



**COACHING MANUAL
(Rev. 2016)**

www.surreylacrosse.com

Surrey Lacrosse Coaching Manual

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Introduction

This manual is given to every coach in Surrey Lacrosse as a reference guide to make your upcoming season as successful as possible.

Key things to remember are:

- As soon as you have your team roster substantially in place, secure a Team Manager for your team and provide a copy of the Team Management Handbook for their use.
- Tournaments fill up very quickly, so it is recommended that you tentatively line up spot(s) for your team as soon as possible. For the List of Tournaments in BC in a given season (20xx), go to <http://www.bclacrosse.com/20xx/tournaments.cfm>.
- As soon as you have your team roster totally in place, schedule a parents meeting immediately to introduce yourself and your team administration, go over volunteers, team business plan, tournaments, goals & objectives, issuing participant information forms and other business. Remember, the team emergency action plan with completed participant information forms must be in place before your first game.
- Make sure you fully complete the BCLA Form 100 and turn it in to your Coach Coordinator by April 15 to ensure it makes it to the BCLA office by the May 1 deadline.
- If you don't have the necessary coaching level to coach the team you are assigned, please make sure you have it in place by May 15. For the Box Lacrosse Clinic Schedule, please go to <http://www.bclacrosse.com/coaches/clinics.cfm>.
- Encourage development of players from teams below you (either in the same division, but lower level, or division below in the same or lower level) by asking players to come out to practices. Remember to check with those players' coaches first.
- If you have any questions, do not hesitate to call your Coaching Coordinator or coach from a higher level or division.



Surrey Lacrosse

Code of Conduct for Players

The Surrey Lacrosse Association (SLA) Code of Conduct has been created to establish standards of behavior for all members, players, coaches, volunteers, referees, parents, and spectators. This Code of Conduct is to ensure that the SLA promotes a fun, positive, and respectful environment to play and grow the game of lacrosse.

All members are expected to become familiar with their roles, responsibilities and expectations as a member of the SLA. Every member's personal conduct reflects upon the image of the SLA and it is their responsibility to create a positive reputation and show pride for the SLA, the members they represent, and the game of Lacrosse.

As a member of the Surrey Lacrosse Association, I state the following:

1. I will practice and encourage good sportsmanship with all players, coaches, game officials, spectators and parents at every game, practice and event. I will not harass athletes, coaches, officials or spectators either verbally, physically or online.
2. I will accept the decisions of coaches, team staff, SLA executive and officials without incident and will abide by the rules. I will refrain from public criticism of fellow athletes, coaches, officials, parents or other members of the SLA or other minor lacrosse associations.
3. If I disagree with a coaching or team staff decision I will speak to the coach or team staff directly to express my views in a respectful manner (players may have their parents speak to the coaches on their behalf) no earlier than 24 hours after any event or decision has been made (24hr rule).
4. I will demonstrate courtesy and respect for all athletes, spectators, officials, coaches and playing facilities, regardless of association; I will not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, bullying, boastful celebrations, any form of violence or other actions that demean individuals or the sport. I will not yell at, ridicule, or be negative towards any players, coaches, officials, or spectators.
5. I will report in writing to my coach and/or the Executive any incident which may cast negative light or hinder the ability of the team, coaches, game or athlete to enjoy and advance in a fair play environment.
6. I will abstain from using alcohol, drugs, or tobacco (and discourage their use by fellow athletes and members), before/after/during games practices, and team functions.
7. I will arrive on time and prepared (in accordance to coaching staff expectations) for games, practices and team events.
8. I will give the coaching staff reasonable notice if unable to attend a practice, game or other team event.
9. I will do my best to meet commitment expectations outlined by the coaching staff and will discuss any potential conflicts with the coaching staff prior to the season.
10. I will to my best to maintain a positive attitude during games, practices and team events.
11. I will do my best to listen and learn from my coaches and speak to them respectfully at all times.
12. I will strive to be the best player, and teammate, and SLA representative I can be.



Surrey Lacrosse

Code of Conduct for Parents

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All members are expected to become familiar with their roles, responsibilities and expectations as a member of the SLA. Every member's personal conduct reflects upon the image of the SLA and it is their responsibility to create a positive reputation and show pride for the SLA, the members they represent, and the game of Lacrosse.

As a member of the Surrey Lacrosse Association, I state the following:

1. I will practice and encourage good sportsmanship with all players, coaches, game officials, spectators and parents at every game, practice and event. I will not harass athletes, coaches, officials or spectators either verbally, physically or online.
2. I will accept the decisions of coaches, team staff, SLA executive and officials without incident and will abide by the rules. I will refrain from public criticism of fellow athletes, coaches, officials, parents or other members of the SLA or other minor lacrosse associations.
3. If I disagree with a coaching or team staff decision I will speak to the coach or team staff directly to express my views in a respectful manner (players may have their parents speak to the coaches on their behalf) no earlier than 24 hours after any event or decision has been made (24hr rule).
4. I will demonstrate courtesy and respect for all athletes, spectators, officials, coaches and playing facilities, regardless of association; I will not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, bullying, boastful celebrations, any form of violence or other actions that demean individuals or the sport. I will not yell at, ridicule, or be negative towards any players, coaches, officials, or spectators.
5. I will report in writing to my coach and/or the Executive any incident which may cast negative light or hinder the ability of the team, coaches, game or athlete to enjoy and advance in a fair play environment.
6. I will abstain from using alcohol, drugs, vaping, or tobacco (and discourage their use by fellow athletes and members), before/after/during games practices, and team functions.
7. I will promote sport with my child in a positive manner.
8. I will encourage, and demonstrate fair play and sportsmanship.
9. I will not coach/comment from the sidelines during games, practices or training sessions and will not interfere in practices or games unless invited to by the coach.
10. I understand that all SLA coaches are volunteers and as such, will respect and show appreciation for their time and effort.
11. I understand that parents and non-coaching staff are not permitted on the playing surface during practices or games and will refrain from entering the playing surface or players' bench unless invited by a member of the coaching staff. Games are to be viewed from the sideline or stands opposite the players' bench. In box, a minimum of 25' from the player's bench is considered acceptable for viewing.
12. I will ensure that any guest I have at a game, practice or event, follows this Code of Conduct.



Surrey Lacrosse

Code of Conduct for Coaches

For the purposes of this document, a “participant” shall include players, coaches, referees, and all persons involved in the conduct of a lacrosse contest. As a coach in the Surrey Lacrosse Association, I agree to do the following:

- Refrain from the use of profanity, vulgar or otherwise abusive language during a practice or game, in dressing rooms, and anywhere Surrey Lacrosse players are present.
- Refrain from physical and verbal abuse toward any Surrey Lacrosse member or the association. Physical abuse means physical contact with a participant that intentionally causes the participant to sustain bodily harm or personal injury. Physical abuse also includes physical contact with a participant that intentionally creates a threat of immediate bodily harm or personal injury.
- Refrain from the use of mood altering substances during active participation in Surrey Lacrosse practices and games. For purposes of this policy, the words "mood altering substances" shall include the following: - Intoxicating beverages, including, but not limited to, alcohol; - Non-prescription or prescribed controlled substances; and - Prescription or prescribed controlled substances when used to an excess in violation of doctors orders, or to produce the state of intoxication in the participant.

The following ACTION POLICY pertains to all members of the Surrey Lacrosse coaching, administration and instructional staff:

1st Offence: You will receive a verbal warning by a member of the Executive. You will receive a written letter certifying that you have been verbally warned of this behaviour and a copy will be kept in your coaches file held by the Executive. This warning will be accompanied by a 1 game suspension.

2nd Offence: You will receive a mandatory suspension from all games, practices and other events for a period of 7 days. You will receive written notification of your suspension and a copy will be kept on file. An Executive member will notify you of the start and end dates for the period of suspension. If you are a head coach, the Executive will appoint an assistant coach to fill the role as head coach in your absence.

3rd Offence: You will be removed from your coaching position for the remainder of the season and will not be eligible for any coaching position the following season. You will receive written notification of your suspension and a copy will be kept on file.

Notwithstanding the above schedule the Executive has the right, at their discretion, to escalate the disciplinary action if needed based on severity, precedence, and history.

By signing below I agree to abide by the agreement, guidelines, and action policy outlined in this document.

Name _____ Signed _____ Date _____



Surrey Lacrosse

Code of Conduct for Parents

I will accept responsibility for my actions and understand that I may be removed from a game, practice or facility if I should behave in a manner deemed unacceptable by the coaches and staff, game officials or SLA executive.

There will be a zero tolerance level regarding the breaking of this code. I further understand that my conduct may result in disciplinary action from the SLA Executive including temporary or permanent suspension of playing (or spectating) privileges.

The following ACTION POLICY pertains to all members of the Surrey Lacrosse Association, whereas an Occurrence means any action by a member that breaks this Code of Conduct:

- 1st Occurrence: verbal or written warning and reminder of behavior expectations
- 2nd Occurrence: verbal and/or written warning by a member of the Executive. You will receive a written letter certifying that you have been warned of this behavior and a copy will be kept by the Executive. This warning will be accompanied by a 7 day suspension.
- 3rd Occurrence: mandatory suspension from all games, practices and other events for a period of 14 days. You will receive written notification of your suspension and a copy will be kept on file. An Executive member will notify you of the start and end dates for the period of suspension.
- 4th Occurrence: indefinite suspension from all games, practices and other events. The Executive will review events and consider reinstatement at the end of the season.

I acknowledge that my failure to abide by any suspension handed out by the Executive pertaining to this Code of Conduct may affect my child's participation.

Notwithstanding the above schedule the Executive has the right, at their discretion, to escalate the disciplinary action if needed based on severity, precedence, and history.

Player: _____

Parent: _____ Signature: _____ Date: _____

It is mandatory that the Associations or Clubs have this form completed and returned to the BCLA Office by May 1st for *Minors* and **April 20th** for *Seniors* in the current playing year.

Club or Association Name:	
Division and Calibre:	
Year of Current Season:	

The Head Coach of the above team is required to sign this form on the reverse side and is responsible to ensure that the appropriate certification level(s) as outlined in the NCCP (see reverse side) are met by his/her coaching staff in order to coach a lacrosse team registered with a Member Association of the CLA.

<i>Coaching Staff Registration</i>				
	Head Coach	Assistant Coach	Assistant Coach	Assistant Coach
Name:				
Address:				
City:				
Postal Code:				
Phone Number:				
E-Mail Address:				
NCCP #:				
Police Check (If Required)				
Date of Birth (MM/DD/YYYY):				

Please note that anyone opening a gate, must have the Community Development – Level 1 Coaching Course.

<i>Gate Coach Registration</i>					
	Name:	Address:	Phone #:	E-Mail:	NCCP#:
Gate/Coach:					

<i>Bench Personnel Registration</i>				
	Name:	Address:	Phone #:	E-Mail:
Manager:				
Equip. Manager				
Other:				

Please submit the **\$10.00/person registration fee for each coach/gate coach** listed above and **\$5.00 for the Trainer** listed below payable to the BCLA along with this form. Coaches and Trainers are not considered registered until registration fees are paid.

<i>Trainer Registration</i>					
	Name:	Address:	Phone #:	E-Mail:	Certification:
Trainer					

Please Note:

1. Team Head Coaches are responsible for the conduct of ALL personnel.
 2. Rules stipulate that only four of the above registered coaches can occupy the Coaches Area.
- Important** – See reverse for Coach and Trainer Certification Program Minimum Standards



Coach Certification		
Category	Club Minimum Standard	Team BC / National Championship Minimum Standard
Mini-Tyke	Community Development Trained	N/A
Tyke	Community Development Trained	N/A
Rec/House Leagues	Community Development Trained	N/A
Novice	Community Development Trained	N/A
PeeWee	Community Development Trained	Competitive Introduction Certified
Bantam	Competitive Introduction Trained	Competitive Introduction Certified
Midget	Competitive Introduction Trained	Competitive Introduction Certified
Intermediate	Competitive Introduction Trained	Competitive Introduction Certified
Junior	Competitive Introduction Trained	Competitive Introduction Certified
Senior	Competitive Introduction Trained	Competitive Introduction Certified

- Head Coaches and Assistant Coaches will be held to the same standard at **ALL** levels.
- Door Personnel PeeWee to Senior must be Community Development Trained.
- Level 1 Certified is equivalent to Community Development Trained.
- Level 2 Certified is equivalent to Competitive Introduction Certified.
- A first year coach must be ‘In-Training’ (‘In-Training’ is attending the clinic and working on completion of the workbook).
- A second year coach must be ‘Trained’ (‘Trained’ is the completion of the workbook).
- A third year coach must be ‘Certified’ (if required above) (‘Certified’ is once a Coach is ‘Trained’ they complete the online ethics test and evaluation).
- Competitive Development: the requirement for Comp-Intro/Comp-Dev Learning Facilitators will be Comp-Intro Certified.

Trainer Certification

Trainers must be certified a minimum of first responders (firefighter, ambulance, armed forces personnel, medical professional, etc.) or have an approved and **valid trainer’s certificate** suitably registered on the Form 100B. A payment of \$5.00 to the BCLA must accompany the Form 100B. Trainer certification, including a person trained as a first-responder must be noted on all applicable game sheets unless a trainer is provided for an entire event by the BCLA (i.e., Minor Provincial Championships).

Head Coach Signature

Member Association Representative Signature





FAIR PLAY: A Coach's Role

Everyone involved in sport, from parents and spectators to athletes, officials and coaches, can and should play a part in promoting fair play. And the easiest way to do this is to lead by example; to always respect the written and unwritten rules of the game. It is also essential to learn how to constructively manage stress so that fair play skills and instincts will not be lost in the heat of competition.

Here are some examples of how you can incorporate fair play into your sport or recreation activity.

As a coach you are a role model and leader, and have significant impact on your athletes' attitudes. You can:

- Encourage your team to respect the opposing team and the rules of the game, to accept the judgments of officials and opposing coaches without argument.
- Teach your players how to manage conflict and stress, and use good judgment in tough situations.
- Avoid overplaying talented players and allow average players equal playing time.
- Remember that children need a coach they can respect. Be generous with praise and set a good example.

FAIR PLAY CODES FOR COACHES

1. I will be reasonable when scheduling games and practices, remembering that young athletes have other interests and obligations.
2. I will teach my athletes to play fairly and to respect the rules, officials and opponents.
3. I will ensure that all athletes get equal instruction, support and playing time.
4. I will not ridicule or yell at my athletes for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
5. I will make sure that equipment and facilities are safe and match the athletes' ages and abilities.
6. I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
7. I will obtain proper training and continue to upgrade my coaching skills

Coach's signature: _____ Date: _____



**TEAM MANAGEMENT HANDBOOK
(Rev. 2014)**

www.surreylacrosse.com

Surrey Lacrosse Team Management Handbook

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1. Reason for Being

The objectives of the Surrey Lacrosse Association (SLA) as outlined in our constitution are:

- To promote, teach and perpetuate the game of lacrosse
- To teach sportsmanship to the participants and to emphasize the necessity of fair play
- To teach mutual respect among players, officials and spectators
- To develop community spirit among all of the aforementioned persons
- Have fun!

2. Purpose of this Manual

The purpose of this manual is to provide volunteers with guidelines to assist them in creating an enjoyable sporting experience for everyone involved in Surrey Lacrosse, including themselves.

Any information in this manual is subservient to the Constitution and Operating Policies of Surrey Lacrosse Association as well as policies laid down by its governing Lacrosse bodies, including the Lower Mainland Minor Lacrosse Commission (LMMLC) and the British Columbia Lacrosse Association (BCLA) and its directorates.

3. Conduct

All SLA athletes, coaches, executive, parents/guardians and fans are bound by the rules and regulations of the BCLA and its various directorates and the LMMLC. We wish to emphasize the following points:

- It is the responsibility of everyone involved in lacrosse to promote good conduct of all team personnel and fans at all lacrosse function and to ensure respect for all participants, officials and spectators.
- Abuse of Referees, either verbal or physical, will not be tolerated.
- Coaches must control their benches and assist in the control of their fans.
- Swearing, vulgar or abusive language will not be tolerated.
- Players must have helmets on at all times they are on the floor in order to comply with our insurance policy.
- SLA is fully committed to the Fair Play principles of the Government of Canada. All participants shall ensure that fair play is incorporated into practices and games and that players are taught the importance of honesty, integrity and respect.

4. Discipline

It is necessary to maintain order on your team. It is important to establish rules at the beginning of the season and make sure all players and parents are aware of the rules as well as the consequences of breaking the rules.

Should you encounter an athlete who creates a problem within your team which you feel you are not capable of dealing with, please contact any member of the executive committee as soon as possible. We will attempt to assist you, the athlete and the parent in resolving the matter. Please remember that it is not your place to discourage any athlete from participating in the game.

5. Complaints

Complaints which you receive about any aspect of our association should be referred to the SLA Executive. The Executive Contact List is contained in the Surrey Lacrosse web site at <http://www.surreylacrosse.com/contacts.html>. The complaints must be submitted in writing or via e-mail to any Executive member.

6. Organizing Your Team

a) First Things First

Once you are assigned as coach of a team, it will be important to your team that you do the following as soon as possible:

- **Get a Team Manager**
- Make an appointment to get your team's equipment – See [Equipment](#)
- Arrange tournaments for your team – See [Tournaments](#)
- Prepare a team business plan to present to parents – See [Business Plan](#)
- Book practice times – see [Box/Arena Times](#)
- Have a meeting with your team parents – see [Communication](#)
- Complete your management team – see [Team Officials](#)

b) Tournaments

It is the Team Manager's responsibility, in consultation with the coach, parents and players, to enter the team into tournament(s):

- A tournament schedule will be provided by BCLA (it can be found on BCLA's web site: www.bclacrosse.com)
- Consult with the Coach(s), parents and players as to how many tournaments they would like to enter (remember, there are provincial playoffs too, possibly out of town)
- Book tournaments as soon as you possibly can, as they fill up very quickly
- Reschedule any games that conflict with your tournament dates

- Teams are responsible for funding their own tournament entry fees, travel costs, etc., so make sure to build these costs into the team business plan.

SLA hosts tyke, Peewee and midget tournaments annually. SLA teams entering into these tournaments are expected to assist in the organization and running of the tournament, including obtaining sponsorships. A portion of the team's tournament entry fee may be reimbursed based on the amount of sponsorship obtained by the team and the volunteer hours contributed by the team.

c) Business Plan

An effective team business plan outlines expected costs (over and above registration fees) the team will encounter during the season, i.e.:

- Tournament fees
- Travel/accommodation costs for tournaments
- Officiating fees for exhibition games
- Provincial playoff fees
- Team wear (matching polo shirts, T-shirts, equipment bags, etc.)
- Season wrap-up party

as well as alternative means of fundraising, i.e.:

- Coffee/chocolate sales
- Bottle drives
- 50/50 draws (must consider cost of license fee) – see [Appendix H](#) for licensing procedure
- One-time payment from each player.

It is recommended that the plan be put in writing, distributed in advance of a parents meeting, and discussed/agreed to at the parents meeting.

An example of a team business plan is attached as [Appendix A](#).

d) Communication

Communication is essential to the smooth operation of your team. Set up a parent information night. At the meeting:

- Explain the goals you have for the team;
- Explain the rules that you have established and what actions will be taken if the rules are broken;
- Explain how ongoing communication will be conducted (e-mail, telephone);
- Describe the team emergency plan and hand-out **Participant Information Forms** (attached as [Appendix B](#)) for parents to complete and return before the next event (practice or game);
- Explain what volunteer positions need to be filled and why; and
- Present the proposed team business plan and obtain consensus.

Getting these issues out of the way should avoid any confusion during the season. Have all parents fill out a contact information sheet, complete with names of parents, home address(es), home phone number(s), cell phone number(s) and e-mail address(es), as the information contained in the registration form may not contain all necessary contacts.

Describe all of the volunteer positions needed, the importance of filling these positions, and why they are required for the operation of the team. Advise how timekeeping/ scorekeeping duties will be assigned for home games. Make sure that all positions are filled before the meeting is adjourned. An agenda template you may want to consider using is attached as [Appendix C](#) and team goals & objectives template is attached as [Appendix D](#).

e) [Team Officials](#)

Bench Personnel

Bench personnel include the coaches, door persons and trainer.

The *Head Coach* (and *Assistant Coach* if assigned) runs all practices and manages the bench during games. All coaches must have the necessary certification for the age and level of team assigned.

Door persons are those people who assist the Head Coach by controlling the bench doors and counting the players on and off the floor. If you have one coach, you will need two door persons. If you have more than one coach you will need as many door persons as required to make sure that there is always someone on each door. Note that the maximum number of bench personnel permitted on the players bench is four (4), excluding the trainer. As these people need to be registered with BCLA for insurance purposes, you should try to make sure you have the same bench volunteers for each game.

Team Manager

The person in this position is responsible for coordinating team functions and acting as liaison between the coach(es) and players' parents. This allows the coach(es) to devote their volunteer time to the functions of coaching.

Duties which may be allocated to the Team Manager include, but are not limited to:

- Distributing information
- Locating team sponsors
- Arranging tournaments
- Organizing team volunteers
- Fundraising
- Social functions

Phoning/E-mail

The Team Manager may get volunteers from your team to be the "phoning people". These people will be responsible for phoning out to the team any messages that need to be passed along from the coach, team manager or team parent. It is recommended that e-mail is used to send messages to your team as it is a time-saver and everyone is sure to get the same

message. Encourage your team to check their e-mail on a daily basis. This may include: game time and/or place changes, practice time and/or place changes, or reminders of upcoming activities.

Team Treasurer

It is a good idea to have someone set up a bank account for the team. This person would keep track of all team monies (referee cheques received from SLA, proceeds of fundraising, etc.) and all expenses (officials fees, tournament fees, etc.), and would furnish cash for officials fees to the Head Coach on home game days. We recommend that this person print out a statement so that all parents on the team know what the money collected is being used for (i.e. tournaments, team socials, year end trophies and wrap-up parties).

Charge Person

This person should have Emergency First-Aid training, knowledge of sports related injuries and how the **Emergency Action Plan** (example attached as [Appendix E](#)) works. Responsibilities for the Charge Person include:

Prior to the game

- Being familiar with players past medical history
- Assuring the First-Aid kit is complete and available at the game site
- Providing a cellular phone or knowing the location of the nearest phone
- Designating a [Call Person](#)

In the event of an injury to any player, official or spectator:

- Assess the situation - seriousness of injury, need for assistance, etc.
- Provide First-Aid care to injured party
- Instruct Call Person to call 911 for emergency medical assistance, if required
- Stay with injured person until injury is treated or ambulance arrives

Other Volunteers

A rotation schedule should be set up for the following volunteer positions. When scheduling, do not schedule the team manager or team parent. Rotation should be done alphabetically and just rotate through the team until all dates are full. If a family is unable to fulfill their position at a specific game, it is their responsibility to trade with someone else on the team to ensure that all positions are covered for all home games.

Timekeepers/Scorekeepers

The home team is responsible for providing two adults for the timing bench during games, one to run the electronic scoreboard and one to complete the scoresheet. Training can be provided by an SLA executive member if necessary. A third official will be provided by SLA to run the 30-second clock. If this individual does not show up, then the home team must be prepared to have a third person run the 30-second clock.

Call Person

This person is to be designated by the Charge Person before the game begins. Responsibilities for the Call Person include:

- Locate cellular phone and call **911** when instructed to do so.
- Specify that this is a medical emergency and you require an ambulance.
- Give the number of the phone you are calling from.
- Give the location of the arena or practice box.
- Give the dispatcher details of the injury, be prepared to answer the following questions about the injured person:
 - Is the person breathing normally on his/her own
 - Bleeding - from where and how much
 - Level of consciousness
 - First-Aid being provided - CPR, direct pressure, ice pack
 - Approximate age
 - Gender (Male or Female)
- Ask how long it will take for the ambulance to arrive
- Designate a person to go to the building entrance and direct the ambulance to the floor
- Return to the Charge Person and relay any instructions from the 911 dispatcher, including the ETA of the ambulance
- Be prepared to call **911** again if the person's condition changes.

