



Titans U15 & U17 Divisional Plans (Ages 13-16)

LTAD:

- Fun
- Develop Skills, Advanced Skills and Tactics
- Introduce Competition
- Continue Mental Training (learning the game, lax IQ, game prep, athlete prep)
- Basic Rules (CLA Rules)
- Ethics and Fair Play
- Physical Activity
- ABC's
- Emphasize Speed and Player Flexibility (offensive, defensive, transition)
- Emphasize Stamina, Conditioning and Strength
- Talent Identification

Technical Skills:

- Cradling (TRIPLE THREAT, top hand, up at shoulder, don't over cradle, only protect)
- Scoop (on the run, attack the ball)
- Passing (over the shoulder, skip pass, behind the back, switch hand)
- Shooting (bounce shot, sidearm, sub-shot, behind the back)
- Dodging (face dodge, rolling)

- Open Floor Defence (2 hands, cross check, stick check, on the hands, stance, feet moving, positioning; defensive, top side, communication; switches, pic coming, matchups, pressing, doubling)
- Creating Space (engage defender, pop out, pic)

Tactical Skills:

- Give n' Go
- Cutting
- Pics (pic and roll; on-ball, off-ball, double pic, slip)
- Seals (posts)
- Set Offences
- 2 on 1, 3 on 2
- Floor Positioning (*right side of the floor, offence, defence, face-off, point man-shooter-creaseman)
- Transition (breakout, changes, fast breaks)
- Sagging Man to Man Defence (on-ball pressure, off-ball sag, slide, jumping ball, doubling)
- Powerplay Offence/Defence (set plays, wheel, seals, pressing, pressure defence)
- Penalty Kill Defence/Offence (box, diamond, ragging the ball)
- Face-Off

Goalies:

- Stance
- Angles
- Passing
- Stopping Shots
- Communication

Using the building blocks that should be established from U7-U13, coaches should have the ability to progress technical, tactical, physical skill and LAX IQ.

Focus can be diverted to system work, a more team-orientated overview however 75% of our teaching should still be towards technical, physical skills and LAX IQ Development.

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
- Correcting tactical skills; proper pic, rolling to the middle, cutting cross crease, sagging off-ball, slide, communication

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/>