

2020 St. Mary's Youth Lacrosse Tracker

Activity	Date/total									
throw right catch right										
throw left catch left										
throw right catch left										
throw left catch right										
scoop and move right										
scoop and move left										
ground balls right										
ground balls left										
throw and catch on run left										
throw and catch on run right										
quick stick right										
quick stick left										
one hand right										
one hand left										
Make up your own (MOST IMPORTANT) - I am partial to throwing at trees or over trees										

note: all of these drills can be done with a rebounder, any solid wall, parents tossing the ball, picnic table on its end, etc.