

Kindergarten – Second Grade

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Laurie is a graduate of Lower Merion High school in 1980 where she was honored as an All Central Leaguer in three sports. She went on to play Field hockey and Lacrosse at Penn State where she lettered 4 years in both sports and was named an All American in Lacrosse in 1984. She remains on the all-time PSU record books in assists and points. On the international level Laurie played on the US Lacrosse squad from 1984 to 1992 where she played in numerous international contests representing the United States. She was part of an international playing and coaching tour that went to 8 different countries to spread the game of Lacrosse. After her playing career, Laurie continued her service in leading the PASLA organization for 10 years. She has also served on the USL Board over the years in various capacities as well a regular convention speaker. She has also officiated at the local level for five years. She has been a high school and youth coach for over 20 years first at Springfield high school and currently at Methacton high school. She founded and runs the youth program at Methacton. She was inducted into the PA Hall of Fame in 2013.

K-2 General Tips...

Before you have your first practice:

- Make sure you have researched the rules and know the game
- Have a practice plan and assistants to help you – high school girls work really well with the younger girls
- Have the proper equipment

*At least one ball per girl, cones, a cage, extra mouth guards, whistle and a medical kit

Either before or at the first practice

- Get an email for all the players. Since the girls are young, all communication will be going through the parents and it is best to have everyone on a group email to advise them of practice times, cancellations due to weather or any other information that the team needs to know.
- Email parents about the types of sticks, mouth guards and goggles that are appropriate for the younger girls. Many places sell beginner stick packages that contain everything to get the girls started.
- Parent Meeting – this can be at the first practice

*Introduce the coaches and show the parents how to properly fit the equipment.

*All girls must wear a molded mouth guard

*Anytime girls are off the field, have them put their mouth-guard and goggles in their stick so they don't lose them

*At this age they are allowed to have an illegal pocket. Let them. It will make it more fun for the girls.

*Be sure to wear proper clothing, shoes, etc. It can get cold and windy. Come prepared. Cold kids don't want to participate.

Fun!! Keep it fun! For most of the girls, this is their first introduction to lacrosse and we want to keep it positive. Remember that winning and losing is not important, but learning the game and skills correctly will help advance the girls play.

· Concepts to Master

*Rules of the Game

*Athletic Movement

*Cradling

*Ground Balls

*Throwing/Catching

*Shooting

*Defensive Concepts

- Keep things moving! Remember the rule about drill times: **Age x 2 = max number of minutes to spend on a drill.**

Beginning and Ending Practices

- Games can act as team bonding, fun, and conditioning
 - Pinnie Tag(team and individual)
 - Memory Cone relay
 - Stick Carry relay
 - Obstacle Course
 - Stations
- Team Pinnie Tag
 - Players are divided into 2 teams
 - Each team has a different color pinnie
 - Pinnies are stuck in shorts to make a tail
 - Grid boundaries are set
 - Team with most players left wins
- Games W/conditioning/Memory Cone
 - Set up cones with balls under some of them
 - Players sprint out and look under cone/need to replace cone
 - Remove ball and carry back to line
 - Continue until all balls are collected/most balls win
- Games W/conditioning/stick carry relay
 - Two teams in relay format
 - First person in line runs out and leaves stick/this continues until all sticks are in pile
 - First person then goes out and picks up one stick runs and hands to next person in line
 - This continues until last person has to carry all the sticks
- Obstacle Course
 - In teams: Racing the clock Each team needs to have the lowest time in the four stations.
 - Station 1: 5 balls on 8 meter/player at goal line extended. Player sprints to ball, pick up and shoot, run back to goal line and repeat. Add times of players
 - Station 2: Obstacle course using cones with sticks, agility ladder : design is up to coach: Players go through and add up times(have a set format as to direction etc.)
 - Station 3: Change of Direction: Set up cones in Fan area. Player starts with ball,when a player comes up to the cone, she must either change direction, switch hands, or dodge. When they finish the last cone they will take a shot on goal, sprint back and next team member goes
 - Station 4: Give And Go:
 - Two lines of players, one with balls and one without.
 - The one with balls will be at the top of the 12 meter arc

- one without balls will be at the side of the 12 meter arc. The players with balls will toss (or "give") their ball to the others and sprint towards the net (or "go"). The receiving player will catch the ball, switch hands, and throw it back to the player who will now be in front of the goal. Count the successful passes with time

Junkyard Dog

- Need : 4 hula hoops, a lot of balls. 4 pinnies
- Make 4 teams and put hula hoops in 4 corners
- Put all balls in the center
- Each team chooses a dog catcher who wears a pinnie
- At the whistle 1 player at a time from each team runs into the middle to scoop up a ball and return to their hula hoop
- On the whistle the dogcatchers begin to steal from other hula hoops
- Team with the most balls wins

Partner Passing

- Teach technique
- Passing on your knees to start
- Never stand and pass, teach moving the feet as the pass is received and given.
- Hamster Drill (groups of 3) players on end have balls/player in the middle going back and forth

Bad Pass Drill

- Coach has a bucket balls
- Players in line @ 25 yards away
- Players run to catch Coach's bad passes
- Encourages running through the passes/ make teams and compete
- Awards for most creative, athletic, craziest etc.

Wheel Passing

- 1 Player is in the middle with 4 players surrounding her with balls @7 yards away.
- Players start with 1 player passing to middle player who passes back and looks to next pass from next player.
- Variations include changing of types of passes: quick stick, left, right, reverse etc.
- High school variation : give each player on the outside a number and middle player has to turn to number called and receive pass.
- Set up looks like the spokes of a wheel

Steal the Bacon

- 2 teams/ Every player gets a number on their team

- Players line up opposite side of gym or field/ Ball is with the coach at one end
- Other end has the goal(and goalie if you have one)
- Call out numbers: they go and get ball rolled out by coach
- Team that gets ball 1st must complete @3 passes before shot (use sideline players who can't shoot but can pass)
- Variations can include: no checking, number of passes, dominant vs non dominant
- If no cage use number of consecutive passes to gain a point
- Put a time frame into it etc.

Cradling Drill

- Create a circle with an even number of players
- Each player has a ball and should turn toward a partner.
- Goal is to work on pulling and protecting the ball with player's body as they work around the circle

Defense Skills for Youth

- When teaching younger players how to play defense and where to stand and position it is often easier to use a beach ball and have players try to defend players getting a beach ball into the goal.
- Next play with a tennis ball then use sticks

Clock Defense Positioning

- Teach clock positioning to youth players
- The player with the ball is 12 o'clock
- The defender should work to be hip to hip and stick at 10 and 2

Interception Drill

- Players work with a partner opposite of a coach. Coach will toss the ball
- Have players cut for the ball
- Have the partner be the defender and work to stay between player and goal (if they think that they can intercept : go for ball)
- stop play periodically and check positions

End all Practices on a Positive Note

- **Try to end practices with a conditioning game or competition**

Minute to Win it Games-

- Ball balancing on stick
- Shooting through hoops
- Balancing stick act
- Ball stacking