

## Drill

<b>Drill Name:</b>	BG Looseball - Crease Curl & Pass
<b>Drawn Diagram:</b>	
<b>Purpose:</b>	Compete for loose ball against opponent, then either drive net for shot or pass to support for scoring chance
<b>Procedure:</b>	<ol style="list-style-type: none"> <li>1. Coach sends loose ball into corner.</li> <li>2. R1 runs in and retrieves loose ball.</li> <li>3. R1 Scoops loose ball and turns towards boards protecting ball to outside while curling up and away from trouble.</li> <li>4. L1 moves in for support and cuts to net for pass from R1 (don't leave early)</li> <li>5. R1 Passes to L1 in scoring lane.</li> <li>6. L1 shoots quick, then curls down low to retrieve a loose ball in own corner, turns towards boards and passes to supporting R2. Continuous loop.</li> </ol>
<b>Progressions:</b>	Add a crease defender/coach on each side
<b>Age Groups:</b>	<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 checked="" type="checkbox"/> Tyke
<b>Categories:</b>	<input type="checkbox"/> Advanced <input type="checkbox"/> Checking / Body Checking <input type="checkbox"/> Cradling <input type="checkbox"/> Decision Drills <input type="checkbox"/> Defensive Drills <input 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 checked="" 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
<b>Disciplines:</b>	<input checked="" type="checkbox"/> Box Lacrosse <input type="checkbox"/> Men's Field Lacrosse <input type="checkbox"/> Women's Field Lacrosse