

How to Be the Kid We Need to Coach

With tryouts upon us and a record number of kids trying out for Laxachusetts, what REALLY makes us choose one player over the other?

Lots of kids have athletic potential. Stick work, can be developed as a player is exposed to the proper mechanics. Game IQ and position-specific skills, comes with experience and good coaching. It's our program's philosophy and we passionately believe: it's OUR responsibility to teach you the intricacies of the game and to provide you with all the tools you need to be successful. So what are we looking for *specifically*?

Speed. Honestly, this is the number one thing we look for. Not only when you are put on a line to do sprints, but more significant is the speed you play at IN the game. When the ball is in your stick, PUSH IT. Be fast. BLOW by your defender. Don't hold anything back in your tank. Don't play at 70 mph, play at 110. When it's not in your stick, BUST it back to the defensive end or be the first one down the field to initiate a fast break. I assure you this is the BEST possible way you can stand out and you can very quickly get markings next to your name just by exhibiting speed. We don't care if you drop the ball. We don't care if your mechanics aren't perfect. But if you beat everyone down the field? We will want to coach you.

Work Ethic & Grit. To reiterate: we don't expect or seek perfection (that's what coaching is for!). Believe it or not, we care very little about how far along your skills are, but we want someone who demonstrates the work ethic. We want the grit. We want the hustler. We want the risk-taker. We want the spark on the field. We want to know that you are the type of player who will go home when we are not at Laxachusetts and use our tools to do everything you possibly can to become a better lacrosse player.

Passion & Personality. My fellow coaches and I, are absolutely obsessed with the game of lacrosse. We coach embodying this passion and we believe that this feeling is a vital component to being successful at the sport. We want the same from our athletes. So beyond the game... Are you having fun? Did you bring positive energy to the drill? Are you paying attention when we were talking with eye contact and head nods? Did you attempt to make new friends? Are you encouraging your teammates? Are you talking on defense and attack? (even if you don't know what to say, a #laxxy rule of thumb for LIFE: ALWAYS talk) Were you coachable when we asked you to try something new? In those two hours of simply observing your behavior and personality, it becomes obvious to us who will bring something special, fun, and unique to our program. Because at the end of the day, loving the sport is why we all show up.

So.. I encourage all of you.. don't blend in; stand out. Don't hide; play fearlessly. Make mistakes, take a few risks, and leave your comfort zone. Force us to have to put our pens down for a moment, look at each other and say, "I NEED TO COACH THIS KID."

Be the type of athlete we want to coach.

DREAM BIG,

Laxachusetts Girls Coaching Staff