



Parent Scooping

Appropriate Age Group: 5-8

Skill(s) Practiced: Scooping a lacrosse ball

Drill Duration: 5 minutes

Resources: 4-5 balls per child, 1 adult per child

Description: Each child is paired with one adult. The adult will roll the ball towards the child, encouraging them to drag their knuckles along the grass and scoop through the ball. The child then rolls the ball back to the adult.

Progression(s): Roll the ball away from the child and have them chase it down. Use only the head of the stick to scoop. Alternate top hand on the stick.

Drill Diagram:

