



## 2021 Arlington Attack - Instructional Program

<b>Who is this for?</b>	Kindergarten thru 6th Grade (Boys & Girls) Never Played Lacrosse Before Parents Interested in Coaching
<b>Equipment Needed</b>	Sticks will be available for use Jersey will be Provided Soft Lacrosse Balls will be used
<b>Program Details</b>	All Session will be at Prairie Park in Arlington Heights Instruction by Arlington Attack Coaches 8 week program - 7 Practices and 6 Scrimmages
<b>Goals for Program</b>	Teach basic Lacrosse skills & prepare players for Arlington Attack Teams Catching, Throwing, Ground Balls Positioning, Shooting, General Game Play
<b>Game Format</b>	6v6 on a 1/2 Lacrosse Field 1/2 sized Lacrosse Goal

### Instructional Program Practice Schedule

Day of Week - TBD		Time	Location
Week of 4/5	Practice	6:00 - 7:00PM	Prairie Park
Week of 4/12	Practice	6:00 - 7:00PM	Prairie Park
Week of 4/19	Practice	6:00 - 7:00PM	Prairie Park
Week of 4/26	Practice	6:00 - 7:00PM	Prairie Park
Week of 5/3	Practice	6:00 - 7:00PM	Prairie Park
Week of 5/10	Practice	6:00 - 7:00PM	Prairie Park
Week of 5/17	Practice	6:00 - 7:00PM	Prairie Park

### Instructional Program Scrimmages

Date	Game #1	Game #2	Location
Saturday, April 10, 2021	9:00 AM	10:00 AM	Prairie Park
Saturday, April 17, 2021	9:00 AM	10:00 AM	Prairie Park
Saturday, April 24, 2021	9:00 AM	10:00 AM	Prairie Park
Saturday, May 1, 2021	9:00 AM	10:00 AM	Prairie Park
Saturday, May 8, 2021	9:00 AM	10:00 AM	Prairie Park
Saturday, May 15, 2021	9:00 AM	10:00 AM	Prairie Park