



LACROSSE & HOCKEY

THE PERFECT COMBO

From hockey legends like Gretzky and Tavares to contemporary stars such as Shanahan and Stamkos, NHL players endorse the idea of engaging in lacrosse during the spring to enhance their hockey prowess.

Hockey and lacrosse are two fast-paced, physically demanding sports that share many similarities in terms of skillsets and athleticism. Both sports require agility, hand-eye coordination, teamwork, and a competitive spirit. There are many reasons why hockey players should consider playing lacrosse during their offseason or as a complementary sport. This crossover can not only enhance their skills but also provide a host of other benefits.

Participating in lacrosse will help your hockey player:

- Enhance Stick Handling Creativity
- Foster Creativity in Tight Areas
- Read the Play Offensively
- Develop Strong Defensive Tactics
- Build Strength and Endurance
- Prevent Sport Burnout
- Improve Hand-Eye Coordination
- Play with Head Up and Awareness
- Reinforce Quickness and Agility
- Hone Scoring Skills
- Improve Ambidexterity

The lacrosse community in Omaha is growing and there are great opportunities for players of all ages, from 4-year-olds through high school and beyond!

To explore the synergies between lacrosse and hockey, get insights into the organization of youth and high school lacrosse in Omaha, and stay updated on upcoming opportunities for your sons **and daughters** to experience lacrosse without any commitments, simply scan the QR code below or visit millardwestlax.com/LaxWithHockey.



← Access lacrosse information here, no matter your location in Omaha or your school district affiliation.

