Little Laxers 2019

BisMan Lacrosse Association

The purpose of BMLA Little Laxers is to introduce young players to the sport, traditions and culture of lacrosse in a fun and enjoyable environment.

Practices: Thursdays, 6:30-7:30 Field 7 Cottonwood Complex

Coaches: Coach Kurt and coaches from our staff and players from our Varsity and JV programs

Th. 4/18-indoor/outdoor practice

Mon. 4/22- Pizza Ranch Fund Raiser, Mandan Pizza Ranch, 4:30-8:00

Th. 4/25- 30 minutes skills, dual scrimmage 1v2, 3v4 30 minutes,

Th. 5/2- 30 minute skills, dual scrimmage, 1v3, 2v4 30 minutes

Sat/Sun 5/4, 5/5- BMLA hosts Lacrosse Tournament- come see some great lacrosse action

Th. 5/9- 30 minutes skills, dual scrimmage, 1v4, 2v3 30 minutes

Th. 5/16- 15 minute skills, dual scrimmage, 1v2, 3v4, 45 minutes

Sat. 5/18- local jamboree- times TBD

Th. 5/23- 15 minutes skills, dual scrimmage, 1v3, 2v4, 45 minutes

Th. 5/30- 15 minutes skills, dual scrimmage, 1v4, 2v3, 45 min.

Th. 6/6- Parent games, team celebration

This is a partial list of the rules we will be following- refer to the website for a full listing of rules.

\*MOUTHGUARDS- players must wear mouth guards during practice and scrimmages

\*30 minute games: 2 12 minute halves, 6 minute half time(switch ends at halftime)

\*45 minute games: 4 8 minute quarters, 1 minute break between quarters, 8 minute half time(switch ends each quarter)

\*any prolonged “scrum” on a groundball will result in a whistle, and alternate possession- this is for safety reasons

\*no goalies- we’ll use the fake goalies

\*natural boundaries(within reason), cones for a crease

\*no stick or body checking- defensive positioning and spacing will be points of emphasis

\*any player that crosses midfield may not score unless the ball has gone to another player first, no off-sides or positional play

\*We are trying to encourage end-to-end action and the skills of lacrosse, but also developing skills in a play environment

\*ideally we will have players from our JV/V program coaches each team.

\*this is a recreational league- no standings will be kept

\*weather- look to the web site, e-mail notifications and Facebook for cancellations

\*how to dress- dress in layers for all kinds of weather, athletic type shoes

\*sticks will be junior sized or larger based on preference. Ball will be smaller jr. ball

\*questions- we’ll entertain questions at this time