

The background of the entire page is a blue-tinted photograph of lacrosse players in action. The players are wearing helmets, jerseys, and shorts, and are holding lacrosse sticks. The image is slightly out of focus, emphasizing the text overlay.

16U BOX LACROSSE PRACTICE GUIDE

Drills and Plans for Running Box Lacrosse for Ages 13 – 16

BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS FOR RUNNING BOX LACROSSE FOR 16U (AGES 13 – 16)

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 — Basic Stickwork + Goaltending

- Age Group:** 16U
- Duration:** 90 mins
- Resources:** Lacrosse Box, Lacrosse Balls, Nets, Tape, Hacksaw, Universal Screw Driver, Zip Ties, Full Equipment, Pylons, Whistle, Name Tags, Sharpie
- 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:** 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 Goaltending – Goalie “Stance & Rebound Control”

Drill Duration: 30 mins

Descriptions: **Variation #1A (5 min): “Corner Specific”** (See Fundamental Skill Analysis)

- Shoot on the goalie from different angles around the perimeter. In this drill the coach tells the goalie which corner they will be shooting at (5-10 shots per corner) prior to starting the drill and when switching between chosen corners (emphasize good goaltending technique).
- Variation #1B (5 min): “Different Angles”

Variation #1B (5 min): “Different Angles” (right diagram)

- Shoot on the goalie from different angles (and release points) around the perimeter, switching to inside shots after shooting a few shots from each of the 5 different angles.
- Instruct goalies to trap and scoop any rebounds that land close by the front of the crease (two-handed). Goalies should then bring the ball up into the throwing position ready to transition the ball as quickly as possible, passing the ball back to the coach.

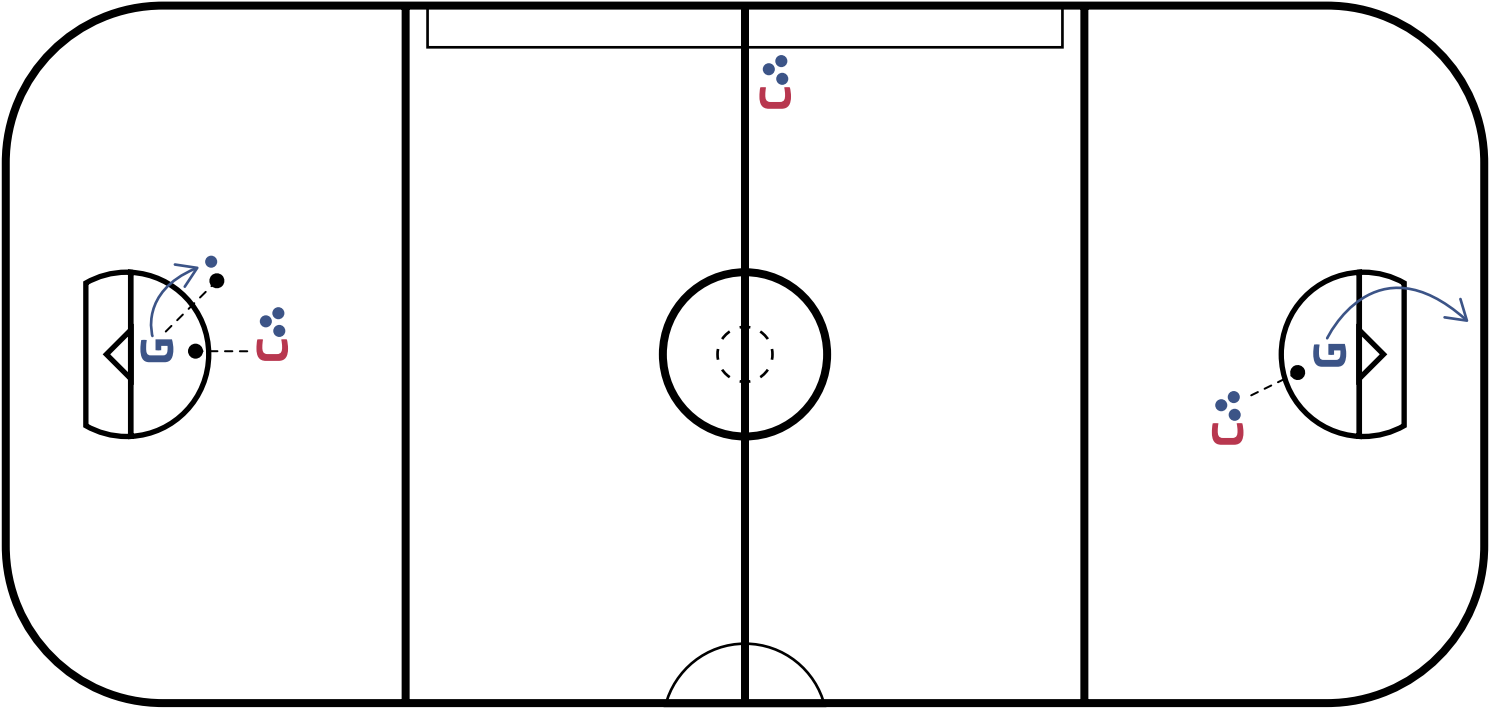
Variation #1C (5 min): “Goalie Trap & Scoop” (left diagram)

- Miss the net on purpose the odd time, hitting the ball off the glass and off the back of the net, or otherwise roll the ball somewhere near the crease.
- Have goalies reach for loose balls outside of the crease (behind or in front of the net), being sure to keep at least one foot in the crease while trying to obtain the ball (in order to avoid a “back in” violation). Be sure goalies use the length of the stick and reach with “two hands.”
- Goalies should then bring the ball up into the throwing position ready to transition the ball as quickly as possible, passing the ball back to the coach (who moves around acting like an outlet pass).

Variation #2 (10 min): “Two Shooters”(Mix Release Points) (not pictured)

- Shoot on the goalie from different angles around the perimeter, with two coaches (or volunteers) swinging the ball from east-west. Switch to inside shots (later one shooter outside and one shooter inside) after shooting a few shots from each of the 5 different angles.
- In this variation the coaches mix up their release points, tells the goalie prior to starting the drill which corner they will be shooting at (5-10 shots per corner), and also when they will be switching between chosen corners.
- *Run this drill simultaneous to drill #3, #4, #5, #6, #7 & #8*

Drill Diagram:



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

Drill Duration: Simultaneous with Drill 2

Descriptions: **Variation #1 (2 min) "Maintaining Balance" (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, first with no sticks and then with sticks using a "push check."

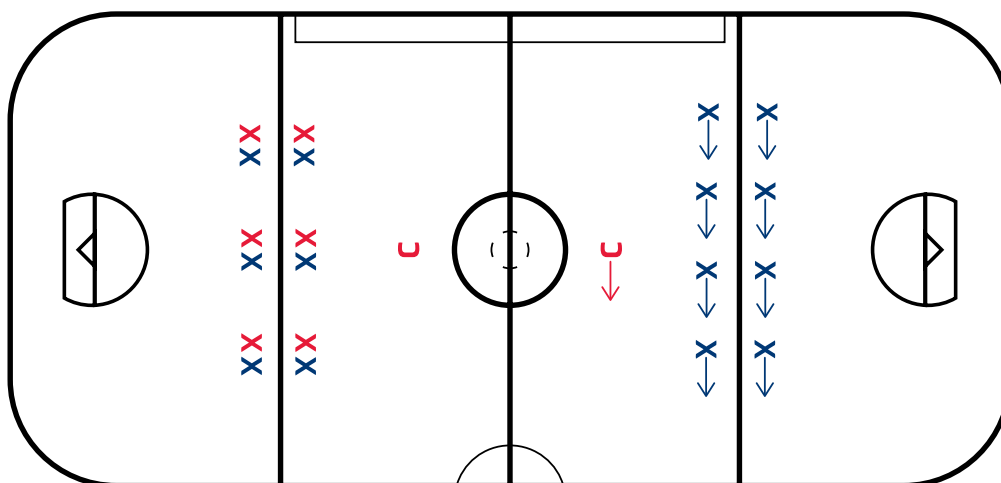
Variation #2 (2 min): "Follow the Stick"

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, down & roll - then up), with players doing "stutter-steps" on the coaches whistle (two whistles signals the end).
- 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.

Run this drill while other coaches warm up the goalies in drill #2

Drill Diagram:



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

Drill Duration: Simultaneous with Drill 2

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

left diagram

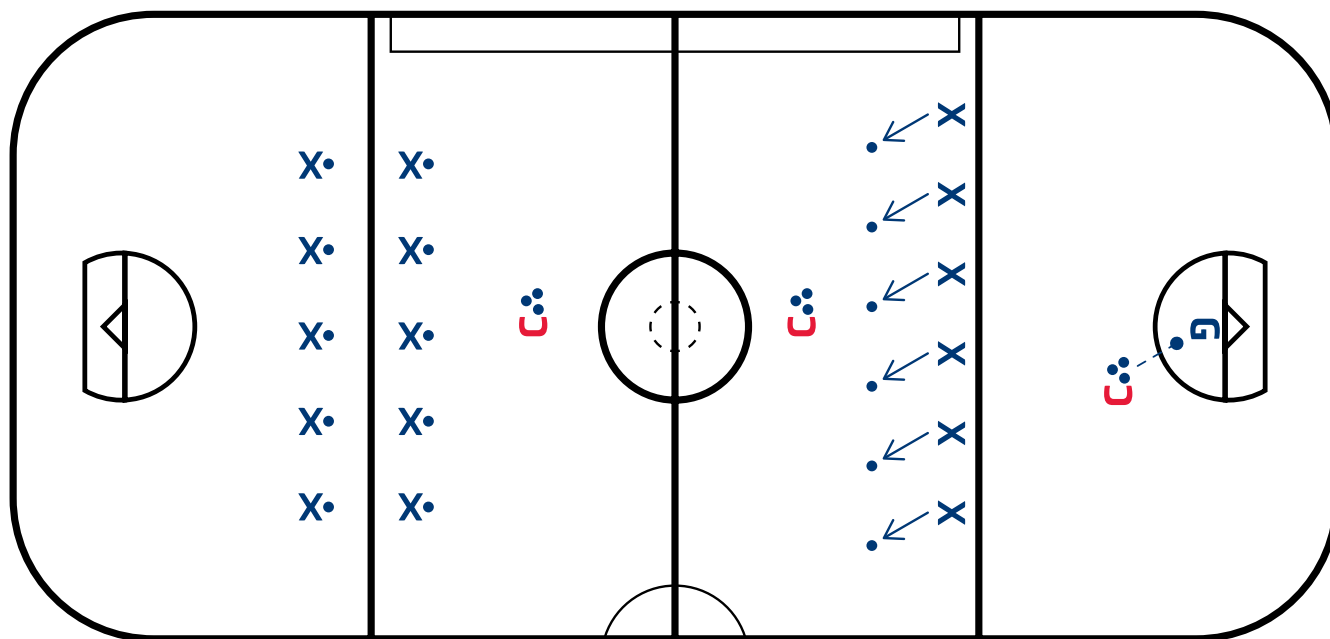
- Demo (1 min): Loose Ball - “Scoop,” “Trap & Scoop,” “Scoop-Tuck-Turn,” “Scoop-To-Triple Threat Position”
- Have players stand (with nobody else within arm’s length) as a group.
- Each player should have a ball on the ground in front of them to start.
- Have them practice all the techniques listed on 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”)
- *Run this drill while other coaches warm up the goalies in drill #2*

Drill Diagram:



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

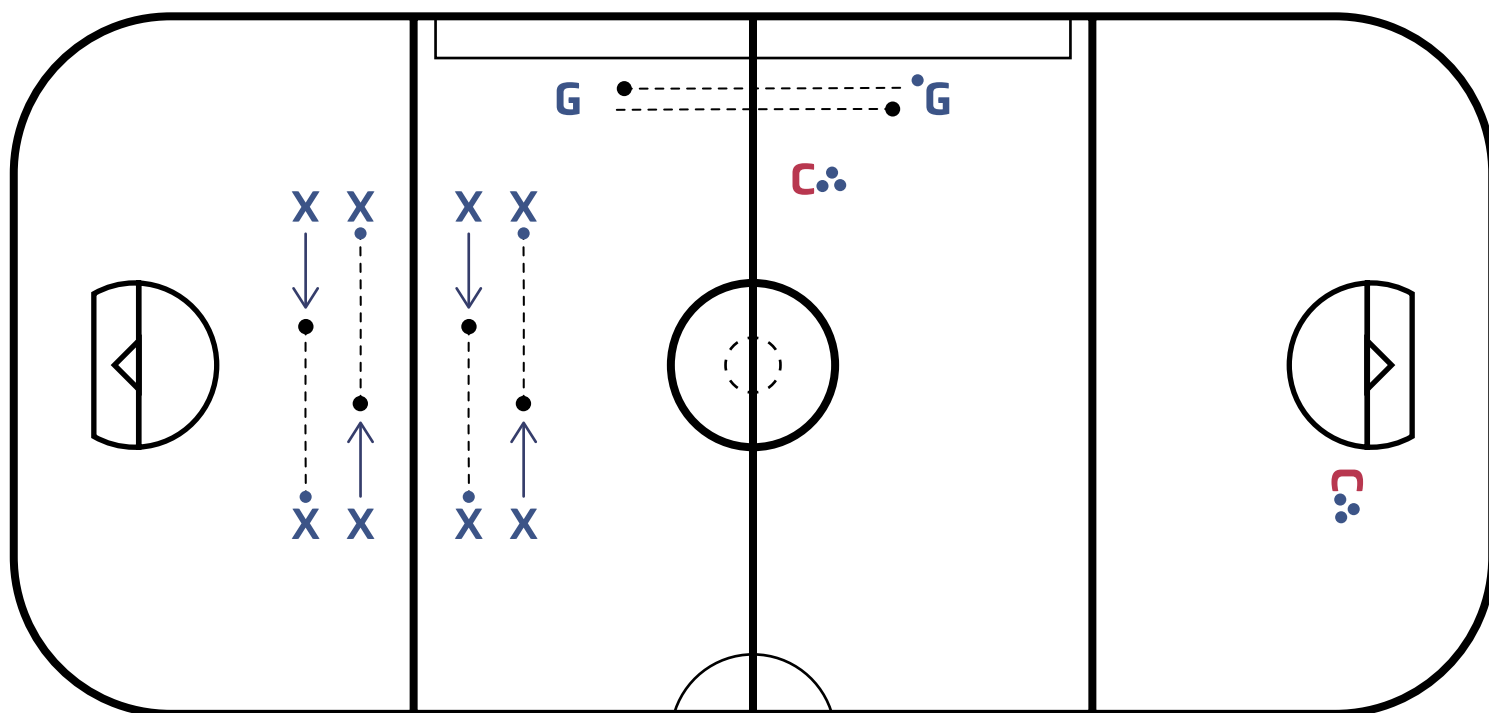
Drill Duration: 3 mins

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,” scoop-to-triple threat-to-tuck & turn); also having players give their partner some trickier bounces.

Run this drill while other coaches warm up the goalies in drill #2

Drill Diagram:



Drill #6 Stickwork Drill - Partner Passing

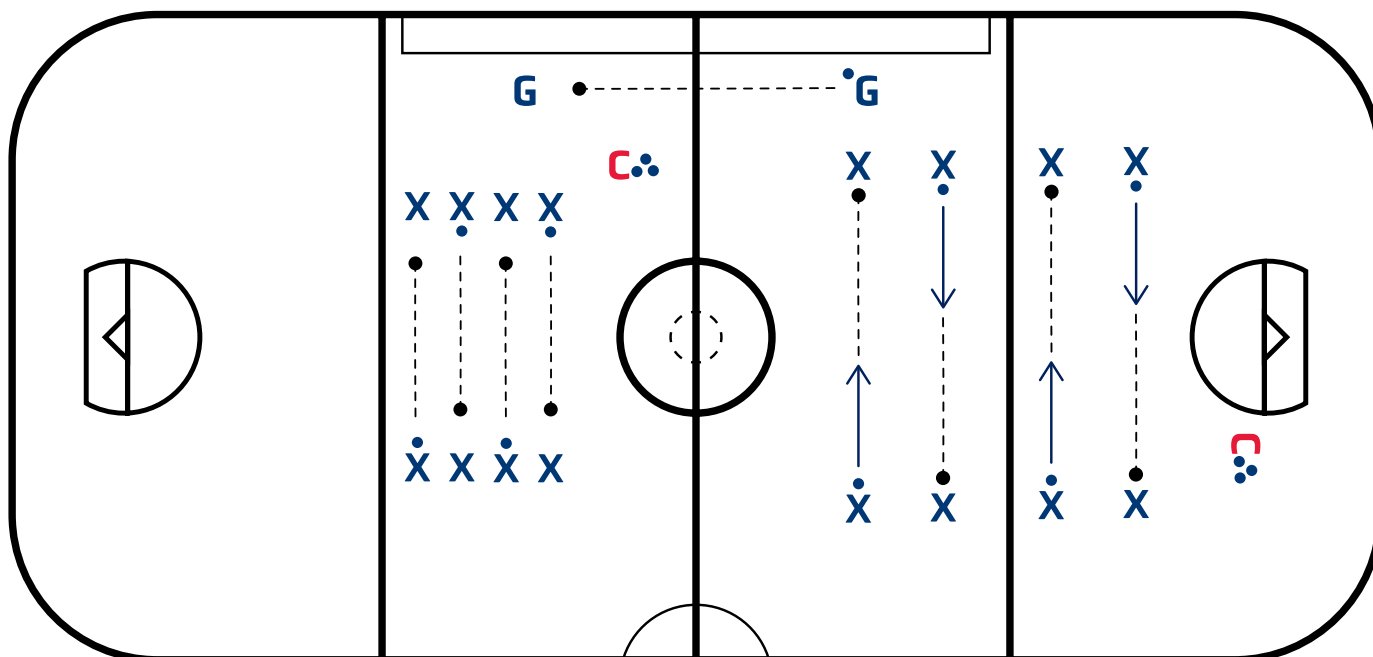
Drill Duration: Simultaneous with Drill #2

Descriptions: **Variation #1 (3 min): "Stationary Passing & Catching"**
left diagram

- Demo (1 min): "Soft Hands" (Catching An Egg Example)
- Start with players in two rows, 5-10 yards apart, with one ball between them. Start by having one partner underhand pass 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 progressing to passing the ball with their stick (Variation #1B).
- 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 until 20 yards away (close to the side-boards), taking a short run before the pass.
- Most common error = not giving a target to the passer and/or not calling for a pass
- Water Break = 1 min

Run this drill while other coaches warm up the goalies in drill #2

Drill Diagram:



Drill #7 Board Shuttles

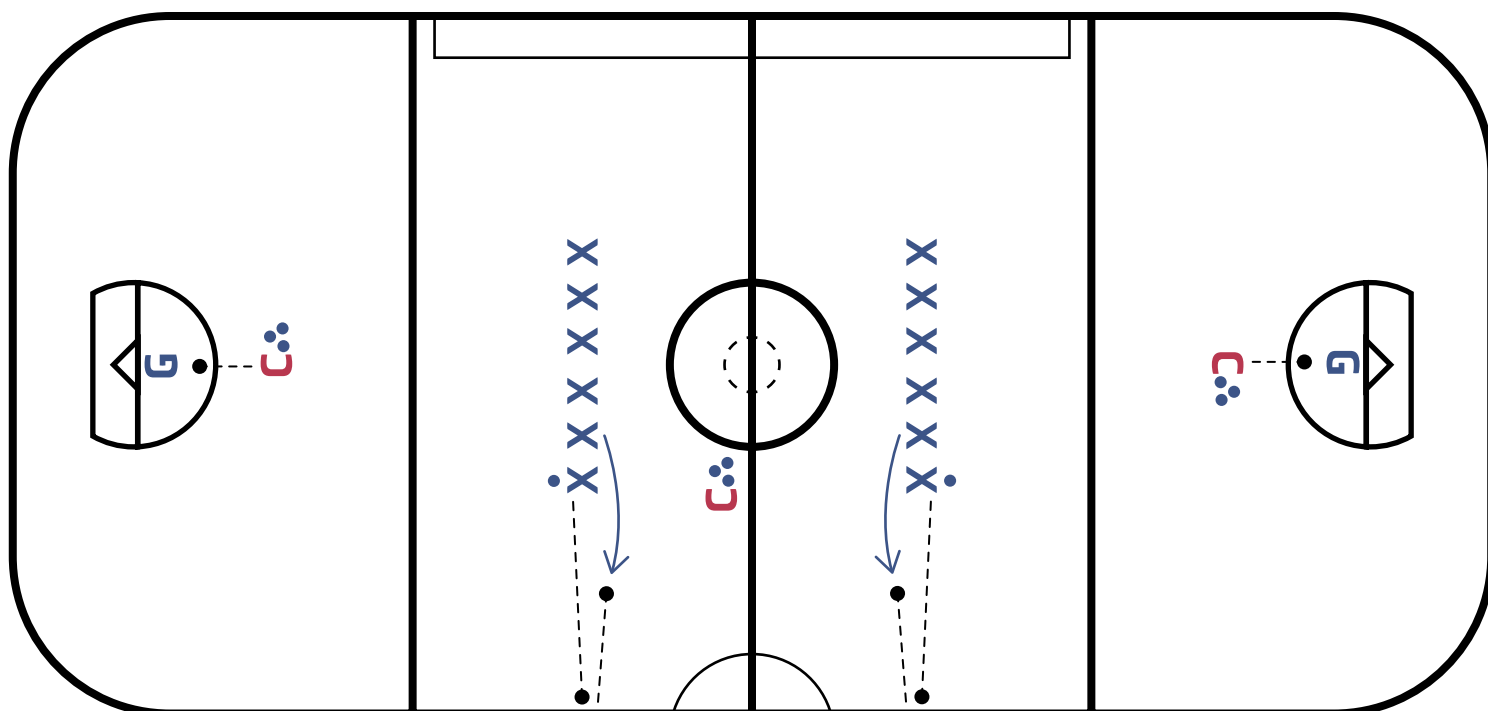
Drill Duration: Simultaneous with Drill #2

Descriptions: Variation #1A (5 min): “Passes” (“Eye Level”)

- Have players line up in groups of 3 to 5 players, facing the side-boards; approximately 15 yards away.
- The first player in line starts with a ball and “passes” the ball against boards, aiming for a designated pane of glass.
- The next player in line has to corral the loose ball and repeat the same action as the player in front of them, and so on and so forth.
- Encourage beginners to get in front of the ball with their body, instead of reaching with their arms when corralling the rebound.
- Assistant coaches should be ready with lots of extra balls.
- Most common error = players not keeping their body in front of the ball in case they miss it (instead reaching for it with their arms)

Run this drill while other coaches warm up the goalies in drill #2

Drill Diagram:



Drill #8 Warmup Drill - Line Shuttles (Straight & Traffic)

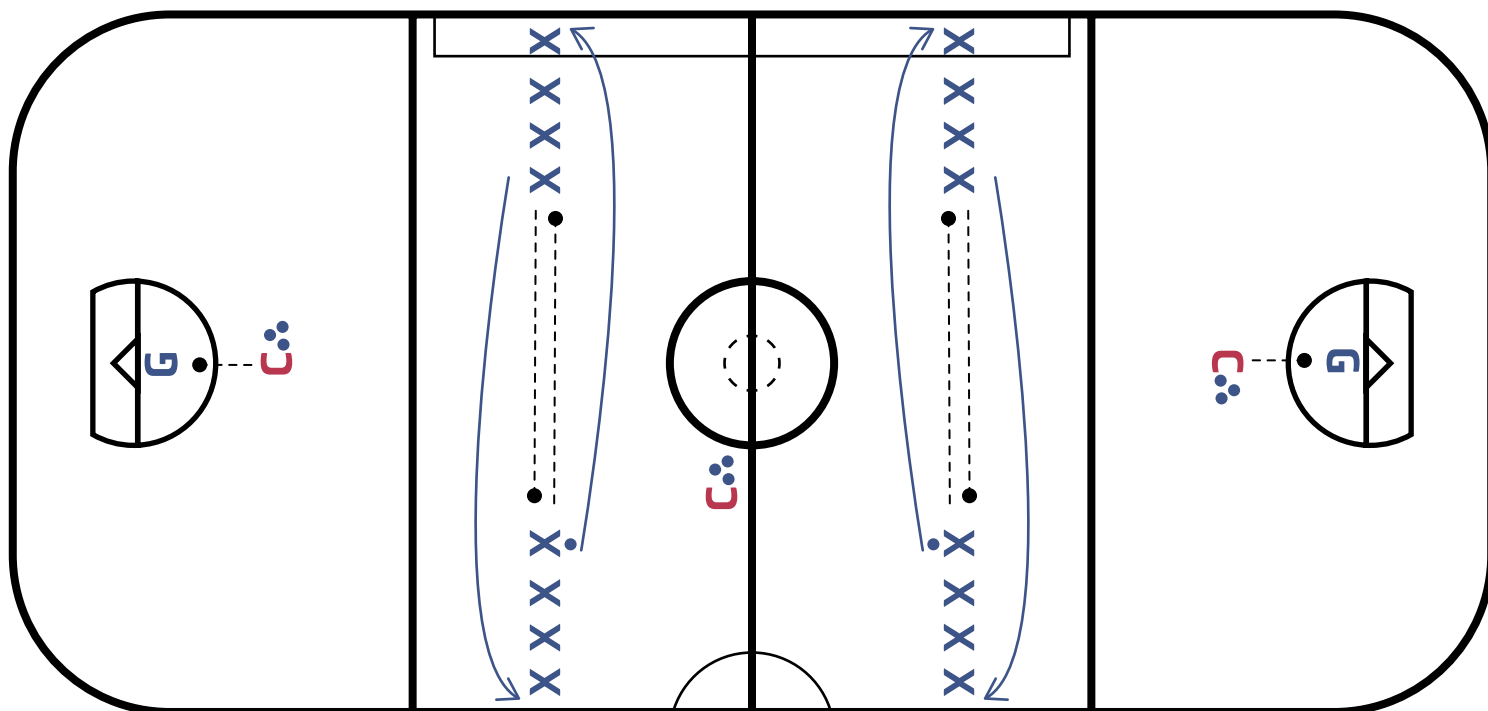
Drill Duration: Simultaneous with Drill #2

Descriptions: **Variation #1A to #1C & #2A (7 min): "Loose Ball Shuttle" (Scoop/Trap & Scoop/1 Up-1 Down/Straight Passing)**

- Have players lined up in two lines facing each other (approximately 15 yards apart), near the shooter positions, in one or both ends of the floor.
- The first player in each line begins with a short run forward (one being in possession of the ball), being sure not to leave too early (which can disrupt the timing of the drill).
- Start with a "stationary loose ball," with players scooping (or "trap & scooping") the ball and then placing it back down in the same spot (middle of the shuttle) before running to the back of the opposite line (Variation #1A).
- Next, have players roll a loose ball to the line across from them, then run to the back of the line that they rolled it to (Variation #1B).
- There's also the "one up, one down" variation, alternating between a pass and a loose ball (Variation #1C).
- In **Variation #2A**, players pass the ball to the line across from them, then run to the back of the line that they passed it to.
- Most common error = the timing of the drill can be thrown off if players leave their line too early/late

Run this drill while other coaches warm up the goalies in drill #2

Drill Diagram:



Drill #9 Fundamental Skills Analysis

Drill Duration: 7 mins

Descriptions: Dynamic Warm-Up

- Have players demonstrate “dynamic stretches” that they know (coach fills in the gaps)
- Show goalies the static stretch routine
- Water Break = 1 min

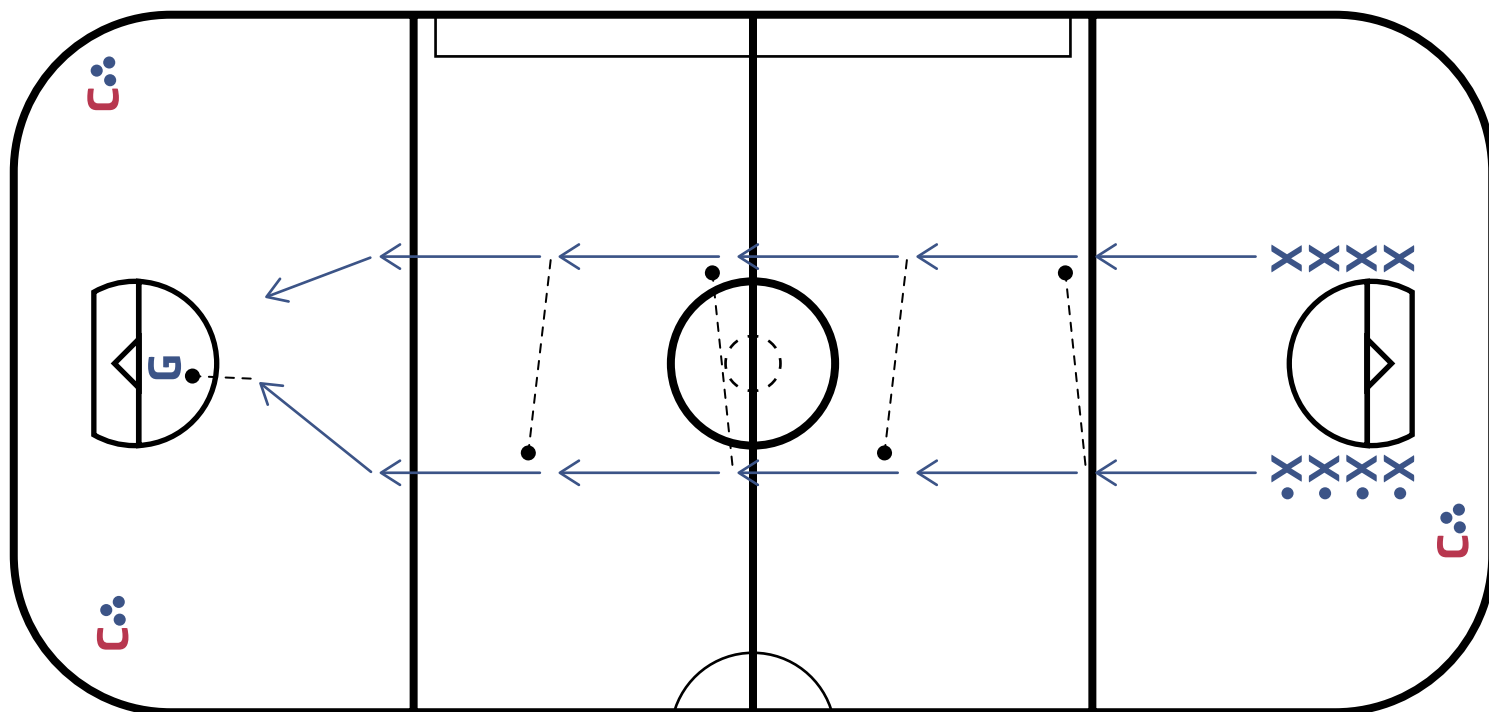
Drill #10 Stickwork - Partner Passing On the Run

Drill Duration: 8 mins

Descriptions: Variation #1A & #1B: "Progressive Build Up" (Wrong Side & Proper-

- Draw Diagram = 1 min
- Start with two parallel lines at the top of one of the creases, with players on their wrong floor sides, having them switch to their proper floor sides after a few reps through the drill. One line of players can start with balls, or the drill can also start with a pass from the goalie (switch halfway), depending on player skill level.
- Have players start "in two's," at a starting distance of approximately 5 yards. Progressively increase the starting distance of the players apart, having them run the length of the floor and taking shots from their proper floor side (drifting and/or crisscrossing where required) when they reach the prime scoring area.
- Start slow, around 50 percent of maximum speed, advancing to full speed.
- No side-shuffling is allowed for this drill (unless specifically requested by the coach) and players should always be running straight forward. For timing purposes, coaches should send the next pairing when the players ahead are at the nearest restraining line.

Drill Diagram:



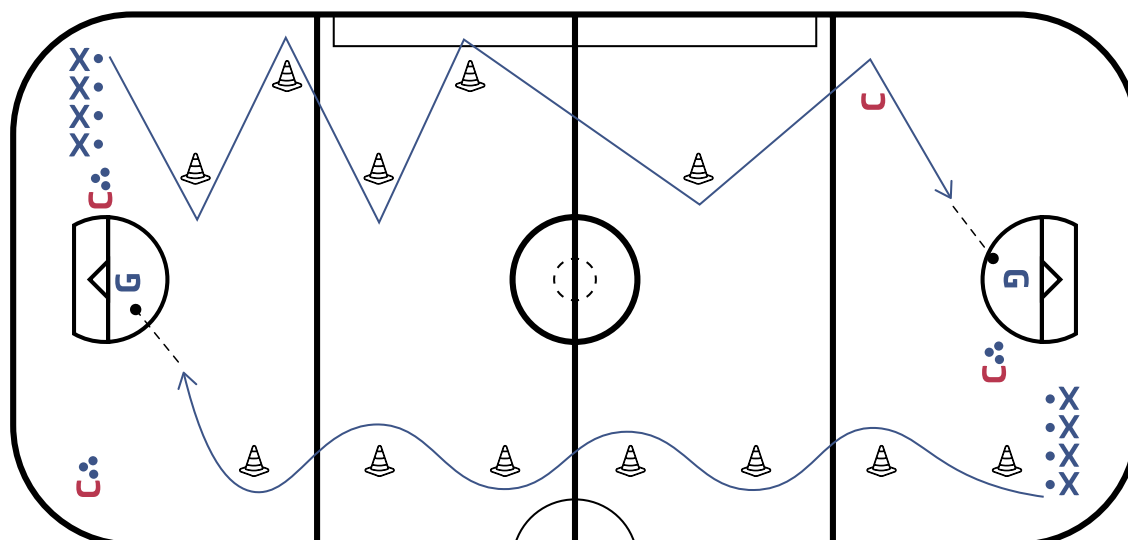
Drill #11 Cradling Drill Cradling/Dodging around Pylons (Side to Side)

Drill Duration: 7 mins

Descriptions: Variation #2: "Make A Move"

- Demo (1 min): "Hitch Step," "Face Dodge," "Roll Dodge"
- Have players practice each move while standing still with a ball & then with a short run.
- Arrange pylons and/or coaches into any straight, zig-zag or combined formation, within an imaginary lengthwise half of the floor (pylons may also be used to mark the floor).
- Have players line up behind the goal-line, in opposite corners, in opposite ends, to start. Start at 50 percent speed, having players run up to each cone and making a basic offensive move: "hitch step," "face dodge," "roll dodge (left & right)," around the outside of the pylons, being sure to protect the ball.
- Make sure that they also cut closely around the pylons, with an appropriately timed weight transfer off of their outside leg.
- - Increase to 75-100 percent speed the second/third time through the pylons, once satisfactory technique is established.
- The next player doesn't go until the player ahead of them is at the nearest restraining line.
- At the end of the drill players take a shot on the goalie (inside or outside)
- Encourage players to take a quality shot from their proper-floor-side, otherwise drifting if they are on their wrong-side.
- Most common error = not protecting the ball when cradling around the cones/coaches

Drill Diagram:



Drill #12 Cradling Drill Open Floor Cradling/Dodging & Checking

Drill Duration: 7 mins

Descriptions: **Variation #1 (4 min): “Defender Footwork Only”**

left side diagram

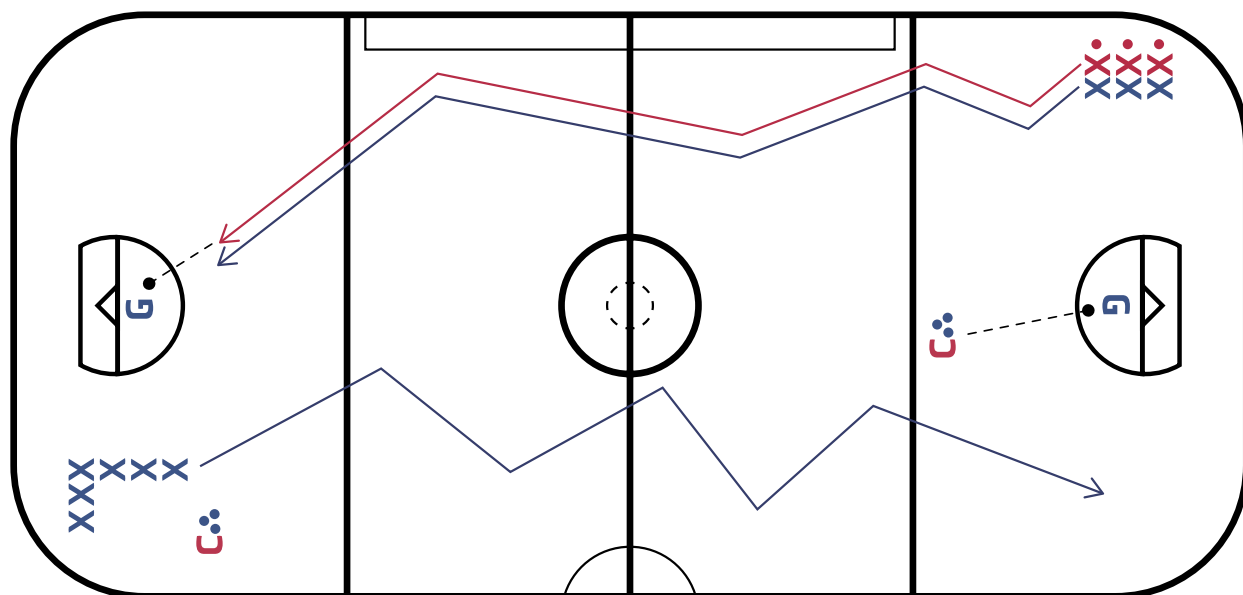
- Demo (1 min): “Backpedaling,” “Drop-Stepping,” “Side-Shuffling”
- Divide the floor in half with an imaginary line lengthwise and have players in opposite corners of the floor.
- One player after another practices “tracking” backward (no ball carrier), all the way down the floor, “sticks up,” at a cadence of 2 drop-steps one way; 2 drop-steps the other.

Variation #2 (5 min): “Footwork + Ball Carrier” (Making Moves)

right side of diagram

- The coach sends two players at a time (from opposite corners), starting with one player on defense a few steps ahead of, and facing, the offensive player.
- The offensive player starts with the ball and zig-zags up the floor cradling at 50 percent running speed (making basic offensive moves) while the defender shadows their movements defensively, using good footwork and staying balanced (no stick-checking). The defender concedes the shot when the ball carrier approaches the prime scoring area. Work up to 90 percent speed.
- The next players don’t go until the first group is at the nearest restraining line. Players switch roles (offensive or defensive) each time through the drill.
- Most common error = not getting low while the defender is tracking backward
- Water Break = 1 min

Drill Diagram:



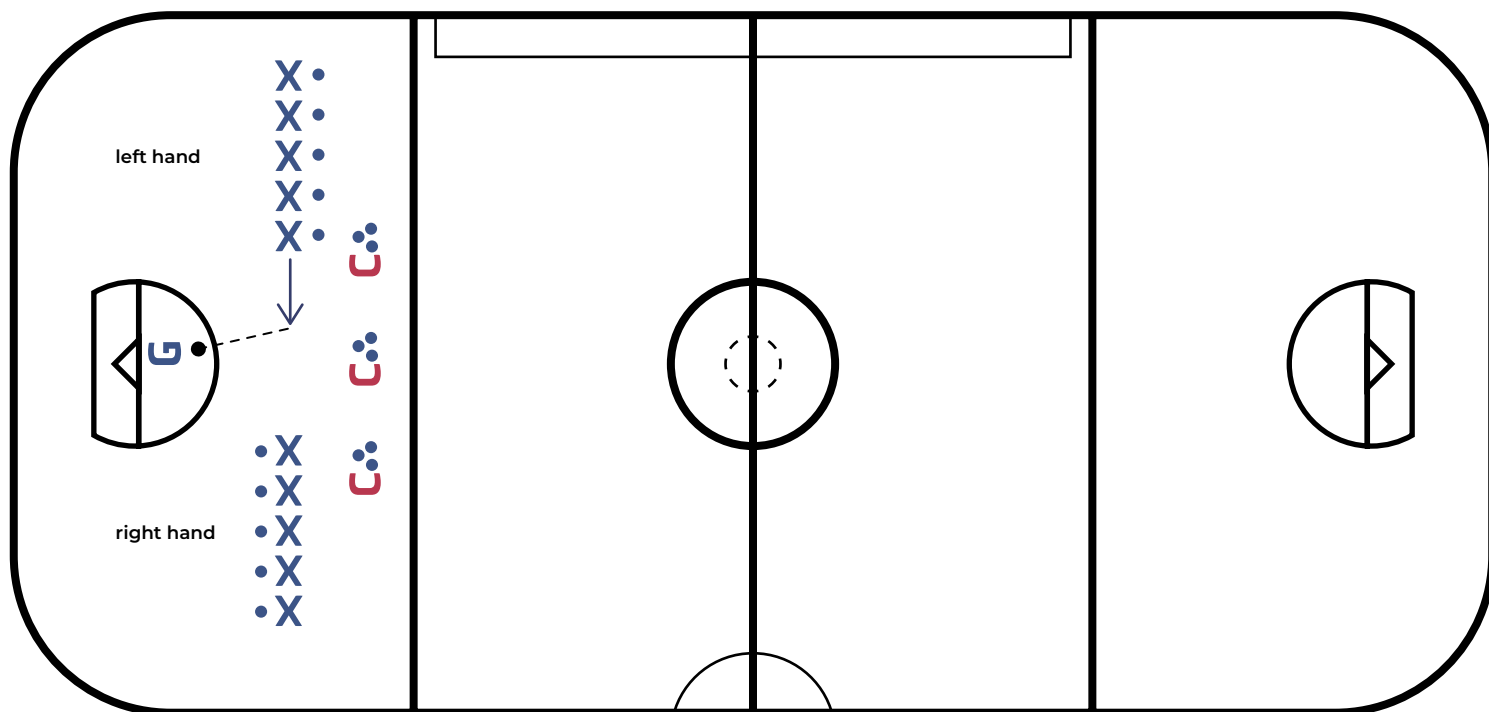
Drill #13 Stickwork Drill “Finishing” In Front

Drill Duration: 12 mins

Descriptions: Variation #1B: “On-Ball”

- Demo (1 min): “Finishing In Front”
- Players start lined up on their proper floor side crease position, with balls already in their sticks; the drill alternating from side to side each rep.
- One player from each line should be positioned facing the net, on a 45 degree angle from the near-side post, before eventually stepping towards the far-side of the goaltender (unbeknownst to the goalie), trying to shoot it off of the far-post and into the net.
- Have players sprint out of the drill and touch the restraining line after each rep.
- Players can also be given the chance to practice different series’ of fakes on the goalie “in tight,” practicing different patterns first against the boards and later against the goalie from varying distances; starting in perfect position.

Drill Diagram:



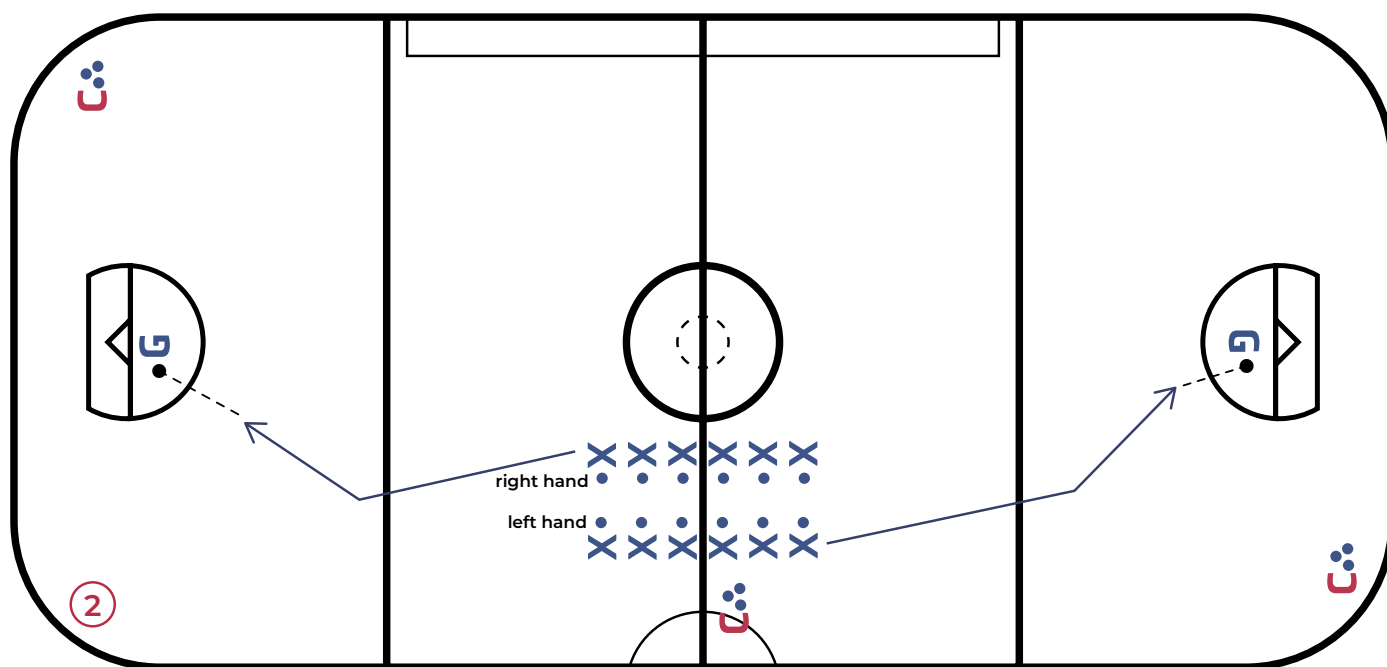
Drill #14 Goaltending Drill Breakaway Competition

Drill Duration: 10 mins

Descriptions: Variation #2: "Team Competition"

- Demo (1 min): "Banana Curl," "Breakaways"
- Have players line up in two teams, at center floor, with one team lined up facing the goalie at one end, and the other team facing the opposite end. Teams are usually divided up as either lefty's versus righty's (if numbers are even).
- Each team sends one player at a time on a breakaway on the goaltender. Players should be encouraged to run at full speed, taking a "banana curl" towards the net (use pylons to direct them if necessary), thus, staying on their proper floor side and getting the best angle possible.
- If one team scores and not the other, at any time during the competition, the team that doesn't score must run from "side-boards to side-boards" before the next two players get to go.
- Goalies should "track rebounds" and practice passing the ball back to the player that just shot (outlets), if they are able to corral the rebound.
- Once everyone has shot on both teams, the team with the least amount of goals scored has to then sprint the length of the floor and back (keep track of total goals by each team).
- Most common error = goalie standing too deep in the net, failing to challenge the shooter.
- Water Break = 1 min

Drill Diagram:



Drill #15 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.