

## CONVENTION Tracks for Coaches 2009

STRAND	Level 1	Level 2	Level 3
<b>Player descriptor: Who do you coach?</b>	Pure beginning player or beginner with basics mastered (read presentation description)	Experienced player, ready to move beyond basics	More experienced player ready to develop advanced skills, and/or the highly skilled lacrosse player.
<b>Buzz word</b>	BEGINNER	INTERMEDIATE	ADVANCED/COLLEGIATE
<b>Player developmental focus of the track</b>	Track topics and presentations will focus on fundamentals in practice planning, drill design, communication, teaching methods, basic skill mastery and essential tactical concepts and how to teach them creatively in today's modern lacrosse environment. Basic nutrition and hydration principles.	Track topics assume that the player has mastered the fundamentals. Track topics focus on training coaches in developing mental and tactical game theory in addition to honing skills in more pressure, game-like situations. Other topics include higher level practice planning for maximum improvement, fundamental sports psychology, and nutrition and hydration for the adolescent and for performance improvements.	Track topics focus on variety in skills and execution of advanced skills within a team context. Also addressed will be advanced team strategies and preparation for intense/competitive game-like situations. At this level there is a higher expectation of creativity and decision making. Conditioning topics will be for performance enhancement and peak performance. Attention is given to special situations and expansion of principles of sports psychology.
<b>Typical age group but not limited to</b>	15 years and younger	Late junior high, early high school player, junior varsity or early varsity level	Highly skilled high school players (varsity) level, competitive club, collegiate
<b>Avg. age bracket (generalization)</b>	10-13 years and 13-15, non-scholastic setting	15-18	16 plus
<b>Who should attend this track?</b>	Any youth coach, regardless of experience.	Experienced youth coaches, scholastic coaches, coaches of junior high or JV teams	Experienced coaches of skilled varsity teams, collegiate coaches
<b>Others who may benefit</b>	Coach who is new to coaching lacrosse, regardless of age of player. High school coaches coaching newer teams in developing areas.	Coaches of higher level U-15 teams. Caution on developmental considerations.	