

# CHAMPION LACROSSE

<http://www.joesmithlacrosse.com/clinics.html>

VIEW PLAYER BIOS

## INDOOR BOX LACROSSE AT EPIC SPORTS CENTER

**Monday Nights, January 9 - March 5**

**Open to Boys in 6 - 12 Grades**

### **Epic Sports Center**

2793 Wehrle Drive, Williamsville, New York

**January 9 - March 5 (No Lacrosse on February 20)**

**Modified:** 6PM

**JV:** 7PM

**Varsity:** 8PM

Players will learn the indoor box lacrosse game from Team USA and Philadelphia Wings professional indoor box lacrosse player Joe Smith! Guest coaching appearances from Frank Resitarits of the Buffalo Bandits. Our coaches will show players indoor lacrosse stick work, drills and strategies. Players will play in the CHampion Indoor Lacrosse League(CHILL). Come learn the fast pace indoor box game from pro players that play the game!

### **Play**

First 3 weeks are instructional practices learning from professional indoor box players. Next 5 weeks will be league game play. Modified age level will receive instructional practices every week and scrimmage between 2 teams.

### **Teams**

Mixed JV and Varsity players to form 4 team league. Roughly 15-17 per team. High school teams are welcome to enter a team for the league.

### **Games**

5 v 5 with goalies, 30 second shot clock, two 25 minute running time halves.

### **Equipment**

Players must have all lacrosse equipment, short stick(no longs), flat sneakers.

### **\$150.00/player**

**REGISTRATION DUE:** December 28 2011

➤ [Register Online](#)

## CLINICS

Champion Lacrosse works with teams and youth programs to enhance their players' and its coach's knowledge of the game.

### **Concepts include:**

**Offense:** stick work, groundballs, shooting, dodging, picks, odd man situations

**Defense:** stick work, groundballs, positioning, approaches, outlets, checks & holds

**Goalies:** technique, communication, terminology

**Team:** offense, defense, riding, clearing, substitutions, face-offs, wing play

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