

## Drill Name: "ONE TIMERS"

Stage of Activity	Learning to Train, Train to Train, Train to Compete
Skills	Catching the Ball, Reactionary Movement
Equipment	Balls, Goaltender, Net
Time	10 Minutes
Number of People	3+
How It Works	<ul style="list-style-type: none"> <li>• Drill requires two coaches or players.</li> <li>• Coach behind the net has a bucket of soft rubber balls or regulation lacrosse balls.</li> <li>• Coach behind the net feeds the coach in front for a quick stick shot.</li> <li>• The Goaltender must play the coach behind the net, communicate ("check" or "clamp"), and turn around to react to the shot from the coach in front of the goal.</li> </ul>
Modifications	<ul style="list-style-type: none"> <li>• The Coach in the front lines up different distances and/or angles from the goal</li> <li>• Bounce shots</li> <li>• Increase velocity of shots</li> </ul>

