

## LAX-TASTIC LACROSSE GAMES

### 1. Numbers Game

Equipment Needed: Cones, Sticks, Balls

Set Up: Create a rectangular boundary with cones and a goal if you are going to incorporate shooting on the goal.

How to Play:

1. Divide the class into 2 teams and give each team its own set of number's i.e. - 1- however many are on the team.
2. Assign names to each team – ALWAYS ASSIGN NAMES!! i.e. - the Dragons vs. the Tigers.
3. Each player will have a same number as one other player on the other team.
4. Call a number and throw out 2 balls.
5. The players from the different teams with the same number must run out and scoop a ball, take it down to their team's goal, and take a shot.
6. Each player gets 1 shot.
7. Whether they make it or miss it, they have to collect the ball, and return it to the Instructor as fast as possible, then return to their team.

Tips:

- This game can be played in lots of ways. You can have the players just scoop and run the ball back to their team's side. They can scoop and then throw to the instructor. They can scoop and then shoot on the goal. Be creative.

### 2. Bump and Bite

Equipment Needed: Cones, Balls

Set Up: Create playing field with cones.

How to Play:

1. Players begin at one end of the rectangular playing area.
2. Each player should have a stick and a ball.
3. Players have to get to the other end of the field cradling their lacrosse ball without being touched by a rolling ball thrown into the playing area by the instructors.
4. Instructors stand on the side of the field or court and roll the balls through the space.
5. If player drops their lacrosse ball or is hit by a rolling ball, they are out.

### **3. Ground Ball-Hogger**

Equipment Needed : Sticks, Balls

Set Up: No set up needed.

How to Play:

1. Instructor rolls a ball in front of players standing in 2 stacks.
2. 1<sup>st</sup> 2 players in line sprint to see who can scoop up the ball 1<sup>st</sup> and return a pass to the Instructor.

Tips:

- Can also incorporate shooting (person that wins the ball becomes offense, other player becomes defense).

### **4. Run And Rip**

Equipment Needed: Cones, Sticks, Balls

Set Up: Put a goal in front of each line.  
Place a cone diagonal from the front of each line.

How to Play:

1. Divide players into different teams.
2. Players are to cradle to the outside of the cone with 1 hand, while protecting with the other arm
3. After passing the “diagonally” placed cone, players shoot on goal.

### **5. Egg Hunt**

Equipment Needed: Cones, Sticks, Balls

Set Up: Create “baskets” with the cones.

How to Play:

1. Instructors or players throw balls all over the field.
2. Players are released to retrieve balls and cradle them back to the basket (coned area).
3. Object is to collect most balls the quickest.
4. If player drops a ball while cradling back to their “basket”, they must leave it there and seek out another available ball.
5. Players may not take balls from other player’s baskets.
6. Multiple rounds are recommended.

## 6. Soda Fountain

Equipment Needed: Cones, Sticks, Balls

Set Up: Create playing field with cones.

How to Play:

1. Designate each side of the boundary a different name of a drink.
2. Make sure the players know which side of the boundary is named what.
3. Each player should have a stick and ball.
4. When Instructor yells the name of the drink out all players must go to that side.
5. Players must cradle stick while running to correct side of field.
6. Players are out if they drop ball.
7. Also can eliminate players if they get their last.

Tips:

- **Drink Names:** Coke, Sprite, Mountain Dew, Dr. Pepper, Fruit Punch, Gatorade, etc.
- Make the center of the playing area another name of a drink .

## 7. Relay Races

Equipment Needed: Cones, Sticks, Balls

Set Up: No set up needed.

How to Play:

1. Players are split into even stacks (lines).
2. Create a point-to-point straight course with cones for each stack of players.
3. Instructors may incorporate any movement (cradling and dodging) for each round of the relay. Dodging should be initiated by a cone in the relay "track".
4. 1<sup>st</sup> team to be sitting quietly in a straight line wins.

Tips:

- Be sure to add a variety to the challenges: cradling, scooping, shooting, and dodging.
- Several rounds with points being distributed is encouraged.

## 8. Clean Up Your Backyard

Equipment Needed: Cones, Sticks, Balls

Set Up: Create playing field with cones (add “no-mans” land in the middle)

### How to Play:

1. Divide the players into 2 teams.
2. Players try to roll balls into other team’s space with their Lacrosse sticks.
3. Scooping and tossing with sticks is required.
4. Both teams must try to keep balls within the coned area.
5. No Player may enter the “No-Man’s Land”
6. Each team tries to keep their side empty of balls by scooping and rolling them back to the other side.

