



Coaching Girls Lacrosse

Coaching Girls Lacrosse, developed by US Lacrosse (USL) in partnership with NFHS, presents the history of lacrosse and demonstrates how to teach and coach the skills and tactics of the sport. Members of USL pay just \$15 for this course as an added member benefit.



Course Objectives

- Differences between girls and boys lacrosse
- Methods and techniques for teaching lacrosse
- How to create drills and structure effective practice sessions
- How lacrosse is played
- Equipment needs
- Learn basic rules of girls lacrosse
- Player positions and game structure
- Understand essential beginning lacrosse skills and be able to teach those skills to players

Units

- Origin and Background
- Teaching Lacrosse
- Playing the Game
- Skills and Techniques
- Team Play

More

- Unlimited access to course & resources for one year from date of purchase
- Use to fulfill  or  certification requirements
- Approved by NFHS for 5 course clock hours

More Information at nfhslearn.com!