

Head Coach - Vince Trombetta  
 is CALLING YOU OUT !!!  
 WC Lacrosse !  
 Let's DO THIS !!!

# LACROSSE 2016

## WC WILDCATS

**FREE ~ COME  
 CHECK US OUT**

**LAX EXHIBITION  
 SUNDAY 1-31-16  
 2 - 4 pm**

**Where: WCHS  
 FIELD HOUSE**

### SHOOTING STATION

- Technique
- On the Run
- Behind the Cage
- Up Top
- From a Pass
- On the Crease



**CURRENT  
 PLAYERS WILL  
 BE THERE TO  
 SHOW YOU THE  
 ROPES!**

### PASSING STATION

- Technique
- Left-to-Left      Right-to-Right
- Right-to-Left    Left-to-Right
- Quick Stick Passes
- Passing on the Run
- Passing in Game Situations

### BODY / STICK DEFENSE STATION

- 1 vs 1 Body Defense Work
- Proper Technique against Man
- Stick Check Work and When to utilize Stick Check
- Proper Slide Technique
- Field Positioning

### GROUND BALLS +++ STATION

- Technique
- Steal the Bacon Drill
- Man Ball Drill
- Ground Balls to Self
- Find your Outlet Pass
- Game Rules / Situational Instincts

**Questions? Call Jack  
 WCHS Lacrosse President  
 630-770-8000  
 info@wegolax.com or go to  
 wegolax.com for more info  
 \*\*Waiver will need to be signed  
 by parent / guardian on the day**