

MESA Lacrosse 1st and 2nd Grade Deliverables

Main objective is to make lacrosse inclusive and fun for the child.

SIZE OF STICK - Length no bigger than 37". Head Width at least 6" across the top at the widest. Thinner shafts are available but not necessary. Price should not exceed \$80.

POCKET - A properly strung pocket should provide a quick release, a fast track. Proper stringing is crucial to making lacrosse fun and easy to learn.

GRIP - stick is loose in fingertips, stick should sit in the upper 50% of the hand. Strong fingers, soft hands.

HAND PLACEMENT - Tape the stick in the designated areas for catching, passing, scooping, dodging. Hand placement and spacing is crucial to proper mechanics.

TEACH STRONG HAND ONLY – 1st and 2nd grade player should learn mechanics with their strong hand only.

SCOOPING GROUNDBALLS - The ball is on the ground for large percentages of live games, it is extremely important that proper techniques are taught and executed. **TOP HAND ON THE PLASTIC, BOTTOM HAND NEAR THE BOTTOM, BOTH HANDS BELOW YOUR KNEES.** Gain control, keep running and clear your stick until you can pass it to an open player

CRADLING - stick head tilted up, arms move in rhythm. Two hand horizontal cradle, One hand vertical cradle.

PASSING - stick starts on collarbone, point the laser, point elbow, **PUSH PULL MOTION**, snap bottom hand down, both hands finish same side, (stick head, top hand and bottom hand start and finish on the same side) step, move, transfer weight toward target. point stick head to target with top hand, Constant movement **RUN** until you catch and **RUN** until you pass.

CATCHING - PRESENT YOUR STICK - Stick head up and out in front, set up a target, top hand up on the plastic, top hand out front. Look the ball into your stick, see the ball into your stick.

"CUSHION CATCH" : give with the flight of the ball, catch it deep and cushion the ball.

DODGING - BEAT YOUR MAN, SCORE A GOAL, run at and past defenders, stick up by head, top hand up on the plastic, run full speed, catch and accelerate. Start with studder, jab, wind up, face dodge, bull dodge.

SHOOTING – the difference between great players and average players is shooting. Just start with teaching an overhand 12 to 6 stick path, shoot the pipes, paint the pipe and basically trying to get the ball on the goal and make the goalie make a save, **AIM SMALL, MISS SMALL.**

DEFENSE – two hands on your stick, no one hand checks, position defense only, stay in between man and goal, hands wide on shaft, **PUSH CHECK, JAM** and **LIFT**. Approach in **NUGGET, POKE, JAM**. Break down, chop feet, give your best effort. Never quit.

Basic **FACE OFF** – line up properly and chase the ball

Basic understanding of **OFFSIDES** and **POSITIONS**.

Identify two potential **GOALIES**.

Identify two potential **FACE OFF MEN**.

Identify more **COACHES** with the initiative to learn lacrosse and make it fun.

MESA Lacrosse 3rd and 4th Grade Deliverables

Main objective is to make lacrosse inclusive and fun.

Lacrosse is a skill game; the best players are the most skilled players. Great skills are born from **REPTITION** and proper **TECHNIQUE**. The end goal is for players to **EXECUTE** all skills at **FULL SPEED** and **UNDER PRESSURE**.

SIZE OF STICK - Length no bigger than 37". Head Width at least 6" across the top at the widest. Thinner shafts are available but not necessary. Price should not exceed \$80, Defensive long poles between 47" and 52".

POCKET - A properly strung pocket should provide a quick release, a fast track. Proper stringing is crucial to making lacrosse fun and easy to learn.

GRIP - stick is loose in fingertips, stick should sit in the upper 50% of the hand. Strong fingers, soft hands.

TEACH 80% STRONG HAND, 20% OFF HAND – start to learn the same skills with off hand. Make it look the same. Use strong hand to power the mechanics.

SCOOPING GROUNDBALLS - The ball is on the ground for large percentages of live games, it is extremely important that proper techniques are taught and executed. **TOP HAND ON THE PLASTIC, BOTTOM HAND NEAR THE BOTTOM, BOTH HANDS BELOW YOUR KNEES**. Gain control, keep running and clear your stick until you can pass it to an open player.

