

ROCKYVIEW
COACHES
MANUAL



MINI-TYKE, TYKE, NOVICE

REVISION 1, APRIL 2015

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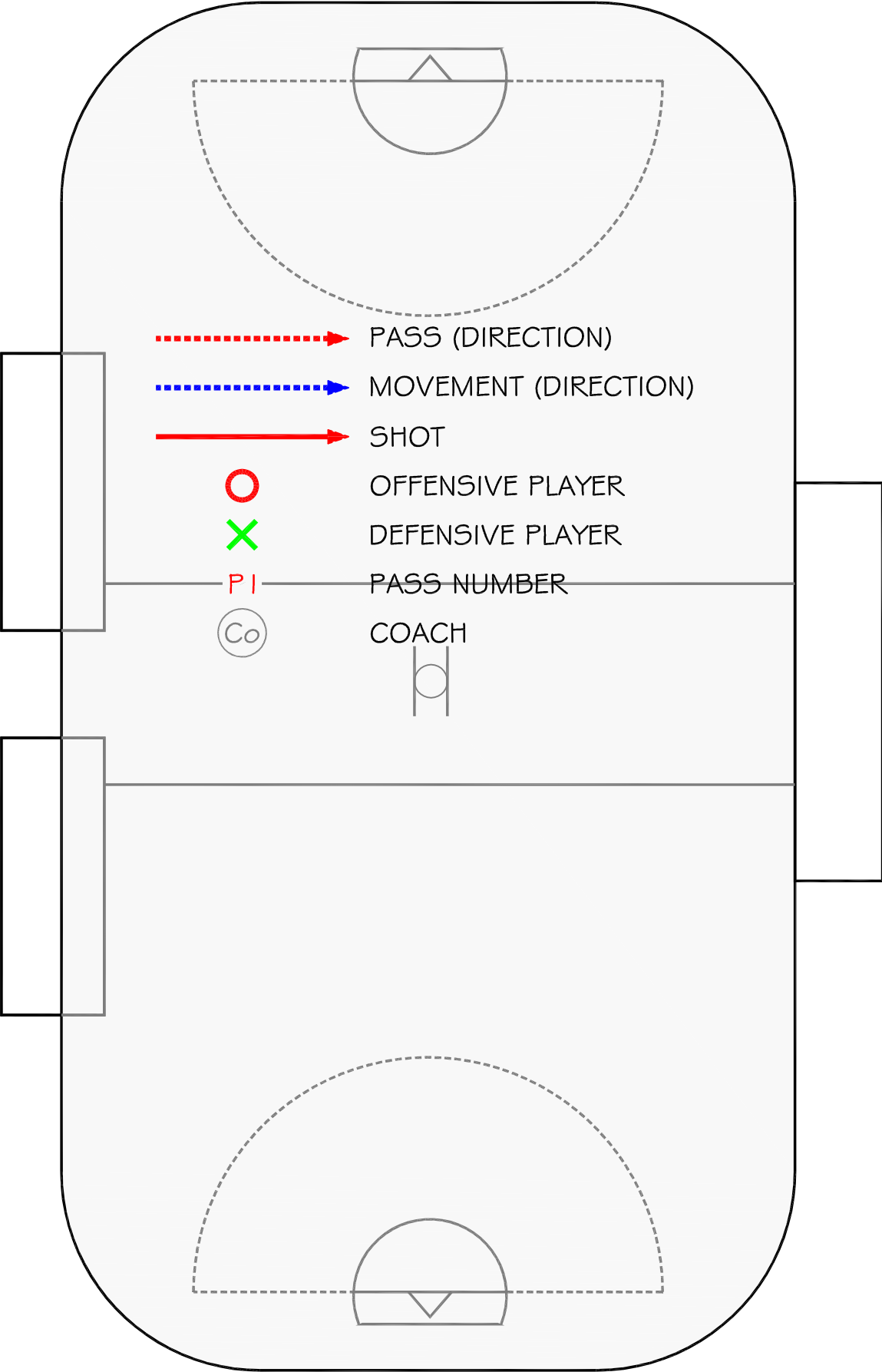
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- ONE ON ONE
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-REFERENCES

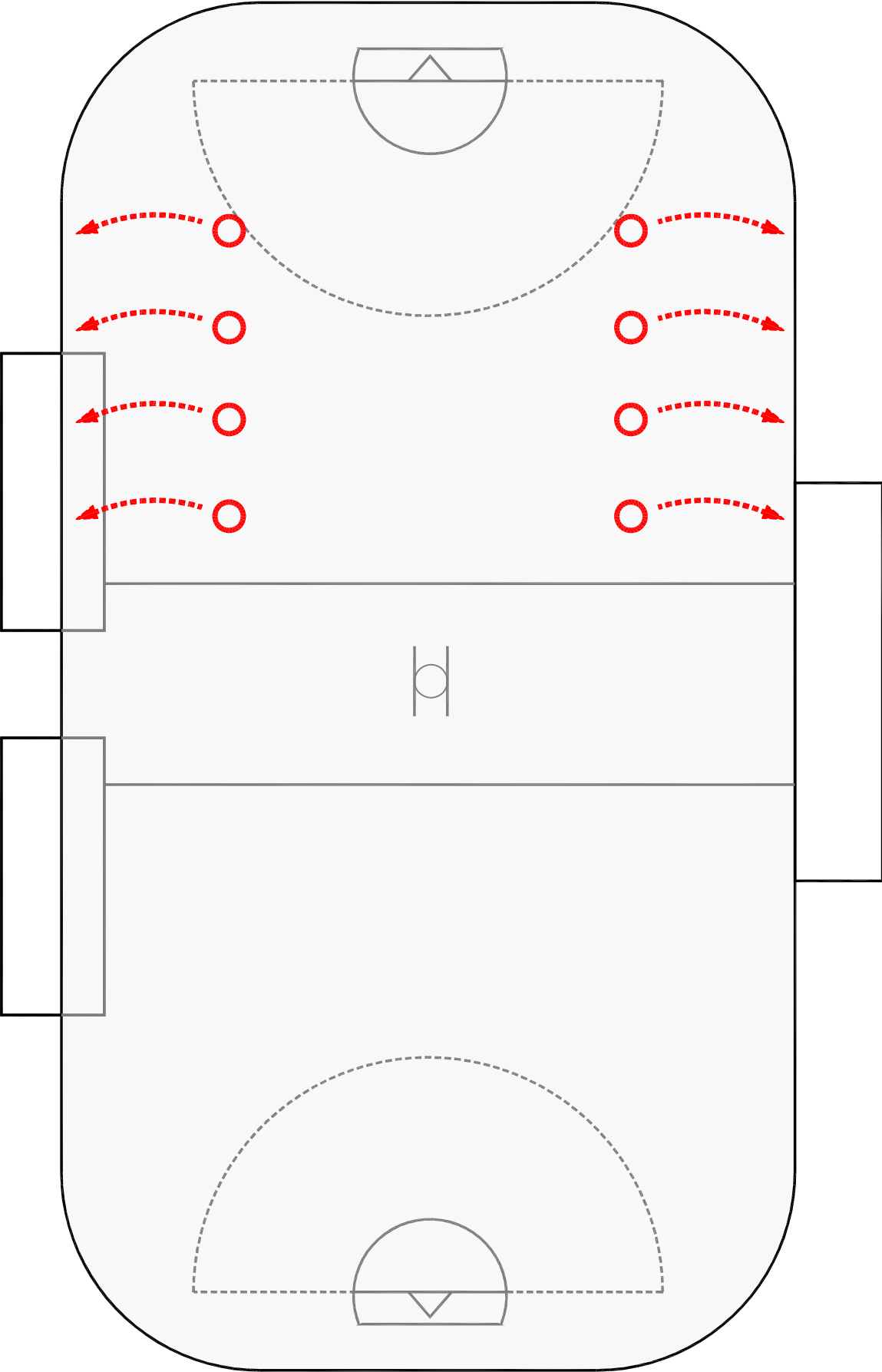
DRILL:
LEGEND



PASSING
DRILLS



DRILL:
WALL BALL



NOTE: ENSURE PLAYERS USE SIDE BOARDS NOT END BOARDS

DRILL:
WALL BALL

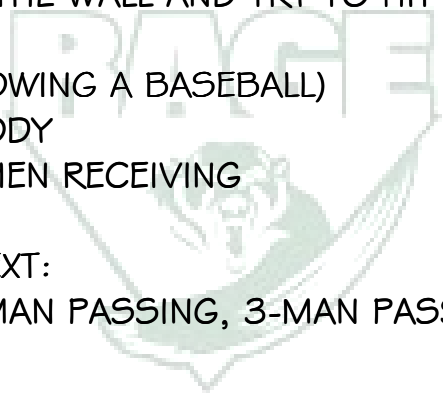
DRILL TYPE:
-FUNDAMENTAL PASSING AND CATCHING

LEVEL:
-BEGINNER

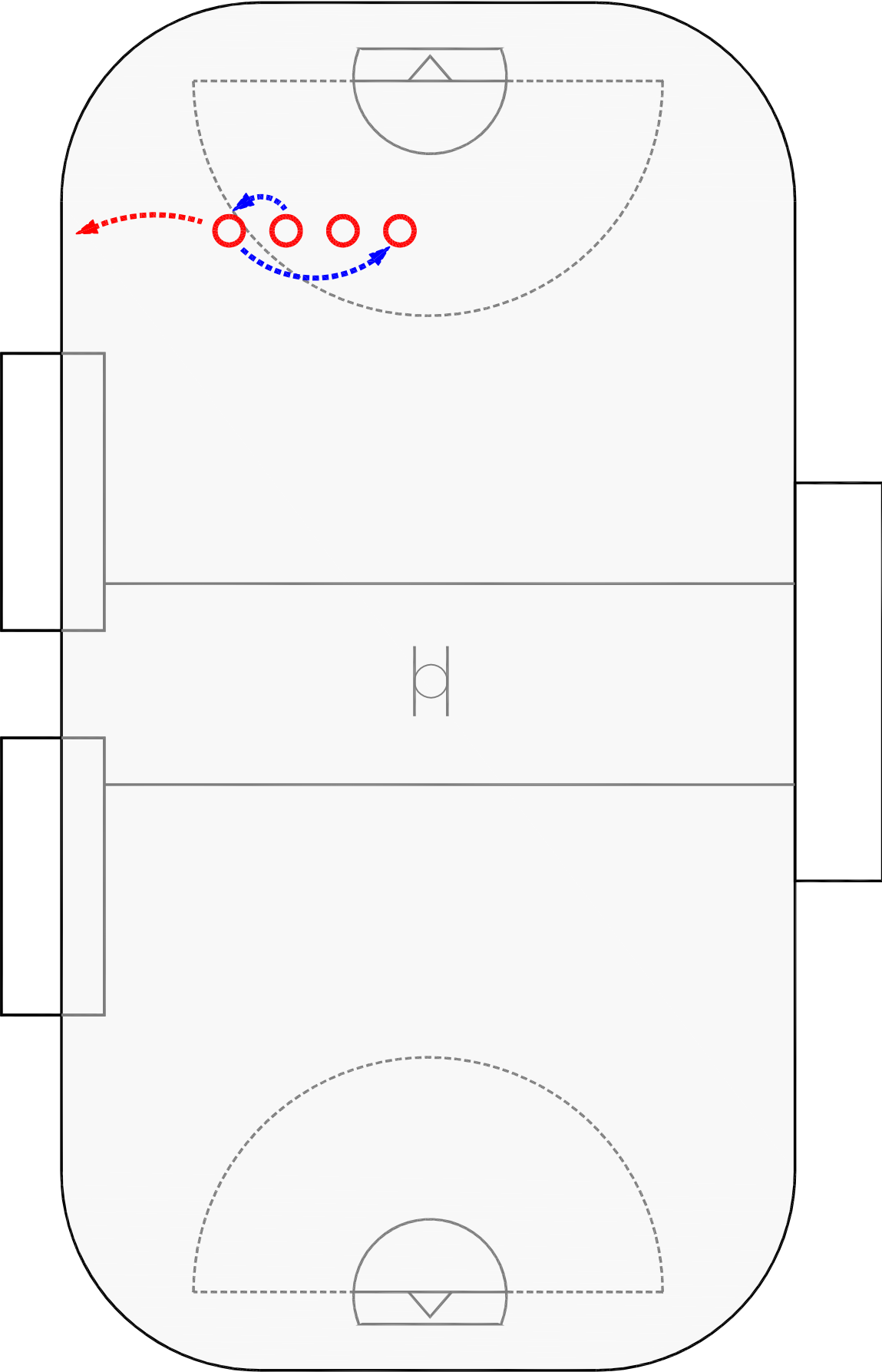
PURPOSE:
-IMPROVE PASSING AND CATCHING
-ENSURE PROPER TECHNIQUE IS USED

KEY POINTS:
-AIM (PICK A SPOT ON THE WALL AND TRY TO HIT IT)
-FOLLOW THROUGH
-TURN BODY (LIKE THROWING A BASEBALL)
-STICK IN FRONT OF BODY
-CUSHION THE BALL WHEN RECEIVING

WHAT DRILLS TO DO NEXT:
-SNAKE WALL BALL, 2-MAN PASSING, 3-MAN PASSING, SHUTTLE



DRILL:
SNAKE WALL BALL



DRILL:
SNAKE WALL BALL

DRILL TYPE:
-FUNDAMENTAL PASSING AND CATCHING

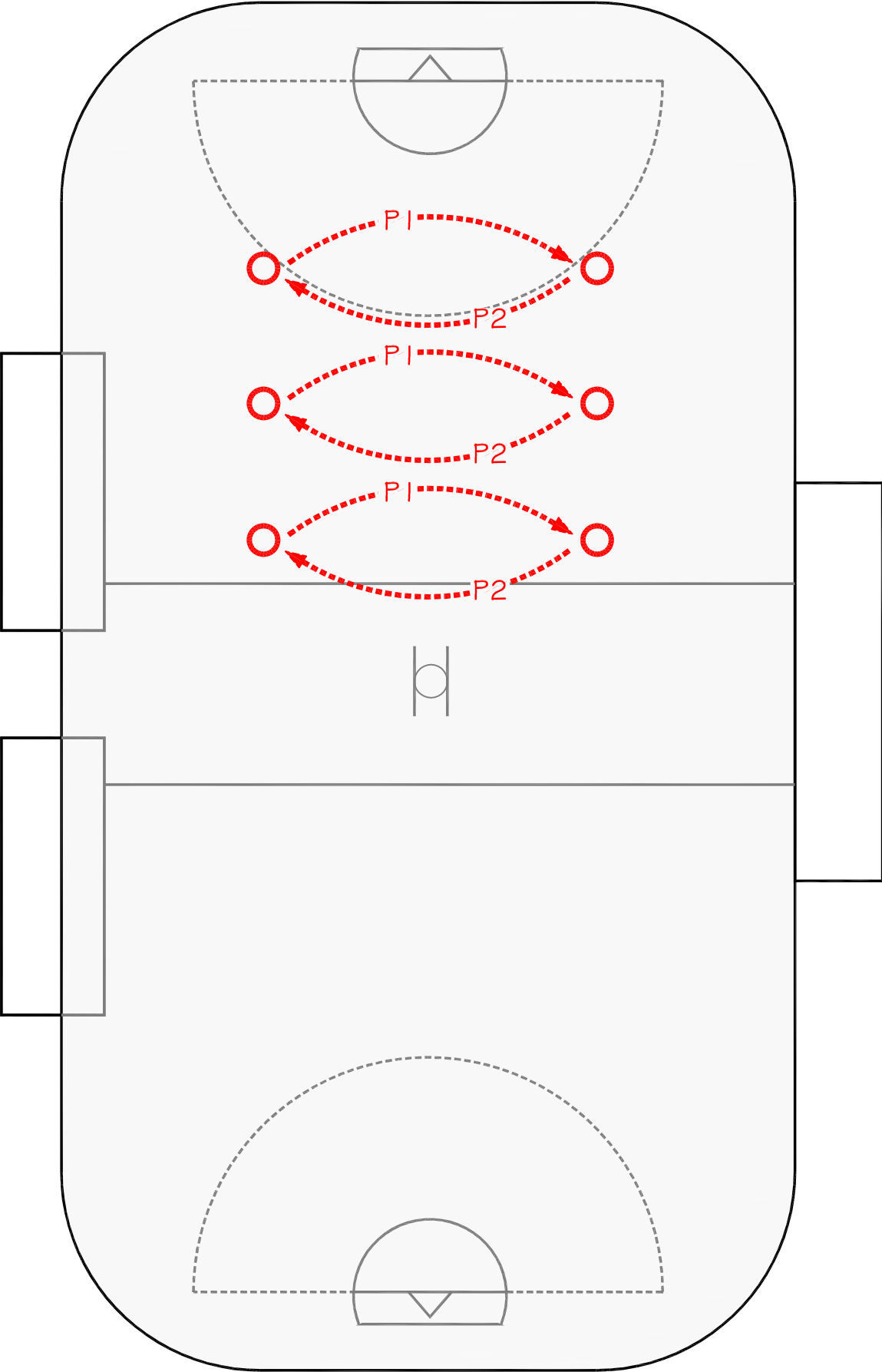
LEVEL:
-BEGINNER

PURPOSE:
-IMPROVE PASSING AND CATCHING
-ENSURE PROPER TECHNIQUE IS USED
-INTRODUCE MOVEMENT
-IMPROVE HAND-EYE COORDINATION

KEY POINTS:
-AIM (PICK A SPOT ON THE WALL AND TRY TO HIT IT)
-FOLLOW THROUGH
-TURN BODY (LIKE THROWING A BASEBALL)
-STICK IN FRONT OF BODY
-CUSHION THE BALL WHEN RECEIVING
-QUICKLY GET OUT THE WAY
-2ND PLAYER NEEDS TO PROMPTLY ADJUST TO CATCH BALL

WHAT DRILLS TO DO NEXT:
-2-MAN PASSING, 3-MAN PASSING, SHUTTLE

DRILL:
2-MAN PASSING



DRILL:
2-MAN PASSING

DRILL TYPE:
-FUNDAMENTAL PASSING AND CATCHING

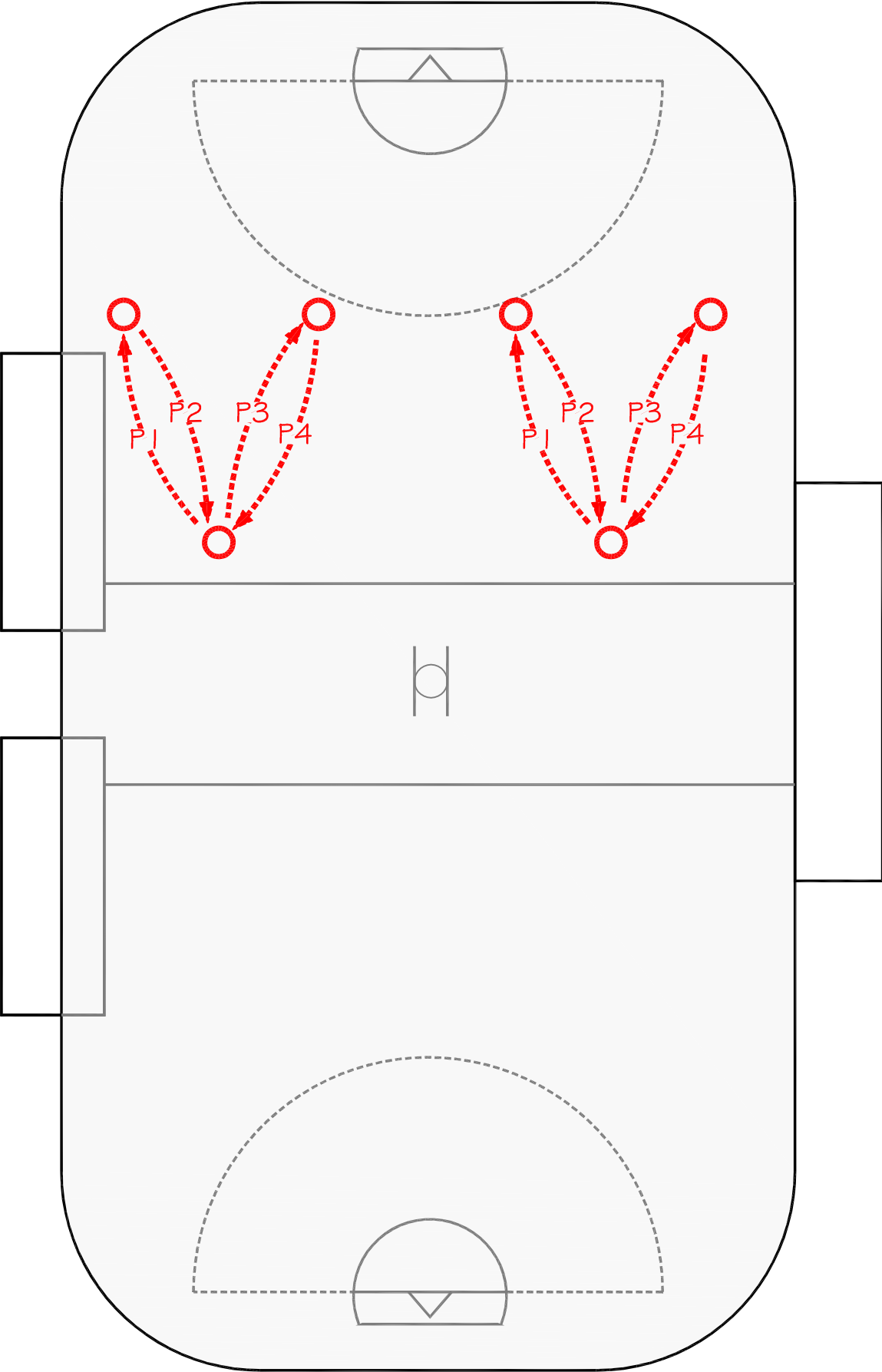
LEVEL:
-BEGINNER

PURPOSE:
-IMPROVE PASSING AND CATCHING
-ENSURE PROPER TECHNIQUE IS USED
-PASSING TO OTHER PLAYER

KEY POINTS:
-AIM (THROW TO A SPOT THAT IS CATCHABLE)
-FOLLOW THROUGH
-TURN BODY (LIKE THROWING A BASEBALL)
-STICK IN FRONT OF BODY
-CUSHION THE BALL WHEN RECEIVING
-MOVE BODY TO RECEIVE PASS (DO NOT JUST MOVE STICK)

WHAT DRILLS TO DO NEXT:
-3-MAN PASSING, SHUTTLE

DRILL:
3-MAN PASSING



NOTE: ALTERNATE TOP PLAYER

DRILL:
3-MAN PASSING

DRILL TYPE:
-FUNDAMENTAL PASSING AND CATCHING

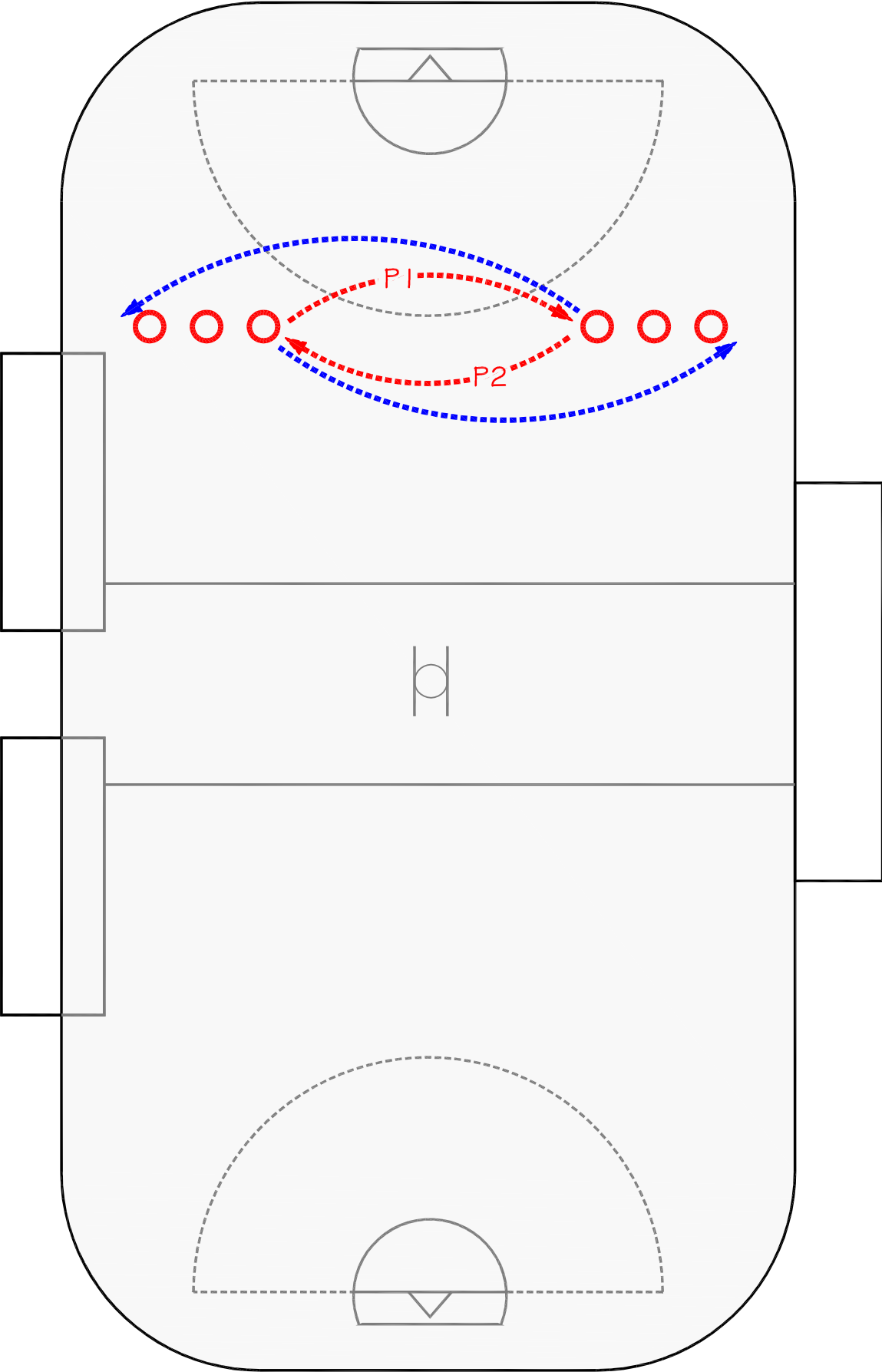
LEVEL:
-BEGINNER

PURPOSE:
-IMPROVE PASSING AND CATCHING
-ENSURE PROPER TECHNIQUE IS USED
-PASSING TO OTHER PLAYER
-QUICKLY PASSING (HAVING MORE THAN ONE OPTION)

KEY POINTS:
-AIM (THROW TO A SPOT THAT IS CATCHABLE)
-FOLLOW THROUGH
-TURN BODY (LIKE THROWING A BASEBALL)
-STICK IN FRONT OF BODY
-CUSHION THE BALL WHEN RECEIVING
-MOVE BODY TO RECEIVE PASS (DO NOT JUST MOVE STICK)
-TURNING BODY TO PASS IN MULTIPLE DIRECTIONS

WHAT DRILLS TO DO NEXT:
-SHUTTLE, SHUTTLE MAN-OUT

DRILL:
SHUTTLE



DRILL:
SHUTTLE

DRILL TYPE:
-PASSING AND CATCHING

LEVEL:
-BEGINNER/INTERMEDIATE

PURPOSE:
-IMPROVE PASSING AND CATCHING
-ENSURE PROPER TECHNIQUE IS USED
-PASSING TO OTHER PLAYER
-INTRODUCE MOVEMENT

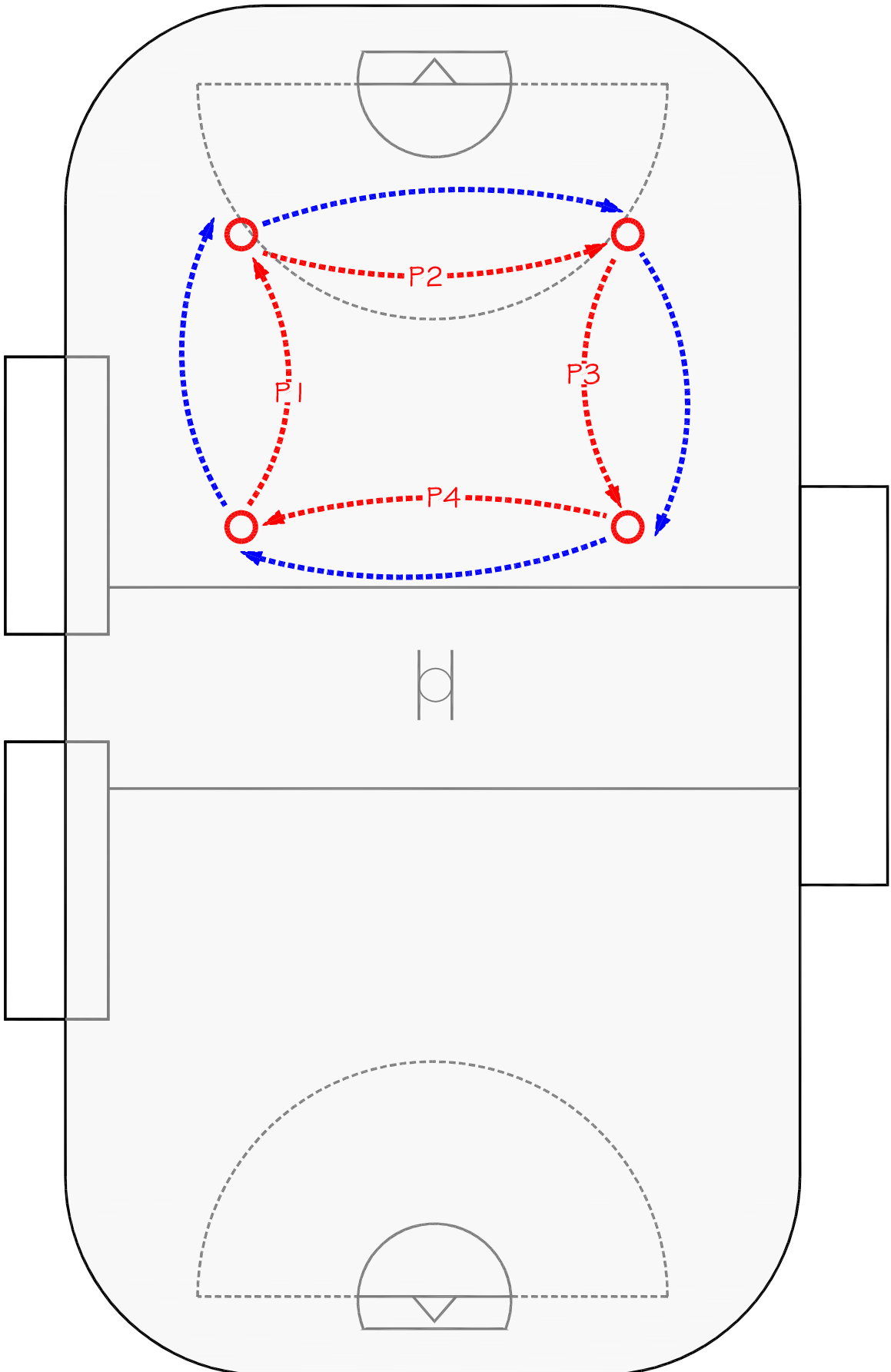
KEY POINTS:
-AIM
-FOLLOW THROUGH
-BEING ALERT
-QUICKLY MOVING TO THE NEXT LINE
-MOVING TOWARDS PASSER
-MOVING BODY Laterally TO LIMIT CATCHING ACROSS THE BODY

NOTE:
ONCE BASIC UNDERSTANDING AND EXECUTION OF DRILL IS COMPLETED,
SPREAD LINES FURTHER APART AND HAVE PLAYERS CATCH AND PASS
WHILE IN MOVEMENT – START WITH WALKING AND PROGRESS TO
RUNNING.

WHAT DRILLS TO DO NEXT:
-4-CORNER PASSING, 5-STAR, SHUTTLE MAN-OUT



DRILL:
4-CORNER PASSING



NOTE: REVERSE DIRECTION OCCASIONALLY

DRILL:

4-CORNER PASSING

DRILL TYPE:

-PASSING AND CATCHING

LEVEL:

-BEGINNER/INTERMEDIATE

PURPOSE:

-PASSING ON THE MOVE

-INCORPORATE MOVEMENT

KEY POINTS:

-CALLING FOR THE BALL

-BEING ALERT

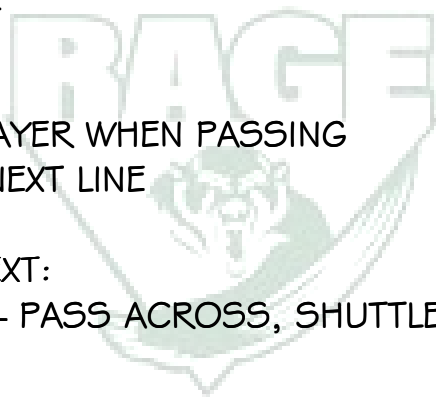
-STAYING SPREAD OUT

-MOVING TOWARDS PLAYER WHEN PASSING

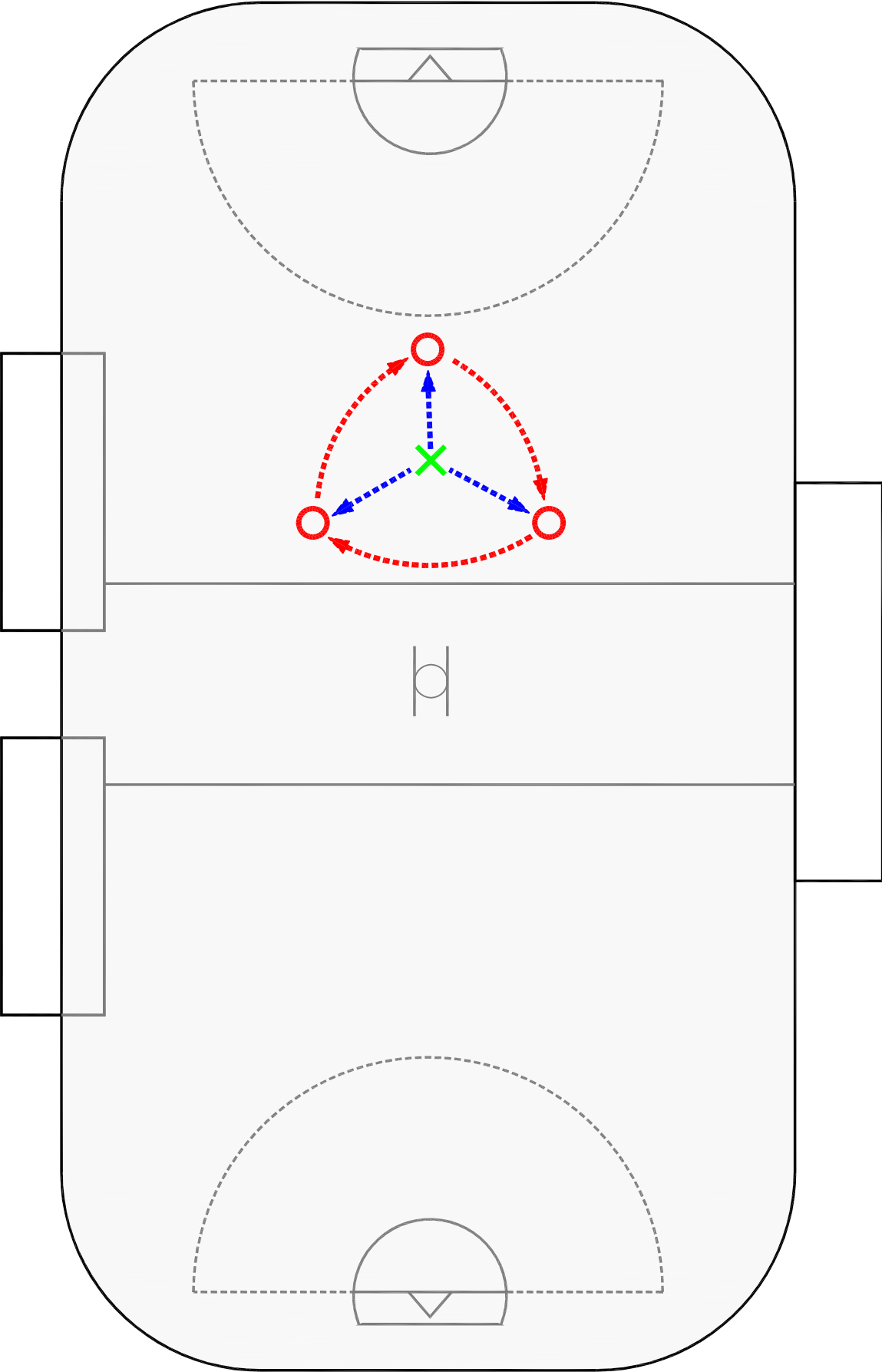
-MOVING QUICKLY TO NEXT LINE

WHAT DRILLS TO DO NEXT:

-5-STAR, PASS DOWN – PASS ACROSS, SHUTTLE MAN-OUT



DRILL:
PIG IN THE MIDDLE



DRILL:
PIG IN THE MIDDLE

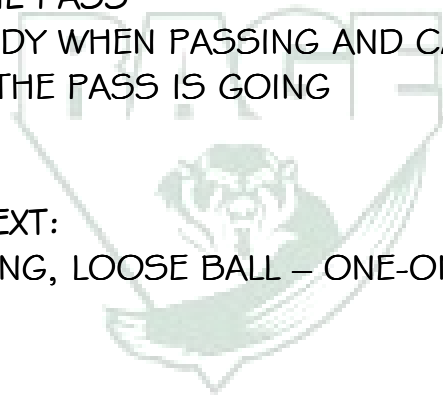
DRILL TYPE:
-PASSING AND CATCHING

LEVEL:
-BEGINNER/INTERMEDIATE

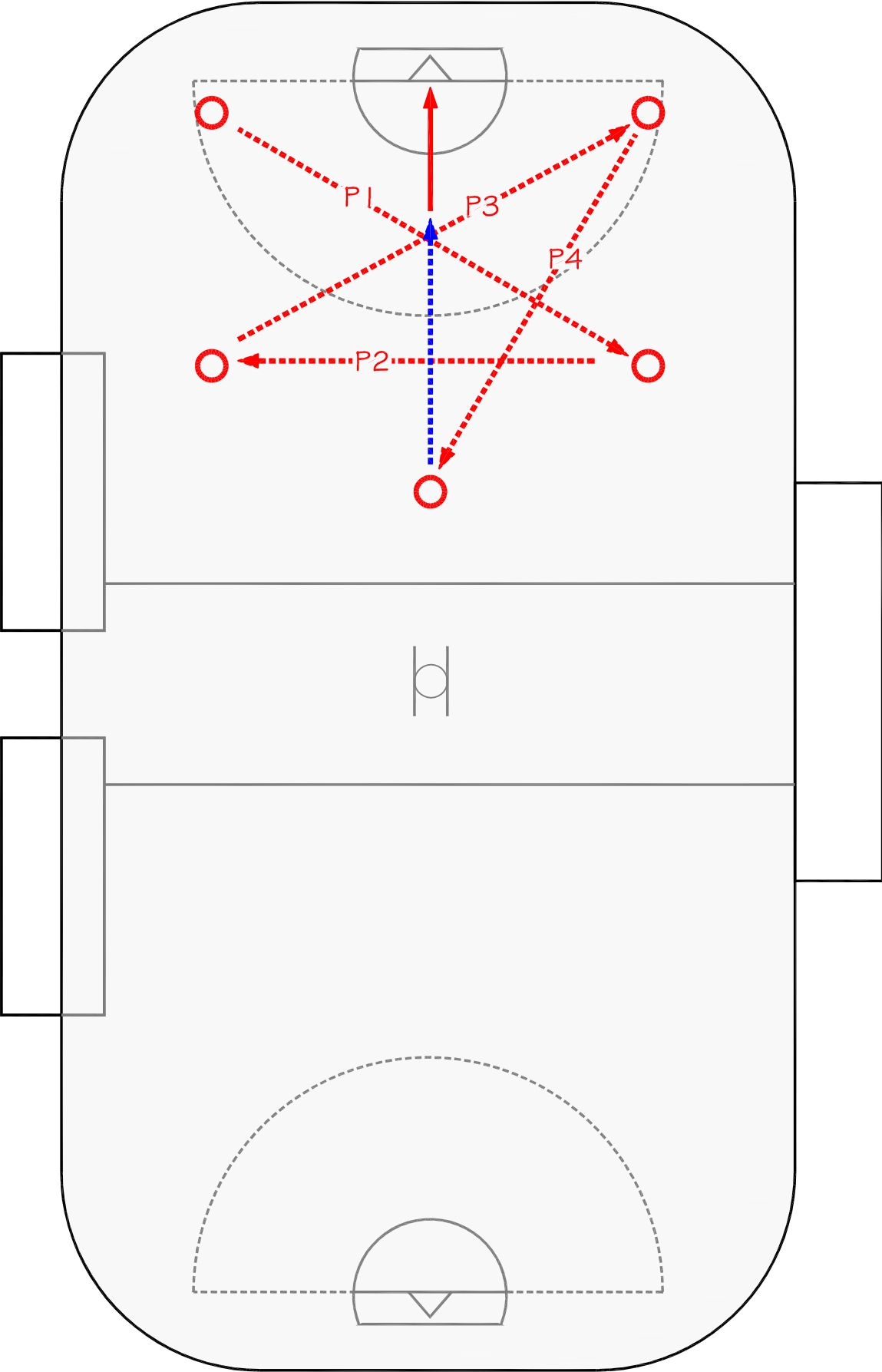
PURPOSE:
-PASSING AROUND DEFENDER
-CATCHING AROUND DEFENDED

KEY POINTS:
-GETTING OPEN FOR THE PASS
-MOVING FEET AND BODY WHEN PASSING AND CATCHING
-ANTICIPATING WHERE THE PASS IS GOING

WHAT DRILLS TO DO NEXT:
-COME AROUND PASSING, LOOSE BALL – ONE-ON-ONE



DRILL:
5-STAR



DRILL:
5-STAR

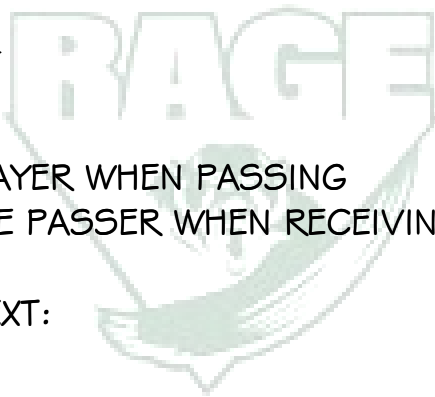
DRILL TYPE:
-PASSING AND CATCHING

LEVEL:
-INTERMEDIATE

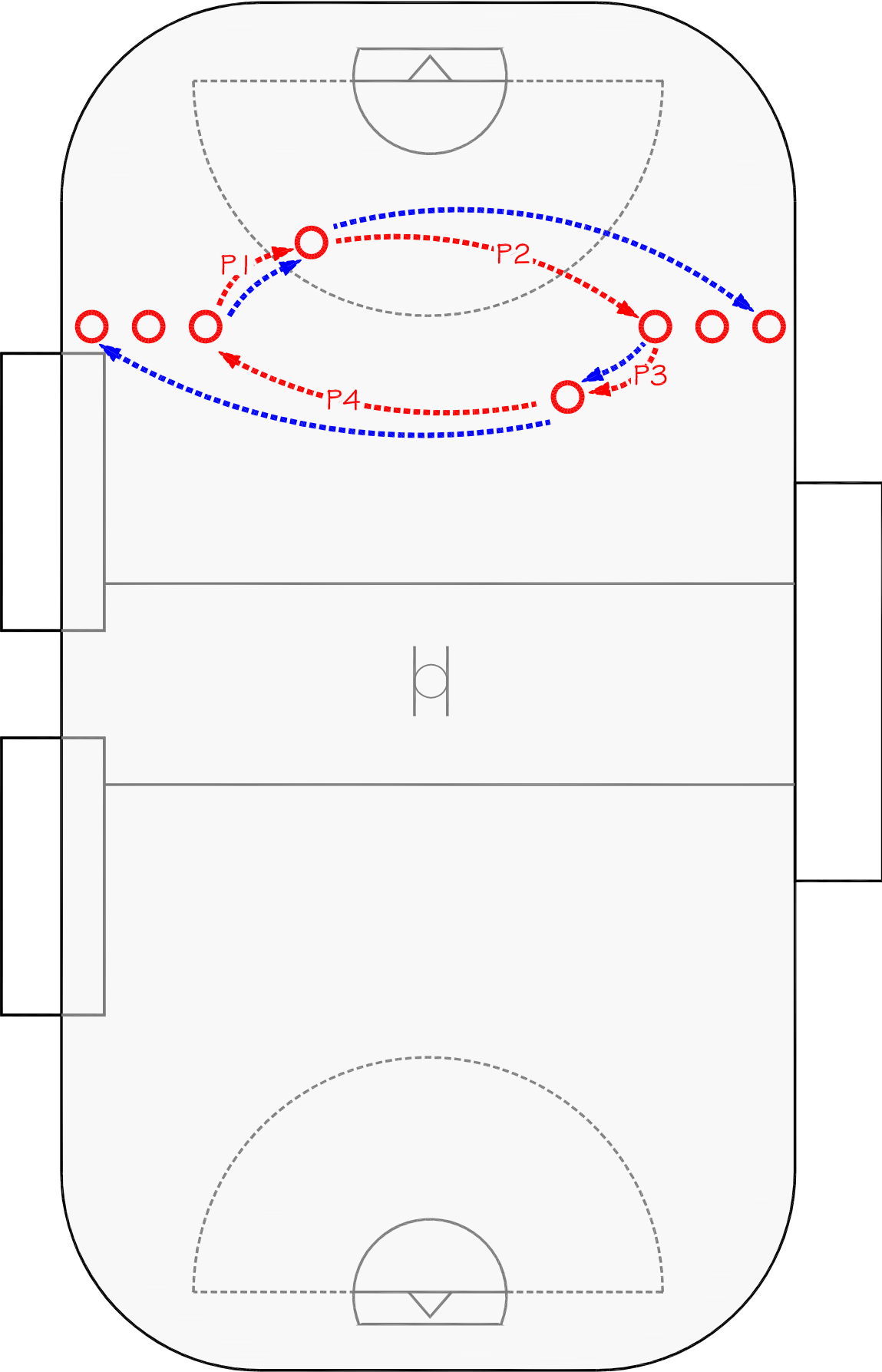
PURPOSE:
-PASSING ON THE MOVE
-CATCHING ON THE MOVE
-WARM-UP DRILL

KEY POINTS:
-CALLING FOR THE BALL
-BEING ALERT
-STAYING SPREAD OUT
-MOVING TOWARDS PLAYER WHEN PASSING
-MOVING TOWARDS THE PASSER WHEN RECEIVING

WHAT DRILLS TO DO NEXT:
-JERRY-DRILL



DRILL:
SHUTTLE MAN-OUT



DRILL:
SHUTTLE MAN-OUT

DRILL TYPE:
-PASSING AND CATCHING

LEVEL:
-INTERMEDIATE

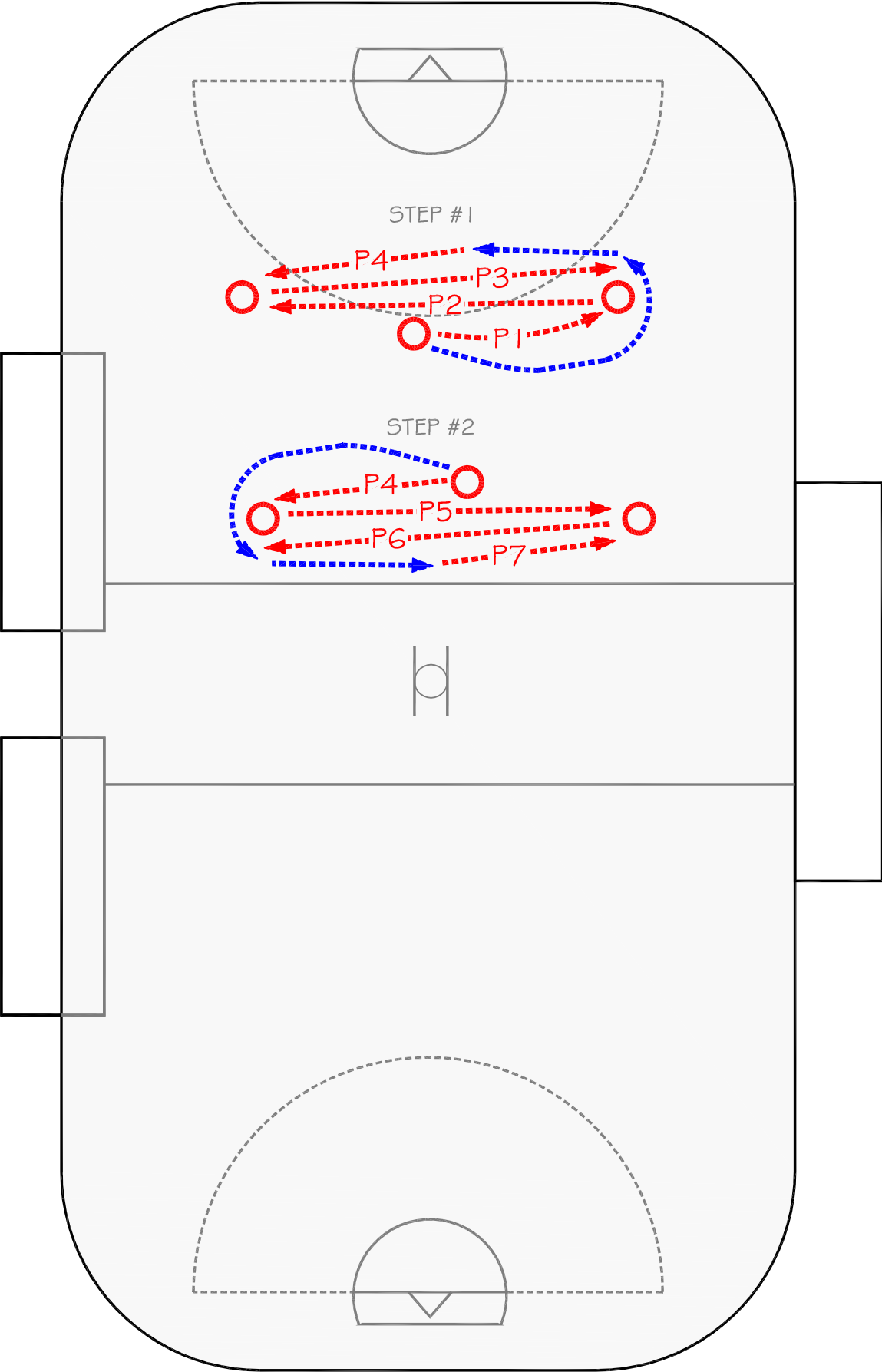
PURPOSE:
-IMPROVE PASSING AND CATCHING
-CATCHING ON THE MOVE
-CATCHING OVER THE SHOULDER
-INTRODUCE CALLING FOR THE BALL

KEY POINTS:
-CALLING FOR THE BALL
-BEING ALERT
-NOT TURNING AROUND TO CATCH
-MOVE WITH STICK TO THE INSIDE

WHAT DRILLS TO DO NEXT:
-2-MAN OUTS, BASIC BREAKOUT



DRILL: COME AROUND PASSING



NOTE: ALTERNATE PLAYER IN THE MIDDLE

DRILL:
COME AROUND PASSING

DRILL TYPE:
-PASSING

LEVEL:
-INTERMEDIATE

PURPOSE:
-TO CATCH AND PASS ON THE MOVE
-TO CATCH AFTER COMING AROUND A PLAYER (LOSING SIGHT OF THE BALL)
-QUICK PASSES

KEY POINTS:
-CATCH AND PASS QUICKLY
-HAVING STICK IN THE READY POSITION
-IMPROVE QUICK PASSING AND CATCHING

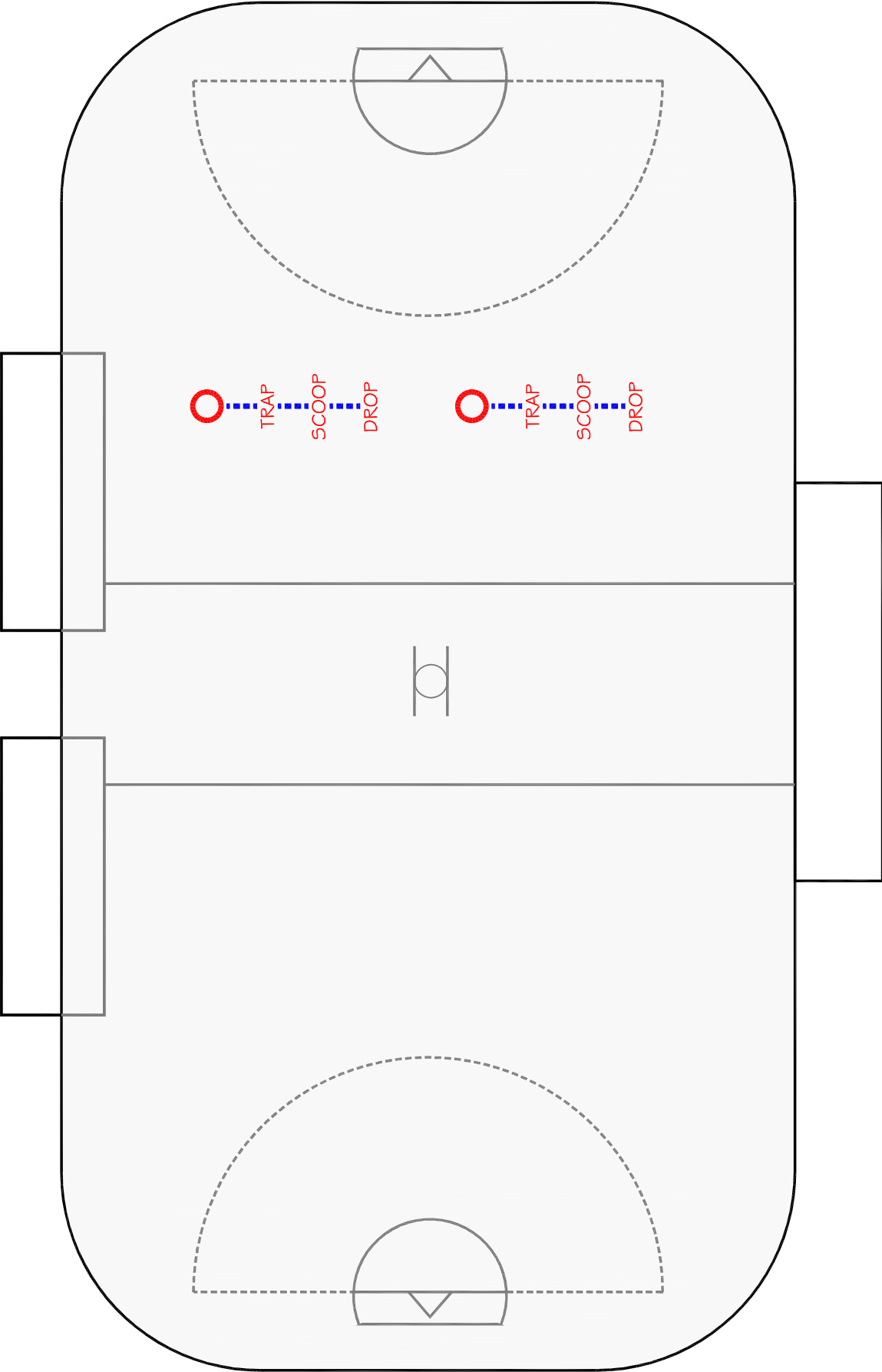
WHAT DRILLS TO DO NEXT:
-5-ON-5, OFFSIDE PICKS



SCOOPING
DRILLS



DRILL:
TRAP & SCOOP



DRILL:
TRAP AND SCOOP

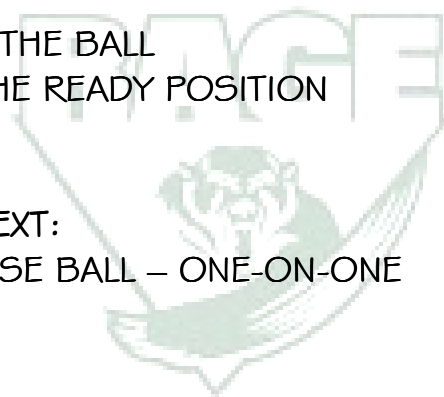
DRILL TYPE:
-SCOOP

LEVEL:
-BEGINNER

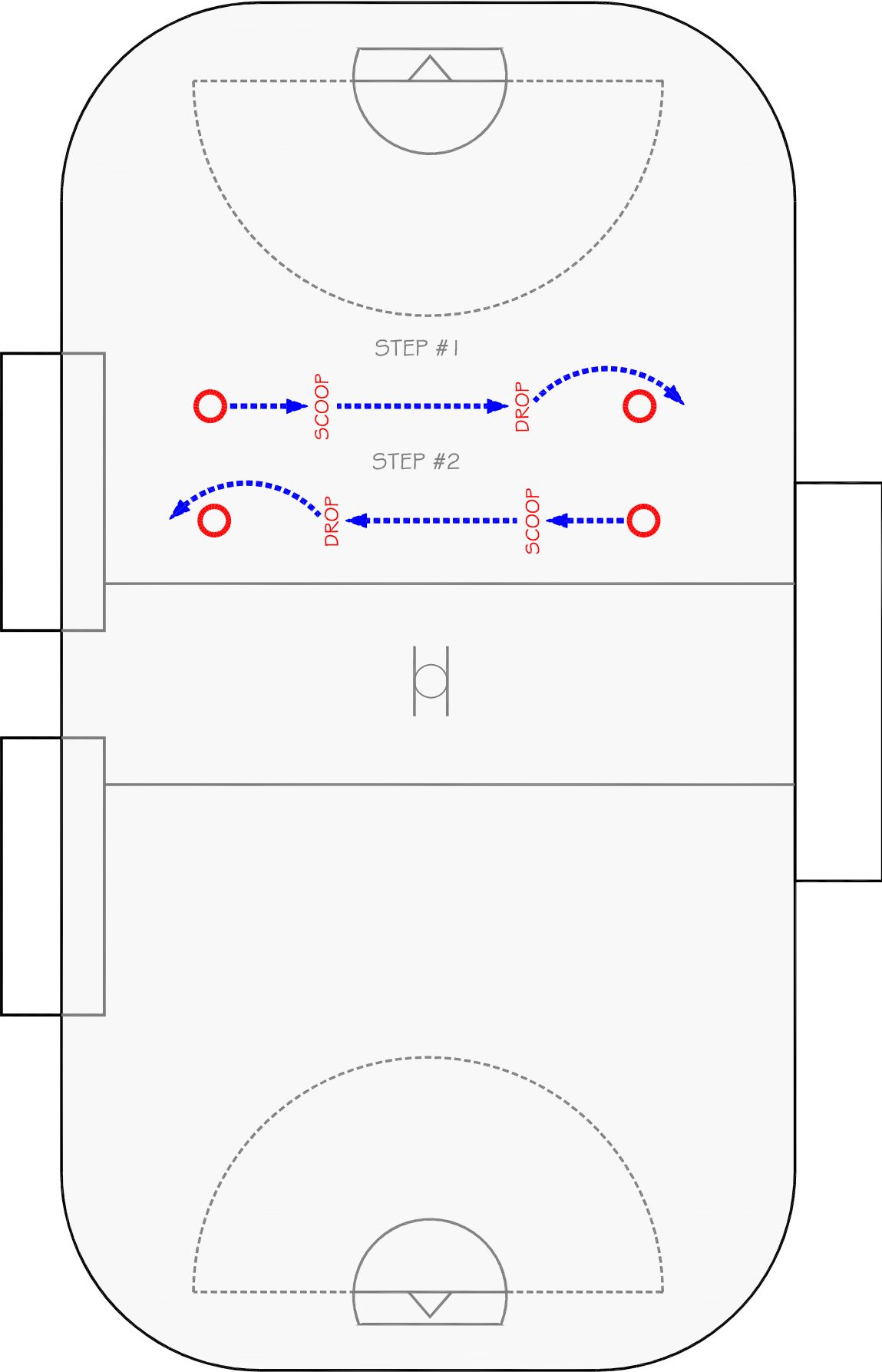
PURPOSE:
-PICKING UP THE BALL

KEY POINTS:
-TRAPPING TO STOP THE BALL
-GETTING LOW
-SCOOPING THROUGH THE BALL
-BRING STICK UP TO THE READY POSITION

WHAT DRILLS TO DO NEXT:
-MOVING SCOOP, LOOSE BALL – ONE-ON-ONE



DRILL: MOVING SCOOP



DRILL:
MOVING SCOOP

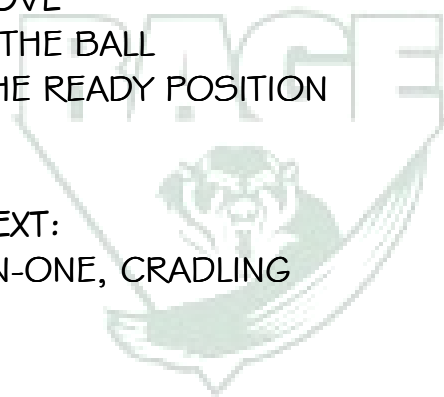
DRILL TYPE:
-SCOOP

LEVEL:
-BEGINNER/INTERMEDIATE

PURPOSE:
-PICKING UP THE BALL WHILE MOVING

KEY POINTS:
-GETTING LOW
-SCOOPING ON THE MOVE
-SCOOPING THROUGH THE BALL
-BRING STICK UP TO THE READY POSITION

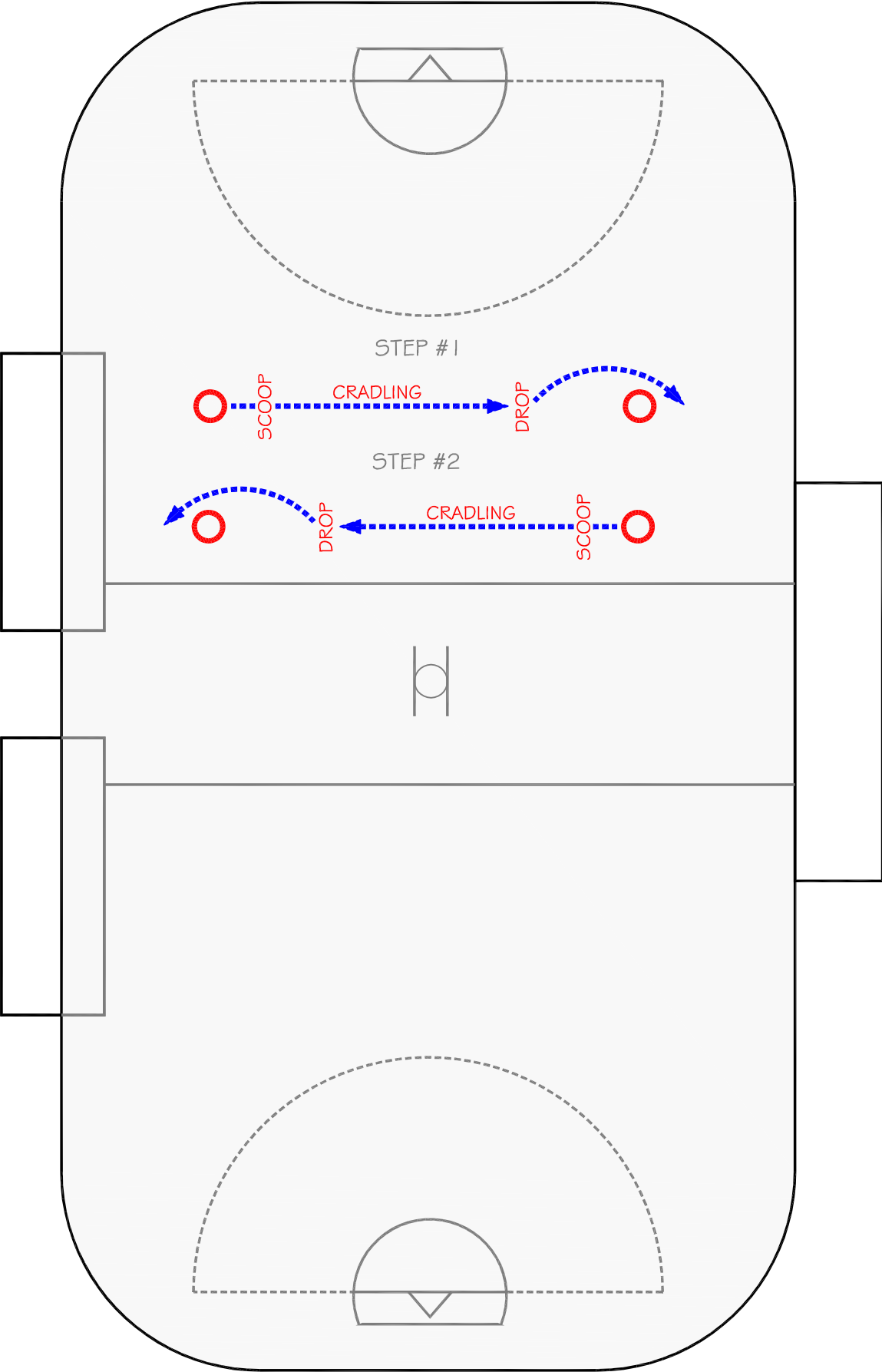
WHAT DRILLS TO DO NEXT:
-LOOSE BALL – ONE-ON-ONE, CRADLING



CRADLING
DRILLS



DRILL: CRADLING



NOTE: EITHER DROP ON FLOOR OR INTO PLAYERS STICK

DRILL:
CRADLING

DRILL TYPE:
-CRADLING

LEVEL:
-BEGINNER

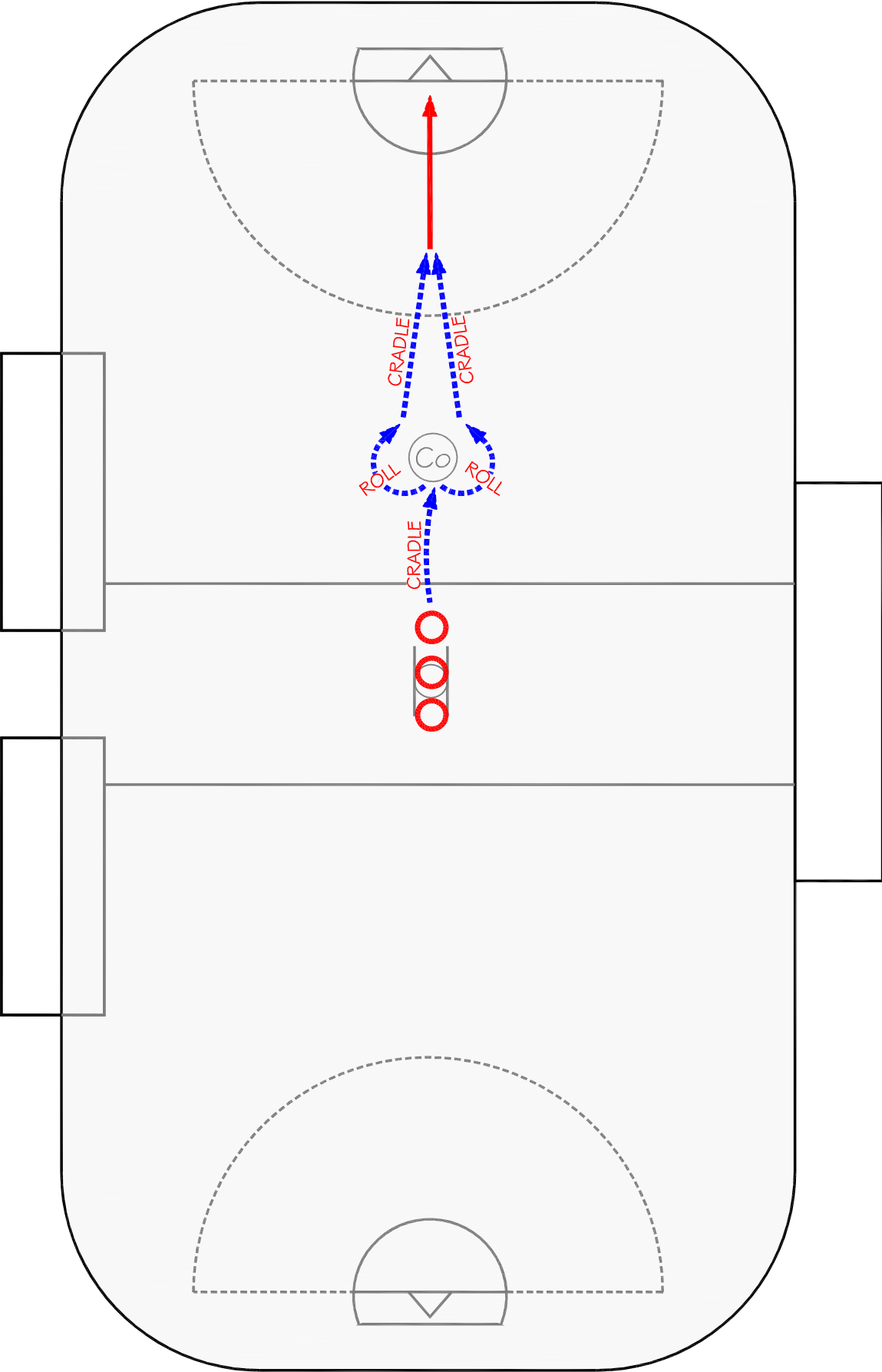
PURPOSE:
-DEVELOP CORRECT CRADLING TECHNIQUE

KEY POINTS:
-GETTING LOW
-SCOOPING
-TOP HAND DOES THE WORK
-BOTTOM HAND MAKES 'O' SHAPE
-LOOSE ARMS

WHAT DRILLS TO DO NEXT:
-CRADLE-ROLL, ONE-ON-ONE



DRILL:
CRADLE-ROLL



NOTE: ROLL WITH STICK HEAD AWAY FROM DEFENDER

DRILL:
CRADLE-ROLL

DRILL TYPE:
-CRADLING

LEVEL:
-BEGINNER/INTERMEDIATE

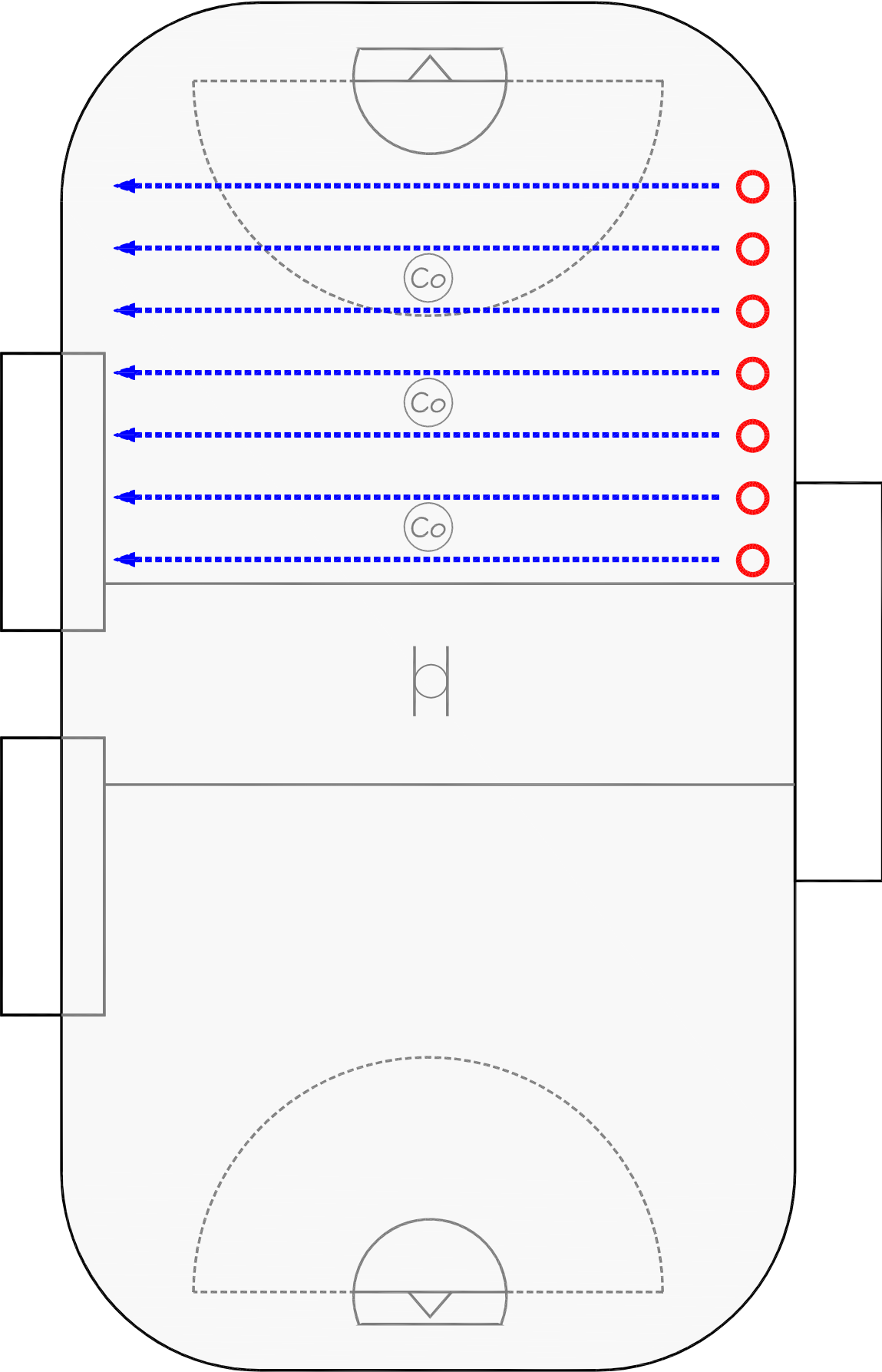
PURPOSE:
-DEVELOP CORRECT CRADLING TECHNIQUE
-ROLLING TO THE CORRECT SIDE

KEY POINTS:
-CRADLE
-INITIATE CONTACT
-ROLL WITH STICK HEAD TO THE OUTSIDE
-CRADLE AND SHOOT

WHAT DRILLS TO DO NEXT:
-ONE-ON-ONE



DRILL:
BRITISH BULLDOG



DRILL:
BRITISH BULLDOG

DRILL TYPE:
-CRADLING

LEVEL:
-BEGINNER

PURPOSE:
-TO MOVE WITH THE BALL WHILE AVOIDING CHECKS

KEY POINTS:
-CRADLE
-USE ROLL TO AVOID CHECKS
-RUN

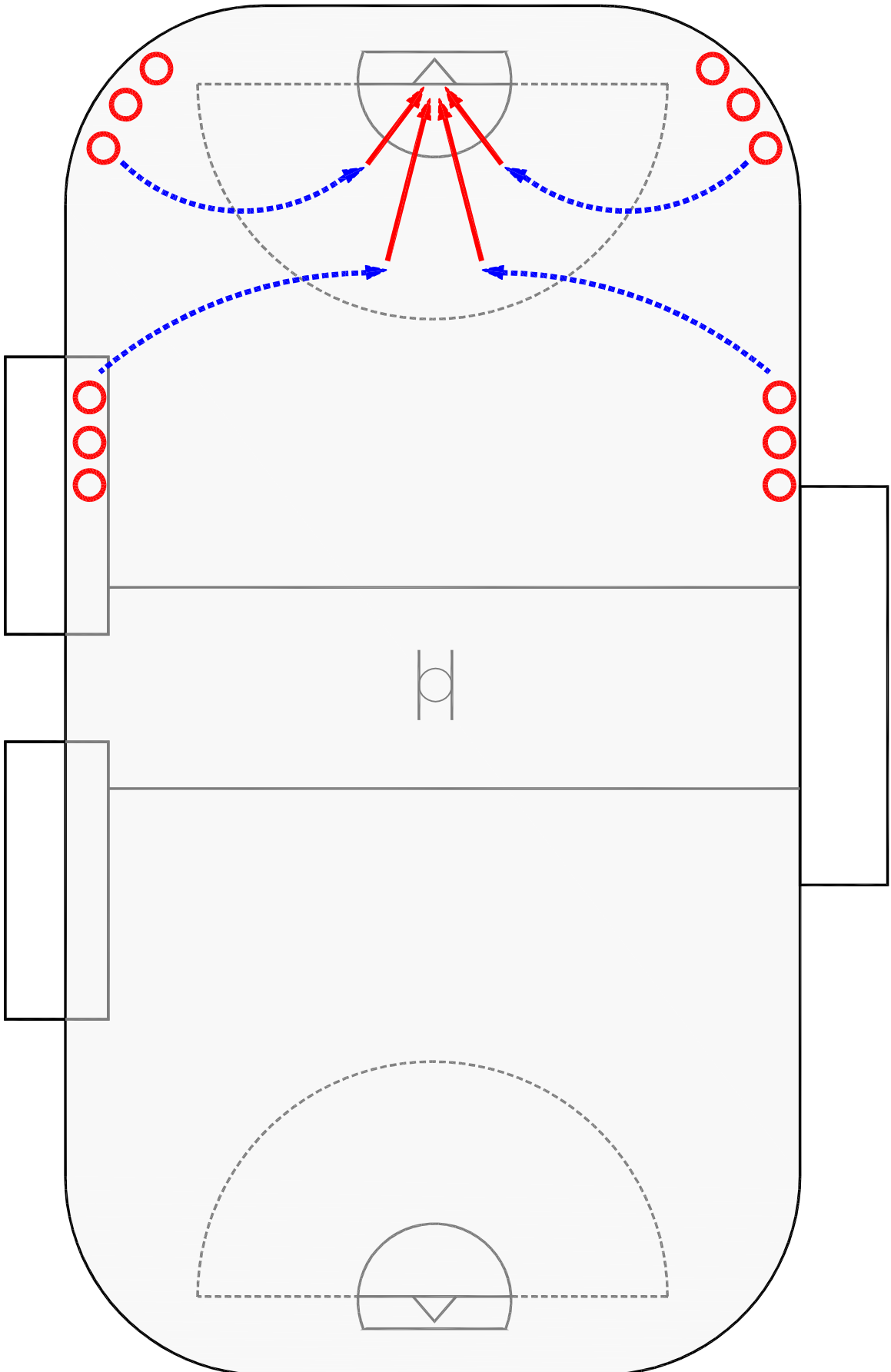
WHAT DRILLS TO DO NEXT:
-LOOSE BALL – ONE-ON-ONE, ONE-ON-ONE



SHOOTING
DRILLS



DRILL:
SHOOTING - SNAKE



NOTE: ALTERNATE SIDES OF THE FLOOR

DRILL:
SNAKE SHOOTING

DRILL TYPE:
-SHOOTING
-GOALIE IMPROVEMENT

LEVEL:
-BEGINNER

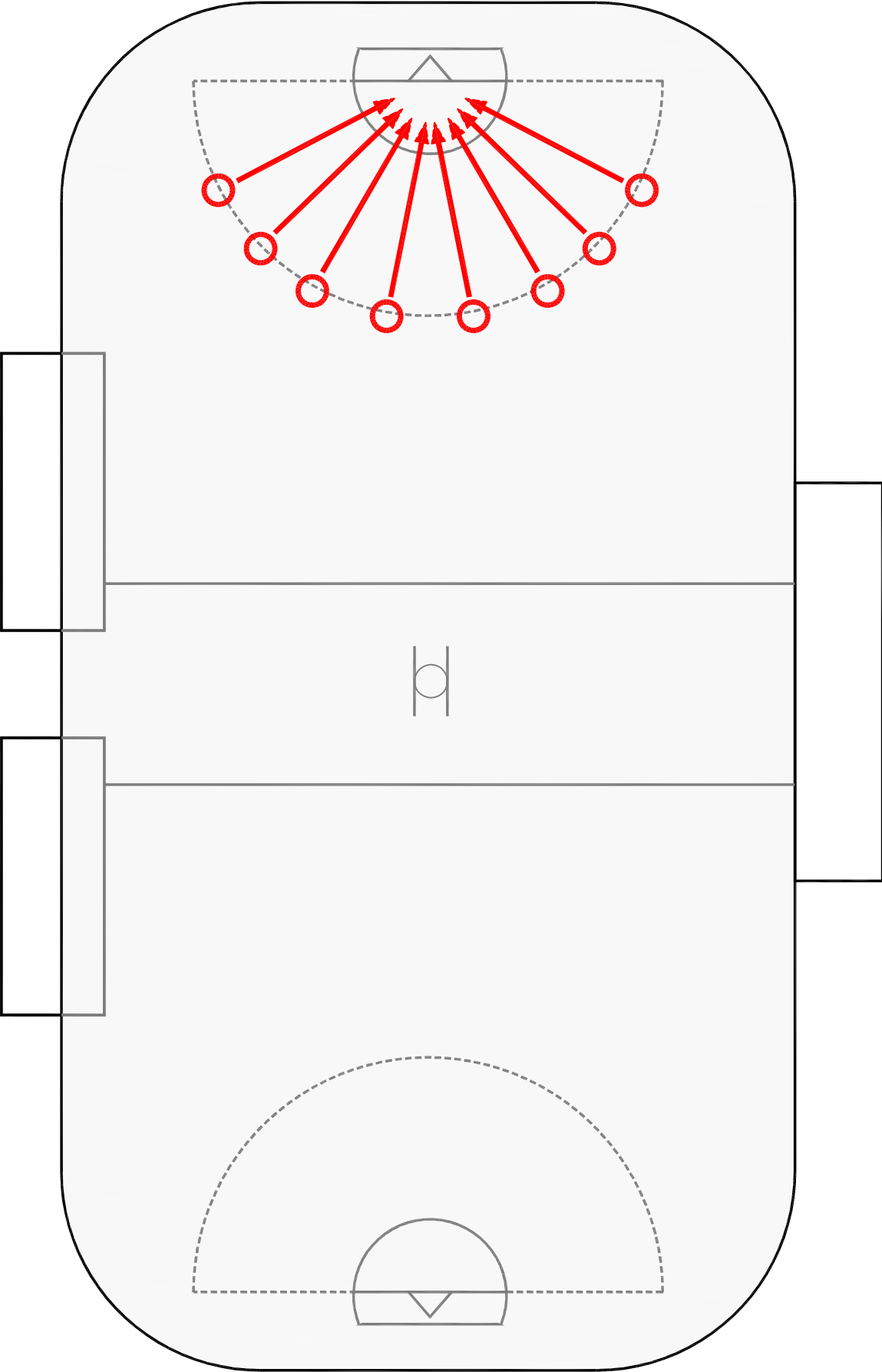
PURPOSE:
-CUTTING
-SHOOTING
-GOALIE REACTION AND ADJUSTMENT

KEY POINTS:
-CUTTING TO THE NET
-SHOOTING
-GOALIE NEEDS TO ADJUST QUICKLY TO THE NEXT SHOOTER

WHAT DRILLS TO DO NEXT:
-OFFSIDE PICKS, ONE-ON-ONE



DRILL:
AROUND THE 24



NOTE: START FROM ONE SIDE AND WORK AROUND

DRILL:
AROUND THE 24

DRILL TYPE:
-SHOOTING

LEVEL:
-BEGINNER

PURPOSE:
-TO SHOOT ON NET

KEY POINTS:
-HIT THE NET
-SHOOT HARD
-TRY SHOOTING FROM DIFFERENT ANGLES

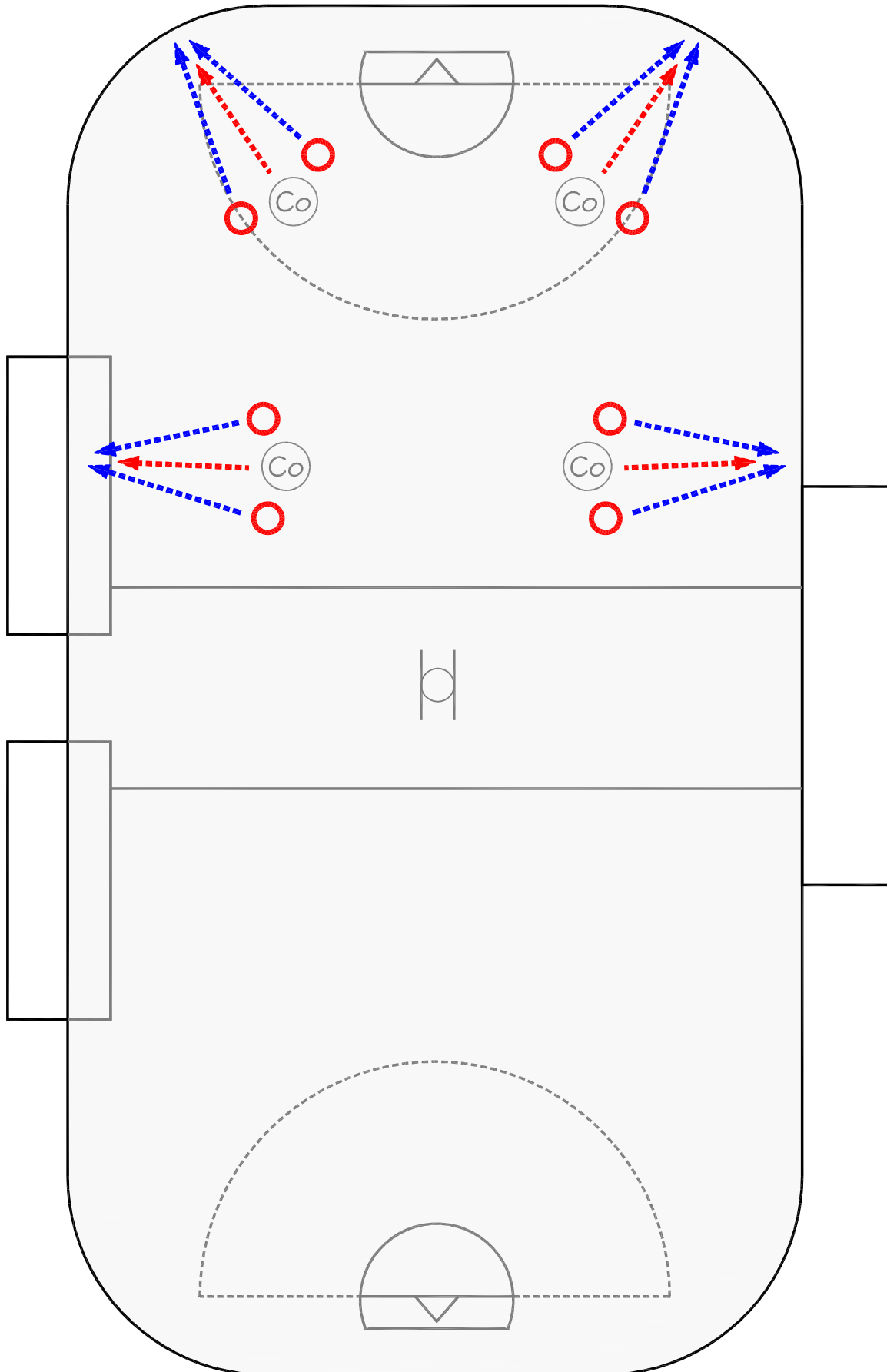
WHAT DRILLS TO DO NEXT:
-5-STAR, PASS DOWN – PASS ACROSS, JERRY-DRILL



GAME SKILLS
DRILLS



DRILL:
LOOSE BALL - ONE ON ONE



NOTE: ALTERNATE STARTING LOCATIONS ON FLOOR

DRILL:
LOOSE BALL – ONE-ON-ONE

DRILL TYPE:
-OFFENSIVE/DEFENSIVE

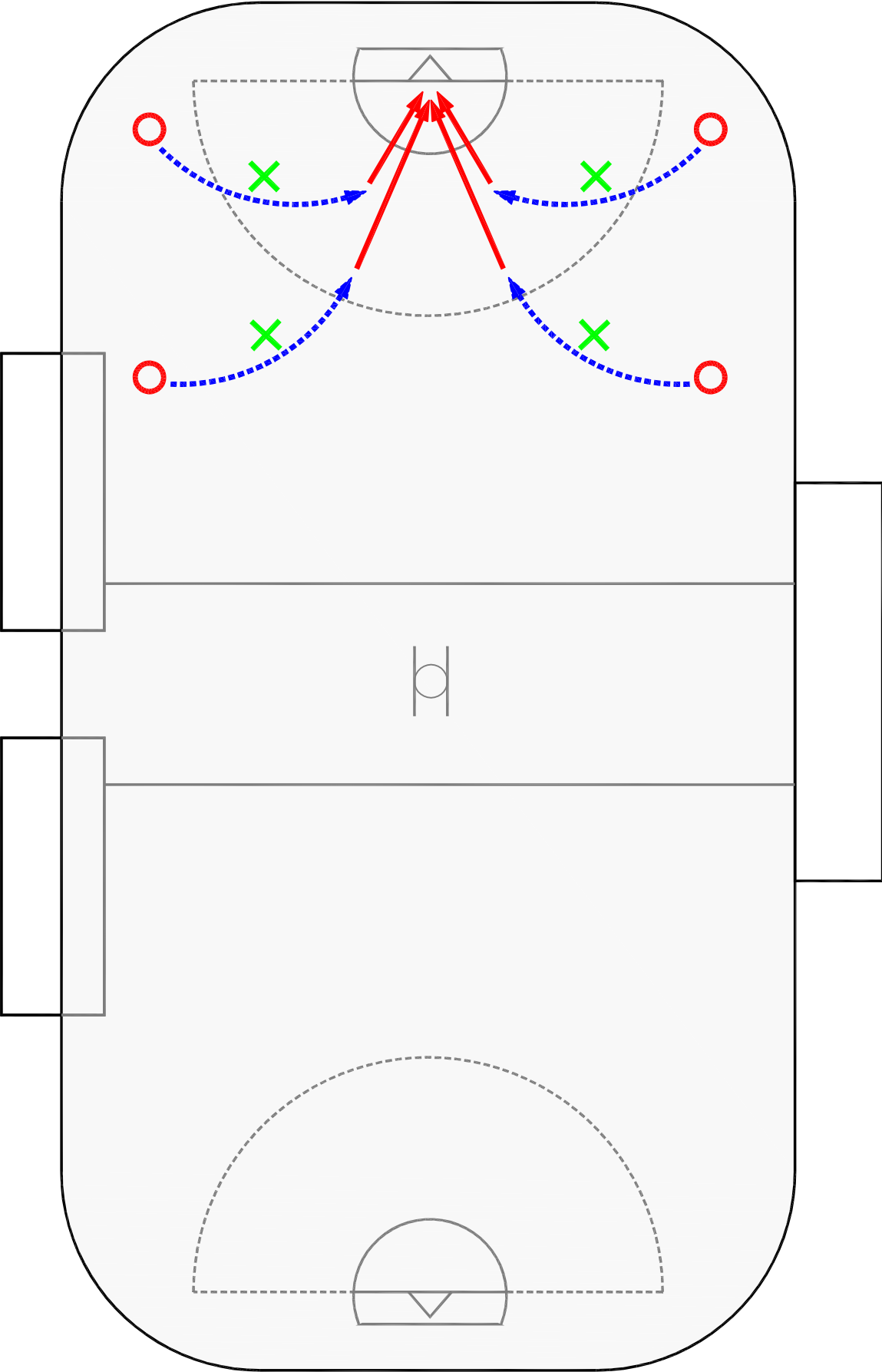
LEVEL:
-INTERMEDIATE

PURPOSE:
-TO DEVELOP BALL RETRIEVING SKILLS
-TO BATTLE WITH OTHER PLAYERS FOR LOOSE BALLS

KEY POINTS:
-USE THE BODY TO PROTECT THE BALL
-SCOOP AND RUN
-EITHER PASS TO THE COACH OR TAKE A SHOT ON THE NET
-PLAY THE BALL (DO NOT CROSS-CHECK OTHER PLAYER)
-MOVE TO DIFFERENT SPOTS ON THE FLOOR
-TWO-ON-TWO IS ALSO AN OPTION

WHAT DRILLS TO DO NEXT:
-ONE-ON-ONE, TWO-ON-TWO, 3-ON-2-ON-1

DRILL:
ONE ON ONE



NOTE: ALTERNATE STARTING LOCATIONS ON FLOOR

DRILL:
ONE ON ONE

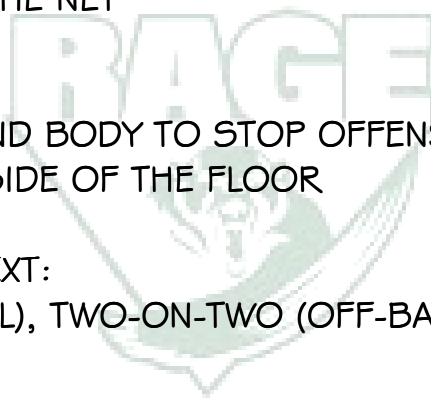
DRILL TYPE:
-OFFENSIVE/DEFENSIVE

LEVEL:
-INTERMEDIATE

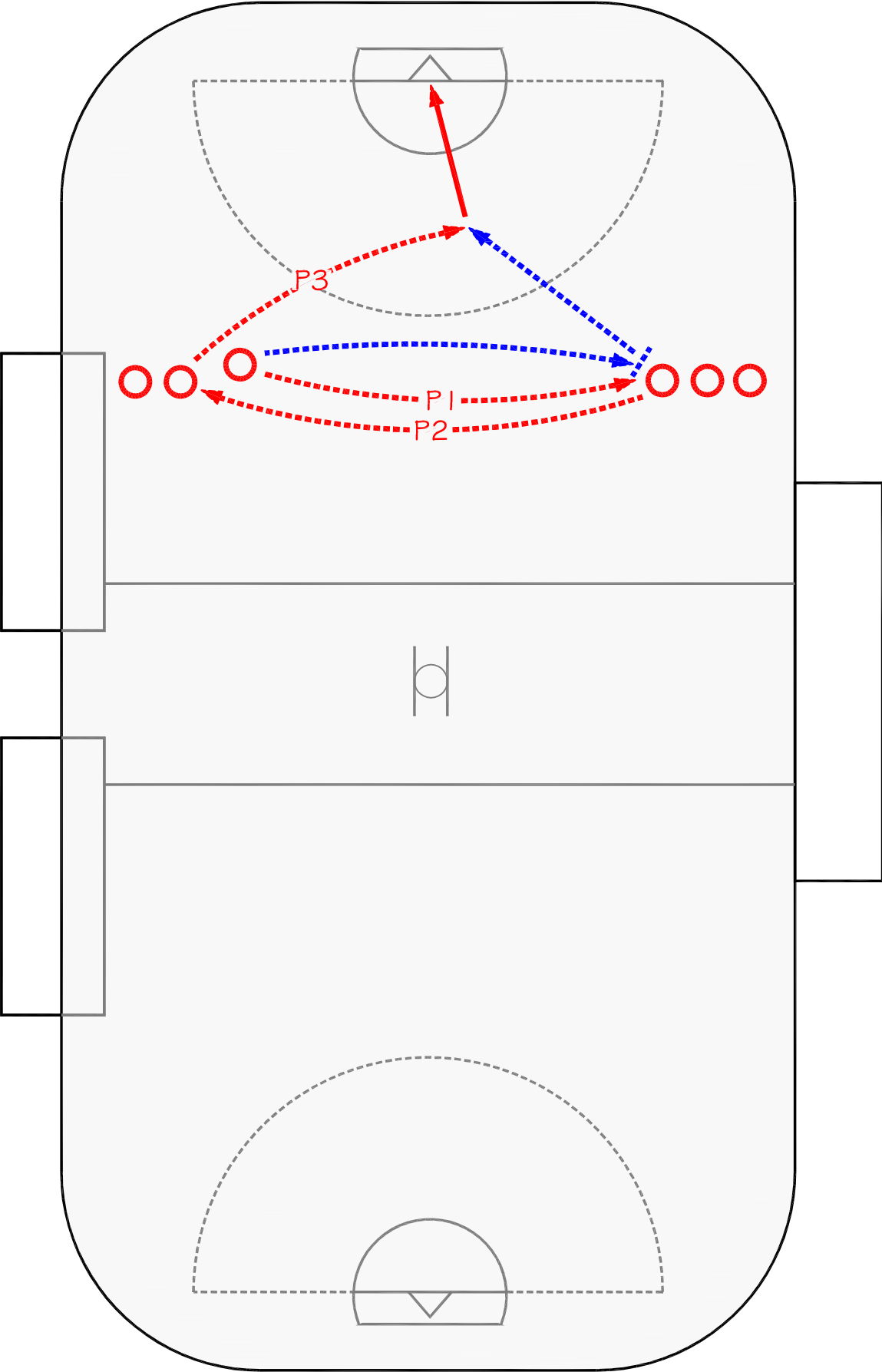
PURPOSE:
-TO ATTACK THE NET
-TO STAY BETWEEN OFFENSIVE PLAYER AND THE NET

KEY POINTS:
-QUICKLY DRIVING TO THE NET
-NOT STOPPING
-NOT LUNGING OUT
-USING FOOT SPEED AND BODY TO STOP OFFENSIVE PLAYER
-STAYING ON PROPER SIDE OF THE FLOOR

WHAT DRILLS TO DO NEXT:
-TWO-ON-TWO (ON-BALL), TWO-ON-TWO (OFF-BALL)



DRILL:
OFFSIDE PICKS



NOTE: ALTERNATE SIDES CONSTANTLY

DRILL:
OFFSIDE PICKS

DRILL TYPE:
-OFFENSIVE

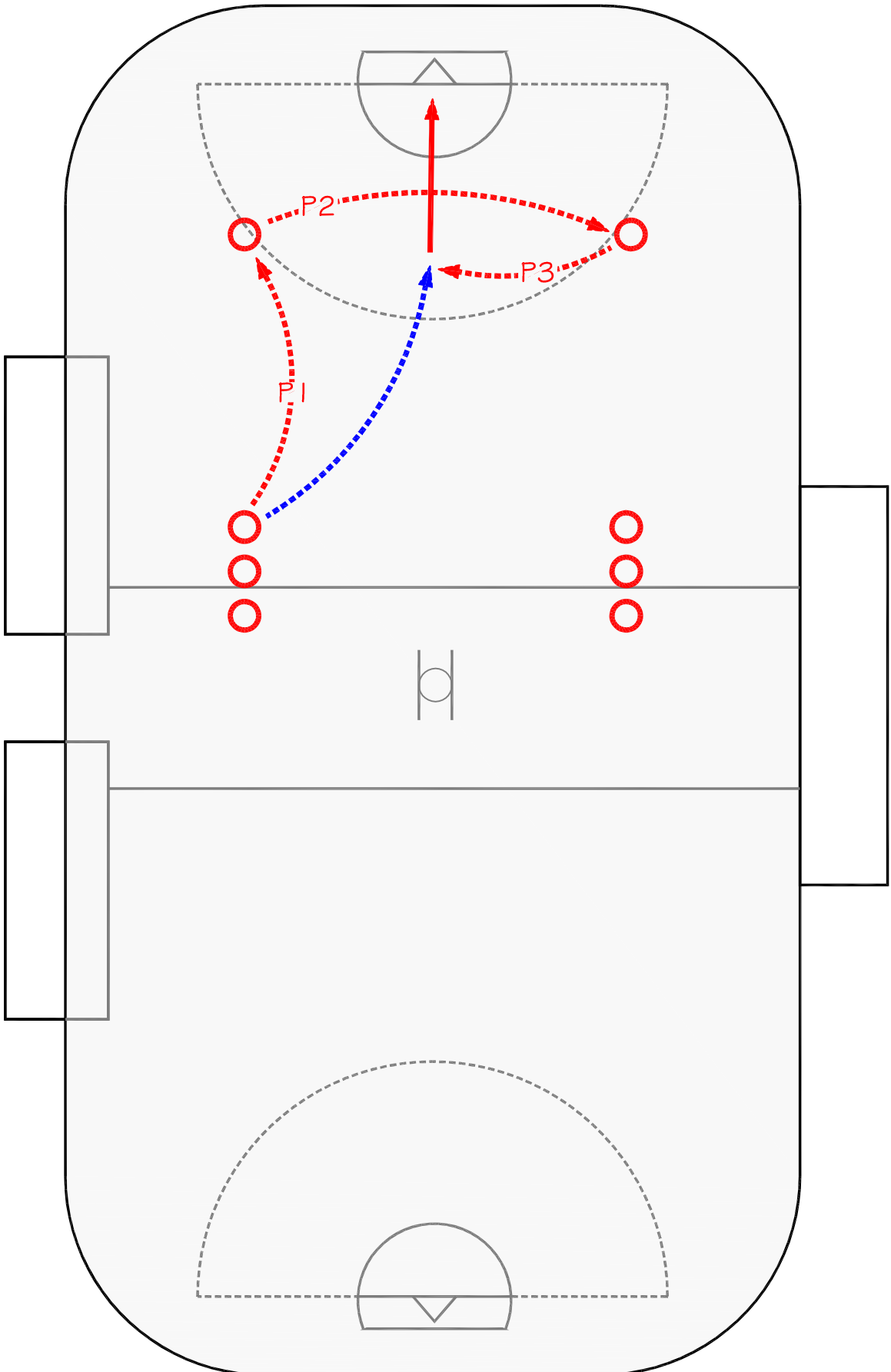
LEVEL:
-INTERMEDIATE

PURPOSE:
-TO WORK ON PICK AND ROLLS
-SWINGING THE BALL FROM SIDE-TO-SIDE
-SHOOTING QUICKLY AFTER CATCHING A PASS

KEY POINTS:
-MAKE SLIGHT CONTACT WHEN SETTING PICK
-ROLL WITH STICK HEAD COMING OVER THE TOP
-QUICK PASSES
-QUICK SHOT
-DRILL CAN BE RUN HIGH ON THE FLOOR FOR AN OUTSIDE SHOT OR
LOW ON THE FLOOR FOR A QUICK STICK NEAR THE CREASE

WHAT DRILLS TO DO NEXT:
-TWO-ON-TWO (OFF-BALL), JERRY-DRILL, 5-ON-5

DRILL:
PASS DOWN - PASS ACROSS



NOTE: ALTERNATE SIDES CONSTANTLY

DRILL:
PASS DOWN – PASS ACROSS

DRILL TYPE:
-PASSING, CATCHING, AND SHOOTING

LEVEL:
-BEGINNER/INTERMEDIATE

PURPOSE:
-PASSING ON THE MOVE
-CATCHING ON THE MOVE
-INTRODUCE CUTTING
-INCORPORATE SHOOTING INTO DRILL

KEY POINTS:
-CALLING FOR THE BALL
-MOVING TOWARDS PLAYER WHEN PASSING
-CATCHING ON THE MOVE
-CUTTING TO THE NET
-SHOOTING

WHAT DRILLS TO DO NEXT:
-OFFSIDE PICKS, ONE-ON-ONE



REFERENCES:

- <http://nccp.lacrosse.ca/>
- http://cla.pointstreaksites.com/files/uploaded_documents/357/Lacrosse_Drill_Cards_.pdf
- <http://www.cla-alberta.pointstreaksites.com/view/cla-alberta/coaching/tips>
- <https://www.youtube.com> “Indoor Lacrosse Drills, Box Lacrosse Drills”
- <http://beginnerlacrosse.com/lacrosse-drills.asp>
- <http://www.lacrossecoaching101.com/lacrosse-drills.htm>

