



About the Author



Grace is a sophomore at St. Margaret's Episcopal School. She is passionate about pursuing the sport of lacrosse through teaching younger generations of girls. She is committed to teaching fundamental skills that are valuable on and off the field. Off the field, Grace loves to spend time with family and friends, pet her dogs, sing, play piano and guitar, and volunteer through Operation Gratitude. Grace was motivated to start Leaders4Lacrosse after seeing first hand the limited access girls have to trying out something they might fall in love with. Grace believes that lacrosse truly changed her life and without the opportunity to play she would not be the person she is today. She cannot wait to spread this same joy and passion to girls of younger generations.

TABLE OF CONTENTS

Chapter 1: PASSION

Chapter 2: COMMITMENT

Chapter 3: TEAMWORK

Chapter 4: LEADERSHIP



Chapter 1: **PASSION**

On the Field & Off the Field

Hey there future lacrosse stars! In this chapter, we will introduce you to the exciting world of lacrosse, both on and off the field.



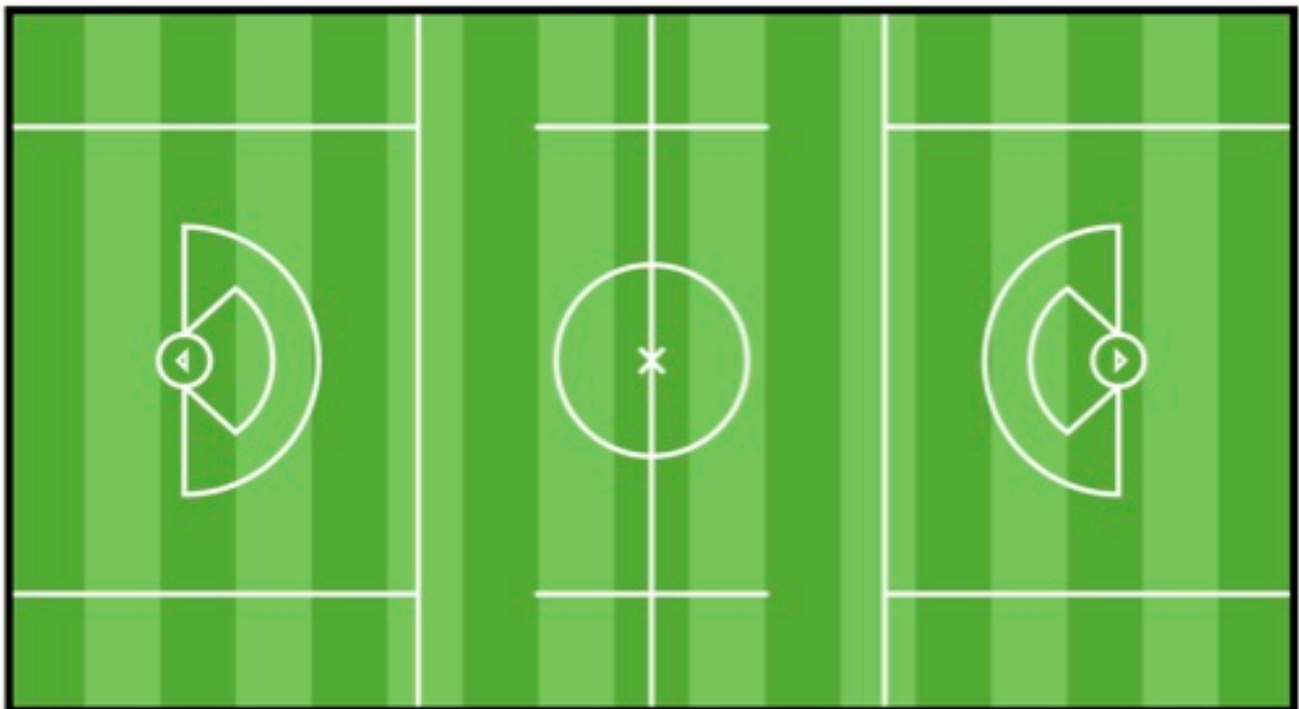


On the Field: Introduction to Lacrosse



Lacrosse is a fun and fast-paced sport that is enjoyed by people of all ages. It involves two teams, each with twelve players, who use a stick to pass a ball back and forth and try to score goals by throwing the ball into the opposing team's net. The game is played on a large field and can be very competitive.

12 Players Per Team





Lizzie Colson
Professional Lacrosse Player/Team USA



On the Field: Introduction to Lacrosse

Before we get started, let's go over some basic equipment you'll need to play lacrosse. For girls lacrosse, you'll need the following equipment:



Lacrosse stick + ball



Eye goggles



Mouthguard

Helmets are optional and becoming more popular for girls. It's important to wear all of this gear to protect yourself while playing.





Lacrosse Girl

['noun]



same as a normal girl just much cooler.
See also: Brave, Awesome



On the Field: Introduction to Lacrosse

Now, let's learn how to hold the stick properly. Place your non-dominant hand at the bottom of the stick, known as the "butt end." Then, place your dominant hand on the stick a few inches above your other hand.

When catching, move your top hand higher on the stick and when you are passing or shooting, move your top hand closer to your bottom hand. Make sure not to grip the stick too tightly and to let your hands feel comfortable in their position.



On the Field: Introduction to Lacrosse

Next, let's learn how to **cradle** the ball. This is a technique used to control the ball while running. To cradle, hold the stick with both hands and move your wrists back and forth to keep the ball in the pocket of the stick. This will help you keep possession of the ball while running and maneuvering around defenders.



On the Field: Introduction to Lacrosse

Another important skill to learn is how to **scoop the ball**. This is how you pick up a loose ball from the ground. Place your hand at the top your stick and angle your stick to be parallel with the ground. Then crouch down low and scoop all the way through the ball, gently brushing the grass. You cannot cover the ball in order to pick it up. That is illegal.





Scooping the Ball



On the Field: Introduction to Lacrosse

Finally, let's go over some basic **shooting techniques**. To shoot the ball, you'll need to wind up your stick and then throw the ball towards the net. Get your hands out and away from your body and work on getting as much leverage from the push-pull motion as possible. Whatever hand is on top is pushing and the bottom hand is pulling. You should follow through all the way to your opposite foot. Never let your arms cross. Depending on when you snap your top wrist is where the ball will end up. Practice shooting with both hands to become an all-around player.







Off the Field: Identify Your Passion

Now that we've covered some basic lacrosse skills, let's talk about what it means to be passionate about lacrosse. Being passionate means that you love something so much that you can't imagine your life without it. It's important to find your passion in life because it gives you a sense of purpose and fulfillment.

What Do You Love About Lacrosse?

Is it the feeling of running down the field with the wind in your hair? Is it the excitement of scoring a goal? Is it the teamwork and camaraderie with your teammates? *Take a moment to write down what you love about lacrosse.*




















Off the Field: Identify Your Passion

Create a Vision Board

To help you stay motivated and inspired, let's create a vision board. A vision board is a collage of pictures and words that represent your goals and aspirations. Find pictures of lacrosse players, lacrosse equipment, and anything else that inspires you. Then, add words that represent your goals and aspirations, such as "dedication," "teamwork," and "hard work." Display your vision board somewhere where you can see it every day, such as on your bedroom wall or in your locker.



My Vision Board



Off the Field: Identify Your Passion

Set Goals That Align with Your Passion

Finally, let's set some goals that align with your passion for lacrosse.

Setting goals is important because it helps you...

*A goal is a dream with
a deadline*





MY GOALS



GOAL:

REASON

MOTIVATION

STEPS TO TAKE



GOAL:

REASON

MOTIVATION

STEPS TO TAKE



GOAL:

REASON

MOTIVATION

STEPS TO TAKE





MY GOALS



GOAL:

REASON

MOTIVATION

STEPS TO TAKE



GOAL:

REASON

MOTIVATION

STEPS TO TAKE



GOAL:

REASON

MOTIVATION

STEPS TO TAKE





On the Field: Passion, Skills, Practice



Now that you have identified your passion for lacrosse, it's time to start practicing! Now we will go over some drills and exercises that will help you improve your stick skills, shooting techniques, defense, speed and agility, teamwork, and leadership

Stick Handling

Use your dominant hand to circle the ball around your body and pass it to your non-dominant hand. Repeat with your non-dominant hand.

One-Handed Cradle

Practice moving the ball back and forth between your dominant hand and the bottom hand of your stick.

Ground Balls

Practice scooping the ball off the ground using one hand on your stick.





One-Handed Cradle





On the Field: Passion, Skills, Practice



Shooting & Stick Work Drills

Wall Ball:

Stand in front of a wall and pass the ball against it, catching it with your stick after each throw.

Catching on the Run

Grab a partner and practice catching a ball while running full speed through the catch. Never stop your feet to receive the pass.

Shooting on the Run:

Practice running through the shot and shooting at the goal while sprinting full speed, backpedaling out of your followthrough.



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On the Field: Passion, Skills, Practice



Speed & Agility Drills

Ladder Drills:

Set up a ladder on the ground and practice running through it with quick footwork. Different variations can be putting one foot in each box, one foot in one foot out, or skipping a box.

