



2020/21 Canada Games Program

The 2020/21 Team Alberta Canada Games Program will be a year-round high-performance development and competition program aimed at competing in the 2021 Canada Summer Games National Lacrosse Championship and developing the next generation of lacrosse players. The full-year program will be split into the following phases:

Phase One – Initial Identification of Athletes and Off-Season Development

Phase One will commence with off-season development. This phase will consist of the following:

1. Twelve Week On-Floor Program—twice a week on-floor program aimed at individual skill development (social distancing) and general tactical development (not social distancing); this provides flexibility for other commitments and travel for rural players
2. Technical and Tactical Film Breakdown—to analyze performance, individual skills, and tactical understanding
3. Players will be grouped into cohort groups in Edmonton and Calgary until government restrictions are relaxed, however coaches will attend both groups to provide adequate identification and evaluation
4. Lacrosse-specific training focused primarily on lateral and linear speed, as well as a progressive conditioning program

[REGISTER HERE FOR TEAM ALBERTA](#) (The fee to register for Phase One is \$175.00)

Phase Two—Team Selection, Introduction, and Building

Phase two will commence with a weekend selection camp in January to select the initial roster, along with redshirts that will compete at the 2021 Canada Games.

Phase Three—Team Preparation

Upon completion of the selection camp, an introductory meeting the week following the selection camp to introduce the full coaching staff, team rules, expectations, goals, and standards. Phase three will commence immediately after the selection camp, where coaches will begin to build their team for the 2021 Canada Summer Games. This phase will consist of the following:

1. Competitive practices focused on skill and team development
2. Competitive Exhibition Games
3. Social Media Promotion
4. Technical and Tactical Film Breakdown—to analyze performance, individual skills, and tactical understanding
5. Mental Training Sessions
6. Nutrition Sessions



7. Strength and Conditioning Program focused on preparing athletes for lacrosse specific competition

Phase Four—Competition

Phase four will commence with travel to the 2021 Canada Summer Games. A unique aspect to the Canada Games is reduced financial barriers, as many of the large costs are covered by the Government of Canada. Some of the costs covered are:

1. Transportation
2. Accommodations
3. Meals