

Coaching Advanced Youth Lax

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Ground Balls

- Approach
- Pickup
- Release
- Play the Ball First
- No More than Two Men into the Fray
- No Raking
- Hip Check

Checks to Emphasize with Ground Balls

- Hip Check

- Back Check

- Chase Check

Throwing the Ball

- Step EVERY SINGLE Time (even having a catch)
- Rotate Hips and move the Bottom Hand to the Opposite Hip
- Take Pride in Delivering a Pass/Feed to the "BOX"
- Introduce the "no look" pass

Receiving the Ball

- Come to meet the ball
- Concentrate on seeing the ball
- Move body where possible to receive the pass in the "box"

Face Off

- Have a predetermined plan
- Traditional clamp and rake
- Flip and go
- Motorcycle
- Substitutions close end of the box

Offense

- Balance your six players
- Have an assigned back up at all times
- Teach the “V” cut and enforce it
- General rule, pass and go away

Defense

- Enforce stick control
- Stick on stick at all times, enforce “L” position
- Eye focus in midsection
- No checks until bottom hand is in place
- Vary checks and no take-away
- Slides should follow stick on stick and body on body

Fast Break Offense

- Clear from defense goes up the side
- Pass sooner than later
- Traditional “L”
- “L” left
- Secondary slow break

Fast Break Defense

- Retreat down the middle of the field
- Get to the "Hole"
- Drop to equilateral triangle
- Find the open man from inside out
- Play the dangerous player, yours or not
- Chase midfielder finds the open man
- Goalie must control the break

Settled Clears

L" left or right middies stacked

- Four Across
- Overload left and right
- Use of the box with short/long pole

OFFENSIVE SETS

- TWO-ONE-THREE
- SPLIT-TWO
- TIGHT-TWO
- ONE-FOUR-ONE

OFFENSIVE SETS CONT.

- ONE-THREE-TWO
- TIME MANAGEMENT (ROAD SHOW)

TWO-ONE-THREE

- MOST TRADITIONAL SET
- TWO PLAYERS BEHIND THE GOAL
- ONE PLAYER IN FRONT OF THE GOAL
- THREE PLAYERS SPACED ACROSS JUST INSIDE THE RESTRAINING LINE
- BEST WHEN USED TO ALLOW A TWO MAN GAME BEHIND THE GOAL TO CREATE A SLIDE.

SPLIT TWO

- TWO MEN BEHIND
- TWO MEN CREASE HIGH OUT TEN YARDS
- TWO MEN NEAR TE TOP OF THE BOX
- BEST USED WHEN CREATING MULTIPLE TWO MAN GAMES
- LEAVES THE CREASE WIDE OPEN FOR CUTTING

TIGHT TWO

- TWO MEN BEHIND
- TWO MEN ON THE CREASE
- TWO MEN NEAR THE TOP OF THE BOX
- BEST USED TO CREATE TWO MAN GAMES BEHIND AND OUT FRONT
- FORCES SLIDES FROM THE CREASE

ONE FOUR ONE

- ONE PLAYER BEHIND
- TWO PLAYERS IN FRONT OF THE CREASE
- A PLAYER ON EACH WING
- ONE PLAYER OUT NEAR THE TOP OF THE BOX
- BEST USED WHEN SETTING UP AN ISOLATION IN FRONT OR BEHIND

ONE-THRE-TWO

- ONE PLAYER BEHIND
- ONE PLAYER IN FRONT OF THE CREASE
- A PLAYER ONE EACH WING
- ONE PLAYER NEAR THE TOP OF THE BOX
- ALLOWS FOR FULL OR MODIFIED MOTION OFFENSE

ROAD SHOW

- ONE PLAYER BEHIND
- TWO PLAYERS ON EACH WING STACKED OUT TO THE EDGE OF THE BOX
- ONE PLAYER OUT TO THE TOP OF THE BOX
- USED FOR BALL CONTROL AND EASY SCORES WHEN TIED OR A HEAD.

GAME DAY

- SHARING DUTIES
- GOALIES
- DEFENSE/MAN DOWN
- OFFENSE/MAN UP
- SUBSTITUTIONS