Shuttle Runs:

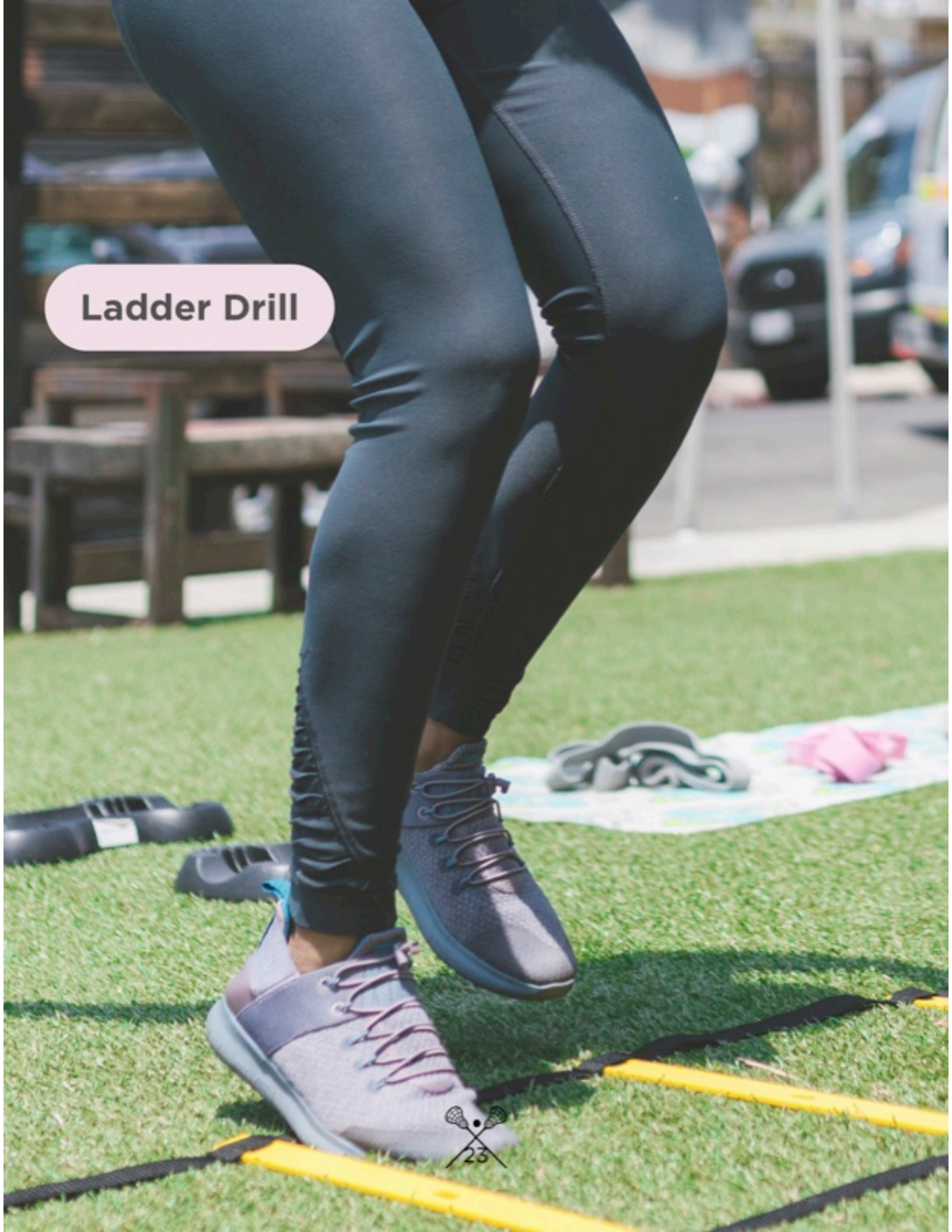
Run back and forth between two cones, touching each one. Do this for 5 reps then take a break before attempting another round.

Box Jumps:

Use a box or bench to practice jumping on and off quickly. Make sure you get into an athletic stance and jump off the ground onto the box and then back down, making sure both feet hit the ground at the same time. You can also try this with one leg at a time.



Ladder Drill





On the Field: Passion, Skills, Practice

Teamwork Exercises

Passing & Catching:

Practice passing the ball back and forth with a partner, focusing on accuracy and communication.

Small-Sided Games:

Play 3-on-3 or 4-on-4 games with teammates to practice working together and moving the ball up the field. You can even use a tennis ball to work on stick skills.



Scrimmages:

Practice playing full-field games to work on teamwork and communication.





Chapter 2: COMMITMENT

On the Field & Off the Field

Hey there lacrosse stars! Welcome to Chapter 2 of Leaders4Lax's Lacrosse Workbook. In this chapter, we will explore the importance of commitment both on and off the field.





On the Field: Importance of Consistent Practice



Consistent practice is key to becoming a great lacrosse player. By practicing regularly, you will improve your stick skills, speed, agility, and endurance. **Aim to practice at least three times a week, and make sure to prioritize team practice as well.**

To improve your stick skills, try practicing:

- cradling
- passing, and
- shooting with both hands

Use a wall or a rebounder to practice these skills on your own time.

Drills such as the "**figure-eight drill**" and the "**line drill**" can also help you improve your stick skills and footwork.



On the Field: Importance of Consistent Practice

To improve your speed and agility, incorporate:

- drills such as "**suicides**" and
- "**shuttle runs**" into your practice routine

These drills will help you improve your speed, quickness, and change of direction.



To increase your endurance, focus on:

- running
- conditioning drills

Try running intervals of sprints and jogs, or try running stairs or hills to build endurance.





Off the Field: Identify Your Personal Values



Commitment means dedicating yourself to something that you value. To be truly committed, you must first identify your personal values. What is important to you? Is it honesty, respect, perseverance, or teamwork? **Take a moment to write down your personal values.**

Reflect on How You Can Commit to Improving Your Lacrosse Skills

Now that you've identified your personal values, let's reflect on how you can commit to improving your lacrosse skills. Think about how you can use your personal values to motivate and inspire you to practice consistently and improve your skills. For example, if honesty is important to you, commit to being honest with yourself about your strengths and weaknesses as a lacrosse player.





Off the Field: Identify Your Personal Values



Create a Daily/Weekly Practice Schedule

To stay committed to improving your lacrosse skills, it's important to create a daily or weekly practice schedule. This schedule should include time for individual practice, team practice, and conditioning. Make sure to set aside time each day to work on your stick skills, speed, agility, and endurance.

Set Goals to Track Your Commitment and Progress

Finally, set goals to track your commitment and progress. These goals should align with your personal values and your vision for your lacrosse career. For example, if teamwork is important to you, set a goal to improve your communication skills on the field. Make sure to track your progress towards these goals and celebrate your successes along the way. Remember, commitment takes dedication and hard work, but it is essential to becoming a great lacrosse player.

Keep practicing, stay committed to your goals, and most importantly, have fun on the field!





Weekly Lacrosse Practice Schedule

Week #1 Dates:

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Weekly Lacrosse Practice Schedule

Week #2 Dates:

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Weekly Lacrosse Practice Schedule

Week #3 Dates:

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Weekly Lacrosse Practice Schedule

Week #4 Dates:

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Saturday & Sunday

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On the Field: Commitment Skills Practice



Being committed means showing up and putting in the effort to improve every day. In this section, we will focus on exercises and drills that will help you build endurance, improve stick handling skills, and work on teamwork and leadership.

Endurance Exercises

Endurance is an important aspect of lacrosse, as games can last for a long time, and players need to be able to maintain their energy levels throughout the game. Here are some exercises to help you build endurance:

- **Running:** Go for a jog or run for at least 20-30 minutes every day. This will help you build up your endurance and stamina.
- **Sprints:** Set up cones or markers about 10-15 yards apart and sprint back and forth between them. Repeat this for several sets, with short breaks in between.
- **Jumping jacks:** Do jumping jacks for 30 seconds to one minute, take a short break, and then repeat. This will help you build up your endurance and get your heart rate up.





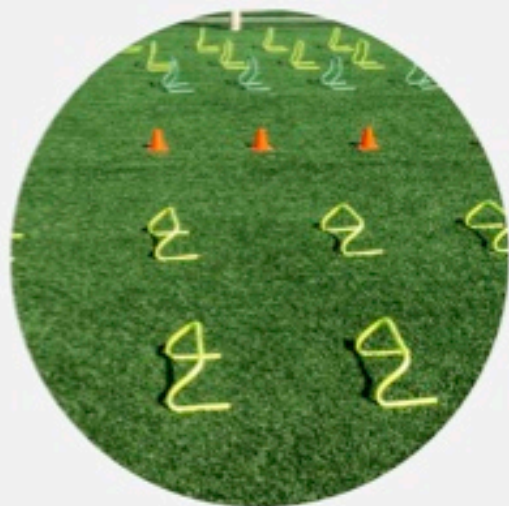
On the Field: Commitment Skills Practice



Stick-Handling Drills

Stick handling is an essential part of lacrosse. Here are some drills to help you improve your stick handling skills:

- **Figure 8:** With your stick and ball, make a figure 8 around your legs. Do this for 30 seconds to one minute, and then switch directions.
- **Wall ball:** Find a wall and practice throwing and catching the ball with your stick. This will help improve your stick handling skills and accuracy.
- **Cone drills:** Set up cones or markers in a zigzag pattern and practice weaving in and out of them while dribbling the ball with your stick.



On the Field: Commitment Skills Practice

Conditioning Exercises

Conditioning exercises are important for building strength and endurance. Here are some exercises to help you improve your conditioning:

- **Squats:** Do a set of squats, with or without weights, to build leg strength and improve overall conditioning.
- **Lunges:** Do a set of lunges, with or without weights, to build leg strength and improve overall conditioning.
- **Push-ups:** Do a set of push-ups to build upper body strength and improve overall conditioning.



GOAL ACTION *plan*



GOAL	START DATE:	DUE DATE:

GOAL PROGRESS: 0%

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 100%

ACTION STEPS

POSSIBLE OBSTACLES

HOW TO OVERCOME OBSTACLES



Chapter 3:

TEAMWORK

On the Field & Off the Field

Welcome back, lacrosse players! In this chapter, we will explore the importance of teamwork both on and off the field.





On the Field: Define Teamwork & Examples

Teamwork means working together to achieve a common goal. As a lacrosse player, it's important to show teamwork both on and off the field.



"The strength of the team is each individual member. The strength of each member is the team". - Phil Jackson





On the Field: Passing Catching & Defense,



To be a successful lacrosse player, it's important to know how to pass and catch, play defense, play offense, and communicate effectively with your teammates.

To pass and catch effectively, practice:

- throwing and catching with both hands
- use a wall or a partner to practice your accuracy and speed
- make sure to communicate with your teammates to let them know where you are on the field and where you want them to pass the ball

To play effective defense:

- stay between your girl and the goal
- use your body to block your opponent's path
- use your stick to disrupt their passing and shooting







On the Field: Offense & Communication



Communication is key when playing defense, so make sure to communicate with your teammates to ensure that everyone is covering their assigned areas.

To play effective offense:

- focus on ball movement and positioning
- use passing and cutting to create scoring opportunities for yourself and your teammates
- again, communication is key when playing offense, so make sure to communicate with your teammates to ensure that everyone is on the same page





On the Field: Teamwork Exercises



Passing and catching drills

One of the most important skills in lacrosse is passing and catching. You can practice this skill by doing partner drills. Stand a few yards away from your teammate and practice passing the ball back and forth. Start with easy, short passes and work your way up to longer, more difficult passes.

Defense drills

Good defense can win games! Practice your defense skills by doing one-on-one drills with a teammate. Start by standing in front of your teammate and trying to prevent them from getting past you to the goal. Work on your footwork and positioning to become a stronger defender.





On the Field: Teamwork Exercises



Offense drills

Offense is all about scoring goals! Work on your offensive skills by practicing shooting and dodging. Set up cones or other obstacles on the field and practice running around them while maintaining possession of the ball. Work on your shooting technique by taking shots from different angles and distances.



Communication drills

Communication is key on the field! Practice calling out plays and instructions to your teammates during drills and scrimmages. Work on listening to your teammates and responding appropriately.





On the Field: Teamwork Exercises



Teamwork Exercises: Working Together

Lacrosse is a team sport, so it's important to practice working together with your teammates. Here are some exercises to help improve teamwork:

- **Relay races:** Divide into teams and set up a relay race, passing the ball between teammates.
- **Two-on-one drills:** Practice playing two-on-one with your teammates, focusing on passing, catching, and teamwork
- **Scrimmages:** Practice playing in a scrimmage setting, focusing on teamwork and communication.



LIFE
is better
WHEN WE
STICK
TOGETHER



Off the Field: Define Teamwork



Define what teamwork means to you

Reflect on how you can be a supportive teammate.

Take some time to reflect on what teamwork means to you. Write down your thoughts and discuss them with your teammates. Think about what qualities you can bring to the team and how you can use those qualities to support your teammates.

For example, if you're a strong communicator, make an effort to communicate effectively with your teammates during practice and games.





Off the Field: Teamwork Examples



Think about specific actions you can take to be a good teammate. **Examples** might include encouraging your teammates, offering constructive criticism, and always giving your best effort.

On the field, you can support your teammates:

- by congratulating them on a good play
- offering encouragement when they make a mistake
- and communicating effectively to ensure that everyone is on the same page

Off the field, you can show teamwork by:

- volunteering to help set up equipment or
- organizing team bonding activities

*"Alone we can do so little;
together we can do so much."
- Helen Keller*





Off the Field: Teamwork Examples



Teamwork is:

Write down examples of how you can show teamwork on and off the field.

On the Field

Off the Field

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FILL EACH DAY WITH

Teamwork

3 THINGS I
APPRECIATE FROM MY TEAM

3 GOOD THINGS
I DID FOR MY TEAMMATES

INSPIRATIONAL QUOTE

MY FAVORITE
MOMENTS OF THE DAY





Off the Field: Teamwork Plan



Create a plan for how you can be a leader on your team. Think about what it means to be a leader and how you can use your skills and qualities to lead by example.

For example, if you're a hard worker, make an effort to show up early to practice and stay late to work on your skills.

YOU
ARE
STRONGER
→ than you ←
THINK



TEAMWORK ACTION PLAN

GOAL	WHY	MOTIVATION

START DATE	DEADLINE	REWARD

OBSTACLES TO OVERCOME

RESOURCES

BIG STEPS

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LITTLE STEPS

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Off the Field: Teamwork Goals



Set goals to track your teamwork and leadership development.

These goals should align with your personal values and your vision for your lacrosse career.

For example, if perseverance is important to you, set a goal to never give up during a game or practice.

Make sure to track your progress towards these goals and celebrate your successes along the way.





I ❤️
LAX



TEAMWORK GOAL *plan*



GOAL	START DATE:	DUE DATE:

GOAL PROGRESS: 0%

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 100%

ACTION STEPS

POSSIBLE OBSTACLES

HOW TO OVERCOME OBSTACLES



TEAMWORK GOAL *plan*



GOAL	START DATE:	DUE DATE:

GOAL PROGRESS: 0%

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 100%

ACTION STEPS

POSSIBLE OBSTACLES

HOW TO OVERCOME OBSTACLES



Williams
ARIZONA
ROUTE
66

TEAMWORK GOALS *in Action*



DATE:

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Saturday & Sunday

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MY TEAM PHOTOS



Lacrosse



MY TEAM PHOTOS



Lacrosse





Off the Field: Teamwork Skills Activities

Team Building Activities

Strong teams work well together both on and off the field. Team building activities are a great way to help your team bond and learn to work together.

