



DRILL & SKILL CARDS

A quick reference guide
to lacrosse

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Trapping & Scooping

Tips

- Stop the rolling ball
- Top hand on throat of stick
- Keep butt-end of stick low to ground
- Bend the knees
- Use your foot to protect the ball
- Roll the ball backwards
- Accelerate through the ball
- Bring stick to cradle position
- Move to open space

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Trapping & Scooping

Common Errors

- Not bending knees
- Scooping with arms
- No hand on throat of stick
- Only one hand on stick

Corrections

- Bend the knees
- Keep stick low to the ground
- One hand on throat of stick
- Two hands on the stick



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Cradling

Tips

- Stick is in the base of your fingers – not your palms
- Top hand is at the throat and the bottom hand on the butt of stick
- Top hand cradles, bottom hand guides
- Cradling motion is simply opening and closing the wrists and arms
- Use your body to protect the ball

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Cradling

Common Errors

- Bottom-hand cradling
- One-handed cradling
- Stick horizontal to body
- Hands too close together

Corrections

- Cradle with top hand
- Use two hands
- Keep stick diagonally tight against the body
- One hand at the throat and one at the base



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Catching

Tips

- Hold the shaft in the base of your fingers
- Top hand on throat of stick
- Present stick as a target
- Keep wrists and arms soft/loose
- Track the ball into the stick
- Cushion the ball as it enters the stick

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Catching

Common Errors

- Not watching the ball into the stick
- Hands too far down shaft
- Not offering stick as a target

Corrections

- Eyes follow ball into pocket
- Top hand grips near throat of stick
- Offer stick as a target



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Passing

Tips

- Shoulders face the target
- Bottom arm bent 90° to body
- Top hand halfway up shaft
- Bottom hand on butt of stick
- Point butt of stick at the target
- Transfer weight forward
- Two hands move together
- Follow through to target

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Passing

Common Errors

- Top hand too close to throat of stick
- Stepping forward with wrong foot
- Lack of follow-through

Corrections

- One hand halfway down shaft
- Step with opposite foot
- Follow-through



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Overhand Shot

Tips

- Shoulders face the target
- Bottom arm bent 90° to body
- Top hand halfway up shaft
- Bottom hand on butt of stick
- Point butt of stick at the target
- Transfer weight forward
- Two hands move together
- Follow through to target
- Aim for mesh
- Accuracy and quick release are better than a hard shot

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Overhand Shot

Common Errors

- Stick extended too far back
- Shooting with the arms
- Lack of accuracy

Corrections

- One hand on butt of stick, the other halfway up the shaft
- Step into shot
- Point stick in direction of target



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Rolling

Tips

- Initiate contact with the defender
- Keep the ball protected
- Roll off the check with your back
- Roll towards the butt end of the defender's stick

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Rolling

Common Errors

- Failure to accelerate
- Rolling too early or too late
- Rolling towards head of defender's stick

Corrections

- Accelerate
- Time your roll to take advantage of the defender's aggression
- Roll towards the butt-end of the defender's stick



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Cross-Checking

Tips

- Play the opponent one step back and one step to the middle
- Sticks in the middle
- Get in the ready position
- Place stick and explode forward
- Keep your feet moving
- **Cross-checking from behind is illegal**

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Cross-Checking

Common Errors

- Playing the attacker straight up
- Not playing the body
- Putting the stick behind the attacker

Corrections

- Angle attacker away from net
- Play the body, not the stick
- Always keep stick in front of attacker



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Cutting & Replacing

Tips

- Players need to replace open spots
- Ball carriers should be aware of cutters
- Ball carriers should be in double threat position
- Replacing players should go to one of the three offensive positions



Cutting & Replacing

Common Errors

- 2 players in same position
- Failing to pass to open cutters
- Players clogging up the middle

Corrections

- Players need to replace open spots
- Ball carriers should be aware of cutters
- Cutters go to 1 of 3 offensive positions



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Give & Go

Tips

- Use v-cuts and jab steps
- Pass to a teammate
- Go to the net and receive a return pass

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Give & Go

Common Errors

- Breaking down the side and shortening the shot angle

Corrections

- Break across the middle and increase the shot angle



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Screens

Tips

- Screen-setter must give the impression that the defender is preventing him/her from moving
- Ball carrier should get as close to the screen as possible
- Ball carrier should use the screen to hide his/her shot



Screens

Common Errors

- Screening player commits minor interference
- Failing to break check into screen
- Taking too long to shoot

Corrections

- Screening player must appear to be prevented from moving by the defender
- Get as close to screen as possible
- Use the screen to hide your shot



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Pick & Roll

Tips

- Pickee MUST occupy the defender by faking a v-cut
- Picker must disguise pick by making defender believe he/she is making a ball cut
- Picker must ensure the ball carrier's defender is unaware of pick being set
- Picker must place themselves in a position to the side and slightly behind the pickee's defender
- Picker must have stick up and knees slightly bent
- Pickee goes to the side the pick is set on
- The picker rolls open to the ball

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Pick & Roll

Common Errors

- Pickee does not occupy the defender
- Pickee goes too wide around the pick
- Failing to pass to open rollers

Corrections

- Pickee must occupy the defender
- Pickee should brush shoulders with picker
- Ball carriers should be aware of open rollers



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Face-Off

Tips

- Right shoulder faces your own goal
- Stick is along the ground
- Push off the front foot
- Pull with your arms

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Face-Off

Common Errors

- Kneeling down

Corrections

- Squat with knees touching ground



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Odd-Person Rush

Tips

- Shoot first, pass second
- Good spacing
- Do not take a hit when passing
- 3-2s – keep the ball in the middle

