

## Lacrosse Defense – Individual Player Drills

<https://www.youtube.com/watch?v=Ur8eBsZG8w0>

This video from Denison Men's Lacrosse features a series of drills that help develop defender's individual skills. The first series is an excellent combination of footwork and stick work. The agility ladder is a great tool for defenseman to incorporate into their workouts outside of practice. Scooping the GroundBall and exploding into space is an essential habit for defenders to develop and help their team in transition.

Many players at the youth and high school level are able to overcome poor approaches and bad angles through sheer athleticism. To truly be a great defenseman, a lacrosse player must not only understand, but practice these skills. By building on this basic skill, players can not only make the drill more game like, but they can also add an element of conditioning.

A great drill series we recommend for players of all ages and coaches should work these drills into their practices. By adding a cross field pass or an outlet pass after the GB of 10-15 yards, this drill can become an infinity drill. By infinity drill, I mean players can rotate continuously without stopping the flow of the drill.