



Titans U11 Divisional Plan (Ages 9 & 10)

LTAD:

- Fun
- Introduce Skills
- Basic Rules (full contact, crease, interference, moving pic, free hand, etc)
- Fair Play
- Physical Activity
- ABC's
- Emphasize Speed and Player Flexibility (offensive, defensive)

Technical Skills:

- Cradling (TRIPLE THREAT, top hand, up at shoulder, don't over cradle, only protect)
- Scoop (on the run, attack the ball)
- Overhand Pass
- Overhand Shot (bounce shot)
- Dodging (face dodge, rolling)
- Defensive Body Position (2 hands, cross check, stick check, stance, feet moving, positioning; defensive, top side)
- Creating Space (engage defender, pop out, pic)

Tactical Skills:

- Give n' Go
- Cutting
- Floor Positioning (*right side of the floor, offence, defence, face-off, point-shooter-creaseman)
- Transition, Breakouts (introduction into transition)
- Face-Off

Goalies:

- Stance
- Angles
- Passing
- Stopping Shots

**FOCUS SHOULD BE PLACED ON FUNDAMENTAL SKILL DEVELOPMENT;
FORMING GOOD HABITS, BASIC TECHNICAL ABILITY**

Habits:

- Fun vs. Competitive (Score, Winning)
- Team Play vs. Individual Play
- Movement (Running) vs. Stationary (Standing)
- Correcting technical skills; side-arms, over cradling, cradling at hip, hand positioning on stick

Practices:

- High Reps, Little Standing Around
- Fun (Keep Players Engaged)

Games:

- Fun, Fair Play
- Co- Operation, Correction
- New, Positive Experience

Glossary:

<https://laxlife.ca/appendix/>