



DRILL & SKILL CARDS

A quick reference guide
to lacrosse

*Association
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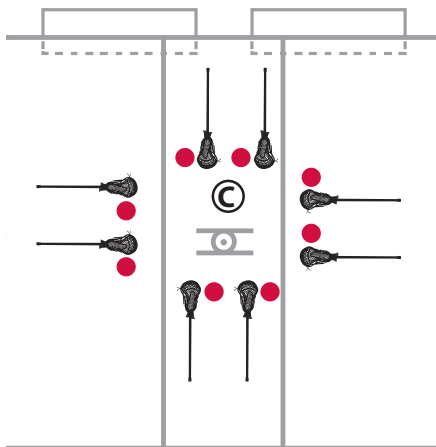


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Trapping & Scooping



Technical Skills

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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.



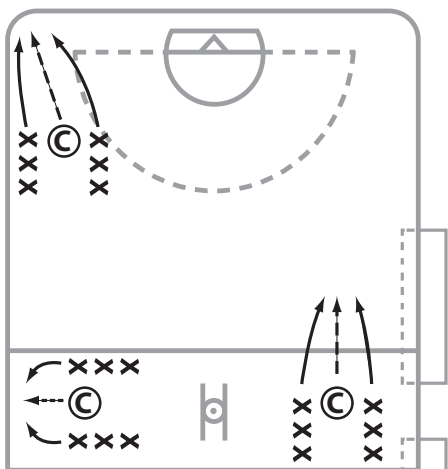
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Loose Balls



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