



12U BOX LACROSSE PRACTICE GUIDE

Drills and Plans for Running Box Lacrosse for Ages 9 – 12

BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS FOR RUNNING BOX LACROSSE FOR 8U (AGES 9 - 12)

Our Mission:

As the sport's national governing body, US Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.

Our Vision:

We envision a future that offers everyone a lifelong opportunity to enjoy the sport of lacrosse.

About Box Lacrosse:

Box Lacrosse is played inside the confines of a multi-sport rink. Each team has six total players on the floor to start a game with five runners and one goaltender. Players rotate on and off the floor in shifts to play offense by trying to put the ball in their opponents' goal and play defense by preventing their opponents from scoring on their goal.

Rules:

US Lacrosse published a Box Lacrosse Rulebook annually, found online at [USL Box Rulebook](#)

Insurance:

Will the USL insurance plan cover me if I play box lacrosse?

The US Lacrosse Member Insurance Program applies whether the lacrosse games or activities are held outdoors or indoors, as long as the established rules approved by US Lacrosse are enforced. For box lacrosse, US Lacrosse Box Rules must be followed without modification.

US Lacrosse Box Practice Plans:

These practice guides to lacrosse coaches, parents, and program administrators, players across the country will have an opportunity to learn box lacrosse in a way that is age appropriate.

Properly Equipment for Players:

To be fully utilized these practice plans, like the US Lacrosse Box Rules, require players to be properly equipped with the right equipment. Within the US Lacrosse Box Rules, Rule 28 Protective Equipment and Rule 29 Goaltender Equipment state the mandatory equipment that players must wear.

For more information review the US Lacrosse Rules and review the latest Equipment Guide that can be found at [USLacrosse Equipment Guide](#)



Practice #1 — Fundamentals & Games

Age Group: 12U

Resources: Open Wall/Field Space or Outdoor/Indoor Lacrosse Box, Lacrosse Balls, Nets, Garbage Can, Tape, Universal Screw Driver, Hacksaw, Zip Ties, Helmets & Gloves, Sticks, Pylons, Whistle, Name Tags, Sharpie

Note - No Goalies Are Required For This Practice

Pre-Practice: (20 min - Optional)

Meeting Coaches, Players & Parents

Demo: Stick Cutting & Taping

Post Practice: (40 min - Optional)

Prearranged BBQ with the families on the team

Reminders: Athletic position = Feet parallel (hip width apart), knees slightly bent (1/4 squat aka peak power position), staying on “the balls (forefoot)” of your feet, leaning slightly forward, with head/chest up, abdominals flexed (as if about to be punched in the stomach), a “neutral spine” and “shoulders set.”

4 Phases of a Movement: Preparation (1), Force Production (2), Critical Instant (3), Follow Through (4)

Drill #1 Fundamental Skills Analysis

Drill Duration: 4 mins

Descriptions: **Huddle (Circle at Centre-Floor)**

- Explain the importance of the Circle
- Coach Introductions (1 min)
- Discussion (2 min):
 - ◊ History Of Lacrosse Among First Nations People (Research) - [Video](#)
 - ◊ Spirit of the Stick - [Link](#)
 - ◊ Land Acknowledgement - [Link](#)
- Discussion (1 min): How Box Lacrosse Is Played? Rules?

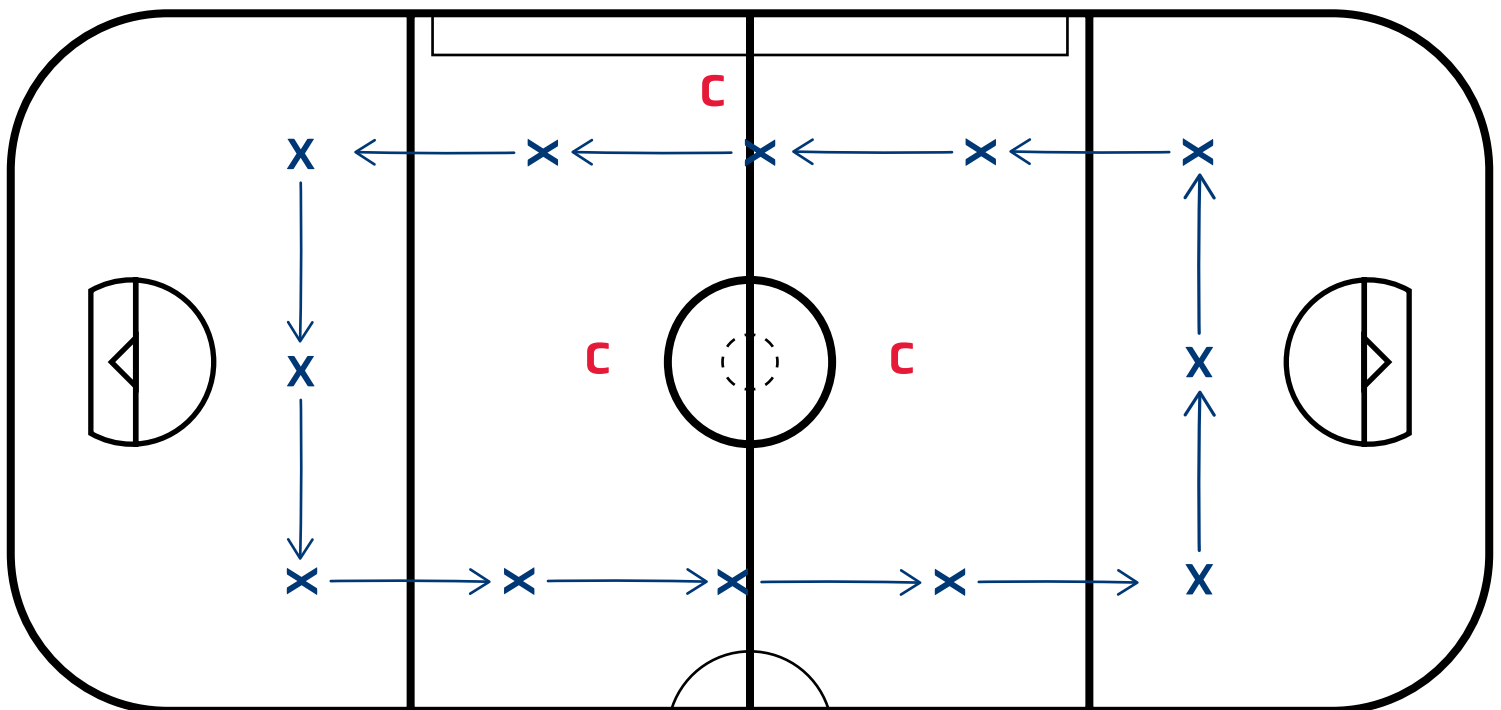
Drill #2 Warm Up Drill - Running Around the Perimeter

