

Girls Lacrosse

Here is a sample daily schedule for the girls lacrosse program, week 1. Week 2 would vary slightly in the afternoon:

MORNING SESSION:

1. Attendance and Stretch (cardiovascular tag game)
2. Partner Passing Series
3. Stations:

- Passing and Catching
- 1 on 1 moves (Dodging)
- Moving without the ball
- Shooting on Cage
- Team Defense

Individual Goalie Training while Stations are being completed

4. AM Team Practice and/or games

AFTERNOON SESSION

1. Skill of the day instruction
2. Skill of the day reinforced with team practice or full field camp drill
3. Afternoon team games or 3v3 tournament games
4. Stick Tricks and Campers of the Day

Dismissal

Water Breaks are given frequently. Children are encouraged to bring plenty to drink with them. Water stations are provided.