



LACROSSE
America

GROUP LESSONS WITH STEVE BROOKS
Coaches Blog - Week 3

In the third week we started out with some more agilities but different ladder routine. Right after our dynamic warm up we went right into cone drills. We did our spike drill which we did at Syracuse which involves a V cut to create separation from your defender. Also, we adapted the drill to show the kids how to roll always from their defender to get their hands free and complete the pass. Lastly we finished our session with shooting. We did our shooting drill that emphasized a pass, then a cut to the goal' simulating a give and go. The last shooting drills we did really showed how it works in a game like situation with a full cut and quick release. Our last group lesson will be dodging against a real defender and I will put on some equipment and go against the kids to make it more realistic.

Hope to see you there!
COACH BROOKS #44

Have a question for coach Brooks about winning a national championship, playing professional lacrosse, or anything else? Email him at askbrooksie@lacrosseamerica.com and he will write you back!

