

Drill

Drill Name:	Between the lines
Purpose:	decision making passing skills getting open in limited space defending smartly
Procedure:	split team into 2 teams line players on the rag lines alternating team members along each line put 2 players from each each team between the lines give ball to one team and they are on offence, other team on D team on O must pass to team mate on line (no one can check or interfere with players on lines) if pass is successful, O players must work to get open and receive a return pass, players must stay within the lines if ball is dropped or intercepted, other team is on offence players play for 1 minute at a time and then coach changes team gets a point for a completed pass out and back into playing area play to 10 or 15 depending on skill
Progressions:	
Age Groups:	<input checked="" 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 type="checkbox"/> Tyke
Categories:	<input type="checkbox"/> Advanced <input type="checkbox"/> Checking / Body Checking <input type="checkbox"/> Cradling <input checked="" 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 type="checkbox"/> Offensive Drills <input checked="" type="checkbox"/> Passing / Catching <input type="checkbox"/> Pre-Game (Warm-up) <input 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

