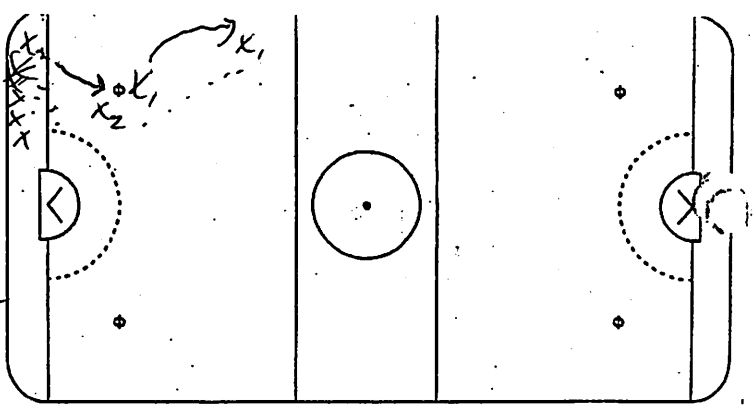
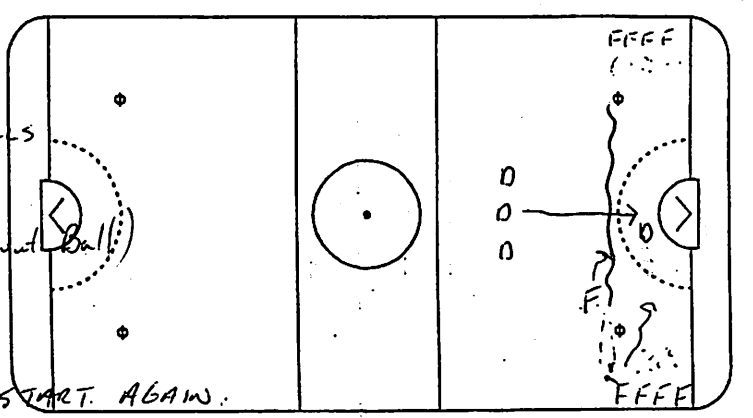


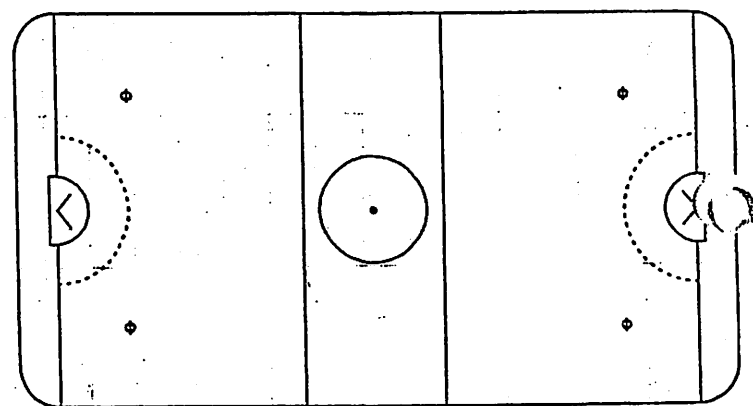
ME	DRILL NAME	DESCRIPTION
	CONTINUOUS OUTLET DRILL	
	- EVERYONE STARTS LOW IN CORNER - X ₁ RELEASES TO BOARD'S RELIEVE PASS - X ₂ RUNS TO OUT TO MAKE PASS (ON THE MOVE) TO X ₁ PATTERN CONTINUES UNTIL EVERYONE HAS GONE GOALIE HITS LAST PLAYER	



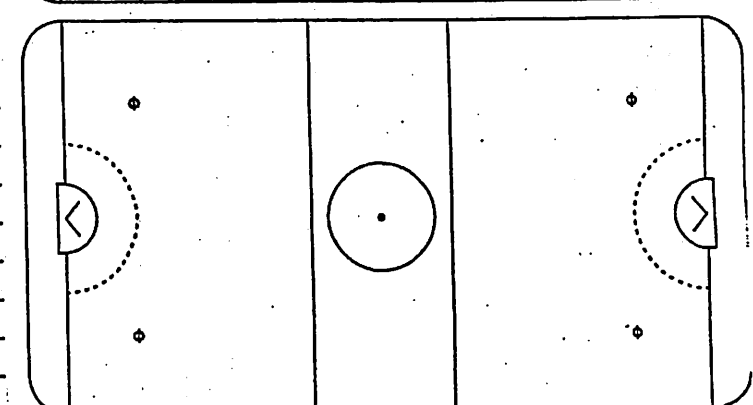
ME	DRILL NAME	DESCRIPTION
	2 on 1 DOWN LOW	
	- FORWARDS START IN CORNERS W BALLS - 'D' ARE UP NEAR RESTRAINING LINE FORWARD COMES ACROSS NET G-6 W OPPOSITE CORNER (STARTS W BALL) 'D' GOES TO MIDDLE AFTER THE PASSES BY TO DEFEND 2 on 1 FORWARD THAT MADE 1st PASS CONTINUES TO OPPOSITE CORNER TO START AGAIN.	



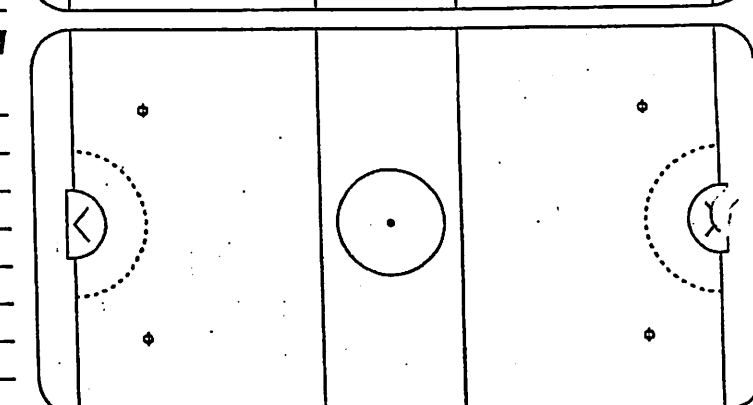
ME	DRILL NAME	DESCRIPTION



ME	DRILL NAME	DESCRIPTION



ME	DRILL NAME	DESCRIPTION



TORONTO ROCK LACROSSE PRACTICE PLANNER

DATE: _____

PRACTICE

TIME:

WEEK #:

[illegible]

TIME DRILL NAME DESCRIPTION

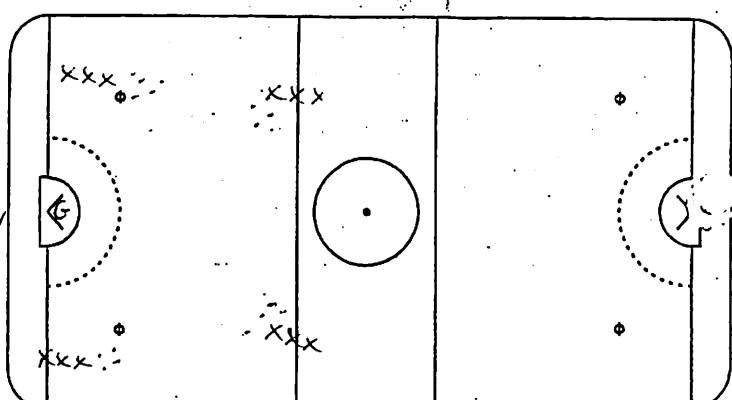
X - DRILL

(SHOOTING)

- PLAYERS LINE UP IN 4 CORNERS
w LEFT & RIGHTS ON PROPER SIDES

- PASS PATTERN IS : LOW LEFT / LOW RT /
HIGH LEFT / HIGH RT

- PLAYERS MOVE UP & DOWN
ON PROPER SIDES.



