



Ireland Lacrosse High Performance Metrics

High Performance Documentation

Development in consultation with various stakeholders including head coaches and athletes.

Men's Programs

Sixes (6s)

- European Championship
 - Target: Medal position
 - Minimum: Automatic World Championship qualification
- World Championship
 - Target: Semi-Finals
 - Minimum: Quarter-Finals
- Olympic Goals
 - 2028: Not Feasible based on current High Performance Framework
 - 2032: Considered realistic target
 - Performance Standard: Competitive in every game with medal potential

Field

- European Championships
 - Target: Medal position
 - Minimum: Automatic World Championship qualification
- World Championships
 - Target: Medal position
 - Minimum: Quarter-Finals

Box

- European Championships
 - Target: Medal Games (Finals appearance)
 - Minimum: Automatic World Championship qualification
- World Championships



- Target: Medal position
- Minimum: Quarter-Finals and improve upon 7th place ranking

U20

- European Championships
 - Target: Medal position
 - Minimum: Medal round qualification
- World Championships
 - Target: Medal position
 - Minimum: Quarter-Finals and improve upon 7th place ranking

Women's Programs

Sixes (6s)

- European Championships
 - Target: Medal position
 - Minimum: Automatic World Championship qualification
- World Championships
 - Target: Semi-Finals
 - Minimum: Quarter-Finals
- Olympic Goals
 - 2028 & 2032: Participation considered realistic
 - Performance Standard: Competitive in every game with medal potential

Field

- European Championships
 - Target: Medal position
 - Minimum: Automatic World Championship qualification
- World Championships
 - Target: Semi Finals
 - Minimum: Quarter-Finals

Box

- European Championships
 - Target: Medal position (Finals appearance)
 - Minimum: Automatic World Championship qualification
- World Championships
 - Target: Medal position/Top 5 finish



- Minimum: Quarter-Finals and improve upon 8th place ranking

U20

- European Championships
 - Target: Medal position (Semi-Finals)
 - Minimum: Quarter-Finals qualification
- World Championships
 - Target: Top 10 world ranking
 - Minimum: Quarter-Finals

Common Performance Standards Across All Programs

- 1. Championship Performance Progression**
 - Qualify for major championships
 - Advance beyond group stages
 - Achieve consistent quarter-final appearances
 - Progress to medal rounds
- 2. Ranking Improvements**
 - Maintain or improve current world rankings
 - Demonstrate consistent performance improvements
 - Close performance gaps with higher-ranked nations
- 3. Competition Standards**
 - Competitive in every game
 - Consistent execution of game plans
 - Demonstrated improvement throughout tournaments
- 4. Development Metrics**
 - Successful athlete pathway progression
 - Effective talent identification and development
 - Integration of developing players into senior programs