



First Coaches Clinic

Welcome



Coaches Clinic

Agenda

- Code of Conduct
- Coaching Technique
- Managing the Team
- Practice
- Game
- Miscellaneous



Code of Conduct

- Kids
- Parents
- Association
 - CONNY
 - GYL
 - Chain of Command

5 points on Code



Coaching Technique

- Amplify every positive thing that anyone does and make sure the other kids hear your praise; it is a tremendous confidence builder
- Stay cool, because it is too easy to get frustrated with the youngsters; their maturity?
- No matter how hard you try, some kids just will not get it; some will continue to goof around, not appear to be interested, etc...



Coaching Technique

- Coach the negative things more under wraps (that's the tough one, especially if its your kid). During games have the assistant coach take at least one kid coming off the field on a change-up to give some "pointers". Some of them actually will listen



Coaching Technique

- Set Expectations
 - Practice
 - Playing Time
 - Mode of Communication
 - Talking
 - Team Parents
 - Skill Development
 - Building Confidence
 - Respect

Have Fun!



Coaching Technique

- Communicate with Kids and Parents
- Lacrosse Primer (Parents Meeting)
- Attendance and Participation
- Cancellations
- Equipment



Managing the Team

- Your Team
 - Team Parent
 - Equipment Parent
 - Time Keeper
 - Score Keeper / Statistician

- Extended Team
 - Board of Directors
 - Rotating Coaches



Meetings

- Coaches Clinics
 - 3 total
- Parent Meeting
 - 1
- Player Meeting
 - 1
- Medical Seminar
 - Basic First Aid
 - CPR



Events

- House League
- Clinics
- Special Events



Policy

- Playing Time
 - A Team
 - B Team
- Commitment
 - A Team
 - B Team
- Discipline
 - Players
 - Others
- Rules
 - Age Specific
 - On Field
 - Off Field
 - Penalties
 - Stick
 - Position
 - Sportsmanship



Coaching Technique

- Prepare for Practice
 - Communicate what will be covered
 - Set a schedule and keep to it
 - Have a set of drills prepared
 - Make sure the kids know it
 - 10 Minute for each drill
 - Get the assistant involved
 - Work Hard/ Play Hard
 - Reward with cool drills
 - Shooting, face off, fast break
 - Keep everyone moving

Have Fun!



Practice Basics

- 15-25 min warm-up
- 20-30 min
 - Agilities
 - Endurance
 - Strength Days
- 20-30 Min
 - Skills Individual
 - Line Drills
 - Four Corners
 - Meat Loaf
 - 3 Man Weave
 - Alley Drill
 - Skills Field
 - 2 on 1 Four Corners
 - $\frac{1}{2}$ Field Box Clearing
 - Full Field Passing
 - Shooting
- 20-30 min
 - Situations
 - Man-up/down
 - Fast Breaks
- 15-25 min
 - Specialties
 - Settled Offense
 - Zone Defense



Practice

	Bantams	Juniors	Seniors
March	Stick Skills Offense Defense Full Field Transition Agility/Endurance/Strength	Stick Skills Offense Defense Full Field Transition Agility/Endurance/Strength Man up/Down	Stick Skills Offense Defense Full Field Transition Agility/Endurance/Strength Man Up/Down
April	Stick Skills Offense Defense Full Field Transition Agility/Endurance/Strength	Stick Skills Offense Defense Full Field Transition Agility/Endurance/Strength	Stick Skills Offense Defense Full Field Transition Agility/Endurance/Strength
May/June	Stick Skills Offense Defense Full Field Transition Agility/Endurance/Strength	Stick Skills Offense Defense Full Field Transition Agility/Endurance/Strength	Stick Skills Offense Defense Full Field Transition Agility/Endurance/Strength



Coaches Clinic

Coaching Technique

- Practices can be great provided the players have the proper attitude and motivation
- This is the job of the coach and the team
- Have them encourage each other and help each other. This is about being part of a team. The better everyone gets the better the team. The more fun.



Game

- At Home
 - Emergency Plans
 - 911
 - Weather
 - Equipment
 - Emergency Info for Child
 - Medical
 - Extra Mouth Guards
 - Extra Jersey
- Game Set-up
 - People in place
 - Timer
 - Stats
 - Parent Manager
 - Field Prep
 - Cones - Box and Corners
 - Balls on End
 - Meet the Opponent/Refs
 - Game Captains
 - Review the Rules



Playing the Game

- Rules
- Warm-up
- Rotating Captains
 - 2 at a time
- In Home - Starter
- Lines
 - Set-up
 - Substitution
 - Horn
 - On the Fly
 - Man up/Down
- Time outs
- Offense
- Defense
- Passing (no 1 on 1)

Have Fun!



Warm Up

- Stretching
 - Legs
 - Arms
 - Neck
- Line Drills
 - GB To
 - Pass Right
 - Pass Left
 - Over the Shoulder
- One on One
 - Attack v D - behind
 - Mid v Mid -up top
- Shooting
 - Attack and Midfield
- Long Passes
 - Defense
- Do Not Forget the Goalie
 - Stick side high
 - Off side high
 - Stick side low
 - Off side low
 - Bounce shots
 - Misdirection



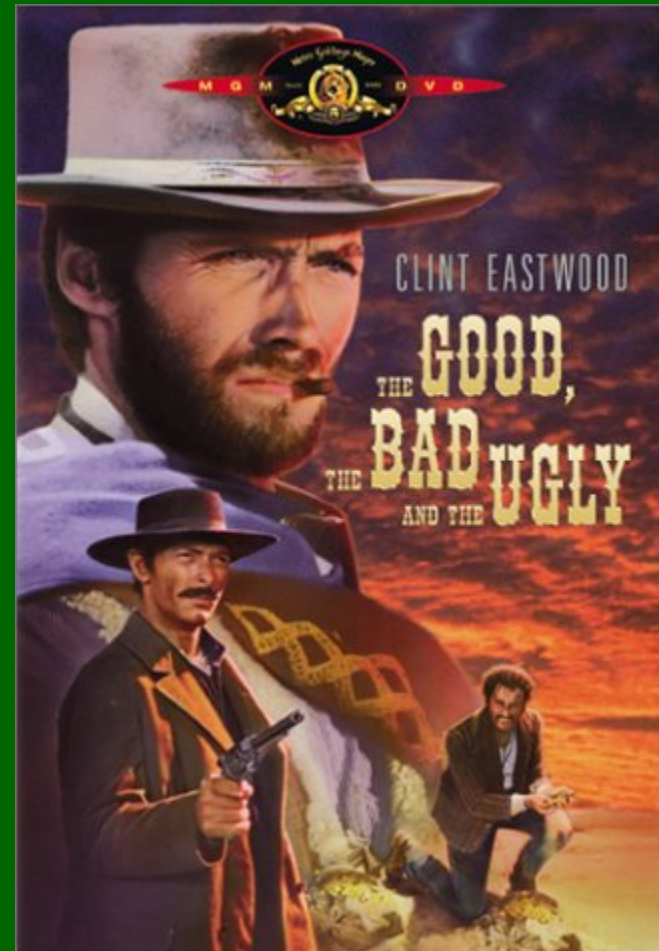
Playing the Game

	Bantams	Juniors	Seniors
March			
April			
May/June			



Review the Game

- The Good, the Bad,
and the Ugly
- Game Ball
- What is next...
- No Child Left Behind
- Clean Up field



Miscellaneous

- Hyper Kids
- Contacting a Parent
- Tough Refs
- Out of Control Parent
- End of Season Update



Hand Outs

- By Laws
- Rules
- CONNY
- Contact Info

