

Lax Practice- Week 1

1. 6:15-6:30 (15min) Pre Practice
 - a. Check In
 - b. Name Tags
 - c. Ball toss
2. 6:30-6:40 (10 min) Warm Up
 - a. Lite jog around field (w/ Sticks)
 - b. Stretching
3. 6:40-6:50 (10 Min) Ground Ball Instruction
 - a. Demo How to pick up a Ground Ball
 - i. Scoop Low and Scoop Through
 - b. Ground Ball Relay Game
 - i. Kids line up into 3 lines and pick up then drop the ball for the next kid
4. 6:50-7:00 (10 Min) Cradling Instruction
 - a. Demo How to Cradle
 - i. High hand pivots and low hand stationary (Pivot Point)
 - b. Cradle Sprint Game
 - i. Kids line up into 3 lines and run to end zone while cradling
5. 7:00-7:05 (5 Min) Water Break
6. 7:05-7:20 (15 min) Hungary Hippo Game

Lax Practice- Week 2

1. 6:15-6:30 (15min) Pre Practice
 - a. Check In
 - b. Name Tags
 - c. Ball toss
 - d. Set up cones for HH and Shoot out
2. 6:30-6:40 (10 min) Warm Up
 - a. Lite jog around field (w/ Sticks)
 - b. Stretching
3. 6:40-6:45 (5 Min) Ground Ball and Cradling Review
 - a. Demo How to pick up a Ground Ball and Cradle
 - i. GB-Scoop Low and Scoop Through
 - ii. Cradle- 1 hand pivot 1 hand fixed
 - iii. Kids demo in a line
4. 6:45-6:55 (10 min) Hungary Hippo Game
 - a. Spit into 4 groups
 - b. Spread out so kids have to run further
5. 6:55-7:00 (5 Min) Water Break
6. 7:00-7:10 (10 min) Throwing practice
 - a. Demo Throwing
 - b. Line kids up in a long line against the fence
 - c. Throw against the fence
 - d. Coaches monitor the kid's outstanding throwing skills
7. 7:10-7:20 (15 min) Shoot Out Game

- a. Divide the army into 4 groups
 - b. Spread out so they have to run further
 - c. Object
 - i. Scoop Ball
 - ii. Run and Cradle down the field to cones that mark shooting line
 - iii. Shoot on Goal-
 - 1. Coaches keep score for each goal
 - 2. Have kids cheer when a goal is scored
- 8.** 7:20-7:30 (10 min) Catching preview
- a. Demo how to catch
 - b. Pair up in two lines 15' Apart
 - c. Throw and catch to each other
- 9.** 7:30 (2 Min-ish) Coaches shoot
- a. Kids do final sprint
 - b. Team Cheer

Lax Practice- Week 3

1. 6:15-6:30 (15min) Pre Practice
 - a. Check In
 - b. Name Tags
 - c. Ball toss
 - d. Set up cones for HH and Shoot out
2. 6:30-6:40 (10 min) Warm Up
 - a. Lite jog around field (w/ Sticks)
 - b. Stretching
3. 6:40-6:45 (5 Min) Ground Ball, Cradling, Throwing and Catching Review
 - a. Coaches will attempt to demo by tossing ball back and forth
 - b. Kids count how many completions the Coaches do.
4. 6:45-6:55 (10 min) Throwing & Catching practice
 - a. Kids Pair off in a long line and throw and catch
 - b. Kids compete on how many catches in a row they can do
5. 6:55-7:05 (10 min) Hungary Hippo Game
 - a. Spit into 4 groups
 - b. Spread out so kids have to run further
6. 7:05-7:10 (5 Min) Water Break
7. 7:10-7:20 (15 min) Shoot Out Game
 - a. Divide the army into 4 groups
 - b. Spread out so they have to run further

c. Object

- i. Scoop Ball
- ii. Run and Cradle down the field to cones that mark shooting line
- iii. Shoot on Goal-

8. 7:20-7:30 (10 min) Sharks and Minnows

- a. Divide the army into 4 lines opposite goal
- b. Minnows (Kids) try to run across the ‘Shark Zone’ to shoot on the goal
- c. Coaches (Sharks) provide Light Defense by stick checking Minnows
- d. Object is to show value of cradling and to apply some defensive pressure

9. 7:30 (2 Min-ish) Coaches shoot

- a. Kids do final sprint
- b. Team Cheer

Lax Practice- Week 4

1. 6:15-6:30 (15min) Pre Practice
 - a. Check In
 - b. Name Tags
 - c. Ball toss
 - d. Set up cones for HH and Shoot out
2. 6:30-6:40 (10 min) Warm Up
 - a. Lite jog around field (w/ Sticks)
 - b. Stretching
3. 6:40-6:45 (5 Min) Ground Ball, Cradling, Throwing and Catching Review
 - a. Coaches will attempt to demo by tossing ball back and forth
 - b. Kids count how many completions the Coaches do.
4. 6:45-6:55 (10 min) Catch and Go
 - a. Divide the army into 4 lines opposite goal
 - b. Coaches hand toss ball to kids so that they can try and practice catching
 - c. Once caught they run and shoot
5. 6:55-7:05 (10 min) Hippo V Hippo Competition
 - a. Spit into 4 groups
 - b. 1 line vs another line
 - c. Drop one ball kids sprint to see who picks it up first
 - d. Team with the most balls wins

