



# INTRODUCTION TO LACROSSE



**RESOURCE PACK**

# HOW TO USE THESE CARDS

The cards in this pack are designed to be used to introduce the fundamental skills of lacrosse and provide activities to practise these skills.

The cards are sectioned; looking at the principles of the game, the technical skills involved, activities and game-based practices and the final cards cover the playing and officiating of a full game situation.

The cards are predominantly game based activities featuring attack and defence principles and linked to technical skills.

All the cards offer ideas for differentiation, progression and questions to support the learning.

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# OVERARCHING PRINCIPLES



**CREATE SPACE** in attack & **DENY SPACE** in defence

**CREATE** overload situations in attack and defence



**MAINTAIN POSSESSION** by moving the ball around the goal (including behind)

**DENY SPACE** in the **MIDDLE** & channel attackers away from goal



**TRANSITION** from **DEFENCE** to **ATTACK** using pace and space

# ATTACKING PRINCIPLES

## 1 POSSESSION

- Keep the ball
- Get the ball in opponent's half
- Play the ball around the goal
- Keep stick protected/on the outside
- Remember other team need ball to score



## 2 PENETRATION

- Run or pass through defence
- Create an overload and use a 2 v 1 situation to cause indecision for defence
- This should allow for - A run by ball carrier
  - Draw defender & pass
  - Give & Go



## 3 SUPPORT

- Keep team possession by moving to simple passing lanes
- Make sure ball carrier always has a minimum of 2 passing options - a pass forward
  - a pass to the side



## 4 WIDTH

- Work the ball to wide position to create space by stretching the defence
- This should allow for - Penetration
  - Draw defender & pass
  - Give & Go



## 5 DEPTH

- Use a pass backwards to draw the defence away from goal
- This should allow for - Penetration
  - Possession
- Works well from behind goal



## 6 MOBILITY: BE DIRECT

- Use pace to penetrate defence or get into support positions
- Change pace to disrupt defence
- Switch direction or dodge to evade defenders



# DEFENSIVE PRINCIPLES

## 1 DENY SPACE

- Maintain or regain position between the goal and opposition
- Man mark attackers, follow them
- Force ball carrier away from goal
- Delay attacks and make them use up the 4 second possession count



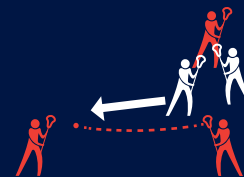
## 2 GAIN POSSESSION

- Maintain or regain position between the goal and opposition
- Slow down attack, force ball carrier away from goal and step close to attacker
- Try to block one passing lane to force a poor pass



## 3 SUPPORT

- Defenders work together to stop attackers running through
- Move close to each other and force a pass wide
- Once wide, force an error



## 4 NARROW

- Stay compact & close to the goal
- Resist chasing the ball, maintain position between goal and opponent
- Close down the ball carrier once there is cover/support



## 5 DEPTH/COVER

- Make sure there is another defender behind the one marking the ball
- This brings together the principles of SUPPORT, GAIN POSSESSION and NARROW



## 6 DELAY

- Position between attack and goal
- Change body position to see the ball carrier and nearest attacker
- Never over commit, maintain positioning and await support
- Move towards ball carrier to force an error

# TECHNICAL ATTACK SKILLS

## SCOOPING

PICK UP THE BALL



- One hand at top and one at bottom of stick
- STEP next to ball
- SQUAT to get low and over the ball
- Hands/stick close to the ground
- SCOOP and push through the ball
- Return to carrying/ready position

## THROWING

PASS THE BALL



- Preferred/dominant hand closest to the head of stick
- Top hand slides to middle of stick
- Side-on stance with hands high and away from body
- High front elbow (helps to aim)
- Pull stick down with bottom hand
- Push forward with top hand
- Swing through to point at target

## CATCHING

RECEIVE THE BALL



- Preferred or dominant hand positioned under the head of stick
- Spread hands wide apart
- Front/face-on stance
- Point stick head forward - HIGH 5
- Follow flight of the ball
- Drop top hand's elbow to cushion ball
- Bottom hand is static throughout

## CARRYING

MOVE WITH THE BALL

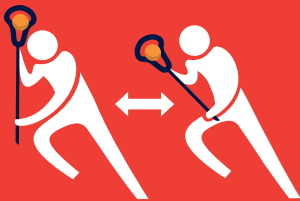


- Hands wide apart on stick
- Stick held across the body
- Stick remains close to the body
- Stick head held near to shoulder

# ADVANCED TECHNICAL ATTACK SKILLS

## CRADLING

MOVE WITH THE BALL



- Hands wide apart - **CATCHING GRIP**
- Stick held in carry position
- Top hand moves the stick head from **SHOULDER** to **CHIN** and back to **SHOULDER**

## CHANGE HANDS

INCREASE OPTIONS



- Hands wide apart on the stick
- Top hand pushes stick through a loose bottom hand
- Bottom hand at chest height
- Bottom hand moves up over top hand (hands change places)
- Protect stick on new top hand side
- Return to carrying/ready position

## SHOOTING

SCORE GOALS



- Top hand lower than stick's middle
- Wide side-on stance
- High front elbow (helps aim)
- Pull stick down with bottom hand
- Push forward quickly with top hand
- Swing through an arch to point at goal

## DODGING

OVER COMMIT DEFENDERS



- Run at a defender
- Step quick to one side
- Move to the other side and accelerate away from defender
- Effectively a side-step
- Requires defenders to believe in the first step

# TECHNICAL DEFENCE SKILLS

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## DELAY

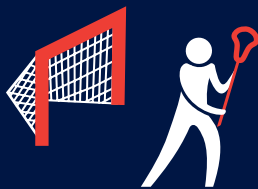
MAKE ATTACKERS PASS THE BALL



- Stand in between attacker and goal
- Low body position
- Line up with attacker's belly button
- Do not get too close to attacker
- Shadow the attacker's movement and stick movement

## POSITIONING

EFFECTIVE DEFENDING



- Stand in between attacker and goal
- Low body position
- Semi side-on stance
- Line up with attacker's belly button
- Make upper body as big as possible
- Shadow the attacker's movement and stick movement

## CHANNELLING

DICTATE ATTACKER MOVEMENT



- Stand in between attacker and goal
- Low body position
- Semi side-on stance angled to direct attacker away from goal
- Use stick to increase the length of body

## DROP STEP

STAY GOAL SIDE OF ATTACKER



- Low body position
- Drop one foot back to side-on stance
- If attacker keeps moving - twist hips and channel
- Change of direction, drop step other foot



# ADVANCED TECHNICAL DEFENCE SKILLS

## CHECKING

EFFECTIVE DEFENDING



- Stand in between attacker and goal
- Low body position
- Semi side-on stance - similar to channel
- Aim to tackle/check : head of stick to head of stick
- Control check - encourage downward movement from shoulder height

## COVER DEFENCE



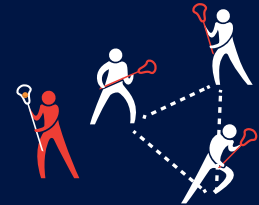
- Cover defence to challenge attacker if gets past team-mate
- Position in between opponent previously marked and team mate marking the ball
- If team mate is beaten, remain goal side and deny space and attempt to channel away from goal

## RECOVER DEFENCE



- Recover, get back into a defensive position once the ball has got past defender
- Get back in between the ball and the goal, to decide if need to offer cover

## TRIANGULAR POSITION



- Triangular position, require defence to be ready to cover
- Positions allow for effective movements to cover and recover
- The movement patterns are the principles for creating overload opportunities and effective team defence



# STUCK IN THE MUD

9

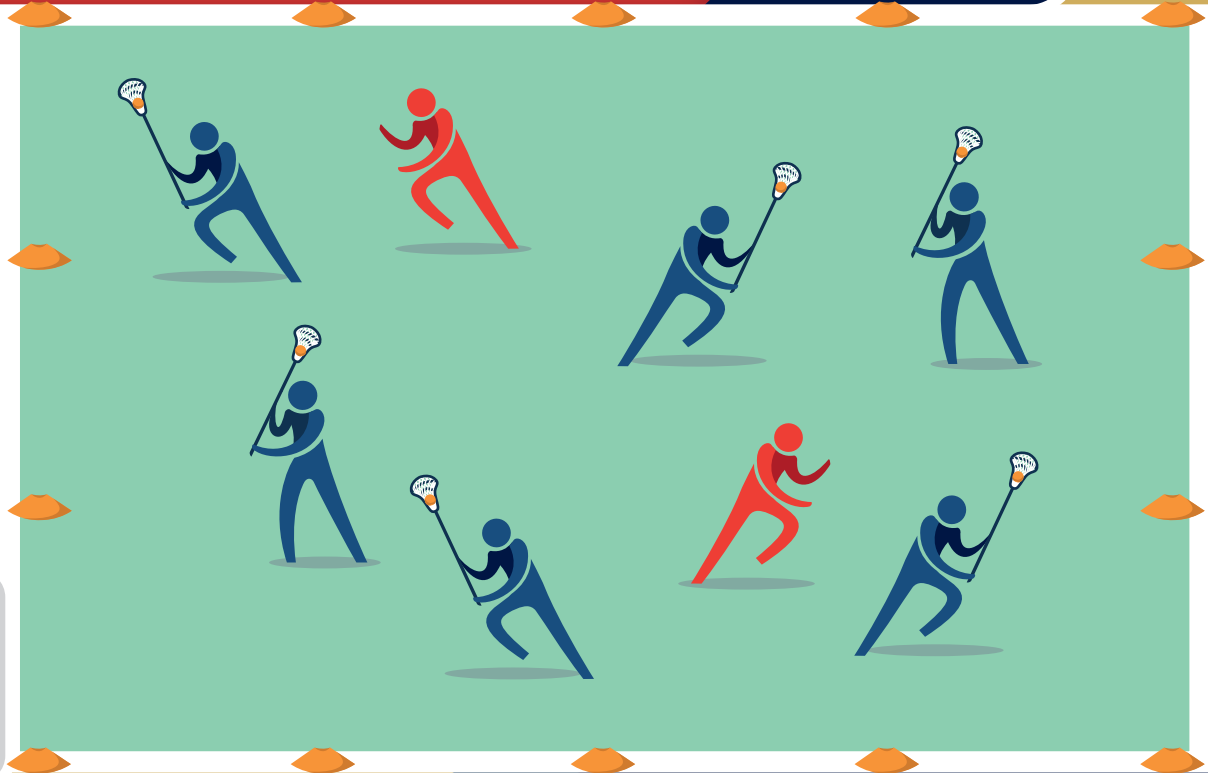
WHOLE CLASS

FUNDAMENTALS

## INSTRUCTIONS

- Create a designated area - all 'players' have a ball and stick while 2-3 'taggers' wear bibs
- Once tagged, players stand still with their feet apart
- Players are freed when another player rolls the ball between their legs and collects the ball using the scoop technique
- Change taggers every 2-3 minutes

## EQUIPMENT



# KEY POINTS

Run with head up, to find space

## • Attack

- evade the taggers
- scoop by using 3 S (STEP/SQUAT/SCOOP through)
- carry the ball close to shoulder/head

## • Defence

- channel players to make tags

# DIFFERENTIATION

Easier:

- To practice the scoop, players pick up a static ball and continue to move about the area
- Players tagged, place their ball at their feet, to be freed a second player places their ball next to the original. The two players scoop the different/swapped balls

# QUESTIONS?

1. What risk factors should be considered?
2. Describe and show the effective evasive techniques you have used
3. How can the taggers work together?
4. Explain the successful method of scooping the ball?

