Lacrosse for Life

Canadian Lacrosse Association 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.
# Table of Contents

**Growing with Lacrosse** ............... 3  
**Doing It Right** ............... 4  
**The Matrix** ............... 6  

**BOX LACROSSE** ............... 7  
**Active Start** ............... 8  
**FUNdamentals** ............... 11  
**Learning to Train** ............... 15  
**Training to Train** ............... 16  
**Learning to Compete** ............... 18  
**Training to Compete** ............... 19  
**Learning to Win** ............... 20  
**Training to Win** ............... 21  
**Active for Life** ............... 22  

**WOMEN'S FIELD LACROSSE** ............... 23  
**Active Start** ............... 24  
**FUNdamentals** ............... 25  
**Learning to Train** ............... 27  
**Training to Train** ............... 29  
**Learning & Training to Compete** ............... 30  
**Learning & Training to Win** ............... 31  
**Active for Life** ............... 32  

**MEN'S FIELD LACROSSE** ............... 33  
**Active Start** ............... 34  
**FUNdamentals** ............... 37  
**Learning to Train** ............... 42  
**Training to Train** ............... 43  
**Learning to Compete** ............... 45  
**Training to Compete** ............... 46  
**Learning to Win** ............... 47  
**Training to Win** ............... 48  
**Active for Life** ............... 49
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.
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](http://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
WOMEN’S FIELD LACROSSE
COACH CERTIFICATION: COMMUNITY-INITIATION

WOMEN’S FIELD LACROSSE - Active Start 5 and under

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

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

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
- Running with the ball, scooping, throwing

TACTICAL
- Stopping and starting, changing pace, running to open space

GOALIES
- No goalies at this stage

EQUIPMENT
- Mouthguard
- Stick minimum 70 cm
- Modified ball

OFFICIATING
- Coaches manage games
- Modified CLA rules
- Coaches stop play & explain whistles

SCOREBOARD
- No scores displayed
- No score sheets

SESSIONS
- 2 x 15 min. skill training
- 2 x 15 min. games

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

FIELD SIZE
- 1/3 length of regulation field

PLAYERS PER TEAM
- 3 on 3, no goalie
- 6 to 8 players per team

NET
- Modified nets (hockey size or smaller)

CONTACT
- No stick or body contact

NET
- Modified nets (hockey size or smaller)

SESSIONS
- 2 x 15 min. skill training
- 2 x 15 min. games

VISITORS
- HOME 0 0
- VISITORS

STAGES
- Eng Vrsn.qxd 11/7/11 9:14 PM Page 24
COACH CERTIFICATION: COMMUNITY-INITIATION

WOMEN’S FIELD LACROSSE - FUNdamentals 6-7

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
- Physical activity
- Introduce skills
- Basic rules & fair play
- Train ABCs
- Emphasize speed

LTAD OBJECTIVES
- FUN
- Physical activity
- Introduce skills
- Basic rules & fair play
- Train ABCs
- Emphasize speed

SKILLS INTRODUCED AT THIS LEVEL
- TACTICAL
  - Cutting, changing directions
- TECHNICAL
  - Cradling, passing, catching, shooting, marking
- GOALIES
  - Stance, angles, passing, stopping shots

FIELD SIZE
1/2 length of regulation field

NET
Modified net (hockey size or smaller - add targets)

CONTACT
No stick or body contact

PLANNERS PER TEAM
6 on 6, plus goalie, 10-12 players per team

SCOREBOARD
Differential of more than 5 goals is not displayed

EQUIPMENT
- Mouthguard
- Stick minimum 70 cm
- Soft ball (optional)

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

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

SUBS
Equal participation 3 minute shifts

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

OPTION L/A
COACH CERTIFICATION: COMMUNITY-INITIATION
WOMEN’S FIELD LACROSSE - FUNdamentals 6-7

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

FIELD SIZE
1/2 length of regulation field

NET
Modified net (hockey size or smaller - add targets)

CONTACT
No stick or body contact

TACTICAL
Cutting, changing directions

GOALIES
Stance, angles, passing, stopping shots

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

EQUIPMENT
Mouthguard
Stick minimum 70 cm
Soft ball (optional)

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

SUBS
Equal participation
3 minute shifts

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-DEVELOPMENT**

**WOMEN’S FIELD LACROSSE - Learning to Train 8-10**

**FUN**
- Physical activity
- Emphasize continued skill development
- Introduce competition
- Introduce mental training
- Basic rules & fair play
- Train ABCs
- Emphasize flexibility

**LTAD OBJECTIVES**
- **FUN**
  - Physical activity
  - Emphasize continued skill development
  - Introduce competition
  - Introduce mental training
  - Basic rules & fair play
  - Train ABCs
  - Emphasize flexibility

**SKILLS INTRODUCED AT THIS LEVEL**
- **TECHNICAL**
  - Switching hands, midpointing, moving into defensive position, stick protection, shooting on the run
- **TACTICAL**
  - Dodging, give-and-go, pick-and-roll, clears, man to man defence
- **GOALIES**
  - Stance, movement in the crease, stick position, stopping shots

**CLA RULES**

**FIELD SIZE**
- Regulation

**PLAYERS PER TEAM**
- 10 on 10, plus goalie, 12-15 players per team

**CONTACT**
- No stick or body contact

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

**EQUIPMENT**
- Mouthguard
- Stick minimum 70 cm
- CLA ball

**OFFICIATING**
- Umpires introduced Modified CLA rules

**SCOREBOARD**
- HOME: 0
- VISITORS: 0

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

**SUBS**
- Substitution on the fly

**GROWTH - PHV**
- (Peak Height Velocity)
- Measure annually

**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

WOMEN’S FIELD LACROSSE - Learning to Train 8-10

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

CLARULES

FIELD SIZE
1/2 field width-wise

CONTACT
No stick or body contact

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

FUN
• Physical activity
• Emphasize continued skill development
• Introduce competition
• Introduce mental training
• Basic rules & fair play
• Train ABCs
• Emphasize flexibility

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
Switching hands, mid-pointing, moving into defensive position, stick protection, shooting on the run

TACTICAL
Dodging, give-and-go, pick-and-roll, clears, man to man defence

GOALIES
Stance, movement in the crease, stick position, stopping shots

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

EQUIPMENT
Mouthguard
Stick minimum 70 cm
Soft ball (optional)

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

FIELD SIZE
1/2 field width-wise

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

GROWTH - PHV
(Peak Height Velocity)
Measure annually

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

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

SUBS
Substitution on the fly

HOME VISITORS

VISITORS
HOME 0 0

OPTION X
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.
COACH CERTIFICATION: COMPETITION-DEVELOPMENT

WOMEN’S FIELD LACROSSE - Learning & Training to Compete

15-18

LTAD OBJECTIVES

- Increase competition
- Ethics & fair play
- Continue mental training
- Specialize in lacrosse
- Introduce year-round training
- Offer late-entry

CLAY RULES

FIELD/NET SIZE
Regulation

PLAYERS PER TEAM
12 on 12, including goalie
15 to 18 players per team

SCOREBOARD
Score sheet is kept

OFFICIATING
CLA rules

EQUIPMENT
CLA rules

CONTACT
Stick check only

GAME SESSIONS
10 min. warm-up
2 x 30 min. straight time
10 min. break
Cool down

SUSTENANCE
Advanced hydration & nutrition

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
Advanced shooting, quadruple threat

TACTICAL
Fast break man-up/man-down, team defense, team offense

GOALIES
Develop and refine all skills

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

WOMEN’S FIELD LACROSSE - Learning & Training to Win 18+-/ National Teams

LTAD OBJECTIVES
• Winning titles
• Continue year-round training
• Continue 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

GOALIES
Refine and perfect all skills

FIELD/NET SIZE
Regulation

PLAYERS PER TEAM
12 on 12, including goalie
15 to 18 players per team

SCOREBOARD
Score sheet is kept

OFFICIATING
CLA rules

EQUIPMENT
CLA rules

CONTACT
Stick check only

SUSTENANCE
Advanced hydration & nutrition

GAME SESSIONS
10 min. warm-up.
2 x 30 min. stop time after goals.
Last 2 minutes of each half is stop time
10 min. break. Cool down.

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

CLA RULES

VISITORS
HOME 0
VISITORS 0

StagesEng Vrsn.qxd  11/8/11  12:10 AM  Page 31
WOMEN’S FIELD LACROSSE - Active for Life

Competitive (Senior) / Recreational (Masters)

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

**SKILLS AT THIS LEVEL**
- TECHNICAL: Maintain all skills
- TACTICAL: Maintain all tactics
- GOALIES: Maintain all skills

**CLA RULES**

**FIELD/NET SIZE**
- Regulation

**PLAYERS PER TEAM**
- Competitive: 20-22 players
- Recreational: 12-20 players

**SCOREBOARD**
- Score sheet is kept

**OFFICIATING**
- Modified CLA rules

**EQUIPMENT**
- CLA rules
- Stick check only

**GAMES SESSIONS**
- Competitive: 10 min. warm-up, 2x30 min. straight time, 10 min. break, 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
Find out more by visiting www.lacrosse.ca – and help the development of our great game.