

Fall Ball Pause-Com – 2nd Edition

(Monday, November 30, 2020)



While we are in this pause situation, we want to keep you updated on what is happening with our program and to keep those players engaged!

We are still in the pause mode; nothing has changed since last week. As soon as we hear anything from the City that will impact our recreational development program, we will contact you.

This brings us to the second edition of our Pause-Com with a focus on club history and trivia.

Also, read on for more tips to keep the stick moving:

Oshawa Lacrosse was reborn in 2011 – 2021 marks your club's 10th anniversary!

Here is a photo from the very first game played in the new era, a Senior City League game from April 21, 2011

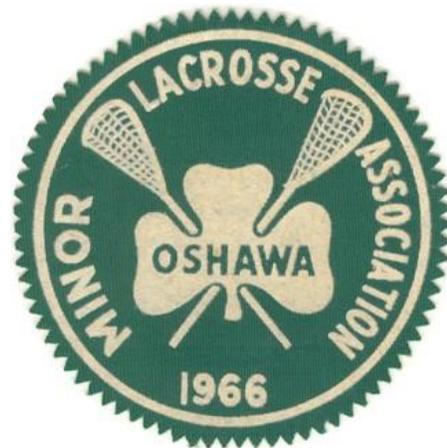


Cradling 101

The main idea behind cradling the ball is to generate centrifugal force sufficient enough to keep the ball in the head of the stick, preferably in the pocket, while the player



In 1960 Jim "Mr. Lacrosse" Bishop moved his Green Gaels from Huntsville to Oshawa. This began an unequaled 7 year run as Minto Cup champions [from 1963-69](#). An amazing achievement in any sport! To ensure success from year to year for his Green Gaels, the Oshawa Minor Lacrosse program was started. The minor Gaels program ran until 1983. Here is an old patch from the minor Gaels era:



We will still emphasize...

WALL BALL!

is on the run. The key to proper cradling is the rolling back and forth of the wrist on the top hand.

Here is a [good explanation of cradling](#) from a field lacrosse instructional page. Cradling in both box and field lacrosse are similar, but box lacrosse requires a bit more skill to retain the ball while the player is being checked.

One of the best techniques for teaching younger players is by a parent. So mom or dad, pick up the stick, learn how to cradle and then show your player how to do it. Here are some videos to help learn:

[How to cradle a lacrosse ball](#)

[Lacrosse - Cradling Techniques](#)

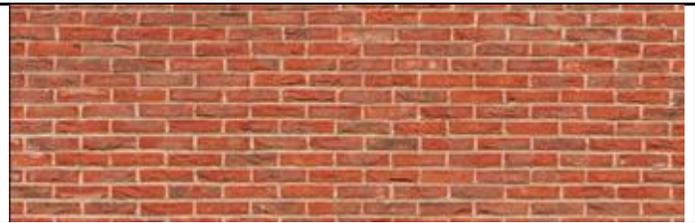
Remember, a solid brick wall is best BUT NOT THE GARAGE DOOR. Also, chances are you do not want your player throwing the ball near any windows.

There are lots of wall ball routines out there, but start simple:

Roll the ball against the wall and scoop it when it comes back. Starting to roll the ball from the stick is a good way to warm up and improve hand-eye coordination. Work from rolling the ball to lightly tossing the ball and catching it as it bounces back.

Once the player has become competent in lightly tossing the ball and catching the rebound, they can start to challenge themselves by throwing the ball a bit harder. Remember, its always best to play wall ball with gloves on!

Be sure to check our [Website](#), [Facebook](#), and [Twitter](#) feeds!



Some lacrosse links you may be interested in:

[Grow the Game](#) – CLA

[Ontario Minor Box Lacrosse 2020](#) – OLA

[Top 10 Things That No Lacrosse Mom Ever Wants To Hear Or Say Again](#) – Melissa Rivers

[Lacrosse: Our Game, Our Country, Our National Summer Sport!](#) - CLA



For more information about the Recreational Development program or your club's Covid-19 response, please contact Tabitha Mercer: omladevelopment@gmail.com