

## Weekend Homework

### Week 4 - 6/1/2022

The Chaos team won the PLL championship last year in brutal heat playing a series of game on limited rest. This year, with most of the same team returning, their head coach told all the try-out/training camp attendees “We aren’t looking for the best players. We are looking for the best *teammates*.”

- What does being a good lacrosse teammate mean to you? There is no right or wrong answer to this, just what it means to you. Have you had good teammates before? Bad teammates? What do the good ones do/not do? Who do you want to be?

### Week 4 - 5/30/2022

Watch one possession from one of the Division 1 playoff games this past month. You will need to replay it several times to understand all the different things that are happening. **Come to practice Monday with the following things written down:**

- What teams are playing
- What quarter and game time the possession starts
- Who is on offense and who is on defense
- How does the possession end? Is there a goal scored? A turnover?
- If a goal is scored, how does it happen and what should the defense have done differently?
  - o Should a help defender have gone to double the ball? Should they have gone earlier?
  - o Was the defense not set up and ready?
  - o Was the on-ball defender at a bad angle?
- If the possession ends in a turnover or goalie save, what should the offense have done differently?
  - o Looked for a better shot? Was it a low angle, with pressure on hands, or from too far out?
  - o Communicated to the ball carrier about defensive pressure?
  - o Was it just a bad pass?
- What happens next? If a goal is scored, does the same team get the ball back? If it was a turnover, does the defense successfully clear it? We want to get a feel for how this one possession affects the quarter and the game overall.

### Week 3 - 05/23/22

**Watch the NCAA Championships**

**Come to practice Wednesday ready with one example of each of the following:**

- What did you do better in the 2<sup>nd</sup> scrimmage compared to the first one?
- What did you not do as well in the 2<sup>nd</sup> scrimmage compared to the first one?
- Leaning into your strengths is important - how can you expand on what you did well?
- You don't want to ignore deficits, though – how will you improve on what you didn't do well?
  - o Be specific with your plans for improvement. What skills, what drills, and how often?

**Week 2 - 05/16/22**

**Get a parent to take video of you passing with your left and right hand. Watch the video to see how many of the following you are doing correctly:**

	Left Hand		Right Hand	
	Good	Needs Work	Good	Needs Work
Point front foot at target				
Line up shoulders & point at target				
Top hand over shoulder at minimum, ideally near ear height				
Butt end of stick is pointed at the target prior to passing				
Hands are forearm width apart on stick (it will help to add tape lines)				
Step forward with opposite foot...				
...And push forward with your top hand/pull with your bottom hand				
Finish motion with butt end pointed at the middle of own chest and stick pointed at target				
Face of stick should be open to the ground, otherwise you are throwing sidearm				

We don't expect your form to be perfect, but you want to try to get as many of these steps correct as possible. Go slowly, especially when you are doing something unfamiliar. The more often you do it correctly, the less you will need to think about it when the time comes.

If visuals would help, check out "POWLAX Backyard How to Pass in Lacrosse" on Youtube. We have minor differences in technique, but I recommend virtually all his videos and I even contribute to his Patreon. Learn the basic overhand pass first, we will work on the rest afterwards.

Week 1- 05/09/22

**Teach a parent/neighbor/sibling to split dodge (v-split variation).**

1. Face them square-on with feet/hips/shoulders pointed directly at them.
2. Your top hand should be just below the plastic of your stick *right next to your head* and your bottom hand should be near your hip on the same side as your top hand. Everything should indicate you are going that direction.
3. Step forward at a 45° angle to your stick side.
4. Once the front foot is planted and your weight is fully on it, turn your other foot a full 90° the opposite direction and bounce hard off your plant foot.
5. While your feet are changing direction, move your bottom hand to the middle of your waist, then drop your top hand to meet your bottom hand.
6. Move your top hand off the stick and replace it immediately below the other hand.
7. With your new top hand, move the head of the stick back up next to your head, leaving the new bottom hand loose enough to slide to bottom of the stick.
8. Gently cradle next to your head with the new top hand and have the new bottom hand move next to your same side hip, which should now be opposite the defender.

Perfect! Now do it 10 more times, then switch to starting the split with the other hand.