



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 Win

Players train solely for competitive results.



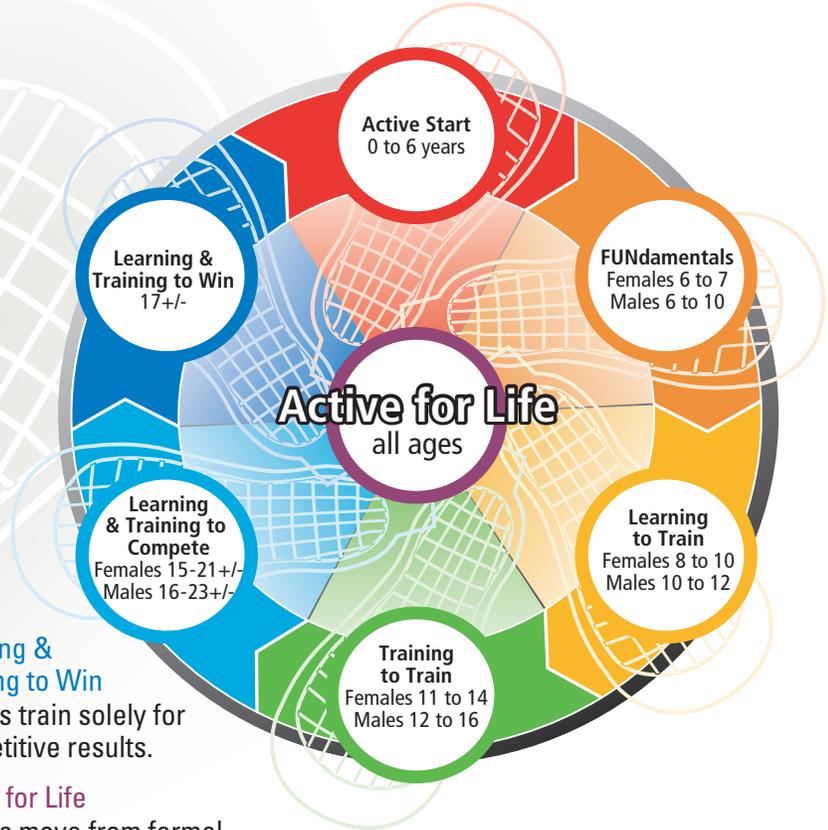
Learning & Training to Compete

Older teens start training to compete for titles.



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

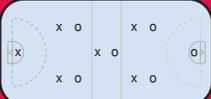
TECHNICAL
Cradling, trap and scoop, catch, overhand pass, overhand shot, defensive body position

TACTICAL
Give-and-go, cutting

GOALIES
Goalies at this stage - rotate all players

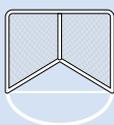
CLA RULES

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

HOME	VISITORS
X	X

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

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. 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

HOME	VISITORS
X	X

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

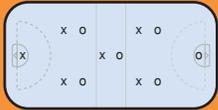
SKILLS INTRODUCED AT THIS LEVEL

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

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

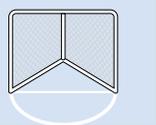
GOALIES
Stance, angles, passing, stopping shots

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

HOME	VISITORS
0	0

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 introduced. 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

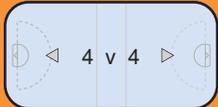
TECHNICAL
Cradling, scoop, catch, overhand pass, overhand shot, defensive body position, face-off, creating space

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

GOALIES
Stance, angles, passing, stopping shots

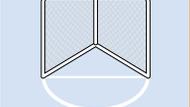
CLA RULES

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

HOME	VISITORS
X	X

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

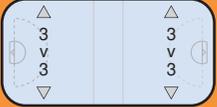
TECHNICAL
Cradling, scoop, catch, overhand pass, overhand shot, defensive body position, face-off, creating space

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

GOALIES
Stance, angles, passing, stopping shots

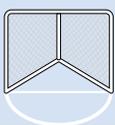
CLA RULES

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

HOME	VISITORS
X	X

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

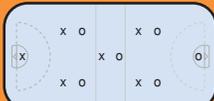
Floor positions, Give-and-go, cutting, line changes, breakout, face-off

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 introduced.
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

Peewee: 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

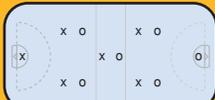
Picks & screens, set plays, 2-1s and 3-2s, breakout, sagging man-to-man defence, power play offence and defence, man-short offence

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



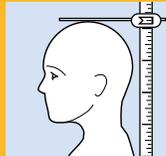
10 min. warm-up
2 x 15 min. straight time
1 x 15 min. stop time
3 minute breaks
Cool down

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

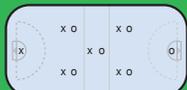
TECHNICAL
Over-the-shoulder pass, sidearm shot

