

Drill

Drill Name:	BG Pick - 2 on 1 Pick - Half Floor
Drawn Diagram:	
Purpose:	Support running ball carrier by picking defender than rolling for option pass
Procedure:	<ol style="list-style-type: none"> 1. Arrange 2 lines at midfloor(random or L's & R's) & defender line along side boards. 2. D1 defender starts with ball and makes a 'turn-over pass' to attacker X1 and then D1 moves into the middle of the floor to defend. 3. X2 runs forward towards defender to set pick, with X1 ball carrier 'shadowing' very close behind (5-6ft). this will make the pick easier and the X1 attacker to dodge around. 4. X1 recognizes pick and dodges around backside of X2's pick for attack finishing with shot (or option roll pass to X2). D1 defender should pursue ball carrier aggressively rolling of pick. 5. Rotate X1 'shooter' to Defender, X2 goes to back of X1 shooter line-up, D1 goes to back of X2's 'pick' line-up. 6. Move defender to opposite side boards to perform picks on each side.
Progressions:	
Age Groups:	<input checked="" type="checkbox"/> Bantam <input checked="" type="checkbox"/> Junior <input checked="" type="checkbox"/> Midget <input type="checkbox"/> Mini Tyke <input checked="" type="checkbox"/> Novice <input checked="" type="checkbox"/> PeeWee <input checked="" type="checkbox"/> Senior <input type="checkbox"/> Tyke
Categories:	<input type="checkbox"/> Advanced <input checked="" type="checkbox"/> Checking / Body Checking <input type="checkbox"/> Cradling <input type="checkbox"/> Decision Drills <input type="checkbox"/> Defensive Drills <input checked="" type="checkbox"/> Dodging <input type="checkbox"/> Face-off Drills <input type="checkbox"/> Goaltender Drills <input type="checkbox"/> Intermediate <input type="checkbox"/> Novice <input checked="" type="checkbox"/> Offensive Drills <input checked="" type="checkbox"/> Passing / Catching <input type="checkbox"/> Pre-Game (Warm-up) <input type="checkbox"/> Running <input type="checkbox"/> Scooping <input type="checkbox"/> Shooting <input type="checkbox"/> Shooting Drills <input type="checkbox"/> Special Situation Drills <input type="checkbox"/> Special Team Drills <input type="checkbox"/> Transition Drills
Disciplines:	<input checked="" type="checkbox"/> Box Lacrosse <input type="checkbox"/> Men's Field Lacrosse <input type="checkbox"/> Women's Field Lacrosse