

# PRINCETON TIGER ELITE 160 | BOYS LACROSSE

**CHECK-IN:** 1:00 PM - 2:00 PM (VISITING SIDE FOOTBALL LOCKER ROOM - POWERS FIELD)

**SESSION ONE:** 2:00 PM – 4:00 PM (INSTRUCTIONAL / POSITIONAL DEVELOPMENT)

*ATTACK POSITIONAL WORK 2:15 PM – 3:00 PM*

*DEFENSE POSITIONAL WORK 2:15 PM – 3:00 PM*

*MIDS POSITIONAL WORK 2:15 PM – 3:00 PM*

*GOALIE POSITIONAL WORK 2:05 PM – 2:45 PM → LOCATED IN PIT*

*8 CAGE WORK (4 DRILLS → 10 MIN CYCLES) 3:10 PM – 4:00 PM*

- 1) (TEAM 1, 8)
- 2) (TEAM 2, 7)
- 3) (TEAM 3, 5)
- 4) (TEAM 4, 6)

<b>SATURDAY, JANUARY 26</b>			
<b><u>GAME TIME</u></b>	<b><u>TEAM (BLACK)</u></b>	<b><u>TEAM (WHITE)</u></b>	
4:30 PM	1	2	TEAMS: 5, 6, 7, 8 - Enrichment Sessions
5:15 PM	3	4	
6:00 PM	5	6	TEAMS: 1, 2, 3, 4 Enrichment Sessions
6:45 PM	7	8	
7:30 PM	1	3	
8:15 PM	2	4	
9:00 PM- END			

<b>SUNDAY, JANUARY 27</b>			
<b><u>GAME TIME</u></b>	<b><u>TEAM (BLACK)</u></b>	<b><u>TEAM (WHITE)</u></b>	
8:00 AM	5	8	
8:45 AM	6	7	
9:30 AM	1	8	Athletic Facility Tour (30 min)
10:15 AM	2	7	
11:00 AM	3	6	
11:45 AM	4	5	
12:30 PM- END			Athletic Facility Tour (30 min)