



Lacrosse for Life

Canadian
Lacrosse
Association



Long-Term Athlete Development
for Canadian Lacrosse

stages



Lacrosse is an exciting game with a proud history in Canada.

Lacrosse for Life is a player development pathway that helps Canadian kids get into lacrosse, have fun, learn skills, and develop to their full potential over the long term. It's based on the best practices in sport training and coaching from around the world, and it's our way of keeping lacrosse fun and safe for kids of all ages and sizes, even while we develop the champions of tomorrow.

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Long-Term Athlete Development (LTAD)

What?

Lacrosse for Life is based on the Long-Term Athlete Development concept (LTAD), a way of coaching and training that matches sports programs to the physical, mental and emotional stages of kids as they grow.

How?

LTAD describes the different stages and changes as young athletes grow from childhood through their teens, recommending modified game formats and training schedules to suit each stage.

Why?

With LTAD, more kids start playing, more kids keep playing, and more athletes achieve excellence in our proud Canadian pastime.

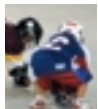
Growing with Lacrosse

Lacrosse for Life identifies seven basic stages for developing lacrosse players:



Active Start

Young children begin basic play.



FUNDamentals

Later childhood provides more structure but emphasizes FUN.



Learning to Train

Pre-teens prepare for structured training.



Training to Train

Early teens build training capacities.



Learning & Training to Compete

Older teens start training to compete for titles.



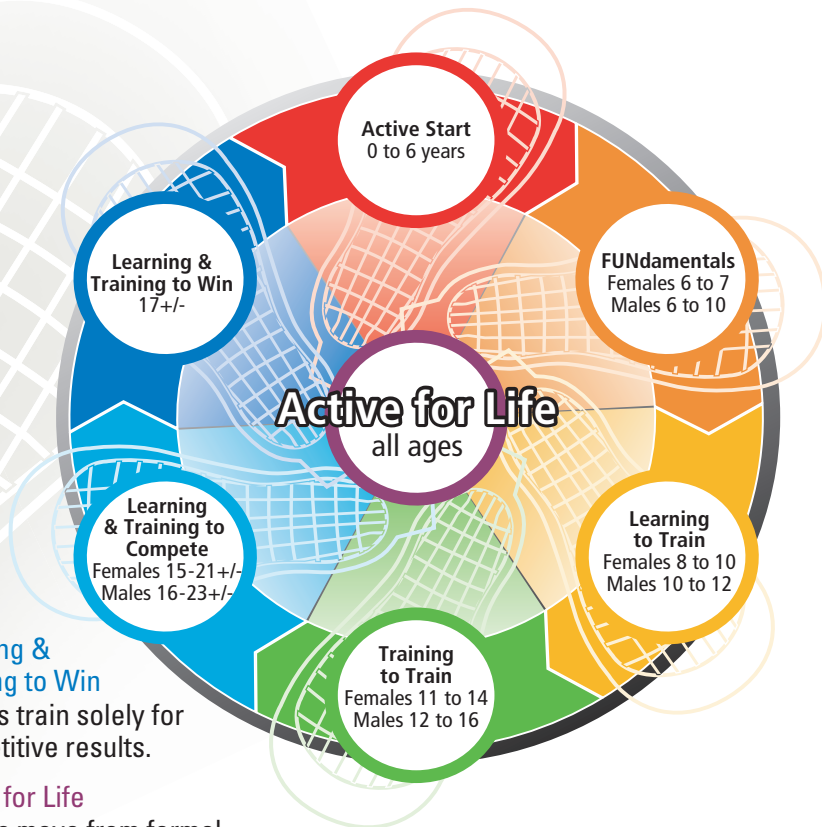
Learning & Training to Win

Players train solely for competitive results.



Active for Life

Players move from formal competition and focus on wellness.



Doing It Right

How we behave as players, coaches and parents has a big impact on the development of our sport. Lacrosse for Life suggests we set the right example.

PLAYER Code of Conduct

- Honour the game.
- Play by the rules.
- Respect your opponents.
- Be a team player – attend all practices and games.
- Remember that winning isn't everything – have fun, improve skills, and do your best.
- Acknowledge the good play of ALL players – both teammates and opponents.
- Play because you want to, not because your parents or coaches want you to.
- Show respect to all coaches, officials, players and fans.

COACH Code of Conduct

- Set a positive example in conduct and coaching.
- Put players' interests and welfare above your own.
- Treat everyone fairly, regardless of gender, ethnicity, colour or other traits.
- Direct coaching comments at performances, not persons.
- Make training activities suitable for player age, experience, ability and fitness level.
- Pursue opportunities for coaching development.
- Treat opponents and officials with respect.
- Respect your players' academic needs.

PARENT Code of Conduct

- Remember that your child plays sport for his or her enjoyment, not yours.
- Teach your child that the effort is more important than the outcome.
- Praise your child for competing fairly and trying hard.
- Never yell at your child for making a mistake or losing a competition.
- Applaud good playing performances by both your child's team and the opponents.
- Do not force your child to participate in sports.
- Encourage your child to play by the rules.
- Respect game officials, team members, opponents and fans.
- Show appreciation for volunteers.

Find Out More

Interested in learning more about coaching or playing lacrosse? The Canadian Lacrosse Association and your Provincial Lacrosse Association can direct you to lacrosse programs and clubs near you. They can also provide you with information on upcoming courses for coaches and referees.

www.lacrosse.ca

THE MATRIX

In recognition of the variance of talent and availability of time and resources between its member associations, the Canadian Lacrosse Association has created a matrix of options for implementation for a number of the stages in this document. The affected stages will be split up into Options L, A and X. The amount of variance differs between member associations and therefore each member association has been classified as type 1, 2 or 3.

TYPE 1 MAs: Clubs can choose to implement Option L, A or X at each stage.

Type 1 MAs: BCLA, ALA, OLA

TYPE 2 MAs: Clubs can choose to implement Option A or X at each stage.

Type 2 MAs: FCQ

TYPE 3 MAs: Clubs must implement Option X at each stage.

Type 3 MAs: SLA, MLA, LNB, LNS, Can-Am, ILA



BOX LACROSSE



BOX LACROSSE - Active Start

Mini-Tyke: 6 and under

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, catch, overhand pass, overhand shot, defensive body position

TACTICAL

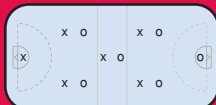
Give-and-go, cutting

GOALIES

Goalies at this stage - rotate all players

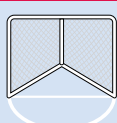
CLA RULES

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 tail 3 ft. from boards.

CONTACT



Body position

SCOREBOARD



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



BOX LACROSSE - Active Start

Mini-Tyke: 6 and under

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, catch, overhand pass, overhand shot, defensive body position

TACTICAL

Give-and-go, cutting

GOALIES

Goalies at this stage - rotate all players

CLA RULES

BOX SIZE

Play cross-floor on 1/2 of box.



PLAYERS PER TEAM

3 on 3, plus goalie
7 to 9 players per team

NET



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

CONTACT



Body position

SCOREBOARD



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. No players sent to penalty box. Fall back rule applies.

SUBS



Equal participation
3 minute shifts

SESSIONS



2 x 15 min.
skill training
2 x 15 min. games
No face-offs

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; volunteering

BOX LACROSSE - Active Start

Mini-Tyke: 6 and under

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, catch, overhand pass, overhand shot, defensive body position

TACTICAL

Give-and-go, cutting

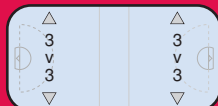
GOALIES

No goalies at this stage

CLA RULES

BOX SIZE

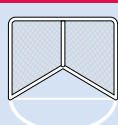
Play cross-floor on 1/2 of box.



PLAYERS PER TEAM

3 on 3, NO goalie, 6-8 players per team

NET



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

CONTACT



Body position

SCOREBOARD



No scores displayed
No score sheets

EQUIPMENT



Helmet, mask, knee pads (optional), small stick, soft ball, jock/jill strap.

OFFICIATING



Coaches remain on floor. Referees may be introduced. Modified CLA rules. Fall back rule applies.

SUBS



Equal participation
3 minute shifts

SESSIONS



2 x 15 min. skill training
2 x 15 min. games
No face-offs

SUSTENANCE



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



BOX LACROSSE - FUNDamentals 1 Tyke: 7-8

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Train ABCs

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Cradling, scoop, catch, overhand pass, overhand shot, defensive body position, face-off, creating space

TACTICAL

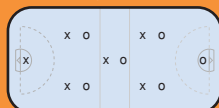
Give-and-go, cutting, face-off, floor positioning

GOALIES

Stance, angles, passing, stopping shots

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 tail 3 ft. from
boards.

CONTACT



Place and push

SCOREBOARD



Differential of more
than 5 goals not
displayed.

EQUIPMENT



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

OFFICIATING



Referees intro-
duced. Modified
CLA rules. Fall back
rule optional.

SUBS



Equal participation.
3 minute shifts.
All play goal.

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; teamwork; win with dignity & lose with grace; volunteering

BOX LACROSSE - FUNDamentals 1 Tyke: 7-8

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Train ABCs

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Cradling, scoop, catch, overhand pass, overhand shot, defensive body position, face-off, creating space

TACTICAL

Give-and-go, cutting, face-off, floor positioning

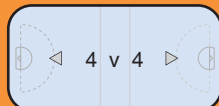
GOALIES

Stance, angles, passing, stopping shots

CLARULES

BOX SIZE

Play modified floor length



PLAYERS PER TEAM
4 on 4, plus goalie
8 to 10 players per team

NET



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

CONTACT



Equal pressure

SCOREBOARD



No scores displayed
No score sheets
Use roster sheet for legal purposes

EQUIPMENT



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

OFFICIATING



Coaches remain on floor. Referees may be introduced. Modified CLA rules.
No players sent to penalty box.

SUBS



Equal participation.
3 minute shifts.
All play goal.

SESSIONS



2 x 15 min.
skill training
2 x 15 min. games

SUSTENANCE



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



BOX LACROSSE - FUNDamentals 1 Tyke: 7-8

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Train ABCs

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Cradling, scoop, catch, overhand pass, overhand shot, defensive body position, face-off, creating space

TACTICAL

Give-and-go, cutting, face-off, floor positioning

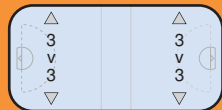
GOALIES

Stance, angles, passing, stopping shots

CLARULES

BOX SIZE

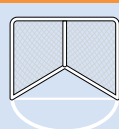
Play cross-floor on 1/2 of box.



PLAYERS PER TEAM

3 on 3, plus goalie (optional),
6-9 players per team

NET



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

CONTACT



Body position

SCOREBOARD



No scores displayed
No score sheets
Use roster sheet for legal purposes

EQUIPMENT



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

OFFICIATING



Coaches manage games. Modified CLA rules. No players sent to penalty box. Coaches stop play & explain whistles.

SUBS



Equal participation.
3 minute shifts.
All play goal.

SESSIONS



2 x 15 min. skill training
2 x 15 min. games
No face-offs

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; teamwork; win with dignity & lose with grace; volunteering

BOX LACROSSE - FUNDamentals 2

Novice: 9-10

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Train ABCs
- Emphasize speed, flexibility

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Cradling, scooping, catching, overhand pass, overhand shot, bounce shot, bull dodge, rolling, face-off, defensive body position, cross-checking, creating space

TACTICAL

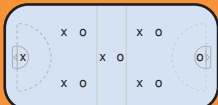
Floor positions, Give-and-go, cutting, line changes, breakout, face-off

GOALIES

Stance, angles, passing, stopping shots

CLA RULES

BOX SIZE: Regulation
NET SIZE: 4' wide by 4' high



PLAYERS PER TEAM
5 on 5, plus goalie
12 to 15 players per team

CONTACT



Option L: Full contact
Option A: Place and push
Option X: Equal pressure

SCOREBOARD

HOME	VISITORS
0	0

Score sheet is kept
Differential of more
than 5 goals is not
displayed

EQUIPMENT



Helmet, gloves, mask, mouthguard.
Knee (optional), elbow, shoulder,
arm & kidney pads, jock/jill strap.
Stick no shorter than 86.36 cm (34").
Goalies: Category 1 equipment

OFFICIATING



Referees intro-
duced. Modified
CLA rules.
Fall back rule
applies to
Options A and X.

SUBS



Equal participation.
All encouraged to
play goal

GAMES



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

SUSTENANCE



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



BOX LACROSSE - Learning to Train

Pee Wee: 11-12

LTAD OBJECTIVES

FUN

- More advanced skills & tactics
- Introduce competition
- Introduce mental training
- Basic rules & fair play
- Physical activity
- Train ABCs
- Emphasize speed, flexibility

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Inside shooting, faking, dodging, mid-pointing, open floor defence

TACTICAL

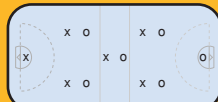
Picks & screens, set plays, 2-1s and 3-2s, breakout, sagging man-to-man defence, power play offence and defence, man-short offence

GOALIES

Stance, angles, passing, stopping shots, communication

CLA RULES

BOX SIZE: Regulation
NET SIZE: 4' wide by 4' high



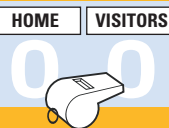
PLAYERS PER TEAM
5 on 5, plus goalie
12 to 15 players per team

CONTACT



CLA rules

SCOREBOARD
Score sheet is kept



OFFICIATING
CLA rules

EQUIPMENT



Helmet, gloves, mask, mouthguard.
Knee (optional), elbow, shoulder, arm & kidney pads, jock/jill strap.
Stick no shorter than 86.36 cm (34").
Goalies: Category 2 equipment

GAMES



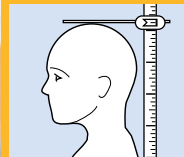
10 min. warm-up
2 x 15 min. straight time
1 x 15 min. stop time
3 minute breaks
Cool down

SUSTENANCE



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

GROWTH - PHV (Peak Height Velocity)



Measure annually

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

BOX LACROSSE - Training to Train 1 Bantam: 13-14

LTAD OBJECTIVES

FUN & physical activity

- Develop skills & tactics
- Continue mental training
- Ethics & fair play
- Train ABCs
- Emphasize stamina, aerobic capacity
- Begin talent identification

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Over-the-shoulder pass, sidearm shot

TACTICAL

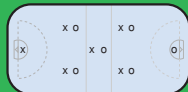
Double teaming, presses, transitions

GOALIES

Stance, angles, passing, stopping shots, communication

CLA RULES

BOX SIZE: Regulation
NET SIZE: 4x4 feet



PLAYERS PER TEAM
5 on 5, plus goalie
12 to 15 players per team
Select teams introduced

SCOREBOARD
Score sheet is kept



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAMES



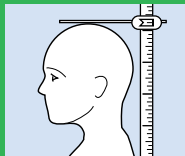
10 min. warm-up
3 x 15 min. stop time
5 minute breaks
Cool down

SUSTENANCE



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

GROWTH - PHV
(Peak Height Velocity)



Measure quarterly

BOX LACROSSE - Training to Train 2 Midget: 15-16

LTAD OBJECTIVES

FUN & physical activity

- Increase competition
- Develop skills & tactics
- Continue mental training
- Ethics & fair play
- Emphasize speed, aerobic capacity
- Offer late-entry

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Develop and refine all skills

TACTICAL

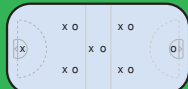
Walling, 6-5, situational lacrosse

GOALIES

Stance, angles, passing, stopping shots, communication

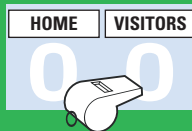
CLA RULES

BOX SIZE: Regulation
NET SIZE: 4x4 feet



PLAYERS PER TEAM
5 on 5, plus goalie
15 to 20 players per team
Select teams

SCOREBOARD
Score sheet is kept



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAMES



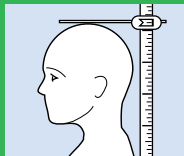
10 min. warm-up
3 x 20 min. stop time
5 minute breaks
Cool down

SUSTENANCE



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

GROWTH - PHV
(Peak Height Velocity)



Measure quarterly



FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions. **PLAYERS:** Honour the game; new friendships; equal participation; win with dignity & lose with grace; personal & team goals; volunteering

BOX LACROSSE - Learning to Compete Intermediate/Junior: 17-19

LTAD OBJECTIVES

- Increase competition
- Advanced skills & tactics
- Introduce year-round physical training
- Train strength
- Ethics & fair play
- Continue mental training
- Continue late-entry
- Begin specializing in lacrosse

SKILLS AT THIS LEVEL

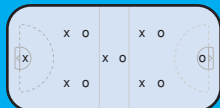
TECHNICAL
Refine all skills

TACTICAL
Develop and refine all tactics

GOALIES
Develop and refine all skills

CLA RULES

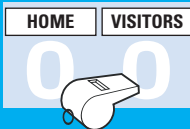
BOX/ NET SIZE: Regulation



PLAYERS PER TEAM

5 on 5, plus goalie
20 to 25 players per team
Select teams

SCOREBOARD
Score sheet is kept



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAMES



30 min. warm-up
3 x 20 min. stop time
10 minute breaks
Cool down

SUSTENANCE



Advanced hydration
& nutrition



BOX LACROSSE - Training to Compete Junior: 20-21

LTAD OBJECTIVES

- Increase competition
- Advanced skills & tactics
- Introduce year-round physical training
- Ethics & fair play
- Develop mental training
- Specialize in lacrosse

