



Parent Handbook

Coaching Youth Lacrosse

is about teaching kids to do their best

Here is a list of goals/guidelines that I would like us to strive for. Please review them, and add any modifications. It's important that we are all on the same page and consistent as possible in our message to the kids. There is very little as destabilizing as a contradictory message. Here goes:

1. Make it FUN!

- a. The most important thing that should come out of our kids involvement with Youth Lacrosse is that they should have fun.
- b. If they have fun they will show interest. They will tell their friends and the sport will continue to grow.
- c. They will look forward to coming to practice.
- d. Most kids who pick up a stick for the first time never put it down. But those who do usually do so because they do not have fun with their initial experience of lacrosse. It is our job to make sure that our kids have fun and learn to love the sport for what it is - A GAME!
- e. Coaching youth lacrosse is first about having fun.

2. Enforce Positive Reinforcement.

- a. We need to be as positive as possible in our tone. Encourage our kids to try. Trying is much more important than succeeding. Effort is the measurement of trying.
- b. Obviously, don't say: "that was garbage!", "you suck!", "terrible job!" etc...
- c. Say: "Nice effort, but lets try this instead," "We are going to get you there", "Was that your best effort?"
- d. Kids respond to positive reinforcement and encouragement much more favorably than criticism, and ridicule. Sandwich criticism around two positive comments.
- e. Coaching youth lacrosse is about positive reinforcement.

3. Every kid will play.

- a. This is mandated in our organization, but more than a mandate it should be our personal objective. Kids sign up to play, and they all pay the same fee's. You should strive to give them all equal opportunity to play. The only way kids develop is with opportunity. Our job is to get the most out of every kid.
- b. Coaching youth lacrosse is about making sure everyone plays.

4. Give every kid an opportunity to play every position.

- a. Encourage our less athletic and less experienced kids to play attack, and to play goalie, and to take a face off. You will be positively rewarded by this approach. By the end of the year you will be amazed at how much our team improves across the board by allowing, encouraging, and promoting kids to try new things without the fear of failure. They will fail, but with our encouragement and coaching they also will learn and grow and get better and next time they may succeed. And then you will get the magical opportunity to realize one of the truly great experiences a youth coach will know, and that is the joy in the kids face when they finally do it. When they overcome their fear and they have success for the first time.
- b. Coaching youth lacrosse is about giving kids opportunities to try new things.

5. Don't Force them to play every position.

- a. If a kid does not want to be the goalie and you know that by making them play goalie they are going to fail, then you are promoting their failure, and reinforced their own doubt in themselves.
- b. However, if they have a desire to play goalie then give them an opportunity and

encourage them, at least in practice. It is our job to build their confidence and push them to try. And then to support them whatever the outcome of their effort. How we react and how we mold the team to react has more impact than any other factor in whether they grow in confidence, or grow in fear.

- c. Coaching youth lacrosse is about putting our kids in a position to improve their self worth.

6. Promote Teamwork

- a. Lacrosse is a team sport. Encourage our players whether talented or less talented to work together. To pass the ball. Make a bigger deal of the ground ball, the pass, and the assist than the score. And you will help to develop our entire team. Kids will respond to whatever you make a big deal out of.
- b. Constantly encourage teamwork in favor of individualism. When there is a very talented individual on our team it is easy to depend on that player. The whole team will soon learn to depend on the individual player and the rest of the teams development will slow. Ultimately the hotshot player will reach a level where being an individual can no longer be successful, and they will suffer the consequences as well as they struggle to learn how to play team lacrosse.
- c. Coaching youth lacrosse is about teaching teamwork.

7. Promote good sportsmanship

- a. Good sportsmanship starts with the coaches and should extend to the parents. If the kids see us screaming at the officials, or talking badly about the opposing team or coaches they will mimic our behavior.
- b. Do not allow players to talk badly or negatively about other players whether on our team or not. There is a standing rule that says "if you don't have something positive to say then don't say anything." Teach our kids to encourage each other.
- c. Show class toward the other team. Smack talk is not allowed.
- d. Fighting is not appropriate. Lacrosse is a physical game, but fighting will not be tolerated in any fashion.
- e. Coaching youth lacrosse is about teaching good sportsmanship.

8. Discipline

- a. Discipline is essential to establishing authority and order. It is very important that players know that you are in charge. Players who break our rules can be disciplined using moderate exercise. Push ups, for example. or running lines, running in place. leg lifts, sit ups, or up-downs. Never show anger, and stay under control when you are disciplining. Bottom line be creative and use what works.
- b. Including the rest of the team in the punishment can be a powerful form of promoting teamwork, and placing peer pressure on players who need discipline.
- c. If a player refuses to be disciplined with work then you can remove them from practice or the game.
- d. Teams without discipline quickly deteriorate into chaos. I place a very high degree of importance on discipline to our ability to be effective.
- e. Coaching youth lacrosse is about maintaining good discipline.

9. Teach the Fundamentals

- a. Don't spend too much time on X's and O's. While its important to understand the scheme and strategies that you will employ. It is far more important to teach sound fundamentals.
- b. Teach the kids how to cradle, pass, catch, scoop, check, shoot, etc...
- c. Teach the kids good footwork, position on the field relative to the goal and the ball, angles, etc...
- d. Coaching youth lacrosse is about building a solid foundation of good fundamentals.

10. Effort is the only measure of performance

- a. It is not the result of the activity that is to be measured, but only the effort that was given.

In other words. If a player gives their all and fails, they have succeeded. If they give less than their all, but are successful they have failed.

- b. Make sure our kids understand that hard work & effort are the characteristics we are looking for.
- c. When I say effort, I am not specifically referring to work, but rather to the amount of focus and effort they exert to do it right.
- d. Reward great effort regardless of results.

Example: A kid hustles to get into position but drops the ball. Reward the hustle. Coach the dropped ball.

- e. Coach poor effort regardless of performance

Example: kid makes a great feed pass to set up a goal, but shows poor effort, make sure you are reinforcing with them to give it their all. And not letting them slide, because they made a nice pass.

- f. Coaching youth lacrosse is about rewarding great effort regardless of results.

11. Honor the Origins and History of the sport.

- a. Learn and teach them the history of lacrosse.
- b. Make sure they respect the culture of the game and its Native American heritage.
<http://www.uslacrosse.org/museum/history.phtml>
http://en.wikipedia.org/wiki/History_of_lacrosse
- c. Coaching youth lacrosse is about honoring the game.

Equipment Required

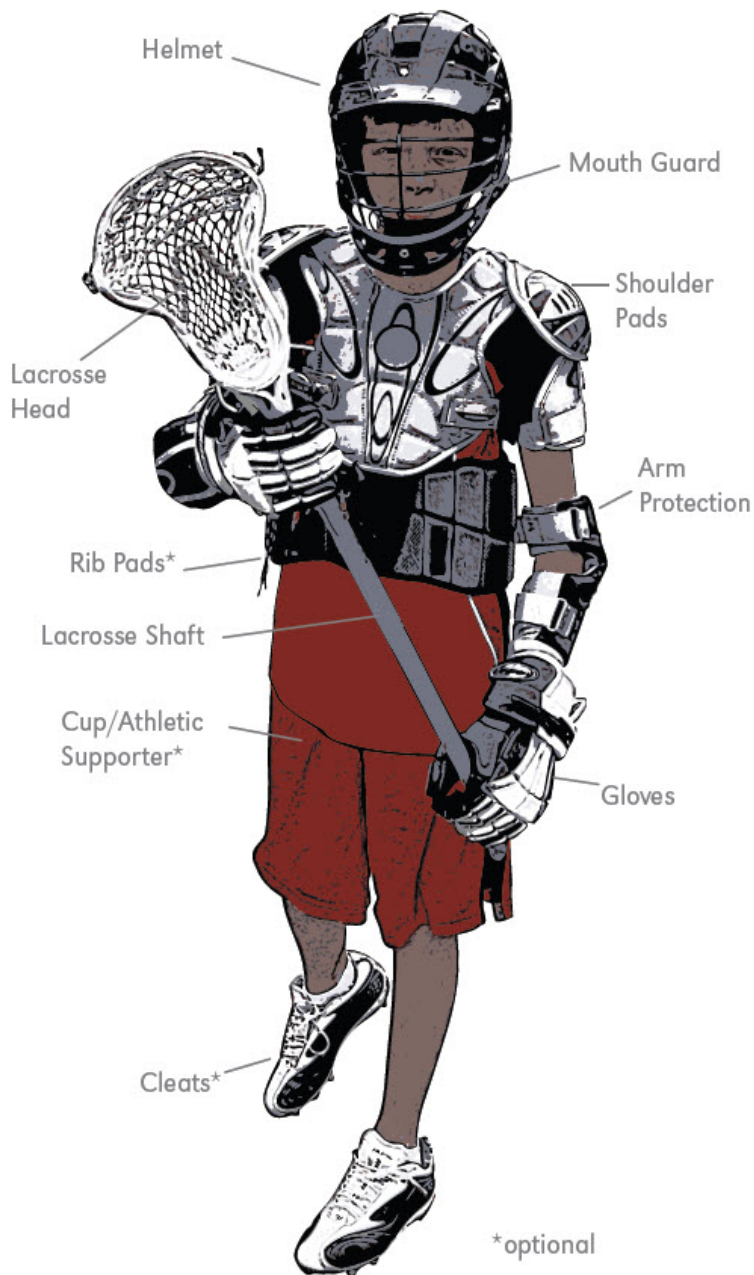
U-8 through U-14 (boys)

The league provides new shorts, jersey and a practice reversible pullover to each registered player, which is theirs to keep. The issued uniform is required for all games for a player to participate.

Each player must provide their own equipment that includes: **Lacrosse helmet, mouthpiece, shoulder pads, arm pads, stick and gloves.** Rib pads and cup are recommended, but not required for field players. All Goalies must wear a cup. The helmet must have NCAA warning and approval as well as the NOCSAE (National Operating Committee on Standards for Athletic Equipment) approval sticker. Hockey helmets and gloves are not allowed.

EQUIPMENT

Required Equipment for Boys' & Men's Lacrosse



The Game: Men's lacrosse is a contact game played by ten players: a goalie, three defensemen, three midfielders and three attackmen. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins.

To Start: Men's lacrosse begins with a face-off. The ball is placed between the sticks of two squatting players at the center of the field. The official blows the whistle to begin play. Each face-off player tries to control the ball. The players in the wing areas can run after the ball when the whistle sounds. The other players must wait until one player has gained possession of the ball, or the ball has crossed a goal area line, before they can release.

Length of Game:

Collegiate Game - 60min in four 15min quarters

High School Game - 48min in four 12min quarters



For full list of rules visit:

www.uslacrosse.org/the_sport/mens_rules.phtml

Team Goals/Guidelines

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Coaching youth lacrosse is first about having fun.

Coaching youth lacrosse is about building a solid foundation of good fundamentals.

Coaching youth lacrosse is about rewarding great effort regardless of results.

Coaching youth lacrosse is about teaching teamwork.

Coaching youth lacrosse is about teaching good sportsmanship.

Coaching youth lacrosse is about positive reinforcement.

Coaching youth lacrosse is about making sure everyone plays.

Coaching youth lacrosse is about giving kids opportunities to try new things.

Coaching youth lacrosse is about putting our kids in a position to improve their self worth.

Coaching youth lacrosse is about maintaining good discipline.

Coaching youth lacrosse is about honoring the game.

Parents Code of Conduct

All parents are encourage to cheer for their children, their teammates and their opponents. Remember, at all levels of HR Lax our participants are young players, many of whom have just started to play the sport. Keep your cheering positive, both towards your own son/daughter, and to their opponent.

Game Locations

Game schedules will be posted on the HRLax website and all attempts will be made to keep families grouped together (ie U10 S. Beach plays, followed by U12 S. Beach).

A Typical Season's Game Schedule and Field Locations*

Date	Location	Event
March 9.....	PAAC (CONFIRMED).....	ALL LEAGUE PLAY
March 16.....	WARHILL (CONFIRMED).....	ALL LEAGUE PLAY
March 23.....	PAAC (CONFIRMED)/Yorktown-YCSC(CONFIRMED).....	Divisional Day
March 30.....	EASTER WEEKEND.....	NO GAMES
April 6.....	WARHILL (CONFIRMED)/PAAC (CONFIRMED).....	Divisional Play
April 13.....	PAAC (CONFIRMED)/Yorktown-YCSC(CONFIRMED).....	Divisional Play
April 20.....	WARHILL (CONFIRMED).....	Divisional Play
April 27.....	PAAC (CONFIRMED) WARHILL(CONFIRMED).....	Divisional Play
May 4.....	WARHILL (CONFIRMED)/Yorktown-YCSC(CONFIRMED)..	Divisional Play
May 11.....	WARHILL (CONFIRMED).....	Preferred Jamboree Day

* Note – This schedule is a sample, please consult the <http://hrlax.com> for the actual version

Post-Season Tournaments

The league does not sponsor entry into post-season tournaments. There are several Select Travel Team clubs in the area that offer this activity.

Glossary of Lacrosse Terms

The following is a list of terms you may frequently hear while watching a lacrosse game. Some, you may be familiar with, others, may sound a little odd at first. But all are part of knowing the game of lacrosse.

Attack Goal Area: The area defined by a line drawn sideline to sideline, 20 yards from the face of the goal. Once the offensive team crosses the midfield line, it has ten seconds to move the ball into its attack goal area.

Body Check: Contact with an opponent from the front, between the shoulders and the waist, when opponent has the ball or is within five yards of a loose ball.

Box: An area on the sideline used to hold players who have been served with penalties, and through which substitutions “on the fly” are permitted directly from the sideline onto the field.

Check-Up: A call given by the goalie to alert the defender to find his man and call out his number.

Clamp: A face-off maneuver executed by quickly pushing the back of the stick on top of the ball.

Clearing: Running or passing the ball from the defensive half of the field to the attack goal area.

Crease: A circle around the goal, nine feet in radius, into which only defensive players may enter.

Crosse (Stick): The equipment used to throw, catch and carry (cradle) the ball.

Defensive Clearing Area: The area defined by a line drawn sideline to sideline, 20 yards from the face of the goal. Once the defensive positioned correctly, usually due to a loose ball or an unsuccessful clear.

Extra Man Offense: A man advantage that occurs following a time-serving penalty.

Face-Off: A technique used to put the ball in play at the start of each quarter, or after a goal is scored. The players squat down and the ball is placed between their sticks.

Fast-Break: A transition scoring opportunity in which the offense has at least one man advantage.

Ground Ball: A loose ball on the playing field.

Handle (Shaft): The pole connected to the head of the stick.

Head: The plastic or wood part of the stick connected to the handle.

Loose Ball: A situation in which neither team has control of the ball.

Man Down Defense: The situation that results from a time-serving penalty which causes the defense to play with a least a one man disadvantage.

Midfield Line: The line bisecting the field of play.

On-the-Fly Substitution: A player substitution made during play. Usually executed while the ball is being handled offensively.

Pick: An offensive maneuver in which a stationary player attempts to block the path of a defender with his body.

Pocket: The strung part of the head of a stick which holds the ball.

Rake: A face-off maneuver in which a player sweeps the ball to the side.

Riding: The act of trying to prevent a team from clearing the ball.

Release: The term used by an official to notify a penalized player in the box that he or she may re-enter the game.

Unsettled Situation: Any situation in which the defense is not positioned correctly, usually due to a loose ball or an unsuccessful clear.

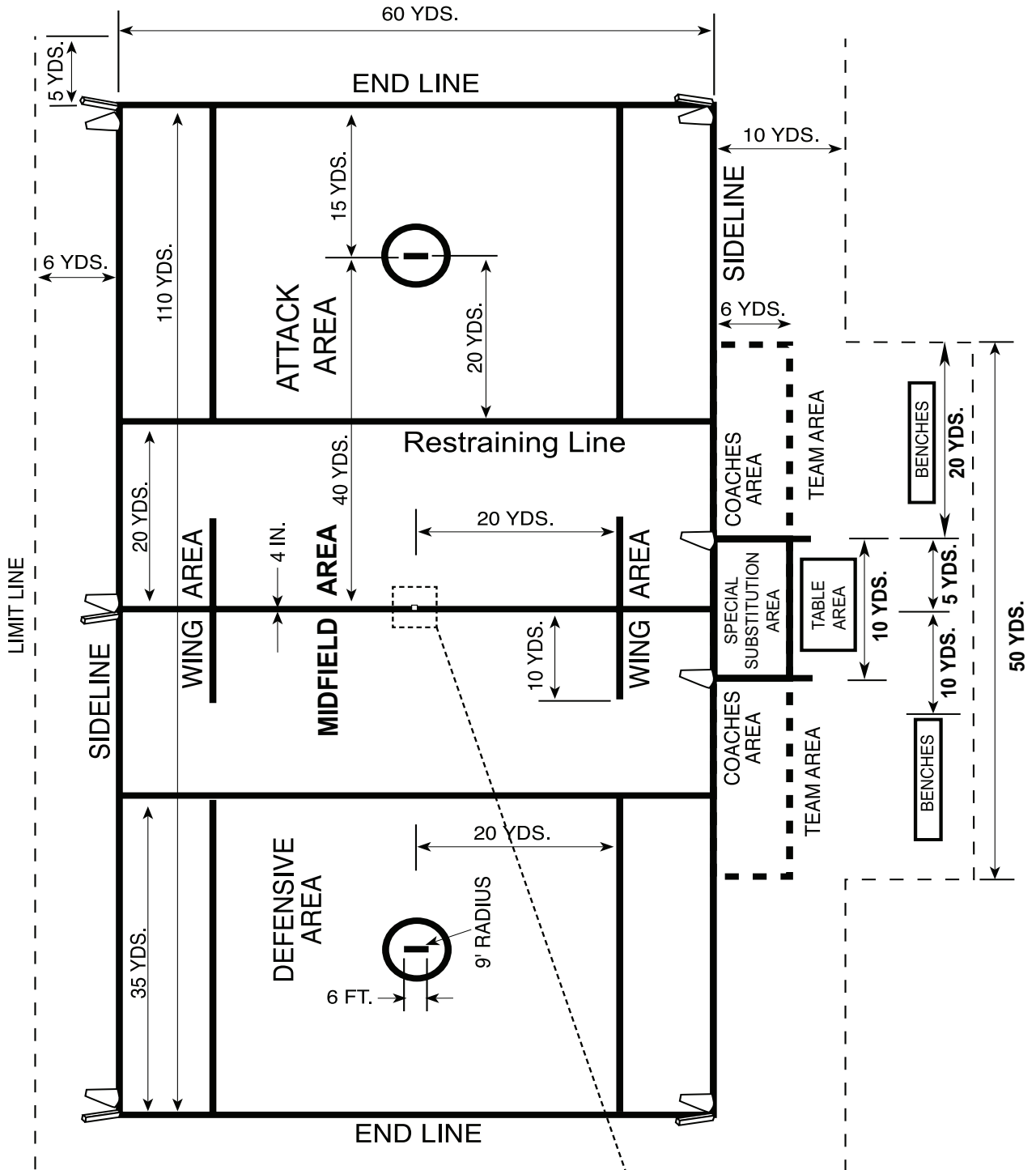


Player Contract

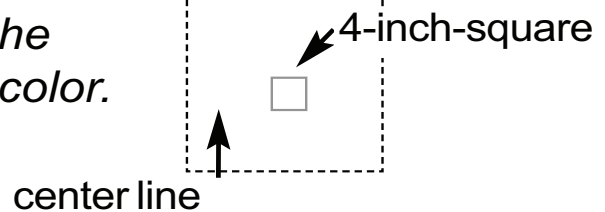
I _____, PROMISE NEVER TO BE OUTHUSTLED. I WILL PLAY BOTH ENDS OF THE FIELD, AND FIGHT FOR EVERY LOOSE BALL. I WILL SACRIFICE MY BODY FOR MY TEAM. I WILL ALWAYS CHOOSE GRIT OVER FLASH, SUBSTANCE OVER STYLE. I WILL WORK, AND SWEAT, AND SUFFER, SO THAT COME GAME TIME - MY TEAM CAN SHINE. I AM A SOUTH BEACH STORM LACROSSE PLAYER.

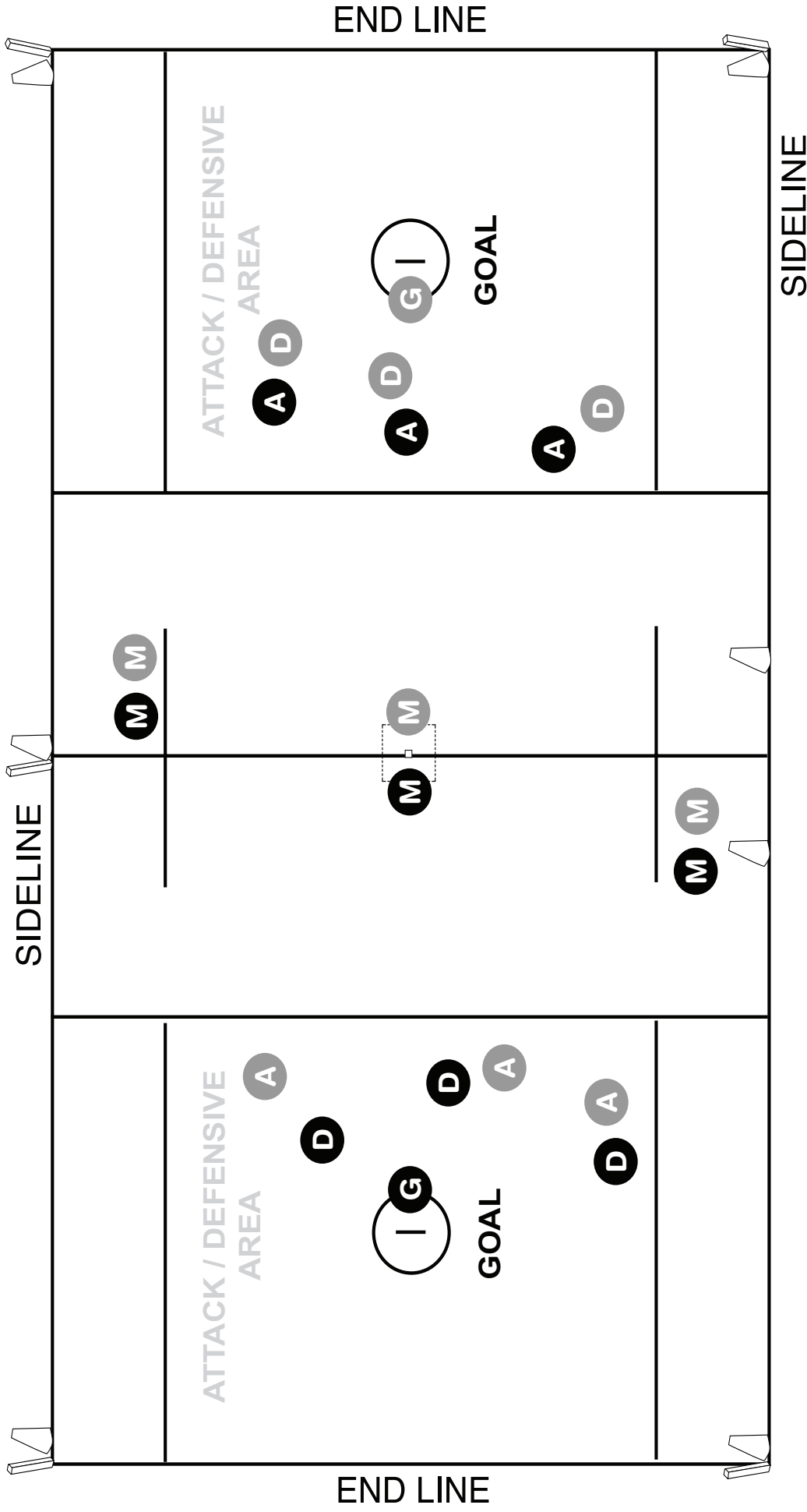
Field Dimensions

Men's Lacrosse Field of Play



Note: A 4-inch square line should be placed in the middle of the center line in a contrasting color.





Player Positions to Start the Game/Face-offs

- A = Attackman** Attackman - Play only offensive side of field, control the offense
- M = Midfielder** Midfielder - take faceoffs, can run the entire field, play offense and defense
- D = Defenseman** Defenseman - Play only defensive half of field, control the defense
- G = Goalie** Goalie - Protects the goal, last line of defense

