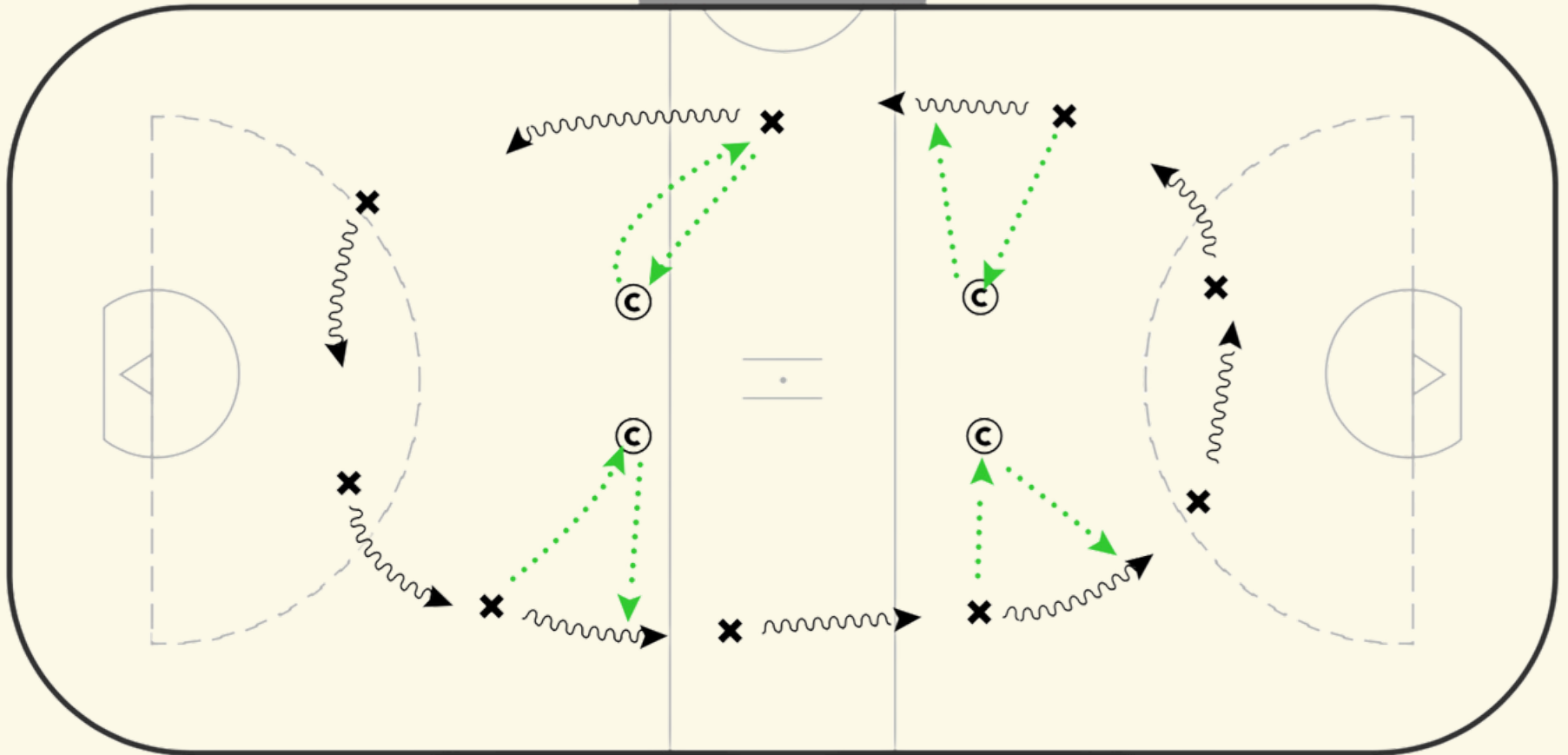


Lacrosse Canada Presents Try Lacrosse





Try Lacrosse

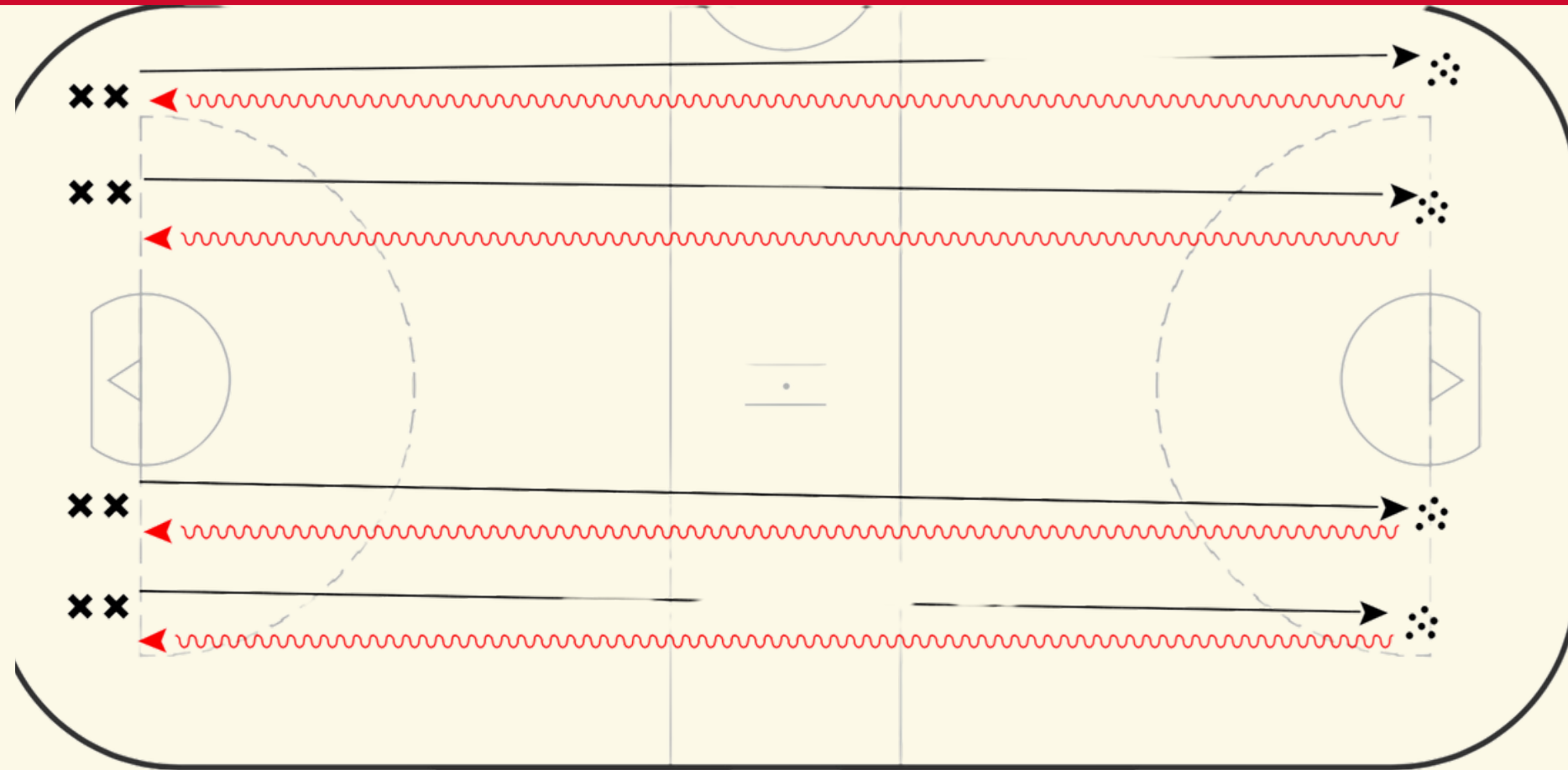


Coach Passing

This introductory drill helps new players work on passing and catching while on the move. Players jog around the rink as shown, with coaches positioned in the middle. As they jog by, players practice passing and catching with the coaches. There's no need to go at full speed; the focus is on helping players get comfortable with passing and catching while running, making it ideal for beginners to build their skills and coordination.



Try Lacrosse

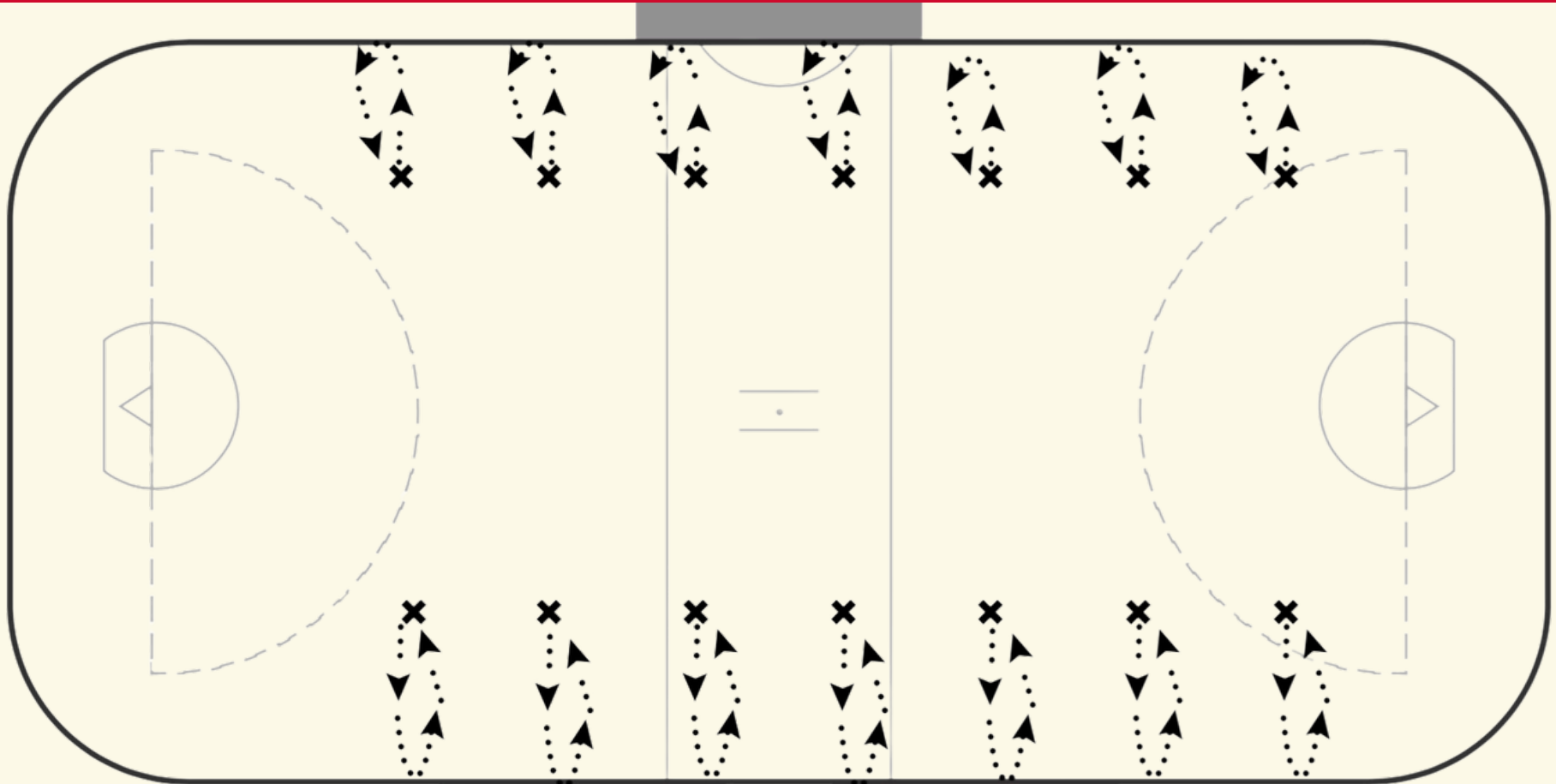


Full Floor Relay Race

Players are divided into four teams and lined up along the goal line at one end of the rink. At the opposite end, each team has a group of lacrosse balls. The first player in each line sprints to the far end, scoops up a ball, and then cradles it while sprinting back to their team. Once they return, the next player goes and repeats the process. The first team to collect all their lacrosse balls wins. This is a fun, competitive game that kids enjoy while practicing fundamental lacrosse skills like scooping and cradling.



