Lacrosse for Life

Canadian Lacrosse Association

Long-Term Athlete Development for Canadian Lacrosse
Lacrosse is an exciting game with a proud history in Canada.

Lacrosse for Life is a player development pathway that helps Canadian kids get into lacrosse, have fun, learn skills, and develop to their full potential over the long term. It’s based on the best practices in sport training and coaching from around the world, and it’s our way of keeping lacrosse fun and safe for kids of all ages and sizes, even while we develop the champions of tomorrow.
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Long-Term Athlete Development (LTAD)

What?
Lacrosse for Life is based on the Long-Term Athlete Development concept (LTAD), a way of coaching and training that matches sports programs to the physical, mental and emotional stages of kids as they grow.

How?
LTAD describes the different stages and changes as young athletes grow from childhood through their teens, recommending modified game formats and training schedules to suit each stage.

Why?
With LTAD, more kids start playing, more kids keep playing, and more athletes achieve excellence in our proud Canadian pastime.
Growing with Lacrosse

Lacrosse for Life identifies seven basic stages for developing lacrosse players:

- **Active Start**
  Young children begin basic play.

- **FUNdamentals**
  Later childhood provides more structure but emphasizes FUN.

- **Learning to Train**
  Pre-teens prepare for structured training.

- **Training to Train**
  Early teens build training capacities.

- **Learning & Training to Compete**
  Older teens start training to compete for titles.

- **Learning & Training to Win**
  Players train solely for competitive results.

- **Active for Life**
  Players move from formal competition and focus on wellness.

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Lacrosse for Life engages young people of all ages from Active Start to Active for Life.
Doing It Right

How we behave as players, coaches and parents has a big impact on the development of our sport. Lacrosse for Life suggests we set the right example.

**PLAYER Code of Conduct**

• Honour the game.
• Play by the rules.
• Respect your opponents.
• Be a team player – attend all practices and games.
• Remember that winning isn’t everything – have fun, improve skills, and do your best.
• Acknowledge the good play of ALL players – both teammates and opponents.
• Play because you want to, not because your parents or coaches want you to.
• Show respect to all coaches, officials, players and fans.

**COACH Code of Conduct**

• Set a positive example in conduct and coaching.
• Put players’ interests and welfare above your own.
• Treat everyone fairly, regardless of gender, ethnicity, colour or other traits.
• Direct coaching comments at performances, not persons.
• Make training activities suitable for player age, experience, ability and fitness level.
• Pursue opportunities for coaching development.
• Treat opponents and officials with respect.
• Respect your players’ academic needs.
**PARENT Code of Conduct**

- Remember that your child plays sport for his or her enjoyment, not yours.
- Teach your child that the effort is more important than the outcome.
- Praise your child for competing fairly and trying hard.
- Never yell at your child for making a mistake or losing a competition.
- Applaud good playing performances by both your child’s team and the opponents.
- Do not force your child to participate in sports.
- Encourage your child to play by the rules.
- Respect game officials, team members, opponents and fans.
- Show appreciation for volunteers.

**Find Out More**

Interested in learning more about coaching or playing lacrosse? The Canadian Lacrosse Association and your Provincial Lacrosse Association can direct you to lacrosse programs and clubs near you. They can also provide you with information on upcoming courses for coaches and referees.

[www.lacrosse.ca](http://www.lacrosse.ca)
In recognition of the variance of talent and availability of time and resources between its member associations, the Canadian Lacrosse Association has created a matrix of options for implementation for a number of the stages in this document. The affected stages will be split up into Options L, A and X. The amount of variance differs between member associations and therefore each member association has been classified as type 1, 2 or 3.

**TYPE 1 MAs:** Clubs can choose to implement Option L, A or X at each stage.
Type 1 MAs: BCLA, ALA, OLA

**TYPE 2 MAs:** Clubs can choose to implement Option A or X at each stage.
Type 2 MAs: FCQ

**TYPE 3 MAs:** Clubs must implement Option X at each stage.
Type 3 MAs: SLA, MLA, LNB, LNS, Can-Am, ILA
BOX LACROSSE
**COACH CERTIFICATION: COMMUNITY-INITIATION**

**BOX LACROSSE - Active Start** Mini-Tyke: 6 and under

**LTAD OBJECTIVES**
- Fun: Introduce skills, basic rules, fair play, physical activity, play agility games (i.e., tag)
- Family: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

**PLAYERS: Honour the game; new friendships; equal participation; co-operation; new experiences; volunteering**

**SUSTENANCE**
- Water bottle, healthy snacks. No pop, chips or sugar

**TECHNICAL**
- Cradling, trap and scoop, catch, overhand pass, overhand shot, defensive body position

**TACTICAL**
- Give-and-go, cutting

**GOALIES**
- Goalies at this stage - rotate all players

**CLA RULES**
- **BOX SIZE**
  - Regulation
- **PLAYERS PER TEAM**
  - 5 on 5, plus goalie, 12-15 players per team
- **NET**
  - 3 ft. wide x 3 ft. high. Net tail 3 ft. from boards.
- **CONTACT**
  - Body position

**SCOREBOARD**
- No scores displayed
- No score sheets

**EQUIPMENT**
- Helmet, mask, knee pads (optional), small stick, soft ball, jock/jill strap.
- Goalies: Category 1 equipment.

**OFFICIATING**
- Coaches remain on floor. Referees may be introduced.
- Modified CLA rules. Fall back rule (optional).

**SESSIONS**
- 5 min warm-up, 3x12 straight time, 3 min breaks, cool down

**SUBS**
- Equal participation, 3-minute shifts

**STAGES**
- **Mini-Tyke**
- 6 and under

**CONTACT**
- Body position
- X
- Net tail 3 ft. from boards.

**BOX SIZE**
- Regulation

**PLAYERS PER TEAM**
- 5 on 5, plus goalie, 12-15 players per team

**NET**
- 3 ft. wide x 3 ft. high. Net tail 3 ft. from boards.

**CONTACT**
- Body position

**SCOREBOARD**
- No scores displayed
- No score sheets

**EQUIPMENT**
- Helmet, mask, knee pads (optional), small stick, soft ball, jock/jill strap.
- Goalies: Category 1 equipment.

**OFFICIATING**
- Coaches remain on floor. Referees may be introduced.
- Modified CLA rules. Fall back rule (optional).
**COACH CERTIFICATION: COMMUNITY-INITIATION**

**BOX LACROSSE - Active Start**

**Mini-Tyke: 6 and under**

**LTAD OBJECTIVES**

**FUN**
- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Play agility games (i.e. tag)

**SKILLS INTRODUCED AT THIS LEVEL**

**TECHNICAL**
- Cradling, trap and scoop, catch, overhand pass, overhand shot, defensive body position

**TACTICAL**
- Give-and-go, cutting

**GOALIES**
- Goalies at this stage - rotate all players

**FAMILY**
- Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

**PLAYERS**
- Honour the game; new friendships; equal participation; co-operation; volunteering

**CLA RULES**

**BOX SIZE**
- Play cross-floor on 1/2 of box.

**TEAM SIZE**
- 3 on 3, plus goalie
- 7 to 9 players per team

**NET**
- 3 ft. wide x 3 ft. high
- Net tail 3 ft. from boards

**EQUIPMENT**
- Helmet, mask, knee pads (optional), small stick, soft ball, jock/jill strap
- Goalies: Category 1 equipment

**SCOREBOARD**
- No scores displayed
- No score sheets

**SESSIONS**
- 2 x 15 min. skill training
- 2 x 15 min. games
- No face-offs

**SUSCÉNANCE**
- Water bottle, healthy snacks
- No pop, chips or sugar

**SCOREBOARD VISITORS**
- HOME
- VISITORS

**COMMENTS**
- Coaches remain on floor. Referees may be introduced. Modified CLA rules. No players sent to penalty box. Fall back rule applies.
COACH CERTIFICATION: COMMUNITY-INITIATION

BOX LACROSSE - Active Start
Mini-Tyke: 6 and under

**LTAD OBJECTIVES**
- Fun
  - Introduce skills
  - Basic rules
  - Fair play
  - Physical activity
  - Play agility games (i.e. tag)
- Family
  - Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
- Players
  - Honour the game; new friendships; equal participation; co-operation; new experiences; volunteering

**FUNCTIONS INTRODUCED AT THIS LEVEL**
- **Technical**
  - Cradling, trap and scoop, catch, overhand pass, overhand shot, defensive body position
- **Tactical**
  - Give-and-go, cutting
- **Goalies**
  - No goalies at this stage

**CLA RULES**

**Box Size**
- Play cross-floor on 1/2 of box.

**Players Per Team**
- 3 on 3, NO goalie, 6-8 players per team

**Scoreboard**
- No scores displayed
- No score sheets

**Equipment**
- Helmet, mask, knee pads (optional), small stick, soft ball, jock/jill strap

**Officiating**
- Coaches remain on floor. Referees may be introduced. Modified CLA rules. Fall back rule applies.

**Subs**
- Equal participation
  - 3 minute shifts

**Sessions**
- 2 x 15 min. skill training
- 2 x 15 min. games
- No face-offs

**Sustenance**
- Water bottle, healthy snacks. No pop, chips or sugar

**Contact**
- Body position

**Net**
- 3 ft. wide x 3 ft. high.
- Net tail 3 ft. from boards.

**Cla Size**
- Play cross-floor on 1/2 of box.

**Players Per Team**
- 3 on 3, NO goalie, 6-8 players per team

**Scoreboard**
- No scores displayed
- No score sheets

**Visitors**
- Home: 0 0
- Visitors: XX

**Equipment**
- Helmet, mask, knee pads (optional), small stick, soft ball, jock/jill strap

**Cla Rules**
- Box Size
  - Play cross-floor on 1/2 of box.
- Players Per Team
  - 3 on 3, NO goalie, 6-8 players per team
- Scoreboard
  - No scores displayed
  - No score sheets
- Equipment
  - Helmet, mask, knee pads (optional), small stick, soft ball, jock/jill strap
- Officiating
  - Coaches remain on floor. Referees may be introduced. Modified CLA rules. Fall back rule applies.
- Subs
  - Equal participation
  - 3 minute shifts
- Sessions
  - 2 x 15 min. skill training
  - 2 x 15 min. games
  - No face-offs
- Sustenance
  - Water bottle, healthy snacks. No pop, chips or sugar

**FAMILY:** Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

**PLAYERS:** Honour the game; new friendships; equal participation; co-operation; new experiences; volunteering
COACH CERTIFICATION: COMMUNITY-INITIATION

BOX LACROSSE - FUNdamentals 1 Tyke: 7-8

FUN
- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Train ABCs

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

LTAD OBJECTIVES

FUN
- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Train ABCs

SCOREBOARD
Differential of more than 5 goals not displayed.

EQUIPMENT
Helmet, mask, knee pads (optional), small stick, soft ball (optional), jock/jill strap. Goalies: Category 1 equipment.

OFFICIATING
Referees introduced. Modified CLA rules. Fall back rule optional.

SESSIONS
5 min warm-up, 3x12 straight time, 3 min. breaks, cool down.

CONTACT
Place and push

SUSTENANCE
Water bottle, healthy snacks. No pop, chips or sugar.

TECHNICAL
Cradling, scoop, catch, overhand pass, overhand shot, defensive body position, face-off, creating space

TACTICAL
Give-and-go, cutting, face-off, floor positioning

GOALIES
Stance, angles, passing, stopping shots

COACH CERTIFICATION: COMMUNITY-INITIATION

BOX SIZE
Regulation

PLAYERS PER TEAM
5 on 5, plus goalie, 12-15 players per team

NET
3 ft. wide x 3 ft. high. Net tail 3 ft. from boards.

Contact: Place and push

Net Tail: 3 ft. from boards.

SUSPICIONS

NETS

3 ft. wide x 3 ft. high.

Differential of more than 5 goals not displayed.
COACH CERTIFICATION: COMMUNITY-INITIATION

BOX LACROSSE - FUNdamentals 1 Tyke: 7-8

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

FUN
- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Train ABCs

TECHNICAL
- Cradling, scoop, catch, overhand pass, overhand shot, defensive body position, face-off, creating space

TACTICAL
- Give-and-go, cutting, face-off, floor positioning

GOALIES
- Stance, angles, passing, stopping shots

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
- Cradling, scoop, catch, overhand pass, overhand shot, defensive body position, face-off, creating space

TACTICAL
- Give-and-go, cutting, face-off, floor positioning

GOALIES
- Stance, angles, passing, stopping shots

CLA RULES

BOX SIZE
- Play modified floor length

PLAYERS PER TEAM
- 4 on 4, plus goalie
- 8 to 10 players per team

NET
- 3 ft. wide x 3 ft. high.
- Net tail 3 ft. from boards.

CONTACT
- Equal pressure

SCOREBOARD
- No scores displayed
- No score sheets
- Use roster sheet for legal purposes

EQUIPMENT
- Helmet, mask, knee pads (optional), small stick, soft ball (optional), jock/jill strap. Goalies: Category 1 equipment.

OFFICIATING
- Coaches remain on floor. Referees may be introduced.
- Modified CLA rules. No players sent to penalty box.

SUBS
- Equal participation.
- 3 minute shifts.
- All play goal.

SESSIONS
- 2 x 15 min. skill training
- 2 x 15 min. games

SUSTENANCE
- Water bottle, healthy snacks. No pop, chips or sugar

VISITORS
- HOME
- VISITORS

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

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COACH CERTIFICATION: COMMUNITY-INITIATION

BOX LACROSSE - FUNdamentals 1 Tyke: 7-8

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering
COACH CERTIFICATION: COMMUNITY-DEVELOPMENT

BOX LACROSSE - FUNdamentals 2

Novice: 9-10

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

FUN
- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Train ABCs
- Emphasize speed, flexibility

SUSTENANCE
- Water bottle, healthy snacks. No pop, chips or sugar

EQUIPMENT
- Stick no shorter than 86.36 cm (34”)
- Goalies: Category 1 equipment

GAMES
- 5 min warm-up, 3x12 straight time, 3 min breaks, cool down

SCOREBOARD
- Score sheet is kept. Differential of more than 5 goals is not displayed

STAGES
- Fall back rule applies to Options A and X.
COACH CERTIFICATION: COMMUNITY-DEVELOPMENT

BOX LACROSSE - Learning to Train  Pee Wee: 11-12

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

CLA RULES

CONTACT
CLA rules

EMPLEA SMPB
Score sheet is kept

GAMES
OFFICIAL CLA rules

HOMEP VISITORS

Score sheet is kept

SCORTEBOARD

HOME VISITORS

Score sheet is kept

EQUIPMENT

Helmet, gloves, mask, mouthguard. Knee (optional), elbow, shoulder, arm & kidney pads, jock/jill strap. Stick no shorter than 86.36 cm (34”). Goalies: Category 2 equipment

COACH CERTIFICATION: COMMUNITY-INITIATION

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

GROWTH - PHV (Peak Height Velocity)

Measure annually
COACH CERTIFICATION: COMPETITION-INTRODUCTION

**BOX LACROSSE - Training to Train 1**  Bantam: 13-14

**FUN & physical activity**
- Develop skills & tactics
- Continue mental training
- Ethics & fair play
- Train ABCs
- Emphasize stamina, aerobic capacity
- Begin talent identification

**GAMES**
- 10 min. warm-up
- 3 x 15 min. stop time
- 5 minute breaks
- Cool down

**SCOREBOARD**
Score sheet is kept

**CONTACT & EQUIPMENT**
- CLA rules

**CLARULES**
- Box Size: Regulation
- Net Size: 4x4 feet
- Players per Team: 5 on 5, plus goalie
- 12 to 15 players per team
- Select teams introduced

**FAMILY**
Praise effort, not results; be positive; praise performance of both teams; do not yell instructions.

**PLAYERS**
Honour the game; new friendships; equal participation; win with dignity & lose with grace; personal & team goals; volunteering

**SKILLS INTRODUCED AT THIS LEVEL**

**TECHNICAL**
- Over-the-shoulder pass, sidearm shot

**TACTICAL**
- Double teaming, presses, transitions

**GOALIES**
- Stance, angles, passing, stopping shots, communication

**SUSTENANCE**
- Water bottle, healthy snacks. No pop, chips or sugar

**SUSTAINABILITY**
- Water bottle, healthy snacks. No pop, chips or sugar

**LTAD OBJECTIVES**
- Fun & physical activity
- Develop skills & tactics
- Continue mental training
- Ethics & fair play
- Train ABCs
- Emphasize stamina, aerobic capacity
- Begin talent identification

**CONTACT & EQUIPMENT**
- CLA rules

**GROWTH - PHV**
(Peak Height Velocity)
- Measure quarterly
COACH CERTIFICATION: COMPETITION-INTRODUCTION

BOX LACROSSE - Training to Train 2  Midget: 15-16

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions. PLAYERS: Honour the game; new friendships; equal participation; win with dignity & lose with grace; personal & team goals; volunteering.

LTAD OBJECTIVES

FUN & physical activity
- Increase competition
- Develop skills & tactics
- Continue mental training
- Ethics & fair play
- Emphasize speed, aerobic capacity
- Offer late-entry

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
Develop and refine all skills

TACTICAL
Walling, 6-5, situational lacrosse

GOALIES
Stance, angles, passing, stopping shots, communication

SUSTENANCE
Water bottle, healthy snacks. No pop, chips or sugar

GROWTH - PHV
(Peak Height Velocity)

Measure quarterly

COACH CERTIFICATION: COMMUNITY-INITIATION

FAMILY:  Praise effort, not results; be positive; praise performance of both teams; do not yell instructions. PLAYERS: Honour the game; new friendships; equal participation; win with dignity & lose with grace; personal & team goals; volunteering.

SUSTENANCE
Water bottle, healthy snacks. No pop, chips or sugar

COACH CERTIFICATION: COMPETITION-INTRODUCTION

SCOREBOARD
Score sheet is kept

CONTACT & EQUIPMENT
CLA rules

OFFICIATING
CLA rules

PLAYERS PER TEAM
5 on 5, plus goalie
15 to 20 players per team
Select teams

GAMES
10 min. warm-up
3 x 20 min. stop time
5 minute breaks
Cool down

BOX LACROSSE - Training to Train 2

Midget: 15-16

BOX SIZE: Regulation
NET SIZE: 4x4 feet

VISITORS
HOME
0
0

HOME
VISITORS

CLA RULES

GROWTH - PHV
(Peak Height Velocity)

Measure quarterly

1177

GROWTH - PHV
(Peak Height Velocity)

Measure quarterly
COACH CERTIFICATION: COMPETITION-DEVELOPMENT

BOX LACROSSE - Learning to Compete  Intermediate/Junior: 17-19

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering

LTAD OBJECTIVES

- Increase competition
- Advanced skills & tactics
- Introduce year-round physical training
- Train strength
- Ethics & fair play
- Continue mental training
- Continue late-entry
- Begin specializing in lacrosse

CLARULES

BOX/NET SIZE: Regulation

PLAYERS PER TEAM
5 on 5, plus goalie
20 to 25 players per team
Select teams

SCOREBOARD
Score sheet is kept

OFFICIATING
CLA rules

CONTACT & EQUIPMENT

GAMES
30 min. warm-up
3 x 20 min. stop time
10 minute breaks
Cool down

SUSTENANCE
Advanced hydration & nutrition

TECHNICAL
Refine all skills

TACTICAL
Develop and refine all tactics

GOALIES
Develop and refine all skills

SKILLS AT THIS LEVEL

- Technical: Refine all skills
- Tactical: Develop and refine all tactics
- Goalies: Develop and refine all skills

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COACH CERTIFICATION: COMPETITION-DEVELOPMENT

BOX LACROSSE - Training to Compete  Junior: 20-21

LTAD OBJECTIVES
- Increase competition
- Advanced skills & tactics
- Introduce year-round physical training
- Ethics & fair play
- Develop mental training
- Specialize in lacrosse

