



# Slalom run

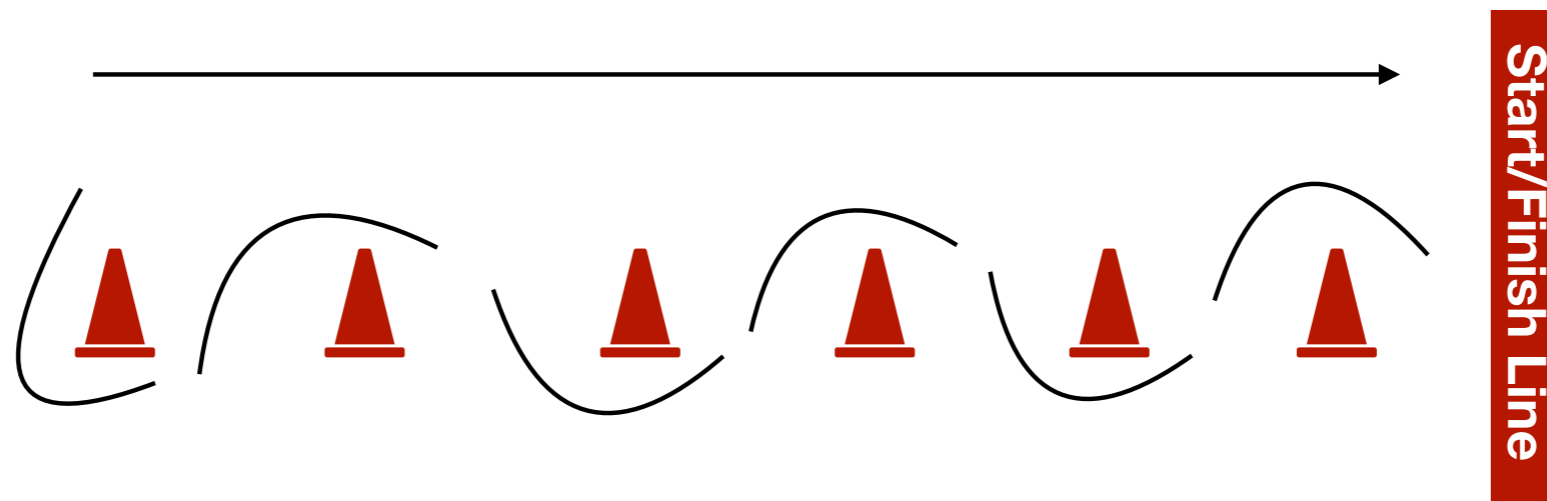
## Equipment Needed

- Lacrosse stick;
- 5-8 cones;
- Stop watch/phone with stop watch function;
- Lacrosse ball or any other small ball.

## Aim of the Drill

To practice carrying the ball at speed

## Diagram



## Instructions

- Start by running in slalom fashion through the cones;
- As soon as you get round the last cone sprint back to the finish;
- Time how quickly you can do the run;
- For endurance, see if you can do this 5 times before you have a rest;
- Don't forget to use both hands and practice shifting the ball across your body.



# Collect and Shoot

## Equipment Needed

- Lacrosse stick;
- 5 cones;
- Stop watch/phone with stop watch function;
- Scorecard.

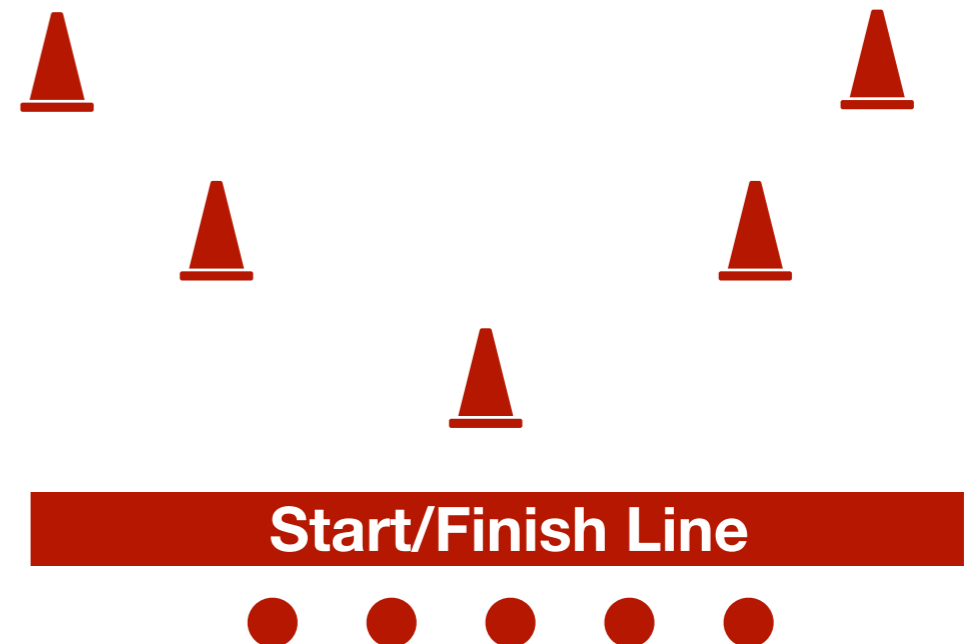
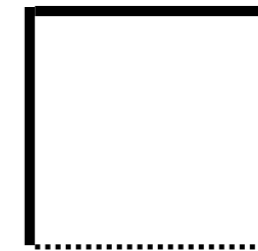
## Aim of the Drill

To practice shooting the ball with speed and accuracy

## Instructions

- Start by collecting a ball and then run to any of the cones and shoot;
- You must shoot from every cone but you can go in any order you want;
- Time and register goals scored;
- Use dominant hand first and then non-dominant hand;
- Vary over arm and underarm shooting.

## Diagram





# Ground ball Recover

## Equipment Needed

- Lacrosse stick;
- 5-8 balls - lacrosse or tennis ball;
- Stop watch/phone with stop watch function;
- Bucket or similar.

## Aim of the Drill

To practice picking up a ground ball and accelerating away

## Instructions

- Start by picking up a ground ball and then run to place the ball in the bucket;
- After placing the ball in the bucket, return to the start line and repeat the process until all the balls are in the bucket;
- Time how long it takes you to complete;
- Don't forget to use both hands to pick up the ball.

## Diagram

**Start/Finish Line**





---

# Wall Ball Challenge

## Equipment Needed

- Lacrosse stick;
- One lacrosse or tennis ball;
- Stop watch/phone with stop watch function;
- Paper and pen to record;
- Optional: video to record you.

## Aim of the Drill

To practice sending and collecting the ball on both sides of the body, high and low.

## Instructions

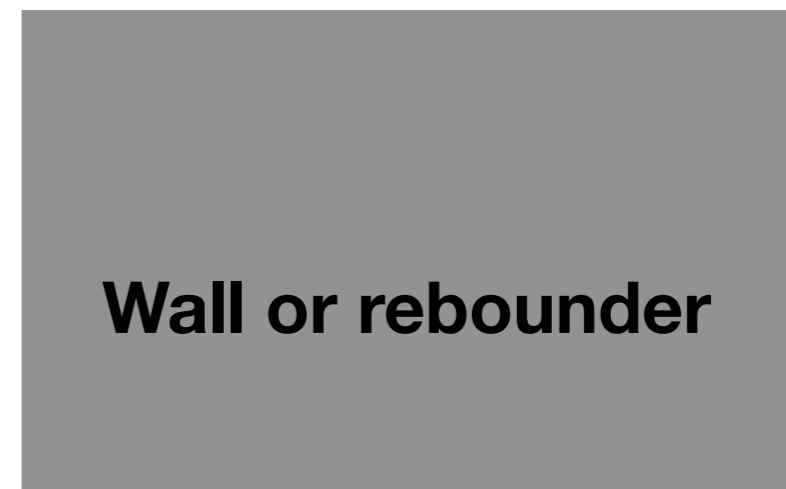
Either:

- set yourself a time limit and count how many you do in 30 seconds - right hand, left hand, high, low;

Or:

- set yourself a target and see how long it takes you - for example 50 right hand high, 50 left hand high etc.

## Diagram



**Start/Finish Line**

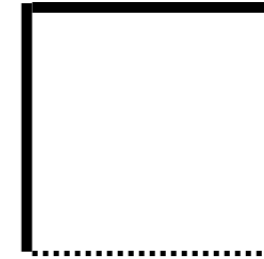


# Combined Drill

## Equipment Needed

- Lacrosse stick;
- One lacrosse or tennis ball;
- Paper and pen to record;
- A feeder - to start the drill.

## Diagram



## Aim of the Drill

To practice receiving, running at speed and shooting.

## Instructions

- Feeder throws the ball to the active player;
- Active player slaloms through the cones;
- If you have a goal, finish with a shot;
- Move cones to left and right of the goal to practice shooting with left and right hand;
- Record how many goals are scored.



Feeder





# Passing (Maintaining Social Distancing)

## Equipment Needed

- Lacrosse stick;
- A partner (maintaining social distancing);
- 5-8 balls - lacrosse or tennis ball;
- 8 - 10 cones;
- Stop watch/phone with stop watch function;
- A target or goal.

## Aim of the Drill

To practice passing the ball

## Instructions

- Each person must stay outside their line of cones;
- Pass the ball each time you are level with a cone;
- If you have a goal ,finish with a shot;
- Make sure you swap sides so that you practice left and right hand;
- Make sure only one of you collects the balls out of the goal- if no goal, turn around and pass back to the start line.

