



## Practice Questions

### Where Is Practice Held?

Practices will be held at **Broadview Heights Recreation Center (Rec Center)**. The fields are located at 9543 Broadview Road. For complete directions click on [this link](#) and enter your address.

### What Days and Times Are Practices Held On?

In general there are 2-3 practice a week in June and the first half of July. The actual dates and times vary by team and location. Last year's practice calendars for our teams are available on our website at <https://www.brilax.net/summertravel>

We expect to keep a similar schedule this summer.

### How Is Practice Structured?

Our '**Burning River Way**'™ practice plans were designed in conjunction with some of the top Division 1, 2, and 3 college coaches. These BR plans are based on plans those coaches have used to guide their teams to the success they have had in the NCAA playoffs. These college programs include: Syracuse, Maryland, Hobart, Notre Dame, Penn State, Georgetown, Mercyhurst, NYIT, Salisbury, Roanoke to name a few.

To update our '**Burning River Way**'™ plans we actually visit between 5 and 7 college programs each year to meet with their coaching staffs and view their practices. At these meetings, we discuss the latest player training developments, new skills drills, and key focus areas. We also get to discuss philosophy and receive feedback / input on our '**Burning River Way**'™ of doing things.

### Exclusive Focus

Unlike other clubs that just roll out a ball and scrimmage, our coaches' focus on providing top level instruction. We provide your son with the fundamental skills and lax IQ that college coaches have told us they want to see.

To do this we focus on providing instruction that:

- Maximizes the number of opportunities to develop the fundamental skills (shooting, dodging, footwork, body positioning, etc.) needed (high reps)
- Maximizes the amount of feedback and coaching provided (small groups)
- Maximizes the speed of play and decision making (intense)
- Maximizes the ability to read and react in game situations and developments (lax IQ)

Our dedication, commitment, and focus on growing lacrosse opportunities has allowed us to develop a unique training and development system unavailable at any other club program. This has allowed us to develop our players to their full potential. Our players benefit from being with the leader in lacrosse development.

To learn more about our achievements please see the

- **Overall Awards** ([Click here](#)),
- **High School Awards** ([Click Here](#))
- **Player's College Commitments** ([Click here](#))
- **Alumni Success** ([Click here](#))



## Practice Questions

### Can You Walk Me Through A typical Practice Based On The Burning River Way For The Cleveland Based Teams?

No other team holds practices the way we do!

*As one parent stated "the practices alone are worth the cost of the summer. They are the best thing my son has ever attended."*

We have 12+ coaches at the high school and the middle school / youth practices. Every coach is assigned a position (Attack, Midfield, Defense, Goalie, FOGO) to work with and a team (2022, 2023, etc) to work with.

Our practices are 2 hours long and consist of two parts.

The first part focuses on individual skills and fundamentals. We start these sessions with our players practicing by position (HS separate from MS) with position specific coaches. For example, all our high school goalies will work with our 3+ goalie coaches on 3+ cages for 25-30 minutes. The players then practice in small groups working on fundamental concepts / lax IQ for 15-30 minutes of high reps. For example, attackmen working on riding (1 on 1, backside support, with a middle, etc) or fast break / slow breaks. During this portion of the practices one set of coaches runs the drills while the other coaches work with the players providing immediate feedback and encouragement.

The second portion of practice focuses on team concepts (e.g slides, offense, full field clears, etc.). During this portion the players practice with their specific team on those large group concepts needed for tournament play. Each team will have 3+ coaches working with them. Also during this team individual players are being pulled out by position coaches to get further work on position specific skills (faceoffs, shooting, footwork, etc).