

IOU Coaching Certification

Level 1: Casual Play

Section 2: Basic Oarball

Basic Rules

- You cannot teach the sport without first knowing what it is
- Players must always practice and play with rules to avoid bad habits

Two-Touch

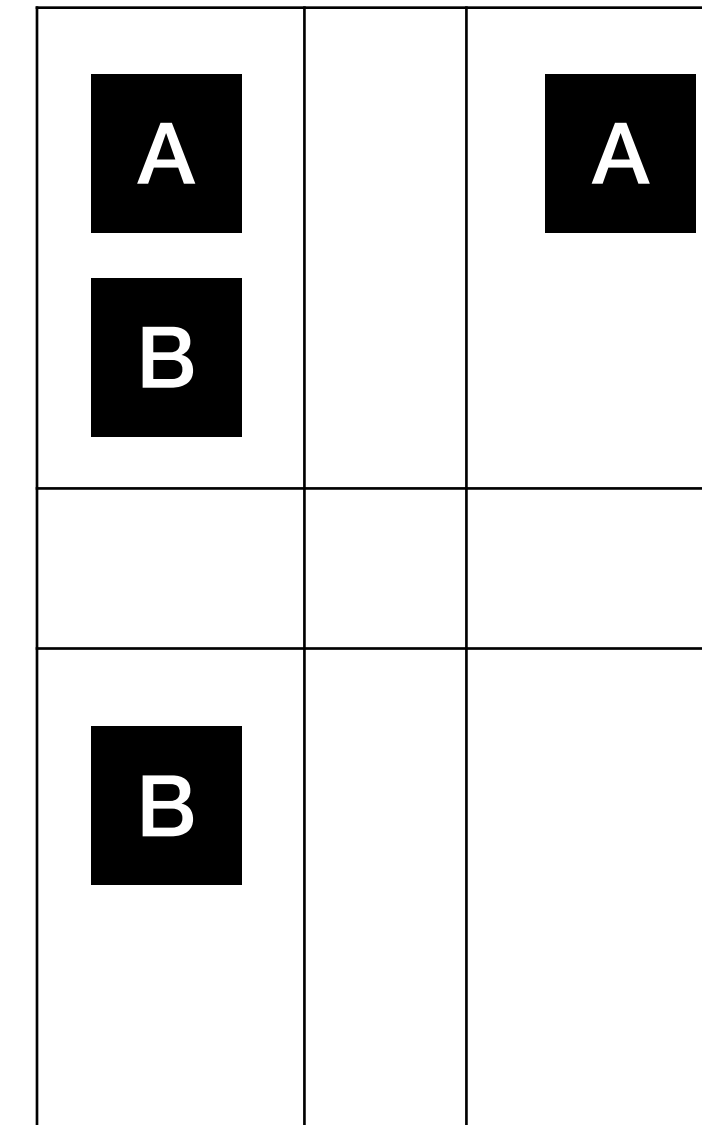
- Once per possession, players can touch the ball with any part of their body
- Once they have used their touch, they cannot touch the ball with their body again until another player touches it

Handling the Ball

- Players cannot catch, cradle, or fall on top of the ball
- Players cannot pin the ball to their body
- Players can slap, punch, or control the ball with their hand in a single touch

Two-Line Pass

- Ball cannot be passed across two vertical lines (A>A)
- Ball cannot be passed across two horizontal lines (B>B)
- Ball can be passed from anywhere to center square
- Ball can be passed to anywhere from center square
- Players can “tag up” at the line to make themselves eligible to get the ball if it has already crossed two lines



Free Hit

- After minor infractions and halftime, play starts with free hit from where ball was at stoppage
- To start game and after goals, play start with free hit from the goal crease
- Team hits ball onto the field
 - Can kick the ball
 - Can use stick- if using stick, get two touches behind the line instead of just one
- No players on either team can interfere with the ball
- Wherever the ball lands, play re-starts with a face-off
- If ball goes out of bounds, other team gets a free hit
- If ball ends up in the goal crease, face-off takes place at the edge of the goal crease

Face-Off

- One player for each team lines up at the ball
- All other players go wherever they want
- When referee blows whistle, ball is live

Stick Foul

- Can't touch players with stick at all
 - An exception is made if opponents put themselves intentionally in the path of your stick. Still cannot hit them violently or intentionally
- Can't swing stick wildly
- Can't throw stick
- Can't hold stick such that an opponent would need to dodge it to avoid being hit in the head

Legal Body Contact

- While standing still or walking, can shove an opponent who is standing still or walking
 - Only in hips, chest, shoulders, or back
- Can use hip to hip contact to knock opponents away from the ball
- While standing still, can bend over and use hip to knock opponents over with their own momentum
 - Only from the front, and only between knee and navel

Penalty Shot

- After a foul, play is re-started with a penalty shot
- One player on non-offending team starts in the center square with the ball
- One player on the offending team starts in their goal crease
- Everyone else starts behind the shooter, in the defensive zone of the shooting team
- Once the shooter touches the ball, play is live and everyone can go wherever they want

Sin Bin

- Players who commit fouls are also punished in the sin bin
- For first minor foul, players get off with a warning
- Minor fouls after that get a player 5 minutes in the sin bin
- Major fouls get a player 12 minutes in the sin bin, no warnings before or after
- Match fouls get a player ejected
- When a player gets put in the sin bin, their team is down a player until their time is up

Offside

- Offensive players cannot go into the goal crease unless the ball is there
- Play does not stop for an offside unless it interferes with play

Goal Hanging

- Defensive players cannot be in the goal crease for more than 5 seconds at a time
- Clock resets if the ball goes into the crease
- Clock only counts while ball is live and outside of the crease

On-the-fly Substitution

- Players can change any time the ball is live
- Teams get 3 subs on the bench for this
- Teams can also change when they have a free hit

Interchange Substitution

- Once per game, teams can switch one player on the team for someone else
- Like soccer substitution
- Permanent- player who gets interchanged off cannot come back

Fundamental Skills

Shooting and Passing

With the stick

- Stick plays can be categorized by how the ball is sent
 - Whack: Swing at the ball, aiming for the center
 - Chop: swing at the ball, aiming for underneath without hitting the center
 - Shovel: lift the ball onto the stick, then throw it
- Stick plays from the ground can also be categorized by the angle of the stick
 - Straight: stick held vertically, perpendicular to the ground
 - Flat: stick held horizontally, parallel to the ground
 - Diagonal: stick not held vertically or horizontally
- Stick plays can be categorized by the side of the body the ball is on
 - Forehand: the head of the stick is on the same side as the player's bottom hand (left hand, left side, right hand, right side)
- Swat: lift the ball into the air, then strike it with the stick
- Tip or Deflection: using the stick to change the angle of the ball's flight but not adding any power to it

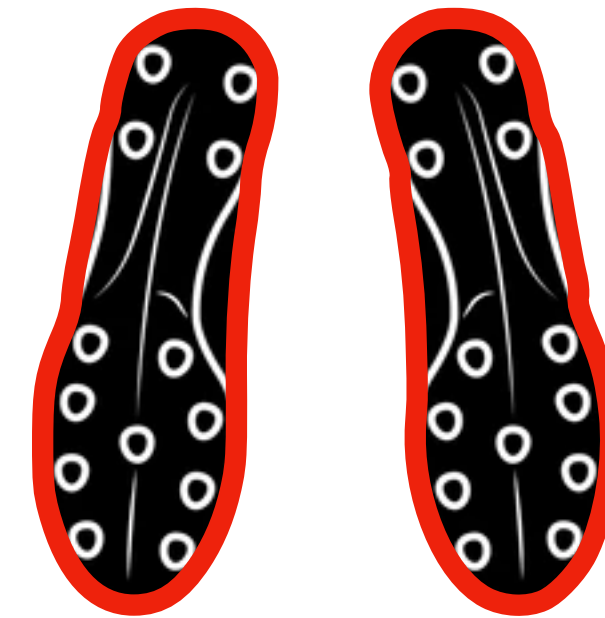
With the body

- Volley: lift the ball into the air, then strike it with the foot
- Kick: using the foot
 - Laces: with the top of the foot for better power
 - Instep: with the arch of the foot for better accuracy
 - Outstep: with the outside of the foot, good for certain positions or for a unique spin
 - Toe: surprise kick which can go in unexpected directions
 - Backheel: send the ball backwards forcefully by jabbing it with the heel
 - Roll: step on the ball with the cleats and then send it in a direction
- Hand-Ball: using the hand
 - Slap: hit the ball with an open hand for better accuracy
 - Punch: hit the ball with a closed fist for better power
- Body-ball: using some other part of the body
 - Elbow: with the elbow
 - Header: with the head
 - Knee: with the knee
 - Booty-ball: with the buttock or hips
 - Stander: allowing the ball to hit the body in the hopes of deflecting it
 - Runner: running through the ball without altering running stride

Offense Techniques

Face-Up

- Offensive player faces opposing goal
- Wants space
- In open play:
 - Allows the offensive player to run faster
 - Makes it easier to see possible passes
 - Makes shooting swat shots and kicks easier
- In front of goal:
 - Makes it easier to collect rebounds
 - Makes it easier to avoid getting
 - Makes it harder to recover and backcheck off of a turnover



Post-Up

- Offensive player faces own goal
- Wants contact
- In open play:
 - Allows the offensive player to muscle through opponent
 - Makes it easier to catch passes from teammates
 - Makes shooting shovel shots easier
- In front of goal:
 - Makes it easier to deflect shots
 - Makes it easier to get into good screening position
 - Makes it harder to apply pressure on the forecheck off of a turnover

Defense Techniques

Charge Out

- Defender makes a run at the ball carrier at top speed
- Instead of slowing down to stop, defender either sprints past or slides to block shot
- Can cause immediate turnover
- Very likely to be beaten, should only use technique in situations where a turnover is more valuable than position

Close Out

- Defender closes space with ball carrier and stays close
- Forces ball carrier into difficult situation
- Puts immediate pressure on ball
- Risks getting beaten quickly or fouling

Wait Out

- Defender sits in “lane” between ball carrier and the goal
- Allows defense to keep structure
- Makes it easier to block shots and intercept passes
- With time and space, ball carrier may be able to make better plays

Aggressive



Conservative

Lifting the Ball

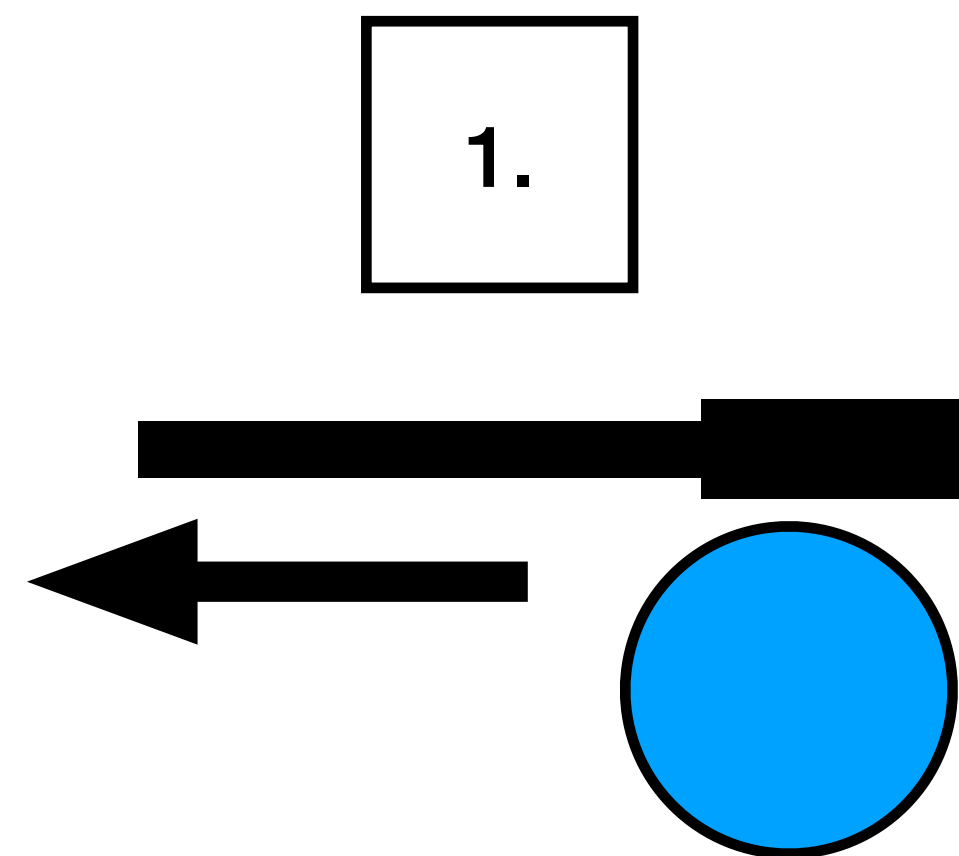
Scoop

- Get hands low, stick flat
- Forehand side- drive wide side of stick under the ball
- Backhand side- step next to the ball, thrust stick underneath the ball

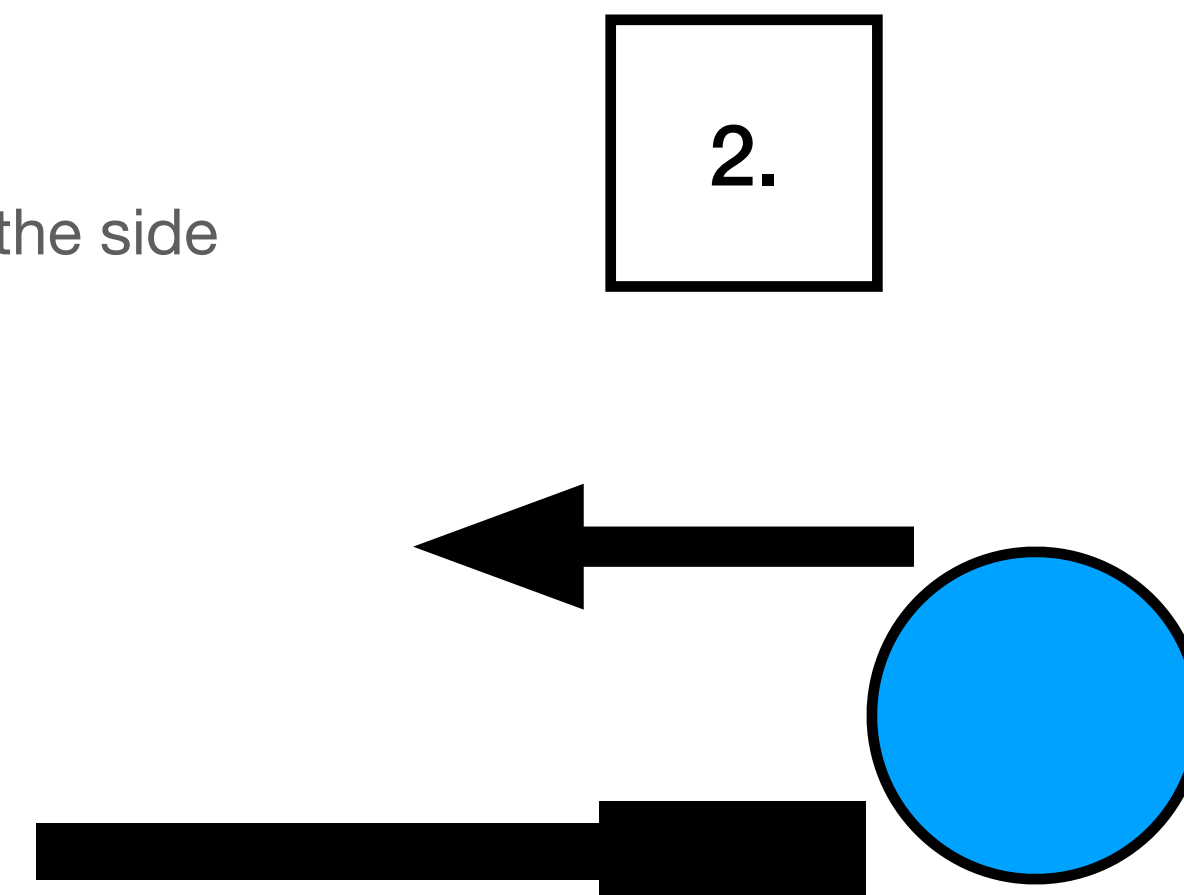


Rake

- Pull ball back
- Let ball roll onto stick
- Lift ball into air with stick

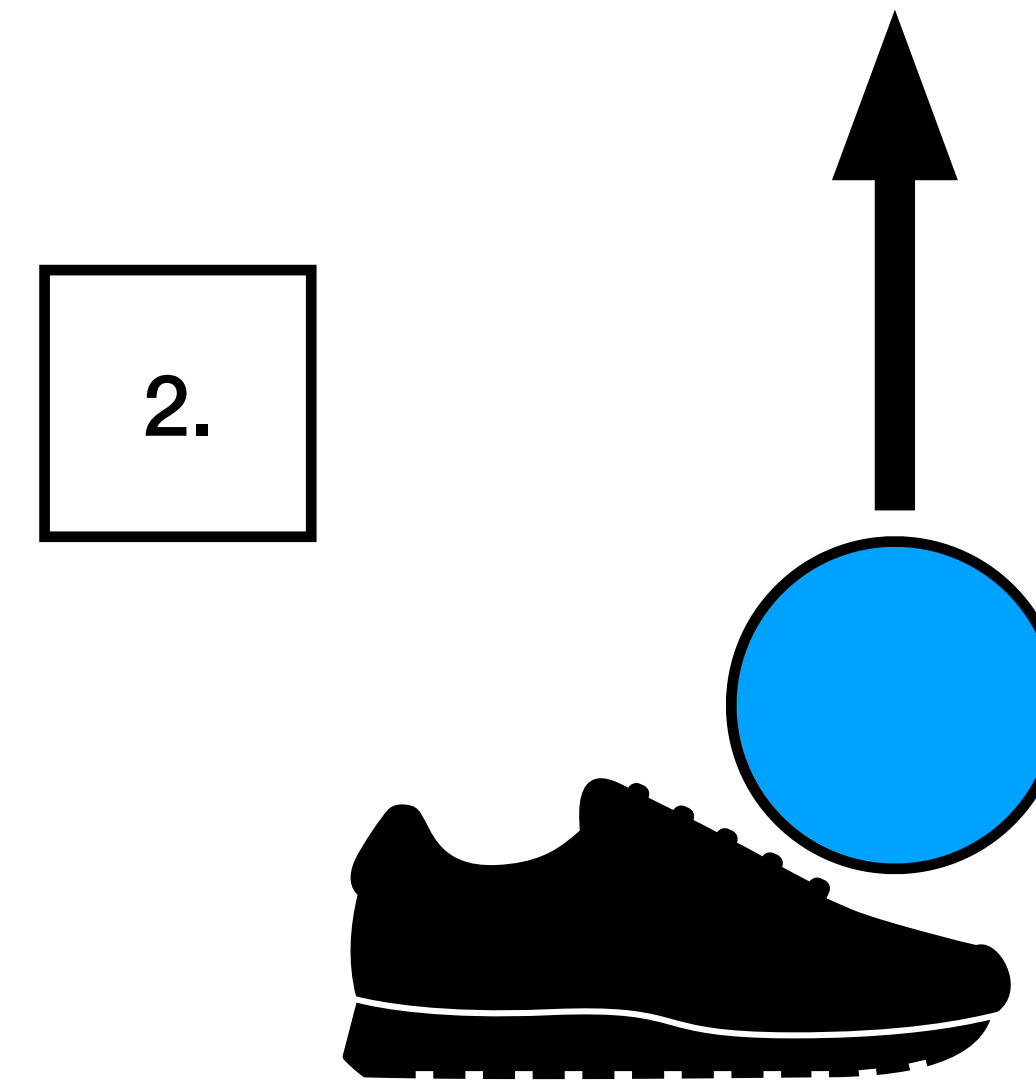
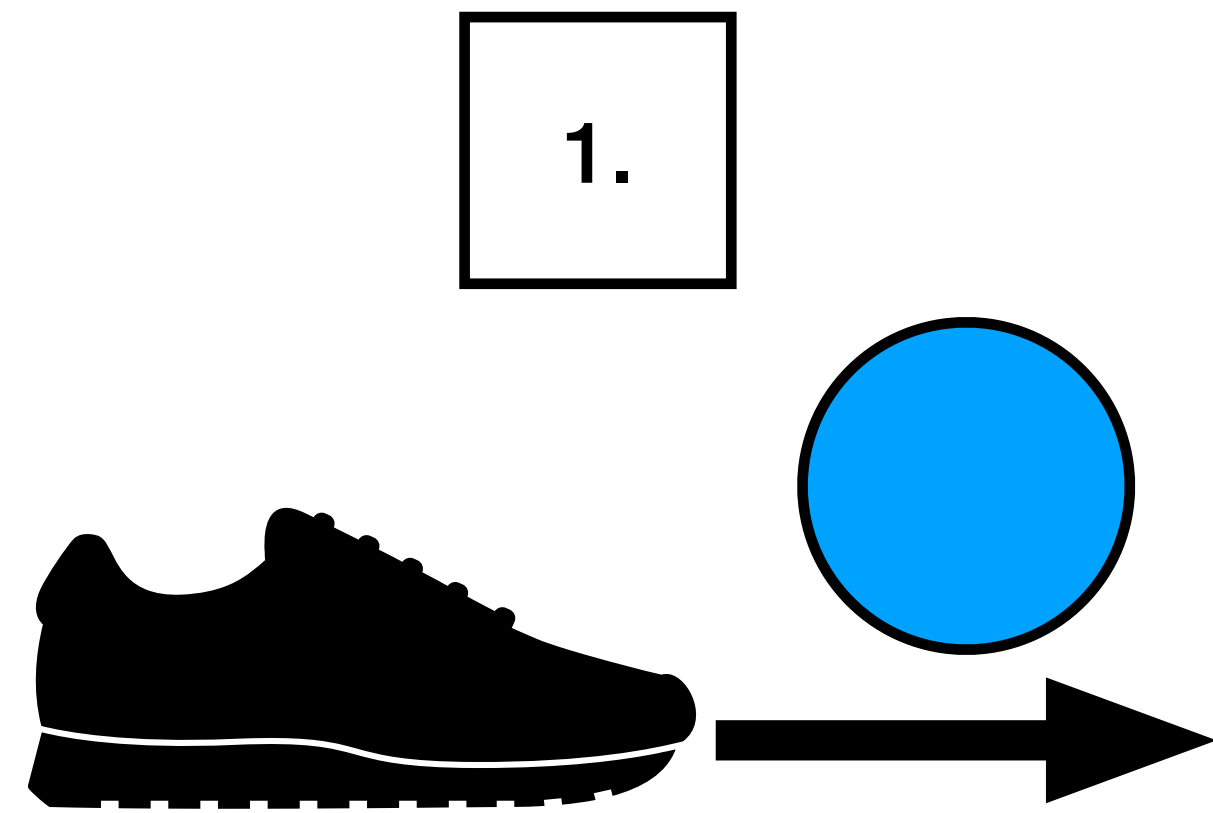


As seen from the side



Foot scoop

- Push foot underneath ball
- Throw ball upwards with foot



Winning Possession

Poke Check

- Stick directly at the ball
- With one or two hands on stick
 - One hand on stick to “reach” faraway opponent
 - Two hands on stick in close quarters to defend against opposition stick lift

Stick Lift

- Strike stick out of the way of the ball, then get the ball
- Best executed from behind or on forehand side of opponent
- Always stick lift with two hands

Foot Check

- Steal ball with cleat
- Be brave- stick to shins not a foul when foot checking
- Best executed in very close quarters and from the front

Sliding Poke Check

- Head-first belly slide, then poke check
- Good desperation tactic
- Good way to block shooting lane then steal near the crease
- Always dive in a direction that is not directly at the ball or ball carrier- slide to position, then poke

Sliding Foot Check

- Foot-first slide to steal the ball and kick it in one movement
- Only attempt when ball is at distance from opponent- tripping them in any way from this move is a foul
- Can be a good technique for blocking shots

Body Contact

Hand Check

- Only to be attempted when standing still or walking speed
- Take free hand off stick and plant it on opponent
- Drive through, starting movement with legs and finishing with hand
- Push opponent away from the ball
- Use stick hand to collect the ball

Running Hip Check

- Can be done at any speed
- Get in hip to hip position
- Line up hip with opponent's hip
- Hold stick away from contact area
- Drive hip into opponent's hip

Momentum Hip Check

- Take position in front of opponent
- Turn side to opponent's front and plant feet
- Take wide, bent-knee stance for solidity
- Bend at waist, holding stick away from contact area. Get back parallel with ground at opponent's waist level
- Hold position- do not drive into opponent
- Stand up straight and continue play

Shot Stopping

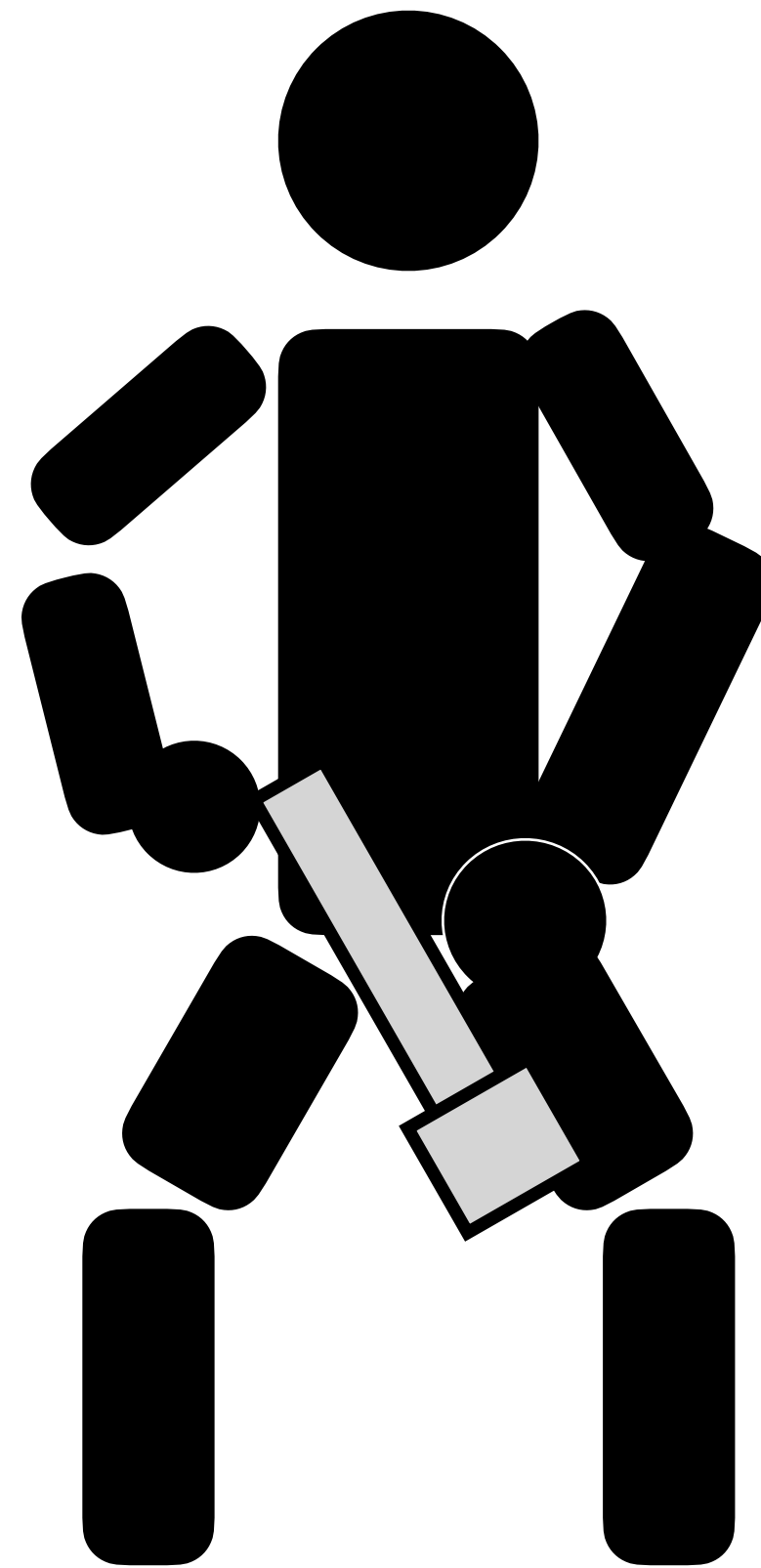
Defensive Stances

- Players need to know how to stand in defense
- Different players will naturally work better with different stances- encourage players to experiment to find what they are most comfortable with
- Players should understand when to use different kinds of stances
 - Open field stance: defending on-ball or off-ball away from your goal
 - Shot blocking stance: defending in the crease or against an opponent who might shoot
 - Running stance: defending off-ball and in a position where speed is important

Forward Stance

Open field stance

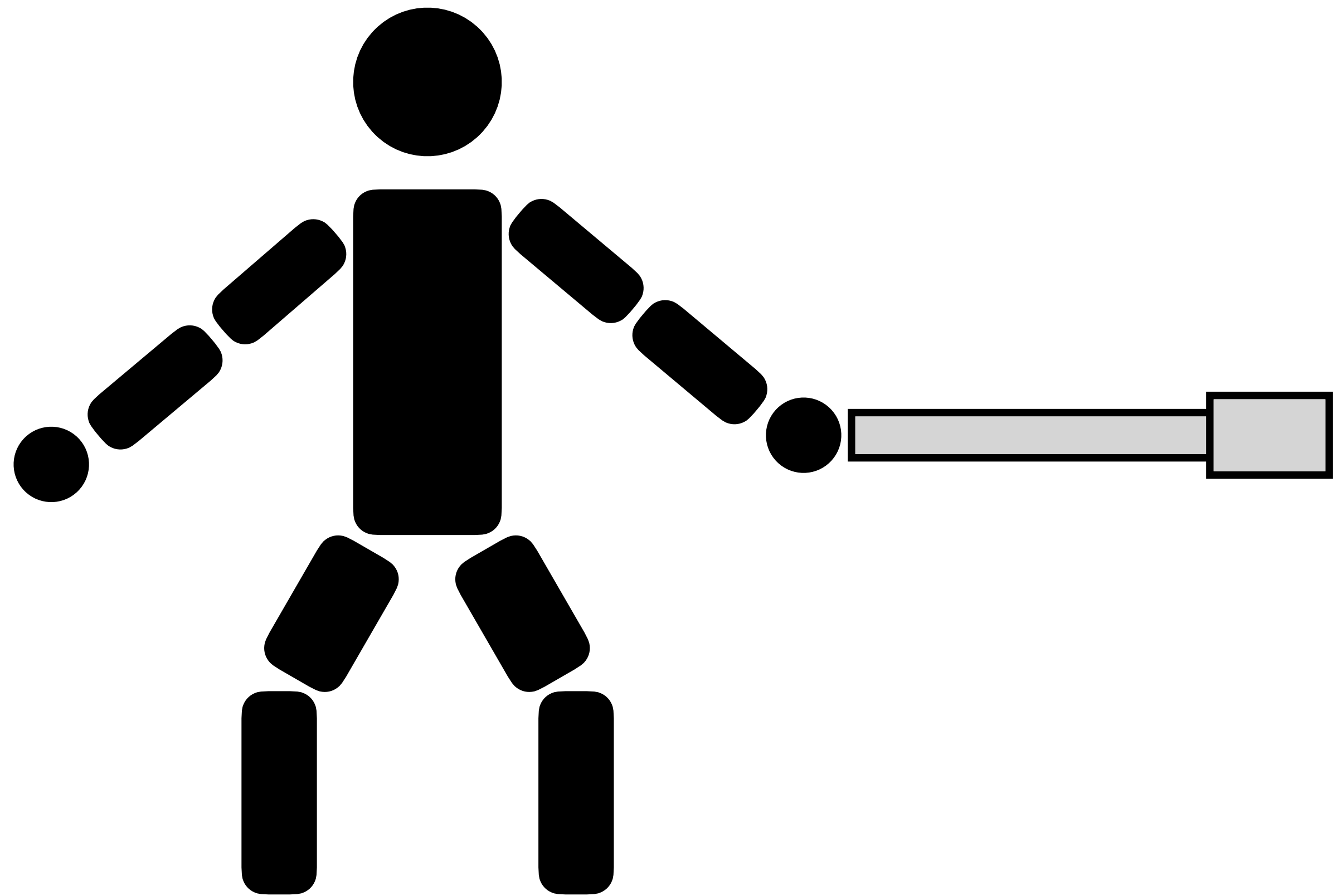
- Neutral foot position
- Stick in two hands
- Stick held outwards, pointed at the ball
- Good for defending in close quarters against ball carrier
- Good for blocking passes
- Good for defending against high balls



