

# Fort Collins Vipers – Coaches DVD Lending Library

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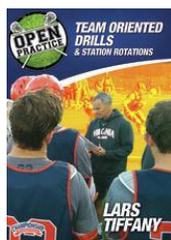
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## General - Drills, Stickwork, etc



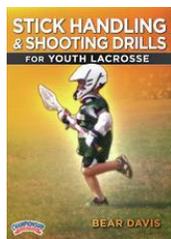
[Open Practice: Drills to Develop Your Program](#) - with Seth Tierney, Hofstra University Head Coach; Team USA Assistant Coach; four consecutive NCAA Championship berths from 2008 thru 2011. As most coaches know, if you don't come to practice with a plan for a theme (offensive play, defensive movement, stick work, ground balls, etc.) your practice is doomed to fail and both you and the players will be frustrated. Additionally, the energy and tone your team starts practice with is going to carry on throughout the rest of the practice. Step onto the field with Hofstra's Seth Tierney as he leads his squad through two practice sessions that cover a variety of practice aspects: stick work, skill work, small sided games/situations, man up vs man down situations, small sided games, half field drills, and more! Practice One: You'll get 15 high-paced, challenging drills to get your team ready for the season. Practice Two: This practice is a continuation of the first practice and includes more game play, followed by skills work. You'll see why having good stick skills and empathizing them at the beginning of practice translates to better half/full field play at the end of practice. Each drill can be tailored to fit the skill level of your players.  
**2 DVDs 148 minutes. 2018.**



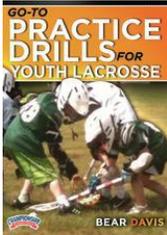
[Open Practice: Team Oriented Drills and Station Rotation](#) - with Lars Tiffany, University of Virginia Head Coach; 2019 NCAA Champions; former Brown University Head Men's Lacrosse Coach; 2016 NCAA DI Final Four; 3x Ivy League Champions; 2015 Ivy League Coach of the Year. Every coach wants to have players that are confident about their passing, shooting and defense while also having the ability to play fast and loose. Take this opportunity to go behind the scenes with a top D-I program and get a unique insight into how Lars Tiffany designs and delivers his practices to prepare his team to play fast, throw hard and play with confidence. In this video, Coach Tiffany demonstrates six warm-up and stickwork drills to get players' hearts beating and bodies sweating before stretching. He then provides 10 station drills to be used by the team using a rotation format. Throughout, Tiffany describes not only the drills themselves, but the thinking and rationale behind them, with each live drill preceded with a comprehensive description on the whiteboard. His thoughtful tips help any coach or player watching to understand the keys to success behind each drill. Drills shown have variations to continue to develop the players and create continued interest in the player's development.  
**56 minutes. 2017.**



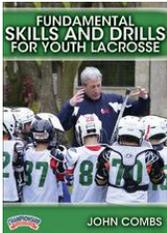
[Setting the Tone on the First Day: Running Competitive Practices](#) - featuring Mike Morgan, Merrimack College Head Men's Coach; 2019 and 2018 NCAA National Champions; 2017 USILA Division II National Coach of the Year; Five Straight NCAA Tournament Appearances (2015-19); 2017 NCAA National Championship Runner-up. Great lacrosse programs aren't born, they're developed on the practice field. And a great lacrosse program starts with highly efficient, well-planned practices. In this video, Mike Morgan demonstrates why he has been so successful with his approach to practice. His practices are detailed, fast-paced, and competitive. The video is broken down into four major segments: The first is a series of drills called Indy drills. This segment is focused on individual skills. Defensive players work on slides, recovery from slides and 1v1 defense. Offensive players work on shooting, proper hand placement, footwork and pass and cutting skills. The second segment is small group drills focused on getting either your defensive units or offensive players into situations where they have to work as a group. The third segment focuses on transitions. This segment works on field awareness drills as well as odd man situations. The final segment lays out 6v6 to full field situation drills.  
**66 minutes. 2017.**



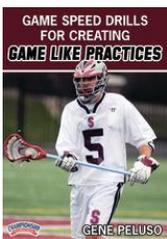
[Stick Handling & Shooting Drills for Youth Lacrosse](#) - with Kenneth "Bear" Davis, Ohio Machine (MLL) Head Coach; former Archbishop (MD) Spalding Head Boys Lacrosse Coach; former Robert Morris Head Coach. In this instructional video especially for beginning players and coaches, Bear Davis covers the basics of lacrosse skills. His presentation is particularly useful for player, coaches and parents with little or no previous lacrosse experience. Using simple cues, Coach Davis shares an easy, reproducible way to teach lacrosse basics. He demonstrates shooting and stick handling mechanics, basic catching and dodging techniques, and correct face-off technique. All of the instruction is broken down into its most basic components. For example, by isolating the individual components of shooting, Davis shows an almost mistake-proof method for teaching shooters the upper body mechanics of the shooting/passing move like isolating the mechanics for the upper hand and lower hand in passing or shooting the ball both lefty and righty. This easy-to-follow approach carries throughout the video; suggestions for increasing the challenge of the drill as players get more skilled are also included.  
**61 minutes. 2014.**



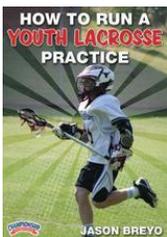
[Go-To Practice Drills for Youth Lacrosse](#) - with Kenneth "Bear" Davis, Ohio Machine (MLL) Head Coach; former Archbishop (MD) Spalding Head Boys Lacrosse Coach; former Robert Morris Head Coach. This video is intended to teach the fundamentals of lacrosse to beginning and less experienced players. Coach Davis utilizes drills that are commonly used in other sports, and then applies the characteristics of those drills to lacrosse in a creative way that will keep young players interested as they develop their fundamental skills. Individual defensive dodging and other fundamental lacrosse skills are covered in the 11 drills included in this video. Many of the activities have been designed to include goalies; the video also features an exciting drill especially for athletes who play in this key position. This video is a fantastic resource that will help even experienced coaches build a comprehensive practice program guaranteed to keep younger players engaged and highly motivated.  
**76 minutes. 2013.**



[Fundamental Skills and Drills for Youth Lacrosse](#) - with John Combs, New Wave Lacrosse College Recruiting Director; founded Team ONE lacrosse (Illinois); Former Head Coach of the Chicago Machine (MLL); former Head Coach at New Trier (IL) HS - led the team to four straight state championships from 2005-2008. Discover a wonderful set of fundamental skill drills and games for youth lacrosse players. This DVD breaks down the elements of footwork, ground balls, roll and split dodges, passing, and shooting. Each drill builds on the next which makes the skills easier to learn and understand, while providing numerous repetition of critical skills. Throughout this video Coaches Combs and Brooks provide extensive tips to supplement the key elements of drills they are using. Youth coaches will relate to the players shown in the video (6th and 8th graders), as their execution mirrors what most coaches will experience at the start of a season.  
**43 minutes. 2012.**



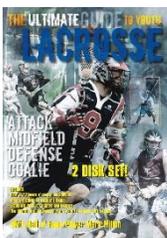
[Game Speed Drills for Creating Game Like Practices](#) - with Gene Peluso, Stevens Institute of Technology Head Men's Lacrosse Coach; Over 150 career wins. Save practice time with drills that combine the conditioning and skill development required to win games. Gene Peluso demonstrates an up-tempo practice style to teach and condition at the same time. He opens his drill book sharing more than 20 drills he runs on a regular basis to develop better defensive and offensive players. These are drills provide maximum player touches in a 10-15 minute time frame. All drills are discussed in detail in a classroom with PowerPoint to explain why the drill is effective and then presented on field in a practice situation to give the drill more impact. This DVD will help any coach develop a dynamic practice environment that is both fun and challenging with lacrosse drills that give maximum individual touches in game like situations.  
**136 minutes. 2012.**



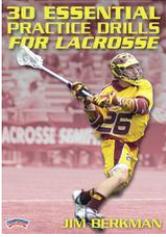
[How to Run a Youth Lacrosse Practice](#) - with Jason Breyo, Lambert (GA) High School Assistant Lacrosse Coach. Whether you're a new coach who's also new to lacrosse or a more experienced youth coach looking to fine tune your lacrosse practices, this DVD will provide the tools you need to run a great practice. You will learn what it takes to run a productive practice and get detailed instruction on each skill your players need to play lacrosse. This video includes skills and drills for U9 and U11 athletes. This DVD covers four major skill areas for lacrosse players: passing, catching, cradling and shooting. The U9 practice is built around teaching and drilling these important skills. You'll get six basic fundamental building drills to teach these skills and relay drills to end your practices in a fun, but competitive way. The U11 practice utilizes the same skills and drills as the U9 practice with a few additional components. They add a goalie and work on 1-on-1 and 2-on-2 offensive and defensive work, progressing into a 4-on-4 setting that teaches both the offensive and defensive base principles. The video includes a motion drill segment, that teaches the players how to move without the ball and react to pressure. A 6-on-6 team drill is included to work on the basic man offense and man defense principles acquired from all other drills. Also included is a basic goalie workout and drills to prepare for face offs.  
**82 minutes. 2011.**



[Fast Paced Lacrosse Practice: Repetition, Intensity & Fun](#) - with Jim Berkman, Salisbury University Head Coach; all-time winningest coach in men's lacrosse history (over 450 wins); 11x National Championship Coach (D-III); 3x Division III National Coach of the Year (2012, 1991, 2008). In this instructional lacrosse DVD you will see more than 15 intense drills using offensive and defensive players matched against each other in a competitive game-like atmosphere. You will see a variety of drills designed to keep everyone moving in numerous situations and concentrating on making quick decisions on ground balls, rotating on defense and keeping sticks on the inside, shooting quicker to take advantage of numbers in the box, receiving the ball with soft hands, unsettled situations for both offense and defense, a 1-on-1 drill for middies, hedging screens on a pick and clip action, clearing the ball on defense, break-outs and face-offs, and more! See how practicing in small spaces with a game-like atmosphere will teach your players to perform better under pressure and make quicker more effective decisions with the ball. Learn how important it is to keep your players interacting throughout practice.  
**58 minutes. 2011.**



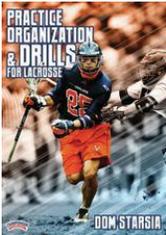
[The Ultimate Guide to Youth Lacrosse](#) - The Ultimate Guide to Youth Lacrosse is a 2-disk set with over 2.5 hours of instruction covering the skills and fundamentals for all lacrosse positions (attack, midfield, defense, and goalie) for the boys game, ages 6-16. The instruction is led by National Hall of Fame player Mark Millon who has had over 25,000 kids attend his lacrosse summer camps and is a must have for players and parents alike. MLL star Nick Polanco covers defensive concepts while long time instructor George Breres covers Goalie play. One of the finest teaching tools in the sport.  
**150 minutes. 2010.**



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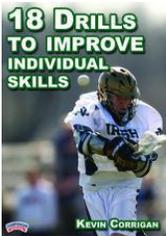
[30 Essential Practice Drills for Lacrosse](#) - with Jim Berkman, Salisbury University Head Coach; all-time winningest coach in men's lacrosse history (over 450 wins); 11x National Championship Coach (D-III); 3x Division III National Coach of the Year (2012, 1991, 2008). Get the most out of your practice time with game-speed drills that combine skill development with a conditioning element. Jim Berkman opens up his practice notebook and demonstrates over 30 drills to develop complete lacrosse players. These game-like drills run the gamut from individual skills work to small sided games to full field scrimmages. Berkman's drills reinforce ground ball play, clearing in unsettled situations, rotation defense, stick speed and hand quickness, shooting in a tight space, breaking out wide, up field vision, recognizing rides and much more. His drills create a fast-paced practice that eliminates down time and will teach your players to play at a pace that will take your opponents out of their comfort zone. These drills will put your players in game-like situations forcing them to play fast and improving their mental focus, their lacrosse IQ and their physical effort. Incorporate these proven, time-tested drills and maximize your time on the practice field.  
**74 minutes. 2010.**

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[Practice Organization & Drills for Lacrosse](#) - with Dom Starsia, Premier Lacrosse League Head Coach; Boston Cannons (MLL) Associate Head Coach; former University of Virginia Head Coach; 4x National Champions (2011, 2006, 2003, 1999). Widely regarded as one of the best teachers, motivators and tacticians in the game, Dom Starsia examines time-tested drills as they fit into the total organization of his program. Starsia shares his handwritten practice sheet and practice notebook and how they help him build practice on a daily basis. The core of Starsia's presentation centers on drills that have proven successful for over 20 years. These drills provide a complete template for drill and practice organization. You will learn how every aspect of lacrosse is meshed into each drill diagrammed by Starsia. Practice and game footage allows an inside look into the transfer of skill work in practice to game success. Key fundamentals of passing, catching, stick handling, spacing and position responsibilities are a consistent theme. Starsia's commitment to drill perfection is obvious and each drill can benefit you by adding variety and structure to your practices.  
**81 minutes. 2009.**

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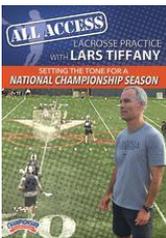


[18 Drills to Improve Individual Skills](#) - with Kevin Corrigan, University of Notre Dame Men's Lacrosse Coach; 2010 NCAA Runners-Up! This video focuses on individual drills used on a daily basis at Notre Dame. Ball handling, ground balls and shooting drilled early in practice develop good habits that show up later in team play at practice. Drills included are ball bag drill, yo-yo drill, baseline escape, around the clock, escape drill, 2 v. 1 drill, three-man handle, three man passing, monkey in the middle, three-man weave and three in a box. Ball handling is another area that demands attention each day in practice. The step-down drill, the sweeps and alley dodges, give and go, Z cut shooting, Z cut and follow, Z cut and pop, and Z cut and fade are all demonstrated. The advantages of these drills are that players get a lot of touches on the ball, shooting opportunities, and many repetitions.  
**60 minutes. 2007.**

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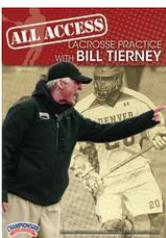
## All-Access Practices

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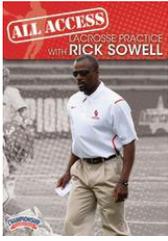
[All Access Lacrosse Practice with Lars Tiffany: Setting the Tone for a National Championship Season](#) – with Lars Tiffany, University of Virginia Head Coach; 2019 NCAA Champions; former Brown University Head Men's Lacrosse Coach; 2016 NCAA DI Final Four; 3x Ivy League Champions; 2015 Ivy League Coach of the Year. This video shows the early stages of development, from the first two practices of the season, that cemented a strong foundation for an NCAA National Championship season in 2019 for the University of Virginia Men's Lacrosse team. Head coach Lars Tiffany lays out two days of fast-moving, drill-loaded practices. Each day focuses on certain areas of improvement, and both days show defensive drills and offensive drills that set up scrimmaging situations later in each practice. Coach Tiffany's practices are detailed, fast paced, high level and competitive. This video from Coach Tiffany is loaded with drills that build on themselves to work the small components that are necessary for fielding a successful team. No matter what level of lacrosse you coach, you will learn something useful through watching these practice sessions unfold over the first two days of the 2019 National Championship season!  
**116 minutes. 2019.**

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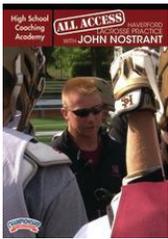


[All Access Lacrosse Practice with Bill Tierney](#) - with Bill Tierney, University of Denver Head Men's Lacrosse Coach, 2015 NCAA Champions; former Princeton University Head Lacrosse Coach; 7x NCAA Championship Coach. Bill Tierney delivers an exclusive look at three days of practice leading up to his season opener. See how coach Tierney tailors his practices to prepare for his next opponent while still building skills needed to improve his team throughout the season. Practice 1 - A short practice that involves fundamental stick work and teamwork. Tierney runs his squad through some great offensive and defensive drills. You will also see pre-practice routines that involve assistant coaches working on face-offs and goalie work. Practice 2 - This practice simulates game like situations with the next opponent in mind. Tierney works with his players on ground balls, stick handling, one-on-one work and offensive and defensive game plans for the upcoming game. Practice 3 - Sit in on a comprehensive, pre-practice coaches meeting as Tierney and his staff work on a practice plan to prepare the Pioneers for their upcoming game. On the field, you will see half field drills to develop passing and stick handling for offensive and defensive players.  
**364 minutes (3 DVDs). 2011.**

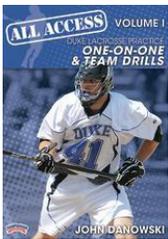
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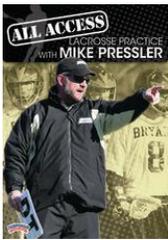
[All Access Lacrosse Practice with Rick Sowell](#) - with Rick Sowell, former US Naval Academy Head Coach, former Stony Brook, Dartmouth and St. John's University Head Coach. Rick Sowell provides a front row seat for three full practices as his Stony Brook Seawolves get ready for the 2011 season opener. Each practice is recorded live, as it happens, beginning in the locker room where Sowell discusses key factors in preparing for their next opponent. He breaks down game footage and practice footage to point out the team's strengths and weaknesses. On the practice field, the team goes through a series of pre-practice drills and warm-ups before getting into the heart of practice. Day 1 - a variety of drills including: small group defense drills working on communication, ground balls under pressure, high frequency shooting, passing on the run, 1-on-1 alley work to beat a defender, and scoring from behind the net. Day 2 - clearing, shooting, and ground balls. Day 3 - much of this practice focuses on what Sowell expects to see from their next opponent. As preparation, he runs full field 4-on-3, 5-on-4 drills, as well as half field 4-on-4 drills that work on "picking and popping" and defending the pick.  
**354 minutes (3 videos). 2011.**



[High School Coaching Academy: All-Access Haverford Lacrosse Practice with John Nostrant](#) - with John Nostrant, The Haverford School Head Lacrosse Coach, 2015 National Champions (Inside Lacrosse). John Nostrant delivers an all-access look into two live practice sessions as his undefeated team prepares for its next opponent. The objective for Nostrant and his staff is to run productive, up-tempo practices and keep everyone involved and sharp. Nostrant and his staff teach on both the offensive and defensive side of the field. Day 1 Practice - Pre-practice work includes offensive and defensive skill work. Shooting progressions, passing and face-offs are incorporated in the offensive skill work. The defensive skill work includes stick handling, blocking, and slide progressions. They also run through a series of seven drills to perfect ground ball play, transition build ups, scramble situations and more. Day 2 Practice - Pre-practice work includes shooting and slide progressions on the offensive end and ground ball play, blocking, stick handling, and footwork on the defensive end. The Fords run through two drills and use the rest of the practice practicing their man and zone offense 6-on-6.  
**176 minutes (2 DVDs). 2011.**



[All-Access Duke Lacrosse, Volume I: One-on-One and Team Drills](#) - with John Danowski, Duke University Head Coach; 3x NCAA champions. Take a never-before-seen inside look into the practices of Duke lacrosse with head coach John Danowski and witness the techniques that have helped him accumulate over 250 career wins. This video series was filmed at the beginning of the 2009-10 season; a season that saw the Blue Devils claim the NCAA National Championship. Coach Danowski leads the Blue Devils through four early season practices focusing on one major principle in each practice: 1) Ground Balls - Learn to attack loose balls as team and gain more possessions; 2) Spacing & Exchanging - Develop essential passing and catching skills to maintain possession; 3) One-on-One Play - Teaches players to put themselves into position to score; 4) Teammate Play - Improve communication and off-ball movement on offense and defense. Improve your individual and team play using the same drills that Danowski uses in his practices. Take advantage of this unique look inside the practices of an elite lacrosse program and implement these successful drills and concepts into your program!  
**390 minutes (4 videos). 2010.**

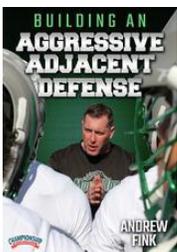


[All Access Lacrosse Practice with Mike Pressler](#) - with Mike Pressler, Bryant University Head Coach; 2005 National Coach of the Year. Join 2010 US National Lacrosse Team Coach Mike Pressler as he provides inside look into three practices at Bryant University. Day 1: Offensive systems including stepping out from a 1-3-2 to a 3-3 man-up offense, face-offs, 1-on-1 and 4-on-4 drills, rolling, communicating, catching and throwing to both sides, and more. Day 2: Pick play, working off the ball, shooting and deep clearing, defense, picks, sub box, skeleton for sideline clear, 6-on-6 slide, and more. Day 3: Zone defense - using the different zones, rolling down field versus up field, 1-4-1 Power set with a roll or carry call, face-offs, scooping, ride clear scrimmage, zone offense/defense scrimmage, and more. Over the course of the practices, Pressler leads his players through more than 45 drills that simulate game action and emphasize proper mechanics and techniques. These high-intensity drills work on rolling, communication, movement, cutting and more to get your players ready for game speed play and competition.  
**315 minutes (3 DVDs). 2010.**

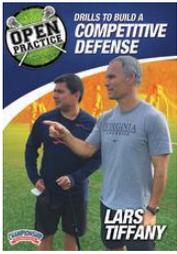


[Kevin Corrigan's All Access Lacrosse Practice](#) - with Kevin Corrigan, University of Notre Dame Men's Lacrosse Coach; 2010 NCAA Runners-Up! Get unprecedented "all access" to three Notre Dame lacrosse practices! Kevin Corrigan opens three of his in-season practices to you. As you watch, Corrigan literally opens his catalog of drills the Irish have compiled over the years. You will see a variety of game-like riding and clearing situations, shooting drills, passing drills, dodging drills, and more. In addition, Corrigan provides a locker room pass to join him and his players for two classroom sessions as they break down game footage, talk about their last performance, and breakdown footage of their next opponent. In the third practice, watch as Corrigan applies the scouting film to his practice. This behind-the-scenes view gives you an opportunity to see daily activities of one of the nation's top lacrosse programs and allows you to incorporate their successful practice ideas into your program. This video set is an extraordinary look inside an elite program. Any coach at any level will find this set extremely beneficial.  
**343 minutes (3 videos). 2009.**

## Defense - Drills/Schemes



[Building an Aggressive Adjacent Defense](#) - with Andrew Fink, first-ever University of Saint Joseph Men's Lacrosse Coach (inaugural season - Spring 2020; former Mount Ida College Head Men's Coach, 8x Conference Champions; 4x NCAA Division III qualifier; 4x Coach of the Year NAC/GNAC. Coach Fink takes you through a Mt. Ida practice, giving you a look at not only how he structures practice, but how he uses that structure to build an entire adjacent scheme with simple drills in under two hours. Starting with the Basketball transition drill that gets the defense involved in the offense, Fink progresses through a series of footwork drills that introduce and reinforce the idea of the off-ball defenders supporting the on-ball defender.  
**72 minutes. 2018.**



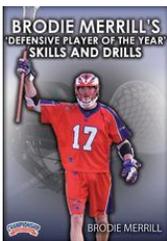
[Drills to Build a Competitive Defense](#) - with Lars Tiffany, University of Virginia Head Coach; 2019 NCAA Champions; former Brown University Head Men's Lacrosse Coach; 2016 NCAA DI Final Four; 3x Ivy League Champions; 2015 Ivy League Coach of the Year. Lars Tiffany provides multiple drills and stations to prepare your team to play fast, throw hard and play with confidence. In this video, Coach Tiffany shows you six warm-up stickwork drills to get the players' hearts beating and bodies sweating before stretching. Tiffany then provides five station drills to be used by the team using a rotation format. Drills include: 6v5 Keep Away, 3 By, Full-Field Pressure Passing and 54 Chaser Drill to get players game ready. Coach Tiffany's progression mixes passing and feeding drills with quick shooting drills while integrating game-like dodging throughout for the offensive players. At the same time, his defensive skills and drills techniques provide opportunities to practice against picks, field ground balls, practice approach and get on the offensive players' hands. Drills for defensive players playing on and off ball, how to rotate and recover are offered for the defensive players. Setting picks and freeing hands are provided for offensive players.  
**62 minutes. 2017.**



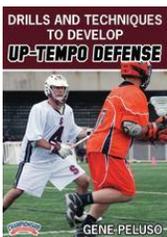
[Drills to Develop a Complete Defensive Player](#) - featuring Mike Morgan, Merrimack College Head Men's Coach; 2019 and 2018 NCAA National Champions; 2017 USILA Division II National Coach of the Year; Five Straight NCAA Tournament Appearances (2015-19); 2017 NCAA National Championship Runner-up. Using a wide range of defensive practice drills, Coach Morgan demonstrates 12 drills in two parts. The first part focuses on individual stick skills: passing, footwork and communication. The second part builds from small group drills designed to work on slide rotations, communication, approach angles, spacing, and concludes with 7v7 in the box play focusing on slide packages and transition drills. Throughout the instruction, Morgan stresses footwork, communication, approach angles, vision, and teamwork. Before each drill, Coach Morgan breaks the drill down on a white board and walks you through each drill on the field. The drills are designed to provide multiple repetitions during a short period of time to allow defensive players to handle the ball in a variety of situations, while also being able to fill a practice plan with other areas of the game. These easy-to-follow drills can be modified based on numbers and level of play.  
**59 minutes. 2017.**



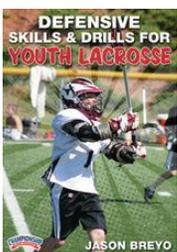
[Individual and Team Defense Drills & Techniques](#) - with Jon Torpey, High Point University Head Coach; 2015 Southern Conference champions; Former associate head coach at Dartmouth and assistant at Denver University. The High Point men's lacrosse program started in 2010 with Jon Torpey as the program's first head coach. In just three seasons he led the program into the NCAA Tournament. High Point University head coach, Jon Torpey, provides techniques and drills that are designed to improve defensive stickwork in addition to working on defensive skills, individual on-ball and off-ball defense and team defense. Improve on approaching the ball carrier as Coach Torpey demonstrates several holds such as the V-Hold, Cross-Check hold, and defending areas around the field. He also works on off-ball defense, such as sliding to the help, helping on-ball side and off-ball side. You'll learn various drills that demonstrate these principles and show different situations to use these skills. Coach Torpey puts these skills together to help build your team defense and your transition defense. He uses drills such as 3v2 and 4v4 Push-Pull, 4v4 Y and 4v4 Hub drills to practice these skills in a more team-oriented setting against different dodges on the field.  
**61 minutes. 2016.**



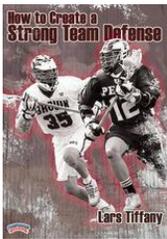
[Brodie Merrill's 'Defensive Player of the Year' Skills and Drills](#) - with Brodie Merrill, 2x All-American defenseman at Georgetown University. As a pro he was named Defenseman of the year for four consecutive years. In 2006 he was a member of the Canadian World Lacrosse Championship team where he was named Best Defender and earned All-World honors. This video shows players and coaches how to build a solid individual defensive foundation. By developing three foundational skills - footwork, body positioning and hand positioning - you will lay the groundwork for future growth as a defenseman. Merrill shows how to correctly execute a stick check without over-committing and suggests which stick checks are best used in specific situations. Each check is explained carefully and demonstrated at game speed. The philosophy of each check is also covered in terms of its best application as well as when and where it presents the best option. The basic strategies of team defense for box lacrosse are covered including strategic strengths and weaknesses. Though shown in the indoor setting, these techniques can certainly be applied to field lacrosse as well. Topside help and sliding options are covered. Merrill reveals which slide packages are best for each situation.  
**58 minutes. 2013.**



[Drills and Techniques to Develop Up-Tempo Defense](#) - with Gene Peluso, Stevens Institute of Technology Head Men's Lacrosse Coach; Over 150 career wins. Using a mixture of classroom presentations and on-field demonstrations, Gene Peluso outlines the basic rules and principles for his "30 Second Defense." With both settled and unsettled drills--ranging from 1-on-1 to half and full field--Peluso shows how to take advantage of the special situations defenses face on the field. He includes clear explanations and on-field drills demonstrating: Full field 5-v-4 with the emphasis on aggressive defense and moving the ball, a variety of unsettled situations to ensure your players can improvise and react to what's in front of them, a 4-v-4 Pressure Drill showing the fundamentals of off-ball play while putting maximum pressure on the ball carrier, a 1-v-1 with Slider drill teaching your players how to play on-ball as well as how to time slides, 2-v-2 Alley Drill with an emphasis on clearing and riding under pressure. The video is aimed at coaches working with more advanced players but would help anyone looking to instill an aggressive defensive philosophy with strong fundamentals and a team ethos.  
**87 minutes. 2012.**



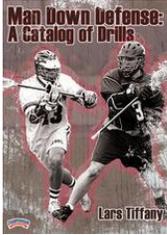
[Defensive Skills & Drills for Youth Lacrosse](#) - with Jason Breyo, Lambert (GA) High School Assistant Lacrosse Coach. Breyo divides the DVD into four areas: Stick work, agility (footwork), position play and transition defense. Stick Work - Get eight drills for passing and catching, fielding ground balls, dodging, over-the-shoulder-catching and clearing the ball. These drills will help your athletes improve their accuracy on long passes, become proficient throwing a pass with either hand, learn to use either hand on a split dodge and a roll dodge, and techniques that will benefit your clearing game. Drills are demonstrated using long sticks. Agility (Footwork) - Pick up agility drills for defensive players focusing on proper hand placement, stick position and footwork. These drills progress from a 5-yard side-to-side movement drill, to a 3-cone triangle drill working on the drop step, to a ladder agility drill that focuses on changing direction. Position Play - Get a progression of 1-on-1 drills to teach your athletes key defensive concepts. Starting without sticks, Breyo's drills focus on top-side defense, forcing the attacker inside and keeping the hands in front with a poke check. The progression morphs into a 2-on-2 series that teaches the Ball-Me-Man concept. Transition Defense - Learn team defense concepts with a look at transition defense from a 2-on-1 situation to a 3-on-2 fast break to train your players to defend odd number situations.  
**52 minutes. 2011.**



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[How to Create a Strong Team Defense](#) - with Lars Tiffany, University of Virginia Head Coach; 2019 NCAA Champions; former Brown University Head Men's Lacrosse Coach; 2016 NCAA DI Final Four; 3x Ivy League Champions; 2015 Ivy League Coach of the Year. Coach Tiffany has a great understanding of what it takes to be great on defense - he was a 2-time team captain and starter on defense for three years under coaching legend Dom Starsia at Brown. Good communication between the six defensemen and the goalie are required to create strong team defense. The goalie's only goal is to watch the ball and communicate to the on ball defender. The off ball defenders determine the slides. The 'hot player' designates himself as 'hot' and asks his teammates to fill and second slide. Other verbal calls dictate the slide patterns: crease/crease, crease/adjacent, adjacent/adjacent, and cross crease. Slide scheme development starts with the 1 v 1 decision-making drill and progresses to a full catalog of drills that include 2 v 1, 2 v 2 with an outlet, etc. On the field, Tiffany begins with on ball play. Decision-making is the key part of team scheme development. The first slide, second slide, third slide and recovery are all demonstrated in drills on the field. The video finishes with game clips of 6 v 6 defense, demonstrating a variety of slide packages.  
**103 minutes. 2008.**

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[Man Down Defense: A Catalog of Drills](#) - with Lars Tiffany, University of Virginia Head Coach; 2019 NCAA Champions; former Brown University Head Men's Lacrosse Coach; 2016 NCAA DI Final Four; 3x Ivy League Champions; 2015 Ivy League Coach of the Year. Coach Tiffany presents a step-by-step development of the fundamentals of man down defense. Man down defense relies on anticipation of skip lanes and the ability to knock down passes and shots. Tiffany has created a catalog of drills that can help identify and improve the personnel for man down defense. The 2 v 1 knock down drill works on the drop step technique and the 4 v 2 drill puts two defenders in an urgent situation and requires communication and changing positions. The 5 v 3 drill addresses the skip lanes. A series of drills get progressively more challenging for advanced players. A drill to develop offense and man down defensive technique is the 3v2/4v3/5v4 drill. A section on terminology is important to define all-important verbal calls in lacrosse. Man down schemes used against the 3-3 offense include the center string, the diamond, 4v3 up top and 3v2 up top. Defending the 1-3-2 offensive, Tiffany diagrams on the white board using both 5 man and 4 man schemes. He then takes to the field to demonstrate many of the drills and schemes. Game clips of the man down defense show the system in action.  
**105 minutes. 2008.**

