



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.

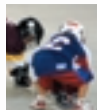
Growing with Lacrosse

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.



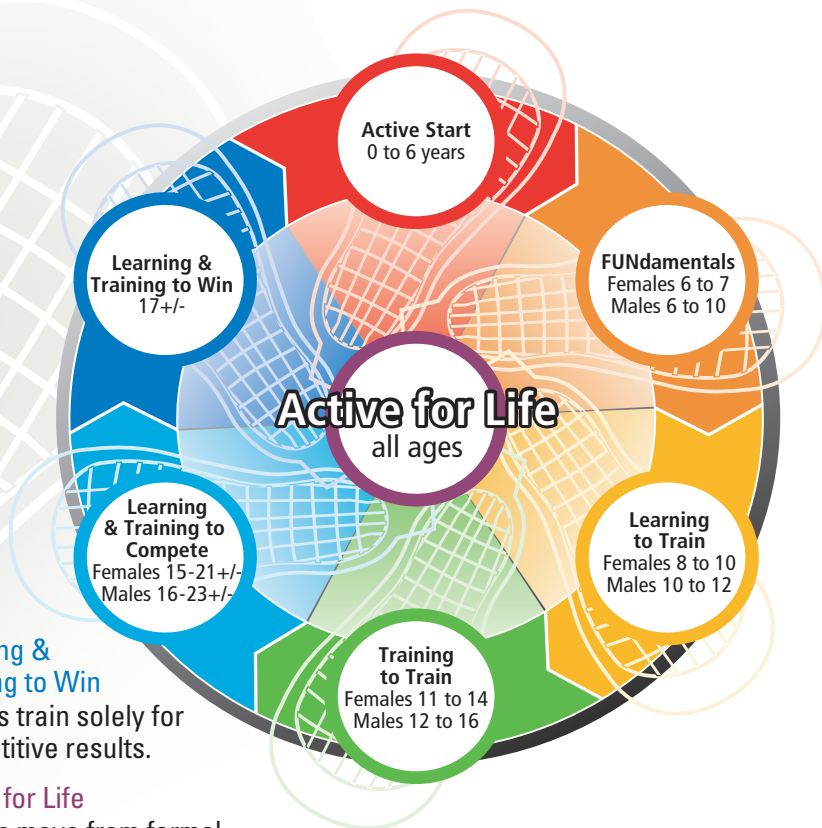
Learning & Training to Win

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



WOMEN'S FIELD LACROSSE



WOMEN'S FIELD LACROSSE - Active Start 5 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
Running with the ball, scooping, throwing

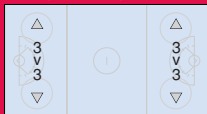
TACTICAL
Stopping and starting, changing pace, running to open space

GOALIES
No goalies at this stage

CLA RULES

FIELD SIZE

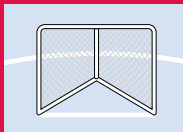
1/3 length of regulation field



PLAYERS PER TEAM

3 on 3, no goalie
6 to 8 players per team

NET



Modified nets
(hockey size or smaller).

CONTACT



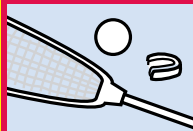
No stick or body contact

SCOREBOARD



No scores displayed
No score sheets

EQUIPMENT



Mouthguard
Stick minimum 70 cm
Modified ball

OFFICIATING



Coaches manage games
Modified CLA rules
Coaches stop play & explain whistles.

SUBS



Equal participation
3 minute shifts

SESSIONS



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

SUSTENANCE



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



WOMEN'S FIELD LACROSSE - FUNDamentals 6-7

LTAD OBJECTIVES

FUN

- Physical activity
- Introduce skills
- Basic rules & fair play
- Train ABCs
- Emphasize speed

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Cradling, passing, catching, shooting, marking

TACTICAL

Cutting, changing directions

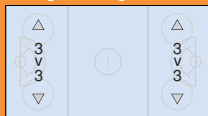
GOALIES

Stance, angles, passing, stopping shots

CLARULES

FIELD SIZE

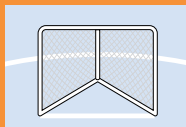
1/2 length of regulation field



PLAYERS PER TEAM

6 on 6, plus goalie, 10-12 players per team

NET



Modified net (hockey size or smaller - add targets)

CONTACT



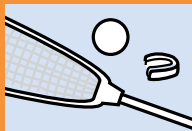
No stick or body contact

SCOREBOARD



Differential of more than 5 goals is not displayed

EQUIPMENT



Mouthguard
Stick minimum 70 cm
Soft ball (optional)

OFFICIATING



Coaches remain on field. Referees may be introduced. Modified CLA rules.

SUBS



Equal participation
3 minute shifts

SESSIONS



10 min warm-up,
2x20 straight
time, 5 min break,
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

WOMEN'S FIELD LACROSSE - FUNDamentals 6-7

LTAD OBJECTIVES

FUN

- Physical activity
- Introduce skills
- Basic rules & fair play
- Train ABCs
- Emphasize speed

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Cradling, passing, catching, shooting, marking

TACTICAL

Cutting, changing directions

GOALIES

Stance, angles, passing, stopping shots

CLARULES

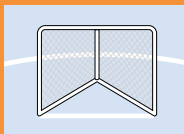
FIELD SIZE

1/2 length of regulation field



PLAYERS PER TEAM
6 on 6, goalie (optional),
10-12 players per team

NET



Modified net (hockey size or smaller - add targets)

CONTACT



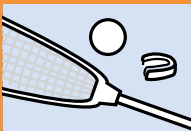
No stick or body contact

SCOREBOARD



No scores displayed
No score sheet
Roster sheet kept for legal purposes

EQUIPMENT



Mouthguard
Stick minimum 70 cm
Soft ball (optional)

OFFICIATING



Coaches remain on field.
Referees may be introduced.
Modified CLA rules.

SUBS



Equal participation
3 minute shifts

SESSIONS



10 min warm-up,
2x20 straight time,
5 min break,
cool down

SUSTENANCE



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



WOMEN'S FIELD LACROSSE - Learning to Train 8-10

LTAD OBJECTIVES

FUN

- Physical activity
- Emphasize continued skill development
- Introduce competition
- Introduce mental training
- Basic rules & fair play
- Train ABCs
- Emphasize flexibility

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Switching hands, mid-pointing, moving into defensive position, stick protection, shooting on the run

TACTICAL

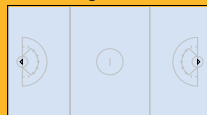
Dodging, give-and-go, pick-and-roll, clears, man to man defence

GOALIES

Stance, movement in the crease, stick position, stopping shots

CLA RULES

FIELD SIZE Regulation



PLAYERS PER TEAM
10 on 10, plus goalie,
12-15 players per team

CONTACT



No stick or body
contact

SCOREBOARD

HOME

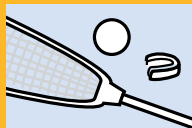
VISITORS

0

0

Differential of more
than 5 goals is not
displayed

EQUIPMENT



Mouthguard
Stick minimum 70 cm
CLA ball

OFFICIATING



Umpires
introduced
Modified
CLA rules

SUBS



Substitution
on the fly

GAME SESSIONS



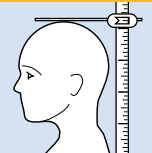
10 min. warm-up
2 x 20 min. straight time
5 min. break
Cool down

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

WOMEN'S FIELD LACROSSE - Learning to Train 8-10

LTAD OBJECTIVES

FUN

- Physical activity
- Emphasize continued skill development
- Introduce competition
- Introduce mental training
- Basic rules & fair play
- Train ABCs
- Emphasize flexibility

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Switching hands, mid-pointing, moving into defensive position, stick protection, shooting on the run

TACTICAL

Dodging, give-and-go, pick-and-roll, clears, man to man defence

GOALIES

Stance, movement in the crease, stick position, stopping shots

CLA RULES

FIELD SIZE

1/2 field width-wise



PLAYERS PER TEAM
6 on 6, plus goalie
10 to 12 players per team

CONTACT



No stick or body contact

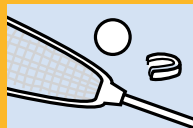
SCOREBOARD

HOME VISITORS



No scores displayed.
Roster sheet kept for legal purposes.

EQUIPMENT



Mouthguard
Stick minimum 70 cm
Soft ball (optional)

OFFICIATING



Coaches remain on field.
Referees may be introduced.
Modified CLA rules.

SUBS



Substitution on the fly

GAME SESSIONS



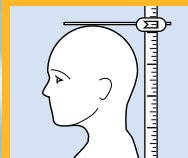
10 min. warm-up
2 x 20 min. straight time
5 min. break
Cool down

SUSTENANCE



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

GROWTH - PHV (Peak Height Velocity)



Measure annually



WOMEN'S FIELD LACROSSE - Training to Train 11-14

LTAD OBJECTIVES

FUN

- Physical activity
- Continue mental training
- Basic rules & fair play
- Train ABCs
- Emphasize speed, stamina, strength & suppleness
- Talent identification

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Advanced passing & catching, feeding, stick-checking, combo-dodge

TACTICAL

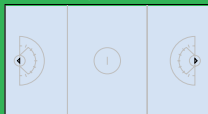
Subs on the fly, 1v1 moves, 2v1 moves, offensive motion, special situations, double teams

GOALIES

Angles, passing, communication, stepping to the ball

CLA RULES

FIELD / NET SIZE Regulation



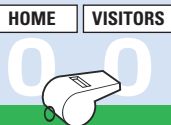
PLAYERS PER TEAM
10 on 10, including goalie
15 to 18 players per team

CONTACT



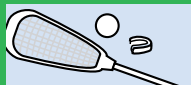
Stick check only

SCOREBOARD Score sheet is kept



OFFICIATING
Umpires, CLA rules

EQUIPMENT



CLA rules
Player stick length
0.9m - 1.1m
Goalie stick length
0.9m - 1.35m

GAME SESSIONS



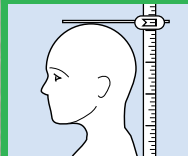
10 min. warm-up
2 x 25 min. straight time
10 min. break
Cool down

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

WOMEN'S FIELD LACROSSE - Learning & Training to Compete 15-18

LTAD OBJECTIVES

- Increase competition
- Ethics & fair play
- Continue mental training
- Specialize in lacrosse
- Introduce year-round training
- Offer late-entry

SKILLS INTRODUCED AT THIS LEVEL

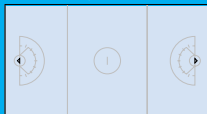
TECHNICAL
Advanced shooting, quadruple threat

TACTICAL
Fast break man-up/man-down, team defense, team offense

GOALIES
Develop and refine all skills

CLA RULES

FIELD / NET SIZE Regulation



PLAYERS PER TEAM
12 on 12, including goalie
15 to 18 players per team

SCOREBOARD

Score sheet is kept



OFFICIATING
CLA rules

EQUIPMENT

CLA rules



CONTACT
Stick check only

GAME SESSIONS



10 min. warm-up
2 x 30 min. straight time
10 min. break
Cool down

SUSTENANCE



Advanced hydration
& nutrition



WOMEN'S FIELD LACROSSE - Learning & Training to Win 18+/- National Teams

LTAD OBJECTIVES

- Winning titles
- Continue year-round training
- Continue mental training
- Specialize in lacrosse
- Ethics, fair play, excellence & respect

SKILLS AT THIS LEVEL

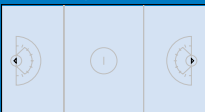
TECHNICAL
Refine and perfect all skills

TACTICAL
Refine and perfect all tactics

GOALIES
Refine and perfect all skills

CLA RULES

FIELD/NET SIZE Regulation



PLAYERS PER TEAM
12 on 12, including goalie
15 to 18 players per team

SCOREBOARD
Score sheet is kept

HOME	VISITORS
0	0



OFFICIATING
CLA rules

EQUIPMENT
CLA rules



CONTACT
Stick check only

SUSTENANCE



Advanced hydration & nutrition

GAME SESSIONS



10 min. warm-up.
2 x 30 min. stop time after goals.
Last 2 minutes of each half is stop time
10 min. break. Cool down.



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

WOMEN'S FIELD LACROSSE - Active for Life

Competitive (Senior) /
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

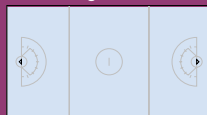
TECHNICAL
Maintain all skills

TACTICAL
Maintain all tactics

GOALIES
Maintain all skills

CLA RULES

FIELD/NET SIZE Regulation



PLAYERS PER TEAM

Competitive: 20-22 players
Recreational: 12-20 players

SCOREBOARD

Score sheet is kept



OFFICIATING
Modified CLA rules

EQUIPMENT

CLA rules



CONTACT
Stick check only



GAMES SESSIONS

Competitive:
10 min. warm-up, 2x30 min. straight time,
10 min. break, cool down
Recreational: 10 min. warm-up, 2x25 min. straight time, 10 min. break, cool down

SUSTENANCE



Competitive:
Advanced hydration & nutrition
Recreational: Water





*Canadian
Lacrosse
Association*



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