

Coach better. Coach smarter. Have more fun.

One for all.



US Lacrosse Coaches' Education Program Level 1 Instructional Clinics

"I would not be comfortable coaching without this clinic" - Clinic participant, Cincinnati, OH

Come be part of a ground-breaking coaches' training program offered by US Lacrosse and the LA84 Foundation. Learn the art of effective lacrosse coaching with this nationally recognized program designed by experts in the lacrosse coaching field. This program brings the material in the Level 1 Online Course to life through hands-on experiences facilitated by outstanding US Lacrosse certified trainers and is targeted at coaches of beginning players of any age.

Come be part of a one-of-a-kind coaches' training program that brings the material in the Level 1 Online Course to life through a hands-on experience offered only by US Lacrosse. To benefit from the full Level 1 experience, US Lacrosse **strongly** recommends advance completion of the Level 1 Online Course for all clinic participants. A girls' and boys' clinic will be held concurrently.

Where: Hewes Middle School, 13232 Hewes Avenue, Santa Ana, CA 92705

When: December 8, 2007 8:30AM - 4:00PM

Who: Current or aspiring boys' and girls' lacrosse coaches

Greater Los Angeles clinics are brought to you by the generosity of LA84 Foundation Foundation of Los Angeles by which your registration (value \$70) is free.

***You must register online to hold your place at the clinic.**

This is a hands-on experience so please wear non-marking athletic shoes.

BY ATTENDING A LEVEL 1 CLINIC YOU RECEIVE:

- The Level 1 Workbook, available ONLY at US Lacrosse CEP Level 1 Clinics; includes skill breakdown, error detection and correction, drills and activities
 - US Lacrosse goodie bag
 - US Lacrosse issued Certificate of Attendance
 - Personalized, practical instruction from a trained US Lacrosse trainer
 - Tips, tricks, and ideas to enhance your coaching now and for years to come
- Completion of Level 1 Clinic counts toward certificate requirements.

"I've been coaching for 5 years but had never had [lacrosse] coaching explained to me until today."- Participant from Los Angeles, CA.



DON'T MISS OUT! REGISTER TODAY.

- Register for this clinic at www.uslacrosse.org or la84foundation.org
- We encourage you to be a current member of US Lacrosse when attending this clinic. Go to www.uslacrosse.org/membership to join.

This clinic is hosted by the LA84 and Greater Los Angeles Chapter of US Lacrosse, and the Orange County Lacrosse Association. Contact playlacrosse@sbcglobal.net.



OVERVIEW OF LEVEL 1 INSTRUCTIONAL CLINIC OBJECTIVES AND TOPICS

Coaches who complete a Level 1 Clinic receive a clinic certificate of completion and if they are members of US Lacrosse they are noted in the US Lacrosse database. This certificate will be valid toward Level 1 Certification requirements (available for 2008 season)

SESSION 1: COACHES' DEVELOPMENT

GENERAL OBJECTIVE:

After participation in this clinic, coaches will have knowledge of the basics of a positive coaching philosophy, roles and responsibilities of a coach, how to plan an effective practice, and how to implement effective teaching techniques in their practices. This module is an introduction to ideas that will be reinforced throughout the clinic.

Topics Covered:

- Building a Positive Coaching Philosophy
- Safety Issues
- Effective Communication
- Teaching Techniques
- Developing Practice Plans
- Program Management

SESSION 2: PLAYER DEVELOPMENT

GENERAL OBJECTIVE:

After participating in this session, coaches will be able to teach and evaluate the basic skills of lacrosse and apply effective coaching methods to help players learn and improve individual skills.

Topics Covered:

- Equipment
- Rules Overview
- Basic Boys' Skills and Techniques (boys' clinic only)
- Basic Girls' Lacrosse Skills and Techniques (girls' clinic only)
- Goalie play

SESSION 3: TEAM DEVELOPMENT

GENERAL OBJECTIVE:

After participating in this session, coaches will have a basic understanding of team concepts and special situations, and will be able to introduce the concepts to players using ideas presented in the module.

Topics covered:

- Transitional Defense
- Transitional Offense
- Team Defense
- Team Offense
- Special Situations (boys' clinic only)
- Special Situations (girls' clinic only)

SAMPLE CLINIC SCHEDULE

8:30-9:00 Check-in & Refreshments

9:00-10:15 Classroom I (Note to participants: Instruction begins promptly at 9:00am)

10:15-12:15 Field Instruction I

12:15-12:45 Lunch (Provided on-site)

12:45-1:45 Classroom II

1:45-3:15 Field Instruction II

3:15-4:00 Team Tactics

4:00-4:30 Evaluations, contact information provided, questions etc.



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