

U7 (Mini Tyke) 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 (optional), Athletic support cup (jock or jill), lacrosse stick. Soft lacrosse balls (or inter- lacrosse balls) will be used for the U7 program. Volleyball knee pads are optional.

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 each week for approximately 12 weeks. U7 players are scheduled to play 6-8 games (in Festival format) over the season. 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** – stationery and game play shooting at the net

Game Format:

1. A score sheet (provided by the home team, as listed on the schedule) is filled out at the beginning of each game. **No score is recorded or displayed.** There is no score sheet required for practice times.
2. Games will be played with the **soft** pink/blue practice ball, on half floor, 3 on 3 format, with no goalies used. The Goals will be the 3x3 version. No Shot Clock is used.
3. The duration of the game shall be three 15-minute straight time periods, with 3-minute intermissions. Each period starts with a face off.
4. There will be no goaltenders.
5. Play starts with a face off then it is a possession change after each goal.
6. 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 playing (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 players 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 (WLA) 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.

The WLA Modified U7 - Mini Tyke Fall Back Rule Explained:

- Applies whenever possession is gained by the goalkeeper (by a save or awarded possession after a goal).
- 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 goalkeeper (player closest to net) again.
- The officials/coaches shall ensure that all opposing players are in the neutral zone before restarting play.
- Goalkeeper must PASS the ball to a teammate OUTSIDE the 24' arc (as there are no lines-within reason)
- Rolling the ball to a teammate from the crease is not allowed
- If the pass to a teammate is unsuccessful, the referee shall blow the whistle to stop play and allow the goalkeeper to try again.

U7 Fall Back Modifications are made as there are no designated goalies, no 24' lines, nor lines for 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 (Mini-Tyke) Rules (CLA Rule Book, Appendix D, Option L)

If you would like more information, please refer to Regulation 15 of the Alberta Lacrosse Association Regulations, or the WLA Executive.