CLA RULES

SKILLS AT THIS LEVEL

TECHNICAL
- Refine all skills

TACTICAL
- Refine all tactics

GOALIES
- Refine all skills

GAME
- 30 min. warm-up
- 3 x 20 min. stop time
- 10 minute breaks
- Cool down

SCOREBOARD
- Score sheet is kept

OFFICIATING
- CLA rules

CONTACT & EQUIPMENT
- CLA rules

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering
COACH CERTIFICATION: COMPETITION-HIGH PERFORMANCE

BOX LACROSSE - Learning to Win  Junior A/Senior B: 20+

LTAD OBJECTIVES
• Winning titles
• Advanced skills & tactics
• Year-round physical training
• Training environment with full Performance Enhancement Team support
• Ethics & fair play
• Continue mental training
• Specialize in lacrosse

SKILLS AT THIS LEVEL

tecHnical
• Refine and perfect all skills

tactical
• Refine and perfect all tactics

GOALIES
• Refine and perfect all skills

CLA RULES

Box/Net Size: Regulation

Players Per Team
5 on 5, plus goalie
20 to 25 players per team
Select teams

Scoreboard
Score sheet is kept

Home vs. Visitors

Officiating
CLA rules

Contact & Equipment
CLA rules

Games

30 min. warm-up
3 x 20 min. stop time
10 minute breaks
Cool down

Sustenance
Advanced hydration & nutrition

Family: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

Players: Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering
COACH CERTIFICATION: COMPETITION-HIGH PERFORMANCE

BOX LACROSSE - Training to Win
Senior A/Major/National Team: 20+

LTAD OBJECTIVES
- Winning titles
- Advanced skills & tactics
- Year-round physical training
- Training environment with full Performance Enhancement Team support
- Refine mental training
- Specialize in lacrosse
- Ethics, fair play, excellence & respect

SKILLS AT THIS LEVEL
- TECHNICAL
  Perfect all skills
- TACTICAL
  Perfect all tactics
- GOALIES
  Perfect all skills

CLA RULES

BOX/NET SIZE: Regulation

PLAYERS PER TEAM
5 on 5, plus goalie
25 players per team
Select teams

SCOREBOARD
Score sheet is kept

OFFICIATING
CLA rules

CONTACT & EQUIPMENT
CLA rules

GAMES
30 min. warm-up
3 x 20 min. stop time
10 minute breaks
Cool down

SUSTENANCE
Advanced hydration & nutrition

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering
**BOX LACROSSE - Active for Life**

**Competitive (Senior B&C)/Recreational (Masters)**

- **LTAD OBJECTIVES**
  - Wellness and recreation
  - Divisions by skill, competition and recreation
  - Giving back to lacrosse
  - Fun, fairness & staying healthy

- **SKILLS AT THIS LEVEL**
  - **TECHNICAL**
    - Maintain all skills
  - **TACTICAL**
    - Maintain all tactics
  - **GOALIES**
    - Maintain all skills

- **CLA RULES**
  - **TECHNICAL**
    - Maintain all skills
  - **TACTICAL**
    - Maintain all tactics
  - **GOALIES**
    - Maintain all skills

- **Scoreboard**
  - Competitive: CLA rules
  - Recreational: Modified CLA rules

- **Contact**
  - Competitive: CLA rules
  - Recreational: Modified CLA rules

- **Officiating**
  - Competitive: CLA Rules
  - Recreational: Modified Rules
  - [See Appendix A - Masters Rules (Box)]

- **Equipment**
  - Competitive: CLA Rules
  - Recreational: Helmet, mask, gloves, Category 3 equipment (goalies)

- **GAMES**
  - Competitive: 30 min. warm-up, 3x20 min. stop time, 10 min. breaks, cool down
  - Recreational: 5 min. warm-up, 2x15 min. straight time, 1x12 min stop time, 3 min. breaks, cool down

- **Sustenance**
  - Competitive: Advanced hydration & nutrition
  - Recreational: Water

**Family:** Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

**Players:** Honour the game; new friendships; enjoy participation; win with dignity & lose with grace; volunteering
Find out more by visiting www.lacrosse.ca – and help the development of our great game.