

# A season plan for lacrosse.

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So, you've been asked to become the head coach of a high school [lacrosse](#) program. After the shock wears off, you realize that you do know something about the game (or you would not have been asked to coach it). But how does one prepare for an entire season?

[ILLUSTRATION OMITTED]

The lacrosse season is generally broken down into three or four different periods of competition, for each of which the coach will have to have objectives and a planned sequence of implementation.

The general sequence might include the following:

## PRESEASON

The first two weeks of practice and early-season scrimmages should implement the following strategies and goals:

1. The base offense.
2. The base defense.
3. 1 to 2 out-of-bounds [plays](#).
4. 1 to 2 extra-man plays.
5. Basic full-field clear.
6. Basic sideline clear.
7. Man-down clear.
8. Basic ride.
9. Master the terminology of the game.

The choice of the offensive base may be a year-to-year decision based on personnel and base offense comprised of both man-to-man and zone components out of the same set. This will alleviate the anxiety of the players vs opponents who utilize a different defensive package (either man or zone) than the typical defense faced in practice or throughout the league.

The choice of the defensive base may also require a year-to-year decision, based on personnel. It should have zone or man-to-man components that can be easily disguised within the framework of the defense; that is, the opponents should have to spend [time](#) deciphering your man or zone.

## REGULAR SEASON (Early)

The team should add to its growing repertoire of offensive and defensive packages without neglecting the fundamentals of the program foundation.

Key Additions:

- A special [play](#) for a flag-down situation.
- Additional full-field 10-man clear.
- Pressure ride.
- 1 or 2 more out-of-bounds [plays](#).
- End of game stall offense.
- Pressure defenses--looking off next adjacent pass.
- Subbing on the fly from the midfield line.

#### REGULAR SEASON (Mid to Late).

1 or 2 additional man-up plays.

Additional special situations:

1. Man-down possession in offensive half after a time-out.
2. Man-down possession at midline with free clear.
3. Behind by a goal--desperation double-team situations: ball in front of goal, ball behind goal, after time-out with ball near midline.

Top opponent shut off.

Key possession situations--practice desperation shot opportunities.

#### POST SEASON:

Re-emphasize basic offensive and defensive opportunities.

Tweak offensive and defensive components for known opponent--add that special play vs a known offense or defense.

Implement a means of lightening the stress of the post season; shorten practice, end practices with [team building games](#), exercises, or traditions.

#### A DAILY PRACTICE PLAN:

Every good coach has one. It provides the team with consistency and variety, with each drill mirroring the offensive and defensive strategies of the program. I would also suggest identifying a character-building trait of the day and a skill-focal point of the day. Example:

**Confidence:** "Every [time](#) I stepped on the field I believed my team was going to walk off as the winner, somehow, someday." Roger Staubach, 1963 Heisman Trophy winner at the Naval Academy and NFL Hall of Famer for the [Dallas Cowboys](#).

Skill focal point: Make the adjacent slides. (The player adjacent to the ball makes the defensive [play](#).)

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