MEN'S GIVE AND GO DRILL

DRILL SPECS:

Drill Theme: Cutting-Feeding-Picks
Field Location: Attack Zone
Time Needed: 10 Min
Drill Style: Skills
Field Position: Offense
Skill Level: Basic

OBJECTIVE:

This drill is excellent for teaching players to give and go.

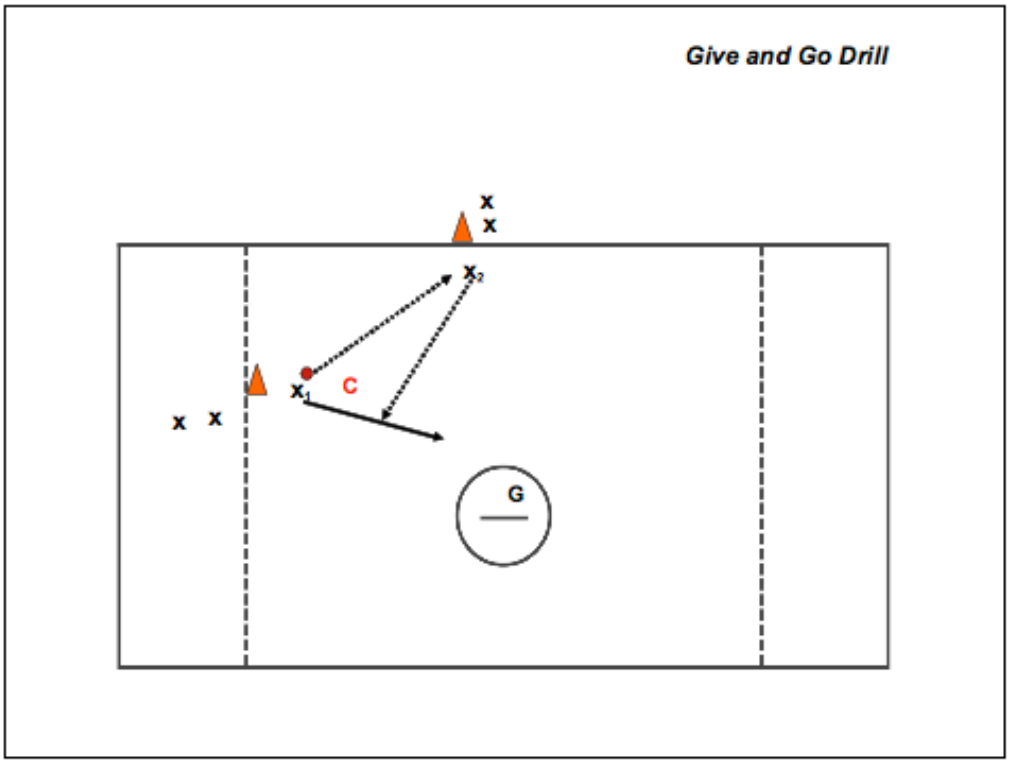
DRILL DESCRIPTION:

Have your players get in two lines at the top of the attack zone. One line will have lacrosse balls, and the other will not.
Have a soft defensive player or coach stand in front of the players with the ball.
That player will feed the ball to the second line and then sprint towards the goal. The second line player will catch, switch hands and throw a lead pass to the breaking player.
A catch and a shot should occur and the players should return to the back of the lines.

SKILLS PRACTICED:

- Feeding
- Ball Movement
- Shooting

VARIATIONS:

Vary the locations where the cones are set up. Also add defenders at the cones for added pressure.

DRILL DIAGRAM: