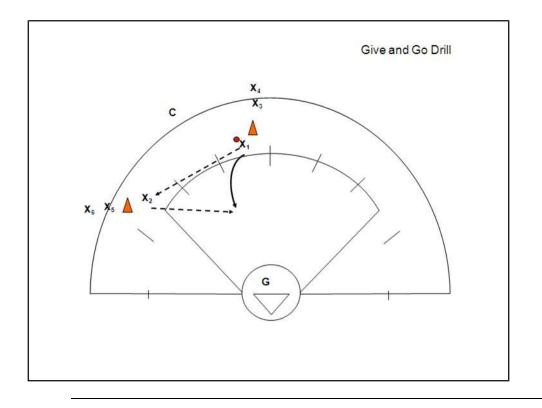


Give and Go Drill

Drill Specs	Drill Theme: Shooting Field Position: Offense	Drill Style: Skills Time Needed: 10 Min	Field Location: Attack Zone Skill Level: Basic
Objective	This drill is excellent for teaching players to give and go.		
Drill Description	Have your players get in two lines at the top of the 12 meter arc. One line will have lacrosse balls, and the other will not. Have a soft defensive player or coach stand in front of the players with the ball. That player will feed the ball to the second line and then sprint towards the goal. The second line player will catch, switch hands and throw a lead pass to the breaking player. A catch and a shot should occur and the players should return to the back of the lines.		



Skills Practiced

- Feeding
- Ball Movement
- Shooting

Continued on next page





Give and Go Drill, Continued

Variation Vary the locations where the cones are set up. Also add defenders at the cones for added pressure.

