

## Lacrosse Resources

Welcome to your coaching resource guide for lacrosse! This document is designed to support your development as a coach by providing easy access to resources like videos and other tools that break down key skills and techniques of the sport. The links and materials included here will help you teach the game with confidence, clarity, and consistency.

### VIDEO LINKS:

SKILL	VIDEO LINK
Scooping	<a href="#">Scooping a Lacrosse Ball</a>
Cradling	<a href="#">How to Cradle a Lacrosse Ball</a>
Throwing	<a href="#">How to Throw a Lacrosse Ball</a>
Catching	<a href="#">Catching a Lacrosse Ball</a> <a href="#">Step-By-Step Catching a Lacross Ball</a>