

**BOYS'
BEGINNER
TRACK SESSIONS**



**2006
COACHES
LACROSSE
CLINIC**



**SATURDAY, JANUARY 21
CALIFORNIA MARITIME ACADEMY
VALLEJO**



Fundamentals

Brad Lipscomb – Bellarmine College Prep

- Key Objectives
- Skills Developed
- Stick position
- Individual defense
- Ground balls
- Passing & catching
- Shooting
- Practice Drills
- Key Objectives
 - Make fundamentals part of your daily bread – GB, passing, shooting, individual defense
 - Recognize common mistakes
 - Get your players to recognize/exploit fundamental weaknesses in opponents
 - Learning fundamentals never stops. Strive for perfection. Make yourself and players focus on the little things.



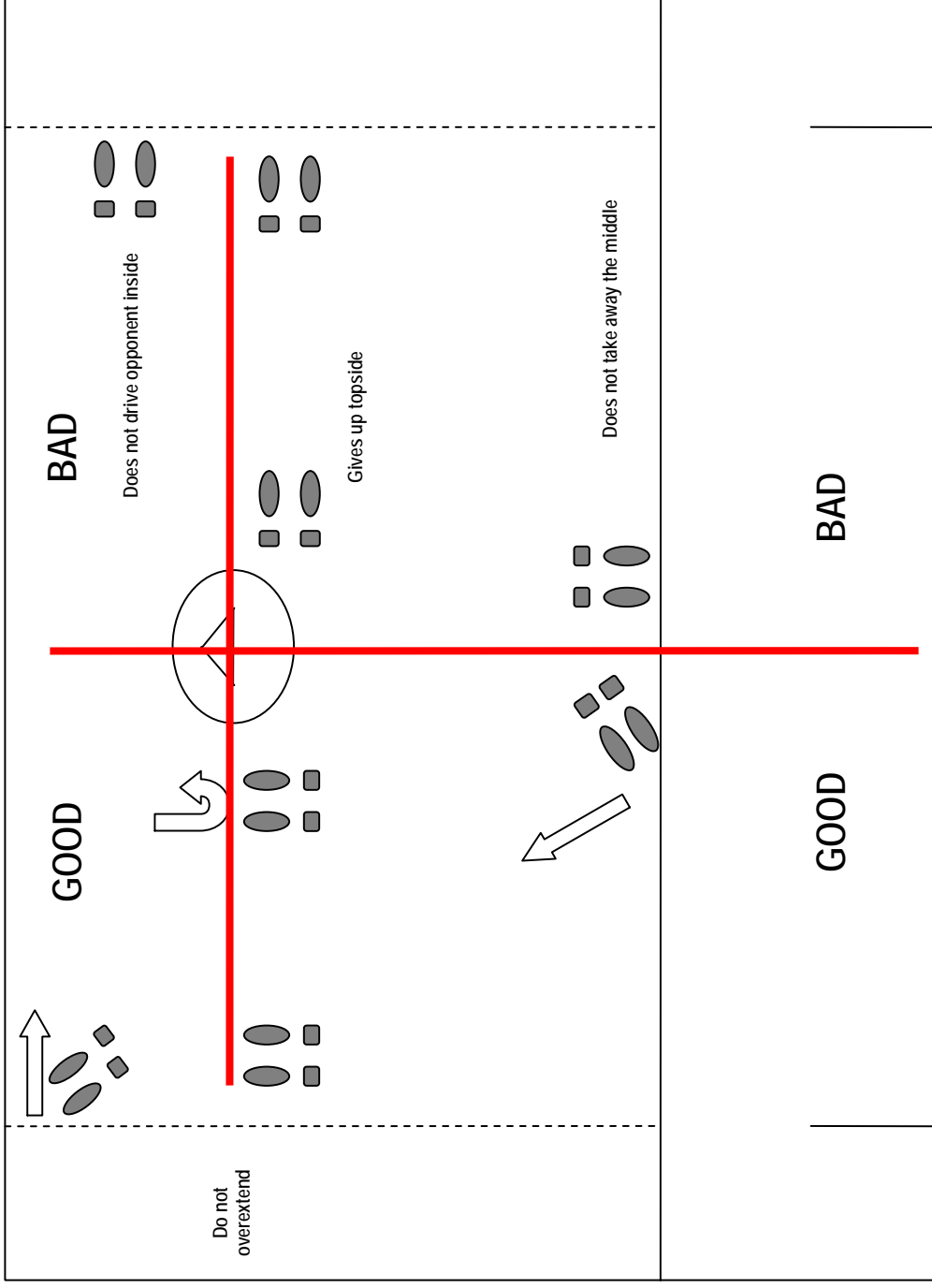
Stick position

- Good stick position equals ball control
- Look for:
 - One and two-handed cradle in tight (to armpit) and low (below top of head)
 - Stick head stays low and in tight when changing hands
 - Do not “drag” head or butt-end when changing directions
 - One-handed cradle lead arm is up. Don't worry about the palm out
 - Head is up, shoulders back, be “big”
 - Long poles on roll dodge keep stick away from body and defender
 - Don't worry about butt-end showing for young guys
 - Be a broken record about good stick position

Individual Defense

- Position. Proactive. Push.
- Look for:
 - Defender's foot position - which way does it direct the ball carrier?
 - Divide the field up for players and show them how to direct (see Defender's Foot Position diagram)
 - Push/hold instead of stick chasing
 - Teach forearm and butt-end hold instead of hands-together
 - Defender uses hips and feet to turn ball carrier instead of stick
 - Disruptive checks versus take-away checks
 - Crease defense - "ball-me-man"

Defender's Foot/Hip Position



Stick position/Individual defense Drills

➤ Zig-zag (Figure 1)

- Pair up along end line
- Ball carrier makes small zig-zags upfield - focusing on stick position, changing hands
- Defender turns offender with hips, works on drop step, holds
- Do at half-speed first. At midline, switch and come back

➤ 1 v 1s from the corners

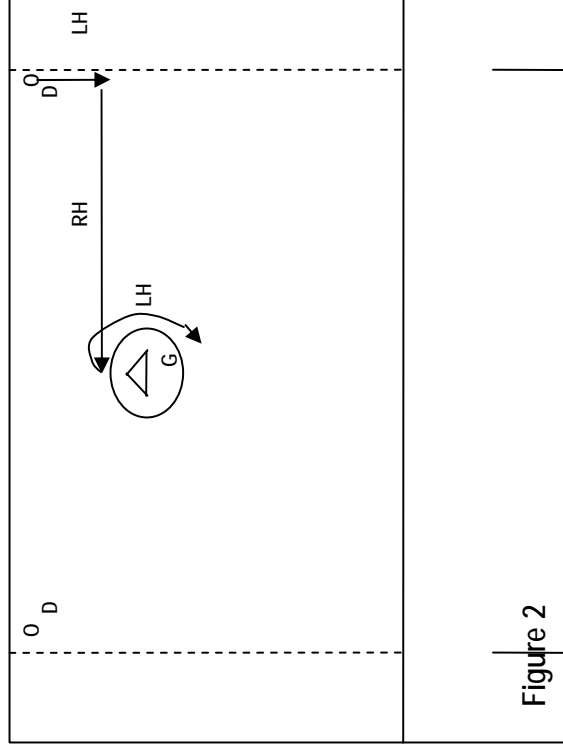
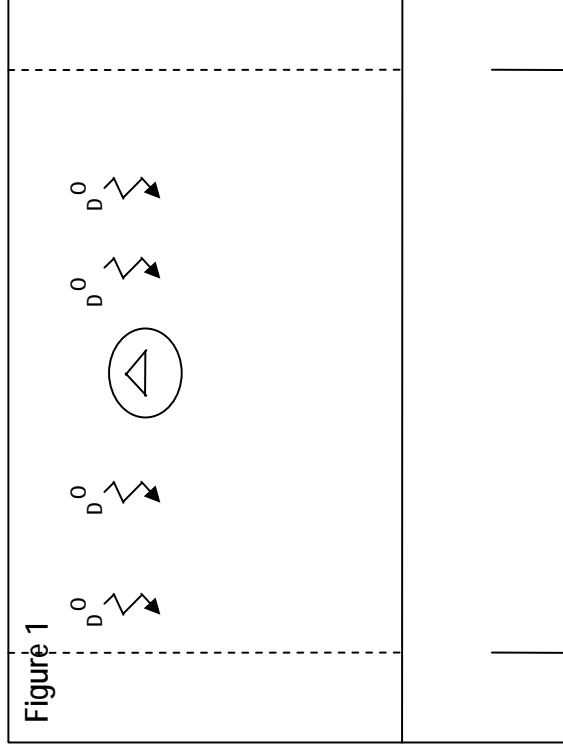
- Also do without sticks

➤ Bus Routes (Figure 2)

- 1v1; do half speed first. Finish with inside roll or question mark.

➤ Foot nailed to ground

- One-handed cradle drill
- Pairs, ball carrier keep must keep front foot stationary as defender applies pressure

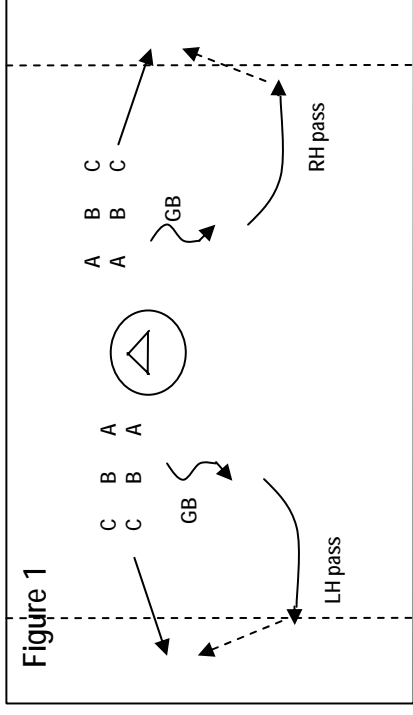


Groundballs

- You need to practice GBs more than you think.
- Look for:
 - Front step approx. inline with ball. Not behind!
 - Top hand is on the stick plastic. Not in throwing position!
 - Use feet to kick ball out. Players that use their feet get more GBs.
 - Stick is pulled in tight and low with ball
 - Immediately moving (sprinting) away from pressure
 - Look to pass to upfield or “weak” side
 - Don’t worry about butt-end showing. Top hand position is much more important

Groundball Drills

- **Box-out (no picture)**
 - Pair up with balls.
 - First whistle, player boxes out defender.
 - Second whistle, kick out, scoop, run away from pressure.
 - Switch positions. Repeat.

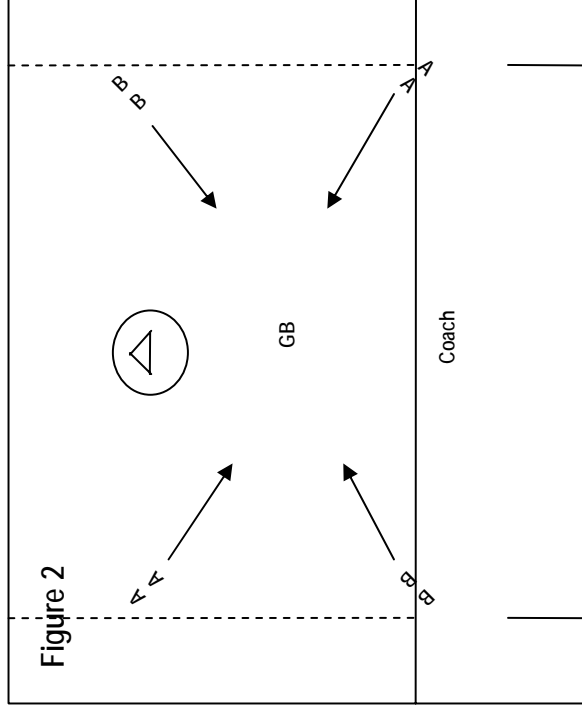


- **GB Help Drill (Figure 1)**

- Players A and B fight for GB. Player C breaks out to receive pass.

- **Gauntlet GBs (Figure 2)**

- Coach throws up ball. When ball hits ground, all four players go for it.
- Players on diagonal are on same team.
- Kids like this drill!



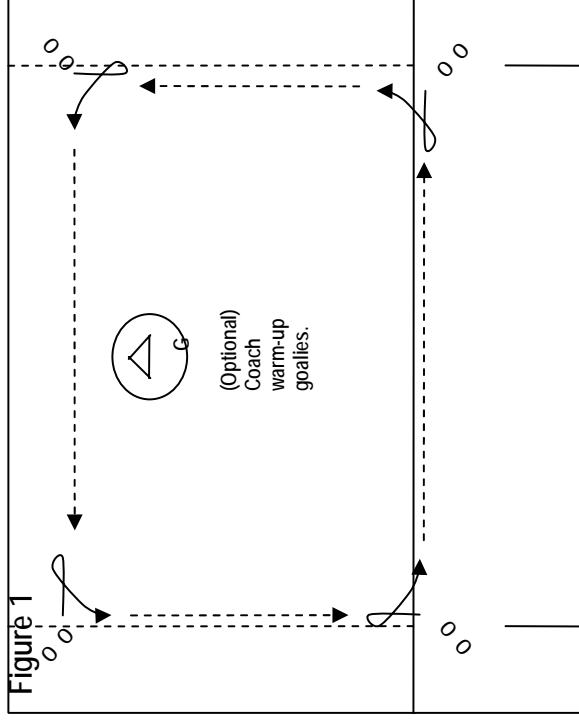
Passing, Catching

- Recognize what “type” of pass you are drilling (e.g., long, short, reverse, over-the-shoulder, shovel, etc.)
- Look for:
 - Tape stick for hand positions.
 - Top hand wrist breaks, not pushing the stick.
 - Bottom hand is on the throwing side. Fix by pointing lead shoulder towards target.
 - Practice left and right hands from the start.
 - Practice catching without a cradle or one-cradle go.
 - Always catch the ball “in the box” but you need to practice “bad” balls.
 - Work sticks when tired.
 - Understand the dynamics of a good and bad pocket. String yours!

Passing Drills

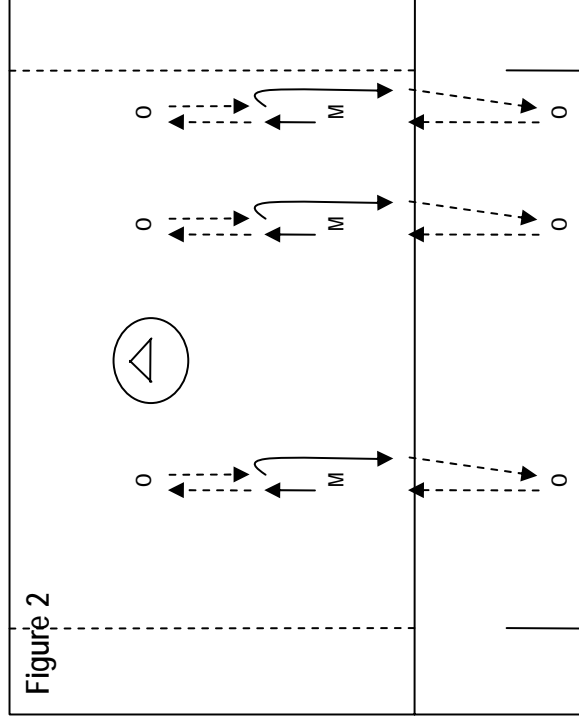
➤ Four corners passing (Figure 1)

- Work on longer passes
- Keep sticks to the outside
- (In diagram) move to pass, catch L, curl, throw right. Coach calls “Reverse” and ball direction changes to clockwise.
- Get multiple balls going.



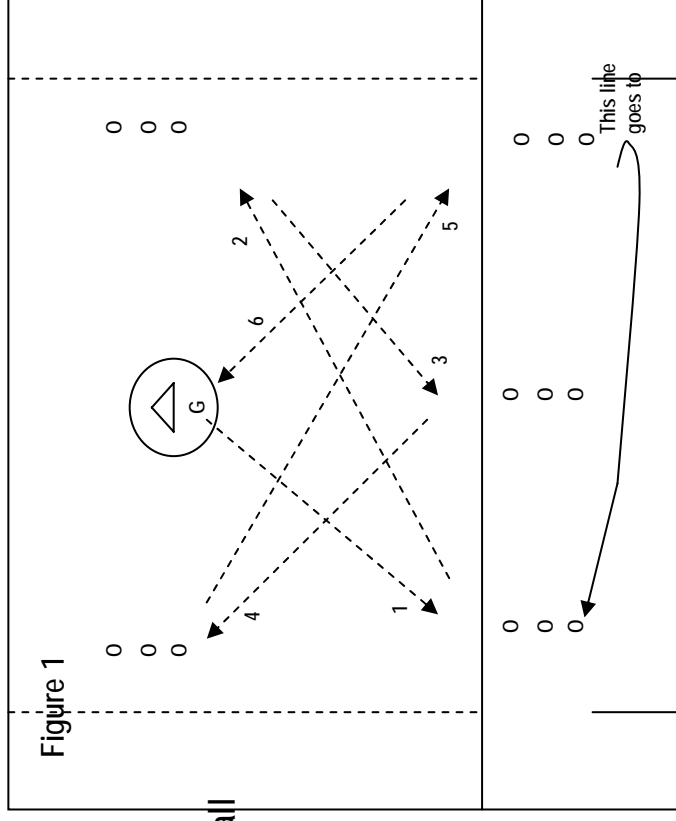
➤ Monkey-in-the-middle (Figure 2)

- Do when tired. Groups of 3.
- Outside guys stationary, monkey moves
- Diagram shows LH passing for monkey
- Do for 60 seconds and switch monkeys.



Passing Drills (cont'd)

- Star Drill (Figure 1)
 - Work shorter passes in traffic
 - Easiest to keep all players same hand or call out by position, “attack go left”
 - All players go to line they throw to except top left
 - Get multiple balls going (up to 3).



- “Fun” drills
 - Thunderdome: 3v2 keep away in a small box. Enter game on defense. If defender intercepts or causes turnover, he goes to offense.
 - Lax obstacle course – Make up races with different lax activities (GB, pass, shoot, timed wall ball) and non-lax. (spin around stick)

Shooting

- Make ALL young players comfortable shooting.
 - Advantage goes to shooter since young goalies have not developed.
- Basic types of shots
 - On-the-run: Hands shoulder height, passing position or closer. Shoot off-stick side or bounce.
 - Time-and-room: Hands shoulder height, passing position or closer. Good for high bounce shots or location shots.
 - Inside shots off attack dodge or crease feed: Hands do not have to be high. Shoot with wider, controlled grip. Change planes - high to low.
- Keys
 - Get the shot off quickly, before goalie sets.
 - Do not shoot at goalies feet!

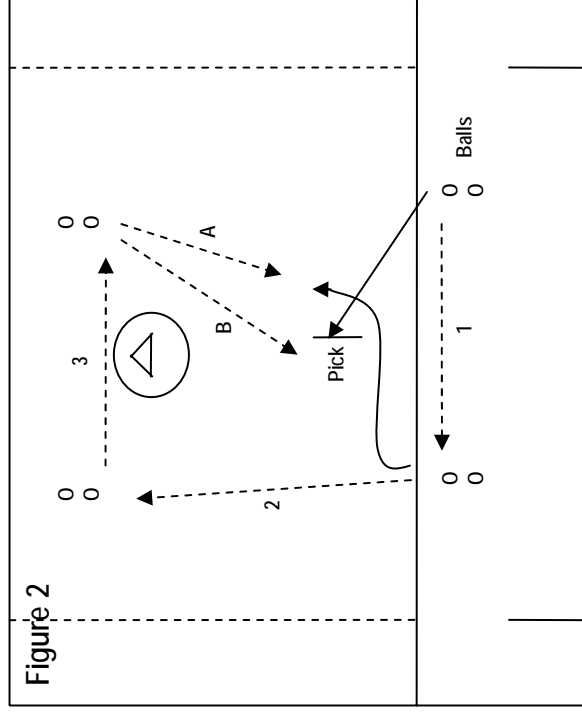
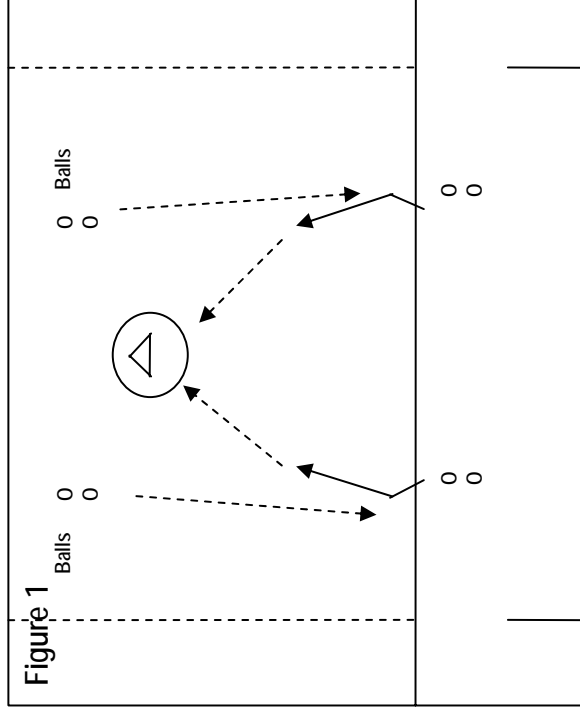
Shooting Drills

➤ Drives from up top (Figure 1)

- Balls passed up top from attack side
- Shooter pops, catches, drives lane and shoots
- Passer goes to line up top, shooter goes below
- Both sides go concurrently

➤ Shot off pick (Figure 2)

- Start ball top left. Pass (#1) and set pick.
- Top right player passes (#2) to bottom right and pops off pick (timed with feeder)
- Feeder at bottom left has option to feed to A or B.
- Players rotate to line they pass to.
- Can also do in opposite direction. stationary as defender applies pressure.



Fundamentals

- Final Thoughts
 - Stick position, GBs, individual defense, passing and shooting is your “daily bread.”
 - Design your drills around your team’s deficiencies.
 - Maximize touches with multiple balls or “continuous” drills
 - Do drills at different speeds to focus attention on good footwork.
 - Quiz your kids often on the details of fundamentals. Their ability to recognize “bad” stick skills enables them to exploit their opponent.
- Questions/Comments
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Transition Offense and Defense

Chris DeBiase – St. Ignatius

Transition Offense and Defense

- Key Objectives
- Skills Developed
- Transition Offense
- Transition Defense
- Practice Drills

Transition Offense and Defense

- Key Objectives
 - Offense
 - Starts with GBs
 - Air is faster than feet
 - Recognize situation
 - Find open space and man
 - 2 is better than 1
 - Layups, layups, layups

Transition Offense and Defense

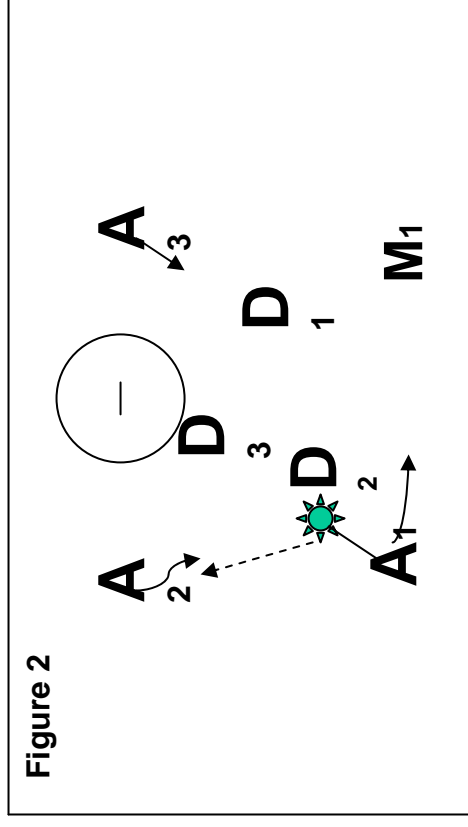
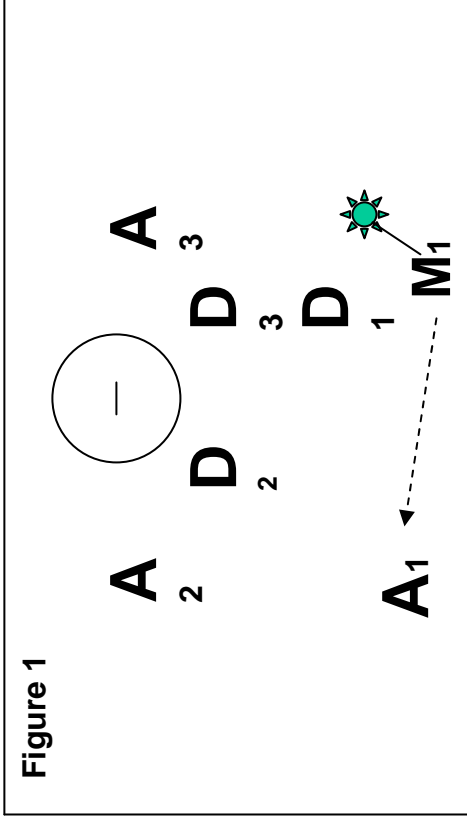
- Key Objectives
 - Defense
 - Recognize and react
 - Back first with eyes on ball
 - Inside then out
 - Sticks up and in lanes
 - Communicate, communicate, communicate

Transition Offense and Defense

- Skills Developed
 - Stick skills
 - Ground balls
 - Passing and catching with feet moving (left and right)
 - Shooting in game situations
 - Lacrosse IQ skills
 - “Head-man the puck”
 - Recognizing situations
 - Creating space offensively
 - Communication (offense and defense, including goalies)
 - Head up, stick up

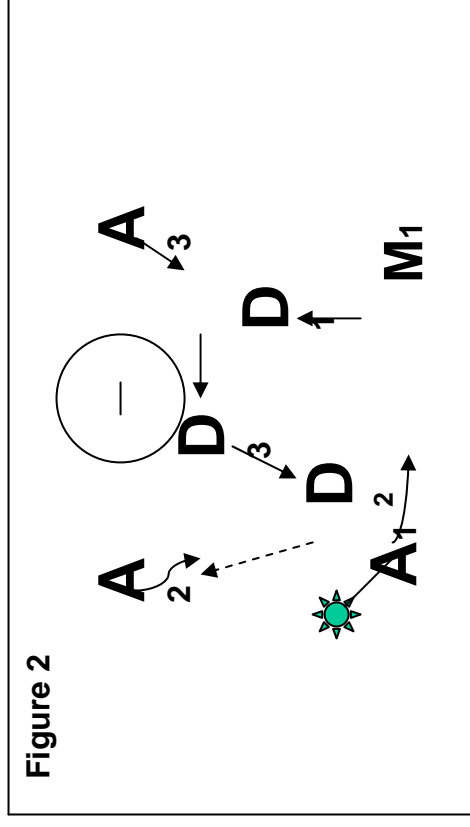
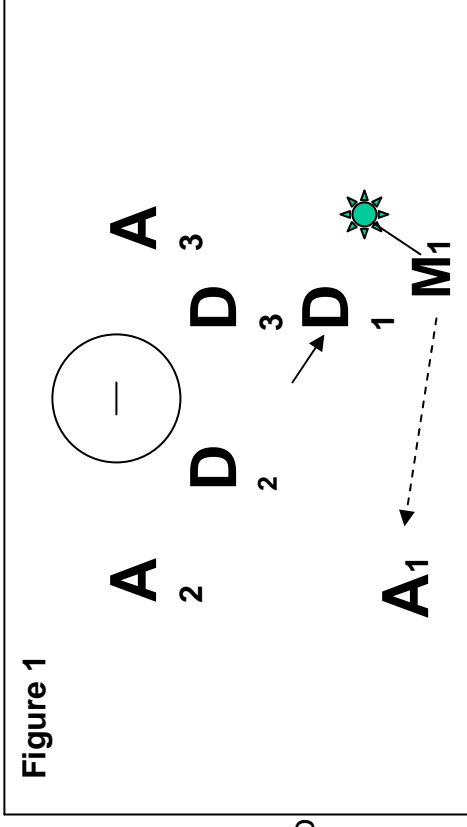
Transition Offense and Defense

- Transition offense
 - Primary or fast break (4v3)
 - Start attack in a triangle (5 yds off crease and just inside restraining box line)
 - Spacing is key as to prevent one d-man from covering two attackmen
 - As the break happens, the point attackman (A1) slides the opposite side as the midfielder with the ball.
 - M1 must create a 2v1 situation with the point defenseman (see Figure 1)
 - A1 catches the ball and reads the defense to see where the next 2v1 situation is. It typically will be a feed to A2 (see Figure 2). Same applies when A2 catches the ball.
 - Common mistakes
 - Attack spacing is poor (everyone cuts to ball)
 - M1 does not 'draw' a slide



Transition Offense and Defense

- Transition defense
 - Primary or fast break (4v3)
 - Defense also starts in a triangle with the point man 10 yds off the crease
 - Communication is key to determining who slides and when. Also sticks must be up and to the inside.
 - As the break happens, the point defenseman (D1) slides to stop midfielder with the ball (see Figure 1).
 - D2 must anticipate where the pass is going and slide (first in then out) to the next pass (see Figure 2).
 - As the ball moves from A1 to A2, D3 must slide across the cage to stop ball. D1 must slide down the backside to pick up A3. D2 splits A1 and M1.
 - Common mistakes
 - D-men slide too early and too far
 - Sticks are not in passing lanes



Transition Offense and Defense

- Transition offense
 - Secondary or slow break (5v4)
 - M1 must get the ball down the sideline as quickly as possible. After making the pass M1 cuts to the crease (see Figure 1).
 - A3 moves the ball to A2 at "X" who must push the backside.
 - M2 hustles to fill the top of the 1-3-1 and finds a lane (see Figure 2)

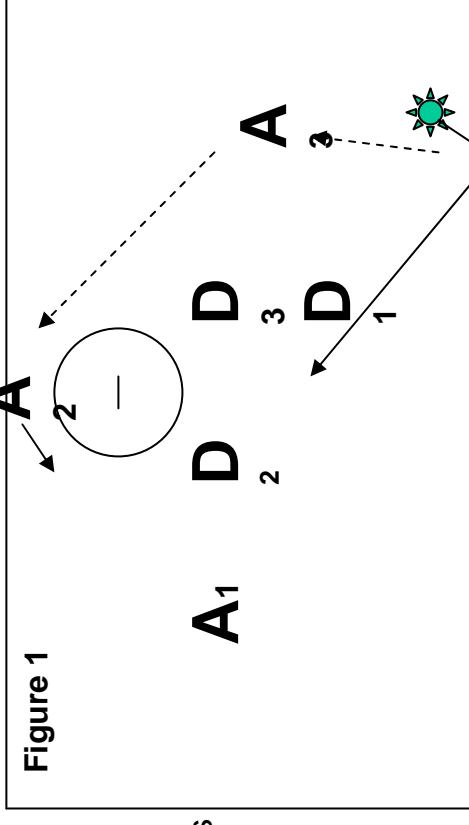


Figure 1

- Common mistakes
 - Attack does not get a man to "X" quick enough
 - Wing attackmen do not move up and out to get ball from midfielders
 - Midfielder (M1) holds onto the ball too long
 - M2 does not run hard to beat his man down field

