



20  
STREET  
DRILLS  
FOR  
BOX  
LACROSSE  
(Volume I)

**Matt Firth**

## Street drills for box lacrosse

*Nepean Knights Lacrosse*

The small-scale drills presented here work on offensive fundamentals (catching, shooting, footwork, passing, cutting, driving the net, ball protection, floor vision, offensive zone movement, etc.). The drills are designed to run in small groups, including for just one player with a coach/passer, or up to 3-4 players with a coach/passer, once we're able to practise in small groups.

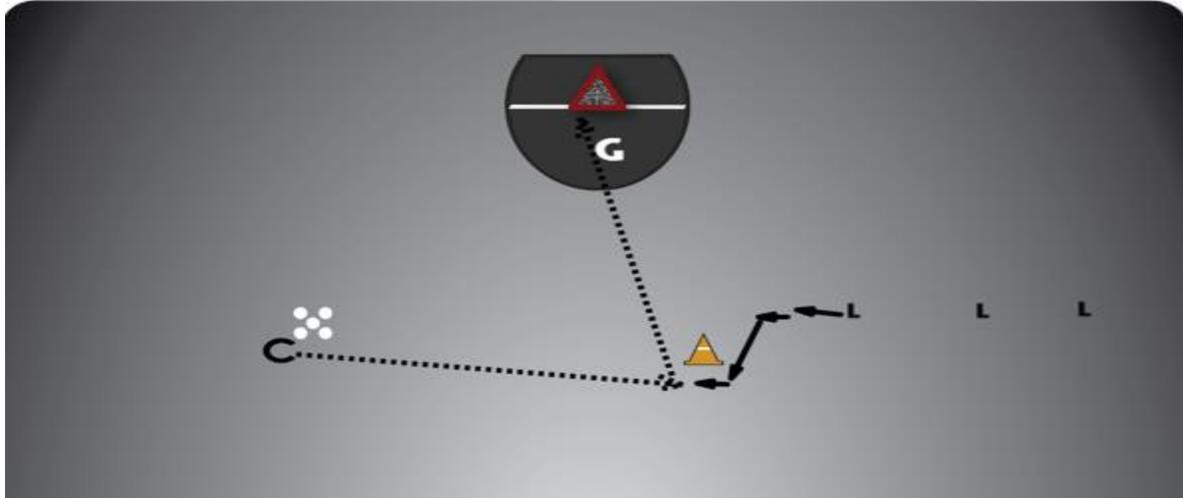
The drills work on specific box lacrosse skills that translate to game situations. These drills simulate skills, patterns, and elements of offensive zone box lacrosse that will lead to improved game play once we're back on the floor.

Runs the drills on the street, in the park, on an outdoor box, on an empty tennis court, on a school playground, or other similar surfaces/locations. Shoot on a box lacrosse net if you have one. If not, shoot on a hockey net but try and block off part of the net so it becomes the size of a box lacrosse net. Shoot tennis or rubber balls on the street. Use lacrosse balls if you're able to practise in a spot where it's safe to do so.

There is often a progression with the drills, where a new version or a layer is added to the drill. The drills are diagrammed to run for lefts but if your son/daughter shoots right, just flip the drill and run it the other way. I have included a defender (marked by a cone) and goalie in some of the drills, but that's mostly for a point of reference; the drills do not require a defender or a goalie. Some drills are basic, others more sophisticated. Whether you're a tyke or a junior player, there is plenty in here that you can work on to improve your game.

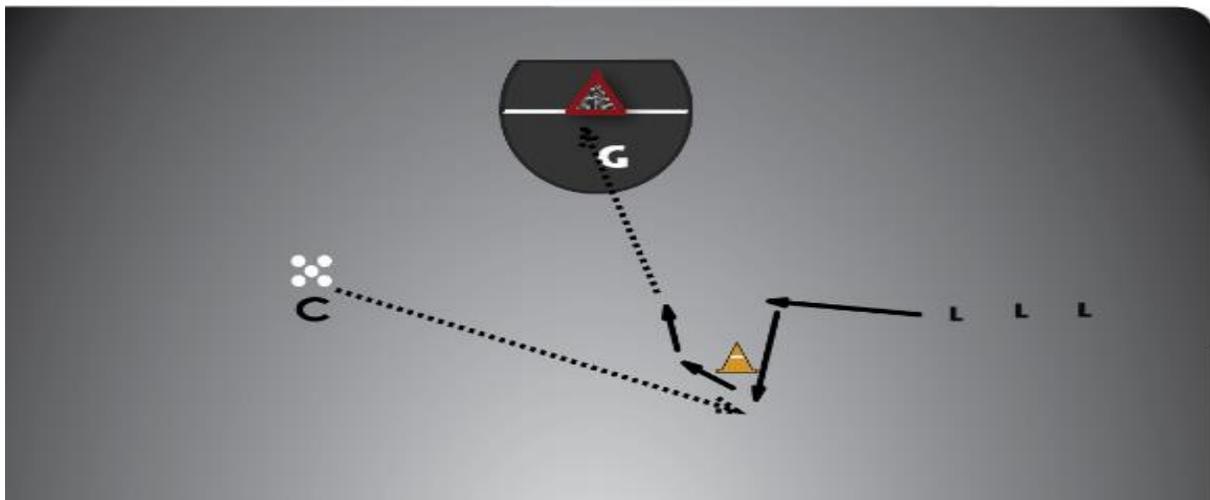
We will get back on the floor. Work now to get better and be prepared to play again.

## *Over the top/outside shot*



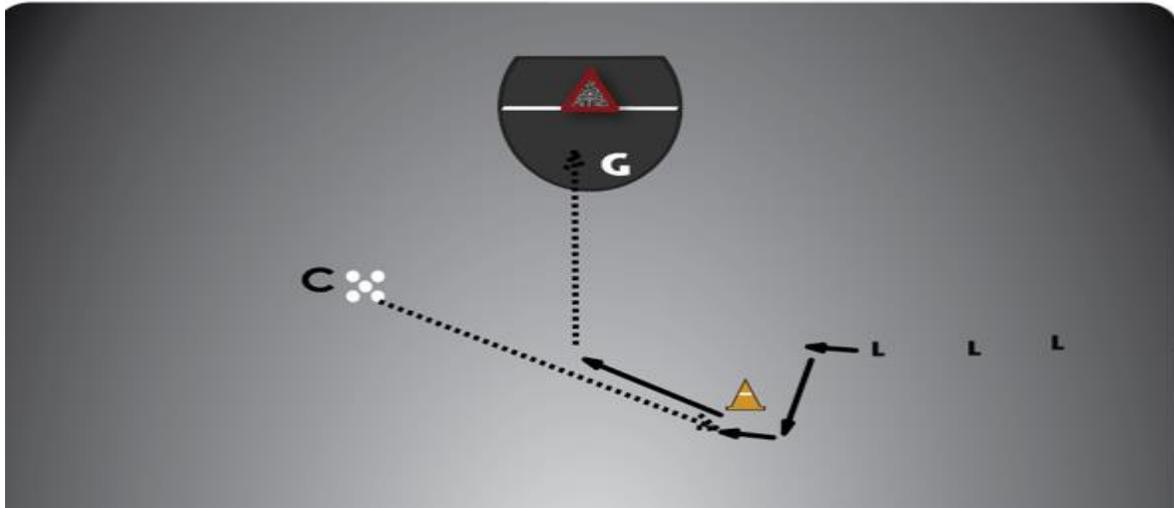
- The shooter comes off the halfboards (or you can run it from a lower spot), cuts low and then cuts high around a “defender”.
- The shooter catches the ball coming off the defender and shoots a quick outside shot.
- The drill works on getting over the top to be in a better spot to shoot and score.

## *Over the top/drive the lane*



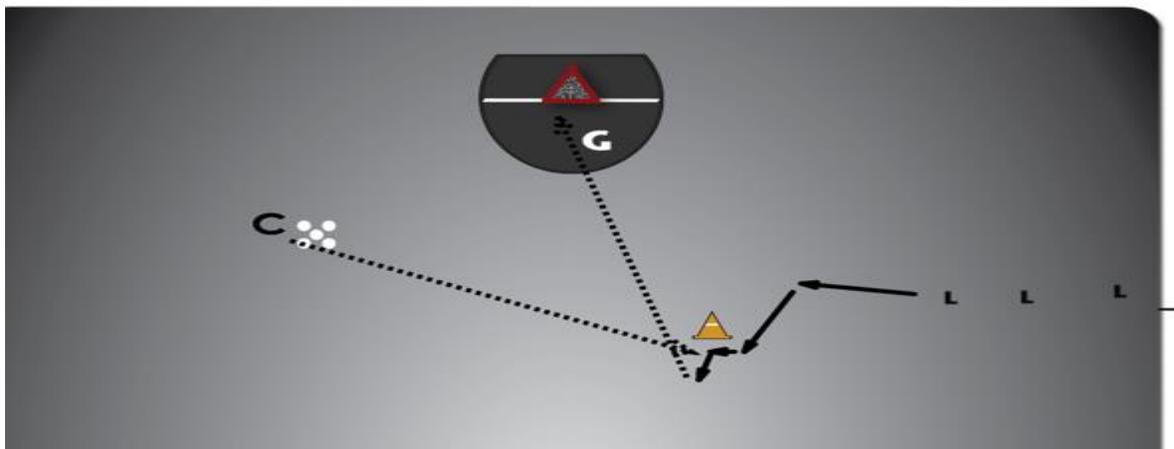
- The shooter comes off the halfboards (or you can run it from a lower spot), cuts low and then cuts high around a “defender”.
- The shooter catches the ball coming off the defender, drops his/her inside shoulder, protects the ball and drives down the middle.
- Shoot from the “sweet spot” – a midrange shot from the open slot, before off-ball defence would slide and help and before the goalie expects the shot.
- The drill works on getting over the top and driving hard to the middle to be in a better place to shoot and score.

## *Over the top/shoot on the run*



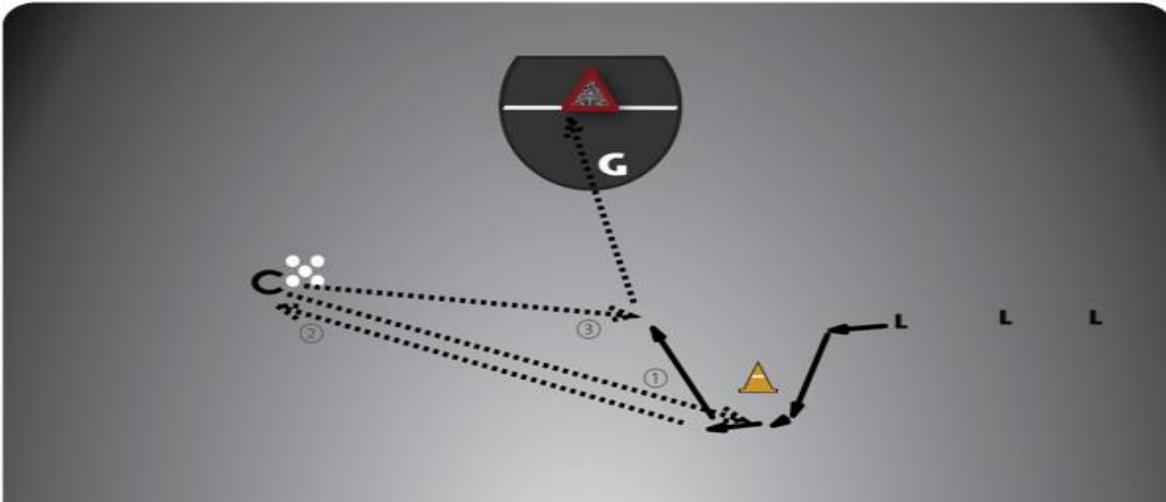
- The shooter comes off the halfboards (or you can run it from a lower spot), cuts low and then cuts high around a “defender”.
- The shooter catches the ball coming off the defender, drops his/her inside shoulder, protects the ball and drives across the top of the defence.
- Shoot on the run (like a field lacrosse shot) from a higher “sweet spot”.
- The drill works on getting over the top and diversifying shooting styles.

## *Over the top/step back shot*



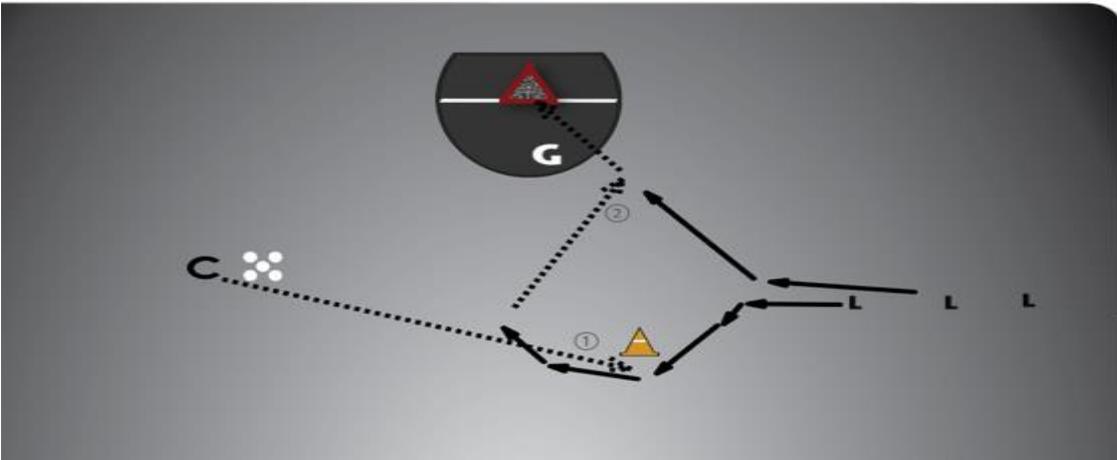
- The shooter comes off the halfboards (or you can run it from a lower spot), cuts low and then cuts high around a “defender”.
- The shooter catches the ball coming off the defender. The shooter drops his/her shoulder, faking an outside shot, and then steps back to gain separation from the defender and then shoots a hard “step-back” outside shot.
- The drill works on getting over the top, gaining separation from a defender, and diversifying shooting styles.

## *Over the top/give and go*



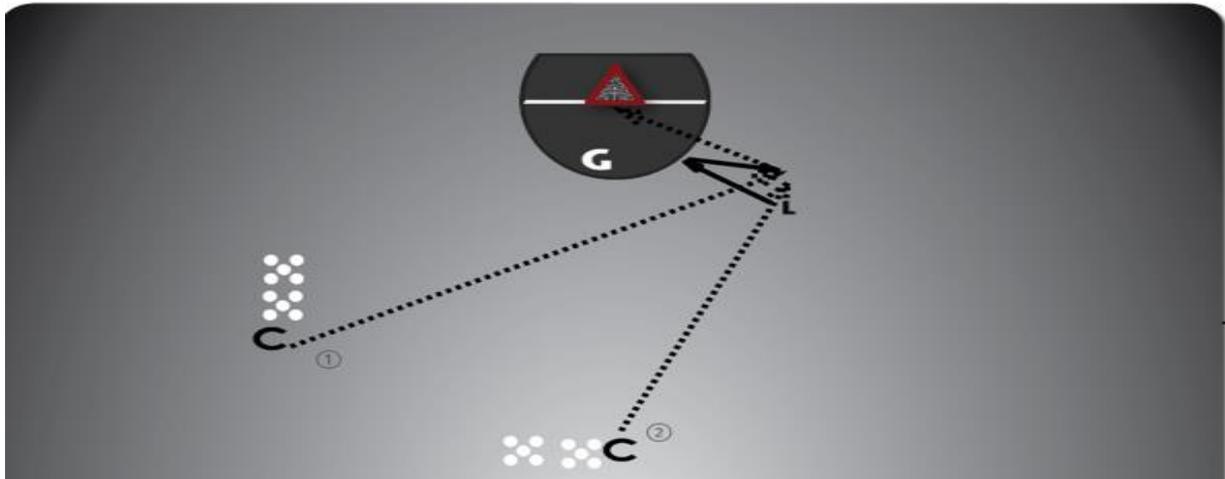
- The shooter comes off the halfboards (or you can run it from a lower spot), cuts low and then cuts high around a “defender”.
- The shooter catches the ball coming off the defender and immediately passes it back to the coach/passer. The shooter then drops his/her shoulder and drives to the middle of the defence to receive a second pass.
- The shooter catches the second pass and shoots a quick midrange shot.
- The drill works on movement, quick passing, and vision.

## *Over the top/hit backdoor cutter*



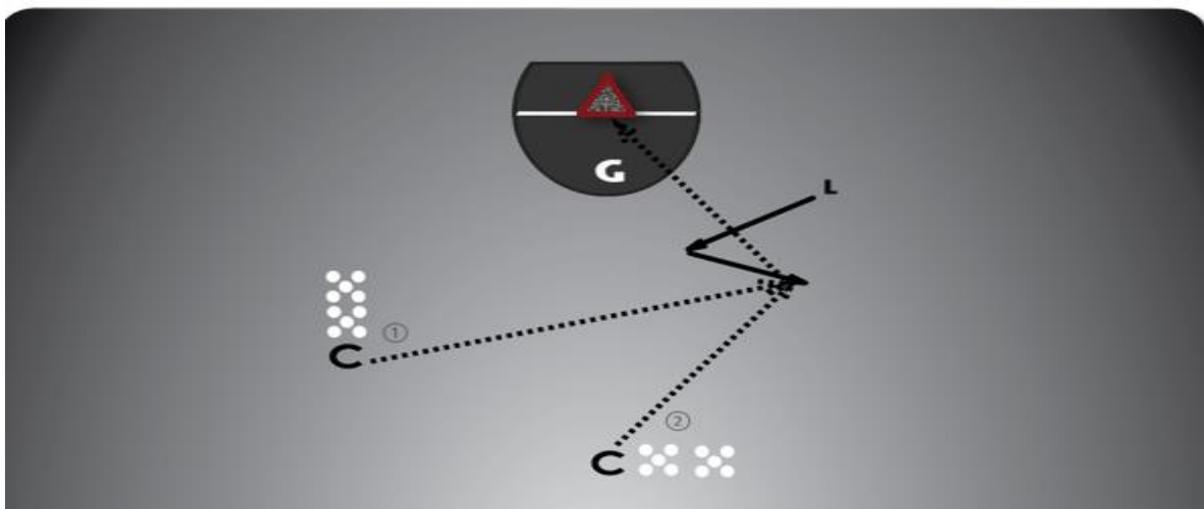
- The lefty comes off the halfboards (or you can run it from a lower spot), cuts low and then cuts high around a “defender”.
- A second lefty drives toward the middle and then slides low/backdoor.
- The high lefty catches the pass from the coach and drives around the defender. He/she looks to shoot but then quickly passes on the run back across the floor to the second lefty, who takes a quick-stick shot.
- The drill works to improve the lefty’s vision and to recognize his/her options on the floor.

## ***Quick sticks on the crease***



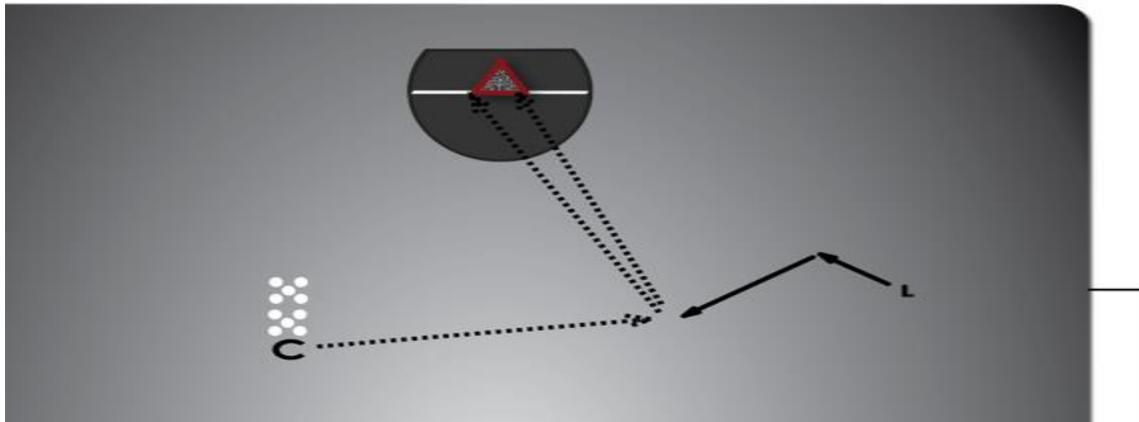
- The shooter V-cuts near the crease to simulate separating from a defender each time before receiving a series of passes from the opposite side high spot. Once those shots have all been taken, the drill reloads, and the passes come from a higher centre spot.
- The player should work on catching and shooting as one motion.
- The drill works on hand-eye quickness and finishing in tight. This is a high-rep drill where the shooter should shoot many balls in a short period of time.

## ***Quick sticks in the gap***



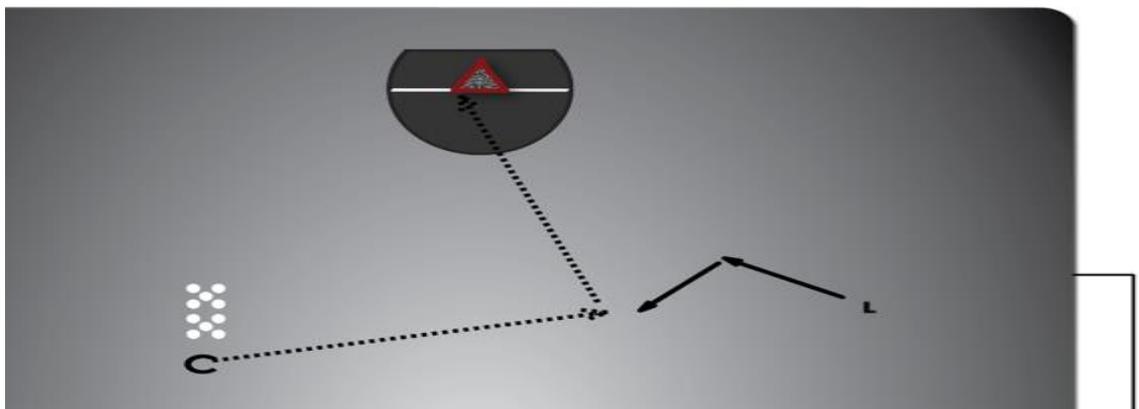
- The shooter V-cuts on the off-ball side, looking to find the “gap” and to simulate separating from a defender each time before receiving a series of passes from the opposite side high spot. Once those shots have all been taken, the drill reloads, and the passes come from a higher centre spot.
- The player should work on catching and shooting in one motion.
- The drill works on hand-eye quickness and finishing quickly from midrange. This is a high-rep drill where the shooter should shoot many balls in a short period of time.

## ***Focussed shooting drill – random***



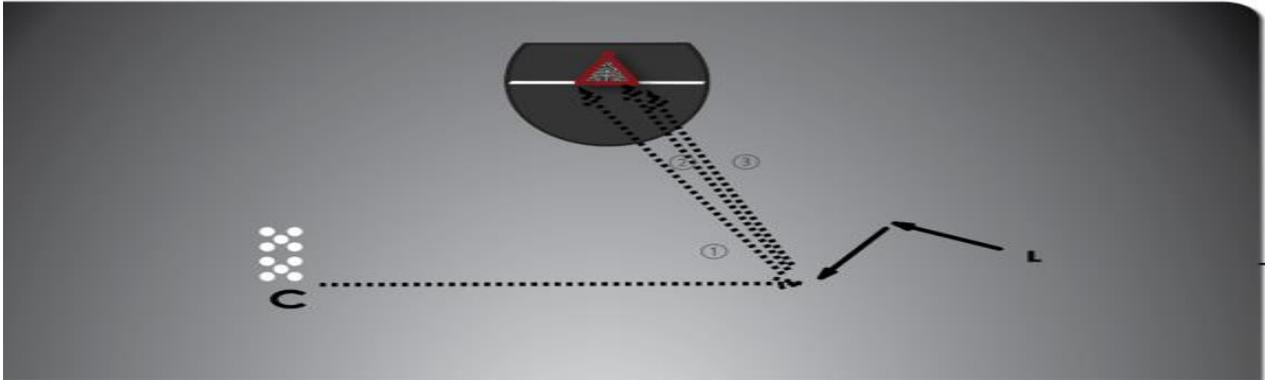
- Focussed shooting differs from quick stick shooting. Focussed shooting is about concentrating on accuracy while shooting. The player stills shoots hard but the drill works on shooting to specific spots.
- The shooter V-cuts high to receive a pass. As the passer passes, he/she calls out one of either: far-side high, far-side mid, far-side low, short-side high, short-side mid, or short-side low. The player focuses and shoots to hit the spot that's called.
- The drill works on shooting accuracy and quick decision making. This drill can be turned into a contest to mark a shooter's progress (i.e., how many shots out of 10 or 20 hit the spot?).

## ***Focussed shooting – specific/sustained***



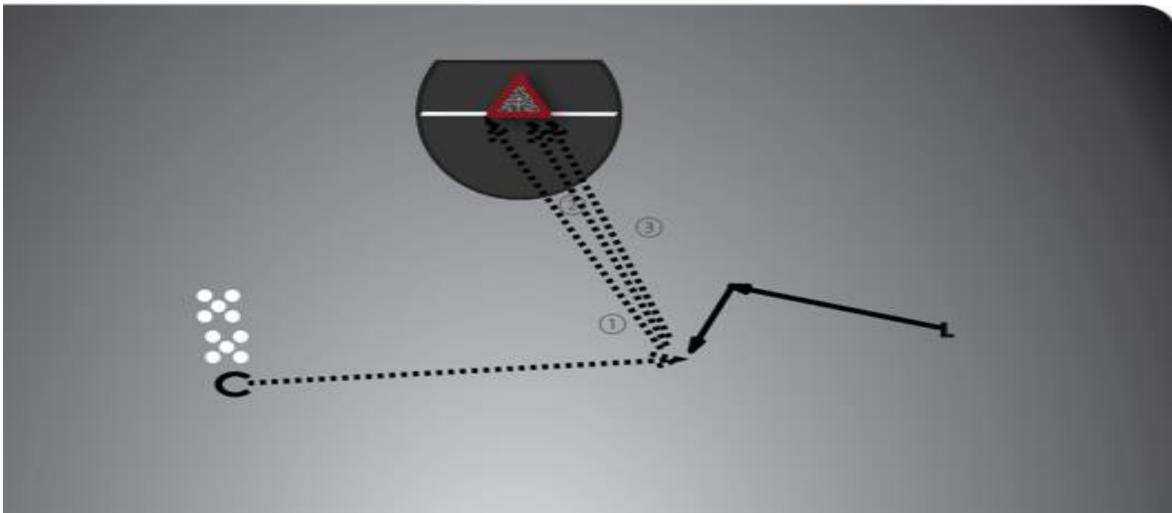
- Focussed shooting differs from quick stick shooting. Focussed shooting is about concentrating on accuracy while shooting. The player stills shoots hard but the drill works on shooting to specific spots.
- The shooter V-cuts high to receive a pass. The shooter and passer have agreed that every shot will be aimed at one of six spots: either far-side high, far-side mid, far-side low, short-side high, short-side mid or short-side low. The player focuses and shoots to hit the same spot each time.
- The drill works on shooting accuracy and sustained effort/mental stamina to stick with developing a shooting skill. This drill can be turned into a contest to mark a shooter's progress (i.e., how many shots out of 10 or 20 hit the spot?).

## *Deception: outside shooting*



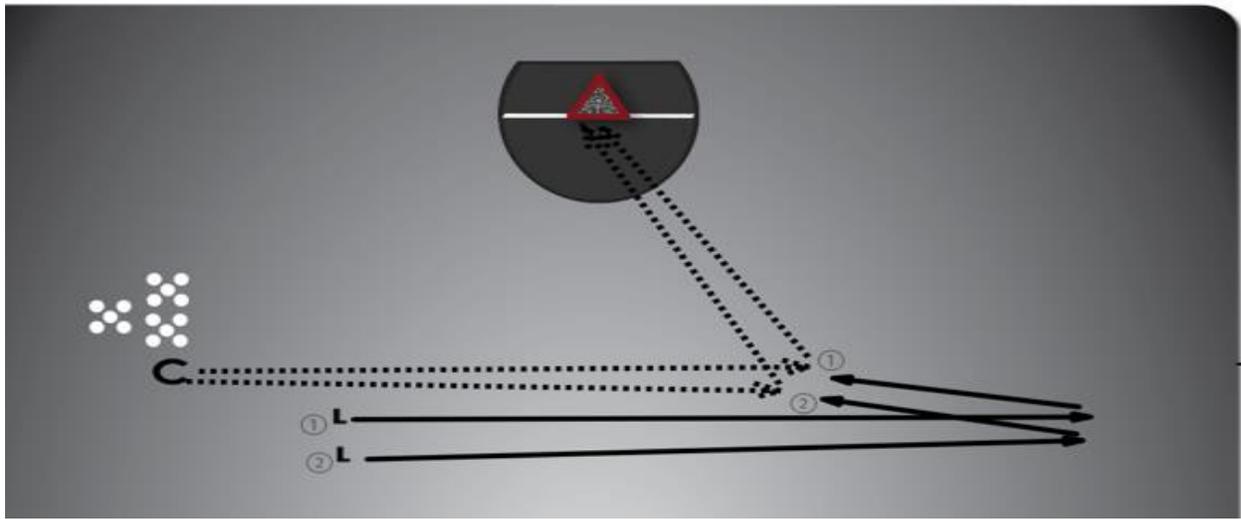
- Deception shooting works on altering stick and body position to deceive a goalie. Three types of deception shot are practised here: overhand twister (which “sells” short side but the player shoots far side), short-side sidearm (sidearm usually looks like a far-side shot but this deception shot brings it back short side), and “low to high”, which is a rising underhand to a high corner where initial body and stick position “sells” a shot to the lower half of the net).
- The shooter V-cuts to receive a pass for an outside shot and then shoots one of the three Deception style outside shots.
- The drill works on diversifying shooting styles and deceiving goalies.

