



MINI – TYKE GAMES

MUSICAL GROUND BALLS

HAVE ALL PLAYERS LIE DOWN ON THEIR BACKS IN A BIG CIRCLE. THEIR HEADS SHOULD BE TOWARDS THE CENTER OF THE CIRCLE.

IN MIDDLE OF CIRCLE SCATTER LACROSSE BALLS. THERE SHOULD BE FEWER BALLS THAN THERE ARE PLAYERS. IT IS UP TO YOU HOW MANY FEWER.

BLOW WHISTLE AND PLAYERS SCRAMBLE TO RETRIEVE A BALL. UPON SCOOPING BALL, PLAYER SHOULD RETURN TO HIS SPOT IN THE CIRCLE.

THOSE PLAYERS WHO DO NOT GET A BALL ARE "OUT."

REPEAT DRILL (REDUCING THE NUMBER OF PLAYERS & BALLS EACH TIME) UNTIL THERE IS A WINNER.

THIS IS A FUN WAY TO PRACTICE SCOOPING, ESPECIALLY IN A CROWD. TEACHES KIDS TO SCOOP BALL AND GET AWAY FROM PRESSURE.

IF THERE IS A LARGE NUMBER OF PLAYERS, YOU CAN RUN TWO SMALLER CIRCLES SIMULTANEOUSLY WITH EACH CIRCLES "WINNERS" COMING TOGETHER FOR A FINAL SHOWDOWN.

MIGHT WANT TO FIND ANOTHER DRILL FOR THOSE WHO HAVE BEEN ELIMINATED TO DO, WHILE THE CIRCLE PLAYS DOWN TO A WINNER.

LEARN HOW TO SCOOP

NEED 1 STICK & BALL FOR EVERY 4 KIDS

THIS IS THE HARDEST LACROSSE DRILL (ALTHOUGH YOU'D THINK IT WAS THE EASIEST). IT'S ALSO ONE OF THE MOST IMPORTANT. I LIKE TO TELL THE KIDS THE TEAM THAT WINS THE MOST GROUND BALLS USUALLY WINS THE GAME. HAVE THE GROUPS FACE EACH OTHER ACROSS HALF OF THE GYM FLOOR. (USING THE FULL GYM FLOOR WON'T WORK WITH BEGINNERS.) THE FIRST KID ROLLS THE BALL (WITH HIS HAND) TO THE KID IN THE OTHER LINE WHO TRIES TO PICK UP THE BALL AS IT COMES TO HIM. THIS IS CALLED PICKING UP A GROUND BALL OR SCOOPING A LOOSE BALL. THE KEY TO PICKING UP A GROUND BALL IS (1) STAYING LOW TO THE GROUND WITH KNEES BENT LIKE YOU WERE PICKING UP A GROUNDER IN BASEBALL. THE DIFFERENCE IN LACROSSE IS YOU'VE GOT YOUR RIGHT FOOT FORWARD AND LEFT FOOT BACK IF SCOOPING WITH YOUR RIGHT HAND (SIMILAR TO SHOVELING SNOW) AND REVERSED IF SCOOPING WITH YOUR LEFT HAND. ONE ADVANCED VARIATION WOULD BE ALTERNATING SCOOPS WITH YOUR RIGHT HAND AND LEFT HAND. ANOTHER ADVANCED VARIATION WOULD BE TEACHING THE KIDS TO SCOOP WITH THE LACROSSE BALL ROLLING AWAY FROM THEM. FOR BEGINNERS, IT CAN'T BE DONE. IN THIS DRILL THE SECOND KID IN LINE ROLLS THE BALL OUT FOR THE FIRST KID TO CHASE DOWN AND SCOOP FROM BEHIND. (USE THE FULL GYM FOR THIS DRILL.) AFTER SCOOPING, THE KID CRADLES THE LACROSSE BALL AND SPRINTS TO THE END LINE. WHEN HE GETS TO THE NEXT LINE, HE HANDS OFF THE BALL TO

THE SECOND KID IN LINE WHO ROLLS IT OUT FOR THE FIRST KID IN THAT LINE. BOTH LINES ARE FACING EACH OTHER AND ALTERNATING THE SCOOP DRILL.

GOOD LUCK WITH THIS ONE, BUT REMEMBER IT'S A LOT OF FUN AND EXTREMELY ENJOYABLE FOR THE KIDS.

THIS DRILL CONTINUES FOR 10-15 MINUTES.

STEAL THE BACON

A LACROSSE BALL IS PLACED AT MIDFIELD AND THE PLAYERS ARE DIVIDED INTO TWO TEAMS. EACH TEAM SPREADS OUT ALONG OPPOSING LINES ABOUT 25 YARDS AWAY FROM THE BALL (OR AROUND THE CIRCLE). EACH PLAYER HAS A NUMBER AND THE NUMBERS ON ONE TEAM COINCIDE WITH THOSE ON THE OTHER. THE COACH CALLS A NUMBER AND THE TWO PLAYERS WHO HAVE THOSE NUMBERS SPRINT FOR THE LACROSSE BALL IN THE CENTER. THE PLAYER WHO PICKS UP THE BALL MUST THEN CRADLE AND CROSS HIS OWN LINE WHEN A POINT IS SCORED.

VARIATIONS

CALL TWO NUMBERS TO HAVE FOUR PLAYERS FIGHTING FOR THE LACROSSE BALL. MAKE THE PLAYERS PASS ONCE BEFORE THEY CAN ATTEMPT TO SCORE.

BOWLING

A DRILL TO PRACTICE PICKING UP THE LACROSSE BALL.

THERE ARE TWO LINES AT THE 50 YARD-LINE AND ONE PERSON BETWEEN THEM WITH ALL OF THE BALLS. THE MIDDLE PERSON ROLLS A BALL OUT AHEAD OF BOTH PLAYERS AND THE FIRST PLAYERS IN BOTH LINES SPRINT FOR THE LACROSSE BALL, BENDING DEEP TO SCOOP IT. WHOEVER COMES UP WITH THE BALL GOES FOR THE GOAL, WHILE THE OTHER PLAYS DEFENSE.

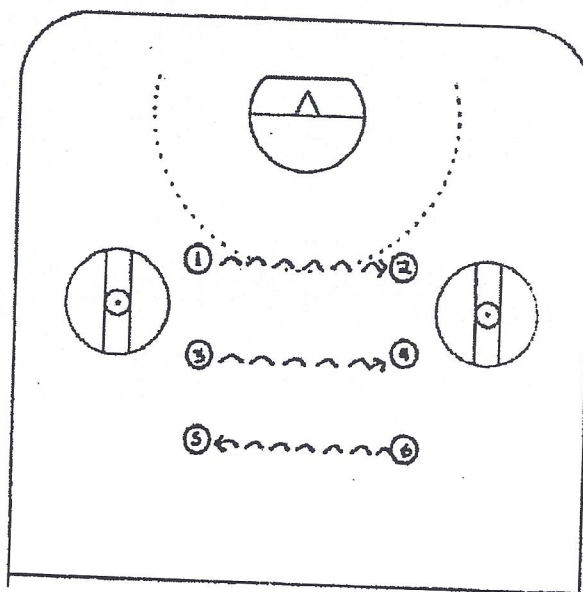
THIS DRILL CAN ALSO BE DONE WITH THE BALLS ROLLING TOWARD THE TWO PLAYERS. THE CENTER PERSON CAN EITHER ROLL THE BALL STRAIGHT THROUGH THE MIDDLE, OR TO EITHER SIDE TO COMPENSATE FOR THE DIFFERENCE IN SPEED BETWEEN THE TWO LACROSSE PLAYERS.

RELAYS

LACROSSE PICK-UP DRILL.

THERE ARE FOUR PEOPLE IN EACH LINE (MAKE AS MANY LINES AS YOU NEED). FOUR BALLS, EACH ABOUT 20 YARDS APART, ARE PLACED IN FRONT OF BOTH LINES ALL THE WAY UP TO THE OPPOSITE END-LINE. WHEN THE WHISTLE IS BLOWN, THE FIRST PERSON IN LINE SPRINTS FOR THE BALL, PICKS IT UP AND BRINGS IT BACK TO HIS LINE. AS SOON AS HE HAS CROSSED THE LINE, THE NEXT PLAYER SPRINTS FOR THE NEXT LACROSSE BALL, SCOOPS IT UP AND BRINGS IT BACK TO HIS LINE. THIS CONTINUES UNTIL THE LAST BALL HAS BEEN BROUGHT BACK AND THE ONE WHO REACHES THE LINE FIRST WINS.

PARTNER ROLLS



- Partners roll ball toward each other, receiver picks up ball and rolls it back.
- Ball may be rolled by hand for younger players if they are not able to roll it accurately.
- Coaches look for proper scoop of the ball, body low, knees bent, rear hand low to the ground.
- Try to get speed up once players have mastered the scoop.

Path of the Player —————→

Path of the Ball - - - - -→

Path of the Player with the Ball ~~~~~→

Path of a Rolling Ball ~ ~ ~ ~ ~→

Pick ———|

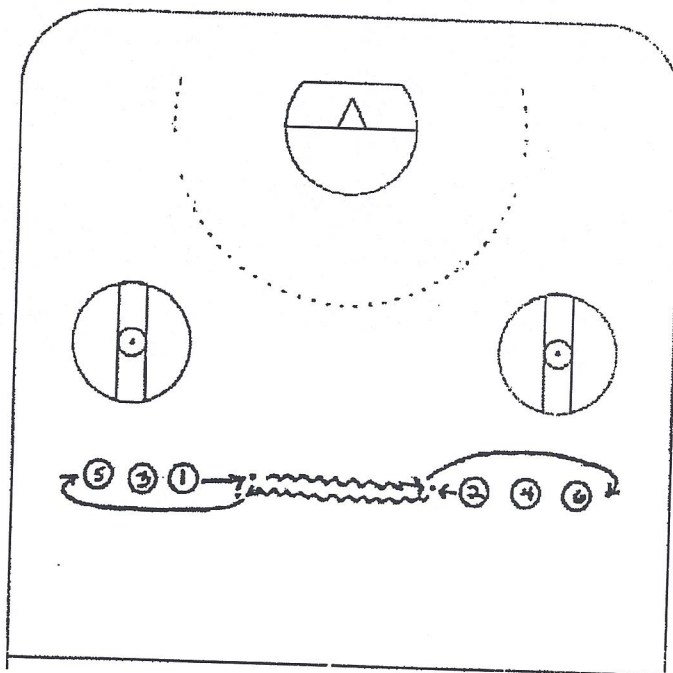
Defensive Player ⊗

Offensive Player ○ or ⊙

Coach □

LEGEND

STATIONARY LOOSE BALL SHUTTLE



- Player 1 picks up the ball and carries to the front of the opposite line and places it down.
- Player 2 is doing the same thing towards the other line.
- Drill continues back and forth.
- Coaches look for good cradle and heads up, drill should be full speed.

Path of the Player —————→

Path of the Ball - - - - -→

Path of the Player with the Ball ~~~~~→

Path of a Rolling Ball ~ ~ ~ ~ ~→

Pick ———|

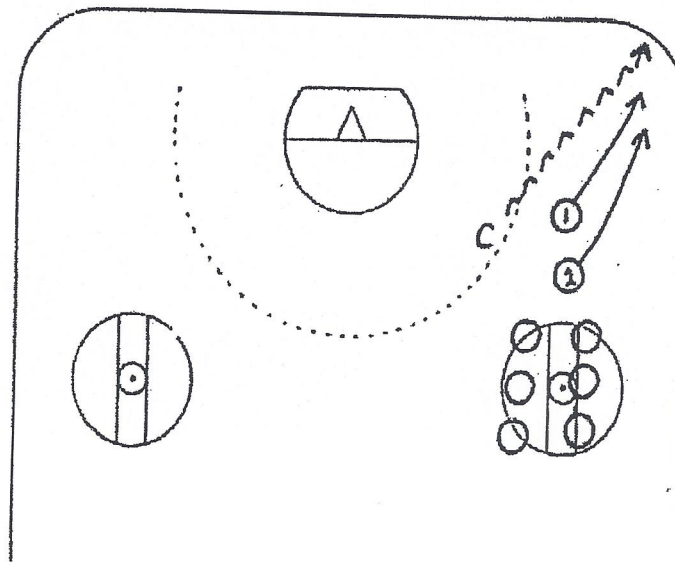
Defensive Player ⊗

Offensive Player ⊙ or ⊗

Coach C

LEGEND

HEAD START



- Coach rolls ball into corner.
- Player 1 has a 5' 6" head start on Player 2.
- Both players race into corner for the ball.
- Coaches stress concentration, and control on the part of the trailer, making sure he doesn't crash the first man into the boards.
- You can incorporate a shot into this drill after players get the idea.

Path of the Player —————→

Path of the Ball - - - - -→

Path of the Player with the Ball ~~~~~→

Path of a Rolling Ball ~~~~~→

Pick ———|

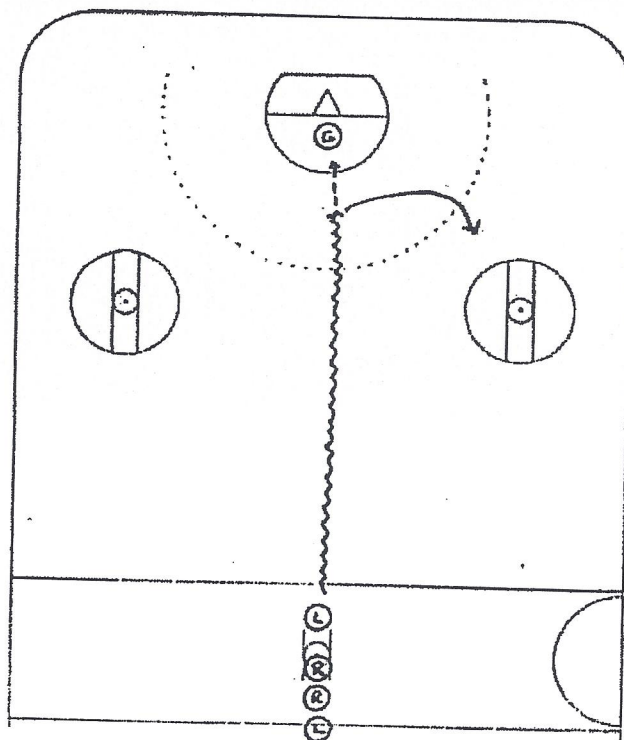
Defensive Player ⊗

Offensive Player ① or ②

Coach C

LEGEND

GOALTENDER SHOWDOWN DRILL



- **NOTE: Timing of shooters is important for goalie to get benefit from the drill.**
- **Allow goaltender to react to shot and reset before next shot.**
- **Sponge ball may be used to prevent injury.**

Path of the Player —————→

Path of the Ball - - - - -→

Path of the Player with the Ball ~~~~~→

Path of a Rolling Ball ^ ^ ^ ^ ^→

Pick ———|

Defensive Player ⊗

Offensive Player ⊙ or ⊙

Coach ⊙

LEGEND