Try Lacrosse

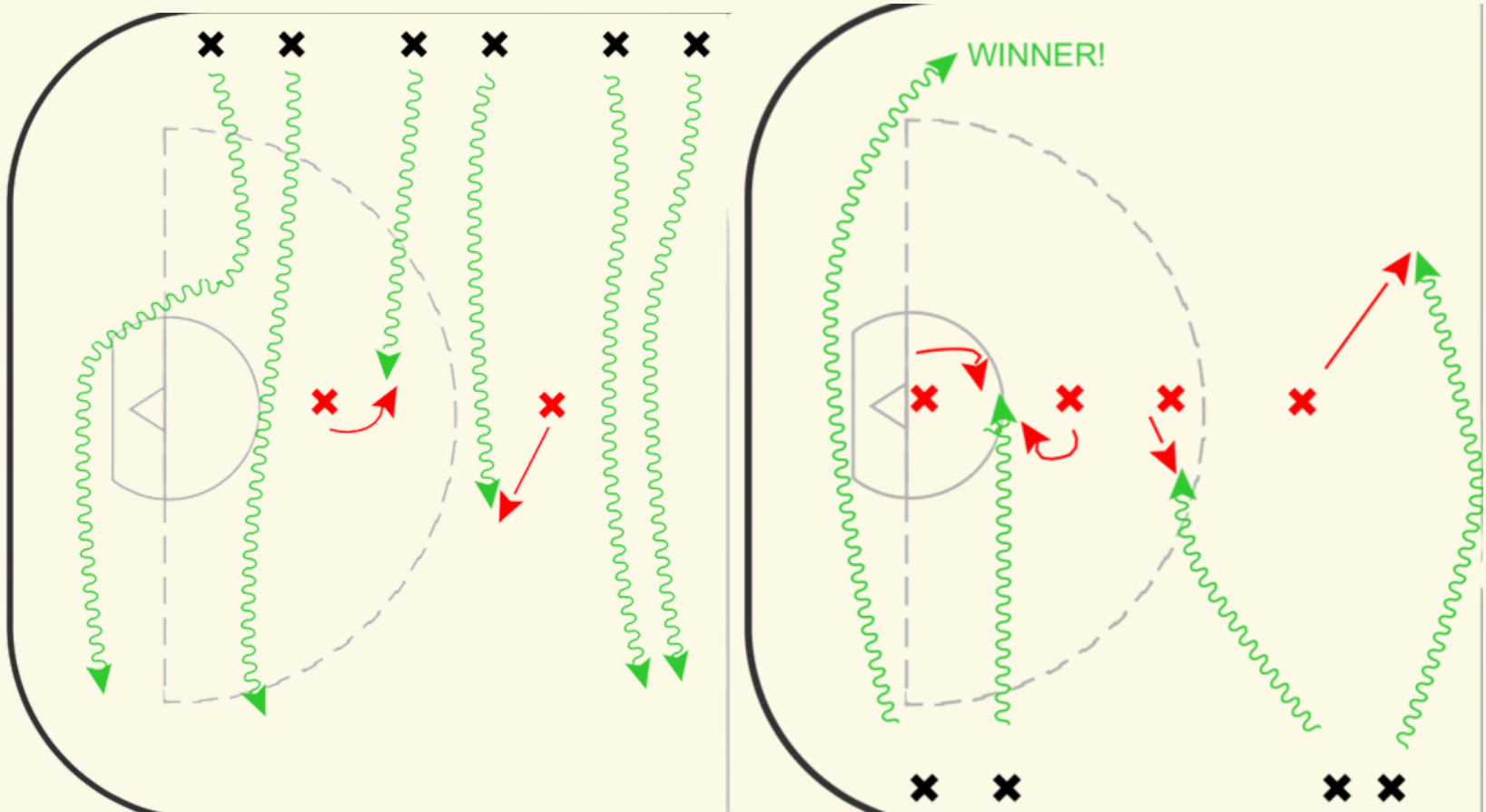


Wall Ball

Position players evenly across the floor, about 10 meters from the boards (or wall). Each player should choose a target to aim for while getting familiar with the release point of their stick. For beginners, it's useful to start by throwing using only their top hand to understand the basic throwing mechanics.



Try Lacrosse



Sharks and Minnows

This fun game helps beginners improve their skills. Two "sharks" stand in the middle without a ball, while the "minnows" line the boards with a ball in their stick. Minnows try to cross the floor without sharks knocking the ball out. If a shark succeeds, the minnow joins the sharks. The last minnow with the ball wins. The game focuses on running with the ball, cradling, and ball control, while also helping sharks practice defense and footwork.