



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

2024 Technical Director Report

This past season brought changes within the ALA that brought new priorities and focuses for the Technical Team. In some ways, this took some focus off the technical priorities laid out in 2023. Still, in other ways, it helped us better understand the day-to-day operations of the ALA and do our part to keep the organization moving forward.

The highlights from 2024 will be summarized below, with further detail provided in the technical presentation.

Coaching Clinics and Maintenance of Certification

In 2024, we held 28 box coaching clinics throughout the province and three field clinics. Over those clinics, we had 723 attendees (700 box, 23 field). We also completed 12 in-person evaluations for comp intro certification.

Looking ahead to next year, I hope we can communicate better and engage with learning facilitators across the province. This will help us deliver consistent messaging across the ALA to our coaches and, therefore, our players. We will also look to train a few more facilitators in the smaller LGBs to cut down on certain expenses linked with travel.

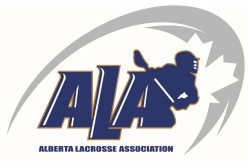
Lacrossing Roots

The Lacrossing Roots program has been launched in partnership with Lacrossing Barriers, and we have four communities signed on throughout Alberta for the beginnings of what we hope will be a successful program involving fundamental introduction, involvement, and enjoyment in the game of lacrosse.

As this is a grant-funded program, we will look to continue branching out to Indigenous communities as we receive funding. We will need to replenish our stock of equipment as we expand.

Technical Development Camps

The Technical Team once again ran camps throughout Alberta, with an expanded program model to gain more reach with more divisions. This year's format encouraged flexibility to meet the needs of each LGB with more specific camp designs. The focus was still on the U13 division, first and foremost, using our data from the Gap Analysis to once again run camps with an offensive focus and coupling player sessions with coach sessions. Coach sessions aimed at navigating problem areas we see throughout minor lacrosse, using the



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LTAD as our guide on content. On the second day of each weekend, we featured a few ideas, with LGBs choosing between goalie-specific camps and skills camps for all age groups. As with our U13 camps, coaches were encouraged to attend and take the information for their application, as well as ask questions throughout the weekends.

Organizing the dates for camps earlier is a primary focus for 2025, ensuring we do a better job tracking attendance with coaches and following up as needed—35 coaches in 2024.

Gap Analysis

A staple of the Technical Team's data-driven approach to coach and player development, the gap analysis was once again a key focus of our season. With 50 data sets, we have completed three years with the same criteria for U13. We believe that we can now comfortably add another division and look to build on our programming. Richard has put together a small sample size for the U15 division and tailored new criteria for us to evaluate moving forward. Players moving into the U15 division will have been assessed each year of the gap analysis, and our vision is to follow this birth year through U17 to track development. Jason also ran a unique Tier 2 Gap Analysis for the RMLL that will open up development opportunities within that specific division as well.

For 2025, we will likely decrease the data set for U13 while we increase our U15 exposure. Past 2025, we will likely need to recruit some people in each LGB to help assess across multiple divisions.

Teed Up Webinars

The name left something to be desired, but the content was king. We featured four sessions pre-season to help our coaches and members in some key areas to help fill knowledge gaps and answer questions. The four sessions were focused on offence – technical and tactical; defence – focus on building a junior defender and working backwards to applying for minor coaches; refereeing – rules and relations between coaches and officials; and stick stringing 101 – a fundamental stick stringing workshop with tips and tricks for coaches. We had 81 people register for at least one session, with many coaches attending multiple. Unfortunately, only 58 people participated in the sessions, but this was a positive first step. All videos live on Alberta Lacrosse TV and, overall, have been played 198 times since being uploaded. These and any future webinars will continue to live on Alberta Lacrosse TV and YouTube as we continue to build our content.

Our first run at webinars was a success, and we will continue to look for key areas of focus and bring in exciting and largely local special guests to help facilitate sessions.

Improved Visibility



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One of our focuses for 2025 will be increased vision throughout the Alberta Lacrosse landscape. Attending events, meetings, tournaments, games and other critical gatherings throughout the province. We will look to foster positive relationships with coaches, volunteers, and administrators as we continue our roadmap toward improving Alberta Lacrosse for all members.

2025

As we move into a Canada Summer Games year, we are already knee-deep in tasks and deadlines to meet for this unique experience. Richard and I will look to take a more hands-on approach with these teams with winter development camps, coach selection, team selection, preparation, and competition.

Other focuses for this off-season will include creating and updating standard operating procedures and technical and administrative calendars, among other processes, to make operations run more smoothly for the Technical Team and the ALA.

Thank you

Jason Crook
Technical Director