Nazareth University Lacrosse

Current Favorite Drill



Panther Drill



Nazareth University Lacrosse

Team Culture



Our Goal is helping young men develop into Leaders of Character while becoming Great Teammates!



Accountability Groups

10-12 Groups made up of 4/5 players

- Who- Senior, Junior, Sophomore, Freshman
- Why- #1 Reason is Leadership Development. Create Dialogue within smaller groups
- When- July 1st Communication
- Where- Everywhere, On Field(Competitions), Off Field, Locker Room detail, Bus Trips, Meals etc



Captains Selection

Nominations and Ballot

- Team Votes
- Coaches Vote
- Alumni Feedback/Votes
- Strength Coach, Athletic Trainer, and Others



Leadership Council

- Who- 2/3 players from each class
- When- Meet every week at the same time with this group of players
- Why- Create more dialogue from other players, listen to coaches and get feedback from players. Give some younger players opportunity to share their thoughts.



Hard Hat Award

When? In season, every week (usually each Monday)

- Individual award
- The recipient of the award presents it to the next HH winner.
  - Fun Fact and Why they are choosing the next player.
- Plaque in Locker Room with their name plate on it.
- Hard Hat is theirs for the week to bring to practice/game
  - Special practice jersey/T-Shirt for that week



Depth Charts

Done weekly

Why- Honest feedback of where each player stands in relation to his positional teammates.

- Best way to create dialogue between player and coaches.
- This player-coach communication becomes extremely valuable in our evaluations.

Creates tough conversations, reciprocating feedback gives coaches opportunity to listen. Get a great gauge of their desire to be a great player and what they are willing to sacrifice.



NILL

Nazareth Indoor Lacrosse League

- 4 Team League (7 v 7)
  - 4 Team Captains
- 5 Week Season
- Championship/Consolation
- Team Names/Uniforms
- Why-Fun!/Keeps sticks in their hands/Freedom of no coaches around/Leadership Development
- NILL Championship T-Shirts/Trophy in office



Holiday Party

Held just prior to Winter Break

- Pizza/drinks
- $5-$10 Secret Santa
- NILL Champs recognized
- Captain’s announcement
- 2025- Bowling Competition



NLPA Presentations

- Invite our alums to come in to talk with our team throughout the year
- Re-Recruit our alums
- Great opportunity to Network/Connect with people
- Better understanding of the significance of our alumni



Other Culture Builders

MVTs- Daily after practice

“Names are the sweetest and most important sound in any language”-Carnegie

- Best High Five Team in the Country
- Team book reports
- Family photo board
- Team activities outside of lacrosse. Community Service, supporting other teams, flag football, bowling, Knighthawks/Amerks games/Bills game, paintball, etc

