

# "Fast or Last"

Drills to create Fast Paced Offensive Play

By

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# Speed Kills

- 70% of goals happen in transition (unsettled) situations

On Top of that you have…

- Endline/SLOB situations
- Man Up opportunities
- Faster the O = harder to defend

- Let's structure practice to maximize our pace of play






# Practice Plan

Drill Segment (time in min)

- Dynamic/Stickwork:  (10 prior) - 10
- Position or Concept work: 10 - 25
- Transition : 25 – 45
- Half field : 45 – 65
- Full Field: 65-80
- Scrimmage : 80-110
- Misc. Drills -> Ball Hunt : 110 - end

HAVE A PLAN! Make it easier for everyone

# Example Practice Plan

Hiram Lacrosse

Practice 3/4/2024

| Segment | Drill |
|---|---|
| Pre practice<br>Dynamic<br>-10 - 10 | Dynamic<br>Spike Drill |
| Fundamentals<br>10 - 30 | O: Layup drill and pick play<br>D: Agl & stickwork |
| Transition<br>30 - 60 | 3v2s – up top/behind<br>4v3 Sack Drill<br>5v4 Circle Drill<br>UVA Drill |
| Rides/Clears<br>60 - 70 | Carolina Passing |
| Concept<br>70 – 90 | 4v4 Y Drill (pairs work)<br>From wings, up top and behind |
| Half field<br>90- 115 | Live<br>6v6<br>Man up/down |
| Condition<br>115 - end | Ball Hunt |

Practice begins at 1pm, all players are to be dressed in appropriate Hiram lax gear and ready to go.

All FO and Goalies are expected to arrive early (12:45p) to stretch and start their position work while the rest of the team stretches.



# Position/Small Group drills

Form Shooting/Dodging

- Off the GB
- Off the Pass
- Against a SS/D pole
- 2 man play
- Group of 3 play

- Rotate the drills to prevent staleness

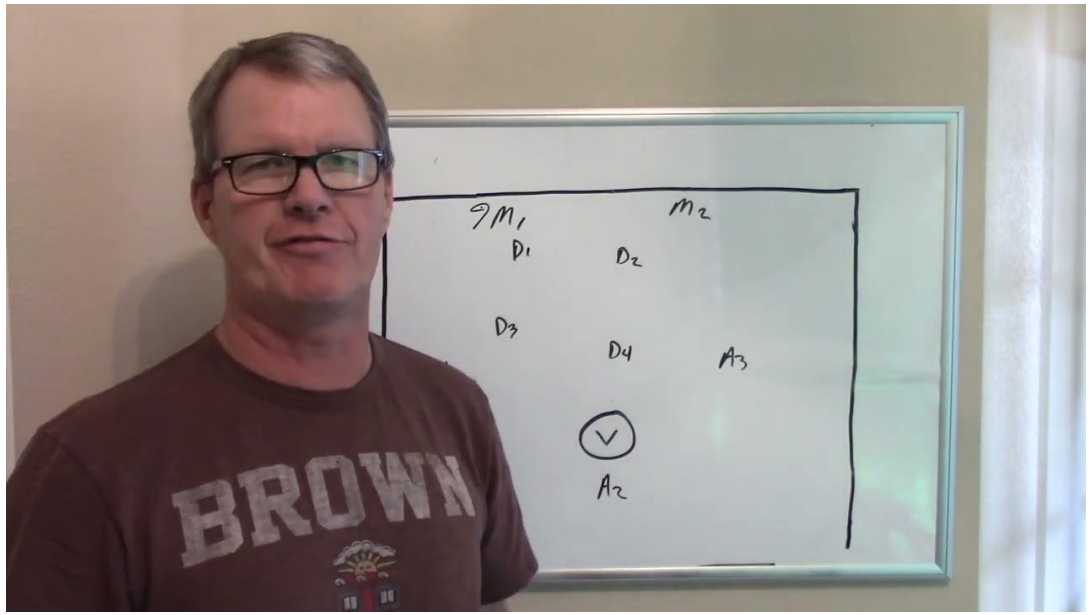
# Examples of Position Group Drills

| Above GLE Shooting (M focus) | Below GLE shooting (A focus) | Shooting/finishing off pass |
|---|---|---|
| - Time and room R/L<br>- Hitch and shoot R/L<br>- Split dodge R/L<br>- Topside split -> Sweep R/L<br>- Face dodge R/L<br>- Roll dodge R/L<br>- Split to roll back R/L | - 5x5 ->Box finish: far-near R/L<br>- 5x5 ->Box finish: near-far R/L<br>- Goal-line finish R/L (from x)<br>- Turn corner 5x5 R/L (from x)<br>- ? mark 5x5 R/L (from x)<br>- Inside Roll 5x5 R/L (from x)<br>- Rocker 5x5 R/L (from x) | - M dodge, A Cut Opp from X R/L<br>- A Dodge from X, Mid. Cut R/L<br>- Mid dodge, backside cut R/L<br>- Dodge from X, step down R/L<br>- Mid dodge, crease finish R/L<br>- Dodge from X, crease finish R/L |

| 2 man Play | 3 man Play |
|---|---|
| - Picks below GLE + Rzr<br>- Down pick<br>- Up pick<br>- Wing picks<br>- Rosie (lil' flip)<br>- Clear through | - Pass down, pick down<br>- Pass down, pick away<br>- Dodge, follow, fade<br>- Dodge, pop, fade<br>- Shallow cut and replace<br>- Pass & clear through |

