





Agenda

- I. 2018 Season Overview
- II. Season Overview
- III. Coaching Philosophy
- IV. Coach Requirements
- V. Roles and Responsibilities
- VI. Codes of Conduct
- VII. Curriculum
- VIII. Running Effective Practices
- IX. Q&A



Overview

- 750+ boys and girls from grade 1 -8
- 180+ 1st and 2nd graders in clinics
- 21 Travel teams from grades 5-8
 - 1st and 2nd grade – Clinics and Fundamentals
 - 3rd and 4th Grade – In-House program with limited optional travel games
 - 5th – 8th grades – Travel Programming
 - Tiered programming with defined team sizes and skill sets



Overview

- Team sizes: 16 – 22
- Practices: 2x /week; 6 - 7:30
- Games: 2 on most weekends
- League: CONNY



2018 Season Schedule

- Week of March 19
 - Staggered Practices on Available Turf (weather permitting)
 - March 24th Grades 1-4 at Wakeman
- April 2nd
 - Grass Fields are Open in Fairfield, All Practices Start
- Week of April 7th – 15th Spring Break
- Memorial Day weekend
 - No games scheduled
- June 11 - End of Season
 - CONNYS are June 2-3 and June 9-10



Key Objectives

- Teach the game
 - Core skills and concepts
- Teach character and life lessons
 - Set the tone early and amplify during the season
- Have fun
 - It requires thought and planning
- Compete
 - Increasingly relevant at older grades but still secondary



Coaching Philosophy

- Promote and Grow Game
- Fun and Safe Atmosphere
- Character Building Program
- Sportsmanship
- Teamwork
- RESPECT
- Inclusiveness



Coaching Philosophy

Best Practices- Sports Youth Development Coaching

“All kids need is a little help, a little hope and someone to believe in them.” - Magic Johnson

Power of play!

Teaching Life Skills on the Field

Forging & Cultivating Meaningful Relationships

Fostering a FUN “safe place” for kids to flourish

Physical & emotional health

The case for SBYD is strong

Youth who participated in a physical activity program using the personal-social responsibility model showed improvements in self worth, self-control (both during the program and in the classroom), communication skills, and teamwork/cooperation ability.

SOURCE: Responsibility-based youth program evaluation: investigating the investigations (2002.)



Coaching Philosophy

10 Ways to Show Our Players that we BELIEVE they can succeed

1. Remind the child about how they have **grown/improved**
2. If they quit something, **ASK THEM WHY**
3. Encourage **HEALTHY RISK TAKING**
4. Encourage the child to **TRY NEW THINGS**
5. Encourage them to do things on **THEIR OWN**
6. Talk to them after a success and ask them what they **did to succeed**
7. Offer to **help**
8. **Praise them** when they ask for help
9. **Show them** with your smile, gestures and energy
10. Talk about the **future in positive ways**



Coach Requirements

- Background Check
- CDC Concussion Online Test
- Coaches Manual (FYL Website)
- Codes of Conduct
- 2018 CONNY Rules
- League Athletics Mobile App
- *US Lacrosse Online Certification*



Fairfield Youth Lacrosse

- Reporting
 - Connecticut Mandate Reporter Law – Any professional because of their work involves regular contact with children are mandated by law to report suspected child abuse neglect.
 - If abuse is suspected – please contact the FYL board to file a form DCF-136 Form.
 - Grievance Reporting
 - Report all issues or concerns promptly
 - Parent grievances can be submitted online



Team Roles & Responsibilities: Technical Coach

- ✓ Developing Practice Plans
- ✓ Implement Practice Plans
- ✓ Designing Drills
- ✓ Game Planning / Strategy
- ✓ In-Game Player Coaching / Correction
- ✓ Player Skill Development
- ✓ Assigning Positions *
- ✓ Managing Practices



Team Roles & Responsibilities: Parent Coach

- ✓ Communicating with Parents (Team Manager)
- ✓ Verifying games (Team Manager)
- ✓ Organizing other coaches
- ✓ Overseeing Play Time / Substitutions
- ✓ Overseeing Health and Safety
- ✓ In-Game Player Coaching / Correction



Team Roles & Responsibilities: Assistant Parent/Tech Coach

- ✓ Assist at Practices
- ✓ Assist with bench management / substitutions at games
- ✓ In-Game Player Coaching / Correction



Positions & Playtime

- Playtime Allocation
 - Grades 1-4: Equal playtime unless severely lacking in the three “A”s. Aptitude, Attitude and Attendance.
 - Girls Grade 5-8: 40/10 Rule – 40 minutes of the game are equal play and last 10 minutes are to try and win competitive games.
 - Boys Grade 5-8: Equal play time, last half of last qtr, try and win competitive games
- Position Specialization
- EMO
- F/O and Goalie Coaching



Codes of Conduct



Coach Code of Conduct

1. I will **emphasize** at all times that playing lacrosse is an opportunity to be **part of a team**, and that **sportsmanship, camaraderie, and respect** are valuable priorities of the Fairfield lacrosse community. I will **deemphasize playing only to win** but rather promote the sport, healthy competition, and the **desire to continually improve** by developing one's own skills and **working together as a team**. By **instilling these ideals**, I will provide both players and parents with a better opportunity for success through their future participation in lacrosse and other sports.
2. **Winning** is a very important goal in coaching, but it will **not be my only goal**. I will **keep in perspective** that these young people have an interest in a great game. I will **encourage and enhance** that interest and not create an environment that promotes winning at all costs. I understand that coaching is a privilege, and that in my role as coach, I am an ambassador of the game and a **role model for my team**. I understand that **my behavior and actions will have a great influence** on the future participation of these young players and their enjoyment of the game.
3. I acknowledge that FYL expects that all coaches and assistant coaches involved in the FYL program will adhere to a **high standard of personal conduct**.
4. I will minimize individual accolades and promote the team concept of success. I will make decisions without favoritism or prejudice.
5. I will **instill in my players the concepts of teamwork and sportsmanship** that are consistent with the objectives of FYL.
6. I will **avoid both verbal and physical confrontations** with parents, other coaches and officials. I will never get into an argument with a parent in the presence of any player or others. If I have any criticism of an official's performance, I will do it through proper channels by reporting it to the FYL Board, and **will never create a scene** on the field during or after a game. I will **communicate clearly to parents the expectations of the FYL for all players, parents, and coaches**.
7. I will refrain from smoking and not tolerate the use or anyone under the influence of alcohol or any illegal or controlled substance around participants.



Coach Code of Conduct

8. I will refrain from using any language which is racially or ethnically offensive or which is in any way discriminatory towards others. I will not use profane, obscene, or other off color language.
9. I will not initiate physical contact with any player for disciplinary reasons.
10. I will attend any lacrosse clinics or coaches' meetings required by the FYL.
11. I will not use my authority as a coach to allow a participant to have special treatment, whether related to myself, other coaches or personal friends.
12. I will not use in a practice or game a player who appears to need medical attention until such time as competent medical advice is available and that player is cleared by a doctor to play.
13. I will seek to control disruptive or excessively outspoken parents or fans.
14. I will accept the decisions of game officials.
15. I will never verbally abuse or criticize a player in front of spectators, but reserve constructive coaching/teaching for a later time in private or in the presence of other team members if others might benefit.



Coach Code of Conduct

16. I will **never criticize, belittle, antagonize, berate or otherwise incite an opposing team**, its players, coaches, or fans **by word of mouth or by gesture**.
17. I will **demonstrate sportsmanship** at all times.
18. I will be ever conscious of **not running up the score**. If my team has a commanding lead, and the outcome of the game is not in doubt, **every effort shall be made to let all players play**.
19. I will not permit an ineligible player, a player without proper equipment or the appropriate medical clearance to participate in practice, scrimmage or games.
20. I am responsible for reading, understanding, and adhering to the following:
 - The Fairfield Youth Lacrosse Manual
 - US Lacrosse 2018 Rules for Boys\Girls Youth Lacrosse
 - The FYL Coaches, Players, and Parents Code of Conduct
21. I will **abide by the rules**, regulations, policies and procedures outlined in the Fairfield Youth Lacrosse Manual and all referenced documentation herein at all times along with any and all decisions made by the FYL Board of Directors.
22. I further acknowledge that if I violate any of the above guidelines I **may be subject to disciplinary action** by the FYL which may include an oral or written warning, suspension from or termination of my position as a coach.



Player Code of Conduct

1. I will respect my teammates, coaches, referees and opponents at all times. This means:
 - I will not bully, taunt, or tease a teammate or opponent for any reason.
 - I will not dispute or argue the decision of a coach or official.
 - I will strive to learn from my coaches and pay attention during practices.
2. I will Support and encourage my teammates. I will strive to set a positive example.
3. I will display good sportsmanship at all times on and off the field. I will be modest in victory and gracious in defeat.
4. I agree to conduct myself with dignity as a participant of Fairfield Youth Lacrosse and as a citizen of the community.
5. I will arrive to practices/games on time, prepared and ready to go. I will give 100% effort at each practice and game.
6. I will strive to Know the rules of the game of lacrosse and abide by them.
7. I will Wear the required equipment at all games and practices.
8. I will agree to maintain my studies and respect my teachers and counselors.
9. I will not use profane language or gestures.
10. I will avoid use of drugs, alcohol and/or any other illegal substances, as they will impact my health and my performance on the field in a negative way.
11. I will be fully accountable for my behavior and its outcome. Individual discipline is the only way to maintain team safety. I understand that discipline problems will not be tolerated and could result in my being suspended or removed from the team.



Bullying Will Not Be Tolerated





We Are Not Baby Sitters





Parent Code of Conduct

1. Teach and practice good sportsmanship at all games and practices. You are role models!
2. Know the rules of the game of lacrosse.
3. Respect the game of lacrosse. Respect the officials. Respect the coaches, who are volunteers.
4. Do not coach your child. Let players play and coaches coach, and support both positively.
5. Do not EVER criticize other players regardless of the circumstance.
6. Follow the "24 Hour Rule"; if you have a complaint resulting from a game (or practice) situation, speak with the coach on the following day.
7. If there is a serious problem, notify either the President or a Vice-President of FYL.
8. Emphasize the FUN of the game and the team, putting forth effort at all times, not wins and losses.



Tips for Effective Practices

PRACTICE PLAN!

- Coaches should have a written plan for each and every practice. Determine what drills to use and how much time to spend on each. *USL Mobile Coach* can be a good repository for practice plans. Make sure plans are consistent with your goals and the developmental stages for your age group.

2-May			
6:00pm	6:10pm	Active Warmup - Both Teams	
		Red	
6:10pm	6:30pm	Full Field Passing	All
		Water	
6:35pm	7:05pm	C Cut on the Crease	Kuczo
6:35pm	7:05pm	Poke and Lift	Carr
6:35pm	7:05pm	Ground Balls	Moore
		Water	
7:10pm	7:20pm	Split Dodge 4 points	Carr/Moore
7:10pm	7:20pm	Question Mark/inside roll	Kuczo
7:20pm	7:30pm	2-2-2	All



Practice Plan Template

- 10 Minutes Each Segment
- Individual Work
 - Shooting Drills
 - Dodging Drills
 - Stances
 - Ball Approach
- Transition/ Unsettled Drills
- Groundball Work
- Team Concepts
 - Clearing
 - Riding Face Off/Wing Play
- Stick work
- Team Concepts
 - Offense Concepts: Y Drill
 - Defense Concepts:
- Transition/Unsettled Drills
- 1v1 2v2 3v3 4v4 Build Up
- Live Play with Whistles



Tips for Effective Practices

1. Have a clear and written plan of drills mapped out in advance
2. Start on time and be disciplined in practice structure
3. Run them first to burn some energy
4. Be decisive in moving from one drill to the next (hesitancy is dangerous)
5. Do conditioning as part of drills, not separately
6. Use simple and consistent terminology
7. Demonstrate drills in advance
8. Use same drills with some frequency b/c they understand them
9. Use small-sided drills (3v2, etc.) ... build from small to big
10. Use cones to mark placements for drills



Tips for Effective Practices

11. Use cones to mark placements for drills
11. Coach the kids not in the drill (if enough coaches)
12. Keep them moving, small groups, short lines, lots of repetition, use lots of balls
13. Make the drills fun (at least some of them)
14. (For Tech Coaches) Be mindful of optics ... parents are watching be on time, stay off your phone, be organized and ready to go, intro yourself to parents, etc.
15. Be positive, constructive at all times ...
16. But you need to be firm, keep order and expect kids to listen, follow instructions and rules, and behave properly

***** Drill Book on FYL Website ... Or check online/Youtube *****



Managing Games

- Arrive early to get organized (and to deal with the unexpected)
- Clear plan in advance that is communicated to kids in advance (who is playing where, EMO, who is facing off, etc.)
- Easier to NOT move kids among positions during game (unless needed)
- One voice on the sidelines and with referees
- Be mindful that all the kids are watching as you interact with referees (and everything else you do)
- Need to pay referees (reimbursement provided up front)
- Have fresh/clean balls (for home games)



Question and Answer

Q&A