


US Lacrosse
 US LACROSSE
 NATIONAL
 CONVENTION
 presented by
 Champion

Developing the Farm System: A Systematic Approach

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 St. Paul's School



LEARN. LEAD. INSPIRE.

Begin with the Fundamentals


- Start young
- Good Coaching
- Be Positive
- Have Fun



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**Grade Level Teams
 (Age Appropriate)**


- 3rd/4th
- 5th/6th
- 7th/8th
- Fresh-Soph
- JV
- Varsity



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**Reading, Writing, Arithmetic,
 and Lacrosse**


- Teaching is coaching, coaching is teaching.
- Teach the game and how it is played.
- Learn how to play, not how to learn plays!



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Reading


- Lacrosse books; "Spirit in the Stick" – by N. Duffy
- Magazine articles; US Lacrosse & on-line (ESPN Rise)
- Responsible for the SP Lacrosse Handbook



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Writing


- Use journals; 1x week
- Personal reflections
- Makes a great story at the end of year
- Personalize



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Arithmetic


- Simple Computations
- Fractions, ratios, percentages
- Spatial relations & awareness (field dimensions)



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Develop A Manual


- Create a Handbook
- Common language
- Common Drills
- Progression



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Lacrosse is a "language"


- Personalize to your program
- Develop calls that help a player learn
- K.I.S.S. Method – keep it simple



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Common language

- basic terms
- keep it simple
- build
- live it




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SP Lax language (terminology)

AREAS ON THE FIELD

- GLE – goal line extended
- Box – area inside restraining box
- Strong side – side with the ball
- Weak side – side where ball is not, attack the goal



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General Calls

- "Head-to-Head" – stick position
- "One More" – you are open, pass the ball.
- "I'm Hot" – you are the 1st slide.
- "Draw" – create a double and move ball.
- "Make A pass, not the THE pass.
- "Change the Plane" – change the level of shot.
- "Make a Good Turn" – roll to your bottom hand.

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More Specific Calls

- “Power” – base team defense
- “Motion” – Base 2-3-1 offense
- “Zero” – Base clear
- “Crusader” – Base ride



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“Pride & Desire”

- Buy into the program
- It’s about “WE”, not “me”
- Team-first approach
- No one is above the team
- Take pride in your play, team, & program
- Contribute to the overall success



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Clinic Sessions

- Technique oriented
- More skill work, fewer games
- Wall Ball routine workout



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Clinics

- use coaches, alums & varsity players
- 1-2 hr. small group sessions
- skill work only
- lots of reps



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Little Crusies in Action



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More Little Crusie Clinic Action




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Wall Ball routine

- KISS method to start for younger kids
- advanced techniques increase with age/skill level
- keep it fresh – vary drill routine
- be creative & have fun


St. Paul's Wall Ball
[Wall Ball Drills.doc](#)



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Practice drills


- fundamentals
- progression
- competition
- diversify
- up tempo



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St. Paul's Practice Drills

- Diamond – stickwork
- Transitions; 2v1, 3v2, 4v3, 5v4, 6v5
- Street Hockey – 4v4 turns into 6v6
- 656 – 6v6 into 6v5 or 5v6
- Pressure Cooker – defense slide drill



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2010 Senior Class breakdown

- 8 boys thru lower school
- 7 boys thru middle school
- 2 boys came in high school



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Final Result in 2010!

- MIAA "A" Conference Champs



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QUESTIONS?



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THANK YOU



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