

GUIDELINES FOR PRACTICE PLANNING

AT THE 13U/U13 LEVEL

Overview

Practice planning is an art form that develops over many years of trial and error with your programs and players. Our objective with this document is to give coaches a guideline for what should be included in a training plan at the age level they are coaching. Know that as a coach it is your work and advantage to create, plan, and execute the training plans in a way that accommodates your assessment of your team and objectives. Make certain to enhance through practicing every day and searching for approaches to improve at this coaching art form.

13U/U13 Player Development

Players at the 13U/U13 Level fall under the “Training to Train” stage of LTAD (Long Term Athlete Development Model) which states this phase of athlete development should spend the time to develop the athletes' overall physical capacities (focus on aerobic conditioning and fundamental movement skills). Also, a 60:40 ratio of practice to competition is recommended.

Developmental Considerations

Conditioning is added at this level of play thru length of practice and speed of drills. Practices should last between 75 and 90 minutes in length. 3-4 Practices per week (1-2 games per week).

Goals for 13U/U13 Practices

Goals for 13U/U13 lacrosse players at this level should be as follows:

- Fine development of fundamental skills (Scoop, Catch, Throw, Shoot, Dodge, and combination of skills)
- Settled offence and defence development
- Transition skills and tactics start to come into play
- Game and equipment safety
- Having fun

Planning Template

The following is a basic U-13 Outline for practice planning to help coaches understand timing and what could be included in practice:

- Team meeting
- 5-10 minute warm up
- 15-20 minutes of skills
- 15 - 20 minutes of technique
- 15-20 minutes of instruction
- 20 minutes of free play or game play