



**WORLD  
LACROSSE**  
TM



**Clinic Games:  
ADM Levels: Discover, Learn, Play**

# Pop Toss

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover	Passing and Catching	Stick, Ball(s), Space	5-10 minutes, with variations



**Description:** Players will each have a stick and a ball. Standing still, they will use the stick to overhand pass the ball vertically into the air and catch it. The pass and catch should be performed at or near shoulder level. Alternate sides of the body, so that they are catching and throwing right and left handed.

**Variations:** Have the players walk in any direction while practicing this skill. Increase the speed of traveling. Use only one hand on the stick.

# Pass it Down

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover / Learn	Passing and Catching	Stick, 16 Ball(s), Cones	5-10 minutes, best of 7 format



**Description:** Set up two lines of players, with each player being 5-8m apart from their teammate. The first player in line will pick up one ball and on the “go” he/she will pass to the next teammate on his/her team. This continues until all the balls are at the opposite end of the line. Each player must possess each ball as it works its way to the end. The object is to get all of the balls to the opposite end before the opposing team.

**Variations:** Alternate hands, one-hand only passing/catching, over-the-shoulder catching, cross hand passing/catching.

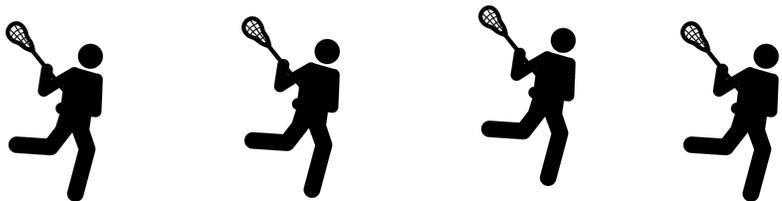
# Messy Backyard

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover	Scooping	Stick, Ball(s), Space	5 minutes, best of 7 format



**Description:** Set up two teams of players, with each team being on one side of a line or line of cones. Scatter an equal number of balls on each side of the line. On “go” the players try to scoop, then roll balls into their opponents space. The object of the game is to get as many balls into the other teams space as possible. Play for 45 seconds, then count how many balls are on each teams side.

**Variations:** define boundaries that the players must keep balls in to control rolling. Add targets, where if a ball is rolled into it, the ball may not be removed.

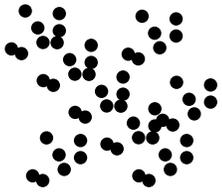


# Hungry Hippos

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover / Learn	Scooping	Stick, Ball(s), Space	5-10 minutes, multiple rounds



**Description:** Place 5-7 players around the center-circle and scatter 20-30 balls in the middle of the circle. On "Go" each player will run into the center, scoop one ball, and return it to the spot where they started. The object is for a player to scoop as many balls as possible. Play until all balls are retrieved from the center.

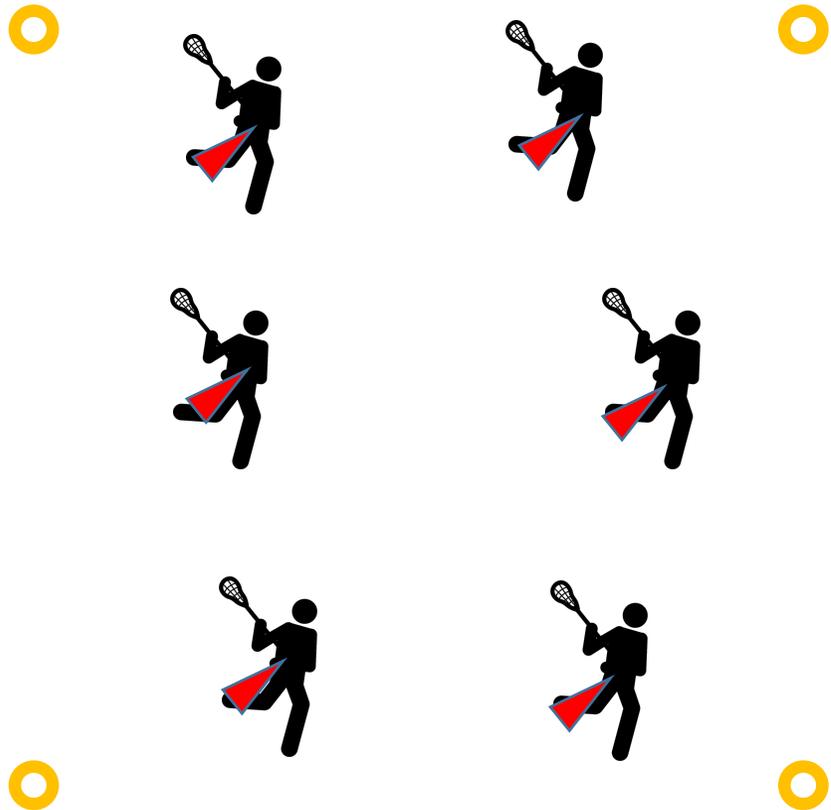


**Variations:** Add a teammate and have the scooping player pass the ball back to him/her. The player receiving the pass must catch and place the ball on the ground, then he/she can go scoop one and pass to the original scooper.



