

LAX-TASTIC LACROSSE

Lax-Tastic Lacrosse

Come play the fastest game on two feet! Our Coaches will teach you the skills you need to play Lacrosse; cradling, passing and catching, scooping, shooting and defense. We'll even provide the sticks for this introduction to the game and exposure to the basics of Lacrosse! Capture the Lax Ball, Ground Ballhogger and Dodger are some of our favorite games to play. This perfect mix of scrimmaging and stations allows players to interact with Coaches and teammates in a fun and exciting way. Come catch the fever that is Lacrosse, one of the fastest growing sports today! Sign up now!

Skills to focus on: Scooping, cradling, shooting, catching, throwing, different positions.

Facilities: Be aware of your surroundings, if outdoors, avoid shooting towards cars or windows.

Safety: No contact with other students. No checking at all – sticks or bodies. The only defense permitted is Shadow Defense. Be very careful about whether or not a student is in the goal. Do not allow students to use their sticks inappropriately (as guns, swinging them, etc.)

Tips: Focus on skill development and games. Players should spend a majority of their time on skill development (both age groups). It may be necessary to show kids that they have not mastered all the skills of the sport to temper their expectations of the program and what games they are ready to play.

Skills/Drills

1. Scooping
2. Cradling and Dodging
3. Passing/Throwing
4. Shooting
5. Receiving/Catching
6. Defense

Games

1. Numbers Game
2. Bump and Bite
3. Ground Ball-Hogger
4. Run and Rip
5. Egg Hunt
6. Soda Fountain
7. Relay Races
8. Clean Up Your Backyard
9. Speed Ball
10. Lax Flag
11. Fireball
12. Monkey in the Middle
13. One on One
14. Red Light, Green Light, Yellow Light, Crash
15. Ice Monster
16. Give and Go
17. Around the Wheel
18. Free Shot
19. Remote Control
20. Pressure Box
21. Lacrosse Baseball
22. Cradle Eliminator
23. Game Play and Scrimmage