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Odd-Person Rush

Common Errors

- Over passing
- No passing
- Offensive players too close together

Corrections

- Keep passes to a minimum
- Pass when pressured
- Create open space

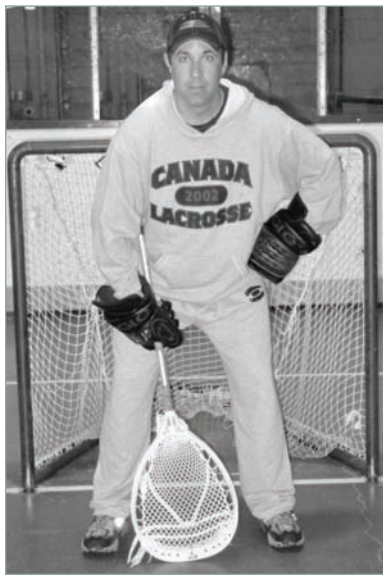


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Ready Position



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Ready Position

Tips

- Open stance
- Feet shoulder-width apart and slightly turned out
- Legs should be bent slightly at the knees
- Upper body should be bent slightly forward from the waist
- Head up and looking at the play in front of the goal
- Stick hand just inside the dominant knee
- Free hand resting lightly on hip/thigh

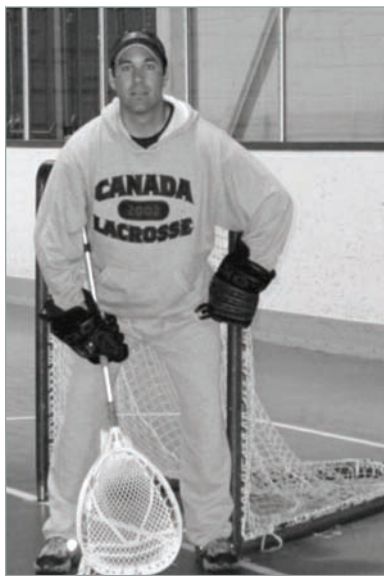


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Position 1



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Position 1

Tips

- **Ball is in the left defensive corner**
 - Left foot firmly placed against base of left post and pointing toward left side of floor
 - Lower left leg is tight against the post
 - Majority of weight placed on left leg
 - Right foot pointing in same direction
 - Feet shoulder-width apart
 - Left arm/left side comfortably as close to left post as possible
 - Stick should face ball carrier

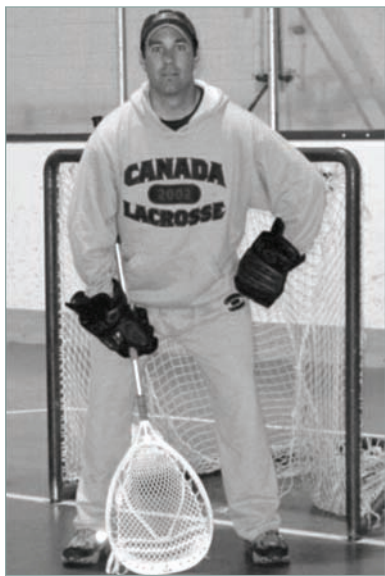


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Position 2



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Position 2

Tips

- **Ball is near the left shooter position**
 - Right foot is 25 cm in front of goal line
 - Feet a little more than shoulder-width apart
 - Body is square to the ball carrier



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Position 3



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Position 3

Tips

- **Ball is between the left and right shooter positions**
 - Become centred in the goal
 - Feet are 40-45 cm in front of goal line
 - If ball is beyond the dotted line, goaltender may move further from the goal
 - Take care not to move too far from the goal and risk being out of position for a shot

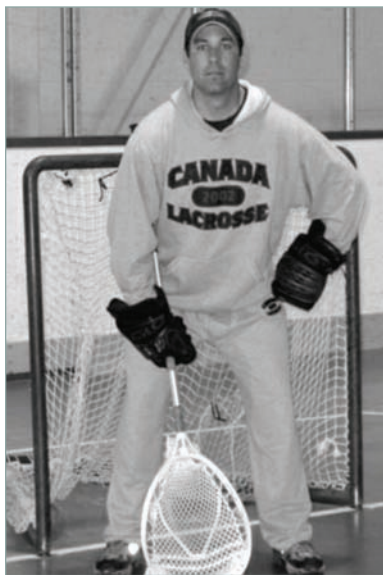


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Position 4



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Position 4

Tips

- **Ball is near the right shooter position**
 - Left foot is 25 cm in front of goal line
 - Feet a little more than shoulder-width apart
 - Body is square to the ball carrier

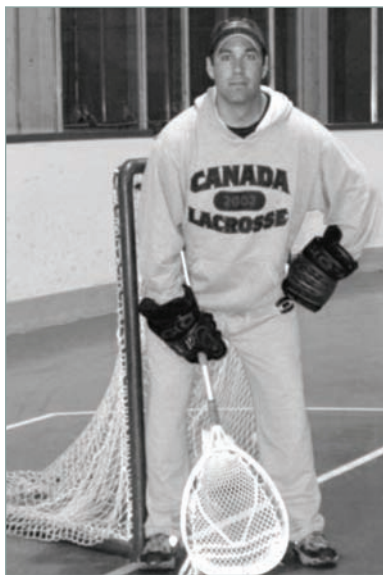


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Position 5



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Position 5

Tips

- **Ball is in the right defensive corner**
 - Right foot firmly placed against base of right post and pointing toward right side of floor
 - Lower right leg is tight against the post
 - Majority of weight placed on right leg
 - Left foot pointing in same direction
 - Feet shoulder-width apart
 - Right arm/right side comfortably as close to right post as possible
 - Stick should face ball carrier



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