

US Lacrosse Practice Planning 101 – U-13

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.

U-13 Development

Players at the U-13 Level fall under the “Training to Train” stage of LTAD (Long Term Athlete Development Model) which states this phase of athlete development should spend the time to develop the athletes overall physical capacities (focus on aerobic conditioning and fundamental movement skills). In addition a 60:40 ratio of practice to competition is recommended.

Note:

Conditioning is added with length of practice and speed of drills.

Practice Time Length: A standard practice with U-13 players should be around 75 minutes to 90 minutes in length based on their attention span and needs.

Days per Week: 3-4 practice per week (1-2 games per week)

U-13 Practice Plan Goals

Goals for U-13 lacrosse players at this level should be as follows:

- Fine development of fundamental skills (Scoop, Catch, Throw, Shoot, Dodge – and combination of skills)
 - Some Settled offense and defense development
 - Transition skills and tactics start to come into play
 - Game and equipment safety
 - Having fun
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Practice Plan Template

The following is a basic U-13 Outline for practice planning to help coaches understand timing and what could be included in practice:

- Team meeting
 - 5-10 minute warm up
 - 15-20 minutes of skills
 - 15 - 20 minutes of technique
 - 15-20 minutes of instruction
 - 20 minutes of free play or game play
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US Lacrosse Practice Planning 101 – U-13, Continued

Sample Practice Plans

Below are sample practice plan ideas for U-13 coaches using the US Lacrosse Mobile Coach Application that is free to US Lacrosse member coaches at www.uslmobilecoach.com.

Sample U-13 in Mobile Coach

drill" and select drills from the drill library. The drill library can be sorted by clicking on the column heading. Place your cursor on the drill name to see a summary of the drill objective. Add a drill by clicking on the words "Add Drill". As drills are added the length of the practice will be tabulated. Click on the "Save Plan" button to save the practice plan. Print the plan or click on the "Mobile" button to view the plan on your iPhone.

Drills

Order	Name	Theme	Style	Level	Location	Delete?
Up Down	10 Minute Active Stretch	Water Break Warm Up And Stretch	Warm Up	Basic	Midfield	Delete Drill
Up Down	Triangle line Drills	Ball Movement	Warm Up Skills	Basic	Midfield	Delete Drill
Up Down	4 Corner Box Drill	Ball Movement	Warm Up Skill	Basic	Midfield	Delete Drill
Up Down	Pass and Pick Away Drill	Cutting - Feeding - Picks	Skills	Basic	Attack Zone	Delete Drill
Up Down	Save To Clear Warm Up Drill	Goalie Play	Skills	Basic	Half Field	Delete Drill
Up Down	3 v 3 Drill	Even Strength Drills	Games	Basic	Attack Zone	Delete Drill
Up Down	Slow Break Trailer Shooting Drill	Transition	Skills	Basic	Attack Zone	Delete Drill

Sample U-13 printed from Mobile Coach



Practice Name: USL U-13
 Date: 3/19/2012
 Coach: Christopher Snyder
 Estimated Duration: 75 minutes

- Drills:**
- 10 Minute Active Stretch 10 minutes
 - Triangle line Drills 10 minutes
 - 4 Corner Box Drill 10 minutes
 - Pass and Pick Away Drill 10 minutes
 - Save To Clear Warm Up Drill 10 minutes
 - 3 v 3 Drill 15 minutes
 - Slow Break Trailer Shooting Drill 10 minutes

Notes: