

Persistent **R**espect **I**nspire **D**etermined **E**ncourage

noun

1. a feeling of deep pleasure or satisfaction derived from one's own achievements.
2. consciousness of one's own dignity. Belief in one's worth. Faith in oneself.

verb

be especially proud of (a particular quality or skill).

"she'd always prided herself on her ability to deal with a crisis"

Persistent

per·sist·ent

[pər' sistənt]

ADJECTIVE

1. continuing firmly or obstinately in a course of action in spite of difficulty or opposition

Purpose of this lesson:

To teach young athletes to challenge themselves even when things seem hard or impossible.

Mentor Talk:

 Give a personal example or use one below:

1- Remember when you first picked up your lacrosse stick?

Did it feel strange?

What was it like to catch the ball? Throw the ball? Was it hard?

The more you practiced did it get easier? Yes! That is persistence

After Example: Life will throw challenges at you, whether it is on the lacrosse field, learning new things in school or learning a new hobby or sport. Being persistent is how we improve.

Let's practice persistence with:

The Funnel Drill:

Offensive player drives the ball toward the goal while the defensive player works on using their stick to push the opponent out to the alley.

Defense: Keep arms up the whole time during the drill

Offense: Doesn't put any force on the defensive player but goes to where they are pushed to.

Reflect

re·flect

[rəˈflek(t)]

VERB

1. think deeply or carefully about:

Purpose of the lesson:

To teach young athletes that the best way to learn from our practices, games and life situations is to take time to reflect on their individual role. That it is important that we will be met with challenges and regardless of those challenges we meet them with self-reflection, respect and kindness.

Mentor Talk:

 Give personal examples or use one below:

1- Think about when you work through a ground ball drill. When you go down for a ground ball and miss, or poke yourself in the stomach with your stick, do you think about what you could have done better? For example, if I accidentally poke myself in the stomach with the butt end of my stick, what is it I needed to do... bend my knees, run through the ball. I thought about what I needed to do to improve.

This can translate to relationships- Think about a time you got in trouble with your parents? Do you think about what you could have done to stay out of trouble? Of course, because you don't want to lose any of your privileges or be grounded? Or what if you hurt a friend's feelings? Do you figure out how you hurt their feelings so you won't hurt them again?

Let's practice reflection with:

Scoop & Tuck Drill

Instead of battling against each other, this individual drill focuses on picking up ground balls and immediately bringing your stick to a position of protection:

- Each player starts on the goal line extended with a ball in their sticks.
- On the start of your whistle, each player will roll the ball out 3-5 yards in front of them.
- Once this happens, players move towards their ball and pick it up.
- The emphasis here is on form – players should be getting both hands low on the ground ball and scooping it cleanly.
- Once the ball is scooped, players must bring their sticks towards their chest to keep the ball out of harm's way.
- Do this 5 or 6 times up the field and then go back

Inspire

in·spire

[in 'spɪ(ə)r]

VERB

1. fill (someone) with the urge or ability to do or feel something, especially to do something creative:

Purpose of the lesson:

To teach young athletes to be role models. To demonstrate on and off the field respect, kindness, citizenship and to lead by example.

Mentor Talk:

Give personal examples or use one below.

1- How many of you have ever thought to yourself- WOW that person is so cool or I would like to be like that person when I grow up? Now consider what about that person made you look up to them...

As athletes we are role models. There will be kids younger than you or even friends, siblings and adults, that will look at you that way. So how do we be our best selves to help inspire others?

On the field: We can work hard, help encourage our teammates, be kind, be respectful to others including members of the opposite team, and the officials, scorekeepers etc.

Off the field: We can work hard, be kind, respectful and intentional about making those around you feel encouraged.

Let's inspire one another with:

Down the Alley Drill

- Place your bucket of balls 15 yards or so up from the goal in one pile. Then place a cone a few feet in front of those balls that's directly in the middle of the goal.
- Now pick up a ball, run towards the cone, and make a dodge.
- It could be a split, a roll, a face dodge – it doesn't matter. Then run down the alley or the side of the goal and take a shot.
- So if you're going towards the left side of the goal, you'll be shooting with your left hand and vice versa.
- This drill will really help with your **shooting on the run** – meaning your feet should be moving as you shoot it as opposed to them being planted.
- Those watching expectations- cheering the player on and high fiving when they return to the line

Determined

de·ter·mined

[də'tɜrmənd]

ADJECTIVE

having made a firm decision and being resolved not to change it

Purpose of the lesson:

To teach young athletes that mindset is just as important as athletic ability.

Mentor Talk:

Give personal examples or use one below.

1. Think of something that you worked really hard at?
 - a. What was the reason you worked hard at it?
 - b. Did you tell yourself something to push yourself even when it was hard?
 - c. How did it feel when you completed or accomplished it?

In practice we are given new things to try, whether it is a new drill or a new play. Think about what makes it work... practice but also the mindset that we have to continue to work hard and practice to get better. Determination is pushing ourselves to learn what coaches or fellow athletes are teaching us.

Grid Keep Away Drill (8 players)

1. Create a 30 by 40 yard grid square
2. Spread the offensive players lacrosse the grid
3. Have ONE defender
4. The offensive players move through the grid
5. The offensive players roll the ball to each other, scoop the ball and roll to another, offensive player. The defensive player tries to defend against the player scooping the ball.
6. After a few minutes, rotate the defender with an offensive player and repeat until all players have been the defender

Encourage

en·cour·age

[in 'kərij, en 'kərij]

VERB

give support, confidence, or hope to (someone)

Purpose of the lesson:

Being a teammate is more than playing lacrosse. A teammate is someone who encourages on and off the field.

Mentor Talk: Give personal examples or use one below.

Think about a time where you were struggling and someone took the time to talk to you and help you process what you needed help with.

Let's encourage one another with:

Cradle Relay Races

1. Group of players, each group with a ball, a cone per group

2. Purpose – for players to work on cradling and endurance

3. Rules:

- Players are in groups with a straight line, a cone at a distance from the lines.
- On the whistle, players must run, cradling a ball around the cone and back. Players may pass the ball to the next person in line or place it on the ground for a ground ball.
- Before the next player can go, the moving player must cross the end line. Afterwards, the player must go to the back of the line and sit down
- Group with all the players completing the course and sitting down wins.
- ***Variation*** - Can change the rules, make a more complicated course, etc. to change the difficulty and/or fun