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

HOME	VISITORS
0	0



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAMES



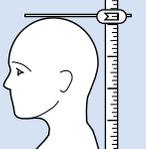
10 min. warm-up
3 x 15 min. stop time
5 minute breaks
Cool down

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

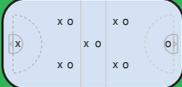
TECHNICAL
Develop and refine all skills

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

HOME	VISITORS
0	0



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAMES



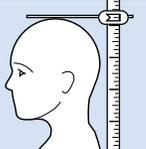
10 min. warm-up
3 x 20 min. stop time
5 minute breaks
Cool down

SUSTENANCE

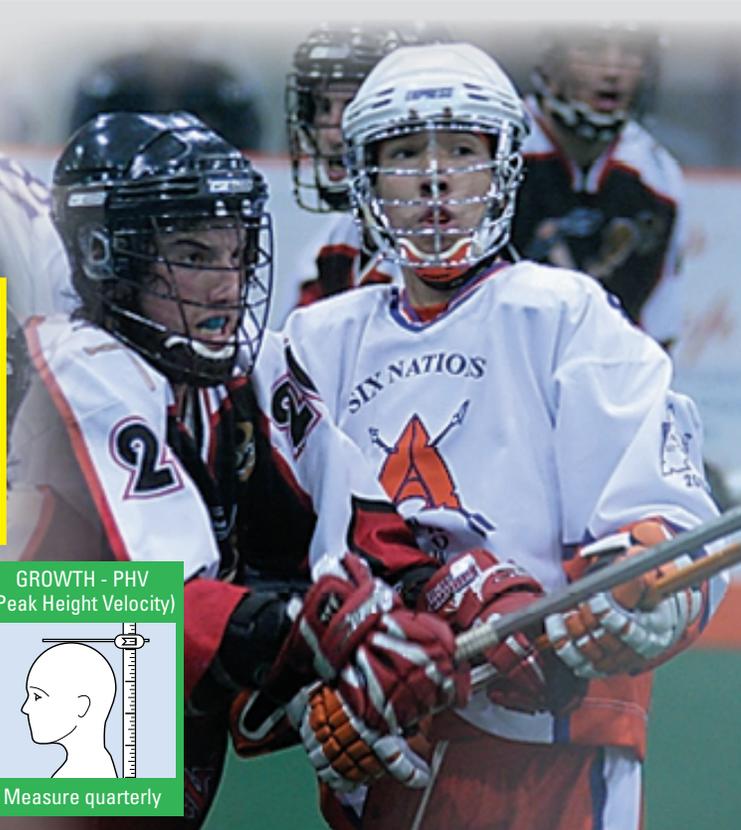


Water bottle, healthy snacks. No pop, chips or sugar

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

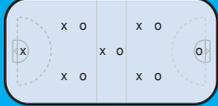
TECHNICAL
Refine all skills

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

HOME	VISITORS
00	00



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

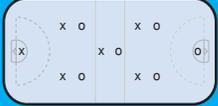
- Increase competition
- Advanced skills & tactics
- Introduce year-round physical training
- Ethics & fair play
- Develop mental training
- Specialize in lacrosse

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

HOME	VISITORS
00	00



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

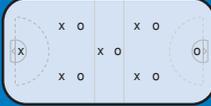
TECHNICAL
Refine and perfect all skills

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
0	0



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAMES

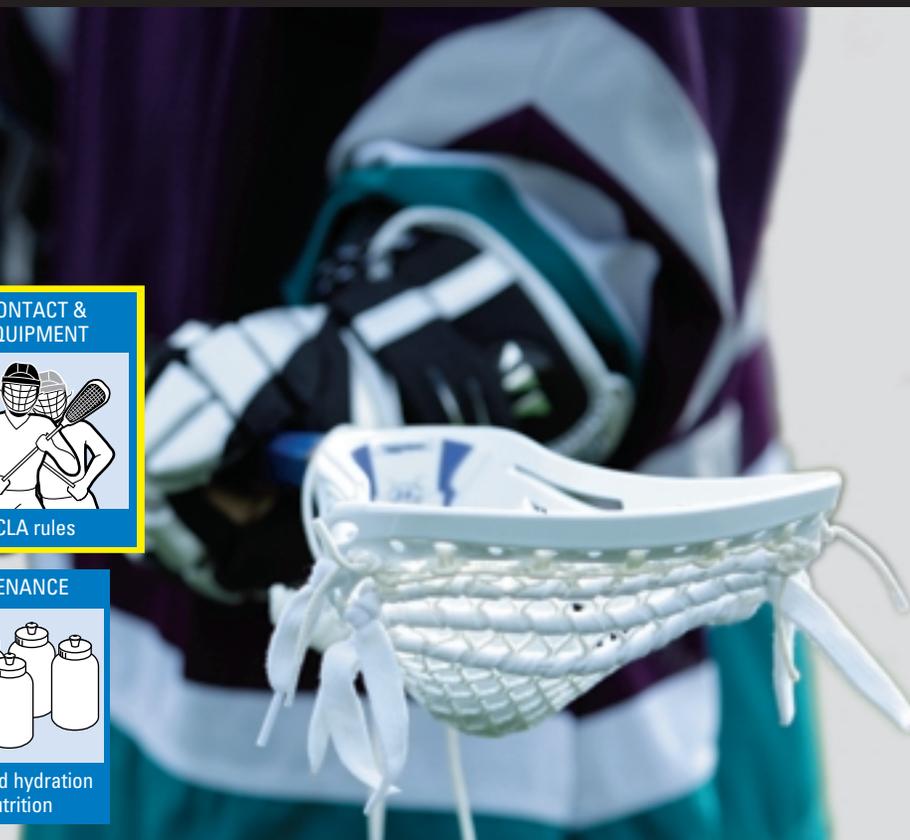


30 min. warm-up
3 x 20 min. stop time
10 minute breaks
Cool down

SUSTENANCE



Advanced hydration & nutrition



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

LTAD OBJECTIVES

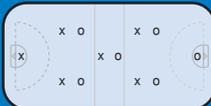
- Winning titles
- Advanced skills & tactics
- Year-round physical training
- Training environment with full Performance Enhancement Team support
- Refine mental training
- Specialize in lacrosse
- Ethics, fair play, excellence & respect

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
0	0



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

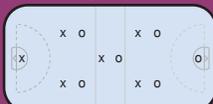
TECHNICAL
Maintain all skills

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

SUSTNANCE



Competitive:
Advanced hydration & nutrition
Recreational: Water

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

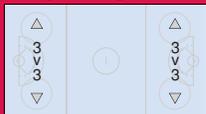
Stopping and starting, changing pace, running to open space

GOALIES

No goalies at this stage

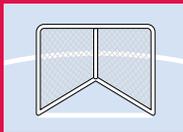
CLA RULES

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



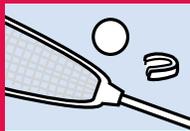
No stick or body contact

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

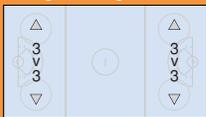
GOALIES

Stance, angles, passing, stopping shots

CLA RULES

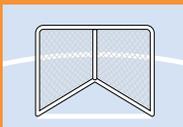
FIELD SIZE

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

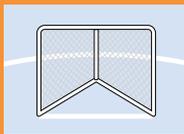
FIELD SIZE

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



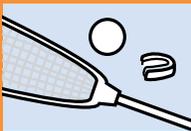
No stick or body
contact

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

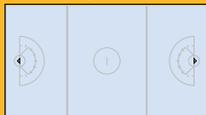
TECHNICAL
Switching hands, mid-pointing, moving into defensive position, stick protection, shooting on the run

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

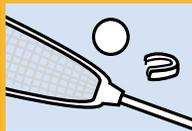
SCOREBOARD

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



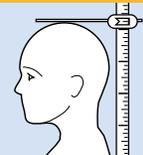
10 min. warm-up
2 x 20 min. straight time
5 min. break
Cool down

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

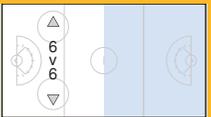
TECHNICAL
Switching hands, mid-pointing, moving into defensive position, stick protection, shooting on the run

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
X	X

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



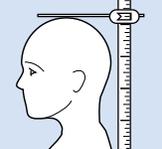
10 min. warm-up
2 x 20 min. straight time
5 min. break
Cool down

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

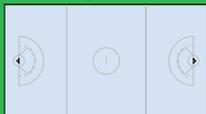
Subs on the fly, 1v1 moves, 2v1 moves, offensive motion, special situations, double teams

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

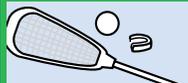
SCOREBOARD
Score sheet is kept

HOME VISITORS



OFFICIATING
Umpires, CLA rules

EQUIPMENT



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

GAME SESSIONS



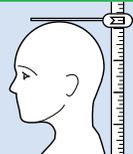
10 min. warm-up
2 x 25 min. straight time
10 min. break
Cool down

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

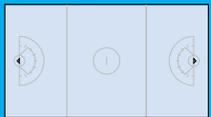
TECHNICAL
Advanced shooting, quadruple threat

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

HOME	VISITORS
00	00



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

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

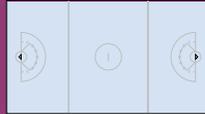
TECHNICAL
Maintain all skills

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



MEN'S FIELD LACROSSE



MEN'S FIELD 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)

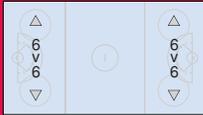
SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
 Offence: cradling, scooping, catching, overhand pass & shot
 Defence: defensive body position, lifts

TACTICAL
 Offence: cutting, give-and-go, changing pace, running to space

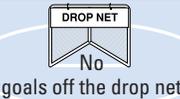
GOALIES
 Goalies at this stage - rotate all players

FIELD SIZE
 1/2 length of regulation field.



