



PLAY Coaches Meeting

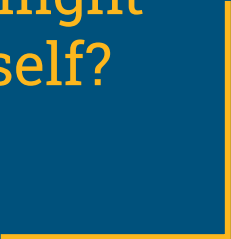
March 3rd, 2025
Parkview Room, PL City Hall





Introduction

What's your name? What age you might be coaching? Fun fact about yourself?



Contacts

- Austin “P-Mac” Polson-McCannon - PL Boys Development Director
 - 612-749-3973 BoysLacrosseDevelopment@playinfo.org
- Sam Kepner - PL Boys Head Coach/PLAY Boys Director
 - 651-216-9371 Boyslacrosse@playinfo.org
- Derek Schluck - PLAY VP of Lacrosse
 - 612-203-0867 VPLacrosse@playinfo.org

Agenda

1. PCA Meeting
2. Schedule
3. Coaches Expectations
4. Practice Planning and Game Planning
5. Communication Protocols
6. Conflict Resolution
7. Q&A

Mission/Vision

PLAY Lacrosse provides a cultural environment that promotes the fundamentals of Lacrosse both physical and mental that would **teach life lessons beyond the playing field.**

Core Values:

Community, Development of skills confidence and self esteem, sportsmanship, teamwork, commitment

PLHS Boys Vision & Core Values

INTEGRITY

Do the right thing, even when no one is watching you. Do what you say, say what you do. **Be a good dude.**

CONNECTION

Selfless relationship between players, coaches, parents, the youth program, the community, and “The Creators Game.” **We not me.**

COMMITMENT

Commit fully to the team, do your job the absolute best of your ability, and stay the course (persevere) in the face of adversity or temptations. **All In!**

EXCELLENCE

An unwavering commitment to personal growth and development. Our journey to excellence never ends. **Chase your best.**

Schedule Overview U12/14

Pre-tryouts: March 23 & 30, April 8 & 9

Tryouts: April 13, 15, 17, 19

Season: First Practices start in May

May - Mon/Wed 7:30-9pm at PL HS on Dan Patch. Thursday “Scrimmage Night” and Saturday Mornings at Hamilton (Our new Home!)

June - U12/14 Mon-Thursday 5:30-6:45 Hamilton. Game schedule will come out late May. Tournaments; Shakopee June 6-8, June 27-29 PL, YLM State July 25-27

Schedule U10 and Younger

Season: First Practices start in May

U6 - Target 1 practice per week primarily Sunday mornings. 3 double header game dates in June and July.

U8 - Target 2 practices per week primarily Monday and Thursdays.

U10 - Target 3 practices per week Monday, Tuesday, Thursday.

Tournaments: Shakopee June 6-8, June 27-29 PL, YLM State July 19-20

Coaching Eligibility Requirements

Per Youth Lacrosse of Minnesota (YLM), the requirements outlined below, and [here](#), must be in place prior to a team's first regular season game.

- Registration as a coach with YLM.
- USA Lacrosse Bronze Certification Online Classes
- USA Lacrosse membership (includes a background check).
- SafeSport (or equivalent) certification.
- Applicable concussion training.

At least 1 of the above coaches (need not be the same individual):

- Over the age of 18
- USA Lacrosse Level 1 Coaching Certification.

Coaches Expectations

We are committed to the development of the players and teams

- Be prepared for practices and games to ensure each opportunity is productive, engaging, and fun! Hold players accountable and teach them lessons about lacrosse and life. Demand a positive team culture.

Coach with class and professionalism. [P.L.A.Y. Coaches Pledge.](#)

- Give players, parents, and refs the utmost respect; emphasis on the refs, we don't need to be really interacting with them a whole lot if at all. We are the standard.

Best Practices

1. **Plan for the right age group.** Have a plan and be prepared to adjust on the fly.
2. Show up early; practice 5-10 min. Games 30 min.
3. Have a white board, whistle, and use it.
4. **Keep them moving**
5. **Keep the kids safe**
6. **Make it fun!**

Practice Planning & Game Planning

Everyone gets playing time. **We want to develop EVERYONE in the program.**

Rules of the Road:

- **Fair Playing Time:** Ensure fairness in playing time, with exceptions for specific game situations, such as the final two minutes of a close match.
- **Fair Starting Line-Ups:** Prioritize players who attend recent practices, discouraging participation only during games.
- **Versatile Play:** Encourage players to experience all positions and specialized game situations, especially at the 14U B, 12U B, and younger levels. This is also recommended for 14U A and 12U A levels, with exceptions for specialized positions like goalie.
- **Specialization Acknowledgment:** Players and parents choosing specialization must accept potential disparities in playing time.

Practice Planning & Game Planning Cont.

Best Practices:

- **Group Learning:** Utilize public praise and private criticism to highlight success and learning opportunities for the entire team.
- **Recognize Small Plays:** Value minor contributions, such as defensive plays leading to offensive goals.
- **Plan Ahead:** Balance game day starters by planning which players will start upcoming games.
- **Depth Chart and Balanced Lines:** Create a depth chart and balance lines to pair strong players with weaker ones.
- **Quarterly Substitutions:** Substitute players every quarter, or halfway through each half if the game uses halves.
- **Midfielder Substitutions:** Replace midfielders during stoppages like goals, penalties, or timeouts.
- **Rotation Management:** Place recently substituted players at the end of the rotation line. Assign a coach to monitor the rotation to prevent competitive players from jumping ahead.

Coaches Resources

- USA Lacrosse; <https://www.usalacrosse.com/coaching-resources>
- ["Rules of the Road"](#)
- Coaches Resources;
<https://www.downthealleypod.com/play-lacrosse-coach-portal>
 - Sign Up/Make an account; use code word "ADMIN" to waive fee for the PLAY Portal
 - Meeting Recordings, Webinars, Coaching Templates, Drills, Plays, sets, etc. If there is anything you would like added, please let me know!

Communication Protocols

- **Sports Engine**
 - Download the app
 - Update Practice/game times + Fields
 - Chat feature
- **Team Managers**
 - Secure a team manager(s) first week
 - Have them help with communication to parents, setting up team parties, volunteers to work the games, etc.
- **Other Forms of communication - e.g., Group texts, social media**
 - Proceed with extreme caution

Conflict Resolution

Code of Conduct - Parents, Players, Coaches

1. Physical abuse violations will result in immediate and permanent dismissal from all P.L.A.Y. events and programs.
2. A first violation, other than physical abuse, will be a suspension handed down by the Director of that Sport. Violators will be suspended from all activities until a full P.L.A.Y. Executive Board has reviewed the infraction.
3. A 2nd violation will result in the immediate dismissal from ALL P.L.A.Y. programs for 12 months. This 2nd violation will not have time limitations on the prior infraction. Infractions are cumulative and life long.

Best Practices

Over Communicate!

Conflicts happen, keep Kep and PMac in the loop.

For “bigger” and or continued issues, please get Kep and/or PMac involved and we will help.

If it persists, we will get Schluck/PLAY involved.

Set the Standard

We are sports leaders who have a big influence on the next generation of athletes, in our case lacrosse players.

Why do you coach?

- I coach to give back to the next generation of lacrosse players to give them a great experience and opportunity, as I had as a MN/PLAY/PL athlete. The lessons and experiences I had have made me the person I am today.

Key Dates

- Equipment Handout 1 of 2 - March 22nd 11:00 - Noon at The Ponds
- Pre Season Parent, Player, Coach Meeting - March 25 6:00 PM at PLHS
- Equipment Handout 2 of 2 - April 12 9:00 - 10:00 AM at The Ponds
- P.L.A.Y. Youth Night (Boys) - May 8th
- YLM Game Schedule Release - May 19th
- Pictures - TBD
- Blackout Period / No Contact - July 2nd through July 6th
- Equipment Turn In - June 28th

Q&A

What did I miss?

Questions about equipment? Field Assignments? Rule Changes? Coaches Swag?

What can P.L.A.Y. do to make coaches at all levels successful?

Appendix



Practice Plan Tool

CONNECT (pre) <ul style="list-style-type: none">• connection drill• huddle up (pre & post)• Hi & Bye (authentic)	<ul style="list-style-type: none">• What is today's connection exercise?• What is today's CORE Value focus Goal? (Excellence, Enthusiasm, E ort, etc.)
ORGANIZE (pre) <ul style="list-style-type: none">• stay engaged• communicate goals• call out the positive	What skills, drills, schemes will be taught today? <ul style="list-style-type: none">••
REFLECT (post) <ul style="list-style-type: none">• check for understanding• listen & allow processing• give honest feedback	Questions to ask team: <ul style="list-style-type: none">• How do you think we grasped? (skill, drill, scheme)• How well did we model today's CORE Value? (Excellence, E ort, etc.) Questions to ask self and sta (post practice): <ul style="list-style-type: none">• How well did team grasp todays skill set?• How many times did you and staff call out successful CORE Value achievements during practice?
ENCOURAGE (post) <p>Remember, how they leave is how they return.</p>	Every Coach gives Individual call-outs! (Team Put-Ups) Remind the team that you believe in them and remind them to live out the focus CORE Value at home, in the community, and at school.