



COACH'S DRILL MANUAL

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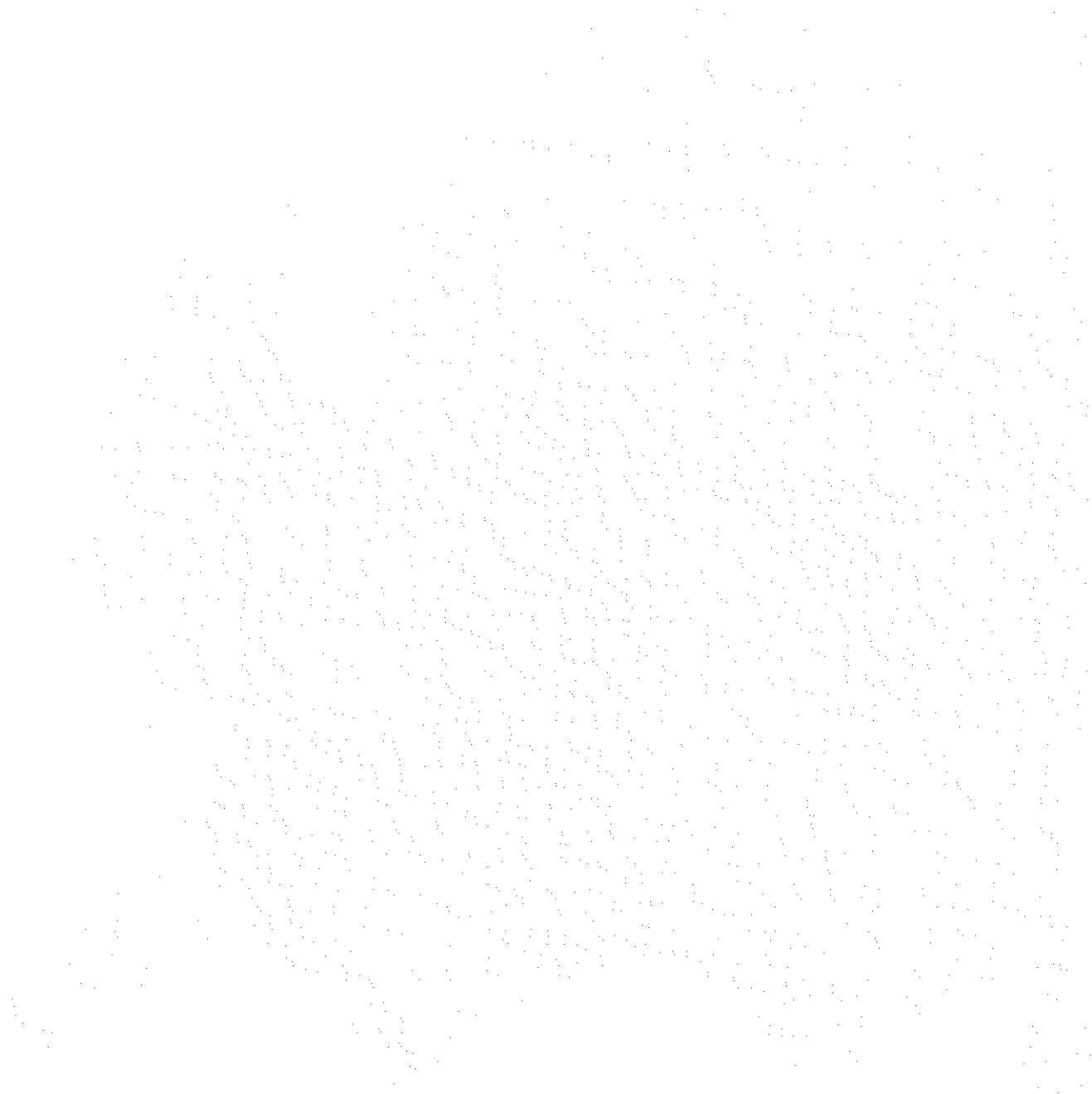
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- ✓ Pre-Game Warm-up
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INTRODUCTION



