MEN’S PASS AND PICK AWAY DRILL

DRILL SPECS:

Drill Theme: Cutting-Feeding-Picks
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Skills
Field Position: Offense
Skill Level: Basic

OBJECTIVE:

This drill is excellent for teaching players to pass and pick away to create space and offense.

DRILL DESCRIPTION:

Have your players get in three lines at the top of the attack zone. One line in the middle will have lacrosse balls, and the other will not.
Have a soft defensive player or coach stand in front of the players without the balls.
The players in the middle with the ball will feed either side, and run away to the opposite line.
They will set a pick for that line on the coach or soft defender there.
That line will take the pick and drive to the feeder on the other side.
The pass will be made for a catch and a shot.
The very next player with the next ball should throw the ball to the opposite directions and pick away to the opposite line of the person before him.

SKILLS PRACTICED:

• Feeding
• Ball Movement
• Picks
• Shooting

VARIATIONS:

Vary the locations where the cones are set up. Also add defenders at the cones for added pressure.
DRILL DIAGRAM:

Pass and Pick Away Drill

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