

PEAK SOUTH LACROSSE

CLINIC SCHEDULE

DATE: Saturday, December 1st, 2012 **SITE:** Cardinal Newman High School

TIME	PERIOD	ATTACK	MIDDIES	DEFENSE	GOALIES
8:00-9:00 AM	Registration	Pre-Register, Walk-ins, Organization			
9:00-9:15 AM	Welcome	Staff Introductions, Bio's, Excited to be in Florida			
9:15-9:30 AM	Stretch	Camp Stretch			w/ Coach Quirk
9:30-9:35 AM	FUNdaMENTAL	Throwing Mechanics/ Ground Balls			Goalie Basics
9:35-9:50 AM	FUNdaMENTAL	Mechanics Progression			
9:50-10:10 AM	Stick Skills	Diamond Passing 4 Lines, Catch, roll to the outside, move the ball.	Diamond Passing	Triangle Passing 3 Lines, catch, roll to the outside.	Warm-up
10:10-10:20 AM	Break	Get balls ready for shooting			
10:20-10:50 AM	Individual Clinic	Shooting Progressions Explain Dodges, Game Situations		Footwork, Arrive w/ Poke, Drop Step	Stance Hands/Eyes
11:15-12:00 PM	Talk	Recruiting Talk- Do's and Don't's, Contact, League/Level Differences			
12:00-1:00 PM	Break	Lunch/Concessions			
1:00-2:00 PM	Team Practice	Team Organization, Team Philosophy - 15 min. stretch/15 Skills/30 Team Org.			
2:00-2:55 PM	Game 1	Team 1 v Team 2 - Field 1		Team 3 v Team 4 - Field 2	
3:10-4:05 PM	Game 2	Team 1 v Team 4 - Field 1		Team 2 v Team 3 - Field 2	
4:05-5:00 PM	Break	Dinner/Snack/Concession open			
5:00-6:05 PM	1st Game 3	Under Lights Field 1 - Team 1 v Team 3			
6:20-7:25 PM	2nd Game 3	Under Lights Field 1- Team 2 v Team 4			
	***Games 1 and Games 2 (2) :25 halves with :05 half) Game 3 (2) :30 halves with :05 half				

FUNDAMENTAL OF THE DAY:

Throwing Mechanics

Elbow Up
Arms Away
Front Shoulder Pointed to Target

Catch in Loaded Pos.
Move Feet
Soft hands

Ground Balls

Low man wins
Use your hips
Wide Lower Body
Pick it up and move it.
2 hands on all ground balls
Scoop through ball (no rakes)

ANNOUNCEMENTS:

- Sunday- 9 AM Team Stretch and Organization.



PEAK SOUTH LACROSSE
Florida's Premiere Event

