Name	Theme	U-9	U-11	U-13	U-15	HS	Style	Level	Duration
4-Points 1 v 1 Drill	1 v 1	x	x	x	x	x	Skills	Basic	10
Island 1 v 1	1 v 1	x	x	x	x	x	Games	Intermediate	15
4 Corner Over the Shoulder GB's and Passes Drill	Ball Movement	x	x	x	x	x	Warm Up, Skills	Basic	10
Meat Loaf Drill GB and Passes	Ball Movement	x	x	x	x	x	Warm Up, Skills	Basic	15
Star Drill GB and Passes	Ball Movement	x	x	x	x	x	Warm Up, Skills	Basic	10
Triangle line Drills	Ball Movement	x	x	x	x	x	Warm Up, Skills	Basic	10
Clear Drill: Clear from a Save	Clears	x	x	x	x	x	Games	Basic	15
Clears after the Shot Drill	Clears	x	x	x	x	x	Games	Basic	10
Alley Footwork Drills	Conditioning	x	x	x	x	x	Conditioning	Basic	5
Run the Arc	Conditioning	x	x	x	x	x	Conditioning	Basic	5
Team Relay Races	Conditioning	x	x	x	x	x	Conditioning	Intermediate	15
Gauntlet Drill	Cradling and Dodging	x	x	x	x	x	Skills	Basic	15
Show Time	Cradling and Dodging	x	x	x	x	x	Warm Up, Skill	Basic	5
Split and Roll Dodge Drill	Cradling and Dodging	x	x	x	x	x	Skills	Basic	10
Give and Go Drill	Cutting - Feeding - Picks	x	x	x	x	x	Skills	Basic	10
Pass and Pick Away Drill	Cutting - Feeding - Picks	x	x	x	x	x	Skills	Basic	10
Top and Bottom Give and Go Drill	Cutting - Feeding - Picks	x	x	x	x	x	Skills	Intermediate	10
Defend the Hole Drill	Defensive Drills	x	x	x	x	x	Game	Intermediate	15
Extend and Recover Drill	Defensive Drills	x	x	x	x	x	Skills, Conditioning	Basic	10
Inside Out Drill	Defensive Drills	x	x	x	x	x	Warm Up, Skill	Basic	5
Run the Arc	Defensive Drills	x	x	x	x	x	Skills, Conditioning	Basic	15
10 v 10 Drill	Even Strength Drills	x	x	x	x	x	Games	Basic	20
2 v 2 Drill	Even Strength Drills	x	x	x	x	x	Games	Basic	15
3 v 3 Drill	Even Strength Drills	x	x	x	x	x	Games	Basic	15
4 on 4 Pressure Drill	Even Strength Drills	x	x	x	x	x	Skills, Games	Basic	10
4 v 4 Drill	Even Strength Drills	x	x	x	x	x	Games	Basic	15
5 v 5 Drill	Even Strength Drills	x	x	x	x	x	Games	Basic	15
6 v 6 Drill	Even Strength Drills	x	x	x	x	x	Games	Basic	20
Even Numbers	Even Strength Drills	x	x	x	x	x	Game	Intermediate	15
Neutral Keep Away	Even Strength Drills	x	x	x	x	x	Game	Intermediate	10
Scatter Drill	Even Strength Drills	x	x	x	x	x	Warm Up, Skill	Basic	10
Face Off Drill 3 GB's	Face Offs	x	x	x	x	x	Skills	Basic	10
Round Robin Face Off Drill	Face Offs	x	x	x	x	x	Skills	Basic	10
Footwork Agilities	Footwork	x	x	x	x	x	Skill, Conditioning	Basic	5
Goalie Footwork Drill	Footwork	x	x	x	x	x	Warm Up, Conditioning	Basic	5
Hit Spots Drill	Goalie Play	x	x	x	x	x	Warm Up, Skill	Basic	5
1v1 Ground Balls w/Outlet	Ground Balls	x	x	x	x	x	Skill, Game	Basic	5
2v1 Ground Balls	Ground Balls	x	x	x	x	x	Game	Basic	10
4 Corner Pick and Go Ground Balls	Ground Balls	x	x	x	x	x	Skills	Basic	10
5 Yard Scoop Drill	Ground Balls	x	x	x	x	x	Skills, Warm Up	Basic	15
Canadian 2 v 2 Ground Balls	Ground Balls	x	x	x	x	x	Game	Intermediate	15
Cover Series Ground Ball Drill	Ground Balls	x	x	x	x	x	Skill	Basic	10
Ground Balls to Shot	Ground Balls	x	x	x	x	x	Warm Up, Game	Basic	5
Hogan Lacrosse Butt to Butt Drill	Ground Balls	x	x	x	x	x	Warm Up, Skills	Basic	10
2 v 1 Drill	Number Advantages and Disadvantages	x	x	x	x	x	Skills, Games	Basic	15
3 v 2 Drill	Number Advantages and Disadvantages	x	x	x	x	x	Skills, Games	Basic	15
4 v 3 Drill	Number Advantages and Disadvantages	x	x	x	x	x	Skills, Games	Basic	15
5 v 4 Drill	Number Advantages and Disadvantages	x	x	x	x	x	Skills, Games	Basic	15
6 v 5 Drill	Number Advantages and Disadvantages	x	x	x	x	x	Skills, Games	Basic	15
Numbers Drill	Number Advantages and Disadvantages	x	x	x	x	x	Skills, Games	Basic	15

Numbers in Motion	Number Advantages and Disadvantages	x	x	x	x	x	Game	Intermediate	10
Riding Drill after a shot on Goal	Rides	x	x	x	x	x	Games	Basic	15
2 Corner Rapid Fire	Shooting	x	x	x	x	x	Warm Up, Game	Basic	10
Cross Crease Shooting Drill	Shooting	x	x	x	x	x	Warm Up, Skill	Basic	10
Drive from Center and Shoot	Shooting	x	x	x	x	x	Skill	Basic	10
Form Shooting	Shooting	x	x	x	x	x	Skills	Basic	10
Same-Side Shooting Drill	Shooting	x	x	x	x	x	Game	Basic	10
Shoot Away Drill	Shooting	x	x	x	x	x	Game	Basic	10
Shooting on the Run	Shooting	x	x	x	x	x	Skill	Basic	10
Two Line Shooting Drill	Shooting	x	x	x	x	x	Warm Up, Skill	Basic	10
8 Lines Stickwork Running Drill	Stickwork	x	x	x	x	x	Skill	Basic	10
Cradling Game	Stickwork	x	x	x	x	x	Game	Basic	5
Fast Break Drill from Face-Off	Transition	x	x	x	x	x	Games	Basic	20
Slow Break Trailer Shooting Drill	Transition	x	x	x	x	x	Skills	Basic	10
10 Minute Active Stretch	Water Break Warm Up And Stretch	x	x	x	x	x	Warm Up	Basic	10
10 Minute Static Stretch	Water Break Warm Up And Stretch	x	x	x	x	x	Warm Up	Basic	10
10 Minute Water Break	Water Break Warm Up And Stretch	x	x	x	x	x	Warm Up	Basic	10
15 Minute Team Building	Water Break Warm Up And Stretch	x	x	x	x	x	Warm Up	Basic	15
3 Minute Water Break	Water Break Warm Up And Stretch	x	x	x	x	x	Warm Up	Basic	3
5 Minute Active Stretch	Water Break Warm Up And Stretch	x	x	x	x	x	Warm Up	Basic	5
5 Minute Static Stretch	Water Break Warm Up And Stretch	x	x	x	x	x	Warm Up	Basic	5
5 Minute Water Break	Water Break Warm Up And Stretch	x	x	x	x	x	Warm Up	Basic	5
Hot Rock	Ball Movement		x	x	x	x	Game	Basic	10
X Weave Drill	Ball Movement		x	x	x	x	Skill, Conditioning	Intermediate	10
Out and Up Clear Drill	Clears		x	x	x	x	Skills, Conditioning	Intermediate	15
Hawk Low Drill	Defensive Drills		x	x	x	x	Warm Up, Skill	Intermediate	15
Shaft Saves Drill	Goalie Play		x	x	x	x	Warm Up, Skill	Intermediate	5
Alley Ground Ball Drill	Ground Balls		x	x	x	x	Skill	Basic	10
Scoop and Clear Drill	Ground Balls		x	x	x	x	Skills, Warm Up	Intermediate	10
Pick and Roll Drill	Shooting		x	x	x	x	Skills	Basic	15
Scramble	Transition		x	x	x	x	Game	Intermediate	15
1 V 1 Scramble or Recover Drill	1 v 1			x	x	x	Games	Intermediate	15
Inside 1 v 1 Drill	1 v 1			x	x	x	Skills	Intermediate	10
4v4 Pressure Drill	Ball Movement			x	x	x	Game	Intermediate	15
Circle Feeds GB's or passes Drill	Ball Movement			x	x	x	Warm Up, Skills, Conditioning	Basic	10
Hogan Lacrosse Box Drill	Ball Movement			x	x	x	Warm Up, Skills	Intermediate	10
Possession Boxes	Ball Movement			x	x	x	Game, Conditioning	Intermediate	15
Wing Dodge and Crease Picking	Ball Movement			x	x	x	Skills	Intermediate	10
X Dodge and Crease Picking	Ball Movement			x	x	x	Skills	Intermediate	10
Interception Drill	Blocking and Forcing			x	x	x	Warm Up, Skill	Basic	5
Clear Drill: Settled Clears	Clears			x	x	x	Games	Intermediate	15
Goalie Clear Passes Drill	Clears			x	x	x	Warm Up, Game	Intermediate	10
Side Ladder Clear Drill	Clears			x	x	x	Skills, Conditioning	Intermediate	15
3 Man Relays	Conditioning			x	x	x	Conditioning	Intermediate	10
Conditioning w/Competition	Conditioning			x	x	x	Conditioning	Basic	5
50 Yard Fight Drill	Cradling and Dodging			x	x	x	Warm Up, Skills, Conditioning	Advanced	20
Change of Direction Drill	Cradling and Dodging			x	x	x	Skills	Intermediate	15
Rock and Roll from X Dodge Drill	Cradling and Dodging			x	x	x	Skills	Intermediate	15
Cut and Pick	Cutting - Feeding - Picks			x	x	x	Game	Intermediate	10
Feed Who?	Cutting - Feeding - Picks			x	x	x	Warm Up, Skill	Basic	5

Hogan Saint's Drill	Cutting - Feeding - Picks			x	x	x	Skills	Advanced	20
Inside Pass and Pick Away Drill	Cutting - Feeding - Picks			x	x	x	Skills	Intermediate	15
Playing the Cutter	Cutting - Feeding - Picks			x	x	x	Skill	Intermediate	10
Defense Interchange Drill	Defensive Drills			x	x	x	Skill, Game	Intermediate	15
Lob and Dodge Drill	Defensive Drills			x	x	x	Warm Up, Skill	Basic	5
Out of Dodge	Defensive Drills			x	x	x	Game	Intermediate	20
Pentagon Drill	Defensive Drills			x	x	x	Game	Intermediate	15
Protect the Paint	Defensive Drills			x	x	x	Skill, Conditioning	Basic	10
Punt Return Drill	Defensive Drills			x	x	x	Skill	Basic	5
Punt Return Drill +1	Defensive Drills			x	x	x	Skill, Conditioning	Basic	5
4 on 3 Forevers	Even Strength Drills			x	x	x	Game, Conditioning	Intermediate	15
Handling Defensive Pressure	Even Strength Drills			x	x	x	Skills, Games	Basic	15
Survival	Even Strength Drills			x	x	x	Game	Intermediate	15
Faceoff Scramble Drill	Face Offs			x	x	x	Skill	Basic	10
Pinch and Pop to a Fast Break Drill	Face Offs			x	x	x	Skills	Intermediate	10
Target Practice Face Off Drill	Face Offs			x	x	x	Skills	Basic	10
Box Sprints	Footwork			x	x	x	Conditioning	Basic	10
Diamond Sprints	Footwork			x	x	x	Conditioning	Basic	10
Quick Hands Drill	Goalie Play			x	x	x	Skill	Basic	5
Rapid Fire Warm Up Drill	Goalie Play			x	x	x	Skills	Basic	10
Rapid Toss Warm Up Drill	Goalie Play			x	x	x	Skills	Basic	5
Save To Clear Warm Up Drill	Goalie Play			x	x	x	Skills	Basic	10
3 Man Ground Ball Drill	Ground Balls			x	x	x	Game	Basic	5
3v1 Ground Ball Drill	Ground Balls			x	x	x	Game	Basic	5
Blind Man's Bluff	Ground Balls			x	x	x	Game	Intermediate	15
Ground Balls w/Conditioning	Ground Balls			x	x	x	Skill, Conditioning	Basic	5
Ground Balls w/Outlet Pass Drill	Ground Balls			x	x	x	Warm Up, Skill	Intermediate	15
Man-Ball Drill	Ground Balls			x	x	x	Skills, Games	Basic	15
Patton Drill	Ground Balls			x	x	x	Skill, Game	Intermediate	10
Single Line Ground Balls	Ground Balls			x	x	x	Warm Up, Skill	Basic	5
St. Joe Drill	Ground Balls			x	x	x	Game	Basic	10
Three Pressure GB Drill	Ground Balls			x	x	x	Skills, Games	Intermediate	20
3v2, 4v3 Drill	Number Advantages and Disadvantages			x	x	x	Game	Intermediate	15
Keep Away 5v4 Drill	Number Advantages and Disadvantages			x	x	x	Skill, Game	Intermediate	10
Midfield 4 on 3 Alley	Number Advantages and Disadvantages			x	x	x	Games	Intermediate	15
Money in the Bank	Number Advantages and Disadvantages			x	x	x	Game	Intermediate	10
Transition Drill 3 v 2 initiate from Behind after 2 Passes	Number Advantages and Disadvantages			x	x	x	Skills	Basic	15
Pitch and Pursuit	Rides			x	x	x	Skills	Intermediate	10
Riding 2-1-3 V Ride with Dead Ball off Shot	Rides			x	x	x	Games	Intermediate	20
Riding Drill 2-1-3 V with Dead ball off Sideline	Rides			x	x	x	Games	Basic	20
Feed the Crease Drill	Shooting			x	x	x	Skills, Games	Intermediate	10
One Feeder Finishing Drill	Shooting			x	x	x	Skills	Intermediate	10
Over the Top Shooting Drill	Shooting			x	x	x	Warm Up, Skill	Basic	10
Six Line Shooting Drill	Shooting			x	x	x	Warm Up, Skills	Intermediate	15
Add Fill Drill	Slides and Crashing			x	x	x	Skill, Game	Intermediate	5
Hawk High Drill	Slides and Crashing			x	x	x	Skill, Conditioning	Basic	5
Keep Away 3v2 Drill	Stickwork			x	x	x	Skill, Game	Intermediate	10
3v2 Out and Back Drill	Transition			x	x	x	Skill	Intermediate	15
Break Away	Transition			x	x	x	Game	Intermediate	10
Half Field Fast Break	Transition			x	x	x	Game	Intermediate	15
3 v 2 Sideways Drill	Number Advantages and Disadvantages				x	x	Games	Advanced	20

Hopkins Over and Down Drill	Shooting				x	x	Skills	Advanced	10
Hopkins Up and Over Drill	Shooting				x	x	Skills	Advanced	10
Slide/Recover Awareness Drill	Slides and Crashing				x	x	Skill, Game	Intermediate	10
Hub Drill	Transition				x	x	Game, Conditioning	Intermediate	15
Making a Break	Transition				x	x	Game	Intermediate	10
State Championship Drill	Transition				x	x	Game	Basic	10
Transition Drill 3 v 2 Full Field Drill	Transition				x	x	Games	Intermediate	15
Transition Drill 6 v 6 Scramble Drill	Transition				x	x	Games	Intermediate	15
1 v 1 with a Center Slide	1 v 1				x	x	Games	Intermediate	15
4 Corner Box Drill	Ball Movement				x	x	Warm Up, Skill	Basic	10
Diamond Passing	Ball Movement				x	x	Skill	Intermediate	10
Maze Drill	Ball Movement				x	x	Skill	Intermediate	10
Multi-Goal Drill	Ball Movement				x	x	Game	Intermediate	20
Off the Ground	Ball Movement				x	x	Game	Intermediate	10
Wing Fast Break Drill	Ball Movement				x	x	Skill, Conditioning	Advanced	10
Box reverse Drill	Clears				x	x	Skills, Contioning	Advanced	15
3 minute Drill	Conditioning				x	x	Conditioning, Game	Intermediate	10
300's	Conditioning				x	x	Conditioning	Intermediate	10
Crazy 8's Drill	Conditioning				x	x	Conditioning	Advanced	15
Midfield Death Run	Conditioning				x	x	Conditioning	Intermediate	15
Perimeter Sprints	Conditioning				x	x	Conditioning	Intermediate	10
Transition Conditioner	Conditioning				x	x	Conditioning, Game	Intermediate	15
Grid Locked Drill	Cradling and Dodging				x	x	Skill, Game	Intermediate	15
Circle Throwback	Defensive Drills				x	x	Skill	Advanced	5
Cover the Crease	Defensive Drills				x	x	Skill	Advanced	10
Funnel Drill	Defensive Drills				x	x	Skills, Game	Advanced	15
Turn it Over	Even Strength Drills				x	x	Skill	Intermediate	10
US Drill	Even Strength Drills				x	x	Game	Intermediate	15
Ego Breaker	Goalie Play				x	x	Warm Up, Skill	Advanced	5
Grip it and Rip it	Goalie Play				x	x	Warm Up, Skill	Advanced	5
Speed Acclimation Drill	Goalie Play				x	x	Warm Up, Conditioning	Advanced	5
5v4 Drill	Number Advantages and Disadvantages				x	x	Game	Advanced	10
5v4 Over the Top Drill	Number Advantages and Disadvantages				x	x	Game, Conditioning	Advanced	15
Diamond 4 Corners Drill	Number Advantages and Disadvantages				x	x	Skill, Game	Advanced	10
Sniper Drill	Number Advantages and Disadvantages				x	x	Game	Advanced	15
Unsettled Recognition, Settled Recognition Drill	Number Advantages and Disadvantages				x	x	Game	Advanced	20
Box Riding Drill	Rides				x	x	Skill, Game	Intermediate	15
A Half Field Helter Skelter Drill	Transition				x	x	Game	Intermediate	15
Cannonball-End Line Race	Transition				x	x	Game	Advanced	10
Defensive Transition Retreat Drill	Transition				x	x	Skills, Games	Advanced	15
Break Out to Fast Break	Shooting					x	Skills	Advanced	10
3v2 to 2v1 Drill	Transition					x	Skill, Conditioning	Advanced	10
4v3 from 4 points	Transition					x	Skill, Game	Advanced	15
Transition Drill 5 v 4 Field Transition Drill	Transition					x	Games	Advanced	20
Transition Drill Fast Break Drill Full Field	Transition					x	Games	Advanced	20
UMASS Drill	Transition					x	Skill	Advanced	10
Raider Drill	Ball Movement					x	Skill, Game	Intermediate	10
5v4 Clear, Recover, Defend	Clears					x	Game	Advanced	15
40 -40's	Conditioning					x	Conditioning	Advanced	20
Team Distance Run	Conditioning					x	Conditioning	Intermediate	20
King of the Crease Drill	Defensive Drills					x	Warm Up, Skill	Advanced	5
Crease Fire	Shooting					x	Warm Up	Basic	10