

The LNB Elements of Lacrosse Program serves as a means to introduce children to sport in a fun and captivating way that captures their imagination. Supported by the science of a best practice method known as Teaching Games for Understand (TGfU), this program will use inquiry-based learning activities to create an engaging environment where participants become active learners. The approach will also include First Nation stories from Tribes across Canada alongside other children's stories using drills that complement the story.



This program will focus on both FMS (Fundamental Movements Skills) and FLS (Fundamental Lacrosse Skills) to help develop competent movers and build the confidence needed for these kids to continue being physically active for life. The program will offer drills that teach throwing and catching, running, jumping and rolling in "preparation" for contact, such that they will encounter in older divisions.

The **registration cost of \$100** this year includes a **Free Lacrosse Stick** that will be "sized" correctly and strung up properly. This 10 week, subsidized, **weekly spring program** will be capped at 15 children at the 6U age group and 15 children at the 8U age group, on a first come first served basis (no refunds).

The 6U sessions will be 50% FMS and 50% FLS, while the 8U program will be focused $\frac{1}{3}$ on FMS and $\frac{2}{3}$ on FLS. At the 6U age group it will be important that one parent take part in the program along with their child (or at least be readily available), while in the 8U program we encourage parents to help out but it is not mandatory (no stick will be provided for parents).

Each session will feature **NCCP trained and certified coaches** at a 4 to 1 player to coach ratio.

For the **6U players**, they will need **Helmets and Gloves**. Elbow pads are optional but recommended.

For the **8U players**, they will require **Full Box Lacrosse Gear**, which you can find a picture on the last page of this document.

Both age groups will be immersed in 3x3 game play in every session.



Schedule

Saint John: Register here -> <https://go.teamsnap.com/forms/312261>

Tuesday's - Ages 6 and under (5-6pm - TBD - Starting April 19th)

Wednesday's - Ages 6 and under (5-6pm - TBD - Starting April 20th)

Fredericton: Register here -> <https://capitalarealacrosse.ca/content/box-lacrosse-registration>

Monday's - Ages 6 and under (6-7pm - TBD - Starting April 19th)

- Ages 8 and under (7-8pm - TBD - Starting April 19th)

Thursday's - Ages 8 and under (6pm-7pm - Grant Harvey - Starting April 21st)

Moncton: Register here -> https://site2803.goalline.ca/register.php?reg_form_id=40930

Wednesday's - Ages 6 and under (6-7pm - Crossman Centre - Starting April 20th)

- Ages 8 and under (7-8pm - Crossman Centre - Starting April 20th)

Sunday's - Ages 8 and under (7-8pm - Crossman Centre - Starting April 24th)

BOX LACROSSE - PLAYER

LACROSSE HELMET

MOUTH GUARD

SHOULDER PADS

BICEP PADS

RIB PADS

ARM PADS

PROTECTIVE CUP

LACROSSE GLOVES

LACROSSE STICK