Consider planning team building exercises like:

- a team scavenger hunt
- a group volunteer activity
- team dinners
- or a team retreat

These activities will help help build trust and camaraderie among your teammates, which can translate to improved performance on the field.





Off the Field: Teamwork Skills Practice Activities



Team Building Activities

Consider what your teammates need from you to be successful.

Think about how you can support them on and off the field.

- **Create a plan** for how you can be a leader on your team
- Think about the qualities of a good leader and how you can embody them on your team.
- Make a plan for how you can be a positive influence on your teammates.
- **Set goals** to track your teamwork and leadership development
- Set specific, measurable goals for yourself in terms of teamwork and leadership. Keep track of your progress and adjust your plan as needed.





Off the Field: Teamwork



Remember, teamwork is essential to becoming a successful lacrosse player. Keep practicing, stay committed to your goals, **and most importantly, support your teammates both on and off the field!**

Live
LOVE
Lacrosse







Chapter 4:

LEADERSHIP

On the Field & Off the Field

Welcome back, lacrosse players! In this chapter, we will explore the important role of leadership both on and off the field.





On the Field: Setting Up Plays, Communication, Leading by Example, Conflict Resolution, and Sportsmanship

Communication is key when setting up plays, so make sure to communicate effectively with your teammates to ensure that everyone is on the same page.

Being a great leader on the field

- It's important to know how to set up plays
- Communicate effectively with your teammates
- Lead by example,
- Handle conflicts
- And demonstrate good sportsmanship.



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On the Field: Setting Up Plays



Setting up Plays

- One of the key responsibilities of a team leader is to help organize the team's strategy on the field. Setting up plays is an essential aspect of this role, and it requires a great deal of communication and planning.
- As a leader, you should work with your coaches and teammates to develop effective plays that can help your team score points and win games. Take the time to practice these plays during team practices and work on refining them until they become second nature.





On the Field: Setting Up Plays



Set up plays effectively:

- focus on knowing your teammates' strengths and weaknesses
- create plays that will capitalize on your team's strengths
- exploit the opponent's weaknesses





On the Field: Communication



Communicate effectively:

- make an effort to listen actively to your teammates
- respond in a clear and concise manner
- use positive language and tone to build trust and foster a positive team environment



Communication is what makes a team strong!






On the Field: Leading by Example

Lead by Example


- demonstrate good sportsmanship by playing fair
- encourage your teammates to do the same
- show respect for your opponents and the referees
- and make an effort to help your teammates improve their skills and strategies

When conflicts arise, handle them calmly and respectfully. Listen actively to both sides of the issue and work to find a solution that is fair to everyone involved.





On the Field: Leadership Skills Practice



Leadership Activities

In lacrosse, there are many opportunities to be a leader both on and off the field. Here are some activities to help develop leadership skills:

- **Team captain:** Practice being a team captain and leading your team during practice and games.
- **Mentorship:** Take a newer player under your wing and mentor them, showing them the ropes and helping them improve their skills.
- **Community service:** Volunteer in your community and be a positive role model for others.



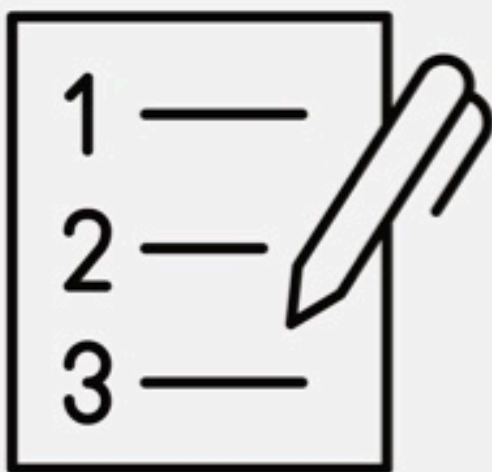


Off the Field: Reflection



Reflection:

- Reflect on how you can **lead by example**. Think about what qualities you can bring to the team and how you can use those qualities to inspire your teammates. For example, if you're a hard worker, make an effort to show up early to practice and stay late to work on your skills.
- **Create a plan** for how you can be a positive influence on your team and community. Think about what actions you can take to demonstrate good leadership and how you can inspire others to do the same. For example, you can organize team bonding activities or volunteer at a local charity event.



LEADING BY EXAMPLE

plan

PLAN

START DATE:

DUE DATE:

GOAL PROGRESS: 0%

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 100%

ACTION STEPS

POSSIBLE OBSTACLES

HOW TO OVERCOME OBSTACLES

End Of Month Reflection



MONTH:

MOOD: 😊 😐 😞 😡

MY TOP 4 ACCOMPLISHMENTS

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WHAT WENT WELL THIS MONTH?

BAD HABITS I NEED TO STOP

WHAT DIDN'T GO AS PLANNED?

WHAT I NEED TO IMPROVE

WAS THERE ANYTHING HOLDING ME BACK FROM REACHING MY GOALS?

REMINDER FOR NEXT MONTH







Off the Field: Define Leadership



Defining Leadership

Leadership means using your skills and qualities to positively influence your team and community. As a lacrosse player, it's important to be a leader both on and off the field.

Take a moment to define what leadership means to you.

Write down examples of how you can be a leader on and off the field. For example, on the field, you can be a leader by encouraging your teammates, setting a positive tone, and demonstrating good sportsmanship.

Off the field, you can be a leader by volunteering in your community, mentoring younger players, and advocating for positive change.





Off the Field: Leadership Examples

Leadership is:

Write down examples of how you can show leadership on and off the field.

On the Field

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Off the Field

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Off the Field: Leadership Skills Practice



Leadership Activities

In lacrosse, there are many opportunities to be a leader both on and off the field. Here are some activities to help develop leadership skills off the field:

- **Goal Setting:** Set goals for yourself and your team and work towards achieving them together.
- **Encouragement:** Practice giving positive feedback and encouragement to your teammates during practice and games.
- **Role Modeling:** Lead by example by showing up early to practice, working hard, and demonstrating good sportsmanship.



EAT



SLEEP



PLAY



Off the Field: Leadership



Leadership Skills Practice:

In order to become a successful lacrosse player, it's not enough to simply possess the physical skills required to play the game. As you progress in your journey, you will also need to develop strong leadership skills that will help you guide and support your team on and off the field.

In this section, we will discuss some practical exercises and activities that can help you hone your leadership skills and become a better player and teammate.





Off the Field: Goals



Setting Goals:

- Set **goals** to track your leadership development. These goals should align with your personal values and your vision for your lacrosse career. For example, if integrity is important to you, set a goal to always act with honesty and transparency, both on and off the field. Make sure to track your progress towards these goals and celebrate your successes along the way.
- Remember, leadership is a crucial aspect of becoming a successful lacrosse player. Keep practicing, stay committed to your goals, and most importantly, inspire and encourage your teammates to be the best they can be!

What's
life 
without
 Goals?



LEADERSHIP GOALS *plan*

GOAL	START DATE:	DUE DATE:

GOAL PROGRESS: 0%

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 100%

ACTION STEPS

POSSIBLE OBSTACLES

HOW TO OVERCOME OBSTACLES

LEADERSHIP GOALS *plan*

GOAL	START DATE:	DUE DATE:

GOAL PROGRESS: 0%

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 100%

ACTION STEPS

POSSIBLE OBSTACLES

HOW TO OVERCOME OBSTACLES



Off the Field: Leadership Skills Practice Activities



Communication Exercises

- Effective communication is essential for any successful team, and lacrosse is no exception. As a leader, you should work on developing your communication skills and helping your teammates do the same.
- Practice exercises like "telephone" where one person whispers a message to another, who then passes it along to the next person, and so on. This exercise helps demonstrate the importance of clear and accurate communication





FILL EACH DAY WITH *Communication*

3 THINGS I
APPRECIATE FROM MY TEAM

3 GOOD WAYS I COMMUNICATED WITH
MY TEAMMATES

INSPIRATIONAL QUOTE

MY FAVOURITE
MOMENTS OF THE DAY





Off the Field: Leadership Skills Practice Activities



Conflict Resolution Exercises

- Lacrosse can be a high-stress game, and conflicts can arise on the field between teammates, coaches, and opponents.
- As a leader, it's important to develop strong conflict resolution skills so that you can help your team navigate these challenges.
- Practice exercises like role-playing scenarios where two teammates have a disagreement and work on resolving it in a constructive and respectful manner.





Off the Field: Leadership Skills Practice



Sportsmanship Activities

- Sportsmanship is a critical aspect of lacrosse, and it's important for all players to understand the value of fair play and respect for their opponents.
- As a leader, you should set a positive example for your team by demonstrating good sportsmanship both on and off the field.
- Consider incorporating sportsmanship activities into your team practices, such as a "sportsmanship circle" where players take turns sharing examples of good sportsmanship they've observed or demonstrated themselves.

"The most important thing is to try and inspire people so that they can be great in whatever they want to do."

Kobe Bryant



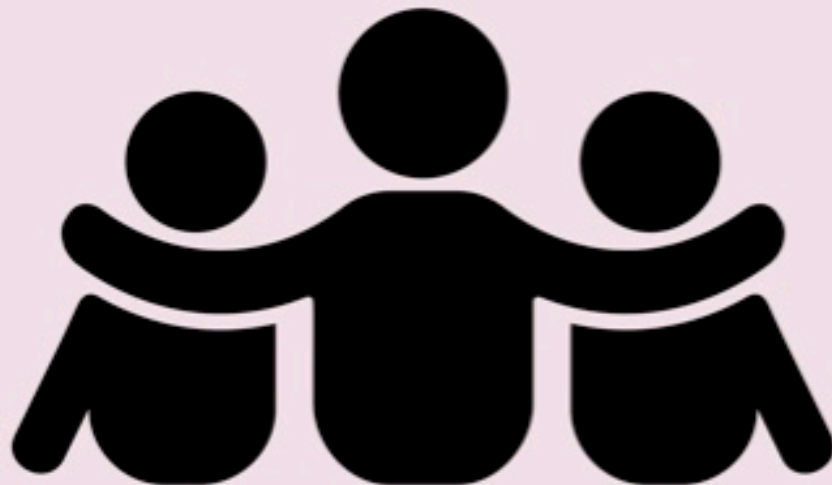


Off the Field: Leadership Building Activities



Taking Action:

- consider what your teammates need from you to be successful. Think about how you can support them on and off the field
- **create a plan** for how you can be a leader on your team
- think about the qualities of a good leader and how you can embody them on your team
- make a plan for how you can be a positive influence on your teammates



LEADERSHIP ACTION PLAN

GOAL	WHY	MOTIVATION

START DATE	DEADLINE	REWARD

OBSTACLES TO OVERCOME

RESOURCES

BIG STEPS

LITTLE STEPS

-
-
-
-

-
-
-
-

NOTES



Off the Field: Leadership Skills



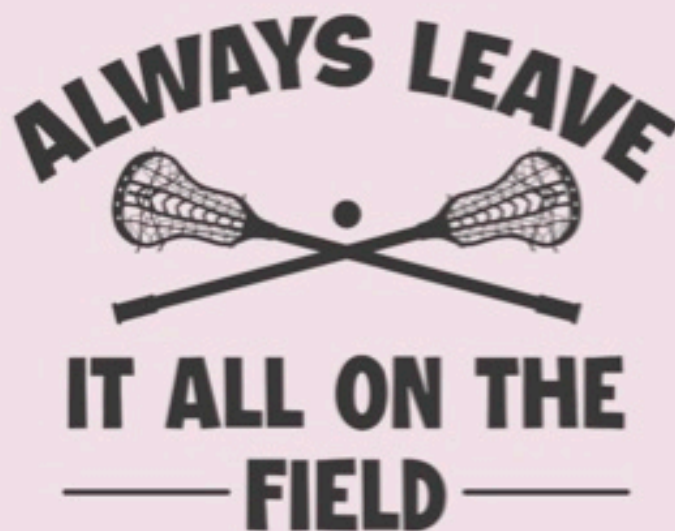
Developing strong leadership skills is an essential part of becoming a successful lacrosse player.

By practicing exercises and activities that focus on:

- setting up plays
- communication
- conflict resolution
- sportsmanship
- and team building

You can become a more effective leader and a better teammate.

Remember to always lead by example and set a positive tone for your team both on and off the field.





CONCLUSION



In conclusion, this workbook was created just for you, to help you understand and embrace the four pillars of passion, commitment, teamwork, and leadership in lacrosse.

We hope it has inspired you to approach the sport with enthusiasm and dedication, and to always be the best teammate and leader you can be.

As a young female lacrosse player, you have the power to inspire others both on and off the field. You can be a role model for other girls and young women who are looking for strong female leaders to look up to.

We want to encourage you to keep playing lacrosse with passion and dedication, and to never give up on your dreams. With hard work and determination, anything is possible.

Remember, you have the power to be a leader both on and off the field, and to make a positive impact in the world around you. Keep playing, keep striving, and keep empowering yourself and others!

I 
LACROSSE







Passion
Commitment
Teamwork

PRIMEED



Just a
girl
who
LOVES
Lacrosse

YOU MISS
ALL THE SHOTS
* YOU *
DON'T TAKE

Cool Girls
PLAY
Lacrosse

MAKE YOUR OWN STICKERS
DOWNLOAD WWW.LEADERS4LAX.COM

Lacrosse
Girl
['noun]



same as a normal girl just much cooler.
See also: Brave, Awesome

What's
life
without
Goals?



LIFE
is better
WHEN WE
STICK
TOGETHER

YOU
ARE
STRONGER
→ than you ←
THINK

LACROSSE
Girl

ALWAYS LEAVE
IT ALL ON THE
FIELD



I ❤️
LAX

Hard Work BEATS TALENTS
Sport is my life
Lacrosse
Sport team
Lacrosse
Lacrosse
Lacrosse
Lacrosse
My team is my second family
When talent DOESN'T WORK, HARD
Lacrosse
stick
My team's goalie stick



LACROSSE



MY PERFECT DAY
WAKE UP
LACROSSE
BREAKFAST
LACROSSE
LUNCH
LACROSSE
DINNER
LACROSSE
SLEEP



Just keep going.

Live
LOVE
Lacrosse

Behind
EVERY
GREAT
Goalie
IS AN EMPTY NET

EAT
SLEEP
Lacrosse.
REPEAT