## *Shoot based on pass*



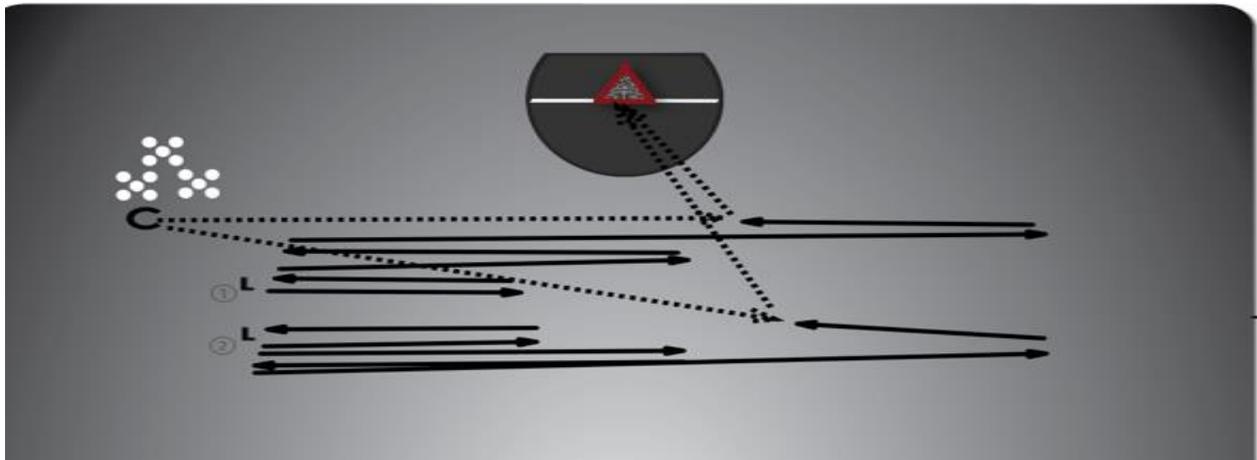
- This drill works on quick outside shooting where the passer must be very accurate. The shooter V-cuts and comes up to receive a pass in a spot for an outside shot.
- The passer passes a ball at either shoulder, hip or about calf level to the shooter. The shooter must react to the pass and quickly shoot either an overhand, sidearm or underhand shot based on the pass he/she receives. The shooter can add deception style shooting but must shoot quickly.
- The drill works on shooting before a defender can take away a shot by shooting from wherever the pass is received, rather than adjusting and shooting a shooter’s favourite shot.

## ***Sprint work + shooting***



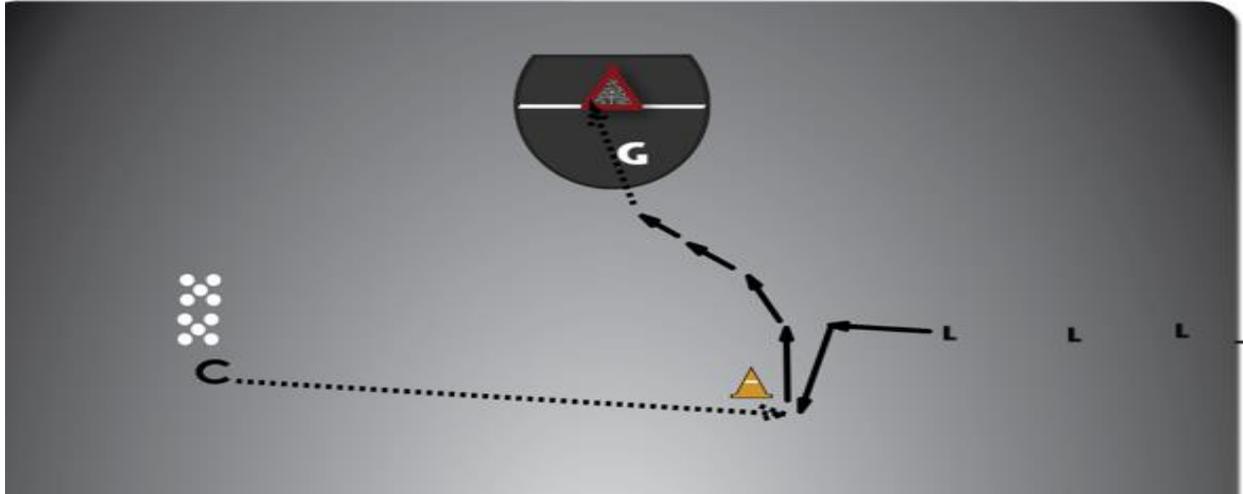
- The drill combines shooting with speed work. The passer has a stack of balls. A shooter simply sprints away from the passer to his/her correct side of the floor, then quickly stops and turns, cutting back to the net for a pass. The shooter shoots, then jogs back to repeat the drill.
- The sprint across should be about 8-12 metres. Ensure the player sprints and reaches top speed as quickly as possible.
- The drill combines speed work and shooting accurately/quickly coming off an up-tempo sprint.

## ***Suicide sprints + shooting***



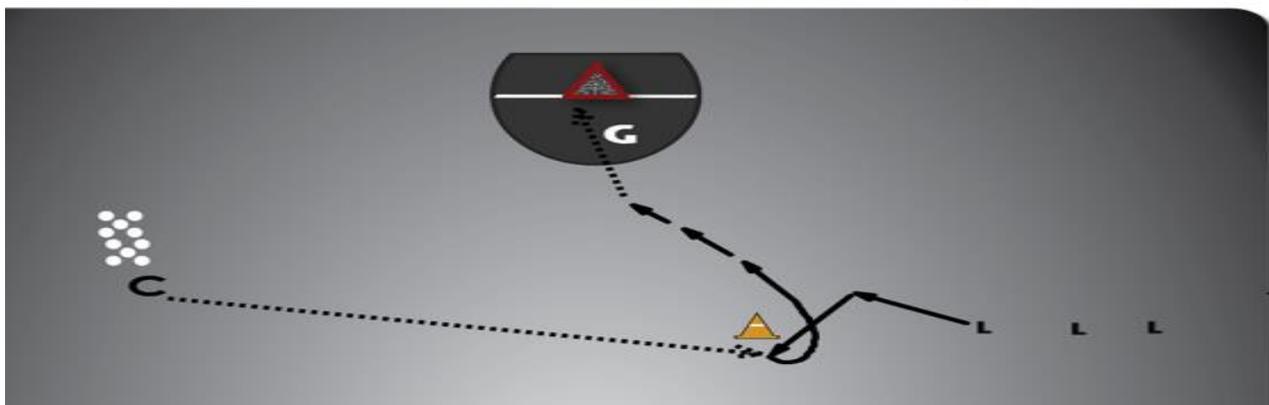
- This is a higher-level shooting and speed work drill. The passer has a stack of balls. A shooter sprints a basketball-style "suicide" (4 metres out and back; 7 metres out and back; 10 metres out) away from/back to the passer. The shooter quickly stops after the third sprint, turns, then cuts back to the net for a pass. The shooter shoots, then jogs back to repeat the drill. Ensure the player sprints and reaches top speed as quickly as possible.
- This a great drill for conditioning, speed work and mental stamina (including shooting while tired).

## ***Net drive underneath***



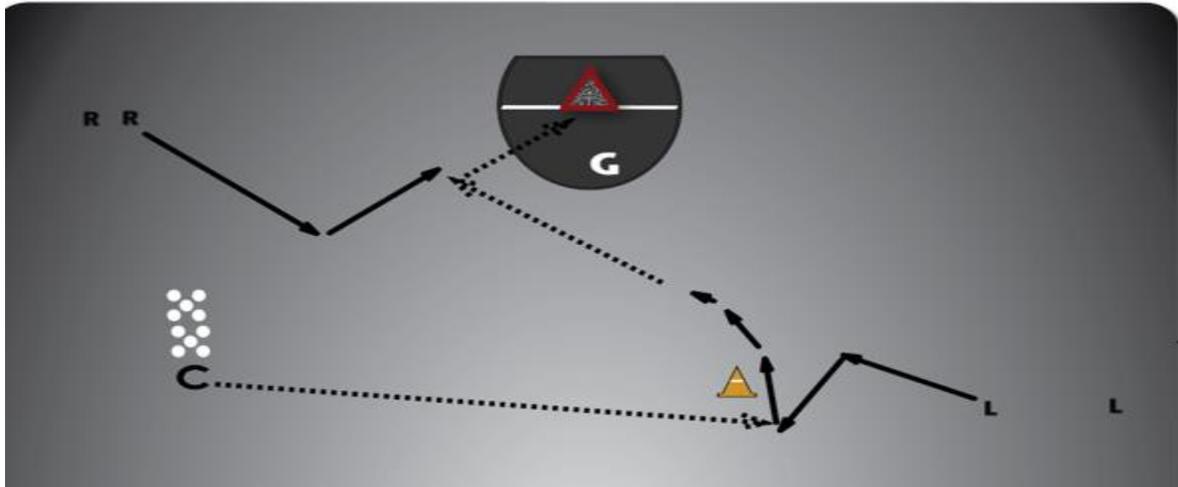
- The shooter comes off the halfboards (or you can run it from a lower spot) and cuts up above a “defender” to receive a pass. The shooter quickly cuts underneath the defender, protecting the ball by either holding it one-handed on the outside or tucking the ball into their chest on the inside, and driving past the defender.
- The shooter drives through the defence to the net and across the top of the crease and shoots. What’s key here is to practise getting to the middle and across the top of the crease, rather than “bailing out” and running short-side/near-side post.
- The drill works on quickness, ball protection and determination driving to the net.

## ***Net drive, roll & separate***



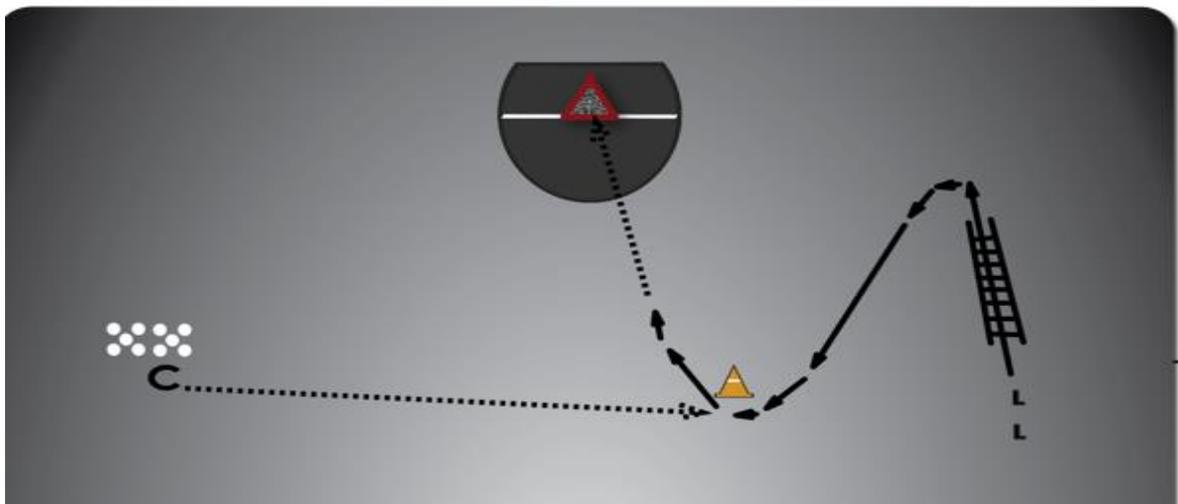
- The shooter comes off the halfboards (or you can run it from a lower spot) and cuts up above a “defender” to receive a pass. The shooter quickly does a full 360° roll, cuts underneath the defender, protecting the ball, and drives past the defender. The shooter can practise using his/her freehand to “shield and separate” from the defender.
- The shooter drives through the defence to the net and across the top of the crease and shoots. What’s key here is to practise getting to the middle and across the top of the crease, rather than “bailing out” and running short-side/near-side post.
- The drill works on quickness, ball protection and determination driving to the net.

## *Net drive + off ball pass*



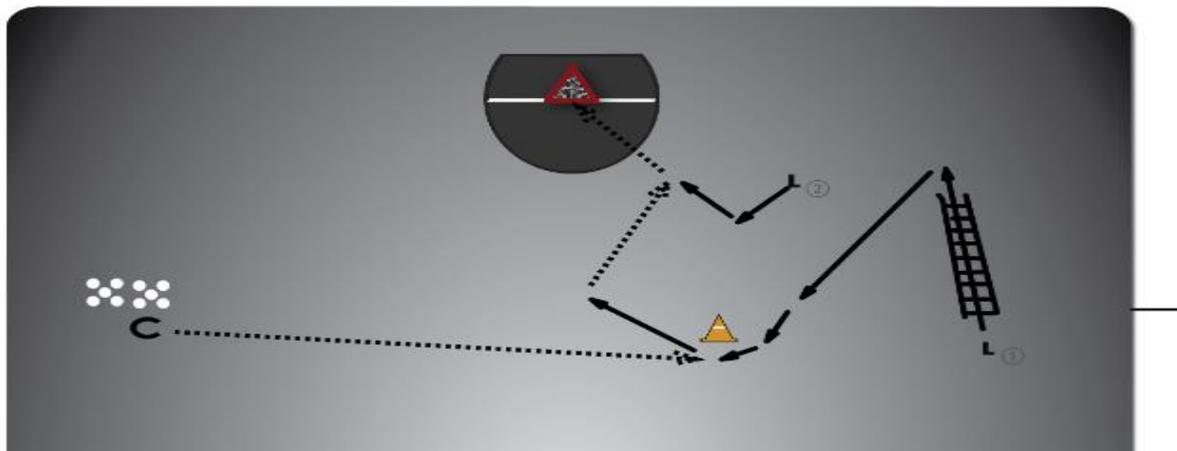
- The shooter comes off the halfboards (or you can run it from a lower spot) and cuts up above a “defender” to receive a pass. The shooter quickly cuts underneath the defender, protecting the ball and driving past the defender.
- The shooter drives through the defence but then quickly passes to an off-ball righty who has V-cut and then slid to an open spot on the crease for a quick-stick shot.
- The drill works on quickness, ball protection, driving to the net, and vision.

## *Agility + over the top/drive*



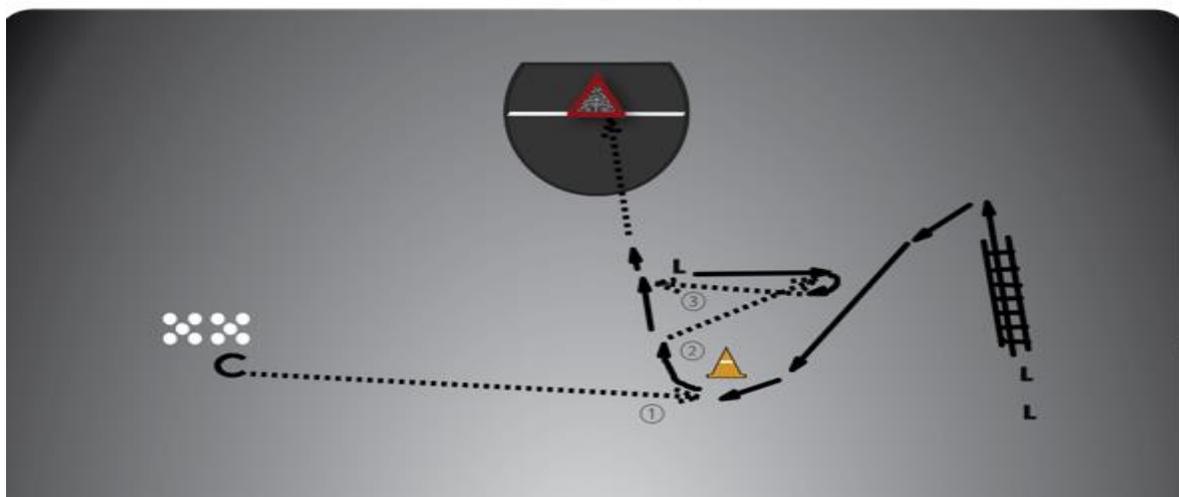
- This drill requires an agility ladder (cones can be used as a substitute) and combines agility work and shooting. The lefty runs the agility ladder (using different agility steps/variations each time through) down the halfboards, and then quickly cuts back up high and around a defender. The shooter receives a pass, protects the ball, and drives down the middle for a quick, midrange shot.
- The drill works on agility, quickness, ball protection, driving the middle and shooting on the run.

## ***Agility ladder, hit backdoor cutter***



- This drill requires an agility ladder and combines agility work and shooting. The lefty runs the agility ladder (using different agility steps/variations each time through) down the halfboards, and then quickly cuts back up high and around a defender. A second low lefty V-cuts to separate from a defender and slides to an open spot on the crease.
- The shooter receives a pass, protects the ball and drives down the middle but quickly passes to the backdoor cutter who shoots.
- The drill works on agility, quickness, ball protection, driving the middle and shooting on the run.

## ***Agility + pass, cut, shoot***



- This drill requires an agility ladder and combines agility work and shooting. The lefty runs the agility ladder (using different agility steps/variations each time through) down the halfboards and then quickly cuts back up high and around a defender. A second lefty works “inside out”, cutting to the gap/halfboards when the other lefty gets over the top.
- The shooter receives a pass, protects the ball and comes over the top with the ball. The shooter passes to the other lefty in the gap and then quickly cuts without the ball toward the net to receive a give-and-go pass back from the halfboard lefty. The first lefty then shoots a quick, midrange shot.
- The drill blends, agility, quickness, offensive zone movement, and other fundamentals.