



YOUTH FALL SKILLS TRAINING

KINDERGARTEN THRU 6TH GRADE

I am very excited to begin another year of SWR youth fall lacrosse training. We will continue to focus on skills development and fundamentals. I believe these changes will help me introduce the game of lacrosse to the next generation of SWR athletes. To ensure the focus of our program is on fundamentals and player development, the varsity coaching staff and players will run all the youth clinics. Our staff will focus on lacrosse fundamentals, lacrosse I.Q. development and building a passion for lacrosse through a positive environment.

- *All trainings will be non-contact, sticks, helmets, and gloves are required.*
- *We have some extra sticks that can be borrowed if needed.*
- *Clinics will be designed for offensive and defensive players.*
- *Offensive players will work on catching, shooting dodging and other fundamental skills.*
- *Defensive players will work on catching, clearing, footwork and other fundamental skills.*
- *Goalies will work on positioning, clearing, footwork, hand speed and other fundamental skills.*

Coach Taylor

DATES: 11/7, 11/14, 11/21, 11/28
12/5, 12/12, 12/19

TIME: 6:00 PM to 7:00 PM

PLACE: SWR HS TURF FIELD

COST: \$80 PER PLAYER



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