

Holliston Youth Lacrosse



Coaches Meeting
2010 Season

Agenda

- Registration Update
- Coaches Training & Development
- Mission/Vision/Values
- Develop Team Rules
- Practice Planning
- Age Based Criteria- Under Development

Registration Update

Almost 200 Athletes are counting on YOU!

- Girls
 - U15 – 24 Athletes – 4 Coaches
 - U13 – 20 Athletes – 5 Coaches
 - U11 – 14 Athletes – 4 Coaches
- Boys
 - U15 – 37 Athletes, 6 Coaches (2 Teams plus Selects)
 - U13 - 26 Athletes, 5 Coaches (plus Selects)
 - U11 – 28 Athletes, 4 Coaches
- Instructional/U9
 - Boys - 35 Athletes, 7 Coaches (2 - U9 Teams)
 - Girls - 14 Athletes, 3 Coaches

Coaching Development

"Coaching is teaching and coaches need training to be effective."

- **Basic Training in 3 parts:**
 - Tonight - GYM w HS Coaches.
 - Tonight – Mission/Vision/Values, Practice planning and program concepts.
 - Rules Review Meeting w Local official
 - Boys - Rick Catalano MBYLL West Central Official Coordinator – March 4th 7pm – Site TBD
 - Girls – TBD
- **Boys Travel - MBYLL Clinic** - MBYLL Requirement every 2 years.
- **Girls Travel** – No official requirement, US Lacrosse Level 1 recommended
- **Additional Training** (All Cost paid by HYL A) **US Lacrosse Level 1 Certification – Required for all Spring Travel Head Coaches.**
(Recommended for 2010 Girls Travel, will be required for 2011)
 - On Line Certification – A 3 hour online tutorial. **Mandatory for all travel coaches – 2010 Spring Season.**
 - On Field Certification - A 6-hour intensive hands on training program.
 - Mandatory background Screening – NCSI
 - PCA Double Goal Coach Certification
 - GET PAPERWORK TO KERRI KOBER!

Mission

- The mission of HYLA through the instruction of lacrosse shall be to implant firmly in the boys and girls of the community the ideals of good sportsmanship, respect, honesty, loyalty, and courage so that they may be finer, stronger and happier boys and girls.



Vision

- HYLA vision is for **ALL** players to enjoy their experience with the sport of lacrosse and to learn positive character lessons that will help them in every aspect of their life.
- This vision will be achieved by providing the following:
 - **Equal Playing Time**
 - **Supervised instruction by adequately trained coaches**
 - **Adequate facilities and equipment**
 - **Competitive athletic events**
- NOTE - All coaches shall bear in mind that the attainment of exceptional individual skill or the winning of games is secondary to HYLA's mission and vision.

Values

ALL HYLA Coaches are expected to embody the following values:

1. A Coach is a positive motivator and refuses to motivate through fear, intimidation or shame. He establishes order and discipline in a positive manner.
2. A Coach works to remain positive. He recognizes that it is often when things go wrong that a coach can have the most positive impact and teach the most important lessons. He always treats athletes with respect regardless of how well they perform.
3. A Coach coaches for mastery rather than victory, which he sees as a by-product of the pursuit of excellence. He focuses on effort rather than outcome, learning rather than comparison to others.
4. A Coach recognizes that mistakes are an important and inevitable part of learning and encourages an environment in which players are willing to risk making a mistake.
5. A Coach sets standards of continuous learning and improvement for himself and his players. He encourages and inspires players, whatever their level of mastery, to strive to get better without threatening them. He is committed to becoming the best coach he can be and continually seeks to improve his own effectiveness.
6. A Coach "Honors the Game." He feels an obligation to the sport he coaches. He loves his sport and shares his love and enjoyment with his players. He feels privileged to be able to take part in his sport.
7. A Coach respects his opponents, recognizing that a worthy opponent will push him and his team to do their best.
8. A Coach understands the important role that officials play and strives to show them respect even when he disagrees with their decisions.
9. A Coach values the rich tradition of his sport and works to honor the spirit as well as the letter of its rules.
10. A Coach demonstrates personal integrity and would rather lose than win by dishonoring the game. Dishonoring the game is worse than defeat.

Lacrosse Team Rules

SAMPLE: Please note that this is for example only and that each coach needs to create their own policies in line with HYL A:

1. **No Profanity:** Profanity is not permitted; we will not tolerate it at practice, or on the game field.
 2. **Fighting Policy:** Boy's lacrosse holds a no tolerance policy for fighting. If you are guilty of fighting at anytime you will be suspended from the team until the end of the current season, and/or as long as the team feels necessary regarding the situation that the fight was conducted in.
 3. **Game Misconduct:** Game misconduct penalties are for actions toward the referees, other teams, fans, or on-field actions that are inappropriate and unsportsmanlike in nature. Any player or parent receiving game misconduct penalties will be immediately suspended and a review before the HYL A executive committee will be done. Should the players or parents actions be deemed not in the best interest of HYL A. Disciplined can include suspension for the following weeks game and up to and including removal from the team and HYL A.
 4. The head coach reserves the right to suspend or dismiss any player or parent for conduct not in the best interest of the team and the team goals. Suspended players and parents have a right of appeal to the HYL A executive board.
 5. ALL HYL A rules and policies as posted on the website must be obeyed and enforced.
 6. The use or possession of alcoholic beverages, illegal drugs, and tobacco in any form will result in immediate dismissal.
 7. **Academic requirements must be met.** If the player is not performing in school, the player's parents must notify the coach, The coach and parents will work together to address and remedy the situation. If the player continues to underperform, the player will be suspended from the following week's game. If any player is ineligible for three consecutive weeks, the penalty is dismissal from the team.
 8. **Attendance:** If you are in school, you MUST attend practice. Absences without prior notification will be counted as unexcused. The penalty for one unexcused absence is removal from one half of play in the next game. Two absences equal removal from one game, and three absences will result in removal from the team. Please contact your coaches via email, phone, or in person if you will not make practice or need to notify of an emergency.
 9. **Sickness:** If you are sick and cannot attend practice, please contact your coaches and inform them of your condition. If you leave school early due to sickness you will not be permitted to practice that day or play in any game.
 10. **Be on time:** Missed time will result in make up time for that player in the form of conditioning. The entire team will be responsible for making up the time missed by that player. Failure to make up that time with the team will result in not being able to dress for one game; two infractions will result in removal from the team.
 11. **Equipment:** All equipment that is property of HYL A must be returned to the HYL A at the times necessary. You are responsible for any equipment issued to you, and you are responsible for the team equipment as a member of the team. Any violation of this policy will result in the player/parent having to pay for the missing equipment. Any missing team equipment will have to be replaced, placing financial burden on HYL A..
 12. **If you are hurt,** it is your duty to report the injury to the coaches (or to the EMT on game day). If you are injured and can not play/practice, you must be at practice helping the team and learning your position and role. Rehab and training time will be allowed during practice as needed.
- My son and I have read the above rules together and we agree to support the coach's decisions if any of the rules are violated. We understand the rules are in the best interest of all the team members and that Coach _____ will be fair and consistent in his decisions.

Player Signature

Parent/Guardian Signature

Practice Plan!

- **DAILY PRACTICE PLANNER- WRITE IT DOWN!**
- **Tips to remember when planning an effective practice:**
 - Use realistic time-periods based on your team's age and ability
 - Take into account transition time between activities, allow for adequate warm-up, water breaks, and cool down
 - Use a progression approach - don't start with too complicated a skill or activity if you haven't previously broken the concept down. Teach Whole/Part/Whole
 - Be willing to adjust your plan based on the needs of your team
 - Have fun, be creative, and enjoy coaching lacrosse!
- **Some other things to include:**
 - Date & Location
 - Goal for today
 - Skills to cover
 - Team strategies to cover
 - Performance emphasis for today
 - Pre-practice announcements
 - Post-practice announcements/reminders

Youth Practice Sample

12 and Under (60-75 Minutes)

Note: Before any activity begins, a coach must be sure all safety equipment is being worn and is properly fitted.

- **0:00-0:05** Begin pre-practice form passing as players arrive (2 players to a ball)
- **0:05-0:15** Running (Form, Cones, or Agility—Younger players need to be taught proper form in running rather than stretching)
- **0:15-0:20** Form Circle (Demonstrate Stick Skills-Players Mirror Skills)
- **0:20-0:30** Line Drills/Shuttles (Stress at the beginning of year-- move to passing on the run drills as season progresses)
- **0:30-0:40** Fun Skill Drill Activities—Develop use of space drills as players progress (Weaves, 3 on 2 Drills)
- **0:40-0:50** Transition or fastbreak drills, can alternate with team strategy drills based on observed needs and team development
- **0:50-0:60** or 0:75 Basic Offense/Defense Half Field- or full field scrimmage if possible (emphasize specific areas of focus)

Note: You shouldn't need sprints if everybody has worked hard in these drill - Your practice should never exceed 1.25 hours

Intermediate Practice Sample 13 and over (75-90 Minutes)

- **0:00-0:05** All mouthguards shown to coach and IN! Begin pre-practice form passing as players arrive (2 players to a ball)
- **0:05-0:15** Light running (conversational speed) followed by light dynamic stretching
- **0:15-0:30** Warm-up stick skills (High intensity shuttle or line drills at the beginning of year-- move to passing on the run/clearing drills as season wears on)
- **0:30-0:50** Transition or fast break drills/vary with special skills needed drills (Examples: Pick and roll—Cutting—backdoor cuts)
- **0:50-0:70** Basic offense/defense in half field situation. Teach team strategies and tactics in game simulated situations
- **0:70-0:85** Full Field Scrimmage—pick specific area(s) of focus
- **0:85-0:90** Cool-down, thorough static stretching

Note: As the season progresses, you can vary scrimmage time with basic offense/defense teaching time and use minutes 50-90 in a manner that enables you to teach or review team strategy in a full field scrimmage situation. Your practice shouldn't normally exceed 1.5 hours

HYLA Age Based Objectives – Girls (Proposed)

- I Team/U9
 - Catch/Pass
 - Cradle
 - Scoop
 - Shoot
 - Intro to Positions
 - Intro Game Rules/Penalties
- U11
 - Improve catching throwing
 - Game Rules/Penalties
 - Defensive positioning
 - Dodging
 - Intro Offense Plays
 - Intro Clears/Rides
- U13
 - Refine off hand!
 - Base Offensive Plays
 - Set Defensive Slides
 - Off Ball Movement
 - Refine Clears/Rides
- U15
 - More Complex
 - Penalty situations
 - Introduce checking
 - Offense variations
 - Defensive Slides
 - Variations on Rides/Clears

HYLA Age Based Objectives – Boys

- I Team/U9
 - Catch/Pass
 - Cradle
 - Scoop
 - Shoot
 - Positions
 - Intro Game Rules/Penalties
- U11
 - Develop off hand!
 - Man to Man Defense
 - Dodging
 - Game Rules/Penalties
 - Intro Rotation Offense
 - Intro Defensive Slides
 - Intro Clears/Rides
- U13
 - Refine Off Hand!
 - Intro Man Up/ Man Down
 - Rotation Offense Base Plays
 - Set Defensive Slides
 - Off Ball Movement
 - Refine clears and rides
- U15
 - More Complex
 - Man Up/ Man Down
 - Rotation offense variations
 - Defensive Slides
 - Zone Rides/ Complex Clears