



LACROSSE

NTB

Coach's Guide: U7-U13 Box Lacrosse

LNB Box Lacrosse - Long Term Athletic Development Recommendations: U7-U13

As coaches, our main goal (in any sport) for this demographic is to increase physical literacy. Physical Literacy has multiple definitions across many different NSO's, but the most commonly accepted description was provided by Dr. Whitehead in 2007:

- Physical literacy can be described as the ability and motivation to capitalize on our movement potential to make a significant contribution to the quality of life.
- As humans we all exhibit this potential, however its specific expression will be particular to the culture in which we live and the movement capacities with which we are endowed.
- An individual who is physically literate moves with poise, economy and confidence in a wide variety of physically challenging situations.
- The individual is perceptive in 'reading' all aspects of the physical environment, anticipating movement needs or possibilities and responding appropriately to these, with intelligence and imagination.
- A physically literate individual has a well established sense of self as embodied in the world. This together with an articulate interaction with the environment engenders positive self esteem and self confidence.

(Mandigo, Francis, Lodewyk)

Physical Literacy development often starts with fundamental and rhythmic skills. It is age related, not age dependant. Optimal physical literacy development has well documented as a key factor in post-puberty participation in sport. Furthermore, introducing sport-specific skills prior to developing a wide variety of fundamental movement skills will often result in a proficiency barrier. This in turn will most often result in withdrawal from the sport and in some cases, withdrawal from physical activity in general.

As a result, child-centered approaches to teaching skills is critical. These approaches put the needs and current abilities (or inabilities) first above the needs or requirements of the sport itself. These type of pedagogical approaches help children and youth learn the skills needed to be physically literate at a pace that is right for them and the sport system/ organization provides ample opportunities for these skills and abilities to flourish within the system/ organization.

Currently, roughly 75% of New Brunswick youth do not meet the minimum physical activity standard, as outlined by Health Canada. Let's do our part to push that measure in a positive direction.

Resources

Practice Plans

[Practice Plans Archives – \(laxlife.ca\)](#)

Drill Videos (to compliment above Practice Plans)

[\(25\) Laxlife - YouTube](#)

Dynamic Warm-up

[Dynamic-Stretches.pdf \(laxlife.ca\)](#)

Fundamental Skills Tracking Sheet

[Fundamental-Skills-Tracking-Sheet.pdf \(laxlife.ca\)](#)

Player Profile Document

[Player-Profile-Document \(laxlife.ca\)](#)

Anticipating Adversity - Equipment

[1 - Anticipating Adversity - Equipment \(laxlife.ca\)](#)

Line-up Sheet

[NEW-Lax-Line-up_Sheet \(laxlife.ca\)](#)

Competence vs Confidence: Coach Communication -

[Competence-vs-Confidence-Communication-Strategy.pdf \(laxlife.ca\)](#)

Glossary

[Game Play – \(laxlife.ca\)](#)

[Individual Defense – \(laxlife.ca\)](#)

[Team Defense – \(laxlife.ca\)](#)

[Transition – \(laxlife.ca\)](#)

[Individual Offense – \(laxlife.ca\)](#)

[Team Offense – \(laxlife.ca\)](#)

[Goaltending – \(laxlife.ca\)](#)

Fundamental Skills Categories

1. Stability

To maintain balance and control movement

2. Locomotion

To move through space

3. Manipulative Skills

Manipulative skills involve moving or using an object with the hands or feet to achieve a goal or complete a task.

Gross Motor Manipulative Skills:

Seizing, holding, grasping, turning, or otherwise working with hand(s) and/or feet. This includes instances when fingers are used as an extension of the hand to hold or operate a tool.

Fine Motor Skills:

Precise movements of small muscles, often involving coordination of the hands and fingers.

U7

The U7 age group presents unique challenges in Lacrosse. Most athletes lack the physical literacy to properly engage Lacrosse stick-skills. Thusly, actively optimizing ALL engagement and motivation factors at ALL TIMES is absolutely essential.

