

## Lacrosse Speed and Agility – Notre Dame Pre-Season

<https://www.youtube.com/watch?v=S7xJti9m1uw>

Notre Dame Lacrosse has risen to one of the top teams in the country. As coach Corrigan mentions, to compete at the highest level teams need to compete athletically. Lacrosse programs should address the athleticism of their players to help ensure not only conditioning, but also sound footwork.

The four cone set up provides the flexibility to add variety and address anything from linear speed to change of directions. Players can work on forward sprints, back peddling, shuffling.

The pro agility drill and figure 8 drill introduce a level of competition, which generally brings out the best effort in players. Having your athletes compete is a great way to increase the intensity.

The mirror drill is a great drill to incorporate reaction and adjustments make the drill very game like. While it lacks the intensity of a “chase” drill, it offers reaction and thinking in a real-time game like situation.

Bags similar to speed ladders can help improve players muscle memory, running mechanics and overall athleticism.