Refreshment Coordinator

It is a good idea to have some kind of refreshment for the players after their games, i.e. freezies, juice boxes, etc. These may be purchased with team funds at the direction of the parents. This can be done by the Team Manager, Team Parent or on a volunteer rotation schedule.

f) Team Information

As soon as possible once the team roster is finalized, the following information should be distributed to all players' parents in writing:

- **Team Roster** including:
 - names, contact numbers and email addresses of team officials (bench personnel, team manager, etc.);
 - names, jersey numbers, contact numbers, email addresses, parent names and home addresses of players.

A copy of this must be sent to the SLA Registrar on the form provided. This is very important as this information will be forwarded to the BCLA to register your team. If there are any disputes during the season or in provincials regarding which players are assigned to your team, this is the information they will have on their record. This

information will also be forwarded to the SLA Treasurer. If any jerseys are missing at the end of the season, we will look at this form to determine which deposit cheques will be cashed.

- **Wallet Roster Card** including jersey numbers matched with player names
- **Tiering Schedule** including game number, opponent, arena name, address, date, and starting time for each game; as well as scheduled practice dates, times and locations of practices. Issue new schedule for regular season after tiering complete.
- **Arena/Box Directions** (attached as [Appendix F](#)).

A roster/schedule template is attached as [Appendix G](#).

7. Home Games

The following are the home team's responsibility for all home games:

- Supply the scoresheet (make sure you complete it and hand it to the visiting team no less than 15 minutes prior to game start)
- Pay the game officials **before** the game (see [Officials Fees](#))
- Supply the game balls (minimum of 3)
- Arrange for volunteers to be the scorekeeper and timekeeper

Don't forget to bring:

- a lock for your dressing room door
- water bottles
- correct change to pay referees & shot clock operator (if applicable)
- first aid kit and ice packs
- scoresheet and pen.

8. Equipment

a) Equipment Provided by SLA

- **First Aid Kit** – it is the Coach's responsibility to check the kit for completeness upon assignment by the Equipment Manager. SLA will not replace items which your team uses during the season - these should be replaced by the team using team funds.
- **Balls for Games and Practices** – SLA will supply sufficient balls for use during the season. Should your team require additional balls, they should be purchased with team funds. Collecting and keeping track of balls after games and practices will free up funds for other uses.
- **Team Jerseys** – are very expensive and should be well cared for. Please impress upon all athletes and parents the importance of washing (inside out) and drying (hang dry) the jersey after every game, and making repairs as necessary (mend tears, stain removal,

affixing “Stop Signs”, etc.). **Team jerseys are not to be worn to practice under any circumstances.**

- **Team Shorts** – are provided as part of the registration fee and owned by the player. It is imperative that the player wear the team shorts for all games and other SLA events to present a professional image of Surrey Lacrosse and the team.
- **Goalie Equipment** – another expensive item which should be well cared for. Typically consists of leg guards, body armour, pants, protective cup, gloves, throat guard and stick. Air the equipment out after every game and either repair or report minor repairs which may be required to the Equipment Manager before they become major problems.

It is the responsibility of the team to collect and return to the Equipment Manager all equipment that was signed out to the team at the beginning of the season (Team Jerseys, Goalie Equipment and First Aid Kit) at the time and place indicated by the Equipment Manager.

Failure to return the equipment in a timely manner will result in deposit cheques being cashed.

b) Equipment Provided by Team

- It is recommended that the team obtain a small cooler for ice packs (could be borrowed from a parent or purchased out of team funds).
- Each player should bring his or her own water bottle to practices and games. Please remind the players and their parents of the importance of drinking water, the dangers of dehydration and the importance of washing the water bottles regularly.
- The team should have a small toolkit containing the necessary screws, nuts, screwdrivers, tape, leather strips, cords, etc. to perform minor equipment repairs – could be paid for out of team funds.

For more information on equipment, go to <http://www.surreylacrosse.com/equipment.html>.

9. Box/Arena Times

The Box/Arena Scheduler assigns times for practices and games. It is very important that you consult with the Box/Arena Scheduler when planning your practice and game times. If you do not, you may find the box/arena occupied by another team. Do not attempt to contact the City of Surrey Parks, Recreation & Culture Department to book your own box/arena times. This may result in our association’s allocated times being reduced.

a) Practice Times

Coaches should contact the Box/Arena Scheduler as soon as possible to request their preferred practice time and location. Practice times are allocated on a first come, first served basis. As an exception, preference for earlier times may be given to younger age groups in

certain situations. A team will only be allocated one regular practice time per week at any given location until every team has been assigned a time. A team may be assigned more than one practice time per week as long as they are at different locations. Once each team has been assigned at least one practice time per week, additional practice times will be allocated on a first come, first served basis.

For example, your team would like to practice at Cloverdale every Tuesday and Thursday at 6:00pm:

- You can book only one practice at Cloverdale Box. Let's say you book Tuesday @ 6:00pm
- You do want to run two practices per week so you book Unwin Box for Thursday @ 6:00 pm
- You advise the Box/Arena Scheduler that you would like your second practice to also be at Cloverdale Box if possible. The Box/Arena Scheduler will contact you once every team has booked a practice and advise you if any times are available at Cloverdale Box.

It is your responsibility to cancel any practice time you have booked which you will not be using. Another team may wish to use the box.

b) Game Times

Home game nights are assigned based on the following criteria:

- Availability of floor time
- Arena closures – if the arena is closed on the specified day several times over the season we would prefer not to use the time
- Age of participants – younger participants will get earlier floor times
- Availability of officials
- Availability of coach – consideration will be give to a request from a head coach who has a work commitment which restricts his availability, where possible.

The league schedule is created by the Lower Mainland Minor Lacrosse Commission (LMMLC). There may be conflicts in the schedule which you receive. Where there is a conflict, it is the responsibility of the home association to reschedule the game. If the conflict is on your home game night, our Box/Arena Scheduler will advise you of your rescheduled time. It will then be your responsibility to contact the coach of the opposing team. You should also contact the Referee Allocator to ensure officials have been allocated for the new game time.

If you are the away team, the opposing coach should contact you to reschedule. It is always a good idea to reconfirm rescheduled games on game day. If your team has a conflict which arises from anywhere other than a league game (tournament or exhibition game, etc.) you must contact the opposing coach to advise him of the conflict. If this is a home game, you must contact our Box/Arena Scheduler and Referee Allocator immediately to advise them that the floor and referees will not be required at that time. It will then be your responsibility to arrange a rescheduled time for the game with our Box/Arena Scheduler and the opposing team's coach. You will also need to contact our Referee Allocator to arrange for referees.

c) Exhibition Games

If you would like to arrange an exhibition game for your team, you should contact the Box/Arena Scheduler who will advise you of any available floor time. Your team will cover the cost of the floor time. You are required to have properly carded referees allocated by SLA's Referee Allocator for an exhibition game. Your team is responsible for covering the officials fees for exhibition games.

10. Referees

There must be two referees to work each game or the home team will forfeit the game.

The Referee Allocator will provide referees for all of your regular season and playdown/playoff home games. You may contact the Referee Allocator to arrange referees for exhibition games.

If a game is cancelled or rescheduled and you no longer require the referees, please notify the Referee Allocator. If you cancel your game and the referees are not notified, the association must pay the referees. Your team will be billed for the referee fees as they have already been allocated to you.

If referees attend and the other team does not show, you must still pay the referees. The referees should sign the scoresheet and complete a game report.

All attempts are made to avoid sending a relative to referee another relative's game. If the referee is related to you or a player on your team, it would be in your best interest to advise the opposing team prior to the game and make a note on the scoresheet. You and the opposing team's coach should both initial the note on the scoresheet. If this is not done, there can be hard feelings at the end of the game when the other coach realizes from looking at the scoresheet that there is a relation.

Abuse of officials will not be tolerated under any circumstances. Complaints regarding the quality of officiating should be addressed in writing to the Head Referee. Please remember that you, as the coach, are a role model for your team. You have the opportunity to set an example of treating others with respect.

a) Officials Fees

Referees are to be paid by the home team in cash **prior to the start of the game**. Ensure that you have the correct amount of cash for each referee, as the concessions in the arenas will not provide change.

The fee schedule is as follows (2014):

Division	Referees (2)	Shot Clock Operator
Mini-Tyke	\$20 each	N/A
Tyke	\$20 each	N/A
Novice	\$25 each	\$15

Peewee	\$30 each	\$15
Bantam	\$35 each	\$15
Midget	\$40 each	\$15

You will be provided with sufficient funds to cover referee fees and shot clock operator fees (where applicable) for all regular season and playdown/playoff games. These funds are usually provided in the form of two cheques payable to the coach of the team issued at opening weekend and at an arranged time midway through the season.

11. Player Movement

a) New Players/Player Withdrawals

Only registered players may participate in SLA team games and practices. Athletes not yet registered are not allowed on the floor until officially registered by the SLA Registrar. Coaches and other team officials cannot accept registrations.

All registrations received after official registration are accepted on a space available basis as defined in our team size policy. Late registrants are assigned to teams by the Coaching Coordinator based on their skill level.

Any player wishing to withdraw should be instructed to contact the SLA Treasurer. Refunds must be requested from the treasurer in writing on or before the date indicated and will be 100% of fees prior to April 15 and 50% of fees between April 15 and May 15. No refunds will be given after May 15.

b) "Sharing" Players

The coach of a player must be contacted for permission prior to contacting the player to play for another team.

With the permission of their coach or manager, players are allowed to play up in their own division as follows:

- A2 players may play for an A1 team
- B players may play for an A(2 or 1) team
- C players may play for any higher calibre team.
- Novice Intermediate players may play for an Advanced team
- Novice House players may play for an Intermediate or Advanced team.

or one division higher than that in which he/she is registered in an equal or higher calibre as follows:

- A1 players can only play for an A1 team
- A2 players may play for an A(1 or 2) team
- B players may play for a B or A(1 or 2) team
- C players may play for a C, B or A(1 or 2) team
- Novice Advanced players may play for a B or A(1 or 2) team

Novice Intermediate players may play for a B or A(1 or 2) team

Novice House players may play for a C, B, or A(1 or 2) team.

A player cannot play for another team of the same calibre within the same division except in an all-star tournament.

Once a player has played five games up, he/she is not eligible to return to his/her original team during that season. The player will remain with the team he played his/her fifth game with for the balance of the season.

A player may only play in one provincial championship (exceptions can be made for alternate goaltenders in exceptional circumstances). In order to be eligible to play in a provincial championship, the player must have played a minimum of four league, sanctioned tournament or play down games with the team.

For further clarification, please refer to SLA Operating policy, LMMLC Operating policy and BCLA operating policy.

APPENDICES

SURREY [division, level] REBELS PROPOSED BUSINESS PLAN

Although many of you paid out hundreds of dollars already for registration and equipment, we still have a few other cost items to think about:

- paying referees for any exhibition games (will try to line up three during the season)
- tournament fees (booked for 2):
 - (Date, Tournament Name & Location) – \$(entry fee)
 - (Date, Tournament Name & Location) – \$(entry fee)
- provincial playdowns
- wrap-up party at the end of the season

The estimated costs for the above are as follows:

					Total		Cost per player:
Referee fees for exhibition games:					\$	(three games)	\$
Tournament fees:		\$	+ GST	\$	(two tournaments)	\$	\$
Provincial playdowns:					\$		\$
Wrap-up party:	#	players @	\$	each	\$	(one parent, one player)	\$
					\$		
cost per player:					\$	say	\$

To cover these costs, we have the following options:

1. fundraise (coffee sales, hot dog day, car wash, etc.) for the tournaments and pay for the referees (**\$_____ each**) and/or party (**\$_____ each**) - cannot guarantee getting into any tournaments, since they book up quick and need advance payment - **NOT RECOMMENDED**
2. fundraise for the wrap-up party, pay for/enter the two tournaments and pay for referees only (**\$_____ each**) - greater certainty of getting into the tournament (we must book and pay **now** to ensure a spot) - **NOT RECOMMENDED**
3. pay for all three now, and enter **two** tournaments (**\$_____ each**) - less hassle, everybody contributes equally - **RECOMMENDED**

If we choose to run a 50/50 draw at all home games, the license fee is \$25.00, which would be deducted from gross proceeds. The net proceeds will go towards the wrap-up party, augmenting any remaining team funds to pay for pizza, pop, etc. Any leftover team funds after the party will be rebated equally to all players.

We already have an account at the (bank name, branch), in the name of "(name of account)", with any interest earned to go towards the year-end party. There will be monthly statements issued to all parents who request them.

Please have cheques into (name of coach) or (name of manager) as soon as possible, preferably by practice (day, date) in order to confirm registrations in for tournament(s).



PARTICIPANT INFORMATION FORM

Player's Name: _____

Date of Birth: _____

Home Address: _____

Phone: _____

Email: _____

Date Form Completed: _____

Persons To Be Contacted In Case Of Emergency

Mother: _____

Phone numbers: Day: _____ Evening: _____ Cel: _____

Father: _____

Phone numbers: Day: _____ Evening: _____ Cel: _____

Alternate Contact: _____ Relationship to Participant: _____

Phone numbers: Day: _____ Evening: _____ Cel: _____

Family Doctor: _____ Phone: _____

CareCard Number: _____

Relevant Medical History

Medications: _____ Allergies: _____

Previous Injuries: _____

Does the Participant carry and know how to administer his/her own medications? Yes ___ No ___ N/A ___

Has the Participant ever had a concussion? Yes ___ No ___ If so, how many? ___ Date of last concussion: _____

Other Conditions (braces, contact lenses, etc.) _____

Parent's Signature _____

Date _____

SURREY [division, level] REBELS

PARENTS MEETING AGENDA

[time, day, date] – [location]

- 1 Hand-outs, Introductions
- 2 Discussion on Team Objectives/Goals
- 3 Volunteers Needed
 - Team Manager
 - Bench Help (need 2 doorpersons)
 - Charge Person (First Aid)
 - Fundraiser(s)
 - Time/Scorekeepers (Home Games Only)
 - 50/50 (Home Games Only)
- 4 Business Plan/Tournaments
- 5 Medical Forms
- 6 Other Business

SURREY [division, level] REBELS – [year] SEASON

Coach – [name] (tel [telephone number], cel [mobile number])

Manager – [name] (tel [telephone number], cel [mobile number])

Assistant Coach – [name] (tel [telephone number], cel [mobile number])

TEAM OBJECTIVES:

- We expect that every member of our team is totally committed to team goals and objectives.
- We expect that every player will come to practice and games mentally and physically prepared with the full intention of doing their best at maximum intensity.
- We expect that every player will respect the decisions of the coaches and officials.
- We expect that every player will stick to the game strategies as outlined by the coaches.
- We expect that every member of our team will act with sportsmanship, tact and integrity on and off the floor, and in the dressing room.

TEAM GOALS:

- We will be using a [man-to-man] [full floor man-to-man] [floating zone (house)] [umbrella zone] defence this season. As soon as the team loses possession of the ball in the offensive zone, we will [run back into our end of the floor, then pick up the opposition in a man-to-man defence] [pick up the opposition in a man-to-man defence and pressure the opposition all the way down the floor] [run back into our end of the floor, then set up in a “house” defence with each player taking up a zone]. Once in our defensive zone, players will [aggressively play their check and the ball so to take away passing lanes and force turnovers] [remain in the house until their check enters a dangerous scoring position, then take responsibility for that man - no chasing ball carriers in perimeter areas] [remain in the house until their check becomes the ball carrier, then aggressively pressure their check and the ball so to take away passing lanes and force turnovers – once the ball is passed, return to zone position, like an umbrella opening and closing].
- We will be running a full motion offence made up of passing, cutting, picks and screens. We will not allow “camping” in front of the other team’s goal - this plugs up the middle, deters outside shots, and deters teammates from breaking through the middle. Constant movement of players and the ball through the offensive zone is imperative.
- We will be stressing transition offence – as soon as the team gains possession of the ball in the defensive zone, players on the benchside of the floor change off while off-benchside corner and/or creasemen move the ball up the floor or the first player off the bench takes a fastbreak pass from goalie.
- As we are carrying [number] runners this season, players’ shifts will be kept as short as possible (offensive turn, defensive turn, then off).
- Excellent communication on and off the floor (calling out which check is being picked up, if open to take a pass, when a pick needed, and voicing support for the line on the floor when on the bench).
- We will allow having fun! Creativity will be strongly encouraged and we will try to incorporate some “trick” plays into our game strategies.

PLAYER'S/PARENT'S RESPONSIBILITIES:

- We ask that all players arrive for **practice** in time so that they are dressed and warmed-up (stretches completed outside the box), ready to practice at the start time. Allow to arrive at the box **minimum 15 minutes early** to accommodate. If team jerseys are assigned to players for safekeeping during the season, they are not to be worn to practices under any circumstances.
- We ask that all players are to arrive for games **minimum 30 minutes** before game time dressed in street clothes and change with their teammates in the dressing room into their jerseys and new team shorts. This presents a professional image of Surrey Lacrosse and our team.
- We ask that the dressing room be closed to other than players and coaches 15 minutes before each game and until the door opens after each game.
- We ask that players contact either coach **minimum 2 hours** before game time or practice time if their son cannot attend or will arrive late. **Players missing practice or arriving late to practices or games without advance notice risk sitting out their first shift of the game.**
- We expect all players to check their equipment and sticks before leaving for games or practices to ensure all are in good working order and accounted for in their bag, including the new team shorts for games. If team jerseys are assigned to players for safekeeping during the season, they are to be brought to games and taken away on hangers – not stuffed into the equipment bag. **The coaches do not carry spare equipment or shorts.**
- Players are to bring their own water bottle (minimum 1 litre, labelled) with **cold water, not pop, Gatorade, Powerade, etc.** for thirst quenching during practices. We will provide water on the bench for games. If the player wishes to bring an “energy” drink (discourage Red Bull) for before or after games or practices, that is fine for restoring electrolytes, but it doesn’t quench the thirst properly during the workout.
- After every game and practice, each player is responsible for checking to make sure they have their bags totally packed and all other belongings picked up. [The coaches will be taking home team jerseys for washing, hanging to dry and repairs] [Each player will be responsible for taking home their assigned team jersey, making sure it is washed (inside out), hung dry and mended in case of tears – “stop” signs are to be checked to make sure they are still firmly in place, if missing, contact the coach or manager for a new one].
- We will hope that in the spirit of progressing personal skills, players will spend time with their sticks on a daily basis. Recommended personal practice would be shooting against a hard surface (plywood, concrete wall) and catching the ball on the bounce off the floor – 100 repetitions each shooting right-handed and left-handed.
- Players are responsible for the maintenance of their equipment and sticks. This means properly fitted body protection and properly set-up sticks with pockets. An excellent resource is on the web, at <http://www.e-lacrosse.com/stech.htm>, which has diagrams on how to install shooting strings, adjusting pockets, etc. Coaches will be available to show how to do the stick adjustments and set-ups after practices.

PLAYER DEVELOPMENT:

It is expected that players will:

Defence

- Take responsibility for picking up a check (calling out the number of the player they will be covering and when a switch is needed), as well as knowing where that check is when they are in the house.
- Check properly – no lunging, chasing or stick checking.
- Recognize the importance of loose balls and use proper technique for scooping up the ball.
- Recognize the importance of clearing out their house – no one from the other team is allowed to penetrate the zone set up in front of our goal, especially in within the 24' (dashed) area.
- Protect and assist your goalie.
- Recognize the importance of teamwork! This is not an individual sport - backing up linemates and helping them when in trouble is key to great defence.

Offence

- Develop and refine close-in or pressure catching.
- Shoot and pass **from the shoulder** – not sidearm.
- Use lateral or cross-floor passes and “quick sticks”.
- Protect their stick from stick checks and use proper cradling techniques.
- If creasemen, break out upon possession of the ball and rush for the deep corners on offence.
- Recognize the importance of Transition Offence – nearside players change off while far-side shooter and creaseman fastbreak with pass from goalie.
- Recognize the importance of Motion Offence:
 - flooding the floor, constant motion
 - beating the check, cutting through the other team’s house
 - always having the stick ready and calling for a pass when open
 - helping out linemates when in trouble
 - calling for and setting blocks, screens and picks
 - patience!

EMERGENCY ACTION PLAN
SURREY [division, level] REBELS - [year] SEASON

Copies to: Call Person
Coach
Manager

Access to Sites

Practice Facility (example) Cloverdale Athletic Park Lacrosse Box
6300 Block - 168 Street, Surrey
East side of 6300 Block of 168 STREET
Located immediately east of main parking lot

Home Facility (example) Cloverdale Arena
6090 - 176 Street, Surrey
East side of 6100 Block of 176 STREET (Cloverdale Exhibition Grounds)
Entrance on north side of building, east end (off of parking lot)

Away Facilities See attached list for addresses

Contact Phone Numbers

Ambulance **9-1-1**

Coach's Cel # _____
Call Person's Cel # _____

Personnel

Coach _____
Manager _____
Assistant Coach _____

Charge Person _____
Alternate _____
Alternate _____

Call Person _____
Alternate _____
Alternate _____

Participant Information Cards

Attached hereto

Game/Practice Locations

Code	Name/Address	Directions
CA	Cloverdale Arena 6090 - 176 Street	
CAP	Cloverdale Athletic Park Lax Box 6300 Block - 168 Street	
HP	Unwin Park Lax Box 6900 Block - 132 Street	
NSRC	North Surrey Rec Centre 10275 - 135 Street	Take KING GEORGE HWY (HWY-99A) NORTH to Whalley Turn LEFT (west) at 102 AVENUE, then RIGHT (north) into parking lot just past 135 STREET
ARC	Abbotsford Rec Centre 34690 Old Yale Road Abbotsford	Take HWY-1 EAST to EXIT 92, stay RIGHT to get onto HWY-11 north to ABBOTSFORD/MISSION. Take exit to OLD YALE ROAD and turn RIGHT (east) at intersection. Arena ~1/3 mile up road, on right side
AA	Aldergrove Arena 2882 - 272nd Street Langley	Take FRASER HWY through Langley and into ALDERGROVE. Turn RIGHT (south) at 272 STREET. Arena just past 29 AVENUE on left (east) side
GPRC	George Preston Rec Centre 20699 - 42nd Avenue Langley	Take FRASER HWY EAST into Langley City. Turn RIGHT (south) onto 200 TH STREET. Turn LEFT (east) onto 42ND AVENUE. Arena is approx. one mile east, on the left (north) side
GPF	Great Pacific Forum 10388 Nordel Court North Delta	Take NORDEL WAY SOUTH towards RIVER ROAD, across HWY-91. Turn RIGHT (east) onto NORDEL COURT, continue under bridge approach. Arena at end of road
HA	Hope Arena 999 - 6th Avenue Hope	Take HWY-1 EAST to EXIT 170, towards HOPE TOWN CENTRE/CACHE CREEK. Keep LEFT at the fork in the ramp, merge onto TRANS CANADA HWY-1/WATER AVENUE. Turn RIGHT onto OLD HOPE PRINCETON WAY, then LEFT onto 6TH AVE. Arena is just north of RAAB STREET
LEC	Langley Events Centre 7888 200 Street Langley	Take FRASER HWY EAST to LANGLEY BYPASS (HWY 10), turn LEFT (north). Turn LEFT (north) onto 200TH STREET. Turn RIGHT (east) just before 80 TH AVENUE .
MLC	Mission Leisure Centre 7650 Grand Street Mission	Take HWY-1 EAST to EXIT 92, stay RIGHT to get onto HWY-11 north to ABBOTSFORD/MISSION. Take HWY-11 NORTH, across Mission Bridge, then heading northwest to Vancouver. Continue past "The Junction" Shopping Mall to HWY-7 intersection, turn RIGHT (east) onto HWY-7 EAST. Stay straight (behind downtown), turn LEFT (north) onto GRAND STREET. Cross 7TH AVENUE, next right to Arena
MPA	Moody Park Arena 701 – 8th Avenue New Westminster	Take KING GEORGE HWY (HWY-99A) across Pattullo Bridge into New Westminster. Continue along McBRIDE BOULEVARD, turn LEFT (west) onto 8TH AVENUE. Continue past 6TH STREET, turn LEFT at lane past Arena
MSA	MSA Arena 2323 Emerson Road Abbotsford	Take HWY-1 EAST to EXIT 87, stay RIGHT to get onto CLEARBROOK ROAD north. Turn RIGHT (east) onto PEARDONVILLE ROAD, then RIGHT (south) onto EMERSON ROAD. Arena is on immediate right (west)
PC	Prospera Centre 45323 Hodgins Avenue Chilliwack	Take HWY-1 EAST to EXIT 119B, towards CHILLIWACK/AIRPORT. Take YALE ROAD (north) from HWY-1 towards town, turn LEFT (west) onto HODGINS AVENUE. Turn RIGHT (north) just past CORBOULD STREET to get to Arena
PMA	Pitt Meadows Arena Complex 11435 Bonson Road Pitt Meadows	Take HWY-1 WEST, then EXIT 44 off of Port Mann Bridge maintaining course to LOUGHEED HWY (HWY-7) EAST. Turn RIGHT (southeast) onto UNITED BOULEVARD, then turn LEFT (east) onto MARY HILL BYPASS (HWY-7B). Turn RIGHT onto LOUGHEED HWY (HWY-7 EAST) and cross Pitt River Bridge into Pitt Meadows. Turn RIGHT (south) onto HARRIS ROAD, then LEFT (east) onto HAMMOND ROAD. Turn RIGHT (south) onto BONSON ROAD. Arena driveway ~1/2 mile south on right (west) side of road.

