

Blind Instructions

Purpose

- Build trust, listening, and communication under pressure.

Time 6–10 minutes

Setup

- Pair players. One partner is blindfolded (or eyes closed). The other becomes the guide. Create a short 10-yard lane or mini obstacle course using cones, sticks, or shoes.

How to Play

- The guide verbally directs the blindfolded partner through the course.
- The “blind” player can only follow instructions—no peeking.
- Partners switch roles and compare strategies.

Variations

- Add small obstacles or cones for difficulty.
- Silent version — only use claps, snaps, or taps.
- One-word version — the guide may only say one word (e.g., “Step,” “Stop”).
- Time the groups to see who has the best time.

Debrief / Reflection

- What made the instructions clear or confusing?
- How did trust grow between partners?
- How can we use verbal clarity under pressure?
- Did you adopt any other pairs strategy?

Lacrosse & Life Tie-In

- Goalies and defenders rely on clear, concise direction—just like this drill.
- Communicating under pressure mirrors game-time clearing calls.
- Trusting a teammate when you can’t “see” every angle connects to trusting your defense on the field.

Silent Order

Purpose

- Strengthen non-verbal communication and quick organization.

Time 5–7 minutes

Setup

- Open area.

How to Play

- Without speaking, players must line up in a specific order (e.g., birthday month, height, number of seasons played).
- No talking, writing, or pointing.
- Once everyone agrees the line is correct, the coach verifies.

Variations

- Add a time limit (60 seconds).
- Allow talking but require eyes closed.
- Silent challenge — mouths closed, no noises at all.

Debrief / Reflection

- How did you communicate without words?
- Who took leadership, and how did others follow?
- What lessons carry into on-field teamwork?

Lacrosse & Life Tie-In

- Players learn to read body language—vital for quick transitions and fast breaks.
- Non-verbal cues like eye contact and stick position help coordinate feeds, clears, or defensive slides.
- In life, this builds awareness and empathy—reading situations before reacting.

Mirror Walk

Purpose

- Develop awareness, rhythm, and synchronization with teammates.

Group Size Whole Team

Time 5–8 minutes

Setup

- Partners face each other 3–5 feet apart.

How to Play

- One leads, one follows.
- The leader moves slowly (walking, pivoting, crouching, etc.).
- The follower must mirror every motion exactly.
- Switch roles after 1 minute.

Variations

- Add sprint starts or sudden stops.
- Silent mirror scrimmage — no talking, just body cues.
- Entire team mirror chain (everyone copies one leader).

Debrief / Reflection

- How much attention did it take to stay synced?
- What parallels exist between mirroring and in-game reads?
- What improved when communication was non-verbal?

Lacrosse & Life Tie-In

- Goalies mirror shooters; defenders mirror dodgers—awareness wins matchups.
- Practicing body mirroring builds anticipation and positioning.
- In life, “mirroring” shows empathy—understanding others’ perspective before reacting.

Step-Sync

Purpose

- Train rhythm, coordination, and unified team pacing.

Group Size : Whole Team

Time : 5–6 minutes

Setup

- Teammates stand shoulder-to-shoulder or arm-in-arm.

How to Play

- Group marches in rhythm, counting out loud or clapping to stay synchronized.
- Maintain even spacing and timing.
- Add directional or pace changes.

Variations

- Vary tempo every 10 steps (slow → fast → slow).
- Add cadence call (“1-2-go!”).
- Walk backward when whistle blows.

Debrief / Reflection

- When did timing break down?
- How did you recover as a group?
- What did this teach about communication rhythm in games?

Lacrosse & Life Tie-In

- Team rhythm equals **offensive flow**—passes, cuts, and clears depend on timing.
- Goalies and defenses move in **step-sync** during slides and rotations.
- Off the field, it reminds players that **leadership is about pacing others, not racing ahead.**

Walk–Stop–Clap–Jump

Purpose

- Sharpen focus, reaction speed, and listening accuracy.

Group Size : Whole Team

Time : 6–10 minutes

Setup

- Players spread out in an open area.

How to Play

- The leader calls one of four commands: “Walk,” “Stop,” “Clap,” “Jump.”
- The twist — players must do the opposite action.
- (Say “Walk” → they must stop. Say “Jump” → they must clap.)
- Go faster each round.

Variations

Once players are confident, add variety and complexity to challenge them further:

Classic Add-On Commands

- Sit ↔ Stand
- Look Up ↔ Look Down
- Left ↔ Right
- Forward ↔ Backward
- Hands Up ↔ Hands Down
- Spin ↔ Freeze
- Go Fast ↔ Go Slow

Mind-Twister Variations

- Reverse the reversal — after a few rounds, commands mean what they say again.
- Combine commands (e.g., 'Walk and Clap' → players must 'Stop and Jump').

Physical & Energetic Variations

- High ↔ Low
- Big ↔ Small
- Slow Motion ↔ Fast Motion
- Run ↔ Freeze
- Wave ↔ Statue
- Jump Left ↔ Jump Right



Debrief / Reflection

- What helped you focus and react faster?
- How does this relate to in-game distractions or fake plays?
- What changed once you anticipated less and listened more?



Lacrosse & Life Tie-In

- Teaches players to react, not guess—essential for fakes, feeds, and shots.
- Encourages mental reset after mistakes—next-play focus.
- In life, reminds athletes to pause before reacting—clarity beats chaos.

Name Ball Pass

Purpose

- Improve memory, communication, and fast decision flow.

Group Size 8–16

Time 5–10 minutes

Setup

- Circle formation, 1 ball to start.

How to Play

- Choose a pass order by name (e.g., “John → Alex → Mia → Sam”).
- Toss or pass the ball in that same sequence.
- Add additional balls after a few clean rounds.
- Time to see how fast you can complete a complete pattern.

Variations

- Add a second, third, and 10th ball to increase the challenge.
- Reverse the order after each round.
- Add rule: “Call the name, make eye contact, then pass.”

Debrief / Reflection

- What made your pattern successful?
- How did communication or rhythm break down?
- How can you use this awareness in real-game transitions?

Lacrosse & Life Tie-In

- Builds focus while being distracted and spatial awareness.
- Pressure not to drop the ball/encouragement if you do.
- Eye contact and names reinforce verbal calls and awareness in tight spaces.
- Translates to life as intentional communication—make sure your “pass” is received.