

# Footwork & Catching Practice Plan

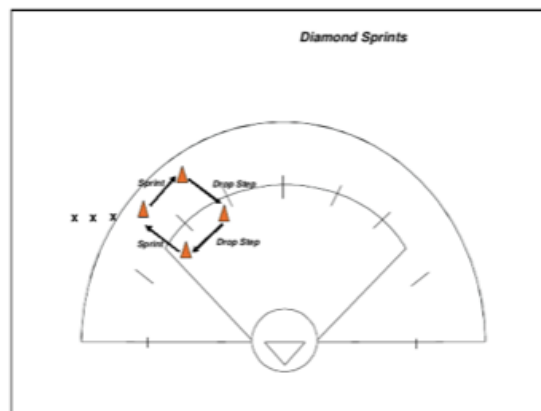
## 15 Min. - Diamond sprints/progress to catch & shot

- Starting with a coach rolled ground ball, the player passes back.
- Progression after 5 min - On the final sprint, player receives a pass and shoots on goal

<b>Drill Specs</b>	<b>Drill Theme:</b> Footwork <b>Field Position:</b> Defense	<b>Drill Style:</b> Conditioning <b>Time Needed:</b> 10 Min	<b>Field Location:</b> Attack Zone <b>Skill Level:</b> Basic
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<b>Objective</b>	Diamond sprints allow for players to practice defensive foot work that is needed to stay with players on offense. The diamond movement has players focus on quick drop steps and the turn and run movements for staying with players on offense.
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<b>Drill Description</b>	Set up 4 cones in a diamond, with about 5-10 yards between each cone. Players will start at a cone, standing sideways, and sprint up to the next cone at an angle, then drop step back to the side at the next cone. Once at the 3 <sup>rd</sup> cone they will switch their drop step to the inside and drop to cone 4. At cone 4 they will drive forward as fast as they can back to cone 1.
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<b>Skills Practiced</b>	<ul style="list-style-type: none"><li>• Conditioning</li><li>• Defensive Footwork</li></ul>
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<b>Variation</b>	Add a ground ball to the final straight sprint off of cone 4.
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**5 min - Water Break**

## 15 Min - Star drill



### **Star Drill**

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** Scooping, Dodging, Passing, Catching

**Drill Duration:** 5-7 minutes

**Resources:** Balls, Cones

**Description:** Players will set up in a star formation as shown. Each player will take 2-3 steps towards their intended receiver and pass the ball. Once the ball is passed, the passer goes to the end of the line that they passed to.

**Progression(s):** Add balls to see how many the players can keep moving simultaneously. Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Use different types of passes or rolls. Have the receiver dodge the passer before moving the ball to the next line.

**Drill Diagram:**



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## 5 Min - Water Break

## 15 Min - Eagle Eye

### **Eagle Eye**

**Appropriate Age Group:** 8-15

**Skill(s) Practiced:** Passing, Catching

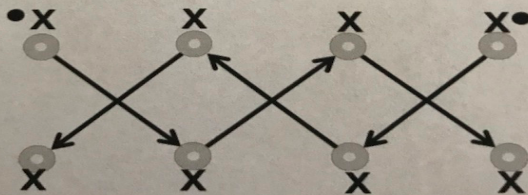
**Drill Duration:** 5 minutes

**Resources:** Multiple balls, Cones

**Description:** Set up cones in as shown. There will be two balls going at one time during this drill. Starting at each end, players will make a diagonal pass, working the ball from one end to the opposite end.

**Progression(s):** Alternate top hands on the stick. Adjust the spacing of the cones based on ability level of players. When the ball reaches the end, have the player pass straight across. Continue adding balls to see how many the players can keep in motion.

**Drill Diagram:**



## 5 Min - Wrap up