

Lacrosse

Skills and Drills

Individual Drills

#1. (Individual-Stationary) 5 Essential Components

- A. Tuck** (tuck stick under dominate arm with basket below the waist and pointing away)
- B. Grip** (grip stick diagonal across chest with 2 hands and basket above dominant shoulder with dominant palm at the top of the stick facing away from the body and non-dominant palm at the bottom of the stick facing towards the body)
- C. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)
- D. Foot Work** (slide left, slide right, slide forward, slide backward)...lateral and 45 degree angles
- E. Motor Skills Cues**

1. Cradle Cues (step by step progression with stick and no ball)

- A. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)
- B. Cradle** (keep ball in your basket by twisting both of your wrists-windshield wipers...to cradle the ball continuously)
- C. Eyes Up** (see where you are going)

2. Scoop Cues (step by step progression with stick and no ball)

- A. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)
- B. Scoop** (dig ball off ground by placing top of basket tip behind and underneath ball and pushing forward and upward)
- C. Freeze Frame** (after scooping ball and following through, hold ball in angled basket of stick)

3. Passing Cues (step by step progression with stick and no ball)

Forehand

- A. Turn** (1/4 rotational turn towards dominant side of the body- pivot and drop-step...with basket of stick above the ear)
- B. Step** (step with opposite foot of passing hand towards target)
- C. Pass** (rotate your shoulders and hips along with transferring your weight from your back foot to your front foot...pass ball towards target with appropriate forceextend arm and snap wrist)
- D. Freeze Frame** (after passing ball and following through, hold stick out pointing basket straight at target)

Backhand

- A. Turn** (1/4 rotational turn towards non-dominant side of the body- pivot and drop-step with...with basket of stick above the ear)
- B. Step** (step with opposite foot towards target)
- C. Pass** (rotate your shoulders and hips along with transferring your weight from your back foot to your front foot...pass ball towards target with appropriate forceextend arm and snap wrist)
- D. Freeze Frame** (after passing ball and following through, hold stick out pointing basket straight at target)

4. Receiving Cues (step by step progression with stick and no ball)

A. Stance (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

B. Window (make a target with the basket open, facing the ball, above your ear and to the side of your body)

C. Receive (look the ball in to your basket to track and absorb the ball with your stick)

D. Freeze Frame (after receiving the ball, continue to hold ball at that location and keep eyes focused on the ball)

5. Shooting Cues (step by step progression with stick and no ball)

A. Turn (1/4 rotational turn towards dominant or non-dominant side of the body-pivot and drop-step...with basket of stick above the ear)

B. Step (step with opposite foot of passing hand towards target)

C. Shoot (rotate your shoulders and hips along with transferring your weight from your back foot to your front foot...shoot ball towards target with appropriate forceextend arm and snap wrist)

D. Freeze Frame (after shooting ball and following through, hold stick out pointing basket straight at target)

#2. (Individual-Stationary) Roll, Scoop and Drop...Repeat

#3. (Individual-Stationary) Roll, Scoop, Toss, Bounce, Catch and Drop...Repeat

#4. (Individual-Stationary) Roll, Scoop, Toss, Catch and Drop...Repeat

#5. (Individual-Stationary) Toss and Catch...Repeat

#6. (Individual-Stationary) Cradle, Toss and Catch...Repeat

#7. (Individual-On the move) Cradle, Toss and Catch Weave

Partner Drills

#8. (Partner-On the move) 1v1 Cradle, Toss and Catch Keep away

*Explain

F-Force (light, medium, heavy)

A-Angle (45 degrees, 90 degrees, parallel, perpendicular)

C-Contact Point (center of basket-sweet spot of stick)

T-Trajectory (flight path of the ball)

#9. (Partner-Stationary) Passing and receiving cues (forehand passes)...2 times each partner

(Passing) Turn-Step-Pass-Freeze Frame (Receiving) Stance-Window-Receive-Freeze Frame

#10. (Partner-Stationary) Passing and Receiving (forehand passes)

#11. (Partner-Stationary) Passing and receiving (forehand and backhand passes)

#12. (Partner-Increase Distance) Challenge passing and receiving (forehand passes)...

1 partner takes 1 step back after both partners receive a pass

#13. (Partner-On the move) Lead passing and receiving (forehand and backhand passes)

Group of 3 Drills

#14. (Group of 3-Stationary) Triangle passing and receiving with a fake (forehand and backhand passes)

#15. (Group of 3-On the move) Monkey in the middle (forehand and backhand passes)

#16. (Group of 3-On the move) Give and go (forehand passes)

#17. (Group of 3-On the move) Three man weave (forehand and backhand passes)

Group of 4 Drill

#18. (Group of 4-On the move) 2v2 Keep away (forehand and backhand passes)