

Westside Lacrosse U-12 Practice Planning

Objectives

1. To foster within youth the enjoyment of the sport of lacrosse
2. To teach the game of Lacrosse in a fun and safe atmosphere.
3. Fun and Fundamentals with a mental awareness of the sport.

Sample Practice Plans

Session 1 “Talking & Ground Balls”

Warm Up: quick lap cradling with offhand

Line Drills: P/C, GB's, 1 Dodge of choice

Quick Lesson: Four Key Areas: Defense, Possession & Control, Scoring,
and Opp. to score (goals).

Emphasis on TEAMWORK

Footdrills: shuffle, drop-step, straight back

Explain proper poke checks, body checks: Square Drill (Everyone in a big
square rotating throwing poke checks).

Shooting Drill: explain crease then into drill (5 lines facing goalie, with
shots from the line called).

3-on-2 if time allows

Next Practice: Roll Dodges and Fast Breaks with more fundamentals

Session 2 “Dodges”

Warm Up

Line Drills: emphasis on the off-hand, P/C, GB's, shovel pass

Quick Lesson: Roll Dodge, questions on Bull or Face Dodge

Explain field positions: Roles of Attack, Defense, Midfield &
Goalies

Explain V-Cuts for offense

Break into Full Field Passing/ Settled Game Situation

3-on-2 Scrimmage/ Fast breaks

Next Practice: Off-Hand, One Handed Cradling, Over the Shoulder

Session 3 “Off Hand”

Warm Up

Line Drills: Emphasis on off-hand all Practice, P/C, GB's, Variation on Dodges, Over the Shoulder (stick as same side as the Shoulder your looking over).

Quick Lesson: One Handed Cradling, how to protect the stick and Practice in mirror at home with a ball.

Break into Groups if Possible:

Defense: Footwork, Positioning, Poke Checks

Attack: Triangle Passing with Cut and Fill

Shooting: Four corners Drill

Midfield: Faceoffs,

One-on-One's: Midi vs. Midi starting up top

Defense vs. Attack starting from behind

3-on-2 or 4-on-3 Scrimmage/Fast Breaks

Session 4 “Rides & Clears”

Warm Ups

Line Drills: P/C, GB's, Dodges, Over the shoulder

Quick Lesson: Field Rules: Offsides, Face-Offs, Proper Checks

2-on-1 Ground Ball Situations (3 lines ea. Numbered, with man alone being the called number).

Fast Breaks: Defensive Slides

Offense set up in an L, and Flat on Face offs

Full Field Fast Breaks

Session 5 “Picks & Offense”

Warm Ups

Lines Drills

Quick Lesson: Field Substitution, Go over V-Cuts, Cutting to the Ball
How to set a proper pick

Cutter Drill: Offensive Cuts, Triangle Drill with movement

One on Ones, Fast Breaks

Scrimmage: settled 6-on-6, full field if possible with Face offs

Session 6 “Defense”

Warm Ups
Line Drills

Footwork drills

Quick Lesson: Rides and Clears: Endline/ Sideline
1 Play if possible

Shooting: Quick Stick

Scrimmage: Full Field 6-on-6 Game situation if time allows

Next Practice: Rules, Questions, and “Game Time”

Session 7 “Game Time”

Warm ups
Line Drills

Review Rides & Clears, Play, Questions?

1-on-1 time allowing

Full Field Scrimmage

Quick Review of Rules: Tripping, Slashing, Cross Checking, Illegal
Body Check, Offsides, Substitutions

Skill and Concept Checklist

Fundamental Skills	Skill Level	Emphasis	Practice
..... Passing and catching			
..... Scooping			
..... Dodging			
..... Shooting			
..... Checking			
..... Footwork and agility			
Specialized Skills			
..... Goalie warm-up			
..... Face-off			
..... Cutting-feeding			
Team Concepts			
..... Riding			
..... Clearing			
..... 3-man plays (A&M)			
..... Team offense			
..... Team-defense			
..... Fast Break			
..... Man-down defense (MDD)			
..... Man-up offense (MUO)			
Special game situations			
..... MDD clear			
..... Man up "ride"			
..... Delay offense			
..... Mayday defense			
..... MDD (full offense)			
..... Two men down defense			