Wide Stance

Open field stance

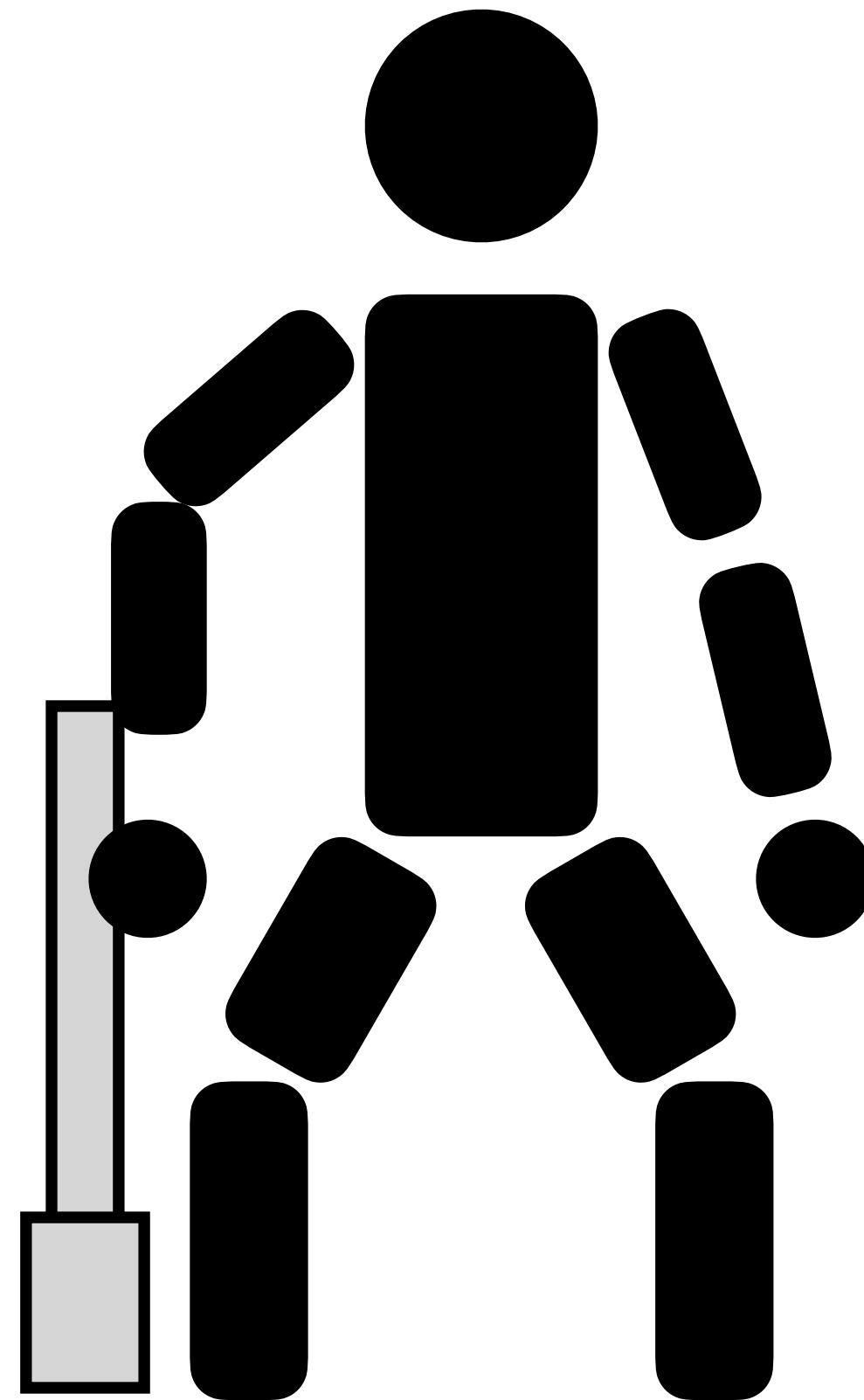
- Neutral foot position
- Arms out to sides
- Stick in one hand, out to side
- Good for forcing opponents to specific area
- Good for forechecking
- Good for sealing the post



Stand-Up Stance

Shot blocking stance

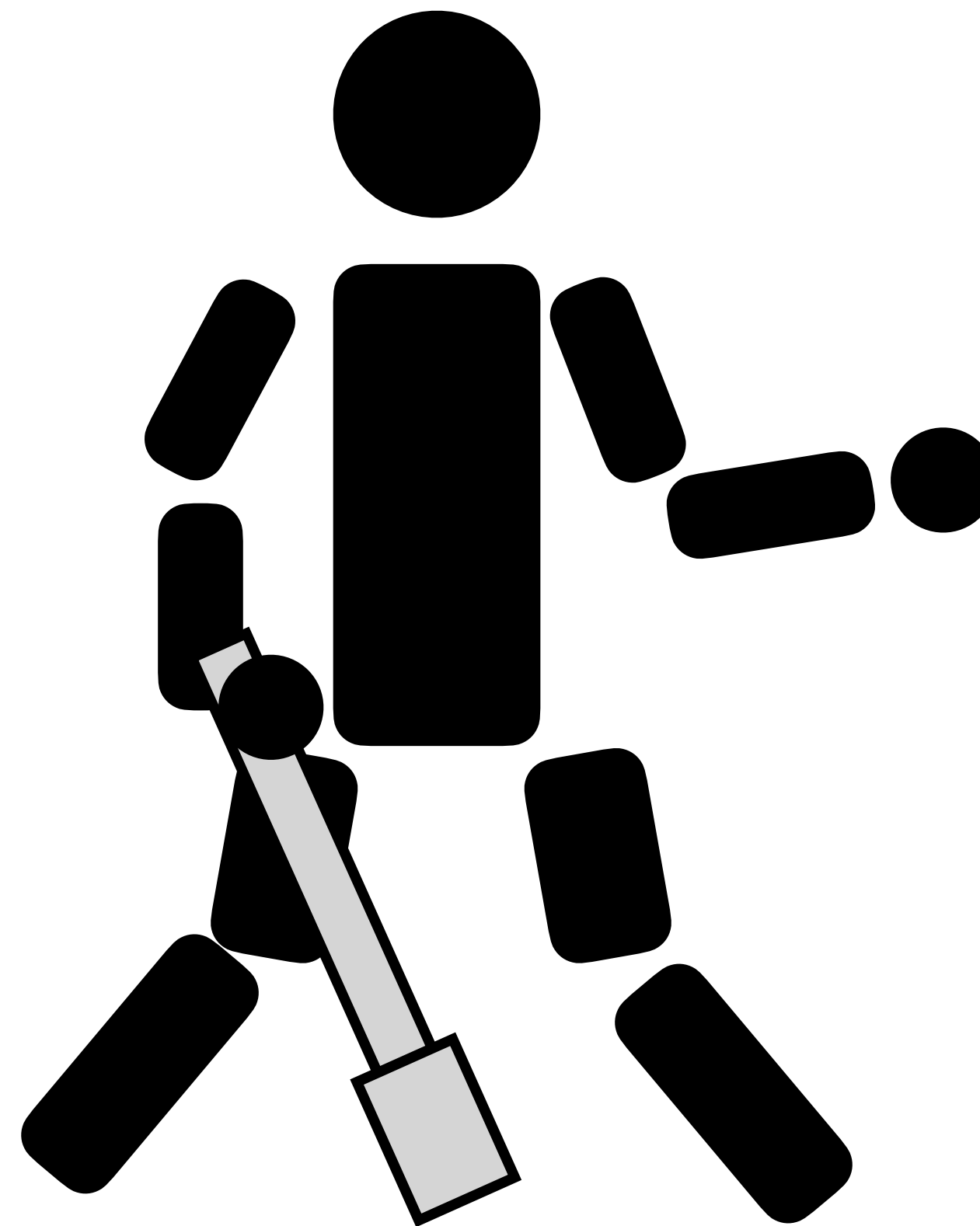
- Neutral foot position
- Low hand position
- Stick in one hand, vertical and to one side
- Good for blocking shots
- Good for defending in contact area
- Good for sealing the post



Low Stance

Shot blocking stance

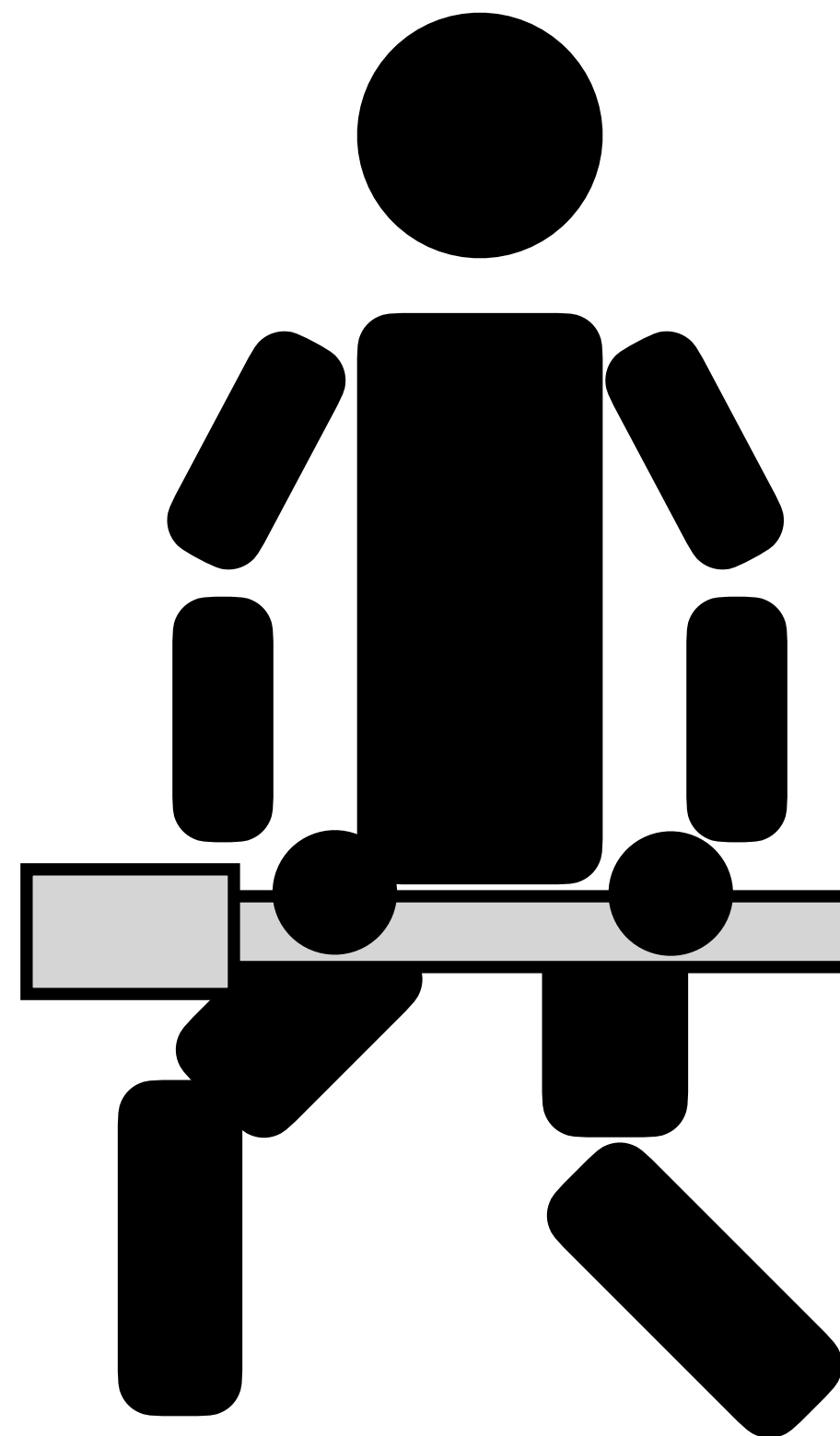
- Wide foot position, knees together
- Stick held between legs with one hand
- Other hand held high
- Good for blocking shots
- Good for sealing the post
- Good for looking around screens



Kayak Stance

Shot blocking stance

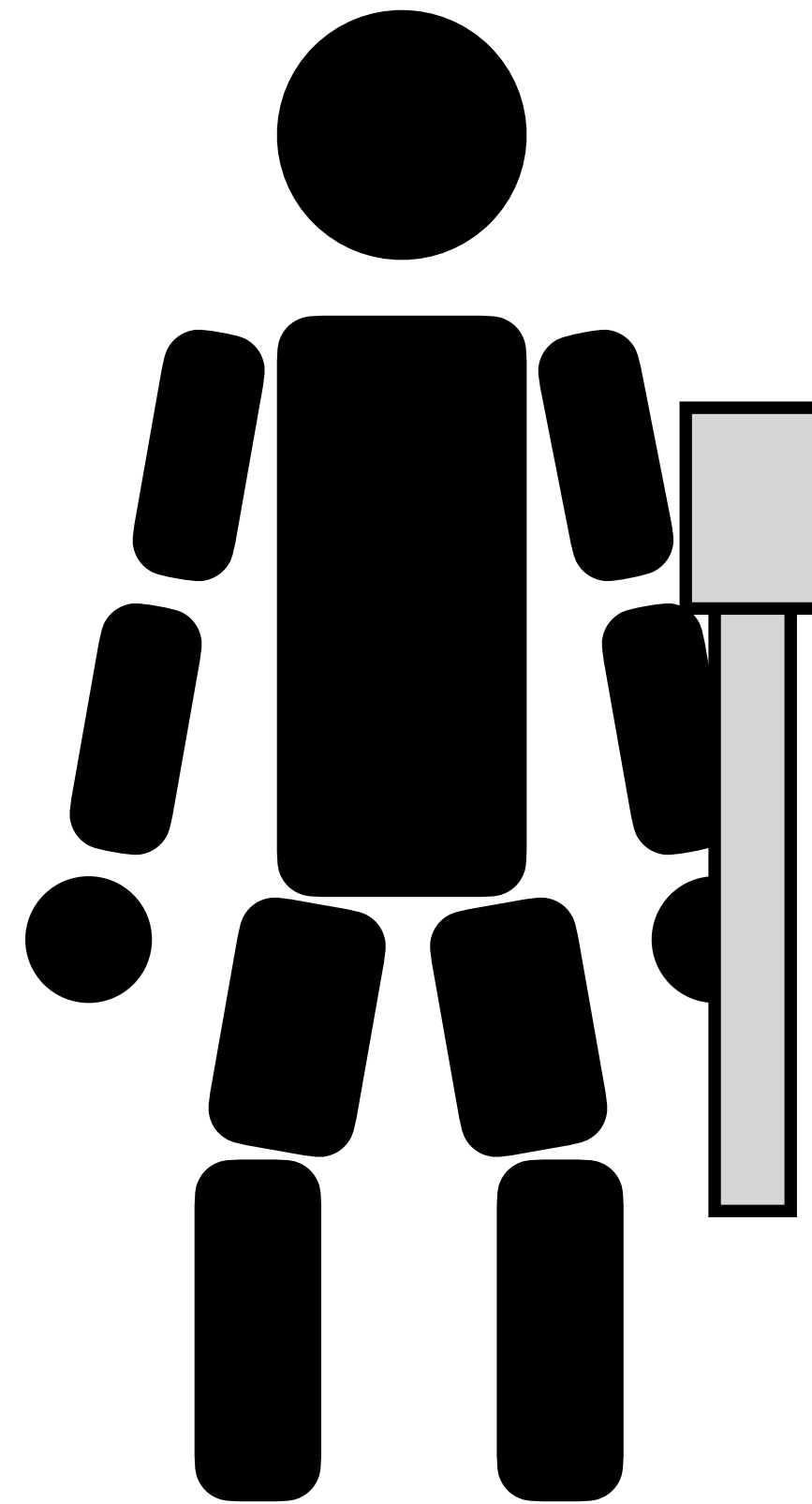
- Asymmetric foot position- strong side vertical, weak side ready to kneel
- Stick held in two hands, choked up to either side
- Play the ball with either end of the stick
- Good for blocking shots
- Good for defending in crease area
- Good for defending near sidelines



