



Hogan Lacrosse “BOX DRILL”

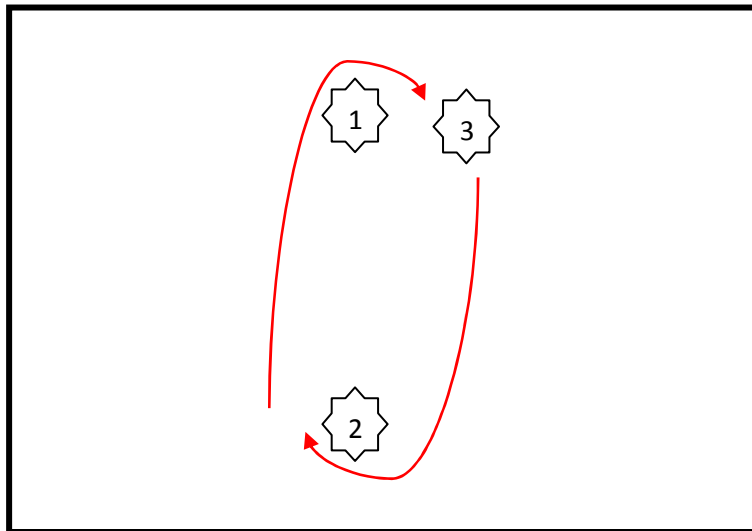
The US Lacrosse Coaching Education Program thanks Coach Matt Hogan of Hogan Lax for this great drill. [Click here](#) for the video of the drill or paste <http://www.hoganlax.com/main.asp?page=1516> into your browser.

Objective:

To practice throwing and catching on the move, while staying accurate and throwing to the “box” area.

Description:

This drill is a three-man drill that has one player moving continuously around the outside of two standing players. The goal is to have the moving player catch and throw from the “box” area next to his head as he moves around the stationary players. In the [video](#) you will see how the ball is moved between players and can benefit all three players at one time. Please go to the following link to see the video on Hogan Lax, <http://www.hoganlax.com/main.asp?page=1516>



Progression: Have your players space out over longer or shorter distances to increase cardio or touches. Also you can have players do figure 8's so they hit both hands as they run.