**PAPERWEIGHT (PEANUT) LACROSSE**

Paperweight House League is a one hour program for 5 and 6 year old boys and girls, which includes basic skill development and weekly games.  The program will run one night per week from mid-April through to the end of June.  Paperweight Lacrosse players can also choose to join an introductory Rep Program. The program is free to all registered Paperweight players and will include additional practices and games with other centers.

The program will consist of the following:

**Week 1 to 5:**  Participants will rotate through drills and skills in small groups for about 30 minutes and end the session with a 20 minute game consisting of two 10 minute periods.

**Week 6 to 9:**  Participants will rotate through drills and sills for 20 minutes and end with a 30 minute game consisting of two 14 minute periods.

**Week 10 - Tournament of Champions:**  Teams will play a full game consisting of three 12 minute periods.

**DRILLS AND SKILLS:**

Instructional drills will be done as a group working in stations.  Teams will be split into teams for game time.

1. Ball pick up
2. Cradling
3. Throwing
4. Catching
5. Shooting
6. Loose ball drills – one-on-one, two-on-one
7. Game rules

**SCRIMMAGES AND GAMES:**

1. Games will have goalies in net.
2. 2 coaches per team on the floor to teach proper game/lacrosse techniques.
3. Referees.
4. No face-off after a goal, possession is given to the other team while the scoring team will retreat outside the 24’ half circle.
5. Penalties will be served in full, with an explanation by the coaches and referees as to proper game techniques.
6. 2 minute buzzers to change lines so all players are played equally