

# MORGANTOWN BOX LACROSSE

MUSC INDOOR TRAINING CENTER  
INDUSTRIAL PARK ROAD  
WESTOVER, WV



## WHAT IS BOX LACROSSE?

An indoor version of the game typically played within the dimensions of an ice rink. It's fast paced and smaller dimensions compliments the field game and improves players quickly and efficiently.

## WHY PLAY BOX LACROSSE?

Box Lacrosse is an excellent opportunity to improve your game due to a smaller working space, smaller goals, bigger goalies, a shot clock, rule adjustments, etc. During our High School sessions, we will be focusing on improving the player's:

- Stick Skills and Accuracy
- Lacrosse IQ and Decision Making
- Body Control and Handling Pressure
- Off-Ball Movement and Communication
- Defensive Control and Footwork

## HOW WILL THE SESSION WORK?

The hour and a half sessions will be for 8th grade-12 grade boys. Each session will include a box skill portion, followed by lots of scrimmaging! Full pads are required and rib guards are highly recommended. All players will be required to have a standard attack stick. Please bring a water bottle and reversible practice jersey.

**All participants must be registered members of US Lacrosse.**

All proceeds benefit the efforts of Soft Lacrosse 501(c)(3) non-profit.

[cthomasmoore@softlacrosse.org](mailto:cthomasmoore@softlacrosse.org)

1-844-SOFTLAX

[www.softlacrosse.org](http://www.softlacrosse.org)

## SCHEDULE & COST

### High School Sessions - 5 Hour and a Half Sessions

- Dec 2, 9, 16 / Jan 6, 13
- 9:00am-10:30am
- \$65.00 registration
- 8th grade through 12th grade boys
- For registration and details please visit [www.softlacrosse.org](http://www.softlacrosse.org).

### Adult Open Play - Ages 18+

- Dec 2, 9, 16 / Jan 6, 13
- 10:30am-12:00pm
- \$5.00 at the door

### Holiday Open Play - 8th Grade through Adult

- Dec 16 & 23
- 10:00am-11:00am - 8th Grade through High School
- 11:00am-12:00pm - 18+
- \$5.00 at the door

## WHO WILL COACH?

The sessions will be coached by local box players and coaches. All activities will be led by:

Thomas Moore - Soft Lacrosse Executive Director, 2013-2015 Turkish National Team Head Coach, Pittsburgh Octane Indoor Lacrosse Team Member, Former Morgantown High School Head Coach.

Coach Moore and his staff are determined to bring a quality box lacrosse experience to Morgantown for all area players.