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### **LACROSSE COACHES!**

#### **This Is Your Complete Training Program for Coaching Lacrosse!**

With the POWLAX Youth Lacrosse Coaching Master Class, you can learn everything about coaching lacrosse. This program gives you easy lessons on how to play offense and defense, the basics of the game, and how to help young players learn. It shows you important ideas and how to teach them to your players. Instead of searching through countless random videos for good lacrosse information, this program is your fast track to coaching effectively. This course helps you get the skills you need to lead your team well. With clear instructions and helpful tips, you will be ready to teach your players and manage your team like a pro.

[Coaching 8U or a Team of Newcomers? Click here](#)

[Start My Free Trial](#)

#### **Meet Your Instructor**

Patrick Chapla, the visionary founder of POWLAX, has dedicated 32 years to mastering lacrosse and 17 years to coaching and creating impactful content.

With over 10 million views on his lacrosse coaching videos, Patrick is a trusted authority in the field and now he has distilled his vast expertise into one comprehensive master class.

This course promises to transform you from a beginner to an expert coach in no time, equipping you with the skills and knowledge to lead your team to success!

#### **Create the Ultimate Lacrosse Experience**

We believe that playing lacrosse can help to develop the traits of successful people.

By creating environments that enhance the players' love of the game, we help them to enjoy the process of becoming better people.

For most, lacrosse is just a game. To us, it's a method of cultivating the skills and mindset necessary to be successful in life.

**We Create Confident Coaches Because Confident Coaches Create Great Environments For Players.**

### **100% Satisfaction Guarantee**

We are confident that the POWLAX Youth Lacrosse Coaching Master Class will transform your coaching approach and elevate your team's performance. That's why we offer a 100% Satisfaction Guarantee. If you don't see a significant improvement in your coaching skills and your team's success after completing the course, simply let us know for a full refund. We stand by our commitment to providing you with the best lacrosse coaching education available.

It's going to require hard work and dedication, but upon completing the quizzes and following the directives, you will emerge as a prepared and efficient lacrosse coach.

Your success is our top priority, and we guarantee you will find value in every lesson.

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Flexible or Structured Learning Paths

Freedom to Direct Your Learning Experience

Effective Community Involvement

Adaptive Coaching Emphasis for Age and Skill Level

Expert Skill and Fundamental Development

Holistic View of How The Game Works and Strategies

Extensive Focus on Practice Planning and Execution



### **Master Class Outline**

#### **Lesson 1: Building an Understanding and Appreciation of Lacrosse**

Dive into the rich history and vibrant spirit of lacrosse in our first lesson. We'll explore the cultural significance of the sport, its evolution, and modern representations. We'll also discuss the significance of choosing the correct stick, the importance of the pocket, make comparisons to the big 5 sports, and cover basic rules and equipment.

## **Lesson 2: Orienting Ourselves for Success This Season**

Lesson 2 focuses on meeting you where you are and exploring your situation to craft a holistic strategy for a triumphant season. We'll navigate through the intricacies of goal setting while considering your unique coaching environment – understanding where you stand as a coach, your players' diverse personalities and skill levels, and the dynamics of parent expectations and involvement. This lesson also delves into effectively leveraging support from administrators and collaborating with co-coaches. By doing so, you'll learn to create a positive, achievement-oriented atmosphere, aligning your coaching tactics with your team's multifaceted needs and aspirations.

## **Lesson 3: Age and Skill Appropriate Coaching**

Lesson 3 is tailored to embrace the diversity of skill levels within your team, applying innovative coaching methodologies like the constraints-led approach and non-linear pedagogy. These modern techniques focus on adapting to the individual learning styles and developmental stages of each player. We'll guide you through effectively coaching a range of abilities, ensuring that every player, regardless of their current skill level, is engaged, challenged, and growing.

## **Lesson 4: Conducting Effective Lacrosse Practices**

Lesson 4 delves into the essentials of running a successful lacrosse practice. From the necessary equipment to the intricacies of the practice plan, we cover every aspect to ensure you're fully equipped. Learn about the distinct roles and responsibilities of the coaching team, ensuring everyone plays their part effectively. We'll also explore the elements that make a practice session great, including how to incorporate special positions like goalies and face-off specialists. This lesson is designed to empower you with the knowledge and skills to create engaging, productive, and skill-enhancing practices for your team.

## **Lesson 5: Fundamental Techniques and Drills To Do at Home**

Lesson 5 is the cornerstone of coaching success. Coaches are equipped not only to teach but also to master key lacrosse skills themselves. We provide detailed techniques and drills for essential skills that coaches can practice at home, ensuring they can demonstrate and instruct with confidence. These skills include holding the stick, picking up ground balls, cradling, passing, catching, faking, and various shooting techniques like shooting on the run, in tight spaces, and with time and room. Additionally, this lesson covers individual defensive basics, providing a comprehensive toolkit for coaches to enhance their expertise and effectively pass on these skills to their players.

## **Lesson 6: How The Game Works and Coaching Strategies**

In Lesson 6, we delve into the dynamic phases and flow of lacrosse, providing a detailed analysis of the strategies pertinent to each phase of the game. Coaches will learn not only the general tactics but also the specific strategies we at POWLAX recommend. We will introduce the

POWLAX Coaching Pyramid, outlining the types of drills that are used to create team strategy. Additionally, this lesson includes an overview of the drills designed to build and reinforce each recommended strategy, ensuring coaches have a clear and effective roadmap for training their teams.

### **Lesson 7: Practice Plans that Introducing The Game**

Lesson 7 is an exploration of two practice plans. The first practice plan is built to introduce a new set of players to the game or allow you to evaluate a new group of players. The second practice plan is the perfect practice to run with a team of players who are 8 years old and younger. We'll guide you through each practice step by step, explain the function of each drill, and watch live video of the drills being run.

### **Lesson 8: Practice Plans that Build Team Transition**

Lesson 8 introduces two distinct practice plans that focus on building the elements of transition play including clears, rides, face-off strategy, and transition offense and defense. Patrick overviews the practices showing live video examples of each drill and explaining how each drill is used to build transition offensive and defensive principles. Both plans come with the flexibility to be customized, ensuring they can be adapted to suit the unique needs of any team.

### **Lesson 9: Practice Plans that Build Settled Offense and Defense**

Lesson 9 introduces two practice plans, one built for a team with a single coach and the other for at least 2 coaches, that focus on building the elements of settled offense and defense. Patrick overviews the practices showing live video examples of each drill and explaining how each drill is used to build transition offensive and defensive principles. As with all POWLAX plans, these are designed for easy modification, allowing coaches to tailor them to their team's specific situation and goals.

### **Lesson 10: Pre-game Practice Plan**

Lesson 10 walks through a practice plan that will prepare your team for game day. Focusing on complete strategies, we cover getting prepared to compete, tactical rehearsals, and scouting possibilities. Get your players game-ready with this practice plan.

### **Lesson 11: Game Day Overview and Execution**

Lesson 11 equips coaches with strategies to manage the excitement and challenges of game days. This session delves into pre-game preparations, including team briefings, warm-up routines, and last-minute tactical adjustments. Coaches learn how to maintain team focus, handle in-game scenarios effectively, and ensure a positive experience for players, regardless of the game's outcome.

*The material is well thought out, communicated and edited. Its helped me be a better coach so I can give my players the best possible lacrosse experience.*

**Richie Hogle**  
**Former Cal Coach**

*I most appreciate how well you "curate" information - picking out the most important topics and how you present with both video and PDFs. Very clear and well edited!*

**David Pocock**  
**PrimeTime Lacrosse - Head Lacrosse Coach Concord at Academy**

*"I use a lot of your content and videos, especially when it comes to your schemes. Such as your 3-3 Zone break down (Wesleyans Championship Zone) and your pairs offense (Ohio State Pairs). Often times we can just send that film to our guys so they can watch it before practice or a meeting we have."*

**Bill Cosentino**  
**Head Coach St. Josephs College**

*"If you're teaching beginners at the youth level or preparing elite players to compete at the national level, POWLAX provides the structure and content to help you effectively teach. Coaches and players can all benefit from the content provided by POWLAX."*

**Dan Dowd**  
**Stafford Lacrosse Association / Fredericksburg Lacrosse Club / Colonial Forge High School**

*"We have new parents joining our organization all the time, but they're not necessarily lacrosse coaches. The question we have to answer is how do we teach them to coach? POWLAX's content covers the gamut of techniques and strategies, so new coaches can learn the basics and experienced coaches can get really in-depth. His content is awesome, and there is nothing out there like it for coaches!"*

**Bryan Inagaki**  
**Director - Avon Grove Youth Lacrosse**

*Great content, and it is presented in a way that we as coaches can use on the entire range of youth and HS players. I'm sure it is as valuable at the higher levels, but I don't have experience there. Very balanced, and has the priorities right.*

**Brian Hilton**  
**Father Coach**

*The material is well thought out, communicated and edited. Its helped me be a better coach so I can give my players the best possible lacrosse experience.*

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**Former Cal Coach**

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**Which Coaching Master Class is Right for You?**

Features		
Building an Understanding and	✓	✓
Orienting Ourselves for Success This	✓	✓
Age and Skill Appropriate Coaching	For 6U, 6-9,	For All
Conducting Effective Lacrosse	✓	✓
Fundamental Techniques and Drills To	✓	✓
How The Game Works and Coaching	For 8U	For All
Master Class Strategies for All Phases		✓
Introductory and 8U Practice Plans	✓	✓
Practice Plans that Build Team		✓
Practice Plans that Build Settled		✓
Pre-game Practice Plan		✓
Game Day Overview and Execution	For 8U	✓