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Coaching Beginning Youth Players

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LEARN. LEAD. INSPIRE.

Introduction

- Who will benefit from this session?
- What level are you coaching?
- What area of the country?
- Why I am here and a double thanks to USLacrosse

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Overview

- Philosophies
- Biomechanics
- Strategies
- Some of the latest research in P.E.
- Some of my favorite drills
- And a lot the lessons that I have learned over the course of teaching & coaching for 30 years

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A piece of advice

- Adjust?? / Copy / Paste
- Make sure it fits into your style/philosophy

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NEVER FORGET

- It's all about the kids!
- What they need most at the early levels is to HAVE FUN!!!!
- You might be my Mr. C for some kid!



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From Day One

- Get them started on the right path
- Protective Equipment
 - Good enough
 - Proper fit

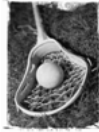


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From Day One


- Get them started on the right path
- The Stick
 - 1st – athletic ability
 - 2nd – stick skills
 - NCAA & NFHS
 - Cut & tape
 - Depth & lip



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From Day One


- Get them started on the right path
- Set Expectations
 - pay attention
 - be dressed and ready on time
 - LEARNING HOW TO WALK



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Having FUN!!


- Through their eyes
 - Strange sport
 - First time on team
 - Not easy
 - Scary?
- Learning how to walk
- What did kids use to do (50s & 60s) when they 8 or 9?



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Having FUN!!

- It really helps to be animated & goofy, do the unexpected
- Use teaching cues when possible (later)
- Get to know the players and how to challenge them
 - ADHD - 10% or 90%
 - Learning disabilities
- K.I.S.S.



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Having FUN!!

- Positions
 - Let them choose (somewhat)
- What are they going to remember most?
 - Practice - a lot of times it's what is done last
 - The Season?

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Having FUN!!

- Post Game/Practice Closure
 - Important to help them remember (what you want them to)
- What was good
 - Team
 - Individual
 - What are we going to work on???
 - What you were proud of
 - **The most important post game activity**



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Coaching

- Demonstrate, Explain, Do, Correct
 - They are very much visual learners at this age
 - Break it down for them
 - Whole, part, whole
 - How or why it fits into the big picture
 - Teach proper techniques and decisions
 - Set up drills to help them do this

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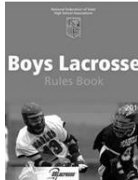
Coaching

- Let them progress at a proper pace
 - By themselves at their own pace
 - Increase the time or repetitions
 - Add a time constraint or a competitor
 - Do it in a game situation
- US Lacrosse progression
 - Repetition
 - Partner
 - Passive opposition
 - Competitive / Competitive with a reward

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Coaching

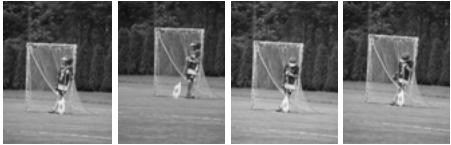
- SCRIMMAGE
- Read the rule book (officials)
- Getting help – assistants
 - Need only know more than the players
 - Expert in an area or two



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Coaching


- How to use assistant coaches during a game
 - ? Coaches on the field
 - ? Coaches at the other teams restraining line
 - Attack, defense and midfield coaches



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Warm-ups

- Kid vs. Adult Warm-up
 - Research (Gymnastics class)
 - Dynamic
 - Static????
- General body warm up
- Specific warm up
- Use the ball - REPETITION




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Individual Offense

Cradling



- Ear to ear
- Hip to ear
- One handed?



Individual Offense

Scoping

- 1 + 1 = 2
- Scoop through to the head
- RUN AWAY AND LOOK
- Rakers are fakers





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Individual Offense

Throwing

- Mechanical to start
- Linear movements
- Thumbs
- From the ear to ear cradle
- Not from behind the head
- Throwing a baseball demo
- Push and PULL (hand to elbow)
- Point to target



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Individual Offense

Catching

- Keep the stick FLAT
- In the box
- Slide hand up if needed
- Give
- Into the ear to ear




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Individual Offense

Dodging

- **RUN FAST**
- Keep the stick away from the defender
- To the goal
- In and out / bull
- Face
- Split
- Roll??? When overplayed




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Individual Offense

Shooting


- **Shoot low** – ask your team's goalie what's more difficult
- Overhand to ¾
- **Shoot low** – his stick has to move the farthest
- Shoot hard – proper technique/wrists/butt elbow
- **Shoot low** – I scouted their goalie, he can catch
- Shooting on the run - ???
- **Shoot low** – you will probably score



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Goalies

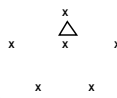
- Goalie Coach for the whole program?
- Practice on off days
- Report before practice



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Offensive Team Strategies

- Dead Ball Positions
 - Paint Xs
 - Hula hoops
- Triangles, Triangles, Triangles
- Spacing
- Put them in a position to succeed
- K.I.S.S.



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Offensive Team Strategies

- Listen to the coaches
- Working the ball vs. going to the goal
- First look
- Take it to the goal
- Other players fill the vacuum and passing lanes
- Move to the ball

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Individual Defense

- First thing to do - ???
- Body position
- Play defense with your feet
 - Gnat defense
 - Footwork Drills
- Stick control
 - Slap
 - Lift
 - Poke??
- Overplay strong side



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Defensive Team Strategies

- K.I.S.S.
- Everyone covers a man – call out number
- See man and ball *
- Box Defense – protect your front yard
 - Cones, paint, rope
- Covering the 3 Cs
 - The most dangerous offensive players
- Covering behind the goal

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Defensive Team Strategies

- Be ready to help/slide
 - Who is to blame for the other team's goal
 - They score on us
- 2 or 3 players sliding to help
- Put them in a position to succeed
 - Match ups
 - Being in the right place at the right time

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Drills

- Partner Catch – strong, weak, knee, close
- Pivot Cradle
- Alligator River
- The Gauntlet
- Line Drills
- 3 Man Line Drills
- Triangle Ball Drills
- 25 Gbs to yourself

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Drills

- Dodge (a coach) and Shoot
- 1 on 1 Gbs in Square
- 3 on 2 Keep Away
- 1 on 1 in the Lane
- Draw and Dump in the Lane
- 1 on 1s with a shaft
- 4 on 4s
- Relay Races



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Questions on ANYTHING??

Thank You

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Pequannock Lacrosse

Attack Positioning

The other team has the ball on their offensive side

1. The back attackman should be ready for any loose balls that get past the top attackmen. Be ready for a fast break.
2. If a middie is coming up field and closely guarded the 2 top attackmen should try to get open for a pass right away.

Getting to fast break positions

1. Always be looking at the ball.
2. Be ready for a pass at any time

Fast break positions

1. Be ready to catch the ball and shoot.
2. If your man goes to the ball, make sure there is a passing lane for the middie to pass it to you.

Positions when we are clearing the ball

1. Drop back in the same formation as when the other team has the ball on offense.
2. Be ready for a fast break.
3. Look to come up and help out a middie that is closely guarded or if there is a ground ball near the midfield line.
4. If the middies clear the ball and we settle it down on offense, get to your dead ball spots.

Face-off Positions

1. Attackmen should be close to the middies dead ball positions when there is a face-off.

Dead Ball Offensive Positions

1. The X attackman is behind the goal. Look to come around the crease for a pass if your defender is not paying attention. Make sure you back up the goal on all shots. **Run to the ball** not the end line. On a shot you can let it go out of bounds if you are the closest to it.
2. Wing attackmen should start out wide and then look to get a little closer to the goal when we get started.

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I. Introduction

A piece of advice

II. Day One

Protective equipment
Set expectations

The stick

Set expectations

Learning how to walk

III. Having fun

Through their eyes

Be animated and goofy

Use teaching cues

KISS

Positions

What will they remember most

Post game/Practice closure
What was good

What are we going to work on?

IV. Coaching

Demonstrate, Explain, Do, Correct

Let them progress at a proper pace

USLacrosse Progression

Scrimmage

Getting Help

Using assistant during a game

V. Warm-ups

Use the ball when possible

jogging	skipping	hopping	butt kicks	high knees
karioka	tapioca	shuffling	ski jumps	criss cross
twisters	turbo twisters	lunge walk	galloping	jumping jacks
low jacks	high jack	back pedaling	Frankenstein walk	

VI. Individual Offense

Cradling

Scooping

Throwing

Catching

Dodging

Shooting

VII. Goalies

VIII. Team Offensive Strategies

Dead Ball Positions

Triangles

Spacing

Helping them succeed

Your strategies

IX. Individual Defense

Numbers

Basic positioning

Feet

Checks

X. Team Defensive Strategies

Remember KISS

Box defense

Covering the 3 Cs

X. Drills

Partner Catch – strong, weak, knee, close

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