A SPRING ADVANTAGE. A BROADER ATHLETE.

HIGH SIERRA LACROSSE | TRUCKEE MEADOWS

For girls and boys who love fall and winter sports.

Football, flag football, basketball, soccer and hockey all ask athletes to read opponents, create space, react and communicate. Lacrosse gives them a fresh place to practice the same things.

DIFFERENT GAME. NEW CHALLENGES. MORE OPPORTUNITIES TO LEARN.

1 COORDINATE WHILE MOVING

Catch, pass and scoop a ball with a stick while your feet and eyes work together. Players learn to track a moving target and get ready for the next play, all on the run.

2 CHANGE DIRECTION WITH A PURPOSE

Dodge a defender, vary your pace and recover on defense. Receivers will recognize creating separation; basketball guards will recognize attacking a defender's position; soccer players will recognize changing pace into space.

3 SEE THE NEXT PLAY

Spot a cutter, find a passing lane and decide whether to carry, pass or shoot. It feels a lot like a point guard finding an open teammate or a soccer midfielder scanning before the ball arrives.

4 BUILD BALANCE AND BODY CONTROL

Practice stopping, repositioning and keeping possession on the move. The emphasis is on legal positioning and controlled movement, not collisions.

5 COMMUNICATE AND RESPOND

Call for help, point out a cutter and organize the defense. With supportive coaching, these moments become chances to practice accountability, teamwork and bouncing back after a mistake.

6 ADD MOVEMENT VARIETY

Running, changes of pace and repeated efforts keep athletes moving in new ways. Think of it as a fun complement to their other training, not a replacement for it.

WHY A DIFFERENT SPORT?

A new sport gives kids fresh skills to explore and another game to love, and much of what they already know will feel familiar. Lacrosse is one great spring option among many, baseball and softball included. The best choice is the one your athlete is excited to play.

A SMART SEASON INCLUDES RECOVERY

Spring lacrosse works best when it fits your athlete's calendar, not piled on top of a full one. Leave room for rest and time away from each sport. Boys' and girls' rules differ, and youth contact rules vary by age.

Every athlete grows at their own pace. The skill comparisons here are ways to see the game, not promises; good coaching and having fun matter most.

Sources: USA Lacrosse: Athlete Development | USA Lacrosse: Specialization | AAP: Overuse & Recovery

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