

LADM for Clubs



Sport clubs and organizations are a key part of both the youth and adult lacrosse experience in the United States. By using key LADM concepts, a club can focus on growing their athletes and teams into success stories.

Use these 10 key recommendations* to help maximize your clubs' impact on the athlete's lacrosse experience:

- 1) Limit cuts for ages 0-12 and focus on developing skills over competition outcomes.
- 2) Use the US Lacrosse LADM to design your own club development pathway for participation and competition offerings.
- 3) Provide physical literacy (i.e. agility, balance, coordination) training at every practice at every level.
- 4) Periodize training and rest time for your athletes to cut down on overuse injuries and burnout.
- 5) Encourage multi-sport/activity and cross-training to keep your athletes active and developing outside of your program.
- 6) Use developmentally appropriate drills and practice plans at all levels.
- 7) Provide qualified and certified coaches at all age levels.
- 8) Keep participation/competition costs reasonable. Find ways to increase numbers and retention rates from year to year, season to season.
- 9) Provide quality feedback and age-appropriate development benchmarks to parents and athletes.
- 10) Operate with an athlete-focused philosophy by creating fun, engaging and challenging sport experiences across all levels of development.