

# Michigan clinics attract coaches and players for some indoor action

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By Christy Hammond

## Players get in on the act

During the clinic's second day over 200 players took the field to improve their skills and receive instruction from the college coaches. The morning portion of the clinic was dedicated to defensemen, attackers, and goaltenders while the afternoon session was open to midfielders and goaltenders.

"My players just want to better their game and every opportunity to improve and get new ideas and get the rust worked out before the season is a reason for coming...It's a way for players to get rid of some bad habits," East Grand Rapids assistant head coach Bruce Elder said.

Both sessions divided the players up into groups, with one of those groups containing goaltenders. After the groups completed warm-ups and some basic introductory drills, they rotated clockwise to work with different college coaches for about 45 minutes apiece. These groups focused on the players' respective positions so midfielders, for example, practiced face-offs.

"I liked how the goalie coaches walked around with us and critiqued us at each station," East Grand Rapids goaltender Alex Carmichael said.

Each coach, whether a U of M coach or one of the three coaches that taught a classroom session, provided input throughout the drills. Current U of M players assisted the coaches by demonstrating drills for the players in the clinic.

The two player sessions concluded with an optional presentation about recruiting for college lacrosse teams. Paul encouraged players to start early in the process and that "your junior year is when you really need to kick it into high gear."

Paul also told the athletes to consider all the factors when looking at one of the 240 schools with varsity lacrosse programs including academics, alumni and job opportunities upon graduation.

A few of the other college coaches in attendance then spoke to the group about the recruiting process. Wooster's head coach, Jason Tarnow, asked players to be honest with coaches about what type of school they want to attend.

After a full session, players left with knowledge that improved their game and got a chance to impress some college coaches.

"I'm actually hoping to play here next year so I wanted to get in front of coach John Paul and start talking to him," Carmichael said.