



## Skills Curriculum

The Skills Curriculum is the club's expectation for what coaches should be focusing on given their teams grade level. For any player who is not new we expect that coaches have prepared their players for the next level but teaching the skills that we believe are crucial to success. To assist with this, we have included links to YouTube videos or other artifacts. We ask that coaches focus on these basics during practice, spending at least 50% of their practice time on these items and the remainder on game situations/scrimmaging.

## Cradling

Skill	U8	U10	U12	U14	Link
Cradling with Strong Hand	Introduce	x	x	x	<a href="https://www.youtube.com/watch?v=ajOfGjy0f8c">https://www.youtube.com/watch?v=ajOfGjy0f8c</a>
Cradling with Weak Hand		Introduce	x	x	Same as above
Cradling before Shot		Introduce	x	x	<a href="https://www.youtube.com/watch?v=b9m8vBSuDh4">https://www.youtube.com/watch?v=b9m8vBSuDh4</a>
Cradling for Stick Protection		Introduce	x	x	<a href="https://www.youtube.com/watch?v=IHd6GNT4sbo">https://www.youtube.com/watch?v=IHd6GNT4sbo</a>
Cradling for stick protection behind the goal			Introduce	X	<a href="https://www.youtube.com/watch?v=LnL2SugphKc">https://www.youtube.com/watch?v=LnL2SugphKc</a>

## Passing

Skill	U8	U10	U12	U14	Link
Passing with the Strong Hand	Introduce	x	x	x	<a href="https://www.youtube.com/watch?v=Yt14ghOMCGg">https://www.youtube.com/watch?v=Yt14ghOMCGg</a>
Passing with the Off Hand		Introduce	x	x	Same as above

## Catching

Skill	U8	U10	U12	U14	Link
Catching with the Strong Hand	Introduce	x	x	x	<a href="https://www.youtube.com/watch?v=IARlm1kMgeY">https://www.youtube.com/watch?v=IARlm1kMgeY</a>
Catching with the Weak Hand		Introduce	x	x	Same as above
Catching Over the Shoulder			Introduce	x	<a href="https://www.youtube.com/watch?v=o-XRiFXeMV8">https://www.youtube.com/watch?v=o-XRiFXeMV8</a>

## Ground Balls

Skill	U8	U10	U12	U14	Link
Ground Balls with the Strong Hand	Introduce	x	x	x	<a href="https://www.youtube.com/watch?v=PIGxCchHU_I">https://www.youtube.com/watch?v=PIGxCchHU_I</a>
Ground Balls with the Weak Hand		Introduce	x	x	Same as above
*Ball/Man not Man/Ball			Introduce	X	<a href="https://youtu.be/tny29b6xUZ8">https://youtu.be/tny29b6xUZ8</a>
Long Stick Ground Balls			Introduce	x	<a href="https://www.youtube.com/watch?v=KPuT6OPK61c">https://www.youtube.com/watch?v=KPuT6OPK61c</a>

## Dodges

Skill	U8	U10	U12	U14	Link
Face Dodge	Introduce	x	x	x	<a href="https://youtu.be/ySFvxqviI8">https://youtu.be/ySFvxqviI8</a>
Roll Dodge		Introduce	x	x	<a href="https://www.youtube.com/watch?v=obEtdst9I1A">https://www.youtube.com/watch?v=obEtdst9I1A</a>
Split Dodge			Introduce	x	<a href="https://www.youtube.com/watch?v=cBEWycvef58">https://www.youtube.com/watch?v=cBEWycvef58</a>
Inside Roll Dodge			Introduce	x	<a href="https://www.youtube.com/watch?v=_dk5NtqfiL8">https://www.youtube.com/watch?v=_dk5NtqfiL8</a>
Question Mark Dodge				Introduce	<a href="https://www.youtube.com/watch?v=JewGfdYMV4s">https://www.youtube.com/watch?v=JewGfdYMV4s</a>
Three Step Split				Introduce	<a href="https://www.youtube.com/watch?v=q0rqvKfSr0Y">https://www.youtube.com/watch?v=q0rqvKfSr0Y</a>
Split Dodge Low				Introduce	<a href="https://www.youtube.com/watch?v=cBEWycvef58">https://www.youtube.com/watch?v=cBEWycvef58</a>
Rocker Dodge				Introduce	<a href="https://www.youtube.com/watch?v=5RmHinhXQdQ">https://www.youtube.com/watch?v=5RmHinhXQdQ</a>

ReDodge				Introduce	<a href="https://www.youtube.com/watch?v=OgGZdw-WAJs">https://www.youtube.com/watch?v=OgGZdw-WAJs</a>
Backside Dodges				Introduce	<a href="https://www.youtube.com/watch?v=f_0Wk0V2-ss">https://www.youtube.com/watch?v=f_0Wk0V2-ss</a>

### Shooting

Skill	U8	U10	U12	U14	Link
Bounce Shots	Introduce	x	x	x	No Video
Shooting on the Run	Introduce	x	x	x	<a href="https://www.youtube.com/watch?v=u2mPL3NNj-Y">https://www.youtube.com/watch?v=u2mPL3NNj-Y</a>
Settled Shooting		Introduce	x	x	<a href="https://www.youtube.com/watch?v=oTm5TILVwsw">https://www.youtube.com/watch?v=oTm5TILVwsw</a>
Crease Shooting		Introduce	x	x	<a href="https://www.youtube.com/watch?v=hwogMPL9j2Y">https://www.youtube.com/watch?v=hwogMPL9j2Y</a>
Quick Stick		Introduce	x	x	<a href="https://www.youtube.com/watch?v=BmrpQn7pu5E">https://www.youtube.com/watch?v=BmrpQn7pu5E</a>
Faking		Introduce	x	x	<a href="https://www.youtube.com/watch?v=1o1o32hoDEc">https://www.youtube.com/watch?v=1o1o32hoDEc</a>
Behind the Back			Introduce	x	<a href="https://www.youtube.com/watch?v=GSEfVCWYQPQ">https://www.youtube.com/watch?v=GSEfVCWYQPQ</a>

### Defense

Skill	U8	U10	U12	U14	Link
Stance	Introduce	x	x	x	<a href="https://youtu.be/jXD8fNcyXv0">https://youtu.be/jXD8fNcyXv0</a>
Rules - Slashing	Introduce	x	x	x	<a href="https://www.youtube.com/watch?v=tuHjyvDcLQ">https://www.youtube.com/watch?v=tuHjyvDcLQ</a>
Short Stick Defense	Introduce	x	x	x	<a href="https://youtu.be/82O3cXcC1Fk">https://youtu.be/82O3cXcC1Fk</a>
Poke	Introduce	x	x	x	<a href="https://www.youtube.com/watch?v=U4_6yUind3Q">https://www.youtube.com/watch?v=U4_6yUind3Q</a>
Lift	Introduce	x	x	x	<a href="https://www.youtube.com/watch?v=mskiMoO6Ofk">https://www.youtube.com/watch?v=mskiMoO6Ofk</a>
Slap / Chop		Introduce	x	x	<a href="https://www.youtube.com/watch?v=k9TXeKzVyGE">https://www.youtube.com/watch?v=k9TXeKzVyGE</a>
Positioning behind the goal		Introduce	x	x	<a href="https://youtu.be/xjRV1tinZ_l">https://youtu.be/xjRV1tinZ_l</a>
Defending Goal Line Ext.			Introduce	x	<a href="https://youtu.be/NiinNJg-uyg">https://youtu.be/NiinNJg-uyg</a>
Dirty Lift			Introduce	x	<a href="https://www.youtube.com/watch?v=aKcO_IQYuug">https://www.youtube.com/watch?v=aKcO_IQYuug</a>
Body			Introduce	x	<a href="https://www.youtube.com/watch?v=frNKPK1xcbs">https://www.youtube.com/watch?v=frNKPK1xcbs</a>

### Clears

Skill	U8	U10	U12	U14	Link
After Shot	Introduction	x	x	x	
Sideline			Introduction	x	

### Rides

Skill	U8	U10	U12	U14	Link
Man to Man			Introduction	x	

## Playing without the ball

Skill	U8	U10	U12	U14	Link
Whistle Ready	Introduction	x	x	x	
On Ball Picks	Introduction	x	x	x	<a href="https://www.youtube.com/watch?v=AUbfw4dA3X8">https://www.youtube.com/watch?v=AUbfw4dA3X8</a>
Off Ball Picks		Introduction	x	x	
Off Ball Cutting			Introduction	x	<a href="https://youtu.be/1DlmFRoDpco">https://youtu.be/1DlmFRoDpco</a>
More Off Ball Cutting			Introduction	x	<a href="https://www.youtube.com/watch?v=eGL4ioDOY20">https://www.youtube.com/watch?v=eGL4ioDOY20</a>

## Feeding

Skill	U8	U10	U12	U14	Link
Feeding		Introduction	x	x	<a href="https://www.youtube.com/watch?v=VhnFKaWQyxc">https://www.youtube.com/watch?v=VhnFKaWQyxc</a>

## Transition Offense

Skill	U8	U10	U12	U14	Link
Draw and Dump	Introduction	x	x	x	
Give and Go	Introduction	x	x	x	
Fast Break "L"			Introduction	x	<a href="https://youtu.be/p3vRHb1MD5g">https://youtu.be/p3vRHb1MD5g</a>

## Transition Defense

Skill	U8	U10	U12	U14	Link
Get to the hole	Introduction	x	x	x	
Fast Break		Introduction	x	x	<a href="https://youtu.be/p3vRHb1MD5g">https://youtu.be/p3vRHb1MD5g</a>

## Settled Offense

Skill	U8	U10	U12	U14	Link
Get the ball through X	Introduction	x	x	x	
2 3 1 Triangles		Introduction	x	x	
Get organized - Patience		Introduction	x	x	

### Settled Defense

Skill	U8	U10	U12	U14	Link
Man to Man, don't chase	Introduction	x	x	x	
Crease Slide		Introduction	x	x	
Adjacent Slide			Introduction	x	

### Man Down Defense

Skill	U8	U10	U12	U14	Link
Triangle Zone		Introduction	x	x	
Box and One Zone		Introduction	x	x	

### Extra Man Offense

Skill	U8	U10	U12	U14	Link
2 2 with cutters		Introduction	x	x	
3 2 1 Motion Offense			Introduction	x	
1 4 1				Introduction	