PLAYERS PER TEAM
 6 on 6 (2-2-2), plus goalie, 12-15 players per team

NET



Modified nets
 Field net with drop board or 4x4 net
 Regulation crease

CONTACT



Contact on bottom hand only

SCOREBOARD

HOME	VISITORS
0	0

Differential of more than 5 goals is not displayed.

EQUIPMENT



Helmet, mask, mouth-guard, jock strap, soft ball. Stick max. 36 inch. Knee, elbow & shoulder pads 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. Face-offs optional.

SUSTENANCE



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



MEN'S FIELD 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)

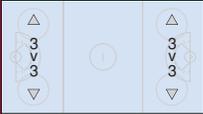
SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
 Offence: cradling, scooping, catching, overhand pass & shot
 Defence: defensive body position, lifts

TACTICAL
 Offence: cutting, give-and-go, changing pace, running to space

GOALIES
 Goalies at this stage - rotate all players

FIELD SIZE
 1/3 length of regulation field



PLAYERS PER TEAM
 3 on 3, plus goalie
 7-9 players per team

NET



goals off the drop net

Modified nets
 Field net with drop board or 4x4 net
 Regulation crease

CONTACT



Contact on bottom hand only

SCOREBOARD

HOME	VISITORS
X	X

No scores displayed.
 Roster sheet kept for legal purposes.

EQUIPMENT



Helmet, mask, mouth-guard, jock strap, soft ball. Stick max. 36 inch. Knee, elbow & shoulder pads optional

OFFICIATING



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

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; new experiences; volunteering

MEN'S FIELD 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
 Offence: cradling, scooping, catching, overhand pass & shot
 Defence: defensive body position, lifts

TACTICAL
 Offence: cutting, give-and-go, changing pace, running to space

GOALIES
 No goalies at this stage

FIELD SIZE
 1/3 length of regulation field



PLAYERS PER TEAM
 3 on 3, no goalie
 6-8 players per team

SCOREBOARD

HOME	VISITORS
X	X

No scores displayed.
 Roster sheet kept for legal purposes

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

NET



Modified nets
 Field net with drop board or 4x4 net
 Regulation crease

CONTACT



Contact on bottom hand only

EQUIPMENT

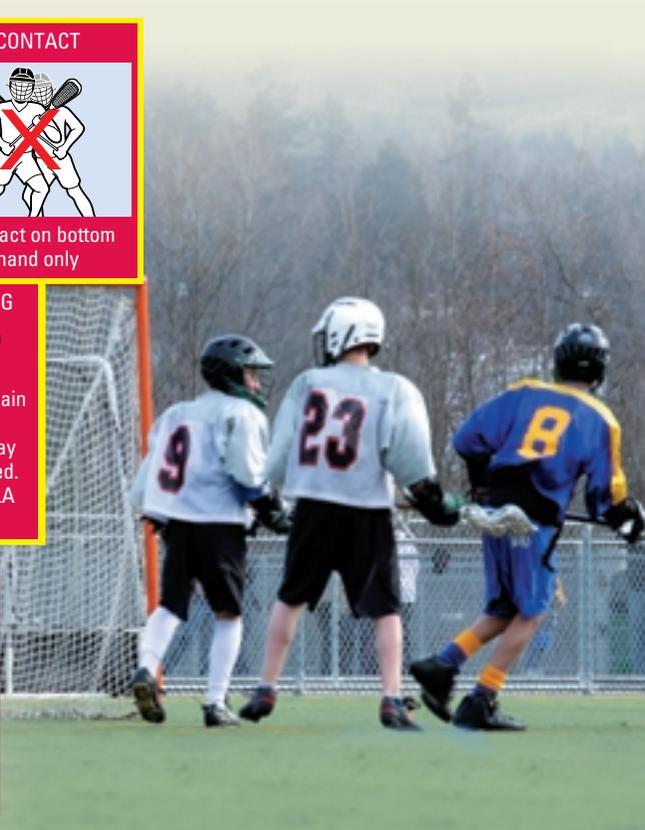


Helmet, mask, mouthguard, jock strap, soft ball. Stick max. 36 inch. Knee, elbow & shoulder pads optional

OFFICIATING



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



MEN'S FIELD LACROSSE - FUNDamentals 1 Tyke: 7-8

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules & fair play
- Physical activity

SKILLS INTRODUCED AT THIS LEVEL

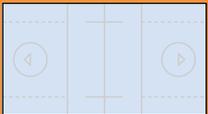
TECHNICAL
 Offence: cradling, stick protection, scooping, catching, overhand pass & shot, face-off
 Defence: Defensive body position, lifts, poke check

TACTICAL
 Offence: cutting, give-and-go, face-offs, changing pace, running to space

GOALIES
 Stance, angles, passing, stopping shots

CLA RULES

FIELD SIZE
Regulation



PLAYERS PER TEAM
9 on 9 (3-3-3), plus goalie, 16-18 players per team

NET



No goals off the drop net

Modified nets
Field net with drop board or 4x4 net
Regulation crease

CONTACT



CLA rules

SCOREBOARD

HOME	VISITORS
0	0

Differential of more than 5 goals is not displayed

EQUIPMENT



Helmet, mask, mouth-guard, jock strap, soft ball (optional). Stick max. 36 inch. Knee, elbow & shoulder pads optional

OFFICIATING



Referees introduced.
Modified CLA rules.

SUBS



Equal participation
3 minute shifts
All play goal

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

MEN'S FIELD LACROSSE - FUNDamentals 1 Tyke: 7-8

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules & fair play
- Physical activity

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
 Offence: cradling, stick protection, scooping, catching, overhand pass & shot, face-off
 Defence: Defensive body position, lifts, poke check

TACTICAL
 Offence: cutting, give-and-go, face-offs, changing pace, running to space

GOALIES
 Stance, angles, passing, stopping shots

CLA RULES

FIELD SIZE
 1/2 field width-wise



PLAYERS PER TEAM
 6 on 6 (2-2-2), plus goalie
 12 to 15 players per team

NET



Modified nets
 Field net with drop board or 4x4 net
 Regulation crease

CONTACT



CLA rules

SCOREBOARD

HOME	VISITORS
X	X

No scores displayed.
 Roster sheet kept for legal purposes.

EQUIPMENT



Helmet, mask, mouth-guard, jock strap, soft ball (optional). Stick max. 36 inch. Knee, elbow & shoulder pads optional

OFFICIATING



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

SUBS



Equal participation
 3 minute shifts
 All play goal

SESSIONS



10 min warm-up,
 2x20 straight time,
 5 min break,
 cool down.
 Face-offs optional.

SUSTENANCE



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



MEN'S FIELD LACROSSE - FUNDamentals 1 Tyke: 7-8

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules & fair play
- Physical activity

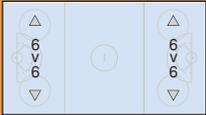
SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
 Offence: cradling, stick protection, scooping, catching, overhand pass & shot, face-off
 Defence: Defensive body position, lifts, poke check

TACTICAL
 Offence: cutting, give-and-go, face-offs, changing pace, running to space

GOALIES
 Stance, angles, passing, stopping shots

CLA RULES

<p>FIELD SIZE 1/3 field width-wise</p>  <p>PLAYERS PER TEAM 6 on 6, plus goalie 12 to 15 players per team</p>	<p>NET</p>  <p>Modified nets Field net with drop board or 4x4 net Regulation crease</p>	<p>CONTACT</p>  <p>Contact on bottom hand only</p>
<p>SCOREBOARD</p>  <p>No scores displayed. Roster sheet kept for legal purposes.</p>	<p>EQUIPMENT</p>  <p>Helmet, mask, mouth-guard, jock strap, soft ball (optional). Stick max. 36 inch. Knee, elbow & shoulder pads optional</p>	<p>OFFICIATING</p>  <p>Coaches manage games. Modified CLA rules. No players sent to penalty box. Coaches stop play and explain whistles.</p>

<p>SUBS</p>  <p>Equal participation 3 minute shifts All play goal</p>	<p>SESSIONS</p>  <p>2 x 15 min. skill training 2 x 15 min. games No face-offs</p>	<p>SUSTENANCE</p>  <p>Water bottle, healthy snacks. No pop, chips or sugar</p>
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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

MEN'S FIELD LACROSSE - FUNDamentals 2 Novice: 9-10

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules & fair play
- Physical activity
- ABCs, emphasis speed & flexibility

SKILLS INTRODUCED AT THIS LEVEL

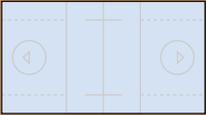
TECHNICAL
Offence: Bounce shot, bull dodge, split dodge, face dodge, switching hands

TACTICAL
Offence: field positions, line changes, clears
Defence: rides

GOALIES
Stance, angles, passing, stopping shots

CLA RULES

FIELD SIZE Regulation



PLAYERS PER TEAM
9 on 9 (3-3-3), plus goalie
16 to 18 players per team

NET



Modified nets
Field net with drop board or 4x4 net
Regulation crease

CONTACT



CLA rules

SCOREBOARD

HOME	VISITORS
0	0

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

EQUIPMENT



Regulation equipment
Stick min. 34 inch
Modified long poles (5' goalie shaft)

OFFICIATING



Referees introduced
Modified CLA rules

SUBS



Equal participation
3 minute shifts
All play goal

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



MEN'S FIELD LACROSSE - FUNDamentals 2 Novice: 9-10

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules & fair play
- Physical activity
- ABCs, emphasis speed & flexibility

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
Offence: Bounce shot, bull dodge, split dodge, face dodge, switching hands

TACTICAL
Offence: field positions, line changes, clears
Defence: rides

GOALIES
Stance, angles, passing, stopping shots

FIELD SIZE
1/2 field width-wise



PLAYERS PER TEAM
6 on 6 (2-2-2), plus goalie, 12-15 players per team

SCOREBOARD

HOME	VISITORS
X	X

No scores displayed. Roster sheets kept for legal purposes.

SUBS



Equal participation
3 minute shifts
All play goal

NET



Modified nets
Field net with drop board or 4x4 net
Regulation crease

EQUIPMENT



Regulation equipment
Stick min. 34 inch
Modified long poles (5' goalie shaft)
soft ball (optional)

SESSIONS



10 min warm-up,
2x20 straight time,
5 min break,
cool down.
Face-offs optional.

CONTACT



Contact on bottom hand only

OFFICIATING

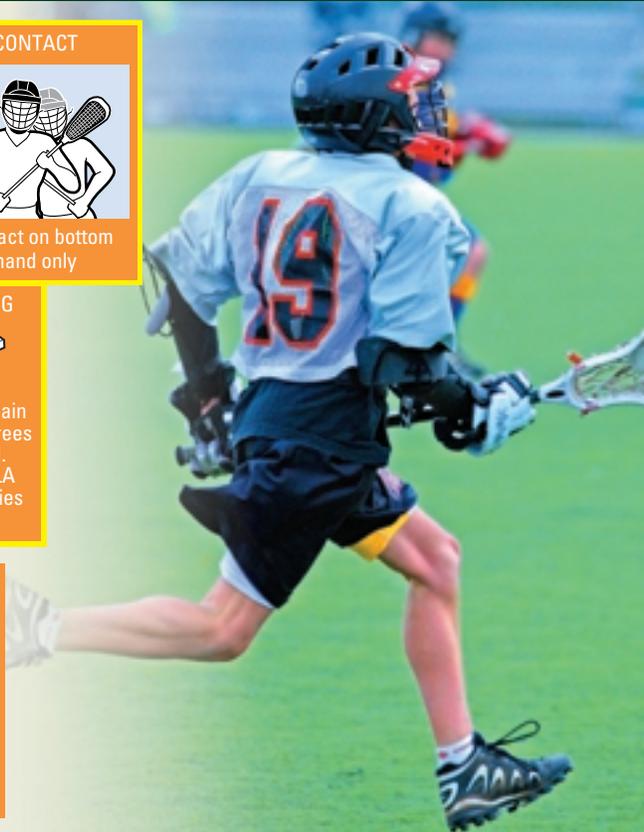


Coaches remain on field. Referees introduced. Modified CLA rules. Penalties optional.

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

MEN'S FIELD LACROSSE - Learning to Train

Peewee: 11-12

LTAD OBJECTIVES

- FUN & physical activity
- Introduce competition
- Introduce mental training
- Basic rules & fair play
- ABCs, emphasize speed & flexibility

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Offence: inside shooting, faking, driving from x, roll dodge, shooting on run, stick skills
 Defence: mid-pointing, open field defence, slap check, defensive footwork, defensive body position, take away checks

TACTICAL

Offence: team offensive systems, picks and screens, power plays, face-offs
 Defence: sagging defence, man short

GOALIES

Stance, angles, passing, stopping shots, communication

CLA RULES

FIELD/NET SIZE Regulation



PLAYERS PER TEAM
 9 on 9, plus goalie
 16 to 18 players per team

CONTACT



CLA rules

SCOREBOARD

Score sheet is kept



OFFICIATING
 Referees, CLA rules

EQUIPMENT



CLA rules
 Stick min. 34 inch

GAME SESSIONS



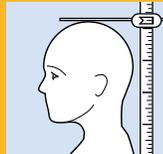
10 min. warm-up
 2 x 25 min. straight time
 2 min. break
 Cool down

