



KP In-House Game Day Format for Tyker

Rationale for Small-Sided Play

In Small-Sided format, players can begin to develop positional defensive skills and the concept of man-to-man defense. Additionally, the concept of spacing can allow for even the least accurate pass to reach an open teammate, even via the ground, before an opponent has the ability to challenge.

Players will only develop confidence, and maintain interest in the sport, if they are given a chance to touch the ball. This small-sided format should allow every player to have multiple touches and opportunities to engage.

Players are encouraged to arrive 15 minutes prior to game time to gear-up and run through a pre-game stretch and warm-up. Coaches will establish a pre-practice and pre-game routine to establish order and develop team discipline, an essential part of player preparation.

Playing-Time

All players will be given the opportunity to play at least 50 percent of the game. Ideally, each player should receive equal playing time and an opportunity to play different positions. Coaches should encourage athletes to rotate through positions throughout the season (with exception of those not wishing to try Goalie) to establish not only position preferences and strengths, but to gain better understanding of field positions, overall game play, and better team unity. The reality during the game, due to substitution opportunities, player fatigue, or injury, may be different. This guideline does not apply to the goalie, because if someone plays the first half in goal, that player can play the second half as one of the field players, subbing or being subbed like everyone else.

Field Set-up

Tyker teams will use the standard Tyker size field. USA Lacrosse defines small-sided fields as 35-45yds x 60-70yds:

<https://www.usalacrosse.com/sites/default/files/2021-04/USAL%20-%20Small-Sided%20Unified%20Field%20Diagram.jpg>

Officiating

Tyker games will be officiated by MYLA Officials. One official per field. Officials will be briefed on and expected to follow the Kelly Post Tyker rules for our In-House games.

Coaching

It is a well-known, and a Positive Coaching Alliance essential, that continuous barking from coaches or parents are in fact confusing and not essential for players at any level. Teach during practice, watch during games, and let the players learn their own lessons. This is difficult for many of us to do. When there is no screaming from parents or coaches, we create an ideal learning/work environment for everyone.

Coaches should work together with the primary goal of modeling thoughtful, courteous, and respectful communication. Although we are on separate teams this year, this will soon change, and we will be viewed as one program by the larger lacrosse community. Represent us well.



Remember the Kelly Post ROOTS: **R**espect **O**fficials, **O**pponents, **T**eammates, and **S**elf.

Game Format

1. Tyler teams will play 7 v 7 field players (two Defenders, three Midfielders, two Attack). See below regarding Goalie
2. Four 10-minute running quarters.
3. Teams may switch field after a three (3) minute halftime (optional as some players may be confused)
4. Team closest to the ball going out of bounds after a shot is awarded possession.
5. Offsides results in a loss of possession only.
6. Spirit of the Game: Coaches are encouraged to take reasonable, common-sense measures to make minor modification to the Game Format if, and only if, these modifications are done in the spirit of fair play and competitive balance, to create a safe and healthy environment for players, and/or in the overall best interest of all participating players and their development. The Game Format should not be modified to intentionally create a competitive advantage for one's team or a competitive disadvantage for their opponent.

Example of a reasonable modification: a team short on players may borrow players from the opponent, or if both teams are short on players, coaches may agree reduce the number of field players and play 5v5 (1A, 3M, 1D) or 6v6 (2A, 2M, 2D) depending on the number of available players.

Face-Offs

1. Face-offs are required at the start of each quarter and after each goal.
2. Possession after a Face-Off must be announced to release Attack and Defense.
3. If a team trails by four goals or more, that team is awarded possession at midfield in lieu of a face-off at the beginning of each quarter or after an opponent's goal until such time as the team trails by less than four goals.

Goalkeepers

1. Teams may choose to utilize either a goalkeeper or shot blocker (i.e., "Hector the Rejector") during games. Goalkeepers are in addition to the seven (7) field players.
2. Goalie equipment (Goalie Stick, Throat Guard, ND 200 rated Chest Protector) shall be made available to any team who wishes to utilize a goalkeeper during games.
 - a. A protective cup is listed as required equipment and must be worn by any player in the goal.
3. If a shot blocker is used, a player from the defensive team is allowed to enter the crease to retrieve the ball after a shot and initiate a "Clear".

Body & Stick Checking Guidelines

1. When a player has possession of the ball:
 - a. There will be **NO body or stick checking permitted** other than:
 - i. Incidental contact while players are running or dodging.
 - ii. Use of a clearly controlled lift check



- b. Both the Men's and Women's games have become more about skill, finesse, and strategy as opposed to a display of intimidation, physicality, or aggressiveness.
- c. KP wants players to maintain involvement in lacrosse long enough to develop the skills, confidence, and IQ to play the game on their terms. Lack of stick checking accuracy and possible injury often leads to otherwise talented players to leave the sport of lacrosse.
- d. We have an In-House program that is an entry point to the sport and that introduction/ early experience often determines who stays and who leaves the lacrosse pipeline.
- e. We Do Not see a short- or long-term advantage to teaching, allowing, or coaching aggressive body or stick checking at this level.
- f. We Do See long term advantages of teaching, coaching, and promoting superior defensive footwork and positioning along with effective IQ and strategic use of the stick to dislodge or disrupt an offensive player's ability to pass, shoot, or get to the goal easily.

Minimum Passing Requirement

One completed pass in the offensive half of the field is required before advancing to the goal and/or shooting. A goal occurring prior to the minimum passing requirement is met will result in no goal and a change of possession to the defending team.

Lopsided Games

When it becomes clear that one team is substantially more skilled than its opponent or the score becomes lopsided, that team's coaches should require its players to make additional passes to before shooting.

Penalties

All penalties are adjudicated with possession awarded to the offended teams. No Fast Breaks to adjudicate penalties.