

USATM
LACROSSE



TRYLAX

CLINIC GUIDE AND CURRICULUM

INTRODUCTION

The US Lacrosse TryLax Clinic is designed to provide a fun, positive, and successful first experience with the sport of lacrosse. The goal is for participants who have never formally played lacrosse before to have the best experience possible while learning lacrosse skills and developing the ability, confidence and desire to play more. This is achieved by incorporating the Core Values of the Lacrosse Athlete Development Model into the clinic curriculum.

ABOUT THE LACROSSE ATHLETE DEVELOPMENT MODEL (LADM)



The Lacrosse Athlete Development Model is a framework that incorporates the six Core Values which guide all that we do. The Core Values are:

1. Inclusive and Age-Appropriate—We focus on the development of players while creating a welcoming environment for all. We use games, activities, and guided learning to reflect best practices in physical education and athlete development.
2. Multisport Participation—We encourage athletes to play multiple sports and participate in a variety of physical activities. We encourage rest, want to avoid burnout, and want to decrease the risk of overuse injuries.
3. Fun and Player-Centered—Fun is the #1 reason kids play sports. The experience is about the player and making the experience fun for them. We use games because they're fun teaching tools and create greater engagement and learning for players.
4. Small-Sided and Free Play—We increase participation, creativity, playing, and learning by breaking the field into smaller spaces (stations). There are more opportunities to focus and use the skill being taught.



5. Trained Coaches—Trained coaches provide better experiences for players because they are educated about best practices in teaching and learning for the players.
6. Physical Literacy—We focus on physical literacy because knowing how to move and having the ability to do what one wants with one’s body are the building blocks for athleticism. Dedicating time to focus on this helps participants in developing their lacrosse skills.

WHY IS THIS EXPERIENCE DIFFERENT?

The primary goal for TryLax is to ensure that every participant leaves with the confidence and desire to participate in the sport of lacrosse. While a small amount of introductory skill development will occur at a TryLax clinic, it is a by-product of the overall experience. We hope that this positive experience, especially at an early age level, will create a positive and strong foundation for continued participation later in life.

The TryLax curriculum uses many games and activities (with a lacrosse twist) that ensure ample participation for all participants. Any coaching is done “on the fly” while the participant is active (as opposed to traditional demonstration and repetition models of coaching). It’s OKAY if the participants’ skills are not perfected at this clinic—that is not the purpose. Our goal is to make the clinic as FUN as possible and to have them leave wanting more lacrosse experiences in the future.

CLINIC FORMAT

This clinic utilizes a station-based format, having the players rotate between all stations and experiencing coaching from all members of the camp staff. USL Staff will float to interact with players and provide assistance to the coaches at each station.

Drills are provided for each station at the end of this document. Please feel free to adjust the provided drills as you see fit and as the players needs dictate. Our goal is to make sure all participants have fun, get plenty of “touches,” and improve their individual skills. If we can do that, then we’re doing the right thing at this camp.

SAMPLE SCHEDULE-7 STATIONS, 7 GROUPS

	Skill	Game 1 Progression	Game 2 Progression
Station A	Cradling/Dodging	Across the Pond	Sharks and Minnows
Station B	Physical Literacy	Tic Tac Toe	Pinnie Tag
Station C	Scooping (Ground Balls)	Squirrels and Nuts	Hungry Hippos
Station D	Passing	Pop Toss	Pass It Down
Station E	Catching	Have 1, Need 1	360° Catching
Station F	Shooting	Lock and Load	Longest Shot Game
Station G	Defense	1v1 Forcing Box or Cat and Mouse	Canadian 2v2 or Apache

	10min	10min	10min	3min	10min	10min	3min	10min	10min
Station A	Group 1	Group 7	Group 6	Water Break	Group 5	Group 4	Water Break	Group 3	Group 2
Station B	Group 2	Group 1	Group 7		Group 6	Group 5		Group 4	Group 3
Station C	Group 3	Group 2	Group 1		Group 7	Group 6		Group 5	Group 4
Station D	Group 4	Group 3	Group 2		Group 1	Group 7		Group 6	Group 5
Station E	Group 5	Group 4	Group 3		Group 2	Group 1		Group 7	Group 6
Station F	Group 6	Group 5	Group 4		Group 3	Group 2		Group 1	Group 7
Station G	Group 7	Group 6	Group 5		Group 4	Group 3		Group 2	Group 1

GAMES

For each skill, there are 2-3 games that can be used at the station. Please familiarize yourself with the skill you are teaching as well as the games associated with each skill. If a group is having a lot of fun with one game or a game is not working well with the group use your best judgement about staying with the game or moving on to the next one. You have the latitude to play one game the entire time at your station or use both depending on the needs of your group.

UNIVERSAL PROGRESSIONS

In addition to progressing from one game to the next, you can also use universal progressions for any of the games. The universal progressions (not in any particular order) are: Play the first round of the game without sticks so the participants understand the body movements of the game.

1. Add the sticks to play the game as written/described.
2. Add a pass or shot when appropriate.
3. Use time as competition (i.e. “see if you can do this in __ amount of time” or “see which group can do this the fastest”)
4. Add a defender when appropriate.

Also, feel free to regress a game, or take a step back, if the group is challenged to achieve success in the progression. For example, if adding a pass to a game is too challenging, go back to the game without an added pass.

The game diagrams are below and can also be found, in the Mobile Coach app, and the TryLax Coach Preparation Online Course.

BEST PRACTICES- COACHING STATIONS

1. Be brief—use short directions to get players moving and into the games (Twitter-speak). There is only about 8 minutes for the kids to experience that station.
2. Practice explaining the games before the clinic so that you are confident and concise on the day of the clinic.
3. Don't coach skills—the day is all about learning and discovery.
4. Be prepared and organized—have your station set up before the clinic begins.
5. Have good energy—if you're excited to be there, the kids will be, too. Use positive words of encouragement.
6. Quickly reset your station (if needed) while the groups rotate.
7. Use the provided soft lacrosse balls—not regulation lacrosse balls or Swax Lax Balls—for your station.
8. Have fun, too!

STATION VARIATIONS

1. Most commonly used: Each coach is at an assigned station and the groups rotate to the coaches. With this, coaches teach one station during the entire clinic, only modifying it to be age appropriate. For this variation, only small amounts of equipment are needed at each station because the kids leave the equipment at one station and go to the next where there is equipment waiting for them for the next game.
2. Each age group is assigned to an area of the field for the entire clinic and the coaches rotate to each group to teach each segment. In this, the coach only needs to know one station, but has to be able to pick up and rotate quickly to the next age group to teach the skill. Again, this variation can require a lot of additional equipment.
3. Coaches are assigned to an age group (small groups), stay with that group the entire clinic, and teach that group each game. For this variation a lot of additional equipment is needed so that each group can learn the same skill at the same time.

For additional training on coaching at a TryLax please complete the mandatory TryLax Coach Preparation Online Course found at learning.uslacrosse.org (Go to Course Catalog and search 'TryLax')



SAFE BEHAVIORS FOR COACHING AT TRYLAX



THE RIGHT LACROSSE



AT THE RIGHT TIME



SAFE BEHAVIORS FOR COACHING

Please follow these simple guidelines to ensure a safe environment for the kids at our TryLax® event.

DANGEROUS OR INAPPROPRIATE PARTICIPANT BEHAVIOR

If a child's behavior is dangerous to him/herself or others and he/she is not responsive to correction, alert the site director. Do not use physical force to correct behavior.



PHYSICAL CONTACT

Appropriate physical touch only, such as high fives/fist bumps. Do not hug, grab or lift a child except in the event of an emergency. If physical contact is necessary for helping them perform a skill, ask permission first.



MOBILE/DIGITAL DEVICES

Use of any device with recording capabilities (including cell phones) is prohibited on the field. The taking or posting of pictures or videos of attendees before, during, or after the event are not permitted. This is for authorized personnel only.



LANGUAGE

Use positive, appropriate language at all times and treat everyone with respect. Avoid phrases like, "You're doing it wrong". Provide encouragement and suggestions, not negatives. No cursing, foul language, racial slurs, or slang phrases that could be misinterpreted. No inappropriate gestures or body language.



ONE-ON-ONE INTERACTIONS

Any one on one interactions with a child should be conducted within an observable and interruptible distance of another adult. At no time should an isolated one on one interaction be occurring between a child and an adult (who is not the child's parent or legal guardian). If child needs to be escorted to a location, such as a restroom, it should be done by the child's parent or legal guardian. If the child's parent or legal guardian is not available, a minimum of two adults should escort the child and remain outside.



Under Federal Law and US Lacrosse Policy, any adult participant of a TryLax® event is considered to be a Mandatory Reporter and must immediately report any witnessed or suspected child abuse (including sexual abuse) or neglect to local Law Enforcement and Child Protective Services (CPS). An online US Lacrosse SafeSport Report should also be completed at uslacrosse.org/safesportreport.*. If you are unsure of where to report in your local area, visit the childhelp.org/childhelp-hotline/ or call Childhelp's hotline at 1-800-422-4453.

*Please be aware that completion of the US Lacrosse SafeSport Report does not replace the duty to report to Law Enforcement or Child Protective Services.



GAMES AND ACTIVITIES

LISTING

Also find these activities and more also in Mobile Coach

Skill: Cradling/Dodging

- Cross the Pond
- Sharks and Minnows

Skill: Physical Literacy

- Tic Tac Toe (Relay)
- Pinnie Tag

Skill: Scooping (Ground Balls)

- Squirrels and Nuts
- Hungry Hippos

Skill: Passing (Throwing)

- Pop Toss
- Pass It Down

Skill: Catching

- Have 1, Need 1
- 360° Catching

Skill: Shooting

- Longest Shot Game
- Lock and Load
- Scoop and Shoot

Skill: Defense

- 1v1 Forcing Box or Cat and Mouse
- Canadian 2v2

CROSS THE POND

Appropriate Age Group:	All
Skill(s) Practiced:	Dodging, Cradling, Stick Protection
Drill Duration:	5 Minutes
Resources:	Balls (1 per player), Cones

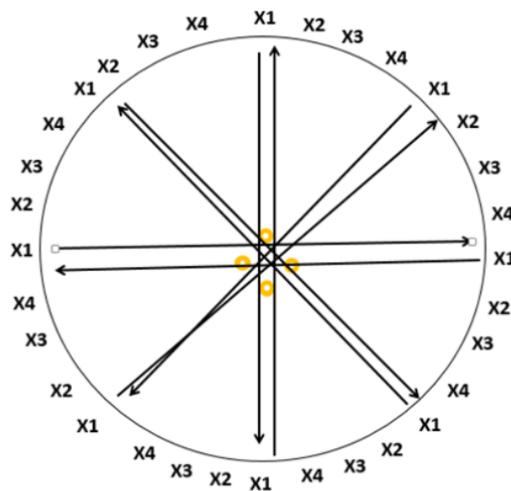
Description:

Count off in 4's (each player will have a number 1, 2, 3 or 4). Line up around the outside of the center circle (pond). Set up a small (2x2) square or circle in the center of the center circle. When their number is called, players have to get to the opposite side of the pond as quickly as possible by going through the small circle in the middle of the pond.

Progression(s):

Call multiple numbers, add a defender or 2 in the middle.

Drill Diagram(s):



Sharks and Minnows

Appropriate Age Group: 5-12

Skill(s) Practiced: Dodging, Stick Protection, Cradling

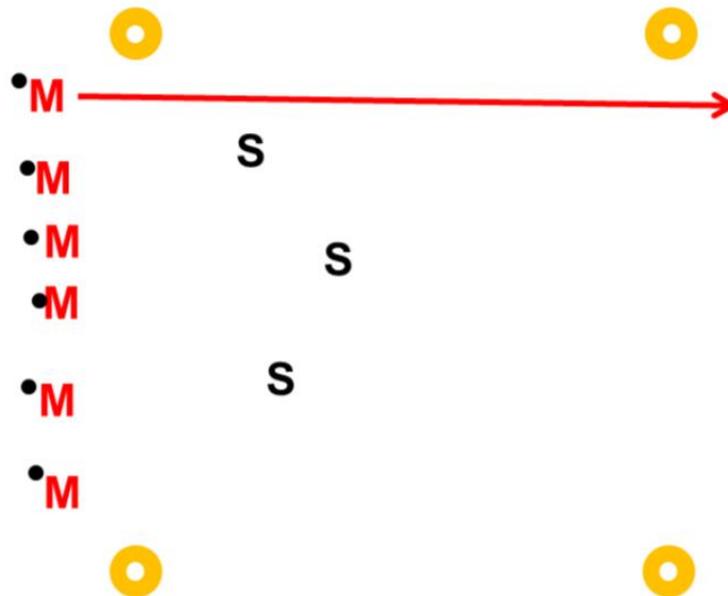
Drill Duration: 5 minutes

Resources: 1 ball per minnow, cones

Description: Players are divided up into two groups of either sharks or minnows. There are half as many sharks as there are minnows to start. All of the minnows have a stick and ball. The sharks only have a stick. On the whistle, the minnows must pass through the sharks and get to the other side of the "pond". If they lose their ball they become a shark. Play until all minnows are gone.

Progression(s): Alternate which hand is used to hold the ball.

Drill Diagram:



Tic, Tac, Toe Relays

Appropriate Age Group: 5-19

Skill(s) Practiced: Fundamental Athletic Skills

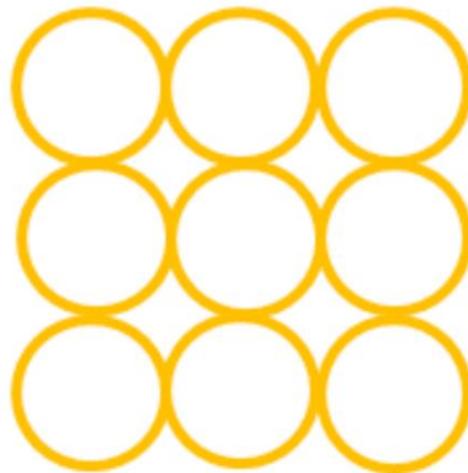
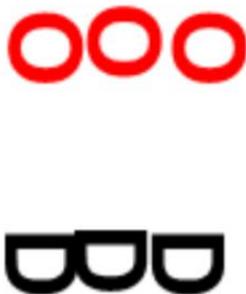
Drill Duration: 5-10 minutes

Resources: Hula Hoops, Bean Bags, Cones

Description: Players are divided into two teams, of no more than 3. They will sprint a set distance (variable based on age of athlete) to a tic,tac,Toe board set with hula-hoops. In a relay race, players will each drop a bean bag into a space, trying to gain three in a row. If a stalemate is reached, players may move only their bags.

Progression(s): Vary the distance. Allow "boxing-out" to prevent one team from taking a space. Add bean-bags for each team.

Drill Diagram(s):



Pinnie Tag

Appropriate Age Group: 5-15

Skill(s) Practiced: Dodging, Stick Protection, Agility

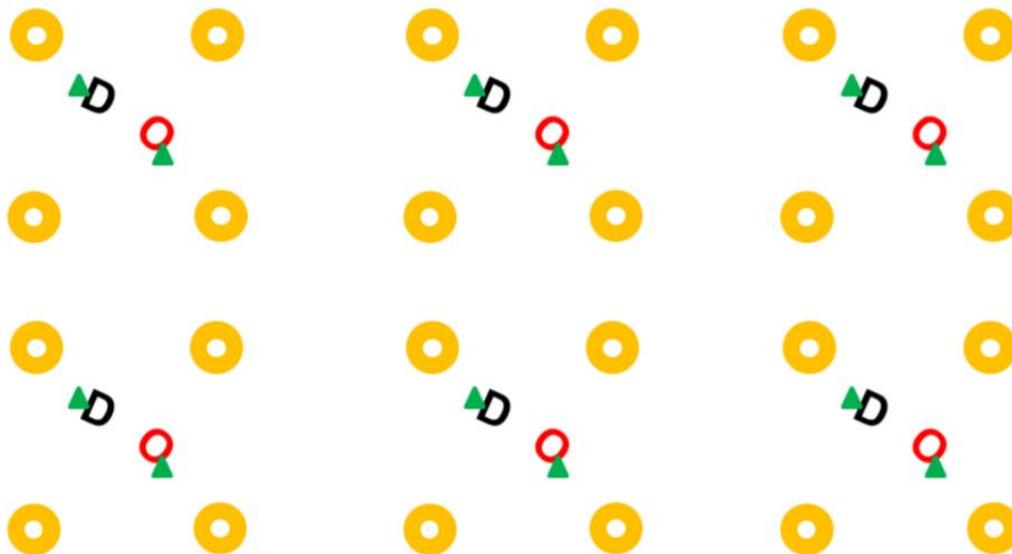
Drill Duration: 5 minutes

Resources: 1 Pinnie or Flag per player

Description: Players are divided up into pairs by the coach and placed in a 5yd by 5yd box made of cones. Each partner will tuck a pinnie or flag into their waistband. On the coach's whistle, they must try to take their partners pinnie. If they succeed, they get one point, give it back and restart the game.

Progression(s): Add a stick and have the opponent try to touch it. Hold a ball in their open palm to work on cradling motion. Keep one foot as a pivot only foot.

Drill Diagram:



Squirrels and Nuts

Appropriate Age Group: 6-10

Skill(s) Practiced: Scooping a lacrosse ball, Movement

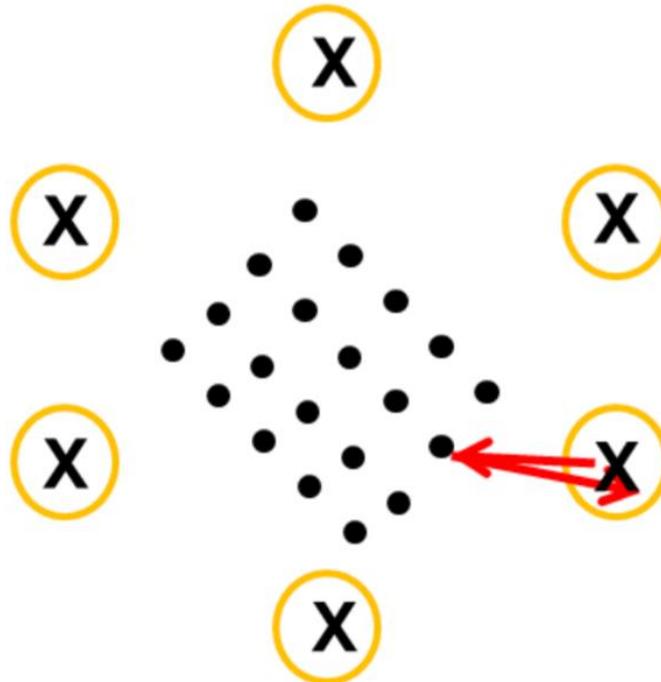
Drill Duration: 5 minutes

Resources: 3-4 balls per child, hula hoops

Description: The coach will scatter balls all over the field. Players start at their "Nest" (a hula hoop) and on the coach's whistle run to a ball and pick it up while on the move. They then run back to their "Nest" and drop it in. Players continue picking up balls until the field is cleared. They should be trying to get as many balls as possible into their "Nest."

Progression(s): Add a stick to the teach scooping mechanics

Drill Diagram:



Hungry Hippos (Progression 1)

Appropriate Age Group: 8-15

Skill(s) Practiced: Scooping, Dodging, Shooting

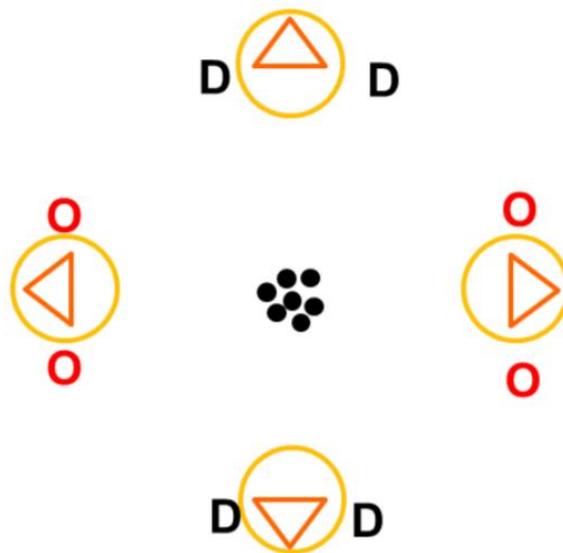
Drill Duration: 5 minutes

Resources: Multiple balls, Multiple cones

Description: Set up field as shown. On the whistle, players will run into middle from their goal, scoop a ground ball, return and shoot it into their respective goal. After 1 minute, stop and see which "team" has the most balls in their goal.

Progression(s): Alternate top hands on the stick. Adjust the spacing based on ability level of players. Allow stick checking or other age appropriate defensive tactics. Have players complete a pass to their teammate before a shot is permitted.

Drill Diagram:



Hungry Hippos

Appropriate Age Group: 6-10

Skill(s) Practiced: Scooping, Shooting, Dodging

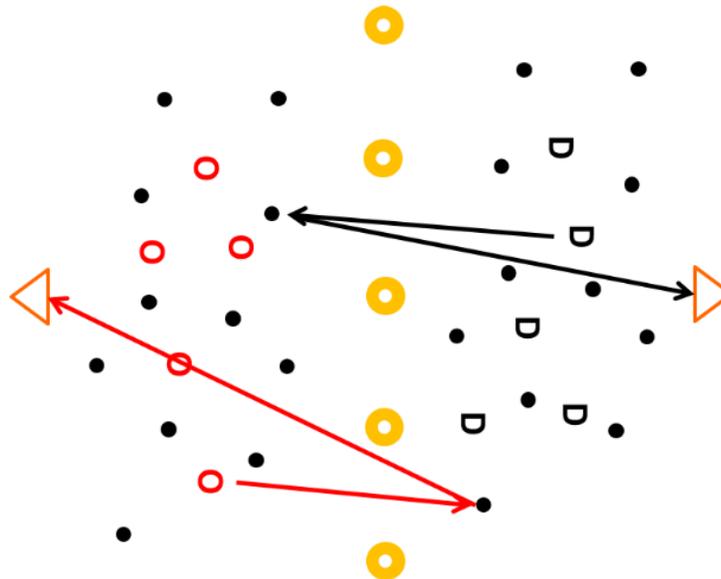
Drill Duration: 5 minutes

Resources: 3-4 ball per child, cones, goal(s)

Description: Players are divided into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls on each half of the field. On the whistle, players run around, scoop a ball on the other side, run back and shoot it into their goal. Players must chase any missed shots and shoot it again into their goal. Go until all balls are cleared from each side.