# ACTIVITY PROGRESSION

- To be free, players make a gap with their bodies and stick
- After scoop, players try to change hands
- Introduce a 'swap ball pass' whilst moving around the area



# BUILD-UP MATCH

ACCURATE THROWING

SUCCESSFUL CATCHING

DEVELOPING SCOOP

## INSTRUCTIONS

- Set up two teams, with a goal at both ends of area
- A number is called out and the corresponding players react to scoop the ball
- Players have only 4 seconds to shoot
- Ball is rolled out by the caller, after every 20 seconds of play a new number is called to join the action
- After every goal, a new number is called out

## EQUIPMENT



# KEY POINTS

## • Attack

- accurate passing and recognition of flat pass
- use scoop technique for effective quick play
- run and dodge skills to create a shot
- decision making of when and how to pass

## • Defence

- keep your sticks up to block passes or shots

# DIFFERENTIATION

- Reduce playing area to allow more passing success
- Increase the distance to challenge passing under pressure

# QUESTIONS?

1. How can the player use space to create a scoring opportunity?
2. What technical skills will help the ball carrier outwit their opponent?
3. If the ball carrier is working with a team mate, how can they create an overload situation?
4. What is the best strategy for defending 1 v 1?

# ACTIVITY PROGRESSION

- Call out more than one number to change the 1 v 1 situations
- Add a player behind goal: before scoring, a pass must go behind goal to encourage lacrosse-specific attack play



# BENCH BALL

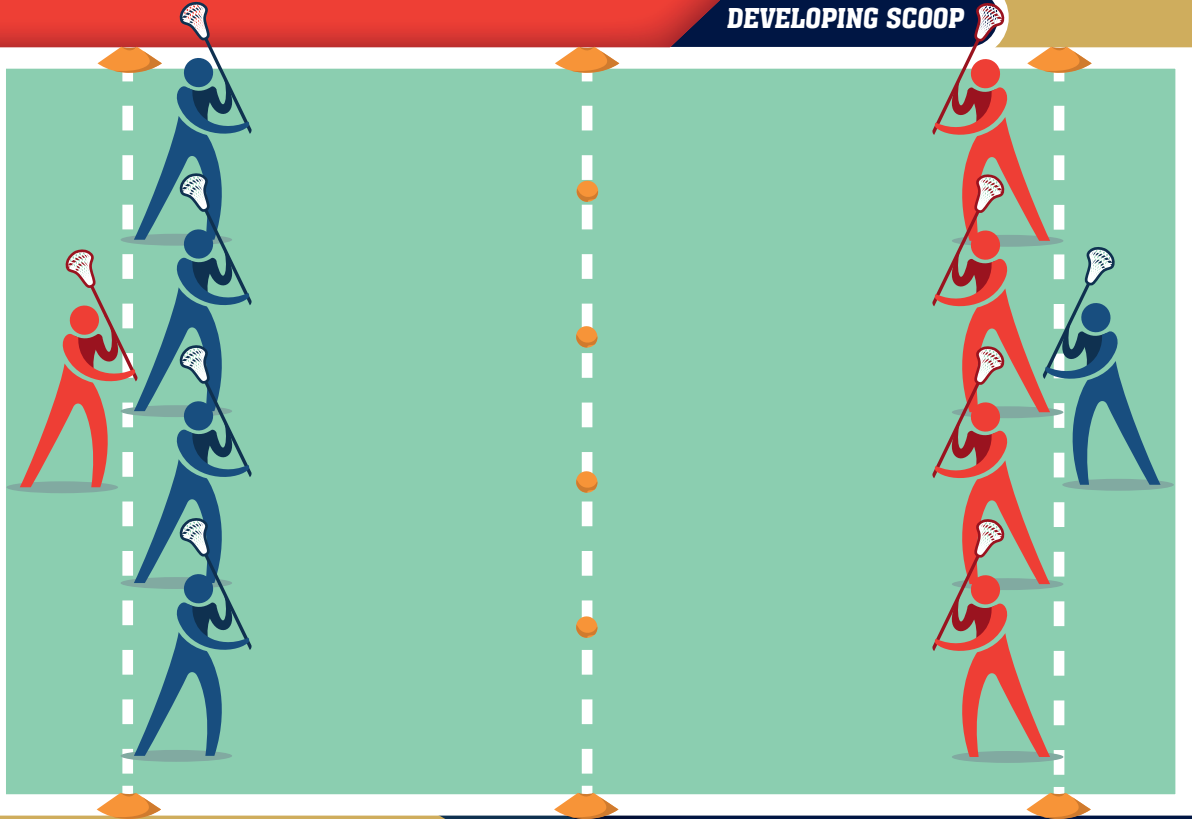
ACCURATE THROWING

SUCCESSFUL CATCHING

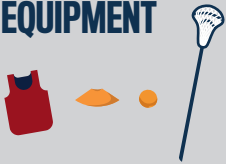
DEVELOPING SCOOP

## INSTRUCTIONS

- Teams of 5-6 players
- Position the cones 15m - 20m apart, set-up is like Benchball/Dodgeball
- Players cannot cross halfway until successful pass is made to zone
- The winning team has all players in end zone
- All balls must be in play at all times. Catchers roll the balls back into play



## EQUIPMENT



# KEY POINTS

## • Attack

- accurate passing and recognition of flat pass
- catching technique for accurate, low and high passes
- outwit defenders through fake etc
- decision making of when and how to pass

## • Defence

- keep your sticks up to block passes or shots

# DIFFERENTIATION

- Reduce playing area to allow more passing success
- Increase the distance to challenge passing under pressure

# QUESTIONS ?

1. To make a successful pass, where are the overload opportunities created?
2. What is the most successful passing method?
3. How can you use a team mate to create a pass that cannot be blocked?
4. Defensively, what ideas can you introduce to stop the ball reaching the catcher?

# ACTIVITY PROGRESSION

- Allow attacker into the opposition half for 4 seconds if they have a ball. The opposition can channel the player wide to delay a pass
- Add a goal or target behind the endzone. Players can run over and pass to the catcher, who feeds back for teammate to score



# 3V2 KEEPBALL

QUICK PASSING

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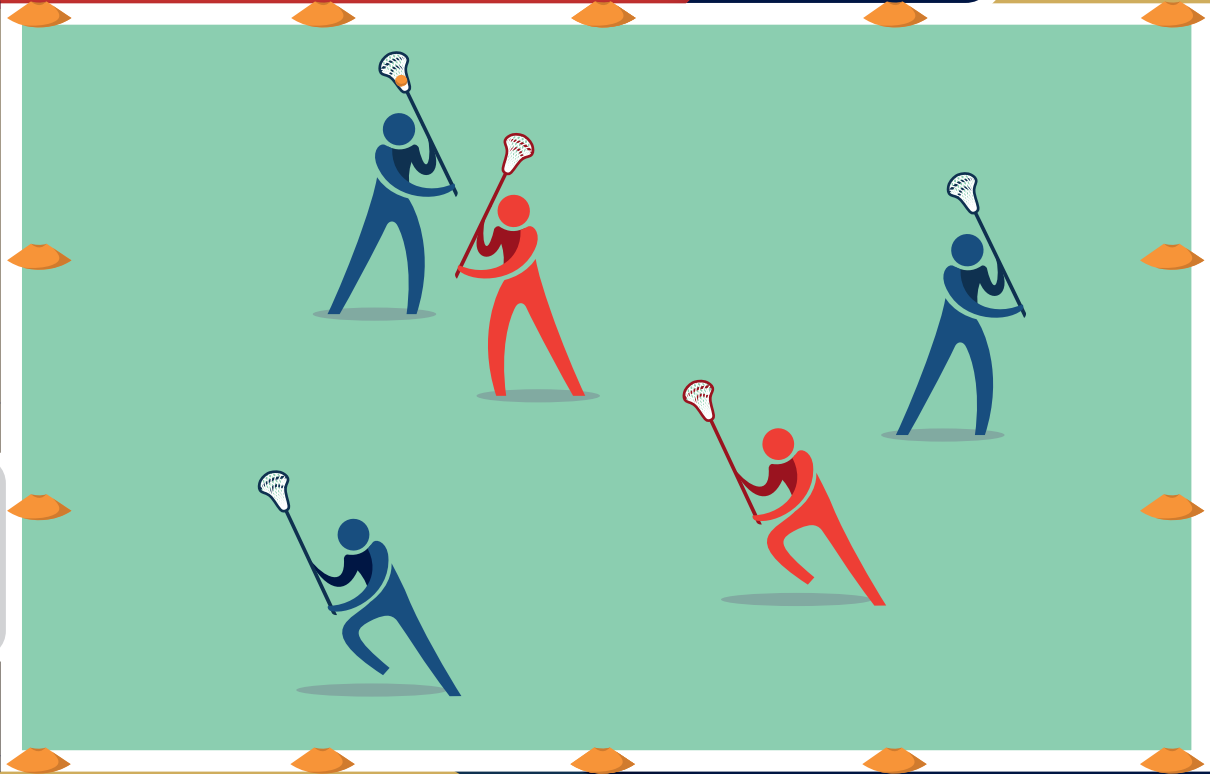
DRILL FORMAT

UNSETTLED PLAY

## INSTRUCTIONS

- 2 teams of 3
- One team starts with the ball, the other starts with 2 players
- Keep the ball by finding space in the area
- If possession is lost, the other team gets the ball and teams swap roles

## EQUIPMENT





# KEY POINTS

- **Attack**
  - fast, flat and accurate passing
  - focus on attacking principles and identify or create two passing options
- **Defence**
  - reduce one passing option

# DIFFERENTIATION

- Increase the size of the area for difficulty of passing
- To make easier, convert to a passing relay race in straight lines

# QUESTIONS ?

1. How can the attacking team open up the defence?
2. Did you recognise the fast/slow break?
3. What is the easiest way to score?
4. If you cannot score, where should you try to get the ball?
5. Defence, how can you recover and get organised?

# ACTIVITY PROGRESSION

- Add in 3rd defender who enters after a time delay
- 6 v 6: allow defender to check/tackle



# WIDTH & DEPTH GAME

17

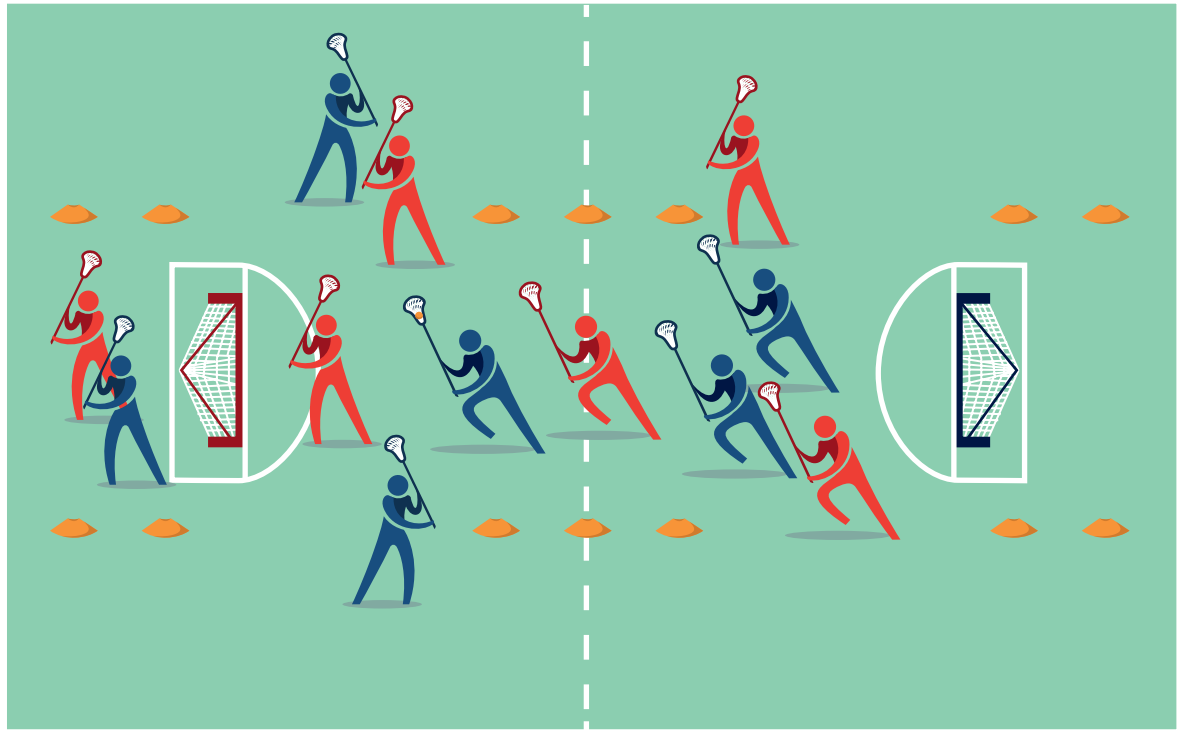
QUICK PASSING

FINISHING

FEEDING INTO BOX

## INSTRUCTIONS

- Create a small-sided pitch with the coned spaces creating areas of width and depth
- Attack should have 6 seconds to move the ball and shoot. After 6 seconds, the other team get possession
- Defence must try and defend the box area only by shadowing attackers and blocking passes. They are not allowed in the box area and cannot stay on the box line



## EQUIPMENT



# KEY POINTS

- **Attack**
  - focus on offensive principles
  - be direct at pace to penetrate into box
  - if no direct penetration, move ball wide to get behind goal
  - teammate cuts/runs into the box when ball goes to player behind to create an easy scoring opportunity

# DIFFERENTIATION

- Increase the size of the box area for difficulty of passing
- Increase the time on the ball to aid decision making of when to run or pass

# QUESTIONS?

1. To make a successful pass, where are the overload opportunities created?
2. How can the attacking team use space to keep possession?
3. What type of movements by team mates will create space for the ball carrier?
4. Defensively, what ideas can be used to force an error by the attacking team?
5. What advanced skills can be used by the defence to regain possession?

# ACTIVITY PROGRESSION

- Defenders can add shoulder barges as initial contact
- Award two goals if ball is passed behind goal to encourage depth



# PASSING INTO 4V3

QUICK PASSING

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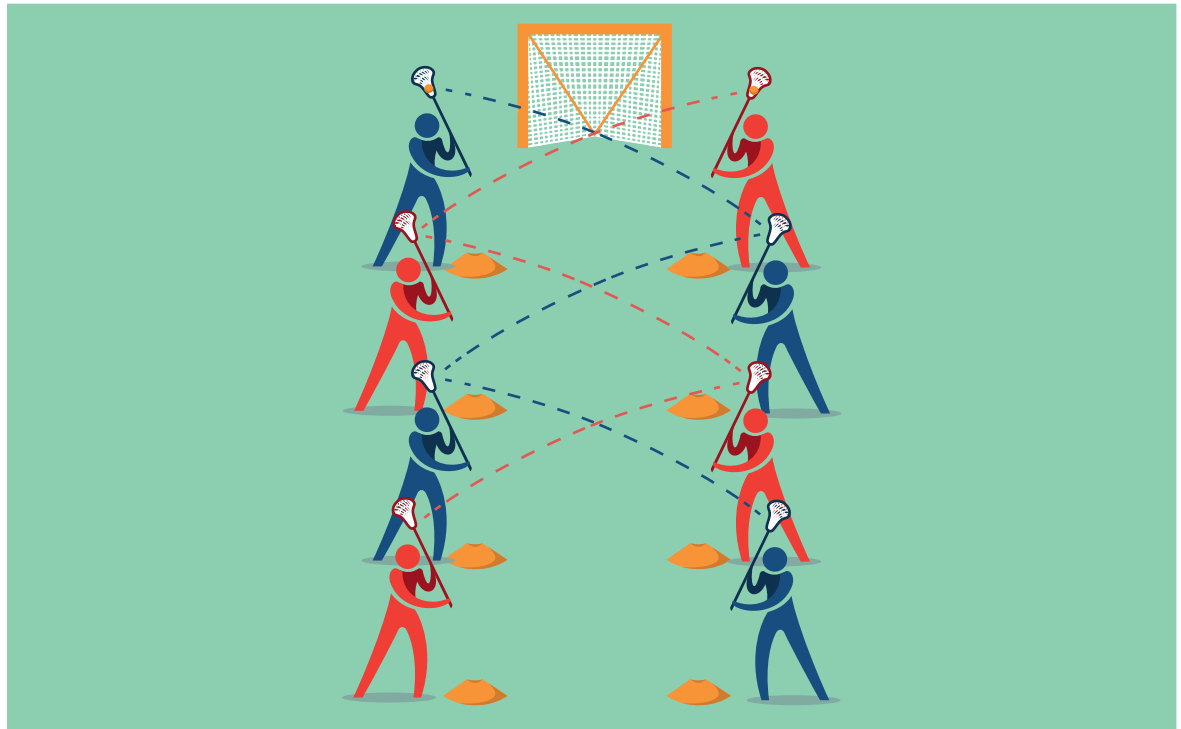
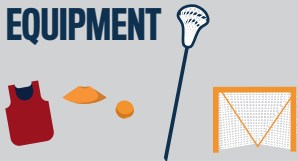
DRILL FORMAT

UNSETTLED PLAY

## INSTRUCTIONS

- Players line up on alternate cones and pass in a zig-zag formation
- Each team has 3 balls. One at a time, all balls must get to the end player
- Team with 3 balls with the last player attacks the goal with 4 players
- The team that lost become the defence and lose a player to encourage uneven play or a 'man up situation'

## EQUIPMENT



# KEY POINTS

## • Attack

- fast, flat and accurate passing
- focus on attacking principles - 2 on 1's
- be direct at pace to penetrate into box
- if no direct penetration, move ball wide to get behind goal

## • Defence

- delay and channel

# DIFFERENTIATION

- Increase the size of the area for difficulty of passing
- To make easier, convert to a passing relay race in straight lines

# QUESTIONS ?

1. How can the attacking team open up the defence?
2. Did you recognise the fast/slow break?
3. What is the easiest way to score?
4. If you cannot score, where should you try to get the ball?
5. Defence, how can you recover and get organised?

# ACTIVITY PROGRESSION

- 6 v 6: add a goalkeeper to organise defence and save shots



# PRESSURE BOX

21

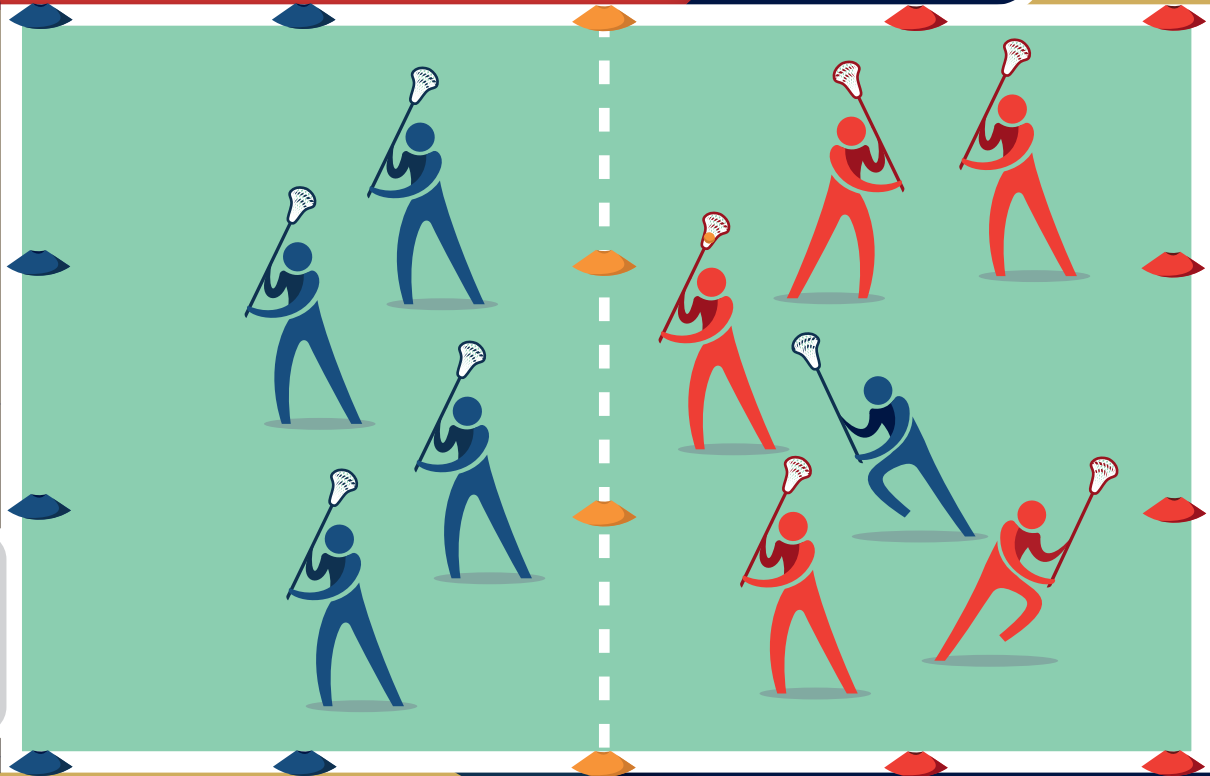
QUICK PASSING

FINDING SPACE

## INSTRUCTIONS

- One team starts with the ball and aims to complete 5 passes
- On completing passes, 1 opposition player joins to try and intercept the ball, if intercepted defender takes ball to their area
- If unsuccessful, other team start again. To win 5 passes achieved with all opponents in their half

## EQUIPMENT



# KEY POINTS

## • Attack

- fast, flat and accurate passing
- focus on attacking principles - outwitting and using space

## • Defence

- sticks up and add pressure to deny space and delay fast passing

# DIFFERENTIATION

- Increase the size of the area for difficulty of passing
- To make easier, convert to a passing relay race in straight lines

# QUESTIONS ?

1. How can the attacking team create space to receive a pass?
2. How can you put pressure on the attackers when you are outnumbered?

# ACTIVITY PROGRESSION

- Add in 2nd defender who enters after a time delay
- Add a goal behind each area and after 5 v 5, teams can play full version of the game
- 6 v 6: allow defender to check/tackle



# GAUNTLET

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OUTWITTING

PAGE & DIRECTION

## INSTRUCTIONS

- Mark out a 10m x 10m box
- Players start on opposing lines
- Ball carrier must try to get past opponent
- Alternate after 'best of three' attempts
- Defenders start by using body checks

## EQUIPMENT





# KEY POINTS

- **Attack**
  - correct cradle action
  - stick protection
  - change of direction followed by pace change
  - refine/develop dodges

# DIFFERENTIATION

- Explore dodging
- Improve through split dodge - change of hands

# QUESTIONS ?

1. Which is your preferred move to beat defender?
2. How can you outwit the defender?
3. Why would you change pace and direction when dodging?

# ACTIVITY PROGRESSION

- Add more defenders
- Introduce some contact
- Use through Keepball, 4 v 3 game



# GOALKEEPING

CONFIDENCE

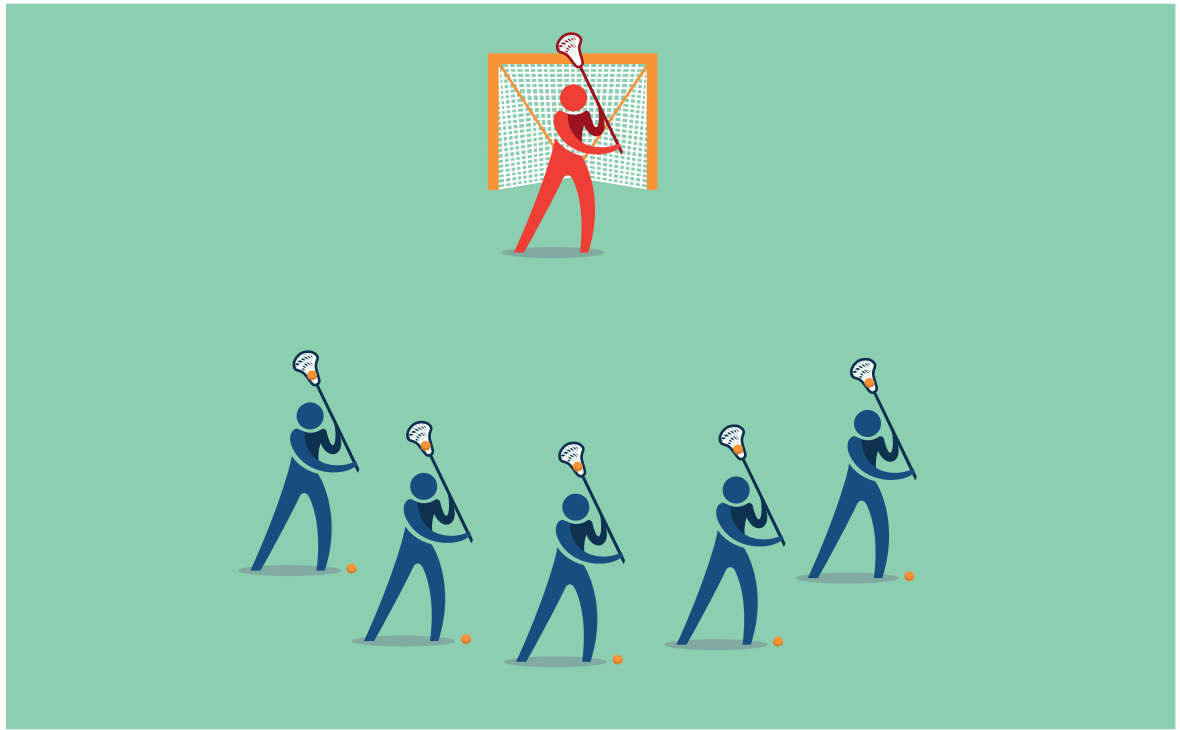
25

SHOT VARIATION

## INSTRUCTIONS

- Set up shooters in an arch
- Use carousel or ripple system to ensure there is only one person shooting at a time
- Use softball, protective equipment and a goalkeeper's stick
- Attackers have two balls each and collect once all balls have been shot

## EQUIPMENT



# KEY POINTS

- **Defence**
  - balanced stance - feet shoulder-width apart, slightly bent knees
  - top hand on stick is dominant and positioned level with shoulder
  - try to move feet towards the ball
  - punch at the ball with top hand

# DIFFERENTIATION

- Increase the distance between attackers and goalkeepers
- Try to catch all shots

# QUESTIONS ?

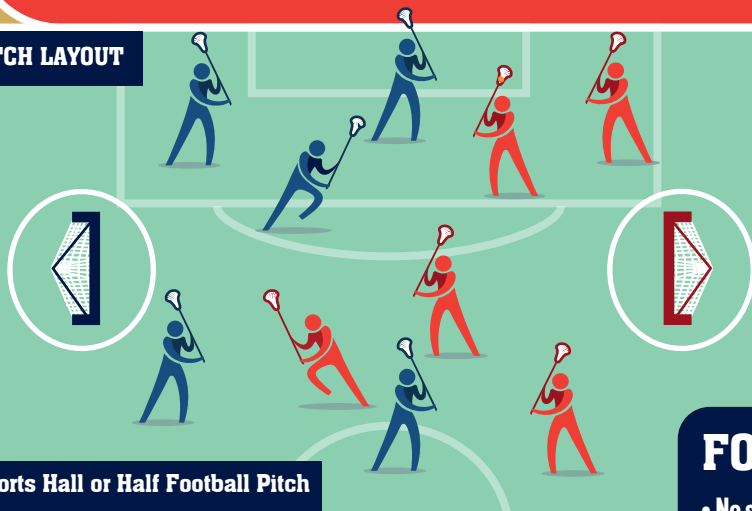
1. How balanced are you?
2. How can you use your top hand as a guide/visual aid?
3. What would you like the shooters to do to help you experience more saves?

# ACTIVITY PROGRESSION

- 6 v 6: play any of the activities

# 5 V 5 INTRODUCTION RULES

## PITCH LAYOUT



## REQUIREMENTS

- Pitch size and layout as shown above (2m radius for circles)
- Preferable for secondary schools to use field sticks
- POP lacrosse sticks acceptable except in competition
- Soft rubber composite ball
- Pop up target goals or specific 3ft x 3ft lacrosse goals

## RULES

- 5 players on a team, 8 players in a squad
- No goalkeepers
- Game starts from the centre mark and after every goal
- Maximum of 5 second possession of the ball
- No entry into the goal circle
- Substitutions can be made throughout the game at halfway
- Recommended quarter time of 6 minutes

## FOULS & PENALTIES

- No stick or body contact
- No dangerous follow-through on shots
- Defenders cannot act as goalkeepers by standing in the way of the shot
- No trapping/guarding the ball
- All fouls will result in a free position to the nearest opponent
- Offender is placed behind player with the ball and must be behind halfway line if foul takes place in defence or on the opponent's circle if foul happens in attacking half
- All other players must be 3m away and game restarts quickly

# 6V6 MODIFIED CONTACT RULES

## PITCH LAYOUT



Sports Hall or HalfFootball Pitch

## REQUIREMENTS

- Pitch size and layout as shown above (2m radius for circles)
- Preferable for secondary schools to use field sticks
- POP lacrosse sticks acceptable except in competition
- Soft rubber composite ball and goalkeeper protective wear
- Pop up target goals or specific 3ft x 3ft lacrosse goals

## RULES

- 6 players on a team, 10 players in a squad
- Include goalkeepers
- Game start & restart from the centre mark
- After a goal, the team that concedes starts with the ball
- No entry into the goal circle, except goalkeepers
- Substitutions can be made throughout the game at halfway
- Recommended quarter time of 6 minutes

## FOULS & PENALTIES

- Stick-on-stick checks allowed on player in possession of the ball.
- No body checks allowed
- No dangerous follow-through on shots
- No trapping/guarding the ball
- All fouls will result in a free position to the nearest opponent
- Offender is placed behind player with the ball and must be behind halfway line if foul takes place in defence or on the opponent's circle if foul happens in attacking half
- All other players must be 3m away and game restarts quickly

# CURRICULUM/SESSION PLANNING

WEEK	ACTIVITY	ATTACK PRINCIPLES	DEFENCE PRINCIPLES
1	<ul style="list-style-type: none"> <li>• Stuck in the Mud</li> <li>• Build-up Match</li> </ul>	<ul style="list-style-type: none"> <li>• Possession</li> <li>• Penetration</li> </ul>	<ul style="list-style-type: none"> <li>• Regain Possession</li> <li>• Deny Space</li> </ul>
2	<ul style="list-style-type: none"> <li>• Stuck in the Mud</li> <li>• Bench Ball</li> <li>• 5 v 5 game: no offside</li> </ul>	<ul style="list-style-type: none"> <li>• Possession</li> <li>• Penetration</li> <li>• Support</li> </ul>	<ul style="list-style-type: none"> <li>• Regain Possession</li> <li>• Deny Space</li> <li>• Delay</li> </ul>
3	<ul style="list-style-type: none"> <li>• Bench Ball</li> <li>• 3 v 2 Keepball</li> <li>• 5 v 5 game: with offside</li> </ul>	<ul style="list-style-type: none"> <li>• Penetration</li> <li>• Support</li> <li>• Width &amp; Depth</li> </ul>	<ul style="list-style-type: none"> <li>• Narrow</li> <li>• Depth/Cover</li> <li>• Deny Space</li> </ul>

<p><b>4</b></p>	<ul style="list-style-type: none"> <li>• 4 v 3 game</li> <li>• Width &amp; Depth match</li> <li>• 5 v 5 game: with offside</li> </ul>	<ul style="list-style-type: none"> <li>• Width &amp; Depth</li> <li>• Possession</li> <li>• Penetration</li> </ul>	<ul style="list-style-type: none"> <li>• Narrow</li> <li>• Support</li> <li>• Deny Space</li> </ul>
<p><b>5</b></p>	<ul style="list-style-type: none"> <li>• Pressure Box</li> <li>• Width &amp; Depth match</li> <li>• 5 v 5 game: with offside</li> </ul>	<ul style="list-style-type: none"> <li>• Possession</li> <li>• Penetration</li> <li>• Support</li> </ul>	<ul style="list-style-type: none"> <li>• Support</li> <li>• Deny Space</li> <li>• Gain Possession</li> </ul>
<p><b>6</b></p>	<ul style="list-style-type: none"> <li>• Bench Ball</li> <li>• 5 v 5 tournament</li> </ul>	<ul style="list-style-type: none"> <li>• All principles</li> </ul>	<ul style="list-style-type: none"> <li>• All principles</li> </ul>
<p><b>7-8</b></p>	<ul style="list-style-type: none"> <li>• Run as tournament, use an activity as warm-up</li> <li>• Use week 6 to review and develop principles and skills further</li> </ul>		

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