Wheelchair Lacrosse USA CAMP AGENDA

Day 1

900am-1000am Segment One

Introductions

Safety / Equipment Review, getting dressed

Break up into 2 groups for passing and catching drills

Shooting techniques and drills, mobility

1015am- 1200pm Segment 2

Introduce D Pole

Rules Review, Player Positioning, Offside's

Offensive, Defensive Zones

100pm-230pm Segment 3

Assign players to positions

Face Off Rule, Restraining line, procedure

Cover offensive and defensive schemes, zone, shifting, sliding

Day 2

900am – 1030am - Segment 5

Tri-Angle Passing Drill

Set plays and picking

Riding, Clearing

Defense, zone v. man on man

2 groups run offense at 50%, demonstrate a proper pick and player separation

1030-am – 1230pm - Segment 6

Choose teams and play full speed scrimmage

100pm – 200pm

Acknowledgements and thanks to sponsors and volunteers

Question and Answer period

Prize give-aways and equipment donations

There will be a donation made to the host program in the form of equipment to help participants get what they need to continue playing. WLUSA Player Memberships will be available to all athletes.