Progression(s): Switch top hand on the stick. Divide into additional teams with less players per team. Add a box players must run through and dodge a coach

Drill Diagram:



POP TOSS

This is an individual activity where players hold the stick with a ball on their dominant side with their dominant hand holding the stick mid-shaft. Have them work on popping the ball with one hand out of the stick and then catch it underhand. Once they have mastered an underhand toss, have them move to holding the stick over their shoulder and popping the ball up from over their shoulder. Start with a short toss, have them try to pop it up higher, or see how many in a row. Progress to making up stick tricks with a pop toss.

PASS IT DOWN

Appropriate Age Group: 5-8

Skill(s) Practiced: Pass, Catch, Shoot, Scoop

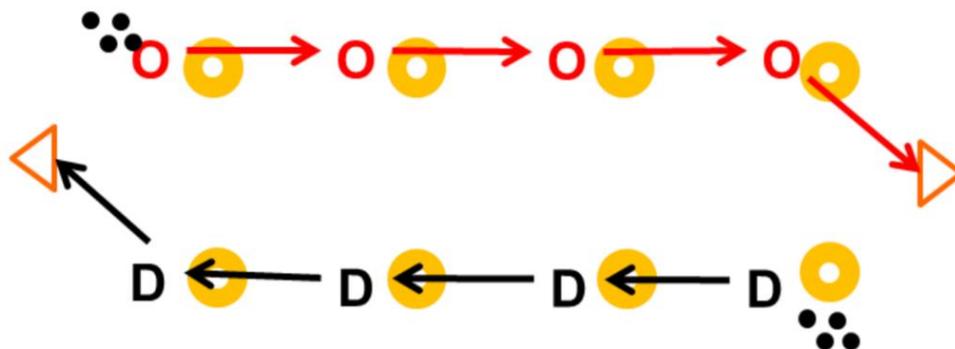
Drill Duration: 5 minutes

Resources: Goals, sticks, balls

Description: Players are divided into two teams. Each team spreads out evenly along one side of the field. The coach places an equal amount of balls on the ground at the first person in each line, starting at opposite ends of the field. On the whistle, the players will begin passing a ball down the line of their teammates, with the last player in line shooting it into the goal.

Progression(s): Roll ground balls. Alternate top hand used on the stick. Turn away from pressure before passing.

Drill Diagram:



Have 1, Need 1

Appropriate Age Group: 6-9

Skill(s) Practiced: Catching, Throwing, Movement

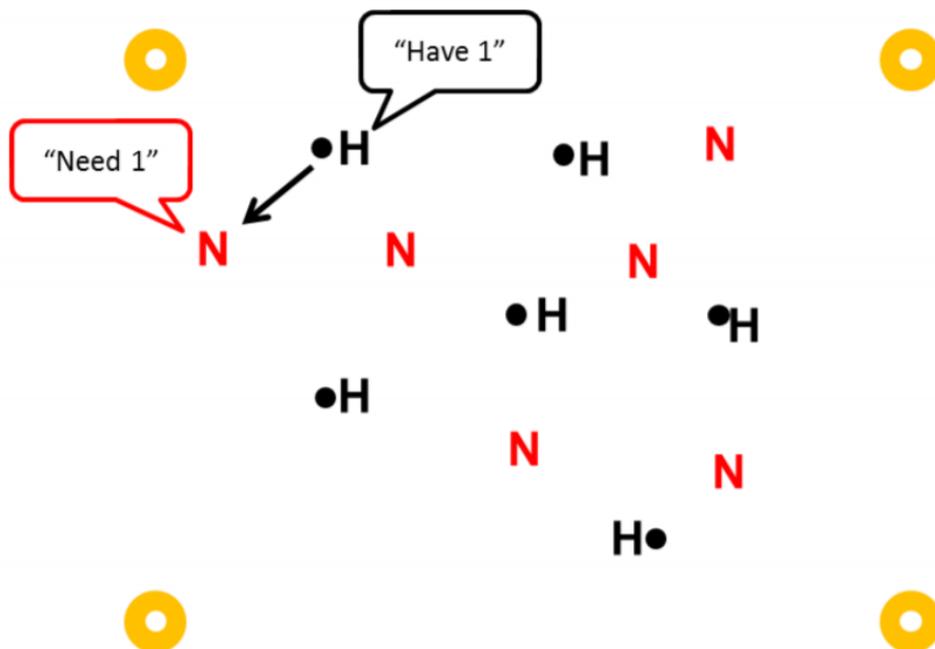
Drill Duration: 5 minutes

Resources: Less balls than children participating

Description: Scatter balls all over the field. On the coaches whistle, the players will run out and scoop a ball. Those that get a ball will call out "Have one!" those players that do not have a ball will call out "Need 1!" When a "Have one" hears "Need one" they will pass or roll a ball to the need one, then they call out "Need one." This continues for several minutes.

