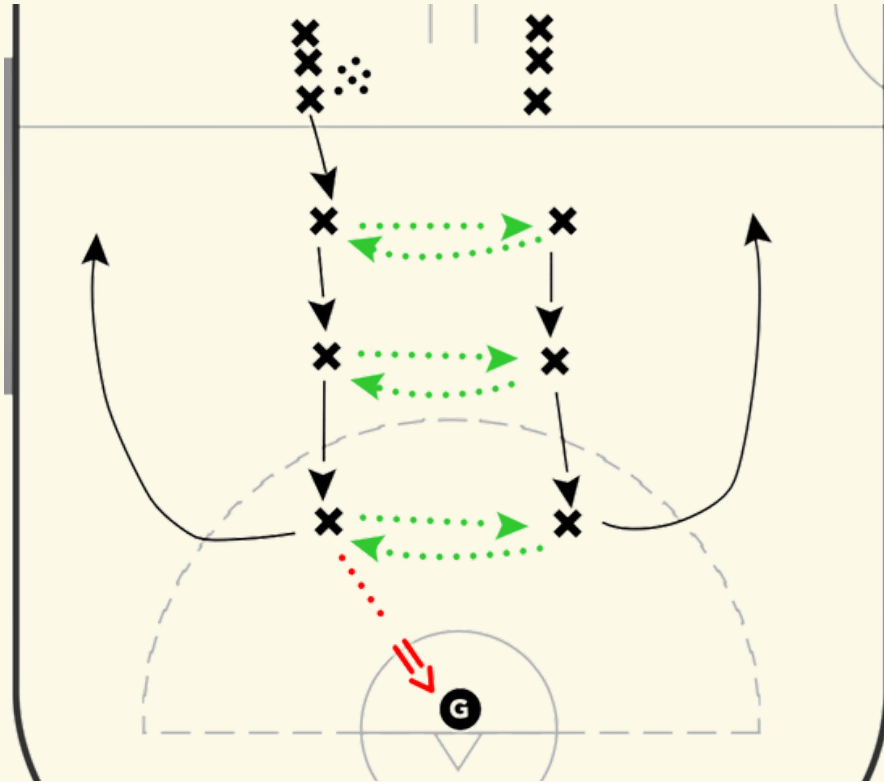


Lacrosse Canada Presents Try Lacrosse



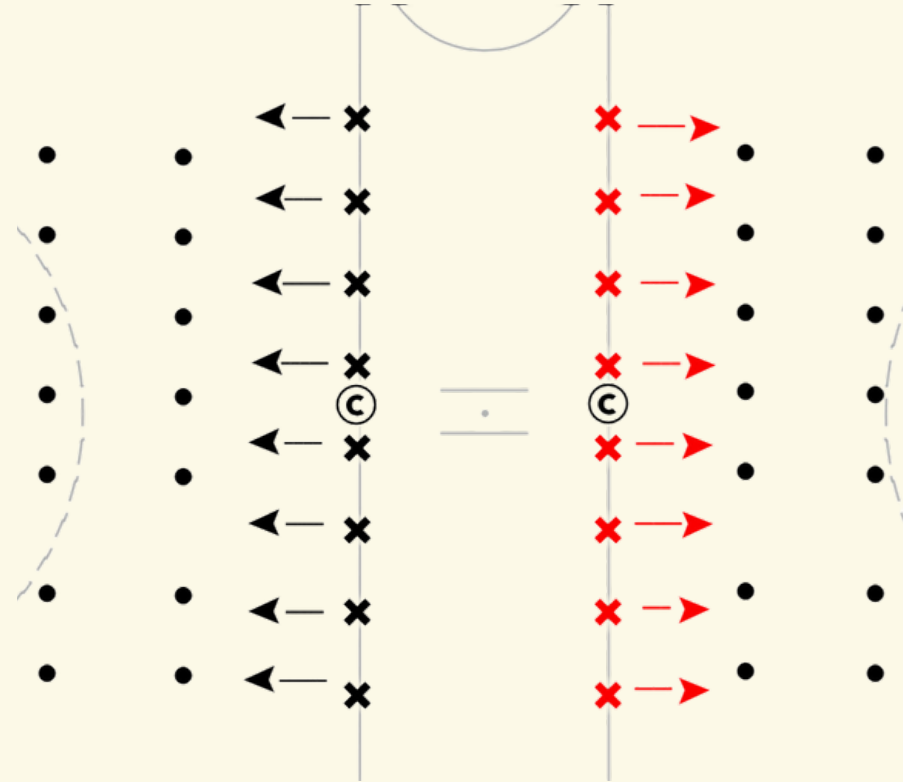


Try Lacrosse



Shuffle Passing

Players start in two lines at the top, working in pairs. The drill focuses on quick movement, with each pair starting every 3 to 5 seconds, though beginners may need more time. Players pass the ball while side-shuffling until they reach the dotted line. After passing, one player shoots, and both return to reset. This drill improves passing, catching, and movement skills, with progression to "quick sticks" as players advance.

