

# Nederlandse Lacrosse Bond

Handleiding met oefeningen met lacrosse drills



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# Introductie

Welkom bij de **Lacrosse Trainingshandleiding**, een hulpmiddel ontworpen voor zowel **ervaren als nieuwe trainers**. Deze handleiding biedt een gestructureerde verzameling **lacrosse-oefeningen** om trainers te helpen bij het geven van **effectieve en uitdagende trainingen** op elk niveau.

Het doel van deze handleiding is om de **drempel voor het geven van training te verlagen** door **duidelijke, praktische en aanpasbare oefeningen** aan te bieden. Of je nu **begint als trainer** of je vaardigheden verder wilt ontwikkelen, deze handleiding geeft je de middelen om trainingen op een passend niveau te verzorgen.

Daarnaast is deze handleiding een belangrijke stap om **de sport te laten groeien (Grow the Game)**. Door trainers de juiste tools te bieden, kunnen zij niet alleen de kwaliteit van trainingen verhogen, maar ook bijdragen aan de ontwikkeling van lacrosse in heel Nederland. Vooral voor **kleinere clubs** kan deze handleiding de basis leggen voor het opstarten van een jeugdprogramma in de komende jaren, doordat zij beschikken over een breed scala aan oefeningen.

Door een gestructureerde aanpak en de juiste hulpmiddelen kan iedere trainer een bijdrage leveren aan de groei van lacrosse en het spelplezier van de spelers vergroten.

In deze handleiding zijn de oefeningen ingedeeld in 3 groepen namelijk, beginner, spelvarianten en technieken!

## Overview of All Drills in This Guide

Name drill	What's the drill?	Beginner	Games	Skills
<b>Wall Ball Routine</b>	A solo drill where players pass the ball against a wall to improve <b>stick handling, passing, and catching</b> . Players should vary <b>hand positions, passing techniques, and repetitions per hand</b> to develop consistency and ambidexterity.			
<b>Partner Passing</b>	Two players pass the ball back and forth, focusing on <b>accuracy, speed, and quick stick movements</b> . Coaches can modify the drill by adding movement, increasing distance, or introducing a time limit for a set number of successful passes.			
<b>Triangle Passing Drill</b>	Three players pass in a triangle formation, emphasizing quick ball movement and spatial awareness.			
<b>Line Drills</b>	Players form two lines and pass the ball to a teammate running toward them. This drill emphasizes <b>passing, catching, and transitioning while on the move</b> . The continuous movement forces players to <b>focus on accuracy and quick reactions</b> .			
<b>Star Passing Drill</b>	Five or more players form a <b>star shape</b> , passing the ball in a pre-set pattern. This drill enhances <b>long-range passing, communication, and awareness</b> , helping players recognize passing lanes and movement off the ball.			
<b>Ground Ball Relay Races</b>	Players compete in teams, scooping ground balls and sprinting to pass the ball to the next player. This drill encourages <b>speed, ground ball control, and teamwork</b> while adding a competitive edge.			
<b>Ground Ball Battles (1v1)</b>	Two players battle for a loose ground ball, trying to gain possession and pass it to a coach or designated teammate. This drill <b>trains players to be aggressive and quick when fighting for possession</b> while reinforcing <b>body positioning and stick control</b> .			
<b>Give-and-Go Drill</b>	Players practice <b>quick passing and movement</b> by passing to a teammate, immediately cutting towards the goal, and receiving the ball back for a shot. This drill <b>mimics real-game offensive movement</b> and improves passing and finishing skills.			
<b>Shooting on the Run</b>	Players <b>sprint toward the goal</b> while cradling and shoot on the run, focusing on accuracy and power. This drill <b>simulates in-game situations</b> where players need to <b>shoot under pressure</b> while maintaining balance and control.			
<b>Fast Break Drill</b>	A small group of offensive players (e.g., 3) attacks a <b>numerically disadvantaged defense (e.g., 2 defenders + goalie)</b> , practicing quick <b>passing, decision-making, and finishing</b> in transition situations			

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<b>Defensive Shuffle Drill</b>	Defenders practice <b>shuffling their feet laterally</b> , mirroring an offensive player's movements without crossing their feet. This drill <b>improves footwork, positioning, and defensive discipline</b> .			
<b>Man-Down Defense Drill</b>	The defense plays with <b>one fewer player</b> to simulate penalty kill situations, focusing on <b>rotations, communication, and positioning</b> to prevent easy scoring opportunities.			
<b>3v2 Numbers Drill</b>	Three attackers face two defenders, forcing the offense to <b>move the ball quickly</b> to create an open shot while the defense works on <b>covering passing lanes and closing gaps</b> . This drill helps both <b>offensive creativity and defensive teamwork</b> .			
<b>King of the Rock (partner pass- race)</b>	Players pair up and pass the ball while moving toward a <b>designated finish line</b> . The first pair to <b>complete a set number of successful passes while sprinting</b> wins. This drill improves <b>passing under pressure, teamwork, and transition speed</b> .			
<b>Small-Sided Scrimmages (4v4 or 5v5)</b>	<b>A fast-paced mini-games</b> designed to give players more <b>touches, decision-making opportunities, and real-game experience</b> in a smaller space. With fewer players, everyone gets more chances to <b>pass, catch, dodge, defend, and shoot</b> while improving their <b>game awareness and teamwork</b> . Coaches can modify the game by <b>adding rules</b> (e.g., minimum passes before shooting) or <b>creating uneven situations</b> (e.g., 5v4 power plays) to focus on specific skills. These scrimmages keep practices <b>competitive, engaging, and highly beneficial</b> for player development.			
<b>Hungry hippo</b>	Two goals are placed <b>about 30 meters apart</b> , with all the balls lined up in the middle. Players are divided into <b>two teams</b> , and the goal is to collect as many balls as possible and score. One player at a time runs to the middle, picks up a <b>ground ball</b> , sprints back, and <b>takes a shot on goal</b> . As soon as they shoot, the next player from their team goes. Once all the balls are gone, the team with the most balls inside their goal <b>wins the game</b> . This drill helps with <b>ground ball pickups, sprinting, and shooting under pressure</b> .			

<b>Power and finesse</b>	A <b>shooting competition</b> between two teams where each player gets <b>two shots per turn</b> —one from <b>long distance (power)</b> and another <b>close-range finish after receiving a feed (finesse)</b> . Players take turns alternating between teams. If a player <b>misses both shots, they are out</b> . If they score <b>once, they stay in line</b> , and if they score <b>twice, they can either bring a teammate back or challenge the next opponent</b> (forcing them to score both shots or get eliminated). The last team with players left <b>wins</b> . This drill focuses on <b>shooting consistency, decision-making, and mental pressure</b> .			
<b>Cone Collect</b>	A <b>passing drill turned into a game</b> , where teams compete to <b>collect cones</b> by successfully passing and catching. Cones are placed at different distances and <b>assigned different point values</b> (closer cones are worth fewer points, farther ones are worth more). A player runs to a cone, receives a pass from a teammate, and returns it successfully. If both passes (to and from the cone) are <b>completed</b> , they collect the cone and bring it back. The next player starts as soon as their teammate crosses the starting line. At the end, the team with the most points <b>wins</b> . This drill encourages <b>passing accuracy, catching under pressure, and quick decision-making</b> .			
<b>Square passing drill V1</b>	A <b>passing and movement drill</b> with three players forming a <b>square with four cones</b> . Each player stands on a cone, with one cone left open. Players <b>pass to the left or right (no diagonal passes)</b> while the <b>player without the ball moves to the open cone</b> . This forces players to <b>stay engaged, react quickly, and always provide a passing option</b> . It helps improve <b>ball movement, footwork, and passing accuracy</b> .			
<b>Square passing drill V2</b>	A <b>larger variation</b> of the square passing drill, with four attacking players on <b>outer cones</b> and three defenders inside a <b>smaller square</b> within the bigger one. Attackers <b>pass the ball around</b> , while defenders <b>try to intercept or apply pressure</b> . To increase difficulty, <b>diagonal passes can be allowed</b> . If an attacker is <b>left unguarded</b> , they must <b>move towards an inside cone</b> . This drill teaches <b>ball movement under pressure, passing vision, and defensive positioning</b> .			
<b>Double helix drill</b>	The <b>Double Helix Drill</b> is a dynamic passing drill where two lines of players weave through each other in opposite directions, mimicking a <b>helix pattern</b> . As players			

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	move, they <b>pass and receive the ball on the run</b> , focusing on <b>quick decision-making, hand-eye coordination, and off-ball movement</b> . The continuous motion forces players to <b>stay aware of their surroundings</b> , improve <b>passing accuracy</b> , and develop <b>game-speed ball movement</b> . Adding variations, such as weak-hand passing or defenders, increases the challenge and reinforces real-game passing scenarios.			
<b>Communication drill</b>	A fun and <b>teamwork-based drill</b> where players work in <b>pairs</b> , with one <b>wearing a blindfold</b> . The blindfolded player <b>must navigate a small square filled with obstacles (bags, sticks, cones, etc.)</b> , while their partner stands <b>outside the square</b> and gives <b>verbal directions</b> to guide them safely to the other side. This drill <b>builds trust, communication, and leadership skills</b> , essential for effective in-game coordination.			
<b>Mirror defense</b>	A <b>defensive footwork drill</b> where an attacker starts <b>behind the goal</b> , and a defender stands <b>in front of it</b> . The attacker moves left and right, trying to create a shooting lane, while the defender <b>mirrors their movements</b> and prevents them from scoring. The <b>coach sets a boundary</b> to ensure the attacker doesn't move too far upfield. This drill helps defenders <b>stay disciplined, improve reaction time, and work on proper positioning</b> to shut down dodgers.			

## Starter drills

These **beginner drills** are all about **getting new players comfortable with the basics** of lacrosse while slowly introducing **game-like situations**. The focus is on **passing, catching, cradling, ground balls, and shooting**, helping players **build confidence and get used to handling a stick**.

We start with **simple, structured exercises** and gradually add more movement and gameplay elements, so players can **learn the fundamentals and ease into real game action**. The goal is to keep things **fun, engaging, and easy to follow**, making sure everyone gets a chance to improve at their own pace while **experiencing the excitement of the game**.

These drills are great for **new teams, youth programs, or anyone picking up a stick for the first time**, laying the groundwork for **future skill development** in a **low-pressure, supportive environment**.

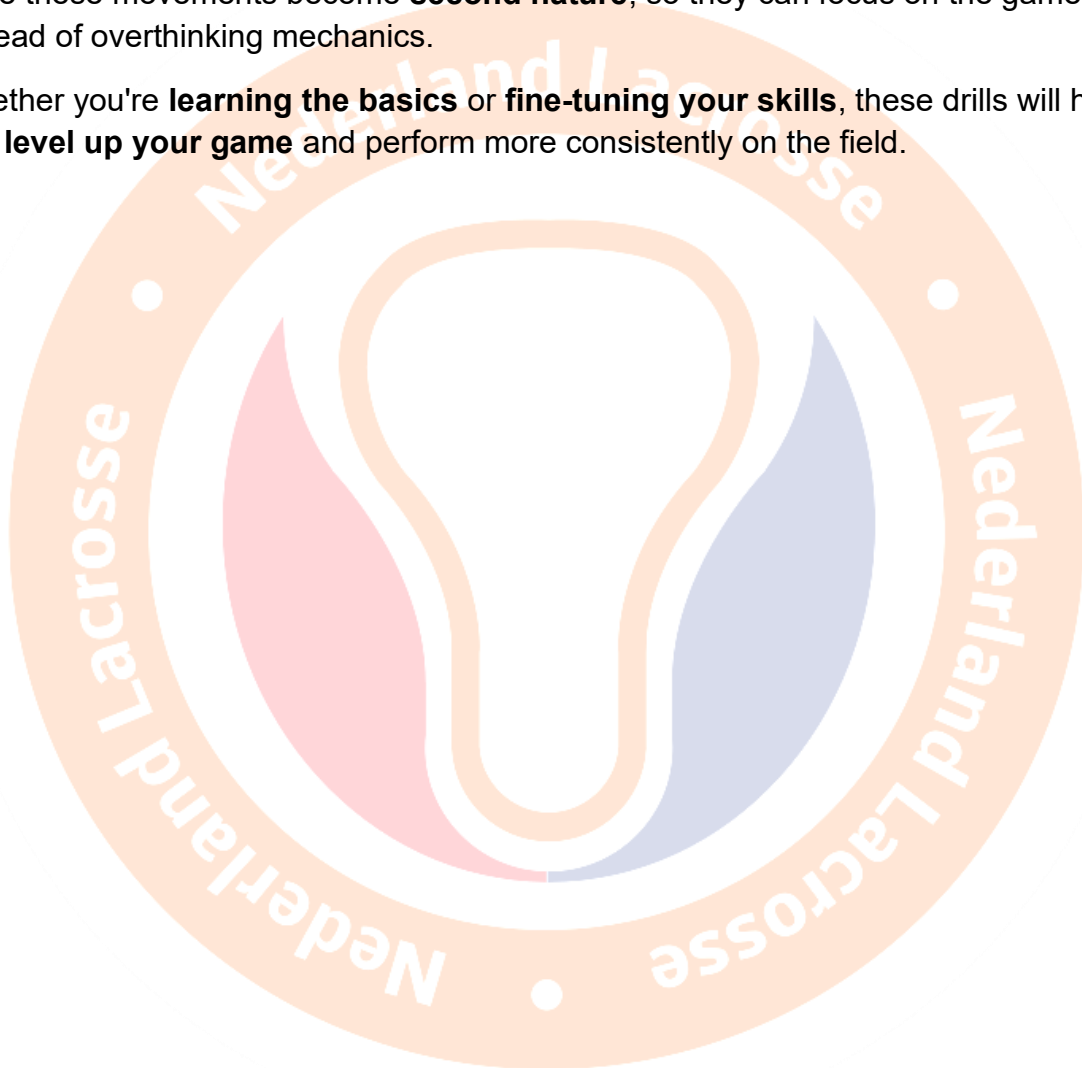


## Game-based drills

These **technique drills** are all about **sharpening the fundamentals** and making sure players feel **comfortable and confident** with their stick skills. The focus is on **passing, catching, cradling, shooting, ground balls, and defense**, with an emphasis on **good form and smooth execution** to build a solid foundation.

By breaking down each skill and repeating it with **purpose**, players can improve **accuracy, hand-eye coordination, and overall control**. The more they practice, the more these movements become **second nature**, so they can focus on the game instead of overthinking mechanics.

Whether you're **learning the basics** or **fine-tuning your skills**, these drills will help you **level up your game** and perform more consistently on the field.



## Technique drills

These **technique drills** are all about **fine-tuning the fundamentals** and making sure players develop **solid stick skills** that translate directly into game situations. The focus here is on **passing, catching, cradling, shooting, ground balls, and defensive positioning**, with an emphasis on **good form and smooth execution**.

By breaking down each skill and repeating it in a controlled way, players get the chance to **build muscle memory, improve accuracy, and gain confidence with their stick work**. The goal is to make these movements feel **natural and effortless**, so when it's game time, players can focus on **making plays instead of thinking about mechanics**.

Whether you're **just starting out and learning the basics** or **looking to sharpen your skills**, these drills help lay the groundwork for **better, more consistent performance on the field**.

