# CCLC Deliverables 1st and 2nd Grade

* Size of Stick: Length, Size of Head Width, Thickness of Shaft, Price
* Stick Head stringing configuration
* Proper Way to Hold the Stick: Position of the Hands, Spacing of the Hands
* Teach Strong Hand Only
* Ground Balls: Proper Technique to pick up, control and move
* Vertical Cradling
* Throwing: Point, Step, Touch method
* Catching the Ball: Top Hand near the plastic, let the stick do the work, catch with your eyes.
* Dodging: Bull Dodge , Face Dodge
* Shooting: Hand Positioning, Point Step Touch method.
* Defense: No thrown Checks, Foot Position only, Basic Man to Man
* Basic Face Off: Positioning and objective only
* Basic Clear: 3 4 and Middie down
* Basic Fast Break
* Basic understanding of off-sides.
* Identify two potential Goalies
* Identify two potential Face off men.