

Tyke-Novice Practice Plans

Use Skill cards , Offensive Fundamentals,
MMLA Foundation Drills and Level 1 Shooters
as compliments to these practice plans.

PRACTICE 1

Objectives:		Reminders:
Pick-ups, Passing. Cradling		All fundamentals are described in the Pre-Level I material
Time	Activity or Drill	Key Elements
5 – 10 Minutes	Warm up. Tag, jogging, stretches, etc...	
10 Minutes	Pick-ups Demonstration. One ball per player. allow players to experiment with different methods.	Review basics
10 – 15 Minutes	Passing Demonstration <ul style="list-style-type: none"> • Players pass to boards and retrieve. • Game - Speed passes 	Look, step, pass. Throw over the top.
10 Minutes	Cradling Demonstration Games - Fill 'er up - Fox and Hounds	Loose lower hand
10 + Minutes	Mini Game Side line lacrosse	

PRACTICE 2

Objectives: Pick-ups. Face offs. Cradling and Control. Team Defense		Reminders: All fundamentals are described in Pre-Level I material.
Time	Activity or Drill	Key Elements
5 – 10 Minutes	Warm up	Include ball and stick
10 Minutes	Face-off - Describe and Demonstrate <ul style="list-style-type: none"> • Allow pairs to experiment • Game - Face-off control 	
10 – 15 Minutes	Cradling and Control – Review Games - Zig Zag relay - Shuttle relay	Cradle at running speed
10 Minutes	Team Offence – See Pre-Level I <ul style="list-style-type: none"> • Introduce floor balance • Game – Bus or Plane* 	See Pre-Level I – Stick to the middle of the floor.
10 + Minutes	Mini Games <ul style="list-style-type: none"> • Side line lacrosse • Scrimmage. 	

PRACTICE 3

Objectives:		Reminders:	
Catching, Team Play, Shooting			
Time	Activity or Drill	Key Elements	
10 Minutes	Warm up Varied activities		
10 – 15 Minutes	Catching – Describe and Demonstrate <ul style="list-style-type: none"> • Partners toss ball • Game – up and back 	<ul style="list-style-type: none"> • Present target • Cushion Ball 	
10 Minutes	Team Play <ul style="list-style-type: none"> • Floor balance • Defensive stance 	<ul style="list-style-type: none"> • Stress - passing ball up floor • Defend scoring area 	
10 Minutes	Shooting – Review and Demonstrate Games - Speed pass - Target and shoot	Look. step, shoot	
10 Minutes			

PRACTICE 4

Objectives:		Reminders:	
Pass and Catch, Loose Ball Pick-up, Team Play, Shooting			
Time	Activity or Drill	Key Elements	
10 Minutes	Warm up	Include stick and ball	
10 Minutes	Loose Balls – See Pre Level I Games - Stop, Drop and Roll - Two for the corner	<ul style="list-style-type: none"> • Hurry to the ball • Trap and scoop 	
10 – 15 Minutes	Team Play <ul style="list-style-type: none"> • Describe good scoring zone • Describe “taking away space” 	Modify pass-catch shuttle to include shot on goal.	
10 Minutes	Shooting Use any of the Goalie warm-up drills found in this binder.		
10 + Minutes	Mini Game Scrimmage, side line lacrosse		

PRACTICE 5

Objectives:		Reminders:	
Team Play, Shooting. Offensive Skills. Pick-ups and Cradling			
Time	Activity or Drill	Key Elements	
10 Minutes	Warm Up		
10 – 15 Minutes	Team Play <ul style="list-style-type: none"> • Review defensive stance and positioning. • Sideline lacrosse. 	<ul style="list-style-type: none"> • Take away space • Deny scoring area 	
10 – 15 Minutes	Offensive Skills Demonstration <ul style="list-style-type: none"> • Dodge* • Team space • Airplane Game* 	See Pre-Level I	
10 Minutes	Game <ul style="list-style-type: none"> • Tag while cradling a ball • Zig Zag Relay 	Emphasize dodging around the cones	
10 Minutes	Shooting – Review and Demonstrate Games - Speed pass, target - Goalie Drills*	Included in Binder	
10 Minutes	Pick ups and Cradling - Review Games - Fox and Hounds - Shuttle Relay		

PRACTICE 6

Objectives: Start Putting It All Together		Reminders:
Time	Activity or Drill	Key Elements
10 Minutes	Warm up	
10 – 15 Minutes	Passing, Catching, Cradling Games - Stop, Drop and Roll - Up and Back	More games – Two to the Corner
10 – 15 Minutes	Shooting and Passing - Review Games - Speed pass, target shooting, - Goalie Drills*	* Included in binder
10 Minutes	Face offs – Review Rules* • Set up in game situation • Game – Face off control	* See Pre-Level I
10 + Minutes	Mini Game • Goalie warm up drills • Scrimmage	

