

# Holliston Youth Lacrosse



Boys Coaches Meeting  
2010 Season

# Agenda

- Coaches Training & Development
- Age Based Criteria
- The Basic Rules – Rick Catalano
- Offensive Concepts – Dave Solon
- Defensive Concepts – Ray Lockard
- Q&A

# Coach Development

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

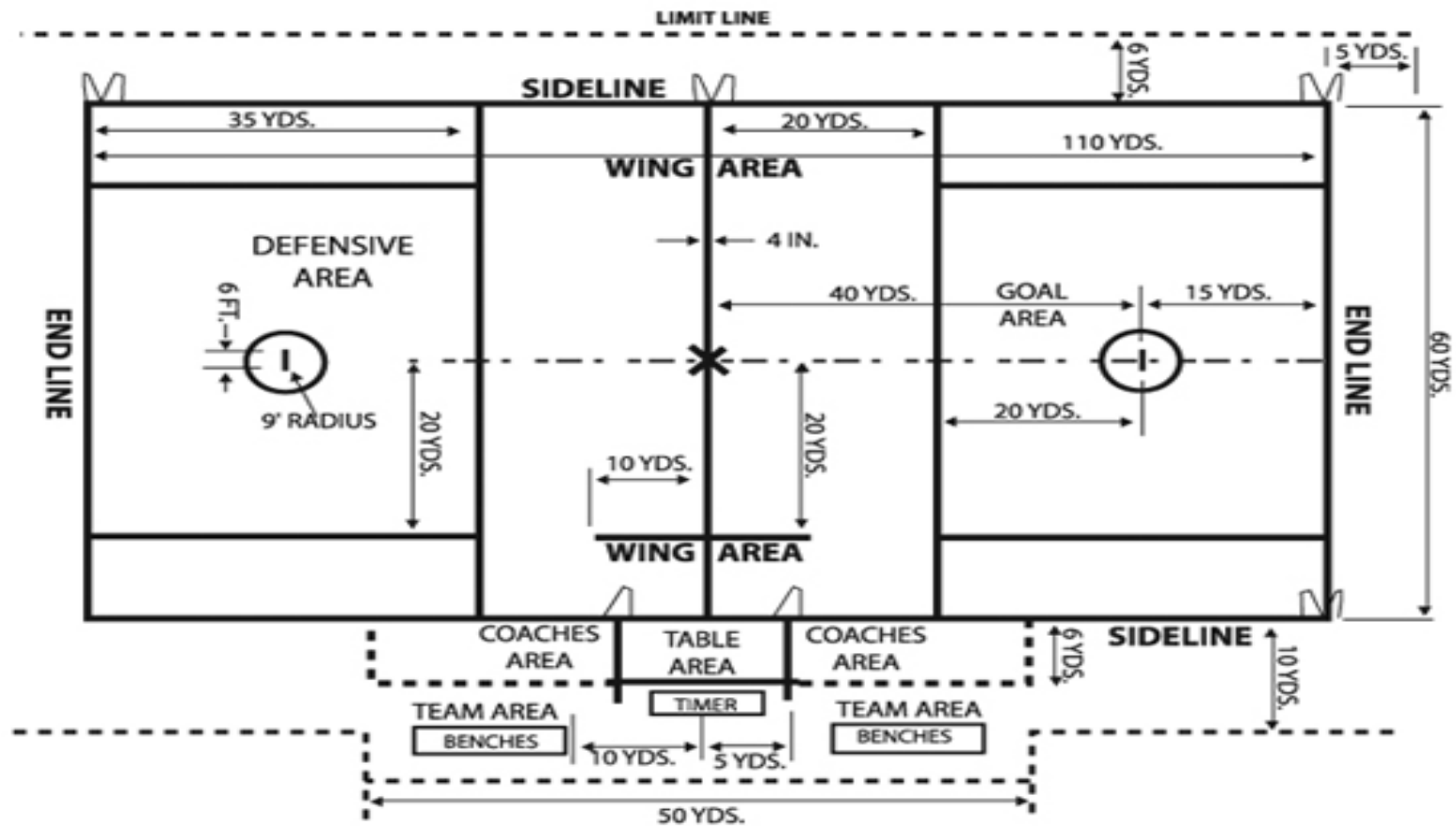
- **MBYLL Clinic** - MBYLL Requirement every 2 years.
- **Basic Training in 3 parts:**
  - Drills/Practice Review w HS Coaches - February 23<sup>rd</sup> - Completed
    - Program overview Mission/Vision/Values
    - Practice Planning
    - Team Rules
    - Drills and concepts
  - Classroom (tonight) -
    - Rules Review Meeting w Rick Catalano MBYLL West Central Official Coordinator
    - Offense Concept Review
    - Defense Concept Review – Ray Lockard
  - **US Lacrosse Opportunities** US Lacrosse Level 1 Certification -
    - On Line Certification – NO COST through the end of March
      - A 3–4 hour online tutorial complete with flash video, lifetime access to online resource and drill section, and post-assessment test. **Mandatory for all travel coaches – 2010 Spring Season.**
    - On Field Certification - \$60 paid by HYLAA
      - A 6-hour intensive hands on training program.
      - **Mandatory for all Head travel coaches 2010 Spring Season**
    - PCA Double Goal Coach Certification
      - **Mandatory for all Head travel coaches 2010 Spring Season**

# HYLA Age Based Objectives – Boys

- I Team/U9
  - Catch/Pass
  - Cradle
  - Scoop
  - Shoot
  - Positions
  - Intro Game Rules/Penalties
- U11
  - Individual
    - Develop off hand!
    - Man to Man Defense
    - Dodging – Split, Face, Roll
  - Team
    - Game Rules/Penalties
    - Intro Rotation Offense
    - Intro Defensive Slides
    - Intro Clears/Rides
- U13
  - Individual
    - Refine Off Hand!
    - Refine base Dodges
    - Refine Man to Man D
    - Off Ball Movement – cutting/pick & roll
  - Team
    - Intro Man Up/ Man Down
    - Rotation Offense Base Plays
    - Set Defensive Slides
    - Refine clears and rides
- U15
  - Individual
    - Perfect OFF HAND
    - Improve shot selection & strength of shot
    - Advance Man D Concepts
    - Goalie development skills
  - Team
    - Refine Man Up/ Man Down
    - Rotation offense w variations
    - Improve Defensive Slides & Knowledge
    - Zone Rides & more complex Clears w time requirements

# Field Layout

Youth and High School Men's Lacrosse Field of Play



# Mandatory Equipment

- **The Crosse:** The crosse must be an overall length of 40 - 42 inches for attackmen and midfielders, or 52 - 72 inches for defensemen. The head of the crosse must be 6.5 - 10 inches wide, except a goalie's crosse which may be 10 - 12 inches wide. The pocket of a crosse shall be deemed illegal if the top surface of a lacrosse ball, when placed in the head of the crosse, is below the bottom edge of the side wall.
- **The Ball:** The ball must be made of solid rubber and can be white, yellow or orange. The ball is 7.75 - 8 inches in circumference and 5 - 5.25 ounces.
- **The Helmet:** A protective helmet, equipped with face mask, chin pad and a cupped four point chin strap fastened to all four hookups, must be worn by all players. All helmets and face masks should be [NOCSAE](#) (National Operating Committee on Standards for Athletic Equipment) approved.
- **The Mouthpiece:** The mouthpiece must be a highly visible color and is mandatory.
- **The Glove:** All players are required to wear protective gloves. The cutting or altering of gloves is prohibited.
- **Other Protective Equipment:** All players, with the exception of the goalkeeper, must wear shoulder pads. Arm pads are required and rib pads are strongly recommended. Athletic supporters and protective cups for all players.
- **Goalie:** The goalkeeper is required to wear a throat protector and chest protector, in addition to a helmet, mouthpiece, gloves and a protective cup

# Terminology

- **Attack Goal Area:** The area around the goal defined by the endline, the Goal Area Line and the two broken lines located 20 yards on either side of the goal. Once the offensive team crosses the midfield line, it has 10 seconds to move the ball into its attack goal area.
- **Body Check:** Contact with an opponent from the front - between the shoulders and waist - when the opponent has the ball or is within five yards of a loose ball. At no time should a player initiate or receive body contact with his head.
- **Box:** An area between the two team benches used to hold players who have been served with penalties, and through which substitutions "on the fly" are permitted directly from the sideline onto the field.
- **Check-Up:** A call given by the goalie to tell each defender to find his man and call out his number.
- **Clamp:** A face-off maneuver executed by quickly pushing the back of the stick on top of the ball.
- **Clearing:** Running or passing the ball from the defensive half of the field to the offensive half of the field.
- **Crease:** A circle around the goal with a radius of nine feet into which only defensive players may enter. Defensive players may not take the ball into the crease.
- **Crosse (stick):** The equipment used to throw, catch and carry the ball.
- **Defensive Clearing Area:** The area defined by a line drawn sideline to sideline 20 yards from the face of the goal. Once the defensive team gains possession of the ball in this area, it has 10 seconds to move the ball beyond the Goal Area Line. Once beyond the Goal Area Line, the defensive team may not pass or run the ball back into the Defensive Clearing Area.
- **Extra Man Offense (EMO):** A man advantage that results from a timeserving penalty by the other team.
- **Face-off:** A technique used to put the ball in play at the start of each quarter, or after a goal is scored. The players squat down and the ball is placed between their crosses.

# Terminology

- **Fast-Break:** A transition scoring opportunity in which the offense has at least a one-man advantage.
- **Ground Ball:** A loose ball on the playing field.
- **Handle (shaft):** An aluminum, wooden or composite pole connected to the head of the crosse.
- **Head:** The plastic or wood part of the stick connected to the handle used to catch, throw and shoot.
- **Man Down Defense (MDD):** The situation that results from a timeserving penalty which causes the defense to play with at least a one man disadvantage.
- **Midfield Line:** The line which bisects the field of play.
- **On-The-Fly Substitution:** A substitution made during play.
- **Pick:** An offensive maneuver in which a stationary player attempts to block the path of a defender guarding another offensive player.
- **Play On:** If a player commits a loose-ball technical foul or crease violation and an offended player may be disadvantaged by the immediate suspension of play, the official shall visually and verbally signal <sup>3</sup>play on<sup>2</sup> and withhold the whistle until such time as the situation of advantage, gained or lost, has been completed.
- **Pocket:** The strung part of the head of the stick which holds the ball.
- **Rake:** A face-off move in which a player sweeps the ball to the side.
- **Riding:** The act of trying to prevent a team from clearing the ball from the offensive half to defensive half of the field.
- **Release:** The term used by an official to notify a penalized player in the box that he may re-enter the game occurs at the conclusion at a time-serving penalty.
- **Unsettled Situation:** Any situation in which the defense is not positioned correctly, usually due to a loose ball or broken clear.

# Personal Fouls

- **Slashing:** Occurs when a player's stick viciously contacts an opponent in any area other than the stick or gloved hand on the stick.
- **Tripping:** Occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.
- **Cross Checking:** Occurs when a player uses the handle of his crosse between his hands to make contact with an opponent.
- **Unsportsmanlike Conduct:** Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, arguing, or obscene language or gestures.
- **Unnecessary Roughness:** Occurs when a player strikes an opponent with his stick or body using excessive or violent force.
- **Illegal Body Checking:** Occurs when any of the following actions takes place:
  - body checking an opponent who is not in possession of the ball or within five yards of a loose ball;
  - avoidable body check of an opponent after he has passed or shot the ball;
  - body checking an opponent from the rear or at or below the waist;
  - body checking an opponent above the shoulders. A body check must be below the shoulders and above the waist, and both hands of the player applying the body check must remain contact with his crosse.
- **Illegal Crosse:** Occurs when a player uses a crosse that does not conform to required specifications. A crosse may be found illegal if the pocket is too deep or if any other part of the crosse was altered to gain an advantage.
- **Illegal Gloves:** Occurs when a player uses gloves that do not conform to required specifications. A glove will be found illegal if the fingers and palms are cut out of the gloves, or if the glove has been altered in a way that compromises its protective features.

# Technical Fouls

- **Crease Violation:** Occurs when an offensive player deliberately, through his own momentum, enters the opponent's goal crease or a defensive player, including the goalkeeper, with the ball in his possession, enters from the surrounding playing field into his own goal-crease.
- **Holding:** Illegally impedes the movement of an opponent with the ball.
- **Illegal Offensive Screening:** Occurs when an offensive player, through moving contact of his body or equipment, blocks a defensive player from the man he is playing, or impedes his normal movements of playing defense.
- **Interference:** Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the player, or both players are within five yards of a loose ball.
- **Offsides:** Occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.
- **Pushing:** Occurs when a player thrusts or shoves a player from behind.
- **Stalling:** Occurs when a team intentionally holds the ball, without conducting normal offensive play, with the intent of running time off the clock.
- **Warding Off:** Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check.
- **Withholding The Ball From Play:** Occurs when a player clamps a loose ball against the ground more than momentarily or clamps the ball against his body to prevent it from being dislodged

# HYLA Offensive Concepts

- ALL coaches will teach & utilize the same Motion Offense for all level including U9. Clearly this will be broken down in smaller parts by age group, but by being consistent in our approach we should be able to:
  - Develop athletes through a systemic progression & understanding of this offense. Improving play each year.
  - Teach drills and terminology in a consistent manner. Learn the phrases: “Find Space” and “One More” and know what they mean!
- We all need to more familiar with this offense and run it consistently. There is plenty of information on our website regarding this offense – so do your homework.

# HYLA Defensive Concepts

- We will predominantly teach man to man defense.
- Since U9 and U11 have no man down, this is the only settled defense they should be teaching. Crease defense should have first slide on fast breaks.
- U13 & U15 can & should introduce match up zone slides, particularly for man down situations.