WOMEN’S TEAM RELAY RACES DRILL

DRILL SPECS:

- **Drill Theme:** Conditioning
- **Field Location:** Attack Zone
- **Time Needed:** 15 Min
- **Drill Style:** Conditioning
- **Field Position:** Offense, Defense, Midfield, Goalie
- **Skill Level:** Intermediate

OBJECTIVE:

Team Relay Races will have your players focus on stop and go sprinting, much like in game situations. This type of conditioning is great for the game of lacrosse and is done for a set amount of time, with interval resting periods.

DRILL DESCRIPTION:

Set up 2 cones a standard distance apart. Some player stands at each cone and face each other. Make multiple teams or groups. On the coaches whistle the player at one end will run to the other cone and tap hands with the player at that cone. That player will then sprint to the other cone and releases that player. This will continue for duration set by the coaches.

SKILLS PRACTICED:

- Conditioning

VARIATIONS:

Add a ground ball to each sprint or a specific dodge.