USA LACROSSE ATHLETE DEVELOPMENT FRAMEWORK FOR PROGRAMS

Sport clubs and organizations are a key part of both the youth and adult lacrosse experience in the United States. By using key USA Lacrosse Athlete Development Framework concepts, a club can focus on growing their athletes and teams into success stories.

USE THESE 10 KEY RECOMMENDATIONS* TO HELP MAXIMIZE YOUR CLUBS' IMPACT ON THE ATHLETE'S LACROSSE EXPERIENCE:

1. Limit cuts for ages 0-12 and focus on developing skills over competition outcomes.
2. Use the US Lacrosse Athlete Development Framework to design your own program's development pathway for participation and competition offerings.
3. Provide physical literacy (i.e., agility, balance, coordination) training at every practice at every level.
4. Periodize training and rest time for your athletes to cut down on overuse injuries and burnout.
5. Encourage multi-sport/activity and cross-training to keep your athletes active and developing outside of your program.
6. Use developmentally appropriate drills and practice plans at all levels.
7. Provide qualified and certified coaches at all age levels.
8. Keep participation/competition costs reasonable. Find ways to increase numbers and retention rates from year to year, season to season.
9. Provide quality feedback and age-appropriate development benchmarks to parents and athletes.
10. Operate with an athlete-focused philosophy by creating fun, engaging, and challenging sport experiences across all levels of development.

*Adapted with permission from the United States Olympic Committee, Rebuilding Athletes in America - 2016