



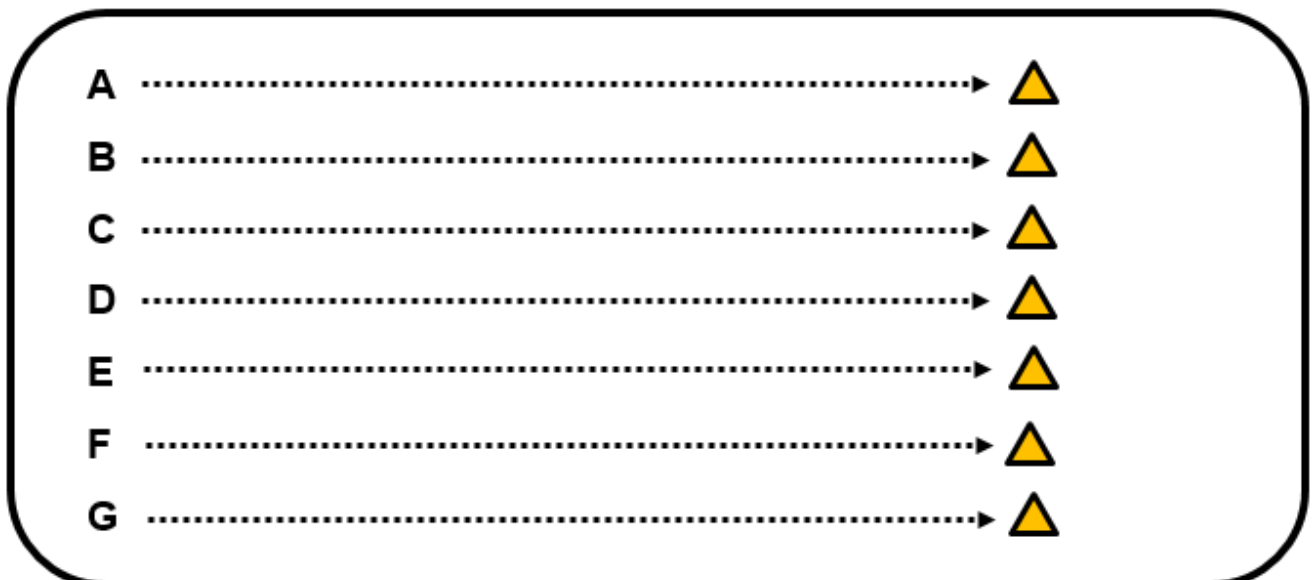
APPENDIX I:

CHALLENGE ACTIVITIES OVER 12 YEARS

APPENDIX I: CHALLENGE ACTIVITIES – OVER 12 YEARS

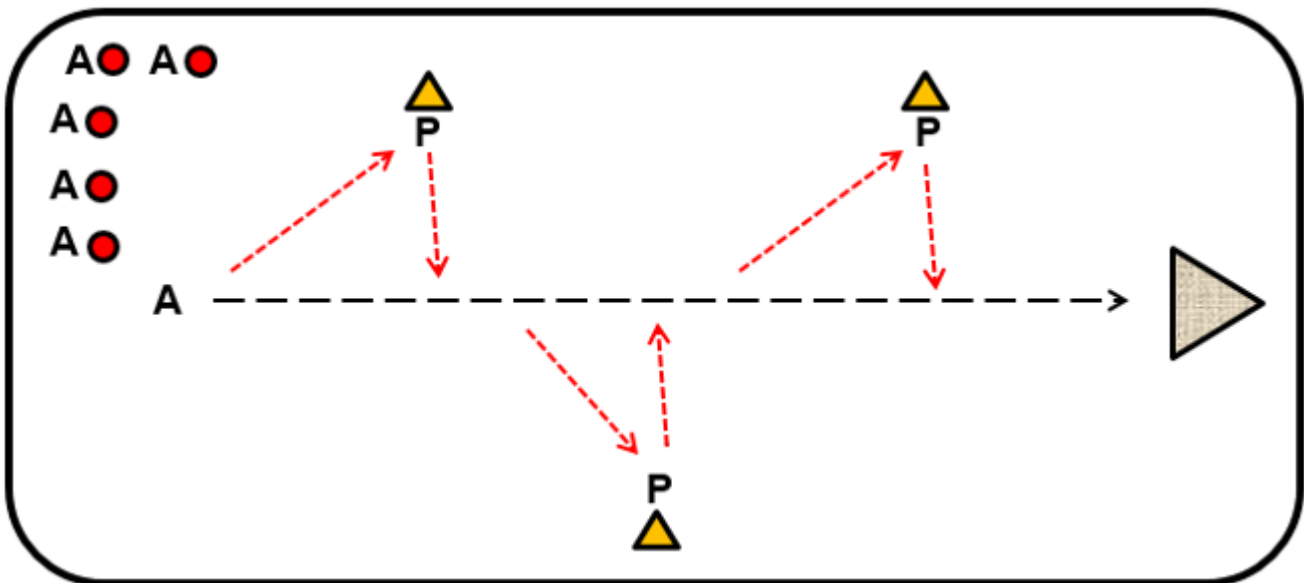
Drill Name: 40 YARD DASH

Stage of Activity	ALL
Skills	Cardio and Speed
Equipment	Cones
Time	10 Minutes
Number of People	2+
How It Works	<ul style="list-style-type: none">• 40 Yard Dash <p><u>Rules</u></p> <ul style="list-style-type: none">• All athletes are at least 2m away from each other
Modifications	<ul style="list-style-type: none">• Vary the distances of the cones• Put cones in zig zags <p><u>Challenge</u> – Quickest time</p>



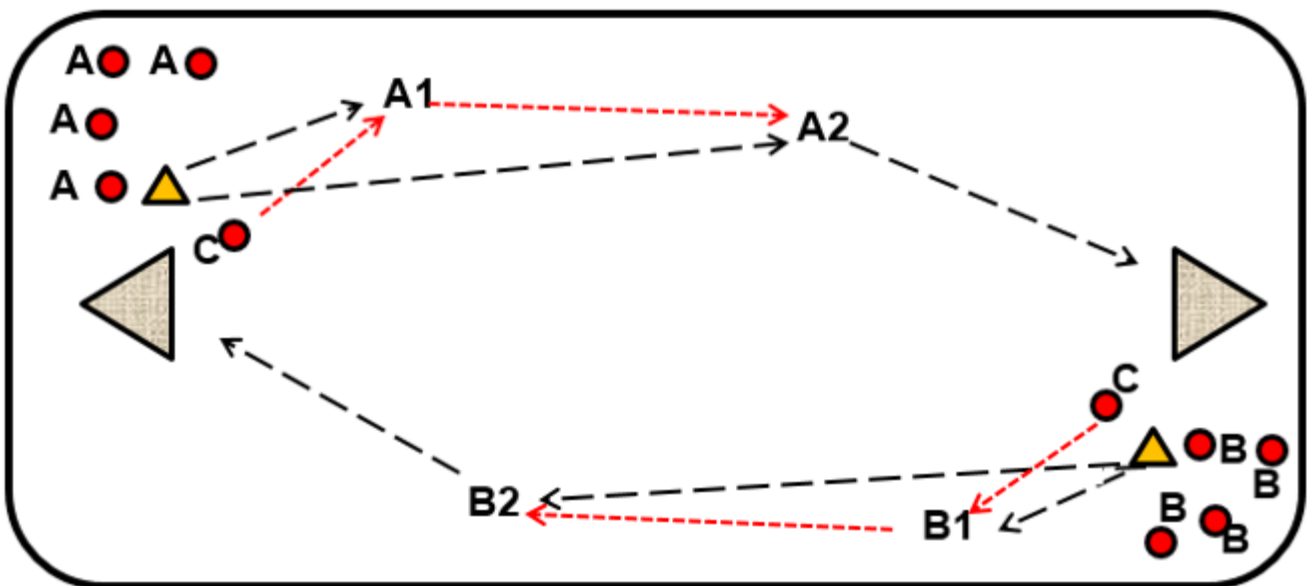
Drill Name: THREE PASSES

Stage of Activity	Learning to Train, Training to Train
Skills	Passing and Catching
Equipment	Balls, Cones, One Stick per Player, Goal, Targets
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Group lines up behind a designated area. • Three 'Passers' set up staggered down the length of the field across from each other (locations can be marked off with a cone). • First player in line, with a ball, runs down the middle of the field, throwing and receiving passes from the 'Passers'. • After the third pass is complete, the player shoots on the goals at a target or at the post/crossbar. • Once all at group has completed the drill, switch direction and go the opposite way down the field. <p>Rules</p> <ul style="list-style-type: none"> • Ball must successfully be passed before a shot on goal • All athletes are at least 2m away from each other
Modifications	<ul style="list-style-type: none"> • Switch up the 'Passers' after a fix amount of passes. • Add a goal and/or target <p>Challenge – number of completed passes and quickest time</p>



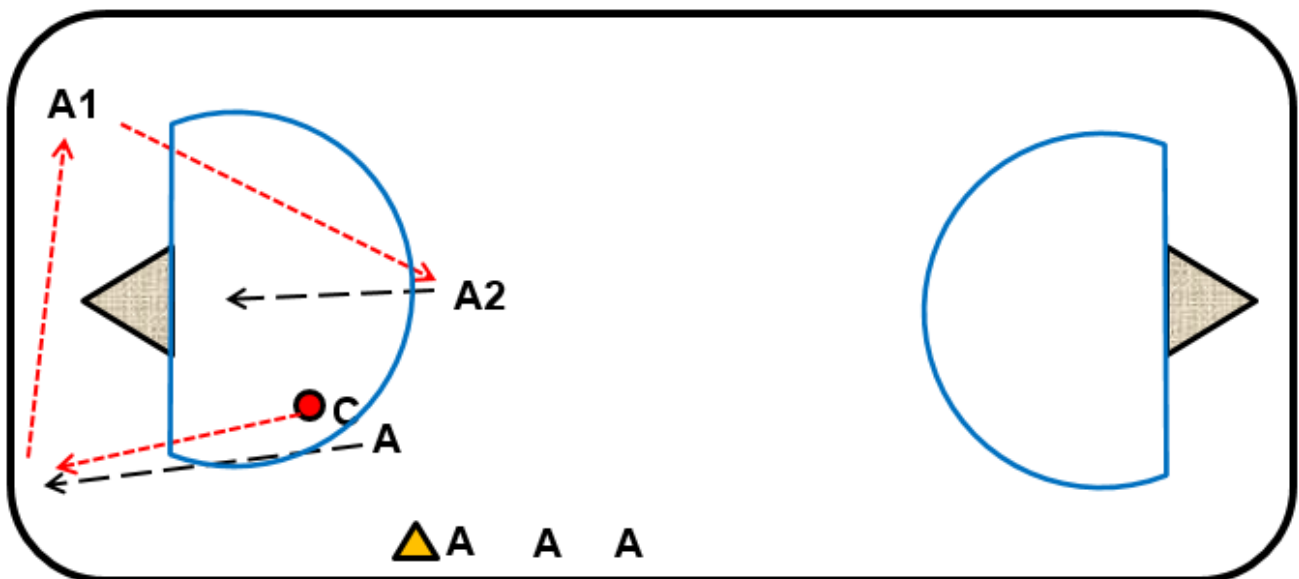
Drill Name: TWO PLAYER BREAKOUT

Stage of Activity	Learning to Train, Training to Train
Skills	Passing and Catching
Equipment	Balls, Cones, One Stick per Player, Goal, Targets
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into two groups on both sides of the playing surface behind a designated area • Ball is rolled to the coach near the goal crease • Coach passes the ball to the 'Outlet' player who then passes to the teammate breaking up the floor/field. • The teammate shoots on the goal at the target • The two then lineup in the designated area in the end they just shot at. • Players switch roles the next time down the floor/field (Shooter becomes 'Outlet', etc.).
Modifications	<ul style="list-style-type: none"> • Teammate who receives the pass from the 'Outlet', takes the ball out wide and then returns the pass to the 'Outlet' who is running down the floor/field towards the goal. • Add a goal and/or target <p>Challenge – number of completed passes and quickest time</p>



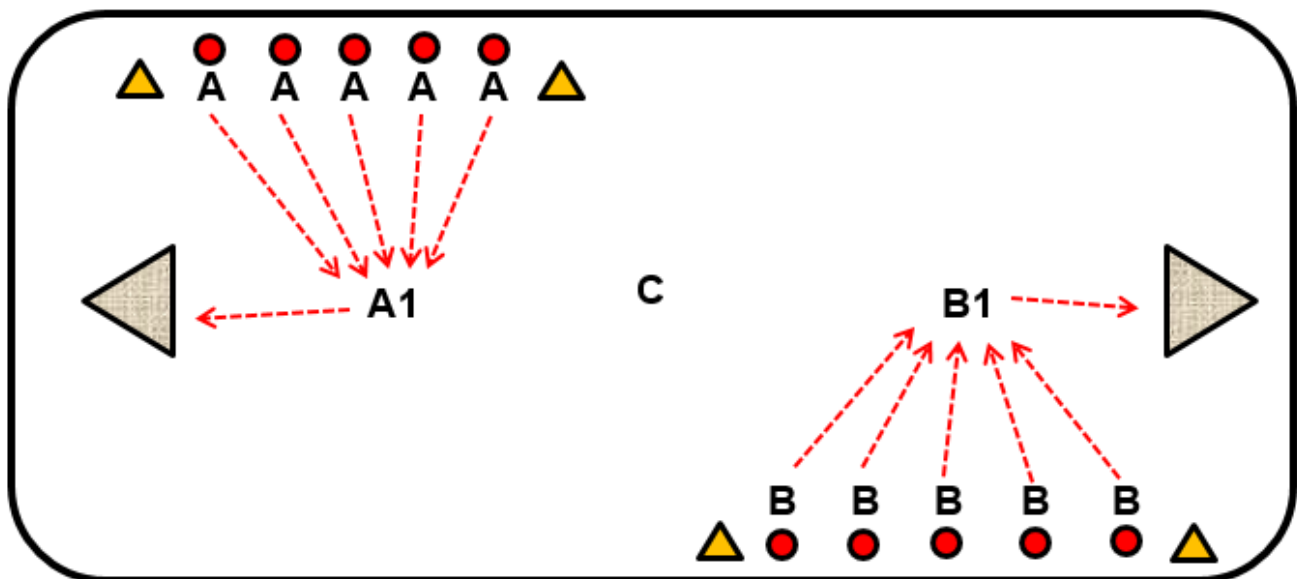
Drill Name: LOOSE BALL

Stage of Activity	Learning to Train, Training to Train
Skills	Scooping, Passing, Catching and Shooting
Equipment	Balls, Cones, One Stick per Player, Goal, Targets
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Three players participate, while others line up in the designated area • Coach stands in the dotted line in the offensive zone, First player (A) starts off beside the coach. • Second player (A1) is lined up on the opposite side of the goal on the goal line. • Third player (A2) is lined up on the top of the dotted line. • Coach rolls ball into the corner, First player (A) picks up the ball and passes behind the goal to the Second player (A1). • Second player (A1) then passes to the Third player (A2) who breaks towards the net for a shot. • Players rotate positions <p style="text-align: center;"><u>Rules</u></p> <ul style="list-style-type: none"> • Ball must successfully be passed before a shot on goal • All athletes are at least 2m away from each other
Modifications	<ul style="list-style-type: none"> • Add a goal and/or targets <p><u>Challenge</u> – number of completed passes, quickest time and accuracy</p>



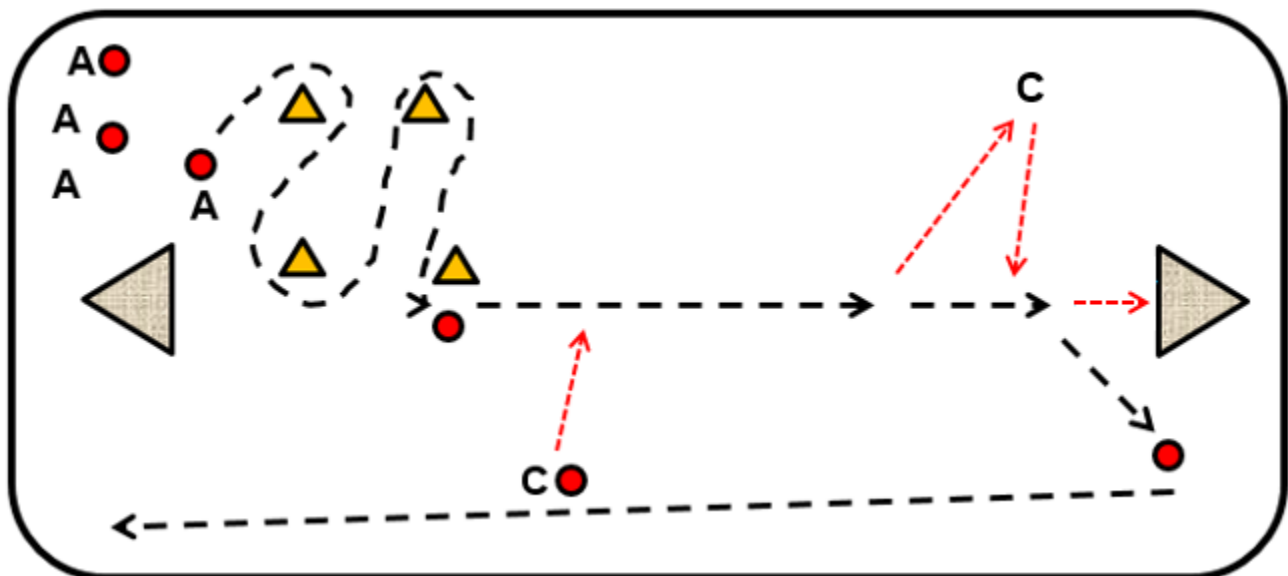
Drill Name: RECEIVE AND SHOOT

Stage of Activity	Learning to Train, Training to Train
Skills	Catching and Shooting
Equipment	Balls, Cones, One Stick per Player, Goal, Targets
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • All players line up on one side of the floor/field with a ball • One player lines up across from teammates in a good shooting position. • Each player passes their ball to the shooter, who then shoots on the goal. • Rotate positions once everyone has passed the ball.
Modifications	<ul style="list-style-type: none"> • Put a target in each corner of the goal • Aim to hit post/crossbar • Progress this drill into quick stick drills. <p>Challenge – number of completed passes, quickest time and accuracy</p>



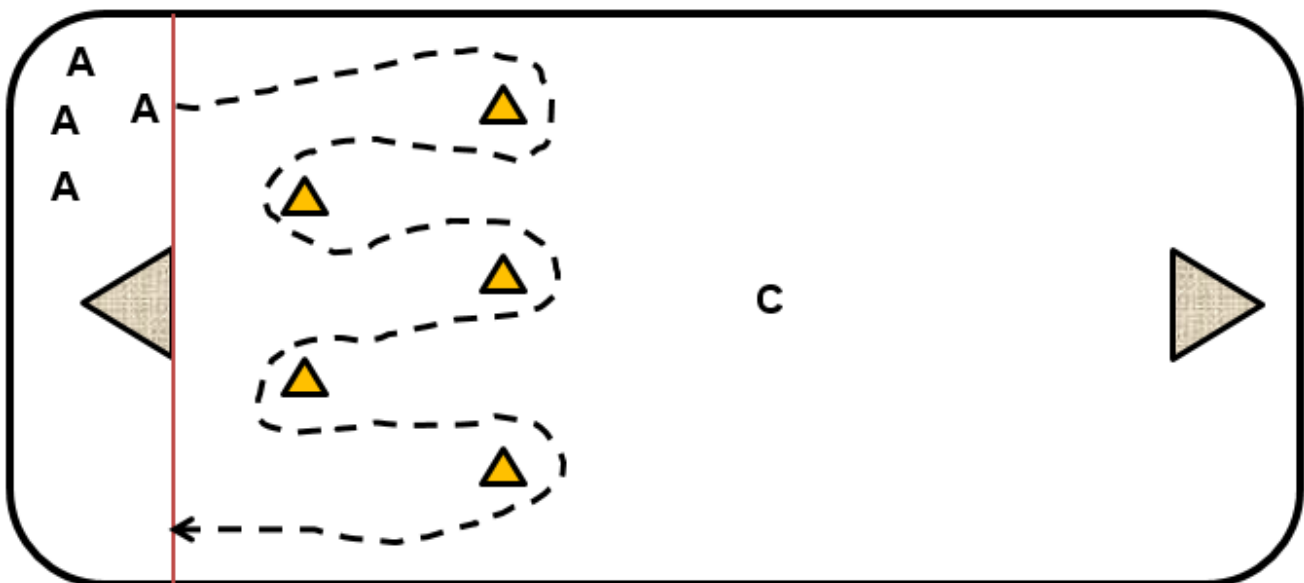
Drill Name: BALL CONTROL SCRAMBLE

Stage of Activity	Learning to Train, Training to Train
Skills	Ball Control, Passing, Catching and Shooting
Equipment	Balls, Cones, One Stick per Player, Goal, Targets
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Players start on goal line • First player scoops up a ball and moves through a series of cones • After the final cone, player places the ball on the ground and then receives a pass on the run from the coach • Player runs down the floor/field and then passes to a 2nd coach or player in the corner of the offensive zone • Player receives the pass back and shoots on goal or target • Player then scoops a loose ball on the goal line and sprints down the floor/field to the starting line. <p>Rules</p> <ul style="list-style-type: none"> • If player misses the first shot, he/she will receive another pass from the 2nd coach in the offensive zone • Drill continues once a goal is scored • All athletes are at least 2m away from each other
Modifications	<ul style="list-style-type: none"> • Add a goal and/or target <p>Challenge - quickest time and accuracy</p>



Drill Name: TIMED 'W' AGILITY TEST

Stage of Activity	Learning to Train, Training to Train
Skills	Agility
Equipment	6 Cones
Time	10 Minutes
Number of People	Unlimited
How It Works	<ul style="list-style-type: none"> • 6 Cones setup in a 'W' formation • Player runs forward through the first cone and then backwards to the next cone. • Alternating forward and backwards through all the cones and then finally sprint across the goal line. <p>Rules</p> <ul style="list-style-type: none"> • Cones must cleanly be passed • All athletes are at least 2m away from each other
Modifications	<ul style="list-style-type: none"> • Add side to sides or crossovers in sections • Add a ball and a stick to help with cradling and stick control <p>Challenge – Quickest time</p>



Drill Name: SCOOP AND SHOOT

Stage of Activity	Learning to Train, Training to Train
Skills	Scooping, Cradling and Shooting
Equipment	Balls, Cones, One Stick per Player, Goal, Targets, Stopwatch
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Divide group into two groups on both sides of the playing surface behind a designated area • Line up 5 balls equally spread out on the dotted line on a lacrosse floor, 3-point arc in a gym or a similar measure on a field (approx.. 24ft arc). • Two players go at a time on each side of the floor/field. More can participate if space and equipment is available • Player A and B start off in the middle of the arc area between the goal and top of the arc. This can be marked off using a cone or something similar • On the whistle, the stopwatch begins and both players run out from the start area, scoop up a ball, turn, cradling towards the goal/target and shoot • After each shot, the player must touch the start point, then process to scoop up another ball and shoot, until all five balls have been scooped and shot on the goal. • The stopwatch stops after the last ball (#5) is shot and enters or misses the goal/target • Athletes are timed for quickness and recorded for the number of successful goals/targets hit for accuracy.

