



Parent Catching

Appropriate Age Group: 5-8

Skill(s) Practiced: Catching a lacrosse ball

Drill Duration: 5 minutes

Resources: 4-5 balls per child, 1 adult per child

Description: Each child is paired with one adult. The adult will underhand toss the ball to the child in the "box" around shoulder height. The child will receive the ball into their stick, then roll the ball back to the adult.

Progression(s): Overhand tossing to players. Players use stick to pass the ball back. Switch top hand on the stick. Use just the head of the stick.

Drill Diagram:

