



## Coaching Girls 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 girls lacrosse
- Player positions and game structure
- Understand essential beginning lacrosse skills and be able to teach those skills to players

### Unit 1: Course Introduction

- Welcome
- US Lacrosse

### Unit 1: Origin and Background

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

### Unit 2: Teaching Lacrosse

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

### Unit 3: Playing the Game

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

### Unit 4: Skills and Techniques

- Unit 4 Objectives
- Teaching Skills
- Cradling and Ground Balls
- Throwing and Catching
- Dodging and Shooting
- Defense

### Unit 5: Team Play

- Unit 5 Objectives
- The Draw
- Transition Offense
- Transition Defense
- Offense
- Defense
- Special Situations

**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; 6 v 6 Women's Scramble Drill; Position Explanation; Out-of-bounds; Holding/Cradling/Stick Protection; Ground Balls; Throwing; Catching; Dodging; Shooting; Defensive Stance and Positioning; Stick Protection and Blocking; Stick Checking; Crease Defense; Goalie Play; The Draw; Transition Offense; Transition Defense; Settled Defense; Double Teams; Special Offensive Situations