

Drill

Drill Name:	Buccaneers N2 Cradle shuttle
Drawn Diagram:	
Purpose:	To use proper technique to scoop and cradle
Procedure:	<ol style="list-style-type: none"> 1. Players line up in opposing rows 2. Player 1 starts with the ball and scoops and cradles to the opposite side 3. Sets ball down for player 2 and they scoop and run across while using proper cradle. 4. Repeat
Progressions:	Passing vs scooping, rolling ball vs stationary
Age Groups:	<input type="checkbox"/> Bantam <input type="checkbox"/> Junior <input type="checkbox"/> Midget <input 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 checked="" 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 type="checkbox"/> Men's Field Lacrosse <input type="checkbox"/> Women's Field Lacrosse