



RED DEER LACROSSE CLINIC

Saturday, March 27th - Novice & Pee wee • Sunday, March 28th - Bantam & Midget

Both Camps will be held at the Collicut Center from 9am until 4pm.

Camps will focus on fundamental skills. The primary focus is to establish a strong fundamental base and to improve on lacrosse technical and tactical skills.

Camp Details

9:00

Arrival and check in

9:30

Players are expected to be in full gear and ready to go

9:30-10:00

Warm Up Drills: Stick work

10:00-10:45

Individualized Specific Drills: Looseballs, shooting on the run, time and room shooting, running in and out of traffic areas

10:45-10:50

Water Break

10:50-11:30

Specialized Positional Drills: Transitional play, one vs. one, two versus two, creating space

11:30-12:00

Games that incorporate morning skills

12:00-12:45

Lunch

12:45-1:00

Open Floor: Players need to have their helmet on in order to go on the floor

1:00-1:45

Player Specific: Offensive and defensive skill-dodging

1:45-2:00

Footwork Drills: Drills that will incorporate quick feet exercises with stick skills

2:00-2:30

Game Simulated Play: Three versus three, four versus four

2:30-2:35

Water Break

2:35-3:00

Odd Man Situations: 2 on 1, 3 on 2

3:00-3:45

Fun Games: Full games and competitions

3:45-4:00

Autograph Session

