

LAX-TASTIC LACROSSE SKILLS & DRILLS

1. SCOOPING

SKILL –

- Scoop in one smooth motion.
- Must allow your body to get low, bend your knees. Knuckles to the ground.
- Keep hands in proper position, hand at butt and under head of stick. No 'shoveling'.
- Do not scoop with one hand on stick.
- Do not rake the ball into your stick unless absolutely necessary.

DRILL – Scoop Stacks

Equipment Needed: Sticks, Balls

Set Up: No set up needed.

How To:

1. Place players into stacks.
2. Instructor should throw a ground ball out to the first person.
3. The players should scoop the ball and throw them back to the Instructor and then go to the back of the stack.
4. Can also have first person in line roll the ball out, run and scoop and throw back to the next person in line.

2. CRADLING AND DODGING

CRADLING SKILL –

*FYI – You should start by reviewing the parts of the stick (head, pocket, shaft, butt).

- Bottom hand at butt of stick. Top hand under head of stick.
- Cradle with head of stick around shoulder area.
- Do not drop head of stick when cradling.
- Top hand moves as though you were pumping fist (pumping a bar bell).
- Girls cradle across their body – ear to nose.

DODGING SKILL –

- Emphasize cradling on the move, changing directions.
- V Dodge: Player runs to the left then cuts back and goes right.
- Roll Dodge: Player comes close to the defender, plants right foot in front of defender then rolls around (roll to the outside).
- Switching Hands: Discuss changing hands, moving top hand down, bottom hand up as you meet a defender.

DRILL – Cradling Stacks

Equipment Needed: Sticks, Balls, Cones

Set Up: Place players in front of each line to be 'dummy' defenders. (Later in drill)

How To:

1. Place players into stacks.
2. Players should cradle to the end of the court/field and back.
3. You can start without balls so they get comfortable with the motion, and then add balls.
4. Once players are comfortable with the movement work on the dodge, add dummy defenders from Set Up.
5. Have players run through the dummy defenders and practice a dodge.

3. PASSING/THROWING

SKILL –

- Top hand half way down stick. Bottom hand at butt of stick.
- When throwing point head of stick in direction of target.
- Step with opposite foot when throwing.
- Avoid throwing "side armed".

DRILL – Throwing Stacks

Equipment Needed: Lacrosse sticks and balls

Set Up: No set up needed.

How To:

1. If you have a wall, players should throw and catch off the wall to themselves.
2. If no wall, players should line up on a line and throw the ball straight ahead when the whistle blows.
3. They should retrieve the ball by scooping and cradling back to the line, then repeat.

4. SHOOTING

SKILL –

- **BOUNCE SHOT**
 - Same fundamentals as throwing.
 - You can move your top hand to a lower position on the pole.
 - Step with your opposite foot.
 - Angle of shot is based on how high you want ball to end up at goal.
 - Ball should bounce in front of the goal line.
- **AIR SHOT**
 - Aim based on corner areas.
 - Try not to drop head of stick, even if it generates more power.
 - If you follow through too much the ball will go to the ground

DRILL – Shooting Stacks

Equipment Needed: Lacrosse sticks, balls, and cones

Set Up: Create a goal with the cones.

How To:

1. Place the players in stacks around the goal.
2. One at a time the players should take shots on the goal.
3. Then get their ball, give it to the next person in the stack and return to the back.

5. RECEIVING/CATCHING

SKILL –

- Make sure your teammate is prepared to receive the ball.
- Teammate should show a target - the head of stick should be out at their shoulder.
- Your stick should 'give' with the ball as you receive – like catching an egg.
- Cradle as soon as you catch.

DRILL – Passing Stacks

Equipment Needed: Lacrosse sticks and balls

Set Up: No set up needed.

How To

1. Place players into stacks.
2. The players should spread out to half field with about 5 feet in between each other.
3. Pass the ball from one end to the other.

6. DEFENSE

SKILL –

- Same principles as defense in other sports.
- Low center of gravity.
- Don't cross your feet when you move side to side.
- Shadow the offensive player with your stick. *Remember no checking, no contact.

DRILL – Shadow Zig Zags

Equipment Needed: Lacrosse sticks and balls

Set Up: No set up needed.

How To:

1. Place players into pairs.
2. Each player should have a partner.
3. Players should shadow partner who has a ball from one end of the field to the other.