

Lacrosse Defensive Drills

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Defensive Drills

Will Kacmarek is the Post-Dispatch All-Metro boys lacrosse player of the year. The senior defensive stalwart helped ... we had fast-paced
drills with consequences if we lost.

All-Metro boys lacrosse player of the year: Kacmarek's defensive prowess helps keep MICDS machine humming

We had five different girls score in the championship game, which is what makes it so challenging for other teams," said coach Deb Delisle.

Perfect season: Seacoast girls win 14-under lacrosse state championship

After impressive seasons in soccer and hockey, Kevin Parnham stepped on the lacrosse field at Pingry for the first time in 2018. He felt at
home immediately. In his first drill, the rookie defenseman ...

Pingry's Kevin Parnham is the NJ.com boys lacrosse Player of the Year, 2021

"Meghan and Lizzie lead by example, and set the tone in drills/sprints/so on. They both play solid defense, and help to push our girls.

Meghan will continue her lacrosse career next year at ...

Melrose girls' lacrosse preps for postseason after finishing second in the league

Congratulations to the Lacrosse [goat] on becoming all-time leader with the most points/goals in pro lacrosse history!! [crown]' Eiza captioned
a snap of the couple. 'I love u @paulrabil No one ...

Eiza Gonzalez goes Instagram official with boyfriend Paul Rabil

To be sure, Thomas Lowman has been especially good for Greater Atlanta Christian's boys lacrosse team since being moved from his
normal position on defense ... in shooting drills quite a bit.

BOYS LACROSSE PLAYER OF THE YEAR: Greater Atlanta Christian's Thomas Lowman

In just its fifth full year competing at the VHSL varsity level, Powhatan's boys lacrosse team fended off ... going through drills, doing other
stuff that you don't see out here on the field.

Powhatan boys lacrosse triumphs 10-8 for first-ever playoff win

And Eiza Gonzalez looked quite happy while out and about with lacrosse player beau Paul Rabil in NYC on Monday. The Godzilla vs. Kong
actress, 31, strolled hand-in-hand with her Maryland-born ...

Eiza Gonzalez and new beau Paul Rabil look smitten as they stroll hand-in-hand during AM coffee run

GOAL-ORIENTED: Hun School girls' lacrosse player Abby O'Brien looks for an opening in a game this season. Sophomore star O'Brien
triggered the Hun offense, tallying team-highs in goals (70) and ...

Showing Growth Throughout 2021 Campaign, Hun Girls' Lacrosse Sees Bright Future Ahead

DELMAR " Lauren Riker still had two more good sprints left in her Monday night, so the Bethlehem girls' lacrosse senior standout ... really
hard in all of our drills and practices to have ...

Bethlehem edges Shenendehowa for the Class A girls' lacrosse title

Every boys lacrosse season carves its own permanent ... Damien Blando and Michael Amoruso led the defense. Don Bosco became the
state's first team to finish undefeated since the 23-0 Bridgewater ...

NJ.com Boys Lacrosse final Top 20 for 2021: The Garden State's elite have spoken

RADNOR " The drill before each Archbishop Carroll girls lacrosse game is the same, even if keeping it that way is the most difficult task of
the day. For the last 252 Catholic League games and ...

All-Delco Girls Lacrosse Carroll's Barnett representative of a program's unmatched excellence

Century High junior Erik Harrell was playing football in the Pikesville Wildcats Youth Football League when his coach, who also coached

lacrosse ... in practice in our drills," Benson said.

Carroll County Boys Lacrosse Player of the Year: Faceoff domination helps Erik Harrell lift Century to new heights

Ohio State lacrosse player Mitchell Pehlke has been cultivating his online following for years. When NCAA athletes are finally able to monetize their fame without compromising their eligibility ...

NCAA's NIL era arrives, some athletes are ready to cash in

There is a level of confidence at play that this defense just thrives on." Fisher said that playing between the pipes in lacrosse is something he has grown to love. "As a goalkeeper ...

American Fork's Fisher Card honored as 2021 Daily Herald Boys Lacrosse Player of the Year

FREEPORT " Freeport girls lacrosse coach Marcia Wood knows her ... Freeport also features a tough defense. Anchored by senior Rianna Tomm with sophomore Piper Williams in net, the Falcons ...

Girls lacrosse: Freeport has its eyes on the prize

"She reaches out to members of the team and tries to make lacrosse a great experience ... and confident with ball great shot. She plays defense well and she's really aggressive in causing ...

River Buechner excels on and off the field for Skyridge girls lacrosse

An All-Inter-Ac selection and U.S. Lacrosse All-American ... run to a state title was based on not just its varied attack but defense, where Rinehart was the quarterback. The senior helped ...

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