

LEVEL 3

WOMEN'S INSTRUCTIONAL CLINIC WORKBOOK

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US LACROSSE
COACHING
EDUCATION
PROGRAM



ABOUT US LACROSSE

Through responsive and effective leadership, US Lacrosse strives to provide programs and services to inspire participation while protecting the integrity of the game. We envision a future which offers people everywhere the opportunity to discover, learn, participate in, enjoy, and ultimately embrace the shared passion of the lacrosse experience.

US Lacrosse was founded on January 1, 1998, as the national governing body of men's and women's lacrosse. Although US Lacrosse has only recently emerged within the national lacrosse community, a closer look reveals an organization which represents the past and the future of the sport.

US Lacrosse is the result of a three-year strategic initiative to unify all national lacrosse associations in an effort to unify human and financial resources, as well as maximize the efficiency and effectiveness of lacrosse promotion and development.

The result is an organization which combines the contributions and talents of individuals formerly involved with a number of independent national constituencies, such as the Lacrosse Foundation, the United States Women's Lacrosse Association, the National Junior Lacrosse Association, the United States Lacrosse Officials Association, United States Lacrosse Coaches Association, United States Club Lacrosse Association, the Central Atlantic Lacrosse League and National Intercollegiate Lacrosse Officials Association. US Lacrosse provides a leadership role in virtually every aspect of the game throughout the United States, and offers a number of programs and information services to its national membership and more than one million lacrosse enthusiasts throughout the country.

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Acknowledgements

US Lacrosse would like to thank all those who have contributed to the US Lacrosse coaching education program women's game curriculum and clinic content. Special thanks to Joanna Lignelli, chair of the women's coaching education committee, Kristen Murray, Jane Pirie, and Carol Samuels. With special thanks to Scott Biron and Janine Tucker, Bonnie Rosen and Temple University, Dennis Short of Rollins College, and Dara Robin for their contributions to the creation of this material. In addition, US Lacrosse wants to thank Chris Snyder, Manager of Coaching Education and Training and Heather Wallace, Graphic Design Manager, for their authorship and design of this workbook.

This membership-driven program is made possible in part by donations to the US Lacrosse Foundation, the philanthropic arm of US Lacrosse. To support the responsible growth of the sport, please consider making a donation at uslacrosse.org/donate.

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CHAPTER 1

GETTING STARTED

(Nutrition, Injuries and Fitness)

INTRO

As a lacrosse coach you are responsible for educating yourself on the most up to date trends, drills, and materials for the game. In addition to that, you are also expected to have a baseline of knowledge on some very important factors that impact all players and teams. These factors can be many things, but in this section we are going to focus on:

- Nutrition
- Injuries
- Fitness

DESCRIPTION

Goals for this section are as follows:

Nutrition: To give a basic understanding of what information you need to deliver to your team, and what key points a coach should understand.

Injuries: To describe and inform what common injuries occur in the game of lacrosse, who they happen to, and how they effect the game and your team.

Fitness: To explain the importance of strength and conditioning and give you ideas of how to work fitness into your practice planning.



Eat foods with fiber for good digestion and B vitamins. B vitamins are the “energy” vitamins. Here is a sample performance menu (~2400 calories) for athletes:

Breakfast	Lunch	Dinner	Snack
- 2 Whole Grain Wheat Waffles w/2T. Syrup	- Turkey & Swiss on Whole Wheat Bagel	- 5 oz. Rotisserie Chicken (no skin)	- 1 1/2 c. Honey Oat Cereal
- 2 Hard Boiled Eggs	- 1 Apple	- 1 c. Brown Rice	- 1 Banana
- 1 Orange	- 1 oz. Pretzels	- 1 c. Steamed Broccoli	- 12 oz. Skim Milk
- 8 oz. Low Fat Chocolate Milk & 8 oz. Water	- 8 oz. Water	- 1 c. Peaches in Lite Syrup	- 8 oz. Water
		- 8 oz. Skim Milk	
		- 8 oz. Water	

Anti-Inflammatory Foods and Guidelines

Athletes work hard to decrease risk of injury and illness since they compete and workout regularly. Food and diet provide nutrients that prevent inflammation and reduce the risk of illness. Check out these guidelines to increase the nutrition and decrease the chance of inflammation for your team.

- Eat a variety of foods to provide a rainbow of nutrients
- Low in processed and refined foods
- Include eight to nine servings of fruits and vegetables a day
- Emphasize healthy carbohydrates and grains
- Eat a moderate amount of animal proteins, except for fish
- Increase intake of plant proteins such as beans, soy foods, and nuts
- Eat healthful fats like olive oil and canola oil
- Eat foods rich in omega 3 fatty acids (fish, walnuts, and flax)
- Flavor foods with garlic, ginger, and turmeric

(This information is for educational purposes only, see a healthcare professional if you have a medical concern or questions. Pinnacle Health & Wellness, 2011, www.pinnacle4health.com.)



CHAPTER 1, PART 2: INJURIES AND PREVENTION

INTRODUCTION

Overtraining and specialization are becoming serious issues in youth sports today. Athletes who overtrain can suffer serious injuries. It is important that coaches remember that young athletes are still growing. Each team will have athletes of varying levels on it and care must be taken to train each player at his or her appropriate level, using sport-specific and training techniques based on modern research.

Coaches should also encourage players to take some time off from lacrosse, especially if they've been playing in multiple leagues or consecutive seasons. This can prevent burnout and overuse injuries, which is extremely important at the youth level. The American Academy of Pediatrics' Council on Sports Medicine and Fitness recommends that children and adolescents play on only one team per season and take a vacation of 2-3 months from a specific sport (not all sports necessarily) each year.

This is becoming more and more difficult as your players get older and into high school. They are pushed to play year round and never rest. Below will outline the injuries that a typical lacrosse season pulls, and will help you as the coach with planning and training of your players. Our hope is to better educate you on where injuries occur, and encourage proper rest and relaxation to avoid over use injuries.

2009-10 NFHS Injury Surveillance Study

The following information has been compiled by the National Federation of High School Sports. It has been taken from the data and analysis of high school injuries for all sports during the 2009-10 school year. The lacrosse related data below is for high school athletes, although you can easily find the NCAA injury survey study on the US Lacrosse website at www.uslacrosse.org under health and safety, injury prevention. The high school and NCAA college athlete numbers are very similar in the types of injuries, with the major difference being in college athletics you see a slightly higher percentage of game injuries than the high school numbers. Review the numbers below to see what you as a coach must take into planning each year.

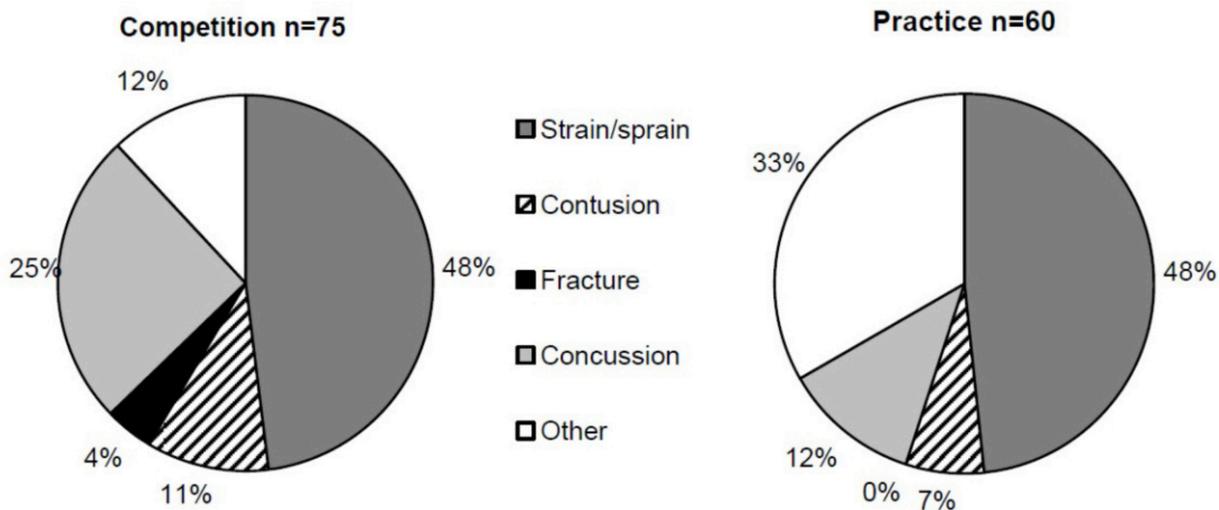
Girls' Lacrosse Injury Rates by Type of Exposure, High School Sports-Related Injury Surveillance Study, US, 2009-10 School Year

The following information shows the study sample taken for high school girls.
It also shows the grade levels of the athletes injured.

	# Injuries	# Exposures	Injury rate (per 1,000 athlete exposures)
Total	136	83,991	1.62
Competition	76	26,144	2.91
Practice	60	57,847	1.04

The majority of injuries in girl’s lacrosse are strain and sprain injuries. You can also see that there is a higher risk of concussions in game situations over practice.

Girl’s Lacrosse Injuries





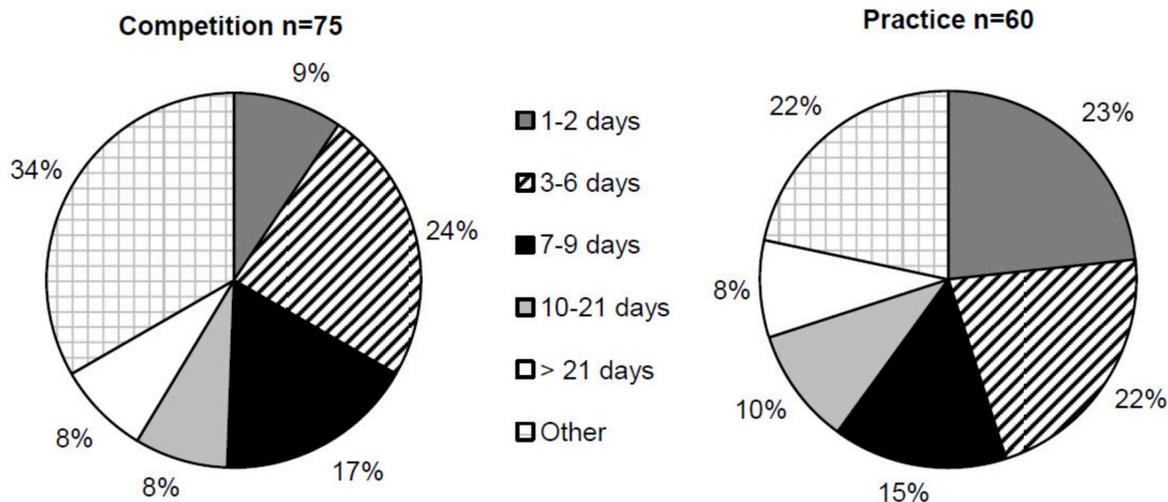
Girl's Lacrosse Injuries - Type

	Competition		Practice		Overall	
	n	%	n	%	n	%
Body Site						
Ankle	19	25.0%	11	18.6%	30	22.2%
Head/face	22	28.9%	8	13.6%	30	22.2%
Knee	13	17.1%	11	18.6%	24	17.8%
Hip/thigh/upper leg	7	9.2%	9	15.3%	16	11.9%
Lower leg	4	5.3%	8	13.6%	12	8.9%
Hand/wrist	7	9.2%	2	3.4%	9	6.7%
Foot	1	1.3%	6	10.2%	7	5.2%
Trunk	1	1.3%	4	6.8%	5	3.7%
Shoulder	1	1.3%	0	0.0%	1	0.7%
Other	1	1.3%	0	0.0%	1	0.7%
Total	76	100%	59	100%	135	100%

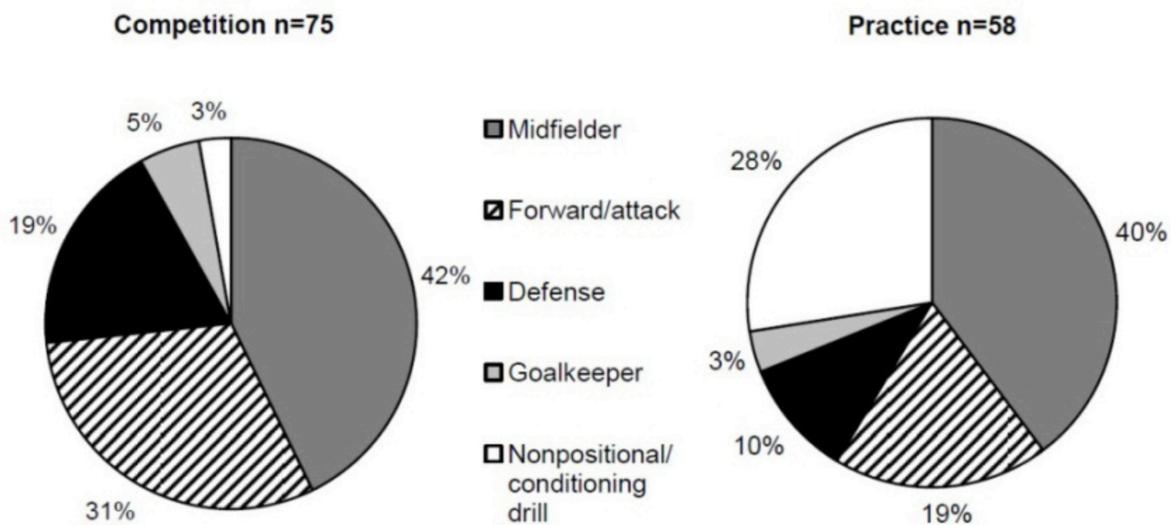
Girl's Lacrosse Injuries - Detailed Injury Information

	Competition n=75		Practice n=59		Total n=134	
	n	%	n	%	n	%
Diagnosis						
Head/face concussion	19	25.3%	7	11.9%	26	19.4%
Ankle strain/sprain	17	22.7%	9	15.3%	26	19.4%
Hip/thigh/upper leg strain/sprain	5	6.7%	9	15.3%	14	10.4%
Knee other	2	2.7%	9	15.3%	11	8.2%
Knee strain/sprain	10	13.3%	1	1.7%	11	8.2%
Lower leg other	0	0.0%	7	11.9%	7	5.2%
Lower leg strain/sprain	3	4.0%	1	1.7%	4	3.0%
Hand/wrist fracture	3	4.0%	1	1.7%	4	3.0%
Trunk strain/sprain	0	0.0%	4	6.8%	4	3.0%
Foot stain/sprain	0	0.0%	4	6.8%	4	3.0%

Girl's Lacrosse Injuries - Time Missed



Girl's Lacrosse Injuries - Who they Happen to!





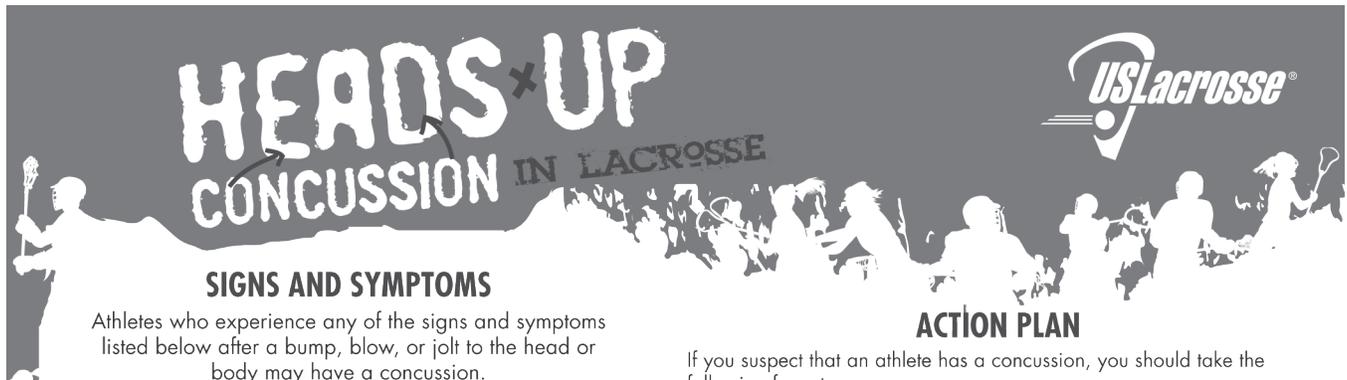
Girl's Lacrosse Injuries - When they Happen

TIME IN COMPETITION	n	%
Pre-Competition-Warm-ups	3	4.3%
First half	31	44.9%
Second half	35	50.7%
Overtime	-	0.0%
Total	69	100%

TIME IN PRACTICE	n	%
First 1/2 hour	11	19.0%
Second 1/2 hour	16	27.6%
1-2 hours into practice	22	37.9%
>2 hours into practice	9	15.5%
Total	58	100%

What you need to know as the coach

What you need to know as the coach is what common injuries occur and when they occur. In the women's game you will deal with a majority of strains and sprains to the ankles and knees. Include speed training and strength work at all grade levels to increase the strength and flexibility of your athletes. More injuries occur during games than in practice due to the intensity of play. Practices should include drills and games at game-like speed and intensity to better prepare your players for the speed and intensity of a real game.



SIGNS AND SYMPTOMS

Athletes who experience any of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right" or is "feeling down"

ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the CDC/US Lacrosse fact sheet for parents on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.

IMPORTANT PHONE NUMBERS

Emergency Medical Services:

Name: _____ Phone: _____

Health Care Professional:

Name: _____ Phone: _____

League/School Staff Available During Practices:

Name: _____ Phone: _____

League/School Staff Available During Games:

Name: _____ Phone: _____

For more information and safety resources, including a fact sheet for parents and athletes, visit: www.cdc.gov/Concussion and www.uslacrosse.org/safety

CENTERS FOR DISEASE CONTROL AND PREVENTION





CHAPTER 1, PART 3:

FITNESS

“Great athletes make things look easy.”

- Coach Keith Kormanik

Fitness is a key component to developing lacrosse players.

Historically, athletes got “into shape” by running distance and lifting weights. Now we want to encourage coaches to condition their athletes using the movement patterns that are specific to women’s lacrosse.

Although running four miles has a fitness, cardiovascular and muscle endurance component, there is NEVER a time in a women’s lacrosse game that a player would be running in a straight line for four miles. Today’s fitness programs need to be a combination of footwork, speed work, strength and endurance training to maximize the lacrosse player’s performance. Players must get up and down the field quickly and efficiently. In essence, we feel developing a player’s overall athleticism is the priority when conditioning - because great athletes make things look easy. They get up and down the field with ease, are smooth and fluid in the movements and are fun to watch.

Proper warm up and stretching will help prepare the athlete’s muscles for training and will help avoid injury.

.....

WARM UP

Here is a sample Dynamic Warm Up and Static Stretching Routine.

DYNAMIC WARM UP EXPLANATIONS •••••

Perform over a distance of 10-15 yards followed by a light jog back to the starting point to maintain the warm-up effect.

ANKLE POPS Lightly bounce off of each foot while keeping the knees very slightly bent. This is very similar to a quick skipping motion, except that it is performed while moving forward. The idea is to introduce progressively more range of motion as you move through the prescribed distance.

HIGH KNEES This is basic running form while bringing the knees up higher than normal – ideally beyond your waistline. Aim to keep your feet moving as fast as possible and your ankles, knees, hips and shoulders facing forwards.

BUTT KICKS Similar to high knees except you keep your thighs perpendicular to the ground while kicking your heels up towards your backside. Again, move fast and keep ankles, knees, hips and shoulders in alignment.

CARIOCA Moving laterally to your left, cross your right foot in front of your left, then step with your left, then cross your right foot behind the left and repeat. Aim for as much hip rotation as possible and keep those feet moving fast! If performed correctly, this looks like a new dance move!

STEP SLIDE Assume a low athletic position with your feet slightly wider than shoulder-width apart, your ankles, knees, hips and shoulders facing forwards and your knees slightly bent. Pushing off your right leg, slowly step laterally to the left with your left leg, then slide your right leg back to its original position, making sure your feet don't touch or cross. This is similar to a 'defensive slide' in basketball and the coaching cue when performing it is 'step – slide'.

GLUTE WALK In the process of your walk, put your left hand on your left knee and right hand on your left ankle, then pull both in towards your chest. Take a step and repeat on the other leg.

BACK PEDAL Run backwards maintaining a little bit of a forward lean (shoulders over your toes) to prevent falling. Really 'reach back' as far as you can with each step to help stretch the hip flexor muscles.

FRANKENSTEIN MARCH Keeping your left leg straight, kick it up in front of you as high as you can, trying to touch the fingertips of the opposite arm – basically a straight leg march – then repeat with the right leg. This is an excellent way to increase hamstring flexibility.

KNEE HUG While walking forward, hug your left knee into your chest, then step and repeat on the right leg, continuing with alternate legs. This is an excellent way to loosen up the glutes and hips.

POINTERS Keeping your left leg straight (and right leg bent) and left foot pointed upwards, reach down with your right hand to try to touch your left toe. Then take a step and repeat on the other side. This is another excellent movement for enhancing hamstring and low back flexibility.

QUAD WALK While walking forwards, pull your left heel into your buttocks, then step and repeat with the right leg, continuing with alternate legs. This is ideal for loosening up the quadriceps and hip flexors.

LOW LUNGE Step forward with your left leg into a lunge position (ankles, knees, hips and shoulders facing forward, torso upright). The back knee should almost touch the ground. Use your arms for balance.

OVER THE FENCE Facing in the opposite direction to the way you want to travel, raise your left knee as high as possible and rotate it behind you as if you were trying to walk backwards and step over an imaginary fence. Repeat with the right leg and continue with alternate legs.

INCHWORM Assume a push-up position on the ground, and walk your feet close to your hands while keeping the legs as straight as possible. Then return to the start position. Repeat over the prescribed distance, making sure your hands and feet never leave the ground.



The Dynamic Warm up



STATIC STRETCH ROUTINE

Before and after every workout and after your dynamic warm up, perform the following routine. Do not rush through it because a flexible body moves much more efficiently and effectively than a tight body. Hold each stretch for about 20 seconds. Avoid bouncing. The total routine should take about 8 minutes.

From a standing position:

1. Legs out wide, stretch to the middle
2. Move your upper body toward the right foot
3. Move your upper body toward the left foot
4. Stagger your feet so that you are in a lunge with your right foot forward, bend your right knee keeping your left leg straight until you feel a stretch in your left hip flexor
5. With your right hand on your right hip, reach your left hand up as high as you can over your head, then lean toward your right bending at the hip
6. Switch your feet and arms to stretch the other sides
7. Grab a pole with both hands, bend at your waist and stretch the sides of your upper body
8. In a doorway or corner, place your hands on the sides of the doorway or wall and lean forward to stretch the front of your upper body
9. **Finally, stretch your calves on a step or slanted board**

From a seated position:

1. Legs out wide, stretch to the middle
2. Legs out wide, stretch toward the right foot
3. Legs out wide, stretch toward the left foot
4. Repeat each of the first three stretches
5. Butterfly – bring the bottom of your feet together, keep your back straight and hold onto the ankles (not the feet), push down on your thighs with your elbows

Lying on your back:

1. Pull right knee into the chest hugging the leg
2. Straighten the right leg for a hamstring stretch
3. Take the right leg across your body for a lower back and glute stretch; make sure to keep both shoulders on the ground
4. Roll onto your left side, pull your right foot toward your back to stretch your quad
5. Repeat for the left leg

We have compiled some of our favorite conditioning and agility drills for you (listed below) Use them as you see fit for the level of your team.

CONDITIONING TIPS

- * Use a wide variety - keep training fresh!
- * Make drills competitive. Use lots of different equipment to challenge your athletes - cones, hurdles, tires, trash cans, ladders, jump ropes, flags, etc.
- * Vary when you do your fitness (beginning of practice, in the middle, at the end).
- * Remember that your lacrosse drills can also have a fitness component! Add ladders to your ground ball drills, add a footwork pattern to your dodging drills – feel free to be creative!
- * Remember to incorporate “sticks up!” in your conditioning drills. Put sticks in your athletes hands as they go through their conditioning, footwork and sprint workouts. Make sure your players keep their sticks up (holding it with either one hand or two) and not at their waist as they work out – this will help them with keeping their sticks up when playing defense.
- * Remember to instill the concept of “Low Man Wins” while working on your strength and conditioning. Have athletes touch low cones or spots on the field as they are working out. This builds muscle memory and will allow your athletes to get used to staying low. The more they do it, the more of a habit it will become. The more of a habit it becomes, the better they will perform on the field.

Conditioning Stations



Conditioning Stations
(A Closer Look)

1 / 2 MILE - This is a good distance to develop endurance. Options on a 400 meter track are to push hard both laps, or jog one lap and sprint the second.

SPEED SQUATS - With arms by your side (not behind your head), squat down and jump straight up reaching hands toward the sky. Repeat as quickly as possible without sacrificing technique. Remember to keep backside even with knees at lowest depth and torso upright with heels flat on ground before takeoff. 3 sets of 15 repetitions. 30 second rest in between sets.

SHUFFLE/CROSSOVER /SPRINT - Stagger 10 cones 10 yards apart on a 45 degree angle. Begin at first cone and shuffle backwards on a 45 degree angle heading for second cone. At second cone plant and open up hips toward third cone, crossover and sprint to third cone, decelerate and open hips again and repeat the sequence. After running through the tenth cone, rest for 45 seconds and then repeat the pattern going the opposite direction. 4 total repetitions.

45 DEGREE ICE SKATERS - With feet shoulder width apart and knees slightly bent, shift one leg behind the other and jump off one leg on a 45 degree angle from side to side working vertical in a motion similar to a speed skater. All of your body weight should be placed on one leg with your momentum carrying the opposite leg behind and wider than the plant leg. Drop your hips when landing. 24 Jumps on each leg. 3 sets with 30 second rest in between.



STANDING BICYCLE CRUNCHES - Begin by standing with knees slightly bent and hands behind head. Bring opposite elbows and knees together keeping head and torso upright. Alternate going from side to side. 40 reps total (20 each side). 2 sets with 30 second break in between.

SHORT GASSERS - Cones or markers 15 yards apart. Sprint 15 yards, touch with FOOT and HAND, then turn and sprint back 15 yards. Repeat - down, back, down, back. 60 yards total. 2 sets with 45 second rest in between.

BABY CRUNCHES - Lie on the ground, place hands on quadriceps, shoulders slightly off ground raise up so that hands rise to top of knee. 4 sets of 12 with 15 second rest in between.

OVER/UNDER ABS - Start lying on your back with legs straight 6 inches off the ground with toes pointed down. Move your feet over and under one another = 1 repetition. 4 sets of 12 with 15 second rest in between.

SCISSOR KICKS - Start lying on your back. Both legs positioned straight and slightly off ground with arms straight above head and bring one leg up and with both arms try and touch as high up leg as possible then back to starting position and then alternate legs. 4 sets of 12 with 15 second rest in between.

QUICK FEET - Use a line on a field or imagine a straight line. Work to your right stepping over and back with short, quick steps. Lead with your inside foot. Work 10 yards down, then 10 yards back facing the same direction. Do not get sloppy. Work on good body control while maintaining an athletic base. 30 second rest after each repetition consisting of 10 yards down and back. 3 sets.

STRIDERS - Exaggerate your stride length slightly and stride out 30 yards. Backpedal 30 yards to starting point. Stride out 30 yards, relax and then shuffle 15 yards back facing one way then 15 the other. Stride out 30 yards down and back, once more.

AGILITY TRIANGLE - Cones 5 yards apart on a 45 degree angle from one another. 4 cones total. Sprint around cones and after the fourth cone, plant and sprint straight for 10 yards and then backpedal 10 yards. 4 repetitions total, 2 from each side.

X - DRILL - Cones 5 yards apart in a square. Start at bottom left cone, sprint straight to first cone, plant and sprint to bottom right cone, plant and sprint to top right cone, plant and sprint to bottom left cone, plant and sprint through top left cone to finish. 4 repetitions total, 2 from each side.

STANDING BROAD JUMPS - Mark off 25 yards. Begin with feet parallel. Lower the hips with torso slightly leaning forward with shoulders just over toes. Do not bend over excessively at the waist. Jump as far forward as you can shifting your weight from your heels to the front part of your feet at takeoff. Concentrate on good body balance so you stick the landing without any false steps. Take as many jumps as necessary to cover 25 yards and then take a 20 second break and begin the jumps back 25 yards to the starting point. Repeat.

TEMPO RUN - Place a cone at start point, pace 15 yards out and place second cone. Place third cone 30 yards from second cone, then pace out 15 more yards and place final cone. Take off gradually building to just under maximum sprint at 15 yard mark. At the 15 yard mark sprint to max speed for 30 yards. At the 45-yard mark start to decelerate gradually. 4 runs.



LONG TERM ATHLETE DEVELOPMENT

The image below shows the Long Term Athlete Development (LTAD) model. LTAD is a systematic approach being adopted by all sports (some better than others) to maximize potential and increase the enjoyment of participants and athletes. It provides a framework for developing physical literacy, physical fitness and competitive ability, using a stage-by-stage approach. The model outlines a model for optimal performance which has the following stages:



5 – Motor Skill Development: 8 STAGES OF LTAD (USAV-DRAFT)

Active Start Stage	- FUNDamental movement skills	Active Start 0-6 "VolleyTots"
FUNDamental Stage	- Developing ABC's	FUNDamentals 6 -10 10 and Under Kidz Kourts; Mini-Volley
Learning to Train	- Learning fundamental sports skills	Learning to Train 10 and Under Club, Kidz Kourts; Mini-Volley 13 and Under Club, Kidz Kourts; Mini-Volley, Middle School
Training to Train	- Building the "engine" and consolidate sport skills	Training to Train 14 and Under Club, Middle/Jr HS 16 and Under Club, HS Youth, Junior HP & National Teams
Learn to Compete	- Optimizing "engine" and refine sport skills	Learning to Compete 16 and Under Club, HS 17 and under Club, HS 18 and Under Club, HS, College Frosh Youth, Junior HP & National Teams
Training to Compete	- Optimizing "engine" and refine sport skills and performance	Training to Compete 17 and under Club, HS 18 and Under Club, HS College Frosh-Senior Junior HP & National Teams
Training to Win	- Maximizing "engine", skills and performance	Training to Win 18 and Under Club, HS, College Frosh College Soph-Senior Junior, Senior HP & National Teams
Volleyball for Life	- Post-playing career – recreation, coaching, etc.	Lacrosse for Life

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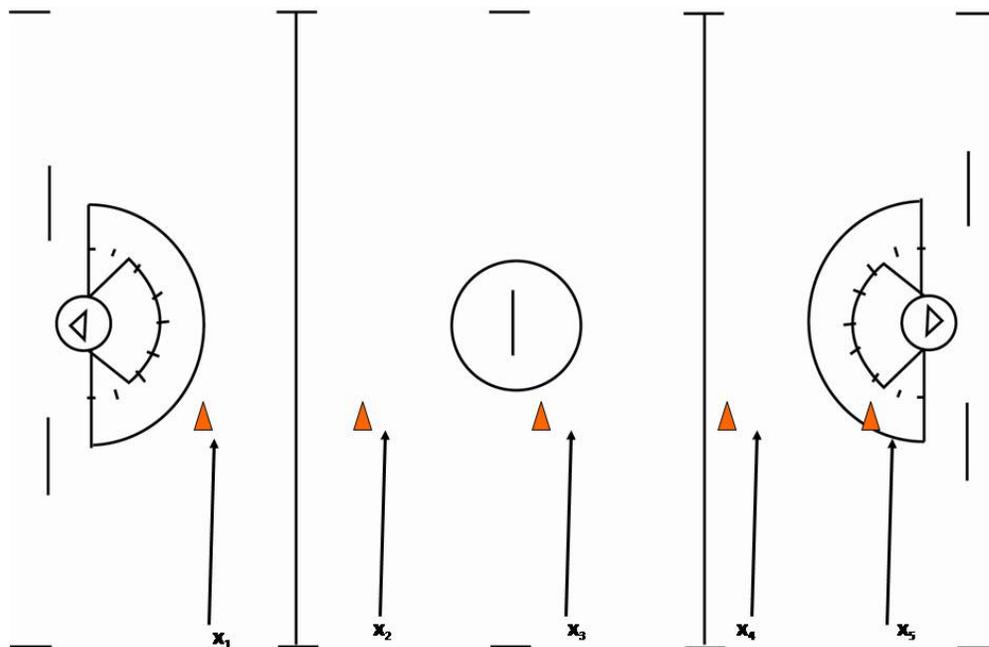


Ten Yard Sprints Drill

Drill Specs	Drill Theme: Conditioning Field Position: Offense, Defense, Midfield	Drill Style: Conditioning Time Needed: 5 Min	Field Location: Attack Zone Skill Level: Basic
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Objective To work on quick, short sprints and change of direction.

Drill Description Line players down the sideline of field. Set up cones 10 yards from the boundary line. Players must go from line 1 to line 2, 4 times in 12-15 seconds. Repeat 5 times.



- Skills Practiced**
- Quick bursts of speed
 - Change of direction and agility
 - Pivots

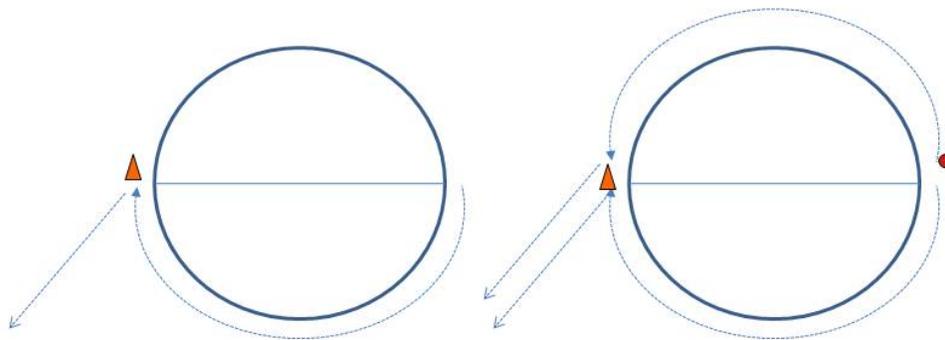
Variations Have players hold stick and shuffle from line to line. Increase time increments to 15-18 seconds. Players should hold stick and remain low to the ground.

Crease Sprints

Drill Specs	Drill Theme: Conditioning, Agility Field Position: Offense, Defense, Midfield	Drill Style: Conditioning Time Needed: 5 Min	Field Location: Attack Zone Skill Level: Basic
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Objective To improve speed and agility.

Drill Description Drill is to be completed around the crease. Have players run half a circle, touch the other cone, and then back pedal or slide away up the side of the 8m.



- Skills Practiced**
- Quick footwork
 - Agility and quick change of direction

Variations Add attack player with a ball. Defense runs as far as possible around crease before meeting attacker; then retreats to force offense away from goal.



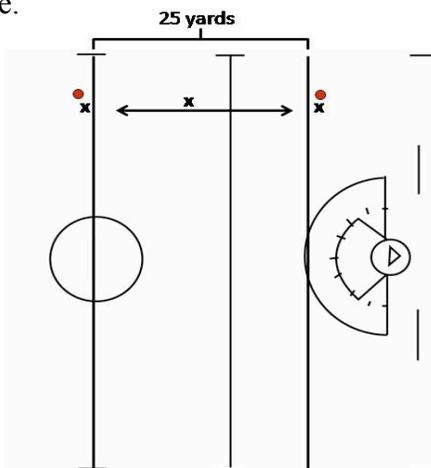
300's

Author Name Leslie Frank **Author School**

Drill Specs **Drill Theme:** Conditioning **Drill Style:** Conditioning **Field Location:** Half Field
Field Position: Offense, Defense, Midfield **Time Needed:** 10 Min **Skill Level:** Intermediate

Objective To work on speed, agility, endurance and change of direction.

Drill Description Start by marking off a 25yard distance on the field with cones or lines. Break the team into groups of 3. Two players will stand at either end of the 25 yards with a ball. The player without the ball will begin the timed 300 on the whistle. The player will cut back and forth touching each end line 12 times. While sprinting back and forth receiving a pass and return the pass to and from each teammate.



- Skills Practiced**
- Conditioning
 - Change of Direction
 - Catching and Throwing
 - Pivots

Variations You can repeat the drill but with the non-dominant hand. Also you could switch to one ball and have the player receive an over the shoulder pass after touching the end lines.

Quick Passing and Conditioning Drill

Author Name Susie Williams

Author School

Drill Specs

Drill Theme: Conditioning, Throws
Field Position: Offense, Defense, Midfield

Drill Style: Conditioning
Time Needed: 5 Min

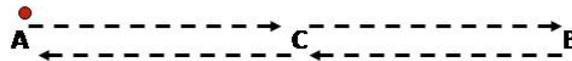
Field Location: Attack Zone
Skill Level: Basic

Objective

To work on passing and catching accuracy as players fatigue.

Drill Description

Players A and B are passing posts, each with a ball. C player in the middle runs to A-touches her, cuts back to B and receives the ball-then gives a quick pass back to B. C then runs to B, cuts back to A and receives a quick pass and gives pass back to A. Continue for 30 second intervals.



Skills Practiced

- Conditioning
- Passing Accuracy
- Catching short, crisp passes

Variations

Add defense on the player in the middle for pressurized catching. Also, have players switch hands- catching and throwing with outside hand.



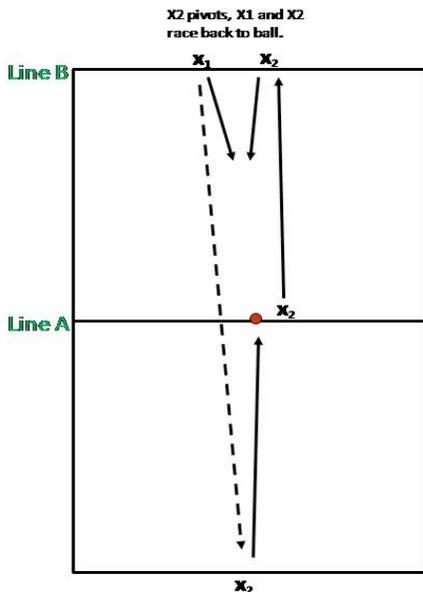
Conditioning w/Competition

Author Name Laurie Markle **Author School**

Drill Specs **Drill Theme: Conditioning** **Drill Style: Game, Conditioning** **Field Location: Midfield**
Field Position: Offense, Defense, Midfield **Time Needed: 5 Min** **Skill Level: Basic**

Objective To work physical fitness of individual players.

Drill Description Start by making a 15 yard grid. Players are at opposite ends of grids. X1 passes to X2 who runs to line A. At line A, X2 puts the ball down and continues running to line B. At line B X2, pivots to return and pick up the ball. As X2 touches line B, X1 then takes off for the ground ball as well. It is a race to see who can run and pick up the ball.



- Skills Practiced**
- Conditioning
 - Groundballs
 - Pivots

Variations You can have players start the drill with no sticks and have to pick up the ball with their hands. Eventually you can build to using sticks to pick up the ground ball.

Diamond Sprints

Drill Specs

Drill Theme: Footwork
Field Position: Defense

Drill Style: Conditioning
Time Needed: 10 Min

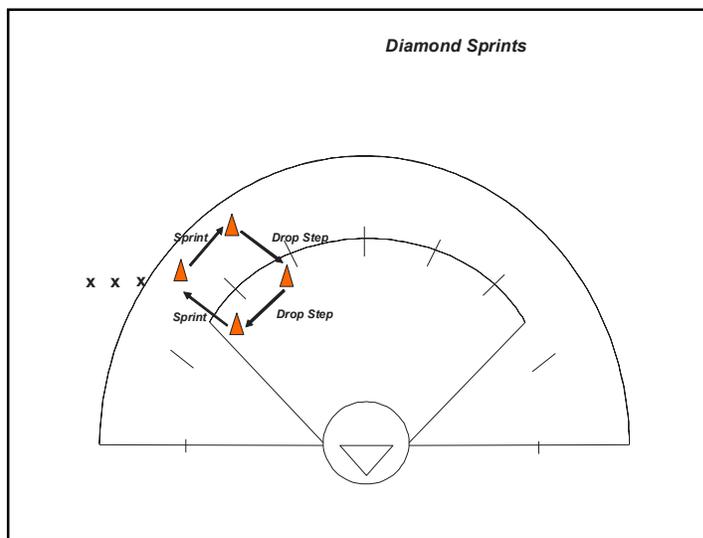
Field Location: Attack Zone
Skill Level: Basic

Objective

Diamond sprints allow for players to practice defensive foot work that is needed to stay with players on offense. The diamond movement has players focus on quick drop steps and the turn and run movements for staying with players on offense.

Drill Description

Set up 4 cones in a diamond, with about 5-10 yards between each cone. Players will start at a cone, standing sideways, and sprint up to the next cone at an angle, then drop step back to the side at the next cone. Once at the 3rd cone they will switch their drop step to the inside and drop to cone 4. At cone 4 they will drive forward as fast as they can back to cone 1.



Skills Practiced

- Conditioning
- Defensive Footwork

Variation

Add a ground ball to the final straight sprint off of cone 4.



Zig Zag Sprints While Cradling

Drill Specs

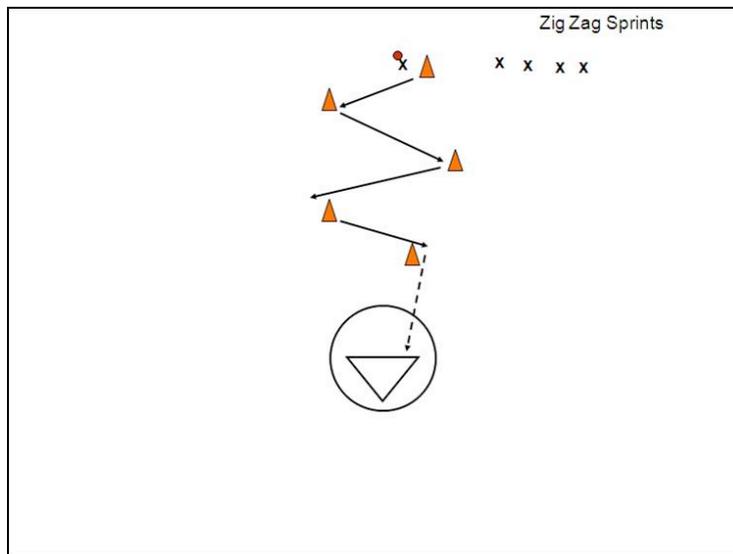
Drill Theme: Footwork	Drill Style: Conditioning	Field Location: Attack Zone
Field Position: Defense, Offense, Midfield	Time Needed: 10 Min	Skill Level: Basic

Objective

Zig Zag sprints allow for players to practice footwork and change of direction while cradling and changing speeds. The drill allows players to work on staying low to the ground when planting and changing directions, and learning to control their body and sticks.

Drill Description

Set up 5 cones in a zig zag, with about 5-10 yards between each cone. Players will start at a cone with a ball, and will cradle while sprinting up and around each cone. The zig zags will require various changes of directions and require players to vary speeds. Have the player go all the way through the 5 cones and then run back to the starting line.



Skills Practiced

- Conditioning
- Footwork
- Cradling

Variation

Add a shot to the final straight sprint off of cone 5.

CHAPTER 2: DEFENSE

Level 1 and 2 Review

In level 1 and 2 of the US lacrosse Coaching Education Program, we learned how to run an effective player to player settled defense. In Level 1, we focused on the fundamentals of 1v1 defensive positioning both on-ball and off-ball. Double teams were also introduced.

In level 2, we focused on the essential components of successful player to player team. We build on the on and off ball principles with additional double team options, crashing from all areas when your defense is in trouble, and adding more communication to have your defense help and slide on drives to goal and take away options for the offense.

