

Registration for the 2023 Miller Place Boys PAL Lacrosse season begins on Nov. 5, 2022

Included in the cost of registration will be weekly indoor practice sessions for grades 2-8 that will focus on the fundamentals of the game for both beginners and advanced players.

- Catching
- Passing
- Cradling and Stickwork
- Dodging
- Off-ball Work
- Positional Training
- Light Scrimmaging (3v3, 4v4, & 5v5)

Please visit our website at www.millerplacelax.com

To contact us with any questions or if you are interested in becoming a coach, please email us at: mplaxassociation@gmail.com

****Miller Place Youth Lacrosse Association coaches are required to pass a yearly background check and obtain a USA LACROSSE LEVEL 1 coaching certification.*

We are looking forward seeing everyone out on the field.

LET'S GOOOOOO!