

**Titans (Novice)**

**Novice (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/**](https://laxlife.ca/appendix/)