

Centennial Lacrosse Skills - By Age

		U9	U11	U13	U15	Comments
Passing						
	strong hand - proper technique, overhand	x	x	x	x	
	weak hand - proper technique, overhand	x	x	x	x	
	partner passing @ 5, 12, 20 yds	x	x	x	x	
	triangle passing on the run @ 12 yds - strong hand		x	x	x	
	triangle passing on the run @ 12 yds - weak hand			x	x	
	Diamond passing on the run @ 30 yds (like a clear)			x	x	
Catching						
	strong hand	x	x	x		
	weak hand	x	x	x	x	
	triangle catching on the run @ 12 yds, stick in front - strong hand		x	x	x	
	triangle catching on the run @ 12 yds, stick in front - weak hand			x	x	
	Diamond catching on the run @ 30 yds - both hands			x	x	
Cradling						
	strong hand - power cradle	x	x	x	x	
	weak hand - power cradle		x	x	x	
	strong hand - one handed cradle	x	x	x	x	
	weak hand - one handed cradle		x	x	x	
Dodging						
	split	x	x	x	x	
	roll	x	x	x	x	
	face		x	x	x	
	combo (split to roll)			x	x	
	rocker				x	
	inside roll				x	
	how to dodge shorty (north-south, at the bottom hand)		x	x	x	
	how to dodge pole (east-west, @ head of stick)				x	
	how to dodge from X using the cage			x	x	
Ground balls						
	scooping (head up, rolling away)	x	x	x	x	
	scooping with long pole on the run (stick in front, roll away)			x	x	
	man-ball	x	x	x	x	
Individual defense						
	poke check	x	x	x	x	
	lift check	x	x	x	x	
	take away strong hand (identify strong hand)		x	x	x	
	take away middle	x	x	x	x	

	switch/stay on picks			x	x
	communicate when you have 'ball'	x	x	x	x
	communicate first slide 'I have your left' or 'I'm 1'		x	x	x
	communicate when you are second slide			x	x
	V-hold and push @ GLE		x	x	x
	wrap check			x	x
Shooting					
	overhand - strong hand	x	x	x	x
	overhand - weak hand				x
	quick stick - strong hand	x	x	x	x
	quick stick - weak hand		x	x	x
	shoot on the run - strong hand			x	x
	catch and shoot - C-cut		x	x	x
Keys to offense (3 keys to offense - should be able to list and demonstrate)					
	1 - space (spread out the defense)	x	x	x	x
	2 - move the ball, move the defense (pass and cut (back cut))	x	x	x	x
	3 - move off ball (e.g. mirror the ball - ball is high, you go low)		x	x	x
Keys to defense (3 rules of defense)					
	1 - stay between your man and the goal	x	x	x	x
	2 - protect the middle	x	x	x	x
	3 - feet first, stick second	x	x	x	x
Offensive progression					
	1v1 - create time and space	x	x	x	x
	2v1 - draw and dump	x	x	x	x
	2v2 - mirror away from ball and on-ball picks		x	x	x
	3v2 - pass faster than the slides		x	x	x
	3v3 - off-ball picks			x	x
	4v3 - create 2v1				x
	4v4 - dodge-pass-pass-dodge/shoot				x
Defensive progression					
	1v1 - takeaway topside/middle	x	x	x	x
	2v1 - split 2	x	x	x	x
	2v2 - off-ball D with head on swivel (see the man, see the ball)	x	x	x	x
	3v2 - one man on ball, off-ball splits 2, rotate on pass		x	x	x
	3v3 - slide (crease or adjacent), fill (2nd slide), & recover		x	x	x

stick head as far away from body and elbows @ or ABOVE the shoulder

ask the question...do you have good spacing?
 did you cut after you passed the ball? Was it a back cut? Cut through?
 when dodged at, vacate to give the dodger room and a possible pass

starting at U9, ask 'are you between your man and the goal'
 always play defense inside out - did you protect the middle?
 play the body, not the stick

then dump, not dodge

	4v3 - zone rotation with sticks in passing lanes			x	x
	4v4 - add backside defense (sagging for slide help)				x
Faceoffs					
	Clamp and rake 45'	x	x	x	x
	Clamp and check forward		x	x	x
	jump			x	x
	sweep			x	x
	box out on wing play	x	x	x	x
3v3 offense (build up from 3v0)					
	pass down, pick down (basic pick)			x	x
	pass down, pick away (basic screen)			x	x
	give and go (back cut)			x	x
Team offense - formations (know when to use)					
	Open set 3-2-1	x	x	x	x
	Motion 2-3-1			x	x
	4-across 1-4-1			x	x
	Pairs (2-2-2)			x	x
	Identify type of defense (man or zone)		x	x	x
	Fast break triangle - calling point		x	x	x
Team defense - formations					
	3-3 pressure zone			x	x
	man-man	x	x	x	x
	box and 1 for man-down (incl. knowing the rotation)	x	x	x	x
	triangle on fast breaks		x	x	x
	lockoff adjacents (pressure ball + adjacents) 'mad dog'			x	x
	500 - lockoff key player and go to man-down for the other D			x	x
	backer zone				x
	crease slide - recognize slide order		x	x	x
	adjacent slide - recognize slide order			x	x
	Identify type of offense			x	x
Clears					
	Defenders break to the outside (not the middle)	x	x	x	x
	Middies break immediately on shots		x	x	x
	Standard 3-1-3		x	x	x

pass and cut. After every pass, cut to middle (all the way through) and fill in on the perimeter. Should always back-cut to move the D.

2 triangles - dodge, vacate, replace (triangle rotation)

priorities: 1) pressure ball in your zone 2) cutoff passing lanes for skip pass 3) play your man in your zone. NOTE - crease covered by the 2 farthest defenders. This is a VERY active defense.

Setup with a box and 1, add the LSM in the middle for the backer

	4-across(4-3)			x	x
	Oregon - middle switches with attack @ midfield			x	x
	clear with a pole - pole in front, outside, roll away			x	x
Rides					
	"Double" - Double the ball (leave 2 farthest men open)	x	x	x	x
	Hard ride - man-man with 1 farthest man open		x	x	x
	Soft ride - 3-3 zone			x	x
Goalie					
	Basic position, walk the arc	x	x	x	x
	Stick position - eye, thumb, ball	x	x	x	x
	Communicate where the ball is	x	x	x	x
	Communicate who should slide & defense position(who's 1, 2)		x	x	x
	Clear to side outlet	x	x	x	x
	Clear to defender breaking upfield @ 30+ yds		x	x	x
	Roll to back of cage if no immediate outlet or under pressure	x	x	x	x
	Run out shots		x	x	x
	Show clear progression @ 1=middle, 2=attack, 3=defender			x	x
	Become 4th defender on fast breaks and crease attacks			x	x

4 across from behind GLE