SUSTENANCE

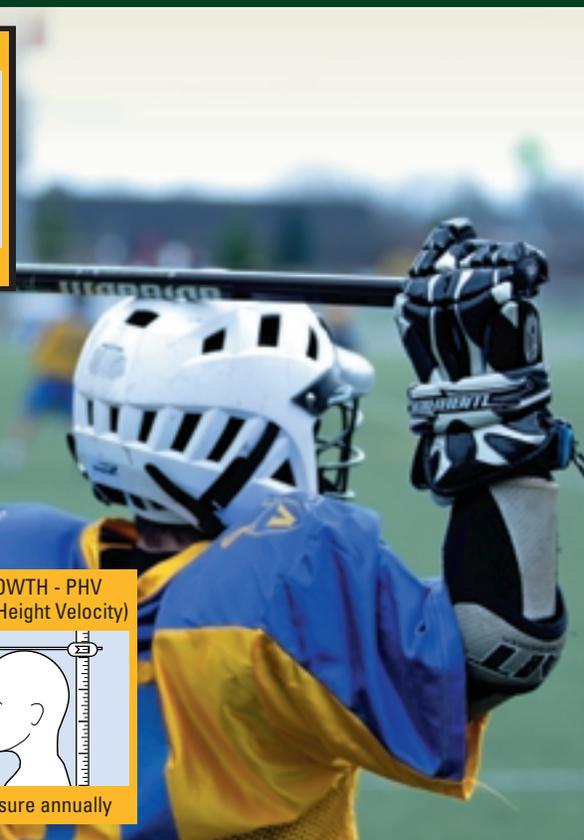


Water bottle, healthy snacks. No pop, chips or sugar

GROWTH - PHV (Peak Height Velocity)



Measure annually



MEN'S FIELD LACROSSE - Training to Train 1 Bantam: 13-14

LTAD OBJECTIVES

- FUN & physical activity
- Ethics & fair play
- Introduce select teams
- Begin talent identification
- ABCs, emphasize stamina & aerobic capacity

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
 Offence: underhand shot, sidearm shot, feeding, combo dodges
 Defence: holds

TACTICAL
 Offence: 2-1s and 3-2s, set plays
 Defence: slide, defending 2-1s and 3-2s, double-teaming, team defence

GOALIES
 Stance, angles, passing, stopping shots

CLA RULES

FIELD / NET SIZE Regulation



PLAYERS PER TEAM
 9 on 9, plus goalie
 16 to 18 players per team

CONTACT & EQUIPMENT



CLA rules

SCOREBOARD
 Score sheet is kept



OFFICIATING
 CLA rules

GAME SESSIONS



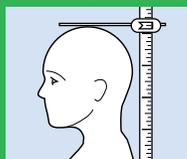
10 min. warm-up
 2 x 30 min. straight time
 2 min. break
 Cool down

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

MEN'S FIELD LACROSSE - Training to Train 2 Midget: 15-16

LTAD OBJECTIVES

FUN & physical activity

- Ethics & fair play
- Specialization by position
- Offer late-entry
- ABCs, emphasize speed & aerobic power

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Offence: over-the-shoulder pass, body positioning checks
 Defence: pole passing, advance checks

TACTICAL

Offence: inverts, 2-man game, situational lacrosse
 Defence: long stick middle

GOALIES

Stance, angles, passing, stopping shots, communication

FIELD/NET SIZE Regulation



PLAYERS PER TEAM
 9 on 9, plus goalie
 16 to 18 players per team

CONTACT & EQUIPMENT



CLA rules

CLA RULES

SCOREBOARD
 Score sheet is kept



OFFICIATING
 CLA rules

GAME SESSIONS



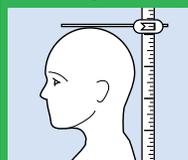
12 min. warm-up
 4 x 20 min. straight time
 2 min. break
 Cool down

SUSTENANCE



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

GROWTH - PHV
 (Peak Height Velocity)



Measure quarterly



MEN'S FIELD LACROSSE - Learning to Compete Junior: 17-19

LTAD OBJECTIVES

- Increase competition
- Ethics & fair play
- Specialization in lacrosse
- Strength training
- Introduce year-round & off-field training
- Offer late-entry

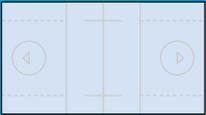
SKILLS AT THIS LEVEL

TECHNICAL
Develop & refine all skills

TACTICAL
Develop & refine all tactics

CLA RULES

FIELD/NET SIZE Regulation



PLAYERS PER TEAM
9 on 9, plus goalie
16 to 23 players per team

SCOREBOARD
Score sheet is kept

HOME	VISITORS
00	00



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAME SESSIONS



20 min. warm-up
4 x 20 min. straight time
2 min. break
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

