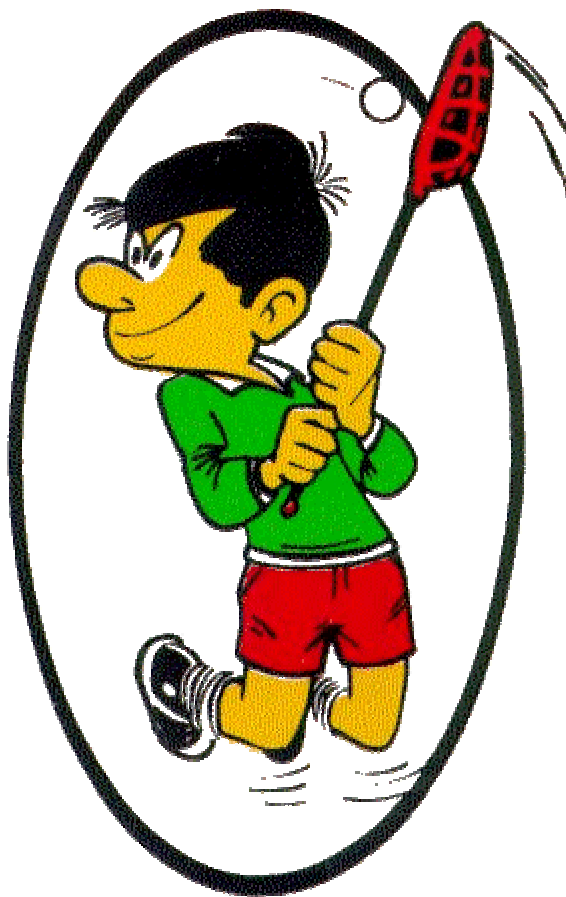


Intercrosse Tips & Tricks



A compilation of the Tips & Tricks section of the club website of
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<http://hem.passagen.se/interx/>

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1 Introduction

This document is a compilation of the "Tips & Tricks" section of the club page of Penguin Intercrosse & Lacrosse Society. The contents will be updated as soon as new material is has been added to the web page. For the latest tips and tricks please visit the web page at <http://hem.passagen.se/intex/>.

1.1 Copyright

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2 How to

This chapter give you some examples and tips on how to improve your game by providing tips and descriptions on how to perform different intercrosse moves, basic as well as advanced.

Here are the different topics we have described:

Holding the cross

- High grip
- Medium grip
- Low grip

Picking up the ball

- Scooping
- Rolling + Scooping
- Indian pickup

Stick control

- Rocking
- Side shift

Passing / Catching

- Long pass
- Short pass
- The catch

Shooting

- Long shot
- Short shot
- Back shot
- Bounce shot
- Low shot

2.1 Holding the cross

It is natural for a player to hold the cross on the side of the body. Normally, a right-handed player, hold the cross on the right side of the body and a left-handed player on the left side.

If you are right-handed, keep your right hand just below the basket in the middle of the cross and your left hand at the bottom of the cross. Left-handers' reverse the procedure.

The grip should be firm but relaxed.

IMPORTANT! While it is natural for a player to hold the cross on a certain side of the body, one should from the beginning practice to hold and use the cross on both sides. That is both as a left and right-hander.

There are basically three different grips used in intercrosse:

- ❑ **High grip**
- ❑ **Medium grip**
- ❑ **Low grip**

2.1.1 High grip

The high grip is performed by placing the upper hand just below the basket and the lower hand in the middle of the shaft. This grip is mainly used when...

- ...directing the ball with precision.
- ...performing short passes.
- ...performing quick passes (quick-stick passes).

2.1.2 Medium grip

The medium grip is performed by placing the upper hand in the middle of the cross and the lower hand at the bottom of the shaft. This grip is mainly used during movement.

2.1.3 Low grip

The low grip is performed by placing both hands around the lower part of the shaft. This grip is often used during long passes.

2.2 Picking up the ball

There are three typical ways to pick the ball up from the ground:

- **Scooping**
- **Rolling + scooping**
- **Indian pickup**

2.2.1 Scooping

"Scooping" is the simplest and most frequently used technique when picking the ball up from the floor. The motion is performed this way:

1. Put the foot opposite to the side of the cross beside of the ball.
2. Bend the knees and put the head of the cross on the ground with the opening facing upwards.
3. Drag the cross towards the ball making it roll into the pocket.
4. Finally you lift the cross and straighten the knees.

The movement is similar to using a shovel.

Frequent errors:

- Not placing the basket on the ground.
- Not leaning sufficiently
- Not to bending the knees.
- To hold the stick in a too steep of an angle.

2.2.2 Rolling + scooping

"Rolling + scooping" is a variant of the "Scooping" move used to pick the ball up.

The difference is that initially the tip of the cross is placed on the ball. Secondly the cross is moved backwards making the ball roll towards the body. The ball is then picked up using the scooping technique described above.

2.2.3 Indian pickup

The "indian pickup" is a famous and old technique used to pick the ball up quickly from the floor. However it is a very difficult technique that requires a lot of practise.

It is performed by holding the cross with one hand placed at the end of the cross. The top 10 centimetres of the cross is used to "hit" the ball on the ground making it roll towards you. Immediately after hitting the ball, the cross is rotated around the ball so that the opening is facing upwards. The ball is now rolling into the cross. As a final step the cross is lifted making the ball roll into the pocket.

In order for this to succeed, all the moves described above must be performed quickly and in one continuous motion.

2.3 Stick control

This section describes the following different stick control techniques:

- **Rocking**
- **Side shift**

2.3.1 Rocking

"Rocking" is a move used for the following reasons:

1. Feeling the ball in the cross.
2. Keeping the ball in the cross.
3. Feinting the opponent.

The move is performed by rotating the cross using the wrists.

First the cross is rotated about 120 degrees towards the body followed by a rotation back to the original position.

The rotation pushes the ball into the cross and also gives the player a feeling of the ball's position in the cross. Using the rotation technique therefore generally means improved ball control.

2.3.2 Side shift

A good intercrosse player of course knows how to play both on the right and left side of the body. In many situations it is a considerable advantage to switch sides quickly. A quick side shift gives you that little extra time to shoot or pass safely.

The side shift is performed by rotating the cross with the opening towards the body. Simultaneously the cross is moved over to the other side.

These are the steps necessary to switch sides:

1. Lower the grip slightly.
2. Hold the cross with your fingers rather than the palm of the hand. Wrap the fingers around the shaft.
3. Rotate the cross 360 degrees using your fingers and wrist.
The rotation should always be performed in such direction that the cross opening is turned towards the body.
4. During the rotation, move the cross over to the other side.
Keep the cross close to your body for maximum control.
5. Just before the rotation is finished release the lower hand and move it above the upper hand.
6. Adjust the grip.

This move is quite advanced but is undoubtedly the quickest way to switch sides.

When running this switch becomes even more efficient. By performing the above steps in one continuous motion and at the same time use the movement of the body you are ready to shoot immediately after the switch is made. So if you perform the switch correctly you may switch and shoot in a single motion.

Here are some common mistakes done when switching sides and some tips on how to correct them:

Problem: The ball pops out of the cross when moving the cross over to the other side.

How to correct: This is usually an indication that the player holds the cross too tightly.

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Try loosening up the wrists. You can practise the move without a ball in front of a mirror.

Another possibility is that the cross is moved either too far from the body making it difficult to control or too close having it "collide" with the body.

2.4 Passing / Catching

Passing and catching are the two most important basic techniques to learn for an intercrosse player. Below we will describe how to perform different variants of the pass and the catch.

2.4.1 Passing

The most used grip when passing is the medium grip meaning that the lower hand is placed at the end of the stick and the higher hand in the middle of the cross. This grip is most efficient for medium range passes since it results in a fairly powerful pass with good precision.

For shorter ranges though you need "feeling" rather than power. Therefore, the shorter the pass the higher the grip.

On the other side, for longer passes you often need even more power than the medium grip can give. In these cases you should lower the grip. The problem with the low grip however is the lack of precision.

It is extremely difficult to get precision in the pass when using a low grip. You should therefore avoid long passes as much as possible.

The pass is initiated by moving the lower hand forwards and upwards thereby leaning the head of the cross backwards. Before releasing the pass the foot opposite to the side where the cross is held is put forward.

Next the pass is released using a pendulum movement forwards. The lower hand is moved backwards and downwards at the same time as the upper hand is moved forwards and upwards. The movement is similar to throwing with a fishing rod (for those of you who fish).

Here are some common mistakes made by beginners and some tips on how to correct them:

Problem: When releasing the pass, both hands are moved forward. This way the ball just "pops" out of the cross.

How to correct: Practise the pendulum movement without a ball or with a ball throwing against a wall. After a while the movement comes naturally.

Problem: The player is standing still with his/her feet parallel. This way the body is in the way when the release movement is made thus hindering the pass making it powerless and without precision.

How to correct: Encourage the player to move around while passing. Initially moving forwards when releasing the pass and backwards before receiving the return pass. This way the positioning of the feet comes naturally.

Problem: When releasing the pass it is directed downwards, hitting the floor.

How to correct: The problem is usually that the player uses too much power or that he/she is aiming directly at the receiver's cross. Aim a little higher and use less power!

Problem: When releasing the pass it is too high or too long.

How to correct: The player uses too much power. Use less power!

2.4.2 Catching

To catch the ball, hold the opening of the cross directly towards the passer, preferably leaning the cross a little bit forward to indicate where you want the ball go. When the ball is in the air, keep your eyes on it until it reaches the cross. Move the cross backwards to intercept the ball leaving it in the "pocket" without bouncing or wobbling.

During the interception it is important to "loosen" the wrists. This way the ball's energy is more easily absorbed making the catch stable and giving you immediate control.

Here are some common mistakes made by beginners and some tips on how to correct them:

Problem: When intercepting the ball the cross is moved forward towards the incoming ball.

How to correct: Start the catch by leaning the cross a little bit forward rather than holding it vertically. This way the only way you can move the cross is backwards thus intercepting the ball in the correct way.

Problem: The cross is moved backwards in order to intercept the ball but it bounces out of the cross.

How to correct: Usually this indicates that the player "locks" the wrists by holding the cross too tightly. "Loosen" the wrists by not holding the cross so tight.

2.5 Shooting

This section describes how to perform different types of shots. The following shooting techniques are described:

- **Long distance shot**
- **Short distance shot**
- **Back shot**
- **Bounce shot**
- **Low shot**

The base principles and the techniques for shooting are the same as those of the pass. As opposed to the passing movement the shooting movement is "longer", meaning that the ball is released later pushing it downwards. The later the ball is released the lower the shot.

Here are some common mistakes made by beginners and some tips on how to correct them:

Problem: The shot is directed upwards.

How to correct: This problem is usually caused by the grip being too low or the player using too much power. Raise the grip or use less power.

2.5.1 Long distance shot

The further away from the goal the more important is the power. Long distance shots are therefore usually made with a lower grip on the cross giving it more power. Unfortunately when lowering the grip, as when passing, it is difficult to get good precision. Long distance shots are therefore unusual.

Another important matter is the fact that the goalkeeper has more time to react on long distance shots. This is why power is necessary. There is however a way to shoot from quite a long distance but still surprise the goalkeeper; by shooting from a hidden angle, preferably using a bounce shot. Use the defender's body to hide the shot by shooting beside his/her body.

2.5.2 Short distance shot

Most of the shots are fired from a short distance, usually from within a meter from the crease. When shooting from this distance it is very difficult for the goalkeeper to react. This means that the important thing is not power but rather precision. Thus, the grip should be high in order to get better precision.

2.5.3 Bounce shot

The bounce shot is a very effective version of the normal shot where the shot is directed to the floor in front of the goalkeeper. The resulting bounce makes it very difficult for the goalkeeper.

This shot can be used at short as well as long distance. It is even more effective when released hidden from the goalkeeper for example on the side of a defender.

2.5.4 Back shot

The back shot is a difficult but very effective shooting technique. It is performed by taking the shot behind the back rather than in front of the body. This shot is usually made after faking a normal shot. It is very effective in sharp angles, where the player has run past the goal. Because the shot is made behind the back it is hidden from the goalkeeper making it even more difficult to predict.

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The major difference from a normal shot is the direction of the lower body and feet. When shooting a back shot the body should rather be placed in a 90-degree angle from the goalkeeper, facing the sideline. The eyes however should always be placed on the target. The grip should be high. Next the upper body is turned placing the shoulders parallel to the goalkeeper, i.e. the chest facing the own goal. When turning the upper body the cross is moved up behind the back of the head where the shot is released.

In order to turn the upper body it is important to place the feet correctly. The foot closest to the goal should be placed in front of the other.

Some common problems:

Problem: The shot is directed upwards.

How to correct: This problem is usually caused by one of the following:

- **The grip is too low.**
Correct by raising the grip.
- **Using too much power.**
Correct by using less power.
- **Not lifting the upper arm enough.**
The elbow should be lifted to the level of the shoulder.
Correct by lifting the elbow.

Problem: The shot is wide of the target.

How to correct: This is usually caused by not placing the body in the correct angle to the target. The feet and hips should be in a 90-degree angle from the target while the shoulders and chest should be almost parallel to it. This movement takes some time to learn. Encourage practicing against a wall. Spot a target on the wall and try to hit it using the back shot.

Another cause might be not lifting the elbow of the upper arm.

2.5.5 Low shot

The low shot is a very difficult technique. When performed properly, it generates a very hard, fast and difficult shot. Speed is the primary ingredient, but in order to keep the ball in the cross long enough also requires very good technique and "feeling".

The shot is performed by lowering the head of the cross below the knee and releasing the shot there.

Grip the cross low, lower it to the knee with the basket facing upwards. Next turn the opening towards the goal while lowering the cross below the knee. When the ball is placed in the upper part of the cross' basket, push it forwards to release the shot.

The speed is necessary when lowering the cross below the knee. If the speed is insufficient the ball is dropped before the shot is made. This is what makes this shot so difficult.

3 Tactics

With the initiation of the World Cup, intercrosse went from a social sport played merely for the exercise, to a competitive sport where results are important. As a competitive sport more focus is placed on tactics.

This section is meant to be a tactical guide. Tactics is not an absolute knowledge. The tactics described in the sections below are therefore only personal opinions on how the game is to be played. They are not to be considered the "best" or the "only" alternative but just a guide to one way to play.

Tactics are a difficult part to learn in any game. It takes a considerable amount of time to learn all the moves and to get the players to know each other well enough for a certain tactic strategy to work. Having this in mind one should not expect that tactic training have immediate effect.

The tactics here are divided into the following subsections:

1. **Defence tactics**
Tactics to be used during defensive play.
2. **Attacking tactics**
Tactics to be used during offensive play.
3. **Team tactics**
Overall tactics to be used during the entire game.

3.1 Defence tactics

When it comes to team ball-sports a good defence is often the key to a successful game. This is also the case in intercrosse. While attacking is easy, especially psychologically, defence requires tolerance and smartness in order to keep the opponent away from the goal.

The key to a good defence is cooperation meaning that the team need to work together in an ordered fashion where everyone knows his/her role. This however, may be difficult in some situations for example during a counter attack.

When the team is not unified in one defensive unit, defence is a very difficult matter. This scenario requires that each individual player have a good tactical knowledge in order to make the right decisions. A unified defence is easier but still requires a lot, especially that the players know each other and how they react in different situations. Otherwise a misunderstanding may occur, which in turn gives the attacker an advantage.

As a base rule you might say that the team should strive towards a unified defence, because this is the easiest way to defend as well as the most efficient.

Defenders may be confronted with the following situations:

- **The counter attack**
- **Unified defence**
- **2-on-1**

3.1.1 The counter attack

As said in the beginning the counter attack is the most difficult situation to handle as a defender since the players are often scattered and the defence in disorder. Because the team is not unified, this scenario requires more from each individual player.

The team should always strive in the direction of a unified defence; therefore the first priority for every player is to aim for the opponent closest to him/her. This is particularly important for the player closest to the ball. This may seem to be a simple task, but in reality players have a tendency to running as quick as possible back to the goalkeeper.

Why is this bad, you may ask?

If everyone runs back as fast as possible, won't the team be unified as quickly as possible this way? Yes, this may in many situations be the fastest way to unify the team "physically". The trouble is that even though the whole team is united in one spot, it still takes a considerable amount of time to organize the defence and for everyone to "pick a player" to defend. Also the opponent team gets to run all the way down to your goal without interference of any kind, which means that they have speed against a still-standing defence. This is a very dangerous situation.

By seeking up the player closest to you, that player is disturbed and the opponent team is therefore weakened in its attack. "Disturbing" the opponent this way not only weakens the opponent team's attack, but also increases the possibility of stealing the ball and form a "counter-counter-attack". (See, a good defence really is the basis for attacking.)

So, primarily each player seeks up the opponent closest to him or her. Then what?

The next step differs slightly depending on if you defend the player with the ball or not. If you are defending the player with the ball you need to push the opponent as far away from the goal as possible. Positioning yourself correctly in relation to the opponent does this. The correct defensive position is always between the opponent and the goalkeeper (that is, your own goalkeeper of course).

In order to "push" the opponent away from the goal you need to block his/her way to the goal and force him/her to go around you. When defending this way you need to keep the opponent away from the area straight in front of the goal. The further out the side they are, the better. Thus, you "push" the opponent out to the sides by positioning yourself (and your cross) a little more to the "inside" of the court. It is important to say that there are exceptions to this rule. For example in two-on-one situations, which we will discuss with later.

If you are defending a player not carrying the ball your objective is slightly different. In this scenario you should not only "push" them out to the sides but also keep an eye on the player with the ball in order to make it impossible for him/her to pass the player you are defending. So defending the players not carrying the ball is actually much more complicated.

3.1.2 Unified defence

A unified defence is when the whole team is gathered and each player defends one opponent.

When in a unified defence there are two objectives:

1. To push the opponents as far away from the goal as possible, preferably out to the sides where the angle is so sharp that a potential shot will be an easy one for the goalkeeper to save.
2. To "cut off" the opponent with the ball so that he/she have no one to pass the ball to.

If both goals are achieved the opponent will be forced to shoot from a sharp angle leaving an easy task for the goalkeeper.

The first objective is very similar to the second one when defending a counter attack. It is important to keep the opponent away from the area in front of the goal. Correct positioning is the most efficient way to achieve this.

The major difference between the unified defence and the counter attack defence is that in a unified defence the game is played more side-to-side. It is very difficult for an attacker to play with "depth" against a unified defence.

One effective method for the unified defence to use is to break the opponents' "pattern" by blocking the "side-to side" possibility and forcing them to attack single-handed. Using this method however can if misused be interpreted as zone defence, it is therefore important that the defenders still use man-to-man defence.

3.1.3 2-on-1

In some cases defence doesn't work as expected. How improbable it may seem it is possible that the opponents are just too fast. In this case a 2-on-1 situation is not unusual.

As a defender there are some tricks you might use to stop a situation like this which in many ways differ from ordinary defending.

1. **Keep distance**

In an ordinary defence strategy you should keep close to the player you are defending. However, in a 2-on-1 scenario there are two opponents to defend. Place yourself in between the two players with depth so that you still have time to move in front of the player with the ball if he chooses to go for the goal.

2. **Cut off the pass**

In a 2-on-1 situation the use of the goalkeeper is important. The defender should therefore as a primary target try to cut off the passing angle between the two opponents while the goalkeeper concentrates on the player with the ball. A good defender can push the player with the ball out to the side while still cutting off the passing angle to the second opponent merely by positioning himself correctly.

This is however very difficult.

3. **Use the goalkeeper**

As said before the use of the goalkeeper is very important in a 2-on-1 situation.

The goalkeeper should always follow the player with the ball leaving the player without the ball for the defender to "cut off".

3.2 Attacking tactics

Attacking tactics is very hard to generalize since there are numerous ways to form an attack. There is however some tips and tricks you may use generally in order to gain an advantage during the attack.

The basis for all attack is the defence. The better defence the more attacks.

It is also important that the whole team form an attack together. Single-handed attacks are easy to defend and rarely conclude in goals.

3.2.1 Starting an attack

When obtaining control of the ball, the attack must be formed quickly. The faster the attack is formed the more difficult it is for the opponent to defend. When starting an attack the first pass is critical. It is therefore very important that the player with the ball use the five seconds at hand to make sure that the first pass is safe.

On the other hand it is even more important that the players without the ball move around in order to generate free space for the first pass to be played safely.

An easy way to quickly generate this free space is to spread out on the field. The players without the ball move out to the sides while the player with the ball move into the centre of the field. This automatically generates a lot of passing opportunities.

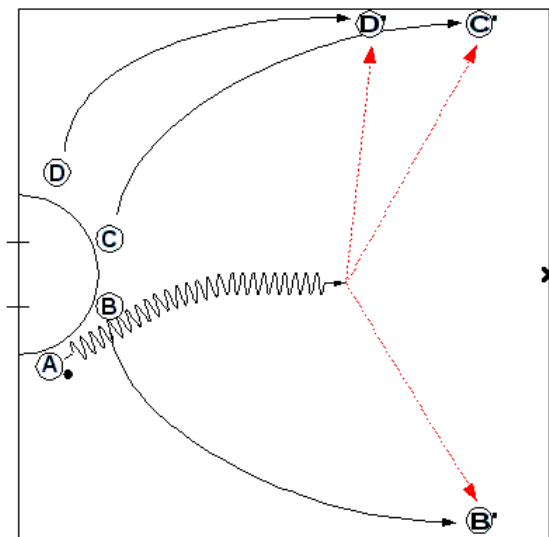


Figure 1 - Sample attack: Step 1

If all players are still defended the next step is for them to switch sides.

The side switch automatically generates even more opportunities to make the first pass.

Switching sides also makes it difficult for the defenders due to the “screening” (see below).

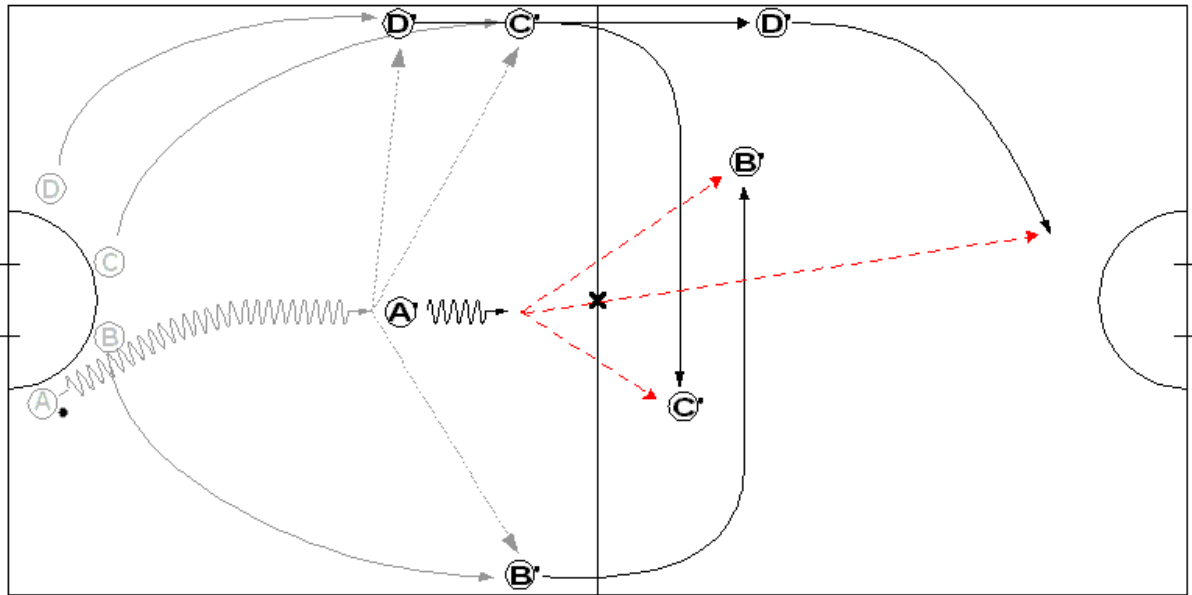


Figure 2 - Sample attack: Step 2

Figure 1 above also shows a special tactic called "the train". Players C and D follow each other along the sideline. A first pass to player D is usually very safe since the defenders concentrate on the player closest to the opposite goal, namely player C.

The path of player D is "protected" by player C making it difficult for a defender to get in between. When the first pass has been made, there are at least three different possibilities:

1. Player C changes direction, heading into the centre of the field.
This gives player D the opportunity to either pass player C diagonally from behind or to continue along the side with the ball in order to make a later pass.
2. Player C continues along the sideline.
This makes it possible for player D to make the next pass in the "corridor".
3. Player D moves into the centre of the court, taking the position of player A, who in turn continues straight for the opposite goal.
This gives player D several passing opportunities similar to the ones shown in [Figure 2].

If none of the above tricks works the last way out is a pass back to the goalkeeper.

This restarts the whole scenario, meaning that all players need to move back towards the goalkeeper in order to form a new attack.

3.2.2 Give and go

The "give and go" is a quite simple move that can be useful in many situations. "Give and go" means passing a teammate, run towards the opponents' goal and get the return pass while in motion.

Many defenders have a tendency to keep their eyes on the ball at all times, which is a quite normal reaction. Thus, when the first pass is made they move their sight to the teammate receiving the ball. This leaves the player passing the ball unattended for a short while just enough for him/her to run past the defender and get ready for the return pass.

When the return pass is made the attacking team has a numeric advantage in players as well as speed.

3.2.3 "Screening"

An effective way of generating free space while playing against a unified defence is the use of screening.

This is done by having the player with the ball and one teammate switch sides by running towards each other.

During the switch the two defenders either collide or switch players to defend. Either way, during the switch the attackers generate a short moment of confusion, which in turn means an offensive advantage.

Screening is extremely effective against a slow and inexperienced defence.

The sample tactic described in the section "Starting an attack" above, includes "screening" when players B and C switch sides.

3.2.4 Moving patterns

Another effective attacking tactic are the use of "moving patterns". This is the way the team is moving on the court in order to generate an efficient attack. A good offensive team has many "moving patterns" memorized making it easy to generate free space and making it difficult for the defenders to organize an effective defence.

Moving patterns are normally the last tactic skill a player learns. When teaching moving patterns it is important that all players know each other well. The use of these patterns must be improvised. It is up to the players to decide which pattern to use at each occasion respectively.

The greatest difficulty when using "moving patterns" is to choose the right pattern at the right time and get all the team mates to use the same pattern. This must be done on the fly during the game otherwise the attack usually fail "big time".

A simple moving pattern is the one described in the section "Starting an attack" above.

3.3 Team tactics

This section is dedicated to overall team tactics not directly related to defence or attack tactics.

3.3.1 Substitution of players

Substitution of players is a small but very important tactical move.

The first rule is to always change in attack. Changing in defence means the opponents get one man free and thus a great advantage in their attack.

Secondly it is often very effective to start an attack by substituting players. The player leaving the field quickly go to the bench where the new player enters the field and sneak past the opponents defence on the flank.

This is often a very effective tactic since the opponents often "forget" about the new player entering the field.

NOTE! It is important to keep the substitution legal.
The new player must not enter the field until the player leaving the field have touched the sideline and is within two meters from the bench.

3.3.2 Timeout

The timeout is another useful tactical move to be used by each team once during a game. Since the timeout is a limited "resource" it's timing is extremely important.

Generally there are two times when the timeout should be used:

1. When the opponent have a streak of several goals in a row.
2. When the game is even and close to the end.

NOTE! Remember that it is only the team in possession of the ball that can call for a timeout.

4 Exercises

This "Tips & Tricks" subsection give you some examples and tips on how to improve your game by demonstrative exercises and training tips from other players worldwide.

The exercises below are graded in three levels of skill:

Beginner

This section is for you that have just begun playing or is thinking of trying it out. The exercises concentrate on the basics in intercrosse such as passing/catching, basic stick handling et cetera.

Intermediate





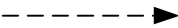
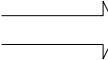







This section is for you that have played for a year or two and have a good knowledge of the game in general. The exercises are concentrated on more advanced stick handling, game understanding and basic tactics.

Expert

This section is for you that have played for a long time and have "expert" knowledge of the game. The exercises are highly focused on tactics and cooperation.

NOTE! Before using any of the exercises at the "Expert" skill level you should have read the corresponding tactics in our "Tips & Tricks - Tactics" section.

4.1 Legend

	Attacker
	Attacker in possession of the ball
	Defender
	Defender in possession of the ball
	Pass
	Shot
	Player movement without ball
	Ball free on the floor
	Player movement with ball
	Cone
	Passer
	Ball collection
	Goalkeeper

4.2 Exercise 1: Pick-up line drill 1

Number: 1
Exercise: Pick-up line drill 1
Skill level: Beginner
Tactics: None.
Moments: Picking up the ball

Description:

Divide the players into two lines. The first player (player A) rolls the ball on the floor towards the other line then takes last position in the second line. The first player in the second line (player B) runs towards the ball, picks it up and takes last position in the first line.

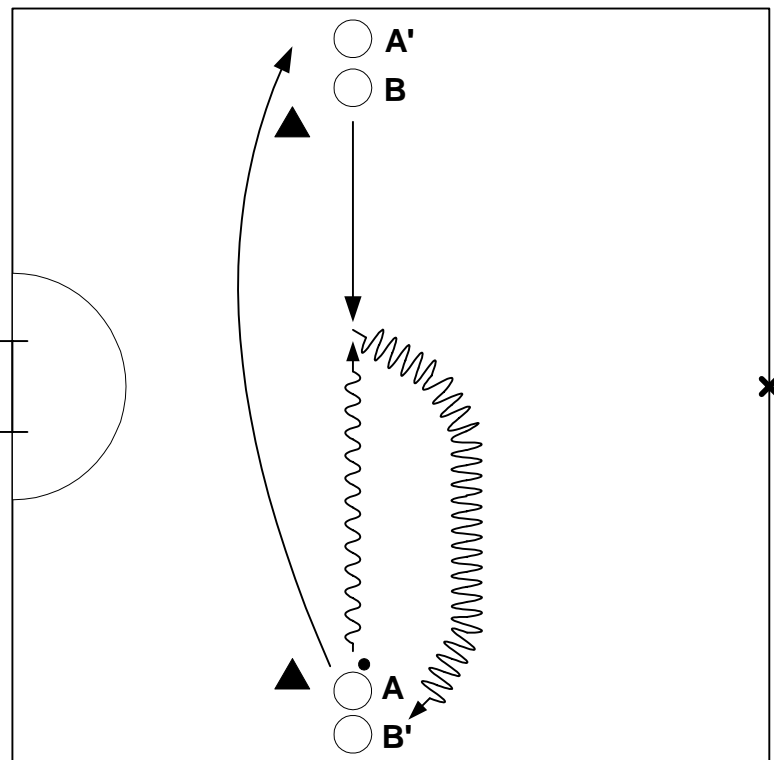
Notes:

The player picking up the ball should "scoop" it up. It is important to bend the knees.

See also:

- Exercise 2: Pick-up line drill 2

Illustration:



4.3 Exercise 2: Pick-up line drill 2

Number: 2
Exercise: Pick-up line drill 2
Skill level: Beginner
Tactics: None.
Moments: Picking up the ball

Description:

Divide the players into two lines. The first player of the first line (player A) rolls the ball to the first player in the second line (player C) then runs over to take last position in the second line. Player C picks the ball up by "scooping", then rolls the ball back over to the second player in the first line (player B) and so on.

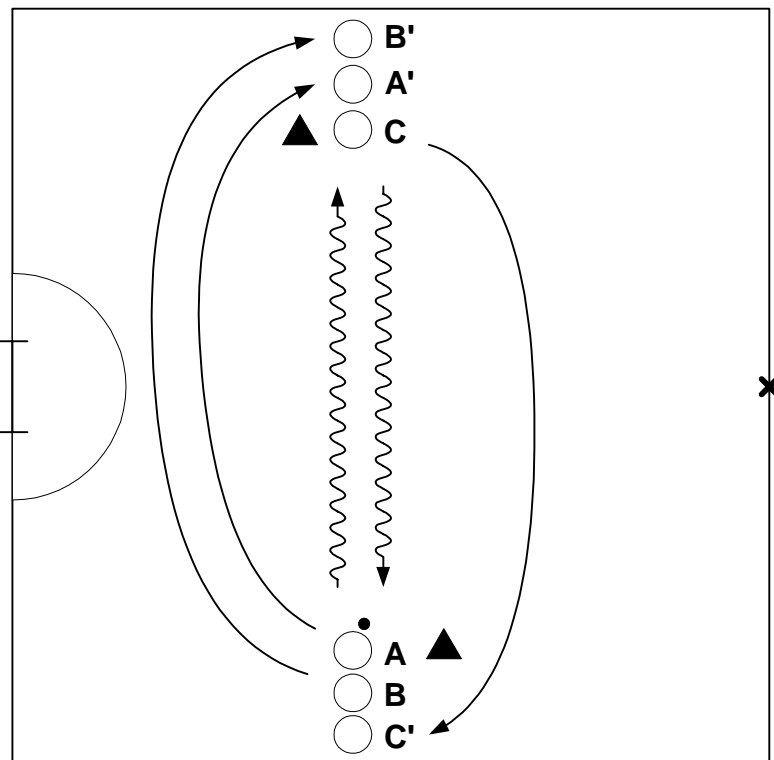
Notes:

The player picking up the ball should "scoop" it up. It is important to bend the knees.

See also:

- Exercise 1: Pick-up line drill 1

Illustration:



4.4 Exercise 3: Cross pass

Number: 3
Exercise: Cross pass
Skill level: Intermediate
Tactics: None.
Moments: Stick handling, Passing, Catching

Description:

Divide the players into two lines positioned in each of the corners in one end of the court. The first player in each of the lines starts running along the sides one of them with a ball. While running they pass the ball between each other until they reach the other end. When reaching the end they run back to take last position in the line.

Notes:

- Make sure the players hold their cross in front of them at all times during both catching and throwing.
This means that the player on the right side must hold the cross using a right-handed grip and the player on the left side using a left-handed grip.
- When passing, aim a few meters in front of the other player.
After delivering a pass the players should accelerate in order to move in front of the player on the other side.

See also:

- Exercise 11: Cross pass 2

4.5 Exercise 4: Sharp shooting

Number: 4
Exercise: Sharp shooting
Skill level: Intermediate
Tactics: None.
Moments: Precision shooting

Description:

Divide the players into two teams each lined up along the each court side facing each other.
Every player holds one ball.
Define a goal-line for each team using court lines or cones.
Place a basketball / football or similar in the middle, between the two teams.
On the signal each team shoot at the ball in the middle.
The winning team is the one that first make the ball go over the other team's goal line.

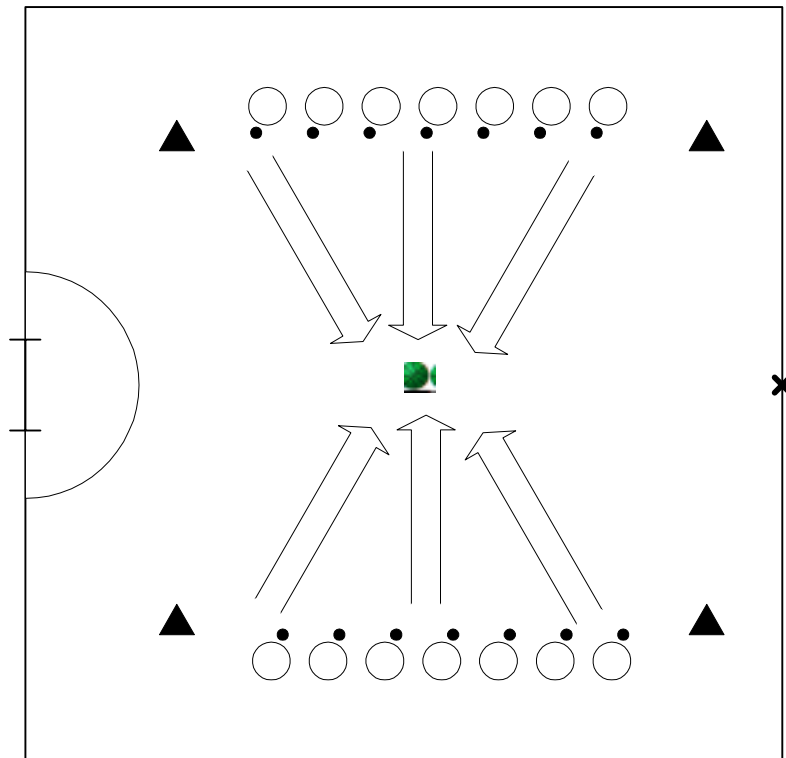
Notes:

Make sure the players use the correct grip when shooting: Close shot - higher grip, long shot = lower grip.

See also:

No references.

Illustration:



4.6 Exercise 5: Position switching

Number: 5

Exercise: Position switching

Skill level: Intermediate

Tactics: None.

Moments: Stick handling: Switching hands, Passing, Catching, Shooting

Description:

Divide the players into three lines starting from the short end of the court.

The players in the middle line start with the ball. Player A pass the ball out the side to player C, then moves out the side taking the two players switch places. Player C moves into the centre and pass the ball on to player B moving along the other side. Player C continues out the sideline then running along that side. Player B in turn moves into the centre getting ready to pass the ball on to player A etc. When reaching the goal the player who is currently in the middle shoots at the goal.

After each pass the passer should accelerate in order to move in front of the player with the ball.

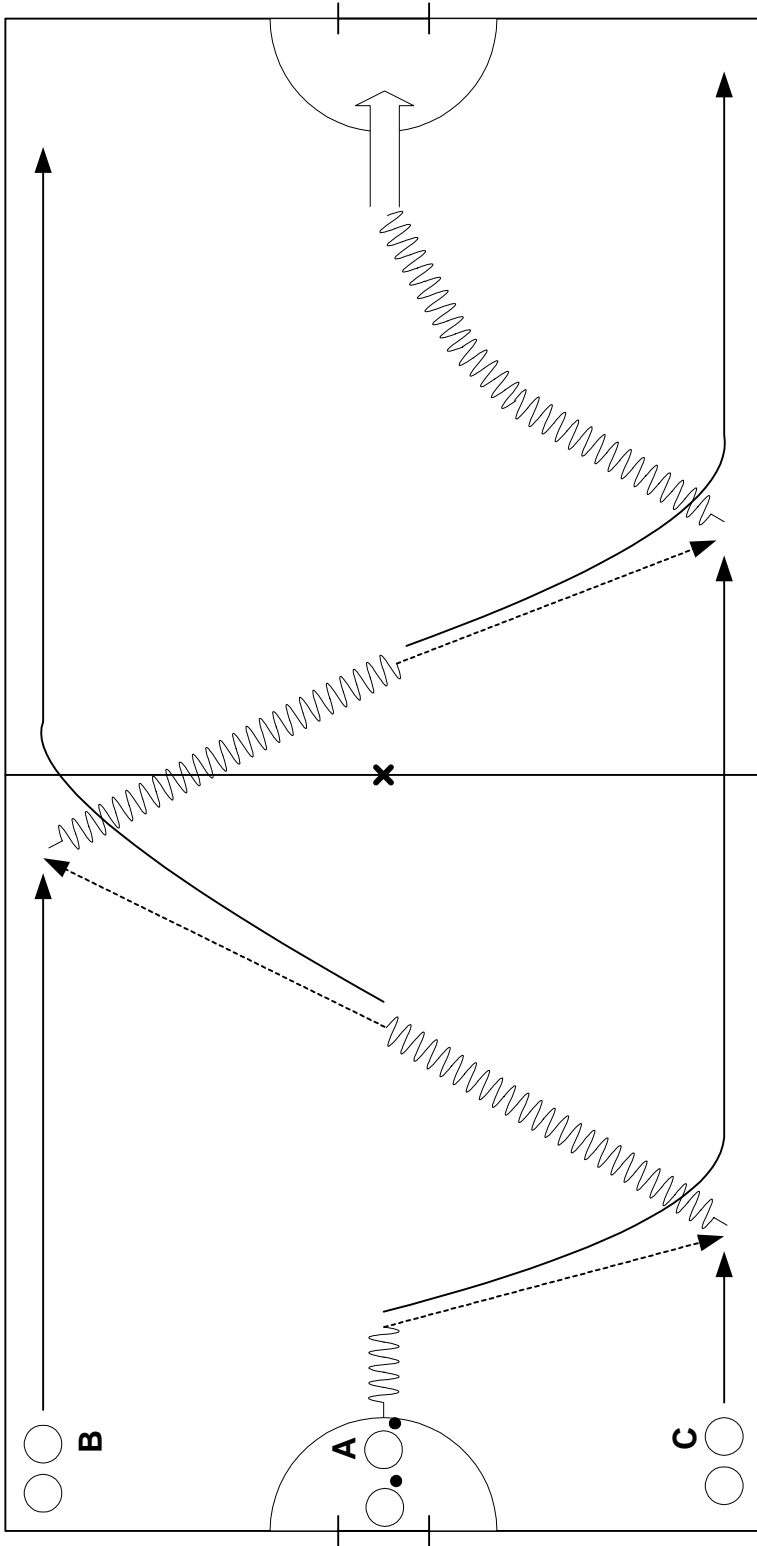
Notes:

Make sure the players on the sides hold their cross the right way. When running along the right side they should hold their cross with a right-handed grip and when running along the left side with a left-handed grip.

See also:

No references.

Illustration:



4.7 Exercise 6: Give and go 1

Number: 6

Exercise: Give and go 1

Skill level: Intermediate

Tactics: Attacking tactics: Give and go

Moments: Give and go, Passing, Catching, Direct shot

Description:

Depending on the number of players form one or two lines. The lines start from the corners diagonally facing each other.

Place one static passer in each of the empty corners. The first player in each line start running along the side without a ball holding his/her cross on the "outer" side. The second player in the line passes the ball to the first player who then continues with the ball over the centre line. Next, he/she pass the ball to the static passer, receives the return pass (give and go) and shoots.

Switch static passers after a while.