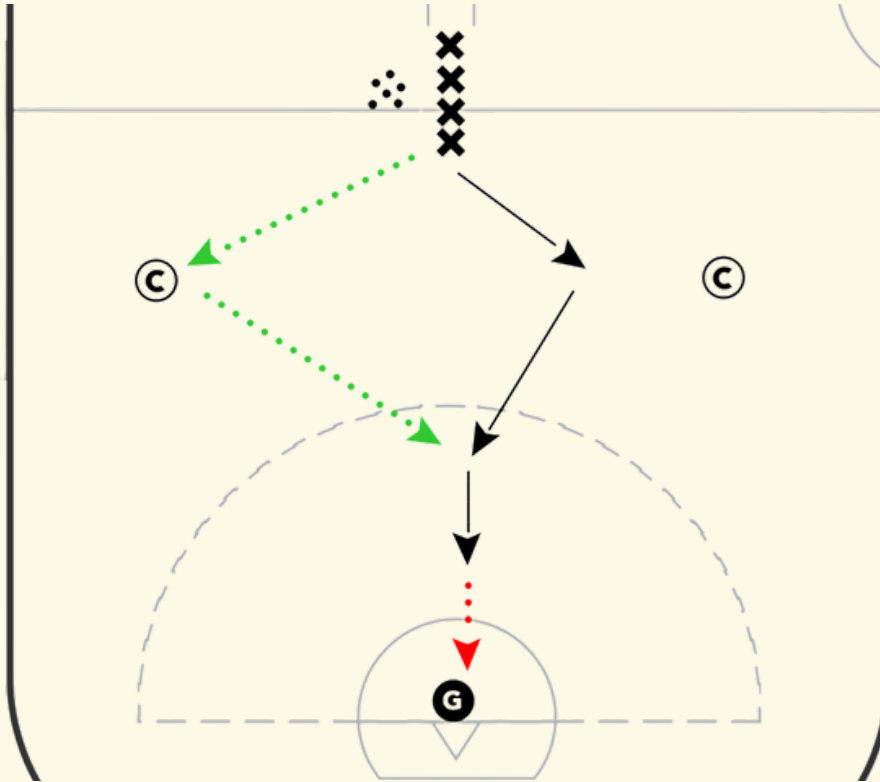


52 Pick Up

All players start behind the restraining line or at their goal, with the coach holding a bag or bucket containing 40-50 balls (for larger groups). The coach then throws all the balls to one end of the floor. When the whistle blows, players race to collect the balls and bring them back to the coach, placing them in the bag as quickly as possible (timed with a stopwatch). The drill is repeated twice, with players aiming to beat their previous time.

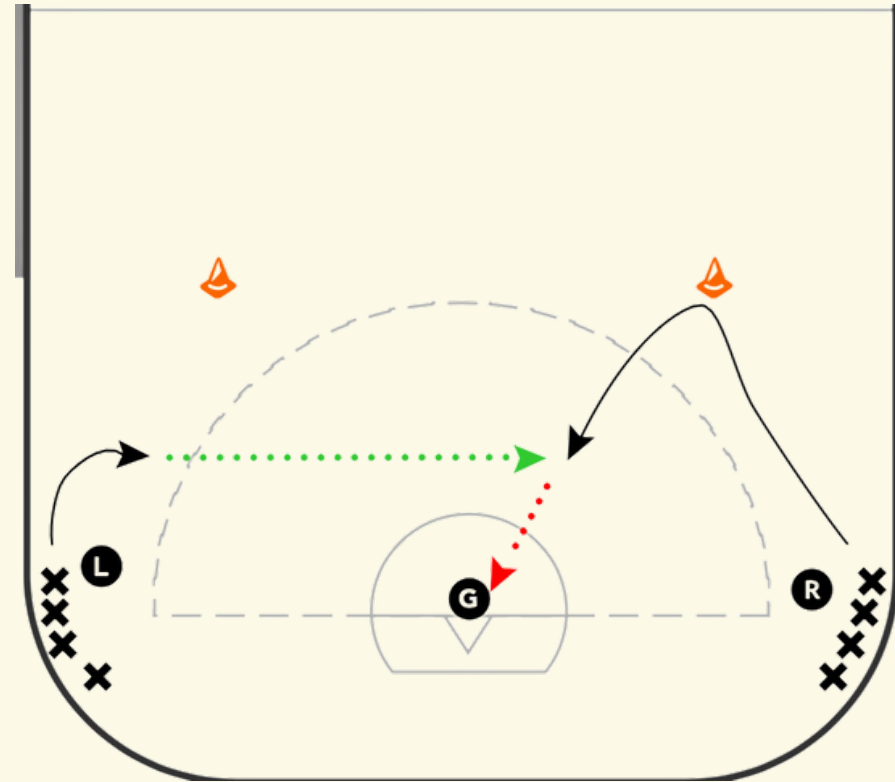


Try Lacrosse



Coach Give and Go's

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.

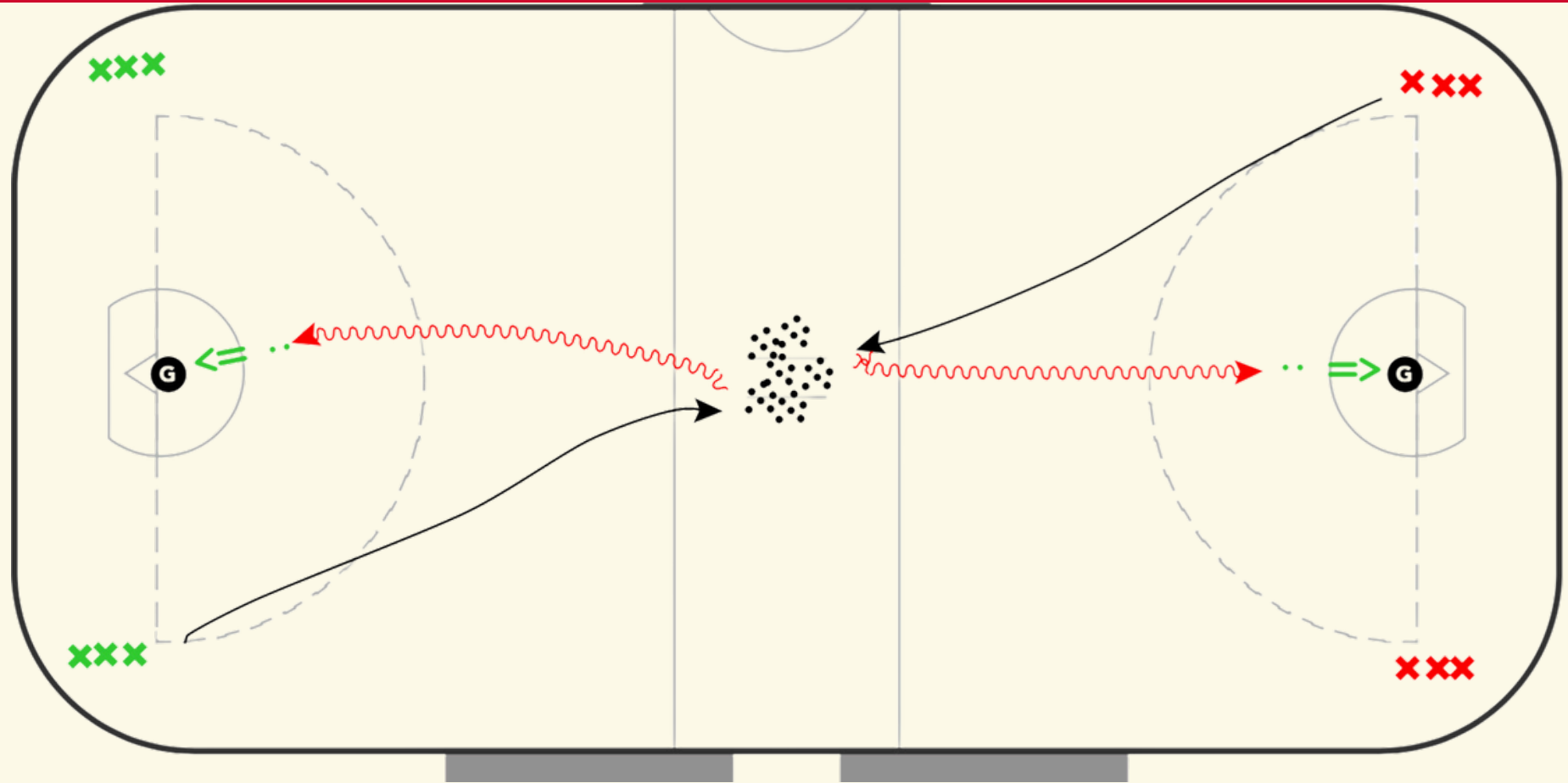


Low to High Shooting

Players start in two lines at opposite corners, with left-handed players on the left and right-handed players on the right. A pylon is placed 5 meters from the sideboards. The first player in the right-handed line runs to the pylon, turns, and cuts toward the net. The left-handed player passes to the cutter, who shoots. After the right-handed players complete their turn, roles are reversed. This drill focuses on cutting, passing, and shooting in game-like scenarios.



Try Lacrosse



Breakaway Relay

Teams are divided into four lines, one in each corner, with the two lines on the same side of the floor forming a team for the relay. The relay starts with the first player from opposite lines. Players sprint toward the middle of the floor, grab a ball, and then head on a breakaway to take a shot. After shooting, the first player in the opposite line repeats the process. This drill turns into a relay race between the two teams, and coaches can set a target number of rounds (such as 5, 7, or 10) for teams to compete. It's a great way to work on basic skills while adding an element of friendly competition.