



Lacrosse for Life

*Canadian
Lacrosse
Association*



**Long-Term Athlete Development
for Canadian Lacrosse**

stages



Lacrosse is an exciting game with a proud history in Canada.

Lacrosse for Life is a player development pathway that helps Canadian kids get into lacrosse, have fun, learn skills, and develop to their full potential over the long term. It's based on the best practices in sport training and coaching from around the world, and it's our way of keeping lacrosse fun and safe for kids of all ages and sizes, even while we develop the champions of tomorrow.



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Long-Term Athlete Development (LTAD)

What?

Lacrosse for Life is based on the Long-Term Athlete Development concept (LTAD), a way of coaching and training that matches sports programs to the physical, mental and emotional stages of kids as they grow.

How?

LTAD describes the different stages and changes as young athletes grow from childhood through their teens, recommending modified game formats and training schedules to suit each stage.

Why?

With LTAD, more kids start playing, more kids keep playing, and more athletes achieve excellence in our proud Canadian pastime.

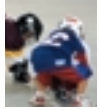
Growing with Lacrosse

Lacrosse for Life identifies seven basic stages for developing lacrosse players:



Active Start

Young children begin basic play.



FUNDamentals

Later childhood provides more structure but emphasizes FUN.



Learning to Train

Pre-teens prepare for structured training.



Training to Train

Early teens build training capacities.



Learning & Training to Compete

Older teens start training to compete for titles.



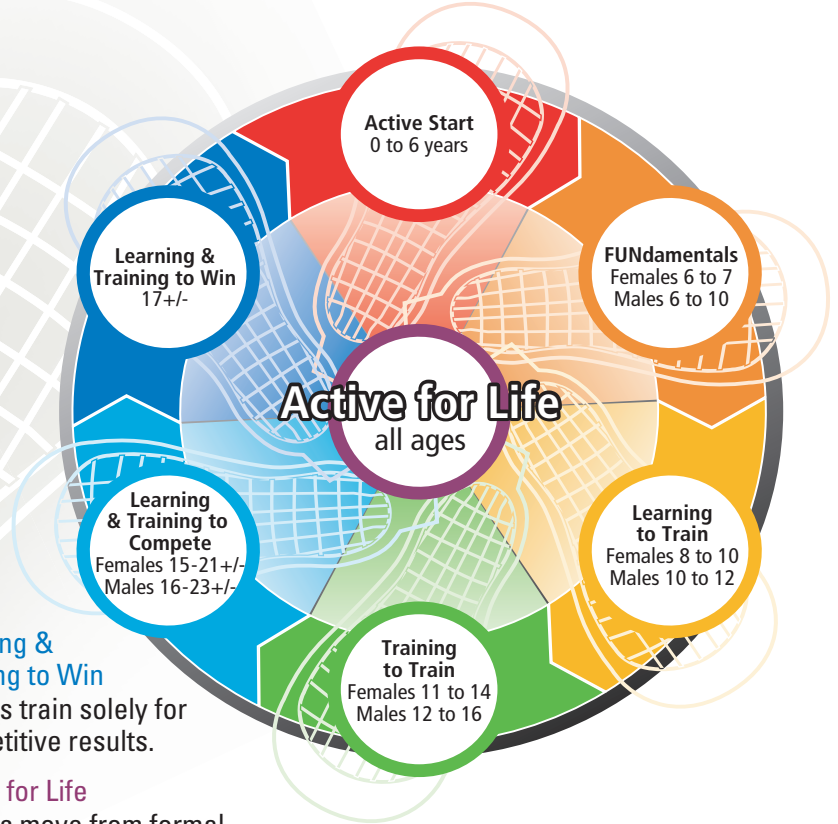
Learning & Training to Win

Players train solely for competitive results.



Active for Life

Players move from formal competition and focus on wellness.



Doing It Right

How we behave as players, coaches and parents has a big impact on the development of our sport. Lacrosse for Life suggests we set the right example.

PLAYER Code of Conduct

- Honour the game.
- Play by the rules.
- Respect your opponents.
- Be a team player – attend all practices and games.
- Remember that winning isn't everything – have fun, improve skills, and do your best.
- Acknowledge the good play of ALL players – both teammates and opponents.
- Play because you want to, not because your parents or coaches want you to.
- Show respect to all coaches, officials, players and fans.

COACH Code of Conduct

- Set a positive example in conduct and coaching.
- Put players' interests and welfare above your own.
- Treat everyone fairly, regardless of gender, ethnicity, colour or other traits.
- Direct coaching comments at performances, not persons.
- Make training activities suitable for player age, experience, ability and fitness level.
- Pursue opportunities for coaching development.
- Treat opponents and officials with respect.
- Respect your players' academic needs.

PARENT Code of Conduct

- Remember that your child plays sport for his or her enjoyment, not yours.
- Teach your child that the effort is more important than the outcome.
- Praise your child for competing fairly and trying hard.
- Never yell at your child for making a mistake or losing a competition.
- Applaud good playing performances by both your child's team and the opponents.
- Do not force your child to participate in sports.
- Encourage your child to play by the rules.
- Respect game officials, team members, opponents and fans.
- Show appreciation for volunteers.

Find Out More

Interested in learning more about coaching or playing lacrosse? The Canadian Lacrosse Association and your Provincial Lacrosse Association can direct you to lacrosse programs and clubs near you. They can also provide you with information on upcoming courses for coaches and referees.

www.lacrosse.ca

THE MATRIX

In recognition of the variance of talent and availability of time and resources between its member associations, the Canadian Lacrosse Association has created a matrix of options for implementation for a number of the stages in this document. The affected stages will be split up into Options L, A and X. The amount of variance differs between member associations and therefore each member association has been classified as type 1, 2 or 3.

TYPE 1 MAs: Clubs can choose to implement Option L, A or X at each stage.

Type 1 MAs: BCLA, ALA, OLA

TYPE 2 MAs: Clubs can choose to implement Option A or X at each stage.

Type 2 MAs: FCQ

TYPE 3 MAs: Clubs must implement Option X at each stage.

Type 3 MAs: SLA, MLA, LNB, LNS, Can-Am, ILA



MEN'S FIELD LACROSSE



MEN'S FIELD LACROSSE - Active Start

Mini-Tyke: 6 and under

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules & fair play
- Physical activity
- Play agility games (i.e. tag)


SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
 Offence: cradling, scooping, catching, overhand pass & shot
 Defence: defensive body position, lifts

TACTICAL
 Offence: cutting, give-and-go, changing pace, running to space


GOALIES
 Goalies at this stage - rotate all players

FIELD SIZE
 1/2 length of regulation field.



PLAYERS PER TEAM
 6 on 6 (2-2-2), plus goalie, 12-15 players per team

NET



Modified nets
 Field net with drop board or 4x4 net
 Regulation crease

CONTACT



Contact on bottom hand only

SCOREBOARD

HOME	VISITORS
0	0


Differential of more than 5 goals is not displayed.

EQUIPMENT



Helmet, mask, mouth-guard, jock strap, soft ball. Stick max. 36 inch. Knee, elbow & shoulder pads optional

OFFICIATING



Coaches remain on field. Referees may be introduced. Modified CLA rules.

SUBS



Equal participation
 3 minute shifts

SESSIONS



10 min. warm-up, 2x20 straight time, 5 min. break, cool down. Face-offs optional.

SUSTENANCE



Water bottle, healthy snacks. No pop, chips or sugar



MEN'S FIELD LACROSSE - Active Start

Mini-Tyke: 6 and under

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules & fair play
- Physical activity
- Play agility games (i.e. tag)

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Offence: cradling, scooping, catching, overhand pass & shot
 Defence: defensive body position, lifts

TACTICAL

Offence: cutting, give-and-go, changing pace, running to space

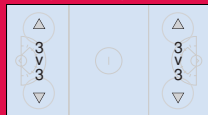
GOALIES

Goalies at this stage - rotate all players

CLA RULES

FIELD SIZE

1/3 length of regulation field



PLAYERS PER TEAM
 3 on 3, plus goalie
 7-9 players per team

NET



Modified nets
 Field net with drop board or 4x4 net
 Regulation crease

CONTACT



Contact on bottom hand only

SCOREBOARD



No scores displayed.
 Roster sheet kept for legal purposes.

EQUIPMENT



Helmet, mask, mouth-guard, jock strap, soft ball. Stick max. 36 inch. Knee, elbow & shoulder pads optional

OFFICIATING



Coaches remain on field. Referees may be introduced.
 Modified CLA rules.
 No players sent to penalty box.

SUBS



Equal participation
 3 minute shifts

SESSIONS



2 x 15 min. skill training
 2 x 15 min. games
 No face-offs

SUSTENANCE



Water bottle, healthy snacks. No pop, chips or sugar



FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; co-operation; new experiences; volunteering

MEN'S FIELD LACROSSE - Active Start

Mini-Tyke: 6 and under

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules & fair play
- Physical activity
- Play agility games (i.e. tag)

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
 Offence: cradling, scooping, catching, overhand pass & shot
 Defence: defensive body position, lifts

TACTICAL
 Offence: cutting, give-and-go, changing pace, running to space

GOALIES
 No goalies at this stage

CLA RULES

FIELD SIZE
 1/3 length of regulation field

PLAYERS PER TEAM
 3 on 3, no goalie
 6-8 players per team

NET

goals off the drop net

Modified nets
 Field net with drop board or 4x4 net
 Regulation crease

CONTACT

Contact on bottom hand only

SCOREBOARD

HOME	VISITORS
X	X

No scores displayed.
 Roster sheet kept for legal purposes

EQUIPMENT

Helmet, mask, mouthguard, jock strap, soft ball. Stick max. 36 inch. Knee, elbow & shoulder pads optional

OFFICIATING

Coaches remain on field.
 Referees may be introduced.
 Modified CLA rules.

SUBS

Equal participation
 3 minute shifts

SESSIONS

2 x 15 min. skill training
 2 x 15 min. games
 No face-offs

SUSTENANCE

Water bottle, healthy snacks. No pop, chips or sugar



MEN'S FIELD LACROSSE - FUNDamentals 1 Tyke: 7-8

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules & fair play
- Physical activity

SKILLS INTRODUCED AT THIS LEVEL

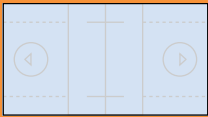
TECHNICAL
 Offence: cradling, stick protection, scooping, catching, overhand pass & shot, face-off
 Defence: Defensive body position, lifts, poke check

TACTICAL
 Offence: cutting, give-and-go, face-offs, changing pace, running to space

GOALIES
 Stance, angles, passing, stopping shots


CLA RULES

FIELD SIZE
Regulation



PLAYERS PER TEAM
9 on 9 (3-3-3), plus goalie, 16-18 players per team


NET



No goals off the drop net

Modified nets
Field net with drop board or 4x4 net
Regulation crease

CONTACT




CLA rules

SCOREBOARD

HOME	VISITORS
0	0


Differential of more than 5 goals is not displayed

EQUIPMENT




Helmet, mask, mouth-guard, jock strap, soft ball (optional). Stick max. 36 inch. Knee, elbow & shoulder pads optional

OFFICIATING




Referees introduced. Modified CLA rules.

SUBS




Equal participation
3 minute shifts
All play goal

SESSIONS



10 min warm-up,
2x20 straight time, 5 min break, cool down

SUSTENANCE



Water bottle, healthy snacks. No pop, chips or sugar



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

MEN'S FIELD LACROSSE - FUNDamentals 1 Tyke: 7-8

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules & fair play
- Physical activity

SKILLS INTRODUCED AT THIS LEVEL


TECHNICAL
 Offence: cradling, stick protection, scooping, catching, overhand pass & shot, face-off
 Defence: Defensive body position, lifts, poke check

TACTICAL
 Offence: cutting, give-and-go, face-offs, changing pace, running to space

GOALIES
 Stance, angles, passing, stopping shots


CLA RULES

FIELD SIZE
 1/2 field width-wise




PLAYERS PER TEAM
 6 on 6 (2-2-2), plus goalie
 12 to 15 players per team

NET



Modified nets
 Field net with drop board or 4x4 net
 Regulation crease

CONTACT




CLA rules

SCOREBOARD

HOME	VISITORS
X	X


No scores displayed.
 Roster sheet kept for legal purposes.

