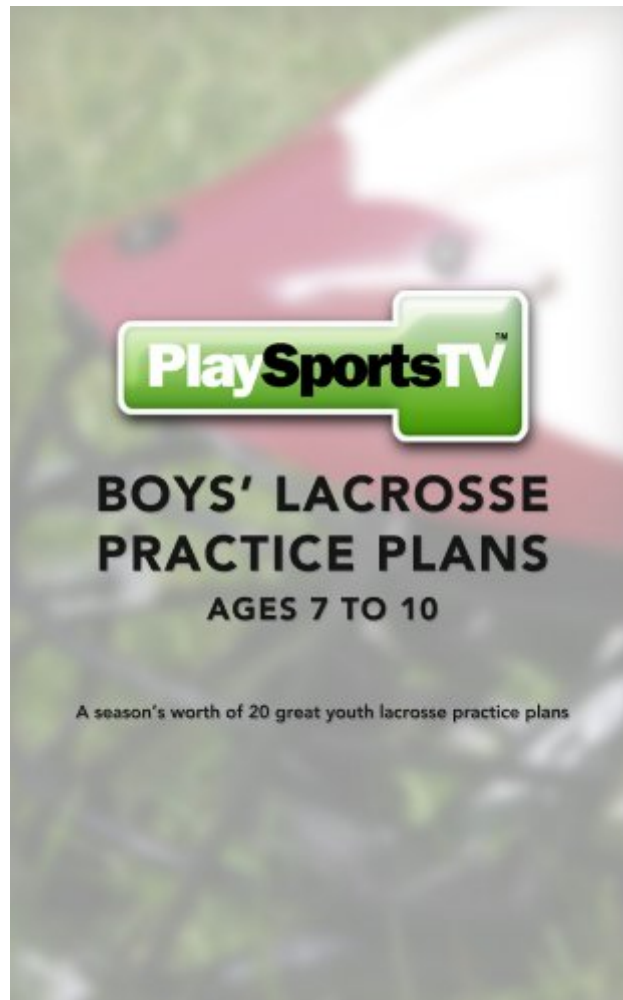




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Boys' Lacrosse Practice Plans: Ages 7-10



Synopsis

Coach Mike Leveille presents 20 ninety minute practice plans full of youth lacrosse drills, skills and coaching tips developed for beginner and intermediate lacrosse players. Each practice plan focuses on a new skill and there are plenty of topics and team building activities throughout. The plans provide an entire season worth of essential lacrosse skills – scooping, cradling, passing, shooting, dodging, and situational play – that young players need to master, all delivered in an easy-to-follow, time-specific format.

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