

LAX BROTHERS
“GROW YOUR GAME”
PLAYER ACADEMY

“Where new players develop
and learn to love the game of lacrosse”

LAX BROTHERS “GROW YOUR GAME” PLAYER ACADEMY

Is your son new to the game of lacrosse? Not sure he’s ready, or want to try it out? This is the perfect player academy for beginner to intermediate players! All ages welcome. Players will be split up based on experience and skill level.

- Beginner to Intermediate players – Learn and progress at your own pace
- Intermediate Players - Get better faster through this academy

Each session will teach the game along with Chalk Talk Sessions to increase players’ Lacrosse I.Q.

Player Academy Facts:

Dates: Every Wednesday night from June 14–July 19, 2017

Time: 6-8 pm

Ages: Boys 8-16 years of age (but all ages welcome)

Practices: Six 2-hour sessions
30 minute - “Chalk Talk” for Lax I.Q.
90 minutes - on field instruction

Location: Encina High School
1400 Bell St, Sacramento, CA 95825

Cost: \$195 per player for all six sessions

Equipment: Boys require full protective equipment, including helmet, shoulder pads, elbow pads, gloves and mouth guard. If you do not have equipment, we have a limited supply of sticks and gear available for loan.

Register today at: Sacramentolacrosse.org

For more information:

Stephen Royal, (831) 325-8885 4Royals@comcast.net
Patrick Sweeney, (916) 882-0554, psween2@icloud.com

“GROW YOUR GAME” PLAYER ACADEMY

Welcome to the LAX BROTHERS “Grow Your Game” Player Academy. This new program is designed for the beginner player (less than 2 years’ experience) and/or the boy interested in learning more about the sport of lacrosse. There are many club lacrosse programs like Encore Sacramento Aces and others that have high level competition, tournament teams and players who have years of experience.

The Player Academy is for the beginner who would like to play on these type of teams but doesn’t yet have the experience or skills. The Player Academy will focus first and foremost about teaching new players the fundamentals of the sport so that over time they can build up their skills and master the game.

The Player Academy will feature special appearances, coaching and training by Encore’s Sacramento Aces Program Director Frank Resetarits.

The coaching staff is committed to developing character, both on and off the field. The sport of lacrosse has a unique and diverse history that demands the respect and admiration of each participant. In return, we will be rewarded with lessons in courage, trust, respect, and cooperation.

In addition to these character building aspects, players will learn the basics of passing, catching, shooting, as well as Lax I.Q., which is the most important aspect of the Player Academy. In addition to the on field instruction, the Player Academy features “Chalk Talks” which are chalk board sessions that help new players understand drills and learn to apply strategy on the field.

“Chalk Talks” are interactive sessions with coaches where players can ask questions about lacrosse. “Chalk Talks” take place before every practice so the beginner player understands what they will be learning on the field that day.

This interactive learning environment will give players the opportunity to learn and develop skills at a faster rate. The Player Academy is a progressive teaching and learning environment that promotes positive reinforcement.

We know this is a hard game to learn and that is what this Player Academy is all about - learning at your own pace, having fun and enjoying your progress as a player. We appreciate your hard work, dedication and focus on continuing to build the tradition of lacrosse!

PLAYER ACADEMY CORE VALUES

Playing lacrosse is a privilege, not a right. It is expected that players and coaches will uphold the values and traditions of the game. Playing lacrosse will provide positive experiences, life lessons and the opportunity for players and coaches to develop life-long relationships. This is our philosophy, and these are our values:

ATTITUDE—Attitude is the most important influence in a player's success. A positive attitude leads to success on and off the field. A poor attitude not only affects the player, but those around him.

CHARACTER—The development of the individual is more important than winning the game. Players will be held accountable for their actions and will contribute to a positive culture. Good character will be demonstrated in all facets of the player's life. Players will learn to make good decisions in the development of their character.

EFFORT—Skill-based play on the lacrosse field teaches players that I will take effort to be successful in life. Coaches expect players to put forth their best effort at all times both on and off the field.

