



Player Development Guidelines

Table of Contents

1.0	Introduction	3
2.0	Performance Indicators	4
3.0	Basic Lacrosse Concepts	5
3.1	Team Concepts.....	5
4.0	Individual Skill Sets	6
4.1	Skill Assessment Charts.....	7
4.1.1	Checking	7
4.1.2	Shooting/Scoring.....	8
4.1.3	Passing	9
4.1.4	Catching.....	11
4.1.5	Grip and Cradling	13
4.1.6	Loose Balls	15

1.0 Introduction

Surrey Lacrosse believes that the ultimate goal of a coach is to provide a safe, fun and challenging environment for their players to learn and excel while developing a foundation on which they can build their lacrosse career. The goal of this document is not to dictate coaching strategies or styles, but to provide division appropriate guidelines for the development of individual player skills and team concepts. If you have any questions or concerns regarding this document or feel you require additional support, please don't hesitate to contact the Surrey Lacrosse Coaching Coordinator.

2.0 Performance Indicators

One of the keys to becoming a successful coach is to establish tangible metrics to evaluate your success (beyond simply tracking wins and losses). With that in mind, Surrey Lacrosse would like all coaches to consider the following, when evaluating the success of their season:

Metric		Justification
1	Percentage of Returning Players	Provides a measure of a coach's ability to provide a safe, fun and challenging environment for their players.
2	Overall Team Skill Improvement (as determined by the Skill Assessment Charts below)	Provides a measure of a coach's technical abilities.
3	Win/Loss Record	Provides a measure of the team's ability to compete within their peer level.
4	Team Penalty Minutes	Provides a measure of a coach's ability to promote a culture of fair play.

3.0 Basic Lacrosse Concepts

The following section outlines the specific philosophies and skill sets to be considered by each coach within the Surrey Lacrosse Association. Coaches may use adjust the curriculum to better suit their team; however, the ultimate goal should be to work towards an understanding of these concepts throughout the season.

3.1 Team Concepts

By the end of the season, all players should be comfortable with the following team concepts:

Age Group	Offence	Defence	Transition	Short Man	Special Teams	Line Changes	Other Strategies
Mini-Tyke	None	Everyone back	Move the ball up the sides	None	None	Three on/off	
Tyke	Floor Position	Set up house and start man on man	Move the ball up the sides	None	None	Five on/off	Change on the Fly
Novice	Motion offence based on horseshoe formation.	Zone defence	Move the ball up the side opposite the bench.	Box Defence	Ball movement offence	Five on/off	30 second clock strategies
Peewee	Pick and roll	Sagging man on man defence	Changing during transition with ball support	Box Defence	Ball movement offence	Advanced changing & transition strategies	
Bantam	Pick and roll	Sagging man on man defence	Changing during transition with ball support	Diamond Defence	Ball movement offence	Advanced changing & transition strategies	Off-ball strategies
Midget	Pick and roll	Sagging man on man and wall defence	Changing during transition with ball support	Sliding Defence	Ball movement offence	Advanced changing & transition strategies	

4.0 Individual Skill Sets

The following chart provides suggested skill levels for players to work towards by the end of the season (see Skill Assessment Charts for level definitions):

Division	Level
Mini-Tyke	1
Tyke	1/2
Novice House	2
Novice Intermediate	2/3
Novice Advanced	3
Peewee C	2
Peewee B	2/3
Peewee A	3/4
Bantam C	2
Bantam B	3
Bantam A	4
Midget C	3
Midget B	3/4
Midget A	4

4.1 Skill Assessment Charts

The following charts provide guidelines to evaluate individual skill development for all players within Surrey Lacrosse and to provide metrics by which coaches can evaluate their players.

