

STAGE 2: FUNDAMENTALS

AGES 5-8 YEARS OLD

KEY OBJECTIVES FOR SUCCESS

Focus - Where we spend most of our time

Fundamental Athletic Skills

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

To develop agility, balance and coordination and speed for success in learning fundamental technical lacrosse skills. Getting as many touches with the ball as possible.

Player-centered environment - what it should look like

Fun, constant active engagement (kid+ball=fun), relaxed, inclusive, positive with and emphasis on learning new skills. Lots of enjoyable games that reinforce skill learning. Predictable routines. Focus on effort and trying your best. Activities are designed for success.

PLAYER DEVELOPMENT

Athletic Development

Agility, dynamic balance, bilateral coordination, skipping, hopping, throwing/tossing and catching away from body with either hand, flexibility, strength.

Technical (Skills) Development

Proficient at stick grip and scooping, Exploring and developing other fundamental lacrosse skills--catching, passing, shooting, cradling, dodging.

Tactical (Strategy) Development

Developing 1v1 and 2v2 offense and defensive concepts, exploring 2v1 offensive and defensive concepts.

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

Concentration, teachability, learning to make choices, respect, understanding rules, how to cope with winning and losing, learning to solve problems.

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

Learning to cooperate with and help other children. Learning to consider other people. Learning through familiar activities. Want to do their best. Can show responsibility through completing simple tasks and requests.

Cognitive Development

Better able to follow instructions; concentration is increasing; can introduce basic rules and fair play; learning the concept of winning and losing. Still may have difficulty with abstract concepts (i.e. complex plays, multiple choices of options etc.)

TRAINING

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

Competition is embedded in activity sessions or 70:30

Primary Objective of Training

To develop physical literacy and introduce fundamental sport and lacrosse skills. Achieved through stations, games and activities, 1:1 ball to player ratio with 2:1 activities also factoring in. Include free play.

Max Recommended Ratio (coach:player)

10:1

Length of Training Sessions

45-60 minutes

Frequency

2x a week during 8-12 week season

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

Sport-specific training twice a week during one specific season; participate in other physical activity or sport 4-5 times a week. Gymnastics and movement education highly recommended. Ensure time period in the year when there is a several week rest from all organized sport.

COMPETITION

Competition Structure

Girls: 4v4 (no goalie); Boys: 3v3 (goalie optional as additional player)

Field Size

Cross-field

Developmental Purpose of Competition

FUN, introducing basic lacrosse concepts, exploring competing in lacrosse and basic rules, sportsmanship.