



香港棍網球總會有限公司

HONG KONG LACROSSE ASSOCIATION LIMITED

Unit 2201, 22/F, 88 Hing Fat Street, Causeway Bay, Hong Kong
Tel: 852-2114 3405 Fax: 852-3747 8599 Email: info@hklax.org Website: www.hklax.org

Hong Kong Lacrosse Coach Development Program (LCDP)

Academy Summary

With the mission of developing lacrosse across the general community of Hong Kong, offering regular development programs to all genders and ages to promote the sport, the Hong Kong Lacrosse Coaching Academy is established as a key strategy to support and achieve its rapid growth.

The Coaching Academy is designed to engage and prepare enthused individuals new to coaching, lacrosse lovers with limited coaching experience, and provide the opportunity to become competent and inspiring lacrosse coaches and leaders for developing the sport in the community. The academy leads coaches through a comprehensive process and offerings mixed with professional theories, field applications, assessments and continuous development series through various levels.

Objectives

The Academy aims to develop professional human capital and build standard of excellence in lacrosse coaching, in line with the development strategy of HKLA.

- To support development of lacrosse as a sport in Hong Kong;
- To elevate the performance level of lacrosse in Hong Kong;
- To develop future leaders of lacrosse with heart and wisdom to grow the game.

Targets

- Anyone who are new to lacrosse and interested to learn how to teach and promote the sport; or
- Anyone who are experienced in playing lacrosse and interested to pursue the path of coaching; or
- Anyone who are experienced in coaching lacrosse and desired for recognition through a structured qualification framework; or
- Anyone who are passionate in coaching lacrosse and looking for continuous development...

This Academy provides a number of approaches and opportunities fit for various needs in becoming a great leader and coach in the sport.

Roles and Expectations

A qualified coach will be a teacher, a mentor and a leader for the players, lacrosse supporters and the community. The Coaching Academy is dedicated to preparing coaches to adapt their skills through levels of play and competition.

All coaches shall account for professional ethics and standards which will be HKLA's front line in making lacrosse an exciting sport and fulfilling life experience for everyone involved.

The list of qualified coaches will be publicized on HKLA webpage.



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Coaching Qualification Framework

The Association structured the coaching qualifications into five levels, namely the Instructor, Senior Instructors then Level 1 to Level 3 coaches.

| Qualification Levels | Level Descriptors |
|---|--|
| Lacrosse Instructor | A certificated instructor can demonstrate and instruct beginners to Lacrosse on the fundamental knowledge and skills of the game. |
| Senior Lacrosse Instructor | A certificated instructor can lead a demonstration event and instruct beginners to Lacrosse on the fundamental knowledge and skills of the game. |
| Level 1: Lacrosse Development Coach | A recognized Level 1 coach can support a program or lead its unit with the focus in developing the players' skills effectively and introducing team strategy to players. |
| Level 2: Lacrosse Performance Coach | A recognized Level 2 coach can lead a program of competitive levels and develop the players into athletes and effectively perform as a team. |
| Level 3: Lacrosse High Performance Coach | A recognized Level 3 coach can lead and develop the athletes of highly competitive levels and drive the players and teams to excel and sustain in high performance. |

Qualification Capabilities and Opportunities

| Programs | Instructors | Senior Instructors | Level 1 Coaches | Level 2 Coaches | Level 3 Coaches |
|---|------------------|--------------------|-----------------|-----------------|-----------------|
| Community / School Promotions | Demonstrator | Program Leader | Program Leader | Program Leader | Program Leader |
| Youth Programs (U13) | Supporting Coach | Supporting Coach | Head Coach | Head Coach | Head Coach |
| Teenagers Programs (13-18 years old) | Supporting Coach | Supporting Coach | Head Coach | Head Coach | Head Coach |
| Beginners Programs | Supporting Coach | Supporting Coach | Head Coach | Head Coach | Head Coach |
| Local Clubs/ Teams | - | - | Head Coach | Head Coach | Head Coach |
| University Programs | - | - | Head Coach | Head Coach | Head Coach |
| Development Academy | | | Head Coach | Head Coach | Head Coach |
| High Performance Programs | - | - | - | Assistant Coach | Head Coach |
| HK U20 Representative Teams | - | | - | Assistant Coach | Head Coach |
| HK Representative Teams | - | | - | Assistant Coach | Head Coach |



Academy Design

Instructor & Senior Instructor

To equip coaches with none or limited understanding and knowledge of the game and coaching philosophies, the Academy offers certificate workshops for the Instructor.

Instructor Certificate Workshop

This Certificate is suitable for any beginners to Lacrosse who are interested in understanding the sport and be able to promote and teach basic playing in the community.

The Workshop will take approximately 4 hours. It comprises of classroom training with the fundamental information about the sport, its basic skills and a structured methodology in instructing the skills and plays; and a practical field experience session built in for the participants.

Participants who completed the whole workshop will be accredited as an Instructors.

Workshop Outline (Duration: ~ 4 hours)

| Theories | Practical |
|--|---|
| <ul style="list-style-type: none"> History of Lacrosse Types of Games Rules of Play Equipment and Safety How to handle the stick How to cradle and protect How to pick up ground balls How to start (face-off / draw) How to throw How to catch How to shoot How to dodge How to defend Philosophy of teaching and communication IDEA instruction methodology Warm up / Cool down routines | <ul style="list-style-type: none"> How to introduce the sport How to demonstrate basic skills How to prepare a demo session Experience a simulated practice Experience a simulated mini game |
| | Supporting Resources |
| | <ul style="list-style-type: none"> Demonstration Session Outline Simple fun drills Simple Games/Safety principles |

Instructor Accreditation

All individuals who have completed the instructor course will be accredited as a Lacrosse Instructor. Besides, current or ex-players (non-instructors' certificate holder) who has more than 1 year of valid player experience and have applied for the accreditation, could be accredited without taking the instructor course.

Senior Instructor Certificate Accreditation

This Certificate is awarded to all instructors who has supported a Youth Program(U13) or helped in a lacrosse demonstration event for more than 4 hours.

A Senior Instructor could lead a demonstration event/program by his/her own.



Level 1: Lacrosse Development Coach

A. Level 1 Coaching Certificate Workshop

This Certificate is suitable for any current or ex-players, or accredited Senior Instructors who are interested in coaching the game and developing skills for players with limited knowledge and experience in coaching.

In Level 1, the coaches will be introduced to a Player-centered Approach, which emphasizes the need to address individual needs to learn and enjoy lacrosse with a positive culture. Coaches will understand the roles and skills needed to become an effective coach.

Coaches will learn contemporary theories of “How to Coach” with technical information and aids of “What to Coach” in the workshop integrated with classroom and field application sessions.

As there are differences in skills and plays for Men’s and Women’s lacrosse, the workshop will deliver both Men’s and Women’s setting to specialize the skill development methods. Nevertheless, all coaching theories and principles will remain consistent.

Workshop Outline (Duration: ~8 hours)

| Theories | Practical |
|---|--|
| <ul style="list-style-type: none"> Responsibility as a Coach Warm up / Cool down routines Session Planning and Delivery | <ul style="list-style-type: none"> Skill development How to detect and correct skill errors How to coach a team offense/defense |
| <ul style="list-style-type: none"> Sports Training Theories The Player-centered Approach Positive Coaching Theories Goal Setting Principles | <p>Supporting Resources</p> <ul style="list-style-type: none"> Sample session plan Drill Book |
| <ul style="list-style-type: none"> Specific Game Systems & Rules for Men/Women Common errors and correction for basic skills Team Development Strategy | |

B. Practical Coaching

Apart from theories introduced in the workshop, field application and coaching experiences are important indicators and requirements in fulfilling our coaching qualification up to higher levels.

To provide enough field experiences for coaches in applying and reviewing the principles learned before coaching, all participants must complete at least 9 hours of practical coaching (as an assistant role in lacrosse development program) plus at least 1 hour of coaching as a leading role in lacrosse development program.

C. Skill assessment

All Level 1 Coach Certificate workshop participants must pass a skill assessment, which comprise of basic lacrosse skills which is taught and reviewed in the workshop, to be accredited as a Level 1 Coach.

Current or ex-HPP program players or Hong Kong Representative players can be exempted.



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Level 2: Lacrosse Performance Coach

This level is suitable for all Level 1 coaches who would like to pursue their coaching career and be able to lead a mid/high level year-long program. Therefore, coaches are required to

In order to be accredited as a Level 2 Coach, coaches must complete adequate amount of time in on-field coaching, as well as complete a series of workshop and forum which allow coaches to further develop their understanding of the ever-changing game.

As there are differences in skills and plays for Men's and Women's lacrosse and U13 Youth lacrosse Program, starting from Level 2, accreditation will be divided into Men's Coach and Women's Coach and U13 Youth Coach.

Level 3: Lacrosse High Performance Coach

This level is suitable for all Level 2 coaches who would like to pursue their coaching career in an international level.

In order to be accredited as a Level 3 Coach, coaches must complete adequate amount of time in on-field coaching with a high-level team, pass the assessment held by the HKLA coaching committee and Representative Head Coach, and complete a series of workshop and forum which allow coaches to further develop their understanding of the ever-changing game.

As there are differences in skills and plays for Men's and Women's lacrosse, Level 3 accreditation will be divided into Men's Coach and Women's Coach.



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Qualification Assessments

To make certain our coaches' standards meeting the respective qualification levels, the coaches shall pass a precise assessment prior to granting the recognition of qualifications.

| Qualification Levels | Assessment and Qualification Guidelines |
|----------------------------|--|
| Lacrosse Instructor | <p>Fulfilling the following:</p> <ul style="list-style-type: none"><input type="checkbox"/> 16 years old or above<input type="checkbox"/> HKLA membership (ordinary or associate member)<input type="checkbox"/> Completion of Instructor Certificate Workshop <p style="text-align: center;">OR</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 year of playing experience (including all lacrosse teams/program in Hong Kong) and fulfilling the following through assessment:<ul style="list-style-type: none">• Able to introduce lacrosse as a sport• Able to explain the basic rules of play• Able to state the purpose of basic lacrosse skills• Able to demonstrate the action of skills correctly and structurally• Able to illustrate a systematic teaching and communication methodology |
| Senior Lacrosse Instructor | <p>Accredited Lacrosse Instructor and fulfilling the following requirement:</p> <ul style="list-style-type: none"><input type="checkbox"/> 16 years old or above<input type="checkbox"/> HKLA membership (ordinary or associate member)<input type="checkbox"/> At least 4 hours of tracked record in supporting lacrosse demonstration events or youth program(U13)<input type="checkbox"/> At least 1 hour of leading role in supporting the lacrosse demonstration events or youth program(U13)<input type="checkbox"/> A Pass in the senior lacrosse instructor assessment |



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Level 1: Lacrosse Development Coach

**Accredited Senior Lacrosse Instructor OR
1 year of playing experience (including all lacrosse
teams/program in Hong Kong or overseas),
AND fulfilling the following requirements:**

- 18 years old or above
- HKLA membership (ordinary or associate member)
- Completion of Level 1 Coaching Certificate Workshop;
- a PASS in the theory exam:
 - ✓ Show understanding in Player-centered Approach
 - ✓ Show understanding in positive coaching principles
 - ✓ Show understanding in how to design a practice plan with effective drills to address specific needs
 - ✓ Able to identify common errors in skills and suggest proper instructions for correction
 - ✓ Able to explain common game systems/rules for Men/ Women

a PASS in the skill assessment;

** Players with current or past HPP experiences, or players who represented Team Hong Kong will be exempted from this skill assessment.*

- ✓ Proper stick handling and cradling techniques
- ✓ Proper ground ball techniques
- ✓ Proper passing and catching techniques
- ✓ Proper shooting techniques
- At least 10 hours of tracked record in supporting lacrosse development programs(not including school demonstration or promotional event).
 - ✓ At least 9 hours of assistant role in lacrosse development program
 - ✓ At least 1 hour of leading role in lacrosse development program
 - ✓ A **Pass** in on-field evaluation accessed by HKLA Coaching Committee

OR

Recognition through relevant experience by HKLA coaching committee. (For coaches who started coaching before 2019 OR coaches who started coaching overseas)



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Level 2: Lacrosse Performance Coach

Accredited Level 1: Lacrosse Development Coach, and

- 18 years old or above
- HKLA membership (ordinary or associate member)

AND

Fulfilling the following requirements within a period of **3 years**:

- At least **2 years and no less than 150 hours** of tracked record in the following lacrosse program or teams as a **Head Coach**:

- Primary School Team Program
- Secondary School Team Program, or
- Any other equivalent program/team

OR

- At least **2 year and no less than 150 hours** of tracked record in the following lacrosse program or teams as an **Assistant Coach**:

- HKLA Development Academy
- University Team Program
- Local Clubs/Team, or
- Any other Equivalent Program/Team

OR

- At least **1 year and no less than 120 hours** of tracked record in the following lacrosse program or teams as an **Head Coach**:

- HKLA Development Academy
- University Team Program
- Local Clubs/Team, or
- Any other Equivalent Program/Team

- Attend at least 8 hours of continuous development workshop including all Block

- Attend at least 2 hours of Local Coach Discussion Forum

- A **Pass** in on-field evaluation accessed by HKLA Coaching Committee

OR

Recognition through relevant experience by HKLA coaching committee. (For coaches who started coaching before 2019 or coaches who started coaching overseas)



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Level 3: Lacrosse High Performance Coach

Accredited Level 2: Lacrosse Performance Coach, and

- 18 years old or above
- HKLA membership (ordinary or associate member)
- At least **2 years** of player experience in HKLA HPP program and/or HK representative Team program OR other HKLA Coaching Committee recognized equivalent experience

AND

Fulfilling the following requirements within a period of 3 years:

- At least **2 years and no less than 150 hours** of tracked record in the following lacrosse program or teams as an **Assistant Coach**:
 - HKLA HPP program
 - HK U19 representative team
 - HK representative Team, or
 - Any other equivalent program/team
- Attend at least 15 hours of continuous development workshop including at least two workshops of each Block
- Attend at least 4 hours of Local Coach Discussion Forum
- A **Pass** in on-field evaluation by HKLA Coaching Committee & Representative Team Head Coach



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Existing Coaches/Instructors Accreditation Process

As the Coaching Accreditation Structure wasn't completely developed until Sept 2019, the HKLA Coaching Committee understands that there are numbers of local coaches who have been doing an awesome coaching work without sufficient resources and an actual accreditation.

However, with the aim of formalizing and standardizing our coaching development, all individuals, from Sept 2019, must be accredited to be able to begin or continue their lacrosse coaching career in Hong Kong.

Instructors/Senior Instructors

Instructor who completed the instructor course before Sept 2019 and has supported a Youth Program(U13) or helped in a lacrosse demonstration event for more than 4 hours are eligible to be accredited as a senior instructor.

Please submit the document "Accreditation for Senior Instructor" (available in our website) to the email coachingacademy@hklax.org. The dates of working hour can be retraced back to Feb 2017.

Level 1 to Level 3 Coaches

Coaches who started their lacrosse coaching career before Sept 2019 and have regular or multiple coaching experience from year 2014, are eligible for an application for accreditation which will be reviewed by the HKLA Coaching Committee. Please note that only the coaching hour between 2014 and Aug 2019 will be considered in the accreditation.

Please submit the document "Past Coaching Experience for accreditation"(available in our website) to the HKLA Coaching Committee via email coachingacademy@hklax.org with the document of proof of your coaching experience. On -field evaluation assessed by the HKLA Coaching Committee might be required to complete the accreditation process. Decision and reply will be made by the HKLA Coaching Committee shortly.



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Continuous Development Workshop

While the game of lacrosse keeps expanding and evolving, our players are urged for continuous development, so do our coaches.

The Academy is also dedicated to engaging our coaches to a variety of continuous development opportunities. Coaches can take part in the curriculum offerings to broaden their knowledge and enhance their coaching competence and effectiveness to achieve higher performance.

Development Curriculum

| Block A | Block B | | | Block C | |
|--|---|--|---|---|--|
| Leadership Series | Specialty Series | Technical Series | Tactical Series | Rules Series | Others |
| <ul style="list-style-type: none"> • Player Management • Parent Management • Mental Skills • Managing Conflict • Team Culture • Performance Psychology • Effective Communication • Program Planning <p>And more...</p> | <ul style="list-style-type: none"> • Face-off Specialty • Goalie Specialty • Attacker Specialty • Defender Specialty <p>And more...</p> | <ul style="list-style-type: none"> • Offensive Footwork • Defensive Footwork • Shooting • Dodging <p>And more...</p> | <ul style="list-style-type: none"> • Riding Strategies • Clearing Strategies • Fast Break Strategies • Advantage Plays • Team Offense Systems • Team Defense Systems • Bench Management <p>And more...</p> | <ul style="list-style-type: none"> • Men's Rules • Women's Rules • Olympic Rules • 3L rules • Secondary School(6v6) rules • Indoor Rules <p>And more...</p> | <ul style="list-style-type: none"> • Taping • Nutrition • Prevention and Recovery • Strength and Conditioning • First Aid • Stringing <p>And more...</p> |

Besides, coaches who attend various workshop organized by other organization can submit an application with document of proof to HKLA Coaching Committee (coachingacademy@hklax.org) for accreditation of the workshop. Once the application is approved, the workshop hours will also be counted as the continuous development hours of the coaches.

Discussion Forum

As the lacrosse community in Hong Kong is small and closely bonded, idea exchange and sharing within different coaches will be valuable and effective in further developing coaching knowledge.

Therefore, the Academy will organize different discussion forum focusing on different topic and encourage coaches to attend and share their experience and point of view. We believe that through discussion and sharing, coaches will be enlightened and benefit from each other.

Coaching Resources

HKLA and HKLA coaching committee has dedicated to building a strong base of coaching material for all coaches' reference. It includes video coaching reference, practice drill book, practice plan example, etc. All accredited coaches will have access to these resources. More details will be shared in various platform.



Re-accreditation / Continuous Development Hour System

The accreditation of instructors or coaches are not life-time valid. Instructors or coaches have to fulfil respective requirement to maintain their status of accreditation before it's expired.

Renewal of the accreditation could only be applied **half year** before the current status expired.

Instructors/ Senior Instructors

The valid time of accreditation of instructors and senior instructors are both **4 years**. In order to maintain their status of accreditation, they must fulfil at least one of the following requirements:

1. Support a Youth Program(U13) or helped in a lacrosse demonstration event for more than 10 hours within the 4-year period
 - a. At least 8 hours in the first 3-year period
 - b. At least 2 hours in the final year period
2. Attend the classroom session of the Instructor Course in the final year

Instructors/Senior Instructors who fail to fulfil the above requirement within the 2 years of valid period, will be removed from the accredited instructor list and become an inactive accredited instructor. Inactive instructor/senior instructors must then re-take the instructor course in order to be re-admitted to the accreditation list.

Level 1 to 3 Coaches

The valid time of accreditation of level 1 to level 3 coaches are **3 years**. All Accredited Coaches must take part in the continuous development workshop or Discussion Forum in order to maintain their status of accreditation. The system will be explained in the following parts.

1. Coaches who complete and pass their qualification assessment, will obtain an accreditation valid for 3 years.
2. Coaches who obtain a higher level of accreditation within the 3 years period, will gain another 3 years of valid accreditation.
3. Level 1 Coaches must either be a player in a lacrosse team/program or a coach in a year-long program **at least one year out of the 3-year period**. (This will not apply to Level 2/3 coaches)
4. Coaches must complete the required hours of continuous development (including continuous development workshop or discussion forum) within the 3 years of valid period, in order to be re-accredited by the HKLA Coaching Committee
 - a. Level 1 Coaches - 3 hours
 - b. Level 2 Coaches – 6 hours
 - c. Level 3 Coaches – 10 hours
5. Coaches who teaches in different level of workshop, his/her teaching hour will also be counted in this system

Coaches who fail to complete the required hours of continuous development, will be removed from the accredited coach list and become an inactive accredited coach. Inactive coaches must then complete the required hours of continuous development and in order to be re-admitted to the accreditation coach list.

****HKLA Coaching Committee reserves the right to amend this document without any notice.**



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