



Welcome to “Pocket Aces”: Putting the “Fun” Meets Fundamentals!

Lacrosse is a sport that kids naturally gravitate toward. The stick, the gear, the fast-paced action, and the freedom to express creativity within a team make it one of the most exciting sports to play and watch. The Pocket Aces program is designed to harness that natural enthusiasm. Once kids pick up a stick, learn a few basics, and experience the joy of the game in a supportive environment, they’ll be hooked—it’s THAT fun!

Program Overview

Over 10 weeks this summer (1 hour per week), we’ll create a lacrosse experience that blends fun, teamwork, and skill-building.

The only **required equipment** is a regulation youth lacrosse stick. This is a regulation play stick with a slightly smaller diameter and slightly shorter stick length that your player can use for years, but makes learning a little easier than the traditional 42” length. (**This is not a fiddle stick**). An example can be found and purchased [HERE](#) if needed.

We use regulation size and weight lacrosse balls, but are **much softer** than a regulation lacrosse balls and those can be seen [HERE](#).

We want to get ride of all the burdensome gear that isn’t necessary to learn to play. This is a non-contact program and there is no need to buy additional gear...show up with your stick and let’s play!

Our Goals

1. Emotional Growth:

- ✓ **Love the Game:** Foster an environment where kids can’t wait for the next session.
- ✓ **Build Confidence:** Help kids feel proud of their progress, even when learning through mistakes.
- ✓ **Make Friends:** Emphasize teamwork and celebrating each other’s success.

2. Skill Development:

- ★ Develop the understanding of the core foundational skills of lacrosse that will carry them through their playing careers:
 - ✓ **Cradling & Carrying the ball**
 - ✓ **Scooping up Ground Balls**
 - ✓ **Passing & Catching**
 - ✓ **Shooting**
 - ✓ **The basic concepts of Dodging & Defense**
- ★ We want to finish the last few sessions by applying these skills in fun and exciting **3v3 games** that bring what they’ve learned to life!



How We Teach:

★ We focus on a proven “Tell, Show, Do” method:

- ✓ **Tell:** Provide clear and simple instructions.
- ✓ **Show:** Demonstrate the skills to create a visual example.
- ✓ **Do:** Break into small groups for hands-on practice and individual attention.
- ✓ **Game Time:** End each session with a fun game to apply the skills in action-packed play.

Why It Works:

This approach keeps kids engaged with minimal talking and maximum activity. The structure builds confidence, skills, and a love for lacrosse in an atmosphere of energy and encouragement.

Why Your Child Will Love It

Your child will leave each session smiling, confident, and excited to come back for more. They’ll grow as individuals, make new friends, and gain a lifelong passion for a sport that values creativity, motion, and teamwork.

“Pocket Aces” isn’t just about learning lacrosse—it’s about falling in love with it. Let’s get started!