

Prior Lake Lacrosse Coaches Clinic



Agenda

- Goals and Objectives
- Individual Concepts
- Team Concepts
- Practice Plans
- Game Management
- Q&A

Goals and objectives

- Provided a positive experience for the kids
- Focus on developing players, in a winning environment (Win the right way)
- Come prepared with a practice plan

Positive Experience

- Coaches provide positive feedback to the players while still holding them accountable (2 positives for every negative)
"Johnny nice dodge, way to get your hands free, but we don't want to force that pass there"
- Everyone sees the field, make sure guys are getting playing time
- Communicate with players on how they are doing, and be open for questions



Develop Individual Skills

- Win the right way
- Development of individual skill sets before team concepts i.e. Johnny needs to be able to catch and throw before he can execute a drawn up play
- Practice should work on development of all the players individual skill sets
- High rep / pace drills

Ground ball play:

- a. Box out
- b. Man Ball
- c. Scoop through the ground ball
- d. Protect your stick after the scoop
- e. Run to space and move the ball



Cradling:

- a. Top hand at the top of the stick, bottom hand at the butt of the stick
- b. Keep sticks vertical
- c. Top hand does the work
- d. Keep body between stick and defender
- e. Teach how to switch hands, split vs roll, know the difference





1. Throwing:

- a. Overhand motion
- b. Head of your stick to your target
- c. Elbows up, no alligator or T-rex arms
- d. Hands twelve inches apart
- e. Step with your opposite foot

1. **Catching:**
 - a. **Soft hands**
 - b. **Catch in a ready position**
 - c. **Give your partner a target, stick head should be in the “box”**
 - d. **Be in a triple threat position when you catch it, ready to dodge, shoot, or pass**
 - e. **Choke up on the stick, top hand should be near the plastic, bottom at the butt end**



Shooting on the run

- a. Elbows up, no t-rex arms
- b. Kiss your shoulders
- c. Check the time
- d. Plant off your inside foot
- e. Turn your hips
- f. Does not need to be a jump shot
- g. Hands twelve inches apart
- h. Hold the stick in your fingers not palm



Team Concepts

- a. Faceoff play
- b. Clears and rides
- c. Offense
- d. Defense
- e. Transition play





Faceoff

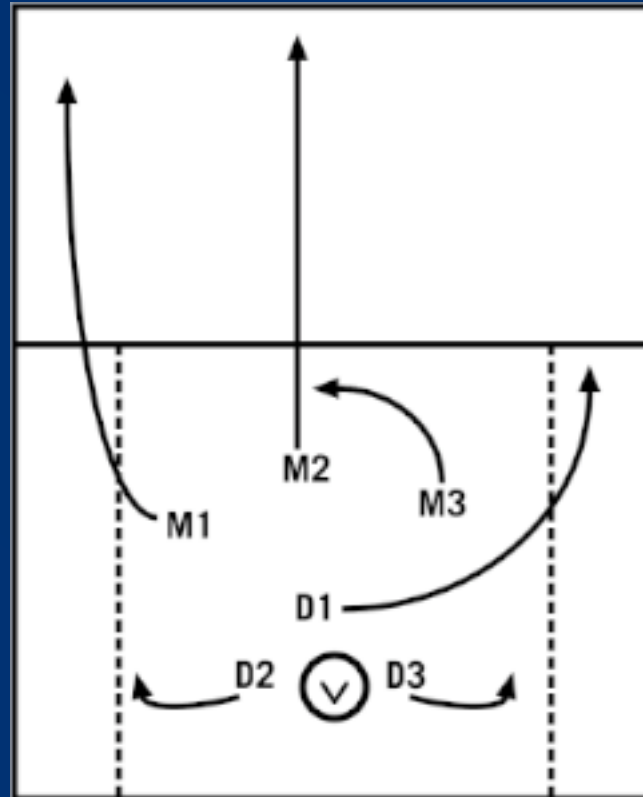
- a. Teach Clamp
- b. Punch left wrist
- c. Use correct footwork
- d. Wing play

Clearing the ball

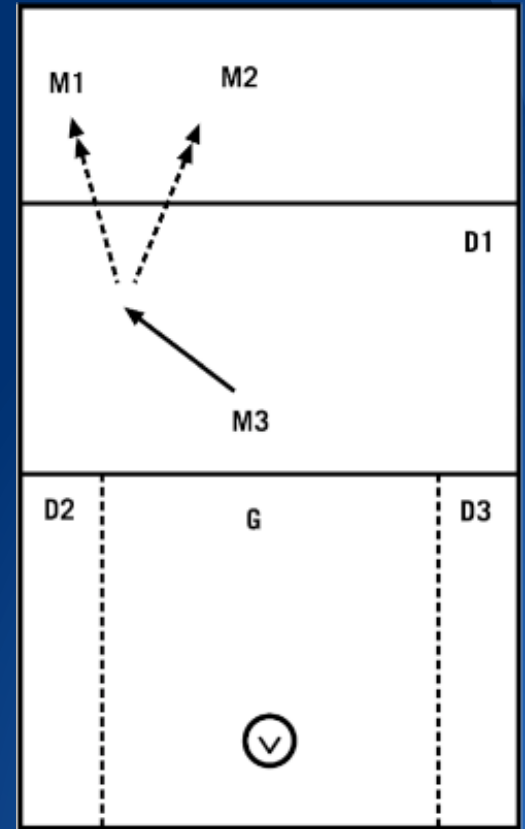
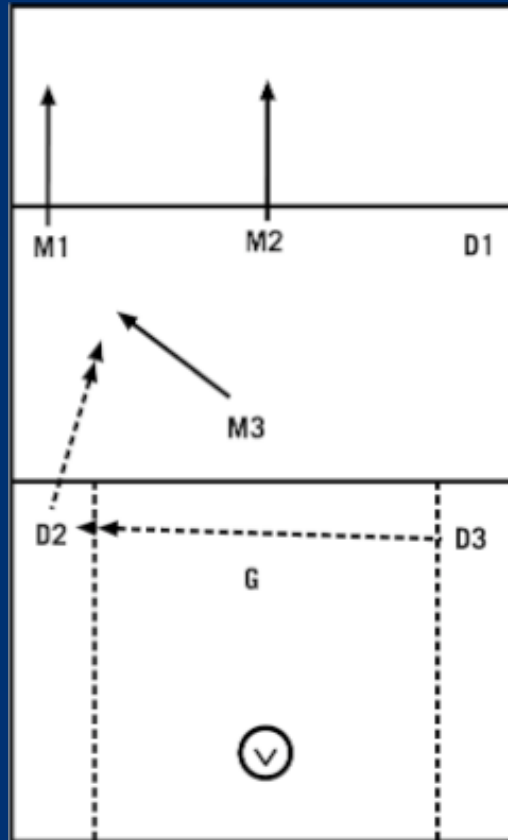
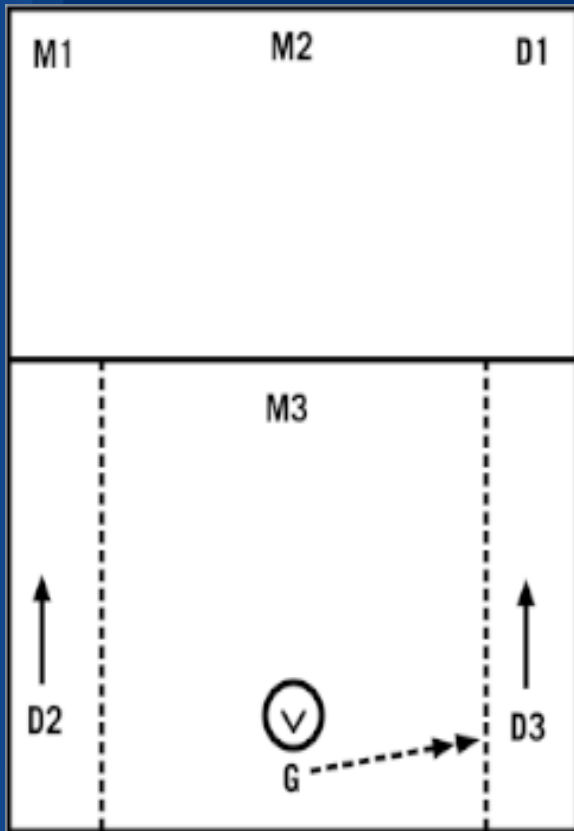
- Spread the field
- Make the easy passes (you have an extra guy)
- Middies cut to ball
- Have a middy pick up the ball on a restart
- Help your goalie



Unsettled Clear



Dead ball clear



Riding

-Attack - Pressure the ball, make the defense and goalie make quick decisions

-Midfield - Don't let anyone behind you, be the farthest guy back

-Defense - lock your attackmen, don't let them throw the ball down the field

Goalie - direct the ride, be ready to defend the cage

Offense

- Spread the field
- Run hard with the ball
- Get hands free before passing or shooting
- Get in passing lanes
- Clear lanes for dodgers
- Pass with a purpose
- Take care of the ball
- Take high percentage shots

Defense

- Play man to man defense, zone should be an alternative, not the objective
- Mark up on defense
- Know where the slides are coming from (crease or adjacent)
- Defense have stick in front of defender, do not let them get their hands free
- Slide to body, make body contact when sliding, offensively players will run through stick checks.
- Protect inside out

Transition Offense

- Push the net
- See the field
- Be ready to shoot
- Be in passing lanes

Transition Defense

- Get back in the hole
- Stop ball
- Rotate
- On hands of ball carrier
- Communicate
- Sticks up, get in passing lanes

Practice Plans

- Keep practice active and high pace
- Lots of touches
- Make sure to develop individual skill sets (passing, shooting, stick protection, ground ball work, etc)
- Use odd numbered drills to show transition / unsettled play
- Progress practice from individual concepts to team concepts

Practice Plans

0-10 : Active Stretching

10-20 : Stick work

20-30 : Individual skill sets (shooting, clearing passing, footwork, etc)

30-40 : Small Group Work (3on2 gbs, add a man, 1 on 1s)

40-60 : Team concepts (slides, clearing, man down, man up, etc)

60-80 : 6 on 6

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Game Management

- Everyone plays
- At 5/6 guys should play multiple positions, 7/8 players should begin to specialize
- Subbing players
 - Defense/Attack - assign players quarters they will play
 - Midfield - either have midfield lines that rotate through, or have a line where the next middy up plays
 - Pros and cons to both ways

Game Management

Coaches - assign roles "too many cooks in the kitchen"

- Who is running the defense**
- Who is running the offense**
- Who is managing the sub box**
- Who talks to the officials**
- Who makes subbing decisions for each position**
- Who is the contact for parents and schedules**

Q & A

Thanks for coming and being a part of our program. We are working together to build something special here at Prior Lake.