Sprinter's Stance

Running stance

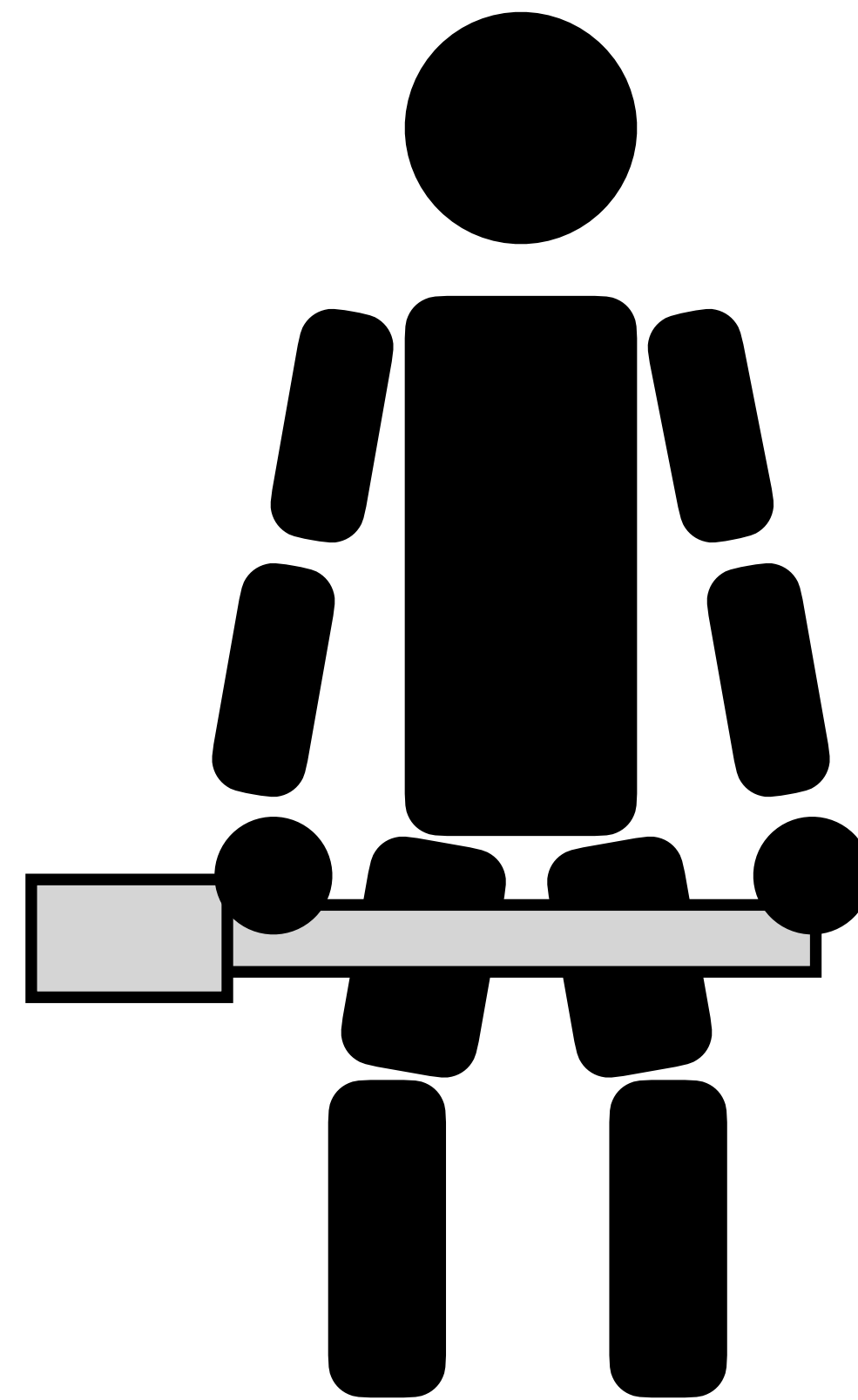
- Narrow foot position
- Arms in
- Stick in one hand, held vertically (choked up or not is not relevant)
- Good for closing ground
- Good for off-ball coverage



Counterattack Stance

Running stance

- Narrow foot position
- Stick held waist high in two hands
- Good for closing ground
- Good for blocking passing lanes



Diving

- Belly-out, diving to the side. NOT belly down, diving on belly. Face the shooter and be prepared to dive either direction
- Dive left by pushing off of left foot. Dive right by pushing off of right foot
- In one handed stance, save with same hand as direction diving. Left dive, left hand. Right dive, right hand.
- In two handed stance, save with stick held out in front of body. Attack the ball, diving away from the goal
- Never dive and land on top of stick. Worst case, throw the stick out of play before landing
- Dive and slide, do not dive and roll

Blocking Saves

- Blocking saves are where the defender takes position and allows the ball to hit them.
- Kneel block: Very wide stance, plant one knee on the ground, using horizontal shin as blocking area. Easiest from low stance or kayak stance
- Closed block: Very narrow stance, touch feet together so that ball cannot fit between them. Easiest from stand-up stance, forward stance, or wide stance
- Couch block: Lay on side on the ground

Reaction Saves

- Reaction Saves involve quick movements to save the ball
- Hand Save: stretch hand out to save with hand or arm
- Kick save: stretch foot to save the ball with foot or leg
- Body save: lean torso over to save with chest, belly, or shoulder
- Elbow save: flare elbow out to save with arm

Carrying the Ball

Deking

- Like ice hockey
- Face the defender with ball on stick
- Ball will start on either forehand or backhand side
- Ball needs to go around defender on either forehand or backhand side
- Deking is using skills, power, and deception to get around defender by tricking them or beating them to one side

Knock and Run

- Simplest way to carry the ball
- Played from the “face-up” or
- Slap, kick, or chop the ball and chase after it
- Good way to quickly reach open space
- Good for very fast players to move the ball

Egg and Spoon

- Lift ball into the air
 - can “scoop” straight under it
 - can “rake” by pulling it towards feet and then scooping it
 - can “catch” by corralling a ball which is already in the air
- Hold the ball on top of the stick and carry it
- Fastest way to carry the ball
- Takes time or space to set up
- Vulnerable to be stolen- ball is difficult to keep in this position and even small body or stick contact can jar it loose
- Natural way to carry the ball for oarball players coming to the sport from lacrosse

Post-Up

- Face back towards defender, with ball on opposite side of body from defender
- Step, then pull ball along with stick
- Can power through defenders- good way for strong players to move the ball
- Slow way to carry ball, but safe

Dribble

- Similar to egg-and spoon, but instead of carrying the ball on top of the stick, bounce it off the ground with the stick
- Opens up creative opportunities for hand and foot passes, and forces defenders to be aware of a volley or swat
- Relatively easy to steal the ball since it is not in direct control
- Natural way to control the ball for players coming to oarball from basketball

Positions

- 4 Positions: Fullback, Halfback, Left Forward, Right Forward
- 2 “Backs”: Fullback + Halfback, most defensive players on the field
- 2 “Forwards”: Left + Right, most offensive players on the field
- If ball is on right side of the field, right forward is “strong side forward” and left is “weak side forward”
- If ball is on left side of the field, left forward is “strong side forward” and right is “weak side forward”

Fullback

“Goalie”

- Most defensive position
- Expected to play all game
- Defense: defends near the goal, blocks shots
- Breakout: passes and carries the ball up the field
- Offense: stays back at the point
- Forecheck: defends neutral zone
- Equivalents: soccer goalkeeper, ice hockey defenseman

Halfback

“Anchor back”

- Most physical position
- Plays roughly half the game
- Defense: defends middle of field
- Breakout: passes and carries the ball up the field
- Offense: stays back at the point
- Forecheck: defends middle of the field
- Equivalents: basketball center, ice hockey defenseman

Forward

“Offense”

- Most offensive position
- Assigned to either left or right side of the field
- Plays roughly one-third the game
- Defense: defends assigned side of the field
- Breakout: position varies by team strategy, generally goes up into neutral zone
- Offense: attacks near opposing goal, screening and harassing goalie, looking for deflections or tap-ins
- Forecheck: attacks the ball
- Equivalents: basketball forward, ice hockey winger

Positional Development

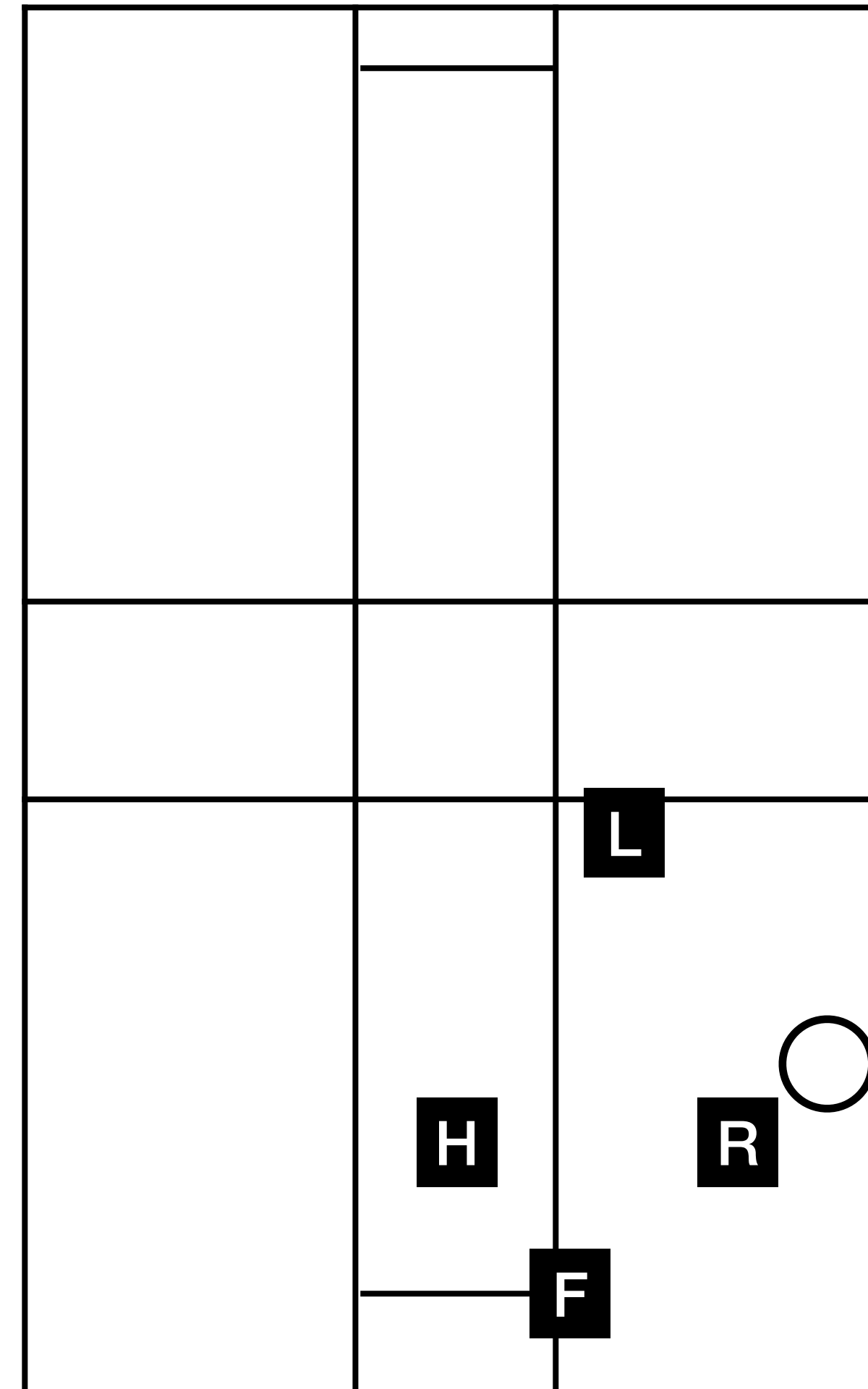
- At u12 level, every player needs to try every position
- At u18 level, every player needs to play at least 2 positions
- Players should specialize as late as possible
 - Players' relative body types may change, they should be able to adapt
 - Playing every position allows players to understand what their teammates and opponents are thinking

Defense

- Players should understand every position's responsibilities
- Teach players to split attention between the ball and their zone

