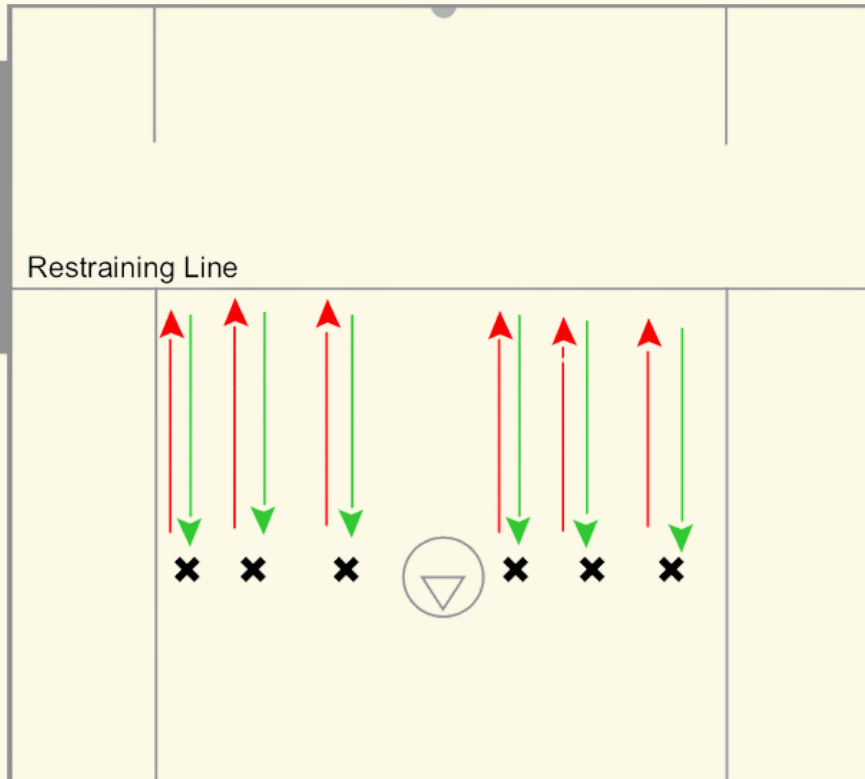


# Lacrosse Canada Presents Try Lacrosse





# Try Lacrosse

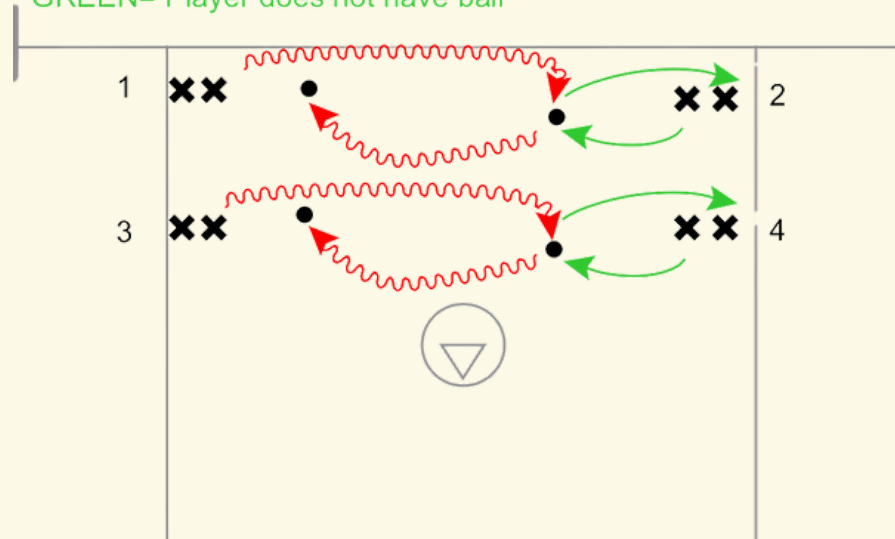


## Description: Learning to run with the ball

In this beginner drill, players start in a line with a ball in their stick, holding it with one hand at the bottom and the other near the top. They will walk slowly to the restraining line, focusing on controlled movement while keeping possession of the ball. After reaching the line, they turn and walk back. As they get more comfortable, the drill progresses to running. Running with the ball is a key skill in lacrosse, and players should gradually increase their speed as they gain confidence.

RED= Player has ball

GREEN= Player does not have ball

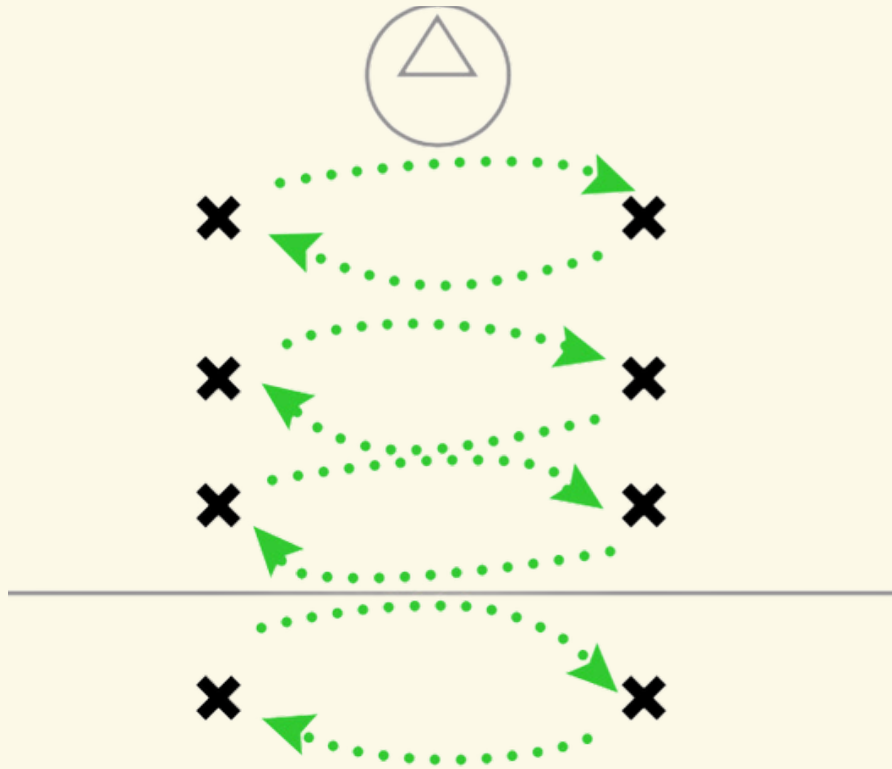


## Description: Learning to pick up the ball

Players are split into four even lines. Line 1 and Line 3 start with a player each holding a ball. They run toward the opposite line, and when they're about three-quarters of the way, they drop the ball. The player from Line 2 runs to scoop it up, while the player who dropped the ball moves to the back of their line. The player who scooped the ball then becomes the runner. This drill, called a "shuttle," involves passing the ball back and forth between the same spots.



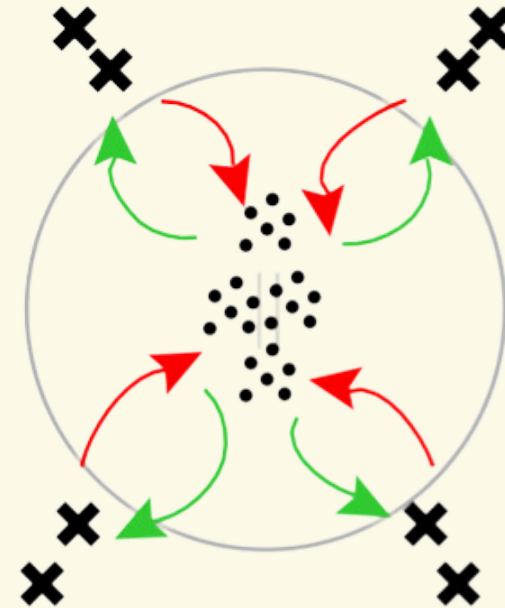
# Try Lacrosse



## Partner Passing

Players start about 10 feet apart, paired with a partner. Holding their stick on their shoulder, they play a simple game of pass and catch. It's okay if the ball is dropped or the throws aren't perfect at first; the focus is on developing the power and accuracy needed for passing.

As players improve, gradually increase the distance to 15 and 20 feet. Occasionally moving closer can also help players practice different types of passes.

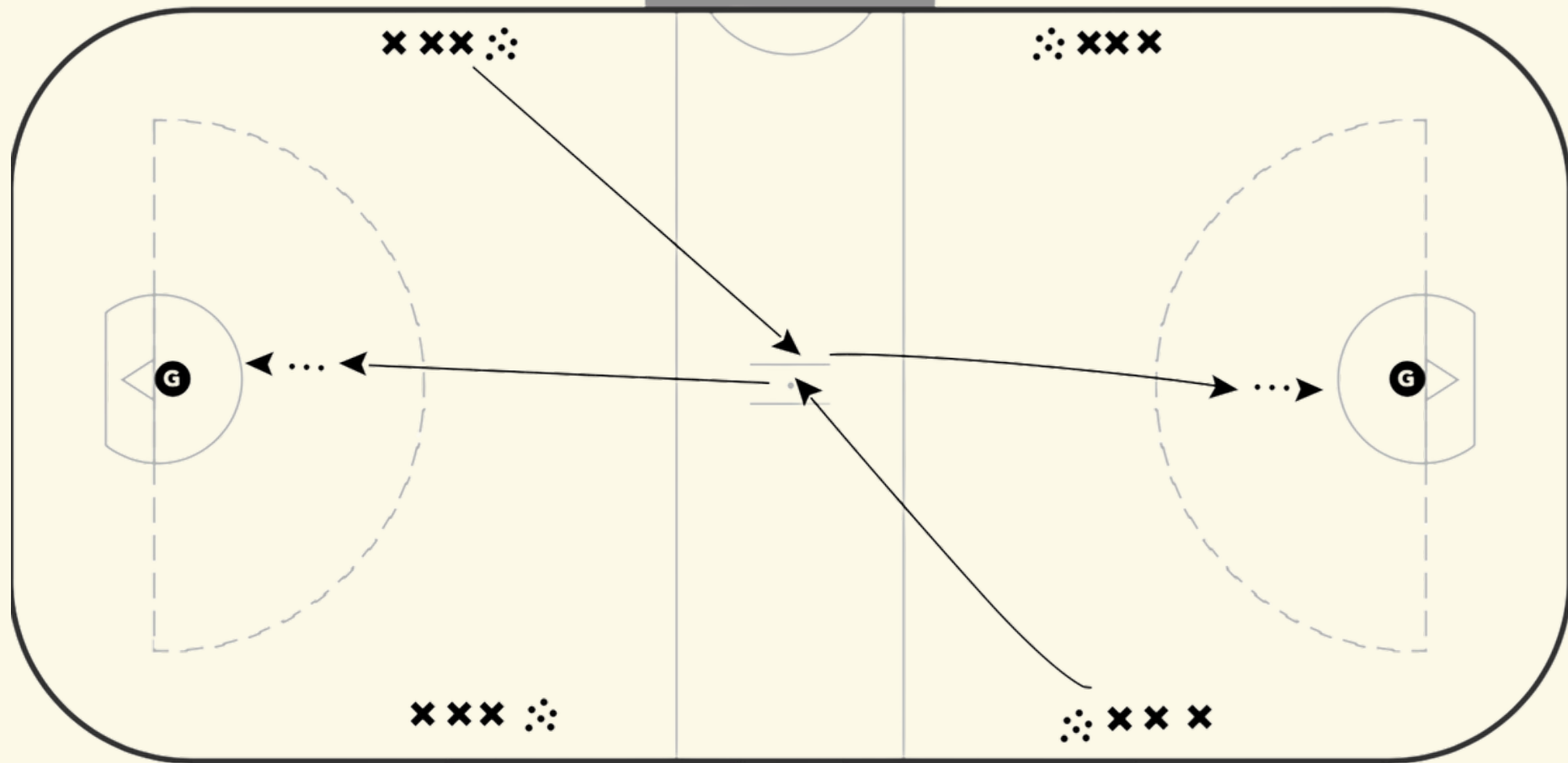


## Hungry Hungry Hippos

This drill, inspired by \*Hungry Hungry Hippos\*, is a fast-paced game where players are divided into four teams around the center circle. Several lacrosse balls are placed in the middle. Teams compete to collect the most balls, with only one player going at a time to scoop up a ball and race back to their team. The next player can only go once the first returns. This drill focuses on scooping, running with the ball, and teamwork, and the team with the most balls at the end wins.



# Try Lacrosse



## Touch Middle and Go

Position players in the center of the floor, a few steps behind their starting spot, each holding a ball. The first player passes to either the coach on the weak or strong side, then cuts toward the middle to receive a return pass. Upon catching the ball, the player takes a shot on goal. After shooting, the player retrieves their ball and returns to the back of the line, while the next player steps forward to repeat. This drill emphasizes passing, cutting, receiving on the move, and shooting.