RESPECT—All players **must** respect each other, the rules, the officials, the opponent, and themselves. No one person is more important than another. Players **WILL** also respect their peers, teachers and their families.

FUNDAMENTALS—Because lacrosse is a skill-based sport, fundamentals are key. Fundamentals will be taught in every session. Players who want to get better and earn playing time can do so by continuing to practice fundamentals on their own time.

COACHING STAFF

Greg Walaitis

Head Coach, Christian Brothers Lacrosse

Mobile (559) 960-5907

Email: Gwalaitis@att.net

Coach Walaitis has been playing and/or coaching lacrosse for over 25 years. Has been a varsity coach for Jesuit High School for past 3 years. He started his career at John F. Kennedy HS as a 3 year All-County midfielder, attended CW Post and Arizona State. Presently plays with Clubhouse 56 and Central California men's club teams. Has over eight years of youth lacrosse coaching experience as well as having served as a volunteer coach for Hoover HS Girl's lacrosse team. Current US Lacrosse NorCal Lacrosse Board member and Chair of the NorCal Lacrosse Foundation. Former NCJLA Board member who participated in numerous camps and clinics.

Stephen Royal

Assistant Coach – Defensive Coordinator

Mobile (831) 325-8885

Email: 4royals@comcast.net

Coach Royal began playing lacrosse in the late 1970s in Connecticut. He attended Suffield Academy and played on the varsity team for 4 years. In 1984, during his senior year, the Tigers won the New England Private School Championship. Royal played lacrosse at University of Rhode Island and later at UC Santa Cruz. After graduation, Royal began teaching and coaching lacrosse at Traveling School, Kirby Prep School, Viewpoint, Oaks Christian, Silverfin Lacrosse Club and Folsom Lacrosse.

Patrick Sweeney

Assistant Coach – Offensive Coordinator

Mobile (916) 882-0554

Email: psween2@icloud.com

Patrick Sweeney: Patrick hails from Baltimore where he attended St. Paul's School for Boys. As an attackman, he led St. Paul's to a Maryland Interscholastic Athletic Association championship, and would be one of the most highly recruited players in the nation. Patrick then was designated first team all Baltimore County, and was selected to play for the select Maryland Free State team. After being sought after by most NCAA Division 1 programs, Patrick chose to go to one of the top, most tradition rich lacrosse programs, Towson University. Now a full time Californian, Patrick has been involved with helping grow the game at the youth level in the city of Sacramento. He coaches at all age levels for both the Sacramento Stingers and Encore Aces. Currently, Patrick is helping build a new high school men's lacrosse program at Christian Brothers. Patrick also likes to run 1 on 1 and group lessons seven days a week.

LACROSSE COACHING PHILOSOPHY

The coaching staff strives to provide the best student-athlete experience possible. We commit to:

- Offer and support positive reinforcement to players.
- Promote healthy choices including no drugs, no alcohol and no tobacco.
- Focus on the development of skill at all levels.
 - Encourage student participation at all levels. However, it is understood that playing time will be earned and participation is not guaranteed.
- Develop student-athletes who display good sportsmanship at all times. Good sportsmanship consists of:
 - Showing respect for opponents at all times.
 - Showing respect for officials and their decisions.
 - Knowing, understanding, and following the rules of the contest.
 - Maintaining self-control at all times.
 - Recognizing and appreciating outstanding skill and performance.
- Develop a competitive, winning attitude. Winning is important but not at the price of integrity.
- Encourage individual commitment to personal and team goals. **DO YOUR BEST!**
- Develop leadership skills through team interaction.
- Encourage parent and community participation in the lacrosse program.

We want to help your son have the best experience possible playing lacrosse.

LACROSSE ACADEMY CURRICULUM

Practice/Chalk Talk Sessions:

Practice/Chalk Talk #1 – Player Expectations & Basics/Fundamentals

- How to grip stick properly
- Passing/Cradling Progress to Left/Right Passing/Cradling
- Catching Progress to Left/Right Passing
- Ground Balls Progress to Groundball efficiency
- Pick and roll

Practice/Chalk Talk #2 – Offense Concepts

- Shooting Progress to Time & Room Shots, On the Run Shots
- Dodging Progress to Finishing w/accuracy, roll, split,
- Off ball movement Progress to Never standing still on field
- 2-3-1 set Progress to Motion, spacing

Practice/Chalk Talk #3 – Defense Concepts

- Positioning Progress to on vs off ball defensive positions
- Slides Progress to Man to Man - Zone concept
- Team Defense Progress to Passing lanes
- 1v1, 2v2, 3v3

Practice/Chalk Talk #4 – Special Teams – Ride/Clear

- Ride Progress to Time & Room Shots, On the Run Shots
- Clear Progress to Roll, split,

Practice/Chalk Talk #5 – Special Teams – Man Up/Man Down

- Positioning Progress to Time & Room Shots, On the Run Shots
- Slides Progress to Roll, split,

Practice/Chalk Talk #6 – Special Teams – Face-off/Transition

- Face-off/Wing Play
- Transition
- Fast Breaks
- Drills/West Genny, Ohio state
- Game like situations

GROW YOUR GAME LACROSSE PRACTICE PLAN #1

Wednesday, June 14, 2017

6-8 pm

- 6:00 pm** - **Welcome and introductions**
 - Royal makes intro to program, coaches and players
 - GW welcomes players/parents and overview of program
 - Intro Patrick, Derek, Megan and Alec
 - 30 minutes Chalk talk each practice
 - 60 minutes on field instruction
- 6:15 pm** - **Players chalk talk**
 - Player Expectations and important to learn fundamentals
 - Terminology review
 - Practice plans review
 - Wall Ball homework during week
- 6:35 pm** - **Players suit up and meet on sideline**
- 6:40 pm** - **Team warm up lap around field - Derek/Megan**
 - Derek/Megan lead Dynamic stretches first and then static
- 6:50 pm** - **Players Basic Evaluation & Instruction**
 - Partner Passing & Catching
 - Passing and Catching instruction
 - Stick work & Cradling
 - Ground balls
- 7:15 pm** - **Water Break**
- 7:25 pm** - **Line Drills – (3 lines with 4 players on each side)**
- 7:35 pm** - **Water Break**
- 7:40 pm** - **FUN GAME – Relay Race**
 - 2 teams - 1 ground ball, cradle through cones, 1 pass, 1 catch, 1 pass, 1 catch successfully
- 7:50 pm** - **Cool Down – Derek/Megan lead stretches**
 - Review practice what we learned
 - Homework hand out
 - Next Practice: Shooting, dodging and
 - Questions/Answers
- 8:00 pm** - **Practice Ends**

“GROW YOUR GAME”
HOMEWORK PLAN #1
Due: Wednesday, June 21, 2017

PLAYER NAME: _____

Each player is to practice and work with mom, dad, brother, sister or friend to practice the following drills before next practice:

Wall Ball Routine

- ✓ 50 right hand
- ✓ 25 left hand
- ✓ 25 one-handed right
- ✓ 25 one-handed left

Ground Ball Routine

- ✓ 20 right hand - scoop, cradle to face
- ✓ 20 right hand on the run - scoop, cradle to face
- ✓ 20 right hand on the run - scoop, cradle to face and throw pass

Please sign below acknowledging that you completed your home work and hand deliver to coach prior to next practice:

NAME: _____ (signature)