Drill Duration: 1 min

Descriptions: Variation #1A: "No Balls"

- Have players run around the entire outside of the box, holding the stick with "two hands" (no balls)
- No cutting corners!
- Let players know to hold their stick on whatever side they ran with it during this drill, for all subsequent drills ("strong hand").

Drill Diagram:



Drill #3 Defense Drill - Athletic Position ["Balance" & "Footwork"]

Drill Duration: 5 mins

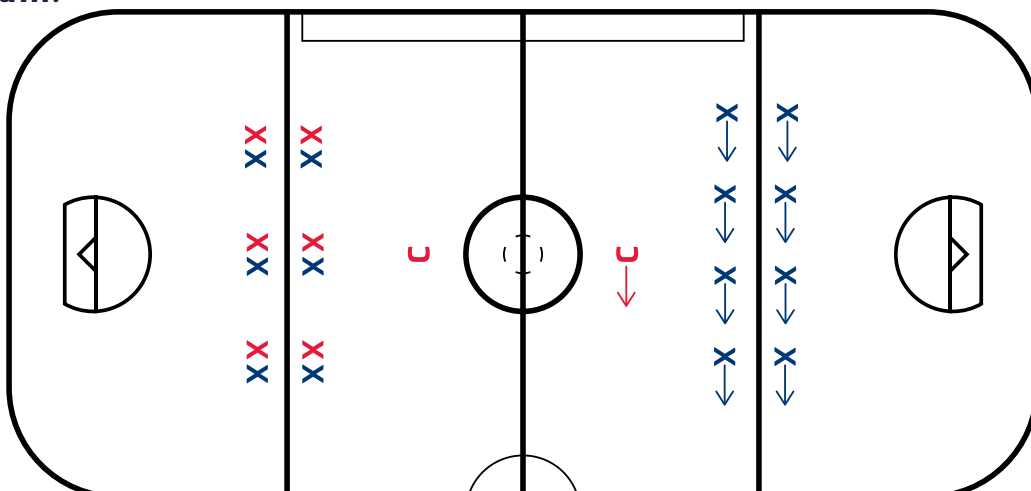
Descriptions: **Variation #1 (2 min): "Pushing a Partner"**
(No Stick) *left diagram*

- Demo (1 min): "Holding The Stick," "Athletic Position" (Footwork)
- Players stand in what they believe to be the athletic position and coaches walk around and see if they can push them off balance (using a reasonable amount of strength).
- Players then try to push each other off balance, one at a time, with no sticks.
- Most common error = not bending knees enough

Variation #2 (2 min): "Follow the Stick"
right diagram

- Have players stand (with nobody else within arm's length) in two different groups, in opposite ends of the floor, with the assistant coaches instructing them to follow their stick (forward, back-pedal, side-shuffle, down & roll - then up).
- Players should maintain the athletic position throughout the drill, having a wide stance for "side-shuffling and a deep knee bend ("getting low") when "back-pedaling."
- Informally correct the posture of any noticeably bad athletic positions among the group.
- Have players sprint to the opposite end of the floor and repeat the drill in front of the other coach.
- Each sequence of movements should last between 30-45 seconds (giving players the feel for what an average shift would be like).
- Most common error = not bending knees and getting low/wide while maneuvering.

Drill Diagram:



Drill #4 Loose Ball - “Stationary” Pick-Ups (Scooping)

Drill Duration: 5 mins

Descriptions: **Variation #1 (2 min): “4 Different Techniques”**

left diagram

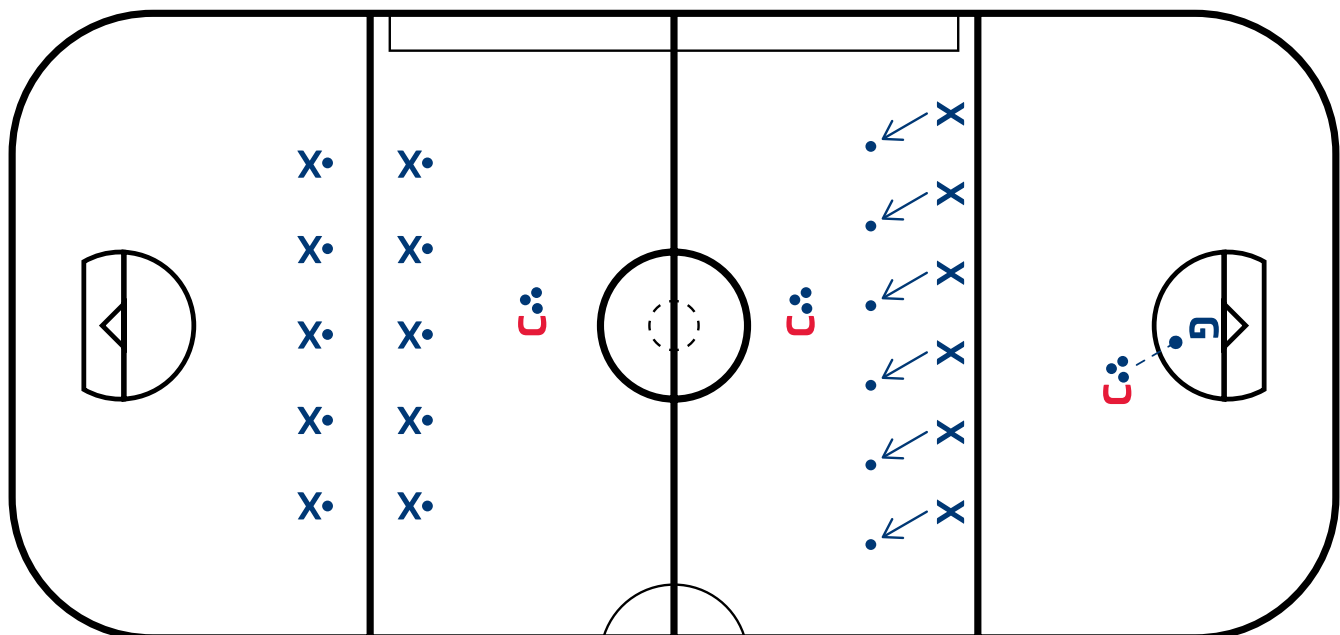
- Demo (1 min): Loose Ball - “Scoop,” “Trap & Scoop,” “Scoop-Tuck-Turn,” “Scoop-To-Triple Threat Position”
- Have players stand (with nobody else within arm’s length) as a group.
- Each player should have a ball on the ground in front of them to start.
- Have them practice all the techniques listed on the Loose Ball Skills Analysis in “stationary” form (from a stand still).
- Start with the “scoop” (Variation #1A), the “trap and scoop” (Variation #1B), “scoop, tuck & turn” (Variation #1C), and lastly “scoop-to-triple threat” (Variation #1D).

Variation #2 (2 min): “Dynamic Loose Balls”

right diagram

- Advance to having players take 5-10 running steps before they pick up the ball; eventually having them run full speed from half-floor or full floor.
- Most common error = not keeping the butt-end of the stick low to the ground (“mowing the lawn” instead of “shoveling snow”)

Drill Diagram:



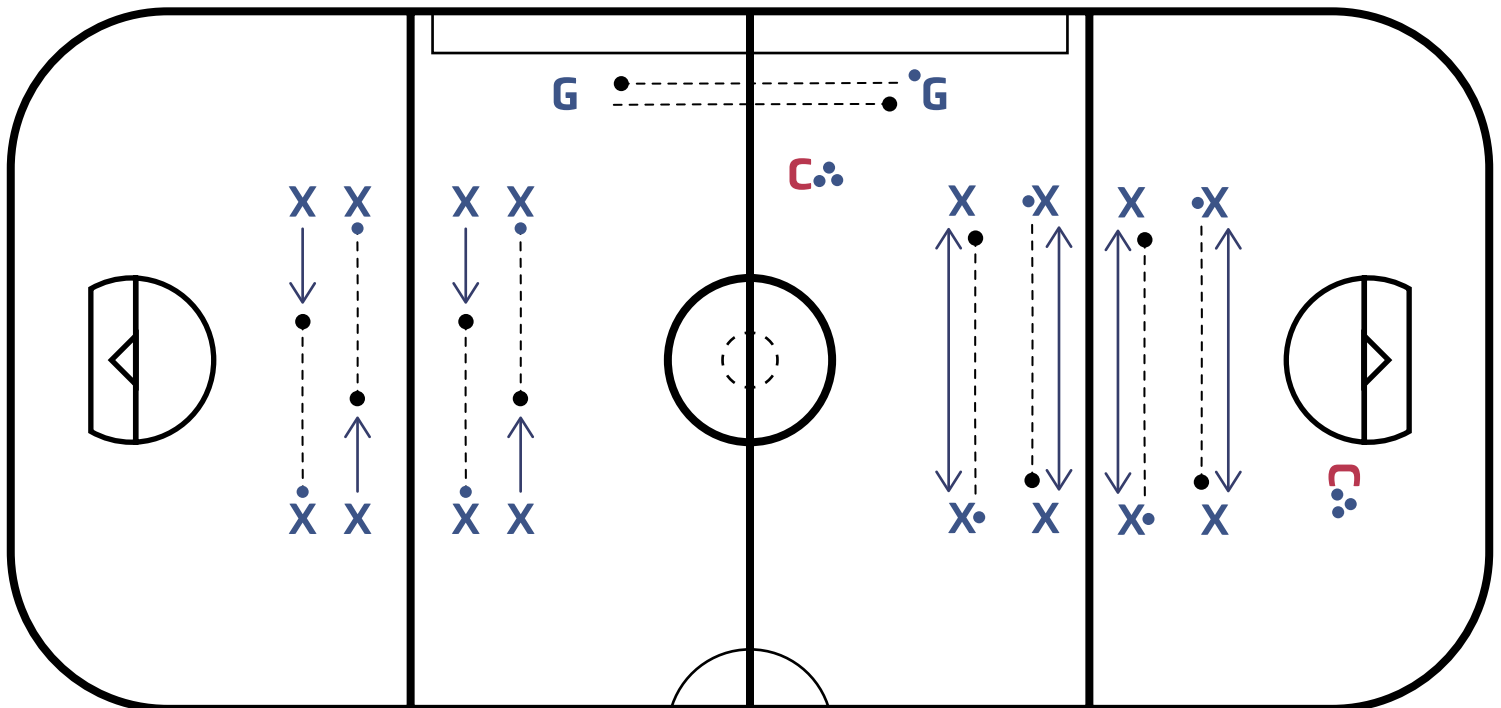
Drill #4 Loose Ball - Rolling (“Attacking”) A Ball With A Partner

Drill Duration: 3 mins

Descriptions: Variation 1: “Loose Ball”

- Demo (1 min): “Attacking A Loose Ball” (Keep It In Front Of You)
- Have players line up in pairs 10-15 yards apart, rolling a ball back and forth.
- Keep track of the number of successfully completed loose balls in a minute.
- As players progress, coaches can have players practice different techniques (“scoop,” “scoop, tuck & turn,” “scoop to triple-threat position;” also having players give their partner some trickier bounces.
- Water Break = 1 min

Drill Diagram:



Drill #6 Stickwork Drill - Partner Passing

Drill Duration: 15 mins

Descriptions: **Variation #1B (4 min): "Stationary Passing & Catching"**
left diagram

- Demo (1 min): "Soft Hands" (Catching An Egg Example)
- See Passing & Catching Skills Analysis
- Start with players in two rows, 3-5 yards apart, with one ball for each set of partners.
- Start with one partner underhand passing the ball (with their bare hand) to the other partner, who tries to catch it using "soft hands."
- Each player should get at least 5-10 quality attempts to catch the ball in this fashion, with players later encouraged to pass the ball with their stick.
- Players should give each other a target to pass to when preparing to receive the ball.
- Progressively have players move farther away from each other.
- Identify the players that are having considerable trouble catching and/or passing, pulling them aside in small groups of players that have a similar problem (catching or passing).
- Most common error = not giving a target to the passer

Variation #3A to #3C (7 min): "Dynamic Pass"
(Just Passer/Just Receiver/Both)

right diagram

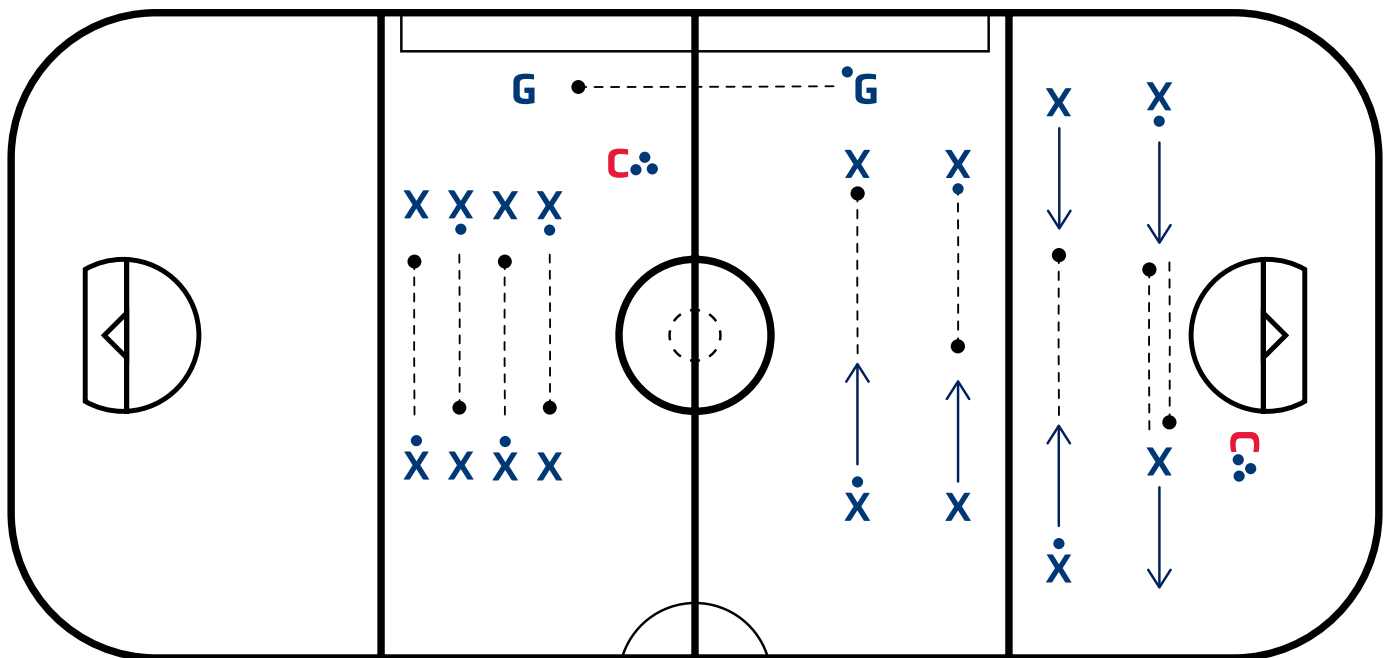
- Progress to just the passer running toward the receiver from a starting distance of 10-15 yards away, passing to a stationary receiver, then backpedaling back to their original starting position (Variation #3A).
- Next, practice with just the receiver running toward the passer, with the passer using basic footwork (left and right) before making the pass.
- The player that receives the pass then backpedals back to their starting position, and their partner repeats said actions (Variation #3B).
- Another variation is for both partners to run towards each other, make a pass and then either continuing to run forward to the other side, or backpedaling back to their original starting position (Variation #3C).

**Variation #3A to #3C (7 min): "Dynamic Pass"
(Just Passer/Just Receiver/Both)**

left diagram

- Start with one partner facing away from the other partner, looking back to receive a pass over their back shoulder (still showing a target).
- After passing the ball, both partners switch relative positions, with the former passer now facing away and catching the ball over their shoulder while "stationary."
- Water Break = 1 min

Drill Diagram:



Drill #7 Warm-Up Drill - Semi-Circle ("Horseshoe") Shooting

Drill Duration: 10 mins

Descriptions: **Variation #1A Or #2A (4 min): "All Players Shoot At Once" or "Left To Right" (Depending On The Goalie Situation)**

left diagram

- Demo (1 min): "Prime Scoring Area," "Proper Floor Side"
- Arrange players, in both ends of the floor, into an arc (semi-circle) formation; starting 10 yards back from the net.
- Have all players shoot from the same distance every time, keeping track of the total number of goals scored; trying to get score more each time through.
- If more goals are scored, everyone moves further away; if less goals are scored, everyone takes a step forward.
- Continue until players score more goals then the round before, from 20m away.

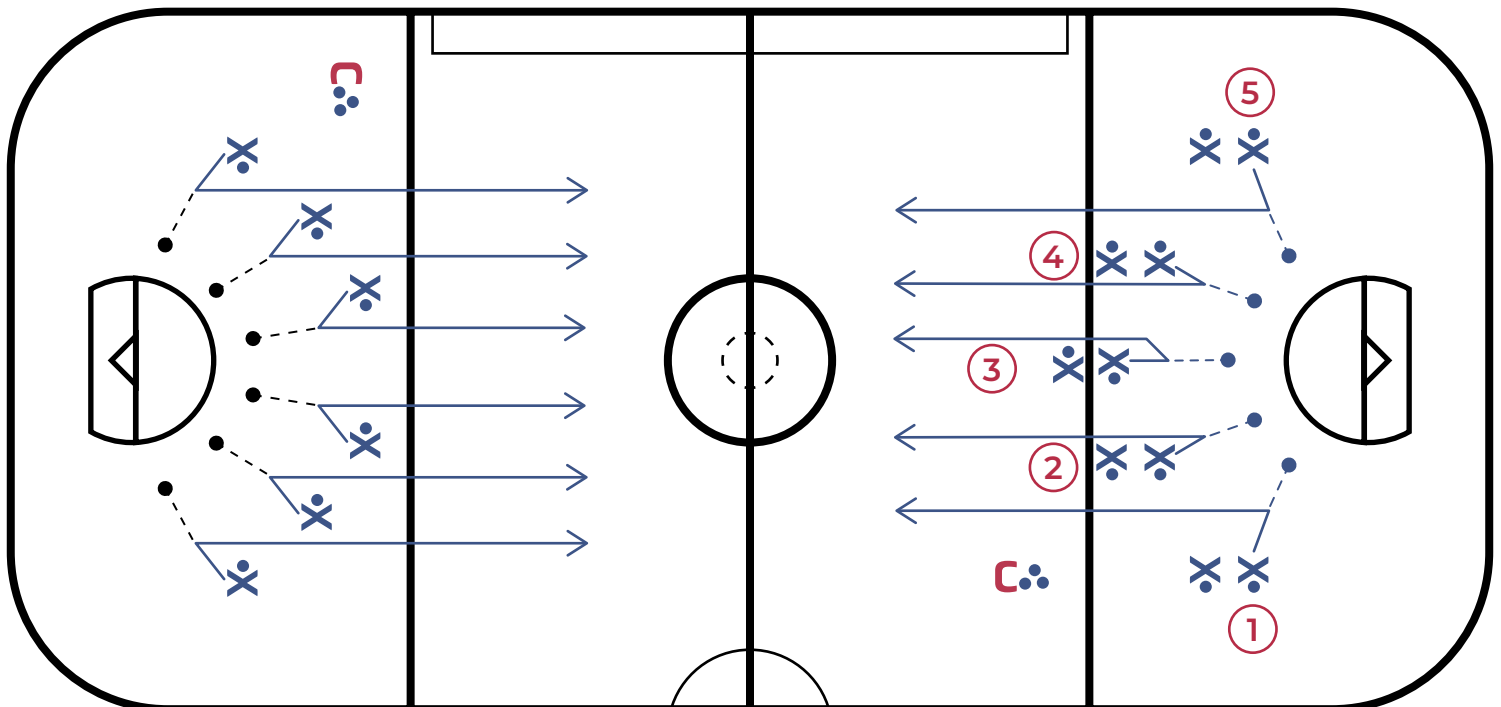
Variation #5 (4 min): "Shot On-The-Run" (L to R/R to L)

Demo (1 min): "Shooting-On-The-Run"

right diagram

- Arrange players into five lines at the 5 standard offensive positions, instead of the semi-circle formation; 10 yards back from the crease.
- Have players take turns taking shots on the run from 10 yards away, working their way from one side to the other, with one second in-between shots; start on the opposite side the next time through the drill.

Drill Diagram:



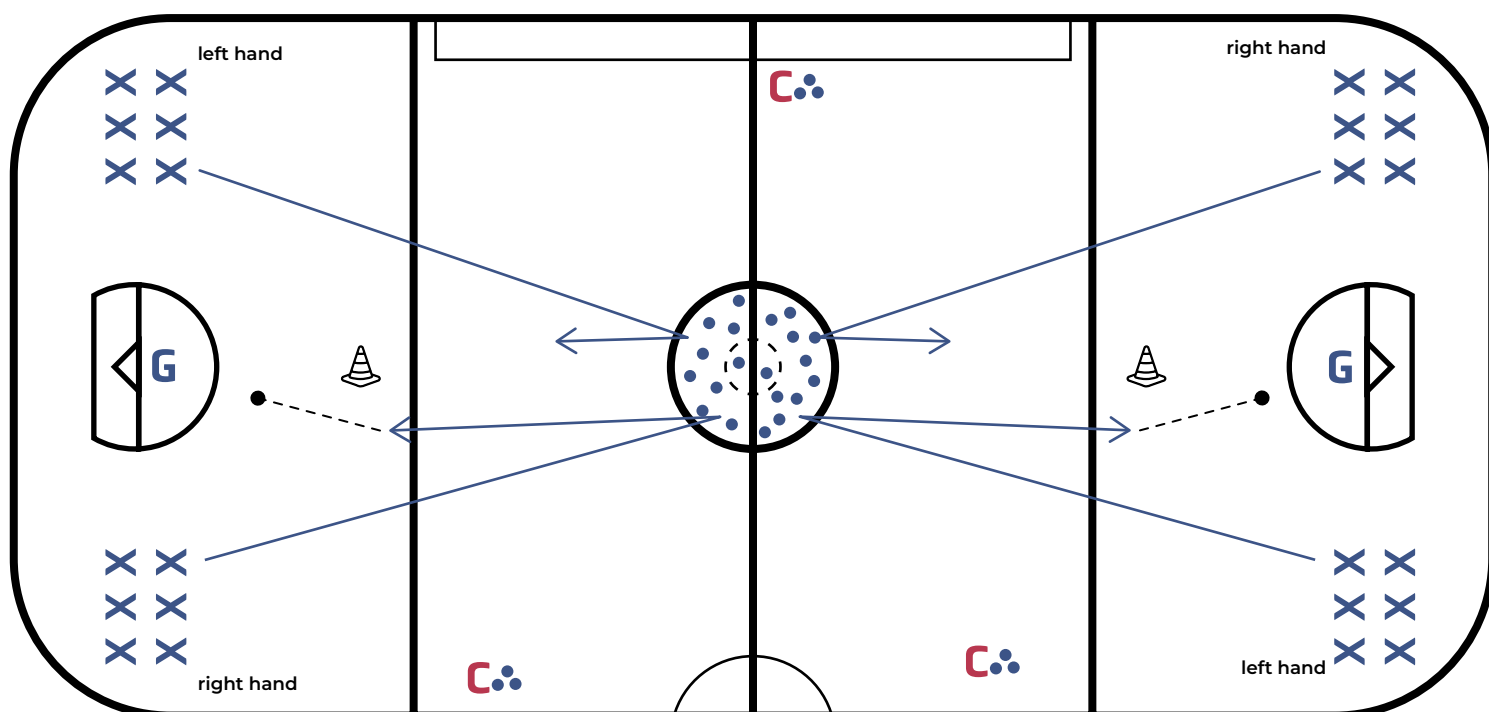
Drill #8 Games Drill - Shooting Relay Races

Drill Duration: 5 mins

Descriptions: **Variation #1: "Without Goalies"** or **Variation #2: "With Goalies"**

- Start with a large amount of balls on the ground inside of the face-off circle, with a pylon stationed in "the middle" (10 yards back from the net).
- Arrange players evenly, in one or both ends of the floor depending on numbers.
- Preferably, they are stationed on their proper floor sides (lefts & rights), in both corners, behind goal-line-extended (GLE).
- Other players set to go in this drill should be against the boards, tucked tightly in the corner to avoid getting hit by balls.
- This drill should first be performed as a shot-on-the-run, and then a set-shot, requiring overhand technique for both.
- On the whistle the first player in each line needs to run to center floor, pick up a loose ball, and run back toward the goal in the end they started from.
- Players must take a shot before the pylon for it to count, playing a game up to 10, where players get one shot and no attempts at rebounds ("hitting the post" counts for 2).
- Losing team does sprints (side-to-side 3x)
- Water Break = 1 min

Drill Diagram:



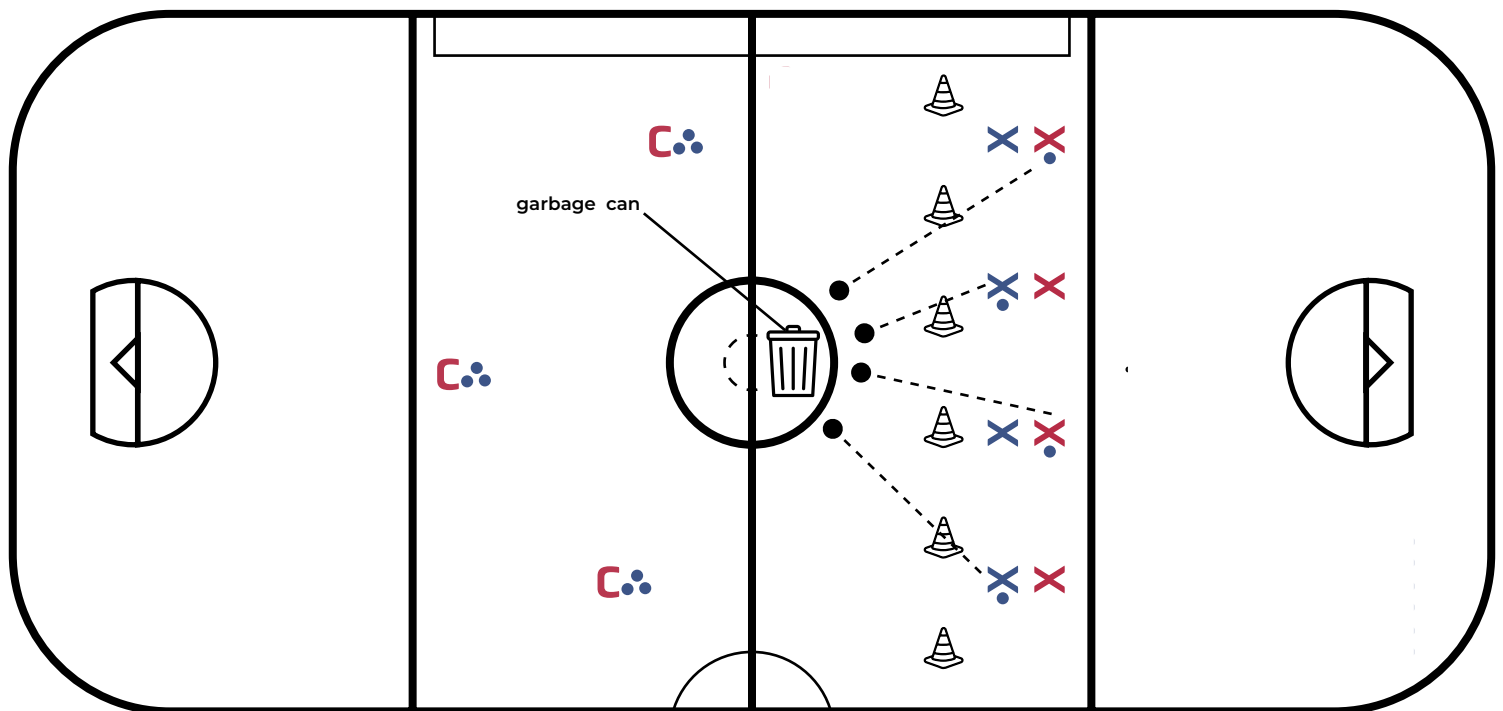
Drill #8 Games Drill - Lax Darts

Drill Duration: 5 mins

Descriptions: Variation #2: "Free For All"

- Place a garbage can in the middle of the face-off circle.
- Have all players on one side of the restraining line with coaches on the other side, actively collecting balls to send back to the players.
- Alternatively, the garbage can could be placed in the crease, with coaches behind the players, instead of in front of them.
- Place pylons on the ground to mark the start line, which should be an appropriate distance away from the garbage can, depending on skill level.
- All players can throw balls as they are returned by coaches, and players can battle for the loose balls (no slashing) until somebody corrals one (at which point they are free to shoot).

Drill Diagram:



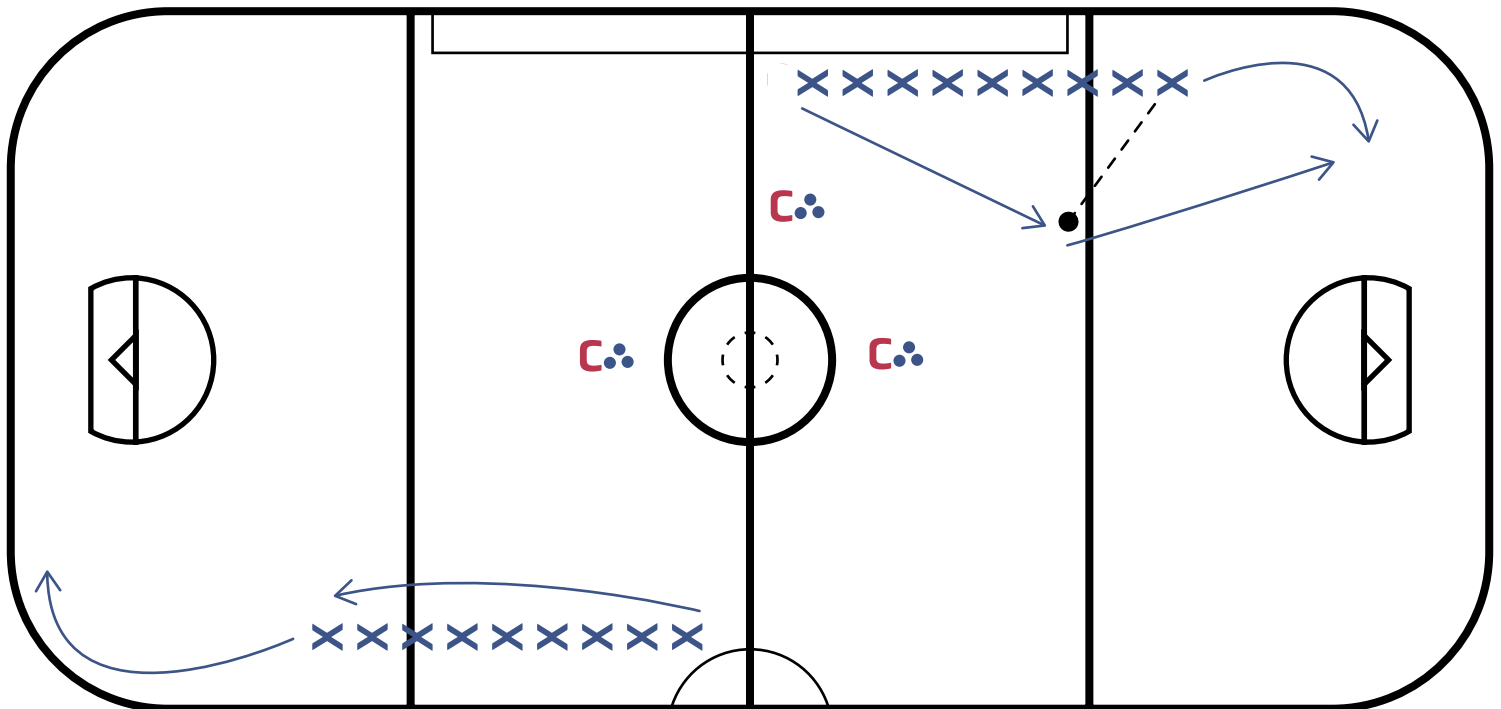
Drill #10 Cardio Drill - Rabbit Run

Drill Duration: 5 mins

Descriptions: Variation #1A: "Single Line" (No Balls)

- Start with the entire team in a line along the boards (1 yard away from each other). Players jog at the same speed around the outside of the box, with the player at the back of the line sprinting up to the front of the line (no balls).
- The only rule is no stepping in the crease (5 push ups every time it happens).
- Once this player reaches the front of the line, the next player at the back of the line begins their sprint to the front.
- Be sure to have the lines switch directions at the half way point of the jog, predetermined prior to the team cardio session.

Drill Diagram:



Drill #11 Fundamental Skills Analysis

Drill Duration: 2 mins

Descriptions: **Story**

- Circle at center floor
- Haudenosaunee Legend
 - ◊ The 4-Legged Animals vs. The Winged-Birds - [Link](#)
- Come up with an appropriate word, as a team, for a team cheer.