

Lacrosse Drills for Middle School Lacrosse Players

By Laura Gump

Anxious to start training for your spring season? These lacrosse drills are excellent for middle school players and work perfectly when confined to the close quarters of a gymnasium or on a small field. Of course, we recommend using [Swax Lax training balls](#) to make practice time most productive, as the balls are softer and don't bounce or roll, so your players can quickly move from drill to drill or rep to rep with confidence.

Handball Cutting Drill

This drill highlights:

- change of speed and direction
- footwork
- cutting

Directions:

- Set up cones in the form of a "V" with one cone at the base, one 45 degrees to the left of the base and one 45 degrees to the right of the base
- Have players line up single file at the base cone WITHOUT their sticks
- Players jog to the second cone, plant their foot at the cone, turn, and then sprint towards the third cone receiving a leading pass from the coach
- After a few reps, add in a dummy defender to make the drill more game-like

Key Coaching Points

The objective of this drill is to emphasize the importance of being a dynamic player and getting open for your teammates. The best way to do this is to constantly be moving and making explosive cuts. As a coach, it is important to emphasize speed and acceleration in this drill.

Advanced Partner Pass

This drill highlights:

- Arm and wrist strength
- Stick skills

Directions:

- Grab a partner
- Stand 10 yards apart
- Partner 1 passes to Partner 2 with right hand up
- Partner 2 releases top hand (right) and brings back stick to the ground with left hand
- Partner 2 brings stick back up to passing position and passes to Partner 1
- Repeat for number of desired reps
- Partner 1 Passes to Partner 2 with left hand up
- Partner 2 releases top hand (left) and brings back stick to the ground with right hand
- Partner 2 brings stick back up to passing position and passes to Partner 1
- Repeat for number of desired reps

Key Coaching Points

The objective of this drill is to build the player's range of motion with their stick. Encourage players to "play big" as they swing their stick back to the ground and encourage them to go as fast as possible.

Windsor Drill

This drill highlights:

- Stick skills
- Cutting
- Acceleration
- Quick release

Directions:

- Get in a group of three and line up single file on end line
- Second person in line starts with the ball
- First person cuts out 10-15 yards, pivots and turns
- As first person cuts back second person immediately passes
- First person passes to third person while second person then begins to cut
- Repeat using non-dominant hand and off-side using left and right hands

Key Coaching Points

The objective of this drill is to have a fast-paced drill that sharpens players' stick skills. Coaches should emphasize that the player passing the ball should immediately release the ball when the cutter turns, so that the cutter spends no time waiting for the pass.

Ground Ball Tunnel Drill

This drill highlights:

- Getting low
- Running through the ground ball
- Getting eyes up
- Protecting the stick

Directions:

- Have players line up on endline while coach is about 10 yards away facing them with a pile of balls at his/her feet
- Coach makes a "tunnel" with his/her stick which is perpendicular to the ground
- Ball is placed under stick
- Players run under the stick to pick up ground ball
- The stick can be lowered to force players to get even lower.
- Add an outlet pass to emphasize stick protection and getting players to keep "eyes up."

Key Coaching Points

The objective of this drill is for the players to get low and protect their stick with their eyes up once they pick up the ground ball. Coaches should emphasize this by playing dummy defense or trying to check the ball out of the players stick once they scoop it up.

2 Person Protection Drill

This drill highlights:

- Ball protection
- Checking

Directions:

- Grab a partner and a ball
- Player 1 starts with ball
- Player 1 uses one foot as pivot foot while trying to protect ball from Player 2
- Player 2 moves about trying to get checks off of on Player 1
- Player 1 and 2 switch roles

Key Coaching Points

The objective of this drill is to work on both stick protection and getting the good check off. Coaches should encourage players on offense to be “big” with their stick by bringing it across their body to a low cradle or up to a high cradle.

Zig Zag Pass Competition

This drill highlights:

- Using quick-sticks
- A fast release

Directions:

- Divide players into even teams depending on numbers
- Set up cones in a zigzag formation (as close or as far away from each other as coach desires), so that each player on a team is placed at his or her own cone
- Balls will start at one end of the set-up. By passing from player to player in the zig zag formation, the ball will reach the other side.
- The first team to go down and back wins
- Add incentives to make the drill more fun and competitive, as well as change which hand is being used

Key Coaching Points

The objective of this drill is for the players to be as quick as possible with their stick. Coaches should enforce using little to no cradle. To work on long passes, place cones further from one another, and to work on close passes, place cones closer to one another.