# Pinnie Tag

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover / Learn / Play	Cradling / Dodging / Defense	Stick, Ball(s), Space	5-10 minutes, multiple rounds

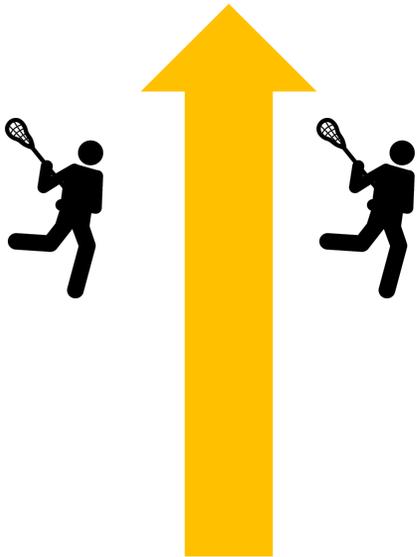


**Description:** Place 5-7 players inside a box defined with cones. Each player will have a pinnie or other “flag” tucked into his/her waistband. On “Go” they try to take pinnies from other players, whilst protecting their own. If they go out of bounds, they must remove their pinnie and toss it into the boundaries for anyone to pick up. Whomever has the most pinnies at the end of time is declared the winner.

**Variations:** Players must cradle a ball in their stick while playing.

# Sharks and Minnows

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover / Learn / Play	Dodging / Defense	Stick, Ball(s), Space	5-10 minutes



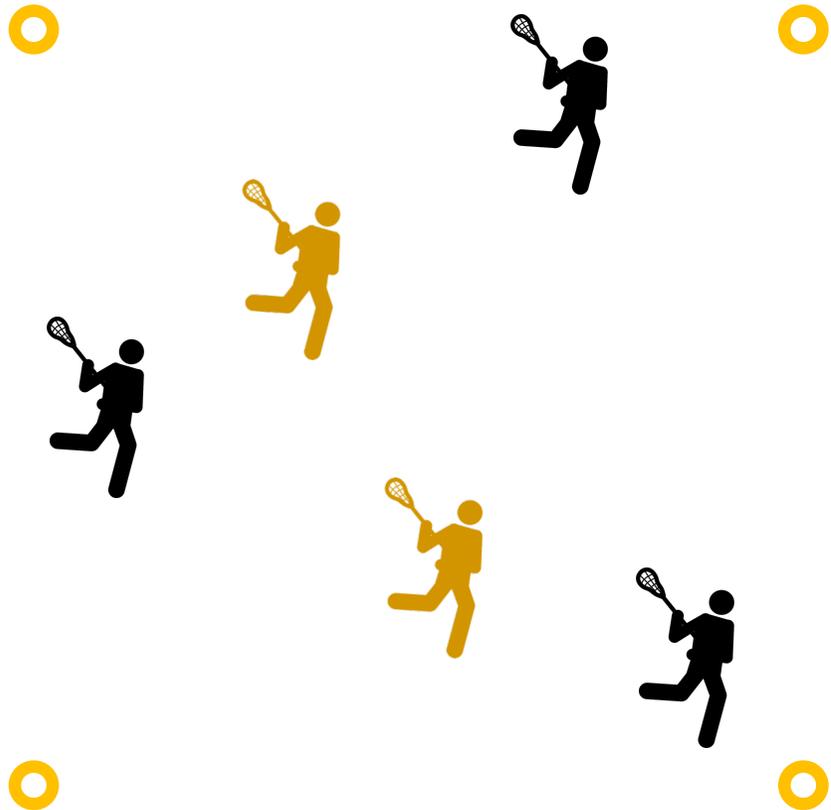
**Description:** Place 2 players inside of a box (sharks) and all remaining players (minnows) go to one side of the box. On “Go” the minnows try to get to the opposite side of the box without being tagged by a shark. If a minnow is tagged, he/she becomes a shark in the next round of the game. Play until only 1 minnow remains.

**Variations:** Players must cradle a ball in their stick while playing. Instead of a minnow becoming a shark, they become seaweed in the box and must freeze in place. If seaweed is tagged by a minnow, they are now free to run. If a shark forces a minnow out of bounds, minnow becomes a shark.



# Odd Numbers Keep Away

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover / Learn / Play / Compete	Passing / Catching / Off. / Defense	Stick, Ball(s), Space	5-10 minutes

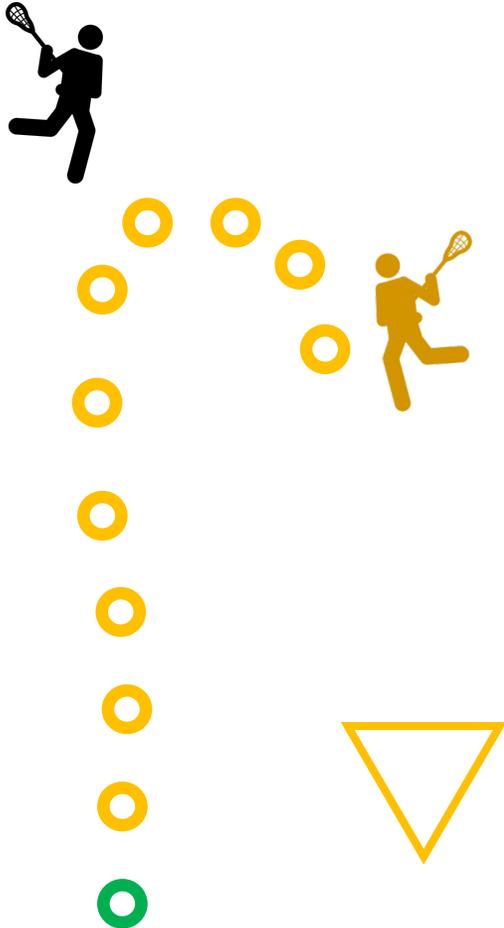


**Description:** Place an odd number of players into a confined space. You can make it as big or small of a space as needed based on number and skill of players. One team will have more players than the other (2v1, 3v2, etc...). The object of the game is to complete as many passes as a team as possible and not lose possession of the ball. Players must stay in-bounds.

**Variations:** Give the defense team an extra player on a certain number of passes completed. Vary the number of players on each team. Only allow passes in one direction.

# On Ramping

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover / Learn / Play	Defense	Stick, Ball(s), Goal, Space	5-10 minutes

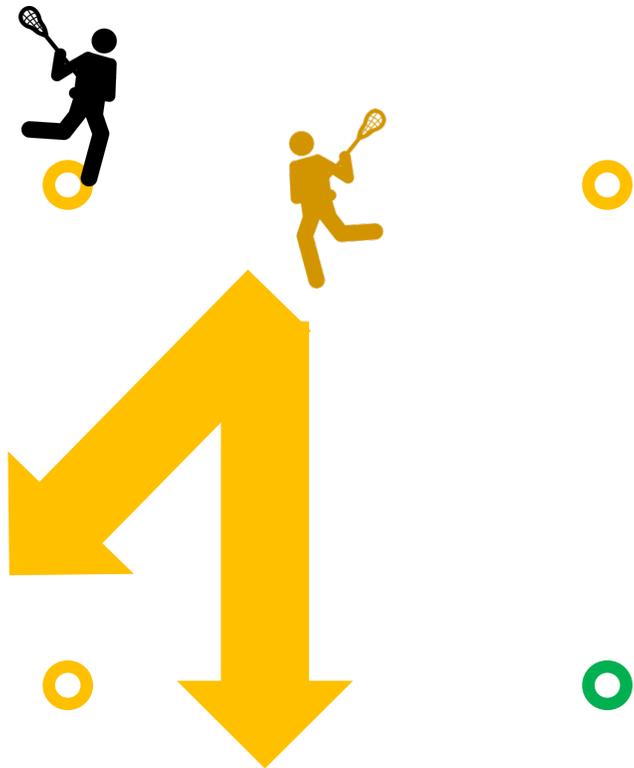


**Description:** One player is designated as the dodger (black) and the other is the defender (gold). The dodger starts his/her dodge when the defender starts moving. The dodger is trying to get to the goal, while the defender tries to direct them between the last two cones (green). Be sure to alternate dodgers and defenders.

**Variations:** Change areas of the field where the dodger and defender start. Allow defender to shoot if they get to goal. Add an outlet pass for dodger and additional defenders to replicate game situations.

# Forcing Box

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover / Learn / Play / Compete	Defense / Dodging	Stick, Ball(s), Space	5-10 minutes



**Description:** One player is designated as the dodger (black) and the other is the defender (gold). The dodger starts his/her dodge, trying to get to the diagonal cone when the defender says “Go.” The defender then tries to use body positioning and legal holds/pushes to direct the dodger outside of the box.

**Variations:** Change areas of the field where the dodger and defender start. Allow defender to shoot if they get to goal. Add an outlet pass for dodger and additional defenders to replicate game situations. Add a help defender to teach double teaming.

# Scoop and Shoot

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover / Learn	Scooping / Shooting	Stick, Ball(s), Goal, Space	5-10 minutes



**Description:** One player is designated as the shooter (gold) and the others are rollers (black). The rollers, one at a time, will roll a ball towards the shooter, who then scoops it, adjusts his/her position, then shoots on goal. Each shooter should receive 4 ground balls, then is replaced with a new shooter from a roller line.

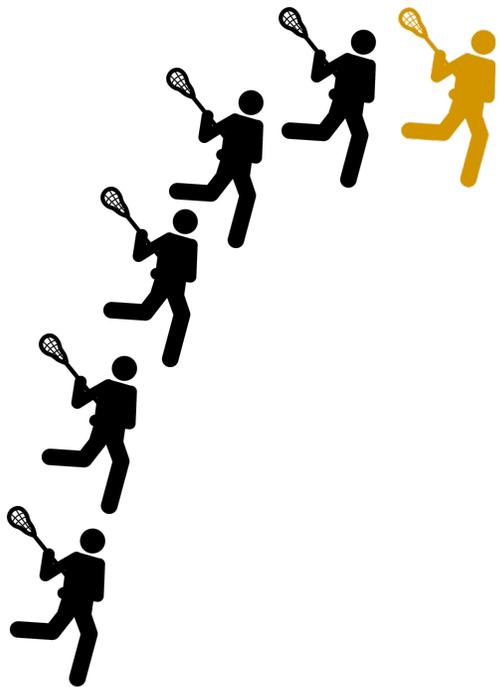


**Variations:** Add a defender to the shooter. Pass the ball instead of rolling it. Vary which roller sends the ball into the shooter. Alternate top hand on the stick.



# Ground Ball Train

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover	Passing and Catching	Stick, Ball(s), Space	5-10 minutes

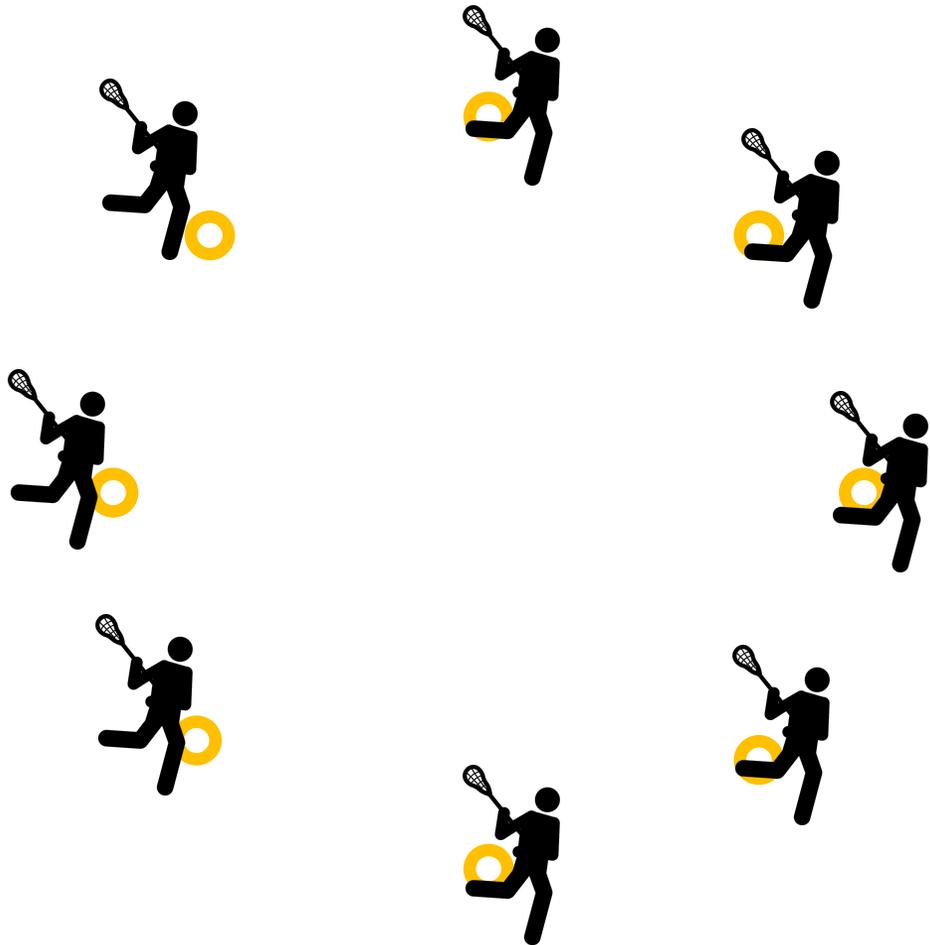


**Description:** One player is designated as the leader. All others will form a line behind the leader. Each player has a ball and must follow the leader as he/she jogs in any direction around the given space. Whenever the leader rolls out a ground ball for him/herself, all the followers do the same.

**Variations:** Alternate top hand on the stick. Add obstacles for the “train” to maneuver over, under, around. After each scoop, the person at the end of the line sprints to the front of the line and replaces the leader.

# Cross the Pond

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover / Learn	Dodging / Cradling	Stick, Ball(s), Space	5-10 minutes

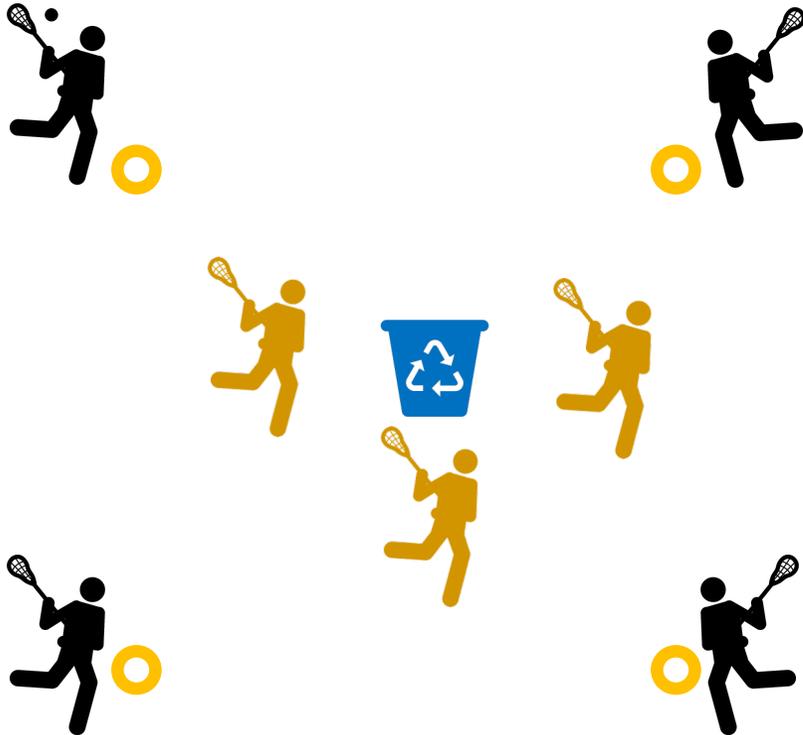


**Description:** Number each player around the circle 1-3. The coach will call a number and the corresponding player will leave his/her cone and run to an open cone. While passing through the circle, they must dodge another player crossing the circle. Two players may not occupy one cone.

