## LIVE FIELD

**Sponsored by: STX**

**FRIDAY, JANUARY 21**

11:00 AM (M) Tim Puls, ***Defensive Position/Strategies to Win Championships***
12:30 PM (W) Kelly Berger, ***The Complete Attacker (with Amy Appelt)***
1:30 PM (M) John Pirie, ***Creative Drills To Increase Speed and Pressure In Your Practices***
3:00 PM (W) Scott Biron, ***Innovative Drills for a Successful Season (Jen Kasper and Tara Singleton)***
4:30 PM (M) Mark Millon, ***Shooting or Dodging For Young Players***
5:45 PM (M/W) Jay Dyer, ***Strength and Conditioning For Lacrosse***

**SATURDAY, JANUARY 22**

8:00 AM (W) Ricky Fried, ***Transitioning From Slow Break Into A Motion Offense***
9:30 AM (M) Matt Hogan, ***Defensive Drills: Individual and Team***
11:00 AM (U) Jodi Michna, ***3 Person Positioning (Umpires)***
12:30 PM (W) U.S. Women's U19 Nat'l Team Staff, ***U.S. Women's Under 19 Team: Team Drills***
1:30 PM (M) US Lacrosse Coaching Education Program, ***Shooting the CEP Way and Making Drills Fun***
2:30 PM (ALL) ***Watermelon Challenge***
3:15 PM (M) Chesapeake Bayhawks, ***Skills And Techniques To Win A Championship***
4:30 PM (W) Jen Adams, ***Working the 8 (with Dana Dobbie)***
6:00 PM (M) Jamie Munro, ***Developing the Box / Field Hybrid Player***

## DEMO FIELD

**FRIDAY, JANUARY 21**

11:00 AM (M) Ben Shear, ***Training for Increased Shot Speed and Accuracy(with Joe Walters)***
12:30 PM (W) Adam Norton, ***Cat and Mouse: Drills For Training Elite Goalies and Shooters***
1:30 PM (M) Ted Garber, ***Developing Recognition Skills***
3:00 PM (U) Jodi Michna, ***2 Person Positioning***
4:30 PM (M) Louis Corsetti, ***Six Drills for Speed***
5:45 PM (W) Johns Hopkins Team, ***Team Shooting Drills***

**SATURDAY, JANUARY 22**

8:00 AM (W) Chris Nentarz, ***Advances in Movement Preparation- Preparing for Success Through Movement***
9:30 AM (M) Christian Buck, ***Goalie Psychology***
11:00 AM (W) Krystin Porcella, ***Drills and Progressions for Practice Planning***
12:30 PM (W) Rashad Devoe, ***How To Get Lighting Fast Quickness and Endless Energy Without Running 1 Yard***
1:30 PM (M) Sal Locascio, ***Developing Dynamic Lacrosse Players (with Jimmy Mule and Brian Spallina)***
3:00 PM (M) Tom Marechek, ***Stick Work and Shooting Drills (with Risto Worthington)***
4:30 PM (W) Amy Altig, ***Goal Keeping Q&A: How To Fix A Broken Goalie (with Laura Field)***
6:00 PM (M) Andrew "Buggs" Combs, ***Inside Shooting (with Devon Brits)***