**SOFT LACROSSE**

Soft Lacrosse is an introduction to lacrosse for players who are or will be turning 4 during the current season.  Players are introduced to basic lacrosse skills through small group instruction and skill building games.  Soft lacrosse is a non-contact program which allows our youngest players to develop a love for the game in a safe and fun environment.  A helmet with a cage, a stick, a mouthguard and running shoes are required but players are more than welcome to wear full lacrosse gear if they choose. The Soft Lacrosse Program will run one night per week for 30 minutes from the end of April through to the end of June.

**GOAL:** To introduce the basic skills of the game and keep these children in our organization by making it an enjoyable learning experience which will allow the children the ability to progress into future levels.  Teaching basic lacrosse skills will be achieved through a variety of drills and games.  Each child will be on the floor for 30 minutes each week for 10 weeks and the program will consist of the following:

**Week 1 to 3:**  Participants rotate through drills and skills in small groups.

**Week 4 to 9:**Players will be split into teams with one team practicing on one end and two teams playing a game.  The game will be played from the Blue line to the End of the boards.  Nets will be placed on the width side of the floor.  Teams will rotate through, each playing two, 8 minute scrimmages and one, 8 minute practice time.

**Week 10 - Final Game:**  The players will be divided into teams to play their final game which will consist of three, 6 minute periods.  At the conclusion of the game certificates and medals will be awarded to all participants.

**DRILLS AND SKILLS:**

Ball pick up – trap and scoop, scoop from a stationary position, scoop while running

Cradling the ball – stationary, walking, running

Loose ball drills – one player at a time, one-on-one.

Throwing – proper throwing techniques, against the boards, simple passes

Catching

Shooting

**SCRIMMAGES:**

Half floor, no contact

No goalies, but wooden character “cut outs” secured to the goal nets, no face offs after a goal, possession will be given to the other team.

After a goal the team scoring will retreat to 15 feet circumference from the net determined by the referee.

Minimum 2 coaches from each group on the floor to teach proper game techniques.

One referee in a teaching capacity for the players.

All “penalties” will result in an explanation from a coach and the referee, the coach teaching the player proper lacrosse methods.

2 minute buzzers to change lines so all players get equal time on the floor.

 A first year referee will have the opportunity to help out and then referee the game to gain confidence and interact with the players.