
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.
U11 Player Development	Players at the U-11 Level fall under the “Learning to Train” stage of LTAD (Long Term Athlete Development Model) which states this phase of athlete development should spend the time to learn and focus on all fundamental skills needed to play the game successfully. In addition, a 70:30 ratio of practice to competition is recommended.
Developmental Considerations	<ul style="list-style-type: none">• Conditioning exercises are not necessary at this level of play• Practices should last between 1 hour to 75 minutes in length• 2-3 Practices per week (1 game per week)
Goals for U11 Practices	Goals for U-11 lacrosse players at this level should be as follows: <ul style="list-style-type: none">• Understanding of fundamental skills (Scoop, Catch, Throw, Shoot, Dodge – and combination of skills)• Transition play and general game play (off-sides and game play rules)• Understand lacrosse movements and rules (Body defense –on ball, small game offense 1v1, 2v2, 3v3)• Game and equipment safety• Having fun
Planning Template	The following is a basic U-11 Outline for practice planning to help coaches understand timing and what could be included in practice: <ul style="list-style-type: none">• Team meeting• 5 minute warm up• 15 minutes of base skills• 10 minutes of instruction• 15 minutes of base technique• 15-20 minutes of free play or game play
Sample Practice Plan	The following page contains sample practice plan ideas for U-11 coaches using the US Lacrosse Mobile Coach Application that is free to US Lacrosse member coaches at www.uslmobilecoach.com .
