

Empowering Coaches For Success

Tools for the job. Resources for engagement. Continued learning for development. Passion for commitment.

OVERVIEW & PURPOSE

The purpose of this session is to help our members of the ALA give their coaches the opportunity to succeed in their roles, which will, in turn, provide a better experience for our participants. The goal is that this will help recruit and retain coaches and, ultimately, participants in Alberta Lacrosse.

Defining Success

The first thing we need to do is define success. Ultimately, this will be done at a club level, but providing guidance using tools like the LTAD and the ALA Technical Team initiatives will bolster our programs and provide direction to coaches. Our focus as a sport must shift from gameplay and winning to development. The Sport For Life LTAD document supports and suggests this very practice.

[Sport For Life - LTAD](#)

LTAD Stages

[LTAD - Lacrosse](#)

How do we recruit and retain coaches?

1. Tools for the job.
 - a. Balls. Cones. Pinnies. Whiteboard. String. First aid kit.
2. Resources
 - a. NCCP, Teed Up, [ALATV](#), [ALA Coach Page](#), [LC Coach Page](#).
3. Support
 - a. Questions, discipline assistance, coaching director, parent liason, manager.
4. Exit Survey/Interview

Technical Network/LTAD Development Pathways

Coaches and or clubs can register for our technical network. A pilot program in 2023 that will return in 2025 with monthly newsletters in season. Newsletters will focus on coach resources and answers to commonly asked questions. Fill out the registration form to signup for communications [here](#).

We are also happy to show our LTAD development pathways document, starting with box lacrosse (field lacrosse and sixes are on the way). These documents will guide technical team programming, as well as provide clubs a structured pathway to development year over year. [LTAD Pathway - Box](#)

Resources

ALA Website

[Alberta Lacrosse](#)

Lacrosse Canada Website

[Lacrosse Canada](#)

Lacrosse Canada LTAD Page

[LTAD - Lacrosse Canada](#)

Sport For Life Resources

[Sport For Life - Resource Page](#)