Progression(s): Switch top hand on the stick.

Drill Diagram:



LONGEST SHOT GAME

DRILL SPECS:

Drill Theme: Passing
Field Location: Anywhere
Time Needed: 5-10 Min

Drill Style: Game
Field Position: All
Skill Level: Basic, can be progressed

OBJECTIVE:

This objective of this simple game is to help players to be able to understand the concept of extending their arms away from their bodies in order to learn proper passing form, in a fun, athlete-development aligned manner. We recommend asking players, "Can you try to reach the goal in the air, or with one bounce." By using guided learning, the players will work to figure out the best way to use their body and stick to accomplish the goal.

DRILL DESCRIPTION:

- Have each player stand with a ball at varying distances to a fixed target.
- Each player will work to achieve the goal set by their Coach during the guided learning phase.

DRILL PROGRESSIONS:

By increasing the distance to the goal, Coaches can identify and correct any technical issues their players may be experiencing. This game can also be progressed to have a competitive, fun time with older players.

Introduce space (distance) and time constraints to progress the game and to control the pace of the activity. Keep score and/or play to a desired number of repetitions to promote competition.

Lock And Load

Appropriate Age Group: All

Skill(s) Practiced: Shooting, Throwing

Drill Duration: 5 Minutes

Resources: Goal, Balls (4 – 6 per player)

Description: Groups of 2. One Player is down on her right knee with her left knee up. Stick in her right hand extended up and back in a prep shooting motion. Second player drops a ball into the stick of Player #1. Player shoots into the cage by coming across her body and finishing with the entire stick on the outside of her left knee.

Progression(s): Switch to left side, shoot to specific spots in cage, stand up, shoot from a ground ball

Scoop and Shoot

Appropriate Age Group: 8-15

Skill(s) Practiced: Scooping, Rolling, Carrying, Shooting

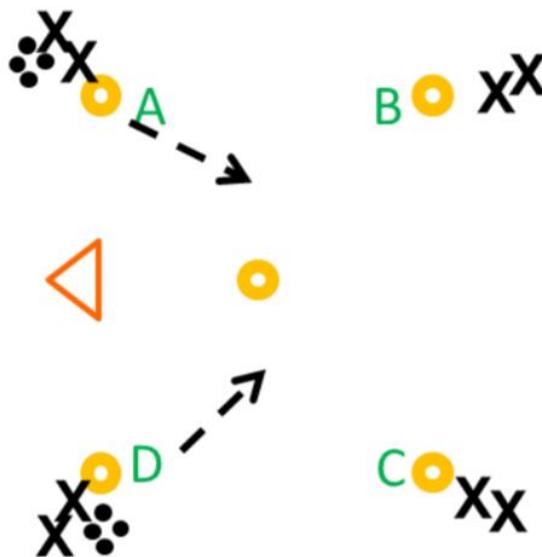
Drill Duration: 5 minutes

Resources: Multiple balls, Cones, Goal

Description: Set up 5 cones in a 15x15yd. box as shown. Line A will roll a groundball towards the center cone for Line B. Player from Line B will scoop the loose ball, take 1-3 steps and shoot it on goal. Lines D and C are doing the same thing on their side of the goal. Players rotate lines in a clockwise motion to keep the drill moving.

Progression(s): Alternate top hands on the stick. Adjust the size of the box based on ability level of players. Change which line is rolling the ball and which line is receiving the loose ball.

Drill Diagram:



360° DEGREE CATCHING

Appropriate Age Group:	5-15
Skill(s) Practiced:	Ball Movement, Strong and Weak Hand Play, Feeding
Drill Duration:	10 Minutes
Resources:	Balls, Cones (If no circle is available) Scale as needed based on ability and level of challenge desired.

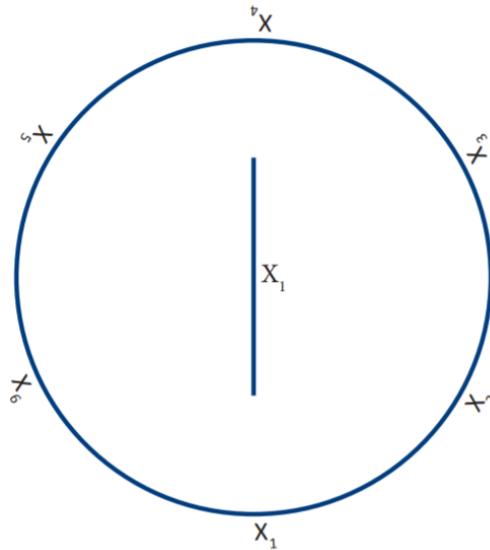
Description:

Place 6 players around the center circle evenly spread out. One player stands in the middle of the circle with the ball. She passes the ball to each player in the circle, without moving her feet. The players in the circle catch the ball and pass it back to the player in the middle, who catches the ball without moving her feet. Once the player in the middle has passed to each player, a player on the outside of the circle replaces the middle player. The drill continues until every player has had a turn in the middle.

