

Skill	U9	U11	U13	U15	
Cradling					Teaching Points
2 Hand Cradle - Strong Hand	x	x	x	x	A. Stick shaft perpendicular B. Control the ball C. Should be Natural Easy movements, not jerky / violent.
2 Hand Cradle - Weak Hand		Intro	x	x	D. Eliminate any unnecessary stick movement (showing off) E. Be able to get the stick to the box position to pass or shoot quickly.
1 Hand Cradel - Strong Hand	x	x	x	x	
1 Hand Cradel - Weak Hand		Intro	x	x	
Throwing					
Strong Hand	x	x	x	x	A. Start with stationary passing drills, progress to drills on the move as soon as you can B. Utilize small ball games to create learning environments under pressure
Weak Hand		Intro	x	x	
Catching					
Strong Hand	x	x	x	x	A. Start with stationary passing drills, progress to drills on the move as soon as you can. B. Utilize small ball games to teach passing and catching under competitive circumstances
Weak Hand		Intro	x	x	
Diagonal on the move	x	x	x	x	
Over the shoulder	Intro	x	x	x	
Scooping					
Strong Hand	x	x	x	x	A. Emphasize proper two handed technique, Stick low, head over the ball, scoop through. B. Run away from defender to open field. C. NO RAKING D. NO ONE HANDED SCOOPS. The team that wins most of the ground ball battles in lacrosse is almost always the one that wins the game.
Weak Hand		Intro	x	x	
Dodges					
Roll Dodge	x	x	x	x	A. Review Kudva videos for technique. B. Progress through the dodges starting with Roll, to Face etc. C. There is no time table so don't feel this has to be done in week one. It is far more important to get one dodge down right. In a perfect world U15's should be able to do this with their weak hands
Face Dodge	x	x	x	x	
Circle Dodge	Intro	x	x	x	
Change of Direction Dodge	Intro	x	x	x	
Split Dodge		Intro	x	x	
Bull Dodge		Intro	x	x	
Inside Roll Dodge			Intro	x	
Feeding					
Create Space - Dodge	x	x	x	x	A. The key is creating space so that your hands are free to pass. Move, V Cut, get to open space to create time and space
Create Space - V Cut	x	x	x	x	
Create Space - Get ot open areas					
Shooting					
Overhand	x	x	x	x	A. Start with stationary shooting galleries, progress to 'on the run'. B. Practice high shots, bounce shots. C. Add combination drills combining skills that would be used to create a shot i.e. Give and Go passing of a triangle formation, Dodge / Feed
Three Quarter	x	x	x	x	
Side Arm		Intro	x	x	
Quick Stick		Intro	x	x	
In Tight - Hi Lo Fake		Intro	x	x	
Checking					
Poke	x	x	x	x	Checking under control, on the hands or stick, NO wild swings, use both hands if at possible. Defense is played with the legs first
Lift	x	x	x	x	proper position, and stick last
Slap / Chop		Intro	x	x	
Can Opener		Intro	x	x	

Playing without the ball					
Whistle Ready	x	x	x	x	A. Whistle ready is running to your proper position on a dead ball situation. The ref will blow the whistle as soon as the team that has possession gets it. This is for both defense and offense. B. What your players do off the ball will determine much of your success. It is the difference between well coached teams and the other guys. C. Are players moving, cutting, V-Cuts, setting pics. The game is constant motion when played correctly. D. College coaches spend a lot of time studying players and what they do when the DON'T have the ball - Are you a part of the clear, making yourself available for a pass.
V Cuts - Creating Space	x	x	x	x	
Cutting	x	x	x	x	
On Ball Picks	Intro	x	x	x	
Off Ball Picks		Intro	x	x	
Transition Offense					
Draw and Dump	x	x	x	x	A. Practice transition a lot, odd man rushes, and create a passing mentality. The objective is recognizing you have "numbers" or more players then the defense first, Second is to find or create that 2 v 1 situation. Third, get the ball to the hole and get a shot. Do NOT be too fancy when you get the ball to the hole, Do NOT over pass. The best goalies in the world only stop 55-60% of the shots they face. In Youth Lax if your goalie stops 1 out of 2 he or she is doing well. Get the ball to the hole quickly
Give and Go	x	x	x	x	
Fast Break "L"			Intro	x	
Fast Break "W"				x	
Transition Defense					
Get to the hole	x	x	x	x	A. Transition Defense is a all about getting the hole, setting up a tight zone, giving up the "Longest" pass, and closing down the closest threats. In transition the players without the balls are more dangerous than the ball carrier. Bait the Offense, try to get them to over pass and make a mistake and do your best to keep them out of the hole. Give up long shots is not a bad thing too
Zone Defense	x	x	x	x	
Slide and Support	x	x	x	x	
Settled Offense					
2 2 Box	x	x			GET ORGANIZED - Patience, get set up, pass the ball around then run your offense. Patience is the hardest thing to teach.
1 3 2 Triangles			x	x	Communicate!!!!
Get organized - Patience	x	x	x	x	
Get the ball through X	x	x	x	x	
Pass / Dodge and Cutters	x	x			
Pass / Pass / Dodge and Cutters			x	x	
Motion Offense - Part 1			x	x	
Motion Offense - Part 2			Intro	x	
Motion Offense - Part 3				Intro	
Settled Defense					
Man to Man, don't chase	x	x	x	x	A. Be whistle ready B. Communicate C. Be a defense first team, and start your season with defensive systems. This is the hard part and the grind. Do not make the mistake of assuming your defense will just take care of itself while you are working on your offense. It doesn't. Everyone plays defense, Everyone! It is the difference between a good team and a great team
Slough off ball	x	x	x	x	
Adjacent Slide	Intro	x	x	x	
Crease Slide			x	x	
Clears					
After Shot	x	x	x	x	A. Players break immediately to open areas for outlet pass
Sideline	x	x	x	x	A. Whistle ready! B. Younger levels get open, older levels run Modified 32. B. Clear up the sideline
Modified 32			x	x	A. Three defensmen low in a line. Two middies in the middle. On whistle one breaks to side line and the other to the ball.
Rides					
Man to Man	x	x			
3 3 3 1			x	x	A. Attack plays Zone down low giving up the long pass B. Middies Man to Man C. Defense Man to Man on Attack

Man Down Defense					
Triangle Zone	Intro	x			Work on this because you will have to play it in every game.
Box and One Zone			x	x	

Extra Man Offense					
2 2 with cutters	x	x			Work on transition and settled first. When this starts to take shape work in your EMO.
1 3 2 Motion Offense			x	x	
1 4 1				Intro	