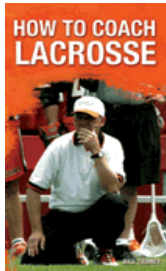


#### DVD

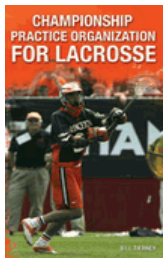
with Tony Seaman, Towson University Head Lacrosse Coach, 3X NCAA Division I Lacrosse "Coach of the Year" With over 20 years of college coaching experience, Coach Tony Seaman has established himself as a master of the game. Seaman has compiled over 200 career wins and led his teams to 16 NCAA tournaments. Team defense has been a foundation for Seaman's success and in this video he shares the essentials to playing team defense with the "Sliding Defense" system. Using marker board presentation and on-field demonstration, Seaman systematically teaches the Xs and Os of the crease/slide package. Seaman builds the basic slide package with principles of player positioning, responsibilities, and communication versus the 1-3-2 and 1-4-1 offensive sets, emphasizing 1-on-1 pressure defense, double-teams, and area coverages. Coach Seaman also shares two philosophies of sliding defense to force the offense to play to defensive strengths and offensive weaknesses by guiding the ball and player movement. In further developing team defense, Seaman teaches the principles and fundamentals of the second and third slides, behind the goal scenarios, and exceptions to using

a sliding defense to add pressure, put the ball on the ground, create transitions, gain offensive advantages, and excel at any level of play! 48 minutes. 2005.



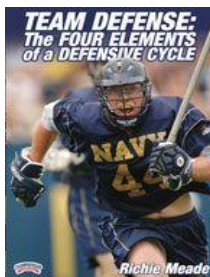
#### DVD

with Bill Tierney, Princeton University Head Coach, 6X NCAA Champions, U.S. Lacrosse Hall of Fame '02 Coach Tierney, one of two coaches ever to win at least five NCAA Men's Lacrosse Championships (Tierney is at six), exudes the definition of "a master coach". Tierney covers everything one needs to know to become a better, more effective lacrosse coach. Tierney discusses the basic skills of throwing, catching, fielding, and goalkeeping along with essential team skills. He also teaches the most effective shooting drills and most successful face-off moves. In addition, Tierney shares coaching strategy and motivation for individuals and teams, which can be adapted for any age level and/or ability. Finally, Tierney shares some of the candid insights that have made him one of the best lacrosse coaches ever. This video is for anyone who wants to maximize their coaching potential and develop quality players and teams! 38 minutes. 2004.



#### DVD

with Bill Tierney, Head Men's Lacrosse Coach, Princeton University Coach Bill Tierney has led Princeton to six NCAA men's lacrosse championship titles in his 16 years as head coach. Now he shares his knowledge of practice planning and organization in this lecture-style video. Tierney discusses the practice philosophies that are essential to implement a systematic approach to effective and efficient practice planning and execution. He presents four types of practice plans: in-season, pre-season, game week, daily plans. In each of these areas he emphasizes specific goals, methods, and schedules to get the most out of it. Coach Tierney diagrams specific drills for ground balls, throwing and catching, shooting, defense, transition game, half-field, and full field drills you can use in your practice plan. Coach Tierney's detailed presentation covers themes such as how to build a successful program, set goals, and gain a lasting commitment from everyone involved. This is a must for anyone who coaches, or is looking to coach the sport of lacrosse at any level! 58 minutes. 2004.



#### DVD - Currently Unavailable - Club Copy Lost

with Richie Meade, United States Naval Academy Head Lacrosse Coach, '04 NCAA Runner-up Richie Meade shares one of the most dominating defensive systems in college lacrosse today! Meade teaches his "Navy" team defense and how to apply the four elements of a defensive cycle, which include: force, support, scramble and recovery. Using marker board instruction and on-field demonstrations, Meade teaches and demonstrates this tournament-tested defensive system including practice techniques, 5-on-5 drills, covering, defending the inside game, switching and defending inside the box. In addition, he provides an inside look into his primary elements: relentlessness, awareness, technical ability, commitment to team, determination and the development of team and individual skills. In addition to learning these fundamental defensive concepts, the lessons in this video will help your players' acquire the knowledge to become complete lacrosse players. All of these elements, and the drills he uses to teach them, combine to develop a dominating, cohesive defensive unit! 41 minutes. 2004.

#### DVD



Towson University Coach Tony Seaman, along with John Horrigan of the Baltimore Bayhawks (MLL), share 20 tips and tactics to help you develop into a dominating, championship-caliber goalie in any style of play, for both left and right handers. This video introduces the necessary progressions and techniques that will help propel any aspiring or current goalkeeper to the next level. Proper positioning, footwork, stance and practice drills to help improve your eye-hand coordination are all taught by one of the best players, and coaches, in lacrosse today. This video will help establish, and reinforce, confidence in the goal, leadership characteristics necessary to run and direct the defense, and the essential mechanics and fundamentals present in every champion goalie! 41 minutes.



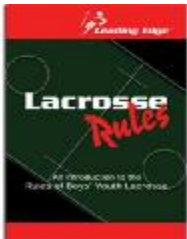
**DVD**

Watch the best lacrosse players in the world through the lens of a high-speed 16mm film camera and you will be blown away by what you see. The greatest footage of lacrosse ever captured presents the game as it has never been seen before. The on-field intensity and the off-field camaraderie of all the MLL stars including Jalbert, Hubbard, Millon, Powells, and Catrano are captured in this DVD. In addition, they offer personal insights on what the game means to them and provide tips on how to improve your game. Share the passion of lacrosse with the best. Award winning production. 40 minutes.



