

# US Lacrosse Practice Planning 101 – U-9

---

**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-9 Development** Players at the U-9 Level fall under the “FUNdamentals” stage of LTAD (Long Term Athlete Development Model) which states this phase of athlete development should spend the majority of time on developing physical capacities and movement skills.

**Note:**

Conditioning is not needed at this level of play.

**Practice Time Length:** A standard practice with U-9 players should be around 45minutes to 1 hour in length based on their attention span and needs.

**Days per Week:** 1-2 practice per week

---

**U-9 Practice Plan Goals** Goals for U-9 lacrosse players at this level should be as follows:

- Basic fundamental skills introductions (Scoop, Catch, Throw, Shoot)
- Basic transition play and game play (passing options)
- Understand basic lacrosse movements and rules (Body defense –on ball, small game offense 1v1, 2v2, 3v3 )
- Game and equipment safety
- Having fun

---

**Practice Plan Template** The following is a basic U-9 Outline for practice planning to help coaches understand timing and what could be included in practice:

- Team meeting
  - 5 minute warm up
  - 15 minutes of base skills
  - 15 minutes of base technique
  - 15-20 minutes of free play or game play
- 

*Continued on next page*

# US Lacrosse Practice Planning 101 – U-9, Continued

## Sample Practice Plans

Below are sample practice plan ideas for U-9 coaches using the US Lacrosse Mobile Coach Application that is free to US Lacrosse member coaches at [www.uslmobilecoach.com](http://www.uslmobilecoach.com).

## Sample 1 in Mobile Coach

**Edit Practice Plan**

Name: USL U-9 Boys  
 Date: Mar 19, 2012  
 Group: US Lacrosse U-9  
 Total Time: 58 minutes

Buttons: Save Plan, Print Plan, Mobile, Email

**Drills**

Order	Name	Theme	Style	Level	Location	Delete?
Up Down	5 Minute Active Stretch	Water Break Warm Up And Stretch	Warm Up	Basic	Midfield	Delete Drill
Up Down	5 Yard Scoop Drill	Ground Balls	Skills: Warm Up	Basic	Midfield	Delete Drill
Up Down	3 Minute Water Break	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-Points 1 v 1 Drill	1 v 1	Skills	Basic	Attack Zone	Delete Drill
Up Down	2 v 2 Drill	Even Strength Drills	Games	Basic	Attack Zone	Delete Drill

**US Lacrosse Coaching Education Program**

## Sample 1 Print from Mobile Coach



Practice Name: USL U-9 Boys  
 Date: 3/19/2012  
 Coach: Christopher Snyder  
 Estimated Duration: 58 minutes

- Drills:**
- 5 Minute Active Stretch 5 minutes
  - 5 Yard Scoop Drill 15 minutes
  - 3 Minute Water Break 3 minutes
  - Triangle line Drills 10 minutes
  - 4-Points 1 v 1 Drill 10 minutes
  - 2 v 2 Drill 15 minutes

Notes: