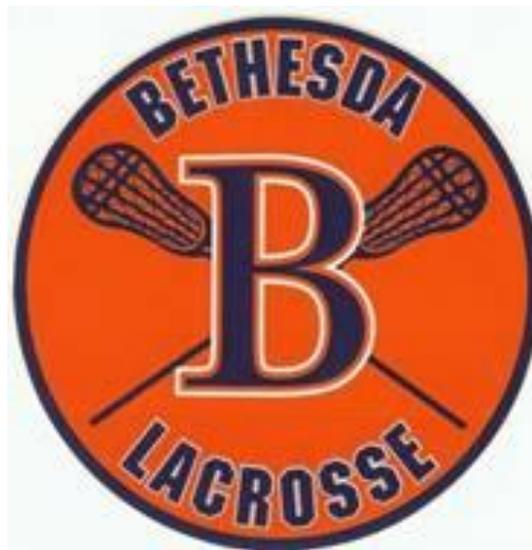


COACHING MANUAL – BOYS SPRING 2018



Bethesda Lacrosse Association



Bethesda Lacrosse Association

BETHESDA LACROSSE COACHING MANUAL - BOYS



INTRODUCTION

MISSION STATEMENT, EXPECTATIONS & COACHING REMINDERS

Bethesda Lacrosse Mission Statement

Bethesda Lacrosse Association is a non-profit 501 (c) (3) organization established in 1989 to provide an outstanding opportunity for players, ages 5-15, to learn and play lacrosse. Our objective is to accommodate as many recreational players as possible. Our goal is to give our community youth a great lacrosse experience including life-long lessons of sportsmanship, teamwork, and leadership.

Thank you!

Before we get any further – we want to thank you, our coaches, for your help this season! Our coaches are our most important assets! Thank you for your time, effort and dedication to the players in this program. We would not be where we are today without great people like you. Thank you, thank you, thank you for EVERYTHING you do to make this season a great experience for all players!

Purpose of the Manual –

To provide you with tools to help you succeed as a coach/teacher. This is a living/working document so please feel free to let us know if you want to see anything different in here to help you as a coach.

We have goals set out for the season (see goals section) and this league. How are we going to accomplish those goals? EXCELLENT COACHING that:

- Focuses on teaching and the fundamentals of the game to make each player better at all times
 - Coach them at every opportunity (you do not want them to take plays off...!)
 - No standing still – players should be working and moving all the time while practicing
- Instills the ideals of a good sportsman, leader and teammate to mold the players into young adults
 - Represent Bethesda Lacrosse in the proper manner
 - Respect for the game, players, parents, teammates, opponents, referees, others
- Follows the mission statement above with respect to the vision of the program
 - Fundamentals and skill work
 - A place for everyone to play this great game
 - FUN!



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Coaching Expectations and Teaching Reminders – you are a role model to your kids and a teacher of the sport. Coaching youth players involves competing and the development of character in young people. The kids will follow your example so keep that in mind with your actions and words.

These characteristics are essential to the development of a player's individual/team skills:

- Energy and Enthusiasm – the more excited you get for practices and games – the kids will feed off of that
- Get to know your players and parents (tape on their helmets and an icebreaker game at the first practice is encouraged so your players get to know each other as well)
- Be “present” and on time
- Appropriate language
- Get the most out of your time together with a plan of attack for practice (this manual is meant to help with that)
- HAVE FUN! If you are having fun out there – the kids will have fun!

Verbal and Non-Verbal Communication

Verbal Communication - Your goal should be to have every player walking away from practices or games excited to return to the field! To promote and maintain a positive atmosphere, verbally communicate to your players in such a way that you:

- Are positive and honest
- Speak clearly and simply
- Are consistent

Non-Verbal Communication – actions communicate more than words to your players. Our non-verbal communication is often the area we are least aware of so be cognizant of your mannerisms towards the players during games/practices.

- Present a positive attitude and your players will emulate that
- Do not express frustration and disappointment by shaking your head, throwing a stick, shaking your fist etc... or your players will emulate that behavior and develop negative attitudes

Teaching Techniques – All coaches should teach the skills and develop drills in a progression from simple to complex (age appropriate). Players should: practice the skill alone, add moderate pressure and then go live or add competition.

- Have the player perform a skill repeatedly by themselves
- Have the players do the skill with a partner or small group (helps to watch others do the skill)
- Introduce a passive opposition or defender to challenge the player a bit.
- Raise the challenge of the skill and add more pressure by having the players compete for the ball and finish with a rewarding opportunity (like a shot on goal).
- Test the performance of the learned skill in a modified “game” situation.



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Error Detection and how to correct - It is very important that our coaches communicate to our players in the proper way when correcting a skill/exercise at practice and in games. We want to be positive and encouraging to build confidence and to instill a desire to improve.

- Encourage a player for their effort
- Speak about what should be done and not what is not to be done
- Give exact (simple) instructions on how to correct the error so the player knows how to correct the mistake
- Practice and repeat the skill exercise the right way (and encourage that as well)

Questions/Problems – if you have any questions or problems – please feel free to contact any of the following:

- Matt Breslin – Executive Director – matt.breslin@bethesdalacrosse.org
- Niki Russell – League Administrator – bethesdalacrosseadmin@comcast.net
- Zeke Hall – Rec League Board Commissioner – zekehall3@gmail.com



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BETHESDA LACROSSE COACHING MANUAL - BOYS



LEAGUE/TEAM GOALS

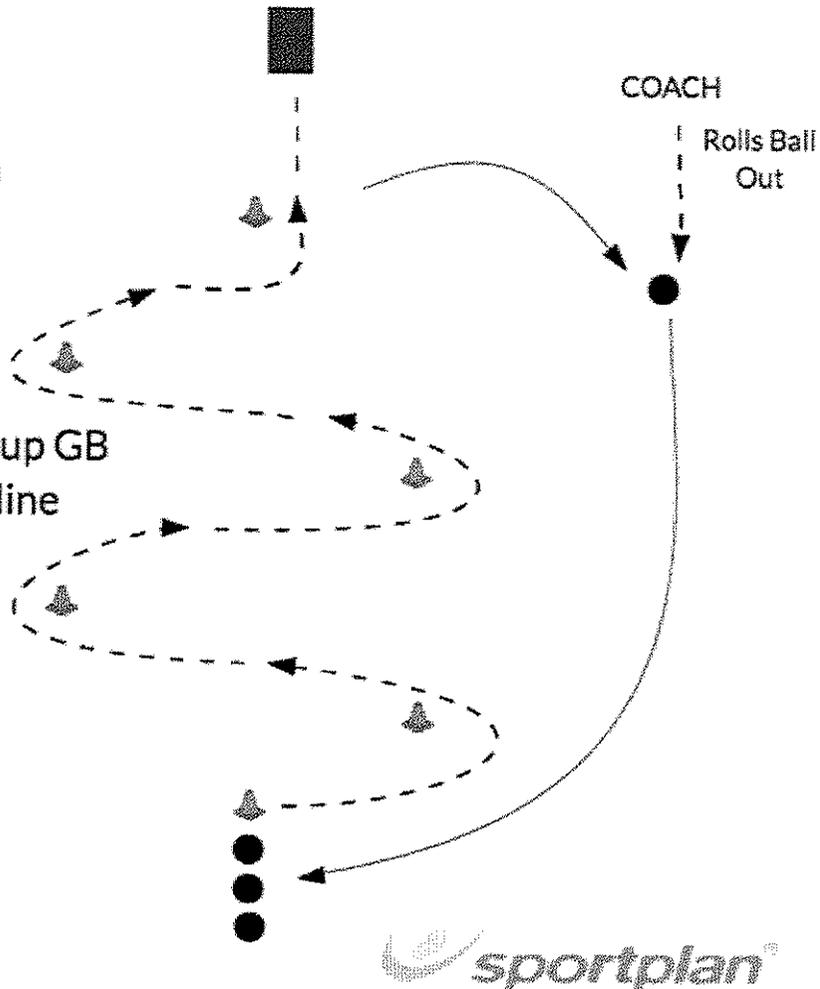
Coaches should always keep the following goals and objectives in mind when stepping on the field for a game and/or a practice.

1. Promote Sportsmanship
 - a. Teach and display sportsmanship at every opportunity - you are a teacher and a mentor to these players and they will mimic your behavior (good and bad)
2. Promote Teamwork
 - a. This is a TEAM game and that should be preached at all times
 - b. All players should get equal playing time in the games
3. Teach the skills and fundamentals of the game to develop good habits on the field
4. Players should learn something new about the game every time they step on the field
5. Develop each player to the maximum ability in the short time you have together
6. Compete!
7. **Instill a love of the sport so the players are still playing when they are seniors in high school (regardless of ability!).**
8. **Promote retention of players in the program and keep kids in lacrosse**
9. **HAVE FUN!**

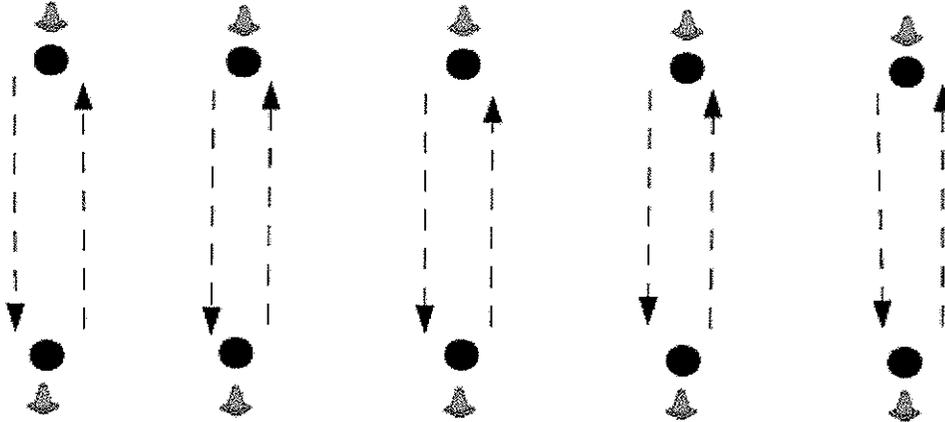
CRADLING STATION - "Crazy Cones"

- Full speed
- Switch hands
- Shoot on the run
(don't stop feet)

- After shot - pick up GB
- Spring to end of line



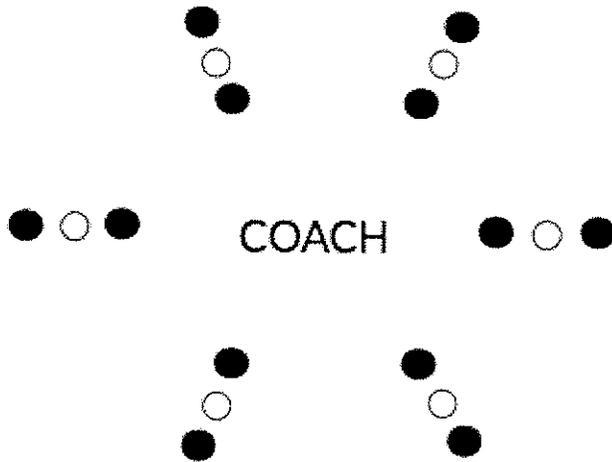
PASSING STATION - "Partner Passing"



- 8 to 10 yards apart
- Start by rolling
 - Review proper GB technique
- Then throw + catch



GB's - "Butt to Butt GB's"



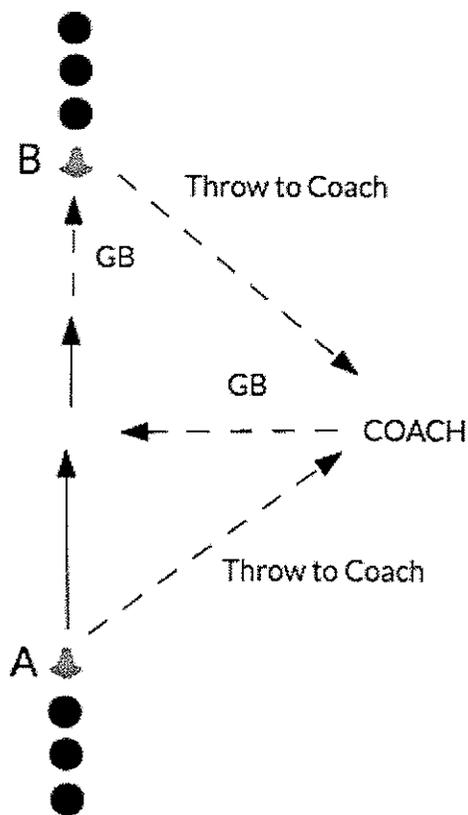
- Butt to Butt
- Blow whistle
- Boys "Box Out" + pick up GB
- Switch partners after a few rounds
- Competition at end to get down to 1 "Champion" of group



Modified Line Drills

Run 2 lines doing same drill

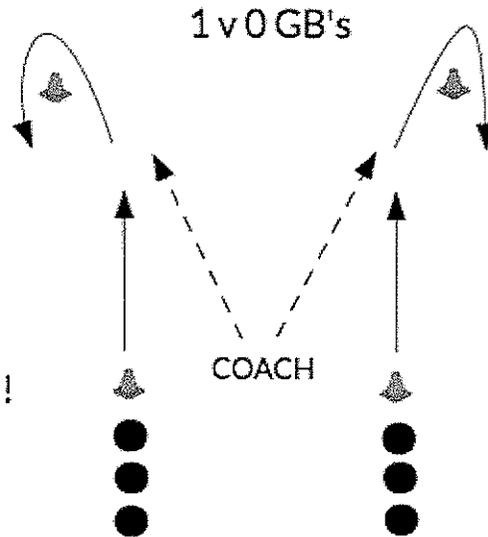
- A starts with ball
- A throws ball to coach
- Coach rolls to A who runs towards B
- A picks up GB
- A rolls to B
- B throws to Coach
- Repeat same steps going the other way



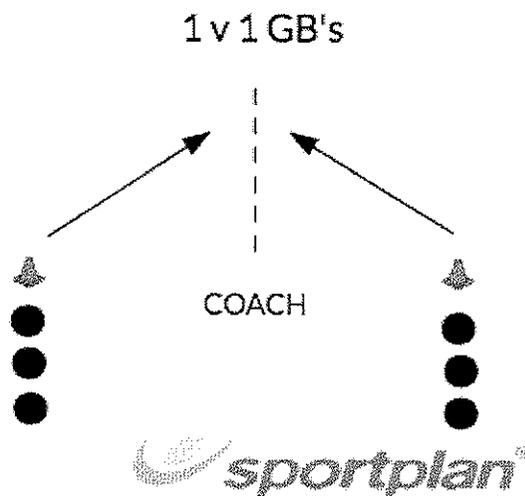
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GROUND BALLS STATION

- 2 lines
- Pick up GB + curl to outside around cone
- Full Speed!
- Hand on PLASTIC to pick up GB!
- Run ball back to coach



- Start on stomach or back
- Battle for GB
- Throw back to Coach



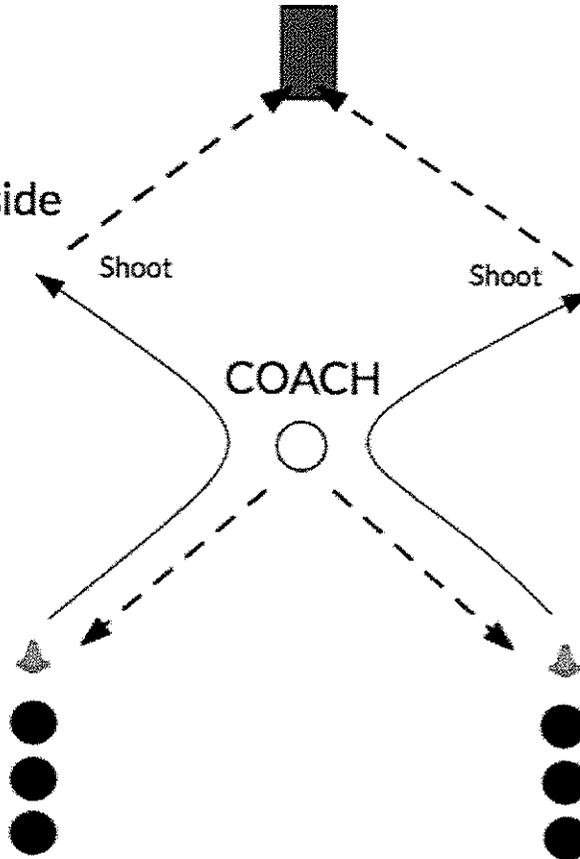
SHOOTING STATION - "Y-Shooting"