6. 7:05-7:10 (5 Min) Water Break
7. 7:10-7:20 (15 min) Gong Game
 - a. Divide the army into 4 lines opposite goal
 - b. Coaches hand toss ball to kids so that they can try and practice catching
 - c. Once caught they run and shoot and try to hit the Gong.
 - d. Hit the Gong Score a point
8. 7:20-7:30 (10 min) Sharks and Minnows
 - a. Divide the army into 4 lines opposite goal
 - b. Minnows (Kids) try to run across the 'Shark Zone' to shoot on the goal
 - c. Previous shooter (Sharks) provides Light Defense by stick checking Minnows
 - d. Object is to show value of cradling and to apply some defensive pressure
9. 7:30 (2 Min-ish) Coaches shoot
 - a. Kids do final sprint
 - b. Team Cheer

Lax Practice- Week 5

1. 6:15-6:30 (15min) Pre Practice
 - a. Check In
 - b. Name Tags
 - c. Ball toss
2. 18:30-18:40 (10 min) Warm Up
 - a. Lite jog
 - b. Stretching
3. 18:40-18:45 (5 Min) The Rutherford Review (Not to be confused with the Princeton Review)
 - a. 2 Kids demo ground balls
 - b. 2 Kids will attempt to demo catching and throwing ball back and forth
 - c. Track how many completions
4. 18:45-18:55 (10 min) Catch and Go
 - a. Divide the army into 4 lines opposite goal
 - b. Coaches hand toss ball to kids so that they can try and practice catching
 - c. Once caught they run and shoot on THE GONG
5. 6:55-7:05 (10 min) Hippo V Hippo Competition
 - a. Spit into 4 groups
 - b. 1 line vs another line
 - c. Drop one ball kids sprint to see who picks it up first
6. 19:05-19:10 (5 Min) Water & Whiskey Break

7. 19:10-19:20 (15 min) The world famous Zipper Relay Race!!
 - a. 4 long lines with kids spread out ever 10' along fence
 - b. The goal is to catch and pass a ball from kid to kid from one end down to the other end of the line
 - c. Lines are competing to move as many balls as possible
8. 19:20-19:30 (10 min) Sharks and Minnows
 - a. Divide the army into 4 lines opposite goal
 - b. Minnows (Kids) try to run across the 'Shark Zone' to shoot on the goal
 - c. Previous shooter (Sharks) provides Light Defense by stick checking Minnows
 - d. Object is to show value of cradling and to apply some defensive pressure
9. 7:30 (2 Min-ish) Coaches shoot
 - a. Kids do final sprint
 - b. Team Cheer

Lax Practice- Week 6

1. 6:15-6:30 (15min) Pre Practice
 - a. Check In
 - b. Name Tags
 - c. Ball toss
2. 18:30-18:40 (10 min) Warm Up
 - a. Lite jog
 - b. Stretching
3. 18:40-18:45 (5 Min) Skill Review (or lack there of)
 - a. 2 Kids demo ground balls
 - b. 2 Kids will attempt to demo catching and throwing ball back and forth
 - c. Track how many completions
4. 18:45-18:55 (10 min) Catch and Go
 - a. Divide the army into 4 lines opposite goal
 - b. Coaches hand toss ball to kids so that they can try and practice catching
 - c. Once caught they run and shoot on THE GONG
5. 6:55-7:15 (15 min) TEAM Hippo V Hippo Competition
 - a. Spit into 4 groups
 - b. 2 lines vs the other 2 lines
6. 19:15-19:20 (5 Min) Water & Wine Break
7. 19:20-19:29 (9 min) The world famous Zipper Relay Race!!
 - a. 4 long lines with kids spread out ever 10' along fence

- b. The goal is to catch and pass a ball from kid to kid from one end down to the other end of the line
 - c. Lines are competing to move as many balls as possible
- 8. 7:30 (2 Min-ish) Coaches shoot
 - a. Kids do final sprint
 - b. Team Cheer

- a. 4 teams of players, 4 buckets, and a large number of lacrosse balls
- b. Purpose – to work on both groundballs and cradling together, endurance, and speed
 - i. Rules
 1. Start with 4 teams on the same line on either side of a coach
 2. The coach throws out all the balls into an area
 3. At the whistle, all players run out and pick up ground balls. Then cradle back to their bucket and place the ball inside.
 4. When all the balls have been picked up, team with the most balls wins

7. 7:20-7:30 (10 min) Preview of throwing-Shooting

a. Demo How to Throw

b. Shootout Game

- i. Kids line up into 3 lines and shoot on a goal
- ii. Keep score for each line

8. 7:30 (1 Min) Team Cheer