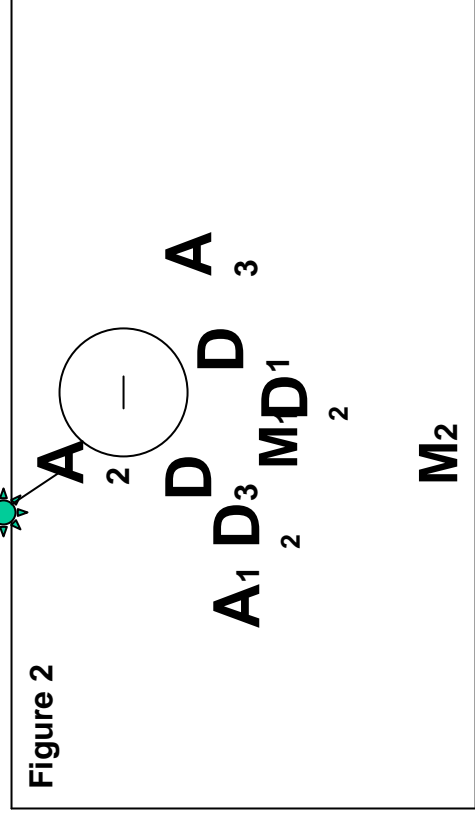
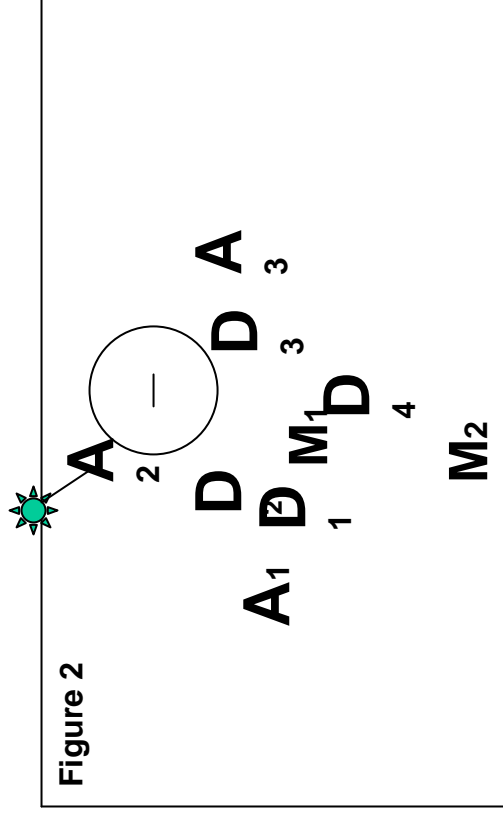
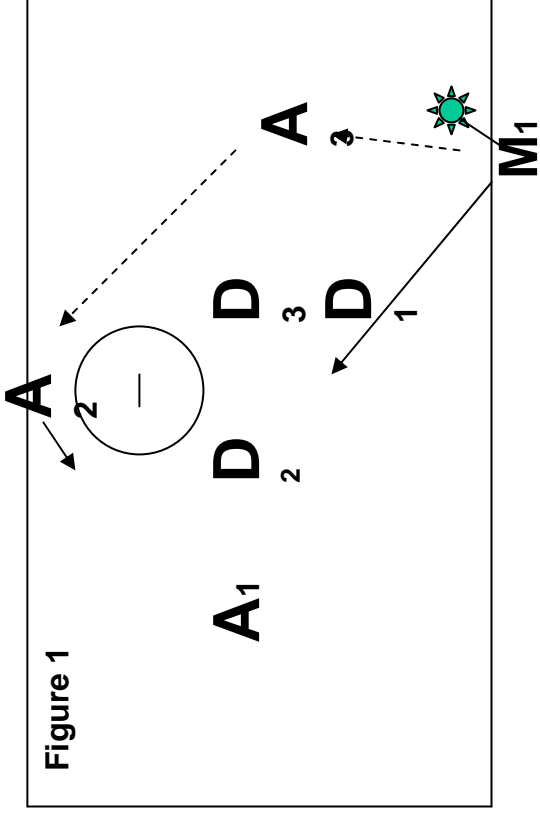


Figure 2

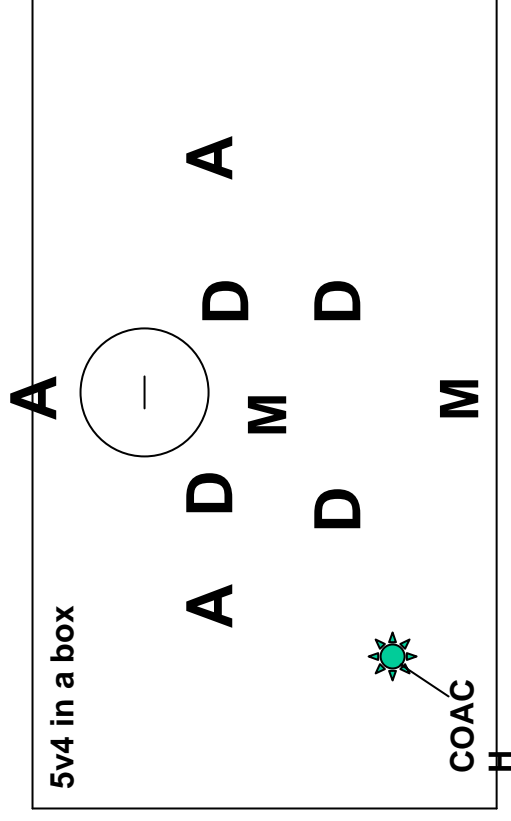
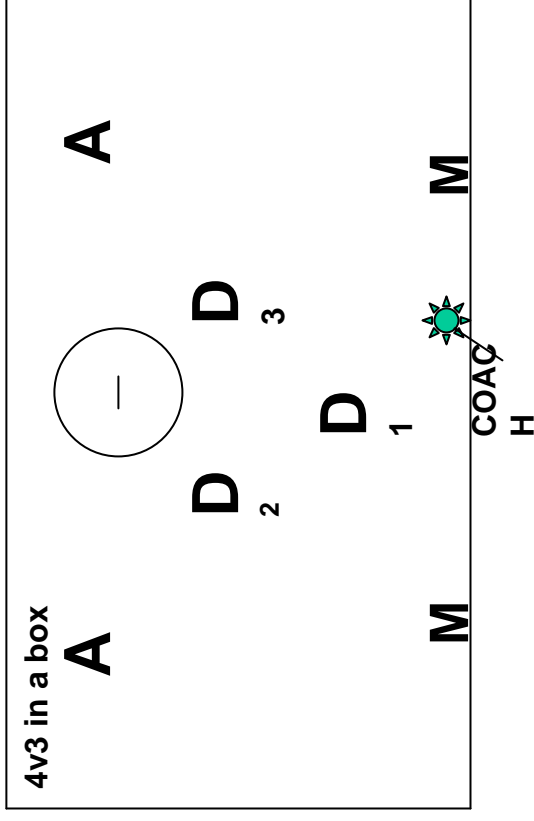
Transition Offense and Defense

- Transition defense
 - Secondary or slow break (5v4)
 - Defense and goalie must first recognize and communicate a Slow Break.
 - D1 will follow the cutter (M1) to the crease (see Figure 1)
 - D4 (2nd midfielder) hustles to get back to the hole and splits M1 and M2 depending on where the ball is (see Figure 2).
 - Defense is in a tight box and I like to make the slides easy (ie closest to ball) for younger players (make the offense throw the longest pass possible).
 - We do not chase ball behind
 - Common mistakes
 - Defense does not communicate situation
 - Defense gets over-extended
 - D4 does not get back to the hole fast enough
- **Defense does not keep sticks up!**



Transition Offense and Defense

- Practice Drills – Be Creative
 - 4v3 in a box
 - 2 lines of A behind, 2 lines of midfielders up top.
 - Coach throws ball to any offensive player to start.
 - Play until shot/save/goal or clear
 - Offense rotates after each session, defense every 3-4 sessions.
 - Variation is to stack the defenseman and make them figure out who slides first, second, third
 - 5v4 in a box
 - 3 lines of A, 3 lines of M (2 offense and 1 defense)
 - Coach again throws ball to any offensive player
 - Rotate all 9 kids every 2 balls.

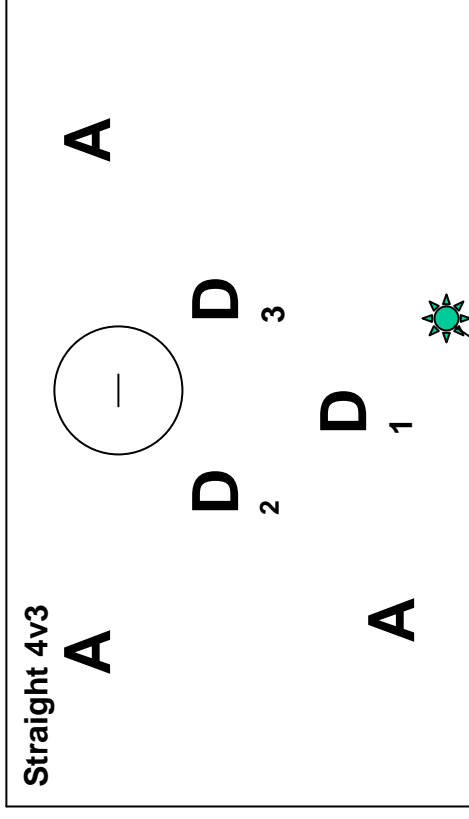


Transition Offense and Defense

➤ Practice drills

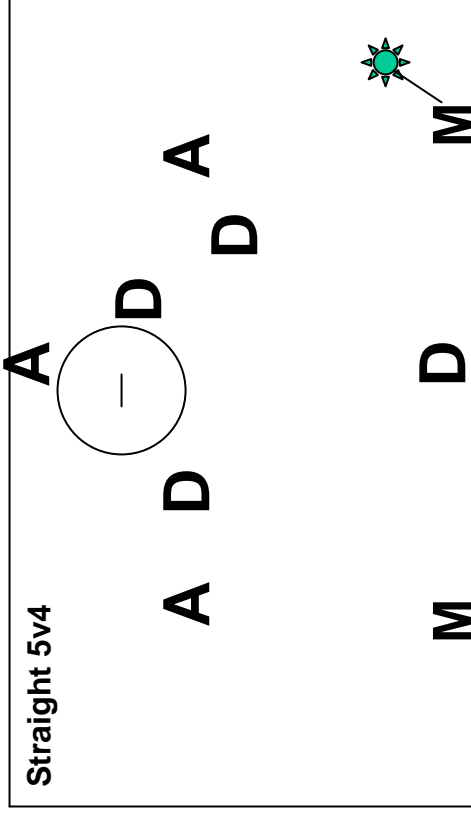
➤ Straight 4v3

- Start with 3 A and 3 D in the restraining box.
- All the middies at midfield in a line.
- Coach rolls the ball out to a middle who picks it up and starts the break.



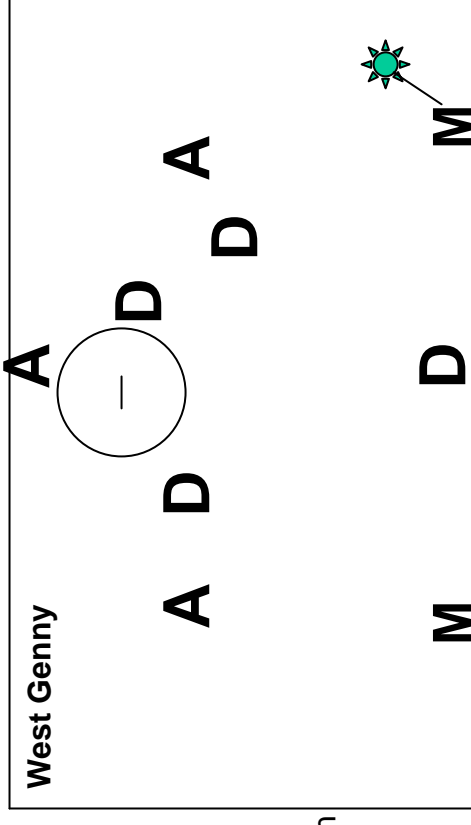
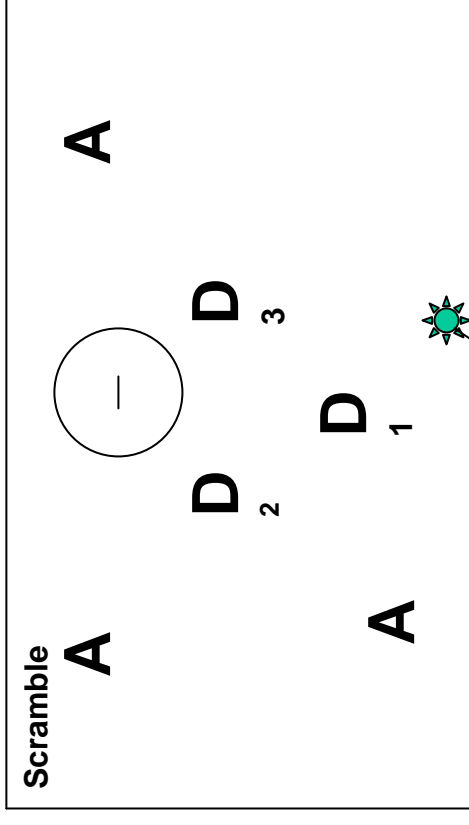
➤ Straight 5v4

- Start with 3 A and 3 D in the restraining box.
- 2 lines of offensive middies and a line of defensive middies at midfield.
- Start with a 2v1 GB into a slow break



Transition Offense and Defense

- Practice drills
 - Scramble
 - Start with 3 A and 3 D in the restraining box.
 - All the rest of the players at midfield with a coach.
 - Coach picks any number of offensive and defensive players who are live in the drill.
 - The key is for the 3 attackmen and defenseman to recognize the situation and react
 - West Genny (or add-ons)
 - Start with 3 A and 3 D in the restraining box on both ends.
 - 2 lines of offensive middies and defensive middies on the sideline at midfield.
 - Start with a goalie out-letting to a midfielder to start a 4v3 break.
 - When that is finished, the other goalie outlets to another midfielder going the other way. The first midfielder must run back and play defense in a 4v4.
 - This continues until 6v6 on both ends occurs.



Transition Offense and Defense

- Final Thoughts
 - Transition O/D is a fun way to teach younger players lacrosse
 - Develops stick skills and lacrosse IQ
 - Teaches kids to communicate with teammates
 - Good way to incorporate a large number of players into drills
 - I still spend at least 25% of practice on transition
- Questions/Comments
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Goalie Fundamentals and Basic Rides/Clears

Jon Mackey – Tomahawks Lacrosse Club

Learning Objectives

- **Goalie Basics**
 - **Characteristics**
 - **Fundamentals – stance, grip**
 - **Position in Goal**
 - **Basic Saves**
 - **Communication**
 - **Common Mistakes**
 - **Drills**
 - **Miscellaneous**
- **Basic Ride and Clear Information**

Characteristics

- Courageous
- Leader
- Knowledge of the game
- Ability to focus
- Quick feet and hands
- Enthusiasm for position
- Short memory – the ability to put the last play behind
- Confidence

Fundamentals

- Stance, hands, stick position
 - Stance – Feet shoulder width apart, weight on balls of feet, good balance
 - Knees – slightly bent
 - Toes pointed forward
 - Back straight
 - Hands – Dominant hand on top where stick shaft meets stick head, other hand approximately 6-8 inches below
 - Grip should be firm but not a death grip
 - Stick position – Rule of thumb is for goalie to hold stick in front of body, lock elbows and bring the stick halfway back. Butt-end of stick slightly angled out. Stick head by the right ear if right handed (vice versa left).

Positioning in Goal-Front

- The arc is a semi circle between the two pipes
- High arc versus flat arc
- Square to shooter
- Guides at middle cage and 45-degrees

Positioning in Goal-Behind

- 3 ways to position body – mirror, center, or opposite
- Stick resting below top of cage, but ready to cut-off passing lanes
- When ball is passed from behind to front, drop step with foot on the side the ball is coming – Follow the ball, don't turn back to the ball
- Hug the pipe as ball come to GLE

Saves

- (Off) Stick side high, hip, low and middle
 - Low shots: be sure that top of stick head is firmly on the ground, bottom elbow locked out to avoid rebounds
- Stepping to the ball
 - Lead with the foot on the side of body the ball is coming to
 - 45 degree angle
 - Follow-up with back foot – finish square and balanced

Communication

- Talking is key to good defense and it starts with your goalie
 - Voice – Loud, clear and in control
 - Call people by name
- Call position of ball (top left, top right, X, pipe, hold, etc.)
- Be a facilitator of calling out slides
 - “Who’s hot?!” – “Who’s 2?!”
- Yell “Check!” on feeds
- Tell defensemen where open players are
- Be the eyes of the entire defense

Common Mistakes

- Stutter Step
- Stepping with the incorrect foot
- Flinching or closing eyes
- Reaching with stick, instead of using body
- Not communicating effectively
- Not tracking the ball well
- Not leading
- Keeping emotions under control

Drills

- Footwork
 - No stick – play catch
 - Walking the line
 - Jump rope
- Concentrating on the ball
 - Warm up with a smaller stick head
 - Shoot tennis balls have goal save with a stick shaft
- Saves
 - Walk the line
 - Practice against a wall
- Reaction time – use the wall

Warm-Up

- Keep warm-up consistent and do it before every practice
- Start by playing toss without stick – concentrate on footwork
- Move out 10-15 yards and shoot at 75%
- Works one particular area at a time – 5-8 shots (top right, top left, left hip, right hip, low right, low left, bounce shots right, bounce shot left)
- Increase velocity and shoot anywhere
- Shoot on the run or up close
- Ask goalie what he where he wants more shots
- Build confidence
- **NOTE:** Young players should be warmed up by a coach!

Miscellaneous

- Work on basics with young players and they will develop their own style as they get older
- Focus on stepping correctly and position in goal
- Avoid shell-shocking new goalies
- Build confidence and teach the goalie how to lead
- Visualize making saves
- Teach them that the most important play is the next
- Questions???

Coaching Youth Defensemen: It's Not About the Stick

(it's about the feet)

Doug Appleton & Blair Allison

Overview

- Playing good defense is not about taking the ball away with stick checks.
- Today's equipment is simply too good to do take away checks. A missed check results in a goal.
- Stick checks should be used to disrupt an offensive play, not for take away checks.
- Coaching youth defensemen begins with the basics of good body position and footwork. Need to move the feet and stay with your man and not rely on the stick.
- It's extremely important to teach basic stick handling at the youth level: throwing, catching and scooping.
- Teach youth defensemen to be proactive, not reactive. Defenders control an offensive play more than they think.

Overall Tips

- Don't make playing the game too complicated or mechanical. It's a simple game and it should be played for fun.
- While good mechanics are very important, but it's not all about perfect mechanics. Teach good stick skills but encourage creativity and execution.
- Don't throw too many X's and O's, it will confuse the kids.
- Don't create robots who only know how to catch and throw. Need to foster an environment where the kids can be creative – don't micro-coach.
- Kids should simply go out and have fun. Remind yourself to let the kids make mistakes. Use mistakes as a teaching tool.

Which Players Should Play Defense?

- Look for players who are all round good athletes.
- Don't just pick the biggest players.
- It may not seem to be the glory position to a young player, so it can be difficult to get the better athletes to play defense.
- For the very young players, have everyone play all positions.
- Rotate positions during the game, all using short sticks. Can use it as a way to give middies a rest if don't have enough players.
- The players who exhibit a natural tendency toward anticipating a play will usually make better defenders.

The Basics: Throwing, Catching and Scooping

Throwing

- Most kids already have a good idea of how to throw and catch by the time they get to the first practice.
- The important thing is to teach proper technique from the start or bad habits will develop.
- No throws from the side, underneath or behind the back.
- But, it's okay to encourage creative throwing when necessary – shovel passes, etc. when under pressure.

Throwing Technique

- Pass straight over the shoulder, with top hand on the middle of the stick and the bottom hand on the butt end of the stick.
- Stick head should be a few inches above the shoulder.
- Point butt end of stick towards the target.
- Take a step with the opposite foot.
- Throw the ball and follow through so the head of the stick points towards the target.
- Should end up elbow to glove.

Throwing Tips

- Practice left and right hands early!! Have the kids walk around carrying the stick in the other hand when not playing to get used to the feel.
- Encourage throwing against the wall, straight on and from the side to practice cross-face catching.
- Never throw a ball just to get rid of it.
- Throw up field to the nearest open man. Don't throw a Gilman pass in a panic.
- When making a clearing pass, look to the sidelines first. Avoid throwing to the middle of the field (even if it's an up field pass).
- Never pass a ball across in front of your goal.
- It's okay to throw the ball back to the goalie.

Catching

- Top hand at the top of the stick.
- Catch it by the ear – don't stab at the ball, or try to swat it.
- Watch the ball into the stick.
- Relax the hands and give as the ball comes into the stick. Pretend trying to catch an egg without breaking it.
- For the very young players (4-5 yrs), start with a smaller stick (full size head, but extra short shaft – maybe 36" in total length).
- Teach the beginners to catch the ball softly, then immediately initiate a cradle motion and bring it up to their chest.
- Use a mesh stick with a soft pocket.

Catching Tips

- Work on catching the ball while going to the man, while moving away from passer, while running parallel with passer, and while running parallel with a passer (back and forth, with both hands).
- One of the most important catches for a defenseman is catching the ball over the shoulder, in stride. Need to learn to catch on both sides.
- Over the shoulder catching with a long pole is a very difficult skill for the young kids to learn and master. It takes a lot of practice. Start by having defensemen choke up on the stick.
- Teach how to get into a position to help out a team mate who is running up field. Need to move to an area where they can receive a pass.

Scooping

- Scooping up loose balls is critical to being a good defenseman.
- An offense play starts in the defensive end with a loose ball.
- Technique:
 - Stick nearly parallel to the ground.
 - Get body low, with back hand as low to the ground as possible (like shoveling dirt).
 - Scoop through a loose ball and immediately into a cradle and bring it the chest.
 - Don't draw or rake it unless trying to get the ball out of a crowd.

Scooping Tips

- With a defense stick, it sometimes helps to choke up on the stick, even though this exposes the butt end of the stick.
- Put your body (backside) between the ball and the other player trying to scoop it.
- If there is a crowd, go through and either kick it or scoop it up.
- Keep the ball in front of you. If you can't scoop it cleanly, keep kicking it ahead of you so you can try to scoop it again, kick it to someone else on your team or to an open area.
- Teach kids to anticipate where the ball is going to come out, and to anticipate someone missing a scoop.
- If you are behind someone who is scooping a ball, cut him off on his strong hand side.

Scoping Drills

- Line drills – ball coming in from the front, and rolling away.
- 2 on 1 “man-ball” – coach rolls ball away, from the side, and coming towards the players.
- 1 on 1 groundballs. Give one player a head start. Work on the trailing man checking the back hand by poking or lifting. Also, work on trailing players cutting to scooping player’s strong side.
- Scramble, unsettled scooping. Can start with players lying on their backs. Defensemen to clear after scooping the ball, making at least two passes.
- Teach scooping from different directions.

Stick Length

- PeeWees: 37” – 42”
- Pups B and C teams: 37” – 42”
- Pups A teams: 50” – 62”
- Juniors 52” – 72” (defense).
- When first using a long defense shaft, start with a shorter, mid-length stick (50-52”) – encourages better stick work and emphasizes better body position.

Defensive Position

- The #1 most important thing is to teach proper defense position first with sound body position and footwork.
- Body position is critical.
- Feet apart with low center of gravity so can move quickly in any direction.
- Keep the feet shoulder width apart.
- Bend the knees and lower the center of gravity.
- Bend forward slightly at the waist. The weight of the head and shoulders stays over the feet.
- On balls of the feet, so can change direction quickly in response to the movement of the ball carrier.
- Hold the stick parallel to the ground directly in front with the head of the stick on the attackman's number.
- One stick length away to keep a cushion.
- Shuffle step – don't cross feet.
- Drop step when he changes direction with stick straight up, gloves on his back.
- Drop the leg in the direction the ball carrier moves to and "open your hips" in that direction.
- Stick moves to the other side, on the numbers.
- When the ball carrier begins to run faster, turn and run hip-to-hip with a cross over step (running side by side).

Defensive Position (cont'd)

- Stick up in the passing lanes.
- When playing off the ball, need to have your head on a swivel – need to watch both your man and the ball.
- Keep the play in front of you. Play slightly to the ball side of the offensive player to gain a step as he cuts toward the ball.
- Listen to your goalie.
- Communicate with your teammates!!

Defensive Position Drills

- Side to side shuffling. Point in a direction – left, right, back, forwards. Then roll a ball out for a ground ball.
- Shuffle between cones, staying low and poke checking.
- One on one drills. No stick at first. Attackman changes direction deliberately – it's a defensive drill not offensive.

Checks

- Checking rules
 - No take-out checks (lower head or shoulder to take out player).
 - No one-handed checks. This is considered a slash.
 - For Pups and PeeWees no body checks are allowed.
 - Pups/PeeWees can bump and maneuver (no body checks) within 5 yards of ball on ground (like boxing out in basketball.)
- Equipment is too good these days for youth defensemen to do take away checks.
- The key to all checks is quick, short, strong checks without losing body position.
- Effective checks don't have to be hard, just accurate.
- Defenseman should never chase the offensive player's stick.
- The main purpose of stick checking is to disrupt the play – throw off the offensive player's timing, force him to throw the ball to another player instead of feeding or shooting.
- Keep constant pressure on the stick and hands to worry the attackman with the ball. Make him be worried about you and unable to look over the field for an open player.

Checks contd

- Don't force or rush the attackman. There is a big difference between worrying an attackman and forcing or rushing him. Make the attackman make the first move.
- When not poking, keep your stick a little above the height of your attackman's shoulder. Don't ever carry it at your side. **KEEP THE STICK UP!!**
- Make your check short and hard, across the forearm and keep moving your body with the offensive player.
- As the man you are playing starts to pass, check across his arms.
- Keep moving your feet when checking. Stay with your man while checking – and don't try an all or nothing check.
- Keep playing sound defensive position after making a stick check. Don't assume the ball has come out. Listen for your goalie or other players telling you "ball down!"
- Making your opponent throw the ball is a **GOOD PLAY**.
- If making checks behind the goal, divide the area behind the goal into thirds: the 1/3 area directly behind the goal would be a "free check" zone, the other 2/3 areas would be "safe check" zones meaning fewer risky checks and better position. Once the defender reaches goal line extended (GLE), **NO CHECKS** should be thrown.
- At GLE, primary objective is to push attacker out to the sidelines.

Poke Check

- The poke check is a hard straight check across the offensive player's numbers onto the stick or hands.
- Most basic and commonly used check.
- If effectively used, it disrupts the ball carrier without the defenseman having to over-commit or be put into a vulnerable off balance position.
- Doesn't have to dislodge the ball. It keeps the offensive player busy and unable to see the field or execute a play.
- Use busy poke checks as opposed to slap checks.
- Groundball situation - if you are after a loose ball, but the opposing player is ahead of you, check his back hand – either by poking or lifting the butt end.

Slap and Lift Checks

- The slap check is a quick strong slap on the bottom hand. The lift check is a lifting of the bottom hand or stick.
- Time either check to coincide with a pass or shot attempt.
- Most youth kids cradle with both hands on the stick, so either of these checks can be used more frequently than with older kids who may carry the stick with one hand (use poke instead).
- If carrying with one hand, use the slap check as soon as the bottom hand is put on. It signals that the offensive player is going to pass or shoot.
- Use the lift check more as the pass is being made – used to disrupt the throw or shot.
- The key is to keep applying constant pressure, especially as an offensive player drives towards the goal.

Body Checks

- No body checking for Pups and PeeWees.
- Okay to “box out” if ball is on the ground.
- No take-out checks at any level.
- Body check should be viewed as any other check to disrupt the flow of the offense or disrupt a player who is dodging – not to knock a player down
 - in loose ball situation (man–ball)
 - sliding to a dodger who is driving towards the goal

Technique:

- Shoulder to chest.
- Drive through the body check, don’t just bounce off.
- Don’t drop head or hit with head.
- Don’t use gloves to hit up high in the head.
- No hits below the knees.

Holdings and Pushes – The Standoff

- When an attackman reaches the GLE, need to push him out of the play. No stick checks at GLE (unless passing or feeding).
- The standoff, either a push or hold, prevents the attackman or middle from turning towards the cage, or being able to feed.
- Use a hold/push technique to direct a player towards a certain area, and to keep a player from going to a specific area.
 - Equal pressure
 - “V” (forearm hold)
 - Fist hold

Slides and Switches

- Initially, teach to fight through picks – with lots of communication. It’s more important to force them to think about staying with their man.
- With older kids, can teach more advanced defensive plays, such as switches and slides.
- If you ever switch, **STAY WITH THAT MAN** until your team gets the ball or you have to switch again.

Talk on D

- It's critical to have plenty of talk on defense.
- Many youth players are told to "talk", but really need to communicate, which means a response is required. Use names.
- Goalie is the field general. He is the only defensive player to always know exactly where the ball is.
- The goalie must be vocal, and must always let his defensemen know where the ball is and what their positioning is.

Talk on D - examples

- D man playing the offensive player: "I've got the ball" or just "BALL".
- D man on each side of the ball: "BACK LEFT", and "BACK RIGHT"
- If a D man leaves to back up: "I'M GOING"
- If a O man cuts: "CUTTER"
- Call out all picks: "WATCH PICK", "GO THROUGH" or "SWITCH"
- Loose ball: "BALL DOWN", "MAN" or "BALL"
- Player feeding or shooting: "CHECK", "SHOT"

Top 3 Closing Tips

- Body position and footwork are the keys to playing good defense.
- Busy stick checks are more important than take away checks.
- Defensemen can control the game by getting groundballs and transitioning to the offensive end.

