



Girls Lacrosse: Fundamentals of Coaching Girls 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
- Cradling and Ground Balls
- Throwing and Catching
- Dodging and Shooting
- Defense

Unit 5: Team Play

- 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