

Winter Park Lacrosse Club

Winter Park, Florida

Club Structure:

Bantam (1st and 2nd Grade):

Player Level: Beginner/Instructional. Learning the history of the sport. Learning concepts of sports and lacrosse. Emphasis on concepts such as sportsmanship, work, focus during practices, respect for coaches and teammates. Learning basic concepts of throwing, catching, ground balls, field layout, positions on the field. Goal of having entire team understand the basics of the sport and be able to utilize them on the field.

Coaching: Volunteer Coaches with Lacrosse knowledge and experience. Practice 2x per week. Organized groups learning basic skills of the sport.

Games: "7 on 7" games on "small field". Minimum of 8 games person season. Games focus on instruction and development with no official scoring. There are rules adjustments to support player safety and instructional aspects of the game. Officials may explain rules, etc.

Lightning (3rd and 4th Grades):

Player Level: Beginner/Instructional/Developmental. Learning the history of the sport. Continued focus on sportsmanship and teamwork. Develop basic concepts of throwing, catching, ground balls. Those new to the sport begin with basic skills, those who have begun developing those skills work to utilize those skills situationally in practice and in games.

Coaching: Volunteer Coaches with Lacrosse knowledge and experience. Practice 2x per week. Organized groups learning basic skills. More advanced groups utilizing those skills. Goal of having entire group able to execute basic skills in game situations.

Games: "7 on 7" games on "small field". Minimum of 8 games per season. Games will continue to focus on instruction and development with no official scoring. There are rules adjustments to support player safety and instructional aspects of the game. Officials may explain rules, etc.

Juniors (5th and 6th Grades):

Player Level: Instructional/Developmental. Continuing to learn the sport through organized practices, drills, and games. Practices will become more specific in regard to skills and game situations.

Coaching: Experienced coaches with a passion for the game and a passion for teaching the game to our kids.

Games: 10 on 10 full field lacrosse. Minimum 8 games per season. Players will continue to develop situational awareness in game scenarios.

Seniors (7th and 8th Grades):

Player Level: Focus on continued high-level development. Continuing to learn and hone skills of the sport through organized and specific practices. Players will continue to prepare and develop for higher level lacrosse.

Coaching: Experienced coaches with a passion for the game and a passion for teaching the game to our kids.

Games: 10 on 10 field lacrosse. Minimum 8 games per season. Players will continue to develop and prepare for higher level lacrosse.