

## Radnor Youth Lacrosse 1<sup>st</sup> and 2<sup>nd</sup> Grade (Hooper League) Deliverables

**Main objective is to make lacrosse inclusive and fun for the child.**

**SIZE OF STICK** - Length no bigger than 37". Head Width at least 6" across the top at the widest. Thinner shafts are available but not necessary. Price should not exceed \$80, [click here for complete youth sticks](#).

**POCKET** - A properly strung pocket should provide a quick release, a fast track. Proper stringing is crucial to making lacrosse fun and easy to learn.

**GRIP** - stick is loose in fingertips, stick should sit in the upper 50% of the hand. Strong fingers, soft hands.

**HAND PLACEMENT** - Tape the stick in the designated areas for catching, passing, scooping, dodging. Hand placement and spacing is crucial to proper mechanics.

**TEACH STRONG HAND ONLY** – 1<sup>st</sup> and 2<sup>nd</sup> grade player should learn mechanics with their strong hand only.

**SCOOPING GROUNDBALLS** - The ball is on the ground for large percentages of live games, it is extremely important that proper techniques are taught and executed. **TOP HAND ON THE PLASTIC, BOTTOM HAND NEAR THE BOTTOM, BOTH HANDS BELOW YOUR KNEES.** Gain control, keep running and clear your stick until you can pass it to an open player

**CRADLING** - stick head tilted up, arms move in rhythm. Two hand horizontal cradle, One hand vertical cradle.

**PASSING** - stick starts on collarbone, point the laser, point elbow, **PUSH PULL MOTION**, snap bottom hand down, both hands finish same side, (stick head, top hand and bottom hand start and finish on the same side) step, move, transfer weight toward target. point stick head to target with top hand, Constant movement **RUN** until you catch and **RUN** until you pass.

**CATCHING - PRESENT YOUR STICK** - Stick head up and out in front, set up a target, top hand up on the plastic, top hand out front. Look the ball into your stick, see the ball into your stick.

**"CUSHION CATCH"** : give with the flight of the ball, catch it deep and cushion the ball.

**DODGING - BEAT YOUR MAN, SCORE A GOAL**, run at and past defenders, stick up by head, top hand up on the plastic, run full speed, catch and accelerate. Start with studder, jab, wind up, face dodge, bull dodge.

**SHOOTING** – the difference between great players and average players is shooting. Just start with teaching an overhand 12 to 6 stick path, shoot the pipes, paint the pipe and basically trying to get the ball on the goal and make the goalie make a save, **AIM SMALL, MISS SMALL.**

**DEFENSE** – two hands on your stick, no one hand checks, position defense only, stay in between man and goal, hands wide on shaft, **PUSH CHECK, JAM** and **LIFT**. Approach in **NUGGET, POKE, JAM**. Break down, chop feet, give your best effort. Never quit.

Basic **FACE OFF** – line up properly and chase the ball

Basic understanding of **OFFSIDES** and **POSITIONS**.

Identify two potential **GOALIES**.

Identify two potential **FACE OFF MEN**.

Identify more **COACHES** with the initiative to learn lacrosse and make it fun.