

LACROSSE ATHLETE DEVELOPMENT MODEL

STAGE SUMMARY

STAGE ONE: DISCOVERY

(4-6 years old)

Gives the youngest players the opportunity to develop basic movement skills like running, jumping, landing, kicking, scooping, throwing and catching in a fun setting built around informal play and positive reinforcement.

STAGE TWO: FUNDAMENTALS

(6-8 years old)

Allows children to develop their movement ABCs - agility, balance, coordination and speed - and learn the basics of the game while emphasizing fun, cooperation and maximum touches with the ball.

STAGE THREE: FOUNDATIONS

(7-10 years old)

The "golden age" of learning and sport skill development. Children become less self-centered and are able to reflect on their actions and learn from their mistakes. This is the optimal time to build a large repertoire of lacrosse-specific skills and learn the basic principles of play in a fun, challenging environment.

STAGE FOUR: EMERGING COMPETITION

(11-14 years old)

The stage where children choose whether to continue participation in the sport. This is the time for developing strong technical skills and the dawning of tactical awareness. The onset of adolescent growth spurts makes it an ideal time for endurance training. Players are introduced to concepts like mental preparation, goal setting and coping with winning/losing. Players learn advanced technical skills and position-specific techniques.

STAGE SIX P: PARTICIPATE & SUCCEED

(ages 18+)

Athletes who pursue a less intense path than high performance but have the ability, confidence and desire are able to compete at a level appealing to them. Athletes focus on performance excellence, fitness preparation and maximize sport and position specific skill performance. Athletes may choose lacrosse as their primary sport or may still engage in other competitive endeavors.

STAGE FIVE: COMPETITIVE

(15-18 years old)

Players are now working to hone their lacrosse skills under a variety of competitive conditions in a game format that mirrors adult play. Along with continued refinement of advanced techniques, players work to develop their tactical awareness, discipline and mental toughness.

STAGE SIX E: HIGH PERFORMANCE

(ages 18+)

In this stage, athletes are ready to maximize fitness preparation and sport specific skills of performance on demand. The focus of practice and training is fully on optimal performance. Training programs are intense but periodized to prevent injury and burn out. Athletes are mainly focused on one sport for high performance.

LIFETIME: ENGAGEMENT

(ages 15-99+)

Making the transition from physically literate and confident lacrosse athlete to lifelong participant in the sport whether it be competitive or engaging as a coach, official, program leader or supporter. This occurs from athletes having a positive lacrosse experience in other stages of development.