Lacrosse for Life

Long-Term Athlete Development for Canadian Lacrosse
Lacrosse is an exciting game with a proud history in Canada.

Lacrosse for Life is a player development pathway that helps Canadian kids get into lacrosse, have fun, learn skills, and develop to their full potential over the long term. It’s based on the best practices in sport training and coaching from around the world, and it’s our way of keeping lacrosse fun and safe for kids of all ages and sizes, even while we develop the champions of tomorrow.
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Long-Term Athlete Development (LTAD)

What?
Lacrosse for Life is based on the Long-Term Athlete Development concept (LTAD), a way of coaching and training that matches sports programs to the physical, mental and emotional stages of kids as they grow.

How?
LTAD describes the different stages and changes as young athletes grow from childhood through their teens, recommending modified game formats and training schedules to suit each stage.

Why?
With LTAD, more kids start playing, more kids keep playing, and more athletes achieve excellence in our proud Canadian pastime.
Growing with Lacrosse

Lacrosse for Life identifies seven basic stages for developing lacrosse players:

**Active Start**
Young children begin basic play.

**FUNdamentals**
Later childhood provides more structure but emphasizes FUN.

**Learning to Train**
Pre-teens prepare for structured training.

**Training to Train**
Early teens build training capacities.

**Learning & Training to Compete**
Older teens start training to compete for titles.

**Learning & Training to Win**
Players train solely for competitive results.

**Active for Life**
Players move from formal competition and focus on wellness.

**Active Start**
0 to 6 years

**FUNdamentals**
Females 6 to 7 Males 6 to 10

**Learning & Training to Win**
17+/

**Learning & Training to Compete**
Females 15-21+/
Males 16-23+/

**Active for Life**
all ages

**Learning to Train**
Females 8 to 10 Males 10 to 12

**Training to Train**
Females 11 to 14 Males 12 to 16
Doing It Right

How we behave as players, coaches and parents has a big impact on the development of our sport. Lacrosse for Life suggests we set the right example.

**PLAYER Code of Conduct**

- Honour the game.
- Play by the rules.
- Respect your opponents.
- Be a team player – attend all practices and games.
- Remember that winning isn’t everything – have fun, improve skills, and do your best.
- Acknowledge the good play of ALL players – both teammates and opponents.
- Play because you want to, not because your parents or coaches want you to.
- Show respect to all coaches, officials, players and fans.

**COACH Code of Conduct**

- Set a positive example in conduct and coaching.
- Put players’ interests and welfare above your own.
- Treat everyone fairly, regardless of gender, ethnicity, colour or other traits.
- Direct coaching comments at performances, not persons.
- Make training activities suitable for player age, experience, ability and fitness level.
- Pursue opportunities for coaching development.
- Treat opponents and officials with respect.
- Respect your players’ academic needs.
PARENT Code of Conduct

- Remember that your child plays sport for his or her enjoyment, not yours.
- Teach your child that the effort is more important than the outcome.
- Praise your child for competing fairly and trying hard.
- Never yell at your child for making a mistake or losing a competition.
- Applaud good playing performances by both your child’s team and the opponents.
- Do not force your child to participate in sports.
- Encourage your child to play by the rules.
- Respect game officials, team members, opponents and fans.
- Show appreciation for volunteers.

Find Out More

Interested in learning more about coaching or playing lacrosse? The Canadian Lacrosse Association and your Provincial Lacrosse Association can direct you to lacrosse programs and clubs near you. They can also provide you with information on upcoming courses for coaches and referees.

www.lacrosse.ca
In recognition of the variance of talent and availability of time and resources between its member associations, the Canadian Lacrosse Association has created a matrix of options for implementation for a number of the stages in this document. The affected stages will be split up into Options L, A and X. The amount of variance differs between member associations and therefore each member association has been classified as type 1, 2 or 3.