MEN'S FIELD LACROSSE - Training to Compete Senior: 17+

LTAD OBJECTIVES

- Advanced skills & tactics
- Year-round physical training
- Develop specialty teams
- Refine mental training
- Specialize in lacrosse
- Ethics, fair play, excellence & respect

SKILLS AT THIS LEVEL

TECHNICAL
Refine all skills

TACTICAL
Refine all tactics

CLA RULES

FIELD / NET SIZE Regulation



PLAYERS PER TEAM
9 on 9, plus goalie
16 to 23 players per team

SCOREBOARD
Score sheet is kept

HOME	VISITORS
00	00



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAME SESSIONS

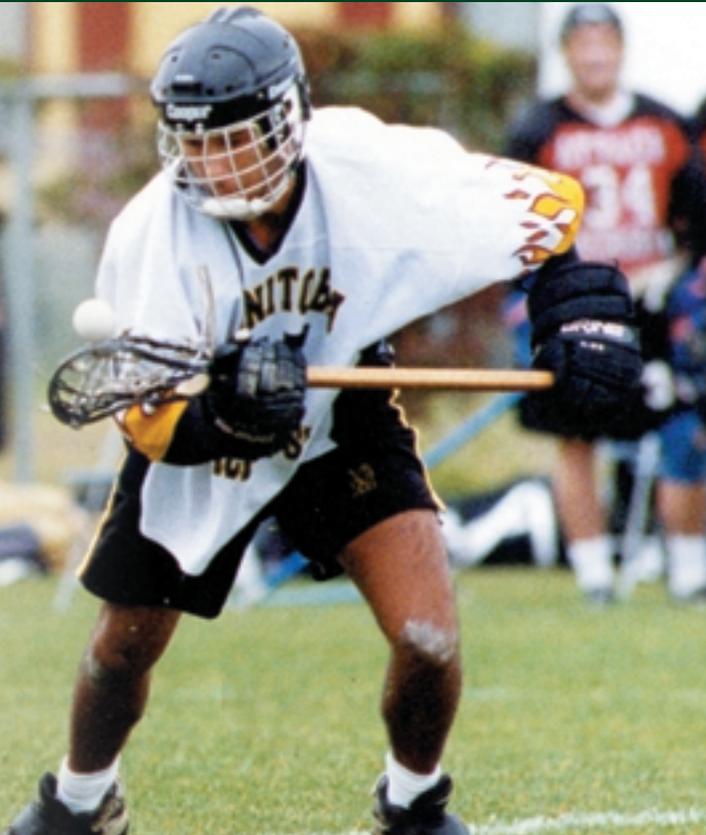


20 min. warm-up
4 x 20 min. straight time
2 min. break
Cool down

SUSTENANCE



Advanced hydration & nutrition



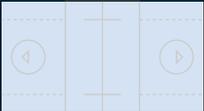
FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
PLAYERS: Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering

LTAD OBJECTIVES

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

CLA RULES

FIELD/NET SIZE
Regulation



PLAYERS PER TEAM
9 on 9, plus goalie
16 to 23 players per team

SCOREBOARD
Score sheet is kept

HOME	VISITORS
0	0



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

SKILLS AT THIS LEVEL

TECHNICAL
Refine and perfect all skills

TACTICAL
Refine and perfect all tactics

GAME SESSIONS



20 min. warm-up
4 x 20 min. straight time
2 min. break
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

MEN'S FIELD LACROSSE - Training to Win National Team: 20+

LTAD OBJECTIVES

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

SKILLS AT THIS LEVEL

TECHNICAL
Perfect all skills

TACTICAL
Perfect all tactics

CLA RULES

FIELD / NET SIZE
Regulation



PLAYERS PER TEAM
9 on 9, plus goalie
16 to 23 players per team

SCOREBOARD
Score sheet is kept



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAME SESSIONS



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

SUSTENANCE



Advanced hydration & nutrition



MEN'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 and recreation
- Fun, fairness & staying healthy

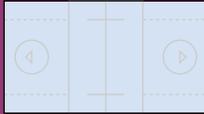
SKILLS AT THIS LEVEL

TECHNICAL
Maintain all skills

TACTICAL
Maintain all tactics

CLA RULES

FIELD / NET SIZE Regulation



PLAYERS PER TEAM
Competitive: 23 players
Recreational: 16-23 players

CONTACT



Competitive: CLA rules
Recreational: Contact on bottom hand only

OFFICIATING



Competitive:
CLA rules
Recreational:
Modified CLA rules

EQUIPMENT



CLA rules

GAMES SESSIONS



Competitive:
20 min warm-up, 4x20 min.
straight time,
2 min breaks, cool down
Recreational: 10 min
warm-up, 2x25 min
straight time, 10 min
break, cool down

SUSTENANCE



Competitive:
Advanced hydration
& nutrition
Recreational: Water



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



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