



# DRILL & SKILL CARDS

A quick reference  
guide to lacrosse



**LACROSSE CANADA**  
**CROSSE CANADA**

© 2023 Lacrosse Canada

All rights reserved – No part of these Drill and Skill Cards may be reproduced without the express written consent of Lacrosse Canada.

Lacrosse Canada  
18 Louisa St, Suite 310  
Ottawa, ON K1R 6Y6

[info1@lacrosse.ca](mailto:info1@lacrosse.ca)

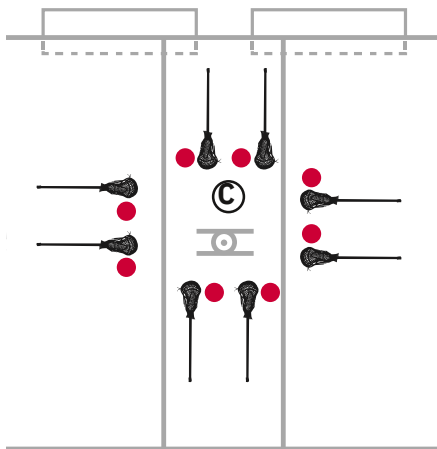
[www.lacrosse.ca](http://www.lacrosse.ca)



Printed in Canada



## Trapping & Scooping



LACROSSE CANADA  
CROSSE CANADA



# Trapping & Scooping

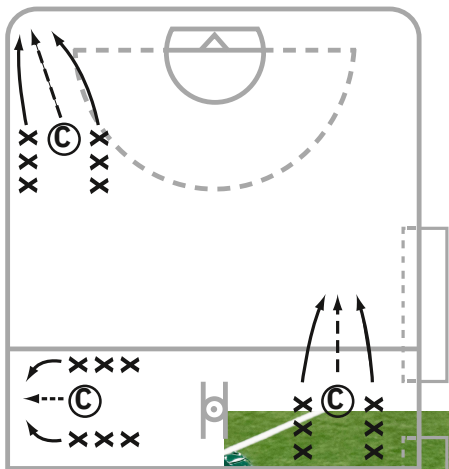
## Stationary Scooping

- A group of players (with balls in their sticks) are in a circle around the coach.
- Players are stationary and repeatedly put the ball on the floor and then trap and scoop it and pick it up.



LACROSSE CANADA  
CROSSE CANADA

## Loose Balls



LACROSSE CANADA  
CROSSE CANADA

For the  
complete LC  
Drills Card, visit  
[lacrosse.ca](http://lacrosse.ca) to  
purchase your  
copy.



**LACROSSE CANADA**  
**CROSSE CANADA**

