

Paul Cantabene's

# OLD SCHOOL LACROSSE CAMPS



Present the

## Face-Off Coaches Clinic

Saturday, January 22, 2006

at Villa Julie College – Owings Mills Campus

**Improve Team Face-Off Success the Old School way!**

Baltimore area youth lacrosse coaches have the unique opportunity to prepare for the 2006 season by learning from the one of the best in the business – Paul Cantabene. An all-star midfielder in the pro ranks, Paul Cantabene is recognized as the premier face-off man in the sport. The Head Coach at Villa Julie College – and a former assistant coach at Maryland, Towson, and Johns Hopkins – Coach Cantabene is also one of the most experienced instructors in lacrosse.

This special Coaches Clinic will let you know how to teach the fundamental techniques and strategies of face-off play your players – and other coaches. Coaches referring player(s) to any of the *Old School Lacrosse Camps* can attend this clinic for **FREE**. Players must include the name of the referring coach on the camp registration form or by sending an e-mail to *Old School Lacrosse* (ath-paul@mail.vjc.edu).

### Coaches Clinic Registration Information

**COSTS:**

**FREE** for Coaches that have referred players to the Old School Camps

**\$50** if you have not yet referred players to the Old School Camps

**TIME:** 7:30 am to 12-Noon

**LOCATION:** Villa Julie College – Owings Mills Campus indoor turf field  
(formerly the training facility for the Baltimore Ravens)

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_

**TEAM THAT YOU COACH:** \_\_\_\_\_

Please make checks payable to: **OLD SCHOOL LACROSSE CAMPS**

Send Registration Information and Payment to:

Villa Julie College  
Attn: Paul Cantabene  
1525 Greenspring Valley Rd  
Stevenson, MD 21153

### Face-Off Coaches Clinic Tentative Schedule

7:30 am – Registration

7:50 am – Introduction

8:00 am – Stretching Techniques

8:10 am – How to Introduce Face-Offs:

- Warm-up
- Groundballs out of Stance
- Dummy vs. Live – Stance Work and Proper Technique
- Butt-to-Butt
- Up the River and Down the River Face-Offs

8:50 am – 15 min. on Live Face-Offs

9:05 am – Break

9:10 am – Teaching the Techniques:

- Clamp – Quick/Power
- Push and Pop
- Laser/Rake/Plunger
- Top/Dive Bomb

10:00 am – Group Challenge:

- Teaching Face-Off Players Contest

10:15 am – Break

10:25 am – Teaching the Unknowns:

- Study/Counters
- Goosing/Whistle Ready
- Boxing Out/“If all else Fails”
- Communication/Signals
- Thinking of the Game

10:50 am – 20 min. of Live Face-Offs:

- Helping Face-Off Players Improve
- Eye on the Little Things

11:10 am – Break

11:20 am – Skill Groups

11:40 am – Beat the Pro:

- Championships/Challenge the Pro

- See How the Best do it

11:55 am – Wrap-up

- Raffle and Give-a-ways

12:00 pm – Departure

**Paul Cantabene**  
All-Star Midfielder for the  
Bayhawks and the Top Face-Off  
Specialist in Lacrosse

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