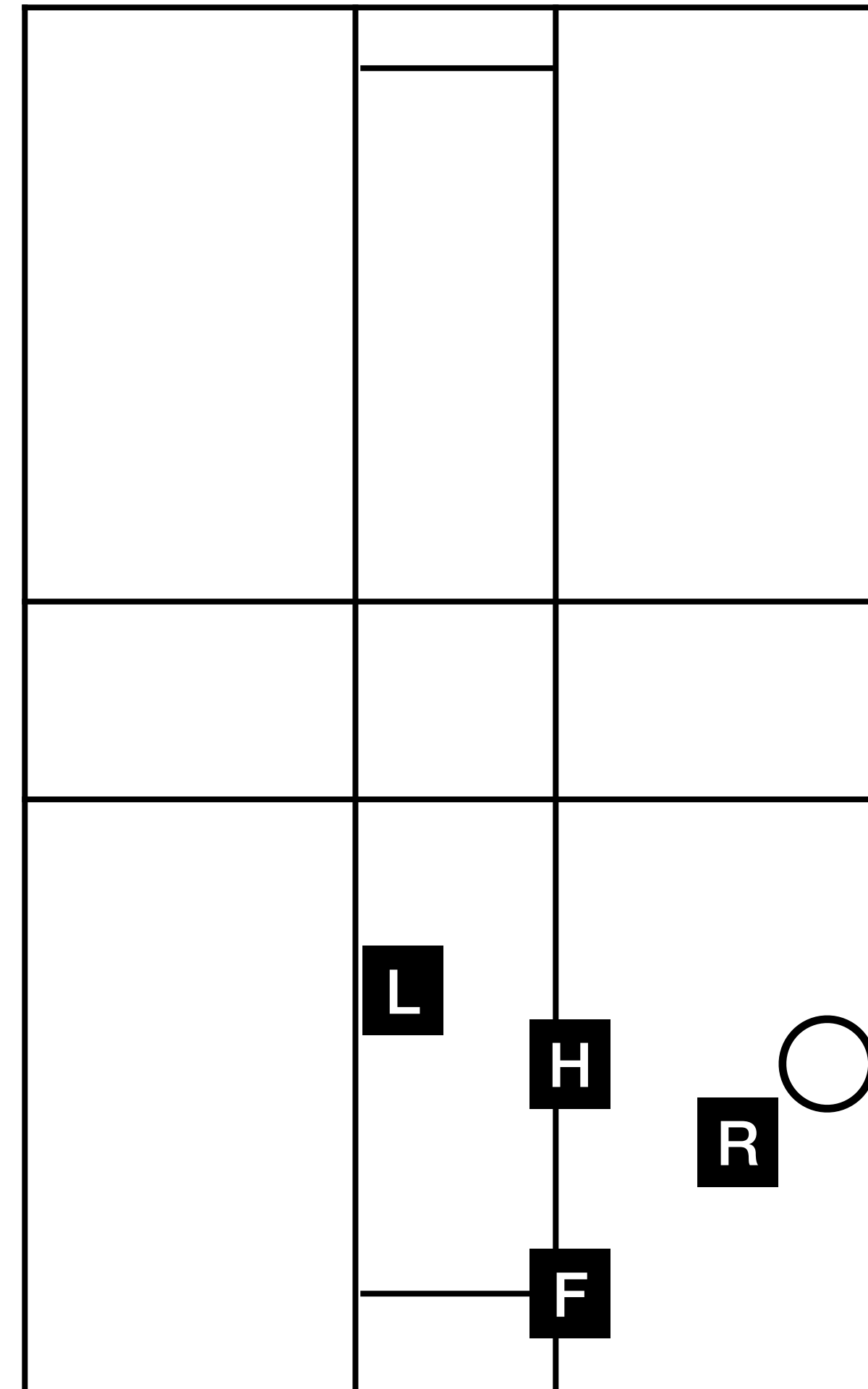
Triangle Defense

- Standard Defense players should learn in casual play
- Strong-side forward attacks the ball, half-back defends in front of goal, weak-side forward defends high in the zone
- Balanced defense: good position to counterattack, defends key areas, applies ball pressure
- Simple zone defense that encourages team play and helps players understand positional responsibilities



Pack-Line Defense

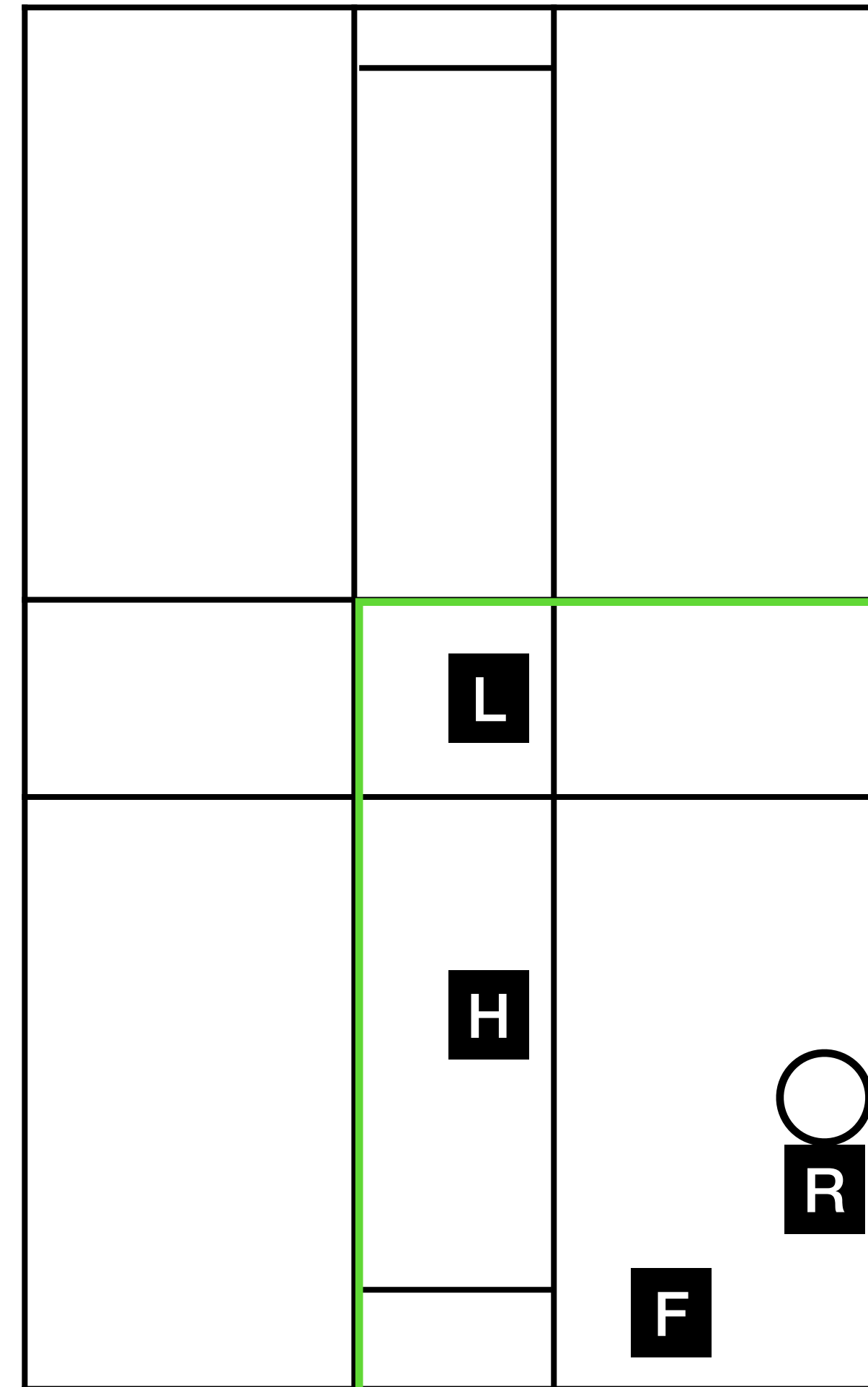
- Standard Defense players should learn in casual play
- Strong-side forward attacks the ball, half-back defends strong-side of goal and the ball, weak-side forward defends weak-side of goal
- More conservative than triangle defense, but allows the halfback to be more active
- Simple zone defense that encourages team play and helps players understand positional responsibilities



Breakout

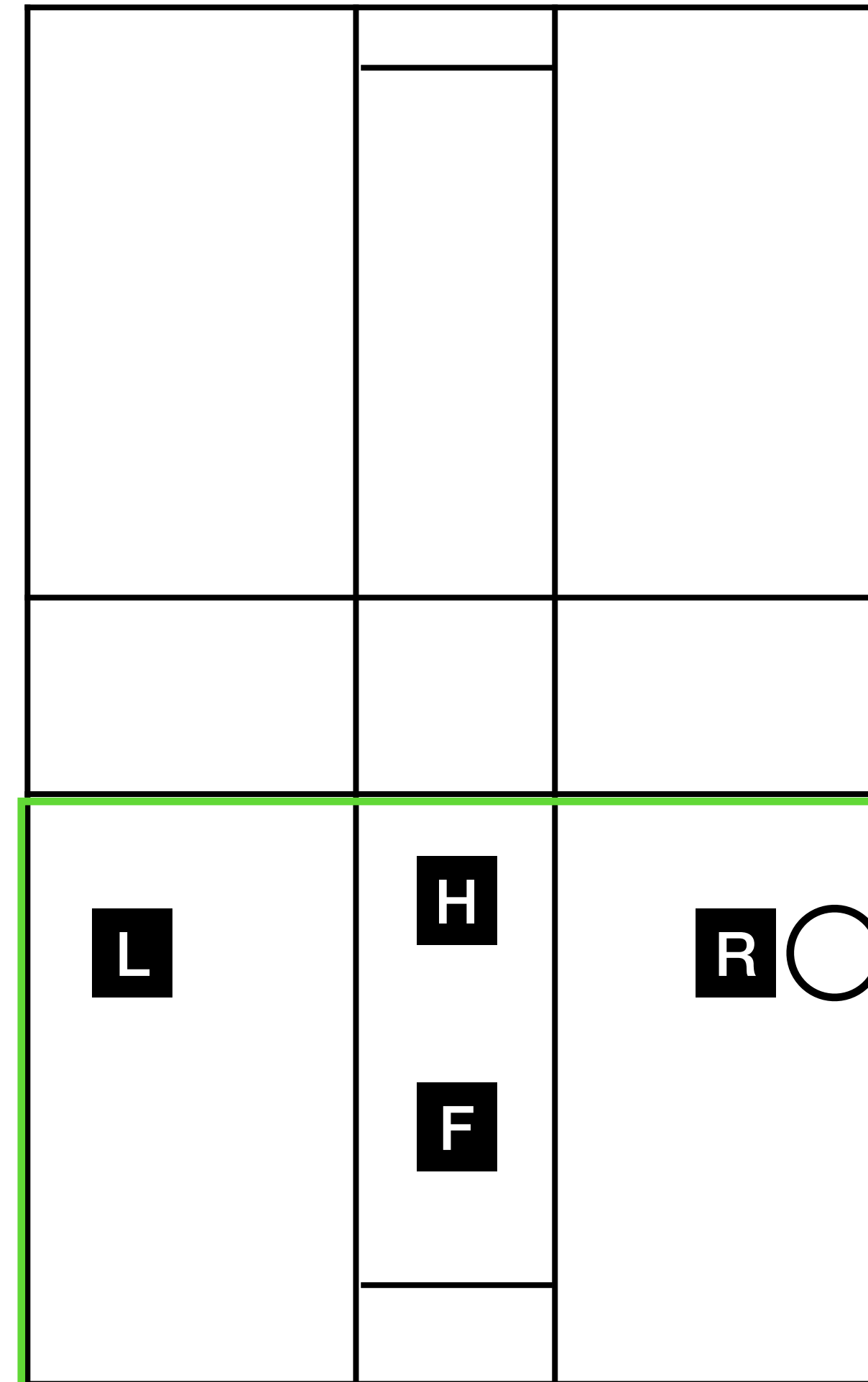
Support Breakout

- Every player goes into strong-side corner of the field
- More passing options available to ball carrier



Wide Breakout

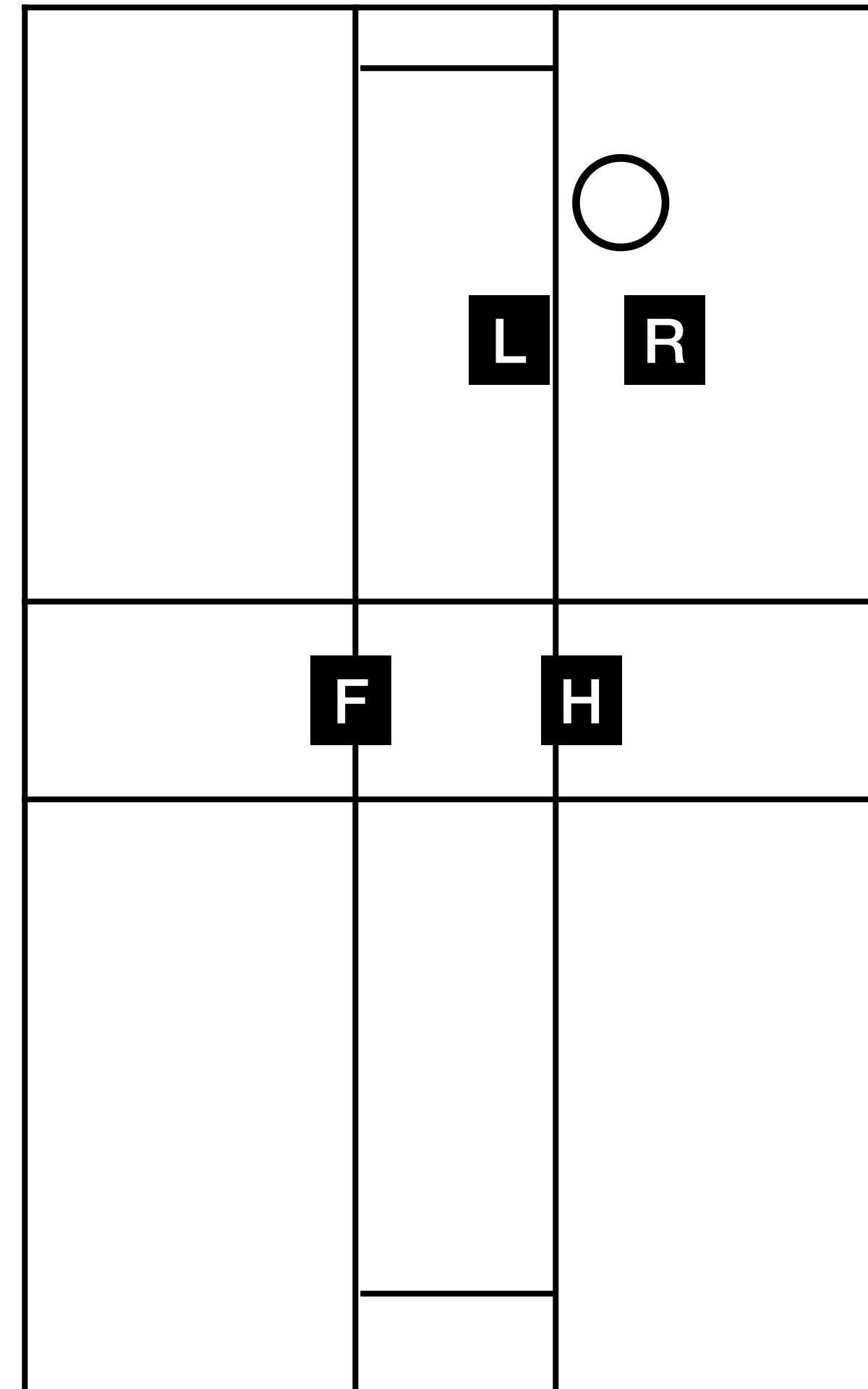
- Forwards spread out across field, backs go in center channel
- If ball can switch sides, forward with the ball has easy carry upfield