Code	Name/Address	Directions
PSL	Poirier Sport & Leisure Centre 630 Poirier Street Coquitlam	Take LOUGHEED HWY (HWY-7) WEST, then turn RIGHT (north) onto SCHOOLHOUSE STREET. Turn RIGHT (northeast) onto DECAIRE STREET and continue north to AUSTIN AVENUE - turn RIGHT (east). Turn LEFT (north) onto POIRIER STREET. Arena ~1/2 mile north, on right side of road
PIC	Planet Ice Coquitlam 2300 Rocket Way Coquitlam	Take HWY-1 WEST, then EXIT 44 off of Port Mann Bridge maintaining course to LOUGHEED HWY (HWY-7) EAST. Turn RIGHT (southeast) onto UNITED BOULEVARD, then turn RIGHT (west) onto GOLDEN DRIVE. Turn RIGHT (west) onto ROCKET WAY. Arena at end of road
PIMR	Planet Ice Maple Ridge (Cam Neely Arena) 23588 105th Avenue Maple Ridge	Take HWY-1 WEST, then EXIT 44 off of Port Mann Bridge maintaining course to LOUGHEED HWY (HWY-7) EAST. Turn RIGHT (southeast) onto UNITED BOULEVARD, then turn LEFT (east) onto MARY HILL BYPASS (HWY-7B). Turn RIGHT onto LOUGHEED HWY (HWY-7 EAST) and cross Pitt River Bridge through Pitt Meadows and Haney. Turn LEFT (north) onto 105 AVENUE. Arena up road and on right (east) side
PoCo	Port Coquitlam Rec Complex 2150 Wilson Avenue Port Coquitlam	Take HWY-1 WEST, then Exit 44 off of Port Mann Bridge maintaining course to LOUGHEED HWY (HWY-7) EAST. Turn RIGHT (east) onto PITT RIVER ROAD, then turn LEFT onto SHAUGHNESSY STREET. Turn RIGHT onto WILSON AVENUE. Arena on right (south) side – SPECIFY RINK
PoMo	Port Moody Sports Centre 300 Ioco Road Port Moody	Take HWY-1 WEST, then Exit 44 off of Port Mann Bridge maintaining course to LOUGHEED HWY (HWY-7) EAST. Turn LEFT (west) onto BARNET HWY (HWY-7A), then turn RIGHT (north) onto IOCO ROAD. Turn LEFT (west) onto IOCO ROAD. Arena on left (south) side
QPA	Queen's Park Arena 1st Street/3rd Avenue New Westminster	Take KING GEORGE HWY (HWY-99A) across Pattullo Bridge into New Westminster. Take the ROYAL AVENUE exit off the bridge and turn RIGHT (north) on 1ST STREET. Turn right (east) at 3RD AVENUE into the park. Arena up road and on left (north) side
WRC	White Rock Centennial Arena 14600 North Bluff Road White Rock	Take 152 STREET south, turn RIGHT (west) onto 16 AVENUE/NORTH BLUFF ROAD. Turn LEFT (south) at ANDERSON STREET. Arena at end of road. NOTE: PAY PARKING, BRING \$2.00 OR CREDIT CARD

SURREY [division, level] REBELS – [year] SEASON SCHEDULE

Sample Tiering Games/Practices Schedule (April/May)

Day	Date	Game/ Practice	Team	Location	Game/ Practice Time	Arrive No Later Than	Timekeeper/ Scorekeeper	Game No.
Mon	18 April	G	Semiahmoo	WRC	9:00 PM	8:30 PM		100
Wed	20 April	G	Ridge-Meadows	CA	9:00 PM	8:30 PM		103
Mon	25 April	P		Unwin	8:00 PM	7:45 PM		
Wed	27 April	G	Semiahmoo	CA	9:00 PM	8:30 PM		111
Fri	29 April	G	Ridge-Meadows	PIMR	8:00 PM	7:30 PM		114
Mon	02 May	P		Unwin	8:00 PM	7:45 PM		
Wed	04 May	G	Langley	CA	9:00 PM	8:30 PM		119
Fri	06 May	G	Coquitlam 1	CSC	9:00 PM	8:30 PM		121
Mon	09 May	P		Unwin	8:00 PM	7:45 PM		
Tue	10 May	G	Langley	AA	8:00 PM	7:30 PM		125
Wed	11 May	G	Coquitlam 1	CA	9:00 PM	8:30 PM		127
Mon	16 May	P		Unwin	8:00 PM	7:45 PM		

Bold - Away Games (Directions on separate sheet)

CA Cloverdale Arena

CSC Coquitlam Sports Centre
630 Poirier Street
Coquitlam

AA Aldergrove Arena
2882 - 272nd Street
Langley

PIMR Planet Ice Maple Ridge (Cam Neely Arena)
23588 105th Avenue
Maple Ridge

WRC White Rock Centennial Arena
14600 North Bluff Road
White Rock

50/50 Draws – Licensing Procedure

All teams must apply for and obtain a Class D Gaming Licence (under \$5,000) before starting their 50/50 Draws. No draws can take place without this licence. The entire direct access gaming fund for Surrey Lacrosse Association can be terminated if unlicensed draws take place.

To obtain a Class D Gaming Licence for 50/50 draws:

1. Go to <https://www.gaming.gov.bc.ca/gaming/Home.do> for the online application.
2. Click on the “Apply Online” hyperlink under the "Apply Online" section heading.
3. On the Organization Search page, type your team's name (i.e. Peewee B Rebels 2012), **NOT** Surrey Lacrosse Association in the Name box, then press the "Search" button.
4. A new Organization Search page will open - press the yellow "New Applicant" button.
5. On the Organization page, in the "Organization" area fill out the name of your team followed by the year in the "Name" box, fill out all boxes in the "Addresses" area and press the "Add" button, and in the "Programs/Services or Purposes" area select "Community - Recreation" in the dropdown box and press the "Add" button. Finally press the "Next" button in the lower right corner.
6. On the Application Selection page, select the "Licence" radio button and press the "Next" button.
7. On the Licence Type Selection page, select the "Class D" radio button and press the "Next" button.
8. On the Event Selection page, select the "Ticket Raffle" radio button and press the "Next" button.
9. On the Raffle Type Selection page, select the "Percentage Draw" radio button and press the "Next" button.
10. On the Percentage Draw Ticket Raffle page, fill out all boxes and press the "Next" button.
11. On the Net Use of Proceeds page, describe how you will use the net proceeds of the draws (i.e. team shirts, tournament fees, etc.) and press the "Next" button.
12. On the Submission Information page, fill out all boxes under "Officer Responsible" (you'll need the names, addresses and positions of three people associated with the team to do this - three officers of which one may be the applicant and contact person), press the "Add" button after each entry, and under the "Delivery Method" insert your e-mail address and select the "Email" radio button (fastest method of delivery) and press the "Next" button.
13. On the Terms and Conditions page, read through the Conditions, click the checkbox next to “I agree to the terms and conditions as stated above” and press the "Next" button.
14. On the Fee Amount and Payment Method page, select the radio button next to "Credit card Payment" and press the "Next" button.
15. Follow the prompts and complete necessary fields to complete the application process.

Note: there is a one-time \$10.00 fee that can be paid for only by credit card online. The application typically takes 3 working days to be approved. The Class D Licence is valid for 12 months. A copy of the approved licence must be forwarded to the President of Surrey Lacrosse Association and another copy affixed to the side of the 50/50 bucket in plain view of participants. Failure to obtain and demonstrate an approved Class D Licence prior to conducting a draw will result in suspension and disbanding of the team by the SLA Executive. **Note: Individual ticket prices cannot be greater than \$2.00.**



CANADIAN LACROSSE ASSOCIATION BOX LACROSSE RULES

To download and print latest CCLA Box Lacrosse Rule and Situation Handbook, go to

[www.ccla.ca](#)

NOTE: to be read in conjunction with the BCLA Minor Directorate Disciplinary Rules and Rule Interpretations document issued every season



**2018
Minor Directorate Disciplinary Rules
and
CLA Rule Interpretations**

The included penalties are **automatic suspensions.
“**Automatic**” means that the coaches sit the player until
they are notified by the Commissioner.
Notification is not required.**

**Conduct and Maintenance of Order
See BCLA Minor Directorate Operating Policy Reg.22**

Coaches, Managers and parents alike are responsible for Maintenance of Order at arenas. Coaches should engage assistance from Assistant Coaches or a Team Manager with players that they feel require extra supervision in cases where, for example, a player is ejected from a game. Associations should be engaged by Coaches that feel they have a player, or parent, that may be cause for concern; providing active support by all parties should be encouraged to allow for all participants to be supported in the game of lacrosse.

Job Descriptions

League Commissioners

- (a) Are ratified by the Minor Directorate, with names submitted prior to March 1 of the playing season.
- (b) Rule on disciplinary matters for their league in their Commission, following the Minor Directorate Disciplinary Rules, using the Minor Directorate Suspension Tracking Sheet provided in the Commissioner's Package, submit at the end of the season to the Provincial Director and to the Minor Directorate Secretary for purposes of tracking carryover suspensions into the next box season.
- (c) Ensure all teams are tiered properly. Watch for inequality of teams within their league and the placement and movement of teams, as per Commission Operating Policy.
- (d) Assist in making schedules for their league
- (e) Attend Commission meetings
- (f) Ensure copies of score sheets are given to the Chair of the Commission monthly
- (g) Any communication between League Commissioners and coaches should include Head Coaches.
- (h) League Commissioners report directly to the Commission Chair.
- (i) To work with their Commission and Commission Chair in promoting Box Lacrosse within their Commission.
- (j) Shall receive Team Rosters from Club Registrars by May 7th and compare these to Game Sheet Rosters and report exceptions to Club Presidents.

NOTE: for Mini-Tyke and Tyke Commissioners, track the names of players to criss-cross to another team for the purposes of participating in a tournament, per Regulation 14.09 which is limited to one tournament per player, per season.

Commission Chairs

- (a) Communication link between the Minor Directorate (through Zone Directors) and their Associations
- (b) Ensure good communications with the Executive and their Associations and possibly with players and parents
- (c) Maintain a good working relationship with all Associations within their Commission
- (d) Responsible to Minor Directorate and all Associations within the Commission
- (e) Responsible for schedule and guidelines for league play and Provincial play-offs in their Commission
- (f) Select their Commissioners, as per Commission Operating Policy and acts as Head Commissioner
- (g) First level of appeal on all matters within their Commission (jurisdiction, player's discipline and player movement)

NOTE: per Regulation 14.02 Commission Chairs will confirm Tournament Commissioners for all sanctioned tournaments in a Commission by April 1.

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DISCIPLINARY RULES

1. MATCH PENALTY – “RECKLESS AND ENDANGERING PLAY”

Match Penalties (ref Rule 80)

A match penalty shall be a major penalty assessed to a player/goalkeeper to be served by a substitute player. Any participant who receives a match penalty shall be ejected from that game and immediately suspended until the appropriate governing body rules on the incident.

Penalty assessed under the following rules:

- Rule 30 Reckless and Endangering Play
- Rule 33 Boarding (where rule 30 is applied)
- Rule 35 Butt Ending (where rule 30 is applied)
- Rule 37 Charging (where rule 30 is applied)
- Rule 38 Checking from Behind (where rule 30 is applied)
- Rule 46 Elbowing (where a Match is assessed)
- Rule 57 Kicking a Player (where a Match is assessed)
- Rule 62 Molesting an Official (any intentional contact with any official)
- Rule 65 Spearing (where a Match is assessed)

1st Offence	Three (3) Games
2nd Offence	Five (5) Games/Hearing
3rd Offence	Five (5) Games and second hearing by local Minor Commission

NOTE: Any situation where in the referee’s discretion Rule 30 Reckless and Endangering Play with malice is applied, i.e.: Match Penalties for Slashing, High Sticking, Cross Checking, etc.

2. RECKLESS AND ENDANGERING PLAY WITH MALICE

When a player has been assessed a **MATCH PENALTY** for **RECKLESS AND ENDANGERING PLAY WITH MALICE** under any of the appropriate rules and has demonstrated a clear case of malice, a **five (5) game suspension** will be given and a hearing by the Commission will be conducted.

3. MAJOR PENALTIES

Serious infractions that are assessed Major Penalties under the following rules:

- Rule 35 Attempted Butt Ending
- Rule 65 Attempted Spearing
- Rule 57 Attempted Kicking of a Player

A GAME MISCONDUCT WILL BE ASSESSED IN ADDITION TO THE 5-MINUTE PENALTY AND THE FOLLOWING DISCIPLINE ACTION WILL APPLY.

1st Offence	One (1) game
2nd Offence	Three (3) games
3rd Offence	Five (5) games and hearing by the local Minor Commission

4. GROSS MISCONDUCT

Due to the seriousness of this infraction, Commissioners **must** confirm the facts of the game report with the game officials and/or zone officials where a gross misconduct has been assessed. The Commissioner will forward all gross misconduct infractions to the BCLOG Vice Chair - Minor for review before ruling on the infraction. If the facts reveal that the incident falls short of being a gross misconduct a Commissioner in consultation with their respective Commission Chair and the BCLOG Vice Chair - Minor may reduce the penalty to a lesser category as deemed appropriate. **(Assessed under Rule 48 in the CLA Rulebook). Commissioners letters to coaches must emphasize that 48(a) will not be tolerated.**

- Rule 48(a)** The Referee shall assess a gross misconduct
Penalty to any player or non-playing personnel who:
- (i) makes derogatory comments based upon race, ethnic origin, religious background or gender.
 - (ii) makes obscene gestures.
 - (iii) persists in such behaviour after being ejected from a game.
 - (iv) behaves in any manner to dishonour, embarrass or disgrace the game.

Rule 48(b) The Referee shall report the incident to the appropriate governing body.

Any participant found to have committed a “GROSS MISCONDUCT” (as described in Rule 48 of the CLA Playing Rules) shall be assessed a five (5) game suspension and a hearing by the local Minor Commission or the BCLCG (if required) will be conducted.

Any participant whom is assessed a “GROSS MISCONDUCT” for threatening a Referee or an Official under Rule 62 shall be suspended until a hearing by the local Minor Commission or the BCLCG (if required). In such cases a minimum One (1) year (12 months from the date of infraction) Suspension is recommended.

5. MISCONDUCT

Unsportsmanlike Conduct: (Assessed under Rule 28). *(Not involving abuse of an official, ie, unsportsmanlike conduct between players, or between coaches).*

Game Misconduct assessed for simple (misconduct) and or (unsportsmanlike conduct).

1st Offence – No further disciplinary action is warranted

2nd Offence – Two (2) games

3rd Offence – Players who receive three (3) Game Misconducts in a season shall be assessed a five (5) game suspension and a hearing by the local Minor Commission will be conducted. Coach/Bench Personnel who receive a Third Game Misconduct are to be reported to the BCLCG for further possible action.

NOTE: The section above deals strictly with incidences of unsportsmanlike conduct by players or coaches that are not directed at officials.

6. ABUSE OF OFFICIALS

For infractions of Rule 28 ABUSE OF OFFICIALS AND MISCONDUCT (Note: this rule covers both Referees and Minor Officials such as Timekeepers, Scorekeepers, Offensive Time Clock operators, etc.)

Abuse of Official by a player: (Game Misconducts assessed for Abuse of an Official).

1st Offence – Three (3) games

2nd Offence – Five (5) games/Hearing by local Minor Commission

3rd Offence – Five (5) games and a second hearing by local Minor Commission

Abuse of Official by non-playing personnel (Coaches):

1st Offence – Three (3) games

2nd Offence – Five (5) games/Hearing by BCLCG

3rd Offence – Five (5) games and a second hearing by BCLCG

Abuse of Official by non-playing personnel (trainer):

1st Offence – Immediate indefinite suspension, case is to be forwarded to BCLCG.

As a minimum, this person will not be allowed back on the bench until they successfully complete the appropriate coaching level.

7. ASSAULT OF AN OFFICIAL (PHYSICAL OR VERBAL) – Match, Game or Gross Misconducts Assessed under the following rules:

- · Rule 28 Abuse of Officials and Misconduct
- · Rule 48 Gross Misconduct
- · Rule 62 Molesting Officials

Any player found to have physically or verbally threatened a Referee or other Game Official (Assault of an Official) shall be suspended until a hearing of the local Minor Commission. Any Coach/Bench Personnel found to have physically or verbally threatened a Referee or other game Official (Assault of an Official) shall be suspended until a hearing by the BCLCG. In such cases a minimum One (1) Year (12 months from the date of the infraction) Suspension is recommended.

8. UNNECESSARY ROUGHNESS

Unnecessary Roughness assessed under Rule 72(b).

Rule 72(b) UNNECESSARY ROUGHNESS, grabbing the facemask, helmet or chinstrap, hair pulling or head butting.

1st Offence – Three (3) games

2nd Offence – Five (5) games/Hearing by local Minor Commission

3rd Offence – Five (5) games and a second hearing by local Minor Commission

9. FIGHTING

Assessed under Rule 45 and BCLA Minor Directorate Operating Policy Regulation 18:

1st Offence – Game Misconduct (given at game) plus two (2) games additional suspension

2nd Offence - Game Misconduct (given at game) plus four (4) games additional suspension

3rd Offence - Game Misconduct (given at game) and five (5) games and a hearing by the Local Minor Lacrosse Commission.

Assessed under Rule 45B, an instigator or aggressor of a fight will receive an additional game suspension.

10. FIGHTING OFF PLAYING SURFACE

As per rule #23, if the fight occurs during the jurisdiction of the referee (begin 15 minutes prior to the scheduled game time and shall continue until the teams have entered the dressing rooms after the game), the matter will be referred to the local Minor Commission for investigation and hearing, with recommendation to follow the Minor Directorate Operating Policy Regulation 19.

11. THIRD MAN IN

Each Offence - Game Misconduct (given at game) plus two (2) game suspension.

Rule 67 Who is first to intervene in an altercation when in progress.

12. LEAVING PLAYERS' BENCH OR PENALTY BENCH DURING AN ALTERCATION OR GOALTENDER LEAVING THEIR CREASE TO JOIN IN AN ALTERCATION.

Two (2) games in addition to the balance of the game in which the infraction occurred.

13. COACH OR MANAGER PULLING TEAM FROM FLOOR

Immediate suspension of coach pending a hearing by the BCLCG. If a manager pulls a team off the floor, then an immediate suspension will be given to the coach, pending a hearing by their local Minor Commission.

14. UNDER THE INFLUENCE OF ALCOHOL OR DRUGS (BCLA Minor Directorate Operating Policy Regulation 22.02)

Immediate suspension and an automatic referral for hearing by local Minor Commission.

NOTE: All participants (players, coaches, fans) should be aware of the BCLA Code of Conduct (Regulation 1) and BCLA Doping Control Program (Regulation 15) contained in the BCLA Operating Policy – General Section.

15. MAJOR PENALTY IN THE LAST 10-MINUTES

A major penalty in the last ten (10) minutes of the 3rd period and during any subsequent overtime receives an automatic one game suspension. A ten (10) minute misconduct is not considered for suspension under this rule. The first call for illegal goaltender equipment in the last ten (10) minutes of the 3rd period and during any subsequent overtime, resulting in a five (5) minute major, will not be a "suspendable" offence.

16. THREE MAJORS IN ONE GAME

Any player who accumulates three major penalties in one game shall be assessed, in addition to the game misconduct assessed, the following:

1st Offence - Two (2) Games

2nd Offence -Four (4) Games

3rd Offence – Five (5) Games and Hearing by local Minor Commission

17. FOUR MAJORS IN ONE SEASON

Any player who accumulates four major penalties in one season will be assessed as follows:

4 Major Penalties will be assessed one (1) game suspension.

Subsequent Major Penalties:

5th Major will be assessed a two (2) game suspension

6th Major will be assessed a three (3) game suspension

7th Major will be assessed a four (4) game suspension

8th Major will be assessed a five (5) game suspension and a Discipline Hearing.

For the purpose of this section, a 10-minute game misconduct is not considered a major penalty.

18. PLAYING AN INELIGIBLE PLAYER

Any team that plays an ineligible player or who is not properly registered as per BCLA Minor Directorate Operating policy 4.04(b).

Any team found guilty of playing an ineligible player during a regularly scheduled, sanctioned tournament or playoff games shall forfeit all games won during which an ineligible player was a participant. Should this occur in the playoffs, and then only the games played in the playoffs will be awarded to the opposing side. The Coach will be suspended for two (2) games for the first Offence and for the second Offence, an automatic referral to the BC Lacrosse Coaches Technical Support Group for appropriate disciplinary action.

19. SUSPENSIONS TO COACHES AND BENCH PERSONNEL

Coaches and bench personnel who receive a suspension or game ejection will be reported to the local Commission and the BCLCG and the BCLA Technical Director.

20. SERVING A SUSPENSION

The BCLA Operating Policy regarding suspensions and discipline shall apply as per REGULATION 11 of the BCLA General Operating Policy and REGULATION 18 of the Minor Directorate Operating Policy.

All suspensions MUST be noted on Score Sheet, to be counted.

A suspended player will be removed from **all team** games until he/she has served the suspension. This suspension may be served during BCLA sanctioned tournament, league, playoff or Provincial Championship Games only. **The suspended player cannot participate in exhibition games until such time the suspension is fully served.** Any suspended player or coach will be allowed to practice with the team.

Any suspended person (player or coach) must not appear in or near the dressing room or on or near the player's bench (before, during or after games). The BCLA Operating Policy on suspension and discipline shall apply.

Regulation 18.07 from the BCLA Operating Policy – Minor Directorate Section reads:

- a. A suspended player may only serve the suspension during games played by the team the player is officially registered with.
- b. A suspended coach may only serve the suspension during games played by the team the coach received the suspension for; however, a coach is suspended from all bench activities until such suspension is served.

Regulation 18: Suspensions, 18.03, Paragraph (d) reads: A member may receive an initial verbal notification of a fine, suspension or decision directly face to face, or by telephone. This must be followed by a formal written notification presented, faxed, e-mailed or mailed and post-marked within seventy-two (72) hours to the member after initial verbal notification.

21. ADDITIONAL GAMES

Regulation 18.02 from the BCLA Operating Policy – Minor Directorate Section reads:

A Commissioner may not levy a suspension of more than five games to any one person per game. With the exception of Coaches/Bench personnel, he/she may recommend further suspensions in writing to the governing Commission.

If a Coach /Bench personnel receives a five game suspension from a league Commissioner, the Commissioner may recommend in writing that a further suspension may be warranted by the BCLCG. The Commissioner may at any time ask the BCLCG to investigate the conduct or ethical behaviour of a coach or bench personnel without handing down any suspension. Results of these actions must be related in writing back to the Commissioner and the governing Commission.

22. COMMISSION DISCRETION TO REDUCE SUSPENSIONS.

- a) During League play, only in Zones 1,2,7 and 8, and where there are fewer than 10 league games for a team during the course of a season, these suspensions MAY be reduced by a Commissioner with the consultation of and agreement with the Commission Chair and a full written report provided to the Secretary and Chair of the Minor Directorate. **NOTE:** These Zones will be subject to the full Minor Directorate Disciplinary Rules and Guidelines as written during all tournament games and Provincials. For example, if a player is suspended for 5 games during a tournament and can serve only one game during the tournament, the balance of 4 games must be served during the player's next consecutive 4 games.
- b) During inter-zone play, the above guideline will also apply to Zone 6 Female Box Lacrosse players playing inter-zone games.

APPENDIX A
BCLA MINOR DIRECTORATE - OFFENCE/DEFENCE RULES

Minor Directorate Operating Policy Playing Rules Section 4.11:

In aspects of Minor Directorate play, the practice known as Offence/Defence is not to be played in any of its forms. Offence/Defence is simply defined as a Player playing only one end of the floor, at even strength.

1. All Minor Association Coach Coordinators will be advised that they are responsible for the actions of their coaches. They are also to advise **all coaches** in their association that the practice of playing the offence/defence system when at even strength (not including pulling the goaltender or for a face-off) is **prohibited** in BC Minor Lacrosse, as per current operating policy and such action can result in suspension.
2. If any Zone/Association Coaching Coordinator, League Commissioner, BCLCG Executive Member or Minor Directorate Executive clearly determines a coach is utilizing offence/defence on a persistent basis as a tactic, (not including pulling a goaltender or during face-offs) while at even strengths, they are to advise by phone or electronic means the BCLCG Vice Chair - Minor Box. The BCLCG Vice Chair - Minor Box will formally advise the Association Coaching Coordinator/Head Coach and/or President of the incident and it will be their responsibility to ensure that the Coach has been warned and the first infraction has been recorded.
3. If the Coach is again found to be utilizing the offence/defence tactic by the above named persons in Paragraph 2, they will advise the BCLCG Vice Chair - Minor Box. If this is the second infraction the BCLCG Vice Chair - Minor Box will advise the League Commissioner to assess an immediate TWO-GAME Suspension, which is not appealable.
4. If found a third time, or at any time in playoffs leading to Provincial Championships (even if it is the first instance for the Coach), the Coach will receive an automatic FIVE-GAME Suspension from the Commissioner and must attend a hearing called by the BCLCG. This hearing may determine the future status of that Coach within the BCLCG.
5. If, in any Provincial Championship or BC Games, offence/defence is found to be utilized by a coach, they will be warned either verbally or in writing by the Vice Chair of the BCLCG, or delegate, that if they continue employing the offence/defence tactic, the game will be stopped and the coach shall be ejected from the game and suspended for the balance of the tournament, and the remainder of the year. This is not appealable. A hearing will then be conducted by the BC Lacrosse Coaches Technical Support Group (BCLCG) prior to the following year to determine the future status of said Coach as per BCLCG guidelines.
6. It is the responsibility of the BCLCG Vice Chair – Minor Box to ensure that a complete up-to-date record of such infractions is kept both by the BCLCG and the BCLA Technical Director.

APPENDIX B

FAIR PLAY GUIDELINES

From BCLA APPENDIX C and BCLA Minor Directorate Operating Policy Regulation 4.15:

Per BCLA General Operating Policy Regulation 16.01, the BC Lacrosse Association Minor Directorate supports and promotes the Fair Play Codes as outlined in Appendix C of the General Operating Policy. Breach of the Fair Play Codes shall not be tolerated by Minor Club executives. Per BCLA General OP Regulation 16.02, if required, remedial action from this Code will be deferred to the appropriate Governing Body that has jurisdiction, and the process of investigation and discipline shall apply.

1. All Minor Association Presidents and Coach Coordinators will be advised that they are responsible for the actions of their coaches. They are also to advise **all coaches** in their association that should it be discovered that a Coach failing to adhere to the Fair Play Guidelines, may be subject to a hearing by the BCLTSG which can result in a suspension.
2. If a Coach is discovered to be in violation of the Fair Play Guidelines during a Provincial Championship or BC Games, they will be warned either verbally or in writing by the Vice Chair of the BCLCG, or delegate, that if they continue to be in violation of the Fair Play Guidelines the game will be stopped and the coach shall be ejected from the game and suspended for the balance of the tournament, and the remainder of the year. This is not appealable. A hearing will then be conducted by the BC Lacrosse Coaches Technical Support Group (BCLCG) prior to the following year to determine the future status of said Coach as per BCLCG guidelines.
3. It is the responsibility of the BCLCG Vice Chair – Minor Box to ensure that a complete up-to-date record of such infractions is kept both by the BCLCG and the BCLA Technical Director.

APPENDIX C
BCLA GENERAL OPERATING POLICIES

Coaches should acquaint themselves with BCLA General Operation Policies, including but not limited to:

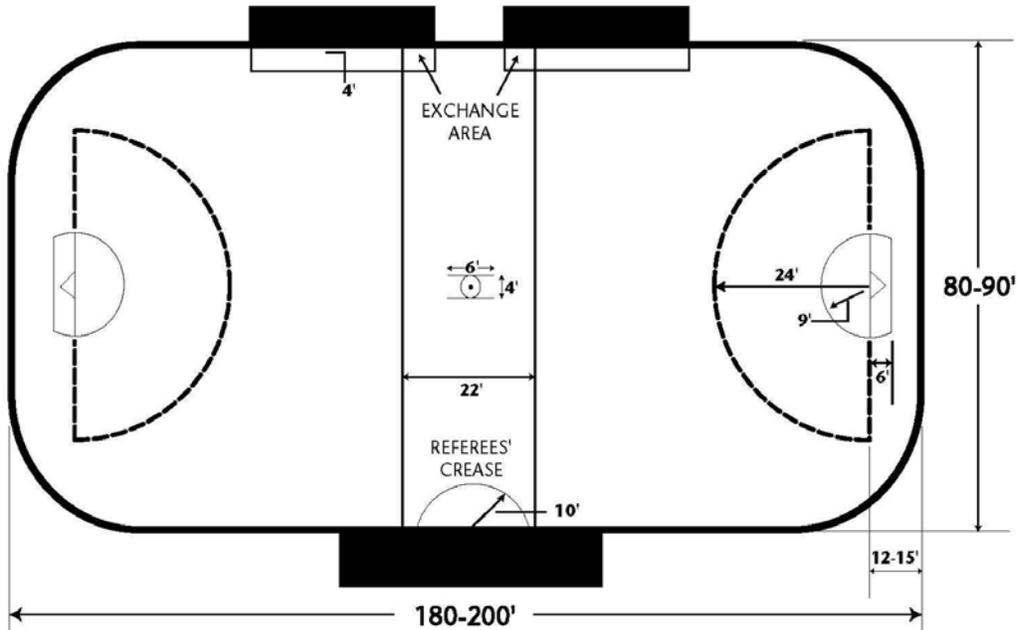
- Regulation 12 Gender Equity
- Regulation 13 Transgender Participant Policy
- Regulation 14 Harassment
- Regulation 15 Doping Control Program
- Regulation 16 Concussion Awareness and Education
- Regulation 22 Social Media



SURREY LACROSSE ASSOCIATION
COACHING BULLETIN #1
PARENTS AND PLAYERS GUIDE

Do your players and their parents know that the game of indoor, or box lacrosse is much more technical than simply “hockey without ice where the object is to throw and catch a ball in a stick with a net on its end”? Perhaps this hand-out will help educate those new to the sport, or those who still have trouble understanding the game.

1. **THE BOX.** The “box” is where box lacrosse is played. The typical construction is a hockey rink without the ice surface (usually a concrete floor):



2. **THE GAME.** Box lacrosse involves 6 players (five runners and a goaltender). It is actually more similar to basketball than hockey in that all 5 runners are involved in both the offence and the defence, as opposed to hockey which has “forwards” and “defencemen”. It is a full contact sport (except in younger ages) which involves speed and coordination. As in basketball, a team has 30 seconds after it gains control of the ball to get a shot on goal; failure to do so results in a turnover of possession. As in hockey, the intent is to score a goal into a net (smaller than hockey), line changes occurs “on the fly” and many of the rules employed in hockey apply in lacrosse. One notable difference is interference – if a defending player without the ball is interfered with by an attacking player, the play is stopped and possession of the ball goes to the defending team. If an attacking player without the ball is interfered with by a defending player outside of the 24' dashed line, the play is stopped and shot clock reset.

Modified rules in younger age categories include: players rotated in 3 minute shifts; when the ball is turned over, the attacking team must clear the offensive zone; shootouts; 5-second possession rule; minimum number of passes attempted before shot on goal.

- Use a continuous swinging action with your top-hand wrist while you hold the stick in cocked position.
- Rotate top-hand wrist side to side so the stick rocks side to side.
- Rotate top-hand wrist up and down to cause stick to swing up and down.
- Keep hands placement the same for shooting and passing.
- Butt of stick should turn in bottom-hand grip.

Medium Cradle

- Use the medium cradle (up-and-down motion) when you're running down the floor in heavy traffic. The swinging motion creates centrifugal force to help keep ball in the stick.
- Use your top-hand wrist to create the cradle.
- While holding shaft (mainly with the fingers), straighten the fingers and let stick roll downwards to fingertips.
- Curl fingers and wrist upwards as you bring the stick up. Top-hand wrist and forearm moving simultaneously upwards and downwards create the cradle motion.
- Keep hand placement wider than passing and shooting.
- Place top hand on the shaft near throat of the stick and bottom hand gripping the stick butt.
- Stick turns in bottom-hand grip.

Large Cradle

- Use the large cradle, a back-and-forth-rocking action of the stick, mainly when taking a check.
- Hold stick vertically to the floor.
- Create a swinging motion with your wrist, forearm and upper arm of the top hand moving back and forth.
- Grip the stick at the throat with your top hand. The motion of your wrist and forearm creates force, keeping ball in the stick.
- Keep loose bottom-hand grip, allowing the stick to rotate within it.
- On contact from the crosscheck, make sure top-hand wrist is rotating forward.

• PASSING

- Pass from the shoulder, facing your target.
- When making the overhead passing motion, shift weight from the back foot, rotate hips and shoulders, and drive arms to generate force.
- Always follow-through in the direction of your target.
- Avoid telegraphing your passes. Don't look directly at your passing target. Practice making the no-look pass, but only try it in a game if you're confident of the accuracy.
- When throwing to a teammate who's on a breakaway, it's better to make the pass too long than too short.
- When preparing to receive a pass, hold your stick in front (not to the side) about a foot over your shoulder.

• CATCHING

- Place your bottom hand on the butt of the stick.
- Hold the stick lightly so it rotates in your hand easily.
- Place your top hand slightly below the mid-point of the shaft about 8 inches from your bottom hand. Use your top hand for power and to guide the stick.

3. RULES OF LACROSSE

- **Structure of Play** - These types of rules set the fundamental guidelines for the sport. The rules describe such items as the playing surface, markings, nets, player equipment and make-up of the teams. Also included are elements such as how goals are scored and rules pertaining to the crease.
- **Flow of Play** – These types of rules set out how play is started and stopped and the basics of how the game is played. Included in these rules are the 30-second rule (getting a shot on net), the 10-second rule (advancing the ball into the attacking zone while playing short-handed) or the 5-second rule (time the goaltender can keep possession of the ball in the crease). These rules also cover out-of-bounds guidelines, face-offs, time-outs and how to re-start play.
- **Infractions** – These types of rules deal with undesirable behaviour in the game. The rules set out the guidelines for acceptable play and what constitutes an infraction of the intent of the game. These rules generally stem from three types of behaviour:
 - interfering with the flow of play (e.g. illegal pick or pushing an opponent on a loose ball)
 - attempting to gain an illegal advantage (e.g. too many men of the floor on a line change)
 - creating a risk of, or actual personal injury to an opponent (e.g. slashing, high-sticking, checking from behind).

There are three types of penalties given when a player commits and infraction of the rules:

- **Loss of Possession** – ball must be turned over to the opponent; applied to violating the flow of play rules (out-of-bounds, interference by attacking player, violation of any of the time rules).
- **Penalty Shots** – most extreme penalty applied when a player, in committing an infraction, has taken away a clear scoring opportunity (tripping an opponent on a breakaway, defensive player touching the ball with his hand in his own crease).
- **Time-served Penalty** – player commits the infraction and is removed from the game for a specific period of time (ranging from two minutes to the remainder of the game) – similar to hockey penalties.

4. GLOSSARY

- **2-on-1** The offensive situation where an attacker has beaten his/her check to create a man advantage going into the offensive zone (similar to 3-on-2, 4-on-3).
- **10-Second Rule** The time allotted to move the ball into the offensive zone when short-handed.
- **30-Second Rule** The time allotted to get a shot on the opponent's net. Time begins when the team gains possession of the ball.
- **Backhand** The act of shooting or passing from behind one's back.
- **Breakaway** One-on-one (shooter on goalie) scoring opportunity.
- **Cradling** The rocking motion of the stick used to gain a feel for the ball and to keep control.
- **Crease** The area around the goal that cannot be entered by the opposition.
- **Crease Man** The attacking player who plays the crease position.
- **Crease Position** The offensive position on both sides of the floor on the goal line extended about 1 metre off the crease.
- **Checking** The defending player contacting the attacking player or the player's stick.
- **Clamping** Placing the head of the stick over the top of the attacking player's stick.

- Controlling The defending player keeping an attacking player in check in order to keep offensive threats to a minimum.
- Defence The part of lacrosse that is played when the opponent has the ball and is associated with protecting the goal area.
- Defensive Stance The defending player's knees are bent, feet shoulder width apart, lead foot slightly ahead, and the stick held to match the opponent's stick and to protect the body.
- Dodge A 1-on-1 move where a deliberate step is taken in one direction followed by an explosive step in the opposite direction.
- Draw Pulling and turning the stick during a face-off.
- Face-off One method of starting or re-starting play.
- Fake Performing a movement (pass or shot) without completion to fool the opponent.
- Give & Go Passing then quickly going for a return pass.
- House Defence A zone defence usually used against a power play.
- Left-handed The player's dominant hand is the left hand and is located at the throat of the stick.
- Loose Ball The status of the ball when it is not in control of either team.
- Major Penalty Five minutes in the penalty box for infractions such as high sticking, boarding, face masking, fighting and spearing.
- Man-to-Man Defence A team defence where there is pressure on the ball carrier while the remaining players move off their checks towards the middle of the floor.
- Minor Penalty Two minute penalty for infractions such as delay of game, elbowing, holding, illegal crosschecking, slashing, and tripping, for example.
- Motion Offence An offensive pattern that involves the five runners in a continuous and balanced cycle of player movement.
- Out of Bounds The area of the arena or box designated as a non-playing area.
- Outlet Pass The first pass from the goaltender or defender that begins the transition from defence to offence.
- Overhand A shooting or passing motion created by moving the stick down from above and just off the shoulder.
- Overload The offensive strategy of moving one or two extra players into one area of the floor.
- Pick Blocking the path of a defender so he/she cannot follow his/her check.
- Pick & Roll The setting of a pick and then turning to receive a pass.
- Point Man The attacking player who plays the point position.
- Point Position The offensive position at the top and centre of the floor furthest from the goal.
- Power Play The situation when one team has a player advantage as a result of a penalty.
- Quick Stick Catching and then passing or shooting in one motion.
- Ready Position A method of holding the stick with two hands so that the head of the stick is near the shoulder and ready to receive a pass or check.
- Right-handed The player's dominant hand is the right hand and is located at the throat of the stick.
- Scoop A method of picking up the ball by accelerating the head of the stick under the ball.
- Shooter The attacking player that plays the shooter position.

- **Shooter Position** The offensive position on both sides of the floor at the top of the 24' line.
- **Short-handed** The situation when one team has fewer players allowed on the floor than the opponent as a result of a penalty.
- **Side Arm** Shooting or passing the ball by swinging the stick through the horizontal plane at the waist.
- **Sliding** The act of leaving one's check to help a teammate.
- **Stick Side** The defensive position taken to defend the attacking player's stick.
- **Sub Shot** The shot that is taken with the stick moving in a plane below the waist.
- **Switch** Exchanging checks with a teammate.
- **Trap & Scoop** Placing the head of the stick over the ball to stop its movement and then scooping the ball into the stick.
- **Triple Threat** The stick is held with two hands so that the body is between the stick and the opponent and in such a manner that the player can pass, shoot or go around their opponent.
- **V-Cut** The one to three step-move of an attacking player to engage the defender and then with a quick reverse step, move to get open to receive the ball.
- **Weak Side** The side of the floor with the least number of players.
- **Zone Defence** A defensive strategy where each player has a designated area to defend.

5. EQUIPMENT. Refer to the Surrey Lacrosse website for equipment information:
<http://www.surreylacrosse.com/equipment.html>

6. TIPS FOR PARENTS. Refer to Coaching Bulletin #3 – Parental Support - the Key to Peak Performance.

7. LACROSSE SKILL TIPS FOR PLAYERS

- **LOOSE BALLS/SCOOPING**
 - Try to keep two hands on your stick when fighting for a loose ball.
 - Never wait for a loose ball to roll to you; always attack it and win the fight for it.
 - If you lose the fight for a loose ball, continue to badger your opponent to prevent a quick pass or rush.
 - Scooping a loose ball is easier if you keep the butt of your stick handle low to the ground.
 - Keep your body low to the ground and in between the ball and your opponent. Keep your hand nearest the butt end of your stick down, explode through the ball, and immediately cradle and tuck your stick. Look to pass right away or run away from pressure.
- **CRADLING**
 - Become ambidextrous (cradle left-handed and right-handed). Spend half of each practice with the stick in your weak hand.
 - When being checked, turn your non-stick side toward the checker and take the impact in your upper arm, not your back. If you beat your opponent with a one-on-one move, quickly tuck your stick in front of your body to avoid a stick check.
 - Cradling, the side-to-side, up-and-down, back-and-forth rocking motion of the stick can be achieved several ways. Following are three common cradle tactics:
 - Small Cradle**
 - Use a small side-to-side or up-and-down motion.

- Keep a loose grip when you catch. If you tighten up, you end up fighting the ball.
- Always give the passer a good target by lining up the pocket.
- Catch the ball in the same position you throw from, and catch the ball in the same spot in the pocket that you throw from.
- Be ready to pass the ball BEFORE you catch it - have your stick up and ready.
- Keep your eyes on the ball as it approaches you.
- SHOOTING
 - Place your body at a 45-degree angle to the net.
 - Take a wide stance, with your knees bent. Your front foot should be at a 45-degree angle to the net, and your back foot should be parallel to the net.
 - Begin the shot with most of your weight on your back foot, but transfer your weight forward to put more power into the shot as you release it.
 - Hold the stick loosely with your fingers.
 - Keep the goalie guessing by holding the stick the same level for all shots.
 - Cock the stick by flexing your wrists backwards - point the butt of the stick at your target.
 - Pull the stick from behind your shoulder by extending your top-hand arm forward and snapping both wrists forward.
 - Your top-hand arm should be fully extended on the follow-through. The head of the stick should point at the target on the follow-through.
 - Mix up your shot placement; leave the goalie guessing about the location before you shoot.
 - Use your stick AND your eyes to fake the goalie; the goalie may be watching your eyes as much as your stick.
 - Master shot placement before focusing on shot speed; your first priority is accuracy.
 - Determine your ideal shooting range in practice, and don't shoot from outside your range in a game.
 - Follow through toward the net and keep your shoulders and hips square to the net.
 - Shooting From Close Range
 - The shooting strategy changes as you get close to the net.
 - Keep the stick close to your body. Defenders will be checking tightly near the net.
 - Grip the stick to allow for quick moves and greater range of movement.
 - Accuracy is more important than power for close-range shots. Don't take a long stride to get the shot off.
 - Always be aware of how the goalie is defending you. Try to get a feeling for where he is even when you've got your back to him. Where he is in the net will determine your type of shot.
 - Practice a variety of moves, shots and locations. Make sure you can perform these shots under pressure. Know your best moves and execute them quickly in game situations.
 - Master shot placement before focusing on shot speed; your first priority is accuracy.
 - The Quick-Release Shot
 - Be ready to shoot before the ball arrives. Know where you plan on putting the ball.
 - Have the stick in a cocked position behind your body.
 - Snap the shot hard and fast with your wrists.
 - Try for an early release once the ball is in the pocket.

- The Fake Shot
 - In a one-on-one situation, the ball carrier can use the shot fake to help get around a defender.
 - Make sure you are in a one-on-one situation, not being double-teamed.
 - Be in an area where you might actually take a shot. If you are too far from the net, or at a poor angle, the defender will not go for the fake.
 - The shot fake can be used with overhand, side arm or underhand shot techniques.
 - Act like you are attempting your usual shot, but at the very end of the follow-through, turn your top hand inward, cradling the ball.
 - Execute this move at the same speed you would if you were taking a normal shot. The better you are at making the defender think you're taking a shot, the better your chances of getting him to freeze.
 - Be crisp in pulling the ball back.
 - Make your move around him at full speed. If he has bought the fake, he will be flat-footed with his stick committed in a vulnerable position.

- PICKS
 - A pick is a simple and quick way to try to free up one of your fellow offensive players (whether on the ball or off the ball) from his or her defensive counterpart.
 - Most offences don't use the pick because players would rather come off a pick than set one. Sometimes the offensive player coming off the pick is a decoy. You must be in a stationary position.
 - Set the pick a couple feet away from the defender to allow your offensive player to run his or her man into the pick. You cannot initiate contact with or retaliate for any contact from defender. Body position varies depending on where you want the offensive player to come off the pick.
 - Most players don't realize that the people often setting up the pick are the ones who most likely will be open. If done correctly, the defender who was picked should be farther away from the goal than the picker. Therefore, if the picker immediately rolls after his offensive man goes through, he should be open every time.

- FACE-OFFS
 - Remember what your opponent does on face-offs so you can outguess him or her next time.

- DEFENSE
 - Stay patient on defense.
 - Being in a good position is your priority. Don't over-commit to a check, or you'll give your opponent a chance to beat you with a move.

- GOALTENDING
 - Concentrate on the ball in the shooter's stick.
 - Stand with feet shoulder-width apart, knees slightly bent, back straight, shoulders and chest square to the ball. Keep your weight on the balls of your feet and hold the stick between and in front of your legs, resting your stick hand on your thigh.
 - Talk to your defense to let them know where the ball is on the floor.
 - Stay positive - even after a goal is scored.
 - Use the stick to stop long, low shots.

- Keep the stick between your legs, in front of your feet and on the floor - it will force you to keep your legs spread and cover more of the net.
- To cut down on rebounds, cushion the ball by moving your stick backwards as the ball contacts the net.
- Keep your body square to the ball carrier's stick.

8. CHECKLIST FOR PARENTS AND PLAYERS

- ✓ Always play by the rules.
- ✓ Don't lose your temper.
- ✓ Cheer good plays made by either team.
- ✓ Don't talk trash or tease or goad the opponent.
- ✓ Win or lose, be sure to shake hands with the opponent and officials after a game.
- ✓ Don't yell at teammates for making a mistake. Never criticize teammates or coaches on the bench or in the dressing room.
- ✓ Admit your mistakes instead of making excuses or blaming others.
- ✓ Try your hardest on every play, even if your team is losing by a large margin of goals.
- ✓ Point out incorrect calls when they go in your favour.
- ✓ Don't argue with calls that go against your team.
- ✓ Don't show off.
- ✓ Make every attempt to attend practices. Make arrangements for rides if your parent is unable to drive you. If unable to attend practices or games, advise the coach as soon as possible no later than 2 hours prior to the event.
- ✓ Check your equipment and sticks before leaving for games or practices to ensure all are in good working order and accounted for in your bag, including jerseys and team shorts for games. The coaches do not carry spare equipment or shorts.

9. OTHER INFORMATION

For more information on box lacrosse, check out the following web pages:

Surrey Lacrosse Association: <http://www.surreylacrosse.com>

British Columbia Lacrosse Association: <http://www.bclacrosse.com>

Canadian Lacrosse Association: <http://www.lacrosse.ca>



SURREY LACROSSE ASSOCIATION COACHING BULLETIN #2 MAINTAINING TEAM DISCIPLINE

Team discipline is crucial to the overall success of any team endeavour. Not only do disciplined teams perform well on the floor, but, if teams are able to maintain good discipline both on and off the floor, the overall lacrosse experience is far more positive for all involved: parents, players, coaches and administrators.

In fact, maintaining team discipline is one of the biggest fears or challenges for beginning coaches. Often, coaches are lost or ineffective because they are unable to maintain order and discipline with their team.

Towards the end, the following are a few brief suggestions which have been found to be successful in maintaining good team discipline:

1. Plan Ahead

The single most important thing that can help is the coach's organization. Here, if it is obvious to the players that practices are conducted in an orderly manner, with clear goals and objectives, they are more likely to treat both the coach and the training time seriously. If practices flow easily from one activity to the other with minimal "down time", the players are able to stay focused on the task at hand. By making training meaningful and educational, the players will be motivated to pay attention and keep focused.

2. Choose Your Activities Carefully

There is nothing worse than putting players through "boring" drills that are inappropriate to their playing ability either by being too difficult or too easy. Activities should be fun, challenging and replicate the demands of the game itself. In this way, the players sense that their time is not being wasted. Having activities be competitive motivates them to play their best. Keep the players moving and engaged. Make sure that there are plenty of balls at hand so that a good activity is not interrupted by taking unnecessary time out to chase the ball. Even young players will engage themselves in a great game. Remember, your parents will appreciate the fact that their young player comes home and sleeps through the night because they have tired themselves out in healthy, engaging fun activities.

3. Have A Clear Picture In Mind of What Appropriate Behaviour Looks Like

If you know what the players will look like when they are playing the game, you will be able to recognize when they are not playing the game correctly, or not behaving appropriately. This will enable you to step in immediately when inappropriate behaviour is seen. As soon as you notice it, you must deal with it. Having a clear picture in your mind will allow you to be decisive. Then, you should also have a clear picture in your mind of how you are going to deal with the situation. Having players do push ups or run laps as punishment is inappropriate, especially for younger players. Removing them from an activity is more effective. Their primary desire is to be involved in their peer group. Therefore, removing them from the activity is an effective way to deal with problems that occur. As one coach said "Don't be afraid to use the bench!"

4. Involve The Parents

Especially with the younger players, having the parents support and reinforcing your discipline policies are crucial. Your expectations for player behaviour should be clearly stated during the initial parent meeting. Enlist their support... they typically will be glad to do so.

5. Remember, You Are The Role Model

It is always good to remember that our actions are speaking so loudly that the players can not hear what we are saying. If we ask for respect, but show that we don't respect others (e.g. the referee) then we are asking for problems. If we expect players to be kind to each other, but we are not kind to ourselves, then expect the worst. Model appropriate behaviour and get it in return.

6. Recognize The Difference Between Open Acts of Defiance and Childhood Irresponsibility

"Kids will be kids" is a great phrase that both excuses a lot of inappropriate behaviour, on one hand, and reminds us all that kids make mistakes on the other. When players openly defy, and act inappropriately, then swift, appropriate action is called for. However, when players momentarily forget themselves, and do not show any malicious intent, then a gentle reminder is perhaps more appropriate. Just remember, youngsters are often quite skilful at disguising the two types of behaviour. We all have to be sharp in recognizing the difference so that we can act appropriately.

7. Finally, Be Sure To Put Yourself In Their Shoes

If we can remember what it is like to be at a fun practice that is both enjoyable as well as educational, we will be better off. Always ask yourself, "What would I like to do if I were at practice and needed to work on my passing?" This will enable you to avoid a lot of possible challenges.



SURREY LACROSSE ASSOCIATION
COACHING BULLETIN #3
PARENTAL SUPPORT – THE KEY TO PEAK PERFORMANCE

This document should be printed out and distributed to all parents at the initial Parents Meeting. The role that parents play in the life of a lacrosse player has a tremendous impact on their experience. With this in mind, the following are helpful reminders for all of us as we approach the upcoming season. If parents should have any questions about these, they should feel free to discuss it with the coaches.

1. **Let the coaches coach:** Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for him/her and their performance usually declines.
2. **Support the program:** Get involved. Volunteer. Help out with fundraisers, car-pool; anything to support the program.
3. **Be you child's best fan:** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should *never* have to perform to win your love.
4. **Support and root for all players on the team:** Foster teamwork. Your child's teammates *are not* the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.
5. **Do not bribe or offer incentives:** Your job is *not* to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.
6. **Encourage your child to talk with the coaches:** If your child is having difficulties in practice or games, or can't make a practice, etc., encourage *them* to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for as well as playing the game.
7. **Understand and display appropriate game behaviour:** Remember, your child's self esteem and game performance is at stake. Be supportive, cheer, be appropriate. To perform to the best of his/her abilities, a player needs to focus on the parts of the game that they can control (fitness, positioning, decision making, skill, aggressiveness, what the game is presenting them). If the player starts focusing on what he can not control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), they will not play up to their ability. If the player hears a lot of people telling him/her what to do, or yelling at the referee, it diverts their attention away from the task at hand.
8. **Monitor your child's stress level at home:** Keep an eye on the player to make sure that they are handling stress effectively from the various activities in his/her life.
9. **Monitor eating and sleeping habits:** Be sure your child is eating the proper foods and getting adequate rest.
10. **Help your child keep his/her priorities straight:** Help your child maintain a focus on schoolwork, relationships and the other things in life beside lacrosse. Also, if your child has made a commitment to lacrosse, help him/her fulfill their obligation to the team.
11. **Reality test:** If your child has come off the floor when his/her team has lost, but he/she has played their best, help him/her to see this as a "win". Remind your child that he/she is to focus on "process" and not "results". Their fun and satisfaction should be derived from "striving to win". Conversely, your child should be as satisfied from success that occurs despite inadequate preparation and performance.
12. **Keep lacrosse in its proper perspective:** Lacrosse should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children *long after* their competitive lacrosse days are over. Keep *your* goals and needs separate from your child's experience.
13. **Have fun:** That is what we will be trying to do! We will try to challenge your child to reach past their "*comfort level*" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do to!



STRETCHING TO WIN

Are your players just going through the motions when it comes to stretching? Do they know how stretching can improve performance, and that it can help prevent injuries? Understanding why, when and how to stretch will motivate them to do it regularly and correctly.

Stretching vs. Warm-up

Warm-up and stretching are not the same thing. Warm-up is an activity that raises the total body temperature, as well as the temperature of the muscles, to prepare the body for vigorous activity. It can be (1) passive, which raises the body temperature by some external means, such as a hot shower or heating pads; (2) general, which involves active movement of the major muscle groups, such as brisk walking, slow jogging, callisthenics and other low-intensity activities; or (3) specific, which concentrates on the muscles that will be used in the anticipated exercise. Specific warm-up exercises are usually the best, as they not only increase the temperature of the body parts involved in the activity, but also provide a slight rehearsal of the event that is to take place. If muscles are stretched when they are cold, they are more prone to injuries, such as tears and strains. Thus, stretching should always follow warm-up.

How does stretching help?

INJURY PREVENTION. Placing a heavy load on a short, tight muscle often causes muscle tears and ruptures. The increased flexibility that results from proper stretching helps to prevent injury by allowing the body parts to move more freely. Warm, elastic muscles also are able to respond more quickly to external stimuli, such as direct blows or sudden movements. This is an important factor in injury prevention. Your athlete's joints must be flexible enough to absorb the shock of a direct blow, but must also have the appropriate muscle strength to guard against injury.

IMPROVED PERFORMANCE. A flexible joint requires less energy to move and can move further in its range. Greater range of motion has been directly linked to improvements in sprinting, throwing and jumping. There's also evidence that muscles can build elastic energy during a stretch and then release it during contraction, similar to the way a stretched rubber band provides more snapping power. Thus, the better your athlete can stretch, the greater his potential for powerful muscular contraction.

REDUCED MUSCLE SORENESS. Stretching, especially after exercise, can help reduce the next-day muscle soreness that often results from a strenuous workout.

What's the best way?

You most likely know the answer to this question, and you know that "bouncing" isn't it.

One of the best ways for an individual athlete to stretch is with static stretching, in which he or she stretches each muscle slowly and gently, until a mild amount of tightness (not pain) is felt in the belly of the muscle. The athlete then maintains this position for about 30 seconds, or until the muscle begins to relax: repeating this process a few times for each muscle will give the best results.

Also, bouncing may cause tiny tears in the muscle, leaving scar tissue behind, which can make the muscles less flexible than they were before.

There are times when stretching can do more harm than good, so **DON'T STRETCH WHEN...**

- Muscles are cold. A cold muscle can be compared to a dry sponge-trying to stretch it is usually ineffective and can even result in small tears in muscle fibres. A warm muscle, full of freshly pumped blood, can be compared to a wet sponge, providing more flexibility and suppleness.
- Injury is present. Stretching is dangerous for torn muscles or tendons. What they need is rest, not forceful stretching exercises, to heal properly.

- Muscles are chronically tense. Many factors, including poor posture, extreme overuse and emotional stress, can cause this condition, in which the muscles become unnaturally hard and inflexible. Trying to stretch these muscles can lead to tearing or excessive stress on the tendons.
- Joints are extremely loose. Some athletes have a condition called “ligamentous laxity”, an extreme looseness in the joints. But, loose joints aren’t always accompanied by loose muscles; and when these athletes stretch, often their joints become too loose and their muscles too tight, resulting in a greater injury risk.

It may seem that stretching takes up too much valuable pre-game and practice time. But, spending a few extra minutes stretching just may make a difference in how many injuries your team records this season.

PERSONAL TRAINING AWAY FROM THE FLOOR

There is more to lacrosse than practices and games. Emphasize the importance of training away from the floor to improve basic skills, flexibility, strength and endurance to optimize performance on the floor.

BASIC LACROSSE SKILLS. Players should spend time with their sticks every day prior to and during the season. Recommended personal practice is cradling the ball both right and left-handed for a few minutes, scooping up balls from the floor, and shooting against a hard surface (plywood, concrete wall) - catching the ball on the first bounce off the floor – 100 repetitions each shooting right-handed and left-handed.

SIMPLE STRETCHING AND STRENGTH EXERCISES. Players should try to do these exercises 1-2 times a day (when one gets up in the morning and before going to bed):

- Warm-up stretching: roll neck, shoulders, waist in circles in both directions.
- Leg stretches: with legs straight, feet shoulder width apart and hands together, touch the tip of toes, then outside of left foot, then heel, then inside, then repeat to right foot; repeat with feet further apart.
- Push-ups (arm strength): start with 5 push-ups increasing by one each day to 15.
- Sit-ups (upper body strength): knees bent with feet held down, start with 3 full, 3 half-way up, 3 with elbows to right knee, 3 to left knee.
- Wrist rolls (wrist strength): tie one end of a rope to a short piece of an old lacrosse stick shaft and a weight tied to the other end; hold the stick with hands with arms straight out and slowly roll the weight up and down 3 times.

ENDURANCE TRAINING. Running is a good way to build up leg strength and endurance (meaning one won’t get tired or slow down before the end of the shift). Try running the equivalent of 1.6 km 3-5 times per week, either around a soccer field (4-5 times around), along the side of a road (1.6 km = 8 street numbers in Surrey, i.e. from 154 Street along 84 Avenue to 156 Street, then along 156 Street to 82 Avenue, then along 82 Avenue to 154 Street, then back to 84 Avenue = 1.6 km), or on a treadmill. Try running slowly for the first 200m, then as fast as you can go for the next 200m, then slowly again, etc. Running up and down stairs is also a good workout for leg strength and endurance. Many teams lose games in the third period due to lack of endurance...



SURREY LACROSSE ASSOCIATION
COACHING BULLETIN #5
TEAM COMPOSITION AND ELIGIBILITY FOR
PROVINCIAL CHAMPIONSHIPS

Excerpts from BCLA Operating Policy:

REGULATION 5: COMMISSION COMPETITION

5.03 In Commissions that form all leagues in PeeWee, Bantam and Midget Divisions, all movement of teams by the Commission must be completed by June 7th. After June 7th, no team shall be moved for league or Provincial Championships play.

5.04 In Midget, Bantam and PeeWee, where "C" leagues are formed, no association may declare a "C" calibre team with more playing experience than the following:

PeeWee – 2 years times the number of registered players except the 2 most experienced players.

Bantam – 2.5 years times the number of registered players except the 2 most experienced players.

Midget – 3 years times the number of registered players except the 2 most experienced players.

Example (PeeWee) 15 registered players

Total number of years of experience is 26 years: $(15-2) \times 2 = 26$.

This must be sent to the League Commissioner by May 7 of the playing year.

REGULATION 12: PROVINCIAL CHAMPIONSHIPS

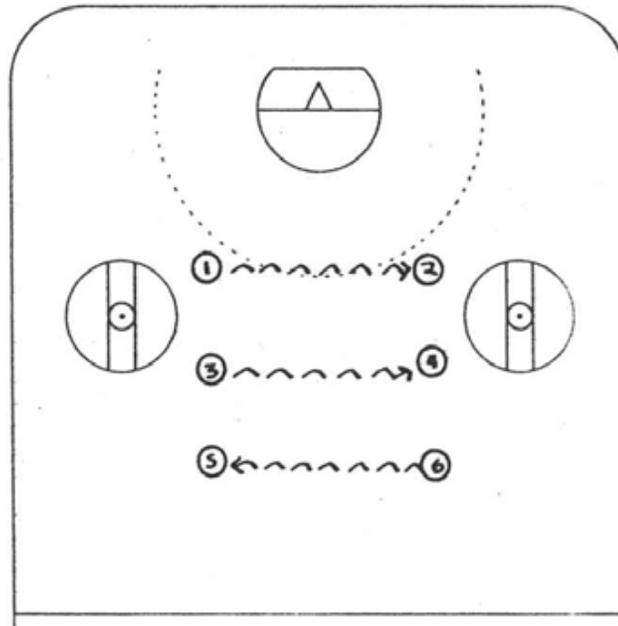
12.05 Eligibility

- (a) To be eligible to play in a Provincial Championship tournament, a player must have played in a minimum of four league, sanctioned tournament games or play-off games, or combination of, during the current year with that team. Proof of game sheets must be provided to the Playoff Director. A copy of the original team registration form will be used to verify the declared team roster at the coaches meeting.
- (b) Minors can only participate in one Minor Provincial Championship. Exceptions can be made for alternate goaltenders only in exceptional circumstances, by the Playoff Director as per the current Minor Provincial Championship Directive.
- (c) In zones where associations run "house league" teams and no sanctioned leagues of "A" calibre are run, the four-game rule will not apply for "A" Provincials. Players added from house league teams or lower divisions must be sanctioned by the Zone Director. In zones where tiering does not take place, established Associations with four (4) or more years of playing experience, with more than thirty (30) players, in the same division excluding players with "O" experience (i.e., PeeWee, Bantam, Midget), the first declared team for the Provincial Championship must declare at an "A" level. In extenuating circumstances, with rationale, an Association may request and must receive authorization from the Minor Directorate to play at a lower level.
- (d) A team defaulting any game in a playdown series shall be barred from further competition. All scheduled games played by such teams shall be counted as played, and all unplayed games shall count as wins to the team scheduled against the defaulting team. In extenuating circumstances, the Commission Disciplinary Committee shall rule.
- (e) Any and all teams declaring to play in the "C" Provincial Championships must follow the "C" calibre description as outlined in Regulation 5.04. Team eligibility will be validated at the start of the Provincial Championships (Unless the team is moved down by the League Commissioner as outlined in Regulation 5.03).

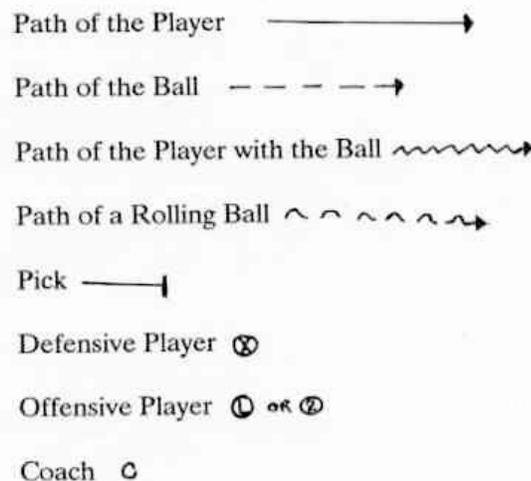


PRACTICE DRILLS

PARTNER ROLLS

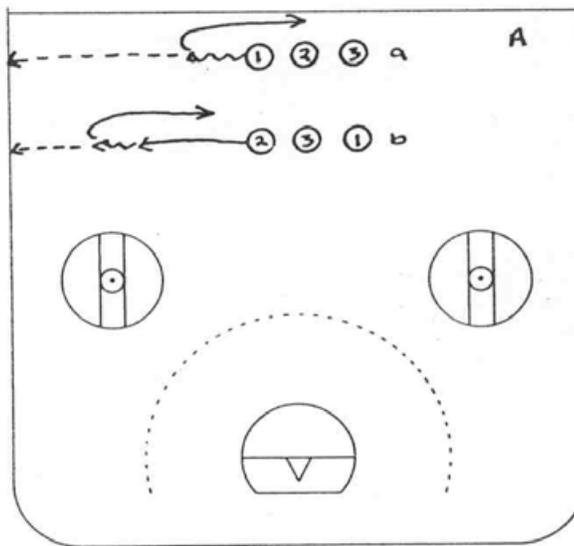


- Partners roll ball toward each other, receiver picks up ball and rolls it back.
- Ball may be rolled by hand for younger players if they are not able to roll it accurately.
- Coaches look for proper scoop of the ball, body low, knees bent, rear hand low to the ground.
- Try to get speed up once players have mastered the scoop.

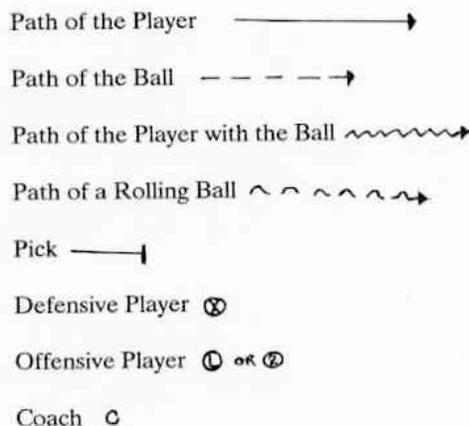


LEGEND

REBOUND DRILLS

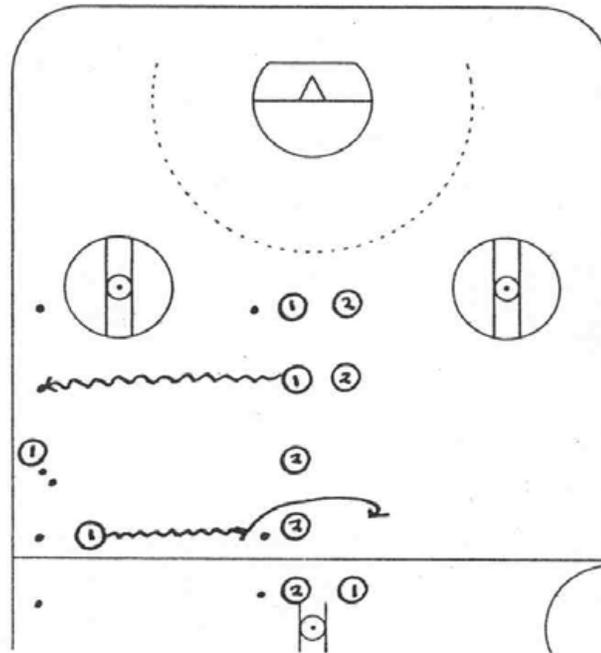


- Player 1 runs towards boards and rolls ball against boards so it rebounds and moves to the back of the line.
- Player 2 runs towards rolling ball picks it up and rolls it again and heads to back of line.
- Player 3 gets Player 2's rebound and the drill continues.
- Coaches look for players to get in front of the ball and control it before they send it back to the boards.
- Try to get speed up once players have mastered the scoop, players have to run at the ball.
- Progress to having players throw the ball against the boards rather than rolling it and increase the velocity of the throw as the players improve.



LEGEND

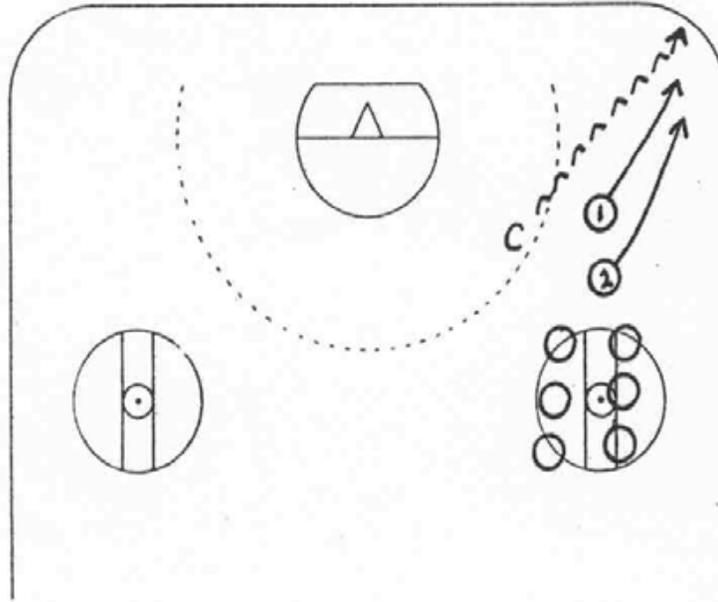
STATIONARY PARTNER LOOSE BALL



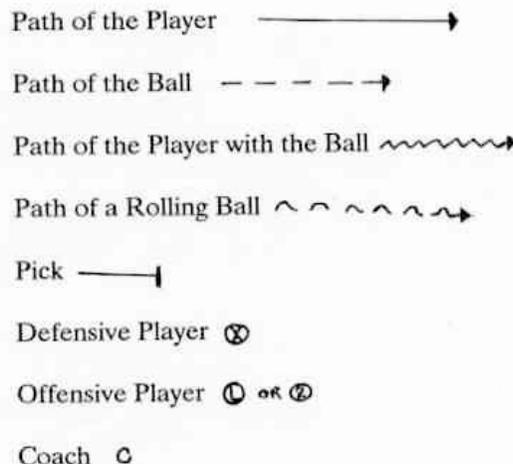
- Small group of two or three players with 2 balls per group.
- Player 1 picks up closest ball, cradles it to the boards and puts it down.
- Player 1 picks up second ball at the boards and cradles it back to the line where it is placed on the ground.
- Player 2 repeats the process.
- Coaches try to get speed up, make sure players cradle with the top hand.