4.1.1 Checking					
Skill	1 Beginner	2 Beginner/ Intermediate	3 Intermediate	4 Intermediate/ Advanced	5 Advanced
Body Position	<ul style="list-style-type: none"> • Focused on ball. • Plays too far out. • On heels. • Not square to man. • Poor reaction time. 	<ul style="list-style-type: none"> • Focused on ball. • Upright position. • Starts in correct floor position. 	<ul style="list-style-type: none"> • Focused on body • Good positioning. • Knees bent • Feet wide. • Weight on balls of feet. 	<ul style="list-style-type: none"> • Starting to focus on team. • Rarely gets beat man on man. 	<ul style="list-style-type: none"> • Reads offence while playing defence.
Hand Position	<ul style="list-style-type: none"> • Reaches out too far. • Stick not parallel to ground. • Stick too high/low. 	<ul style="list-style-type: none"> • Proper stick position. • Uses cross-check • Occasionally too high. 	<ul style="list-style-type: none"> • Keeps opponent between hands. • Attempts to steer (place and push). 	<ul style="list-style-type: none"> • Keeps opponent between hands • Steers out of scoring position. • Gets underneath leading arm. 	<ul style="list-style-type: none"> • Quick transition from body check to stick check
Practice Situation	<ul style="list-style-type: none"> • Requires constant reminders of rules. 	<ul style="list-style-type: none"> • Requires reminders of proper techniques. 	<ul style="list-style-type: none"> • Can understand elements of team defence. 	<ul style="list-style-type: none"> • Solid individual technique • More advanced team concepts. 	<ul style="list-style-type: none"> • Advanced team concepts.
Game Play	<ul style="list-style-type: none"> • Attempts to check stick only. • Chases ball. 	<ul style="list-style-type: none"> • Good floor position most of the time. 	<ul style="list-style-type: none"> • Maintains good positioning on floor and man. 	<ul style="list-style-type: none"> • Able to determine proper time for stick check. 	<ul style="list-style-type: none"> • Strips the ball from opponent; plays team defence.

4.1.2 Shooting/Scoring

Skill	1 Beginner	2 Beginner/ Intermediate	3 Intermediate	4 Intermediate/ Advanced	5 Advanced
Floor Position	<ul style="list-style-type: none"> Shoots from anywhere. 		<ul style="list-style-type: none"> Shooting from scoring zones. Not always from proper side of the floor. 		<ul style="list-style-type: none"> Shooting from scoring zones. Consistently on proper side of the floor.
Shooting Technique	<ul style="list-style-type: none"> Similar to pass. Little aim. Lack of power. 	<ul style="list-style-type: none"> Gaining power in shot. Poor accuracy. 	<ul style="list-style-type: none"> Shoots to open parts of net Powerful shot 	<ul style="list-style-type: none"> Quick stick from pass creates openings with fakes. Competent with all forms of shots. 	<ul style="list-style-type: none"> Accurate Quick stick from pass. Creates openings with fakes. Creative shooting style.
Transition to Defense	<ul style="list-style-type: none"> Follows the ball. 	<ul style="list-style-type: none"> Unsure of what to do after shot 	<ul style="list-style-type: none"> Attack rebounds. Start defensive transition. 	<ul style="list-style-type: none"> Follows team defensive plan. 	<ul style="list-style-type: none"> Executes team defensive plan.
Practice Situation	<ul style="list-style-type: none"> Requires constant reminder of proper technique. 	<ul style="list-style-type: none"> Works on distance and accuracy. 	<ul style="list-style-type: none"> Works on fakes. 	<ul style="list-style-type: none"> Works on weak hand Works on different forms of shots. 	<ul style="list-style-type: none"> Works with team to create scoring opportunities.
Game Play	<ul style="list-style-type: none"> Poor shot selection. 	<ul style="list-style-type: none"> Shoots when defended. 	<ul style="list-style-type: none"> Scores on breakaway. Doesn't score when defended. 	<ul style="list-style-type: none"> Can score when defended. 	<ul style="list-style-type: none"> Shoots from offensive play.
Switching Hands	<ul style="list-style-type: none"> No weak hand competency. 	<ul style="list-style-type: none"> No weak hand competency. 	<ul style="list-style-type: none"> Limited weak hand competency. 	<ul style="list-style-type: none"> Able to use both hands competently. 	<ul style="list-style-type: none"> Equal confidence with both hands

4.1.3 Passing

Skill	1 Beginner	2 Beginner/ Intermediate	3 Intermediate	4 Intermediate/ Advanced	5 Advanced
Top Hand	<ul style="list-style-type: none"> To high on stick. Elbow positioned well below shoulder to begin the motion. 	<ul style="list-style-type: none"> To high on stick. Elbow positioned below shoulder to begin the motion on most passes. 	<ul style="list-style-type: none"> Slides down shaft to proper position. Typically positions elbow at or slightly above shoulder when beginning passing motion. 	<ul style="list-style-type: none"> Slides down shaft to proper position. Consistently positions elbow positioned at or slightly above shoulder to begin motion. 	<ul style="list-style-type: none"> Slides down shaft to proper position. Elbow positioned at or slightly above shoulder to begin motion. Arm fully extends in the direction of the pass.
Bottom Hand	<ul style="list-style-type: none"> Hand too far up shaft of stick. Not able to generate power when passing. 	<ul style="list-style-type: none"> Hand not at butt end of stick. Greater than 90 deg angle at elbow. Not utilizing bottom arm to power pass. 	<ul style="list-style-type: none"> At waist level or above. Provides power for the pass. 	<ul style="list-style-type: none"> Above waist level Provides power for the pass. Arm extends in the direction of the pass. 	<ul style="list-style-type: none"> Above waist level Strong pass generated due to power provided by bottom hand. Arm fully extends in the direction of the pass.
Transition to Pass	<ul style="list-style-type: none"> Awkward with little muscle memory. Needs to stop running in order to pass. 	<ul style="list-style-type: none"> Awkward motion. Occasionally able to throw on the run. 	<ul style="list-style-type: none"> Comfortable with throwing mechanics. Foot opposite foot throwing arm is forward. 	<ul style="list-style-type: none"> Smooth transition from cradling to passing. Can maintain some foot speed while passing. 	<ul style="list-style-type: none"> Creative style to pass Very smooth transition from cradling to passing. Easily maintains foot

Follow Through	<ul style="list-style-type: none"> No follow through. Pushes ball out of stick. Does not point stick at target. 	<ul style="list-style-type: none"> Some evidence of a follow through. Occasionally pushes ball out of stick. 	<ul style="list-style-type: none"> Consistently points stick at target. 	<ul style="list-style-type: none"> Consistently points stick at target. 	<ul style="list-style-type: none"> Consistently points stick at target.
Practice Situations	<ul style="list-style-type: none"> Requires constant reminders of proper technique. 	<ul style="list-style-type: none"> Requires some reminders of technique. 	<ul style="list-style-type: none"> Demonstrates good technique in drill situations. 	<ul style="list-style-type: none"> Works on weak hand in practice situations. 	<ul style="list-style-type: none"> Demonstrates creativity in passing. Demonstrates use of both hands in drills.
Game Play	<ul style="list-style-type: none"> Struggles to execute open floor passes. Short passes are predominant. Panics under pressure. 	<ul style="list-style-type: none"> Occasionally executes open floor passes properly. Short passes are predominant. Panics under pressure. 	<ul style="list-style-type: none"> Consistently executes open floor passes properly. Not as confident in tight situations. Starts executing longer passes. 	<ul style="list-style-type: none"> Exceptional open floor passes. Comfortable passing in tight situations Good execution of longer passes. 	<ul style="list-style-type: none"> Confident with passing in tight situations.
Switching hands	<ul style="list-style-type: none"> No weak hand competency 	<ul style="list-style-type: none"> Limited weak hand competency. May attempt in practice situations. 	<ul style="list-style-type: none"> Becoming comfortable with switching hands. Attempts to use weak hand pass in open floor situation. 	<ul style="list-style-type: none"> Able to use both hands to pass in game situation. More comfortable with dominant hand. 	<ul style="list-style-type: none"> Can use both hands equally well.

4.1.4 Catching

Skill	1 Beginner	2 Beginner/ Intermediate	3 Intermediate	4 Intermediate/ Advanced	5 Advanced
Hand Position	<ul style="list-style-type: none"> • Top hand at middle of stick. 	<ul style="list-style-type: none"> • Occasionally slides top hand up to throat of head. 	<ul style="list-style-type: none"> • Top hand consistently at throat of head. 	<ul style="list-style-type: none"> • Starting to adjust hand position as needed to catch the ball. 	<ul style="list-style-type: none"> • Consistently ddjusts hand position as needed to catch the ball.
Providing a Target	<ul style="list-style-type: none"> • Feet Stationary. • Rigid. 	<ul style="list-style-type: none"> • Attempts catching on the run. • Target up high only. 	<ul style="list-style-type: none"> • Consistently provides a target when ready for a pass. • Attempts at different levels depending on situation. 	<ul style="list-style-type: none"> • Can consistently provide a target when at different levels depending on situation. 	<ul style="list-style-type: none"> • Can consistently provide a range of targets based on situation. • Provides suitable targets on off hand side of the floor.
Receiving the ball	<ul style="list-style-type: none"> • Does not cushion the ball. • Does not watch the ball into stick. • Does not move stick. • Stationary only. 	<ul style="list-style-type: none"> • Starting to cushion. • Moves stick to catch the ball. • Catches the ball when thrown to their stick. • Can't maintain foot speed while catching. 	<ul style="list-style-type: none"> • Cushions the ball. • Able to catch at various levels. • Able to maintain some foot speed when catching. 	<ul style="list-style-type: none"> • Ability to catch at various levels. • Can catch while in traffic. • Can catch while on the run. • Attempts quick stick. 	<ul style="list-style-type: none"> • Can consistently catch while in heavy traffic. • Proficient at quick stick
Practice Situations	<ul style="list-style-type: none"> • Requires constant reminders of proper technique. 	<ul style="list-style-type: none"> • Requires occasional reminders of proper technique. • 	<ul style="list-style-type: none"> • Demonstrates good technique in drill situations • Works on weak hand in practice. 	<ul style="list-style-type: none"> • Demonstrates good technique in tight checking situations. • Gaining confidence with weak hand. 	<ul style="list-style-type: none"> • Works on one hand catches. • Both hands equally strong.

Game Play	<ul style="list-style-type: none"> • Struggling to perform open floor catches. 	<ul style="list-style-type: none"> • Can make open floor catches. • Technique can be improved. • Panics under pressure. 	<ul style="list-style-type: none"> • Consistently executes open floor catches properly. • Not as confident in tight situations. 	<ul style="list-style-type: none"> • Comfortable catching in tight situations. • Starting to use weak hand. 	<ul style="list-style-type: none"> • Able to get stick on nearly every pass. • Uses both hands effectively. • Can quick stick from a pass.
Use of Weak Hand	<ul style="list-style-type: none"> • No weak hand competency. 	<ul style="list-style-type: none"> • Limited weak hand competency. 	<ul style="list-style-type: none"> • Becoming comfortable switching hands. 	<ul style="list-style-type: none"> • Use both hands in game situations. • Will switch to dominant hand when under pressure. 	<ul style="list-style-type: none"> • Proficient with either hand.

4.1.5 Grip and Cradling

Skill	1 Beginner	2 Beginner/ Intermediate	3 Intermediate	4 Intermediate/ Advanced	5 Advanced
Top Hand	<ul style="list-style-type: none"> • Tight grip. • 'V' (formed with thumb & forefinger) at back of stick. 	<ul style="list-style-type: none"> • Top hand not a throat of stick. • Stick moves in hand. 	<ul style="list-style-type: none"> • Top hand at throat of stick. • Relaxed grip. • 'V' (formed with thumb & forefinger at front of stick). 	<ul style="list-style-type: none"> • Demonstrates some ability to control stick with one hand. 	<ul style="list-style-type: none"> • Changes position of top hand based on situation. • Ability to control stick with one hand.
Bottom Hand	<ul style="list-style-type: none"> • Too far up the shaft of stick. 	<ul style="list-style-type: none"> • Tight grip. 	<ul style="list-style-type: none"> • Bottom hand at waist level. 	<ul style="list-style-type: none"> • Bottom hand arm at waist level. 	<ul style="list-style-type: none"> • Bottom hand at waist level
Motion of Cradle	<ul style="list-style-type: none"> • Arms not synchronized with feet. • Concentrating on stick motion. • Looking at the ball. • Motion provided mainly by the bottom hand. 	<ul style="list-style-type: none"> • Starting to synchronize hands and feet. • Exaggerated motion. • Motion provided mainly by the top hand. 	<ul style="list-style-type: none"> • Hands and feet synchronized. • Beginning to change location of stick to protect the ball. 	<ul style="list-style-type: none"> • Becoming confidence with weak hand. • Demonstrates ability to adapt speed and location to the situation. 	<ul style="list-style-type: none"> • Proficiency with both hands in majority of game situations.

Practice Situations	<ul style="list-style-type: none"> Requires constant reminders of proper technique. 	<ul style="list-style-type: none"> Requires some reminder of proper technique. 	<ul style="list-style-type: none"> Demonstrates good technique in most drill situations Attempts cradling with weak hand. 	<ul style="list-style-type: none"> Demonstrates good technique in drill situations. Works on weak hand in various practice situations. 	<ul style="list-style-type: none"> Regularly uses weak hand in drills.
Game Play	<ul style="list-style-type: none"> Will drop ball in open floor situations. 	<ul style="list-style-type: none"> Can handle ball on open floor. Lack confidence in cradling in tight situations. 	<ul style="list-style-type: none"> Very confident on open floor Becoming more confident cradling in tight checking situations. 	<ul style="list-style-type: none"> Cradling no longer requires conscious thought. Can concentrate on flow of the game. 	<ul style="list-style-type: none"> Confident with cradling in tight situations.
Switching hands	<ul style="list-style-type: none"> No weak hand competency 	<ul style="list-style-type: none"> Limited weak hand competency. Does not attempt weak hand in a game. 	<ul style="list-style-type: none"> Becoming comfortable with switching hands. Uses weak hand in open floor 	<ul style="list-style-type: none"> Able to use both hands in game situations. Will revert back to dominant hand. 	<ul style="list-style-type: none"> Can use both hands equally well.

