


US LACROSSE
NATIONAL CONVENTION
presented by
Champion

Preparing for High school Lacrosse

John Piper



MANCHESTER VALLEY LACROSSE

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Shout out

- US Lacrosse for the Opportunity
- Steven Berger
- Dick Edel
- Dave Sienkowski
- Rick Kincaid, Phil Lonke
- Jim Peters, Jim Langrall
- Mike Morrison with Athletic Wear Direct
- Jon Inzerillo
- Shawn Taylor, Kevin Walsh
- Mark Krivak
- Most Important
— MY FAMILY

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Introduction

About Me:

- Special Education Teacher at Manchester Valley High
- Head Coach at Manchester Valley High
- Coached at all levels of Rec Lacrosse boys and girls
 - – Currently Midget U13
- Former Asst. Rec. Coordinator
- 2001 Carroll County Coach of the Year
- 2007 Gerald Carroll Jr. Exemplary Coach National Award Winner
- 2010 Carroll County Man of the Year
- Serve on committees at local, state, and national levels

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WHY?

- Teach the game
 - Coach John Tucker “Teach how to play vs plays”
- Proper Technique
 - “We spend one hour a day on fundamentals”
- Develop for the Future
 - Both player and coach
 - Make it a Culture
- Brain/Physical Development
 - “Where are they?”

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What?

- Game is simple - It’s all about the 2 on 1
 - Can you find it?
 - Can you defend it?
 - Fast and fun
- Be a TRIPLE Goal Coach
 - Teach the game (fundamentals)
 - Teach life lessons
 - Win games


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Expectations

1. Be well rounded
2. Be able to work out on their own
3. Ability to communicate
4. Play with both hands
5. Play with the stick vertical
6. Know importance of ball movement
7. Know importance of off ball movement
8. On ball Defense
9. Off ball defense
10. Understand and know basic offensive concepts and sets

Coach Higartner 2007 US Lax Convention


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How?

- It's up to you!
- Be creative – don't be afraid to experiment
- Think about the game, think about your players and make it relevant and fun
- The Games Approach
- I hope to give you some nuggets
- Drill it, Drill it, Drill it


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Work Ethic

- Life Skill
- Willing to put time in outside of practice/Season
- Good Student
- Play Other Sports


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Ability to Communicate

- With their teammates on the field
- About the game
- Student of the game
- As a coach tell them what to do
 - Not the negative
 - Say it in the POSTIVE
 - Be specific


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Foot Work

- It's all in the feet
- Happy Feet
- Agility
- Jump Rope
- Line Hops
- Stick Hops

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Play Defense

Buy time – one more pass

- On Ball
 - Position
 - Footwork
 - Holds
- Off Ball
 - Flat triangle (pass lane)
 - Support/Sliding
 - Work inside out

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Third Ear Baby!

- Old School: play with stick in the box
- New School: Stick is your third ear
- All Show or GO
 - Flashy v Good
 - Sideline v Field
- Triple Threat Position
 - Ready to play (pass, shoot, dodge)

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Look at those Magic Hands!

- **START THEM YOUNG**
 - They don't know any better
- **Handle The Ball with Both Hands**
- **Sword in to scabbard – switching hands**
- **Not only stationary but on the RUN**
- **Have that “Magic Stick”**

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Keep it Hot
think hot potato

- Know the importance of ball movement
- Don't let the ball die in your stick
- We attack with the ball
- Which is faster?
 - Carry v Pass

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Monkey In The Middle
Find Space – Create Space
This can be difficult for players to visualize
Global/Spatial awareness

- Know the Importance of Moving off Ball
- Move to open space
 - Create Space
 - Occupy your man
- Plays vs Play
 - Either way difficult if they can't
- Build with progression

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Find Space

- **Monkey in the Middle**
 - 2v1
 - restrict area
- **Keep away**
 - Limit area, limit numbers
 - Big v Small and Many v Few
 - X number passes = 1 point (make it game)

Key Points: 3rd Ear, Magic Hands, Keep it Hot

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Magic Stick Drill

32 1

Players weave in n out of cones
Stick to outside
Think about “sword into scabbard”
Coaches can be at cones

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Hamster Drill

30s Left
30s Right
30s GB left
30s GB right

1 ↔ 2 ↔ 3

Key Points:
3rd Ear
Stick to outside
Keep it hot
Have extra balls
Time and rotate

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Diamond Passing

Key Points:
Run both Directions
Run In - Roll out
Across body
Fade
1 Up 1 Down
Multiple Balls

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GB Series Drill

Roll Out, Chaser, Double, Shut Off

Key Points:
Knee bender
Roll Out - Sick to outside
Roll out - Find Space
Keep it Hot

Rotate quick
1 goes to end
2 goes to 1 spot
3 goes to 2 spot

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Progression Odd Sets

- 2v1
 - D "cat and mouse" ... BUY TIME!
 - Flat triangle
 - O create space, draw the D
- 3v2
 - D "Stack"
 - Top defender north - south
 - Bottom defender east - west
 - O create space - Move ball!!!

[video clip](#)

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Progression Cont

- 4v3
 - D tight triangle work inside out
 - Inside to the center
 - Out to the ball
 - O move ball attack the gaps
- 5v4
 - D Box support and play flat triangles
 - O force rotation, find 3v2, 2v1 opportunity

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4v3

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5v4

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More Progression Even Sets

- 2v2
 - O pick the ball
 - D communicate
- 3v3
 - O pass n pick away
 - D communicate and support
- 4v4
 - O Pass and Cut, Dodge and Dump
 - Think 2 passes ahead
 - D Communicate and Flat Triangles (pass lanes)



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Other Resources

- Coach Sheehan
 - Articles/Presentations
- Coach Hilgartner
 - 2007 Convention and Kudda.com
- Coaches Education Program
- Local High School Coaches
- Your kids Physical Education Teacher



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Triple Goal Coach

- Remember they are kids
- Make it Fun
- Make it Relevant
- Teach
 - the game
 - life lessons
 - win



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Thank YOU!

- John Piper
- jfpiper@carrollk12.org