

# POLARS Girls Lacrosse

## Passing Routines:

### **Routine #1:**

- 2 minutes dominant
- 2 minutes nondominant
- 1 minute of long passing (dominant)
- 1 minute of long passing (nondominant)
- 1 minute dominant quick sticks
- 1 minute nondominant quick sticks

### **Routine #2:**

- 2 minutes dominant
- 2 minutes nondominant
- 2 minutes of “off target” passes
- 1 minute dominant quick sticks
- 1 minute nondominant quick sticks

### **Routine #3:**

- 2 minutes dominant
- 2 minutes nondominant
- 1 minute catch right pass left (“v” dodge)
- 1 minute catch left pass right (“v” dodge)
- 1 min dominant quick sticks (hands close together)
- 1 min nondominant quick sticks (hands close together)

## Other passing drills:

- Chaos Drill
- Figure 8/ Hogans