**Variations:** Pre-determine what dodge they are to use. Add extra defenders into the circle to try and take the ball away. Call multiple numbers at the same time. Create "no-go" spaces that they may not run into/through.

# 4v3 Bucket Ball

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover / Learn / Play	Offense / Defense	Stick, Ball(s), Bucket, Space	5-10 minutes

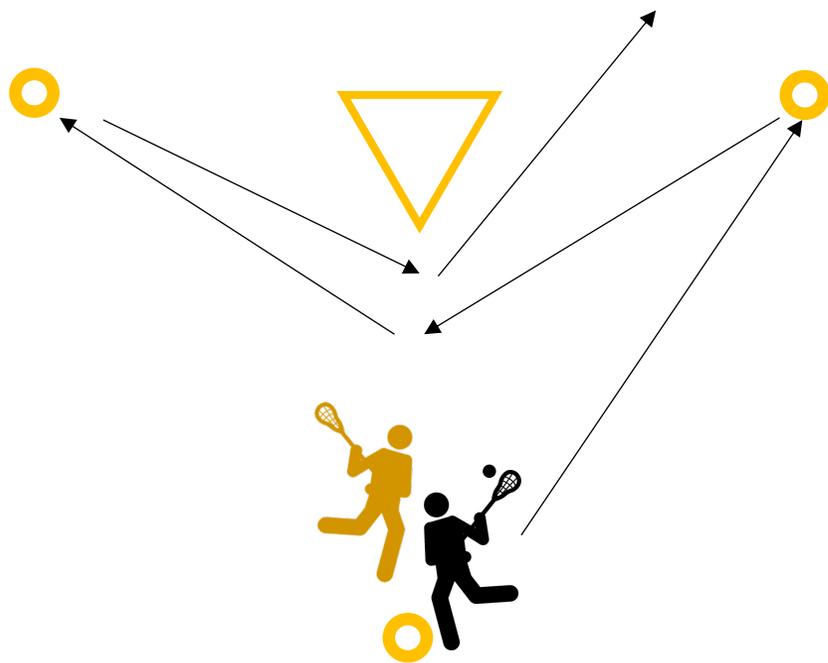


**Description:** Set up players as shown, with a bucket in the center. 4 offense (black) vs. 3 defense (gold). The object of the game is to get the ball into the bucket by moving it quickly between teammates, faster than the defense can recover/slide. The ball must be dropped into the bucket by the offense and defense may not “guard” the bucket.

**Variations:** Remove sticks from player and have them pass the ball with their hands. Change the size of the space. Add or subtract players from either team. Vary the location of the bucket. Use a goal and allow players to shoot the ball.

# Run the Arc

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Learn / Play / Compete	Dodging / Defense	Stick, Ball(s), Space	5-10 minutes

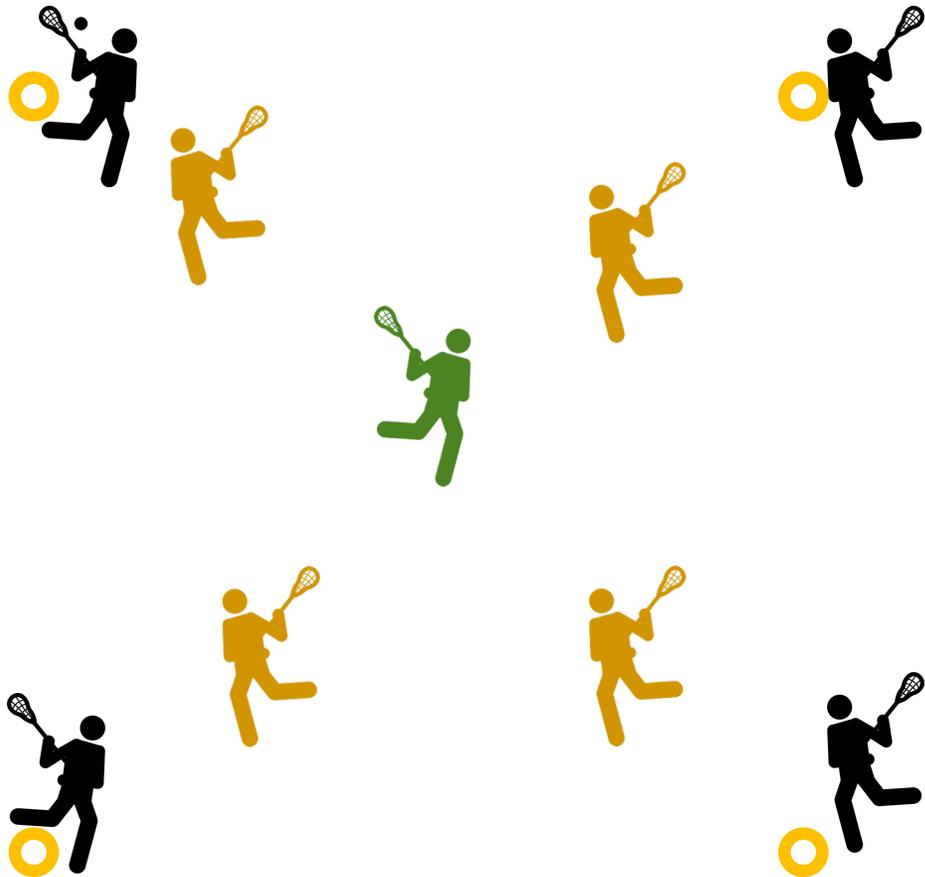


**Description:** Set up players as shown. Dodger (black) will jog towards one cone, change direction and jog towards opposite cone. After reaching the second cone, the game is “live” and the dodger tries to beat the defender (gold) to the goal for a shot, going back in the direction they came from.