CRADLING - stick head tilted up, arms move in rhythm. Two hand horizontal cradle, One hand vertical cradle. Tight wrist cradle.

PASSING - stick starts on collarbone, point the laser, point elbow, **PUSH PULL MOTION**, snap bottom hand down, both hands finish same side, (stick head, top hand and bottom hand start and finish on the same side) step, move, transfer weight toward target. point stick head to target with top hand, Constant movement **RUN** until you catch and **RUN** until you pass.

CATCHING - PRESENT YOUR STICK - Stick head up and out in front, set up a target, top hand up on the plastic, top hand out front. Look the ball into your stick, see the ball into your stick.
"CUSHION CATCH" : give with the flight of the ball, catch it deep and cushion the ball.

DODGING - BEAT YOUR MAN, SCORE A GOAL, run at and past defenders, stick up by head, top hand up on the plastic, run full speed, catch and accelerate. Start with studder, jab, wind up, face dodge, bull dodge. Double threat dodges, Triple threat dodges. Combinations of both.

SHOOTING – the difference between great players and average players is shooting. Just start with teaching an overhand 12 to 6 stick path, shoot the pipes, paint the pipe and basically trying to get the ball on the goal and make the goalie make a save, **AIM SMALL, MISS SMALL.**

OFFENSE - Motion Offense from 1 3 2, Open set offense, two endline plays, two man up plays

DEFENSE – two hands on your stick, no one hand checks, position defense only, stay in between man and goal, hands wide on shaft, **PUSH CHECK, JAM** and **LIFT**. Approach in **NUGGET, POKE, JAM**. Break down, chop feet, give your best effort. Never quit. Foot Position, Basic Man to Man, Adjacent slide, Center Slide basics, basic box and one man down.

BASIC MAN DOWN DEFENSE – 4 man rotation

DEFENDING TRANSITION – rotation and learn how to defend fast breaks.

BASIC FACE OFF - Wing Play Principles. 3 faceoff techniques. Clamp, Rake, Jam

BASIC CLEAR - Diamond Clear with "Rabbit". Hot Side Cold side principles.

BASIC FAST BREAK - Point man identification and training, L shape box. 4 on 3

Basic understanding of **OFFSIDES, POSITIONS** and **SUBSTITUTION**.

Identify two potential **GOALIES**.

Identify three potential **FACE OFF MEN**.

Identify more **COACHES** with the initiative to learn lacrosse and make it fun.

MESA Lacrosse 5th and 6th Grade Deliverables

Lacrosse is a skill game; the best players are the most skilled players. Great skills are born from **REPTITION** and proper **TECHNIQUE**. The end goal is for players to **EXECUTE** all skills at **FULL SPEED** and **UNDER PRESSURE**.

SIZE OF STICK - Length no bigger than 40". Head Width at least 6.5" across the top at the widest. Thinner shafts are available but not necessary. Defensive long poles between 52" and 68".

POCKET - A properly strung pocket should provide a quick release, a fast track. Proper stringing is crucial to making lacrosse fun and easy to learn.

GRIP - stick is loose in fingertips, stick should sit in the upper 50% of the hand. Strong fingers, soft hands.

TEACH 60% STRONG HAND, 40% OFF HAND – start to learn the same skills with off hand. Make it look the same. Use strong hand to power the mechanics. Quick hand exchanges, high hand exchanges. Roll first then switch hands.

SCOOPING GROUNDBALLS - The ball is on the ground for large percentages of live games, it is extremely important that proper techniques are taught and executed. **TOP HAND ON THE PLASTIC, BOTTOM HAND NEAR THE BOTTOM, BOTH HANDS BELOW YOUR KNEES**. Gain control, keep running and clear your stick until you can pass it to an open player.

CRADLING - stick head tilted up, arms move in rhythm. Two hand horizontal cradle, One hand vertical cradle. Tight wrist cradle.

