

Coaches - Dartmouth Bandits

Emergency Action Plan for every Rink

“Lacrosse is a contact sport, not a combat sport” - Engage

Runners' Sticks:

- The pocket of every stick has to be set to pass and catch. Fix as soon as there is an issue. This is a priority this year, let us know how we can help.
- Check mesh and sidewalls regularly for wear.
- Older players should have two shafts in case of breakage.

Goalies:

- Must be able to pass, check mesh and for over-sized gear.
- Train to go for rebounds, two-hand chop.
- Train to go behind the net to set a pick.

Passing & Catching:

- “Can’t pass and catch, not playing lacrosse” (Note: Pass/catch percentage of high functioning teams at least 80%, Provincials 90% to 95%)
- Play on the correct side of the rink.
- Minimum pass/catch: Across the full width of the rink.
- U15+: Consistently pass and catch the length of the rink.

Craddling:

- Cradling and stick protection critical.
- Must be able to protect the ball, lift ball/stick over shoulders and fake goalie.

Creativity & Skill:

- 1 vs 1 (Cradle, body movement, head fake, explosive acceleration, etc.)
- Make a move on the goalie.

Faceoff:

- Everyone on the line.
- Three players on the defensive side. Middle player can drop back, while outer two go for the ball. One player on the offensive side goes for the ball or breaks to the net.

Transition to Defense:

- Cover first pass. More experienced teams, cover first and second pass.
- Two back immediately to protect crease.

Defense:

- Crease is protected first.
- Box-and-one can be used as a zone, sagging man-to-man defense and to set up a “wall” to defend strong/weak offense set-up.
- Develop skills to avoid picks. Teammates should warn of pending pick and be ready to switch (slide).

Transition to Offense:

- D to breakout positions: Goal-line extended and Restriction line. Older age groups should be able to complete a fast break the length of the rink.
- Goalies always pass the ball from within the goalie’s crease.
- Breakouts on off-bench side of rink (Modify in rinks like Sackville, Forum).

Motion Offense Based on Combining:

1. Threat to the net (on or off-ball).
2. Give and go.
3. Pick and roll.

Power Play:

- Practice set plays.
- Always pressure the ball one-on-one during defensive play. Extra player backs up pressure.

Penalty Kill:

- Two forward most players start at least one step out from line 24’ line and two stick lengths apart (Ideal: Left shot on right, Right shot on left).
- Two hands always on the stick and sticks in the passing lanes.
- Call ball position, movement.
- In opposition’s end: Pass down, walk up, keep moving.