



C'mon Join The Team

We offer the best Lacrosse Clinics, Personal Training and Teams in Delaware.

[Sign Up Online](#)

DE Lacrosse Clinics, Training, and Travel Teams

Takeover Lacrosse pairs all players with US Lacrosse Certified Level I and Level II Coaches.

Clinics

Our lacrosse clinics provide one-on-one coaching for youth athletes. All clinics are led by US Lacrosse Certified Level I and Level II Coaches. Clinics are available in the winter and summer.

Personal / Group Training

Experience personal and group lacrosse training in Delaware. Learn the fundamentals of shooting, dodging, defending, goaltending, clearing, footwork, stick checks, and on and off-ball positioning.

Camps

Looking for a lacrosse camp this summer that teaches the fundamentals of the game while having fun learning about the fastest game on two feet? Sign up today and join the staff at Takeover Lacrosse Club for an action packed week of lax!

Success Stories

Takeover Lacrosse offers the best lacrosse training in Delaware. Don't take our word for it, hear what alums of our program think about Takeover Lacrosse.

"Coach McGuigan puts his all into everything he does"

I had the opportunity to come to know Coach McGuigan over the past 4 years at Appoquinimink Highschool. He is the greatest coach I have ever had and he has become a great friend. He puts in countless hours to help the team grow and become the best they can be, but he also helps you grow as man. He has helped mold me and my teammates into the young men we are today. Coach McGuigan puts his all into everything he does. He's the guy who gives it his best 100 percent of the time and I was lucky to have him as my coach for 4 years at Appo.

Noah Given

“Coach McGuigan played a huge role in all of my success as a goalie and he made going on to play college lacrosse possible for me.”

Coach McGuigan is a coach who does whatever it takes to help a player reach their maximum potential on and off the field. His players look up to him and admire his work ethic and strive to have those same values. He spends countless hours personal training, planning scrimmages, and creating scouting reports so that when it comes time for the season or a big game, his players are well prepared and ready for battle. Off of the field, coach is always setting up events for us to volunteer at and encourages us to be valuable members of the community. Coach McGuigan played a huge role in all of my success as a goalie and he made going on to play college lacrosse possible for me. I can't say enough about him, I'm just so glad he is my coach.

Mitch Meckley

“I received the award of 1st Team All Diamond State”

When I started my freshman year playing high school lacrosse I was strictly a D-Pole. My team was in a situation where we needed a goalie. I stepped into the goalie position with no experience. During the off season I trained with Coach Mike and by my Sophomore year I was starting goalie and my junior year I received the award of 1st Team All Diamond State. I think that alone speaks volumes.

Trent Wittaker

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