

## Drill

<b>Drill Name:</b>	last man standing
<b>Drawn Diagram:</b>	
<b>Purpose:</b>	work on cradling, stick control and defence stick checks
<b>Procedure:</b>	one player stands mid floor and the rest of the players stand along the side boards each with a ball in there sticks. as the players run across the floor the defensive player tries to check one or more of them and dislodge their balls. as the player are slowly eliminated from the offensive side they join the defence until there is only one player left on offence
<b>Progressions:</b>	work on speed and team work to narrow down the faster players.
<b>Age Groups:</b>	<input type="checkbox"/> Bantam <input 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
<b>Categories:</b>	<input type="checkbox"/> Advanced <input type="checkbox"/> Checking / Body Checking <input checked="" type="checkbox"/> Cradling <input type="checkbox"/> Decision Drills <input checked="" 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 checked="" type="checkbox"/> Novice <input checked="" type="checkbox"/> Offensive Drills <input 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
<b>Disciplines:</b>	<input checked="" type="checkbox"/> Box Lacrosse <input type="checkbox"/> Men's Field Lacrosse <input type="checkbox"/> Women's Field Lacrosse