



**NOTB**  
**BOX LACROSSE**

### **Welcome to NOTB box lacrosse training!!**

Our staff is super excited to begin our 6th year of authentic Canadian Box Lacrosse training. Although field and box lacrosse have several similarities, there are skills and methodology specific to box lacrosse. We will be asking athletes to do some things that they may not be familiar with. We ask that athletes have an open mind to the trainings and assure you that all skills will directly make each player a better field lacrosse player. Training sessions will be comprised of skills and some competition for the older age groups. We plan on dedicating time each session where we can apply the skills learned into game type situations. To be able to do this we are going to supply a jersey for each player. These jerseys will be given out at the beginning of each session and collected at the end of each session. This will happen as athletes enter the rink surface and leave the rinks surface. Since time is of the essence, we are asking that players arrive 15 minutes prior to their training time and be dressed in full gear, SNEAKERS, and a mouth piece. Water is not supplied so please bring. Please have athletes bring their drinks to with them to the bench they are assigned. Athletes are then able to get water without stopping the training sessions and taking away from training time.

### **What to Bring for Box Lacrosse Training**

- *Please bring all equipment and protective gear, mouth piece, etc.*
- *2024 – 2020 Full Gear including mouth piece, gloves, arm pads, shoulder pads, & helmet.*
- *2028 – 2025 Goggles & mouthpiece.*
- *Bicep pad and back protector recommended but not mandatory*
- *Sneakers -cannot wear cleats on this surface!!!!*
- *A clearly marked large water bottle - remember to bring on rink with you.*

## **Arrival Instructions**

- Please arrive 15 minutes prior to training
- When you arrive please check in with administrator.
- Administrator will direct you to your dressing room.
- This is where athletes should dress and prepare for training
- All your equipment will be kept here - NO BAGS SHOULD BE LEFT IN THE LOBBY AREA!
- Once dressed players should then line up at the entrance door where they will receive their team jersey. Remember this is to be returned at end of training.
- There will be one entrance to go on the rink and one entrance to leave the rink. This will allow the transition from one training to the next be as efficient as possible.
- Athletes will put their clearly marked waters on their team's bench

## **Training Format Overview**

- 60 minutes of skills training
- Skills will be taught in 20 minutes segments
- Segments will either be team drills or individual drills
- *Coaches will take the first few minutes to discuss the drills*
- *Players are encouraged to follow instructions carefully to maximize reps*
- Water breaks at players discretion and can be taken at anytime

## **Game Format (Excludes 2027 & 2028 girls)**

- 15-minute games - Running time.
- Subbing will be controlled by staff to ensure participation.
- Games are used as "training", therefore may be at times stopped so coach can use situations as a "coachable" moment.
- Games will be run as a true game.
- There will be a shot clock, officials, and penalties.
- There will only be a face-off at the beginning of the game. After a goal play will start from there.
- Our goal is to comprise teams and have a mini league!
- We will do our best to create equal teams to keep the games competitive. We reserve the right to move players as we see fit.
- Teams will be chosen through evaluation during the trainings.

We look forward to another great year of Canadian box lacrosse training!!

Coach Taylor  
Director N.O.T.B Box Lacrosse