

Sport: Lacrosse

Discipline: Box Lacrosse/Inter-Crosse/Men’s Field Lacrosse/Women’s Field Lacrosse

Context: Community Sport Development (On-going)

Participant age group: 8 – 16 year olds Estimated number of participants: 50,000 *

Age range of coaches: Adult Estimated number of coaches: 2,000 *

Date of conditional approval: February 2005

Official launch date (both official languages): April 2005

Outcomes trained and evaluated:

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

Training Description:

Community Coach - Development: The “Learning to Play” Phase of Player Development

This is the starting level for coaches of all older beginners in both recreational and competitive leagues, and the next step for young players who have completed the Fundamental Phase of Learning. Community Coach - Development also contains elements of the Fundamental Phase of Development as all players must go through this phase with every new skill and concept learned.

At this level the coach will learn:

- Basic skills and identifying correct measures;
- Basic team strategies;
- Teaching through the use of games and self discovery;
- Principles of fair play and ethics;
- Principles of running productive practices; and
- Rules of lacrosse

GOALS:

- To improve the quality of coaching by teaching coaches HOW to coach as well as what to coach including the Spirit of Lacrosse.
- To teach the game and skills of lacrosse.
- To “Lacrosse Certify” coaches based on the achievement of specified coaching skills, behaviours, and competencies.

OBJECTIVES: To provide coaches provide coaches with the tools, knowledge and examples to:

- Understand what it means to be a positive coach;
- Mentally, physically and technically prepare players to play lacrosse;
- Design effective, safe, enjoyable and challenging practices.

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

Evaluation Description:

Submission of workbook at the end of the season to be marked by a qualified evaluator.

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.
- 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

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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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