

Western Maryland Youth Lacrosse Conference WMYLC

2008 Girls Coaches Tips

1. Remember to always create an environment of fun for the players.
2. At the U9 and U11 levels fun is #1 and teaching the fundamental skills in a simple is a secondary effort.
3. At the U13 Level, teaching the fundamental skills is #1 with fun being a very close second.
4. At the U15 level, teaching the fundamental skills, conditioning, team skills, and a positive “winning” work ethic are important. Fun moves farther down the priority list.
5. Stick selection is important. Older “straight sidewall” sticks are less efficient and more difficult to learn with than the more recent “curved sidewall” sticks. They are slightly more expensive but much easier to learn with.
6. Encourage girls to practice catching, throwing, scooping and dodging on their own. One hour a day of fun individual practice is typical. Players new to the game cannot improve their skills fast enough to enjoy the game with organized practice times as the only time allocated to work on the basic individual skills.
7. Be on time to all practices and games.
8. Create a written plan for each practice.
9. Structure practices so that as many players as possible stay busy at all times.
10. Remember as a coach to present only positive behavior to the players, parents, officials and other teams. Everything that you do as a coach will be copied by your players at some time.
11. There is no place for anger, foul language, cheating, and unsportsmanlike behavior.
12. Line drills are great for building skills and improving conditioning. Set up the drills with lots of running and so that each player gets optimum “touches” on the ball. Keep “standing around” to a minimum.
13. Remember that every player has potential. Encourage each player with individual achievable short-term goals.