SKILLS AT THIS LEVEL

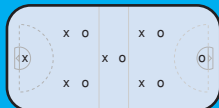
TECHNICAL
Refine all skills

TACTICAL
Refine all tactics

GOALIES
Refine all skills

CLA RULES

BOX/NET SIZE: Regulation

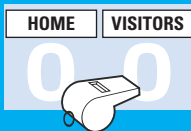


PLAYERS PER TEAM

5 on 5, plus goalie
20 to 25 players per team
Select teams

SCOREBOARD

Score sheet is kept



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAMES



30 min. warm-up
3 x 20 min. stop time
10 minute breaks
Cool down

SUSTENANCE



Advanced hydration
& nutrition

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
PLAYERS: Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering

BOX LACROSSE - Learning to Win Junior A/Senior B: 20+

LTAD OBJECTIVES

- Winning titles
- Advanced skills & tactics
- Year-round physical training
- Training environment with full Performance Enhancement Team support
- Ethics & fair play
- Continue mental training
- Specialize in lacrosse

SKILLS AT THIS LEVEL

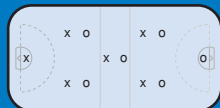
TECHNICAL
Refine and perfect all skills

TACTICAL
Refine and perfect all tactics

GOALIES
Refine and perfect all skills

CLA RULES

BOX/NET SIZE: Regulation



PLAYERS PER TEAM

5 on 5, plus goalie
20 to 25 players per team
Select teams

SCOREBOARD

Score sheet is kept

HOME VISITORS



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAMES



30 min. warm-up
3 x 20 min. stop time
10 minute breaks
Cool down

SUSTENANCE



Advanced hydration
& nutrition



BOX LACROSSE - Training to Win Senior A/Major/National Team: 20+

LTAD OBJECTIVES

- Winning titles
- Advanced skills & tactics
- Year-round physical training
- Training environment with full Performance Enhancement Team support
- Refine mental training
- Specialize in lacrosse
- Ethics, fair play, excellence & respect

SKILLS AT THIS LEVEL

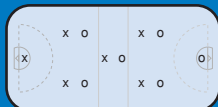
TECHNICAL
Perfect all skills

TACTICAL
Perfect all tactics

GOALIES
Perfect all skills

CLA RULES

BOX/NET SIZE: Regulation



PLAYERS PER TEAM
5 on 5, plus goalie
25 players per team
Select teams

SCOREBOARD
Score sheet is kept

HOME VISITORS



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAMES



30 min. warm-up
3 x 20 min. stop time
10 minute breaks
Cool down

SUSTENANCE



Advanced hydration
& nutrition



FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
PLAYERS: Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering

BOX LACROSSE - Active for Life Competitive (Senior B & C)/Recreational (Masters)

LTAD OBJECTIVES

- Wellness and recreation
- Divisions by skill, competition and recreation
- Giving back to lacrosse
- Fun, fairness & staying healthy

SKILLS AT THIS LEVEL

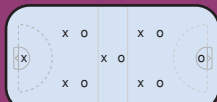
TECHNICAL
Maintain all skills

TACTICAL
Maintain all tactics

GOALIES
Maintain all skills

CLA RULES

BOX/NET SIZE: Regulation



PLAYERS PER TEAM
Competitive: 25 players
Recreational: 12-20 players

CONTACT



Competitive: CLA rules
Recreational:
Modified CLA rules

SCOREBOARD

HOME

VISITORS

0

0

Score sheet is kept

EQUIPMENT



Competitive: CLA Rules
Recreational: Helmet, mask, gloves, Category 3 equipment (goalies)

OFFICIATING



Competitive:
CLA Rules
Recreational:
Modified Rules
[See Appendix A - Masters Rules (Box)]



GAMES

Competitive: 30 min. warm-up, 3x20 min. stop time, 10 min. breaks, cool down
Recreational: 5 min. warm-up, 2x15 min. straight time, 1x12 min stop time, 3 min. breaks, cool down

SUSTENANCE



Competitive:
Advanced hydration & nutrition
Recreational: Water



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Lacrosse
Association*



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*Find out more by visiting ***www.lacrosse.ca*** – and help the development of our great game.*