Our goals for level 3 are to add sophistication to the player to player defense by focusing on advanced game planning, determining match ups and forcing turnovers with pressure. In addition, we will work on implementing a zone defense that will give you a variation from player to player defense and can be used in player down situations.

Lastly, we will discuss the goalie's role in these defensive situations to ensure your goalie can organize, operate, and adjust to what the offense is running on the field.

LEVEL 3 DEFENSE SECTION:

1. **Determining Match ups**
2. **Playing High Pressure**
3. **Breaking the Stall**
4. **Zone Defense**





CHAPTER 2, PART 1:

DETERMINING MATCH UPS IN THE PLAYER TO PLAYER DEFENSE

Match ups in settled player to player defense normally happen in three ways: scouting reports, game time adjustments and opponent's strategy. Scouting reports and game plans will identify specific players on the opposing team that should be defended by one or more of your players. Game time adjustments may necessitate certain match ups in order to more effectively defend players who are organizing the offense, scoring all of the goals, or dominating the draws or transition. Finally, your opponents may initiate match ups by targeting weaker defenders to isolate.

SCOUTING REPORT MATCH UPS • • • • •

Scouting reports can help to identify key players on the other team who should be a focus of the defense. Typical scouting match ups include:

- **Best player on best player**
- **Best player on weakest player**
- **Face Guard dominant attacker**

Best player on Best player

Matching best players is a simple way of trying to neutralize a team's main threat and force the other team's offense to operate with their main player in a tougher match up situation. This process is the most common form of getting match ups, but does not always bring you the benefits you want as a coach. This process can sometimes require your weaker players to run or call the defense. Coaches must be sure to practice 5 v 5 and 6 v 6 situations and really emphasize the defensive situations without the best defender involved. Number advantages like 7 v 6 and 6 v 5 will also assist with this.

Best player on Weakest player

The benefits of matching a weaker offensive player with your best pressure defender is the turnover opportunities that may be caused. If you select this match up, you as a coach need to be sure your player knows when and where your team wants to pressure and where and when to be patient. This matchup style will also expose your other defensive players who will be guarding the opponent's more skilled offensive players. Be sure you have a solid defensive game plan to implement when this is your choice.

Face Guard with a Defender

The face guard can be a very exciting and effective form of match up when your opponent has a certain player that runs the show or scores most of the goals. The key to the face guard is having your players understand that this player must not get the ball. The face guarding defender will position herself between her opponent and the ball and will be looking at her opponent at all times. She is not in the traditional defensive triangle position where she can see her girl and the ball at the same time. Face guarding forces the defense to play 6 v 6, since the defender who is face guarding can not be a help or slide defender. Communication from the rest of the team is critical since the face guarding defender cannot see the ball. She must rely on teammates to tell her what is going on.

If the player who is being face guarded gets the ball, her defender needs to force her to a less critical area on the field and apply high pressure. The entire defense needs to understand that this is a dangerous player and be ready to double her.





CHAPTER 2, PART 2:

PLAYING HIGH PRESSURE DEFENSE

High pressure defense is a more proactive, more aggressive and higher intensity defense designed to disrupt the rhythm of the offense and create turnovers to regain possession of the ball. High pressure defense can be implemented in a variety of ways, including isolating the opponent's weakest player, doubling the ball, trapping in the corner, denying passing lanes and forcing long passes. High pressure defense can be played anywhere on the field. In this section, we will focus on high pressure defense below the restraining line.

A high pressure style of defense will require your team to be in excellent physical condition. Many teams may work a high pressure defense into their defensive game plan by coming up with a game call or word to start the pressure. This gives the coaching staff the ability to call in the play and have their players work pressure, then convert back to a standard set, causing confusion for the offense if done correctly. Other teams may play a constant style of aggressive defense and force pressure all the time. It is higher risk, but allows for high reward in the form of cause turnovers and extra possessions for your offense if you can gain control and clear the ball.

KEYS TO HIGH PRESSURE DEFENSE •••••

Pressure the Ball Carrier and Double the Ball Carrier

As the name suggests, high pressure defense requires that significant pressure be placed on the ball carrier, either 1v1 or with a double team. The on-ball defender(s) should aggressively apply pressure to the ball carrier and take away an option for her (force her weak, force her wide.) If you are playing a team that prefers to look for 1v1 drives to goal, doubling the ball carrier in a high pressure defense can be an effective strategy to disrupt the offense. If you are playing a team that prefers to move the ball and look to feed cutters, 1v1 high pressure on the ball carrier will limit her ability to see open passing lanes and cutters.

Deny passes to Adjacent Attackers

When the ball carrier is being pressured, the adjacent defenders should step out to deny the easy pass to the adjacent attackers. Quick ball movement is a key to beating high pressure defense. Denying the adjacent pass will make it harder for the ball carrier to find an open pass. The defense as a group must recognize that this is a higher risk defense, since denying the adjacent pass will make it harder for the adjacent defenders to slide to help on a drive to goal.

Communicate!

As with any defense, communication is essential to the successful execution of high pressure defense. Defenders must be communicating who is pressuring the ball, who is stepping out to deny adjacent passes, who is ready to slide to help on the drive, who is marking two attackers and when there are open attackers in the 8 meter.

Force a Skip or Long Pass

By pressuring the ball carrier and stepping out to deny adjacent passes, the defense is trying to force the ball carrier to make a skip or long pass. This long, skip pass has a better chance of being disrupted and intercepted by off ball defenders who are anticipating the ball movement based on the positioning of the off ball attackers and the pressure being exerted on the ball carrier.

Anticipate Ball Movement

Defender must anticipate ball movement in order to capitalize on the high pressure and create turnovers. Quick ball movement is a key to beating a high pressure defense. Defenders should anticipate the ball movement and reposition while the ball is in the air. Defenders who are reactive and wait to see where the ball lands before repositioning will find themselves out of position and will not be able to effectively capitalize on the turnover opportunities that the high pressure creates.

Use the Goalie as a Defender

The goalie must be an active participant in a high pressure defense. The goalie is a key communicator and should help direct the movement of her defenders. The goalie must also be comfortable coming out of the goal circle to intercept any long, skip passes to attackers near the goal circle or behind the goal cage as well as to defend open attackers in 8 meter arc near the goal circle. The more pressure that the ball carrier is under, the more opportunities the goalie will have to step out to intercept passes and defend open attackers near the goal crease. Remind your goalie that when she steps out of the goal circle she becomes a field player and all field player rules apply to her.

Move Efficiently and Play the Angles

Defensive attacking angles were discussed in the level 2 training when talking about setting up double teams or when getting into a help position. The defender must approach the ball carrier and force them in a specific direction by taking away one side ("force weak" or "force left/right") or force them to a lower percentage shot ("forcing wide".) In a high pressure defense, off ball defenders use similar pressure angles in order to take away passing lanes and deny the off ball players access to certain areas of the field, especially a clear lane into the 8 meter arc. Off ball players should shade or hedge into the skip passing lanes when off ball and around the 8 meter arc. When the time comes for them to extend out to their player when the ball moves, off ball players should cut up into the adjacent passing lane and try to delay the next adjacent pass to their player. The goal with this pressure positioning by the defenders is to freeze the ball carrier's pass and give your on-ball defender a chance to jump the ball carrier and go for a quick check or take away.

Have the Mental Edge and Be the Best Conditioned Team on the Field

High pressure defense is physically demanding on all of the defenders. It is equally demanding on the attacking players. If your team is well conditioned, they will have the mental advantage of knowing that they can outlast their opponents. A well executed high pressure defense can also give your defense a psychological advantage since it enables them to be proactive and dictate the pace of play, rather than react to what the offense is doing.

PRACTICING HIGH PRESSURE DEFENSE

There are many components involved in high pressure defense. Your team must be able to play 1v1 defense and double team effectively in order to be successful in high pressure defense. Likewise, your defenders must be effective communicators and must anticipate ball movement. Your goalie must be comfortable coming out of her crease as a defender to mark an open crease attacker or intercept a pass. Each of the components should be practiced separately as you also practice combining them in a settled high pressure defense game situation.

Several drills that can be used to practice the essential building blocks for high pressure defense are listed below. Many other drills can be found in USL's Mobile Coach Drill Library.



Forcing Box Drill

Drill Specs

Drill Theme: Defense
Field Position: Offense, Defense

Drill Style: Skills
Time Needed: 10 Min

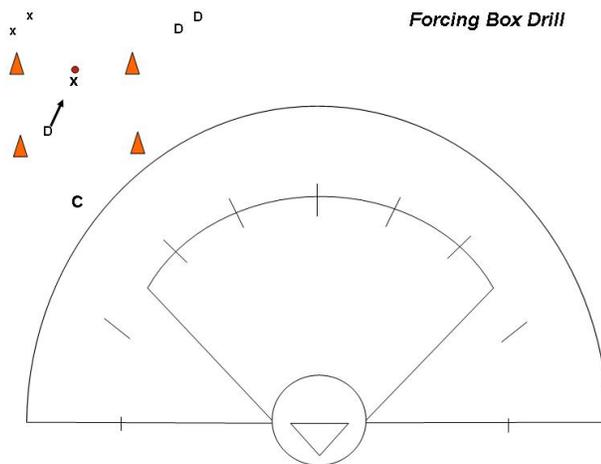
Field Location: Attack Zone
Skill Level: Basic

Objective

This drill is excellent for teaching players 1 v 1 or 2 v 1 tactics and skills on both offense and defense. The objective is to either keep the player on offense in the box or force them outside the box at certain areas.

Drill Description

Set up 4 cones about 5 to 10 yards apart in a box. Start the person on offense with the ball at one cone, and the person on defense at a different cone. On the coaches whistle have the defense work on a goal from keep the player on offense in the box to force them out on a side. Change the players and location of where the defense is forcing each time or two. Add in variations to accomplish your goals as a coach or team.



Skills Practiced

- Dodging
- Cradling
- Defense Positioning
- 1 v 1
- Forcing

Variation

Add more players on defense or offense and make the other person on their own work harder to accomplish the goal.



Drill Specs

Drill Theme: Even Strength
Field Position: Offense, Defense

Drill Style: Games
Time Needed: 15 Min

Field Location: Midfield
Skill Level: Intermediate

Objective

Teach your team to move the ball in limited space and also pursuit the ball to cause turnovers. This drill allows players to move the ball and work on looking off players before they pass to their target. Communication is key in this drill and the drill can be made into a conditioning drill as well.

Drill Description

Start with ten players, five in dark and 5 in white. The dark team sets up with 5 cones set up in a box, and one in the middle. A player is standing over top of each cone and is limited to about 2 steps away from each cone, so they do not run and change cones. The dark team will pass a ball around to any open player, and after 3 passes the white team sends in a player to defender and pressure a turnover. After 3 more passes another player is added, and this process goes on until it is 5 v 5. At any time, when a turnover occurs the white team will take the ball and move over to the next set of cones, set up with 5 players over cones and start the 3 pass rule. Dark adds one player per every 3 passes.

HOPKINS

PRESSURE BOX

DESCRIPTION

There are 10 people involved in the drill. Five are in Black and five are in White. The Black team sets up with a player at each cone and one in the middle (Diagram A).

The Black team starts with the ball and can only move in a small -- area around their cone (no cutting). The player in the middle pops to the ball to get open, but must stay in the middle of the square.

After the Black team passes the ball three times, a White defender is allowed inside the box, with her stick up and playing the ball. After another three passes, another White defender is allowed into the box (so now it's a 5v2). The 5 Black players are moving the ball quickly, using look-away passes, and finding the open player. As long as the Black team continues to complete 3 passes, the White team can keep sending in defenders until it is a 5v5. If the Black team drops the ball, the White team sets up in the next box (Diagram B) and the Black team becomes the defense and the drill continues.

OFFENSE

- Handling the ball
- Quick, accurate passes
- Look-away passes
- Takes
- Protecting the ball

DEFENSE

- Sticks up
- Approach to play the ball (stay balanced, break steps down)
- Communication
- Anticipating passes
- Angles to see both ball & girl

A

PRESSURE BOX

B

Skills Practices

- Stick Handling
- Ball Movement
- Defensive Positioning

Variation

Add checking to the drill as listed above in the description. A checking variation can improve any drill based on the rules your age group is playing.

Defense Interchange

Drill Specs

Drill Theme: Defensive Drill
Field Position: Defense

Drill Style: Game, Skill
Time Needed: 15 Min

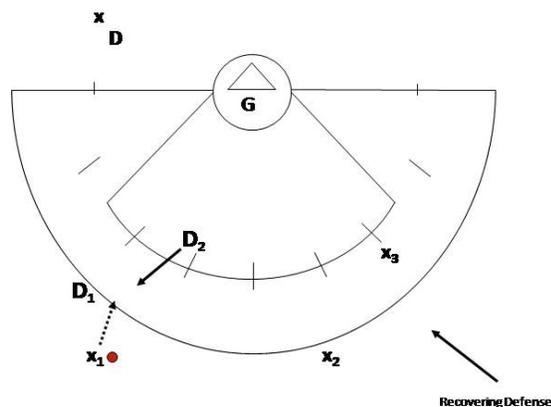
Field Location: Attack Zone
Skill Level: Intermediate

Objective

To improve on ball & off ball defensive positioning, including approaching ball carrier & recovering to 'hole' in good 'help' position after a pass is made.

Drill Description

Attack X1 and X2 bring the ball down the field. Defense D1 and D2 try to play them both as long as possible. When the free player gets to the X3 area, D2 picks up the free player. Recovering D is sprinting back to pick up A3 or whatever attack player is free. Communication is key in this drill.



Skills Practiced

- Defensive positioning
- Defensive footwork
- Communication

Variations

Expand the drill by adding 2 more players. Have an attacker and a defender set up behind the cage and off to the side. Start with the ball behind the cage and have defenders double the ball behind.

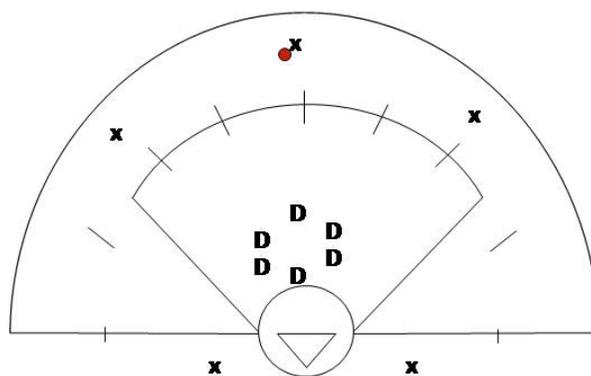


Double Team Around the Cage

Drill Specs	Drill Theme: Defensive Drill Field Position: Defense	Drill Style: Game, Warm up Time Needed: 15 Min	Field Location: Attack Zone Skill Level: Basic
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Objective To work on defensive communication in a tight space with game-like situations. Help defenders “scramble” in the 8-meter off of a turnover, rebound, or double team.

