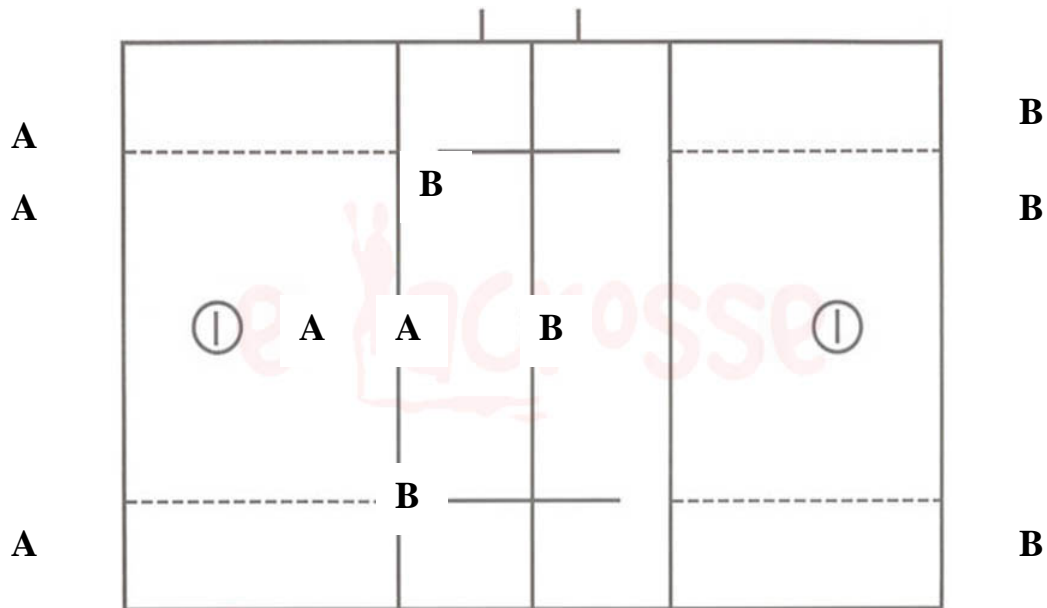


**Butler Drill:** Kurt Fetter, Williamsville South, Buffalo Lacrosse Academy (BLA)  
 A great drill to teach defense, offense, goalie clearing passes and transition while having players get conditioned.



This drill can be done on any size field, however the bigger the better. There is a goalie in each net and they have all the lacrosse balls. There are six total lines, three for one team (A) and three for the other team (B) on each end line. Three from one team play offense against two from the other. The two defenders should line up in an eye. The last offensive player to touch the ball, whether it was a shot, dropped pass or incomplete pass exists the drill immediately and jogs back to his team's end. The two defenders (A above) exit the drill and go to one of their team's lines. The two remaining offensive players sprint back to their defensive end and line up in an eye. Three new offensive players enter the drill (A's) and their goalie passes them an outlet pass. They now play out a 3 versus 2 fast break until the ball hits the ground. The same thing holds true once the ball hits the ground. You are done on defense; the last offensive player to touch the ball leaves the drill, and the two remaining offensive players sprint back. This is not a settled offensive drill; make sure the offense is moving the ball quickly to a shot.