



MEN'S 3 MAN RELAYS

DRILL SPECS:

Drill Theme: Conditioning

Field Location: Attack Zone

Time Needed: 10 Min

Drill Style: Conditioning

Field Position: Offense, Defense, Midfield, Goalie

Skill Level: Intermediate

OBJECTIVE:

3 Man Relays has your players focus on stop and go sprinting, much like in game situations. This type of conditioning is great for the game of lacrosse and is done for a set amount of time, with interval resting periods.

DRILL DESCRIPTION:

Set up 2 cones about 10 yards apart. A player stands at each cone and there is one additional player in the middle. On the coaches whistle the player in the middle will sprint to a cone and tap hands with the player at that cone. That player will then sprint to the other cone and releases that player. This will continue for duration of 2 minutes. At 2 minutes the players will get a 1 minute break. Repeat this drill until you hit your required duration.

SKILLS PRACTICED:

- Conditioning
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VARIATIONS:

Add a ground ball to each sprint or a specific dodge.

DRILL DIAGRAM:

