

BOX LACROSSE - Active Start

Mini-Tyke: 6 and under

OPTION 1

LTAD OBJECTIVES

- FUN**
- Introduce skills
 - Basic rules
 - Fair play
 - Physical activity
 - Play agility games (i.e. tag)

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
Cradling, trap and scoop, trap, overhand pass, overhand shot, defensive body position

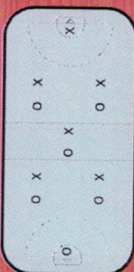
TACTICAL
Give-and-go, cutting

GOALIES
Goalies at this stage - rotate all players

CLA RULES

BOX SIZE

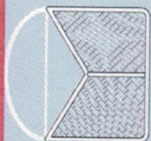
Regulation



PLAYERS PER TEAM

5 on 5, plus goalie, 12-15 players per team

NET



3 ft. wide x 3 ft. high
Net tall 3 ft. from boards.

CONTACT



Body position

SCOREBOARD

HOME **VISITORS**



No scores displayed
No score sheets

EQUIPMENT



Helmet, mask, knee pads (optional), small stick, soft ball, jock/jill strap.
Goalies: Category 1 equipment.

OFFICIATING



Coaches remain on floor. Referees may be introduced. Modified CLA rules. Fall back rule (optional).

SUBS



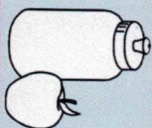
Equal participation
3 minute shifts

SESSIONS



5 min warm-up,
3x12 straight time, 3 min breaks, cool down

SUSTENANCE



Water bottle, healthy snacks. No pop, chips or sugar



FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
PLAYERS: Honour the game; new friendships; equal participation; co-operation; new experiences; volunteering