

COACHES CLINIC 2019

TOPICS

- Coaching Tips - tipy pro kouče
- Sports Training Theory - teorie sportovního tréninku
- Elements of a Long Term Plan - základy plánování dlouhodobého tréninku
- Keys to Practice Planning - jak správně naplánovat trénink
- Lacrosse resources - zdroje

COACHING TIPS

- **Fun is essential - legrace je základ-** Studies have shown a strong correlation between enjoyment of the activity and participation longevity. Kids remain active in a sport if they are having fun. Performance also improves when participants enjoy playing the game.
- **Engaged & attentive - zájem a pozornost-** Make sure the entire team is engaged and attentive. Being active in your drills can get more players engaged. Also, using small groups forces inclusion. In other words, having your players waiting in long lines for their turn in a drill is not effective and will lead to side chatter and lack of focus.
- **Positive reinforcement - pozitivní podpora-** Positive reinforcement makes every player feel better. Using encouragement is far more effective than constant punishment.
- **Criticism is 1on1- kritika z očí do očí** Punishment and corrections are best in 1 on 1 situations. Clearly explaining a problem to a player helps reduce the chances of repeating a bad habit. *Shout praise and whisper criticism”
- **Sportsmanship -sportovní duch** Teach sportsmanship early. Coaches must seize the opportunity to impart good values (integrity, respect, compassion, etc.) and to model good behavior.
- **Motivation- motivace** Find out what motivates your players. Knowing your players is half the battle and getting them excited for play makes all the difference.
- **Competition is key - soutěživost je klíč** Making things competitive keeps things fun and gives players motivation to work and improve their game.
- **Be consistent - buďte důslední-** Consistent and honesty establish loyalty and respect. Treat all players the same, and give them a routine they will expect each game day/practice.
- **Explain everything- vše vysvětli** Today’s players are obsessed with the “why”. Explaining the benefits of a drill can get players more involved and will make them buy in for better productivity.
- **Build a good culture- buduj správnou kulturu** Let your players know you respect them and make sure they respect you too, then your team will be more open with each other. If it’s happening on your field you either coach it or allow it. This goes into building a good culture and stopping activities or habits you don’t want on your team.

Great Coaches Make Great Players, and Great Players Thank Great Coaches

Your team should have behavioral expectations from your players as well as mutual respect. Nobody should be considered above anyone else so none are allowed to get away with something others wouldn't. All players must follow the same rules and have the same punishments while you are coaching. This lets you keep players in line so that none feel they are being treated differently.

In Conclusion...

Coaching can be one of the most rewarding jobs out there, but it's more about the kids than you. Share your vast knowledge with players that want to learn and you'll see how great it is in no time. You can make these kids better humans by teaching simple life lessons along with the skills of lacrosse. Coach in order to make your players better athletes, but teach them to be better people. Remember, our great sport isn't always about winning on the scoreboard. Celebrate small victories like players improving, passing milestones, and becoming better people in order to keep morale high and make lacrosse as much fun as possible.

SPORTS TRAINING THEORY

THEORY OF SPORTS TRAINING - TEORIE SPORTOVNÍHO TRÉNINKU

We must always remember that there are many elements to sports and training. As coaches we cannot get stuck on just one or two of these elements, especially when coaching beginners. It is vital that we spend an equal amount of time coaching the importance of each of the following elements. Each of these elements plays a key role in the success of a player and of the team as a whole.

The 4 Key Elements of Sports Training Theory:

1. Skills & Technique - Dovednosti a technika
2. Conditioning - Kondička
3. Psychology - Psychička
4. Tactics - Taktika

STRUCTURE OF YOUR LACROSSE YEARLY PLAN

STRUKTURA ROČNÍHO TRÉNIKOVÉHO PLÁNU - stanovení cílů

1. Mentality - Mentalita, cíle
 1. Why do you play? What do you want to get out of lacrosse? What it means to be a member of a team? How to be a good player and teammate?

2. Strength & conditioning- síla a kondička - emphasize the importance of both and how it affects how you perform as a player
 1. Running and endurance
 2. Strong arms, core, legs, back, etc.
3. Basic skills - základní dovednosti
 1. Cradling (how/where to hold the stick, how to move your arm/wrist and use different levels)
 2. GBs (where your hands should be, how to position your body - butt down, bend your knees and use body to protect the ball)
 3. Passing
 4. Catching
4. Strategy - taktika
 1. Elements of the game
 1. Draw controls
 2. Offense
 3. Transition
 4. Defense
 5. Clears
 6. Riding

IDEÁLNÍ PLÁNOVÁNÍ SEZÓNŮ

- příprava - nejdelsí-(soustředění, zaměřeno na kondičku (síla a vytrvalost) a konkrétní cíle zlepšovací techniky)- listopad-únor
- ladění - (psychika, taktika) - březen
- závodní část sezóny (taktika, rychlos) březen-červen
- vrchol sezóny (psychika) - červen/ červenec

KEYS TO PRACTICE PLANNING - Jak udělat dobrý trénink

Some key concepts that will help you in your quest to build great practice plans are listed below.

1. **Variety and progression - různorodost a posloupnost** - need to be carefully orchestrated.
2. **Consistency - důslednost** - is important. Your opening stretch and warm-up should mirror your pregame routine.
3. **Build - stav-** from individual to positional to team concepts through drills.
4. **Intensity - intesita, náročnost** -should vary. Build to a climax at the end of practice.
5. **Flexibility - přizpůsobivost:** Have more than you need ready, own failures and be prepared to change.
6. **Duration- délka:** Shorter is always better. Consider your players' attention span (age in minutes x .66).

7. **Weekly Progression - týdenní pokrok:** Don't add more than one drill per practice. Recycle old favorites.
8. **Conditioning - kondička:** Hide it in drills. Make conditioning the players' responsibility. Set benchmarks and assess them monthly.
9. **Post practice plans - po tréninku** outside of the locker room and include diagrams of new drills.
1. **Inclusion:- zapojení-** Make sure that drills include all players and not just a select few. Especially at the younger ages players should try their hand at all positions.
10. **Closing messages - shrnutí na konci** -are essential. Five minutes is a lot of time. Deliver a concise message to wrap up your practice.

COACHING RESOURCES

1. US Lacrosse
 1. USLacrosse.org Drill Archive
 2. Mobile Coach App
 3. LaxCon Library
 4. learning.USLacrosse.org
 5. YouTube.com/USLacrosse
2. Websites
 1. Womenslaxdrills.com
 2. Lax.com
 3. Laxallstars.com
3. YouTube
 1. YouTube.com/USLacrosse
4. Instagram (there are a variety of lacrosse accounts that feature lots of different drills)
 1. College/University team pages
 2. Lacrosse brand pages (STX, Brine, UA)
5. Other sports drills content (football, basketball, etc.) a lot of skills translate