



# Lacrosse for Life

Canadian  
Lacrosse  
Association



Long-Term Athlete Development  
for Canadian Lacrosse

stages



**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.

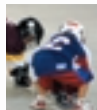
# Growing with Lacrosse

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.



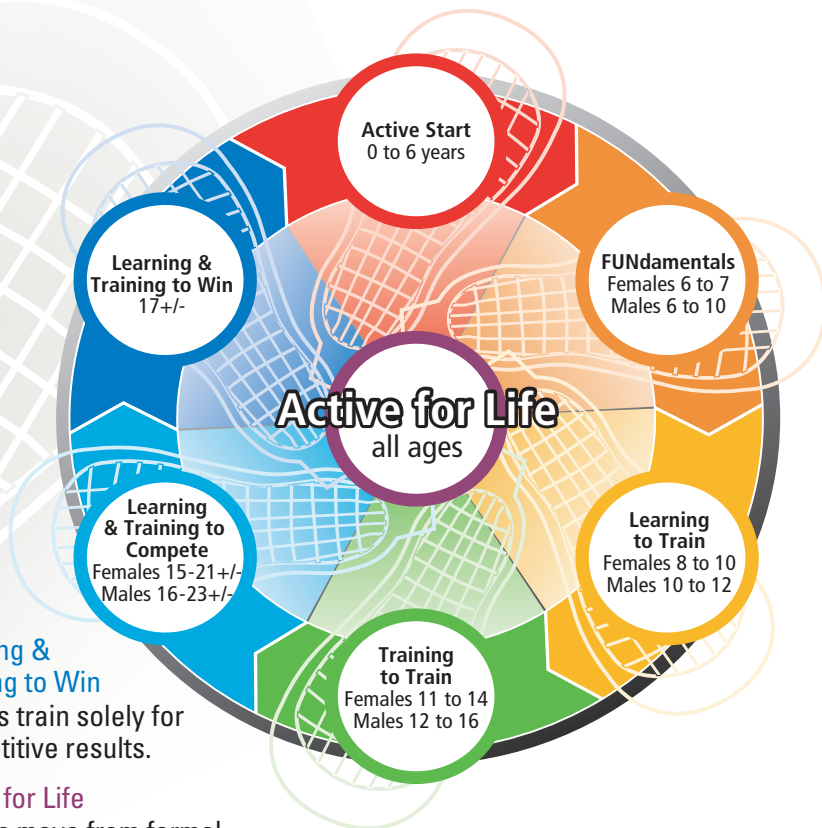
## Learning & Training to Win

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***

# THE MATRIX

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



# WOMEN'S FIELD LACROSSE - Active Start 5 and under

## LTAD OBJECTIVES

### FUN

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

## SKILLS INTRODUCED AT THIS LEVEL

**TECHNICAL**  
Running with the ball, scooping, throwing

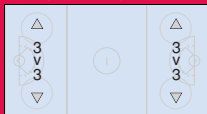
**TACTICAL**  
Stopping and starting, changing pace, running to open space

**GOALIES**  
No goalies at this stage

## CLA RULES

### FIELD SIZE

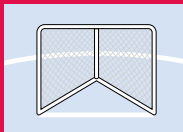
1/3 length of regulation field



### PLAYERS PER TEAM

3 on 3, no goalie  
6 to 8 players per team

### NET



Modified nets  
(hockey size or smaller).

### CONTACT



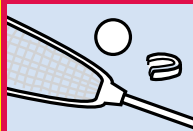
No stick or body contact

### SCOREBOARD



No scores displayed  
No score sheets

### EQUIPMENT



Mouthguard  
Stick minimum 70 cm  
Modified ball

### OFFICIATING



Coaches manage games  
Modified CLA rules  
Coaches stop play & explain whistles.

### SUBS



Equal participation  
3 minute shifts

### SESSIONS



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

### SUSTENANCE



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



# WOMEN'S FIELD LACROSSE - FUNDamentals 6-7

## LTAD OBJECTIVES

### FUN

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

## SKILLS INTRODUCED AT THIS LEVEL

### TECHNICAL

Cradling, passing, catching, shooting, marking

### TACTICAL

Cutting, changing directions

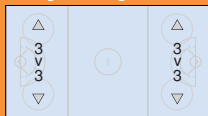
### GOALIES

Stance, angles, passing, stopping shots

## CLARULES

### FIELD SIZE

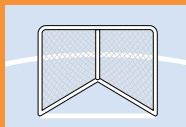
1/2 length of regulation field



### PLAYERS PER TEAM

6 on 6, plus goalie,  
10-12 players per team

### NET



Modified net (hockey  
size or smaller - add  
targets)

### CONTACT



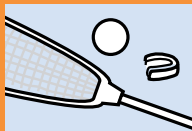
No stick or body  
contact

### 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.

### 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



**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



# WOMEN'S FIELD LACROSSE - FUNDamentals 6-7

## LTAD OBJECTIVES

### FUN

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

## SKILLS INTRODUCED AT THIS LEVEL

### TECHNICAL

Cradling, passing, catching, shooting, marking

### TACTICAL

Cutting, changing directions

### GOALIES

Stance, angles, passing, stopping shots

## CLARULES

### FIELD SIZE

1/2 length of regulation field



**PLAYERS PER TEAM**  
6 on 6, goalie (optional),  
10-12 players per team

### NET



Modified net (hockey  
size or smaller - add  
targets)

### CONTACT



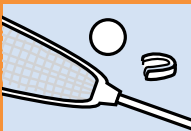
No stick or body  
contact

### 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



# WOMEN'S FIELD LACROSSE - Learning to Train 8-10

## 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, mid-pointing, moving into defensive position, stick protection, shooting on the run

### TACTICAL

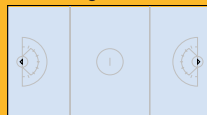
Dodging, give-and-go, pick-and-roll, clears, man to man defence

### GOALIES

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

## CLA RULES

### FIELD SIZE Regulation



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

### CONTACT



No stick or body contact

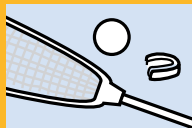
### SCOREBOARD

HOME VISITORS

0 0

Differential of more than 5 goals is not displayed

### EQUIPMENT



Mouthguard  
Stick minimum 70 cm  
CLA ball

### OFFICIATING



Umpires introduced  
Modified CLA rules

### SUBS



Substitution on the fly

### GAME SESSIONS



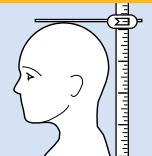
10 min. warm-up  
2 x 20 min. straight time  
5 min. break  
Cool down

### SUSTENANCE



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

### GROWTH - PHV (Peak Height Velocity)



Measure annually

**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

# WOMEN'S FIELD LACROSSE - Learning to Train 8-10

## 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, 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

## CLA RULES

### FIELD SIZE

1/2 field width-wise



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

### CONTACT



No stick or body contact

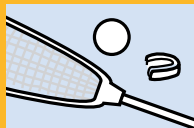
### SCOREBOARD

HOME VISITORS



No scores displayed.  
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



Substitution on the fly

### GAME SESSIONS



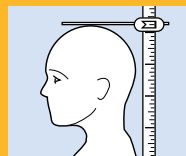
10 min. warm-up  
2 x 20 min. straight time  
5 min. break  
Cool down

### SUSTENANCE



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

### GROWTH - PHV (Peak Height Velocity)



Measure annually





# WOMEN'S FIELD LACROSSE - Training to Train 11-14

## LTAD OBJECTIVES

### FUN

- Physical activity
- Continue mental training
- Basic rules & fair play
- Train ABCs
- Emphasize speed, stamina, strength & suppleness
- Talent identification

## SKILLS INTRODUCED AT THIS LEVEL

### TECHNICAL

Advanced passing & catching, feeding, stick-checking, combo-dodge

### TACTICAL

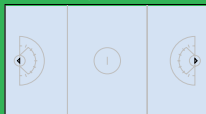
Subs on the fly, 1v1 moves, 2v1 moves, offensive motion, special situations, double teams

### GOALIES

Angles, passing, communication, stepping to the ball

## CLA RULES

### FIELD / NET SIZE Regulation



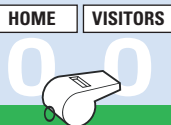
**PLAYERS PER TEAM**  
10 on 10, including goalie  
15 to 18 players per team

### CONTACT



Stick check only

### SCOREBOARD Score sheet is kept



**OFFICIATING**  
Umpires, CLA rules

### EQUIPMENT



**CLA rules**  
Player stick length  
0.9m - 1.1m  
Goalie stick length  
0.9m - 1.35m

### GAME SESSIONS



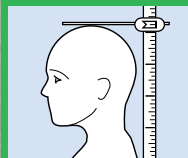
10 min. warm-up  
2 x 25 min. straight time  
10 min. break  
Cool down

### SUSTENANCE



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

### GROWTH - PHV (Peak Height Velocity)



Measure quarterly



**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

# 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

## SKILLS INTRODUCED AT THIS LEVEL

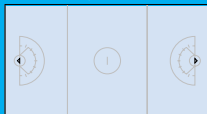
**TECHNICAL**  
Advanced shooting, quadruple threat

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

**GOALIES**  
Develop and refine all skills

## CLA 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



# 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**

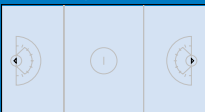
**TECHNICAL**  
Refine and perfect all skills

**TACTICAL**  
Refine and perfect all tactics

**GOALIES**  
Refine and perfect all skills

**CLA RULES**


**FIELD/NET SIZE Regulation**



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


**SCOREBOARD**  
Score sheet is kept

HOME	VISITORS
0	0



**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



# 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

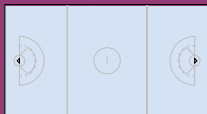
**TECHNICAL**  
Maintain all skills

**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



**CONTACT**  
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





*Canadian  
Lacrosse  
Association*



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*Find out more by visiting ***www.lacrosse.ca*** – and help the development of our great game.*