

CHAOS YOUTH PLAYER MANUAL OF EXPECTATIONS

What is CHAOS? CHAOS stands for “Constantly Harass And create Opportunities to Score”

CHAOS is a system and style of play that I have been playing my whole life and in college was introduced to it in a more organized system. The key “focuses” to CHAOS are 1.) playing aggressive, team defense (from A’s Riding to Defense Sliding)), 2.) Beating your man 1v1 to create options on offense, 3.) Taking as many quality shots as possible, 4.) Winning ground ball battles (why we send “4” to a GB).

Team Goals and Objectives

Team Goals

- Be the best student/teammate you can be!
- Challenge yourself and your teammates
- **Play hard, be a team that’s hard to play against**

Team Objectives

- Play aggressive and fast, play the CHAOS way
- Take chances, make plays, have each others backs

Offensive Objectives

- **Beat your man, create opportunities**
- **Get your defender out of your teammates way**
- Win 60% of our face-offs
- First time, two-handed GBs everytime
- Ball control - know when to go, know when to slow

Defensive Objectives

- Aggressive TEAM defense, back each other up
- Clear ball at 80% success rate
- First time, two-handed GBs everytime

Transition Objectives

- Get ahead of the ball (create O, defend goal)
- Clear ball up sidelines, through X (slow break)
- Easy clears: find open space, move ball

Special Team Objectives

- 25% success on Man Up
- 70% success on Man Down
 - Attack is our first line of D / D is our first line of O
 - Middies own space between restraining lines

Individual & Positional Standards

Everyone

- Compete, give your best effort in practice and games
- Make mistakes at FULL SPEED/EFFORT
- Play unselfish, team lacrosse
- Play with respect for the game, officials, opponents, and our team – anything less will be unacceptable

Attack

- Always ride, play whole field (middie back if needed)
- Do not fade (below goal), finish shot above the goal!
- Demand/get the ball from mid/def (V-cut, get open)
- Treasure the ball – protect it so we can control game

Midfield

- Be a two-way middie: play D, get ahead of ball, create
- Clear the ball, make plays, be aggressive
- Play defense first, offense second (sub on ‘O’ only)

Defense

- Communicate: be loud, play together
- On Ball - Pressure Hands, Off Ball - Sticks Up
- TEAM DEFENSE first, always know who you’re helping
- Look around, open to the ball & man, support the hole
- Set-Up, Approach, On-Ball defense and good approach

Goalie

- Quarterback the Defense, Loud, Vocal and Direct
- On save, eyes above restraining line first everytime
- Patience on clear when easy clear is not there
- Be BIG and get the first assist, BE AN ATHLETE!

GET PLENTY OF SLEEP EAT LIKE A CHAMPION BELIEVE IN YOURSELF & TEAMMATES

WORDS TO KNOW (flashcards welcome, quizzes will be held at practices)!

#1 Rule Overall - Do not turn your back to the ball. If you cannot see the ball, you cannot make a play. Practice footwork.

#1 Rule Offense - Go to the goal until someone stops you - be aggressive, beat your man, create scoring chances!

#1 Rule Defense - Stop Ball! Communicate, who has the ball and who has teammates help on defense!

4 On It! - We send 4 players to every ground ball (3 on Man Down or in 6s/7v7) using communication, teamwork

Box - Substitution box, if you hear “Box” then your name, hustle to substitute via sub box

Catch It Loaded - Feet first! Prepare your feet and body to catch and shoot/pass. Let ball carry your hands behind head

Check - Goalies: when there is a pass to/through “Hole” area, goalie yells “**CHECK**”, defenders check stick/hands

Cold - If you hear “**COLD**”, we want to slow things down, make the smart play (if you have a chance, take it!)

Drift - Feet First! Movement (back pedal or lateral shuffle) away from a dodging teammate to keep pass/shooting space

Drop - After shot, turnover, etc...middies **back peddle** and “drop” to midfield, attack to restraining line (ride!)

Get Through - Cut towards crease, getting YOUR defenseman out of your teammates way, and replace/fill backside

Look Around - When not guarding ball: head on a swivel, don’t stare at ball, see your man & see ball (Six Shooters)

One More - If you hear this, there is one more pass to make, look away from where ball came, make pass

Over - Defender picks up ball on D end, he goes over midline without hesitating, middie stays on sides

Pick - A pick is setting a stationary (be a statue!) block **ON-BALL**

Screen - Like a pick, but setting a stationary block **OFF-BALL**

Slide - On defense, you leave your man/responsibility in order to support the ball/team defense

Slip - When looking to set a pick, you recognize space to skip the pick, and “Slip” towards goal

Set Up, Approach, On-Ball Defense - The 3 steps to playing good 1v1 defense

Touch the Bucket - Get in off ball, you’re playing too far out/not playing “Team Defense” (couple with “Look Around”)

Turn - When opponent with ball gets to goal line from X, GOALIE yells “Turn”, defender turns opponent back towards X

CHAOS YOUTH PLAYER MANUAL OF EXPECTATIONS

SLEEP, NUTRITION, HYDRATION & STRENGTH EXPECTATIONS

Every player on our team is expected to be the very best they can be, not just on the lacrosse field, but in life. We have great families with high expectations for their son's, so know that your expectations, with every season and year, grow. Your behavior and academics will be monitored and managed by each family, however, your lack of your best efforts in life and in the classroom can and will impact the team! So be your best, set high standards for yourself and your teammates and be an excellent student-athlete!

SLEEP: Young men your age should get NO LESS than 8 - 9 hours of sleep every night! Some may even need more, and it is encouraged to figure out what amount of sleep helps you be your best!

NUTRITION: After sleep, nutrition and hydration, are your most important tools to improve your speed, strength and endurance in lacrosse. Macronutrients, including PROTEIN, CARBOHYDRATES, and FATS and Micronutrients, that include VITAMINS and MINERALS. If you want to grow (gain good weight, grow taller, be stronger) you have to eat great! Below is a water bottle sticker my student-athletes that I train (strength, speed, & power) are given to reference and to have as a reminder about their nutritional needs!

THE STUDENT-ATHLETES CHEAT SHEET FOR HEALTH & PERFORMANCE

MACRO NUTRIENTS What are they?

Protein: Beef, Poultry, Pork, Beans, Nuts, Seafood

Carbohydrate: Whole Grain/Wheat, Fruits, Vegetables

Fat: Avocado, Nuts, Fish, Olive & Avocado Oil



PROTEIN Macro	Protein (g)	Carb (g)	Fat (g)
Mahi Mahi (4 oz)	21	0	1
Costco Tuna (7 oz)	42	0	3
Salmon (6 oz)	37	0	20
Shrimp (4 oz)	24	0	1
Ground Beef (4 oz)	30	0	13
Steak (Strip, 4 oz)	27	0	5
Bison (4 oz)	29	0	10
Chicken Breast (4 oz)	35	0	4
Pork Chop (4 oz)	31	0	17
Fage Greek Yogurt (2%) 3/4 Cup	17	5	3.5
Egg (large)	6	0	5
Fairlife Milk (2%, 1 cup)	13	6	4.5

CARBOHYDRATE Macro	Protein (g)	Carb (g)	Fat (g)
Quinoa (1 cup)	8	39	4
Flour Tortilla (8 inch)	4	25	3
Red's Protein Oats (1/3 Cup)	10	32	4
Kodiak Protein Waffles (2)	12	25	11
Dave's Killer Bread (slice)	5	22	1.5
Dave's Killer Bagel (1)	11	48	3
Whole Wheat Pasta (2 oz)	8	39	1.5

STRENGTH FIRST. Strength improves speed, endurance, & power

MICRO NUTRIENTS What are they?

Vitamins From a variety of Macros & Multivitamin/Supplements

Minerals From a variety of Macros & Multivitamin/Supplements

Micros Benefit: Energy, Immune Function, Bone/Eye/Skin/Brain

Desired Weight (Lbs)	PROTEIN (g daily)	CARB (g daily)	FAT (g daily)
80	73	291	47
100	91	364	59
120	109	436	71
140	127	509	83
160	145	582	95
180	164	655	106
200	182	727	118
220	200	800	130
240	218	873	142

Above is approximate daily needs in grams
Student-Athletes need to experiment and find what works best

FAT Macro	Protein (g)	Carb (g)	Fat (g)
Avocado (ave. whole)	4	16	28
Almonds (1 oz)	6	6	15
Olive Oil (1 tbsp)	0	0	14
Peanut Butter (1 oz)	4	3	8.5
Peanuts (dry roasted, 1 oz)	8	7	16
Walnuts (1/4 cup)	5	4	20
Avocado Oil (1 tbsp)	0	0	14

HYDRATE ALL DAY LONG - WATER BOTTLE GOES WITH YOU HAVE QUALITY, EASY TO TRAVEL SNACKS WITH YOU AT ALL TIMES
 PRE AND POST TRAINING SESSIONS HYDRATION/PROTEIN/CARB - CHOCOLATE MILK, TART CHERRY JUICE, PROTEIN/CARB BAR
 START EVERYDAY WITH A GLASS OF WATER CHALLENGE - 15 OZ 8-10 HOURS OF SLEEP RECOVERY - MOBILITY, ROLL, ETC.
 HIGH PROTEIN DIETS FOR ATHLETES PROMOTE MUSCLE GROWTH FROM RESISTANCE TRAINING AND AID IN RECOVERY.

learn more at LRN2MOVE.com

HYDRATION: Water and milk (it is suggested growing athletes consume 2% or whole milk) should make up 90% of your fluid intake. Not juices, sodas, or worse, energy drinks! For long, hot practices and multi-game play days/tourneys, electrolytes, mixed in water, are strongly encouraged too!

BASIC STRENGTH EXPECTATIONS FOR YOUTH CHAOS ATHLETES:

PULLUP / HANG	OVERHEAD SQUAT	PRESS/HANDSTAND	PLANK
3-5 reps or = / > 1 minute hang	Broom handle, 10 full depth	Minimum 30 seconds	Minimum 1 minute
BOUNCE	PUSHUP	ROTATION	SKATE / BALANCE
Two feet 1:30, one foot 30 sec	Minimum 10	Supine, 10 to each side	10 to each side (build up)