

US Lacrosse Recommendations:

HRLax Practice Frequency & Duration Policy					
Age Group	Recommended practices per week	Max practices per week	Recommended length of practice	Max length of practice	Recommended games per week
High School	4-5	5	2-2.5 hrs	3 hrs	1-2
U15	4-5	5	90-120 min	2.5 hrs	1-2
U13	3-4	5	75 - 90 min	2 hrs	1-2
U11	2-3	4	1 hr - 75 min	2 hrs	1-2
U9	1-2	3	45 min - 1 hr	1.5 hrs	1-2

HRLax Recommendation for adjusted age groups:

HRLax Practice Frequency & Duration Policy					
Age Group	Recommended practices per week	Max practices per week	Recommended length of practice	Max length of practice	Recommended games per week
High School	4-5	5	2-2.5 hrs	3 hrs	1-2
U14	3-4	5	90-105 min	2 hrs	1-2
U12	2-3	4	1 hr - 90 min	2 hrs	1-2
U10	1-2	3	45 min - 75 min	1.5 hrs	1-2
U8 & Softstick	1-2	3	45 min - 1 hr	1.5 hrs	1-2