

Drill

Drill Name:	King of the Corner
Drawn Diagram:	
Purpose:	Work on picking up ball, positioning on a loose ball, and 1 on 1's/Iso's
Procedure:	Coach is facing corner and 2 players are facing him. Coach throws ball into the corner. Players both run into the corner and fight to pick up the ball. Whoever gets the ball will then try to shoot and the other player will be on defence
Progressions:	Learn how to pick up ball and deal with Iso's
Age Groups:	<input checked="" type="checkbox"/> Bantam <input checked="" type="checkbox"/> Junior <input checked="" 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 type="checkbox"/> Cradling <input type="checkbox"/> Decision Drills <input checked="" 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 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 type="checkbox"/> Men's Field Lacrosse <input type="checkbox"/> Women's Field Lacrosse

