

**PDC Plan (first 4 classes): LACROSSE**

**Programming Day Card - 1**

Warm Up: Whistle Stop (Red light Green Light)

Skill/Review: Scooping

Drill: Scoop Stacks

Games:

1. Numbers Game
2. Bump and Bite
3. Ground Ball-Hogger
4. Run and Rip
5. Game Play Scrimmage

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**

**Programming Day Card - 2**

Warm Up: Dodgeball

Skill/Review: Cradling and Dodging

Drill: Cradling Stacks

Games:

1. Egg Hunt
2. Soda Fountain
3. Relay Races
4. Numbers Game
5. Game Play Scrimmage

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**

**Programming Day Card - 3**

Warm Up: Jingle Jangle

Skill/Review: Passing and Throwing

Drill: Throwing Stacks

Games:

1. Clean Up Your Backyard
2. Speed Ball
3. Lax Flag
4. Fireball
5. Game Play Scrimmage

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**

**Programming Day Card - 4**

Warm Up: Relay Races

Skill/Review: Shooting

Drill: Shooting Stacks

Games:

1. Monkey in the Middle
2. Run and Rip
3. Ice Monster
4. One on One
5. Game Play Scrimmage

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**