

# STAGE 3: FOUNDATIONS

## AGES 7-10 YEARS OLD

### KEY OBJECTIVES FOR SUCCESS

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

Fundamental Technical Skills

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

To develop a technically sound set of lacrosse skills and athletic movement skills necessary in lacrosse (agility, quickness, change of direction). Getting as many touches with the ball as possible.

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

Fun, inclusive engaging, and positive; appeals to this age-group's desire for fun, improvement and teamwork through the progressive development of existing and new skill base. Focus on trying your best. Growth mindset.

### PLAYER DEVELOPMENT

#### Athletic Development

Agility, footwork dynamic balance, complex coordination, linear speed, speed of coordination, strength, flexibility.

#### Technical (Skills) Development

Proficient at most basic technical skills, developing dodge variations and exploring shooting/passing and cradling variations. Developing individual defense skills-body, footwork, stick positioning.

#### Tactical (Strategy) Development

Proficient with 1v1, 2v1 and 2v2 concepts, exploring and developing 3v3, 4v4, 4v3 variations and transition offense and defense.

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

Love of the sport, coachability, concentration, problem solving, becoming confident, making good choices, learning fairness, taking responsibility.

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

Learning to compete against other players. Learning the values of lacrosse. Learning independence and also how to work together as a team. Developing self-awareness, they start to be aware of what they don't know or what they can't do. Like to help others and the coach. Able to listen to the coach.

#### Cognitive Development

By age 9 or 10 developing the ability to think in advance of ball (anticipation); recall memory significantly improves; can follow more complex instructions; stay on task and focus longer; can understand where to move with and without the ball; can think in sequential thought and actions.

### TRAINING

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

70:30

#### Primary Objective of Training

To develop a lacrosse-confident athlete with solid fundamental skills and a general understanding of basic game play and strategy through small-sided play. Include free play.

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

12:1

#### Length of Training Sessions

60 minutes

#### Frequency

Up to 3x a week during an 8-12 week season

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

Sport-specific training up to 3x a week (for one specific season), participate in other physical activity or sport 4-5 times a week. Ensure time period in the year when there is a several week rest from all organized sport.

### COMPETITION

#### Competition Structure

Girls: 7v7 field players plus goalies; Boys: 5v5 field players plus goalies

#### Field Size

Cross-field

#### Developmental Purpose of Competition

FUN, trying new skills in a team setting, learning and exploring overall play of the game, sportsmanship.