Drill Description There are 5 attackers and 6 defenders (5v6). All 6 defenders are inside the 8-meter facing the center of the 8-meter. This means that all defenders must have their heads in a huddle with their backs turned to the outside. 1 attacker has possession of the ball. The coach blows the first whistle which allows the attack to start to working the ball around. The second whistle signals the defense to turn and quickly mark up. Defense is a player up so there should always be a double team on the player with the ball. After the second whistle, attack must pass 3 times before they can shoot. Emphasize with players communication, where the ball is, who “needs one”, and who is going to double.



Skills Practiced

- Communication – within the 8-meter
- Double teaming

Variations After a shot, have the goalie clear to the defense. The attackers should work on riding the defense and not allowing a successful clear.

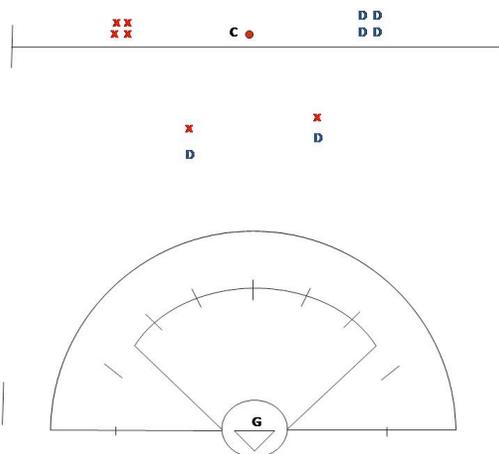
2v2 Earn Your Way Out

Author Name	Mike Maher	Author School	Berkshire School
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Drill Specs	Drill Theme: Even Strength Field Position: Offense, Defense, Midfield	Drill Style: Game, Conditioning Time Needed: 10 Min	Field Location: Attack Zone Skill Level: Intermediate
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Objective To work on defensive strategies in causing turnovers and defending the 8-meter.

Drill Description Start by dividing players into 2 teams. X will be offense and D will be defense. Begin with a 2v2, offense going to goal. If a goal is scored, the coach throws a ball into the next attacking group on offense (X), and the same defenders stay in and face the new group of attack. To earn their way out, the defense must cause a turnover and come up with the ball. When they do, the next set of defenders come in. After a set time, change which team is on offense and which is on defense.



Skills Practiced

- Defensive Positioning
- Communication – where to force the attacker with the ball
- Double Teams
- Sliding and Crashing
- Conditioning

Variations You can make it competitive by keeping score. A goal can be worth 1 point and a caused turnover can be worth 2 points.

3. Communicate!

As in all defensive situations, communication is a key to success with a stall break. The goalie and defenders farthest from the ball carrier are in the best position to see what is happening on the field. They can act as communication quarterbacks. Defenders farthest from the ball are responsible for marking two attackers to allow the other defenders to double the ball carrier and deny the adjacent pass. Defenders farthest from the ball carrier should communicate "I've got two" and will help direct defensive shifts when the ball is passed. The goalie must also communicate if there is an unmarked attacker in the 8 meter.

4. Force a skip or long pass

The goal of the stall break is to force the ball carrier to make a long skip pass. Off-ball defenders should look to step in to intercept these longer passes. Goalies should also be looking to intercept any passes over or near the goal circle.

5. Anticipate Ball Movement

All defender must anticipate ball movement and adjust their positioning as the ball is being passed or moved. One of the most common errors in the stall break is defenders who wait until a ball is caught to adjust their positioning.

6. Use the Goalie as a Defender

Goalie must be active defenders in the stall break. The goalie can step out to defend and deny a pass to an attacker near the goal circle. As mentioned above, the goalie should look for interceptions on longer skip passes to attackers near the goal circle.

7. Play the angles and move efficiently

Often in unsuccessful stall breaks, defenders end up chasing the ball around the field. It is important for all of the defenders to move efficiently to reposition when the ball is passed or run. Defenders should move into the 8 meters or middle of the field and then back out to the attacker(s) they are defending. Defenders do not want to follow or chase attackers around the perimeter of the field.

8. Have the Mental Edge and Be the Best Conditioned Team on the Field

Mental Toughness is another key to a successful stall break. Defenders must believe that they can control what the attacking team is doing. This confidence will develop with practice. Your defenders will also gain confidence and a mental edge if they know that they are the best conditioned team on the field.



CHAPTER 2, PART 4:

ZONE DEFENSE

The zone defense is an alternative to the player to player defense. In zone defense, the defensive area of the field is divided into zones. Defenders are responsible for a specific area or zone and must mark any attacker in that zone or cutting through that zone. Defenders shift their positioning within their zone and their defensive responsibilities as the ball moves. All defenders must be aware of the position of the ball and the middle of the 8 meter. Defenders must mark up on any open attackers inside the 8 meter. Successful execution of zone defense requires that your defenders have strong 1v1 on ball defensive skills, be loud and effective communicators and have solid off ball positioning and anticipation skills.



Advantages of Zone Defense

- Can be effective against great dodgers and 1v1 driving teams
- Forces offense to change strategy
- Makes doubling and crashing on drives easier
- Can allow you to hide or protect less skilled defensive players with quick support
- Limits match ups
- Allows for high pressure or aggressive hunting of the ball
- Slows the 7 v 7 offense
- Kills yellow card player down penalties

Disadvantage of Zone Defense

- Can make it harder to get desired match ups on defense
- Goalies get screened on shot with the congestion in the middle
- More susceptible to 3 second calls due to the encouraged crashing mentality and weak side responsibility for cutters
- Requires lots of practice and a very vocal team defense

When to run a Zone Defense

Running a zone requires all players on offense and defense to understand when you are and are not playing zone defense. There are different ways to get into and out of zones, but be sure you can communicate these with your players effectively.

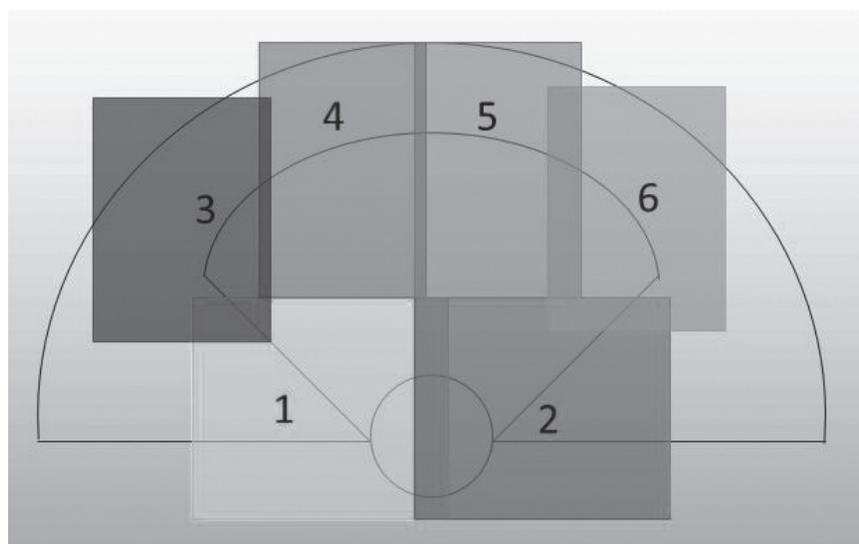
- **ALL THE TIME:** You may elect to play zone as your primary defense throughout a game. This can be effective if you always practice the zone and focus your team's play around building communication. Zone still requires the same fundamental on-ball and off-ball defensive skills that are needed for player to player defense. For this reason, we recommend that coaches at younger levels focus on player to player defensive skill development. Zone defense should be used at higher levels when players have more developed defensive and communication skills.
- **SWITCHING INTO A ZONE DURING A GAME:** You may elect to play both player-to-player defense and zone defense as part of your defensive strategy. Your team will switch into or out of the zone based on a play that is called. You will need to decide when you will communicate this switch (i.e. dead ball situations, out of bounds, after a goal, during settled attack.) You need to practice switching from man to zone a lot so that your team is able to do it quickly and smoothly at game speed. Remember that switching to player to player defense from zone is easier than switching to zone from player to player when you team is playing settle defense.
- **AFTER A TIMEOUT:** Some teams will call a time out to adjust to a zone defensive strategy and facilitate communication to all players. Changing to zone defense after a time out can be an effective game strategy since your opponent may not be prepared for the switch. As a coach, you can use the timeout to review each player's responsibility in the zone.



ZONE AREAS DEFINED

In this zone defense, there are six zones defined (Diagram #1.) One defender will be responsible for pressuring out to the ball. The other six defenders shift to cover the six zones, protecting the middle of the 8 meter. The strongest 1v1 defenders are typically in zones 4 and 5. The smart, vocal leaders should be positioned in zone 1 and 2 near the goal circle. Defenders must always check the 8 meter for cutters ("see the ball, check the 8".) Defenders in the six zones will position themselves to deny any cuts into the 8 meter. If a cutter does go through, the defender will follow the cutter through her zone to the middle of the 8 meter and pass her off to another zone defender as she enters a new zone. It is essential that defenders communicate while passing off cutters. All defenders must be aware of three seconds and shooting space.

Diagram #1



RULES FOR THE ZONE

- Protect the middle of the 8 meter and force shots from low percentage shooting angles.
- Pressure shooters in defined areas, such as the wings, behind, or at the top of the arc.
- Look to double team the ball in certain areas of the field.
- Allowing attackers to seem open in the middle or in certain parts of the field, but be positioned close in and defend these attackers as a pass/feed is made.
- Look for quick outlet passes and clearing opportunities when a turnover is caused.

POSITIONING WITHIN THE ZONE

The defender pressing the ball will change as the ball moves. In diagram #2 below, D3 will pressure the ball when it is at the top of the 8 meter. D2 and D4 (in zones 4 and 5) will pinch on the 8 meter to provide support on the left and right and deny any drive to goal. Players on the wings (D1 and D5 in zones 3 and 6) look to deny cutters from the side and mark any cutters through their zones until they can be passed to the defenders in the low zones (D6 and D7 in zones 1 and 2.) The low zone defenders (D6 and D7 in zones 1 and 2) are primary communicators and also look to deny cuts and mark cutters from behind or low.

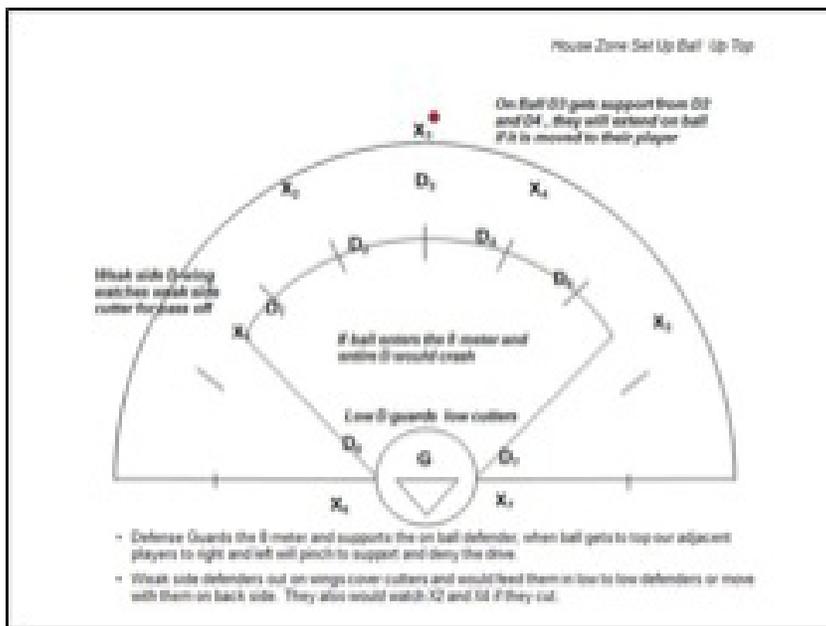


Diagram #2

When a double team is put on the ball or a player drives, both the top middle and adjacent players (D3 and D4) look to double in the top corner (Diagram #3). The players on the weak side (D1 and D6) will pinch or hedge in to protect 2 v 3 on the weak side away from the ball, and will cover any cutters into the 8 meter. D5 on the ball side is looking to cover the adjacent pass to X5. Low defenders are looking for low cutters or anyone who gets to the middle of the 8 meter.

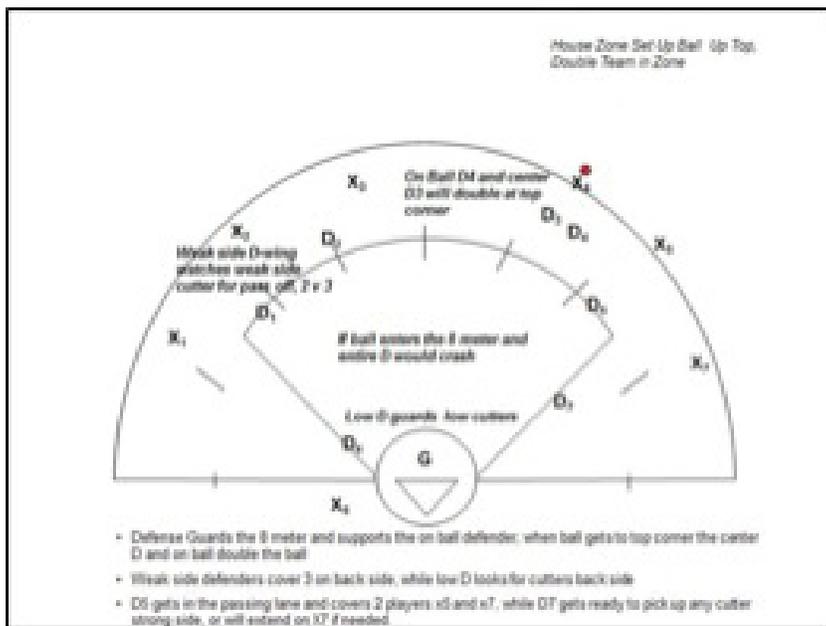
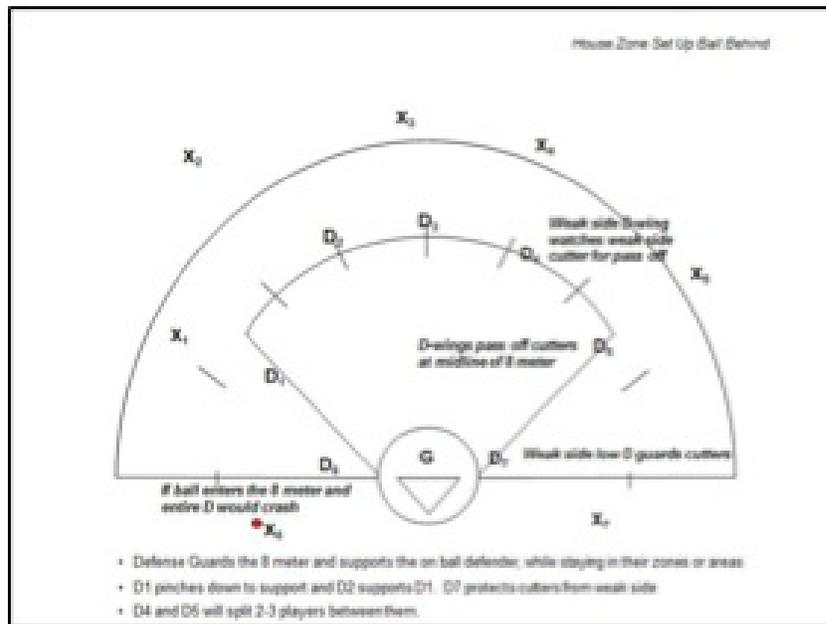


