

# 2008



## **MEN'S TRACK BEGINNING AND ADVANCED SESSIONS**



**COACHES LACROSSE CLINIC**  
SATURDAY, JANUARY 26  
CALIFORNIA MARITIME ACADEMY  
VALLEJO



**The NORCAL  
Lacrosse Foundation**  
[www.norcallacrosse.org](http://www.norcallacrosse.org)

## **Defense Basics: It's Not About the Stick**

### **Doug Appleton, Carlos Trujillo**

1. Which players should play defense?

2. Stick length

3. Proper defensive position

4. Checks (sticks and body checks)

5. Holds and stand-offs

6. Slides and switches

7. Zone vs. man-to-man

8. Man down defense

9. Use of defensive middies

10. Defense clears

11. Defense drills

# EXTRA MAN

## WHO IS ON YOUR TEAM THAT CAN BE A + MAN PLAYER?

- ◆ Feeders, shooters, finishers, pickers, move it, gets it

## WHO FITS THE SCHEME THE BEST?

- ◆ RT or LT or both
- ◆ Cutters or standing shooters
- ◆ Who's the best "trigger" guy
- ◆ Who are your subs (why – LT/RT) (does it change the scheme)

## WHAT'S THE SCHEME

- ◆ Possession and production – balance at all times
- ◆ Simple but difficult to defend
- ◆ Do you have to manufacture goals? Or, can you freestyle?
- ◆ Change Formations (but do the same thing if it works)
- ◆ Continuity – does it flow (what to do next when not there or gd ball or missed shot)
- ◆ Do you have 2 players much better – set up offense around them
- ◆ Options vs. different "D" schemes
  - single shutoff on perimeter
  - single shutoff on crease
  - press and adjacent shutoffs
  - no slide zone
  - 5-man rotation – spoke or string
- ◆ Who's your "counter" or what's your signal to "run it"
- ◆ How do you call your plays – names/numbers/hand signals, etc.

## BISON EXTRA MAN SERIES

- ◆ Formations: 3-3 / circle / 1-4-1 / 1-3-2 / 2-1-3; players are in their spots to run the play called
- ◆ Whiz
- ◆ Whiz Back
- ◆ Whiz Slip
- ◆ Whiz Opposite
- ◆ Gate
- ◆ Gate Plus

## FILM

## SPECIAL SITUATIONS TO COVER

- ◆ vs. 2 down
  - ◆ Riding OB or Shot
  - ◆ + Man F/O
  - ◆ 30 seconds )
  - ◆ 10 seconds )
- BALL IN PLAY      BALL OB/WHERE

## PRACTICE

- ◆ 5-10 minutes every day – dummy first (and subs)
- ◆ Cover "different" situations as full team every other day
- ◆ Use 2<sup>nd</sup> "D" guys for – man unit (and give them credits)
- ◆ When adding new – "D" no checks / "O" No Shots
- ◆ Provide situation, i.e.,  
    down 1 with 30 seconds to play in game  
    Up 1 with 1 minute to play in game
- ◆ Make it competitive as you go (not early on)
- ◆ Don't accept mediocrity or poor decisions or selfish play

# Creating an Inside Offense

Ned Webster. Dominican University of CA

## **Primary Offensive Goal**

- High % shot.
- “The Paint”
- Paul Rabil vs. Zack Greer
- How do we get to the Paint?
- Transition
  - o No horses? No outlet?

## **Dodging to Create**

- Motion Sets vs. Plays- relevance to state of Cal H.S. lacrosse.
- Create 3-man game. Simplify until D forces you to complicate.
  - o From up top
    - 2-3-1- flatten the D along GLE.
  - o From behind
    - 4-2- moving purposefully, being a threat, confusing the slide pkg.
    - 3-1-2- designated 1<sup>st</sup> slide.
    - 2-2-2- designated 2<sup>nd</sup> slide, extending the backside.
  - o Forcing the Switch.
- Initiating from up top to create behind.

## **The Cutting and Feeding Game**

- Creating a step in the Paint.
- Dangers:
  - o Fatigue
  - o Missed pass = Fastbreak the other way.
  - o A lot has to go right.
  - o Robotic
  - o One-dimensional- D sinks down.
- What trumps the Dangers? The Shot.
- How do we cut?
  - o No straight lines...Boomerangs
    - Turn D-man’s hips...Blindside into pick...Force the switch.
- When do we cut?
  - o “Warning label”
  - o Ball crosses X or enters the feeding area.
  - o Cut and fade, or cut and re-pick, don’t linger in dodging space.
- How do we feed?
  - o Sharp Stick
  - o Free hands
    - In ‘n Out...change speed...COD...picks at X...whip head...stick parallel...If can see both eyes, look behind.
- Where feed from?
  - o The feeding area...tight to crease...sides of goal.

- Getting to feeding area.
- Be an actor

### **Double crease**

- Ball up top:
  - Split low and away and look to seal.
  - See D-man as approach pick.
    - If D goes underneath, curl high.
    - If D fights topside, pop low.
- Ball behind – what we do depends on the D.
  - Man to man- pick high, force switch and back-cut
  - Sides- “Z cut.”
- Cutters off double crease.

### **The Crease Man**

- Stick
- Size and toughness
- Squash player
- Disciplined
- Reliable
- Knowledge of D
- Picking and back-cutting- opening to the ball.

### **3x3 Lacrosse**

- No pads, no hitting, no crank shots, tennis ball.
- Creates lacrosse players.

# **SHUTOFF'S**

**Peter Worstell. 1.26.2008**

## **PRESENTATION PURPOSE:**

LEAVE PRESENTATION WITH A DEEPER UNDERSTANDING OF "THE SHUTOFF!"

## **AGENDA - TWO PRONGED APPROACH:**

- 1.) DISCUSS COMPONENTS OF AN EFFECTIVE SHUTOFF - WHY, WHO, WHEN AND HOW
- 2.) 2.) DISCUSS DIFFERENT TACTICS FOR DEFEATING A SHUTOFF- READ, REACT

### **WHY:**

\*  
\*  
\*

### **RISKS:**

\*  
\*  
\*

### **WHO:**

\*  
\*  
\*

### **WHEN:**

\*  
\*  
\*

### **HOW:**

\*  
\*  
\*

## **STRATEGIES FOR DEFEATING**

### **READ:**

\*  
\*  
\*

### **REACT:**

\*  
\*  
\*

# IDEAS FOR DEVELOPMENT

Peter Worstell. 1.26.2008

## PRESENTATION PURPOSE:

ENHANCE COACHING AND PLAYING EXPERIENCE OF YOUTH LACROSSE

## AGENDA - TWO PRONGED APPROACH:

- 1.) DISCUSS IDEAS FOR DEVELOPMENT OF A YOUTH COACH, OFF AN ON THE FIELD
- 2.) DISCUSS IDEAS FOR THE DEVELOPMENT OF A TEAM

## COACH:

SCREEN # 1

OFF THE FIELD - LEARN ABOUT THE GAME

\*  
\*  
\*  
\*  
\*  
\*

SCREEN # 2

ARRIVING AT THE FIELD - SET THE TONE!

\*  
\*  
\*

## TEAM:

SCREEN # 3

ON THE FIELD - CREATIVE PRACTICE FLOW

\*  
\*  
\*  
\*  
\*  
\*  
\*  
\*  
\*  
\*  
\*

SCREEN # 4

TEAM EXTRA'S

\*  
\*  
\*  
\*  
\*  
\*