

2016 National Conference



Plays and practice drills must relate to your
game style and game plan

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AUSTRALIAN LACROSSE ASSOCIATION

LACROSSE. NOT JUST DIFFERENT. BETTER



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Recognise your own squad and its capabilities

Outside shooters

Strong left handed attack players

Pace

Can my poles catch and throw

On field I.Q

Great goalie

Face off capabilities

Numbers at practice



Inside the drill requirements

Balance.

Individual skills in drills just as important.

Off ball drills.

Listen to the players response to your drills.

Video if possible.



Sit in and turndown defence

Front hip from G.L.E

Stick up field from half cage

Clearing 4 across, 3 poles opposite, 4 corner.

Walk through attack plays so D can set 1s and 2s adjacent or crease.

Who are we playing in A



Attack packages

2s patterns (Wide, Tight, 2-1-3)

Dragon fill

1-3-2

Mumbo

Who are we playing in D



Set up Faceoff and Midfield drills and Don't forget your Goalie

Face off

Clears and Rides.

Wing work

Goalies

