



Lessons Learned from Kids in Armor

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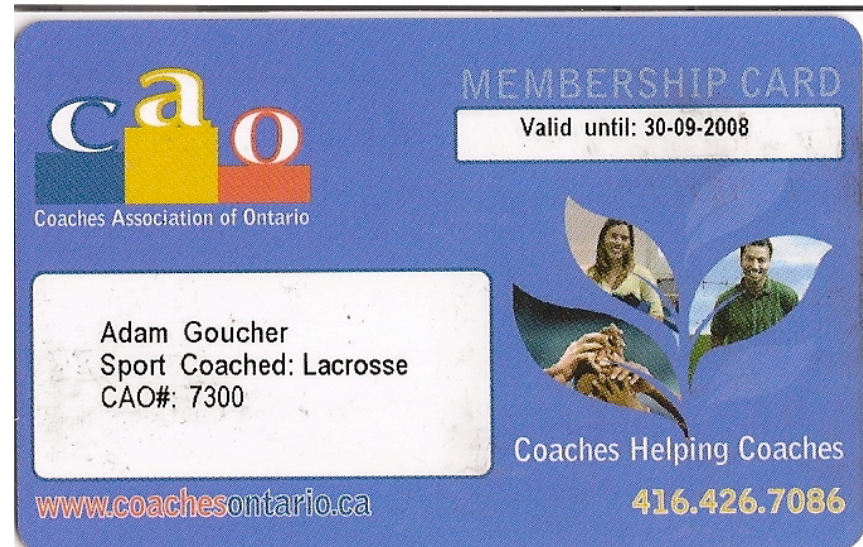
Quality Czar, Zerofootprint Software

NCCP Level 1a Certified Coach

Who Am I?



- A tester for 10 years
- A lead for the last 3



- A coach for 2 years
- Was NCCP certified last year



What is Lacrosse?



**You were
promised armor**

Skill Development - Lacrosse



Skill Development - A Simple Form

Name:	<input type="text"/>
City:	<input type="text"/>
Prov.:	<input type="text"/>
Postal Code:	<input type="text"/>
<input type="button" value="OK"/> <input type="button" value="Cancel"/>	

Skill Development - Testing



source: http://www.quardev.com/blog/a_case_against_test_cases

Progression Charts - Lacrosse

WMLA SKILLS PROGRESSION CHART

I=INTRODUCTION R=REVIEW



SKILL	PAPERWEIGHT	TYKE	NOVICE	PEEWEE	BANTAM	MIDGET
CATCHING						
HAND POSITION	I	I	R	R	R	R
STICK POSITION	I	I	R	R	R	R
EYE/BALL CONTACT	I	I	R	R	R	R
RIGHT SIDE	I	I	R	R	R	R
WRONG SIDE				I	I	R
WHILE MOVING-TOWARDS		I	I	R	R	R
WHILE MOVING-SIDEWAYS			I	R	R	R
WHILE MOVING AWAY			I	R	R	R
EQUIPMENT						
HELMET/MASK	I	I	R	R	R	R
SHOULDER PADS	I	I	I	R	R	R
KIDNEY PADS	I	I	I	R	R	R
ATHLETIC SUPPORT	I	I	R	R	R	R
SHOES		I	I	R	R	R
GLOVES	I	I	R	R	R	R
STICK-LENGTH	I	I	R	R	R	R
POCKET			I	R	R	R
MAINTENANCE			I	I	R	R
TIE STRINGS			I	I	R	R
MOUTH GUARD	I	I	I	R	R	R
FAST BREAK						
GOALIES RESPONSIBILTY				I	I	R
BENCH RESPONSIBILTY				I	I	R
WHO/WHAT/WHERE				I	I	R
ON POSSESSION						

Progression Charts - Testing

	Junior	Intermediate	Senior	Lead
Test Case Execution	I	R	R	R
Test Case Creation	I	R	R	R
Test Case Analysis	I	R	R	R
Scenario Execution		I	R	R
Scenario Creation		I	R	R
Scenario Analysis		I	R	R
Session Debrief			I	R
Session Execution			I	R
Session Creation			I	R

50M - LACROSSE PRACTICE PLAN - PAPERWEIGHT (4-5 yrs)

OBJECTIVES - SHOOTING ON GOAL
- SKILL RE-ENFORCEMENT

INTRODUCTION - 5M

GOALS - FUN

- SHOOT ON NET
- RESPECT THE CREASE
- PRACTICE ~~OTHER~~ PREVIOUSLY LEARNED SKILLS

SKILLS - HOW TO HOLD THE STICK
- HOW TO SHOOT
- THE LINES AROUND THE NET

EQ CHECK - OTHER COACHES TO CHECK FOR PROPER
EQ INCLUDING MOUTH GUARDS

WARM-UP - 10M

GENERAL - 'CHASE THE COACH'

- STRETCHES - NECK, SHOULDERS, WRISTS,
ANKLES

SPECIFIC - INDEPENDENT SHOOTING ON NET

MAIN PART - 28 M (5M lesson, 8M x 3 stations, 4M water)

SKILL LESSON - HOW TO SHOOT (STATIONARY)

- HAND POSITION
- HOW TO AIM
- ARM MOVEMENT
- FOLLOW THROUGH

WATER AFTER
FIRST STATION
CHANGE

STATION ONE - LOOSE BALLS
COACH - DEMONSTRATE HOW TO PICK UP A
LOOSE BALL

PLAYERS - STOPPED BALL
- ROLLING BALL
- BOUNCING BALL

ADAM-1

Planning - Lacrosse practice

heyotto testing charter

primary ... win an iPhone

Sign up for account at www.heyotto.com using AST as promo code so I can win an iPhone.
Hold a test conference with someone else in the call so I'm officially registered.

secondary ... # Otto (gently find some bugs)

Conference features: (hit # to talk to Otto)

Mute/Unmute my line	
Roll call	
Adjust my volume up/down	
Lock my conference	
Add a conference password	
Mute all lines	
Mute a specific caller's line	
Transfer my line to a different phone	
Dial out to an attendee	

Input methods:

DTMF	
Voice	

Quality Criteria:

Performance	
Usability	
Personability (ask Otto how he got his name)	

Test Notes:

Bugs:

Issues:

Planning - Testing Session

Stakeholders - Parents

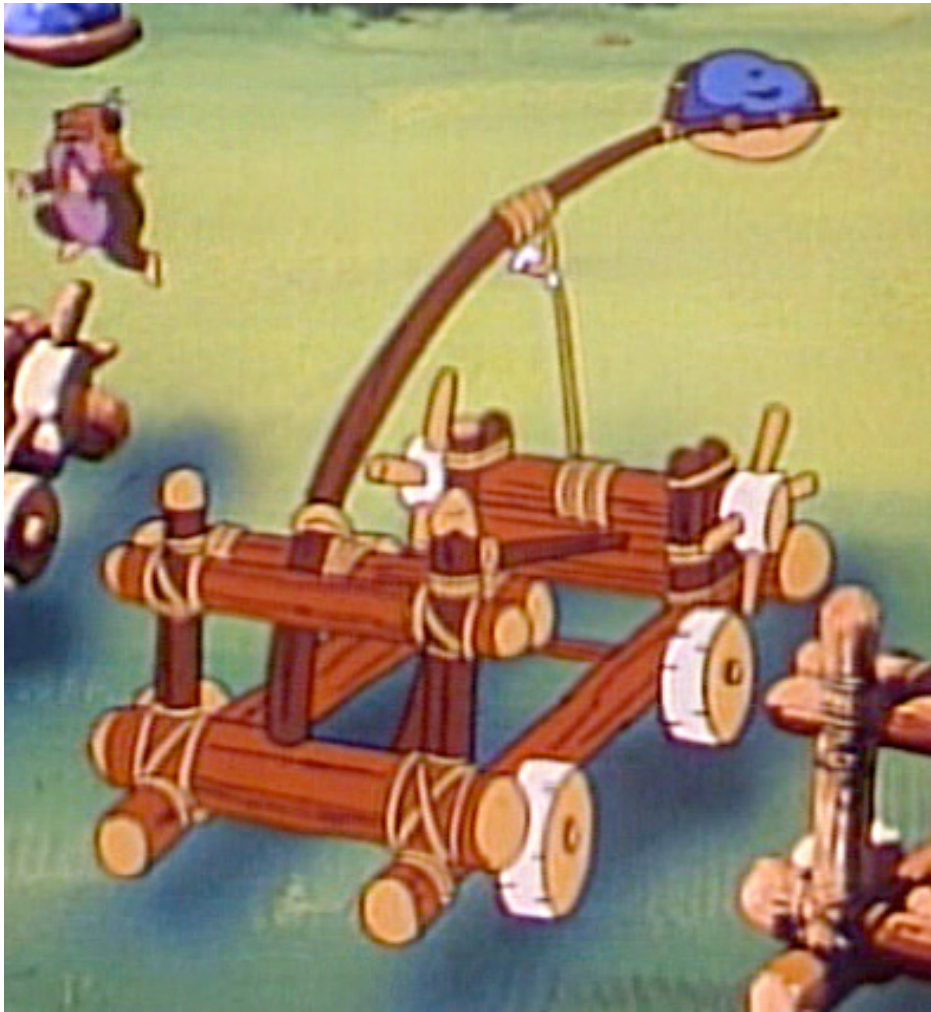


source: <http://www.ontariolacrossefestival.com/>

Stakeholders - Team Members



Heuristics in Lacrosse



Tool Customization



Thank - you



<http://www.zerofootprint.net>

<http://adam.goucher.ca>