**Variations:** Remove sticks from players to focus on footwork and positioning. Add players to make it more game realistic.

# Inside Feeding

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Learn / Play / Compete	Scooping / Shooting	Stick, Ball(s), Goal, Space	5-10 minutes

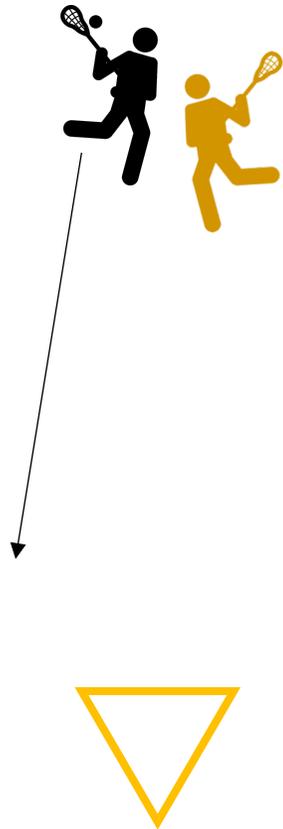


**Description:** Set up players as shown. Offense (black) is awarded 1 point for every adjacent pass they complete, 2 points for every successful pass to the center player (green), or 3 points for “skip” passes. Play for 1 minute, then offense and defense change roles.

**Variations:** Add or subtract players. Add a goal to allow inside offense player to shoot if he/she receives a pass. Change location of the goal. Vary the size of the box. Award points to defense for knockdowns or interceptions.

# Velcro Shooting

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Learn / Play / Compete	Shooting / Dodging / Defending	Stick, Ball(s), Goal, Space	5-10 minutes



**Description:** Set up players as shown. Offense (black) is trying to dodge towards the goal and shoot. Defender (gold) does not have a stick and must keep his/her hands on the dodger at all times, trying to force the dodger to a poor shooting angle/location.

**Variations:** Give the defender a stick. Add additional players to make it more realistic. Vary the location of the goal. Increase or decrease the amount of pressure the defender is allowed to use.

# 2v2 GB's

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Learn / Play / Compete	Offense / Defense / Unsettled Play	Stick, Ball(s), Goal, Space	5-10 minutes



**Description:** Set up players as shown. Roll out a ground ball behind the goal and have players battle for it. Team who possesses the ball is on offense. Object of the game is to score a goal. All players must stay in-bounds as defined by the cones.

**Variations:** Add additional players to make it more realistic. Vary the location of the goal. Increase or decrease the space. Add a “bonus” area where goals are worth an extra point. Require a maximum or minimum number of passes

