FALL 2026 - WEEK 8

VOL. 1, NO. 8 - MONDAY, NOVEMBER 2, 2026

THE MIDTOWN REPORT



A PLACE FOR GIRLS TO PLAY.

A stick in either hand, a dodge in either direction. Inside a practice with the girls of Midtown Raleigh Lacrosse.

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WEEK 8

BOTH HANDS. BOTH DIRECTIONS.

The girls worked on two ways past a defender: roll back into space or split and take the stick to the other hand. Starting on one knee added a challenge: get to your feet, keep the ball secure and go.

Passing and shooting gave the dodge a purpose. Changing direction is only half the job; you still have to make a play when you come out of it.

On Wednesday, the boys spent time getting low for ground balls and bringing the stick up into a cradle. Catching and throwing helped connect the scoop to the next pass.

The older boys took those skills into live play. A loose ball is a different challenge when someone else wants it, too.

About a dozen coaches were on the field Saturday. Coach Deven led the older boys through live play while the younger boys rotated through stations.

At one station, the sequence was catch, turn and shoot. Ground balls and competitions filled out the rotation, giving the boys plenty of chances to try again while the last rep was still fresh.



Set in the crease.



Around the practice defender.



Carrying through the turn.

COACH ETHAN'S NOTEBOOK

WHAT I SAW FROM THE SIDELINE



The girls group, together after practice.

On Saturday I got to do something I don't always get to do: stand on the sideline and talk with parents while practice kept right on going. We had about a dozen coaches out there. I could visit every age group, give a player a pointer and move on, because the coach beside them already knew what they needed next.

I loved watching Coach Deven work with the older boys, then walking over to the younger group as they moved from ground balls to catching, turning and shooting. Every coach brought something of their own to the field. Part of my job is knowing when to offer advice. Another part is knowing when to step back and let a good coach teach.

That's what I mean when I say we're finding our rhythm. I could give a parent my full attention because I trusted what was happening behind me.

Seeing the girls out there means a lot to me. I'm grateful for the chance to keep spreading this game and to give local girls a field they can come back to, coaches who know them, and time to get better. Whether a girl is learning to switch hands or already has a dodge she loves, she deserves someone who sees what she can do and helps her take the next step.

Saint Jean-Baptiste de La Salle writes about touching the hearts of our students. Our students are our players. I think about what a girl takes home after a rep that didn't go her way. Does she believe she can try it again? Did her coach give her something specific to work on? Does she want that stick back in her hands tomorrow?

I want our players to leave hungry for more, willing to do hard things and ready to encourage the teammate who goes next. That's the kind of growth I hope stays with them long after practice.

Coach Ethan
Founder & Director

> **"To touch the hearts of your students is the greatest miracle you can perform."**
>
> ST. JEAN-BAPTISTE DE LA SALLE

ON THE FIELD

GIRLS GROUP

Roll dodges, splits, switching hands, passing and shooting.

A DIFFERENT START

Starting on one knee gives players a chance to work on their first steps with the ball.

YOUNGER BOYS

Stations linked the catch, turn and shot. Ground-ball competitions kept everyone involved.

OLDER BOYS

Live play gave players a reason to look up after winning the ball and choose the next pass.

THE STANDARD

Give a teammate time to learn.
Be ready when it's your turn.

MIDTOWN MOMENTS

From the MRL photo archive: faces and moments from the practice field.



Carrying upfield.



Getting low for the ball.



Eyes on the play.



Gathered around the coaches.



A look toward the goal.



Shoulder to shoulder.



Space to run.

THE DEVELOPMENT CORNER

The split dodge: carry, plant, switch and go. Try it in a patch of open space at home.

1

SET YOUR MARKER

Set a cone or shoe on the grass. Start a few strides back with the stick in your right hand.

2

PLANT AND SWITCH

Approach at a walk. Plant your right foot, step left and bring the stick across to your left hand.

3

RUN OUT OF THE DODGE

Take three quick strides past the marker. Keep the ball in the pocket and your stick outside.

4

REVERSE IT

Start with the stick on your left. Plant left, move right and finish with your right hand on top.



Protect the stick on the move.



Look up before the next move.

THIS WEEK'S TAKEAWAYS

AT-HOME GOAL

Try five clean dodges each way. If the ball drops, reset at a walk and finish the rep.

SHOW A CHANGE

Give the defender a reason to move. Let your shoulders sell the first direction before you cut.

KEEP YOUR EYES UP

Pick something ahead of you to look at as you exit. Notice where your next pass could go.

ADD SPEED LAST

Walk it first. Once the switch feels smooth on both sides, jog in and accelerate out.

THE WEEK AHEAD

WEEK 8 | ST. DAVID'S SCHOOL SATELLITE ATHLETIC FIELDS

WEDNESDAY PRACTICES

CANCELED

With less daylight, there will be no Wednesday Midtown practices for the rest of the fall season.

SATURDAY, NOVEMBER 7

9:00–11:00 A.M.

Saturday Midtown practices now run two hours. Plan for an 11:00 a.m. pickup at the Satellite Fields.

PARENT BULLETIN

MONDAY | BOYS GRADES 4+

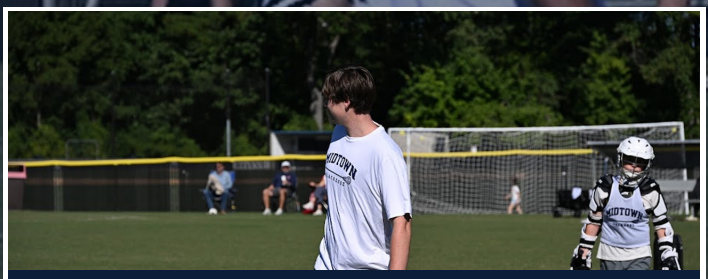
5:00-6:00 p.m.
Satellite Fields
Small-group training. Sign up in the MRL portal.

TUESDAY | BOYS K-2

5:00-6:00 p.m.
Satellite Fields
Fundamentals and competition for our younger players.

THURSDAY | BOYS GRADES 4+

5:00-6:00 p.m.
Satellite Fields
More time to build skills and apply them in play.



Across the practice field.



Working toward the cage.

AROUND MRL

TRAINING GROUPS & SIGNUPS

SATURDAY | GIRLS GROUP

11:00 a.m. | Satellite Fields

SUNDAY | BOYS GRADES 4+ & GIRLS GROUP

4:00-5:00 p.m. | St. David's School

SIGN UP: PORTAL.MIDTOWNRALEIGHLAX.COM

QUESTIONS? admin@midtownraleighlax.com | (516) 434-0028



A coach watches the next rep.

HELP US SPREAD THE WORD

Every introduction creates more opportunities for young players in Raleigh. Thank you for sharing Midtown Raleigh Lacrosse with families in your community.

LEARN THE GAME. COMPETE. FALL IN LOVE WITH LACROSSE.

MIDTOWNRALEIGHLAX.COM

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