



ESPAÑA  
LACROSSE

ANNEX I – National \_\_\_\_\_ Team Training Plan---Specify team  
(Application requirement for Head Coach)

First and Last Name:		Age:	
Country of residence until program ends:			
Time commitment (between 1 month and end of program):			

1- What is your lacrosse strategy? (your game style)
2- Where do you think the national team ranks on an international level?
3- What are your main goals for the team? (long and short term goals)
4- How do you plan and prepare for trainings and/or try outs?
5- How do you plan and prepare for games?
6- How do you relate to your players?



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7- How do you self-evaluate your work?

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CALENDAR: Create a realistic training calendar. Include the dates for training and preparatory tournaments for the team.

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