

# STAGE 5: COMPETITIVE

## AGES 15-18 YEARS OLD

### KEY OBJECTIVES FOR SUCCESS

#### Focus - Where we spend most of our time

Technical and Tactical Development for Competition

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

To optimize fitness preparation and individual, position and sport-specific skills to improve as a lacrosse player in a competitive setting. Develop mental aspects of performance, situational understanding/decision making, flexibility, and leadership skills.

#### Player-centered environment - what it should look like

Fun, rewards hard work, and improvement, values everyone's contribution to the team. Focus on individual planning and goal setting based on strengths and weakness for personal ability realization. Prepares the athlete for future success both on the field and off. Encourages autonomy, acceptance of responsibility and life lessons learned through lacrosse.

### PLAYER DEVELOPMENT

#### Athletic Development

Agility, footwork, dynamic balance, strength, endurance, speed, plyometric/power, flexibility.

#### Technical (Skills) Development

Repetition of fundamental skills, curbing bad habits, innovating, tweaking, fine tuning. Mastering position specific skills and defensive skills.

#### Tactical (Strategy) Development

Extending tactical understanding of the game to a variety of situations in full-field settings. Developing decision-making skills, identifying patterns, make adjustments. Proficient at judging space and time, anticipating.

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

Self-defined enjoyment and participation in the sport. Willingness to be flexible and try new things, accepting responsibility, respect, making good choices, leadership skills, communication skills, interpersonal skills, mental toughness. Long-term goal setting and incremental steps to get there.

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

Seeking independence without needing to ask permission all the time. Developing logical and deductive reasoning. Self-image is stabilizing but peers are very influential. Opportunity to explore and experiment within sport activity is important. Healthy adult/mentor relationships are beneficial.

#### Cognitive Development

Processing speed developed; able to select what they want to attend to. Can use abstract and logical thinking to make sense of the environment. Can problem solve systematically. Can learn complex plays and also find creative solutions. Can think abstractly.

### TRAINING

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

40:60

#### Primary Objective of Training

To hone technical and tactical skills in a competitive environment. Model competitions in training, use progressions, embed conditioning, make all practice activities as game-like and intense as possible while reinforcing technical and tactical skills. Include player-led play and choice.

#### Max Recommended Ratio (coach:player)

18:1

#### Length of Sessions

Up to 120 minutes

#### Frequency\*

Up to 4x a week during an 8-14 week season; periodization and full training plans begin to factor in.

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

Some athletes will begin specializing in one sport at this stage. What is important is the broad base of diversified physical activity that is supportive of the athlete's goals and desires. Many athletes will still choose to compete in a variety of sports. Two sports is entirely appropriate. Periodization is important to ensure proper rest and recovery.

### COMPETITION

#### Competition Structure

Full Field Game

#### Field Size

Full Field

#### Developmental Purpose of Competition

FUN, using technical proficiency to add creativity to game situations and further develop tactical decision-making. Learning to improve performance in a competitive setting.