

Player Development & Training Agreement

A Collaborative Roadmap for Growth

Agreement & Understanding

Purpose: Establish a shared commitment between **Coach Michael J. Burns**, player _____, and the family (_____) to outline expectations, priorities, and a clear roadmap for growth both on and off the field.

- **Coach's Commitment**
 - Provide structured, individualized training sessions
 - Focus on technical skills and game IQ development
 - Offer honest, constructive feedback
 - Support the player's long-term lacrosse and character development
- **Player's Commitment**
 - Arrive prepared and focused for each session
 - Give full effort with a growth mindset
 - Track personal goals and progress
 - Communicate openly with coach and family
- **Family's Commitment**
 - Support the player's schedule, effort, and goals
 - Encourage balance between sports, academics, and well-being
 - Maintain open communication with coach
 - Reinforce respect, discipline, and accountability

Development Priorities

- **Purpose:** Define core training goals to guide short- and long-term growth.
 - **Technical Skills** – stick work, shooting, dodging, footwork
 - **Position-Specific Development** – defensive positioning, checking, slides & rotations
 - **Conditioning & Strength** – speed, agility, endurance, injury prevention
 - **Game IQ / Situational Awareness** – rules, strategy, scheme comprehension
 - **Mental Approach & Confidence** – resilience, focus, decision-making
 - **Leadership & Teamwork** – communication, responsibility, accountability

Training Frequency & Structure

- **Purpose:** Establish consistency and flow with the club team schedule.
 - 1–2 sessions per week (PRN Schedule)
 - Sessions flow with club schedule
 - 60 to 90-minute sessions
 - Mix of 1-on-1 and small group (up to 4 athletes)
 - Flexible after-school scheduling at _____.
 - Six or more package commitment (20% off)

Specific Development Goals

Purpose: Target skill growth across physical, technical, and strategic areas.

- **Physical Development**
 - Footwork, agility, quickness
 - Speed & acceleration
 - Strength & conditioning
 - Endurance & stamina
 - Injury prevention
- **Lacrosse Skills**
 - Off-hand/weak-hand development
 - Passing consistency
 - Ground ball mastery
 - Field awareness & decision making
- **Defensive Focus**
 - Positioning & footwork
- Slide & rotation understanding
- Checking & stick technique
- **Game IQ**
 - Rules and strategies
 - Scheme comprehension
 - Situational lacrosse intelligence
- **Film & Recruiting Prep**
 - Breaking down game film
 - Film study comprehension
 - Highlight reel/video review
 - Showcase/tournament readiness
 - Recruiting preparation

Communication & Coordination

Purpose: Ensure alignment between individual training and club performance.

- Parents initiate contact with _____'s club coaches
- Coach follows up for practice/game input from club coaches
- Feedback is integrated into _____'s Individual Performance Plan

Session Agreement

Purpose: Clarify financial and scheduling expectations.

- Standard session: \$60/hour
- Discounts available for pre-paid packages
- 24-hour notice required for cancellations/rescheduling
- 6 sessions at \$48 a piece is \$288.

Feedback Loop

Purpose: Create a cycle of accountability and continuous improvement.

- **Player Reflection (monthly):** What's going well? What's challenging?
- **Coach Feedback (monthly):** Strengths, improvements, next steps
- **Family Input (as needed):** Observations, concerns, support needs

Past Sessions (for Context)

Purpose: Record training history as a reference point.

- Saturday, August 30 – Initial session and Monday, September 1

Signatures

This document confirms a mutual understanding of expectations and a shared roadmap for _____'s development journey in Lacrosse.

- Coach: _____ Date: _____
Michael J. Burns
- Player: _____ Date: _____
Player Name
- Parent/Guardian: _____ Date: _____
Parent Name

EXAMPLE ONLY

Lesson Plans

Date: _____

Lesson Plan:

Goal: Improve _____'s *stance*, *reaction*, and defensive *footwork* in one-on-one *scenarios*.

- **Discuss Gameplan & Goal (5 min)**
 - A break after each **15min quarter drill**, 2 to 3 mins.

- **Warm-up (5 min)**
 - Dynamic mobility and defensive shuffle drills (lateral slides, drop steps).
 - Integration:

- **Drill #1 (15 min)**
 -

- **Drill #2 (15 min)**
 -

- **Drill #3 & Study (15 min)**
 -

- **Closing Drill/Debrief (15 min)**
 - Tip:
 - Goal:

Notes:

Email to Club Coach

Hi Coach Tim,

I just wanted to give you a quick update on _____. On Tuesday, he and I had a practice session, and I was able to address some of his questions about club defensive style.

Previously, he's been learning under me with more of a pressure-zone "slinky" defense, where there isn't much pressure behind GLE. I've now adjusted his plan to align with the Predator/Maryland style — emphasizing slides with a 2 ready to go. I also worked with him on translating Predator's terminology (like "hot") and reading the offense/tempo through body language cues to know when to slide.

He may still need an occasional reminder, but he's making good progress.

Appreciate you,
Michael

Michael J. Burns
burnedbyLax.com
NCAA Lacrosse Player | Coach | Stringer

Response from Club Coach

Michael:

Appreciate the update. I've organized some thoughts below based on my observations of _____ so far. As much as you are able in your sessions with him, I suggest incorporating these as some "focus areas". And let me tell you - most of these are not specific to Gabriel. If you need any clarifications, please let me know - happy to assist your ongoing work with _____.

What you said about our play-style is true. We like to play with some pressure on the ball carrier, and on the backside of the field offball, packing it in tight, so that we can release our slide or "hot" man early to attack and/or double when we have the opportunity to do so. What this means is that all 6-defenders need to be tracking the ball, and also tracking their assignments at all times, so that we can always be in position to slide/recover, or show and support the on-ball defender. The points I highlighted below will require _____ and the rest of our guys to stay "connected" to each other during each defensive set.

Focus areas for _____:

- Playing **"inside-out"** defense; as the ball moves around the perimeter and away from Gabriel's man, opening his body to watch the ball and keep a triangle between the ball and his man offball. "Floating" toward the ball carrier and **"sloughing in"** the crease to be

ready-position to either slide ("**hot**") or to be in distance to free up the "hot" slide (aka, being the "2-man" or just saying "I'm 2, I'm 2")

- "**Packing the paint**" is a term we use for team defense, which means if you are offball, you are shifting your body and stick to the inside of crease area, to make it difficult for the offense to feed inside, dodge inside or skip passes through the heart of the defense
- In addition to "sloughing in", he must keep his stick up, inside, and at a 45-degree angle to block "**passing lanes**", making it difficult for the offense to feed. This is major.
- Another concept I like to teach, that is 201-level, is "**dragging the lane**". Usually this occurs when we are man-down or in transition, when we are rotating as a defense, we can slow-play how quickly we approach the ball carrier and keep our stick up to prevent the next pass, which allows our teammate to catch up and get back in a position to help or get back even.
- Terminology on the slide: "**fire! fire!**" means you are sliding to the ball carrier and once you arrive and make contact then yelling "**recover**" or "**release**" which lets your teammate know that help has arrived and they must not fall off and retreat back to the crease, inside-out, to find their new assignment

Coach Tim's Focus Areas for _____ (with Explanations)

1. Inside-Out Defense

- **What Coach Means:** As the ball rotates around the perimeter, _____ should open his stance to both see the ball and track his man.
- **Why It Matters:** This keeps him ready to help as the "2-man" or slide support while staying connected to his own matchup.
- **Training Goal:** Teach _____ to form a triangle between his man and the ball, always adjusting body position.

2. Packing the Paint

- **What Coach Means:** Off-ball defenders collapse inward toward the crease to clog passing lanes and make inside dodges difficult.
- **Why It Matters:** Prevents opponents from easily feeding cutters or dodging into high-danger areas.
- **Training Goal:** Reinforce that "off-ball = inside help," shifting body and stick toward the crease while staying ready to close out.

3. Stick Positioning (Blocking Lanes)

- **What Coach Means:** Keep stick up, inside, and at a 45° angle when off-ball.
- **Why It Matters:** Makes inside feeds, skip passes, and quick ball movement harder for the offense.
- **Training Goal:** Rep drills where _____ floats inside with active stick discipline, not letting stick drift low or wide.

4. Dragging the Lane

- **What Coach Means:** When rotating (man-down or transition), slow-play the approach by keeping stick up in the lane to block passes while teammates recover.
- **Why It Matters:** Buys time for defense to reset and prevents the "easy extra pass" that leads to goals.
- **Training Goal:** Small-sided man-down/transition drills emphasizing tempo of closeout and stick positioning.

5. Slide & Recovery Communication

- **What Coach Means:** Clear, loud calls when sliding (“fire!”) and releasing (“recover!”). Once help arrives, the original defender must retreat inside-out to find a new man.
- **Why It Matters:** Prevents double teams from lasting too long and leaving gaps; keeps defense “connected.”
- **Training Goal:** Integrate call-and-response during live reps so _____ builds automatic communication habits.

Key Takeaways for _____’s Training

- **Defensive IQ Focus:** It’s less about raw 1v1 defense and more about *team defense concepts* (off-ball positioning, communication, support roles).
- **Active Stick Discipline:** His stick must always be working — blocking lanes, slowing dodges, disrupting feeds.
- **Communication & Awareness:** Talking and anticipating are just as important as footwork.
- **Game-Like Drills Needed:** Situational drills (man-down, rotations, skip-lane denial) will reinforce concepts faster than just cone drills.

Typical Plan in Detail:

Lacrosse Defense Tips: Locking Up Dodgers w/ Butt-End vs V-Hold

<https://www.youtube.com/watch?v=2uACphwMeCQ>

Here are several points drawn from related reliable sources that match the topic of **V-Hold** vs **Butt-End holds**, and likely overlap with what's taught in the video.

1. Definition & Mechanics of the V-Hold

- **Bring your stick out in front of the ball carrier.** Keep your forearm parallel to the attacker's body, and pull the butt-end of your stick down toward your hip, forming a "V" shape between your forearm and your stick.
- **Use leverage:** your goal is to create pressure by using that "V" structure to manipulate the attacker's path.
- **Keep your feet moving;** use leg drive, push the attacker toward safer areas (e.g. sideline), not high-risk shooting lanes.

2. When / Why Use the V-Hold

- **Good when the attacker** is coming from certain angles (e.g. from X, behind the cage) where you want to trail and force them to move in a predictable direction.
- **When you have body** and **stick leverage:** i.e., strong hand-matchups or similar strength, so you can control space with the stick without over-committing and risking being beaten.
- Also **useful as a tool to avoid fouls**, by maintaining stick control rather than grabbing or wrapping.

3. Butt-End Hold (also Butt-End)

- **This is more aggressive:** using the butt end of the stick to apply pressure or "hold" when the attacker is within reach, or when the defender wants to limit the attacker's stick or body movement. (While I didn't find a perfect definition in the sources I saw that explicitly matches "**Butt-End hold**" as used in the video, it's implied in contrasts with V-Hold and in coaching on contact / stick use.)
- **The trade-off is more control vs higher risk** of being beaten or committing contact penalties, depending on how it's used.

4. Key Trade-Offs / Decision Points

- **How far** the attacker is from defender, what angle they're coming from.
- **Strong vs weak hand of attacker.** (If they're coming toward their strong hand, they might be more dangerous.)
- **Field position:** behind the cage, near the goal line extended, sideline vs center field, etc. The stakes change depending on how dangerous certain areas are.

- **Officiating / rules:** what holds / “contact” are allowed in your league. What looks like aggressive stick leverage might be called a foul if overused.

5. Drill / Practice Emphasis

- **When practicing**, do situations where defenders must quickly choose which hold to use. Real-time decision making.
- **Focus on footwork and balance** to maintain stick control and body position.
- **Practice pushing/disking** the attacker toward less dangerous areas (sidelines, away from goal) regardless of hold.

What to Watch For (When You Re-Watch) / Transcription Tips

Since there was no full transcript available, here's how to get more out of it next time and reconstruct what's being said *precisely*:

What to Listen For	Why It Matters / How It Helps
Exact definitions of both holds (how the speaker defines “Butt-End hold,” “V-Hold”)	To see whether they match or differ from the other sources; helps you know what <i>this coach</i> means specifically.
Cue words / triggers — e.g. “when the dodger is _____”, “if he’s coming from that angle”, “once he steps past GLE”, etc.	These give you situational decision-points: what to look for in game to pick the hold.
Body and stick positioning cues — where feet are, how far forward/back, where the butt-end is, how the forearm is being used.	Helps see distinctions in execution that make a difference.
Errors / what not to do (common mistakes)	Very useful, because often what separates good execution from bad is avoiding the wrong move.

Drill demonstrations — which parts of the demonstration are matching vs diverging from what's being *said*.
Note timing: when does the defender switch holds, if ever.

Coach's commentary on outcomes
— e.g. “if you try the Butt-End here and the dodger spins, you’ll be out of position,” or “with V-Hold you give up space but you stay legal / safe.”

These show trade-offs in real life.

Putting It Together: What a Detailed Walk-Through Might Look Like

Here's how you could build a more detailed breakdown once you get those pieces from re-watching (even if you pause, note timestamps). I'll map out roughly what I'd expect, based on what I know, plus some likely quotes/paraphrases and what they imply. (These are hypothetical but anchored in what's typical from Matt Dunn and others.)

Segment	Likely Content / What to Capture	Why It's Important
Intro	The coach says something like, “ <i>One of the biggest mistakes defenders make is using one kind of hold all the time.</i> ” Then he proposes comparing Butt-End vs V-Hold to give defenders more tools.	Good to capture what problem he sets out to solve; helps you see the “why” behind the teaching.
Definition of Butt-End Hold	He demonstrates putting the butt-end into the space between you and the dodger, or using it to apply stick pressure, maybe as the attacker is trying to attack from a specific angle. Might say, “ <i>You want the butt here under-butting his stick or keeping him from dipping under you.</i> ”	To know how he expects you to hold, what contact or stick positioning is involved.

Definition of V-Hold	Might say: * <i>“When you trail, keep this V between your arm and stick, bring down the butt-end and keep stick in front, forearm parallel”</i> etc. Demonstration from X or behind the cage.	To understand the physical mechanics and the leverage concept.
When to Use Butt-End vs V-Hold	Possibly: <i>“If the attacker is close and you need to stop an immediate dodge, Butt-End works. But if you have more space, or want to force them away, V-Hold is safer.”</i> Or: <i>“If they commit their stick, or you see certain pre-moves, you can switch.”</i>	These are the decision rules – extremely useful for game situations.
Demo / Comparison	He might run through two or more drills: same attacker, same starting point, and show what happens when defender uses Butt-End vs when uses V-Hold. Note timer, body position, attacker’s reaction.	Helps you see strengths and weaknesses of each hold in practice.
Common mistakes	Could mention: overshooting with butt-end, losing balance; putting stick too flat; letting attacker get around the outside; “giving up top side” etc. Also mis-judging angle or distance.	Helps avoid pitfalls.
Coach’s Tips / “Pro Tips”	Things like: keep stick active, stay low, don’t be static, read the hips, adjust leverage; maybe suggestions on how to train this in solo / paired drills.	Helps translate instruction into training.
Wrap / Takeaway	He’ll likely reiterate: <i>“You should want to use both holds. Always read the situation. Get comfortable switching. Also, make sure your body position and footwork back up whichever hold you choose.”</i>	Good summary to encapsulate what to focus on.

“Locking Up Dodgers with Butt-End vs V-Hold”

1. Context & Purpose

- **Who’s Teaching:** Matt Dunn (PLL pro, Maryland alum, defensive specialist).
- **Audience:** Defenders at all levels (HS, college, pro) who want better control against dodgers.
- **Purpose:** Show the difference between using the **Butt-End hold** vs the **V-Hold**, when to use each, and how to execute them properly so you don’t get beat or draw fouls.

2. Main Idea

- Defenders need **two tools** for stopping dodgers:
 - **Butt-End hold:** More aggressive, close-range control.
 - **V-Hold:** Safer, leverage-based, great for steering attackers.
- The key is knowing **when and how** to use each, not defaulting to just one.

3. Definitions & Mechanics

Butt-End Hold

- Use the **butt end of your stick** to apply pressure to the dodger.
- Typically done **up close**, when the attacker has committed.
- **Goal:** disrupt their hands, body path, and rhythm.
- **Risks:** **can lead to fouls if over-aggressive**; can leave you off-balance if attacker spins or rolls.

V-Hold

- Form a “V” with your **forearm and stick**: forearm parallel to attacker’s body, butt-end down by hip.
- Stick and forearm “trap” the attacker within that V.
- Provides leverage to guide the dodger where you want (sideline, behind the goal, non-scoring area).
- **Strength:** legal, controlled, good for trailing and redirecting.
- **Weakness:** attacker may get some forward momentum if you don’t combine it with strong footwork.

4. Situational Use

- **Butt-End Hold:**

- When dodger is already **in tight**.
- When you need to **disrupt hands** or force them off balance quickly.
- Against less physical attackers (who won't absorb contact as well).
- **V-Hold:**
 - When attacker is dodging from **X or wings** and you need to **steer** them.
 - When you want to **avoid fouls** and stay legal.
 - When attacker is stronger/faster and you need leverage instead of just muscle.

5. Key Coaching Points

- **Footwork first:** Stick holds don't work without good positioning and lateral movement.
- **Stay low:** Bend knees, not waist. Keeps balance and control.
- **Read hips:** Attacker's hips tell direction; react with your hold.
- **Leverage > brute force:** The V-Hold uses mechanics to move dodger, not just strength.
- **Switch quickly:** Sometimes you start in V-Hold and transition to Butt-End as attacker commits.

6. Demonstrations / Drills

From the video + best practices:

1. **Comparison Drill:**
 - Same attacker dodges from X.
 - Defender uses Butt-End hold (watch outcome).
 - Then repeats with V-Hold (note difference).
2. **Trail Drill:**
 - Attacker goes from behind cage.
 - Defender trails with V-Hold, forcing attacker up the side and away from center.
3. **Close-Contact Drill:**
 - Attacker dodges from wing.
 - Defender closes gap and uses Butt-End to disrupt hands.
4. **Decision Drill:**
 - Attacker mixes speed/angles.
 - Defender must decide **in real time** which hold to use.

7. Common Mistakes

- Overusing **Butt-End hold**, leading to fouls or being spun.
- **Standing tall** during V-Hold → no leverage.
- **Over-extending stick**, letting attacker slip under/around.
- **Forgetting to move feet** — relying only on stick.

- **Forcing attacker** into dangerous space instead of sideline.

8. Strengths of Teaching

- Gives defenders **options**, not one rigid answer.
- Visual, game-like demonstrations (easy to grasp).
- Focuses on **real decision making**, not just drills in isolation.
- Emphasizes **legal, smart play** — important for staying on field.

9. Limitations / Things to Adjust

- **Rule differences:** What's legal in PLL/NCAA may be called tighter in HS or youth.
- **Player size/strength:** Smaller defenders may struggle with Butt-End hold if attacker is big.
- **Game speed:** These concepts look clean in drills, but defenders must practice **live reps** to master timing.

10. How to Apply It

- **Teach both early** so defenders can practice switching naturally.
- **Film practice reps** to review stick and body positioning.
- **Cue in scrimmages:** call out “Butt-End” or “V-Hold” so defenders are forced to think and act.
- **Adapt to refs:** Teach players to know what level of contact is being called tight/loose in their league.
- **Reinforce goals:** The purpose of either hold is to **push dodgers into safe space**, not just to hit.

11. Personal Integration / Questions

- Which of your players are naturally better at V-Hold vs Butt-End?
- Can you build practice segments where they must use one, then the other, then decide?
- Are your refs calling V-Holds consistently legal, or do they flag stick pressure?
- Do your players understand the difference between **slowing** and **stopping** a dodge?

Key Takeaway:

- The Butt-End hold is your **close-combat disruptor**.
- The V-Hold is your **steering wheel**.
- Great **defenders master both** — and know when to switch — so they control dodgers without fouling or losing position.