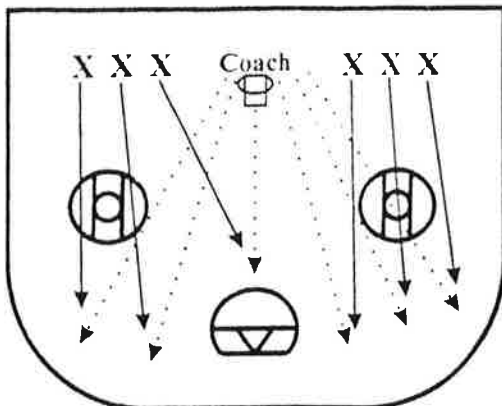
PRACTICE 7

Objectives: Putting it all Together		Reminders:
Time	Activity or Drill	Key Elements
10 Minutes	Warm up	
10 – 15 Minutes	Cradling Control and Speed Games - Fox and Hounds - Shuttle Relay - Zig Zag Relay	Review
10 Minutes	Pass and Catch • Players in pairs pass and catch • Add in jogging	Use games such as "up and back"
10 Minutes	Team Play – Floor Positions • Sticks to the middle • Mirror Drill	• Create space • Take away space
10 + Minutes	Game Warm up and Scrimmage • Goalie warm up drills • Scrimmage or side line lacrosse	

PRACTICE 8

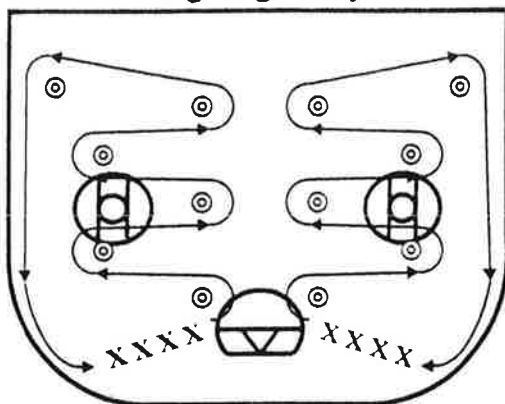
Objectives:	Reminders:	
Individual Team Needs		
	<ul style="list-style-type: none"> • Ues Pre-Level I and Goalie Drills • Be Creative with Your drills 	
Time	Activity or Drill	Key Elements
10 Minutes	Goalie Warm Up Drill	
5 – 10 Minutes	Floor Space Air Plane Drill	
15 Minutes	Specific Team Needs Work on the skills that your team requires: Pick ups, Passing, etc...	<ul style="list-style-type: none"> • Use the Games • Demonstrate
5 – 10 Minutes	Pass and Go Players in pairs. Pass then sprint to a new spot and receive the pass back.	
10 + Minutes	Team Play Mini games	<ul style="list-style-type: none"> • Review defense and stance • Sticks to the middle

Fill 'er Up



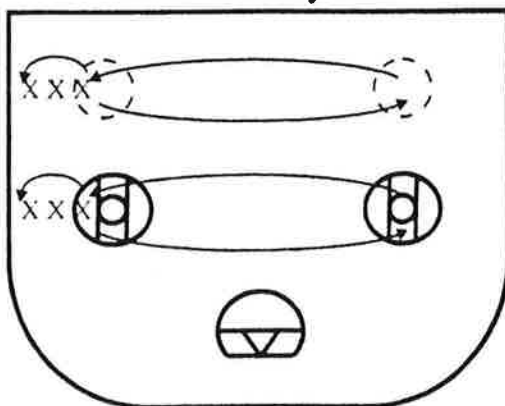
- Take a bucket of balls and spread them around on the floor.
- Have players collect them as quickly as possible, concentrating on pick-ups and cradling, and return them to the bucket.
- Keep throwing the balls out for as long as you like.
- A progression to a game might be to have two teams retrieve a balls as quickly as possible.

Zig Zag Relay



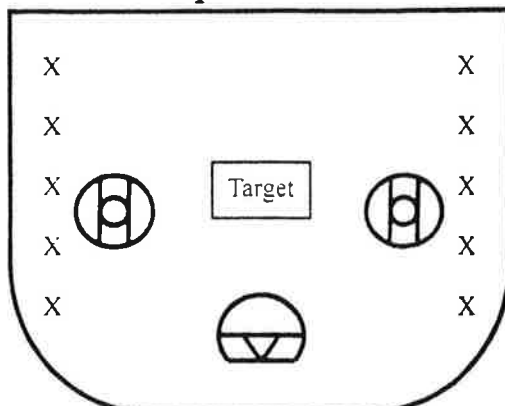
- Place two lines of cones, gloves, etc., in a zig zag pattern.
- Each player has a ball.
- Line up two teams behind the goal line.
- At the whistle have one player at a time run the course returning along the boards.
- Next player leaves when the first player passes the second pylon.
- Focus on cradling.

Shuttle Relay Run



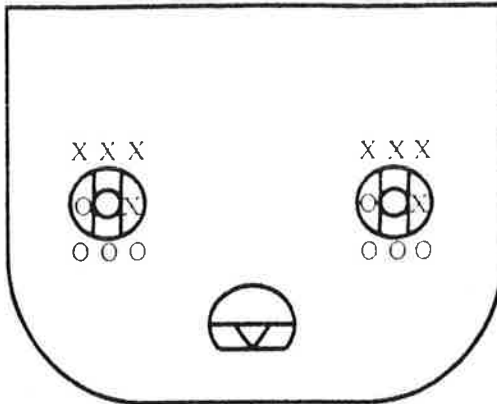
- Line up two teams behind the end face-off circles, or a designated spot, and place a ball in each of the circles.
- At the whistle the first player picks up a ball and runs to the opposite circle.
- The player puts the ball down in the circle and picks up another ball.
- He then runs back to the starting circle and puts the ball down and the next player goes.
- Focus on cradling and pick ups.

Speed Pass



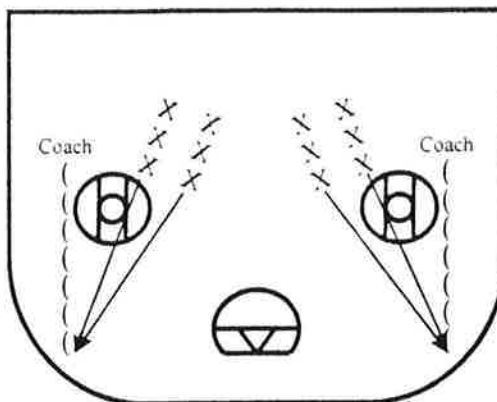
- Place a target of some kind between two teams. A garbage can will do.
- Each player has a ball.
- At the whistle, have players pass as quickly and accurately at the target.
- Have the teams keep score of their number of hits.
- Focus on passing and pick ups.

Face Off Control Game 1



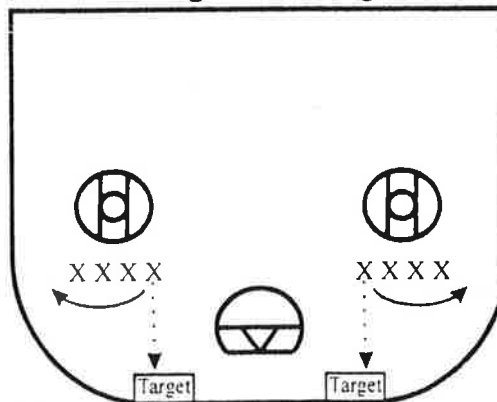
- Line up two teams on either side of a face off circle.
- Have various players line up and take the draw.
- At the whistle have players try to win the draw to their team.
- You can keep score if you wish.
- A progression would be to line up in game situation positions.

Two to the Corner



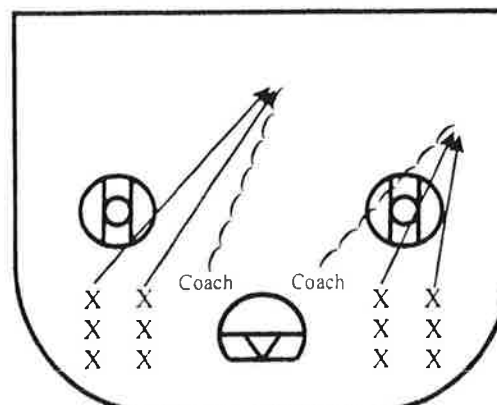
- Have players line up in pairs at the face-off circles.
- Coaches roll a ball into the corner.
- At the whistle the first pair of players run to retrieve the ball.
- The drill ends with possession.
- Focus on body position and pick ups.
- Ensure the players literally keep their heads up to protect themselves. (i.e. Keep your chin up and look with your eyes)

Target Shooting



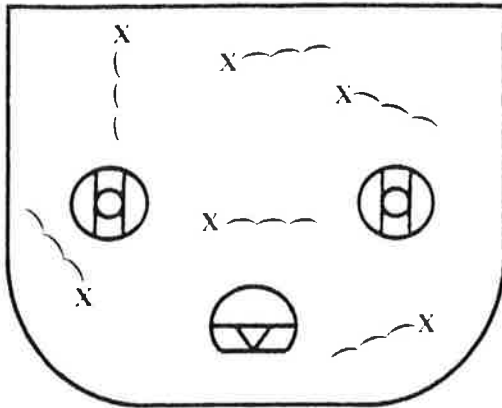
- Divide into groups with one ball per group.
- Attach a target to the glass or boards.
- At the whistle the first player picks up the ball and shoots.
- The player retrieves the ball and places on the floor in front of his team.
- The next player repeats. The winning team has the most hits.
- Distance and size of target will vary with skill level.
- Focus on accuracy.

Fox and The Hounds



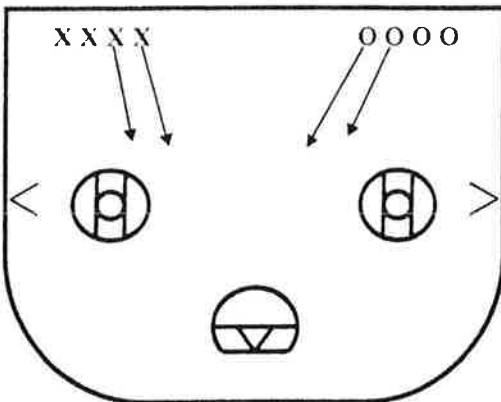
- Similar to "Two to the Corner".
- Players form up with partners behind the coaches.
- Coaches toss the ball anywhere on the floor.
- At the whistle the pairs race to catch the "Fox".
- Ends with possession. Repeat.
- Focus on fitness, body position, and pick ups.

Stop, Drop and Roll



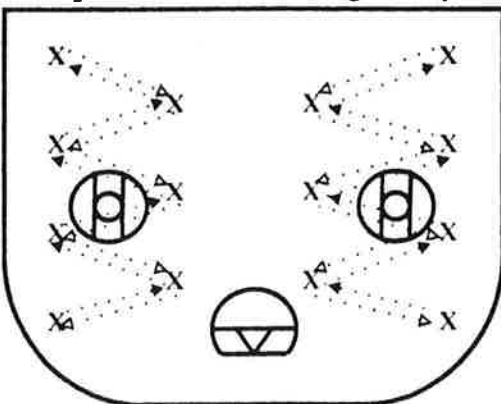
- Players spread out around the floor each with a ball.
- Players are to jog continuously.
- At the whistle the players stop, roll the ball away and retrieve it.
- Focus on cradling and pick ups.

Side Line Lacrosse



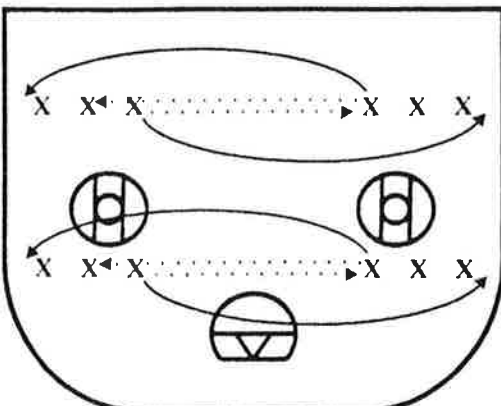
- This is a mini game.
- Split team into two groups.
- As the coach blows the whistle one, two or three times, the matching number of players run out to pick up the ball and try to score.
- The coach varies the time.
- Focus on passing, shooting, and team play.

Up and Back Passing Relay



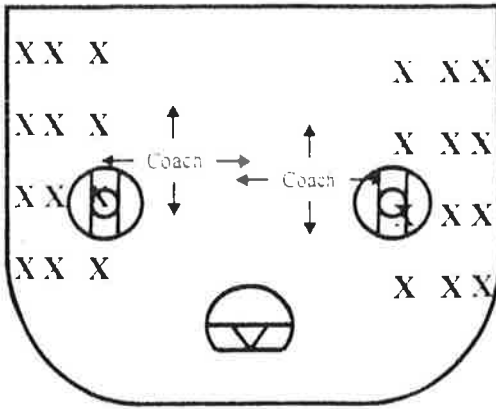
- Place players in two teams.
- Place players in two lines facing each other.
- Start the ball at one end and pass the ball across and up one player until the ball has been up and back.
- Winning team is first to finish.

Pass Catch Shuttle



- Divide the players into groups.
- Have groups line up one behind the other while another group is doing the same facing the first group from across the floor.
- The first player passes across to the first player in the opposite line then follows his pass and goes to the end of the line.
- Repeat for as long as desired.
- A progression could be for more than two groups to compete for most completed passes.

Mirror Drill



- Place players in about four lines.
- Have the first four players step up and take a defensive stance. (See Pre-Level I)
- The coach then points his stick in the direction he wants the players to move.
- Repeat with the next four.
- Focus on footwork and defensive positioning.