BRITISH COLUMBIA LACROSSE COACHING ASSOCIATION

DRILL MANUAL

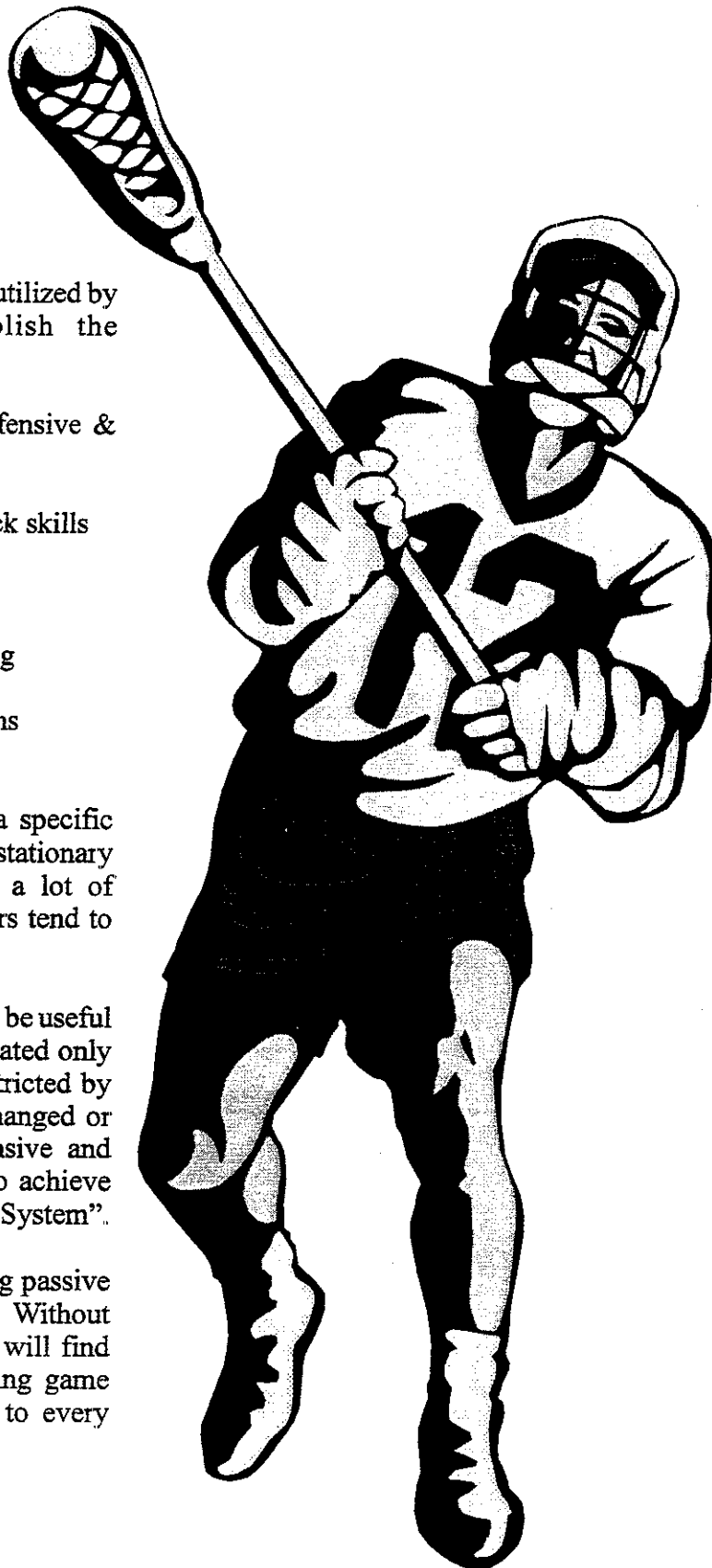
Drills are one of the teaching aids utilized by coaching staffs to accomplish the following:

- improvement and reinforcement of offensive & defensive skills
- improvements and reinforcement of stick skills
- maintaining physical conditioning
- to introduce and improve mental training
- to introduce and improve game situations through drills

Except when players are very new or a specific movement is being exploited should stationary drills be utilized. Coaches who utilize a lot of stationary type drills will find that players tend to stay stationary in game situations.

Drills must run in some sort of sequence to be useful as a conditioning factor. The drills illustrated only scratch the surface, coaches are only restricted by their imaginations. Every drill can be changed or altered to let individual forms of offensive and defensive play. All drills should strive to achieve "Motion Offense" and a sound "Defensive System".

Coaches should also be aware that placing passive defense during each drill is encouraged. Without utilizing this aspect of training, coaches will find that players will not react correctly during game situations. **THEREFORE**, add defense to every drill during training periods.



