

ALL BASIC LACROSSE SKILLS

20-minutes of lacrosse skills & a 34-minute game experience per session.

BUILDS SELF ESTEEM

Friendly rules designed to set even the most timid player up for success.

BUILDS HAND/EYE COORDINATION

Drill sessions and games constantly reinforce skill sets.

BUILDS SELF CONFIDENCE

Coach/referee will always work with children that need a confidence boost.

BUILDS FOOT QUICKNESS

Each week's 20-minute training session stresses defensive & offensive footwork. Coaches will reinforce in games.

SAFETY FIRST

Non-contact, but lightweight helmets and gloves create safe non-intimidating atmosphere.

BUILDS LEADERSHIP SKILLS

Older children encouraged by coach to work with younger children on team.

BUILDS TEAMWORK ABILITY

Three-pass rule encourages field vision and goalie/coach trains players in sharing the ball.

About Soft Lacrosse

Coach Bob Turco created soft Lacrosse in 1983 at the Fayson Lakes, NJ Beach Club. Using street hockey goals and STX Ball sticks, the rules of the game were invented and refined as a tool to teach the young brothers and sisters of the Kinnelon Lacrosse team the skills of the game.

After moving to Ridgewood, NJ in 1990, Coach Turco started the Soft Lacrosse league in the Ho Ho Kus school gym on Sundays in the winter. 120 1st through 3rd grade boys and girls signed up with an over-flow waiting list. Ten teams of twelve boys and girls, evenly divided by age, were formed and the first Indoor Soft Lacrosse League was launched.

From that first group in Ho Ho Kus gym multiple participants have grown to some of the best lacrosse players on the planet.

Female

High School All-American
NCAA All-American
U-19 US World Women's Team Members

Male

High School All-American
NCAA All-American
NCAA Defensman of the Year
NCAA National Champions
U-19 US World Men's Team
All Ivy League Recognition
MLL Lacrosse Players

Although it certainly helps in creating a strong foundation for lacrosse, as the many High School and College All American's prove, Soft Lacrosse does so much more. It teaches leadership, self-esteem, teamwork and self-reliance and tons of fun!

First Come, First Served | Only \$95 For 5-Week 1-Hour Sessions

One Time Only Equipment Charge Of \$98 For Helmet, Gloves, Stick and US Lacrosse Membership

Wesley United Methodist Church - Wednesdays

503 North High Street
Morgantown, WV 26505

1 Hour Games - League Runs from 5:00 PM to 7:00 PM

Session 1: October 15, 22, 29, November 5, 12

Session 2: November 19 December 3, 10, 17 January 7

Session 3: January 14, 21, 28, February 4, 11

To Enroll Go To: SOFTLACROSSE.COM

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