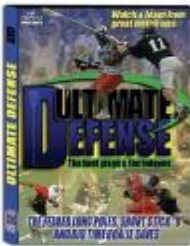
**VHS**

The Game's best face-off men get together and share their tips, drills, and techniques. Video includes Mark Goers, Jude Collins, Gary Gait, Tim Lucky and many more. 17 minutes.



**DVD**

Lacrosse Rules! is a basic introduction to the rules of boys youth lacrosse. It's ideal for new players, new coaches and parents of new players (even sideline spectators who may not be familiar with the sport). Lacrosse Rules! highlights the most common violations made by novice players. It's a must see for anyone interested in learning more about the basics. (30 minutes)



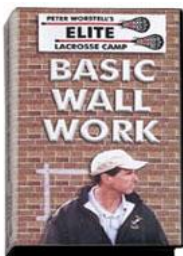
**DVD**

Excellent for long pole "D" men, short stick middies and goalies. Focus on successful defensive players as they win match-ups against talented offensive stars. Learn the movies that make it work on the defensive end of the field. Exiting slow motion, stop action and analysis gives you the tools to play "Ultimate Defense." 90 minutes.



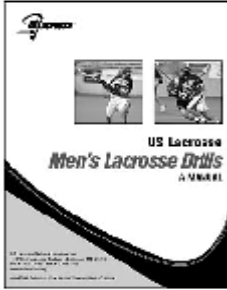
**DVD**

Mark Millon shares his shooting, dodging and stick protection skills that have made him one of the best offensive players in the world. The two-time MLL Offensive Player of the year has also included special bonus cuts not seen on the video and plenty of behind the scenes takes.



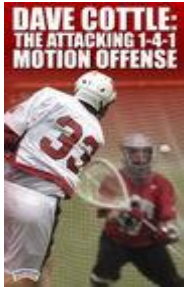
**DVD**

Peter Worstell's Instructional Video on Basic Wall Work



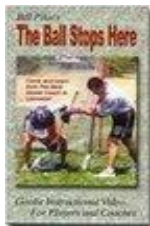
**BOOK**

While still containing over 70 drills that apply to all aspects of men's lacrosse, this new reformatted edition also includes clear computer generated drills, tactical tips, a practice planner and is spiral bound with an all-weather laminated cover.



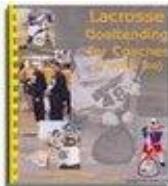
**DVD**

Considered to be one of the most innovative coaches in lacrosse today, University of Maryland Head Lacrosse Coach Dave Cottle gives an excellent demonstration of how you can build your 1-4-1 motion offense. Cottle teaches the complete 1-4-1 offense illustrating his entire system with markerboard diagrams and on-field demonstrations. Cottle demonstrates his screening and cutting series, proper field balance, and pivoting, which are all designed to get your players open for shots. Next, Cottle diagrams numerous options that can take advantage of individual skills and different defensive coverages. He includes set plays, options, and entries into 1-4-1 motion offense to take advantage of a defensive weakness. This offense helps your players see the defensive slides coming and provides great spacing and when the 2-pass theory is implemented, the 1-4-1 is a great offense at any level or program! 43 minutes.



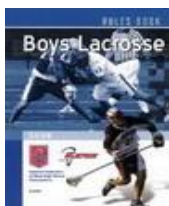
**VHS**

Premier Goalie Coach, Bill Pilat, instructs both coaches and players on the following aspects of being a great men's lacrosse goalie: stickhandling, handling one-on-ones, pipe play, turns on feed from behind, handling screens, drills to improve quickness, stepping to the ball, warm ups, rebound control, handling fakes, plus much more. Produced in 2001.



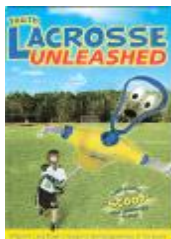
**BOOK**

A complete illustrated guide for men's coaches and players. Teaches all skills associated with being a men's lacrosse goalie.



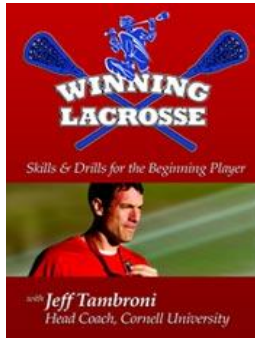
**BOOK**

Includes official boy's high school rules and official boy's youth lacrosse rules for 2006.



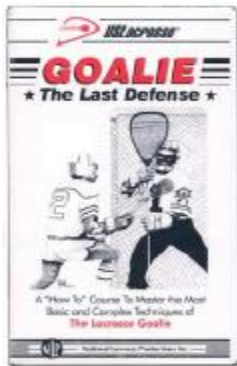
**BOOK - Currently Unavailable - Club Copy Lost**

A Parent`s and Player`s Guide to the Fundamentals of the Game (Boy's & Girls)



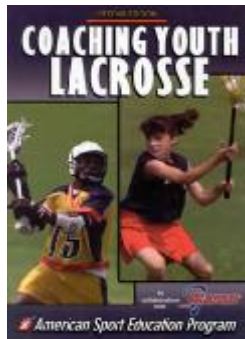
**DVD**

The video centers on instruction from Jeff Tambroni, Head Coach of Cornell University. Jeff was sought out by ChalkTalk Productions for a number of reasons. Jeff is an established and celebrated coach, with 'bona fides' that are impeccable and compelling. He is especially known for his ability to teach the fundamentals. His camps and clinics are a cut above in terms of teaching basic skills and correcting common mistakes. We knew that if we could bottle that instruction, and Jeff's obvious enthusiasm for the sport of lacrosse, we would be able to reach young players and really improve their game play. Finally, Jeff is a gifted teacher of beginning players and a strong role model for new coaches. Our video, as you will see, gets away from reliance on "talking head" instruction in order to show Jeff doing what he does best-- coaching. It is from within this context that our very best content emerges



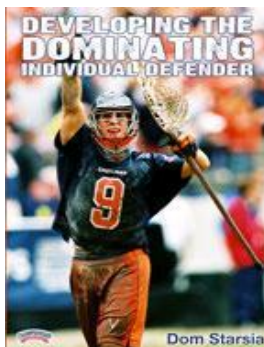
**VHS**

Basic Equipment, The Rules, Stick Skills, Passing, Warm Up, Position and Language, Stopping the Shot, The Screen, Clearing, The One-on-One



**BOOK**

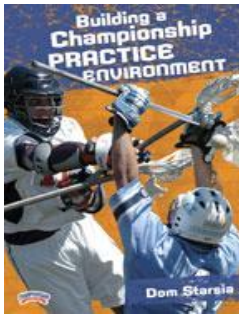
A comprehensive coaching guide that provides all the information you need to coach effectively and help 6 to 14-year-old athletes, boys and girls, learn and enjoy the game. Chapter topics include: Stepping Into Coaching, Communicating As a Coach, Providing for Players' Safety, Teaching and Shaping Skills, Game-Day Coaching, Girls' and Boys' Lacrosse Rule and Equipment, Girls' and Boys' Lacrosse Skills and Tactics, Season Planning, Lacrosse Goalkeeping. Includes numerous practice games and drills.



**DVD**

with Dom Starsia,  
University of Virginia Head Lacrosse Coach,  
2x NCAA Champion, 6x "Coach of the Year"

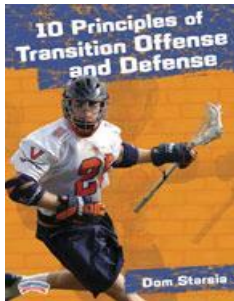
Dom Starsia has won NCAA championships with UVA in '99 and '03 and has been named Coach of the Year six times in his career, most recently in 2003. In this video, Starsia uses on-field demonstrators to teach you how to develop your players into dominating defenders. He starts off the video showing you how he works his players on the basics of defending lacrosse. Starsia teaches the basics of stance, hand positioning, and general defensive technique. He reinforces these techniques with 15 stick-work and checking drills. The video closes with a glimpse into Virginia's strength and conditioning program with Coach Derek Laing. Coach Laing's intense workouts have helped Virginia's lacrosse players develop into some of the strongest, best-conditioned players in the country. If you are looking for a tape to develop yourself or your players' into dominating defenders, look no further!



#### DVD

with Dom Starsia,  
University of Virginia Men's Lacrosse Head Coach;  
6X "Coach of the Year", '99 & '03 NCAA Champions

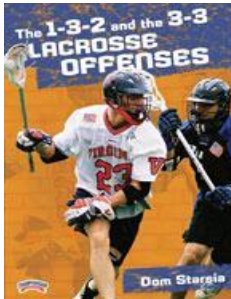
Join Coach Dom Starsia as he maps out a successful practice routine using marker-board instruction and on-field demonstration. Starsia utilizes his philosophy of "perfect practice makes perfect", which has resulted in great success for Starsia-coached teams, including two NCAA Championships! These competitive drills will upgrade the quality of your practices, and will also help define your team's performance. The DVD covers practice drills, repetition of skills and tactics, and developing habits that will enable any team to automatically repeat them in game situations. Included are pre-practice drills, build-up drills for offense vs. defense, full field and team play drills and 3 v. 2, 2 v. 2 drills and exchanges. In addition to these drills, Coach Starsia creates different options and situations to be formed to fit the needs of your team; for instance, a practice environment where players are competing against each other, which simulates the atmosphere they will encounter in games. Learn more valuable stick work to help your players perform under pressure and in game situations. Live shooting on the goalies and simulations of the principles of team play are featured in this outstanding DVD.



#### DVD

with Dom Starsia,  
University of Virginia Men's Lacrosse Head Coach;  
6X "Coach of the Year"; '99 & '03 NCAA Champions

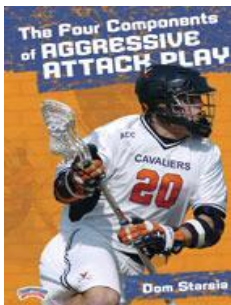
Transition lacrosse starts with an aggressive defense, and any defensive system can be utilized with a good offensive team. Using on-field demonstration and a detailed marker-board presentation, Coach Starsia maps out the concepts of transition play. Starsia urges that the "seeds for success" be "planted" in the early days of preparation. Personnel, language, theories and organization of team as approaching the regular season are all important to the development of transition play. These drills include full-field drills, the "Hammer Cut," full-field scramble, patterns in the box and other drills in an unsettled situation. Included in this extensive DVD are strategies for moving the ball from the defensive end to the offensive end, managing the clock, developing speed in the midfield and having a high-level, unselfish attack mode. These drills will help you understand your priorities such as filling spaces as quickly as possible, getting the ball to the attack man at the end of the field and making the best use of speed. Starsia's instruction in this DVD is essential for accomplishing a potent transition play at any level.



#### DVD

with Dom Starsia,  
University of Virginia Men's Lacrosse Head Coach;  
6X "Coach of the Year"; '99 & '03 NCAA Champions

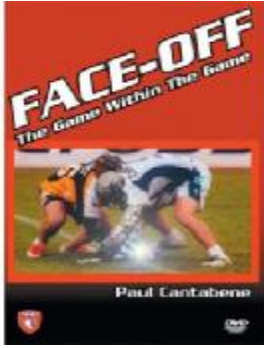
The extra man offense is imperative to assisting your players in taking advantage of scoring opportunities. Coaches Starsia and Van Arsdale present an innovative marker-board demonstration to help you understand the different variable, approaches and formation to utilizing an effective extra man offense. Coach Starsia prepares you to handle several situations, such as a soft zone, 4 & 5 man rotations, the end of a penalty and losing a player. The different formations Starsia includes are Boston 1-3-2, Providence 1-4-1 and New York 2-3-1. Van Arsdale goes over the importance of implementing set plays, freelance plays and penalty plays. These include a 1-3-2 offense and a 3-3 formation. These drills will help you understand the importance of having a high quality feeder and decision-maker. Furthermore, see how to apply your left handed and right handed players in position to put their abilities to the best use. This offense will also make use out of your crease man. In addition, implement an effective 5-man zone with different options: overload one side or create some step-down opportunities. Be ready to handle various dilemmas if your best player is shut off, and maintain playing in a 1-3-2 situation. All in all, this DVD is a "must-have".



#### DVD

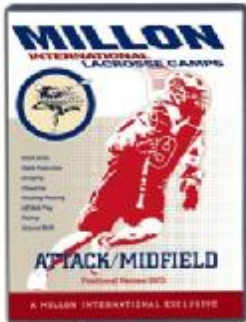
with Dom Starsia,  
University of Virginia Men's Lacrosse Head Coach;  
6X "Coach of the Year"; '99 & '03 NCAA Champions

Great attack plays come from the players that are closest to the cage. Coach Dom Starsia utilizes marker board diagrams, on-field demonstrations and game footage to show everything you need to know about attack play. He'll help you get your players in a position to take advantage of the situation by building their strength, quickness and awareness. This DVD will show your players how to become more responsible and come to recognize a good decision in crucial situations. The four components of stick work, athletic ability, lacrosse IQ, and courage, combined together, will help you make an amazing defensive player. Coach Starsia goes over these four components with detailed explanation for each one. These include being able to handle any situation, being a threat to both sides of the goal, being good in tight places, being an efficient shooter and being able to change the plane of your shot. Become a more dangerous, competitive and effective attack man with these attack drills. His in-depth strategy will help your team develop into the best attacking team possible.



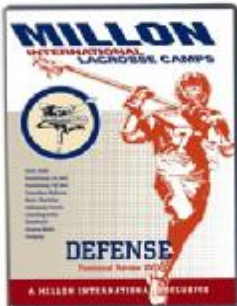
**DVD**  
Paul Cantabene  
MLL Player

Paul Cantabene's Face-Off -- The Game Within the Game features techniques from one of the best face-off specialists to ever play. Currently the head coach of Villa Julie College, Paul holds the MLL record for most face-off wins in a season. In this instructional DVD he shares the drills and techniques he has perfected over the past 20 years. Learn from the master of the game! Filmed in September 2005 and released in January 2006, this is the newest face-off DVD out there! Approx. 60 min.



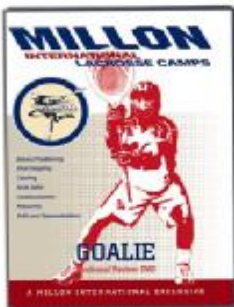
**DVD**  
Mark Million

Created to help improve attack/midfield. Study the secrets and techniques Millon reveals at his International Lacrosse Camps. Features in-depth lessons, text highlights on important points for enhanced retention and much more. 40 minutes.



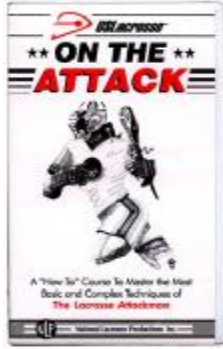
**DVD**  
Mark Million

Improve your defense. Learn the secrets that have made Millon one of the best in the game. Study the lessons he teaches at his camps all year long. Features Mike Howley and goes over Stick skills, positioning, transition defense, checking, takeaway check, drills, breakouts, ground balls, dodging and more. 60 minutes.



**DVD**  
Mark Million

At the Millon International Lacrosse Camps, players learn the secrets that have made Mark Millon one of the greatest players of all time. Now players have the opportunity to study the camp lessons all year with this DVD featuring All American Goalie George Breres. Chapters include: stance/positioning, shot stopping, clearing, stick skills, communication, rebounds, drills and demonstrations. Available for the first time, this learning tool offers the serious student of the game an excellent method for internalizing the details that make the difference between being good and being great. Features in-depth lessons, fully indexed chapters for quick reference, text highlights on important points for enhanced retention, printable files and poster. 31 minutes.



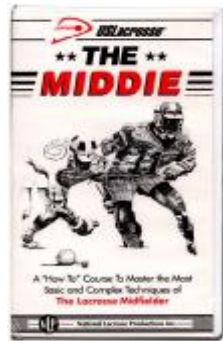
**US Lacrosse Instructional Video Series: On the Attack**

**VHS**

45 minutes.

**Produced:** 1989

**Instruction Topics:** Equipment, Offensive Penalties, Stickwork and Protection, Passing, Catching, Scooping, Dodging, Feeding, Cutting, Picking, Screening, Shooting, Attack Offense



**US Lacrosse Instructional Video Series: The Middie**

**VHS**

58 minutes.

**Produced:** 1991

**Instruction Topics:** Equipment, Passing, Catching, Scooping, Stance and Body Position, Faceoffs, Checking, Standoffs, Feeding, Cutting, Dodging, Shooting, Team Defense, Team Offense



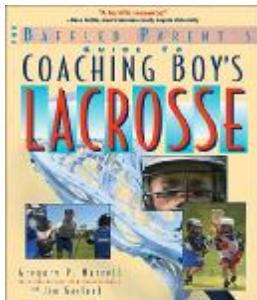
**US Lacrosse Instructional Video Series: Face Off**

**VHS**

60 minutes.

**Produced:** 1995

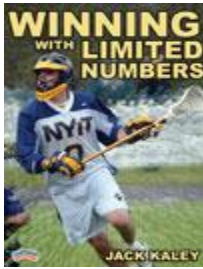
**Instruction Topics:** Rules, Stance and Body Position, Faceoff Techniques, Clamp, Rake, Top or Jump, Jam, Countermoves, Strategy, Wing Play, Drills



**BOOK - Currently Unavailable - Club Copy Lost**

**A novice's guide to coaching one of the nation's fastestgrowing youth sports**

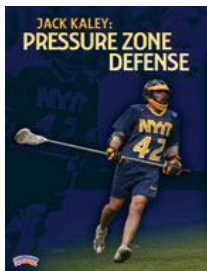
Unlike other lacrosse titles, this latest addition to the acclaimed Baffled Parent's Guide series arms newcomers with a total road map for mastering all aspects of coaching a 6- to 12-year-old boy's lacrosse team. From skill fundamentals to managing a game, it covers all the bases in a clear, step-by-step format. At the heart of *Coaching Boys' Lacrosse* is a set of original drills designed to keep kids engaged and motivated while teaching them the subtleties of the game. This book has been endorsed by University of Maryland's renowned lacrosse coach, Dave Cottle, whose teams have been ranked in the top 10 nationally for 11 consecutive years.



#### DVD

with Jack Kaley,  
New York Institute of Technology Head Coach;  
450+ wins, 3X NCAA Div. II Coach of the Year,  
3X NCAA National Champions

In order to win with limited numbers, Coach Kaley presents his "Four Ingredients for Success." Each ingredient is detailed in a concise manner for implementation into your lacrosse program. Running a controlled offense is the first topic. The offense is an attack-oriented effort that puts pressure on the defense, and gives the midfielders a chance to catch their breath. The offense is a 2-2-2 set and gives your team the ability to control the game. It is a crease-oriented offense that stresses timing of cuts and feeds and utilizes quick, tight, inside shots. It emphasizes movement off the ball that allows smaller quicker players an opportunity to excel. Secondly, swarming is used to control ground balls. Swarming is a system in which ALL SIX offensive players MUST pursue lanes to cover and control most ground ball situations. The third ingredient is a series of riding packages to help regain the ball and maintain possession of it in the offensive zone. And finally, the fourth ingredient is a Pressure Zone Defense. This zone allows you to put a lot of pressure on the offense and yet gives support to all of your defensive personnel. It takes the isolation plays away and forces teams to change their offensive schemes. This video will also demonstrate the necessary drills that are used to teach the skills to execute these 88 minutes. 2006.



#### DVD

with Jack Kaley,  
New York Institute of Technology Head Lacrosse Coach;  
450+ wins, Team USA Assistant Coach,  
German National Team Head Coach, 3X NCAA Div. II Coach of the Year, 3X NCAA National Champions

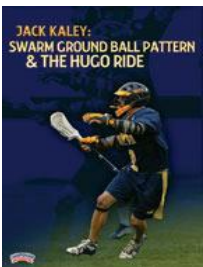
Introduction by Bill Harkins,  
Florida State University Head Lacrosse Coach,  
German National Team Assistant Coach

Coaches Kaley and Harkins collaborate to bring you this outstanding DVD on Pressure Zone Defense. Coach Kaley shares his philosophy behind his successful pressure zone defense. Overall, this philosophy is based on three elements: offense, defense and riding. All three are geared to force the opposition to make specific preparation for Kaley-coached teams. Pressure and cutting off passing lanes are the keys to this aggressive approach. Through a marker board presentation and on-field demonstrations, Kaley highlights three pressure spots: two top, two side, and crease behind. He stresses the value of practicing 6 vs. 5, leading up to implementing the team zone attack. Adjustments have been a big part of Kaley's philosophy and winning program. He shares his most powerful adjustments as he describes the Black call, Fire call, and the 500's. An all out application of pressure is the result of the "Red" call. An experienced strategist, Kaley feels that his adjustments make opponents adjust to him. The Pressure Zone Defense is one of the major aspects of his incredible success in collegiate lacrosse! Developed by combining pressure to his winning "man down" scheme, this defense will provide an edge to the coaches who adopt it.

#### DVD

with Jack Kaley,  
New York Institute of Technology Head Lacrosse Coach;  
450+ wins, Team USA Assistant Coach,  
German National Team Head Coach, 3X NCAA Div. II Coach of the Year, 3X NCAA National Champions

Introduction by Bill Harkins,  
Florida State University Head Lacrosse Coach,  
German National Team Assistant Coach

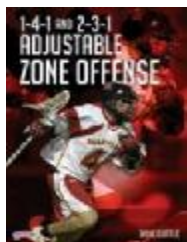


In this DVD, Kaley covers two of his specialties: The Swarm Ground Ball Pattern and the Hugo Ride. Each concept is covered in an informative marker board presentation and on-field demonstration. The Swarm concept controls possession of the ball by an assigned pattern. Communication is extremely important in this system of play. In the last five years, Kaley's teams have gained an average of 17 extra possessions a game and have outscored opponents 2-to-1 using effective individual technique and the team Swarm. The Hugo Ride concept comes from the saying, "Where he goes, Hugo!" Used as a favorite game strategy, the Hugo Ride is used in special situations like sideline or horn plays. It also allows your team to take advantage of mismatches.

38 minutes. 2006.

#### DVD

Dave Cottle - Head Coach Maryland



A true innovator in college lacrosse, Coach Cottle tackles the difficult task of presenting zone defense with clarity and ease. This carefully crafted DVD is delivered with marker board diagrams and outstanding on-field demonstrations. Coach Cottle highlights several zone offenses to prepare your team for any defense. Tips for success focus on teaching freelance 1-4-1 zone offense before adding other components. Starting with the fundamentals, Cottle points out four individual and team skills needed for solid zone play and then discusses the 2-2-2, 1-4-1, 2-3-1 and circle formations. The advantages of this system include: Improved passing skills, a focus on taking good shots, enhanced play in the crease, and additional structure to your zone attack. Because opponents can execute a variety of zone defenses, Coach Cottle believes in having several different attacks. Discussion centers on many different formations and how spacing can change formations for maximum effectiveness. These changes are illustrated when shifting from the 1-4-1 to the 1-3-2, and from the 2-3-1 to the 3-3. From these formations players can carry from any of the areas.

58 minutes. 2006.





**DVD**

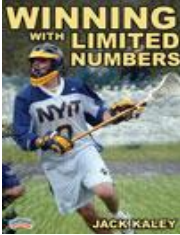
with Tim McClellan, (M.S., C.S.C.S.)

Over 130 innovative drills/variations! The most comprehensive/useful instructional training video ever created for Speed, Agility, and Quickness! Part 1: Warm-up Drills. 30 different exercises utilizing: speed ladder, rope, dot drill pad, side strike box, line hops, and mini hurdles. Part 2: Mobilities. 13 drills. Part 3: Speed Development. 69 exercises/drills: Sprint Mechanic Drills, Non-Resistive Force Production Drills, Resisted Force Production Drills, 'Getting the Feet Down' Drills, Complex Drills, & 'Pure' Speed Drills. Part 4: Athletic Quickness. 11 drills that can be adapted to sport-specific training. Part 5: Ball Reaction Drills. 10 drills designed to tune the nervous system and improve "sport vision." Part 6: Agility Drills. 14 different drills - both singular and multi-directional. Part 7: Program Construction. Valuable information for the development of SAQ exercise prescription. This is the only Speed, Agility, Quickness video you will ever need to buy!

70 minutes. 2003.

**DVD**

with Jack Kaley, New York Institute of Technology Head Lacrosse Coach;



In order to win with limited numbers, Coach Kaley presents his "Four Ingredients for Success." Each ingredient is detailed in a concise manner for implementation into your lacrosse program. Running a controlled offense is the first topic. The offense is an attack-oriented effort that puts pressure on the defense, and gives the midfielders a chance to catch their breath. The offense is a 2-2-2 set and gives your team the ability to control the game. It is a crease-oriented offense that stresses timing of cuts and feeds and utilizes quick, tight, inside shots. It emphasizes movement off the ball that allows smaller quicker players an opportunity to excel. Secondly, swarming is used to control ground balls. Swarming is a system in which ALL SIX offensive players MUST pursue lanes to cover and control most ground ball situations. The third ingredient is a series of riding packages to help regain the ball and maintain possession of it in the offensive zone. And finally, the fourth ingredient is a Pressure Zone Defense. This zone allows you to put a lot of pressure on the offense and yet gives support to all of your defensive personnel. It takes the isolation plays away and forces teams to change their offensive schemes.

88 minutes. 2006.

**DVD**

with Gary Gait, Syracuse University Women's Head Lacrosse

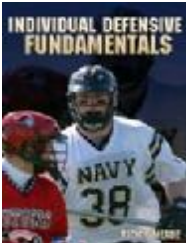


Shooting is more complex than just throwing the ball at the goal. It involves body mechanics, using the stick, deception and developing different shots around the field. Focusing on push-pull, lacrosse legend Gary Gait begins with the basic shot. The same basic form can be aided by different release points, demonstrated by the game's greatest player. From a basic position, the player can accurately change the direction of the shot. Deception is another big part of developing skill as a shooter, and Gait shows proper body position for high and low shots. Gait clearly details the mechanics and teaching points used in deceptive shooting. Gait's next focus is to share different shots from the outside. Three main shots demonstrated are the sidearm crank shot, sweeping and on the run shots; most of your shots will come from these two types of shots. These shots rely on coiling the body, dipping and side to side deception. Gait teaches his players to telegraph the fake but not the shot. Gait concludes with his infamous 'trick' shots that only he can teach. These shots include behind the back, twister, change up, the elevator and the handle slam. This DVD is a great 'one-on-one training session' with the "greatest lacrosse player of all time"!

44 minutes. 2007.

**DVD**

with Richie Meade, U.S. Naval Academy Men's Lacrosse Coach

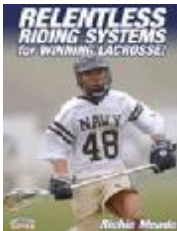


Stressing the importance of "hips, legs, heart and head," this DVD illustrates the building blocks of the Naval Academy Lacrosse team's success. Coach Meade's on-field demonstration is based on stance, cushion and agility and details teaching points of individual defense on and off the ball. Meade's "walk and talk" approach allows you to "see" the concepts as he explains them. Meade demonstrates how to defend behind the goal highlighting the trail position, inside/outside shoulder position and the use of the stick. He shows effective goal line techniques such as locking on, stepping down the goal line, and forcing the offensive player to move east or west on the initial move. Meade demonstrates on-ball techniques such as the "Push Out" concept to force the ball out of scoring areas, how to defend the flare cut and back cut, and several effective ways to use your stick when playing defense on the ball. The third section of this DVD provides excellent instruction for off-ball defensive strategies. Since good offensive players favor ball-side cuts, those cuts must be eliminated with good defense. Meade teaches players to anticipate ball-side cuts when playing off the ball.

58 minutes. 2006.

**DVD**

with Richie Meade, U.S. Naval Academy Men's Lacrosse Coach



This is one of the most aggressive and helpful defensive videos you will ever see! Riding is one of the most difficult defensive tactics for opposing coaches to scout and can be used at any age level. Coach Meade teaches you how to build his riding system and demonstrates over 10 aggressive drills to help implement this relentless and dominating defensive technique. An aggressive riding system will force your opponents out of their comfort zone, while making your team quick and physical. Learning these riding techniques will help your team develop a hard-nose style of play that will elevate your lacrosse game to the next level.

52 minutes. 2004.



**DVD**

US Lacrosse

A comprehensive instructional DVD geared towards helping new men's lacrosse officials step onto the field. The DVD, a component of the US Lacrosse Officials Training Program, is also a great resource for coaches and players. 35 minutes.

31 minutes. 200x

**DVD**

Tim McClellan



Over 130 innovative drills/variations! The most comprehensive/useful instructional training video ever created for Speed, Agility, and Quickness! Part 1: Warm-up Drills. 30 different exercises utilizing: speed ladder, rope, dot drill pad, side strike box, line hops, and mini hurdles. Part 2: Mobilities. 13 drills. Part 3: Speed Development. 69 exercises/drills: Sprint Mechanic Drills, Non-Resistive Force Production Drills, Resisted Force Production Drills, "Getting the Feet Down" Drills, Complex Drills, & "Pure" Speed Drills. Part 4: Athletic Quickness. 11 drills that can be adapted to sport-specific training. Part 5: Ball Reaction Drills. 10 drills designed to tune the nervous system and improve "sport vision." Part 6: Agility Drills. 14 different drills - both singular and multi-directional. Part 7: Program Construction

70 minutes. 2003

**DVD**

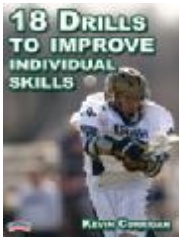
NCAA On Demand



Duke vs John Hopkins 2007 NCAA Division I Men's Lacrosse National Championship Game

**DVD**

18 Drills to Improve Individual Skills  
with Kevin Corrigan,  
University of Notre Dame Men's Lacrosse Coach

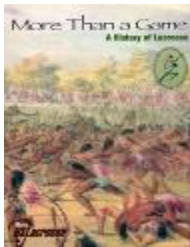


This DVD focuses on individual drills used on a daily basis at Notre Dame. Ball handling, ground balls and shooting drilled early in practice develop good habits that show up later in team play at practice. Drills included are ball bag drill, yo-yo drill, baseline escape, around the clock, escape drill, 2 v. 1 drill, three man handle, three man passing, monkey in the middle, three man weave and three in a box. Ball handling is another area that demands attention each day in practice. The step down drill, the sweeps and alley dodges, give and go, Z cut shooting, Z cut and follow, Z cut and pop, and Z cut and fade are all demonstrated. The advantages of these drills are that players get a lot of touches on the ball, shooting opportunities, and many repetitions.

60 minutes. 2007.

**DVD**

USLacrosse



More Than a Game: A History of Lacrosse DVD  
The most complete history of lacrosse ever! Once only viewed at the Lacrosse Museum and National Hall of Fame, this 36 minute DVD follows the world's most exciting game from the early Native American traditions to the fast-paced sport of today. Filled with action-packed highlights and insightful interviews, this documentary chronicles the development of both men's and women's lacrosse.  
University of Notre Dame Men's Lacrosse Coach

36 minutes. 2007.

**DVD**

USLacrosse

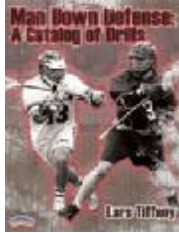


Best Lacrosse Games of 2007  
A "2 Disk Set", one with "A" games and one with "B" games... each in a 14 week format. See two full hours of highlights from over 100 games in the 2007 collegiate season

xx minutes. 2007.

## DVD

Lars Tiffany: Brown University Head Men's  
Lacrosse Coach



Coach Tiffany presents a step-by-step development of the fundamentals of man down defense. He begins with a discussion on personnel. A decision must be made between the best defenders and a specialty unit. Players must be intelligent and have a good stick. Man down defense relies on anticipation of skip lanes and the ability to knock down passes and shots. Tiffany has created a catalog of drills that can help identify and improve the personnel for man down defense. The 2 v 1 knock down drill works on the drop step technique and the 4 v 2 drill puts two defenders in an urgent situation and requires communication and changing positions. The 5 v 3 drill addresses the skip lanes. A series of drills get progressively more challenging for advanced players. A drill to develop offense and man down defensive technique is the 3v2/4v3/5v4 drill. A section on terminology is important to define all-important verbal calls in lacrosse. Man down schemes used against the 3-3 offense include the center string, the diamond, 4v3 up top and 3v2 up top. Defending the 1-3-2 offensive, Tiffany diagrams on the white board using both 5 man and 4 man schemes. He then takes to the field to demonstrate many of the drills and schemes. Game clips of the man down defense show the system in action.

105 minutes. 2008

## DVD

Lars Tiffany: Brown University Head Men's  
Lacrosse Coach



Coach Tiffany has a great understanding of what it takes to be great on defense - he was a 2-time team captain and starter on defense for three years under Dom Starsia (now university of Virginia head coach) at Brown. Good communication between the six defensemen and the goalie are required to create strong team defense. The goalie's only goal is to watch the ball and communicate to the on ball defender. The off ball defenders determine the slides. The 'hot player' designates himself as 'hot' and asks his teammates to fill and second slide. Other verbal calls dictate the slide patterns: crease/crease, crease/adjacent, adjacent/adjacent, and cross crease. Slide scheme development starts with the 1 v 1 decision-making drill and progresses to a full catalog of drills that include 2 v 1, 2 v 2 with an outlet, etc. On the field, Tiffany begins with on ball play. Decision-making is the key part of team scheme development. The first slide, second slide, third slide and recovery are all demonstrated in drills on the field. The DVD finishes with game clips of 6 v 6 defense, demonstrating a variety of slide packages.

103 minutes. 2008

## DVD

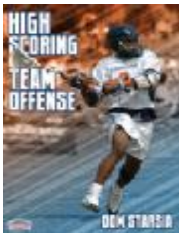


Coaching Education: Boys' Level 2

Hosted by Tony Seaman, head men's lacrosse coach at Towson University, Level 2: Intermediate Skills, brings the world-class instruction and video from the US Lacrosse Coaches' Education Program into one comprehensive skill library for coaches of players who have mastered the basics. Watch the Level 2 skills and see error detection and correction performed and discussed by elite players including: • Kyle Harrison • Jay Jalbert • Kyle Sweeney • John Christmas • and goalkeeper Brian Dougherty Level 2 skills covered include: Throwing and catching Dodging Feeding Cutting Shooting Face offs Individual defensive positioning Checking Goalie play ...and more!

105 minutes, 2007

## DVD



Under Coach Starsia, the Cavaliers have led the nation in scoring five times. Starsia covers his four key cornerstones of this high powered offensive machine. He starts with the responsibilities for each position on the field. Starsia explains how to incorporate the offensive sets within the offense, showing you how the dodge from the top and behind blend into this scheme. Special attention is given to crease play and the midfielder on crease. Starsia teaches skills to each player that guarantee solid ball carrier execution. Starsia also covers skills related to players one and two passes away from the ball in various game situations. Game footage allows you to view numerous aspects of offensive play. Through the drills, core rules and game footage you will understand the secrets and teaching methods behind Dom Starsia's high scoring offense.

44 minutes, 2009

## DVD

with Tony Seaman,  
Towson University Head Coach;  
3X National Coach of the Year, over 250 career wins



One of the winningest coaches in NCAA lacrosse history, Tony Seaman has taken the Tiger men's lacrosse program to unprecedented success since coming to Towson for the 1999 season. Coach Seaman unpacks what he believes is the best drill in lacrosse today, the 4 v 4 drill. This single drill offers every situation on offense and defense and simulates game time action and strategy. Two long sticks and two short sticks set up their defense to stop the offense from scoring. Through white board diagrams and on field practice footage, Seaman illustrates more than 10 different plays to illustrate the variety presented by the 4 v 4. By changing the location of the ball, each drill segment replicates a different facet of the game. This drill is amazingly efficient, saves time, prepares teams, and can be run by one coach in practice.

42 minutes, 2009