

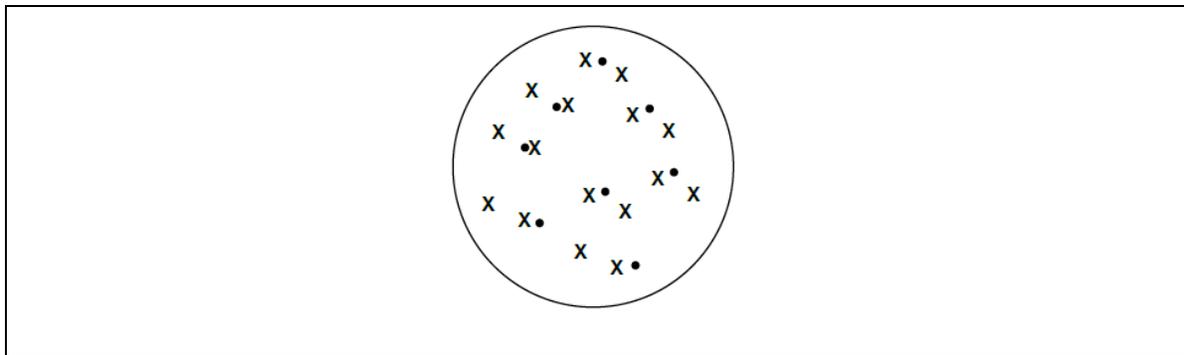
Drill Type: _____

Skill Practiced: _____

Basic Skill Development Drill Stickwork Inside the Center Circle

Objective Stickwork Inside the Center Circle is a great warm-up drill that focuses on improving stickwork and quick decision-making. This drill demands that players have their “eyes up” so they can see open players to pass to as well as anticipate a pass coming to them. This drill can also be used to improve conditioning.

Drill Description This drill is designed to be done inside the center circle on a women’s lacrosse field. Unlike many stickwork warm-up drills that focus on passing with one partner, this drill is more game-like with players constantly changing who they pass to and receive the ball from. Set up with 14-18 players inside the center circle. Begin the drill with one ball between every two players. On the coach’s whistle, players begin moving and passing to teammates inside the center circle. The primary rule is that when you receive a ball, you cannot return the ball to the person who passed it to you. Players must have their eyes up looking to pass the ball to someone else. This forces the player receiving the ball to look up, see the field and anticipate the open player. If a player does not have a ball, she wants to pop towards a player with the ball to receive a pass. There is constant movement in this drill.



Skills Practiced

- All basic skills needed in the game.

Variation To challenge players stickwork and field vision, coaches will direct players through a stickwork sequence:

- Pass and receive right hand up, Pass and receive left hand up
- Receive right then switch to pass left handed, Receive left then switch to pass right handed
- Receive right, then roll the stick to the opposite shoulder for a reverse stick pass
- Pass, receive, then dodge a player inside the circle. After the dodge, make a pass
- Switch to all ground balls, Flip passes, bounce passes, Behind the back passes
- Catch with two hands on the stick, pass with one hand (both left and right)

Time Needed for Drill: _____

Equipment Needed: _____