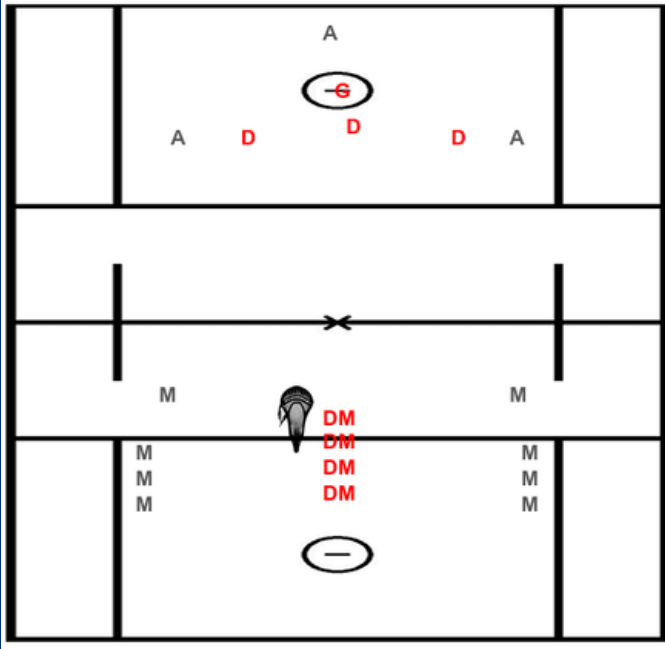




Coaches Corner

Submitted by Coach Joe Baccarella who has been using the drill presented by Chris Spillane of Garduate of Carey HS, now coaching at Somers HS --Hoya

HOYA



• SETUP:

- o DM and M lines should be mixed

• PLAY

- o DM rolls a ball to either M → 54 w/ Trailer (2nd player from DM line goes once the ball crosses the Midline) → Have 1 Offensive player from a M line go to Midline to run a Midline sub → Can play 55 from here

• FOCUS POINTS

- o Transition reads/sets
- o Subbing
- o O-Mids should be at the front of DM line for initial transition, and should be subbing on Offensively when in the M line.
- o DMids should be playing Offense for initial transition.

• ADDS/MODIFICATIONS

- o Can work on Defensive subbing by having DM “marry up” with the subbing O-Mid.

Historical Fact:

1879

John R. Flannery, the father of American lacrosse, establishes the United States national Amateur Lacrosse Association.

Nine club teams from New York, Massachusetts, and Pennsylvania, including Harvard University and New York University, were part of the association.

WHATS HAPPENING

Bourbon Night
June 4th

Golf Outing
September 28th

Check out LIMetroLax.org





Calls it like I sees it

On March 31st the NCAA informed all officials of the issue with coils on the draw sticks in Women's Lacrosse.

The following are reminders for stringing:

- Sticks may not have any extraneous add-ons that are not necessary to attach the pocket to the head.
- Per Rule 2-2, all vertical stringing in the head shall be in the same plane as the pocket.
- Per Rule 2-3, the ball must move freely within all parts of the head and the pocket of the stick, both laterally and along the full length of the front and back of the pocket. Officials should ensure that the ball moves freely laterally when checking both the front and back of the stick.



Examples of Illegal Sticks are above
Not all coiling is illegal. Here is a picture of legal coiling on each side:



- Additionally, per Rule 2-2, coiling with shooting strings can be legal; however, shooting strings cannot be coiled more than once per mesh gap or twice between thongs.

The LI Metro Cup Duke vs Cornell



On April 11th then No. 7 Cornell took on No 12 Duke for the LI Metro Cup. With close to 4,000 in attendance Matt Tully made 12 saves and Jack Cascadden (Garden City) went 10-18 on the X for the Big Red securing the 9-7 WIN. Cornell is now 2-0 in LI Metro Cup wins, while Duke falls to 0-2 when battling for the cup.

#LaxLikeAGirl at Hofstra VS Stony Brook

On April 17th No. 6 Stony Brook hosted Hofstra. The LIMLF along with #LaxLikeAGirl sponsored tickets for girls lacrosse players to attend the game. For many this was their first women's lacrosse game experience. We hope to make this backyard battle between Hofstra and Stony Brook an annual event for our future LI Metro stars.



Special Needs Lacrosse

It's Knight Time!!!

Another successful season for the Knights took place this winter. The spring will kick off on the 27th



Board Member Spotlight-

Megan Pepe is currently a Special education teacher and the Head Varsity Lacrosse Coach at Riverhead. She played defense and goalie for Sacred Heart University. Megan is also a club coach for Legacy Lacrosse and a member of the Sirens Lacrosse Club.

Recently she was named as a coach for the Suffolk County Girls Lacrosse Senior Recognition game. It will be held on May 29 at 7pm at Newfield. Megan has previously served as a coach for the USA Women's National Tournament teams representing the LI Metro.

