

Drill

Drill Name:	BG Passing - 4 Player Inside Circle Pass
Drawn Diagram:	
Purpose:	Players pass and catch on the run moving towards the ball to support.
Procedure:	<p>Arrange players in groups of 4 (can be minimum 3 with only 1 player in middle)</p> <ol style="list-style-type: none"> 1. X1 & X2 are stationary on outside, P1/P2 are runners inside. 2. P1 runs towards X1 and passes to X1 before reaching pylon. P2 Does same towards X2. 3. After passing P1/P2 turn around pylon and go back towards other X, who return passes ball to them. P's carry ball and pass to other X's and so on. 4. P's run for 60 - 120 seconds, then switch with X's. Repeat.
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 checked="" type="checkbox"/> Tyke
Categories:	<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 type="checkbox"/> Offensive Drills <input checked="" type="checkbox"/> Passing / Catching <input type="checkbox"/> Pre-Game (Warm-up) <input checked="" 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