- Sticks should start on inside

- Switch hands at coach to shoot w/ outside hand

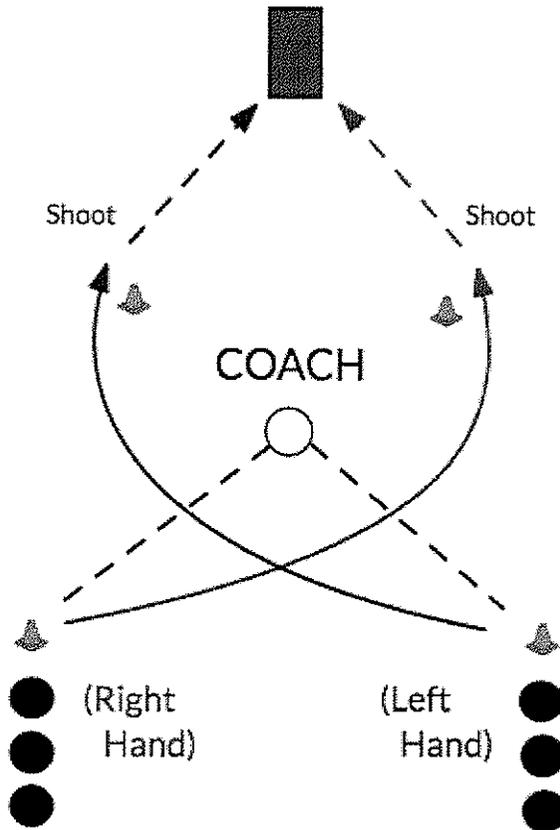
- Shoot on the run

- Switch lanes



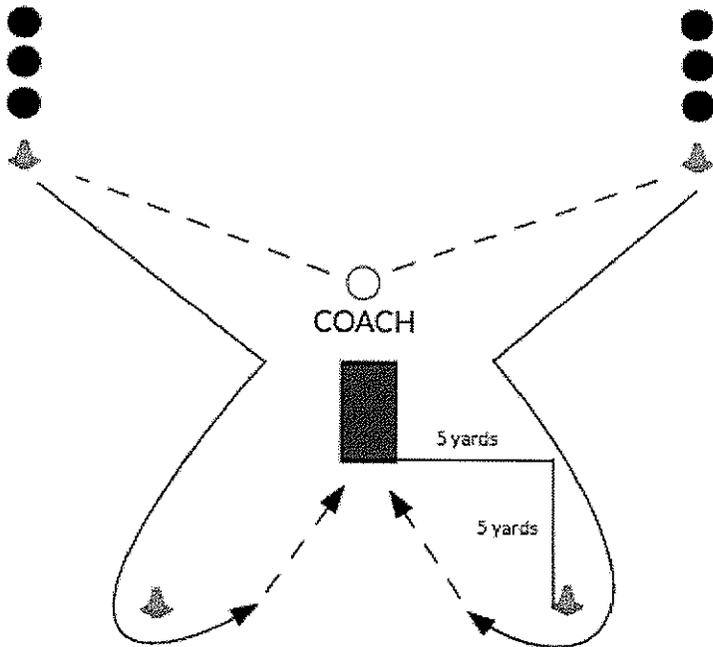
SHOOTING STATION - "Sweep Shooting"

- Full speed
- Shoot on the run
- Switch lines to work on R/L handed shots
- Pass to older kids
- Roll to younger kids



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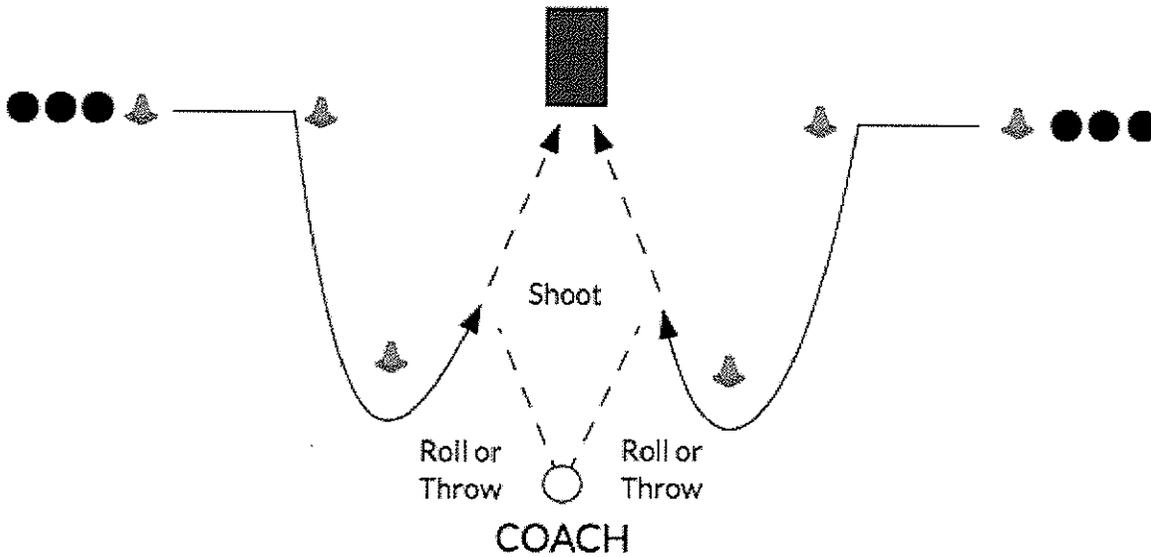
Shooting From Behind Goal



- Younger players - roll ball to start
- Older players - throw ball to start
- Back right end should end up shooting righty
- Back left end should end up shooting lefty
- Switch lines

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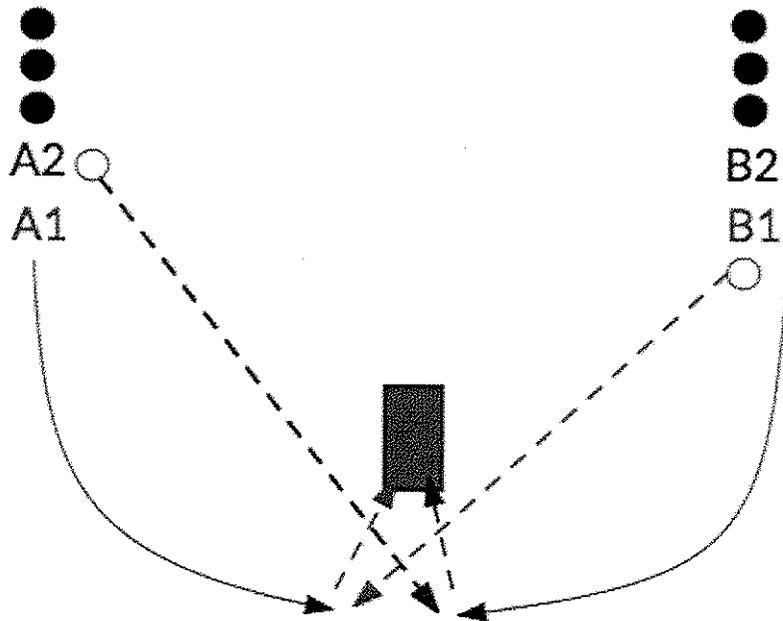
V Cut at GLE



-
- V Cut at 1st cone
 - Come around 2nd cone
 - Get pass (or roll GB) from Coach
 - Turn corner around cone
 - Shoot
 - Switch lines



SHOOTING STATION - "Montreal Drill"

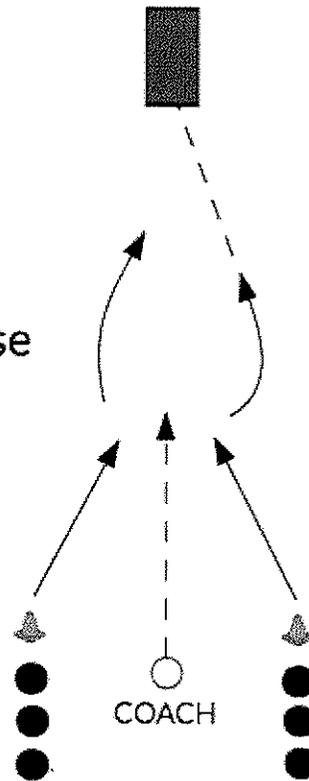


- A1 Runs to crease
- B1 Throws to A1
- A1 Shoots + goes to B Line
- B2 Runs to crease
- A2 Throws to B2
- B2 Shoots + goes to A Line

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GB's - "1v1s To Goal"

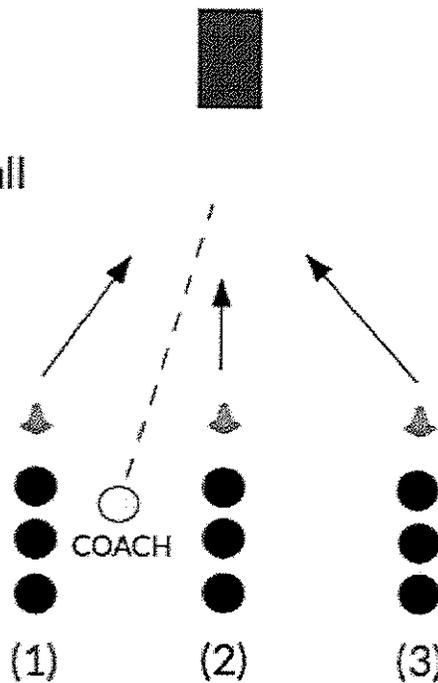
- Start with 1v1 GB
 - Turns into 1v1 to Goal
 - Player that picks up GB is on Offense
 - Other player plays Defense
 - Sprint to Goal!
- Don't wait for defender



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GROUND BALLS - "2v1 GB's to the Goal"

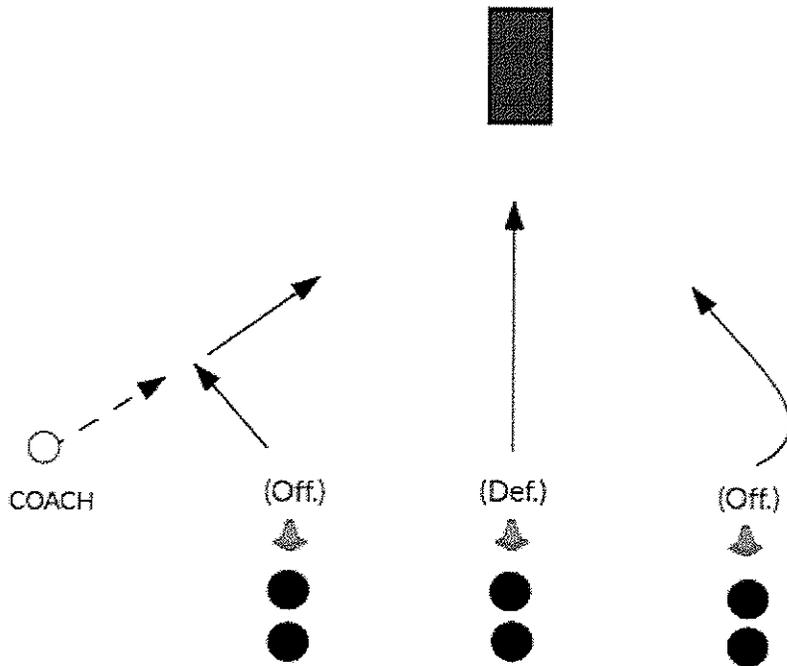
- "Ball" call
- "Man" call
- "Release" call



- Lines 1 + 3 are together
- If they pick up ball - need to make a pass to partner + then shoot
- Line 2 would play the ball in that scenario
(not the player receiving the pass)
- If Line 2 gets GB - he gets it back to Coach

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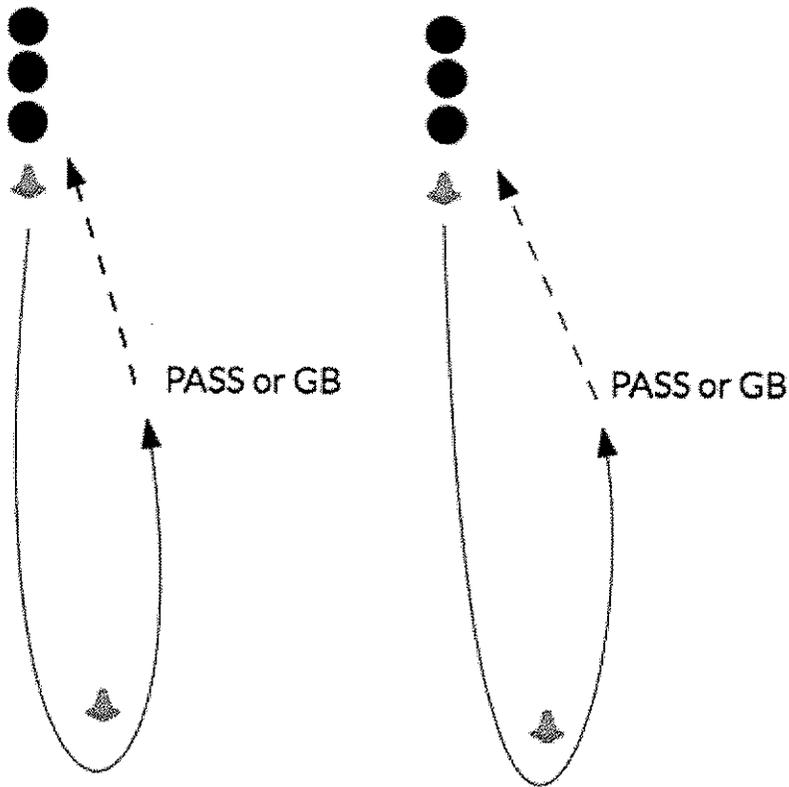
3 Lines to Goal



- Send defense first
- Then roll ball to offense
- Execute 2 v 1 (stay spread)
- Should end up w/ "Lay-Up"
- Switch lines

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GAME - "Relay Race"



- Change up way to transfer ball
(Pass, GB, off-hand, etc.)



5 Lines to Goal

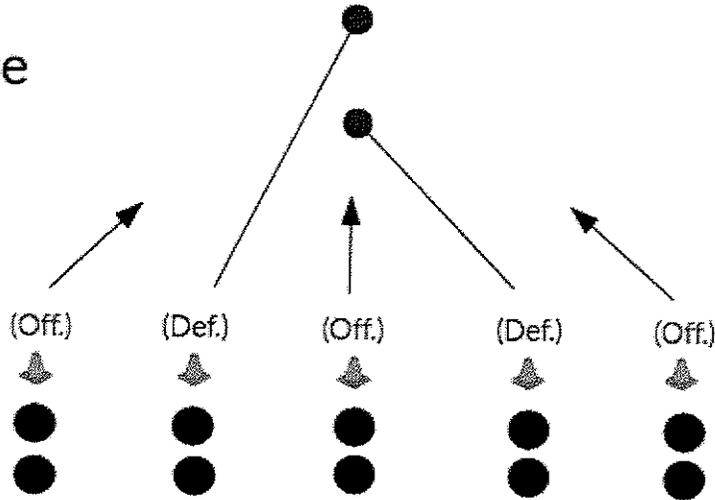
- Def. goes first
(gets in I formation)



- Roll ball to offense
(side spread)

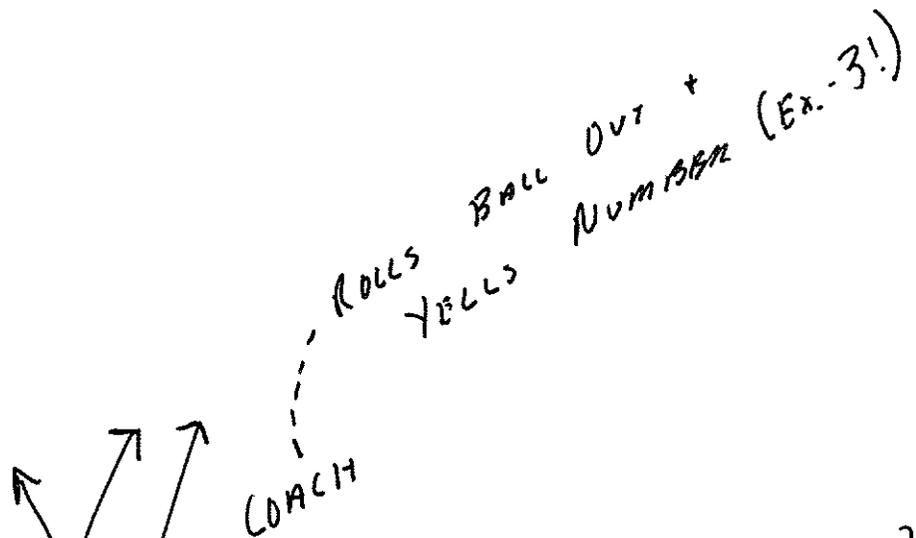
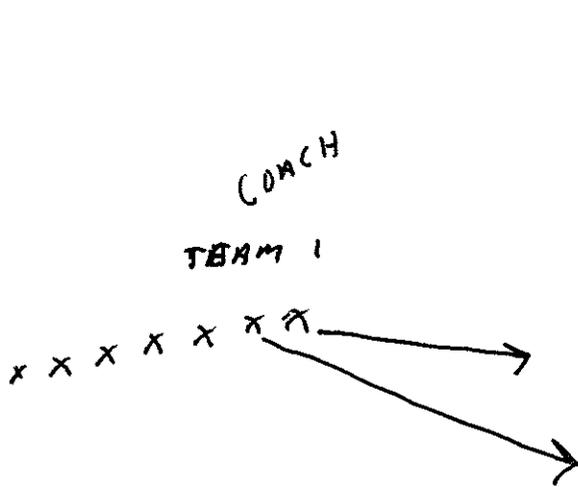
- 3 v 2 to the goal

- Switch lines



NUMBERS DRILL

- 2 TEAMS
- 1 LESS DEFENDER THAN OFFENSIVE PLAYER
- IF YELL "3!" - 3 OFFENSIVE PLAYERS VS. 2 DEFENDERS



- ROLLS BALL OUT + YELLS NUMBER (EX. 3!)
- COACH YELLS A NUMBER AND ROLLS BALL OUT
- THAT NUMBER OF PLAYERS COME DOWN ON OFFENSE TO TRY + SCORE
- 1 LESS DEFENDER THAN OFFENSE TO DEFEND GOAL

Steal the Bacon

TEAM A

(1) 🍌

(2) 🍌

(3) 🍌

(4) 🍌

(5) 🍌

○
COACH



Team A
Shoots Here

TEAM B

🍌 (1)

🍌 (2)

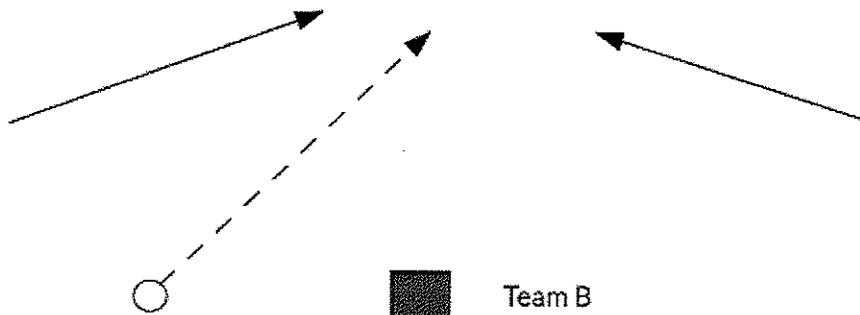
🍌 (3)

🍌 (4)

🍌 (5)



Team B
Shoots Here



- Yell a number (i.e. 4). Both 4's go out and fight for ball
- Whoever gets the ball tries to score on their team's goal





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Lacrosse Goalie Fundamentals – Coaches Guide

Don't forget about the goalies!

There are many components to playing goalie in lacrosse, especially as they get older and the speed of the game increases. It can be the most fun and electrifying position on the lacrosse field! The lacrosse goalie combines athleticism, leadership, effective communication, and courage (hehe!).

Below are some of the basics of goaltending and some drills coaches can use in practices. What separates a good goalie from a great goalie is the ability to master these basics so that they can concentrate solely on saving *and catching* the ball to get it out of their end. Outlined below are some fundamentals and drills that will help them improve and enjoy this wonderful and exciting position.

Stance in the goal

Be comfortable and athletic... "Get in the ready position"

- Feet – shoulder width apart with the weight of their body on the balls of their feet (Trick – try to stand on your toes while heels remain on the ground).
- Knees – slight bend (Linebackers in football do not stand straight up and down).
- Arms – extend arms straight out and bring them back halfway.
- Hands – top hand should be at the throat of the stick and the bottom hand should be at hip width down the shaft. (A piece of tape at each location is a good reminder) A goalie should not “choke” the stick, so they should not grip the stick too tightly – or too loosely for that matter. Nice and comfortable.
- Goalie stick – should be perpendicular to the ground. There should be no angle to the stick.
- Stick head - should always be in front of the face mask (so you can cross your face like a windshield wiper without hitting your helmet/facemask) and should not be covering any part of the body. It should be in the “box” area so they cover as much goal as possible.
- Eyes – always on the ball!

Positioning/Arc

Positioning is a major contributor to a goalie's success. If goalies are in the right position, it will be much easier to make the save, and the saves will pile up without much effort..

“Stay between the ball and the goal”

- When the ball is in front of the goal, goalies should be on their “arc.”
 - Arc –ALWAYS follow the arc to mask the offensive player with the ball. It is a smooth semi-circle from pipe to pipe when the ball is in front of the goal. Goalies should always be on the arc so that they know where they are in relation to the goal and the player with the ball in his stick.



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- Goalies need to know their arc and be able to walk from pipe to pipe (along the arc) with no problems. *Eventually with their eyes closed...* That way – they only have to concentrate on making the save. Some pointers about the arc:
 - The top of the arc should be three feet from the goal line (this optimizes cutting down the angle as well as having enough time to react - both important for a goalie).
 - When goalies are on the pipe – their ankle should be the part of the body touching the pipe. That will seal off the pipe and not allow goals to go in “near pipe.”
 - When following along the arc – goalies should take one deliberate step, bring the other foot along (like their legs are attached with a rubber band) and then get set until the next step is necessary. Do not want to have “happy feet” where your feet are moving all the time. The goalie should be set and ready for a shot at all times.
- When the ball is behind the goal:
 - You should be in one of three places at all times when the ball is behind the net. That eliminates all thinking and keeps things simple. The three locations are:
 - Right pipe at a 45 degree angle – when the ball is “back right.”
 - Facing “X” – when the ball is within the goal area.
 - Left pipe at a 45 degree angle – when the ball is “back left.”
 - Turning when a pass is thrown to the front:
 - Yell **CHECK!!**
 - Find their place on the arc (another reason you need to be very comfortable with the arc).
 - Always keep their eye on the ball and never turn their back to the ball. (Imagine a string from the ball to their nose – whatever shoulder the ball goes over – that is the way you should turn.)

Stopping the ball

Obviously, the main focus of the position...

- Attack the ball – lead with hands. Get some part of your body or your stick on the ball.
 - Imagine a string from your top hand to your face mask. The hands react to the ball and the eyes follow it all the way into the stick.
- Step TO the ball – this step should be forward at about a 45 degree angle – **NOT TO THE SIDE**. Need to play the ball – not have the ball play you...
 - Which foot should you step with?
 - Cut the body in half from head to toe. Whichever side the ball comes to – that is the proper foot to step with.
- Save the ball in the middle of your body – similar to a shortstop fielding a ground ball - they always have their whole body behind the ball in case they miss it with their glove.
- Finish how you start - your body needs to be ready to make the next save so bring the trailing foot in line with the lead foot.



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- Short memory – if a ball goes in – FORGET about it and get the next one.

Communication/Leading the Defense

The goalie is the backbone, the eyes, and the captain of the defense...

- Verbal Communication – goalies are the leader of the defense! Goalies need to constantly communicate to the players in front of them what THEY want them to do to make saving the ball easier and more likely. That means – they should be talking constantly when the ball is at their end of the field. All teams have different terms they use. Below are some of the common ones that should be in your arsenal.
- Non-verbal communication – also very important for the goalie (and the whole team for that matter). Again - the goalie is the leader of the defense. The defense will read their reaction to a goal and so will the other team. Goalies need to be positive with the defenders AND themselves. The lacrosse goalie needs to have a short memory.

Terms to use in the goal

These calls will help the goalie and the defense do their jobs and work together...

- Positions on the field to dictate where the ball is located. Top left, top center, top right, pipe, back right, X, back left, pipe.
- *Check!* – When a pass is made from a player behind the goal to an offensive player in front of the goal. This call alerts the defense that they need to check the sticks of the person they are guarding so they do not catch the pass.
- *Clear!* – Alerts the defense that the goalie has the ball and they need to break out to get the ball out of the defensive end.
- *Crash!* – Alerts the defense to sprint back to the “hole” (the area right around the crease). Usually occurs after a turnover.

Clearing the ball

Offensive part of being a goalie...

- Goalies should be able to throw with both hands. (It is beneficial to take part in “stickwork drills” with the rest of the team from time to time.)
 - Outlet pass after a save - always better to throw the ball too far than to be short. If the pass is short – the ball will come right back to you in an unsettled situation. First look – to the guy guarding the player that shot the ball.
 - Settled clear – always be looking for the 2 on 1.

Drills (to do on their own or with a coach watching)

Goalies do not always need a shooter to make themselves better...

- Wall Ball – with both hands. The goalie needs to be very comfortable with throwing because outlets are almost as important as making the save.
- Walk the line – all that is needed is a stick and a line on the ground
 - Straddle the line (one foot on either side of the line).



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- “Walk” up the line (about 20 yards should be enough) making different saves each time (stick side high, stick side hip, stick side low, off-stick side high, off-stick side hip, off-stick side low).
- Concentrate on attacking the ball, getting your body behind the ball, and leading with your hands – not your feet.
- After each save – come back to the line, straddle it and get set (in your stance) to make the next save. This drill should be slow and steady. Not done quickly.
- Can go up and back along the line as many times as desired.
- Great drill for training the body to use the correct movements when making a save and following the “ball” with their eyes all the way into their stick.
- Walk the “arc” – (See above). You should practice walking along the arc in your stance. Go back and forth until it becomes second nature. Will be a HUGE benefit come game-time.

Drills (to do with a coach)

Shooters are certainly a bonus though...

