

GUIDELINES FOR PRACTICE PLANNING

AT THE 15U/U15 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.

15U/U15 Player Development

Players at the 15U/U15 Level fall under the advanced level of 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 and moving towards faster-paced games and game play.

Developmental Considerations

Conditioning is now a development and evaluation tool. Practices should last between 90 and 120 minutes in length 4-5 Practices per week (1-2 games per week).

Goals for 15U/ U15 Practices

Goals for U-15 lacrosse players at this level should be as follows:

- Focus on the advancement of fundamental skills (Scoop, Catch, Throw, Shoot, Dodge, and a combination of these skills)
- Settled offence and defence development and strategy
- Transition skills and tactics are constant
- Game and equipment safety
- Having fun while working hard for results

Planning Template

The following is a basic U-15 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 20 minutes of instruction
- 20 minutes of free play or gameplay
- 15 minutes situational play
- 10-15 minutes of conditioning/strength work