About US Lacrosse
Through responsive and effective leadership, US Lacrosse strives to provide programs and services to inspire participation while protecting the integrity of the game. We envision a future which offers people everywhere the opportunity to discover, learn, participate in, enjoy, and ultimately embrace the shared passion of the lacrosse experience.

US Lacrosse was founded on January 1, 1998, as the national governing body of men’s and women’s lacrosse. Although US Lacrosse has only recently emerged within the national lacrosse community, a closer look reveals an organization which represents the past and the future of the sport.

US Lacrosse is the result of a three-year strategic initiative to unify all national lacrosse associations in an effort to unify human and financial resources, as well as maximize the efficiency and effectiveness of lacrosse promotion and development. The result is an organization which combines the contributions and talents of individuals formerly involved with a number of independent national constituencies, such as the Lacrosse Foundation, the United States Women’s Lacrosse Association, the National Junior Lacrosse Association, the United States Lacrosse Officials Association, United States Lacrosse Coaches Association, United States Club Lacrosse Association, the Central Atlantic Lacrosse League and National Intercollegiate Lacrosse Officials Association. US Lacrosse provides a leadership role in virtually every aspect of the game throughout the United States, and offers a number of programs and information services to its national membership and more than one million lacrosse enthusiasts throughout the country.

www.uslacrosse.org

Acknowledgements
US Lacrosse would like to thank all those who have contributed to the US Lacrosse Level 2 Coaching Education Program men’s game curriculum and clinic content. The Level 2 program is a collaborative effort of some of the great minds across the nation. The sport of lacrosse is a passion for all of them, and this Level 2 programming is a direct result of that passion. Special thanks to John Pirie, chair or the men’s coaching education committee, David Antol, Nathaniel Badder, John Stevenson, Dennis Sullivan and Duke Whelan for their contributions to the development of the program. Thank you to all the hard workers at US Lacrosse, who have worked to make the Level 2 programming the best it can be, and to those who will continue to drive the program forward. As a collective group we can all say the Level 2 programming is something to be proud of and will make a positive impact on the sport of lacrosse.

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Welcome to the Coaching Education Program Level 2 Instructional Clinic. This clinic is your “next step towards excellence” for your coaching education journey. In the Level 2 clinic, US Lacrosse will educate you on the tactics and coaching strategies that will complete your baseline education in the sport. The Level 2 experience is when US Lacrosse brings the Level 1 curriculum and skills to life in a manner that will have you coaching with team success in mind.

Before we begin our journey for Level 2, let’s take a moment and remember Level 1.

Lesson 1.1: Level 1 Review

Level 1 covered three centralized themes:

- Teaching basic lacrosse skills
- Teaching basic coaching skills
- Explaining how to incorporate being a double goal coach

Do you remember these key points from Level 1?

- Coaching philosophy/Positive coaching
- Practice planning and drill design
- Communication
- IDEA teaching method (Introduce, Demonstrate, Explain, Attend)
- Error Detection and Correction

What information in the Level 1 clinic made the biggest impact on you?
Lesson 1.2: Goals and Objectives of the Level 2 Clinic

The goal for this Level 2 clinic is to teach a process that will maximize the ability of every player on your team. In doing so, you will be building on all your skills as a double-goal coach. You will see how assessing your players’ skills will help you to develop effective plans for your team. The end result of this process is a method of implementing team offense, defense, and transition play built on sound concepts of the game.

In addition, a player-centric approach to planning will be taken and taught to ensure your are evaluating both your players’ and teams’ abilities at all time to equal success on and off the field.

Teaching this process is based on four (4) values:

1. Coaching from a player-centric approach is effective when guided by your assessments
2. Planning is an essential component of effective coaching
3. Teaching your athletes to play the game in terms of their relation of the ball, is an effective way to help them learn the game
4. Teaching players to think on the field, which will give them long term success

Lesson 1.3: “Player-centric” Approach

A “PLAYER-CENTRIC” approach is the concept and process, where you will place your player’s success and development at the front of your mind when making decisions for the team and the development of success. Player-centric and be utilized in various areas of coaching and game play, but as a coach you must make it a priority to make your players the priority.

Utilizing the Player-centric approach feeds into the concept of thinking on the field feeds long term success. That thinking on your feet during game play is what we define as Lax IQ.

Lesson 1.4: Lax IQ

Lax IQ is the building of your players and teams understanding of lacrosse on and off the field. The Lax IQ is valuable for life long success in the sport, and is something that requires a coaches attention to build at all levels of play.

What are some examples of how you can build LAX IQ in your players?

Lesson 1.5: Importance of Teaching the Overarching Principles (OAP’s)

- Overarching principles are concepts that guide:
  - Coaches’ planning
  - Players’ thinking
  - Players’ reaction to their opponents on the field

- These concepts are ‘universal’:
  - Tools to allow you to play effectively in any offensive or defensive system
  - Concepts are Transferable – from JV to Varsity, high school to college, team to team
Lesson 2:

Player Assessment

See Appendix A

Objective: In this lesson you will learn the value of assessment and how to decipher the data, the value of disseminating the data with players, and the implications of the data.

Why Assessment
- Ties back into season planning and goals
- Helps you understand players’ strengths and weaknesses
- Allows you to determine depth charts (objective criteria for cuts)
- Gives you tools to reassess players several times throughout the season

How to Decipher the Data
- Use the data to determine areas of strength
- Help determine where to position players in particular types of offenses and defenses

Types of Data to Collect
- Speed – 40 yard dash time
- Conditioning – 1 mile run, for high school players
- Shot Speed – Right and left handed shot speeds
- Passing and Catching – Use a wall ball routine for evaluation
- Game Play Evaluation – Have the players play a game and give each player a grade
- Weight Room Testing – Use this evaluation only for players in high school

What Do You Do With the Data
- Use it to guide your practice planning
- Share the data with the players individually
  - Give your players benchmarks and individuals goals
  - Use the data to discuss goals/improvement areas in the player-coach meetings
Lesson 3:

Benefits of Planning

Objective: In this lesson you will understand the benefits of and learn how to develop a well-formed coaching philosophy, season plan, and practice plan which reflect a player-centric approach. In addition, we will address how to effectively communicate the information with players and their families when appropriate.

Why have a coaching philosophy? What is the benefit?

Lesson 3.1: Coaching Philosophy

Coaching philosophies are only as good as those who follow them. If you are going to go to the effort to develop and produce a philosophy, be the coach that celebrates and holds themselves and their team to that philosophy.

Your coaching philosophy will guide your team and program towards your player-centric vision of success. You will need to build a philosophy that you are open to share at anytime with players, parents, and administrators, which displays your player-centric approach to success. Keep the following points in mind about your philosophy:

- Adopting a player-centric approach has its own unique set of challenges and benefits.
- Create, document, and share your philosophy prior to the season with your program, carefully consider the ramifications of your statements. How will these statements and philosophies add value to our program or come back to haunt me in certain situations?
- Live by your words and stick to your philosophy once you set it.

(Enter Your Coaching Philosophy Below)

My coaching philosophy is..........

Why have a coaching philosophy? What is the benefit?

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(Enter Your Coaching Philosophy Below)

My coaching philosophy is..........

Why have a coaching philosophy? What is the benefit?
Lesson 3.2: Season Planning (Player-Centric Approach)

What does planning with a player-centric approach mean?

Why should you season plan?

Season planning is done through assessing numerous variables that impact your team. Variables such as:
- Fields
- Number of games
- Number of players on the team
- Transportation issues
- Booster, club, or school funding and support
- Player abilities (strengths and weaknesses)
- Coaching abilities (strength and weakness)
- Team abilities (strength and weakness)

In order to build a solid season plan, and to make it player-centric so that your players and parents buy into your vision, you will have to be able to assess those variables listed above and more. Keep the following points in mind to help you reach success:
- Putting the player(s) at the center of your planning to gain team success
  - Identify strengths and weakness in all individual players
  - Identify how these discoveries will guide your team strategy and planning
- Reverse engineer your season to set realistic timelines to introduce new concepts and develop skill sets within.
- What are you trying to achieve with your team, on and off the field? Set goals to guide yourself through the season.
- What are the goals of your players? Work with your coaching staff to evaluate what the expectations are of your team as individuals and as a group.
Lesson 3.3: Practice Planning

What are the benefits of practice planning? How do you develop your practice plans currently? What things do you take into consideration? Are you player-centric?

Overarching Principles of Practice Planning

- **Variety and Progression** need to be carefully orchestrated
- **Consistency** is important: opening stretch and warm-up should mirror pre-game
- **Build** from Individual, to Positional to Team concepts through drills
- **Intensity** should vary, build to a climax at end of practice(2 minute drill)
- **Flexibility:** have more than you need ready, own failures, be prepared to change
- **Duration:** shorter is always better, consider attention span = age in minutes x .66
- **Weekly Progression:** don’t add more than one drill per practice, recycle old favorites
- **Conditioning:** hide it in drills, make this the players responsibility, set benchmarks and assess monthly
- **Post practice plans** outside of locker room, include diagrams of new drills
- **Inclusion:** 3 man-up teams, 3 man-down teams (use them in lopsided games)
- **Closing Messages are Essential:** 5 minutes is a lot of time, deliver a message

Practice planning is more than just drills on paper, it is a skill that coaches can develop and improve upon year after year. The goal of a coach is to build practice plans that reflect team goals, the OAP’s listed above, and the desired season plan schedule. Keeping practices very player-centric will aid your coaching staff to stay true to the goals of the team and the improvements needed for success. Some key concepts that will help you in your quest to build great practice plans are listed below:

- Write a template that will cover the various repeatable aspects to your practice: warm-up, stretch, individual skills and drills, positional drills, and team based drills. This allows for consistency in format so players know what to expect most days.
- Practices should be disseminated in advance by email, posted on the board by the cafeteria, or put on a team website to show the players and parents what is expected for that day. This allows kids to look forward to the drills or practice activities. Scrimmages are not the best use of practice time, because well run drills will easily eclipse the player perceived value of scrimmages.
- Save practice plans and recycle when possible. Store them in a computer file and revisit old plans to see how this year’s team is doing compared to three years ago, or to find drills you have not used in a long time.
- Utilize the drills and tips you can find on the US Lacrosse Mobile Coach app.

The drills on the following pages are examples of drills that illustrate the above principles and illustrate the planning principles.
4 Corner Over-the-Shoulder Ground Balls and Passes

**Objective:** Improve catching on the run and over the shoulder, practice switching hands, throwing to the “Box” area around the shoulders.

**Description of Drill-Execution**
Mark 4 corners with cones and put at least 3 players in each corner. Start with one ball and rotate counterclockwise catching over left shoulder and passing with right hand. Change directions halfway through drill, add more balls as player skill will support. Players in line wait for “break” call then are rolled a ground ball while moving upfield. Be sure the players focus on leading their teammates on both passing and groundballs.

**Skills Practiced**
- Catching on the Run
- Throwing on the Run
- Lead Passes
- Ground Ball Pickups

**Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following…)**
Have the players switch from passes to ground balls. In addition, have player sprint the sides and job the top of the attack box for added conditioning. Also, on a whistle you can reverse directions of the drill. Repeat this to keep the drill moving and to keep the players on their toes.
**Triangle Line Drills**

**Objective:** Virtually all line drills can be run in triangles, use for passing and ground balls. Triangle drills are exhausting if run properly, constant motion, players well spread out, changing direction regularly. Triangles should not be run every day, great for variation from standard line drills (1.5 minutes each way, then switch, then rest).

**Description of Drill-Execution**
Use cones to teach the distance you want the players to run and the triangle form that the players should keep (distances of 15-20 yards between points is ideal) Have the players move the ball in one direction and then follow the pass to then next cone or locations. The player receiving the pass should look to catch the ball on the run and get rid of the ball as soon as they can to the next player. All players should be moving constantly and should work on moving the balls as fast as they can.

**Skills Practiced**
- Passing
- Catching
- Field Awareness
- Over the Shoulder Catching
- Ball Movement

**Variations/Progression/Increased difficulty**
*(As your players improve their skills incorporate the following...)*
Spread players out to increase conditioning and length of passes. You can also reverse directions on a whistle to keep the players moving both directions and reacting to the other players, the whistle, and the situations. Look to have your players do this drill at game speed.
Lesson 3.4: Communication with Players and Families

Communicating everything from your coaching philosophy to your daily practice schedule is vital in building a successful program and team. Many coaches feel they need to keep communication to a minimum with parents and players, giving them that reserved “old school” style of coaching where they are 100% in control with no questions asked. Though, if you stop and think about it, the less information you communicate with the parents and players, the more questions they will ask, and the more emails, phone calls, and one to one conversations that you will have to supply. So, if you take some basic steps towards communicating with your program it will save you time and problems in the future.

Key Concepts of Communications

- Season and practice schedule dates and times should be spelled out for parent planning as soon as you have the information
- Communicate changes to your season plans as far in advance as possible
- Communicate your practice or daily plans in various forms, online and onsite, to allow players and parents to organize their plans and understand what is going on that day.
- Start and stop on time, if the plan ends at 6, then end at 6 – avoid issues with time tables
- Don’t punish young players for being late (who drove to practice?)

Key Avenues to Communicate Through

- Team website
- School announcements (for changes and messages)
- Email for all parents
- Email for all players
- Locker Room (post all practice plans and schedules)
- Phone chain (make one up and utilize it)
Lesson 4: Transition Play

Objective: In this lesson you will learn: The overarching principles of a transition offense, How to teach players to take advantage of a 5 v 4 situation, How to teach players to take advantage of a 6 v 5 situation, How to teach players to recognize a slow break situation and how to utilize one fully.

Lesson 4.1: Transition Overarching Principles of Transition Offense

- Ball motion is faster than feet
- Draw the man then pass
- Offense stay spread to force longer slides and buy time
- Keep players and ball above GLE on fast breaks
- 5 on a die is not the best offensive set in 5 v 4, slide the 5th man out and off crease to create a local overload on the side
- Slow break means no clear numbers advantage

Lesson 4.2: Slow Break Situations

In a slow break, there is no numbers advantage since trailer is not far behind. Players should push the ball through x and attack back side while looking for cutters. Long stick mid (LSM) should cut through and remain on crease until possession is established and transition is clearly over. Players joining in late should cut to the posts looking to stretch the defense.
Lesson 4.3: Overarching Principles for Transition Defense

- Get inside the crease and slide out (Inside Out Defense)
- Stop the ball
- Recover to the middle when beat or after passes
- Know your setups on 3 v 2, 4 v 3, 5 v 4, and 6 v 5 (shape)
- Goal is to slow the break into a settled 6 v 6 or to force a bad play by the offense

Paint, Time, Pass - Get into the Paint, buy Time and Force Passes (PTP)

5v4 Set Up for Defensive Transition - Box Rotation

6v5 Set Up for Defensive Transition - Box and 1
Transition Drill: 5 v 4 Field Transition Drill

Objective: Work a full field clear into a 5 v 4 fast break. The drill works to push an overload on one side in a 5 v 4 setting. It will also get your players running the field and using field vision to make the right play based on where the defensive

Description of Drill-Execution
- Ball starts at right end line, M1, M3 release from lines and clear the ball.
- Defensive Middie #1 releases from midline and can jump the ball or drop in.
- If he jumps, attack 4 v 3 with quick pass to M3, top ball side attack(A1) must drop into hole and A3 must balance set.
- If DM drops in, create a 3 v 2 local overload on one side. (avoid 5 on a die offensive set)
- After play finished, reverse direction and release M5 and M6 from behind left goal and repeat drill going opposite direction, blue DM#2 releases and chooses.

Skills Practiced
- Communication
- Field Sense and Vision
- Finding the Open Player
- Working the Overloaded
- Running the Field

Variations/Progression/Increased difficulty
(As your players improve their skills incorporate the following...):
To vary the drill you may want add more players or remove players to create vision. You may also want to move the midfielders up to half field and have your goalie re-clear the ball back up to the midfielders at the midfield line. This will get your goalie involved with clearing back up the field.
Transition Drill: 6 v 5 Scramble Drill

Objective: This drill will teach your defense to clear the ball as soon as they gain possession. The drill will also teach your offense to push for goals after gaining possession or hold the ball in the box when you are killing penalties or under two

Description of Drill-Execution

- Players are set up around the outside of the box.
- Coach rolls ground ball into corner, players release and attempt to gain possession.
- Defense must clear midfield line to win.
- Offense must score within one minute of possession or hold the ball for one minute in the box (no shot allowed).
- Extremely competitive, high intensity, short duration drill, perfect ending to a great practice.

Skills Practiced

- Communication
- Field Sense and Vision
- Ground Balls
- Ball Possession
- Situational Play
- Clearing for Defense

Variations/Progression/Increased difficulty

(As your players improve their skills incorporate the following...):

To vary the drill you may want to split the box with cones and keep half the players on one side and half the players on the other side to team overloading and limit your players from losing field position when coming off ground ball pickups. You may also add a cone in the middle of the box and have your defense drop in first, touch the cone, and then attack the offense.
LESSON 5:
Clearing & Riding

Objective: In this lesson you will understand the rides and clears to use in two situations on the field and be able to teach the players to understand and react in the situations presented.

Clearing

Lesson 5.1: Overarching Principles of the Clear
- Get middies out for quick outlet
- Take advantage of the extra man on defensive end of the field
- Switch fields and pass back as needed
- Be aware of the offside player staying on-sides

Lesson 5.2: Types of Clears

Settled Clear

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- M1 has ball to start. He always has on-sides responsibilities if he passes it away.
- D2 must get back on-sides if M1 carries the ball. Any clearing team player that M1 approaches should be moving towards their offensive box, but remaining a help opportunity.
- D3 can also step over mid-field to receive pass, provided D2 is on-sides.

Clear from a Shot

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- Goalie makes save and yells “clear.”
- Defensive mid who’s man shot breaks for midfield/sideline.
- LSM goes straight up field to keep his player on the field.
- Remaining mid breaks for opposite sideline/midline.
- Crease defense stays home for first pass, then breaks toward pass.
- Wing defense does a C cut away from goal to receive pass.
- Attack must rotate as transition occurs, pushing ball through X on slow breaks.
**Riding**

**Lesson 5.3: Overarching Principles of Riding**

- First line of a great defense
- Riding attack must be best hustlers and anticipate ball movement
- Prevent the quick transition
- Stop ball advancement, turn the ball carrier back and work the clock for the 20 second call
- Force cross field passes by long poles
- Account for all middies and attack

**Lesson 5.4: Types of Ride**

**Match (Man to Man) Ride**

- After a shot all players will drop back, Midfielders go to midfield line and attack to the attack zone, first.
- They then look to match up 1 on 1 with another player from the other team, midfielders match midfielders and attack players match the defense
- Goalie is left open with the ball as all other players look to guard 1 player and force the goalie to force a bad pass.

**Straight Zone**

- After a shot all players will drop back, Midfielders go to midfield line and attack to the attack zone, first.
- They then look to occupy certain areas of the field and take up as much space as possible
- When a player enters that area, the riding player will match up and cover them on the ride.
- Zones are used to slow the ball down and prevent the other team from getting transition opportunities.

**Notes:**
Mixed Ride (Man and Zone Components)

- Midfield and Attack players will work in separate groups
- The attack players look to box in the ball carrier on a part of the field, take away passing lanes, or put pressure on the goalie in certain situations
- Midfield players will either look to take away options down the field, match up, or trap the ball carrier in certain areas to force turnovers.
- This type of ride allows teams to utilize aspects of both the match and zone rides

Riding after a Shot on Goal

- After the shot, middies must get back to at least the restraining box and more likely the midline. This prevents fast breaks and allows the team to keep the ball in front to set up our ride. Middies will lock on opposing middies. Sub if possible for LSM.
- Defense must lock on and shut off their attackmen in the far end. Do not allow a “free” clear. Let the goalie bring the ball up.
- The attack must get up field to the midline and clog up the midfield as a zone. Teach players to not allow their man to get by with ball.

2-1-3 V Ride: Out of Bounds Play

- If the ball goes out of bounds on the sideline, set up 2-1-3 above the ball
- If out of bounds on the endline, attack ride with two attack chase and one safety
- Lock on all middies and attack and play zone against their defense and goalie with your 3 attack
- Can invert the V to slow the clear and run a 1-2-3 instead

Notes:
Lesson 6: Coaching Offense

Objective: Using the 1-4-1 formation as an example, coaches will learn how to apply assessment and teach overarching principles to reinforce team concepts in a team offense.

Lesson 6.1: Overarching Principles for Offense

- Offensive positioning and responsibilities are based on players’ relationship to the ball
  - Players should be in constant motion
    - Catching, throwing and shooting should all occur while moving
    - Ball carrier should force defensive slides to gain numbers advantage and high percentage shot opportunities
    - Off-ball players need to move without the ball to be a threat, create space, give help and take a defender away from the ball
- Move the ball
  - Don’t hold the ball, or stay in the same place for more than three seconds
  - Force a defensive rotation (change who has ‘back’ on D) with a pass
- Balance the field
  - Don’t allow one player to cover two players on the field
- Attack the defensive player to initiate your offense
  - Test your individual defender to generate movement
  - Find the weaker players on the opposing team
  - Use dodges and picks to create opportunities for your offense
- Attack the backside of the defense
  - Take advantage of aggressive defense that is over committing to the ball, or a defense that is not recovering to the hole by moving the ball quickly to the backside (off ball side) of the defense

Coaches need to understand the advantages and disadvantages of various offensive sets when considering what formation will best allow their players to thrive on the field based on their skills now and where you would like them to be at the end of the season.
Lesson 6.2: Teaching the 1-4-1 Offense

This section will use the 1-4-1 offense as an example of applying the coaching method of teaching overarching principles and using player assessment to guide decisions. These ideas may be applied to any offensive scheme. US Lacrosse uses a series of small drill progressions to develop the offense.

Advantages of the 1-4-1 offense
- Allows dodgers great opportunities
- Spreads defense for many 2 v 1 opportunities
- Causes problems for goalie with crease action
- Allows opportunities for inexperienced stick handlers on crease for success
- Good opportunities against a zone defense

Disadvantages
- Crease area may allow for easy sliding from the crease
- Advanced skills in the areas of dodging and passing are needed by players
- Longer passes for younger players

Application: What overarching principles would you need to practice with your player to help them execute this offense? What drills would you use to practice these principles?

Principles for Ground Balls in Offensive End:
- Double pressure to recover ball
- Attack immediately
- Push ball 2-3 quick passes
- Defense likely to be out of position and in unfamiliar slide situations
  - This is a good chance for a mismatch, quick hit play, best chance to score is always in unsettled situations

Using player assessment to determine your offense
Again using the 1-4-1 as an example, it is important for coaches to know the skills that will allow players to succeed in certain positions within the offensive scheme.
Below you will find the necessary skills for each position in the 1-4-1:

1-4-1
- Sub letter is the position of the ball and where dodge will start from on the field
- Locations on the field based on abilities — O_C may change with O_L

Application: What skills would you work on with your players to improve their ability to play any of the offensive positions in this formation? How would you build a progression to work up to game-like situations?
Settled Offense Skill Development Drills

X Dodge and Crease Picking

Objective: To practice various dodges from B and the movement of the crease players in relationship to what side the ball comes from behind the goal.

Description of Drill-Execution

Ball starts with a player behind the goal at B. Which ever hand the ball carrier begins this will let the crease players know that the ball carrier will be dodging back to the opposite hand and coming around the goal to make a pass to the crease player cutting. The crease players need to be opposite and away from where the ball will be coming.

Skills Practiced

- Dodges being made from the ball carrier at B.
- Positioning and location for the crease players
- Crease picking – pick and turn to back up pass. Movement of the players in the offense.
- Timing of pick in relationship to the ball.

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...):
- As the players become familiar with the movement and dodge, to increase the difficulty for the offense crease can pick and re-pick, and pick and roll. Drill can also be done with the man at the top of the diamond and crease players then go low away and opposite.
Settled Offense Skill Development Drill

Wing Dodge and Crease Picking

Objective: To practice various dodges from the wing and the movement of the crease players in relationship to which wing the ball starts.

Description of Drill-Execution

Ball starts at wing. The crease players need to be opposite and away from where the ball will be coming.

Skills Practiced

- Dodges being made from the ball carrier at wing.
- Positioning and location for the crease players.
- Timing of pick in relationship to ball.
- Crease picking – pick and turn to back up pass. Movement of the players in the offense.

Variations/Progression/Increased difficulty

(As your players improve their skills incorporate the following...):

As the players become familiar with the movement and dodge, to increase the difficulty for the offense crease can pick and re-pick, and pick and roll.
Settled Offense Skill Development Drill

Diamond Movement – Wing / B / Top

Objective: To allow players to recognize the movement of the players at the points depending on where the dodge to start the movement originates (B, wing or top point).

Description of Drill-Execution
A player is located at each the point of the diamond. Ball is thrown around the diamond. A call is given to designate who will dodge to start the movement. As the ball gets to that location the player will start with the ball in one hand, dodge and drive toward the goal with the other off the dodge. Movement by the other players will depend on the direction and location.
LESSON 7:

Coaching Defense

Objective: Using the 1-4-1 formation as an example, coaches will learn how to apply assessment and practice overarching principles to achieve a team defense.

Lesson 7.1: Overarching Principles for Defense

- Players must communicate
  - Ball position, who has ball, who is help, who is covering two, check sticks, clear, etc.
- Defensive positioning and responsibilities are based on your relationship to the ball
  - On ball (playing the ball carrier) – skills are Approach, Footwork, Checks & Holds
  - Off ball (help position) if one pass away, two passes away or covering the backside (farthest from the ball)
    - skills are communication, sliding, crease coverage
- Play defense with your feet and head vs. stick and shoulders
  - Move your feet and leverage your body position to direct the ball carrier where you want him to go (into your help/slide)
- Play from the ‘inside-out’ (stay home)/ Extend and Recover
  - Cover the hole, extend (push out) on player receiving the ball
  - Recover back to the hole when your man passes the ball
- Attack bottom hand of the ball carrier
  - When approaching a ball carrier direct checks to his bottom hand to disrupt his rhythm and passing ability

You can’t (necessarily) dictate what offensive set opponents use but your athlete assessments will help you to determine:

- Which players are best suited for each defensive position
- Slide packages (adjacent or crease)
- Whether to use aggressive “pressure” defense or more passive “sloughing” defense or zone defense
- 1v1 matchups and shut-offs

There are three primary areas coaches must work on to develop players’ defensive skills:

- Playing the ball carrier:
  - Drills: Run the Arc, Funnel Drill, Extend and Recover, Lob and Dodge
- Off-ball positioning and sliding
  - Drills: Defend the Hole, Out of Dodge, Settled D – Ball and Back Drill
- Defending the players on the crease
  - Drill: Feed the Crease, Survivor Drill
Prerequisites for choosing a slide package to defend against a 1-4-1 offense and how it ties back to the player assessment

- Prerequisites for adjacent slide package
  - Fast and agile defenders – must make long slide
  - Able to anticipate the flow – this helps to cut down on slide distance
  - Tough, focused crease defenders who play picks well
  - Goalie who handles screens and outside shots well

- Prerequisites for crease slides
  - Good communication between crease defenders and the player with backside coverage (always changing as ball moves). This responsibility is critical.
  - Good field sense, anticipation--2nd and backside slides must anticipate slides to shorten distance and cover the crease
  - Quickness
  - Playing the crease
  - Playing picks
  - Goalie who handles inside shots well

How can these principles apply to other defenses against other formations?

Principles for Ground Balls in Defensive End:

- Double on all ground balls if possible
- Encourage persistent doubles
- Push for quick turnover
- Pressure delays ball motion which allows your players time to recover, reposition, “number up”

Lesson 7.2: Defending the 1-4-1
Settled Defense Skill Development Drill

Run the Arc

Objective: To practice defensive positioning and holds at the Goal Line Extended when playing a ball carrier from behind.

Description of Drill-Execution

Start a line of defenders and a line of “dummy” attackmen on the end line behind the goal. On a coach’s whistle, the first attacker drives in his right hand towards the right side of the goal. The first defender beats him to a spot at the GLE, wheels his hips around, and turns him back towards X using a cross forearm, or top hand hold. The attacker rolls back, goes through X, and then drives in his left hand towards the left side of the goal. Again, the defender beats him to a spot at the GLE, wheels his hips around, and turns him back towards X. This pattern repeats itself until the defender has successfully turned his man back twice on each side. Then, players rotate positions.

Skills Practiced

- Defensive positioning vs dodger from X in a 1-4-1 offense
- Hand and footwork for defensive holds
- Execution of the Cross Forearm and Top Hand hold.

Variations/Progression/Increased difficulty

(As your players improve their skills incorporate the following…):

To increase the difficulty for defenders, challenge them to perform the same drill without sticks or with short sticks. To increase the difficulty further, increase the pace at which the dummy attackmen run. To increase the challenge even further, increase the time or number of repetitions that defenders play each time. Also run live 1v1 from X to simulate game conditions. *Can add a Crease A/Crease D to practice turning back dodging attacker and sliding from the crease.
Settled Defense Skill Development Drill

Funnel Drill

**Objective:** To practice defensive positioning and holds when playing a ball carrier from up top to direct ball carrier down the alley, or to the backline (GLE).