Progression(s):

As the players improve, have them play the game with two balls. This challenges them to concentrate and use their peripheral vision.

Drill Diagram(s):



Forcing Box

Appropriate Age Group: 7-15

Skill(s) Practiced: Dodging, 1v1 Defense

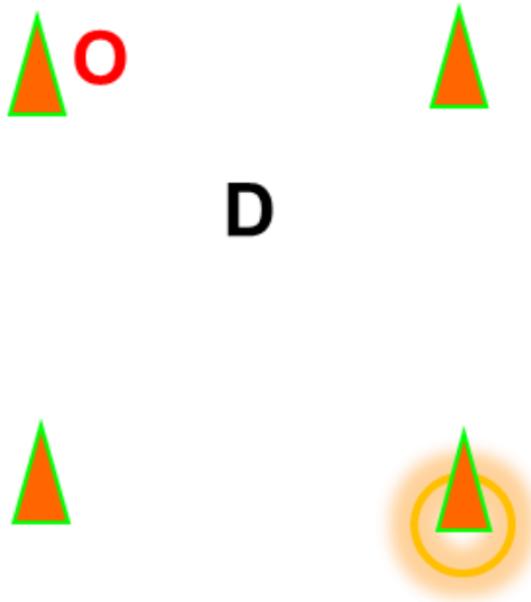
Drill Duration: 5 minutes

Resources: Cones, Sticks, Balls

Description: Set up several 5yd x 5yd boxes around the practice area. There should be enough that there are no more than 5 athletes per box. One player (defender) will step into the center of the box, while the remaining players form a single line at one cone. The player in the middle must keep the first player (dodger) in line from getting to the diagonal cone.

Progression(s): Add sticks and balls. Give defender a noodle to play defense with. Switch top hand on the stick.

Drill Diagram:



Cat and Mouse

Age Group: 6-11

Skill(s) Practiced: 1v1 Defense

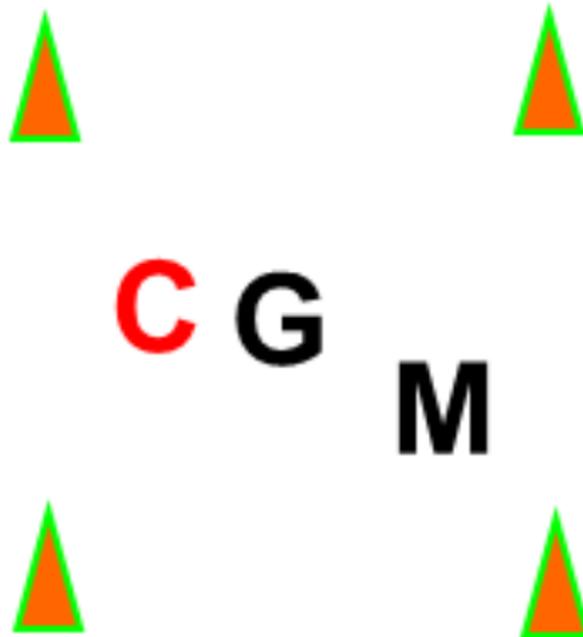
Drill Duration: 5 minutes

Resources: 4 Cones

Description: Coach sets up a 4 cone 5yd x 5yd box. 3 players are in each box. 1 is the Cat, 1 is the mouse, and 1 is the "grandpa" protecting the mouse from the cat by staying in front of the cat at all times. If the cat tags the mouse, then the three switch roles and play again. Drill until each athlete has been in all three roles 2x.

Progression(s): Change size of box. Add more cats, mice, and/or grandpa's.

Drill Diagram:



Canadian 2v2's

Appropriate Age Group: 10-18

Skill(s) Practiced: 2v2 Offense, 2v2 Defense

Drill Duration: 5-7 minutes

Resources: Balls, Cones, Goal

Description: 2 offense (O) and 2 defense (D) players will start paired up behind the goal. On the whistle, they will compete for the loose ball and the winner will attack the goal, while the loser tries to defend the goal.

Progression(s): Adjust the spacing for the skill level of the players. Add supporting offense and or defense players. Require passes if additional players are added. Move players around the field. Have D clear the ball if they win the loose ball.

Drill Diagram:

