



CENTRE WELLINGTON

Minor Lacrosse Association

# PLAYER DEVELOPMENT PROGRAM

Boys Rep Box Lacrosse

## **Purpose of this document**

This document is a framework for developing lacrosse skills and knowledge for the Centre Wellington boy's box program.

The development template is a basic roadmap for a common strategic team system for the development of our players at all age levels.

This document has been developed by coaches of the Mohawk Lacrosse organization. Coaches should use this guide as a reference to ensure that all Mohawk players and teams are taught required skills to progress through our minor system.

## **Developing the organization**

- Paperweight and Tyke - Engagement
- Tyke and Novice - Skill development (basic fundamentals)
- Novice and Peewee - Skill development (fundamentals of the sport)
- Peewee and Bantam - Enhanced development (how to play the game)
- Bantam and Midget - Prepare the mind and body (Learn how to win)

### *Philosophy of the Centre Wellington system*

1. *Learn the basic fundamentals of the game*
2. *Learn how to play the game*
3. *Learn how to win*

## **Success Factors**

- Coach's need to commit more than just regular time – watch other practices, games, don't work in silos
- Focus on common fundamentals
- Focus on goalkeeper development program
- Full buy-in from coaching staffs
- Annual Centre Wellington coaching clinic

## **Responsibility of the Organization**

- Communicate expectations to all coaches during annual interviews
- Commitment to player, goalkeeper and coaching development

## **Responsibility of the Coach's Mentors**

- Attend practices, watch and provide feedback and suggestions
- Attend games, scout, and watch and provide feedback and suggestions.
- Attend tournaments, scouting and provide support
- Help teach systems, special teams, strategies and assist in developing seasonal and practice plans

## **Responsibility of the Coach**

- Teach and focus on all development aspects of each age group
- Developing seasonal goals and individual practice plans
- Use the mentoring program to help reach goals

# **PLAYER DEVELOPMENT**

This guide is structured for development of each age group in the areas of individual skills, offensive and defensive team play, game awareness and goalkeeper development.

Centre Wellington minor Mohawks will all play, learn and develop similar team fundamentals, this framework applies to all teams at various levels.

Teach the basics early and progress through each level. The organization is responsible to implement a system; the coaching staff is responsible to drive it.

The coaching staff teaches the basic system set down from the organization. Developing special teams and specific game strategies is at the discretion of the coaching staff.

## **Development fundamentals of the Centre Wellington System**

### **Individual Skills**

- Skilled passing, catching and shooting
- Aggressive loose ball mentality
- Every drill at full speed
- No standing around the perimeter on offence (move-move-move)
- Last man up the floor never has the ball
- Move the ball up the floor (make the ball do the work)
- Run on and off the floor at full speed

### **Offensive Team Play**

- Keep the ball away from the bench when changing
- Work the ball from the corners in offensive zone
- No players on the top, work from right and left sides
- Work off-ball side harder
- Work to get inside the RED zone (dotted circle)
- Pick plays as team concept

### **Defensive Team Play**

- Protect our house
- Pressure defense on ball side with man on man
- Help defense
- Press strategy as team concept

# TYKE

## Individual Skills

### *Introduce*

- Main focus on basic skills (pickup, pass, catch and shooting)
- Pickup – master the basic scoop pick up (stationary and on the run)
- Passing – focus on hitting the target, overhand only, no stick twirling)
- Catching – focus on catching without twirling the stick and ball popping out
- Shooting – pick corners, bounce shots, shooting harder
- Checking – positioning and movement of feet
- Throwing and catching on the run
- Two hands on the stick at all times

## Offensive Team Play

### *Introduce*

- Line changes – responsibility of players coming onto floor
- Floor balance and positioning
- Loose ball situation and reaction
- Draw situations and reactions
- Give and go to create offensive opportunities
- Motion offense (everyone moving to generate openings)
- Goalkeeper initiation breakout patterns
- Offensive terminology
- Concept of prime scoring area

## Defensive Team Play

### *Introduce*

- Floor orientation (areas to protect, individual responsibilities)
- Basic cross checking principles
- Loose ball situations and reaction
- Loose ball situations and how to react
- Defending 2 on 1 and 3 on 2 situations
- Special team defensive strategies (power play and short man)

## Game Awareness

- Introduce basic rules of the game
- Introduce floor orientation (what side of floor on offense and defense)

