

Lax Resources for At Home!

US Lacrosse Lax At home website

<https://www.uslacrosse.org/lax-at-home>

Best for Older/More Experienced Players:

**Laxsanity Challenge:**

<https://laxsanitytraining.com/the-challenge/>

**Video Chat with Lilia Cruz on Attacking around the crease:**

<https://drive.google.com/open?id=1SV7Mrlx-T1G2fX7o2Gnp54JuXtWANqyu>

**Video Chat with Lauren Mattingly on Defense:**

<https://drive.google.com/open?id=1VZD_NY46rTUD5we80q7Fx4ifTHDCncPk>

**Video Chat with Katie Greenwood on defense, goalies and playing for Team England:**

<https://drive.google.com/open?id=1ouVXV55WVHrxQIQWVjknjmsUD4JzHxgT>

**Video Chat with Karson Harris on Midfield:**

<https://drive.google.com/open?id=1Gut1JASX595vr14c49yD8xs6xY2-o38x>

**Video Chat with Christina Ferrara:**

https://drive.google.com/open?id=11vYoeqoL6UrCLGToxBv3BaAW9Ami3l\_V

Best for Younger / Newer Players:

**Onward & Scoopward Video Series:**

<https://www.youtube.com/channel/UCErzvpER5xKwGpKT3Wk1iGg?fbclid=IwAR2xhwTnW7FKs0zdPJCkof3ZLRPhDmC4qaEP-3RlvWKA7LEPKPLtHR9ezF8>

**My First Book of Lacrosse: A Rookie Book (A Sports Illustrated Kids Book) (Sports Illustrated Kids Rookie Books). (Recommended for Younger Ones)**

<https://www.amazon.com/My-First-Book-Lacrosse-Illustrated/dp/1683300785/ref=sr_1_1?crid=2AS7OTY2ZG3EA&keywords=my+first+book+of+lacrosse&qid=1584365238&sprefix=my+first+book+of+lac%2Caps%2C166&sr=8-1>

**Franklin Youth Lacrosse Goal**

<https://www.amazon.com/Franklin-Sports-Deluxe-Youth-Lacrosse/dp/B00K87S45S/ref=sr_1_1?dchild=1&keywords=franklin+youth+lacrosse+goal&qid=1584365260&sr=8-1>

Resources for the whole family:

**Positive Coaching Alliance videos, articles, tips:**

<https://positivecoach.org/team-sport?utm_source=pcaemail&utm_campaign=teamsport&utm_content=kellybutton>

Best for Goalies:

**Goalie Work:**

<https://laxgoalierat.com/lacrosse-goalie-workout-and-drills-to-do-all-alone/?utm_medium=email&utm_campaign=712962-laxgoalierat-goalie-workout-you-can-do&utm_source=lists%2F61486-Lax-Goalie-Rat-Email-List&simplero_object_id=su_TgAUbRC7cua9vnPoXeCgtn2v>

Useful for all ages:

**Coach Chris’s List of Videos:**

<https://docs.google.com/spreadsheets/d/1WNR_ZGJf60-HQW1ITYIYtnQgKhkG9_V_mcZ0s0wHnmU/edit#gid=0>