

# Coach better. Coach smarter. Have more fun.

One for all.



## US Lacrosse Coaches' Education Program Level 1 Instructional Clinics

*"I would not be comfortable coaching without this clinic" - Clinic participant, Cincinnati, OH*

Come be part of a ground-breaking coaches' training program offered only by US Lacrosse for its members. Learn the art of effective lacrosse coaching with this nationally recognized program designed by experts in the lacrosse coaching field. This program brings the material in the Level 1 Online Course to life through hands-on experiences facilitated by outstanding US Lacrosse certified trainers and is targeted at coaches of beginning players of any age.

**Where:** Collegiate School, 103 North Mooreland Road, Richmond, VA 23229

**When:** Saturday, January 26, 2008, 9:00AM – 4:00PM (check in begins 30 min. prior to start)

**Who:** Current or aspiring boys' and girls' coaches

**COST:** With prior completion of the Level 1 Online Course, participants receive a special discount rate of \$60 for the clinic. All other clinic registration is \$70 for current members of US Lacrosse. Late registration (starts 1 week before clinic) is \$85.

To benefit from the full Level 1 experience, US Lacrosse **strongly** recommends advance completion\* of the Level 1 Online Course for all clinic participants.

### BY ATTENDING A LEVEL 1 CLINIC YOU RECEIVE:

- The Level 1 Workbook, available ONLY at US Lacrosse CEP Level 1 Clinics; includes skill breakdown, error detection and correction, drills and activities
- US Lacrosse goodie bag
- US Lacrosse issued Certificate of Attendance
- Personalized, practical instruction from a certified US Lacrosse trainer
- Tips, tricks, and ideas to enhance your coaching now and for years to come
- Completion of the Level 1 Clinic applies toward Level 1 certification.

*"I have 30 years of lacrosse exposure and I still learned many things today." - Clinic participant, Portage, MI.*



### DON'T MISS OUT! REGISTER TODAY.

- Registration for clinics is exclusively online at <http://www.uslacrosse.org/cep/fall07/winter08clinics.phtml>. On site registration is not usually available.

This clinic is hosted by the Richmond Chapter of US Lacrosse.

For inquiries specific to this site, e-mail James Ireland at:  
[richmondlax@hotmail.com](mailto:richmondlax@hotmail.com)

*\*To be recognized as having "completed" the online course, you MUST have passed the course post-assessment quiz with 80% correct answers.*

# OVERVIEW OF LEVEL 1 INSTRUCTIONAL CLINIC OBJECTIVES AND TOPICS

Coaches who complete a Level 1 Clinic receive a clinic certificate of completion and are noted in the US Lacrosse database. This certificate will be valid toward Level 1 Certification requirements (available for 2008 season)

## SESSION 1: COACHES' DEVELOPMENT

### GENERAL OBJECTIVE:

After participation in this clinic, coaches will have knowledge of the basics of a positive coaching philosophy, roles and responsibilities of a coach, how to plan an effective practice, and how to implement effective teaching techniques in their practices. This module is an introduction to ideas that will be reinforced throughout the clinic.

Topics Covered:

- Building a Positive Coaching Philosophy
- Safety Issues
- Effective Communication
- Teaching Techniques
- Developing Practice Plans
- Program Management

## SESSION 2: PLAYER DEVELOPMENT

### GENERAL OBJECTIVE:

After participating in this session, coaches will be able to teach and evaluate the basic skills of lacrosse and apply effective coaching methods to help players learn and improve individual skills.

Topics Covered:

- Equipment
- Rules Overview
- Basic Boys' Skills and Techniques (boys' clinic only)
- Basic Girls' Lacrosse Skills and Techniques (girls' clinic only)
- Goalie play

## SESSION 3: TEAM DEVELOPMENT

### GENERAL OBJECTIVE:

After participating in this session, coaches will have a basic understanding of team concepts and special situations, and will be able to introduce the concepts to players using ideas presented in the module.

Topics covered:

- Transitional Defense
- Transitional Offense
- Team Defense
- Team Offense
- Special Situations (boys' clinic only)
- Special Situations (girls' clinic only)

**Sample clinic schedule (may vary from site to site)**

**8:30-9:00 Pre-registration**

**9:00-10:00 Classroom Session 1**

**10:00-12:00 Hands-on Session 1: Individual skills**

**12:00-12:30 Lunch (provided by host—contact host for details)**

**12:30-1:30 Classroom Session 2**

**1:30-3:00 Hands-on Session 2: More individual skills**

**3:00-4:00 Team Tactics**



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