# Ring of Fire

## Player Level:

Discover / Learn / Play / Compete

## Skills Developed:

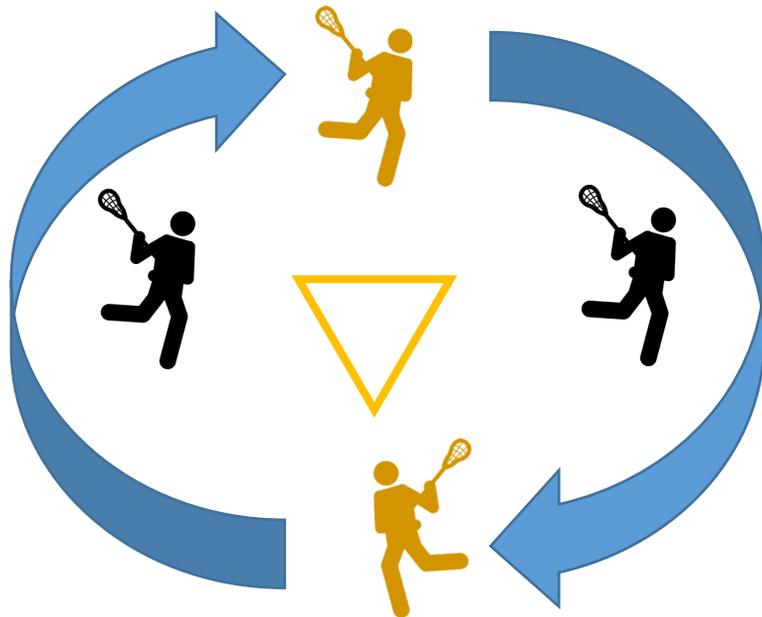
Offense / Defense / Unsettled

## Equipment Needed:

Stick, Ball(s), Goal, Space

## Duration:

5-10 minutes

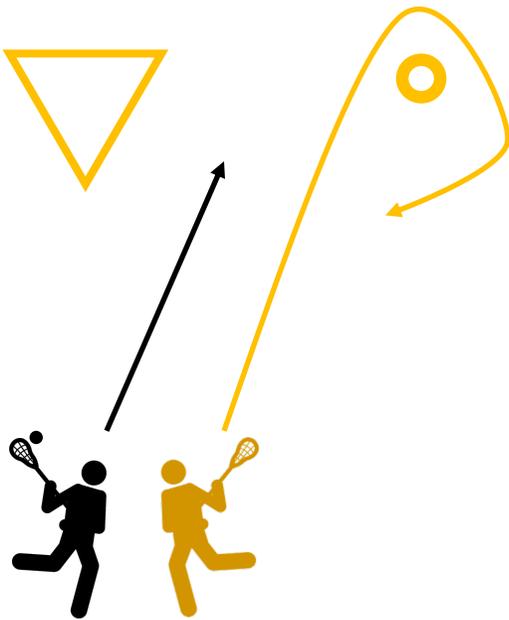


**Description:** Set up players as shown and have them jog clockwise around the goal crease. Roll out a ground ball anywhere and have players battle for it. Team who possesses the ball is on offense. Object of the game is to score a goal. All players must stay in-bounds as defined by the cones.

**Variations:** Add additional players to make it more realistic. Vary the location of the goal. Increase or decrease the space. Add a “bonus” area where goals are worth an extra point. Require a maximum or minimum number of passes

# Navy 1v1's

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Learn / Play / Compete	Defense	Stick, Ball(s), Goal, Space	5-10 minutes

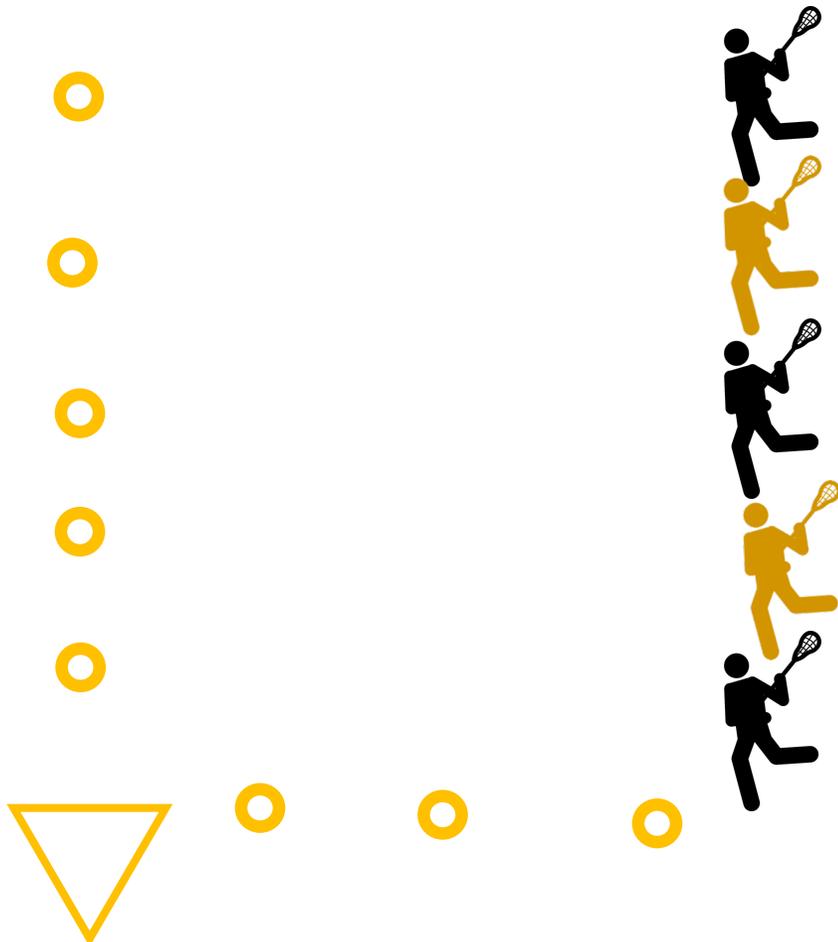


**Description:** Set up players as shown. The defender (gold) runs out and around the cone. As he/she returns, the dodger (black) attempts to get to the goal for a shot. No players are permitted in the goal crease, other than a goalkeeper. Object of the game is for the defender to successfully turn the dodger back or force them to an area of low scoring opportunity.

**Variations:** Add additional offense or defense players to make it more realistic. Vary the location of the goal. Increase or decrease the space. Add a “bonus” area where goals are worth an extra point.

# 3v2 Sideways

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Learn / Play / Compete	Unsettled Play / Overloads	Stick, Ball(s), Goal, Space	5-10 minutes

