WOMEN’S UP AND BACK SPRINTS
WHILE CRADLING DRILL

DRILL SPECS:

Drill Theme: Footwork
Field Location: Attack Zone
Time Needed: 10 Min

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

OBJECTIVE:

Up and Back sprints allow for players to practice footwork and change of direction while cradling and changing speeds. The drill allows players to work on staying low to the ground when planting and changing directions, and learning to control their body and sticks. It is also a great practice for back out of double teams and then pushing through on to a shot.

DRILL DESCRIPTION:

Set up 5 cones in a zig zag, with about 5-10 yards between each cone. Players will start at a cone with a ball, and will cradle while sprinting up and back around each cone. The up and back sprinting will require various changes of directions and require players to vary speeds. Have the player go all the way through the 5 cones, take a shot on goal, and then run back to the starting line.

SKILLS PRACTICED:

• Conditioning
• Footwork
• Cradling

VARIATIONS:

Add a ground ball to the start of the drill.
DRILL DIAGRAM:

For more drills, visit uslacrosse.org/coaches/drills-archive