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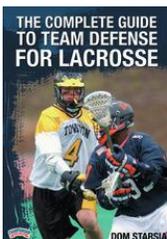
[Installing the Sliding Defensive System](#) - with Tony Seaman, Denver Outlaws (MLL) Head Coach; St. Andrews High School (FL) Head Coach; 2016 IMLCA Hall of Fame; former Towson University Head Coach; 3X National Coach of the Year. Team defense has been a foundation for Seaman's success and in this video he shares the essentials to playing team defense with the "Sliding Defense" system. Using marker board presentation and on-field demonstration, Seaman systematically teaches the Xs and Os of the crease/slide package. Seaman builds the basic slide package with principles of player positioning, responsibilities, and communication versus the 1-3-2 and 1-4-1 offensive sets, emphasizing 1-on-1 pressure defense, double-teams, and area coverages. Coach Seaman also shares two philosophies of sliding defense to force the offense to play to defensive strengths and offensive weaknesses by guiding the ball and player movement. In further developing team defense, Seaman teaches the principles and fundamentals of the second and third slides, behind the goal scenarios, and exceptions to using the slide.  
**48 minutes. 2005.**

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[Adjusting Your Multiple Defensive System to Win!](#) - with Bill Tierney, University of Denver Head Men's Lacrosse Coach, 2015 NCAA Champions; former Princeton University Head Lacrosse Coach; 7x NCAA Championship Coach. Coach Bill Tierney has led Princeton to six NCAA men's lacrosse championship titles in his 16 years as head coach. Now he shares his insights to adjusting your defense to an ever-changing offense. Coach Tierney explains how to create dozens of different defenses by choosing any one of the five outer-circle theories, combining it with any inner-circle plan of action and adjusting individual responsibilities. He gives an extensive marker board presentation with pressure-filled defensive schemes designed to confuse opposing offenses. The advantages of Tierney's system is it takes away the center of the field, does not allow for easy shots, and focuses on containment of the ball and the offensive players. All of these concepts, and the drills used to teach them, combine to develop a strong, cohesive team defense at any level.  
**41 minutes. 2004.**

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[The Complete Guide to Team Defense for Lacrosse](#) - with Dom Starsia, Premier Lacrosse League Head Coach; Boston Cannons (MLL) Associate Head Coach; former University of Virginia Head Coach; 4x National Champions (2011, 2006, 2003, 1999). Dom Starsia discusses essentials for team defense emphasizing man-to-man defense. Utilizing markerboard diagrams, Coach Starsia explains individual and team defense systematically, detailing each part of the strategy. He starts with 1-on-1 defense, stressing the importance of individual defensive play and moves progressively toward total team defense ultimately building up to a 6-on-6 man defense. He outlines player duties and positions in various defensive sets emphasizing perimeter and crease sliding and player-to-player communication. In addition, he also shares various drills to master man-to-man defense and to shut down any offense. Starsia's defensive system is perfect for changing the tempo of a game, creating turnovers, or simply accompanying a basic man-to-man defense. Starsia's in-depth defensive strategy and explanation will help your team develop into the best defensive team possible.  
**60 minutes. 2004.**

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## Offense - Drills/Schemes



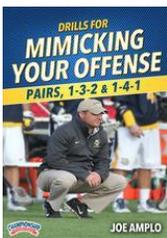
[Attacking the Offensive Ground Ball](#) - with Dan Keating, St. Joseph's University Associate Head Coach/Offensive Coordinator; Back-to-Back undefeated conference regular season marks (2014-15). Ground balls have become a prominent scoring option for many teams at all levels. In this video, Dan Keating provides his philosophy and teaching of techniques to kick start offense off a ground ball. Using a progression of practice drills, Keating demonstrates 10 drills that build up ground ball play from individual to group and team drills. He provides in-depth commentary and whiteboard illustrations to show how your whole team can operate with ground ball play, and also reinforces techniques such as scooping and spacing off ball. Coach Keating discusses how to use routine ground ball situations to attack an unsettled defense, and turn these situations into scoring opportunities. These ground ball principles can be used anywhere on the field to not only increase offensive opportunities, but to enhance transition play as well. Coach Keating shows how to build an offensive culture of attacking ground balls with the intention of creating scoring opportunities. **51 minutes. 2018.**



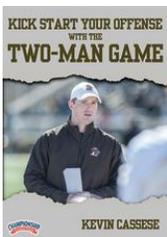
[Drills That Support a Dynamic Offense](#) - featuring Mike Morgan, Merrimack College Head Men's Coach; 2019 and 2018 NCAA National Champions; 2017 USILA Division II National Coach of the Year; Five Straight NCAA Tournament Appearances (2015-19); 2017 NCAA National Championship Runner-up. Using small-group drills and individually-focused drills, Merrimack College coaches Mike Morgan and Bryan Brazill demonstrate 12 drills that develop elite offensive players. Morgan and Brazill use whiteboard illustrations and practice footage to share how and why these drills are effective, and even give you ideas on how to modify the drills to fit your team's needs. Many of these drills can replace traditional stickwork drills that aren't represented in a true game situation. Learn stickwork drills that encourage many touches in a game-like fashion. These drills teach and reinforce skills, and are structured to get players lots of reps. **49 minutes. 2017.**



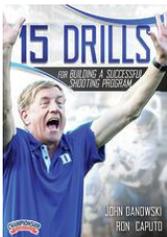
[Building a 1-3-2 Motion Offense](#) - with Dan Keating, St. Joseph's University Associate Head Coach/Offensive Coordinator; Back-to-Back undefeated conference regular season marks (2014-15). In this two-disc package, Dan Keating goes through the implementation of the 1-3-2 offense, teaching you the part-whole method and building up from small group instruction to a settled 6v6 offense. He covers the different styles and options; then, using principles built into the offense, he has players demonstrate each drill. Finally, he goes over game film and analyzes each principle in action. The second disc features 11 drills that create game-like shots out of typical 1-3-2 offensive scenarios. Each drill is explained in a whiteboard segment to detail the game situation that creates it - as well as the individual skills required of not only the shooter, but the dodger/feeder who sets up the shot. Disc 1: Key Principles & Drills. Disc 2: Fundamental Shooting Drills for a 1-3-2 Motion Offense. **139 minutes (2 DVDs). 2016.**



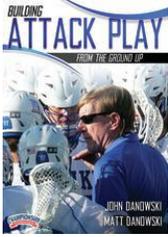
[Drills for Mimicking Your Offense: Pairs, 1-3-2 & 1-4-1](#) - with Joe Amplo, US Naval Academy Head Coach; former Marquette University Head Coach; Team USA Assistant Coach; 2018 Federation of International Lacrosse (FIL) Men's World Championship (Gold medal); Inaugural Coach of Marquette Program, 2014 Big East Coach of the Year, 2016, 2017 Big East Tournament Champions. Rather than running standard shooting drills, Amplo has given considerable thought to how his shooting drills can mimic, and therefore maximize the potential, of his team's offensive sets. Coach Amplo and innovative, offensive-minded Coach Stephen Brundage introduce several drills to help mimic offensive sets and situations in the two man, 1-3-2 and 1-4-1 sets. Brundage provides insight into how to build offenses through the part-whole method, working in smaller groups and eventually building into offensive sets. He covers the Fade Series, a four part series of shooting drills that trains players on how to shoot on the run in their unique backpedal movement pattern. From fades, it adds three progressions: split, "Canadian quick" and hitch. The coaches add variation and subtle differences in each of the shooting drills to match the level of variation that players will see in the game. **49 minutes. 2016.**



[Kick Start Your Offense with the Two-Man Game](#) - with Kevin Cassese, Lehigh University Head Coach; 2018 Inductee into the National Lacrosse Hall of Fame; Back-to-back Patriot League Championships (2012-13); Team USA Assistant Coach for the 2014 World Lacrosse Championships. Kevin Cassese demonstrates how to create offensive opportunities using the two-man game. Coach Cassese discusses how to establish the two-man game using a series of picks and passes and then shows the entire series from all angles. These various techniques give options on dealing with passive and aggressive defenders and show how to take advantage when a defender switches from a long pole to a short stick. Coach Cassese takes you through game scenario adjustments so you'll know how and when to setup the defense when using the two-man game. This presentation is great for all levels of play. It uses both practice footage and commentary by Coach Cassese to show more than 24 examples of the two-man game that can be implemented to ensure your players' success. **70 minutes. 2015.**



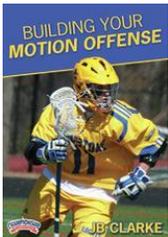
[15 Drills for Building a Successful Shooting Program](#) - with John Danowski, Duke University Head Coach; 3x NCAA champions) and Ron Caputo, Duke University Assistant Coach. In this dynamic presentation, Ron Caputo tells you how Duke' lacrosse squad is able to advance past the fundamental pillars of shooting and progress into mobility shooting and shooting on the run. Coach Caputo shares 15 step-by-step progressive shooting drills designed to isolate the key, individual movements needed to become a successful shooter. Each drill isolates one or two critical concepts that will improve a shooter's accuracy, velocity and quickness when releasing the ball. The simplicity of each drill allows the player and coach to effectively evaluate the shooter's effort so that corrections are easily implemented. **58 minutes. 2014.**



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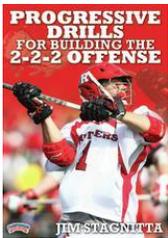
[Building Attack Play from the Ground Up](#) - with John Danowski, Duke University Head Coach; 3x NCAA champions) and Matt Danowski, Duke University Assistant Coach. Coach Danowski gives standards for protecting your stick using footwork and correct hand and body positioning. The progression of drills presented here, including C-cuts, S-cuts and Fish Hook cuts, will strengthen your players' ability to control the ball. Know where to carry your stick and create separation. Learn how to read the defender to know when to use a Step Away Shot, Rocker Step, or Inside Roll. Coach Danowski discusses how to look inside, look through for the skip pass or look forward all while handling a double team or slide. He then takes the viewer through a series of cuts, explaining how to get open using them and which cut works best with specific dodgers and their position. Coach Danowski describes and demonstrates how attackers should move on loose ground balls off a face-off, how to follow the defense's slide to the fast break and how to receive the ball in a scoring area. Finally, he discusses how to play the ride and force the defense to throw over the top to delay the clear and increase the chance for mistakes.  
**59 minutes. 2014.**

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[Building Your Motion Offense](#) - with J.B. Clarke, Limestone College Head Men's Lacrosse Coach; Back-to-Back NCAA D-II National Champions ('14-'15); 2016 NSILA D-II Coach of the Year. JB Clarke provides an in-depth look at how he teaches this unpredictable, yet simple offense. Coach Clarke walks you through the background of the motion offense using PowerPoint slides, white board and live practice video. Clarke does a thorough job of sharing many coaching points and introduces several drills that are actual components of his motion offense. Clarke covers offensive basics, how to teach motion offense, and motion offense rules. Using white board and practice video, Clarke uses breakdown drills to teach the offense. These include: A variation of 1-on-1 using a defender and crease player to create slide recognition rules, 2-on-2 with additional crease players to emphasize playing without the ball rules, Pick and pop situations, 3-on-3 with crease players to force motion, 4-on-4 half field settled drills, Dice drill and multiple shooting drills using elements of the motion offense. Throughout this video Coach Clarke provides extensive tips to supplement the key elements of building a motion offense.  
**67 minutes. 2012.**

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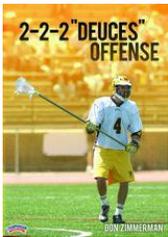
[Progressive Drills for Building the 2-2-2 Offense](#) - with Jim Stagnitta, Premier Lacrosse League Head Coach; former Charlotte Hounds (MLL) Head Coach; former University of Pennsylvania Assistant Coach; former Denver Outlaws Head Coach. The 2-2-2 allows you to maximize the ability of all your players, breaking them into three separate groups to attack as a unit behind the goal, in the crease and up top. In this on-field video, Coach Stagnitta shows you his progression for building his 2-2-2 offense. This easy-to-follow progression works the team as three groups before bringing it all together. The 2-2-2 Offense is not a scripted offense - a lot of things can happen depending on how the defense reacts or what happens when you first dodge. By incorporating these progressive drills through the two-man games it allows your players to read and practice many different situations so they'll be ready to execute during game time.  
**57 minutes. 2010.**

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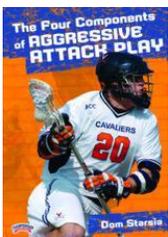
[25 Game-Speed Shooting Drills for Lacrosse](#) - with Kenneth "Bear" Davis, Ohio Machine (MLL) Head Coach; former Archbishop (MD) Spalding Head Boys Lacrosse Coach; former Robert Morris Head Coach. Coach Bear Davis shares several tips and insights to help your players become better shooters. Davis packs this instructional lacrosse video with 25 game-speed shooting drills, each containing theory and explanation along with on-field demonstration. These shooting drills are specifically designed to mimic and simulate game-like situations to make your players more comfortable within your offense. Davis includes drills for time and room shots, cross crease finishing shots, fish hook shooting, trailer shooting, ground ball shooting and many more. Davis includes some game clips that reflect the results of these drills in action. Davis' drills will get your players a lot of repetitions during practice, emphasize good form and technique, and will help make sure that players communicate effectively.  
**55 minutes. 2009.**

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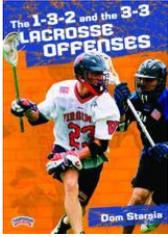
[2-2-2 'Deuces' Offense](#) - with Don Zimmerman, former UMBC Head Men's Coach; 3x National Championship Coach; former Head Coach at Johns Hopkins (73-15). The Deuces offense spaces the field well to create good dodging lanes from all four corners. Three sets of two players work together in pairs. Typically two players will be behind, two on top and two in the crease. A strength of the offense is using the pick, where one player in the pair frees his teammate. This creates confusion and indecision in the defense. By reading the defenders movement, the offensive player can spring free of the defender. Coach Don Zimmerman feels the game is all about deception, and the Deuce is full of deception. The player with the ball is taught to sprint into, through, and out of the pick. Once out of the pick, the man with the ball heads straight to the goal with his stick in feeding position. The second pair is known as the inside men and key techniques are demonstrated to enhance their productivity in the Deuce. Inside men maintain balance by staying opposite of the dodger. The third pair is known as the men up top. When out front, players are always ready to score. By being inside the restraining line, these two players present a dangerous threat to the defense.  
**42 minutes. 2007.**

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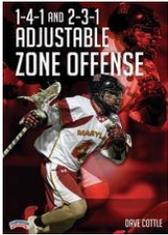


[The Four Components of Aggressive Attack Play](#) - with Dom Starsia, Premier Lacrosse League Head Coach; Boston Cannons (MLL) Associate Head Coach; former University of Virginia Head Coach; 4x National Champions (2011, 2006, 2003, 1999). Coach Dom Starsia utilizes marker board diagrams, on-field demonstrations and game footage to show everything you need to know about attack play. He'll help you get your players in a position to take advantage of the situation by building their strength, quickness and awareness. This video will show your players how to become more responsible and come to recognize a good decision in crucial situations. The four components of stick work, athletic ability, lacrosse IQ, and courage, combined together, will help you make an amazing defensive player. Coach Starsia goes over these four components with detailed explanation for each one. These include being able to handle any situation, being a threat to both sides of the goal, being good in tight places, being an efficient shooter and being able to change the plane of your shot. Become a more dangerous, competitive and effective attack man with these attack drills. His in-depth strategy will help your team develop into the best attacking team possible.  
**74 minutes. 2006.**

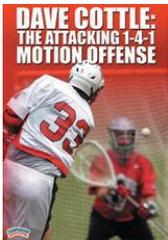
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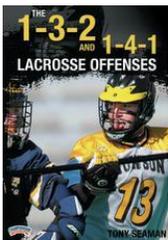
[The 1-3-2 and the 3-3 Lacrosse Offenses](#) - with Dom Starsia, Premier Lacrosse League Head Coach; Boston Cannons (MLL) Associate Head Coach; former University of Virginia Head Coach; 4x National Champions (2011, 2006, 2003, 1999). Coaches Starsia and Van Arsdale help you understand the different variable, approaches and formations to utilizing an effective extra man offense. Coach Starsia prepares you to handle several situations, such as a soft zone, 4 & 5 man rotations, the end of a penalty and losing a player. The different formations Starsia includes are Boston 1-3-2, Providence 1-4-1 and New York 2-3-1. Van Arsdale goes over the importance of implementing set plays, freelance plays and penalty plays. These include a 1-3-2 offense and a 3-3 formation. These drills will help you understand the importance of having a high-quality feeder and decision-maker. Furthermore, see how to apply your left handed and right handed players in position to put their abilities to the best use. In addition, implement an effective 5-man zone with different options: overload one side or create some step-down opportunities. Be ready to handle various dilemmas if your best player is shut off, and maintain playing in a 1-3-2 situation.  
**53 minutes. 2006.**



[1-4-1 & 2-3-1 Adjustable Zone Offense](#) - with Dave Cottle, Chesapeake Bayhawks (MLL) Head Coach; former University of Maryland Men's Lacrosse Coach; #3 in wins (active coaches); 3 NCAA Semifinal appearances (2003, 2005 and 2006). Coach Cottle highlights several zone offenses to prepare your team for any defense. Tips for success focus on teaching freelance 1-4-1 zone offense before adding other components. Starting with the fundamentals, Cottle points out four individual and team skills needed for solid zone play and then discusses the 2-2-2, 1-4-1, 2-3-1 and circle formations. The advantages of this system include: Improved passing skills, a focus on taking good shots, enhanced play in the crease, and additional structure to your zone attack. Because opponents can execute a variety of zone defenses, Coach Cottle believes in having several different attacks. Discussion centers on many different formations and how spacing can change formations for maximum effectiveness. These changes are illustrated when shifting from the 1-4-1 to the 1-3-2, and from the 2-3-1 to the 3-3. From these formations players can carry from any of the areas. Another strategy discussed is the "3-3 combo", which adds a pick to the carry, roll off and pop off.  
**58 minutes. 2006.**

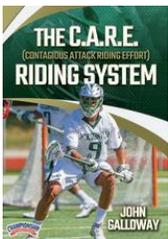


[Dave Cottle: The Attacking 1-4-1 Motion Offense](#) - with Dave Cottle, Chesapeake Bayhawks (MLL) Head Coach; former University of Maryland Men's Lacrosse Coach; #3 in wins (active coaches); 3 NCAA Semifinal appearances (2003, 2005 and 2006). Considered to be one of the most innovative coaches in lacrosse today, Cottle gives an excellent demonstration of how you can build your 1-4-1 motion offense. Cottle teaches the complete 1-4-1 offense illustrating his entire system with markerboard diagrams and on-field demonstrations. Cottle demonstrates his screening and cutting series, proper field balance, and pivoting, which are all designed to get your players open for shots. Next, Cottle diagrams numerous options that can take advantage of individual skills and different defensive coverages. He includes set plays, options, and entries into 1-4-1 motion offense to take advantage of a defensive weakness. This offense helps your players see the defensive slides coming and provides great spacing and when the 2-pass theory is implemented, the 1-4-1 is a great offense at any level or program!  
**43 minutes. 2004.**

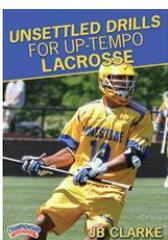


[The 1-3-2 & 1-4-1 Lacrosse Offenses](#) - with Tony Seaman, Denver Outlaws (MLL) Head Coach; St. Andrews High School (FL) Head Coach; 2016 IMLCA Hall of Fame; former Towson University Head Coach; 3X National Coach of the Year. Coach Tony Seaman, 3X Division I Coach of the Year with over 20 years of college coaching experience, is a true expert of the game! In this video, he walks you through every detail of the 1-3-2 offense illustrating his system with markerboard diagrams and on-field demonstrations. He also explains the 1-4-1 offense, which allows every attacker and midfielder to take advantage of the defense by confusing the opponent and forcing mismatches, improving scoring opportunities. This tape guarantees an improvement in your team's offense at any level of play. Coach Seaman provides two offenses and 27 options to help your team learn the most potent and diversified system in lacrosse today!  
**61 minutes. 2004.**

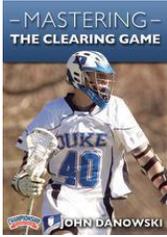
## Unsettled and Clearing/Riding - Drills/Schemes



[The C.A.R.E. \(Contagious Attack Riding Effort\) Riding System](#) - with John Galloway, University of Jacksonville Head Coach; former Providence College Assistant Coach; Team USA Co-Captain. In this video, the University of Jacksonville's John Galloway presents an aggressive ride high on energy and long on team effort. Coach Galloway ensures that the attackman, the midfielders and the close defenders all know their jobs and work together from one end of the field to the other. Phase 1 - Prevent the Breakout. Phase 2 - Seesaw Technique. Phase 3 - Getting Back In. Coach Galloway's approach to riding makes the difficult task of putting together a full-field ride easy for any coach to learn and team to implement. If you're searching for answers for your team's riding effort, look no further!  
**62 minutes. 2019.**

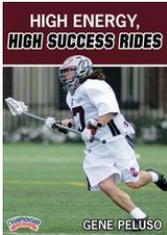


[Unsettled Drills for Up-Tempo Lacrosse](#) - with J.B. Clarke, Limestone College Head Men's Lacrosse Coach; Back-to-Back NCAA D-II National Champions ('14-'15); 2016 NSILA D-II Coach of the Year. JB Clarke does an excellent job of identifying the potential of implementing a fast paced, transition-oriented lacrosse strategy. In this DVD he lays out the optimal way to teach this type of game through a combination of discussion, illustrations and live action practice footage. Coach Clarke introduces his eight favorite drills, including Flying Rats (a fast paced 3v2 drill with a goalie that forces uneven number situations and turns them into scoring opportunities) and Toomey (a great drill where defensemen play offense, play defense, and are forced to clear and ride). Each of the drills is diagrammed on a white board prior to being performed by the players on the field. All the drills imitate game situations and are designed to be run fast. They also reinforce correct stick work and communications between players. Coach Clarke believes that the players need to compete in everything they do. By making sure all the drills mean something, athletes are motivated to improve. This is an excellent video for coaches who are looking to teach a high speed, dynamic lacrosse style.  
**65 minutes. 2012.**



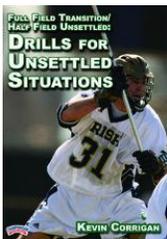
[Mastering the Clearing Game](#) - with John Danowski, Duke University Head Coach; 3x NCAA champions. Get the foundation for a successful team clearing scheme with multiple alternatives that can quickly change game situations. John Danowski lays out his primary team clearing scheme so that coaches and players can easily understand the fundamental concepts, both individual and team, needed to establish a winning clearing game. He begins by explaining the differences between Live Clearing and Dead Ball Clearing before covering the rules and philosophies that the Duke Men's Lacrosse Team uses to perform successful ball transition. In teaching the clearing game coach Danowski defines clearing concepts used at Duke University. Some of the topics include the Quick Strike clear, "maverick" mid-field play, the concepts of the defensive "Floater", the "Sabre", and the express offense. Coach Danowski's clearing system can be easily modified to any level of the game; from Pee Wee to College. Successful clears lead to ball control, which is the key to winning at any level.

**135 minutes. 2012.**



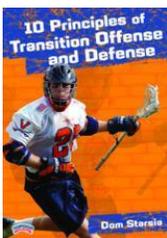
[High Energy, High Success Rides](#) - with Gene Peluso, Stevens Institute of Technology Head Men's Lacrosse Coach; Over 150 career wins. Get an aggressive riding game that is guaranteed to keep your opponents guessing. Gene Peluso's riding game is feared within the lacrosse community. In this instructional lacrosse DVD Peluso teaches his three most effective rides: the 10 Man Zone, the 9 Man Zone and the Low Pressure Ride by utilizing a combination of video presentations, on field walk-throughs, and live-play drills. These rides will create unsettled opportunities for your team. Peluso also divulges his favorite practice drills for strengthening effective riding and clearing skills. These drills include 2v2 Alley Drill, the 1v1 Revenge Drill, and the dynamic 54 Full Field Pressure Drill. The rides and drills on this DVD can lay the cornerstone to a successful season of creating havoc for your opponents on their clears. Coaches and players at all levels of the game will benefit from the insightful coaching techniques presented by Coach Peluso.

**91 minutes. 2012.**



[Full Field Transition/Half Field Unsettled: Drills for Unsettled Situation](#) - with Kevin Corrigan, University of Notre Dame Men's Lacrosse Coach; 2010 NCAA Runners-Up! Coach Corrigan presents full field and half field transition philosophies as well as breaks down "some of the best transition and unsettled drills that he has ever seen." Corrigan's teaching begins with the two-on-one recovery drill and a two-on-one live ball drill that makes players react and attack the net. Also included are spacing and transition drills. Next, he presents the defense to offense scheme. This occurs after a save or a shot is taken on the defensive end. Corrigan also includes the full field scramble, which involves many players at once. In all, this video is loaded with 14 drills. Multiple situations and repetitions are the benefits of these drills, which are done in a short amount of time. Coaching can be done before and after the drills, with an emphasis on repetition.

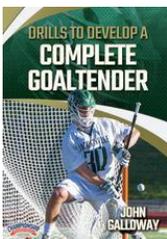
**57 minutes. 2007.**



[10 Principles of Transition Offense and Defense](#) - with Dom Starsia, Premier Lacrosse League Head Coach; Boston Cannons (MLL) Associate Head Coach; former University of Virginia Head Coach; 4x National Champions (2011, 2006, 2003, 1999). Transition lacrosse starts with an aggressive defense, and any defensive system can be utilized with a good offensive team. Starsia urges that the "seeds for success" be "planted" in the early days of preparation. Personnel, language, theories and organization of team as approaching the regular season are all important to the development of transition play. These drills include full-field drills, the "Hammer Cut," full-field scramble, patterns in the box and other drills in an unsettled situation. Included in this extensive video are strategies for moving the ball from the defensive end to the offensive end, managing the clock, developing speed in the midfield and having a high-level, unselfish attack mode. These drills will help you understand your priorities such as filling spaces as quickly as possible, getting the ball to the attack man at the end of the field and making the best use of speed. Starsia's instruction in this video is essential for accomplishing a potent transition play at any level.

**53 minutes. 2006.**

## Goalie - Drills/Training



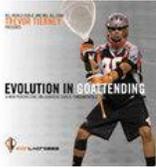
[Drills to Develop a Complete Goaltender](#) - with John Galloway, University of Jacksonville Head Coach; former Providence College Assistant Coach; Team USA Co-Captain. This video featuring Jacksonville's head coach John Galloway takes you right onto the field and begins building up the skills required to become a 60-minute goaltender. He begins literally from the ground up, introducing the foundations of a proper stance, from the goaltender's feet to their hands. From there, Galloway shifts to an extensive warm-up routine that does so much more than just get a goaltender's body ready for a game. Through a progressive series of drills Galloway develops all of the skills necessary to become an elite goaltender, from making kick saves to suffocating the ball and controlling rebounds. Not content with just a shot-stopping goaltender, Coach Galloway introduces a drill designed to turn a goaltender into a seventh defender who jumps into passing lanes and ends possessions before a shot is even taken. This video from Coach Galloway will teach you exactly what it takes to become a championship goaltender as well as how to train elite goalies yourself!

**56 minutes. 2019.**



[The Encyclopedia of Goalkeeping](#) - with pro all-star goalies Adam Ghitelman, John Galloway, and Kip Turner. Over 30 drills to improve reaction time and create a more efficient and successful goalie. Maximize the amount of time your goalie sees the ball in the air to give them the best chance of making the save. Improve goalie speed with drills to develop reflexes and reaction. Turning concept into technique, this video will give your goalies the tools and technical understanding they need to correctly develop without the constant input of a coach. They will be able to challenge their abilities, dramatically improve their reaction time and develop a disciplined work ethic to become the best goalies they can be.

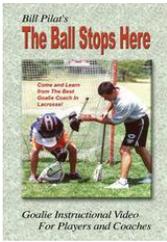
**92 minutes. 2015.**



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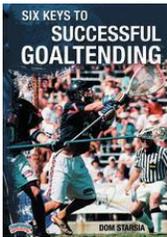
[Evolution in Goaltending: A New Perspective on Goalie Fundamentals](#) - featuring Trevor Tierney. Trevor Tierney is the only goalie in the history of the game to have won an NCAA Championship, an ILF World Championship, and an MLL Championship. In this DVD, Trevor shares his philosophy on playing goalie and the secrets to his success. Trevor believes that there are a lot of misconceptions out there about playing goalie, and that the position can be simplified with the tips that he offers. You will be surprised to hear some of his ideas for the new generation of goaltenders  
**85 minutes. 2010.**

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[The Ball Stops Here](#) - Join Coach Bill Pilat, the premier Goalie Coach in all of Lacrosse as he shows you how to become or coach a top goalie. Coach Pilat has been the Head Lacrosse Coach at Division III power Roanoke College since 1989. In that time he has produced seven All American goalies. A former three-time College All American Goalie, Coach Pilat knows first-hand what it takes to be a superior lacrosse goalie. As founder of the largest goalie camp in lacrosse, his Goalie School attracts close to 300 young men each year eager to learn from Coach Pilat and his staff. Now, on his video, Coach Pilat will show you tactics, techniques, and some of his secret drills to enhance goalkeeper play. Here are just a few of the topics covered in this 45 minute video - Stickhandling for goalies, How to handle 1-on-1's, Pipe play, Turns on feeds from behind, Handling screens, Drills to improve quickness in the goal, How to be sure you are stepping to the ball, Coach Pilat's famous handcuff drill to keep head over ball, Three different arcs and which one may be best for you, How to warm up a goalie, Coach Pilat's best drill for controlling rebounds, and How to handle fakes.  
**45 minutes.**

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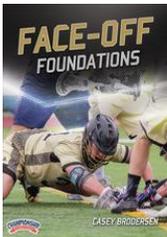


[Six Keys to Successful Goaltending](#) – with Dom Starsia, Premier Lacrosse League Head Coach; Boston Cannons (MLL) Associate Head Coach; former University of Virginia Head Coach; 4x National Champions (2011, 2006, 2003, 1999). Coach Dom Starsia led the University of Virginia men's lacrosse team to great heights and four national championships in his coaching tenure there. In this video, he gives a detailed look at goalie play, an area his Virginia teams consistently excelled in. Starsia reveals seven key components he defines as the basics of goalie play. He then covers in detail the stance, warm-up routine, game-like drills, and breakout drills to help create the perfect goalie. Using game footage, markerboard diagrams, and on-field demonstrations, Starsia provides coaches at all levels with the tools needed to develop a rock-solid goalie.  
**48 minutes. 2004.**

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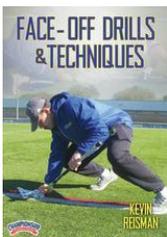
## Face-Off – Drills/Training

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[Face-Off Foundations](#) - with Casey Brodersen, Bryant University Associate Head Coach. Under the tutelage of Bryant's Associate Head Coach Casey Brodersen, face-off specialist Kevin Massa finished his college career in 2015 holding seven NCAA records. A total of 10 drills/concepts are included in this video and build from basic techniques to full-fledged game situations. Each drill can be tailored to fit the skill level of your players. Coach Brodersen does a great job pointing out things to look for as a coach and how to correct common errors, all while providing you with ideas on how to make sure your players are utilizing proper technique. This all-encompassing video provides the insights, and answers, to the question: "How can I win more face-offs?"  
**80 minutes. 2019.**

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[Face-off Drills & Techniques](#) - with Kevin Reisman, Cornell University Assistant Coach; 4x All-American for Limestone College. Four-time All-American Kevin Reisman uses a structured instructional approach to deliver a comprehensive training video that any face-off specialist, or coach, can leverage to improve face-off success. He provides an overview of warm-up and practice drills to prepare a player for game day, as well as detailed instruction about various moves, counter moves, and ground ball techniques associated with winning possession in lacrosse. Coach Reisman breaks down the fundamentals of the face-off grip, stance, and set-up in an easy to understand manner. He also explains the fundamentals of clamps, pinch and pops, and counter moves. Coach Reisman is an elite face-off player and coach of the position, and his instruction on standard techniques and counter moves, coupled with drills to hone hand speed and coordination, can help anyone improve overall face-off play!  
**62 minutes. 2018.**

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