

# Practice Like You Want to Play

Tom Keller

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- Simple is Best
- Every Drill Reflects a Game Situation
- Every Drill is a Game
  - Give parameters, rules and then “play lacrosse”
- Pace Should Reflect Game Conditions
- Keys to Success: Goal, Face Off and Finishing

# Ground Balls

- Scooping
- Musical Balls
- 1,2 &3 to a Ball
- McLellan
- Static Weave – 0,1,2
- Red, Yellow, Green

Simple is Best ---- Every Drill Reflects a Game Situation

# Throw and Catch

- Shooting
- Off the Wall
- Static Weave
- Shapes
- 5pt Passing
- (3) 4 Man 2 Ball
- 8 Line Passing ---Banana, Seek, Upfield, V-cut

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# Face Offs

- Whistles
- Serpentine 1 vs 1
- Face Off Derby
- 3 vs 3
- Keep Away

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# Uneven Numbers

- 2 vs 1 with Pests – 3 vs 2
  - Carolina, Syracuse, Carolina +1
  - Maryland
  - Maryland Fast Breaks
  - Full Field 54
  - Toggle
  - 1 Less
- o Alley Clearing 2 vs 1 → 7 vs 6
  - o 5 vs 3 Low Clearing

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# Even Numbers

- Salisbury
- Dodging
- Top and Bottom
- Progressive – 1 vs 1 → 6 vs 4
- 4 vs 4 .....Spacing! Cutting and Looping!
- Run Through a Recovering Stick

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# Contact Information

Tom Keller

[Brinelite@gmail.com](mailto:Brinelite@gmail.com)