

Drill

Drill Name:	DG All the Balls in the Buckets
Drawn Diagram:	
Purpose:	Learn how to scoop, run with the ball and control the ball.
Procedure:	<ol style="list-style-type: none"> 1) Split the players into teams. 2) Each team has a goal (A bucket). 3) Have all the players lie face down on the floor. 4) While the players are lying down throw all the balls down the floor in any direction. 5) Blow the whistle and let the players go and pick up one ball at a time and put them into their team's bucket. 6) The team with the most balls in the bucket wins.
Progressions:	<ol style="list-style-type: none"> 1) Have the players make one pass before they can put the ball in the bucket. 2) Allocate a player or two as checkers from each team.
Age Groups:	<input type="checkbox"/> Bantam <input type="checkbox"/> Junior <input type="checkbox"/> Midget <input checked="" type="checkbox"/> Mini Tyke <input checked="" type="checkbox"/> Novice <input checked="" type="checkbox"/> PeeWee <input type="checkbox"/> Senior <input checked="" type="checkbox"/> Tyke
Categories:	<input type="checkbox"/> Advanced <input type="checkbox"/> Checking / Body Checking <input checked="" 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 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
Disciplines:	<input checked="" type="checkbox"/> Box Lacrosse <input checked="" type="checkbox"/> Men's Field Lacrosse <input type="checkbox"/> Women's Field Lacrosse