



DRILL & SKILL CARDS

A quick reference guide
to lacrosse

*Association
canadienne
de crosse*



*Canadian
Lacrosse
Association*

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Trapping & Scooping

Tips

- Stop the rolling ball
- Top hand on throat of stick
- Keep butt-end of stick low to ground
- Bend the knees
- Use your foot to protect the ball
- Roll the ball backwards
- Accelerate through the ball
- Bring stick to cradle position
- Move to open space

Technical Skills

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Trapping & Scooping

Common Errors

- Not bending knees
- Scooping with arms
- No hand on throat of stick
- Only one hand on stick

Corrections

- Bend the knees
- Keep stick low to the ground
- One hand on throat of stick
- Two hands on the stick



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Cradling

Tips

- Stick is in the base of your fingers – not your palms
- Top hand is at the throat and the bottom hand on the butt of stick
- Top hand cradles, bottom hand guides
- Cradling motion is simply opening and closing the wrists and arms
- Use your body to protect the ball

Technical Skills

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Cradling

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