

Lake Oswego Youth Lacrosse

90 Minute Practice Plan



Key Concepts

- ✓ Have a plan and follow it.
- ✓ **No drill over 15 minutes.**
- ✓ Focus on drills that simulate the game, with high reps/lots of touches.
- ✓ Practice what happens all the time (e.g. passing and catching) and add the little things (e.g. riding, defensive clears, faceoffs).
- ✓ Tell the players why they are working on the drills at hand.
- ✓ Split your team into smaller elements.
- ✓ Positive energy, this is a growth process.

0-5 minutes: Coach Review and Practice Explanation

5-10 minutes: Set up (Start early if you're ready.)

10-25 minutes: Drill #1

25-40 minutes: Drill #2

40-55 minutes: Drill #3

55-60 minutes: Break (use this time to BRIEFLY talk to players)

60-75 minutes: Drill #4

75-90 minutes: Drill #5