



## **Practice plans to prepare for your next game**

Tom Rotanz

Assistant Coach, U.S. Men's National Under-19 Team

Head Coach, Shoreham-Wading River High School (Shoreham, N.Y.)

The preparation for your next game starts at the conclusion of your last contest, be it a scrimmage or game. Acknowledge your last opponent and recap the game with things you did well and areas to work on. Then, move on to the next opponent and what has to be done in order to come out with a win.

### **Two days out**

- Go over the scouting report and the matchups with the team. Constantly remind your team of your opponent's tendencies and who they look to go to.
- This practice you should go hard. Work on transition, rides, clears and face-offs with wing play.
- End with a 20-minute simulated game-like scrimmage. I like to go starters against non-starters with the non-starters starting with a 5-0 scoring advantage.
- Try to outfit your second team players with the opposing players' numbers on. Purchase a set of scrimmage vests numbered 1-40 that are a non-school color to show the contrast. My team is navy and gold, so we went with red and white vests.

### **One day out**

- The mental approach is the main focus of this practice. Go over the scouting report and the matchups with the team, again!
- Constantly remind your team of your opponent's tendencies and who they look to go to, again!
- Offense
  - 45 minutes of 6-on-6 going over your 1-3-2, 1-4-1, 2-2-2, and zone offenses.
  - Review your two-minute offense.
  - Special plays
    - Stall
    - Double teams
    - 20 seconds left, trailing
- Defense
  - 45 minutes of 6-on-6 going over man-to-man (pressure and soft), defending the invert, and zone defenses.
  - Review your two minutes left and down by a goal scheme.
  - Special plays
    - Double teams
    - Man down face-offs
- Special teams
  - End practice with extra man offense and man down defense. Go over your scouting report as to their formations and tendencies.
  - Always prepare for lock-offs and make sure you have one backup player for each starter on the extra man knowing all the plays!

One final note: "Don't just think about winning, think about what every player has to do to help the team win!"

*The U.S. Men's National Under-19 Team will travel to Turku, Finland July 12-21, 2012, to defend its gold medal at the FIL World Championships. Get the latest Team USA news at [www.laxmagazine.com](http://www.laxmagazine.com). Want to help fuel their journey? [Click here](#) to support the U.S. Men's National Under-19 Team.*