

Season Planning for High School and Youth Lacrosse Coaches



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Season Planning for High School and Youth Lacrosse Coaches



**Thank you to ALL of the
Coaches that we have
learned from....**

Season Planning for High School and Youth Lacrosse Coaches



1) Season Planning

2) Scouting

3) Developing Youth Players

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The Secret to season planning is.....



Being ORGANIZED

The key to a successful season is being prepared and super organized

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What tools do I use and why?

- 1) Excel**
- 2) Stat Tracker App**
- 3) Hudl**
- 4) Lacrosse Manual**

SouzaLacrosse.com

Facebook - Souza Lacrosse

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Lacrosse Coaches Manual

- 1) Scouting**
- 2) Game Planning**
- 3) Drills**
- 4) Offenses/Defenses**
- 5) Rides/Clears**
- 6) End of the Year Evaluation**

MENS LACROSSE

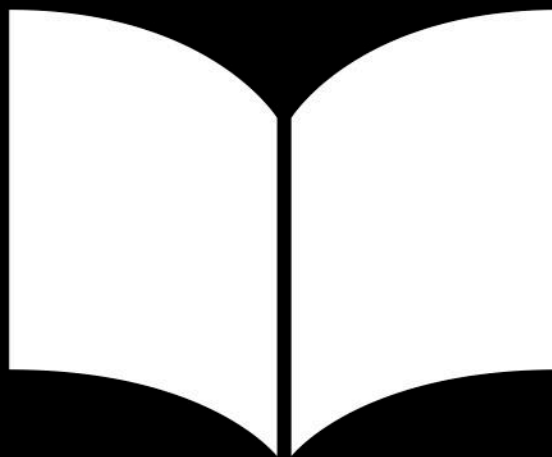
Coaching Field Manual



Coach:

Team:

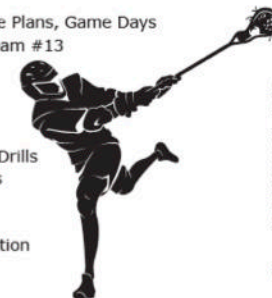
Season:



Mens Lacrosse Coaching Field Manual

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Practice Plans



Practice Plans

Date: _____

Time	Attack	Midfield	Defense	Goalie	Specialty

Notes:

PRACTICE PLANS

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Practice Plans

Date: _____

⊖

⊖

⊖

⊖

Notes:

⊖

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Shooting/Transition Drills



Shooting Drills

SHOOTING DRILLS

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Transition Drills

Notes:

TRANSITION DRILLS

Notes:

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Offensive & Defensive Sets/Plays/Drills

Offensive Sets/Plays/Drills

OFFENSIVE

Notes:

Note:

149

The page contains four lacrosse field diagrams arranged in a 2x2 grid. Each diagram shows the field with various lines and a central circle. A large diagonal watermark 'SOUZALACROSSE' is overlaid across the diagrams. The word 'OFFENSIVE' is written vertically on the right side of the page.

Defensive Ideas/Drills

DEFENSIVE

Notes:

Note:

169

The page contains four lacrosse field diagrams arranged in a 2x2 grid. Each diagram shows the field with various lines and a central circle. A large diagonal watermark 'SOUZALACROSSE' is overlaid across the diagrams. The word 'DEFENSIVE' is written vertically on the right side of the page.

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Scouting



Scouted Team #1 Date: _____

Scouted Team: _____ vs _____

Players				
#	Position	Points	Comments	

Shot Chart 1st Qtr. Shot Chart 2nd Qtr.

Shot Chart 3rd Qtr. Shot Chart 4th Qtr.

5

Scouted Team #1 Date: _____

Scouted Team: _____ vs _____

Offenses/EMO:

Sticks/Clears:

Notes:

6

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Game Plan

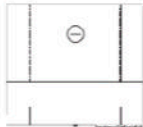




Game Plan #1




Game Plan _____ Practices until Game: _____

Offensive Ideas:

Offensive Drills:

		
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EMO vs _____

		
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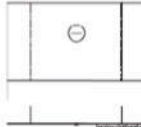
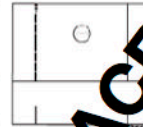
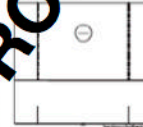
Risk Plan:

7

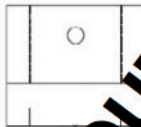

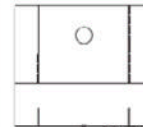
Game Plan #1

Defensive Ideas:

Defensive Drills:

		
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Man-Down vs _____

		
---	---	---

Clearing Plan:

8

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Scouting

First things first - DEFENSE

- Saban/Belichick – take away strengths
 - make uncomfortable
 - make other guys do it

- Personnel: who gets pole?
 - close D matchups
 - Lefty(s)?
 - Shade?
 - Fish?

- Sets: slide package vs (Crease, Near Man, Junk)**
- tendencies? – shut x, funnel
 - shot chart



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Scouting - Offense



6v6 Offense:

- slide package, early?, any zone?
- how do they play picks?
- SSDMs?
- Fish
- Goalie

EMO/EMD:

- Sets
- Plays
- Shooters/Feeders
- Shut/Jump

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Scouting - Specialty Situations

Ride/Clear

-Poles/Goalie handle?

-Press/Drop

FO:

-to self?, wings?

-where does he win it to?

-can he handle?

OOTO (Out Of Time Out)

-Play? Or Guy?

-Zone?

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Scouting - How do you get your team ready?

Written / Film:

- KISS Principle
- Know #1s and 2s
- Social Media

Film

- most HS kids don't know how to watch
- “do my shorts look cool?” How's my flow?”

5-10 clips

O, D, Special teams

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Scouting - Big Picture

3 Main Ideas:

1) Preparation to play free

2) Evaluate what you do

3) Steal good stuff that might fit your team

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Gather all your resources

- 1) Put together your playbook
- 2) Build your master practice schedule
- 3) Split the season into 4 quarters
- 4) Create your practice plans

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How to divide the season into sections:

- 1) Preseason through 1st game**
- 2) 1st game through Spring break**
- 3) Spring Break through end of regular season**
- 4) Play-offs**

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Preseason through 1st week

- 1) Fundamentals Off - legal sticks, stickwork, dodging, picks, motion
- 2) Fundamentals Def - positioning, footwork, checks, picks, sliding
- 3) Transition - off, def, face-off
- 4) Off - 1 basic offense, 1 emo, 1 ride
- 5) Def - 1 basic def, 1 mandown, 1 clear

1st week through Spring Break

- 1) Keep emphasizing your preseason work
- 2) Add a new offense and emo
- 3) Make sure you get a good look at all your players that you think you might rely on this season
- 4) After each game work on whatever you struggled on the game before

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Spring Break through the end of the regular season

- 1) Begin to introduce ideas specific to this team
- 2) Start teaching your team how to prepare for a specific team - implementing your scouting plan
- 3) Improve on what you do well
- 4) Focus on the things you do NOT so well

Play-offs

- 1) Shorten practices
- 2) Know your opponent
- 3) Find a way to take pressure off your team

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Topics you want to make sure you cover:

Offensive Ideas

- 1) 6v6 - sets, patterns
- 2) Adjacent/crease pressure
- 3) Zone
- 4) Face-offs
- 5) Shut-off
- 6) Emo vs string, rotation, etc.
- 7) Riding

Defensive Ideas

- 1) 6v6 - Zone/Man
- 2) Adjacent/Crease pressure
- 3) Zone - aggressive, packed in
- 4) Face-offs
- 5) Shut-off
- 6) MDD - rotation, string, mix
- 7) Clearing

Speciality Situations

- 1) Up by one, Down by one
- 2) EMO/MMD face-off, Ride and Clear
- 3) Substitutions

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Creating a Practice Plan - Questions you need to answer

- 1) What do you want your practice to feel like?
- 2) What do you want to accomplish?
- 3) Field Space?
- 4) # of players?
- 5) Days before next game?
- 6) Where is the FUN?
- 7) Be Flexible

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End of the Year Evaluation

1) Always do some type of evaluation at the end of every year.

2) Get feedback from Coaches and Players

3) Be critical as well as praiseworthy

END OF SEASON EVALUATION Coaches and Players

- ① What did you like most?
- ② What did you like least?
- ③ How did you feel about our practices?
- ④ What drills did you enjoy?
- ⑤ What drills did you not enjoy?
- ⑥ How would you evaluate the Captains and the leadership on our team?
- ⑦ What did the coaching staff do that helped you the most as a lacrosse player?
- ⑧ What did the coaching staff do that helped you the most as a person?
- ⑨ If you could change one thing about your lacrosse experience this year, what would it be?
- ⑩ Any other comments...

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Developing Youth Lacrosse Players

1) MAX touches - more balls the better (stick drills, shooting drills)

2) Small spaces - small side games 4v4, 7v7 - teach the game more like Hoops (more off ball stuff)

3) FUN - When those kids get in the car after practice and mom or dad asks “How was practice?”

The answer better be “I had fun and I can’t wait to play again.”