**TYPE 1 MAs:** Clubs can choose to implement Option L, A or X at each stage.
Type 1 MAs: BCLA, ALA, OLA

**TYPE 2 MAs:** Clubs can choose to implement Option A or X at each stage.
Type 2 MAs: FCQ

**TYPE 3 MAs:** Clubs must implement Option X at each stage.
Type 3 MAs: SLA, MLA, LNB, LNS, Can-Am, ILA
MEN’S FIELD LACROSSE
COACH CERTIFICATION: COMMUNITY-INITIATION

MEN’S FIELD LACROSSE - Active Start  Mini-Tyke: 6 and under

FIELD SIZE
1/2 length of regulation field.

NET
Drop net
No goals off the drop net
Modified nets
Field net with drop board or 4x4 net
Regulation crease

CONTACT
Contact on bottom hand only

SCOREBOARD
Differential of more than 5 goals is not displayed.

EQUIPMENT
Helmet, mask, mouthguard, jock strap, soft ball.
Stick max. 36 inch.
Knee, elbow & shoulder pads optional

OFFICIATING
Coaches remain on field.
Referees may be introduced.
Modified CLA rules.

FUN
• Introduce skills • Basic rules & fair play • Physical activity • Play agility games (i.e. tag)

FAMILY:
Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS:
Honour the game; new friendships; equal participation; co-operation; new experiences; volunteering

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
Offence: cradling, scooping, catching, overhand pass & shot
Defence: defensive body position, lifts

TACTICAL
Offence: cutting, give-and-go, changing pace, running to space

GOALIES
Goalies at this stage - rotate all players

SUSTENANCE
Water bottle, healthy snacks. No pop, chips or sugar

STAGES
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**COACH CERTIFICATION: COMMUNITY-INITIATION**

**MEN’S FIELD LACROSSE - Active Start** Mini-Tyke: 6 and under

<table>
<thead>
<tr>
<th><strong>FUN</strong></th>
<th><strong>TACTICAL</strong></th>
</tr>
</thead>
</table>
| • Introduce skills  
  • Basic rules & fair play  
  • Physical activity  
  • Play agility games (i.e. tag)  | • Offence: cutting, give-and-go, changing pace, running to space  |

<table>
<thead>
<tr>
<th><strong>SKILLS INTRODUCED AT THIS LEVEL</strong></th>
<th><strong>GOALIES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TECHNICAL</strong></td>
<td>Goalies at this stage - rotate all players</td>
</tr>
</tbody>
</table>
| Offence: cradling, scooping, catching, overhand pass & shot  
  Defence: defensive body position, lifts | |
| **TACTICAL**                       | |
| Offence: cutting, give-and-go, changing pace, running to space | |

<table>
<thead>
<tr>
<th><strong>FAMILY</strong></th>
<th><strong>PLAYERS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Praise effort, not results; be positive; praise performance of both teams; do not yell instructions</td>
<td>Honour the game; new friendships; equal participation; co-operation; new experiences; volunteering</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>SCOREBOARD</strong></th>
<th><strong>EQUIPMENT</strong></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>OFFICIATING</strong></th>
<th><strong>SUSTENANCE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaches remain on field. Referees may be introduced. Modified CLA rules. No players sent to penalty box.</td>
<td>Water bottle, healthy snacks. No pop, chips or sugar</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>CLA RULES</strong></th>
<th><strong>LTD OBJECTIVES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FIELD SIZE</strong></td>
<td><strong>SUSTAINCE</strong></td>
</tr>
<tr>
<td>1/3 length of regulation field</td>
<td>Water bottle, healthy snacks. No pop, chips or sugar</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>NET</strong></th>
<th><strong>SUPPORTED</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>No goals off the drop net</td>
<td>No scores displayed. Roster sheet kept for legal purposes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>CONTACT</strong></th>
<th><strong>NET</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact on bottom hand only</td>
<td>No goals off the drop net</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>PLAYER SIZE</strong></th>
<th><strong>OFFICIALS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>3v3, plus goalie 7-9 players per team</td>
<td>Coaches remain on field. Referees may be introduced. Modified CLA rules. No players sent to penalty box.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>SESSIONS</strong></th>
<th><strong>EQUIPMENT</strong></th>
</tr>
</thead>
</table>
| 2 x 15 min. skill training  
  2 x 15 min. games  
  No face-offs | Helmet, mask, mouth-guard, jock strap, soft ball. Stick max. 36 inch. Knee, elbow & shoulder pads optional |