Notes:

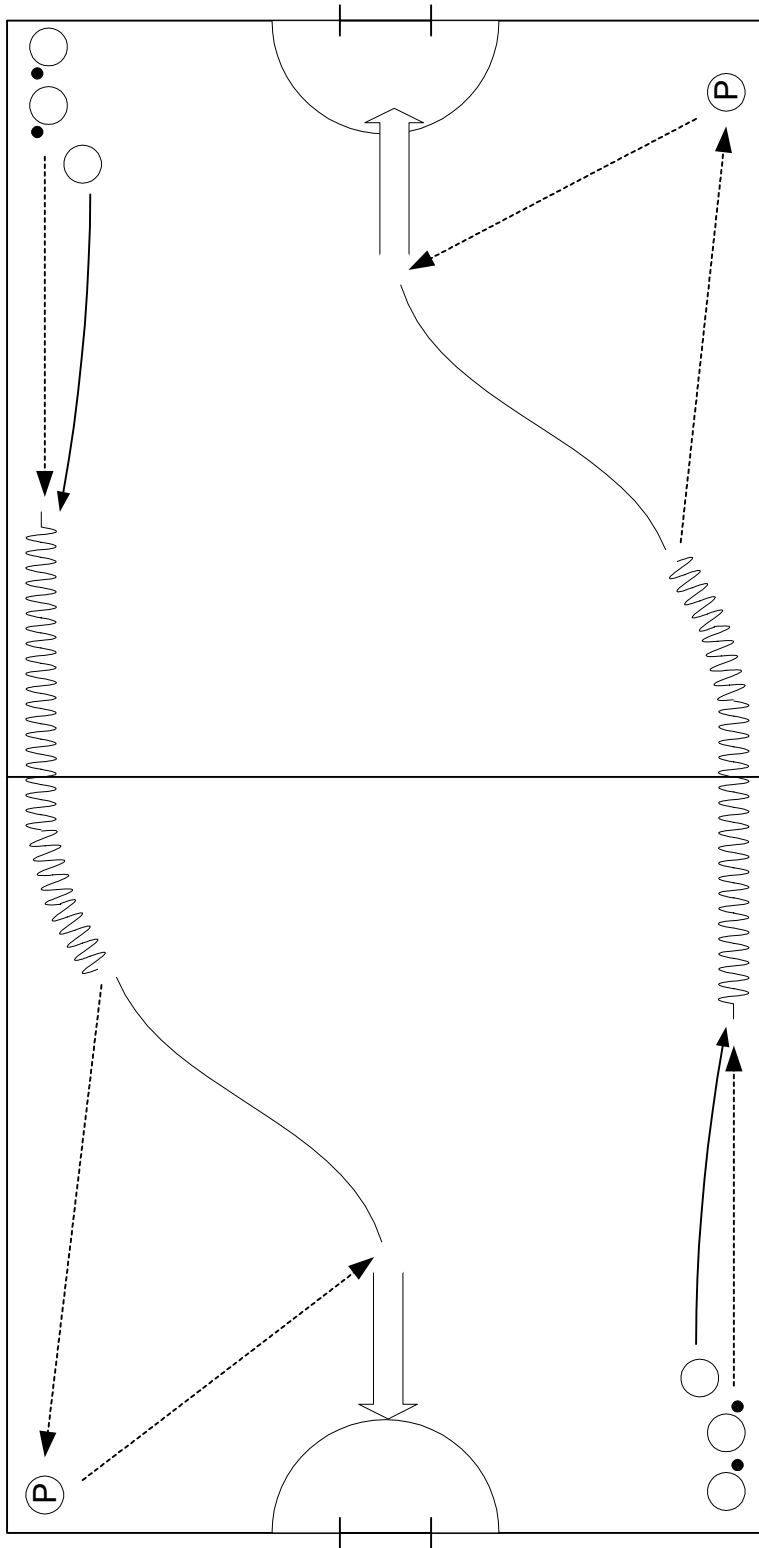
The first pass must always be made on the outer side.

When receiving the return pass from the static passer the shot should be made directly if possible.

See also:

- Exercise 12: Give and go 2

Illustration:



4.8 Exercise 7: Quick passes

Number: 7

Exercise: Quick passes

Skill level: Intermediate

Tactics: None.

Moments: Passing: "Quick stick", Stick handling: Switching hands

Description:

Divide the players into three lines, one line in each of the corners and one in the middle. The players in the outer lines each have one ball. The first player in each line start running. The player in the middle gets ready to receive the pass from one of the players on the sides. Immediately after receiving the pass he/she pass the ball back to the same player, then change the grip on the cross in order to receive a pass from the other side and so on.

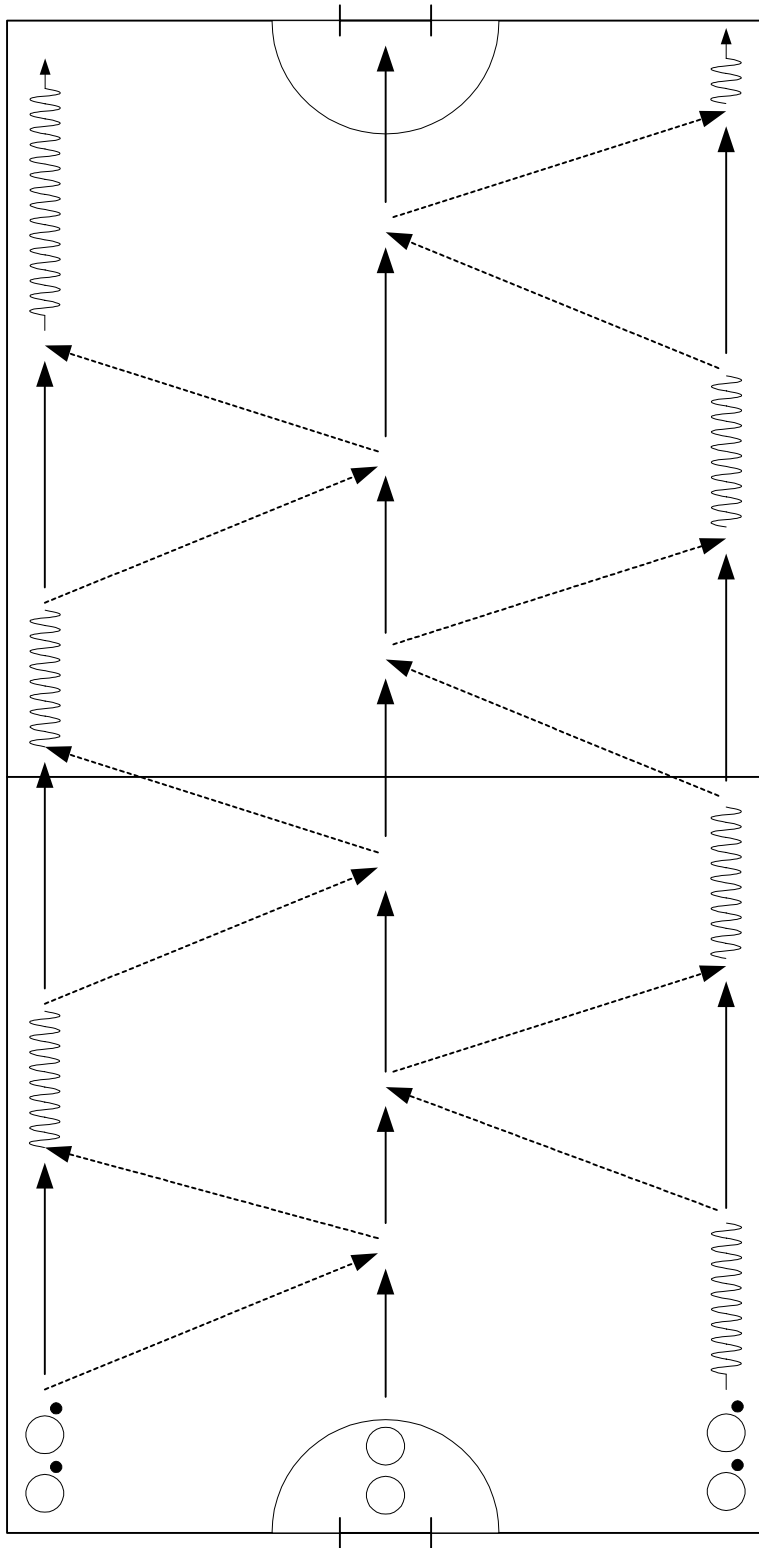
Notes:

- The return pass should be made directly, if possible.
- Make sure the player in the middle switch hands in a natural way as described in "How to - Switching hands" section.
- The players should use a high grip on the cross (short, quick passes)

See also:

References to related exercises.

Illustration:



4.9 Exercise 8: The star

Number: 8

Exercise: The star

Skill level: Intermediate

Tactics: None.

Moments: Passing: Quick stick, Split vision, Stick handling: Switching hands

Description:

Divide the players into groups of five players each with one ball per group.

Each group stand in a circle. Pass the ball around in a star by passing it to the second player to the right / left.

Versions:

- Switch direction (clockwise / counter-clockwise).
- Use two balls in order to practice "split vision".
- Catch the ball on one side, switch hands, and pass the ball on the other side.

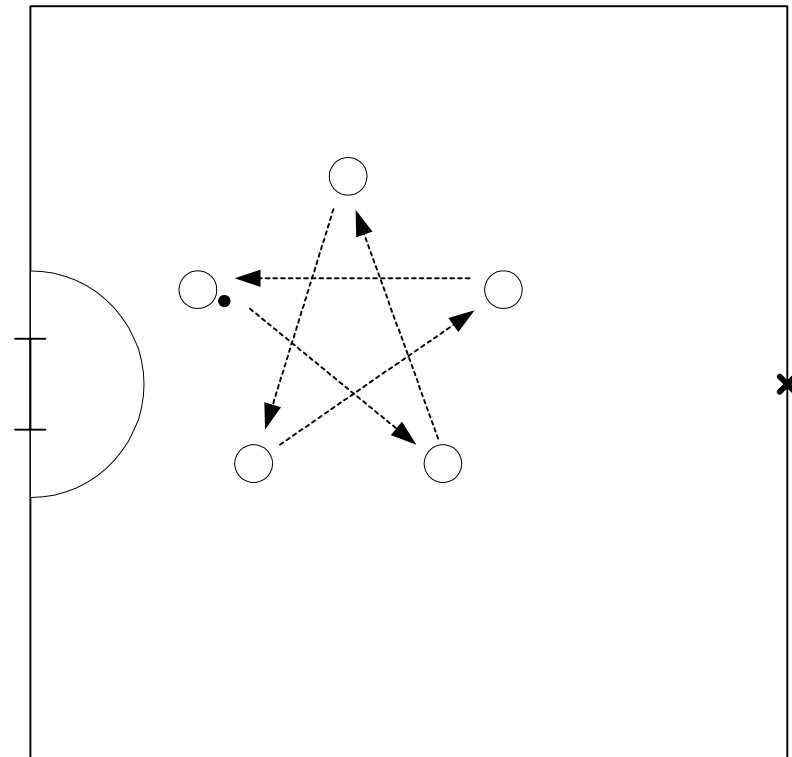
Notes:

- The ball should never stop i.e. the passes should be direct without delay.
- Use a high grip since the passes are short and quick ("quick stick")

See also:

No references.

Illustration:



4.10 Exercise 9: Shooting relay

Number: 9
Exercise: Shooting relay
Skill level: Beginner / Intermediate
Tactics: None.
Moments: Stick handling, Shot

Description:

Divide the players into two lines both facing the goal.

Each player has one ball.

Place a cone to indicate a "starting line".

On the signal, the first player in each team runs towards the goal and shoots. If anyone misses he/she must pick up the ball and try again. When the ball is in the net the player continues, touching the wall, then running back.

The next player starts when the previous player has passed the cone.

The first team to complete the relay wins.

Versions:

- Place an obstacle in the goal in order to make it more difficult to score.

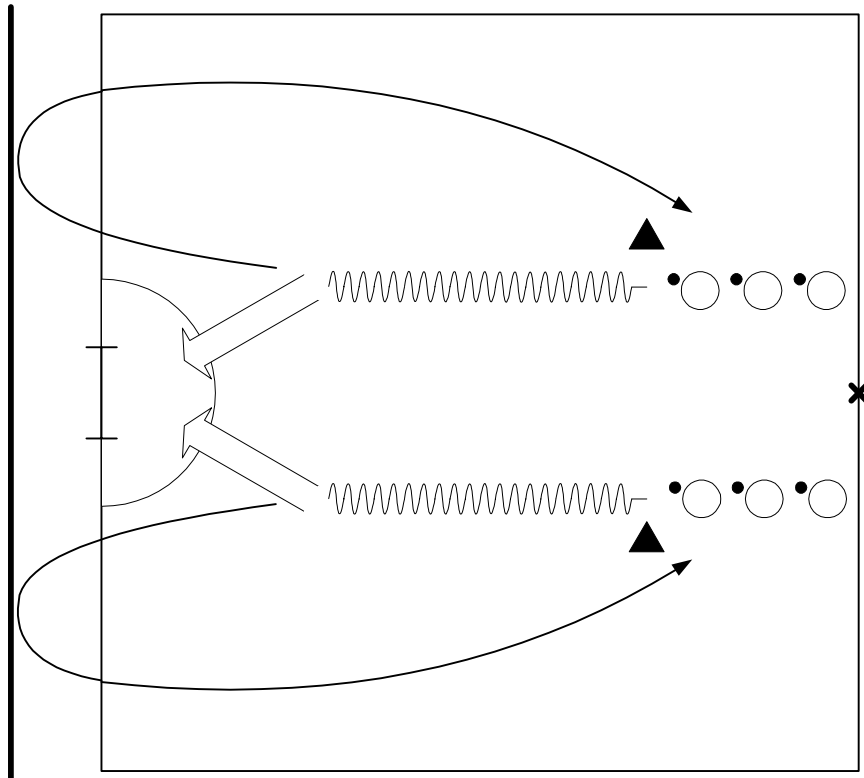
Notes:

No notes.

See also:

No references.

Illustration:



4.11 Exercise 10: Pick up + shot

Number: 10
Exercise: Pick-up + shot
Skill level: Beginner / Intermediate
Tactics: None.
Moments: Picking up the ball, Shooting, Goalkeeping

Description:

Divide the players into two lines; all players except one have a ball. The first player in one of the lines rolls the ball diagonally towards the opposite corner. Meanwhile, the first player in the second line (without a ball) runs towards the rolling ball, picks it up and shoots, then taking last position in the opposite line. The player rolling the ball is next to run + shoot.

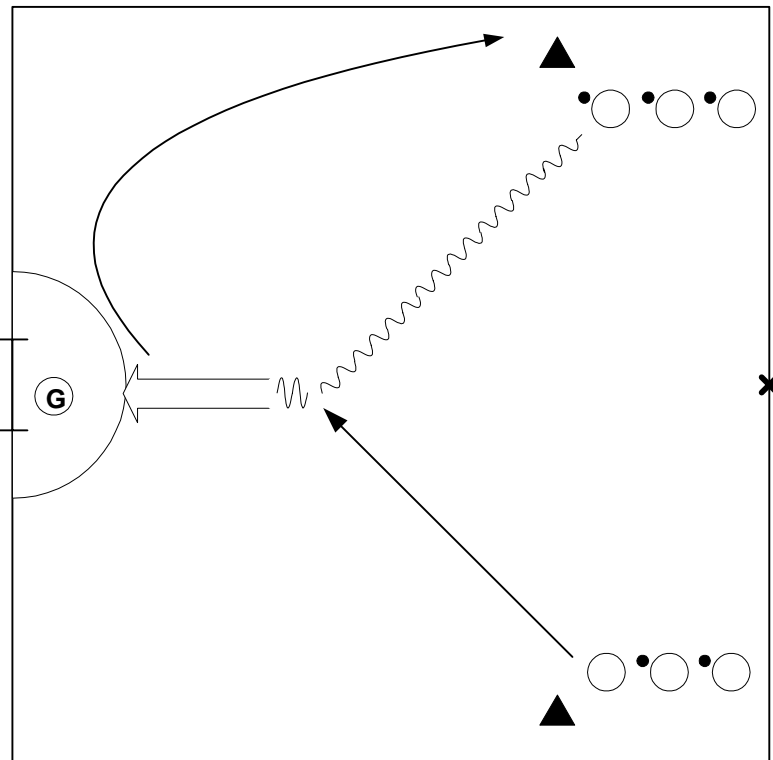
Notes:

- Bend the knees when scooping up the ball.
- The shot should be made directly after picking the ball up.

See also:

No references.

Illustration:



4.12 Exercise 11: Cross pass 2

Number: 11

Exercise: Cross pass 2

Skill level: Intermediate

Tactics: None.

Moments: Stick handling, Passing, Catching, Shooting, Goalkeeping

Description:

Divide the players into two lines positioned in each of the corners in one end of the court.

The players in one of the lines have one ball each.

The first player in each of the lines starts running along the sides one of them with a ball.

While running they pass the ball between each other until they reach the other end.

Just before the last pass, the player without the ball cuts into the centre of the court, receives the pass and shoots directly. Both players run back to take last position in the opposite line.

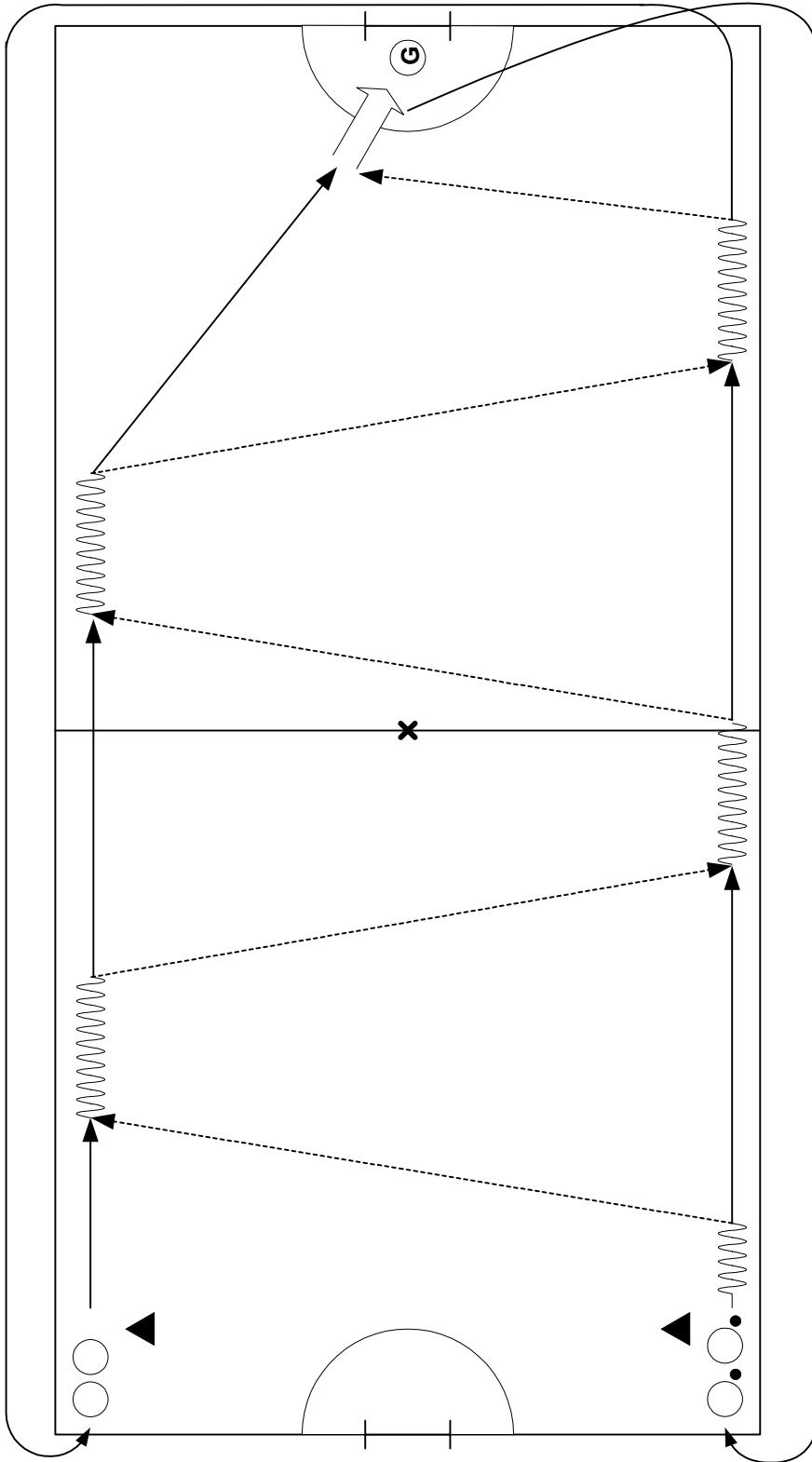
Notes:

- Make sure the players hold their cross in front of them at all times during both catching and throwing.
This means that the player on the right side must hold the cross using a right-handed grip and the player on the left side using a left-handed grip.
- When passing, aim a few meters in front of the other player.
After delivering a pass the players should accelerate in order to move in front of the player on the other side.
- The shot should be made directly, if possible.

See also:

- Exercise 3: Cross pass 1

Illustration:



4.13 Exercise 12: Give and go 2

Number: 12
Exercise: Give and go 2
Skill level: Intermediate
Tactics: Attacking tactics: Give and go
Moments: Give and go, Passing, Catching, Shooting

Description:

Divide the players into two lines, one in each diagonal corner. Each player has one ball. Place one static passer on each end of the centre line. The first player in each of the lines starts running towards the goal on the opposite side. After a few meters they pass the ball on to the static passer, receiving the return pass then continuing to the net for a shot.

Versions:

1. Add a static defender to increase the difficulty level.

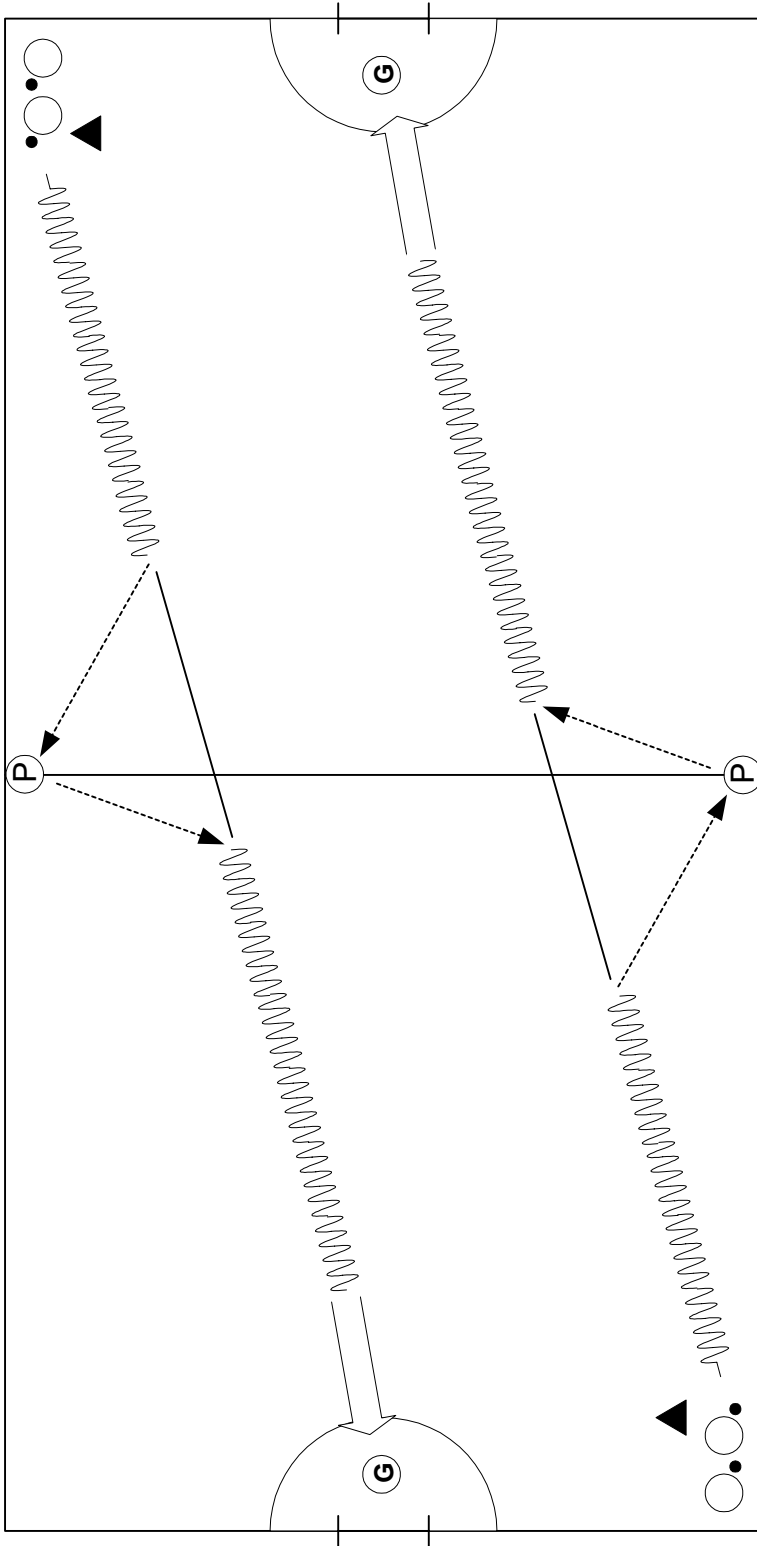
Notes:

- The static passer should return the pass when the player has passed the centre line.
- The shots should come early in order to train the goalkeepers more efficiently.
- The players should hold their cross to the inside of the court (in front of the body) when receiving the pass.

See also:

- Exercise 6: Give and go 1

Illustration:



4.14 Exercise 13: One-on-one

Number: 13
Exercise: One-on-one
Skill level: Beginner / Intermediate
Tactics: Defence tactics
Moments: Shooting, Stick handling, Goalkeeping

Description:

Divide the players into two lines placed diagonally facing each other in two corners.
Place one defender in the middle of each half of the court.
The first player in each line starts running towards the goal on the other side carrying one ball.
When reaching the defender he/she tries to ruse him/her and then continues to shoot at the goalkeeper.
The defenders should only move sideways.

Versions:

1. Let the defenders move lengthways in order to make it more difficult for the attacker.
2. Let the two players switch balls in the middle by passing each other before reaching the defender.
This requires that the players in the two lines start simultaneously.
3. The goalkeeper starts with the ball and make the first pass to the player on the side.

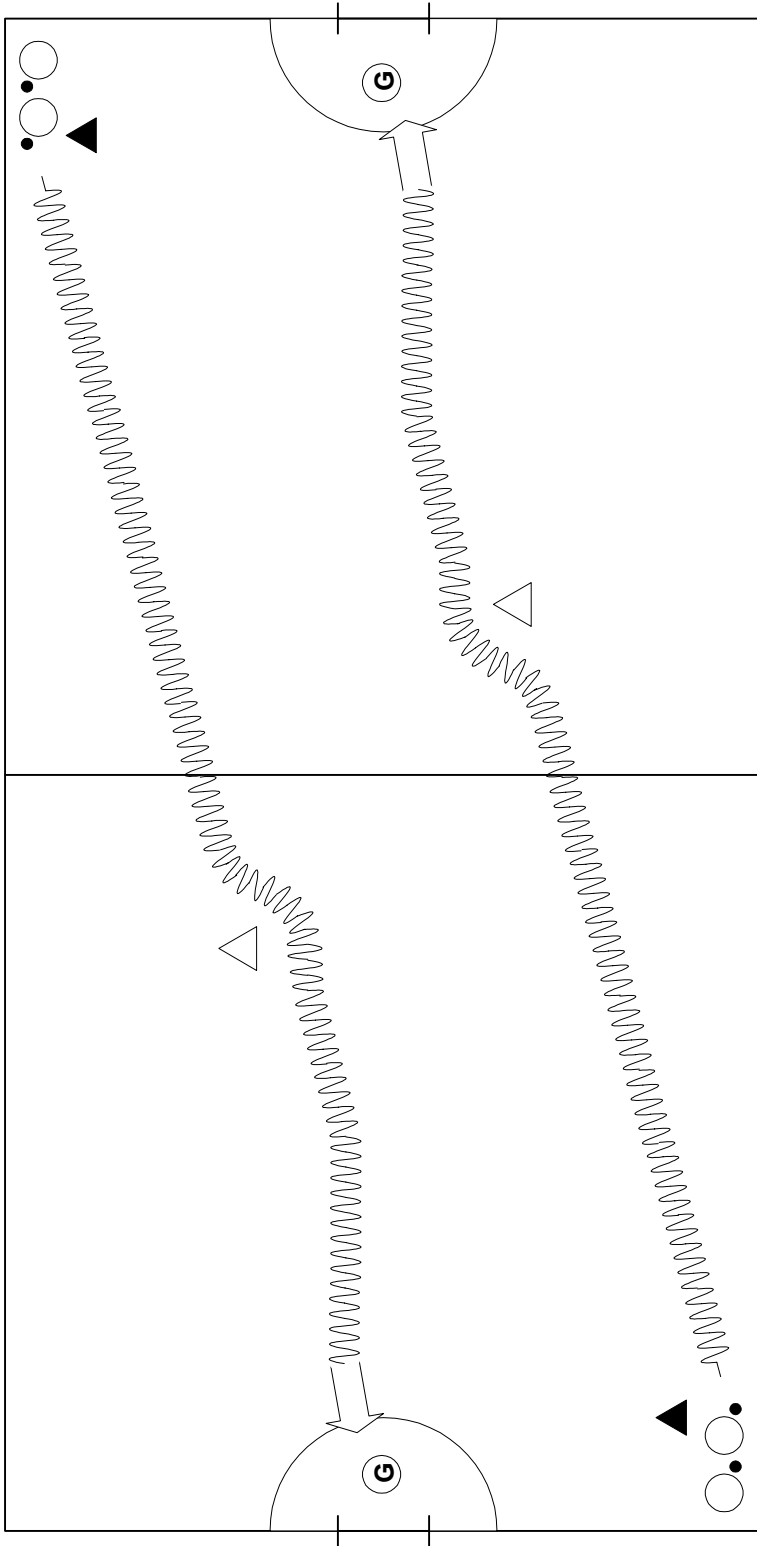
Notes:

- Ruse the defender by for example rocking the cross or faking a pass.
- The defender should always hold the cross with both hands.
- The defender should stay on the toes in order to be able to quickly change direction.

See also:

No references.

Illustration:



4.15 Exercise 14: Goalkeeper movement

Number: 14
Exercise: Goalkeeper movement
Skill level: Intermediate
Tactics: None.
Moments: Goalkeeping, Passing, Shooting

Description:

Place a collection of balls in a corner.
The players, each with one ball, form a line at the centre of the court facing the goalkeeper.
The goalkeeper runs down to the corner, picks up a ball, passes it to the first player in the line and runs back to the goal. The player receives the ball and shoots when the goalkeeper has reached the crease.

Versions:

- Place a ball collection in the other corner too and let the goalkeeper pick each corner every other time.

