

3rd/4th Grade Clinician: Steve Overbay

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- Havre de Grace Girls Lacrosse
- Coach and Board Member 2009 - 2014

Steven Overbay is a head coach and board member for Havre de Grace Girls Lacrosse. Like many coaches in girls youth lacrosse, Steven enjoyed a playing career in men's lacrosse, and wanted to take part in his daughters sporting experiences. After scouring every available lacrosse publication, internet site, and instructional book, it became clear that there was no clear road map for coaching to the specific needs of young girls. Over the past five years, Steven has worked to compile a proven, consistent plan for teaching young female players to master the fundamentals of lacrosse while focusing on sportsmanship, team work, and growing their love of the game.

League Affiliations:

HARCO – Harford County Rec Lacrosse

- Local programs playing within the county
- Skill development, fun, casual, new player development
- Clinic – U15

MYLA – MD Youth Lacrosse Association

- 40,000 boys and girls ages 5 – 14
- Tryouts for A, B, And C level lacrosse
- Tyker – U15
- Club influence

NYPGLL (National Youth Premier Girls Lacrosse League)

- Invitation only elite middle school club spring league
- High level club teams in MD, DC, and VA
- 2018 – 2021

General Lacrosse

Stick Length:

- Sign stick is too long:
 - Butt end of stick high on scooping
 - Stick head high when cradling
- Adjusting stick length:
 - Place finger on the ball stop
 - Extend arm in front with stick following below arm
 - Cut at back shoulder blade
 - Cut from butt end and recap
- Tape sticks for reminder
 - Add tape around shaft where top hand should be for throwing and shooting (just above mid-point of shaft)
 - Add tape at top of stick (2 inches from top) for catching, cradling, scooping hand placement

Drill Concepts:

- Divide field into smaller grids using cones
- Structure drills to allow for maximum involvement
 - Limit line drills that have many girls standing
 - Allow for a lot of movement/conditioning to take place in drills
- Drills should last no longer than 10 minutes each
- Work left and right hands on all drills

Athletic Movements (No Sticks)

Concept:

- Movement in Space
- Teaches players to identify open space
- Work within confined space

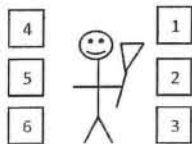
Drills:

1. Grid Tag
 - (2) 20 x 20 grids made of cones
 - Divide players into two groups
 - Volunteer for defenders role (holds jersey in hand)
 - Play begins with defender trying to catch another player
 - Play stops when player has been tagged
 - Tagged player now the defender
2. Fox and Hounds
 - 20 x 20 grids made of cones
 - Attach jersey to rear waist band of all players (foxes)
 - Coach identifies a players to be the hound
 - Player (hound) attempts to catch the foxes by removing tail – encourage barking!
 - After being caught, foxes join the hounds until only one fox remains
 - Last fox remaining becomes hound to start the next game
3. Sharks and Minnows
 - Working within a grid
 - Coach begins as Shark
 - Players are all minnows on one sideline
 - When play begins, minnows try to cross grid past shark
 - Any minnows caught become additional sharks
4. Musical Chairs
 - (2) 20 x 20 grids made of cones
 - Divide players into two groups
 - Place one less disc in grid than players
 - On whistle, players run and touch as many disc as possible
 - On second whistle, players must find their own disc
 - Player without a disc out
 - Remove a disc and play again
 - Second player out is replace by first
5. Dog Show
 - Players face coach in a line
 - Point out directions for them to move
 - Front, Back, Side to side, Jump up, Fall down, etc.

Cradle

All cradle drills static & active must be completed in a threat position (shoulder, shoulder, ball)

- All of these cradle drills can be completed with the players favorite Beanie Baby stuffed animal – fun, soft, and stays in stick!
 - Make sure players are cradling with arms and wrist – not simply rotating shoulders.
1. Basic Cradle Technique (no stick)
 - Hold ball in hand like a waiter holds a tray
 - Loose fingers pointing up
 - Elbow up and out
 - Ear to nose motion
 - Need to keep top elbow up!
 - If visual is needed, use an inflatable swimmy on top bicep
 - Work right and left hand
 2. Basic Cradle (add stick)
 - Hold top hand loose and near top of stick
 - Bottom hand serves as your anchor
 - Bottom hand should remain in front of belly button
 - Swim float prevents breakdown of top arm
 - Work right and left hand
 3. Six Points of Cradle Drill
 - Huddle players in front of coach – each with ball in stick
 - Coach begins by cradling in right hand in position 1 (ear to nose) – players mimic coaches movements
 - Proceed to position 2 (parallel to ground), position 3 (top hand below bottom)
 - Offside cradle for position 4, 5, and 6
 - Repeat with opposite hand

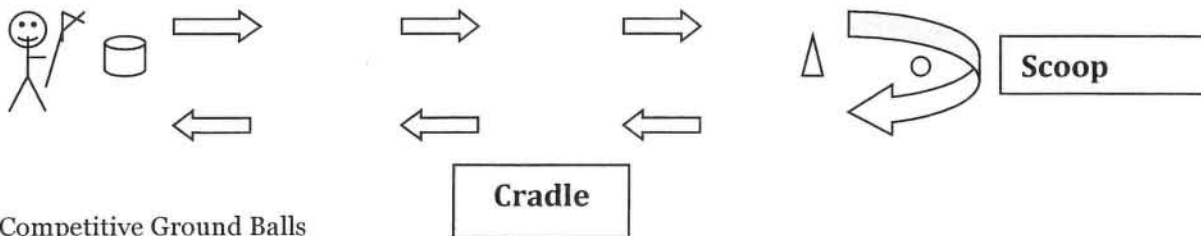


4. Sharks and Minnows
 - a. Working within a grid
 - b. Coach begins as Shark
 - c. Players are all minnows inside grid with ball in stick
 - d. When play begins, minnows have to move throughout grid and cradle (avoiding coach)
 - If ball is dropped – scoop quickly and continue
 - e. Coach chases players around grid – trying to tag
 - f. Any minnows caught become sharks placing stick outside grid

Scooping

1. Ground ball basic movement (static)

- a. Start with ball straddled between feet
 - b. Step back with left foot (right hand scoop)
 - c. Get both butts down
 - d. Scoop through by accelerating your back hand
 - e. Bring stick to ear – head up
 - f. Work on scooping with both hands
2. Under the Bridge (Active)
 - a. Partner players
 - b. Player one creates a bridge using their stick (stick head on ground shaft up)
 - c. Place ball under the bridge
 - d. Coach should be standing 5 yards behind player one
 - e. Player two scoops the ball getting low and accelerating through scoop
 - f. Player two creates bridge for player one (repeat)
 3. Coaches Cover - Pool Noodle
 - a. Line of players facing coach (smallest lines possible based on number of coaches)
 - b. Coach needs a lot of balls at close reach
 - c. Coach stands beside ball with a pool noodle covering
 - d. Players run through scoop (push through the noodle)
 - i. Drill simulates scooping through other sticks
 - e. Players cradle ball back to coaches bucket
 4. Hungry Hippos / Easter Egg Hunt
 - a. Divide teams in two facing each other 20 yds apart
 - b. Place an empty bucket in front of both groups (use goals in place of buckets if available)
 - c. Scatter as many balls as possible between the two groups (waffle, tennis, lacrosse)
 - d. On whistle, teams run in, scoop ball (one ball at a time), and cradle back to bucket – repeat
 - e. When balls are gone, let girls count as a team to see who scooped the most.
 - f. Look for proper scooping and cradle technique
 5. Bucket Relay
 - a. Divide players into two teams
 - b. Players will line up behind a bucket
 - c. 30 yards away, coach places cone with the same number of balls spread out as players
 - d. On whistle, first player runs to cone, scoops ball, cradles ball back to bucket
 - e. First team to collect balls and return to bucket wins



6. Competitive Ground Balls
 - a. Form two lines of players facing forward
 - b. Coach stands slightly behind and between lines
 - c. Coach rolls ball out and the first two players run to scoop the ball
 - d. After the ground ball is won, return ball to coach and fill in behind lines
 - e. Add later – player that doesn't get the scoop plays defense
7. Musical Chairs
 - a. 20 x 20 grid made on cones
 - b. Inside grid, place one less ball than number of players
 - c. On whistle, players begin by running around grid
 - d. On second whistle, players enter grid and scoop a ball

- e. Player without a ball is out
- f. Remove another ball and repeat
- g. Second player out is replaced by first
- h. Add a ball and repeat

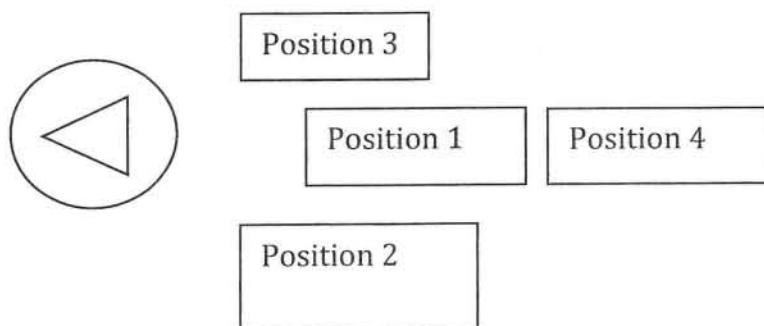
Passing / Shooting

- “AAA”
 - Arms, Away, Always
 - Keep arms away from body
- “BEEF”
 - B – Bottom of stick points at target
 - E – Elbows away from body
 - E – Eyes on target
 - F – Follow through to target (top of stick points at target)
- Bottom hand goes to back pocket in throwing motion
- Step toward target
 - Right hand throw – step with left foot
 - Left hand throw – step with right foot

Drills:

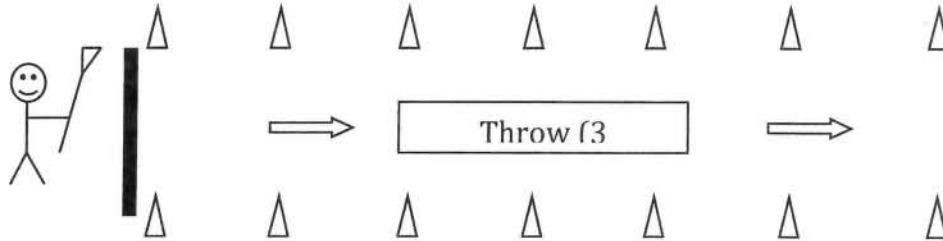
1. Shooting Drill (Accuracy)

- Hang a hula hoop in the goal
- Object is to shoot the ball through the hoop from each of the 4 positions
- Hoop will be replaced with a smaller target for second time through drill



2. Long Pass Drill (Power)

- Cones will be used to create a “Runway” (see below)
- Each player will get three attempts to throw their longest pass landing in the grid
- Coach will mark the longest pass with a marker
- Following players will attempt to beat the existing mark until one player has thrown the longest



3. Piñata Breaking Contest

- Candy filled Piñatas will be hung in the goals
 - Made of tissue paper wrapped around candy
- One player will shoot at a time attempting to break the piñata
- Candy will be distributed evenly to the girls following drill

Defense

- Defensive stance
 - Feet shoulder width apart
 - Knees bent
 - Begin with no stick – add stick after movements are perfected
 - Shuffle step (don't allow crossover steps)
- Defense
 - Knees bent, on toes, stick up, shuffle
 - Dog Show
 - 2 lines facing coach in defensive stance
 - Keep spacing in lines
 - Shuffle right, shuffle left, back peddle, run forward
 - 1 vs. 1 Defense / Cradle
 - Partner players (one has ball)
 - Player 1 cradles in confined area
 - Player 2 plays defense positioning
 - Switch roles throughout