LACROSSE COACH—FREE ISSUE

For those who coach and love the game 2007-2008

Goalie Management

The last line of defense is the most crucial. Yet, lacrosse goalie play is over-looked as many coaches have little or no experience playing " between the pipes" . Too often , the chief concern of the coach is whether or not the goalie can stop the ball ; form is secondary to function. At many high schools, the task of warming up the goalie often falls to an injured player (at worst) or to the team's best offensive shooter. In this case, little or no coaching takes place as the warm-up shooter merely tries to score, rather than to assist the goalie's play. While the position of lacrosse goalie is reactionary and most saves are made purely on athletic merit (a save is save, whether it is ugly or pretty) , there are some key principles for goalie management and some simple drills that will enhance goalie play.

The Stance: Since most goalies develop their own efficient and comfortable stances, it is critical to emphasize that a sound stance includes the ability to be relaxed and move with a minimum of effort.

Communication: Communication is probably the most important aspect of coaching goalies. The goalie wears the weight of the team on his shoulders. All goalies, regardless of ability know when they let up a bad goal. Do not yell at goalie for letting in a bad goal during a game. Occasionally, a word of admonishment can take place in practice. Before a starting goalie is 'yanked' in a game, he should have been yanked at least once during practice. Being yanked in practice has the same effect, but will not devastate the goalie's confidence. ***Talk frequently with your goalie***(s). Is he getting the correct warm-up? Is he getting enough quality shots in practice? Does he know his strength and weaknesses? Does he know whether or not the coach is pleased with his performance. Has your seldom played back-up given up?

Create challenges: Playing goalie can be tedious. Most goalies suffer through slumps that could be avoided by setting challenges on a daily, weekly and yearly basis. Examples would include:

Daily Practice-

Today, I will not allow any scores from outside 12 yards!

Today, I will stymie at least two point blank shots!

Today, I will not make a throwing error.

Weekly -

This week I am going to put 3-4 solid practices together and peak Saturday against our biggest rival!

This week I will not give up a goal in a contested extra-man situation!

Yearly -

My weakness, is off side hip shots; I will stop at least 10 this year.

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Half Time Hints

Half Times are usually too short

(Especially if you are losing and it is Parent's Night). Coaches are looking for a place to huddle with their team; they are checking for injuries and the players are desperately grabbing for water.

The best way to handle the immediacy of half time is to:

A. **Allow the team the first 2-3 min-**

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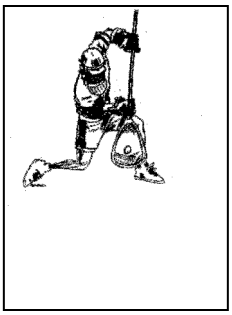

Now in its third year of publication !

This free issue is sponsored by:

Scorpion Lacrosse

LC is a newsletter for lacrosse coaches. Each of the four yearly issues will feature aspects about coaching the game of lacrosse: practice planning, EMO, MDD, offenses, defenses, special situations, and more.

"I think this publication is a great tool for all lacrosse coaches at any level. It is insightful, current, and about coaching for lacrosse coaches. This publication will make you a better coach." Jim Nagle, Head Coach, Colgate University, and two-time collegiate coach of the year

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Since time is critical during the season and most High School coaching staffs are undermanned, these simple drills will enable the goalie to establish a routine warm-up and enhance their play.

Drills:

1. Prior to getting in the net for a "live warm-up", a goalie should refine his technique by practicing the 7 basic saves against an imaginary shooter. These 7 basic shots are: Stick Side High; Stick Side Hip; Stick Side Foot; Between the Legs; Off side Foot; Offside Hip; and Offside High .
2. **Step Drill** - a line is placed 6 inches in front of the goalie who has assumed his stance in the net. The shooter progresses through the 7 basic shots, and the goalie must step in front of the lone on each shot. This will force the goalie to attack the ball and to step toward the shot.
3. **Pipe Drill** - The goalie stands to the side of the net , outside the pipe. On the shot , the goalie is forced to move his body (by stepping) and also make a stick save. Both sides of the net are used - emphasizing the off stick side as well.
4. **Goalie Conditioning Drill**: Since in lacrosse, on a shot out of bounds, the ball is awarded to the closest to the ball, it is necessary for the goalie to be ready and able to sprint to the ball on an errant shot. The shooter shoots the ball wide, the goalie sprints to the end line and back . Coach should take several shots on goal, then shoot wide.
5. **Battle**: There are teaching times in practice where the defense is learning slides and working out the kinks in the defensive package. This is usually an unproductive time for the goalie(s). If two extra cages are available, place the cages opposite each other about 15 yards a part. Goalies will shoot on each other keeping score. Establish situations to enhance the competitiveness of the play . For example- Goalie A is ahead by one with two minutes remaining in the game.

Coaches who manage their goalies well enable them to play with confidence and to the best of their abilities. Praise your goalie and often - don't expect miracles. Most importantly, communicate with them.

Half Time (con't)

utes to take care of their personal needs - water, tape and equipment needs

B. **Meet with Coaching Staff during the first 2-3 minutes (alone)**. Have a Half Time Check list- which should include a check list of items to go over with your assistant coach(es). Review your opponents clears , Rides, dominant moves by opponent's best player, opponent's goalie tendencies. Solicit suggestions.

C. **Address Team with Adjustments**. Make comments short, insightful and encouraging when necessary. This should take no more than 2-3 minutes.

D. **Establish a set time to warm up each game** (at the 5 minute mark). Routine is a form of comfort.

It is also helpful to have note cards (laminated) with MDD alternatives to regular offensive sets. This will allow the coach to quickly review his personnel and make the necessary adjustments to odd EMO sets or offenses.

SCORPION LACROSSE

Scorpion Lacrosse—Trade Up
www.scorpion-lacrosse.com

The Recruiting Tape

On the high school level, the game of lacrosse has grown nearly 40% in the past few years. That is great news. However, it is not the only news. There has been little or no corresponding growth of the game at the Division I or Division II NCAA level of the game. Most of the NCAA growth has come at the Division III level where there are no scholarships and many of the lacrosse coaching staffs are limited by personnel and finances to recruit. This high school expansion has provided the name colleges with plenty of potential camp attendees, but now with the proliferation of camps it is even difficult for the larger coaching staffs to scout the best high school lacrosse players. A growing trend in lacrosse is really an old trend in football and basketball – the personnel tape. According to several top flight college coaches, a player's tape (or DVD) should be structured.

1. **The Introduction** – the player should have face-time. The video should include a short few seconds in which the player introduces himself, his school and position.

2. **Highlites** – The video should contain a highlight portion. Try to keep all the clips of home games together and all the away games together. Before the sequence of home clips, identify the jersey color and the player's number. Before the sequence of away clips, re-identify the jersey color and player's number. This segment should be no more than 5-7 minutes.

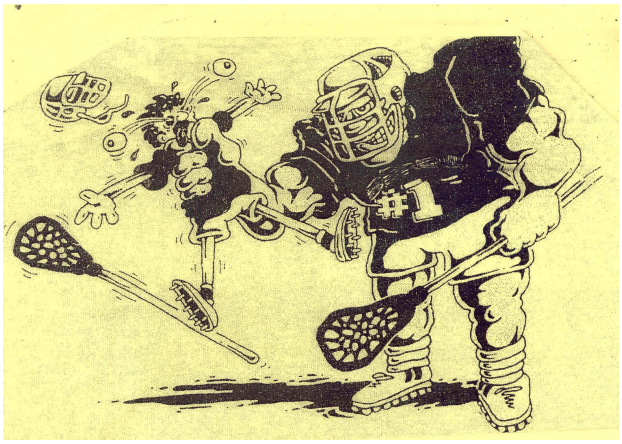
3. **Game Film** – The video should follow the highlite portion of the video with a segment or two of game footage. If possible the game footage should be against known (to the coaches) quality competition. Cut out from the game film play stoppage, T/O's or segments in which the player does not appear for long stretches. This segment should be no more than 8-9 minutes.

Other Sport Game Tape – This could be in form of a small 1-2 minute highlite film of indicating the prospective recruit's athleticism.

Thus, the film should only be approximately 15-17 minutes long (college coaches do not have unlimited time).

The Video/DVD delivery package should contain an information sheet which would include the following:

1. The athlete's lacrosse schedule – this will enable the college coach to "verify the quality of competition"
2. The athlete's full address including phone and email address
3. The athlete's **coach's** full contact information, including email.
4. Game by Game stats – this allows the coach to see that you not only played against quality competition,that the athlete performed well against that same quality competition.
5. Current accurate GPA
6. Current accurate PSAT/SAT or ACT scores
7. Any Lacrosse honors
8. A schedule of anticipated camps the athlete will attend.



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Bulletin Board

"Don't find fault. Find a remedy." ***Henry Ford***

"Anyone can hold the helm when the sea is calm." ***Publilius Syrus***

" I am not an easy loser, anytime. Let the good losers play for other teams. I like to win" ***Y.A. Tittle***

" Throughbreds respond to the crop. Jackasses quit." ***Anonymous***

STING

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Special Situations

The game of lacrosse is known for its high scoring offenses. It is not uncommon for game scoring to be in the mid-teens by both squads. Yet, despite the emphasis on transition and high powered offenses, more and more coaches discovering that games are coming down to a single situation, often late in the games when pressure is at its pinnacle and the student-athletes are the most physically and mentally exhausted.

Some suggestions:

1. **Practice flag down Situations with an actual flag being dropped**. Too often a player carrying the ball has not noticed the flag being dropped by the official. Since in practice the player is not accustomed to hearing "FLAG DOWN" being yelled by his teammates, inevitably the player with the ball steps out of the box and an opportunity is missed.

2. **Practice time out situations both offensively and defensively**. In many cases, Team A calls time out in a crucial situation. The athletes are tired, in need of water and breathing hard. Unfazed , the coaching staff establishes a play , drawing squiggly lines on a board. The coach asks "if everyone understands?" They players nod and trot onto the field. Minutes later the coach can be heard saying " What is that they are running?" The heat of the moment is not the time for throwing something new at high school or college players. Players respond to confidence and repetition. A crucial time out can be a time of reassurance and a quick refresher for your athletes. Practice time out situations

Have in your special situation playbook

- *Ten Second Plays*
- *Man Down Clears*
- *Man Down play in offensive half of Field*
- *10 Man Clear and Ride*
- *EMO Ride (Other than Man to Man)*
- *Stall Offense (last 30 seconds of a game)*
- *Last minute defensive double the ball strategy*

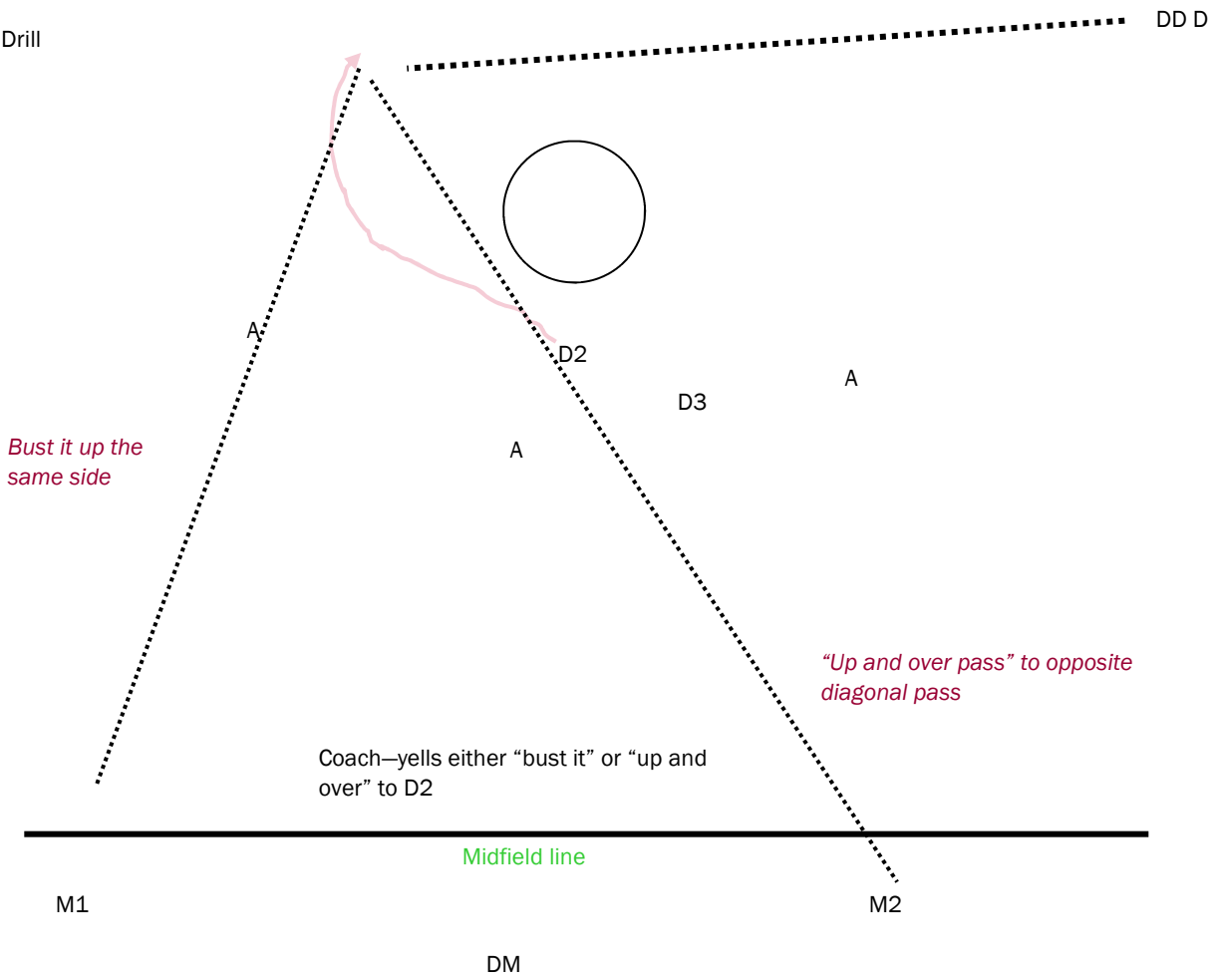
Scouting Report: *Opponent*:			Date			
General	Y	N	**Defense**	Y	N	
Speed			*Man*			Press ?
Aggressive			Slide			
Skilled			**Zone**			
Dodge Hard			Play Behind			
Offense			Backer?			
1-4-1			**MDD**	Box		
1-3-2			Rotate			
Motion			Shut off?			
Crease			**Rides**			
Effective Crease?			Soft/mid on ?			
Set Plays			Play Goalie			
EMO			10 Man			
3-3			**Faceoff**	#	Style	
sneak						
			Key Players	#	H	
Shooters	#	H				
Calls : Comments						

Scouting Format—use this type of template to scout your opponent. Use a label sheet to print the template and keep a composition book with your scouting reports.

SCORPION LACROSSE

Scorpion Lacrosse—Trade Up

1/2 Field Drill



All involved 5 on 4

D1 (in a line on the side), scoops up a ground ball and passes it to a breaking D2 behind the cage. D 1 them balances up in the defensive end of the field ; D 2 , upon catching the ball makes a clearing pass either to M1 on a "bust it call" or M 2 on an "Up and over" call by the coach . M1 and M2 play offense, while DM plays defense—DM is released only after M1 or M2 has caught the ball. A traditional 5 on 4 slow break is then performed. Upon a save—the goalie clears ball to the midfield—the attack and offensive middies ride until ball is cleared to the next M1 or M2. If an errant shot occurs or a goal is score the next D1 scoops up a loose ball.

Defensive Rotation: D1 becomes D2, D2 becomes D3, D3 Rotates out.

The drill is less static than traditional 5 on 4's and can also produce 4 on 3 fast breaks.

About the Publisher/Editor:

Coach John Kenney is a 25 year veteran of the coaching ranks with 314 career victories. A 6X Coach of the year and the 2005 National Man of the Year recipient, Coach Kenney has also authored 12 articles in ***Scholastic Coach and Athletic Director*** *and is the author of the* ***US Lacrosse Drill Manual****.*

Flag Down – 10 Second Play

Set up in a 1-3-2

Middie With Ball: Sweeps , looks to pass ball to wing man (1) on carry side

Other Top Middie: As Middie with ball sweeps, OTM dummy cuts to GLE or below

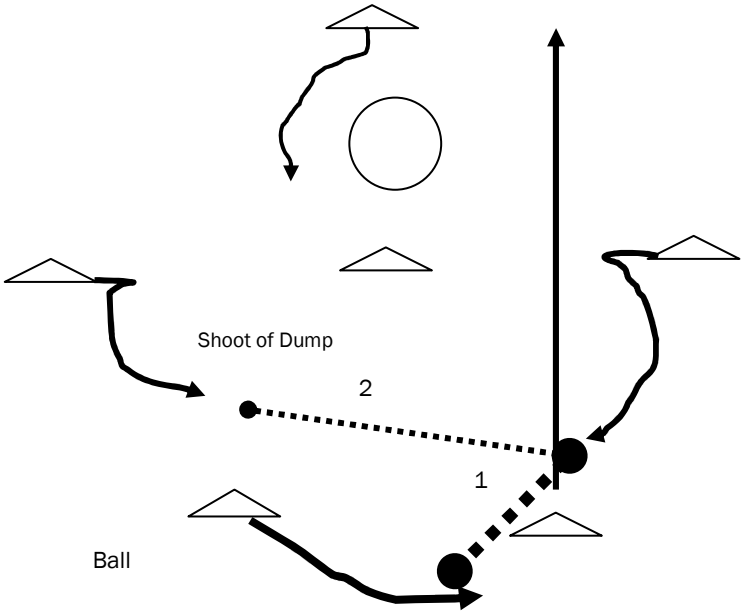
Wing man- moves down and then toward Middie carrying the ball; upon catching ball , he looks to far side wing middie who has mirrored his move (2).

Far Side Wing Man – mirrors movement of opposite wing man and positions himself for the shot; if shot is open – take it; if not look to dump ball to X behind

X Behind: As ball reverses, looks to sneak

Note: Practice as a 10 second Play as well as flag down situation. We also use this as an additional man-up play; thus it gets practiced regularly.

Also, have the ball start at any position and have a clock with only 5 seconds. Encourage the kids to look for options under pressure.



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John M. Kenney

Publisher/Editor

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Drills for the Wing

SCORPION LACROSSE

Wing Play Drills

Designed to assist the players who line –up on the wing to accurately prepare for game like ground ball situations.

1 on 1 ground balls . The coach at the center of the field, places and can even tell the wing men where the ball is going to be rolled. Players establish position on the wing line and competitively attack the ball.

Box Out and Box Out to a GB On whistle command, wing players sprint to center of field where two players are contesting for a phantom ball. Wing players practice boxing out the opposing wing r until coach rolls a ball out for a contested GB

In the hole – wing players sprint on the whistle to center of field for the phantom contested ball. As they approach the middle, on coaches command, both players sprin towad their respective defensive "holes".

3 on 3 FO – Coach tells one faceoff man where to put the ball, wing men must react

Be sure, that these drills are practiced with attackmenon the wings as well. Man down teams usually move an attackman on the wing during a Man Down Fecoff.

Subscription Information

Lacrosse Coach established new ground in the field of coaching lacrosse. **Lacrosse Coach** remains committed to providing lacrosse coaches with coaching tips, strategies and insights that can be utilized. Each of the four yearly issues will feature aspects about coaching the game of lacrosse: practice planning, EMO, MDD, offenses, defenses, special situations, and more.

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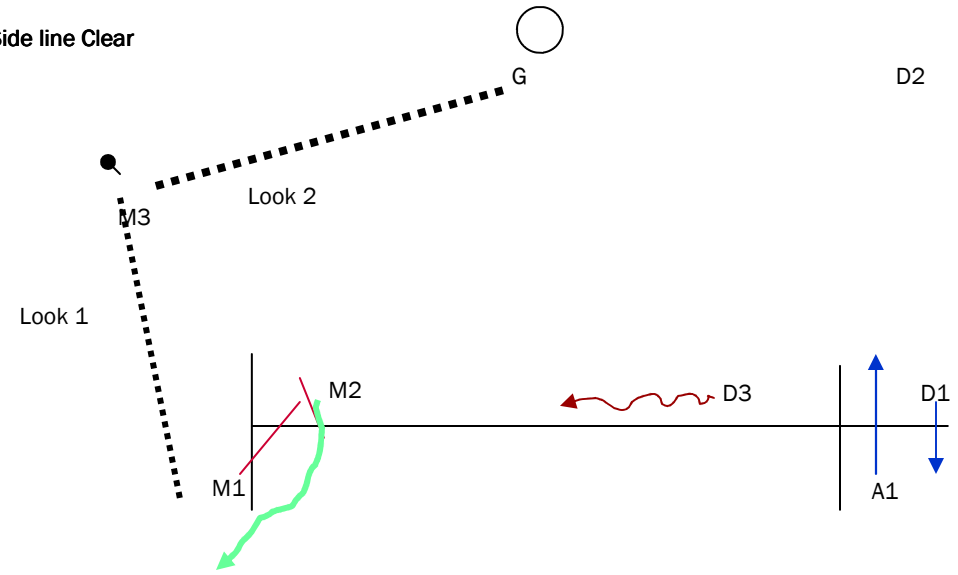
50 Side line Clear

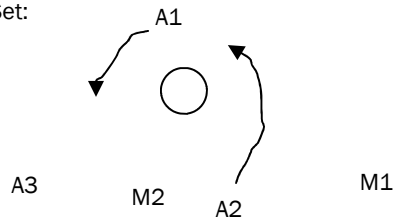


M3 has ball; on whistle, M1 back picks for M2 and D 3 dummy cuts call for ball; if M2 not open; M3 redirects to goalie, who then looks to pass to A1 breaking to him or D1 breaking down the alley. D1 should be your best LP; D2 your second best; if no-one open settle into regular full field clear pattern

A Simple Extra Man – but successful

The EMO starts from a 1-4-1 set and moves to a 2-3-1 set (numbering from behind as they do on Long Island)

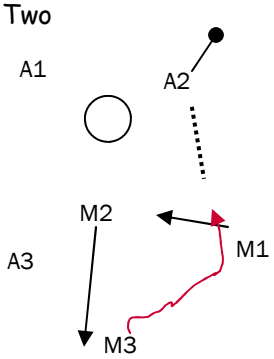
Basic Set:



Phase One

Ball moves around perimeter until A3 passes to A1; As A1 receives ball, A 2 rolls off crease to go behind.

Phase Two



As A 2 receives Ball, M1 replaces onto crease ; M2 flashes off crease, M3 receives pass from A2.

M3 looks for shot or immediately feeds M2 on the high crease ; if M2 does not have a look, then ball moves to A3 and if nothing there, ball moves to A1 on a sneak,

Coaching Tips:

1. M1 should sell his dummy cut—call for the ball !
2. If opponent shuts off best man- use him in the M 2 spot—defense should be stretch enough to allow M 2 to get a good look at the cage (especially if he cuts from high to low)