



“WE RIDE”

Riding Philosophy, Fundamentals, and Keys to our 10-Man Ride

Presented by: Eric Seideman
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Eric Seideman

- Graduated from **Haverford College**. Master’s Degree from **Cornell University**.
- Assistant Coach for 7 years, where my teams:
 - Won National Championship at **SUNY Cortland**
 - Made Final 4 at **Ithaca College**
 - #1 in the Country at **Gettysburg College**
- As Head Coach, built **Mount Saint Mary College** (NY) program from last place in conference to championship game
- Set program record for wins in first season at **Wooster**



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Thank You!


- To the head coaches who mentored me:
 - Mike Murphy (Haverford/Upenn), Rich Barnes (Cortland), Tony Mohammed (Vassar), Jeff Long (Ithaca), Lelan Rogers, Steve Beville (Cortland), Hank Janczyk (Gettysburg)
- To the fantastic coaches I worked closely with as assistants:
 - Jake Plunket (Muhlenberg Head Coach), Mike Abbott (UPenn Associate Head Coach), Doug Sage (Manhattan Head Coach)
- To the amazing assistant coaches who have supported me at Wooster and Mount Saint Mary:
 - Joe Pille, Chuck Ruppert, Jack Deragon, Nick Graziano, Alec Tocco, Mike Morgan
- To my coaching friends, with whom I collaborate with and share ideas:
 - Topher Grossman, Matt Colombini, Dan Sharbaugh, Reid Delaney, and countless others!



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Program Mission

- To build a nationally-competitive program that will play at the highest level of NCAA Division III.
- To be the model student organization at Wooster.



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Player Development

- To assist our players in developing into the best version of themselves, over their four years, while exploring and engaging with the world.

They're not just lacrosse players, they are 18 to 22-year-old young men. And I am their last line of defense before they go out into the real world. For many of them, this is their first trip away from their family, and we need to create a culture where they can positively grow as a citizen, student, and teammate, and want to be a part of the people around them.



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Behavioral Standards



CITIZEN | STUDENT | TEAMMATE



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Behavioral Standards

Behavioral Standards

Standards are behavior-based expectations. We strive to reach the highest standards in attitude, attitude, and personality, and hold ourselves accountable to these standards daily by "changing one less."

Goal 1: Character

1. Represent the team in a positive manner, while treating others with respect and courtesy.
2. Maintain a program culture where we are accountable for one another.
3. Are passionate about our achievements outside of lacrosse.

Goal 2: Leadership

1. Get out of comfort zones to do what is necessary to be the best possible student and develop lifelong learning skills.
2. Approach our academics with discipline and purposeful organization. No procrastination!
3. Understand that effort is more important than intelligence when determining success.

Goal 3: Teamwork

1. Fall in love with one team position and concept.
2. Take ownership and care about each other, as teammates, above all else.
3. Understand that positivity is infectious, while negativity is contagious.

Created by the team, for the team

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2023 Season Top Accomplishments

13 WINS

NCAA STATISTICAL TITLE #1

WINNING TEAM IN ALL COLLEGE LACROSSE

SHANE WARDSTER

ALL-AMERICAN

STEPHEN

COACHING STAFF OF THE YEAR

ERIC BASKINMAN (Head Coach)

2023	2022
1.0	1.0
2.0	1.0
3.0	1.0
4.0	1.0
5.0	1.0
6.0	1.0
7.0	1.0
8.0	1.0
9.0	1.0
10.0	1.0
11.0	1.0
12.0	1.0
13.0	1.0
14.0	1.0
15.0	1.0
16.0	1.0
17.0	1.0
18.0	1.0
19.0	1.0
20.0	1.0

NCAA STATISTICAL TITLE #1

CHIEF EXECUTIVE OFFICER

CASEY STEFFEN

NCAC ACADEMIC HONOR ROLL

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CASEY STEFFEN

NCAC DEFENSE PLAYER OF THE YEAR

88 82 3 0

VINNY DILED

THE TEAM ALL-STAR

40 28 45 20

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Top-20 Poll

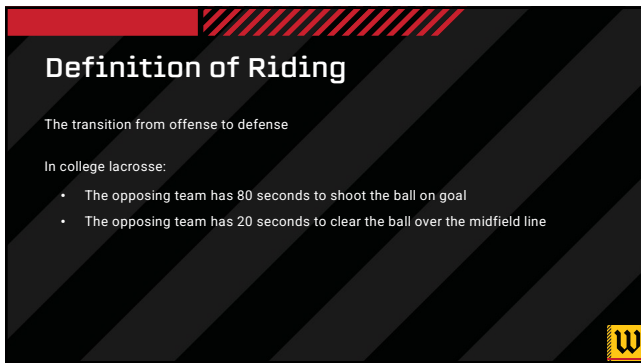
	York (PA)	13
	Dickinson	14
	Bowdoin	15
	Wesleyan (CT)	16
	Colby	17
	Muhlenberg	18
	Ursinus	19
	Stevens	20

Also receiving votes: SUNY Geneseo (14), SUNY Cortland (17), **Wooster (9)**, Ithaca (8), Williams (7), Stevenson (3), MIT (2), and Babson (1).

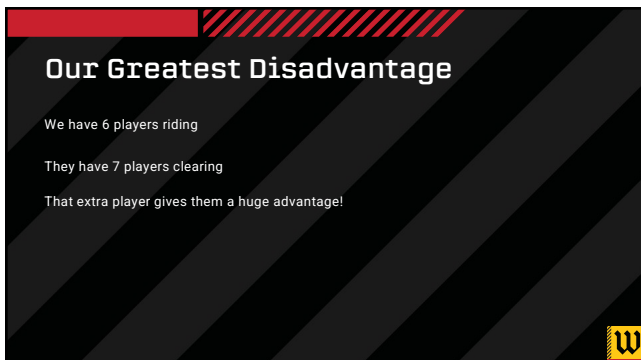
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The Solution




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Riding Non-Negotiables

Mentality
WE RIDE! Everybody plays offense. Everybody plays defense.

Effort
 Chase to the midline
 No bailouts

Discipline
 Play solid on-ball fundamental defense
 Force double teams





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Benchmarks

1) Opponent Clearing percentage: **14/20 = 70%**
 This is a solid goal for us to aim, with roughly 1-2 successful rides per quarter.
2023 Opponent Clear Percentage: 62.7%

2) At least 1 "Riding Goal" per game
2023 Riding Goals: 25
2023 Riding Shots: 58
2023 Riding Shot%: 43.1%
 (by far our highest segment shooting percentage)

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Our Terminology


Raider
The Defenseman who can go over the midfield line to play the ball.

Maverick
The lowest Middle, closest to the ball, usually in the center of the field.

Storm
A reminder of urgency in matching up, getting in the hole, being ready for a restart, etc. Also used to signify that the ride has broken down (aka "Crash").


Squeeze
Calls for a double team.

Bailout
An all-or-nothing check where the rider loses all position/ability to chase, or gives up afterwards. Would almost always be preferable to just keep chasing instead of throwing the check.



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3 Phases of the Clear



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Phase 1

First 0-5 Seconds

Inbounds ("Up and Out") Portion of the Clear/Ride

Must deny a quick pass up-field. Get a stick in the Goalle's face.

Ideally we force them to throw over or roll away and move the ball backwards.




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Phase 2

5-X Seconds

Transitional Period from Inbounds to Settled Clear/Ride
(ONLY) One middle comes off the field to get the LSM on.
Get to our spots!




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Phase 3

X-20 Seconds


Settled Portion of the Clear/Ride
Be Aggressive
Be Patient
Force Double and Triple Teams



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Mentality

We Ride!



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Effort

- Play with a relentless motor
- Chase to the Midline
- No bailouts



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Bailouts

An all-or-nothing check where the rider loses all position, ability to chase, or gives up afterwards. Would almost always be preferable to just keep chasing instead of throwing the check.



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Discipline

- Don't throw homerun checks. Jam and move your feet.
- Force double teams.



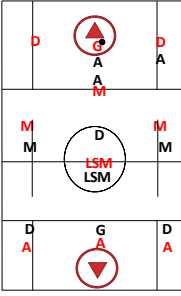
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Our Base 10-Man – "Buckeye"





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Buckeye Ride




<p>Contain 1 on 1s Force Double Teams Maximum Effort on Ride and Storm</p> <p>Attack:</p> <ol style="list-style-type: none"> One guy needs to get in front of the goalie with your stick up. Match his stick. Other two need to get wide and guard a defenseman. One will drop to a Mawerick if necessary. <p>Rules:</p> <ol style="list-style-type: none"> Can't get beat. Your job is to contain and force a backward pass to buy time if possible. Chase all the way to the midline. Do not give them a chance to stain up field. <p>Shortstick (Offensive) Middle:</p> <p>Roles:</p> <ol style="list-style-type: none"> Get to the two wide spots Can't get beat. Your job is to contain. Listen for "turn him back, Squeeze!" calls. On Storm call: split all the way to the back spot and look to jump into the rotation, if we're not beat, match up. 	<p>Raider (First Responder):</p> <p>Roles:</p> <ol style="list-style-type: none"> Your spot is 10 yds over the midline on the rhino line. <p>Rules:</p> <ol style="list-style-type: none"> You approach the other teams clearing middle/LSM. Contain until the squeeze arrives. If there is no one in the middle. Track the ball up the sidelines. Find Opportunities to Squeeze. <p>LSM (The Backup):</p> <p>Roles:</p> <ol style="list-style-type: none"> Your spot is 5 yds behind the midline on the rhino line. <p>Rules:</p> <ol style="list-style-type: none"> You can't go over the midline. You guard the team's deep middle/LSM. You can squeeze with the first responder. You can track the ball up the sidelines. You have to call Storm if you see it. You need to get to the guy the goalie is guarding during storm. <p>Backline (D, D, & G):</p> <p>Guard your man. We are man to man. Be in front of your man to beat him to Gils. Storm call. Tight defense if we need it.</p>
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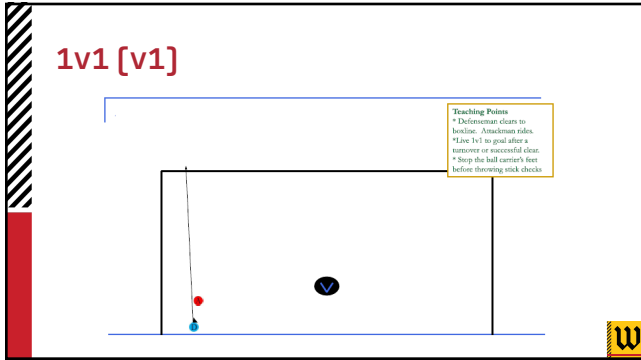


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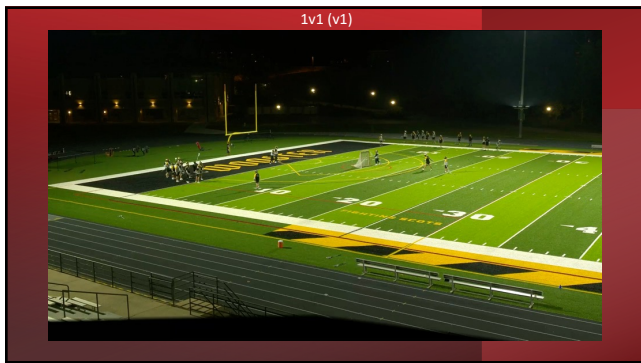
Drills



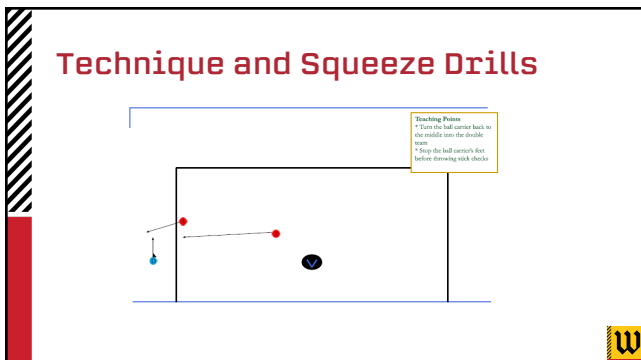
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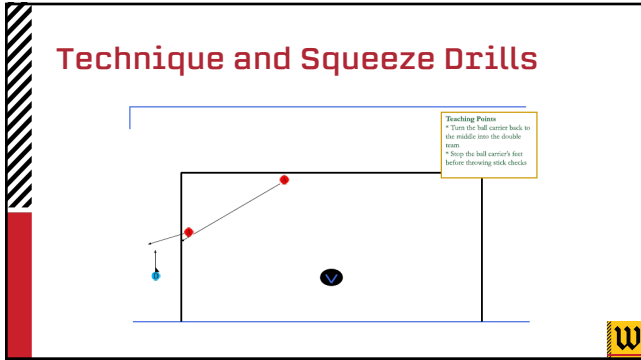
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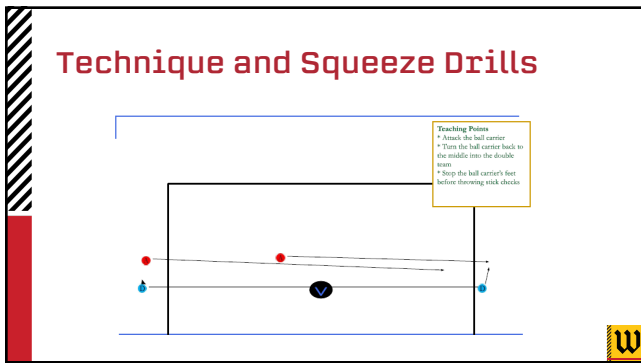
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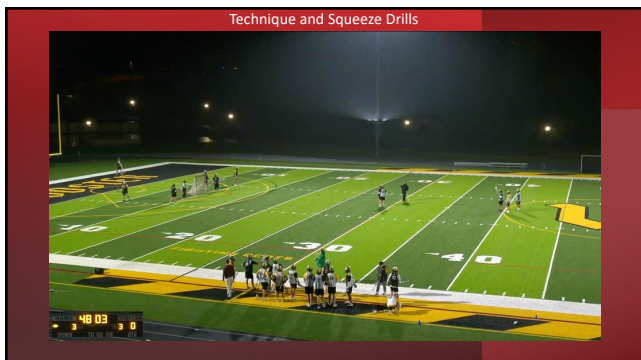
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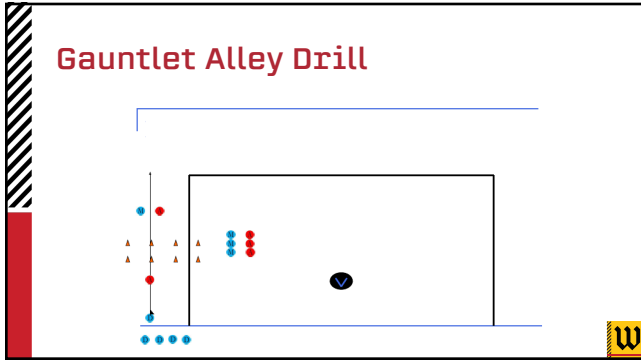
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Gauntlet Alley Drill

You may have seen this one before. It went viral a few months ago, and has over **1,000,000** views on social media.



Joke Clip

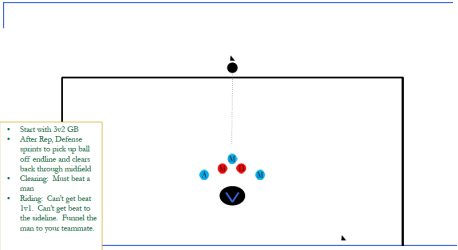


Good Rep



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Get it Back Drill - 3v2 with Clear

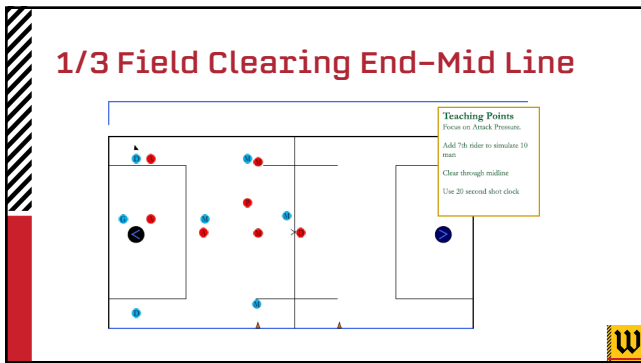


- Start with 3v2 GB
- After Reg, Defense squares to pick up ball off sideline and clears back through midfield
- Clearing: Must beat a man
- Building: Can't get beat 1v1. Can't get beat to the sideline. Force the man to your teammate.

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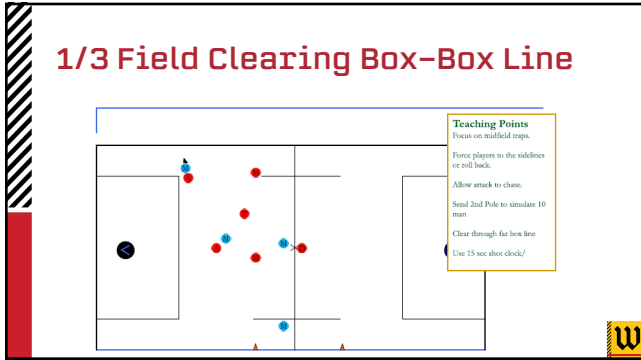
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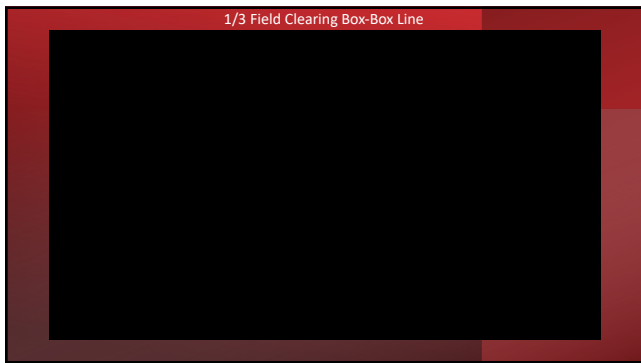
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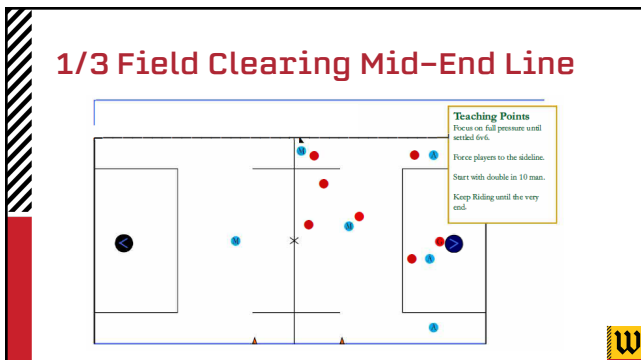
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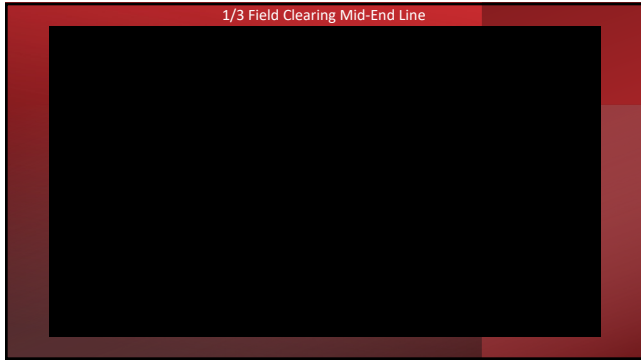
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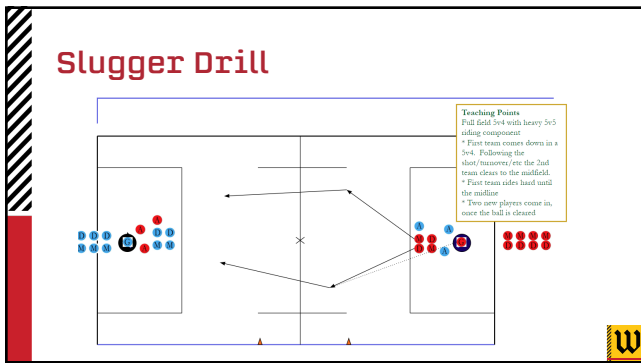
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Dirty Little Secret About 10-Man Riding
The Goalie Doesn't Even Matter!



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WOOSTER
FIGHTING SCOTS

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