

**PRACTICE SCHEDULE FOR LANCASTER LAX LEAGUE TEAMS**

Revised: 1/9/10

<b>JANUARY 8TH</b>	
8:00-8:30	MODIFIED INSTRUCTIONAL UTILIZES THE WHOLE FIELD
8:30-9:00	MODIFIED INSTRUCTIONAL REVERTS TO HALF FIELD
8:30-9:15	LANCASTER MODIFIED #1 PRACTICE HALF FIELD
9:15-10:00	LANCASTER MODIFIED #2 PRACTICE HALF FIELD
9:00-10:00	LANCASTER JV PRACTICE 1/2 FIELD.

<b>JANUARY 15TH</b>		
	MOD #1	MOD#2
9:00-10:00	PRACT. 1/2 FLD	JV
8:45-9:45		PRACT. 1/2 FLD
	CLASSROOM S1	
<b>JANUARY 22ND</b>		
	MOD #1	MOD#2
9:00-10:00		JV
8:45-9:45	PRACT. 1/2 FLD	PRACT. 1/2 FLD
	CLASSROOM S1	
<b>JANUARY 29TH</b>		
	MOD #1	MOD#2
9:00-10:00	PRACT. 1/2 FLD	JV
8:45-9:45	PRACT. 1/2 FLD	CLASSROOM S1

CLASSROOM SESSION #1

VIDEO INSTRUCTION  
LACROSSE 101  
HEALTH AND NUTRITION

<b>FEBRUARY 5TH</b>		
	MOD #1	MOD#2
9:00-10:00	PRACT. 1/2 FLD	JV
8:45-9:45		PRACT. 1/2 FLD
	CLASSROOM S2	
<b>FEBRUARY 12TH</b>		
	MOD #1	MOD#2
9:00-10:00		JV
8:45-9:45	PRACT. 1/2 FLD	PRACT. 1/2 FLD
	CLASSROOM S2	
<b>FEBRUARY 19TH</b>		
	MOD #1	MOD#2
9:00-10:00	PRACT. 1/2 FLD	JV
8:45-9:45	PRACT. 1/2 FLD	CLASSROOM S2

CLASSROOM SESSION #2

VIDEO INSTRUCTION  
LACROSSE 101  
COLLEGE PREP/WHAT YOU NEED TO KNOW

<b>FEBRUARY 26TH</b>	
9:00-10:00	SEPARATE THE FIELD INTO 4 -8 ZONES DEPENDING ON THE NUMBER OF INSTRUCTORS AVAILABLE
	SKILLS PREP FOR SCHOOL SEASON
	FACE OFFS
	DODGES
	GROUND BALL DRILLS
	SHOOTING DRILLS
	FOOT SKILLS
	DEFENSIVE POSITIONING
	MISC