
HouseLeague Coaches Manual

Halton Hills Minor
Lacrosse Association

www.bulldogslacrosse.ca



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Introduction

The Halton Hills Minor Lacrosse Association wants to ensure that focus is placed on the following objectives:

- Players are having fun and continue to play lacrosse
- Improving Player Skills
- Success by Teamwork
- Encouraging Good Sportsmanship
- Ensuring players have equal playing time

The goal of this manual is to highlight key elements required to successfully play Box Lacrosse. This manual can be used as a learning tool as well as a reference book.

With respect to skills development, the intent is to provide the coach with enough information to notice the common faults and try to address throughout the season. Detailed instructions on how to technically perform a particular skill will be covered during skills clinics and may also be found in the following reference materials.

In order to ensure that players remain engaged, coaches are encouraged to try different approaches to teaching a specific skill.

Reference Material:

The following material explains most of the key elements in greater detail. The material can be found by entering the entire phrase into your web search engine.

- New Coach Survival Guide – Canadian Lacrosse Association
- Player Development & FITS – Lacrosse FITS
- DRILL & SKILL CARDS – Canadian Lacrosse Association
- Lacrosse Parents and Players Guide – Canadian Lacrosse Association
- Rule and Situation Handbook – Canadian Lacrosse Association

Reference Sport:

Since Box lacrosse books and videos are not as readily available as with other sports, basketball may be used as a reference sport. The basic concepts such as offensive and defensive positioning, fast breaks, cuts and pick and rolls are similar.

Help behind the bench

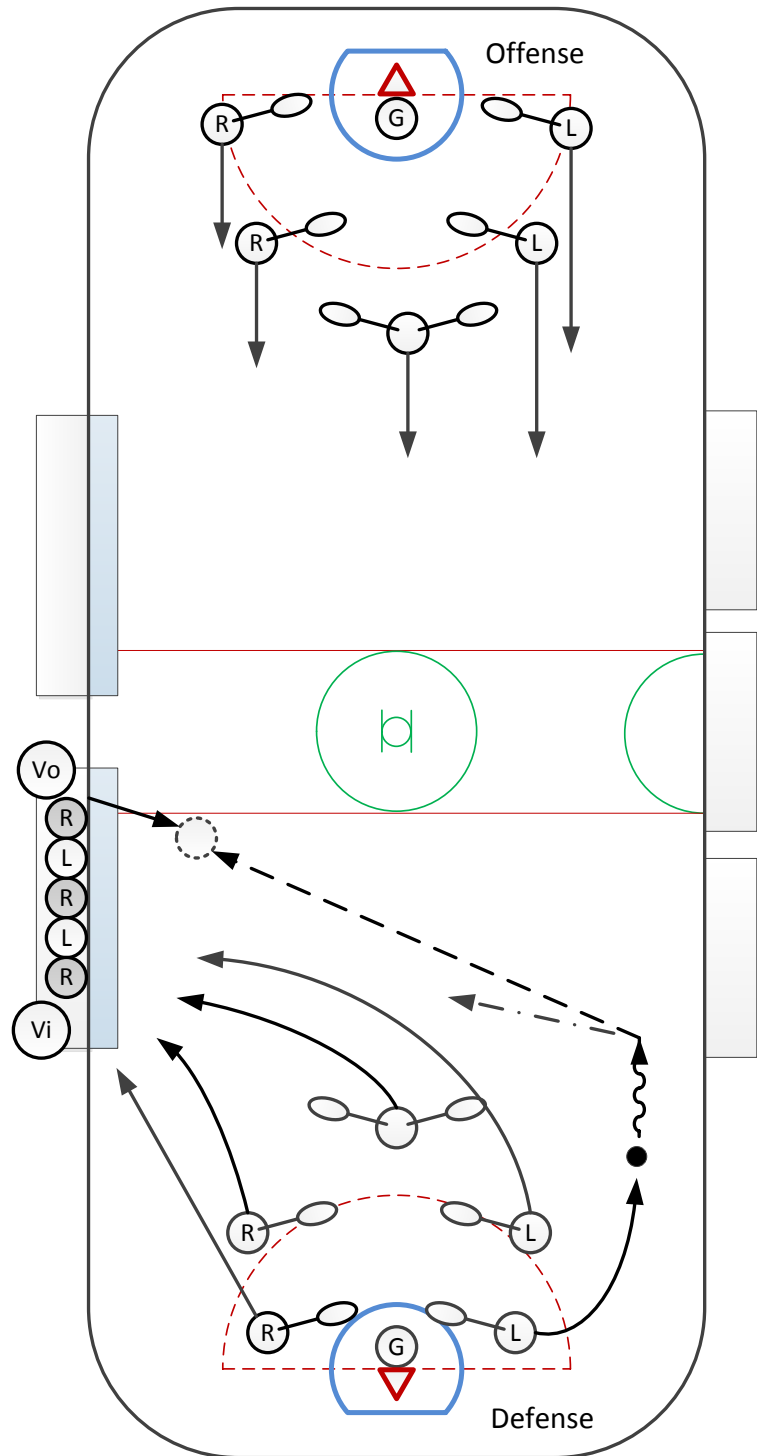
The following provides a guideline on how to utilize volunteers. The diagram illustrates line changes that occur during the defense to offense transition.

Vi - Volunteer at the in-door.

- Count, out loud, the players as they enter the bench. This ensures that the person at the out-door bench does not allow too many players to enter the game.
- Reinforce the game day reminders.

Vo - Volunteer at the out-door.

- Ensure players are lined up properly (example L,R,L,R).
- Reinforce the game day reminders.



Key Elements – The Lacrosse Stick Head:

The following illustrates a typical lacrosse head. Players will have their own preference to the location and amount of shooting strings, configuration of bottom string and location and depth of pocket.

The following explains key areas that should be inspected regularly.

A - Top String:

The mesh should be tight against the top. Wear will usually occur on the underside due to dragging the head across the floor when scooping up a ball.

B - Shooting Strings:

These are extremely critical to having a consistent and accurate shot. They are tighter at the top and gradually become looser towards the pocket. They usually become untied and must be readjusted regularly. They also need to be adjusted as the mesh becomes worn.

C - V shooting string:

This is intended to guide the ball through the center of the head. This may be replaced with a third shooting string.

D - Pocket:

Generally, a deeper pocket provides more feel and ball control, while a shallower pocket gives you a quicker release but sacrifices ball control.

E - Side wall strings:

These should hold the mesh tightly to the side of the head. They usually become worn by the ball as it enters and exits the head.

F - Bottom String:

This helps control the depth of the pocket.



Key Elements - Offense:

The following explains key elements that need constant attention and correction during practice and games.

A detailed explanation of the following can be found within the reference material.

Holding the stick:

Stick must always be ready for catching or checking.

Common Faults:

- Holding the stick with both arms hanging straight down.
- Holding the stick with one hand and the head of the stick resting on the floor.



Cradling the ball:

The head of the stick should be at shoulder height and the handle diagonally across the body.

Common Faults:

- Running with the stick parallel to the floor.



Loose balls:

Player must follow through
Bottom hand (butt end of stick) should be positioned to side of body.
Encourage multiplayers to try to get the loose balls.

Common Faults:

- Players first try to move opponent, then attempt to pick up the ball.



Catching the ball:

Stick must always be ready for a pass.
Keep eye on ball.
Cushion the incoming ball by moving the stick back.

Common Faults:

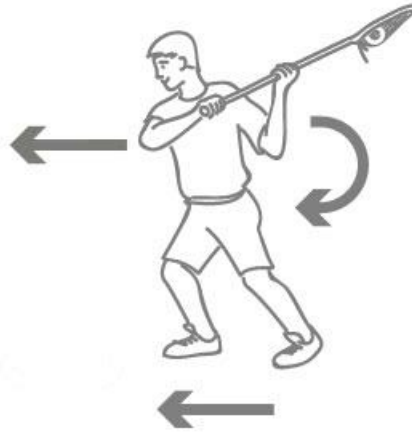
- Hitting the ball instead of letting it fall into the pocket.
- Twirling the stick, instead of cushioning the ball.

**Passing the ball:**

Encourage players to pass the ball in an overhand motion.
Step into pass.
The pass must have enough force to ensure that it does not get intercepted but not the same force as a shot.

Common Faults:

- Players shoot side arm or 'slap shot'.
- Does not follow through.
- Throwing off the wrong foot.
- 'Rainbow' passes.

**Shooting the ball:**

Use leg and trunk muscles for additional force.
Snap the hips around to face the target.

Common Faults:

- Players shoot side arm or 'slap shot'.
- Does not follow through.
- Throwing off the wrong foot.
- 'Pushing with top hand.'



Key Elements - Defense:

The following explains key elements that need constant attention and correction during practice and games.

Cross Checking (Illegal Cross-Checking):

A legal cross-check is a check applied with the portion of the stick held between the hands, on an opponent:

- From the front or side;
- Below the shoulders;
- Above the waist;
- The extension of the arms while the check is being delivered is permissible.

Common Faults:

- Lunging which generally leads to high sticking..



Dislodging Ball (Slashing):

A player may not strike an opponent with that portion of the stick not held between the hands. Stick-to-stick contact is allowed but gloves are considered part of the body and may not be touched.

Common Faults:

- Players swinging the stick with one hand, trying to dislodge the ball.
- Hitting player above the gloves.



Loose balls (Interference):

Checking the opponent's stick and body are allowed.

Encourage multiplayers to try to get the loose balls.

Common Faults:

- Players attempt to drive the opponent off the ball while making no attempt to play the ball.



Understanding the Game – Key Points

Balanced Floor:

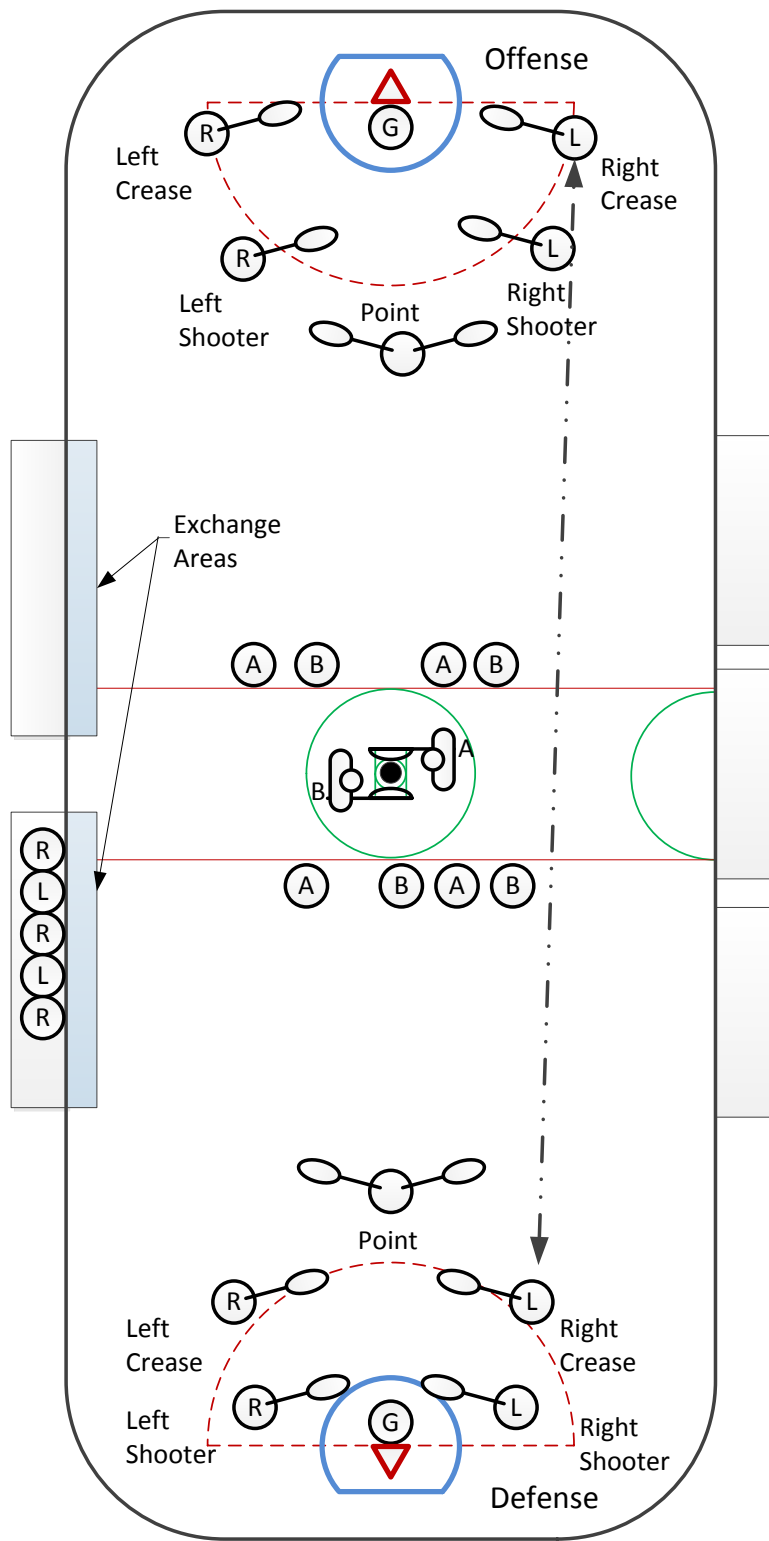
- Players position to shoot with stick towards middle of the floor.
- The diagram shows a 'balanced' offence and defense

Player Locations:

- Lefty's (L) play on the right side of floor.
- Righty's (R) play on the left side of floor.

Face-off:

- Players right shoulder faces own goal for faceoff.
- The open face of stick faces own goal for faceoff.
- Players (except faceoff players) must stand outside center zone until whistle is blown.



Understanding the Game – Rule Highlights

The following provides an overview of rules that may not be obvious to new coaches. A complete listing of rules can be found in the Box Lacrosse Rule and Situation Handbook.

A – 5-Second Count

- Ball must exit crease within 5 seconds

B – Goal Crease Violation

- Offense cannot reach into crease

C – Push-Check:

- Within dotted line - Defense can push check a non-ball carrier.

D – Illegal Push-Check :

- Outside dotted line - Pee wee and below cannot push check a non-ball carrier.

E – Ten Second Rule

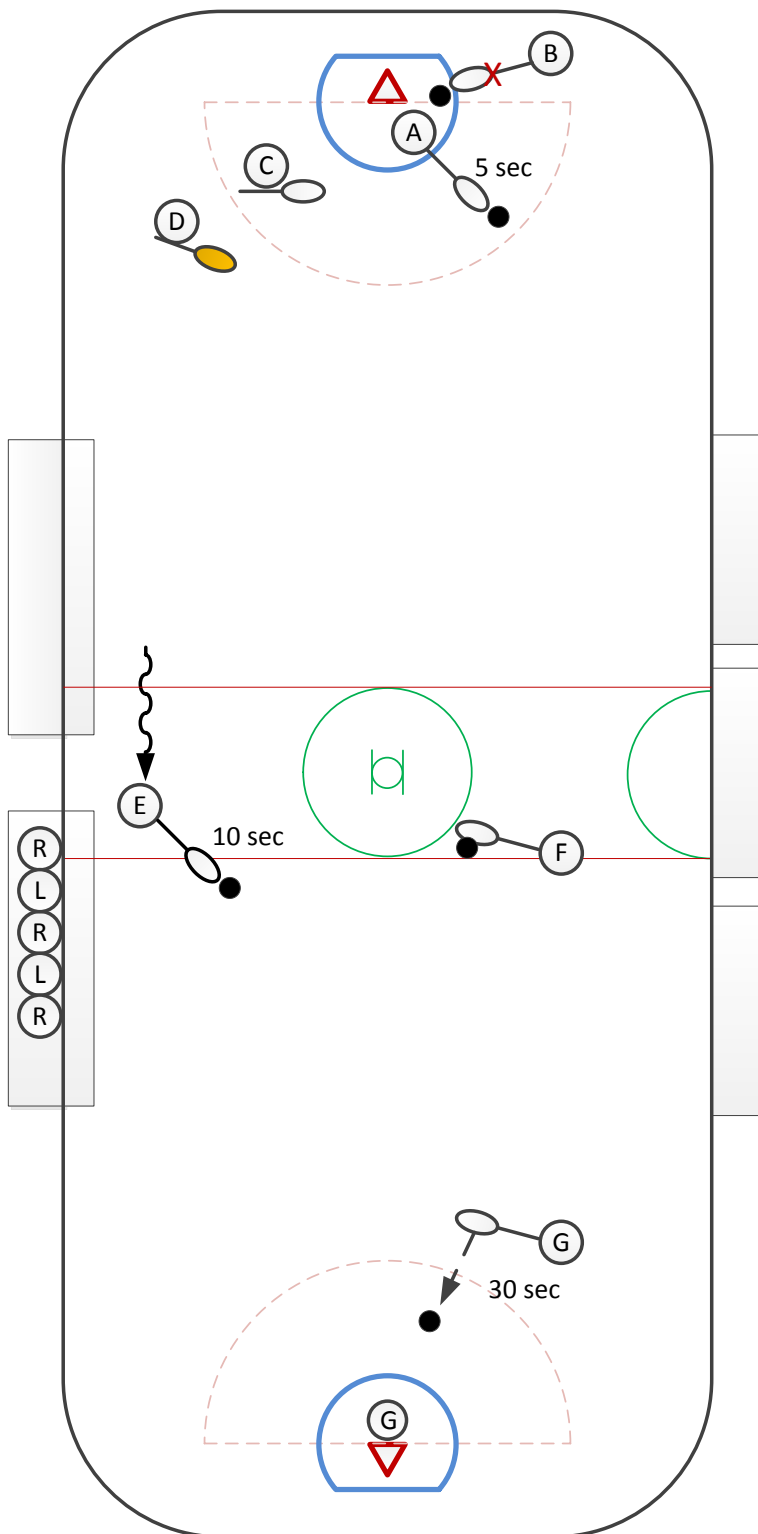
- If shorthanded, you have 10 seconds to advance the ball into the offensive zone.

F – Back Over

- When shorthanded, once you have advanced the ball into the offensive zone, it must remain in the offensive zone.

G – Thirty Second Rule

- Offensive team must shoot on goal within 30 seconds of gaining possession.



During the Game – Reminders

The following best practices may need to be reinforced with the players when they are on the bench or during intermissions.

1 - Keep Stick Up

- Remind players to keep stick up.

2 – Players must always be moving

- finding an opening
- setting a pick

3 – Loose Balls

- Multiple teammates can go after a loose ball.

4 – Rapid line changes

- Run to exchange area.

5 – Outlet Pass

- Goalie should try to pass the ball to the opposite side of players bench.

6 – Defense

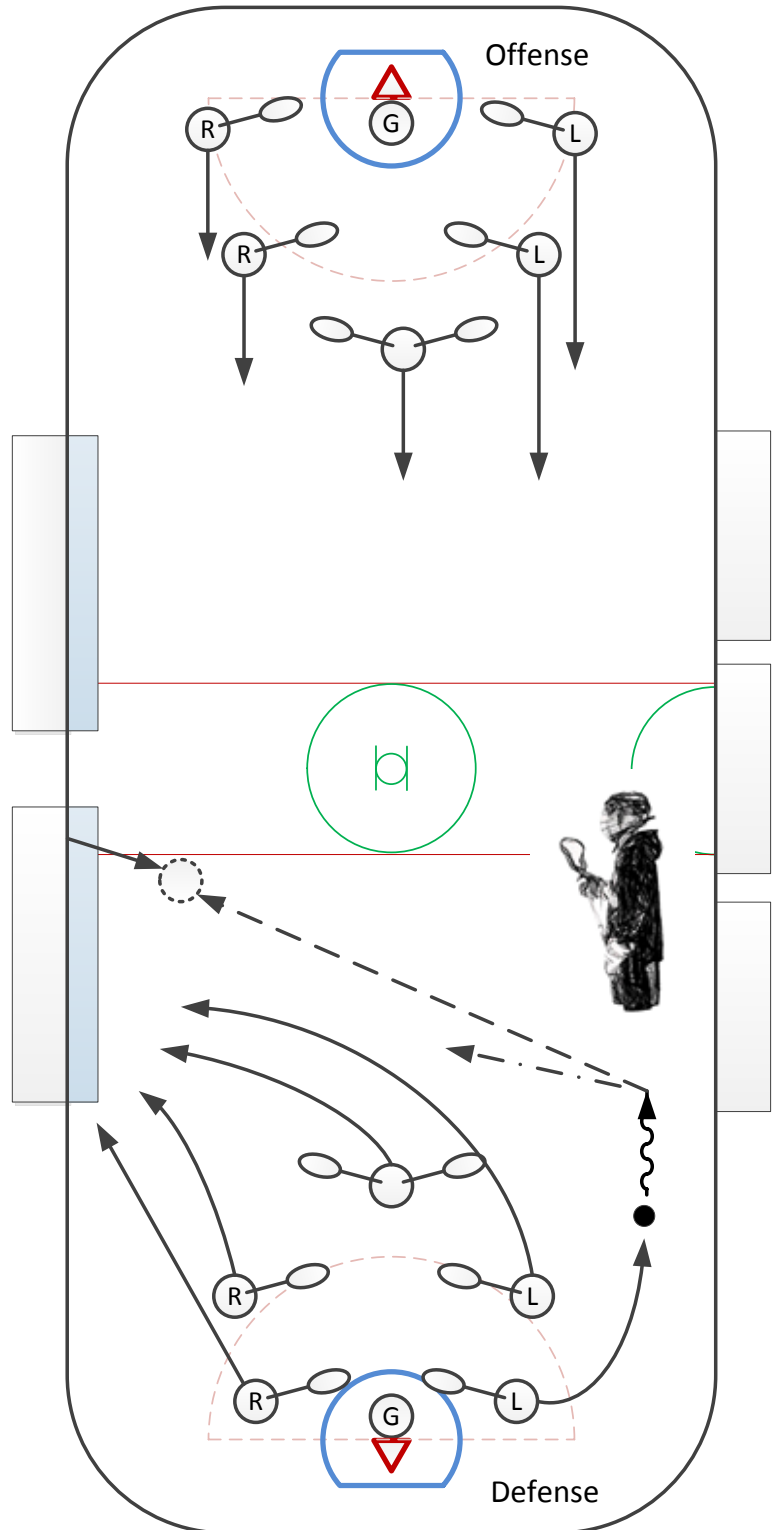
- On defense, always stand between the player with the ball and the player your covering.

7 – Balanced Floor

- Ensure a balanced floor.

8 – Transition

- Always face the ball when running back to defense.



Sample Practice Sheets

The following is a sample practice sheet. Since practices occur prior to games, we also included game strategy.

Time (Min)	Activity or Drill
2	Warmup – Run laps around half of rink.
2	Warmup – Individual Passing Drill.
2	Game play reminders and areas to focus on during practice session.
2	Shuttle passing drill.
2	Give and Go Shooting Drill
5	Mini Offense vs Defense Game Drill

Drills:

The following explains the key elements of the drill card.

A – Drill Title:

Most titles are unique. Drills that focus on a similar skill have similar titles.

B – Legend:

All of the possible images are explained in the legend.

C – Steps:

Step numbers are used when multiple steps are required to explain the drill. They correspond to the drill instructions.

D – Drill Instructions:

The steps required to perform the drill once. Repeat the steps for all remaining players.

E – Evaluation:

This can be used to note the usefulness of the drill, aspects that be changed to ensure players remain focused.

F – Things to work on:

Elements of the drill that did were not applied during the game.

Rebound Drill
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Drill Instructions:

- 1 – The first person in each line throws the ball at the boards and races to the end of his line.
- 2 – Next in line moves to ball gains possession, throws the ball and then moves to the end of the line.
- 3 – Repeat with every player.

Encourage players standing in line to retrieve loose balls.


Evaluation:

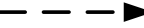
Things to work on:


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Partner Rolls


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Player Movement 


Pass or Shot 



Rolling Ball 


Meet the ball 

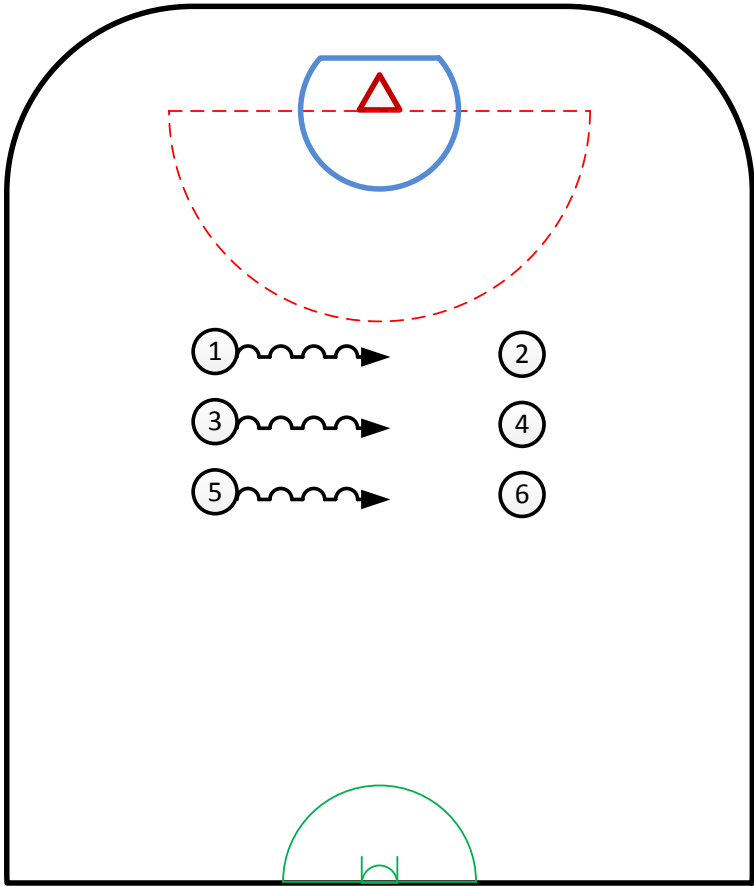
Pick 

Rotate 

Defensive Player (X) 

Offensive Player (L) (R)  

Coach (C) 



Drill Instructions:

- Partners roll ball towards each other
- Receiver picks up ball and rolls it back

Key Point: Ball may be rolled by hand if the players are not able to roll ball accurately

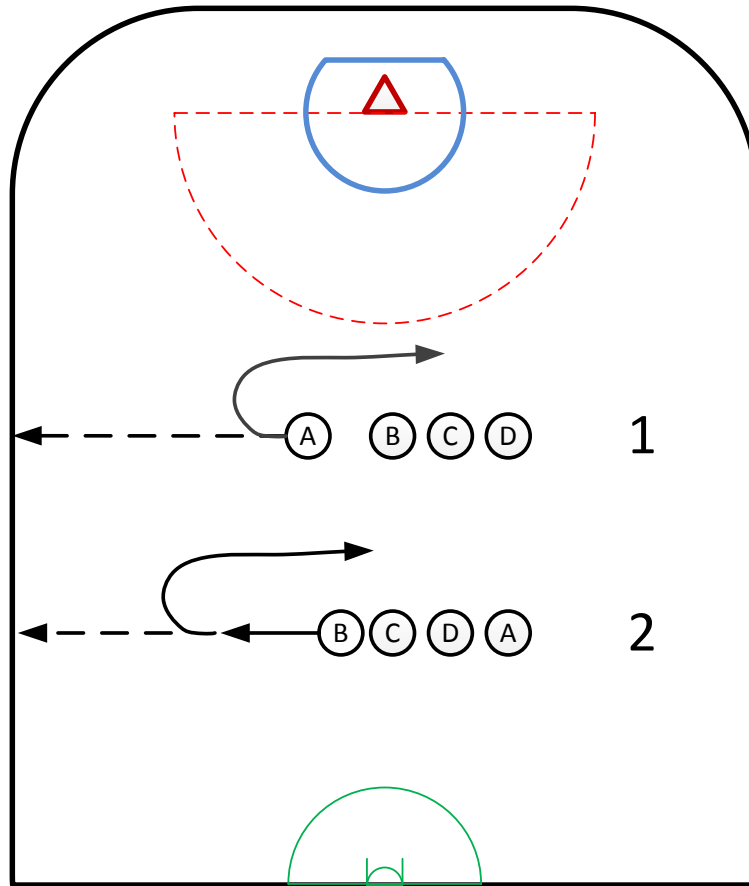
Evaluation:

Things to work on:

Rebound Drill

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Player Movement	
Pass or Shot	
Rolling Ball	
Meet the ball	
Pick	
Rotate	
Defensive Player	(X)
Offensive Player	(L) (R)
Coach	(C)



Drill Instructions:

- 1 – The first person in each line throws the ball at the boards and races to the end of his line.
- 2 – Next in line moves to ball, gains possession, throws the ball and then moves to the end of the line.
- 3 – Repeat with every player in line.

Encourage players standing in line to retrieve loose balls.


Evaluation:

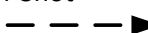
Things to work on:


Halton Hills Minor Lacrosse – v001

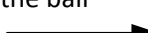
Stationary Partner Loose Balls Drill


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Player Movement


Pass or Shot


Rolling Ball


Meet the ball


Pick


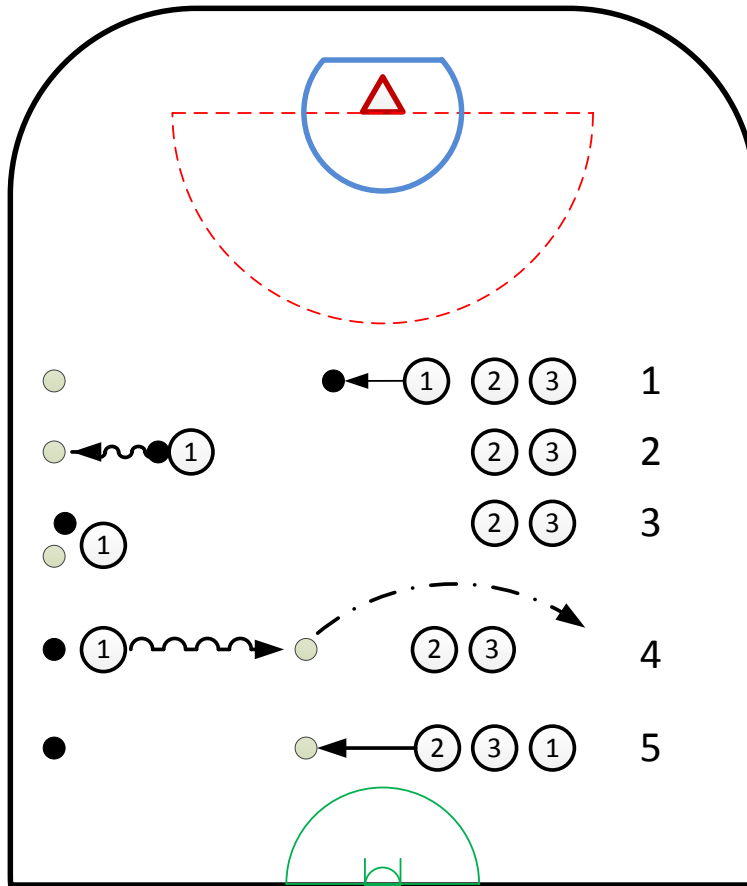
Rotate


Defensive Player (X)

Offensive Player (L) (R)

Coach (C)

Create small groups of 2 or 3 players with 2 balls per group



Drill Instructions:

- 1 – First player picks up ball
 - 2 – Then cradles it to the boards
 - 3 – Puts it down and picks up second ball
 - 4 – Cradles second ball back to the line and places it down
 - 5 – Repeat process
- Encourage players to ensure ball does not bounce away.

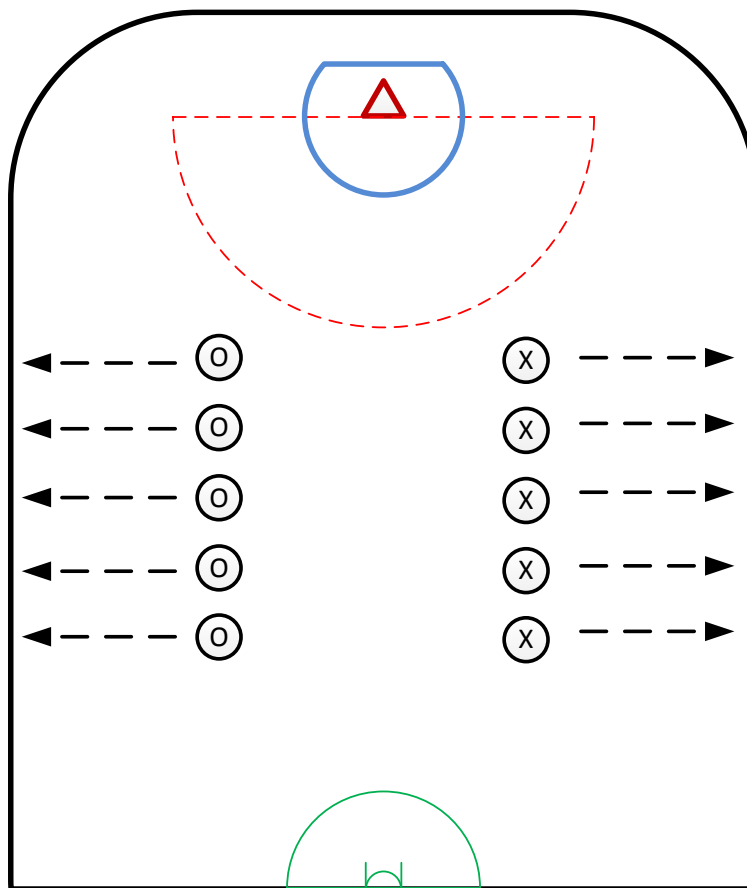
Evaluation:

Things to work on:

Individual Passing Drill

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Player Movement	
Pass or Shot	
Rolling Ball	
Meet the ball	
Pick	
Rotate	
Defensive Player	(X)
Offensive Player	(L) (R)
Coach	(C)



Drill Instructions:

- 1 - Each player stands approximately 10' from the boards with a ball.
- 2 - Players will throw ball to the boards and catch the rebounds.

Key Point: Players should be encouraged to do this drill at home.

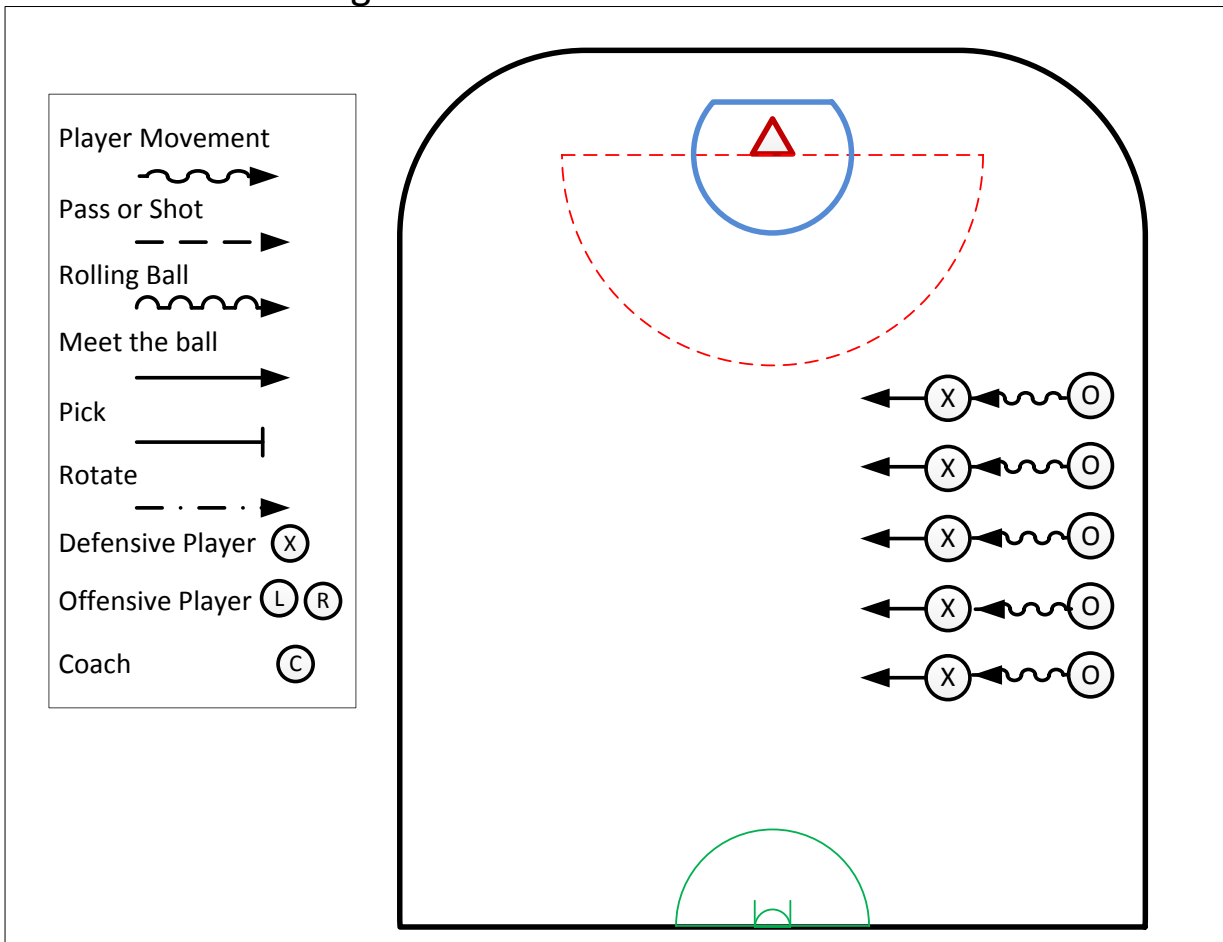
Evaluation:

Things to work on:

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Cross-Rink Checking Drill

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Drill Instructions:


- 1 - O's has the ball and tries to go past X.
- 2 - X uses stick on one side and forearm/shoulder on the other to prevent O from passing.
- 3 - When they reach opposite boards, switch positions and come back the other way.

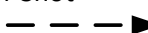
Evaluation:


Things to work on:

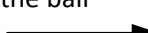
Rolling Shuttle Drill


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Player Movement


Pass or Shot


Rolling Ball


Meet the ball


Pick


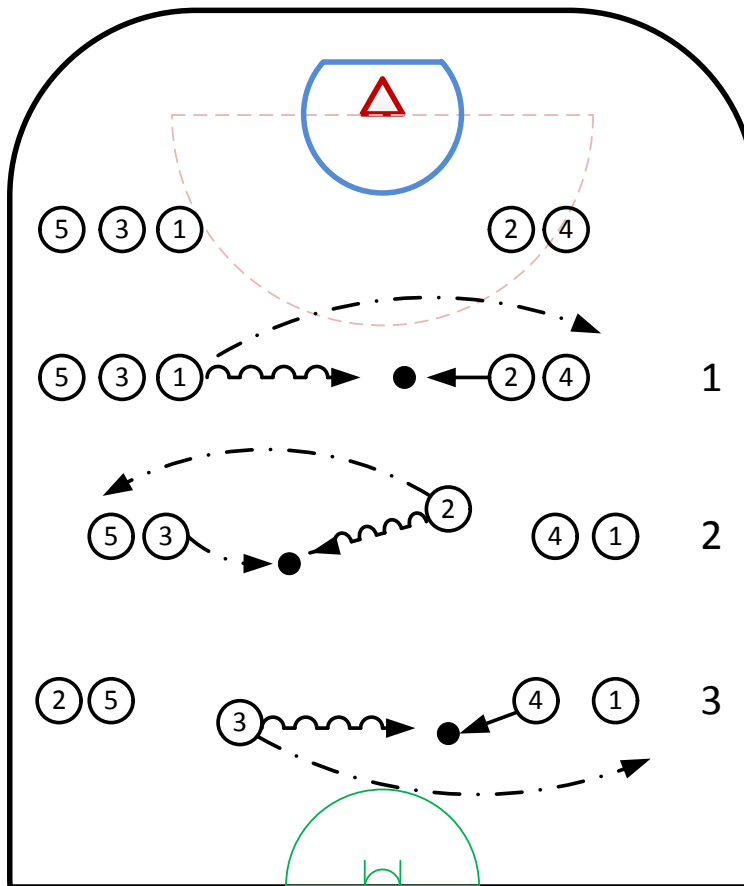
Rotate


Defensive Player (X)

Offensive Player (L) (R)

Coach (C)

Form uneven groups of 5 as shown. The first player in the line with 3 players has the ball.



Drill Instructions:


- 1 – Player 1 rolls the ball to player 2 and then runs to the end of that line
- 2 – Player 2 then rolls the ball to player 3 and then runs to the end of that line
- 3 – Repeat

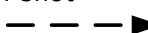
Evaluation:


Things to work on:

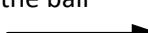
Stationary Loose Ball Shuttle Drill


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Player Movement


Pass or Shot


Rolling Ball


Meet the ball


Pick


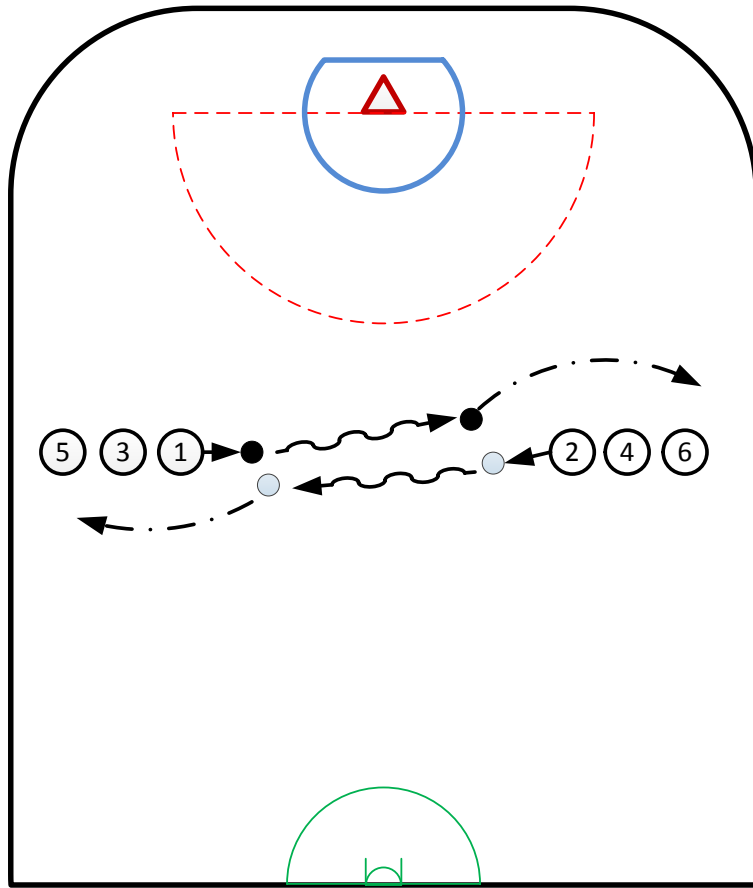
Rotate


Defensive Player (X)

Offensive Player (L) (R)

Coach (C)

Form 2 lines with a ball at the front of each line.



Drill Instructions:


- 1 – Player 1 picks up the ball and carries it to the opposite line and places it down
- 2 – At the same time player 2 is doing the same activity
- 3 – Repeat

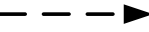
Evaluation:


Things to work on:


Stationary Paired Passing & Catching


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Player Movement


Pass or Shot


Rolling Ball


Meet the ball


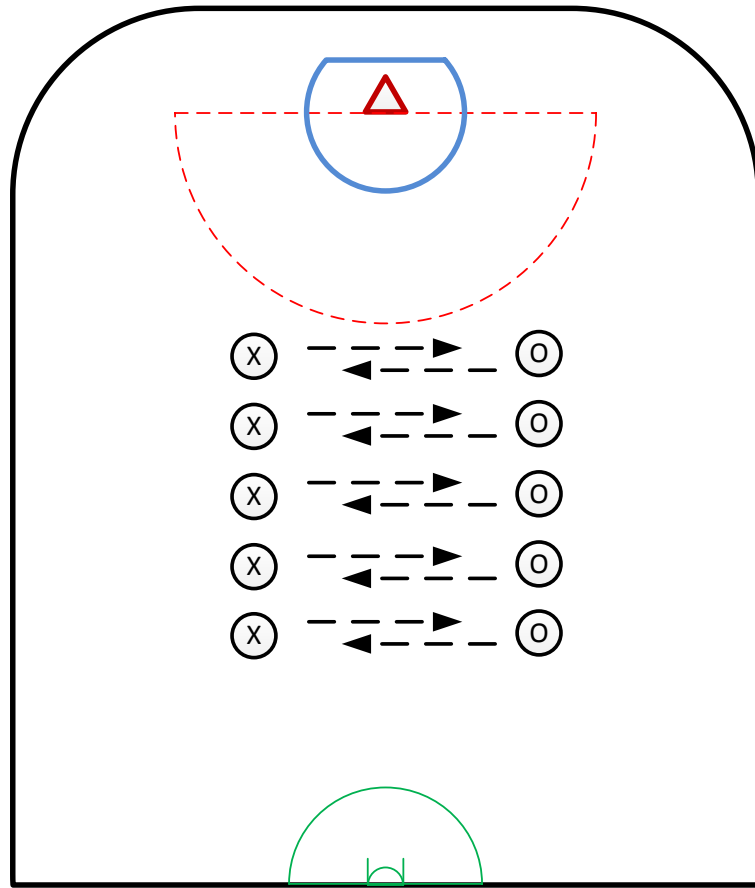
Pick


Rotate


Defensive Player (X)

Offensive Player (L) (R)

Coach (C)



Drill Instructions:

- 1 - O's has the ball and passes the ball to X.
- 2 - X passes ball back to O.
- 3 - Repeat.

Key Point: In order to improve passing accuracy, receiving players should present a target while the passer attempts to hit it.


Advanced: Have the thrower throw to the receivers left, right, high and low.

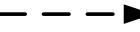
Evaluation:


Things to work on:


Staggered Shuttle Drill


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Player Movement


Pass or Shot


Rolling Ball


Meet the ball


Pick


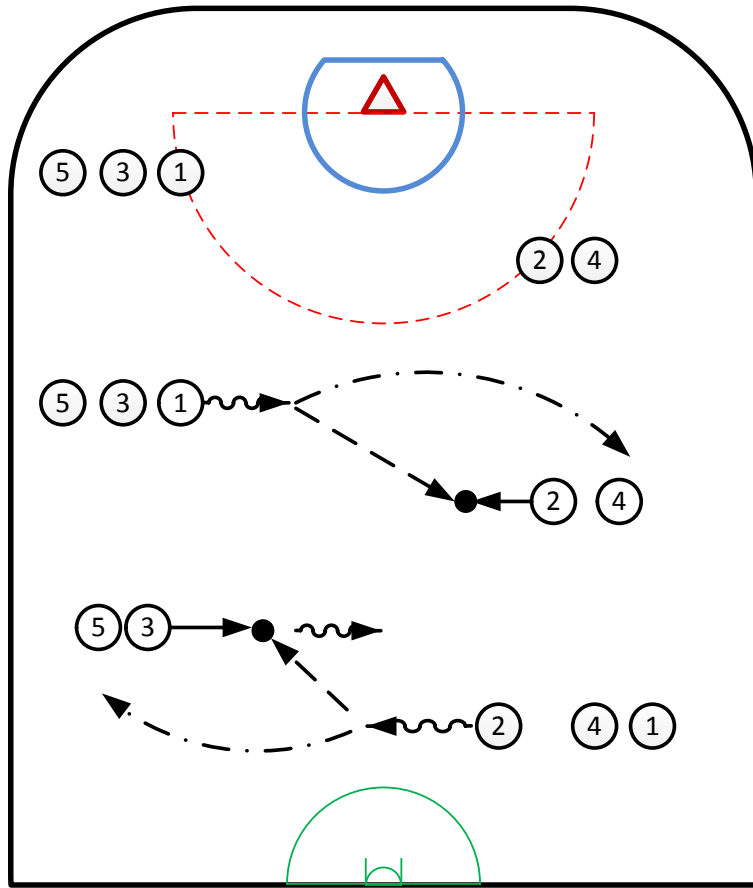
Rotate


Defensive Player (X)

Offensive Player (L) (R)

Coach (C)

Form uneven lines of 5 as shown.
 The first player in the line with 3 players has the ball.



Drill Instructions:


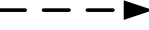




- 1 – The player 1 runs a few steps then passes to player 2 - who has run towards him.
- 2 – Player 2 then passes the ball to player 3 – who has run towards him.
- 3 – Repeat

Evaluation:

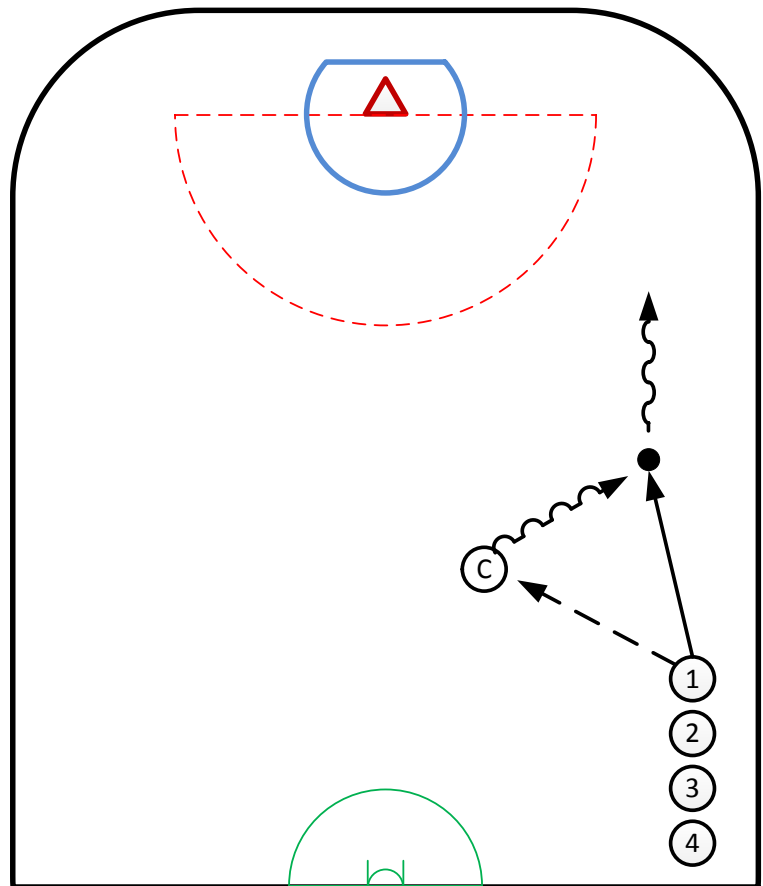
Things to work on:

Loose Balls Drill

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Player Movement	
Pass or Shot	
Rolling Ball	
Meet the ball	
Pick	
Rotate	
Defensive Player	(X)
Offensive Player	(L) (R)
Coach	(C)

Players line up as shown, each with a ball. Designated player or coach works as a post.



Drill Instructions:

- 1 – The first player passes the ball to the post.
- 2 – The post receives pass and then puts the ball on the floor in one of the following ways: rolled forward, bounced off floor, bounced off boards.
- 3 – Repeat


Evaluation:

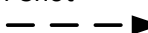
Things to work on:


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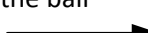
Stationary Diagonal Passing & Catching


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Player Movement


Pass or Shot


Rolling Ball


Meet the ball


Pick


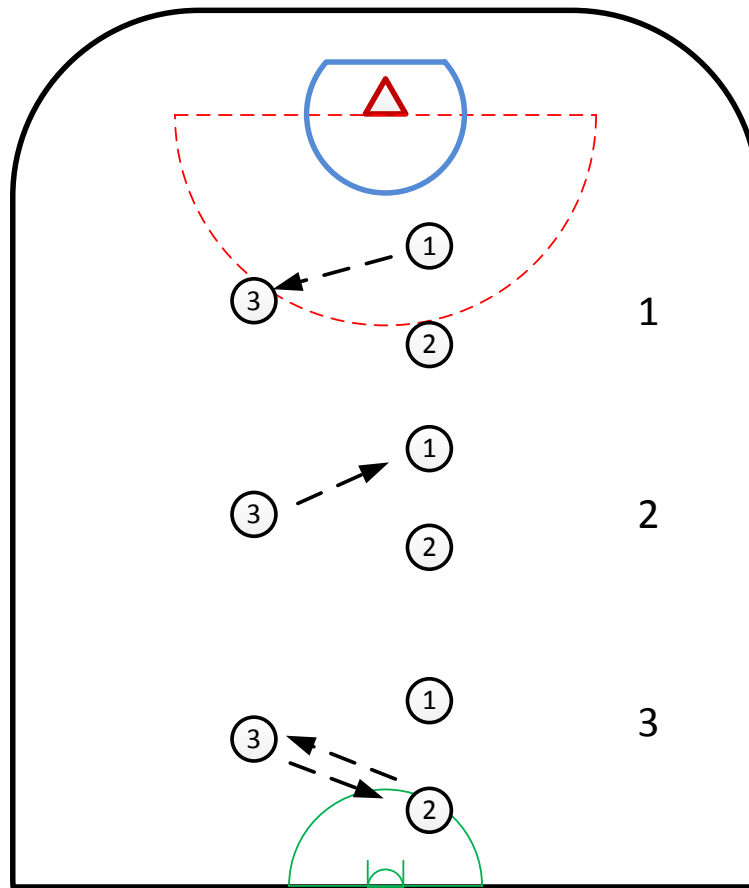
Rotate


Defensive Player (X)

Offensive Player (L) (R)

Coach (C)

Players form groups of 3 in a triangle as shown. Players A and C have a ball.



Drill Instructions:

- 1 – Player 1 passes the ball to player 3
- 2 – Player 3 receives the pass and immediately returns the pass back to player 1
- 3 – Player 3 then looks for a pass from player 2


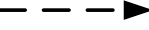




Players 1 and 2 alternate passing to player 3.
 Each player should take a turn at assuming player 3 position.

Evaluation:

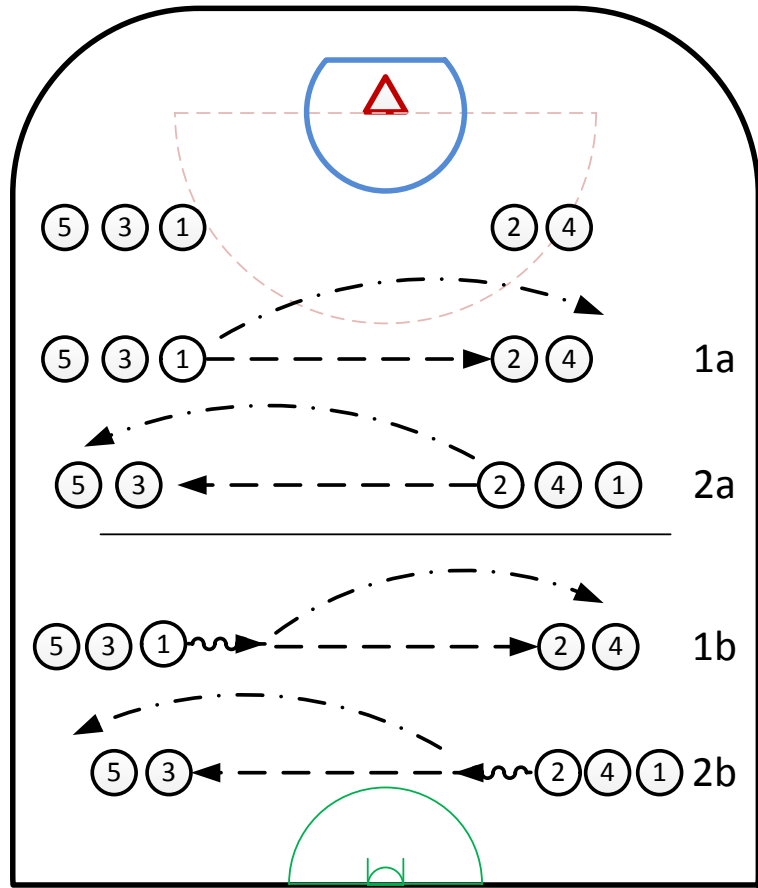
Things to work on:

Shuttle Passing Drill

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Player Movement

Pass or Shot

Rolling Ball

Meet the ball

Pick

Rotate

Defensive Player (X)
Offensive Player (L) (R)
Coach (C)

Form uneven groups of 5 as shown. The first player in the line with 3 players has the ball.



Drill Instructions:

- 1 – Player 1 passes the ball to player 2 and then runs to the end of that line
- 2 – Player 2 then passes the ball to player 3
- 3 – Repeat


Alternate: Perform the same drill except the passer takes a few steps before passing the ball.

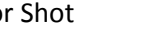
Evaluation:


Things to work on:


Head Start Drill

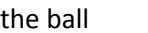
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Player Movement


Pass or Shot


Rolling Ball


Meet the ball


Pick


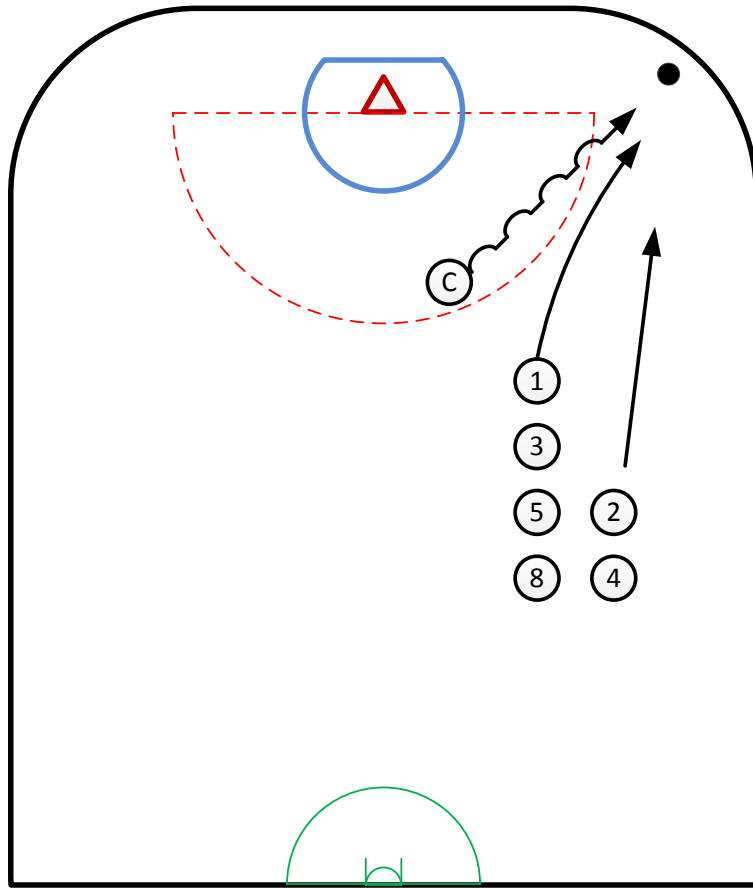
Rotate


Defensive Player (X)

Offensive Player (L) (R)

Coach (C)

Player 1 has a 5'-6' head start on player 2.



Drill Instructions:

- 1 – Coach rolls or bounces ball into corner area
- 2 – Both players race into corner area and attempt to play the loose ball
- 3 – Players return to opposite lines

Stress:


- Concentration
- Control by trailer not to crash first player into the boards

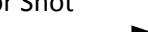
Evaluation:


Things to work on:


Give and Go Drill


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Player Movement


Pass or Shot


Rolling Ball


Meet the ball


Pick


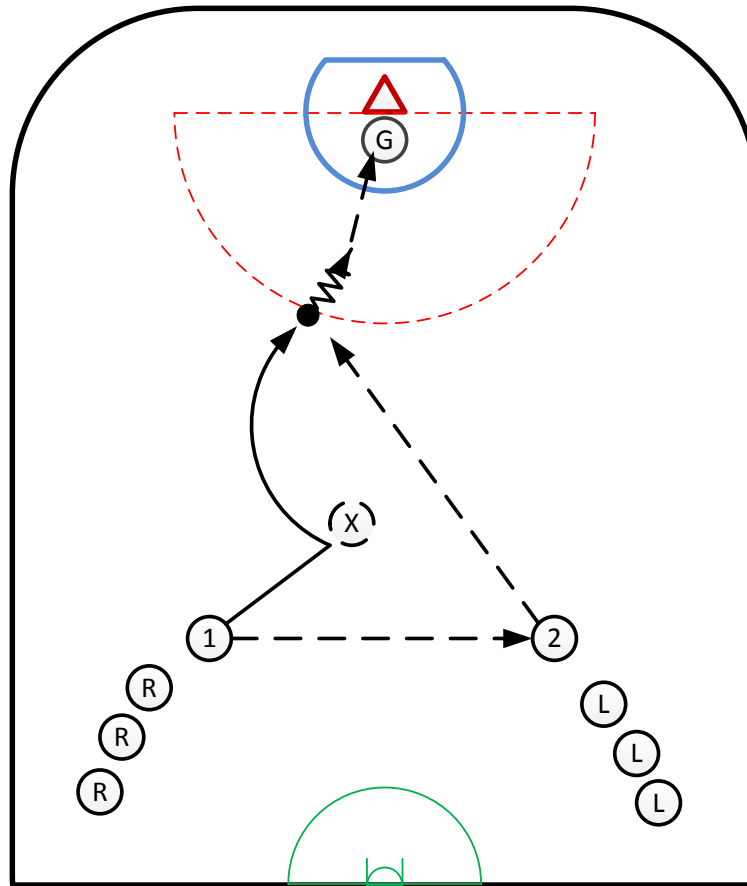
Rotate


Defensive Player (X)

Offensive Player (L) (R)

Coach (C)

Create 2 lines as shown



Drill Instructions:

- 1 – Player passes to teammate then makes a cut and breaks to the net
- 2 – The player who received the pass then hits the breaking player who takes a shot on goal
- 3 – You may want to occasionally put a defender in so the player learns to break around him

Stress:


- It is important for the breaking player to make a cut to simulate getting free

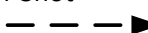
Evaluation:


Things to work on:

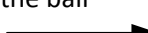
Corner Give and Go Drill


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Player Movement


Pass or Shot


Rolling Ball


Meet the ball


Pick


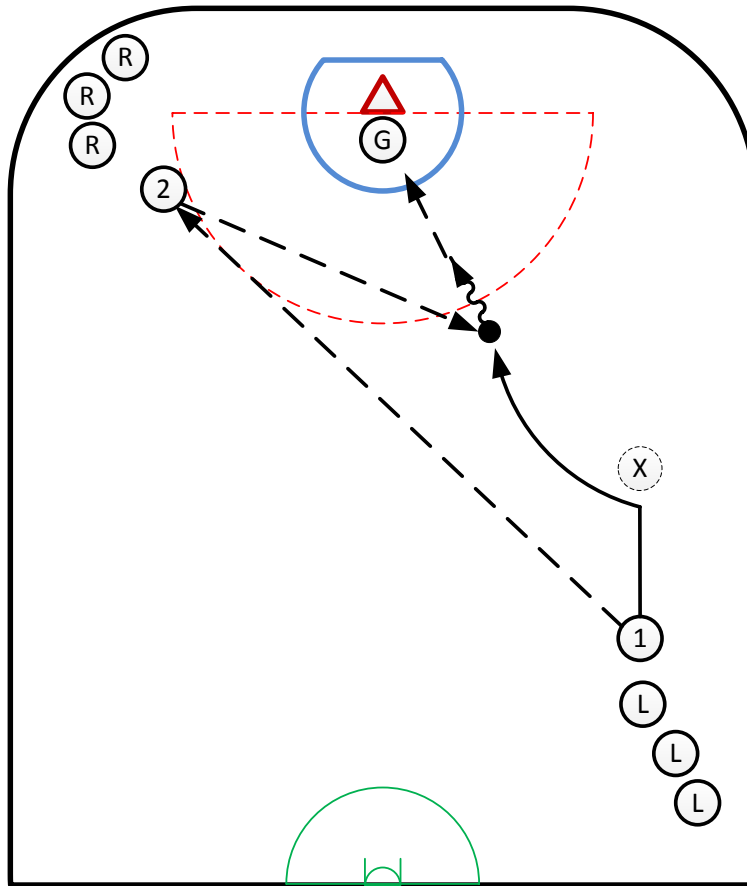
Rotate


Defensive Player (X)

Offensive Player (L) (R)

Coach (C)

Create 2 lines as shown



Drill Instructions:

- 1 – Player passes to teammate then makes a cut and breaks to the net
- 2 – The player who received the pass then hits the breaking player who takes a shot on goal
- 3 – You may want to occasionally put a defender in so the player learns to break around him

Stress:


- It is important for the breaking player to make a cut to simulate getting free

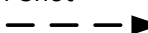
Evaluation:


Things to work on:

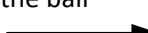
Goaltender Shooting Drill


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Player Movement


Pass or Shot


Rolling Ball


Meet the ball


Pick


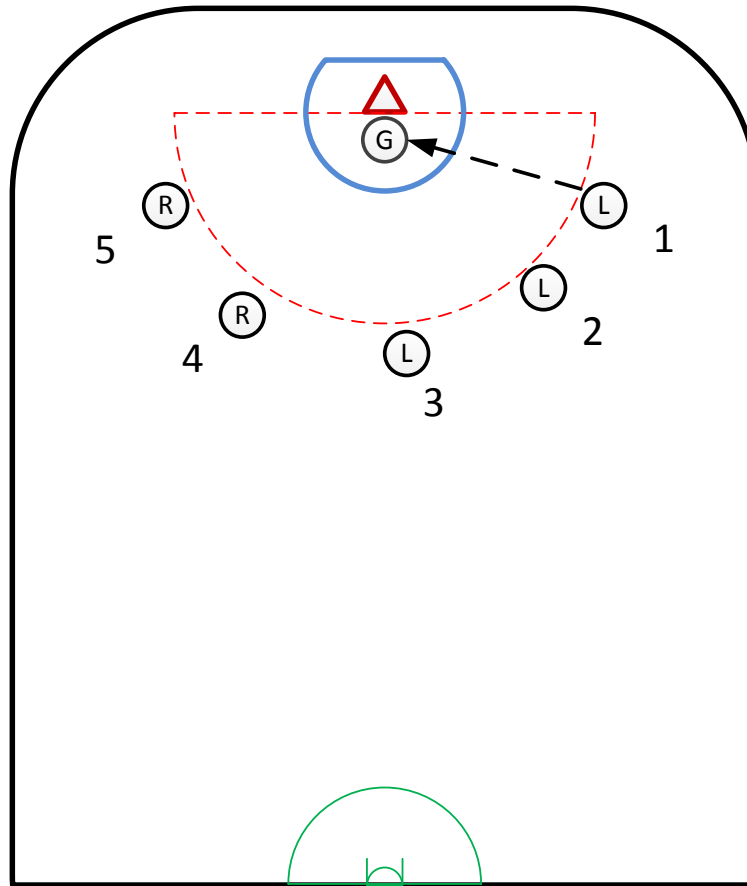
Rotate


Defensive Player (X)

Offensive Player (L) (R)

Coach (C)

All players have a ball.



Drill Instructions:

- 1 – Goalie gives signal to start.
- 2 – Players start shooting from right to left.
- 3 – Reload and repeat.

Note:

- Shooting may start from left side or alternate between sides.

Evaluation:

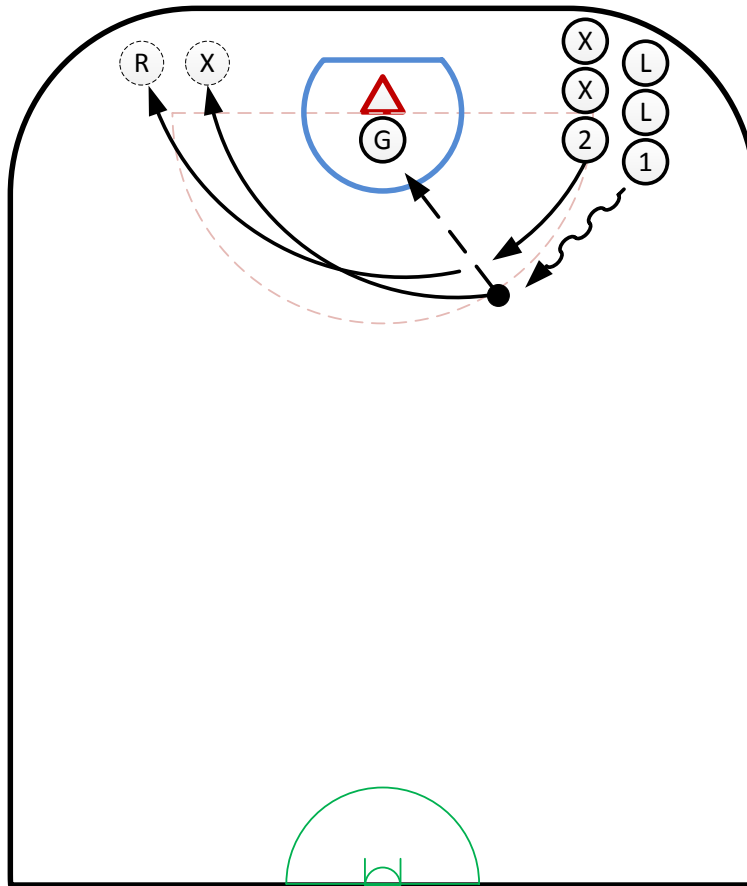
Things to work on:

Screen Shots Drill

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Player Movement	
Pass or Shot	
Rolling Ball	
Meet the ball	
Pick	
Rotate	
Defensive Player	(X)
Offensive Player	(L) (R)
Coach	(C)

Create 2 lines as shown.
Left handed players have ball and right handed players are defence.



Drill Instructions:

- 1 – Player 1 starts moving toward the goal.
- 2 – Player 2 starts defending.
- 3 – Player 1 uses player 2 as a screen and shoots the ball as he cuts across the front of the goal.

Note:


- Goalie must see the ball and then a screen.

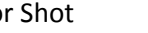
Evaluation:


Things to work on:


Give & Go Shooting Drill

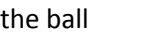
bulldogslacrosse.ca


Player Movement


Pass or Shot


Rolling Ball


Meet the ball


Pick


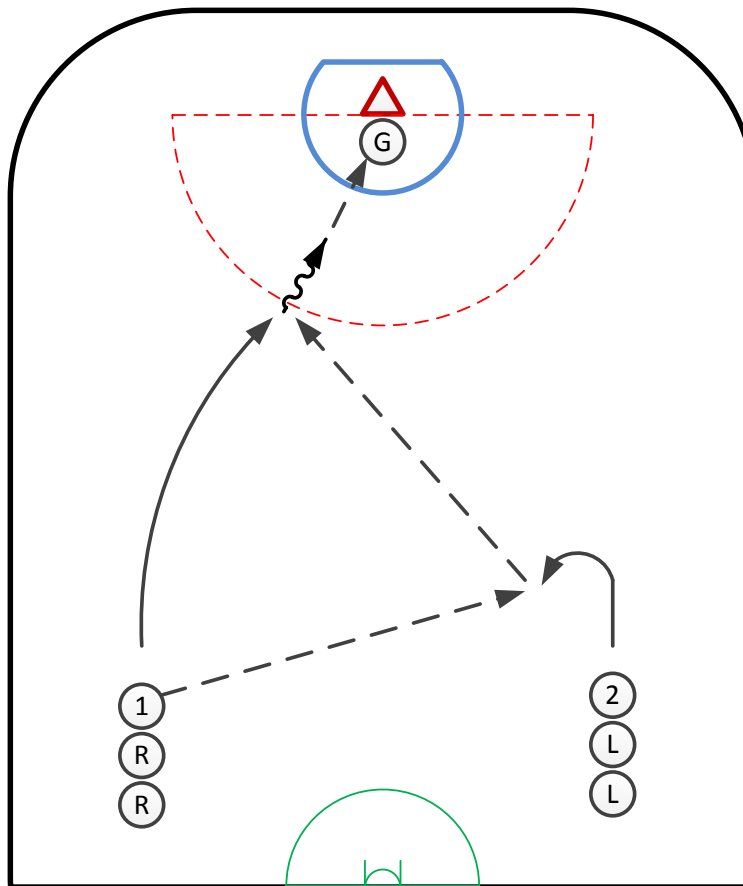
Rotate


Defensive Player (X)

Offensive Player (L) (R)

Coach (C)

Helps goaltender react to shooter receiving pass from opposite side. Rights have ball.



Drill Instructions:

- 1 – Goalie gives signal to start.
- 2 – Player 2 button-hooks and receives pass from player 1.
- 3 – Player 1 runs toward goal and receives pass from player 2.
- 4 – Player 1 shoots on goal.

Note:


- Repeat starting from left side.

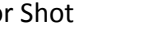
Evaluation:


Things to work on:


Cutting Give & Go Shooting Drill

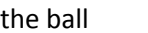
bulldogslacrosse.ca


Player Movement


Pass or Shot


Rolling Ball


Meet the ball


Pick


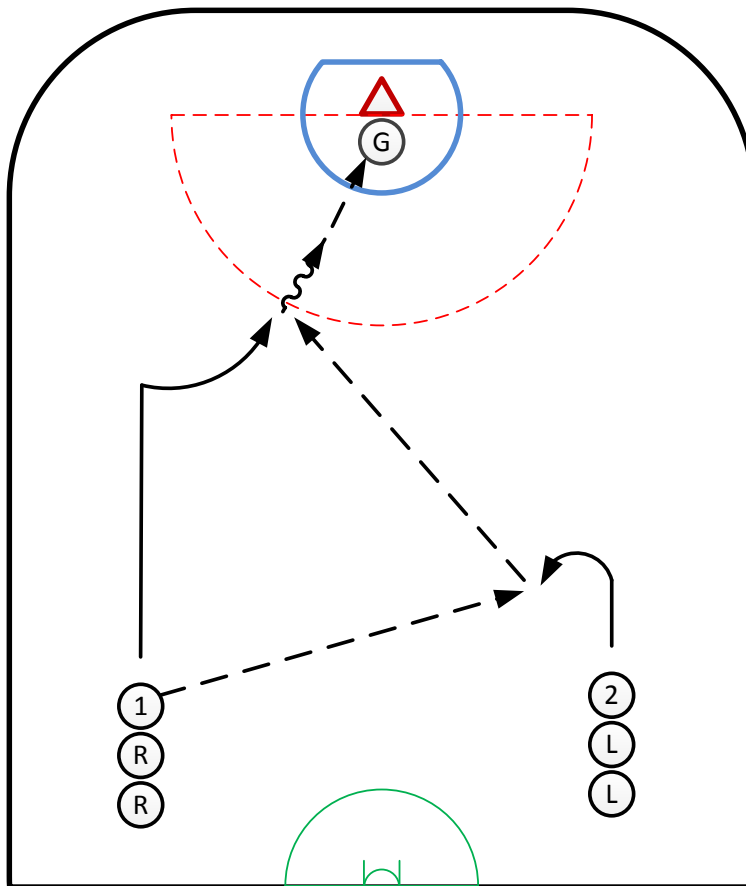
Rotate


Defensive Player (X)

Offensive Player (L) (R)

Coach (C)

Helps goaltender react to shooter cutting across after receiving pass from opposite side.



Drill Instructions:

- 1 – Goalie gives signal to start.
- 2 – Player 2 button-hooks and receives pass from player 1.
- 3 – Player 1 runs toward goal, cuts across and receives pass from player 2.
- 4 – Player 1 shoots on goal.

Note:

- Repeat starting from left side.

Evaluation:

Things to work on:

Player Evaluations:

The end of season evaluations will help create balanced teams for the following season.

On a scale of 1 (beginner) to 5 (very skilled), rate the level of the players skill development (shooting, passing, catching, running speed) compared to his/her teammates

	Name	Shoots R or L	Catching	Passing	Shooting	Running Speed
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						