

GUIDELINES FOR PRACTICE PLANNING

AT THE 9U/U9 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.

9U/U9 Player Development

Players at the 9U/U9 Level fall under the “FUNdamentals” stage of LTAD (Long Term Athlete Development Model) which states this phase of athlete development should spend the majority of time on developing physical capacities and movement skills.

Developmental Considerations

Conditioning exercises are not necessary at this level of play. Practices should last between 45 minutes to 1 hour in length. 1-2 Practices per week.

Goals for 9U/U9 Practices

Goals for 9U/U9 lacrosse players at this level should be as follows:

- Basic fundamental skills introductions (Scoop, Catch, Throw, and Shoot)
- Basic transition play and game play (passing options)
- Understand basic lacrosse movements and rules (Body positioning, small game offence 1v1, 2v2,)
- Game and equipment safety
- Have fun

Planning Template

The following is a basic 9U/U9 Outline for practice planning to help coaches understand timing and what could be included in practice:

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