## 9. Speed Ball

Equipment Needed: Cones, Sticks, Balls

Set Up: No set up needed.

### How to Play:

1. Players should form a small circle.
2. Each player has a stick.
3. All players are on the same team working together.
4. Players are to pass the ball around the circle in a designated direction without skipping any players.
5. Instructor should create time limits that players have to beat to get ball around the circle.
6. Circle should get bigger with each round.
7. As circle gets bigger, pass should upgrade from flip, to toss, to throw.
8. If ball hits the ground, players should scoop and keep going.

### Variation:

- Split a larger class into 2 or more groups and have the groups compete against each other.

## 10. Lax Flag (Capture the Lax Ball)

Equipment Needed: Cones, Sticks, Balls

Set Up: Create playing field with cones.  
Create a box outlined by cones at the end of each team's side; place a Lax Ball in each team's box with the cones.

### How to Play:

1. Capture the Lax Ball can be played both indoors and outdoors and is very similar to Capture the Flag.
2. Divide the class into 2 teams, 1 team is at one end of the field, the other team is on the other end.
3. Give each team matching colored Lacrosse sticks, i.e. - Blue vs. Red.
4. Only the opposing team can go inside the other team's box. The team defending their ball cannot go inside the box. Create a time limit for how long an opposing player can be inside the box, i.e. - 10 seconds.
5. The object is to run into the other teams' end of the court, steal their ball and either run or pass it back to your end of the court without getting tagged.
6. You are safe if you are on your end of the field. As soon as you step across half-field, you can get tagged.
7. This game is 1-hand touch. If you get tagged, you go to jail.
8. You can only get out of jail if the Instructor yells "JAILBREAK!"
9. If a player is tagged, a pass is attempted and dropped, or the ball falls out of the players stick, the play resets with the ball placed back on each team's side.
10. If the player runs the ball back to his/her side of the field, his/her team gets awarded 3 points.
11. If the player passes the ball from the other teams side of the field to a player on his/her team on their side of the field, that is worth 6 points.

## **11. Fireball**

Equipment Needed: Cones, Sticks, Balls

Set Up: Set up playing field with goals at each end.

### How to Play:

1. This is a passing relay from end to end of the field with a shot in each goal.
2. Divide players into groups of 4.
3. The group begins at half field and must advance towards goal by passing ball from teammate to teammate.
4. Team may not shoot until each player has received a pass.
5. There is no running to advance the ball.
6. Once team has scored on first goal, they repeat the same passing to the other end of the field and shoot on that goal.
7. Instructors can award points for shooting, passing, scooping, etc.
8. Instructors can determine if team loses turn based on dropping passes or missing the goal.

## **12. Monkey In The Middle**

Equipment Needed: Cones, Sticks, Balls

Set Up: None

### How to Play:

1. Players should get into two opposing lines (face to face).
2. There are players in the middle (Instructor should determine appropriate amount).
3. Players begin passing the ball from one side to the other.
4. Players in the middle try to intercept the ball.

### Tips:

- Players should rotate from the line to the middle if they make a bad pass.

### 13. One on One

Equipment Needed: Cones, Sticks, Balls

Set Up: Set up goal(s).

How to Play:

1. Players are to practice dodging a defender before taking a shot.
2. No contact.

Tips:

- Defensive players should play 'dummy D' first time through.

### 14. Red Light, Green Light, Yellow Light, Crash

Equipment Needed: Cones, Sticks, Balls

Set Up: Create playing field with cones.

How to Play:

1. Each player should have a stick and ball.
2. Object is for players to get from one end of the field to the other while cradling.
3. The Instructor should call out the following commands:
  - a. **Red Light**- the players must stop.
  - b. **Green Light**- the players can cradle and run quickly.
  - c. **Yellow Light**- the players must cradle and run slowly.
  - d. **Crash**- the players must stop and fall to the ground.
4. If you drop the ball you must go back to the beginning.

### 15. Ice Monster

Equipment Needed: Cones, Sticks, Balls

Set Up: Create playing field with cones.

How to Play:

1. Each player has a stick and ball.
2. Players cradle ball within the boundary.
3. 2 players do not have sticks, they are "Ice Monster"
4. If a player gets tagged by an "Ice Monster," that player must freeze, hold the stick over their head, and spread their legs apart.
5. They may not get unfrozen until another player rolls the ball through their legs.

## 16. Give And Go

Equipment Needed: Cones, Sticks, Balls

Set Up: No set up needed.