## Goalkeepers

- Standing tall in the net
- Moving and running in equipment
- How to hand off ball to players
- Understanding the responsibility of the goalkeeper

# **NOVICE**

## Individual Skills

### *Further develop*

- Shooting – pick corners, bounce shots, shooting harder
- Checking – improved positioning and movement of feet
- Throwing and catching on the run
- Two hands on the stick at all times

### *Introduce*

- Effective face off techniques
- Aggressive loose ball recovery
- “Off ball” play – finding open floor on offense
- “Defensive chase” – lane take-a-way and steering to outside

## Offensive Team Play

### *Further develop*

- Line changes – responsibility of players coming onto floor
- Floor balance and positioning
- Loose ball situation and reaction
- Draw situations and reactions
- Give and go to create offensive opportunities
- Motion offense (everyone moving to generate openings)
- Goalkeeper initiation breakout patterns
- Offensive terminology
- Concept of prime scoring area

### *Introduce*

- Basic pick play
- Keeping ball away from bench
- Short pass break out pattern
- 2 on 1 and 3 on 2 situations
- Special team offensive strategies (power play and short man)
- One on one concept
- Reacting to defensive set up
- Pressing the ball on transition (different variations from one man to full press)

## Defensive Team Play

### *Further develop*

- Defending of pick plays
- Loose ball situations and how to react
- Defending 2 on 1 and 3 on 2 fast break situations
- Special team defensive strategies (power play and short man)

### *Introduce*

- Defending the 4 on 3 and 5 on 5 fast break situations
- Responsibility and pride on team defense (protect “our house”)
- Man on man on ball side – zone off ball side

## Game Awareness

- 30 second shot clock (fundamentals)
- Further develop rules of the game
- Floor orientation (what side of floor on offense and defense)

## Goalkeepers

### *Further develop*

- Standing tall in the net
- Moving and running in equipment
- How to hand off ball to players
- Understanding the responsibility of the goalkeeper

### *Introduce*

- Starting a break out (pass forward to begin movement up the floor)
- Playing angles
- Stepping out to reduce openings
- Knowing when to come out to play the ball
- Recognizing how to react to delayed penalties

# **PEEWEE**

## **Individual Skills**

### *Refine*

- Shooting – pick corners, bounce shots, shooting harder
- Checking – improved positioning and movement of feed
- Throwing and catching on the run
- Two hands on the stick at all times

### *Further develop*

- Passing, catching, shooting on the run
- One on one individual offense
- One on one individual checking
- Effective face off techniques
- Aggressive loose ball recovery
- “Off ball” play – finding open floor on offense
- “Defensive chase” – lane take-a-way and steering to outside

### *Introduce*

- Drills under pressure and at speed
- Quick stick passing and catching
- Close in shooting (across crease, faking, cutting through middle)
- Far out shooting (hard, around and through screens)
- Foot speed and hand eye coordination
- Pre practice and pre game stretching and warm up

## **Offensive Team Play**

### *Refine*

- Line changes – responsibility of players coming onto floor
- Floor balance and positioning
- Loose ball situation and reaction
- Draw situations and reactions
- Give and go to create offensive opportunities
- Motion offense (everyone moving to generate openings)
- Goalkeeper initiation breakout patterns
- Offensive terminology
- Concept of prime scoring area

### *Further develop*

- Basic pick play
- Keeping ball away from bench
- Short pass break out pattern
- 2 on 1 and 3 on 2 situations
- Special team offensive strategies (power play and short man)
- One on one concept
- Reacting to defensive set up
- Pressing the ball on transition (different variations from one man to full press)

### *Introduce*

- Pick play as team concept
- Ball side pick and roll
- Weak side cutting to net
- Off ball pick to get open
- 4 on 3 situations
- One on one as team concept ( keeping your man busy while a teammate goes one on one)
- How to beat a full court press
- Working the ball from the offensive corners
- How to beat a zone defense

### Defensive Team Play

#### *Refine*

- Defending of pick plays
- Loose ball situations and how to react
- Defending 2 on 1 and 3 on 2 fast break situations
- Special team defensive strategies (power play and short man)

#### *Further develop*

- Defending the 4 on 3 and 5 on 5 fast break situations
- Responsibility and pride on team defense (protect "our house")
- Man on man on ball side – zone off ball side

#### *Introduce*

- "Help" defense (knowing when to back up a teammate)
- Defending the "give and go"
- Defending the pick
- Philosophy of protecting your goalkeeper
- Communicating as a unit
- "Matching up" man to man