<table>
<thead>
<tr>
<th><strong>SESSIONS</strong></th>
<th><strong>EQUIPMENT</strong></th>
</tr>
</thead>
</table>
| 2 x 15 min. games  
  No face-offs | Helmet, mask, mouth-guard, jock strap, soft ball. Stick max. 36 inch. Knee, elbow & shoulder pads optional |
COACH CERTIFICATION: COMMUNITY-INITIATION

MEN’S FIELD LACROSSE - Active Start
Mini-Tyke: 6 and under

SKILLS INTRODUCED AT THIS LEVEL

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
PLAYERS: Honour the game; new friendships; equal participation; co-operation; new experiences; volunteering

---

**FUN**
- Introduce skills
  - Basic rules & fair play
- Physical activity
- Play agility games (i.e. tag)

**FINISH LINE**

---

**TECHNICAL**

Offence: cradling, scooping, catching, overhand pass & shot
Defence: defensive body position, lifts

---

**TACTICAL**

Offence: cutting, give-and-go, changing pace, running to space

---

**GOALIES**

No goalies at this stage

---

**FIELD SIZE**

1/3 length of regulation field

---

**NET**

No goals off the drop net
Modified nets
Field net with drop board or 4x4 net
Regulation crease

---

**CONTACT**

Contact on bottom hand only

---

**SCOREBOARD**

No scores displayed. Roster sheet kept for legal purposes

---

**EQUIPMENT**

Helmet, mask, mouthguard, jock strap, soft ball. Stick max. 36 inch. Knee, elbow & shoulder pads optional

---

**OFFICIATING**

Coaches remain on field. Referees may be introduced. Modified CLA rules.

---

**SUBS**

Equal participation
3 minute shifts

---

**SESSIONS**

2 x 15 min. skill training
2 x 15 min. games
No face-offs

---

**SUSTENANCE**

Water bottle, healthy snacks. No pop, chips or sugar
COACH CERTIFICATION: COMMUNITY-INITIATION

MEN’S FIELD LACROSSE - FUNdamentals 1  Tyke: 7-8

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

**LTAD OBJECTIVES**
- FUN
  - Introduce skills
  - Basic rules & fair play
  - Physical activity

**SKILLS INTRODUCED AT THIS LEVEL**
- TECHNICAL
  - Offence: cradling, stick protection, scooping, catching, overhand pass & shot, face-off
  - Defence: Defensive body position, lifts, poke check

- TACTICAL
  - Offence: cutting, give-and-go, face-offs, changing pace, running to space

- GOALIES
  - Stance, angles, passing, stopping shots

**CLA RULES**

<table>
<thead>
<tr>
<th>FIELD SIZE</th>
<th>NET</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regulation</td>
<td>Drop net</td>
<td>CLA rules</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PLAYERS PER TEAM</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 on 9 (3-3-3), plus goalie, 16-18 players per team</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SCOREBOARD</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOME</td>
</tr>
<tr>
<td>0</td>
</tr>
</tbody>
</table>

Differential of more than 5 goals is not displayed

<table>
<thead>
<tr>
<th>EQUIPMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helmet, mask, mouthguard, jock strap, soft ball (optional). Stick max. 36 inch. Knee, elbow &amp; shoulder pads optional</td>
</tr>
</tbody>
</table>

**OFFICIATING**
- Referees introduced. Modified CLA rules.

**SUBS**
- Equal participation
- 3 minute shifts
- All play goal

**SESSIONS**
- 10 min warm-up, 2x20 straight time, 5 min break, cool down

**SUSTENANCE**
- Water bottle, healthy snacks. No pop, chips or sugar

**EQUIPMENT**
- Modified nets
- Field net with drop board or 4x4 net
- Regulation crease

**SCOREBOARD**
- Differential of more than 5 goals is not displayed

**SESSIONS**
- 10 min warm-up, 2x20 straight time, 5 min break, cool down

**SUSTENANCE**
- Water bottle, healthy snacks. No pop, chips or sugar
**COACH CERTIFICATION: COMMUNITY-INITIATION**

**MEN’S FIELD LACROSSE - FUNdamentals 1** Tyke: 7-8

**LTAD OBJECTIVES**
- FUN: Introduce skills, basic rules & fair play, physical activity

**SKILLS INTRODUCED AT THIS LEVEL**
- TECHNICAL
  - Offence: cradling, stick protection, scooping, catching, overhand pass & shot, face-off
  - Defence: Defensive body position, lifts, poke check
- TACTICAL
  - Offence: cutting, give-and-go, face-offs, changing pace, running to space
- GOALIES
  - Stance, angles, passing, stopping shots

**CLA RULES**
- **FIELD SIZE**
  - 1/2 field width-wise
- **PLAYERS PER TEAM**
  - 6 on 6 (2-2-2), plus goalie
- **NET**
  - Field net with drop board or 4x4 net
- **CONTACT**
  - Cla rules

**SCOREBOARD**
- No scores displayed. Roster sheet kept for legal purposes.

**EQUIPMENT**
- Helmet, mask, mouthguard, jock strap, soft ball (optional)
- Stick max. 36 inch. Knee, elbow & shoulder pads optional

**OFFICIATING**
- Coaches remain on field. Referees may be introduced.
- Modified Cla rules. Penalties optional

**SESSIONS**
- 10 min warm-up, 2x20 straight time, 5 min break, cool down. Face-offs optional

**SUBS**
- Equal participation
  - 3 minute shifts
  - All play goal

**SUSTENANCE**
- Water bottle, healthy snacks. No pop, chips or sugar

**FAMILY**
- Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

**PLAYERS**
- Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering
COACH CERTIFICATION: COMMUNITY-INITIATION

MEN’S FIELD LACROSSE - FUNdamentals 1 Tyke: 7-8

LTAD OBJECTIVES
- FUN
  - Introduce skills
  - Basic rules & fair play
  - Physical activity

TECHNICAL
- Offence: cradling, stick protection, scooping, catching, overhand pass & shot, face-off
- Defence: Defensive body position, lifts, poke check

TACTICAL
- Offence: cutting, give-and-go, face-offs, changing pace, running to space

GOALIES
- Stance, angles, passing, stopping shots

SKILLS INTRODUCED AT THIS LEVEL
- FUN
  - Basic skills
  - Fair play
  - Physical activity

FIELD SIZE
1/3 field width-wise

PLAYERS PER TEAM
6 on 6, plus goalie
12 to 15 players per team

SCOREBOARD
No scores displayed. Roster sheet kept for legal purposes.

NET
- No goals off the drop net
- Modified nets
  - Field net with drop board or 4x4 net
  - Regulation crease

CONTACT
- No contact on bottom hand only

OFFICIATING
- Coaches manage games. Modified CLA rules.
- No players sent to penalty box.
- Coaches stop play and explain whistles.

EQUIPMENT
- Helmet, mask, mouthguard, jock strap, soft ball (optional)
- Stick max 36 inch
- Knee, elbow & shoulder pads optional

SESSIONS
- 2 x 15 min. skill training
- 2 x 15 min. games
- No face-offs

SUBS
- Equal participation
- 3 minute shifts
- All play goal

SUSTENANCE
- Water bottle, healthy snacks
- No pop, chips or sugar

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering
COACH CERTIFICATION: COMMUNITY-DEVELOPMENT

MEN’S FIELD LACROSSE - FUNdamentals 2

Novice: 9-10

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

FUN
- Introduce skills
- Basic rules & fair play
- Physical activity
- ABCs, emphasize speed & flexibility

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

LTAD OBJECTIVES
- FUN
  - Introduce skills
  - Basic rules & fair play
  - Physical activity
  - ABCs, emphasize speed & flexibility

SKILLS INTRODUCED AT THIS LEVEL
- TECHNICAL
  - Offence: Bounce shot, bull dodge, split dodge, face dodge, switching hands

- TACTICAL
  - Offence: field positions, line changes, clears
  - Defence: rides

- GOALIES
  - Stance, angles, passing, stopping shots

CLA RULES
- FIELD SIZE
  - Regulation
- NET
  - Drop net
  - No goals off the drop net
- CONTACT
  - Modified rules

SCOREBOARD
- HOME
  - Score sheet is kept
  - Differential of more than 5 goals is not displayed
- VISITORS
  - Modified rules

EQUIPMENT
- Regulation equipment
- Modified long poles (5’ goalie shaft)

OFFICIATING
- Referees introduced
- Modified CLA rules

SUBS
- Equal participation
  - 3 minute shifts
  - All play goal

GAME SESSIONS
- 10 min. warm-up
- 2 x 20 min. straight time
- 5 min. break
- Cool down

SUSTENANCE
- Water bottle, healthy snacks
  - No pop, chips or sugar

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COACH CERTIFICATION: COMMUNITY-DEVELOPMENT

MEN’S FIELD LACROSSE - FUNdamentals 2  Novice: 9-10

**FUN**
- Introduce skills
- Basic rules & fair play
- Physical activity
- ABCs, emphasize speed & flexibility

**FIELD SIZE**
1/2 field width-wise

**NET**
- No drop net

**CONTACT**
- Modified nets
- Field net with drop board or 4x4 net
- Regulation crease

**PLAYER PER TEAM**
6 on 6 (2-2-2), plus goalie, 12-15 players per team

**SCOREBOARD**
- No scores displayed
- Roster sheets kept for legal purposes

**EQUIPMENT**
- Regulation equipment
- Stick min. 34 inch
- Modified long poles (5’ goalie shaft)
- Soft ball (optional)

**OFFICIATING**
- Coaches remain on field. Referees introduced.
- Modified CLA rules. Penalties optional.

**SUBS**
- Equal participation
- 3 minute shifts
- All play goal

**SESSIONS**
- 10 min warm-up
- 2x20 straight time
- 5 min break, cool down
- Face-offs optional

**SUSTENANCE**
- Water bottle, healthy snacks
- No pop, chips or sugar

**FAMILY**
Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

**PLAYERS**
Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

**SKILLS**

**INTRODUCED AT THIS LEVEL**
- **TECHNICAL**
  - Offence: Bounce shot, bull dodge, split dodge, face dodge, switching hands
  - Defence: rides

**TACTICAL**
- Offence: field positions, line changes, clears
- Defence: "rides"

**GOALIERS**
- Stance, angles, passing, stopping shots

**LTAD OBJECTIVES**
- **FUN**
  - Introduce skills
  - Basic rules & fair play
  - Physical activity
  - ABCs, emphasize speed & flexibility

- **SUSTENANCE**
  - Water bottle, healthy snacks
  - No pop, chips or sugar

**NET**
- No drop net

**CONTACT**
- Modified nets
- Field net with drop board or 4x4 net
- Regulation crease

**PLAYER PER TEAM**
6 on 6 (2-2-2), plus goalie, 12-15 players per team

**SCOREBOARD**
- No scores displayed
- Roster sheets kept for legal purposes

**EQUIPMENT**
- Regulation equipment
- Stick min. 34 inch
- Modified long poles (5’ goalie shaft)
- Soft ball (optional)

**OFFICIATING**
- Coaches remain on field. Referees introduced.
- Modified CLA rules. Penalties optional.
COACH CERTIFICATION: COMMUNITY-DEVELOPMENT

MEN’S FIELD LACROSSE - Learning to Train  Pee Wee: 11-12

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

CLA RULES

FIELD / NET SIZE
Regulation

CONTACT
CLA rules

PLAYERS PER TEAM
9 on 9, plus goalie
16 to 18 players per team

SCOREBOARD
Score sheet is kept

EQUIPMENT
CLA rules
Stick min. 34 inch

GAME SESSIONS
10 min. warm-up
2 x 25 min. straight time
2 min. break
Cool down

SUSTENANCE
Water bottle, healthy snacks. No pop, chips or sugar

GROWTH - PHV
(Peak Height Velocity)

- Measures annually

LTAD OBJECTIVES
FUN & physical activity
- Introduce competition
- Introduce mental training
- Basic rules & fair play
- ABCs, emphasize speed & flexibility

SKILLS INTRODUCED AT THIS LEVEL

GOALS
Stance, angles, passing, stopping shots, communication

TECHNICAL
Offence: inside shooting, faking, driving from x, roll dodge, shooting on run, stick skills
Defence: mid-pointing, open field defence, slap check, defensive footwork, defensive body position, take away checks

TACTICAL
Offence: team offensive systems, picks and screens, power plays, face-offs
Defence: sagging defence, man short

THESE OBJECTIVES ARE INTENDED TO:
- Introduce fun & physical activity
- Introduce mental training
- Introduce competition
- Introduce communication

Ltad objectives

MEN’S FIELD LACROSSE - Learning to Train
COACH CERTIFICATION: COMPETITION-INTRODUCTION

MEN’S FIELD LACROSSE - Training to Train 1  Bantam: 13-14

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions. PLAYERS: Honour the game; new friendships; equal participation; win with dignity & lose with grace; personal & team goals; volunteering

FUN & physical activity
- Ethics & fair play
- Introduce select teams
- Begin talent identification
- ABCs, emphasize stamina & aerobic capacity

FIELD / NET SIZE
Regulation

PLAYERS PER TEAM
9 on 9, plus goalie
16 to 18 players per team

CONTACT & EQUIPMENT
CLA rules

SUSTENANCE
Water bottle, healthy snacks. No pop, chips or sugar

SCOREBOARD
Score sheet is kept

GOALIES
Stance, angles, passing, stopping shots

TACTICAL
Offence: 2-1s and 3-2s, set plays
Defence: slide, defending 2-1s and 3-2s, double-teaming, team defence

TACTICAL
Offence: underhand shot, sidearm shot, feeding, combo dodges
Defence: holds

GROWTH - PHV
(Peak Height Velocity)
Measure quarterly

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COACH CERTIFICATION: COMPETITION-INTRODUCTION

MEN’S FIELD LACROSSE - Training to Train 2  Midget: 15-16

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions.  PLAYERS: Honour the game; new friendships; equal participation; win with dignity & lose with grace; personal & team goals; volunteering

FAMILY:  Praise effort, not Results; be positive; praise performance of both teams; do not yell instructions.  PLAYERS:  Honour the game; new friendships; equal participation; win with dignity & lose with grace; personal & team goals; volunteering

FUN & physical activity
- Ethics & fair play
- Specialization by position
- Offer late-entry
- ABCs, emphasize speed & aerobic power

TECHNICAL
Offence: over-the-shoulder pass, body positioning checks
Defence: pole passing, advance checks

TACTICAL
Offence: inverts, 2-man game, situational lacrosse
Defence: long stick middle

GOALIES
Stance, angles, passing, stopping shots, communication

FIELD / NET SIZE
Regulation

PLAYERS PER TEAM
9 on 9, plus goalie
16 to 18 players per team

CONTACT & EQUIPMENT
CLA rules

SCOREBOARD
Score sheet is kept

OFFICIATING
CLA rules

GAME SESSIONS
12 min. warm-up
4 x 20 min. straight time
2 min. break
Cool down

SUSTENANCE
Water bottle, healthy snacks. No pop, chips or sugar

GROWTH - PHV
(Peak Height Velocity)
Measure quarterly

STAGES
Growth - PHV

Measure quarterly
COACH CERTIFICATION: COMPETITION-DEVELOPMENT

MEN’S FIELD LACROSSE - Learning to Compete  Junior: 17-19

FIELD/NET SIZE
Regulation

PLAYERS PER TEAM
9 on 9, plus goalie
16 to 23 players per team

SCOREBOARD
Score sheet is kept

OFFICIATING
CLA rules

CONTACT & EQUIPMENT
CLA rules

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering

SKILLS AT THIS LEVEL

TECHNICAL
Develop & refine all skills

TACTICAL
Develop & refine all tactics

LTAD OBJECTIVES

- Increase competition
- Ethics & fair play
- Specialization in lacrosse
- Strength training
- Introduce year-round & off-field training
- Offer late entry

SUSTENANCE

20 min. warm-up
4 x 20 min. straight time
2 min. break
Cool down

Advanced hydration & nutrition
CLAU RULES

COACH CERTIFICATION: COMPETITION-DEVELOPMENT

MEN’S FIELD LACROSSE - Training to Compete Senior: 17+

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
PLAYERS: Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering

SKILLS AT THIS LEVEL

- TECHNICAL
  - Refine all skills

- TACTICAL
  - Refine all tactics

LTAD OBJECTIVES

- Advanced skills & tactics
- Year-round physical training
- Develop specialty teams
- Refine mental training
- Specialize in lacrosse
- Ethics, fair play, excellence & respect

FIELD / NET SIZE

- Regulation

PLAYERS PER TEAM

- 9 on 9, plus goalie
- 16 to 23 players per team

SCOREBOARD

- Score sheet is kept

OFFICIATING

- CLA rules

CONTACT & EQUIPMENT

- CLA rules

GAME SESSIONS

- 20 min. warm-up
- 4 x 20 min. straight time
- 2 min. break
- Cool down

SUSTENANCE

- Advanced hydration & nutrition
COACH CERTIFICATION: COMPETITION-HIGH PERFORMANCE

MEN’S FIELD LACROSSE - Learning to Win  National Team: 17-19 & Senior A: 21+

LTAD OBJECTIVES
- Winning titles
- Advanced skills & tactics
- Year-round physical training
- Training environment with full Performance Enhancement Team support
- Refine specialty teams
- Refine mental training
- Specialize in lacrosse
- Ethics, fair play, excellence & respect

SKILLS AT THIS LEVEL
- TECHNICAL: Refine and perfect all skills
- TACTICAL: Refine and perfect all tactics

FIELD / NET SIZE
Regulation

PLAYERS PER TEAM
9 on 9, plus goalie
16 to 23 players per team

SCOREBOARD
Score sheet is kept

CONTACT & EQUIPMENT
CLA rules

GAME SESSIONS
20 min. warm-up
4 x 20 min. straight time
2 min. break
Cool down

SUSTENANCE
Advanced hydration & nutrition

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
PLAYERS: Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering
COACH CERTIFICATION: COMPETITION-HIGH PERFORMANCE

MEN’S FIELD LACROSSE - Training to Win  National Team: 20+

- Winnings titles
- Advanced skills & tactics
- Year-round physical training
- Training environment with full Performance Enhancement Team support
- Refine specialty teams
- Refine mental training
- Ethics, fair play, excellence & respect

FIELD/NET SIZE
Regulation

PLAYERS PER TEAM
9 on 9, plus goalie
16 to 23 players per team

SCOREBOARD
Score sheet is kept

CONTACT & EQUIPMENT
CLA rules

GAME SESSIONS
20 min. warm-up
4 x 20 min. straight time
2 min. break
Cool down

SUSTENANCE
Advanced hydration & nutrition

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering
MEN’S FIELD LACROSSE - Active for Life

CLA RULES

COACH CERTIFICATION: COMMUNITY-INITIATION
MEN’S FIELD LACROSSE - Active for Life

FIELD / NET SIZE
Regulation

PLAYERS PER TEAM
Competitive: 23 players
Recreational: 16-23 players

SKILLS AT THIS LEVEL

TECHNICAL
Maintain all skills

TACTICAL
Maintain all tactics

LTAD OBJECTIVES
• Wellness and recreation
• Divisions by skill, competition and recreation
• Giving back to lacrosse
• Fun, fairness & staying healthy

TECHNICAL
Maintain all skills

TACTICAL
Maintain all tactics

COMPETITIVE: CLA rules
RECREATIONAL: Modified CLA rules

CONTACT
Competitive: CLA rules
Recreational: Contact on bottom hand only

OFFICIATING
Competitive: CLA rules
Recreational: Modified CLA rules

EQUIPMENT
CLA rules

GAMES SESSIONS
Competitive: 20 min warm-up, 4x20 min. straight time, 2 min breaks, cool down
Recreational: 10 min warm-up, 2x25 min straight time, 10 min break, cool down

SUSTENANCE
Competitive: Advanced hydration & nutrition
Recreational: Water

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; enjoy participation; win with dignity & lose with grace; volunteering

Competitive (Senior) / Recreational (Masters)
Find out more by visiting www.lacrosse.ca – and help the development of our great game.