

MONDAY - FEBRUARY 24th, 2025 (2:45 - 4:30 PM - GIG HARBOR)

2:45 PM - 2:55 PM - Assign Numbers and Explain Tryouts (Hand out pinnies but have returners bring some)

2:55 PM - 3:05 PM - Warm Ups (*Led by Captains*)

3:05 PM - 3:15 PM - 10 Minutes of Agility (*Led by Captains*)

3:15 PM - 3:20 PM - Water Break & Gear Up

3:20 PM - 3:35 PM - Shuttles (*Led by Captains*)

- All right, catch right throw left, catch left throw right, all left, ground balls to, ground balls away (passing to the second person to roll the ball out), leading passes (pass to second person, person in front will cut and the second person will give them a leading pass)
- Coaches will work with new players here too

3:35 PM - 4:05 PM - Split into Two Groups

- **Drill 1:** Best Drill Ever/Candy Cane Drill with Coach Maddie L (*Both Goalies here*)
 - *Three lines on both sides of the goal. Goalies clear ball out to first cutter on each side. First cutter passes to second cutter. Second cutter passes to third cutter. Whichever side's third cutter crosses the line with the ball first, their team becomes offense and it is a three on three to goal from there.*
 - *Coach Jen mentioned that some people call this the "Candy Cane Drill"*
- **Drill 2:** Box Build Up Drill with Coach Maddie J
 - *5 people start in a box as offense. One defender comes in every three passes. If there is a turnover or the ball goes way too out of bounds, than play is over and offense and defense switch*
 - *Once there are five defenders, the attack will be able to drive to cage*

4:05 PM - 4:10 PM - Water Break

4:10 - 4:30 PM - Full Field Scrimmage (With Draws - ½ with Coach Maddie L, ½ with Coach Maddie J)

If Extra Time:

- 2v2, 1v1, 1v2, 2v1, etc. Ground Balls to Goal
- 7v7s

TUESDAY - FEBRUARY 25th, 2024 (2:45 - 4:30 PM - GIG HARBOR)

2:45 PM - 2:50 PM - Explain Tryouts - Check In

2:50 PM - 3:00 PM - Warm Ups (*Led by Captains*)

3:00 PM - 3:15 PM - Jamaican Box Drill

- **We will run the lacrosse lines.**
 - Sprint for one side, jog three sides
 - Sprint two sides, jog two sides
 - Sprint three sides, jog 1 side
 - Sprint four sides
- This is **NOT** a deciding factor of Varsity/JV. You will be running at your own speed and doing the best you can do. The reasoning for this is:
 - Identify endurance
 - Identify the ability to push oneself
 - See your progress with time (it gives us a starting point)
 - Watch change in speeds

3:15 PM - 3:20 PM - Water Break

3:20 PM - 3:35 PM - Shuttles (*Led by Captains*)

- All right, catch right throw left, catch left throw right, all left, ground balls to, ground balls away (passing to the second person to roll the ball out), leading passes (pass to second person, person in front will cut and the second person will give them a leading pass)

3:35 PM - 4:00 PM - Split Into Two Groups (*Goalies Split*)

- **Drill 1:** Ground Ball Add in Drill
 - There will be two total lines above the 12 m arc
 - Ball will be rolled out and the two front players in each line will go 1v1 on the ground ball to goal
 - Once the ball has been shot, if there was a save or a goal, the ball will be cleared out to the defensive player who will then pass the ball back to the coach. If there was no save or a wide shot, coach will just start a ball from the top
 - The two players who just did the 1v1 will stay in, another ground ball will be rolled out and the next two front players in line will join in and it will be a 2v2 to goal (at least one pass or pass attempt)
 - Once the ball has been shot, if there was a save or a goal, the ball will be cleared out to the defensive player who will then pass the ball back to the coach. If there was no save or a wide shot, coach will just start a ball from the top
 - The four players who just did the 2v2, will stay in, another ground ball will be rolled out and the next two front players in line will join in and it will be a 3v3 to goal (at least one pass or pass attempt)
 - Once the ball has been shot, if there was a save or a goal, the ball will be cleared out to the defensive player who will then pass the ball back to the coach. If there was no save or a wide shot, the drill will just restart
- **Drill 2:** Split 8 Drill with Coach Maddie J
 - The 8m arc is divided in 2
 - On each half of the eight there will be two defenders and two attackers
 - We will only play one half at a time
 - The offense will work to get open and when they do, Coach will give them the ball
 - Then it is a 2v2 to goal

- Then it switches to the other side to do the same thing

4:00 PM - 4:05 PM - Water Break

4:05 PM - 4:30 PM - 7v7s w/possibly four attackers and defenders behind the restraining line

- Be prepared to play multiple positions and with different and new people constantly.
- We will be subbing every couple of plays to watch people play with one another and see how players interact naturally with each other