# White Board Demo

- Demonstration of several Position Group drills
- Q & A for audience






# Transition/unsettled Drills (Rotate Daily)

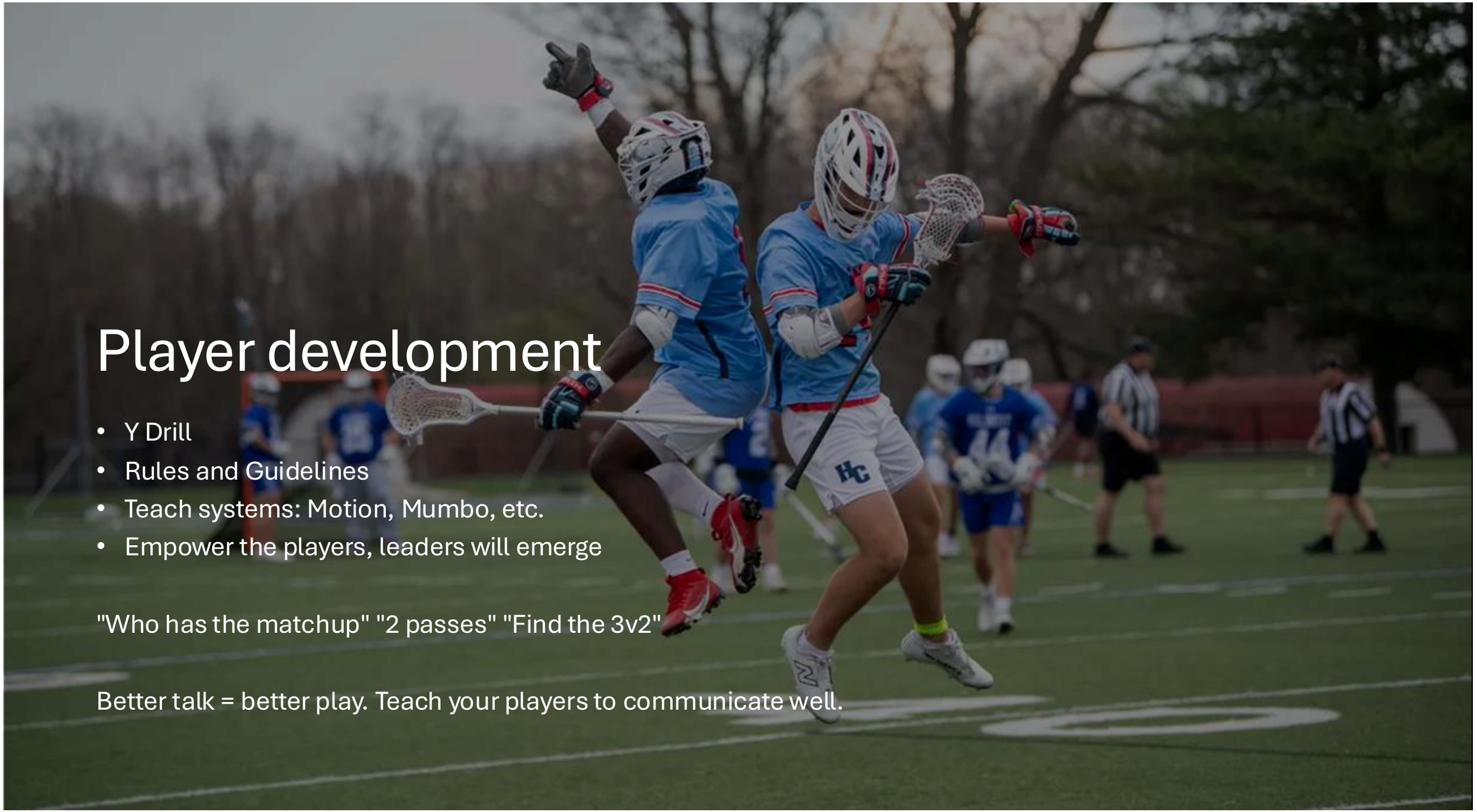
- 3v2s – up top, behind, wings, West Gene, off a GB, etc.
- 4v3s – Sack Drill, HFFB, Full field, Wolverine Drill
- 5v4s – Circle Drill, HFSB, Full field, Wolverine Drill
- Build Up – UVA Drill, Umass Drill, Donovan Drill
- Competition – 3v2 baseball, Crusader Drill, side by side 4v3

… make it fun

# White Board Demo

- Demonstration of transition/unsettled drills
- Q & A for audience





# Player development

- Y Drill
- Rules and Guidelines
- Teach systems: Motion, Mumbo, etc.
- Empower the players, leaders will emerge

"Who has the matchup" "2 passes" "Find the 3v2"

Better talk = better play. Teach your players to communicate well.

