

STAGE 1: DISCOVERY

AGES 4-6 YEARS OLD

KEY OBJECTIVES FOR SUCCESS

Focus - Where we spend most of our time

Fundamental Movement Skills

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

To develop basic movement skills - body management, locomotor and object control - that build ability, confidence and desire to play lacrosse. Getting as many touches with the ball as possible.

Player-centered environment - what it should look like

Fun, constant active engagement, relaxed, inclusive and positive with frequent changes of activity. Predictable routines. Games that build basic movement skills in the context of lacrosse. Lots of praise and reinforcement from coach and parents.

PLAYER DEVELOPMENT

Athletic Development

Running, jumping, hopping, twisting, turning, stopping, starting, static balance, catching a ball with two hands.

Technical (Skills) Development

Introducing running with the ball, scooping, throwing, exposure to all skills, experimentation, terminology.

Tactical (Strategy) Development

Experimentation with body, stick and ball in a defined space containing "special" areas (ie goal). Stopping, starting, changing pace, running to open space.

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

Trying new challenges, effort, following simple instructions.

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

Learning to share; learning to say thank you; like to be with friends; are the center of their worlds; parents are central for praise and approval; need balance and variety of new and familiar activities in short doses.

Cognitive Development

Slower processing speed (time and amount of info) - must use repetition, be clear and concise, and use cue words. Can't filter out relevant and irrelevant information from the environment.

TRAINING

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

Competition is embedded in activity sessions.

Primary Objective of Training

To develop physical literacy and basic movement skills in the context of lacrosse. Achieved through stations, games and activities; 1:1 ball to player ratio. Include self-directed play.

Max Recommended Ratio (coach:player)

8:1

Length of Training Sessions

30-45 minutes

Frequency

1x a week, 8-10 weeks

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

Physical activity every day - lacrosse can be one of those activities; Gymnastics and movement education highly recommended.

COMPETITION

Competition Structure

Girls: 3v3 (no goalie); Boys: 3v3 (no goalie)

Field Size

Cross-field

Developmental Purpose of Competition

FUN, learning to follow simple rules, sportsmanship.