



PROFESSIONAL DEVELOPMENT TRAINING

Each winter and spring NXT looks to support community-based lacrosse programs and offers a three-step process that supports and sets the program up for success.

STEP ONE: PLANNING

- **Create goals for the season**
 - Short term vs. long term
 - Big picture and small victories
 - Creating coaching goals
 - Establishing a culture and sticking to it
- **Create season schedule**
 - Begin with the end in mind
 - Work backwards up to the start date
 - Focus themes for each week and each month of the season
- **Best practices**
 - How to teach your coaches to be a cohesive unified front
 - Simple standards and routines that create a positive and structured environments
- **Practice planning**
 - Addressing speed, tempo, small ball vs. big picture focuses for each session
- **Core drills and terminology**
 - Determining your clubs/organizations identity and creating drills to execute
 - Shared language helps build toward shared success
- **Curriculum planning**
 - Building upon the small focus of drills, terminology, and practices to lead up to your goals and style of play as a team
 - What objectives are we working to achieve?
- **Game day sheets**
 - The game day preparation best practices
 - Managing rotations and playing time
- **Whiteboard session (X & O):**
 - Installation of basic offensive & defensive sets & philosophies
 - “How to” sessions: man up, man down, rides, breaking the zone, etc.

STEP TWO: TRYOUT SUPPORT

- Create a positive first impression for returning and new families
- Optimize tryouts and your staff
- Operations support with check-in and rostering player evaluations
- Best drills to use at tryouts to ensure exposure to all players
- On-site support during tryouts to ensure efficiency and execution firsthand



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STEP THREE: NXT TAKEOVER

- We show up on a set date and time
- We run a training session/practice
- Pre-practice meeting with coaches
 - Share & talk through the training plan
 - Pre-practice set up/cones/tutors/ladders, etc
 - Explain core drills & language we will use for players and coaches
 - Delegate roles to maximize the impact of our staff on the session
- Allows coaches to see a professionally run practice first hand
 - Great opportunity for visual learners
 - Core drills ran live in demonstration
 - Tips and terminology reinforced
 - Allows coaches to take a secondary role, to professionally develop and enhance coaching skills

OTHER WAYS NXT CAN HELP

- Trashcan Lacrosse Tournament - held at the end of the season
- Have NXT run a series of practices
- Something else? Let us know if there is a way you feel we could further support you and we will work to create a custom program for you!

PROGRAMS NXT HAS SUPPORTED

We have had the ability to support the following boys and girls local programs enhance their experience by implementing the help of NXT. We would love to help you next!

GIRLS	BOYS	GIRLS & BOYS
Abington Lacrosse Club	North Penn Dragons	Haven Youth Lacrosse
WissLax	Haverford Blaze	Lower Bucks Lacrosse
Rose Tree Optimist	Radnor Youth Lacrosse	Council Rock Lacrosse

COST

These support services are offered at a negotiated cost for the season and include phone & email support.

CONTACT INFORMATION

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