- Warm-up – Extremely important! Make sure goalies get a proper warm-up each practice and game. DO NOT NEGLECT THE GOALIES AND THROW THEM IN WITHOUT GETTING WARMED UP!!
 - Should be about 8-10 minutes long.
 - Should have a focus on each area of the goal. (Goaltending is about repetition so that the goalie just has to worry about saving the ball).
 - Areas of the goal that need to be focused on (12-14 shots each):
 - Stick side high
 - Off-stick side high
 - Stick side hip
 - Off-stick side hip
 - Stick side foot
 - Off-stick side foot
 - Bounce shots
 - All around – mix it up
 - The idea is not to score, it is to get them ready for a practice or a game
- Ball toss -
 - Stand about 5 feet apart.
 - Toss the ball lightly (underhand) to each area of the goal (in the same order as the warm-up above).
 - Make sure they are stepping towards the ball (attacking it). Goalies should step over a lacrosse shaft when doing this drill to ensure they are stepping FORWARD and not to the side!
- Stepping over a lacrosse shaft while in the goal -
 - Need to shoot from the same spot each time.



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- Helps teach the goalies to step towards the ball and not to the side. Goalies need to step over the shaft to make the save and then bring the other foot along to complete the save.
- Can do this drill during the warm-up and/or while you are doing the ball toss.
- Quickness Drill -
 - Line up a bunch (10 or so) of lacrosse balls around the crease.
 - Shoot the lacrosse balls any way possible – flicking it, picking it up and shooting it, kicking it etc... Quickly shoot them all one after the other.
 - Goalies should try to save the ball any way possible and then get ready immediately for the next shot.
 - This is meant for fun and to enhance their quickness!



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BLA Wall Ball Routine – Spring 2018

Elementary School Boys

1. Find a flat brick or concrete wall at least 10 feet high, the longer the better
2. Every drill that you do - do it with both hands 30 times each!
3. Always wear gloves when you are performing your routine - you play with gloves so why not practice with gloves
4. Stand 5-7 yards away from the wall
5. Perform this routine at least once a week (more is preferred) – you will see a difference!
6. Each routine should be about 15 minutes in length - if you finish all drills in less than 15 minutes, repeat drills starting with the drill that challenged you the most
7. Listening to music always helps people work harder, so crank up the tunes!!
8. Have fun!

LACROSSE WALL BALL DRILLS (30 right handed and 30 left handed for all drills – should take 15-20 minutes each time):

- Right hand throws (catch – one cradle – throw)
- Left hand throws (catch – one cradle – throw)
- Quick Stick right (no cradle)
- Quick stick left (no cradle)
- Face Dodge Right (Catch – face dodge across your face – throw)
- Face Dodge Left (Catch – face dodge across your face – throw)
- Split Dodge (Catch – switch hands – throw with other hand that you caught the ball with)
- BONUS AFTER A FEW WEEKS - One Hand Catch and Throw (catch with one hand – one cradle – throw)
- BONUS AFTER A FEW WEEKS - Behind the Back/Develop Your Own

Coaches – this could be a good thing to track on your team to see who is doing it each week! Make it a GAME for them!



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BLA Wall Ball Routine – Spring 2018

Middle School Boys

1. Find a flat brick or concrete wall at least 10 feet high, the longer the better
2. Every drill that you do - do it with both hands 50 times each!
3. Always wear gloves when you are performing your routine - you play with gloves so why not practice with gloves
4. Stand 5-7 yards away from the wall
5. Perform this routine at least once a week (more is preferred) – you will see a difference!
6. Each routine should be about 20 minutes in length - if you finish all drills in less than 20 minutes, repeat drills starting with the drill that challenged you the most
7. Listening to music always helps people work harder, so crank up the tunes!!
8. Have fun!

LACROSSE WALL BALL DRILLS (50 right handed and 50 left handed for all drills – should take 20 minutes each time):

- Right hand throws (catch – one cradle – throw)
- Left hand throws (catch – one cradle – throw)
- Quick Stick right (no cradle)
- Quick stick left (no cradle)
- One Hand Catch and Throw (catch with one hand – one cradle – throw)
- Face Dodge Right (Catch – face dodge across your face – throw)
- Face Dodge Left (Catch – face dodge across your face – throw)
- Split Dodge (Catch – switch hands – throw with other hand that you caught the ball with)
- BONUS - Behind the Back/Develop Your Own

Coaches – this could be a good thing to track on your team to see who is doing it each week! Make it a GAME for them!

HEADS UP CONCUSSION



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

› SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

› SYMPTOMS REPORTED BY ATHLETE

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

ACTION PLAN

As a coach, if you think an athlete may have a concussion, you should:

1. **Remove the athlete** from play.
2. **Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider.** Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion.
3. **Record and share information about the injury**, such as how it happened and the athlete's symptoms, to help a health care provider assess the athlete.
4. **Inform the athlete's parent(s) or guardian(s)** about the possible concussion and refer them to CDC's website for concussion information.
5. **Ask for written instructions from the athlete's health care provider** about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
 - › Be back to doing their regular school activities.
 - › Not have any symptoms from the injury when doing normal activities.
 - › Have the green-light from their health care provider to begin the return to play process.

For more information and to order additional materials **free-of-charge**, visit: www.cdc.gov/HEADSUP.

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



Bethesda Lacrosse Association

BETHESDA LACROSSE COACHING MANUAL - BOYS



COACHES CODE OF CONDUCT

Bethesda Lacrosse Coaches are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other teams, players, coaches, officials, parents, spectators and fans. In becoming a member of the Bethesda lacrosse coaching community, an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this "Coaches Code of Conduct" are HONESTY and INTEGRITY. Bethesda Lacrosse supports and mandates the following behaviors for coaches involved in the program. The following essential elements of the "Coaches Code of Conduct" must be followed at all times:

- The safety and welfare of the players should always be the most important element of coaching.
- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels during practices and games.
- The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.
- Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people (as well as adults).
- Coaches should always demonstrate positive behaviors and reinforce them to players, parents, officials and spectators alike.
- Coaches are expected to demonstrate the utmost respect for officials and reinforce that respect to players, other coaches and spectators. This applies to before, during and after the games.
- Coaches are expected to educate their players as to the important role of lacrosse officials and reinforce the ideal of respect for the officials at all times.
- Grievances or misunderstandings between coaches, officials or any other parties involved with a game should be calmly communicated through the proper channels - never on the field of play in view of spectators or players.
- Coaches must be able to demonstrate a solid knowledge of the rules of lacrosse, and should adhere to the rules in both the letter and the spirit of the game.

Always remember – players watch and mimic every move the coach makes (verbal and non-verbal) so acting inappropriately towards the other team, the officials, other coaches and/or the fans will teach your players that behavior is “acceptable” when it is not. **Please keep the bigger picture in mind at all times!**



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HAVE FUN!