WOMEN’S HOGAN LACROSSE
“BOX DRILL”

DRILL SPECS:

| Drill Theme: Ball Movement | Drill Style: Warm-Up, Skill |
| Field Location: Midfield Zone | Field Position: Offense, Defense, Midfield |
| Time Needed: 10 Min | Skill Level: Intermediate |

OBJECTIVE:
To practice throwing and catching on the move, while staying accurate and throwing to the “Box” area.

DRILL DESCRIPTION:
This drill is a 3 man drill that has one player moving continuously around the outside of 2 standing players. The goal is to have the moving player catch and throw from the “Box” area next to his head as he moves around the stationary players. In the video you will see how the ball is moved between players and can benefit all 3 players at one time. Please go to the following link to see the video on Hogan Lax, https://www.hoganlax.com/box-drill-demo.

SKILLS PRACTICED:
• Ball Movement (Catching and Throwing)
• Strong and Weak Hand Play
• Ground Balls
• Conditioning

VARIATIONS:
Have your player’s space out over longer or shorter distances to increase cardio or touches. Also you can have players do figure 8’s so they hit both hands as they run.
FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE