



**USA**<sup>TM</sup>  
**LACROSSE**

# 12U BOX LACROSSE PRACTICE GUIDE



## Practice 1

Drills and Plans for Running Box Lacrosse for Ages 9 - 12





## **BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS FOR RUNNING BOX LACROSSE FOR 12U**

(AGES 9 - 12)

### **Our Mission:**

As the governing body of lacrosse in the United States, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.

### **Our Vision:**

We envision a future that offers everyone a lifelong opportunity to enjoy the sport of lacrosse.

### **About Box Lacrosse:**

Box Lacrosse is played inside the confines of a multi-sport rink. Each team has six total players on the floor to start a game with five runners and one goaltender. Players rotate on and off the floor in shifts to play offense by trying to put the ball in their opponents' goal and play defense by preventing their opponents from scoring on their goal.

### **Rules:**

USA Lacrosse publishes a Box Lacrosse Rulebook annually, found online at [usalacrosse.com/box-rules](https://usalacrosse.com/box-rules)

### **Insurance:**

The USA Lacrosse Member Insurance Program applies whether the lacrosse games or activities are held outdoors or indoors, as long as the established rules approved by USA Lacrosse are enforced. For box lacrosse, USA Lacrosse Box Rules must be followed without modification.

### **Proper Equipment for Players:**

These practice plans require players to be properly equipped with the right equipment. Within the USA Lacrosse Box Rules, Rule 28 Protective Equipment and Rule 29 Goaltender Equipment outline the mandatory equipment that players must wear.

For more information, review the USA Lacrosse Rules and review the latest Equipment Guide that can be found at [usalacrosse.com/equipment](https://usalacrosse.com/equipment)

**For more Box Lacrosse Coaching Resources, Please visit:**

**[Laxlife.ca](https://laxlife.ca)**

# BOX PRACTICE PLANS

## Practice #1 – Fundamentals & Games



**Age Group:** 12U

**Resources:** Open Wall/Field Space or Outdoor/Indoor Lacrosse Box, Lacrosse Balls, Nets, Garbage Can, Tape, Universal Screwdriver, Hacksaw, Zip Ties, Helmets & Gloves, Sticks, Pylons, Whistle, Name Tags, Sharpie  
\*Note - Goalies Are Not Required For This Practice\*

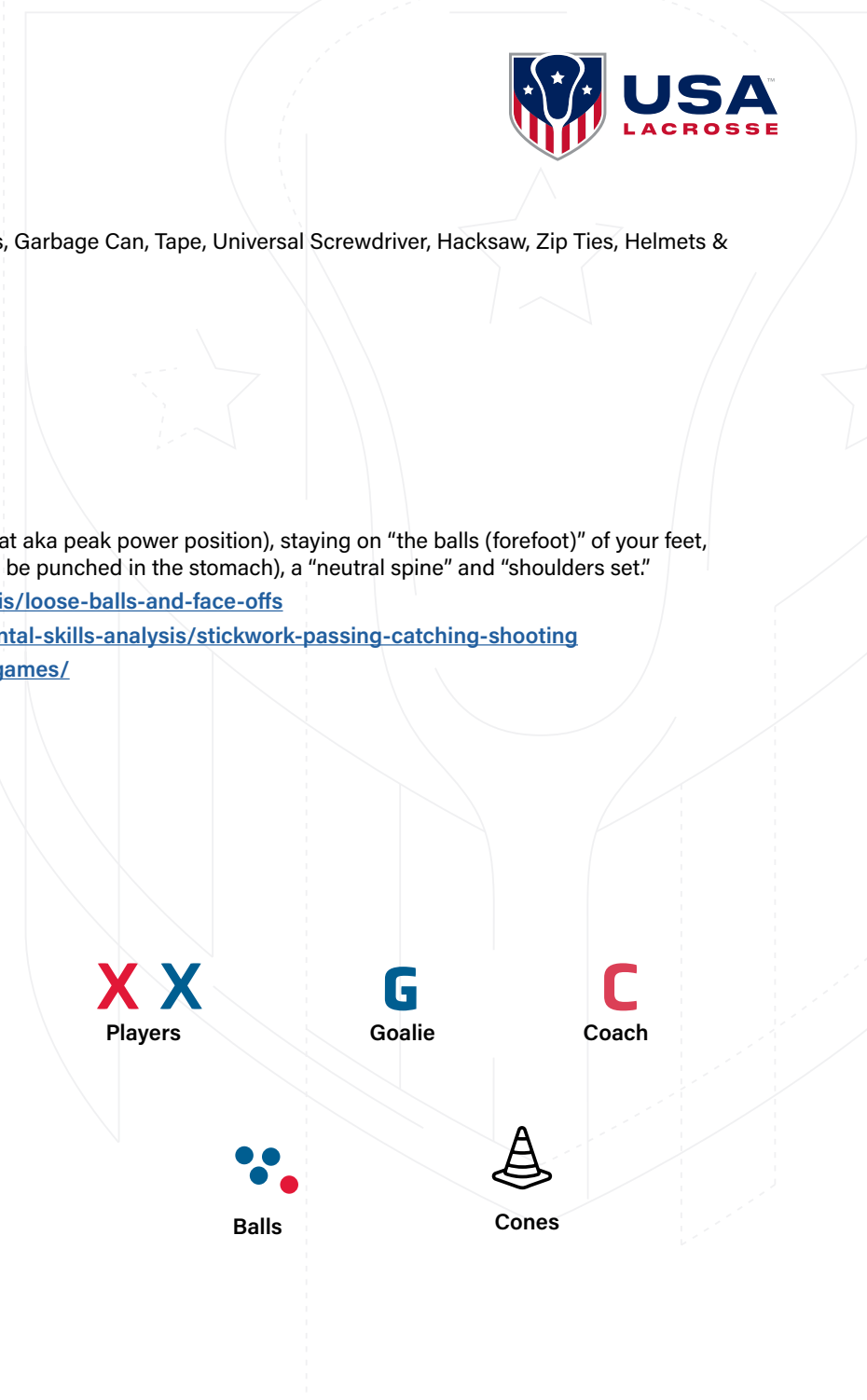
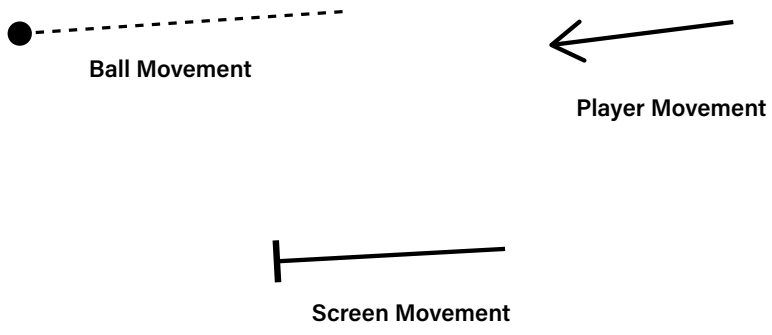
**Pre-Practice:** (20 min - Optional): Meeting Coaches, Players & Parents  
Demo: Stick Cutting & Taping

**Post Practice:** (40 min - Optional): Prearranged BBQ with the families on the team

**Reminders:** Athletic position = Feet parallel (hip width apart), knees slightly bent (1/4 squat aka peak power position), staying on “the balls (forefoot)” of your feet, leaning slightly forward, with head/chest up, abdominals flexed (as if about to be punched in the stomach), a “neutral spine” and “shoulders set.”  
Loose Ball Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/loose-balls-and-face-offs>  
Passing/Catching/Shooting Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/stickwork-passing-catching-shooting>  
Games Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/games/>

**4 Phases of a movement:** Preparation (1), Force Production (2), Critical Instant (3), Follow Through (4)

### Diagram Key



## Introduction

**Drill Duration:** 4 mins

**Description:** Huddle (Circle at Centre-Floor):

- Circle at center floor (explain the importance of the circle)
- Land Acknowledgement
- Coach Introductions = 2 min
- Discussion (2 min): History Of Lacrosse Among First Nations People (Research) + Land Acknowledgement

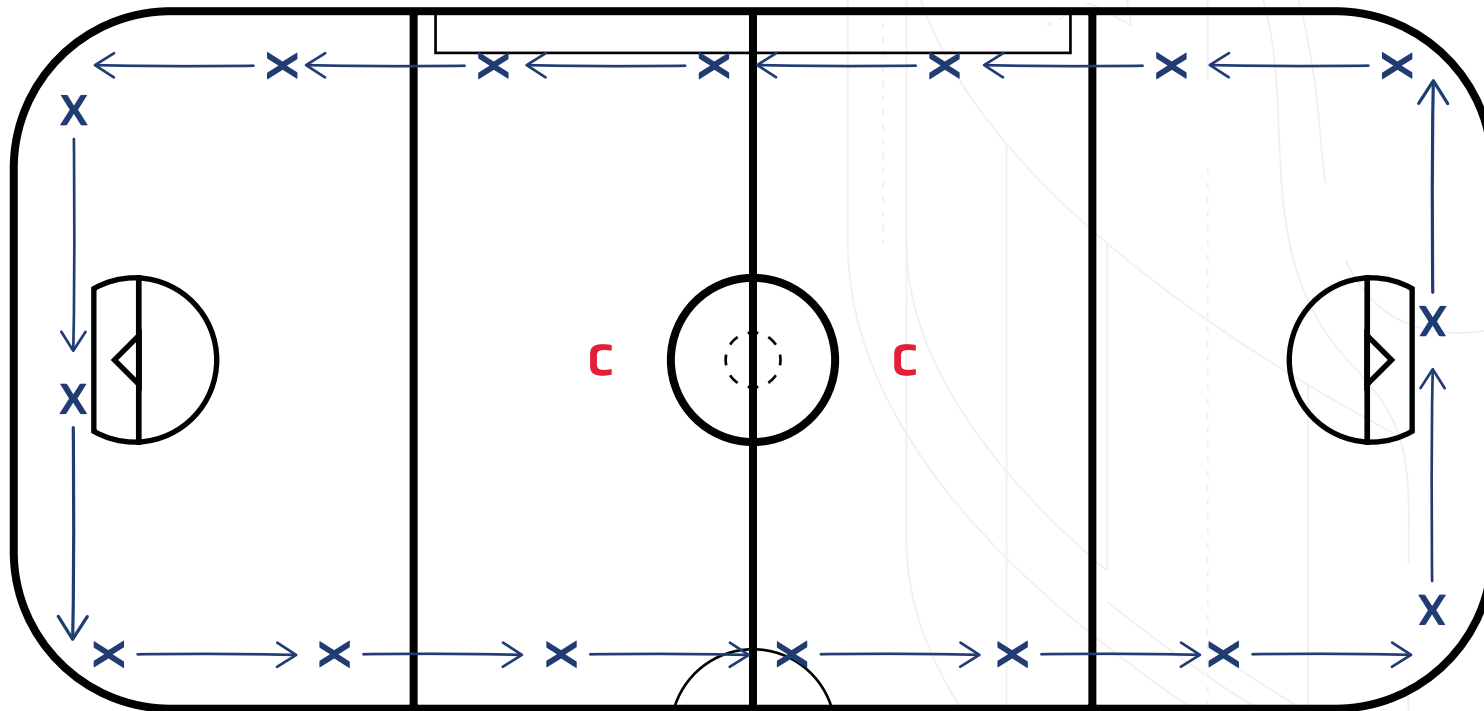


## WARM UP DRILL #1: Running Around The Perimeter

Drill Duration: 1 min

Description: Variation #1A: "No Balls"

- Have players run around the entire outside of the box close to the boards, holding the stick with "two hands" (no balls)
- Positively reinforce the players that follow the instructions which are to not cut corners and keep two hands on the stick.
- Let players know to hold their stick on whatever side they run with it during this drill, for all subsequent drills ("strong hand").



