

Sport: Lacrosse

Discipline: Box Lacrosse/Inter-Crosse

Context: Community Sport Initiation

Participant age group: 5 – 8 year olds

Estimated number of participants: 50,000

Age range of coaches: Adult

Estimated number of coaches: 2,000

Date of conditional approval: October 2004

Official launch date (both official languages): April 2005

Outcomes trained and evaluated:

Outcome	Trained	Evaluated
Make Ethical Decisions	T	N/A
Plan a Practice	T	N/A
Support to Athletes in Training	T	N/A
Analyze Performance	T	N/A
Design a Sport Program	T	N/A
Support the Competitive Experience	T	N/A
Manage a Sport Program	T	N/A
**Sport-specific outcomes		

Which multi-sport modules will the coaches access through the provincial/territorial delivery system?

Our Program is fully Integrated

Training Description:

The “FUNdamental” Phase of Player Development

This is the introductory level for lacrosse and is the first phase of development for 5 to 8 year olds. The course content gives parents, teachers, recreational leaders, administrators and coaches the background to teach young players in a fun and exciting environment. At this level coaches will learn:

- Basic skills & basic team fundamentals;
- Identify correct equipment;
- Basic rules of lacrosse;
- Teaching through the use of minor games;
- The principles of fair play & ethics;
- The principles of running a practice; and
- Safety and liability

Objectives:

- Teach all children basic lacrosse skills and movement patterns in a way that is easy, fun and safe for them to learn.
- Ensure that all children, not just the elite, achieve their potential.
- Develop an understanding of the player centered approach to coaching. The intent is to show adults how to guide play without interfering with the natural way that children learn.

Evaluation Description:

Self-Evaluation will be conducted at this level by completion the assigned tasks contained in the manual.

*** These numbers are an estimate of all minor players from age 5 to 16 and coaches.**

Learning Facilitator & Evaluator training:

Minimum Standards:

To be eligible for Master Trainer the candidate must be:

- Certified at level 3 in Theory from the old NCCP (2004 and prior) OR
- Has attended a "multi-sport" part A and B.
- Was registered as a MCC in a Lacrosse Discipline with the CLA and NCCP in 2003 or prior.

A new candidate not having one of the above must:

- Be certified at the highest possible level in the Lacrosse Discipline in which he/she operates
- Attend all MT training sessions as required
- Have demonstrated a commitment to coaching
- Have strong communication skills
- Have strong leadership ability
- Be recommended by the CLA Coaching Committee or the Member Association in which they will function as a MT.
- Committed to the program for a minimum of three (3) years.

To be eligible for Facilitator Training, the candidate must:

- Be fully certified in the old NCCP system (2003 and prior) one (1) level higher than the level being taught, i.e. Level 2 Box Certified qualifies for facilitator training for all Community Coach training for Box Lacrosse, Level 1 Field and Inter-Crosse Technical with Level 2 Theory qualifies for Community-Development training, Level 3 Box Certified, level 1 technical in Field or Inter-Crosse with level 3 Theory qualifies for facilitator training for all Competitive Coach training. or
- Be currently certified (Post 2003) in the next higher level (i.e., Certified Community Coach-Development qualifies a Facilitator to conduct Community Coach- Initiation training clinics, Certified Competitive-Introduction qualifies a facilitator to conduct Community- Development training clinics).
- Be recommended by the MA
- Must demonstrate a commitment to coaching and the coaching program
- Have strong communication skills
- Have leadership ability
- Commit to the program for three years

NSF Contact Information

David Miriguay
General Manager
david@lacrosse.ca
(613) 260-2028

Most innovative features of the program

1. The Manual is written in 7 modules of which 4 are common and 3 are discipline specific. This enables us to share the common modules across disciplines.



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