

US Lacrosse Practice Planning 101 – U-15

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-15 Development

Players at the U-15 Level fall under the advanced level of “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 and moving towards faster paced games and game play.

Note:

Conditioning is now a development and evaluations tool.

Practice Time Length: A standard practice with U-15 players should be around 90 minutes to 120 minutes in length based on their attention span and needs.

Days per Week: 4-5 practice per week (1-2 games per week)

U-15 Practice Plan Goals

Goals for U-15 lacrosse players at this level should be as follows:

- Focus on advancement of fundamental skills (Scoop, Catch, Throw, Shoot, Dodge – and combination of skills)
 - Settled offense and defense development and strategy will start
 - Transition skills and tactics are constant
 - Game and equipment safety
 - Having fun while working hard for results
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Practice Plan Template

The following is a basic U-15 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
 - 20 minutes of instruction
 - 20 minutes of free play or game play
 - 15 minutes situational play
 - 10-15 minutes of conditioning/strength work
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US Lacrosse Practice Planning 101 – U-15, Continued

Sample Practice Plans

Below are sample practice plan ideas for U-15 coaches using the US Lacrosse Mobile Coach Application that is free to US Lacrosse member coaches at www.uslmobilecoach.com.

Sample U-15 in Mobile Coach

The screenshot shows the 'Drills' section of the US Lacrosse Mobile Coach application. On the left is a navigation menu with options: Create New Practice Plan, Drill Library, Video Library, User Set Up, FAQ, and Log Out. Below the menu are logos for 'POSITIVE COACHING ALLIANCE' and 'USLacrosse'. The main area displays a table of drills with columns for Order, Name, Theme, Style, Level, Location, and Delete?. To the right of the table are promotional images for the mobile app on an iPhone and a coach in a field, with text 'Get USL Mobile Coach for iPhone' and 'US LACROSSE COACHING EDUCATION PROGRAM'.

| 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 | 4 Corner Over the Shoulder GB's and Passes Drill | Ball Movement | Warm Up Skills | Basic | Midfield Attack Zone | Delete Drill |
| Up Down | Canadian 2 v 2 Ground Balls | Ground Balls | Game | Intermediate | Attack Zone | Delete Drill |
| Up Down | 5 Minute Water Break | Water Break Warm Up And Stretch | Warm Up | Basic | Midfield | Delete Drill |
| Up Down | Cross Crease Shooting Drill | Shooting | Warm Up Skill | Basic | Attack Zone | Delete Drill |
| Up Down | 3 v 3 Drill | Even Strength Drills | Games | Basic | Attack Zone | Delete Drill |
| Up Down | 4 v 4 Drill | Even Strength Drills | Games | Basic | Attack Zone | Delete Drill |
| Up Down | 5 Minute Water Break | Water Break Warm Up And Stretch | Warm Up | Basic | Midfield | Delete Drill |
| Up Down | Transition Drill 3 v 2 Full Field Drill | Transition | Games | Intermediate | Full Field | Delete Drill |
| Up Down | 10 v 10 Drill | Even Strength Drills | Games | Basic | Full Field | Delete Drill |

Sample U-15 printed from Mobile Coach



Practice Name: U-15 Practice Plan
 Date: 3/12/2012
 Coach: Christopher Snyder
 Estimated Duration: 120 minutes

- Drills:
- 10 Minute Active Stretch 10 minutes
 - 4 Corner Over the Shoulder GB's and Passes Drill 10 minutes
 - Canadian 2 v 2 Ground Balls 15 minutes
 - 5 Minute Water Break 5 minutes
 - Cross Crease Shooting Drill 10 minutes
 - 3 v 3 Drill 15 minutes
 - 4 v 4 Drill 15 minutes
 - 5 Minute Water Break 5 minutes
 - Transition Drill 3 v 2 Full Field Drill 15 minutes
 - 10 v 10 Drill 20 minutes

Notes:
