



Squirrels and Nuts

Appropriate Age Group: 6-10

Skill(s) Practiced: Scooping a lacrosse ball, Movement

Drill Duration: 5 minutes

Resources: 3-4 balls per child, hula hoops

Description: The coach will scatter balls all over the field. Players start at their "Nest" (a hula hoop) and on the coach's whistle run to a ball and pick it up while on the move. They then run back to their "Nest" and drop it in. Players continue picking up balls until the field is cleared. They should be trying to get as many balls as possible into their "Nest."

Progression(s): Add a stick to the teach scooping mechanics

Drill Diagram:

