



COACHING TIP OF THE WEEK #2

10 Ways to Become a Better Lacrosse Player Away from the Arena

1. If there is an outdoor box in your community – use it!
2. Go to the nearest school and pass and catch against the wall (away from all windows).
3. Play catch at the park with a teammate, friend, parent, or sibling.
4. Play catch in the backyard with a parent or sibling. If they do not have a stick, have them use a baseball glove and tennis ball.
5. Practice cradling in your bedroom or in front of the TV.
6. Same as above, but with your non-dominant hand.
7. Run around the block while cradling the ball.
8. Put a piece of tape on a chain-link fence and, using a tennis ball, shoot at it.
9. Work on loose balls in your backyard. If you can pick a ball up off of grass, you can do it on the concrete.
10. Place an obstacle in your backyard (pylon, lawn chair, garbage can, etc) and work on your one-on-one moves. For example, head fakes, shoulder fakes, stick fakes, change of pace, simple acceleration, hit and roll, bull dodge, etc.