Diagram #3



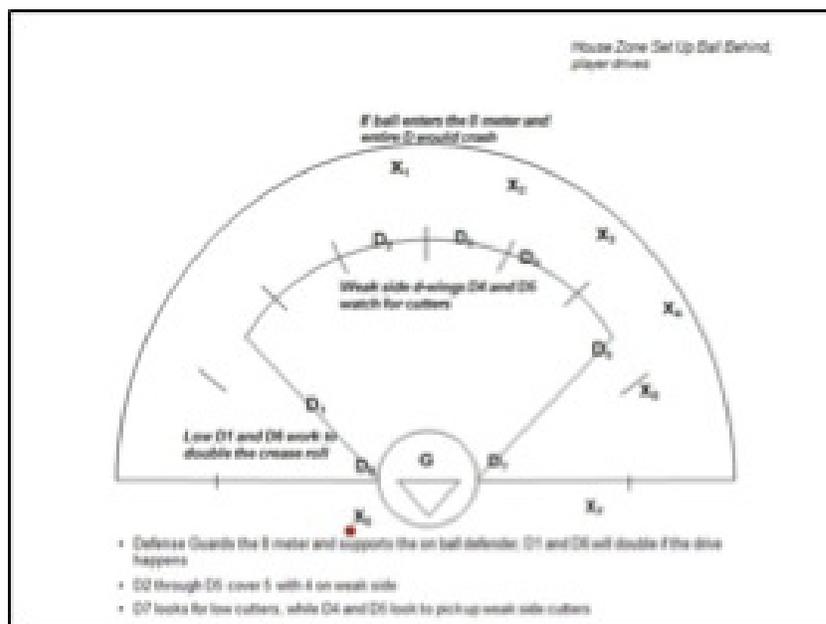
When the ball is behind (Diagram #4) the on ball defender does not extend out on ball until she carries to a few steps from goal line extended. The adjacent help (D1) will automatically double the ball carrier if she drives, and the other defenders will start to cheat over to help on X1 and X2 if that happens. Weak side defenders watch for cutters and feed them inside if they cut through their zone.

Diagram #4



When the ball behind drives the on ball defender (D6) and the adjacent help (D1) will automatically double the ball carrier if she drives. If the player on offense gets into the 8 meter, D2 will crash on the drive. The back side and weak side defenders (D3, D4, D5 and D7) look to other cutters in the 8 meter.

Diagram #5



CHAPTER 3, PART 1:

CREATING OPPORTUNITIES

In Level 2 the Motion Offense was introduced, the concept of passing and moving and all 7 attack players with a clear role. This type of offense, once mastered, creates opportunities in small game (2v2, 3v3) situations. Recognizing these opportunities, reading what the defense is giving and capitalizing on the opportunity is key.

KEYS TO CREATING OPPORTUNITIES

Work in Pairs:

The Motion Offense in Level 2 worked the ball mainly from the top of the critical scoring area. Have your team start working the ball and create opportunities from all areas on the field. Encourage your players to work together in pairs to create opportunities. The easiest and most effective pair situations are the Draw and Dump and the Give and Go:

- **Keys to the “Draw and Dump”:**

- Start outside the elbow of the 8M with a player with the ball and a teammate next to her
- The player with the ball must drive with a purpose! Drive towards the cage to draw two defenders and free up the teammate next to you.
- Know what the defense is giving you. If the double drops to you, head up, stick up to feed to the teammate cutting or outlet to an adjacent player.
- The player without the ball must bait her player to double the ball carrier. Once double drops to the driving player immediately cut quickly to middle of 8M ready for feed. If double does not drop cut through 8M quickly to create space for player with ball to outlet or drive
- Patience and timing! Players must wait for double to drop before looking to feed
- Common errors are: Feeding too soon, feeding too late, forcing the pass, cutter not getting through or waiting for outlet
- Progress to 3v3 Draw and Dump: Once players have mastered the draw and dump in pairs, progress to a 3rd player. Usually the cutter will draw the slide defender from the outlet player. The outlet player must read the defense and either be ready for the outlet pass, make the cut if her defender slides and drive immediately drive once receiving the ball

- **Keys to “Give & Go”:**

- Can be done anywhere on the field!
- The player with ball makes a pass and cuts or moves quickly with a purpose downfield ahead of the ball or to goal depending on where you are on the field
- Ask for the ball with the correct hand!
- The player receiving pass must be ready and catch first and immediately look to player who just passed to be cutting and hit her on the move
- Timing is key – look for it right away! Once it’s gone, it’s gone. If the pass is not available look to drive behind cutter who created space. If the 1v1 is not there then outlet and cut through
- Common errors are: Not cutting into a passing lane, not catching first, not looking for cutter once pass is received, passing to late/soon, no lead pass, no change of speed/acceleration, asking with the incorrect hand



CHAPTER 3, PART 2:

RECOGNIZE THE DEFENSE

It is your job as the coach to prepare your offensive players for various situations and be able to adjust to whatever the defense is giving you. Using small game strategies will prepare your players and they will quickly be able to recognize and adjust.

What Type of Defense Are They Playing?

It is important to know what type of defense the opposite team is playing, recognize it quickly and give your players confidence to beat different defensive sets. The two most common types of defenses are Player to Player and Zone however teams can and will play high pressure and may face guard your most valuable offensive player.

Beating a Player to Player Defense:

Motion offense works against player defense because the defenders move with cutters and are occupied by offensive players. The Motion Offense creates space for driving and cutting lanes. The main key is to spread out the defense by balancing and occupying them.

- **Keys to beating a Player to Player Defense:**

- Pass and move quickly away from the direction of the pass
- Occupy defenders on and off ball
- Create space for driving and cutting lanes
- Spread out the defense to make it difficult to double the ball and help

Beating a Zone Defense:

As with the beating the Player to Player defense, spreading out the defense, quick perimeter ball movement and recognition will be successful in beating the Zone Defense. In addition players need to attack the seams in the Zone.

- **Keys to beating a Zone Defense:**

- Quick ball movement
- Attack the seams and lanes with double cutters. The player with the ball must look beyond the first cutter and focus on the second or even third cutter to be open.
- Cutters must recognize when they are open and post up or flash back to the ball. Defenders normally drop off to "pass off" the cutter. This is when cutters are open!
- Players without the ball must occupy their defenders by fake cutting and fake attacking the teams. They can also occupy by balancing, switching and rotating. Draw the defense's attention away from the middle of the 8M to free up cutters.
- Cut and move with a purpose

Beating a High Pressure Defense:

Again, quick ball movement is key to beating a defense that is high pressuring or pressuring out. This defense capitalizes on slow or no ball movement and traps players into double teams. It is important that everyone on the field recognizes the high pressure and react quickly to maintain possession of the ball.

- **Keys to beating a High Pressure Defense:**

- o Create more space for defense to have to cover by pulling attackers way out beyond the 12M
- o Quick ball movement utilizing longer passes
- o Find space with feet! The ball doesn't always have to move by passing if the pass is not there. Players must recognize quickly if the pass is not available and use their feet to find open space and create opportunities. Standing still and looking for a pass will result in a more difficult pass and a turnover.
- o Everyone must be moving. Adjacent players can create space by using pop out cuts, back door cuts or cutting away.
- o Attack the goal quickly and with a purpose.
- o Identify the weakest defender and attack with a 1v1 isolation. The other 6 attack players must move away from the 1v1 to force the isolation.

Beating the Face Guard:

Teams with one or two offensive weapons may find themselves facing a defense that is focused on taking those weapons out of the offense by face guarding. Face guarding requires that the defender is only facing the attacker, denies the ball at all times and does not allow the offensive player to be involved in the play. The face guarding defender generally is not responsible for helping the defense by doubling or crashing. The entire team must recognize that an attacker is being face guarded and adjust.

- **Keys to beating the Face Guard:**

- o Set picks for the face guarded player. Be sure the pick is legal and allow the defender time and space to adjust to the pick. This can be difficult if the defender is always facing the attacker.
- o Use the crease to free up the face guarded player.
- o Set up small games (draw and dump) to either free up the face guarded attacker or create the 1v1 towards the goal. Often the face guarding defender will not double which then allows a 1v1 to goal. If she does double you have just opened up your face guarded player!
- o Other players step up! This is their time to take opportunities. Encourage them to take chances and opportunities given other players are being shut down.

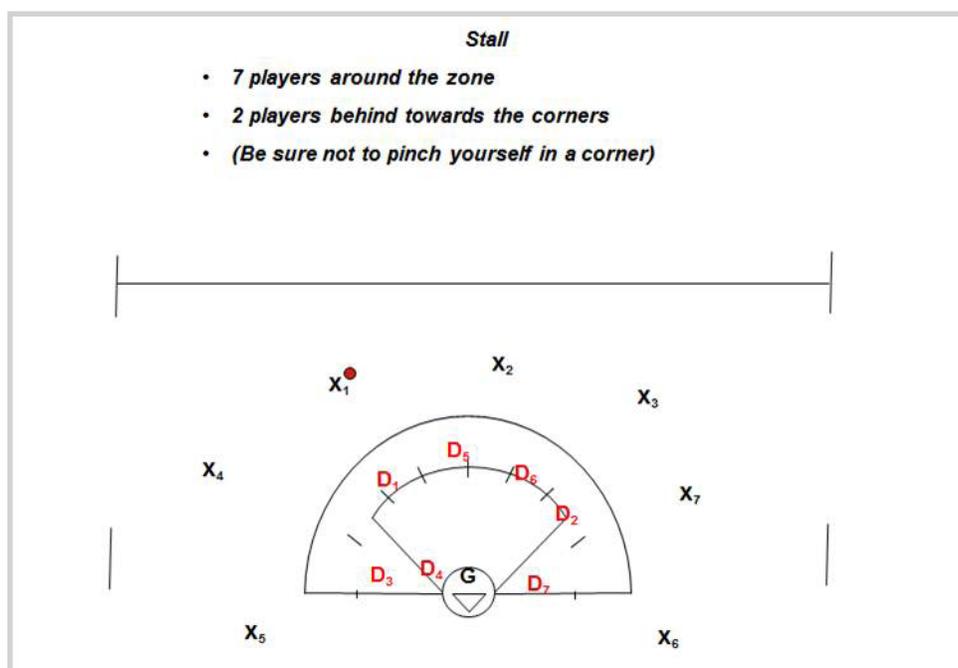


CHAPTER 3, PART 3: THE STALL 101

What is a Stall?

A “stall” is a tactic used to keep possession of the ball and prevent the opponent from gaining possession of the ball and possibly scoring. Generally a stall is well executed by using the maximum amount of space on the field and keeping the ball moving. A stall can be just simply passing the ball around the perimeter and not challenging to goal or can be more detailed and spread out to maintain possession longer. Players should spread themselves out as far as possible from each other while still maintaining appropriate throwing distance. More experienced and better skilled players can be further apart. Less experienced and less skilled players may have to play closer together but can still execute a stall well by moving to space and keeping the ball moving.

A typical stall has all 7 attackers far apart and balanced around the offensive zone of the field including 2 behind the goal close to the corners. Remind players not to pin themselves in the corner!



Players should possess the ball until a defensive player challenges her. As the defense challenges she should pass to the closest open player. Players should not shoot the ball until instructed by the coach. They may challenge to show a shot, and keep the defense engaged. Have a code word to start the stall and a different word to end the stall and allow challenge and a shot. Remember, the stall is to maintain possession, not score. This will be tough for players – they want to score!

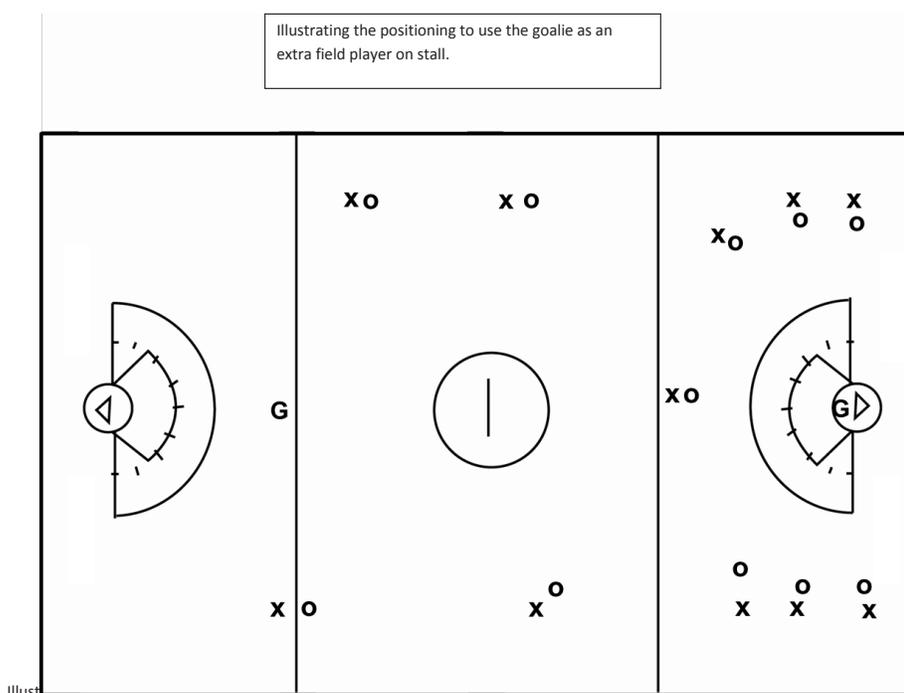
Adjust to what the defense is giving. If they come out and play tightly, players will have to run to space to maintain possession and pass the ball quickly. If they do not challenge and stay in tight then players can possess the ball longer.

When do you Stall?

While typically used at the end of a half or a game to prevent the opponent from scoring, a stall can be used at any time during a game to slow down an opponent, rotate personnel, substitute players or give players a rest.

Where do you Stall?

A stall can be executed anywhere on the field. Typically the stall is best executed when in possession of the ball in the offensive end of the field by the seven offensive players who are often the best ball handlers. Keep in mind, however, that using the defensive players and the goalie on a back pass, swing pass and/or switching fields can be a great stall tactic because it can take time off of the clock and wear out the opponent.



Who is involved?

All players on the field can be involved in the stall (as mentioned above) including the goalie.

How Long?

Teams can keep possession of the ball using the stall tactic as long as they want. You may choose a short stall to shuffle around personnel or substitute players including the goalie. You may choose a longer stall at the end of the half or game to expire the clock and win the game. Experiment with your team during practice so that you know how long they are capable of maintaining possession of the ball. That answer will help you manage the game and clock better.



Role of the Goalie and Defense?

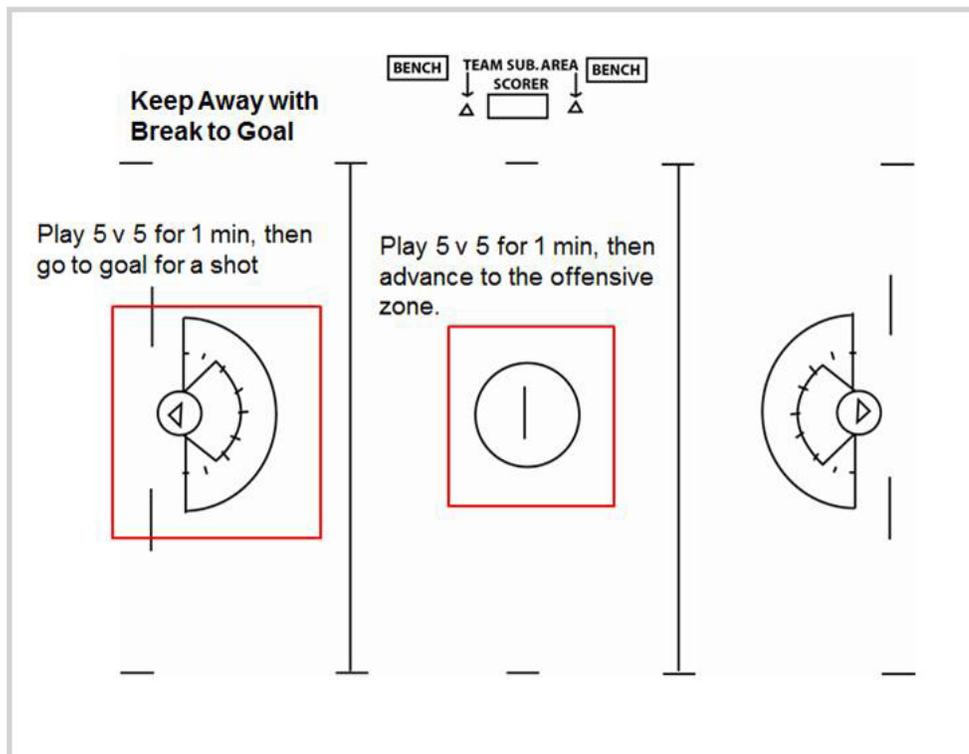
The goalie and the defense can help quarter back the stall and be back pass, swing pass and reverse field options. Remember the goalie can be an extra field player in this situation and a huge advantage!

Drills to stall?

Keep away games are great possession maintaining drills that refine the skills needed to execute a stall. Start small and play 3v3 keep away using the center circle as boundaries. Keep time and challenge players to maintain possession for longer periods. Add players to make the game more crowded and increase the difficulty factor. Spread out the boundaries and space 10 yards at time and add players until you have 7v7 around the goal.

Keep Away with Break to Goal

5v5 in the center circle (using the circle as boundaries). Maintain possession for 1 minute. After 1 minute, blow whistle and the 5 attackers break to the cage/offensive zone. Once in the offensive zone players must maintain possession in the offensive zone for 1 minute. After one minute blow the whistle and allow the challenge to goal/shot.



Progressions:

- Add 30 seconds each round until they are maintaining possession for 5 – 6 minutes
- Change the boundaries to the middle section of the field (between the two restraining lines) and add 2 more players for 7v7. Play 7v7 keep away in the middle of the field for 2 minutes. After 2 minutes blow the whistle and the 7 attackers break to cage. Maintain possession in the offensive zone for 2 minutes before going to goal.
- Add 4 defenders and goalie in the defensive zone. After the 2 minutes of keep away in the midfield they are permitted to use the defenders and goalies for back passes and switching fields. They must use the defense/ goalie at least once before going to goal





CHAPTER 3, PART 4:

MUST SCORE SITUATION!

As a coach, you will find yourself in a situation with very little time on the clock and your must score to tie or win the game. This is where teams can come together and succeed or fall apart. What will your team do? Will they be prepared? This section assumes you have gained possession of the ball and have an opportunity to score with very little time.

Keys to Managing the “Must Score” Situation:

- PRACTICE! Practicing this during your practices will best prepare your players. Practice all kinds of options. Make this a regular part of each week. Can you implement something you haven't done all game? Do you have a play for this situation that the players can execute?
- Have multiple options for your players. Know your players and teams strengths. Know who is on the field and sub quickly as needed. Some options are:
 - 1v1, Isolation
 - 2v2, 3v3 Draw and Dump options
 - What has worked all game?
- Drawing up a new play or attempting something players have not executed well probably won't work
- Time outs might be available. Use them if needed!
- Clock management is critical. How much time do you have? Are you scoring to tie or to win?
- Give players the poise, patience and confidence to do more than one thing if the first option doesn't work. Everyone has a role that is critical to the team's success.

CHAPTER 4, PART 1:
FILM AND SCOUTING

(Why, What do I need, How do I)

VIDEO ANALYSIS IN SPORTS • • • • •

Video analysis is becoming a more useful tool for coaches and players. Our goal in this section is to explain why video is an important part of building the best lacrosse players, teams, and programs, while explaining how to use video as a positive tool and make it work in your organization and budget.

Why Video:

It gives you the advantage to achieve the following:

- Individual player improvement (watch technique, footwork, etc.)
- Better player engagement (way to get your players tuned in)
- Team Improvement (scouting of opponents and own team)
- Improves you as a coach (see your choices and make the appropriate changes through use of video)
- Scouting/Highlight Film (player recruitment)

INDIVIDUAL PLAYER IMPROVEMENT • • • • •

Players learn in various ways. Utilizing video to show players how they look when they play and how to improve goes miles in the world of communication. The film doesn't lie!

The video analysis of a player's technique is very useful for improving performance, recognizing good technique and allowing you and the player to identify and correct problems with an athlete's technique. Things that can be measured and identified using video analysis include:

- Footwork
- Stick work - ball release, stick positions, follow through, ect
- Head and body position during technique performance.
- Field awareness



BETTER PLAYER ENGAGEMENT •••••

Players today are engaged in the latest technologies and computer programming. Smartphones and video sharing is being done by players even before they pick up sports for the first time. As a coach the integration of some form of media into your team will allow you to engage your players in a different form and a modern style that may grab them and help them learn and improve when not on the field.

TEAM IMPROVEMENT - PERFORMANCE ANALYSIS •••••

Video of game play can become much more useful than simply re=watching the game. Current software programs like Gamebreaker offer the ability to easily edit and cut up the film during or after the game. Having videos broken down into smaller, useful pieces allows you to communicate more effectively with your players. Game highlights can be quickly generated and you have instant access to many aspects of performance.

IMPROVES YOU AS A COACH •••••

Watching film helps you to see the game at the speed you coach without the emotion of game day. This allows you to assess the game and your players more objectively. You will start to see where you are making an impact as well as expose common errors that you will want to correct on the field through film or at practice. You will see a lot of the game you may have otherwise missed!

FILM FOR RECRUITING •••••

As your players advance and want to get recruited to play at a college or elite team level, you will find more and more coaches asking for game film on your players. The common misunderstanding of these requests is the difference between a personal highlight reel and a recruiting film.

A highlight reel will only show close up plays and successful finishes of your player on the field. It is rare that the film is zoomed out to show the whole field and cuts away before something bad happens. This film should be 5-10 minutes long or based out of game play and show transition, caused turnovers and ground ball play.

POSITIVE: Shows the players good sides, form, ability to create

NEGATIVE: Rarely shows off ball play, LaxIQ, or areas that need to be improved or how a player responds to adversity or challenges in the game.

Recruiting Film is normally the player’s responsibility and should be put together to show your player on the field in a variety of situations. A college coach wants a full half or full game that shows what your player can do and how they match up with the rest of the talent on the field. This recruiting film can be posted on YouTube or other video sites and the links can be sent directly to coaches upon request. Some areas to show are:

Stick and Ball handling	Dodging ability	Shooting (offense)
Body Defense	Field spacing and awareness (Lax IQ)	Hustle
Clearing/Riding skills	Draw Technique	Sliding
Communication	Recovery from a mistake	Intelligent off ball decisions

Note: Other items in game film could be 40 yard dash, lifting max outs, footwork drills, goalie work for keepers, and much more.

WHAT DO I NEED

Finding a video camera and TV to play it on should not be an issue for any program in America. Someone or some parent has a camera and should be willing to loan or film what is needed to help the organization. More advanced programs can invest in the equipment and even a system. This can be as basic as using your smartphone or iPad and as complex as hiring an outside source.

Basic video needs are as follows:

Camera and Tripod	Video Analysis Software
Laptop or Computer (Hardware)	Storage for video clips
TV or Projector to display and show film	Someone to film
Smartphone or iPad	Dropbox or flash drive

DISPLAY TO SHOW • • • • •

TV's or projectors are probably the easiest thing to find in the list of items you need to be effective with video. Almost all laptops or computers can tie into a TV or projector. School facilities normally have the ability now to show things through white boards, or even the common office has the projector for presentations. Be sure to have a plan on how you are going to show your film and what ways will be the best.

Using cloud technology and software on the web like Drop Box or iCloud can let you share the video over the web with your players and even other coaches as you share film.

SOMEONE TO FILM • • • • •

As a coach, you know this will be the toughest part of the project. Fundraising and finding all the equipment will be something people get behind, but when it comes to parking themselves behind a camera to help – it is a challenge. Here is how to make it easier and get results:

1. Set up a filming schedule of what you can realistically do with your coaching staff. Once you set up a schedule of where you need film and when you can make a sign-up sheet.
2. At your yearly parents meeting explain what you plan to do with video this year and explain how it will benefit the team and their players
3. At that meeting explain how you will need parents or volunteers to step up and film games or practice and that you have a sign up sheet to benefit the team. Encourage multiple parents to sign up to film. If parents aren't available, use managers or volunteer kids to film.
4. Have a "How we Film" meeting and explain to all who signed up how to film, what equipment they will use, and what angles and images you are looking to capture. This way they will feel comfortable doing so for you and you will get what you need.

TIPS FOR PRACTICE

A	When filming techniques at practice, it is generally best for the camera to be directly side on to the technique that is being analyzed. When videoing just for technique feedback, choose the angle (or multiple angles) that enables the best view of the movement.
B	The camera should be steady. That means it is better not to hold the camera in your hands, but to have it set up on a tripod. Also avoid panning (following the object with the camera).
C	The zoom function should not be used during recording.

TIPS FOR GAME DAY

A	For games, as mentioned before, a higher vantage point is preferable but not required to get usable game film. The filmer will want to keep about a third of the field and sideline-to-sideline in view at all times. If capable, the filmer can zoom in on the face-off or draw and slow, while still getting all the action, zoom back out after the official starts play. The camera should pan slowly with the ball as it moves up and down the field, keeping the same one-third of the field perspective.
B	The camera should be steady. That means it is better not to hold the camera in your hands, but to have it set up on a tripod.



HOW TO PRESENT AND USE VIDEO •••••

Outline how film should be used in these situations, what to be looking for, highlighting, or be doing with the film.

- **Coach Film Sessions**
- **Team Film Sessions (coach to team)**
- **Coach to Player Sessions (development)**
- **Highlight Films**

FILM SESSIONS •••••

Coach Film Sessions - Scouting Sessions (Home and Away)

Coaches can utilize film to break down either our own team or the next opponent you will face. These procedures need to be set up by coaching staffs and follow whatever format is desired by the head coach or coaching staffs. See the scouting section to find the information on how to execute a proper coach film session.

Team Film Sessions – Teaching sessions/Game Plan sessions

Watching and showing film to your own team needs to be done in a proper method to encourage education or to engage the players in a way that will have them learn on their own time and get engaged with the team goals. A team film session needs to be done in the proper atmosphere. Take these suggestions to help set up the correct team session:

- Have everyone in a chair or desk on their own
- Have all players take notes or follow a specific evaluation sheet so they stay directed on the task at hand
- Be sure if you are using audio that all players can hear. The first step to having them tune you out is to not have them tuned into the sound
- Prepare notes as a coaching staff and have specifics to show the players that supports your game plan. See the game planning section for more information.
- The ideal session should be no more than 20 minutes. Short and more specific is best.

Coach to Player Session (Development)

Individual development sessions are utilized to show film and evaluate players with them in the room. Individual development sessions should follow the error detection and correction format that US Lacrosse set forth in Level 1.

As a coach you are looking for the technical issues in each players game that will prevent them from advancing to their full capacity. The advantage of using video is that they can see what they are doing and you can coach them on how they can do it better. You get to show them what they can do instead of trying to convince them they're doing it wrong. Here are some tips to help you in those one on one sessions:

Where to Look	What to Look For
Feet	Look for the foot locations and movement of the feet on defense, shooting, dodging, etc.
Hips and Legs	Driving off the legs and turning of the hips will expose shot speed, body defense issues, and field movement.
Arms and Elbows	Location of the elbows and arms will show errors in passing, catching, dodging, and shooting. It can also expose bad form on defense and checks.
Head and Shoulder	Accuracy, field visions, and power come into play with the head and shoulders.
Stick Location and Finish	Dodging, shooting, passing and catching all have errors associated with them. Clearing and riding are also impacted when the stick is not being utilized properly.
Areas of Contact	When contact is made you need to analyze where and how it is being made. Ask the question – is it equal pressure, is it proper form, is it legal.
Field Location/Vision	Reviewing location on the field when the play is initiated on or off ball, can help build a players Lax IQ and field sense.

Highlight Films

Nothing builds excitement for the next season or the past season than a good highlight reel. Having your players watch back the previous year's best plays can help any team, 0-17 or 17-0, a highlight film does the job of getting kids excited. It is also a great fundraiser when the program charges a small fee for a copy of the film.



