



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 prepare 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.
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	-	-	Supporting Coach	Head Coach	Head Coach
Development Programs / Academy			Supporting Coach	Head Coach	Head Coach
High Performance Programs	-	-	-	Supporting Coach	Assistant Coach
HK U19 Representative Teams	-		-	Supporting Coach	Assistant Coach
HK Representative Teams	-		-	-	Assistant Coach



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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 5 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: ~ 5 hours)

Theories	Practical
<ul style="list-style-type: none">History of LacrosseTypes of GamesRules of PlayEquipment and Safety How to handle the stickHow to cradle and protectHow to pick up ground ballsHow to start (face-off / draw)How to throwHow to catchHow to shootHow to dodgeHow to defend Philosophy of teaching and communicationIDEA instruction methodologyWarm up / Cool down routines	<ul style="list-style-type: none">How to introduce the sportHow to demonstrate basic skillsHow to prepare a demo session Experience a simulated practiceExperience a simulated mini game
	Supporting Resources
	<ul style="list-style-type: none">Demonstration Session OutlineSimple fun drillsSimple Games/Safety principles

Senior Instructor Certificate Accreditation

This Certificate is awarded to all instructors' certificate holder 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.

Besides, current or ex-players (non-instructors' certificate holder) who has more than 1 year of valid player experience and has supported a Youth Program(U13) or helped in a lacrosse demonstration event for more than 4 hours, will be accredited as a senior instructor.



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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 CoachWarm up / Cool down routinesSession Planning and Delivery Sports Training TheoriesThe Player-centered ApproachPositive Coaching TheoriesGoal Setting Principles Specific Game Systems & Rules for Men/WomenCommon errors and correction for basic skillsTeam Development Strategy	<ul style="list-style-type: none">Skill developmentHow to detect and correct skill errorsHow to coach a team offense/defense
	Supporting Resources
	<ul style="list-style-type: none">Sample session planDrill Book

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.



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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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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	Fulfilling the following: <input type="checkbox"/> Completion of Instructor Certificate Workshop
Senior Lacrosse Instructor	Accredited Lacrosse Instructor and fulfilling the following requirement: At least 4 hours of tracked record in supporting lacrosse demonstration events or youth program(U13) OR 1 year of playing experience (including all lacrosse teams/program in Hong Kong) and fulfilling the following: <input type="checkbox"/> Recognition through a pass in assessment: ✓ 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 AND <input type="checkbox"/> At least 4 hours of tracked record in supporting lacrosse demonstration events or youth program(U13)



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<p>Level 1: Lacrosse Development Coach</p>	<p>Accredited Senior Lacrosse Instructor OR 1 year of playing experience (including all lacrosse teams/program in Hong Kong), AND fulfilling the following requirements:</p> <ul style="list-style-type: none"><input type="checkbox"/> Completion of Level 1 Coaching Certificate Workshop;<input type="checkbox"/> a PASS in the theory exam:<ul style="list-style-type: none">✓ 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<input type="checkbox"/> a PASS in the skill assessment; <i>* Players with current or past HPP experiences, or players who represented Team Hong Kong will be exempted from this skill assessment.</i><ul style="list-style-type: none">✓ Proper stick handling and cradling techniques✓ Proper ground ball techniques✓ Proper passing and catching techniques✓ Proper shooting techniques<input type="checkbox"/> At least 10 hours of tracked record in supporting lacrosse development programs.<ul style="list-style-type: none">✓ At least 9 hours of assistant role in lacrosse development program✓ At least 1 hour of leading role in lacrosse development program <p style="text-align: center;">OR</p> <ul style="list-style-type: none"><input type="checkbox"/> Recognition through relevant experience by HKLA coaching committee.
<p>Level 2: Lacrosse Performance Coach</p>	<p>Pending</p>
<p>Level 3: Lacrosse High Performance Coach</p>	<p>Pending</p>



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Continuous Development

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. In a nutshell, there will be three streams namely the “Leadership Series”, “Specialty Series” and “Tactical Series” with aligning professional interactions from the sports industry and lacrosse community locally and globally.

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

Leadership Series	Specialty Series	Tactical Series
<ul style="list-style-type: none">• Player Management• Parent Management• Mental Skills• Managing Conflict• Team Culture• Performance Psychology• Effective Communication• Program Planning	<ul style="list-style-type: none">• Face-off Specialty• Goalie Specialty• Attacker Specialty• Defender Specialty• Stringing• Taping• Nutrition• Prevention and Recovery• Strength and Conditioning	<ul style="list-style-type: none">• Riding Strategies• Clearing Strategies• Fast Break Strategies• Advantage Plays• Team Offense Systems• Team Defense Systems• Bench Management
And more...	And more...	And more...