

UNIVERSITY of NORTH CAROLINA WOMEN'S LACROSSE

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Build a Program

VISION

“Be a Great Program in everything we do”

MISSION

“Compete Everyday for Extraordinary Excellence”

CORE VALUES

“10 Absolutes”

WHY

winning is not enough
“Exhaust your potential”

Build a winning CULTURE

- * Clear Vision, Mission, Core Values, WHY
- * Relationship building (Trust, Respect, Serve)
- * Role Identification and Appreciation
- * Celebration
- * Over-manage what others under-manage
- * Communication
- * FUN

Motivate and Inspire

Players have to know you care about them as people

Even though everyone does not play on game day, they want to know that they are a valued member of the team

From this platform you can motivate and inspire them to work hard to compete to be their best

STAFF PRE-MORTUM

- * Troubleshoot before year starts
- * What challenges can you anticipate?
- * What needs extra attention?
- * Designate who does what on staff

CAPTAINS

BOOK: Team Captain's Culture Manual, Jeff Janssen

- * Regular meetings
 - * set VISION for season
- * Understand their role in TEAM CULTURE building
 - * “Influence is never neutral”
- * Identify team “Leadership helpers”
 - * On-field, Locker room, Social, Reserve Team, Community

Spend Time FEEDING their MIND

Consistently **MESSAGE**

- * VISION, MISSION, VALUES
- * BELIEF in TEAM
- * What you want them to BELIEVE about themselves

Always **HIGHLIGHT** actions you want repeated

- * Being a good teammate
- * Commitment to team over self
- * Brilliance, Extra Effort, Hustle

Show **APPRECIATION**

DEVELOP YOUR COACHING SKILLS

Be curious and a constant learner

- * Other Sports (Basketball, Football, Men's Lacrosse)
 - * ND Men's Lacrosse Practice Drills (YouTube)
- * Internet/ Twitter
 - * YouTube (individual players, team play)
 - * LacrosseFilm.com
 - * The Lacrosse Network
 - * Ted Talks
 - * Podcast (Grantland: Bill Simmons, Freakonomics radio)
 - * Championship Production – Lacrosse training video's

Quick hit book list

- * Good to Great (Collins)
- * Outliers, Tipping Point (Gladwell)
- * Relentless (Tim Grover)
- * Toughness (Jay Bilas)
- * Slight Edge (Jeff Olson)
- * Alchemist (Paulo Coelho)
- * Creativity (Ed Catmull)
- * FISH (Lundin, Paul, Christensen)
- * The Man Watching (Anson Dorrance)
- * The Way of the Champion (Jerry Lynch)

Sustaining Excellence

Fascinated by journey and Internal structure which create/build CULTURE in highly successful organizations, businesses and TEAMS

Constantly try to implement these qualities into my program. Leading a team, building a program is no different than running a business.

Without a great CULTURE, success is not sustainable

X's and O's

FILM

UNC vs. Duke Highlights

CAROLINA LACROSSE

5 Rules of Engagement

ATTACK EVERYTHING

Execute the DETAILS

FIND A WAY

Play HARD, SMART and TOGETHER

GREAT EFFORT

Key Skills

- * STICK WORK
- * STICK WORK
- * STICK WORK

- * Ground balls, Passing (all sorts), Catching, Protection, Deception, Ball control

- * If you think you work a lot on this, WORK MORE

Critical development areas for players wanting to play at next level

- * Stick work
- * Footwork, agility, quickness
- * Reaction and anticipation
- * Field awareness and IQ
- * Decision making
- * Movement with and without the ball
- * Confidence and mentality

UNC DEFENSE

RELENTLESS
FUNDAMENTAL
DICTATE TEMPO
INTELLIGENT TOGETHER

Defense

- * Man to man
- * Zone
- * Man down

UNC Defensive progression

- * Communication
- * 1v1 skills – fundamental, pressure based
- * Off ball skills – how to see, slide and help
- * Man down – how to send and rotate
- * Ground Balls and Clearing

Defense

- * Our defense spends most of practice in man down/
scramble situations
 - * Communication, Sliding, IQ
- * Rule: always mark ball hard – regardless if you are
even or man down (no easy passes)
 - * Small space (4v3 box)
 - * From ½ field
 - * In critical scoring area

Zone Defense in High school

- * Effective at HS level
- * Poorly prepares players for the college level

- * UNC
 - * We do use some zone, but we never teach it first. Our defense is always based off 1v1 defensive skill

UNC OFFENSE

CHEMISTRY

SCORE

MAKE YOUR TEAMMATE LOOK BETTER

RIDE HARD

Offense

- * Stickwork
- * Dodge threat (high or low)
- * Spacing, off ball deception
- * Feed threat
- * Inside cutter
- * Finishing
- * IQ and chemistry

Offense

Teaching Skills vs Plays

UNC: focus on individual skill development (similar to defense) before introducing offense sets

- * 1v1 dodging ability – stick work, footwork, protection
- * Finishing – stick work, deception
- * Feeding – stick work, footwork, feed with pressure - from all spots
- * How to play without the ball, spacing, picks, screens

FILM

CAROLINA vs NOTRE DAME
ACC Semi-Final 2015

FILM

Men's Lacrosse Skill Film Clips
Dodging

Offense the FUTURE

- * Stick work, deception, execute in small space
- * More packed in Zone defenses due to shot clock
- * Harder to score

- * UNC
 - * Train with men's sticks, fiddle sticks
 - * Play small space box lacrosse
 - * Quick decision, less space to execute
 - * Stick work will be critical for scoring
 - * FAST and POISED

The NEW frontier

- * Shot clock (collegiate level)
- * Creativity
- * Take Risk's
- * Innovate vs mimic
 - * By the time people adapt what we are doing, we have already moved on
 - * New ideas stem from trying to solve a problem
 - * Ie: we have a team full of new lacrosse players but they are athletic, what is the best use of our talent?
 - * Hard to beat the powerhouse by trying to play their style