# Y (or Slide & Recover) Drill

- This multi-purpose drill used to teach concepts to your offense.
- Bridge the gap from smaller 2 & 3 man play to 6v6 concepts

Also teaches the defense best practices for:

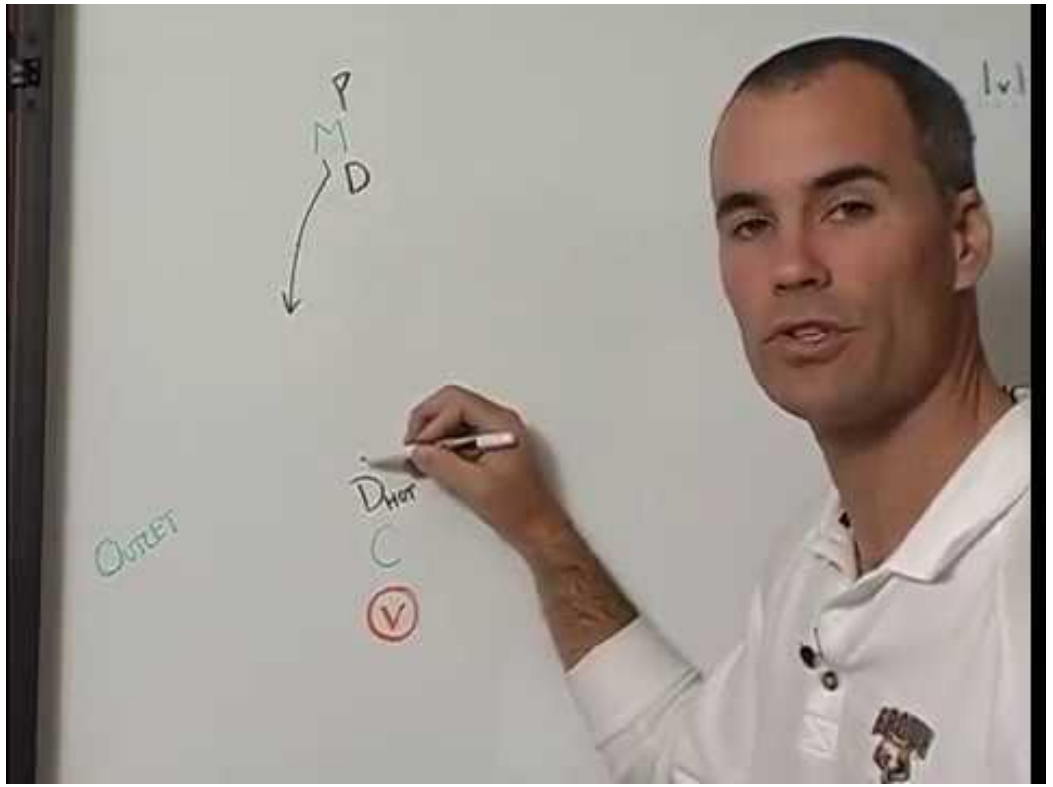
- off-ball positioning
- show/ slide technique, depending on where the dodger is.

Start with an O concept you know well. Build from a 2v2 to a 4v4.

- 2v2 -> 3v2 -> 3v3 -> 4v3 -> 4v4 (dummy D on ball)

# White Board Demo

- Y Drill example
- Q & A for audience





# Offense - Rules

Rules:  (your GRANNY LAW)

- Clear through or set a pick for a ball carrier/dodger “ALWAYS”
- Off ball must move or exchange to occupy D (usually depends on set/play)
- We initiate off the pass. Move to get high
- Move the ball twice (2x) off a GB or failed dodge.

Emphasis on moving our feet and the ball



# Offense - Guidelines

Guidelines: "...make friends with that fear..."

- Start wide and creep in, as possession time increases
- Keep hands free at all times, if they aren't free, move!
- Carry and move the ball when pressure arrives
- Hitch, Z dodge or Jab step to free your hands when carrying the ball
- Look for space that can be used to an advantage

# What to run?

- Motion? 2 man? Mumbo? ...
- What can the players execute?
- Don't force it! KISS
- Encourage player initiative
- We want "SHAKE N BAKE"





# Closing Thoughts

- If you ain't First, you're Last
- I Wanna Go Fast
- Gotta conquer that fear (ride with the Cougar)
- Make it fun

# Thank Yous and credit

- Special Thanks to all I've worked with on my journey; WRA, UDel, Hood, Shaker, Kenston, etc.
- All Star Camp legends: Closen, Blue, Giorgis, Hans, Wilson & Audi
- Woody & Burning River
- Hiram College - team and athletic department

- Credit due: Bob Shillinglaw, Bear Davis, Taylor Wray, Jamie Munro, John Desko and Dave Urick. Alot of my drills are from these guys… I'm not alone.

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HIRAM MEN'S LACROSSE