



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=louVXV55WVHrxQIQWVjknjmsUD4JzHxgT>

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=11vYoeqoL6UrCLGTtoxBv3BaAW9Ami3l_V

Best for Younger / Newer Players:

Onward & Scoopward Video Series:

<https://www.youtube.com/channel/UCErzvpER5xKwGpKT3Wk1iGg?fbclid=IwAR2xhwTnW7EKs0zdPJCKof3ZLRPhDmC4qaEP-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&prefix=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