



US LACROSSE ATHLETE DEVELOPMENT RETURN TO PLAY COACHING TIP

Your Practices:

- NO LINES
- NO LAPS
- NO LECTURES

Resources to help you:

Brush up on running fast-paced practices by taking the Practicing for Performance Course at learning.uslacrosse.org. Login with your US Lacrosse credentials and search "Practicing for Performance."



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Remember:

- Take it slow
- Proper warm-up + movement quality
- Keep it fun
- Be careful with spikes in load, don't jump into so much conditioning—focus on physical literacy
- Keep the nervous system in mind - kids will be both anxious & excited
- Be grateful to be back
- From Erica Suter, MS CS Twitter: @fitsoccerqueen

Resources to help you:

Dynamic Warm-Up-Older Athletes

www.youtube.com/watch?v=mQ7-GTNqYgw

60 Ways to Play Guide

www.uslacrosse.org/athlete-development/coaching-tools

50-30-20-10 Return to Play Method

nsca.com/education/tools-and-resources/covid-19-return-to-training/



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Coaches:

For every kid who's using quarantine to "grind," there's

- 1 who watches his siblings all day
- 1 whose parent lost a job
- 1 with no backyard, nearby park, or home gym
- 1 struggling with depression
- 1 who does schoolwork in the car
- 1 who must stay home to decrease exposure risk to family members

Prepare to coach them all.

From: University of Washington Coaching Lab Twitter: @uwcoachinglab

Resources to help you:

Learn how to facilitate an inclusive coaching environment, take our Inclusive Coaching Course: Real Tools to Help Every Player Succeed this Season at learning.uslacrosse.org and search Creative Inclusive.

Complete the US Lacrosse Cultural Competency course at learning.uslacrosse.org and search Cultural Competency.



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Your Practices:

- Set up your practice for success using RTP Guidelines and Social Distancing.
- Set out all your cones for activities before everyone arrives.
- Lay out a cone for each player to place his or her gear next to. Or have players decorate their own cone.
- Make a video ahead of time showing how the temperature check and other procedures will work to ease any anxiety about going back to practices.
- Be on top of your practice plan, and remember that your tone sets the tone. Keep your voice calm and speak slowly as players as they arrive and get used to new procedures.

Resources to help you:

uslacrosse.org/return-to-play

cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html



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What You Can Do to Support Your Athlete's Mental Health:

- Create a safe space at practice-be calm and regulated yourself.
- Connect with each athlete and ask open ended questions.
- Make discussing mental health part of your team culture—during COVID-19 consider doing team meetings online to discuss non-lacrosse topics.
- Have a referral list of mental health providers if parents or athletes need assistance.

Resources to help you:

US Lacrosse Leadership Series Webinar: *Athletes and Mental Health During COVID-19*
vimeo.com/427577585

Aspen Institute Project Play Webinar:

[Prioritizing Life Skills as We Return to Play](#)



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