

Triad Youth Lacrosse Association Practice Plans

Introduction

Suggestions for how to use this collection of practice plans

Triad Youth Lacrosse Association

These practice plans were not specifically prepared for our TYLA coaches or for a TYLA season but rather they are an accumulation of practice plans I have prepared over the years. Some of these plans were for clinics, some were for U11 kids some were for middle school kids but whatever the case, they are all plans designed to teach the game to kids, with differing skill levels, in a progression, to get them all ready to play in games.

In section 1, practices 1-8 will give you a good overview of what the kids need to learn in the course of the season. These plans were developed for clinics we do in the fall for our new players so it may be a little below where your players are skill wise but it never hurts to review the basics. If your kids have all played before, you can eliminate a lot of these drills and just do a quick review. In the second section are practice plans I did for a summer program. This program was mostly players who had played before and so might be a better series of plans to use for your team if you have experienced players. Please feel free to go through these plans and use them as they are or modify them any way you choose. Even if you just find a couple of drills you can use that perhaps you were not familiar with previously, then sharing these practice plans was worth the effort. I hope you find them useful.

If you have new players and you will, make sure to pull those players out at the start of each practice and have one of your coach's work with them on proper throwing, catching and scooping techniques. I would do this for a few minutes in the beginning of every practice, especially early in the season, until those kids get up to speed. With the equal playing time policy in TYLA, you are only as good as your weakest player...so it pays to give them some individual attention.

In section 3, you will find the TYLA rules. Please make sure you read these and are familiar with them. On the TYLA website we will have in the coaches section several You Tube links explaining various aspects of the game. If there is something in the practice plans you do not understand please go to the website and pull up the topic and look at it on You Tube.

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Conditioning is an aspect of your practices that you can either incorporate into your practice by keeping the kids moving at all times or you can find fun ways of including conditioning into your practices. Looking back at some of these practices I can't believe I had kids doing suicides, but that was several years ago. Please modify the conditioning aspect of your practices to suit the maturity and age of your players.

Please look at the times for each practice before you start. Some of these practice plans are for 2 hour sessions. Most of you will be practicing for 1-1/2 hours each time so you may have to eliminate some of what you teach and move them to the next practice. Either way the progression is still relevant.

Please feel free to call me if you have any questions. My phone number is 336-987-7015.

Good luck with your season and above all...have FUN! I wish you all the best of luck on your upcoming season.

Sincerely,

Rob

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The Parents talk

Expectations of coaches from both players and their parents