

# COACHING MENTORSHIP

## OUTLINE



ELEV8 Lacrosse, in partnership with the Calgary Sabrecats, offers a comprehensive Coaching Mentorship Program designed to support and develop volunteer coaches at all levels. This pioneering program enhances coaching skills, player development, and lacrosse experience.

### KEY FEATURES:

- Professional guidance for coaches of all experience levels
- Support for Lacrosse Canada and Alberta Lacrosse Certification requirements
- Tailored approach for each team's developmental needs ELEV8 Practice Planning and Drill Library Powered by CoachThem



### PROGRAM COMPONENTS

#### On-Floor and Classroom Training

- Coaching clinics focused on fundamental box lacrosse skills
- Theory and systems discussions
- Customized for specific coaching levels and experience

#### Developmental Tools

- ELEV8 Designed Developmental Practice Matrix and Glossary
- Guidance on fundamental and individual skill development
- Positional tactics for defence, offence, transition, and goaltending
- Tech enabled practice planning and ELEV8 Drill Library powered by CoachThem, app-enabled for Android and iPhone.

#### Strategic Development

- Team strategy and theory (offence, defence, transition)
- In-game bench and player management consultation
- Building team identity and playing style

#### Practice and Season Management

- Assistance with practice planning, structure, and timing
- Focus on themes, skill development, and maintaining tempo
- Season planning and goal-setting

#### Benefits:

- Consistent approach to development across the association
- Accelerated learning for coaches and players
- Improved volunteer and player retention
- Access to expertise from experienced lacrosse professionals

### CRITERIA AND TOPICS OF FOCUS IN THE COACHING MENTORSHIP PROGRAM INCLUDE:

*ELEV8 Designed Developmental Practice Matrix and Glossary, coupled with the integration of ELEV8 Drill Planning powered by CoachThem to assist Coaching Staff in providing a comprehensive developmental experience for all age groups in the Sabrecats Association.*

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### WHAT IS COACHTHEM?

CoachThem is a unique platform designed to provide coaches the ability to create and utilize structured drills and practice plans to assist in effectively providing instruction on individual tactics and team strategy to participating athletes and teams within an organization. Using the CoachThem platform, ELEV8 Lacrosse will be providing structured drills for Calgary Sabrecats coaches and teams for the 2025 Box Lacrosse Season.



The Coaching Mentorship Program leverages ELEV8's extensive experience in professional lacrosse, including the National Lacrosse League (NLL), Team Canada, Major Lacrosse League (MLL/PLL) and International Lacrosse, to benefit community lacrosse development.