Forecheck

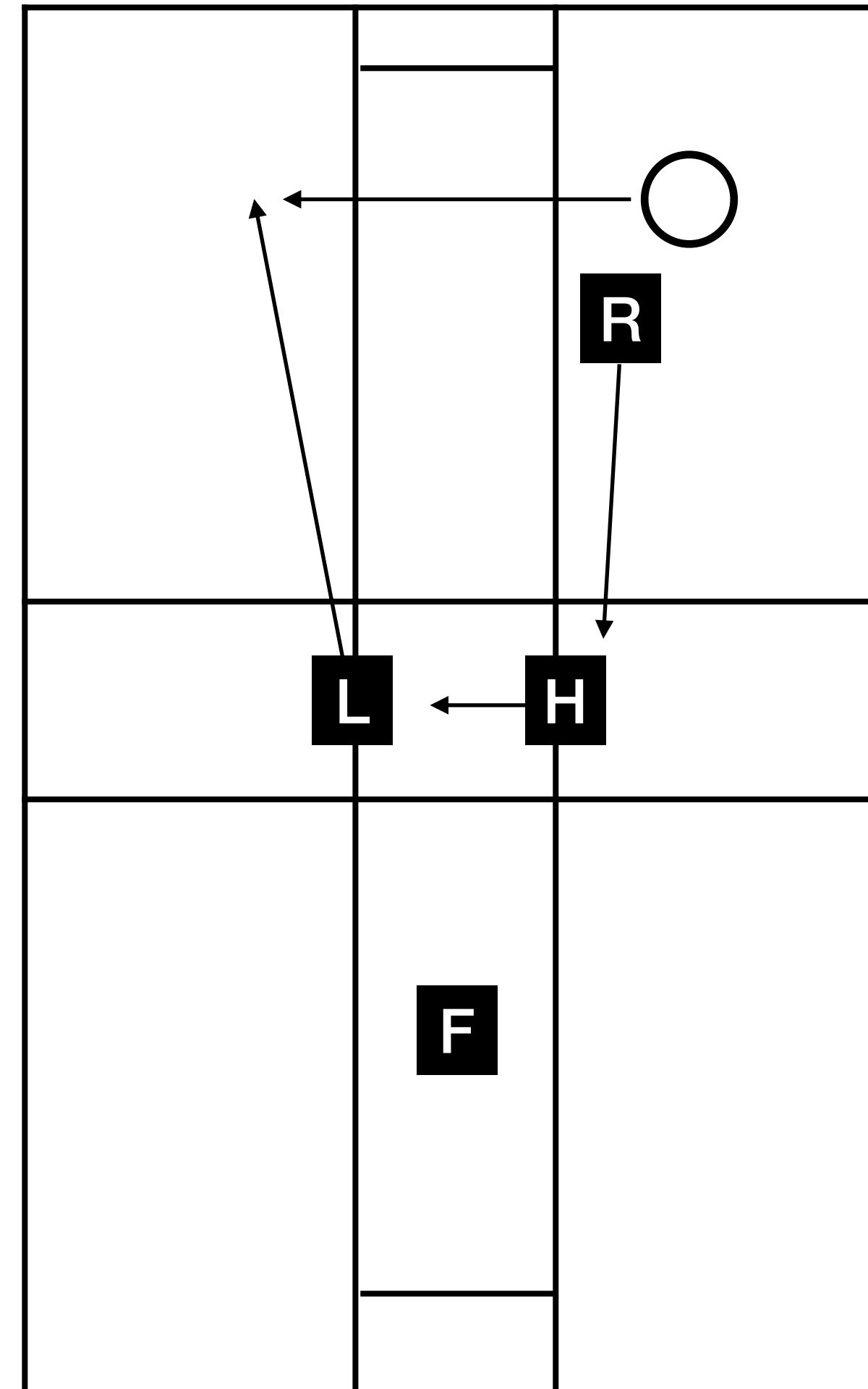
2-2 “Press”

- Standard forecheck
- Forecheckers have a 2v3 against most breakouts
- Rest defense have 2v1 against center square



1-2-1 “Strong Side”

- More conservative forecheck
- Forward on one side of the ball attacks
- Halfback and forward on the opposite side sit back
- Forwards switch if the ball goes through the central channel
- Takes away central passing options at the expense of ball pressure



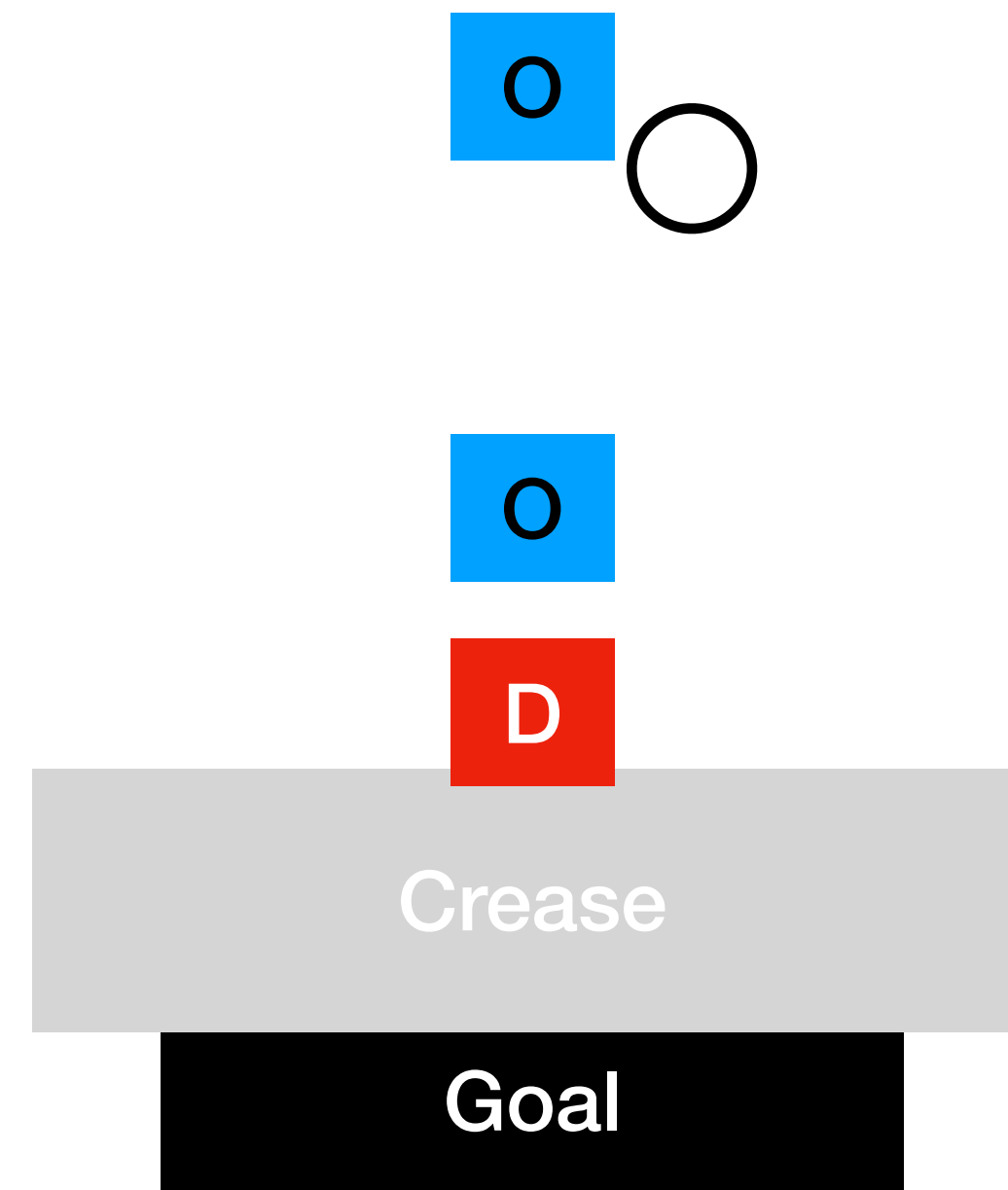
Offense Concepts

Keys to good offensive coaching:

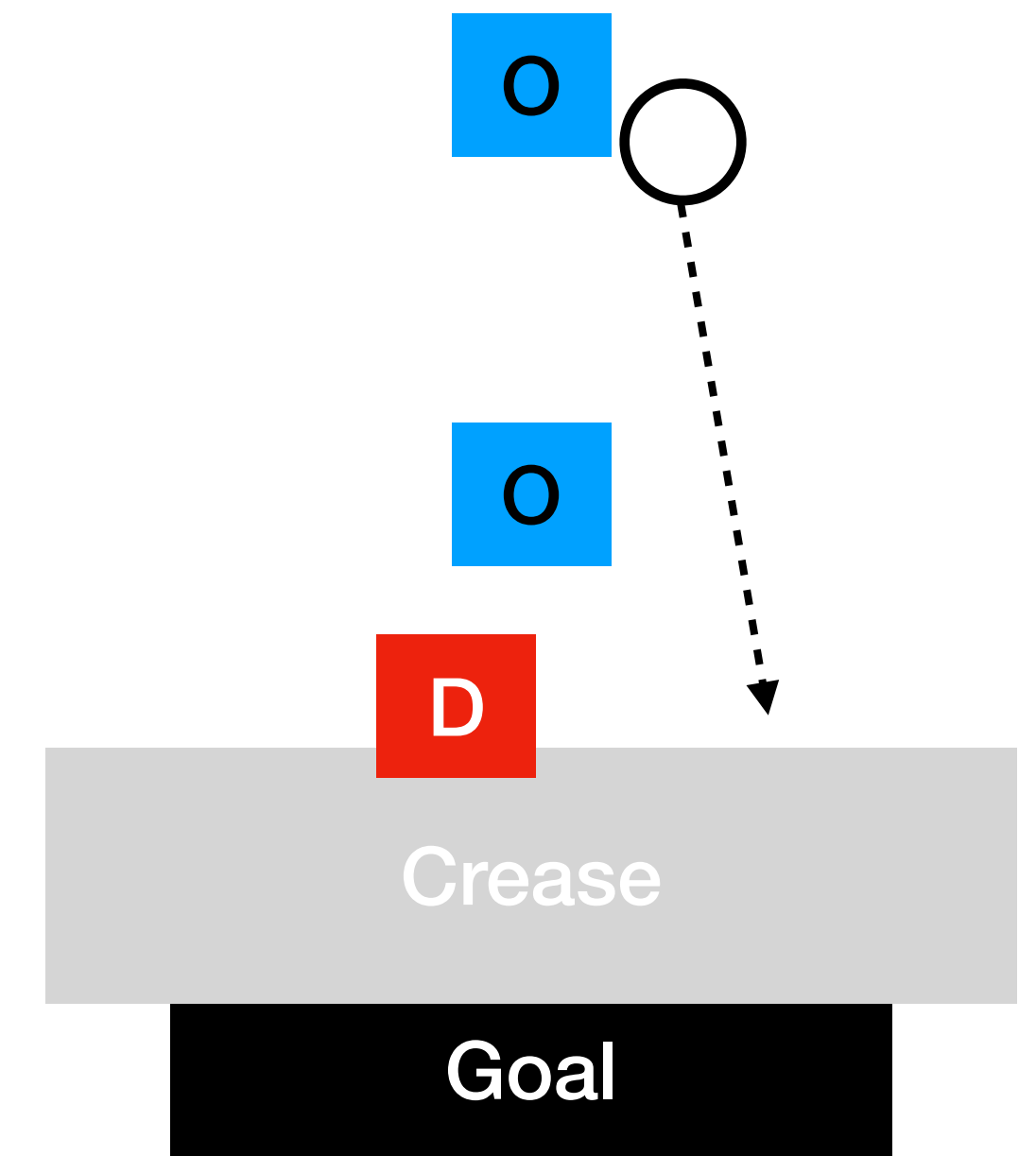
- Encourage creativity
 - Offense is the part of the game most players will have the most fun with. Let them channel that energy.
 - Celebrate genius more than you punish failure. Turning the ball over or missing the goal is not as bad as a brilliant move is good.
- Let players make decisions
 - Make sure players understand the idea of “reads” and know what to look for on the field
 - All players should always have options. Minimize the use of set play concepts
- Have purposeful movement
 - Players should not run for the sake of it- they should have an idea and a plan (never “MOVE,” instead “GET OPEN”)
 - Standing still or walking is sometimes best, but it must also be for a reason

Screening

- Off-ball attacker stands between defender and the ball
- Obscures vision, making shot blocking more difficult
- Prime position to deflect shots and score rebounds too
- Vital skill for forwards



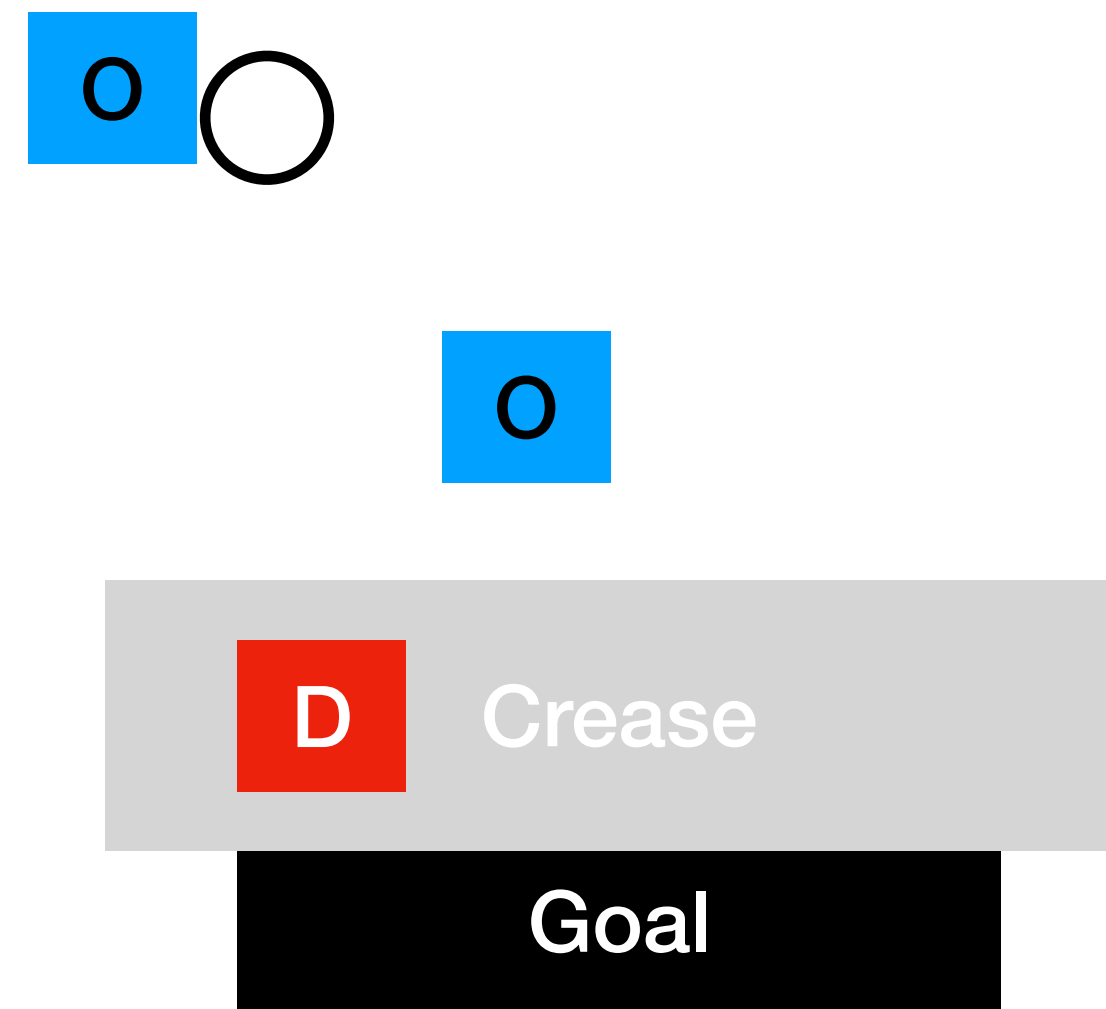
Defender holds balanced position
vision is obstructed, hurting reaction time



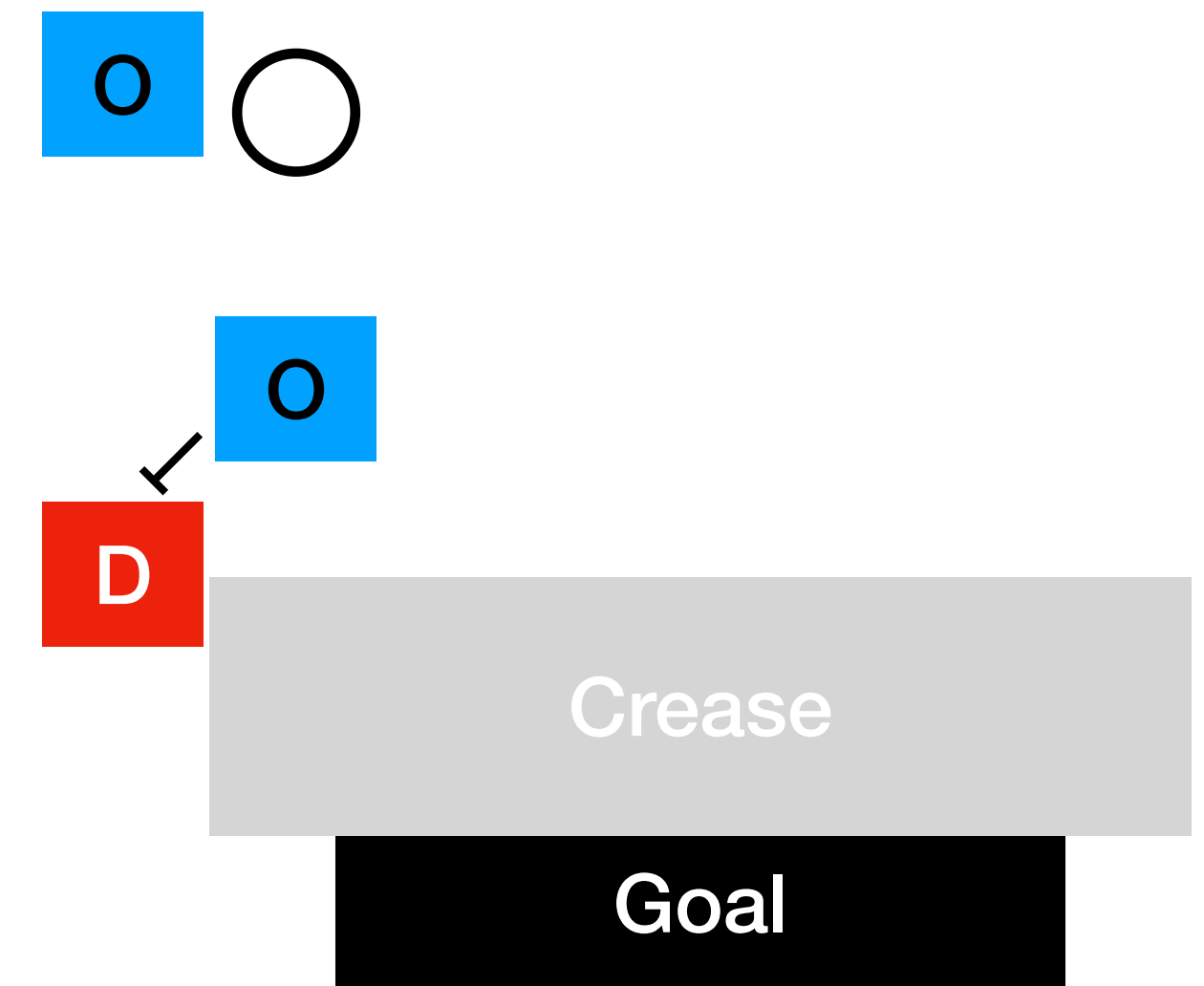
Defender leans around screen
Creates opening on opposite side

Harassing

- Moving defenders away from desired positions
- Possible because of 5-second goal hanging rule
- Shove goalie to push into bad position or to slow down moving into good position
- Timing is key



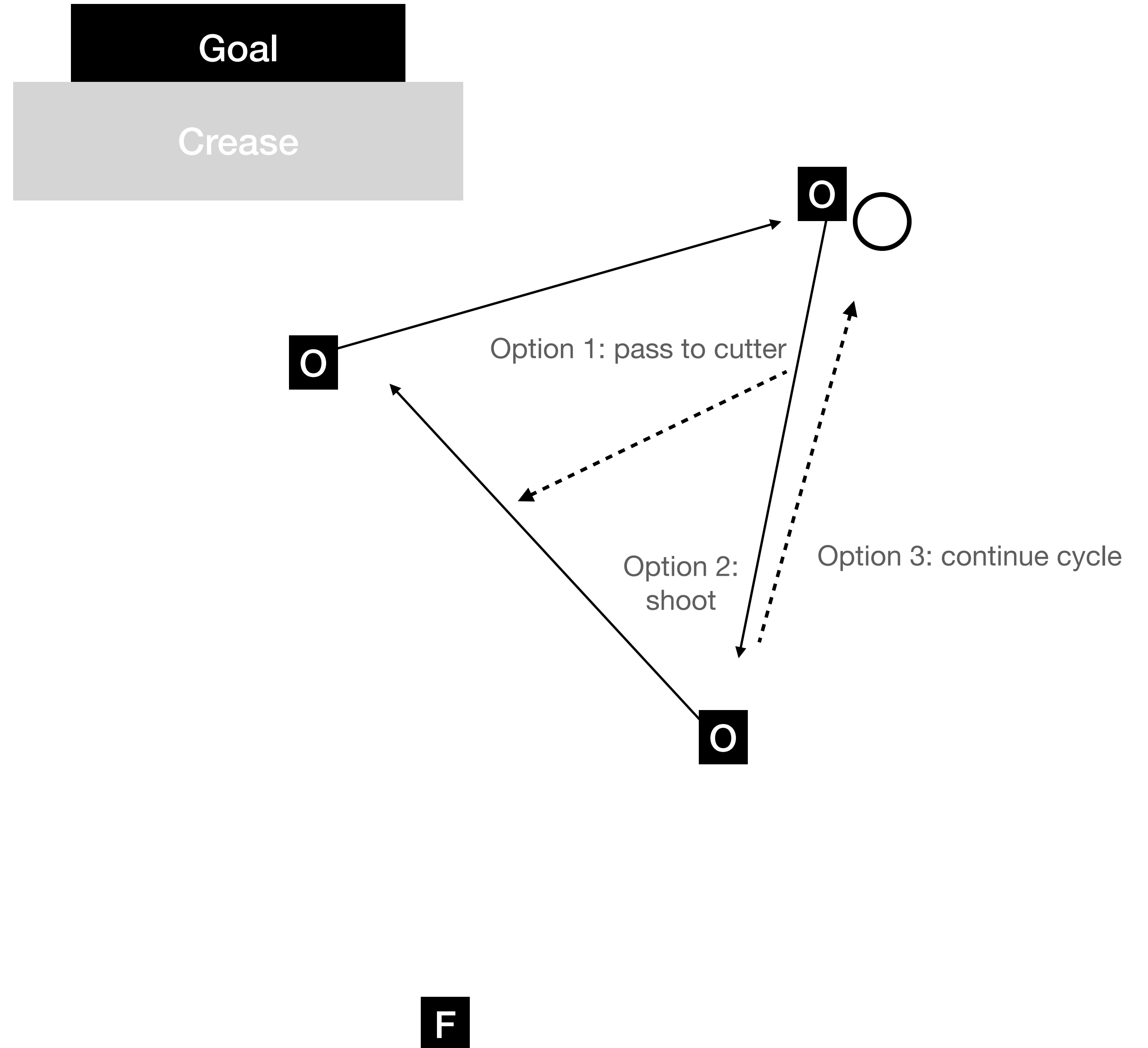
Defender inside crease
Attacker can't interfere without going offside



Defender leaves crease to avoid 5-second rule
Attacker takes advantage and pushes away

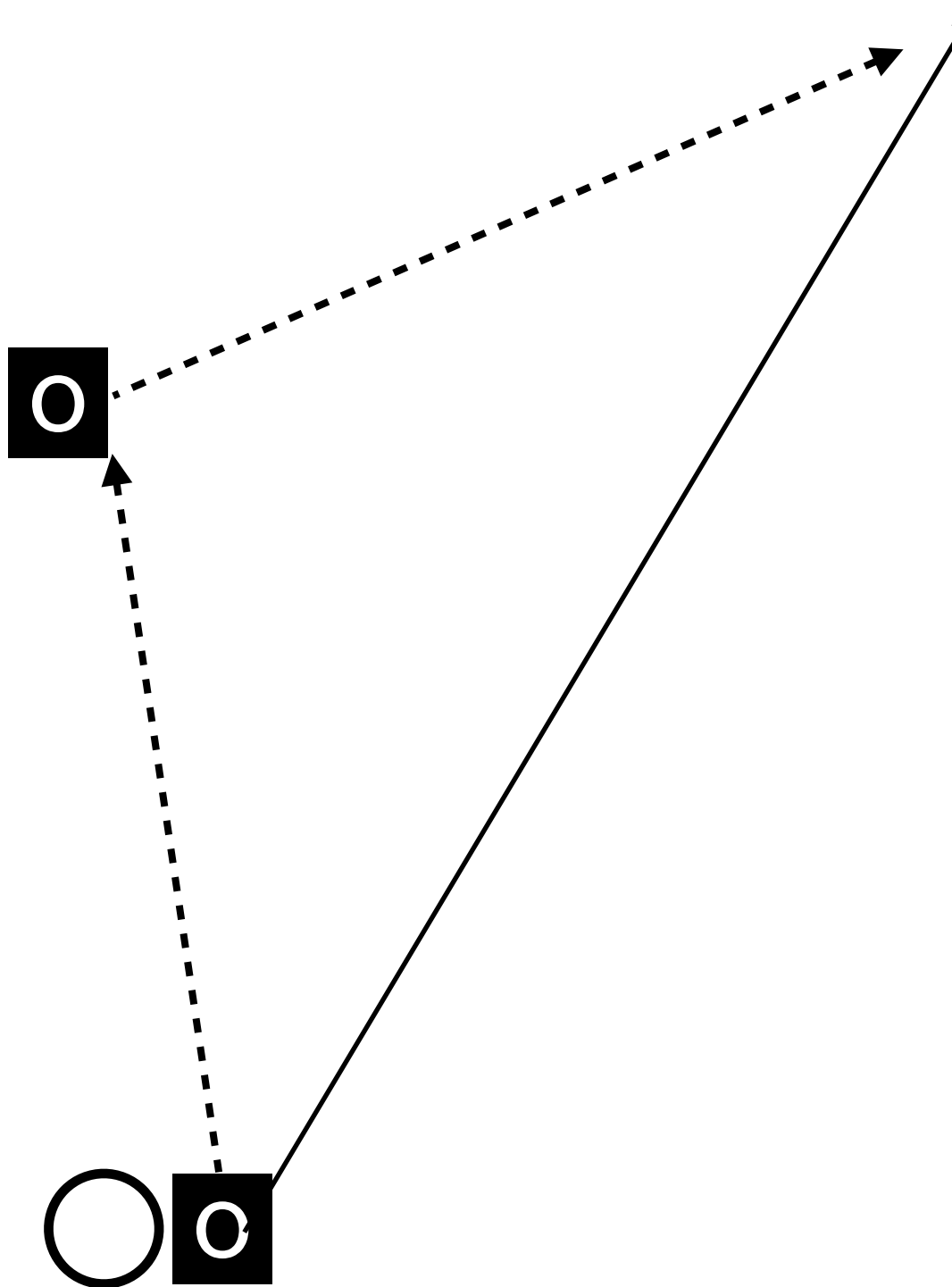
The Cycle

- Repeatable, consistent offensive action
- Typically done by center, rover, and halfback
- Ball carrier starts in corner, carries ball high
- High player cuts to the goal as a passing option, then fills in front of goal
- Player in front of goal screens and harasses, then drifts wide to be a passing option for the ball carrier
- Ball carrier can shoot, pass to cutter, or continue cycling



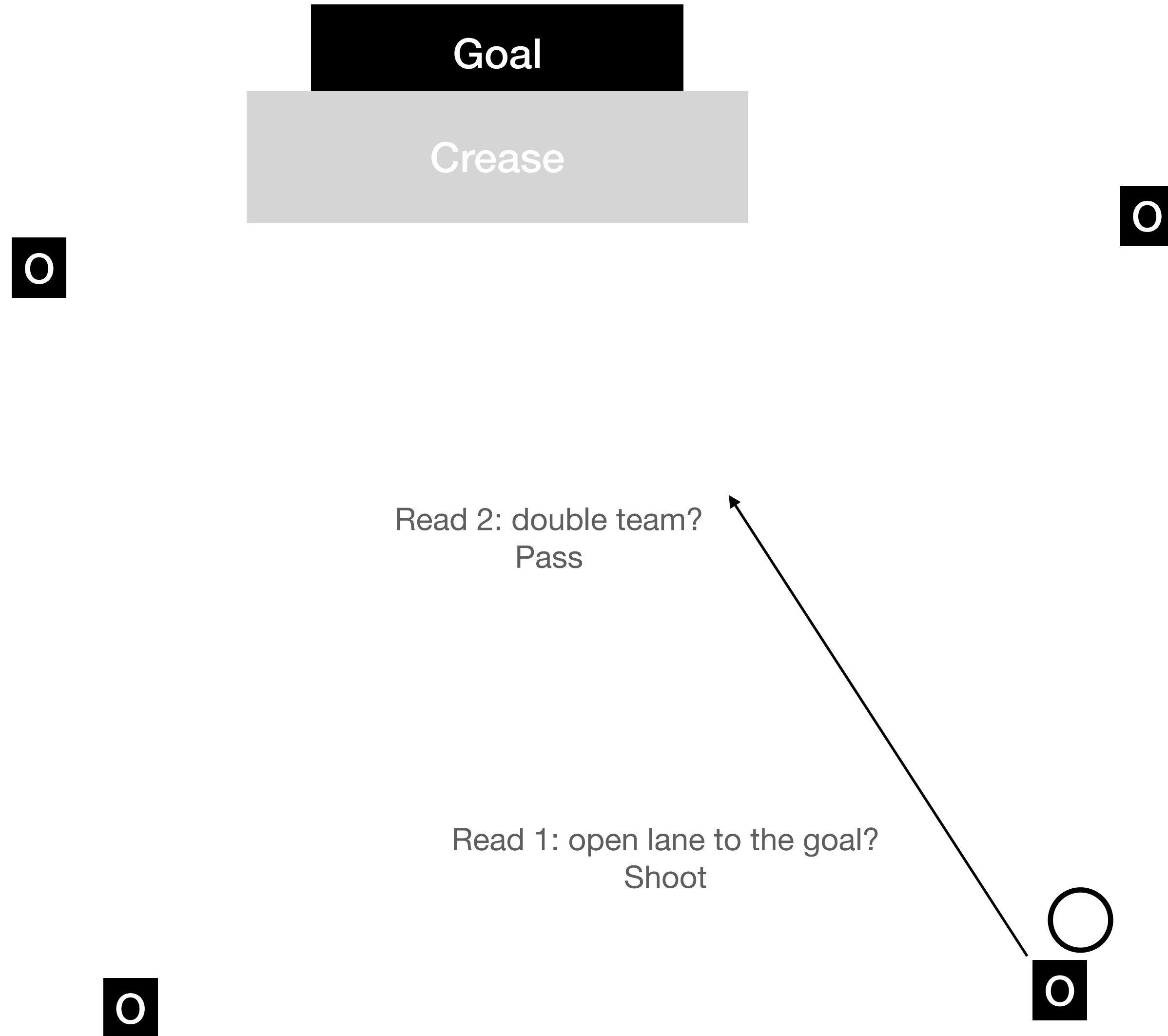
Give and Go

- Consistent offensive action
- Can be done anywhere on the field by any player
- Easier to move without the ball and pass than to move with it, especially around defenders
- Ball carrier passes to teammate, then moves to space
- Receiver gives ball back



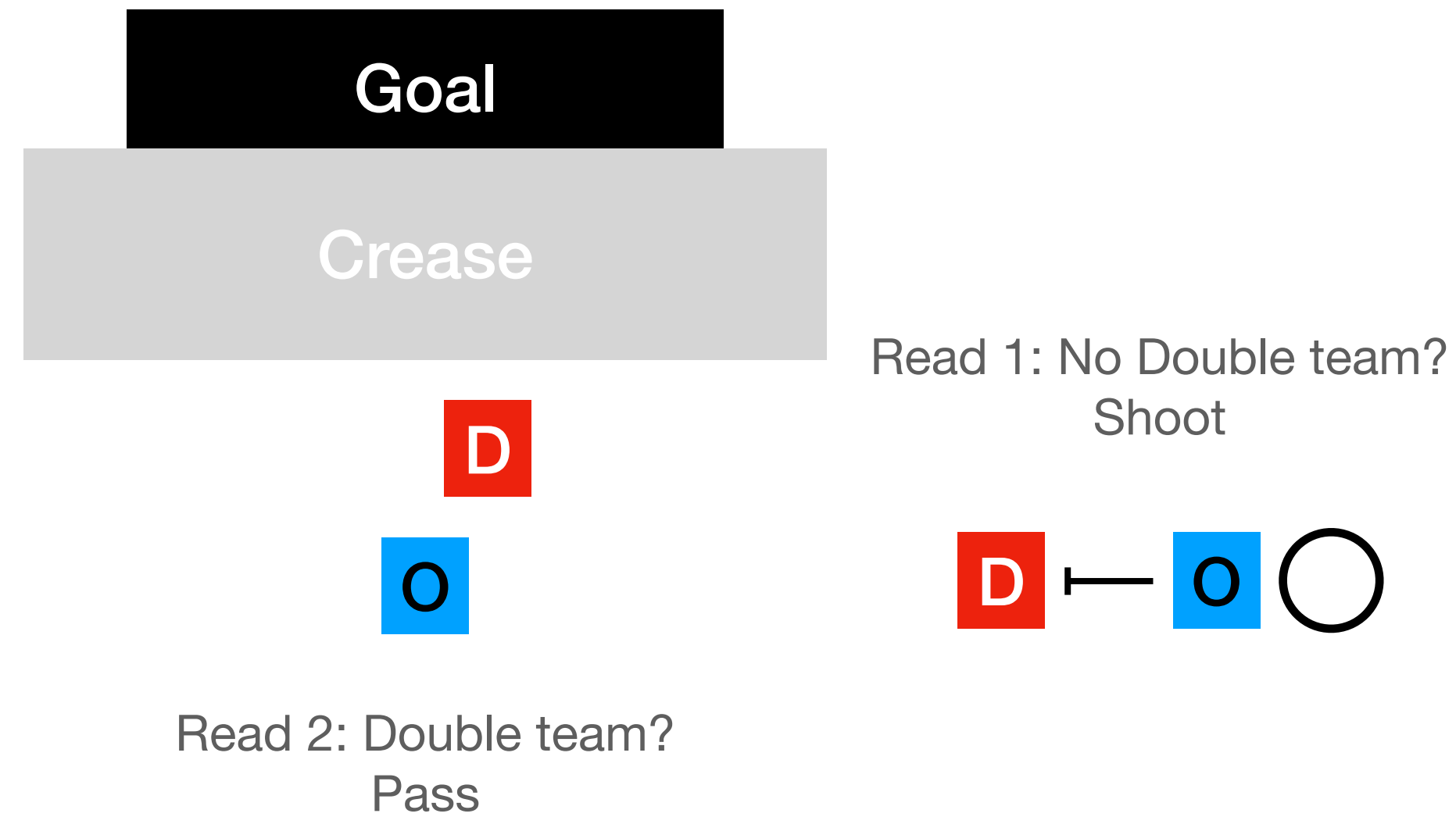
Isolation

- Gives away defensive coverage scheme
- Especially good against man to man defense concepts
- All off-ball attackers clear away from ball carrier
- Gives space for ball carrier to carry
- Give ball carrier easier reads



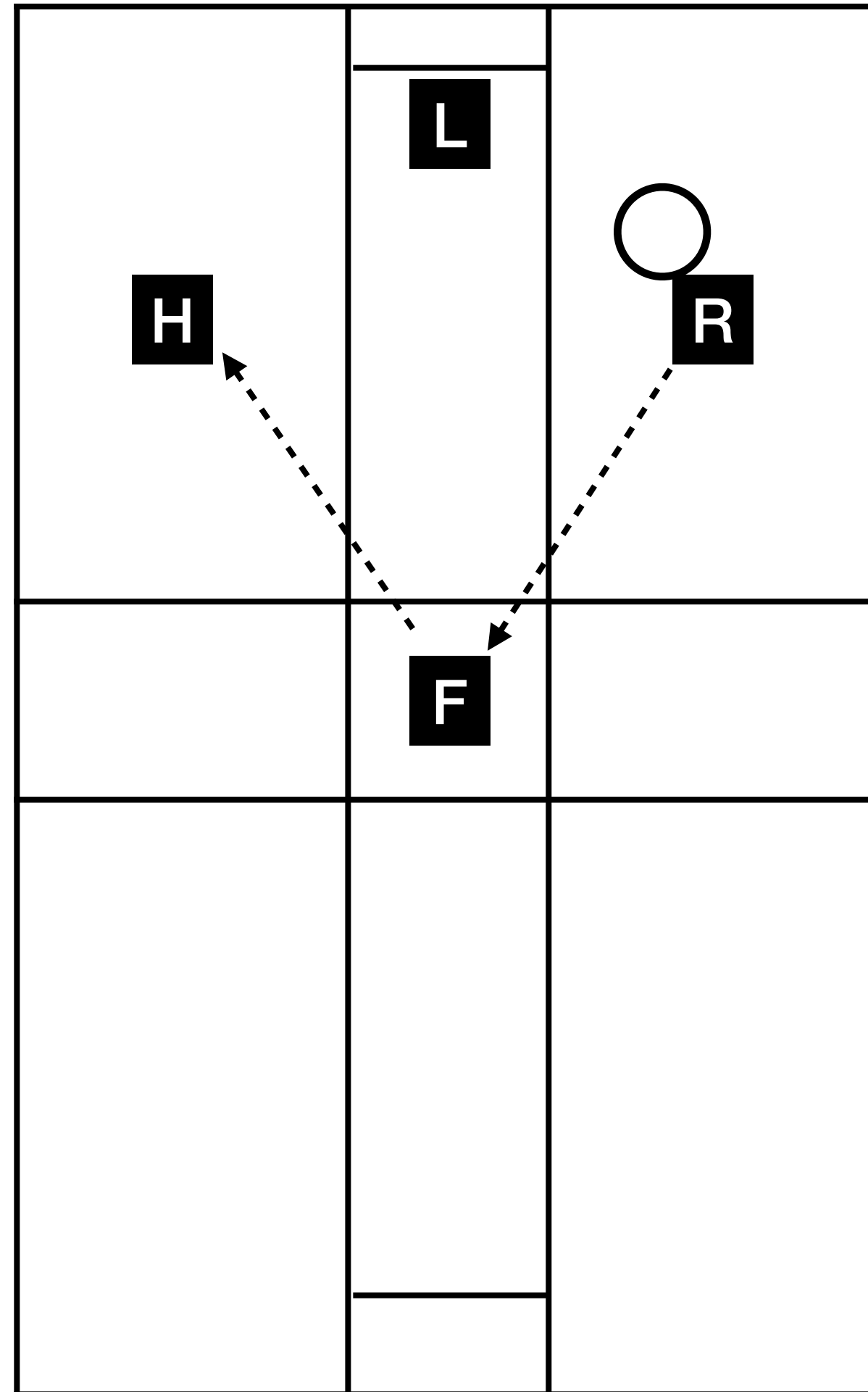
Post-Up

- Feed ball into a player near good position
- They turn back to defender, post up and power into better position
- Reads are simple, but requires looking over shoulder to see the field

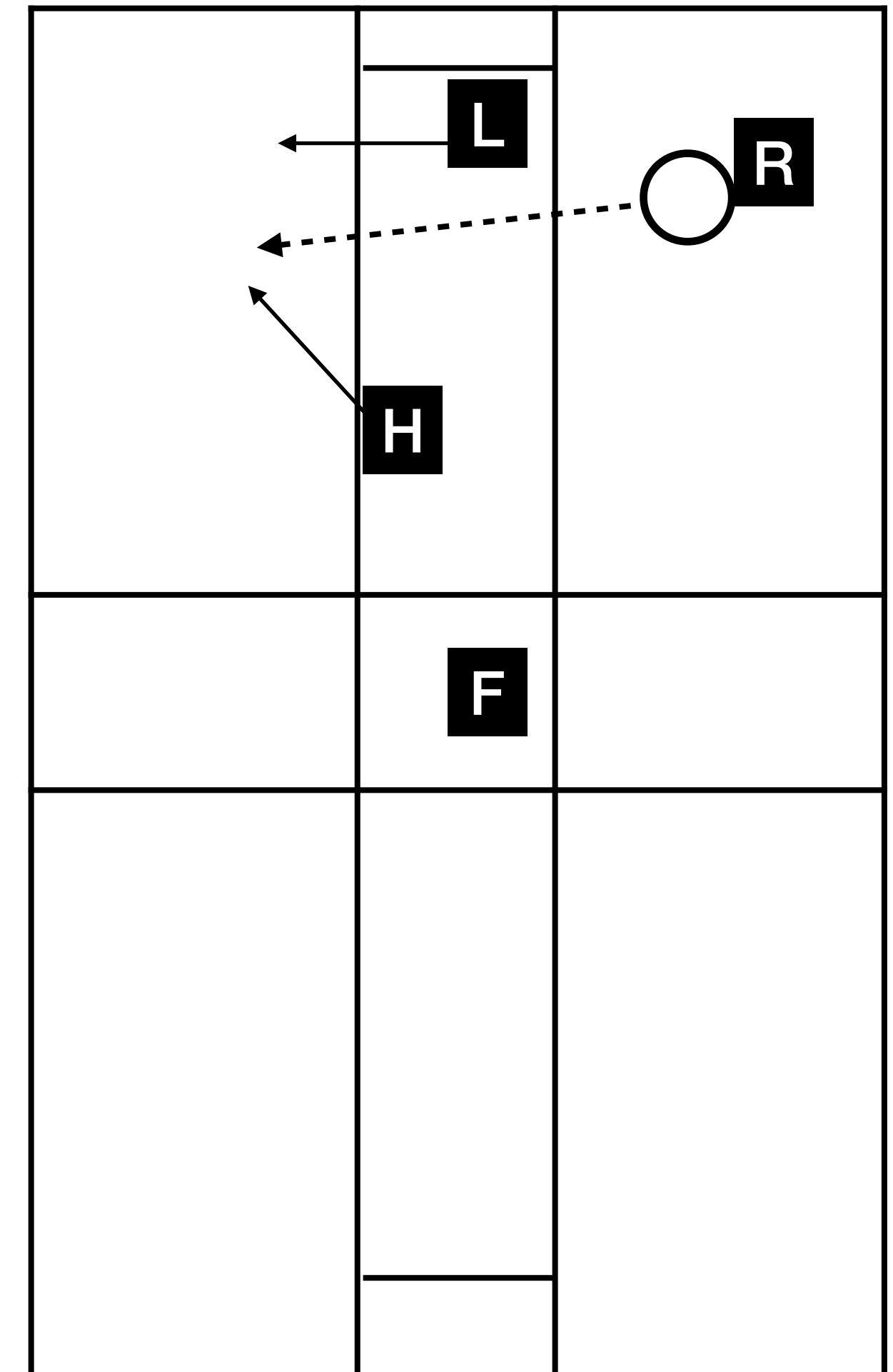


Royal Road

- Moving the ball from one side of the field to the other quickly can disrupt defense
- Two-line pass rule makes a direct pass illegal
 - Can use a central player
 - Can dump and chase



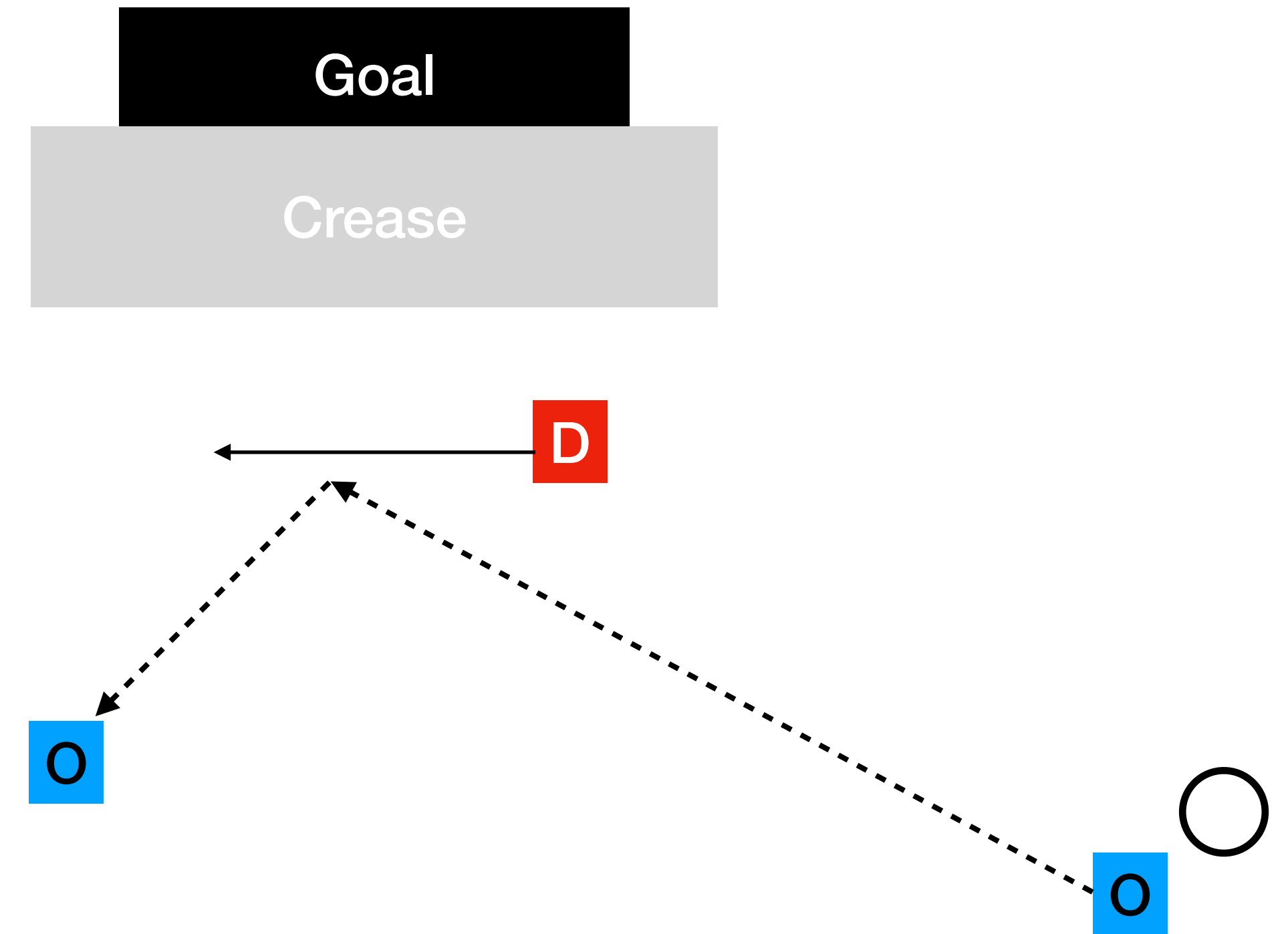
A central player can send a pass to the opposite side of the field quickly



Sending the ball over the two lines before the players arrive beats the two line pass rule
In this example, the forward and halfback both attack the ball to have a better chance to win back possession

Shooting for Rebounds

- Against a solid defense, scoring on a “first shot” can be very difficult
- Instead of shooting to score from a first shot, it can be helpful to shoot as a pass
 - Low shots are more likely to stay in play
 - Shots to the far post are more difficult to control for shot blockers
 - Hard shots are more difficult to control



Practice Design

Under-12 Practice

- No standing in line: keep players as involved as possible
- Incorporate fitness into all of practice, no specific endurance training
- Teach new skills every practice
- Incorporate fun activities

Under-18 Practice

- Simulate game situations as much as possible
- Use walkthroughs to teach tactical skills
- Build fitness

Adult Learn-to-Play

- Three sections
- Skills section: teach new skills
- Games section: incorporate skills into game situation
- Fitness section: fitness training