**Description of Drill-Execution**

Start a line of defensive Middies and a line of “dummy” offensive Middies outside the restraining line. On a coach’s whistle, the first ball carrier drives in his right hand towards the right side of the goal. As the dodger makes his move to the goal, the first defender turns his hips and positions his feet so they point to the sideline to ‘takes away’ the middle of the field. The defender establishes contact with a “Top Hand Hold” by placing his top hand (here, his right) on the ball carrier’s lead shoulder and his bottom hand on the ball carrier’s lead hip, being sure to allow only his gloves (and not his stick) to make contact with the ball carrier. If the dodger attempts to roll back, the defender maintains contact, stays topside and drives defender down the alley into the slide.

Also run this drill with dodger from the wing – defender must stay ‘topside’ and funnel dodger behind GLE using top hand hold to funnel dodger toward GLE (see X2/D2 in diagram) work both sides of goal/both hands.

**Skills Practiced**

- Defensive positioning vs a dodger from up top in the 1-4-1
- Hand and footwork for defensive holds
- Taking away the middle of the field, or taking away ball carriers strong hand while funneling him to the alley/help

**Variations/Progression/Increased difficulty**

(As your players improve their skills incorporate the following…):

To increase the difficulty for defenders, challenge them to perform the same drill without sticks or with short sticks. Can add a Crease A/Crease D to practice driving the dodging into the slide from the crease (or from adjacent defender).
Settled Defense Skill Development Drill

Extend and Recover

**Objective:** To improve on ball & off ball defensive positioning, including approaching ball carrier & recovering to ‘hole’ in good ‘help’ position after a pass is made.

**Description of Drill-Execution**
Start as modified 2v2, with 2 offensive players moving the ball back & forth forcing the defensive players to move into correct position – when your man is receiving the ball you should ‘extend’ to ball, break down, and check his bottom hand. When your man passes the ball you should drop step, turn in the direction of the pass/ball, with your stick up & in passing land while quickly ‘recovering’ to a good ‘help’ position in the hole. When playing off-ball you should maintain the “man-you-ball” triangle.

D is playing ball carrier X1. When X1 passes to X2, D1 drop steps, turns toward ball and recovers to help position in the hole. D2 simultaneously extends to play X2 receiving the pass.

**Skills Practiced**
- Correct footwork (drop step, turn to ball) when recovering to hole
- Understanding of correct off-ball, or ‘help’ position
- Conditioning

**Variations/Progression/Increased difficulty**
(As your players improve their skills incorporate the following…):
This drill can be expanded to 4v4 where 4 defensive players are in constant motion moving to ‘on-ball’ or ‘off-ball’ positions as the ball is passed around perimeter. To add increased difficulty and communication see “Defend the Hole drill”
LESSON 8:
Extra Man Offense and Man Down Defense

Objective: In this lesson, you will understand how to apply overarching lacrosse principles in an EMO and MDD, understand how to teach players to run a 1-4-1 EMO and how to defend against it, understand how to teach players to run a 1-3-2 EMO and how to defend against it.

General Ideas
• Knowing your players’ strengths is critical for “special teams”
• These are game changing situations for either team
• It is key for players to understand how to apply the overarching principles in both situations

Lesson 8.1: EMO – Extra Man Offense - Overarching Principles
• Move ball quickly – don’t dodge (force defensive movement)
• Make the defense rotate
• Resolve defense to a 2 v 1 then 1 v 0 (attack splitter, high percentage shots)
• Draw defender before passing
• Create advantages by looking for opportunities to skip passing
• Spread defense making slides long – opens passing lanes
• Understand flow between formation (1-4-1 to 1-3-2)
• Be quick – don’t hurry
• Back up shots

Notes:
Lesson 8.2: EMO - 1-4-1

- Phase 1: “Spin” the ball quickly around the perimeter starting with X3

EMO - 1-4-1 to 1-3-2

- Phase 2: The play actually begins when the ball reaches X3 again, he carries the ball to his right (direction can easily be reversed) and X5 “pops” up. The 1-4-1 begins to morph into a 1-3-2.
**EMO - 1-3-2 Rotation**

- Phase 3: X3 reverses the direction of the ball, passing to X5. As X5 passes to X4, X1 and X6 “mumbos" with X1 cutting to high crease.

- Phase 4: Options available to X4
  - X1 cutting towards him
  - X2 cutting up from behind or is the back up if X1 gets the pass
  - X6 readt to back up shot or receive cross cage feed

**MORPHING EMO**

1-4-1 to 1-3-2 EMO

*Use any standard QR code reader to see this play in action*
- Phase 5: Options available to X2
  - Quick inside shot
  - Quick feed to X1 for a close shot
  - Feed to X5 for outside shot

Lesson 8.3: Overarching Principles for Man Down Defense

The over arching principles for any Man Down Defense (MDD) will be the same (see list at beginning of this Lesson). Choosing a particular defense will be dependent on what the EMO is and what your players’ abilities are.

The basic defensive fundamentals and overarching principles apply during a man-down situation

- COMMUNICATION is key (enabling slides)
- Protect the crease – prevent inside shots less than 10 yards – stay tight
- Sticks up and in passing lanes, discouraging passing lanes
- Patience
- Pressure ball, play 2 adjacent passes and split 2 players on the backside
- Kill time
- Force easy passes to defend (prevent skip passes)
- Rotate to the ball or in opposite direction of ball
Lesson 8.4: MDD – Rotations (Four man rotation against 1-3-2)

Example 1: Basic 2-1-2 MDD alignment against a 1-3-2 EMO

The short stick middie is assigned to cover the crease player and not rotate (hence; four man rotation). Player assessments will guide you on who plays this position. Examine how the overarching principles are applied and how the players actions are dictated by their relationship to the ball.

Figure 1

- Phase 1: X1 has the ball (Fig 1)
  - D1 plays the ball carrier X1
  - The adjacent players X2 and X6 are loosely played by D2 and D5 respectfully.
  - D3 is preventing the skip pass to X4. Perimeter passing is more acceptable than a skip pass to an open player.
  - SS is fronting the dangerous crease player to prevent a high percentage shot
• Phase 2: X1 passes to wing player X2 (Fig 2)
  - D2 plays X2
  - D1 sloughs back towards crease to give added support
  - D3 is ready to slide onto X3 should ball rotation continues counter-clockwise.
  - D3’s rotation is clock-wise
  - D3 wants to try to keep ball on the original side on the field (preventing the ball rotation onto X4)
  - As you view diagram, notice that the defense is favor the ball side of the field.
  - SS should reposition himself to proper defensive play
  - D5 prevents the skip pass

**Figure 2**

• Phase 3: Ball moves to X3 behind (Fig 3)
  - D3 plays X3 by pressuring X3 from the opposite side from the rotation of the ball.
  - D2 and D5 loosely play the adjacent players and prevent any skip passes.
  - SS is preventing any feeds to the crease
Phase 4: X3 passes to X4 (Fig 4)
- D5 steps out to pressure X4
- D3 quickly returns to the crease area
- SS establishes good defensive positioning
- D1 favors X6
- D2 prevents a skip pass to X1

Phase 5: Ball is moved to top of box (see Fig 5)
- Notice that the shape of the defensive formation is basically the same as Fig 1 only the players have shifted one position clock-wise due to the rotation.
Example 1: Basic 2-1-2 MDD alignment against a 1-3-2 EMO

The defensive overarching principles hold true for the five man rotation as well. In the five man rotation all five members of the defense are a part of the rotation. The five man rotation’s slides are shorter than the slides of a four man rotation. When running a five man rotation, it is important that your splitting defensemen slough all the way to the backside of the crease guy, because no defender is assigned to cover him. This defense should also limit the opposition to outside shots if run correctly. It is important to remind your players that all five defenders will, at some point, be responsible for covering the crease man. The following diagrams show the rotation on the defensive players.
Lesson 9:

Goalie Play

Objective: In Level 1 we covered the basics of preparing a goaltender for play. This chapter on goal tending will help you teach you goalie more advanced techniques such as:

- Stance Adjustments
- Types of Arcs
- Stopping shots in close and on the run
- Playing feeds from behind
- The goalie’s role in clearing
- The goalie’s role in a team defense

9.1 Overarching Principles of Goalie Play

- See the ball, stop the shot
- Be in a ready position at all time when the ball is in the Midfield areas.
- Stay hip in hip with the shooter as he moves
- Keep your eyes on the ball at all times.

9.2 Stance adjustments: Lower vs. Higher Stance

Once a goalie has mastered the fundamental concepts from Level 1 of properly positioning their body and stepping to the ball, you can begin to have them experiment with different stances. Often times, a taller goalie will have difficulty with lower shots. Try having them sit a little lower in their stance, thereby reducing the distance they need to cover in order to make low saves. It is also widely believed that it is easier for a goalie to “come up” and make a high save, than it is to “drop down” and make a low save. The advantage for this type of stance is not limited to just making low saves easier. Many goalies will use this stance to “bait” a shooter into shooting high, where they are more confident in their ability to make the save. Additionally, goalies should make an effort to keep their stick at a position even with the cross bar of the goal. It is important to note that if a goalie is too low in their stance, it can work against them and make saving high shots more difficult, especially for younger goalies that may not yet have the leg strength to make explosive movements.

Some goalies find more comfort in playing a higher stance. Typically these goalies have exceptional hand speed and reactions to make the saves on low shots. The advantage to the higher stance is that is discourages shooters from shooting high on the goal and tempts them to shoot low or bounce shots which these goalies feel most confident in saving, as they can get out to the ball quicker and reduce the chances of the bounce shot deflecting past them.

Either stance is correct, provided the goalie maintains an athletic position that allows free movement of the feet and body in any direction. Your keeper may find that by lowering or raising their stance even just an inch, they have greater success in stopping the shots.

Another aspect of stance is the positioning of the goalie’s feet. Some goalies swear by keeping their toes pointed straight at the shooter and other will say that the goalie should open their feet up (duck-footed) as a way to help them make the first step in the correct direction for a shot. If your goalie has solid base skills, this may be a small change that can help give them an edge on shooters.
9.3 Different Arcs

In addition to working with their stance, goalies will often choose to play a different “arc.” The arc is the path on which a goalie moves their feet in relation to the goal line. There typically 3 arcs that a goalie can choose from:

- **High Arc:** When playing a high arc, the goalie will typically be 3-4 steps off of the goal line. The advantage to this style is that it makes the goalie appear “bigger” to the shooter, thereby forcing them to take poor angle shots or shoot around the goalie and hopefully wide of the goal. While this is an advantage, it should also be noted that there is a significant disadvantage to this, as the reaction time the goalie has to the shot is reduced. Goalies with quick footwork may choose to play a high arc, as they can cover the ground quickly if need be.

- **Low Arc:** A goalie playing a Low Arc will find themselves 1-2 steps off of the goal line. This allows them to present as a bigger obstacle, but also allows for more reaction time in playing the shot than a High Arc will. This arc is recommended for goalies with average foot speed, as it does require movement.

- **Flat Arc:** The Flat Arc requires the least amount of movement of the three arcs discussed in this chapter. It is recommended for goalies with slower foot speed and those who may take up more space in the goal. Starting with their heels nearly on the goal line, the goalie typically gets from center to either pipe in 1-2 steps. This also allows the most reaction time of the arcs discussed in this chapter, although it does leave significant space for a shooter to choose from.

Some goalies will play a combination of arcs, based on the location of the ball. They will use a High Arc when the shooter is 10-12 yards away and then step back into a Low Arc once the shooter gets within 5 yards. Knowing where you are on the arc is also invaluable. Goalies should be encouraged to find a method for knowing their position on the arc, such as a landmark or field markings. Many times you will see a goalie “check pipes” with their stick to help in determining their location. This should be discouraged, as a good shooter will watch for this and try to time their shot during one of the checks. Instead, encourage you goalie to use the feeling of their heel against the pipe to know when they are in position.

Regardless of the arc that a goalie utilizes, there are other fundamental skills they will need to incorporate to take their game to the next level.

9.4 Stopping the Shot

On the Run: In warm-ups, most shots are taken by a stationary shooter, but in game play very few shots are taken from a static position. Most shots come when the shooter is in the act of sweeping, dodging, or moving away from pressure. To be successful at stopping shots from a moving player, the goalie must:

- Maintain good position while on the arc.
- Move along the arc as the shooter moves, keeping “hip in hip” (squared) with the shooter or a half step behind them to discourage the shooter from shooting towards the back pipe.

To practice these skills, the coach can begin moving from left to right and having the goalie take small steps along their arc to see how little movement (see image 9.4) they really need to make to be in position. As the goalie progresses with staying “hip in hip” the coach can increase the speed at which the shooter moves from left to right and the goalie can also experiment with staying a half step behind the shooter’s motion on the arc to discourage shots to the back pipe.
Image 9.4

Staying Hip in Hip with the Shooter

Top Center Shooter

Top Left Shooter

Top Right Shooter

Notes:
Lesson 9.5: Playing the Ball

When ball is back right (behind)

Ball Goalie is facing the ball behind the goal. Right foot is in the middle of the goal and the left foot is on a 45-degree angle. Feet are shoulder-width apart.

Goalie keeps his position as the ball moves behind the goal on the right side.

As the ball approaches GLE, the goalie simply takes one step so both feet are parallel to the pipe.

Drill: Have a player carry the ball behind the goal on the right side. Coach should simply watch the goalies feet position as the player moves with the ball. Note: Stick should always be in the “ready position” to intercept a pass or to make a save from a shot after a feed.
When ball is back left (behind)

Goalie is facing the ball behind the goal. Left foot is in the middle of the goal and the right foot is on a 45-degree angle. Feet are shoulder-width apart.

Goalie keeps his position as the ball moves behind the goal on the left side.

As the ball approaches GLE, the goalie simply takes one step so both feet are parallel to the pipe.

Drill: Have a player carry the ball behind the goal on the left side. Coach should simply watch the goalie's feet position as the player moves with the ball. Note: Stick should always be in the “ready position” to intercept a pass or to make a save from a shot after a feed.

Notes:
Playing the Feed

As the ball is fed to the top right side, the goalie turns towards the ball.

Right foot rotates to the ball
Left foot is a pivot foot

As the ball reaches the shooter, goalie is in proper positioning simply by turning on his left foot—his pivot foot.

Right foot is shoulder-width apart from left foot
Left foot is a pivot foot

Note: Remember, as the ball is fed from behind the goal to the top side, the left foot pivots as the right foot follows the ball. The goalie should keep his stick in the “ready” position as he makes his turn, and look to keep his hips in line with the shooter after he makes his turn.

Notes:
9.6 Role in Clearing

Solid goaltending is not only the backbone of a great defense, but it is also the trigger for a potent offense. When a goalie has the ability to make saves and quickly redirect the ball up-field, they have become a game changer. Goalies should be encouraged to make as many saves with their stick as possible. This permits them the ability to get the ball back into play quickly. Clearing can be thought of as a progression, much like the reads a quarterback in football might make. Successful clearing goalies will make the following “reads”:

1. Where the ball came from. The goalie should look for the defender that was covering the shooter, as they should be open for a fast break the other way.
2. Designated clearing player. Many teams will have a player designated to stay low and support the goalie on the clear. In the event of a shot and save, most players are running away from the goal to preparing to ride and clear. The designated clearing player will be coming back to the ball to help the goaltender.
3. Defenders breaking out to wings. Defenders should be breaking out to the wings, away from the center of the field. These players can be used to start a “numbers” advantage on a side of the field and make the clear easier.
4. Players entering the field from the substitution area. As defensive players substitute off for offensive players, the goalie may see one of the incoming offensive players near the midfield area open for a long outlet pass. Some teams will also have attack players cross over the midfield line to assist in the clear.
5. Only under dire circumstances should the goalie “chuck it” down field. This is commonly called a “Gilman” clear and is typically not very effective and often results in a “50/50” ball that your team may not gain possession of and then be forced to play defense again.

Should the goalie get into a situation where none of these reads are available within the 4 seconds allotted for crease protection, the goalie should go out the back side of the crease and look to carry the ball to one side or the other and create an overload on that side of the field.

Image 9.6

In the situation diagrammed above, once the goalie gives the “Break” call:

1. M3 was covering the Shooter and breaks out and away from the shooter to receive the first pass. He can become a fast break if the goalie gets the ball out fast enough.
2. M2 is the second look, as he will break up-field and back towards the goalie hoping to get open for an easy short outlet pass.
3. D1, D2, or D3 are the next best option as there is a clear numerical advantage for them. They can create an overload situation on one side of the field, thereby making the clear relatively easy.
4. M1 entering the field of play from the substitution box is the 4th read especially if LSM1 can get off the field quickly. LSM1 should also be encouraged to be aware and look for a pass, in the event that the offensive player he was covering (M1) makes an immediate break for the substitution box.
9.7 Role in a Team Defense

- **Even Strength:** The goalie is the quarterback of the defensive side of the field. They must constantly be in communication with the defense, telling them where the ball is on the field (Image 9.7a) and when and who is responsible for sliding (Image 9.7b) should the on-ball defender be beat by a dodger. It should be noted that these positions are based on the goalie’s perspective. Failure to do so makes it very difficult for the defense to structure themselves as a single unit.

- **Man Down:** In a man down situation the goalie is responsible for the same communications, but must make the decisions faster and add the “Rotate” call to tell the defense when to change positions. There is more on Man Down defense in Chapter 8 of this workbook.

In a crease sliding defensive scheme, the goalie would communicate the following to the team defensive unit:

- “Tom, you’ve got ball, turn him!” – telling Tom to not allow the dodger to get top-side into a shooting position.
- “Chris, you’re 1!” – tells Chris that he is the first slide if Tom gets beat.
- “Jeremy you’re 2!” – tells Jeremy that he must cover the crease man when Chris slides.
- “Jeff, Hold!” – tells Jeff to stay on his man
- “Kenny, Hedge!” – tells Kenny to slough down towards Jeremy in case he needs to replace Jeremy.

If Tom get’s beat, the goalie is calling:

- “Fire” – tells the defense to rotate
- “Chris, stop ball!” – tells Chris to stop the ball
- “Jeremy, get inside” – tells Jeremy to shut off the crease player
- “Kenny, Drop!” – Tells Kenny to get low and take Jeremy’s man.
- “Tom, recover!” or “Tom, Double!” – Tells Tom to recover to the crease so the defense can reset or to double the ball and try to force a turnover.
9.8 Drills to develop skills from above

**Drill: Feed from Behind**

In this drill, have a feeder behind the goal pass the ball to a shooter in front of the goal. You can use one shooter who moves to different places on the field or several shooters. Have your feeder also move behind the goal so the feeds come from different spots on the field. Look to make sure your goalie is moving properly as the ball is fed.

**Drill: Feed & Shooting Topside**

In this drill, the feeders and shooters are all topside so you can work with your goalie on moving across the goal as he gets into position to make a save. Things to watch for:

- Make sure the goalie doesn’t drop his stick as he moves and stays in the ready position.
- Be sure the goalie keeps his balance as he moves his feet quickly and prepares for the shot.

9.9 Error Detection and Correction

<table>
<thead>
<tr>
<th>Error Detection</th>
<th>Correction</th>
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<tbody>
<tr>
<td>Goalie gets ahead of the shooter when moving on the arc.</td>
<td>Have the goalie take smaller steps when moving along the arc.</td>
</tr>
<tr>
<td>Goalie gets too far behind the shooter when moving on the arc.</td>
<td>Have the goalie take either quicker small steps, or take bigger steps.</td>
</tr>
<tr>
<td>Goalie steps to the side and does not step out to the ball.</td>
<td>Make sure goalie is maintaining ready position and is keeping their weight on the balls of their feet to allow correct stepping motion.</td>
</tr>
</tbody>
</table>
LESSON 10:
Wing Play on the Faceoff

Objective: Tips for making coaching decisions that will help maximize your team’s chances on faceoffs. In this lesson you will learn how to assess the skills needed for the faceoff man and for the wing players, the overarching principles for using long sticks on the wings, The overarching principles for how to prevent a fast break and how to teach your players how to apply all of these principles on the field.

Lesson 10.1: Skills needed for the faceoff team:
• Quick hands
• Strength
• Anticipation
• Balance
• Fast
• Ground ball “machine”
• Excellent communication
• Physical player who can out-muscle/outrun the opposing wing players

Lesson 10.2: How to use the long stick midfielder (LSM) on the wings:
• Option 1: One LSM on every faceoff
  - Put LSM on faceoff guy’s (FOG’s) left shoulder and pull ball back to LSM who will then pass up field to breaking wing short stick middie (SSM) or FOG if you win
• Option 2: Use two LSM’s if losing most of the faceoffs
  - Lock a SSM on the weakest attackman
  - Put a LSM at the faceoff X and force ground ball wars with the wing by preventing the FOG from getting the ball
  - If losing the game, send wing LSM straight to the defensive hole preventing fast breaks while surrendering possession for the most part (or at least reducing your odds somewhat)

Notes:
Lesson 10.3: Faceoff Positions

Faceoffs with 1 LSM

- LSM runs towards center and behind FOG. If your team wins the faceoff the ball will often come his way. This guy must have good stick skills. He picks up ground ball and looks to hit breaking M2. If your team is winning most faceoffs, M2 can break up field and A5 can drop low immediately.
- M2 goes in towards the offensive half of the field.
- Once we gain possession, if there is no fast break, then the LSM will sub out through midfield once possession has been established.
- If your team loses faceoff, then LSM is in the defensive end already.

Faceoffs with 2 LSM’s

- Using two LSM’s increases the odds of groundballs being won by our team and allows us to put more pressure on the ball before it enters the box.
- When “denying entry” into the box pressure the ball with a pole and shut off five other players. If you team gets the right matchup on the ball you can often force turnovers or a failure to advance call.
- Players must be willing to work hard for a short period of time and know when to concede entry to prevent fast breaks. Attack leave box immediately and hassle opponents middies until they cross the midline.
• This set will stop opponents fast breaks for situations where you are unable to win the faceoff and are getting frequently beaten with fast breaks.
• You can put a pole down on the faceoff. Do not let the faceoff middle get by your pole. You can also use a FOGO Mid and simply have him slow down the break.
• The LSM will head straight for the top attack if on that side, or to cut off the ball.

Lesson 10.4: Faceoff Team Practice and Teaching Progressions:
• Start with faceoff man drills and skills
• Teach wing play concepts
• Teaching implications for close defense when losing faceoff:
  - Might have to have a locked SSM in the hole (slide patterns)
  - Might have to accommodate a LSM “filling in the box”
• Teaching implications for attack when winning faceoffs
  - Might need to change set up to allow for an early wing middle release
  - Might need to change set-up to allow for early opponent LSM coming into offensive zone
  - Rotating attackmen during fast break to non-traditional formations interferes with standard defensive script
  - If losing the game, send wing LSM straight to the defensive hole preventing fast breaks while surrendering possession for the most part (or at least reducing your odds somewhat)
**Drills and Activities:**

For working on ground ball skills:
- Three ground ball drill
- Three Pressure Ground Ball Drills

For executing the faceoff:
- Faceoff practice: chops, steps, review basic faceoff moves (see Level 1 and 2 online courses for mechanics)

For developing team play:
- Fast break/transition progressions: 1 v 2, 2 v 3, 3 v 4 etc.

**Notes:**
Faceoff Drill: 3 ground ball faceoff practice drill

Objective: Practice faceoffs with both faceoff guys and wing payers, as well as having players run in and work for ground balls.

Description of Drill-Execution
Set up a faceoff with wing players and faceoff players. On the whistle allow both faceoff players to faceoff, and roll out balls to both groups of players running in on the wings. This allows for multiple groups to get reps with limited coaches and space.

Skills Practiced
- Ground Balls
- Situational Play
- Stick Handling

Variations/Progression/Increased difficulty
(As your players improve their skills incorporate the following…):
To vary the drill you may add attack and defensive players on both sides and have the faceoff players attack a goal if and when they win the faceoff.

Notes:
SAMPLE Boys Lacrosse Evaluation Criteria

NOTE: This document is for example purposes only and does not imply endorsement by US Lacrosse as the only means, criteria or level to evaluate players.

Sample Mission Statement
The [INSERT PROGRAM HERE] program is committed to providing all players with the opportunity to learn fundamental lacrosse skills, improve current lacrosse skills, learn the rules of lacrosse and learn to play with good sportsmanship. We will also provide an environment that will empower each boy to excel in the program and foremost to have fun. To help provide the boys with the best experience we have found that it is important to make sure players are competing with other teams at a similar level. For that reason, we have veteran coaches who will be reviewing each player’s skill levels at the indoor practices in [INSERT MONTH] as part of our regular evaluations. It is therefore very important that players participate in these practices. Below is an outline of the rating system that will be used and the criteria used to determine a player’s skill level.

Boys U11 Division

An A-Player is someone who has been playing 3 or more years and is EXCELLENT at:

- Catching and throwing with the dominant hand and comfortable switching hands.
- Scooping, cradling (2 hand and 1 hand cradling).
- Dodging and can effectively use a roll dodge, face dodge, inside-and-out dodge, split dodge and bull dodge and knows which one to use in different situations.
- Demonstrating sound field sense in live situations.
- Receiving feedback from the coach. Eager to learn more. Listens well. Willing to try new techniques.
- Working within various offensive schemes including a 2-3-1, a 1-4-1, 3-3, man-up and fast break situations.
- Passing and shooting under pressure, driving to the goal, picking and rolling and is comfortable in fast break or unsettled situations.
- Working within various defensive schemes including man-to-man, zone, sliding and man-down situations.
- Playing position defense, checking, holding, clearing and riding.
- Practicing on his own regularly and without encouragement.
- Understanding the rules of the game and understanding the various positions on the field.

A B-Player is someone who has been playing at least 2 years and is GOOD at:

- Catching and throwing with the dominant hand and is beginning to use the off hand.
- Scooping and cradling (2 hand and 1 hand cradling).
- Using 1 or 2 dodges on the field and is beginning to develop more dodging techniques.
- Exhibiting field sense.
- Receiving feedback from the coach. Eager to learn more. Listens well. Willing to try new techniques.
- Working within various offensive schemes but could still benefit from more instruction in working within one or more of the following: a 2-3-1, a 1-4-1, a 3-3, man-up or fast break situations.
- Passing and shooting, driving to the goal, picking and rolling and is comfortable in fast break or unsettled situations.
- Working within various defensive schemes but could still benefit from more instruction in working within one or more of the following: man-to-man, zone, sliding and man-down situations.
- Playing position defense, checking, holding, clearing and riding.
- Practicing on his own.
- Understanding the rules of the game and understanding the various positions on the field.
A C-player is someone who may have under 2 years of experience and is DEVELOPING:

- Catching and throwing with the dominant hand, and has not yet begun to use the off hand.
- Scooping and cradling (2 hand and 1 hand cradling).
- Using 1 or 2 dodges on the field and still needs to develop more dodging techniques.
- Field sense in live situations.
- A sound understanding of various offensive schemes including a 2-3-1, a 1-4-1, a 3, man-up and fast break situations that can be applied on the field.
- Techniques to pass and shoot, drive to the goal, pick and roll and is still getting comfortable in fast break or unsettled situations.
- Working within various defensive schemes including man-to-man, zone, sliding and man-down situations.
- Techniques to play position defense and apply checking, holding and clearing and riding techniques.
- A sound understanding of the rules of the game and understanding the various positions on the field.
SAMPLE Boys Lacrosse Evaluation Criteria

NOTE: This document is for example purposes only and does not imply endorsement by US Lacrosse as the only means, criteria or level to evaluate players.

Boys U13 Division

An A-Player is someone who has been playing 4 or more years and is EXCELLENT at:

- Catching and throwing with the dominant hand and the offhand.
- Scooping, cradling (2 hand and 1 hand cradling).
- Dodging at full speed and can effectively use a roll dodge, face dodge, inside-and-out dodge, split dodge and bull dodge and knows which one to use in different situations.
- Demonstrating sound field sense in live situations.
- Leading transitional tactics in game situations.
- Receiving feedback from the coach. Eager to learn more. Listens well. Willing to try new techniques.
- Working within various offensive schemes including a 2-3-1, a 1-4-1, 3-3, man-up and fast break situations.
- Passing and shooting with both hands under pressure, cutting and feeding, driving to the goal, picking and rolling and excels in fast break or unsettled situations.
- Exhibiting off-ball skills and tactics in settled as well as unsettled situations.
- Working within various defensive schemes including man-to-man, zone, sliding and man-down situations.
- Playing position defense, checking, holding, clearing and riding.
- Practicing on his own regularly and without encouragement.
- Understanding the rules of the game and understanding the various positions on the field.

A B-Player is someone who has been playing at least 3 years and is GOOD at:

- Catching and throwing with the dominant hand and is still working on using the offhand in game situations.
- Scooping, cradling (2 hand and 1 hand cradling).
- Dodging at full speed and can effectively use a roll dodge, face dodge, inside-and-out dodge, split dodge and bull dodge and knows which one to use in different situations.
- Demonstrating sound field sense in live situations.
- Transitional tactics and is still developing the skills to use them comfortably in game situations.
- Receiving feedback from the coach. Eager to learn more. Listens well. Willing to try new techniques.
- Working within various offensive schemes including a 2-3-1, a 1-4-1, 3-3, man-up and fast break situations.
- Passing and shooting primarily with the dominant hand under pressure, cutting and feeding, driving to the goal, picking and rolling and is comfortable in fast break or unsettled situations.
- Exhibiting some off-ball skills and tactics in settled as well as unsettled situations and could benefit from more instruction in these areas.
- Working within various defensive schemes including man-to-man, zone, sliding and man-down situations.
- Playing position defense, checking, holding, clearing and riding.
- Practicing on his own regularly.
- Understanding the rules of the game and understanding the various positions on the field.
A C-player is someone who may have under 3 years of experience and is DEVELOPING:

- Catching and throwing with the offhand and is comfortable using the dominant hand.
- Scooping, cradling (2 hand and 1 hand cradling).
- Dodging at full speed and is still developing techniques to effectively use a roll dodge, face dodge, inside-and-out dodge, split dodge and bull dodge and to know which one to use in different situations.
- Field sense in live situations.
- Transitional tactics and is still developing the skills to use them comfortably in game situations.
- Experience working within various offensive schemes including a 2-3-1, a 1-4-1, 3-3, man-up and fast break situations.
- Passing and shooting primarily with the dominant and is still developing the skills for cutting and feeding, driving to the goal, picking and rolling and developing the skills in fast break or unsettled situations.
- Exhibiting some off-ball skills and tactics in settled as well as unsettled situations and could benefit from more instruction in these areas.
- Working within various defensive schemes including man-to-man, zone, sliding and man-down situations.
- Playing position defense, checking, holding, clearing and riding.
- An understanding the rules of the game and understanding the various positions on the field.
SAMPLE Boys Lacrosse Evaluation Criteria

NOTE: This document is for example purposes only and does not imply endorsement by US Lacrosse as the only means, criteria or level to evaluate players.

Boys U15 Division

An A-Player is someone who has been playing 5 or more years and is EXCELLENT at:

- Catching and throwing with both the dominant hand and the offhand.
- Scooping, cradling (2 hand and 1 hand cradling).
- Dodging at full speed and can effectively use a roll dodge, face dodge, inside-and-out dodge, split dodge and bull dodge and knows which one to use in different situations and with either the right hand or left hand.
- Demonstrating sound field sense in live situations.
- Leading transitional tactics in game situations.
- Receiving feedback from the coach. Eager to learn more. Listens well. Willing to try new techniques.
- Working within various offensive schemes including a 2-3-1, a 1-4-1, 3-3, man-up and fast break situations.
- Passing and shooting with both right and left hands under pressure, cutting and feeding, driving to the goal, picking and rolling and excels in fast break or unsettled situations.
- Continuously exhibiting off-ball skills and tactics in settled as well as unsettled situations.
- Working within various defensive schemes including man-to-man, zone, sliding and man-down situations.
- Playing position defense, checking, holding, clearing and riding.
- Practicing on his own regularly and without encouragement.
- Understanding the rules of the game and understanding the various positions on the field.

A B-Player is someone who has been playing at least 4 years and is GOOD at:

- Catching and throwing with the dominant hand and can use the offhand if needed in game situations.
- Scooping, cradling (2 hand and 1 hand cradling).
- Dodging at full speed and can effectively use a roll dodge, face dodge, inside-and-out dodge, split dodge and bull dodge and knows which one to use in different situations and can use the offhand with 1 or 2 dodges.
- Demonstrating sound field sense in live situations.
- Transitional tactics and is still developing the skills to use them comfortably in game situations.
- Receiving feedback from the coach. Eager to learn more. Listens well. Willing to try new techniques.
- Working within various offensive schemes including a 2-3-1, a 1-4-1, 3-3, man-up and fast break situations.
- Passing and shooting primarily with the dominant hand under pressure, cutting and feeding, driving to the goal, picking and rolling and is comfortable in fast break or unsettled situations.
- Exhibiting some off-ball skills and tactics in settled as well as unsettled situations and could benefit from more instruction in these areas.
- Working within various defensive schemes including man-to-man, zone, sliding and man-down situations.
- Playing position defense, checking, holding, clearing and riding.
- Practicing on his own regularly.
- Understanding the rules of the game and understanding the various positions on the field.
A C-player is someone who may have under 3 years of experience and is DEVELOPING:

- Catching and throwing with the offhand and is good catching and throwing with the dominant hand.
- Scooping, cradling (2 hand and 1 hand cradling).
- Dodging at full speed and is still developing techniques to effectively use a roll dodge, face dodge, inside-and-out dodge, split dodge and bull dodge and to know which one to use in different situations.
- Field sense in live situations.
- Transitional tactics and is still developing the skills to use them comfortably in game situations.
- Experience working within various offensive schemes including a 2-3-1, 1-4-1, 3-3, man-up and fast break situations.
- Passing and shooting primarily with the dominant and is still developing the skills for cutting and feeding, driving to the goal, picking and rolling and developing the skills in fast break or unsettled situations.
- Exhibiting some off-ball skills and tactics in settled as well as unsettled situations and could benefit from more instruction in these areas.
- Working within various defensive schemes including man-to-man, zone, sliding and man-down situations.
- Playing position defense, checking, holding, clearing and riding.
- An understanding the rules of the game and understanding the various positions on the field.
SAMPLE Pre-Season Skill Assessment Practice Plan

NOTE: This document is for example purposes only and does not imply endorsement by US Lacrosse as the only means, criteria or level to evaluate players.

8:00-8:25 Skill Stations (5 Skills Stations)
- Pass & Catch Right Handed
- Pass & Catch Left Handed
- Over the Shoulder Pass
- Ground Ball Drill - 2 vs. 1
- 40 yard Dash (timed) 2x

8:25-8:45 One on One with Goalies in Net
- Attack vs. Defense and Mid. vs. Mid.

8:40-9:00
- 3 v 2 Uneven Situations (3 lines up top, Def enter from side of box)

9:00-9:20
- 4 v 3 Uneven Situations (attack comes from X and chooses side, middies/def react to this choice)

What to look for:

Catch and Throw (Both Hands)
- Hand near top of stick when catching
- Moves feet to receive pass near ear
- Moves into the ball, does not stop to catch
- Accurate passes (to partners ear)

Over the Shoulder Pass & Catch
- Breaks at 45° angle
- Switches hand on break
- Proper technique to catch over the Shoulder
- Ability to adjust to pass, switch hands and curl back to return pass to passer

Ground Balls
- Hand near the top of stick (attack middies only)
- Low body position, head over the ball when scooping
- Runs through the ball
- Does not shy away from contact with other players
- Ability to scoop with both hands

Individual Offense/Defense
- Dodging & Shooting Ability
- Stick protection
- Good defensive body position (body between opponent and goal)
- Good balance (equal pressure when in contact with opponent)
- Does not chase opponents stick (plays body)
- Good stick checks (pokes doesn’t slap, slash or go for “take away” check)

Team Offense/Defense
- Understands TEAM Concept
- Moves without the ball
- Head on a swivel, keeps ball and opponent in sight
- Looks to slide to help team mates
- Talks to team mates while ball is live

Rating Scale
5 Exceptional Skills, Top 5-10% of Group
4 Strong Skills, Well Above Average
3 Average Skills, Proficient but Not Stand-Out
2 Moderate to Weak Skills, Needs Some Work
1 Weak Skills, Lower 10% of Group
Basic Evaluation Plan

Description
Follow this guide to give your players some workouts that will improve their skills, but also guide lines of what evaluation testing you will be doing. Have them tested at the first practice on wall ball and/or shooting.

Equipment Needed
- Bag of at least 25 lacrosse balls (if not more)
- Stick
- Protective gear
- Goal
- Brick wall (or any wall you can throw against)

Progressions

Wall Ball
- Add more or less repetitions to each step
- Lower your hand down the pole when doing one-handed
- Add in Around-the-World passes

Shooting
- If you have a partner have them feed you and vice-versa
  - Or have them defend you while shooting
- Add in a fake before every shot
- Do every shot listed on the move

Wall Ball Routine
- 25 right hand
- 25 left hand
- 25 side arm right
- 25 side arm left
- 30 catch right throw left, throw left catch right
- 25 quick stick right
- 25 quick stick left
- 15 one-handed right
- 15 one-handed left
- 15 BTB right
- 15 BTB left

* BTB = behind the back
** Challenge yourself to get through the routine without a break or a dropped pass!

Shooting Routine (100 shots total)
When doing this routine remember to aim for corner and hip shots; vary your placement.

- 10 overhand right
- 10 overhand left
- 10 side arm right
- 10 side arm left
- 10 bounce right
- 10 bounce left

- 10 on the move right
- 10 on the move left
- 5 ¾ side arm rip shots right
- 5 ¾ side arm rip shots left
- 5 BTB rolling crease right
- 5 BTB rolling crease left
**Varsity Depth Chart Example**

**Description:** The following is just a basic example of what a depth chart can be for your team. Utilize the depth chart as a motivational tool for some players to get in gear and do their best. For other players this tool can be discouraging if they are not at the top. Be sure to only use a depth chart if it matches up with your team’s age and ability levels, you have communicated with each player as to where they fall on it and why, and you have data in some form to support your depth chart when asked by a parent, player, or administrator.

<table>
<thead>
<tr>
<th>Attack</th>
<th>1. D. Putt</th>
<th>4. A. Bomberger</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2. C. Rowe</td>
<td>5. J. Bridge</td>
</tr>
<tr>
<td></td>
<td>3. E. Bachman</td>
<td>6. C. Wells</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Midfield</th>
<th>Line 1</th>
<th>Line 2</th>
<th>Line 3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2. J. Williams</td>
<td>2. C. Snyder</td>
<td>2. A. Stanley</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Defense</th>
<th>Line 1</th>
<th>Line 2</th>
<th>Long Pole Midfield</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2. A. Right</td>
<td>2. A. Alverez</td>
<td></td>
</tr>
</tbody>
</table>

| Goalies                   | C. Delmonto | A. Ulk    |
APPENDIX B: Offense

Prerequisites for Players in a 2-2-2 Offense

Prerequisites for Defending a 2-2-2 Offense
Prerequisites for a 1-3-2 Offense

A
- Dodger
- Feeder

A
- Dodger
- Cutter (back door)
- Shooter

M
- Cutter
- Shoot in tight spaces

M
- Dodge/Sweep
- Outside Shooter

Prerequisites for Defending a 1-3-2 Offense

A
- Ability to Defend 1 v 1
- Pressure Feeder

A
- Play Cutter (back door)
- Ability to Defend 1 v 1

D
- Play Cutter
- Anticipate slides

LSM
- Ability to Defend 1 v 1
- Turn Defender into Slide
- Defend Dodge/Sweep

M
- Ability to Defend 1 v 1
- Turn Defender into Slide
- Defend Dodge/Sweep

SS
- Ability to Defend 1 v 1
- Turn Defender into Slide
- Defend Dodge/Sweep
Prerequisites for Players in a 1-4-1 Offense

Prerequisites for Defending Against the 1-4-1
Advantages and Disadvantages of Three Basic Offensive Formations

Advantages of the 2-2-2 Offense:
• Emphasizes offensive principles of two-man plays and maintains space between players.
• Less skilled players can be placed on the crease to get easy goals, while more skilled players can be placed on the perimeter.
• Encourages team work with two-man plays.
• Creates confusion in front of the goal for the goalie.

Disadvantages:
• The 2-2-2 can crowd the area around the crease with attack players, making it easier for the defense because the slides are shorter.
• Perimeter players are forced to make longer passes, which can be difficult for beginner players.

Advantages of the 1-3-2 Offense:
• This offense allows all players to be a part of the offense since all are expected to dodge to beat their defender, carry the ball to the next adjacent areas, and throw the ball to the next adjacent player. The alignment of the players automatically creates space for the dodges because they clear through to the next spot.
• It enforces the basics of the game, back door cuts, spacing, and balance.

Disadvantages:
• In this offense, at some point all players are responsible for carrying the ball, dodging and effectively beating a defender. Players whose ball handling skills have not developed fully may struggle a bit, but also may be placed as crease player.
• There may be some players that are not strong in these skills or at dodging and beating a defender. However, they could be effective in front of the goal as crease players such as in the 2-2-2.
• Defenses can tend to sag in and clog the spacing between players, making it more difficult to beat a defender. Defenses tend to sag when the offense has trouble rotating and passing the ball immediately to the next player.

