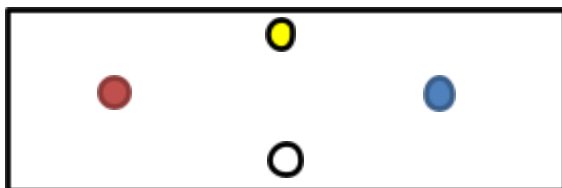


Name: Caitlin Walters			
Date:	Time:	Venue/facility: Lacrosse Field - SHSK	Health and safety check complete: Yes
Session No: 1			
Group and age: Senior Lacrosse Squads (age 15-18).		Coaches/personnel: Caitlin, Sally, Erica	Equipment/resources: lacrosse balls, cones, bibs, handballs, tennis balls.
Ability: Mixed		Others: N/A	Participants needs:
Objective: To know, understand and perform a pick and roll in drills and conditioned game-play.			
Time	Activity/session content (including progression):		Coaching points
Preparation and warm-up:			
	<u>Safety:</u> all players have boots, mouth guards and goggles on to participate safely. <u>Warm-up/skill-development – pressure catching.</u> Aim: the team with the most passes in (...) minutes wins. 12 players in a box in teams of 2 – 2 players per team with a ball, 4 without. - Players pass the ball between their team. - Once a ball has been passed, the receiver must stand still. - Receiver is freed once the sender has run up to them and stood still in front of them. - Receiver has to run off the shoulder of the sender to be freed. Progression: <u>NEW AIM:</u> any player standing still when the coach's whistle blows is eliminated. Therefore, the last player standing wins for the team.		- When standing still, keep arms and stick within the outline of the body. - Run off the shoulder when they are still as an early release is ineffective. Q. Where on the field would you be expected to catch in a tight space under pressure? Q. How can we create space to receive the ball and shoot?

Lacrosse Coaching Session Plan

Time	Activity/session content (including progression):	Coaching points	Questioning
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Activity 1: (without sticks) Set an off-ball pick and roll.



Cones in a diamond shape: 1 red, 1 blue, 1 white, 1 yellow. Handball/tennis ball required.

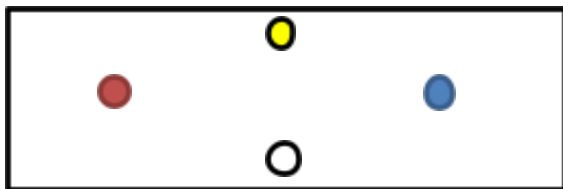
Aim: get to the yellow cones (winning gold spot).

- Player 1 starts on the white cone with the ball and passes to player 2 either the red or blue cone.
- Player 1 then runs to player 3 on the unpassed cone.
- Player 1 sets pick on player 3's cone.
- Player 3 drives off shoulder of player 1 with a high five on the shoulder she is driving towards.
- Player 1 rolls off high five of player 3 and looks to receive a pass as they run towards the yellow cone.
- Player 2 either passes to player 1 or player 3.
- Ball carrier runs to yellow cone.

Progression 1: repeat with sticks and a lacrosse ball.

Progression 2: add in defenders.

Activity 2: Set an on-ball pick and roll.



Cones in a diamond shape: 1 red, 1 blue, 1 white, 1 yellow. Handball/tennis ball required.

Aim: get to the yellow cones (winning gold spot).

- Player 1 starts on the white cone with the ball and passes to player 2 either the red or blue cone.
- Player 1 runs to player 2's cone to set a pick.
- Player 2 runs off the shoulder of player 1 and drives to the yellow cone.

Coaching points of a pick:

- Picking attacker runs to the shoulder of another player's defender.
- They stand still with their arms and stick within their body space.
- They should be standing close to the defender to give them as little space as possible.
- The attacker runs towards the picking attacker and brushes shoulders with the picking attacker.

Additional coaching points:

- The pick should be set on one side so that the cutting or driving attacker can receive/cradle the ball with positive stick protection from their defender, e.g. shoulder, shoulder stick.

What does an illegal pick consist of?

How might an opponent gain an advantage from an illegal pick?

How can you safely gain an advantage from a legal pick to have an influence on the game?

Where would you perform an on-ball pick and roll on the 11m and why?

	- Player 1 turns towards the shoulder player 2 has brushed and runs towards the yellow cone to receive a pass. Progression 1: add in defenders. Activity 3: 3v3 gameplay practice - Group is split into two teams. Within two teams, players are in groups of 3. 11m fan is split down the middle with cones. <u>AIM</u>: to work together as a 3 to score a goal from a pick and roll. - Players have half of a fan to work together to score from either an on-ball or off-ball pick and roll.		In a 6v6 situation, if 3 players are working in half of the 11m to create picks, what is happening on the other side of the 11m?
Conditioned game:			
	6v6 1 point for every successful pick and roll. 3 points for scoring from a successful pick and roll.	Stop the game and allow players to discuss their tactics if things are going well/not so well.	Q. Can pick be an off-ball movement strategy to assist another attacking play? E.g. isolation?
Cool-down and recap:			
	Gentle jog in their two teams and static stretching led by captains. Whilst jogging discuss the coaching points of a pick and roll to feedback. Q. Can you use a pick and roll in the midfield?		
Contingency plan:			
- Continue indoors. - Add in fewer defenders in the 3v3, e.g. 3v2. - Continue use of tennis ball/handball until movement patterns are more succinct. - Set up activity 1 and 2 in the fan for visual context. - Split into 3 ability groups (3 coaches available for this).			