

ALBERTA LACROSSE COACHING CLIPBOARD

The lacrosse season is upon us as evaluations are starting for many of the clubs. The beginning of the lacrosse season brings excitement for the players as they get ready for the upcoming season. The evaluation process, especially for those that are trying out for the A level teams, can also mean anxiety for players. The evaluations can be a difficult time for players and parents, so it is very important for the club and the coaches to have a defined process in place. Proper evaluations will be able to provide feedback to players on their strengths and the parts of their game that require attention. There will always be imperfect decisions as the evaluation process is a subjective assessment. The process also does not determine a player's lifelong placement. Players improve, they grow, and they change. There are numerous stories of players not making a team and ending up world class players. It is important to provide that message to all players so they know that the development process is a marathon, not a sprint.

Visit the ALA website

2018 LTAD Rules

This year there have been some significant changes in the game play for the Minityke, Tyke, Novice and PeeWee girls divisions. The biggest change you will see is the move to full body contact in the Novice division. If you are coaching in the Novice division this year you will need to clearly understand the change and be prepared to coach your team this change. All the changes have been highlighted in the LTAD document. [Please click here to read the document.](#)

Cross-Checking in Box Lacrosse

The cross-check is a skill that is part of playing defense. From a coaching perspective, it is critical that coaches teach players to play defense first. Then coaches can move to teaching the proper way to give and take a cross-check. The "Clear the House" mentality of playing defense needs to stop! Players need to know the purpose of the cross-check and when it is used in the game of box lacrosse. [Please click here to read the guiding document on the role of cross-checking in the game of box lacrosse.](#)

Lacrosse Ambassadors

The Alberta Lacrosse Association has established the Lacrosse Ambassador program across the Province. The Lacrosse Ambassadors are individuals situated across the Province that are promoting and building the game of lacrosse.

The following individuals are representing Alberta Lacrosse as Ambassadors:

Calgary and Southern Alberta – Dave Welton, Colin Risi

Central Alberta – Trey Christensen

Edmonton – Tony deGans, Phil Smyth

Northern Alberta – Travis Gibbons, Nick Brown

The primary objective for the Lacrosse Ambassadors is to help build the game in areas that are requiring attention to further grow their numbers or new areas that are trying to get the game of lacrosse started in their community. If you feel you would benefit from a visit from one of our Lacrosse Ambassadors please reach out to me at paul@albertalacrosse.com

Coaching Clinic Dates

Dates for coaching clinics across the Province have been announced. Register now to secure a spot in the clinic. It is very important to plan ahead so you have the proper certification to coach this season. Also note that all female teams must now have a certified female coach on the bench for box and field lacrosse. There are two female only Community Development clinics being planned for province, one in Calgary and one in Edmonton.

[Link to ALA Coaching Clinic Listing](#)

Development Camps

The ALA has announced more Pee Wee player development camps across the Province. These camps will focus on teaching the fundamental skills players require to play the sport of lacrosse. A component of the camps will be also to provide coach and referee development opportunities. Information on the camps is now posted on the ALA website.

[Link to Camp Info and Registration](#)

Drill of the Month

Players that are successful in the game have strong stick skills. Due to the nature of the game, having strong stick skills can be the true equalizer in the game. Strong sticks skills can help smaller players easily compete against larger players. Possessing the ability to pass the ball, shoot the ball and catch the ball, all under extreme pressure can make or break a player. Becoming proficient at these skills requires repetitions through hours of practice. The beautiful joy of the game of lacrosse is that working on these skills requires little equipment beyond the stick, the ball and the wall. For our drill of the month please see our Wall Ball routine and an accompanying video. Please note that all this entire wall ball routine can be done with goalie sticks as well. [Click here for the PDF of the wall ball routine.](#)

Coaching Resources

Work has been ongoing to build the online coaching resources. Drills, practice plans and other coaching information has been added to the Coaching Resource page of the Alberta Lacrosse Association website. This resource page will be updated on a continual basis so please return regularly to check what is new.

[To access the resources please click here.](#)