



WAYLAND YOUTH LACROSSE

Three Man Scoop, Throw, and Catch

Appropriate Age Group: U11, U13, U15

Skill(s) Practiced: Shooting

Drill Duration: 20 Minutes

Resources: 1 Ball per Line, Cones

Description: Organize players into groups of three and have each set up behind two cones on a sideline. Player A rolls out a ground ball in front of the group. Player B runs from the sideline to scoop the ground ball, turns to his or her left, and passes to player C. Player C then rolls out a ground ball to Player A and shifts to the cone on his or her right. Player A runs from the sideline to scoop the ground ball, turns to his or her left, and passes to player B. Player B then rolls out a ground ball to Player C and shifts to the cone on his or her right. The players repeat the sequence.

Progression(s): Start with right hand with turn to the left after retrieving ground ball. Then switch the cones, have players use the left hand and turn to the right.

Drill Diagram:

