WC Warrior Team Training Grid

Purpose: To provide a team level roadmap to assist coaches in skill development

	U-9	U-11B	U11-A	U13-B2	U13- B1	U13-A	U15- B2	U15-B1	U15-A	Comments
History of Lacrosse										
Native American Origins										Discuss history of the game
Modern game Culture										Respecting the game/Opponents/Refs
Rules of the Game										
The Basics										rules/penalties. Ect
Glossary of Lacrosse Terms										
Rules of Practice										
Setting Team Expectations										Team rules
Outside of practice expectations										Off practice day practice expectations
Conditioning										
Stretching and warm-up										Dynamic stretching, pregame and pract
Off- Season fitness										
Individual Skills										
Catching Technique										
Passing										
Long Passing										
Cradling										
Ground Balls										
Shooting Basic Shots										
Shooting- advanced										
Shooting and Passing- off hand										
Stick Checks- basics										
Stick Checks- Advanced										
Playing with feet vs. stick										
Body Checks										
Dodging- Basics										
Dodging - Advanced										
Stick Doctor										How to adjust stick
Team Play										
Substitutions- basic										
Substitutions- advanced										
Last 2 minute drill/ball advance										ball advance rule also (U15 only)
Team Offense										
Proper Spacing										
Catching on run/cuts										
Picks (On/Off ball)										
Rides	1 only	1 only								Age appropriate- add multiple rides
Fast Break										
Motion (On/Off ball)										
Rolling out of pressure										
Making decisions under pressure										Thinking quickly on feet, unforced error
Face-off Basic moves										Teach Rock/Paper/Sizzors concept
Face- Off- Advanced										adv. wing play/LSM on FO,FOGO, ect
Man Up Offense (MUO)										concept only
Man-Up Offense Plays		1 only								Assume that plays will change each yr
Basic Offense sets	1 only	1 or 2								
Advanced Offense sets										
Basic Offense plays	1 simple									Assume that plays will change each yr
Exploiting a double coverage										
Identifying weak opposing players										
Basic Sideline Play(s)										Assume that plays will change each yr
Basic End line play(s)										Assume that plays will change each yr
Team Defense										
Base Man to Man set										
Basic Zone Defense set										don't use as subsitute for M 2 M D
Man Down (MDD) Set										Introduce a base set (Box +1 or other)
Double Man Down Strategy										
Slide technique										
Advanced Slide Packages										
Playing the crease										
Defending a 2v1										
Defending a 3v2										
Utilizing the LSM			MDD only	MDD only			MDD only			
Utilizing the Sideline										forcing man out of bounds
Identifying weak opposing players										
Goalie Basics										
Goalie Communication (calls)										
Clears- Basics										concept only
Clears- hierarchy of outlet pass										
Clears- Settled										
Clears- Unsettled										

Legend

- **Introduce**
- **Re-enforce**
- **Assumed**