

BOYS FALL BALL LEARN TO PLAY

K-8TH GRADERS

RAIDERS

LACROSSE

2024-2025

Sundays, 4:30 - 5:30pm
September 8th - 29th
(4 Sessions)

SVLA is proud to provide a Learn to Play program for **first time players**.

- **All ages (K - 8th grade)** with little or no previous lacrosse experience are invited to participate.
- Players will be grouped according to age.

Sessions will focus on teaching essential lacrosse skills giving new players a jump start on the spring season.

- Passing
- Shooting
- Catching
- Ground Balls.
- Dodging

Required equipment:

- Lacrosse Stick
(some will be available for use)
- Mouth Guard
- Cleats

Softer lacrosse balls and/or tennis balls will be used for training. Pads and helmets are not needed at this time.

Coached by the Seneca Valley
Varsity Boys Lacrosse players*



Thank you for trying
something new and supporting
the SV lacrosse association.

Proceeds benefit the
SV Boys Varsity Lacrosse Team

\$60.00 per player

**Lindner Field,
Cranberry Park**
(next to the dog park)



To register, visit:
www.svlacrosse.org/register
or scan QR Code

Contact us: Admin@svlacrosse.org

This is not a Seneca Valley sponsored event