

**SPOTS ARE LIMITED!**



## **FREE LACROSSE CLINIC!**

### **PENN STATE WOMEN'S LACROSSE**

Coaches Clinic followed by Players Clinic

**\*\*DATE CHANGE- SATURDAY January 12<sup>th</sup>, 2013\*\***

*A full day of lacrosse at Penn State! Coaches come in the Morning for a Free Coaches Clinic and then bring your players for a Free Skills Clinic put on by the Penn State Women's Lacrosse Team and Coaches!*

#### **Coaches Clinic**

**INSTRUCTOR:** Missy Doherty; Head Coach PSU

**Location:** Room 133 East Area Locker Room

**Time:** 10 am- 12 pm

**Description:** This will be an indoor clinic focusing on learning basic to advanced skills and concepts through chalk-talks, video, and live demonstrations. We will watch and discuss film of drills done by the Penn State Women's Lacrosse Team. There will be a focus on both individual skills and team concepts; such as basic and advanced stick work, dodging, shooting, 1v1 defense, double teams, and transition. You will also receive handouts with drills for you to take back to your team. It is always exciting to learn some new drills and get yourself and your team ready for the spring season!

**RSVP:** Limited Number of Spots- Email Assistant Coach- Brooke Matthews to confirm your spot by January 3, 2013

Brooke Matthews- [ebm12@psu.edu](mailto:ebm12@psu.edu)

#### **Players Clinic**

**Location:** Holuba Hall

**Time:** 1-4 pm

#### **Description:**

All Ages and Skill levels welcome

Groups will be divided based on age and skill for the best instruction

We will cover skills ranging from stick work, shooting, dodging, picks and movement, to 1v1 defense, sliding, double teams, and communication

**RSVP:** Limited Number of Spots- Email Assistant Coach- Brooke Matthews to confirm your spot by January 3, 2013

Brooke Matthews- [ebm12@psu.edu](mailto:ebm12@psu.edu)



**RSVP BY JANUARY 3<sup>rd</sup>, 2013 TO  
BROOKE MATTHEWS**

[ebm12@psu.edu](mailto:ebm12@psu.edu)

**Looking forward to seeing you there!  
GO STATE!**



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