

Rockyview Lacrosse
 LTAD Objectives Guidelines
 (LTAD = Long Term Athlete Development)

Mini-Tyke



Division / Age Information				Season Information		
Age	Birth Year	Division	LTAD Objective	Season Length	Days & Times	Location(s)
0-6	2005 or younger	Mini-Tyke	Active Start FUN • Introduce skills • Basic rules • Fair play • Physical activity • Train ABCs LTAD Option 'X'	Evaluations: end of March Regular Season: late April to July 1	Practice & Game schedule completed by league. Unknown until mid-April	Practice & Home Games: Airdrie, Cochrane Away Games: Calgary

CLA Rules (Canadian Lacrosse Association)						
Box Size	Players per Team	Net	Contact	Scoreboard	Officiating	
Cross Floor on 1/2 box	3-on-3 No goalie 7-9 players per team	3' x 3' nets Net tail 3' from boards	No Contact (body position & footwork)	No score kept	Coaches remain on floor. Referees may be introduced. Modified CLA rules. Fallback rule applies.	

On-Floor Time		
Game Sessions	Subs	Practice:Game Ratio (sessions per week)
15min-15min-15min-15min (practice-scrimmage-practice-scrimmage)	Equal participation 3 minute shifts	2

Equipment Requirement:	
Player:	Player Equipment Download
Goalie:	Goalie Equipment Download

Skills Introduced at this Level		
Technical Focus	Tactical Focus	Goalies
Cradling, trap and scoop, catch, overhand pass, overhand shot, defensive body position	Give-and-go, cutting	no goalies

Parents/Family	Players
Praise effort, not results; be positive; praise performance of both teams; do not yell instructions	Honour the game; new friendships; equal participation; co-operation; new experiences; volunteering

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Tyke



Division / Age Information				Season Information		
Age	Birth Year	Division	LTAD Objective	Season Length	Days & Times	Location(s)
7-8	2003-2004	Tyke	FUNdamentals 1 FUN • Introduce skills • Basic rules • Fair play • Physical activity • Train ABCs LTAD Option 'A'	Evaluations: end of March Regular Season: late April to July 1	Practice & Game schedule completed by league. Unknown until mid-April	Practice & Home Games: Airdrie, Cochrane Away Games: Calgary

CLA Rules (Canadian Lacrosse Association)						
Box Size	Players per Team	Net	Contact	Scoreboard	Officiating	
Modified floor length	4-on-4 Goalie 8-10 players per team	3' x 3' nets Net tail 3' from end	Equal Pressure (focus on body position & footwork)	No scores displayed No score sheets Use roster sheet for legal purposes	Coaches remain on floor. Referees maybe introduced. Modified CLA rules. No players sent to penalty box. Fallback	

On-Floor Time		
Game Sessions	Subs	Practice:Game Ratio (sessions per week)
15min-15min-15min-15min (practice-scrimmage-practice-scrimmage)	Equal participation 3 minute shifts Everyone plays goalie	2

Equipment Requirement:	
Player:	Player Equipment Download
Goalie:	Goalie Equipment Download

Skills Introduced at this Level		
Technical Focus	Tactical Focus	Goalies
Cradling, scoop, catch, overhand pass, overhand shot, defensive body position, face-off, creating space	Give-and-go, cutting, face-off, floor positioning	Stance, angles, passing, stopping shots

Parents/Family	Players
Praise effort, not results; be positive; praise performance of both teams; do not yell instructions	Honour the game; new friendships; equal participation; co-operation; new experiences; volunteering

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Novice



Division / Age Information				Season Information		
Age	Birth Year	Division	LTAD Objective	Season Length	Days & Times	Location(s)
9-10	2001-2002	Novice	FUNdamentals 2 FUN • Introduce skills • Basic rules • Fair play • Physical activity • Train ABCs • Emphasize speed, flexibility LTAD Option 'L'	Evaluations: end of March Regular Season: late April to July 1	Practice & Game schedule completed by league. Unknown until mid-April	Practice & Home Games: Airdrie, Cochrane Away Games: Calgary

CLA Rules (Canadian Lacrosse Association)					
Box Size	Players per Team	Net	Contact	Scoreboard	Officiating
Full Floor	5-on-5 Goalie 12-15 players per team	4' x 4' nets Regular crease	Option 'L': Full Contact	Score sheet kept Differential of more than 5 goals not displayed	Referees introduced. Modified CLA rules. Fall back rule applies to Options A and X.

On-Floor Time		
Game Sessions	Subs	Practice:Game Ratio (sessions per week)
5min warm-up 3x12 straight time 3 min breaks, cool down	Equal participation Everyone encouraged to play goal	3 (1 game; 2 training sessions)

Equipment Requirement:	
Player:	Player Equipment Download
Goalie:	Goalie Equipment Download

Skills Introduced at this Level		
Technical Focus	Tactical Focus	Goalies
Cradling, scooping, catching, overhand pass, overhand shot, bounce shot, bulldodge, rolling, face-off, defensive body position, cross-checking, creating space	Floor positions, Give and-go, cutting, line changes, breakout, face-off	Stance, angles, passing, stopping shots

Parents/Family	Players
Praise effort, not results; be positive; praise performance of both teams; do not yell instructions	Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

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PeeWee



Division / Age Information				Season Information		
Age	Birth Year	Division	LTAD Objective	Season Length	Days & Times	Location(s)
11-12	1999-2000	PeeWee	Learning to Train FUN & physical activity • Introduce competition • Introduce mental training • Basic rules & fair play • Physical activity • Train ABCs • Emphasize speed, flexibility	Evaluations: end of March Regular Season: late April to July 1	Practice & Game schedule completed by league. Unknown until mid-April	Practice & Home Games: Airdrie, Cochrane Away Games: Calgary

CLA Rules (Canadian Lacrosse Association)						
Box Size	Players per Team	Net	Contact	Scoreboard	Officiating	
Full Floor	5-on-5 Goalie 12-15 players per team	4' x 4' nets Regular crease	Full Contact CLA Rules	Score sheet kept	CLA Rules	

On-Floor Time		
Game Sessions	Subs	Practice:Game Ratio (sessions per week)
10 min. warm-up 2 x 15 min. straight time 1 x 15 min. stop time 3 minute breaks, Cool down	n/a	3 (1 game; 2 training sessions)

Equipment Requirement:	
Player:	Player Equipment Download
Goalie:	Goalie Equipment Download

Skills Introduced at this Level		
Technical Focus	Tactical Focus	Goalies
Inside shooting, faking, dodging, mid-pointing, open floor defence	Picks & screens, set plays, 2-1s and 3-2s, breakout, sagging man-to-man defence, powerplay offence and defence, man-short offence	Stance, angles, passing, stopping shots, communication

Parents/Family	Players
Praise effort, not results; be positive; praise performance of both teams; do not yell instructions	Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

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Bantam



Division / Age Information				Season Information		
Age	Birth Year	Division	LTAD Objective	Season Length	Days & Times	Location(s)
13-14	1997-1998	Bantam	Training to Train 1 FUN & physical activity • Develop skills & tactics • Continue mental training • Ethics & fair play • Train ABCs • Emphasize stamina, aerobic capacity • Begin talent identification	Evaluations: end of March Regular Season: late April to July 1	Practice & Game schedule completed by league. Unknown until mid-April	Practice & Home Games: Airdrie, Cochrane Away Games: Calgary

CLA Rules (Canadian Lacrosse Association)						
Box Size	Players per Team	Net	Contact	Scoreboard	Officiating	
Full Floor	5-on-5 Goalie 12-15 players per team Select Teams Introduced	4' x 4' nets Regular crease	Full Contact CLA Rules	Score sheet kept	CLA Rules	

On-Floor Time		
Game Sessions	Subs	Practice:Game Ratio (sessions per week)
10 min. warm-up 3 x 15 min. stop time 5 minute breaks Cool down	n/a	4 (1 game; 3 training sessions)

Equipment Requirement:	
Player:	Player Equipment Download
Goalie:	Goalie Equipment Download

Skills Introduced at this Level		
Technical Focus	Tactical Focus	Goalies
Over-the-shoulder pass, sidearm shot	Double teaming, presses, transitions	Stance, angles, passing, stopping shots, communication

Parents/Family	Players
Praise effort, not results; be positive; praise performance of both teams; do not yell	Honour the game; new friendships; equal participation; win with dignity & lose with grace; personal & team goals; volunteering

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Midget



Division / Age Information				Season Information		
Age	Birth Year	Division	LTAD Objective	Season Length	Days & Times	Location(s)
15-16	1995-1996	Midget	Training to Train 2 FUN & physical activity • Increase competition • Develop skills & tactics • Continue mental training • Ethics & fair play • Emphasize speed, aerobic capacity • Offer late-entry	Evaluations: end of March Regular Season: late April to July 1	Practice & Game schedule completed by league. Unknown until mid-April	Practice & Home Games: Airdrie, Cochrane Away Games: Calgary

CLA Rules (Canadian Lacrosse Association)						
Box Size	Players per Team	Net	Contact	Scoreboard	Officiating	
Full Floor	5-on-5 Goalie 15-20 players per team Select Teams	4' x 4' nets Regular crease	Full Contact CLA Rules	Score sheet kept	CLA Rules	

On-Floor Time		
Game Sessions	Subs	Practice:Game Ratio (sessions per week)
10 min. warm-up 3 x 20 min. stop time 5 minute breaks Cool down	n/a	4 (1 game; 3 training sessions)

Equipment Requirement:	
Player:	Player Equipment Download
Goalie:	Goalie Equipment Download

Skills Introduced at this Level		
Technical Focus	Tactical Focus	Goalies
Develop and refine all skills	Walling, 6-5, situational lacrosse	Stance, angles, passing, stopping shots, communication

Parents/Family	Players
Praise effort, not results; be positive; praise performance of both teams; do not yell instructions	Honour the game; new friendships; equal participation; win with dignity & lose with grace; personal & team goals; volunteering