

Lacrosse Footwork and Stick Skills – Lindsay Munday

http://laxmagazine.com/tips/players/2010-11/news/110810_lindsey_munday_moving_stickwork_lacrosse_drill

USC Head Coach Lindsey Munday demonstrates a simple but versatile drill that helps improve players footwork and stickwork. Similar to the agility drills in previous posts, the basic 4 cone model allows for a wide variety of drills and variations.

Coach Munday talks about proper throwing and catching technique while on the move. Additionally there is a component of Lax IQ. If your partner slows down, you want to move back towards the ball and support your teammate.

This is a great team drill for starting practice or pre-practice to get the players sticks and bodies ready for an increased intensity as practice moves on.