pairs, namely **A** and **B**, facing each other.

How to Play:

1. In 30-seconds' time, **A** moves side to side using deceptive steps. He/she can change direction in the middle or touch the cones.
2. **B** tries to mirror **A**'s movements as closely as possible.
3. After 30 seconds, two players switch roles.

Coaching Point(s):

- Encourage player to use deceptive steps like jab step, rocker step, sharp change of direction, etc.



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What time is it, ball monster?"

Skill Level: Basic

Skill(s) Practiced: Cradling

Drill Duration: 5 minutes

Resources: /

Set Up: Set up two lines, 15 meters apart. Players stand side by side on one side. The coach (Ball Monster) stands on the other side with his back facing the players.

How to Play:

1. Players ask, "WHAT TIME IS IT, BALL MONSTER?"
2. The Ball Monster says a time, for example - 4 O'clock.
3. All players then take 4 steps towards Ball Monster.
4. Repeat until the Ball Monster yells "DINNER TIME".
(Players who have reached the other side before Ball Monster yells "DINNER TIME" turn and take steps towards the starting line.)
5. As Ball Monster yells "DINNER TIME!", he runs freely to tag the players.
6. Players are safe only if they run pass the starting line.
7. The one who is tagged by the BALL MONSTER becomes the next BALL MONSTER.



Passing

Hand Toss Catching Progression

Skill Level: Basic

Skill(s) Practiced: Catching, Hand-eye Coordination

Drill Duration: 5 minutes

Resources: 1 ball per pair

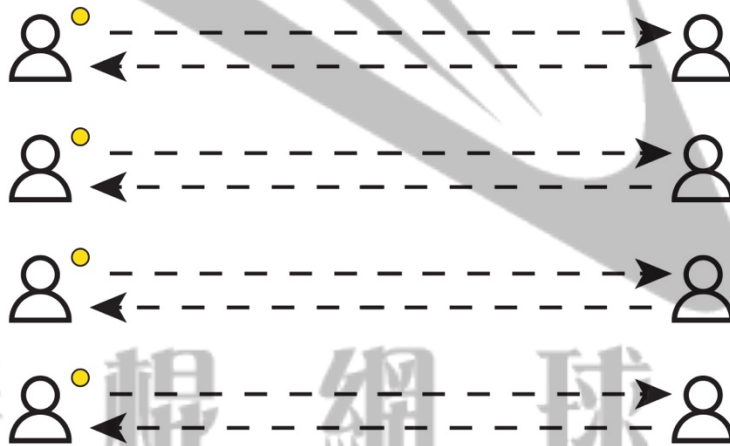
Set Up: Players are in pairs, standing 5 yards apart from each other.

How to Play:

Partners softly toss the ball underhand back and forth with their hands and catch with their sticks. Repeat for a few minutes.

Coaching Point(s):

- Cushion the ball, give back a little when catching.
- Soft Hands - relax the finger and wrist grip.
- No rolling and snatch catches.



Underarm Partner Passing

Skill Level: Basic

Skill(s) Practiced: Passing, Catching

Drill Duration: 5 minutes

Resources: A few balls per pair and cones

Set Up: Players pair up, standing 8-10m apart from each other.

How to Play:

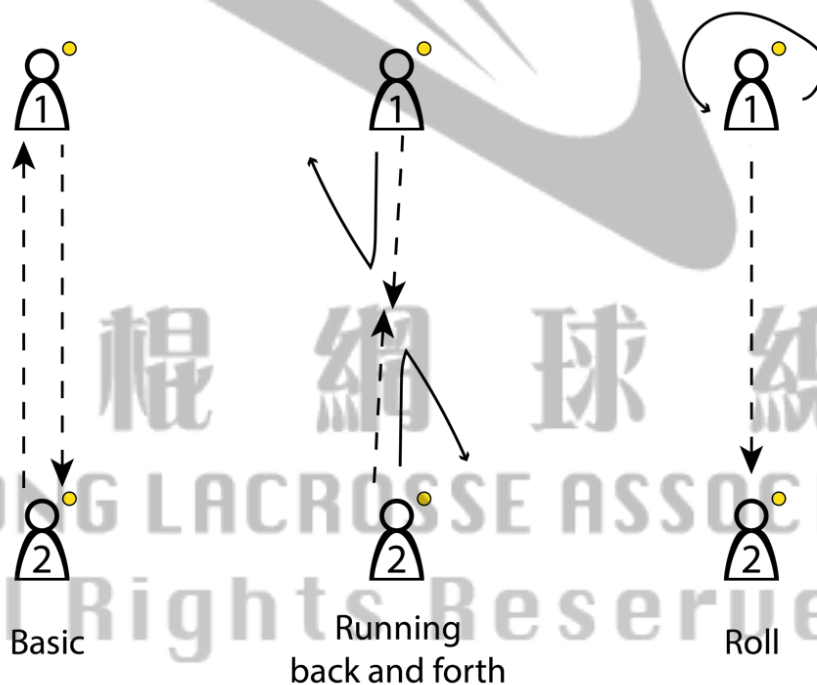
- Two players pass with underhand and catch at the box position (next to the catcher's ear) back and forth continuously.

Coaching Point(s):

- Catch with soft hands - relaxed wrist and fingers. Give back a little as the ball touches the mesh.
- Avoid 'snap' catch - spinning the head while catching.

Variation(s):

While passing, jog in small steps/ run back and forth/ do a roll then pass, etc.



Overhand Partner Passing

Skill Level: Basic

Skill(s) Practiced: Passing, Catching

Drill Duration: 5-10 minutes

Resources: A few balls per pair and cones

Set Up: Players are in pairs, standing 10 meters apart from each other.

How to Play:

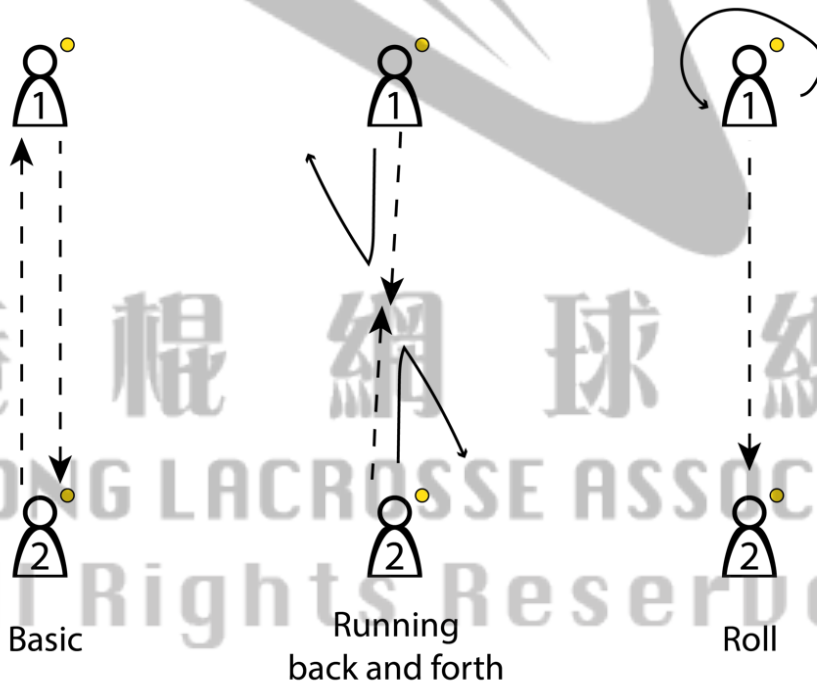
Players pass the ball back and forth using core fundamental technique. Push with their top hand and pull with their bottom hand.

Coaching Point(s)

- Pass to the 'Box Position' (right next to the ear of the catcher).
- Catch with soft hands - relaxed wrist and fingers. Give back a little as the ball touches the mesh.
- Avoid 'snap' catch - spinning the head while catching.

Variation(s):

- Stick: right-handed, left handed, catch left throw right, catch cross-handed, etc.
- Footwork: jog/run back and forth, sideway, roll outside, etc.



Underarm Passing Shoelace Race

Skill Level: Basic

Skill(s) Practiced: Passing, Catching

Drill Duration: 5-10 minutes

Resources: Balls, cones

Set Up: Set up two Zig Zag lines with cones as in the diagram. Evenly split players into two teams. Each team takes up one line.

How to Play:

1. On the whistle, the first player of each team makes an underarm pass to the second player.
2. Then the second player catches the ball and passes it to the next player in the same way, and so on...
3. The pass goes on to the last player who then shoots the ball at the net to score. 1 goal = 1 point.
4. Players follow their passes to replace the spot that they passed to. The last player starts a new ball at the first spot.
5. In two minutes, the team scoring the most win.

Variation(s):

- Add interference - coaches stand in the middle of the lines and try to interfere the passes.



Toss the Egg

Skill Level: Basic

Skill(s) Practiced: Passing, Catching

Drill Duration: 5 minutes

Resources: 1 ball per pair

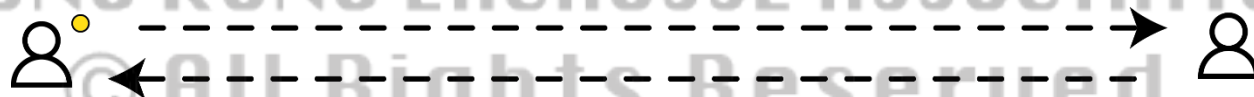
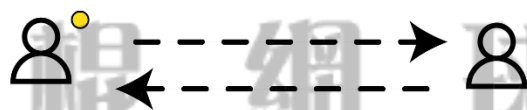
Set up: Players are in pairs, standing 7 meters apart from each other.

How to Play:

1. On the whistle, each pair attempts to make a pass.
 - a. The pairs who successfully made the pass take a step backward to throw a longer pass for the next turn.
 - b. Once the pair drops the ball, they sit down on the ground.
2. The last pair keeping the ball off the ground wins.

Variation(s):

- Use bare hand for younger kids as to build the throwing mechanics.
- Allow the ball to bounce once.
- Alternate top hand on the stick.



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Across the Line Relay

Skill Level: Basic

Skill(s) Practiced: Throwing

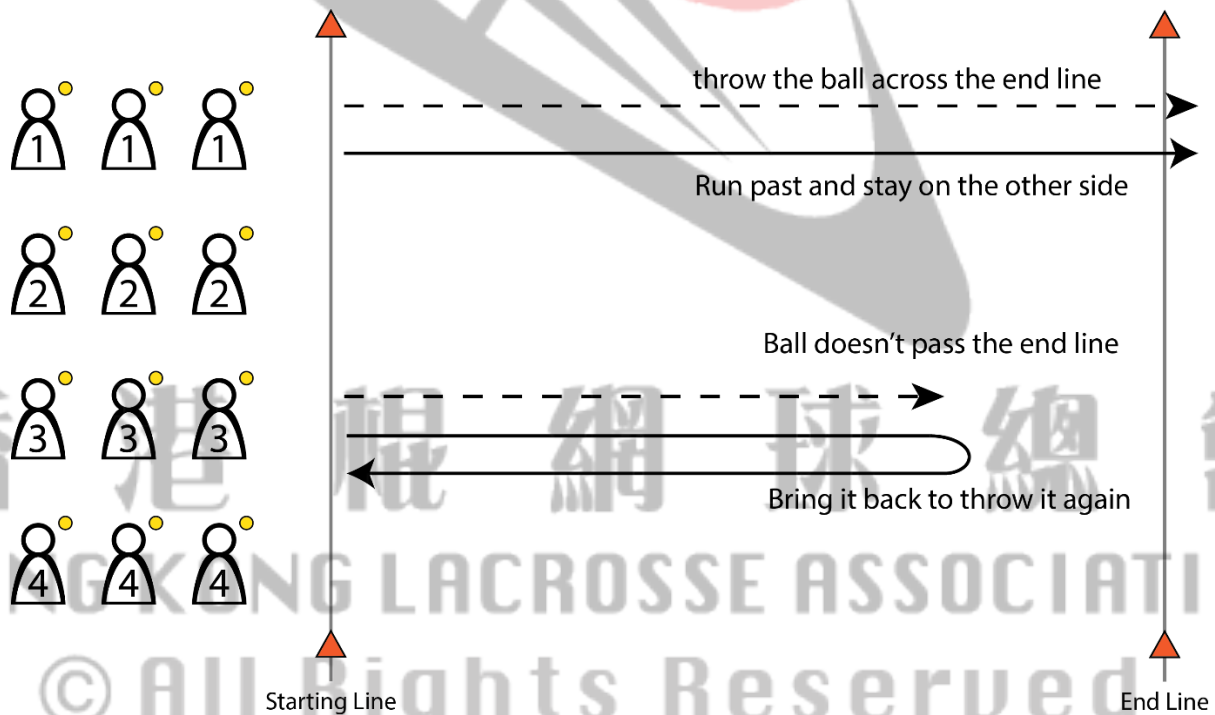
Drill Duration: 5 minutes

Resources: 1 ball per player

Set up: Set up a starting line and an end line, 15m apart. Players are evenly divided into teams, which then line up behind the starting line.

How to Play:

1. The first player of the line tries to throw the ball across the end line.
 - a. If the ball passes the end line, he/she runs to scoop it and stays in the other end.
 - b. If the ball touches the ground before the end line, he/she has to get the ball back and throw again from the starting line.
2. The second player goes when the first player has run past the end line.
3. The team that finishes first, wins.



2v1 Monkey in the Middle

Skill Level: Basic/Intermediate

Skill(s) Practiced: Passing, Catching, Off Ball Movement, Interception

Drill Duration: 5 minutes

Resources: 1 ball per group of 3

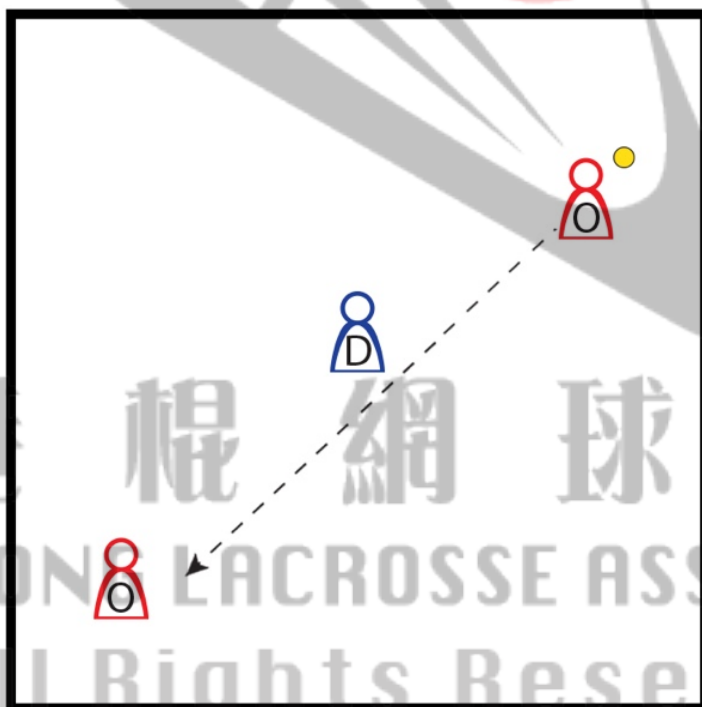
Set Up: Groups of 3, two plays offense (O) and the other plays defense (D). O₁ and O₂ stand 7-10 meters apart, while D stands in the middle.

How to Play:

1. O₁ and O₂'s job is to make as many passes as possible.
2. D puts up his stick to try to intercept the passes.
3. The O who fails to make a successful pass or catch switches role with D.

Variation(s):

- 3v2, 4v2, 5v3, etc.



Freeze the Passer

Skill Level: Intermediate

Skill(s) Practiced: Passing, Catching, Off Ball Movement

Drill Duration: 5 minutes

Resources: 1 ball and 4 cones

Set up: Set a 20m x 20m box. Evenly divide the players into two teams, while one team is playing offense (O), the other team plays defense (D).

How to Play:

1. **O's** goal is to make 5 passes in a row while **Ds** try to intercept the passes.
2. The passer (the **O** who has the ball) is not allowed to move his/her feet.
3. Switch possession as the ball goes out of bound or the **Ds** take away the ball.

Coaching Point(s):

- Off ball offensive players work hard to get open, using v-cut, sharp change of directions, etc.

Variation(s):

- Switch the top hand on the stick.



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Ultimate Lacrosse

Skill Level: Advanced

Skill(s) Practiced: Passing, Catching, Off Ball Movement, Interception

Drill Duration: 10 minutes

Resources: Cones

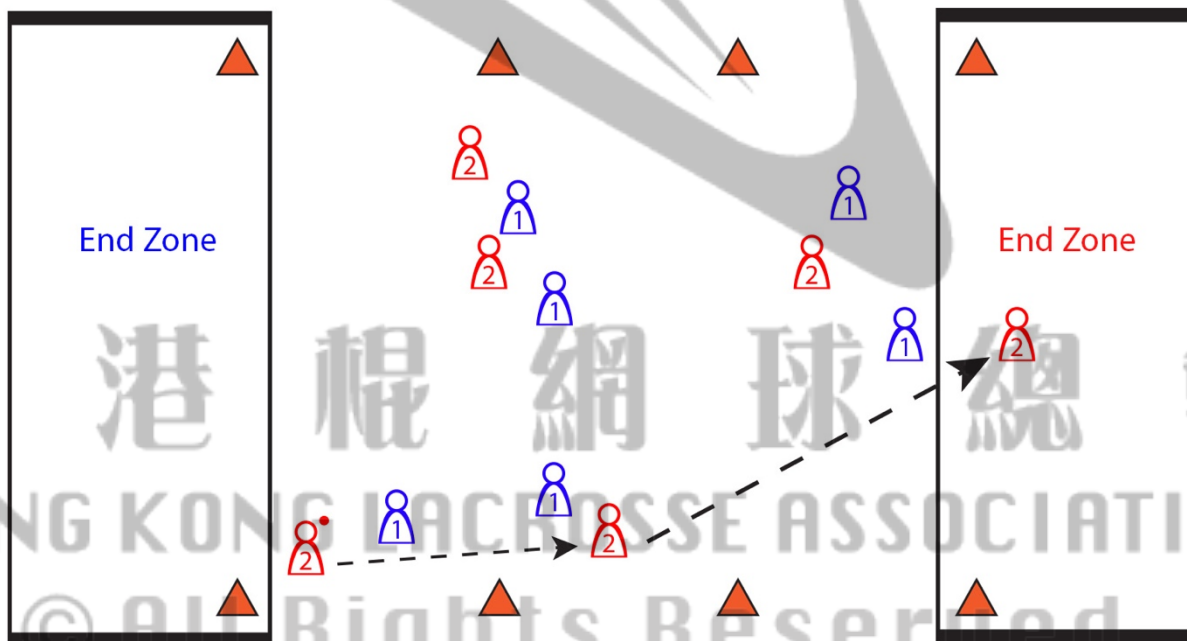
Set Up: Set up a field with two End Zones as in the diagram. Split the group into two teams (ideally 5v5 or 6v6).

How to Play:

1. To score one point, a team has to deliver the ball to the opposite end zone.
2. Players with the ball cannot move his/her feet.
1. No stick check is allowed. Any drop passes or balls out of bound is a turnover of possession.

Teaching Points:

- Encourage off-ball players to use V-cut, sharp change of speed and direction, pick and rolls with the other teammate to get open.
- Avoid passing through sticks - Off ball players actively find the passing lane and avoid standing behind the defenders.



Ground Ball

GB Relay

Skill Level: Basic

Skill(s) Practiced: Ground Ball – Run Through

Drill Duration: 5 minutes

Resources: A few balls and cones

Set up: Set up a starting line and an end line, 10 meters apart. Players are evenly divided into teams, which then line up behind the starting line. Place a ball in front of each team.

How to Play:

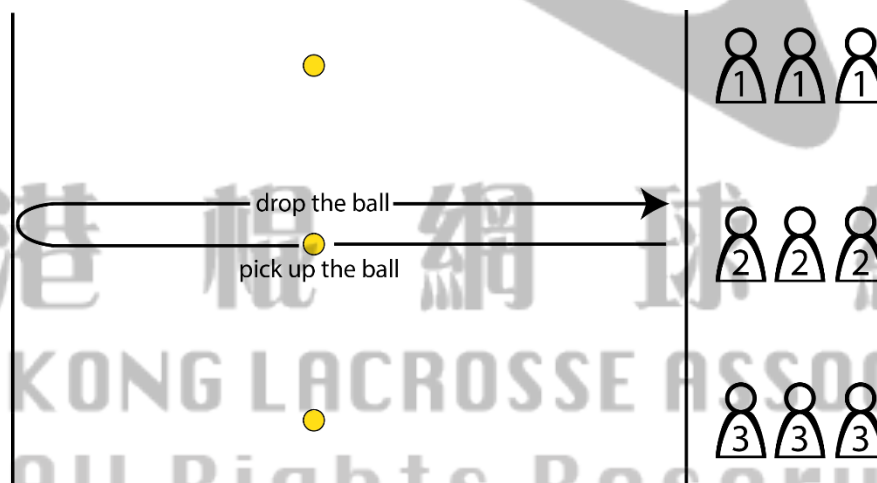
1. First player of each line runs out and scoops the ball, carries it around the end cone, puts the ball down in the middle and runs back to the starting line.
2. Give a high five to the next person so that he can go.
3. The team that finishes first, wins.

Coaching Point(s):

- Put the inside of the front foot next to the ball to help locate it.
- Run through the ground ball.

Variation(s):

- Second Man Ground Ball Forward – After running across the end line, pass the ball to the second player of the line. He/she then rolls the ball forward for the front player to scoop.



Number GB (called by coach)

Skill Level: Basic

Skill(s) Practiced: Ground Ball

Drill Duration: 5 minutes

Resources: A few balls

Set up: Split the players into two groups. Groups line up next to the coach.

How to Play:

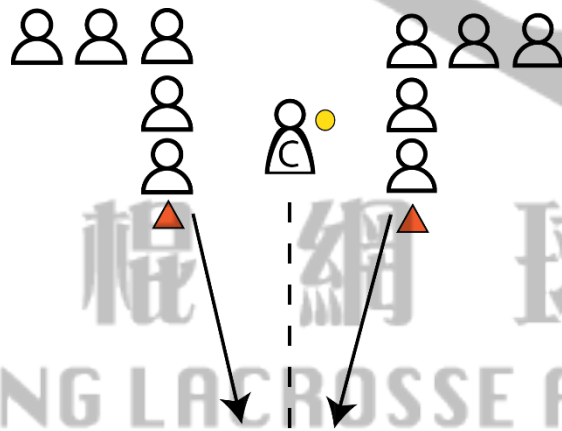
1. At each round, the coach rolls out a ball and calls 1v1, 2v1, 2v2, etc.
2. Then according to the coach's call, the groups send a given number of player(s) to compete for the loose ball.

Coaching Point(s):

- Encourage players to communicate if more than one teammate is fighting for the loose ball — who's getting ball and who's getting man?

Variation(s):

- Add a task to be completed after the ground ball. For example, the team who has gained possession tries to make 5 passes in a row, whereas the other team tries to stop them.



Number GB (freestyle)

Skill Level: Basic

Skill(s) Practiced: Ground Ball

Drill Duration: 5 minutes

Resources: A few balls

Set up: Split the players into two groups, say 4 players in each group. The groups line up next to the coach.

How to Play:

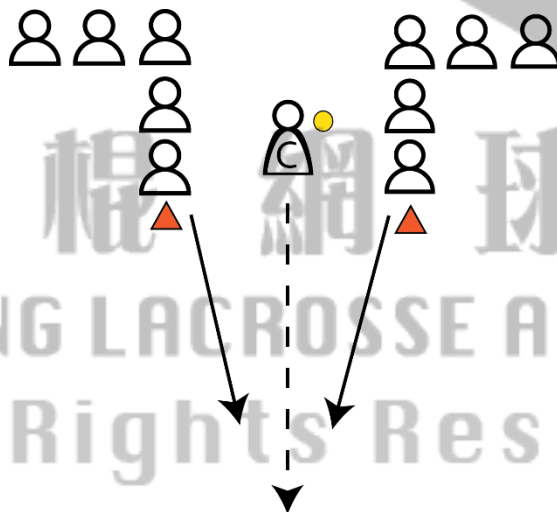
1. Each round, Coach rolls the ball out, two groups compete for the ground ball.
2. Each group decides the number of teammates to go for each round.
3. The designated number used is random and cannot be used again. For example, if team A sent 4 players out for the first round, in the second round they can only send 3, 2 or 1 players. Therefore, it can be a 4v1 or 2v3 set.

Coaching Point(s):

- Encourage players to communicate if more than one teammate is fighting for the loose ball — who's getting ball and who's getting man?

Variation(s):

- Add a task to be completed after the ground ball. For example, the team who has gained possession tries to make 5 passes in a row, whereas the other team tries to stop them.



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GB Shoelace Race

Skill Level: Basic

Skill(s) Practiced: Ground Ball

Drill Duration: 5 minutes

Resources: A few balls and cones

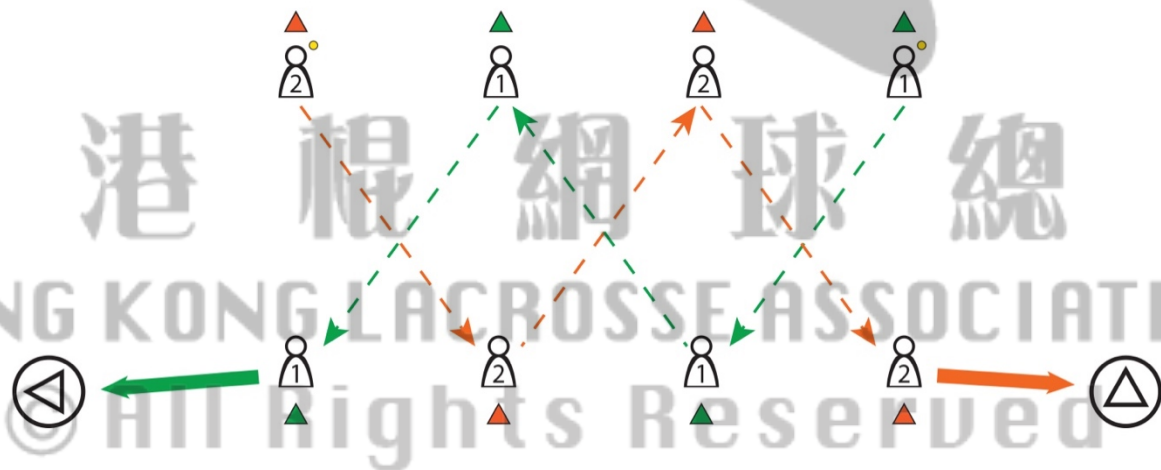
Set up: Set up two zig-zag lines as in the diagram. Split the players into two teams. Each team takes up one line.

How to Play:

1. The first player in each team starts by rolling the ball to the second player.
2. Then the second player scoops the ball and roll it to the next player, and so on.
3. The last player picks up the ball and shoot at the net to score.
4. Players fills the spot where he/she rolls the ball to. The last player starts a new ball at the first spot.
5. In two minutes, the team scored the most win.

Variation(s)

- Coaches be in the middle of the lines to interference the ball.
- Do passing and catching instead of rolling and scooping.



Through the Hill Race

Skill Level: Basic

Skill(s) Practiced: Ground Ball – Stay Low

Drill Duration: 5 minutes

Resources: A few balls and cones

Set up: Players are evenly divided into teams. Set up a starting line and a finishing line. Teams line up behind the starting line.

How to Play:

1. Players at the same line raise their arms laterally and hold their sticks towards the ground to make a tunnel as in the photo. A ball is put in the midway of the tunnel.
2. The last person of the line runs through the tunnel and scoops the ball. After he/she has run through the tunnel, he/she puts back the ball to the tunnel, then stands at the front of the tunnel.
3. Then new last person repeats. So on and so forth, the tunnel will move forwards slowly.
4. The team who has all the players passed the finishing line first, wins.

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Butt to Butt GB

Skill Level: Basic

Skill(s) Practiced: Box Out, Ground Ball

Drill Duration: 5 minutes

Resources: 1 ball per pair

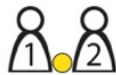
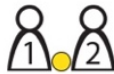
Set up: Pairs of 2. Pairs squat and lean their weight on each other's butt. A ball is put on the ground in the middle of the two players.

How to Play:

1. On the whistle, both players push backward with their butts.
2. By doing so, one player boxes out the other to gain a position over the ball.
3. Once the ball is in the front of his/her body, he/she tries to scoop the ball.

Remark(s):

- Remind players not to step away while their partners are leaning on them, otherwise partners may fall backwards and cause serious injury.



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London Bridge (Ground Ball Limbo)

Skill Level: Basic

Skill(s) Practiced: Getting low in ground ball

Drill Duration: 5 minutes

Resources: A stick/noodle and several balls

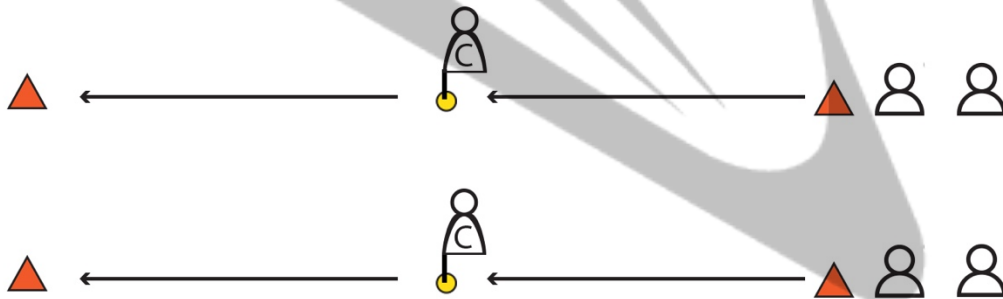
Set up: Coach holds a lacrosse stick or a noodle horizontal to the ground with a ball directly under it. Players line up behind the cone as in the diagram.

How to Play:

1. Players must go under the stick and pick up the ground ball to get one point.
2. Coach lowers the stick each round.

Coaching Point(s):

- Stay low for ground ball.
- Nose pointing to the ball when getting the ground ball.
- Tuck the stick into chest after picking up the ball.



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Hungry Hippos (contested)

Skill Level: Basic

Skill(s) Practiced: Ground Ball

Drill Duration: 5 minutes

Resources: 3-4 balls per player and 4 cones

Set up: Set a box area as in the diagram. Divide the players into four groups, which then line up behind each corner of the box.

How to Play:

1. The coach rolls 1 to 3 balls to the middle of the box.
2. On the whistle, each team sends the first person of the line to scoop one ball and carry it back to its corner.
3. Repeat several rounds. The team that has most balls, wins.

Variation(s):

- Skill combo - after the ground ball, pass/roll the ball back to the line.



Hungry Hippos (non-contested)

Skill Level: Basic

Skill(s) Practiced: Ground Ball

Drill Duration: 5 minutes

Resources: 3-4 balls per player and 4 cones

Set up: Set a box area as in the diagram. Put 20 – 30 balls in the middle. Divide the players into four groups, which then line up behind each corner of the box.

How to Play:

1. On the whistle, each team sends the first person of the line to scoop one ball and carry it back to its corner.
2. As the first person comes back, the second person goes.
3. The drill ends when all the balls in the middle carried away.
4. The team that has most balls, wins.

Variation(s):

- Skill combo - after the ground ball, pass/roll the ball back to the line.



Ground Ball Elimination (GB King)

Skill Level: Basic

Skill(s) Practiced: Ground Ball

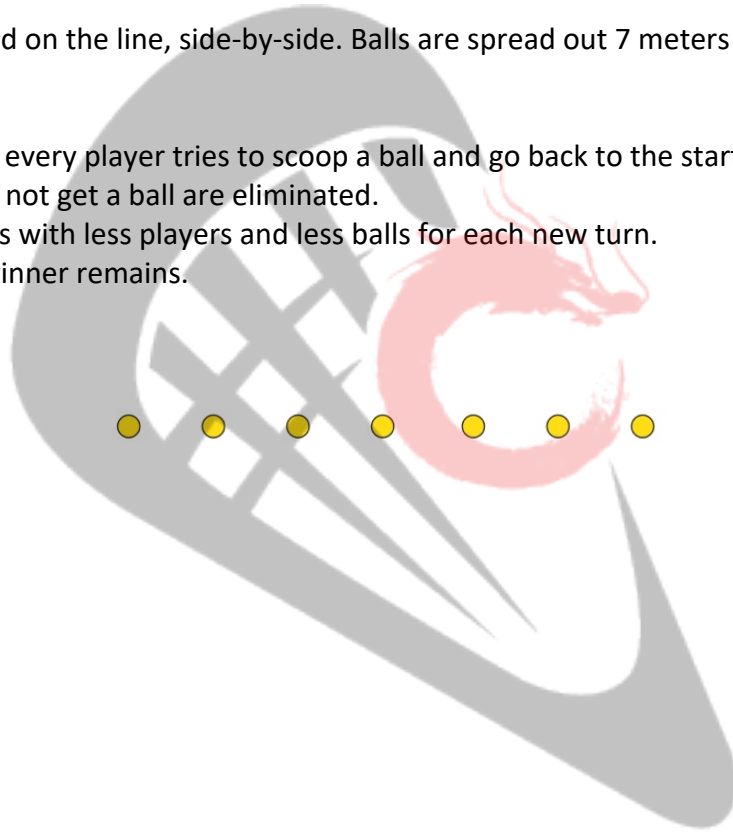
Drill Duration: 5 minutes

Resources: 2 balls less than the number of players

Set up: All players stand on the line, side-by-side. Balls are spread out 7 meters in the front.

How to Play:

1. On the whistle, every player tries to scoop a ball and go back to the starting line.
2. Players who do not get a ball are eliminated.
3. The drill repeats with less players and less balls for each new turn.
4. Play until the winner remains.



Steal the Beacon

Skill Level: Basic

Skill(s) Practiced: Ground Ball

Drill Duration: 5 minutes

Resources: Ball and nets

Set up: Split the players into two teams. The teams stand 10 meters apart, facing each other. Every player of each team is assigned with a number.

How to Play:

1. Coach rolls a ball in the middle of the teams and call out a number.
2. Players with assigned number go for the ball.
3. Say coach called 4 and 2, no.4 and no.2 players of both teams have to compete for the loose ball.
4. The team who has gained possession tries to score while the other team plays defense.

Coaching Point(s):

Work with teammates. Communicate clearly that who is getting the ball and who is getting man (box out other opponents).



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Messy Backyard

Skill Level: Basic

Skill(s) Practiced: Scooping, Rolling

Drill Duration: 5 minutes

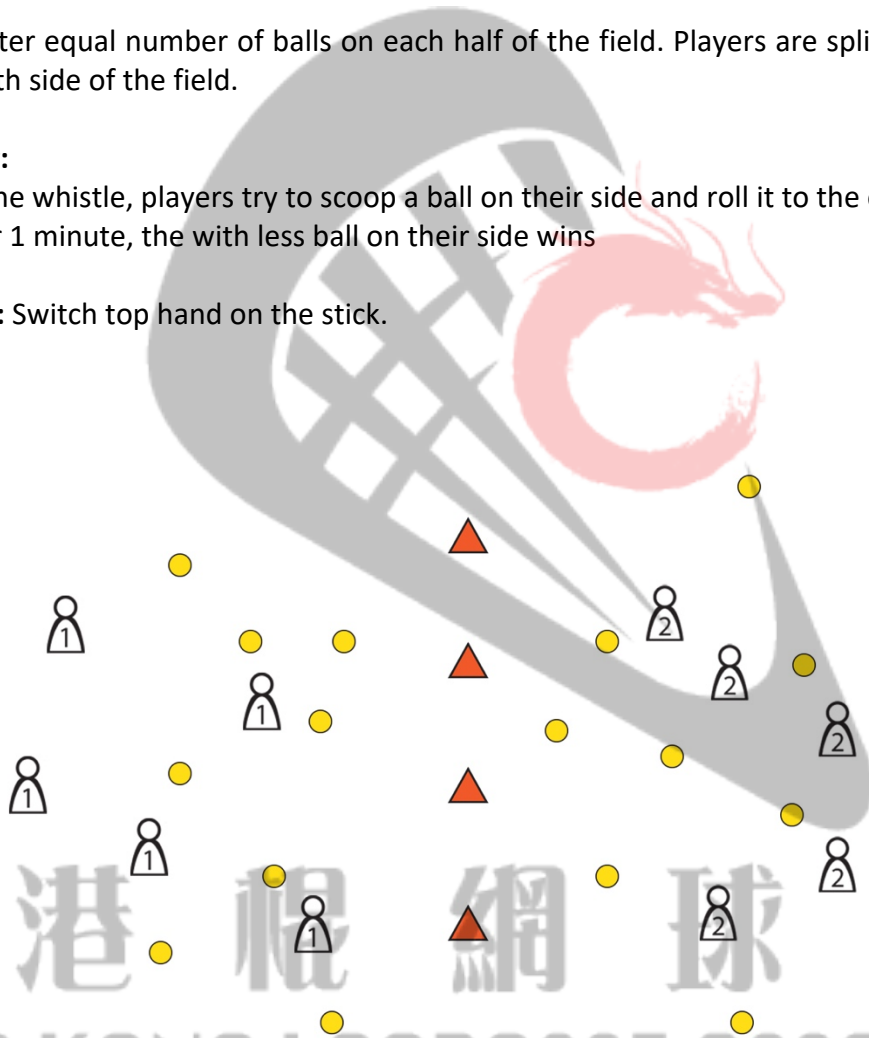
Resources: 3-4 ball per child, cones

Set up: Scatter equal number of balls on each half of the field. Players are split into two teams, which stand on both side of the field.

How to Play:

1. On the whistle, players try to scoop a ball on their side and roll it to the other side.
2. After 1 minute, the with less ball on their side wins

Variation(s): Switch top hand on the stick.



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1v1v1 GB

Skill Level: Basic

Skill(s) Practiced: Scooping, Offense, Defense

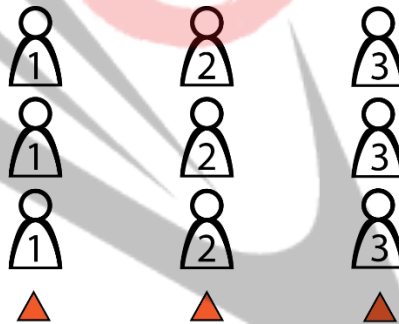
Drill Duration: 5 minutes

Resources: Balls

Set up: Players line up in three lines (1, 2, 3).

How to Play:

1. Coach rolls the ball out. The three players fight for the ground ball.
2. The player (1 for example) who get the ball tries to score. The other two players (2 and 3) play defense.
3. After the shot, player 1 leaves the drill. Coach roll another ball for player 2 and player 3 to play 1v1 GB. The one who gets the ball tries to score and the other plays defense.



Scoop and Protect

Skill Level: Basic

Skill(s) Practiced: Cradling, Ball Protection

Drill Duration: 5 minutes

Resources: A few balls and 4 cones

Set up: Set up a 10m x 10m box. All players will stay inside the box area for the drill.

How to Play:

1. Coaches keep rolling new balls into the box.
2. Players aim to gain possession of the balls. They can either scoop the new balls rolling in or take the balls away from other players' sticks.
3. Therefore, players who have possession of a ball would protect the ball from being taken away.



Cradling

Through the Cone Hill Race

Skill Level: Basic

Skill(s) Practiced: Cradling

Drill Duration: 5 minutes

Resources: A few balls and cones

Set up: Set up 4 lines of evenly spaced cones. Divide the players into four teams.

How to Play:

1. Have the first player of each line carries the ball, weaves through the cones.
2. Then he goes back straight to the starting cone, roll the ball to the next player.
3. The next player then scoops up the ball and weaves through the cones, and so on.
4. The team who finishes first, wins.

Coaching Point(s):

- Encourage players to CHEER for their teammates.

Variation(s):

- Add a stick trick in the other end of the cones, for example:
 - 1st Round: Simply Weave through
 - 2nd Round: Weave through, try to toss the ball above the head and catch
 - 3rd Round: Weave through, try to toss the ball and catch with the back of the stick.



Sharks and Minnows

Skill Level: Basic

Skill(s) Practiced: Cradling, Ball Protection, Checking

Drill Duration: 5 minutes

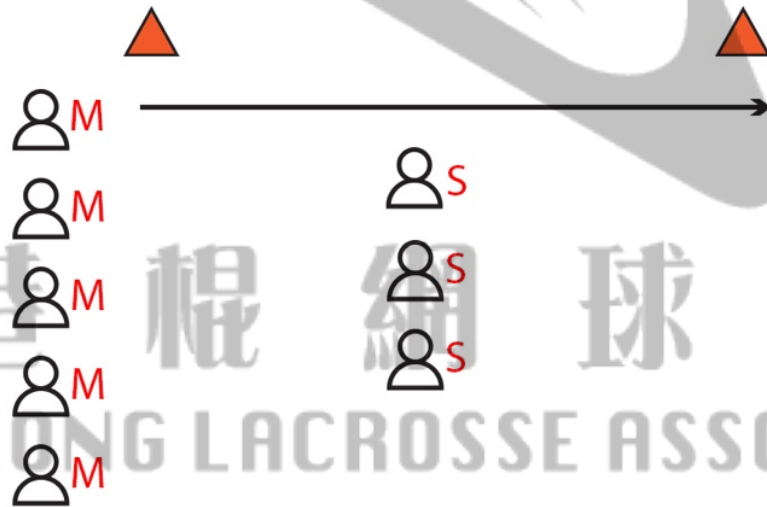
Set up: Set two end lines of 20 meters apart. All players start at one end as 'Minnows'. Coaches stand in the middle as 'Sharks'.

How to Play:

1. Minnows' goal is to go across the field to the opposite end line without being tagged or dropping ball.
2. Sharks' goal is to tag the Minnows or force them to drop the ball.
3. Minnows who got tagged or dropped their balls become Sharks. The rest of the minnow tries to run to opposite line again.
4. The game is played until one Minnow is left.

Variation(s):

- Allow stick check – players become sharks only if their balls dropped.



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Protect the Ball

Skill Level: Basic

Skill(s) Practiced: Cradling, Ball Protection

Drill Duration: 5 minutes

Resources: A few balls and 4 cones.

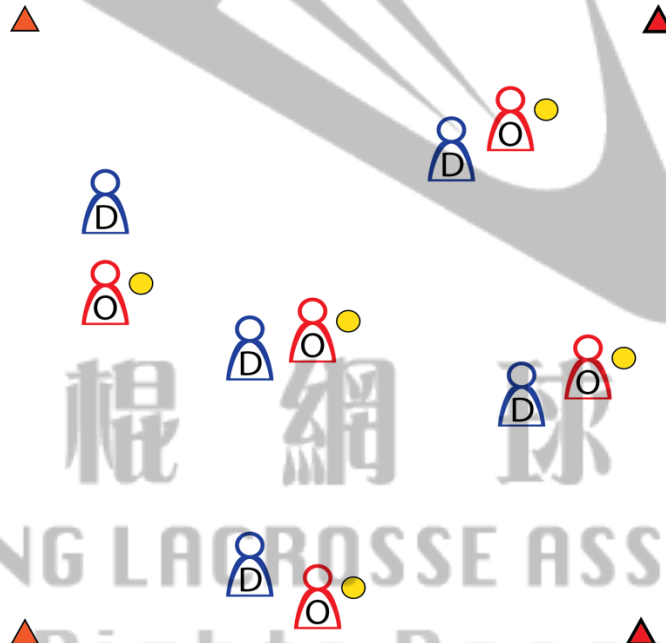
Set up: Set up a 12m x 12m box area. Half of the players, who have possession of the ball, play offense (**Os**) and the other half play defense (**Ds**).

How to Play:

1. In one minute, **Os** carry the ball around within the box and use their bodies to protect the balls, while **Ds** try to knock the ball out of **Os**' sticks.
2. **Os**, who have their balls dropped, leave the area.
3. **Ds** win if they knocked down all the balls within the given time. Otherwise, **Os** win.

Remark(s):

- For beginners who are without gears, stick checks are dangerous in this chaotic situation, **Ds** can use hand to tap on the stick.



Shoulder Shoulder Stick

Skill Level: Basic

Skill(s) Practiced: Cradling, Checking, Ball Protection

Drill Duration: 5 minutes

Resources: 1 ball per pair

Set up: Pairs of 2. One plays offense (O) and the other plays defense (D).

How to Play:

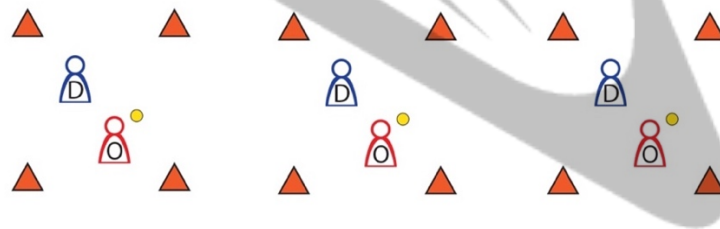
1. O carries a ball and has to sticks his/her pivot foot to one point of the ground. He/she's job is to avoid the ball being dislodged by D.
2. Meanwhile, D tries to dislodge the ball off O's stick using stick checks.

Coaching Point(s):

- O maintains 'shoulder shoulder stick' protection, which means, if O uses right hand as the top hand, he puts his left shoulder towards D and the stick next to his right shoulder.

Variation(s):

- Alternate top hands on the stick.



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Ball Tags

Skill Level: Basic

Skill(s) Practiced: Ball Protection, Cradling

Drill Duration: 5 minutes

Resources: 2 balls and 4 cones

Set up: Set up a 15m x 15m box area. For a group of 12 players, assign 2 players to be 'Taggers' (T), 2 players with balls in their pockets as 'Savers' (S) and the remaining players are 'Runners' (R).

How to Play:

1. A tagger's goal is to tag the free runners. Once the runner is being tagged, he/she has to stand still at the spot where he/she was tagged.
2. A saver's task is to save a tagged runner by putting the ball into his/her pocket. The tagged runner who has just had the ball will become a saver, whereas the saver will become a free runner.



Pinnie Tags

Skill Level: Basic

Skill(s) Practiced: Cradling, Ball Protection

Drill Duration: 5 minutes

Resources: balls, pennies

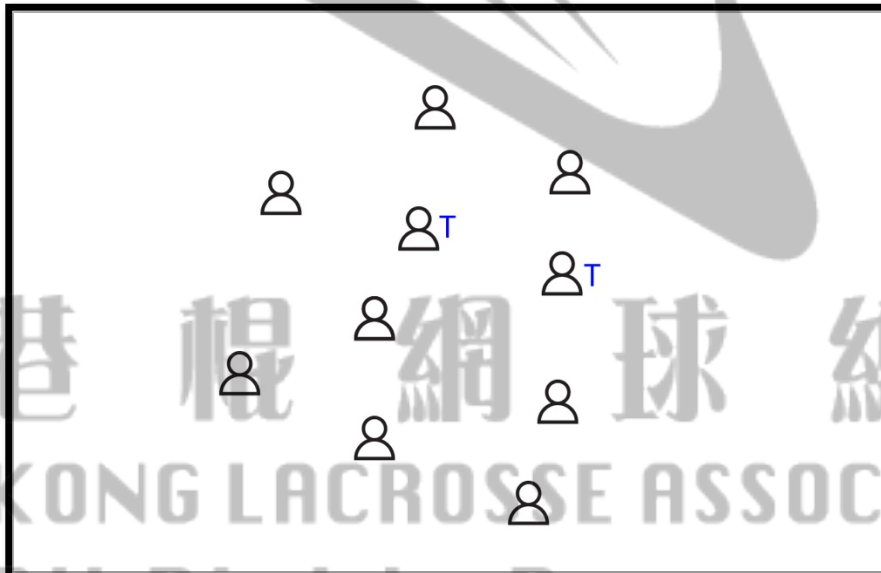
Set up: Set up a 12 m x 12m box area. Assign 2 players to be the Taggers. Other players are runners. Every runner hangs the pinnie at the waist. (Put the pinnie at the front of the body to mimic ball protection motions as we usually put the stick at the front of our body when we protect the stick.)

How to Play:

1. On the whistle, taggers run around and try to pull the pinnie off the runners while runners try to protect the ball and pinnie.
2. Runners is out of the game if they drop the ball or lose their pinnie.
3. Last two players standing become the next taggers.

Variation(s):

- 1v1 pinnie tag inside a 5m x 5m box.



Cradle Around the Cones and Shoot

Skill Level: Basic

Skill(s) Practiced: Cradling, Shooting

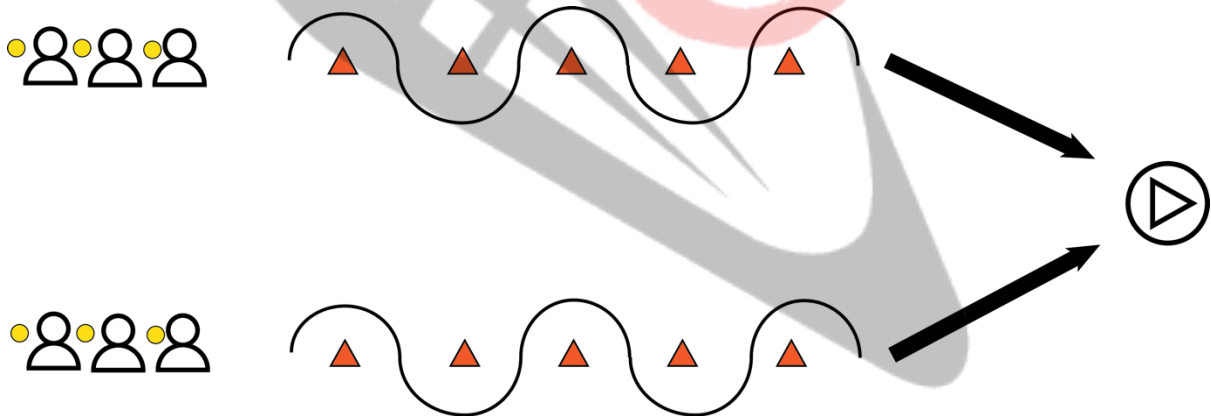
Drill Duration: 5 minutes

Resources: Balls, Cones, Goals

Set up: Split the players into two teams. Put the cones in a line evenly in the front of each team and put a goal in the end of the lines. (As in the diagram)

How to Play:

1. The first player of each team cradles the ball and weaves around the cones, then shoot at the last cone. He/ She then runs back to give a high five to the next teammate.
2. The next teammate repeats the same motions.
3. The team that finishes first, wins.



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Other Skills

Target Shooting

Skill Level: Basic

Skill(s) Practiced: Shooting

Drill Duration: 5 minutes

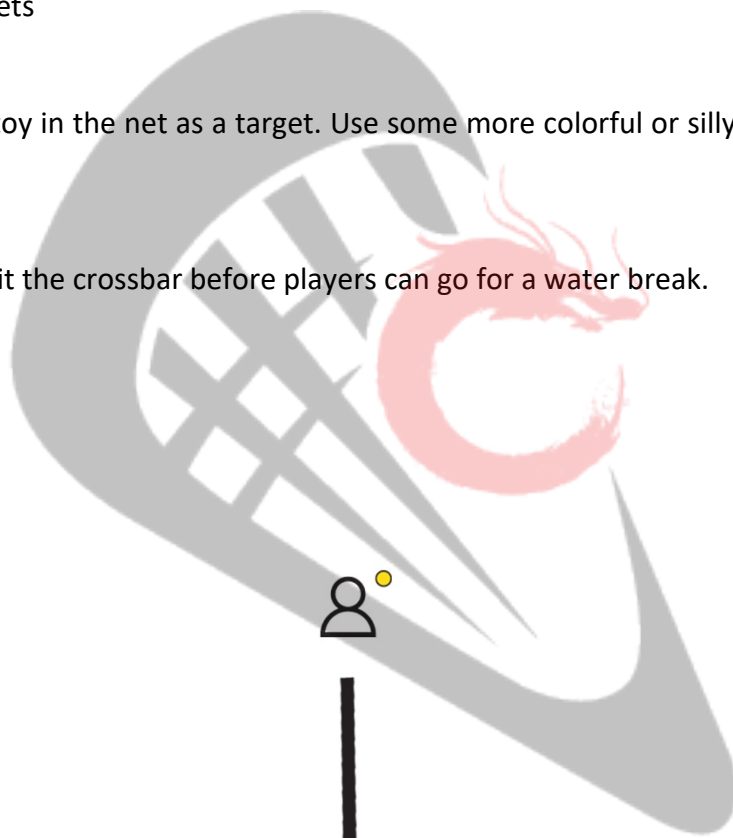
Resources: Balls and nets

How to Play:

Hang a cone or a silly toy in the net as a target. Use some more colorful or silly-looking objects for kids to raise their interests.

Variation(s):

Crossbar Challenge - Hit the crossbar before players can go for a water break.



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Defend the Cone

Skill Level: Basic

Skill(s) Practiced: Defensive and Dodging Footwork

Drill Duration: 5 minutes

Resources: 1 cone per pair

Set up: Pairs of 2. One plays offense (O) and the other plays defense (D). A cone is put behind D.

How to Play:

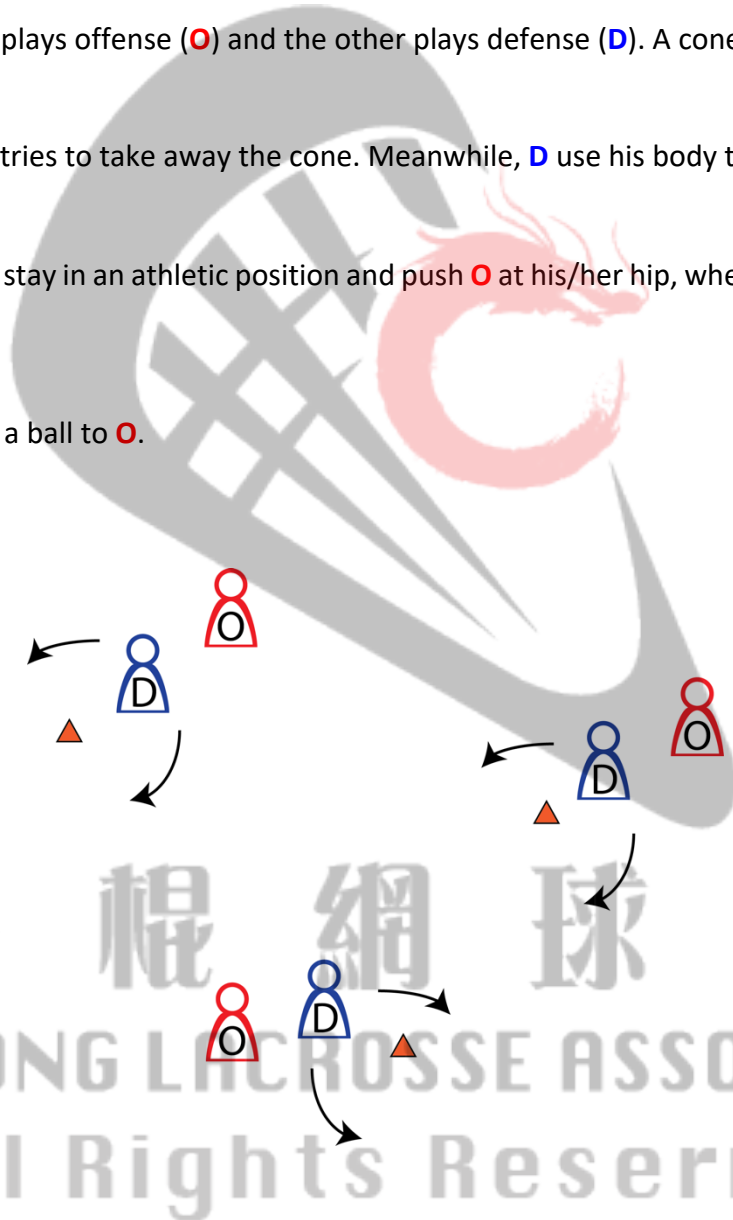
In 15 seconds' time, O tries to take away the cone. Meanwhile, D use his body to block the O way.

Coaching Point(s):

- Encourage D to stay in an athletic position and push O at his/her hip, where makes him/her easily movable.

Variation(s):

- Add a stick and a ball to O.



Little Warriors

Skill Level: Basic

Skill(s) Practiced: All Skills

Drill Duration: 5 minutes

Resources: Cones, hurdles, etc. as obstacles

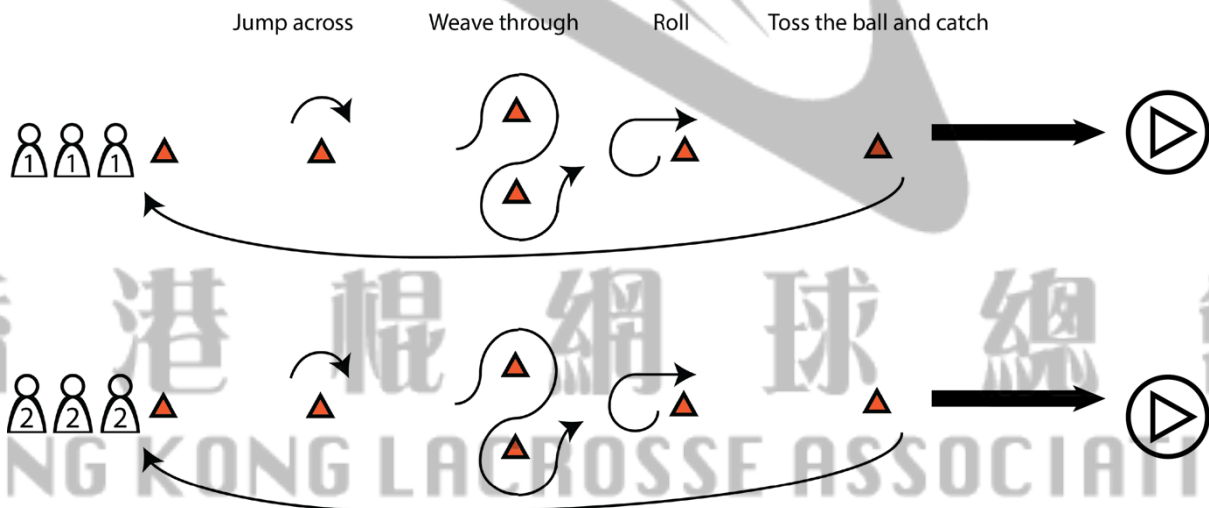
Set up: Set up identical obstacle paths using cones, noodles, hurdles, etc. Players are divided evenly into teams, lining up behind each obstacle path.

How to Play:

1. The first person of the line goes through the obstacle path, tries to complete different tasks at different points along the path, then tries to score at the end, then runs back to give a high five to the next person.
2. The next person repeats, and so on.
3. The team that finishes first, wins.

Variation(s):

- Add a defender in the middle of path to apply pressure. Have the player to start again if the ball is dropped.



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PASSING

Parallel Partner Passing

Skill Level: Basic

Skill(s) Practiced: Passing, Catching

Drill Duration: 5-10 Minutes

Resources: A few balls and cones

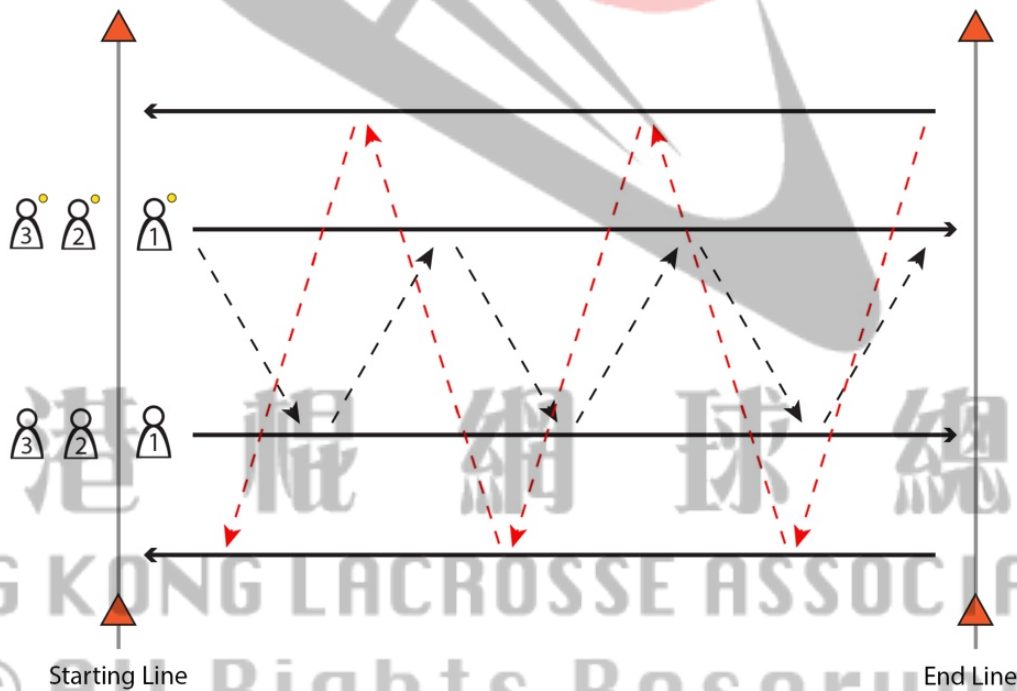
Set up: Set up a starting line and an end line. Players are in pairs, standing 10 meters apart from each other. Pairs line up at the starting line.

How to Play:

1. Each pair pass the ball back and forth while jogging towards the other end. (Black in diagram)
2. After reaching the other end, players roll to the outside of their lines to go back to the starting line. Keep parallel passing at a longer distance. (Red in diagram)

Coaching Point(s):

- Keep butt end of the stick point to the target.



3 Man Progression Linear Passing

Skill Level: Basic

Skill(s) Practiced: Passing and Catching on the Run

Drill Duration: 5-10 Minutes

Resources: Balls, cones

Set up: Groups of 3, 10 yards apart from each, 2 at the side, 1 at the middle.

How to Play:

1. Start the ball in the middle and have the player pass to the first outside player.
2. The first outside player then passes back to the middle player.
3. The middle player then turns and passes to the second outside player.

Coaching Point(s):

- The middle player should run towards the pass and catch - pass and catch on the run.
- Outside players should keep in an athletic position.

Normal Passing



Quick Sticks



Figure 8



3 Man Parallel Passing

Skill Level: Basic

Skill(s) Practiced: Passing and Catching on the Run

Drill Duration: 8 Minutes

Resources: A few balls and cones

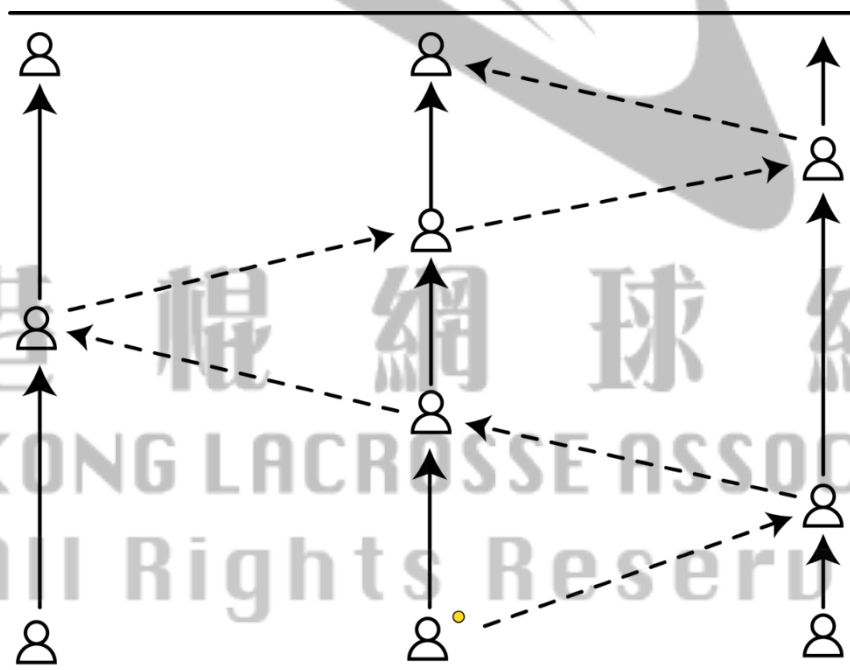
Set up: Groups of 3, standing 10 yards apart from one another like in the diagram.

How to Play:

1. Start with a pass from the middle player to the first outside player.
2. The first outside player then passes back to the middle player.
3. The middle player then turns his body and passes to the the other outside player.
4. While doing this, all three players jog forward.

Coaching Point(s):

- While the feet are running forwards, the upper body turns and hands control the butt end to point at the target.
- Vary the speed of running. Lower speed at first so that players can focus on the sticks.



3 Man Weave Passing

Skill Level: Intermediate

Skill(s) Practiced: Passing and Catching on the Run

Drill Duration: 8 Minutes

Resources: A few balls and cones

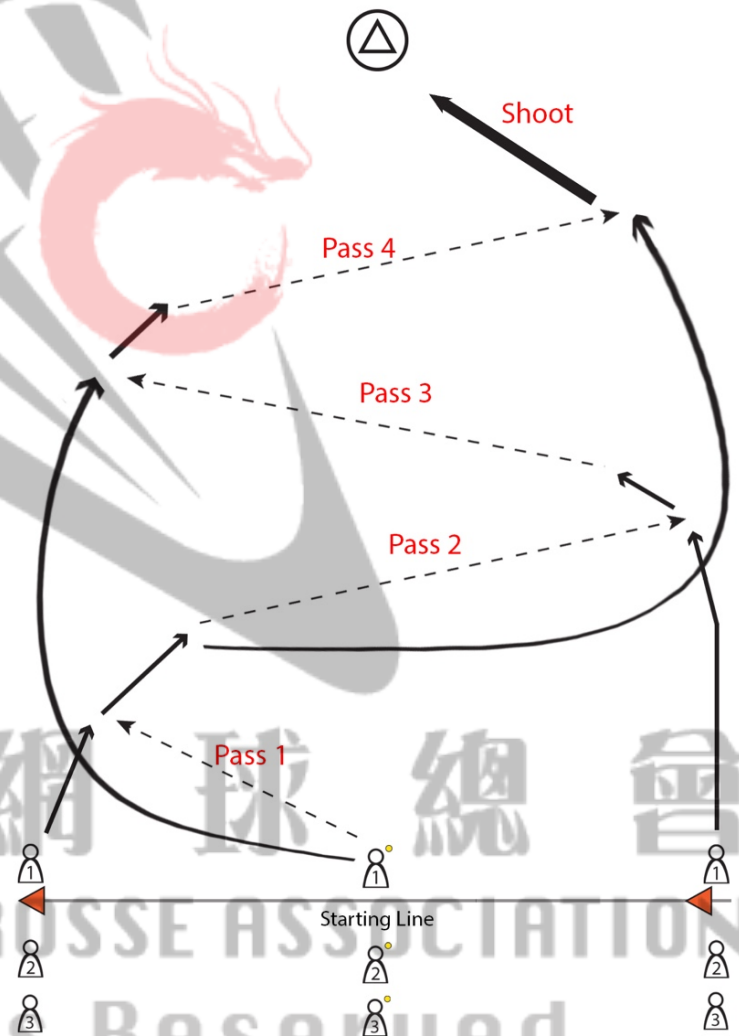
Set up: Groups of 3, standing about 10 meters apart from one another to start.

How to Play:

1. Start by the middle player passing to one of the outside players
2. Then the middle player runs forward and to the outside of the player he passed to, replacing him/her on the outside.
3. The player with the ball is now in the middle and passes the ball to the other side. Then he/she runs to the outside.
4. A good rule to tell players is to replace the player they pass to.
5. Eventually the group of 3 finishes on the other end of the field with a shot.

Coaching Point(s): Run towards the pass to shorten the distance for an easier pass and catch

Variation(s): Encourage use of the outside hand, i.e. players keep switching hand during the drill



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Triangle Passing

Skill Level: Basic

Skill(s) Practiced: Passing, catching

Drill Duration: 5-10 minutes

Resources: Balls, cones

Set up: Groups of 3. Form a triangle, standing 10 meters from one another.

How to Play:

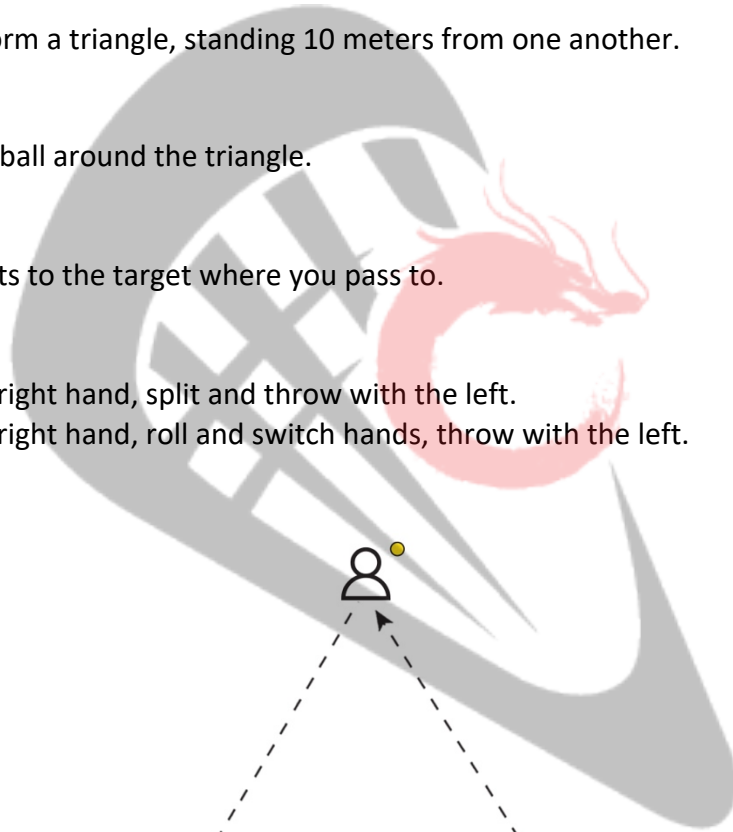
Have players pass one ball around the triangle.

Coaching Point(s):

- Front foot points to the target where you pass to.

Variation(s):

- Catch with the right hand, split and throw with the left.
- Catch with the right hand, roll and switch hands, throw with the left.



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3 Men 4 Corner Passing

Skill Level: Intermediate

Skill(s) Practiced: Passing and Catching

Drill Duration: 8 – 10 minutes

Resources: A few balls and cones

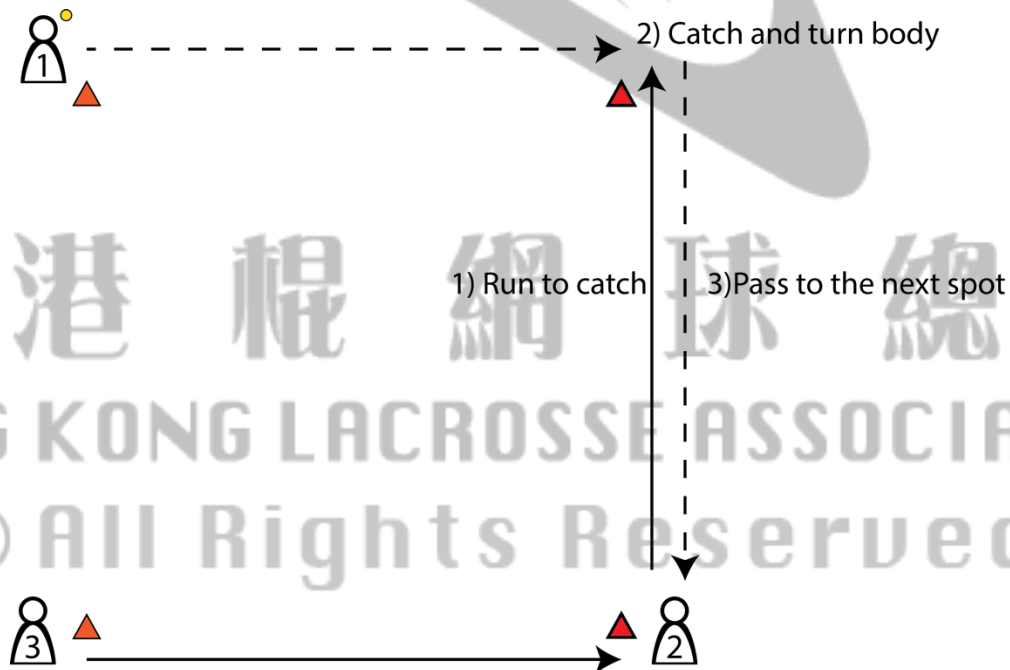
Set up: Set up a 12m x 12m box. Divide players into groups of 3. Have the three players each stand behind a cone, leaving one corner open.

How to Play:

1. Player 1 passes the ball towards the empty cone as the same time as Player 2 runs towards the empty cone to catch the pass.
2. Player 2 then turns his/her body to pass the ball to his/her original cone while Player 3 is running towards that cone to catch the pass.
3. The drill continues in this pattern.
4. Reverse direction after several minutes.

Coaching Point(s):

1. Receivers have their body set to throw to the next spot.



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Spoke Passing

Skill Level: Advanced

Skill(s) Practiced: Passing, catching

Drill Duration: 10-15 Minutes

Resources: Balls, cones

Set up: Set up cones in a diamond shape. Have players lining up behind the cones, facing outwards.

How to Play:

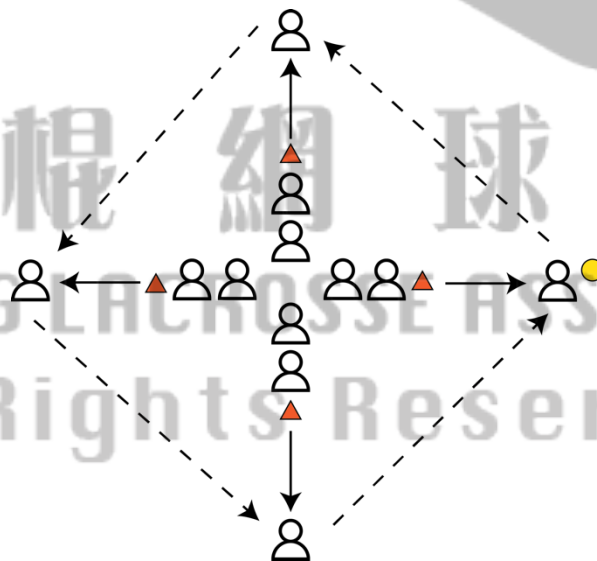
1. Players runs 5 meters out from their line to catch and pass the ball to the next line, so that the ball goes around and around the group.
2. Players return to their line after each pass.

Coaching Point(s):

- Pop quickly – to simulate the situation that the catcher is being pressed/chased by a defender, so he/she wants to pop quickly to create biggest separation.
- Timing to pop – be at the spot to catch just when the passer is ready to pass. If popping too early, defender will have enough time to get close to interfere the pass.

Variation(s):

- Catch with the right hand, switch hand and throw with the left. Alternate top hands.
- Catch with the right hand, roll outside, switch to the other hand to throw. Alternate top hands.



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Line Drills (Passing Shuttle)

Skill Level: Basic

Skill(s) Practiced: Passing, Catching, Ground Ball

Drill Duration: 8-10 Minutes

Resources: A few balls and cones

Set up: Players are divided into two lines, 10 meters apart and facing each other.

How to Play:

1. Have players pass the ball back and forth using core fundamental technique while running towards each other.
2. After one line passes to the other, the passer should go to the end of the opposite line.

Coaching Point(s):

2. Put the stick on the triple-threat position as receiving the ball, where the player is ready to pass, shoot and dodge.
3. Emphasize passing and catching on the run.

Variation(s):

- Right to right/ left to left/ catch left throw right/ catch right throw left/ Longer Distance/ Quick Stick/ Ground Ball/ Second Man Ground Ball
- Two balls in the air at the same time.



Box Passing on The Run

Skill Level: Intermediate

Skill(s) Practiced: Passing and Catching On the Run

Drill Duration: 5-10 minutes

Resources: A few balls and 4 cones

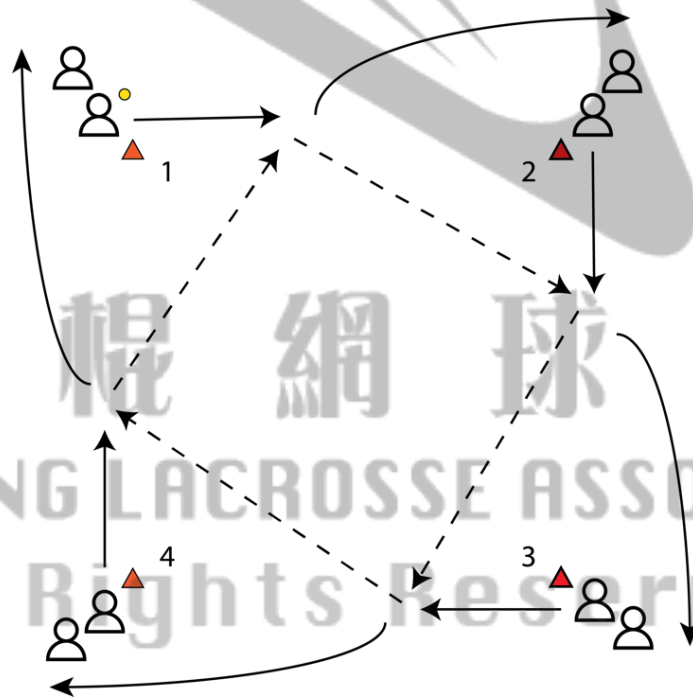
Set Up: Set up a 12m x 12m box. Players evenly line up behind each cone.

How to Play:

1. The players from line 1 pass the ball to, who is running towards line 3.
2. As player of line 2 catches the ball, the player of line 3 starts running towards line 4 and catches the pass from the player of line 2.
3. Players follow their passes to the next line.
4. The same pattern repeats so the ball goes around and around the box.
5. Keep two balls in the air for high skill level.

Coaching Point(s):

4. Time the pass – lead the pass to the spot at the front of the next player so that he/she can catch it on the run



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Criss-Cross Passing

Skill Level: Intermediate

Skill(s) Practiced: Passing and catching in traffic

Drill Duration: 8-10 Minutes

Resources: A few balls and cones

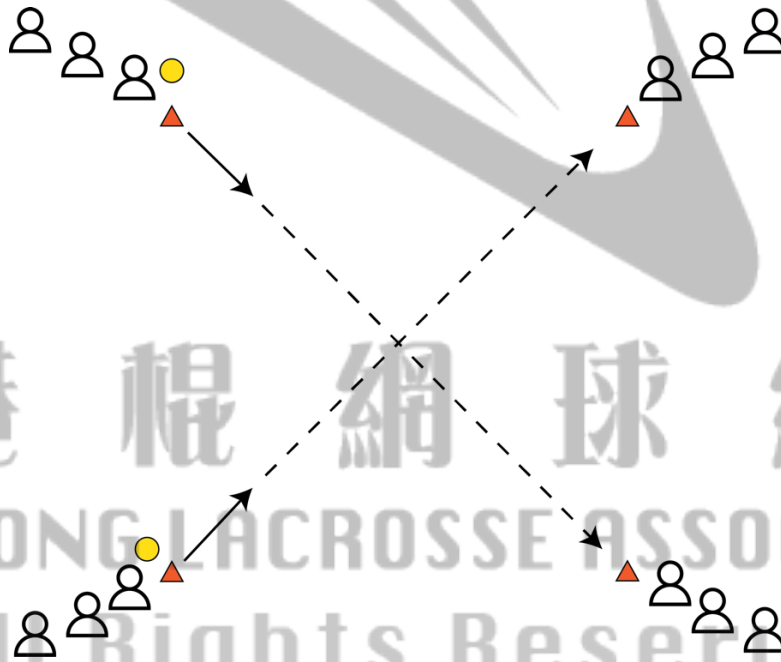
Set Up: Set up a 12m x 12m box area and have players line up behind each cone.

How to Play:

1. This drill is simply two-line drills happening simultaneously while crossing over each other.
2. The two lines on the same side of the box start with a ball.
3. These lines begin by passing to their diagonal lines.
4. After the pass, they follow their pass, go to the end of the diagonal line.
5. The passes go on continuously.

Variation(s):

- Add a fake before pass.
- Pass 4 balls in the air



Star Drill

Skill Level: Intermediate

Skill(s) Practiced: Passing and catching in traffic

Drill Duration: 8-10 Minutes

Resources: A few balls and 5 cones

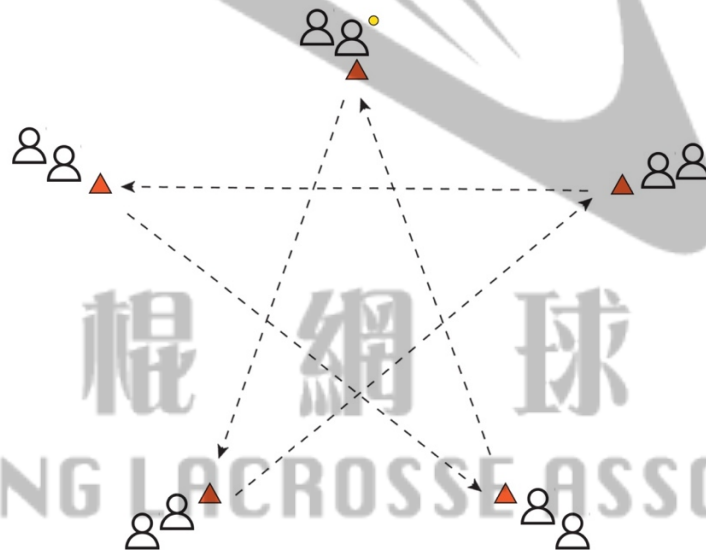
Set Up: Set up cones in a star formation (5 points) as in the diagram. Have players line up at each one.

How to Play:

1. Start the ball at any line and have the first player in line pass the ball to the second line to their right (skip one line).
2. After the pass, player should follow his/her pass and go to the end of the line that he/she passed to.
3. The next player then continues to work the ball around the star by passing to the second line to his/her right.

Variation(s):

- Add more balls
- Put the ball on ground for GB after catch, then make a pass after scooping.



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Zig Zag Passing (Eagle Eyes)

Skill Level: Basic

Skill(s) Practiced: Passing, Catching

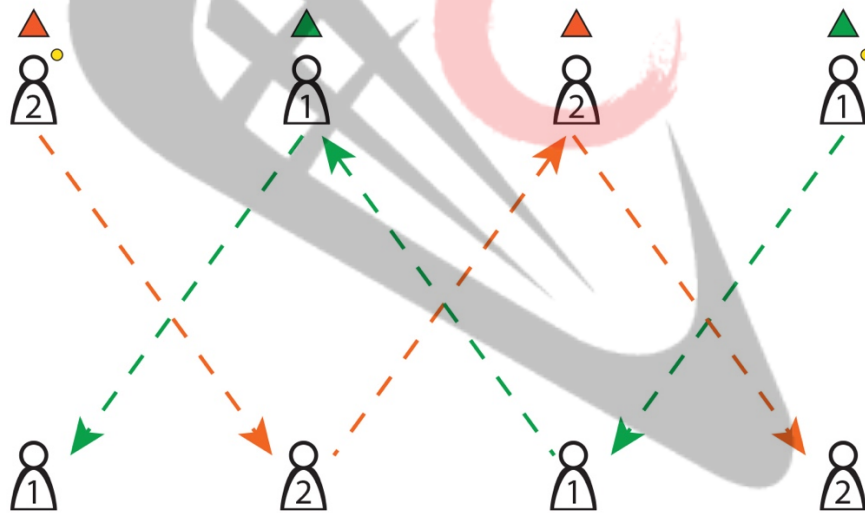
Drill Duration: 8-10 minutes

Resources: A few balls and 8 cones

Set Up: Set up 2 zig-zag lines with cones as in the diagram. Have one player at each spot on both lines.

How to Play:

1. Start the ball at the outside of the two lines.
2. Players pass the ball along the zig-zag line, stay in the same line after the pass.



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Odd Number Keep Away

Skill Level: Intermediate

Skill(s) Practiced: Passing, Catching, Off-ball Movement, Interception

Drill Duration: 5 minutes

Resources: A few balls and cones

Set Up: Use cones/lines to set up an area. Split the players into two teams, one less defensive player (D) than offensive players(O). For example, it can be 5 O vs 4 D.

How to Play:

1. In a minute's time, the offensive team (O) must keep possession of the ball.
2. The defensive team (D) tries to gain possession of the ball by any age-and-rule-appropriate tactics and techniques.
3. The offensive team (O) receives one point by keeping possession and the defensive team (D) receives one point by either forcing the ball out of bound or taking away the ball.

Coaching Point(s):

- Off-ball offensive players move actively to find open space and passing lanes to support the ball.
- Defensive players keep communication and sticks up to try to intercept the passes.

Variation(s):

- Award O an extra point if they can successfully make 4 passes in a row.



GROUND BALL

Sideline 2v1 Ground Balls

Skill Level: Basic

Skill(s) Practiced: Ground Ball

Drill Duration: 5 minutes

Resources: 1 ball per 3 players, cones

Set Up: Divide the players into three lines. Have the players standing side by side, facing the sideline. The two outside lines are on the same team, while the middle line is on his/her own.

How to Play:

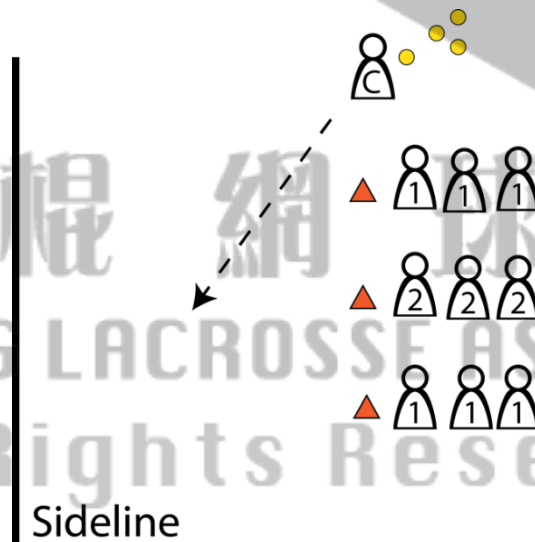
1. A ground ball is rolled out in front of the players towards the sideline.
2. On a whistle, players on the same team will work to gain possession of the ball and avoid going out of bound.

Coaching Point(s):

- Encourage the team of two work together and communicate. Signal who is going for "Ball" and who is going for "Man".
- Stick Protection - Tuck the stick in front of the body after the ground ball.

Variation(s):

- Do the drill with different starting positions, like back facing the field, chest to the ground, etc.



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Circle Ground Balls

Skill Level: Basic

Skill(s) Practiced: Ground Ball, Boxing Out

Drill Duration: 5 minutes

Resources: A few balls and cones

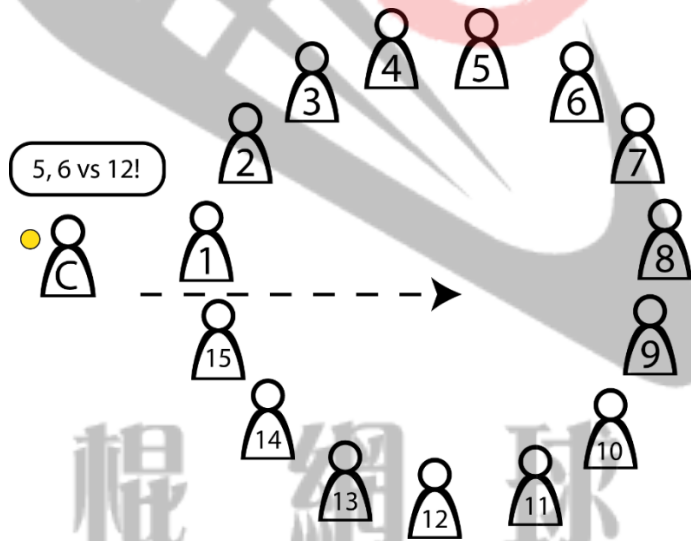
Set Up: Have players form a circle. Assign every player a number.

How to Play:

1. Each round, coach calls the number of the players going to compete for the ground ball, then rolls the ball out for a fight.
2. Coach can make it a 1v1, 2v2, 3v2, etc.

Variation(s):

- Add or subtract players. Adjust the size of the circle according to age and number of players.



1v1 GB and Stay in the Box Drill

Skill Level: Basic

Skill(s) Practiced: Scooping, ball protection, passing, off-ball movements

Drill Duration: 5 minutes

Resources: A few balls and cones

Set Up: Set up a 7m x 7m box area. Have two players to stay inside the box.

How to Play:

1. Coach rolls a ball into the box.
2. On the whistle, two players compete against each other for the ground ball.
3. The player who does not get the ball tries to dislodge the ball or force the player with the ball out of the box.
4. The player who gets the ball tries to stay in the box for 10 seconds.

Coaching Point(s):

- The ball carrier uses the 'shoulder-shoulder-stick' positioning to protect the ball.

Variation(s):

- Add players so it becomes a 2v2, 3v2, etc.



DODGING

Line Drill Dodging

Skill Level: Basic

Skill(s) Practiced: Passing, Cradling, Dodging

Drill Duration: 5 minutes

Resources: A few balls and cones

Set Up: Players are divided into two lines. They stand 15 meters apart and facing each other.

How to Play:

1. The front players of both lines carry a ball and run towards each other.
2. When the players are at a stick's distance, they dodge by each other.
3. Then they pass the ball to the next player in the opposite line and go to the back of the line.
4. The next players repeat.

Coaching Point(s):

- Put the bottom hand side shoulder in the front to protect the stick.

Variation(s):

- Different dodges, e.g. bull dodge, split dodge, roll dodge, face dodge, etc.



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Zig Zag Dodging

Skill Level: Basic

Skill(s) Practiced: Dodging, Cradling

Drill Duration: 5 minutes

Resources: 1 ball per player and a few cones

Set up: Use cones to set up a zig zag pathway like the diagram.

How to Play:

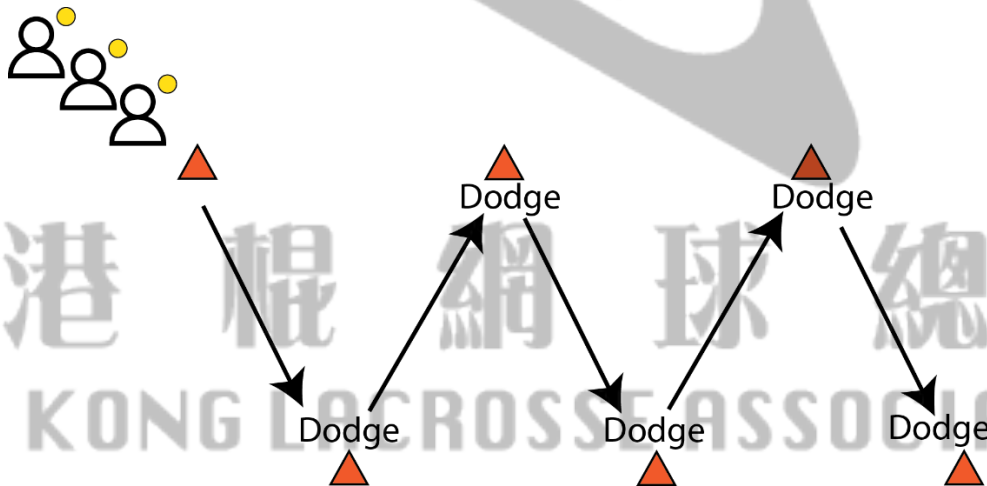
Player will make a dodge at each cone.

Coaching Point(s):

- Put the stick-side shoulder at the front to protect the stick.
- Heads up when performing the dodge. The coach can put up a certain number of fingers. Have the players call out loud the number of fingers coach puts up while making a dodge.

Variation(s):

- Add a dummy defender to follow and give a little pressure to the dodger. Give a check on the stick, but no pushing.



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Through the Tunnel

Skill Level: Basic

Skill(s) Practiced: Dodging, Cradling, Ball Protection

Drill Duration: 5 minutes

Resources: A few balls and cones

Set up: Create two parallel lines that are 10 meters apart, forming a 'tunnel'. A defender starts in the middle of the tunnel, whereas a dodger carries a ball starting on side of the tunnel.

How to Play:

1. The dodger aims to dodge the defender to reach to the other end, without going out of bound.
2. At the same time, the defender tries to stop him by pushing him out of the tunnel or taking the ball away.

Coaching Point(s):

- Dodger can make use of the space. Bring the defender to one side, so he/she gains more room when he/she changes direction to come back to the other side.

Variation(s):

- Do it without a stick, then with a stick, then with ball and stick.



Forcing Box

Skill Level: Basic

Skill(s) Practiced: Dodging, 1v1 Defense

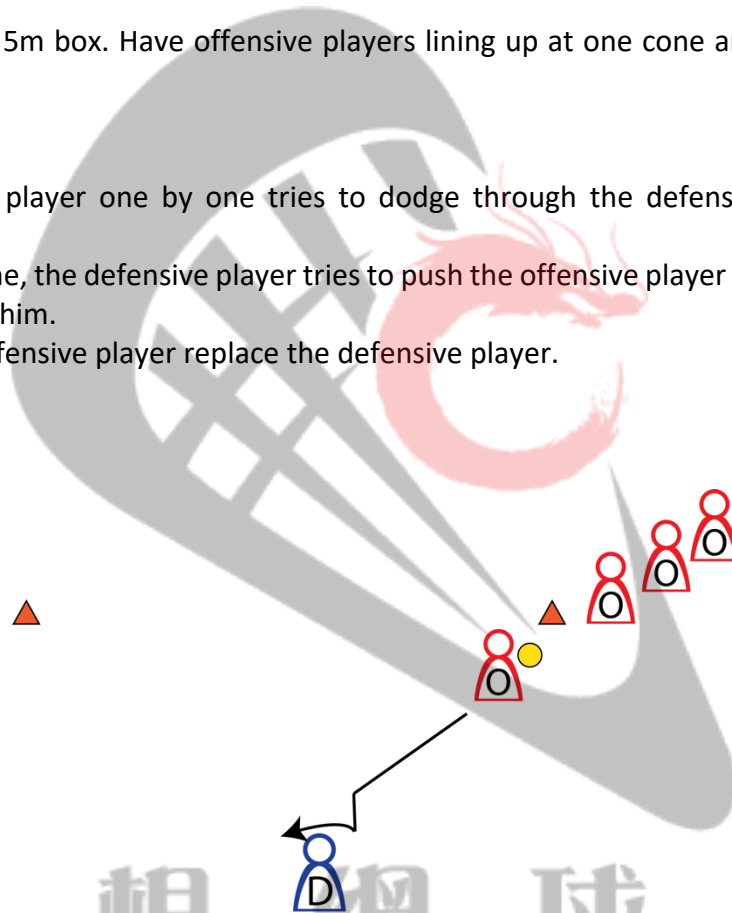
Drill Duration: 5 minutes

Resources: A few balls and cones

Set Up: Set up a 5m x 5m box. Have offensive players lining up at one cone and one defensive player starts in the middle.

How to Play:

1. Each offensive player one by one tries to dodge through the defensive player to reach the diagonal cone.
2. At the same time, the defensive player tries to push the offensive player out of bound or take the ball away from him.
3. The stopped offensive player replace the defensive player.



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DEFENSE

Zig Zag Footwork Drill

Skill Level: Basic

Skill(s) Practiced: Defensive Footwork

Drill Duration: 5 minutes

Resources: Cones

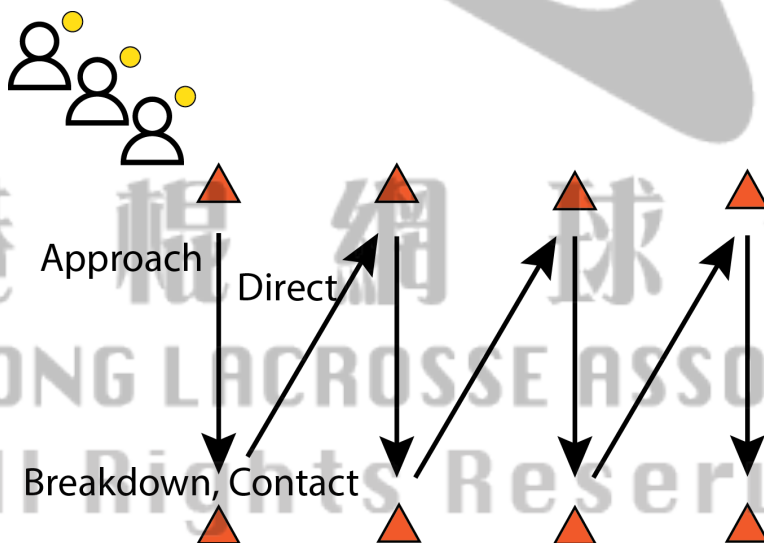
Set up: Set up two lines of cones parallel to each other, around 7 meters apart. Players line up behind the first cone.

How to Play:

1. First player starts by running straight towards the second cone.
2. As he/she approaches the cone, he takes up the 'top side', yells 'on ball!' and breaks down in an athletic position.
3. Then he/she turns and runs to the diagonal next cone with stick pointing to the front as to simulate the motion of following the offensive player.
4. Repeatedly, the player runs straight out, breakdown and followed by a diagonal run.
5. This simulates the situation that defender approaches, breaks down, makes contact with an offensive player and directs him/her where to go. (ABCD)

Variation(s):

- Add in a dummy offensive player for more realistic contact and direct.



Add Fill Drill

Skill Level: Intermediate

Skill(s) Practiced: Defensive Sliding

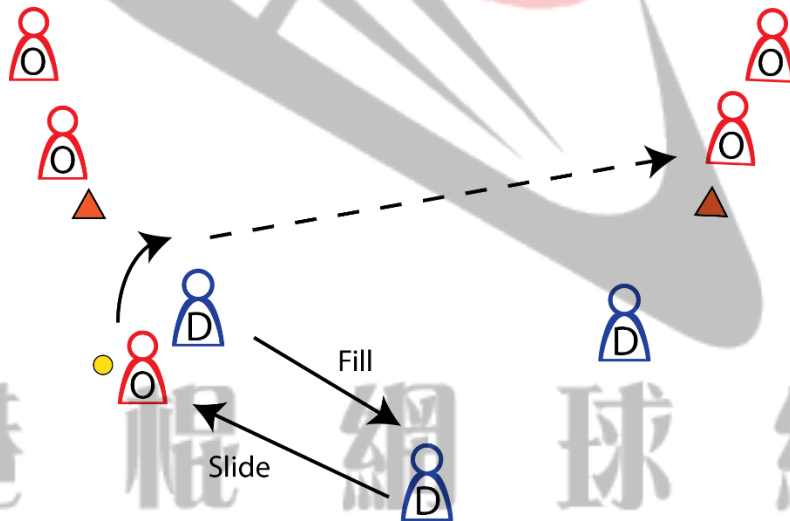
Drill Duration: 5-10 minutes

Resources: A few balls and cones

Set Up: Have two line of offensive players (O) lining up at the top right and top left corners of the field. Three defensive players (D) start in the middle of the field, two defending top right and top left and one defending the middle as the 'hot' guy.

How to Play:

1. O starts with a ball and dodges. The on-ball D takes away the middle of the field and force him/her down the alley.
2. When on-ball D is beaten, the middle D has to 'slide to help' and becomes the on-ball D. The originally on-ball D fills into the middle and becomes the middle 'hot' guy.
3. The ball is then swung to the other corner. Same things happen on the other side.



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TRANSITION/OFF

2v1 Continuous Fastbreak

Skill Level: Intermediate

Skill(s) Practiced: Fast Break, Draw and Dump

Drill Duration: 5 minutes

Resources: Balls and Nets

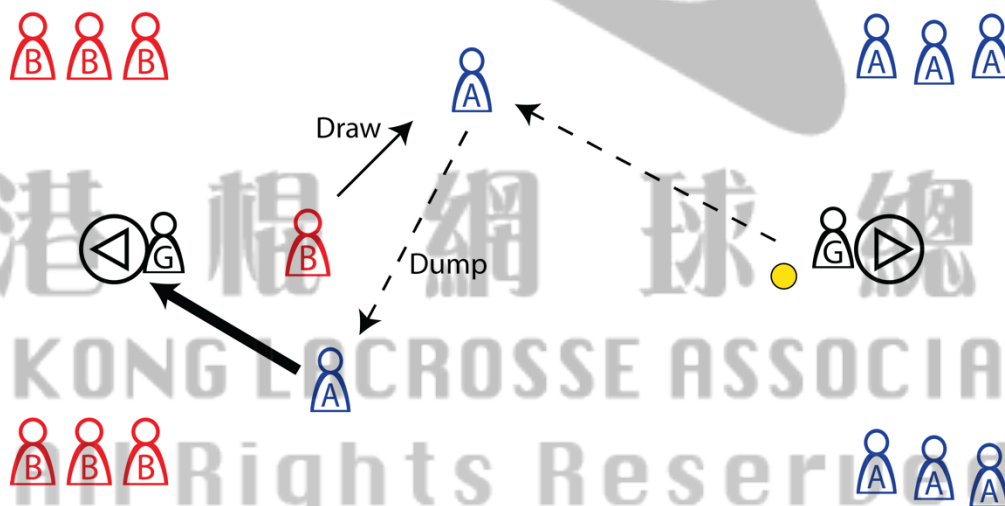
Set up: Set up two nets at about 40m distance. Team **A** forms two line on one side and Team **B** forms two lines on the other side. The drill starts with 2 **A** attacking while 1 **B** defending.

How to Play:

1. The drill is continuous 2v1 situations happening back and forth between the two teams, **A** and **B**.
2. For example, when team **A** is playing offense, after team **A** took a shot, the team **A** player who took the shot leaves the field back to the line and the other player stays to play defense.
3. Two new **B** players grab a ball and play the next offense.
4. The drill then repeats in such pattern.

Coaching Point(s):

- Offense - Two offensive players should maintain spacing. **Draw and Dump** - Ball carrier tries to be a threat and draw the defender closer to him. Then dump the ball to the open teammate.
- Defense - Crash in defense. Stand in the middle of the two offensive players. Engage when the player with ball stepped into shooting range.
- Goalie - Determine the timing to call 'FIRE' to let the defender know when to engage.



3v2 Continuous Fastbreak

Skill Level: Intermediate

Skill(s) Practiced: Fast Break, Draw and Dump

Drill Duration: 8 minutes

Resources: balls and two nets

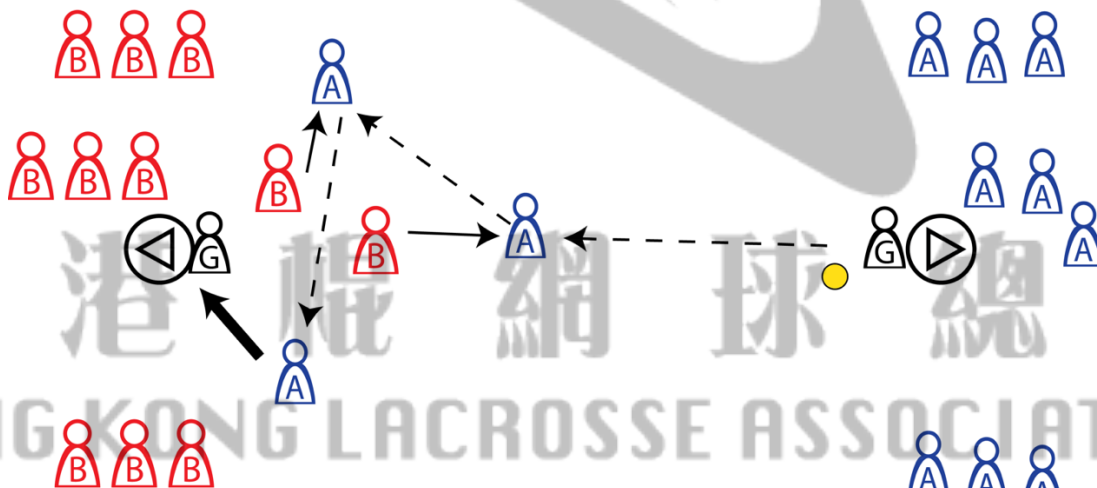
Set up: Set up two nets at about 40m distance. Team **A** forms two line on one side and Team **B** forms two lines on the other side. The drill starts with 3 **A** attacking while 2 **B** defending.

How to Play:

1. The drill is continuous 3v2 situations happening back and forth between the two teams, **A** and **B**.
2. After team **A** took a shot, the **A** who took the shot leaves the drill and the other two stay as defense.
3. Three new **B** play the next offense.
4. The drill then repeats in such pattern.

Coaching Point(s):

- Offense - the players from the two sides sprint down the field to form a Triangle
- Defense - Have one defender 'On Ball' and the other defender 'On Two' (off ball players). Sticks up. I formation when the ball is at the top. Flat formation when ball is on the side.



3v2 Sideway

Skill Level: Intermediate

Skill(s) Practiced: Fast Break, Draw and Dump, Pick and Roll

Drill Duration: 8 minutes

Resources: Balls

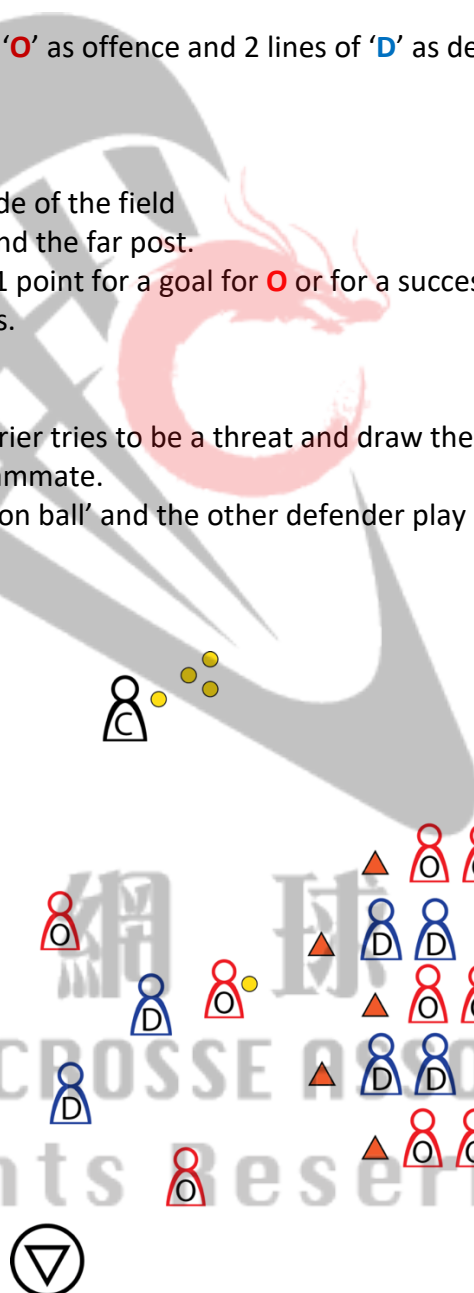
Set Up: Set up as in the diagram, 3 lines of 'O' as offence and 2 lines of 'D' as defense. Coach passes a ball to one of the 'O' to start.

How to Play:

1. This drill is simply a 3v2 from the side of the field
2. Players are discouraged to go beyond the far post.
3. To make it more game-like, award 1 point for a goal for O or for a successful clear for D.
4. Switch O and D after several rounds.

Coaching Point(s):

- Offense - Draw and Dump - Ball carrier tries to be a threat and draw the defender closer to him. Then dump the ball to the open teammate.
- Defense - Have one defender play 'on ball' and the other defender play 'two'. Sticks up on passing lane.



3v2 Crease GB with a second ball (Yema)

Skill Level: Intermediate

Skill(s) Practiced: Ground Ball, Broken Play

Drill Duration: 8 minutes

Resources: Balls

Set Up: Split players evenly into two teams. Have three offence (O) and two defenses (D) sit above the crease to start

How to Play:

1. Coach rolls the ball towards the players. Players start to fight for the ground ball.
2. If O gains possession, they attack to the net while D plays defense. If D gains possession, they clear the ball to the up field.
3. After a shot/clear, Coach rolls a second ball.
4. O get 1 point for scoring at the net. D get 1 point for clearing the ball over center.
5. Switch O and D after several rounds.



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Box Diamond Broken Play

Skill Level: Intermediate

Skill(s) Practiced: Broken play situations

Drill Duration: 8 minutes

Resources: Balls and nets

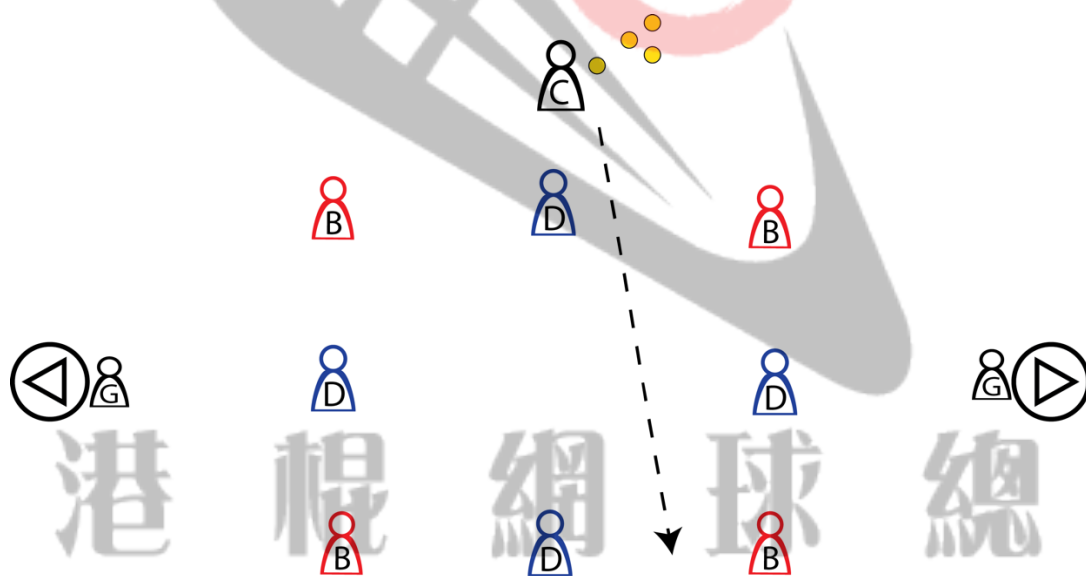
Set Up: Set up a shortened field with two nets and goalies at each end. Have one team of four 'D' in the Diamond spots and the opposing team of four 'B' in the Box spots.

How to Play:

1. Coach rolls a ball to a corner between one pair of D and B.
2. Then the pair of D and B fight for the GB.
3. The team who gained possession attacks the goal and the other team plays defense.

Coaching Point(s):

- Head up immediately after the GB to move the ball quickly to create opportunities.



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Jailbreak (4v3 from Top)

Skill Level: Intermediate

Skill(s) Practiced: Broken Play Situations

Drill Duration: 5-7 minutes

Resources: A few balls and a net

Set up: Have the players form 4 lines of offense (O) and 3 lines of defense (D) along the midline.

How to Play:

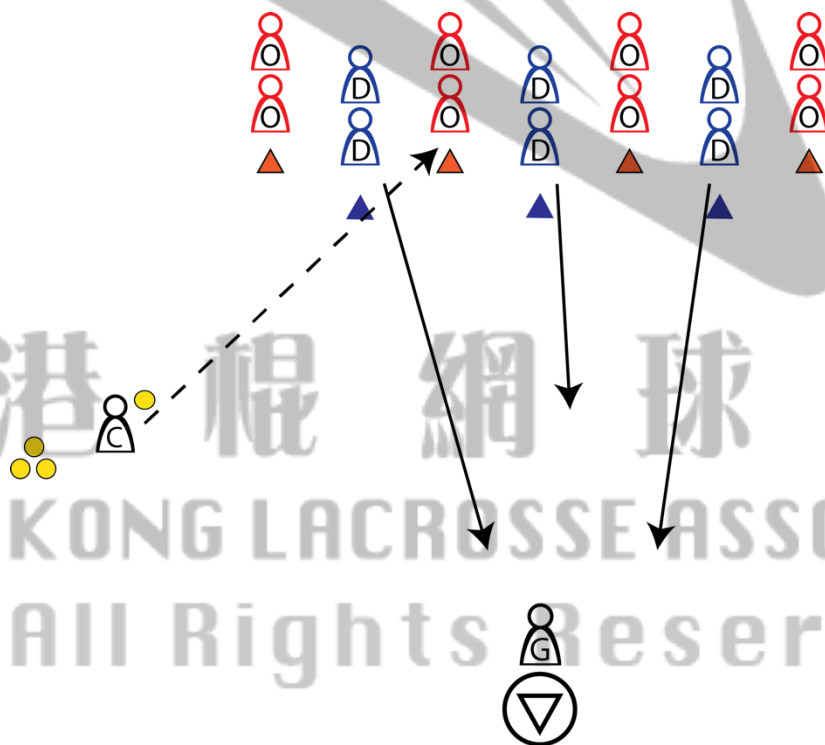
1. **O**s get an entry pass from the coach and start the offence.
2. **D**s crash into the paint area to defend a 4v3 situation.

Coaching Point(s):

- Ball carrier keeps his head up to search for an open look.
- Advance the ball to the front as early as possible to look for early offense.

Variation(s):

- 3v2
- Start from the side



Numbers Drill

Skill Level: Intermediate

Skill(s) Practiced: Broken Play Situations

Drill Duration: 7 minutes

Resources: Balls and Nets

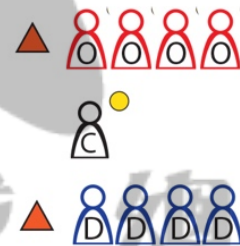
Set up: Have players to form a **D** line and a **O** line beside the coach.

How to Play:

1. Coach calls out a number from 1 to 5.
2. Offensive team will send that number of players while the defensive team will send one less player to the play.
3. For example, coach calls 4. Offence will send 4 players and Defense will send 3 players.
4. Coach then throws a ball to one of the offensive players.
5. The turn of the drill goes on until the offense took a shot or the defense took away the ball and cleared up to midline.

