

2025 Storm Coaching Orientation



BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.

Why Are We Here?



... To enable YOU as Storm coaches

2. To increase communication with our coaches
3. To create a coaching community within Storm
4. To offer help and resources
5. To launch our new coaching manual
6. To answer your questions



BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.

Confidential: Storm
Lacrosse Internal Use Only

Our Coaching Gaps



2024 Lessons Learned

New coaches = enablement gaps

New players = stick skill gaps

No consistency in our play or coaching

Lots of bad habits on the floor

Code of conduct issues

We need goalies

We need to address our high performers

We need to teach proper lacrosse

2025 Changes

Pre season stick skill sessions

Pre season dryland sessions

New coaching manual (v1)

Drill books

Practice plans

Practice resources (people)

Enhanced communication

Coordinated tournament/clothing efforts

Meet The Executive



Natalie Fawthrop Pooler
Secretary



Steve St Amant
Registrar



Mark Bishop
Equipment

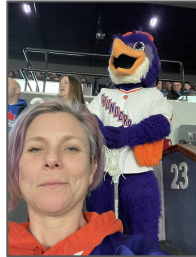


Stephane Gagnon
Scheduler

**BETTER PEOPLE.
BETTER PLAYERS.
BETTER COMMUNITY.**



Jennifer Mitchell
Treasurer



Charity Kaizer
Communications



Adam Draper
VP & Technical
Development



David Ubsdell
President



Shout Out To Coach Keeping



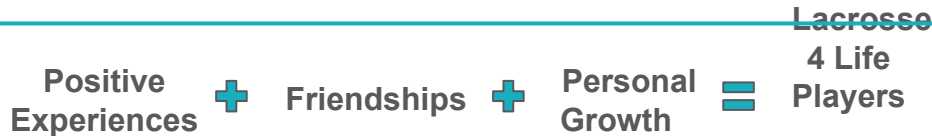
Our Mission & Core Values



Our Mission:

To create positive experiences for our members while supporting the growth of the Creator's Game within our association and across the MMLL/LNS by focusing on developing our players and strengthening our lacrosse community.

To achieve our mission, we are focused on building and sustaining a community by honoring the traditions of lacrosse and creating a positive growth experience for each of our members.



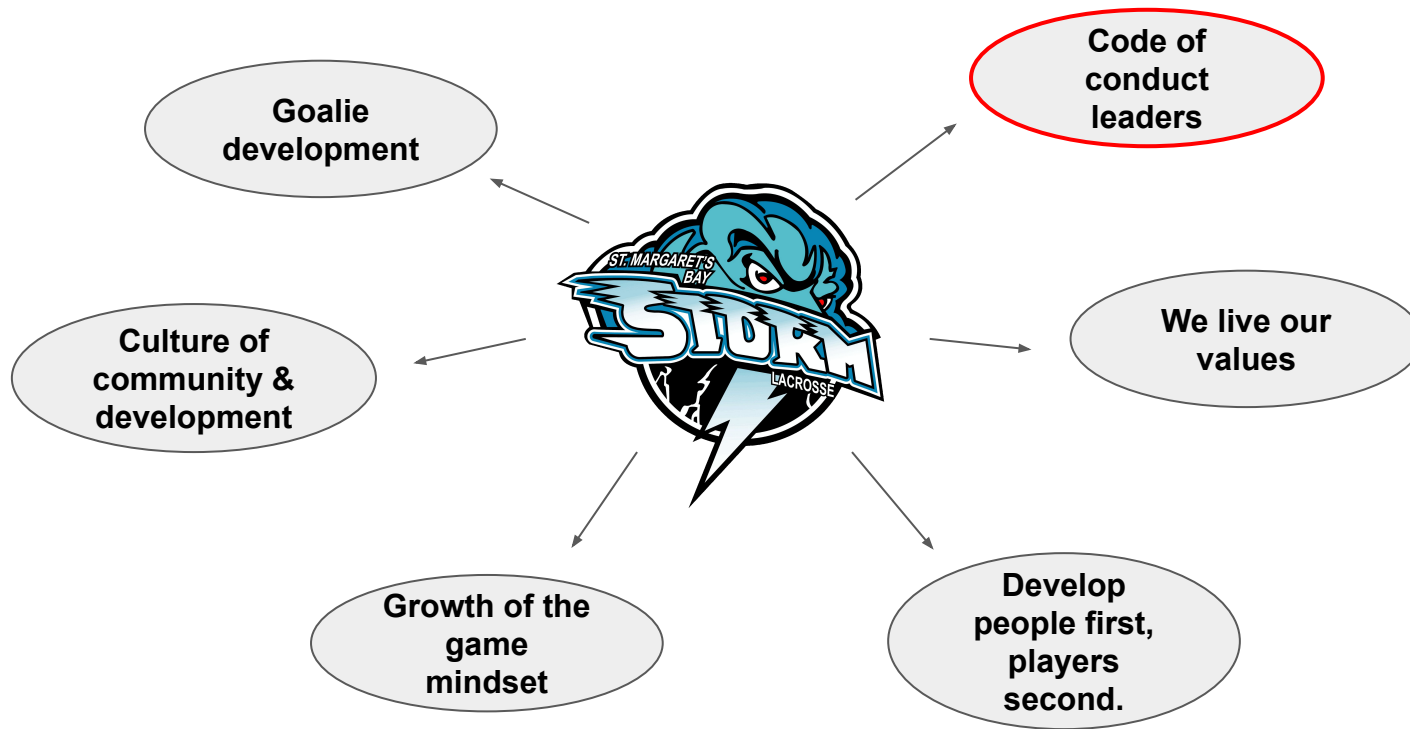
Our Values

1. Better People
2. Better Players
3. Better Community

Ultimately, we want to build & maintain a culture of growth, inclusion, accountability, performance and fair play. While winning is important, developing our players/coaches as people needs to be our top priority.

Storm will live our values enabling growth and retention by leading the MMLL and a strong code of conduct for how parents, players and coaches carry themselves both on and off the floor and approach the game.

Why Storm?: Our Competitive Advantage



Our Journey To Date



Vision

2023



Lessons
Learned

2024



Strategy

5 Jr T Birds
5 Team NS

2024



Execution

2025

We are here



**Inflection point of change*

Executing Our 3-5 Year Vision



BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.

2024/25 (Yr 1)

- Not for Profit Status
- Implement code of conduct
- Player Development (PH1)
- Coaching Development
- Launch Fundraising
- Find a 2 year home arena
- Redefine Tyke programming

2025/26 (Yr 2)

- Permanent home arena
- Field 3 female teams on the floor (U13/15/17)
- Add Player Dev coordinator
- See better on floor success
- Focus on recruiting

2026/27 (Yr 3)

- Add a Female Coordinator role
- Tykes programming shows significant improvement. How do we measure this?
- Storm wins championships consistently

2027/29 (Yr 4&5)

- Storm facility
- Storm annual tournament
- Storm is feeding the Rebels with consistency
- Membership growth to 400 registrants

Annual Focus

- Player/parent experience
- Player/parent growth/retention
- Player development/floor time
- Coaching/manager development
- Cultural maintenance and development
- Volunteer recruiting and development
- Fundraising and revenue generation

Development Pathways



LACROSSE CANADA



Players

- Tykes development
- Consistent U7-17 Development paths
- Athletic development training
- Specialized clinics
- High performance training
- Goalie development
- Jr A pathways

Coaches

- Player development paths
- New coaches manual (path)
- Storm coaching certifications
- Level2 coaching certification
 - U15/U17
- Referee training sessions
- Winter clinic involvement

Managers

- Level1 coaching certification
- Updated Manager manuals
- Team orders and kits in April



All development will be in accordance with Lacrosse Canada and Lacrosse NS recommended guidelines.

- [Lacrosse Canada](#)
- [Lacrosse Nova Scotia](#)

We are moving to consistent coaching model and player development pathway in order to progress our players through their development in a coordinated way.

Coaches will be equipped and trained with manuals, drills, and playbooks.

New in 2025...

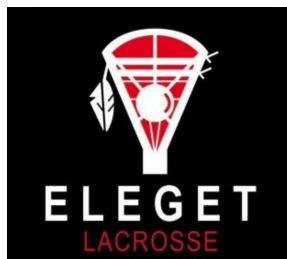
**Storm Lacrosse
Coaching Manual
& Resources**



Acknowledgements



LACROSSE CANADA



The Manual is an integration of the Association's knowledge as well as:

- The LNS Level 1 Intro to Box and Level 2 Intro to Competitive Box Lacrosse
- The CLA's LTAD Overview and Stages documents.
- The Coaching Association of Canada NCCP templates
- © Coaching Association of Canada, January 2003
- © Canadian Lacrosse Association, 2004
- England Box Lacrosse
- LaxLife.com

Special "thanks" go out to:

- Chuck Evans
- Jason Chick
- Stephane Gagnon
- Tim Muisse
- Jeremy McDonald
- Steph Leblanc
- Gord Black

BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.

Confidential: Storm
Lacrosse Internal Use Only

Lacrosse Canada Player Development Path



Growing with Lacrosse

Lacrosse for Life identifies seven basic stages for developing lacrosse players:



Active Start

Young children begin basic play.



FUNDamentals

Later childhood provides more structure but emphasizes FUN.



Learning to Train

Pre-teens prepare for structured training.



Training to Train

Early teens build training capacities.



Learning & Training to Compete

Older teens start training to compete for titles.



Learning & Training to Win

Players train solely for competitive results.



Active for Life

Players move from formal competition and focus on wellness.



Our commitment is to the growth of our players

Develop people first, then players

New Storm coaching development path that aligns to Lacrosse Canada's LTAD

Aligned to LNS Team NS curriculum

BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.



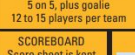


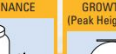

Confidential: Storm
Lacrosse Internal Use Only

LTAD Summarized



Age Group	Skill Developed	Notes
U7	<ul style="list-style-type: none"> Fundamental stick skills Give and go Cutting 	U7 is about having fun, building fundamentals, and building confidence.
U9	<ul style="list-style-type: none"> Continuation of U7 Understand lacrosse terms Defensive positioning Floor positioning Introduce goals 	U9 is about having fun, building fundamentals, and building confidence. We are getting the kids ready for game play in U11
U11	<ul style="list-style-type: none"> Introduce bull dodge, face dodge, faceoffs, rolling, cross checking, creating space Introduce the defensive house Introduce standard transition Introduce goalie angles, goalie passes, making saves 	<p>U11 should still focus on building the fundamentals, having fun, and developing a love for the game.</p> <p>Goalies should start to work on passing and learn proper save technique</p>
U13	<ul style="list-style-type: none"> Introduce mental training Review rules Introduce picks & screens, Introduce PP & PK Introduce advanced defensive structures Introduce advanced transition structures Introduce goalie communication 	<p>U13 is where we start to think about development paths.</p> <p>Introducing the components for motion offense such as picks, screens will help prepare them for U15.</p> <p>Adding variants to U9/11 drills and working on more advanced offensive and defensive structures is important</p>
U15	<ul style="list-style-type: none"> Begin stamina and anabolic workouts Begin talent identification Introduce more advanced defenses and transition Introduce double teaming and presses on defense 	<p>Executing on motion offense, power play and penalty kill is key for U15.</p> <p>Learning how to press on defense, double team, and starting to play more complicated offense and defensive structures should be the focus in U15</p>
U17	TBD for 2026	We did not build out the U17 section yet as our U17's are currently playing at a U13/15 level.

COACH CERTIFICATION: COMMUNITY-DEVELOPMENT
BOX LACROSSE - Learning to Train Pee Wee: 11-12

