

# Drills to Maximized your Practice time

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# Coaching Philosophy

- Kids all want to play games. The trends are all play camps/tournaments.
- Pete Carrill's story.
  - Youth kids will figure things out by playing the game and this is good.
    - However, every hoops clinic/camp I go to they are still doing lay-up drills and emphasizing fundamentals. This is key to successful players.

# Plan your practices

- Use a flow chart if possible to know the areas you need to cover. It might seem hard but it pays dividends for the players. Try to cover all areas before you play a game.

# What's needed for the first game

- Pre game drills-shooting, gb's, scramble, goalies out 50 min before game
- EMO/MDD in EMO ride, MDD clear 2 men down, 2 men up
- Rides and clears in (10 man)
- Subbing on the fly/Box must be tight
- Offense/Defense- last second play-half – game
- Inbound plays-
- Zone offense –
- Man down face off- man up face off (personnel)
- Coaches responsibilities – keepers/face-offs/att/def/off sides/too many men
- Scouting –game time adjustments-match-ups

- Practice planning: The benefits. Are you ready to play a game? Make a list it helps tremendously in covering early season topics.
- Clears, Rides, Zone defense, zone offense, EMO, MDD, EMO ride, MDD ride, EMO face off, MDD face off, Special situations: Last minute shot, last minute play, keeping the ball in, doubling when down, how to get a guy out of the box, using timeouts effectively, goalie on doubles.
- Don't be afraid to script and scrap. Who can predict what team will show up?
- Emphasize fundamentals—groundballs, dodging and shooting.
- Sometimes if they are not getting it after ten minutes, it's best to move on.
  
- What do you need to get better at? Practice that.
- Typically we go small to big: Stick work. 1v1. half field. Full field.
- Cottle says never to do the same drill for more than one week.
- A third of all goals are scored EMO. Don't neglect it in practice.
- Be good at things that happen all the time: Face-offs, riding and clearing.
- Be creative. Change the order. Play games. Change drills. Do stations. Make shit up. If it stinks, get rid of it.
- Make a rough draft. Spend time thinking about what your team needs. Your players and assistant coaches should be a part of the process.
- Sprints are generally a waste of time. Do your drills hard.
- The first week you need to put in a zone offense and an invert defense—do NOT get caught unprepared.

- Be mindful of their legs, especially late in the season.
  - Every day, for at least ten minutes, roll out the ball and let them play.
  - A hydrated player does not need water in the first hour of practice.
  - Two hours is your goal. Longer than 2.5 is a waste of time. We go 30 minutes the last week.
  - Never assume that your players understand anything. Constantly review.
  - If a player is standing still for more than five minutes, you are doing a bad job.
  - Standing in line does not make you a better lacrosse player. Add a group or find a new drill.
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- The plusses: ideas are discussed and points of emphasis can be covered while formulating the practice. Team/ individual strengths and weaknesses can be addressed when the practice is discussed. Opponent specific drills/ concepts/ plays can be worked on. Having a script keeps everyone on the same pace/page during practice. Allows for prioritizing. Minimizes confusion, arguing, down time and dead time during practice.

The minus: script and scrap.

# Team Leadership

- Our program has produced 29 collegiate captains.
- Why lead? What are your goals? Winning? Getting Better? Getting into a better school? Having a successful experience? I think each program needs to identify what it feels the goals are for the team/program/players/coaching staff.

# Contest Living

- Everyday is a challenge
- Yesterday is the past, tomorrow is the future, today is the PRESENT. Make all you can of this day.
- At our place we try to win each day.
- If you're through improving, you're through.



# Discipline

- To be early is to be on time
- To be on time is to be late
- To be late is to be forgotten

# Commitment

- Champions are made in the off season
- Championships are won in May
- We are fortunate to have players buy into the system, not all , but most

# The program

- As a staff we are constantly re-inventing our program while keeping the same core values
- Empowering players to take ownership

# What it takes to be a champion

- 1. Never underestimate your opponent
- 2. Work on your weaknesses until they become your strengths
- 3. Remember that a great effort is usually the result of a great attitude
- 4. Dedicate yourself to a mighty purpose
- 5. Win with humility, lose with grace
- 6. Ignore those who discourage you
- 7. Work to improve your moral, spiritual, and physical strengths
- 8. remember that how you act on the field is as important as how you act off the field
- 9. Talent is God given-be humble, Fame is man given-be thankful, Conceit is self-given-be careful
- 10. Don't ask to be deprived of tension and discipline—these are the tools that shape success
- 11. Do what has to be done, when it has to be done, and as well as it can be done

# Steps Con't

- 12. Remember that when you're not working to improve, your competition is
- 13. Always give your best
- 14. Practice like a champion
- 15. Play like a champion
- 16. Live like a champion

# Jesse Owens

- "There is something that can happen to every athlete and every human being; the instinct to slack off, to give in to pain, to give less than your best, the instinct to hope you can win through luck or through your opponent not doing his best, instead of going to the limit where victory is always found. Defeating those negative instincts that are out to defeat us, is the difference between winning and losing-----and we all face that battle everyday."

## Drills to maximize our time on task

All drills can be done right, left, off stick side, quick stick and ground balls.

- 3 man 1 ball
- 3 man 2 balls
- 4 man 2 balls
- Best to go through drills quickly and efficiently we stress game speed after warming up

# Fast Break or Slow break

- We teach our young guys that every time down the field it's either a fast break or a slow break.
- We either have numbers or we don't and that dictates what we try to do with the ball



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and Ground Balls

- **Box Drill**
  - 4 man
  - 3man (triangle)
  - 5 man (star)

# Conditioning GB stations

- Station 1 2 on 1 GB drill simple man ball
- Station 2 sideline GB drill live 1 vs.. 1
- Station 3 5 man GB drill all ball movement with lots of touches

# Attack vs.. Defender drill

- Clearing drill for poles
- Attack at midfield throws to defender in corner and then defender has to clear up sideline to half field staying between sideline and restraining line.
- Teaches attackmen to turn defender and teaches defender to beat attackmen

# Keys to the Kingdom

- Clearing and Shooting
  - These are essential pieces for a successful HS team.

# Shooting

- Incredibly important part of lacrosse.
- Nalob can never have enough (300)
- Different drills **ALL OVERHAND!**
  - Time and space shooting (4 ball)
  - On the move (short side, sweeps)
  - Off ball cutting (pick the pick man 3 cone drill)
  - Shooting over the goal

# Advance drills

- These are the type of drills that require understanding from all involved.
- Coaches and players

# Half Field Roving Drill

- This is a drill that is essential to teaching field sense and being familiar with your home field.
- Scripted drill while circling the half field

# Side to Side clearing riding drill

- Width of field with goalies attackmen and defensemen
- Pole waiting to jump
  - Defender has to make decision, shooting is an option.
  - Attack has to move to give help, creates game conditions
- Attack breaking hard to give help



# Donovan Drill

- Establishes the importance of playing at both ends of the field
- Identify the extra man/filling the lanes/backside, lob, etc
- Hidden conditioning

# Areas of concern that I see

- Over the shoulder catching is a lost art
- Shooting overhand is lost art
- Getting the loose balls