



MEN'S BOX SPRINTS DRILL

DRILL SPECS:

Drill Theme: Conditioning

Field Location: Attack Zone

Time Needed: 10 Min

Drill Style: Conditioning

Field Position: Offense, Defense, Midfield, Goalie

Skill Level: Basic

OBJECTIVE:

Box sprints and movements allow you to condition your players to constant changes of directions in the sport of lacrosse. This drill allows for 2 straight sprints and 2 side shuffles, one each direction.

DRILL DESCRIPTION:

Set up 4 cones in a box, with about 5-10 yards between each cone. Players will start at a cone and sprint up to the next cone, then side shuffle to the next cone, when at cone 3 have them perform a drop step at that cone and side shuffle to the next cone. At cone 4 your player will accelerate and sprint through the first cone they started at.

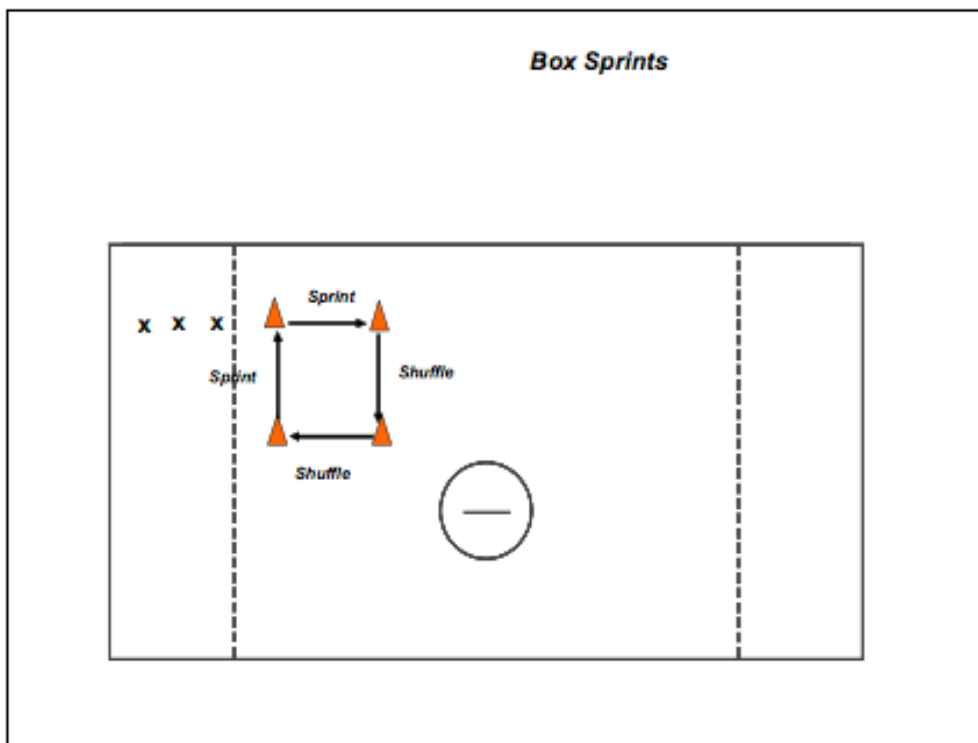
SKILLS PRACTICED:

- Conditioning

VARIATIONS:

Add a ground ball to the final straight sprint off of cone 4.

DRILL DIAGRAM:





MEN'S DIAMOND SPRINTS DRILL

DRILL SPECS:

Drill Theme: Conditioning
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Conditioning
Field Position: Defense
Skill Level: Basic

OBJECTIVE:

Diamond sprints allow for players to practice defensive foot work that is needed to stay with players on offense. The diamond movement has players focus on quick drop steps and the turn and run movements for staying with players on offense.

DRILL DESCRIPTION:

Set up 4 cones in a diamond, with about 5-10 yards between each cone. Players will start at a cone, standing sideways, and sprint up to the next cone at an angle, then drop step back to the side at the next cone. Once at the 3rd cone they will switch their drop step to the inside and drop to cone 4. At cone 4 they will drive forward as fast as they can back to cone 1.

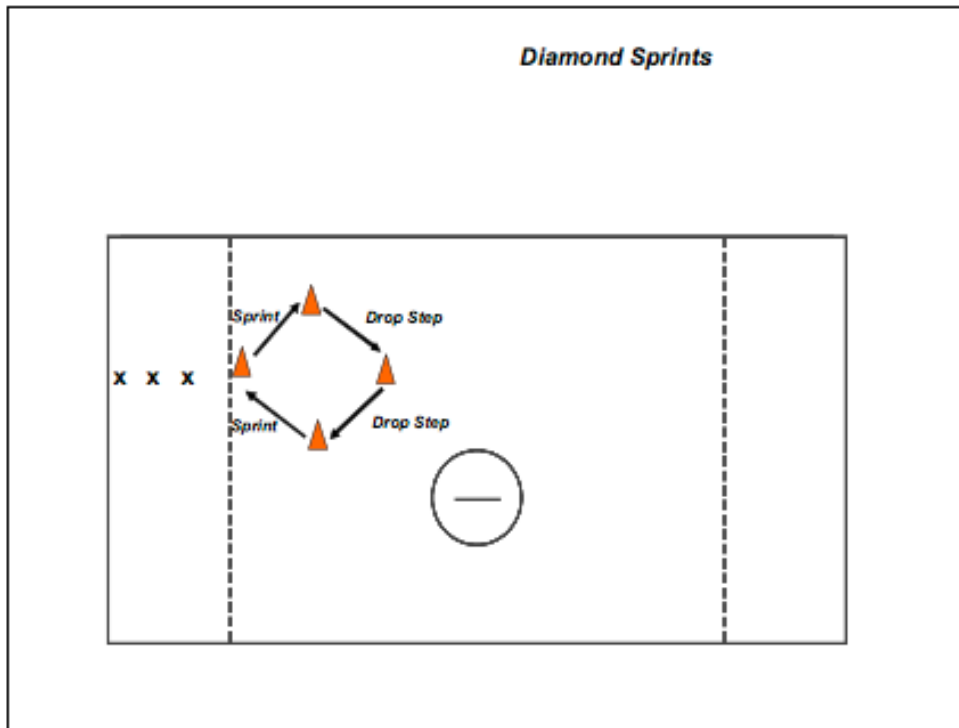
SKILLS PRACTICED:

- Conditioning
 - Defensive Footwork
-

VARIATIONS:

Add a ground ball to the final straight sprint off of cone 4.

DRILL DIAGRAM:





MEN'S FOOTWORK AGILITIES

DRILL SPECS:

Drill Theme: Conditioning

Field Location: Midfield

Time Needed: 5 Min

Drill Style: Skill, Conditioning

Field Position: Offense, Defense, Midfield

Skill Level: Basic

OBJECTIVE:

To develop footwork fundamentals.

DRILL DESCRIPTION:

Four lines of players are positioned side by side, 10 yards apart, facing the coach. The first player steps out and reacts to coach's stick movement and verbal signals that include the following:

- Shuffle right and left
- Shuffle right and left, then drop and run
- Shuffle back at 45-degree angle
- Drop step, open hips, and run straight backward
- Run forward, then on whistle break down to defensive ready position

SKILLS PRACTICED:

- Defensive Footwork
- Conditioning
- Stick Positioning

VARIATIONS:

You can keep movements short and at a high intensity to get a good workout and footwork.

DRILL DIAGRAM:





MEN'S GOALIE FOOTWORK DRILL

AUTHOR INFORMATION:

Author Name: Brett Queener & Brian Hobart

Author School:

DRILL SPECS:

Drill Theme: Goalie

Drill Style: Warm-Up, Conditioning

Field Location: Goalie

Field Position: Anywhere

Time Needed: 5 Min

Skill Level: Basic

OBJECTIVE:

To work on developing goalie footwork skills and quickness.

DRILL DESCRIPTION:

1. Lateral Hops- The goalies gets into ready position and hops side to side over a shaft of line on the field, focusing on remaining in ready position at all times. (30 seconds)
2. Front to Back- the goalie gets into ready position and hops front to back over a shaft or line on the field, focusing on remaining in ready position at all times. (30 seconds)
3. 2 Step- The goalie gets into ready position and takes 2 steps to their right or left crossing over a shaft or line on the field, focusing on remaining in the ready position throughout the movement. (30 seconds)
4. 4 Squares- the goalie gets into ready position and works a 4 hop pattern over 2 shafts or intersecting lines on the field. (30 seconds)

SKILLS PRACTICED:

- Stepping to the ball
- Consistent Positioning
- Conditioning

VARIATIONS:

Randomly toss or bounce a pass to the goalie and have them make a save. For the 4 Square drill you can also work a diagonal pattern.

DRILL DIAGRAM:

