

Skill	Age Group	Age Group	Age Group	Age Group	Age Group
Cradling	U8	U10	U12	U14	U16
<i>Able to Explain Fundamentals</i>					
1. Two Hand Cradle - Strong Hand					
2. Two Hand Cradle - Weak Hand					
3. One Hand Cradel - Strong Hand					
4. One Hand Cradel - Weak Hand					
Throwing	U8	U10	U12	U14	U16
<i>Able to Explain Fundamentals</i>					
1. Strong Hand					
2. Weak Hand					
Catching/Receiving Pass	U8	U10	U12	U14	U16
<i>Able to Explain Fundamentals</i>					
1. Strong Hand					
2. Weak Hand					
3. Diagonal on the move					
4. Over the shoulder					
Scooping	U8	U10	U12	U14	U16
<i>Able to Explain Fundamentals</i>					
1. Strong Hand					
2. Weak Hand					
Dodging	U8	U10	U12	U14	U16
<i>Able to Explain the Purpose</i>					
1. Roll Dodge					
2. Face Dodge					
3. Change of Direction Dodge					

4. Split Dodge					
5. Bull Dodge					
6. Inside Roll Dodge					
7. Question Mark Dodge					
Shooting	U8	U10	U12	U14	U16
<i>Explain Shot Fundamentals</i>					
1. Overhand Strong hand					
2. Overhand Weak Hand					
3. Three Quarter Strong Hand					
4. Three Quarter Weak Hand					
5. Quick Stick Strong Hand					
6. Quick Stick Weak Hand					
7. In Tight - Hi Lo Fake Strong Hand					
8. In Tight - Hi Lo Fake WeakHand					
9. Canadian Crossover Strong Hand					
10. Canadian Crossover Weak Hand					
Checking	U8	U10	U12	U14	U16
<i>Explain to Explain the Purpose</i>					
1. Body Checking					
2. Poke					
3. Lift					
3. Slap / Chop					
Playing without the ball	U8	U10	U12	U14	U16
<i>Athletes Will ExplainThe Importance</i>					
1. Whistle Ready					
2. Stick Ready Position					
3. Creat Space- Run Away					

4. V Cuts - Creating Space					
5. Cutting					
6. On Ball Picks					
7. Off Ball Picks					
Transition Offense	U8	U10	U12	U14	U16
<i>Athelets Will Define Transition Offense</i>					
1. Draw and Dump (Back foot Feed)					
2. Give and Go					
3. Fast Break "L"					
Transition Defense	U8	U10	U12	U14	U16
<i>Athletes Will define Transistion Defense</i>					
1. Get to the hole					
2. Active Stick					
3. Talking/Calling Ball Position					
4. Triangle Slides					
Settled Offense	U8	U10	U12	U14	U16
<i>Able to explain Settled VS Transition</i>					
1. Get organized					
2. Get the ball through X					
3. Pass/Cut/Fill					
4. Motion Offense					
5. Identify Sets					
Settled Defense	U8	U10	U12	U14	U16
<i>Able to explain Settled VS Transition</i>					
1. Man to Man					
2. Foot Work					

3. Communication						
3. Slough off ball						
4. Adjacent Slide						
5. Crease Slide						
6. Force players to the Alley and X						