

STAGE 3: FOUNDATIONS

AGES 7-10 YEARS OLD

KEY OBJECTIVES FOR SUCCESS

Focus - Where we spend most of our time

Fundamental Technical Skills

Goals for this stage of development - What we are trying to achieve

To develop a technically sound set of lacrosse skills and athletic movement skills necessary in lacrosse (agility, quickness, change of direction). Getting as many touches with the ball as possible.

Player-centered environment - what it should look like

Fun, inclusive engaging, and positive; appeals to this age-group's desire for fun, improvement and teamwork through the progressive development of existing and new skill base. Focus on trying your best. Growth mindset.

PLAYER DEVELOPMENT

Athletic Development

Agility, footwork dynamic balance, complex coordination, linear speed, speed of coordination, strength, flexibility.

Technical (Skills) Development

Proficient at most basic technical skills, developing dodge variations and exploring shooting/passing and cradling variations. Developing individual defense skills-body, footwork, stick positioning.

Tactical (Strategy) Development

Proficient with 1v1, 2v1 and 2v2 concepts, exploring and developing 3v3, 4v4, 4v3 variations and transition offense and defense.

Psychological Development-working to support athletes in these areas...

Love of the sport, coachability, concentration, problem solving, becoming confident, making good choices, learning fairness, taking responsibility.

Social-Behavioral Development--we know that at this age athletes are...

Learning to compete against other players. Learning the values of lacrosse. Learning independence and also how to work together as a team. Developing self-awareness, they start to be aware of what they don't know or what they can't do. Like to help others and the coach. Able to listen to the coach.

Cognitive Development

By age 9 or 10 developing the ability to think in advance of ball (anticipation); recall memory significantly improves; can follow more complex instructions; stay on task and focus longer; can understand where to move with and without the ball; can think in sequential thought and actions.

TRAINING

Ratio of Training (Technical and Tactical Skill Development) to Competition + Competition Specific Preparation

70:30

Primary Objective of Training

To develop a lacrosse-confident athlete with solid fundamental skills and a general understanding of basic game play and strategy through small-sided play. Include free play.

Max Recommended Ratio (coach:player)

12:1

Length of Training Sessions

60 minutes

Frequency

Up to 3x a week during an 8-12 week season

Multi-Sport Participation/Sport and physical activity diversification/Other sports and activities

Sport-specific training up to 3x a week (for one specific season), participate in other physical activity or sport 4-5 times a week. Ensure time period in the year when there is a several week rest from all organized sport.

COMPETITION

Competition Structure

Girls: 7v7 field players plus goalies; Boys: 5v5 field players plus goalies

Field Size

Cross-field

Developmental Purpose of Competition

FUN, trying new skills in a team setting, learning and exploring overall play of the game, sportsmanship.