LTAD OBJECTIVES	FUN <ul style="list-style-type: none"> More advanced skills & tactics Introduce competition Introduce mental training Basic rules & fair play Physical activity Train ABCs Emphasize speed, flexibility 	BOX SIZE- Regulation NET SIZE: 4' wide by 4' high  PLAYERS PER TEAM 5 on 5, plus goalie 12 to 15 players per team	CONTACT  CLA rules	
	SCOREBOARD Score sheet is kept 	EQUIPMENT  Helmet, gloves, mask, mouthguard, Knee (optional), elbow, shoulder, arm & kidney pads, jock/jill strap. Stick no shorter than 86-36 cm (34"). Goals: Category 2 equipment		
SKILLS INTRODUCED AT THIS LEVEL	TECHNICAL Inside shooting, faking, dodging, mid-pointing, open floor defence	CLA RULES		
	TACTICAL Picks & screens, set plays, 2-1s and 3-2s, breakout, sagging man-to-man defence, power play offence and defence, man-short offence	GAMES  10 min. warm-up 2 x 15 min. straight time 1 x 15 min. stop time 3 minute breaks Cool down	SUSTENANCE  Water bottle, healthy snacks. No pop, chips or sugar	GROWTH - PHV (Peak Height Velocity)  Measure annually
	GOALIES Stance, angles, passing, stopping shots, communication	OFFICIATING CLA rules		

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

Lacrosse Canada Pathway

BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.

Code Of Conduct



Incidents are on the rise

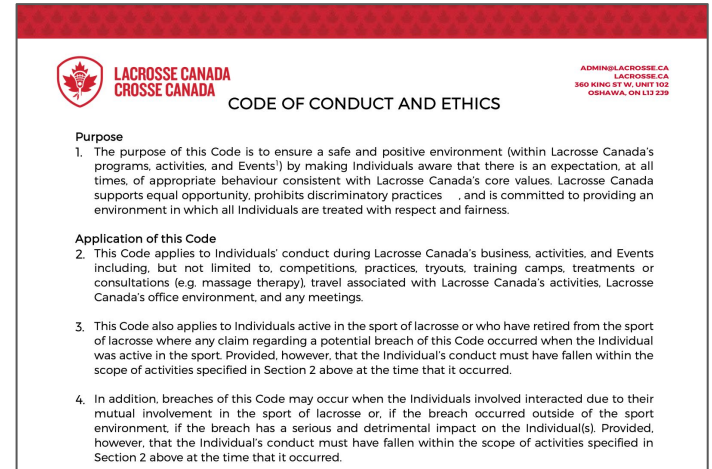
Storm values support positive code of conduct - Players, parents and Storm Lacrosse executive

We're all accountable to supporting a positive code of conduct

There are a few key points to focus on:

1. Respect for all participants - Including referees!
2. Behave ethically both on and off the floor
3. Player/Parent confidentiality must be respected
4. Commitment to Safesport and NCCP
5. Respect rules and regulations
6. Resolve conflicts maturely
7. Zero tolerance for bullying, harassment etc...

*Lacrosse Canada's long form policy can be viewed [here](#).



BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.

Confidential: Storm
Lacrosse Internal Use Only

New Website & Resources



Coaches & Managers Section

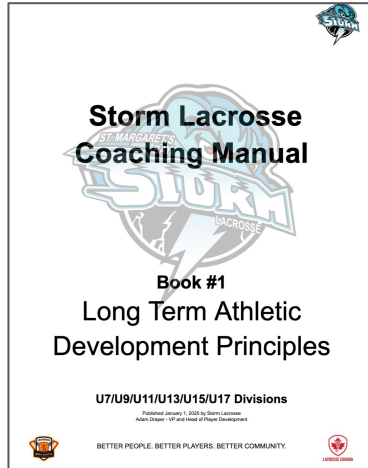
Players Section

**Document Passwords: Storm2025*

Introducing... The Storm Coaching Manual

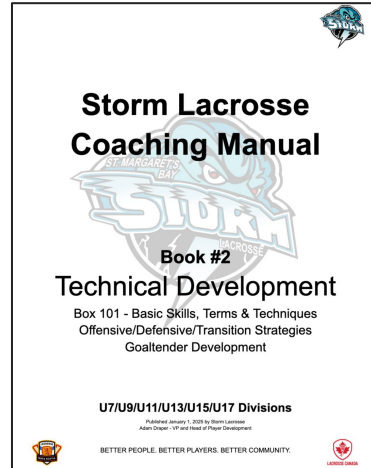


Book #1



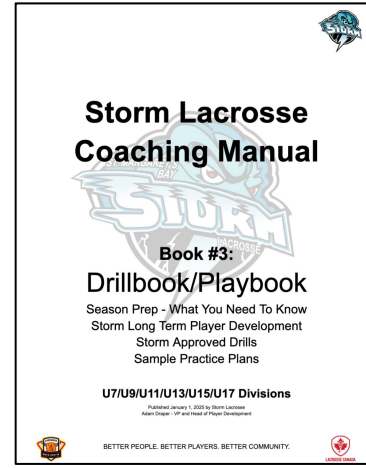
- Storm coaching philosophy
- Code of Conduct
- National Coaching Certification
- Lacrosse Canada LTAD
- Development: Training & emotional intelligence
- Season preparation
- Coaching tips & resources
- Injury prevention

Book #2



- Intro to box lacrosse
- Box 101: Terms, skills and techniques
- Storm offensive strategy
- Storm defensive strategy
- Storm transition strategy
- Goaltender development
- Additional Resources

Book #3



- LTAD foundational knowledge
- Storm LTAD Program
- Season prep resources
- Team management resources
- Drill book
- Play book

Book #4



- Setting SMART goals
- How to stay motivated
- Developing an athletic mindset
- Game film for review
- Player exercises
 - Scenarios for discussion
 - Goal setting
 - Play creation

Confidential: Storm Lacrosse Internal Use Only

Coaching Manual - You Need To Know



- This is version #1 - We will iterate together
- It's not perfect, we want your feedback
- It meets our current skills and gaps
 - We'll add/change drills over time
 - It follows a progression
 - You don't have to follow it, it's a guide
- There is no U17 section...yet
- There are multiple parts:
 1. Book #1 - Lacrosse Canada Long Term Development Plan
 2. Book #2 - Technical Development & Resources
 3. Book #3 - Drill Books
 4. Book #4 - Off Floor Player Development
 5. Website Content - "Coaches & Managers", and the "Players" sections



*Send your feedback directly to stormlacrossevp@gmail.com

BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.

Confidential: Storm
Lacrosse Internal Use Only

Storm Coaching Philosophy



“There are people who coach and then there are coaches.”

The most effective coaches are invested in the journey of their players and can think long term beyond winning.

Storm Coaching Philosophy Key points are:

1. Development first, winning second
2. Create a positive, fun environment
3. Focus on character development
4. Inclusion and fair play
5. Lead by example
6. Create a growth mindset

SET GOALS

COMMUNICATE

**FOLLOW THE CODE OF
CONDUCT**

CREATE THE EXPERIENCE

BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.

