

STAGE 6: HIGH PERFORMANCE/COMPETE TO WIN

AGES 18 YEARS OLD +

KEY OBJECTIVES FOR SUCCESS

Focus - Where we spend most of our time

Competing to Win-High Performance or Participation

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

To be in peak condition to perform on demand--mentally, physiologically, technically and tactically. To be an outstanding member of a team working toward the common goal of winning.

Player-centered environment - what it should look like

Enjoyable, focus on excellence and high effort. Character, leadership, contribution, qualities as a teammate as well as ability are valued. Coachability, flexibility, team over self, are valued. Pride in one's achievements.

PLAYER DEVELOPMENT

Athletic Development

Agility, footwork, dynamic balance, strength, endurance, speed, flexibility.

Technical (Skills) Development

Full mastery of technical skills; developing ability to teach others. Focused on role-specific skills that benefit team as a whole.

Tactical (Strategy) Development

Working within a defined system. Extending understanding of the game and applying it to variety of contexts, rapid ability to make tactical decisions.

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

Completely understands and accepts need for rules, regulation, planning and structure. Also sees long-term pay off of hard work and goal setting.

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

Self-actualization and self-expression are important. Major decisions about life are of significant importance during this time. At this age there is also a high need to be self-directed and independent.

Cognitive Development

With fully developed cognition at this stage, coaches and players should include deliberate practice that exercises situational thinking and awareness.

TRAINING

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

30:70

Primary Objective of Training

To be fully prepared for the next competition.

Max Recommended Ratio (coach:player)

Determined by resources and level of program.

Length of Sessions

Determined by training/competition cycles and periodization planning.

Frequency*

Determined by training /competition cycles and periodization planning.

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

Athletes at this stage have committed to lacrosse is their primary sport. However, balanced training, periodization and participation in complementary physical activity can be beneficial from a performance and mental standpoint. Athletes who have benefited from a long-term athlete development focused sport system will have a strong athletic base to carry them through life, even if their focus at this point is high performance lacrosse.

COMPETITION

Competition Structure

Full-Field Game

Field Size

Full Field

Developmental Purpose of Competition

FUN, achieving the best possible competitive outcome through fair and rigorous play.