TIME DRILL NAME DESCRIPTION

4 CORNER DRILL

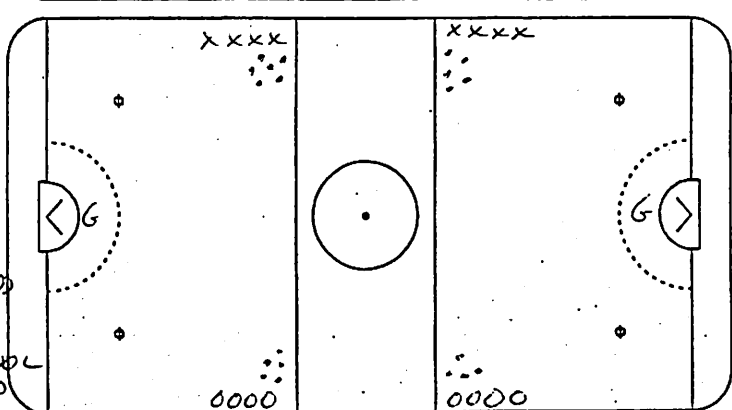
(DIVIDE FLOOR @ RESTRAINING LINES BY COLOURS)

① EXCHANGE PASS & CONTINUE FOR A SHOT

② PASS TO 2ND MAN & RECIEVE FROM YOUR LINE

③ PASS TO 2ND MAN / V - CUT BACK TOWARD YOUR GOAL & RECIEVE FROM OPPOSITE SIDE

④ GIVE & GO ACCROSS FLOOR / PASS TO DIAGONAL GROUP / RECIEVE FROM ORIGINAL GROUP



TIME DRILL NAME DESCRIPTION

FULL FLOOR 'GIVE & GO' LATERAL PASSING

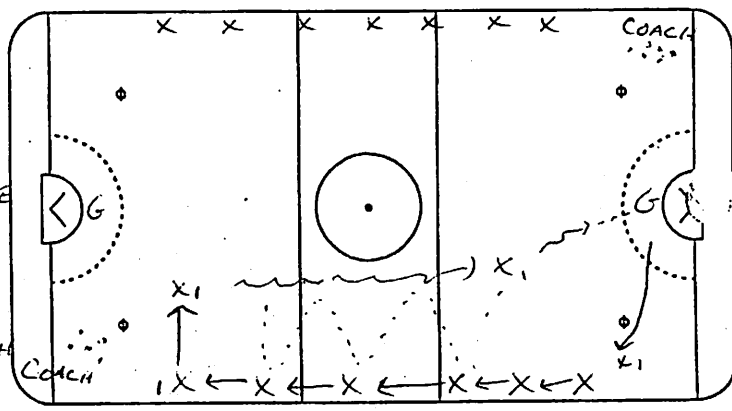
(PASSING & SHOOTING)

- X1 BUMPS OUT OF LINE TO RELIEVE PASS FROM COACH

- MOVES Laterally AS HE 'GIVE & GO'S'

- SHOOTS AFTER HE RECIEVES FROM LAST

- PLAYER ON BOARDS MOVES TOWARD COACH TO RESTART THE SEQUENCE



TIME DRILL NAME DESCRIPTION

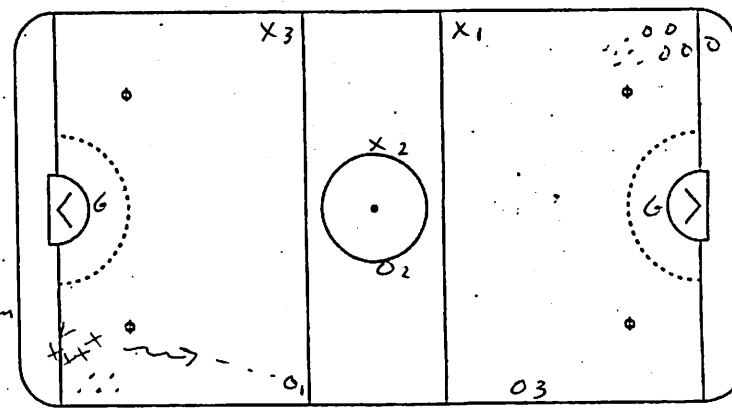
3 MAN GUANTLET

(FLOOR LENGTH BOTH SIDES)

- PLAYER RUNS LENGTH OF FLOOR EXCHANGING PASSES w 3 STATIONARY PLAYERS

- GROUND BALL FROM #1, BOUNCE PASS FROM #2, STRAIGHT PASS FROM #3

- FINISH WITH SHOT ON GOAL



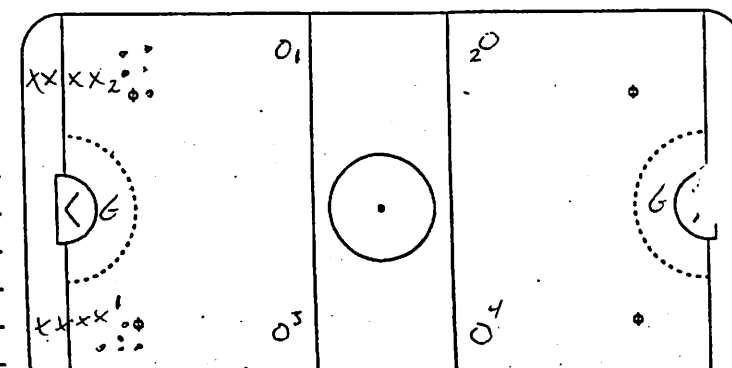
TIME DRILL NAME DESCRIPTION

2 MAN OUT

- PLAYERS RUN LENGTH OF FLOOR EXCHANGING BALL w STATIONARY PLAYERS @ RESTRAINING LINES

- X1 -> O1 -> X1 -> O2 -> X1 & THEN SHOT ON GOAL

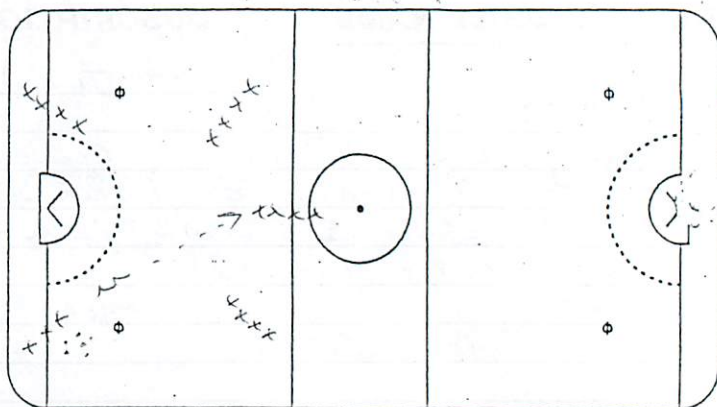
- ALTERNATE SIDES.



TIME	DRILL NAME	DESCRIPTION
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STAR PASSING

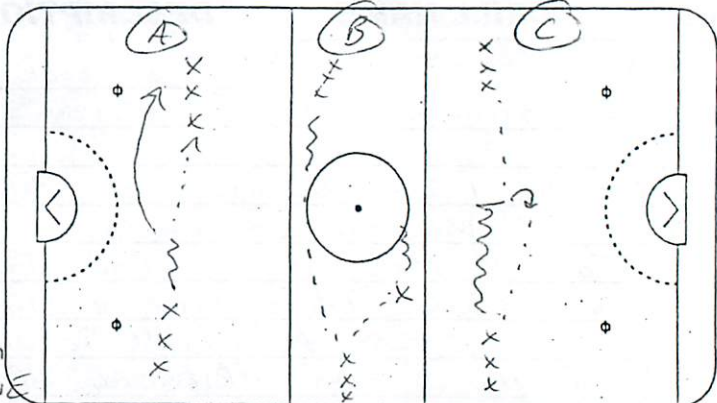
- FIVE LINES W BALL IN BOTTOM RIGHT CORNER
- EACH LINE PASSES TO LINE 2 SPOTS TO THE RIGHT
- PLAYER DOES NOT LEAVE LINE UNTIL HE HAS RECIEVED BALL



TIME	DRILL NAME	DESCRIPTION
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SHUTTLE PASSING

- (A) PASS & EXCHANG LINES
- (B) HIT SECOND MAN IN LINE. FIRST MAN CURLS OUT FOR PASS
- (C) RUN TO MIDDLE & RECIEVE PASS FROM OPPOSITE LINE; TURN & PASS BACK TO LINE



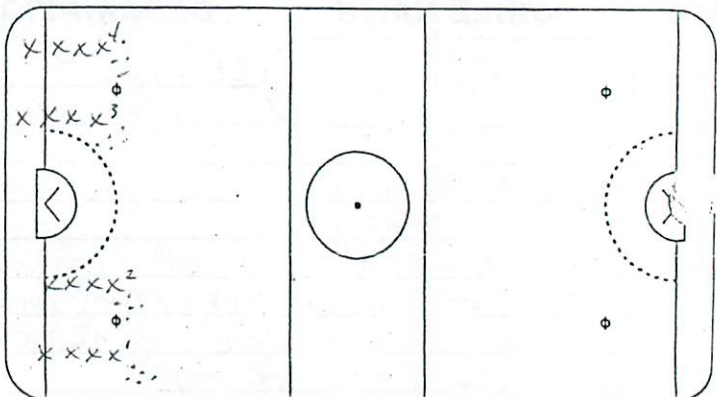
TIME	DRILL NAME	DESCRIPTION
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4 LINE PASS DRILL

FULL FLOOR

- OUTSIDE LINE PASSES TO OPPOSITE INSIDE LINE
- INSIDE LINE PASSES TO OPPOSITE OUTSIDE LINE

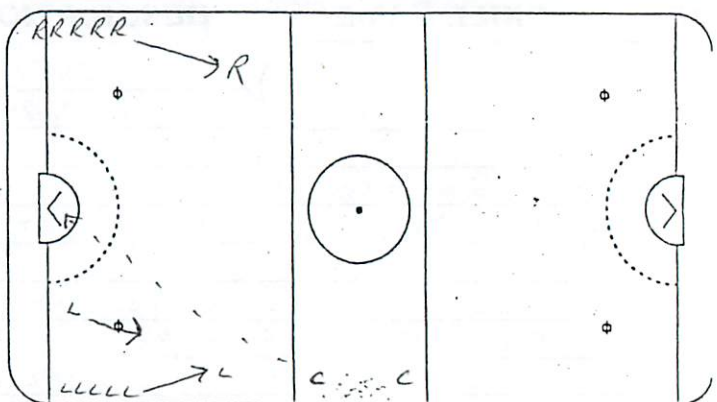
$x_1 \rightarrow x_3$ $x_2 \rightarrow x_4$ $x_3 \rightarrow x_1$ $x_4 \rightarrow x_2$



TIME	DRILL NAME	DESCRIPTION
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2 LENGTH '3 on 0' PASS FROM GOALIE

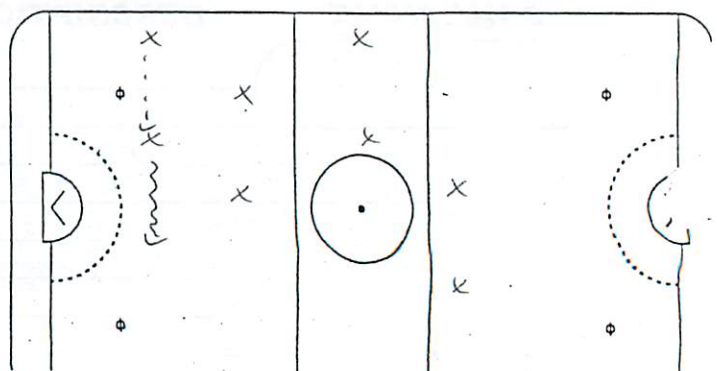
- COACH THROWS BALL ON GOAL
- GOALIE MOVES BALL TO LOW OUTLET
- 3 PLAYERS EXCHANGE BALL & SHOOT ON OPPOSITE GOALIE
- AFTER SHOT COACH PUTS BALL ON NET & PLAYERS HEAD BACK '3 on 0'
- CONTINUOUS CYCLE



TIME	DRILL NAME	DESCRIPTION
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PARTNER SHUTTLE

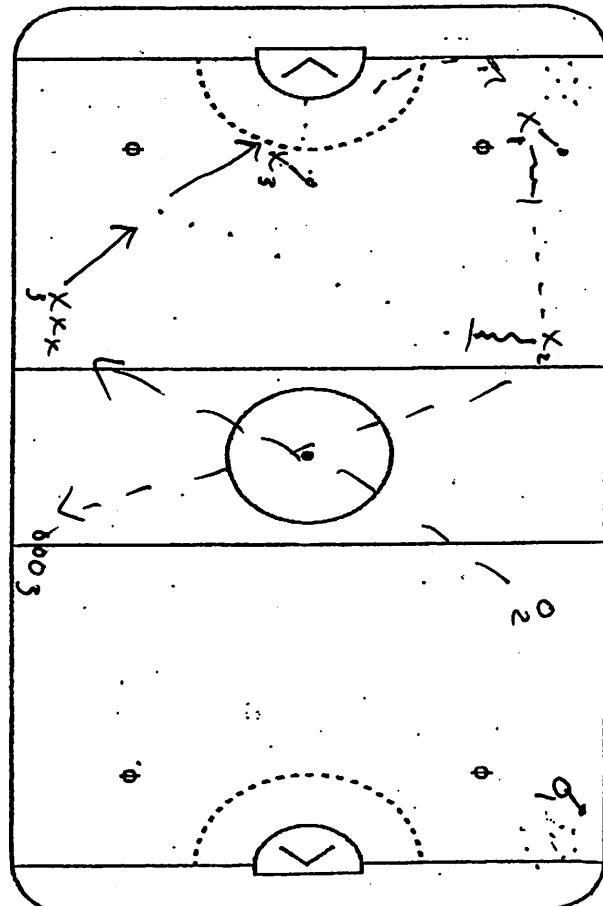
- PARTNERS EXCHANGE PASSES WHILE THEY TRAVEL WIDTH OF FLOOR
- ONE PARTNER TRAVELS FORWARD & ONE BACKWARD; SWITCH @ BOARDS
- BALL IN AIR / ON GROUND / BOUNCED



TIME DRILL NAME DESCRIPTION

TRIANGLE DRILL	(BOTH ENDS)
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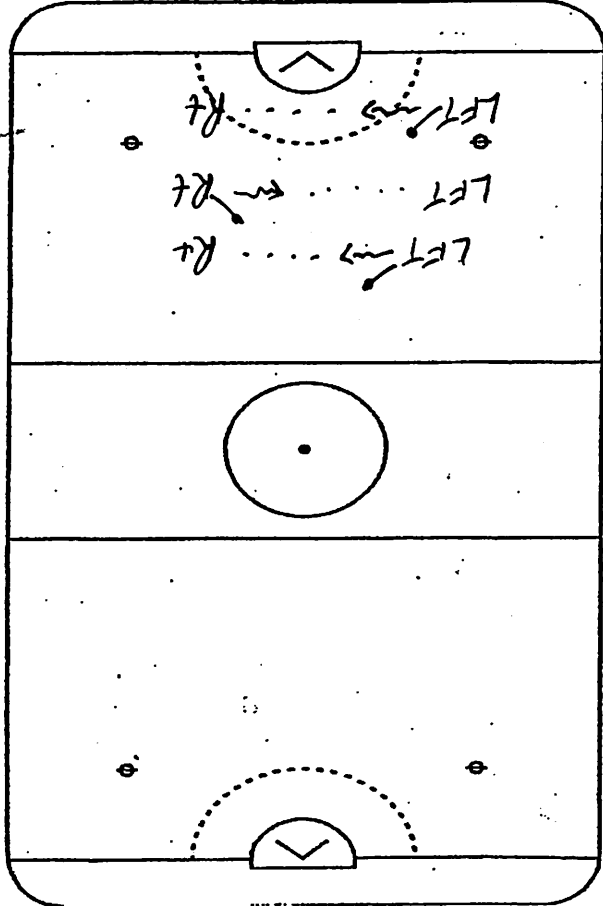
- X1 starts with ball in corner & moves it to X2
- X2 hits X3 going to the net
- X3 continues on & makes pass out of corner
- X2 changes end after pass (joins O3 group)



TIME DRILL NAME DESCRIPTION

3 SHOT DRILL	
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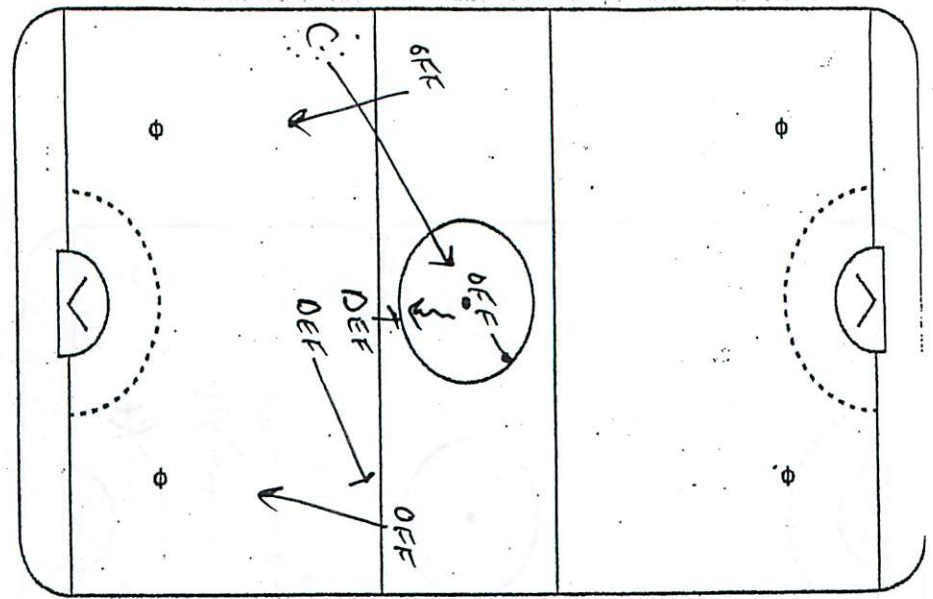
- 3 LEFTS & 3 RIGHTS
- Stagger balls i.e. 2 left & 1 right
- Ball carrier takes shot & makes pass across for shot
- Can move low → high or high → low



TIME	DRILL NAME	DESCRIPTION
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	3 on 2 or 4 on 3 } PRESSURE	OFFENSE DRILL
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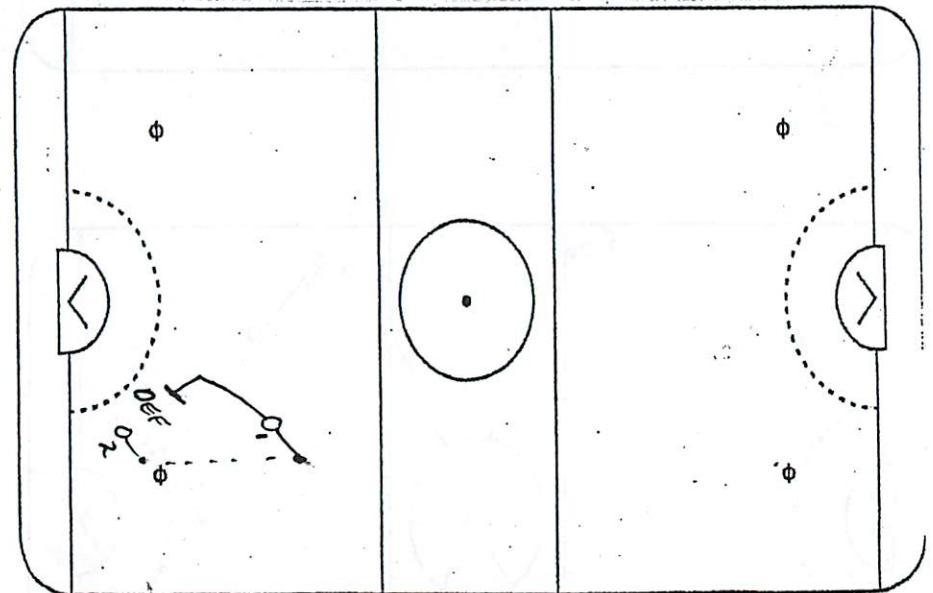
- Coach passes ball to any one of the offensive players
- DEF attacks each pass
- Drill is for quick movement on offense



TIME	DRILL NAME	DESCRIPTION
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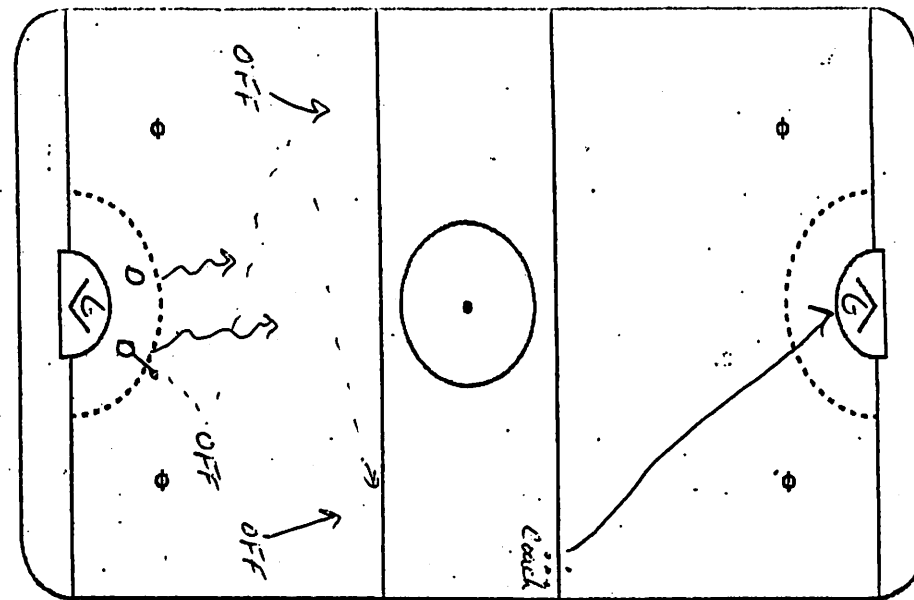
	4 Corner 2 on 1 P&R drill (HIGH or LOW)	SHOT DRILL DEF MAKES CHOKE
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- O₁ moves ball down to O₂ and sets pick on defender
- Defender decides how to play it
- Offensive player either shoots or pass



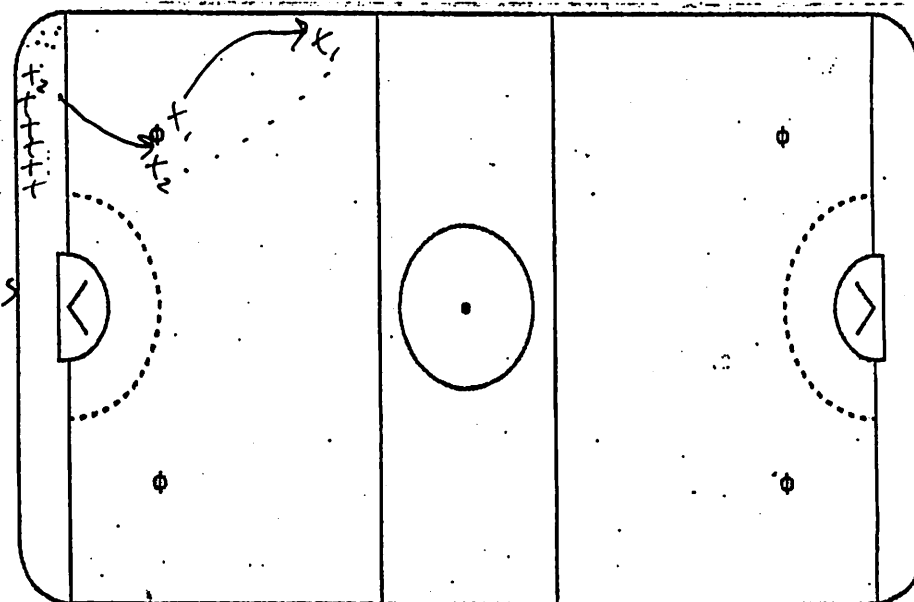
TIME	DRILL NAME	DESCRIPTION
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	3 on 0' ⇒ 3 on 2' REVERSE TRANSITION AWARENESS DRILL	
-	2 DEFENSE START THE '3 on 0' TOWARDS OPPOSITE NET.	
-	FOLLOW BALL UP FLOOR WATCHING FOR REVERSE TRANSITION	
-	AFTER '3 on 0' COACH PUT SHOT ON GOALIE! 3 COME BACK AGAINST 2 PROTECTING 'REVERSE TRANSITION'	



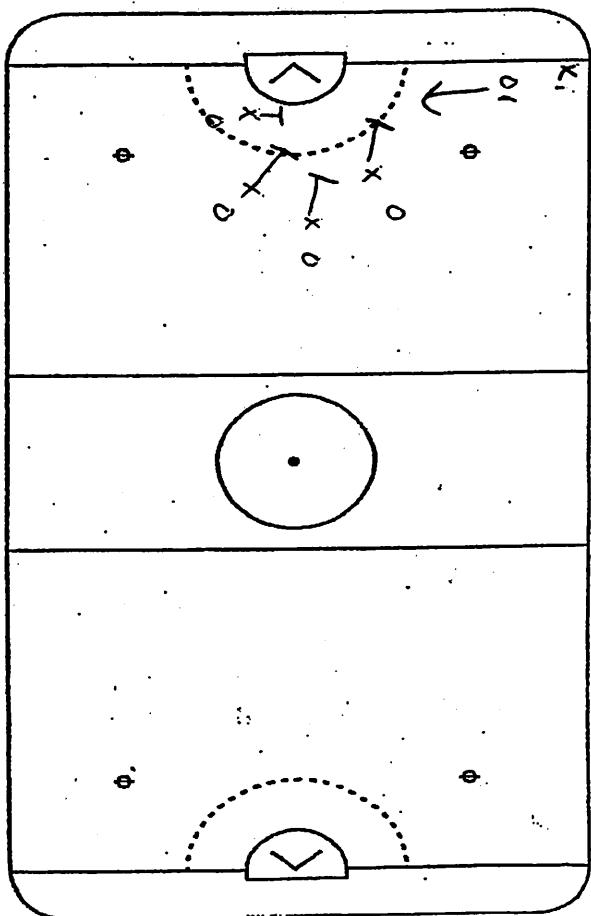
TIME	DRILL NAME	DESCRIPTION
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	CONTINUOUS OUTLET DRILL	
-	EVERYONE STARTS LOW IN CORNER	
-	X ₁ RELEASES TO BOARDS TO RECIEVE PASS	
-	X ₂ RUNS TO DOT TO MAKE PASS (ON THE MOVE) TO X ₁	
-	PATTERN CONTINUES UNTIL EVERYONE HAS GONE	
-	GOALIE HITS LAST PLAYER.	

