

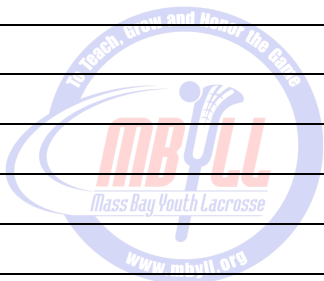


Today's Focus is:		Mass Bay Smart Practice Plan presented by: Trilogy Lacrosse		Today's Date is:	
		Coaches Build Practice Plan with a focus and based on Team's experience, age & skill level			
What Age Level & Team Experience		<i>Topics to Consider:</i> Stick Skills, Individual 'O' or 'D', Team 'O' or 'D', Shooting, Rides, Clears, Transition, Unsettled, Fast Break, MDD, FO's, EMO and supporting Player, Position, Group & Team Development Drills & Skills		Teach using I.D.E.A. method	
Pre-Practice Preparation		Smart Start: Preparing for Practice		Practice Checklist	
Timeline		Communicate Purpose & Goal of today's practice to Players & Coaches		Start on Time	
T - 0:30		Coaches Meet: Review Practice Plan. Assign roles, responsibilities & drill stations. Distribute balls, pinnies, cones.			
T - 0:20		Warm up Goalies (Coach or HS Mentors). Players arriving early get partner to do pair pass/catch			
T - 0:05		Review Practice Plan w/ Players: then Team does warm-up lap & dynamic stretching. Coaches go set up Drill Stations.			
Drills & Skills Pick 3		Stations: Player Skill Development		Up to 10 minutes/drill	
Purpose of Drill?		Player drill progression: by self → w/ partner → w/ opposition → w/ pressure → in game		Focus of Drill?	
T + 0:10		#1 Stickwork & Shooting: DEMO & Drills Midfield Progression Shooting (if able) -practice dodging, passing on the move & shooting, all in the framework of the motion offense 5-on-a-die Shooting - two players split dodge from up top and shoot on the run. High rep drill with lots of practice with both hands. Also works on dodging.		Hands Back Continue Moving Rotate Torso	
T + 0:20		#2 5 Man Clearing to a 3v2: A goalie, two defensemen and three midfield/attack start within 10 yards of one goal and clear together. Ball moves from goalie to defenseman to the other defenseman (who banana out) to midfielder who get to clearing spots. All middies must touch the midfield line, once they do, they become offensive players and turn to attack the goal they cleared from. After defense clears the balls to the middies, they drop back into the hole and play defense.		Moving the Ball D: Drop in hole O: Draw & Dump	
T + 0:30		#3 2-on-1 GBs to the goal: Review man-ball concept and the idea that if the offense has possession, for the D-man to drop back into the hole and play defense. Offense should focus on picking it up and then the "draw and dump" concept to find the open shot		Man-Ball 80/20 Rule on D Draw & Dump	
other drills 'if needed'		More Shooting:			
T + 0:40		Water Break (5 minutes or less)			
Position or Group Play Pick 1		Situational: Position & Group Development		Up to 20 minutes total	
Purpose of Drill?		Position or Group drills: fast break, face-offs, rides, clears, offense, defensive slides, 1 on 1, 2 on 1, etc.		Focus of Drill?	
T + 0:45		Dummy Face-off to 4v4: Set Up a "normal" faceoff with a 3v3 and add a goalie, attackman and 1 defenseman behind a restraining line. Set up "The Heart" in the D end. All players from losing team of faceoff MUST touch foot in the heart, before playing defense		D: Getting Back Matching Up O: Spreading out Moving the ball	
other drills 'if needed'		Sideline Sliding Drill: 1v1 down the alley, offensive player tries to "break" into the restraining box while a slide guy comes from middle to help keep man in alley, take ball away or force out of bounds		Sliding on D Communication Containment	
Team Play Pick 1		Scrimmage: Team Development		Up to 20 minutes total	
Scrimmage Goal?		Controlled Team Scrimmage: best to run multiple 6 vs 5 or 5 vs 4 or 4 vs 4 small-ball 'scrimmages'		Team's Focus?	
T + 1:05		West Genessee Uneven: After players play offense, 2 out of 3 players get back to their net to play defense. Again, this allows us to focus on getting back into the hole. Offense needs to remember to spread out and "draw and dump" to find the open shot		Get in the Hole Draw & Dump TALK	
		ONLY IF NEEDED: Sprints & Conditioning (Suicides, Indian Run, Relay Race, Ground Ball Scramble, etc)			
Coach Summary		Summary & Stretch: Close on a Positive Note		5 minutes End on Time	
Player's Stretch		Coaches share Summary highlights of practice, key take-aways & other info as Players Stretch & Listen		Positive Note?	
T + 1:25		Key Take Aways: O - Shooting Tips, Draw and Dump Concept, Spreading Out D - Getting Back in the Hole, Matching Up, Communication, Sliding			
Smart Positive Charting = Smart Positive Coaching: How to achieve Team Goals during a Practice or Game					
Team Goal		Look for positive things players do during practice or a game to support Team goals. Observe, be honest, share notes.			% of Goal Achieved
1					
2					
3					
					
Today's Focus is:		coach.org		Today's Date is:	

Smart Positive Charting

Player Name, Position or #		How to recognize & increase the number of 'right things' Players & Teams do	Set Goal for Each Player
	1	<i>Look for the positive things your players do & make a note below. Observe, be honest, share w/ Player & Team.</i>	
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The Top 5 Characteristics of A Great Coach:

# 1	A Teacher who Inspires, Listens & Encourages: and NEVER underestimates the impact they have on their players on & off the field
# 2	Always Prepared: with Practice Plans written & reviewed BEFORE practice focused on improving lax fundamentals, teamwork & fun factor
# 3	Sets Team Culture & Honors the Game: by respecting the Rules, Opponent, Officials, Team & Self (R.O.O.T.S. of positive play--use it!)
# 4	Redefines what it means to be a 'Winner': by focusing Team on the E.L.M. Tree of Mastery (Effort, Learning & practicing Mistake ritual)
# 5	Fills Players Emotional Tanks: by using 5:1 Magic Ratio (5 compliments to 1 correction) & Positive Charting to improve each player & team

Notes

Going Well:		Needs Work:

