

# Level 1 Instructional Clinics Coaches' Education Program

## Hosting Information

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**One for all.**



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## GENERAL INFORMATION

### Overview and Target Audience

Level 1 of the US Lacrosse Coaches Education Program is targeted at coaches who have limited or no experience coaching lacrosse or experienced coaches who have an interest in strengthening their coaching foundation and knowledge base. Level 1 provides the tools needed to effectively teach rules, basic individual skills, and basic team concepts to a group of beginning players, regardless of age. Level 1 training also introduces coaches to the responsibilities and philosophies of coaching and how to provide a safe and athlete-centered environment that emphasizes positive growth and sportsmanship principles.

*The Level 1 Instructional Clinics will bring the material in the online course to life through hands-on experiences and personal instruction from qualified trainers selected by US Lacrosse.*

### Registration

How: Online at [www.uslacrosse.org](http://www.uslacrosse.org)

Cost: \$65 (free at Coaches' Education Clinic Grant sites), discounted \$50 registration for attendees with prior completion of Level 1 Online Course

Who: US Lacrosse members (*highly* recommend taking Level 1 Online Course prior to attending)

### Clinic Length and Scope

Clinics will be 6 hours in instruction length. A sample time frame for clinic is registration from 9:00-9:30 AM, lunch break from 12:00-12:30 PM, clinic concludes 4:30 PM.

Lunch will be provided on-site.

Clinics will be conducted by certified, trained Level 1 trainers. These trainers have gone through a rigorous screening process and extensive training in the curriculum in order ensure that only the best instruction is provided at the Level 1 Instructional Clinics.

Those attending will receive a comprehensive Level 1 workbook available **ONLY** at Level 1 Clinics, US Lacrosse goodie bag including coaching accessories and other items. Upon completion of the full clinic, a certificate of completion will be given to attendees. For attendees who have taken the Level 1 online course, attendance at the clinic completes the first phase of Level 1 and will be recognized nationally by US Lacrosse.

This is a hands-on experience, so wear sneakers and athletic clothing. If you have a stick, eye protection, and a mouthguard, please bring them. Equipment will be available on loan for the day if you do not have these items.

### Clinic Objectives and Topics

*Module 1: Coaches' Development*

General Objective:

After participation in this clinic, coaches will have a 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

## *Module 2: Player Development*

### General Objective:

After participating in this module, 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
- Boys' Skills and Techniques (boys' clinic only)
  - Cradling
  - Throwing
  - Catching
  - Scooping
  - Dodges
  - Feeding
  - Shooting
  - Individual play without the ball
  - Individual defensive positioning
  - Holds
  - Checking
  - Face-offs
- Girls' Lacrosse Skills and Techniques (girls' clinic only)
  - Ground Balls
  - Cradling
  - Overhand Throw
  - Catching
  - Shooting
  - Dodging
  - Individual defense
- Goalie play

## *Module 3: Team Development*

### General Objective:

After participating in this module, 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)
  - Extra Man Offense (EMO)
  - Defending EMO's
  - Riding
  - Clearing
- Special Situations (girls' clinic only)
  - 8-meter shot
  - 12-meter free position
  - Using the restraining line
  - The Draw

For more information on the Coaches' Education Program or the Level 1 Instructional Clinics, see [www.lacrosse.org/cec](http://www.lacrosse.org/cec) or contact [sportdevelopment@uslacrosse.org](mailto:sportdevelopment@uslacrosse.org).

# HOSTING COORDINATOR RESPONSIBILITIES

**Host must be available to communicate regularly via e-mail with Sport Development Department**

## **Clinic Preparation**

- Confirm availability of facility and finalize date with US Lacrosse.
- Act as a liaison between US Lacrosse and the site, making sure all paperwork, reservations and proper spaces are secure for clinic.
- Once clinic confirmed, promote the clinic within your chapter and surrounding region. US Lacrosse will help facilitate by providing materials about the program and publicize at the national level. (A minimum attendance of 30 coaches per clinic is encouraged)
- Provide travel information to US Lacrosse including local airport, hotels, train and bus stations and driving directions.
- US Lacrosse will regularly update with status of registrations and provide with master listing one week prior to clinic.
- Receive shipments from US Lacrosse and compile materials to be distributed at clinic.
- Order lunch to be delivered to clinic site on day of clinic (hosting chapter or organization responsible for providing this).

## **Day of Clinic**

- Hang signs at facility entrance, registration table and designated clinic areas.
- Gather all equipment necessary, make sure goals in set up in open area and goal area lines are taped down.
- Welcome clinicians, help set up AV equipment and test (TV, VCR, projector, video camera etc.), and get materials that will be distributed.
- Set up registration table 1.5 hours prior to clinic. Check-in clinic participants using master registration listing received from US Lacrosse.
- See guidelines provided by US Lacrosse for accepting walk-up registrations (number that will be accepted determined week prior after final registrant listing published).
- Give each attendee a nametag, clinic materials (goodie bag etc. provided by US Lacrosse) and directions to rooms.
- Provide lunch on-site for clinic attendees and clinicians, and beverages for clinicians.
- Clean-up and shut-down facility when necessary.
- **HOSTING COORDINATOR MUST BE ON-SITE FOR THE ENTIRETY OF CLINIC**

## **Post-Clinic**

- Within one week of clinic send the following to US Lacrosse:
  - All materials/equipment shipped from US Lacrosse with inventory
  - Master registration listing with final attendance and on-site registrant names
  - Hosting evaluation form
  - All walk-up registrations
  - If applicable, copies of invoices for site and AV rentals.

# SITE REQUIREMENTS

## Summary and Explanation:

In order to provide the most effective learning environment and utilize proven teaching methods, the Level 1 clinics require baseline facility capabilities. Classroom and gym/field space are both needed for this clinic. Trainers utilize the following teaching tools: Power Point slides or overheads in absence of laptop and/or projector, Rules DVD (women's clinic), and visual DVD's (no audio).

## CLASSROOM SPACE:

**Mandatory** (see below Limitation Chart for options)

- Seating for ALL clinic attendees
  - Audio visual materials must be visible from seating
- LCD Projector/table for projector and laptop
- Screen or wall for projection
- Television
- DVD Player

### Optional

- Overhead projector
- Laptop computer with either:
  - CD-Rom Drive
  - DVD-ROM Drive
- Microphone (required for over 100 attendees, suggested for over 75)

**Classroom 2** (if hosting a combination clinic)

- Must seat attendees from one of the two clinics
- Must be outfitted with either additional LCD projector and laptop with video capability, or TV with DVD player.

<b>Limitation</b>	<b>Make Available</b>
No laptop available through trainer or facility	Overhead projector must be provided <i>and</i> TV with DVD player
<i>No video capacity on laptop (streaming through PPT or playing DVD)</i>	<i>TV and DVD player must be provided</i>
No LCD Projector	Overhead projector <i>and</i> TV with DVD player
No TV and DVD Player	<i>Laptop with DVD-ROM and projector and include large speakers that are compatible with laptop</i>

## GYM SPACE

### Mandatory

- At least 30 yards x 30 yards per clinic (double if hosting a combination)
  - Indoor
  - or
  - Outdoor (preferable)
- If outdoor, MUST have inclement weather space available inside
- Goals (1 if single clinic, 2 if combination)
- Game-specific goal area lines
- Ice and water

**Hosts are also asked to provide (if not, US Lacrosse will partner to provide)**

- Pinneys
- Cones
- Balls
- Sticks
- Approved Eye Protection
- Mouthguards

# HOSTING AGREEMENT/COST-SHARING PLAN

## **Guidelines:**

- Hosting organizations shall provide reliable, committed hosting coordinator (see Hosting Responsibilities sheet).
- Facility must meet site requirements outlined on Site Requirements sheet.
- A minimum of 25 coaches per training recommended.
- Hosting organization must demonstrate ability to reach multiple coaching groups—clinics are not intended for individual teams.
- Encouraged to hold a men's game and women's game clinic on same day.

## **Hosting organization responsible for:**

1. Cost of site (if not able to be secured at no cost)
2. Securing of AV materials  
*USL will reimburse host organization up to \$250 for site and AV material rental if registration is over 50 total participants (Prior site approval and all invoices must be submitted for eligibility)*
3. Providing lunch on-site for all clinic attendees
4. Local marketing, publicity, and communications with participants
5. On-site registration process if determined that walk-up registrants will be accepted. This is on a site by site basis.

## **US Lacrosse will provide:**

- Certified Level 1 trainer(s) (Names and bios provided ahead of time)
- Travel, room and board for trainers when necessary
- Trainer compensation
- Online registration
- National publicity of clinics and support materials for local marketing
- Clinic materials for attendees
- Loaned clinic equipment such as mouthguards, protective eyewear, pinneys and sticks when necessary (on loan except mouthguards)
- Certificate of Insurance for hosting site when needed

US Lacrosse reserves the right to cancel a clinic if pre-registration interest is lower than minimum requirement one week prior to clinic.



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