

CONVENTION STRANDS

STRAND	Level 1	Level 1 Plus	Level 2	Level 3	Level 4
Player descriptor	Pure beginning player	Beginner with basics mastered	Experienced player, ready to move beyond basics	More experienced player ready to develop advanced skills	Highly skilled lacrosse player
Buzz word	BEGINNER		INTERMEDIATE	ADVANCED	COLLEGIATE
Player developmental focus	Focus on fundamentals	In between 1 and 2	Fundamentals automatic, developing mental and tactical game theory in addition to honing skills. Fundamental sports psychology.	Advancement of the fundamentals, variety in skills, advanced team strategies, preparation for intense/competitive game-like situations. Conditioning for performance enhancement. Expansion of principles of sports psychology.	Focus will be on execution of advanced skills within a team context. higher expectation of creativity and decision making, attention to special situations, peak performance concepts, advanced sports psychology.
Typical age group but not limited to	13 years and younger	15 years and younger	High school player, junior varsity or varsity level	Highly skilled high school players (varsity) level, competitive club.	Collegiate player
Avg. age bracket (generalization)	10-13 years	13-15	15-18	16-19	18-plus
Exceptions, others who may benefit	Coach who is new to coaching lacrosse, regardless of age of player	High school coaches in some developing areas or newer teams	Coaches of higher level U-15 teams. Caution on developmental considerations.	Some collegiate players, club players.	Coaches of strong high school teams