



US LACROSSE ATHLETE DEVELOPMENT MODEL

Montana Lacrosse Association is following US Lacrosse's lead and implementing the Lacrosse Athlete Development Model described below. The LADM is very similar to the systems that have been in place for youth soccer and youth hockey for years.

In essence the LADM focuses age-appropriate player instruction (coaching approach, drills, plays and games) to the player's cognitive and physical abilities. The age appropriateness of each level is determined by well-established child development physiology and psychology. In other words, by utilizing the LADM we will be teaching kids the right lacrosse skills at the right time.

The MLA realizes this is a new paradigm and therefore adoption will begin with the youngest age groups as follows:

- U9 and U11 will utilize the LADM Coaching Tools and play Small-Sided Competition games
- U13 and U15 will utilize the LADM Coaching and no changes will be made to games at this time.

Lacrosse Athlete Development Model

We're squaring the pyramid by disrupting today's triangular sport model of diminishing opportunity, and creating a model of participation that provides opportunity for all, for life.

This is your road map for providing a developmentally appropriate lacrosse environment at each step of the way, from age 4 to 94.

<http://uslacrosse.org/athlete-development/athlete-development-model.aspx>

Small-Sided Competition

Smaller players, smaller fields. That's the name of the game if we want to keep kids engaged, developing their skills and getting more touches on the ball. We've developed evidence based guidelines for the best way to compete at each level starting with 3 v 3 and progressing up to full-field. See better skill development, more enjoyment, and increased retention rates by letting the kids play the right way.

<http://uslacrosse.org/athlete-development/small-sided-competition.aspx>

Program & Coaching Tools

We haven't just put together a model for athlete development, we've developed some amazing tools to help forward thinking programs and coaches do what's right for kids through their practice, games, and season structure. View age-specific skill progression guides, drills, practice plans and administrator tools that give players exactly what's right for them.

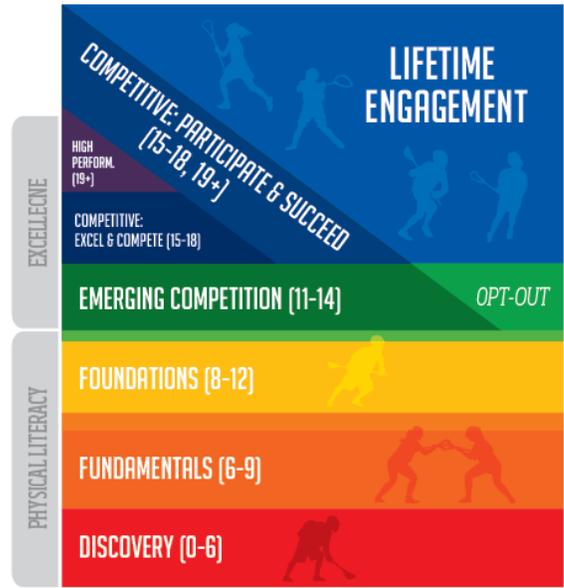
<http://uslacrosse.org/athlete-development/resources.aspx>



Traditional Youth Athletic Model



LACROSSE ATHLETE DEVELOPMENT MODEL



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