



Basic Lacrosse Skills/Drills Tracking Sheet

Program Emphasis: Improvement/Consistency

Program Frequency: 2x per season

Unit: Lacrosse Skills Application (Over 1 Month Span)

Student/Player Name: _____

Teacher/Coach: _____

Exercise	Prescribed		Successful # of Reps		Technical Info
	Sets	Reps	Week #	Week #	
Static Loose Balls: Stationary Pick Ups - <u>Loose Ball Drill #1A</u> (Variation #1A)	1	10			SLB - Put players in partners, one ball per pairing; have them stand 5 meters away from each other, using pylons to mark the distance. The partner with the ball puts it on the ground beside them while the other partner takes 5 running steps before picking up the ball; returning to their starting position; reversing roles. A successful rep is when a player picks the ball up all in one motion.
Dynamic Loose Balls: Loose Balls On The Run - <u>Stickwork Drill #3</u> (Variation #1C)	1	10			DLB - Divide the floor in half lengthwise; with two lines in opposite ends/corners). Coaches then stand at each side of centre and roll a ball to the first player in both lines as they run forward. Standardize the loose ball. A successful rep is when a player keeps the ball in front of them, picks it up (scoops it) all in one motion.
Static Passing: Board Shuttle - <u>Warm Up Drill #3</u> (Variation #1A)	1	10			SP - Players start in lines of 3-4 players, 10 meters (10 large steps) away from a wall/boards, with a 30cm x 30cm square target taped on the wall. The first player throws the ball at the target and the next player collects the rebound. A successful rep is when the player passes against the wall and the ball hits the tape or anywhere inside the square.
Static Catching: Stationary Partner Passing - <u>Stickwork Drill #2</u> (Variation #1B)	1	10			SC - Players are lined up in pairs, 7-8 meters apart (7-8 large steps). Partners pass back and forth counting the number of successful catches (they can use hands to throw the ball if required). If the pass is UNCATCHABLE (i.e. opposite side of the players body than that which they are holding the stick; below their waist or above high above their head), extra attempts may be allowed at the coaches discretion.
Dynamic Passing: Dynamic Partner Passing <u>Stickwork Drill #2</u> (Variation #3A)	1	10			DP - Players are lined up in pairs, 10-15 meters apart (10-15 large steps). With one ball per pairing, the ball carrier makes a short run forward before passing the ball to their partner. If the pass touches the partner's stick then it is to be deemed a successful repetition (unless UNCATCHABLE). The original passer backpedals back to where they started, with their partner repeating the said actions.
Dynamic Catching: Catching on the Run - <u>Stickwork Drill #3</u> (Variation #2)	1	10			DC - Divide the floor in half lengthwise; with two lines in opposite ends/corners). Coaches then stand at each side of centre and as the first player in both lines run forward, they flip the ball up in the air for the player to catch while running (for a successful rep). Switch which corners players are starting from halfway through the drill (after 5 reps).
Cradling and Set-Shooting: Semi-Circle Shooting - <u>Warm-Up Drill #5</u> (Variation #1A)	1	10			SCS - Players are arranged surrounding two separate nets, in an arc (semi-circle) formation. From 12 meters away from the net, players need to cradle the ball up and down three times before subsequently taking a crow-hop then a set-shot on net. Players rotate positions after each shot; a successful rep is if the player doesn't drop the ball and hits the net. All players shoot at the same time.
Cradling and Shooting On-The-Run: Cradling Around Pylons - <u>Cradling Drill #3A</u> (Variation #1)	1	10			DCS - Divide the floor in half lengthwise, with two lines in opposite ends. Within each half there should be a zigzag pylon formation (6 pylons 10 meters apart). Players must cradle around the pylons (no drops) & shoot the ball, without stopping running, into the net from 10 meters away (marked with a 7th pylon) for a successful rep. Switch the sides of both lines after 5 reps (shots from both floor sides).

***Hand your tracking sheet into the teacher/coach at the end of each session for completion marks**