



Titans U7 Divisional Plan (Ages 5 & 6)

LTAD:

- Introduce Skills
- Basic Rules (how to use/hold stick, body positioning/no contact, crease)
- Fair Play
- Physical Activity
- Play Agility Games (tag, red rover)

Technical Skills:

- Cradling (top hand cradles, bottom guides, up at shoulder/not at hip)
- Loose Ball Retrieval (trap and scoop, two hands in motion)
- Catching (proper technique)
- Passing (overhand, hand positioning)
- Shooting (overhand, hand positioning)
- Defensive Body Position (stance, holding/using/stick positioning)

Tactical Skills:

- Cutting
- Give n' Go

Titans U9 Divisional Plan (Ages 7 & 8)

LTAD:

- Introduce Skills
- Basic Rules (place and push, crease)
- Fair Play
- Physical Activity
- ABC's

Technical Skills:

- Cradling (top hand, up at shoulder, don't over cradle, only protect)
- Scoop (on the run, attack the ball)
- Overhand Pass
- Overhand Shot
- Defensive Body Position (stance, 2 hands, place and push, stick check, etc)
- Creating Space (engage defender, pop out, cuts)

Tactical Skills:

- Give n' Go
- Cutting
- Floor Positioning (*right side of the floor, offence, defence, 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/>