



Passing

LESSON GOALS AND OBJECTIVES:

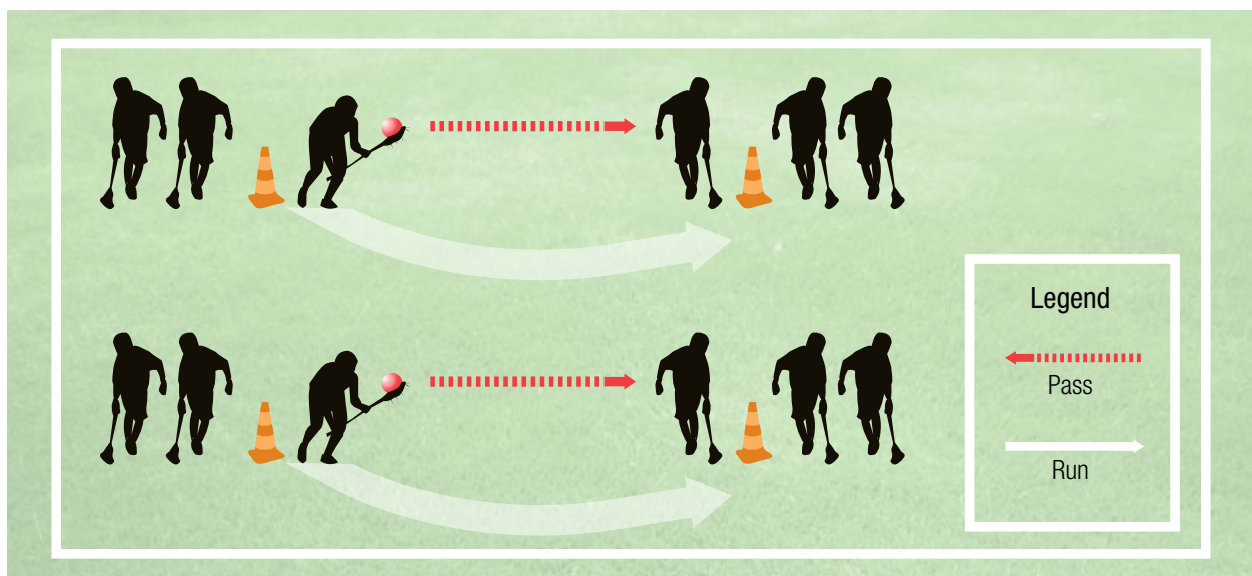
- To refine the athletes' passing skills.

SUMMARY OF LESSON SKILLS:

Passing, catching.

A Passing Shuttle

ACTIVITY TYPE	Warm-up
TIME	8 min
SKILLS	Passing, catching, running
DESCRIPTION	<ol style="list-style-type: none">1. Divide the athletes into groups of 6, 3 at each end of a 20 m line.2. 1st athlete has a ball, passes to the first athlete across from them and runs to end of the line they passed to.3. 1st time through the line, athletes use their strong hand to pass and catch.4. 2nd time through the line, athletes use their opposite hand to pass and catch.5. 3rd time through the line, athletes pass with their left hand and catch with their right.6. 4th time through the line, athletes pass with their right hand and catch with their left..

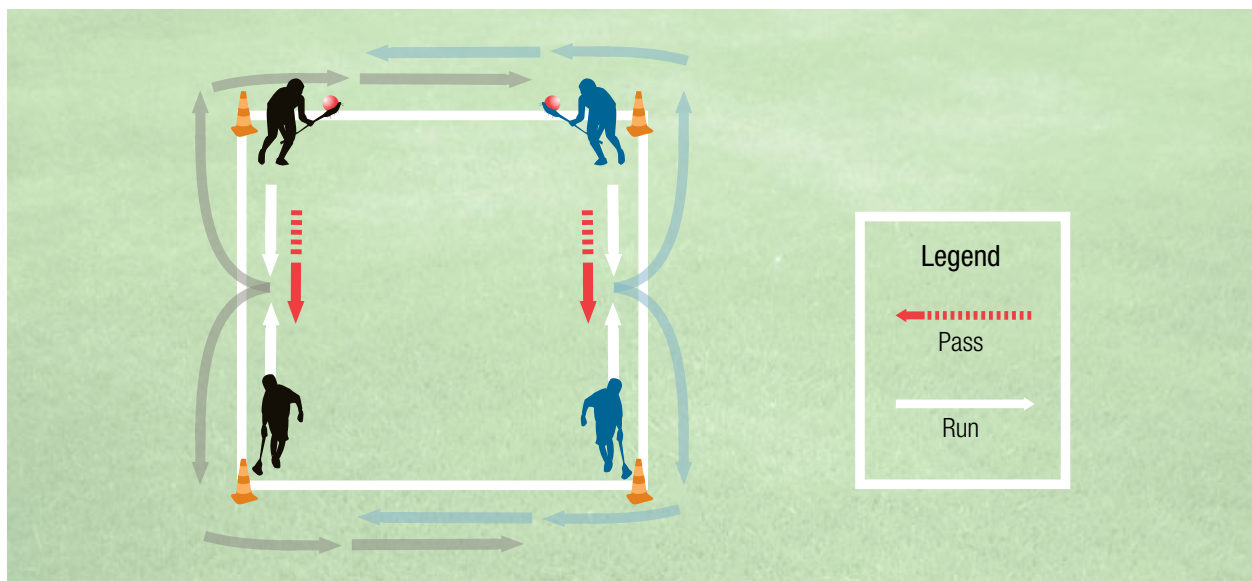




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B Heads Up!

ACTIVITY TYPE	Skill Development
TIME	8 min
SKILLS	Passing, catching, running
DESCRIPTION	<ol style="list-style-type: none">1. Make a square 20 m x 20 m. Pair athletes up. 2 pairs per square.2. Partners stand across from each other at a cone.3. Ball starts at same side of the square for both pairs.4. Partners run towards each other.5. Athlete without the ball calls for a pass.6. After the pass, athletes turn and run outside the square to the other side.7. Continue for 1 min, then switch partners.8. Repeat until all athletes have worked with the 3 others in their square.

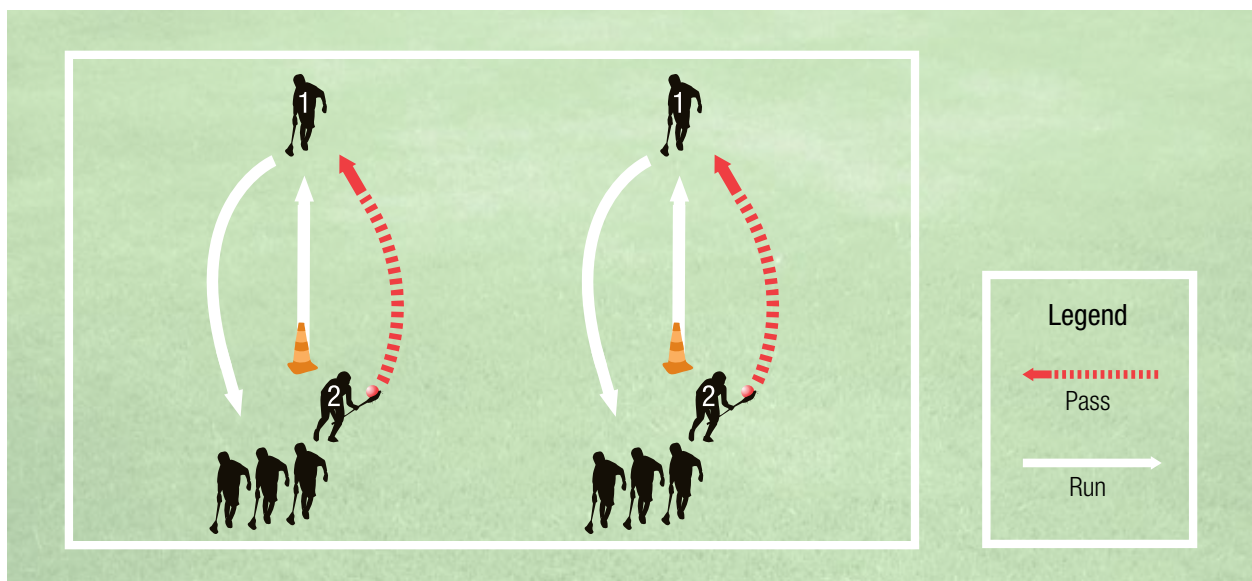




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C Touchdown Pass!

ACTIVITY TYPE	Skill Development
TIME	8 min
SKILLS	Passing, catching, running
DESCRIPTION	<ol style="list-style-type: none">1. Divide athletes into lines of 5.2. 1st athlete in each line runs straight, head turned back towards the 2nd athlete in line and calls for a pass.3. 2nd athlete in line passes to the stick side of the 1st athlete.4. 1st athlete catches the ball without slowing down or turning around and returns to the back of their line, running down the outside of the drill area.5. After pass, the 2nd athlete runs and the 3rd athlete in line makes the pass.
PROGRESSION	Have athletes practice catching with their opposite hand.





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D 3 v 3 Game

ACTIVITY TYPE	Game
TIME	20 min
SKILLS	Scooping, cradling, passing, catching, shooting, dodging, defensive positioning, face-offs
DESCRIPTION	<ol style="list-style-type: none">1. Divide athletes into teams of 3 (1 substitute if needed).2. Divide the playing area in half (if outside or on a lacrosse field, divide into thirds, about 20 m wide x 40 m long).3. No goalies in the nets (use targets if you have any).4. Teams must complete at least one pass before a shot can be taken.5. Face-off to start every game, not after every goal.6. After 5 minutes, change teams and make substitutions if needed.7. If there are more teams than playing areas, teams waiting stand between playing areas and throw in the ball when it goes out of bounds.

