WOMEN’S BOX SPRINTS DRILL

DRILL SPECS:
- Drill Theme: Footwork
- 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.
DRILL DIAGRAM:

Box Sprints

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