

Fun Lacrosse Challenges for Beginners

Perfect for ages 4+

Here are some fun lacrosse drills to break up a long practice or to use as a reward for a good day of training. Young kids will love these fun drills... and will even get some practical training out of them.

Turn any of the skill builders below into a counting game or a competition to see how much you improve each time you try! We can't wait to hear if you enjoyed Lacrosse!

- **Lacrosse Egg Toss** – Partner kids up to catch and throw a lacrosse ball. Have them take a step back at each turn so they get further and further apart. Last team to avoid dropping the “egg” wins.
- **Lacrosse Golf** – Place a garbage can or bucket on the far side of the field. Have the children try to score a hole in one (without any bounces). A fun lacrosse drill but it also helps to teach accuracy for long clears.
- **Lacrosse Musical Chairs** – Have the kids lie in a circle. Then place lacrosse balls in the middle of the circle... but one or two fewer balls than the number of kids. On the blow of the whistle, the kids will jump up to try and win a groundball. Each time, another “musical chair” (ball) is removed until two kids are facing off for the remaining lacrosse ball. This is another fun lacrosse drill but it also teaches kids how to win groundballs and to protect the ball.
- **Lacrosse Relay Races** – Divide your kids into teams. Then split each team in half and have each half line up at two different points on the field (i.e. goal line extended and the midfield line). The teams will compete by racing against each other while cradling a lacrosse ball. They must pass off the lacrosse ball to each member of the team (or drop the ball on the ground in front of their teammates if they are very young and have a hard time catching). A variation is to have the kids run around a distant cone while cradling a lacrosse ball and run back to the starting point before passing the ball onto the next relay member.

