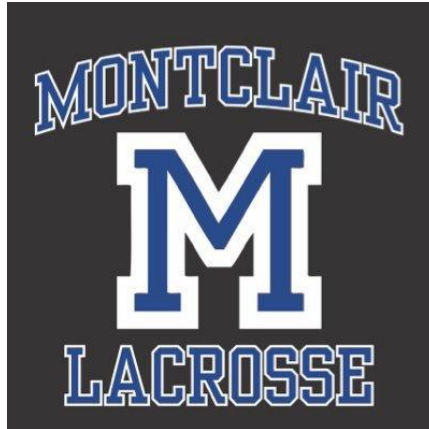


# Montclair High School Lacrosse:

## 5 UNITS STRONG



What are you, as an individual player doing daily to perfect your craft?

How are you positively influencing others within your unit when thinking about the improvement of the team as a whole?

### *Montclair High School Attackman:*

- ***BEST STICKS ON THE TEAM***
- ***FINISH THE BALL***
- ***ATTACK THE ISLAND WITH A PLAN***
- ***EYES UP***
- ***RIDE LIKE A MADMAN***
- ***DEMAND THE BALL ON THE CLEAR WITH CONFIDENCE***

### *Montclair High School Midfielder:*

- ***"GET DIRTY" DODGERS***
- ***TAKE PRIDE IN ATHLETICISM***
- ***FULLY UNDERSTAND BOTH OFFENSIVE AND DEFENSIVE PRINCIPLES***
- ***TAKE ADVANTAGE OF SHORT STICK DEFENDERS***
- ***GUTS***
- ***COMPLETELY UNDERSTAND CLEARING AND RIDING PRICIPLES/SCHEMES***

***Montclair High School Defender:***

- ***LIVE IN AN ATHLETIC POSITION WITH ACTIVE EYES***
- ***CONTROLLED, COMMITTED PRESSURE***
- ***PRIDE IN TECHNIQUE AND FOOTWORK***
- ***SLIDE HARD WITH AN EDGE***
- ***LOUD AND CONFIDENT WITH DECISION MAKING***
- ***HANDLE THE STICK IN PRESSURE SITUATIONS***

***Montclair High School Goalie:***

- ***FULL UNDERSTANDING OF TEAM DEFENSE AND RIDE/CLEAR SITUATIONS***
- ***HOLDS DEFENSIVE UNIT TO THE HIGHEST STANDARD***
- ***HIGH ENERGY SPARK PLUG***
- ***MENTALLY TOUGH***
- ***COMMITMENT AND CONFIDENCE TO STICKWORK***
- ***GET THE BALL OUT!***

***Montclair High School Faceoff Unit:***

- ***UNDERSTAND THE STRENGTHS OF THE MEMBERS OF THE UNIT***
- ***KNOW THE WEAKNESSES OF THE MEMBERS OF OPPOSING UNIT***
- ***"WANT IT" MORE THAN ANYONE ELSE***
- ***NON-VERBAL COMMUNICATION***
- ***OFF THE BACKS, BOTTOM HAND***
- ***PICK UP THE BALL, SECURE THE BALL***

# Montclair High School Lacrosse 2018: TEAM IDENTITY



- ERRORS OF COMMISSION, NO ERRORS OF OMISSION
- CONTROL THE PACE AND INTENSITY OF EVERY SITUATION ON THE FIELD
- INDIVIDUALLY TAKE RESPONSIBILITY IN PERFECTING YOUR CRAFT
- COLLECTIVELY TAKE RESPONSIBILITY IN UNDERSTANDING OF SCHEMES
  - COMPETE AND CHALLENGE ONE ANOTHER
    - NO SMOKE AND MIRRORS
    - UNDERSTAND DRILL PURPOSE