

LMLA HL COACHING BASICS

CLINIC NOTES

Lacrosse vs hockey Explain differences and similarities

- There is no defence, wingman and centre
- Five players back
- Same five players forward

Basic Offence

- Left and Right crease
- Left and Right shooter
- Top Man
- Motion offence passing ball around the house
- Break players through the middle
- Bongo on you tube
- Strong left or right. More rights strong right, more lefts strong left.

Basic Defence

- Set up the house ahead of the dotted circle
- 2 players on the crease
- 2 players on the corners
- 1 player takes the ball carrier. Can pressure the ball.

Changes

- Down back and off
- 2 minute shift rule
- Change on the fly
- Change only on offence
- 3 defensive players to the bench
- 1 player receives ball from the goalie
- 1 player is back-up
- 1st player on the floor runs to the net right or left depending which end of rink
- 2nd player goes to the ball
- 3rd player crosses the floor
- Last 2 defensive players leave the floor
- Last 2 offensive players enter the floor
- Strong left or right.

Draws

- Player's sticks must face their own goalie.
- First motion straight back.
- Ball must leave draw circle before players cross the restraining line.

Lefts and Rights

- Player's stick is always in the middle of the floor
- Stick sees more net than the player
- Stick is always in a position to shoot
- In the offensive end right shots are on the left side.
- Lefts are on the right
- All references to position are made relative to the offensive end

Man down

- 4 man box maintain positions and don't chase
- Keep sticks high to stop passes
- Don't collapse on your net
- Man down has 10 seconds to cross the offensive line or possession lost
- Man down offence cannot go back over the offensive line after you cross it. Over and back possession is lost.

Penalties

- Checking from behind double minor
- High sticking, slashing, tripping, and charging, 2 minutes.
- Abuse of official's referees or time keepers will be dealt with harshly. Review the code of conduct.
- Contact with a player in the change box who does not have the ball is a penalty
- A bench door left open is a penalty
- A pulled goalie must be inside the bench with the door closed.
- Discourage Trash talk

Power Plays

- Move the ball around the 4 player box
- Slowly collapse the defence until an optimum shooting position is achieved.
- Man up defence 2 players on the ball carrier
- Contain the ball carrier against the boards. When trapped the ball will be awarded to the Power play.

Thirty Second rule

- All ball possession is limited to 30 seconds or until a shot is registered on net.
- Like many other sports, possession will usually result in a win. Use your entire 30 second clock.
- If caught late in a 30 second clock it is best to lay the ball down away from an opponent in a neutral spot ie: the corner. Last minute shots often result in the opposing team getting a fast break.

Goaltending

- Rotate the duties among the willing and encourage all to try the position.
- Goalie has 5 seconds to play the ball from his crease.
- Goalie may leave the crease to extend his possession time.
- This time is included in your 30 second clock

Goal Crease

- The goal crease is an imaginary cylinder extending to the roof. A pass caught within the crease is a crease ball.
- Player contact with a goalie in his crease is a penalty
- A player running with the ball cannot run through his own crease. Loss of possession
- A player cannot run through his own crease to gain advantage on a loose ball. Loss of possession.
- A player may enter the crease and receive the ball from the goalie. He must leave the crease within 5 seconds

Bench Supplies

- Clip board
- Whistle
- Ball bucket
- Tool kit. Multi bit screw driver, pliers, crash scissors and rubber gloves
- Band-aids, gauze, and tape.
- Hockey tape clear and white. Duct tape
- Bar mops. Dollar store
- Small cooler with ice
- Water bottles

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