

T.I.P.S.

THE INJURY PREVENTION SKILLS MANUAL

COLIN DOYLE
TORONTO ROCK CAPTAIN



Source
for sports.

WE KNOW OUR STUFF.



stopconcussions.com

IF IT DOESN'T FIT, IT DOESN'T PROTECT.

Source For Sports® has teamed up
with **stop**concussions.com and
helmet manufacturers to help
keep you safe.

Get into your local
Source For Sports® for the
right advice on helmet
protection.

PROPER FIT. IT'S A NO-BRAINER.



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Download the iPhone App today and get valuable information about concussions, emergency services, coaching tips, drills and much more...



Table of Contents



WE KNOW OUR STUFF.

Helmet Fit Tips 5

What is stopconcussions.com? 6



What Is A Concussion? 7

Steps to Recovery 8

Skill Learning 9

7 Core Guidelines 10-11

Introduction to Core Modules 12

Checking Philosophy 13

Positioning & Making Contact 14

Preparation Time & Principles 15-16

Making Lacrosse a Safer Game 17

Respect in Sport 18

Set Smarter Goals 19

Trainers & Athletic Therapists 20

Practice Planner /Trainer's Log 21

Notes 22

Canadian Lacrosse Associations 23

Playing Surfaces 24-26

THE HEADZONE

PROPER FIT. IT'S A NO-BRAINER.



Helmet Fit Tips

#1 The right helmet for you is the one that fits the best

#2 The helmet should fit snug around your head

#3 You should have one finger-width between your eyebrows and the helmet

#4 The chin strap should always be done up

#5 The chin cup should fit snug directly on your chin

#6 The helmet J Clips should be properly aligned with the facemask to hold it in place to absorb any impact the face-mask may take

#7 Always follow manufacturers' instructions

- Must be **CSA** and or **NOCSAE** approved
- Do not use hand-me-down helmets
- Never paint the helmet



What is **stopconcussions.com**

stopconcussions.com is an online concussion/neurotrauma educational and awareness hub for all sports, to address the growing trend of concussions in sports. It is a portal that players, parents, coaches and officials can visit to seek information regarding concussions, with the goal of becoming more aware and ultimately safer individuals in their respective sports. **stopconcussions.com** will have sport specific programs to help change the mindset of the sport, not the game.



Contact Information

stopconcussions.com

Kerry Goulet

Executive Director/Co-Founder
goulet29@stopconcussions.com

56 Kingland Crescent
Toronto, Ontario Canada M2J 2B7
Office: 185-5223-1002

Advisory Panel

Rick Phillips

Ontario Lacrosse Association
phillips3140@rogers.com

Bill Fox

Canadian Lacrosse Association
bfoxy@rogers.com

Nick Reed

Concussion Researcher
nick@fitmindclinics.com

Terry Rowland

Canadian Lacrosse Association
terry@lacrosse.ca

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What Is A Concussion?



A concussion is a type of brain injury that changes the way the brain normally functions. It can be caused by a bump, blow, or jolt to the head. It can also occur from a fall or impact to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. A concussion can be suspected if an athlete displays or reports any **ONE** of the signs and symptoms listed below.

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feels sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Not feeling "alright" or is feeling "down"

If you suspect an athlete has a concussion, take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a healthcare professional experienced in dealing with concussions as soon as possible. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion.
4. The player should not return to play until a healthcare professional, experienced in evaluating concussions, confirms the athlete is symptom-free.

Steps to Recovery & Return to Play



Stage	Level of Activity	Functional Exercise	Objective
1	No activity	Complete physical and cognitive rest, until symptom-free	Recovery
2	Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity <70% maximum predicted heart rate. No resistance training.	Increase Heart Rate
3	Sport specific exercise	Running drills in lacrosse, passing, shooting and cutting. No checking or head impact activities	Add Movement
4	Non-contact training drills	Progression to more complex training drills, e.g. passing drills. May start progressive resistance training.	Exercise, coordination and cognitive load
5	Full contact practice	Following medical clearance, participate in normal training activities.	Restore confidence and assess functional skills by coaching staff
6	Return to play	Normal game play.	

REMEMBER: These are steps, **NOT** days. Progression between each stage should take a minimum of 24 hours. Move forward only when symptom-free. If symptoms reappear during any of the stages, the athlete should stop the activity immediately and rest for 24 hours. Once they are no longer experiencing symptoms, they should drop down to the previous stage, where no symptoms occurred, and try to progress again.

Returning to play without full recovery increases the risk of an additional concussion and enhances the magnitude and duration of symptoms.

Source: P. McCrory, W. Meeuwisse, K. Johnston, J. Dvorak, M. Aubry, M. Molloy, R. Cantu, *Consensus Statement on Concussion in Sport: The 3rd International Conference on Concussion in Sport held in Zurich. Br J Sports Med.* 2009;43:176-184.

Skill Learning



During practice, it can be difficult to know that the players are learning proper techniques. Here is a four-step process to help ensure your players are learning the right skills:

1. Explain the skill to players

- **NAME** the skill and describe it
- **EXPLAIN** why it's important and when it is used – highlight the key teaching points

2. Show players how it is done

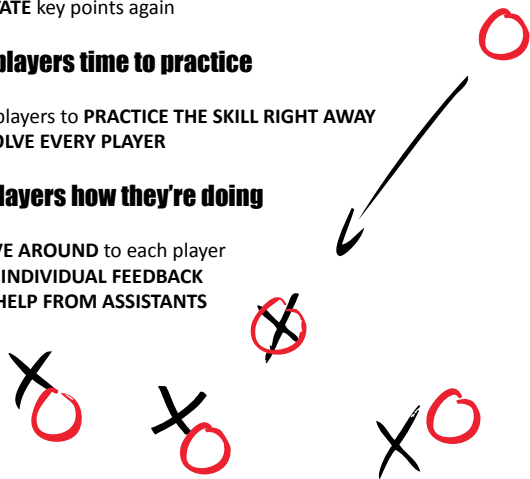
- **DEMONSTRATE**
- **RESTATE** key points again

3. Give players time to practice

- Get players to **PRACTICE THE SKILL RIGHT AWAY**
- **INVOLVE EVERY PLAYER**

4. Tell players how they're doing

- **MOVE AROUND** to each player
- Give **INDIVIDUAL FEEDBACK**
- Get **HELP FROM ASSISTANTS**



7 Core Guidelines



The **stopconcussions.com** guidelines were created as a “code of conduct” for players to follow in order to play with respect for themselves and others. The following guidelines, if adhered to, will help prevent serious injury resulting from body contact:

1. Avoid hitting another player from behind

- Respect everyone’s safety
- Avoid hitting from behind when near the boards in box lacrosse or in loose ball scrums in field lacrosse
- Never hit to the head. Aim for safety, check below the shoulders and above the waist

2. Be aware of the checking perimeter

- Checking perimeter = 1 metre from the boards for safety
- When playing box lacrosse, be aware of the checking perimeter
- Be cautious at all times

3. Be ready to take a hit

- Communicate with teammates
- Be ready, keep your feet and legs moving, drive through the check and don’t slow down
- Look over your shoulders when going into the boards in box lacrosse and into scrums in field lacrosse to know where people are

4. Keep your arms up when going into the boards

- Keep two hands on your stick; absorb impact with your shoulders and arms
- Avoid going headfirst into the boards in box lacrosse and keep your chin up

Source: Developed in conjunction with Malcolm Sutherland (HBPHE, MSc, ChPC) – Coaching and Technical Instructor stopconcussions.com

5. Always approach the boards at an angle

- When playing box lacrosse, always approach the boards at an angle
- In box lacrosse angle into the boards to pick up a loose ball and absorb impact with your shoulders and arms
- In field lacrosse angle into the scrums to pick up a loose ball and absorb impact with your shoulders and arms
- Look over your shoulder
- Avoid running straight into the boards
- Retrieve ball by approaching at an angle and keep moving



6. Keep your head up while handling the ball

- Always have your head up while running, cradling and controlling the ball
- Control your stick at all times
- Avoid making bad passes that place your teammates in a dangerous position
- Create optimum passing angles that allow your teammates to keep their heads up

7. Be confident on your feet

- Develop strong running techniques
- Always work on your foot movement forwards, backwards, and laterally
- Increase balance and agility to improve pivoting and cutting skills

Please Help Support our research initiative so we can better understand the injury and help Make Lacrosse Safer.

stop | concussions
keeping your head in the game

Introduction to Core Modules



We have categorized the game into three key skill learning modules. These modules are designed to enhance skill and simultaneously teach safe lacrosse fundamentals. Injuries are an inherent risk in all sports, but by following these basic principles, you will be able to better prepare your players and create a safer environment on the floor or field.

Running (*visit stopconcussions.com*)

Great running skills will not only make your players better, but can also help keep them safer on the floor or field. Good running technique, combined with strong legs and core area will enable your players to react and respond to unsuspected contact.

Awareness (*visit stopconcussions.com*)

Increased awareness skills on the floor and field will benefit your players' performance, as well as help to reduce their risk of injury. Strong awareness skills allow your players to know where teammates, opponents and obstacles are on the playing surface, and will aid in helping players stay away from high risk areas or situations.

Risk Management (*visit stopconcussions.com*)

Risk management will enhance your players' understanding of the various risks on the playing surface and help them to make smart decisions. This component involves simulating game-like conditions so they can learn to safely and effectively adapt to potentially dangerous situations.

Visit www.stopconcussions.com for an extensive library of animated drills to support the above core modules.



Checking Philosophy



stopconcussions.com stresses the primary function of body contact is to have your players use their body strength to separate the opponent from the ball in order to gain possession. Once possession is gained, your player then has the ability to create a scoring chance.

Some people and athletes may believe that delivering a big body check during a game may intimidate the opponent or set the tone for the game; this creates a mentality that, the most extreme hits are the only ones that are valued. When done correctly, the use of properly timed contact, with the intent to gain control of the ball, can be the most intimidating factor when the opposing team cannot get anything set up.

Stress to your players that using their body or stick improperly to gain possession of the ball can be extremely dangerous. There is an important process to follow in order to safely and effectively separate the opponent from the ball.

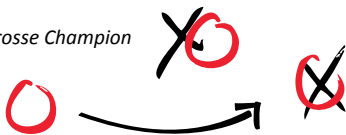
Remember: Check for a purpose, not to injure.

"Cross-checking is not a means to injure your opponent. When executed properly, checking is a means to contain and prevent access to prime scoring areas, prevent clear shots and gain possession of the ball."

Josh Sanderson

Team Canada

2011 World Indoor Lacrosse Champion



Position



Teach your players to get into the proper position in order to effectively separate the player from the ball. Improper positioning can put them, and others around them, at risk for injury. It is important to judge their positioning based on the opponents intentions' and never position themselves in a way that increases their risk for injury.

Making Contact

When approaching the opponent for contact, stress that they must maintain their focus to separate the player from the ball. Never enter a contact situation maliciously or with the intent to injure the opponent. Players must use their body in a manner that eliminates the opponent's ability to keep control of the ball, but does not take them out of the play.

Regain Possession

After they have eliminated the opponent's ability to control the ball, teach your players to focus on gaining ball possession. This can be accomplished by the player finding open space away from the area of initial contact or by keeping their head up, scanning the floor/field and passing the ball to a teammate. Your team then continues to attack the opponent's net for a scoring chance.

Read the Situation



Teach your players that they must always be aware of their surroundings during a game situation. It is even more important to be aware and read the play during the checking process. They need to know where they are, where other players are, the speed of the play and any obstacles that may be around them.

Preparation Time



The T.I.P.S. manual is a multi-purpose booklet that will help prepare for practices and games, while providing an understanding of the importance to educate oneself on concussion symptoms. It is imperative that coaches, trainers, and players understand the effect of injury, and it should be the coach's duty to act appropriately as a leader. This manual is a guide to provide information, to allow you as a coach, to be aware of the signs and symptoms in your players to inform the trainer and/or parent. In addition, the overall T.I.P.S. program is designed to make practices fun and interactive, while enhancing player skill development, and teach the important principles for safe lacrosse.

Visit www.stopconcussions.com for an extensive library of animated drills.

stopconcussions.com Principles for Practice Planning

Principle #1: Avoid using floor/field time to preach or yell out instructions

Provide age appropriate notes and explanations of drills to the players before they arrive for the practice. Arrange for the team to meet ahead of practice time so that you can explain your expectations for that specific practice.

Explain the drills with the players before they get on the floor/field in an environment where they can all hear and have a chance to ask questions. Explain how the drill is linked to actual game play.

Principle #2: Use the entire floor/field and keep the practice flowing

Create stations using the full floor/field that focus on different skills and drills. Divide the team so that players are evenly distributed across the stations. Have players cycle through the stations and continue until each player has completed each drill. Repeat drills until players demonstrate proficiency then modify drills to build complexity and keep players motivated.

Principle #3: Incorporate game objectives explicitly in practice



Use situational specific activities to enhance recognition of opportunities that likely occur during games. For example, a half floor/field face-off drill can lead to a live situation where players have to pick up a loose ball and gain possession, leading to a fast break, ending with a shot on goal. Here, a game situation is replicated and all position types are engaged (offence, defence, goalie).

Principle #4: Use the time to not only teach but incorporate physical fitness

If developing fitness is a primary objective, consider the benefits of off-floor/field training. Endurance, strength, agility, balance and body awareness can be enhanced regularly throughout the season without using floor/field time. Be creative!

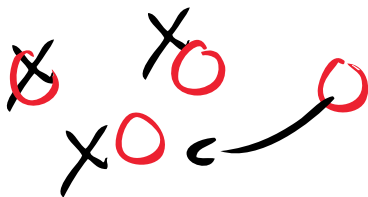
"Full floor/field drills that are continuous can be a great way to incorporate increased fitness demands while also developing skills during a practice."

Nick Reed

Occupational Therapist
FitMind Clinics, Toronto, ON



BE CREATIVE and let the players HAVE FUN!



Together We Are Making Lacrosse a Safer Game

RESPECT EVERYONE... opponents, coaches, officials, yourself, and the game.

PREPARATION... is key to teach, learn, and succeed.

REWARD, NOT PUNISH... teach rather than dictate.

NEVER... make contact to the head, or hit from behind.

BEWARE of danger zones, which can affect the head and neck.

HELMETS are for protection.

Contributed by Paul Dennis, PhD in Sports Psychology. Paul has worked with Hockey Canada, the Toronto Maple Leafs, and now consults for the GTHL.



stopconcussions.com



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WE KNOW OUR STUFF.

Respect in Sport



While the term “respect” is generic in all of life’s activities, it can take on a special meaning in sport. We at **stopconcussions.com** believe that respect can be shown in three main ways:

Respect for Yourself

Teach players that they are the master of their own body and mind. Educate them on the importance to respect themselves enough to know that their safety is the most important concern above everything else. While some injuries are unavoidable, you need to ensure that players do everything in their power to respect their body, and to protect themselves to stay injury-free. This begins with teaching them that their health is more important than winning.

Respect for Others

While it is important for players to watch out for their own safety, it is also imperative that you teach your players respect for your opponent’s safety. Teach them that they can only control their own actions, and that they should respect the safety of those around them. Teach them that the objective is not to put other people in danger, and that they should assume their opponents have the same level of respect towards them. If everyone respects each other’s health and well-being, sport will become much safer and more enjoyable for everyone involved.

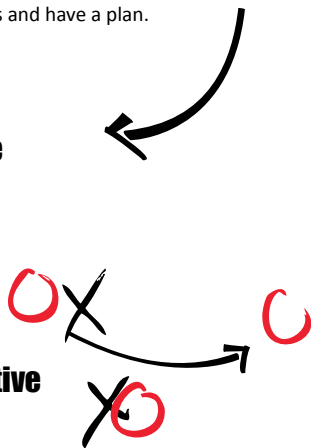
Respect for the Game

Playing sports is a privilege that not everyone is able to enjoy. Your players must realize that respect for the game is an important aspect in order to assure that the individual or the game does not receive a tarnished image. Sport at all levels of competitiveness provides a multitude of benefits for participants, and we want to see these benefits continue for a long time to come. It is your duty as coaches and trainers to help showcase and preserve the respect and integrity of the sport in order not to deter participants, or create a bad image for the game.

Set Smarter Goals

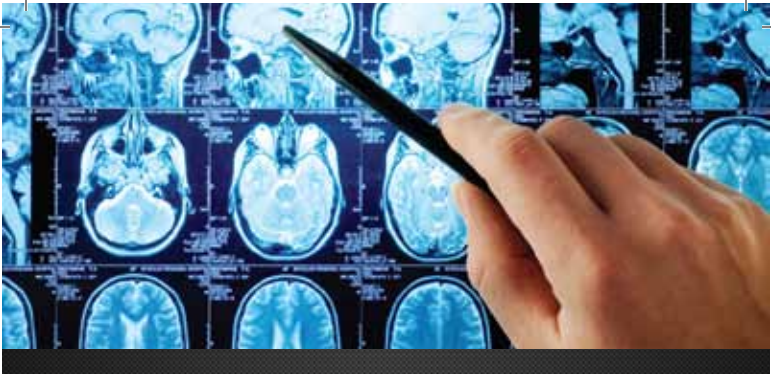
The key is to set goals and have a plan.

- **S**pecific
- **M**easurable
- **A**chievable
- **R**ational
- **T**ime-sensitive
- **E**xciting
- **R**ewarding



Contributed by Kevin Huhn of "The Hockey Source"

Visit **stopconcussions.com** for more information.



Trainers & Athletic Therapists



You are the **First Line of Defence.**

Educate your owners, management, coaches, athletes, and parents, while also **Continuing to Update Your Own Knowledge.**

Align yourself with a **Proper Clinic or Specialist** trained in assessing and managing concussions.

Insist that **Safety Comes First**; err on the side of caution.

Take the Human Into Consideration, not the player.

Preventing long-term problems by managing the concussion effectively and immediately is **Your Number One Goal.**

Use **stopconcussions.com** as your concussion resource.

www.stopconcussions.com



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20

Notes:



All content found herein is provided for information and educational purposes. This information should only be used to support—not replace—the advice of a doctor or other health professional. Additionally, the information is not intended to provide medical, legal or financial advice. If you think you are concussed or know someone who may be concussed you should consult appropriate medical advice from a physician or other qualified healthcare professional prior to acting upon any information available at or through Source For Sports® retail locations or websites or stopconcussions.com website(s).

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22

Canadian Lacrosse Associations



Canadian Lacrosse Association

Gladstone Sports & Health Centre, Suite 310
18 Louisa St., Ottawa, ON K1R 6Y6
Phone: (613) 260-2028
E-mail: info1@lacrosse.ca
Website: www.lacrosse.ca

Alberta Lacrosse Association

Percy Page Centre, 3rd Floor
11759 Groat Road Edmonton, AB T5M 3K6
Phone: (780)-422-0030
Email: info@albertalacrosse.com

British Columbia Lacrosse Association

7382 Winston Street
Burnaby, BC V5A 2G9
Phone: (604) 421-9755
Email: info@bclacrosse.com

CANAM Lacrosse

7050 Meadville Road
Bason, NY, 14013
Phone: (716)-542-4600
Email: roger.hill@can-amlacrosse.com

Fédération de crosse du Québec

4545 av. Pierre-de-Coubertin
C.P. 1000, Succursale M
Montreal, PQ H1V 3R2
Phone: (450)-464-6606
Email: crosse@crosse.qc.ca

Iroquois Lacrosse Association

117 Eagles Pointe Circle
Liverpool, NY 13088
Phone: (315) 715-4414
Email: merank44@hotmail.com

Lacrosse Nova Scotia Society

106-104 Greenvillage Lane
Dartmouth, NS B2Y 4V4
Phone: (902) 266-0677
Email: info.lacrossens@gmail.com
http://www.lacrossens.ca/

Lacrosse New Brunswick

850 Old Black River Road
Saint John, NB, E2J 4T3
Phone: (506) 632-9188
Email: davehigdon@rogers.com

Manitoba Lacrosse Association

145 Pacific Ave.
Winnipeg, MB, R3C 2Z6
Phone: (204) 925-5684
Email: lacrosse@sportmanitoba.ca

Newfoundland Lacrosse Association

250 Lemarchant Road PO Box 26037
St. John's, NL, A1E 0A5
Phone: (709) 687-2270
Email: nllacrosse@gmail.com

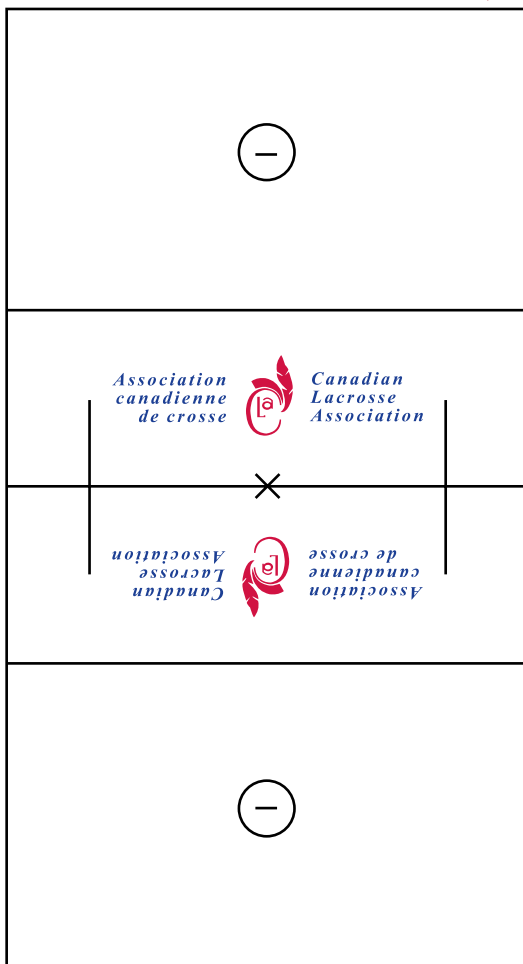
Ontario Lacrosse Association

3 Concorde Gate, Suite 306
Toronto, ON M3C 3N7
Phone: (416) 426-7066
Email: stan@ontariolacrosse.com

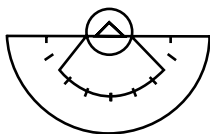
Saskatchewan Lacrosse Association

2205 Victoria Avenue
Regina, SK S4P 0S4
Phone: (306) 780-9216
Email: lacrosse@sasktel.net

Men's Field Lacrosse



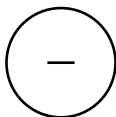
Woman's Field Lacrosse



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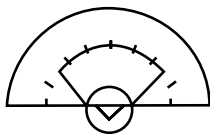
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Box Lacrosse