4.1.6 Loose Balls

Skill	1 Beginner	2 Beginner/ Intermediate	3 Intermediate	4 Intermediate /Advanced	5 Advanced
Body Positioning	<ul style="list-style-type: none"> • Knees straight resulting in sliding top hand down the shaft of the stick. • Foot not planted beside ball. • Stops running. • Does not protect ball with body. 	<ul style="list-style-type: none"> • Learning to bend knees. • Foot is planted near the ball. • Stops or slows down prior to scooping the ball. • Does not protect ball with body. 	<ul style="list-style-type: none"> • Consistently plants foot planted beside the ball. • Knees always bent. • Eyes focused on ball. • Maintains speed when approaching ball. • Routinely uses body to protect ball. 	<ul style="list-style-type: none"> • Foot planted beside the ball. • Knees bent. • Eyes focused on ball. • Full foot speed. • Uses body to protect ball. 	<ul style="list-style-type: none"> • Foot planted beside the ball. • Knees bent. • Eyes focused on ball. • Full foot speed. • Uses body to protect ball.
Top Hand	<ul style="list-style-type: none"> • Middle of stick. • Often tries to scoop with top hand not on stick. 	<ul style="list-style-type: none"> • Middle of stick. 	<ul style="list-style-type: none"> • Top of stick. 	<ul style="list-style-type: none"> • Top of stick. 	<ul style="list-style-type: none"> • Top of stick.
Bottom Hand	<ul style="list-style-type: none"> • End of stick. 	<ul style="list-style-type: none"> • End of stick. 	<ul style="list-style-type: none"> • End of stick. 	<ul style="list-style-type: none"> • End of stick. 	<ul style="list-style-type: none"> • End of stick.
Stick	<ul style="list-style-type: none"> • Traps ball before scooping. • Not parallel to the ground. 	<ul style="list-style-type: none"> • Sometimes traps ball before scooping. • Not parallel to the ground. 	<ul style="list-style-type: none"> • Does not need to trap ball. • Parallel to the ground. 	<ul style="list-style-type: none"> • Parallel to the ground. 	<ul style="list-style-type: none"> • Parallel to ground.

Ball Recovery	<ul style="list-style-type: none"> • Frequently pushes the ball along the floor. • Arms extend once ball is recovered. • Resumes running without cradling. 	<ul style="list-style-type: none"> • Occasionally pushes the ball along the ground • Arms extend once ball is recovered. • Arms pulled in once running uis resumed. 	<ul style="list-style-type: none"> • Pulls arms into body to protect ball. • Begins cradle as soon as ball is in stick • Rarely bobbles the ball. 	<ul style="list-style-type: none"> • Clean transition from scoop to full cradle. • Maintains speed through scooping motion. 	<ul style="list-style-type: none"> • Clean transition from scoop to full cradle. • Maintains speed through scooping motion. • Competent scooping rolling ball.
Practice situations	<ul style="list-style-type: none"> • Requires constant reminders of proper technique • Bobbles ball and has difficulty recovering. 	<ul style="list-style-type: none"> • Requires some reminders of technique. • Often bobbles the ball and can recover but forgets to cradle. 	<ul style="list-style-type: none"> • Demonstrates good technique in drill situations. 	<ul style="list-style-type: none"> • Full proficiency in all drills. 	<ul style="list-style-type: none"> • Full proficiency in all situations.
Game Play	<ul style="list-style-type: none"> • Pushes loose balls along the floor • Avoids loose balls in crowds. 	<ul style="list-style-type: none"> • Picks up most loose balls cleanly. • Will challenge for loose balls in a crowd. 	<ul style="list-style-type: none"> • Proficient in open floor situations. • Becoming more confident in crowds. 	<ul style="list-style-type: none"> • Confident in crowds. • Will battle opponent for loose ball. 	<ul style="list-style-type: none"> • Aggressively seeks out ground balls. • Wins most ground ball situations.
Switching hands	<ul style="list-style-type: none"> • No weak hand competency 	<ul style="list-style-type: none"> • Limited weak hand competency. 	<ul style="list-style-type: none"> • Beginning to use weak hand. • May attempt to use either hand in open floor situations. 	<ul style="list-style-type: none"> • Can use both hands in practice and game situations. • Will revert to dominant hand when pressured. 	<ul style="list-style-type: none"> • Proficiency with both hands. • Will use suitable hand depending on the situation.