

## Lacrosse Team Drills – Stick Work

[https://www.youtube.com/watch?v=Py6O\\_DbWCJA](https://www.youtube.com/watch?v=Py6O_DbWCJA)

This blog is taking the individual skill development drills from Lacrosse Wall Ball 1 and Advanced Wall Ball blogs and applying it to a group or team.

With the two outside players using the same form and technique we talk about when facing the Wall. We now have incorporated a player catching and throwing on the move.

The best thing about this drill are all the possible variations a coach can use to keep things fresh and work on a wide variety of skills, without having to teach a new drill.

This can be used the way the video shows the players rotating. Adding a GB to the player on the move would be an interesting variation. Passing to the player on the move over the shoulder would work well. Really whatever you can think of you can do!