DRILL MANUAL CONTRIBUTIONS

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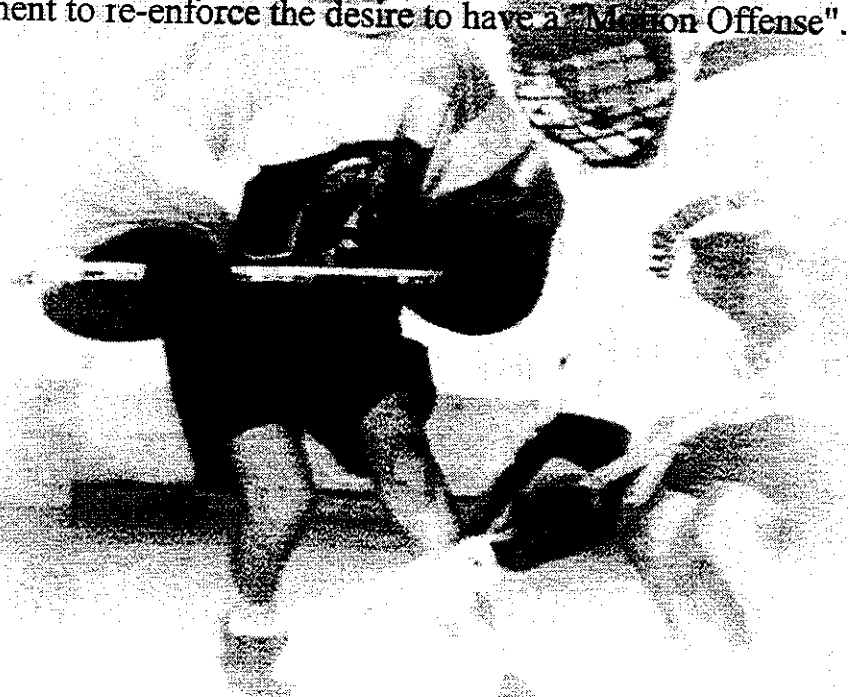
BRITISH COLUMBIA LACROSSE COACHING ASSOCIATION

PRACTICE DRILLS

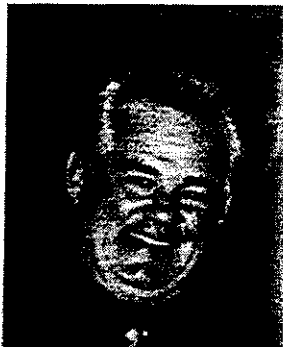
FOR

BOX LACROSSE

The following drills can be utilized and modified to cover advancement of player skills from mini-tyke to senior. The skills covered will include loose ball, passing and catching, individual offense and defense, fast breaks and goaltender drills. Coaches are reminded to only use stationary drills to enhance a specific skill or motion. All other drills must have motion and player movement to re-enforce the desire to have a "Motion Offense".



WRITERS PROFILES



Bill Mc Bain - *"Lacrosse is a transition game - you are either on defense or offense."*

Played all his minor lacrosse in Fergus, Ontario home of the "Thistles". After joining the Navy at 17, was idle in lacrosse until 1969 in Nova Scotia and the birth of the Canada Summer Games. Coached in Nova Scotia 1969-72, New Brunswick 1973-77, Alberta 1977-80, Newfoundland 1980-82 and British Columbia 1989 until present time. Coached at the National level in both Junior and Senior. Also during this period acted as Technical Director in various provinces, executive on provinces, executive bodies, executive on the Canadian Lacrosse Association for 14 ½ years and was President of the CLA for four and one half years. Inducted into the Armed Forces Sports Hall of Fame, holds a Level 3 Coaching Certification with the NCCP, chair of the British Columbia Lacrosse Coaching Association and Clinician and writer for the British Columbia Lacrosse Association.

Dennis Quigley - *"Play with your heart as well as your head."*

Played Junior Lacrosse for the Vancouver Legionnaires, participated with this team in the 1969 Minto Cup, played Western Lacrosse League lacrosse for the Burrards, played in two Mann Cups, 1972 and 1975. Won the 1992 National Midget Championship coaching the PoCo Saints. Voted Outstanding Coach in 1992 and is presently coaching at the WLA level with the Coquitlam Adanacs. Is an active clinician with the BC Lacrosse Association, holds a Level 3 certification with the NCCP and serves as the Vice-President of the BCLCA.

Terry Mosdell - *"It's not how big you are - it's how big you play."*

Played minor lacrosse in Burnaby in 1969-71. Joined New Westminster in 1971, playing intermediate and Western Lacrosse Association during which time New Westminster won the Provincial and Canadian Intermediate Championships. From 1976 til 1978 played on the Canadian Senior Championship - "Vernon Tigers." As a member of the Surrey/Langley Senior Team from 1980-1991 won eight (8) Provincial titles, one scoring title and was voted MVP. Finishing off the playing years by participating at the Masters Level.

Rick Ornar - *"Nothing comes easily - its all mental - speed kills and team defense wins the playoffs."*

Began playing at age seven (7), played six (6) years at the WLA level, participated in both the Mann and Minto Cup. Coached four (4) years in the WLA, holds a B.Ed and M.P.E. (sport and lifestyle).

WRITERS PROFILES

Dave Buck - *"Fastest game on two feet."*

Played field lacrosse in Ontario during high school years and took up coaching in 1988 in Delta. Coached North Delta 1988-94, was Head Coach for North Delta 1991-1995, holds a Level 3 certification with the NCCP and also coaches in hockey and softball. In the off season serves as Vice-President of the Delta Minor Hockey Association.

Dave Evans - *"Practices are for thinking - games are for coaching."*

Played minor lacrosse in Burnaby, Junior lacrosse in Burnaby, WLA for Burrards and professional lacrosse for Montreal. During this period the following awards were obtained; Top Goaltender Junior A, MVP in playoffs 1973 & 1977, selected All-star - 1972,73,76 and 77. Dave also participated in the Mann Cup in 1977. Evans was inducted into the Lacrosse Hall of Fame in 1995 as a player.

Coaching History - Field Lacrosse at the high school level in 1970-71, winning the BC Championship both years, Vancouver Club in 1980, coached BC Provincial team in Women's Field lacrosse 1983-89 winning the Canadian Championship seven (7) times. Coached Canadian National team in 1982 and 1989. Coached box lacrosse at the Senior ladies level from 1978-81 winning Provincial titles in 1978,80 & 81 and the National titles in 1978,79 & 81. Coached Western Lacrosse Association in 1986, 87, 95 & 96 and the MILL from 1988-1993. During those coaching years was awarded "Coach of the Year" in 1982, 87, 92, and 1993. International coach of the West Australia State Team in 1980.

Evans presently holds a Level 2 certification with the NCCP and was a member of the Canadian Lacrosse Association Committee for 1976-1983.

Bill Hobson - *"The boys of summer play baseball - the men of summer play lacrosse."*

Actively played hockey at the Junior and Senior level as well as football and softball. Coached football for eleven (11) years winning BC Championships on four occasions. Presently certified as both a hockey and lacrosse coach.

Al Lang - *"In your face."*

Played all his minor lacrosse in New Westminster, played up to the Junior A level with the Salmonbellies. Joined the coaching ranks in 1988 and coached all levels from mini-tyke to midget, all in Port Coquitlam. Certified to Level 2 and acting in the capacity of Midget A Commissioner.

WRITERS PROFILES

Dann Stewart - *"We play til were dead," and "they can only hit you and hurt you if you stop running - don't stop running."*

Was a "late bloomer" and began his lacrosse career in box and field at age 16 for Richmond. Played for the North Shore Indians winning the Presidents Cup in 1993, and enjoyed a stint with Coquitlam Adanacs and the Ladner Pioneers. While presently playing Masters in both field and box, he coaches in both box and field at the minor level. Currently carded as a Level 2 Field Referee and as a Level 1 Field Coach, he is active as an executive of the PCFLL and the BCLA Field Directorate.

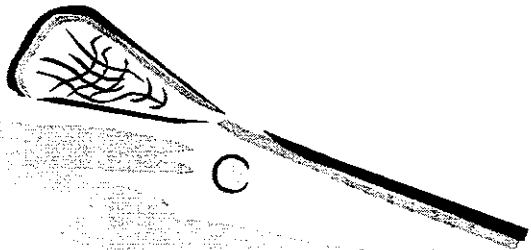
Ralph Pffingsten - *"If you have a discipline bench - the team will do alright."*

Played organized sports for Richmond while growing up, then marriage and children steered him into the Coquitlam Minor Lacrosse Association. Working as a manager, coaching soon became his passion and currently he is a Level 2 certified coach. Also works as an executive of the CMLA with the "Fun Lacrosse" program.

Frank Nielsen

Frank played 11 years in the Western Lacrosse Association for the Coquitlam Adanacs and the New Westminster Salmonbellies as a defensive/faceoff specialist. Frank amassed 206 point and 343 penalty minutes. Nielsen was a silver medalist with Team Canada.

Nielsen was the first head coach of the senior Coquitlam Adanacs to make a Mann Cup appearance with his 1988 team. Frank currently is the Head Coach of the Coquitlam Junior Adanacs and Head Coach of the Men's National Field Lacrosse 1998 Team. Nielsen also serves as the vice chair of the BCLCA - Men's Field and an active clinician.



| Year | 1980 | 1981 | 1982 | 1983 | 1984 | 1985 | 1986 | 1987 | 1988 | 1989 | 1990 | 1991 | 1992 | 1993 | 1994 | 1995 | 1996 | 1997 | 1998 | 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 | 2024 | 2025 |
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