Druid Lakes Youth Lacrosse Association – Coach Cheat Sheet 2021

Thank you for volunteering to coach [Druid Lakes Youth Lacrosse Association](http://www.dlyla.org) (DLYLA) youth lacrosse program. This cheat sheet will help prepare you for the upcoming season. This document assumes you have completed the coaching application and are familiar with [US Lacrosse](https://www.uslacrosse.org/coaches) rules and goals regarding safety and sportsmanship as well as the [Positive Coaching Alliances](https://positivecoach.org/) (PCA) ideal of being a [Double-Goal Coach.](https://devzone.positivecoach.org/sites/uploads/files/PCA_DoubleGoalCoachJob.pdf) If you have not completed the coaching application or if you are interested in coaching, please email dlylalacrosse@gmail.com.

# DLYLA Information

Website: [www.dlyla.org](http://www.dlyla.org)

Facebook: <https://www.facebook.com/groups/787879784666381>

Contact Email: [dlylalacrosse@gmail.com](mailto:dlylalacrosse@gmail.com)

* President/ Boys Coordinator - John Clarke, 770-367-5880 cell
* Vice President - Dave Flanagan, 404-384-3698 cell
* Treasurer - / Girls Coordinator – Dawn Taylor, 678-203-5841 cell
* Secretary – Jim Harris
* Parent representative – Vacant

# Coach’s Training and Certification

Head coaches are expected to have completed the following training/certifications

1. US Lacrosse Membership (paid by DLYLA)

2. NCSI background check (must provide copy of “Green Light” report)

<https://www.uslacrosse.org/safety/safesport/background-screening-faq?_ga=2.118169356.405570193.1526403688-1437621354.1516986765>

*Free to US lacrosse coach members*

3. US Lacrosse Level 1 online certification (must provide certificate of completion) <https://learning.uslacrosse.org/#/curricula/b1539598-4c38-4631-87a1-087f44bd4e99>

*\*This course is FREE for all USL members*

4. Concussion awareness training (free) (must provide certificate of completion)

<https://www.cdc.gov/headsup/youthsports/training/index.html>

5. CPR and first aid training (paid by DLYLA) \*(need to be assigned course code)  
<https://cpraedcourse.com/register?version=v1>

# Covid-19 precautions

Recognizing concerns over Covid-19, the board will implement precautions recommended by CDC (see: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>) and U.S. Lacrosse (see: <https://www.uslacrosse.org/return-to-play>) as follows:

* Players or parents feeling ill should stay at home, seek the appropriate medical attention and not attend games or practices
* Players and coaches shall have their temperature measured upon arrival at practice/game. Those measured at 100.3 degrees or higher shall not enter the practice/game area.\
* Parents shall sign in to each game/practice using covid checklist.
* Social distancing of 6 ft or greater shall be employed during drills and group briefings
* Face masks are required for staff, coaches, and designated adults serving as hygiene support for all practices and activities. Parents/fans are encouraged to wear masks at all practices/games.
* Athletes must wear a facemask while on sidelines and during coach briefings. Players may wear a face mask during lacrosse activity.
* Face coverings should cover nose and mouth.
* Players arriving at field should be dressed in equipment and uniform. No bags or other items, with the exception of water bottle may be brought into the practice/game area
* Players should bring their own water bottle marked clearly with their name.
* No water bottles shall be shared.
* No equipment shall be shared
* No handshakes, high fives, fist pumps, chest bumps, huddles, group celebrations, spitting, etc.
* No pre- or post- game handshakes between players, coaches & officials – teams should continue to show good sportsmanship by clapping or cheering for the opposition team
* All players & teams are advised to sanitize equipment regularly and carry & use hand sanitizer

# Preseason Checklist

* DLYLA Coordinators will provide you with:
  + Coach gear (for games and practices): cones, pinnies, balls, bag, first aid kit
  + Team Snap team messaging system which includes schedule, roster, volunteer assignments, player availability for games and practices, directions, and both email and text messaging.
  + Field locations and times for both games and practices. Note game schedule will not be available until the week prior to the first game.
* Print out team roster with emergency contact, doctor, insurance and allergies for coaches to keep with them at all times in case of an emergency
* Get a parent to volunteer to coordinate snacks, drinks, and social activities for the team (“Team Parent”)

# Postseason Checklist

* Plan a post-season celebration
* Collect all rented equipment from players
* Return coach gear
* Prepare a post-season writeup of what went right, what went wrong, ideas and improvements

# Practices

* At start of practice must complete covid-19 check-in procedures.
* Inclement Weather:
  + Practices should be cancelled in the event of severe weather expected prior to or during the scheduled practice. Thunderstorms in the area should be taken seriously as well as intense heat/heat index/high humidity. Safety first.
  + Keep team informed of practice/game status using the Team Snap messaging system.
* Water:
  + Take water breaks liberally; on hot days generally no longer than 15 minutes apart. Players should be allowed access to water whenever they need it (i.e. have water bottles near where practice activities are occurring)
* First aid / CPR & AED
  + Coaches should be familiar with the basics of first aid and CPR/AED. The league owns a single AED unit which will be at all home games.
* Players (& Parents)
  + You will have a wide range of abilities, skills and basic life experiences. Be as accommodating as you can.
  + Show up at practice ready to play (don’t arrive at practice start time and begin to put equipment on. Be ready to go at start time)
  + Parents must pick up players on time. Do not make your coach wait for pickup
* Be prepared:
  + Show up on time with a practice plan.
  + Enlist parents to help wrangle and supervise.
* Practice fields:
  + Tucker Recreation Center: 4898 Lavista Rd, Tucker, GA 30084
  + Boys: Druid Hills High School: 1798 Haygood Dr NE, Atlanta, GA 30307
  + Girls: Lakeside High School: 3801 Briarcliff Rd NE, Atlanta, GA 30345

# Games

* You will be sent the game schedule and coaches list as soon as they are available.
  + Enter your game schedule into team snap site.
* Create and print a roster (Name, Number, Dob, Age & Grade).
  + Bring a copy for the scorer’s table each game.
  + Parents should update availability for games no less than 48 hours in advance (24 hours for practice although it assumed they will be at practice).
* Finalize directions, expectations, etc. Discuss and rule clarifications
  + - Show up early with player lineup and a game plan.
    - Enlist parents to help—snacks and drinks, working as score keepers.
* Game Fields
  + Girls games: Noonday Park, 489 Hawkins Store Rd NE, Kennesaw, GA 30144
  + Boys games: Dunwoody Springs Elementary School, 8100 Roberts Dr, Sandy Springs, GA 30350

# Growing the game

Most of our players are developmental, and we are often overmatched against the OTP school programs, it’s important to monitor morale and reward the successes. These are programs we’ve implemented with some success in the past.

* Game awards. MVP (ball on a chain). Middie, D and Atk best performances per game with stickers. Keep a list of past winners and share the wealth.
* Set game goals. 20 Gbs, 10 shots on cage, 3 knock downs, 0 penalties – etc. Let the players know before the game, have a parent keep the stats and tell them the next game and keep building.
* Keep individual stats. GBs, shots, goals assist, etc. Get a healthy competition going.
* Keep season stats and keep track with previous seasons.
* Snypr wall ball challenge with stickers or such as rewards per week.
* Stick trick challenge with stickers or such as rewards per week.
* Individual game goals. Challenge some players before or during the game to get x gbs, take x shots and celebrate the achievement.