

# US Lacrosse Practice Planning 101 – U-11

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## 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.

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## U-11 Development

Players at the U-11 Level fall under the “Learning to Train” stage of LTAD (Long Term Athlete Development Model) which states this phase of athlete development should spend the time to learn and focus on all fundamental skills needed to play the game successfully. In addition a 70:30 ratio of practice to competition is recommended.

### **Note:**

Conditioning is not needed at this level of play.

**Practice Time Length:** A standard practice with U-11 players should be around 1 hour in length to 75 minutes based on their attention span and needs.

**Days per Week:** 2-3 practice per week (1 game per week)

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## U-11 Practice Plan Goals

Goals for U-11 lacrosse players at this level should be as follows:

- Understanding of fundamental skills (Scoop, Catch, Throw, Shoot, Dodge – and combination of skills)
  - Transition play and general game play (off-sides and game play rules)
  - Understand lacrosse movements and rules (Body defense –on ball, small game offense 1v1, 2v2, 3v3 )
  - Game and equipment safety
  - Having fun
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## Practice Plan Template

The following is a basic U-11 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
  - 10 minutes of instruction
  - 15 minutes of base technique
  - 15-20 minutes of free play or game play
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# US Lacrosse Practice Planning 101 – U-11, Continued

## Sample Practice Plans

Below are sample practice plan ideas for U-11 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 U-11 in Mobile Coach

The drill library can be sorted by clicking on the column heading. Place your cursor on the drill name to see a summary of the drill objective. Add a drill by clicking on the words "Add Drill". As drills are added the length of the practice will be tabulated. Click on the "Save Plan" button to save the practice plan. Print the plan or click on the "Mobile" button to view the plan on your iPhone

Order	Name	Theme	Style	Level	Location	Delete?
Up Down	5 Minute Static Stretch	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	3 Minute Water Break	Water Break Warm Up And Stretch	Warm Up	Basic	Midfield	Delete Drill
Up Down	Ground Balls to Shot	Ground Balls	Warm Up Game	Basic	Attack Zone	Delete Drill
Up Down	2 v 1 Drill	Number Advantages and Disadvantages	Skills 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	Give and Go Drill	Cutting - Feeding - Picks	Skills	Basic	Attack Zone	Delete Drill
Up Down	2 v 2 Drill	Even Strength Drills	Games	Basic	Attack Zone	Delete Drill

## Sample U-11 Printed out of Mobile Coach



Practice Name: USL U-11 Boys  
 Date: 3/19/2012  
 Coach: Christopher Snyder  
 Estimated Duration: 68 minutes

- Drills:
- 5 Minute Static Stretch 5 minutes
  - Triangle line Drills 10 minutes
  - 3 Minute Water Break 3 minutes
  - Ground Balls to Shot 5 minutes
  - 2 v 1 Drill 15 minutes
  - 5 Minute Water Break 5 minutes
  - Give and Go Drill 10 minutes
  - 2 v 2 Drill 15 minutes

Notes: