



Lacrosse Nova Scotia Society (LNSS) is a non-profit organization that acts as the recognized lacrosse authority throughout the province of Nova Scotia. The LNSS are members of the Canadian Lacrosse Association and are a member in good standing with Sport Nova Scotia.

## Mission Statement

LNS's purpose is to promote, develop and administer the game of lacrosse in the province of Nova Scotia, and to provide opportunities for advancement, pursuit of excellence, and lifelong participation in the sport. Our participants are recognized as the most enthusiastic and fervent in Canada.

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# Lacrosse Nova Scotia

## Basic Systems

- For first time coaches
- To be integrated with fundamental skills development
- Introduce each system with a walk through (whole-part-whole)
- Establish basic **rules/principles**

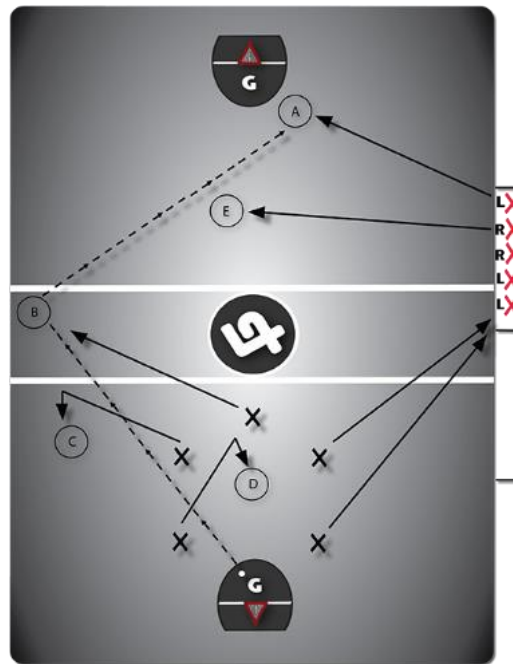
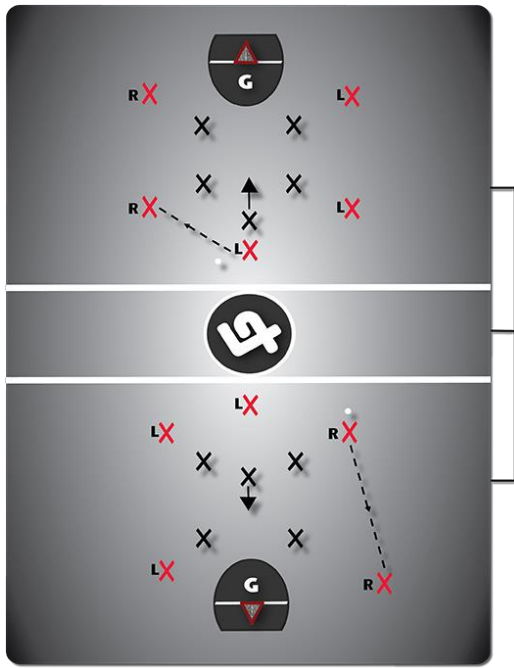


## Defense: “House”

- **Zone Defense:** A style of defense characterized by defensive players covering a certain area of the floor.
- Essentially the inverted coverage of the prime scoring area, in the shape of a stick-figured house (box + triangle).

For a more in depth look at the “House” defense click [here](#).

For drills related to the “House” defense click [here](#).



## Transition: “Breakout”

- A “breakout” is a structured approach to safely transition the ball out of the defensive zone, as a team.
- After a shot on net by the opponent or the goalie/defender has corralled a rebound or loose ball, all other defenders should make their way to the “standard breakout positions” (See Diagram), based on their relative floor position (whoever is closest).

For a more in depth look at the “Breakout” click [here](#).

For drills related to the “Breakout” click [here](#).

## Offense: Motion

- Refers to players continuously making meaningful (purposeful) movement through the crease, shooter and point floor positions, both on-ball and off-ball; cutting, filling, picking, engaging, and swinging the ball from side-to-side until a shot from the prime scoring area presents itself.

For a more in depth look at the “Motion Offense” click [here](#).

For drills related to the “Motion Offense” click [here](#).