HEAD START

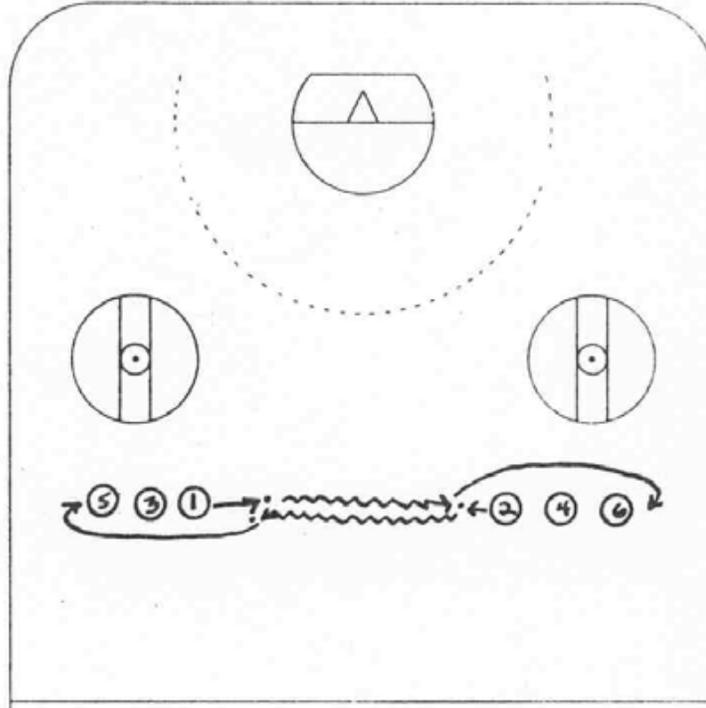


- Coach rolls ball into corner.
- Player 1 has a 5? ? 6? head start on Player 2.
- Both players race into corner for the ball.
- Coaches stress concentration, and control on the part of the trailer, making sure he doesn't crash the first man into the boards.
- You can incorporate a shot into this drill after players get the idea.

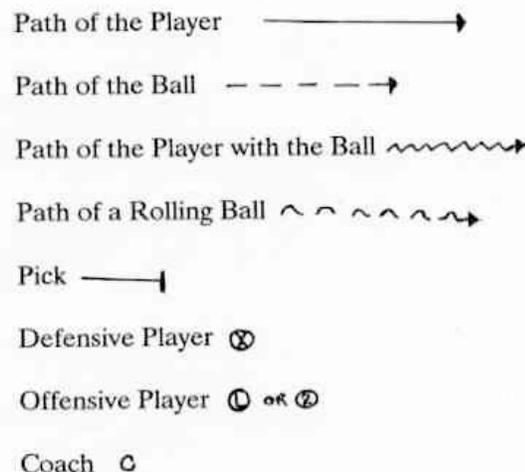


LEGEND

STATIONARY LOOSE BALL SHUTTLE

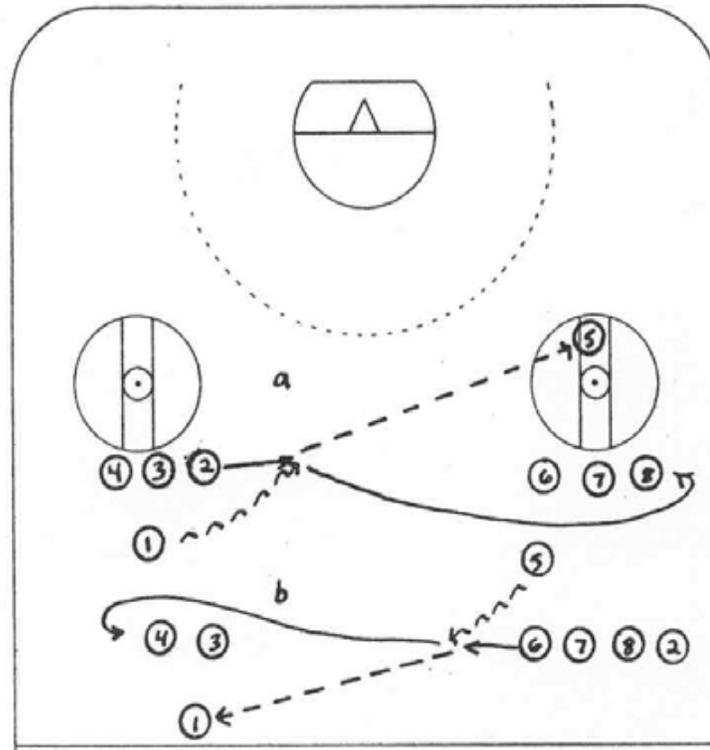


- Player 1 picks up the ball and carries to the front of the opposite line and places it down.
- Player 2 is doing the same thing towards the other line.
- Drill continues back and forth.
- Coaches look for good cradle and heads up, drill should be full speed.

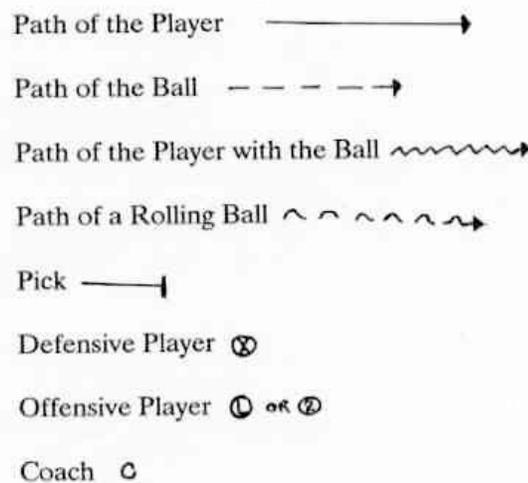


LEGEND

STAGGERED LOOSE BALL SHUTTLE

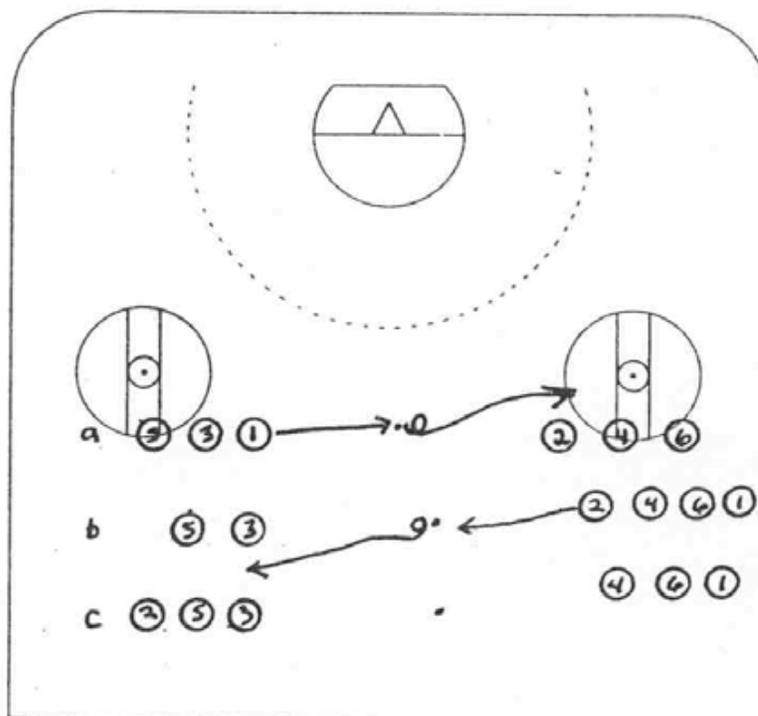


- **Player 1 rolls ball forward.**
- **Player 2 moving out, picks up ball and delivers a pass to Player 5 and sprints to end of opposite line.**
- **Player 5 repeats drill with Player 6 (as in diagram b) .**
- **Change Player 1 and Player 5 regularly.**

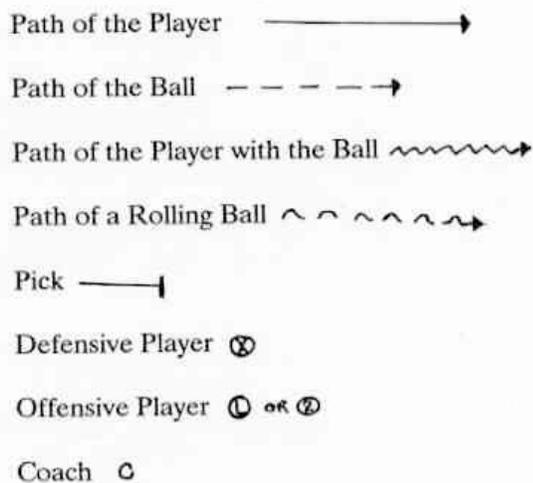


LEGEND

PIVOT SHUTTLE

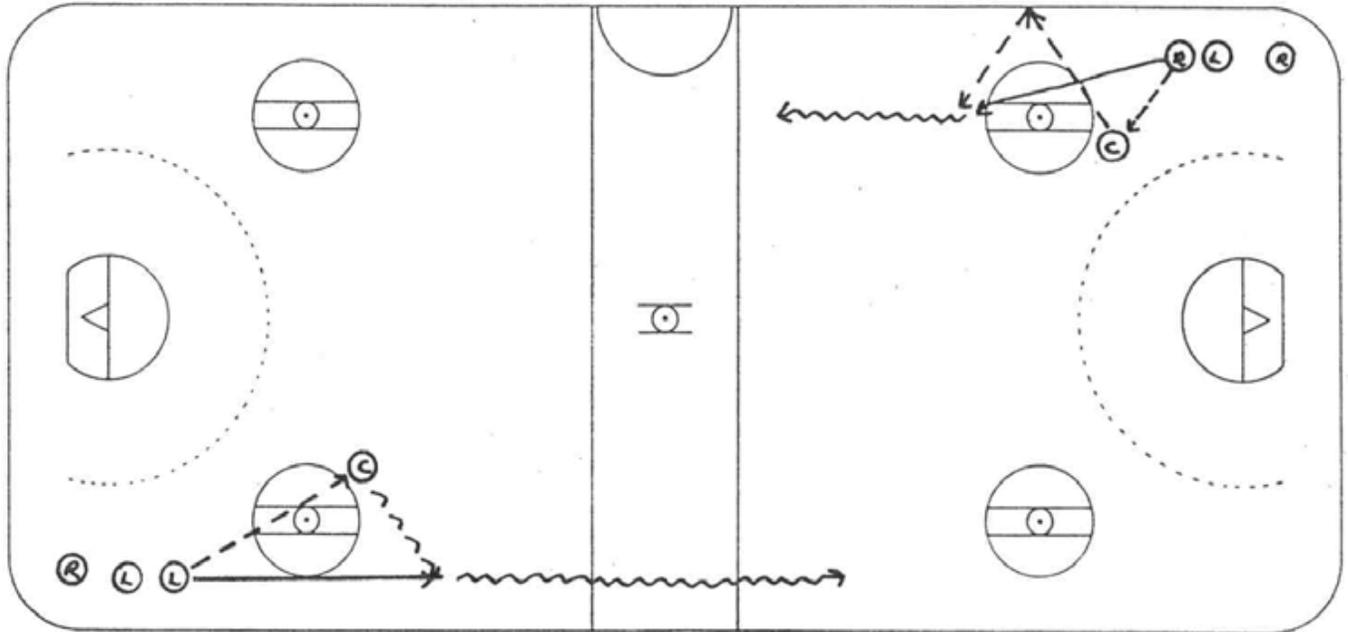


- In turn each player sprints out, picks up ball, pivots with ball, places it back on the floor and then sprints to the end of the opposite line.
- Opposite side the first player in line races to the ball as soon as the previous player places it down.

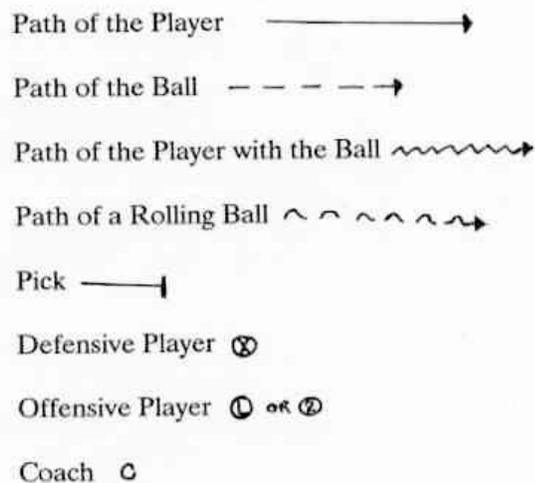


LEGEND

LOOSE BALLS

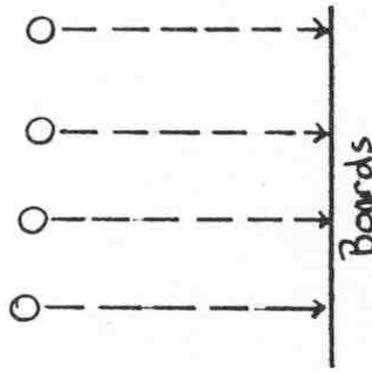


- Players line up as shown, each with a ball.
- Designated player or coach works as a post.
- Post receives pass from head of the line and then puts the ball on the floor in one of a variety of ways:
 1. Rolled forward.
 2. Bounced off floor.
 3. Bounced off boards.
- Can have a goalie at each end of the floor for a shot.

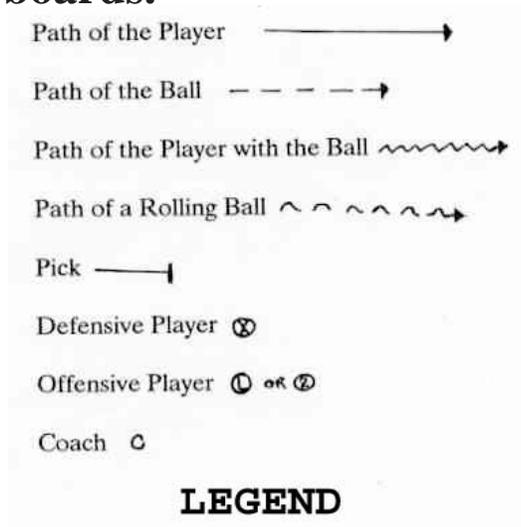


LEGEND

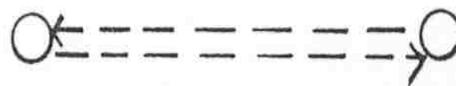
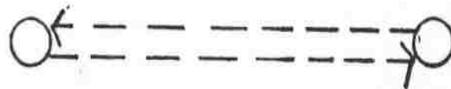
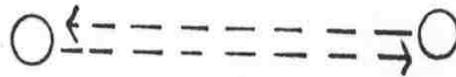
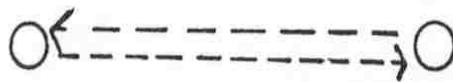
WALL DRILL



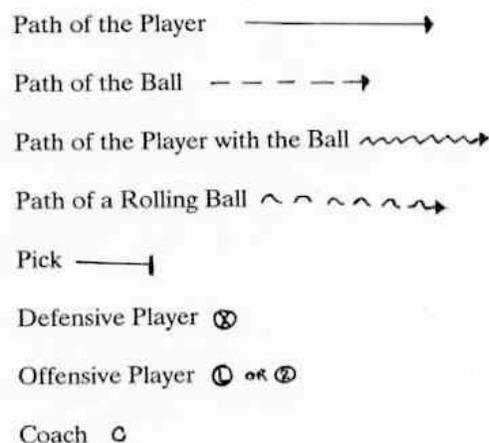
- **Players with a ball stand approximately 10' from the boards.**
- **Players throw the ball to the boards and catch the rebounds.**
- **This drill improves concentration and eye-hand coordination.**
- **Players can do this drill on their own at home.**
- **Coaches look for proper hand position on the stick for throw and catch.**
- **Make sure players are leading with the proper foot for the throw, and have stick in front for the catch.**
- **Make this drill fun and improve accuracy by pinning a target to the boards.**



STATIONARY PAIRED PASSING AND CATCHING

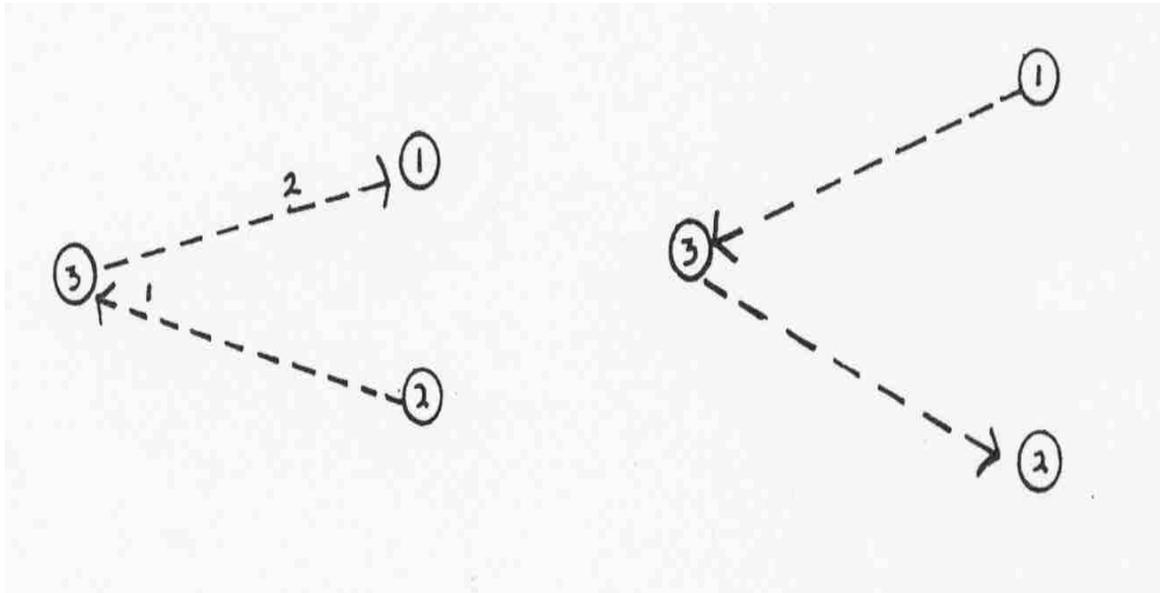


- Each pair with a ball.
- In order to improve accuracy, receiving players should present a target while the passer attempts to hit it.
- In order to improve adeptness in catching, the passers can be asked to move the location of the pass, throwing to the left, right, high and low.
- Coaches look for proper hand position on the stick for throw and catch.
- Make sure players are leading with the proper foot for the throw, and have stick in front for the catch.



LEGEND

STATIONARY DIAGONAL PASSING AND CATCHING

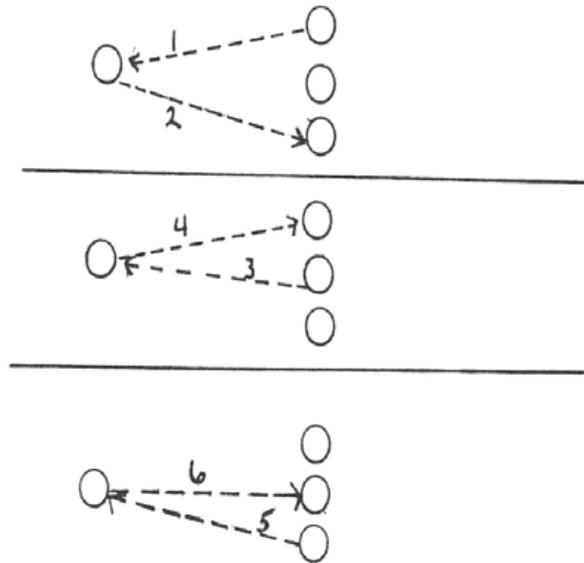


- Players form groups of three in a triangle as shown.
- Players 1 and 2 have a ball.
- Start with Player 1 passing the ball to Player 3.
- Player 3 receives the pass and immediately returns the pass back to Player 1.
- Player 3 then looks for a pass from Player 2.
- Players 1 and 2 alternate passing to Player 3.
- Each player should have a turn assuming the Player 3 position.

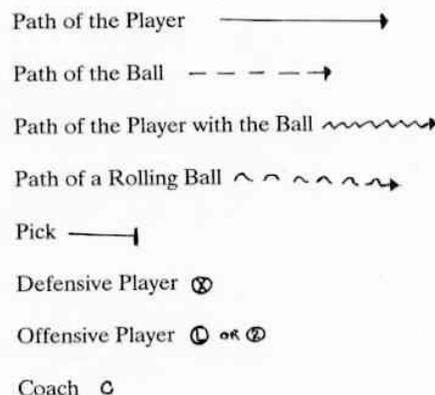
Path of the Player	—————→
Path of the Ball	- - - - -→
Path of the Player with the Ball	~~~~~→
Path of a Rolling Ball	^ ^ ^ ^ ^→
Pick	———
Defensive Player	⊗
Offensive Player	⊙ or ⊚
Coach	○

LEGEND

QUICK RELEASE PASSING AND CATCHING

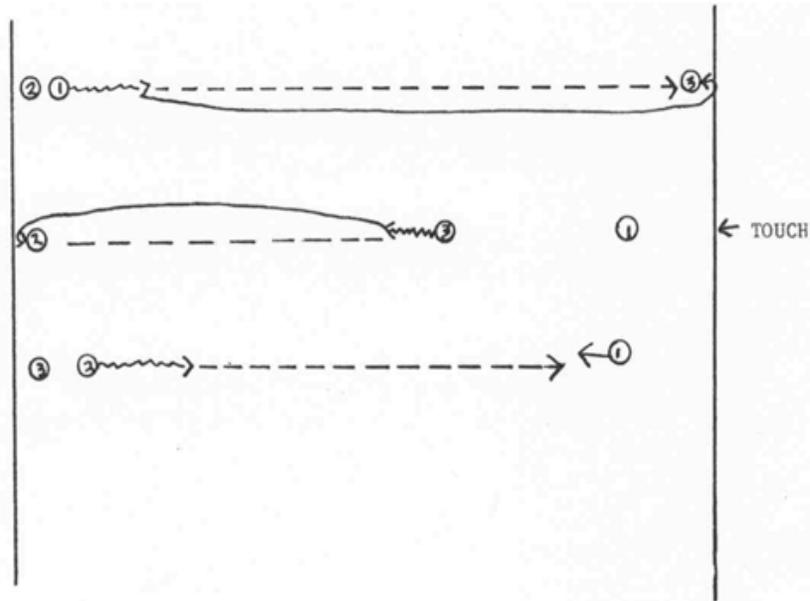


- Two balls for each group of four.
- Players 1 and 2 have a ball.
- Start with Player 1 passing the ball to Player 4.
- Player 4 receives the pass and immediately returns the pass back to Player 3.
- Player 2 then passes the ball to Player 4.
- Player 4 receives the pass and immediately returns the pass back to Player 1.
- Player 3 passes to Player 4 and Player 4 throws to Player 2.
- This rotation should continue for approximately 3 minutes and then have players switch position.

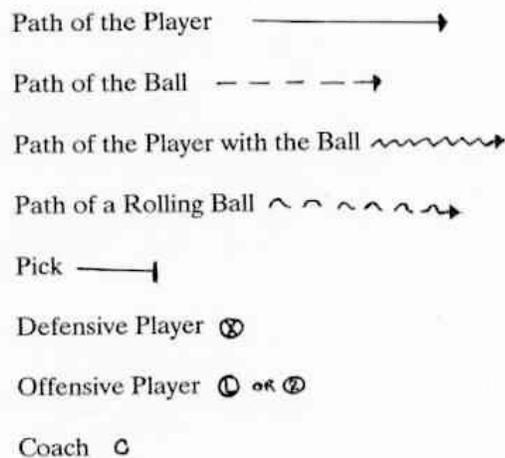


LEGEND

3 MAN SHUTTLE PASSING

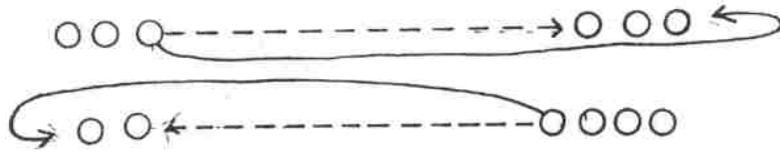


- Groups of three are formed as shown using the width of the floor.
- One ball per group.
- Player 1 begins by running a few steps and passing to Player 3.
- After making the pass Player 1 sprints to the far boards.
- Player 3 now has the ball and passes to Player 2 and sprints to the far boards.
- Player 2 passes to Player 1 and drill continues.
- Good drill to keep players moving.



LEGEND

SHUTTLE PASSING DRILL



DRILL A

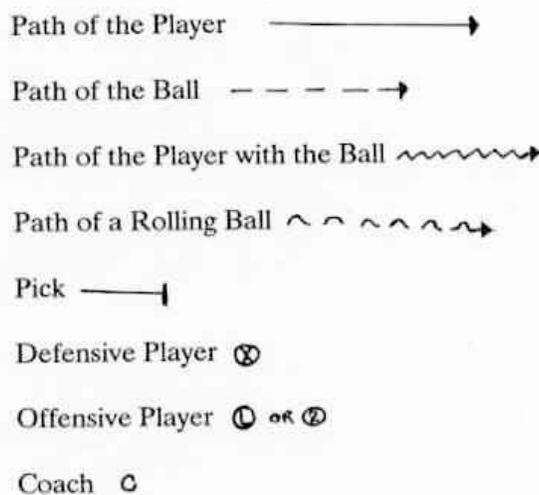
- Form uneven groups of five as shown.
- The first player in the line of three has a ball.
- Player passes the ball to first player in the opposite line and runs to the back of that line.

DRILL B

- Same as Drill A except players run a few steps before making the pass.

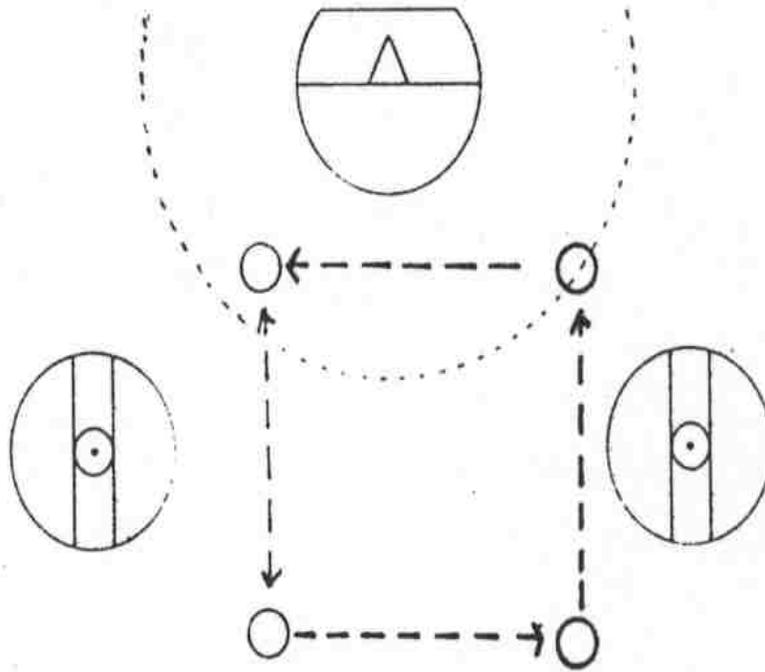
HELPFUL HINTS

- Remind players to give passer a target.
- Have second player in line back up the pass receiver in case of a missed pass.



LEGEND

STATIONARY FOUR CORNER PASSING DRILL



- **Players from a rectangle.**
- **One ball per group.**
- **Players pass the ball around the rectangle.**
- **Passing in both directions should be stressed.**

Path of the Player 

Path of the Ball 

Path of the Player with the Ball 

Path of a Rolling Ball 

Pick 

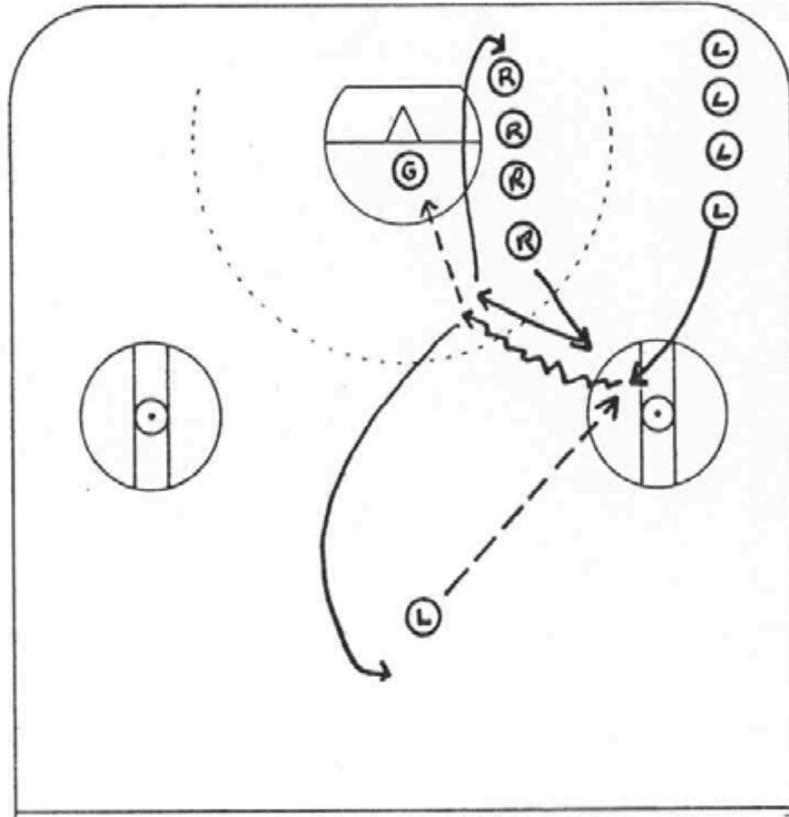
Defensive Player 

Offensive Player  or 

Coach 

LEGEND

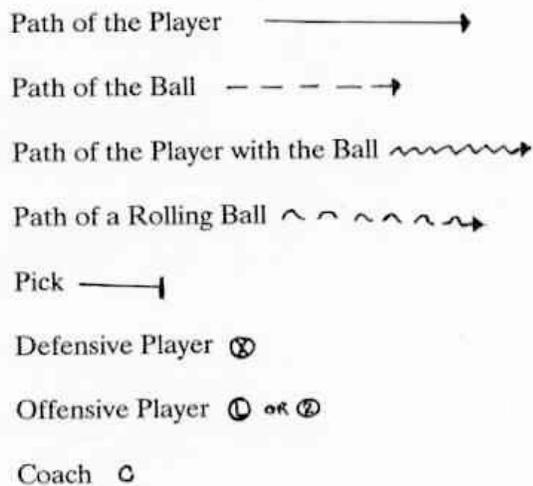
ONE ON ONE



PREFACE

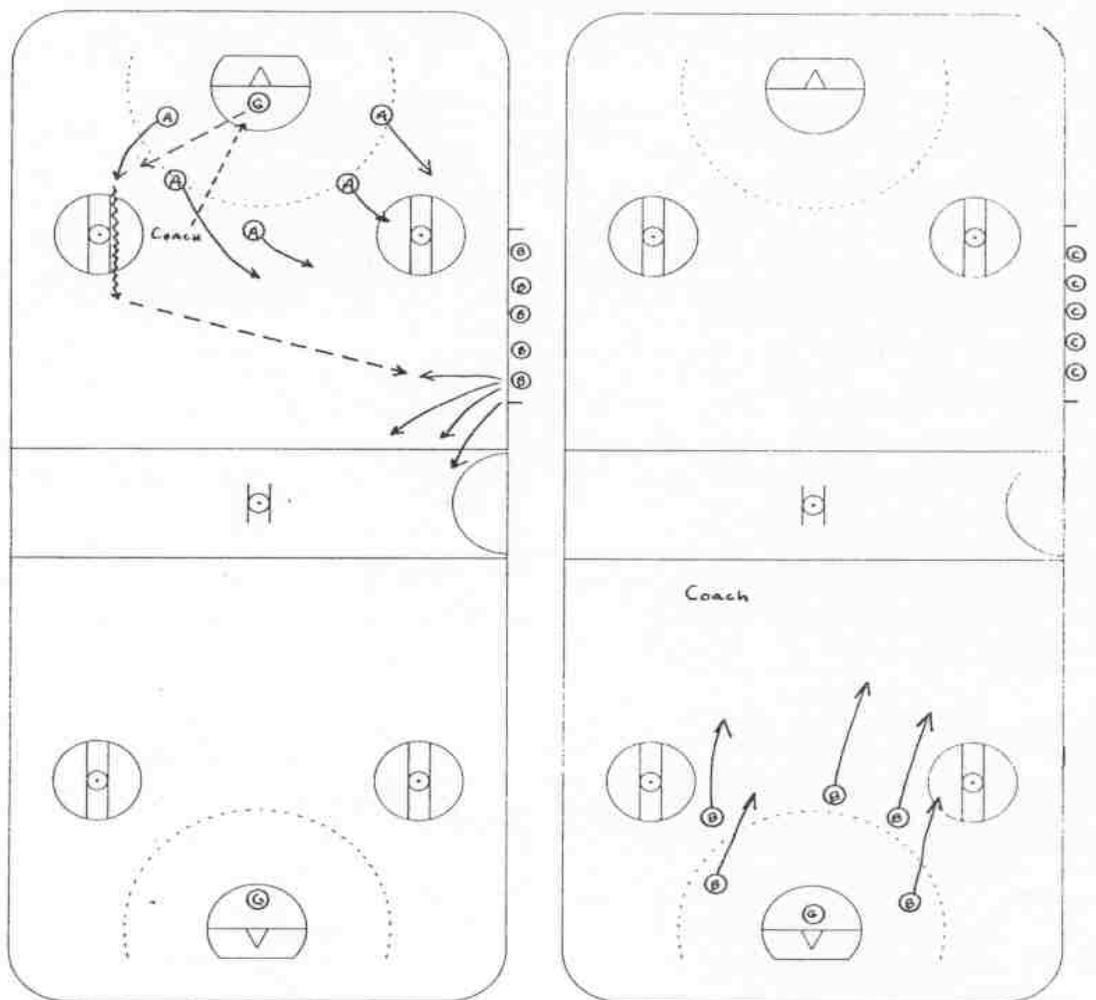
Object of defensive player is to maintain good position. Don't try to knock offensive player off his feet. Use stick, forearm and shoulder to contain offensive player. When back peddling, don't cross feet, use a shuffle step.

- Left shots start in corner and come out for a pass from L1.
- When L2 receives pass, Right shot comes out to meet him and a one on one begins.
- Right shot tries to steer offensive player using stick, forearm and shoulder. He should try and steer player so that his stick is on the outside to limit a good shot.
- Use both sides. i.e., Right shots switch to offence.

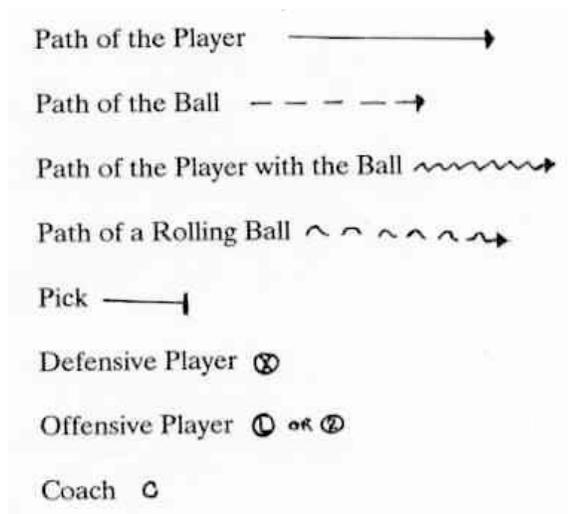


LEGEND

LINE CHANGES

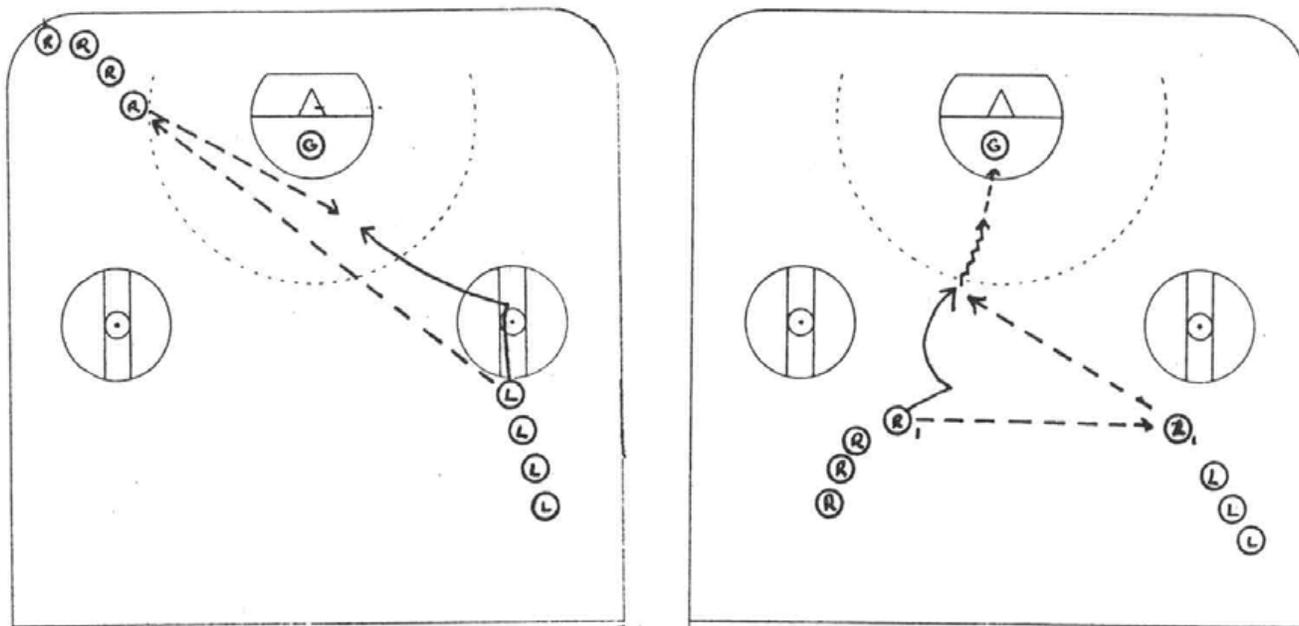


- Unit A moves around in their defensive formation.
- Coach throws ball to goalkeeper and line change is initiated.
- Four A's race to bench while the release man for A takes a pass.
- Unit B break out off bench into the offensive zone, run their offence and break back to the defensive positions on the coaches signal.
- Unit B moves around on defence and initiate change for Unit C.

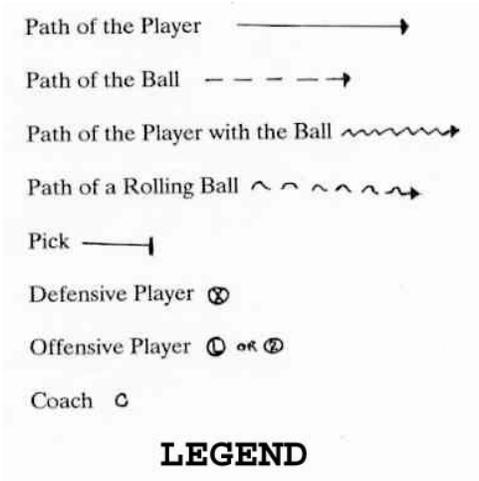


LEGEND

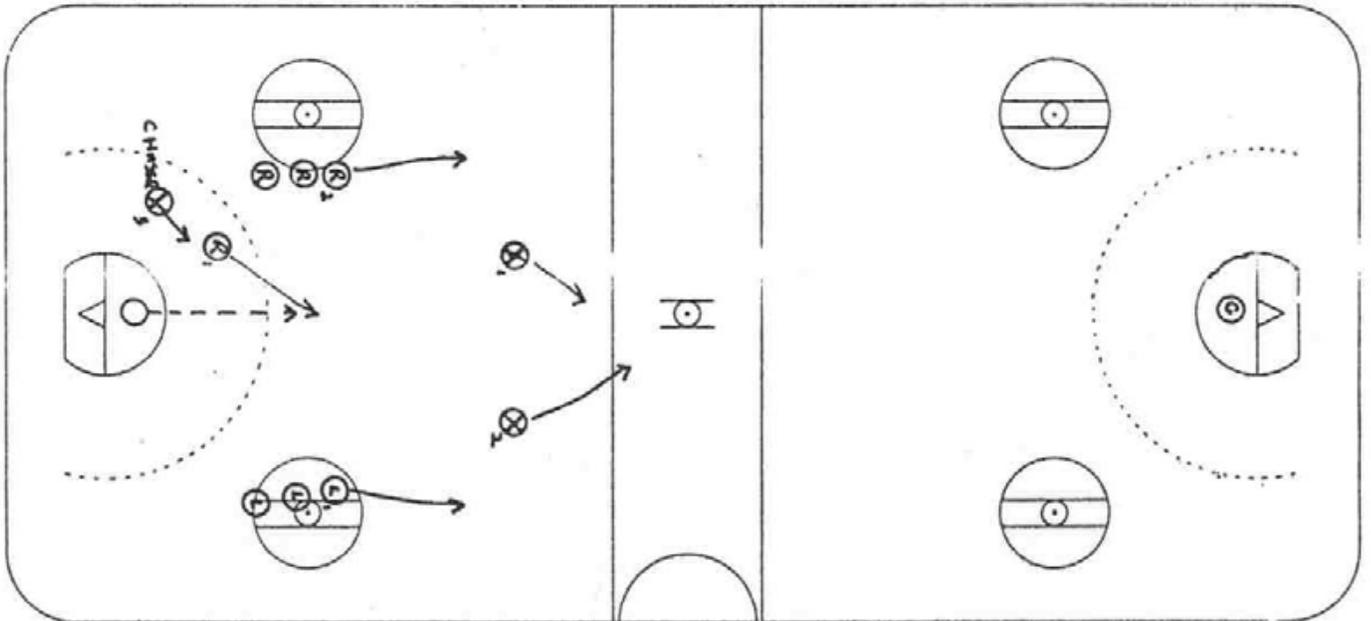
GIVE AND GO



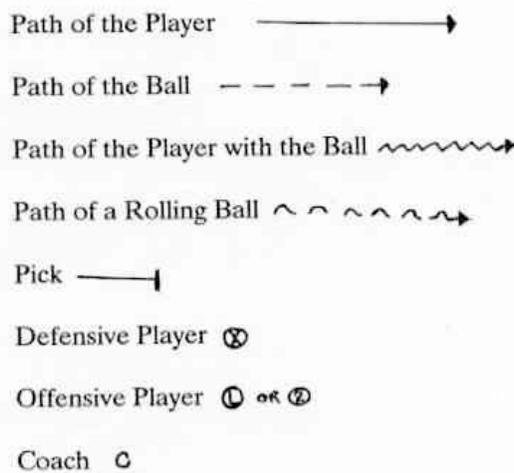
- Operate from both sides of the floor.
- Player with ball passes to teammate then cuts and breaks to the net.
- The player who received the pass then hits the breaking player who takes a shot on goal.
- It is important for the breaking player to simulate getting free.
- You may want to add a defender, as the players get better, so the breaking player learns to break around him.



THREE ON TWO (A)

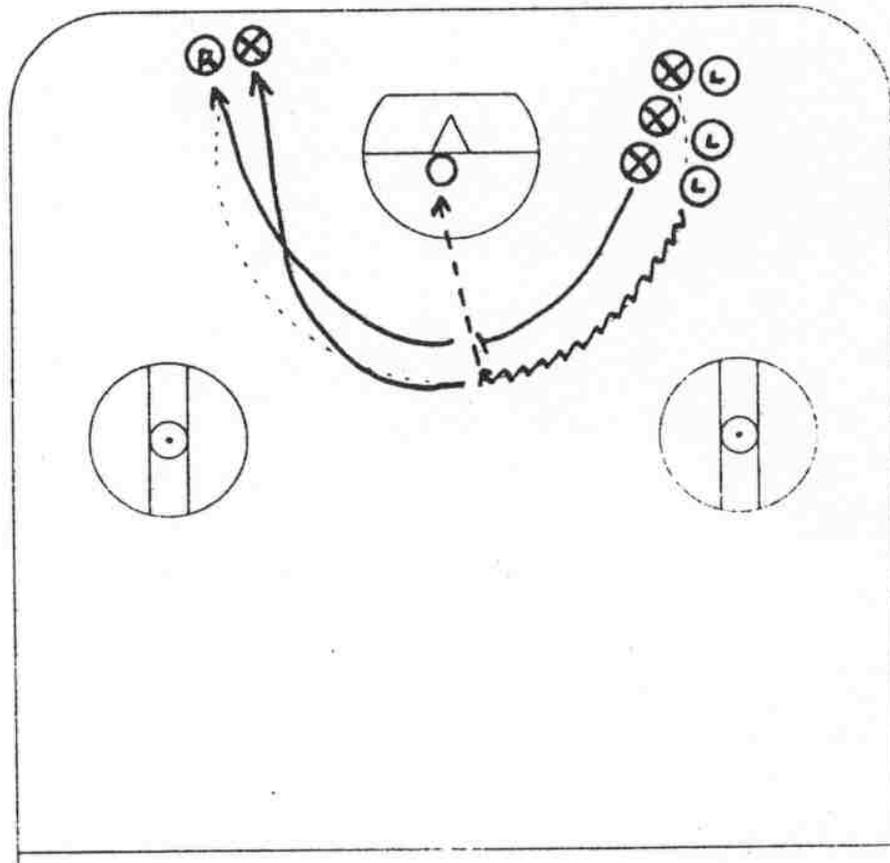


- Players set up as in diagram.
- Coach blows whistle and R1, R2, and L1 break out.
- Goaltender hits R1 with pass and R1, R2 and L1 execute 3 on 2 vs. X1 and X2.
- Meanwhile X3 is chasing on the play to simulate game conditions.

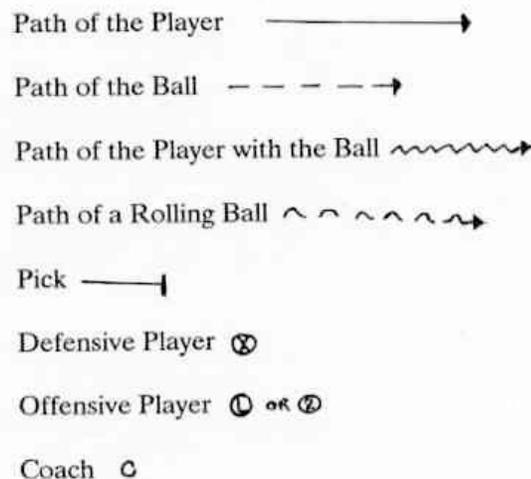


LEGEND

SCREEN SHOTS

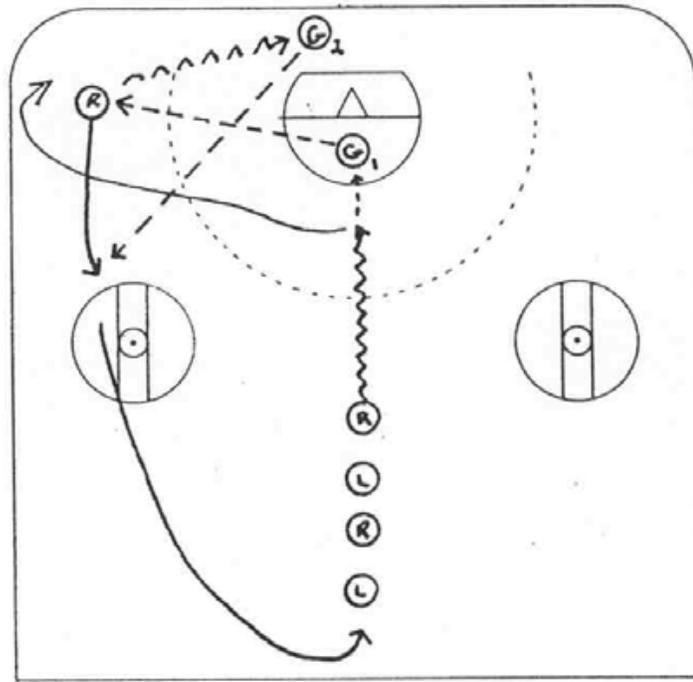


- In drills where positioning and reaction are being stressed, sponge ball is recommended.
- Lefts have ball. Rights are checking.
- Ball carrier shoots ball as he cuts across in front of goal.
- Goalie must see ball then a screen.

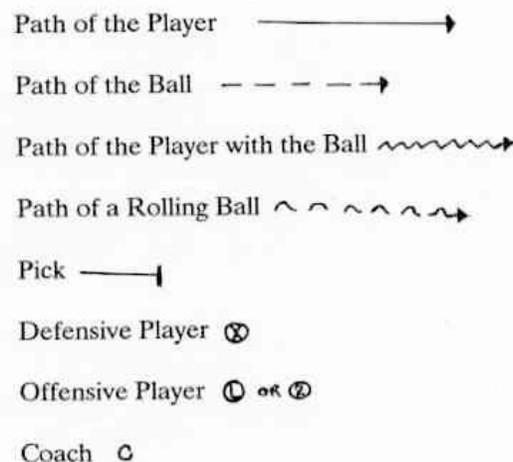


LEGEND

GOALTENDER LOOSE BALL DRILL WITH RELEASE PASS

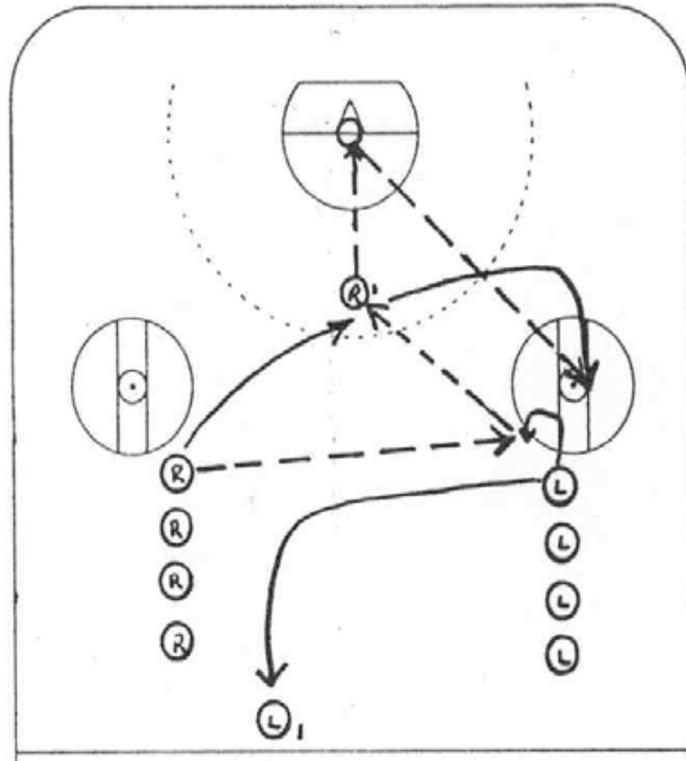


- Players line up in the center of the floor.
- All players have a ball.
- First player runs in on goal and shoots.
- The player that has received the pass then rolls the ball to the second goaltender and breaks up the floor.
- Second goaltender hits breaking player with a pass.
- Only one player goes at a time.

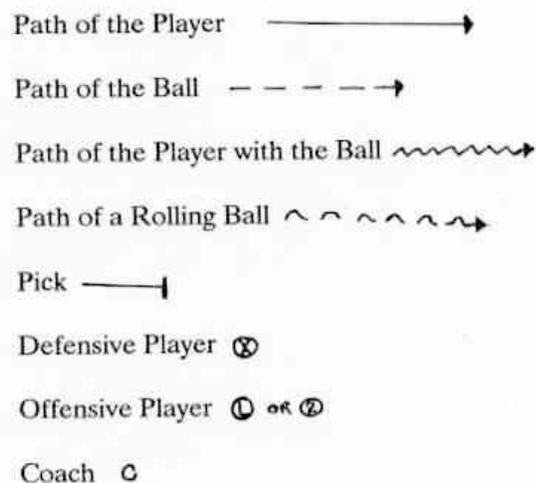


LEGEND

GOALTENDER RELEASE PASS DRILL

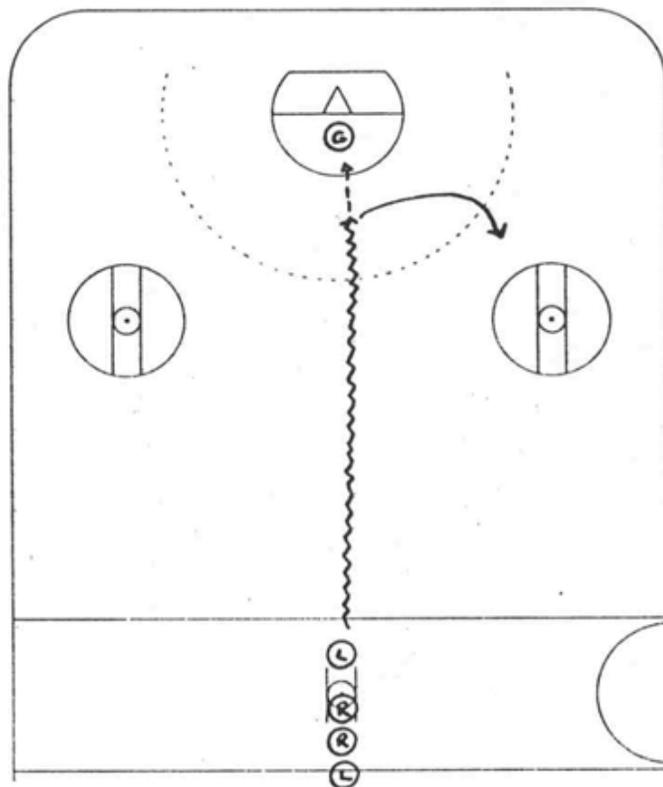


- Lefts buttonhook and receive pass.
- Rights cut through, receive pass and shoot on goalie.
- Goalie has option of who to pass it to.
- Be sure to start from other side as well.

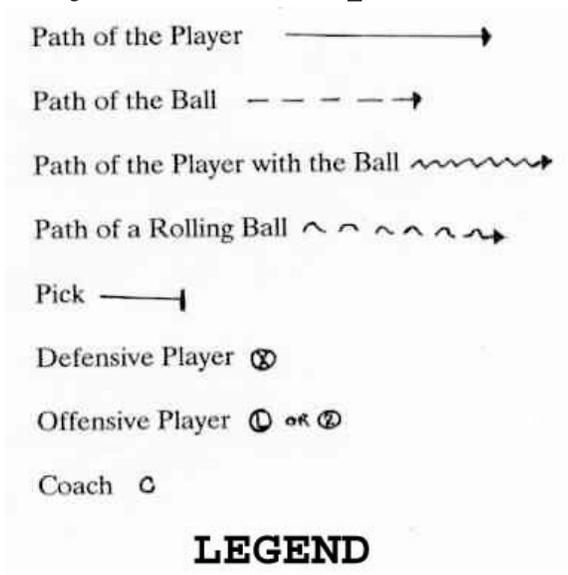


LEGEND

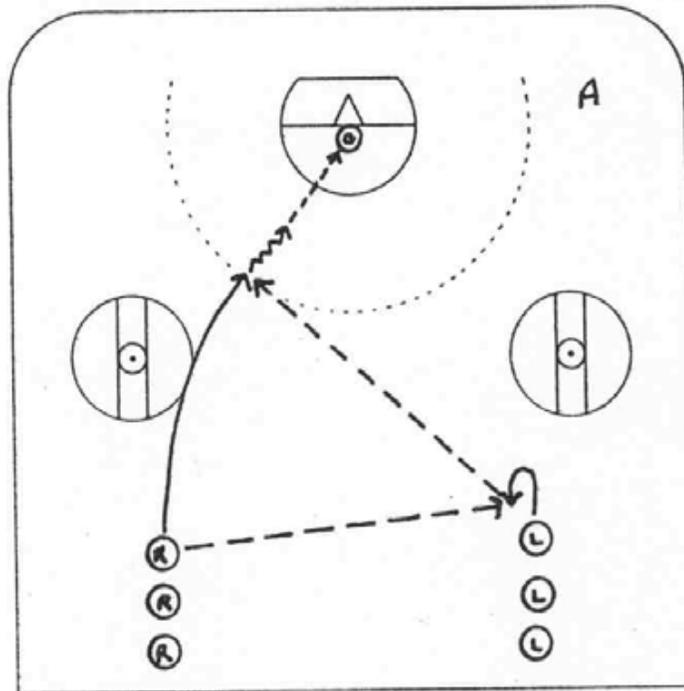
GOALTENDER SHOWDOWN DRILL



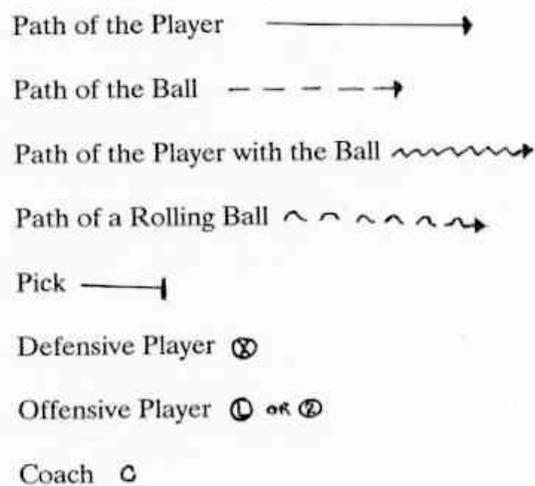
- **NOTE: Timing of shooters is important for goalie to get benefit from the drill.**
- **Allow goaltender to react to shot and reset before next shot.**
- **Sponge ball may be used to prevent injury.**



GIVE AND GO SHOOTING DRILL

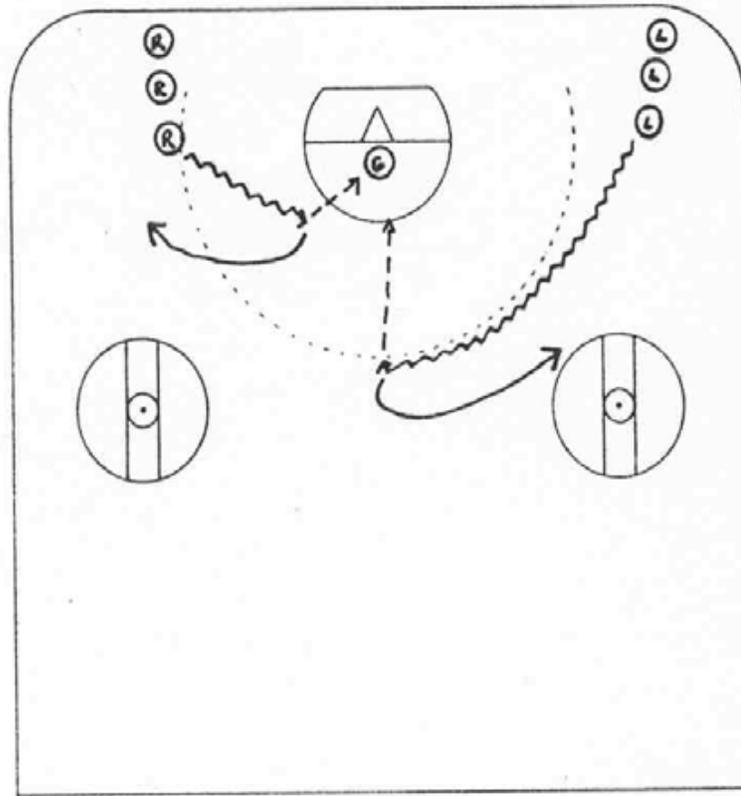


- Helps goaltender react to shooter receiving pass from opposite side.
- Rights have ball, Lefts button hook and receive pass.
- Rights get return pass, go down and shoot.
- Repeat with ball starting from the other side.

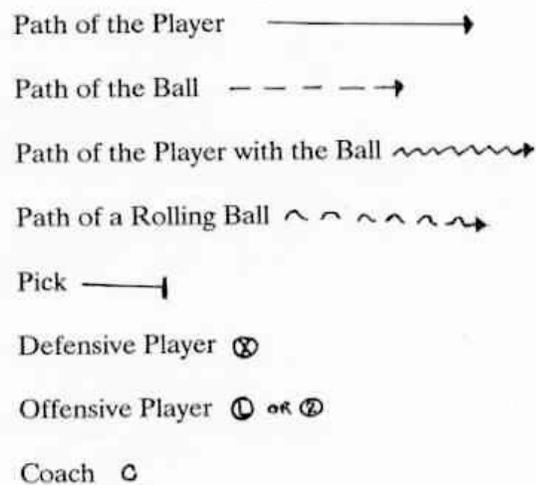


LEGEND

GOALTENDER LATERAL MOVEMENT DRILL

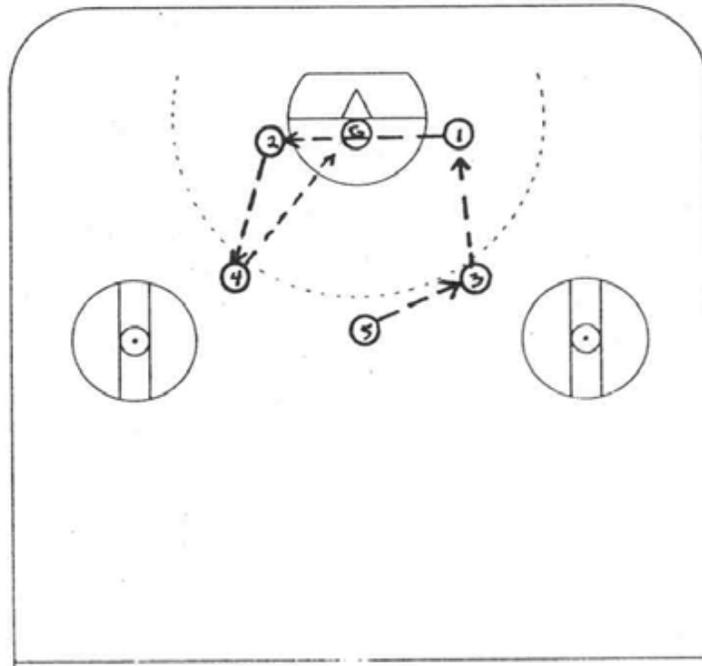


- Alternate rights and lefts.
- Players cut across and fire bounce or overhand shot.
- Progress to have alternate lefts and rights. Lefts shoot from dotted line, rights shoot from crease.

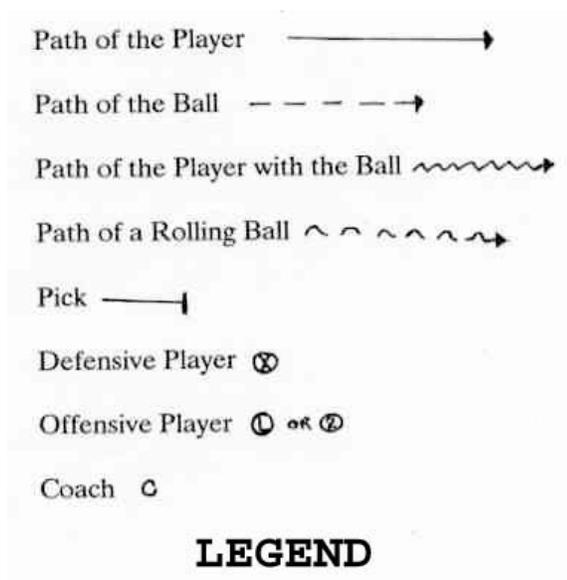


LEGEND

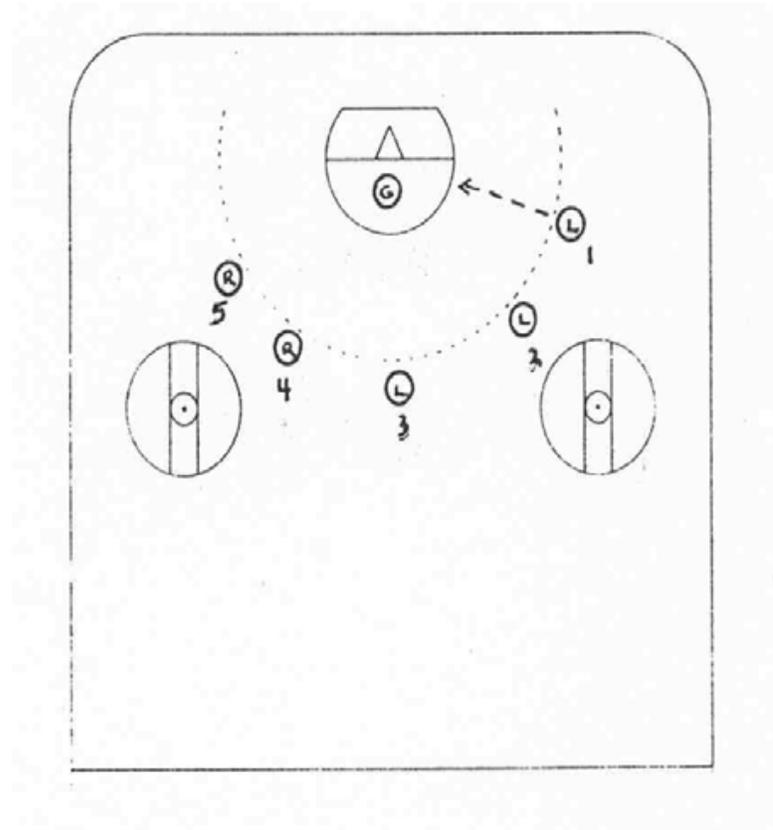
GOALTENDER REACTION DRILL



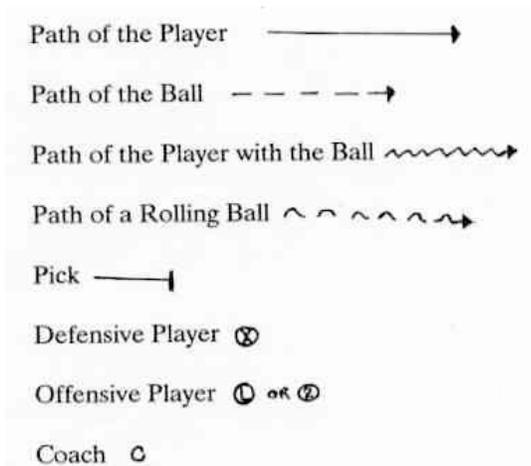
- Power play formation.
- Players move ball around and stop periodically to tell goalie where openings are.
- Progress to have players shoot ball when they see an opening.



GOALTENDER SHOOTING DRILL

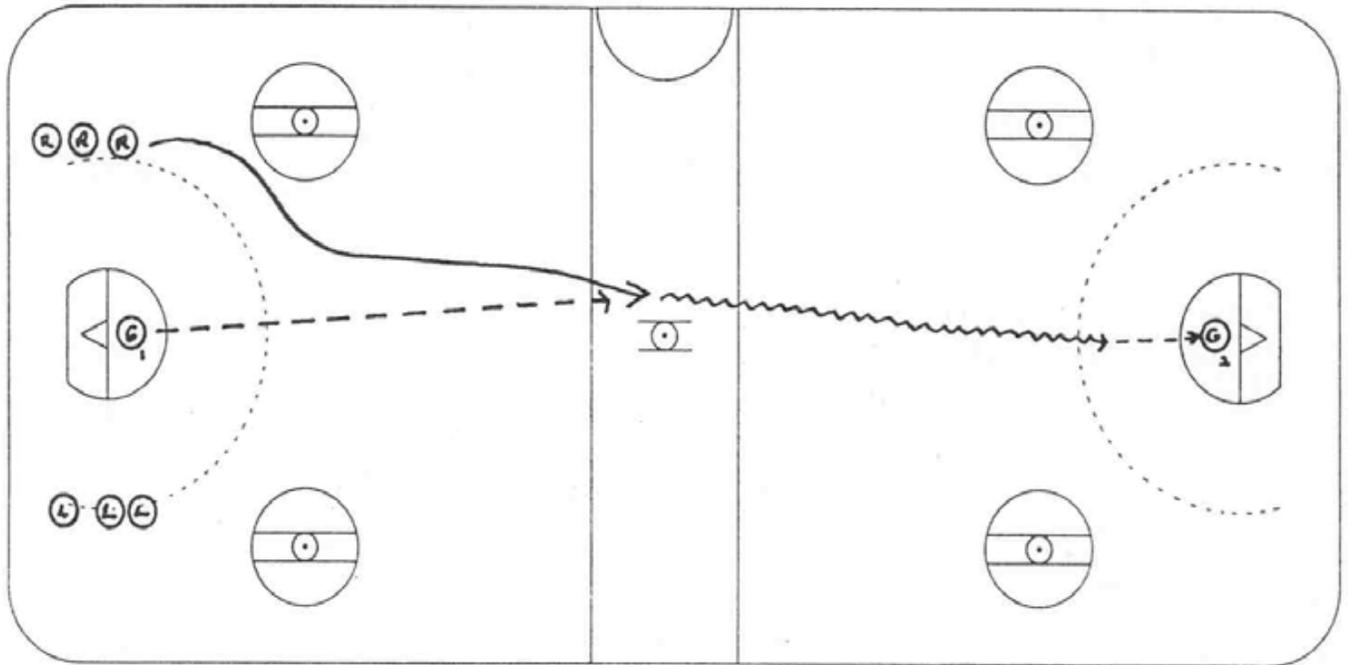


- All players have a ball.
- Shots from right to left.
- Reload and repeat.
- Start from other side as well.
- **NOTE: Goalie dictates order and initiates drill when he's ready.**

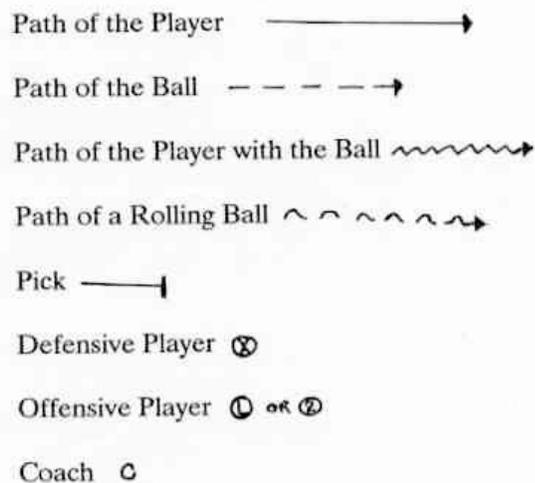


LEGEND

GOALTENDER BREAK-OUT PASSING DRILL



- Player rolls ball to goalie and breaks out for a return pass.
- **NOTE:**
 1. Alternate left and right
 2. Alternate length of passes.
 3. Goalie should simulate game conditions, do not leisurely throw the passes.



LEGEND