Motion Offense

Chris DeBiase – St. Ignatius

- Key Objectives
- Skills Developed
- Motion Offense
- Practice Drills
- Key Objectives
 - Motion Offense (1-3-2)
 - Movement
 - Spacing
 - Two and three-man play (working in triangles)
 - Clockwork (all 6 players on the same page)

Motion Offense

- Skills Developed
 - Stick skills
 - Passing and catching with feet moving (left and right)
 - Dodging from various positions
 - Shooting in game situations
 - Lacrosse IQ skills
 - Creating space offensively
 - Communication (offense must communicate as much as defense)
 - Knowing when to dodge, cut/pop, feed
 - What to watch out for
 - Running 'bus routes'
 - The ball not reversing

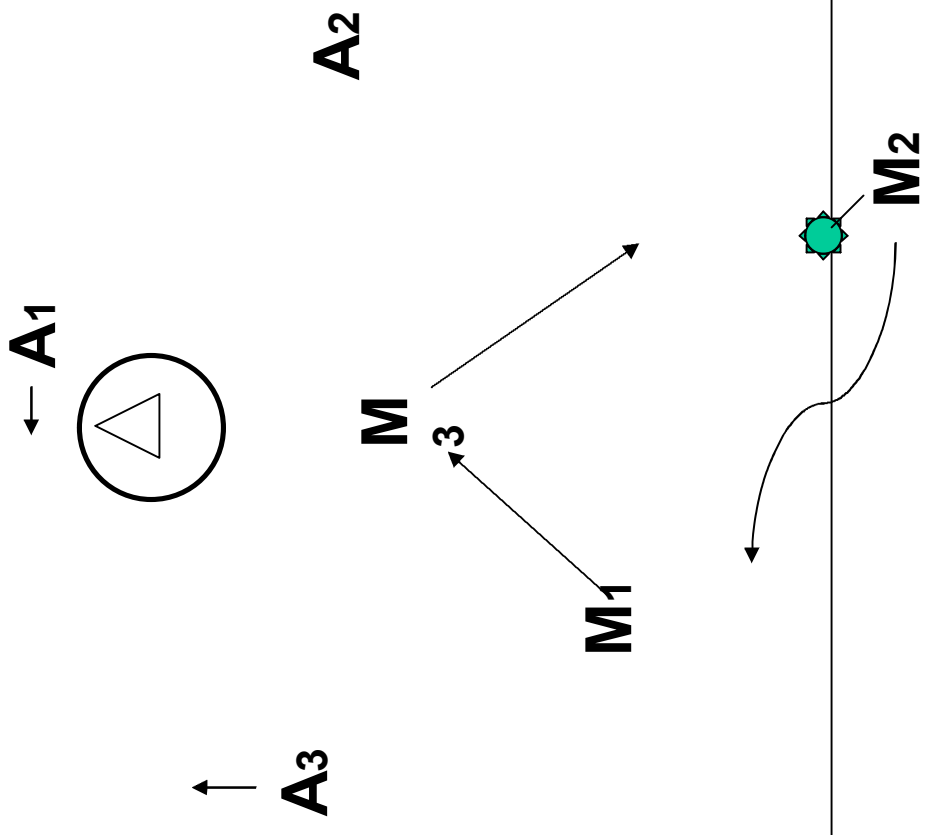
“13” (1-3-2)

13

1) Ball with a midfielder

Sweep Dodge

- M2 waits for M1 to clear space and drives across the top of the goal.
- A3 drops a few steps to just above GLE and is the first outlet.
- M3 pops off the crease and is the reverse outlet



“Motion or 13” Offense

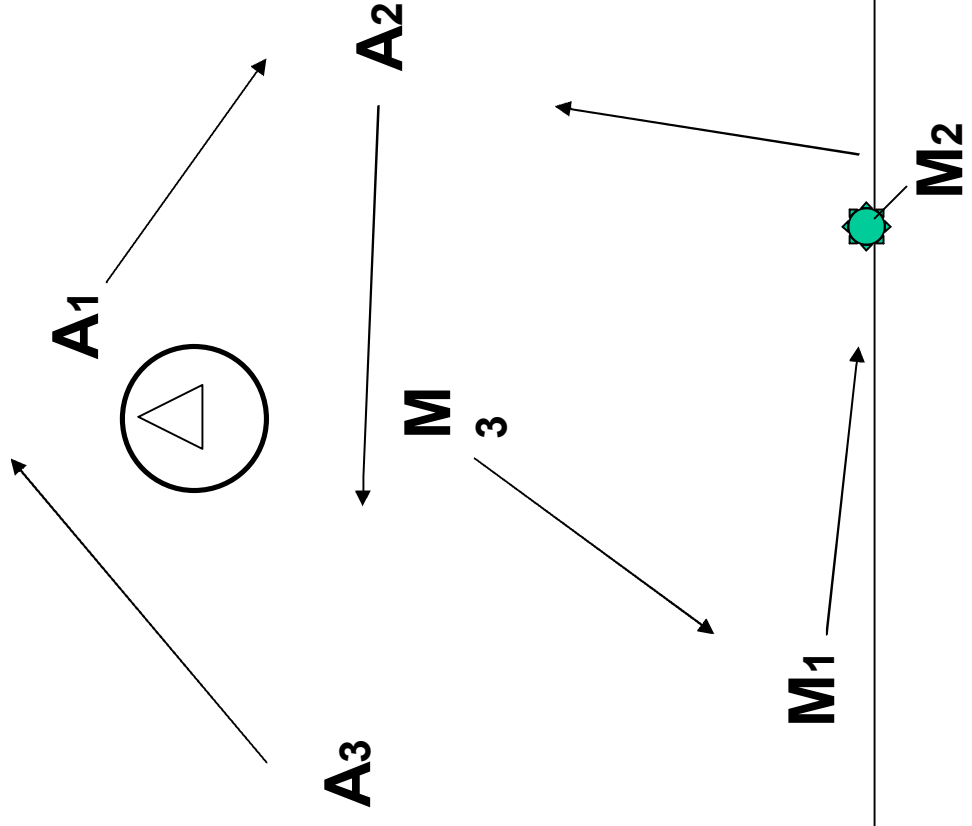
“13” (1-3-2)

13

1) Ball with a midfielder

Sideline Dodge

- M2 starts his dodge down the wing.
- A2 has to make a decision, get thru or drop to GLE based on how his d-man is playing him.
- If A2 gets thru then A1 becomes the outlet and A3 goes to X.
- M3 pops off the crease and M1 replaces up top and is the reverse outlet



“Motion or 13” Offense

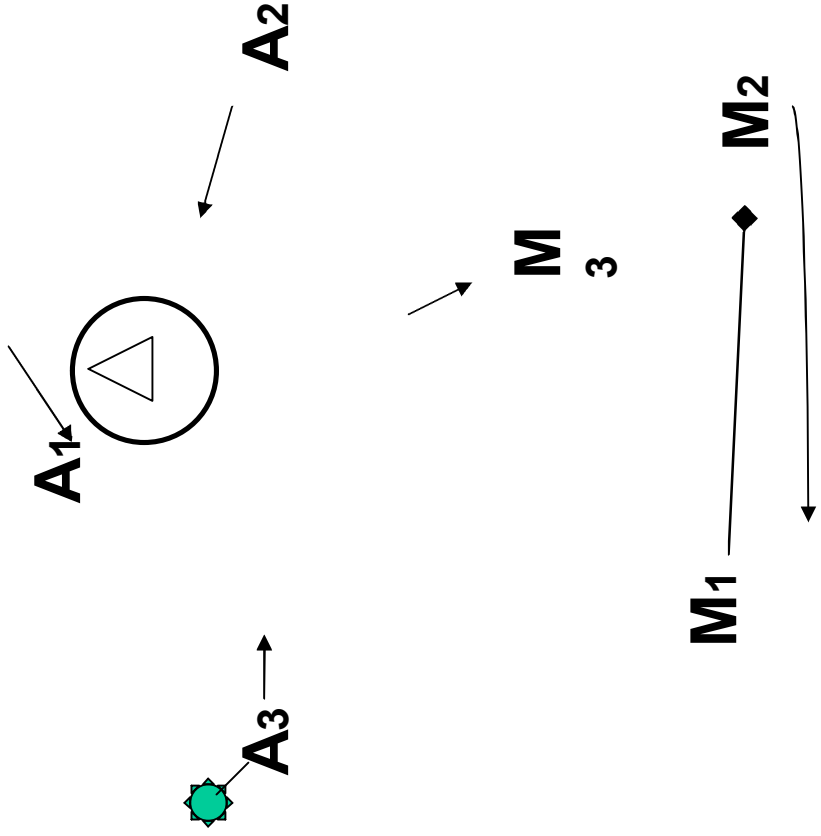
“13” (1-3-2)

13

1) Ball with a wing attackman

Sideline Dodge

- A3 starts his dodge from the wing.
- A1 must move towards ball and be the outlet at X
- A2 moves towards (but still above) GLE to receive a feed for a shot or get behind to support A1
- M3 pops off the crease to provide space and M1 and M2 pick for one another



“Motion or 13” Offense

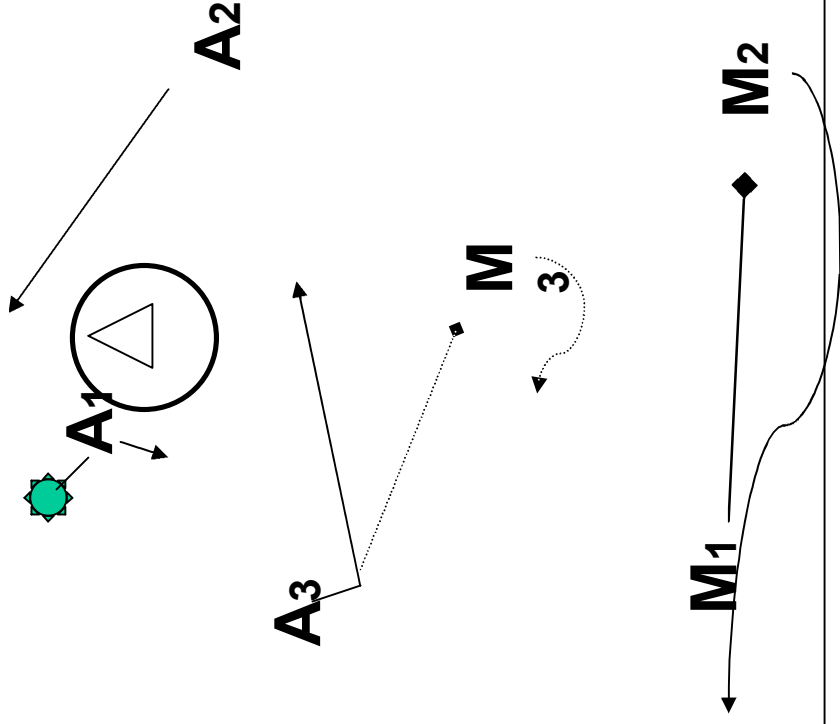
“13” (1-3-2)

13

1) Ball with a
attackman
behind

X Dodge

- A1 starts his
dodge X.
- A3 has to make
a decision, get
thru or hang high
to get a feed if his
man slides
- If A3 gets thru
then A2 becomes
the outlet at X
- M1 and M2
either switch up
top or screen for
one another.



“Motion or 13” Offense

Motion Offense

➤ Practice drills

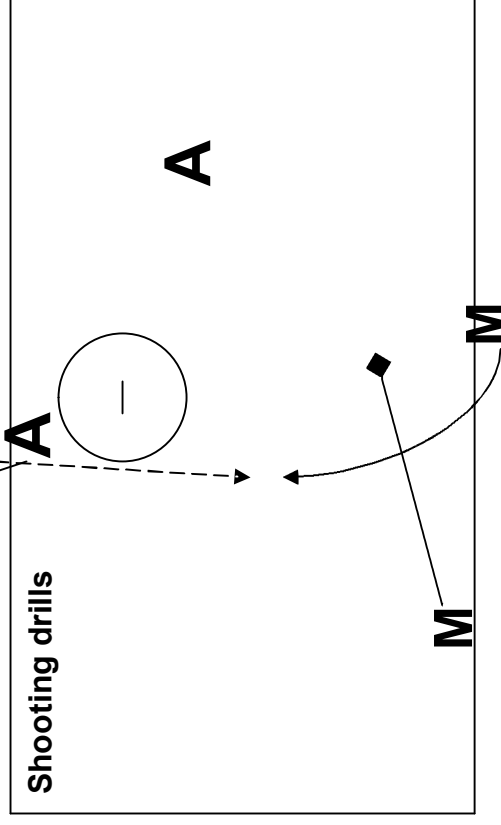
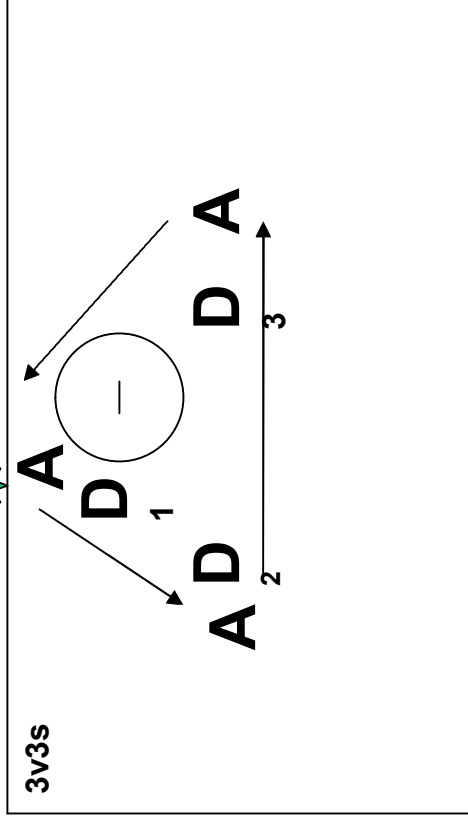
- 1v1s, 2v2s, 3v3s (by position)
 - Walk before you run
 - Start with 1v1s and add an offensive and defensive player
 - Make the drill as realistic as possible
 - Focus on working as a group (“cycle the puck”)
- During 3v3s STRESS triangles

➤ Shooting Drills

- Mimic the motion of the offense
- Stress to kids to move to the ball and pass after one cradle (ie quick ball movement)

➤ Skeleton

- Walk thru with no defense
- Get the movement in place and focus on where the dodging and feeding spots are
- Stress reversing the ball thru X or across the top to find opportunities



Motion Offense

- Final Thoughts
 - Motion offense is a good way to teach younger players the concepts of offensive lacrosse
 - Develops the concept of creating movement and space
 - Teaches kids to communicate with teammates on the offensive end of the field
 - Good way to teach kids when to dodge, pass, shoot
 - I spend at least 25% of practice on settled offense
- Questions/Comments
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Zone Defense and Offense

Brad Lipscomb – Bellarmine College Prep

January 21, 2006

Zone Defense & Offense

- Why's and why not's
- Zone defense tenets
- Zone defense setup
- Offensive counters (1-3-2)
- Offensive counter example
- Final thoughts

Zone Defense & Offense

- Why Zone Defense
 - Your team is overpowered in individual matchups
 - Minimize the effect of a dominant player
 - Good to go to if your defense is noticeably tired
 - Gives another defensive look to your opponent (and for your offense to practice against)
- Why Not Zone Defense
 - Does not pressure the ball
 - Is not a take-away defense
 - Puts additional pressure on your goalie
 - Is sort of boring



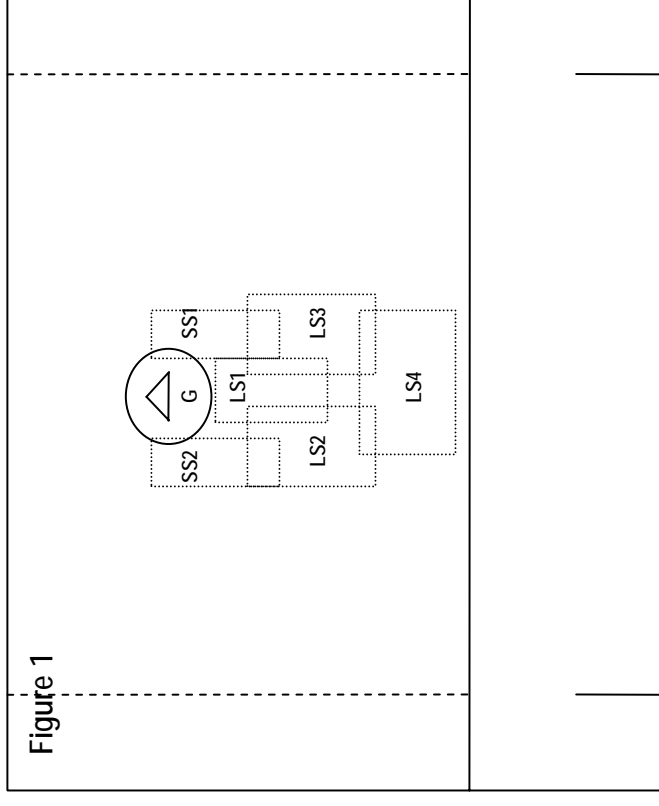
Zone Defense Tenets

- You must have a decent/good goalie
 - Zone D is predicated on making the offense take shots from the outside
- You should not have a “need” for the ball
 - Zone D does not take away the ball from the offense. Relies on a shot block or out of bounds to gain ball control
- Should be playing with 4 long sticks on the field
 - Need long sticks to adequately cover passing lanes
- Defense cannot get over-extended
 - Must be willing to give up the outside shots



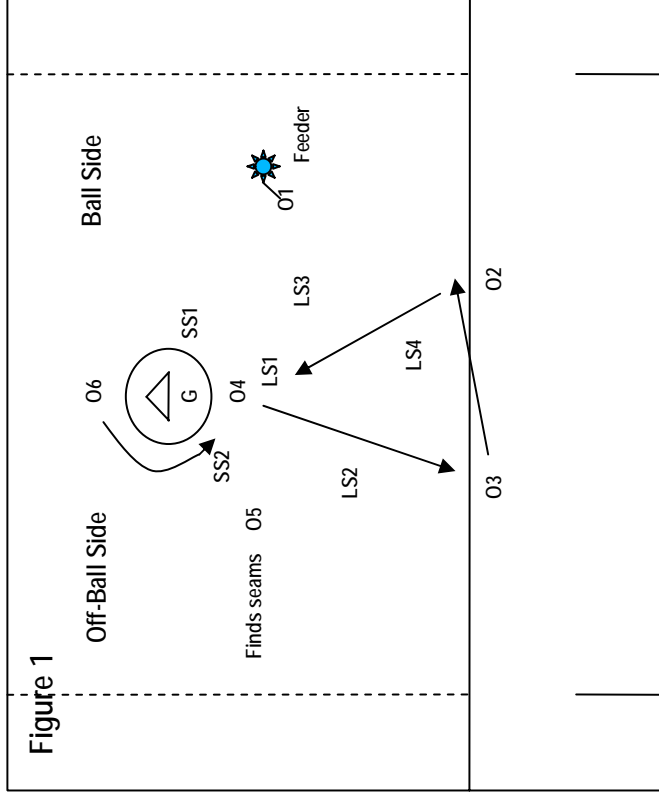
Zone Defense Setup

- Many zone D setups exist
 - Figure 1 shows a common, effective zone
 - Put in zone D off a dead ball
- Do's
 - Sticks up - not a checking defense
 - Pass cutters off from one zone to another
 - If offense has one player on crease, LS1 essentially plays man
 - If offense has two players on crease, LS1 plays one (side), and the off-ball wing (LS2, LS3) plays the other (side)
 - Short sticks are at the pipe and do not go more than a yard below GLE
 - LS4 must move quickly across his zone and should go no further than within a yard of restraining box



Offensive Counters

- Offense looks to create 2v1s by overloading a point of the defense
- Also, looks to feed to the backside of the zone through seams
- 1-3-2 versus zone principles (Figure 1)
 - Middies (O2,3,4) pass to feeder then cut in triangle
 - O1 and O5 act as feeders when ball side, find seams when off-ball
 - O6 looks to sneak underneath SS1 and SS2



Zone Final Thoughts

- **Offensively**
 - Move the ball quickly and cut to overload a side of the defense
 - The team that backups up the shot gets possession of the ball
- **Remember the zone tenets - you need a good goalie.**
- **Many variations defensively and offensively.**
- **If you are relying exclusively on zone defense, something is wrong!**
- **Questions/Comments**
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Mike Sheridan

Face-Offs 101

Six Factors for success

- 1) Hand Speed
- 2) Footwork
- 3) Technique
- 4) Intelligence
- 5) Desire
- 6) Wing play

1) Stick in fingers, not finger tips or palms

2) Stay balanced and consistent with footwork.

3) Technique: Rock-Paper-Scissors

Rock = Clamp

Paper = Jump

Scissors = Rake

Clamp beats a Rake

Jump beats a Clamp

Rake beats a Jump

4) Observe feet and hands for clues. Know counter moves

5) Fight for ground balls.

6) Short stick to my right, long pole to my left.

Communicate and work with wingmen, move them around.