### Game Awareness

- Situation play (ahead, behind, end of period, end of game, score vs time)
- Game situations (5 on 3, 3 on 5, 6 on 5, 5 on 6, empty net)
- Time outs, long stoppages in play, end of period breaks
- Strong ball side vs weak side offense
- Managing the 30 second clock



## Goalkeepers

### *Further develop*

- Starting a break out (pass forward to begin movement up the floor)
- Playing angles
- Stepping out to reduce openings
- Knowing when to come out to play the ball
- Recognizing how to react to delayed penalties

### *Introduce*

- Passing to man on the run
- Throwing to centre floor
- Recognizing fakes
- Recognizing opponent's tendencies

# **BANTAM**

## Individual Skills

### *Refine*

- Passing, catching, shooting on the run
- One on one individual offense
- One on one individual checking
- Effective face off techniques
- Aggressive loose ball recovery
- "Off ball" play – finding open floor on offense
- "Defensive chase" – lane take-a-way and steering to outside

### *Further develop*

- Drills under pressure and at speed
- Quick stick passing and catching
- Close in shooting (across crease, faking, cutting through middle)
- Far out shooting (hard, around and through screens)
- Foot speed and hand eye coordination
- Pre practice and pre game stretching and warm up

### *Introduce*

- Drills at faster speed
- Drills on the move at all times
- Dry land training concept
- More complex drills
- Developing the mind (how to be winners)

## Offensive Team Play

### *Refine*

- Basic pick play
- Keeping ball away from bench
- Short pass break out pattern
- 2 on 1 and 3 on 2 situations
- Special team offensive strategies (power play and short man)
- One on one concept
- Reacting to defensive set up
- Pressing the ball on transition (different variations from one man to full press)

### *Further develop*

- Pick play as team concept
- Ball side pick and roll
- Weak side cutting to net
- Off ball pick to get open
- 4 on 3 situations
- One on one as team concept ( keeping your man busy while a teammate goes one on one)
- How to beat a full court press
- Working the ball from the offensive corners
- How to beat a zone defense

### *Introduce*

- Recognizing opponent's defensive set up (zone or man on man)
- The line change as an offensive tactic
- Freelance offense action by reacting to defense
- Players taking on specific roles (face off, short man, power play offense/defense)
- Quick decision making during odd man situations (transition situations)
- Ball control tactics for specific game situations
- Specific strategy situations (need a goal, hold a lead, goalkeeper out, last 5 minutes)

### Defensive Team Play

#### *Refine*

- Defending of pick plays
- Loose ball situations and how to react
- Defending 2 on 1 and 3 on 2 fast break situations
- Special team defensive strategies (power play and short man)
- Defending the 4 on 3 and 5 on 5 fast break situations
- Responsibility and pride on team defense (protect "our house")
- Man on man on ball side – zone off ball side

#### *Further develop*

- "Help" defense (knowing when to back up a teammate)
- Defending the "give and go"
- Defending the pick
- Philosophy of protecting your goalkeeper
- Communicating as a unit
- "Matching up" man to man

#### *Introduce*

- "Help defense" as part of team concept
- Team alignment on draws and appropriate reactions
- Aggressive attack plan for loose balls ("We get every loose ball")
- "Pressure Defense" (pushing ball carrier to boards and doubling the ball)

### Game Awareness

#### *Further develop*

- Situation play (ahead, behind, end of period, end of game, score vs time)
- Game situations (5 on 3, 3 on 5, 6 on 5, 5 on 6, empty net)
- Time outs, long stoppages in play, end of period breaks
- Strong ball side vs weak side offense
- Managing the 30 second clock

#### *Introduce*

- Break out without hesitation (gaining the offensive zone)
- Transitioning on both ends of the floor
- Looking for fast break opportunities
- Adapting to opponents strengths, weaknesses and system
- Game sense (slowing down, speeding up a game, force our style)
- Strategies for specific opponents
- Learning from past games

## Goalkeepers

### *Refine*

- Starting a break out (pass forward to begin movement up the floor)
- Playing angles
- Stepping out to reduce openings
- Knowing when to come out to play the ball
- Recognizing how to react to delayed penalties

### *Further develop*

- Passing to man on the run
- Throwing to centre floor
- Recognizing fakes
- Recognizing opponent's tendencies

### *Introduce*

- Throwing break away passes
- Controlling emotions
- Adapting to certain situations
- Play loose balls on power play
- When to play the ball during a game

