IMPROVING YOUR SHOOTERS – PROGRESSING FROM DRILLS INTO YOUR OFFENSE

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SHOOTING

- Incredibly important part of lacrosse.
- Nalob can never have enough (300)
- Different drills ALL OVERHAND!
  - Time and space shooting (4 ball)
  - On the move (short side, sweeps)
  - Off ball cutting (pick the pick man 3 cone drill)
  - Shooting over the goal

COACHING PHILOSOPHY

1) Practice time vs. On their own

2) Wall vs. cage

3) Live goalie vs. Hector

4) Enough shots - small groups/high reps

5) Realistic & from the right spots

6) Technique – practice the right way

7) Need a lot of balls – don’t chase

8) Be Specific

TECHNIQUE

1. Body
2. Location
   a) Outside
   b) Inside
3. Type
   a) Set shot - Time & Room
   b) On the Run
   c) Cutting

DRILLS FOR INDIVIDUAL TECHNIQUE

1. Toss & Shoot
2. Off a pass
3. Back of net shooting
4. Island Shooting

ISLAND SHOOTING

Fig. 1

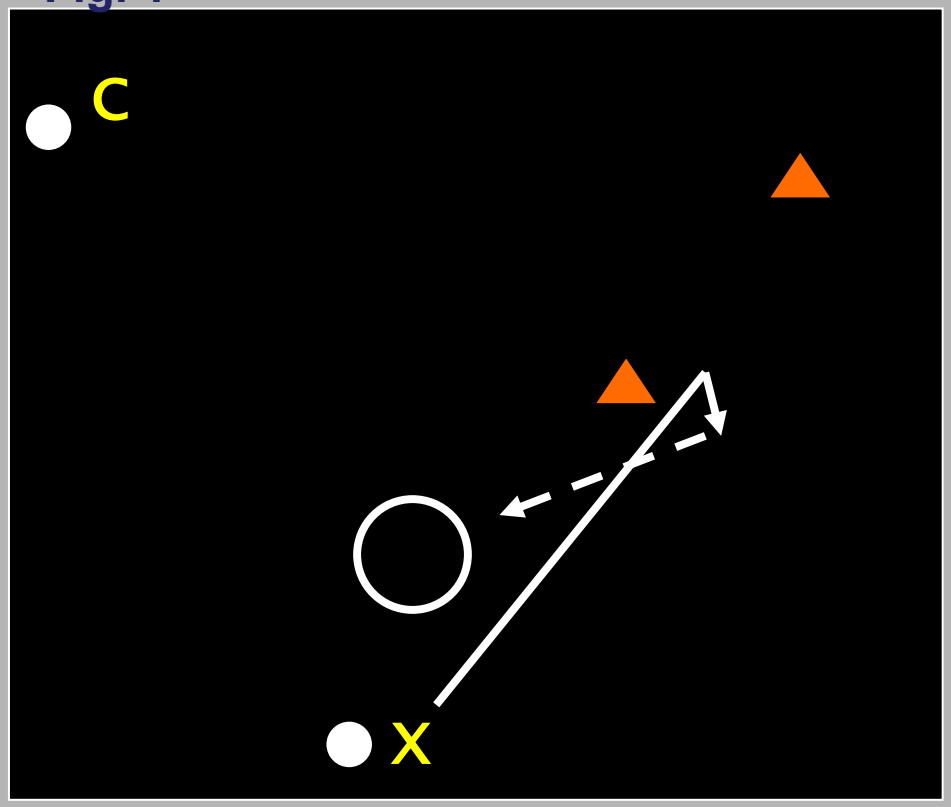


Fig. 2

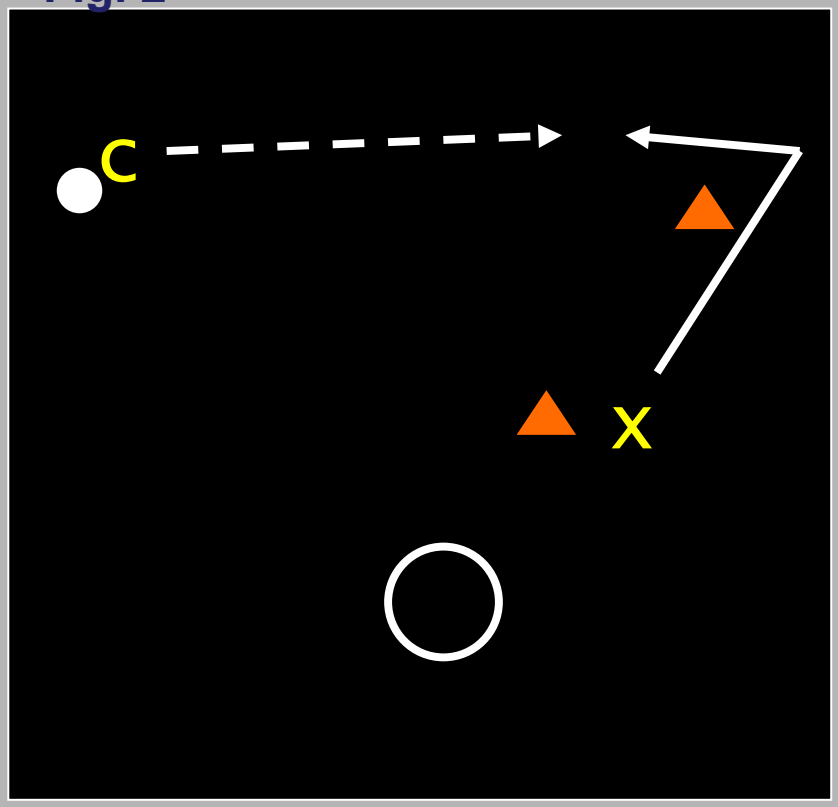


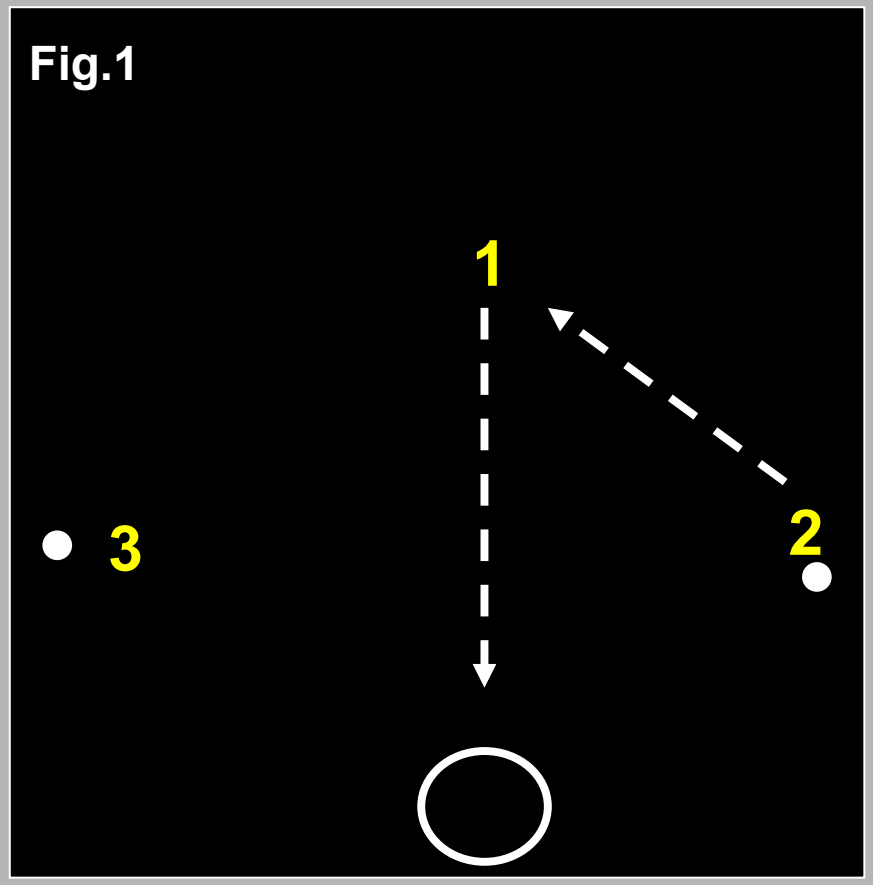
Fig 1 – X drives up to the cone and inside rolls

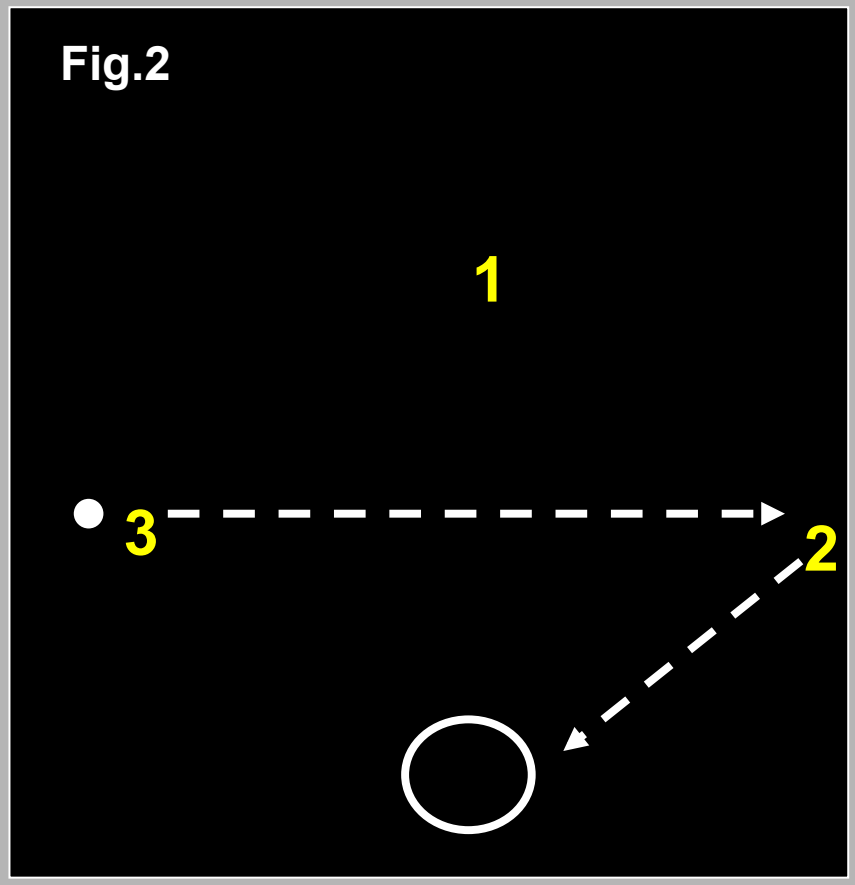
Fig 2 – X curls around second cone for a feed from coach

DRILLS FOR SMALL GROUPS VOLUME OF SHOTS

1. 3 man shooting (set shots/time and room)
2. Sweep and shoot– (on the run) to throwback
3. Virginia Shooting (create)
4. Hoya Drill (Cutting back pipe filling vacated area)

3 MAN SHOOTING





Balls on the wings

Fig 1 – player 2 feeds player 1 for a set shot or dodge

Fig 2 – player 3 feeds player 2 for a set shot

SWEEP & SHOOT

Fig.1

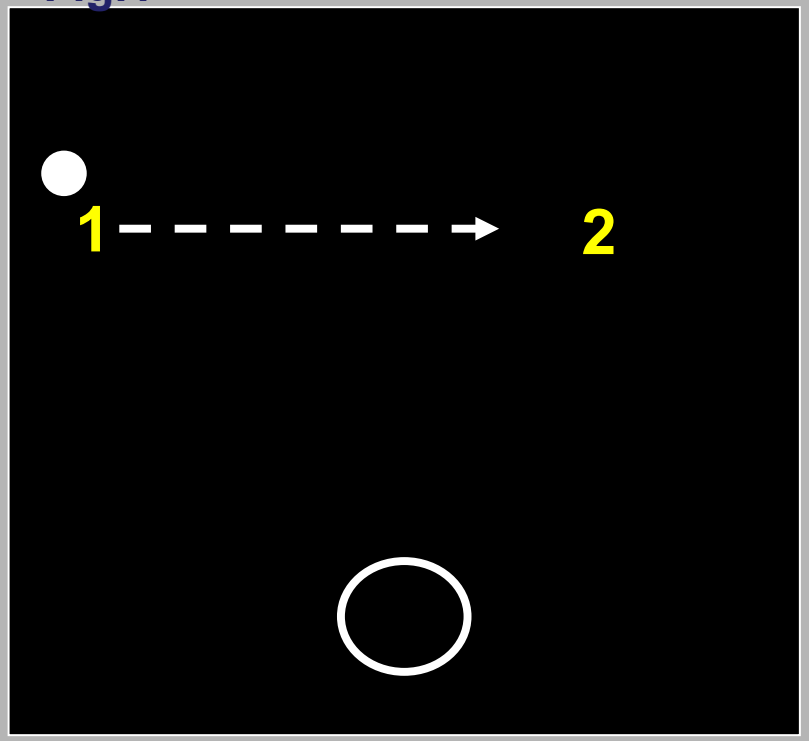


Fig.2

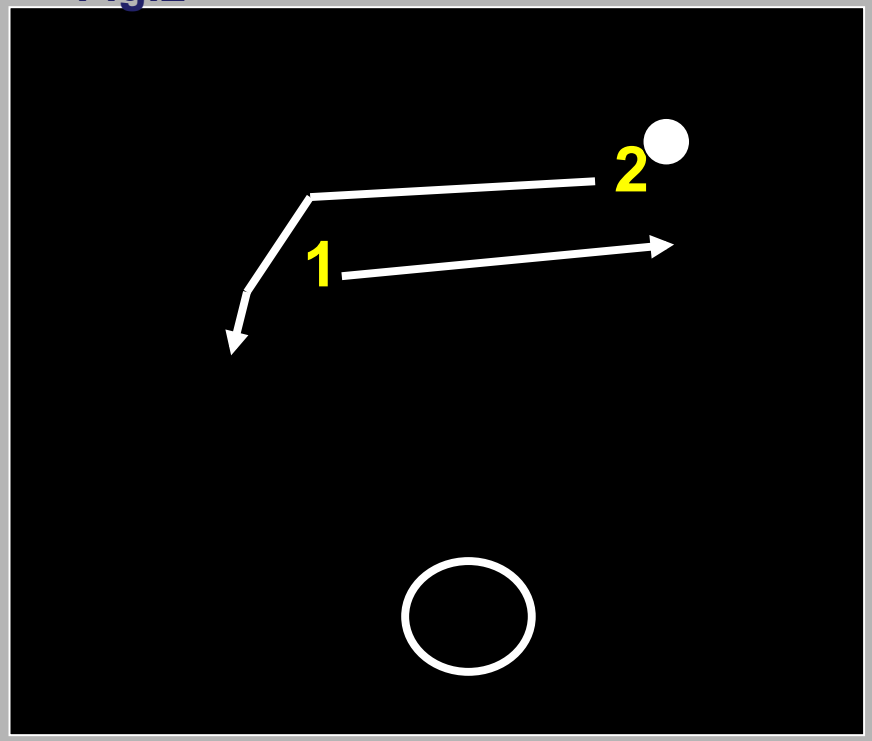


Fig 1 – player 1 gives to player 2

Fig 2 – player 2 sweeps over top of player 1 for a shot on the run

**Player 2 can also throwback to player 1 – or fake pass and shoot

HOYAS SHOOTING

Fig 1

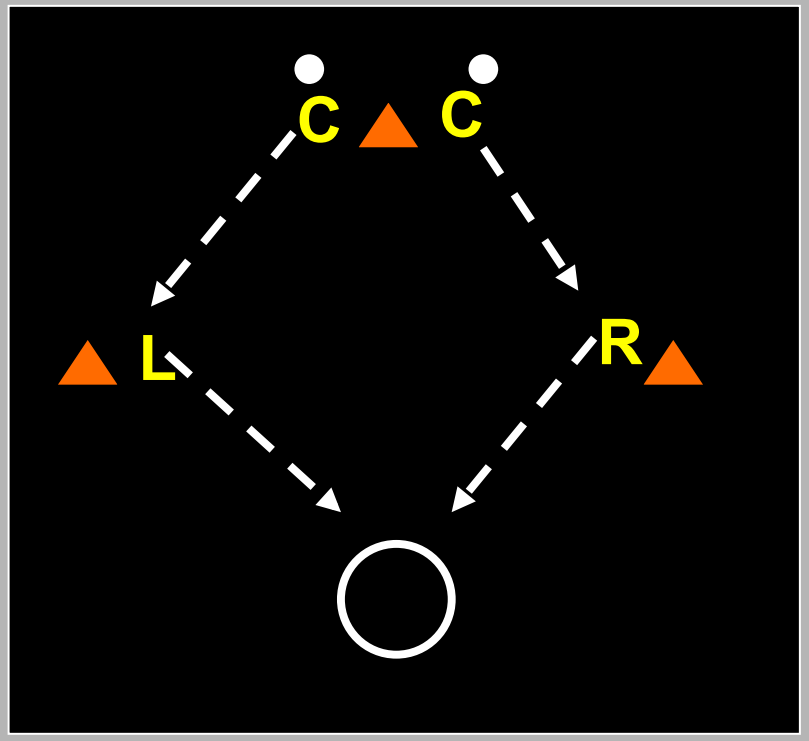


Fig 2

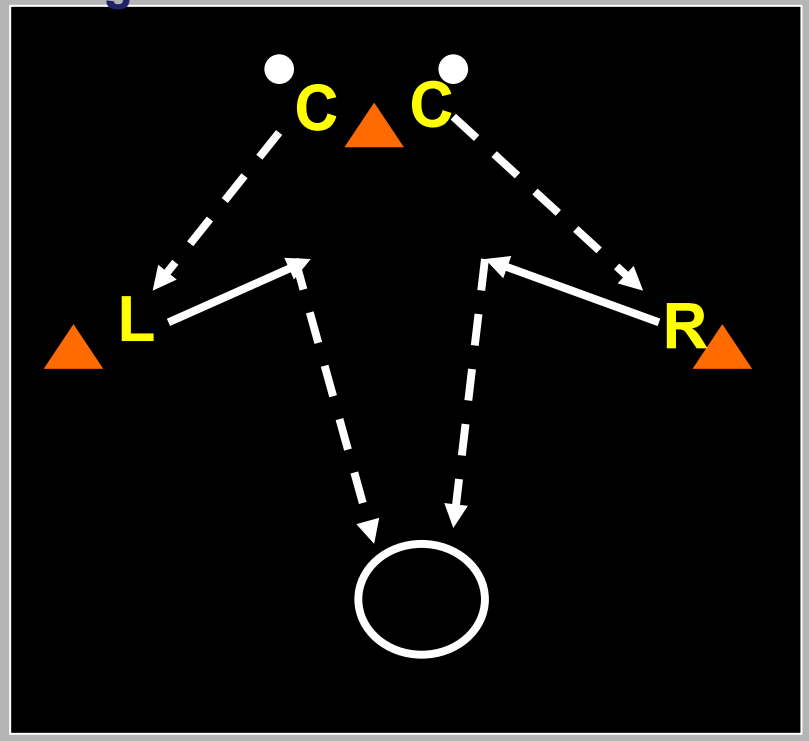


Fig 1 – Coaches feed righties and lefties for hard set shots

Fig 2 – Coaches feed righties and lefties for hitch and go shot

Second shot can also be backdoor cut – split dodge – face dodge

DRILLS INTO OFFENSE

1) Triangle Shooting – mids / att
2) pass and pick away
3) dodge and pick down

TRIANGLE SHOOTING

Fig 1 - MIDS

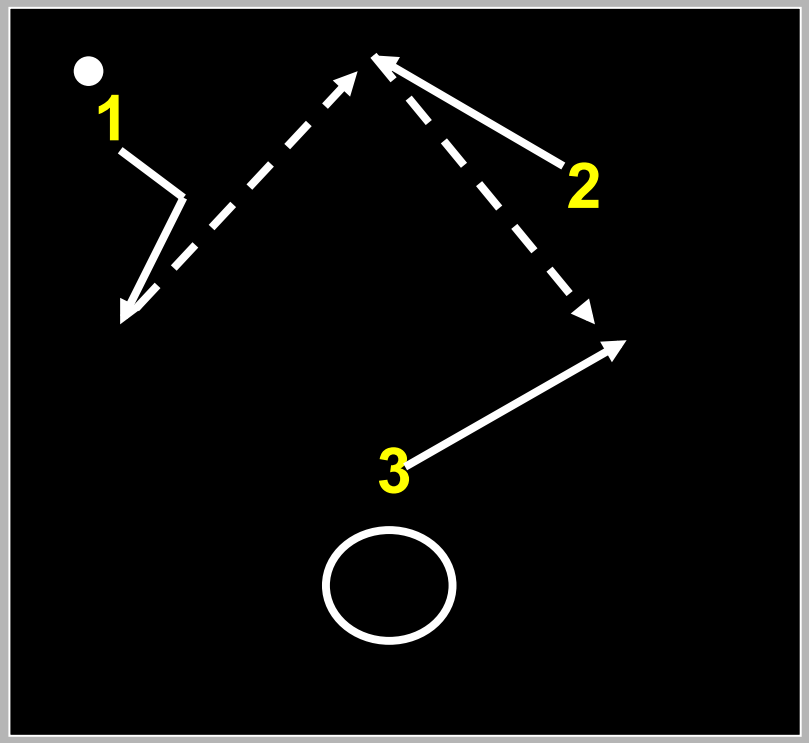


Fig 2 - ATTACK

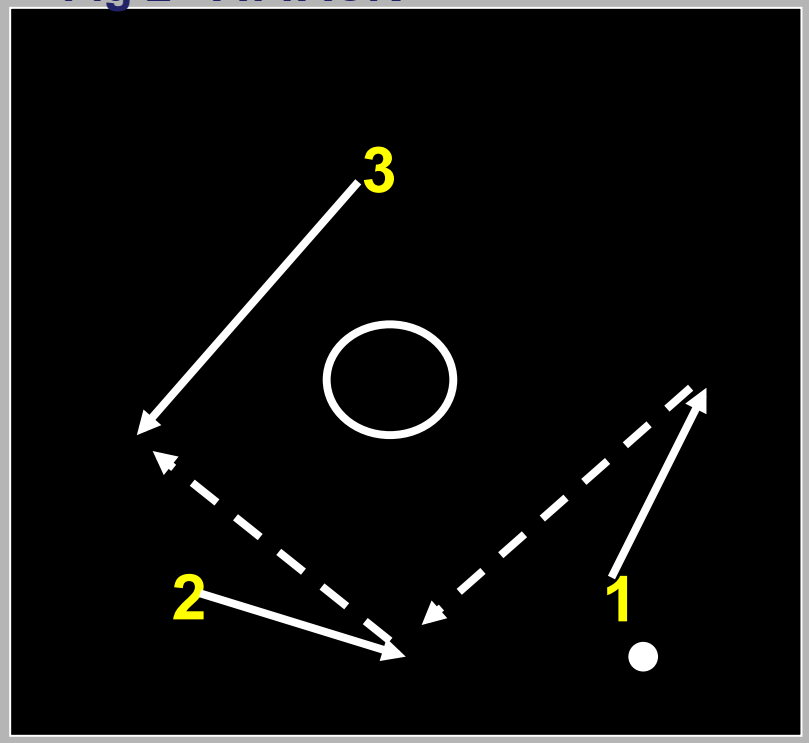


FIG 1 – Player 1 drives right – throws across his body to 2 – 2 gives to 3 coming out of crease

FIG 2 – Player 1drives right – throws across his body to 2 – 2 gives to 3 coming out of crease

PASS AND PICK AWAY

Fig 1

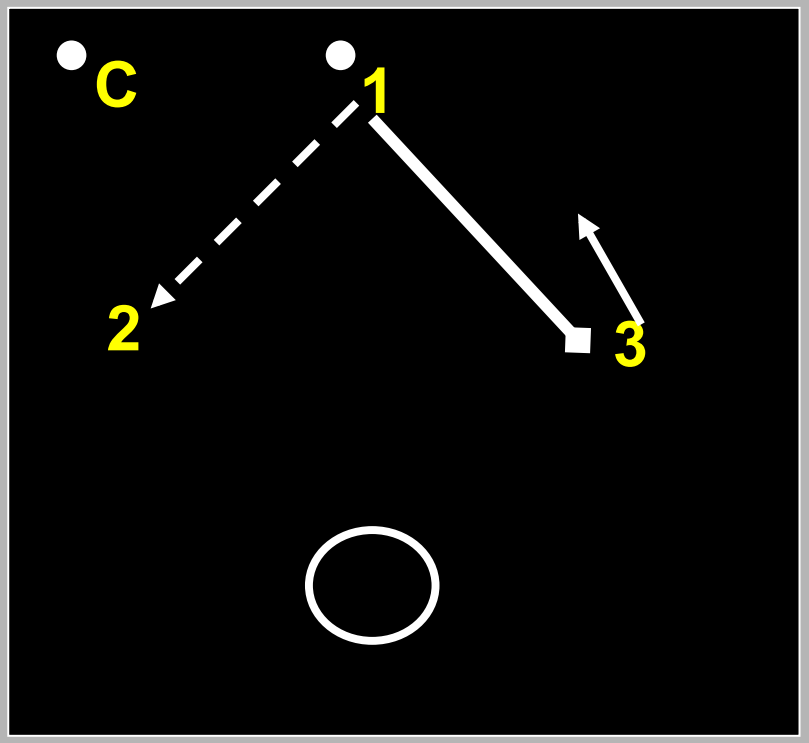


Fig 2

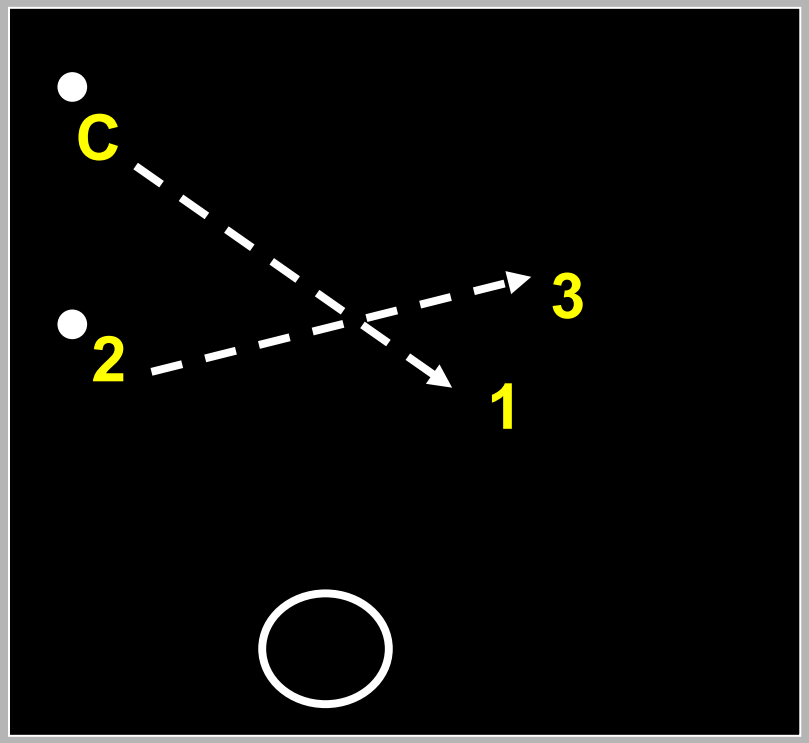


Fig 1 – Player 1 throws to Player 2 and picks for Player 3 away from the pass

Fig 2 – Player 2 feeds player 3 – Coach feeds player 1 after he rolls off the pick

DODGE AND PICK DOWN

Fig 1

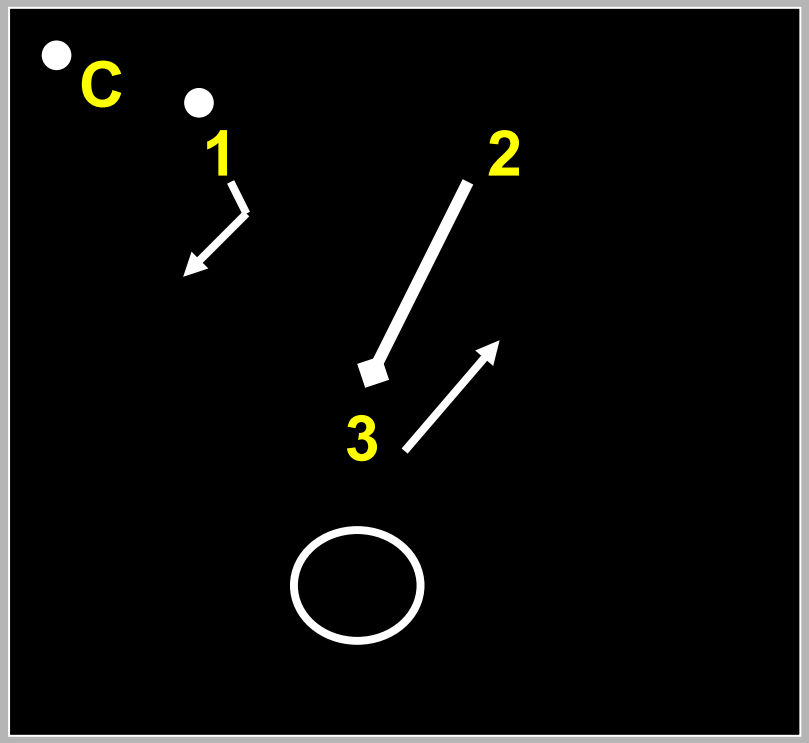


Fig 2

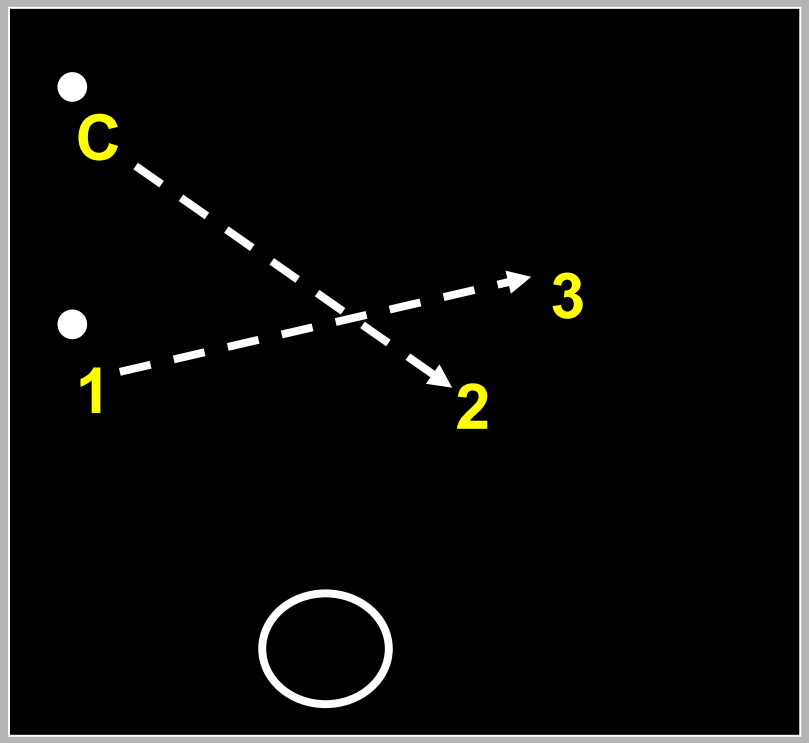


Fig 1 – Player 1 dodges - Player 2 picks down for Player 3

Fig 2 – Player 1 feeds player 3 – Coach feeds player 2 after he rolls off the pick

DRILLS TO MAXIMIZE YOUR PRACTICE TIME

TERMS IN GAME

- Catch the ball dodge opposite
- Ground Balls win games
- Face offs are huge
- Look away
- Drive with your head up
- Shoot the ball on the move
- Defensively-(up top)-get higher (behind)-get wider
- Smart teams win close games
- Play defense stick on stick, body on body-stay on the gloves
- Z cut to get open on clears
- Talk on defense, play team defense
- Step to the ball
- Be able to shoot both hands
- Know when to play position and where to throw checks
- Drive to score, challenge your man on def and off
- Shoot overhand, shoot high to low, shoot hard

TERMS AGAIN

- Remember to fill the 1 and 2 spot on clears
- Give a release off GB's
- Coma, Crisco, Near man
- Seal inside-identify when you have numbers
- Slide smart-stick on stick, body on body
- Create space-always fill 'x', uptop wings
- Be a smart player, be a team player
- Push your man down the short side Don't give middle or top side

COACHING PHILOSOPHY

- Kids all want to play games. The trends are all play camps/tournaments.
- Pete Carrill's story.
  - Youth kids will figure things out by playing the game and this is good.
    - However, every hoops clinic/camp I go to they are still doing lay-up drills and emphasizing fundamentals. This is key to successful players.

PLAN YOUR PRACTICES

- Use a flow chart if possible to know the areas you need to cover. It might seem hard but it pays dividends for the players. Try to cover all areas before you play a game. Don’t get caught unprepared, this reflects poorly on the coach.
- Be flexible.

- Practice planning: The benefits. Are you ready to play a game? Make a list it helps tremendously in covering early season topics.
- Clears, Rides, Zone defense, zone offense, EMO, MDD, EMO ride, MDD ride, EMO face off, MDD face off, Special situations: Last minute shot, last minute play, keeping the ball in, doubling when down, how to get a guy out of the box, using timeouts effectively, goalie on doubles.
- Don’t be afraid to script and scrap. Who can predict what team will show up?
- Emphasize fundamentals—groundballs, dodging and shooting.
- Sometimes if they are not getting it after ten minutes, it’s best to move on.

- What do you need to get better at? Practice that.
- Typically we go small to big: Stick work. 1v1. half field. Full field.
- Cottle says never to do the same drill for more than one week.
- A third of all goals are scored EMO. Don’t neglect it in practice.
- Be good at things that happen all the time: Face-offs, riding, clearing, GB’s and shooting.
- Be creative. Change the order. Play games. Change drills. Do stations. Make shit up. If it stinks, get rid of it.

- Make a rough draft. Spend time thinking about what your team needs. Your players and assistant coaches should be a part of the process.
- Sprints are generally a waste of time for us. Do your drills hard. We condition after games during the season.
- The first week you need to put in a zone offense and an invert defense—do NOT get caught unprepared.

- Be mindful of their legs, especially late in the season.
- Every day, for at least ten minutes, roll out the ball and let them play.
- A hydrated player does not need water in the first hour of practice.
- Two hours is your goal. Longer than 2.5 is a waste of time for us. We go 30-50 minutes the last week of season.
- Never assume that your players understand anything. Constantly review. This is HUGE!
- If a player is standing still for more than five minutes, you are doing a bad job.

PRACTICE PLAN

- Standing in line does not make you a better lacrosse player. Add a group or find a new drill.
- The plusses: ideas are discussed and points of emphasis can be covered while formulating the practice. Team/ individual strengths and weaknesses can be addressed when the practice is discussed. Opponent specific drills/ concepts/ plays can be worked on. Having a script keeps everyone on the same pace/ page during practice. Allows for prioritizing. Minimizes confusion, arguing, down time and dead time during practice.

The minus: script and scrap. Be careful to scrap too soon.

TEAM LEADERSHIP

- Our program has produced 29 collegiate captains. Luck is the residue of design.
- Why lead? What are your goals? Winning? Getting Better? Getting into a better school? Having a successful experience? I think each program needs to identify what it feels the goals are for the team/program/ players/coaching staff.

CONTEST LIVING

- Everyday is a challenge
- Yesterday is the past, tomorrow is the future, today is the PRESENT. Make all you can of this day.
- At our place we try to win each day.
- If you're through improving, you're through.
- We are in this together. Perspective.

DISCIPLINE

- To be early is to be on time
- To be on time is to be late
- To be late is to be forgotten
- It is essential that we play as a team
- It is true that we are only as good as our last man
- It can be accomplished

COMMITMENT

- Champions are made in the off season
- Championships are won in May
- We are fortunate to have players buy into the system, not all , but most. This is an important topic.
- He will never be a tough competitor. He doesn’t know how to be comfortable with being uncomfortable. Sweet Lou

WHY NOT BE THE BEST?

- Take pride in your squad.
- We don’t try to do everything. We don’t try to be everything to everyone.
- We do try to do what we do better than the other guy.

THE PROGRAM

- As a staff we are constantly re-inventing our program while keeping the same core values
- Empowering players to take ownership
- We are at the point where our players are encouraged to make suggestions during practices and games. We talk about match –ups and our guys are honest.

WHAT IT TAKES TO BE A CHAMPION

1. Never underestimate your opponent
2. Work on your weaknesses until they become your strengths
3. Remember that a great effort is usually the result of a great attitude
4. Dedicate yourself to a mighty purpose
5. Win with humility, lose with grace
6. Ignore those who discourage you
7. Work to improve your moral, spiritual, and physical strengths
8. Remember that how you act on the field is as important as how you act off the field

STEPS CON'T

9. Talent is God given-be humble, Fame is man given-be thankful, Conceit is self-given-be careful
10. Don't ask to be deprived of tension and discipline—these are the tools that shape success
11. Do what has to be done, when it has to be done, and as well as it can be done
12. Remember that when you're not working to improve, your competition is
13. Always give your best
14. Practice like a champion
15. Play like a champion
16. Live like a champion

JESSE OWENS

"There is something that can happen to every athlete and every human being; the instinct to slack off, to give in to pain, to give less than your best, the instinct to hope you can win through luck or through your opponent not doing his best, instead of going to the limit where victory is always found. Defeating those negative instincts that are out to defeat us, is the difference between winning and losing-----and we all face that battle everyday."

FAST BREAK OR SLOW BREAK

- We teach our young guys that every time down the field it's either a fast break or a slow break.
- We either have numbers or we don't and that dictates what we try to do with the ball

DRILLS TO MAXIMIZE OUR TIME ON TASK

All drills can be done right, left, off stick side, quick stick and ground balls.

- 3 man 1 ball
- 3 man 2 balls
- 4 man 2 balls
- Best to go through drills quickly and efficiently we stress game speed after warming up

DRILLS TO MAXIMIZE OUR TIME ON TASK

All drills can be done right, left, off stick side, quick stick and ground balls.

- Box Drill
  - 4 man
  - 3man (triangle)
  - 5 man (star)

CONDITIONING GB STATIONS

- Station 1 2 on 1 GB drill simple man ball
- Station 2 sideline GB drill live 1 vs.. 1
- Station 3 5 man GB drill all ball movement with lots of touches

ATTACK VS.. DEFENDER DRILL

- Clearing drill for poles
- Attack at midfield throws to defender in corner and then defender has to clear up sideline to half field staying between sideline and restraining line.
- Teaches attackmen to turn defender and teaches defender to beat attackmen

KEYS TO THE KINGDOM

- Defense, Clearing, and Shooting
  - Defense-if you can defend you can get the ball
  - Clearing-must be able to get the ball in the offensive part of the field
  - Shooting- good shooting will make any offensive set work
  - These are essential pieces for a successful HS team.

ADVANCE DRILLS

- These are the type of drills that require understanding from all involved.
- Coaches and players

HALF FIELD ROVING DRILL

- This is a drill that is essential to teaching field sense and being familiar with your home field.
- Scripted drill while circling the half field
- Calling numbers for defense/offense
- ¾ Harvard drill adding guys and building any situation you need to practice

SIDE TO SIDE CLEARING RIDING DRILL

- Width of field with goalies attackmen and defensemen
- Pole waiting to jump
  - Defender has to make decision, shooting is an option.
  - Attack has to move to give help, creates game conditions
- Attack breaking hard to give help

DONOVAN DRILL

- Establishes the importance of playing at both ends of the field
- Identify the extra man/filling the lanes/ backside, lob, etc
- Hidden conditioning

AREAS OF CONCERN

- Over the shoulder catching is a lost art
- Shooting overhand is lost art
- Getting the loose balls in traffic
- Parental/player/coach communication

GOLD MEDAL LACROSSE RECRUITING

PRESENTS

1 – 4 – 1
OFFENSE
VS
MAN & ZONE

GOLD MEDAL LACROSSE RECRUITING
COLLEGE GUIDANCE FROM THE BEST