Storm Lacrosse Defined

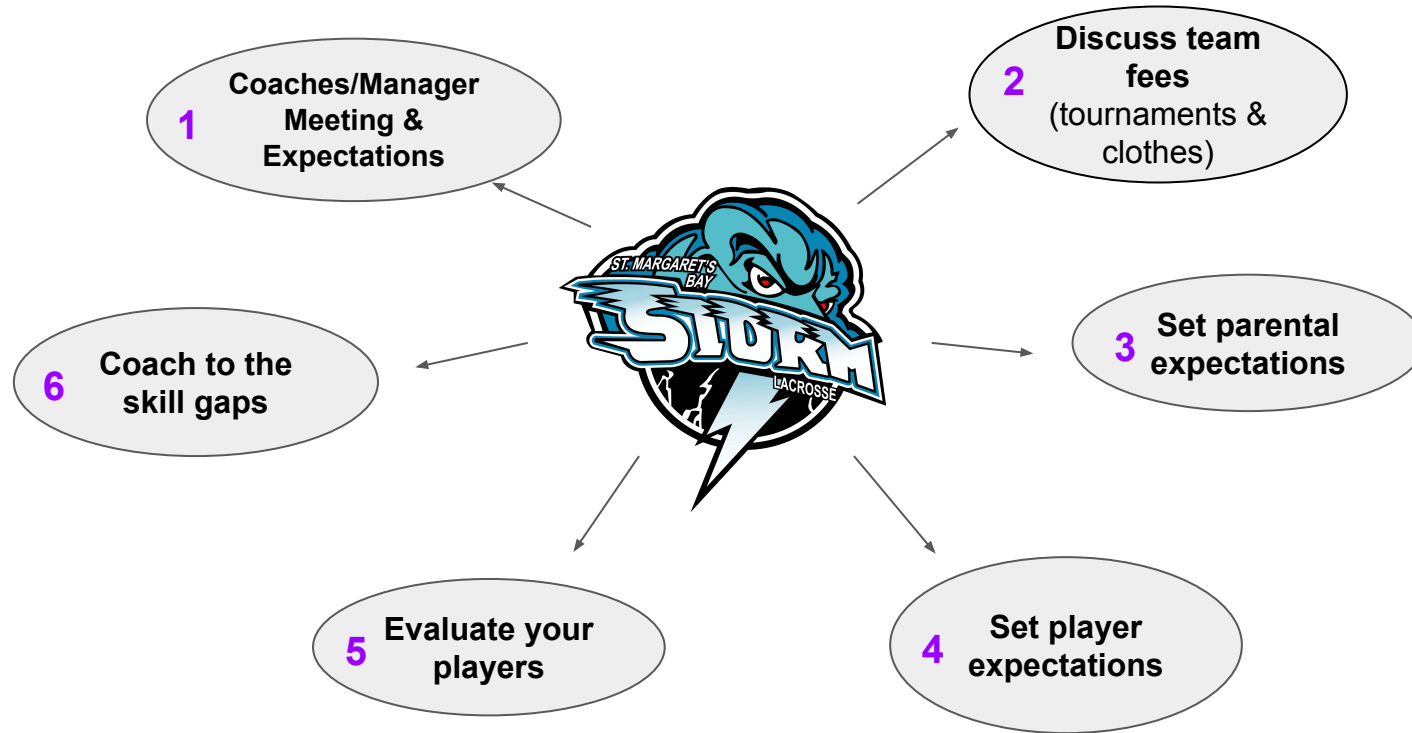


Storm Lacrosse is defined in two categories: “On Floor” and “Off Floor”

On Floor	Off Floor
We play tough with passion and discipline	Develop first, win second
We play as a team, not individuals	Quality players, not skill, make the difference
We win loose balls and control the clock	We are accountable for our conduct
Defense - No one enters our house	No single player is more important
Transition - Fast and efficient	We respect the refs and the opposition
Offense - Good ball movement	We develop our goaltenders
Everyone contributes	We are “One Community”
We have fun	We have fun

BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.

Getting Ready For The Season



LNS Coaching Certification



Coach Certification Clinics

2025 Box Lacrosse Coach Certification Clinics

Lacrosse NS is offering Community Development and Competition Introduction Box Lacrosse Certification Courses this spring to prepare for the 2025 season.

- The classroom sessions will be held at Sport Nova Scotia 3rd Floor Classroom, 5516 Spring Garden Road in Halifax.
- The on-floor sessions will be held at the Gray Arena, 15 Monique Drive in Dartmouth.
- There are pre-clinic online preparatory sessions required, details will be provided by KJ MacNeil in advance.

Please note that attendance at the entire clinic is mandatory.

Upcoming Community Development Box Lacrosse Clinics:

Cost: \$85.00 + HST

- February 15
- March 29
- April 12
- May 3

Upcoming On-Floor Sessions (for Community Development Coaches)

- Sunday, March 30th: 12:00pm-1:30pm
- Wednesday, April 16th: 6:00pm-7:30pm
- Sunday, May 4th: 11:00am-12:30pm

Note: All coaches must attend 1 classroom session and 1 on-floor session to be considered Community Development trained

Sign up now if you haven't already

Non-certified staff will not be sanctioned and therefore, not allowed on the floor or bench area

Register as a staff member [here](#).

New Coaching Resources



Storm website: www.stormlacrosse.ca

- Coaches & Managers section
- Players section

Resources Worth Highlighting:

- Bystander Intervention (book 1)
- Coaching Youth with Neurodiversity (book 1)
- Understanding emotional intelligence by age (book 1)

NCCP Requirements. All coaches and managers must have:

- NCCP #
- Safesport
- Criminal background and vulnerable sector screening
- Level1 Community Development Certification
- Level2 Competitive Coaching Certification (U15, U17)
 - Suggested for U13A



2025 ID Camps - Call For Volunteers



Dates: Weeks of April 14 and 21st

Location: Greenfoot Energy Center, Bedford (tentative)

Times: TBD

“A” Division ID camps for U13 and U15 team selection

- Teams are picked by an evaluation committee
- Score sheets and feedback are available upon request
- Decisions based on skill, attitude, performance, coachability, and what is ultimately the best experience and confidence enabler for the player.

BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.

Confidential: Storm
Lacrosse Internal Use Only

Player Evaluations & Units/Lines



GAME STRATEGY & UNITS

UNIT #1		
Number	Name	Shot

ROSTER #2		
Number	Name	Shot

UNIT #1		
Number	Name	Shot

UNIT #3	
Number	Name

Goalie Evaluation Criteria
Saint Margaret's Bay Storm Box Lacrosse

GOALTENDER RATINGS

Power Play					
Power Play (PP)1		Power Play (PP)2		Power Play (PP)3	
Name#	Shot	Name#	Shot	Name#	Shot

Penalty Kill					
Penalty Kill (PK)1		Penalty Kill (PK)2		Penalty Kill (PK)3	
Name#	Shot	Name#	Shot	Name#	Shot

Notes

PLAYER EVALUATION

PLAYER		
Name:	Age:	Position:
Evaluation Date:	Date of Birth:	Club:

Is this on the bench to enable quicker awareness of where they are playing ahead of to play?

Stully for Storm and Team15 during his hits a number. If your first unit is 1-5 and game back on track. Essentially, it's easier to ensure fair play and sets clear.

ATTRIBUTES		
physical strengths:	physical weaknesses:	background:
technical strengths:	technical weaknesses:	rating:
short term goals:		medium term goals:

BETTER COMMUNITY.

Revised: 03/26/2022 Page 1

BETTER COMMUNITY.

Best practices:

1. Evaluate your players and get to know them
2. Align this with your staff
3. Mix units throughout the year
4. Set your powerplay & penalty kill
5. Players should manage themselves on the bench (rights & lefts)

Don't:

1. Overplay your skilled players
2. Use the same players for PP and PK
3. Run the same units all year

Practice Plans



A good practice should have:

1. Good flow
2. High energy
3. Pre practice drill review
4. Skill development

Consider:

1. Skill stations in practice
2. Warming up before practice
3. Doing cardio and agility before practice
4. Calling a resource for help
 - a. Sr Coach
 - b. Jr Leader
 - c. Goalie coach

[Link to Book 3](#)

Best Practices:

1. Have a plan for every practice and review it with your coaches & players
2. Identify skill gaps and coach to them
3. If a drill isn't going well, change the drill
4. Carve out time for goalies, don't ignore them
5. Every practice should build:
 - a. Stick skills
 - b. Transition skills
 - c. Offensive/defensive skills
 - d. Love for the game - have fun

Coaching Role, Goals and Expectations



Coaching & Staff Roles

Head Coach	Assistant Coach (Bench)	Assistant Coach (Defensive Door)	Assistant Coach (Offensive Door)	Manager
Ultimately accountable to the team	Individual coaching on the bench	Line changes and transition Defensive coaching	Line changes and transition Offensive coaching	RAMP app & Game sheets
Strategist	Line changes	Balancing LH and RH balance on floor	Balancing LH and RH balance on floor	Jerseys & Bench Kits
Game manager	Eyes on the floor to help evolve and adapt in game play	Eyes on the floor to help evolve and adapt in game play	Eyes on the floor to help evolve and adapt in game play	Tournament registration & coordination
Team vision	Vision execution	Vision execution	Vision execution	Team events
Practice Facilitators (Practice plans, game plans, lineups)		On-Floor Support		Support for on floor activities
Motivate/Inspire Cheerlead/Support Discipline Strategy Bystander Intervention Code of Conduct Ambassador Emergency Response (see ERP in the "resources" section)				

SAMPLE PARENT MEETING AGENDA

- Welcome to UXX AB Lacrosse
 - Meet the staff
 - Address coaches kids (if applicable) - No favorites, fair play
- Coaching philosophy
 - On floor and off floor expectations (practice/game philosophy)
 - Player/parent expectations
 - Code of conduct
 - Accountability to the player
 - Coaches expectations (in lay play policy, 24 hour rule, attitudes, etc...)
 - Have a complaint, call 24 hours and we'll talk
 - Encourage your kids to talk to team staff if they have issues
- Season goals
 - On floor results (wins), individual player/personal development
- Schedule
 - 14 games plus playoffs and tournaments (if applicable)
 - Team events (if applicable)
 - Practice schedule
 - Tournament info
 - Please let coaches know if you have game/schedule conflicts
- Communications
 - Introduce the team communication platform (ie: RAMP team app, email)
 - How to stay updated with schedules, changes, and team news
 - Expectations for absent players
- Health/safety (safety is a #1 priority)
 - Make sure we have your child's health information
 - ADIDAS We need to know how we can adjust
 - Special needs/requests
- Player Homework
 - Watch a coaching [video](#) at home (just stick skills)
 - Write out three (3) goals for the season 1 long term
- Q&A

BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.

Parent Meeting Agenda (book 1)

PLAYER CONTRACT

These are not required but you may want to consider it to help the kids be accountable and to give the coaching staff something to manage players to. It's also a great way to reinforce the code of conduct. This is a fun exercise to help you get to know your kids, meet them accountable, and make them feel like a pro. It's important to note these are not binding "contracts" and would have no bearing on a player's ability to play for the team.

Storm Lacrosse - UXX AB Player Agreement

Welcome to the Storm Lacrosse UXX AB team and congratulations on earning your roster spot for the upcoming season. As coaches, we feel it is important to set expectations between the player and the coach so that we are all held accountable to our success and have fun for the season both on and off the floor.

1. Terms of Agreement: This Contract shall commence on May 1, 2023 and shall remain in effect until the conclusion of the lacrosse season on July 30, 2023.

2. Responsibilities of the Player: Player agrees to:

- Work hard at all times, be a good teammate and avoid conflict or resolve conflict with teammates where possible
- Follow all team rules and guidelines regarding conduct and behaviour both on and off the floor
- Maintain satisfactory academic standing at school and notify the coach of school or sport commitments that may affect participation (school always comes first)
- Give their best effort during practices and games, striving for improvement and opportunity at all times
- Respect coaches and parents by not disrupting coaches talks, team talks, practice etc...
- Work hard and have fun!

3. Responsibilities of the Coaches: The coaches agree to:

- Agree to the player terms above - we are all equal in our responsibility to our team and staff
- Foster a positive and inclusive team environment that encourages development and enjoyment of the sport of lacrosse
- Enforce the safety and well-being of all players during practices and games
- Organize practices and team events to give players a good experience
- Communicate any changes to schedules or team policies in a timely manner
- Work hard and have fun!

4. Commitment and Attendance: The Player acknowledges that lacrosse is a team sport and commits to attending all practices, games, and team events to the best of their ability. Player understands that consistent attendance is crucial for the team's success and development.

BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.

Player Agreement (book 1)

Tournaments & Clothing

Tournaments come fast and have limited spots.

Work with your manager to sign up and set parental expectations

- Communicate a **team fee** early
- Suggest one clothing article for kids and parents for team orders
- Suggest one tournament

Team clothing orders will be due April 28, 2025 via your team Manager

New Storm store coming soon...



Tournament	Dates	Location
Apple Cup	June 6-8, 2025	Kingston, NS
Breaker Cup	May 16-18, 2025	Musquodoboit
Riptide Cup	June 20-22, 2025	Saint John NB
Codiac Cup	June 14-16, 2025	Moncton, NB
Ron Huckla	June 6-8, 2025	Fredericton, NB



BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.

Confidential: Storm
Lacrosse Internal Use Only

Coming Soon



1. Practice Plans
2. More diet, nutrition, strength & conditioning content
3. Manager Kits
4. Storm Merchandise Online Store (Canadian sourced)
 - a. Uncommon fit

BETTER PEOPLE. BETTER PLAYERS. BETTER COMMUNITY.

Confidential: Storm
Lacrosse Internal Use Only

**Thank You &
Good Luck!**