# **MIDGET**

## Individual Skills

### *Refine*

- Passing, catching, shooting on the run
- One on one individual offense
- One on one individual checking
- Effective face off techniques
- Aggressive loose ball recovery
- "Off ball" play – finding open floor on offense
- "Defensive chase" – lane take-a-way and steering to outside
- Drills under pressure and at speed
- Quick stick passing and catching
- Close in shooting (across crease, faking, cutting through middle)
- Far out shooting (hard, around and through screens)
- Foot speed and hand eye coordination
- Pre practice and pre game stretching and warm up

### *Further develop*

- Drills at faster speed
- Drills on the move at all times
- Dry land training concept
- More complex drills
- Developing the mind (how to be winners)

### *Introduce*

- Personal preparation before practicing and playing games
- Personal training targeting lacrosse skills
- Practicing without coach's guidance
- Winning is in the mind
- The game of lacrosse after leaving the minor system

## Offensive Team Play

### *Refine*

- Basic pick play
- Keeping ball away from bench
- Short pass break out pattern
- 2 on 1 and 3 on 2 situations
- Special team offensive strategies (power play and short man)
- One on one concept
- Reacting to defensive set up
- Pressing the ball on transition (different variations from one man to full press)
- Pick play as team concept
- Ball side pick and roll
- Weak side cutting to net
- Off ball pick to get open
- 4 on 3 situations
- One on one as team concept ( keeping your man busy while a teammate goes one on one)
- How to beat a full court press
- Working the ball from the offensive corners
- How to beat a zone defense

### *Further develop*

- Recognizing opponent's defensive set up (zone or man on man)
- The line change as an offensive tactic
- Freelance offense action by reacting to defense
- Players taking on specific roles (face off, short man, power play offense/defense)
- Quick decision making during odd man situations (transition situations)
- Ball control tactics for specific game situations
- Specific strategy situations (need a goal, hold a lead, goalkeeper out, last 5 minutes)

### *Introduce*

- Using the bench doors as an offensive tactic
- Playing specific offensive roles
- Double pick play
- Swinging the ball as part of team concept
- Learning specific offensive plays

## Defensive Team Play

### *Refine*

- Defending of pick plays
- Loose ball situations and how to react
- Defending 2 on 1 and 3 on 2 fast break situations
- Special team defensive strategies (power play and short man)
- Defending the 4 on 3 and 5 on 5 fast break situations
- Responsibility and pride on team defense (protect "our house")
- Man on man on ball side – zone off ball side
- "Help" defense (knowing when to back up a teammate)
- Defending the "give and go"
- Defending the pick
- Philosophy of protecting your goalkeeper
- Communicating as a unit
- "Matching up" man to man

### *Further develop*

- "Help defense" as part of team concept
- Team alignment on draws and appropriate reactions
- Aggressive attack plan for loose balls ("We get every loose ball")
- "Pressure Defense" (pushing ball carrier to boards and doubling the ball)

### *Introduce*

- Using the bench doors as a defensive tactic
- Playing specific defensive roles
- Identifying specific offensive opponents for special coverage

## Game Awareness

### *Refine*

- Situation play (ahead, behind, end of period, end of game, score vs time)
- Game situations (5 on 3, 3 on 5, 6 on 5, 5 on 6, empty net)
- Time outs, long stoppages in play, end of period breaks
- Strong ball side vs weak side offense
- Managing the 30 second clock

### *Further develop*

- Break out without hesitation (gaining the offensive zone)
- Transitioning on both ends of the floor
- Looking for fast break opportunities
- Adapting to opponents strengths, weaknesses and system
- Game sense (slowing down, speeding up a game, force our style)
- Strategies for specific opponents
- Learning from past games

### *Introduce*

- Offense-Defense strategy
- The importance of transition
- 6 on 5 as an offensive strategy
- Defending against an offense-defense strategy

## Goalkeepers

### *Refine*

- Starting a break out (pass forward to begin movement up the floor)
- Playing angles
- Stepping out to reduce openings
- Knowing when to come out to play the ball
- Recognizing how to react to delayed penalties
- Passing to man on the run
- Throwing to centre floor
- Recognizing fakes
- Recognizing opponent's tendencies

### *Further develop*

- Throwing break away passes
- Controlling emotions
- Adapting to certain situations
- Play loose balls on power play
- When to play the ball during a game