PARENT SIGNATURE: _____

GROW YOUR GAME LACROSSE PRACTICE PLAN #2

Wednesday, June 21, 2017

6-8 pm

- 6:00 pm** - **Welcome**
- 6:05 pm** - **Players chalk talk – Shooting & Dodging**
 - Review previous week and homework on wall ball and intro:
 - o Passing and Catching drills
 - o Stick work & Cradling and V-cut
 - Shooting – Time and Space, on the run
 - Dodging – Split, face, roll, finishing
- 6:35 pm** - **Players suit up and meet on sideline**
- 6:40 pm** - **Team warm up lap around field - Derek/Megan**
 - Derek/Megan lead Dynamic stretches first and then static
- 6:50 pm** - **Partner Passing – (2 lines facing each other 10 yards apart)**
- 6:55 pm** - **Line Drills**
- 7:10 pm** - **Water Break**
- 7:15 pm** - **Instruction & Individual Drills**
 - Shooting drills (GW & Derek/Megan demonstrate)
 - On the run shooting drill – 1 line from top of box
 - Time and space shooting drill – feed from coach
 - Step down and shoot – Feed from coach from wing
 - 4 man passing around outside with shot at attack
 - Dodge drills (GW & Derek/Megan demonstrate)
 - Face Dodge 1 line and weave through 8 cones & shoot
 - Split Dodge 1 line up top and split through cone & shoot
 - Roll Dodge 1 line up top and roll away from cone & shoot
- 7:35 pm** - **Water Break**
- 7:40 pm** - **FUN GAME – Ground ball Box Out Drill - 2 players**
 - Boxing Out: Player protecting ball must keep hips low and knees flexed to maintain leverage to protect ground ball from defender.
 - Player 1 has ball, Player 2 stands behind him – Blow Whistle
 - Player 2 moves around Player 1 trying to get ball but do not scoop
 - Player 1 must keep hips low and knees bent to box Player 2 out
 - After 15 seconds blow 2nd whistle, Player 2 relaxes
 - Player 1 scoops ball, brings stick up to his face, turns and runs away and passes to Player 2. Players switch and repeat drill
- 7:50 pm** - **Cool Down – Derek/Megan lead stretches**
 - Review practice what we learned, Homework hand out
 - Next Practice: Defense, Clears
- 8:00 pm** - **Practice Ends**

**“GROW YOUR GAME”
HOMEWORK PLAN #2**
Due: Wednesday, June 28, 2017

PLAYER NAME: _____

Each player is to practice and work with mom, dad, brother, sister or friend to practice the following drills before next practice:

Wall Ball Routine

- ✓ *50 right hand x 2*
- ✓ *25 left hand*
- ✓ *20 catch right throw left, throw left catch right*
- ✓ *25 quick stick right*
- ✓ *25 one-handed right x 2*
- ✓ *25 one-handed left x 2*

Ground Ball Routine

- ✓ *25 right hand on the run - scoop, cradle to face x 2*
- ✓ *25 right hand on the run - scoop, cradle to face and throw pass*

Study Outline

- ✓ *Dodging*
 - Recognize d pole and get ball to shorty match up
 - Dodger take ball up to top of circle or wide
 - Dodger either 1. shoots, 2. passes to X or 3. rolls back from dodge
 - Pass to X – move ball off side for shot
 - Roll back and pass to Middy who trails
 - Look to the crease and feed
 - Attack set screens and rotate, pop out
- ✓ *Cutting & Feeding*
 - Off Ball Movement, screens (on and off ball)
 - Look to the crease always
 - Attack/Mid set screens and rotate

Please sign below acknowledging that you completed your home work and hand deliver to coach prior to next practice:

NAME: _____ **(signature)** _____

PARENT SIGNATURE: _____

GROW YOUR GAME LACROSSE PRACTICE PLAN #3

Wednesday, June 28, 2017

6-8 pm

- 6:00 pm** - **Welcome**
- 6:05 pm** - **Players chalk talk – Defense & Clears**
- Review previous week and homework on wall ball and intro
 - Defensive stance/position - Sticks are either up or out
 - Pressure ball – poke check on bottom hand
 - Slides quicker and more instinctively, know the 2nd and 3rd slides
 - LSM match up with best middle
 - Head on swivel, know where ball and your man are at all times
 - Middies watch for cutters and do not lose your man and slide
 - TALK Loud!
 - Army – Adjacent, Cornell – Crease slide, Black – adjacent shut off
- 6:35 pm** - **Players suit up and meet on sideline**
- 6:40 pm** - **Team warm up lap around field - Derek/Megan**
- Derek/Megan leads Dynamic stretches first and then static
- 6:50 pm** - **Line Drills – (2 lines facing each other 20 yards apart)**
- 7:00 pm** - **4 player passing and shooting Drill – (3 passes and 1 shot)**
- 7:10 pm** - **Water Break**
- 7:15 pm** - **Instruction & Individual Drills**
- Footwork Drills
- Slides using cones
 - box agility drill w/ground ball and defend and recover drill
 - 1v1 footwork without stick drill
 - Footwork, positioning and speed defending the dodge
- Clear drills
- Goalie and defense break out passing clear drill
 - Ground ball in crease, roll away from pressure and clear ball
- 7:35 pm** - **Water Break**
- 7:40 pm** - **1v1, 2v2 (split groups)**
- 7:50 pm** - **FUN GAME – 3 weave Passing contest**
- Players on 2 teams learn how to pass on the move
- 2 sets of 3 lines on GLE on both sides of goal.
 - Ball starts w/middle player who passes to outside and cuts behind
 - Player cuts in front and catches pass and passes to next
 - Players have to go to 50 yard line and back for next 3 players
 - Fastest team to complete wins
- 7:55 pm** - **Cool Down – Derek/Megan lead stretches**
- Review practice what we learned, Homework hand out
 - Next Practice: Face Offs, wing play, riding
- 8:00 pm** - **Practice Ends**

“GROW YOUR GAME”
HOMEWORK PLAN #4
Due: Wednesday, July 5, 2017

PLAYER NAME: _____

Wall Ball Routine x 2

- ✓ 50 right hand
- ✓ 25 left hand

Study Outline

- ✓ *Offense*
 - Fast accurate Ball Movement
 - Possession of Ball, take good shots
 - Off Ball Movement, screens (on and off ball)
 - Look to the crease as a feeder
 - Attack set screens and rotate
 - Recognize d pole and get ball to shorty match up
 - Work together and FINISH!
- ✓ *Defense*
 - Defensive stance/position - Sticks are either up or out
 - Pressure ball – poke check on bottom hand
 - Slides quicker and more instinctively, know the 2nd and 3rd slides
 - LSM match up with best middle
 - Head on swivel, know where ball and your man are at all times
 - Middies watch for cutters and do not lose your man and slide
 - TALK!
- ✓ *Special Teams - Clear*
 - After shot, 1 middle breaks out and Goalie pass ASAP for transition
 - If not there, set up ladder
 - Clear ball opposite bench side, get substitution for LSM
 - Middy’s and attack work together and push the offense
- ✓ *Special Teams - Ride*
 - Maximum effort by attack running to d-poles and pressure goalie
 - Man to man ride unless middies sub out
 - Middy’s lock down
 - Force turn over’s in their zone

Please sign below acknowledging that you completed your home work and hand deliver to coach prior to next practice:

NAME: _____ **(signature)**

PARENT SIGNATURE: _____

GROW YOUR GAME LACROSSE PRACTICE PLAN #4

Wednesday, July 5, 2017

6-8 pm

- 6:00 pm** - **Welcome**
- 6:05 pm** - **Players chalk talk – Face Off, Wing play, Ride**
 - Review previous week and homework on wall ball and intro:
 - o Fast Breaks
 - o Transition
 - o Ohio State
- 6:35 pm** - **Players suit up and meet on sideline**
- 6:40 pm** - **Team warm up lap around field - Derek/Megan**
 - Derek/Megan leads Dynamic stretches first and then static
- 6:50 pm** - **Off hand box passing drills**
- 7:15 pm** - **Instruction & Individual Drills**
 - Riding (GW & Derek/Megan demonstrate)
 - 3 attack, 3 poles and goalie
 - Middys lock down and match up
 - Fast Breaks (GW & Derek/Megan demonstrate)
 - Attack – set up L
 - Middy select one side and force defender to cover you
 - Move ball for open shot
 - Defense slides and talk
 - Face Offs/Wing play (GW & Derek/Megan demonstrate)
 - Basic play off the wing
 - How to scoop and attack
 - Roll Dodge 1 line up top and roll away from cone & shoot
- 7:35 pm** - **Water Break**
- 7:40 pm** - **FUN GAME – Ground Ball Drill (3v3 man/ball in front of crease)**
 - 3v3 in front of crease –each team either score or clear
 - Roll ball out and scramble to secure ball in traffic
 - White team has 5 seconds to score
 - Red team has 5 seconds to clear
- 7:50 pm** - **Cool Down – Derek/Megan lead stretches**
 - Review practice what we learned, Homework hand out
 - Next Practice: Team Play, Offense/Defense, 6v6
- 8:00 pm** - **Practice Ends**

“GROW YOUR GAME”
HOMEWORK PLAN #4
Due: Wednesday, July 12, 2017

PLAYER NAME: _____

Each player is to practice and work with mom, dad, brother, sister or friend to practice the following drills before next practice:

Study Outline

- ✓ Special Teams - Man Down
 - Know slides and where opponents are
 - Head on swivel and make faster slides
 - Pressure ball or compact in
- ✓ Special Teams - Man Up
 - Rapid Ball movement
 - Look to Crease for quick shot
- ✓ 2-3-1 Offensive Sets, Triangles
 - Know Triangles

M1 = Middy 1
M2 = Middy 2
M3 = Middy 3
A4 = Attack 4
A5 = Attack 5
A6 = Attack 6

PLAY #1 – (2-3-1 set)

1. Ball starts at X (A5)
2. A5 drives ball to left side of cage
3. A6 v-cuts to GLE & cuts across crease to set pick
4. M2 cuts to right to set a pick also
5. A6 & M2 set the pick on right side
6. A4 v-cuts to GLE and drives his man across into pick
7. A5 rolls back from dodge, carries ball across X and feeds A4
8. A4 receives feed from A5 and scores
9. If not open: outlet pass to M1 or M3
10. Timing is key!

Please sign acknowledging you completed home work prior to next practice:

NAME: _____ **(signature)**

PARENT SIGNATURE: _____

GROW YOUR GAME LACROSSE PRACTICE PLAN #5

Wednesday, July 12, 2017

6-8 pm

- 6:00 pm** - **Welcome**
- 6:05 pm** - **Players chalk talk – Team Play**
 - Review previous week and homework on wall ball and intro:
 - o 2-3-1 offense
 - o Triangles and motion & spacing
- 6:35 pm** - **Players suit up and meet on sideline**
- 6:40 pm** - **Team warm up lap around field - Derek/Megan**
 - Derek/Megan leads Dynamic stretches first and then static
- 6:50 pm** - **Diamond Passing Drill – (2 diamonds)**
- 7:15 pm** - **Instruction & Individual Drills**
 - Shooting drills (Derek/Megan demonstrate)
 - On the run shooting drill – 1 line from top of box
 - 4 man passing around outside with shot at attack
 - Question mark shots
- 4:50 pm** - **Team Clear drill, middy break out, passes up for fast break drill**
 - 6v6, shadow ride as we work on clear
 - Goalie clears to side and pole clears ball to middy at midfield
 - Middy takes pass at top box and runs fast break other side of field
 - ½ field set up – all poles behind goal, 2 lines of middys at top box
 - Other ½ field – 3v3 set up for fast break
- 7:35 pm** - **Water Break**
- 7:40 pm** - **6v6**
- 7:40 pm** - **FUN GAME – Shooting Contest**
 - Farthest shot
 - Accuracy shot
 - 10 overhand top corner and 10 bottom corner
 - 10 side arm top corner right and 10 side arm top corner left
 - 10 bounce right and 10 bounce left
- 7:50 pm** - **Cool Down – Derek/Megan lead stretches**
 - Review practice what we learned, Homework hand out
 - Next Practice: Man up, Man Down, substitutions
- 8:00 pm** - **Practice Ends**