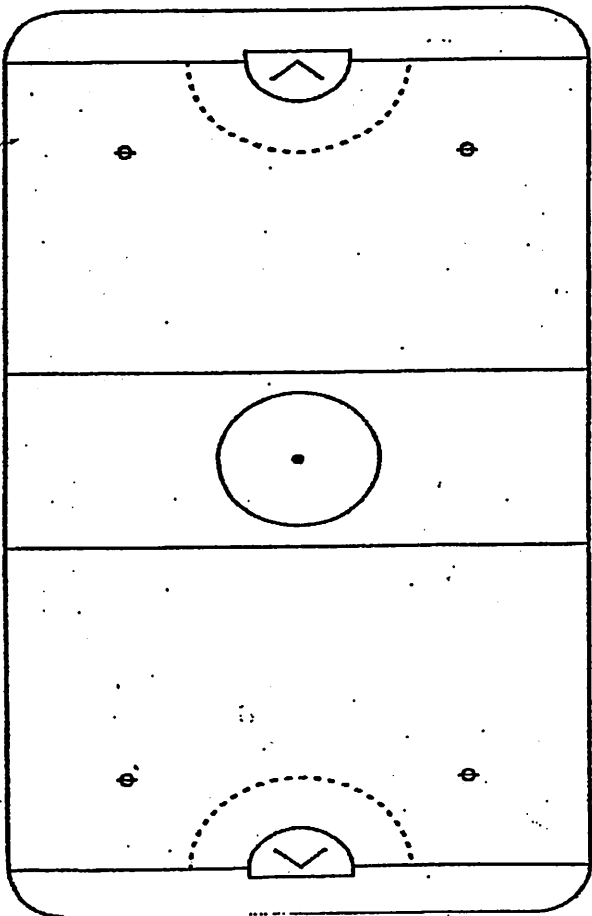


TIME DRILL NAME DESCRIPTION

	CORNER SLIDE DRILL	
- O' STARTS IN LEAD OUT OF		
CORNER		
- X' PURSUERS		
- DEFENSE NEEDS TO COMMUNICATE		
SLIDE ROUTES TO ELIMINATE		
WASTEFUL PASSES		
- O' MAKES BEST PASS AVAILABLE		



TIME DRILL NAME DESCRIPTION



TIME

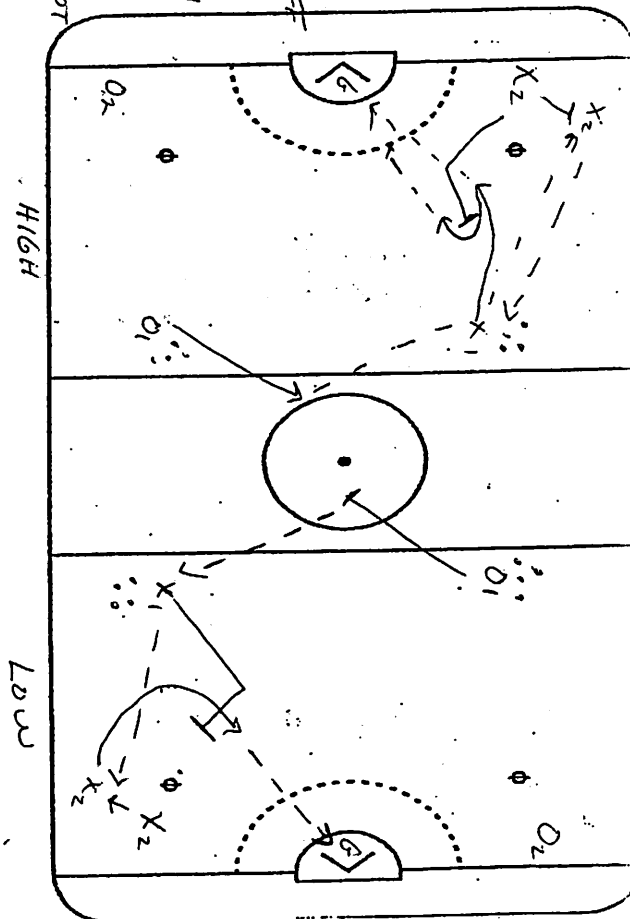
DRILL NAME

DESCRIPTION

(SCREEN) SEAL
SHOOTING DRILL

(HIGH)

- O' RUNS TO HIGH MIDDLE POSITION & PASSES TO X'
- X' PASS TO X² (POPS OUT) & GETS IT RETURNED
- X² V-CUTS TO SET SCREEN FOR X' TO SHOOT OFF (LOW)
- O' RUNS TO HIGH MIDDLE POSITION & PASSES TO X'
- X² "POPS" OUT FOR PASS FROM X'
- X' V-CUTS TO SET SEAL FOR X² TO SHOOT OFF



TIME

DRILL NAME

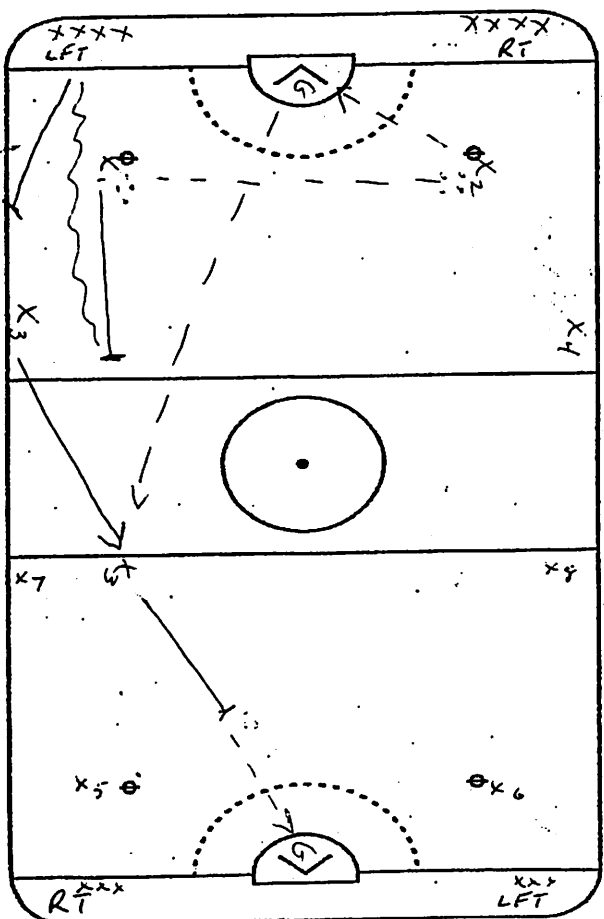
DESCRIPTION

BREAKAWAY PASS
FROM GOALIE

(BOTH ENDS)

- LEFTS TOGETHER

- X₁ PASSES TO X₂ / X₂ BOUNCES SHOT ON GOAL
- X₁ SPRINTS TO RESTRAINING LINE / BACKBOARDS TO GOAL LINE / SPRINTS TO BENCH
- X₃ LEAVES' BENCH FOR BREAKAWAY PASS
- X₁ TAKES X₃ POSITION
- AS SOON AS GOALIE PASSES X₂ STARTS
- PLAYER MOVE INTO POSITION AS SOON AS PREVIOUS PLAYER SPRINTS TO BENCH



TIME

DRILL NAME

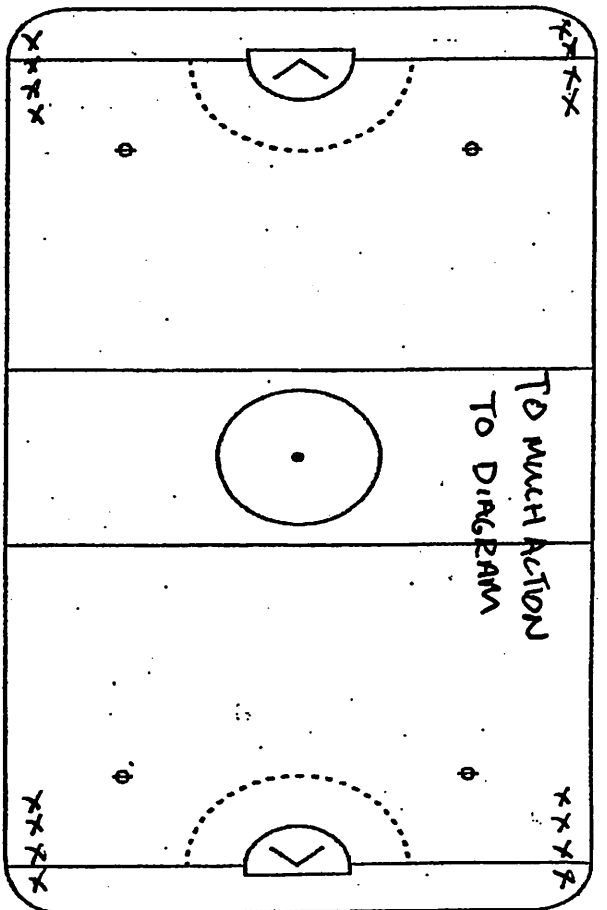
DESCRIPTION

2 on 1 - 3 on 2 - 4 on 3
5 on 4 Building Drill

SPLIT TEAM

IN HALF

START WITH A 2 ON 1 AFTER THE SHOT
LITTLE DELAY THEN 3 PLAYERS DRIVE OUT OF
CORNER DOWN FLOOR THE "2" FROM 2 ON 1
ARE NOW DEFENDERS. SAME THING AT OTHER
END EXCEPT IT'S NOW 4 ON 3 AND THEN
IT'S 5 ON 4
Full COURT SPRINTS - GOOD REACTION BACK
DRILL



TIME

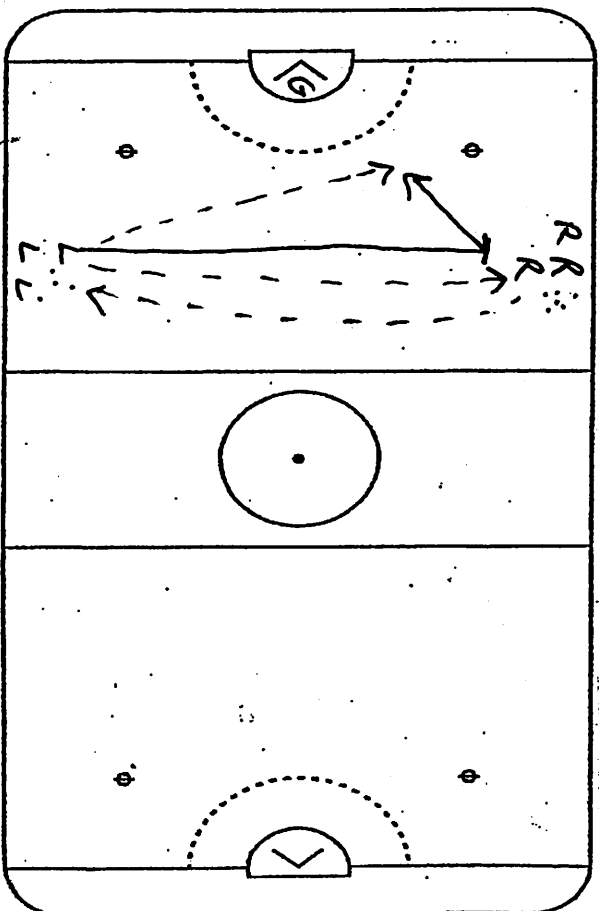
DRILL NAME

DESCRIPTION

Pick Shooting

DRILL (Quick Stick)

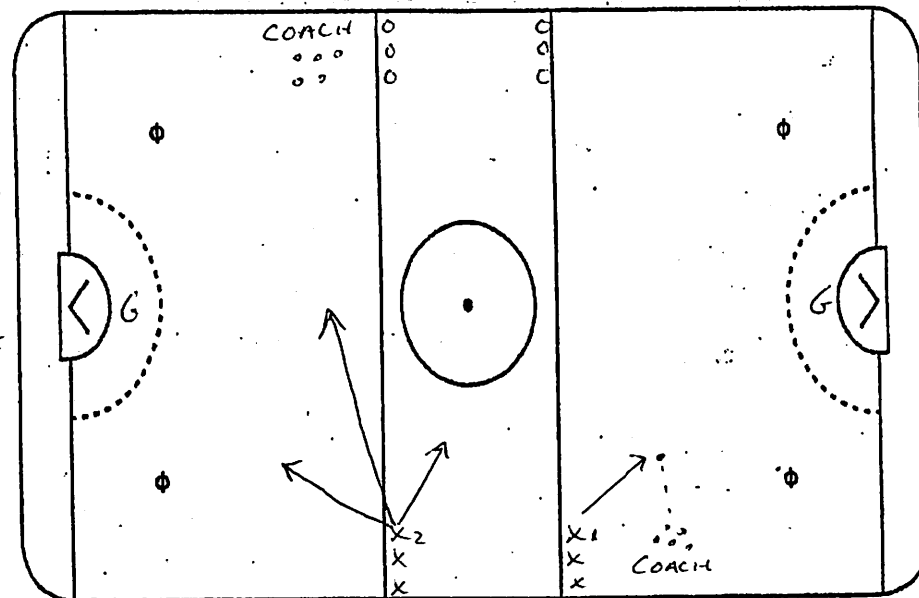
- Player PASSES TO OPPOSITE LINE
- THEN RUNS TO SET A PICK
- OPPOSITE LINE PASSES TO ORIGINAL LINE / Player Rolls off Pick FOR A ONE TOUCH SHOT
- Player LINE UP ON OPPOSITE SIDES.



TIME	DRILL NAME	DESCRIPTION
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	QUICK ADVANCE DRILL	(FULL FLOOR BOTH SIDES)
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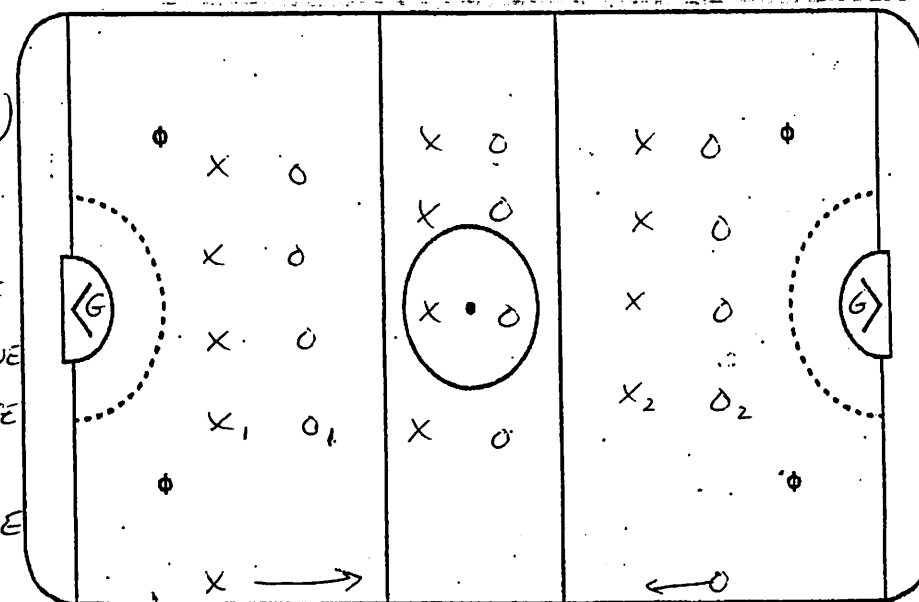
- COACH ROLLS BALL FOR X₁
- X₁ SPRINTS TO BALL & MOVES IT UP FLOOR
- X₂ RUNS TO ANY POSITION IN OFFENSIVE ZONE
- X₁ IDENTIFIES TEAMMATE QUICKLY FOR PASS
- X₂ SHOOTS & SPRINTS BACK TO X₁ LINE
- X₁ SPRINTS TO X₂ LINE AFTER PASS IS COMPLETED



TIME	DRILL NAME	DESCRIPTION
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	3 ZONE GAME	(FUN / COMMUNICATION)
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- 2 TEAMS DIVIDED INTO THE 3 ZONES
- EACH ZONE IS LIMITED TO THAT ZONE
- MAY ONLY PASS TO PLAYER IN ADJACENT ZONE
- X₁ - DEFENSE / O₁ - OFFENSE / X₂ - OFFENSE / O₂ - DEFENSE
- 4 - 6 BALLS IN PLAY
- PLAYERS ROTATE TO PLAY IN EACH ZONE



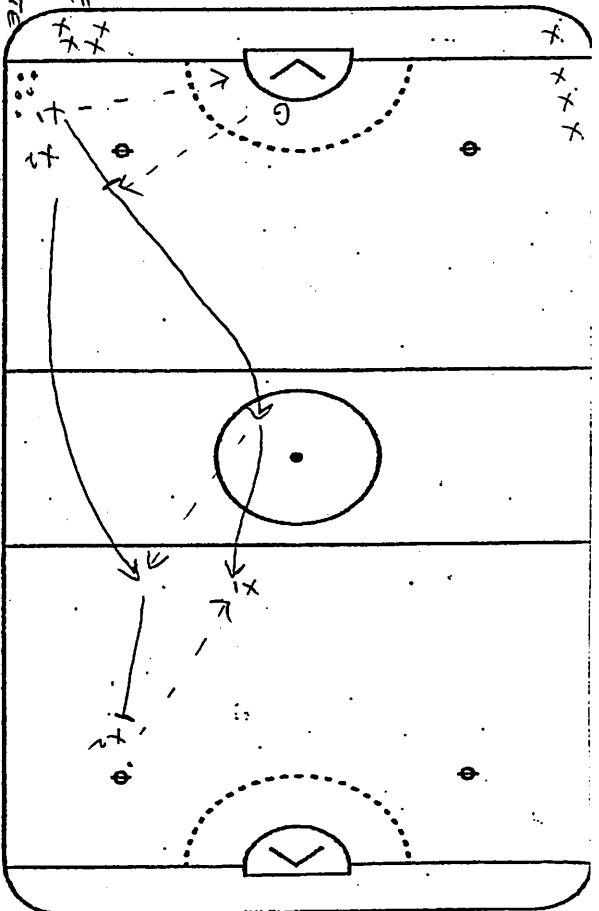
TIME

DRILL NAME

DESCRIPTION

2 man transition
pass/follow/return(REINFORCES 0'
TRANSITION)

- X PASSES BALL INTO GOALIE, BECOME OUTLET
- X₂ CONTINUES IF FROG AS LONG OUTLET
- X₁ TRAVERS TOWARDS MIDDLE TO MAKE PASS
- X₂ RECEIVES & CONTINUES DEED
- X₁ CROSSES CENTER TO GET RETURN PASS
- * CARRY BALL TO MIDDLE-HARDER TO TRAP/CONTINUE
- OVER CENTER TO BECOME OUTLET FOR TERMINATE
- IN CASE HE IS TRAPPED



TIME

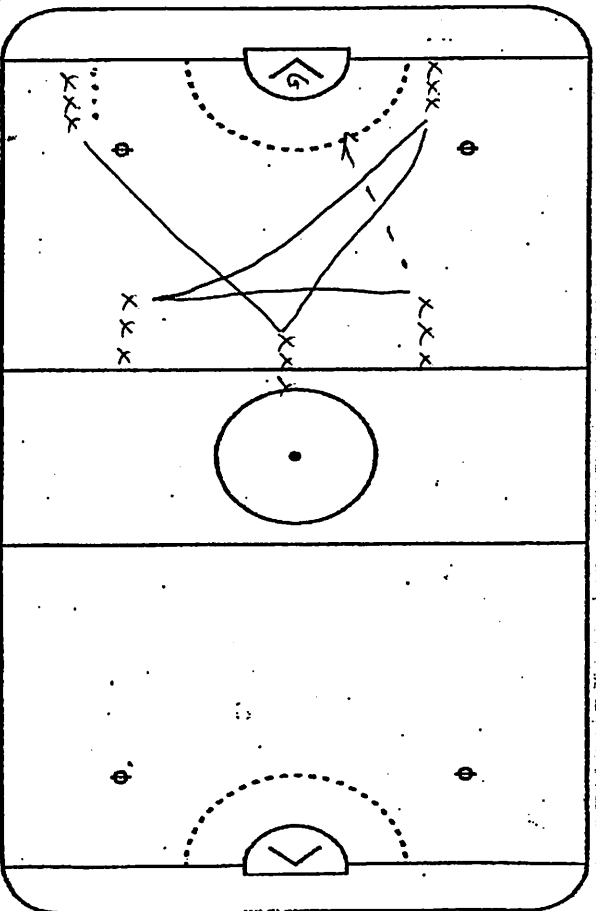
DRILL NAME

DESCRIPTION

STAR SHOOTING

DRILL

- FOLLOW STAR PASS PATTERN
- LAST GROUP TO TOUCH BALL SHOTS ON GOAL
- ROTATE START POSITION OF BALL TO CHANGE SHOT POSITION
- START SEQUENCE AFTER 3rd PASS



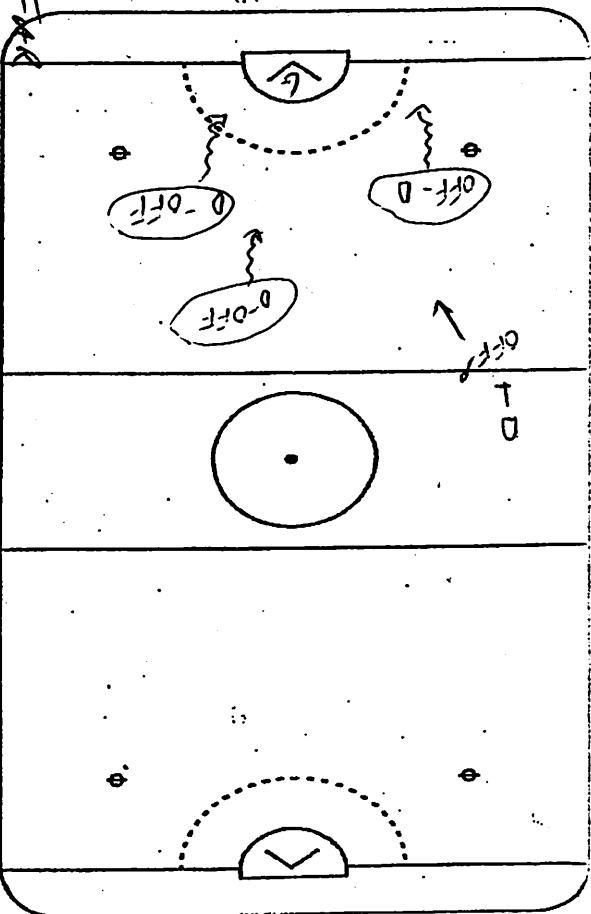
TIME

DRILL NAME

DESCRIPTION

4 on 3 Transition
in Chaser

- High 'OFF' starts in Ball
- 3 'OFF' & 'D' Players are Traveling Back into Zone (making Pickups of their men)
- 'D' Player chases to Pot Pressure on Decision making
- After shot 'EVERYONE' reacts to Goal Line & back to center
- Pick Player to make Breakaway shot!



TIME

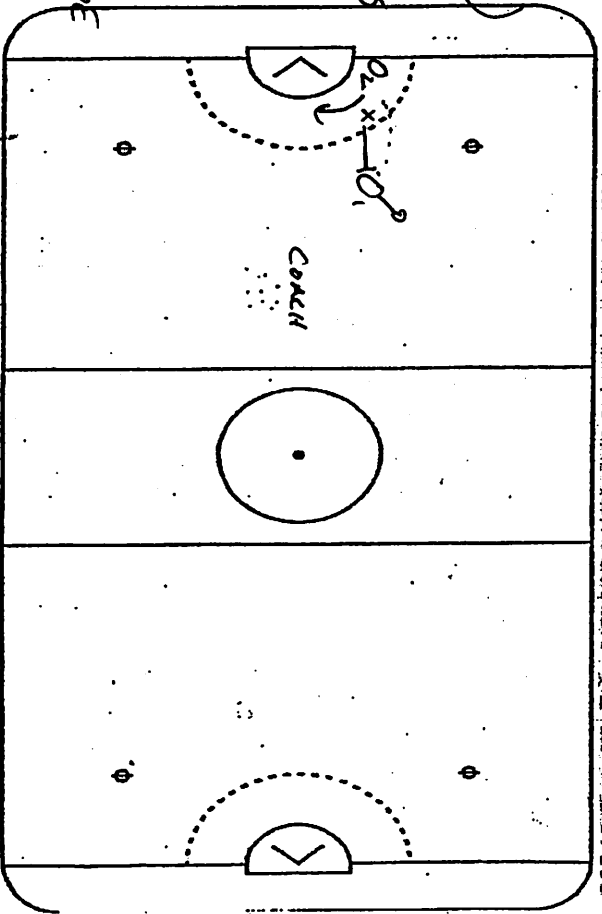
DRILL NAME

DESCRIPTION

Pass down
step/dive across

(Mats for Dives)

- D1 starts in Ball & moves towards Net
- X (DEF) slides up to defend
- D2 is available for dump pass
- D3 catches & steps out or dives across crease to improve scoring angle
- No shots from stationary position.



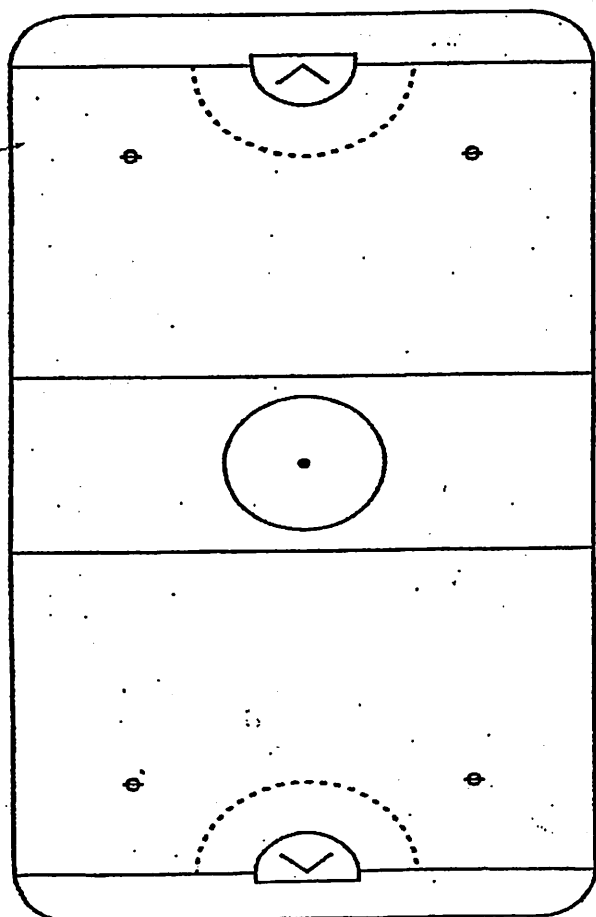
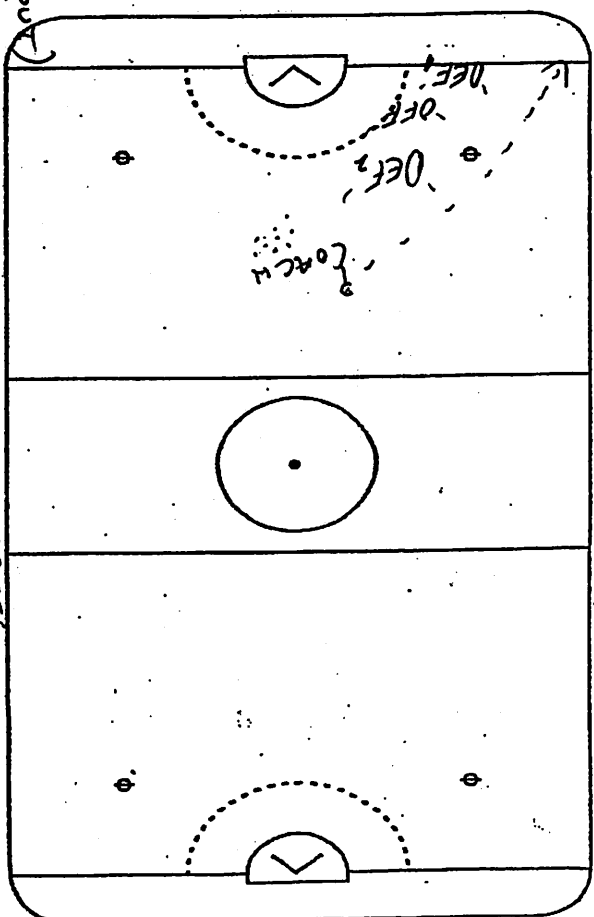
TIME DRILL NAME DESCRIPTION

