

Practice Planner

What every practice plan should contain!

1. Supplies needed

- Pennies
- Balls
- Equipment repair kit
- Practice plans - coaches should have them and managers (suggest that they fit on 3x5 index cards easily carried)

2. Drills no longer than 20 minutes

- Keep some drills as standard
- Vary the rest...make them game situation if possible
- Practice one on one at least 3 times per week

3. Practice special situations during scrimmage time

4. Practice ½ field and full field offense and defense

- ## 5. Disguise conditioning:
- during drills, sprints by position, or unit
 - Run offense or man-up soon after conditioning

Typical Practice Schedule

- A. Stretch...Captains lead
- B. Clock drill and line drills (goalie warm-up)
- C. Conditioning (Barrels, Gassers, Linetouches)
- D. Full Field Drill - Transition Drill
- E. One on Ones
- F. Team Offense - one end
Team Defense - one end
- G. Fast Break drills
- H. ½ field Scrimmage (flag down, timeouts, etc.)
- I. Full Field Scrimmage (riding/clearing scrimmage to first shot...flag down etc.)
- J. Strategy session
- K. Circle-up

This is a mid-season practice schedule; early practices include more drills and less team time.

Lacrosse Game Preparation Check List

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|---------------------------------------|-------------------------|-------------------|
| • Man to Man Offense(s) | • Man to Man Defense | • Pregame format |
| • Zone Offense(s) | • Zone Defense(s) | |
| • Extra Man Offense(s) | • Man Down Defense(s) | |
| • Full Field Clear(s) | • Sideline Clear(s) | |
| • Special Situations (see appendix B) | | |
| Man Down Clear | Desperation Double Team | Impeding Overtime |
| Lone Ranger | Mugging | Inbounds plays |
| 10 seconds | Invert Offense | |