Advantages of the 1-4-1 Offense:
• Allows dodgers great opportunities
• Spreads defense for many 2 v 1 opportunities
• Causes problems for goalie with crease action
• Allows opportunities for inexperienced stick handlers on crease for success
• Good opportunities against a zone defense

Disadvantages
• Crease area may allow for easy sliding from the crease
• Many advanced skills needed by players and opportunities are many
• Longer passes for younger players
### What to do in the 2-2-2 Offense when:

#### The ball is behind

<table>
<thead>
<tr>
<th>Players behind the goal can:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Ball carrier can drive to GLE &amp; ‘turn the corner’ for shot</td>
</tr>
<tr>
<td>• Off ball Attack can ‘mirror’ the ball carrier &amp; become outlet option</td>
</tr>
<tr>
<td>• Off ball Attack can pick to ball &amp; pop out to become outlet after pick</td>
</tr>
<tr>
<td>• Ball carrier can drive to goal and get to outlet after pick</td>
</tr>
<tr>
<td>• Ball carrier can come toward pick and reverse direction to try to ‘hang up’ his Def</td>
</tr>
<tr>
<td>• Feed crease from wings, or GLE</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Players up top can:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Make shallow cut toward crease when</td>
</tr>
<tr>
<td>• Attack on same side has ball - this can be for a feed, or to clear through to take defender away:</td>
</tr>
<tr>
<td>• V-Cut to become outlet</td>
</tr>
<tr>
<td>• Pick off-ball to opposite Mid</td>
</tr>
<tr>
<td>• Follow defenders slide to open spot for dump and shot</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Players on the crease can:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Position themselves 8-10 yards above the goal looking for feeds to the crease</td>
</tr>
<tr>
<td>• Constantly move - working the ‘rectangle’ making the crease defenders move, distracting them from help positions, etc.</td>
</tr>
<tr>
<td>• Stack (I formation) on pipe opposite the ball carrier as ball carrier drives to GLE</td>
</tr>
<tr>
<td>• Work hi-lo cut from stack as ball carrier approaches GLE - bottom player may look for backside cut too</td>
</tr>
<tr>
<td>• Position one on each pipe pick/re-pick based on position of ball behind</td>
</tr>
</tbody>
</table>

#### Coaching tips for offense when ball is behind

| • Make sure driving ATT doesn’t ‘drift’ too wide on drive to GLE |
| • Off ball ATT can’t be a ‘spectator’ must mirror ball and get to outlet |
| • Picks must be stationary and ball carrier must ‘rub shoulders’ with pick - don’t leave room for defender to fight over top of pick |

| • Cutter has to sell he cut - run hard and look for ball! |
| • Make sure cutter has stick in correct hand when cutting |
| • Picks must be stationary and ball carrier must ‘rub shoulders’ with pick - don’t |
| • Leave room for defender to fight over top of pick |

| • Watch position of crease attack (CA) - if they get too close to GLE they have no room cut to goal for feed and they crowd it for dodging ATT |
| • Pick/re-pick based on where the ball is - constant re-orientation is required by CA based on position of ball |
| • Check that CA are holding sticks in correct hand when cutting/receiving feed |

#### Ball is up top

<table>
<thead>
<tr>
<th>Players behind the goal can:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cut front of cage when Mid on same side has ball - this can be for feed, or to clear through to take defender away. Other Attack should mirror partner and rotate.</td>
</tr>
<tr>
<td>• Pick for Crease Attack after cut so he can pop out ball side for possible feed</td>
</tr>
<tr>
<td>• V-Cut to become outlet</td>
</tr>
<tr>
<td>• Follow defenders slide to open spot for dump and shot</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Players behind the goal can:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Ball carrier should drive to goal looking for shot on the run, inside dodge, or pass to outlet at Attack or peel back to pass to Mid on outlet up top</td>
</tr>
<tr>
<td>• Off ball Mid can cut looking for feed if open, or ‘clear through’ to become outlet option</td>
</tr>
<tr>
<td>• Off ball Mid can pick on-ball, and pop out to become outlet after pick</td>
</tr>
<tr>
<td>• Ball carrier can drop away from pick to feed off ball mid who rolls away and cuts to goal.</td>
</tr>
<tr>
<td>• Ball carrier can come from behind and reverse direction to try to ‘hang up’ his Mid to feed the crease players</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Players on the crease can:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Position themselves 3-5 yards from goal constantly move - working the ‘rectangle’ looking for feeds &amp; making the crease defenders move, distracting them from help positions, slides, etc.</td>
</tr>
<tr>
<td>• Stack (I formation) on pipe opposite the ball carrier as ball carrier drives to goal</td>
</tr>
<tr>
<td>• Work hi-lo cut from stack as ball carrier approaches 10-12 yards out</td>
</tr>
<tr>
<td>• Position one on each pipe to pick/re-pick looking for feed from wing or up-top based on position of ball</td>
</tr>
<tr>
<td>• Screen Goalie</td>
</tr>
<tr>
<td>• Pick off-ball to wing Attack for feed</td>
</tr>
<tr>
<td>• Pick on-ball to dodging M up top</td>
</tr>
</tbody>
</table>

#### Coaching tips for offense when the ball is up top

| • Cutter has to sell he cut - run hard and look for ball! |
| • Make sure cutter has stick in correct hand when cutting |
| • Picks must be stationary and ball carrier must ‘rub shoulders’ with pick - don’t leave room for defender to fight over top of pick |

| • Make sure driving Mid doesn’t ‘drift’ too wide on drive to goal - must be a threat to create Def slide |
| • Off ball Mid can’t be a ‘spectator’ must mirror ball and get to outlet spot |
| • Picks must be stationary and ball carrier must ‘rub shoulders’ with pick - don’t leave room for defender to fight over top of pick |

| • Watch position of crease attack - if they get too close to 2 top middies they will crowd the area for middle dodge and bring defensive help to ball carrier |
| • Pick/re-pick based on where the ball is - constant re-orientation is required by CA based on position of ball check that CA are holding sticks in correct hand when cutting/receiving feed. |
### The ball is behind

**Players with the ball behind the goal can:**
- Drive to GLE & “turn the corner” for shot
- Drive and dump to the attackman filling in at “X”, or feed the attackman cutting across the goal for a back-door pass, or pass to the middie cutting towards him, or feed the middie on the crease.

**Players up top can:**
- Middie adjacent cuts toward the goal looking for a feed.
- Middie on the crease moves to get open and looks for a feed. If not there, he clears out and moves to out top, on opposite sides of the ball.
- Middie opposite the ball, moves to the adjacent middie position to replace the middie who cut towards the goal.
- V-Cut to become outlet option
- Crease middie can pick off-ball for the middie cutting towards the goal.

**Players on the crease can:**
- Position himself 8-10 yds from goal
- Pop in and out looking for a feed. If not there, he must clear out and move up top, on the opposite side from the ball.
- Pick for the cutting middle up top.

### Ball is up top

**Players with the ball behind the goal can:**
- Attackman at “x” cuts to middle driving towards the goal looking for the outlet pass.
- If the attackman, get the outlet pass he should look to feed the middie on the crease or pass it to “x” to begin the rotation starting from behind.

**Players up top can:**
- Drive to the goal
- Rotate through the triangles
- Pick on ball (middie at the crease pops up to set a pick for the middle driving to the goal).
- Drive and feed the middie on the crease, or the attackman cutting across the crease, or pass to the middie replacing him up top, or pass to the attackman cutting towards him to receive the outlet pass.

**Players on the crease can:**
- Position themselves 4-6 yds from Goal and on the opposite pipe from the driving middle to make the slide for the crease defenseman longer
- Screen Goalie
- Pop out to get a feed
- Set a pick for the driving middle
What to do in the 1-4-1 Offense when:

### The ball is behind

<table>
<thead>
<tr>
<th>Players up top and behind the goal can:</th>
<th>Players up top can:</th>
<th>Players on the crease can:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Ball carrier can drive to goal &amp; ‘turn the corner’ for shot</td>
<td>• Rotate in the direction ball is moving to be back up on shot, if rotation dictates going behind.</td>
<td>• Position themselves 8-10 yards above the goal</td>
</tr>
<tr>
<td>• Wing and other diamond points become outlet option</td>
<td>• Rotating to top will allow outlet pass for redirection and be able to be the defensive safety. Allowing to be back-up of pass to crease area</td>
<td>• Constantly move - working the ‘rectangle’ making the crease defenders move distracting them from help positions, etc.</td>
</tr>
<tr>
<td>• Look to crease for pass</td>
<td>• Ball is up top</td>
<td>• Stack (I formation) on pipe opposite the ball carrier as ball carrier drives to GLE</td>
</tr>
<tr>
<td>• Pass ball behind or top to restart the play movement.</td>
<td></td>
<td>• Work hi-lo cut from stack as ball carrier approaches GLE - bottom player may look for backside cut too</td>
</tr>
</tbody>
</table>

#### Coaching tips for offense when ball is behind

| • Make sure driving from behind they don’t ‘drift’ too wide on drive to GLE | • Make sure cutter from crease has stick in correct hand when cutting | • Watch position of crease attack - if they get too close to GL they have no room cut to goal for feed and they crowd it for the pressing ball carrier |
| • Diamond perimeter players must move and be aware of where ball is located for outlet | • Pick a passing lane to receive a pass depending on the ball location | • Pick/re-pick based on where the ball is - constant reorientation is required by CA based on position of ball |
| • Look for open spaces for passes and the crease for available openings | • ‘Rub shoulders’ with pick - don’t leave room for defender to fight over top of pick | • Check that CA are holding sticks in correct hand when cutting/receiving feed. |

### Ball is up top

<table>
<thead>
<tr>
<th>Players up top and behind the goal can:</th>
<th>Players behind the goal can:</th>
<th>Players on the crease can:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Rotate in the direction of the ball movement</td>
<td>• Drive to the strong side and look to shoot</td>
<td>• Position themselves 3-5 yards from goal</td>
</tr>
<tr>
<td>• Be either the outlet pass or cross field look for ball carrier</td>
<td>• Pass to crease players as drive is happening</td>
<td>• Constantly move - working the ‘rectangle’ making the crease defenders move distracting them from help positions, slides, etc.</td>
</tr>
<tr>
<td>• Back up for pass to crease area</td>
<td>• Look for cross cage pass</td>
<td>• Stack (I formation) on pipe opposite the ball carrier as ball carrier drives</td>
</tr>
<tr>
<td></td>
<td>• Look for pass behind cage</td>
<td>• Work hi-lo cut from stack as ball carrier approaches 10-12 yards out</td>
</tr>
<tr>
<td></td>
<td>• Look for redirection pass up top side</td>
<td>• Position on each pipe to pick/re-pick looking for feed from wing or up-top based on position of ball</td>
</tr>
</tbody>
</table>

#### Coaching tips for offense when the ball is up top

| • Run hard and look for ball!! | • Make sure driving top side doesn’t ‘drift’ too wide on drive to goal - must be a threat to create Def slide | • Watch position of crease attack - if they get too close to top middies they will crowd the area for middle dodge and bring defensive help to ball carrier |
| • Make sure cutter has stick in correct hand when cutting | • Off ball can’t be a ‘spectator’ must mirror ball and get to outlet spot | • Pick/re-pick based on where the ball is - constant reorientation is required by CA based on position of ball |
| • Picks must be stationary and ball carrier must ‘rub shoulders’ with pick - don’t leave room for defender to fight over top of pick | Picks must be stationary and ball carrier must ‘rub shoulders’ with pick - don’t leave room for defender to fight over top of pick | • Check that CA are holding sticks in correct hand when cutting/receiving feed. |

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COACHING EDUCATION PROGRAM LEVEL 2 INSTRUCTIONAL CLINIC
**What to do in the 1-4-1 Offense when:**

<table>
<thead>
<tr>
<th>The ball is at wings</th>
<th>Coaching tips for offense when ball is at wings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Players up top and behind the goal can:</strong></td>
<td>• Run hard and look for ball!</td>
</tr>
<tr>
<td>• Rotate in the direction of the ball movement</td>
<td>• Make sure cutter has stick in correct hand when cutting</td>
</tr>
<tr>
<td>- Be either the outlet pass or cross field look for ball carrier</td>
<td>• Picks must be stationary and ball carrier must ‘rub shoulders’ with pick - don’t leave room for defender to fight over top of pick</td>
</tr>
<tr>
<td>- Back up for pass to crease area</td>
<td>• Make sure driving top side doesn’t ‘drift’ too wide on drive to goal - must be a threat to create Def slide</td>
</tr>
<tr>
<td><strong>Players up top can:</strong></td>
<td>• Off ball can’t be a ‘spectator’ must mirror ball and get to outlet spot</td>
</tr>
<tr>
<td>• Rotate in directions of the ball</td>
<td>• Picks must be stationary and ball carrier must ‘rub shoulders’ with pick - don’t leave room for defender to fight over top of pick</td>
</tr>
<tr>
<td>• Back up pass to crease players as drive is happening</td>
<td>• Watch position of crease attack - if they get too close to top middies they will crowd the area for middle dodge and bring defensive help to ball carrier</td>
</tr>
<tr>
<td>• Look for pass coming cross cage defensive safety</td>
<td>• Pick/re-pick based on where the ball is - constant reorientation is required by CA based on position of ball</td>
</tr>
<tr>
<td><strong>Players on the crease can:</strong></td>
<td>• Check that CA are holding sticks in correct hand when cutting/receiving feed</td>
</tr>
<tr>
<td>• Position themselves 3-5 yards from goal opposite the ball side wing</td>
<td>• Screen Goalie</td>
</tr>
<tr>
<td>• Constantly move - working the ‘rectangle’ making the crease defenders move distracting them from help positions, slides, etc.</td>
<td></td>
</tr>
</tbody>
</table>
APPENDIX C:
Defense

How to Defend against the 1-4-1 Offense when:

<table>
<thead>
<tr>
<th>The ball is behind</th>
<th>Defenders up top (Middies) should:</th>
<th>Defenders on the crease should:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backline defenders (long poles)</td>
<td>• Sink to the ‘hole’ with good off ball positioning to help with slides and stay between their man &amp; ball allowing them to help on the crease, shorten slides and play cutters better</td>
<td>• Stay between crease players and ball</td>
</tr>
<tr>
<td>should:</td>
<td>• Communicate cuts, picks, slides, etc</td>
<td>• Play a ‘zone’ to cover picks/re-picks switching on every pick using rules for playing picks above GLE</td>
</tr>
<tr>
<td>• Position your body to turn dodger from behind back to inside (or GLE)</td>
<td>• Use slap &amp; lift checks when ball carrier looks to feed.</td>
<td>• Listen for goalie calls for ball positions and to check sticks of attackers on feeds to the crease.</td>
</tr>
<tr>
<td>• Communicate picks, switches, slides, etc</td>
<td>• Play above GLE when their man does not have the ball &amp; is not moving to the ball carrier so they can be in a better help position.</td>
<td></td>
</tr>
<tr>
<td>• Use slap &amp; lift checks when ball</td>
<td>• Play above GLE when their man does not have the ball &amp; is not moving to the ball carrier so they can be in a better help position.</td>
<td></td>
</tr>
<tr>
<td>carrier looks to feed.</td>
<td>• Play above GLE when their man does not have the ball &amp; is not moving to the ball carrier so they can be in a better help position.</td>
<td></td>
</tr>
</tbody>
</table>

Coaching tips for defense when ball is behind

| Backline defenders (long poles)    | Defenders up top (Middies) should:                                 | Defenders on the crease should: |
| Watch defender for proper footwork when ‘turning’ attacker | • Watch for proper off-ball position | • Crease defenders should be communicating picks/switch on every change |
| Stress communication among defenders | • Stress communication among defenders | Crease defenders should be switching on every pick |
| Watch for proper off-ball position | | Crease defenders need to listen to goalie commands for ball position |

Ball is up top

| Backline defenders (long poles) should: | Defenders up top should: | Crease defenders should: |
| Play above GLE in good help position | • ‘On ball’ defender will force the dodger down the alley toward help | • Be prepared to split (zone) the crease area, switching on every pick |
| Communicate cutters and picks | • Wings defender should sink to the hole in good help position | Listen to goalie calls for check sticks, shot, etc |
| Listen for goalie calls for ball position, slides, shot, check stick | • Wing defender will communicate picks, cutters, slides, etc | Listen for goalie calls for ball position, slides, shot, check stick |
| | • Listen for goalie calls for ball position, slides, shot, check stick | |

Coaching tips for offense when the ball is up top

| Check for proper off-ball position | Stress proper footwork and stick position when defending against ball carrier | Crease defenders should be communicating picks/switch on every change |
| Listen for constant communication | • Check for correct off-ball position by wings and behind | Crease defenders should be switching on every pick |
| | • Always listen for good/constant communication | Crease defenders need to listen to goalie commands for ball position |
| | | Must check attackers sticks to ground on every feed to the crease. |
### The ball is at wings

<table>
<thead>
<tr>
<th>Backline defenders (long poles) should:</th>
<th>Defenders up top and opposite wing should:</th>
<th>Crease defenders should:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Rotate in the direction of the ball movement</td>
<td>• Wings defender should sink to the hole in good help position</td>
<td>• Be prepared to split (zone) the crease area, switching on every pick</td>
</tr>
<tr>
<td>- Be either the outlet pass or cross field look for ball carrier</td>
<td>• Wing defender will communicate picks, cutters, slides, etc</td>
<td>• Listen to goalie calls for check sticks, shot, etc</td>
</tr>
<tr>
<td>- Back up for pass to crease area</td>
<td>• Listen for goalie calls for ball position, slides, shot, check stick</td>
<td>• Listen for goalie calls for ball position, slides, shot, check stick</td>
</tr>
</tbody>
</table>

### Coaching tips for offense when ball is at wings

| • Check for proper off-ball position | • Stress proper footwork and stick position when defending against ball carrier | • Crease defenders should be communicating picks/switch on every change |
| • Listen for constant communication | • Check for correct off-ball position by wings and behind | • Crease defenders should be switching on every pick |
|                                  | • Always listen for good/constant communication | • Crease defenders need to listen to goalie commands for ball position |
|                                  |                                              | • Must check attackers sticks to ground on every feed to the crease. |

### How to Defend against the 1-3-2 Offense when:

#### The ball is behind

<table>
<thead>
<tr>
<th>Backline defenders (long poles) should:</th>
<th>Defenders up top should:</th>
<th>Defenders on the crease should:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Give the ball carrier some pressure, but be prepared to run with him as he drives to GLE</td>
<td>• Defending adjacent middie stays on his man so he can prevent an “easy pass.”</td>
<td>• Position himself on the crease middie to ensure he doesn’t receive a feed.</td>
</tr>
<tr>
<td>• As he gets to GLE, turn him away from the goal (if you get beat, allow the attackman to turn inside so the crease defender can double-team him off the slide).</td>
<td>• Defending opposite middie cheats towards the crease to support the crease if help is needed.</td>
<td>• Listen for a “check” call and immediately check the crease middie’s stick as soon as he hears the call.</td>
</tr>
<tr>
<td>• Allow the attackman to move away from the goal, since he is no longer a threat.</td>
<td>• Opposite long pole is cheating towards the crease also to give support.</td>
<td>• Watch for opportunities to slide and double the ball when the ball carrier is not looking.</td>
</tr>
</tbody>
</table>

#### Ball is up top

<table>
<thead>
<tr>
<th>Long pole defenders can:</th>
<th>Defenders up top should:</th>
<th>Defenders on the crease should:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Play the adjacent attackman closely to prevent an easy pass from the middle.</td>
<td>• Play the ball carrier using proper checking techniques and man-to-man defense.</td>
<td>• Position himself on the crease middie to ensure he doesn’t receive a feed.</td>
</tr>
<tr>
<td>• Defender playing attackman at “x” should remain top-side (above GLE) to support the crease.</td>
<td>• Opposite defensive middie should cheat towards the middle to support the other middie if needed and support the crease and be prepared to pick up the attackman if the long pole needs to slide to the crease.</td>
<td>• Listen for a “check” call and immediately check the crease middie’s stick as soon as he hears the call.</td>
</tr>
<tr>
<td>• Opposite long pole should also cheat towards the crease to support the crease defender and be prepared to make the next slide to the crease.</td>
<td></td>
<td>• Watch for opportunities to slide and double the ball when the ball carrier is not looking.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Slide to ball carrier as soon as he beats his defender.</td>
</tr>
</tbody>
</table>
### How to Defend against the 2-2-2 Offense when:

#### The ball is behind

**Backline defenders (long poles) should:**
- Position your body to turn dodger from behind back to inside (or GLE)
- Communicate picks, switches, slides, etc
- Use slap & lift checks when ball carrier looks to feed
- Play above GLE when their man does not have the ball & is not moving to the ball carrier so they can be in a better help position

**Defenders up top (Middies) should:**
- Sink to the ‘hole’ with good off ball positioning to help with slides and stay between their man & ball allowing them to help on the crease, shorten slides and play cutters better
- Communicate cuts, picks, slides, etc

**Defenders on the crease should:**
- Stay between crease players and ball
- Play a ‘zone’ to cover picks/re-picks switching on every pick using rules for playing picks above GLE
- Listen for goalie calls for ball positions and to check sticks of attackers on feeds to the crease

#### Coaching tips for defense when ball is behind

**Watch defender for proper footwork when ‘turning’ attacker**
- Stress communication among defenders
- Watch for proper off-ball position

**Ball is up top**

**Backline defenders (long poles) should:**
- Backline defenders (long poles) should:
  - Play above GLE in good help position
  - Communicate cutters and picks
  - Listen for goalie calls for ball position, slides, shot, check stick

**Defenders up top (Middies) should:**
- ‘On ball’ defender will force the dodger down the alley toward help
- Off ball defender should sink to the hole in good help position
- Off ball defender will communicate picks cutters, slides, etc
- Listen for goalie calls for ball position, slides, shot, check stick

**Defenders on the crease should:**
- Be prepared to split (zone) the crease area, switching on every pick
- Listen to goalie calls for check sticks, shot, etc
- Listen for goalie calls for ball position, slides, shot, check stick

#### Coaching tips for Defense when the ball is up top

**Check for proper off-ball position**
- Listen for constant communication

**Stress proper footwork and stick position when defending against ball carrier**
- Check for correct off-ball position by off-ball middle
- Always listen for good/constant communication

**Crease defenders should be communicating picks/switch on every change**
- Crease defenders should be switching on every pick
- Crease defenders need to listen to goalie commands for ball position
- Must check attackers sticks to ground on every feed to the crease
APPENDIX D:

Drills

Circle Feeds: Ground Balls or Passes

**Objective:** To improve stick skills by passing and catching on the move. Ground ball pickups will also be tested, as well as conditioning.

**Description of Drill-Execution**

Arrange players in groups of 8, 4 balls per group, each outside player has a ball. The inside players should be back to back and do not move. The outside players rotate around passing and catching. Constant motion and talk should take place in the drill. Players change hands on every ball exchange (black arrows show player motion, grey arrows show ball motion). Focus on having the inside players throw to the “box” area while having the outside players focus on throwing to the “box” area and switching hands as fast as possible.

**Skills Practiced**

- Catching on the Run
- Throwing on the Run
- Conditioning

**Variations/Progression/Increased difficulty**

(As your players improve their skills incorporate the following...):

Have players perform both passes and ground ball pickups during the drill. Increase the speed of the outside jogging players, as well as the length of time to increase conditioning. For advanced players you may add behind the back passes and additional skill sets to push limits of dexterity and agility.
Star Drill: Ground Balls and Passes

**Objective:** Improve the players ability to move the ball, while avoiding contact with the other players. The drill will work basic stick skills and can be done with ground ball pickups or passing and catching.

**Description of Drill-Execution**
- 5 lines in a star shape, can be around goal, 30 yards apart diagonally, movement both clockwise and counter clockwise.
- Start with one ground ball then progress to multiple balls and then passing.
- Pass ball to player two lines away from you on the star(#1 pass to #3, #3 pass to #5, #5 pass to #2, #2 pass to #4).
- Constant motion, multiple balls, lots of communication, know who is giving you the ball and who you will give it to in advance of getting the ball, focus while in line.
- 4 balls seems to be max for simultaneous motion.
- Each line of players should have no less than 2 individuals per line but 3-4 is better. Use player’s name, offer help.

**Skills Practiced**
- Passing
- Catching
- Ground Ball Pickups
- Field Awareness

**Variations/Progression/Increased difficulty**
*(As your players improve their skills incorporate the following...)*: Add a stopwatch to time how long your players can go without a dropped pass. Add cones around the players jogging paths to add agility practice. Make the players avoid obstacles in addition to other players.
Meat Loaf Drill: Ground Balls and Passes

Objective: Improve passing and catching on the run, while involving your entire team. The drill looks to utilize both hands, switching hands, and the proper form in over the shoulder catching.

Description of Drill-Execution
Meatloaf is a multi ball passing drill similar to the star drill. 2-3 balls should be used with advanced players and the drill should be run going in both directions to work both hands. Cross handed catching (over the shoulder) should be used in this drill, as well as quick hand switches and fast passes. Meatloaf should be done as a ground ball drill first then passes.

Skills Practiced
- Passing
- Catching
- Field Awareness
- Over the Shoulder Catching

Variations/Progression/Increased difficulty
(As your players improve their skills incorporate the following…):
Use multiple balls in the drill to allow for constant involvement. To vary the difficulty, change the length of passes on the field and bring the lines closer together to speed up the flow of the drill.
Fast Break Drill from Faceoff

**Objective:** To work both faceoffs and fast breaks for your offense and defense.

**Description of Drill-Execution**
Two middies come to the faceoff x with a ball each. One is used for the faceoff and the other ball is placed off to the side. Both players faceoff with the first ball, and the winning faceoff middie attacks with the first ball, while the losing middie grabs the 2nd ball to attack the opposite end. The players push the fast break and run a quick 4 on 3 break. Then two more middies come in at the faceoff x and run things again.

**Skills Practiced**
- Faceoffs
- Offensive Fast breaks
- Defensive Fast break slides
- Communication
- Conditioning

**Variations/Progression/Increased difficulty**
*(As your players improve their skills incorporate the following...)*
To vary the drill you may add an extra defensive player at the box area that will run in as a training defense after the faceoff. This will make a 4v4 if the fast break doesn’t work and you have to slow the break. You may also want to add wing players and have the faceoff men run faceoffs until their ground gets the ball. Whoever gets the ball is then to take the ball down on the break as they others stay behind.
Transition Drill: 3 v 2 Full Field Drill

Objective: Improving clearing the ball and running the field are the main points of this drill. Transition play requires ball movement and vision. This drill allows players to move the ball down the field and then drop back in a ride to cover the breaks and improve field sense and vision.

Description of Drill-Execution
Middies #1,2,3, from behind the right end goal attack the left end goal as a 3 v 2.
• The last of these three middies to touch the ball is out and rejoins the lines for his team behind the far goal where he originated.
• The other two middies drop back to the far right goal & become D#6 and D#7 in a 3 v 2.
• Three new players break from behind the left goal & attack the far right goal in a 3 v 2.
• After Playing Def in the 3 v 2 players rejoin the lines behind the goal they just defended.
• All players play every position in this drill. Long sticks become attackers, attack play defense etc…

Skills Practiced
• Clears
• Rides
• Communication
• Conditioning
• Field Sense and Vision

Variations/Progression/Increased difficulty
(As your players improve their skills incorporate the following…):
To vary the drill you may add an extra player at the box area that will run on the field during clears and give the goalie a long outlet pass. The defensive players dropping back to cover will have to work on getting back and trailing the play.
Transition Drill: 3 v 2 Ground ball Drill

**Objective**—To work on ground ball pick ups in a game environment. The offense will be able to fight for the ball and try to find the open player, as defense will look to gain possession and clear the ball as soon as they can.

**Description of Drill-Execution**
- Players are set up around the outside of the box.
- Coach rolls ground ball into center, players release and attempt to gain possession.
- Defense must clear midfield line to win.
- Offense must score within one minute of possession.
- Extremely competitive, high intensity, short duration drill, perfect ending to practice.

<table>
<thead>
<tr>
<th>M</th>
<th>M</th>
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<tbody>
<tr>
<td>A</td>
<td>D</td>
<td>G</td>
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**Skills Practiced**
- Ground Ball Pickups
- Man – Ball tactics
- Clears
- Rides
- Communication
- Conditioning
- Field Sense and Vision

**Variations/Progression/Increased difficulty**
(As your players improve their skills incorporate the following...):
To vary the drill you may start your goalie in the cage and not allow him to leave to play the ground ball. You may also start with few players and add a player after each play going from 1 on 1 to 2 on 2, up to 6v6. You may also do man advantages 2 on 1, 3 on 2, ect.)
Transition Drill: 3 v 2: Initiate from behind after 2 passes

Objective—This drill reinforces the concept that X man must play a role in the offense. The X man will look to initiate offense from behind and force a slide from the inside defender. If no slide comes the X man is free to dodge to shoot. If the slide does come, you look for the X man to feed the open player.

Description of Drill—Execution
In this drill the coach rolls the ball out above the box as two offensive players stay above GLE and one attack goes to X. The players get the ball back to X, where the X man initiates offense. The X man must draw a man so that he creates a 2 v 1, leaving a teammate open on the crease.

Defense: Stack the I, get ready to attack ball and have the back player

Skills Practiced
• Communication
• Field Sense and Vision
• Dodges
• Finding the Open Player

Variations/Progression/Increased difficulty
(As your players improve their skills incorporate the following…):
To vary the drill you may want to build into a full 6v6 in steps. Start with a 1v1 behind the cage. Then move to a 2v2 form behind, then 3v3 starting from behind, then 4v4, up to 6v6 where your team will look to drive from behind and find the open options when the slide does or does not happen.
Transition Drill: 3 v 2 Sideways Drill: Teaching Local Overloads

**Objective**—This drill is excellent for teaching “local overloads” from both a defensive and offensive point of view. This is the basis for 1-3-2 and 1-4-1 plays.

**Description of Drill-Execution**
Release players from alternating sides in groups of 5 (3 offensive players and 2 defensive players). Roll out a ground ball and let the 3 v 2 ground ball drill happen or you may have the defense concede and get in the hole. The Offensive players may not cross the line drawn with cones down the middle of the field. Have the Offensive players move the ball and themselves to create lay ups on crease or solid scoring opportunities. Score units so that lay ups worth 2 points and outside shots only 1.

Reward the defense with 3 points anytime they win the 3v2 battle for a ground ball or take the ball away and clear the ball. Goalies get 2 points for all saves.

Skills Practiced
- Communication
- Field Sense and Vision
- Finding the Open Player
- Working the Overloaded Area for Scoring Opportunities.

