US Lacrosse Practice Planning 101 – U-15

Overview

Practice planning is a coaching art form that develops over many years of trial and error with your programs and players. Our goal with this document is to give coaches a guideline for what should be included in a practice plan at the age level they are coaching. Be aware that as a coach it is your job and privilege to develop, design, and implement the practice plans in a manner that fit your assessment of your team and goals. Be sure to innovate through practicing on a daily basis and looking for ways to get better at this coaching art form.

U-15 Development

Players at the U-15 Level fall under the advanced level of "Training to Train" stage of LTAD (Long Term Athlete Development Model) which states this phase of athlete development should spend the time to develop the athletes overall physical capacities (focus on aerobic conditioning and fundamental movement skills).

In addition a 60:40 ratio of practice to competition is recommended and moving towards faster paced games and game play.

Note:
Conditioning is now a development and evaluations tool.
Practice Time Length: A standard practice with U-15 players should be around 90 minutes to 120 minutes in length based on their attention span and needs.
Days per Week: 4-5 practice per week (1-2 games per week)

U-15 Practice Plan Goals

Goals for U-15 lacrosse players at this level should be as follows:

- Focus on advancement of fundamental skills (Scoop, Catch, Throw, Shoot, Dodge – and combination of skills)
- Settled offense and defense development and strategy will start
- Transition skills and tactics are constant
- Game and equipment safety
- Having fun while working hard for results

Practice Plan Template

The following is a basic U-15 Outline for practice planning to help coaches understand timing and what could be included in practice:

- Team meeting
- 5-10 minute warm up
- 15-20 minutes of skills
- 15 - 20 minutes of technique
- 20 minutes of instruction
- 20 minutes of free play or game play
- 15 minutes situational play
- 10-15 minutes of conditioning/strength work

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US Lacrosse Practice Planning 101 – U-15, Continued

Sample Practice Plans

Below are sample practice plan ideas for U-15 coaches using the US Lacrosse Mobile Coach Application that is free to US Lacrosse member coaches at www.uslmobilecoach.com.

Sample U-15 in Mobile Coach

Sample U-15 printed from Mobile Coach

PROGRAM

Practice Name:	U-15 Practice Plan
Date:	3/12/2012
Coach:	Christopher Snyder
Estimated Duration:	120 minutes

Drills:

☐10 Minute Active Stretch	10 minutes
☐4 Corner Over the Shoulder GB's and Passes Drill	10 minutes
☐Canadian 2 v 2 Ground Balls	15 minutes
☐5 Minute Water Break	5 minutes
☐Cross Crease Shooting Drill	10 minutes
☐3 v 3 Drill	15 minutes
☐4 v 4 Drill	15 minutes
☐5 Minute Water Break	5 minutes
☐Transition Drill 3 v 2 Full Field Drill	15 minutes
☐10 v 10 Drill	20 minutes

Notes: