

LET'S PLAY Girls Lacrosse!



The OFHS Girls Lacrosse team will lead fun and engaging camps for girls in the Olmsted Falls & Township community. Our goal is to create a love for the sport while building competencies aligned to the US Lacrosse Athlete Development Progression Playbook.

- Never picked up a stick before? That's ok... we'll start with the basics and build up from there!

Grades 3 & 4 (U9 & below) - Focus on introducing the sport, how to cradle and maneuver, the fundamentals of throwing and catching.

October 2, 2021 at OFIS, Lacrosse Field from 10-12pm (\$30)

Grades 5 & 6 (U11) - Focus on fundamentals of throwing, catching, shooting, and taking the draw while also introducing the ABCD of defense.

September 27 & 28, 2021 at OFIS, Lacrosse Field from 3:30-5:30pm (\$45)

Grades 7 & 8 (U13) - Focus on introducing field awareness, passing and catching on the run, and the purpose of each position on the field (including goalie!).

September 29 & 30, 2021 at OFIS, Lacrosse Field from 3:30-5:30pm (\$45)

High School - Grade 9 & athletes with < 2yrs experience (U15+) - Focus on improving their non-dominant stick skills, placing the draw, trick shots, and learn the HS Rules of play as they transition from MS. They will also learn HS Drills and the changing rules that are speeding up the game.

September 27-30 at OFIS, Lacrosse Field from 5:30-7pm (\$85)

Register at www.occ.recdesk.com

Thank you for supporting the OFHS Girls Lacrosse program!