



Coaching Boys Lacrosse

Course Objectives:

- History of lacrosse
- How the sport is played today
- Differences between girls and boys lacrosse
- Methods and techniques for teaching lacrosse
- How to create drills and structure effective practice sessions
- How lacrosse is played
- Equipment needs
- Learn basic rules of boys lacrosse
- Player positions and game structure
- Understand essential beginning lacrosse skills and be able to teach those skills to players

Unit 1: Origin and Background

- Unit 1 Objectives
- History
- History Timeline
- Lacrosse Today
- Boys/Girls Lacrosse
- US Lacrosse
- Unit 1 Test

Unit 2: Teaching Lacrosse

- Unit 2 Objectives
- Role of the Coach
- Teaching Techniques
- IDEA Method
- Drill Design
- Unit 2 Test

Unit 3: Playing the Game

- Unit 3 Objectives
- Play Basics
- Equipment
- Player/Field Configuration

Unit 4: Skills and Techniques

- Unit 4 Objectives
- Teaching Skills
- Throwing and Catching
- Ground Balls
- Dodging, Shooting and Feeding
- Off-ball Movement
- Faceoffs
- Defense

Unit 5: Team Tactics

- Unit 5 Objectives
- Offense and Fast Breaks
- Defense
- Riding
- Clearing
- Extra Man Offense
- Defending EMO

Resources: Tasks and Responsibilities of a Coach; IDEA Method; 5 Yard Scoop Drill; 4 Corner Pick and Go Ground Balls; Hogan Lacrosse Butt to Butt Drill; Canadian 2 v 2 Ground Balls; Drill Progressions; Field Cheat Sheets; Equipment and Helmet Sizing; Position Explanation; Out-of-bounds; Holding/Cradling/Stick Protection; Throwing; Catching; Ground Balls; Dodging; Shooting; Feeding; Off-ball Movement; Faceoffs; Defensive Stance and Positioning; Defensive Holds; Stick Checking, Body Checking and Making Proper Contact; Goalie Play; Transition Offense; 5 Keys to the Fast Break; Transition Defense; Settled Offense; Settled Defense; Defending Picks; Riding; Clearing; EMO; MDD;