

Passing Drills

Two-on-Zero or 1 & 1 - Variations

- 2-0/1 & 1 focusing on how many catches each set of partners can make
- 2-0/1 & 1 timed. 30 seconds/hot potato with little to no cradling
- 2-0/1 & 1 throwing bad passes, to their partner's off hand side, forcing them to move their stick across their body
- Switch between stationary 1 and 1 or 2-0 full floor running.

Knock-out drill

- 6 players, 3 vs 3 spread opposite about 10 – 20 yards apart. Two balls, players pass quickly from side to side or diagonally & randomly as quickly as possible. Drop a pass or throw a bad pass and you get a demerit point. 3-5 demerit points and you're out. Winners are final two players, each with a ball. Losers do push-ups.

Pepper Drill

- One player, facing 4 others opposite the floor in a straight line from left to right. Use two balls, passing back and forth to the individual passer. Work hard, stress accurate passes and ball handling. 30 seconds timed, rotate through the entire line.

Zig-Zag

- All players, lined up opposite, facing each other spread across the floor. Balls start at one end of the line and empty bucket at the other. Pass the balls down the line, in a zig-zag fashion. Coaches should be monitoring body positioning and passing/catching technique.
- To add pressure, anyone who drops a pass does 5 push-ups. Use a stopwatch and see how many passes the team can make.
- Can be broken down in groups of 6. See which group can make the most successful passes.
- Another great option using one ball, is to start the ball at the bottom of formation and have the first passer run to the position he's passing the ball. Passers continue to follow their pass and take over the next position. End player runs full/half floor to the beginning and starts it over. Drill is over when everyone returns to their starting position. Time the drill weekly to gauge improvement.

Shuttles

- Two lines, three players on lined up facing three other players. Start with loose ball simulation by rolling it to each side. Ensure players are running after the ball and not waiting for it.
- Move to putting the ball in the air and focus on proper passing and catching technique.
- One option is to use more room and put a defender in the middle. Defender plays 'light' defense and player catching the ball runs toward defender, makes a proper lacrosse dodge/move and then passes to the next in the opposite line. Everyone catches the pass, runs and makes a move around the middle defender before passing.