

**Titans (Mini Tyke & Tyke)**

**Mini Tyke (6 under)**

**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**

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