



Skill Development for U7 & U9 Age Groups

3 on 3 Mini Game Guide

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What is the OLA 3-on-3 Mini Game?

The 3-on-3 Mini Game is a non-contact introductory version of the game scaled for children. The smaller floor size dimensions reduce the playing space to increase the game pace, in an effort to maximize participation and development opportunities for all players. It allows for more touches with the ball and keeps kids moving and engaged while learning to play lacrosse. The program only requires players to wear helmets and gloves as opposed to full equipment, significantly reducing the cost of participation for parents.

The mission of the OLA 3-on-3 Mini Game is:

- Recruitment (of new participants to lacrosse)
- Retention (of existing participants in lacrosse)
- Physical Literacy and Skill Development (of all participants)

What are the desired outcomes of the OLA 3-on-3 Mini Game?

- Generate memorable moments
- Create program for enduring friendships
- Guarantee challenges and rewards
- Ensure sense of personal achievement
- Engender feeling of belonging
- Stimulate fun and inspire confidence
- Fuel passion to play lacrosse



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Player Eligibility

There are seven stages in the lacrosse Long-Term Athlete Development (LTAD) model: Lacrosse for Life which range from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity.

The OLA 3-on-3 Mini Game is part of both the Active Start (Paperweight) and FUNdamentals 1 (U9) stages targeted to young children at the local/introductory level of the sport.

Required Equipment

- Helmet*
- Mouthguard
- Lacrosse Stick
- Running Shoes
- Lacrosse Gloves
- Elbow pads (optional)

* All Helmets must be CSA approved and must have a chin strap properly secured with a CSA face mask

Stick Length

We recommend cutting the shaft to suit the size of the player. This is typically somewhere between 24" to 26" from the bottom of the head for paperweight age players



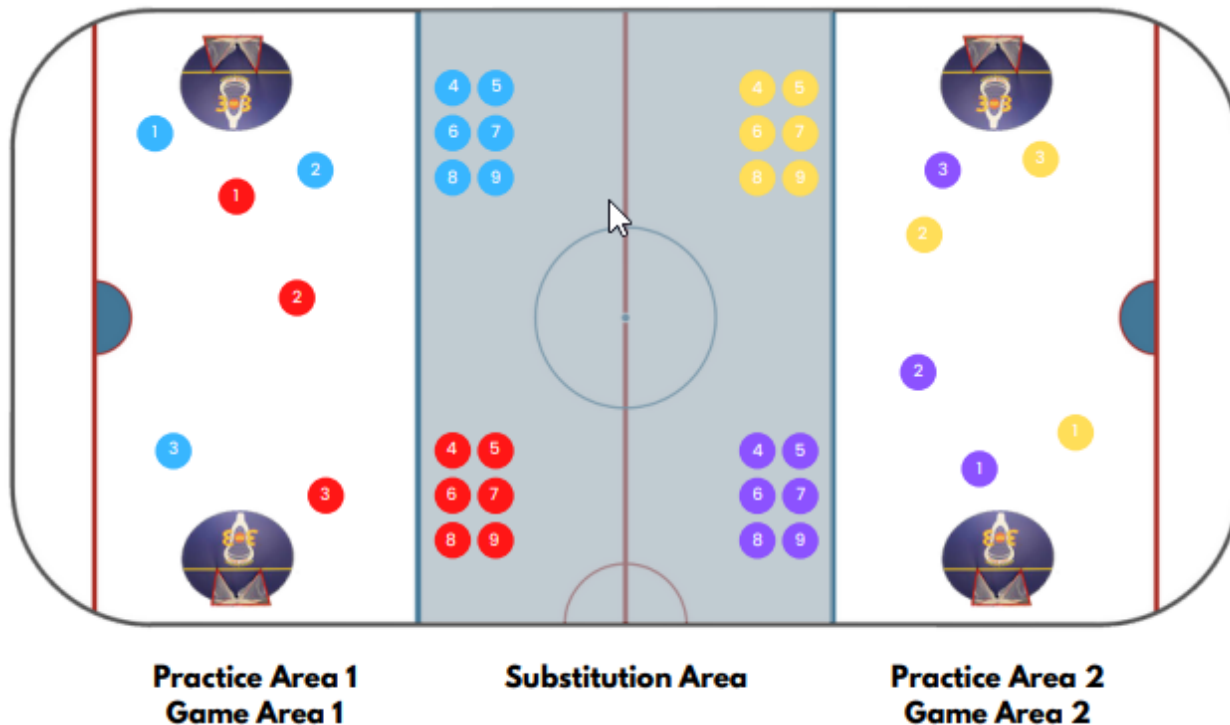
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3-on-3 Mini Game Set-up

- 3' X 3' Nets & Mesh (2)
- There are No Goalies at this age group.
- Open Net, Shooter tutors (of various sizes), shooting boards, Sniper Targets, balloons and other targets are used to challenge and develop shooting skills in Mini Game
- SwaxLax Balls (they are a softer ball than a normal lacrosse ball)
- The nets are provided at the rink
- The creases are 8' (diameter)

Floor Diagram





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MLA 3-on-3 Mini Game Rules

1. The Mini Game playing surface is the width of a lacrosse box generally known as the offensive or defensive zones by regulation lacrosse rules. The "sideline" for each end of play are the centre zone restraining lines. Creases and nets are positioned against the sideboards facing each other and centre floor is estimated between the two goals.
2. The entire centre or neutral zone in Mini Game serves as the player's bench or substitution area for players. Coaches organize and instruct players from this area.
3. The game format is two 15-minute periods, no stop time.
4. Teams are composed of nine (or so) players with three players on each line. Players participate in 2-minute shifts each period with a buzzer (or whistle) system in use. At the buzzer signalling the end of a shift, the player with the ball turns it over at that spot, where possession is then contested by substituting players from each team. Teams have a maximum of ten seconds to change players between line shifts.
5. Before a team can shoot on net, the offensive team must complete three successful passes. (start of the year this rule can be relaxed) The Control Coach will call aloud the number of successful passes during each possession. All passes must be initiated from the overhand passing position above the shoulder.
6. All loose ball situations are governed by "first to trap" rule where the referee will stop play and award possession to a player who has successfully trapped a loose ball first.
7. While game scores are not recorded, goals are scored by introducing open net, target and/or shooting board challenges to the game. After each goal, the team that has been scored on initiates play from centre floor on the referee's whistle (ball possession rules apply).
8. Should the ball go out of bounds during play, the Control Coach will award possession to the player on either team, positioned closest to where the ball went out of play.
9. Any actions of players which would result in a penalty under regulation box lacrosse rules will result in a penalty shot (instead of a time-served penalty) being awarded to the nonoffending team. The player who was fouled will take the penalty shot, on the run, advancing directly toward the net from centre floor.
10. To facilitate skill development, any body contact, stick-to-body or stick-to-stick contact is illegal and will be considered a penalty for illegal contact, which will result in a penalty shot.
11. There are no goaltenders in the Mini Game format. Shooter tutors (of various sizes), shooting boards, Sniper Targets, balloons and other targets are used to challenge and develop shooting skills in Mini Game.
12. U7's should be paired against other U7's as much as possible. U9's vs U9's in the same way.



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Doing It Right

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

Coaches and Volunteers

It takes a village. Volunteers are an essential part of a successful 3-on-3 Mini Game program as the coaches and volunteers will likely be a family's first encounter with lacrosse and your club.

How parents and families can support Active Start and FUNdamentals 1:

- Praise effort, not results
- Be positive Applaud performance of both teams
- Do not yell instructions
- Praise your child for competing fairly and trying hard
- 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.



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Active Start Paperweight

LTAD Objective: FUN

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Play agility games (i.e. tag)



Skills Introduced At This Level:

Technical:

Cradle, trap, scoop, catch, overhand passing and shooting, defensive body position

Tactical:

Give-and-go, cutting

Goalies:

No goalies at this stage



Sessions

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



Scoreboard

No scores displayed
No score sheets



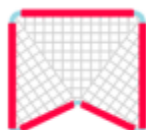
Officiating

Referees may be introduced



Coaches

Coaches are on floor



Nets

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



Subs

Equal participation
2 minute shifts



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FUNdamentals U9

LTAD Objective: 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



Sessions

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



Scoreboard

No scores displayed
No score sheets



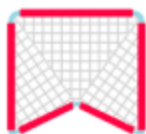
Officiating

Referees may be introduced



Coaches

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



Nets

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



Subs

Equal participation
2 minute shifts