



Boys Lacrosse: Fundamentals of Coaching Boys Lacrosse

Unit 1: Origin and Background

- History
- History Timeline
- Lacrosse Today
- Boys/Girls Lacrosse
- US Lacrosse

Unit 2: Teaching Lacrosse

- Role of the Coach
- Teaching Techniques
- IDEA Method
- Drill Design

Unit 3: Playing the Game

- Play Basics
- Equipment
- Player/Field Configuration

Unit 4: Skills and Techniques

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

Unit 5: Team Tactics

- 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;