

MESA

SKILLS TO PRACTICE AND PERFECT

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**.

The more you play → the better you get → the better you get, the more fun you have → the more fun you have, the more you play → the more you play, the better you get → the better you get, the more fun you have → the more fun you have, the more you play → the more you play, the better you get → the better you get, the more fun you have →

KAIZEN

incremental, efficient, continuous, everyday improvement

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. “CUSHION CATCH” give with the flight of the ball, catch it deep and cushion the ball.

CRADLING

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

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.

DODGING

“BEAT YOUR MAN, SCORE A GOAL” mentality, run by or get by 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

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.

SCOOPIING GROUND BALLS

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.**

PASSING

stick start 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. Clear stick to pass.

STICK PROTECTION

keep stick tight to body, keep body in-between ball and defender.

SHOOTING

the difference between good players and great 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.**

STRONG HAND / OFF HAND

start off all skills with **STRONG HAND**, if boys demonstrate that they can execute with their **STRONG HAND** then **MAKE THEM** use their **OFF HAND**.