



Elmhurst Youth Lacrosse

Coach's Guide:

- Basic Rules
- Skills & Drills

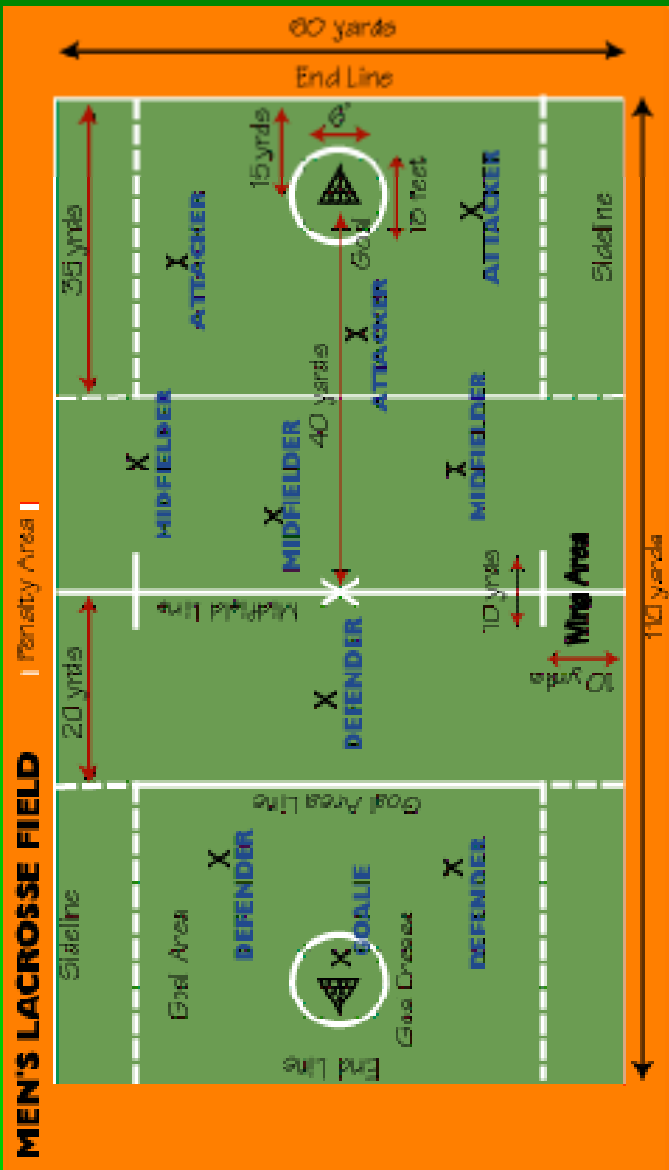
Basic Rules

Game Overview



- Games are made up of 4 quarters (12 minutes each)
 - 2 minute break between 1st and 2nd Quarter & between 3rd and 4th Quarter
 - Halftime is 10 minutes
 - Center face-offs are used to start each quarter and are used after a goal is scored.
 - Teams change sides between periods.
 - Each team is permitted two time-outs each half.
 - Win the coin toss at the beginning of the game – you choose which goal you want to defend.

Basic Rules: Positions



- Four players (3 **defensemen** and a **goalie**) on each side of the field
 - Less than 4 defensive players on a side and it's a penalty
- Three offensive players (**attackman**) on a side at all times
 - Less than three offensive players on a side and it's a penalty
- Three players (**midfielders**) may roam the entire field
 - If a defenseman runs on the offensive side a midfielder can stay back – and the team is not off sides
 - If a attackman runs on the defensive side a midfielder can stay back – and the team is not off sides.

Basic Rules

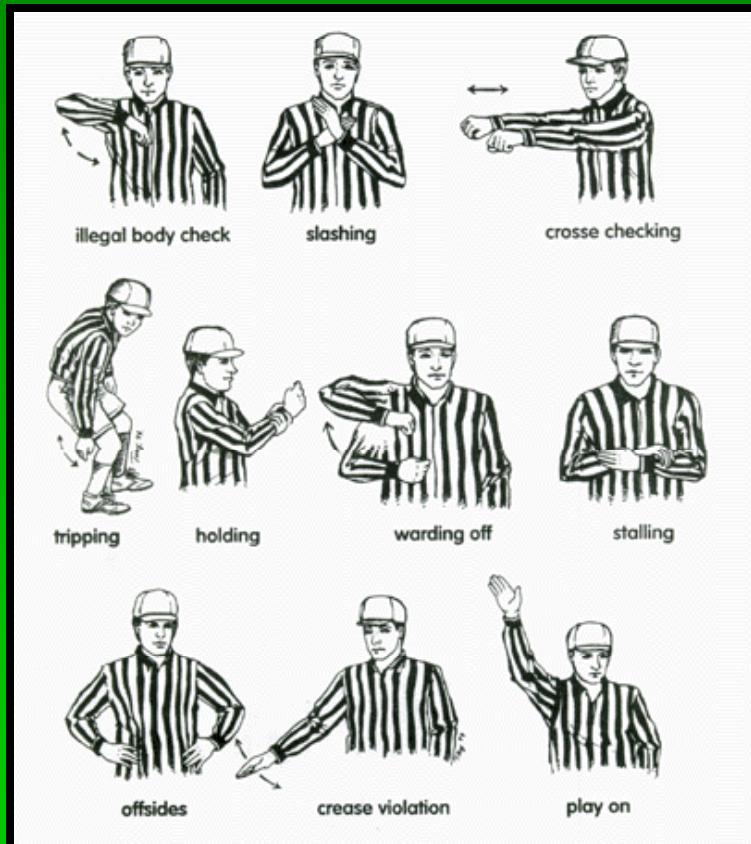
Face Off – start of each quarter & after each goal scored



- Men's lacrosse begins with a face-off.
 - Midfielders start the game –
 - The ball is placed between the sticks of two midfielders who face off to start the game
 - On the wings – each team has a midfielder awaiting the blow of the whistle
 - The official blows the whistle to begin play.
 - Each face-off player tries to control the ball.
 - The players in the wing areas can release
 - The other players (attack, defense, goalies) wait until one player has gained possession of the ball or the ball has crossed the goal line.

Basic Rules

Stick & Body Checks



Stick Checks:

- A player may gain possession of the ball by dislodging it from an opponent with a stick check, which includes the controlled poking and slapping of the stick and gloved hands of the player in possession of the ball.
 - It's illegal to cross check, to slash with your stick (round house swing), hit a player in the helmet with your stick, or hold an opponent with your stick or hands
 - An opponent's stick may be checked if it is within five yards of a loose ball or ball in the air.
 - Players can not use their free hand or arm to push an opposing player's stick away (it's called *warding off* to commit this penalty)

Body Checks:

- Body checking is permitted if the opponent has the ball. However, all contact must occur from the front or side, above the waist and below the shoulders.



Cradle

Cradle



- Fingers (not palm) rest toward the throat
- Hold the stick tight and behind the body
- Stance:
 - Stand Proud
 - Stick tight
 - Off Arm Out
 - Head up

Cradle Drill #1



- Player 1 has the ball and holds the stick in cradling position
 - foot “nailed” to the ground like a pivot foot in basketball
 - If the stick is held in your right hand your left foot is “nailed” to the ground
- Player 2 attempts to tap the stick
- 15 seconds each hand then switch

Cradle Drill #2



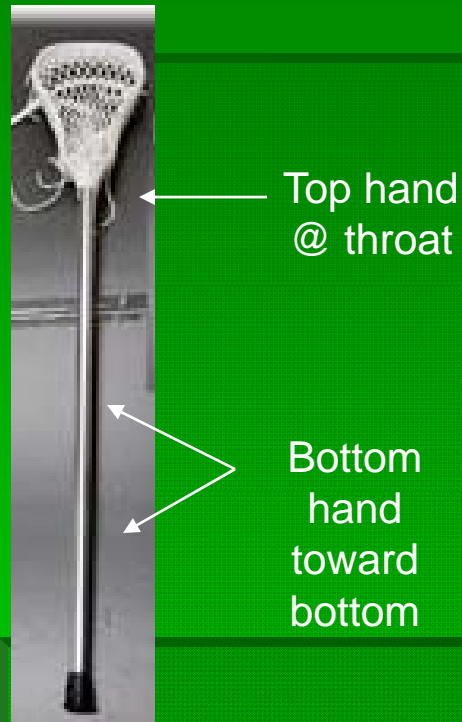
- Players break up into 4 lines
- Each player holds a ball
- First group of four jogs 20 yards holding stick in cradle position:
 - Stand Proud
 - Stick tight
 - Off Arm Out
 - Head up
 - Twenty yards up with right hand
 - Then twenty yards back with left hand
- They go to the end of the line – next set of 4 goes
 - Out with the right
 - Back with the left
- (jog twice; run twice)



Catch & Throw

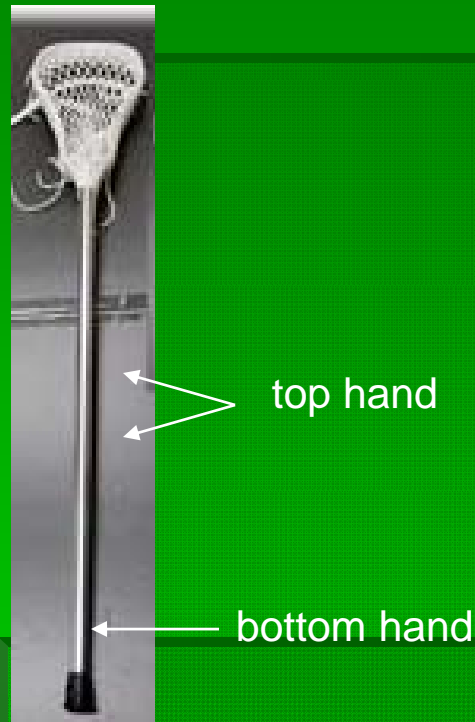


Catch



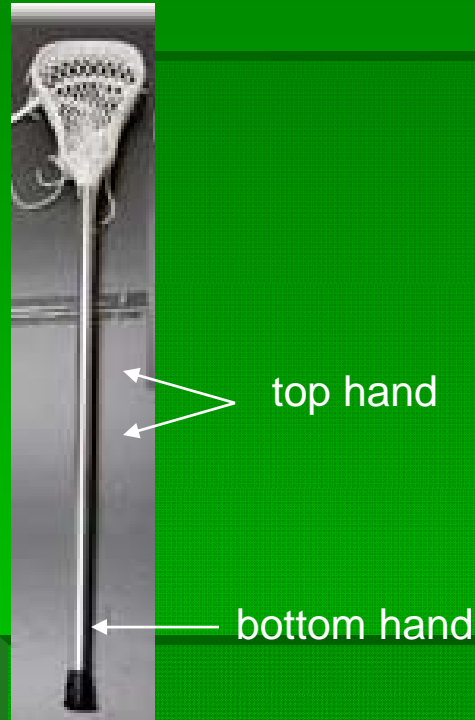
- Top hand on the throat of the stick
- Bottom hand toward the bottom of the stick
- Top hand held out – away from body to create a target
- As the ball comes in bring stick back to “ready position”
 - top hand toward back shoulder away from pressure

Throw



- How to hold your hands:
 - Top hand at the middle of the stick
 - Bottom hand toward the butt end
 - Thumbs up on the side of the stick
 - Hands away from body
- Throwing motion:
 - Push with your top hand
 - Pull with your bottom hand
 - Step toward your target
 - Follow through all the way across your body (carry through)
 - Back leg should step through like a pitchers back leg after the pitch (step through)

Throwing Drills

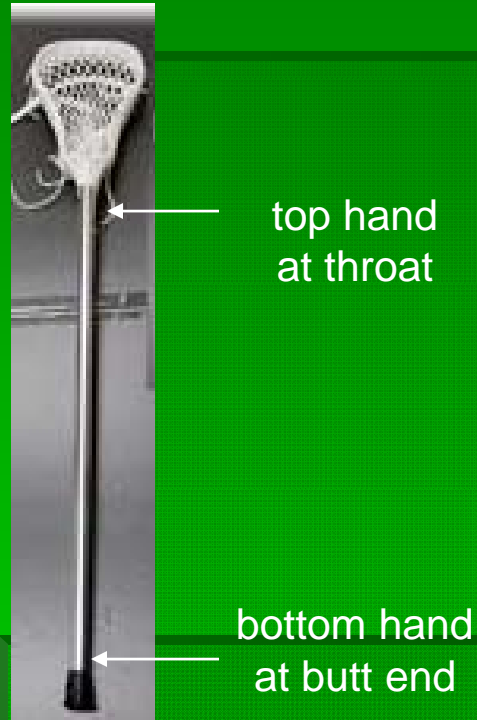


- 10 yards apart in pairs and have a game of catch
 - Hold stick up, catch, and bring it back to “ready position”!
- Wall ball (the greatest gift to stick skills anywhere)
 - Individual player throws ball against the wall:
 - #1: throw – catch – cradle – pass
 - #2: quick stick: throw – catch – (no cradle) – pass
 - Important to develop both left and right hand!
 - Push yourself as you progress to this 10, 20, 50, 100 times in a row w/o dropping it)



Ground Balls

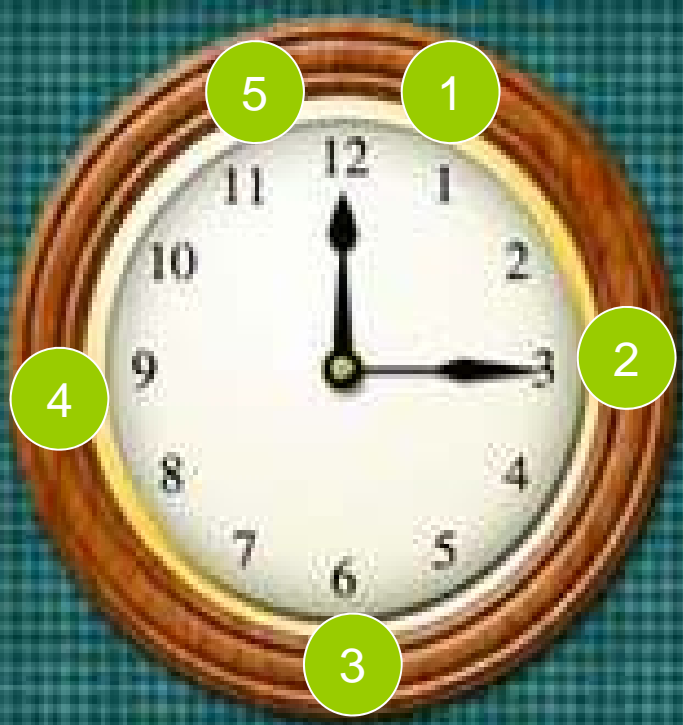
Ground Balls



- The stick is a shovel:
 - Top hand at throat
 - Back hand at butt end
 - When you see the ball yell “ball”
 - Get as low as you can to the ground
 - Accelerate through the ball
 - When ball is secured yell “release”
 - Bring the stick to ready position

Ground Ball Drill #1

Coach changes positions to give kids a feel for picking up ground balls from different angles



- **Single line of players (4 to 8)**

- **Position 1:**

- Coach rolls the ball away
 - “ball” – “release” – “ready position”
 - Rolls away from pressure and passes it back to the coach
 - Roll it for the next player
 - Once everyone has had a turn...

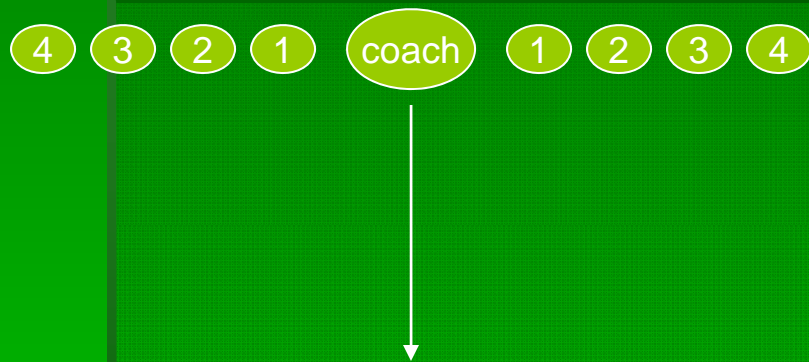
- **Move to Position 2:**

- Coach rolls the ball towards the “9” on the clock
 - “ball” – “release” – “ready position”
 - Roll away from pressure and pass it back to the coach
 - Roll it for the next player
 - Once everyone has had a turn...

- **Move to Position 3:**

- Coach rolls the ball to the player
 - “ball” – “release” – this time throw it right back to the coach (rather than roll away)

Ground Ball Drill #2



■ Drill set up

- 8 players
- 4 on each side
- Each side assigned a number 1 – 4

■ Action

- Coach calls out two sets of numbers
 - 1s are a team; 2s are a team, etc
 - Yell – 4 & 2
- Rolls out the ball
- Go get the ball using technique:
 - “ball” – “release” – “ready position”
- Throw it back to the coach
- Get back in line



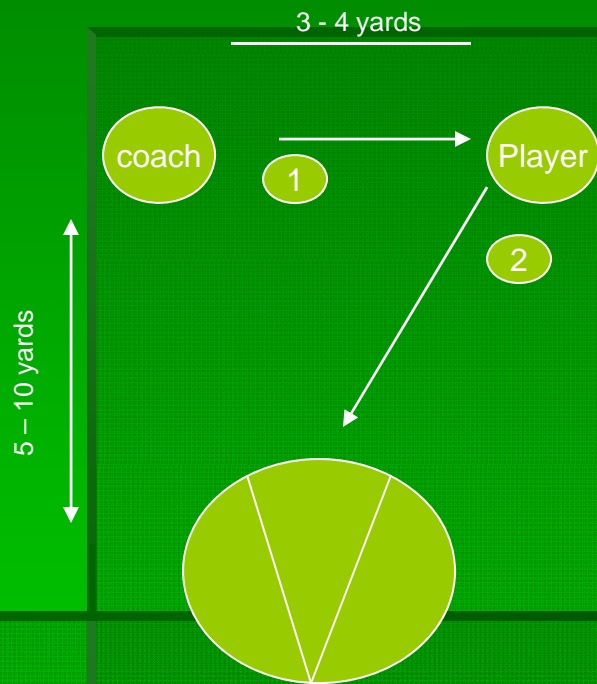
Shooting

Shooting



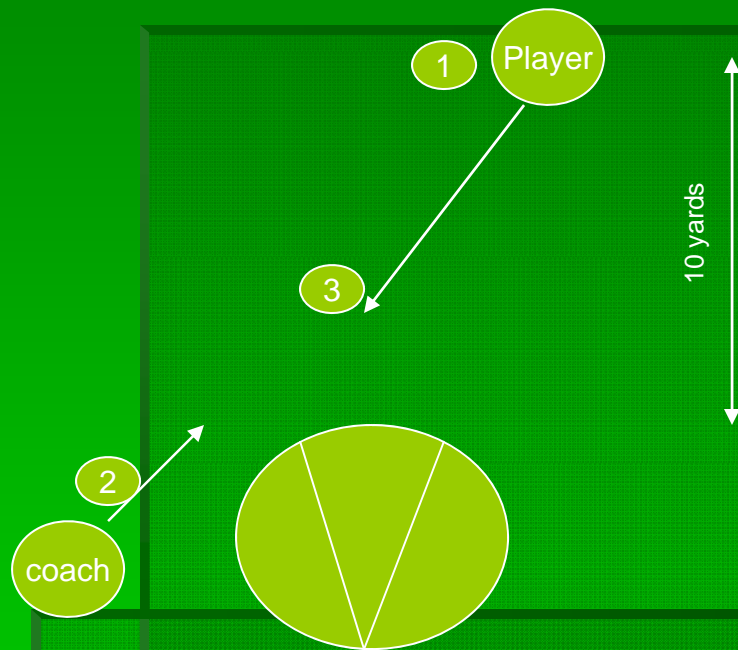
- Mirror good habits from passing...
 - Push with the top hand
 - Pull with the bottom hand
 - Step toward your target
 - Carry through & step through
- ...But bring it with more speed

Shooting Drill #1 – Stand and Shoot



- Line up
- Player 1 steps up
- Coach takes a knee, hand flips a ball to the player
- Player catches, cradles, and shoots – 5 times in a row
- When each player has had their shots, switch sides to work the left hand

Shooting Drill #2: Run and Shoot



■ Line up

- ① Player runs towards the coach – stick up
- ② Coach throws the ball to the player on the run
- ③ Player catches, cradles, and shoots – returns to back of the line

- When each player has had their shots, switch sides to work the left hand



Dodging

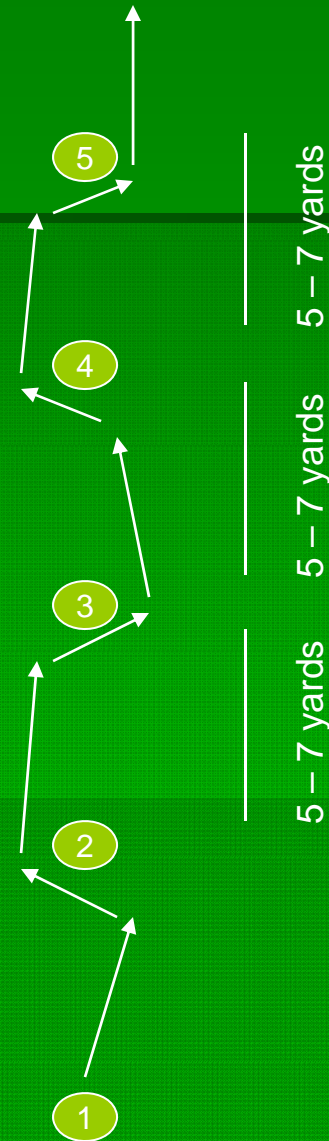
Split Dodge



- Like a cross over dribble in basketball
 - Drive @ your defender
 - Stop on your outside foot
 - Pull your stick through from ear to ear
 - Exchange hands
 - Extend off hand out
 - Explode up the field
 - Ready to shoot or pass

Split Dodge Drill

- Line players up 5 – 7 yards apart
- First player alternates right to left; left to right through teammates
- When he is through his teammates – he throws the ball back to the second player and takes his place at the end of the line.
- Second player goes through then passes back to the third player, etc.



Change of Direction



- Run at a 45 degree angle toward your defender
- Get your defender moving
- With front foot stop
- Place bottom part of stick between your legs
- Keep stick close to shoulder
 - think of the stick being tied to your chin
- Whip shoulder and head around
- Switch hands
- Off arm up to protect the stick
- Accelerate up field

(attack – behind the goal do this in three to four consecutive changes of direction – much like a point guard in basketball will hold the ball, head up, looking for cutters to pass to – or to gain a step to shoot on goal)

Change of Direction Drill



- 4 lines of players 7 yards apart
- Run @ 45 degree angle in cradling position
- Whistle blows change direction
- Carry through for 30 – 40 yards with 4 – 5 changes in direction

Z Dodge & Drill



- Run at the defender
- Step back 2 – 3 yards
- When defender follows
- Run straight through his stick

(weight of a players body stronger than opponents arm strength – come out of dodge looking to shoot or pass)



- Drill: work simulated 1:1 with coach;
then advance to 1:1 with teammates
 - Position 15 yards in front of goal;
practice running through stick, gaining a
step and shooting on the run