



**USA**<sup>TM</sup>  
**LACROSSE**

# 8U BOX LACROSSE PRACTICE GUIDE



## Practice 5

Drills and Plans for Running Box Lacrosse for Ages 6 – 8





## **BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS FOR RUNNING BOX LACROSSE FOR 8U**

**(AGES 6 - 8)**

### **Our Mission:**

As the governing body of lacrosse in the United States, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.

### **Our Vision:**

We envision a future that offers everyone a lifelong opportunity to enjoy the sport of lacrosse.

### **About Box Lacrosse:**

Box Lacrosse is played inside the confines of a multi-sport rink. Each team has six total players on the floor to start a game with five runners and one goaltender. Players rotate on and off the floor in shifts to play offense by trying to put the ball in their opponents' goal and play defense by preventing their opponents from scoring on their goal.

### **Rules:**

USA Lacrosse publishes a Box Lacrosse Rulebook annually, found online at [usalacrosse.com/box-rules](https://usalacrosse.com/box-rules)

### **Insurance:**

The USA Lacrosse Member Insurance Program applies whether the lacrosse games or activities are held outdoors or indoors, as long as the established rules approved by USA Lacrosse are enforced. For box lacrosse, USA Lacrosse Box Rules must be followed without modification.

### **Proper Equipment for Players:**

These practice plans require players to be properly equipped with the right equipment. Within the USA Lacrosse Box Rules, Rule 28 Protective Equipment and Rule 29 Goaltender Equipment outline the mandatory equipment that players must wear.

For more information, review the USA Lacrosse Rules and review the latest Equipment Guide that can be found at [usalacrosse.com/equipment](https://usalacrosse.com/equipment)

**For more Box Lacrosse Coaching Resources, Please visit:**

**[Laxlife.ca](https://laxlife.ca)**

# BOX PRACTICE PLANS

## Practice #4 - Shooting & Footwork

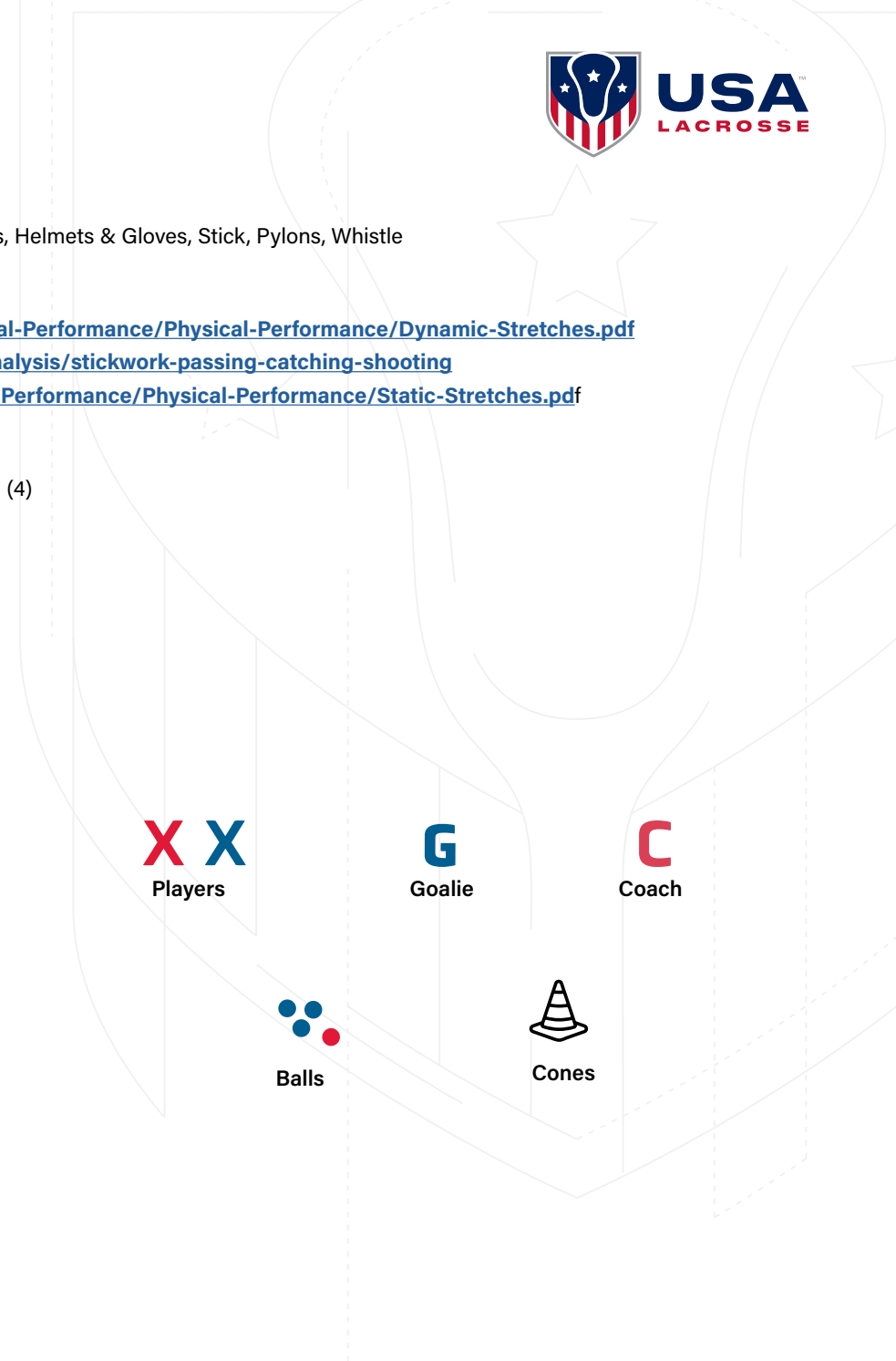
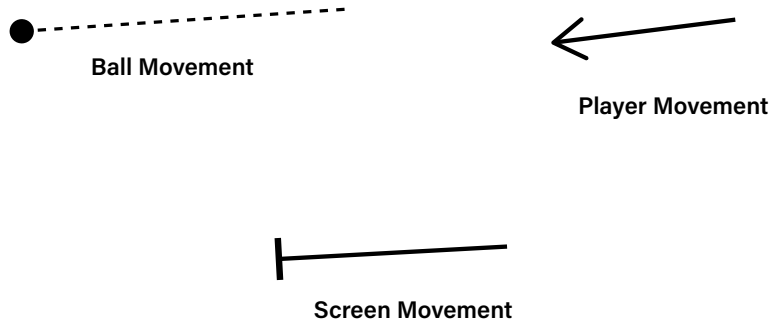
**Age Group:** 8U

