



**Coach better. Coach smarter. Have more fun.**

## **US Lacrosse Coaching 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 only by US Lacrosse. 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.

**Where:** Ultimate Soccer Arena, 867 South Blvd, Pontiac, MI 48341

**When:** Sunday, January 11 from 10:00 AM to 5:00 PM (check in begins at 9:30 AM)

**Who:** Current or aspiring men's and women's lacrosse coaches

**COST:** Clinic registration is \$35 for current US Lacrosse members. Late registration (starts 1 week prior to the event) is \$55.

To benefit from the full Level 1 experience, US Lacrosse **strongly** recommends advance completion of the Level 1 Online Course for all clinic participants.

### **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 certified US Lacrosse trainer
- Tips, tricks, and ideas to enhance your coaching now and for years to come
- Completion of the Level 1 Clinic applies toward Level 1 certification.

**"I have 30 years of lacrosse exposure and I still learned many things today." - Clinic participant, Portage, MI.**



### **DON'T MISS OUT! REGISTER TODAY.**

- Registration for clinics is exclusively online at <http://www.uslacrosse.org/cep/instructional.phtml>. Clinics sell out, please register early.

This clinic is hosted by the US Lacrosse Michigan Chapter.

For inquiries specific to this site, contact [ewaters2@troy.k12.mi.us](mailto:ewaters2@troy.k12.mi.us)

# OVERVIEW OF LEVEL 1 INSTRUCTIONAL CLINIC OBJECTIVES AND TOPICS

Coaches who complete a Level 1 Clinic receive a clinic certificate of completion and 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 (may vary from site to site)

8:30-9:00 Pre-registration

9:00-10:00 Classroom Session 1

10:00-12:00 hands-on Session 1: Individual skills

12:00-12:30 Lunch (provided by host—contact host for details)

12:30-1:30 Classroom Session 2

1:30-3:00 hands-on Session 2: More individual skills

3:00-4:00 team tactics