### How to Play:

1. Divide the players into 2 teams.
2. Instructors stand 10 yards in front of 1<sup>st</sup> player in line.
3. Once the player passes the ball the player runs to the side of the Instructor.
4. The Instructor then passes the player back the ball.
5. There should be a cone set up to the right of the Instructors to remind the players where to run.
6. The player catches the ball, passes it back to the Instructor, and then returns to the back of the line.

### Tips:

- Instructors may set up a goal for players to shoot once they have received the ball back from Instructor instead of players passing it back to Instructor.

## 17. Around the Wheel

Equipment Needed: Cones, Sticks, Balls

Set Up: No set up needed.

### How to Play:

1. Players are to form a large circle.
2. One player begins in the middle.
3. The middle player passes to anyone in the circle.
4. The player that receives the ball, cradles to the middle, and then passes to a new player in the circle.
5. Once in the middle, the player passes the ball, they return to their own place in the circle.

### Tips:

- No pass backs.
- Add more balls to the game as players get the hang of it.
- May also allow players to roll ball to teammates in the circle instead of passing.



## 18. Free Shot

Equipment Needed: Cones, Sticks, Balls

Set Up: Set up goal.

How to Play:

1. Each player is to take a free shot on the Instructor in goal.
2. Require players to do bounce shots, air shots, location shots (i.e. – upper right corner)

## 19. Remote Control

Equipment Needed: Cones, Sticks, Balls

Set Up: Create playing field with cones.

How to Play:

1. Everyone is spaced around the playing area and they act like a remote control.
2. Each player has a stick and ball.
3. The Instructor yells out a command:
  - a. **Play**- normal jogging and cradling
  - b. **Stop**- players are frozen, protect stick
  - c. **Rewind**- everything s backwards
  - d. **Fast Forward**- normal activity as fast as possible
  - e. **Slow Motion**- everything is as slow as possible
  - f. **Eject**- everyone must fall to the ground

## 20. Pressure Box

Equipment Needed: Cones, Sticks, Balls

Set Up: Create playing field with cones

### How to Play:

1. Divide the class into 2 teams.
2. Each player has a stick.
3. Need 1 ball.
4. First team with ball must keep away from second team by passing.
5. Second team tries to steal ball.
6. If team with ball drops passes, other teams turn.
7. Number of converted passes determines a point.
8. May allow ball to hit ground and keep possession by scooping before other team does.
9. Must stay within the boundary. If you go out, other teams ball.

## 21. Lacrosse Baseball

Equipment Needed: Cones, Sticks, Balls

Set Up: Create a baseball field.

### How to Play:

1. Divide the class into 2 teams.
2. 1 team is "batting" team, the other is the outfield (make sure there is a player on each base and home plate, no pitcher is needed).
3. 1<sup>st</sup> batter comes to home plate with the ball.
4. Batter throws the ball into the outfield as far as they can, away from the outfielders.
5. As soon as the batter throws the ball, they start running the bases.
6. If outfielder catches the ball (with their sticks), it is an OUT.
7. If they do not catch the ball, outfield must scoop up the ball and pass it to the 1<sup>st</sup> base (or 2<sup>nd</sup>, 3<sup>rd</sup> or home plate) before the runner gets there.
8. Play only 2 outs (or 5 minutes) before switching batting teams.

### Tips

- If the outfield is having trouble getting players out, the Instructor may be an all-time outfielder.

## **22. Cradle Eliminator**

Equipment Needed: Cones, Sticks, Balls

Set Up: Create playing field with cones.

### How to Play:

1. All players get a ball and must cradle within the boundary.
2. If a player drops the ball, they are out.
3. Goal is to be the last person still cradling.

### Tips

- When the group starts to get smaller, reduce the boundary area.
- Make sure players are using a cradling motion – if they are just holding the stick still, they are out.
- Instructors can play defense to try and “intimidate” players.

## **23. Game Play and Scrimmage**

Equipment Needed: Cones, Sticks, Balls

Set Up: Create playing field with cones.

### How to Play:

1. Divide the class into 2 teams.
2. Ball must be passed to start play (also if it goes out of bounds).
3. Players may only play shadow defense (no checking).
4. No Goalie.
5. Ball must be passed twice before shooting.
6. Must keep 2 hands on the stick at all times.
7. Player cannot hold onto ball for too long (determined by Instructor).
8. You may set a stationary block (pick) for your offensive teammate.
9. May not use stick to interfere with opponent.