## DRILL #2

BOX LACROSSE PRACTICE #1

## DEFENSE DRILL #1: Athletic Position (“Balance” & “Footwork”)

**Drill Duration:** 4 mins

**Description:** Variation #1 (2 min): “Hold Your Guard”

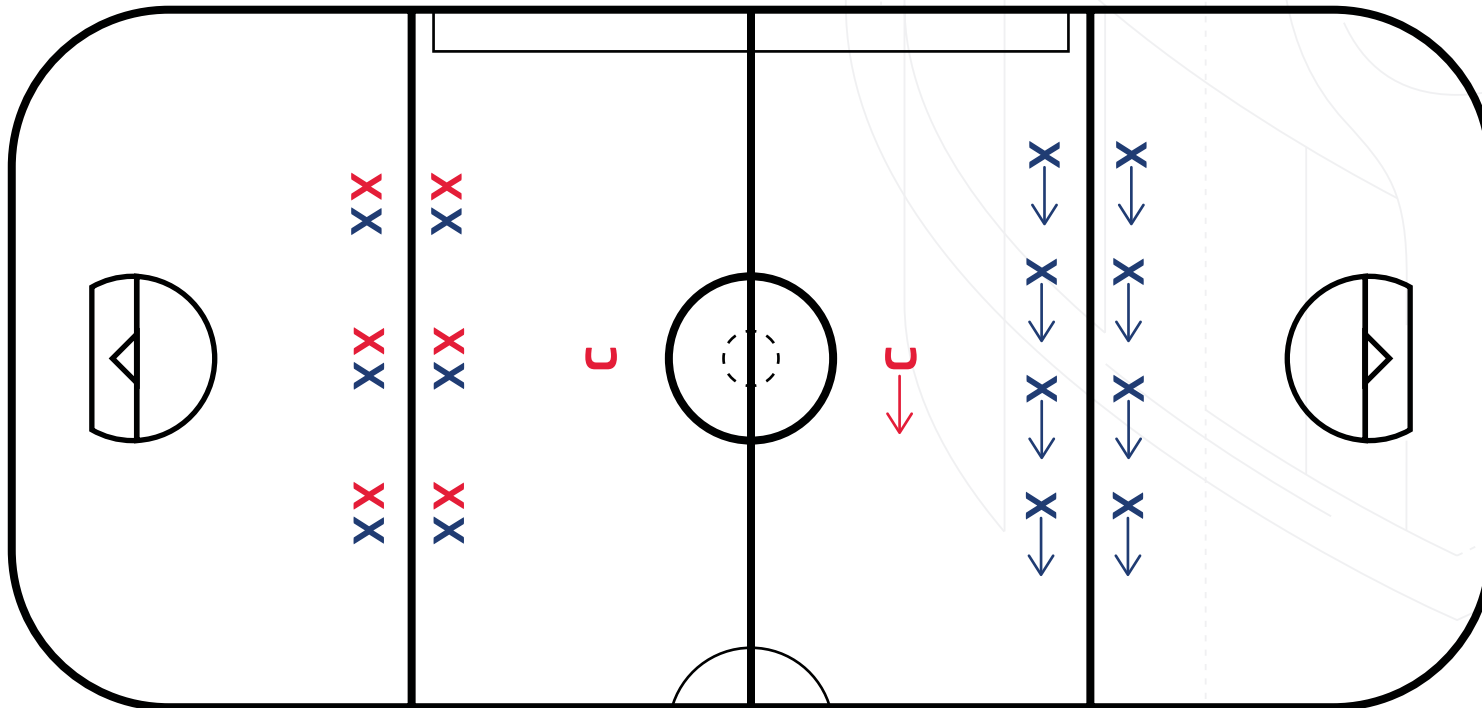
\*left diagram\*

- Demo (1 min): “Holding The Stick,” “Athletic Position” (Footwork)
- Players stand in what they believe to be the athletic position and coaches walk around and see if they can push them off balance (using a reasonable amount of strength).
- Players then try to push each other off balance, one at a time, with no sticks.
- Most common error = not bending knees enough

**Variation #2 (2 min): “Follow the Stick”**

\*right diagram\*

- Have players stand (with nobody else within arm’s length) in two different groups, in opposite ends of the floor, with the assistant coaches instructing them to follow their stick (forward, back-pedal, side-shuffle, down & roll - then up); with players doing “stutter-steps” on the coach’s whistle (two whistles signals the end).
- Players should maintain the athletic position throughout the drill, having a wide stance for “side-shuffling” and a deep knee bend (“getting low”) when “back-pedaling.”
- Informally correct the posture of any noticeably bad athletic positions among the group.
- Have players sprint to the opposite end of the floor and repeat the drill in front of the other coach.
- Each sequence of movements should last between 30-45 seconds (giving players the feel for what an average shift would be like).
- Most common error = not bending knees and getting low/wide while maneuvering.



# LOOSE BALL DRILL #1A: "Stationary" Pick-Ups (Scooping)

Drill Duration: 5 mins

Description: Variation #1 (2 min): "4 Different Techniques"

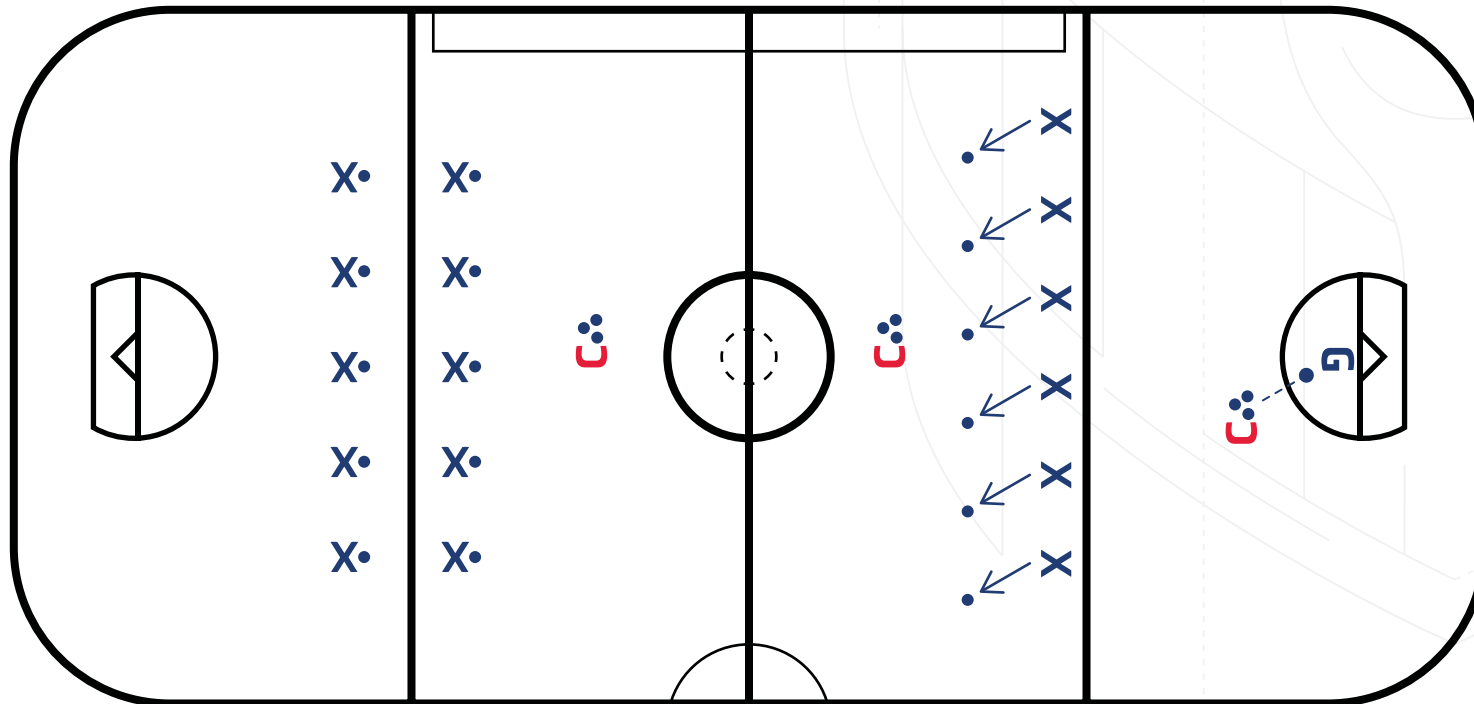
\*left diagram\*

- Demo (1 min): Loose Ball – "Scoop," "Trap & Scoop," "Scoop-Tuck-Turn," "Scoop-To-Triple Threat Position"
- Have players stand (with nobody else within arm's length) as a group.
- Each player should have a ball on the ground in front of them to start.
- Have them practice all the techniques listed on the Loose Ball Skills Analysis in "stationary" form (from a standstill).
- Start with the "scoop" (Variation #1A), the "trap and scoop" (Variation #1B), "scoop, tuck & turn" (Variation #1C), and lastly "scoop-to-triple threat" (Variation #1D).

Variation #2 (2 min): "Dynamic Loose Balls"

\*right diagram\*

- Advance to having players take 5-10 running steps before they pick up the ball; eventually having them run full speed from half-floor or full floor.
- Most common error = not keeping the butt-end of the stick low to the ground ("mowing the lawn" instead of "shoveling snow")

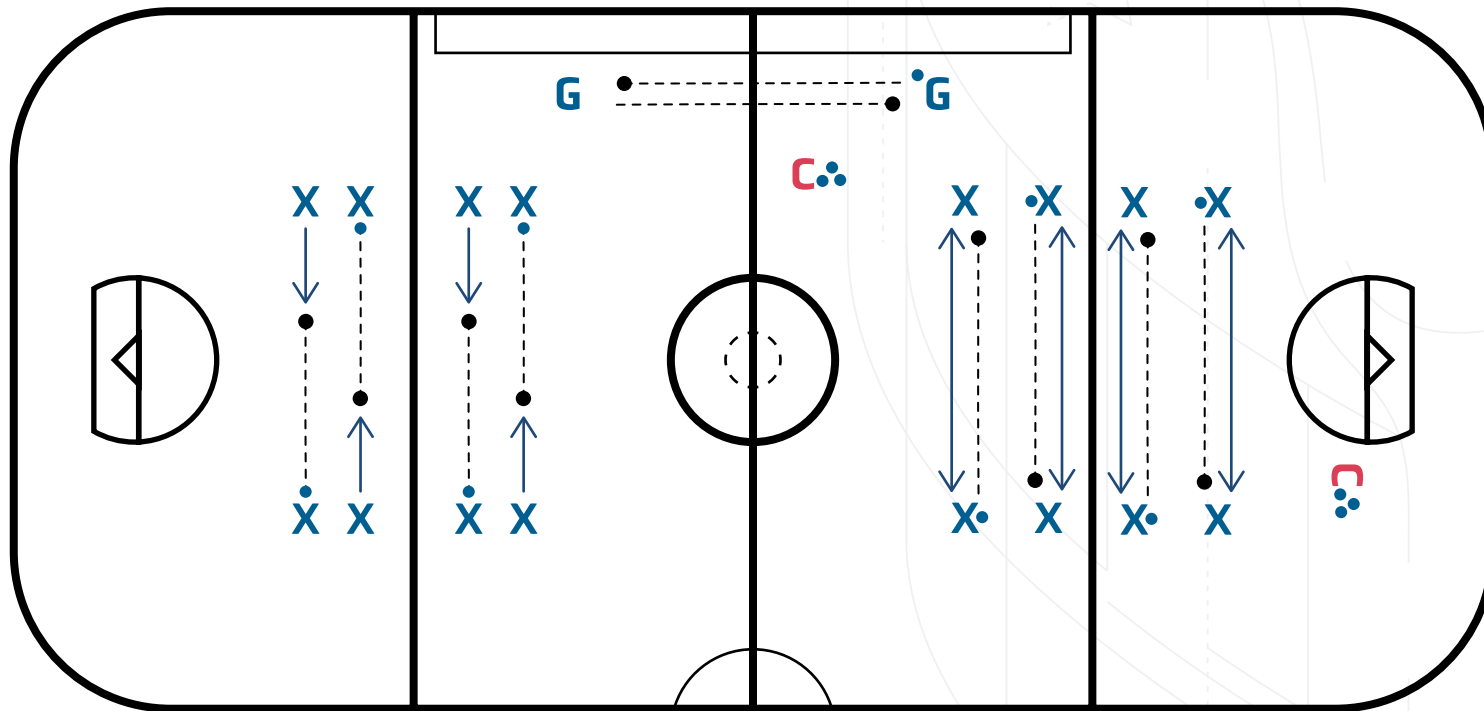


## LOOSE BALL DRILL #2: Rolling (“Attacking”) A Ball With A Partner

Drill Duration: 3 mins

Description: Variation 1: “Loose Ball”

- Demo (1 min): “Attacking A Loose Ball” (Keep It In Front Of You)
- Have players line up in pairs 10-15 yards apart, rolling a ball back and forth.
- Keep track of the number of successfully completed loose balls in a minute.
- As players progress, coaches can have players practice different techniques (“scoop,” “scoop, tuck & turn,” “scoop to triple-threat position;” also having players give their partner some trickier bounces.
- Water Break = 1 min





## STICKWORK DRILL #2: "Partner Passing"

Drill Duration: 15 mins

Description: Variation #1B (4 min): "Stationary Passing & Catching"

\*left diagram\*

- Demo (1 min): "Soft Hands" (Catching An Egg Example)
- See Passing & Catching Skills Analysis
- Start with players in two rows, 3-5 yards apart, with one ball for each set of partners.
- Start with one partner underhand passing the ball (with their bare hand) to the other partner, who tries to catch it using "soft hands."
- Each player should get at least 5-10 quality attempts to catch the ball in this fashion, with players later encouraged to pass the ball with their stick.
- Players should give each other a target to pass to when preparing to receive the ball.
- Progressively have players move farther away from each other.
- Identify the players that are having considerable trouble catching and/or passing, pulling them aside in small groups of players that have a similar problem (catching or passing).
- Most common error = not giving a target to the passer

Variation #3A To #3C (7 min): "Dynamic Pass" (Just Passer/Just Receiver/Both)

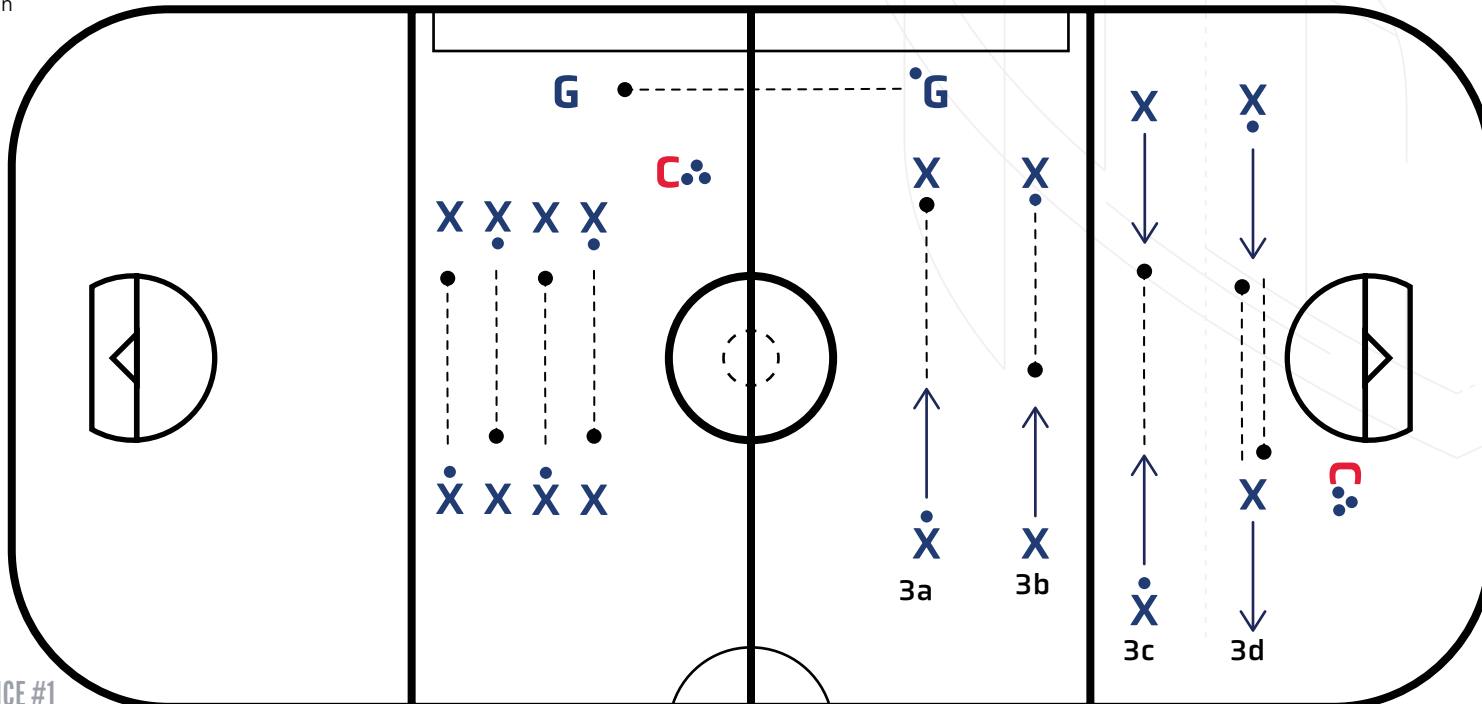
\*right diagrams\*

- Progress to just the passer running toward the receiver from a starting distance of 10-15 yards away, passing to a stationary receiver, then backpedaling back to their original starting position (Variation #3A).
- Next, practice with just the receiver running toward the passer, with the passer using basic footwork (left and right) before making the pass.
- The player that receives the pass then backpedals back to their starting position, and their partner repeats said actions (Variation #3B).
- Another variation is for both partners to run towards each other, make a pass and then either continuing to run forward to the other side, or backpedaling back to their original starting position (Variation #3C).

Variation #4A (2 min): "Face Away" (Stationary)

\*left diagram\*

- Start with one partner facing away from the other partner, looking back to receive a pass over their back shoulder (still showing a target).
- After passing the ball, both partners switch relative positions, with the former passer now facing away and catching the ball over their shoulder while "stationary"
- Water Break = 1 min



## WARM-UP DRILL #5: Semi-Circle (“Horseshoe”) Shooting

**Drill Duration:** 10 mins

**Description:** Variation #1A Or #2A (4 min): “All Players Shoot At Once” or “Left To Right” (Depending On The Goalie Situation)

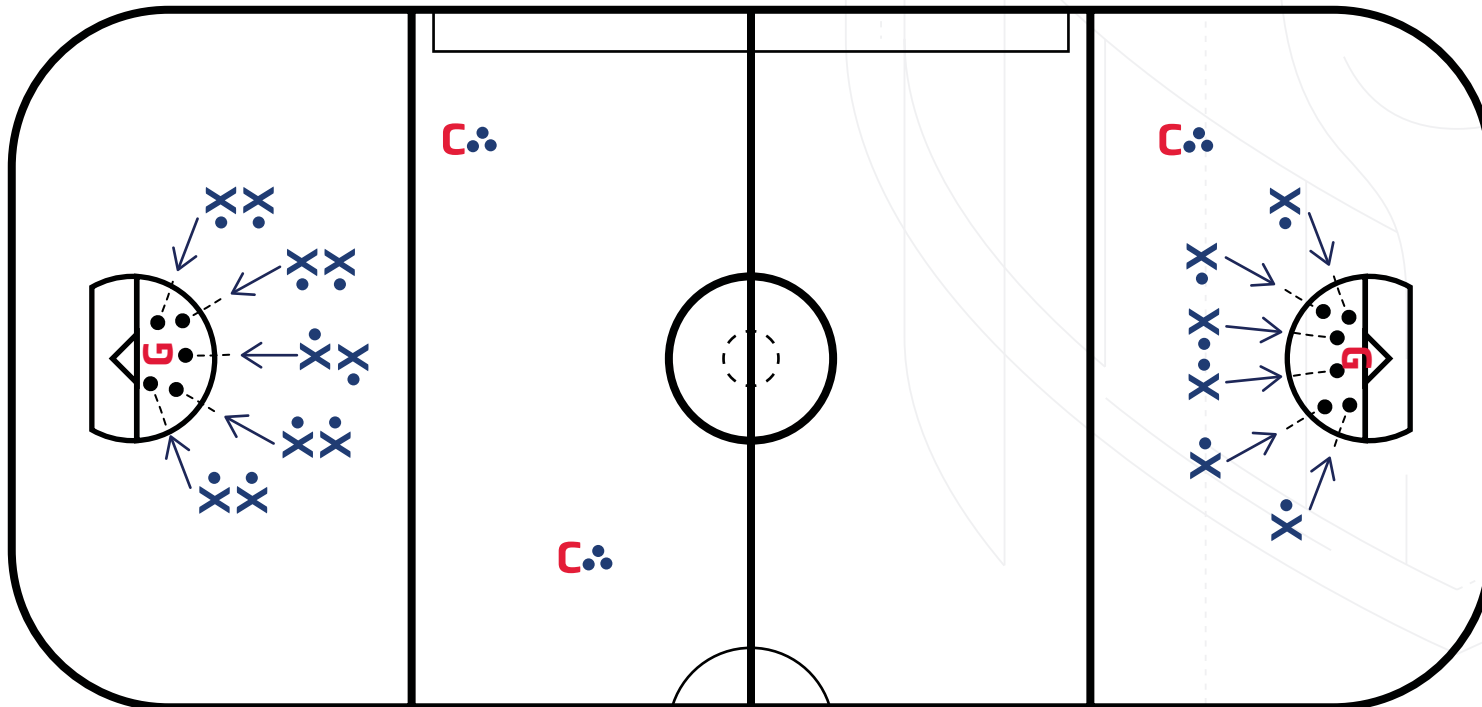
\*right diagram\*

- Demo (1 min): “Prime Scoring Area,” “Proper Floor Side”
- Arrange players, in both ends of the floor, into an arc (semi-circle) formation, starting 10 yards back from the net.
- Have all players shoot from the same distance every time, keeping track of the total number of goals scored; trying to get score more each time through.
- If more goals are scored, everyone moves further away; if less goals are scored, everyone takes a step forward.
- Continue until players score more goals than the round before, from 20m away.
- Variation #5 (4 min): “Shot On-The-Run” (L to R/R to L)

**Demo (1 min): “Shooting-On-The-Run”**

\*left diagram\*

- Arrange players into five lines at the 5 standard offensive positions, instead of the semi-circle formation; 10 yards back from the crease.
- Have players take turns taking shots on the run from 10 yards away, working their way from one side to the other, with one second in-between shots; start on the opposite side the next time through the drill.

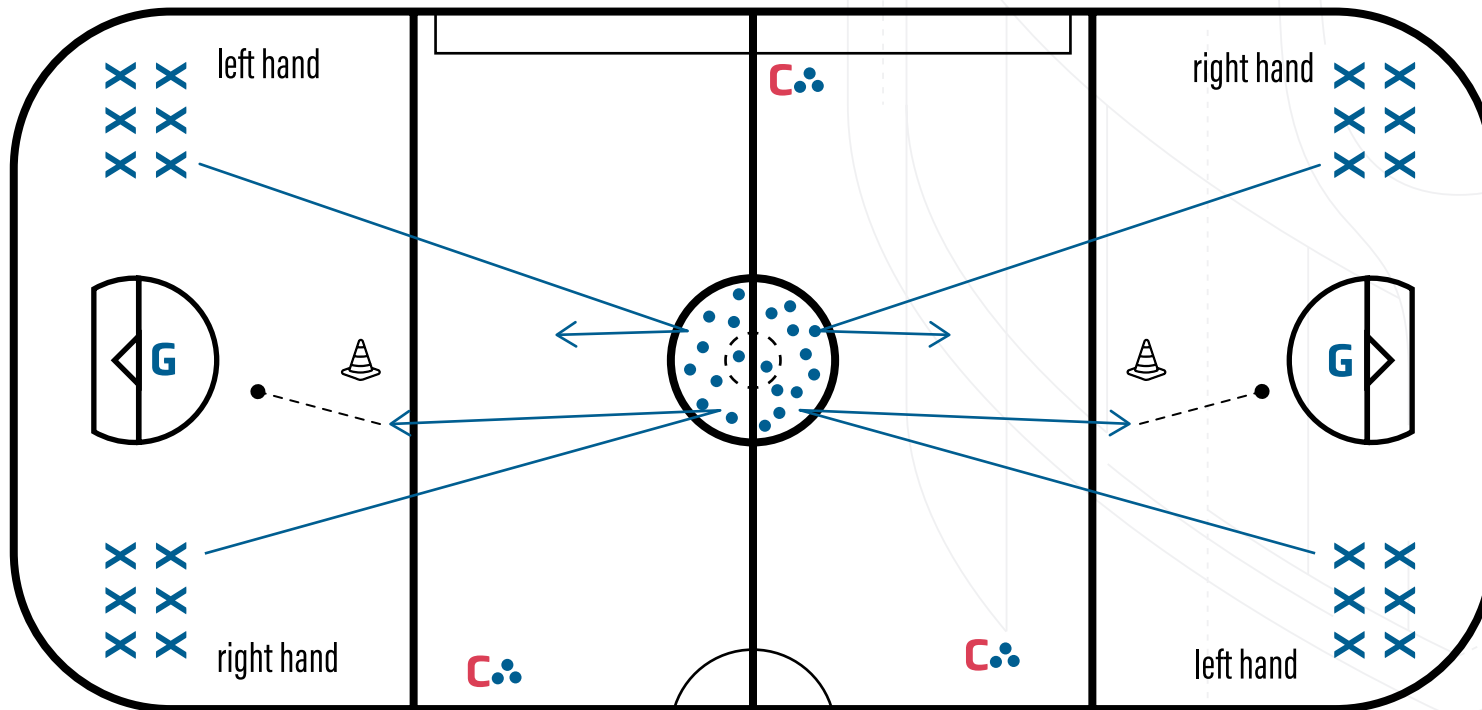


## GAMES DRILL #11: Shooting Relay Races

Drill Duration: 5 mins

Description: Variation #1: "Without Goalies" or Variation #2: "With Goalies"

- Start with a large quantity of balls on the ground inside of the face-off circle, with a pylon stationed in "the middle" (10 yards back from the net).
- Arrange players evenly, in one or both ends of the floor depending on numbers.
- Preferably, they are stationed on their proper floor sides (lefts & rights), in both corners, behind goal-line-extended (GLE).
- Other players set to go in this drill should be against the boards, tucked tightly in the corner to avoid getting hit by balls.
- This drill should first be performed as a shot-on-the-run, and then a set-shot, requiring overhand technique for both.
- On the whistle the first player in each line needs to run to center floor, pick up a loose ball, and run back toward the goal in the end they started from.
- Players must take a shot before the pylon for it to count, playing a game up to 10, where players get one shot and no attempts at rebounds ("hitting the post" counts for 2).
- Losing team does sprints (side-to-side 3x)
- Water Break = 1 min

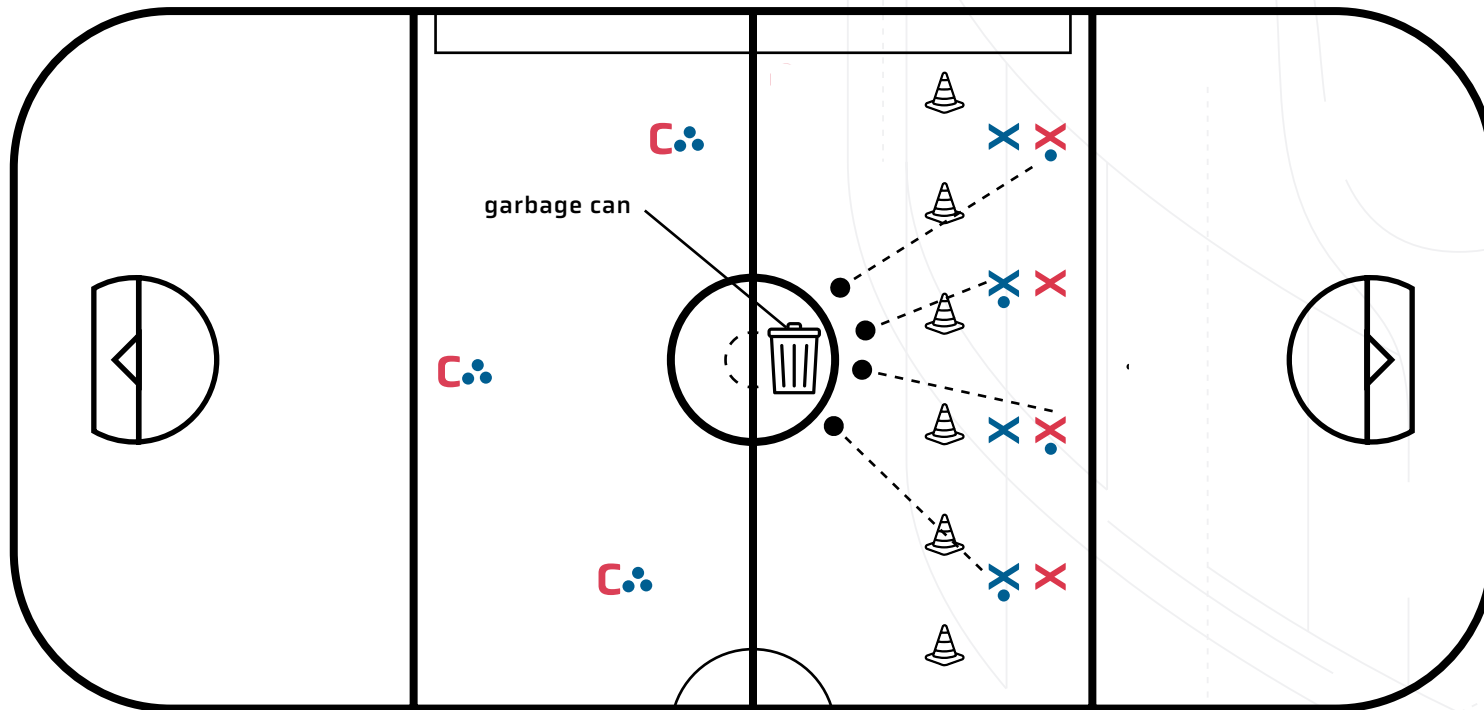


## GAMES DRILL #6: Lax Darts

Drill Duration: 5 mins

Description: Variation #2: "Free For All"

- Place a garbage can in the middle of the face-off circle.
- Have all players on one side of the restraining line with coaches on the other side, actively collecting balls to send back to the players.
- Alternatively, the garbage can could be placed in the crease, with coaches behind the players, instead of in front of them.
- Place pylons on the ground to mark the start line, which should be an appropriate distance away from the garbage can, depending on skill level.
- All players can throw balls as they are returned by coaches, and players can battle for the loose balls (no slashing) until somebody corrals one (at which point they are free to shoot).

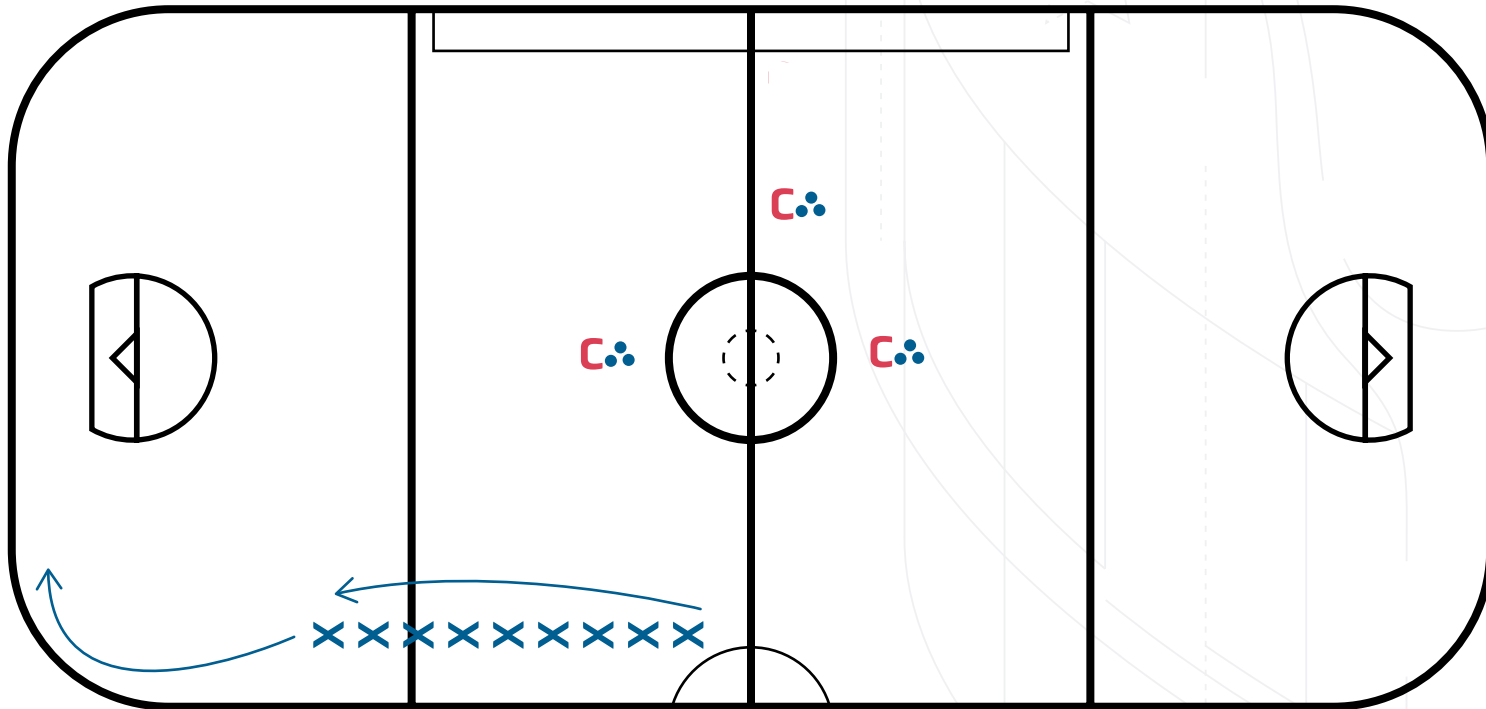


## CARDIO DRILL #1: Rabbit Run

**Drill Duration:** 4 mins

**Description:** Variation #1A: "Single Line" (No Balls)

- Start with the entire team in a line along the boards (1 yard away from each other). Players jog at the same speed around the outside of the box, with the player at the back of the line sprinting up to the front of the line (no balls).
- The only rule is no stepping in the crease (5 pushups every time it happens).
- Once this player reaches the front of the line, the next player at the back of the line begins their sprint to the front.
- Be sure to have the lines switch directions at the halfway point of the jog, predetermined prior to the team cardio session.



## Conclusion

**Drill Duration:** 2 mins

**Description:** **Story:**

- Circle at center floor
- Haudenosaunee Legend: The 4-Legged Animals vs. The Winged-Birds (Google)
- Come up with an appropriate word, as a team, for a team cheer.



## DRILL #11

BOX LACROSSE PRACTICE #1