

Checking clinic (for parents and players)

Objective:

1. Educate and introduce players/parents to fundamentals of checking
2. Educate parents/players about the fundamental principals of lacrosse in order to enhance their comfort level and enjoyment of the sport.

This 90 minute (in total) background explains the principals of the game, its origins and intentions. Technical demonstrations on the technique of checking, what you can and can't do. It has been held as a mandatory requirement with several lacrosse clubs. It is mandatory for all players who must be accompanied by 1 or more parents or guardians. Response from parents and players alike has been an unqualified success.

Audience:

1. Mandatory for all players
2. Parents
3. Coaches

Objective:

3. Educate and introduce players/parents to fundamentals of checking
4. Educate parents/players about a select number of fundamental principals in order to enhance their comfort level and enjoyment with the sport.

Format:

- A pre-determined number of coaches/officials will be deployed on the floor to explain and demonstrate fundamentals to players and parents in the stands.

Sessions in 3 formats

1. Novice (Tyke)
2. Pee Wee Bantam
3. Midget, Intermediate, Junior

Fundamental Areas to Consider/Agenda:

1. Overview – 5 min (perhaps use Basketball and hockey analogies as chances are there will be a majority of parents who'll have a better understanding of those games) Just as in minor hockey or basketball the game is quite different from the professional game you see on TV.
2. Checking Preamble
 - a. Purpose is to get the ball
 - b. Stop the opponents scoring opportunity
 - c. Not about "hitting"
 - d. Lacrosse is not about size, its about speed, agility and courage
3. Checking – 20 minutes
 - a. Cross check
 - i. Incorrect
 - ii. Correct
 - b. Stick check
 - i. Incorrect
 - ii. Correct
 - c. Back check
 - d. High Stick
 - e. Interference
 - i. Minor interference and what happens

- ii. Major offence and what happens
 - f. Time violations
 - i. 5 seconds in the crease
 - ii. 10 seconds over centre (shorthanded only)
 - iii. 30 second shot clock
 - g. The usual ones,
 - i. Elbow, knee, roughing, unsportsmanlike, misconducts etc.
 - h. Expelled from the game
 - i. Major penalties
 - ii. 8 minutes
- 4. Fighting – Lacrosse in general does not react well to fighting. It is not tolerated nor is it a useful game strategy.
- 5. Stoppages of Play (5min)
 - a. Change of possession
 - b. Goalie hit in the head
 - c. Penalties
 - d. Goals
- 6. Nova Scotia style of play
 - a. Lots of ball movement
 - i. Learning to pass and catch is VERY important
 - ii. Living with your stick everyday
 - b. On the floor movement
 - c. Team play
- 7. Changing players
 - a. On the fly
 - b. On the whistle
- 8. Offence (15 min)
 - a. Loose Balls
 - b. Fast Break
 - c. Getting Open
- 9. Defense (10 min)
 - a. Man to man
 - b. Help D