

# Practice Planner

*What every practice plan should contain!*

## 1. Supplies needed

Pennies

Balls

Equipment repair kit

Practice plans - coaches should have them and managers (suggest that they fit on **3x5 index cards** easily carried)

## 2. Drills no longer than 20 minutes

Keep some drills as standard

Vary the rest...make them game situation if possible

Practice one on one at least 3 times per week

## 3. Practice special situations during scrimmage time

## 4. Practice ½ field and full field offense and defense

## 5. Disguise conditioning: during drills, sprints by position, or unit

Run offense or man-up soon after conditioning

## Typical Practice Schedule

A. Stretch...Captains lead

B. Clock drill and line drills (goalie warm-up)

C. Conditioning (Barrels, Gassers, Linetouches)

D. Full Field Drill - Transition Drill

E. One on Ones

F. Team Offense - one end

Team Defense - one end

G. Fast Break drills

H. ½ field Scrimmage (flag down, timeouts, etc.)

I. Full Field Scrimmage (riding/clearing scrimmage to first shot...flag down etc.)

J. Strategy session

K. Circle-up

*This is a mid-season practice schedule; early practices include more drills and less team time.*

## Lacrosse Game Preparation Check List

- Man to Man Offense(s)
- Zone Offense(s)
- Extra Man Offense(s)
- Full Field Clear(s)
- Special Situations (see appendix B)
  - Man Down Clear
  - Lone Ranger
  - 10 seconds
- Man to Man Defense
- Zone Defense(s)
- Man Down Defense(s)
- Sideline Clear(s)
- Desperation Double Team
- Mugging
- Invert Offense
- Pregame format
- Impeding Overtime
- Inbounds plays