Coaching Point(s):

- Advance the ball down the field quickly to drag the defense down the field to open more space up top.
- Defense - Crash in to paint area asap. Have stick up in passing lanes.



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True-North

Skill Level: Advanced

Skill(s) Practiced: Odd Man settled situations

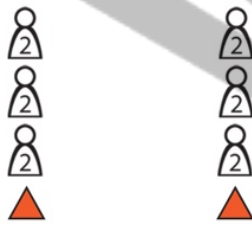
Drill Duration: 7 minutes

Resources: Balls, Goal

Set Up: Divide the players into two teams. Have Team 1 form three lines behind the net and Team 2 form two lines at the top. Coaches with the balls on the side.

How to Play:

- Part 1 – Coach throws a ball to Team 1 to start a 3v2 from behind the net. Two players from Team 2 play defense.
- Part 2 – After part 1 finish, the three Team 1 players become defense and the two original Team 2 players are joining two other new Team 2 players to play a 4v3 offense. Coach throw the ball to the new Team 2 players to start.
- The new Team 2 players stay for the next 3v2, the other players all go back to their lines.
- Switch position between Team 1 and Team 2 after several round.



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SHOOTING

Scoop and Shoot

Skill Level: Basic

Skill(s) Practiced: Ground Ball, Shooting

Drill Duration: 5 minutes

Resources: A few cones, lots of balls and a net

Set up: Set up 5 cones, with the outside corners as a 15m x 15m box as in the diagram. Players form lines behind the corners.

How to Play:

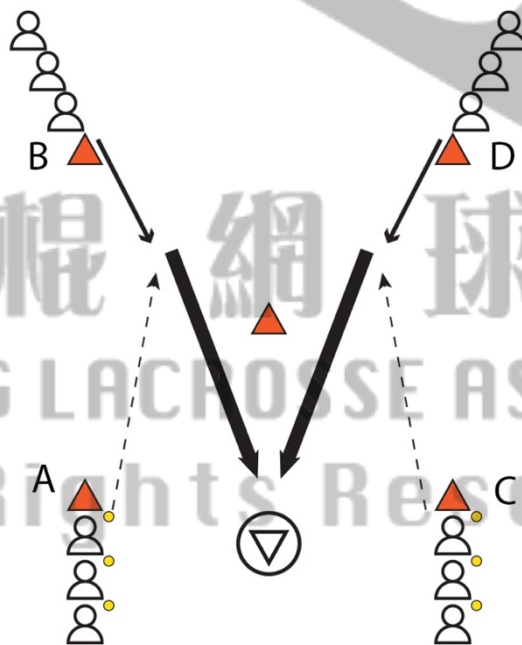
1. Line A rolls a ball towards the center cone for Line B.
2. Players from line B scoop the loose ball, take one to three steps and shoot at the net.
3. Lines D and C do the same thing on their side of the goal.
4. Players rotate lines in a clockwise direction to keep the drill moving.

Coaching Point(s):

- Scoop through and keep running towards the net.

Variation(s):

- Alternate the lines for rolling and shooting.



Cut, Catch, Shoot

Skill Level: Intermediate

Skill(s) Practiced: Passing, Catching, Cutting, Shooting

Drill Duration: 5 minutes

Resources: A few cones, lots of balls and a net

Set Up: Set up the cones as in the diagram. Outside cones make up a 12m x 12m box. Have the players evenly lining up behind the outside corners and one player play in the middle.

How to Play:

1. The player in the middle will cut towards the bottom left corner to receive a pass.
2. Once the player receives the pass, he/she turns and shoots at the net.
3. The player continues cutting towards other corners clockwise to receive passes and finish with a shot at the net.
4. After all four shots have been taken, a new player comes in from the bottom right corner and the player who finished the shots goes to the bottom left corner.
5. Peripheral players rotate clockwise to the next line after completing their passes.

Coaching Point(s):

- Encourage players to use outside hand.
- Encourage players to time the cutting, not to run too fast or over the center so they do not have a good angle to shoot from.
- Add a shadowing defender who chase the shooter at the back to remind the shooter not to stop his/her feet after catching the ball.



Give and Go Shooting

Skill Level: Basic

Skill(s) Practiced: Passing, Catching, Shooting

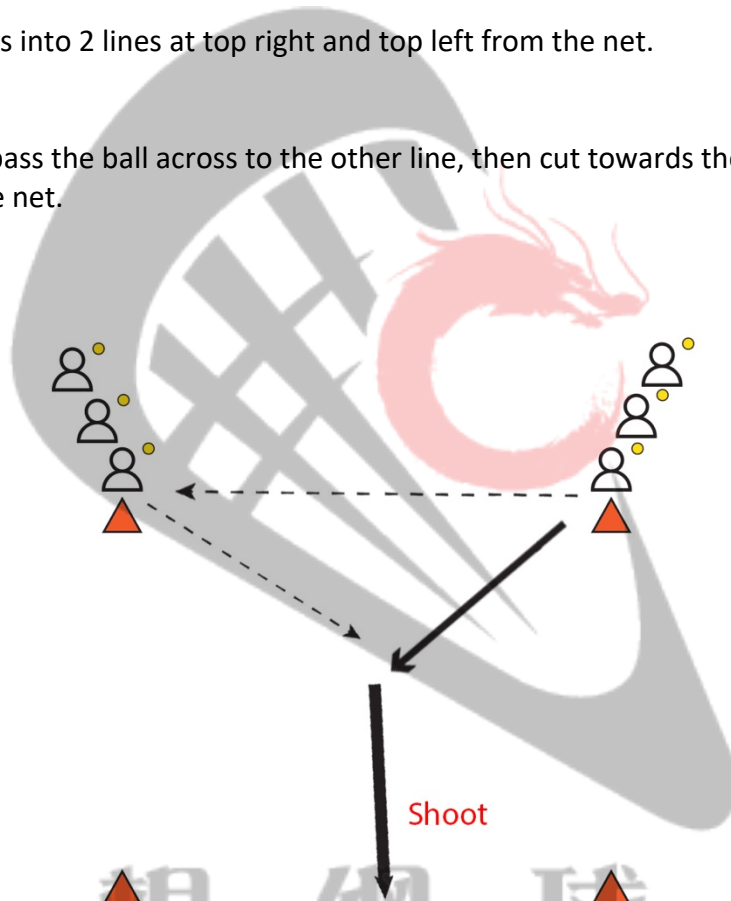
Drill Duration: 5-7 minutes

Resources: Multiple Balls, Cones

Set up: Split the players into 2 lines at top right and top left from the net.

How to Play:

Players from one line pass the ball across to the other line, then cut towards the net to receive a pass back, then shoot at the net.



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Snaps

Skill Level: Basic

Skill(s) Practiced: Passing, Catching, Off-ball Movement, Shooting

Drill Duration: 5-7 minutes

Resources: A few cones, lots of balls and a net

Set Up: Set up the cones as in the diagram, the middle cone is about 7 meters from the net. Players line up evenly behind the bottom two cones.

How to Play:

1. Player from one line run to the center cone. As he/she reach the cone, he/she set a pick then roll towards the net to receive pass from the other line.
2. After receiving the pass, he/she then shoot within two steps.
3. The player who made the pass then become the cutter to pick, roll and shoot.

Coaching Point(s):

- Cut with high speed as to create big separation from the defender.
- Feeders move their feet while passing.
- Winding up stick is not much needed for close shots. Shot placement is much more important than shot speed.
- Let players try shooting deceptions – pump fake (fake high shoot low), look left shoot right, etc.
- Add a shadow defender to let the shooter set the pick more precisely and the shadow defender can add some pressure to the shooter.



Quick Stick

Skill Level: Basic

Skill(s) Practiced: Passing, Catching, Quick Stick Shooting

Drill Duration: 5-7 minutes

Resources: Two cones, lots of balls and a net.

Set up: Split the players in to two groups, standing at the top two corners. Coach stands at the back of the net to feed passes to the players.

How to Play:

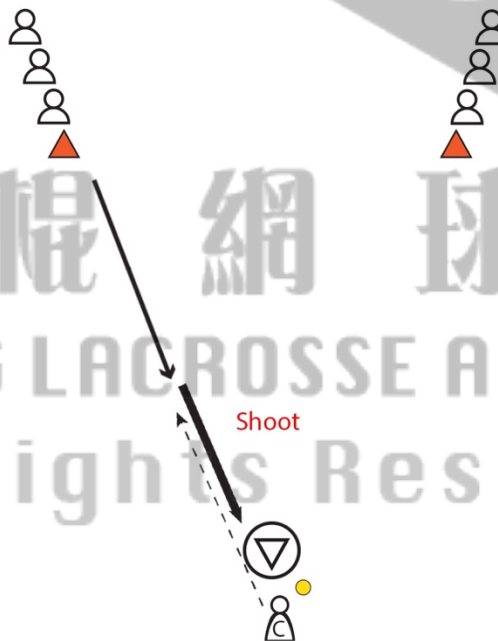
1. Players run towards the net to receive a pass (at about 5-7 meters from the net) from coach, one line after the other.
2. The catch the ball and shoot without cradling (quick stick finish).

Coaching Point(s):

- Encourage players to use outside hands.
- Encourage players to cut with a sudden increase of speed, so that it's difficult for the defender follow.

Variation(s):

- Put the feeders and cutter at different spots on the field.



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Split Dodge Shooting on the Run

Skill Level: Basic

Skill(s) Practiced: Passing, Catching, Dodging, Shooting on the Run

Drill Duration: 8-10 minutes

Resources: A few cones, lots of balls and a net

Set up: Set up the field as in the diagram. Have the players form two lines from top right(R) and top left (L).

How to Play:

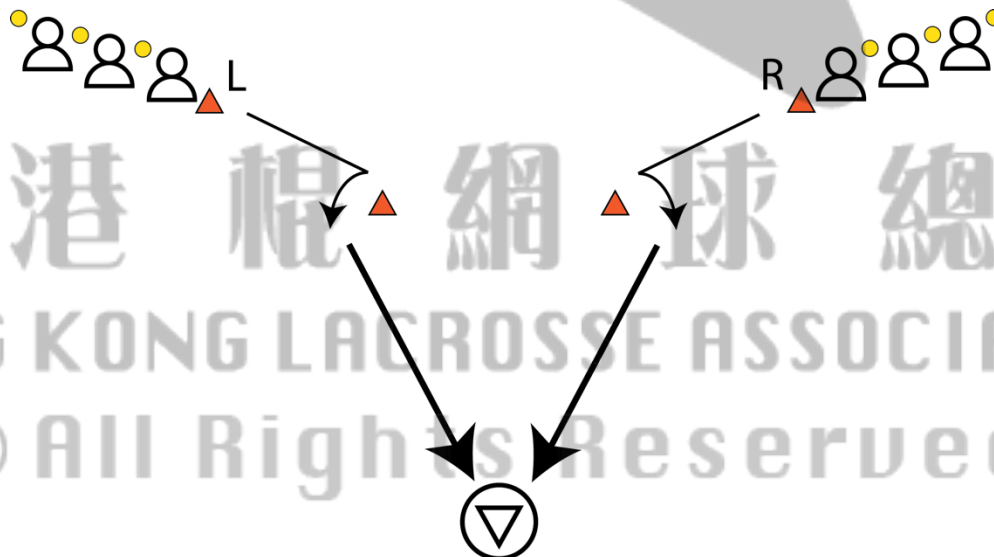
1. The first player from R starts the drill by approaching the first cone from a 45 degrees angle.
2. As he reaches the cone, he makes a split dodge and shoots within 3 steps after the dodge.
3. Rotate to the other line after shot.

Coaching Point(s):

- Sharp change of speed and directions. Explode off the dodge.
- Use bottom hand side shoulder to protect the stick as running by the defender.
- After the shot, the player should be back paddling towards the dodging direction.

Variation(s):

- Do the dodge from the side (wing play).
- Add a dummy defender.



Split and Roll Dodge Shooting

Skill Level: Basic

Skill(s) Practiced: Passing, Catching, Dodging, Shooting

Drill Duration: 8-10 minutes

Resources: A few cones, lots of balls, a net

Set Up: Set up the cones as in the diagram. Players line up at the top of the center.

How to Play:

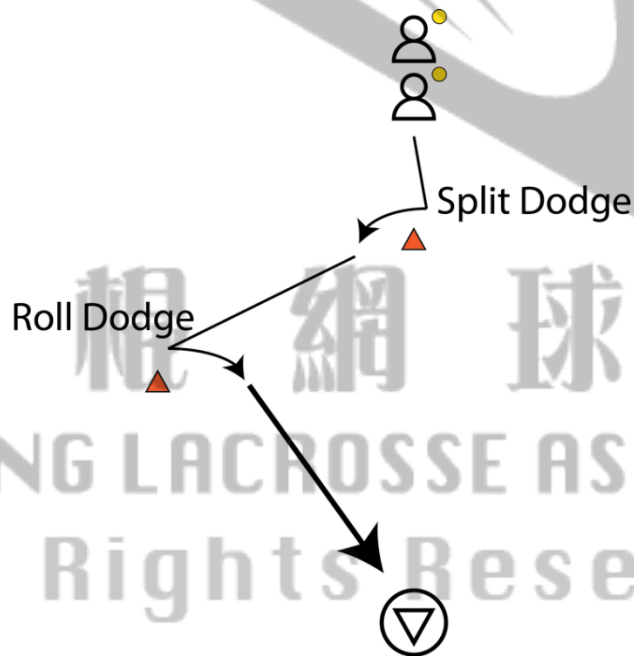
1. Players approach the top cone, make a split dodge, choose one direction to go.
2. Then they make a roll dodge back to the middle at the second cone.
3. Take a shot within three steps after the roll.

Coaching Point(s):

- Use bottom hand side shoulder to protect the stick as running by the defender.
- Tuck the stick in front of the chest to protect the stick when doing the roll dodge.

Variation(s):

Add a dummy defender.



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Hitch & Face Dodge from Wing

Skill Level: Basic

Skill(s) Practiced: Passing, Catching, Dodging, Shooting

Drill Duration: 5-7 minutes

Resources: A few cones, lots of balls and a net

Set Up: Set up the cones as shown. Players all line up around the right wing spot. Coach stands on the left side of the field to feed balls to the players.

How to Play:

As the player catches the ball from the coach, he could either do a:

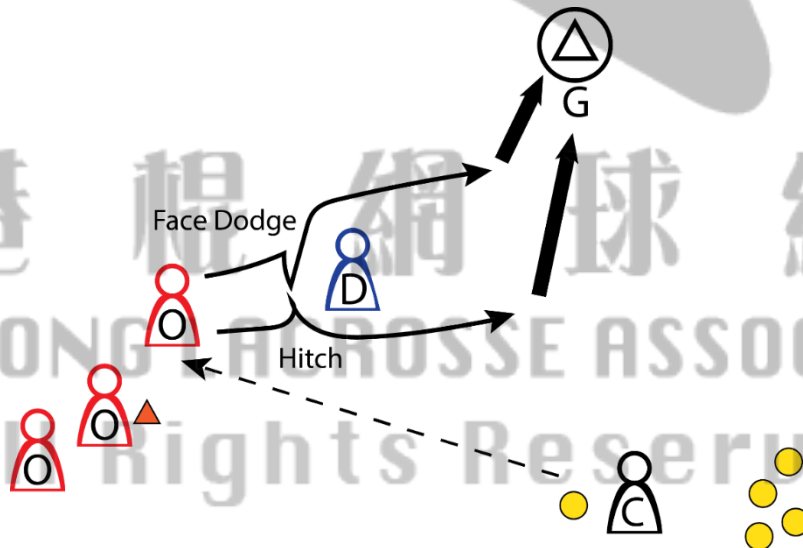
- pump fake + face dodge: He winds up his stick, pretending to shoot, then cradles across his face, hides the stick with the body as going down the alley to shoot.
- Hitch + Top Side: Make a jab step pretending to go down the alley but explode through the top side and shoot.

Coaching Point(s):

- When engaging to the defender, use the front shoulder to protect the stick

Variation(s):

- Add a defender to block the top side or the alley, so the dodger has to react to different situations to decide his next move.



Shooting on the Island

Skill Level: Intermediate

Skill(s) Practiced: Passing, Catching, Dodging, Shooting

Drill Duration: 5-7 minutes

Resources: A few cones, lots of balls and a net

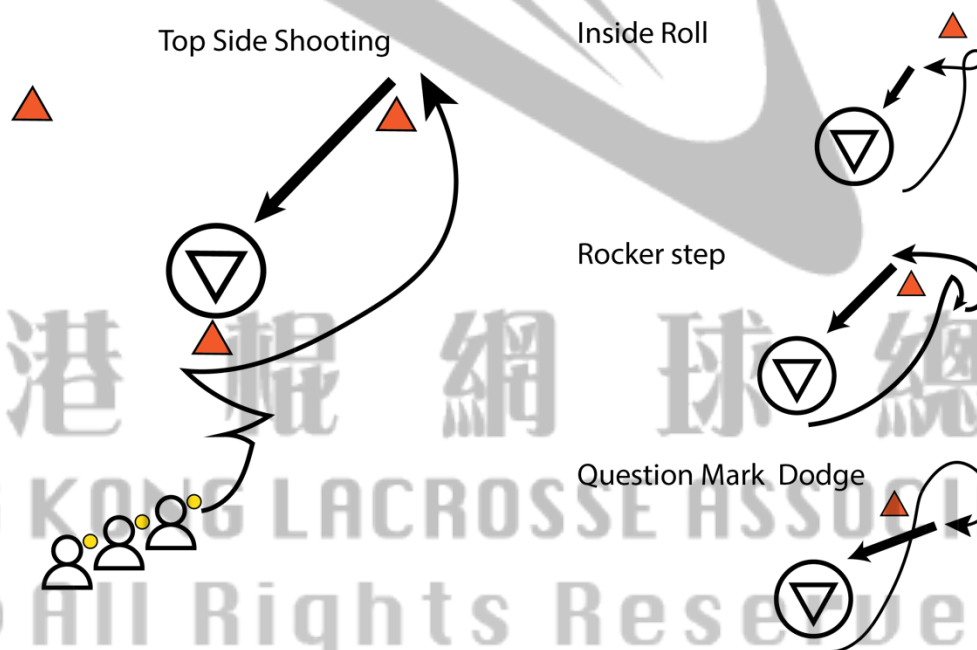
Set Up: Put a cone behind the net, then two cones at the 'Island' (5 meters above and 5 meters sideways from the net). Players line up behind the net.

How to Play:

1. The first player will make a dodge behind the net and explode up to the island.
2. At the island, they can shoot the ball or do a variety of dodges before the shot, which include:
 - a. Inside Roll
 - b. Rocker Step
 - c. Question Mark Dodge

Coaching Point(s):

- Put a dummy defender at the island spot. Defense can choose to block the topside/alley side to let the offensive player react. For example, if the defender blocks the top side, players may take an inside roll.



