



Week Three

Focus: PASS & CATCH

Passing → Overhand (Top hand middle, shaft diagonal through palm, don't choke)

- Step One: Turn, point opposite shoulder at target
- Step Two: Reach straight back, off fore-arm should come to chin
- Step Three: Push off back foot, step with off foot, throw straight over the top
- Step Four: Natural follow through, stick pointing to target

It is a push/pull motion. Top hand pushes, bottom hand pulls. The motion is akin to throwing a baseball. In step two, watch for kids wrapping stick behind their head, rather than straight back. Stick is a lever/catapult- use it! Do not shot put arms.

Catching →

- Step One: give a target, just in front of face and off the ear
- Step Two: watch ball all the way in
- Step Three: as ball reaches pocket of stick, “cushion” to your shoulder

Have “soft hands” → think egg toss. Do not snatch the ball out of the air.

## DRILLS

### 1) Partner Passing

- 2 lines, 10 yds apart, players each have a partner, 1 ball per pair
- Have them begin trying with their opposite hand

### 2) Line Drill-(passing and catching on the move)

- 2 single file lines, 20 yds apart facing each other.
- once player with ball crosses midpoint, player from opposite line begins jogging towards, with stick up (target) calling for the ball (“Help”), pass is made
- becomes continuous, back and forth
- they will inevitably get groundball work out of this as well
- remind them to cradle as they carry the ball in between the catch and pass

### 3) Diamond Passing

- This will get them acquainted with the idea of spreading out and passing the ball around the horn
- Set up 4 cones in a diamond shape.
- Player receiving pass should come to the ball, calling for help
- Once catch is made, player changes direction, and makes a pass to next cone
- Thus the ball should move in one direction, change directions half way through
- encourage players to switch hands, moving right, throw right, moving left, left



### 4) Ultimate Lacrosse (beginning version)

- Use cones to set up grid with 6 zones
- two teams, 6 on each team, 1 player from each team in each zone
- team earns a point if they can successfully pass the ball at least once in and out of each zone without dropping the ball
- No defending, other team must simply sit and wait for other team to drop the ball
- Encourage players to spread out and call for the ball
- Keep track, make sure they hit each zone, if they go in a zone twice no big, but they don't score until they have gone in and out of each
- If ball is dropped, other team picks it up and takes their turn

