

Tiger Lacrosse Coaching Basics

Mission Statement

Be Positive, Prepared and put your players in position to succeed!

Maxims

Tight Stick! TWO Hands!!

Scoop to your face and accelerate to space.

Ball faster than your feet; Move the ball up the ladder

Always ready to receive the ball

Offense:

Occupy you defender

Stick in the "Box"; Triple Threat

Move with the ball, Move for the ball and Meet the BALL!

Feet Hot, Ball Hot!

Pass up the 10yd shot for the 5yd;pass up the 5yd shot for the lay-up "ONE MORE!"

Team Defense:

Get to the "hole", pick-up inside-out. "Triage"

SEE the Man, see the ball

Stay inside the ball

Individual "D":

Never turn your back on the ball

Stay "top-side"

Stick "upfield"

Close the gate

Bottom hand

Warm-up our Goalies, don't shoot on them.

Basic Offensive/ Defensive Philosophy

"O"

Possess the Ball!

Take FULL ADVANTAGE of uneven situations, push the ball to the cage; THEN,

Possess the Ball!

"D"

Patient HELP Defense

Play ball hard to edge of the "Box"(Attack area)

Work hard to CONTAIN the ball NOT take it away!

Offense

Dodge, Draw and Dump

2-Man game; Pick, fake pick(pick 'n roll)

3-Man game; Pass and pick away

Cutter Offense

Defense

Adjacent Slide

Crease Slide

Typical Practice

- 1.) Never more than 20min per drill(15 preferred)
- 2.) No more than 3 per line during line drills
- 3.) Watch like a Drill Sergeant when they do Line drills!!! (insist they do it the right way everyday!)

Lap Warm-up, comraderie, gets the grab-assin' out of the way!

Stretch Dynamic followed by static (Static at youth level enough)

Line Drills (Mix it up (Star, Maze, Weave, 4-line Break-out, "Tiger") from time to time, but basic "Boring" line drills are part of every practice!)

GB Drills 1v1, 2v1, 2v2, etc.

1on1, 2on2's

Conditioning Great to condition in the middle of practice leading into Team time, fun drills etc.

Uneven We condition in the middle and the end of most practices with rare day off.

Even OR Fast Breaks, scramble , "1,2,3,4" , Progression etc.

Even OR 4on4, 4on4 w/ cone, 4on4 w/ pressure, etc.

Later in season time to run skeleton "O" and "D" (Split M & A with D and work on plays/ slides, etc.)Mids not running skeleton go w/ poles.)

Scrimmage 6on6, 6on6(3min or 3 TO's), Full Field, Clears&rides (working to Full Field)

(Sprinkle in situations, clears and rides, EMO & Man-Down, slow-whistle, etc.)

Conditioning

Break!