MEN’S BOX SPRINTS DRILL

DRILL SPECS:

**Drill Theme:** Conditioning  
**Field Location:** Attack Zone  
**Time Needed:** 10 Min  

**Drill Style:** Conditioning  
**Field Position:** Offense, Defense, Midfield, Goalie  
**Skill Level:** Basic

OBJECTIVE:

Box sprints and movements allow you to condition your players to constant changes of directions in the sport of lacrosse. This drill allows for 2 straight sprints and 2 side shuffles, one each direction.

DRILL DESCRIPTION:

Set up 4 cones in a box, with about 5-10 yards between each cone. Players will start at a cone and sprint up to the next cone, then side shuffle to the next cone, when at cone 3 have them perform a drop step at that cone and side shuffle to the next cone. At cone 4 your player will accelerate and sprint through the first cone they started at.

SKILLS PRACTICED:

- Conditioning

VARIATIONS:

Add a ground ball to the final straight sprint off of cone 4.

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE
DRILL DIAGRAM:

[Diagram of Box Sprints with labeled areas for Sprint and Shuffle]