

It's time to take your game to the next level!



Bill McBain's Legacy of Excellence

Bill McBain Sr. has been a long-time builder of lacrosse at all levels across Canada since the late 60's. He has been an integral part of lacrosse development through the education of coaches and players, and in his past role as the President of the CLA. Bill is a member of the Fergus Lacrosse Hall of Fame and the Canadian Armed Forces Sports Hall of Fame and is an esteemed winner of the Lester B. Pearson award. In honour of Bill's commitment to the sport, Kelowna Minor Lacrosse is proud to announce the **LEGACY OF EXCELLENCE** lacrosse program. The intention is to provide experienced players in the B.C. Interior an opportunity to further enhance their lacrosse skills, lacrosse I.Q. and fitness by working with coaches who have "been there" and excelled in Junior A, WLA, NCAA, NLL, MLL or Team Canada.

Lead Instructor: Kevin Langdale - NCAA Rochester Institute of Technology (R.I.T.) Tigers - Midfielder All-American 1999; Toronto Rock, Round 1 8th pick 1999; Head Coach Sun Devils lacrosse (2011-present).

Dates: Jan 11, Jan 25, Feb 15 & Mar 7

Arrival & sign-in	Start time (take floor)	End
5:40pm	6:15pm	7:45pm

Cost for four sessions: \$75. *Goalies free!!*

Drop in: \$25/session.

Location: Capital News Centre – 4105 Gordon Drive, Kelowna – Court 1.

Eligible age groups: *Second year* PeeWee athletes (12-yr olds, 2000 birth year) with at least 3 prior years lacrosse experience to Midget (1996/1997 birth year) athletes. This is NOT a learn to play or introductory lacrosse offering.

Note: Space limited to 36 experienced athletes.

Focal discipline: Box lacrosse.

Registration: players meeting the criteria above who are committed to attending the program must contact the Kelowna Minor Lacrosse Registrar, **Shelly Torres** by email at kmla.registrar@gmail.com **before January 8 2012**. The Registrar will track the numeric order in which these commitments are received. These commitments must be followed by payment and signature of registration forms by a parent/guardian during the first session on **January 11th at CNC between 5:00pm and 6pm**. Late registrations/drop-in registrations will also be accepted. ***Players must make drop-in payment arrangements with Shelley Torres in advance of all sessions (kmla.registrar@gmail.com)**. All players must complete registration forms (signed by parent/guardian) with full payment (to Kelowna Minor Lacrosse Association) before being allowed to participate. Our Registrar will communicate eligible player lists to Coach Langdale for each session.

Please contact Gerald Stanhope (kmla.headcoach@gmail.com) if you require additional information.

Example Legacy session

Goal: Player assessment and baseline fitness testing

Bill McBain's Legacy of Excellence Lacrosse



Sign-in

- All athletes sign in **40 minutes** prior to floor time.
- Start run before 6:15pm.

Warm up 10 minutes

- Floor time all kids dressed and ready for war on the floor.
- Coaches always participate in warm up, dynamic stretches and runs, we use this time to talk about setting personal goals; lacrosse, fitness, nutrition, and education. Get to know the athletes.

Loose balls / Stick skills 15 minutes

- **One on one** ground ball, find goalie and look for break out pass.
- **Two on one** ground ball, look for outlet man or goalie, goalie outlet to second man breaking.

"Teach the patient play, don't force a bad pass, possession is gold."

Dodging / Ball control 15 minutes

- Dodging from bottom corners, coaches give light pressure, dodge and finish on goal.
- Pass and pick away drill, create separation, find a passing lane, finish in front of net.

"Keep the triangles balanced, don't crowd the ball carrier, and move off the ball".

"Speed is critical; full speed everything, no standing still."

*"Defence is quarterbacked by the goalie; he has to be vocal and communicating **ball position, cutters, picks, shot and break.** This is the most vital aspect of defence."*

"Defensive stance; always open with stick on man and focus on ball. You need to be able to add support and feel your man moving."

"Defender on the ball always calls switch, never the sliding defender."

Passing / Shooting drills 20 minutes

- Four corners; balls in all corners, pass and wait for second pass and person who started cuts for pass and quick shot, place coach for pressure if possible.

"Teach the patience and timing of the proper cut, and setting up for a high percentage opportunity. Good time to reiterate passing lanes and giving a target for pass."

- Transition two on one, Transition three on two
- Shootout

Three man / Scrimmages 25 minutes

- Half court three on three, play is suspended when goalie gets possession. Defence break out quickly and balanced, offense sprint to end boards and switch to defence.

"Make use of the triangle drills. Dodge from the bottom so you have support at the top, no easy breakaways. Create separation so you can be an outlet, create offence off the ball, and always finish in front. "

"Reiterate communication on defence, calling the slides, stick on your man open to the middle for support, sticks in the passing lanes, and listen to your goalie."

Fitness test 15 minutes

We will be administering a fitness test January 5th, 12th and February 23rd comprised of:

- 40 yard sprint
- 60 sec jump test
- 60 sec push up max
- 12 minute lap max

The intention is not to center out the strongest and weakest, it is purely for the athlete to **measure** physical **improvement**.