

Drill Name: ULTIMATE LACROSSE

Stage of Activity	Train to Learn, Train to Train, Train to Compete
Skills	Passing, Catching, Player Movement
Equipment	One Ball, One Stick per Player, Pylons
Time	15 Minutes
Number of People	8
How It Works	<ul style="list-style-type: none"> • Divide groups into teams of 3-4 players. • Use pylons to setup end zones on each side of the field. • Objective is to complete a pass into the end zone to score • Ball holder can not move with the ball. Once the ball is caught the player must stop. • The only way to move the ball up the field and into the end zone is through passing. • If the ball is held too long, the coach/referee will count down from 5, then the ball is turned over. • If the ball hits the ground it is a turnover. • After a score, the coach/referee throws the ball to the team who just got scored against for a quick restart. <p>Rules</p> <ul style="list-style-type: none"> • No contact defending / must maintain 6ft distance. • Violations in contact or distance, may result in a goal against.
Modifications	<ul style="list-style-type: none"> • Use a large playing surface with two equal sized end zones. • Add more balls into the game <p>Note - Great activity for the coach to get out of the way and let the kids learn, laugh and play!</p>

