

National Youth Sports

Lacrosse



Volunteer Coaches Guide

A Message from NYS...

Dear Volunteer Coach,

Welcome to the National Youth Sports Lacrosse program. NYS has been offering community based youth sports programs throughout the Southwest United States since 1993. Programs in Southern California, New Mexico, Colorado, Nevada, Texas and Arizona have served over 60, 000 youth participants annually.

NYS emphasizes the importance of sportsmanship, teamwork and learning basic fundamentals over “playing to win.” The NYS lacrosse staff provides top notch training and instruction that is beneficial to novice and experienced players alike.

NYS focuses on family values by requiring participation from every parent as a volunteer coach, team mom or organizational support.

NYS leagues are known for their high level of play time fore each individual. NYS “The place to play!”

Sincerely,

Vince Perez-Mazzola

Lacrosse Coordinator

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Introduction

A Brief History of Lacrosse....

Though new to many, lacrosse has been played in this country and in Canada for centuries. The Native Americans of the northern United States played the game as a form of tribal initiation, replacement for war and for special ceremonies. Adopted by Canadian frontiersmen and named by the French, some form of lacrosse was played by virtually every Native American Tribe. Called the "Creators Game," lacrosse held a special place in Native American culture.

Lacrosse Today...

Contemporary lacrosse was organized into an official sport in the 1800's when modern equipment rules and regulations were written by a Canadian Dentist named George DeBeers. The game continues much as it did until this day. Many famous athletes such as Football great Jim Brown were avid lacrosse players.

Today lacrosse is experiencing explosive growth as noted by US Lacrosse the organizing body for Lacrosse in America- "Lacrosse is one of the fastest growing team sports in the United States. Youth participation in the sport has grown over 500% since 1999 to nearly 250,000. No sport has grown faster at the high school level over the last 10 years and there are now an estimated 200,000 high school players. Lacrosse is also the fastest-growing sport over the last six years at the NCAA level, and that's just the tip of the iceberg. There are more than 500 college club programs, including nearly 200 women's teams that compete at the US Lacrosse Intercollegiate Associates level."

Today lacrosse can be seen on national television, inside major magazines such as Sports Illustrated and even in feature films.

Coaches – Job Description

Encourage- Your players to perform to the best of their abilities while maintaining sportsmanship and honor for the game.

Support- Your team and players by providing sound advice, training, practice and exemplary behavior on and off the field

Teach- The individual and team skills needed for your players to succeed.

Organize- Practices, games and team events so that they run smoothly.

Enjoy- Have fun!

What You Need to Know

Knowledge of the Game...

The Basic rules and regulations of your specific league are based upon the official US rules for the game, modified to fit the field size and skill set of your players (see provided rules for Midget and Minors). Players in the “majors” will play using official US Lacrosse Youth Lacrosse Rules.

Individual Skills...

The individual skills needed to play the game of lacrosse are- Ground Balls, Cradling, Catching, Throwing, Shooting, Dodging and Defense. Each will be described and taught to you by NYS.

Team Skills...

Clearing, Face Offs, Substitutions and Offensive Drives will be covered in your Coaches Clinic

Individual Skills

Ground Balls...

The ability to pick up a ground ball is paramount in the game of lacrosse, especially at the youth level. Indeed the Face-off begins with the ball on the

ground so the importance of being able to field ground balls should be apparent.

Cradling...

Cradling is the method used to secure the ball in the head of the stick while running, dodging and preparing to throw or shoot. Analogous to dribbling in basketball cradling is a staple skill for every player. Whether two handed or one handed the skill must be practiced daily.

Catching...

Catching a small, fast moving object like a lacrosse ball in a small basket on a stick may sound daunting, but with practice it will become second nature.

Throwing...

Throwing and completing passes is the fastest way to move the ball down the field. Clean crisp passes are a sight to behold and make the game of lacrosse extremely quick moving.

Shooting...

You can't win unless you score, and shooting is the way to score.

Dodging...

Dodging is the way you move past a defender in order to open space for a shot on goal. Face, roll and split dodge are three of the basic dodges you will learn, teach and preach.

Defense...

Depending on your league defense may consist of simple body position to hard checking. It is an indispensable lacrosse skill.

Team Skills

Face Off...

The Face-off is how every lacrosse game and every period after a goal has been scored begins. Two players face off in the middle of the field battling for possession. The referee placed the ball on the ground between the two parallel sticks of opposing players. When the whistle blows they begin a fight that combines technique, speed and strength until the ball is pried loose and the face-off man or teammates pick up the ground ball.

Clearing...

When and shot on goal has been saved it is up to the defensive players and the goalie to move the ball from the defensive side of the field to the offensive side of the field. This is called a clear. Clearing the ball can be as simple as a pass from the goalie to an offensive player breaking up field to a choreographed play that uses every player on the team. It is an integral part of the game; for you can't start an offensive drive until the ball has passes the halfway line.

Offensive Driving...

Whether an individual dodging one-on-one to the goal, or an organized play, offense in lacrosse is fast, furious and fun to watch. In your coaches clinic you will learn about basic sent offenses, extra-man offense and simple and effective plays that work.

Substitutions...

Substitutions must be done in compliance with the rules of lacrosse. A substitution box is set up between opposing benches for this specific reason. The ins and out will be covered in your coaches clinic. It is the coach's best weapon in the game.

Penalties...

All rules and regulations, if broken, result in penalties. Each level in or league will address them as described in the “rules” provided. In the Midgets penalties result in a simple change of possession while in the minors and majors timed “mad-down” periods such as in hockey result.

Other

Practice Guide...

A practice guide with drills, etc will be provided by NYS and explained in detail during the coach’s clinic.

Recommended Reading...

US Lacrosse Youth Lacrosse Rule Book- US Lacrosse.org

The Lacrosse Training Bible- Amazon.com