“GROW YOUR GAME”
HOMEWORK PLAN #5
Due: Wednesday, July 19, 2017

PLAYER NAME: _____

Each player is to review and study this information before next practice:

Wall Ball Routine

- ✓ 50 right hand x 2
- ✓ 25 left hand
- ✓ 20 catch right throw left, throw left catch right
- ✓ 25 quick stick right
- ✓ 25 one-handed right x 2
- ✓ 25 one-handed left x 2

Study Outline

- ✓ Fast Break (What does each position do, looks and where should you be)
 - Fast accurate Ball Movement, stay wide & spread defense, 4v3 advantage
 - Middy bring ball down, need to survey and make quick decision where to pass
 - Attack – Point: Create a big target for pass from middy, survey slides, feed open man
 - Attack low – Off Ball: position around crease for feed or sneak, follow your slide
 - Attack low – On Ball: stay wide and look for pass and feed open man

Please sign acknowledging you completed home work prior to next practice:

NAME: _____ **(signature)**

PARENT SIGNATURE: _____

GROW YOUR GAME LACROSSE PRACTICE PLAN #6

Wednesday, July 19, 2017

6-8 pm

Off Hand Practice Day

- 6:00 pm** - **Welcome**
- 6:05 pm** - **Players chalk talk – Man Up, Man Down, Substitutions**
 - Review previous week and homework on wall ball and intro:
 - o Man up offense
 - o Fast accurate ball movement
 - o Motion & spacing
 - o Man Down Defense
 - o How to sub in and out
- 6:35 pm** - **Players suit up and meet on sideline**
- 6:40 pm** - **Team warm up lap around field - Derek/Megan**
 - Derek/Megan leads Dynamic stretches first and then static
- 6:50 pm** - **Partner Passing – (2 lines facing each other 10 yards apart)**
- 7:15 pm** - **Instruction & Individual Drills**
 - Man Up (GW & Derek/Megan demonstrate)
 - Positioning and movement
 - Implement Albany man up play
 - Man Down (GW & Derek/Megan demonstrate)
 - Positioning and slides
 - Sticks up and out
 - Play a space and not too far out on player
- 7:30 pm** - **Water Break**
- 7:35 pm** - **Man Up vs Man Down/Ohio State**
 - ½ field set up – Man up vs Man Down
 - Other ½ field – Ohio State
- 7:50 pm** - **FUN GAME – Lacrosse Musical Chairs**
 - 8 players lie on back in a circle,
 - Roll 6 balls out and players scramble to secure ball in traffic
 - blow whistle
 - Eliminate 2 players each round and final round of 2 players 1 ball
- 7:50 pm** - **Cool Down – Derek/Megan lead stretches**
 - Review practice what we learned, Homework hand out
 - Next Practice: Play time
- 8:00 pm** - **Practice Ends**

**“GROW YOUR GAME”
HOMEWORK PLAN #6**

PLAYER NAME: _____

Each player is to practice and work with mom, dad, brother, sister or friend to practice the following drills before next practice:

Wall Ball Routine OFF HAND x 2

- ✓ 50 right hand
- ✓ 25 left hand
- ✓ 25 side arm right
- ✓ 25 side arm left
- ✓ 30 catch right throw left, throw left catch right
- ✓ 25 quick stick right
- ✓ 25 quick stick left
- ✓ 15 one-handed right
- ✓ 15 one-handed left
- ✓ 15 BTB right
- ✓ 15 BTB left

Ground Ball Routine

- ✓ 20 right hand - scoop, cradle to face
- ✓ 20 right hand on the run - scoop, cradle to face
- ✓ 20 right hand on the run - scoop, cradle to face and throw pass

Please sign below acknowledging that you completed your home work and hand deliver to coach prior to next practice:

NAME: _____ **(signature)**

PARENT SIGNATURE: _____