

INTRODUCTION:

With the explosive growth of the sport of lacrosse around the country, the need for knowledgeable, experienced coaches is greater than ever before. US Lacrosse is committed to providing opportunities to develop these important leaders.

MISSION

In accordance with the US Lacrosse Strategic Plan, the US Lacrosse Coaches Education Program has been established to create a multi-level, national, standardized education curriculum and additional resources that are accessible to all coaches at every level. The Coaches Education Program is developed and implemented by the Coaches Education Committee and the US Lacrosse programs department.

LEVEL 1 GOAL:

Level 1 of the US Lacrosse Coaches Education Program is targeted at coaches who have limited or no experience with coaching lacrosse or experienced coaches who have an interest in strengthening their coaching foundation and knowledge base. The goal of Level 1 is to introduce coaches to the responsibilities and philosophies of coaching and how to provide a safe and athlete-centered environment that emphasizes positive growth and sportsmanship principles. Level 1 provides the tools needed to teach rules, basic individual skills, and basic team concepts to a group of beginning players, regardless of age.

*"This course was easy to follow and maneuver around within the course. It was possible to go through sections on my time schedule. I liked the easy access to the reference material and the quick and effective feedback during the post-assessment section."
- Boys' lacrosse coach from Texas*

Online Courses:

The Level 1 Online Girls' and Boys' Courses each consist of four sections: an introductory coaching philosophy section (includes basic player safety and risk management responsibilities), sections covering individual skills and team strategies for youth and/or beginning players, and a reference section (to include expansion of curriculum topics, a glossary for the boys' and girls' games, season plans, and a drill and game supplemental). As coach trainees progress through the comprehensive courses, they'll review photos, diagrams and flash movies included to visually enhance their learning experience.

Upon completion of the online course and an 80% passing grade on a post-assessment quiz, participants are able to print out a certificate of completion.

PLEASE NOTE: This certificate recognizes the completion by the holder of a course of instruction only. It does not constitute a coaching certification or license and through the issuance of this certificate US Lacrosse is not providing any such certification or issuing any such license.

Online Course Access and Fee:

US Lacrosse members can access the Level 1 Online Courses through the US Lacrosse website. Interested members may choose either the boys' or the girls' course, or both. For any coach-category member (Youth Coach, Assistant Coach, Head Coach, or Cross-participant with the coach attribute), the cost per course is \$25. For any other member category (Fan, Adult Player, Youth Player, Official or Umpire), the cost per course is \$45. Participants who have purchased one or both courses are allowed 60 day access to the chosen online course and **unlimited** login access to the reference section.

Instructional Clinics:

The Level 1 Instructional Clinics will bring the material in the online course to life through hands-on experiences and personal instruction from qualified trainers selected by US Lacrosse.

The US Lacrosse Coaches Education Committee will be piloting Level 1 Instructional Clinics on selected dates in January, February, and March of 2005. Sites will be announced and online registration will be made available to all US Lacrosse members in early January. A 50% reduced course registration fee of \$25 per participant for the pilots will be offered. Advance completion of the Level 1 Online Course is highly recommended for all participants.

In fall 2005 the Level 1 Instructional Clinics will be released nationally with the goal of hosting trainings in all 16 regions of the United States by 2006.

Level 1 training is relevant for ALL lacrosse coaches regardless of experience. Everyone can benefit from the scope of the clinics and attendance by any coach is encouraged.



FUTURE DEVELOPMENT:

To extend continuing education opportunities to Level 1 graduates and more experienced coaches, the following Coaches Education Program course levels are in development through 2006.

Level 2 Goals

Level 2 of the US Lacrosse Coaches Education Program is targeted at coaches who have Level 1 instruction and/or experience coaching lacrosse. The goal of Level 2 is to reinforce the responsibilities and philosophies of coaching, which include safety and sportsmanship. Level 2 provides the tools needed to teach more advanced individual offensive and defensive skills, and team concepts. Level 2 also introduces principles of conditioning, nutrition, and psychology of the game.

Coming soon: Level 2 Online Courses (summer 2005), Level 2 Instructional Clinics

Level 3 Goals

Level 3 of the US Lacrosse Coaches Education Program is targeted at coaches who have successfully completed all aspects of Level 2 of the Coaches Education Program and/or have extensive experience coaching lacrosse. The goal of Level 3 is to provide an advanced, hands-on level of study designed for the coach interested in making a career in coaching lacrosse or wants to significantly raise the level of his/her own coaching knowledge and ability. This level will require a final project. Level 3 objectives and offerings are in the conceptual stages of development in 2005.



Acknowledgements:

For their contributions to the contents and creation of the Level 1 Online courses, US Lacrosse thanks:

- **The Coaches Education Committee** - Bob Shillinglaw, Feffie Barnhill, Melissa D'Angelo, Patty Brooks, Wendy Kridel, Duke Whelan, Emily Jones, John Yeager, Kevin Sheehan and US Lacrosse staff project manager, Katherine Clark
- **NetSol Technologies, Inc.** – Provider of e-learning technology and the instructional systems design
- The US Lacrosse Sports Science and Safety Committee
- Youth Council members Chase Howse and Noel Ebner
- US Lacrosse Board of Directors Chair and Women's Rules Committee Chair Pat Dillon
- US Lacrosse staff members, especially Jennifer Allen, Jody Martin, and Joe Gold for their editing expertise, guidance and support

Want to get involved?

The Coaches Education Committee is currently seeking qualified US Lacrosse volunteers to serve in various capacities for the Coaches Education Program. For more information contact programs@uslacrosse.org.

Invest in lacrosse! Gifts to the US Lacrosse Fun are critical to the growth and vitality of our sport. To support the Coaches Education Program, please make checks payable to US Lacrosse or contribute on-line at www.uslacrosse.org. For more information, please contact Susan Koches, Director of Development at x 124.

Contact Us

Questions about the Coaches Education Program can be sent via e-mail to programs@uslacrosse.org. Please allow 3-5 days for a reply.

Coaches Education Program

Level 1 Online Courses and Beyond

"Coaching is teaching, and coaches need training in this area in order to be effective." — Sue Stahl, Old Dominion University head coach, four-time World Cup champion