EQUIPMENT




Helmet, mask, mouth-guard, jock strap, soft ball (optional). Stick max. 36 inch. Knee, elbow & shoulder pads optional

OFFICIATING




Coaches remain on field.
 Referees may be introduced.
 Modified CLA rules.
 Penalties optional.

SUBS




Equal participation
 3 minute shifts
 All play goal

SESSIONS



10 min warm-up,
 2x20 straight time,
 5 min break,
 cool down.
 Face-offs optional.

SUSTENANCE



Water bottle, healthy snacks. No pop, chips or sugar



MEN'S FIELD LACROSSE - FUNDamentals 1 Tyke: 7-8

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules & fair play
- Physical activity

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
 Offence: cradling, stick protection, scooping, catching, overhand pass & shot, face-off
 Defence: Defensive body position, lifts, poke check

TACTICAL
 Offence: cutting, give-and-go, face-offs, changing pace, running to space

GOALIES
 Stance, angles, passing, stopping shots

CLA RULES

FIELD SIZE
 1/3 field width-wise

PLAYERS PER TEAM
 6 on 6, plus goalie
 12 to 15 players per team

NET

Modified nets
 Field net with drop board or 4x4 net
 Regulation crease

CONTACT

Contact on bottom hand only

SCOREBOARD

No scores displayed.
 Roster sheet kept for legal purposes.

EQUIPMENT

Helmet, mask, mouth-guard, jock strap, soft ball (optional). Stick max. 36 inch. Knee, elbow & shoulder pads optional

OFFICIATING

Coaches manage games. Modified CLA rules. No players sent to penalty box. Coaches stop play and explain whistles.

SUBS

Equal participation
 3 minute shifts
 All play goal

SESSIONS

2 x 15 min. skill training
 2 x 15 min. games
 No face-offs

SUSTENANCE

Water bottle, healthy snacks. No pop, chips or sugar



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

MEN'S FIELD LACROSSE - FUNDamentals 2 Novice: 9-10

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules & fair play
- Physical activity
- ABCs, emphasis speed & flexibility

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Offence: Bounce shot, bull dodge, split dodge, face dodge, switching hands

TACTICAL

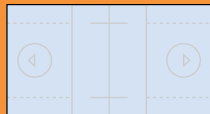
Offence: field positions, line changes, clears
 Defence: rides

GOALIES

Stance, angles, passing, stopping shots

CLA RULES

FIELD SIZE Regulation



PLAYERS PER TEAM
 9 on 9 (3-3-3), plus goalie
 16 to 18 players per team

NET



Modified nets
 Field net with drop board or 4x4 net
 Regulation crease

CONTACT



CLA rules

SCOREBOARD



Score sheet is kept
 Differential of more than 5 goals is not displayed

EQUIPMENT



Regulation equipment
 Stick min. 34 inch
 Modified long poles (5' goalie shaft)

OFFICIATING



Referees introduced
 Modified CLA rules

SUBS



Equal participation
 3 minute shifts
 All play goal

GAME SESSIONS



10 min. warm-up
 2 x 20 min. straight time
 5 min. break
 Cool down

SUSTENANCE



Water bottle, healthy snacks. No pop, chips or sugar



MEN'S FIELD LACROSSE - FUNDAMENTALS 2 Novice: 9-10

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules & fair play
- Physical activity
- ABCs, emphasis speed & flexibility

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Offence: Bounce shot, bull dodge, split dodge, face dodge, switching hands

TACTICAL

Offence: field positions, line changes, clears
 Defence: rides

GOALIES

Stance, angles, passing, stopping shots

CLA RULES

FIELD SIZE

1/2 field width-wise



PLAYERS PER TEAM
 6 on 6 (2-2-2), plus goalie,
 12-15 players per team

NET



Modified nets
 Field net with drop board or 4x4 net
 Regulation crease

CONTACT



Contact on bottom hand only

SCOREBOARD



No scores displayed.
 Roster sheets kept for legal purposes.

EQUIPMENT



Regulation equipment
 Stick min. 34 inch
 Modified long poles (5' goalie shaft)
 soft ball (optional)

OFFICIATING



Coaches remain on field. Referees introduced.
 Modified CLA rules. Penalties optional.

SUBS



Equal participation
 3 minute shifts
 All play goal

SESSIONS

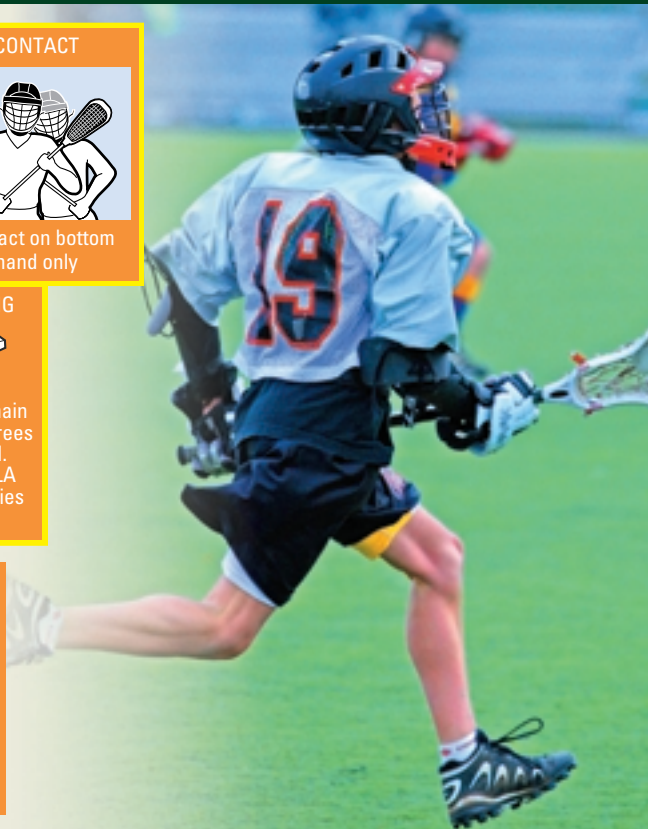


10 min warm-up,
 2x20 straight time,
 5 min break,
 cool down.
 Face-offs optional.

SUSTENANCE



Water bottle, healthy snacks. No pop, chips or sugar



FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

MEN'S FIELD LACROSSE - Learning to Train Pee Wee: 11-12

LTAD OBJECTIVES

- FUN & physical activity
- Introduce competition
- Introduce mental training
- Basic rules & fair play
- ABCs, emphasize speed & flexibility

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Offence: inside shooting, faking, driving from x, roll dodge, shooting on run, stick skills
 Defence: mid-pointing, open field defence, slap check, defensive footwork, defensive body position, take away checks

TACTICAL

Offence: team offensive systems, picks and screens, power plays, face-offs
 Defence: sagging defence, man short

GOALIES

Stance, angles, passing, stopping shots, communication

CLA RULES

FIELD / NET SIZE Regulation



PLAYERS PER TEAM
 9 on 9, plus goalie
 16 to 18 players per team

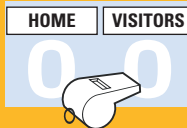
CONTACT



CLA rules

SCOREBOARD

Score sheet is kept



OFFICIATING
 Referees, CLA rules

EQUIPMENT



CLA rules
 Stick min. 34 inch

GAME SESSIONS



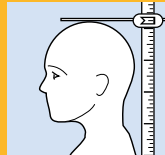
10 min. warm-up
 2 x 25 min. straight time
 2 min. break
 Cool down

SUSTENANCE



Water bottle, healthy snacks. No pop, chips or sugar

GROWTH - PHV (Peak Height Velocity)



Measure annually



MEN'S FIELD LACROSSE - Training to Train 1 Bantam: 13-14

LTAD OBJECTIVES

- FUN & physical activity
- Ethics & fair play
- Introduce select teams
- Begin talent identification
- ABCs, emphasize stamina & aerobic capacity

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
 Offence: underhand shot, sidearm shot, feeding, combo dodges
 Defence: holds

TACTICAL
 Offence: 2-1s and 3-2s, set plays
 Defence: slide, defending 2-1s and 3-2s, double-teaming, team defence

GOALIES
 Stance, angles, passing, stopping shots

CLA RULES

FIELD / NET SIZE Regulation



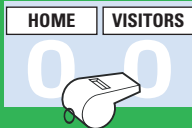
PLAYERS PER TEAM
 9 on 9, plus goalie
 16 to 18 players per team

CONTACT & EQUIPMENT



CLA rules

SCOREBOARD
 Score sheet is kept



OFFICIATING
 CLA rules

GAME SESSIONS



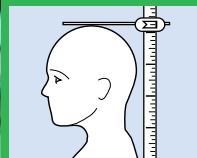
10 min. warm-up
 2 x 30 min. straight time
 2 min. break
 Cool down

SUSTENANCE



Water bottle, healthy snacks. No pop, chips or sugar

GROWTH - PHV
 (Peak Height Velocity)



Measure quarterly

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions. **PLAYERS:** Honour the game; new friendships; equal participation; win with dignity & lose with grace; personal & team goals; volunteering

MEN'S FIELD LACROSSE - Training to Train 2 Midget: 15-16

LTAD OBJECTIVES

FUN & physical activity

- Ethics & fair play
- Specialization by position
- Offer late-entry
- ABCs, emphasize speed & aerobic power

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL

Offence: over-the-shoulder pass, body positioning checks
 Defence: pole passing, advance checks

TACTICAL

Offence: inverts, 2-man game, situational lacrosse
 Defence: long stick middle

GOALIES

Stance, angles, passing, stopping shots, communication

FIELD/NET SIZE Regulation



PLAYERS PER TEAM
 9 on 9, plus goalie
 16 to 18 players per team

CONTACT & EQUIPMENT

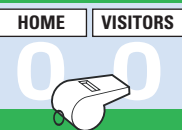


CLA rules

CLA RULES

SCOREBOARD

Score sheet is kept



OFFICIATING
 CLA rules

GAME SESSIONS



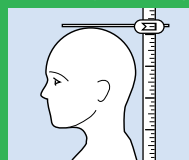
12 min. warm-up
 4 x 20 min. straight time
 2 min. break
 Cool down

SUSTENANCE



Water bottle, healthy snacks. No pop, chips or sugar

GROWTH - PHV (Peak Height Velocity)



Measure quarterly



MEN'S FIELD LACROSSE - Learning to Compete Junior: 17-19

LTAD OBJECTIVES

- Increase competition
- Ethics & fair play
- Specialization in lacrosse
- Strength training
- Introduce year-round & off-field training
- Offer late-entry


SKILLS AT THIS LEVEL

TECHNICAL
Develop & refine all skills

TACTICAL
Develop & refine all tactics

CLA RULES


FIELD/NET SIZE Regulation



PLAYERS PER TEAM
9 on 9, plus goalie
16 to 23 players per team

SCOREBOARD
Score sheet is kept

HOME	VISITORS
00	00




OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAME SESSIONS



20 min. warm-up
4 x 20 min. straight time
2 min. break
Cool down

SUSTENANCE



Advanced hydration & nutrition



FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
PLAYERS: Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering

MEN'S FIELD LACROSSE - Training to Compete Senior: 17+

LTAD OBJECTIVES

- Advanced skills & tactics
- Year-round physical training
- Develop specialty teams
- Refine mental training
- Specialize in lacrosse
- Ethics, fair play, excellence & respect

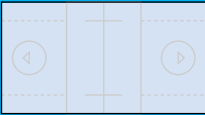
SKILLS AT THIS LEVEL

TECHNICAL
Refine all skills

TACTICAL
Refine all tactics

CLA RULES


FIELD / NET SIZE Regulation



PLAYERS PER TEAM
9 on 9, plus goalie
16 to 23 players per team

SCOREBOARD
Score sheet is kept

HOME	VISITORS
00	00




OFFICIATING
CLA rules

CONTACT & EQUIPMENT




CLA rules

GAME SESSIONS



20 min. warm-up
4 x 20 min. straight time
2 min. break
Cool down

SUSTENANCE



Advanced hydration & nutrition



MEN'S FIELD LACROSSE - Learning to Win

National Team: 17-19 & Senior A: 21+

LTAD OBJECTIVES

- Winning titles
- Advanced skills & tactics
- Year-round physical training
- Training environment with full Performance Enhancement Team support
- Refine specialty teams
- Refine mental training
- Specialize in lacrosse
- Ethics, fair play, excellence & respect

CLA RULES


FIELD/NET SIZE
Regulation



PLAYERS PER TEAM
9 on 9, plus goalie
16 to 23 players per team

SCOREBOARD
Score sheet is kept

HOME	VISITORS
0	0



OFFICIATING
CLA rules

CONTACT & EQUIPMENT




CLA rules

SKILLS AT THIS LEVEL

TECHNICAL
Refine and perfect all skills


TACTICAL
Refine and perfect all tactics

GAME SESSIONS



20 min. warm-up
4 x 20 min. straight time
2 min. break
Cool down

SUSTENANCE



Advanced hydration & nutrition

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
PLAYERS: Honour the game; new friendships; win with dignity & lose with grace; personal & team goals; volunteering

MEN'S FIELD LACROSSE - Training to Win National Team: 20+

LTAD OBJECTIVES

- Winning titles
- Advanced skills & tactics
- Year-round physical training
- Training environment with full Performance Enhancement Team support
- Refine specialty teams
- Refine mental training
- Ethics, fair play, excellence & respect

SKILLS AT THIS LEVEL

TECHNICAL
Perfect all skills

TACTICAL
Perfect all tactics

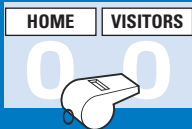
CLA RULES

FIELD / NET SIZE
Regulation



PLAYERS PER TEAM
9 on 9, plus goalie
16 to 23 players per team

SCOREBOARD
Score sheet is kept



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAME SESSIONS



20 min. warm-up
4 x 20 min. straight time
2 min. break
Cool down

SUSTENANCE



Advanced hydration & nutrition



MEN'S FIELD LACROSSE - Active for Life

Competitive (Senior) /
Recreational (Masters)

LTAD OBJECTIVES

- Wellness and recreation
- Divisions by skill, competition and recreation
- Giving back to lacrosse and recreation
- Fun, fairness & staying healthy

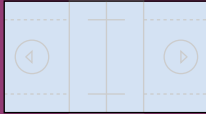
SKILLS AT THIS LEVEL

TECHNICAL
Maintain all skills

TACTICAL
Maintain all tactics

CLA RULES

FIELD / NET SIZE Regulation



PLAYERS PER TEAM
Competitive: 23 players
Recreational: 16-23 players

CONTACT



Competitive: CLA rules
Recreational: Contact on bottom hand only

OFFICIATING



Competitive:
CLA rules
Recreational:
Modified CLA rules

EQUIPMENT



CLA rules

GAMES SESSIONS



Competitive:
20 min warm-up, 4x20 min.
straight time,
2 min breaks, cool down
Recreational: 10 min
warm-up, 2x25 min
straight time, 10 min
break, cool down

SUSTENANCE



Competitive:
Advanced hydration
& nutrition
Recreational: Water



FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
PLAYERS: Honour the game; new friendships; enjoy participation; win with dignity & lose with grace; volunteering



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Association*



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*Find out more by visiting **www.lacrosse.ca** – and help the development of our great game.*