

## Drill

<b>Drill Name:</b>	BG Cradling - Board Gauntlet
<b>Drawn Diagram:</b>	
<b>Purpose:</b>	Players carry, cradle and protect ball from checkers while trying to run up along boards.
<b>Procedure:</b>	<ol style="list-style-type: none"> <li>1. X1 player identified to be ball carrier &amp; remaining players line up 3ft from boards and 6ft apart.</li> <li>2. X1 runs, cradles &amp; protects ball along boards through all the checkers. DON'T STOP MOVING YOUR FEET!</li> <li>3. D-checkers apply a stick crosscheck to elbow of ball carrier on way by all the way through line (add optional shot on goalie after making it through).</li> <li>4. D1 checker is now ball carrier and moves into position and starts next round until all players have gone through gauntlet.</li> <li>5. Change directions now so all players run individually through gauntlet the other direction protecting the ball on the opposite side.</li> </ol>
<b>Progressions:</b>	
<b>Age Groups:</b>	<input checked="" type="checkbox"/> Bantam <input checked="" type="checkbox"/> Junior <input checked="" type="checkbox"/> Midget <input checked="" type="checkbox"/> Mini Tyke <input checked="" type="checkbox"/> Novice <input checked="" type="checkbox"/> PeeWee <input checked="" type="checkbox"/> Senior <input checked="" type="checkbox"/> Tyke
<b>Categories:</b>	<input type="checkbox"/> Advanced <input checked="" type="checkbox"/> Checking / Body Checking <input checked="" type="checkbox"/> Cradling <input type="checkbox"/> Decision Drills <input type="checkbox"/> Defensive Drills <input type="checkbox"/> Dodging <input type="checkbox"/> Face-off Drills <input type="checkbox"/> Goaltender Drills <input type="checkbox"/> Intermediate <input type="checkbox"/> Novice <input type="checkbox"/> Offensive Drills <input type="checkbox"/> Passing / Catching <input type="checkbox"/> Pre-Game (Warm-up) <input checked="" type="checkbox"/> Running <input type="checkbox"/> Scooping <input type="checkbox"/> Shooting <input type="checkbox"/> Shooting Drills <input type="checkbox"/> Special Situation Drills <input type="checkbox"/> Special Team Drills <input type="checkbox"/> Transition Drills
<b>Disciplines:</b>	<input checked="" type="checkbox"/> Box Lacrosse <input type="checkbox"/> Men's Field Lacrosse <input type="checkbox"/> Women's Field Lacrosse