



Fundamentals of Coaching Girls Lacrosse

Available at www.nfhslearn.com

This online course is a component of the US Lacrosse Coaching Education program, in partnership with the National Federation of State High School Associations' certification program. Fundamentals of Coaching Girls Lacrosse is part of US Lacrosse's commitment to supporting the sport nationwide. Through responsive and effective leadership as the national governing body of men's and women's lacrosse, US Lacrosse strives to provide programs and services to inspire participation while protecting the integrity of the game. The course provides a unique student-centered curriculum on essential coaching techniques and methods for interscholastic girls lacrosse teacher/coaches.



This course fulfills the sport-specific requirement of the NFHS National Coach Certification Program

The screenshot shows the course interface. At the top left is the US Lacrosse logo, and at the top right is the NFHS logo. The title "Fundamentals of Coaching Girls Lacrosse" is centered. Below the title are navigation buttons: "PREVIOUS", "NEXT", and "PLAY". On the left is a sidebar menu with the following items: "Course Intro", "Unit 1: Origin and Background", "Unit 2: Teaching Lacrosse", "Unit 3: Playing the Game", "Unit 4: Skills and Techniques", "Unit 4 Objectives", "Teaching Skills", "Cradling and Ground Balls", "Throwing and Catching", "Dodging and Shooting", "Defense", "Unit 5: Team Play", and "Conclusion". The main content area features a large image of a lacrosse player in a USA jersey. To the left of the image is the heading "When teaching individual skills, remember:" followed by two bullet points: "From the start, players must learn to work with either hand in the top position" and "Alternate use of the dominant hand with every skill you teach and practice". Below the image are three tabs: "TRANSCRIPT", "RESOURCES", and "GLOSSARY". The "TRANSCRIPT" tab is active, showing two paragraphs of text: "Help players focus on developing and mastering individual skills first before jumping too quickly to learn team concepts." and "Success will come faster for beginners if their dominant throwing hand is on the top of the stick first, but emphasize learning with either hand on top from the very beginning."

Developed by:



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