

Amped Up Star Drill

Skills Practiced & Equipment Needed

Attackers practice throwing and catching on the move and under pressure, cutting, and timing cuts. Defenders practice proper defensive positioning, pressuring the ball and creating caused turnovers. Both attackers and defenders must communicate in this drill.

- Five cones, lacrosse balls, whole team

The Amped Up Star Drill is an enhanced version of the traditional Star Drill with patterned ball movement in a more game-like drill set.

Drill Description

Set 5 cones in the shape of a pentagon with at least 20 meters between cones. Each cone should have a line of 3 players. Add 5 defenders inside the pentagon, one at each cone. Determine the passing pattern - in this example pass to the second line to your right.

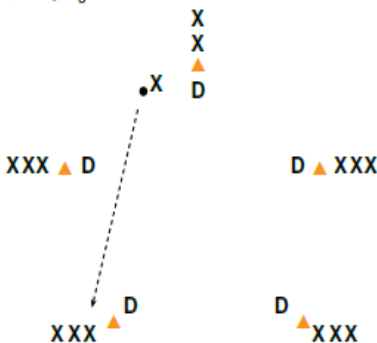
Players follow their pass cutting through the star and ending their cut at the end of the line to which they just passed the ball. Passers must attack off the catch by driving at the defender and going into the traffic. Receivers must ask for the ball by cutting into a passing lane.

Defenders must see both ball and girl and keep their sticks up and in the passing lanes. They must constantly communicate with each other about the location of the ball and cutters. Defenders must pressure the ball and deny cutters.

On ball defenders must pressure the ball handler. Emphasize that on ball defenders work to maintain body position and not get beat. Once defenders demonstrate effective defensive positioning, coaches can allow defenders to check, but do not allow any wild swings that would be fouls in a game.

Off ball defenders actively deny cutters and hunt the ball on all passes. Defenders hunt the ball by anticipating and pursuing knockdowns and interceptions.

Defenders will naturally default to a cone, but they are not restricted to marking one girl. They can double or swarm the ball and really go after possession. To make the drill more game-like, defenders must pursue possession after a check or knockdown. A defender who causes a turnover should compete for the ball. Once the defender collects the ball, she should pass it to the attacking line to which the ball was intended to go to. This is done to keep the drill moving.



Coaching Tip

If you are working with a team with limited stick skills you may choose to start this drill with one or two defenders, and then add defenders once you get things going. It works best if the defenders wear different color shirts to identify them. The coach switches the defenders often and ALL players get a chance to play defense.

Have extra balls available to keep the drill moving at all times. Institute the ACTIVATION rule. The next attacker should always be ready to start a new ball on an over throw. With that said, the attacker who missed the pass must chase and collect the overthrown ball. This attacker should cradle to the line she was supposed to cut to and then the overthrown ball is dead.