

## Drill Name: LAXETBALL

Stage of Activity	Train to Train, Train to Compete
Skills	Dodge, Passing, 'Shooting'
Equipment	Balls, One Stick per Player, Basketball Hoop, Pylons
Time	10 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> <li>• 2v2 or 3v3</li> <li>• Basketball court works the best, but anywhere there is a hoop</li> <li>• Pylons can be used to mark off the boundaries (3 point line).</li> <li>• Players pass and control the ball in game of 2v2 or 3v3.</li> <li>• Object is to score a basket, by getting in close and dunking the ball in the lacrosse.</li> <li>• Players can run with the ball in the stick.</li> <li>• If the attacking team scores or loses possession on the ball, the defensive team must clear the zone before attacking the hoop.</li> <li>• Coach sets the score. One point per hoop.</li> <li>• Can have a bunch of teams playing on various hoops at the same time. Make a small tournament out of it.</li> <li>• Video at: <a href="https://youtu.be/opFVjXDRGdl">https://youtu.be/opFVjXDRGdl</a></li> </ul>
Modifications	<ul style="list-style-type: none"> <li>• Players can take outside shots</li> <li>• Set a time limit, instead of a set score</li> </ul>