PASSING - stick starts on collarbone, point the laser, point elbow, **PUSH PULL MOTION**, snap bottom hand down, both hands finish same side, (stick head, top hand and bottom hand start and finish on the same side) step, move, transfer weight toward target. point stick head to target with top hand, Constant movement **RUN** until you catch and **RUN** until you pass. Start long pass mechanics for Defenders.

CATCHING - PRESENT YOUR STICK - Stick head up and out in front, set up a target, top hand up on the plastic, top hand out front. Look the ball into your stick, see the ball into your stick.

"CUSHION CATCH" : give with the flight of the ball, catch it deep and cushion the ball.

DODGING - BEAT YOUR MAN, SCORE A GOAL, run at and past defenders, stick up by head, top hand up on the plastic, run full speed, catch and accelerate. Start with studder, jab, wind up, face dodge, bull dodge. Double threat dodges, Triple threat dodges. Combinations of both. Bull Dodge, Face Dodge, roll dodge, split dodge, and combinations of each with Swim, Hitch, Fake Pass or Shot (pull it) rocker, reverse swim.

Setting and Using **PICKS** and **ROLLS**

SHOOTING – the difference between great players and average players is shooting. Just start with teaching an overhand 12 to 6 stick path, shoot the pipes, paint the pipe and basically trying to get the ball on the goal and make the goalie make a save, **AIM SMALL, MISS SMALL**.

OFFENSE - Motion Offense from 1 3 2, Open set offense, two endline plays, two man up plays. Basics of 1-4-1 to bust up zones.

DEFENSE – two hands on your stick, no one hand checks, position defense only, stay in between man and goal, hands wide on shaft, **PUSH CHECK, JAM** and **LIFT**. Approach in **NUGGET, POKE, JAM**. Break down, chop feet, give your best effort. Never quit. Foot Position, Basic Man to Man, Adjacent slide, Crease Slide basics, basic box and one man down. Poke checks, cross checks, lift, proper technique, breakdown and approach. Cross Hold, V Hold.

BASIC MAN DOWN DEFENSE – 4 man rotation. 2 -3 Zone. Shut Off.

DEFENDING TRANSITION – rotation and learn how to defend fast breaks. Defending odd man breaks.

BASIC FACE OFF - Wing Play Principles. 3 faceoff techniques. Clamp, Rake, Jam

BASIC CLEAR - Diamond Clear with "Rabbit". Hot Side Cold side principles.

RIDING - High Ride and Low ride.

BASIC FAST BREAK - Point man identification and training, L shape box. 4 on 3. Right hand break, Left Hand Break.

Basic understanding of **OFFSIDES, POSITIONS** and **SUBSTITUTION** and Box Etiquette.

Identify two potential **GOALIES**.

Identify three potential **FACE OFF MEN**.

Identify more **COACHES** with the initiative to learn lacrosse and make it fun.

Intro to Film and analysis.

MESA Lacrosse 7th and 8th Grade Deliverables

Lacrosse is a skill game; the best players are the most skilled players. Great skills are born from **REPTITION** and proper **TECHNIQUE**. The end goal is for players to **EXECUTE** all skills at **FULL SPEED** and **UNDER PRESSURE**.

SIZE OF STICK – NCAA and NFHS legal length and width. Length no bigger than 40". Head Width at least 6.5" across the top at the widest. Thinner shafts are available but not necessary. Defensive long poles between 52" and 68".

POCKET - A properly strung pocket should provide a quick release, a fast track. Proper stringing is crucial to making lacrosse fun and easy to learn. Should be able to make a hard 15 yard pass.

GRIP - stick is loose in fingertips, stick should sit in the upper 50% of the hand. Strong fingers, soft hands.

TEACH 60% STRONG HAND, 40% OFF HAND – start to learn the same skills with off hand. Make it look the same. Use strong hand to power the mechanics. Quick hand exchanges, high hand exchanges. Roll first then switch hands.

SCOOPING GROUNDBALLS - The ball is on the ground for large percentages of live games, it is extremely important that proper techniques are taught and executed. **TOP HAND ON THE PLASTIC, BOTTOM HAND NEAR THE BOTTOM, BOTH HANDS BELOW YOUR KNEES**. Gain control, keep running and clear your stick until you can pass it to an open player.

CRADLING - stick head tilted up, arms move in rhythm. Two hand horizontal cradle, One hand vertical cradle. Tight wrist cradle.

PASSING - stick starts on collarbone, point the laser, point elbow, **PUSH PULL MOTION**, snap bottom hand down, both hands finish same side, (stick head, top hand and bottom hand start and finish on the same side) step, move, transfer weight toward target. point stick head to target with top hand, Constant movement **RUN** until you catch and **RUN** until you pass. Start long pass mechanics for Defenders. Shovel Passes.

CATCHING - PRESENT YOUR STICK - Stick head up and out in front, set up a target, top hand up on the plastic, top hand out front. Look the ball into your stick, see the ball into your stick.

"CUSHION CATCH" : give with the flight of the ball, catch it deep and cushion the ball.

DODGING - BEAT YOUR MAN, SCORE A GOAL, run at and past defenders, stick up by head, top hand up on the plastic, run full speed, catch and accelerate. Start with studder, jab, wind up, face dodge, bull dodge. Double threat dodges, Triple threat dodges. Combinations of both. Bull Dodge, Face Dodge, roll dodge, split dodge, and combinations of each with Swim, Hitch, Fake Pass or Shot (pull it) rocker, reverse swim. Dodging to Shoot. Dodging to Shoot Canadian. Dodging to feed and no look passing.

Setting and Using **PICKS** and **ROLLS**. Up Picks Down Picks. The Mechanics of Picks. Pick Variations – Post, Slips, Camo, Fly By.

SHOOTING – the difference between great players and average players is shooting. Just start with teaching an overhand 12 to 6 stick path, shoot the pipes, paint the pipe and basically trying to get the ball on the goal and make the goalie make a save, **AIM SMALL, MISS SMALL**.

Overhand and $\frac{3}{4}$. Sidearm and Underhand releases. How to establish and adjust release points. Footwork adjustments, Finding your marks. Establishing the Island.

OFFENSE - Motion Offense from 1 3 2, Open set offense, two endline plays, two man up plays. Basics of 1-4-1 to bust up zones. Pairs Offense. Two to three endline plays, two to three man up plays.

DEFENSE – two hands on your stick, no one hand checks, position defense only, stay in between man and goal, hands wide on shaft, **PUSH CHECK, JAM** and **LIFT**. Approach in **NUGGET, POKE, JAM**. Break down, chop feet, give your best effort. Never quit. Foot Position, Basic Man to Man, Adjacent slide, Crease Slide basics, basic box and one man down. Poke checks, cross checks, lift, proper technique, breakdown and approach. Cross Hold, V Hold. Shut offs, press out, Red Dog.

BASIC MAN DOWN DEFENSE – 4 man rotation. 2 -3 Zone. Shut Off. 5 man rotation.

DEFENDING TRANSITION – rotation and learn how to defend fast breaks. Defending odd man breaks.

BASIC FACE OFF - Wing Play Principles. 3 faceoff techniques. Clamp, Rake, Jam

BASIC CLEAR - Diamond Clear with "Rabbit". Hot Side Cold side principles.

RIDING - High Ride and Low ride. Forcing the direction of the clear and trapping. Individual riding technique.

BASIC FAST BREAK - Point man identification and training, L shape box. 4 on 3. Right hand break, Left Hand Break. 5 on 4 and 6 on 5. Slow breaks.

Basic understanding of **OFFSIDES, POSITIONS** and **SUBSTITUTION** and Box Etiquette.

Midline substitution.

End of Game Ahead, offense and defense

End of Game Behind. Defense and offense

Short time offense and Short time defense.

Identify two potential **GOALIES**.

Identify three potential **FACE OFF MEN**.

Identify more **COACHES** with the initiative to learn lacrosse and make it fun.

Intro to Film and analysis.