



US LACROSSE COACHING EDUCATION PROGRAM

IDEA Method

I D E A

Introduce the skill

Demonstrate the skill

Explain the skill

Attend to players practicing the skill

Gather your players together; make sure your players can hear and see you; and, most importantly, make sure you have their attention.

Introduce the skill or concept by naming it and explaining its importance as it relates to the game. If a skill does not have meaning to a player, he or she will not understand how it will make him or her become a better lacrosse player.

TIP: Capture attention with a story or a quick contest that relates to the skill they are about to learn. For example, offer a prize to the person who correctly answers the first question about the skill.

Demonstrate the Skill: A clear **demonstration** increases players' retention. Again, make sure all players can SEE and HEAR you. Demonstrate the skill with both hands, but also from different angles so each player can easily follow your demonstration.

TIP: If you're not the most skilled player, use a player who is able to demonstrate for you.

Explain the Skill: While you slowly demonstrate the skill, verbally explain what you are doing with your hands, feet, body and stick. Use word cues and consistent language (presented later in this course).

TIP: Spend only a few minutes explaining the skill, drill or concept before allowing the players to practice it. Remember, your high schoolers have probably been sitting at their desks all day and are ready to play.

Attend to Players: **Attend** to players while they are practicing the skill. It is important to get an idea of what your players need to improve. This is your chance to help them one-on-one in honing their skills.

1. Allow your players to practice the skill individually or with a partner.
2. Walk around and physically guide the players that need help, keeping in mind that your positive reinforcement helps players better learn the skill.

TIP: Frame your correction by stating something positive, providing one specific thing they can work on, then ending with another positive statement. Avoid giving a player a list of things to correct all at once.

