



The Laxmazing Race

Appropriate Age Group: 6-10

Skill(s) Practiced: Scooping, Throwing, Carrying

Drill Duration: 5 minutes

Resources: 1 ball per child, cones, obstacles, goal(s)

Description: The coach sets up a maze around the field using cones, noodles, hula hoops, etc... then leads the players through the maze. This can be done with or without sticks and balls. If using sticks and balls, end with a shot on goal.

Progression(s): Allow players to use their sticks. Switch top hand on the stick.

Drill Diagram:

