

Diversified and Dynamic Recognition Skills Training

Developed by
Hall of Fame Coach Ted Garber

“Ted Garber may be the most caring, knowledgeable and innovative lacrosse coach ever when it comes to player development. He creates highly efficient drills that maximize a player’s skills and recognition abilities in game like situations. Any high school or travel team would improve dramatically by having Ted run a clinic or practice”

— Stephen Connolly, New England Hall of Fame Lacrosse Coach

The Mission: The lacrosse clinic/practice is designed to sharpen the skills and techniques of the participating players while focusing on the overall individual and team fundamentals with a direct emphasis of enhancing their decision-making abilities and recognition skills needed for success in game situations.

What to Expect: The use of a progressive format beginning with small group tactical work and instruction and continuing with the implementation of half field and full field progressions. Over the course of the 2.5-hour decision-making skills session, time will be devoted so that each player participates in a unique lacrosse lesson format that includes the following fundamental progressions with heavy emphasis of decision-making along each step of the way.

- Stick work
- Ground Balls
- Specific unsettled situations
- Transition
- “Read the movements of the offense and defense concepts

Each session will end with the review of valuable coaching points by Ted Garber, discussing with the participants on how to become an improved overall player and teammate, which would translate into improved success as a team. Coach Garber’s overall coaching and teaching of a winning lacrosse strategy is built around the concept that in most instances, “the success of a lacrosse team is a result of which team has the players who can play the best together, and not necessarily who has the best players.” His recognition skills practices will help to foster that winning formula.

Check Sticks,
Ted Garber

Ted Garber’s Success

Inducted into the University of New Hampshire Hall of Fame □ Inducted into the Ct Lacrosse High School Hall of Fame □ Nationally recognized Clinician and Speaker □ New England Coach of the Year NCAA Division 1 □ New England Prep School Coach of the Year □ New England Prep School Man of the Year □ Division 1 College Lacrosse Sportsmanship Recipient □ Head coach during the 2000 MLL inaugural Summer Showcase Tour □ 10 years MLL coaching □ Honored by Major League Lacrosse for outstanding contributions to the game of lacrosse □ Holds All-time winning percentage as head coach at UMass and at University of New Hampshire lacrosse history □ Renowned Lacrosse Camp; Educational Consultant □ Only coach in the history of the game who has been a head coach for the Professional, Collegiate, Secondary and Youth levels