LOOSE BALL	(COACH CANS OUT. SCUMPID)
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- DEF STARTS IN SLIGHT ADVANTAGE FOR A CORNER LOOSE BALL
- COACH CANS OUT TIME ON SHOT
- CLOCK & SCORE/TIME OF GAME.
- DEF: DEF DETERMINE HOW TO APPROACH LOOSE BALL
- (ie. TIME RUNNING DOWN ON CLOCK - BLOCK OUT)
- TIME ON SHOT CLOCK & TRAILING = MORE AGGRESSIVE & MAYBE SECOND DEF
- LOOSE BALL RULE

TIME DRILL NAME DESCRIPTION

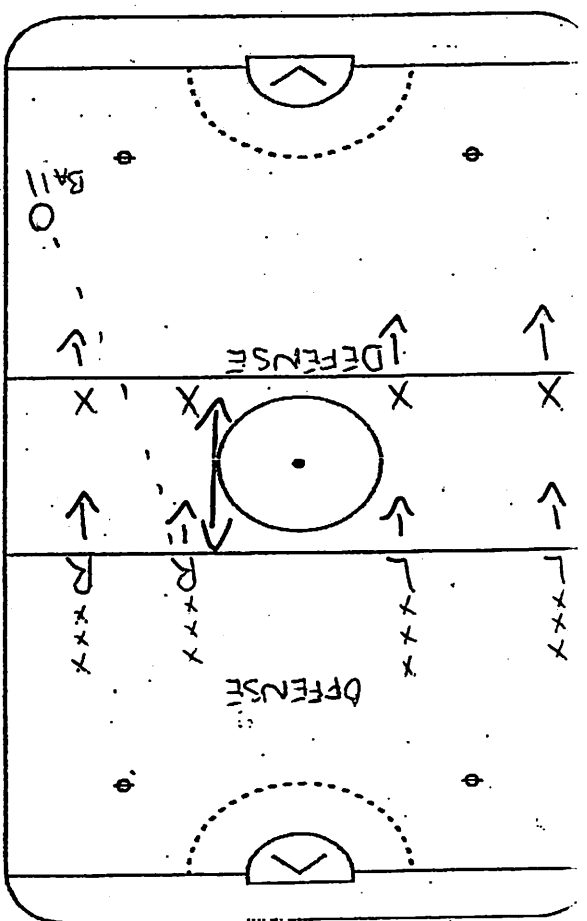
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TIME **DRILL NAME** **DESCRIPTION**

4 on 3
WITH A TRAILER

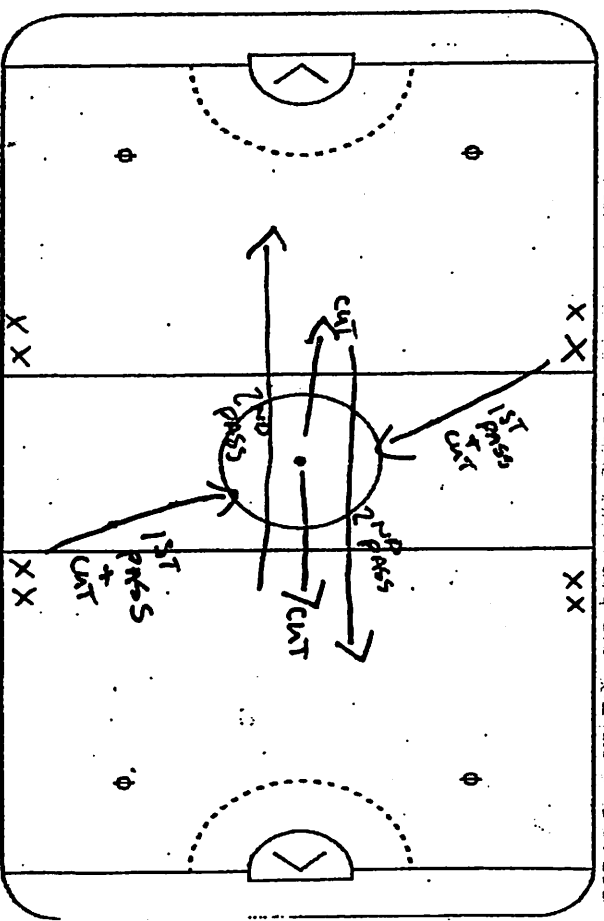
BALL IS PASSED FROM COACH IN THE CORNER TO ONE "O" LINE
DEFENSE FACES "O" LINES
THE LINE THAT GETS THE BALL, THE DEFENDER FACING IT RUNS TO THE LINE. THEN RETURNS TO THE PLAY



TIME **DRILL NAME** **DESCRIPTION**

4 CORNER NEUTRAL
ZONE. DOUBLE PASS

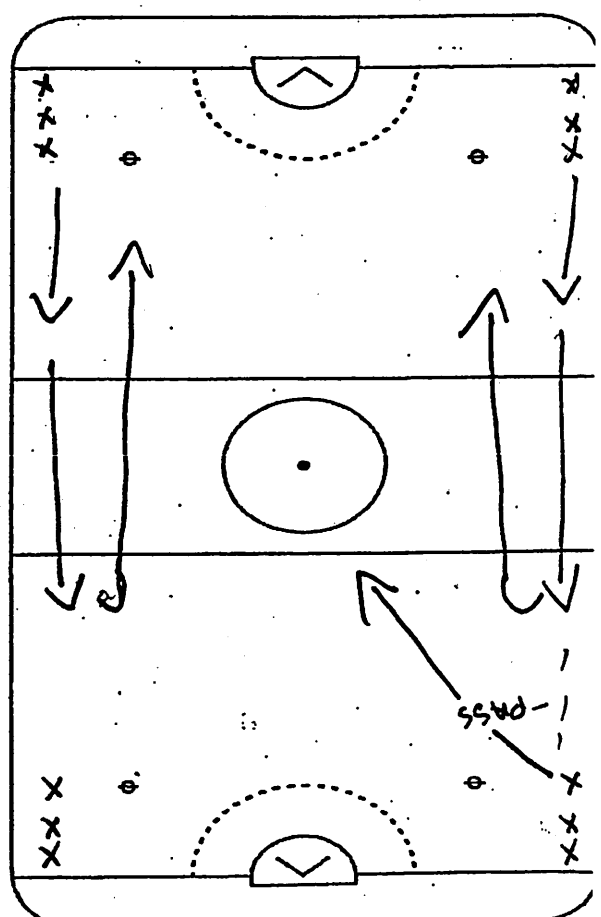
OPPOSITE CORNERS EXCHANGE PASS ON THE RUN.
Drive middle of floor cut drive back to your own RES. LINE. ANOTHER HRPD PLANT + CUT. EXCHANGE PASS ON THE FLY END WITH A SHOT AT THE FAR END



TIME **DRILL NAME** **DESCRIPTION**

4 CORNER 3 ON 0

EXCHANGE BALL A COUPLE OF TIMES ON THE WAY
DOWN
CARRY BALL INSIDE FAR RES. LINE
PASS TO CORNER REVERSE DIRECTION
MAN RECEIVING BALL DRIVES MIDDLE OF
FIELD - 3 ON 0 AT FAR END



TIME **DRILL NAME** **DESCRIPTION**

Full COURT 3 ON 2
2 ON 1

3 ON 2 DOWN
2 ON 1 BACK
MIDDLE MAN IS THE DEFENDER ON
THE WAY BACK
OUTSIDE GUYS STAY AT FAR END
TO PLAY DEFENSE FOR NEXT 3 ON 2

