

8th Grade Player Goals

- * Throw and catch right and left
- * Execute plays
- * Play good defense
- * Dodge
- * Run a fast break
- * EMO and Man down (select players)
- * Run 2.5 miles in less than 20 minutes
- * Know the rules
- * Go straight to ball drills at practice (5 core drills every day)
- * Slide on defense and stay in position
- * Know when to and how to settle the ball down and get it point behind
- * Shoot well - bounce shots!!!!
- * Respect other team, refs, play w/ class etc.
- * Knock people down when it makes sense to do so
- * Clear the ball and ride
- * Use the goalie when in trouble on clears.
- * Run to safety when getting pressured
- * Talk to one another on the field
- * Always look for the next open guy - don't operate w/ blinders on.
- * Bench behavior basics

Wall Work

- 1. Quick Stick 50 times off wall in one minute without dropping ball.**
Perform this with right hand for 1 minute and left hand for 1 minute.
- 2. Hit Marked Box (2 square feet) on wall from 10 feet 30 times.**
Perform this with right hand for 1 minute and left hand for 1 minute.
- 3. Throw with one hand (at least 10 feet away) catch with same hand, transition stick to other hand and throw and catch 25 times in one minute.**

7th Grade Player Goals

- Left and right hand stick skills
- Ground balls...pushing the back hand of "scooper"...if scoopers back hand does get pushed what to do next...
- Man/Ball.
- Passing and catching...catch with a soft catch IE. let the stick relax as ball enters the stick...pass on a line..no rainbows!
- Creating space...give the ball room to move, take a defender away from the ball...create space for yourself.
- Opening up the field of play..clears.
- Dodges/Rides/Clears
- Defensive positioning/slides.
- Go to a teammates help.
- Learn to move the ball to create shooting lanes and cutting lanes
- Picks and Cuts
- Various formations and plays

Wall work

- 1. Quick Stick 45 times off wall in one minute without dropping ball.**
Perform this with right hand for 1 minute and left hand for 1 minute.
- 2. Hit Marked Box (2 square feet) on wall from 10 feet 25 times.**
Perform this with right hand for 1 minute and left hand for 1 minute.
- 3. Throw with one hand (at least 10 feet away) catch with same hand, transition stick to other hand and throw and catch 20 times in one minute.**

6th Grade Player Goals

Be able to achieve all requirements of 4th & 5th Graders plus:

Cradle (one handed and two handed) with either hand(s) on the run
Catch and throw with both hands with confidence.

Transition stick from one hand to the other to protect from pressure.

Execute proper Roll Dodge, Face Dodge, Bull Dodge & Split Dodge

Give & Go

Substitute through the box

Off Ball Offense:

How to V Cut

Anticipate play and move to or away from play.

Cut to open zone when defender looks away

Set a pick

Pick and Roll.

Off Ball Defense:

Position/Triangulation

Slide and recover

Communicate

On Ball Offense:

Dodges (Roll, Face, Bull & Split)

Feeding

Creating Space

Fakes

Shots

On Ball Defense:

Footwork

Holds

Checks - Poke, Slap, Stick,

Communication

Basic Fast break drill and formation.

Basic Clear & Ride formations

Play man down/up situations (know basic EMO or EMD setup)

Wall Work

1. Quick Stick 40 times off wall in one minute without dropping ball.

Perform this with right hand for 1 minute and left hand for 1 minute.

2. Hit Marked Box (2 square feet) on wall from 10 feet 20 times.

Perform this with right hand for 1 minute and left hand for 1 minute.

3. Throw with one hand (at least 10 feet away) catch with same hand, transition stick to other hand and throw and catch 15 times in one minute.

4th & 5th Grade Player Goals

A.) KNOWLEDGE OF THE GAME (**Bold items are expectations of all 3rd Grade players**)

1. Know Lacrosse Field segments/markings:

Sideline, Endline, goal line extended, restraining line/box, midfield line, wings, crease.

2. Names and locations of all positions.

Goalie, Defense, Midfield & Attack

3. General rules of the game emphasizing all major penalties but covering minor infractions also.

4. Know what " off sides" means

5. Know what " X " means

6. Know what " off ball " means

7. Know what " slide " means

8. Know what " pick " means

9. Know what a Roll and Face Dodge are

10. Know what clear and ride mean

11. Know how to substitute on the fly

12. Know what "Middie back" means

13. Know what "ward off" means

B.) SKILLS AND ABILITY (**Bold items are expectations of all 3rd Grade players**)

1. Must be able to "scoop" with right handed and left handed

2. Able to cradle with both hands (two handed and one handed)

3. Able to catch\throw 100% of potential with strong hand, 75% with weak.

4. Ability to shoot overhand shot on the run.

5. Ability to slide to the ball.

6. Ability to " pick "

7. Ability to "look down the field" for open man.

8. Ability to get ball to " X "

9. Able to execute a Roll and Face Dodge

10. Able to execute a give and go play

11. Ability to

2/3rd Grade Players Goals

A.) KNOWLEDGE OF THE GAME

1. Know Lacrosse Field segments/markings:

Sideline, Endline, goal line extended, restraining line/box, midfield line, wings, crease.

2. Names and locations of all positions.

Goalie, Defense, Midfield & Attack

3. General rules of the game emphasizing all major penalties but covering minor infractions also. 4.

Know what " off sides" means

5. Know what " X " means

6. Know what " off ball " means

7. Know what " slide " means

8. Know what " pick " means

B.) SKILLS AND ABILITY

1. Must be able to "scoop"

2. Able to cradle with both hands

3. Able to catch\throw 90% of potential with strong hand, 50% with weak.

4. Ability to shoot overhand shot on the run.

5. Ability to slide to the ball.

6. Ability to " pick "

7. Ability to "look down the field" for open man.

8. Ability to get ball to " X "