

## **Extra Resources for Youth Players:**

If you're getting bored and looking for more drills or some neat ideas to do at home, these groups are doing some nice things via social media or the web, so check them out.

Youtube can be a great resource over the next couple weeks and for life to pick up lacrosse knowledge.

### **General Videos for Everyone**

1) PLL Academy: [https://www.youtube.com/playlist?list=PLYwxet-wh\\_uZDRByw49HBV2zoLlflhCxi](https://www.youtube.com/playlist?list=PLYwxet-wh_uZDRByw49HBV2zoLlflhCxi)

-Quick videos on some of the basics of each position and some next level thinking.

-Defense: Kyle Hartzell does a great job on the defensive tutorials.

-Attack: Jules Heningburg does a great job giving different drills you can do on your own as well as some good explanations on how to read the defense.

-More positions coming...

2) Harvard One Clip/One Drill Series: <https://www.youtube.com/hlx1881>

-Great for older players 4-8th grade.

-Harvard Coaching staff goes through game clips, drills, and teaching techniques. Tons of knowledge and a great place for older players to get some coaching and knowledge.

-Also a great place for parents to educate themselves about lacrosse.

3) ESPN- Watch all the college games from this past year. Everything from top D1 teams to D2 and D3 teams/ You can learn from every college level.

### **Offense/Shooting Videos:**

1) Time and Space Demo with good explanation of use of wrists:

<https://www.youtube.com/watch?v=ujqm0sdy93M>

2) Shooting on the Run Demo: <https://www.youtube.com/watch?v=N0-6oIyQMBY>

3) Jim Berkman Shooting Drills. [https://www.youtube.com/watch?v=Q\\_mHocyuPc8](https://www.youtube.com/watch?v=Q_mHocyuPc8)

-Fast forward about 10 minutes, before they get going on drills.

-Berkman is the master at coming up with stick work and shooting drills. So anything you can find from him is worth looking at.

4) Attack Combo work: <https://www.youtube.com/watch?v=DfCqclX8TBQ>

-Mark Millison does some good videos for drills for dodging from X

5) A3 Lacrosse App:

-Attackmen oriented app for your phone. You can get some videos and drills for free.

-You can pay a fee for more resources on the app, and feedback from Rob Pannel and Grant Ament.

### **Defensive Videos:**

1) Kyle Hartzell on Twitter. @Khartzell81

-This is great for defensive players. He's good at using what's available to come up with some ways to keep training. Look back to around 3/18 for a bunch of his stuff.

2) Defense at GLE with Tucker Durkin: <https://www.youtube.com/watch?v=7YYHks-Vexs>

-Good description D at GLE, and where to engage the offensive player and how to use feet.

3) Notre Dame Teaching Videos:

[https://www.youtube.com/playlist?list=PLkuc5uGc7VT5FAu9\\_mRsQZz2kS19QjAIU](https://www.youtube.com/playlist?list=PLkuc5uGc7VT5FAu9_mRsQZz2kS19QjAIU)

-These are great. It's a mix of team and individual drills, but gives some great insight as well.

-Mix of Offense and Defense, but D ones are great.

3) Ric Beardsley Instagram. If you follow Ric Beardsly on Instagram he has some great videos of drills for defensemen. My favorite are back from August. He will post them throughout the year.

### **Face Off:**

1) FOA Beast Lab: <https://www.youtube.com/playlist?list=PL701403A46A3BF08E>

Some drills and tips from Gregg Gurilian.

2) General Face Off Academy You tube videos:

<https://www.youtube.com/playlist?list=PLf39KLLciKKA7lqIMHGCCWvC1Z5EiSsst>

3) Face Off Academy App

-Download this in your phones app store, costs \$1.99. Good tool for drills, and also setting timers and reps. Good resource for practice actual draws and reps at home if you don't have a friend to work with..

### **Goalies:**

1) Scotty Rogers, Basic Drills: <https://www.youtube.com/watch?v=bxTa01u4kto>

-This is a great video to get all the basic drills you need to become a better goalie. It's long but worth the time. Any parent or sibling can help a goalie go through these drills.

-Scotty Rogers has a ton of videos on youtube, check them out.

2) Wall Ball work: <https://www.youtube.com/watch?v=eO9Uqx6B59Q>

-Good ideas for when you're by yourself.