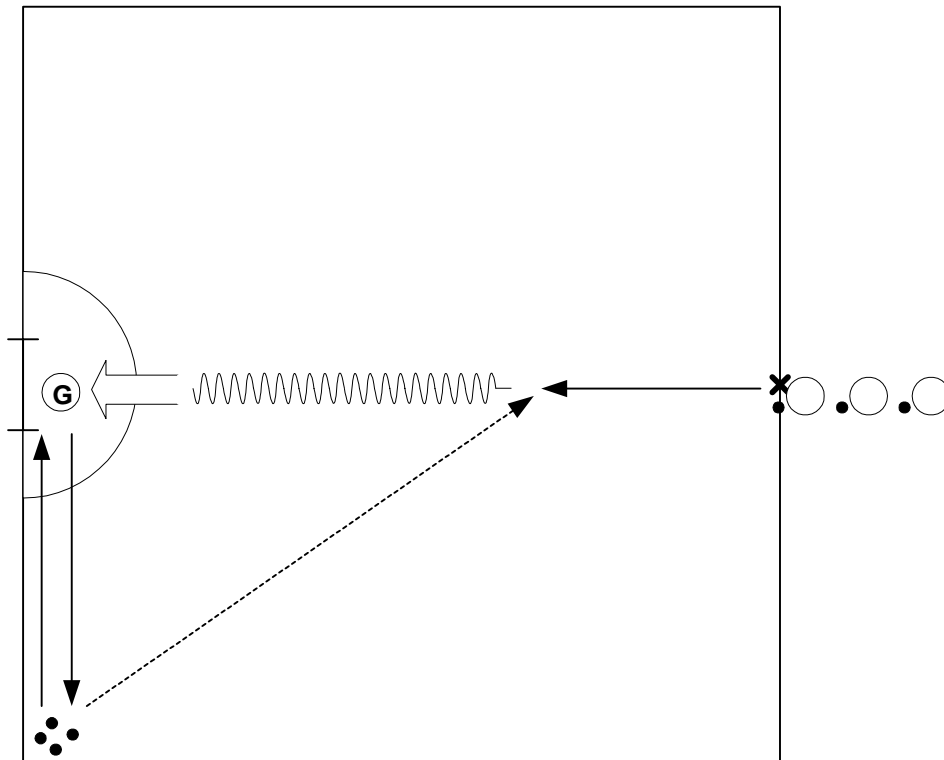
Notes:

No notes.

See also:

No references.

Illustration:



4.16 Exercise 15: Attack build-up 1

Number: 15
Exercise: Attack build-up 1
Skill level: Intermediate
Tactics: None.
Moments: Passing, Catching, Shooting, Stick handling

Description:

Place a ball collection on the side of each goal.

Start with players in two lines, one in each diagonal corner. Place one player on each side at the centre line (players B and D). The goalkeepers start with the ball. Makes the first pass out to the side where the first player in the line (players A and C) has started running. The player receives the pass and continues towards the centre line. Before reaching the centre line they pass the ball on to player B and D respectively, then taking their place.

Player B and D receive the ball and runs towards the goal and shoot, then taking last position in the opposite line.

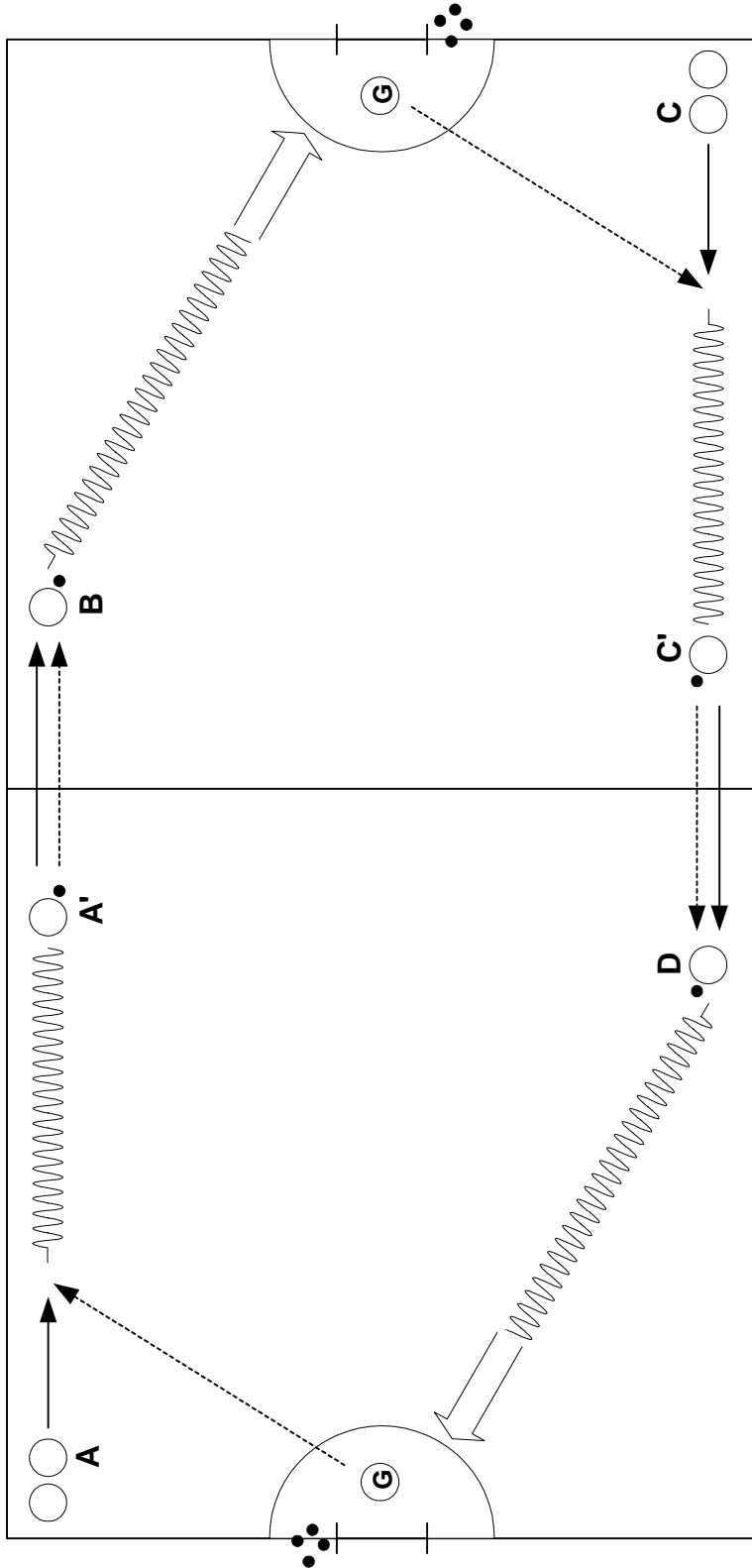
Notes:

- The ball should be played in the "corridor" between the player and sideline. Make sure the players hold their cross the right way.

See also:

No references.

Illustration:



4.17 Exercise 16: Line drill 1

Number: 16
Exercise: Line drill 1
Skill level: Beginner / Intermediate
Tactics: None.
Moments: Stick handling, Passing, Catching

Description:

This is the base version of the famous "Line drill" exercise.

Divide the players into two lines.

The first player in the first line (player A) runs towards the second line with the ball.

The first player in the second line (player C) runs towards player A.

Player A pass the ball to player C and takes last position in the opposite line.

Meanwhile, player C receives the ball and passes it on to the second player in the first line (player B).

Player C then takes last position in the first line, and so on.

Versions:

- To further increase the difficulty, shorten the distance between the two lines and make "quick-stick" passes.

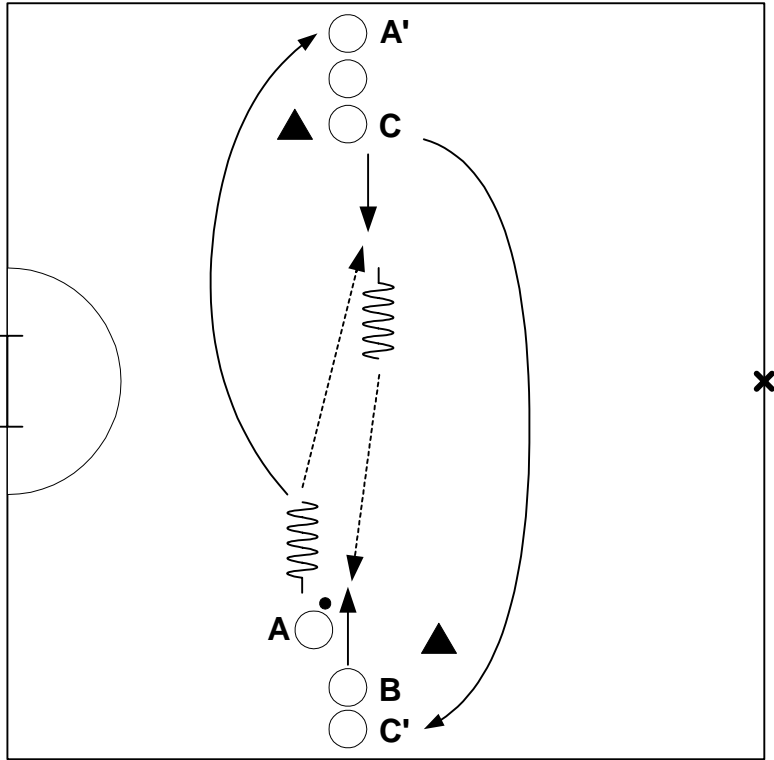
Notes:

- Make sure the players use the appropriate grip depending on the length of the pass. The shorter pass, the higher grip.
- Make sure the players use both left and right sides when passing as well as catching.
- Encourage the players to try the bounce pass occasionally.

See also:

No references.

Illustration:



4.18 Exercise 17: Stick handling

Number: 17

Exercise: Stick handling

Skill level: Beginner

Tactics: None.

Moments: Stick handling: Holding the cross

Description:

Spread out.

One cross per player.

Jog around freely holding the cross correctly.

Versions:

1. Each player keeps a ball in the cross.
2. On signal, change grips (high / medium / low grip) or sides (right- / left-handed).

Notes:

- Make sure the grip is correct.

See also:

- Exercise 18 - Stick handling: Relay
- Exercise 19 - Stick handling: "The snake"

Illustration:

No illustration.

4.19 Exercise 18: Stick handling: Relay

Number: 18
Exercise: Stick handling: Relay
Skill level: Beginner
Tactics: None.
Moments: Stick handling: Holding the cross

Description:

Relay course between several teams of 3 or 4 players each.
Slalom between the cones and pass the cross to the next during return.

Material:

- 1 cross and 1 ball per team
- Cones

Notes:

Important points to think about during the exercise.

See also:

- Exercise 17 - Stick handling
- Exercise 19 - Stick handling: "The snake"

Illustration:

No illustration

4.20 Exercise 19: Stick handling: "The snake"

Number: 19

Exercise: Stick handling: "The snake"

Skill level: Beginner

Tactics: None.

Moments: Stick handling: Holding the cross

Description:

5 players with cross and ball jogging behind each other at 1 m distance.

At the signal the last player runs slalom between the other players and take first place in the queue.

Notes:

No notes.

See also:

- Exercise 17 - Stick handling
- Exercise 18 - Stick handling: Relay

Illustration:

No illustration.