

## Drill

<b>Drill Name:</b>	BG Pick - Pick (Crease to Shooter - Simple)
<b>Drawn Diagram:</b>	
<b>Purpose:</b>	Support ball carrier by applying PICK (& roll for option pass) to attack opponents. "PICKER" can't touch opponent or referee will call "Moving Pick Violation" and possession change
<b>Procedure:</b>	<ol style="list-style-type: none"> <li>1. Start simple with ball at X2; progress to pass from X1 to X2</li> <li>2. X2 engages D1 and steps off to create space away from defender to receive pass &amp;/or attract D1's attention away from incoming pick</li> <li>3. X1 (picker) cuts in then up behind D1 to SET PICK</li> <li>4. X2 anticipates X1's pick and dodges/rolls towards incoming pick timing so that X1 is setting pick the same as X2 dodging.</li> <li>5. X1's pick has to be stationary prior contact; D1 has to turn &amp; bump into a stationary X1 as X2 dodges around them carrying ball</li> <li>6. X2 carries ball into 'lane' for shot on net</li> <li>7. OPTIONAL PICK &amp; ROLL: After X1 picks D1, X1 rolls off of contact with stick up for quick stick pass from X2 &amp; shot on net</li> </ol>
<b>Progressions:</b>	Pick & Roll Pass
<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 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
<b>Disciplines:</b>	<input checked="" type="checkbox"/> Box Lacrosse <input type="checkbox"/> Men's Field Lacrosse <input type="checkbox"/> Women's Field Lacrosse

