Guidelines for Practice Planning | U13

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.

U13 Player 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.

Developmental Considerations

- Conditioning is added at this level of play thru length of practice and speed of drills
- Practices should last between 75 and 90 minutes in length
- 3-4 Practices per week (1-2 games per week)

Goals for U13 Practices

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

Planning 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

Sample Practice Plan

The following page contains 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.