Variations/Progression/Increased difficulty
*(As your players improve their skills incorporate the following...)*
To vary the drill you may want add more players or remove players to create vision. You may also go even with 3v3 or 4v4 and add 1 player on the other side of the cones with no defensive player on them. This will have your player look for the open player on the other side of the field, encouraging your team to attack the weak side of the field or to find the open man. The defense will look to play man defense and get in the passing lanes to knock down the pass to the open player.
Clear Drill: Settled Clear

**Objective**—To improve your team’s ability to clear the ball down the field with a standard clear.

**Description of Drill—Execution**
This drill is a standard way to clear the ball and it is more of a play than a drill. Set up a full field game, and have the ball with your goalie on one side.

Set your clearing team up in the positions and work a settled clear with the option to reverse or push straight ahead as shown below.

Once your team has cleared the ball, have an attack player gather the ball, shoot, and then the other team will re-clear in the same settled manner.

**Skills Practiced**
- Clearing
- Communication

**Variations/Progression/Increased difficulty**
*(As your players improve their skills incorporate the following…)*:
- Add a stronger ride for the defensive team and practice getting the ball down the field.
- The clear can be altered by changing the alignment to 4 players spread along the midfield line (4 across clear)
- Another option is to use a ladder formation, where the players are set up in wide spread pairs along the space between the restraining lines.

The goalie needs to draw pressure from the attack to create a 2v1 situation.
Clear Drill: Clear from a Shot

Objective—To improve your team’s ability to clear the ball down the field with a standard clear off a shot.

Description of Drill-Execution
This drill is a standard way to clear the ball off a shot. It is more of a play than a drill. Set up a full field game, and have the ball with your goalie on one side.
Set your teams up into a playing situation, have the offense shoot and then go into a straight clearing situation with the defense.
Once your team has cleared the ball, have an attack player gather the ball, shoot, and then the other team will re-clear in the same settled manner.

Skills Practiced
• Clearing
• Communication

Variations/Progression/Increased difficulty
(As your players improve their skills incorporate the following…):
Add a stronger ride for the defensive team and practice getting the ball down the field.
Clear Drill: Riding After a Shot on Goal

**Objective**—To improve your team’s ability to ride the clearing team after a shot on goal.

**Description of Drill—Execution**
This is a drill/play set up to have a standard ride after a shot. The goal is to have your players get back on defense and pick up the players as they set up to clear.

Notice your defense is locked on the attack, and your midfielders are getting back to midfield before the clearing team. This is to prevent the fast break by the clearing team.

**Skills Practiced**
- Riding
- Communication

**Variations/Progression/Increased difficulty**
(As your players improve their skills incorporate the following...):
Add a stronger clear for the offensive team and practice forcing turnovers in situation play.
Riding Drill: 2-1-3 V Ride: Dead Ball off Sideline

Objective—To improve your team’s ability to ride the clearing team after a dead ball on the sideline.

Description of Drill-Execution
This is a drill/play set up to have a standard ride after a ball goes out on the sideline. The goal is to have your players locked on the attack and midfield of the other team.

The next step is to play a three-man zone with your attack that will be splitting the clearing teams’ goalie and three defensive players.

The goal is to overload the ball side and force the clearing team to throw long passes or passes into traffic.

Skills Practiced
- Riding
- Communication

Variations/Progression/Increased difficulty
(As your players improve their skills incorporate the following…):
Add a stronger clear for the offensive team and practice forcing turnovers in situation play.
Riding Drill: 2-1-3 V Ride: Dead Ball off Shot

**Objective**—To improve your team’s ability to ride the clearing team after a dead ball on shot.

**Description of Drill-Execution**
This is a drill/play set up to have a standard ride after a ball goes out on the end line after a shot. The goals is to have your players locked on the attack and midfield of the other team.

The next step is to play a three-man zone with your attack that will be splitting the clearing teams’ goalie and three defensive players.

The goal is to drop your three attack players back and have them attack the first pass of the clearing team, which will then force the clearing team to throw long passes or passes into traffic.

**Skills Practiced**
- Riding
- Communication

**Variations/Progression/Increased difficulty**
(As your players improve their skills incorporate the following…):
Add a stronger clear for the offensive team and practice forcing turnovers in situation play.
**Top Dodge Movement**

Skills Practiced
- Passing the ball at the diamond points.
- Dodging to start the movement at either X, either wing or the point.
- Positioning and movement of the other players who do not have the ball so they are in position to receive a pass and shoot, back up the goal or be a defensive safety at the top.

Variations/Progression/Increased difficulty
*(As your players improve their skills incorporate the following...)*:
To increase the difficulty use outlet pass behind and then start another call for the point where play will start. Keep the ball moving.

Notes:
Settled Defense Skill Development Drill

Defend the Hole Drill

Objective: Practice backside defender sliding to & covering the hole. (Crease slide)

Description of Drill-Execution
Set up 5 offensive players in a 1-3-1 vs 4 defenders playing the perimeter offensive players (leaving the crease offensive player undefended). Offense works ball around perimeter looking to feed the crease. As ball moves from point to point defensive players must constantly adjust position from off ball to on ball and backside defender must slough to crease to cover crease offensive player. TIP: defender who can see the ball when looking ‘through the crease’ is the player who must cover the crease.

Skills Practiced
- Recovering to hole and sliding to help on crease.

Variations/Progression/Increased difficulty
(As your players improve their skills incorporate the following…):
- Add Defender on Crease (5v5) who will slide to dodging ball carrier.
- Work drill as 6v5 with 2 offensive players on crease
- Practice adjacent slide package from the 4 points of the ‘diamond’. Can eliminate crease play altogether (since crease D will lock on crease O) and just focus on adj slides from 4 points of the offensive ‘diamond’.
Settled Defense Skill Development Drill

Out of Dodge

Objective—To improve defensive communication and sliding. Crease slide shown but should also practice adjacent slide from this formation.

Description of Drill—Execution
Start six offensive players in a 1-4-1 formation, and start six defenders on them with a goalie in the cage. On a coach’s whistle, the offensive begins to pass the ball around the perimeter and go into their particular movements. A coach then calls out the jersey number of the defender who is covering the ball. This defender must sprint to the sideline and back before rejoining the play. When he vacates his spot, the ball carrier should go to the goal, making the defense slide to halt his progress and limit good scoring opportunities. After a goal or turnover, the drill repeats itself and the coach calls out the number of another player. After several repetitions, players rotate positions.

Skills Practiced
- Defensive communication
- Sliding

Variations/Progression/Increased difficulty
(As your players improve their skills incorporate the following...):
This drill can be used to simulate any slide package (crease, adjacent, etc.) against any offensive set (1-4-1, 1-3-2, 2-2-2, etc.). To make it more competitive, keep score--- each offensive goal is worth one point, and each defensive stop (either a saved shot or a non-shot) is also worth one point.
Settled Defense Skill Development Drill

Ball & Back

Objective— Improve defensive communication among teammates. Reinforce correct back up position and slide responsibilities in your team defense.

Description of Drill-Execution
Players set up in the defensive formation you will use (in our case we will use a M/M formation matching up with 1-4-1 offensive set). The player guarding the ball carrier yells “BALL”. All other defensive players are in a ‘BACK up’ position identified by the word BACK. Coach must stress that good defense requires that ‘everyone’ must see the ball. If they can’t see the ball they cannot be ‘back’. If a player yells ‘back’ he must: 1) not be outside the box covering his man, 2) must see the ball, 3) will have his feet pointing to the teammate they are backing – if they are not doing all 3 of these things they CAN’T be BACK!. Coach will move with a ball to various areas of the field around the defense. The player on the ball should yell BALL and all others should yell BACK when they are truly back (see rules 1-3). Coach should be checking that all players who yell back are in correct position – challenge those who are not correctly identifying BACK position.

Once players have a good grasp of BALL/BACK position and communication coach will now call out an offensive player number who will drive to a shooting position. The designated defensive player who is BACK (differs depending on Crease slide/Adjacent slide, etc) must slide. If an adjacent teammate slides to cover the ball, the ‘back’ for the sliding defenseman must also slide to the open man next to him. If in a crease slide package, crease D slides to ball & backside defender slides to cover the crease.

Skills Practiced
- Communication
- Correct back up position & sliding
- Seeing the ball, the opponent (Man-You-Ball) and who slides.

Variations/Progression/Increased difficulty
(As your players improve their skills incorporate the following…):
Instead of coach walking ball around the defense have offensive players pass the ball around perimeter forcing the defense to react. Further increase speed and pressure by moving offensive players into various formations forcing the defense to move with them, changing who has back position. This requires constant re-adjustment by the defense and ensures they are ‘seeing’ the

Notes:
Settled Defense Skill Development Drill

Feed the Crease Drill
Objective: Practice defending offensive players on the crease & defending picks/cuts/feeds to crease.

Description of Drill-Execution
Set up 2 offensive players on the crease vs 2 defenders. Place offensive players on the perimeter to move the ball around perimeter looking to feed the crease. As ball moves from point to point defensive players must constantly adjust position staying between their man and ball to prevent a successful feed to the crease. Defenders must communicate to cover picks, pick & roll, etc on crease.

Skills Practiced
• Defending feeds to the crease
• Defending picks on the crease

Variations/Progression/Increased difficulty
(As your players improve their skills incorporate the following…):
Have defenders practice covering offensive crease players as they work pick/re-pick, high-low cut, pick & roll.
Three Pressure Ground Ball Drills

**Objective:** To focus players on ground balls and allow them to use the whole field and special situations to better their lacrosse IQ’s and ground ball play.

**Description of Drill-Execution**
- Crease Crunch: Coach rolls ball in for 2v2 GB with quick shot for winner
- FO Wing GB: GB from wing, fight for ball, pass back to coach
- Advantage GB: Coach rolls ball to one side or other creating advantage, winner shoots and loser must cut off shooter and play defense. This is fun for long sticks.

**Variations/Progression/Increased difficulty**
(As your players improve their skills incorporate the following...):
Have players who win the ground balls shoot on goal and have the players who lose the ground ball, break out for a clear if the goalie makes the save.

**Skills Practiced**
- Ground Balls
- Situational Play
- Communication
- Shooting
Glossary

**Attack/Offense** – The offensive team.

**Checking** – Stick checking is the repeated tapping or a repeated push/pull motion of a defender’s stick in an attempt to dislodge the ball from the ball carrier’s stick.

**Clear** – A pass usually coming from the goalie to advance the ball from the defensive end of the field to the offensive end of the field.

**Crease/Goal Circle** – The circle with a 9 foot radius that surrounds the goal; this is the home of the goal keeper and certain rules apply about who can enter the goal circle and when.

**Critical scoring area** – The area around and behind the goal (usually 15 square yards in front of the goal and 10 square yards behind the goal) where the attack attempts to execute plays to score goals. This space is also used in the evaluation of shooting space.

**Cutting** – The movement of a player to get free from an opponent so one may have enough clear space to receive a pass from a teammate, or creates free space for another teammate to move into.

**Defense** – The team not in possession of the ball, attempting to prevent the attack from scoring goals.

**Extra man offense (EMO)** – The offensive unit’s numerical advantage that results from at least one member of the opposite team serving time in the penalty box.

**Fast break** – A team’s attempt to gain a numerical advantage over their opponent by moving the ball quickly down the field as a team by running and passing it towards the goal.

**Feed** – A pass to a teammate in scoring position.

**Goal line extended (GLE)** – An imaginary line that extends from the either side of the goal line to the sidelines of the field.

**Hole** – The area immediately outside of the crease in front of the goal.

**Man down defense (MDD)** – The defensive unit that is outnumbered by at least one player as the result of one or more of its players serving time in the penalty box.

**Middie** – Midfielder.

**“One pass away”** – A offensive or defensive player is defined as “one pass away” when they are the offensive or defensive player (marking the offensive player who is also “one pass away”) on either side of the player with the ball, and may be the next player to receive a pass or defend a pass from the ball carrier.

**Riding** – Occurs when the offense loses possession. The offense now becomes the first line of defense.

**Slide** – A move by a defender to leave one player to mark a more dangerous opponent.

**“X”** – The area directly behind goal.

**“PTP”** – Protect Time Pass

**“LSM”** – Long stick midfielder

**“FOGO”** – Player who’s primary responsibility is to take faceoffs then leave the field once his team has a controlled offensive possession

**“SSM”** – Short stick midfielder

**C Cut** – Player making a cut, moves in a half-moon motion to that will open up his outside shoulder for a feed in traffic.

**Passing Lanes** – These are the open areas where no defenders are standing in the offensive zone, where you look to pass the ball around the perimeter to the crease to another offensive player.

**Local Overloads** – In the offensive or defensive attack zone; it is the creation of a 2 v 1, 3 v 2, 4 v 3 in a certain area. This gives one team a numbers advantage in that certain area.
Level 2 Instructional Clinic Evaluation Form:

May we use the comments on this evaluation for marketing and promotional purposes?
Yes  No

May we attribute your name to your comments in marketing materials? Name (optional) ________________________________
Yes  No

Circle one: Boys’ Clinic  Girls’ Clinic

Date of Clinic: ______________________ Location of Clinic: ______________________

Name of Trainer: ______________________

Age of players you coach or hope to coach: ______________________

Name of league you coach with: ______________________

Will you pursue USL Level 2 CEP certification?  Yes  No  Undecided

Are you a USL Level 1 Certified Coach?  Yes  No

Have you taken the USL Level 2 Online Course?  Yes  No

Do you feel the information presented in this clinic will help you be a better coach?  Yes  No

Please rate the following on the scale below:
5 Excellent - 4 Very Good - 3 Good - 2 Mediocre - 1 Poor - Not applicable/I don’t know

Overall clinic  5  4  3  2  1  NA
Classroom Lessons  5  4  3  2  1  NA
Live field Lessons  5  4  3  2  1  NA
Trainer shared overarching principles  5  4  3  2  1  NA
Trainer enthusiasm & knowledge  5  4  3  2  1  NA
Trainer shared tips for teaching skills effectively  5  4  3  2  1  NA
Trainer was receptive to questions and answered them knowledgeably  5  4  3  2  1  NA
Workbook materials  5  4  3  2  1  NA

Check out card:

PLEASE PRINT
You MUST submit this card to your trainer before leaving this clinic to receive credit for attendance. Please be sure to fill out all information clearly and legibly.

Circle one:
Men’s Clinic  Women’s Clinic

Last Name ___________________________________________ First Name ___________________________________________

Birthdate (MM/DD/YY) ______________________________________________

USL Member # (if known) ____________________________________________

Contact e-mail ______________________________________________ (in case of processing questions)

Clinic Date ___________________________________________ Site (City, State) ___________________________________________
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