LTAD Stage – Active Start/FUNDamentals

- Basic fundamental movements (Run, Jump, Throw, Fall, Catch)
- Highly recommend Coach Canada's Fundamental Movement Skills training cert.
- Little to no tactics.

Areas of optimal Physical development

- Males (Speed, Suppleness, Balance)
- Females (Speed, Suppleness, Balance)

Competition guidelines

- Very minimal structured game-play towards end of the year
- 3x3 nets, smaller crease (7 foot)
- 3 vs 3 cross-floor
- No goalies

Engagement Guidelines and Strategies

-5 Mins MAX per drill

-Free play encouraged before or after practice.

-Engage and interact with senses (Sound effects, Music, Guided Visualization)

-Use their imagination!

Optimized Session Plans for U7 can be found at the link below (totLax):

[Practice Plans Archives – \(laxlife.ca\)](https://laxlife.ca/practice-plans-archives)

U9

LTAD Stage – FUNdamentals

- Basic fundamental movements (Run, Jump, Throw, Fall, Catch) stabilization
- Highly recommend Coach Canada's Fundamental Movement Skills training cert.
- Give-and-go, cutting, face-offs, basic floor positioning, creating space
- Full equipment
- Social: New Friendships, Honor the game, win and lose with dignity and grace, staying positive

Areas of optimal Physical development

- Males (Speed, Suppleness, Balance)
- Females (Speed, Suppleness, Balance)

Competition Guidelines

- 3x3 nets, smaller crease (7 foot)
- 3 vs 3 cross-floor
- Timed shifts
- Introduce goaltending on a rotating basis (everybody gets a chance to play goalie, nobody always plays goalie)
- Place and push, no cross checking

Engagement Guidelines and Strategies

-5 Mins MAX per drill

-Free play encouraged before or after practice.

-Use stories

-use dodgeball, basketball, or football for teaching basic tactics

U11

LTAD Stage – Learning to Train

- Basic fundamental movements (Run, Jump, Throw, Fall, Catch) variation
- Highly recommend Coach Canada's Fundamental Movement Skills training cert.
- Technical: Loose balls, Cradling, Overhand shooting and passing, bounce-shot, rolling, face-dodge, defensive body position, cross-checking creating space.
- Tactical: Face-off, Floor positions, give-and-go, cutting, breakout, line changes
- Goaltending: Stance, Angles, Passing (encourage all to play goalie)
- Social: New Friendships, Honor the game, win and lose with dignity and grace, staying positive, equal participation

Areas of optimal Physical development

- Males (Speed, Skills, Suppleness)
- Females (Suppleness, Skills, Stamina*)

Competition Guidelines

- Full contact on-ball
- Equal pressure off-ball
- Introduce refs

-5v5 full floor

Engagement Guidelines and Strategies

-5 mins per drill

-Free play encouraged before or after practice (Theories for each, I prefer at the start).

-use dodgeball, basketball, or football for teaching basic tactics

-Introduce friendly competition into practice

U13

LTAD Stage – Learning to Train

-70% technical, 30% tactical

-Technical: Inside shooting, Faking, Open-floor defence

-Tactical 2-on-1, 3-on-2, Picks, Seals, Breakout, Helping Man-to-man Defence, special teams, introduce set-plays

-Goaltending: Stance, Angles, Passing, Save selection, Communication

-Social: New Friendships, Honor the game, win and lose with dignity and grace, staying positive, equal participation

Areas of optimal Physical development

-Males (Skills, Stamina*)

-Females (Skills, Stamina, Speed*)

Competition Guidelines

-5v5 full floor Lacrosse Canada Rules

Engagement Guidelines and Strategies

- Match athletes in drills by athletic ability and skill to optimize rep quality
- 5-7 mins per drill
- Free play encouraged before or after practice (Theories for each, I prefer at the start).
- use dodgeball, basketball, or footballs when introducing tactics
- Friendly competition in practice