CHAPTER 4, PART 2:

SCOUTING

SCOUTING OVERVIEW • • • • •

What is Scouting

Scouting is an essential part of a coaches responsibility when preparing to play the first game or the next game. Taking the time to set up a scouting system or schedule with your coaching staff, team scout, or a list of parents can make the difference between preparing to play the next game or preparing to win the next game. Giving yourself and your team the ability to see or understand the situations they may find themselves in during the next game is a distinct advantage.

Why do we Scout other teams

As a coach of any sport, why wouldn't you want the ability to see the potential future?

“Scouting allows you to use practice time effectively to prepare for the next opponent”

– Paul McDermitt, Huntington Lacrosse - NY

Scouting your opponent will give you that ability to anticipate what is going to happen, and prepare a game plan accordingly.

Some Areas we look to analyze when scouting are:

- Team strengths vs. weakness
- Match ups on the field Where is the goalie weak, where is the goalie strong
- Do they play zone, man, do they change
- Play calls (what is being said)
- Formations, chaos, game plans
- Re-defend and Clears
- Who is the fish - weakest player on the field for you to attack.

PLANNING (HOW WE DO IT) • • • • •

Planning Pre-Season

All teams planning to scout need to have a meeting pre-season to discuss the upcoming opponents, game schedule, practice schedule, and who is going to go scout when. This process of laying out all teams' schedules and your own practice/game schedule will allow all coaches the ability to see who is going where, and when.

We are looking to find the following:

- What games can our coaching staff get to in person
- What games are we filming or need to have filmed
- Rules – can we film other teams at their facilities (check state rules)

Post-Season Plan

Made the playoffs – now it is time to repeat the planning session above. Things you need to plan for:

- Who will you be playing first
- If you win – who might you play (scout 2 teams)

HOW TO SCOUT • • • • •

Gather the info (What are we Looking For)

Self-Evaluation (our Team)

The first step of being able to effectively scout and build game plans comes from doing a self-evaluation of your own team. Before you can make determinations and match ups about an opponent you need to really understand what you have and what your players can execute. There is nothing worse than a great game plan that cannot be executed because you do not have the personnel, lax IQ, or ability to implement the game plan.

This information needs to address a few key areas:

- What offense or defense do we run
- Who are our best players on O, D, Transition
- What draw moves do our players use
- Where is our goalie strong, where is our goalie weak
- Are we a ball control team, run and gun team, or hybrid
- Where on the field are we most dangerous
- Where on the field are most vulnerable
- Can our team understand complex game planning or basic game plans
- Who gets the ball on the last shot
- Are we stronger on Offense or Defense



Once you answer all these questions you will be able to understand where you can attack other teams, and where they will try to attack you.

Scouting the Opponent

When scouting an opponent a coach needs to be able to find general game plans in the opponent, as well as searching for the fine details that make the system work and operate. If at all possible it is great to have a spotter or assistant who can allow you to each take a part of the game and observe what the team is doing. One person can take offense, one take defense.

Try to avoid only focusing on the areas that you personally coach, you need to see the whole picture, because the key to a victory may not be in your area of expertise.

If you have to go it alone a template is the best way to capture and guide your scouting. The last thing you want to do is waste time away from home or your own team, actually watching someone else play with no purpose. Using a template will guide you to capture the information you need. Utilize the USL CEP Scouting template that is on the next page, and download it off our site www.uslacrosse.org/cep for level 3 resources.





COACHING MEETINGS AND TURN AROUND • • • • •

Now that we have collected the information on our opponent it is time to meet with the coaching staff as a unit and devise a game plan. We will focus on game planning in the next section, but for now we want to focus your thoughts about how a coaches meeting should really take place when analyzing the data. Remember, you should already have your self scout evaluation done, either from the start of the year or from the analysis of your last game. That is half the battle. Now take that information and compare it to what you have learned from your scouting report.

Turn Around Time

The goal for any scout or coaching staff is to turn around any set of game film or information on an opponent in 24-48 hours. If you wait a week or review film too early for a later opponent you may forget something you saw, be removed from that feeling or tempo you saw when scouting in person, and just overall lose interest in getting the material broken down and out to the players. Human beings are creatures of habit and opportunity. It is best to turn around the scouting before the next big thing happens in life or lax.

Coaching Staff Goals

When entering into a meeting to review scouting reports a coaching staff should have the following goals:

- **Turn the information over very quickly (24-48 hours)**
- **Connect the self-scout and opponents scouting reports**
- **Areas of Attack – what should we try to exploit**
- **Areas of Strength – how will the opponent try to attack us/stop us**
- **How will we inform the team (film session, reports, nothing, both)**
- **Who is writing up the practice plans for the next set of days**
- **Who is writing up the game plan for the game**
- **Who is on the next opponents scout or film after our game**

CHAPTER 5

GAME PLANNING

IMPLEMENTATION THROUGH PRACTICE PLANNING •••••

As a coaching staff the easy part is coming up with the game plan, the toughest part of coaching is practice planning and implementing the actual plan in a quick 1-2 days of practice, then sticking to the game plan when you are in the game itself. The keys to practice planning are deciding on the following:

- **What skills do we need to work**
- **What drills we need to do**
- **Plays and theory we want to work on**
- **Execution and practice time**

The 80/20 split

Suggest utilizing 80% of your time to focus on your strengths and 20% of your time to work on weakness. It allows for you to see results and chip away at weakness while staying at the peak of success on your strengths. Practice planning for games is no different.

Effective game plans accomplish the following concepts:

- Attack the opponent in a manner they were not expecting on offense
- Produce turn overs on defense while limiting scoring opportunities for their best players
- Find the best match ups for our team and utilize them on the field

New Concepts:

New concepts on offense and defense normally take an entire preseason to set in, drill, scrimmage, and eventually perfect. It is very tough to put in a new concept in 24-48 hours, but it can be done if it is implemented as a progression from a current set you run. US Lacrosse puts a lot of emphasis on progression in our level 1 because it can be used in many areas, drills, sets, planning, etc.

Resist need to change both your offense and defense at the same time. Remember your sets were put in because they were the right decision for the team this year, based on what you learned in Level 1 and 2 about assessment.

Sample Practice Plan Template

Practice Date: _____

Players Missing List the missing players from practice below:

Player	Reason

	3:30 p.m. - 4:00 p.m.	4:00 p.m. - 4:20 p.m.
BLOCK 1	WARM UP	SKILLS
	4:20 p.m. - 4:45 p.m.	4:45 p.m. - 5:10 p.m.
BLOCK 2	PLAY 1	PLAY 2
	5:10 p.m. - 5:35 p.m.	
BLOCK 3	PLAY 3	
	5:35 p.m. - 5:55 p.m.	
BLOCK 4	CONDITIONING	



CHAPTER 6

GAME DAY

OVERVIEW • • • • •

Every game day should be the most exciting and fun event of the season. This is what your players, coaches, and fans wait for all week. The event of a game is normally met with stress, anxiety, and nerves as a team hopes they have prepared enough to meet success in the end.

COACHING STAFF • • • • •

As coaches and staff are brought onto a team for the purpose of practice, planning, and supervision; the game day has a complete different set of roles and responsibilities that need to be split up between your coaching staff.

Coaching Role (Pre Game, Game Time, Post Game)

Pre Game: Pre game warm ups and organization requires all the coaches available to have a role and objective.

- **HEAD COACH:** meet with opponent coaching staff, meet officials, organize parts of the warm up, and last minute adjustments.
- **ASSISTANT COACHES:** Warm up goalies, run team stretch, organize their parts of the drills, prepare the game field for play with the team.
- **SCORING TABLE:** Have designated people to organize and run the scoring table or stat book for your team. A great suggestion is to get volunteers to help run this part of the game. Be sure they understand that they are to be neutral when operating the scoring box.
- **VIDEO:** Have a designated person on video that is not in the scoring box area or the team bench area. It is very tough to see the full field and get a good angle on the box side. Be sure this is organized in the pre game times.
- **MANAGER:** If your team has managers they should be utilized pre game with equipment needs, water prep, and helping to ready the field for game play. Be sure they know their role before the game so they do not become distractions for your players.



Coach's Pre-Game Responsibilities:

As the coach, you should use the warm-up time to make sure you and your team are physically and mentally focused for the game. Things to consider during pre-game activities include:

GOALIE WARM-UP: who is warming up the goalie? If you have an assistant coach, one of you can warm up the goalie while the other coaches the team's warm-up. If you are the only coach, you can designate a player to warm up the goalie or you can do it yourself. Having a defined goalie warm-up routine will facilitate this warm-up process.

SCOUTING THE OPPOSITION: warm ups provide an opportunity for you to observe your opponent's goalie and player's skills. Is the goalie right handed or left handed? Does she seem stronger on high shots or low shots? Does she clear the ball well?

SET THE TONE AND KNOW YOUR PERSONNEL: be aware of what your team needs mentally during warm-ups. Do they respond better to a relaxed atmosphere or to more intensity from you as the coach. Be careful not to use warm-ups as a time to teach new concepts.

FIRST FIVE MINUTES OF THE GAME •••••

During the first minutes of the game, you should be focused on watching the game, not telling your players what to do on the field. Your observations should include:

- What kind of defense is your opponent playing?
- What kind of offense does your opponent run? Do they have set plays?
- What are the goalie's tendencies?
- Who are the strong and weak players?
- Who is controlling the draw? Where is it going?
- Who is winning 50/50 balls?
- What type of redefend is being used?
- Recognize how the game is being officiated.



LAST 2 MINUTES

In the last 2 minutes of the game the coach has a very important job if the game is within reach either for or against you on the scoreboard. Be prepared to utilize a few of the following tactics to better your chance of coming out on top.

Winning in last 2 minutes

- **STALL** - get your best stick handling team on the field and set up a stall. Be sure to have your players stay away from corners and the top middle of the field to avoid turning the ball over in critical areas.
- **MOVE OFF BALL** - set picks, rotate quickly, and avoid bringing a double team situation to the ball. Do not stand still.
- **USE THE STICK CHECK** - if they score to tie or to take the lead you should consider using an equipment check. If the stick is found to be a deep pocket or illegal stick the goal comes off the board and you go on the advantage. This is a very under utilized play that can make your coaching career if it helps you out.
- **REMAIN POSIED** - you set the tone for your team.
- **TRUST YOUR PLAYERS** - you have prepared them for this situation in practice.

Losing in last 2 minutes

- **BREAK THE STALL** - Use your stall break defense.
- **BE SMART** - Many players panic as time goes down and throw away the ball. Be smart when you get possession.
- **USE YOUR TIMEOUTS** - No need to save them. Call a timeout if you need to set up a play or give your best players a break. Be sure you know who you want on the field for the last play or plays.
- **MOVE OFF BALL** - set picks, rotate quickly, and avoid bringing congestion to the middle or to the ball. Do not stand still.
- **GROUND BALLS WIN GAMES** - The biggest part of the last 2 minutes could be who wins 50/50 ground balls.
- **REMAIN POSIED** - you set the tone for your team.
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POST GAME • • • • •

As a coach it is also important for you to have a plan for your post game routine. This should include:

- **Player Cool Down** – you may choose to have a specific cool down routine or you may simply require your players to do some static stretching while you talk to them. Remind your players to hydrate!
- **Be Positive** – what you say to your players after the game will stay with them through the night until you see them at the next practice. The post game talk is not the time for individual corrections or critiques. Tell your team what they did well. Ask your team what they thought they did well.
- **Be Brief** – after a hard-fought contest, your players will be tired. Keep your talk brief and they will be more likely to listen to what you say. Be sensitive to the time demands on your student athletes and on their families.
- **Set a Goal for Practice** – give your team a goal for the next practice based on your team’s game performance. If you don’t know why you lost or what to say, don’t make things up. Be honest with your players.



Appendix: Scouting Template



Scouting Template

Team:	Opponent:	Date:	Scouted By:
Weather: Clear/Dry Overcast Rain Snow Warm (+75°)		Field: Turf Grass	

Strengths	Weaknesses
Improvements	Changes

Practice Options

Plays: Names, Runs, Who	Goalie Play	Goals	Assists	Cards
	Hand: Right Left			
	Saves:			
Offensive Style	Defensive Style			
	Zone Player to Player Both			
Clears	D/C			

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Level 3 Instructional Clinic Evaluation Form:

May we use the comments on this evaluation for marketing and promotional purposes?

Yes _____ No _____

May we attribute your name to your comments in marketing materials? Name (optional) _____

Yes _____ No _____

Circle one: Boys' Clinic _____ Girls' Clinic _____

Date of Clinic: _____ Location of Clinic: _____

Name of Trainer: _____

Age of players you coach or hope to coach: _____

Name of league you coach with: _____

How many years have you been coaching?	1-3	4-6	7-10	10+			
What is the highest level of lacrosse you have coached?	U9	U11	U13	U15	JV	V	Col.
Would you suggest L3 to your colleagues?	Yes	No					
Do you feel the information presented in this clinic will help you be a better coach?	Yes	No					

Please rate the following on the scale below:

5 Excellent - 4 Very Good - 3 Good - 2 Mediocre - 1 Poor - Not applicable/I don't know

Overall clinic	5	4	3	2	1	
Classroom Lessons	5	4	3	2	1	NA
Live field Lessons	5	4	3	2	1	NA
Trainer shared over arching principles	5	4	3	2	1	NA
Trainer enthusiasm & knowledge	5	4	3	2	1	NA
Trainer shared tips for teaching skills effectively	5	4	3	2	1	NA
Trainer was receptive to questions and answered them knowledgeably	5	4	3	2	1	NA
Workbook materials	5	4	3	2	1	NA

(See back for complete evaluation)

Check out card:

PLEASE PRINT

You MUST submit this card to your trainer before leaving this clinic to receive credit for attendance. Please be sure to fill out all information clearly and legibly.

Circle one:

Men's Clinic _____ Women's Clinic _____

Last Name _____ First Name _____

Birthdate (MM/DD/YY) _____

USL Member # (if known) _____

Contact e-mail _____ (in case of processing questions)

Clinic Date _____ Site (City, State) _____

Trainer Name _____

Trainer only: Time out _____

US Lacrosse will input your attendance information from this card into your database record. This will make you eligible for further Coaching Education Program discounts and also ensure that you will have this event credited toward certification should you chose to pursue this opportunity when it is available.

Please rate the content of this clinic:

Too Much Just Right Too Little
Comments: _____

How much did you learn in this clinic?
Much Some Very Little
Comments: _____

What was the most useful/informative part of this clinic? _____

What was the least useful/informative part of this clinic? _____

How did you hear about this clinic?

- US Lacrosse website
- E-news or e-mail from US Lacrosse
- Word of mouth
- Lacrosse Magazine
- Other, please specify _____

How can we improve this clinic in the future? _____

Additional comments on this clinic: _____



