

# COLORADO MAMMOTH



July, 2020

## Youth Lacrosse Newsletter Overview

Welcome to the first edition of the Colorado Mammoth Youth Lacrosse newsletter, a document to be shared with youth lacrosse players and communities throughout the state of Colorado. Each newsletter will feature activities, drills and fun facts about the Colorado Mammoth. The objective of this newsletter is to help youth lacrosse players and coaches learn more about the sport of lacrosse, share insightful drills and provide another way to stay connected with the game of lacrosse through the Colorado Mammoth and other community-centric lacrosse entities around the country.

## Mammoth Trivia

The Mammoth Trivia question of the month is:

What two Mammoth players were just named to the 2020 NLL's All-Pro Second Team?

- A) Ryan Lee
- B) Dillon Ward
- C) Robert Hope
- D) Jacob Ruest
- E) Jordan Gilles

\*To view the answer, please see the bottom of page two

## Monthly Lacrosse Drills



The month's drills will focus on three of the most important things in lacrosse: loose balls, catching and passing. This month's videos features Colorado Mammoth Forward Kyle Killen. To view the videos, please click the links below.



[Click here for Scoop and Walk](#)

[Click here for Wall Ball Gauntlet](#)

## Mammoth Team Store

For all your Colorado Mammoth apparel needs, click the link below.

[Colorado Mammoth Team Store](#)

Links to Colorado Mammoth Social Media Pages

[Facebook](#). [Twitter](#). [Instagram](#). [TikTok](#).

[COLORADOMAMMOTH.COM](http://COLORADOMAMMOTH.COM)



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## NLL Rules

This month we will highlight some of the NLL's basic rules:

- Each team is allowed up to six players on the floor at one given time
- During each possession, a team has 30 seconds to record a shot on net
- Each game consists of four 15-minute quarters
- If a game is tied at the end of 60 minutes, the game shifts to a sudden death overtime
- The dimensions of the field are the same as an NHL hockey arena (200 ft. X 85 ft.)



The complete NLL rulebook can be located [here](#)

## Highlight of the Month



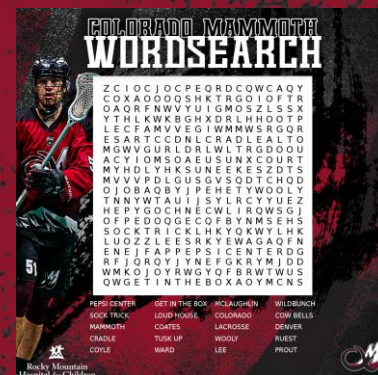
The Highlight of the Month is Ryan Lee's diving goal from Colorado's Sunday, March 8, 10-8 victory over the Rochester Knighthawks. This goal was recently voted the NLL Play of the Year.

To view the goal click here: [NLL Play of the Year](#)

## Monthly Activity

This month's activity is a Colorado Mammoth word search.

You can find the printable version here: [Colorado Mammoth Word Search](#)



## US Lacrosse

Make sure to check out the US Lacrosse website for information on return-to-play procedures and more:

<https://www.uslacrosse.org/>



The answer to the trivia question is B) Dillon Ward and C) Robert Hope

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