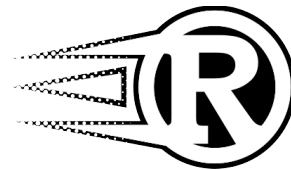




## COACHES CLINIC



### PRACTICE PLANNING - RESOLUTE LACROSSE

#### CORE PRINCIPLES

- HAVE FUN!
- KEEP IT SIMPLE
- HAVE A PRACTICE PLAN EVERY DAY
- WITHIN THAT PLAN HAVE ONE GOAL TO ACCOMPLISH EACH DAY, NOTHING MORE
- KEEP EACH DRILL TO A MAXIMUM OF 10/15 MINUTES - KIDS GET BORED QUICKLY
- SKILL WORK IS KING
- WINNING MEANS NOTHING AT YOUTH LEVEL - ALWAYS KEEP IT POSITIVE

#### CATCHING AND THROWING:

- KIDS NEED TO HAVE A PROPERLY STRUNG STICK = TOOL FOR SUCCESS
- GET ON YOUR SURF BOARD, SNOW BOARD, OR SKATE BOARD  
TURN SIDEWAYS TO THROW THE BALL
- ALWAYS STEP WITH YOUR FRONT FOOT - BEST SCENARIO IS TO HAVE THEM STEP OVER A LINE
- CUSHION THE BALL IN LIKE YOU'RE CATCHING WATER BALLOON
- ALWAYS CATCH NEXT TO YOUR HEAD AND DROP THE STICK BACK
- NEVER CRADLE CATCH OR SNAP CATCH

#### HAND PLACEMENT:

- BREAK THE STICK DOWN INTO 3 SECTIONS  
- #1 IS THE TOP OF THE STICK, #2 IS RIGHT IN THE MIDDLE, AND #3 IS AT THE BUTT END
- THESE ARE GREAT CUES FOR THE KIDS TO REMEMBER WHERE TO PLACE THEIR HANDS
- CATCH @ 1 AND 3
- THROW @ 2 AND 3
- PLAY DEFENSE @ 2/1 AND 3 - NEVER PLAY DEFENSE WITH YOUR HANDS TOGETHER IN THE MIDDLE OF THE SHAFT

#### COMMUNICATION:

- ALWAYS STRESS COMMUNICATION FROM DAY 1
- "HERE'S YOUR HELP" "ONE MORE"
- "BALL, RELEASE" "MAN"
- USE PLAYER'S NAMES

#### DEFENSE:

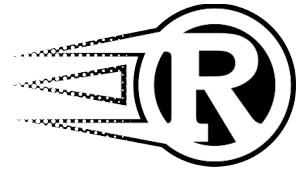
- NO KAYAKS!
- ALWAYS GET INTO THE HOLE - NEVER PLAY DEFENSE BETWEEN THE LINES
- WORK INSIDE OUT WHEN PICKING UP A MAN TO GUARD
- EVERYONE POINT TO WHO THEY ARE GUARDING AND ANNOUNCE THE NUMBER
- STAY WITH YOUR MAN THE ENTIRE TIME THE PLAY IS GOING ON WHILE ALWAYS STAYING BETWEEN YOUR MAN AND THE GOAL - HELP

#### DEFENSE WHERE APPLICABLE

- USE CONES TO MARK THE PLACES THE DEFENSE SHOULD RUN IN TO BEFORE MATCHING UP
- STAND SHOULD BE ATHLETIC, THINK BASEBALL DEFENSE



## COACHES CLINIC



### PRACTICE PLAN

**TODAY'S FOCUS: STICK WORK**

**PRACTICE: 5:30 - 7:15**

**5:30: PRACTICE START - QUICK STRETCH AND DISCUSSION OF POSITIVES THAT CAME FROM THE LAST PRACTICE OR LAST GAME. DISCUSS FOCUS OF TODAY'S PRACTICE.**

#### **5:35 - 5:45: PARTNER PASSING**

- INCORPORATE TENNIS BALLS
- PLAYERS GET A PARTNER AND FACE EACH OTHER
- REVIEW GETTING ON THE "SKATE BOARD" AND TURNING SIDEWAYS
- REVIEW HAND PLACEMENT
- HAVE PLAYERS PASS BACK AND FORTH TO GET A LOT OF REPS IN. BOTH R AND L
- MAKE IT FUN - CATCH AND STEP BACK, 1 MIN. TO COMPLETE AS MANY PASSES AS POSSIBLE, 1 HANDED PASSING

#### **5:45 - 6:00: CONE WORK**

- SET UP THE TEAM IN 4 LINES OF 5 (OR WHATEVER MAKES SENSE FOR YOUR TEAM)
- POSITION CONES IN A STRAIGHT LINE ROUGHLY TEN STEPS APART - 6 CONES LONG
- GO THROUGH A VARIETY OF STICK WORK AND FOOT WORK DRILLS WITH PLAYERS
- FACE DODGE, SPLIT DODGE, BULL DODGE
- APPROACH, STEP BACK, RE-DODGE
- ZIG ZAG BETWEEN CONES WITH A SPLIT, ROLL, ETC
- BE CREATIVE - ADJUST BASED ON KID'S SKILL LEVELS

#### **6:00 - 6:10: PARTNER PASSING ON THE MOVE**

- PLAYERS GET IN 2 LINES
- ALL BALLS IN 1 LINE
- PARTNERS FACE EACH OTHER AND SHUFFLE SIDEWAYS FACING THEIR PARTNER AND PASS THE BALL BACK AND FORTH AS THEY MOVE

#### **DOWN THE FIELD**

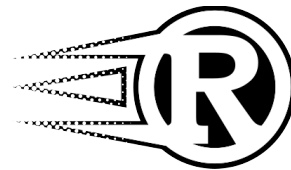
- RIGHT HANDED ONE WAY DOWN, LEFT HANDED BACK
- ALSO DO GB'S THIS WAY ON THE MOVE - ROLL IT OUT IN FRONT OF PARTNER
- ALTERNATING GB'S AND THROWING

#### **6:10 - 6:25: SPOKE DRILL**

- PUT 4 CONES DOWN IN A DIAMOND IN THE MIDDLE OF THE FIELD ROUGHLY 10 STEPS APART, AND 4 MORE CONES AWAY FROM STARTING CONES
- YOU MAY DO 2 GROUPS DEPENDING ON SIZE OF TEAM
- SPLIT TEAM UP EQUALLY BEHIND THE 4 CONES. PLAYERS FACE INSIDE OUT
- PUT EXTRA BALLS IN THE MIDDLE
- PLAYERS POP OUT TO SECOND CONE AND GO THROUGH A VARIETY OF SKILLS AND PASSES
- ALL DRILLS WILL GO BOTH DIRECTIONS BEFORE MOVING ON



## COACHES CLINIC



- POP OUT TO CATCH AND THROW ACROSS BODY
- POP OUT TO CATCH AND STEP BACK TO THROW SAME WAY
- CATCH, SWITCH HANDS AND THROW
- OVER THE SHOULDER
- CATCH ROLL AWAY THROW

### 6:25 - 6:40: GB WORK

- MUSICAL GB'S IS A FUN VARIATION TO DO HERE
- 1 V 1 GB'S FOCUSING ON COMMUNICATION - ONE PLAYER PICKS THE BALL UP AND THE OTHER PLAYER MUST BREAK AWAY AND CALL FOR HIS HELP
- 2 V 1 GB'S FOCUSING ON COMMUNICATION - ONE PLAYER CALLS MAN, WHILE THE OTHER CALLS BALL. IF THEY PICK IT UP COMPLETE A PASS. IF SINGLE MAN GETS IT HE COMPLETES A PASS TO THE COACH
- 2 V 2 GB'S GOING TO THE GOAL

### 6:40 - 6:55: 3 V 2 SETTLED BUILD UP TO 4 V 3

- SET UP 3 CONES IN A TRIANGLE / SET UP 4 CONES IN A BOX
- PLAYERS WORK ON BALL MOVEMENT AND COMMUNICATING
- DEFENSE MUST WORK ON ROTATING TO THE BALL AND COMMUNICATING
- WORK TO GET THE BEST AVAILABLE SHOT

### 6:55 - END OF PRACTICE: SETTLED TRANSITION FROM THE MID LINE

- FIRST WHISTLE THE D DROPS INTO THE HOLE
- SECOND WHISTLE RELEASES THE O GUYS
- WORK ON DIFFERENT TRANSITION SITUATIONS

- 3 V 2

- 4 V 3

- 5 V 4

• YOU CAN ADVANCE THIS DRILL TO BUILD UP EVERY TIME - PLAY OUT A 3 V 2, THEN ADD 1 D AND 1 O INTO A 4 V 3 WITH A NEW BALL AND SO ON

- ADVANCE IT INTO A SETTLED 4 V 4 OR 5 V 5

- WE ARE REALLY BIG ON TAKING AWAY THE D'S STICKS AND FORCING THEM TO USE THEIR FEET AND COMMUNICATION TO PLAY PROPER D

COMMU-

### END OF PRACTICE: REVIEW

- REVIEW ALL THE TERMS YOUR DISCUSSED THAT PRACTICE
- DISCUSS THE PURPOSE OF CERTAIN THINGS
- COMPLIMENT PLAYERS THAT EXCELLED IN CERTAIN AREAS - ESPECIALLY THE LITTLE THINGS LIKE COMMUNICATING AND TALKING, WORKING HARD IN THE GB DRILLS, HUSTLING IN ON D
- ALWAYS END ON SOMETHING POSITIVE



NOTES:

## COACHES CLINIC

