

# **Wayne PAL Boys Lacrosse Program**

## **Mission Statement**

- We are dedicated to teaching the fundamentals of the game of lacrosse and preparing boys for the field of competition. We are about promoting teamwork, sportsmanship, positive coaching, and having fun, as well as advancing the sport of lacrosse. We want each and every participant to feel like they have made a contribution to themselves as well as to their respective team both on and off the field.

## **League Overview**

---

- Wayne PAL Lacrosse was started in 2002. The Wayne PAL Lacrosse program is a travel program for boys from Kindergarten through 8th grades. Wayne PAL Lacrosse is a member of the New Jersey Junior Lacrosse Leagues, NJJLL, at the State level. Our players compete against other township organizations during the spring season. Our players, coaches and volunteers are required to be members of U.S. Lacrosse, the national body governing lacrosse.

## **Volunteers**

---

- We welcome volunteers to join in the fun. You do not need lacrosse experience to get involved. We welcome all support! Parents who wish to become assistant coaches are welcomed. Former lacrosse experience is not required. The NJJLL and Wayne PAL will provide parents with professional training to learn how to teach lacrosse.

# **Wayne PAL Lacrosse Goals**

## **Kindergarten thru 4<sup>th</sup> Grade (Beginner)**

- Glossary of Terms (Mark)
- Scoop and Cradle techniques (Eric)
- Catch and Throw techniques (Eric)
- Wall Ball Drills ( Ken)
- Introduction to Dodging and Shooting (Jeff)
- Identify Defense (Mark)
- Introduce Fast Break Offense and Defense
- Develop a Goalie

## **5<sup>th</sup> and 6<sup>th</sup> Grade (Intermediate)**

- Create off-ball movement
- Picks and Rolls
- Simple slides for defense
- How to set up a Fast Break
- Man up/down formations
- Introduce defensive long poles
- Technical shooting
- Run basic play/clear
- Checking and riding

## **7<sup>th</sup> and 8<sup>th</sup> Grade (Advanced)**

- Game Awareness
- Create motion offense
- Fast break offense/defense
- Multiple slides for defense
- Set double teams
- Transition players in and out of box