**Resources:** Lacrosse Box, Lacrosse Balls, Nets, Tape, Universal Screwdriver, Zip Ties, Helmets & Gloves, Stick, Pylons, Whistle  
\*Note - 3x3 Nets With An 8-Foot Crease Are Recommended\*

**Reminders:** Dynamic Warm Up Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>  
Shooting Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/stickwork-passing-catching-shooting>  
Static Stretching Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Static-Stretches.pdf>

**4 Phases of a movement:** Preparation (1), Force Production (2), Critical Instant (3), Follow Through (4)

### Diagram Key



## CRADLING DRILL #3A: Cradling/Dodging Around Pylons (Side-To-Side)

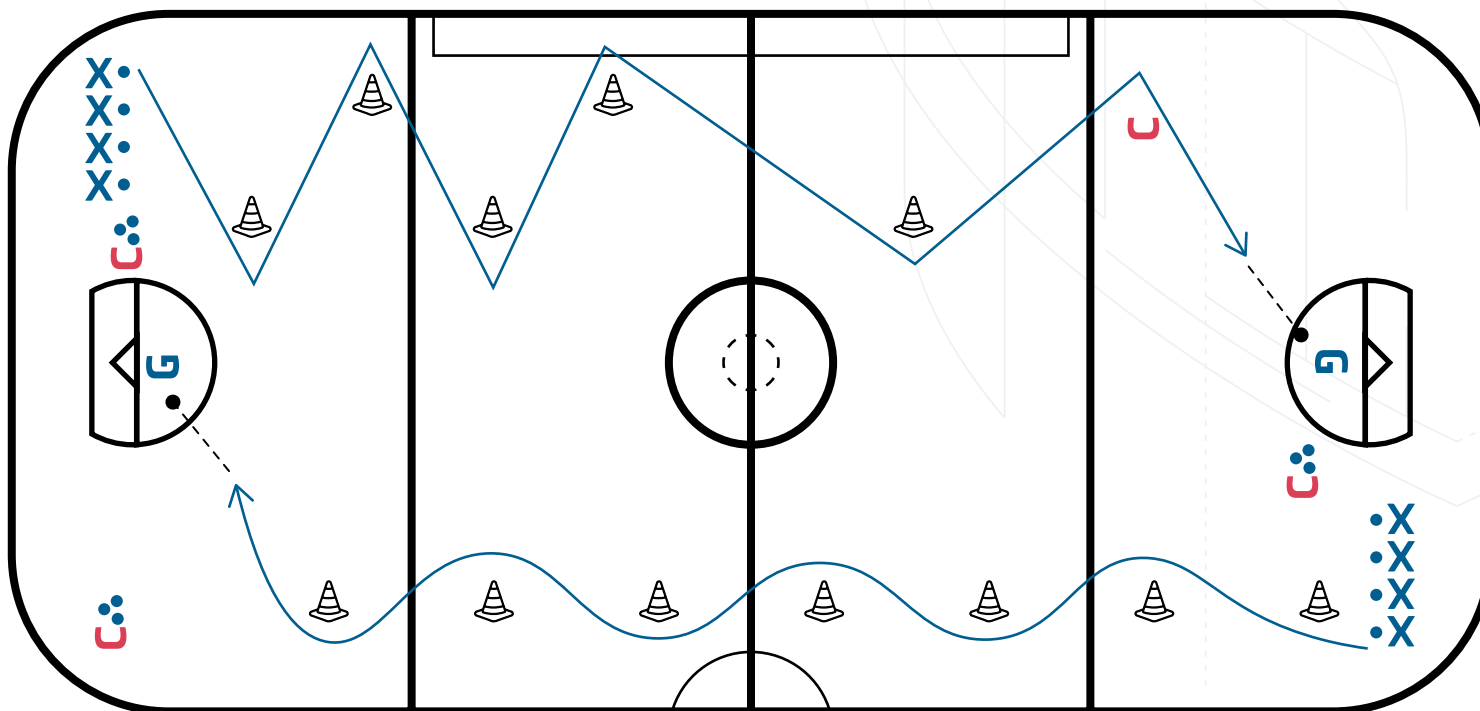
**Drill Duration:** 10 mins

**Description:** Variation #1 (2 min): "Speed & Agility Build Up"

- Re-Hash (1 min): "Cradling"
- Arrange pylons into any straight, zigzag, or combined formation, within an imaginary lengthwise half of the floor.
- Have players line up behind the goal-line, in opposite corners, in opposite ends, to start.
- Starting at walking speed, emphasize the coordination of walking and cradling. Work up to 50 percent speed, having players weave through the pylons, being sure to protect the ball.
- Increase to 75-90 percent speed the next few times through the pylons once satisfactory technique is established.
- The next player doesn't go until the first player is around the nearest restraining line.
- At the end of the drill players take an outside shot on the goalie (mark the recommended distance with a pylon).
- Encourage players to take a quality shot from their proper-floor-side, otherwise drifting if they are on their wrong-side.
- Players should attempt to hit the goalie with the first few shots in order to help them warm-up.

### Variation #2 (6 min): "Make A Move"

- Demo (1 min): "Face Dodge," "Roll Dodge"
- Have players practice each dodge while standing still with a ball & then with a short run.
- Arrange pylons and/or coaches into any straight, zigzag, or combined formation, within an imaginary lengthwise half of the floor.
- Have players line up behind the goal-line, in opposite corners, in opposite ends, to start. Start at 50 percent speed, having players run up to each cone and making a basic offensive move. "Face dodge," or "roll dodge (left & right)," around the outside of the pylons, being sure to protect the ball.
- Increase to 75-100 percent speed the second/third time through the pylons once satisfactory technique is established.
- The next player doesn't go until the first player is around the nearest restraining line.
- At the end of the drill players take an outside shot on the goalie.
- Encourage players to take a quality shot from their proper-floor-side, otherwise drifting if they are on their wrong-side.

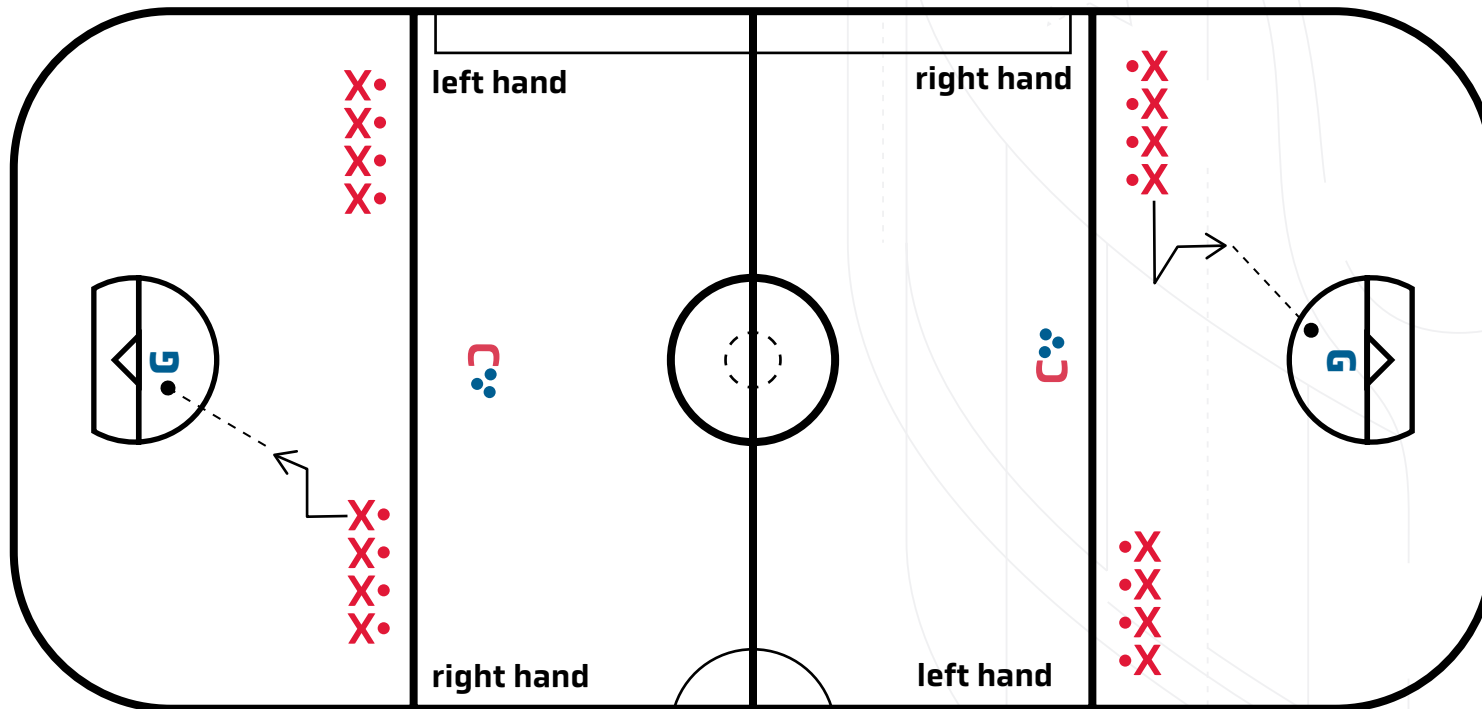


## STICKWORK DRILL #5A: Step & Shoot

**Drill Duration:** 5 mins

**Description:** \*Variation #1: "L-Shot."

- Demo (1 min): "Proper Floor Side," "Eyes Of The Stick"
- The first player in either line takes a hitch-step toward the board-side, planting off of their outside leg and cutting toward the middle (2-3 steps max), "setting" their feet ("perpendicular" to the net) for an outside shot.
- The opposite line then takes a turn, alternating back and forth, giving the goalie 1-2 seconds in between reps to re-set.
- Begin with a line of left-handed and a line of right-handed players on their proper floor sides, at the shooter positions, in one or both ends of the floor; both lines with balls.
- Use pylons to mark out footwork patterns where necessary (vary the distances).
- Note: All variations of this drill can also be executed as a set-shot OR a shot-on-the-run.



## Dynamic Warm-Up

**Drill Duration:** 8 mins

**Description:** Dynamic Warm-Up

- Dynamic stretches - stationary routine, <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Dynamic-Stretches.pdf>
- Circle at center floor
- Land Acknowledgement
- Rehash (1 min): skills learned last practice
- Come up with an appropriate word, as a team, for a team cheer.
- Water Break = 1 min

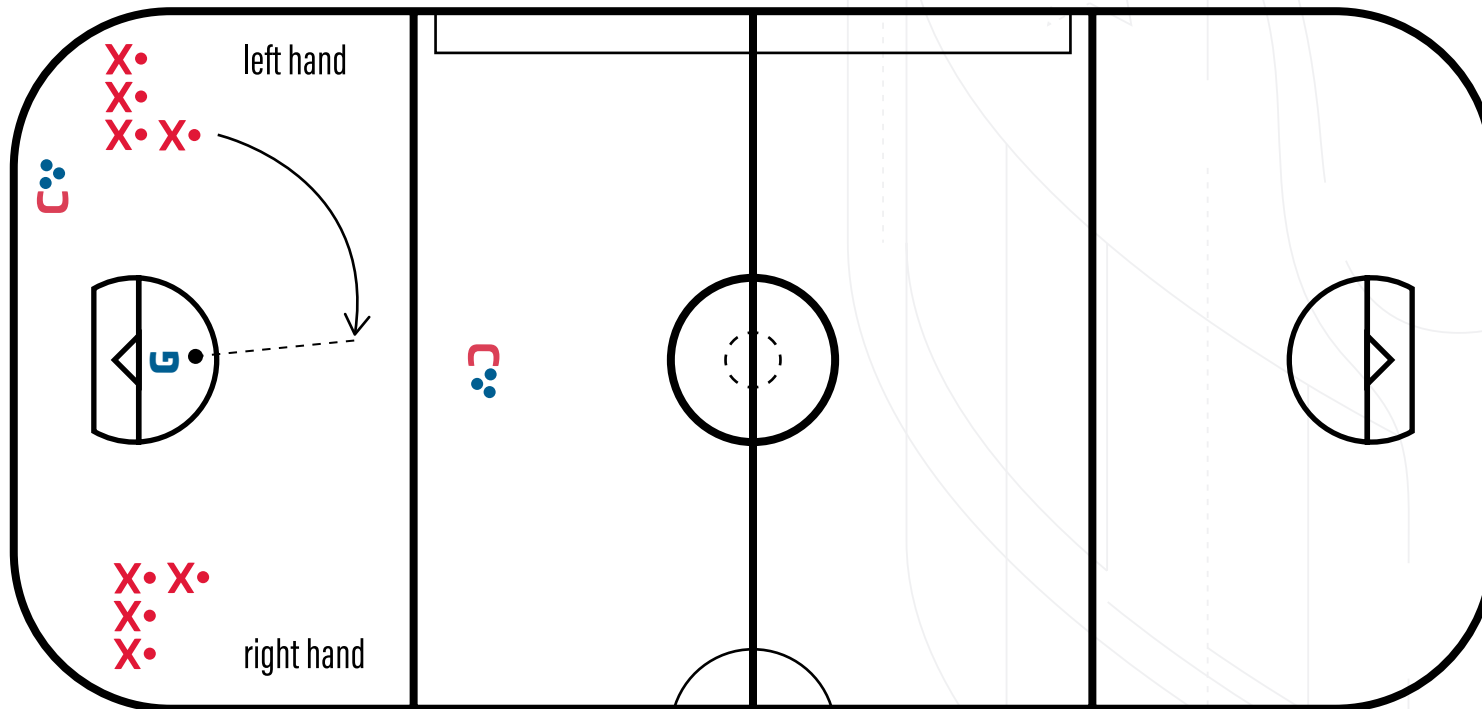


## STICKWORK DRILL #5B: Carousel & Shoot

**Drill Duration:** 5 mins

**Description:** \*Variation #1A (5 min): "Carry High & Shoot!"

- Demo (1 min): body momentum and quick release
- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor sides, at the crease position on both sides of the floor. Other players set to go in this drill should in the corners.
- The first player on one side of the floor carries the ball from low to high, from the crease position up to the shooter position, and then steps into a set-shot.
- For beginners, pylons may be used for players to curl around, being sure that they have their "head up" looking at the middle while "carrying high."
- For more advanced players, a coach can stand at each shooter position and force players to stop and drag for a shot, face-dodge or roll dodge underneath, otherwise "turn the corner" and walk up the middle (Variation #1B).
- Note: All variations of this drill can also be executed as a set-shot OR a shot-on-the-run.



## CARDIO DRILL #3: Bench Runs

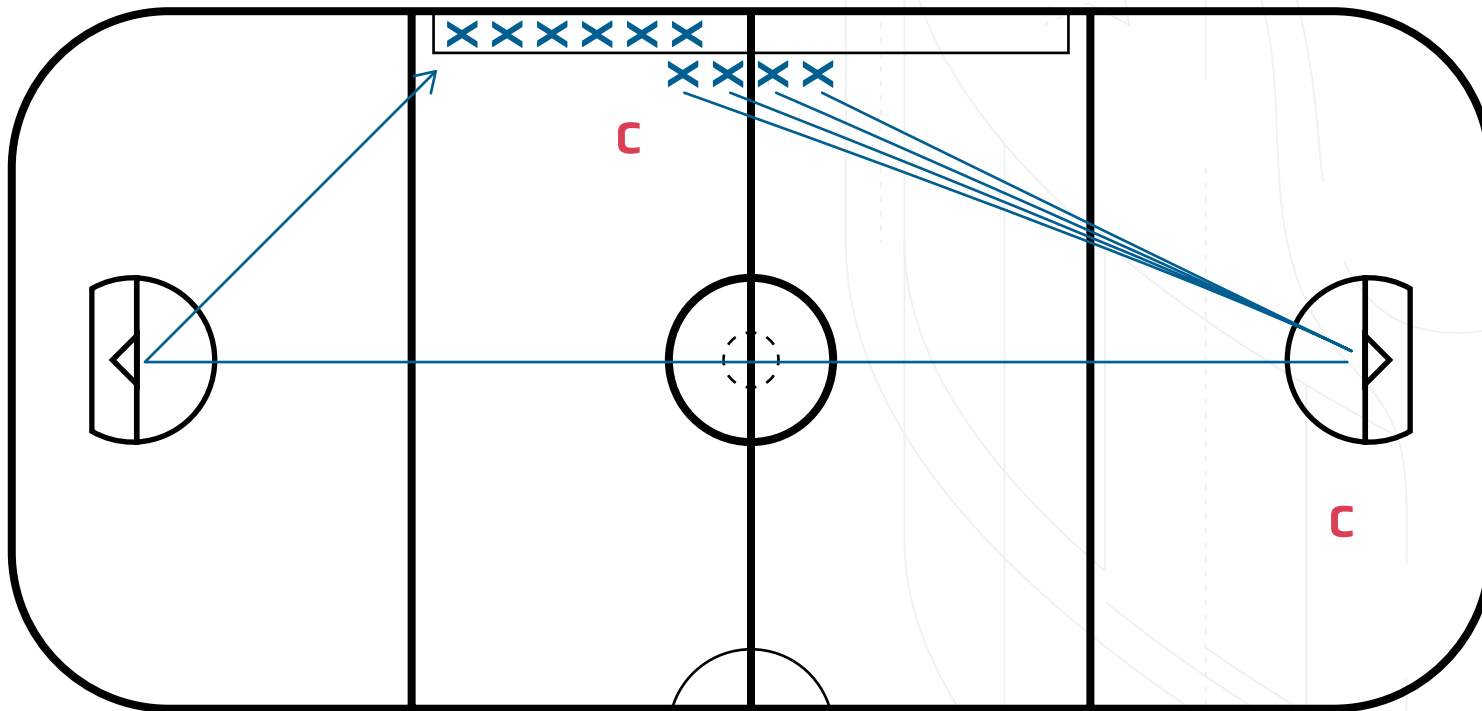
**Drill Duration:** 20-30 mins

**Description:** Variation #1 (10-15 min): "Regular Shift."

- Start with 3 groups of even numbers (one group can have an odd number, if required), all on one bench.
- The first group sprints and touches the crossbar on one net, then runs all the way to the other end and touches the other cross bar; returning to the bench and entering through the opposite door that they left from.
- Switch the directions of the players coming off of the benches half way through the drill (i.e. exiting through a different bench door and touching a different net first).
- Coaches take note of which players are struggling with their fitness. Also be aware of the integrity of the players sprints, which if significantly reduced, is a good marker for drill duration.

**Variation #2 (10-15 min): "Special Endurance!"**

- Same as the above variation except players touch a 3rd crossbar (the 1st net they touched), finishing the drill by running back into the original door they left out of.
- The next group has to be ready to go from the opposite door.





## Conclusion

**Drill Duration:** 2 mins

**Description:** Cool Down:

- Circle at center floor
- Coach implements upper body static stretch routine, <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Static-Stretches.pdf>
- Come up with an appropriate word, as a team, for a team cheer