Pass Down, Pick Down

Skill Level: Intermediate

Skill(s) Practiced: Picking and Defending Picks

Drill Duration: 5-10 minutes

Resources: 4 cones, lots of balls, a net

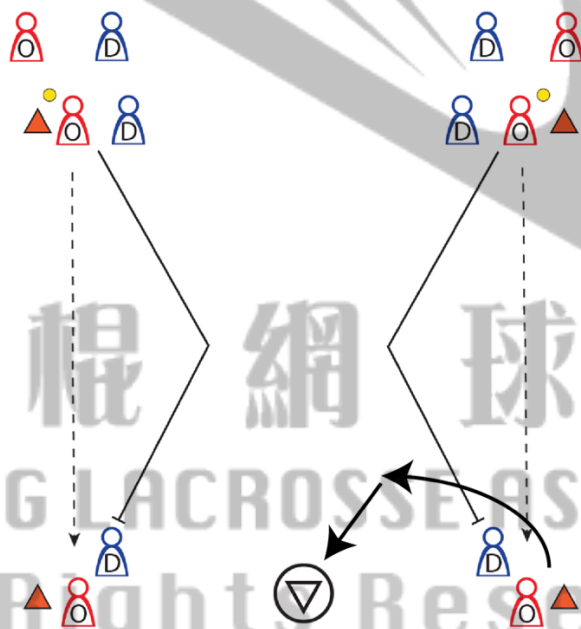
Set Up: Put the cones at four corners at the field as in the diagram. Have a line of offensive players **O** and a line of defensive players **D** at each cone.

How to Play:

The top **O** will pass down to the bottom **O**, then immediately cuts into the middle and pop out to set a pick at the back of the defender for the bottom **O** to dodge top-side and shoot.

Coaching Point(s):

- Intensity of defense can be adjusted according to the offensive players' levels
- Slit Pick - **O** pretend to set a pick but suddenly turn to cut to the middle of the field to look for a feed.
- Pass Up, Pick Up - Reverse the direction of pass and pick.



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Sniper Drill

Skill Level: Advanced

Skill(s) Practiced: Sliding, Recovering, Broken Play, Odd Man Situation.

Drill Duration: 5-10 minutes

Resources: A few balls and cones and a net

Set Up: Set up a box of 20m x 20m. Players play 6v6 in the attack box.

How to Play:

1. On the whistle, offensive team begins moving the ball around the perimeter, not attacking the interior. Meanwhile, the defensive team moves according to the team system.
2. The coach calls out a number of the defender. The corresponding defender must immediately run to touch one of the cones before returning to play.
3. The offensive players take the time of man-up to move the ball to create chances.
4. Coach can send more than one defender out at a time.



1-3-2 Offensive Drill

Skill Level: Advanced

Skill(s) Practiced: Offensive Tactics

Drill Duration: 5-10 minutes

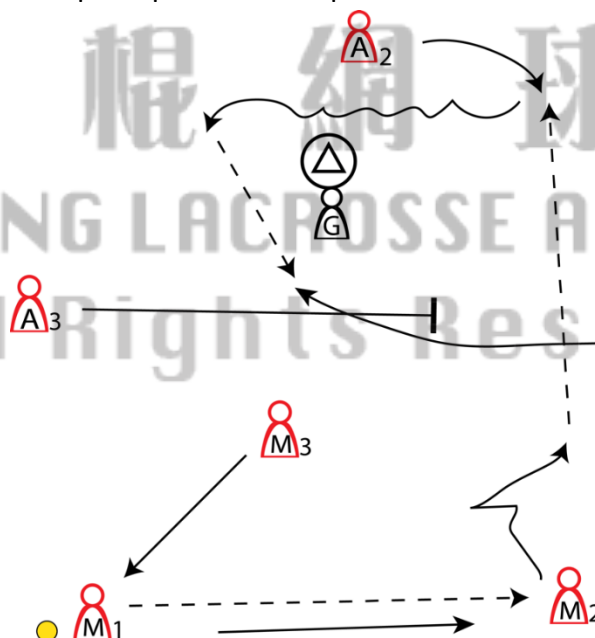
Resources: A few balls and cones and a net

How to Play:

1. Divide the players into groups of 6, three attackers **A1, A2 and A3** and three middies **M1, M2 and M3**, set up in the positions as in the diagram.
2. **M1** starts by passing the ball to **M2**. Then **fill M2's** position.
3. **M2** dodges down the alley immediately after receiving the pass. While **M2** dodging, **A1 cut through** and **A2** sprint out to support **M2**.
4. **M3 pops up** to fill **M1's** position.
5. As **A2** receives the ball from **M2**. He dodges through the back of the net to the other side of the field. At the same time, **A3** sprints to the middle to set a pick for **A1**.
6. **A1** goes around the pick to catch the feeding pass from **A2** for a shot.
7. After the shot's taken, position changed **M1→M2, M2→M3, M3→M1, A1→A2, A2→A3, A3→A1**.

Coaching Point(s):

- Three middies and three attackers respectively are working in a unit of three in a triangle rotation. Players are always moving and replacing other players.
For examples,
 - **A1 clear the space** for **M2**
 - **M1 follows** **M2** to support
 - **A2 shows 7-yard support** for **M2**
 - Everyone fills up the preset 1-3-2 spots to **balance the field** after any movements,



2-2-2 Offensive Drill

Skill Level: Advanced

Skill(s) Practiced: Offensive Tactics

Drill Duration: 5-10 minutes

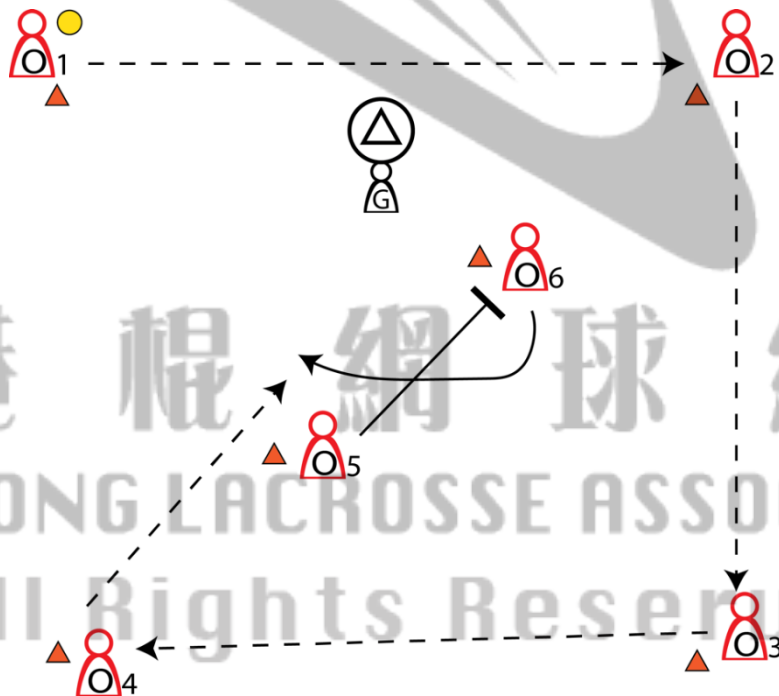
Resources: Cones, Balls, Goal

How to Play:

1. Start with 6 players, O1 - O6. All the extra players line up behind O1.
2. O1 starts by passing to O2 and follow his pass. The ball is then passed from O2 to O4, all players follow their passes.
3. On the pass from O3 to O4, O5 cuts from the high left crease to set a pick on the low right crease for O6.
4. O6 comes around the pick, catch the pass from O4 and take a shot on goal.
5. After the shot, O1 → O2, O2 → O3, O3 → O4, O4 → O5, O5 → O6, O6 → the back of the line.

Coaching Point(s):

- During the ball moving in the perimeter, the two players inside should move continually to adapt to the ball.
- Run drill with feeding pass from different spots.



Survivor

Skill Level: Advanced

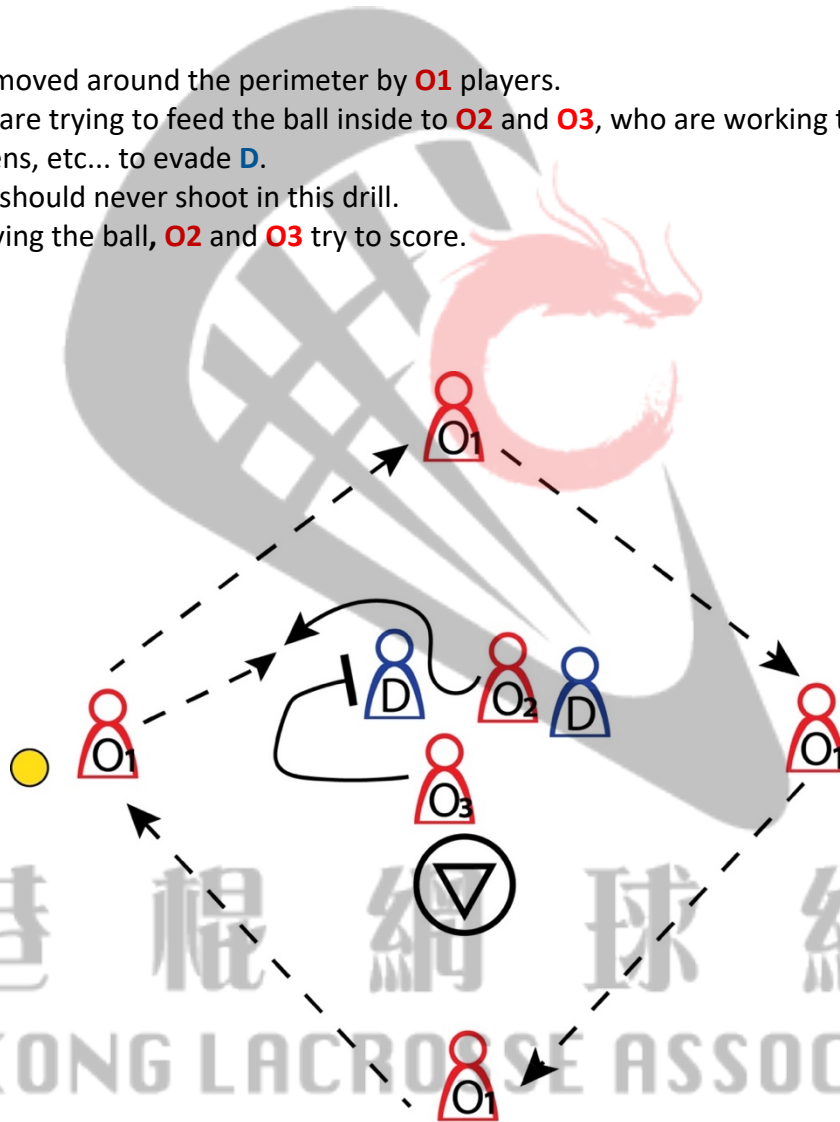
Skill(s) Practiced: Defensive Positioning, Inside Feeding, Picking

Drill Duration: 5-10 minutes

Resources: A few balls and cones and a net

How to Play:

1. The ball is moved around the perimeter by **O1** players.
2. **O1** players are trying to feed the ball inside to **O2** and **O3**, who are working together using picks, screens, etc... to evade **D**.
3. **O1** players should never shoot in this drill.
4. After receiving the ball, **O2** and **O3** try to score.



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Run the Arc +2

Skill Level: Intermediate

Skill(s) Practiced: Defensive Positioning, Attack from Behind the Net

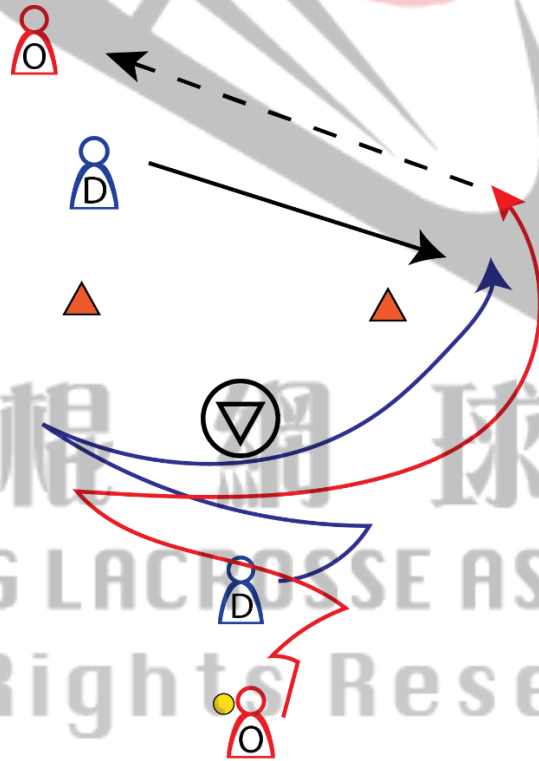
Drill Duration: 5-7 minutes

Resources: A few balls and cones and a net

Set up: One offense (O) and one defense (D) player start behind the net.

How to Play:

1. On the whistle, the O drives one direction at 50% speed.
2. When he/she reaches GLE, the D turns him/her back. The O attacks the other direction at 50% speed. The D follows and turns him for the second time.
3. Then, it becomes a live 2v2 from behind the goal.
4. The second D should slide to help if the on-ball D is beaten.
5. The second O should cut towards the net when his/her D leaves to slide. The first D should fill in to defend the second O.



1v1, 2v2

Skill Level: Intermediate

Skill(s) Practiced: Offense, Defense

Drill Duration: 8 minutes

Resources: A few balls and cones and a net

Set up: At each corner of top right and top left of the field, have the players form a line of defense and a line of offense. (As in the diagram)

How to Play:

1. Let players start a 1v1 alternatively from top right and top left. Encourage players to try both offense and defense.
2. After a few minutes of 1v1, try 2v2.

Coaching Point(s):

- During 1v1, encourage the offensive players to use one to two moves and speed to dodge the defender, while defensive players should deny offensive players from getting to the middle of the field. (Top side defense)
- During 2v2, encourage offensive players use simple tactics like pick and rolls to create opportunities, while defensive players need to communicate more.



1v1 build up to 3v3

Skill Level: Intermediate

Skill(s) Practiced: Offense, Defense

Drill Duration: 8-10 minutes

Resources: A few balls and cones and a net

Set up: Put cones at the top right, top left and behind the net. Have players evenly form a line of offense and a line of defense at each cone.

How to Play:

1. The drill starts with a 1v1 from top right. As the pair of players finished their round, they stay in the field.
2. Then the ball will start from top left, changing into a 2v2 situation. Then now two pairs stay after finished.
3. After that, the pair at X will start the ball and hence a 3v3 situation on the field.
4. After the 3v3, clear the field. The drill restarts with a 1v1 from a different spot.

Coaching Point:

- Make only one, two move to dodge 1v1. Explode off the dodge with speed.
- Move the ball to the open player when drawing a double team.
- Off-ball players move actively to support the ball or look for opportunities.



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4v4 Scrimmage

Skill Level: Intermediate

Skill(s) Practiced: Offense, Defense

Drill Duration: 8 minutes

Resources: Balls, Cones, Goals

Set up: Groups of 4

How to Play:

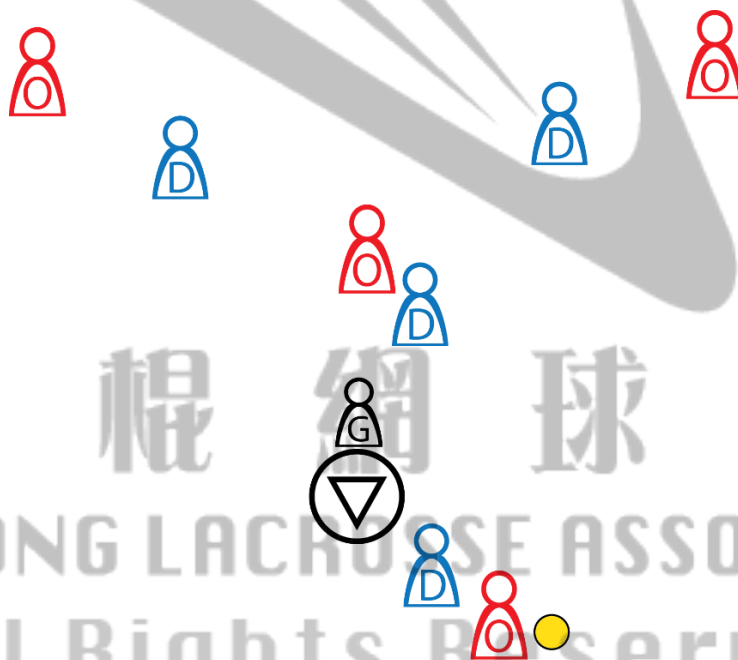
One team plays defense while the other plays offence.

Coaching Point(s):

- Set rules to let players practice specific skills or tactics.
 - Make 5 passes before a shot - practice ball movement
 - Play in Diamond Set, Box Set, Y-Set, 2 men game, etc.

Variation(s):

- Start with a ground ball



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5v5, 6v6 Scrimmage

Skill Level: Advanced

Skill(s) Practiced: Offense, Defense

Drill Duration: 12 minutes

Resources: A few balls and cones and a net

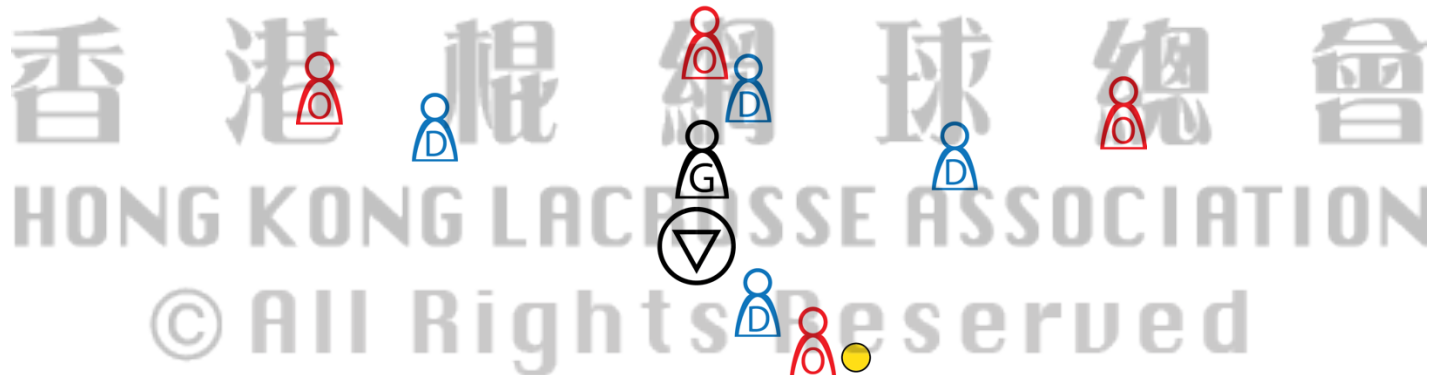
Set Up: Divide the players into two even teams, wearing different colors.

How to Play:

1. Two teams play half court 5v5 or 6v6.
2. Offensive team score 1 point by shooting the ball in the net.
3. Defensive team score by clearing the ball to half filed.

Coaching Point:

- Set rules for specific outcomes. For example, to train for quick ball movement, coach can set rules like 1) Offensive team have to make 5 passes before they can try to score. 2) Individuals are not allowed to hold the ball more than 5 seconds.
- Train for specific forms or plays.
- Emulate game situations - Count Time, Count penalties, clear and ride the ball, makeup situations, e.g. last 1 minutes with one goal behind.



介紹

Contact Us 聯絡我們
Tel 電話: 2114 3405
E-mail 電郵: info@hklax.org

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