

# Check (out) Her Stick!

A report from the sidelines of the NCJLA Girl's Division

## FROM THE GIRL'S DIRECTOR:

We're now halfway through the 2013 season! I have to ask, where did this season go? BUT it's not over yet folks! While I may work on the administration side of the league what I am first and foremost is a lacrosse coach (well, after daughter, sister, wife, and mother), which means that I'm an educator and then an analyzer of the X's and O's. Really, so much more is learned on the lacrosse field than just the X's and O's

However, sometimes for coaches as we hit the midway point of the season, get into a rhythm and start playing games, we find ourselves in a practice rut as all the focus is on game day. We rely on the drills that the girls like more than others (the ones where you can say them by name and not need to explain how to set them up), practice becomes a little more social as the girls get to know one another, sometimes us coaches just start getting a little burnt out trying to keep it all together, and things may start feeling stale. So, what should we do?

Just as our player's teachers don't go into the classroom without a daily plan neither should we. If practice is starting to feel a little monotonous it's time to switch up and head out to the field with a written plan. This plan should include the following:

1. A goal for practice. Will the focus be on team offense or defense, clears, transitions etc.
2. Warm up fundamental drills focused on accomplishing your goal. If your goal is team offense then start with a star drill for example.
3. Include social time. Sport is a place for socialization, an important lesson for all to learn. girls love social time. Give it a specific name and set the time for it. I call it "berry sharing" after the hunter gatherer ladies who would socialize while gathering food for their families. If the girls are talking while doing a drill or while I'm trying to explain something I simply say, "share your berries for the next 3 minutes and come back to this drill focused". This makes it a lot easier to keep them focused on practice...and well, I'm not a very good punisher!
4. Team drill that is game-like and again goal focused. The girls should be running around and put into game like situations. This is NOT a scrimmage. Sometimes scrimmaging can be counterproductive as the girls tend to get sloppy and it's hard to keep the scrimmage focused on the goal at hand.
5. Goalie work. Goalies often get ignored at practice and really, they are like having an 8th person on your defense! Work them into all drills and remind them that they can come out of the cage and play on the field. It's nice to treat them at some point in practice to some special time where they are the focus.
6. Conditioning. Try to build conditioning into the drills as this is much more fun for the girls. Besides, on the field we have to run hard AND catch the ball. When just doing suicide sprints for example we're just running. Add in extra conditioning only if practice was a little slow. Try to add in some footwork as oftentimes this is more important than actually running.

**I** DROP "D" DRILL #1 => 3 MAN WAVE W/ RECOVERY (15")  
 DEFENSE + 2 D DOWN LOW  
 WAVE WAVE  
 \* A1 - A3 START 3 MAN WAVE AS USUAL  
 \* COACH MAC BLOW WHISTLE TO RELEASE  
 D3  
 \* D3 KICKS DOWN FIELD TO PICK UP  
 OPEN \* MMS ALL \*M\* WHILE COMMUNICATING  
 W/ D1 & D2 WHOSE BALL IS GONNA \*  
 WHOSE \*M\* SHOULD GO  
 \* HAVE SAMMY COME UP & OUT TO  
 DOUBLE BALL ONLY IF BALL IS OFF TO SIDE @ ELBOW

**II** 5 V 5 W/ RECOVERY DEFENSE (20")  
 \* UNUSUAL TO ABOVE DRILL BUT  
 WILL INVOLVE COACH & MAKE MIDFIELD TRANSITION  
 \* COACH MAC LOBS BALL TO A7 WHO ASKS FOR  
 IT OVER HER SHOULDER. \*  
 \* MAKE COACH HAS LOBBED BALL D4 SPRINTS TO  
 COACH, PIVOTS & KICKS DOWN FIELD  
 \* SINCE [D] IS DOWN BY ONE, SAMMY COMES OUT &  
 COACHES \* A1 OR A2 & \* D2 DEFENSE SHIFTS  
 ACCORDINGLY  
 \* SAMMY MOVES \* BACK TO GOAL ONLY ONE  
 RECOVERY [D4] MAKES IT TO A \* PLAYER &  
 D IS AGAIN MAN TO MAN  
 \* WILL GO BK FIELD TOMORROW

**III** SHOOTING : (OPTION SHOOTING)  
 \* SET UP 4 LINES OF ATTACK "HARRIS UP PLEASE!"  
 \* PEOPLE @ ELBOWS HAVE BALL/  
 WORK ONE SIDE @ A TIME  
 \* IF A4 HAS BALL FOR EXAMPLE THEY  
 ARE LOOKING TO FEED AB OR A1  
 B/C A4 WILL WAVE & SET A PICK  
 FOR OTHER LINE  
 \* RUN THE OPPOSITE ELBOW NEXT

**IV** KUNNING => INTERVALS, ON 30 SECONDS, OFF 20 SECONDS

## Petaluma Girls Come Together for a Cause

*By: Coach Laura Jennings, PYLC GHS*

When I found out that we had 33 girls participating in lacrosse this season I sat down and brainstormed what our goals should be. One goal for the season was to give back to our community.

First, we needed to give back to our own program so we started sign ups for volunteer coaching at the younger girls lacrosse practices; U-9, U-11 and U-13 levels. So far our team has donated 20 hours combined in helping to teach younger female athletes the sport of lacrosse.

These girls are committed to continuing to play lacrosse in their futures (College Club, DII & DIII) and their knowledge is valuable to the rising athletes in our program.



Secondly, we wanted to give back to the Petaluma community. We narrowed our choices down to organizations that were focused on helping children with [rare diseases](#) that would never be able to play sports like we do. We ultimately decided to help [Liam's Lighthouse Foundation \(LFF\)](#) because they

receive little to no funding from the government for research. LFF provides education material and awareness about Hemophagocytic Lymphohistiocytosis, a disease so rare that most doctors are not trained to diagnose it. There is currently no cure for this disease and most children that are diagnosed spend the majority of their time in the hospital or quarantined because their immune systems are very fragile during treatment.



Rare Disease Day<sup>®</sup>  
Partner

**Who:** [Liam's Lighthouse Foundation \(LFF\)](#) in honor of children fighting [rare diseases](#) not yet funded by government research

**When:** April 27<sup>th</sup> 8AM-10AM

**Where:** Petaluma Applebee's

**Tickets:** \$10 each, donations and tickets purchased to send a friend are greatly appreciated. Please contact Coach Laura Jennings at:

[laura.macdougall@hotmail.com](mailto:laura.macdougall@hotmail.com).

## FROM THE FIELD

"U11s are an interesting group. Kids are all having fun. I'll tell you this much...with the birth of our U9 level, the 11s will keep getting stronger. Lots of kids coordinating transitions, playing with both hands. Unheard of 3-4 years ago at that age. We will have to have girls U11A teams soon based on the 12+-1 type scores out there." Scorpions GU11 Coach

I'm hearing a lot of venting from coaches regarding the umpires. Remember, there is a lot going on out on the field and some of these umpires have only been doing this for a couple of years. Please remember that this is junior sport and everyone is learning from the parents, to the coaches, players, and the officials. Please stress with your coaches to maintain a positive attitude and use the evaluation forms on Arbiter Sports if need be. Kristine Love, Girl's Director

Watched the Novato/EDH U13A game. Girls at that level keep getting stronger. We've only really had two game weekends. I expect things to heat up after the Spring Break. GU13A Dad

## COACH FOCUS

**Who: Julie Forsberg, SF Riptide GU9**

**Played: Started playing at age 8, played for Cherry Creek HS in Colorado and Syracuse Club in NY. Has played all positions but her favorite is Center and taking the draw since she gets to use both defensive and offensive skills.**

**Has been coaching with the San Francisco Riptide for 3 years. Before that coached camps, clinics, and indoor lacrosse.**

**Happiest on the lacrosse field: Watching a player's progress from that first moment that they pick up a stick.**

**Best Practice: It's not about teaching the technical sport skills, but more about teaching the girls life skills such as team work, goals, working hard for something, and helping each other out.**

**Favorite Drill: Competitive Ground Balls- After positioning the girls in two or four lines, I have them start on the ground and I toss the ball out into the field. Once an individual or team has possession, I incorporate having them work on passing, cutting and positioning.**



# Beyond NCJLA GHS Lacrosse

By Dean Whipple, Proud Lacrosse Dad, NCJLA GHS Commissioner, & Head Coach of SJ Extreme GHS

As practice was coming to an end, some familiar faces came out to join the team for the last drills of the night. These familiar faces were ladies that had played on the high school team over the last 3 to 4 years. They had returned home to see family and friends, come by to see how there old team was doing.

Many of these ladies were once junior girl players that came out to learn how to play an unfamiliar sport for the first time, were hooked, and continued play through their high school years. As the team greeted them, most of the questions that followed were about college life, the schools they were attending, the hotness level of the boys at school, and whether or not they were playing lacrosse for their colleges.

All of the girls that came out to practice with their old teammates were playing for their college's club teams. Some had even tried out for their school's Division I or III team. It was great to here them tell the girls that playing for there college club teams was a great experience, and they have made many new friends through lacrosse.

I know that many of the other clubs that belong to NCJLA have had their share of these such moments when past players come home and share their college lacrosse experiences. I have to say, I think NCJLA lacrosse has opened a door to the female athlete to learn and gain lacrosse experiences to move on and play at the college level, whether it be at the club level or NCAA Division I, II, or III.

With over 264 club teams at the college level and 440 teams in the NCAA, this gives all the ladies a chance to continue playing a game they love during there college years and create lasting memories and friendships. So, thank you NCJLA lacrosse for a great program.

