

TO Junior Girls players, coaches, officials

CC LV Board, LV Office

From Junior Development Advisory Group

DATE: 7 April 2016

SUBJECT: Junior Girls Coaching Toolkit – stick checking introduction 2016

BACKGROUND

For the 2016 season the ability to stick check in accordance with senior rules will be introduced in the Under 15 girl's competition. This introduction prompted and requires the provision of a toolkit, primarily targeted at coaches for introduction, but for use by players and officials, not just at under 15 level, but all levels of junior girl's lacrosse. This toolkit is contained in this document with links to extra video resources that should prove useful in explanation of these skills.

COACHING TOOLKIT

The expectation on clubs is to distribute this information to their junior girl's coaches, officials and players. This information will also be made available on the Lacrosse Victoria website.

Coaches expectations

1. Support their player's during their introduction and learnings of how to correctly stick check through creation of a fun safe environment.
2. Encourage players to be respectful and maintain good sportsmanship on the field of play by not becoming overly aggressive or dangerous.
3. Respect, support and encourage officials to talk to players whilst on the field to correct bad technique or explain why their checking is illegal.

Officials expectations

1. Talk to all players to clearly explain and correct bad technique as early as possible and encourage correct technique fairly for all players.
2. Talk to all coaches and explain the issues they are seeing in the player's technique, and work with coaches to encourage better techniques.

Player's expectations

1. Play a fair game, that is still competitive, but within the spirit of the game and abides by the rules of play.
2. Respect the advice and feedback from all coaches and officials and take-on-board this and adapt their style of play.

Key points to teach – cradling

1. Top hand dominant/in control
2. Bottom hand provides stick support
3. Loose wrists
4. Movement in the shoulder
5. Make natural in your running style

Key points to teach – body position

1. ABCD's of defence (Approach the attacker, Breakdown your steps before you reach them, make Contact with the attacker, Direct the attacker away from goal)
2. Don't compromise body position to make a check
3. Knees bents shoulder width apart, on the balls of your feet
4. To prepare players for checking, encourage the use of defending with their forearms as this can free up the hands for checking without compromising their body position

Key points to teach – stick checking

1. Use bottom hand to control speed, and top hand to control direction
2. Use your wrists in a whipping motion
3. Try to limit the use of arms as much as possible
4. Ensure when running alongside that you are in front of your opposition before you check (otherwise checking across body)
5. Best to limit checking to only when the ball is in the oppositions sticks, this means limiting checking in groundball competitions due to prematurely checking an opponent's stick.

Checking DO's:

1. Hold body position first
2. Attempt a check if stick is hanging out, especially if running from behind

3. Quick, sharp checks

Checking DONT's:

1. Over swing and lose foot positioning
2. Check across the body
3. If there is a risk of hitting someone in the head (swipe)
4. Hold their stick down after checking
5. Check their own stick towards their head

Video Links

The below link provides some beneficial information when it comes to body position:

<https://www.youtube.com/watch?v=TbPSjbd942s>

Extra video links

<https://www.youtube.com/watch?v=A9L8VsFjDaE>

<https://www.youtube.com/watch?v=MII56y6jWy8>

<https://www.youtube.com/watch?v=MbWJteD83zl>

<https://www.youtube.com/watch?v=sAWLE6OYp7g>

<https://www.youtube.com/watch?v=fWyIFC4uZQ8>