



# DRILL & SKILL CARDS

A quick reference  
guide to lacrosse



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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



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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



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