



USATM
LACROSSE

DISCOVER LACROSSE
CURRICULUM

An Introductory Lacrosse Program for Children Ages 4-6



About the Curriculum Collaborators



USA Lacrosse (usalacrosse.com/about-usa-lacrosse)

As the sport's national governing body, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants. We envision a future that offers everyone a lifelong opportunity to enjoy the sport of lacrosse. USA Lacrosse aims to make the sport safer, train and certify coaches, train and certify officials, create opportunities to play, elevate the sport's visibility, pioneer national standards, and educate the lacrosse community.



First Steps Lacrosse

The mission of First Steps Lacrosse is to create positive self esteem and attitudes about physical play through the sport of lacrosse while children learn fundamental movements that provide building blocks for skills in the future as well as an appreciation and confidence for physical activity.

Working with Youth Ages 4-6

The lacrosse athlete development framework provides the lacrosse community with research-based guidelines to help caring adults understand the developmental benchmarks and general characteristics of children as they grow. Below are the hallmarks of children ages 4-6 what's best for them socially, cognitively and physically.

LEARN MORE ABOUT ATHLETE DEVELOPMENT AT

usalacrosse.com/athlete-development

DEVELOPMENTAL CONSIDERATIONS

Coaching 4-6 Year Old Athletes

KEY OBJECTIVES FOR SUCCESS

Focus - Where we spend most of our time.	Fundamental Movement Skills
Goals - What we are trying to achieve.	To develop basic movement skills, body management, locomotor and object control skills that build ability, confidence and desire to play lacrosse. Getting as many touches with the ball as possible.
Player Centered Environment - What it should look like.	Fun, constant active engagement, relaxed, inclusive, positive with frequent changes of activity. Predictable routines. Games that build basic movement skills in the context of lacrosse. Lots of praise and reinforcement from coach and parents.

PLAYER DEVELOPMENT

Athletic Development	Running, jumping, hopping, twisting, turning, stopping, starting, static balance, catching a ball with two hands
Technical (Skills) Development	Introducing running with the ball, scooping, throwing. Exposure to all skills. Experimentation and terminology
Tactical (Strategy) Development	Experimentation with body, stick and ball in a defined space containing "special" areas (ie goal). Stopping, starting, and changing pace. Running to open space.
Psychological Development to support athletes in these areas as...	Trying new challenges. Effort. Following simple instruction
Social-Behavioral Development -- Know that at this age they are ...	Learning to share. Learning to say Thank You. Enjoying friends. The center of their worlds. Parents are central for praise and approval; need balance and variety of new and familiar activities in short doses.

Lesson One: Exploration

Note: The details in italics are what you say when teaching. Details in regular text are directions/actions for you to follow.

Equipment Needed:

Stuffed toy, lacrosse sticks, balls, pool noodles, rope, and cones.

Warm Up: Free Play:

Put sticks and balls out and ask children to play with them. Move around and engage with each child. Demonstrate and encourage. Get children spread out and supervise safe play. (5 to 10 minutes)

ACTIVITY	ACTION	OUTCOMES	DETAILS
Cradle the Baby	Hold a ball in the pocket	Stick and ball movement	Demonstrate a cradle: Circle around with a ball in your stick like this. We call this a cradle. Who do we cradle? The baby. That's right, and we can't drop the baby.
Carry the Baby	Walk and run with a ball in the stick	Stick and ball agility	Let's go for a walk with the baby, follow me, BUT, don't drop the baby. Increase speed and alter direction with older players.

Tell the first part of the first Game Story.

We are going to learn about the game of lacrosse. Lacrosse is an old, old game. No one knows when it started, but we do know about the first game. The first game was between animals with teeth and animals without teeth. What is an animal with teeth? Tiger, Bear, and Wolf... They are strong and can run fast. What can animals without teeth do? (Give hints by flapping your arms.) They can fly. This is a very good lesson about lacrosse. We have to play on the ground, like a bear; and we have to play in the air like a hawk. Who do you think won the first game? One animal has teeth and wings and that animal made all the difference. I'll tell you the rest of the story later...



FREE PLAY SET UP



DON'T DROP THE BABY