

Contact Kevin Derhak to borrow one of the DVDs below:

Girls DVDs:

<b>Topic</b>	<b>Title</b>	<b>Instructor</b>
General	Women's Lacrosse - The Game	
	Skills & Drills: The Beginning Player	Jenny Levy
	Developing Essential Lacrosse Skills	Sue Stimmel
	Developing Essential Offense & Defense Skills	Sue Stimmel
	Women's Lacrosse - Skills and Techniques	
	Individual Development Skills	Cindy Tamchal
	Intermediate Stick Skills & Dodging	Gary Gait
	Advanced Level Lacrosse Skills	
Offense	Triangle and Motion Offense	Cindy Tamchal
	How to Run the House Offense	Cindy Tamchal
	Women's Lacrosse - The Winning Offense	
Defense	Teaching Progressions for Team Defense	Cindy Tamchal
Goal Tending	Women's Lacrosse - The GoalKeeper	

Boys DVDs:

<b>Topic</b>	<b>Title</b>	<b>Instructor</b>
Skills	Offensive Skills and Drills	Jeff Tambroni
	Skills and Drills	Jeff Tambroni
Defense	Individual Defense Fundamentals	Richie Meade
	Team Defense: 4 Elements of a Defensive Cycle	Richie Meade
	Create a Strong Team Defense	Lars Tiffany
	Man Down Defense	Lars Tiffany
	Sliding Defensive System	Tony Seaman
	Becoming a Champion Defenseman	Chris Gabrielli
Offense	Offensive WIZardry	Mark Million
	The Midfielder	Ron Caputo
	1-4-1 and 2-3-1 Adjustable Zone Offense	Dave Cottle
	1-3-2 and 3-3 Offense	Dom Starsia
	1-3-2 and 1-4-1 Offense	Tony Seaman
	Becoming a Champion Attackman	John Danowski
	Extra Man Offense	Don Zimmerman
Goaltending	Champion Goalie	Tony Seaman
	Building a Dominant Goalie	Jon Lantzy
Face Offs	Complete Face-Off	Tony Seaman
	Becoming a Champion Lacrosse Player - The Face-Off	Kevin Cassese
Additional	Drills for Unsettled Situations	Kevin Corrigan

	Virtual Lacrosse Academy	Casey & Mikey Powell
--	--------------------------	-------------------------