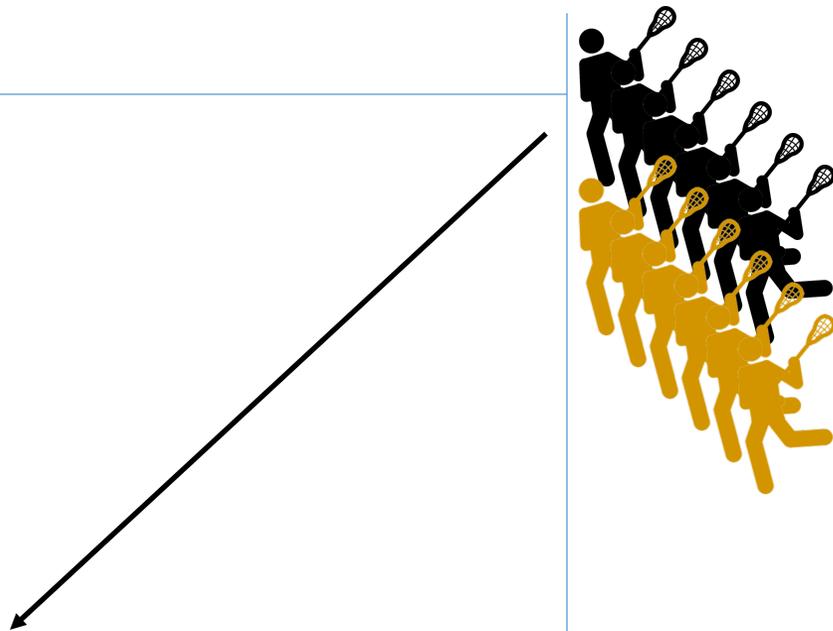


**Description:** Set up players as shown. Goalie passes the ball to one of the offense (black) players. As the pass is in the air, the defense (gold) releases into the play area. Offense plays 3v2 versus the defense until a goal or turnover happens. All play must happen within the cone boundaries.

**Variations:** Add additional offense or defense players. Vary the starting location of the players. Increase or decrease the space. Change the shape of the space. Add a “bonus” area where goals are worth an extra point.

# Towson Fastbreak

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Learn / Play / Compete	Transition Offense and Defense	Stick, Ball(s), Goal, Space	5-10 minutes



**Description:** Set up players as shown at the midfield line. Goalie passes the ball to first offense (black) player in line, who runs to goal for a 1v0. dodger stays on the field. After shot, goalie passes a new ball to next offense player who goes to goal in a 1v1 with a defender (gold). After shot they both stay on field. Continue this pattern until 6v5 or 7v6 is reached.

**Variations:** Add additional offense or defense players. Vary the starting location of the players. Increase or decrease the space. Change the shape of the space. Add a “bonus” area where goals are worth an extra point. Release an extra defender to make it an even situation.



# Feed the Crease

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Learn / Plat / Compete	Feeding / Defense / Finishing	Stick, Ball(s), Goal, Space	5-10 minutes



**Description:** Set up players as shown below the restraining line. Perimeter offense (black) players pass the ball around the perimeter, looking to feed the ball to an inside player. Defenders (gold) must work to defend the ball carrier, as well as the inside offense players. Only inside offense players may shoot on goal.

**Variations:** Add additional offense or defense players. Vary the shape of the offense players. Increase or decrease the space. Add a “bonus” area where goals are worth an extra point. Release an extra defender after a certain number of passes to make it an even situation.

# Numbers Game

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover / Learn / Play / Compete	Unsettled / Transition	Stick, Ball(s), Goal, Space	5-10 minutes

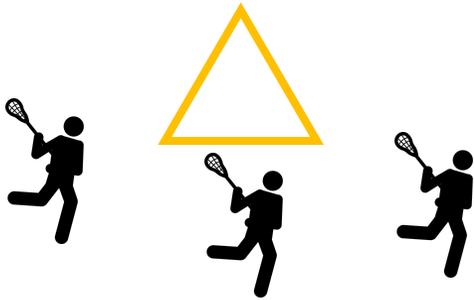


**Description:** Set up players as shown above the restraining line. Call out a two digit number (32, 31, 43, etc...). The first digit is how many offense (black) players play, the second digit is how many defense (gold) players play. Object is for the offense to score and defense to stop them or gain possession of the ball.

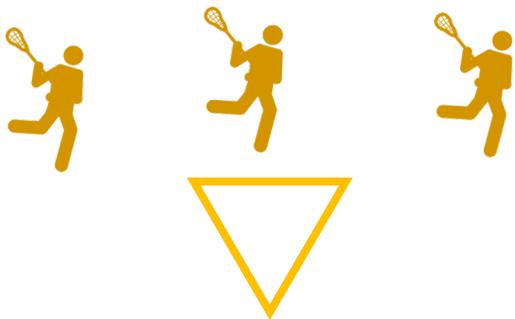
**Variations:** Add a “bonus” area where goals are worth an extra point. Release an extra defender after a certain number of passes. Start with a loose ball and whichever team gains possession is on offense and gets an extra player to release from the line. Require a maximum or minimum number of passes before shooting.

# King of the Ring

Player Level:	Skills Developed:	Equipment Needed:	Duration:
Discover / Learn / Play / Compete	Small Area Game	Stick, Ball(s), 2 Goals, Space	15 minutes



**Description:** This is a 3v3 game played on field no greater than 40yds x 20yds. Divide into teams of 3, must have three teams, as two will play and one will be “on-deck.” Start by placing the ball in the middle of the field and both teams lined up at GLE. On “Go” the teams race to the loose ball. First team to possess the ball is on offense. After a goal, defense takes ball out of the goal and starts their attack. Play to 5-7 goals. Losing team stays on the field and plays on-deck team.



**Variations:** Add a “bonus” area where goals are worth an extra point. Allow “un-contested” passing if offense player being passed to is behind the mid-line. Create areas of the field where if the offense enters is an automatic turnover. Maximum or minimum number of passes. Passes only permitted on the offensive half of the field. Must use a pick on offensive half. Must double team the ball when on defense.

# Notes:

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