

U7 Rules

Long Term Athletic Development Program

1. Have FUN!
2. Introduce skills
3. Learn basic rules
4. Fair Play
5. Physical activity
6. Play agility games

Coach Certification: Community Development

Parents: Praise efforts, not results; be positive, praise performance of both teams, do not yell instructions, volunteer!

Equipment: Full Equipment - CSA approved helmet and face mask, shoulder pads, arm pads, gloves, kidney protection, mouth guard, athletic support cup (jock or jill), lacrosse stick. Soft lacrosse balls can be used for the U7 program.

Goal: Introduce the basic skills of the game and provide an enjoyable learning experience which will allow the children the ability to progress into future levels. Teaching basic lacrosse skills will be achieved through a variety of drills and games. Each child will be on the floor for a practice twice a week for approximately 10-12 weeks. The program will consist of the following:

Skills and Drills:

1. Ball Pick Up - trap and scoop, scoop from a stationary position, scoop while running.
2. Cradling - stationary, walking, running
3. Loose Ball - Coach throws the ball into the corner of the arena, the players run to pick it up, one player at a time, and one-on-one
4. Throwing - coaches will teach the player how to throw the ball properly, simple passes and shooting
5. Catching – simple passes, with emphasis on stopping the ball, trying to catch!
6. Shooting – stationary and game play shooting at the net
7. Tactical - give and go cutting.

Format:

1. Play cross floor on ½ of box.
2. 6-8 players per team, 3 on 3, no goalie.
3. Net - 3 feet high x 3 feet wide, 3 feet from board.

4. No Shot Clock is used.
3. Two 15-minute skill training and two 15-minute games. NO face offs.
4. A defensive player may check an opponent by using equal pressure or placing their stick head on the opposing players stick head. There is NO body checking.
7. Any offensive player (including the ball carrier) who deliberately charges directly at a defensive player, may be asked to sit the rest of the shift and another player will take that player's place. Or the play is stopped, the coach on the floor explains the infraction to the offender and the opposing team is awarded the ball.
8. The modified fall back rule will be used (see below).
9. One coach from each team may be on the floor to instruct players and act as officials.
10. Equal participation, 3 minute shifts.

The SALA Modified U7- Fall Back Rule Explained:

- All opposing players must clear out to the neutral zone before they can re-enter the offensive zone.
- If the opposing team fails to clear all players to the neutral zone before reentering, the play will be stopped, and possession will be awarded to the player closest to net again.
- The officials/coaches shall ensure that all opposing players are in the neutral zone before restarting play.
- Rolling the ball to a teammate from the crease is not allowed

U7 Fall Back Modifications are made as there are no designated goalies, no 24' lines, nor lines for the neutral zone. But the idea is to get the players used to clearing to the neutral zone once a goalie gains possession of the ball.

U7 Rules - [LC Rule Book, LTAD Option X](#)